

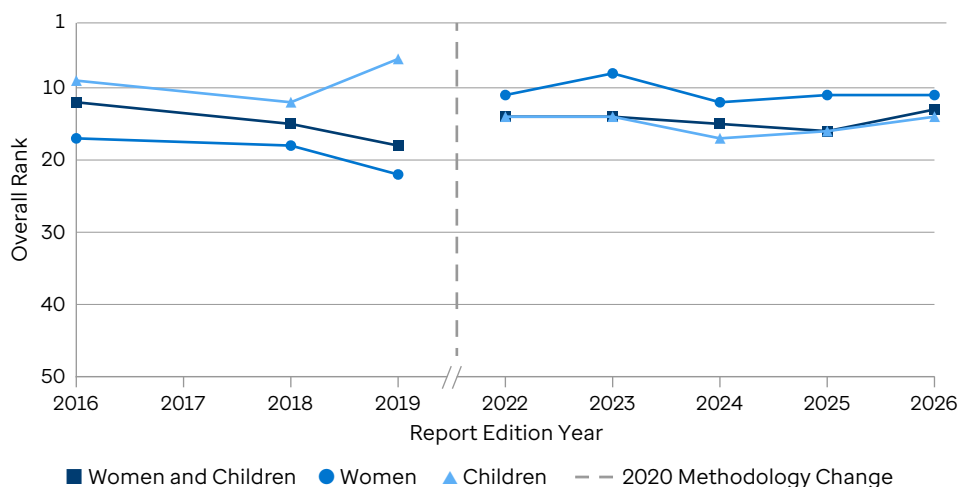
10 Years of Data

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

- High prevalence of food sufficiency among children
- Low prevalence of women in poverty
- High prevalence of well-woman visits

Challenges

- High prevalence of multiple chronic conditions among women
- Low WIC coverage among eligible children ages 0-4
- Low prevalence of preventive dental visits among children

Key Findings

Frequent Mental Distress

98%▲

from 12.2% to 24.1% of women ages 18-44 between 2013-2014 and 2023-2024.

Cigarette Smoking

56%▼

from 18.3% to 8.0% of women ages 18-44 between 2013-2014 and 2023-2024.

Injury Deaths

34%▲

from 12.1 to 16.2 deaths per 100,000 children ages 1-19 between 2012-2014 and 2022-2024.

Neonatal Abstinence Syndrome

30%▼

from 6.7 to 4.7 diagnoses per 1,000 birth hospitalizations between 2016 and 2023.

Measures

Women and Children

	State Rank	State Value	U.S. Value
Physical Environment	3	0.570	
Air and Water Quality			
Air Pollution	13	72	8.8
Drinking Water Violations	31	21	2.5
Household Smoke	12	9.1%	10.3%
Water Fluoridation	5	95.6%	72.3%
Climate and Health			
Climate Policies	13	3	—
Transportation Energy Use*	29	8.6	8.3
Housing and Transportation			
Drive Alone to Work - Women	15	66.8%	67.4%
Housing Cost Burden - Households With Children	31	25.4%	27.7%
Housing With Lead Risk	19	12.6%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		5	0.789	
Community and Family Safety	Firearm Deaths*	17	5.5	5.9
	Injury Deaths	14	42.7	47.0
	Intimate Partner Violence Before Pregnancy*	4	1.6%	—
Economic Resources	Concentrated Disadvantage	16	15.6%	25.8%
	Food Insecurity	22	12.4%	13.3%
	Gender Pay Gap*	33	81.5%	83.0%
	Poverty	14	12.5%	14.4%
	Unemployment	17	3.3%	3.9%
Education	College Graduate	5	45.9%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	13	11%	12%
	Residential Segregation - Black/White	3	52	—
	Voter Participation	15	63.7%	60.0%
Clinical Care		16	0.433	
Access to Care	Adequate Prenatal Care	14	79.5%	75.0%
	Avoided Care Due to Cost	20	16.7%	18.5%
	Maternity Care Desert*	39	7.4	3.5
	Uninsured	21	9.1%	11.2%
	Women's Health Providers	23	48.3	48.1
Preventive Clinical Care	Cervical Cancer Screening	30	69.5%	69.7%
	Dental Visit	22	67.6%	65.6%
	Flu Vaccination	14	38.6%	33.9%
	Postpartum Visit*	24	91.3%	90.3%
	Well-Woman Visit	9	77.3%	73.4%
Quality of Care	Breastfeeding Initiation	12	89.7%	85.4%
	Dedicated Health Care Provider	30	79.3%	77.9%
	Low-Risk Cesarean Delivery	29	26.2%	26.6%
	Maternity Practices Score	24	82	82
Behaviors		17	0.201	
Nutrition and Physical Activity	Exercise	21	28.3%	27.6%
	Fruit and Vegetable Consumption	27	9.0%	9.8%
	Physical Inactivity	25	20.5%	22.0%
Sexual Health	Chlamydia	29	1,481.6	1,481.2
	High-Risk HIV Behaviors	7	7.2%	8.5%
	Unintended Pregnancy*	23	39.2%	—
Sleep Health	Insufficient Sleep	28	36.7%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	16	8.0%	8.4%
	Cigarette Smoking During Pregnancy	16	2.1%	2.4%
	E-Cigarette Use	11	11.0%	11.7%
Health Outcomes		27	-0.163	
Behavioral Health	Drug Deaths*	19	23.5	25.0
	Excessive Drinking	35	19.3%	18.1%
	Frequent Mental Distress	26	24.1%	23.2%
	Illicit Drug Use	16	10.0%	10.5%
	Postpartum Anxiety*	31	24.1%	20.3%
	Postpartum Depression*	33	13.1%	11.9%
Mortality	Maternal Mortality*	42	32.4	23.1
	Mortality Rate	17	90.7	98.0
Physical Health	Depression*	19	32.1%	30.6%
	Diabetes*	20	3.0%	3.6%
	Frequent Physical Distress	23	9.9%	10.1%
	High Blood Pressure	41	14.2%	11.8%
	High Health Status*	2	54.4%	49.4%
	Multiple Chronic Conditions	28	5.1%	4.5%
	Obesity	16	32.1%	32.6%
	Severe Maternal Morbidity*	18	89.1	97.8
Overall - Women		11	0.350	

