

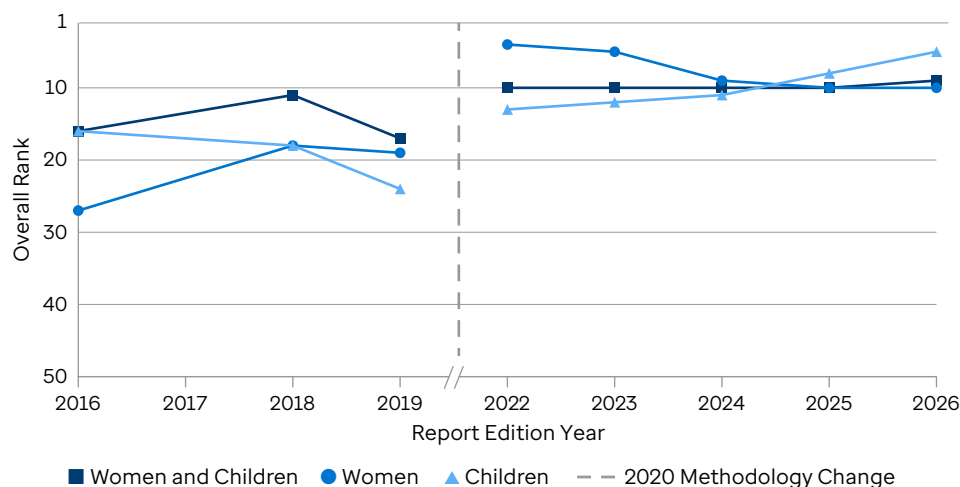
10 Years of Data

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 low birth weight infants
- Low prevalence of women in poverty
- Low prevalence of tobacco use among adolescents

Challenges

- High prevalence of unemployment among women
- Low prevalence of physical activity among children
- Low prevalence of well-woman visits

Key Findings

Severe Maternal Morbidity

72%▲

from 58.7 to 100.9 complications per 10,000 delivery hospitalizations between 2016 and 2023.

Cigarette Smoking

61%▼

from 15.8% to 6.1% of women ages 18-44 between 2013-2014 and 2023-2024.

Uninsured Children

50%▲

from 2.6% to 3.9% of children ages 0-18 between 2017 and 2024.

Children in Poverty

39%▼

from 18.8% to 11.4% of children ages 0-17 between 2013 and 2024.

Measures

Women and Children

		State Rank	State Value	U.S. Value
Physical Environment		4	0.504	
Air and Water Quality	Air Pollution	19	7.7	8.8
	Drinking Water Violations	15	1.8	2.5
	Household Smoke	7	8.1%	10.3%
	Water Fluoridation	33	64.4%	72.3%
Climate and Health	Climate Policies	1	4	—
	Transportation Energy Use*	23	8.0	8.3
Housing and Transportation	Drive Alone to Work - Women	6	63.0%	67.4%
	Housing Cost Burden - Households With Children	38	28.7%	27.7%
	Housing With Lead Risk	21	13.3%	16.1%

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Measures (cont.)

Women		State Rank	State Value	U.S. Value
Social and Economic Factors		12	0.512	
Community and Family Safety	Firearm Deaths*	11	4.9	5.9
	Injury Deaths	16	472	470
	Intimate Partner Violence Before Pregnancy*	9	2.3%	—
Economic Resources	Concentrated Disadvantage	15	15.2%	25.8%
	Food Insecurity	13	11.0%	13.3%
	Gender Pay Gap*	36	81.3%	83.0%
	Poverty	8	11.6%	14.4%
	Unemployment	47	4.8%	3.9%
Education	College Graduate	13	42.5%	39.0%
Social Support and Engagement	Infant Child Care Affordability*	41	15%	12%
	Residential Segregation - Black/White	14	59	—
	Voter Participation	9	66.6%	60.0%
Clinical Care		22	0.363	
Access to Care	Adequate Prenatal Care	44	71.0%	75.0%
	Avoided Care Due to Cost	18	15.8%	18.5%
	Maternity Care Desert*	16	0.8	3.5
	Uninsured	17	8.4%	11.2%
	Women's Health Providers	15	579	48.1
Preventive Clinical Care	Cervical Cancer Screening	43	66.5%	69.7%
	Dental Visit	10	70.2%	65.6%
	Flu Vaccination	6	41.6%	33.9%
	Postpartum Visit*	27	91.0%	90.3%
	Well-Woman Visit	43	69.2%	73.4%
Quality of Care	Breastfeeding Initiation	2	92.3%	85.4%
	Dedicated Health Care Provider	18	81.7%	77.9%
	Low-Risk Cesarean Delivery	29	26.2%	26.6%
	Maternity Practices Score	11	86	82
Behaviors		5	0.597	
Nutrition and Physical Activity	Exercise	16	29.3%	27.6%
	Fruit and Vegetable Consumption	5	12.3%	9.8%
	Physical Inactivity	11	17.2%	22.0%
Sexual Health	Chlamydia	8	1,025.3	1,481.2
	High-Risk HIV Behaviors	28	8.8%	8.5%
	Unintended Pregnancy*	12	20.2%	—
Sleep Health	Insufficient Sleep	11	33.5%	36.5%
Smoking and Tobacco Use	Cigarette Smoking	5	6.1%	8.4%
	Cigarette Smoking During Pregnancy	15	2.0%	2.4%
	E-Cigarette Use	15	11.6%	11.7%
Health Outcomes		28	-0.170	
Behavioral Health	Drug Deaths*	29	27.0	25.0
	Excessive Drinking	22	18.2%	18.1%
	Frequent Mental Distress	33	25.0%	23.2%
	Illicit Drug Use	42	13.0%	10.5%
	Postpartum Anxiety*	13	18.7%	20.3%
	Postpartum Depression*	6	9.5%	11.9%
Mortality	Maternal Mortality*	5	15.4	23.1
	Mortality Rate	19	95.5	98.0
Physical Health	Depression*	31	36.2%	30.6%
	Diabetes*	7	2.7%	3.6%
	Frequent Physical Distress	37	11.6%	10.1%
	High Blood Pressure	10	9.9%	11.8%
	High Health Status*	26	50.0%	49.4%
	Multiple Chronic Conditions	24	4.8%	4.5%
	Obesity	13	31.0%	32.6%
	Severe Maternal Morbidity*	28	100.9	97.8
Overall - Women		10	0.363	

