

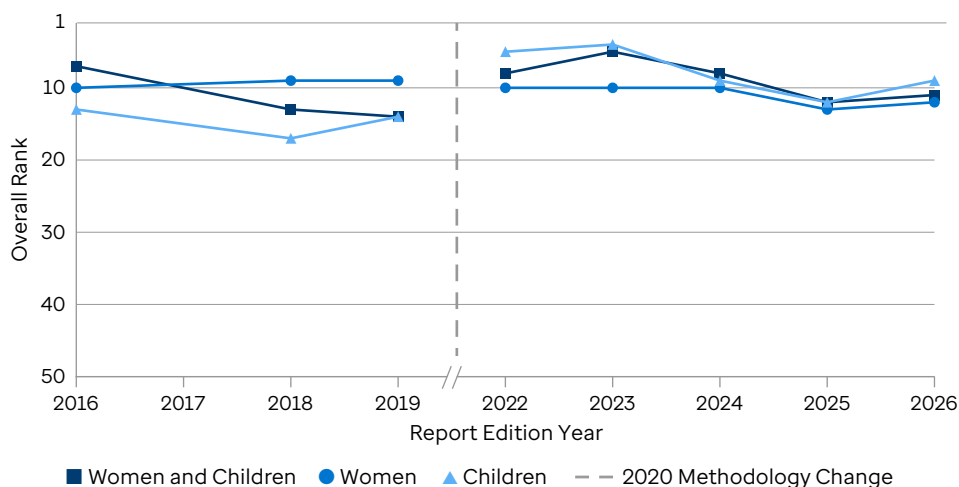
10 Years of Data

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 frequent mental distress among women
- High prevalence of high school completion
- High prevalence of infants exclusively breastfed for six months

Challenges

- High prevalence of e-cigarette use among women
- Low enrollment in early childhood education
- Low prevalence of women receiving early and adequate prenatal care

Key Findings

Injury Deaths

36%▲

from 21.7 to 29.5 deaths per 100,000 women ages 20-44 between 2012-2014 and 2022-2024.

Flourishing

29%▼

from 95.6% to 67.9% of children ages 6 months to 17 years between 2016-2017 and 2023-2024.

Children in Poverty

22%▼

from 14.7% to 11.5% of children ages 0-17 between 2014 and 2024.

Well-Woman Visit

19%▲

from 62.4% to 74.5% of women ages 18-44 between 2013-2014 and 2023-2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	10	0.330	
Air and Water Quality			
Air Pollution	2	4.7	8.8
Drinking Water Violations	1	0.0	2.5
Household Smoke	23	10.6%	10.3%
Water Fluoridation	50	8.5%	72.3%
Climate and Health			
Climate Policies	13	3	—
Transportation Energy Use*	44	11.1	8.3
Housing and Transportation			
Drive Alone to Work - Women	3	60.7%	67.4%
Housing Cost Burden - Households With Children	50	38.8%	27.7%
Housing With Lead Risk	12	10.1%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		11	0.520	
Community and Family Safety	Firearm Deaths*	—	—	5.9
	Injury Deaths	2	29.5	47.0
	Intimate Partner Violence Before Pregnancy*	2	15%	—
Economic Resources	Concentrated Disadvantage	23	21.9%	25.8%
	Food Insecurity	9	10.8%	13.3%
	Gender Pay Gap*	11	84.1%	83.0%
	Poverty	14	12.5%	14.4%
	Unemployment	7	2.8%	3.9%
Education	College Graduate	19	40.5%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	47	18%	12%
	Residential Segregation - Black/White	19	61	—
	Voter Participation	38	56.3%	60.0%
Clinical Care		8	0.649	
Access to Care	Adequate Prenatal Care	50	63.4%	75.0%
	Avoided Care Due to Cost	1	9.2%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	3	4.6%	11.2%
	Women's Health Providers	8	62.8	48.1
Preventive Clinical Care	Cervical Cancer Screening	21	70.3%	69.7%
	Dental Visit	3	73.5%	65.6%
	Flu Vaccination	20	37.3%	33.9%
	Postpartum Visit*	20	92.0%	90.3%
	Well-Woman Visit	24	74.5%	73.4%
Quality of Care	Breastfeeding Initiation	23	86.8%	85.4%
	Dedicated Health Care Provider	11	84.0%	77.9%
	Low-Risk Cesarean Delivery	13	23.7%	26.6%
	Maternity Practices Score	34	78	82
Behaviors		38	-0.472	
Nutrition and Physical Activity	Exercise	41	25.0%	27.6%
	Fruit and Vegetable Consumption	34	7.9%	9.8%
	Physical Inactivity	20	19.7%	22.0%
Sexual Health	Chlamydia	28	1,464.3	1,481.2
	High-Risk HIV Behaviors	41	10.3%	8.5%
	Unintended Pregnancy*	20	24.2%	—
Sleep Health	Insufficient Sleep	50	42.7%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	8	6.7%	8.4%
	Cigarette Smoking During Pregnancy	2	0.8%	2.4%
	E-Cigarette Use	46	16.5%	11.7%
Health Outcomes		3	0.645	
Behavioral Health	Drug Deaths*	2	11.6	25.0
	Excessive Drinking	38	20.0%	18.1%
	Frequent Mental Distress	1	178%	23.2%
	Illicit Drug Use	45	14.0%	10.5%
	Postpartum Anxiety*	27	22.5%	20.3%
	Postpartum Depression*	20	11.5%	11.9%
Mortality	Maternal Mortality*	6	15.7	23.1
	Mortality Rate	7	78.9	98.0
Physical Health	Depression*	2	20.4%	30.6%
	Diabetes*	10	2.8%	3.6%
	Frequent Physical Distress	1	6.2%	10.1%
	High Blood Pressure	9	9.8%	11.8%
	High Health Status*	23	50.3%	49.4%
	Multiple Chronic Conditions	1	2.7%	4.5%
	Obesity	9	28.5%	32.6%
	Severe Maternal Morbidity*	38	110.3	97.8
Overall - Women		12	0.293	

