

Utah's
Sexual Violence
Council's
State Plan

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Assessment of the Problem

The Sexual Violence Primary Prevention Committee of the Utah Sexual Violence Council completed a Needs and Resources Assessment in 2008 to gain a comprehensive picture of Utah's demographics in addition to the sexual violence problem as it existed at that time. Data was compiled, surveys were conducted, and focus groups were held across the state and in local communities.

Data Limitations

Ideally, there exists a single source of data on the incidence, perpetration, and victimization of sexual violence within Utah; however, this is not the case. Several sources of data were compiled to get a small glimpse of the problem and many gaps still exist. For example, the FBI's Uniform Crime Report (UCR) gives the best estimate of the incidence of rape. The UCR is the system by which local law enforcement agencies report crime data. However, UCR's definition of forcible rape does not meet the same definition as CDC's. Additionally, not all law enforcement agencies contribute data to UCR.

Two research projects conducted by the Utah Commission on Criminal and Juvenile Justice (CCJJ) have added a wealth of information on the prevalence, incidence and outcomes of sexual violence in Utah. Unfortunately, these projects are dependent on funding and will most likely not be duplicated without additional funding.

Utah is home to several high-profile polygamous communities and many other smaller polygamous groups. Data on the prevalence of polygamy and sexual violence within the polygamous community is non-existent because polygamous families are often isolated geographically and culturally, often by design. Polygamous leaders may counsel members to keep their distance from outsiders in order to avoid persecution and to preserve religious standards.

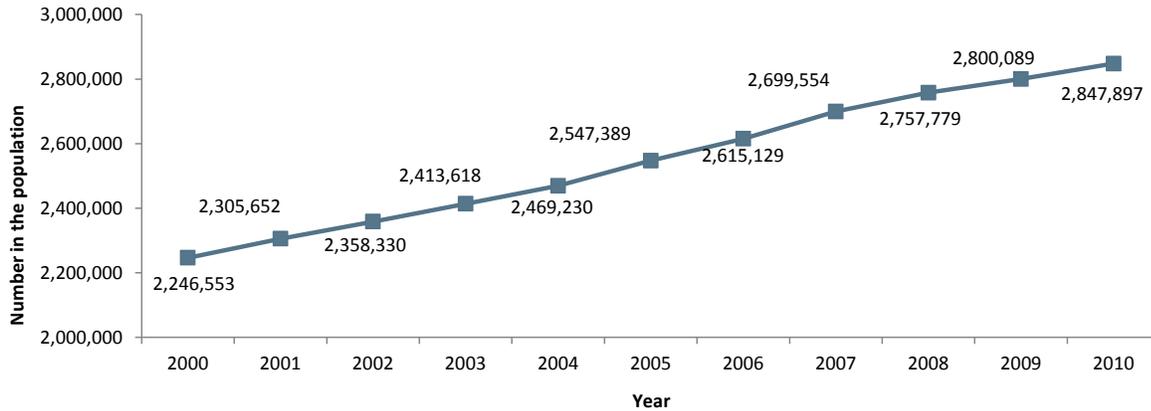
Utah State Profile

The western state of Utah shares its borders with Arizona to the south, Idaho and Wyoming to the North, Colorado to the East, and Nevada to the west. The state contains a diverse mix of terrain that ranges from mountainous landscape to basins, canyons, and valleys. Utah is 84,900 square miles and ranked the 11th largest state (in terms of square miles) in the U.S. The name "Utah" comes from the Native American "Ute" tribe and means "people of the mountains."ⁱ

Population

According to the 2000 census, the population of Utah, was 2,233,169.ⁱⁱ Since then, the state's population has been steadily increasing. The Utah Governor's Office of Planning and Budget (GOPB) estimates population by fiscal year. The estimated population of Utah as of July 1, 2000 (2001 fiscal year) was 2,246,553. Since then the State has been increasing in population and is approaching three million residents (Figure 1).

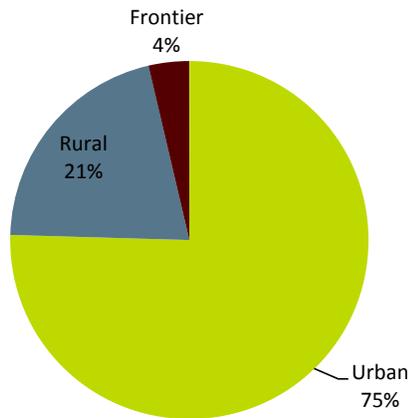
Figure 1: Number in the population by year, Utah 2000-2010



Data Source: The Utah Population Estimates Committee (UPEC) and the Governor's Office of Planning and Budget (GOPB), Estimates for Counties by Sex and Single Year of Age. For more information, go to <http://www.governor.utah.gov/dea/demographics.html>

