

State Profiles

Alabama Profile



Alabama is similar to many states in the South in having high rates of death among females due to heart disease and stroke. High blood pressure, obesity and physical inactivity are associated with these causes of death, and all are health risk factors for which Alabama ranks among the worst in the nation.³⁻⁷ The rates of obesity, high blood pressure and physical inactivity are especially high among black women in the state. Alabama ranks among the states with the lowest proportions of women who eat 5 or more fruits and vegetables a day. In addition, it has one the lowest percentages of women who have had a recent blood stool test, at test that aids in the early diagnosis of colorectal cancer.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.2%	27.0%	1.4%	0.5%	0.8%	2,300,596		
Major causes of death among females (rate per 100,000)[¶]								
All cause	798.9	954.2	225.7	324.5	377.8	828.9	†	47
Heart disease	236.6	275.9	59.0	*	*	243.5	†	46
Coronary heart disease	132.1	147.5	*	*	*	134.4	166.0	25
Total cancer	164.5	183.1	53.9	*	72.8	167.6	159.9	25
Breast cancer	25.1	34.6	*	*	*	27.1	22.3	37
Colorectal cancer	14.6	22.1	*	*	*	16.1	13.9	12
Lung cancer	41.6	30.2	*	*	*	39.1	44.9	18
Stroke	63.8	82.1	*	*	*	67.3	48.0	43
Chronic lower respiratory diseases (age 45 & over)	117.0	37.5	*	*	*	100.3	60.0	17
Diabetes-related	59.5	124.7	*	*	*	72.6	45.0	34
Influenza and pneumonia	23.8	19.1	*	*	*	22.8	†	41
Unintentional injuries	33.4	29.0	*	*	*	32.0	17.5	48
Suicide	5.6	1.1	*	*	*	4.4	5.0	25
Health risk factors (percent)[§]								
Diagnosed high blood pressure	28.8	42.5	35.1	*	*	31.6	‡	51
Obesity (2000–2002) (age 20 & over)	21.5	40.4	14.5	26.8	*	25.5	15.0	51
No leisure-time physical activity (2000–2002)	29.4	43.7	35.3	40.3	*	33.0	20.0	46
Binge drinking	6.3	4.6	*	*	*	5.7	†	12
Smoking currently (2000–2002)	24.3	15.7	25.1	42.7	*	22.5	12.0	31
No smoking during pregnancy (2000–2002) (all ages)	83.2	94.6	98.0	79.7	96.9	87.4	99.0	24
Eats 5+ fruits and vegetables a day (2000–2002)	23.1	20.9	24.9	*	*	23.0	†	46
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	72.1	67.7	72.1	62.4	*	71.0	80.0	34
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.6	81.9	65.5	72.4	*	76.5	70.0	13
Pap smear in past 3 yrs. (2000–2002)	84.1	88.8	83.9	71.0	65.7	85.2	90.0	19
Blood stool test in past 2 yrs. (age 50 & over)	16.1	15.0	*	*	45.7	15.9	50.0	51
Routine check-up in past 2 yrs. (1998–2000)	86.9	94.7	92.8	76.6	96.9	88.9	†	28
Early and adequate prenatal care (all ages)	83.3	67.6	49.9	73.0	77.1	77.2	90.0	17
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	84.4	74.4	80.1	72.2	89.9	81.7	100.0	37

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999-2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Alaska Profile



Alaska ranks among the states with the lowest rates of death among females due to heart disease, breast cancer and influenza and pneumonia. The state is unique in that over 17 percent of its residents are American Indian or Alaskan Native (AI/AN) and there are notable differences in the health status of this group of women compared with the state's white population. The state ranks among states with the highest death rates among females due to unintentional injury and suicide, and both of these causes of death are more prevalent among AI/AN females. Suicide rates among AI/AN women are high nationally and have been linked to the high incidence of depression, alcoholism, and domestic violence this population experiences.¹⁹ The percentages of AI/AN women who smoke during pregnancy and who do not receive early and adequate prenatal care are notably high.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	69.3%	3.9%	4.2%	17.7%	5.5%	302,820		

Major causes of death among females (rate per 100,000)[¶]

All cause	690.6	877.9	544.5	929.8	405.6	716.6	†	25
Heart disease	156.1	270.5	*	185.8	117.0	162.2	†	8
Coronary heart disease	97.4	*	*	99.9	81.8	98.4	166.0	5
Total cancer	177.7	*	*	196.3	78.5	172.4	159.9	35
Breast cancer	24.9	*	*	22.1	*	23.7	22.3	7
Colorectal cancer	17.0	*	*	28.9	*	18.8	13.9	35
Lung cancer	51.3	*	*	47.0	*	46.7	44.9	46
Stroke	62.2	*	*	71.8	*	64.0	48.0	37
Chronic lower respiratory diseases (age 45 & over)	119.7	*	*	179.1	*	122.5	60.0	39
Diabetes-related	65.2	219.8	*	62.9	65.8	69.7	45.0	30
Influenza and pneumonia	14.0	*	*	*	*	15.7	†	6
Unintentional injuries	28.6	*	*	70.0	*	33.5	17.5	50
Suicide	5.5	*	*	15.3	*	7.5	5.0	50

