Moving Forward in 2010
Utah American Indians

Access to Health Care
American Indians were the least likely of all Utah racial/ethnic groups to have access to needed medical care, with 38.2% reporting that they could not obtain such care, compared to 15.9% of all Utahns. They also had a high poverty rate (22.1% compared to 10.0% statewide) and uninsured rate (17.7% compared to 11.1% statewide).

Early Death
American Indians had the lowest life expectancy at birth of all Utah racial/ethnic groups. They had the highest rates of poor physical health, poor mental health, unintentional injury death, and violent death in the state. However, the Utah American Indian motor vehicle traffic crash death rate improved greatly, with 20.5 deaths/100,000 people in 2010 compared to 38.5/100,000 in 2005.

Smoking
American Indians had nearly double the smoking rate (19.8%) of all Utahns (10.8%).

Diabetes
American Indians had the highest diabetes rate (9.2%) of all Utahns. (Statewide rate was 5.6%.)

Infectious Disease
Like all Utahns, American Indians have seen a rise in chlamydia rates since 2005.

Breast Cancer
The Utah American Indian breast cancer rate rose from 8.3/100,000 females in 2005 to 19.9/100,000 in 2010. Screening for breast cancer did not increase during this time period. At 51.6%, the proportion of Utah American Indian women over 40 receiving a mammogram to detect breast cancer early and improve survival is lower than the state rate (67.6%). The exact causes of breast cancer are unknown, but lifestyle choices that may protect against breast cancer include maintaining a healthy weight, being physically active, and breastfeeding.

Obesity
The majority of Utah adults were overweight (56.4%), but American Indians had an even higher rate at 72.5%, up from 63.4% in 2005.

Breastfeeding
Only 70.3% of American Indians initiated breastfeeding, and only 43.9% of those who initiated breastfeeding continued 2-6 months postpartum. Therefore, only 30.9% of Utah American Indian infants benefited from breastfeeding 2-6 months postpartum. Statewide, 91.1% of mothers initiated breastfeeding and 67.5% of those continued 2-6 months postpartum.

Alcohol Use
Chronic drinking declined among Utah American Indians. Only 6.5% of Utah American Indians reported this behavior in 2010 compared to 9.7% in 2005. Binge drinking remained a problem, with 17.6% reporting it (statistically unchanged from the 2005 rate).

Birth Weight
Fewer Utah American Indian babies had low birth weights in 2010 (7.8%) than in 2005 (9.2%).