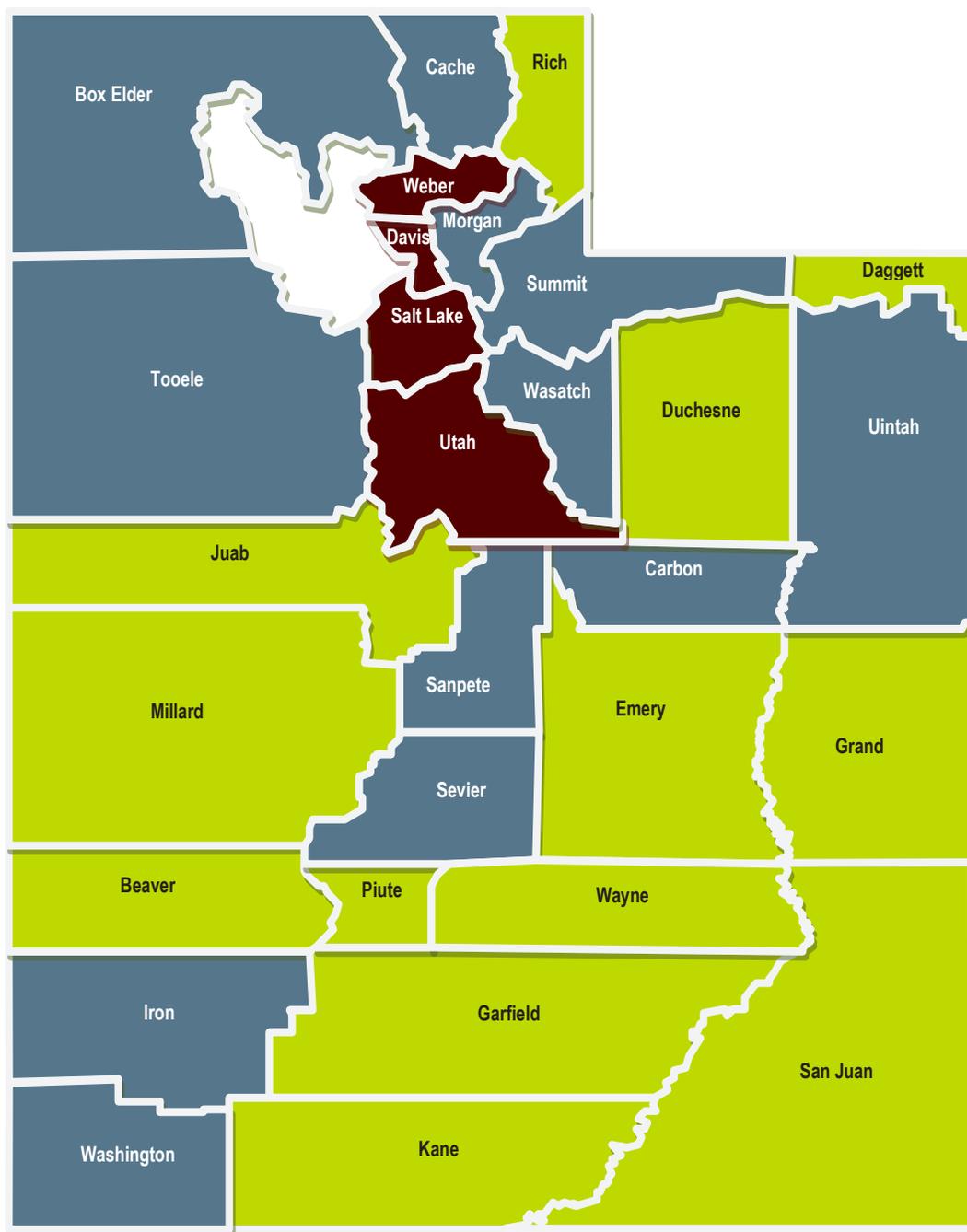
There are a total of 29 counties in Utah. There are four urban counties in Utah which make up an area called the Wasatch Front. This area consists of 75 percent of the population and includes Davis, Salt Lake, Utah, and Weber Counties (Figures 2 and 3). Urban areas are defined as having one hundred or more persons per square mile. Salt Lake City, the capital of Utah, is the largest city and is centered in the Wasatch Front area. Twelve counties make up the rural areas of Utah and consist of 21 percent of the population (Figures 2 and 3). Rural areas are defined as having more than six but less than one hundred persons per square mile. Thirteen counties make up the frontier areas and consist of four percent of the population (Figures 2 and 3). Frontier areas are defined as having six or fewer persons per square mile.

Figure 2: Percent of population density by land area, Utah 2007, n=2,699,554



Data Source: Office of Vital Records and Statistics, Utah Department of Health, U.S. Census, Utah Population Estimates Committee and the Governor's Office of Planning and Budget, 2008 Baseline Economic and Demographic Projections (Revised on 7-23-2008)

Figure 3: Population Density by Land Area, Utah 2007



Gender

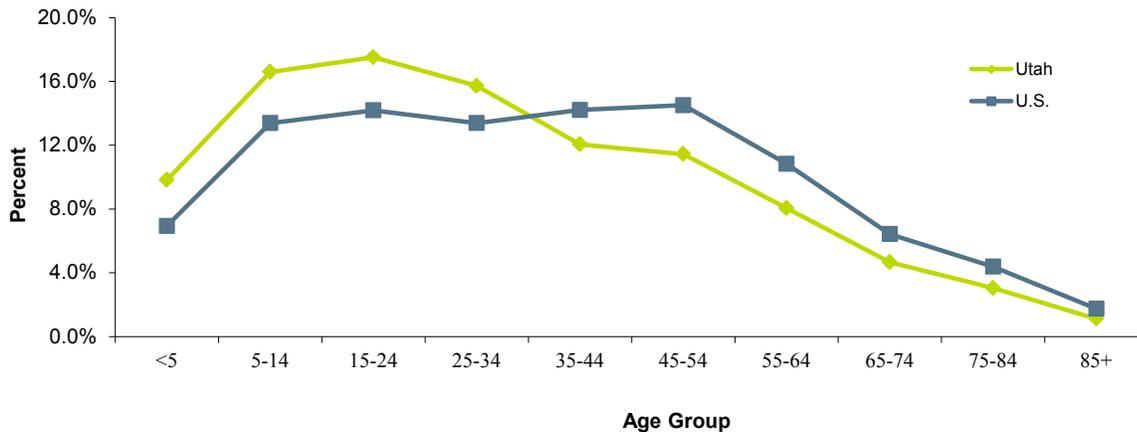
The table below shows a comparison of the distribution of gender within Utah and the U.S. Utah has a slightly higher proportion of males while the opposite is seen in the U.S. (Table 1).

