

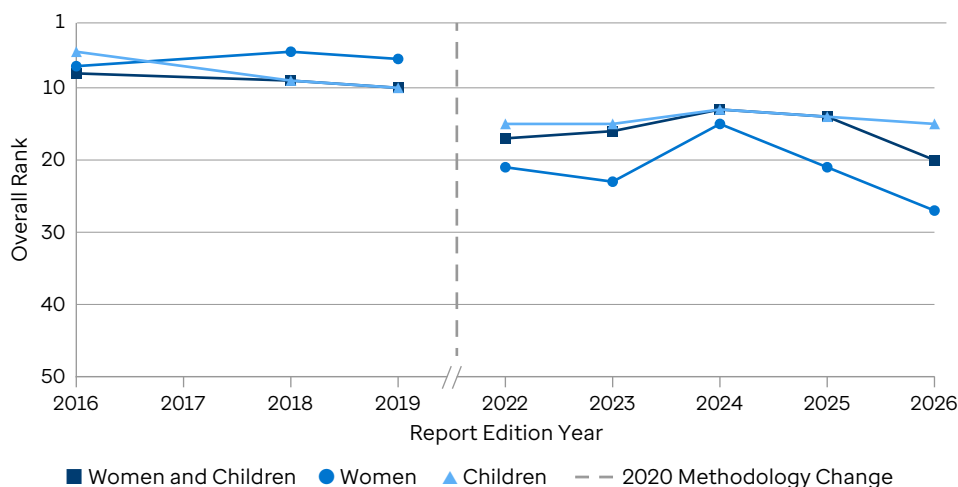
10 Years of Data

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 asthma among children
- Low prevalence of public school students experiencing homelessness
- Low prevalence of household food insecurity

Challenges

- High prevalence of mental health conditions among children
- Low number of women's health providers per 100,000 females age 15 and older
- High prevalence of high-risk HIV behaviors among women

Key Findings

Frequent Mental Distress

91%▲

from 12.9% to 24.7% of women ages 18-44 between 2013-2014 and 2023-2024.

Cigarette Smoking

45%▼

from 20.7% to 11.3% of women ages 18-44 between 2013-2014 and 2023-2024.

Household Smoke

39%▼

from 17.4% to 10.6% of children ages 0-17 between 2016-2017 and 2023-2024.

Flourishing

26%▼

from 89.5% to 66.4% 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	27	0.059	
Air and Water Quality	Air Pollution	8.4	8.8
	Drinking Water Violations	1.5	2.5
	Household Smoke	10.6%	10.3%
	Water Fluoridation	88.8%	72.3%
Climate and Health	Climate Policies	1	—
	Transportation Energy Use*	9.3	8.3
Housing and Transportation	Drive Alone to Work - Women	75.0%	67.4%
	Housing Cost Burden - Households With Children	19.7%	27.7%
	Housing With Lead Risk	23.5%	16.1%

Continued on next page.

Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		15	0.433	
Community and Family Safety	Firearm Deaths*	7	3.5	5.9
	Injury Deaths	4	32.2	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	11	12.1%	25.8%
	Food Insecurity	9	10.8%	13.3%
	Gender Pay Gap*	38	80.6%	83.0%
	Poverty	39	16.0%	14.4%
	Unemployment	13	3.1%	3.9%
Education	College Graduate	32	36.3%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	13	11%	12%
	Residential Segregation - Black/White	21	62	—
	Voter Participation	16	63.6%	60.0%
Clinical Care		12	0.545	
Access to Care	Adequate Prenatal Care	7	84.1%	75.0%
	Avoided Care Due to Cost	2	11.7%	18.5%
	Maternity Care Desert*	44	12.7	3.5
	Uninsured	12	76%	11.2%
	Women's Health Providers	44	38.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	18	71.0%	69.7%
	Dental Visit	6	71.4%	65.6%
	Flu Vaccination	24	35.8%	33.9%
	Postpartum Visit*	18	92.2%	90.3%
	Well-Woman Visit	16	75.6%	73.4%
Quality of Care	Breastfeeding Initiation	30	84.7%	85.4%
	Dedicated Health Care Provider	23	80.6%	77.9%
	Low-Risk Cesarean Delivery	19	24.5%	26.6%
	Maternity Practices Score	40	76	82
Behaviors		36	-0.442	
Nutrition and Physical Activity	Exercise	23	28.0%	27.6%
	Fruit and Vegetable Consumption	32	8.4%	9.8%
	Physical Inactivity	14	18.7%	22.0%
Sexual Health	Chlamydia	24	1,413.0	1,481.2
	High-Risk HIV Behaviors	41	10.3%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	29	36.8%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	36	11.3%	8.4%
	Cigarette Smoking During Pregnancy	36	4.4%	2.4%
	E-Cigarette Use	39	15.7%	11.7%
Health Outcomes		26	-0.143	
Behavioral Health	Drug Deaths*	4	14.4	25.0
	Excessive Drinking	49	24.8%	18.1%
	Frequent Mental Distress	32	24.7%	23.2%
	Illicit Drug Use	10	9.1%	10.5%
	Postpartum Anxiety*	12	18.5%	20.3%
	Postpartum Depression*	8	10.4%	11.9%
Mortality	Maternal Mortality*	18	21.4	23.1
	Mortality Rate	16	89.4	98.0
Physical Health	Depression*	23	33.2%	30.6%
	Diabetes*	25	3.3%	3.6%
	Frequent Physical Distress	7	8.8%	10.1%
	High Blood Pressure	19	11.1%	11.8%
	High Health Status*	37	48.3%	49.4%
	Multiple Chronic Conditions	19	4.3%	4.5%
	Obesity	39	37.2%	32.6%
	Severe Maternal Morbidity*	6	70.4	97.8
Overall - Women		27	0.047	

