

Utah's Declining Fertility Rate, 2024

U.S. and Utah fertility rates continued a long-term decline in 2024. The U.S. Total Fertility Rate (TFR) was 1.600 in 2024 (Figure 1), a 1.3% decline from 1.621 in 2023.¹ Utah's TFR has now declined or stayed constant for 16 consecutive years. The newest data indicates a drop to 1.797 in 2024, a 0.2% decline from 1.801 in 2023. Twelve states experienced TFR increases in 2024, with rates in Colorado, Montana, and South Dakota increasing by 2.0% or more. The remaining 39 states experienced declines. Housing and childcare costs, along with broader social and cultural trends such as delayed marriage and childbearing, continue to influence declining fertility rates.²

Key Findings

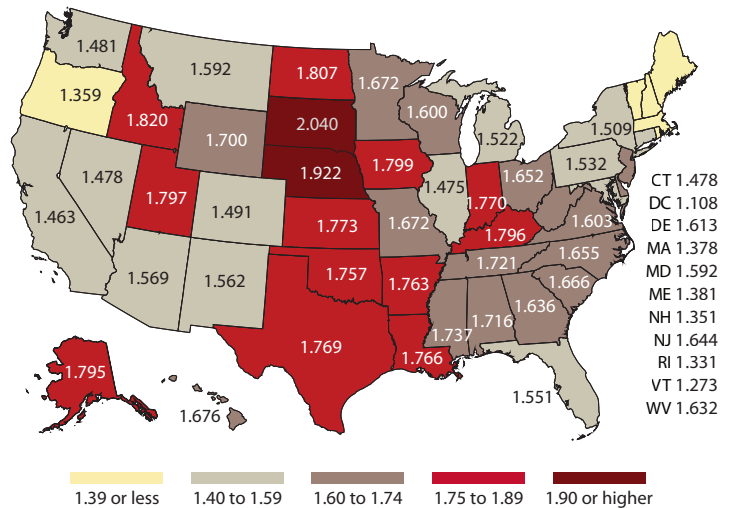
Utah

- **Utah's 2024 TFR ranks 6th highest in the nation**— Utah's TFR of 1.797 increased to 6th highest in 2024 from 10th highest in 2023, behind many midwestern states and Idaho (Figure 5). Between 2023 and 2024, Utah's TFR remained almost unchanged, declining by 0.2%. This is a continuation of Utah's TFR declining or staying consistent since 2012, but much slower than the 3.4% and 2.8% decrease from 2021 to 2022 and 2022 to 2023.^{3,4}
- **Utah's modest 2024 TFR decline is a combination of fertility increases in 40–44-year-old women and fertility declines in 18–19 and 20–24-year-old women**— This is the largest fertility increase among women ages 40–44 since before 2010. However, moderate absolute declines among women ages 18–19 and 20–24 offset this increase. All but two age groups experienced fertility declines (Figure 7).

National

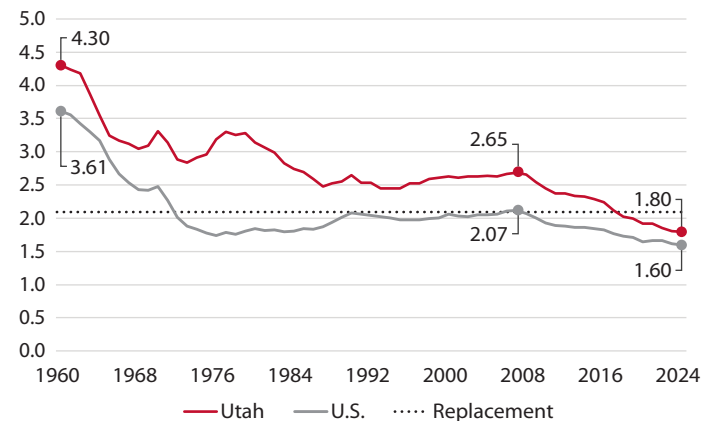
- **The U.S. 2024 TFR decreased by 1.3% to 1.600 children per woman (down from 1.621)**—Between 2023 and 2024, TFRs in Colorado, Montana, South Dakota, West Virginia and Idaho increased by 1.5% or more (Figure 3). South Dakota, Nebraska, Idaho, North Dakota and Iowa's TFRs ranked highest in the nation. The District of Columbia, Vermont, Rhode Island, New Hampshire and Oregon ranked lowest.
- **More states experienced TFR increases in 2024**—Twelve states experienced TFR increases in 2024, compared to two in 2023. The average TFR decrease was -2.1% in 2023, compared to -1.0% in 2024, with states collectively experiencing less extreme TFR declines except for Washington D.C. (Figure 4).

