

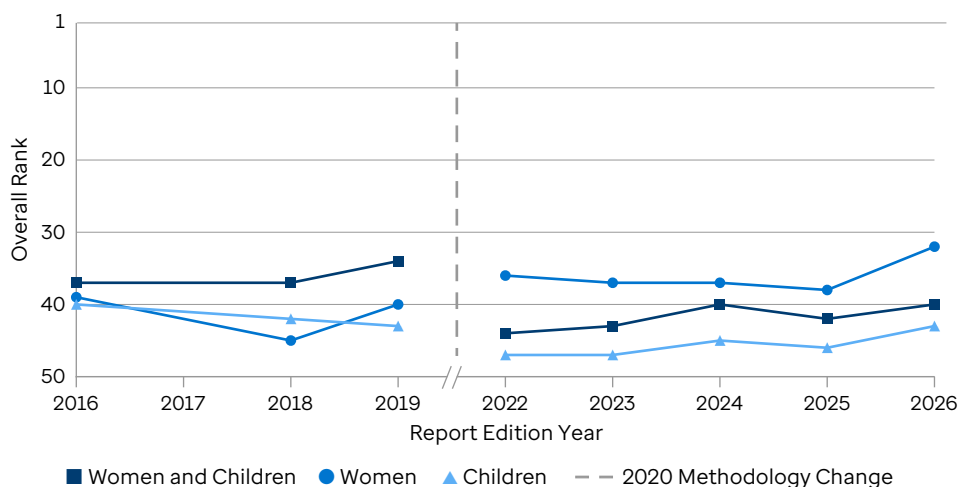
10 Years of Data

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 frequent mental distress among women
- High prevalence of infants exclusively breastfed for six months
- High prevalence of developmental screenings

Challenges

- High injury death rate among women
- Low prevalence of women with a college degree
- High prevalence of children in poverty

Key Findings

Teen Births

52%▼

from 37.8 to 18.0 births per 1,000 females ages 15-19 between 2014 and 2024.

Obesity

37%▲

from 27.9% to 38.1% of women ages 18-44 between 2013-2014 and 2023-2024.

Flourishing

26%▼

from 91.0% to 67.0% of children ages 6 months to 17 years between 2016-2017 and 2023-2024.

Poverty

26%▼

from 23.9% to 17.6% of women ages 18-44 between 2018 and 2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	14	0.288	
Air and Water Quality			
Air Pollution	5	5.9	8.8
Drinking Water Violations	46	3.6	2.5
Household Smoke	29	12.2%	10.3%
Water Fluoridation	23	76.6%	72.3%
Climate and Health			
Climate Policies	13	3	—
Transportation Energy Use*	39	10.4	8.3
Housing and Transportation			
Drive Alone to Work - Women	29	71.4%	67.4%
Housing Cost Burden - Households With Children	14	21.8%	27.7%
Housing With Lead Risk	16	11.1%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		45	-0.607	
Community and Family Safety	Firearm Deaths*	43	12.5	5.9
	Injury Deaths	48	872	470
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	50	46.7%	25.8%
	Food Insecurity	40	14.5%	13.3%
	Gender Pay Gap*	22	82.6%	83.0%
	Poverty	44	17.6%	14.4%
	Unemployment	31	3.8%	3.9%
Education	College Graduate	46	29.3%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	—	—	12%
	Residential Segregation - Black/White	10	58	—
	Voter Participation	23	61.7%	60.0%
Clinical Care		35	0.008	
Access to Care	Adequate Prenatal Care	48	67.0%	75.0%
	Avoided Care Due to Cost	10	14.9%	18.5%
	Maternity Care Desert*	20	2.0	3.5
	Uninsured	37	12.9%	11.2%
	Women's Health Providers	6	66.2	48.1
Preventive Clinical Care	Cervical Cancer Screening	35	69.1%	69.7%
	Dental Visit	14	69.1%	65.6%
	Flu Vaccination	22	36.6%	33.9%
	Postpartum Visit*	39	88.1%	90.3%
	Well-Woman Visit	48	65.9%	73.4%
Quality of Care	Breastfeeding Initiation	16	88.5%	85.4%
	Dedicated Health Care Provider	48	68.2%	77.9%
	Low-Risk Cesarean Delivery	12	23.6%	26.6%
	Maternity Practices Score	6	88	82
Behaviors		19	0.126	
Nutrition and Physical Activity	Exercise	8	30.8%	27.6%
	Fruit and Vegetable Consumption	37	7.6%	9.8%
	Physical Inactivity	28	21.0%	22.0%
Sexual Health	Chlamydia	40	1,727.0	1,481.2
	High-Risk HIV Behaviors	5	6.6%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	21	35.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	20	8.9%	8.4%
	Cigarette Smoking During Pregnancy	22	2.6%	2.4%
	E-Cigarette Use	25	12.9%	11.7%
Health Outcomes		33	-0.530	
Behavioral Health	Drug Deaths*	44	40.0	25.0
	Excessive Drinking	9	16.0%	18.1%
	Frequent Mental Distress	7	21.0%	23.2%
	Illicit Drug Use	48	17.2%	10.5%
	Postpartum Anxiety*	26	21.8%	20.3%
	Postpartum Depression*	35	13.7%	11.9%
Mortality	Maternal Mortality*	37	28.9	23.1
	Mortality Rate	49	190.1	98.0
Physical Health	Depression*	16	31.0%	30.6%
	Diabetes*	10	2.8%	3.6%
	Frequent Physical Distress	14	9.3%	10.1%
	High Blood Pressure	36	12.8%	11.8%
	High Health Status*	36	48.5%	49.4%
	Multiple Chronic Conditions	25	4.9%	4.5%
	Obesity	41	38.1%	32.6%
	Severe Maternal Morbidity*	31	102.9	97.8
Overall - Women		32	-0.152	