Sex	Utah	U.S.
Male	50%	49%
Female	50%	51%

Age of Residents

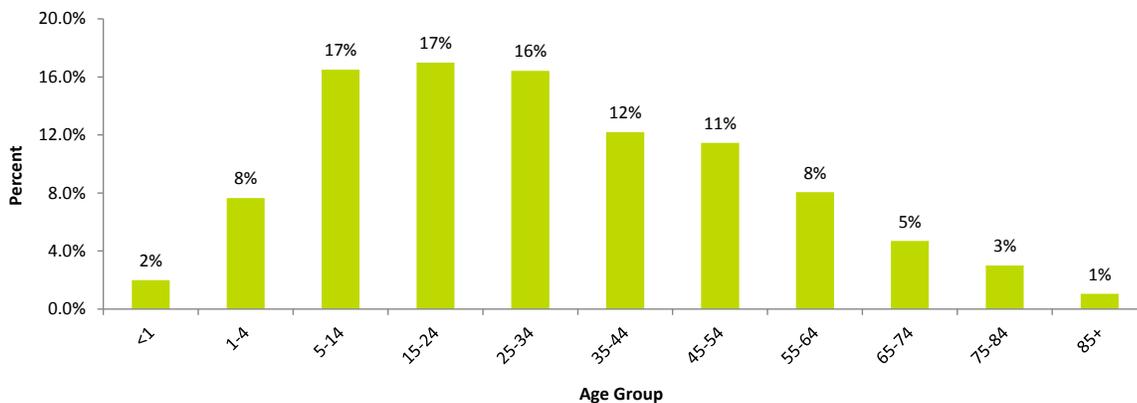
The age distribution of Utah residents is slightly younger than that of U.S. residents overall (Figure 4). According to the 2000 Census, the median age of Utah residents was 28 years old while the median age of U.S. residents was 37 years old. Half of the Utah population is between five and 34 years of age (Figure 5).

Figure 4: Percentage of population by age group, Utah and U.S., 2007



Data Source: U.S. Census Bureau, Population Division

Figure 5: Percentage of population by age group, Utah 2007, n=2,699,554

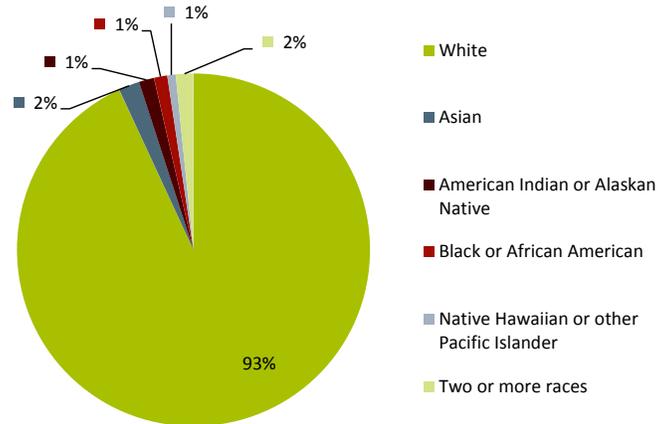


Data Sources: The Utah Population Estimates Committee (UPEC) and the Governor's Office of Planning and Budget (GOPB), Estimates for Counties by Sex and Single Year of Age. For more information, go to <http://www.governor.utah.gov/dea/demographics.html>.

Race and Ethnicity

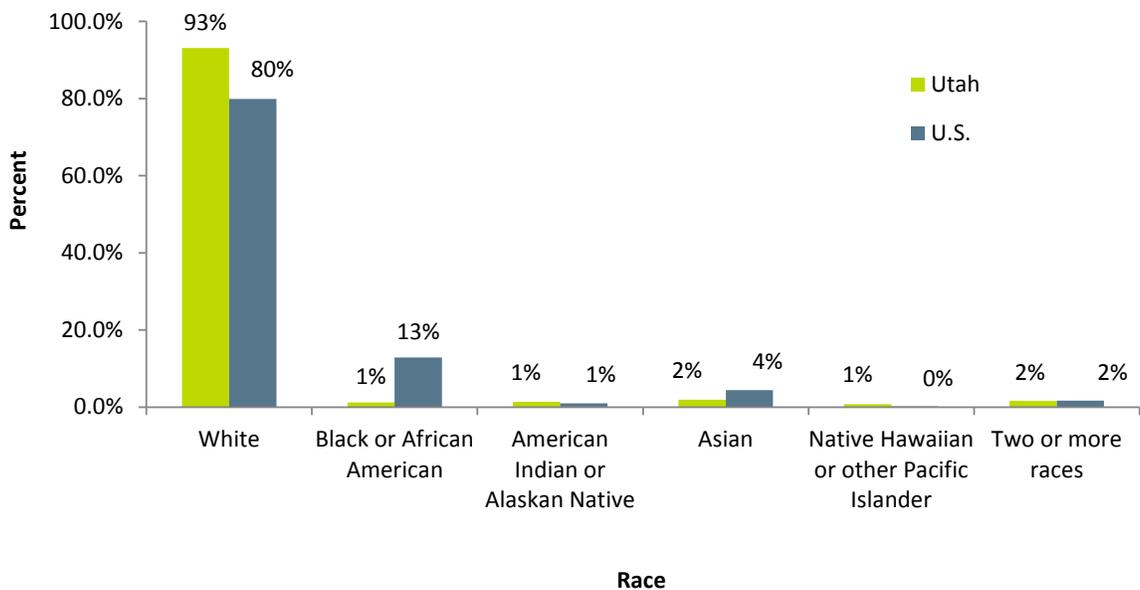
According to the 2000 Census, the majority (93%) of Utahns described themselves as White (Figure 6). In the U.S., 80 percent of the population described themselves as White (Figure 7). When asked about ethnicity, 12 percent of Utahns described themselves as being from Hispanic or Latino origin, while 88 percent of Utahns, reportedly, were of non-Hispanic or Latino origin (Figure 8).

