

## HEALTH STATUS

**W**omen's health status is one of the strongest determinants of how women use the health care system. The poorer their health, the more women need and benefit from high-quality, appropriate care. Overall, the majority of women in the U.S. report that they are healthy and live life free of disability. However, many women deal with a wide range of chronic illnesses such as diabetes, cardiovascular disease, or cancer throughout their lives. Some of these conditions can be prevented or cured through preventive screenings and early detection. Others can be managed effectively with ongoing medical attention and lifestyle changes without compromising women's ability to work or raise families, or their general quality of life. Some conditions, however, can inflict severe disability. Physical or mental limitations are also a facet of health and well-being and can affect a woman's ability to participate in daily activities, such as work, recreation, or household management. Additionally, women play a leading role as the primary caregivers for both children and older, frail, or disabled family members, which means that women's health and well-being have important implications for those who rely on them.

Health status measures used in this report cover a variety of health conditions, associated behaviors, and outcomes. Indicators in this section reflect many of the leading causes of death and disability in women. In 2005, heart disease and cancer accounted for 48% of all deaths among U.S. women.<sup>9</sup> There are sizable differences in the rates at which various subgroups of women experience certain diseases and conditions. For example, diabetes and obesity affect a greater percentage of African American, Hispanic, and American Indian and Alaska Native women than White and Asian American, Native Hawaiian and Other Pacific Islander women. Causes of death and disability also vary across racial and ethnic groups. For example, among all nonelderly adult women, AIDS is ranked tenth as the cause of death, but for African American women it is fifth.<sup>10</sup>

Historically, most clinical research was focused on men, particularly White men. But as more efforts have been invested in women's health, research has found that women have health-related experiences that are different from men's on several levels, including screening, detection, and treatment. This chapter compares state-level rates for women of different racial and ethnic groups on a spectrum of health status indicators. An indicator disparity score, assessing the level of disparity between White women and women of color for each state on each indicator, is also presented, as is a dimension score for each state on the overall health status dimension.

The data for these indicators are drawn from a number of sources including the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS), the National Vital Statistics System, and the CDC's HIV/AIDS Surveillance Supplemental Report. The indicators included in this dimension are:

1. Fair or Poor Health Status
2. Unhealthy Days
3. Limited Activity Days
4. Diabetes
5. Cardiovascular Disease
6. Obesity
7. Smoking
8. Cancer Mortality
9. New AIDS Cases
10. Low-Birthweight Infants
11. Serious Psychological Distress



TABLE 1.0. Health Status Dimension Scores, by State

	State	Dimension Score	State	Dimension Score
<b>Better than Average</b>	Iowa	-0.85	Alabama	0.53
	Hawaii	-0.75	Alaska	-0.32
	Washington	-0.72	Arizona	-0.54
	Utah	-0.70	Arkansas	0.81
	Oregon	-0.65	California	-0.50
	Arizona	-0.54	Colorado	-0.41
	Minnesota	-0.53	Connecticut	-0.17
	California	-0.50	Delaware	0.16
	Massachusetts	-0.47	District of Columbia	0.32
	Maryland	-0.47	Florida	-0.22
	Virginia	-0.46	Georgia	-0.23
	New Mexico	-0.43	Hawaii	-0.75
	Colorado	-0.41	Idaho	-0.18
	New Jersey	-0.38	Illinois	0.03
	Kansas	-0.30	Indiana	0.68
	New York	-0.26	Iowa	-0.85
	Georgia	-0.23	Kansas	-0.30
	Florida	-0.22	Kentucky	1.50
	Texas	-0.19	Louisiana	0.63
<b>Average</b>	Vermont	-0.40	Maine	0.00
	New Hampshire	-0.38	Maryland	-0.47
	Alaska	-0.32	Massachusetts	-0.47
	Nebraska	-0.28	Michigan	0.33
	Idaho	-0.18	Minnesota	-0.53
	Connecticut	-0.17	Mississippi	0.91
	Wyoming	-0.14	Missouri	0.33
	Nevada	-0.13	Montana	0.53
	Maine	0.00	Nebraska	-0.28
	Wisconsin	0.02	Nevada	-0.13
	Illinois	0.03	New Hampshire	-0.38
	North Carolina	0.11	New Jersey	-0.38
	South Carolina	0.16	New Mexico	-0.43
	Delaware	0.16	New York	-0.26
	Rhode Island	0.18	North Carolina	0.11
	Tennessee	0.20	North Dakota	0.95
	West Virginia	0.27	Ohio	0.73
Missouri	0.33	Oklahoma	0.57	
<b>Worse than Average</b>	District of Columbia	0.32	Oregon	-0.65
	Michigan	0.33	Pennsylvania	0.68
	South Dakota	0.46	Rhode Island	0.18
	Alabama	0.53	South Carolina	0.16
	Montana	0.53	South Dakota	0.46
	Oklahoma	0.57	Tennessee	0.20
	Louisiana	0.63	Texas	-0.19
	Indiana	0.68	Utah	-0.70
	Pennsylvania	0.68	Vermont	-0.40
	Ohio	0.73	Virginia	-0.46
	Arkansas	0.81	Washington	-0.72
	Mississippi	0.91	West Virginia	0.27
	North Dakota	0.95	Wisconsin	0.02
	Kentucky	1.50	Wyoming	-0.14

--- Best state in column  
 — Worst state in column

## FAIR OR POOR HEALTH STATUS

Individuals who report their health as fair or poor tend to have higher need for, and use of, health care services than those in better health. They also tend to have higher mortality.<sup>11</sup> Generally speaking, women of color are more likely to report fair or poor health than their White counterparts.<sup>12</sup> Data presented for self-reported health status are age-adjusted and drawn from the Behavioral Risk Factor Surveillance System (BRFSS).

### Highlights

- Nationally, more than one in eight (12.8%) women rated their health as fair or poor (Table 1.1). Hispanic (26.9%) and American Indian and Alaska Native women (22.1%) had the highest rates of fair or poor health status, followed by Black women (16.9%), White women (9.5%), and Asian American, Native Hawaiian and Other Pacific Islander women (7.9%).
- There was considerable variation among racial and ethnic groups across the states. For example only 7.4% of Latinas in Missouri reported fair or poor health compared to 34.3% in Illinois.
- The U.S. disparity score for fair or poor health was 2.07, which can be interpreted as meaning that rates of fair or poor health status for women of color were more than double that of White women. State disparity scores ranged from a low of 0.86 in West Virginia (the only state with a disparity score less than 1.00 where a higher share of White women reported fair or poor health than minority women) to a high of 4.20 in District of Columbia.
- Only Maine had a disparity score that approached 1.00, meaning that a similar share of White women and women of color reported fair or poor health.
- As shown in Figure 1.1, the vast majority of states clustered in the upper quadrants, with disparity scores above 1.00 and with state prevalence rates for White women dispersed around the national average for White women. In the states in the upper left quadrant, White women had lower rates of fair or poor health than the national average for White women, while in the states in the upper right quadrant, they had higher rates.
- In the District of Columbia, found at the upper left side of the upper left quadrant (Figure 1.1), only 3.0% of White women reported fair or poor health, the lowest rate for White women in the nation and a rate considerably lower than their Latina counterparts (13.7%).
- Similarly, in California, also in the upper left quadrant, only a small share of White women reported fair or poor health (6.2%), and the gap between them and minority women led to the second highest disparity score.
- In contrast, in the upper right quadrant along the bottom right, in states like Arkansas, Mississippi, Kentucky, and Tennessee, White women had rates of fair or poor health that were far higher than the national average for White women, but still better than the minority women in those states. For example, in Arkansas, 13.6% of White women reported fair or poor health, compared to the national average for White women of 9.5%. The rates, however, were considerably higher for Black women (23.4%) and Latinas (25.3%) in the state.
- Only West Virginia fell into a lower quadrant, with a disparity score under 1.00. This was because such a large share of White women (16.8%) reported fair or poor health, the highest rate of any state for White women, and a rate slightly higher than for all minority women (14.5%) in the state.

FIGURE 1.1. State-Level Disparity Scores and Prevalence of Fair or Poor Health Status for White Women Ages 18–64



TABLE 1.1. Fair or Poor Health Status, by State and Race/Ethnicity

State	Prevalence							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
<b>All States</b>	<b>2.07</b>	<b>12.8%</b>	<b>9.5%</b>	<b>19.7%</b>	<b>16.9%</b>	<b>26.9%</b>	<b>7.9%</b>	<b>22.1%</b>
Alabama	1.71	14.3%	12.0%	20.5%	21.2%			
Alaska	1.58	11.7%	9.6%	15.2%		9.3%		20.9%
Arizona	2.40	12.7%	8.6%	20.5%	19.8%	22.0%		22.7%
Arkansas	1.82	15.6%	13.6%	24.8%	23.4%	25.3%		
California	3.48	15.9%	6.2%	21.7%	16.5%	29.9%	6.5%	
Colorado	2.88	10.0%	7.0%	20.3%	10.5%	24.5%	6.2%	
Connecticut	2.80	8.5%	6.5%	18.3%	14.1%	26.6%	5.5%	
Delaware	1.32	9.7%	9.1%	12.0%	11.8%	14.3%		
District of Columbia	4.20	9.5%	3.0%	12.7%	13.3%	13.7%	2.8%	
Florida	1.86	13.5%	10.1%	18.8%	14.8%	22.9%	11.9%	
Georgia	1.36	11.9%	10.5%	14.3%	14.7%	14.2%		
Hawaii	1.82	11.6%	7.9%	14.5%		16.2%	12.6%	
Idaho	1.87	11.2%	10.3%	19.3%		20.8%		19.3%
Illinois	2.70	13.1%	8.4%	22.8%	18.3%	34.3%	10.9%	
Indiana	2.08	13.3%	11.4%	23.7%	20.5%	32.2%		
Iowa	2.90	7.7%	6.9%	20.0%	15.7%	25.9%		
Kansas	1.64	10.4%	9.4%	15.3%	16.4%	18.3%	10.5%	23.0%
Kentucky	1.46	16.5%	15.7%	23.0%	21.2%	28.1%		
Louisiana	1.78	14.3%	11.2%	19.9%	20.1%	17.7%		
Maine	1.03	10.5%	10.4%	10.8%				
Maryland	1.59	9.4%	7.4%	11.9%	13.0%	7.6%	8.6%	
Massachusetts	2.10	9.6%	7.8%	16.4%	15.7%	27.4%	4.5%	
Michigan	1.50	11.4%	10.3%	15.5%	18.2%	11.3%	4.1%	
Minnesota	1.55	8.0%	7.7%	11.9%	10.0%			
Mississippi	1.42	17.3%	14.9%	21.2%	21.4%	24.2%		
Missouri	1.39	11.7%	11.0%	15.4%	14.8%	7.4%		
Montana	1.93	9.0%	8.2%	15.8%		14.2%		17.7%
Nebraska	2.88	8.8%	7.3%	20.9%	16.5%	26.5%		
Nevada	2.15	17.1%	11.5%	24.7%	24.0%	31.2%	10.2%	
New Hampshire	1.52	7.9%	7.7%	11.7%		9.8%		
New Jersey	2.63	12.6%	7.8%	20.5%	14.7%	32.3%	8.0%	
New Mexico	1.95	14.8%	10.0%	19.5%		20.4%		17.0%
New York	2.45	13.5%	8.1%	19.9%	15.9%	29.7%	8.1%	
North Carolina	1.69	13.6%	11.1%	18.8%	17.5%	30.1%	8.3%	20.2%
North Dakota	2.34	7.1%	6.6%	15.4%				18.1%
Ohio	2.03	10.3%	8.9%	18.1%	19.5%	12.7%		
Oklahoma	1.64	14.7%	12.5%	20.4%	22.3%	28.1%	7.7%	19.4%
Oregon	1.61	12.2%	11.0%	17.7%		23.5%	8.4%	24.4%
Pennsylvania	2.07	11.1%	9.5%	19.6%	19.5%	24.5%	7.6%	
Rhode Island	2.83	9.3%	7.3%	20.5%	12.3%	28.7%		
South Carolina	1.53	12.6%	10.7%	16.3%	16.5%	13.1%		
South Dakota	2.20	8.2%	7.4%	16.2%		13.4%		18.4%
Tennessee	1.36	14.2%	13.3%	18.0%	18.8%			
Texas	2.11	17.0%	11.3%	23.9%	19.4%	26.9%	13.0%	
Utah	1.97	10.7%	9.3%	18.3%		24.3%	6.0%	
Vermont	1.94	7.8%	7.5%	14.5%		10.9%		
Virginia	1.65	8.8%	7.6%	12.5%	12.2%	16.8%		
Washington	1.66	10.6%	9.1%	15.2%	15.5%	23.7%	8.8%	24.6%
West Virginia	0.86	16.7%	16.8%	14.5%	15.2%			
Wisconsin	2.27	8.8%	8.0%	18.1%	20.9%	15.2%		
Wyoming	1.69	10.1%	9.3%	15.8%		16.8%		23.8%

