

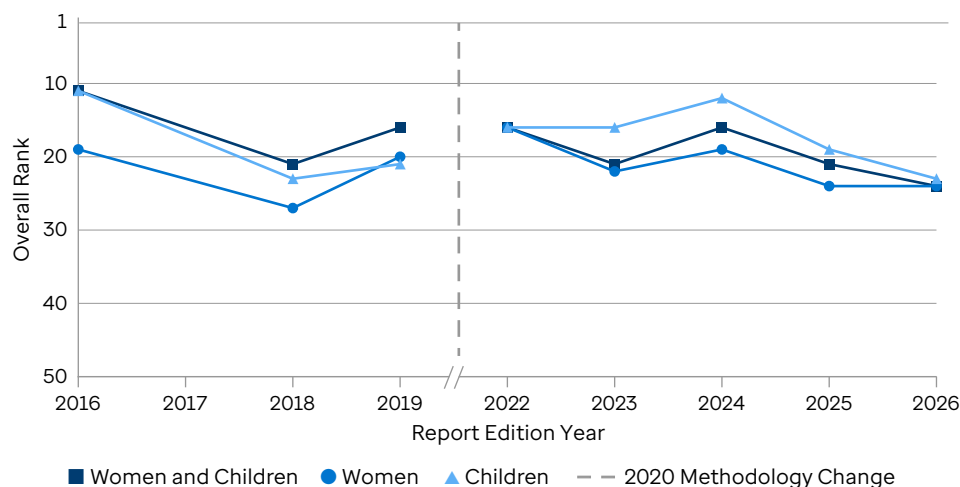
## 10 Years of Data

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 housing cost burden among households with children
- Low teen birth rate
- Low prevalence of physical inactivity among women

### Challenges

- High prevalence of multiple chronic conditions among women
- High prevalence of mental health conditions among children
- High prevalence of cigarette smoking during pregnancy

### Key Findings

#### Severe Maternal Morbidity

105%▲

from 52.9 to 108.6 complications per 10,000 delivery hospitalizations between 2016 and 2023.

#### Uninsured Women

34%▼

from 12.0% to 7.9% of women ages 19-44 between 2017 and 2024.

#### Neonatal Abstinence Syndrome

54%▼

from 33.1 to 15.1 diagnoses per 1,000 birth hospitalizations between 2016 and 2023.

#### Flourishing

33%▼

from 94.0% to 62.9% 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 |
|------------------------------------------------|------------|--------------|------------|
| <b>Physical Environment</b>                    | <b>9</b>   | <b>0.339</b> |            |
| <b>Air and Water Quality</b>                   |            |              |            |
| Air Pollution                                  | 5          | 5.9          | 8.8        |
| Drinking Water Violations                      | 23         | 1.9          | 2.5        |
| Household Smoke                                | 47         | 16.1%        | 10.3%      |
| Water Fluoridation                             | 21         | 79.5%        | 72.3%      |
| <b>Climate and Health</b>                      |            |              |            |
| Climate Policies                               | 1          | 4            | —          |
| Transportation Energy Use*                     | 20         | 79           | 8.3        |
| <b>Housing and Transportation</b>              |            |              |            |
| Drive Alone to Work - Women                    | 20         | 69.3%        | 67.4%      |
| Housing Cost Burden - Households With Children | 8          | 20.1%        | 27.7%      |
| Housing With Lead Risk                         | 41         | 22.1%        | 16.1%      |

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# Measures (cont.)

