

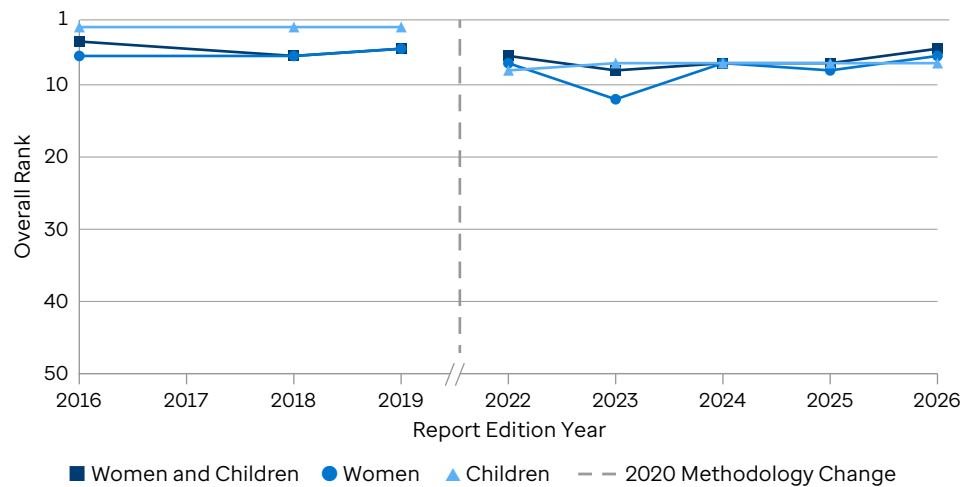
10 Years of Data

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 child mortality rate
- High enrollment in early childhood education
- High prevalence of dental visits among women

Challenges

- High prevalence of low-risk cesarean deliveries
- High prevalence of physical inactivity among women
- High housing cost burden among households with children

Key Findings

Cigarette Smoking

65%▼

from 15.6% to 5.5% of women ages 18-44 between 2013-2014 and 2023-2024.

Students Experiencing Homelessness

57%▲

from 0.7% to 1.1% of public school students between the 2015-2016 and 2023-2024 school years.

Neonatal Abstinence Syndrome

43%▼

from 10.2 to 5.8 diagnoses per 1,000 birth hospitalizations between 2016 and 2023.

Obesity

37%▲

from 23.1% to 31.6% of women ages 18-44 between 2013-2014 and 2023-2024.

Measures

Women and Children

		State Rank	State Value	U.S. Value
Physical Environment		12	0.290	
Air and Water Quality	Air Pollution	27	8.1	8.8
	Drinking Water Violations	6	1.4	2.5
	Household Smoke	5	7.9%	10.3%
	Water Fluoridation	14	90.4%	72.3%
Climate and Health	Climate Policies	1	4	—
	Transportation Energy Use*	4	6.2	8.3
Housing and Transportation	Drive Alone to Work - Women	20	69.3%	67.4%
	Housing Cost Burden - Households With Children	41	29.4%	27.7%
	Housing With Lead Risk	46	25.3%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		13	0.485	
Community and Family Safety	Firearm Deaths*	4	2.4	5.9
	Injury Deaths	12	39.9	47.0
	Intimate Partner Violence Before Pregnancy*	14	3.1%	—
Economic Resources	Concentrated Disadvantage	30	23.9%	25.8%
	Food Insecurity	20	12.1%	13.3%
	Gender Pay Gap*	20	82.7%	83.0%
	Poverty	13	12.4%	14.4%
	Unemployment	4	2.7%	3.9%
Education	College Graduate	9	45.1%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	13	11%	12%
	Residential Segregation - Black/White	27	64	—
	Voter Participation	34	57.9%	60.0%
Clinical Care		4	1.063	
Access to Care	Adequate Prenatal Care	4	85.7%	75.0%
	Avoided Care Due to Cost	9	14.8%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	21	9.1%	11.2%
	Women's Health Providers	5	66.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	2	75.0%	69.7%
	Dental Visit	2	74.0%	65.6%
	Flu Vaccination	6	41.6%	33.9%
	Postpartum Visit*	4	93.4%	90.3%
	Well-Woman Visit	6	77.9%	73.4%
Quality of Care	Breastfeeding Initiation	5	90.9%	85.4%
	Dedicated Health Care Provider	16	82.2%	77.9%
	Low-Risk Cesarean Delivery	48	30.0%	26.6%
	Maternity Practices Score	6	88	82
Behaviors		9	0.385	
Nutrition and Physical Activity	Exercise	36	25.9%	27.6%
	Fruit and Vegetable Consumption	8	11.8%	9.8%
	Physical Inactivity	40	24.3%	22.0%
Sexual Health	Chlamydia	14	1,217.1	1,481.2
	High-Risk HIV Behaviors	10	7.6%	8.5%
	Unintended Pregnancy*	13	20.6%	—
Sleep Health	Insufficient Sleep	18	34.7%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	4	5.5%	8.4%
	Cigarette Smoking During Pregnancy	7	1.2%	2.4%
	E-Cigarette Use	5	9.4%	11.7%
Health Outcomes		7	0.462	
Behavioral Health	Drug Deaths*	21	25.0	25.0
	Excessive Drinking	18	17.7%	18.1%
	Frequent Mental Distress	9	21.4%	23.2%
	Illicit Drug Use	1	6.7%	10.5%
	Postpartum Anxiety*	5	16.7%	20.3%
	Postpartum Depression*	4	8.6%	11.9%
Mortality	Maternal Mortality*	3	14.4	23.1
	Mortality Rate	6	77.9	98.0
Physical Health	Depression*	10	28.3%	30.6%
	Diabetes*	28	3.6%	3.6%
	Frequent Physical Distress	30	10.7%	10.1%
	High Blood Pressure	21	11.2%	11.8%
	High Health Status*	4	54.2%	49.4%
	Multiple Chronic Conditions	8	3.5%	4.5%
	Obesity	15	31.6%	32.6%
	Severe Maternal Morbidity*	42	122.2	97.8
Overall - Women		6	0.507	