Figure 6: Percentage of the population by race, Utah 2007, n=2,668,925



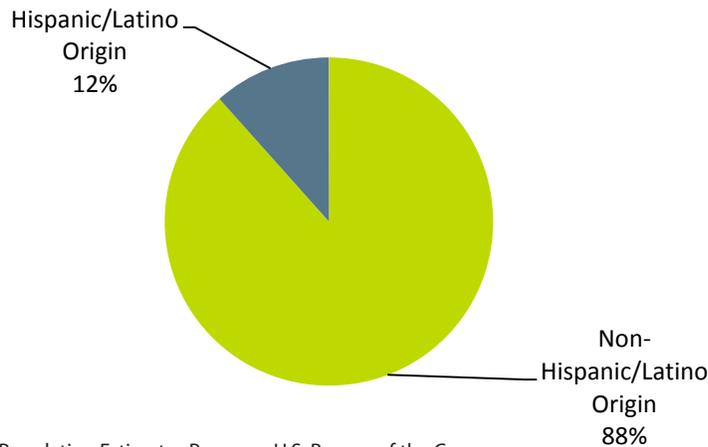
Data Sources: Population Estimates Program, U.S. Bureau of the Census.

Figure 7: Percentage of population by Race, Utah and U.S. 2007



Data Sources: Population Estimates Program, U.S. Bureau of the Census.

Figure 8: Percentage of population by ethnicity, Utah 2007, n=2,668,925



Data Source: Population Estimates Program, U.S. Bureau of the Census.

Nativity and Language

In 2000, only 7 percent of Utahns were born in a foreign country as compared to 11 percent of U.S. residents. Among people five years and older 13 percent spoke a language other than English at home. This is lower than the U.S. percentage which was 18 percent.

Religion

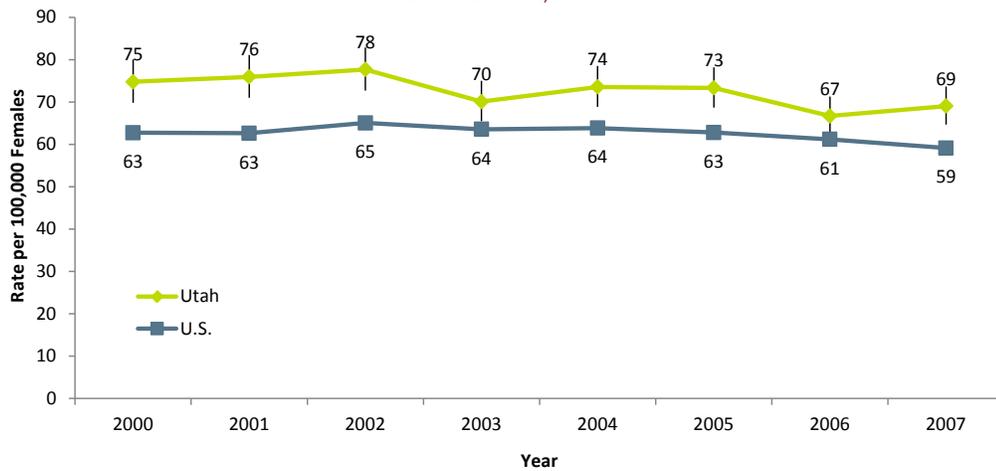
Utah is known for being one of the most religiously homogeneous states in the U.S. with over half (58%) of its adult inhabitants claiming membership in The Church of Jesus Christ of Latter-day Saints (commonly referred to as the Mormon church).ⁱⁱⁱ Other active religions include the Catholics, Episcopalians, Methodists, Unitarians, Ecumenical, Jewish and Islam, among others.

Overview of Sexual Violence in Utah

Reported Rapes

Utah ranks 19th in the nation for reported forcible rapes.^{iv} Rape is the only violent crime in Utah that is higher than the national average. In a state where other violent crimes such as, homicide, robbery or aggravated assault, is historically half to three times lower than the national average, this is of concern. Since 2000, Utah's reported rape rate has been significantly higher than the U.S. reported rape rate. In 2007, Utah's reported rape rate was 69 per 100,000 females (n=927) and the U.S. rate was 59 per 100,000 females (n=90,427) (Figure 9). During 2007, a rape was reported every 10 hours in Utah.^v

Figure 9: Number of reported rapes per 100,000 females by year, Utah and U.S., 2000-2007