**Note:** Among women ages 18–64.  
 \*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.  
 Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.  
**Source:** BRFSS, 2004–2006.  
 — — — Best state in column  
 ————— Worst state in column

## UNHEALTHY DAYS

In recent years, there has been increasing recognition of other self-reported measures of health status that capture dimensions of quality of life and well-being.<sup>13</sup> Unhealthy days quantifies the number of days during the past month that women stated their physical or mental health was “not good.” Overall, women report a higher number of days of poor physical and mental health than men.<sup>14</sup> This indicator is based on the sum of two questions in the BRFSS—one that asks respondents about the number of days in the preceding 30 days that their *physical health*, including physical illness and injury, were not good, and the other that asks about the number of days in the past 30 days that their *mental health*, including stress, depression, and problems with emotions, was not good. This measure, along with fair or poor health status, and days with limited activities, constitutes a measure of health related quality of life.

### Highlights

- On average in the U.S., women reported their physical or mental health was “not good” during 7.3 of the past 30 days (Table 1.2). This rate was highest for American Indian and Alaska Native women, who reported an average of 10.5 days in the past 30 days when their physical or mental health was not good compared to approximately 7 days for White, Black, and Hispanic women, and 5.5 days for Asian American, Native Hawaiian, and Other Pacific Islander women.
- There was variation within racial and ethnic groups living in different states. For example, White women in the District of Columbia averaged 4.7 unhealthy days, nearly half the rate of White women in Mississippi, West Virginia, and Kentucky, which all averaged close to 9 unhealthy days in the past 30 days. American Indian and Alaska Native women in Oregon had the highest number, averaging 12.9 unhealthy days in the past month.
- Nationally, the disparity score for unhealthy days was 1.01, or no disparity. This is the only indicator in this report for which there is practically no difference on a national level between White and minority women.
- At the state level, there were also modest differences between the average number of unhealthy days reported by White women and women in most other racial and ethnic groups, which is reflected in the low disparity scores, which ranged from 0.82 in West Virginia to 1.38 in the District of Columbia.
- In Figure 1.2, about one-third of the states fell into the upper left quadrant. White women in those states had a lower average number of unhealthy days than their minority counterparts, and also lower than the national average for White women.
- About one-quarter of the states fell into the upper right quadrant. In these states, the disparity score was greater than 1.00 (women of color had a higher number of unhealthy days than White women), even though White women in these states had a greater-than-average number of unhealthy days than the national average for White women.
- In the states in the lower quadrants, women of color had fewer average unhealthy days than White women.
- In Kansas (in the lower left quadrant), White women had fewer unhealthy days than the national average, but American Indian and Alaska Native women had more than the average number of days. This number was offset by Black and Latina women who comprise the majority of women of color in Kansas.
- Of the nine states in the lower right quadrant, White women in Mississippi and West Virginia in particular had far greater numbers of unhealthy days than the national average and also more, on average, than minority women in the state, leading to their disparity scores of less than 1.00.

FIGURE 1.2. State-Level Disparity Scores and Mean Number of Days that Physical or Mental Health Was “Not Good” in Past 30 Days for White Women Ages 18–64



TABLE 1.2. Days Physical or Mental Health Was "Not Good" in Past 30 Days, by State and Race/Ethnicity

State	Disparity Score	Mean Number of Days						
		All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/Alaska Native
<b>All States</b>	<b>1.01</b>	<b>7.3</b>	<b>7.2</b>	<b>7.3</b>	<b>7.6</b>	<b>7.4</b>	<b>5.5</b>	<b>10.5</b>
Alabama	1.05	8.1	8.1	8.5	8.5			
Alaska	1.14	7.4	7.0	8.0		6.8		9.1
Arizona	0.92	7.4	7.5	6.9	6.9	6.3		8.5
Arkansas	1.20	8.2	7.9	9.5	9.6	7.3		
California	1.02	7.3	7.1	7.3	8.0	7.8	5.4	
Colorado	1.15	6.6	6.3	7.3	7.2	7.4	4.9	
Connecticut	1.05	6.9	6.8	7.1	7.8	6.9	5.5	
Delaware	0.94	7.2	7.3	6.9	6.8	7.2		
District of Columbia	1.38	5.9	4.7	6.5	6.6	6.8	3.8	
Florida	0.92	7.5	7.7	7.1	7.4	6.8	6.1	
Georgia	1.02	7.2	7.2	7.3	7.2	6.9		
Hawaii	1.17	6.2	5.8	6.7		7.4	6.3	
Idaho	1.09	7.7	7.6	8.3		7.9		10.3
Illinois	1.04	7.0	6.9	7.2	7.4	7.2	5.2	
Indiana	1.17	7.7	7.5	8.7	8.7	7.8		
Iowa	1.07	6.0	6.0	6.4	6.9	6.0		
Kansas	0.98	6.3	6.3	6.2	7.2	5.5	3.7	10.0
Kentucky	1.16	8.7	8.5	9.9	9.5	9.5		
Louisiana	1.03	6.8	6.8	7.0	7.1	6.7		
Maine	0.90	7.7	7.8	7.0				
Maryland	0.90	6.8	7.0	6.3	6.5	6.4	4.6	
Massachusetts	1.11	7.0	6.8	7.6	7.5	8.8	6.3	
Michigan	1.06	7.5	7.3	7.8	8.1	7.6	4.1	
Minnesota	1.06	6.5	6.5	6.9	6.2			
Mississippi	0.96	8.9	9.0	8.7	8.6	9.2		
Missouri	1.06	7.1	7.1	7.5	6.8	7.1		
Montana	1.23	6.5	6.3	7.8		7.5		7.9
Nebraska	1.26	6.2	6.1	7.6	8.7	7.4		
Nevada	1.02	8.4	8.1	8.3	8.3	8.9	6.1	
New Hampshire	1.17	7.1	7.0	8.2		8.4		
New Jersey	0.96	7.2	7.2	6.9	7.2	7.3	5.4	
New Mexico	1.04	7.3	7.2	7.4		7.5		7.3
New York	1.05	7.5	7.1	7.5	7.3	8.6	5.4	
North Carolina	1.00	7.0	7.0	7.0	7.3	5.8	5.1	9.8
North Dakota	1.28	5.7	5.6	7.2				7.6
Ohio	1.10	7.8	7.7	8.5	8.9	5.9		
Oklahoma	1.14	8.1	8.0	9.1	8.2	7.5	4.0	9.4
Oregon	0.96	8.0	8.0	7.7		6.6	7.0	12.9
Pennsylvania	1.10	7.8	7.7	8.4	8.7	9.1	3.9	
Rhode Island	1.16	7.0	6.9	8.0	7.3	8.2		
South Carolina	1.02	7.3	7.3	7.4	7.2	8.7		
South Dakota	1.35	5.8	5.6	7.6		7.3		8.3
Tennessee	1.00	7.2	7.2	7.2	7.2			
Texas	1.02	7.2	7.1	7.2	8.5	6.9	5.1	
Utah	0.95	7.7	7.7	7.3		7.1	5.6	
Vermont	1.23	7.0	6.9	8.5		9.0		
Virginia	1.01	7.2	7.2	7.3	7.0	6.8		
Washington	0.98	7.6	7.5	7.4	8.9	7.9	5.5	12.0
West Virginia	0.82	8.8	8.9	7.3	7.1			
Wisconsin	1.28	6.7	6.5	8.3	9.4	6.8		
Wyoming	1.19	7.3	7.2	8.6		8.5		7.4

Note: Among women ages 18–64.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006.

--- Best state in column

— Worst state in column



TABLE 1.3. Days Activities Were Limited in Past 30 Days, by State and Race/Ethnicity

State	Mean Number of Days							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
<b>All States</b>	<b>1.21</b>	<b>3.5</b>	<b>3.2</b>	<b>3.9</b>	<b>4.3</b>	<b>3.8</b>	<b>2.7</b>	<b>6.2</b>
Alabama	1.15	4.0	3.9	4.5	4.5			
Alaska	1.34	3.5	3.2	4.3				4.5
Arizona	1.18	3.5	3.3	3.9		4.0		4.7
Arkansas	1.41	3.6	3.4	4.8	4.7	4.6		
California	1.19	3.7	3.3	3.9	5.5	4.0	2.7	
Colorado	1.17	3.0	2.9	3.4	4.1	3.2		
Connecticut	1.26	3.0	2.9	3.6	4.0	3.4		
Delaware	1.34	3.3	3.1	4.1	4.1	3.5		
District of Columbia	2.19	3.3	1.8	4.0	4.4	2.1		
Florida	1.19	3.6	3.4	4.0	4.4	3.6		
Georgia	1.28	3.3	3.0	3.9	3.8	3.8		
Hawaii	1.28	3.0	2.9	3.7		3.5	2.8	
Idaho	1.29	3.4	3.3	4.3		3.7		
Illinois	1.49	3.2	2.8	4.2	4.0	3.9		
Indiana	1.28	3.3	3.1	4.0	3.7	3.2		
Iowa	1.29	2.5	2.5	3.2		2.1		
Kansas	1.55	3.0	2.9	4.4	4.9	3.0		
Kentucky	1.36	4.7	4.5	6.1	5.2			
Louisiana	1.17	4.0	3.8	4.4	4.5	5.1		
Maine	1.38	3.6	3.5	4.9				
Maryland	1.29	3.3	2.9	3.8	4.0	3.1	3.1	
Massachusetts	1.59	3.1	2.8	4.4	4.3	5.4	3.0	
Michigan	1.53	3.5	3.1	4.8	5.3	3.8		
Minnesota	1.58	2.7	2.6	4.1				
Mississippi	1.17	4.3	4.0	4.7	4.6			
Missouri	1.41	3.7	3.5	4.9	4.2			
Montana	1.42	3.0	2.8	4.1				4.5
Nebraska	1.36	2.8	2.7	3.7	4.6	3.0		
Nevada	1.27	3.8	3.5	4.5		3.9		
New Hampshire	1.25	3.2	3.1	3.9				
New Jersey	1.46	3.4	2.9	4.2	4.4	4.9	2.5	
New Mexico	1.29	3.6	3.1	4.0		4.1		3.8
New York	1.20	3.3	2.9	3.5	3.6	3.6	2.7	
North Carolina	1.25	3.6	3.4	4.2	4.2	3.6		5.2
North Dakota	2.49	2.1	1.9	4.7				5.5
Ohio	1.58	3.3	3.1	4.8	5.4	2.3		
Oklahoma	1.09	4.0	3.9	4.2	4.6	4.2		4.7
Oregon	1.23	3.5	3.4	4.2		3.6	3.7	6.5
Pennsylvania	1.56	3.6	3.3	5.2	4.9	5.7		
Rhode Island	1.51	3.3	3.1	4.6	4.6	4.5		
South Carolina	1.08	3.4	3.3	3.6	3.5	3.7		
South Dakota	1.80	2.6	2.5	4.4				5.0
Tennessee	0.98	4.1	4.2	4.1	3.5			
Texas	0.92	3.8	3.9	3.6	4.6	3.3		
Utah	1.27	2.9	2.8	3.5		3.4		
Vermont	1.50	2.9	2.8	4.2		3.9		
Virginia	1.15	3.1	3.0	3.5	3.5	3.4		
Washington	1.15	3.3	3.2	3.7	4.3	4.3	2.6	6.2
West Virginia	0.92	4.3	4.3	4.0				
Wisconsin	1.66	2.7	2.6	4.3	5.7			
Wyoming	1.64	3.1	2.9	4.8		4.2		

Note: Among women ages 18–64.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006.

