

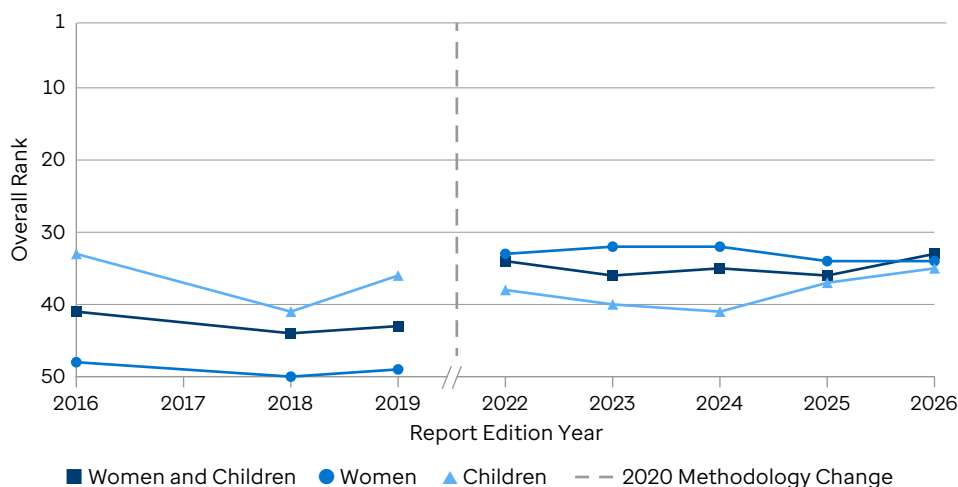
10 Years of Data

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
- High prevalence of youth who are flourishing
- Low prevalence of household smoke exposure

Challenges

- High prevalence of household food insecurity
- High prevalence of uninsured women
- High teen birth rate

Key Findings

Frequent Mental Distress

84%▲

from 12.3% to 22.6% of women ages 18-44 between 2013-2014 and 2023-2024.

Cigarette Smoking During Pregnancy

79%▼

from 3.9% to 0.8% of women with a recent live birth between 2014 and 2024.

Uninsured Children

27%▲

from 10.7% to 13.6% of children ages 0-18 between 2017 and 2024.

Early Childhood Education

12%▲

from 42.6% to 47.8% of children ages 3-4 between 2016 and 2024.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	33	-0.021	
Air and Water Quality			
Air Pollution	43	9.4	8.8
Drinking Water Violations	41	2.6	2.5
Household Smoke	6	8.0%	10.3%
Water Fluoridation	30	70.7%	72.3%
Climate and Health			
Climate Policies	27	1	—
Transportation Energy Use*	40	10.8	8.3
Housing and Transportation			
Drive Alone to Work - Women	23	69.9%	67.4%
Housing Cost Burden - Households With Children	42	30.0%	27.7%
Housing With Lead Risk	5	8.0%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		43	-0.587	
Community and Family Safety	Firearm Deaths*	23	6.9	5.9
	Injury Deaths	9	38.1	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	47	34.9%	25.8%
	Food Insecurity	47	17.6%	13.3%
	Gender Pay Gap*	33	81.5%	83.0%
	Poverty	37	15.8%	14.4%
	Unemployment	41	4.3%	3.9%
Education	College Graduate	41	32.7%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	4	9%	12%
	Residential Segregation - Black/White	10	58	—
	Voter Participation	45	53.9%	60.0%
Clinical Care		50	-1.057	
Access to Care	Adequate Prenatal Care	47	67.7%	75.0%
	Avoided Care Due to Cost	50	26.7%	18.5%
	Maternity Care Desert*	28	4.2	3.5
	Uninsured	50	22.7%	11.2%
	Women's Health Providers	44	38.7	48.1
Preventive Clinical Care	Cervical Cancer Screening	30	69.5%	69.7%
	Dental Visit	49	55.3%	65.6%
	Flu Vaccination	38	29.4%	33.9%
	Postpartum Visit*	43	86.5%	90.3%
	Well-Woman Visit	47	67.0%	73.4%
Quality of Care	Breastfeeding Initiation	14	89.3%	85.4%
	Dedicated Health Care Provider	49	68.0%	77.9%
	Low-Risk Cesarean Delivery	38	27.8%	26.6%
	Maternity Practices Score	26	81	82
Behaviors		18	0.164	
Nutrition and Physical Activity	Exercise	5	31.3%	27.6%
	Fruit and Vegetable Consumption	13	10.6%	9.8%
	Physical Inactivity	46	25.8%	22.0%
Sexual Health	Chlamydia	26	1,428.1	1,481.2
	High-Risk HIV Behaviors	20	8.5%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	27	36.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	15	7.6%	8.4%
	Cigarette Smoking During Pregnancy	2	0.8%	2.4%
	E-Cigarette Use	20	12.4%	11.7%
Health Outcomes		10	0.277	
Behavioral Health	Drug Deaths*	3	14.3	25.0
	Excessive Drinking	31	19.1%	18.1%
	Frequent Mental Distress	15	22.6%	23.2%
	Illicit Drug Use	5	8.1%	10.5%
	Postpartum Anxiety*	13	18.7%	20.3%
	Postpartum Depression*	30	12.8%	11.9%
Mortality	Maternal Mortality*	39	29.9	23.1
	Mortality Rate	13	88.5	98.0
Physical Health	Depression*	13	30.1%	30.6%
	Diabetes*	44	4.9%	3.6%
	Frequent Physical Distress	11	9.1%	10.1%
	High Blood Pressure	24	11.3%	11.8%
	High Health Status*	47	45.5%	49.4%
	Multiple Chronic Conditions	6	3.4%	4.5%
	Obesity	29	34.7%	32.6%
	Severe Maternal Morbidity*	13	84.7	97.8
Overall - Women		34	-0.188	