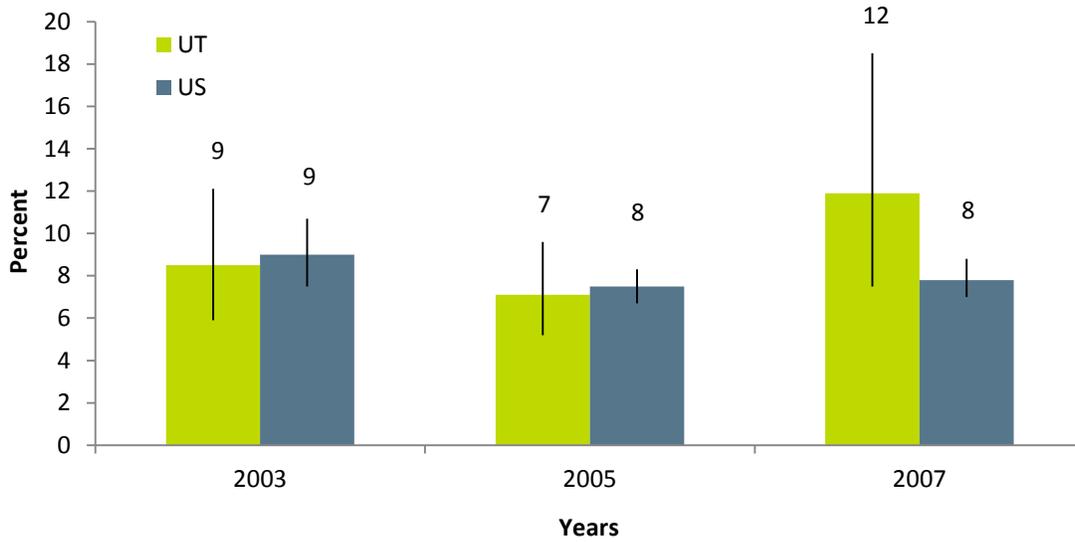


Data Source: FBI Uniform Crime Reports

From 2000–2003, there were 10,520 individual victims of sex offenses in Utah. This equates to 2,630 persons of all ages being sexually victimized each year in Utah, or a sexual offense rate of 113 per 100,000 population. Sex offenses include forcible rape, forcible sodomy, sexual assault with an object, forcible fondling, incest, and statutory rape.^{vi}

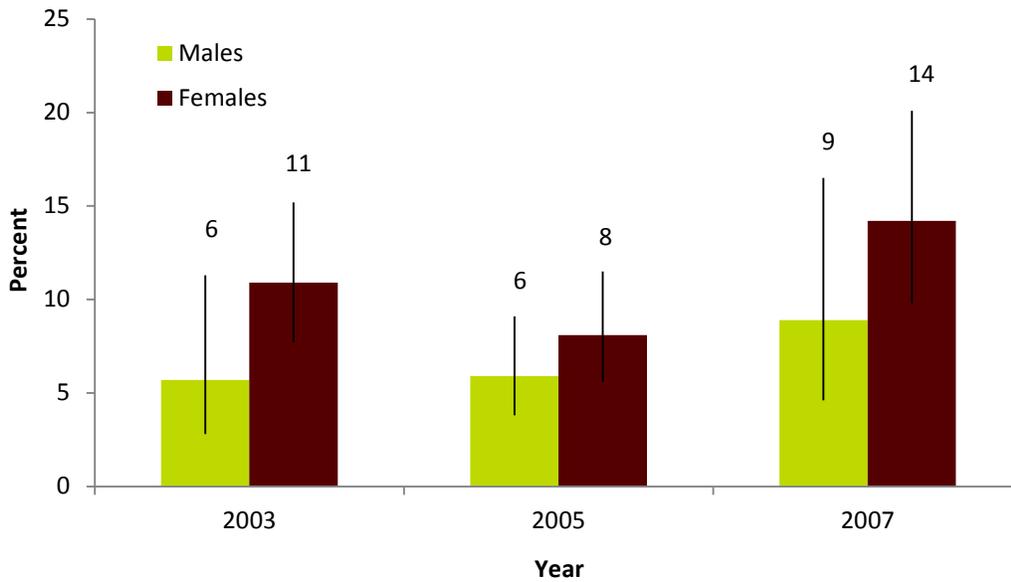
According to the 2006 Utah Behavior Risk Factor Surveillance System (BRFSS), 7 percent of adults reported that they were raped or that someone attempted to rape them in their lifetime. The Youth Risk Behavior Survey (YRBS) showed that 12 percent of Utah high school students reported that they have been physically forced to have sexual intercourse when they did not want to in 2007 (Figure 10) (14 % for females and 9% for males (Figure 11)).

Figure 10: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to, UT and U.S., YRBSS, 2003, 2005, 2007



Data Source: Youth Risk Behavior Survey

Figure 11: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to, UT, YRBSS 2003, 2005, 2007



Data Source: Youth Risk Behavior Survey

Utah Trends

Since 2000, Utah's reported rape rate has remained consistent, reaching a low of 67 per 100,000 population in 2006 and a high of 78 per 100,000 population in 2002 (Figure 9).^{vii}

Geographic Location

According to the 2006 Utah BRFSS survey, there were no significant differences in lifetime prevalence of rape or attempted rape by locality. However, the residential county of the person at the time of the survey doesn't necessarily indicate the residential county of where the rape or attempted rape occurred. Using Uniform Crime Report data, the following counties have significantly higher reported rape rates than the state rate:

Location	Rate per 100,000 population
State	72
Uintah	101
Carbon	98
Salt Lake	95
Tooele	89
Weber	80

The following counties have significantly lower reported rape rates than the state rate:

Location	Rate per 100,000 population
State	72
Wasatch	22
Sanpete	31
San Juan	39
Utah	47
Washington	53
Cache	54
Iron	55
Davis	55

