

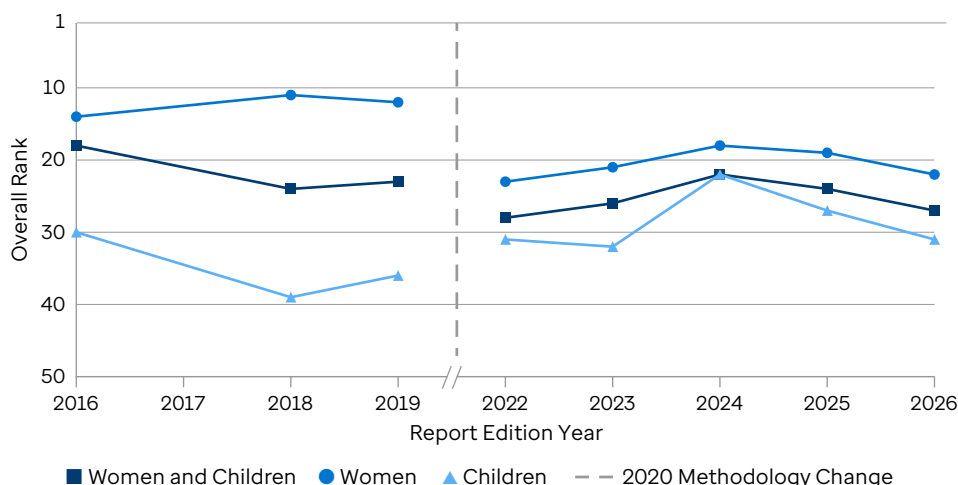
10 Years of Data

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 multiple chronic conditions among women
- Low prevalence of illicit drug use among adolescents
- Low prevalence of unemployment among women

Challenges

- High prevalence of excessive drinking among women
- Low prevalence of youth who are flourishing
- High prevalence of cigarette smoking during pregnancy

Key Findings

Mental Health Conditions (Diagnosed)

61%▲

from 13.0% to 20.9% of children ages 3-17 between 2016-2017 and 2023-2024.

Injury Deaths

52%▲

from 37.6 to 57.1 deaths per 100,000 women ages 20-44 between 2012-2014 and 2022-2024.

Cigarette Smoking

56%▼

from 24.7% to 10.8% of women ages 18-44 between 2013-2014 and 2023-2024.

Children in Poverty

38%▼

from 18.0% to 11.2% of children ages 0-17 between 2014 and 2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	18	0.229	
Air and Water Quality	Air Pollution	5.7	8.8
	Drinking Water Violations	11	2.5
	Household Smoke	12.9%	10.3%
	Water Fluoridation	94.2%	72.3%
Climate and Health	Climate Policies	0	—
	Transportation Energy Use*	10.8	8.3
Housing and Transportation	Drive Alone to Work - Women	771%	674%
	Housing Cost Burden - Households With Children	21.6%	27.7%
	Housing With Lead Risk	16.6%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		14	0.450	
Community and Family Safety	Firearm Deaths*	31	8.3	5.9
	Injury Deaths	33	571	470
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	9	10.4%	25.8%
	Food Insecurity	4	9.5%	13.3%
	Gender Pay Gap*	20	82.7%	83.0%
	Poverty	29	14.8%	14.4%
	Unemployment	1	1.7%	3.9%
Education	College Graduate	23	38.6%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	2	7%	12%
	Residential Segregation - Black/White	32	66	—
	Voter Participation	33	58.3%	60.0%
Clinical Care		25	0.313	
Access to Care	Adequate Prenatal Care	31	76.6%	75.0%
	Avoided Care Due to Cost	24	16.9%	18.5%
	Maternity Care Desert*	46	15.3	3.5
	Uninsured	35	12.5%	11.2%
	Women's Health Providers	32	43.5	48.1
Preventive Clinical Care	Cervical Cancer Screening	10	72.1%	69.7%
	Dental Visit	1	75.3%	65.6%
	Flu Vaccination	12	39.5%	33.9%
	Postpartum Visit*	33	89.3%	90.3%
	Well-Woman Visit	26	74.3%	73.4%
Quality of Care	Breastfeeding Initiation	41	78.8%	85.4%
	Dedicated Health Care Provider	25	80.3%	77.9%
	Low-Risk Cesarean Delivery	1	19.1%	26.6%
	Maternity Practices Score	46	75	82
Behaviors		31	-0.294	
Nutrition and Physical Activity	Exercise	44	24.3%	27.6%
	Fruit and Vegetable Consumption	19	10.1%	9.8%
	Physical Inactivity	22	19.9%	22.0%
Sexual Health	Chlamydia	41	1,841.3	1,481.2
	High-Risk HIV Behaviors	—	—	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	6	31.9%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	33	10.8%	8.4%
	Cigarette Smoking During Pregnancy	42	5.3%	2.4%
	E-Cigarette Use	41	15.9%	11.7%
Health Outcomes		17	0.024	
Behavioral Health	Drug Deaths*	6	176	25.0
	Excessive Drinking	48	23.5%	18.1%
	Frequent Mental Distress	8	21.3%	23.2%
	Illicit Drug Use	26	10.6%	10.5%
	Postpartum Anxiety*	35	24.6%	20.3%
	Postpartum Depression*	32	13.0%	11.9%
Mortality	Maternal Mortality*	18	21.4	23.1
	Mortality Rate	38	124.2	98.0
Physical Health	Depression*	14	30.7%	30.6%
	Diabetes*	7	2.7%	3.6%
	Frequent Physical Distress	2	7.0%	10.1%
	High Blood Pressure	16	10.7%	11.8%
	High Health Status*	18	51.4%	49.4%
	Multiple Chronic Conditions	3	3.0%	4.5%
	Obesity	31	35.4%	32.6%
	Severe Maternal Morbidity*	3	66.3	97.8
Overall - Women		22	0.119	