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.7	*	*	32.1	*	26.5	‡	40
Obesity (2000–2002) (age 20 & over)	22.2	33.0	*	33.8	*	23.9	15.0	44
No leisure-time physical activity (2000–2002)	20.4	29.9	37.8	35.8	41.7	24.5	20.0	15
Binge drinking	9.7	*	*	15.7	*	9.9	†	40
Smoking currently (2000–2002)	21.9	18.5	19.3	39.0	*	24.1	12.0	42
No smoking during pregnancy (2000–2002) (all ages)	85.9	91.3	91.4	66.5	93.4	82.0	99.0	41
Eats 5+ fruits and vegetables a day (2000–2002)	27.1	24.3	25.7	27.3	25.3	26.7	†	27

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.7	79.7	74.7	56.9	66.4	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.6	*	72.8	74.5	69.0	71.9	70.0	42
Pap smear in past 3 yrs. (2000–2002)	86.1	89.9	79.8	91.5	79.3	86.4	90.0	10
Blood stool test in past 2 yrs. (age 50 & over)	23.1	*	*	8.5	*	20.1	50.0	49
Routine check-up in past 2 yrs. (1998–2000)	87.3	79.2	89.4	90.0	97.1	88.0	†	34
Early and adequate prenatal care (all ages)	74.6	76.1	71.2	50.6	62.8	67.9	90.0	45

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	82.6	87.1	81.6	75.1	64.3	80.4	100.0	41
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Arizona Profile



Arizona ranks among the states with the lowest rates of diabetes-related death and death from all cancers; it is one of few states in which females have already met the Healthy People 2010 death rate targets for these two causes of death. Arizona leads the nation with the lowest percentage of women with diagnosed high blood pressure. It is also among the states with the lowest levels of obesity among women. The state ranks among the best in having a high percentage of women who abstain from smoking during pregnancy. However, the percentages of Arizona's Hispanic and American Indian/Alaskan Native (AI/AN) mothers who receive early and adequate prenatal care are notably low. Similarly, smaller proportions of Hispanic and AI/AN women age 18 to 64 have health insurance coverage than the state's white population.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	65.6%	3.0%	24.4%	5.5%	2.3%	2,569,575		

Major causes of death among females (rate per 100,000)[¶]

All cause	658.3	886.5	654.1	846.1	415.9	672.2	†	9
Heart disease	168.9	263.3	172.9	149.8	98.8	170.5	†	13
Coronary heart disease	128.4	217.2	131.2	99.7	79.5	129.6	166.0	20
Total cancer	156.6	179.6	127.1	114.9	98.9	152.8	159.9	6
Breast cancer	26.4	40.4	18.7	12.5	*	25.4	22.3	20
Colorectal cancer	15.2	18.6	12.1	*	*	14.8	13.9	5
Lung cancer	41.8	40.3	16.7	*	22.0	38.3	44.9	13
Stroke	50.1	69.5	54.4	52.1	42.1	51.4	48.0	10
Chronic lower respiratory diseases (age 45 & over)	134.5	83.7	43.4	56.1	*	123.8	60.0	43
Diabetes-related	31.8	112.6	90.9	153.8	34.9	41.6	45.0	1
Influenza and pneumonia	20.2	15.8	23.5	43.9	*	21.1	†	32
Unintentional injuries	26.0	25.8	25.7	70.7	17.4	28.2	17.5	39
Suicide	7.1	*	2.6	4.9	*	6.1	5.0	46

Health risk factors (percent)[§]

Diagnosed high blood pressure	16.5	*	15.7	*	*	16.7	‡	1
Obesity (2000–2002) (age 20 & over)	15.2	25.6	27.0	33.2	*	17.8	15.0	9
No leisure-time physical activity (2000–2002)	23.3	*	46.7	35.3	*	29.4	20.0	35
Binge drinking	7.5	*	4.8	*	*	6.7	†	16
Smoking currently (2000–2002)	23.4	*	12.6	9.9	*	20.0	12.0	12
No smoking during pregnancy (2000–2002) (all ages)	88.7	89.0	97.5	96.2	97.3	93.0	99.0	4
Eats 5+ fruits and vegetables a day (2000–2002)	30.4	*	35.0	26.2	41.0	30.9	†	13

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.7	66.3	67.6	62.8	*	74.1	80.0	19
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	77.8	89.2	72.0	56.5	*	76.1	70.0	16
Pap smear in past 3 yrs. (2000–2002)	85.0	89.3	83.4	79.4	75.8	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	37.2	47.2	26.3	*	-	34.9	50.0	14
Routine check-up in past 2 yrs. (1998–2000)	87.2	95.8	82.6	90.4	96.3	86.5	†	40
Early and adequate prenatal care (all ages)	77.3	69.8	60.0	52.4	75.4	68.4	90.0	44

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.1	85.1	62.7	58.8	90.6	79.6	100.0	43
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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--- Data not available.

- Quantity zero.

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‡ Healthy People 2010 target is incompatible with collected data.

