

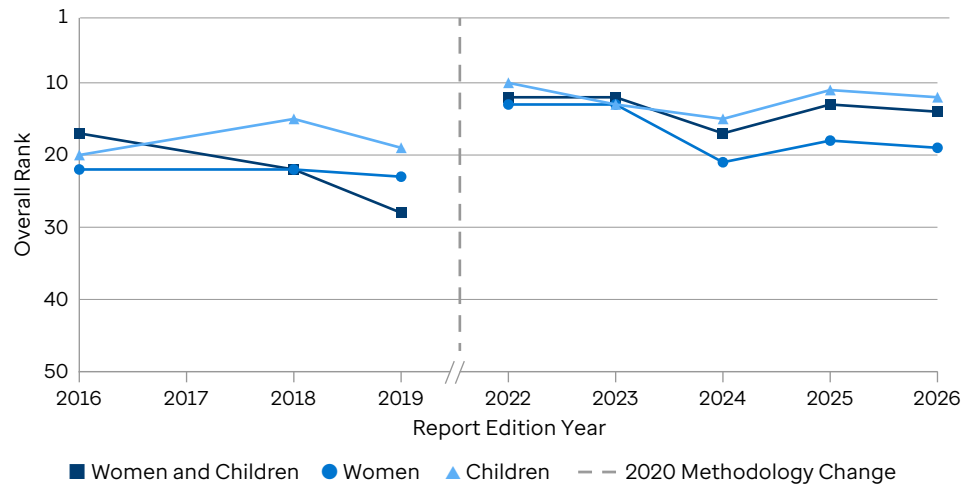
10 Years of Data

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 mortality rate among women
- Low housing cost burden among households with children

Challenges

- High prevalence of excessive drinking among women
- Low enrollment in early childhood education
- Low prevalence of children with adequate and continuous health insurance

Key Findings

Cigarette Smoking

50%▼

from 20.0% to 10.0% of women ages 18-44 between 2013-2014 and 2023-2024.

Obesity

40%▲

from 25.8% to 36.1% of women ages 18-44 between 2013-2014 and 2023-2024.

Children in Poverty

26%▼

from 16.2% to 12.0% of children ages 0-17 between 2014 and 2024.

Flourishing

24%▼

from 91.8% to 70.1% 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		23	0.105	
Air and Water Quality	Air Pollution	11	6.6	8.8
	Drinking Water Violations	15	1.8	2.5
	Household Smoke	17	10.2%	10.3%
	Water Fluoridation	27	74.2%	72.3%
Climate and Health	Climate Policies	38	0	—
	Transportation Energy Use*	36	9.9	8.3
Housing and Transportation	Drive Alone to Work - Women	35	73.2%	67.4%
	Housing Cost Burden - Households With Children	10	20.2%	27.7%
	Housing With Lead Risk	37	20.5%	16.1%

Continued on next page.

Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		21	0.314	
Community and Family Safety	Firearm Deaths*	8	3.9	5.9
	Injury Deaths	3	31.9	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	12	12.4%	25.8%
	Food Insecurity	27	12.7%	13.3%
	Gender Pay Gap*	15	83.2%	83.0%
	Poverty	32	14.9%	14.4%
	Unemployment	10	2.9%	3.9%
Education	College Graduate	20	40.2%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	23	12%	12%
	Residential Segregation - Black/White	32	66	—
	Voter Participation	32	59.1%	60.0%
Clinical Care		32	0.141	
Access to Care	Adequate Prenatal Care	19	78.9%	75.0%
	Avoided Care Due to Cost	21	16.8%	18.5%
	Maternity Care Desert*	40	8.3	3.5
	Uninsured	24	9.9%	11.2%
	Women's Health Providers	37	42.1	48.1
Preventive Clinical Care	Cervical Cancer Screening	27	69.8%	69.7%
	Dental Visit	42	63.5%	65.6%
	Flu Vaccination	17	37.7%	33.9%
	Postpartum Visit*	6	93.0%	90.3%
	Well-Woman Visit	32	73.1%	73.4%
Quality of Care	Breastfeeding Initiation	8	90.4%	85.4%
	Dedicated Health Care Provider	37	76.6%	77.9%
	Low-Risk Cesarean Delivery	9	22.9%	26.6%
	Maternity Practices Score	46	75	82
Behaviors		24	-0.004	
Nutrition and Physical Activity	Exercise	30	26.8%	27.6%
	Fruit and Vegetable Consumption	30	8.5%	9.8%
	Physical Inactivity	23	20.1%	22.0%
Sexual Health	Chlamydia	30	1,518.9	1,481.2
	High-Risk HIV Behaviors	14	7.9%	8.5%
	Unintended Pregnancy*	10	19.8%	—
Sleep Health	Insufficient Sleep	5	31.2%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	27	10.0%	8.4%
	Cigarette Smoking During Pregnancy	30	3.4%	2.4%
	E-Cigarette Use	30	13.8%	11.7%
Health Outcomes		13	0.181	
Behavioral Health	Drug Deaths*	1	10.2	25.0
	Excessive Drinking	47	22.2%	18.1%
	Frequent Mental Distress	12	22.3%	23.2%
	Illicit Drug Use	4	7.8%	10.5%
	Postpartum Anxiety*	8	17.7%	20.3%
	Postpartum Depression*	17	11.3%	11.9%
Mortality	Maternal Mortality*	23	22.1	23.1
	Mortality Rate	8	79.5	98.0
Physical Health	Depression*	15	30.8%	30.6%
	Diabetes*	26	3.5%	3.6%
	Frequent Physical Distress	13	9.2%	10.1%
	High Blood Pressure	12	10.3%	11.8%
	High Health Status*	17	51.5%	49.4%
	Multiple Chronic Conditions	10	3.8%	4.5%
	Obesity	33	36.1%	32.6%
	Severe Maternal Morbidity*	1	56.8	97.8
Overall - Women		19	0.144	

