

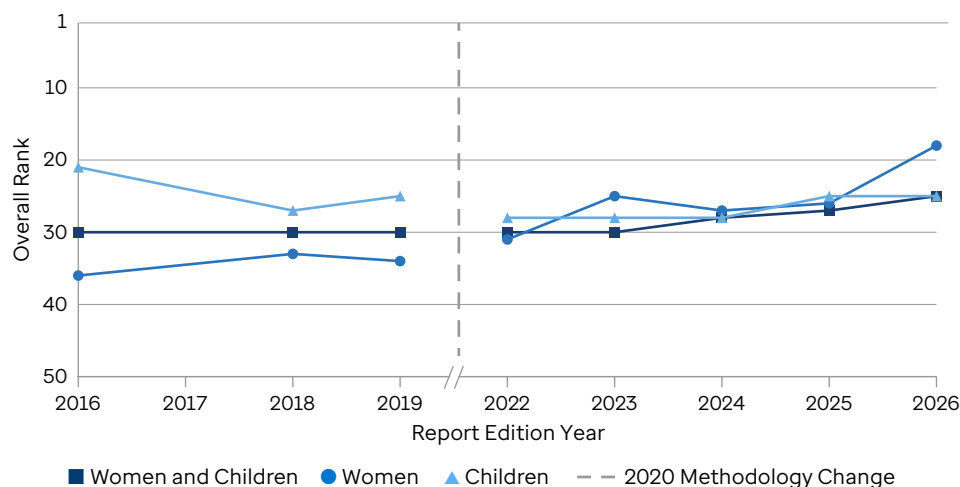
10 Years of Data

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 physical distress among women
- Low prevalence of excessive drinking among women
- High prevalence of children with a medical home

Challenges

- High injury death rate among women
- High prevalence of low birth weight infants
- Low enrollment in early childhood education

Key Findings

Drug Deaths

87%▲

from 18.6 to 34.7 deaths per 100,000 women ages 20-44 between 2014-2016 and 2022-2024.

Cigarette Smoking

53%▼

from 19.3% to 9.0% of women ages 18-44 between 2013-2014 and 2023-2024.

Child Mortality

36%▲

from 25.8 to 35.1 deaths per 100,000 children ages 1-19 between 2012-2014 and 2022-2024.

Children in Poverty

32%▼

from 24.3% to 16.5% of children ages 0-17 between 2014 and 2024.

Measures

Women and Children		State Rank	State Value	U.S. Value
Physical Environment		7	0.404	
Air and Water Quality	Air Pollution	25	79	8.8
	Drinking Water Violations	23	1.9	2.5
	Household Smoke	27	11.8%	10.3%
	Water Fluoridation	17	88.0%	72.3%
Climate and Health	Climate Policies	13	3	—
	Transportation Energy Use*	19	78	8.3
Housing and Transportation	Drive Alone to Work - Women	25	70.3%	67.4%
	Housing Cost Burden - Households With Children	28	24.6%	27.7%
	Housing With Lead Risk	9	9.4%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		27	0.086	
Community and Family Safety	Firearm Deaths*	26	74	5.9
	Injury Deaths	35	59.7	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	35	26.7%	25.8%
	Food Insecurity	18	11.8%	13.3%
	Gender Pay Gap*	16	83.1%	83.0%
	Poverty	34	15.1%	14.4%
	Unemployment	23	3.4%	3.9%
Education	College Graduate	32	36.3%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	23	12%	12%
	Residential Segregation - Black/White	5	53	—
	Voter Participation	41	55.4%	60.0%
Clinical Care		27	0.189	
Access to Care	Adequate Prenatal Care	30	76.8%	75.0%
	Avoided Care Due to Cost	26	171%	18.5%
	Maternity Care Desert*	23	2.9	3.5
	Uninsured	32	11.8%	11.2%
	Women's Health Providers	22	48.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	12	71.6%	69.7%
	Dental Visit	22	67.6%	65.6%
	Flu Vaccination	31	32.9%	33.9%
	Postpartum Visit*	—	—	90.3%
	Well-Woman Visit	22	74.8%	73.4%
Quality of Care	Breastfeeding Initiation	32	84.2%	85.4%
	Dedicated Health Care Provider	41	76.1%	77.9%
	Low-Risk Cesarean Delivery	21	24.9%	26.6%
	Maternity Practices Score	17	84	82
Behaviors		27	-0.144	
Nutrition and Physical Activity	Exercise	37	25.8%	27.6%
	Fruit and Vegetable Consumption	37	7.6%	9.8%
	Physical Inactivity	12	17.9%	22.0%
Sexual Health	Chlamydia	45	1,955.3	1,481.2
	High-Risk HIV Behaviors	15	8.0%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	26	36.4%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	21	9.0%	8.4%
	Cigarette Smoking During Pregnancy	26	2.9%	2.4%
	E-Cigarette Use	16	11.7%	11.7%
Health Outcomes		11	0.270	
Behavioral Health	Drug Deaths*	38	34.7	25.0
	Excessive Drinking	6	15.9%	18.1%
	Frequent Mental Distress	17	22.9%	23.2%
	Illicit Drug Use	6	8.2%	10.5%
	Postpartum Anxiety*	—	—	20.3%
	Postpartum Depression*	—	—	11.9%
Mortality	Maternal Mortality*	34	28.6	23.1
	Mortality Rate	30	113.0	98.0
Physical Health	Depression*	21	32.7%	30.6%
	Diabetes*	28	3.6%	3.6%
	Frequent Physical Distress	4	8.1%	10.1%
	High Blood Pressure	37	13.2%	11.8%
	High Health Status*	9	53.4%	49.4%
	Multiple Chronic Conditions	6	3.4%	4.5%
	Obesity	27	33.9%	32.6%
	Severe Maternal Morbidity*	35	107.3	97.8
Overall - Women		18	0.146	

