

## News Articles

# State Rankings Since 1990



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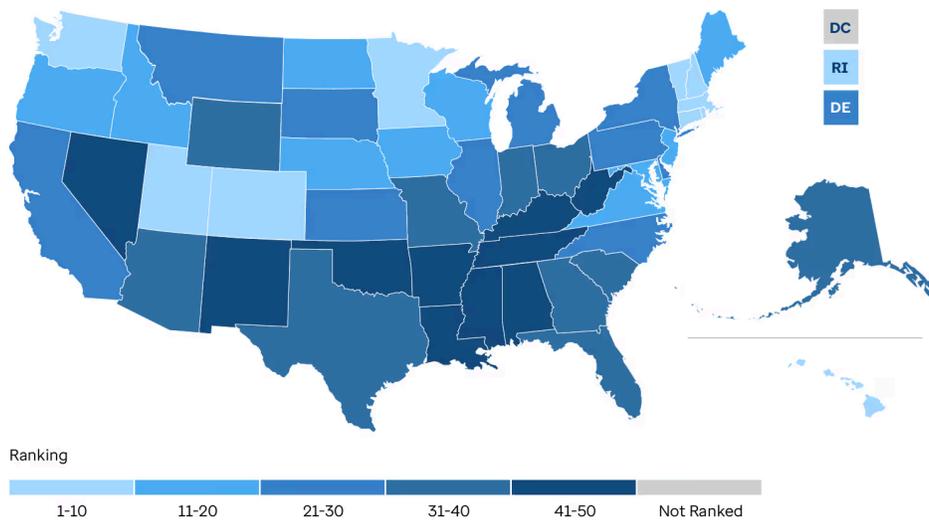


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BY AMERICA'S HEALTH RANKINGS, 08/18/2025

The overall state rankings derive from various measures across [five categories of health](#): Social and Economic Factors, Physical Environment, Behaviors, Clinical Care and Health Outcomes.

### 2024 Annual Report Data State Rankings



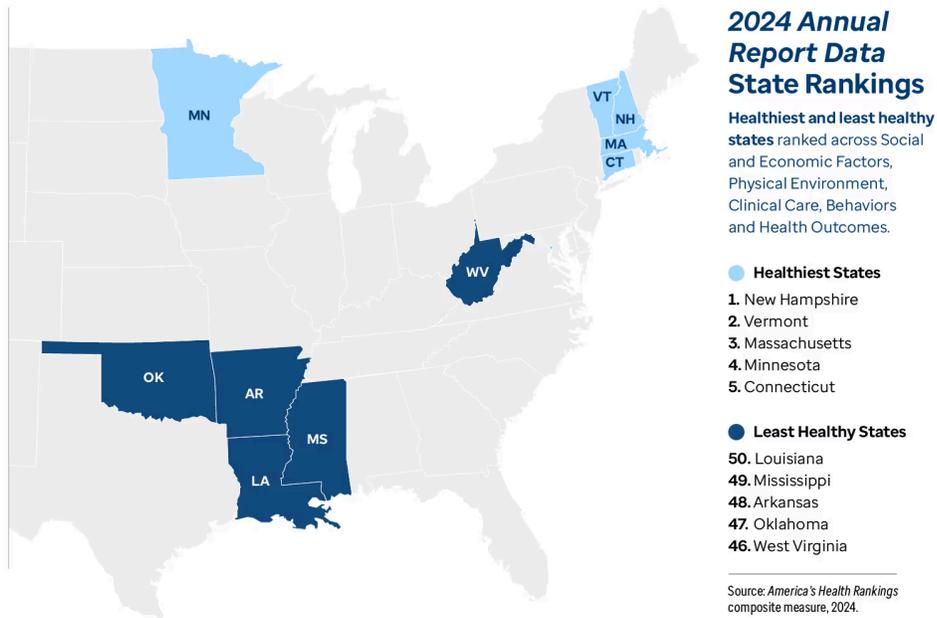
## 2024: TOP FIVE HEALTHIEST AND LEAST HEALTHY STATES

[New Hampshire](#) is the healthiest state based on *2024 Annual Report* data, for the third consecutive year. It ranks among the top five states in [Social and Economic Factors](#) (No. 1), [Behaviors](#) (No. 2) and [Clinical Care](#) (No. 4). New Hampshire is No. 9 in [Health Outcomes](#) and No. 13 in [Physical Environment](#).

[Vermont](#) (No. 2), [Massachusetts](#) (No. 3), [Minnesota](#) (No. 4) and [Connecticut](#) (No. 5) complete the top five healthiest states. These states were also the top five states in the *2023 Annual Report*.

[Louisiana](#) is the least healthy state in the U.S. for the third consecutive year. The state ranks in the bottom five states in [Social and Economic Factors](#) (No. 50), [Physical Environment](#) (No. 47), [Behaviors](#) (No. 49) and [Health Outcomes](#) (No. 50). Louisiana is No. 34 in [Clinical Care](#).

