



## **State Support for the First Thousand Days After Birth**

### **State Spotlight: Utah**

*Information current as of December 2025.*

## **1. Care Coordination and Pregnancy Support**

### **1.1 Pregnancy Support**

#### **Alternatives to Abortion (A2A) Programs**

There are two variations of A2A programs in Utah. They include:

- [Prolife Utah Support Life Program](#)- This program allocates funds, via a legislative mandate, to nonprofit organizations in Utah that will establish a program which promotes childbirth rather than abortion and provides expectant mothers with pregnancy support services, parenting help, and adoption assistance.
- [Utah Pregnancy Resource Center Support Life Program](#)- This program allocates funds, via a legislative mandate, to Pregnancy Resource Center of Salt Lake, Inc. to establish a program to promote childbirth instead of abortion and offer expectant mothers with pregnancy support services, parenting help, and adoption assistance.

Similarly, [SB 147](#), passed in 2024, allocated \$245,000 to the state Department of Health and Human Services to provide or contract for pregnancy support services such as medical care, child care, housing, and material items.

### **1.2 Care Coordination**

No applicable and/or known programs.

## **2. Women's Health**

### **2.1 Prenatal and Postpartum Medical Care**

No applicable and/or known programs.

## *2.2 Prenatal and Postpartum Support*

### MotherToBaby Utah

This program, formerly called the Utah pregnancy risk line, has been running for 35 years. This resource is a free and confidential help line for pregnant or breastfeeding mothers, prospective parents, and healthcare providers. The helpline has interpretation services in over 150 languages, and experts are available Monday through Friday. The help line focuses on providing information on how different things can cause birth defects.

### WIC Breastfeeding Support

Breastfeeding support is offered through WIC's breastfeeding experts.

### Breastfeeding Laws

#### Utah Code Ann. § 17-15-25 (1995)

This law provides the right for women to breastfeed wherever they have a right to be, even if the breast is uncovered in relation to breastfeeding.

#### Utah Code Ann. § 34-49-201 et. seq. (2015)

This law requires a public employer to provide reasonable breaks for a mother who needs to express breast milk and a room or other location near the employee's work area that is not a bathroom, is private, and has an electrical outlet. The employer shall also provide access to a clean refrigerator or freezer for the storage of breast milk.

#### Utah Code Ann. § 78B-1-109 (2015)

This law states that one of the reasons that may excuse a person from jury duty is if a mother is breastfeeding. The breastfeeding mother must produce evidence of this in the form of an affidavit, sworn testimony, or other competent evidence.

#### Utah Code Ann. § 34A-5-106 (2016)

This law prohibits employer discrimination including discrimination against women because of pregnancy, childbirth, or related conditions (e.g. breastfeeding). This discrimination is also prohibited in labor organizations, joint apprenticeship committees, or vocational schools providing apprenticeships or job training programs. Employers may not refuse to provide reasonable accommodation for employees related to pregnancy, childbirth, or related conditions.

#### Utah Code Ann. § 13-7a-101 et seq. (2018)

Named the Breastfeeding Protection Act, this law permits women to breastfeed in any place of public accommodation.

### The Home Visiting Program

Utah's Home Visiting program serves pregnant women and families with young children who want parenting support, connections to community resources, and information on child development and other parenting topics (e.g. breastfeeding or toilet training). The program can take place in

families' homes and accommodates families who wish to meet in an office or park or other comfortable area outside of the home. The program is based on three home-visiting models:

- Nurse Family Partnership: This model offers support and advice to first-time moms from the beginning of pregnancy until the child turns two
- Parents as Teachers: This model offers one-on-one support to parents with children from birth to age five.
- Family Spirit: This model promotes health and wellbeing among Native American families with children from birth to age three.

Interested parents can find home visiting programs in their county [here](#).

## *2.3 General Medical Care for Women*

### Utah Cancer Control Program (UCCP)

This program provides breast and cervical cancer screening, diagnostic tests, and treatment services by partnering with local health departments, clinics, and hospitals. Some services include mammograms, breast exams, pap tests, and testing for blood pressure, cholesterol, and blood sugar levels. Prospective applicants should check the [income guidelines](#) to determine eligibility.

