Some sources report that Mormon women outnumber Mormon men in Utah by a ratio of 3:2.

80% of women in the U.S. do not like how they look.

92% of cosmetic procedures are undergone by women.

87.6% Utahans are white.

69% of people who undergo plastic surgery are white.

Some Mormon women believe that physical beauty is key in securing status, particularly as marriage and motherhood are often prioritized above educational or career achievement.

It’s difficult to pinpoint the exact influences and outcomes of cosmetic surgery among Utah women. Yet much can be done to combat negative body image.

Invest in initiatives that support positive body image.

Encourage women’s educational efforts.

Focus on traits beyond physical appearance.

Strengthen confidence through overall health.