Arkansas Profile



Arkansas has one of the highest rates of death among females due to stroke, a cause of death that is associated with high blood pressure, physical inactivity and smoking.^{4, 7, 11} All of these are risk factors for which Arkansas ranks among the worst in the nation. Arkansas ranks among states with the lowest rates of binge drinking among women. The state's rankings are low across all presented measures of preventive care, with particularly low percentages of women who have had a recent cholesterol screening and women who have had a recent Pap smear. Arkansas has one of the lowest levels of health insurance coverage among women age 18 to 64.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.3%	16.3%	2.8%	0.8%	0.9%	1,368,707		

Major causes of death among females (rate per 100,000)[¶]

All cause	778.6	996.0	239.3	287.2	430.1	797.6	†	43
Heart disease	224.4	303.7	*	*	*	231.5	†	41
Coronary heart disease	139.8	214.5	*	*	*	147.0	166.0	28
Total cancer	165.7	197.7	*	*	93.9	167.8	159.9	26
Breast cancer	22.8	38.2	*	*	*	24.5	22.3	13
Colorectal cancer	17.6	26.9	*	*	*	18.6	13.9	33
Lung cancer	45.3	38.1	*	*	*	44.0	44.9	38
Stroke	73.8	91.6	*	*	*	75.3	48.0	51
Chronic lower respiratory diseases (age 45 & over)	111.9	39.8	*	*	*	103.1	60.0	21
Diabetes-related	46.8	136.3	*	*	*	56.3	45.0	6
Influenza and pneumonia	23.1	17.1	*	*	*	22.3	†	38
Unintentional injuries	30.2	25.6	*	*	*	28.8	17.5	42
Suicide	5.6	*	*	*	*	4.8	5.0	37

Health risk factors (percent)[§]

Diagnosed high blood pressure	25.8	39.3	34.1	21.3	*	27.7	‡	45
Obesity (2000–2002) (age 20 & over)	21.0	40.6	26.3	21.9	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	30.0	40.4	42.2	33.5	*	31.5	20.0	43
Binge drinking	4.5	6.0	*	*	*	4.8	†	7
Smoking currently (2000–2002)	26.2	19.1	21.1	40.4	*	25.1	12.0	45
No smoking during pregnancy (2000–2002) (all ages)	77.5	90.0	96.7	76.2	95.4	81.5	99.0	44
Eats 5+ fruits and vegetables a day (2000–2002)	23.4	24.7	21.2	29.9	30.7	23.8	†	44

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.9	65.4	57.2	70.8	64.2	68.0	80.0	47
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	70.2	68.6	64.8	64.7	*	69.9	70.0	45
Pap smear in past 3 yrs. (2000–2002)	80.3	82.8	83.6	69.4	84.6	80.5	90.0	47
Blood stool test in past 2 yrs. (age 50 & over)	24.4	11.8	32.5	*	*	23.1	50.0	44
Routine check-up in past 2 yrs. (1998–2000)	85.6	92.6	90.8	76.5	89.7	86.5	†	40
Early and adequate prenatal care (all ages)	73.3	59.7	54.1	65.8	65.5	69.1	90.0	41

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.4	69.6	72.1	74.2	80.3	78.4	100.0	46
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

California Profile



Females in California have among the lowest rates of death due to colorectal cancer and unintentional injuries, a category that includes motor vehicle crash fatalities. California ranks among the states with the best records on two measures of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat the recommended number of fruits and vegetables a day.² Notably low percentages of California's Asian/Pacific Islander population have received recent Pap smears. Overall, California ranks among the states with the smallest proportion of women who have had a recent routine check-up.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	48.7%	7.0%	31.5%	1.4%	12.6%	16,996,756		

Major causes of death among females (rate per 100,000)[¶]

All cause	710.6	922.8	538.0	387.2	436.5	674.5	†	10
Heart disease	209.6	302.3	162.2	105.8	125.7	202.5	†	28
Coronary heart disease	170.7	249.6	134.2	87.0	105.0	165.4	166.0	39
Total cancer	173.6	202.3	113.8	71.4	106.7	158.9	159.9	13
Breast cancer	28.4	34.5	16.2	9.0	13.8	25.3	22.3	19
Colorectal cancer	16.4	24.3	10.5	*	11.0	15.6	13.9	8
Lung cancer	45.9	45.8	15.1	18.1	21.2	38.3	44.9	13
Stroke	61.8	88.0	49.1	32.4	55.2	61.8	48.0	33
Chronic lower respiratory diseases (age 45 & over)	139.5	86.1	47.3	72.6	38.9	114.4	60.0	35
Diabetes-related	61.6	162.1	112.3	76.9	61.7	73.6	45.0	38
Influenza and pneumonia	22.8	24.1	18.9	11.3	17.9	22.1	†	37
Unintentional injuries	17.7	20.2	13.2	11.6	12.3	16.2	17.5	7
Suicide	4.9	2.3	1.3	*	2.8	3.5	5.0	13

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.2	38.1	23.9	24.4	18.5	23.9	‡	26
Obesity (2000–2002) (age 20 & over)	18.9	34.2	28.8	23.8	5.2	21.3	15.0	28
No leisure-time physical activity (2000–2002)	18.4	32.7	42.5	27.1	27.4	27.8	20.0	28
Binge drinking	8.9	6.5	6.2	*	*	7.1	†	19
Smoking currently (2000–2002)	16.7	18.8	9.9	26.1	6.2	13.9	12.0	3
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	---	99.0	---
Eats 5+ fruits and vegetables a day (2000–2002)	31.6	30.5	33.4	29.0	39.5	32.8	†	8

