

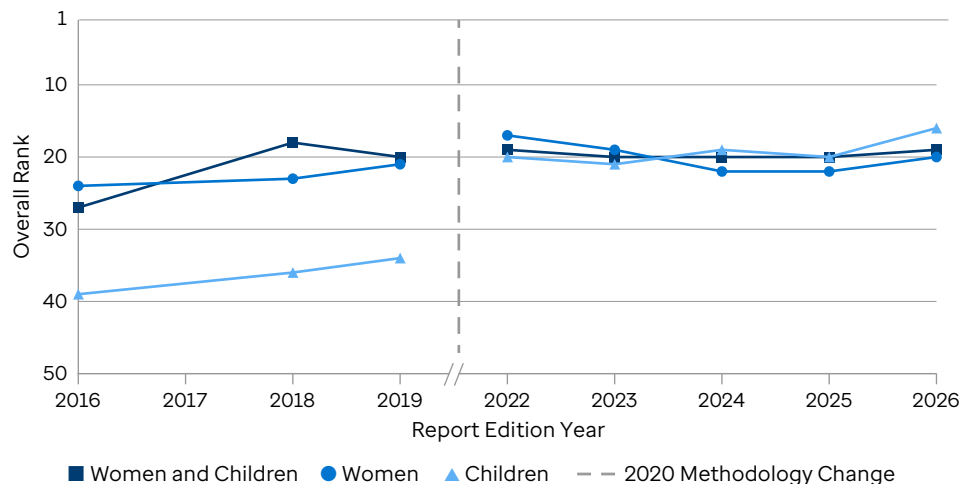
10 Years of Data

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 low birth weight infants
- Low prevalence of physical inactivity among women
- Low prevalence of uninsured children

Challenges

- High prevalence of frequent mental distress among women
- Low prevalence of youth who are flourishing
- High prevalence of public school students experiencing homelessness

Key Findings

Teen Births

53%▼

from 19.0 to 9.0 births per 1,000 females ages 15-19 between 2015 and 2024.

Severe Maternal Morbidity

49%▲

from 61.6 to 91.5 complications per 10,000 delivery hospitalizations between 2016 and 2023.

Uninsured Women

29%▼

from 9.4% to 6.7% of women ages 19-44 between 2017 and 2024.

Child Mortality

28%▲

from 21.2 to 27.2 deaths per 100,000 children ages 1-19 between 2013-2015 and 2022-2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	19	0.204	
Air and Water Quality			
Air Pollution	29	8.2	8.8
Drinking Water Violations	15	1.8	2.5
Household Smoke	14	9.2%	10.3%
Water Fluoridation	48	26.4%	72.3%
Climate and Health			
Climate Policies	1	4	—
Transportation Energy Use*	16	76	8.3
Housing and Transportation			
Drive Alone to Work - Women	7	63.7%	67.4%
Housing Cost Burden - Households With Children	37	27.4%	27.7%
Housing With Lead Risk	25	15.1%	16.1%

Continued on next page.

Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		19	0.365	
Community and Family Safety	Firearm Deaths*	15	5.4	5.9
	Injury Deaths	24	48.7	47.0
	Intimate Partner Violence Before Pregnancy*	15	3.2%	—
Economic Resources	Concentrated Disadvantage	19	18.1%	25.8%
	Food Insecurity	23	12.5%	13.3%
	Gender Pay Gap*	8	85.8%	83.0%
	Poverty	28	14.5%	14.4%
	Unemployment	34	3.9%	3.9%
Education	College Graduate	21	40.0%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	46	17%	12%
	Residential Segregation - Black/White	30	65	—
	Voter Participation	1	74.5%	60.0%
Clinical Care		7	0.778	
Access to Care	Adequate Prenatal Care	22	78.8%	75.0%
	Avoided Care Due to Cost	26	171%	18.5%
	Maternity Care Desert*	12	0.4	3.5
	Uninsured	8	6.7%	11.2%
	Women's Health Providers	3	73.3	48.1
Preventive Clinical Care	Cervical Cancer Screening	5	73.5%	69.7%
	Dental Visit	38	64.6%	65.6%
	Flu Vaccination	17	37.7%	33.9%
	Postpartum Visit*	29	90.9%	90.3%
	Well-Woman Visit	40	70.4%	73.4%
Quality of Care	Breastfeeding Initiation	1	94.0%	85.4%
	Dedicated Health Care Provider	17	81.9%	77.9%
	Low-Risk Cesarean Delivery	15	24.0%	26.6%
	Maternity Practices Score	8	87	82
Behaviors		16	0.274	
Nutrition and Physical Activity	Exercise	15	29.5%	27.6%
	Fruit and Vegetable Consumption	45	6.5%	9.8%
	Physical Inactivity	8	16.6%	22.0%
Sexual Health	Chlamydia	11	1,102.2	1,481.2
	High-Risk HIV Behaviors	23	8.6%	8.5%
	Unintended Pregnancy*	4	16.3%	—
Sleep Health	Insufficient Sleep	9	33.4%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	19	8.5%	8.4%
	Cigarette Smoking During Pregnancy	23	2.7%	2.4%
	E-Cigarette Use	25	12.9%	11.7%
Health Outcomes		43	-0.802	
Behavioral Health	Drug Deaths*	27	26.5	25.0
	Excessive Drinking	26	18.7%	18.1%
	Frequent Mental Distress	45	28.9%	23.2%
	Illicit Drug Use	50	19.9%	10.5%
	Postpartum Anxiety*	40	25.9%	20.3%
	Postpartum Depression*	38	14.0%	11.9%
Mortality	Maternal Mortality*	22	21.8	23.1
	Mortality Rate	25	104.4	98.0
Physical Health	Depression*	48	41.5%	30.6%
	Diabetes*	34	4.1%	3.6%
	Frequent Physical Distress	46	12.5%	10.1%
	High Blood Pressure	21	11.2%	11.8%
	High Health Status*	43	46.5%	49.4%
	Multiple Chronic Conditions	34	6.1%	4.5%
	Obesity	24	33.6%	32.6%
	Severe Maternal Morbidity*	20	91.5	97.8
Overall - Women		20	0.127	

