

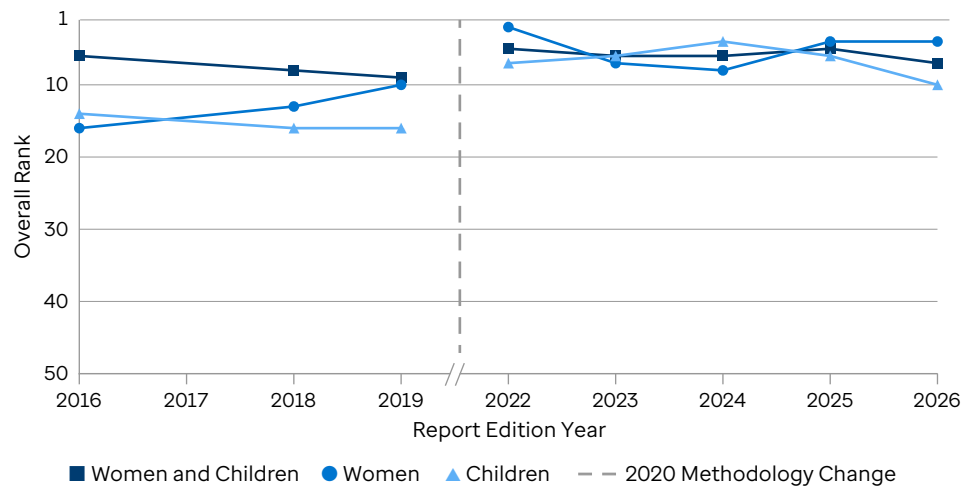
10 Years of Data

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 overweight or obesity among children
- Low poverty rate among women
- Low incidence of chlamydia among females

Challenges

- Low prevalence of youth who are flourishing
- Low WIC coverage among eligible children ages 0-4
- Low prevalence of cervical cancer screening

Key Findings

Cigarette Smoking

60%▼

from 9.2% to 3.7% of women ages 18-44 between 2013-2014 and 2023-2024.

Teen Births

58%▼

from 19.4 to 8.2 births per 1,000 females ages 15-19 between 2014 and 2024.

Obesity

30%▲

from 21.2% to 27.5% of women ages 18-44 between 2013-2014 and 2023-2024.

Low Birth Weight

3%▲

from 7.0% to 7.2% of live births between 2014 and 2024.

Measures

Women and Children

		State Rank	State Value	U.S. Value
Physical Environment		8	0.360	
Air and Water Quality	Air Pollution	15	75	8.8
	Drinking Water Violations	34	2.2	2.5
	Household Smoke	1	4.7%	10.3%
	Water Fluoridation	43	43.6%	72.3%
Climate and Health	Climate Policies	27	1	—
	Transportation Energy Use*	26	8.2	8.3
Housing and Transportation	Drive Alone to Work - Women	13	65.7%	67.4%
	Housing Cost Burden - Households With Children	26	24.4%	27.7%
	Housing With Lead Risk	11	9.6%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		24	0.284	
Community and Family Safety	Firearm Deaths*	10	4.6	5.9
	Injury Deaths	7	35.2	47.0
	Intimate Partner Violence Before Pregnancy*	6	1.8%	—
Economic Resources	Concentrated Disadvantage	4	6.2%	25.8%
	Food Insecurity	14	11.5%	13.3%
	Gender Pay Gap*	49	73.4%	83.0%
	Poverty	3	10.6%	14.4%
	Unemployment	37	4.2%	3.9%
Education	College Graduate	34	35.5%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	23	12%	12%
	Residential Segregation - Black/White	37	69	—
	Voter Participation	25	60.5%	60.0%
Clinical Care		33	0.113	
Access to Care	Adequate Prenatal Care	18	79.0%	75.0%
	Avoided Care Due to Cost	33	19.2%	18.5%
	Maternity Care Desert*	14	0.5	3.5
	Uninsured	27	10.1%	11.2%
	Women's Health Providers	18	54.2	48.1
Preventive Clinical Care	Cervical Cancer Screening	47	65.0%	69.7%
	Dental Visit	7	70.7%	65.6%
	Flu Vaccination	27	33.9%	33.9%
	Postpartum Visit*	18	92.2%	90.3%
	Well-Woman Visit	45	68.9%	73.4%
Quality of Care	Breastfeeding Initiation	10	90.1%	85.4%
	Dedicated Health Care Provider	38	76.5%	77.9%
	Low-Risk Cesarean Delivery	4	20.5%	26.6%
	Maternity Practices Score	34	78	82
Behaviors		1	1.093	
Nutrition and Physical Activity	Exercise	4	31.9%	27.6%
	Fruit and Vegetable Consumption	33	8.1%	9.8%
	Physical Inactivity	1	14.0%	22.0%
Sexual Health	Chlamydia	5	875.3	1,481.2
	High-Risk HIV Behaviors	6	6.9%	8.5%
	Unintended Pregnancy*	7	19.5%	—
Sleep Health	Insufficient Sleep	16	34.1%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	1	3.7%	8.4%
	Cigarette Smoking During Pregnancy	5	1.1%	2.4%
	E-Cigarette Use	3	8.6%	11.7%
Health Outcomes		5	0.535	
Behavioral Health	Drug Deaths*	7	17.7	25.0
	Excessive Drinking	1	12.5%	18.1%
	Frequent Mental Distress	20	23.2%	23.2%
	Illicit Drug Use	22	10.5%	10.5%
	Postpartum Anxiety*	38	25.2%	20.3%
	Postpartum Depression*	42	15.7%	11.9%
Mortality	Maternal Mortality*	2	12.2	23.1
	Mortality Rate	5	75.7	98.0
Physical Health	Depression*	34	37.8%	30.6%
	Diabetes*	10	2.8%	3.6%
	Frequent Physical Distress	34	11.4%	10.1%
	High Blood Pressure	3	9.0%	11.8%
	High Health Status*	7	53.6%	49.4%
	Multiple Chronic Conditions	16	4.2%	4.5%
	Obesity	6	27.5%	32.6%
	Severe Maternal Morbidity*	2	59.1	97.8
Overall - Women		4	0.520	

