

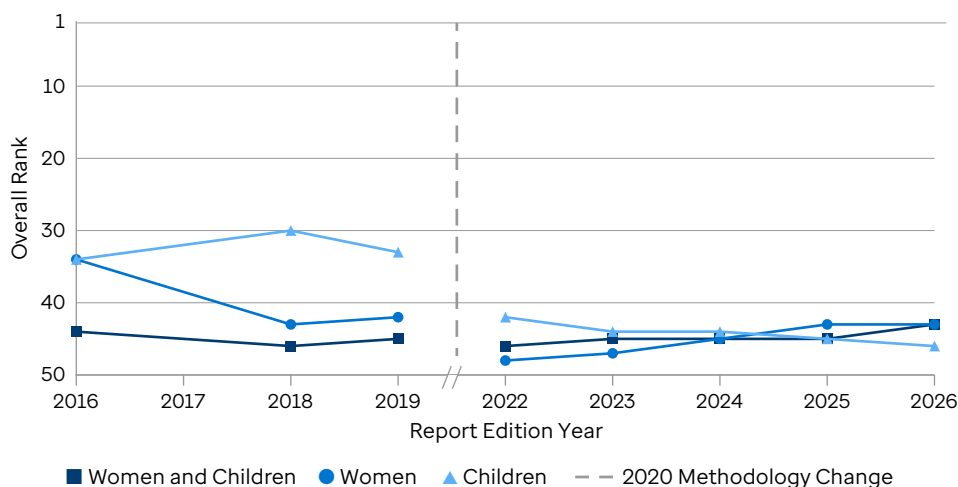
10 Years of Data

State rankings capture a decade of insights into women's and children's health.

Rankings are calculated using the sum of the z-scores of all weighted measures.

Source: America's Health Rankings composite measure, 2016-2026.

Note: No edition was published in 2017. The model methodology changed starting with the 2020 edition. Rankings were not published in the 2020 and 2021 editions. Children's rankings did not include infant measures until 2020.



Summary

Strengths

- Low prevalence of illicit drug use among adolescents
- High prevalence of cervical cancer screening
- High prevalence of children with adequate and continuous health insurance

Challenges

- High infant mortality rate
- High prevalence of women in poverty
- Low prevalence of food sufficiency among children

Key Findings

Breastfed

136%▲

from 11.2% to 26.4% between the 2012 and 2022 birth cohorts.

Cigarette Smoking

55%▼

from 21.6% to 9.8% of women ages 18-44 between 2013-2014 and 2023-2024.

Obesity

39%▲

from 31.0% to 43.1% of women ages 18-44 between 2013-2014 and 2023-2024.

Injury Deaths

21%▲

from 22.0 to 26.7 deaths per 100,000 children ages 1-19 between 2012-2014 and 2022-2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	43	-0.213	
Air and Water Quality			
Air Pollution	19	7.7	8.8
Drinking Water Violations	34	2.2	2.5
Household Smoke	46	16.0%	10.3%
Water Fluoridation	23	76.6%	72.3%
Climate and Health			
Climate Policies	38	0	—
Transportation Energy Use*	40	10.8	8.3
Housing and Transportation			
Drive Alone to Work - Women	49	78.6%	67.4%
Housing Cost Burden - Households With Children	16	22.0%	27.7%
Housing With Lead Risk	13	10.7%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		41	-0.442	
Community and Family Safety	Firearm Deaths*	41	11.6	5.9
	Injury Deaths	40	61.4	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	43	32.1%	25.8%
	Food Insecurity	20	12.1%	13.3%
	Gender Pay Gap*	46	76.7%	83.0%
	Poverty	46	19.1%	14.4%
	Unemployment	23	3.4%	3.9%
Education	College Graduate	43	31.5%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	3	8%	12%
	Residential Segregation - Black/White	10	58	—
	Voter Participation	47	52.3%	60.0%
Clinical Care		41	-0.406	
Access to Care	Adequate Prenatal Care	42	72.9%	75.0%
	Avoided Care Due to Cost	40	21.0%	18.5%
	Maternity Care Desert*	43	11.9	3.5
	Uninsured	36	12.8%	11.2%
	Women's Health Providers	50	29.5	48.1
Preventive Clinical Care	Cervical Cancer Screening	3	74.3%	69.7%
	Dental Visit	31	66.7%	65.6%
	Flu Vaccination	47	26.6%	33.9%
	Postpartum Visit*	17	92.3%	90.3%
	Well-Woman Visit	20	75.1%	73.4%
Quality of Care	Breastfeeding Initiation	47	73.9%	85.4%
	Dedicated Health Care Provider	28	79.6%	77.9%
	Low-Risk Cesarean Delivery	41	28.3%	26.6%
	Maternity Practices Score	40	76	82
Behaviors		43	-0.706	
Nutrition and Physical Activity	Exercise	38	25.5%	27.6%
	Fruit and Vegetable Consumption	47	5.7%	9.8%
	Physical Inactivity	45	25.7%	22.0%
Sexual Health	Chlamydia	42	1,859.1	1,481.2
	High-Risk HIV Behaviors	26	8.7%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	31	37.1%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	26	9.8%	8.4%
	Cigarette Smoking During Pregnancy	28	3.3%	2.4%
	E-Cigarette Use	38	15.3%	11.7%
Health Outcomes		38	-0.670	
Behavioral Health	Drug Deaths*	33	28.9	25.0
	Excessive Drinking	14	17.4%	18.1%
	Frequent Mental Distress	25	24.0%	23.2%
	Illicit Drug Use	8	8.8%	10.5%
	Postpartum Anxiety*	44	26.9%	20.3%
	Postpartum Depression*	43	15.8%	11.9%
Mortality	Maternal Mortality*	41	30.4	23.1
	Mortality Rate	45	140.6	98.0
Physical Health	Depression*	24	33.7%	30.6%
	Diabetes*	45	5.1%	3.6%
	Frequent Physical Distress	11	9.1%	10.1%
	High Blood Pressure	45	16.6%	11.8%
	High Health Status*	29	49.7%	49.4%
	Multiple Chronic Conditions	33	6.0%	4.5%
	Obesity	49	43.1%	32.6%
	Severe Maternal Morbidity*	—	—	97.8
Overall - Women		43	-0.505	