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.9	76.6	67.7	70.3	73.0	73.1	80.0	22
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.9	77.0	74.1	*	64.1	75.0	70.0	25
Pap smear in past 3 yrs. (2000–2002)	83.6	87.9	81.2	93.2	68.5	81.7	90.0	42
Blood stool test in past 2 yrs. (age 50 & over)	33.6	18.4	18.2	*	*	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	80.6	90.4	83.1	70.2	83.7	82.4	†	50
Early and adequate prenatal care (all ages)	81.7	76.1	72.8	67.1	78.0	76.6	90.0	20

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.5	85.1	67.0	81.5	90.8	82.1	100.0	35
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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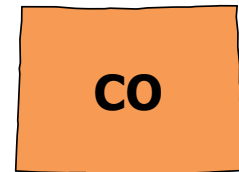
--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Colorado Profile



Colorado has some of the lowest rates of death among females due to heart disease and cancer, including coronary heart disease, breast cancer, lung cancer and colorectal cancer. Colorado is among states with the lowest percentages of women with diagnosed high blood pressure and is the only state in which women have met the Healthy People 2010 target for obesity. It is among the states with the lowest levels of physical inactivity, a component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Colorado has one of the lowest percentages of pregnant women who receive early and adequate prenatal care. Levels of prenatal care for mothers and health insurance coverage for non-senior women are particularly low among Hispanics in the state.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	76.2%	3.9%	16.4%	1.3%	2.8%	2,135,278		

Major causes of death among females (rate per 100,000)[¶]

All cause	684.7	896.5	658.8	442.6	458.0	687.6	†	15
Heart disease	155.2	207.9	134.7	95.7	85.1	154.6	†	3
Coronary heart disease	102.6	143.1	93.1	61.2	64.9	102.5	166.0	7
Total cancer	152.2	191.0	121.4	59.0	97.9	149.3	159.9	5
Breast cancer	24.3	31.7	17.9	*	*	23.6	22.3	6
Colorectal cancer	15.4	22.9	12.4	*	*	15.3	13.9	7
Lung cancer	35.0	45.5	18.8	*	*	33.5	44.9	7
Stroke	56.5	77.8	57.8	*	51.6	57.5	48.0	21
Chronic lower respiratory diseases (age 45 & over)	137.4	77.9	74.3	*	*	129.3	60.0	46
Diabetes-related	46.5	122.5	118.4	77.7	42.2	54.3	45.0	5
Influenza and pneumonia	18.5	15.3	12.8	*	*	18.1	†	12
Unintentional injuries	27.7	26.9	32.8	23.3	26.0	28.5	17.5	40
Suicide	6.5	*	3.2	*	*	6.0	5.0	45

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.1	29.0	26.3	*	*	21.8	‡	9
Obesity (2000–2002) (age 20 & over)	13.2	30.7	19.7	*	*	14.9	15.0	1
No leisure-time physical activity (2000–2002)	17.9	31.4	38.8	24.9	*	21.7	20.0	7
Binge drinking	9.4	*	6.3	*	*	8.6	†	34
Smoking currently (2000–2002)	20.3	23.7	19.9	35.7	*	20.3	12.0	16
No smoking during pregnancy (2000–2002) (all ages)	88.8	88.0	93.9	83.4	96.9	90.4	99.0	12
Eats 5+ fruits and vegetables a day (2000–2002)	28.6	21.2	26.2	48.9	44.8	28.9	†	18

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.1	75.9	59.1	85.7	68.0	71.1	80.0	32
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.7	*	64.4	76.8	72.2	72.2	70.0	40
Pap smear in past 3 yrs. (2000–2002)	84.6	80.8	79.0	83.8	80.8	83.6	90.0	30
Blood stool test in past 2 yrs. (age 50 & over)	38.9	*	28.0	68.9	*	37.6	50.0	11
Routine check-up in past 2 yrs. (1998–2000)	87.3	95.7	90.3	94.5	88.3	87.9	†	35
Early and adequate prenatal care (all ages)	75.3	63.9	54.7	58.2	70.9	68.8	90.0	43

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.1	93.8	62.2	74.8	91.8	83.4	100.0	33
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Connecticut Profile