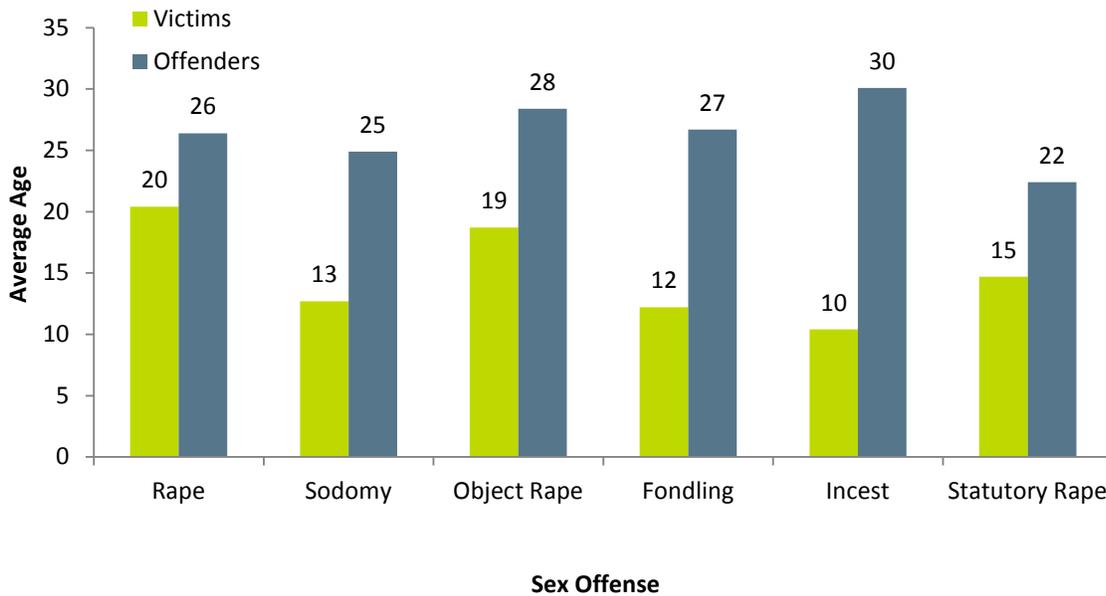
The following counties had too few reported rapes to meet UDOH standard for reliability: Beaver, Emery, Rich.

The following counties did not have any reported rapes: Daggett, Garfield, Morgan, Piute, Wayne.

Age and Sex

- Among sex offense victims from 2000-2003 (n=10,520), females were the prominent gender compared to males (98% and 2%, respectively).
- When males were victims of sex offenses they tended to be found in younger age groups (less than 16 years old). This is most pronounced among victims of sodomy and object rape. Same sex offenses accounted for 18 percent of all sexual assaults from 2000-2003.
- The average age of rape victims was 20 years old and for rape offenders was 26 years old. The biggest gap between victim and offender ages was seen in incest sex offenses. The average age of victims was 10 years old and the average age for offenders was 30 years old (Figure 12).
- According to the 2006 Utah BRFSS, females have a significantly higher prevalence of rape or attempted rape than males (12% and 2%, respectively).^{viii}
- Among female victims who experienced rape or attempted rape, 99 percent were victimized by a male.
- In the 2007 Rape in Utah Survey, 95 percent reported that the sexual assault was committed by a male.^{ix}
- Among male victims who experienced rape or attempted rape, there was no difference in perpetrator gender.
- The average age of sex offense victims from 2000-2003 was 15 years old and the average age of sex offense perpetrators was 27 years old.

Figure 12: Average age of victims and offenders by sex offense, Utah, 2000-2003, Sexual Violence in Utah 2004 Report

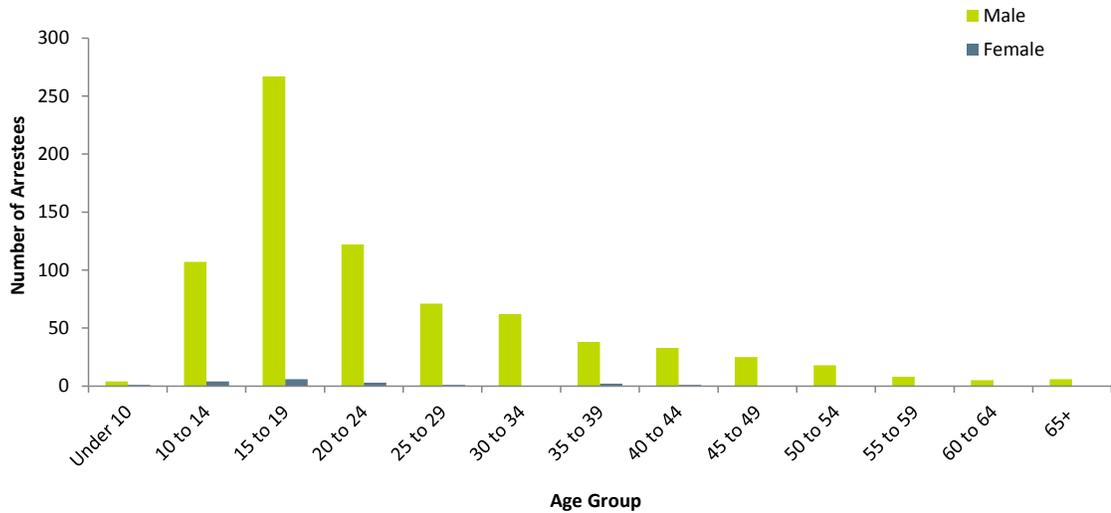


Data Source: Sexual Violence in Utah 2004 Report

The 2007 Rape in Utah Survey indicated that the average age of a victim's first assault was 16 years old.

Males between the ages of 15-19 are arrested more frequently for rape than any other age group (Figure 13).

Figure 13: Number of rape arrestees by age group and sex, Utah, 2005-2007



Data Source: FBI Uniform Crime Reports

Race and Ethnicity

In the 2007 Rape in Utah Survey, Hispanic respondents were less likely to report that they had been victims of child molestation (6% for Hispanic compared to 13% for non-Hispanic respondents).

Socioeconomic Factors

Persons with an annual household income <\$15,000 have a significantly higher prevalence of lifetime rape or attempted rape than the state rate (14% and 7%, respectively). However, household income is the individual's current income and is not necessarily the same at the time of the rape or attempted rape.

There were no significant differences in lifetime prevalence of rape or attempted rape by employment status and education level. However, employment status and education level is the individual's current employment and education and not necessarily the same at the time of the rape or attempted rape. In the 2007 Rape in Utah Survey, respondents with less education were more likely to report being raped during their lifetime.

Relationship

- Victims and offenders are likely to have shared a prior relationship as acquaintances, family members, or intimates.
- Divorced women reported the highest rate of sexual assault (48%), followed by single women (38%).