AL Overall - Women and Children

* Unweighted measure that does not contribute to a state's overall rank.
 — Data not available, missing or suppressed.



Children		State Rank	State Value	U.S. Value
Social and Economic Factors		44	-0.695	
Community and Family Safety	Child Victimization*	32	9.9	7.2
	Firearm Deaths*	43	10.5	5.5
	Injury Deaths	44	26.7	17.8
Economic Resources	Children in Poverty	46	20.2%	15.5%
	Children in Poverty - Racial Disparity	29	3.5	3.0
	Food Sufficiency	46	58.1%	66.6%
	Students Experiencing Homelessness	9	1.9%	3.2%
	WIC Coverage	30	49.4%	54.5%
Education	Early Childhood Education	30	44.9%	49.3%
	Fourth Grade Reading Proficiency	37	28.0%	30.5%
	High School Completion	41	89.6%	89.9%
Social Support and Engagement	Adult Mentor*	14	92.6%	88.0%
	Adverse Childhood Experiences	42	18.4%	14.1%
	Foster Care Instability	43	25.5%	18.7%
	High-Speed Internet	21	96.9%	96.6%
	Neighborhood Amenities	43	20.8%	38.2%
	Reading, Singing or Storytelling*	44	54.4%	59.7%
Clinical Care		26	0.200	
Access to Care	ADD/ADHD Treatment	30	3.6%	3.4%
	Mental Health Treatment*	6	88.8%	83.3%
	Pediatricians	41	86.1	118.2
	Uninsured	18	4.3%	6.0%
Preventive Clinical Care	Childhood Immunizations	32	67.2%	68.0%
	HPV Vaccination	31	60.9%	62.9%
	Preventive Dental Visit	23	81.9%	80.2%
	Well-Child Visit	19	81.1%	79.6%
Quality of Care	Adequate Insurance	6	70.0%	64.6%
	Developmental Screening	40	32.0%	36.5%
	Medical Home	25	48.3%	45.5%
Behaviors		43	-0.710	
Nutrition and Physical Activity	Breastfed	33	26.4%	27.9%
	Physical Activity	22	21.1%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	44	19.1	12.6
Sleep Health	Adequate Sleep	47	58.1%	65.3%
	Sleep Position*	17	74.5%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	31	2.3%	1.9%
Health Outcomes		45	-0.693	
Behavioral Health	Alcohol Use	21	6.5%	6.8%
	Flourishing	26	65.9%	66.7%
	Illicit Drug Use	11	6.3%	7.4%
	Mental Health Conditions	22	21.4%	20.5%
	Teen Suicide*	19	10.6	9.7
Mortality	Child Mortality	43	39.3	28.7
	Infant Mortality	47	7.2	5.6
	Neonatal Mortality*	40	4.2	3.6
Physical Health	Asthma	45	8.5%	6.8%
	Congenital Syphilis*	27	70.5	105.8
	High Health Status*	40	89.4%	89.9%
	Low Birth Weight	47	10.1%	8.5%
	Low Birth Weight - Racial Disparity	28	2.1	2.1
	Neonatal Abstinence Syndrome*	—	—	5.1
	Overweight or Obesity	45	35.7%	31.3%
Overall - Children		46	-0.503	

43 -0.533