

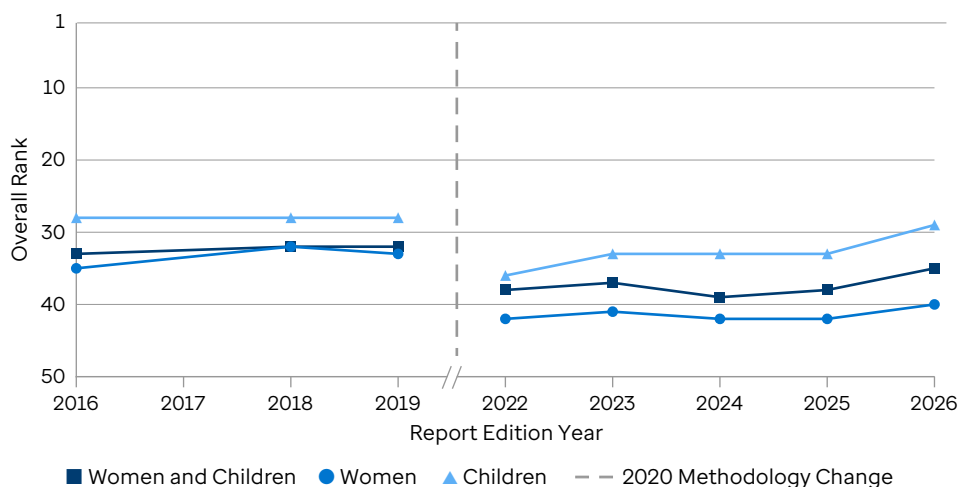
10 Years of Data

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 public school students experiencing homelessness
- Low prevalence of physical inactivity among women
- Low housing cost burden among households with children

Challenges

- High infant mortality rate
- Low WIC coverage among eligible children ages 0-4
- High prevalence of cigarette smoking during pregnancy

Key Findings

Breastfed

93%▲

from 14.5% to 28.0% between the 2012 and 2022 birth cohorts.

Frequent Mental Distress

58%▲

from 17.4% to 27.5% of women ages 18-44 between 2013-2014 and 2023-2024.

Uninsured Children

24%▲

from 4.5% to 5.6% of children ages 0-18 between 2017 and 2024.

Mortality Among Women

15%▼

from 130.2 to 110.1 deaths per 100,000 women ages 20-44 between 2016 and 2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	41	-0.163	
Air and Water Quality			
Air Pollution	46	9.8	8.8
Drinking Water Violations	5	1.3	2.5
Household Smoke	40	14.5%	10.3%
Water Fluoridation	9	92.8%	72.3%
Climate and Health			
Climate Policies	27	1	—
Transportation Energy Use*	14	75	8.3
Housing and Transportation			
Drive Alone to Work - Women	37	73.6%	67.4%
Housing Cost Burden - Households With Children	12	21.6%	27.7%
Housing With Lead Risk	43	23.2%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		40	-0.414	
Community and Family Safety	Firearm Deaths*	25	7.3	5.9
	Injury Deaths	41	61.7	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	28	23.5%	25.8%
	Food Insecurity	39	14.2%	13.3%
	Gender Pay Gap*	42	79.3%	83.0%
	Poverty	36	15.4%	14.4%
	Unemployment	37	4.2%	3.9%
Education	College Graduate	28	37.3%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	13	11%	12%
	Residential Segregation - Black/White	39	70	—
	Voter Participation	35	576%	60.0%
Clinical Care		21	0.373	
Access to Care	Adequate Prenatal Care	13	79.8%	75.0%
	Avoided Care Due to Cost	17	15.7%	18.5%
	Maternity Care Desert*	24	3.4	3.5
	Uninsured	19	8.7%	11.2%
	Women's Health Providers	28	471	48.1
Preventive Clinical Care	Cervical Cancer Screening	27	69.8%	69.7%
	Dental Visit	29	67.2%	65.6%
	Flu Vaccination	26	34.1%	33.9%
	Postpartum Visit*	—	—	90.3%
	Well-Woman Visit	16	75.6%	73.4%
Quality of Care	Breastfeeding Initiation	42	78.3%	85.4%
	Dedicated Health Care Provider	6	85.6%	77.9%
	Low-Risk Cesarean Delivery	26	25.7%	26.6%
	Maternity Practices Score	13	85	82
Behaviors		41	-0.529	
Nutrition and Physical Activity	Exercise	18	29.1%	27.6%
	Fruit and Vegetable Consumption	25	9.2%	9.8%
	Physical Inactivity	16	18.9%	22.0%
Sexual Health	Chlamydia	33	1,540.0	1,481.2
	High-Risk HIV Behaviors	37	9.4%	8.5%
	Unintended Pregnancy*	17	21.8%	—
Sleep Health	Insufficient Sleep	48	41.7%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	41	12.4%	8.4%
	Cigarette Smoking During Pregnancy	42	5.3%	2.4%
	E-Cigarette Use	31	13.9%	11.7%
Health Outcomes		39	-0.671	
Behavioral Health	Drug Deaths*	43	39.1	25.0
	Excessive Drinking	31	19.1%	18.1%
	Frequent Mental Distress	42	27.5%	23.2%
	Illicit Drug Use	29	10.9%	10.5%
	Postpartum Anxiety*	—	—	20.3%
	Postpartum Depression*	—	—	11.9%
Mortality	Maternal Mortality*	26	24.5	23.1
	Mortality Rate	28	110.1	98.0
Physical Health	Depression*	43	39.8%	30.6%
	Diabetes*	39	4.3%	3.6%
	Frequent Physical Distress	27	10.1%	10.1%
	High Blood Pressure	37	13.2%	11.8%
	High Health Status*	30	49.6%	49.4%
	Multiple Chronic Conditions	43	6.9%	4.5%
	Obesity	38	36.9%	32.6%
	Severe Maternal Morbidity*	28	100.9	97.8
Overall - Women		40	-0.329	