Cost of Sexual Violence

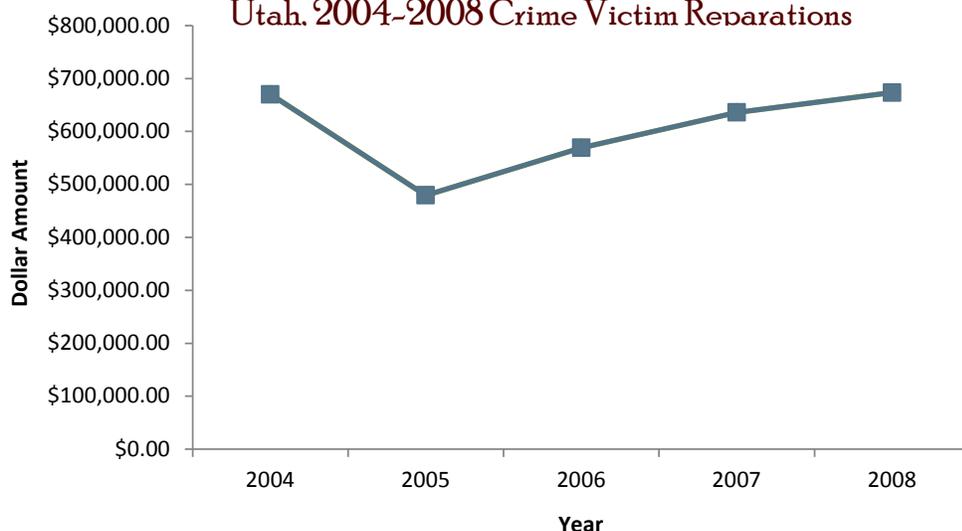
It is nearly impossible to assess the cost of sexual violence. Public and private funds are spent on crisis services, medical treatment, and the criminal justice response. Work days are lost because of injury and illness. Businesses lose money through employee absences and sexual harassment suits. Victims pay for sexual violence out of their own pockets, and the public pays through provision of services to victims and their significant others. The cost for offender's incarceration, probation, treatment, and other offender services adds to the total cost of sexual assault.

Sexual violence occurs in our society more often than most people realize and is directly linked to negative health behaviors. National research shows that sexual violence victims are more likely than non-victims to smoke cigarettes, drink alcohol, and not use seat belts. In Utah, victims (19%) had a statistically higher prevalence of being a current smoker than non-victims (6%).

Sexual violence also affects a person's quality of life and may have lasting consequences for victims. Studies have shown that victims have strained relationships with family, friends, and intimate partners and typically get less emotional support from them. Victims also face immediate and chronic psychological problems such as withdrawal, distrust of others, alienation, post-traumatic stress disorder, denial, and fear. This is also true for Utah. Victims of sexual violence had a significantly higher prevalence in reporting that they were not satisfied with life (11% vs. 3%), didn't receive the social and emotional support they need (27% vs. 13%), and were limited in activities because of physical, mental, or emotional problems (37% vs. 18%) compared to non-victims. Moreover, the prevalence of major depression was significantly higher among victims (14%) compared to non-victims (4%).

Utah has a unique population and a comprehensive study to look at estimated costs of sexual violence would be very beneficial. To get a better picture of how much sexual violence may be costing the people of Utah, we can look at other states who have conducted studies on the estimated costs of sexual violence based on medical and mental health care for victims, criminal justice costs, victim services, lost work, and other quality-of-life issues. For example, in 2007, the state of Minnesota released a report on the cost of sexual assault in Minnesota for one year (2005). In the report, researchers estimated that sexual assault cost approximately \$8 billion that year alone. Cost per sexual assault per child was estimated at \$184,000 and \$139,000 per adult. This study did not include costs related to sexually-transmitted diseases, unplanned pregnancies, suicide, or substance abuse, which are common consequences of sexual violence.^x Figure 14 shows costs associated with administering sexual assault examinations in Utah.

Figure 14: Cost of sexual assault examinations by year, Utah. 2004-2008 Crime Victim Reparations



Utah Sexual Violence Plan

Strategic Plan for the Justice of Sexual Violence

Vision Statement

The USVC Justice Subcommittee will establish and sustain a statewide victim centered protocol/guideline to govern the training and response to criminal justice entities regarding sexual violence.

Short Term Objectives

1. By April 30, 2011, gather and review existing resources on sexual assault response protocols.
2. By December 31, 2011, review, update and distribute cue card for initial law enforcement responders.
 - This process will include reviewing card with focus groups of patrol officers to gather feedback on cue card content and ease of use.

Long Term Objectives

1. By June 30, 2011, develop a resource manual containing guidelines for developing collaborative victim-centered sexual assault response protocols.
2. By December 31, 2012, develop a range of training tools to ensure that officers responding to sexual assault have adequate training, including (1) POST training recommendations, (2) Quarterly officer training modules, and (3) Specialized training curriculum for sex crimes investigators, and (4) Training for multi-disciplinary teams on development of victim-centered protocols.

Strategic Plan for Policies and Legislation of Sexual Violence Issues

Vision Statement:

Informed policy decisions will support the prevention of sexual violence, hold offenders accountable, and provide support and services for victims and survivors of sexual violence.

Mission Statement

The USVC Policy and Legislation Subcommittee will develop and promote public policies that prevent sexual violence, hold offenders accountable, and provide support and services for victims of sexual assault.

Short-term Objectives:

1. By January 24th, 2011, the committee will provide printed and electronic information on sexual violence in Utah to all 104 Utah Senators and Representatives.
2. By the close of the 2011 Utah State Legislative Session, committee members will meet personally with at least 15 legislators from relevant House and Senate Subcommittees, including Law Enforcement, Judiciary, Education, and Human Services.
3. Prior to the 2012 Utah Legislative Session, committee members will prepare and deliver an overview of sexual violence in Utah for at least one interim committee of the Utah Legislature.