| Women                                  |                                             | State Rank | State Value   | U.S. Value |
|----------------------------------------|---------------------------------------------|------------|---------------|------------|
| <b>Social and Economic Factors</b>     |                                             | <b>22</b>  | <b>0.313</b>  |            |
| <b>Community and Family Safety</b>     | Firearm Deaths*                             | 15         | 5.4           | 5.9        |
|                                        | Injury Deaths                               | 39         | 61.2          | 47.0       |
|                                        | Intimate Partner Violence Before Pregnancy* | 11         | 2.5%          | —          |
| <b>Economic Resources</b>              | Concentrated Disadvantage                   | 3          | 5.8%          | 25.8%      |
|                                        | Food Insecurity                             | 28         | 12.9%         | 13.3%      |
|                                        | Gender Pay Gap*                             | 7          | 86.5%         | 83.0%      |
|                                        | Poverty                                     | 17         | 13.2%         | 14.4%      |
|                                        | Unemployment                                | 13         | 3.1%          | 3.9%       |
| <b>Education</b>                       | College Graduate                            | 14         | 42.1%         | 39.0%      |
|                                        |                                             |            |               |            |
| <b>Social Support and Engagement</b>   | Infant Child Care Affordability*            | 30         | 13%           | 12%        |
|                                        | Residential Segregation - Black/White       | 46         | 74            | —          |
|                                        | Voter Participation                         | 12         | 65.6%         | 60.0%      |
|                                        |                                             |            |               |            |
| <b>Clinical Care</b>                   |                                             | <b>6</b>   | <b>0.862</b>  |            |
| <b>Access to Care</b>                  | Adequate Prenatal Care                      | 5          | 84.6%         | 75.0%      |
|                                        | Avoided Care Due to Cost                    | 19         | 15.9%         | 18.5%      |
|                                        | Maternity Care Desert*                      | 1          | 0.0           | 3.5        |
|                                        | Uninsured                                   | 15         | 7.9%          | 11.2%      |
|                                        | Women's Health Providers                    | 10         | 61.3          | 48.1       |
| <b>Preventive Clinical Care</b>        | Cervical Cancer Screening                   | 12         | 71.6%         | 69.7%      |
|                                        | Dental Visit                                | 32         | 66.5%         | 65.6%      |
|                                        | Flu Vaccination                             | 4          | 43.9%         | 33.9%      |
|                                        | Postpartum Visit*                           | 6          | 93.0%         | 90.3%      |
|                                        | Well-Woman Visit                            | 13         | 76.0%         | 73.4%      |
| <b>Quality of Care</b>                 | Breastfeeding Initiation                    | 17         | 88.4%         | 85.4%      |
|                                        | Dedicated Health Care Provider              | 1          | 89.8%         | 77.9%      |
|                                        | Low-Risk Cesarean Delivery                  | 24         | 25.5%         | 26.6%      |
|                                        | Maternity Practices Score                   | 24         | 82            | 82         |
|                                        |                                             |            |               |            |
| <b>Behaviors</b>                       |                                             | <b>13</b>  | <b>0.318</b>  |            |
| <b>Nutrition and Physical Activity</b> | Exercise                                    | 10         | 30.6%         | 27.6%      |
|                                        | Fruit and Vegetable Consumption             | 13         | 10.6%         | 9.8%       |
|                                        | Physical Inactivity                         | 4          | 15.6%         | 22.0%      |
| <b>Sexual Health</b>                   | Chlamydia                                   | 1          | 312.9         | 1,481.2    |
|                                        | High-Risk HIV Behaviors                     | 28         | 8.8%          | 8.5%       |
|                                        | Unintended Pregnancy*                       | 3          | 14.0%         | —          |
| <b>Sleep Health</b>                    | Insufficient Sleep                          | 3          | 31.0%         | 36.5%      |
|                                        |                                             |            |               |            |
| <b>Smoking and Tobacco Use</b>         | Cigarette Smoking                           | 44         | 13.3%         | 8.4%       |
|                                        | Cigarette Smoking During Pregnancy          | 46         | 5.9%          | 2.4%       |
|                                        | E-Cigarette Use                             | 22         | 12.5%         | 11.7%      |
|                                        |                                             |            |               |            |
| <b>Health Outcomes</b>                 |                                             | <b>46</b>  | <b>-1.062</b> |            |
| <b>Behavioral Health</b>               | Drug Deaths*                                | 42         | 38.7          | 25.0       |
|                                        | Excessive Drinking                          | 27         | 18.8%         | 18.1%      |
|                                        | Frequent Mental Distress                    | 50         | 31.2%         | 23.2%      |
|                                        | Illicit Drug Use                            | 43         | 13.4%         | 10.5%      |
|                                        | Postpartum Anxiety*                         | 23         | 21.2%         | 20.3%      |
|                                        | Postpartum Depression*                      | 16         | 11.2%         | 11.9%      |
| <b>Mortality</b>                       | Maternal Mortality*                         | 10         | 17.0          | 23.1       |
|                                        | Mortality Rate                              | 31         | 113.3         | 98.0       |
| <b>Physical Health</b>                 | Depression*                                 | 49         | 44.6%         | 30.6%      |
|                                        | Diabetes*                                   | 16         | 2.9%          | 3.6%       |
|                                        | Frequent Physical Distress                  | 49         | 13.8%         | 10.1%      |
|                                        | High Blood Pressure                         | 32         | 12.5%         | 11.8%      |
|                                        | High Health Status*                         | 21         | 50.9%         | 49.4%      |
|                                        | Multiple Chronic Conditions                 | 47         | 7.9%          | 4.5%       |
|                                        | Obesity                                     | 23         | 33.4%         | 32.6%      |
|                                        | Severe Maternal Morbidity*                  | 36         | 108.6         | 97.8       |
| <b>Overall - Women</b>                 |                                             | <b>24</b>  | <b>0.110</b>  |            |