Children		State Rank	State Value	U.S. Value
Social and Economic Factors		15	0.267	
Community and Family Safety	Child Victimization*	19	5.5	7.2
	Firearm Deaths*	13	3.9	5.5
	Injury Deaths	15	15.7	17.8
Economic Resources	Children in Poverty	16	12.0%	15.5%
	Children in Poverty - Racial Disparity	46	5.1	3.0
	Food Sufficiency	29	65.9%	66.6%
	Students Experiencing Homelessness	3	1.4%	3.2%
	WIC Coverage	12	59.7%	54.5%
Education	Early Childhood Education	37	43.0%	49.3%
	Fourth Grade Reading Proficiency	37	28.0%	30.5%
	High School Completion	15	92.6%	89.9%
Social Support and Engagement	Adult Mentor*	9	93.5%	88.0%
	Adverse Childhood Experiences	12	12.7%	14.1%
	Foster Care Instability	3	10.6%	18.7%
	High-Speed Internet	17	97.1%	96.6%
	Neighborhood Amenities	29	34.1%	38.2%
	Reading, Singing or Storytelling*	23	62.7%	59.7%
Clinical Care		36	-0.100	
Access to Care	ADD/ADHD Treatment	40	3.0%	3.4%
	Mental Health Treatment*	8	88.1%	83.3%
	Pediatricians	38	873	118.2
	Uninsured	24	5.3%	6.0%
Preventive Clinical Care	Childhood Immunizations	45	63.7%	68.0%
	HPV Vaccination	28	64.1%	62.9%
	Preventive Dental Visit	25	81.7%	80.2%
	Well-Child Visit	32	78.8%	79.6%
Quality of Care	Adequate Insurance	49	58.2%	64.6%
	Developmental Screening	24	40.0%	36.5%
	Medical Home	6	52.2%	45.5%
Behaviors		3	0.924	
Nutrition and Physical Activity	Breastfed	1	36.7%	27.9%
	Physical Activity	8	24.1%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	30	14.0	12.6
Sleep Health	Adequate Sleep	18	68.4%	65.3%
	Sleep Position*	10	76.7%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	2	6.9%	16.8%
	Tobacco Use	3	1.5%	1.9%
Health Outcomes		3	0.677	
Behavioral Health	Alcohol Use	14	6.2%	6.8%
	Flourishing	1	70.1%	66.7%
	Illicit Drug Use	4	5.7%	7.4%
	Mental Health Conditions	5	17.7%	20.5%
	Teen Suicide*	38	14.4	9.7
Mortality	Child Mortality	16	26.9	28.7
	Infant Mortality	32	6.1	5.6
	Neonatal Mortality*	35	4.0	3.6
Physical Health	Asthma	4	4.8%	6.8%
	Congenital Syphilis*	22	57.5	105.8
	High Health Status*	3	93.2%	89.9%
	Low Birth Weight	21	8.0%	8.5%
	Low Birth Weight - Racial Disparity	20	2.0	2.1
	Neonatal Abstinence Syndrome*	1	1.5	5.1
	Overweight or Obesity	9	28.1%	31.3%
Overall - Children		12	0.377	

NE Overall - Women and Children

14 0.281

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