

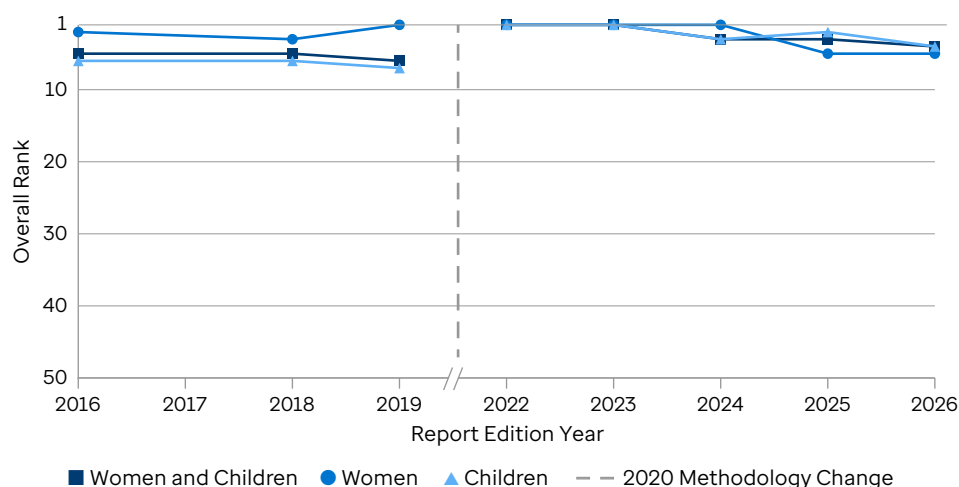
10 Years of Data

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 poverty rate among children
- Low prevalence of physical inactivity among women
- Low teen birth rate

Challenges

- High prevalence of excessive drinking among women
- Low prevalence of preventive dental visits among children
- Low prevalence of cervical cancer screening

Key Findings

Severe Maternal Morbidity

97%▲

from 61.6 to 121.2 complications per 10,000 delivery hospitalizations between 2016 and 2023.

Cigarette Smoking

46%▼

from 18.8% to 10.2% of women ages 18-44 between 2013-2014 and 2023-2024.

Flourishing

29%▼

from 91.7% to 65.0% of children ages 6 months to 17 years between 2016-2017 and 2023-2024.

Housing Cost Burden - Households With Children

18%▼

from 24.6% to 20.1% of households with children between 2014 and 2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	6	0.458	
Air and Water Quality	Air Pollution	8.4	8.8
	Drinking Water Violations	2.4	2.5
	Household Smoke	8.4%	10.3%
	Water Fluoridation	98.9%	72.3%
Climate and Health	Climate Policies	3	—
	Transportation Energy Use*	79	8.3
Housing and Transportation	Drive Alone to Work - Women	68.8%	67.4%
	Housing Cost Burden - Households With Children	20.1%	27.7%
	Housing With Lead Risk	32	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		3	1.023	
Community and Family Safety	Firearm Deaths*	6	3.4	5.9
	Injury Deaths	10	38.9	47.0
	Intimate Partner Violence Before Pregnancy*	7	2.0%	—
Economic Resources	Concentrated Disadvantage	10	10.5%	25.8%
	Food Insecurity	6	9.9%	13.3%
	Gender Pay Gap*	10	84.9%	83.0%
	Poverty	9	11.7%	14.4%
	Unemployment	17	3.3%	3.9%
Education	College Graduate	8	45.3%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	36	14%	12%
	Residential Segregation - Black/White	21	62	—
	Voter Participation	2	72.4%	60.0%
Clinical Care		11	0.552	
Access to Care	Adequate Prenatal Care	12	81.0%	75.0%
	Avoided Care Due to Cost	14	15.4%	18.5%
	Maternity Care Desert*	33	5.7	3.5
	Uninsured	9	71%	11.2%
	Women's Health Providers	11	60.3	48.1
Preventive Clinical Care	Cervical Cancer Screening	37	68.9%	69.7%
	Dental Visit	19	68.2%	65.6%
	Flu Vaccination	9	40.8%	33.9%
	Postpartum Visit*	8	92.9%	90.3%
	Well-Woman Visit	29	73.9%	73.4%
Quality of Care	Breastfeeding Initiation	11	89.9%	85.4%
	Dedicated Health Care Provider	24	80.4%	77.9%
	Low-Risk Cesarean Delivery	32	26.6%	26.6%
	Maternity Practices Score	26	81	82
Behaviors		11	0.360	
Nutrition and Physical Activity	Exercise	23	28.0%	27.6%
	Fruit and Vegetable Consumption	26	9.1%	9.8%
	Physical Inactivity	10	17.1%	22.0%
Sexual Health	Chlamydia	12	1,197.0	1,481.2
	High-Risk HIV Behaviors	12	7.7%	8.5%
	Unintended Pregnancy*	15	21.0%	—
Sleep Health	Insufficient Sleep	4	31.1%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	29	10.2%	8.4%
	Cigarette Smoking During Pregnancy	23	2.7%	2.4%
	E-Cigarette Use	18	12.2%	11.7%
Health Outcomes		12	0.209	
Behavioral Health	Drug Deaths*	14	21.5	25.0
	Excessive Drinking	44	21.4%	18.1%
	Frequent Mental Distress	24	23.8%	23.2%
	Illicit Drug Use	15	9.8%	10.5%
	Postpartum Anxiety*	33	24.5%	20.3%
	Postpartum Depression*	7	10.2%	11.9%
Mortality	Maternal Mortality*	4	14.9	23.1
	Mortality Rate	9	81.8	98.0
Physical Health	Depression*	35	37.9%	30.6%
	Diabetes*	22	3.1%	3.6%
	Frequent Physical Distress	5	8.6%	10.1%
	High Blood Pressure	13	10.4%	11.8%
	High Health Status*	14	52.5%	49.4%
	Multiple Chronic Conditions	10	3.8%	4.5%
	Obesity	14	31.4%	32.6%
	Severe Maternal Morbidity*	41	121.2	97.8
Overall - Women		5	0.512	

