

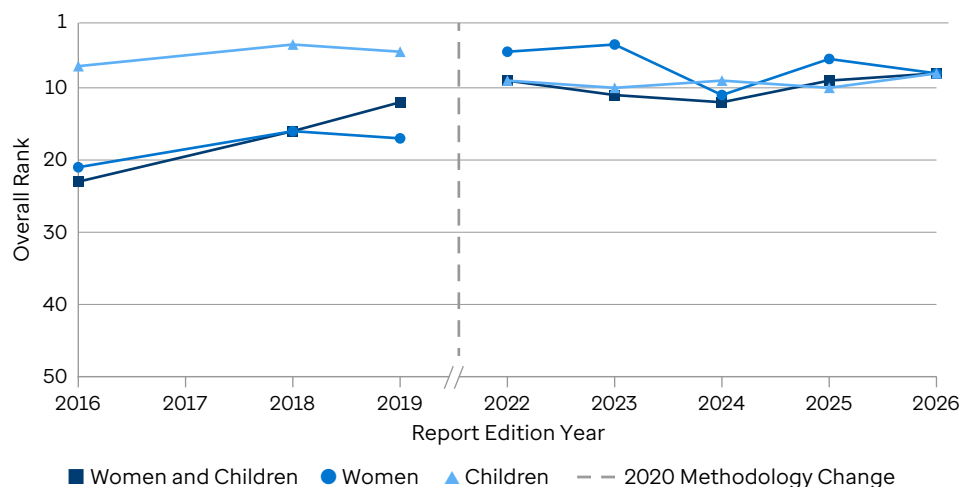
10 Years of Data

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 women in poverty
- Low prevalence of e-cigarette use among women
- High prevalence of infants exclusively breastfed for six months

Challenges

- High prevalence of low birth weight infants
- High prevalence of low-risk cesarean deliveries
- Low prevalence of physical activity among children

Key Findings

Injury Deaths

63%

from 29.3 to 47.7 deaths per 100,000 women ages 20-44 between 2012-2014 and 2022-2024.

Cigarette Smoking

61%

from 13.6% to 5.3% of women ages 18-44 between 2013-2014 and 2023-2024.

Neonatal Abstinence Syndrome

44%

from 13.1 to 7.4 diagnoses per 1,000 birth hospitalizations between 2016 and 2023.

Obesity

21%

from 26.8% to 32.3% of women ages 18-44 between 2013-2014 and 2023-2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	1	0.645	
Air and Water Quality	Air Pollution	7.4	8.8
	Drinking Water Violations	1.8	2.5
	Household Smoke	8.3%	10.3%
	Water Fluoridation	93.2%	72.3%
Climate and Health	Climate Policies	4	—
	Transportation Energy Use*	6.6	8.3
Housing and Transportation	Drive Alone to Work - Women	64.8%	67.4%
	Housing Cost Burden - Households With Children	26.2%	27.7%
	Housing With Lead Risk	16.3%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		8	0.575	
Community and Family Safety	Firearm Deaths*	8	3.9	5.9
	Injury Deaths	19	47.7	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	23	21.9%	25.8%
	Food Insecurity	14	11.5%	13.3%
	Gender Pay Gap*	3	88.6%	83.0%
	Poverty	3	10.6%	14.4%
	Unemployment	36	4.1%	3.9%
Education	College Graduate	5	45.9%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	23	12%	12%
	Residential Segregation - Black/White	27	64	—
	Voter Participation	10	66.5%	60.0%
Clinical Care		14	0.505	
Access to Care	Adequate Prenatal Care	32	76.3%	75.0%
	Avoided Care Due to Cost	21	16.8%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	13	7.7%	11.2%
	Women's Health Providers	13	59.2	48.1
Preventive Clinical Care	Cervical Cancer Screening	33	69.3%	69.7%
	Dental Visit	19	68.2%	65.6%
	Flu Vaccination	5	43.7%	33.9%
	Postpartum Visit*	8	92.9%	90.3%
	Well-Woman Visit	9	77.3%	73.4%
Quality of Care	Breastfeeding Initiation	20	87.7%	85.4%
	Dedicated Health Care Provider	12	83.9%	77.9%
	Low-Risk Cesarean Delivery	50	30.3%	26.6%
	Maternity Practices Score	21	83	82
Behaviors		10	0.364	
Nutrition and Physical Activity	Exercise	34	26.2%	27.6%
	Fruit and Vegetable Consumption	16	10.5%	9.8%
	Physical Inactivity	32	21.7%	22.0%
Sexual Health	Chlamydia	4	766.5	1,481.2
	High-Risk HIV Behaviors	15	8.0%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	46	41.0%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	3	5.3%	8.4%
	Cigarette Smoking During Pregnancy	12	1.8%	2.4%
	E-Cigarette Use	1	7.6%	11.7%
Health Outcomes		9	0.300	
Behavioral Health	Drug Deaths*	34	29.4	25.0
	Excessive Drinking	4	15.7%	18.1%
	Frequent Mental Distress	12	22.3%	23.2%
	Illicit Drug Use	14	9.7%	10.5%
	Postpartum Anxiety*	6	17.5%	20.3%
	Postpartum Depression*	39	14.1%	11.9%
Mortality	Maternal Mortality*	14	20.5	23.1
	Mortality Rate	23	100.4	98.0
Physical Health	Depression*	11	28.9%	30.6%
	Diabetes*	39	4.3%	3.6%
	Frequent Physical Distress	16	9.4%	10.1%
	High Blood Pressure	18	10.9%	11.8%
	High Health Status*	28	49.8%	49.4%
	Multiple Chronic Conditions	14	4.0%	4.5%
	Obesity	18	32.3%	32.6%
	Severe Maternal Morbidity*	34	106.1	97.8
Overall - Women		8	0.469	

