

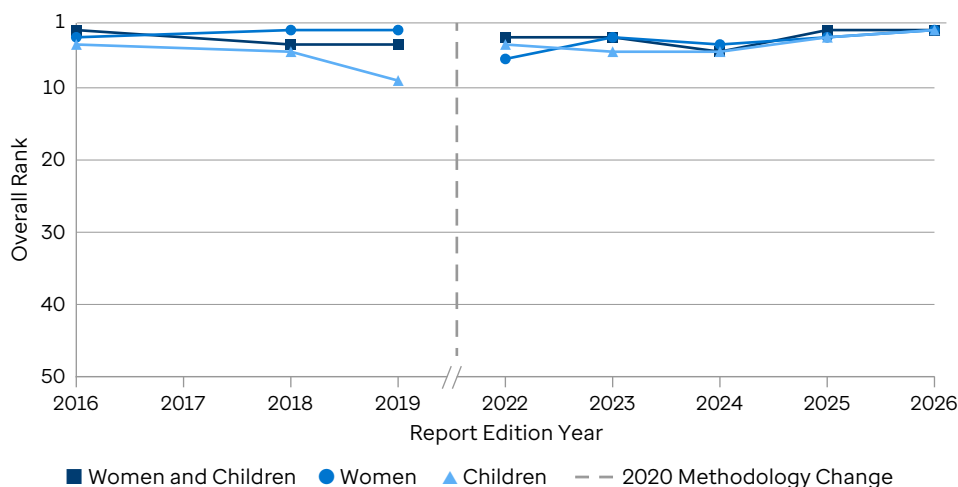
10 Years of Data

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 infant mortality rate
- Low prevalence of children in poverty
- Low prevalence of physical inactivity among women

Challenges

- High prevalence of illicit drug use among adolescents
- High injury death rate among women
- High prevalence of cigarette smoking during pregnancy

Key Findings

Students Experiencing Homelessness

92%▲

from 1.2% to 2.3% of public school students between the 2015-2016 and 2023-2024 school years.

Teen Births

56%▼

from 14.2 to 6.3 births per 1,000 females ages 15-19 between 2014 and 2024.

Frequent Mental Distress

73%▲

from 14.2% to 24.6% of women ages 18-44 between 2013-2014 and 2023-2024.

Well-Woman Visit

16%▲

from 66.0% to 76.4% of women ages 18-44 between 2013-2014 and 2023-2024.

Measures

Women and Children

		State Rank	State Value	U.S. Value
Physical Environment		5	0.484	
Air and Water Quality	Air Pollution	8	6.0	8.8
	Drinking Water Violations	15	1.8	2.5
	Household Smoke	30	12.4%	10.3%
	Water Fluoridation	38	56.7%	72.3%
Climate and Health	Climate Policies	1	4	—
	Transportation Energy Use*	6	6.6	8.3
Housing and Transportation	Drive Alone to Work - Women	12	65.5%	67.4%
	Housing Cost Burden - Households With Children	2	18.8%	27.7%
	Housing With Lead Risk	39	21.5%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		1	1.178	
Community and Family Safety	Firearm Deaths*	—	—	5.9
	Injury Deaths	34	59.3	47.0
	Intimate Partner Violence Before Pregnancy*	—	—	—
Economic Resources	Concentrated Disadvantage	2	3.7%	25.8%
	Food Insecurity	3	9.4%	13.3%
	Gender Pay Gap*	2	90.7%	83.0%
	Poverty	12	12.2%	14.4%
	Unemployment	2	1.8%	3.9%
Education	College Graduate	2	53.6%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	44	16%	12%
	Residential Segregation - Black/White	23	63	—
	Voter Participation	7	675%	60.0%
Clinical Care		1	1.462	
Access to Care	Adequate Prenatal Care	3	86.8%	75.0%
	Avoided Care Due to Cost	4	11.8%	18.5%
	Maternity Care Desert*	15	0.7	3.5
	Uninsured	2	4.5%	11.2%
	Women's Health Providers	2	74.0	48.1
Preventive Clinical Care	Cervical Cancer Screening	9	72.2%	69.7%
	Dental Visit	18	68.4%	65.6%
	Flu Vaccination	2	48.5%	33.9%
	Postpartum Visit*	10	92.6%	90.3%
	Well-Woman Visit	11	76.4%	73.4%
Quality of Care	Breastfeeding Initiation	4	91.8%	85.4%
	Dedicated Health Care Provider	2	89.4%	77.9%
	Low-Risk Cesarean Delivery	13	23.7%	26.6%
	Maternity Practices Score	2	90	82
Behaviors		2	0.745	
Nutrition and Physical Activity	Exercise	6	31.0%	27.6%
	Fruit and Vegetable Consumption	1	16.8%	9.8%
	Physical Inactivity	1	14.0%	22.0%
Sexual Health	Chlamydia	3	679.1	1,481.2
	High-Risk HIV Behaviors	34	9.1%	8.5%
	Unintended Pregnancy*	—	—	—
Sleep Health	Insufficient Sleep	1	28.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	23	9.7%	8.4%
	Cigarette Smoking During Pregnancy	46	5.9%	2.4%
	E-Cigarette Use	6	9.5%	11.7%
Health Outcomes		29	-0.282	
Behavioral Health	Drug Deaths*	41	38.6	25.0
	Excessive Drinking	43	21.3%	18.1%
	Frequent Mental Distress	30	24.6%	23.2%
	Illicit Drug Use	48	17.2%	10.5%
	Postpartum Anxiety*	24	21.3%	20.3%
	Postpartum Depression*	3	8.4%	11.9%
Mortality	Maternal Mortality*	—	—	23.1
	Mortality Rate	34	119.5	98.0
Physical Health	Depression*	47	41.2%	30.6%
	Diabetes*	3	2.5%	3.6%
	Frequent Physical Distress	17	9.5%	10.1%
	High Blood Pressure	8	9.7%	11.8%
	High Health Status*	1	58.8%	49.4%
	Multiple Chronic Conditions	21	4.5%	4.5%
	Obesity	4	27.4%	32.6%
	Severe Maternal Morbidity*	—	—	97.8
Overall - Women		2	0.675	