NC 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		29	-0.093	
Community and Family Safety	Child Victimization*	35	10.8	7.2
	Firearm Deaths*	35	74	5.5
	Injury Deaths	33	22.0	17.8
Economic Resources	Children in Poverty	36	16.5%	15.5%
	Children in Poverty - Racial Disparity	22	3.2	3.0
	Food Sufficiency	15	69.3%	66.6%
	Students Experiencing Homelessness	18	2.3%	3.2%
	WIC Coverage	11	60.3%	54.5%
Education	Early Childhood Education	36	43.3%	49.3%
	Fourth Grade Reading Proficiency	30	30.1%	30.5%
	High School Completion	30	90.9%	89.9%
Social Support and Engagement	Adult Mentor*	29	89.5%	88.0%
	Adverse Childhood Experiences	18	13.9%	14.1%
	Foster Care Instability	41	25.2%	18.7%
	High-Speed Internet	21	96.9%	96.6%
	Neighborhood Amenities	44	20.5%	38.2%
	Reading, Singing or Storytelling*	33	58.6%	59.7%
Clinical Care		20	0.358	
Access to Care	ADD/ADHD Treatment	11	4.3%	3.4%
	Mental Health Treatment*	30	84.3%	83.3%
	Pediatricians	27	105.6	118.2
	Uninsured	26	5.5%	6.0%
Preventive Clinical Care	Childhood Immunizations	33	67.1%	68.0%
	HPV Vaccination	19	66.8%	62.9%
	Preventive Dental Visit	38	78.9%	80.2%
	Well-Child Visit	10	82.4%	79.6%
Quality of Care	Adequate Insurance	18	65.9%	64.6%
	Developmental Screening	19	41.9%	36.5%
	Medical Home	9	51.8%	45.5%
Behaviors		29	0.112	
Nutrition and Physical Activity	Breastfed	19	30.8%	27.9%
	Physical Activity	16	22.2%	19.7%
	Soda Consumption*	15	11.2%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	9	82.2%	85.6%
	Teen Births	32	14.3	12.6
Sleep Health	Adequate Sleep	33	63.7%	65.3%
	Sleep Position*	—	—	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	23	21.4%	16.8%
	Tobacco Use	25	2.0%	1.9%
Health Outcomes		35	-0.276	
Behavioral Health	Alcohol Use	9	5.9%	6.8%
	Flourishing	9	67.7%	66.7%
	Illicit Drug Use	15	6.5%	7.4%
	Mental Health Conditions	32	23.3%	20.5%
	Teen Suicide*	14	10.1	9.7
Mortality	Child Mortality	37	35.1	28.7
	Infant Mortality	40	6.9	5.6
	Neonatal Mortality*	45	4.5	3.6
Physical Health	Asthma	36	7.5%	6.8%
	Congenital Syphilis*	24	59.2	105.8
	High Health Status*	30	90.4%	89.9%
	Low Birth Weight	38	9.2%	8.5%
	Low Birth Weight - Racial Disparity	28	2.1	2.1
	Neonatal Abstinence Syndrome*	29	6.0	5.1
	Overweight or Obesity	30	31.7%	31.3%
Overall - Children		25	0.031	

25 0.055