Connecticut has one of the lowest rates of death among females due to stroke in the nation, which may be attributed in part to the state's low levels of high blood pressure and obesity among women.⁴⁻⁶ Connecticut ranks among states with the highest percentages of women who eat at least 5 fruits and vegetables a day, an indicator of good nutrition. Connecticut ranks among the states with the best records across presented measures of preventive care. The state has the highest percentage of mothers who receive early and adequate prenatal care, and ranks among states with the largest proportions of women age 18 to 64 who have health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	78.6%	9.4%	9.1%	0.4%	2.7%	1,756,246		
Major causes of death among females (rate per 100,000)[¶]								
All cause	649.5	778.1	491.8	361.1	326.9	663.6	†	6
Heart disease	182.9	211.8	140.6	*	105.1	186.7	†	21
Coronary heart disease	127.2	148.4	97.3	*	91.9	129.9	166.0	21
Total cancer	165.4	172.5	86.4	*	70.5	164.3	159.9	19
Breast cancer	26.4	29.7	11.6	*	*	26.2	22.3	28
Colorectal cancer	17.3	22.3	*	*	*	17.6	13.9	22
Lung cancer	41.4	36.7	13.9	*	*	40.1	44.9	22
Stroke	47.8	58.2	38.1	*	*	48.8	48.0	7
Chronic lower respiratory diseases (age 45 & over)	103.0	57.7	69.8	*	*	100.3	60.0	17
Diabetes-related	56.2	132.1	82.3	*	38.9	61.2	45.0	14
Influenza and pneumonia	19.3	17.0	13.3	*	*	19.3	†	20
Unintentional injuries	17.6	19.2	13.7	*	*	17.9	17.5	9
Suicide	3.3	*	*	*	*	3.1	5.0	6
Health risk factors (percent)[§]								
Diagnosed high blood pressure	20.4	31.0	21.0	*	*	21.0	‡	6
Obesity (2000–2002) (age 20 & over)	14.8	34.5	26.1	*	*	17.0	15.0	4
No leisure-time physical activity (2000–2002)	21.7	41.4	44.2	52.3	24.9	25.7	20.0	20
Binge drinking	8.1	2.8	4.6	*	*	7.2	†	21
Smoking currently (2000–2002)	20.9	20.5	14.5	23.0	*	19.9	12.0	11
No smoking during pregnancy (2000–2002) (all ages)	91.6	91.6	92.8	79.7	99.0	92.0	99.0	7
Eats 5+ fruits and vegetables a day (2000–2002)	34.2	25.0	27.2	32.8	33.3	33.1	†	6
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	79.7	74.1	74.1	72.1	69.5	78.4	80.0	6
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	83.2	77.8	84.8	90.8	*	83.0	70.0	3
Pap smear in past 3 yrs. (2000–2002)	87.6	83.6	83.2	81.5	61.4	86.1	90.0	13
Blood stool test in past 2 yrs. (age 50 & over)	39.6	34.2	30.5	*	*	39.2	50.0	8
Routine check-up in past 2 yrs. (1998–2000)	90.6	96.1	92.4	87.1	94.2	91.3	†	12
Early and adequate prenatal care (all ages)	89.1	80.5	77.9	81.6	83.9	86.3	90.0	1
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	92.7	82.8	74.8	85.8	84.8	90.0	100.0	9

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Delaware Profile



Delaware has some of the highest rates of death among females due to cancer in the U.S. The state is in an area along the Atlantic in the Northeast and South regions that has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ Delaware is one of few states in which women have not yet met the Healthy People 2010 target for lung cancer death. The state is among those with the best records on preventive care. It leads the nation in having the highest percentages of women who have had recent mammograms and Pap smears, tests that aid in the early detection of breast and cervical cancers. Delaware has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	73.2%	19.9%	4.3%	0.4%	2.3%	403,059		

Major causes of death among females (rate per 100,000)[¶]

All cause	733.5	905.5	643.2	*	388.8	762.0	†	34
Heart disease	210.3	265.7	189.6	*	*	219.5	†	38
Coronary heart disease	160.1	196.5	*	*	*	165.6	166.0	40
Total cancer	181.8	211.7	137.4	*	*	185.7	159.9	50
Breast cancer	27.0	35.5	*	*	*	28.7	22.3	46
Colorectal cancer	16.6	27.8	*	*	*	17.9	13.9	23
Lung cancer	49.8	49.3	*	*	*	49.6	44.9	49
Stroke	48.0	69.6	*	*	*	51.3	48.0	9
Chronic lower respiratory diseases (age 45 & over)	107.2	50.6	*	*	*	100.6	60.0	19
Diabetes-related	60.8	150.4	*	*	*	73.0	45.0	36
Influenza and pneumonia	22.5	14.0	*	*	*	21.7	†	35
Unintentional injuries	26.0	22.0	*	*	*	24.7	17.5	28
Suicide	5.6	*	*	*	*	4.5	5.0	27

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.3	36.2	*	*	*	25.0	‡	32
Obesity (2000–2002) (age 20 & over)	16.6	36.2	18.6	*	*	19.4	15.0	16
No leisure-time physical activity (2000–2002)	25.8	47.1	51.3	35.0	51.5	30.7	20.0	39
Binge drinking	10.1	3.5	*	-	*	8.4	†	31
Smoking currently (2000–2002)	24.8	18.3	14.9	*	*	22.8	12.0	34
No smoking during pregnancy (2000–2002) (all ages)	85.0	87.7	95.3	85.4	97.4	87.0	99.0	25
Eats 5+ fruits and vegetables a day (2000–2002)	26.2	16.0	19.2	53.0	32.0	25.0	†	36

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	76.9	78.9	72.6	*	82.5	76.7	80.0	11
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	83.7	90.0	81.8	*	82.5	84.4	70.0	1
Pap smear in past 3 yrs. (2000–2002)	89.6	91.0	92.8	64.2	80.6	89.3	90.0	1
Blood stool test in past 2 yrs. (age 50 & over)	30.5	28.3	*	*	*	30.0	50.0	26
Routine check-up in past 2 yrs. (1998–2000)	90.5	95.6	96.2	98.2	94.7	91.6	†	10
Early and adequate prenatal care (all ages)	77.9	68.7	67.4	76.0	77.9	74.7	90.0	25

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.9	90.3	89.4	98.0	95.9	91.5	100.0	5
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