Children		State Rank	State Value	U.S. Value
Social and Economic Factors		12	0.434	
Community and Family Safety	Child Victimization*	5	2.6	7.2
	Firearm Deaths*	—	—	5.5
	Injury Deaths	6	10.6	17.8
Economic Resources	Children in Poverty	12	11.5%	15.5%
	Children in Poverty - Racial Disparity	16	3.0	3.0
	Food Sufficiency	42	61.6%	66.6%
	Students Experiencing Homelessness	37	3.5%	3.2%
	WIC Coverage	19	56.6%	54.5%
Education	Early Childhood Education	40	40.6%	49.3%
	Fourth Grade Reading Proficiency	22	31.6%	30.5%
	High School Completion	9	93.7%	89.9%
Social Support and Engagement	Adult Mentor*	31	89.0%	88.0%
	Adverse Childhood Experiences	14	13.2%	14.1%
	Foster Care Instability	8	12.0%	18.7%
	High-Speed Internet	2	98.1%	96.6%
	Neighborhood Amenities	7	49.5%	38.2%
	Reading, Singing or Storytelling*	35	58.3%	59.7%
Clinical Care		10	0.633	
Access to Care	ADD/ADHD Treatment	50	1.4%	3.4%
	Mental Health Treatment*	42	79.9%	83.3%
	Pediatricians	11	146.3	118.2
	Uninsured	8	2.9%	6.0%
Preventive Clinical Care	Childhood Immunizations	19	70.8%	68.0%
	HPV Vaccination	3	75.6%	62.9%
	Preventive Dental Visit	4	87.0%	80.2%
	Well-Child Visit	37	78.1%	79.6%
Quality of Care	Adequate Insurance	1	78.7%	64.6%
	Developmental Screening	26	39.4%	36.5%
	Medical Home	38	46.0%	45.5%
Behaviors		33	-0.042	
Nutrition and Physical Activity	Breastfed	10	33.8%	27.9%
	Physical Activity	45	17.0%	19.7%
	Soda Consumption*	3	5.5%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	13	85.8%	85.6%
	Teen Births	21	11.0	12.6
Sleep Health	Adequate Sleep	46	58.7%	65.3%
	Sleep Position*	37	66.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	4	13.2%	16.8%
	Tobacco Use	13	1.8%	1.9%
Health Outcomes		2	0.744	
Behavioral Health	Alcohol Use	3	5.4%	6.8%
	Flourishing	8	67.9%	66.7%
	Illicit Drug Use	3	5.6%	7.4%
	Mental Health Conditions	1	13.1%	20.5%
	Teen Suicide*	25	11.1	9.7
Mortality	Child Mortality	8	21.8	28.7
	Infant Mortality	21	5.3	5.6
	Neonatal Mortality*	25	3.7	3.6
Physical Health	Asthma	12	6.0%	6.8%
	Congenital Syphilis*	39	135.2	105.8
	High Health Status*	20	91.1%	89.9%
	Low Birth Weight	35	9.0%	8.5%
	Low Birth Weight - Racial Disparity	18	1.9	2.1
	Neonatal Abstinence Syndrome*	3	2.1	5.1
	Overweight or Obesity	13	29.5%	31.3%
Overall - Children		9	0.453	

HI Overall - Women and Children

11 0.381

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