### Medicaid

Medicaid in Utah provides health coverage to eligible Utah residents who meet the income guidelines and are U.S. citizens or have satisfactory immigration status. There are various Medicaid programs available in Utah for individuals and families, each with their own additional requirements. Below are [several groups](#) that are eligible for Utah Medicaid. Information on income limits can be found [here](#).

- Pregnant women: Pregnant women are eligible for full-coverage Medicaid if they meet certain family size and income limits (at or below 144% of the FPL).<sup>1</sup> With the passage of [SB 133](#) in 2023 and CMS' subsequent approval of the state's extension request in March 2024, postpartum Medicaid coverage for women was extended from 60 days to 12 months.
- Parents and caretakers: Parents with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements are eligible for full-coverage Medicaid.
- UCCP enrollees: Those who receive breast or cervical cancer diagnoses through the UCCP receive full coverage Medicaid.
- Expansion group: Adults, ages 19 through 64, whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid.<sup>2</sup> To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any other type of private insurance.

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<sup>1</sup> The 5% difference between the stated income limits for different eligibility groups within the Utah document linked above and the amount listed in this document is because the Utah document didn't account for the 5% disregard that applies to Medicaid eligibility groups.

<sup>2</sup> Ibid.

- [Family planning program](#): Utah's family planning program provides Medicaid coverage for family planning services only. Examples of covered services include birth control supplies and annual exams. Men and women ages 18 and older are eligible for this program if they are not enrolled in another Medicaid eligibility category and have an income at or below 185% of the FPL. Utah's Medicaid income limit for this eligibility category includes the 5% federal disregard. This coverage is a result of a 1115 demonstration request submitted by the state that was prompted by the passage of SB 133 described above.

Those who would otherwise be eligible for Medicaid apart from their citizenship status can [receive Medicaid coverage](#) for emergency services.

The [Baby Your Baby \(BYB\) program](#) provides pregnant women with temporary presumptive eligibility coverage for outpatient prenatal care while they wait to be approved for Medicaid. BYB doesn't cover labor or delivery services.

For more information, see section 6.1 for disability-specific Medicaid programs, section 7.2 for child-specific Medicaid programs, section 7.4 for adoption-specific Medicaid programs, and 7.5 for foster care-specific programs.

## 3. Finances, Work, and Education

### 3.1 Help Paying Bills

#### [Family Employment Program](#)

This is Utah's TANF program. It is a temporary cash assistance program which can provide up to three years of financial support for low-income Utah families. The goal of the program is to help families learn work skills and gain greater financial independence. There is a [Two-Parent program](#) for families where both parents are working and living in the household.

### 3.2 Employment Support

#### [Career and Education Assistance](#)

The Department of Workforce Services in Utah offers career counseling and funding to cover educational expenses. To apply for services, residents can submit an online application or sign up at their local [Employment Center](#). To be [eligible](#), individuals must meet household income requirements. Individuals who may be eligible for services include those who have been laid off from their job, those between ages 14 and 24 who are struggling at school or work or having trouble finding employment, and those between ages 16 and 26 who have been in foster care.

### 3.3 Education and Training

No applicable and/or known programs.

### *3.4 Financial Advice or Education*

No applicable and/or known programs.

## 4. Material or Legal Support

### *4.1 Transportation*

#### Non-Emergency Transportation (NET)

Medicaid provides reimbursement for transportation for non-emergency, Medicaid-covered services. Residents who have traditional Medicaid coverage and live in an area served by the Utah Transit Authority (UTA) may be given a UTA Transit Card to use for Medicaid-covered medical appointments.

### *4.2 Food and Nutrition*

#### WIC

This program is funded by the federal government but run by the state. It provides healthy foods, health care referrals, and nutrition education to low-income pregnant, breastfeeding, and postpartum women and their children (up to age 5) who are at nutritional risk. To be eligible, participants must meet all the following requirements:

- Meet the [income guidelines](#)
- Live in an area of Utah served by a local health department
- Provide ID (e.g. birth certificate, Medicaid card, etc.) for each family member applying for WIC
- Have a medical or nutrition-based condition as determined by a health professional at the initial WIC appointment

#### SNAP

SNAP provides financial assistance to families to help them afford healthy food for their household. There are [work requirements](#) and [income requirements](#). SNAP applicants must participate in the [Employment and Training Program](#). A household's income may not exceed 130% of the FPL.