— — — Best state in column

———— Worst state in column

## DIABETES

Diabetes is a growing public health challenge across the nation. Among women ages 18 to 64, diabetes is the sixth-leading cause of death.<sup>16</sup> Women of color are particularly at risk for this disease, which has severe health implications, raising the risk for heart disease, kidney disease, high blood pressure, complications during pregnancy, and a host of associated health problems if not well controlled. Some consequences of diabetes are also more acute for women than men. Research has found that among people with diabetes who have had a heart attack, women have lower survival rates and poorer quality of life than men.<sup>17</sup> Diabetic women are also at greater risk for blindness than men.<sup>18</sup> This indicator, also from the BRFSS, measures the share of women who have ever been diagnosed with diabetes by a physician.

### Highlights

- Nationally, 4.2% of women had ever been diagnosed with diabetes (Table 1.4). The rates for American Indian and Alaska Native (8.6%), African American (7.5%), and Hispanic women (6.1%) were two to three times higher than those of White (3.3%) and Asian American, Native Hawaiian and Other Pacific Islander (3.2%) women.
- This is a condition for which there is tremendous state-to-state variation within communities of color. For example, American Indian and Alaska Native women in South Dakota were the hardest hit by diabetes (13.5%), a rate over three times higher than their counterparts in Alaska (3.5%). Similarly, 12.1% of Black women in Iowa had received a diabetes diagnosis compared to 5.0% of those living in Rhode Island.
- Nationally, the disparity score for diabetes was 1.87, meaning that diabetes rates were 87% higher for women of color than White women. State disparity scores varied greatly, ranging from 0.83 in Maine (the only state with a disparity score less than 1.00) to 7.37 in the District of Columbia. Almost half of the states had disparity scores greater than 2.00.
- States in the Northern Central and Southwestern regions tended to have higher disparity scores, whereas states in the Southeastern region tended to have lower disparity scores. States in the Southeastern region also tended to have higher-than-average prevalence rates for White women.
- Figure 1.4 shows that all states except Maine and West Virginia are located in the upper quadrants, with disparity scores higher than 1.00, meaning that diabetes rates are higher for women of color than for White women. White women in the states in the upper left quadrant had diabetes rates below the national average for White women and those in the upper right quadrant had rates above.

- The states with the highest disparity scores in the upper left quadrant (District of Columbia, Minnesota, Montana, North Dakota, South Dakota) also had the lowest rates of diabetes for White women at roughly 2.5% or lower. Furthermore, more than 1 in 8 American Indian and Alaska Native women (13%) in the Dakotas had diabetes, driving the high disparity score for those states.
- Six percent of White women in West Virginia had diabetes, representing the highest rate for White women in the U.S. West Virginia had a disparity score of 1.00 because the diabetes rate for the small Black population in the state, which constitutes the largest minority group, was also approximately 6% (which is lower than the national average for Black women).

FIGURE 1.4. State-Level Disparity Scores and Prevalence of Diabetes for White Women Ages 18–64

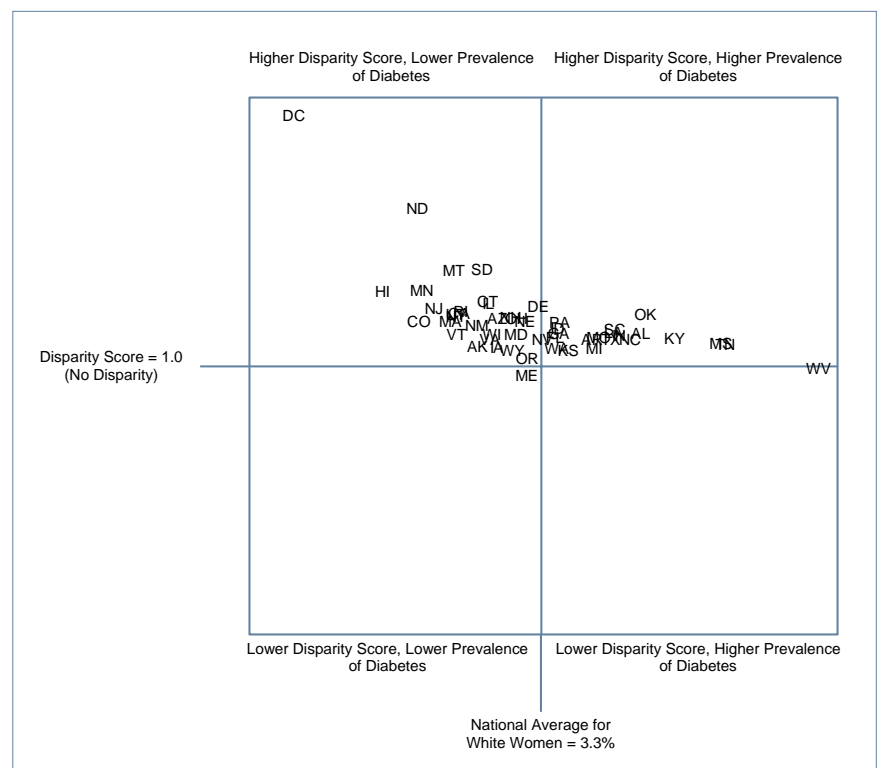


TABLE 1.4. Diabetes, by State and Race/Ethnicity

State	Prevalence							
	Disparity Score	All Women	All White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
All States	1.87	4.2%	3.3%	6.2%	7.5%	6.1%	3.2%	8.6%
Alabama	1.90	5.4%	4.3%	8.1%	7.8%			
Alaska	1.55	3.0%	2.7%	4.1%		5.0%		3.5%
Arizona	2.25	4.0%	2.9%	6.4%		6.0%		7.8%
Arkansas	1.74	4.3%	3.8%	6.6%	6.1%	7.3%		
California	2.40	4.5%	2.5%	5.9%	6.4%	6.8%	3.0%	
Colorado	2.18	2.6%	2.1%	4.5%	5.3%	5.2%	1.0%	
Connecticut	2.68	3.5%	2.8%	7.4%	7.3%	9.1%	2.7%	
Delaware	2.58	4.4%	3.3%	8.4%	9.2%	9.7%		
District of Columbia	7.37	4.6%	0.8%	6.2%	7.1%	1.9%	3.3%	
Florida	1.79	4.4%	3.4%	6.1%	7.0%	5.5%	6.3%	
Georgia	1.89	4.6%	3.5%	6.5%	7.2%	5.1%		
Hawaii	2.93	4.2%	1.7%	5.0%		6.8%	5.2%	
Idaho	2.02	3.8%	3.5%	7.0%		6.8%		10.9%
Illinois	2.64	4.2%	2.8%	7.3%	7.5%	8.9%	4.0%	
Indiana	1.83	4.4%	4.1%	7.4%	8.9%	4.9%		
Iowa	1.53	3.0%	2.9%	4.4%	12.1%	3.6%		
Kansas	1.45	3.9%	3.6%	5.2%	6.4%	5.4%	2.6%	12.9%
Kentucky	1.76	4.9%	4.6%	8.1%	8.2%	7.4%		
Louisiana	1.90	5.3%	4.0%	7.6%	7.8%	8.1%		
Maine	0.83	3.1%	3.2%	2.6%				
Maryland	1.87	4.1%	3.0%	5.7%	6.8%	3.9%	1.3%	
Massachusetts	2.17	2.9%	2.4%	5.2%	6.1%	7.3%	1.9%	
Michigan	1.51	4.2%	3.8%	5.7%	6.2%	6.9%	0.7%	
Minnesota	2.96	2.4%	2.1%	6.2%	5.4%			
Mississippi	1.65	6.3%	5.1%	8.4%	8.7%	4.3%		
Missouri	1.80	4.2%	3.9%	6.9%	7.9%	6.1%		
Montana	3.47	3.0%	2.4%	8.4%		7.7%		11.2%
Nebraska	2.17	3.5%	3.1%	6.8%	6.4%	6.8%		
Nevada	1.74	4.3%	3.3%	5.7%	8.9%	5.9%	1.8%	
New Hampshire	2.27	3.2%	3.0%	6.8%		9.7%		
New Jersey	2.53	3.4%	2.2%	5.6%	7.1%	5.5%	3.4%	
New Mexico	2.09	4.0%	2.6%	5.5%		5.0%		9.3%
New York	2.32	3.7%	2.4%	5.7%	7.7%	4.5%	4.2%	
North Carolina	1.73	5.0%	4.2%	7.2%	8.0%	6.0%	2.2%	7.9%
North Dakota	5.03	2.6%	2.1%	10.4%				13.2%
Ohio	2.26	3.6%	3.0%	6.9%	8.1%	2.2%		
Oklahoma	2.37	5.4%	4.3%	10.2%	8.4%	7.3%	7.2%	12.0%
Oregon	1.26	3.3%	3.1%	4.0%		4.9%	2.3%	6.0%
Pennsylvania	2.16	4.1%	3.5%	7.5%	8.2%	6.8%	4.8%	
Rhode Island	2.45	3.1%	2.5%	6.1%	5.0%	8.0%		
South Carolina	1.97	5.3%	4.0%	7.9%	8.3%	6.1%		
South Dakota	3.50	3.4%	2.7%	9.5%		8.2%		13.5%
Tennessee	1.62	5.8%	5.1%	8.3%	9.3%			
Texas	1.75	5.3%	4.0%	7.0%	9.1%	6.8%	0.8%	
Utah	2.36	2.9%	2.4%	5.8%		5.8%	2.8%	
Vermont	1.86	2.5%	2.5%	4.6%		2.9%		
Virginia	1.73	3.3%	2.8%	4.8%	6.6%	0.7%		
Washington	1.51	3.8%	3.4%	5.2%	9.2%	6.7%	3.5%	6.0%
West Virginia	1.00	6.0%	6.0%	6.0%	5.8%			
Wisconsin	1.85	3.0%	2.8%	5.2%	6.9%	2.9%		
Wyoming	1.44	3.2%	3.0%	4.3%		4.9%		8.8%

Note: Among women ages 18–64.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006.

