

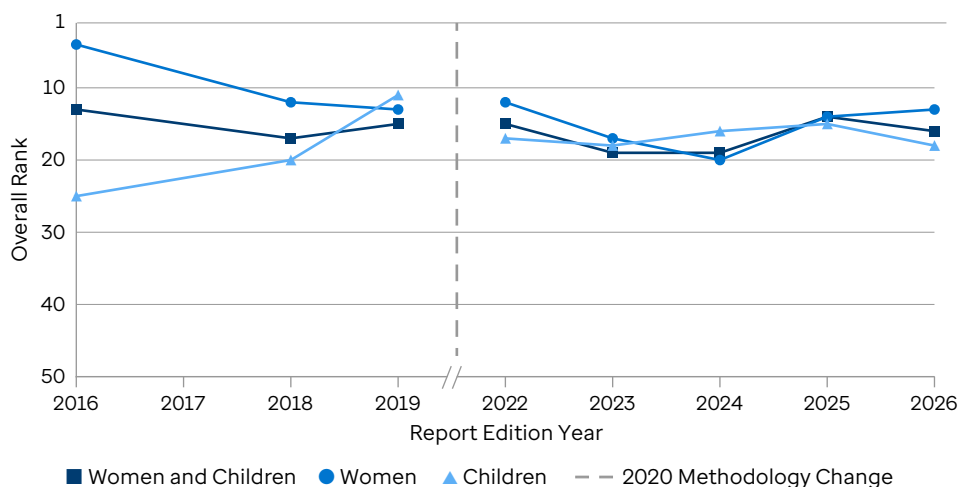
10 Years of Data

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 prevalence of household food insecurity
- High prevalence of women with a dedicated health care provider

Challenges

- High prevalence of excessive drinking among women
- High prevalence of cigarette smoking during pregnancy
- Low enrollment in early childhood education

Key Findings

Drug Deaths

185%▲

from 9.2 to 26.2 deaths per 100,000 women ages 20-44 between 2014-2016 and 2022-2024.

Cigarette Smoking

52%▼

from 21.5% to 10.4% of women ages 18-44 between 2013-2014 and 2023-2024.

Teen Births

51%▼

from 23.9 to 11.7 births per 1,000 females ages 15-19 between 2014 and 2024.

High School Graduation

5%▼

from 87.5% to 83.2% of students between the 2012-2013 and 2022-2023 school years.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	17	0.233	
Air and Water Quality	Air Pollution	8.3	8.8
	Drinking Water Violations	1.2	2.5
	Household Smoke	11.6%	10.3%
	Water Fluoridation	96.5%	72.3%
Climate and Health	Climate Policies	0	—
	Transportation Energy Use*	17.8	8.3
Housing and Transportation	Drive Alone to Work - Women	74.3%	67.4%
	Housing Cost Burden - Households With Children	19.1%	27.7%
	Housing With Lead Risk	14.3%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		6	0.772	
Community and Family Safety	Firearm Deaths*	—	—	5.9
	Injury Deaths	26	50.7	47.0
	Intimate Partner Violence Before Pregnancy*	3	1.6%	—
Economic Resources	Concentrated Disadvantage	6	7.0%	25.8%
	Food Insecurity	1	9.0%	13.3%
	Gender Pay Gap*	45	77.9%	83.0%
	Poverty	24	14.2%	14.4%
	Unemployment	7	2.8%	3.9%
Education	College Graduate	16	41.7%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	4	9%	12%
	Residential Segregation - Black/White	14	59	—
	Voter Participation	21	62.8%	60.0%
Clinical Care		10	0.587	
Access to Care	Adequate Prenatal Care	24	78.2%	75.0%
	Avoided Care Due to Cost	7	14.3%	18.5%
	Maternity Care Desert*	48	16.3	3.5
	Uninsured	16	8.1%	11.2%
	Women's Health Providers	42	40.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	20	70.6%	69.7%
	Dental Visit	15	69.0%	65.6%
	Flu Vaccination	11	39.6%	33.9%
	Postpartum Visit*	22	91.5%	90.3%
	Well-Woman Visit	15	75.8%	73.4%
Quality of Care	Breastfeeding Initiation	36	83.3%	85.4%
	Dedicated Health Care Provider	5	85.7%	77.9%
	Low-Risk Cesarean Delivery	2	19.7%	26.6%
	Maternity Practices Score	34	78	82
Behaviors		26	-0.018	
Nutrition and Physical Activity	Exercise	12	29.9%	27.6%
	Fruit and Vegetable Consumption	22	9.7%	9.8%
	Physical Inactivity	21	19.8%	22.0%
Sexual Health	Chlamydia	19	1,353.2	1,481.2
	High-Risk HIV Behaviors	9	75%	8.5%
	Unintended Pregnancy*	5	17.1%	—
Sleep Health	Insufficient Sleep	22	35.6%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	30	10.4%	8.4%
	Cigarette Smoking During Pregnancy	39	4.7%	2.4%
	E-Cigarette Use	33	14.2%	11.7%
Health Outcomes		24	-0.100	
Behavioral Health	Drug Deaths*	25	26.2	25.0
	Excessive Drinking	45	21.8%	18.1%
	Frequent Mental Distress	19	23.1%	23.2%
	Illicit Drug Use	3	7.3%	10.5%
	Postpartum Anxiety*	39	25.8%	20.3%
	Postpartum Depression*	41	15.6%	11.9%
	Maternal Mortality*	24	22.4	23.1
Mortality	Mortality Rate	22	98.6	98.0
Physical Health	Depression*	41	38.5%	30.6%
	Diabetes*	10	2.8%	3.6%
	Frequent Physical Distress	21	9.7%	10.1%
	High Blood Pressure	5	9.3%	11.8%
	High Health Status*	6	53.7%	49.4%
	Multiple Chronic Conditions	37	6.2%	4.5%
	Obesity	30	34.9%	32.6%
	Severe Maternal Morbidity*	4	68.0	97.8
Overall - Women		13	0.267	

