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New Jersey

State Health Department Website: nj.gov/health

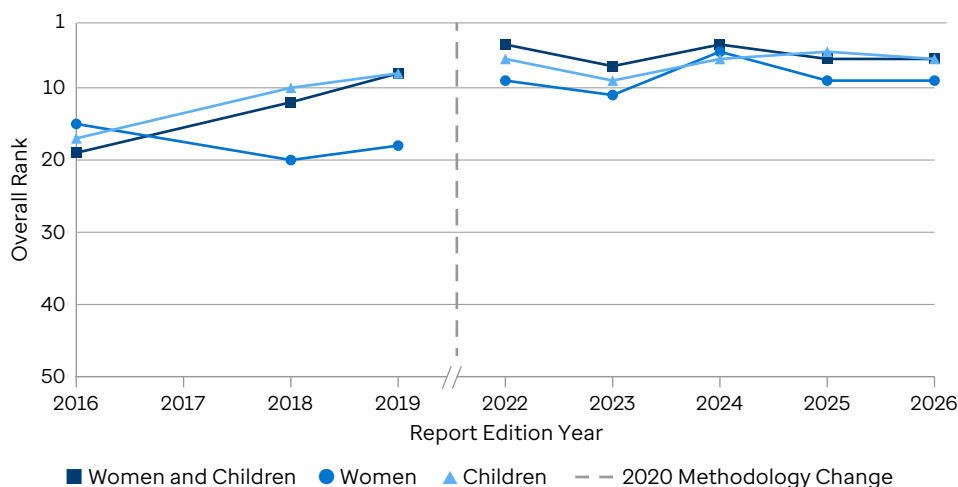
10 Years of Data

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 child mortality rate
- High enrollment in early childhood education
- Low poverty rate among women

Challenges

- Low prevalence of children with a medical home
- High prevalence of physical inactivity among women
- High prevalence of housing with lead risk

Key Findings

Frequent Mental Distress

81%▲

from 11.5% to 20.8% of women ages 18-44 between 2013-2014 and 2023-2024.

Cigarette Smoking

44%▼

from 13.5% to 7.5% of women ages 18-44 between 2013-2014 and 2023-2024.

Children in Poverty

26%▼

from 15.9% to 11.7% of children ages 0-17 between 2014 and 2024.

Flourishing

25%▼

from 93.4% to 69.7% 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		25	0.071	
Air and Water Quality	Air Pollution	25	79	8.8
	Drinking Water Violations	9	1.5	2.5
	Household Smoke	12	9.1%	10.3%
	Water Fluoridation	49	16.2%	72.3%
Climate and Health	Climate Policies	1	4	—
	Transportation Energy Use*	8	70	8.3
Housing and Transportation	Drive Alone to Work - Women	4	62.5%	67.4%
	Housing Cost Burden - Households With Children	44	30.6%	27.7%
	Housing With Lead Risk	42	22.5%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		9	0.525	
Community and Family Safety	Firearm Deaths*	3	1.5	5.9
	Injury Deaths	1	29.4	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	29	23.6%	25.8%
	Food Insecurity	5	9.8%	13.3%
	Gender Pay Gap*	26	82.1%	83.0%
	Poverty	2	10.4%	14.4%
	Unemployment	45	4.6%	3.9%
Education	College Graduate	7	45.7%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	13	11%	12%
	Residential Segregation - Black/White	34	67	—
	Voter Participation	19	62.9%	60.0%
Clinical Care		29	0.163	
Access to Care	Adequate Prenatal Care	41	73.0%	75.0%
	Avoided Care Due to Cost	36	19.8%	18.5%
	Maternity Care Desert*	1	0.0	3.5
	Uninsured	31	11.4%	11.2%
	Women's Health Providers	27	476	48.1
Preventive Clinical Care	Cervical Cancer Screening	14	71.4%	69.7%
	Dental Visit	26	67.4%	65.6%
	Flu Vaccination	14	38.6%	33.9%
	Postpartum Visit*	16	92.4%	90.3%
	Well-Woman Visit	27	74.2%	73.4%
Quality of Care	Breastfeeding Initiation	18	88.0%	85.4%
	Dedicated Health Care Provider	31	79.0%	77.9%
	Low-Risk Cesarean Delivery	35	27.3%	26.6%
	Maternity Practices Score	17	84	82
Behaviors		6	0.481	
Nutrition and Physical Activity	Exercise	17	29.2%	27.6%
	Fruit and Vegetable Consumption	4	12.6%	9.8%
	Physical Inactivity	39	24.2%	22.0%
Sexual Health	Chlamydia	15	1,241.4	1,481.2
	High-Risk HIV Behaviors	2	5.6%	8.5%
	Unintended Pregnancy*	19	23.9%	—
Sleep Health	Insufficient Sleep	36	38.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	12	75%	8.4%
	Cigarette Smoking During Pregnancy	4	0.9%	2.4%
	E-Cigarette Use	8	10.0%	11.7%
Health Outcomes		2	0.647	
Behavioral Health	Drug Deaths*	8	18.8	25.0
	Excessive Drinking	17	176%	18.1%
	Frequent Mental Distress	6	20.8%	23.2%
	Illicit Drug Use	2	6.9%	10.5%
	Postpartum Anxiety*	3	15.4%	20.3%
	Postpartum Depression*	2	8.3%	11.9%
Mortality	Maternal Mortality*	28	24.8	23.1
	Mortality Rate	2	71.0	98.0
Physical Health	Depression*	1	19.4%	30.6%
	Diabetes*	3	2.5%	3.6%
	Frequent Physical Distress	23	9.9%	10.1%
	High Blood Pressure	30	12.4%	11.8%
	High Health Status*	16	51.6%	49.4%
	Multiple Chronic Conditions	4	3.1%	4.5%
	Obesity	7	276%	32.6%
	Severe Maternal Morbidity*	21	93.0	97.8
Overall - Women		9	0.399	