Children		State Rank	State Value	U.S. Value
Social and Economic Factors		7	0.595	
Community and Family Safety	Child Victimization*	14	4.6	7.2
	Firearm Deaths*	23	5.9	5.5
	Injury Deaths	16	16.0	17.8
Economic Resources	Children in Poverty	6	10.6%	15.5%
	Children in Poverty - Racial Disparity	29	3.5	3.0
	Food Sufficiency	6	72.3%	66.6%
	Students Experiencing Homelessness	18	2.3%	3.2%
	WIC Coverage	14	59.5%	54.5%
Education	Early Childhood Education	17	48.9%	49.3%
	Fourth Grade Reading Proficiency	9	33.6%	30.5%
	High School Completion	27	91.4%	89.9%
Social Support and Engagement	Adult Mentor*	42	85.9%	88.0%
	Adverse Childhood Experiences	5	11.8%	14.1%
	Foster Care Instability	24	18.2%	18.7%
	High-Speed Internet	8	97.6%	96.6%
	Neighborhood Amenities	15	41.0%	38.2%
	Reading, Singing or Storytelling*	40	56.7%	59.7%
Clinical Care		9	0.636	
Access to Care	ADD/ADHD Treatment	26	3.7%	3.4%
	Mental Health Treatment*	18	86.1%	83.3%
	Pediatricians	10	151.8	118.2
	Uninsured	20	4.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	12	72.8%	68.0%
	HPV Vaccination	11	69.2%	62.9%
	Preventive Dental Visit	22	82.3%	80.2%
	Well-Child Visit	10	82.4%	79.6%
Quality of Care	Adequate Insurance	12	68.1%	64.6%
	Developmental Screening	18	42.6%	36.5%
	Medical Home	39	45.7%	45.5%
Behaviors		16	0.394	
Nutrition and Physical Activity	Breastfed	4	35.7%	27.9%
	Physical Activity	34	18.8%	19.7%
	Soda Consumption*	5	6.9%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	15	88.1%	85.6%
	Teen Births	17	10.3	12.6
Sleep Health	Adequate Sleep	37	62.9%	65.3%
	Sleep Position*	22	72.3%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	5	14.3%	16.8%
	Tobacco Use	10	1.7%	1.9%
Health Outcomes		18	0.060	
Behavioral Health	Alcohol Use	26	6.7%	6.8%
	Flourishing	6	68.4%	66.7%
	Illicit Drug Use	26	7.8%	7.4%
	Mental Health Conditions	7	18.4%	20.5%
	Teen Suicide*	6	6.9	9.7
Mortality	Child Mortality	18	27.4	28.7
	Infant Mortality	24	5.8	5.6
	Neonatal Mortality*	29	3.9	3.6
Physical Health	Asthma	41	7.8%	6.8%
	Congenital Syphilis*	32	100.3	105.8
	High Health Status*	18	91.4%	89.9%
	Low Birth Weight	34	8.9%	8.5%
	Low Birth Weight - Racial Disparity	20	2.0	2.1
	Neonatal Abstinence Syndrome*	33	7.4	5.1
	Overweight or Obesity	23	31.2%	31.3%
Overall - Children		8	0.454	

MD Overall - Women and Children

8 0.443

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