

USU UWLP Publishes New Statewide Data on Home, Health, Community, and Allyship

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The Utah State University [Utah Women & Leadership Project](#) (UWLP) released the final white paper sharing results of a study conducted in the fall – [Home, Health, Community, and Allyship 2025](#). The study supports “[A Bolder Way Forward](#),” a statewide UWLP initiative focused on ensuring that more Utah girls, women, and their families thrive.

“This is our third year of data collection,” said lead researcher and author Susan Madsen, UWLP founder/director and the USU Extension Professor of Leadership. “The report addresses data changes compared to the 2023 and 2024 surveys, and there are some interesting findings.”

The research focuses on survey items related to Utahns’ awareness and perceptions in four key areas: Home and Family, Health Across the Lifespan, Political and Civic Engagement, and Male Allyship.

The 83-item survey, administered from Oct. 1 to Nov. 19, 2025, included two samples (representative and convenience) totaling 5,212 Utah participants.

Home and Family

Results of these items can guide strategies and initiatives focused on increasing healthy relationships and improving women’s experiences in the family domain, thereby strengthening all Utah families.

1. In conflicts, my partner and I have an equal opportunity to express our views and influence the outcome.

2. I feel the load of domestic labor is shared equitably within my home.
3. I feel the load of caregiving is shared equitably within my home.
4. In our relationship, I feel that my partner’s sexual needs are more important than my own.

Nearly 70% of men agreed, on some level, that the load of domestic labor is shared equitably, compared to 56.2% of women. Regarding the equitable load of caregiving, again, nearly 70% of men agreed, compared to 53.7% of women. The gap between men’s and women’s perceptions of equitable distribution of unpaid work in the home is something to continue to explore, both in research and as a topic for communication among couples as they work to strengthen and improve their relationships.

Health Across the Lifespan

Utah women are less likely than women in other states to seek out preventive healthcare that could detect, address, or otherwise support health-related goals or concerns.

1. It’s likely I will be able to schedule and complete a preventive healthcare visit in the next 12 months.
2. I feel empowered to make informed decisions regarding reproductive health that fit my needs and/or the needs of my family.
3. I am knowledgeable about perimenopause in women.
4. I feel physically, mentally, and emotionally safe in healthcare settings.
5. It is likely one of my healthcare providers will effectively screen me for intimate partner violence (and connect me with resources if needed) in the next year.

Just over 63% of women strongly agreed that they would complete a preventive healthcare visit in the next year, with women over 60 most likely to agree, and women aged 18-24 least likely to agree. In last year’s report, differences emerged in perceived knowledge of perimenopause based on length of residency in Utah. At that time, women who had lived in Utah for fewer than two years were significantly more likely than other residency groups to report being knowledgeable about perimenopause. In the current survey, 66.8% of respondents reported being knowledgeable about perimenopause to some degree; however, no statistically significant differences were found based on length of residency in the state. This shift may suggest improvements in Utah’s systems, programs, or public education efforts related to perimenopause, though further research is needed to better understand what contributed to this change.

Political and Civic Representation

Representation is at the heart of American democracy. Changes made at the individual, family, community, and societal levels have the potential to positively impact Utah's girls, women, and their families.

1. If a woman served in a political role, it would negatively impact her family.
2. Women are well-suited for elected political positions.
3. I understand how to get involved in civic activities.
4. I engage in efforts important to the well-being of my community.

While respondents generally disagreed that serving in a political role would negatively impact a woman's family, there were some interesting differences by gender: 67.2% of women disagreed on some level compared to 48.6% of men. In addition, while 79.2% of men agreed on some level that women are well-suited for elected positions, only 33.9% of men strongly agreed, compared to 59.4% of women who strongly agreed.

"These numbers indicate an opportunity for Utahns to examine their own unconscious biases," said Madsen. "The research has and continues to show the benefits of having women leaders; our local and state governments will be stronger, creativity of solutions will increase, and Utah families will fare better as men and women lead together."

Male Allyship

Allyship is defined as actively supporting and advocating for a group without being a member of it. While there is great value in women supporting other women, men who are allies are uniquely positioned to advocate for and elevate women in ways that can open doors and opportunities.

1. Men in Utah are supportive of women becoming leaders.
2. Men in Utah are engaged in efforts to have more women in leadership roles.
3. Utah men are interested in supporting women.
4. There are opportunities and resources available to help Utah men become better allies for women.

Men generally agree (61.9%) that they are supportive of women becoming leaders, but only 30.6% of women agreed on some level. This highlights an opportunity for men and women to learn about strategies to increase and make male allyship more visible. And while such resources

exist, one of three male respondents (39.3%) disagreed or were unsure of resources or opportunities to learn to become better allies. One male respondent commented, "The need for diverse, innovative leadership has never been greater. Women and girls here have the opportunity to step into spaces that once felt out of reach, and to know that they are not alone when they do."

According to Madsen, Utah must do better to ensure everyone thrives.

"As Utah decision makers and residents join to find ways to strengthen the impact of girls and women more effectively, more Utah women and families will feel connected to our state's well-known mantra: 'This Is the Place,'" said Madsen. "And, in fact, when more women can feel like 'This is Her Place,' too, we will know Utah is finally becoming a place where women are truly valued."

April Townsend, research fellow, Utah Women & Leadership Project, is co-author of the report.

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