25 Ways AI is Helping People Flourish

Written by Derek Monson & Ford Copple | February 2026

Three Key Takeaways

- While debate over AI in news and social media often focuses on controversy, AI is creating positive, pro-human change behind the scenes.
- AI is already improving our daily lives through its positive impacts in education, government, health care, and family life.
- Supporting AI innovation in Utah is just as important as defending against harmful uses of AI.

Introduction

At the 2025 Utah AI Summit, Gov. Spencer Cox and other state leaders articulated a "pro-human" approach to artificial intelligence.

> "Pro-human AI empowers workers with better tools, strengthens communities through accessible innovation, and enables problem-solving at an unprecedented scale," Gov. Cox said at the event.

This comes amid public debate over the development, uses, and impacts of large-language models, often called artificial intelligence (AI), which frequently overshadow an important reality: AI is already a part of our day-to-day in ways that improve life now and promise to benefit us more in the future.

If Utah is to experience the vision for pro-human AI development articulated by Governor Spencer Cox, then AI regulation should at the very least not jeopardize the proven ways that AI is benefitting human beings, including in education, good government, healthcare, and family life. It is contradictory to call AI safeguards pro-human if they eliminate the present or future human benefits of AI. To aid policymakers in striking the proper balance in AI innovation and regulation, this report briefly outlines 25 ways AI innovation is leading to positive contributions.

Education

Education often prompts more bills each legislative session than any other single issue area, showing Utah's prioritization of reforms that improve student outcomes. Given Utah's large student population, AI innovations that help teachers prioritize their time more efficiently and effectively, while aiding students in far-reaching ways, are a benefit.

1. **Reducing Burdens on Teachers:** AI is reducing the burdens of teachers in Utah and across the country, giving teachers more time to spend with students. For instance, SchoolAI in Utah is helping teachers spend less time on administrative duties and more time focusing on and improving teaching.
2. **Protecting Student Safety:** AI is keeping Utah students safe while in school, thanks to new monitoring systems that can automatically detect firearms on school campuses through their security camera feeds. By enhancing situational awareness and enabling faster response, these tools offer schools an additional layer of protection.

3. **Personalizing Student Learning:** AI is adapting instruction to each student's strengths, weaknesses, and pace to create personalized learning plans for students at scale – increasing student engagement and improving outcomes.

4. **Helping with Learning Disabilities:** A new AI software is helping students with dyslexia improve their reading skills. Dysolve AI is just one example of the many ways in which AI is being used to help students with learning disabilities.

5. **Increasing Student Engagement:** AI tools are bringing history to life for students. Tools like MagicSchool AI create unique lessons that allow students to personally engage with historical figures.

6. **Improving Reading and Language Skills:** Schools across the country are using AI tools like Amira to improve bilingual students' fluency. Students who do not speak English as their first language can interact with these tools to improve their reading and speaking skills.

"It's been huge to see how this kind of support can even the playing field." Daniel Graybeal, a local parent with two children with learning disabilities, had this to say about School AI's impact.

Government

Efficient use of taxpayer dollars is an evergreen goal of policymakers, administrators, and voters. As the population grows and public needs increase, AI can offer time and money-saving innovations that can lessen the need for additional public resources to provide essential government services.

1. **Saving Taxpayer Dollars on Infrastructure:** AI-generated digital twins are allowing potential public infrastructure projects to be tested under specific scenarios for potential negative impacts before construction ever begins, reducing costs and improving efficiency by 20-30 percent.

2. **Reducing Wasted Time:** AI tools are allowing government employees to save up to two weeks of their time – and taxpayer dollars – each year, by reducing or eliminating routine administrative tasks and freeing civil servants to focus on high-value work.

3. **Improving Election Integrity:** AI tools help election officials flag errors in election processes and simulate security scenarios, strengthening election security while reducing unnecessary waste.

4. **Better Emergency Response:** AI is helping screen non-emergency calls in Utah to speed up 911 response times. This ensures that non-emergencies are addressed while allowing 911 operators to focus on emergency situations.

5. **Faster Approvals while Protecting Public Safety:** The AI tool Elsa is being used by the FDA to get lifesaving and life-improving new treatments to market quicker without sacrificing patient safety, by streamlining the review of clinical protocols, reducing the duration of scientific assessments, and pinpointing inspections that should take priority.

6. **Cutting Government Red Tape:** Portland is using AI to ease the burden of complex permitting requirements for citizens and businesses. This saves time for citizens and government employees alike.

Generative AI tools saved civil servants 2 weeks of their year, according to a recent government-led trial in the U.K.