## ME 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 |
|----------------------------------------|----------------------------------------|------------|---------------|------------|
| <b>Social and Economic Factors</b>     |                                        | <b>19</b>  | <b>0.139</b>  |            |
| <b>Community and Family Safety</b>     | Child Victimization*                   | 50         | 15.4          | 7.2        |
|                                        | Firearm Deaths*                        | 8          | 3.1           | 5.5        |
|                                        | Injury Deaths                          | 27         | 18.1          | 17.8       |
| <b>Economic Resources</b>              | Children in Poverty                    | 19         | 12.7%         | 15.5%      |
|                                        | Children in Poverty - Racial Disparity | 12         | 2.9           | 3.0        |
|                                        | Food Sufficiency                       | 26         | 67.0%         | 66.6%      |
|                                        | Students Experiencing Homelessness     | 32         | 2.8%          | 3.2%       |
|                                        | WIC Coverage                           | 20         | 56.6%         | 54.5%      |
| <b>Education</b>                       | Early Childhood Education              | 22         | 48.1%         | 49.3%      |
|                                        | Fourth Grade Reading Proficiency       | 45         | 26.1%         | 30.5%      |
|                                        | High School Completion                 | 2          | 94.8%         | 89.9%      |
| <b>Social Support and Engagement</b>   | Adult Mentor*                          | 1          | 96.9%         | 88.0%      |
|                                        | Adverse Childhood Experiences          | 33         | 16.7%         | 14.1%      |
|                                        | Foster Care Instability                | 19         | 15.6%         | 18.7%      |
|                                        | High-Speed Internet                    | 13         | 97.3%         | 96.6%      |
|                                        | Neighborhood Amenities                 | 32         | 32.7%         | 38.2%      |
|                                        | Reading, Singing or Storytelling*      | 2          | 69.5%         | 59.7%      |
|                                        |                                        |            |               |            |
| <b>Clinical Care</b>                   |                                        | <b>6</b>   | <b>0.866</b>  |            |
| <b>Access to Care</b>                  | ADD/ADHD Treatment                     | 8          | 4.6%          | 3.4%       |
|                                        | Mental Health Treatment*               | 23         | 85.3%         | 83.3%      |
|                                        | Pediatricians                          | 12         | 135.8         | 118.2      |
|                                        | Uninsured                              | 19         | 4.5%          | 6.0%       |
| <b>Preventive Clinical Care</b>        | Childhood Immunizations                | 26         | 68.7%         | 68.0%      |
|                                        | HPV Vaccination                        | 18         | 66.9%         | 62.9%      |
|                                        | Preventive Dental Visit                | 15         | 83.2%         | 80.2%      |
|                                        | Well-Child Visit                       | 3          | 87.7%         | 79.6%      |
| <b>Quality of Care</b>                 | Adequate Insurance                     | 22         | 65.6%         | 64.6%      |
|                                        | Developmental Screening                | 2          | 53.5%         | 36.5%      |
|                                        | Medical Home                           | 16         | 50.3%         | 45.5%      |
|                                        |                                        |            |               |            |
| <b>Behaviors</b>                       |                                        | <b>9</b>   | <b>0.618</b>  |            |
| <b>Nutrition and Physical Activity</b> | Breastfed                              | 22         | 30.0%         | 27.9%      |
|                                        | Physical Activity                      | 1          | 26.6%         | 19.7%      |
|                                        | Soda Consumption*                      | —          | —             | 7.5%       |
| <b>Sexual Health</b>                   | Dual Contraceptive Nonuse*             | —          | —             | 85.6%      |
|                                        | Teen Births                            | 8          | 7.8           | 12.6       |
| <b>Sleep Health</b>                    | Adequate Sleep                         | 5          | 72.1%         | 65.3%      |
|                                        | Sleep Position*                        | 1          | 81.8%         | 69.0%      |
| <b>Smoking and Tobacco Use</b>         | Electronic Vapor Product Use*          | —          | —             | 16.8%      |
|                                        | Tobacco Use                            | 46         | 2.6%          | 1.9%       |
|                                        |                                        |            |               |            |
| <b>Health Outcomes</b>                 |                                        | <b>46</b>  | <b>-0.714</b> |            |
| <b>Behavioral Health</b>               | Alcohol Use                            | 44         | 8.6%          | 6.8%       |
|                                        | Flourishing                            | 47         | 62.9%         | 66.7%      |
|                                        | Illicit Drug Use                       | 50         | 12.1%         | 7.4%       |
|                                        | Mental Health Conditions               | 50         | 28.5%         | 20.5%      |
|                                        | Teen Suicide*                          | 26         | 11.2          | 9.7        |
| <b>Mortality</b>                       | Child Mortality                        | 26         | 29.3          | 28.7       |
|                                        | Infant Mortality                       | 29         | 6.0           | 5.6        |
|                                        | Neonatal Mortality*                    | 46         | 4.6           | 3.6        |
| <b>Physical Health</b>                 | Asthma                                 | 49         | 8.8%          | 6.8%       |
|                                        | Congenital Syphilis*                   | 5          | 16.5          | 105.8      |
|                                        | High Health Status*                    | 14         | 91.6%         | 89.9%      |
|                                        | Low Birth Weight                       | 12         | 7.5%          | 8.5%       |
|                                        | Low Birth Weight - Racial Disparity    | 1          | 1.4           | 2.1        |
|                                        | Neonatal Abstinence Syndrome*          | 44         | 15.1          | 5.1        |
|                                        | Overweight or Obesity                  | 42         | 34.5%         | 31.3%      |
| <b>Overall - Children</b>              |                                        | <b>23</b>  | <b>0.119</b>  |            |

## ME Overall - Women and Children