District of Columbia Profile



The District of Columbia's small size, urbanicity and racial composition make it more comparable to urban cities than to states. Females in DC have the highest rate of death due to coronary heart disease in the nation. The city also experiences high rates of death among females due to total cancer, breast cancer and colorectal cancer. DC leads the nation in percentage of women who eat 5 or more fruits and vegetables a day, and ranks among states with the lowest percentages of women who smoke. Across presented measures of preventive care, DC ranks among states with the best records. It leads the nation in percentage of women who have received a recent routine check-up, and ranks among states with the highest level of health insurance coverage. However, a high percentage of mothers in the city do not receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	27.1%	62.6%	7.0%	0.4%	3.1%	302,693		
Major causes of death among females (rate per 100,000)[¶]								
All cause	592.6	997.4	149.8	*	317.2	846.2	†	50
Heart disease	182.2	299.5	*	*	*	257.4	†	51
Coronary heart disease	151.4	243.7	*	*	*	210.6	166.0	52
Total cancer	161.7	218.7	*	*	*	194.4	159.9	52
Breast cancer	32.5	38.7	*	*	*	34.5	22.3	52
Colorectal cancer	15.1	28.0	*	*	*	24.0	13.9	52
Lung cancer	35.9	45.0	*	*	*	40.2	44.9	23
Stroke	38.4	50.7	*	*	*	45.8	48.0	4
Chronic lower respiratory diseases (age 45 & over)	84.6	58.2	*	*	*	63.9	60.0	2
Diabetes-related	30.4	146.2	*	*	*	109.5	45.0	52
Influenza and pneumonia	14.2	16.1	*	*	*	15.6	†	5
Unintentional injuries	13.9	23.7	*	*	*	19.9	17.5	11
Suicide	*	*	*	*	*	*	5.0	*
Health risk factors (percent)[§]								
Diagnosed high blood pressure	13.0	35.2	25.0	*	*	27.4	‡	43
Obesity (2000–2002) (age 20 & over)	7.5	34.6	22.4	*	*	24.2	15.0	45
No leisure-time physical activity (2000–2002)	10.1	32.7	34.9	*	*	25.1	20.0	16
Binge drinking	14.3	5.7	*	-	*	8.3	†	30
Smoking currently (2000–2002)	14.5	20.8	14.4	*	*	18.4	12.0	5
No smoking during pregnancy (2000–2002) (all ages)	99.0	95.3	99.7	83.3	99.4	96.6	99.0	2
Eats 5+ fruits and vegetables a day (2000–2002)	42.5	32.0	39.4	*	56.8	36.7	†	1
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	83.1	81.6	82.5	70.0	81.8	82.1	80.0	1
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.6	83.2	*	*	*	81.1	70.0	5
Pap smear in past 3 yrs. (2000–2002)	86.9	89.5	76.4	*	69.0	87.6	90.0	3
Blood stool test in past 2 yrs. (age 50 & over)	45.4	36.8	*	-	*	39.1	50.0	9
Routine check-up in past 2 yrs. (1998–2000)	92.8	96.3	92.9	81.5	98.0	95.0	†	1
Early and adequate prenatal care (all ages)	75.8	56.0	61.3	*	65.3	61.3	90.0	50
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	96.2	90.2	66.7	91.5	90.0	90.2	100.0	8

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Florida Profile



Females in Florida have some of the lowest rates of death due to cancer and influenza and pneumonia. It is also one of the few states in which females have already met the Healthy People 2010 targets for reducing stroke and diabetes-related death. Across most presented measures of preventive care, Florida ranks in the middle ranges. However it is among states with the highest percentages of women who have recently received a cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Florida has one of the lowest levels of health insurance coverage among women age 18 to 64, a rate of coverage that is particularly low among the state's Hispanic population.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	66.4%	15.0%	16.4%	0.4%	2.0%	8,184,663		

Major causes of death among females (rate per 100,000)[¶]

All cause	664.7	921.9	524.1	309.8	288.2	671.3	†	7
Heart disease	190.0	279.5	182.7	85.2	85.4	196.3	†	25
Coronary heart disease	153.9	221.6	154.8	58.7	70.4	158.9	166.0	34
Total cancer	163.9	174.1	105.3	55.8	64.3	157.2	159.9	10
Breast cancer	24.5	31.3	17.1	*	7.0	24.2	22.3	11
Colorectal cancer	15.5	21.6	14.5	*	7.0	15.9	13.9	11
Lung cancer	48.1	29.3	14.6	*	15.0	42.3	44.9	29
Stroke	46.6	83.5	32.3	*	31.8	47.9	48.0	5
Chronic lower respiratory diseases (age 45 & over)	115.3	58.0	55.1	*	*	104.5	60.0	23
Diabetes-related	36.1	112.0	45.0	42.8	27.0	42.5	45.0	2
Influenza and pneumonia	13.2	15.5	13.4	*	*	13.4	†	1
Unintentional injuries	24.6	21.8	15.5	*	9.1	22.4	17.5	20
Suicide	7.1	1.3	2.3	*	*	5.4	5.0	40