Long-term Objectives:

1. By June 30th, 2012, committee members will meet Department Heads and/or Deputy Directors of Utah's Department of Corrections, Department of Health, Department of Education, and Department of Human Services to educate them on the impact of sexual violence in Utah and the relevance of this issue to the missions of each department.
2. By August 31, 2012, committee members will develop a comprehensive budget for a line item addressing sexual violence in the Utah State Budget.
3. Present and campaign for a budget line item for expenses associated with sexual violence prevention and response during the 2012 Utah Legislative session for the FY 2013 State Budget.
4. Complete an analysis and report on current state policy and legislation affecting victims and perpetrators of sexual violence.

Strategic Plan for the Treatment of Victimization and Perpetration of Sexual Violence

Vision Statement

Develop a statewide culture that eliminates sexual violence, so that in Utah there is justice for victims and treatment/accountability for offenders.

Mission Statement

The USVC Treatment Subcommittee will address issues regarding the assessment, treatment and management of individuals who have experienced sexual abuse, perpetrated sexual abuse or are at risk for sexual violence. We will do this by focusing on education and training for mental health care providers, other professionals and members of the community. Through research and shared learning we will promote evidence based practice, enhance quality and continuity of treatment and make best practices available to treatment providers statewide.

Short-term Objectives:

1. Developing Treatment Subcommittee by identify and inviting key treatment providers (victims treatment AND offender treatment) throughout the state to collaborate and coordinate treatment statewide..Activities:
 - a. Mindy and Dave will invite people, we will also ask USVC to use their power. This will be an ongoing activity.
2. Research short term: conduct lit review research that uses evidence based best practice for the treatment of adult rape victims, committee review by April 2011. Activities:
 - a. contact u of u professor to do a lit search on evidence based best practice for treatment of adult female rape victims,
 - b. researcher will do a meta analysis and submit findings
 - c. Findings will be available for committee review approx April 2011.
3. By October 2011, committee based on best practice lit review results will develop some guidelines related to best practices for adult rape victims. Activities:
 - a. Executive Treatment Committee will review report, possibly some research articles and develop very general guidelines related to treatment. We still need time to figure out exactly how to accomplish this.
 - b. UCASA will also post some items for treatment providers on their website: articles, guidelines, any national best practices, offender treatment.

4. By April 2011, research short term: conduct lit review research that uses evidence based best practice to determine efficacy of polygraphy in the treatment of juveniles that offended sexually. Activities:
 - a. conduct lit review
 - b. contact polygraphers/treatment providers statewide to meet and discuss efficacy of polygrapher in treatment
 - c. researcher will do a meta analysis and submit findings
 - d. Disseminate throughout NOJOS network
5. By January 2012, provide training for treatment providers on best practices guidelines. (Objective relating back to Objective Two.) Activities:
 - a. provide a one-day conference consisting of lit review results, different treatment modalities, guidelines for best practices, also basic rape and sexual assault info (address myths, stats etc.)

Long-term Objectives

1. Other long term ideas would be to complete this same process for assessment and evaluation of for child/adolescent/adult survivor victims and assessment and evaluation of child/adolescent/adult offenders.

Strategic Plan for the Primary Prevention of Sexual Violence

Vision Statement

We envision a Utah free from violence, where all people interact with each other in a healthy, respectful manner.

Mission Statement

Increase the capacity of all Utah communities to achieve healthy, respectful relationships as a social norm.

Short-term Objectives:

1. By September 2011, provide a Sexual Violence Prevention Summit for communities to develop and/or enhance partnerships, receive education and specific tools to support coalition building and the primary prevention of sexual violence.
 - a. By 2011, identify partners in counties, cities, judicial districts, health districts, and tribal or other organizations and invite them to attend a statewide sexual violence prevention partnership forum for the purpose of advancing coalition and capacity building as well as primary prevention. Provide support, tools, guidance, and technical assistance on conducting needs assessments.
 - b. Identify key leaders and groups within the counties and work with their communities to establish coalitions on the prevention of sexual violence.
2. By December 2011, council members will provide mentorship to each community to assess their needs for grassroots prevention efforts.

Long-term Objectives:

1. By 2011, conduct community needs assessments in each of the counties to determine the needs and conditions that must be addressed in order to prevent sexual violence.
2. By 2011, develop a pilot project to collect narratives on the beliefs, attitudes, and behaviors of adolescents and young adults ages 11-25 that impact relationships and sexual violence using web 2.0 applications.
3. By 2012, develop state, regional, and community coalitions to:
 - a. Recruit community leaders to champion and advance the value of respect and healthy relationships
 - b. Reach the majority of the population with messages on respect, gender equality, and healthy relationships within their communities through:
 - i. Media messaging
 - ii. Training bystanders
 - iii. Modeling
 - iv. Educational seminars
 - v. In-service training
 - c. Establish primary prevention initiatives in their community.

4. By 2012, provide training and technical assistance to support the prevention coalitions in developing prevention initiatives.
5. By 2012, conduct surveillance on sexual violence (SV) and its relationship to adverse childhood experiences (ACE) through the SV and ACE modules of the BRFSS. Publish the findings.
6. In 2013, create a Sexual Violence Prevention Alliance of all state, regional, and community coalitions in Utah.
7. By 2013, publish an analysis of the costs of sexual violence in Utah, using the methodology published by the Minnesota Department of Health to use as bargaining source for prevention funding.
8. Continue to encourage and support research into identifying the prevalence and dynamics of sexual violence in Utah.
9. Improve data collection around sexual violence perpetration and victimization.
10. By 2014, research opportunities for funding through state, local foundations, and other philanthropic organizations.

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