IA 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		23	0.063	
Community and Family Safety	Child Victimization*	40	12.9	7.2
	Firearm Deaths*	7	3.0	5.5
	Injury Deaths	12	15.2	17.8
Economic Resources	Children in Poverty	25	13.6%	15.5%
	Children in Poverty - Racial Disparity	38	4.1	3.0
	Food Sufficiency	28	66.7%	66.6%
	Students Experiencing Homelessness	3	1.4%	3.2%
	WIC Coverage	22	54.2%	54.5%
Education	Early Childhood Education	31	44.7%	49.3%
	Fourth Grade Reading Proficiency	32	29.2%	30.5%
	High School Completion	14	93.0%	89.9%
Social Support and Engagement	Adult Mentor*	12	92.7%	88.0%
	Adverse Childhood Experiences	30	15.9%	14.1%
	Foster Care Instability	9	12.5%	18.7%
	High-Speed Internet	43	95.5%	96.6%
	Neighborhood Amenities	22	37.6%	38.2%
	Reading, Singing or Storytelling*	11	64.6%	59.7%
Clinical Care		7	0.758	
Access to Care	ADD/ADHD Treatment	17	4.0%	3.4%
	Mental Health Treatment*	2	92.7%	83.3%
	Pediatricians	38	873	118.2
	Uninsured	14	3.8%	6.0%
Preventive Clinical Care	Childhood Immunizations	7	76.8%	68.0%
	HPV Vaccination	33	59.8%	62.9%
	Preventive Dental Visit	9	84.9%	80.2%
	Well-Child Visit	17	81.4%	79.6%
Quality of Care	Adequate Insurance	13	67.8%	64.6%
	Developmental Screening	11	45.6%	36.5%
	Medical Home	4	53.7%	45.5%
Behaviors		17	0.378	
Nutrition and Physical Activity	Breastfed	11	33.3%	27.9%
	Physical Activity	9	23.8%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	26	12.2	12.6
Sleep Health	Adequate Sleep	22	67.7%	65.3%
	Sleep Position*	14	74.8%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	38	2.4%	1.9%
Health Outcomes		11	0.402	
Behavioral Health	Alcohol Use	30	7.2%	6.8%
	Flourishing	20	66.4%	66.7%
	Illicit Drug Use	8	6.0%	7.4%
	Mental Health Conditions	39	24.5%	20.5%
	Teen Suicide*	26	11.2	9.7
Mortality	Child Mortality	12	25.6	28.7
	Infant Mortality	18	5.2	5.6
	Neonatal Mortality*	16	3.2	3.6
Physical Health	Asthma	1	4.4%	6.8%
	Congenital Syphilis*	12	32.9	105.8
	High Health Status*	11	91.9%	89.9%
	Low Birth Weight	9	7.3%	8.5%
	Low Birth Weight - Racial Disparity	12	1.8	2.1
	Neonatal Abstinence Syndrome*	3	2.1	5.1
	Overweight or Obesity	25	31.3%	31.3%
Overall - Children		15	0.269	

20 0.173