

# Preliminary summary of focus group among Native American moms in Southeast Utah

April 2025

## Demographics by the numbers

13

Moms participated

6

Pregnant moms

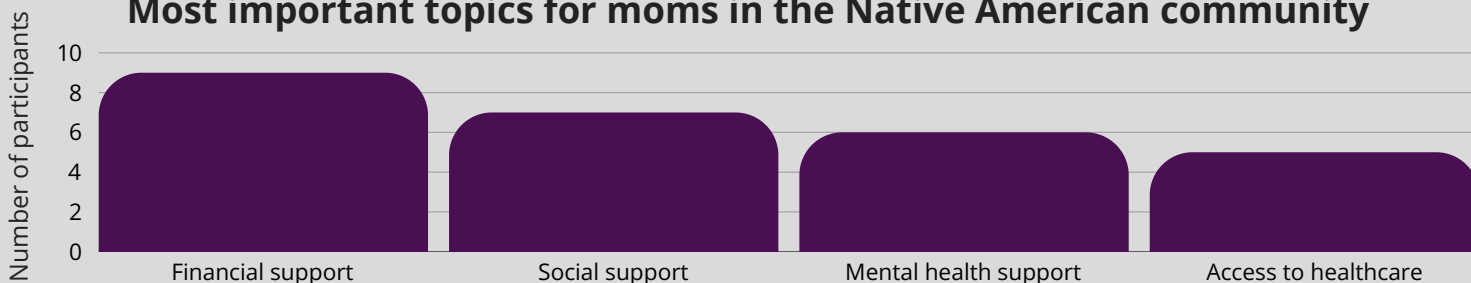
3

Unique ZIP codes represented

34

Total children among participants

## Most important topics for moms in the Native American community



## Key themes & participant quotes

### Access to care and basic resources is difficult

"Make [moms] a priority for basic resources, just like they do with elders and veterans. In my house, we don't have running water. After I had my son, it was difficult to be safe/sanitized, without having a toilet, a shower, etc. When a mother is going home, she needs those basic resources or something to substitute those resources."



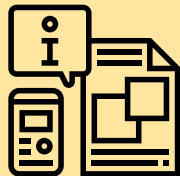
### Community infrastructure is lacking

"I think a lot of moms want to work because everything's expensive now. But the fact that there's no reliable person or reliable child care, or affordable child care, they just stay home, attached to the baby."



### Internet access is important

"There probably needs to be a little more education ... maybe a class could be taken or something like that. I Googled everything and watched a lot of TikToks."



**What's helpful:** WIC, Medicaid, family members, help with breastfeeding, adult education, and the internet.

**What's needed:** Affordable childcare, playgrounds, libraries, affordable doulas, recreation centers, housing supply, more education and experience-sharing around birth/mental health, and access to resources.



This focus group was hosted by Utah Navajo Health System.



**UWNQC**  
Utah Women & Newborns Quality Collaborative

Utah Department of  
**Health & Human Services**  
Family Health

This data is taken from a small sample size of the Native American community in Utah. This is not intended to be understood as the experience of all Native American moms in Utah, but is meant to illustrate some experiences by members of this community.

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