ND 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		31	-0.155	
Community and Family Safety	Child Victimization*	10	3.7	7.2
	Firearm Deaths*	9	3.7	5.5
	Injury Deaths	23	17.4	17.8
Economic Resources	Children in Poverty	20	12.8%	15.5%
	Children in Poverty - Racial Disparity	48	5.7	3.0
	Food Sufficiency	23	67.3%	66.6%
	Students Experiencing Homelessness	14	2.2%	3.2%
	WIC Coverage	27	51.6%	54.5%
Education	Early Childhood Education	50	35.9%	49.3%
	Fourth Grade Reading Proficiency	33	28.7%	30.5%
	High School Completion	7	94.1%	89.9%
Social Support and Engagement	Adult Mentor*	2	95.7%	88.0%
	Adverse Childhood Experiences	35	17.4%	14.1%
	Foster Care Instability	44	25.9%	18.7%
	High-Speed Internet	34	96.3%	96.6%
	Neighborhood Amenities	13	41.6%	38.2%
	Reading, Singing or Storytelling*	37	57.6%	59.7%
Clinical Care		31	0.071	
Access to Care	ADD/ADHD Treatment	21	3.9%	3.4%
	Mental Health Treatment*	15	86.7%	83.3%
	Pediatricians	44	72.8	118.2
	Uninsured	37	6.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	23	69.1%	68.0%
	HPV Vaccination	8	70.4%	62.9%
	Preventive Dental Visit	35	79.1%	80.2%
	Well-Child Visit	44	76.7%	79.6%
Quality of Care	Adequate Insurance	41	61.3%	64.6%
	Developmental Screening	22	41.4%	36.5%
	Medical Home	2	54.5%	45.5%
Behaviors		12	0.552	
Nutrition and Physical Activity	Breastfed	16	31.3%	27.9%
	Physical Activity	10	23.6%	19.7%
	Soda Consumption*	12	9.6%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	4	80.3%	85.6%
	Teen Births	24	11.7	12.6
Sleep Health	Adequate Sleep	2	73.3%	65.3%
	Sleep Position*	13	75.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	17	18.2%	16.8%
	Tobacco Use	31	2.3%	1.9%
Health Outcomes		7	0.548	
Behavioral Health	Alcohol Use	42	8.2%	6.8%
	Flourishing	27	65.8%	66.7%
	Illicit Drug Use	4	5.7%	7.4%
	Mental Health Conditions	16	20.4%	20.5%
	Teen Suicide*	37	14.3	9.7
Mortality	Child Mortality	25	29.1	28.7
	Infant Mortality	10	4.6	5.6
	Neonatal Mortality*	9	3.0	3.6
Physical Health	Asthma	2	4.7%	6.8%
	Congenital Syphilis*	8	20.9	105.8
	High Health Status*	4	93.1%	89.9%
	Low Birth Weight	4	71%	8.5%
	Low Birth Weight - Racial Disparity	5	1.6	2.1
	Neonatal Abstinence Syndrome*	26	5.9	5.1
	Overweight or Obesity	14	29.6%	31.3%
Overall - Children		18	0.200	

16 0.232