

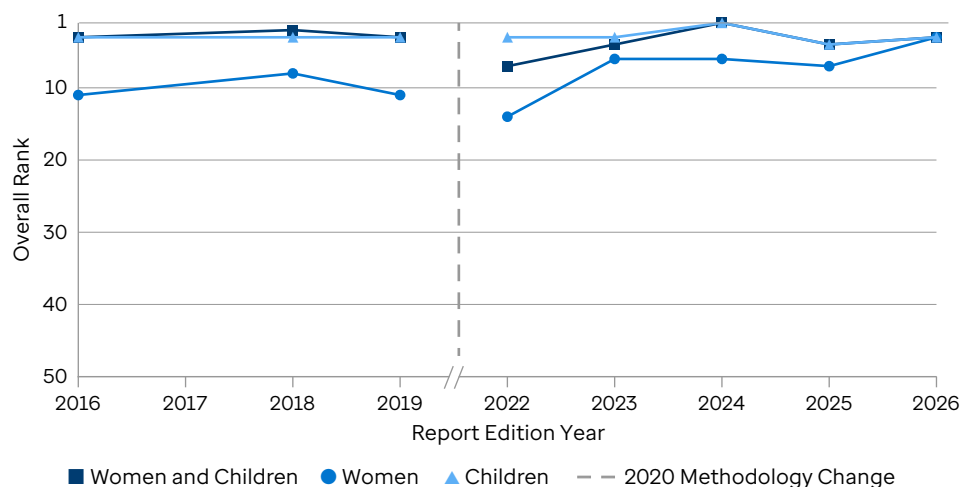
10 Years of Data

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 low birth weight infants
- Low poverty rate among women
- High prevalence of adequate sleep among children

Challenges

- High prevalence of alcohol use among adolescents
- Low prevalence of youth who are flourishing
- High prevalence of low-risk cesarean deliveries

Key Findings

Frequent Mental Distress

85%▲

from 14.4% to 26.7% of women ages 18-44 between 2013-2014 and 2023-2024.

Teen Births

58%▼

from 11.0 to 4.6 births per 1,000 females ages 15-19 between 2014 and 2024.

Cigarette Smoking

51%▼

from 21.4% to 10.4% of women ages 18-44 between 2013-2014 and 2023-2024.

Adequate Insurance

10%▼

from 68.6% to 61.6% of children ages 0-17 between 2016-2017 and 2023-2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	15	0.286	
Air and Water Quality	Air Pollution	3	5.0
	Drinking Water Violations	9	1.5
	Household Smoke	16	10.0%
	Water Fluoridation	42	45.5%
Climate and Health	Climate Policies	13	3
	Transportation Energy Use*	12	7.4
Housing and Transportation	Drive Alone to Work - Women	27	70.9%
	Housing Cost Burden - Households With Children	25	24.2%
	Housing With Lead Risk	33	19.1%

Continued on next page.

Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		2	1.152	
Community and Family Safety	Firearm Deaths*	14	5.3	5.9
	Injury Deaths	18	475	470
	Intimate Partner Violence Before Pregnancy*	13	25%	—
Economic Resources	Concentrated Disadvantage	1	2.6%	25.8%
	Food Insecurity	2	9.1%	13.3%
	Gender Pay Gap*	33	81.5%	83.0%
	Poverty	1	9.1%	14.4%
	Unemployment	3	2.3%	3.9%
Education	College Graduate	4	46.1%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	10	10%	12%
	Residential Segregation - Black/White	39	70	—
	Voter Participation	6	68.1%	60.0%
Clinical Care		3	1.138	
Access to Care	Adequate Prenatal Care	2	87.2%	75.0%
	Avoided Care Due to Cost	13	15.3%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	6	6.6%	11.2%
	Women's Health Providers	4	72.3	48.1
Preventive Clinical Care	Cervical Cancer Screening	4	73.9%	69.7%
	Dental Visit	17	68.5%	65.6%
	Flu Vaccination	8	41.2%	33.9%
	Postpartum Visit*	3	94.7%	90.3%
	Well-Woman Visit	23	74.6%	73.4%
Quality of Care	Breastfeeding Initiation	7	90.5%	85.4%
	Dedicated Health Care Provider	3	88.2%	77.9%
	Low-Risk Cesarean Delivery	36	27.5%	26.6%
	Maternity Practices Score	2	90	82
Behaviors		12	0.348	
Nutrition and Physical Activity	Exercise	2	33.1%	27.6%
	Fruit and Vegetable Consumption	7	12.2%	9.8%
	Physical Inactivity	7	16.3%	22.0%
Sexual Health	Chlamydia	2	643.2	1,481.2
	High-Risk HIV Behaviors	48	12.2%	8.5%
	Unintended Pregnancy*	8	19.6%	—
Sleep Health	Insufficient Sleep	17	34.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	30	10.4%	8.4%
	Cigarette Smoking During Pregnancy	27	3.0%	2.4%
	E-Cigarette Use	29	13.2%	11.7%
Health Outcomes		20	-0.067	
Behavioral Health	Drug Deaths*	35	30.1	25.0
	Excessive Drinking	38	20.0%	18.1%
	Frequent Mental Distress	38	26.7%	23.2%
	Illicit Drug Use	20	10.3%	10.5%
	Postpartum Anxiety*	20	20.8%	20.3%
	Postpartum Depression*	20	11.5%	11.9%
	Maternal Mortality*	20	21.6	23.1
Mortality	Mortality Rate	11	84.8	98.0
Physical Health	Depression*	35	37.9%	30.6%
	Diabetes*	1	2.4%	3.6%
	Frequent Physical Distress	22	9.8%	10.1%
	High Blood Pressure	1	8.6%	11.8%
	High Health Status*	11	53.2%	49.4%
	Multiple Chronic Conditions	34	6.1%	4.5%
	Obesity	12	30.5%	32.6%
	Severe Maternal Morbidity*	17	88.2	97.8
Overall - Women		3	0.534	

