

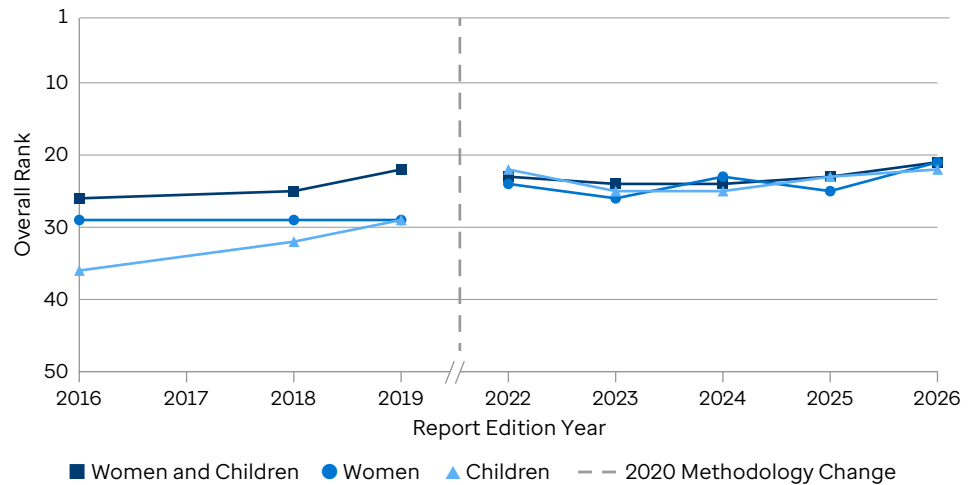
10 Years of Data

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 overweight or obesity among children
- Low prevalence of excessive drinking among women
- Low prevalence of low birth weight infants

Challenges

- Low enrollment in early childhood education
- Low prevalence of women with a college degree
- Low number of pediatricians per 100,000 children ages 0-21

Key Findings

Uninsured Children

76%▲

from 4.6% to 8.1% of children ages 0-18 between 2017 and 2024.

Teen Births

57%▼

from 23.2 to 9.9 births per 1,000 females ages 15-19 between 2014 and 2024.

Well-Woman Visit

36%▲

from 53.3% to 72.5% of women ages 18-44 between 2013-2014 and 2023-2024.

High Health Status

16%▼

from 61.0% to 51.2% of women ages 18-44 between 2013-2014 and 2023-2024.

Measures

Women and Children		State Rank	State Value	U.S. Value
Physical Environment		37	-0.140	
Air and Water Quality	Air Pollution	16	76	8.8
	Drinking Water Violations	41	2.6	2.5
	Household Smoke	21	10.4%	10.3%
	Water Fluoridation	47	31.0%	72.3%
Climate and Health	Climate Policies	38	0	—
	Transportation Energy Use*	24	8.1	8.3
Housing and Transportation	Drive Alone to Work - Women	26	70.7%	67.4%
	Housing Cost Burden - Households With Children	19	22.5%	27.7%
	Housing With Lead Risk	15	10.9%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		32	-0.055	
Community and Family Safety	Firearm Deaths*	21	6.3	5.9
	Injury Deaths	15	44.1	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	5	6.3%	25.8%
	Food Insecurity	26	12.6%	13.3%
	Gender Pay Gap*	48	75.4%	83.0%
	Poverty	27	14.3%	14.4%
	Unemployment	26	3.5%	3.9%
Education	College Graduate	35	35.4%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	10	10%	12%
	Residential Segregation - Black/White	46	74	—
	Voter Participation	37	57.3%	60.0%
Clinical Care		24	0.331	
Access to Care	Adequate Prenatal Care	9	82.2%	75.0%
	Avoided Care Due to Cost	31	18.6%	18.5%
	Maternity Care Desert*	26	3.7	3.5
	Uninsured	32	11.8%	11.2%
	Women's Health Providers	26	47.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	23	70.2%	69.7%
	Dental Visit	11	69.6%	65.6%
	Flu Vaccination	44	27.2%	33.9%
	Postpartum Visit*	—	—	90.3%
	Well-Woman Visit	35	72.5%	73.4%
Quality of Care	Breastfeeding Initiation	3	92.1%	85.4%
	Dedicated Health Care Provider	20	81.4%	77.9%
	Low-Risk Cesarean Delivery	3	19.8%	26.6%
	Maternity Practices Score	31	79	82
Behaviors		8	0.405	
Nutrition and Physical Activity	Exercise	12	29.9%	27.6%
	Fruit and Vegetable Consumption	43	7.0%	9.8%
	Physical Inactivity	12	17.9%	22.0%
Sexual Health	Chlamydia	7	946.2	1,481.2
	High-Risk HIV Behaviors	13	7.8%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	13	33.8%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	9	6.8%	8.4%
	Cigarette Smoking During Pregnancy	16	2.1%	2.4%
	E-Cigarette Use	31	13.9%	11.7%
Health Outcomes		15	0.063	
Behavioral Health	Drug Deaths*	12	19.9	25.0
	Excessive Drinking	4	15.7%	18.1%
	Frequent Mental Distress	30	24.6%	23.2%
	Illicit Drug Use	22	10.5%	10.5%
	Postpartum Anxiety*	—	—	20.3%
	Postpartum Depression*	—	—	11.9%
Mortality	Maternal Mortality*	12	18.7	23.1
	Mortality Rate	15	89.0	98.0
Physical Health	Depression*	27	34.7%	30.6%
	Diabetes*	30	3.7%	3.6%
	Frequent Physical Distress	32	11.3%	10.1%
	High Blood Pressure	25	11.4%	11.8%
	High Health Status*	19	51.2%	49.4%
	Multiple Chronic Conditions	28	5.1%	4.5%
	Obesity	10	29.4%	32.6%
	Severe Maternal Morbidity*	—	—	97.8
Overall - Women		21	0.123	