Figure 1: Total Fertility Rate by State, 2024



Source: National Center for Health Statistics

Figure 2: Total Fertility Rate for Utah and the United States, 1960–2024



Source: National Center for Health Statistics

Common Fertility Measures and Terminology

Total Fertility Rate (TFR): The average number of children a woman will have if she survives all her childbearing (or reproductive) years. It is also the sum of the Age Specific Fertility Rates.

Age Specific Fertility Rate (ASFR): The number of live births (often per 1,000 women) in a specific age group for a specific point in time, usually a year.

Figure 3: Annual Percent Change in Total Fertility Rate by State, 2023–2024

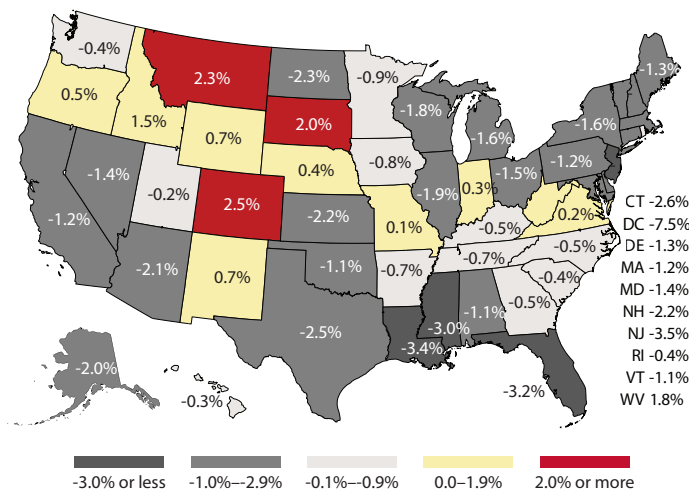


Figure 4: State Annual Percent Changes in Total Fertility Rates, 2023 and 2024

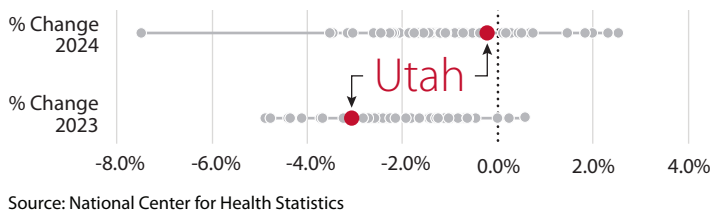


Figure 5: Top 15 States with Highest Total Fertility Rates and Rankings, 2023 and 2024