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	35.5	25.3	28.5	*	23.9	‡	26
Obesity (2000–2002) (age 20 & over)	16.2	34.3	21.2	15.2	*	18.8	15.0	13
No leisure-time physical activity (2000–2002)	23.9	39.2	44.5	35.8	39.5	29.7	20.0	36
Binge drinking	9.1	4.0	3.4	*	*	7.2	†	21
Smoking currently (2000–2002)	26.5	15.1	14.1	34.2	12.0	22.3	12.0	30
No smoking during pregnancy (2000–2002) (all ages)	84.7	95.6	97.8	90.6	97.8	90.4	99.0	12
Eats 5+ fruits and vegetables a day (2000–2002)	29.2	24.9	23.1	32.8	33.9	28.0	†	21

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	78.5	74.8	76.5	75.7	69.9	77.6	80.0	7
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.4	78.0	75.1	65.4	84.5	76.0	70.0	17
Pap smear in past 3 yrs. (2000–2002)	85.0	84.9	82.6	80.2	71.1	83.9	90.0	29
Blood stool test in past 2 yrs. (age 50 & over)	37.1	33.4	21.8	*	*	34.6	50.0	15
Routine check-up in past 2 yrs. (1998–2000)	88.8	94.3	89.0	87.2	87.5	89.5	†	24
Early and adequate prenatal care (all ages)	81.6	69.6	73.5	57.8	79.5	77.0	90.0	19

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	82.9	78.5	64.5	72.4	82.2	78.7	100.0	45
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Georgia Profile



Georgia is among the states with the highest rates of death among females due to stroke and influenza and pneumonia. The state is part of the “stroke belt” region in the South, where stroke death rates have been found to be higher than those found in the rest of the country.²¹ Women in Georgia have some of the highest rates of high blood pressure, obesity and physical inactivity, health risk factors that are associated with stroke.⁴⁻⁷ These three risk factors are found more frequently among the state’s large minority black female population than in Georgia’s white population. Georgia ranks among the states with the lowest levels of binge drinking among women. It has one of the highest percentages of pregnant women who abstain from smoking during pregnancy.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	63.2%	30.0%	4.3%	0.3%	2.3%	4,159,340		

Major causes of death among females (rate per 100,000)[¶]

All cause	781.9	948.2	324.4	648.0	386.2	815.0	†	44
Heart disease	216.0	275.9	84.0	142.1	92.1	227.8	†	39
Coronary heart disease	126.8	165.5	48.7	*	59.0	134.2	166.0	24
Total cancer	162.1	178.4	72.3	170.9	79.5	164.3	159.9	19
Breast cancer	24.6	31.1	*	*	*	25.7	22.3	23
Colorectal cancer	15.1	24.1	*	*	*	16.9	13.9	17
Lung cancer	43.7	31.3	*	*	*	40.3	44.9	25
Stroke	64.8	84.5	34.1	*	51.0	69.1	48.0	47
Chronic lower respiratory diseases (age 45 & over)	129.1	50.4	*	*	*	110.8	60.0	31
Diabetes-related	52.7	114.5	29.4	*	34.2	65.8	45.0	22
Influenza and pneumonia	24.7	21.2	*	*	*	23.8	†	45
Unintentional injuries	29.7	23.8	16.0	*	13.6	27.6	17.5	37
Suicide	5.9	1.1	*	*	*	4.3	5.0	24

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.1	38.0	21.0	*	*	27.6	‡	44
Obesity (2000–2002) (age 20 & over)	18.7	35.8	17.0	32.5	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	27.1	40.4	36.9	25.0	43.7	31.4	20.0	42
Binge drinking	5.5	4.3	*	*	-	5.1	†	9
Smoking currently (2000–2002)	23.7	15.6	18.1	27.9	*	20.8	12.0	20
No smoking during pregnancy (2000–2002) (all ages)	87.1	95.4	99.1	91.7	98.4	91.4	99.0	9
Eats 5+ fruits and vegetables a day (2000–2002)	26.7	20.1	18.0	42.4	*	25.1	†	35

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.9	74.4	*	78.8	*	75.0	80.0	17
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.4	76.3	73.9	*	73.1	75.5	70.0	20
Pap smear in past 3 yrs. (2000–2002)	85.9	89.4	86.0	87.9	74.4	86.8	90.0	6
Blood stool test in past 2 yrs. (age 50 & over)	31.0	23.7	*	*	*	29.5	50.0	30
Routine check-up in past 2 yrs. (1998–2000)	87.4	93.6	89.7	76.1	89.9	89.3	†	25
Early and adequate prenatal care (all ages)	83.8	74.1	69.5	74.8	81.9	79.2	90.0	12

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.6	79.7	72.4	79.7	94.3	84.0	100.0	31
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Hawaii Profile



Hawaii is unique among U.S. states in that a majority of its residents are Asian or Pacific Islander. The state has some of the lowest rates of death found anywhere in the nation. The state is one of few in which females have met the Healthy People 2010 target for breast cancer and colorectal cancer death. It is the only state in which women age 45 and older have met the Healthy People 2010 target for chronic lower respiratory disease death. Hawaii has remarkably low levels of obesity and is also among the states with the lowest percentages of women who smoke. The state ranks among those with the highest percentages of women who have had a recent routine check-up and has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	24.9%	1.8%	7.2%	0.4%	69.7%	602,866		

Major causes of death among females (rate per 100,000)[¶]