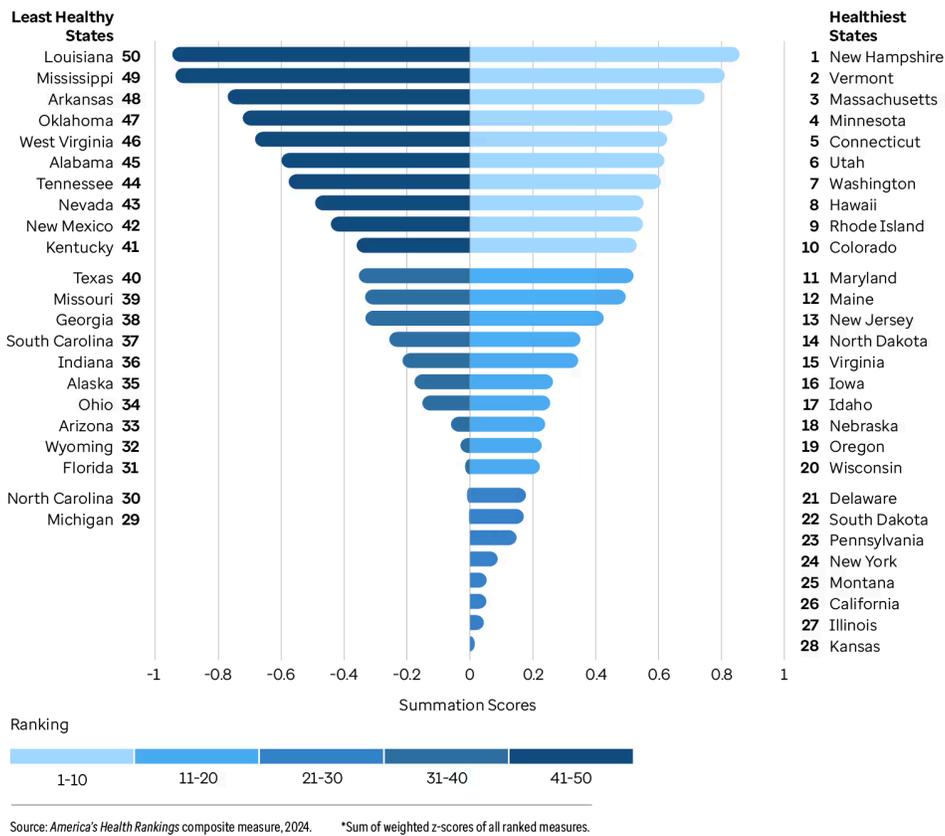
[Mississippi](#) (No. 49), [Arkansas](#) (No. 48), [Oklahoma](#) (No. 47) and [West Virginia](#) (No. 46) complete the five least healthy states. With the exception of West Virginia, these states were also in the bottom five states in the *2023 Annual Report*. West Virginia returned to the bottom five this year, switching spots with [Alabama](#) (No. 45).



## STATE RANKINGS: UNDERSTANDING DIFFERENCES IN RANKINGS BETWEEN STATES

This graph displays the state scores and ranks with the least healthy states on the left and the healthiest states on the right. The distance between bars shows the difference between state scores. For example, Mississippi (No. 49) and Arkansas (No. 48), while close in ranking, have a sizable difference in score, meaning Mississippi would need to improve in many measures to move up in the rankings. There is also a large gap in score between Massachusetts (No. 3) and the next healthiest state, Minnesota (No. 4), as well as between [Ohio](#) (No. 34) and [Arizona](#) (No. 33).

## 2024 Annual Report Data State Rankings and Scores\*



Use [the Adjust My Rank tool](#) to explore how progress and challenges across key measures can affect a state's overall rank.

## STATE RANKINGS SINCE 1990

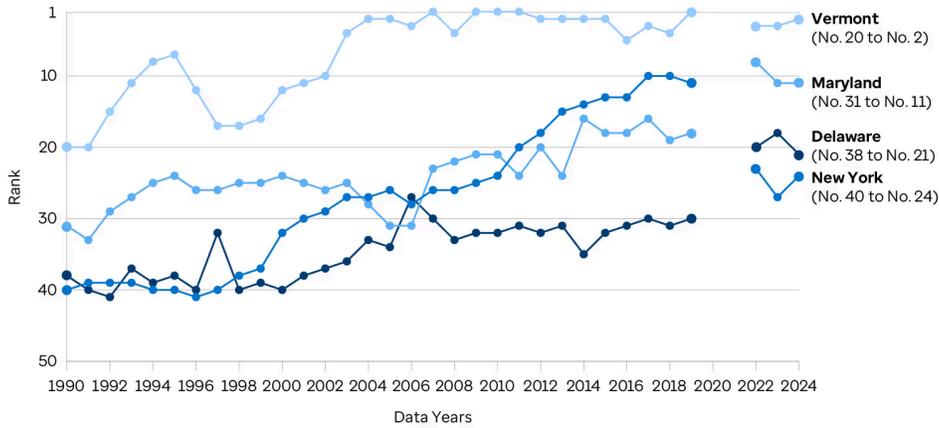
Since the inception of *America's Health Rankings* in 1990, [Hawaii](#), [Minnesota](#), [New Hampshire](#) and [Utah](#) have been in the top 10 healthiest states, while [Louisiana](#), [Mississippi](#), [Tennessee](#) and [West Virginia](#) have consistently ranked among the 10 least healthy states.