— — — Best state in column

———— Worst state in column

## CARDIOVASCULAR DISEASE

Cardiovascular disease is the second-leading cause of death among women, and it is also a major cause of disability.<sup>19</sup> Heart disease kills more women than men annually, and over the past several years research has found important differences in how women and men experience cardiovascular disease in terms of risk factors, diagnosis, and treatment. On average, heart disease strikes women later in life than men.<sup>20</sup> Cardiovascular disease can also be harder to detect in women, as some of the symptoms associated with heart disease may present differently in men and women. As more research has emerged about the gender differences in heart disease, there have been increasing efforts to educate providers and the public on the manifestations of heart disease in women. Many women of color are at higher risk for cardiovascular disease because major risk factors, including hypertension and obesity, affect some racial and ethnic groups at very high rates. Access to health care is also critical for prevention and management of cardiovascular disease.

This age-adjusted indicator combines responses to three questions in the BRFSS. Respondents were asked whether they had ever been told that they had a heart attack, stroke, or angina. Data presented reflect the percentage of women who responded “yes” to any of the three questions.

### Highlights

- The rate of cardiovascular disease nationwide for women was 3.2%, with American Indian and Alaska Native women having the highest rate at 8.7%, followed by Black (4.8%), Hispanic (4.0%) and White (2.7%) women. Asian American, Native Hawaiian and Other Pacific Islander women had the lowest rate at 1.2% (Table 1.5).
- Among American Indian and Alaska Native women, those in North Carolina were hardest hit by cardiovascular disease, with 8.8% reporting at least one cardiovascular condition, compared to the lowest rate of 3.0% in New Mexico. The prevalence rates of cardiovascular disease for Black women in Michigan (7.3%) and Ohio (6.6%) were among the highest in the nation, considerably higher than the 1.3% for Black women in Colorado.
- The national disparity score for cardiovascular disease was 1.46, with state-level disparity scores ranging from a low of 0.75 in Wyoming to a high of 5.40 in District of Columbia. Five states had disparity scores less than 1.00, and twelve states had disparity scores higher than 2.00.
- As shown in Figure 1.5, most states were aggregated in the upper left quadrant, where disparity scores were higher than 1.00 and the prevalence of cardiovascular disease for White women was lower than the national average for White women.
- White women in the District of Columbia had a very low rate of cardiovascular disease (<1%) compared to 4.1% of Black women (who account for over half of the female population), increasing the disparity score to more than 5.00.
- North Dakota's high disparity score of 3.48 was attributable to the high rate of cardiovascular disease among American Indian and Alaska Native women (5.3%), compared to 1.3% of White women.
- While the disparity score for West Virginia was 1.15, White women in the state had the highest rate of cardiovascular disease among White women in the nation, and a rate higher than the rate reported by minority women in the state.

FIGURE 1.5. State-Level Disparity Scores and Prevalence of Cardiovascular Disease for White Women Ages 18–64



TABLE 1.5. Cardiovascular Disease, by State and Race/Ethnicity

State	Prevalence							
	Disparity Score	All Women	All White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
All States	1.46	3.2%	2.7%	3.9%	4.8%	4.0%	1.2%	8.7%
Alabama	0.82	4.4%	4.6%	3.8%	3.6%			
Alaska	1.04	3.1%	3.0%	3.1%				3.6%
Arizona	1.36	2.7%	2.4%	3.3%		2.9%		3.6%
Arkansas	1.17	3.9%	3.8%	4.4%	4.1%	2.8%		
California	2.29	3.8%	2.1%	4.8%	6.0%	6.3%	0.4%	
Colorado	2.10	2.2%	1.8%	3.8%	1.3%	4.3%		
Connecticut	2.29	1.9%	1.5%	3.5%	3.2%	3.7%	3.5%	
Delaware	1.83	3.2%	2.7%	5.0%	5.7%	3.9%		
District of Columbia	5.40	2.9%	0.7%	3.8%	4.1%	2.0%		
Florida	1.21	3.6%	3.4%	4.1%	5.5%	3.1%		
Georgia	0.96	3.1%	3.1%	2.9%	3.2%	1.1%		
Hawaii	1.78	2.9%	2.3%	4.0%		2.7%	3.0%	
Idaho	1.03	2.7%	2.7%	2.7%		3.0%		
Illinois	2.87	2.7%	1.6%	4.6%	4.4%	4.2%	1.9%	
Indiana	2.05	3.3%	2.8%	5.8%	5.9%	4.3%		
Iowa	1.42	2.0%	2.0%	2.8%		2.0%		
Kansas	1.91	2.3%	2.1%	4.0%	7.1%	1.7%		
Kentucky	1.43	4.6%	4.4%	6.3%	3.8%			
Louisiana	1.85	4.5%	3.5%	6.4%	6.6%	6.1%		
Maine	1.17	2.5%	2.5%	2.9%				
Maryland	1.19	2.8%	2.6%	3.0%	3.3%	2.7%	1.4%	
Massachusetts	1.64	2.2%	1.9%	3.1%	4.3%	3.8%	0.9%	
Michigan	2.79	3.0%	2.3%	6.4%	7.3%	5.1%		
Minnesota	1.45	1.5%	1.4%	2.1%				
Mississippi	1.29	4.5%	4.1%	5.3%	5.2%			
Missouri	1.32	3.2%	3.1%	4.1%	3.4%			
Montana	2.34	2.5%	2.3%	5.3%		6.9%		3.2%
Nebraska	1.37	1.8%	1.8%	2.5%	2.0%	1.6%		
Nevada	1.05	4.1%	4.0%	4.2%		4.2%		
New Hampshire	2.52	2.2%	2.1%	5.2%				
New Jersey	1.82	2.6%	2.0%	3.7%	4.8%	4.5%	0.1%	
New Mexico	1.11	2.3%	2.2%	2.5%		2.3%		3.0%
New York	1.93	2.4%	1.7%	3.4%	4.0%	4.1%	1.0%	
North Carolina	1.80	3.3%	2.6%	4.7%	4.6%	6.1%	0.0%	8.8%
North Dakota	3.48	1.5%	1.3%	4.5%				5.3%
Ohio	2.54	3.1%	2.5%	6.5%	6.6%	4.8%		
Oklahoma	1.47	3.9%	3.4%	5.1%	7.0%	4.9%	0.5%	5.9%
Oregon	1.54	2.3%	2.2%	3.3%		2.0%	3.7%	5.5%
Pennsylvania	1.83	2.7%	2.3%	4.3%	4.3%	5.0%	2.2%	
Rhode Island	1.53	2.4%	2.2%	3.3%	4.1%	3.6%		
South Carolina	1.21	3.1%	2.8%	3.4%	3.2%	4.9%		
South Dakota	2.09	2.6%	2.3%	4.8%				7.2%
Tennessee	0.98	4.1%	4.1%	4.0%	3.6%			
Texas	1.01	4.3%	4.4%	4.4%	5.2%	4.1%		
Utah	0.79	2.1%	2.1%	1.7%		1.9%		
Vermont	1.82	2.2%	2.1%	3.9%				
Virginia	1.54	2.3%	2.0%	3.1%	2.9%	3.8%		
Washington	1.42	2.3%	2.1%	3.0%	5.4%	3.0%	1.7%	7.2%
West Virginia	1.15	5.8%	5.8%	6.7%	3.9%			
Wisconsin	1.67	1.7%	1.7%	2.8%	4.0%			
Wyoming	0.75	2.4%	2.4%	1.8%		2.3%		

Note: Among women ages 18–64.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006. The cardiovascular disease module was only used by 8 states in 2004: DE, LA, OH, OK, PA, SC, VA, WV.

— — — Best state in column

———— Worst state in column

## OBESITY

Obesity rates have been on the rise over the past three decades. More deaths in the United States are associated with obesity and inactivity than with alcohol and motor vehicles combined.<sup>21</sup> Individuals who are obese have higher rates of several chronic diseases, including diabetes, cardiovascular disease, and hypertension, than those who are not obese.<sup>22</sup> For women, obesity has also been associated with arthritis, infertility, and post-menopausal breast cancer.<sup>23</sup> The far-reaching impact of obesity has affected the health system as well. One study estimated that the rise in obesity prevalence accounted for 12 percent of the growth in health spending during the 1990s.<sup>24</sup> Women are more likely to be obese than men, and with the exception of Asian American, Native Hawaiian and Other Pacific Islander women, women of color have higher rates than White women.

These age-adjusted data are based on body mass index (BMI) calculations computed from weight and height data collected in the BRFSS. Women with BMIs greater than or equal to 30 are classified as obese.

### Highlights

- Nationally, more than one in five women (22.7%) were obese, with Black (37.8%), American Indian and Alaska Native (30.4%), and Hispanic (27.3%) women having the highest rates (Table 1.6). Asian American, Native Hawaiian and Other Pacific Islander women had the lowest obesity rate at 8.4%, followed by White women at 20.1%.
- As with other health indicators, there was sizable variation in obesity rates within racial and ethnic groups of women. For example, obesity rates for American Indian and Alaska Native women ranged from a low of 30.9% in Kansas to 50.2% in North Dakota (the highest rate for any subgroup). Similarly, the rates for Hispanic women ranged from 9.9% in the District of Columbia to 33.8% in Wisconsin.
- The national disparity score for obesity was 1.41 and the scores of states ranged from a low of 0.97 in Maine to a high of 4.68 in the District of Columbia. The District of Columbia's obesity rate for Black women was near the national average for Black women, but was five times higher than the obesity rate for White women (6.8%), which was the lowest in the nation for White women.
- In Figure 1.6, most states' disparity scores were clustered in the center of the upper quadrants, meaning that most states had disparity scores above 1.00 and their rate for White women was similar to the national average for White women.
- West Virginia had the highest rate of obesity for White women at 27.8%, and one of the lowest disparity scores in the nation (1.04).
- North Dakota was also notable in that it had a disparity score greater than 2.00 due to the fact that half of its American Indian and Alaska Native population was obese, compared to 19.1% of the state's White women. South Carolina also had a high

disparity score attributable to the fact that 42.8% of its Black women were obese (accounting for nearly one-third of the population) compared to 21.4% of White women in the state.

- The District of Columbia was the most notable state, isolated in the upper left corner of Figure 1.6. The disparity score in the District was largely driven by the extremely low rate of obesity among White women (6.8%), which is less than half the rate of White women in Colorado, the next lowest state.
- Southern states tended to have higher disparity scores for obesity than other regions, driven in large part by the high obesity rates among Black women, even though a greater share of White women were obese than the national average for White women in many of those states. Western states tended to have lower disparity scores.