SD 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		37	-0.352	
Community and Family Safety	Child Victimization*	26	76	72
	Firearm Deaths*	18	4.9	5.5
	Injury Deaths	40	25.8	17.8
Economic Resources	Children in Poverty	10	11.2%	15.5%
	Children in Poverty - Racial Disparity	50	70	3.0
	Food Sufficiency	33	64.6%	66.6%
	Students Experiencing Homelessness	27	2.6%	3.2%
	WIC Coverage	17	570%	54.5%
Education	Early Childhood Education	47	376%	49.3%
	Fourth Grade Reading Proficiency	37	28.0%	30.5%
	High School Completion	8	94.0%	89.9%
Social Support and Engagement	Adult Mentor*	6	94.2%	88.0%
	Adverse Childhood Experiences	44	19.2%	14.1%
	Foster Care Instability	39	25.1%	18.7%
	High-Speed Internet	45	95.3%	96.6%
	Neighborhood Amenities	21	38.3%	38.2%
	Reading, Singing or Storytelling*	37	576%	59.7%
Clinical Care		34	-0.046	
Access to Care	ADD/ADHD Treatment	26	3.7%	3.4%
	Mental Health Treatment*	31	84.2%	83.3%
	Pediatricians	42	81.3	118.2
	Uninsured	42	8.0%	6.0%
Preventive Clinical Care	Childhood Immunizations	43	64.2%	68.0%
	HPV Vaccination	10	70.0%	62.9%
	Preventive Dental Visit	8	85.3%	80.2%
	Well-Child Visit	46	76.2%	79.6%
Quality of Care	Adequate Insurance	31	63.4%	64.6%
	Developmental Screening	38	34.1%	36.5%
	Medical Home	7	52.0%	45.5%
Behaviors		18	0.364	
Nutrition and Physical Activity	Breastfed	21	30.3%	27.9%
	Physical Activity	14	23.2%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	37	15.3	12.6
Sleep Health	Adequate Sleep	7	71.8%	65.3%
	Sleep Position*	9	76.9%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	29	2.1%	1.9%
Health Outcomes		34	-0.274	
Behavioral Health	Alcohol Use	27	6.9%	6.8%
	Flourishing	47	62.9%	66.7%
	Illicit Drug Use	2	5.1%	7.4%
	Mental Health Conditions	20	20.9%	20.5%
	Teen Suicide*	43	21.2	9.7
Mortality	Child Mortality	42	38.0	28.7
	Infant Mortality	45	71	5.6
	Neonatal Mortality*	38	4.1	3.6
Physical Health	Asthma	20	6.6%	6.8%
	Congenital Syphilis*	50	482.1	105.8
	High Health Status*	16	91.5%	89.9%
	Low Birth Weight	9	7.3%	8.5%
	Low Birth Weight - Racial Disparity	28	2.1	2.1
	Neonatal Abstinence Syndrome*	3	2.1	5.1
	Overweight or Obesity	21	31.1%	31.3%
Overall - Children		31	-0.102	

27 -0.019