Four states improved more than 15 spots between 1990 and 2024:

- [Maryland's](#) rank improved 20 places (No. 31 to No. 11).
- Vermont's rank improved 18 spots (No. 20 to No. 2).
- [Delaware's](#) rank improved 17 places (No. 38 to No. 21).
- [New York's](#) rank improved 16 spots (No. 40 to No. 24).

## States with the Largest Improvements in State Rankings

Between 1990 and 2024



Source: America's Health Rankings composite measure, 1990 and 2024.  
 Note: America's Health Rankings composite measure, 1990-2024. Rankings were not calculated in 2020 and 2021 due to the COVID-19 pandemic.

Fourteen additional states improved their rank by more than five places:

- [Oregon](#) (No. 28 to No. 19) and [Rhode Island](#) (No. 18 to No. 9) improved nine places.
- [Florida](#) (No. 39 to No. 31), Massachusetts (No. 11 to No. 3), New Hampshire (No. 9 to No. 1) and [New Jersey](#) (No. 21 to No. 13) improved eight spots.
- [Illinois](#) (No. 34 to No. 27), [Maine](#) (No. 19 to No. 12), [South Carolina](#) (No. 44 to No. 37), [Virginia](#) (No. 22 to No. 15) and [Washington](#) (No. 14 to No. 7) improved seven places.
- [Kentucky](#) (No. 47 to No. 41), [Michigan](#) (No. 35 to No. 29) and [North Carolina](#) (No. 36 to No. 30) improved six spots.

On the other hand, five states worsened 15 or more spots between 1990 and 2024:

- [New Mexico's](#) rank declined 17 places (No. 25 to No. 42).
- [Kansas](#) (No. 12 to No. 28) and [Wyoming](#) (No. 16 to No. 32) both declined 16 spots.
- [Missouri](#) (No. 24 to No. 39) and Oklahoma (No. 32 to No. 47) both declined 15 spots.

The ranks of nine additional states worsened more than five spots between 1990 and 2024:

## 35 Years of State Rankings

Rankings by Decade Listed by 2024 Ranking

1990	2000	2010	2019	2024	
9	3	3	6	1	New Hampshire
20	12	1	1	2	Vermont
11	5	2	2	3	Massachusetts
2	1	6	7	4	Minnesota
8	7	4	4	5	Connecticut
3	4	7	5	6	Utah
14	8	11	9	7	Washington
4	2	5	3	8	Hawaii
18	18	10	13	9	Rhode Island
10	6	13	10	10	Colorado
31	24	21	18	11	Maryland
19	13	8	21	12	Maine
21	22	17	8	13	New Jersey
1	10	16	14	14	North Dakota
22	21	22	15	15	Virginia
6	9	15	20	16	Iowa
15	16	9	16	17	Idaho
5	15	12	17	18	Nebraska
28	17	14	22	19	Oregon
7	11	18	23	20	Wisconsin
38	40	32	30	21	Delaware
17	14	20	25	22	South Dakota
26	27	27	28	23	Pennsylvania
40	32	24	11	24	New York
13	23	25	24	25	Montana
23	19	26	12	26	California
34	30	29	26	27	Illinois
12	20	23	29	28	Kansas
35	28	28	32	29	Michigan
36	38	35	36	30	North Carolina
39	34	36	33	31	Florida
16	25	19	19	32	Wyoming
29	29	31	31	33	Arizona
27	31	33	38	34	Ohio
37	26	30	27	35	Alaska
30	33	38	41	36	Indiana
44	45	41	42	37	South Carolina
43	39	37	40	38	Georgia
24	36	39	39	39	Missouri
33	37	40	34	40	Texas
47	41	44	43	41	Kentucky
25	35	34	37	42	New Mexico
45	43	47	35	43	Nevada
42	42	42	44	44	Tennessee
45	46	45	47	45	Alabama
48	47	43	45	46	West Virginia
32	44	46	46	47	Oklahoma
41	48	48	48	48	Arkansas
49	50	50	50	49	Mississippi
50	49	49	49	50	Louisiana

Ranking  
 1-10 11-20 21-30 31-40 41-50

Source: America's Health Rankings composite measure, 1990-2024.  
 Note: Rank based on sum of weighted z-scores of all Annual Report ranking measures.

- [Nebraska](#) (No. 5 to No. 18), [North Dakota](#) (No. 1 to No. 14) and [Wisconsin](#) (No. 7 to No. 20) declined 13 places.
- [Montana](#) (No. 13 to No. 25) declined 12 spots.
- [Iowa](#) (No. 6 to No. 16) declined 10 places.
- Arkansas (No. 41 to No. 48), Ohio (No. 27 to No. 34) and [Texas](#) (No. 33 to No. 40) declined seven spots.
- [Indiana](#) (No. 30 to No. 36) declined six places.

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