FIGURE 1.6. State-Level Disparity Scores and Prevalence of Obesity for White Women Ages 18–64

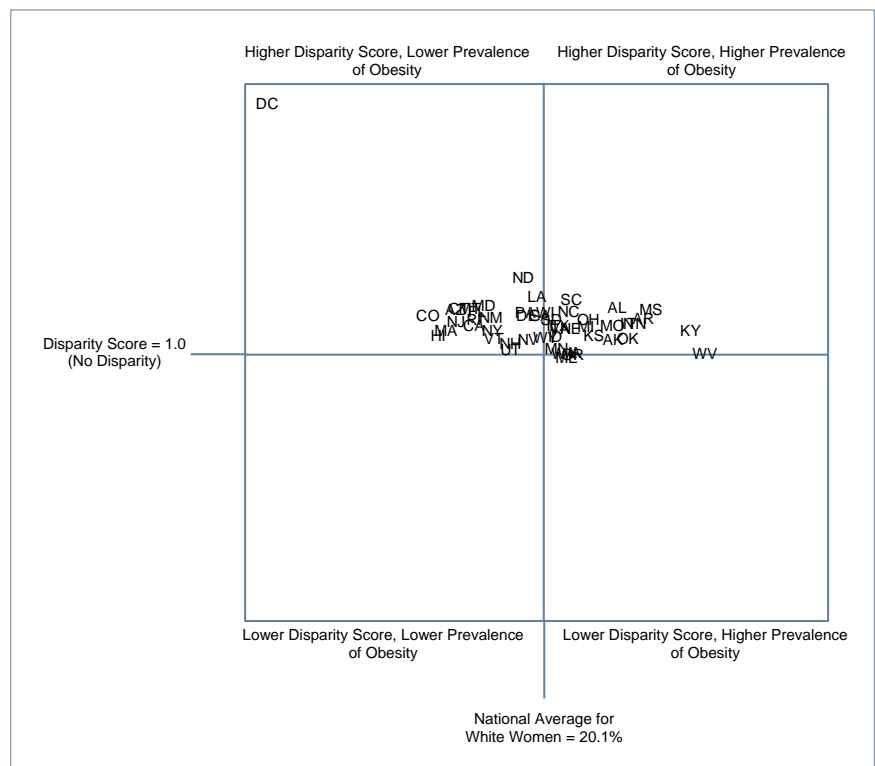


TABLE 1.6. Obesity, by State and Race/Ethnicity

State	Prevalence							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
All States	1.41	22.7%	20.1%	28.4%	37.8%	27.3%	8.4%	30.4%
Alabama	1.70	28.4%	23.6%	40.3%	43.0%			
Alaska	1.25	25.3%	23.4%	29.3%		30.3%		32.6%
Arizona	1.68	19.3%	15.8%	26.6%		27.0%		34.3%
Arkansas	1.55	27.0%	24.9%	38.6%	42.6%	29.1%		
California	1.44	21.5%	16.8%	24.2%	34.2%	29.4%	6.7%	
Colorado	1.59	16.3%	14.5%	23.1%	25.9%	25.7%	6.1%	
Connecticut	1.69	17.6%	16.0%	27.1%	37.3%	24.3%	9.1%	
Delaware	1.60	22.0%	19.3%	30.8%	36.1%	16.4%		
District of Columbia	4.68	24.1%	6.8%	31.8%	36.7%	9.9%	9.6%	
Florida	1.65	20.5%	16.9%	27.8%	36.6%	23.9%	8.2%	
Georgia	1.59	24.3%	19.9%	31.7%	36.1%	21.1%		
Hawaii	1.31	18.5%	15.0%	19.6%		25.1%	19.8%	
Idaho	1.28	21.3%	20.6%	26.5%		26.1%		45.1%
Illinois	1.45	23.5%	20.5%	29.8%	38.6%	30.4%	4.0%	
Indiana	1.49	25.3%	24.1%	35.8%	42.0%	27.2%		
Iowa	1.07	21.7%	21.6%	23.0%	42.4%	20.9%		
Kansas	1.29	23.6%	22.5%	29.2%	42.6%	28.7%		30.9%
Kentucky	1.37	27.9%	27.1%	37.2%	46.0%	22.4%		
Louisiana	1.87	25.8%	19.8%	36.9%	38.8%	26.6%		
Maine	0.97	21.2%	21.2%	20.6%				
Maryland	1.74	22.3%	17.2%	30.0%	36.5%	17.3%	7.5%	
Massachusetts	1.38	16.6%	15.4%	21.2%	33.6%	25.4%	5.6%	
Michigan	1.43	24.0%	22.1%	31.5%	37.9%	26.0%	5.2%	
Minnesota	1.12	21.0%	20.7%	23.2%	30.5%			
Mississippi	1.68	32.0%	25.3%	42.5%	44.4%	25.1%		
Missouri	1.45	24.7%	23.4%	33.9%	38.2%	22.0%		
Montana	1.70	17.7%	16.5%	28.1%		32.9%		34.5%
Nebraska	1.40	22.2%	21.4%	29.8%	34.4%	29.5%		
Nevada	1.24	21.2%	19.4%	24.0%	31.1%	26.9%	10.6%	
New Hampshire	1.20	18.7%	18.5%	22.1%		32.4%		
New Jersey	1.51	18.6%	15.9%	23.9%	34.4%	23.4%	7.5%	
New Mexico	1.57	22.2%	17.5%	27.5%		26.6%		33.3%
New York	1.37	20.4%	17.6%	24.1%	34.1%	23.5%	6.4%	
North Carolina	1.66	25.1%	21.3%	35.3%	41.5%	23.1%	6.2%	34.1%
North Dakota	2.15	20.6%	19.1%	41.0%				50.2%
Ohio	1.54	24.0%	22.2%	34.3%	38.2%	23.0%		
Oklahoma	1.25	26.1%	24.1%	30.3%	34.9%	32.4%	16.0%	34.2%
Oregon	1.02	21.9%	21.5%	22.0%		27.7%	8.8%	31.2%
Pennsylvania	1.63	21.1%	19.2%	31.4%	38.4%	25.4%	6.6%	
Rhode Island	1.55	17.9%	16.7%	25.8%	27.1%	28.0%		
South Carolina	1.83	27.2%	21.4%	39.1%	42.8%	16.9%		
South Dakota	1.54	21.7%	20.5%	31.5%		24.2%		43.9%
Tennessee	1.48	26.8%	24.5%	36.3%	40.9%			
Texas	1.45	25.0%	20.9%	30.3%	38.5%	29.6%	8.5%	
Utah	1.11	18.7%	18.5%	20.4%		21.8%		
Vermont	1.25	17.9%	17.7%	22.2%		18.7%		
Virginia	1.40	22.9%	20.9%	29.2%	35.9%	24.9%		
Washington	1.04	21.6%	21.1%	21.8%	34.2%	28.2%	11.4%	34.6%
West Virginia	1.04	27.8%	27.8%	28.9%	37.3%			
Wisconsin	1.65	21.0%	20.1%	33.1%	39.3%	33.8%		
Wyoming	1.28	20.6%	20.1%	25.7%		24.6%		

Note: Among women ages 18–64. Obesity is defined by body mass index.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006.

— — — Best state in column

———— Worst state in column

## SMOKING

The relationship between smoking and illness, particularly lung cancer, the leading cause of cancer mortality among women, is well documented. Smoking is more common among men than women, but takes an enormous toll on both sexes. High quantity and duration of smoking have been shown to have adverse effects on several health conditions, including cancer, heart disease, stroke, and respiratory illness. For women, there are strong negative effects on fertility and pregnancy. Based on the evidence linking smoking to negative health outcomes, many public health experts view smoking as a leading cause of preventable illness in the developed world.<sup>25</sup>

This indicator reports the age-adjusted rate of women who are current smokers. It is based on two questions in the BRFSS, which ask the respondent if she has smoked at least 100 cigarettes in her lifetime, and if so, whether she currently smokes every day, some days, or not at all.

### Highlights

- Nationally, one in five adult women was a current smoker in 2003–2005 (Table 1.7). Unlike many of the previous health indicators, White women had a higher rate of smoking (24.7%) than Black (18.7%) and Hispanic (11.5%) women. American Indian and Alaska Native women had the highest rate at 35.7%, and Asian American, Native Hawaiian and Other Pacific Islander women had the lowest rate at 8.4%.
- Smoking rates among White women in the District of Columbia (11.0%) and Utah (10.2%) were the lowest in the country; the rate for White women was highest in West Virginia (33.1%). In Utah, smoking rates among minority women were also among the lowest in the country, but rates among minority women in the District of Columbia were above the national average.
- The national disparity score for smoking was 0.59. Disparity scores ranged from 0.39 in Florida to 1.98 in South Dakota. Most states had disparity scores less than 1.00 since a smaller share of women of color smoked than White women.
- Unlike other health indicators, most states clustered in the lower quadrants (Figure 1.7) with disparity scores less than 1.00 (White women had higher smoking rates than women of color). Eleven states had disparity scores greater than 1.00 (women of color had higher smoking rates), most of them concentrated in the Northern Central region.
- North Dakota and South Dakota had particularly high disparity scores because of the high rates of smoking among their American Indian and Alaska Native women, with rates of 46.8% and 48.9%, respectively.
- In the states found in the lower right quadrant, smoking rates reported by White women were higher than the national average and higher than the rates for minority women. For example, in Florida almost one-third of White women smoked compared to 12.8% of Hispanic women, contributing to its very low disparity score of 0.39.
- In the lower left quadrant, the disparity scores were less than 1.00, and White women had lower smoking rates than the national average. For example, the smoking rate for White women in California was one of the lowest in the nation at 18.3%, but was still considerably higher than the combined rate for minority women in the state (8.9%).

FIGURE 1.7. State-Level Disparity Scores and Prevalence of Current Smoking for White Women Ages 18–64