## Special Nutrition Programs

### [National School Breakfast Program](#) and [National School Lunch Program](#)

This meal program provides low-cost or free lunches to Utah children each school day and operates in public schools, non-profit private schools, and residential childcare centers.

- [Afterschool Snack Program](#): This program is an option for schools already participating in the school lunch program. It offers reimbursements to serve free, healthy snacks to children involved in after-school activities.

### [Farm to Fork \(F2F\) Program](#)

This program provides children with access to healthy, locally grown foods and educational opportunities including gardening, visiting farms, and learning to cook.

### [Seamless Summer Option \(SSO\)](#)

This program is a streamlined version of the Summer Food Service Program. This program ensures children continue to receive nutritious meals even after the school year is over. SSO sites are located in low-income areas.

### [Summer EBT Program](#)

Otherwise known as SUN Bucks, this program helps low-income families buy food for their school-aged children when schools are closed for the summer. The program gives qualifying families \$120 for each school-aged child. If a child or their family is already enrolled in SNAP, TANF, Medicaid, and/or if they qualify for free or reduced-cost school breakfasts/lunches, they will be automatically enrolled in this program. If a child attends a school where everyone receives free lunch but their family doesn't receive public assistance such as SNAP, TANF, or Medicaid, they can still apply for this program.

### [Special Milk Program \(SMP\)](#)

This program provides payment for public and private schools or camps to give free milk to children who don't have access to other meal programs.

## *4.3 Clothing, Household Goods, and Baby Supplies*

### [Car Seat Safety Program](#)

The Southwest Utah Public Health Department offers free car seat safety checks to all residents of Southern Utah. Free car seats are also made available for eligible applicants. New moms can apply for a car seat in their third trimester of pregnancy. Residents who want to receive a free car seat must meet the income requirements. Free car seats are provided when a current car seat is expired, the child has outgrown the current car seat, or the child does not have a car seat.

## *4.4 Housing, Shelters, and Maternity Homes*

### Emergency Assistance Program

This program provides immediate, temporary assistance to families who are at risk of homelessness or having their utilities shut off for reasons outside their control. Payment is available once in a one-year period for eligible households. Services include rent, security deposit, mortgage, and utility payments; legal service referrals; budget counseling; and mediators to help resolve disputes with landlords or mortgage companies. Payment limits and eligibility requirements are found [here](#).

### Home Energy Assistance Target (HEAT) Program

This program provides energy assistance for low-income households. It is otherwise known as the federally funded LIHEAP. To be [eligible](#) for this program, households must meet all the following requirements:

- Have an income at or below 150% of the FPL
- Be responsible for paying home energy costs
- Have at least one adult (aged 18 or older) in the household
- Have at least one U.S. citizen or qualified non-citizen in the household

### Weatherization Assistance Program

This is a federally funded program run by the Utah Department of Workforce Services. This program helps low-income individuals and families save money on their utility bills by weatherizing their homes to conserve energy. To be eligible, an applicant must own the home being updated or must receive approval from the landlord. Home health and safety impacts qualification for this program.

## *4.5 Legal Support*

No applicable and/or known programs.

## 5. Recovery and Mental Health

### 5.1 Addiction Recovery

#### Tobacco Cessation

##### [Tobacco Cessation Medicaid Program](#)

This free program is offered by Utah's Medicaid program. It focuses on helping pregnant women quit smoking or vaping.

##### [The Tobacco Prevention and Control Program](#)

This is a federal program, administered by the state, that uses evidence-based strategies to reduce tobacco use among Utahns. This program [funds the Utah Tobacco Quitline](#) (1-800-QUIT-NOW) which offers free counseling, nicotine replacement therapy, and other tobacco cessation medications. The Quitline also has a [special program](#) for pregnant and postpartum women. This program includes supportive text messages, up to nine calls with a female coach which include cash incentives, and up to a 12-week supply of the nicotine patch, gum, or lozenge.