Children		State Rank	State Value	U.S. Value
Social and Economic Factors		6	0.666	
Community and Family Safety	Child Victimization*	9	3.6	7.2
	Firearm Deaths*	5	2.6	5.5
	Injury Deaths	12	15.2	17.8
Economic Resources	Children in Poverty	4	9.5%	15.5%
	Children in Poverty - Racial Disparity	47	5.6	3.0
	Food Sufficiency	3	73.1%	66.6%
	Students Experiencing Homelessness	14	2.2%	3.2%
	WIC Coverage	4	65.3%	54.5%
Education	Early Childhood Education	23	47.8%	49.3%
	Fourth Grade Reading Proficiency	25	30.7%	30.5%
	High School Completion	6	94.2%	89.9%
Social Support and Engagement	Adult Mentor*	20	91.5%	88.0%
	Adverse Childhood Experiences	17	13.8%	14.1%
	Foster Care Instability	7	11.9%	18.7%
	High-Speed Internet	8	97.6%	96.6%
	Neighborhood Amenities	10	45.7%	38.2%
	Reading, Singing or Storytelling*	19	63.4%	59.7%
Clinical Care		13	0.490	
Access to Care	ADD/ADHD Treatment	31	3.5%	3.4%
	Mental Health Treatment*	10	87.6%	83.3%
	Pediatricians	21	115.3	118.2
	Uninsured	12	3.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	16	72.0%	68.0%
	HPV Vaccination	13	67.7%	62.9%
	Preventive Dental Visit	30	79.5%	80.2%
	Well-Child Visit	14	81.9%	79.6%
Quality of Care	Adequate Insurance	43	61.0%	64.6%
	Developmental Screening	5	50.8%	36.5%
	Medical Home	15	50.5%	45.5%
Behaviors		4	0.900	
Nutrition and Physical Activity	Breastfed	13	32.8%	27.9%
	Physical Activity	19	21.8%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	5	7.3	12.6
Sleep Health	Adequate Sleep	4	72.6%	65.3%
	Sleep Position*	32	68.1%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	13	1.8%	1.9%
Health Outcomes		10	0.454	
Behavioral Health	Alcohol Use	18	6.4%	6.8%
	Flourishing	35	65.0%	66.7%
	Illicit Drug Use	18	6.9%	7.4%
	Mental Health Conditions	29	22.7%	20.5%
	Teen Suicide*	29	11.7	9.7
Mortality	Child Mortality	10	24.8	28.7
	Infant Mortality	10	4.6	5.6
	Neonatal Mortality*	7	2.9	3.6
Physical Health	Asthma	10	5.8%	6.8%
	Congenital Syphilis*	18	45.3	105.8
	High Health Status*	8	92.1%	89.9%
	Low Birth Weight	12	7.5%	8.5%
	Low Birth Weight - Racial Disparity	12	1.8	2.1
	Neonatal Abstinence Syndrome*	23	5.6	5.1
Overall - Children	Overweight or Obesity	5	27.1%	31.3%

MN Overall - Women and Children

4 0.561

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