NJ 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		1	0.958	
Community and Family Safety	Child Victimization*	1	1.2	7.2
	Firearm Deaths*	2	1.6	5.5
	Injury Deaths	3	8.8	17.8
Economic Resources	Children in Poverty	14	11.7%	15.5%
	Children in Poverty - Racial Disparity	22	3.2	3.0
	Food Sufficiency	11	70.7%	66.6%
	Students Experiencing Homelessness	2	1.2%	3.2%
	WIC Coverage	18	56.8%	54.5%
Education	Early Childhood Education	2	68.4%	49.3%
	Fourth Grade Reading Proficiency	2	38.3%	30.5%
	High School Completion	34	90.4%	89.9%
Social Support and Engagement	Adult Mentor*	41	87.4%	88.0%
	Adverse Childhood Experiences	2	10.5%	14.1%
	Foster Care Instability	15	13.9%	18.7%
	High-Speed Internet	31	96.5%	96.6%
	Neighborhood Amenities	3	53.9%	38.2%
	Reading, Singing or Storytelling*	12	64.5%	59.7%
Clinical Care		39	-0.243	
Access to Care	ADD/ADHD Treatment	47	2.3%	3.4%
	Mental Health Treatment*	36	82.4%	83.3%
	Pediatricians	16	127.3	118.2
	Uninsured	21	4.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	48	61.3%	68.0%
	HPV Vaccination	38	58.6%	62.9%
	Preventive Dental Visit	30	79.5%	80.2%
	Well-Child Visit	12	82.3%	79.6%
Quality of Care	Adequate Insurance	33	63.1%	64.6%
	Developmental Screening	28	38.4%	36.5%
	Medical Home	45	42.0%	45.5%
Behaviors		26	0.176	
Nutrition and Physical Activity	Breastfed	36	26.1%	27.9%
	Physical Activity	47	16.5%	19.7%
	Soda Consumption*	1	4.4%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	19	91.6%	85.6%
	Teen Births	5	7.3	12.6
Sleep Health	Adequate Sleep	21	67.8%	65.3%
	Sleep Position*	35	67.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	17	18.2%	16.8%
	Tobacco Use	5	1.6%	1.9%
Health Outcomes		1	0.807	
Behavioral Health	Alcohol Use	24	6.6%	6.8%
	Flourishing	2	69.7%	66.7%
	Illicit Drug Use	11	6.3%	7.4%
	Mental Health Conditions	6	18.3%	20.5%
	Teen Suicide*	2	5.0	9.7
Mortality	Child Mortality	2	17.4	28.7
	Infant Mortality	3	3.6	5.6
	Neonatal Mortality*	4	2.5	3.6
Physical Health	Asthma	27	6.9%	6.8%
	Congenital Syphilis*	16	41.8	105.8
	High Health Status*	16	91.5%	89.9%
	Low Birth Weight	16	7.8%	8.5%
	Low Birth Weight - Racial Disparity	28	2.1	2.1
	Neonatal Abstinence Syndrome*	7	3.0	5.1
	Overweight or Obesity	10	28.5%	31.3%
Overall - Children		6	0.519	

6 0.501