NH 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		4	0.727	
Community and Family Safety	Child Victimization*	16	5.3	7.2
	Firearm Deaths*	—	—	5.5
	Injury Deaths	7	12.2	17.8
Economic Resources	Children in Poverty	1	6.6%	15.5%
	Children in Poverty - Racial Disparity	9	2.8	3.0
	Food Sufficiency	6	72.3%	66.6%
	Students Experiencing Homelessness	14	2.2%	3.2%
	WIC Coverage	28	51.2%	54.5%
Education	Early Childhood Education	7	56.4%	49.3%
	Fourth Grade Reading Proficiency	4	36.2%	30.5%
	High School Completion	1	95.0%	89.9%
Social Support and Engagement	Adult Mentor*	3	94.5%	88.0%
	Adverse Childhood Experiences	23	14.7%	14.1%
	Foster Care Instability	47	33.5%	18.7%
	High-Speed Internet	1	98.3%	96.6%
	Neighborhood Amenities	26	34.8%	38.2%
	Reading, Singing or Storytelling*	3	69.4%	59.7%
Clinical Care		4	1.257	
Access to Care	ADD/ADHD Treatment	6	5.1%	3.4%
	Mental Health Treatment*	9	87.7%	83.3%
	Pediatricians	13	132.8	118.2
	Uninsured	2	2.3%	6.0%
Preventive Clinical Care	Childhood Immunizations	2	80.9%	68.0%
	HPV Vaccination	4	72.2%	62.9%
	Preventive Dental Visit	5	86.4%	80.2%
	Well-Child Visit	2	89.6%	79.6%
Quality of Care	Adequate Insurance	40	61.6%	64.6%
	Developmental Screening	15	44.2%	36.5%
	Medical Home	8	51.9%	45.5%
Behaviors		2	1.068	
Nutrition and Physical Activity	Breastfed	6	35.3%	27.9%
	Physical Activity	25	20.5%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	1	4.6	12.6
Sleep Health	Adequate Sleep	1	74.5%	65.3%
	Sleep Position*	2	81.5%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	13	16.7%	16.8%
	Tobacco Use	19	1.9%	1.9%
Health Outcomes		14	0.170	
Behavioral Health	Alcohol Use	50	9.5%	6.8%
	Flourishing	44	63.9%	66.7%
	Illicit Drug Use	39	8.6%	7.4%
	Mental Health Conditions	45	25.9%	20.5%
	Teen Suicide*	14	10.1	9.7
Mortality	Child Mortality	5	20.0	28.7
	Infant Mortality	1	3.2	5.6
	Neonatal Mortality*	1	2.0	3.6
Physical Health	Asthma	39	7.6%	6.8%
	Congenital Syphilis*	4	8.3	105.8
	High Health Status*	1	93.6%	89.9%
	Low Birth Weight	1	6.6%	8.5%
	Low Birth Weight - Racial Disparity	8	1.7	2.1
	Neonatal Abstinence Syndrome*	38	9.7	5.1
	Overweight or Obesity	7	27.8%	31.3%
Overall - Children		3	0.624	

3 0.611