Healthcare

Putting Utahns in the driver's seat for their own health requires better information that supports responsible decision-making, while helping practitioners make more informed decisions about care for patients. AI is already

doing much of that on both the patient and physician side of healthcare.

1. **Treating Chronic Diseases:** A new Utah pilot program will use AI to speed up prescription renewal for patients with chronic diseases while detecting dangerous medication interactions.

2. **Better Lives for Prosthetic Patients:** Researchers at the University of Utah have integrated AI and prosthetic limbs to create bionic limbs that better help patients perform everyday tasks, like reaching for and gripping objects in more natural and intuitive ways.

3. **Saving Lives from Breast Cancer:** AI is detecting breast cancer in mammograms with increased speed and accuracy. Early detection is a critical variable in increasing survival rates for breast cancer.

4. **Quicker Treatment for Debilitating Disease:** Doctors from the Cleveland Clinic Genome Center are using AI to successfully detect Parkinson's Disease in patients using information from genetic, proteomic, pharmaceutical, and patient datasets. This can help doctors spot the signs of Parkinson's far earlier than was previously possible.

5. **Upgrading Heart Disease Diagnosis:** A collaborative effort between University of Utah Health and Intermountain Health successfully used AI to predict the onset and outcomes of heart disease. This technology is especially helpful when applied to large sets of health data records, which are traditionally difficult to analyze.

6. **Faster Skin Cancer Treatment:** Doctors in the UK have pioneered the use of an AI tool to detect signs of skin cancer in patients. The algorithm can complete a scan in 5 minutes and is 99.9 percent accurate, which dramatically increases the speed of diagnosis and can lead to faster treatment.

7. **Improving Recovery from Injuries:** AI is revolutionizing wound care. WoundAissist is an app that allows patients to monitor their own healing from home. An AI wearable device created by a team of engineers at the University of California, Santa Cruz employs a miniature camera combined with AI software to rapidly improve the healing process.

> A new AI app for physicians called Derm can detect skin cancer in patients in 5 minutes with 99.9% accuracy.

Family Life

Family policy is perhaps the area of AI and tech policy that is most fiercely debated, as many are rightly concerned with how best to protect children in an online world. While these debates continue appropriately, we shouldn't lose sight of the benefits AI is already offering to parents and families.

1. **Connecting Loved Ones with Language Barriers:** AI is generating sign language avatars and interpreters that allow the deaf and hearing impaired to better communicate and connect with family members.

2. **More Time to Spend with Children:** AI virtual assistants like Ohai.ai can help busy parents with daily tasks like school schedules, freeing up parents to spend more time with their children.

3. **Better Customer Service:** Utah company Remi uses AI to simplify the process of replacing the roof on your home. Their service allows customers to scan their roof using AI software and receive a quote to fix any damage quickly.

4. **Saving Money, Boosting Home Values:** Utah-based Neighborbrite is an AI tool that can reduce the

cost and hassle of generating a custom landscaping design tailored to the specific environment and taste of the owner.

5. **Healthier, Quicker Family Meals:** Several AI tools exist to help busy working families come up with healthy meals. AI tools can be used to craft meals catered to a family's specific dietary requests and can help busy parents simplify the often-complex question of what's for dinner.

6. **Improving Child Safety:** Monai produces a smart baby monitor that uses AI to help new parents ensure their baby is safe and healthy in the crib. The monitor sends specific alerts to the parents' phones when it detects safety concerns like a covered face.

AI startups like Silence Speaks are helping the over 70 million global sign language users communicate with their loved ones thanks to generative AI translators.

Conclusion

As a society, we are still arguably in the early stages of a potentially civilization-altering technological change, as AI continues to play a role in more and more areas of public life. But while controversial uses of AI draw the public's attention, AI is quietly improving our lives behind the scenes. This makes staying out of the way of AI innovation just as important a policy goal as protecting against harmful uses of AI.

Thoughtful, principled, and evidence-based discussions of how best to balance these principles should guide policymakers' approaches at the state and federal levels. The regulatory decisions we make today will determine whether AI will remain a source of human flourishing or if it will become a generational lost opportunity to improve Americans' lives

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Derek Monson is Executive Director at Sutherland Institute. As Executive Director, he coordinates the work of the various departments of Sutherland Institute around the execution of its strategic growth plan. He also directly oversees the operations and policy departments. Derek has bachelor's degrees in economics and political science from Brigham Young University and a master's degree in finance from the University of Utah, and is married with three children.

As Development Coordinator, Ford combines his background in policy research and fundraising to best serve and support Sutherland's donors by ensuring that their giving fully aligns with their priorities. Ford has a master's degree in international affairs and global enterprise from the University of Utah and a bachelor's degree in history and international studies from Baylor University.