OR 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		17	0.149	
Community and Family Safety	Child Victimization*	43	13.6	7.2
	Firearm Deaths*	13	3.9	5.5
	Injury Deaths	22	17.2	17.8
Economic Resources	Children in Poverty	22	13.0%	15.5%
	Children in Poverty - Racial Disparity	18	3.1	3.0
	Food Sufficiency	12	70.1%	66.6%
	Students Experiencing Homelessness	46	4.2%	3.2%
	WIC Coverage	5	63.6%	54.5%
Education	Early Childhood Education	28	45.7%	49.3%
	Fourth Grade Reading Proficiency	42	26.6%	30.5%
	High School Completion	18	92.3%	89.9%
Social Support and Engagement	Adult Mentor*	32	88.8%	88.0%
	Adverse Childhood Experiences	26	15.4%	14.1%
	Foster Care Instability	27	18.8%	18.7%
	High-Speed Internet	7	97.7%	96.6%
	Neighborhood Amenities	19	38.9%	38.2%
	Reading, Singing or Storytelling*	18	63.6%	59.7%
Clinical Care		8	0.723	
Access to Care	ADD/ADHD Treatment	4	5.5%	3.4%
	Mental Health Treatment*	47	76.8%	83.3%
	Pediatricians	22	115.1	118.2
	Uninsured	5	2.7%	6.0%
Preventive Clinical Care	Childhood Immunizations	38	65.4%	68.0%
	HPV Vaccination	23	65.8%	62.9%
	Preventive Dental Visit	7	85.5%	80.2%
	Well-Child Visit	15	81.7%	79.6%
Quality of Care	Adequate Insurance	17	66.4%	64.6%
	Developmental Screening	10	46.1%	36.5%
	Medical Home	26	48.2%	45.5%
Behaviors		13	0.538	
Nutrition and Physical Activity	Breastfed	3	35.9%	27.9%
	Physical Activity	31	19.8%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	12	9.0	12.6
Sleep Health	Adequate Sleep	11	71.0%	65.3%
	Sleep Position*	19	73.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	31	2.3%	1.9%
Health Outcomes		21	-0.034	
Behavioral Health	Alcohol Use	45	8.8%	6.8%
	Flourishing	50	62.0%	66.7%
	Illicit Drug Use	44	9.1%	7.4%
	Mental Health Conditions	46	26.0%	20.5%
	Teen Suicide*	31	12.4	9.7
Mortality	Child Mortality	17	27.2	28.7
	Infant Mortality	10	4.6	5.6
	Neonatal Mortality*	13	3.1	3.6
Physical Health	Asthma	7	5.1%	6.8%
	Congenital Syphilis*	28	76.0	105.8
	High Health Status*	19	91.2%	89.9%
	Low Birth Weight	4	7.1%	8.5%
	Low Birth Weight - Racial Disparity	8	1.7	2.1
	Neonatal Abstinence Syndrome*	35	8.2	5.1
	Overweight or Obesity	15	29.7%	31.3%
Overall - Children		16	0.235	

19 0.181