

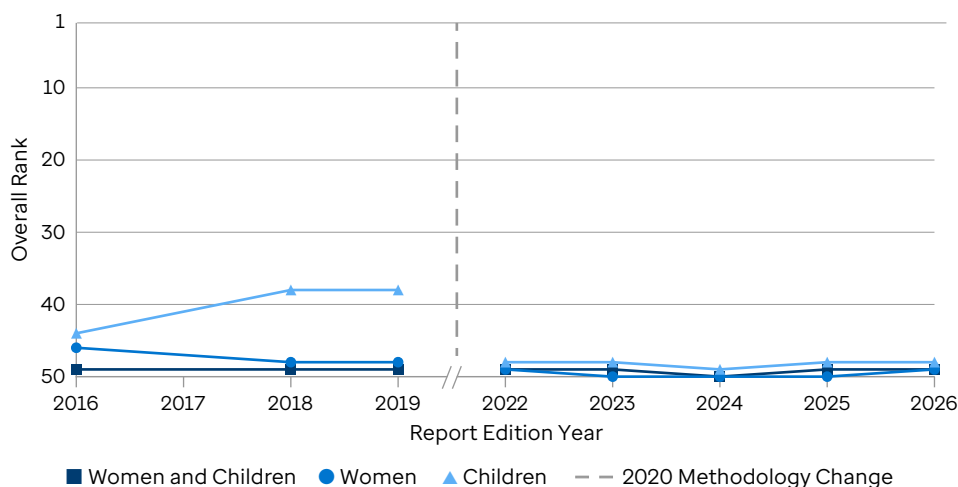
10 Years of Data

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 excessive drinking among women
- High prevalence of physical activity among children
- Low housing cost burden among households with children

Challenges

- High infant mortality rate
- High prevalence of household food insecurity
- High teen birth rate

Key Findings

Frequent Mental Distress

55%

from 19.3% to 30.0% of women ages 18-44 between 2013-2014 and 2023-2024.

Cigarette Smoking

53%

from 28.8% to 13.4% of women ages 18-44 between 2013-2014 and 2023-2024.

Household Smoke

44%

from 26.8% to 14.9% of children ages 0-17 between 2016-2017 and 2023-2024.

Flourishing

30%

from 91.5% to 63.6% of children ages 6 months to 17 years between 2016-2017 and 2023-2024.

Measures

Women and Children

		State Rank	State Value	U.S. Value
Physical Environment		47	-0.323	
Air and Water Quality	Air Pollution	37	8.5	8.8
	Drinking Water Violations	49	5.1	2.5
	Household Smoke	42	14.9%	10.3%
	Water Fluoridation	18	86.8%	72.3%
Climate and Health	Climate Policies	27	1	—
	Transportation Energy Use*	33	9.3	8.3
Housing and Transportation	Drive Alone to Work - Women	46	76.3%	67.4%
	Housing Cost Burden - Households With Children	18	22.4%	27.7%
	Housing With Lead Risk	8	9.2%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		48	-1.025	
Community and Family Safety	Firearm Deaths*	36	9.1	5.9
	Injury Deaths	29	53.2	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	36	271%	25.8%
	Food Insecurity	50	19.4%	13.3%
	Gender Pay Gap*	30	81.9%	83.0%
	Poverty	45	18.5%	14.4%
	Unemployment	31	3.8%	3.9%
Education	College Graduate	47	278%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	4	9%	12%
	Residential Segregation - Black/White	30	65	—
	Voter Participation	50	49.3%	60.0%
Clinical Care		47	-0.882	
Access to Care	Adequate Prenatal Care	38	73.6%	75.0%
	Avoided Care Due to Cost	49	25.8%	18.5%
	Maternity Care Desert*	45	13.0	3.5
	Uninsured	41	14.2%	11.2%
	Women's Health Providers	49	31.1	48.1
Preventive Clinical Care	Cervical Cancer Screening	23	70.2%	69.7%
	Dental Visit	47	57.7%	65.6%
	Flu Vaccination	40	28.7%	33.9%
	Postpartum Visit*	46	84.3%	90.3%
	Well-Woman Visit	36	72.4%	73.4%
Quality of Care	Breastfeeding Initiation	48	72.0%	85.4%
	Dedicated Health Care Provider	25	80.3%	77.9%
	Low-Risk Cesarean Delivery	33	26.9%	26.6%
	Maternity Practices Score	50	71	82
Behaviors		48	-1.061	
Nutrition and Physical Activity	Exercise	43	24.5%	27.6%
	Fruit and Vegetable Consumption	2	13.7%	9.8%
	Physical Inactivity	49	27.0%	22.0%
Sexual Health	Chlamydia	46	2,034.1	1,481.2
	High-Risk HIV Behaviors	39	10.1%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	39	39.3%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	45	13.4%	8.4%
	Cigarette Smoking During Pregnancy	40	5.1%	2.4%
	E-Cigarette Use	44	16.4%	11.7%
Health Outcomes		45	-1.061	
Behavioral Health	Drug Deaths*	8	18.8	25.0
	Excessive Drinking	10	16.1%	18.1%
	Frequent Mental Distress	47	30.0%	23.2%
	Illicit Drug Use	28	10.8%	10.5%
	Postpartum Anxiety*	45	29.1%	20.3%
	Postpartum Depression*	36	13.8%	11.9%
Mortality	Maternal Mortality*	43	32.7	23.1
	Mortality Rate	41	134.9	98.0
Physical Health	Depression*	33	37.1%	30.6%
	Diabetes*	48	5.8%	3.6%
	Frequent Physical Distress	32	11.3%	10.1%
	High Blood Pressure	48	19.7%	11.8%
	High Health Status*	49	44.6%	49.4%
	Multiple Chronic Conditions	41	6.7%	4.5%
	Obesity	44	40.9%	32.6%
	Severe Maternal Morbidity*	9	79.6	97.8
Overall - Women		49	-0.886	