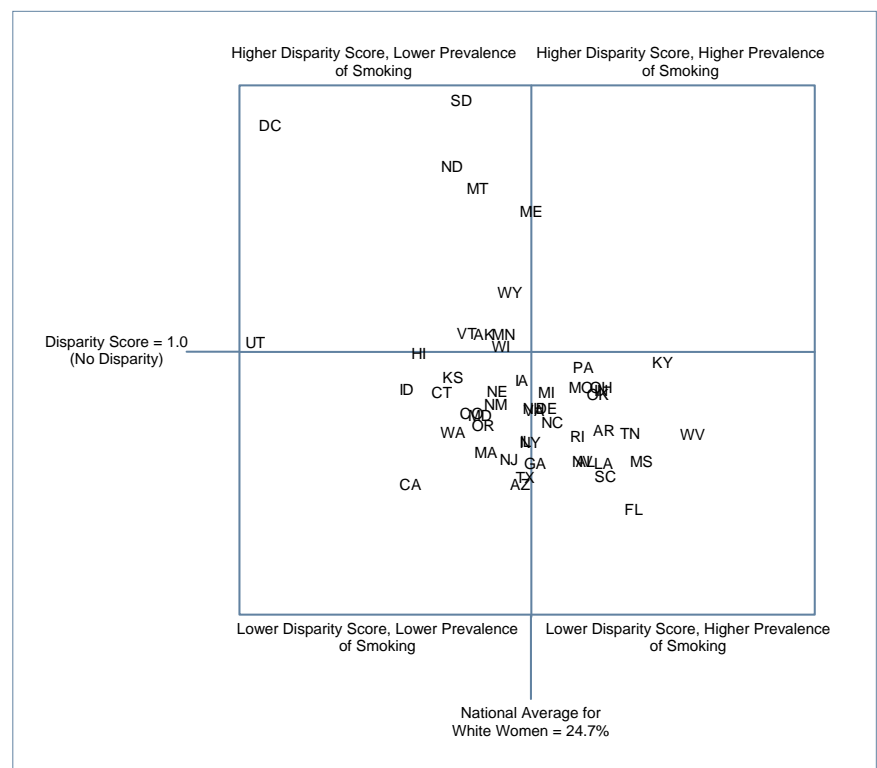


TABLE 1.7. Current Smoking, by State and Race/Ethnicity

State	Prevalence							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
All States	0.59	21.9%	24.7%	14.6%	18.7%	11.5%	8.4%	35.7%
Alabama	0.58	24.2%	27.5%	16.0%	14.5%			
Alaska	1.07	24.5%	22.2%	23.8%		14.5%		42.1%
Arizona	0.49	19.9%	24.0%	11.8%	23.0%	8.8%		20.3%
Arkansas	0.70	27.0%	28.4%	19.8%	17.5%	16.1%		
California	0.49	13.3%	18.3%	8.9%	15.1%	7.3%	8.7%	
Colorado	0.77	20.5%	21.5%	16.5%	20.1%	16.5%	8.2%	
Connecticut	0.85	19.5%	19.9%	16.9%	20.1%	17.6%	3.2%	
Delaware	0.79	24.2%	25.5%	20.0%	20.3%	20.8%		
District of Columbia	1.88	17.7%	11.0%	20.7%	22.3%	14.4%	11.5%	
Florida	0.39	23.4%	30.0%	11.8%	11.5%	12.8%	5.0%	
Georgia	0.57	21.1%	24.8%	14.2%	13.3%	12.7%		
Hawaii	1.00	18.6%	18.7%	18.7%		23.4%	18.1%	
Idaho	0.86	17.9%	18.1%	15.6%		13.3%		33.6%
Illinois	0.66	22.0%	24.4%	16.0%	19.7%	13.6%	5.8%	
Indiana	0.86	27.7%	28.3%	24.2%	27.2%	15.7%		
Iowa	0.89	23.9%	24.1%	21.5%	25.5%	18.0%		
Kansas	0.91	20.3%	20.6%	18.7%	21.8%	13.6%	9.0%	34.9%
Kentucky	0.96	31.4%	31.5%	30.3%	25.9%	35.3%		
Louisiana	0.57	24.1%	28.4%	16.2%	15.5%	18.1%		
Maine	1.55	25.3%	24.7%	38.1%				
Maryland	0.76	20.1%	22.0%	16.7%	18.4%	17.9%	5.5%	
Massachusetts	0.62	21.1%	22.3%	13.7%	18.9%	15.1%	6.5%	
Michigan	0.85	24.9%	25.4%	21.6%	22.6%	23.1%	6.8%	
Minnesota	1.07	23.4%	23.2%	24.9%	27.8%			
Mississippi	0.58	25.5%	30.4%	17.6%	16.9%	23.8%		
Missouri	0.87	26.8%	27.3%	23.6%	22.4%	22.7%		
Montana	1.64	23.2%	21.8%	35.7%		34.9%		44.6%
Nebraska	0.85	22.5%	22.9%	19.5%	21.9%	13.6%		
Nevada	0.58	23.4%	27.3%	15.8%	18.9%	14.1%	14.0%	
New Hampshire	0.78	24.5%	24.7%	19.4%	19.4%	17.7%		
New Jersey	0.59	20.4%	23.5%	13.8%	18.7%	13.3%	5.2%	
New Mexico	0.80	20.7%	22.8%	18.2%		19.1%		12.3%
New York	0.65	21.7%	24.6%	16.0%	21.4%	16.3%	4.8%	
North Carolina	0.73	23.7%	25.7%	18.8%	19.8%	9.8%	11.9%	35.2%
North Dakota	1.72	21.3%	20.5%	35.3%				46.8%
Ohio	0.87	27.7%	28.3%	24.5%	26.2%	11.1%		
Oklahoma	0.84	27.6%	28.1%	23.6%	27.2%	11.8%	11.4%	36.6%
Oregon	0.72	21.2%	22.1%	15.8%		7.5%	16.0%	31.8%
Pennsylvania	0.94	27.4%	27.4%	25.9%	26.8%	29.4%	9.1%	
Rhode Island	0.67	25.4%	27.1%	18.2%	28.5%	11.0%		
South Carolina	0.52	24.0%	28.5%	14.9%	13.7%	22.8%		
South Dakota	1.98	22.9%	21.0%	41.6%		35.2%		48.9%
Tennessee	0.69	28.0%	29.8%	20.5%	19.8%			
Texas	0.52	19.2%	24.4%	12.6%	20.0%	10.4%	3.0%	
Utah	1.04	10.2%	10.2%	10.6%		8.8%	5.8%	
Vermont	1.08	21.3%	21.3%	22.9%		25.1%		
Virginia	0.78	23.3%	24.8%	19.3%	18.5%	24.5%		
Washington	0.69	19.7%	20.6%	14.2%	22.2%	11.0%	8.0%	37.3%
West Virginia	0.68	32.5%	33.1%	22.6%	18.8%			
Wisconsin	1.02	23.2%	23.0%	23.6%	27.4%	20.0%		
Wyoming	1.23	24.2%	23.5%	29.0%		30.9%		33.5%

Note: Among women ages 18–64.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: BRFSS, 2004–2006.

— — — Best state in column

———— Worst state in column



TABLE 1.8. Cancer Mortality, by State and Race/Ethnicity

State	Cancer Death Rate Per 100,000 Women						
	Disparity Score	All Women	White	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
<b>All States</b>	<b>0.86</b>	<b>162.2</b>	<b>161.4</b>	<b>189.3</b>	<b>106.7</b>	<b>96.7</b>	<b>112.0</b>
Alabama	1.04	164.8	161.3	179.3	53.4	73.1	73.6
Alaska	0.94	161.8	159.5	142.4	151.6	87.4	205.3
Arizona	0.85	145.9	146.7	175.3	121.8	100.0	116.5
Arkansas	0.95	167.9	165.3	191.7	43.6	102.1	52.7
California	0.74	152.4	157.3	193.0	108.4	102.5	71.9
Colorado	0.88	146.6	147.5	160.6	128.5	104.4	94.3
Connecticut	0.75	159.0	159.4	168.4	87.5	77.8	79.0
Delaware	0.96	172.2	169.5	194.3	99.3	78.1	
District of Columbia	1.30	181.9	137.3	204.6	34.0	99.5	
Florida	0.85	152.8	151.7	171.1	103.2	68.5	58.3
Georgia	0.97	163.0	159.2	178.2	72.1	77.1	243.8
Hawaii	0.84	120.6	144.3	79.0	200.4	113.9	
Idaho	0.74	149.0	149.0		97.0	131.1	168.8
Illinois	0.91	170.1	165.8	217.1	90.1	82.1	45.3
Indiana	0.96	173.8	172.1	209.6	85.9	76.9	77.9
Iowa	0.77	156.9	156.7	207.1	84.4	104.2	
Kansas	0.89	104.2	156.6	199.5	97.4	88.8	194.0
Kentucky	1.09	182.1	180.2	221.5	166.0	114.0	
Louisiana	1.14	179.5	170.0	207.2	80.5	108.1	68.0
Maine	2.14	175.6	175.7				375.7
Maryland	0.96	170.0	166.0	191.1	55.3	91.9	83.4
Massachusetts	0.65	169.5	171.6	164.0	90.2	89.3	68.9
Michigan	1.05	166.3	162.5	198.6	105.6	90.0	209.8
Minnesota	0.86	156.1	156.0	181.0	88.2	117.9	196.8
Mississippi	1.14	168.3	159.2	190.0	41.3	104.4	184.3
Missouri	1.10	170.2	167.6	207.9	120.1	109.3	83.1
Montana	1.20	161.7	159.9		109.5	184.1	230.6
Nebraska	0.93	153.8	152.6	193.1	108.2	124.3	211.1
Nevada	0.60	176.2	180.5	184.0	83.8	105.0	95.7
New Hampshire	0.63	165.9	166.5		87.0	119.4	
New Jersey	0.72	171.9	173.1	191.0	91.8	74.7	73.4
New Mexico	0.85	140.8	144.4	128.8	130.9	88.5	98.9
New York	0.73	159.0	163.0	157.7	101.2	79.2	54.6
North Carolina	0.94	162.0	158.4	180.4	46.3	85.7	132.0
North Dakota	1.68	146.9	144.8				243.8
Ohio	1.04	173.2	170.8	204.9	94.9	79.0	51.2
Oklahoma	0.85	166.8	168.1	194.9	96.5	109.8	130.9
Oregon	0.64	169.2	170.6	171.5	86.0	118.3	163.5
Pennsylvania	1.02	169.2	166.6	208.6	111.3	82.8	48.3
Rhode Island	0.65	167.6	169.0	157.7	83.8	99.0	149.1
South Carolina	1.06	161.5	155.3	179.9	42.4	115.0	77.3
South Dakota	1.35	153.0	150.9				203.3
Tennessee	1.08	172.0	167.3	209.3	66.3	98.2	78.9
Texas	0.88	156.6	153.9	200.5	118.2	87.9	29.7
Utah	0.82	120.8	121.0	152.6	91.1	88.9	142.1
Vermont		160.1	160.6				
Virginia	1.00	165.5	161.2	195.9	103.3	100.4	67.0
Washington	0.72	165.1	167.9	180.5	102.1	108.9	170.8
West Virginia	1.14	181.2	181.3	205.8			
Wisconsin	0.86	157.5	156.3	197.4	59.1	100.4	172.4
Wyoming	1.02	159.0	158.6		152.5		218.5

**Note:** Among women of all ages. Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

**Source:** Data from 2000–2004 and provided by the National Vital Statistics System public use data file. Death rates calculated by the National Cancer Institute using SEER\*Stat.

— — — Best state in column  
 \_\_\_\_\_ Worst state in column

## NEW AIDS CASES

Women have been affected by HIV/AIDS since the beginning of the epidemic, but the impact on women has grown over time. Women now comprise over one-quarter of new AIDS cases in the U.S., and women of color have been especially hard hit. Black women represent the majority of new HIV and AIDS cases among women, and the majority of women living with the disease. Research suggests that women with HIV face limited access to care, and experience disparities in access relative to men.<sup>30</sup> Women are also more biologically susceptible to HIV infection during sex, and experience different clinical symptoms and complications. Regionally, the concentration of new AIDS cases among women is highest in the Northeast and the South.

This indicator measures the number of new AIDS cases in 2004 per 100,000 women in each racial and ethnic group. It includes both adolescents and adults, and is drawn from the CDC's HIV/AIDS Surveillance Supplemental Report.

### Highlights

- Nationally, there were 9.4 new AIDS cases in 2004 per 100,000 women (Table 1.9). A considerably higher share of minority women had an AIDS diagnosis than White women (26.4 vs. 2.3). Black women had the highest case rate (50.1), followed by Hispanic women (12.4) and American Indian and Alaska Native women (7.0). Asian American, Native Hawaiian and Other Pacific Islander women had the fewest (1.8) new AIDS diagnoses in 2004.
- There was also tremendous state-to-state variation within racial and ethnic groups. For example, the rates for African American women in the District of Columbia (176.2), New Hampshire (138.4), New York (115.3), and Florida (114.2) showed that Black women were still being strongly affected by the epidemic in 2004, while there were no reported cases among Black women in Idaho, Montana, and Wyoming. Similarly, the impact of the epidemic on Hispanic women was most evident in Connecticut (70.8), New York (53.1), District of Columbia (48.3), Maine (41.3), and Pennsylvania (40.7).
- The national disparity score for AIDS (11.58) was more than 5 times higher than national disparity scores for other health indicators in this report. Disparity scores ranged from high of 36.98 in Minnesota to a low of 0.0 in Montana, where no women of color had a new AIDS diagnosis in 2004.
- In Figure 1.9, most states clustered in the upper left quadrant, which reflects the low case rates for White women and the higher rates for African American and Latina women across the nation.
- Though White women in the states that lie in the upper right quadrant had higher rates of new AIDS cases than the national average for White women, the disparity scores in many of these states were still extremely high. Seven states in this quadrant had disparity scores that were higher than 10.00 despite the fact that White women in their states had a new AIDS case rate that was higher than the national average for White women.

