

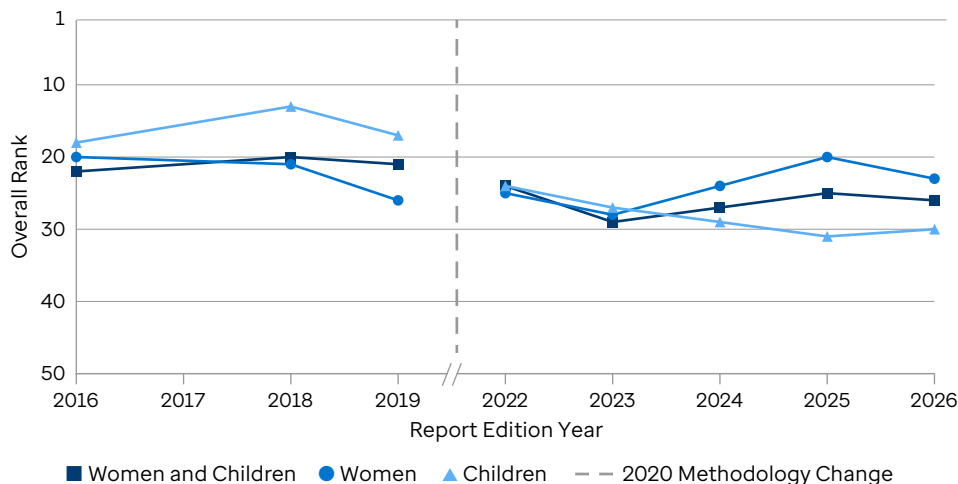
10 Years of Data

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 household food insecurity
- High number of pediatricians per 100,000 children ages 0-21
- High prevalence of well-woman visits

Challenges

- High injury death rate among women
- High prevalence of overweight or obesity among children
- High prevalence of household smoke exposure

Key Findings

Frequent Mental Distress

77%▲

from 13.0% to 23.0% of women ages 18-44 between 2013-2014 and 2023-2024.

Neonatal Abstinence Syndrome

67%▼

from 26.8 to 8.9 diagnoses per 1,000 birth hospitalizations between 2016 and 2023.

Cigarette Smoking

49%▼

from 19.1% to 9.7% of women ages 18-44 between 2013-2014 and 2023-2024.

Flourishing

27%▼

from 92.4% to 67.4% 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		22	0.111	
Air and Water Quality	Air Pollution	45	9.7	8.8
	Drinking Water Violations	2	1.0	2.5
	Household Smoke	45	15.8%	10.3%
	Water Fluoridation	31	69.8%	72.3%
Climate and Health	Climate Policies	1	4	—
	Transportation Energy Use*	12	7.4	8.3
Housing and Transportation	Drive Alone to Work - Women	30	71.8%	67.4%
	Housing Cost Burden - Households With Children	26	24.4%	27.7%
	Housing With Lead Risk	20	13.2%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		10	0.522	
Community and Family Safety	Firearm Deaths*	13	5.2	5.9
	Injury Deaths	43	67.7	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	33	25.8%	25.8%
	Food Insecurity	9	10.8%	13.3%
	Gender Pay Gap*	6	87.8%	83.0%
	Poverty	10	11.8%	14.4%
	Unemployment	31	3.8%	3.9%
Education	College Graduate	22	38.7%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	30	13%	12%
	Residential Segregation - Black/White	1	46	—
	Voter Participation	19	62.9%	60.0%
Clinical Care		13	0.508	
Access to Care	Adequate Prenatal Care	26	78.0%	75.0%
	Avoided Care Due to Cost	24	16.9%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	26	10.0%	11.2%
	Women's Health Providers	23	48.3	48.1
Preventive Clinical Care	Cervical Cancer Screening	6	73.2%	69.7%
	Dental Visit	36	65.0%	65.6%
	Flu Vaccination	29	33.6%	33.9%
	Postpartum Visit*	37	88.9%	90.3%
	Well-Woman Visit	4	78.2%	73.4%
Quality of Care	Breastfeeding Initiation	38	81.6%	85.4%
	Dedicated Health Care Provider	29	79.5%	77.9%
	Low-Risk Cesarean Delivery	17	24.2%	26.6%
	Maternity Practices Score	1	93	82
Behaviors		32	-0.305	
Nutrition and Physical Activity	Exercise	35	26.1%	27.6%
	Fruit and Vegetable Consumption	39	7.4%	9.8%
	Physical Inactivity	36	23.1%	22.0%
Sexual Health	Chlamydia	43	1,916.4	1,481.2
	High-Risk HIV Behaviors	28	8.8%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	20	35.4%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	23	9.7%	8.4%
	Cigarette Smoking During Pregnancy	25	2.8%	2.4%
	E-Cigarette Use	14	11.1%	11.7%
Health Outcomes		23	-0.088	
Behavioral Health	Drug Deaths*	48	49.3	25.0
	Excessive Drinking	16	17.5%	18.1%
	Frequent Mental Distress	18	23.0%	23.2%
	Illicit Drug Use	12	9.6%	10.5%
	Postpartum Anxiety*	15	18.8%	20.3%
	Postpartum Depression*	11	10.6%	11.9%
Mortality	Maternal Mortality*	—	—	23.1
	Mortality Rate	33	118.4	98.0
Physical Health	Depression*	18	31.6%	30.6%
	Diabetes*	31	3.8%	3.6%
	Frequent Physical Distress	8	8.9%	10.1%
	High Blood Pressure	21	11.2%	11.8%
	High Health Status*	46	45.8%	49.4%
	Multiple Chronic Conditions	30	5.3%	4.5%
	Obesity	33	36.1%	32.6%
	Severe Maternal Morbidity*	43	129.3	97.8
Overall - Women		23	0.114	