### 5.2 Domestic Violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

### 5.3 Mental Health

#### SafeUT

SafeUT is an app that connects Utahns to licensed counselors through its crisis chat and tip line. There are three versions of SafeUT:

- [SafeUT](#): for students, parents/guardians, and educators
- [SafeUT Frontline](#): for law enforcement, fire/EMS, healthcare providers, and their families
- [SafeUT National Guard](#): for Utah Air and Army National Guard members and their families

### 5.4 Abortion Recovery and Healing

No applicable and/or known programs.

## 6. Disability Assistance

#### ABLE Program

This program provides a special savings account that enables people with disabilities to save and invest money without having to lose government benefits (e.g. Medicaid, SSI). Individuals may contribute up to \$19,000 each year and an additional \$15,060 of income if employed. Parents or guardians of children with disabilities can also open an account. These accounts can be used not only to cover medical expenses, but to pay any expenses related to the disability (e.g. education, transportation).



## [Baby Watch Early Intervention Program](#)

This program provides family coaching to help infants and toddlers with developmental delays or disabilities reach development goals. These services take place in the child's natural environment, whether that be in the home or in a childcare facility.

## [Children's Hearing Aid Program \(CHAP\)](#)

This program provides one set of free hearing aids to eligible families with children who are deaf or hard of hearing. When CHAP began in 2013, the program only covered children under six years old, but in 2023, the program was expanded to cover children under 18 years old. However, children under six are given priority, so children over six may be waitlisted depending on funding. Families must [submit an application](#) to their child's audiologist who will then apply to the program for them. CHAP [covers the cost](#) of one hearing aid set, the initial fitting, earmolds, and a portion of follow-up visits for three years. To be eligible for this program, children must meet all the following requirements:

- Be a Utah resident
- Have a hearing loss diagnosis by an audiologist and provide documentation showing the need for a hearing aid
- Be under 18 years old
- Be ineligible to receive hearing aids through Medicaid or any other insurance coverage, or have partial insurance coverage
- Meet income requirements

## [Hearing Aid Recycling Program \(HARP\)](#)

This program recycles previously owned hearing aids from residents in local communities and makes them available to residents who are deaf or hard of hearing. To be [eligible](#) for this program, children must meet all the following requirements:

- Be a Utah resident
- Have a hearing loss diagnosis by an audiologist and provide documentation showing the need for a hearing aid
- Be younger than 18 years old
- Be ineligible to receive hearing aid through Medicaid or any other insurance coverage
- Meet the financial requirements

## [Integrated Services Program \(ISP\)](#)

This program provides one-on-one care coordination for families of children (ages 0-22) with special needs. ISP has a specialized program focusing on care coordination for children from birth to age eight. ISP also offers a transition to adulthood program, which serves children from ages 12-22. ISP connects families with support services and health insurance programs, helps them find housing and financial solutions, works through behavioral health issues with the families, and creates care plans for children with special needs.

## Disability-Specific Medicaid Programs

Utah Medicaid offers Home and Community-Based Services (HCBS) waivers to individuals who require full, comprehensive coverage and additional long-term support services that allow disabled individuals to live at home instead of a long-term care facility. Utah HCBS waivers [include](#):

- UT Acquired Brain Injury (ABI) Waiver: This waiver is for individuals with brain injuries who are ages 18 or older and need a nursing facility level of care. Examples of covered services include non-medical transportation services, massage therapy, and home modifications.
- UT Community Supports Waiver for Individuals with Intellectual Disabilities and Other Related Conditions: This waiver is for individuals of any age with autism, intellectual disabilities, or developmental disabilities that necessitate an ICF/IID level of care. Examples of covered services include financial management services, respite care, and the provision of specialized medical equipment.
- UT Community Transitions Waiver: For those of any age with autism, intellectual disabilities, or developmental disabilities that necessitate an ICF/IID level of care. Examples of covered services include residential habilitation services, chore services, and companion services.
- UT Limited Supports Waiver: This waiver is for individuals with brain injuries who are ages 18 or older and individuals of any age with autism, intellectual disabilities, or developmental disabilities that need a nursing facility or ICF/IID level of care. Examples of covered services include vehicle modifications, family support services, and behavioral therapy.
- UT Medically Complex Children's Waiver: This waiver is for medically fragile children, ages 0-19, who need a nursing facility level of care. Examples of covered services include personal attendant services, skilled nursing respite services, and financial management services.
- UT New Choices Waiver: This waiver is for individuals aged 65 and older and individuals with physical or other disabilities, ages 18-64, who need a nursing facility level of care. Examples of covered services include adult day care, caregiver training, and medication administration assistance.
- UT Physical Disabilities Waiver: This waiver is for individuals ages 65 and older and individuals with physical or other disabilities, ages 18-64, who need a nursing facility level of care. Examples of covered services include personal attendant services, the provision of personal emergency response systems, and non-medical transportation services.
- UT Waiver for Individuals Age 65 or Older: This waiver is for individuals ages 65 or older who meet a nursing facility level of care. Examples of covered services include chore services, medication administration assistance, and personal budget assistance.
- UT Waiver for Technology Dependent, Medically Fragile Individuals: This waiver is for medically fragile individuals or those who are technology dependent from birth through age 20 who need a nursing facility level of care. Examples of covered services include private duty nursing, financial management services, and family support services.

