

Summary

Strengths

- Low prevalence of frequent mental distress among women
- Low prevalence of obesity among women
- Low prevalence of uninsured children

Challenges

- High child mortality rate
- High prevalence of low birth weight infants
- High prevalence of unemployment among women

Key Findings

Injury Deaths

134%▲

from 14.1 to 33.0 deaths per 100,000 children ages 1-19 between 2012-2014 and 2022-2024.

Severe Maternal Morbidity

99%▲

from 88.4 to 176.1 complications per 10,000 delivery hospitalizations between 2016 and 2023.

Cigarette Smoking

69%▼

from 14.0% to 4.3% of women ages 18-44 between 2013-2014 and 2023-2024.

Physical Inactivity

34%▼

from 19.4% to 12.9% of women ages 18-44 between 2013-2014 and 2023-2024.

Flourishing

23%▼

from 90.0% to 69.0% of children ages 6 months to 17 years between 2016-2017 and 2023-2024.

High School Graduation

23%▲

from 62.3% to 76.5% of students between the 2012-2013 and 2022-2023 school years.

Measures

Women and Children

		D.C. Value	U.S. Value
Physical Environment			
Air and Water Quality	Air Pollution	9.4	8.8
	Drinking Water Violations	2.0	2.5
	Household Smoke	8.5%	10.3%
	Water Fluoridation	100.0%	72.3%
Climate and Health	Climate Policies	3	—
	Transportation Energy Use*	2.7	8.3
Housing and Transportation	Drive Alone to Work – Women	28.0%	67.4%
	Housing Cost Burden – Households With Children	32.4%	27.7%
	Housing With Lead Risk	30.5%	16.1%

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Measures (cont.)

Women		D.C. Value	U.S. Value
Social and Economic Factors			
Community and Family Safety	Firearm Deaths*	5.0	5.9
	Injury Deaths	36.1	47.0
	Intimate Partner Violence Before Pregnancy*	—	—
Economic Resources	Concentrated Disadvantage	479%	25.8%
	Food Insecurity	10.3%	13.3%
	Gender Pay Gap*	86.7%	83.0%
	Poverty	15.5%	14.4%
	Unemployment	5.9%	3.9%
Education	College Graduate	75.0%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	—	12%
	Residential Segregation - Black/White	67	—
	Voter Participation	72.7%	60.0%
Clinical Care			
Access to Care	Adequate Prenatal Care	63.6%	75.0%
	Avoided Care Due to Cost	11.2%	18.5%
	Maternity Care Desert*	0.0	3.5
	Uninsured	3.9%	11.2%
	Women's Health Providers	113.5	48.1
Preventive Clinical Care	Cervical Cancer Screening	77.9%	69.7%
	Dental Visit	74.2%	65.6%
	Flu Vaccination	53.8%	33.9%
	Postpartum Visit*	91.1%	90.3%
	Well-Woman Visit	78.8%	73.4%
Quality of Care	Breastfeeding Initiation	80.2%	85.4%
	Dedicated Health Care Provider	83.5%	77.9%
	Low-Risk Cesarean Delivery	29.7%	26.6%
	Maternity Practices Score	—	82
Behaviors			
Nutrition and Physical Activity	Exercise	37.3%	27.6%
	Fruit and Vegetable Consumption	14.0%	9.8%
	Physical Inactivity	12.9%	22.0%
Sexual Health	Chlamydia	1,952.5	1,481.2
	High-Risk HIV Behaviors	12.3%	8.5%
	Unintended Pregnancy*	—	—
Sleep Health	Insufficient Sleep	29.4%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	4.3%	8.4%
	Cigarette Smoking During Pregnancy	0.6%	2.4%
	E-Cigarette Use	6.0%	11.7%
Health Outcomes			
Behavioral Health	Drug Deaths*	19.8	25.0
	Excessive Drinking	34.5%	18.1%
	Frequent Mental Distress	16.2%	23.2%
	Illicit Drug Use	13.1%	10.5%
	Postpartum Anxiety*	16.6%	20.3%
	Postpartum Depression*	10.6%	11.9%
Mortality	Maternal Mortality*	24.3	23.1
	Mortality Rate	77.1	98.0
Physical Health	Depression*	28.9%	30.6%
	Diabetes*	1.9%	3.6%
	Frequent Physical Distress	7.9%	10.1%
	High Blood Pressure	9.8%	11.8%
	High Health Status*	65.7%	49.4%
	Multiple Chronic Conditions	1.9%	4.5%
	Obesity	24.3%	32.6%
	Severe Maternal Morbidity*	176.1	97.8

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

Children		D.C. Value	U.S. Value
Social and Economic Factors			
Community and Family Safety	Child Victimization*	78	72
	Firearm Deaths*	21.3	5.5
	Injury Deaths	33.0	17.8
Economic Resources	Children in Poverty	28.3%	15.5%
	Children in Poverty - Racial Disparity	—	3.0
	Food Sufficiency	75.3%	66.6%
	Students Experiencing Homelessness	72%	3.2%
	WIC Coverage	56.3%	54.5%
Education	Early Childhood Education	77.3%	49.3%
	Fourth Grade Reading Proficiency	29.6%	30.5%
	High School Completion	92.0%	89.9%
Social Support and Engagement	Adult Mentor*	85.1%	88.0%
	Adverse Childhood Experiences	13.5%	14.1%
	Foster Care Instability	20.1%	18.7%
	High-Speed Internet	96.7%	96.6%
	Neighborhood Amenities	73.5%	38.2%
	Reading, Singing or Storytelling*	75.3%	59.7%
Clinical Care			
Access to Care	ADD/ADHD Treatment	2.5%	3.4%
	Mental Health Treatment*	74.2%	83.3%
	Pediatricians	6174	118.2
	Uninsured	2.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	62.5%	68.0%
	HPV Vaccination	75.8%	62.9%
	Preventive Dental Visit	84.2%	80.2%
	Well-Child Visit	87.9%	79.6%
Quality of Care	Adequate Insurance	66.6%	64.6%
	Developmental Screening	47.0%	36.5%
	Medical Home	45.2%	45.5%
Behaviors			
Nutrition and Physical Activity	Breastfed	30.1%	27.9%
	Physical Activity	20.8%	19.7%
	Soda Consumption*	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	85.6%
	Teen Births	12.3	12.6
Sleep Health	Adequate Sleep	66.9%	65.3%
	Sleep Position*	76.8%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	16.8%
	Tobacco Use	2.3%	1.9%
Health Outcomes			
Behavioral Health	Alcohol Use	9.8%	6.8%
	Flourishing	69.0%	66.7%
	Illicit Drug Use	9.5%	7.4%
	Mental Health Conditions	19.1%	20.5%
	Teen Suicide*	—	9.7
Mortality	Child Mortality	43.8	28.7
	Infant Mortality	6.2	5.6
	Neonatal Mortality*	3.3	3.6
Physical Health	Asthma	9.0%	6.8%
	Congenital Syphilis*	61.9	105.8
	High Health Status*	90.9%	89.9%
	Low Birth Weight	11.0%	8.5%
	Low Birth Weight - Racial Disparity	2.5	2.1
	Neonatal Abstinence Syndrome*	3.1	5.1
	Overweight or Obesity	34.6%	31.3%