UT Overall - Women and Children

7 0.495

* 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		9	0.499	
Community and Family Safety	Child Victimization*	30	9.4	7.2
	Firearm Deaths*	9	3.7	5.5
	Injury Deaths	9	14.7	17.8
Economic Resources	Children in Poverty	2	8.6%	15.5%
	Children in Poverty - Racial Disparity	44	4.8	3.0
	Food Sufficiency	15	69.3%	66.6%
	Students Experiencing Homelessness	18	2.3%	3.2%
	WIC Coverage	43	43.3%	54.5%
Education	Early Childhood Education	35	43.4%	49.3%
	Fourth Grade Reading Proficiency	3	36.3%	30.5%
	High School Completion	11	93.6%	89.9%
Social Support and Engagement	Adult Mentor*	18	91.7%	88.0%
	Adverse Childhood Experiences	9	12.5%	14.1%
	Foster Care Instability	35	23.4%	18.7%
	High-Speed Internet	10	97.5%	96.6%
	Neighborhood Amenities	5	52.7%	38.2%
	Reading, Singing or Storytelling*	17	63.8%	59.7%
Clinical Care		30	0.102	
Access to Care	ADD/ADHD Treatment	36	3.3%	3.4%
	Mental Health Treatment*	45	78.3%	83.3%
	Pediatricians	38	87.3	118.2
	Uninsured	35	6.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	11	73.0%	68.0%
	HPV Vaccination	39	57.5%	62.9%
	Preventive Dental Visit	18	83.0%	80.2%
	Well-Child Visit	33	78.7%	79.6%
Quality of Care	Adequate Insurance	47	60.4%	64.6%
	Developmental Screening	23	40.4%	36.5%
	Medical Home	3	53.9%	45.5%
Behaviors		7	0.698	
Nutrition and Physical Activity	Breastfed	17	31.1%	27.9%
	Physical Activity	49	15.7%	19.7%
	Soda Consumption*	5	6.9%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	10	8.2	12.6
Sleep Health	Adequate Sleep	6	71.9%	65.3%
	Sleep Position*	6	79.0%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	1	5.7%	16.8%
	Tobacco Use	1	1.1%	1.9%
Health Outcomes		8	0.484	
Behavioral Health	Alcohol Use	1	3.4%	6.8%
	Flourishing	49	62.3%	66.7%
	Illicit Drug Use	1	5.0%	7.4%
	Mental Health Conditions	41	24.8%	20.5%
	Teen Suicide*	39	14.9	9.7
Mortality	Child Mortality	12	25.6	28.7
	Infant Mortality	16	5.1	5.6
	Neonatal Mortality*	25	3.7	3.6
Physical Health	Asthma	30	7.0%	6.8%
	Congenital Syphilis*	14	35.0	105.8
	High Health Status*	6	92.7%	89.9%
	Low Birth Weight	7	7.2%	8.5%
	Low Birth Weight - Racial Disparity	12	1.8	2.1
	Neonatal Abstinence Syndrome*	15	4.7	5.1
	Overweight or Obesity	2	24.6%	31.3%
Overall - Children		10	0.448	