DE 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		24	0.046	
Community and Family Safety	Child Victimization*	10	3.7	7.2
	Firearm Deaths*	15	4.5	5.5
	Injury Deaths	16	16.0	17.8
Economic Resources	Children in Poverty	18	12.6%	15.5%
	Children in Poverty - Racial Disparity	33	3.7	3.0
	Food Sufficiency	22	67.4%	66.6%
	Students Experiencing Homelessness	27	2.6%	3.2%
	WIC Coverage	9	60.8%	54.5%
Education	Early Childhood Education	27	46.6%	49.3%
	Fourth Grade Reading Proficiency	43	26.5%	30.5%
	High School Completion	24	91.8%	89.9%
Social Support and Engagement	Adult Mentor*	43	85.8%	88.0%
	Adverse Childhood Experiences	28	15.8%	14.1%
	Foster Care Instability	42	25.4%	18.7%
	High-Speed Internet	3	97.9%	96.6%
	Neighborhood Amenities	38	27.4%	38.2%
	Reading, Singing or Storytelling*	34	58.5%	59.7%
Clinical Care		23	0.328	
Access to Care	ADD/ADHD Treatment	21	3.9%	3.4%
	Mental Health Treatment*	11	87.5%	83.3%
	Pediatricians	3	172.1	118.2
	Uninsured	28	5.8%	6.0%
Preventive Clinical Care	Childhood Immunizations	21	70.3%	68.0%
	HPV Vaccination	12	69.0%	62.9%
	Preventive Dental Visit	39	78.8%	80.2%
	Well-Child Visit	31	79.2%	79.6%
Quality of Care	Adequate Insurance	23	65.4%	64.6%
	Developmental Screening	27	38.8%	36.5%
	Medical Home	36	46.2%	45.5%
Behaviors		38	-0.482	
Nutrition and Physical Activity	Breastfed	44	24.0%	27.9%
	Physical Activity	41	17.7%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	28	13.1	12.6
Sleep Health	Adequate Sleep	40	62.4%	65.3%
	Sleep Position*	30	69.9%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	25	2.0%	1.9%
Health Outcomes		40	-0.445	
Behavioral Health	Alcohol Use	35	7.5%	6.8%
	Flourishing	12	67.4%	66.7%
	Illicit Drug Use	46	9.9%	7.4%
	Mental Health Conditions	13	20.2%	20.5%
	Teen Suicide*	—	—	9.7
Mortality	Child Mortality	22	28.1	28.7
	Infant Mortality	38	6.8	5.6
	Neonatal Mortality*	48	4.9	3.6
Physical Health	Asthma	31	71.1%	6.8%
	Congenital Syphilis*	19	46.2	105.8
	High Health Status*	30	90.4%	89.9%
	Low Birth Weight	40	9.5%	8.5%
	Low Birth Weight - Racial Disparity	20	2.0	2.1
	Neonatal Abstinence Syndrome*	37	8.9	5.1
	Overweight or Obesity	45	35.7%	31.3%
Overall - Children		30	-0.094	

DE Overall - Women and Children