ID 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		32	-0.162	
Community and Family Safety	Child Victimization*	12	3.8	7.2
	Firearm Deaths*	15	4.5	5.5
	Injury Deaths	24	17.6	17.8
Economic Resources	Children in Poverty	8	11.1%	15.5%
	Children in Poverty - Racial Disparity	9	2.8	3.0
	Food Sufficiency	30	65.7%	66.6%
	Students Experiencing Homelessness	33	2.9%	3.2%
	WIC Coverage	38	44.4%	54.5%
Education	Early Childhood Education	49	37.0%	49.3%
	Fourth Grade Reading Proficiency	18	31.9%	30.5%
	High School Completion	16	92.5%	89.9%
Social Support and Engagement	Adult Mentor*	10	93.4%	88.0%
	Adverse Childhood Experiences	40	18.3%	14.1%
	Foster Care Instability	32	21.8%	18.7%
	High-Speed Internet	21	96.9%	96.6%
	Neighborhood Amenities	36	29.4%	38.2%
	Reading, Singing or Storytelling*	27	61.1%	59.7%
Clinical Care		41	-0.339	
Access to Care	ADD/ADHD Treatment	44	2.6%	3.4%
	Mental Health Treatment*	26	84.9%	83.3%
	Pediatricians	50	51.3	118.2
	Uninsured	44	8.1%	6.0%
Preventive Clinical Care	Childhood Immunizations	15	72.1%	68.0%
	HPV Vaccination	42	55.9%	62.9%
	Preventive Dental Visit	20	82.7%	80.2%
	Well-Child Visit	43	76.8%	79.6%
Quality of Care	Adequate Insurance	37	62.1%	64.6%
	Developmental Screening	34	36.0%	36.5%
	Medical Home	24	49.1%	45.5%
Behaviors		5	0.844	
Nutrition and Physical Activity	Breastfed	12	33.1%	27.9%
	Physical Activity	10	23.6%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	16	9.9	12.6
Sleep Health	Adequate Sleep	19	67.9%	65.3%
	Sleep Position*	—	—	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	5	1.6%	1.9%
Health Outcomes		5	0.619	
Behavioral Health	Alcohol Use	18	6.4%	6.8%
	Flourishing	35	65.0%	66.7%
	Illicit Drug Use	17	6.7%	7.4%
	Mental Health Conditions	14	20.3%	20.5%
	Teen Suicide*	42	17.8	9.7
Mortality	Child Mortality	21	28.0	28.7
	Infant Mortality	15	4.8	5.6
	Neonatal Mortality*	18	3.3	3.6
Physical Health	Asthma	8	5.2%	6.8%
	Congenital Syphilis*	1	0.0	105.8
	High Health Status*	2	93.4%	89.9%
	Low Birth Weight	4	71.1%	8.5%
	Low Birth Weight - Racial Disparity	5	1.6	2.1
	Neonatal Abstinence Syndrome*	—	—	5.1
	Overweight or Obesity	4	26.6%	31.3%
Overall - Children		22	0.138	

ID Overall - Women and Children