Children		State Rank	State Value	U.S. Value
Social and Economic Factors		13	0.419	
Community and Family Safety	Child Victimization*	3	2.1	7.2
	Firearm Deaths*	12	3.8	5.5
	Injury Deaths	19	16.8	17.8
Economic Resources	Children in Poverty	11	11.4%	15.5%
	Children in Poverty - Racial Disparity	6	2.7	3.0
	Food Sufficiency	9	71.4%	66.6%
	Students Experiencing Homelessness	46	4.2%	3.2%
	WIC Coverage	23	53.9%	54.5%
Education	Early Childhood Education	26	46.7%	49.3%
	Fourth Grade Reading Proficiency	16	32.0%	30.5%
	High School Completion	18	92.3%	89.9%
Social Support and Engagement	Adult Mentor*	35	88.3%	88.0%
	Adverse Childhood Experiences	6	12.3%	14.1%
	Foster Care Instability	10	12.6%	18.7%
	High-Speed Internet	5	97.8%	96.6%
	Neighborhood Amenities	20	38.6%	38.2%
	Reading, Singing or Storytelling*	4	69.0%	59.7%
Clinical Care		14	0.478	
Access to Care	ADD/ADHD Treatment	45	2.5%	3.4%
	Mental Health Treatment*	43	79.4%	83.3%
	Pediatricians	17	123.3	118.2
	Uninsured	15	3.9%	6.0%
Preventive Clinical Care	Childhood Immunizations	17	71.5%	68.0%
	HPV Vaccination	6	71.8%	62.9%
	Preventive Dental Visit	5	86.4%	80.2%
	Well-Child Visit	26	80.1%	79.6%
Quality of Care	Adequate Insurance	9	68.7%	64.6%
	Developmental Screening	30	37.4%	36.5%
	Medical Home	41	44.6%	45.5%
Behaviors		11	0.588	
Nutrition and Physical Activity	Breastfed	13	32.8%	27.9%
	Physical Activity	43	17.4%	19.7%
	Soda Consumption*	—	—	7.5%
Sexual Health	Dual Contraceptive Nonuse*	—	—	85.6%
	Teen Births	13	9.3	12.6
Sleep Health	Adequate Sleep	13	70.4%	65.3%
	Sleep Position*	26	70.4%	69.0%
Smoking and Tobacco Use	Electronic Vapor Product Use*	—	—	16.8%
	Tobacco Use	3	1.5%	1.9%
Health Outcomes		4	0.668	
Behavioral Health	Alcohol Use	21	6.5%	6.8%
	Flourishing	14	67.0%	66.7%
	Illicit Drug Use	29	7.9%	7.4%
	Mental Health Conditions	18	20.6%	20.5%
	Teen Suicide*	21	10.8	9.7
Mortality	Child Mortality	14	26.0	28.7
	Infant Mortality	13	4.7	5.6
	Neonatal Mortality*	9	3.0	3.6
Physical Health	Asthma	2	4.7%	6.8%
	Congenital Syphilis*	26	68.4	105.8
	High Health Status*	28	90.5%	89.9%
	Low Birth Weight	3	7.0%	8.5%
	Low Birth Weight - Racial Disparity	5	1.6	2.1
	Neonatal Abstinence Syndrome*	39	10.1	5.1
	Overweight or Obesity	11	28.7%	31.3%
Overall - Children		5	0.523	

WA Overall - Women and Children

9 0.440

* Unweighted measure that does not contribute to a state's overall rank.
 — Data not available, missing or suppressed.