CT 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		5	0.706	
Community and Family Safety	Child Victimization*	27	7.7	7.2
	Firearm Deaths*	4	2.0	5.5
	Injury Deaths	5	10.5	17.8
Economic Resources	Children in Poverty	24	13.4%	15.5%
	Children in Poverty - Racial Disparity	45	4.9	3.0
	Food Sufficiency	8	71.9%	66.6%
	Students Experiencing Homelessness	1	1.1%	3.2%
	WIC Coverage	33	48.3%	54.5%
Education	Early Childhood Education	4	63.1%	49.3%
	Fourth Grade Reading Proficiency	4	36.2%	30.5%
	High School Completion	24	91.8%	89.9%
Social Support and Engagement	Adult Mentor*	44	85.5%	88.0%
	Adverse Childhood Experiences	6	12.3%	14.1%
	Foster Care Instability	22	17.9%	18.7%
	High-Speed Internet	3	97.9%	96.6%
	Neighborhood Amenities	12	44.4%	38.2%
	Reading, Singing or Storytelling*	7	66.1%	59.7%
Clinical Care		5	1.147	
Access to Care	ADD/ADHD Treatment	15	4.1%	3.4%
	Mental Health Treatment*	7	88.4%	83.3%
	Pediatricians	5	164.1	118.2
	Uninsured	3	2.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	5	79.9%	68.0%
	HPV Vaccination	17	67.0%	62.9%
	Preventive Dental Visit	3	87.8%	80.2%
	Well-Child Visit	5	86.8%	79.6%
Quality of Care	Adequate Insurance	18	65.9%	64.6%
	Developmental Screening	17	43.2%	36.5%
	Medical Home	36	46.2%	45.5%
Behaviors		27	0.154	
Nutrition and Physical Activity	Breastfed	39	25.4%	27.9%
	Physical Activity	38	18.3%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	4	6.5	12.6
Sleep Health	Adequate Sleep	19	67.9%	65.3%
	Sleep Position*	11	76.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	19	1.9%	1.9%
Health Outcomes		16	0.088	
Behavioral Health	Alcohol Use	38	7.9%	6.8%
	Flourishing	18	66.6%	66.7%
	Illicit Drug Use	43	9.0%	7.4%
	Mental Health Conditions	27	22.4%	20.5%
	Teen Suicide*	3	5.2	9.7
Mortality	Child Mortality	3	18.3	28.7
	Infant Mortality	8	4.4	5.6
	Neonatal Mortality*	9	3.0	3.6
Physical Health	Asthma	23	6.7%	6.8%
	Congenital Syphilis*	3	5.7	105.8
	High Health Status*	23	90.9%	89.9%
	Low Birth Weight	22	8.1%	8.5%
	Low Birth Weight - Racial Disparity	42	2.2	2.1
	Neonatal Abstinence Syndrome*	25	5.8	5.1
	Overweight or Obesity	18	30.7%	31.3%
Overall - Children		7	0.467	

5 0.506