NM 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		50	-1.115	
Community and Family Safety	Child Victimization*	45	14.0	7.2
	Firearm Deaths*	44	11.0	5.5
	Injury Deaths	49	30.6	17.8
Economic Resources	Children in Poverty	48	21.8%	15.5%
	Children in Poverty - Racial Disparity	9	2.8	3.0
	Food Sufficiency	43	61.2%	66.6%
	Students Experiencing Homelessness	41	3.8%	3.2%
	WIC Coverage	48	41.2%	54.5%
Education	Early Childhood Education	25	47.0%	49.3%
	Fourth Grade Reading Proficiency	50	20.3%	30.5%
	High School Completion	47	87.9%	89.9%
Social Support and Engagement	Adult Mentor*	33	88.7%	88.0%
	Adverse Childhood Experiences	43	19.0%	14.1%
	Foster Care Instability	31	21.7%	18.7%
	High-Speed Internet	48	94.6%	96.6%
	Neighborhood Amenities	29	34.1%	38.2%
	Reading, Singing or Storytelling*	46	53.6%	59.7%
Clinical Care		27	0.178	
Access to Care	ADD/ADHD Treatment	43	2.8%	3.4%
	Mental Health Treatment*	34	83.5%	83.3%
	Pediatricians	25	1076	118.2
	Uninsured	32	6.1%	6.0%
Preventive Clinical Care	Childhood Immunizations	26	68.7%	68.0%
	HPV Vaccination	20	66.7%	62.9%
	Preventive Dental Visit	9	84.9%	80.2%
	Well-Child Visit	40	77.5%	79.6%
Quality of Care	Adequate Insurance	3	71.6%	64.6%
	Developmental Screening	9	47.3%	36.5%
	Medical Home	48	39.1%	45.5%
Behaviors		36	-0.222	
Nutrition and Physical Activity	Breastfed	6	35.3%	27.9%
	Physical Activity	46	16.8%	19.7%
	Soda Consumption*	13	9.7%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	11	85.2%	85.6%
	Teen Births	42	18.0	12.6
Sleep Health	Adequate Sleep	41	61.7%	65.3%
	Sleep Position*	28	70.2%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	19	18.3%	16.8%
	Tobacco Use	19	1.9%	1.9%
Health Outcomes		37	-0.311	
Behavioral Health	Alcohol Use	43	8.4%	6.8%
	Flourishing	14	67.0%	66.7%
	Illicit Drug Use	49	11.5%	7.4%
	Mental Health Conditions	9	19.6%	20.5%
	Teen Suicide*	43	21.2	9.7
Mortality	Child Mortality	47	41.1	28.7
	Infant Mortality	18	5.2	5.6
	Neonatal Mortality*	13	3.1	3.6
Physical Health	Asthma	20	6.6%	6.8%
	Congenital Syphilis*	49	421.0	105.8
	High Health Status*	45	88.0%	89.9%
	Low Birth Weight	38	9.2%	8.5%
	Low Birth Weight - Racial Disparity	3	1.5	2.1
	Neonatal Abstinence Syndrome*	43	11.0	5.1
	Overweight or Obesity	34	32.3%	31.3%
Overall - Children		43	-0.404	

40 -0.340