[Aged, blind, and disabled adults](#) not enrolled in these waivers can also receive full Medicaid through the state's Medicaid program if their income meets [SSI benefit rate limits](#). Those who are

employed but disabled and have an income at or below 250% of the FPL can enroll in the state's [Medicaid Work Incentive Program](#) (MWI).

## 7. Care for Children

### 7.1 Childcare

#### [Child Care Assistance Program](#)

This program helps parents pay for childcare. A household must meet the [income requirements](#) to qualify. The program directly pays the parent's selected childcare provider.

#### [HB 153 \(2024\)](#)

This legislation makes it optional for residential childcare facilities to obtain a certificate from the Department of Health and Human Services. This legislation was introduced with the aim of allowing for more childcare facilities to open in the state.

Similarly, in 2022, legislation ([HB 15](#)) signed into law by Governor Cox increased the number of children a residential childcare provider could care for.

### 7.2 Children's Health Care

#### [Critical Congenital Heart Disease \(CCHD\) Screening](#)

In Utah, all newborns are required to be screened for congenital heart disease using pulse oximetry. Residents can contact the CCHD Screening Program to inquire about training opportunities, educational tools, and screening results.

#### [Early Hearing Detection and Intervention \(EHDI\) Program](#)

In Utah, all newborns will receive a hearing screening before being discharged from the hospital. Babies born outside of a hospital setting should get a hearing screening before 10 days of age.

#### [Newborn Screening Program](#)

This program is administered under Utah Statute [26-B-S3319](#) and Rule [R438-15](#) which require the testing of all newborns to promote infant health and ensure prompt detection, referral and treatment for certain genetic conditions. Utah requires two blood tests to be performed, one between 24 and 48 hours after birth and the other between seven and 16 days after birth. Parents are responsible for collecting blood samples in the cases of non-hospital births. Utah currently tests for over 40 genetic disorders. It is important to note that while this program is required, parents pay for these services.

#### [Kurt Oscarson Children's Organ Transplant Fund \(KOCOTF\)](#)

This fund provides financial assistance by giving an interest-free loan to families with children under 18 who need organ transplants. This restricted fund is overseen by a five-member government committee and funded through donations made through the state's income tax form.

## Vaccines for Children Program

This is a federal program run at the state level, and it provides participating doctors' offices with free vaccines to administer to children whose families could otherwise not afford to vaccinate their children. To qualify, a child must be a Utah resident under the age of 19 and also meet one of the following criteria:

- Be American Indian or Alaska Native
- Be Medicaid-eligible or enrolled in CHIP
- Be uninsured
- Be underinsured

## Medicaid for Children

Utah children under age 19 can qualify for [full-coverage Medicaid](#) if they meet citizenship, residency, and [income requirements](#). For children from birth through age five, the income limit is at or below 144% of the FPL, and 138% for children aged six through 18.<sup>3</sup>

The [Early Period Screening, Diagnostic and Treatment](#) (EPSDT) benefit provides health coverage for well-child visits and diagnostic screenings for all children with actual or potential health issues, from birth to age 21, who are enrolled in Medicaid. This mandated Medicaid benefit screens children with actual or potential health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

## CHIP

This program provides health insurance coverage to children whose families make too much money to qualify for Medicaid but not enough to pay for private insurance. CHIP serves children 18 years and younger who don't have private insurance and are Utah residents and U.S. citizens or qualified non-citizen. There are three different variations of CHIP in Utah. The three variations offer the same benefits, but members' out-of-pocket costs and income requirements differ. CHIP Plan B is for children whose family income is at or below 155% of the FPL while CHIP Plan C is for children whose family income is at or below 205% of the FPL, and the State CHIP plan is for children whose family income is at or below 205% of the FPL.<sup>4</sup> [State CHIP](#) is for non-citizen children of working families who would otherwise be eligible for Medicaid if not for their immigration status.