AR 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		49	-1.038	
Community and Family Safety	Child Victimization*	31	9.5	7.2
	Firearm Deaths*	42	9.9	5.5
	Injury Deaths	41	25.9	17.8
Economic Resources	Children in Poverty	45	20.0%	15.5%
	Children in Poverty - Racial Disparity	6	2.7	3.0
	Food Sufficiency	49	54.7%	66.6%
	Students Experiencing Homelessness	43	3.9%	3.2%
	WIC Coverage	42	43.4%	54.5%
Education	Early Childhood Education	32	44.5%	49.3%
	Fourth Grade Reading Proficiency	36	28.1%	30.5%
	High School Completion	42	89.3%	89.9%
Social Support and Engagement	Adult Mentor*	35	88.3%	88.0%
	Adverse Childhood Experiences	45	20.5%	14.1%
	Foster Care Instability	47	33.5%	18.7%
	High-Speed Internet	35	96.2%	96.6%
	Neighborhood Amenities	41	22.8%	38.2%
	Reading, Singing or Storytelling*	42	55.0%	59.7%
Clinical Care		40	-0.255	
Access to Care	ADD/ADHD Treatment	8	4.6%	3.4%
	Mental Health Treatment*	11	87.5%	83.3%
	Pediatricians	37	88.3	118.2
	Uninsured	39	7.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	37	65.5%	68.0%
	HPV Vaccination	32	60.3%	62.9%
	Preventive Dental Visit	45	77.7%	80.2%
	Well-Child Visit	38	78.0%	79.6%
Quality of Care	Adequate Insurance	10	68.2%	64.6%
	Developmental Screening	48	25.9%	36.5%
	Medical Home	33	46.8%	45.5%
Behaviors		42	-0.704	
Nutrition and Physical Activity	Breastfed	41	25.1%	27.9%
	Physical Activity	2	26.1%	19.7%
	Soda Consumption*	18	15.0%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	18	90.7%	85.6%
	Teen Births	49	22.2	12.6
Sleep Health	Adequate Sleep	48	57.4%	65.3%
	Sleep Position*	25	71.1%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	26	22.6%	16.8%
	Tobacco Use	42	2.5%	1.9%
Health Outcomes		48	-0.936	
Behavioral Health	Alcohol Use	12	6.1%	6.8%
	Flourishing	45	63.6%	66.7%
	Illicit Drug Use	33	8.2%	7.4%
	Mental Health Conditions	35	24.0%	20.5%
	Teen Suicide*	32	12.5	9.7
Mortality	Child Mortality	45	39.5	28.7
	Infant Mortality	49	8.0	5.6
	Neonatal Mortality*	48	4.9	3.6
Physical Health	Asthma	23	6.7%	6.8%
	Congenital Syphilis*	43	180.4	105.8
	High Health Status*	24	90.8%	89.9%
	Low Birth Weight	40	9.5%	8.5%
	Low Birth Weight - Racial Disparity	28	2.1	2.1
	Neonatal Abstinence Syndrome*	11	3.4	5.1
	Overweight or Obesity	49	40.2%	31.3%
Overall - Children		48	-0.750	

49 -0.865