FIGURE 1.9. State-Level Disparity Scores and AIDS Case Rate for White Women Ages 13 and Older



TABLE 1.9. New AIDS Cases, by State and Race/Ethnicity

State	AIDS Case Rate Per 100,000 Women							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
<b>All States</b>	<b>11.58</b>	<b>9.4</b>	<b>2.3</b>	<b>26.4</b>	<b>50.1</b>	<b>12.4</b>	<b>1.8</b>	<b>7.0</b>
Alabama	10.52	7.8	2.1	21.6	23.4	6.6	6.0	0.0
Alaska	8.04	5.2	1.7	13.8	35.2	8.8	14.1	10.4
Arizona	5.95	3.8	1.4	8.5	39.3	5.1	0.0	11.2
Arkansas	5.05	3.6	2.0	9.9	12.9	0.0	0.0	0.0
California	2.79	4.1	2.2	6.0	23.4	4.6	0.9	6.2
Colorado	7.10	2.5	1.0	7.5	21.7	4.7	0.0	30.4
Connecticut	9.14	16.5	6.0	54.8	56.6	70.8	2.3	0.0
Delaware	11.79	18.1	4.6	54.7	67.6	19.4	22.4	0.0
District of Columbia	31.12	108.4	5.0	154.4	176.2	48.3	0.0	153.6
Florida	9.70	23.0	5.8	55.8	114.2	16.4	2.5	19.6
Georgia	12.06	12.0	2.3	28.3	34.0	7.6	3.1	0.0
Hawaii	0.37	3.1	5.7	2.1	11.4	0.0	2.1	0.0
Idaho	15.35	1.4	0.6	9.2	0.0	10.4	0.0	14.8
Illinois	13.53	7.4	1.5	20.7	36.0	7.0	1.9	11.6
Indiana	13.75	2.9	1.1	14.7	20.1	5.9	3.2	0.0
Iowa	9.71	1.4	0.9	9.2	25.6	3.1	0.0	0.0
Kansas	16.65	2.4	0.7	12.1	19.8	9.8	4.2	0.0
Kentucky	16.03	2.6	1.1	17.2	19.9	8.6	6.2	27.1
Louisiana	12.05	16.5	3.3	39.2	43.5	14.3	0.0	0.0
Maine	16.01	2.3	1.6	26.0	71.9	41.3	0.0	0.0
Maryland	14.18	22.7	3.7	52.8	68.4	10.3	0.9	0.0
Massachusetts	13.07	6.1	2.0	26.4	43.2	30.1	0.0	18.8
Michigan	25.08	3.2	0.6	14.1	18.8	3.2	1.1	0.0
Minnesota	36.98	2.7	0.6	21.5	54.4	9.0	1.5	4.7
Mississippi	8.04	11.9	3.2	25.8	26.5	18.9	10.7	19.9
Missouri	14.10	2.5	0.8	11.6	15.6	0.0	0.0	0.0
Montana	0.00	0.3	0.3	0.0	0.0	0.0	0.0	0.0
Nebraska	12.52	2.5	1.1	13.7	29.0	5.6	8.9	0.0
Nevada	2.74	6.5	4.1	11.3	37.9	4.0	4.8	9.8
New Hampshire	18.55	2.0	1.1	21.2	138.4	0.0	0.0	0.0
New Jersey	12.22	16.9	3.5	43.2	85.2	22.1	1.6	37.3
New Mexico	1.77	3.5	2.5	4.4	7.6	4.4	0.0	4.4
New York	13.48	29.3	5.2	70.4	115.3	53.1	4.0	16.1
North Carolina	11.41	9.3	2.3	26.6	32.9	8.3	1.6	7.2
North Dakota	4.34	1.5	1.2	5.3	70.0	0.0	0.0	0.0
Ohio	12.25	2.5	0.9	11.6	12.7	14.6	0.0	0.0
Oklahoma	3.60	2.5	1.6	5.8	14.2	1.4	0.0	1.8
Oregon	6.47	1.8	1.0	6.5	28.0	5.8	0.0	5.8
Pennsylvania	15.95	9.1	2.8	44.2	54.5	40.7	0.9	42.5
Rhode Island	21.59	8.8	2.0	44.1	98.9	29.4	8.4	0.0
South Carolina	14.62	12.8	2.3	34.1	37.3	12.9	0.0	0.0
South Dakota	4.53	0.9	0.7	3.2	62.8	0.0	0.0	0.0
Tennessee	13.22	7.3	2.1	28.2	32.4	12.3	3.3	0.0
Texas	5.87	8.8	2.7	15.9	48.6	5.1	3.1	3.0
Utah	8.80	1.5	0.7	6.5	34.4	6.2	0.0	9.4
Vermont	11.01	1.5	1.2	12.8	81.7	0.0	0.0	0.0
Virginia	19.24	7.7	1.2	23.3	31.1	8.7	5.6	11.5
Washington	7.12	2.8	1.3	9.3	35.1	5.9	1.1	13.7
West Virginia	20.86	3.1	1.6	33.5	42.7	34.0	0.0	0.0
Wisconsin	22.10	1.5	0.4	9.7	17.7	4.0	0.0	0.0
Wyoming	NA	1.5	0.0	15.4	0.0	24.4	0.0	0.0

**Note:** Among women ages 13 and older.  
 \*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.  
 Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.  
**Data:** Centers for Disease Control and Prevention. AIDS cases, by geographic area of residence and metropolitan statistical area of residence, 2004. HIV/AIDS Surveillance Supplemental Report 2006;12(No. 2). <http://www.cdc.gov/hiv/topics/surveillance/resources/reports/>. SC-EST2007-agesex-res: Annual Estimates of the Resident Population by Single-Year of Age and Sex for the United States and States: April 1, 2000 to July 1, 2007.  
**Source:** Population Division, U.S. Census Bureau. <http://www.census.gov/popest/datasets.html>.

— — — Best state in column (Due to the large number of states with a rate of 0.0, we did not indicate the best state for Black, Hispanic, Asian and NHPI, and AI/AN women)  
 \_\_\_\_\_ Worst state in column

## LOW-BIRTHWEIGHT INFANTS

Low birthweight is one of the leading determinants of infant mortality. Despite significant improvements in knowledge and medical technology, disparities in both infant mortality and low-birthweight births persist. Low-birthweight infants weigh less than 2,500 grams at birth, the equivalent of 5.5 lbs. The reduction of low-birthweight births was a goal of *Healthy People 2010*.<sup>31</sup> Maternal behaviors have significant impact on the likelihood of a low-birthweight birth. Women who smoke, drink, or have poor nutrition during pregnancy are at increased risk, as are women who are physically or emotionally abused.<sup>32</sup> The rate of low-birthweight births is also affected by the mother’s education. Women who have not graduated from high school are more likely to deliver a low-birthweight baby than women with more than a high school education.<sup>33</sup> In recent years there has been an increase in low-birthweight and very low-birthweight births due in large part to the increased use of assisted reproductive technology.<sup>34</sup>

### Highlights

- Approximately 8% of all live births in the U.S. were low-birthweight infants (Table 1.10). African American women had the highest rate of low-birthweight births (13.8%), nearly twice the rate of White women (7.2%). Hispanic women had the smallest share of low-birthweight infant deliveries (6.8%), followed by White (7.2%), American Indian and Alaska Native (7.4%), and Asian American, Native Hawaiian and Other Pacific Islander (7.9%) women.
- The low-birthweight rate for African American women was 15% or higher in Alabama, Colorado, Louisiana, Mississippi, Montana, New Mexico, and South Carolina. Those states with the lowest rates for Black women—Idaho (7.0%), and South Dakota (7.3%)—had rates comparable to the national average for White women (7.2%).
- The national disparity score for low birthweight was 1.38. A handful of states had disparity scores around 1.00. States in the South, including Louisiana, South Carolina, Mississippi, and the District of Columbia had among the highest disparity scores. Some states in the Southwest (e.g., New Mexico, Arizona, California, Nevada) that had a large proportion of Hispanic women, the group least likely to deliver a low-birthweight infant, had among the lowest disparity scores.
- All states, with the exception of Wyoming, were situated in the two upper quadrants of Figure 1.10, indicating that women of color had higher rates of low-birthweight births than White women.
- In the upper right quadrant, states in the South Central region (Alabama, Mississippi, Tennessee, Arkansas, and Louisiana) and South Atlantic region (Delaware, Florida, North and South Carolina, and Georgia) tended to have higher disparity scores and also high rates of low-birthweight infants among White women.

FIGURE 1.10. State-Level Disparity Scores and Prevalence of Low-Birthweight Babies for All Live Births among White Women



TABLE 1.10. Percent of Live Births that are Low-Birthweight, by State and Race/Ethnicity