## *7.3 Family and Parenting Education*

### Head Start and Early Head Start

This is a federally funded program that coordinates with services sites to educate low-income parents of children ages zero to five on child development and school readiness. Head Start typically serves children between ages three and five, and Early Head Start serves infants, toddlers, and pregnant women. The program is free to low-income families at or below federal [poverty guidelines](#). Children whose families receive public assistance, are in foster care, or are

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<sup>3</sup> Ibid

<sup>4</sup> Ibid

experiencing homelessness are also eligible regardless of income. The state's Head Start program is administered by the federally funded Utah Head Start Collaboration Office.

## *7.4 Adoption*

### Adoption Tax Credit

Legislation establishing Utah's Adoption Tax Credit was passed in 2023 ([HB 170](#)). To receive the tax credit, adoptive families must meet all the following requirements:

- Have adopted a child under 18 years old
- Have finalized the adoption during the taxable year the applicant is applying for
- Have an adjusted gross income on the federal tax return less than \$110,000 for joint filers and less than \$55,000 for individual filers.

Utah residents who receive benefits from assistance programs such as Medicaid, SNAP, CHIP, and WIC are ineligible. The full list of assistance programs and other characteristics that exclude residents from eligibility can be found [here](#).

### Child in Subsidized Adoption Program

This program is an agreement between adoptive parents and a state or local government agency that allows an adopted child with disabilities to receive Medicaid. Assistance ends when the child turns 18 but may be extended until age 21 as determined by the agency reviewing the child's disability.

### Adoption Assistance Program

This program supports parents who have placed their child for adoption. Services include cash payments and employment help. Assistance payments are provided for up to one year after the child is placed for adoption. Eligible parents are those who would have qualified for the Family Employment Program if they had made the decision to parent.

### Medicaid

In Utah, children who receive federal Title IV-E assistance are automatically enrolled in Medicaid. Those who receive state adoption subsidies are also enrolled in Medicaid.

## *7.5 Foster, Kinship, and Short-term Care*

### Fostering Healthy Children Program

This program provides care coordination of health care services for Utah foster children by partnering Utah HHS nurses with case workers from the Department of Children and Family Services.

### Transition to Adulthood Program

This program helps Utah foster care children prepare to transition from state custody or foster care by helping them plan for their future, find stable housing, and connect with existing assistance programs they may be eligible for after leaving foster care.

## [Education and Training Voucher Program](#)

This voucher can provide foster youth with up to \$5,000 a year to attend college or vocational school and help cover books, supplies, room and board, tools and uniforms, tutoring, childcare, transportation, etc.

## [Medicaid](#)

In Utah, children who are in foster care are eligible for Medicaid. Similarly, if a child aged out of foster care and was enrolled in Medicaid at the time of aging out, they are [eligible](#) for Medicaid until they turn 26 years old.

## *7.6 Safe Haven and/or Baby Boxes*

### [Safe Haven Law](#)

Utah's Safe Haven law allows parents or a parent's designee to safely surrender their newborn at any hospital in Utah until the child is 90 days old. Utah's Safe Haven website also provides a 24/7 hotline (866-458-0058) to answer any questions.

## Miscellaneous

### [Choose Life Adoption Support License Plate Program](#)

Utah drivers can purchase a "Choose Life" vanity plate and part of the proceeds from the sale will be donated to programs that promote adoption.

**This is a non-exhaustive list of programs, current as of January 2026, intended to make information easily accessible to moms and families. Program details are subject to change. Readers should always consult with the appropriate state agency for the most accurate and recent information. The information in this summary is for educational purposes only. CLI does not take a position on the merits of any specific program.**

*This document was compiled by Mia Steupert, Elyse Gaitan, and Tessa Cox.*