TX 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		36	-0.243	
Community and Family Safety	Child Victimization*	23	6.5	7.2
	Firearm Deaths*	24	6.1	5.5
	Injury Deaths	29	18.9	17.8
Economic Resources	Children in Poverty	38	17.9%	15.5%
	Children in Poverty - Racial Disparity	22	3.2	3.0
	Food Sufficiency	37	62.9%	66.6%
	Students Experiencing Homelessness	14	2.2%	3.2%
	WIC Coverage	26	52.0%	54.5%
Education	Early Childhood Education	23	47.8%	49.3%
	Fourth Grade Reading Proficiency	40	27.5%	30.5%
	High School Completion	49	86.7%	89.9%
Social Support and Engagement	Adult Mentor*	48	83.9%	88.0%
	Adverse Childhood Experiences	13	12.8%	14.1%
	Foster Care Instability	20	17.4%	18.7%
	High-Speed Internet	28	96.7%	96.6%
	Neighborhood Amenities	31	34.0%	38.2%
	Reading, Singing or Storytelling*	49	49.0%	59.7%
Clinical Care		49	-1.062	
Access to Care	ADD/ADHD Treatment	39	3.1%	3.4%
	Mental Health Treatment*	44	79.2%	83.3%
	Pediatricians	36	88.5	118.2
	Uninsured	50	13.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	41	64.6%	68.0%
	HPV Vaccination	46	52.2%	62.9%
	Preventive Dental Visit	41	78.6%	80.2%
	Well-Child Visit	45	76.6%	79.6%
Quality of Care	Adequate Insurance	50	56.7%	64.6%
	Developmental Screening	44	30.4%	36.5%
	Medical Home	49	38.5%	45.5%
Behaviors		35	-0.200	
Nutrition and Physical Activity	Breastfed	33	26.4%	27.9%
	Physical Activity	33	19.1%	19.7%
	Soda Consumption*	14	9.9%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	14	86.9%	85.6%
	Teen Births	43	18.5	12.6
Sleep Health	Adequate Sleep	28	65.7%	65.3%
	Sleep Position*	44	61.5%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	6	14.4%	16.8%
	Tobacco Use	5	1.6%	1.9%
Health Outcomes		13	0.299	
Behavioral Health	Alcohol Use	12	6.1%	6.8%
	Flourishing	2	69.7%	66.7%
	Illicit Drug Use	9	6.1%	7.4%
	Mental Health Conditions	4	17.1%	20.5%
	Teen Suicide*	28	11.3	9.7
Mortality	Child Mortality	28	30.0	28.7
	Infant Mortality	24	5.8	5.6
	Neonatal Mortality*	27	3.8	3.6
Physical Health	Asthma	36	7.5%	6.8%
	Congenital Syphilis*	46	238.6	105.8
	High Health Status*	47	87.7%	89.9%
	Low Birth Weight	27	8.5%	8.5%
	Low Birth Weight - Racial Disparity	20	2.0	2.1
	Neonatal Abstinence Syndrome*	3	2.1	5.1
	Overweight or Obesity	30	31.7%	31.3%
Overall - Children		35	-0.168	

TX Overall - Women and Children