OH 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		28	-0.057	
Community and Family Safety	Child Victimization*	25	7.5	7.2
	Firearm Deaths*	26	6.4	5.5
	Injury Deaths	28	18.2	17.8
Economic Resources	Children in Poverty	36	16.5%	15.5%
	Children in Poverty - Racial Disparity	28	3.4	3.0
	Food Sufficiency	24	67.2%	66.6%
	Students Experiencing Homelessness	10	2.0%	3.2%
	WIC Coverage	41	43.7%	54.5%
Education	Early Childhood Education	34	43.5%	49.3%
	Fourth Grade Reading Proficiency	15	32.4%	30.5%
	High School Completion	20	92.2%	89.9%
Social Support and Engagement	Adult Mentor*	25	90.7%	88.0%
	Adverse Childhood Experiences	25	15.3%	14.1%
	Foster Care Instability	5	11.5%	18.7%
	High-Speed Internet	43	95.5%	96.6%
	Neighborhood Amenities	16	40.5%	38.2%
	Reading, Singing or Storytelling*	22	62.8%	59.7%
Clinical Care		22	0.336	
Access to Care	ADD/ADHD Treatment	15	4.1%	3.4%
	Mental Health Treatment*	23	85.3%	83.3%
	Pediatricians	9	153.4	118.2
	Uninsured	27	5.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	10	73.2%	68.0%
	HPV Vaccination	15	67.3%	62.9%
	Preventive Dental Visit	49	74.2%	80.2%
	Well-Child Visit	19	81.1%	79.6%
Quality of Care	Adequate Insurance	28	63.7%	64.6%
	Developmental Screening	33	36.8%	36.5%
	Medical Home	10	51.6%	45.5%
Behaviors		34	-0.166	
Nutrition and Physical Activity	Breastfed	28	28.0%	27.9%
	Physical Activity	18	22.0%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	30	14.0	12.6
Sleep Health	Adequate Sleep	27	66.0%	65.3%
	Sleep Position*	—	—	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	42	2.5%	1.9%
Health Outcomes		32	-0.251	
Behavioral Health	Alcohol Use	24	6.6%	6.8%
	Flourishing	10	67.6%	66.7%
	Illicit Drug Use	25	7.7%	7.4%
	Mental Health Conditions	30	22.8%	20.5%
	Teen Suicide*	17	10.4	9.7
Mortality	Child Mortality	27	29.9	28.7
	Infant Mortality	45	7.1	5.6
	Neonatal Mortality*	47	4.7	3.6
Physical Health	Asthma	33	7.2%	6.8%
	Congenital Syphilis*	23	5.77	105.8
	High Health Status*	32	90.3%	89.9%
	Low Birth Weight	30	8.8%	8.5%
	Low Birth Weight - Racial Disparity	20	2.0	2.1
	Neonatal Abstinence Syndrome*	31	6.3	5.1
	Overweight or Obesity	37	32.5%	31.3%
Overall - Children		29	-0.088	

35 -0.208