Utah County is the Youngest in the Nation

### Utah County's Population Under Age 5
9.7%

### Utah County's Population Younger Than 10
19.5%

#### 10 Youngest Counties in U.S. % Population Under Age 18
Counties with minimum 250,000 population

<table>
<thead>
<tr>
<th>County</th>
<th>% Population Under Age 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Utah County, Utah</td>
<td>34.2%</td>
</tr>
<tr>
<td>Webb County, Texas</td>
<td>33.8%</td>
</tr>
<tr>
<td>Hidalgo County, Texas</td>
<td>33.3%</td>
</tr>
<tr>
<td>Davis County, Utah</td>
<td>32.8%</td>
</tr>
<tr>
<td>Tulare County, California</td>
<td>31.2%</td>
</tr>
<tr>
<td>Cameron County, Texas</td>
<td>31.1%</td>
</tr>
<tr>
<td>Merced County, California</td>
<td>29.9%</td>
</tr>
<tr>
<td>Kern County, California</td>
<td>29.2%</td>
</tr>
<tr>
<td>Loudoun County, Virginia</td>
<td>28.7%</td>
</tr>
<tr>
<td>Fresno County, California</td>
<td>28.6%</td>
</tr>
</tbody>
</table>
A Look at Various Communities

Youngest to Oldest

Utah County Communities vs. State vs. U.S.

Median Age

Saratoga Springs 19
Santaquin 21.1
Eagle Mountain 21.6
Highland 22.7
Cedar Hills 22.7
Provo 23.7
Lehi 23.9
Elk Ridge 24.4
Pleasant Grove 24.7
Spanish Fork 25.1
Springville 25.3
Orem 25.4
Lindon 25.9
Payson 26.3
American Fork 26.9
Alpine 27.9
Salem 28.5
Mapleton 28.7
Genola 28.7
Vineyard 29.1
State 30.3
Goshen 30.3
Benjamin 30.5
Woodland Hills 33.3
Cedar Fort 34.6
Fairfield 37.7

Utah County

U.S.
Current and Projected Population

<table>
<thead>
<tr>
<th>Year</th>
<th>Utah County</th>
<th>Salt Lake County</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>520,049</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>592,299</td>
<td></td>
</tr>
<tr>
<td>2025</td>
<td>768,346</td>
<td></td>
</tr>
<tr>
<td>2035</td>
<td>968,498</td>
<td></td>
</tr>
<tr>
<td>2045</td>
<td>1,192,304</td>
<td></td>
</tr>
<tr>
<td>2055</td>
<td>1,396,997</td>
<td></td>
</tr>
<tr>
<td>2065</td>
<td>1,620,246</td>
<td></td>
</tr>
</tbody>
</table>
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? Parents and teens*

Youth data from Utah County SHARP study 2017/Adult data from United Way research 2017
Depression Among Adults

Told by Doctor You Have Depression (Adults)

Utah Department of Health—Behavioral Risk Factor Surveillance
Utah: 5th Highest Suicide Rate in Nation

2016 Data from Centers for Disease Control and Prevention
Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- 2011: 13.10%
- 2013: 17.70%
- 2015: 21.50%
- 2017: 25%
Hispanic/Latino youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>25.90%</td>
</tr>
<tr>
<td>2015</td>
<td>33.90%</td>
</tr>
<tr>
<td>2017</td>
<td>34%</td>
</tr>
</tbody>
</table>

Utah County SHARP Survey of 6th, 8th, 10th, and 12th graders
How important of an issue for our community is depression?

- Important or very important: 69%
- Not sure: 18%
- Not important: 13%
Number of kids in a neighborhood with low attachment

2013: 27.60%
2015: 29%
2017: 32.60%

Utah County SHARP Survey of 6th, 8th, 10th, and 12th graders
Who in the last 30 days did you talk to about feeling very sad, hopeless, or suicidal?

- Parent: 30%
- Teacher: 4%
- School Counselor: 4%
- Doctor: 3%
- Therapist: 6%
- Clergy: 1%
- Other adult: 6%
- I felt this way but did not talk to anyone: 46%

Utah SHARP Survey of 6th, 8th, 10th, and 12th graders
Issues are Interconnected

Provo renters most cost-burdened of Utah’s largest metros

Utah has a 'housing crisis' in a lack of affordable homes

Op-ed: More to do in Utah's mental health crisis

The new campus crisis: How anxiety is crippling college kids across the country
United Way of Utah County
2-1-1 Helpline
Download on the App Store

Android App on Google play

Download Now

“2-1-1 Utah”
<table>
<thead>
<tr>
<th>CATEGORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>utilities</td>
</tr>
<tr>
<td>food assistance</td>
</tr>
<tr>
<td>housing</td>
</tr>
<tr>
<td>mental health</td>
</tr>
<tr>
<td>health care</td>
</tr>
<tr>
<td>income</td>
</tr>
<tr>
<td>transportation</td>
</tr>
<tr>
<td>substance abuse</td>
</tr>
<tr>
<td>legal</td>
</tr>
<tr>
<td>clothing/household</td>
</tr>
<tr>
<td>education</td>
</tr>
<tr>
<td>family support</td>
</tr>
</tbody>
</table>

*Intermountain Healthcare*

*United Way* United Way of Utah County
Wasatch Mental Health Wellness Recovery Clinic

580 East 600 South Ste 220
Provo, UT 84601

801-852-3789

description:
Free mental health clinic for those who are uninsured or underinsured and meet the income guidelines. Their focus is group therapy.

Primary Services
- General Counseling Services
- Mental Health Evaluation
- Psychiatric Case Management

Hours
M, Tu, W, F 8 am - 5 pm; Th 10 am - 5 pm (closed 12 noon - 1 pm for lunch)
United Way of Utah County
EveryDay Strong

Thrive
(achieve your potential)

Confidence
(skills, achievement, esteem)

Connection
(friendship, love, and belonging)

Safety
(stability, routine, security)

Physical needs
(food, water, rest)