VT 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		3	0.735	
Community and Family Safety	Child Victimization*	18	5.4	7.2
	Firearm Deaths*	—	—	5.5
	Injury Deaths	10	15.0	17.8
Economic Resources	Children in Poverty	3	9.1%	15.5%
	Children in Poverty - Racial Disparity	32	3.6	3.0
	Food Sufficiency	4	72.8%	66.6%
	Students Experiencing Homelessness	18	2.3%	3.2%
	WIC Coverage	1	79.1%	54.5%
Education	Early Childhood Education	1	71.1%	49.3%
	Fourth Grade Reading Proficiency	27	30.5%	30.5%
	High School Completion	3	94.7%	89.9%
Social Support and Engagement	Adult Mentor*	11	92.9%	88.0%
	Adverse Childhood Experiences	24	15.2%	14.1%
	Foster Care Instability	36	23.5%	18.7%
	High-Speed Internet	11	97.4%	96.6%
	Neighborhood Amenities	34	31.9%	38.2%
	Reading, Singing or Storytelling*	1	74.9%	59.7%
Clinical Care		1	1.605	
Access to Care	ADD/ADHD Treatment	26	3.7%	3.4%
	Mental Health Treatment*	25	85.2%	83.3%
	Pediatricians	6	159.8	118.2
	Uninsured	3	2.6%	6.0%
Preventive Clinical Care	Childhood Immunizations	3	80.6%	68.0%
	HPV Vaccination	7	71.7%	62.9%
	Preventive Dental Visit	2	87.9%	80.2%
	Well-Child Visit	1	92.0%	79.6%
Quality of Care	Adequate Insurance	2	72.7%	64.6%
	Developmental Screening	1	65.6%	36.5%
	Medical Home	1	57.8%	45.5%
Behaviors		1	1.244	
Nutrition and Physical Activity	Breastfed	4	35.7%	27.9%
	Physical Activity	3	25.7%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	2	72.1%	85.6%
	Teen Births	3	6.3	12.6
Sleep Health	Adequate Sleep	3	72.9%	65.3%
	Sleep Position*	3	80.8%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	11	16.1%	16.8%
	Tobacco Use	25	2.0%	1.9%
Health Outcomes		27	-0.139	
Behavioral Health	Alcohol Use	49	9.4%	6.8%
	Flourishing	31	65.5%	66.7%
	Illicit Drug Use	48	11.1%	7.4%
	Mental Health Conditions	49	28.0%	20.5%
	Teen Suicide*	—	—	9.7
Mortality	Child Mortality	11	24.9	28.7
	Infant Mortality	4	4.1	5.6
	Neonatal Mortality*	2	2.1	3.6
Physical Health	Asthma	43	8.3%	6.8%
	Congenital Syphilis*	1	0.0	105.8
	High Health Status*	5	92.8%	89.9%
	Low Birth Weight	7	7.2%	8.5%
	Low Birth Weight - Racial Disparity	1	1.4	2.1
	Neonatal Abstinence Syndrome*	—	—	5.1
	Overweight or Obesity	8	27.9%	31.3%
Overall - Children		2	0.652	

VT Overall - Women and Children