State	Percent of Live Births That Are Low Birthweight							
	Disparity Score	All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
All States	1.38	8.1%	7.2%	9.9%	13.8%	6.8%	7.9%	7.4%
Alabama	1.71	10.4%	8.5%	14.4%	15.0%	6.9%	8.0%	10.5%
Alaska	1.45	6.0%	5.3%	7.7%	11.7%	5.3%	6.6%	5.9%
Arizona	1.01	7.1%	7.0%	7.1%	12.4%	6.7%	7.9%	7.1%
Arkansas	1.66	9.0%	7.8%	13.0%	14.9%	6.5%	6.7%	8.9%
California	1.12	6.7%	6.3%	7.0%	12.5%	6.1%	7.4%	6.5%
Colorado	1.11	9.0%	8.8%	9.7%	15.2%	8.5%	10.3%	9.5%
Connecticut	1.70	7.7%	6.6%	11.2%	12.9%	8.5%	7.8%	7.5%
Delaware	1.71	9.3%	7.6%	13.0%	14.3%	7.0%	9.3%	
District of Columbia	2.18	11.1%	6.3%	13.7%	14.0%	7.5%	9.0%	
Florida	1.42	8.6%	7.4%	10.5%	13.3%	7.0%	8.7%	7.4%
Georgia	1.61	9.3%	7.4%	12.0%	13.8%	6.0%	8.4%	9.0%
Hawaii	1.35	8.2%	6.4%	8.7%	11.4%	8.3%	8.8%	
Idaho	1.06	6.7%	6.6%	7.0%	7.0%†	6.7%	6.7%	8.3%
Illinois	1.51	8.4%	7.2%	10.9%	14.7%	6.6%	8.3%	9.5%
Indiana	1.52	8.1%	7.5%	11.4%	13.5%	6.3%	7.9%	10.0%†
Iowa	1.33	6.9%	6.7%	8.9%	12.2%	6.1%	7.7%	9.2%
Kansas	1.26	7.3%	7.0%	8.8%	13.4%	6.1%	7.3%	7.1%
Kentucky	1.40	8.9%	8.5%	11.9%	13.5%	6.9%	7.6%	8.5%†
Louisiana	1.97	11.0%	8.1%	16.0%	15.3%	7.6%	8.5%	10.1%
Maine	1.04	6.6%	6.6%	6.8%	8.5%	4.7%†	8.7%	
Maryland	1.64	9.2%	7.2%	11.8%	13.1%	7.2%	7.9%	10.9%
Massachusetts	1.43	7.8%	7.2%	10.2%	11.8%	8.4%	7.6%	7.6%†
Michigan	1.82	8.3%	7.0%	12.8%	14.4%	6.5%	8.3%	7.0%
Minnesota	1.67	6.4%	5.9%	9.9%	10.7%	5.7%	7.4%	6.9%
Mississippi	1.82	11.6%	8.7%	15.8%	15.6%	6.4%	8.1%	6.2%
Missouri	1.76	8.1%	7.2%	12.7%	13.9%	6.3%	7.6%	7.6%
Montana	1.36	7.0%	6.8%	9.3%	15.6%†	8.6%	8.7%†	7.8%
Nebraska	1.19	7.0%	6.8%	8.1%	12.2%	6.2%	7.6%	6.8%
Nevada	1.11	8.1%	7.8%	8.6%	14.0%	6.7%	10.4%	7.6%
New Hampshire	1.16	6.7%	6.6%	7.7%	10.9%	6.6%	7.8%	
New Jersey	1.40	8.2%	7.1%	9.9%	13.5%	7.3%	8.1%	9.8%
New Mexico	1.01	8.4%	8.3%	8.4%	15.0%	8.5%	8.6%	7.3%
New York	1.47	8.1%	6.8%	10.0%	12.8%	7.6%	7.9%	7.3%
North Carolina	1.53	9.1%	7.7%	11.8%	14.3%	6.3%	7.8%	11.0%
North Dakota	1.18	6.5%	6.4%	7.5%	9.4%†	5.8%†	8.4%†	6.8%
Ohio	1.78	8.5%	7.5%	13.4%	13.8%	7.1%	8.3%	10.2%
Oklahoma	1.14	7.9%	7.6%	8.7%	13.6%	6.5%	6.8%	6.7%
Oregon	1.07	6.1%	6.0%	6.4%	11.2%	5.4%	7.0%	7.3%
Pennsylvania	1.94	8.2%	7.1%	13.7%	13.7%	9.0%	8.0%	11.0%
Rhode Island	1.52	8.1%	7.4%	11.2%	11.2%	8.6%	10.1%	13.7%
South Carolina	1.83	10.2%	7.8%	14.3%	15.2%	6.7%	8.1%	10.8%
South Dakota	1.13	6.7%	6.6%	7.5%	7.3%†	5.9%	9.5%†	7.0%
Tennessee	1.57	9.4%	8.3%	13.0%	14.5%	6.0%	7.8%	6.6%†
Texas	1.17	8.1%	7.4%	8.7%	13.9%	7.2%	8.3%	7.3%
Utah	1.22	6.7%	6.5%	7.9%	12.1%	7.3%	8.2%	7.5%
Vermont	1.06	6.6%	6.6%	7.0%			8.1%†	
Virginia	1.56	8.2%	7.0%	10.9%	12.8%	6.3%	7.7%	9.2%†
Washington	1.41	6.1%	5.6%	7.9%	10.6%	5.9%	6.9%	7.3%
West Virginia	1.31	9.2%	9.0%	11.9%	13.2%		9.5%†	
Wisconsin	1.94	6.9%	6.2%	12.0%	13.6%	6.3%	7.5%	6.0%
Wyoming	0.97	8.7%	8.7%	8.4%		8.4%		8.4%

Note: Percent of live births weighing less than 2,500 grams, in 2003-2005. † Based on fewer than 50 births. Percents not shown are based on fewer than 20 births. Excludes live births with unknown birthweight.

\*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.

Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.

Source: Health, United States, 2007. Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Birth File.

— — — Best state in column

———— Worst state in column

## SERIOUS PSYCHOLOGICAL DISTRESS

Mental health is a critical component of women’s overall health and well-being. Research has found that women and men experience mental illness in different ways. In particular, rates of depression and related disorders are at least twice as high among women as men.<sup>35</sup> Several factors also place women at elevated risk for mental disorders, including their lower incomes, stress due to multiple family responsibilities, and gender-based violence. Research has also found substantial differences between racial and ethnic communities in the management of mental illness, with people in minority communities less likely to receive services and less represented in mental health research.<sup>36</sup> Furthermore, stigma is still pervasive and affects the identification, prevention, and treatment of mental illness.<sup>37</sup>

Serious psychological distress is associated with a host of limitations in daily function and activity.<sup>38</sup> This indicator reports the age-adjusted rate of women who meet the criteria for serious psychological distress. It is based on six questions about the frequency of symptoms associated with psychological distress.

### Highlights

- Nationally, 15.7% of adult women were in serious psychological distress in 2004–2007 (Table 1.11). Unlike many of the other health status indicators, White women (16.7%) had a higher rate of serious psychological distress than Black (13.5%) and Hispanic (14.1%) women. American Indian and Alaska Native women had the highest rate, with more than one-quarter (26.1%) in serious psychological distress. Asian American, Native Hawaiian and Other Pacific Islander women had the lowest rate at 9.6%.
- The rate of serious psychological distress among White women in South Dakota (10.4%) was the lowest among White women in the country, less than half the rate for White women in West Virginia (23.3%), the highest in the nation for White women.
- The national disparity score for serious psychological distress was 0.83, and state disparity scores ranged from 0.50 in Tennessee to 1.66 in North Dakota. Most states had disparity scores less than 1.00 since White women had higher rates of serious psychological distress than women of color overall.
- Most states clustered in the lower quadrants, reflecting higher rates of serious psychological distress among White women (Figure 1.11). Nonetheless, eleven states had disparity scores greater than 1.00; several of these had large American Indian and Alaska Native populations, which had the highest rate nationally of serious psychological distress.
- North Dakota had the highest disparity score because of the high rates of psychological distress among their minority women (28.5%), most of whom were American Indian and Alaska Native.
- In the states in the lower right quadrant, rates of serious psychological distress among White women were higher than the national average for White women and higher than the rates for minority women. For example, one-fifth of White women

(20.5%) in Tennessee were in serious psychological distress compared to 10.4% of Black women, contributing to its very low disparity score of 0.50.

- Utah and Kansas were both on the edge of the lower right quadrant. Both states had disparity scores of 0.99. In both states, though, the rates for both groups of women were higher than the national averages, with over a fifth of women in these states in serious psychological distress.
- In lower left quadrant, the disparity scores were less than 1.00, and White women had lower rates of serious psychological distress than the national average. In some states (Maryland, Florida, New Jersey, North Carolina, Illinois, and Delaware), women in all racial and ethnic groups had rates that were lower than the national averages, but the rates were higher among White women than women of color in the state.

FIGURE 1.11. State-Level Disparity Scores and Prevalence of Serious Psychological Distress in the Past Year for White Women Ages 18–64



TABLE 1.11. Serious Psychological Distress in Past Year, by State and Race/Ethnicity

State	Disparity Score	Prevalence						
		All Women	White	All Minority*	Black	Hispanic	Asian and NHPI	American Indian/ Alaska Native
<b>All States</b>	<b>0.83</b>	<b>15.7%</b>	<b>16.7%</b>	<b>13.8%</b>	<b>13.5%</b>	<b>14.1%</b>	<b>9.6%</b>	<b>26.1%</b>
Alabama	0.88	14.5%	15.1%	13.3%	14.3%			
Alaska	0.78	17.4%	18.7%	14.5%				11.2%
Arizona	0.79	16.1%	17.5%	13.8%		13.2%		
Arkansas	1.01	19.2%	19.2%	19.3%	18.5%			
California	0.91	13.3%	14.0%	12.8%	8.3%	14.5%	8.9%	
Colorado	1.16	17.6%	16.9%	19.6%		13.6%		
Connecticut	0.85	15.1%	15.7%	13.4%				
Delaware	0.90	15.2%	15.7%	14.1%	12.4%			
District of Columbia	0.73	14.7%	17.7%	13.0%	13.1%	6.1%		
Florida	0.78	14.0%	15.3%	12.0%	12.6%	11.4%		
Georgia	0.82	17.2%	18.5%	15.1%	13.3%			
Hawaii	1.10	13.9%	12.9%	14.2%		23.9%	12.2%	
Idaho	1.40	15.0%	14.4%	20.1%				
Illinois	0.73	14.9%	16.4%	12.0%	13.0%	11.8%	9.0%	
Indiana	1.11	17.1%	16.8%	18.7%	20.9%			
Iowa	0.63	14.6%	15.2%	9.5%				
Kansas	0.99	20.0%	20.0%	19.7%				
Kentucky		21.6%	22.6%					
Louisiana	0.63	18.6%	21.6%	13.7%	14.3%			
Maine		17.6%	17.2%					
Maryland	0.76	12.3%	13.6%	10.4%	11.1%	5.0%		
Massachusetts	0.84	16.1%	16.7%	14.0%		12.7%		
Michigan	0.96	15.4%	15.6%	14.9%	13.6%	18.8%		
Minnesota		13.4%	13.3%					
Mississippi	0.96	15.3%	15.6%	15.0%	13.5%			
Missouri		22.4%	21.7%					
Montana	1.24	16.2%	15.8%	19.6%				
Nebraska		15.4%	14.8%					
Nevada	0.60	17.2%	20.5%	12.2%		11.7%		
New Hampshire		14.4%	14.5%					
New Jersey	0.68	13.2%	14.9%	10.1%	8.1%	14.0%		
New Mexico	0.79	16.7%	18.8%	14.9%		16.3%		13.3%
New York	0.84	15.2%	16.3%	13.7%	14.2%	14.0%	9.5%	
North Carolina	0.77	14.7%	15.9%	12.3%	11.3%			
North Dakota	1.66	18.1%	17.2%	28.5%				
Ohio	1.01	17.6%	17.6%	17.8%	17.3%	22.0%		
Oklahoma	1.04	19.9%	19.7%	20.4%				
Oregon	0.97	15.5%	15.6%	15.1%				
Pennsylvania	0.93	14.8%	15.0%	14.0%	14.4%	16.0%		
Rhode Island	1.22	17.4%	16.6%	20.2%				
South Carolina	0.76	18.0%	19.6%	14.9%	16.1%			
South Dakota	1.38	10.8%	10.4%	14.4%				
Tennessee	0.50	18.3%	20.5%	10.3%	10.4%			
Texas	0.79	15.1%	16.8%	13.3%	11.9%	13.8%		
Utah	0.99	22.5%	22.6%	22.4%				
Vermont		18.0%	17.4%					
Virginia	0.83	16.2%	17.2%	14.2%	12.2%			
Washington	0.95	16.3%	16.5%	15.6%				
West Virginia		23.7%	23.3%					
Wisconsin		16.7%	16.1%					
Wyoming		19.0%	18.7%					

**Note:** Among women ages 18–64.  
 \*All Minority women includes Black, Hispanic, Asian American and Native Hawaiian/Pacific Islander, American Indian/Alaska Native women, and women of two or more races.  
 Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. These estimates are based on the 2004, 2005, 2006, and 2007 full adult samples, where the 2004 sample includes both short-form and adjusted long-form responses. Therefore these estimates are not comparable with SPD estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the Results from the 2007 National Survey on Drug Use and Health: National Findings.  
 Disparity score greater than 1.00 indicates that minority women are doing worse than White women. Disparity score less than 1.00 indicates that minority women are doing better than White women. Disparity score equal to 1.00 indicates that minority and White women are doing the same.  
**Source:** SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004, 2005, 2006, and 2007  
 - - - Best state in column  
 \_\_\_\_\_ Worst state in column