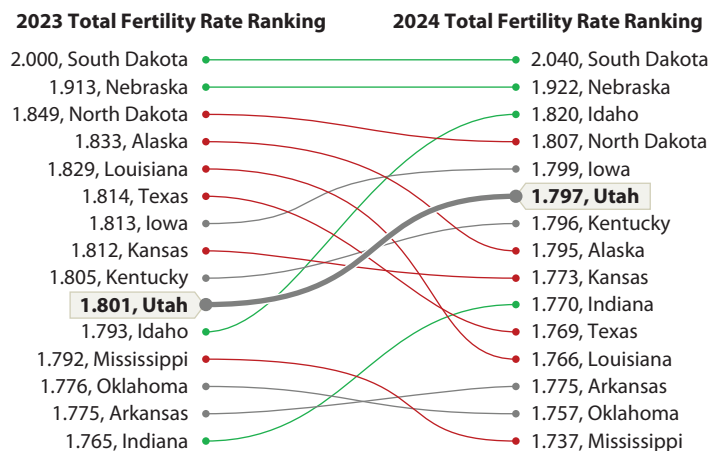


Figure 6: Utah Age Specific Fertility Rates, 2024

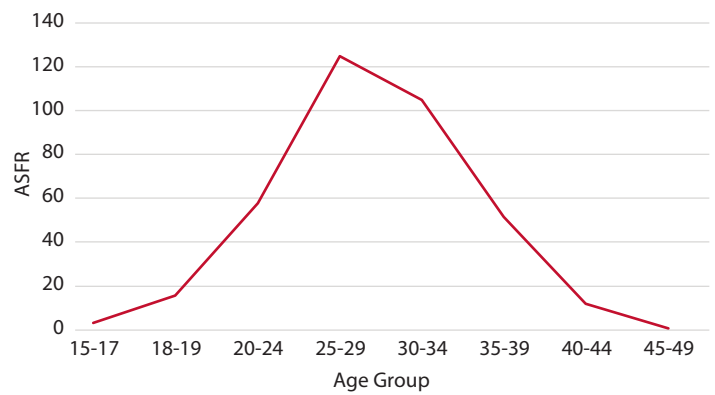
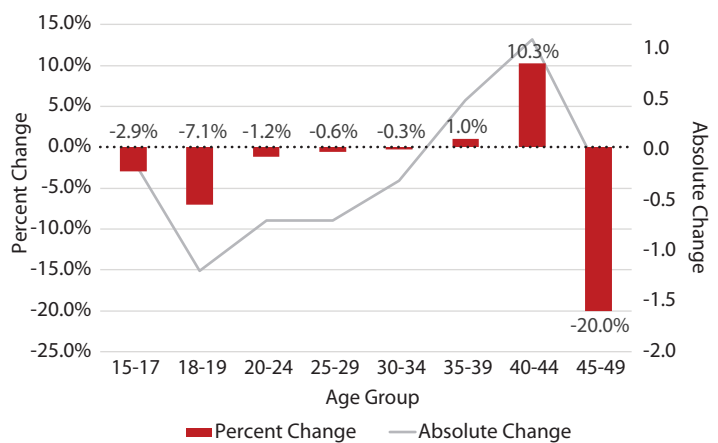


Figure 7: Absolute and Percent Change in Utah Age Specific Fertility Rates, 2023–2024



Endnotes

- Osterman MJK, Hamilton BE, Martin JA, Driscoll AK, Valenzuela CP. Births: Final data for 2024. Natl Vital Stat Rep. 2026 Jun;75(2):1–48. DOI: <https://dx.doi.org/10.15620/cdc/252440>
- Kearney, M., Levine, P., and Pardue, L. 2022. The Puzzle of Falling US Birth Rates since the Great Recession. Journal of Economic Perspectives 36 (1): 151–76.
- For more information on the recent history of Utah and the nation's declining fertility, see Harris, E. 2022. A Decade of Declining Fertility in Utah, the Intermountain West, and the Nation: 2010–2020. Kem C. Gardner Policy Institute. <https://gardner.utah.edu/wp-content/uploads/Fertility-RB-Jul2022.pdf>
- Harris, E. 2025. Utah's Declining Fertility Rate, 2023. Kem C. Gardner Policy Institute. <https://d36oiwf74r1rap.cloudfront.net/wp-content/uploads/2025/10/DecliningFertility-Apr2025-Revision-Sep2025.pdf>

Authored By: Emily Harris, Senior Demographer

(DE) Fertility FS Aug2026