VA 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		11	0.440	
Community and Family Safety	Child Victimization*	4	2.4	7.2
	Firearm Deaths*	22	5.6	5.5
	Injury Deaths	18	16.2	17.8
Economic Resources	Children in Poverty	14	11.7%	15.5%
	Children in Poverty - Racial Disparity	12	2.9	3.0
	Food Sufficiency	1	76.2%	66.6%
	Students Experiencing Homelessness	7	1.7%	3.2%
	WIC Coverage	34	46.6%	54.5%
Education	Early Childhood Education	18	48.6%	49.3%
	Fourth Grade Reading Proficiency	25	30.7%	30.5%
	High School Completion	26	91.7%	89.9%
Social Support and Engagement	Adult Mentor*	18	91.7%	88.0%
	Adverse Childhood Experiences	9	12.5%	14.1%
	Foster Care Instability	18	14.9%	18.7%
	High-Speed Internet	21	96.9%	96.6%
	Neighborhood Amenities	25	36.9%	38.2%
	Reading, Singing or Storytelling*	5	68.8%	59.7%
Clinical Care		24	0.255	
Access to Care	ADD/ADHD Treatment	36	3.3%	3.4%
	Mental Health Treatment*	1	93.0%	83.3%
	Pediatricians	23	113.7	118.2
	Uninsured	23	5.2%	6.0%
Preventive Clinical Care	Childhood Immunizations	20	70.4%	68.0%
	HPV Vaccination	5	71.9%	62.9%
	Preventive Dental Visit	32	79.4%	80.2%
	Well-Child Visit	22	80.7%	79.6%
Quality of Care	Adequate Insurance	14	67.2%	64.6%
	Developmental Screening	37	35.4%	36.5%
	Medical Home	35	46.5%	45.5%
Behaviors		23	0.210	
Nutrition and Physical Activity	Breastfed	23	29.9%	27.9%
	Physical Activity	32	19.6%	19.7%
	Soda Consumption*	11	9.1%	7.5%
Sexual Health	Dual Contraceptive Nonuse*	16	88.3%	85.6%
	Teen Births	20	10.7	12.6
Sleep Health	Adequate Sleep	31	65.2%	65.3%
	Sleep Position*	33	68.0%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	3	8.1%	16.8%
	Tobacco Use	13	1.8%	1.9%
Health Outcomes		25	-0.065	
Behavioral Health	Alcohol Use	29	7.1%	6.8%
	Flourishing	22	66.3%	66.7%
	Illicit Drug Use	23	7.4%	7.4%
	Mental Health Conditions	37	24.4%	20.5%
	Teen Suicide*	13	9.8	9.7
Mortality	Child Mortality	19	27.5	28.7
	Infant Mortality	29	6.0	5.6
	Neonatal Mortality*	35	4.0	3.6
Physical Health	Asthma	18	6.4%	6.8%
	Congenital Syphilis*	9	22.0	105.8
	High Health Status*	20	91.1%	89.9%
	Low Birth Weight	25	8.4%	8.5%
	Low Birth Weight - Racial Disparity	42	2.2	2.1
	Neonatal Abstinence Syndrome*	15	4.7	5.1
	Overweight or Obesity	5	27.1%	31.3%
Overall - Children		14	0.289	

13 0.293