All cause	587.8	605.4	890.0	1021.8	526.0	543.2	†	1
Heart disease	149.2	*	288.3	*	143.8	146.1	†	2
Coronary heart disease	87.4	*	159.2	*	82.9	84.5	166.0	1
Total cancer	140.8	*	184.6	*	123.3	127.7	159.9	3
Breast cancer	23.4	*	*	*	18.9	20.0	22.3	2
Colorectal cancer	12.5	*	*	*	12.8	12.6	13.9	1
Lung cancer	32.6	*	*	*	23.1	25.4	44.9	3
Stroke	50.9	*	93.8	*	57.7	55.9	48.0	19
Chronic lower respiratory diseases (age 45 & over)	88.0	*	*	*	34.8	48.8	60.0	1
Diabetes-related	38.6	*	164.2	*	72.3	65.1	45.0	21
Influenza and pneumonia	13.5	*	*	*	15.0	14.4	†	2
Unintentional injuries	15.1	*	23.6	*	15.3	15.2	17.5	5
Suicide	8.2	*	*	*	3.7	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	18.4	*	24.2	29.9	24.5	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	14.4	23.0	21.3	31.2	14.2	15.2	15.0	2
No leisure-time physical activity (2000–2002)	14.7	20.7	30.9	29.8	26.8	22.8	20.0	11
Binge drinking	7.6	*	*	*	3.7	5.4	†	11
Smoking currently (2000–2002)	19.3	*	17.5	25.8	14.2	16.6	12.0	4
No smoking during pregnancy (2000–2002) (all ages)	94.4	97.4	89.7	90.1	91.5	92.3	99.0	5
Eats 5+ fruits and vegetables a day (2000–2002)	28.5	20.8	30.2	25.6	22.0	24.5	†	40

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.5	83.5	73.4	62.2	73.1	72.0	80.0	26
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	79.0	71.6	72.5	74.3	74.6	70.0	29
Pap smear in past 3 yrs. (2000–2002)	88.8	90.0	85.3	83.7	86.1	86.9	90.0	5
Blood stool test in past 2 yrs. (age 50 & over)	35.6	-	27.4	*	36.6	35.9	50.0	13
Routine check-up in past 2 yrs. (1998–2000)	91.1	78.2	93.0	90.9	92.4	92.0	†	6
Early and adequate prenatal care (all ages)	75.5	81.1	73.3	71.0	74.2	74.6	90.0	27

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.8	91.6	89.9	92.8	93.4	92.2	100.0	3
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Idaho Profile



Females in Idaho have some of the lowest rates of death due to total cancer, colorectal cancer and lung cancer. It is one of few states in which females have already met the Healthy People 2010 target for reducing deaths due to colorectal cancer. Idaho is among the states with the best ranking on level of physical inactivity among women. Increased exercise is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among those with the lowest proportions of women who have had a recent routine check-up. Idaho is among the states with the lowest percentages of women who have received recent cholesterol screenings, mammograms and Pap smears.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.7%	0.4%	7.3%	1.6%	1.3%	645,293		

Major causes of death among females (rate per 100,000)[¶]

All cause	692.0	1285.3	545.6	864.0	417.2	691.7	†	21
Heart disease	168.0	*	130.7	138.2	*	167.5	†	12
Coronary heart disease	109.3	*	100.7	*	*	108.9	166.0	10
Total cancer	154.9	*	101.4	148.5	121.9	153.5	159.9	7
Breast cancer	25.3	*	*	*	*	24.9	22.3	16
Colorectal cancer	13.7	*	*	*	*	13.5	13.9	3
Lung cancer	34.5	*	*	*	*	33.8	44.9	8
Stroke	66.0	*	*	*	*	65.9	48.0	40
Chronic lower respiratory diseases (age 45 & over)	112.4	*	*	*	*	110.7	60.0	30
Diabetes-related	65.8	*	121.1	*	*	67.5	45.0	23
Influenza and pneumonia	21.7	*	*	*	*	21.3	†	33
Unintentional injuries	28.6	*	30.3	*	*	29.5	17.5	44
Suicide	6.2	*	*	*	*	6.2	5.0	47

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.6	*	19.0	19.7	*	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	19.1	*	31.4	37.4	*	19.6	15.0	19
No leisure-time physical activity (2000–2002)	20.6	*	28.0	28.9	*	21.3	20.0	6
Binge drinking	7.5	*	9.1	14.6	*	7.7	†	24
Smoking currently (2000–2002)	20.1	*	17.4	33.0	*	20.2	12.0	14
No smoking during pregnancy (2000–2002) (all ages)	87.1	87.9	95.7	81.2	94.0	88.2	99.0	21
Eats 5+ fruits and vegetables a day (2000–2002)	26.1	-	25.0	30.7	37.2	26.1	†	30

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	66.2	*	58.7	*	79.4	65.9	80.0	52
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	63.7	65.3	73.9	*	53.3	64.0	70.0	52
Pap smear in past 3 yrs. (2000–2002)	78.5	83.0	82.0	78.4	77.7	78.4	90.0	50
Blood stool test in past 2 yrs. (age 50 & over)	28.6	-	*	*	*	28.4	50.0	31
Routine check-up in past 2 yrs. (1998–2000)	82.1	67.8	83.1	84.0	87.0	82.2	†	51
Early and adequate prenatal care (all ages)	74.6	65.0	58.5	59.1	69.5	72.3	90.0	34

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.5	94.1	68.5	63.8	85.4	80.6	100.0	39
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Illinois Profile



Illinois is among the states with the highest rates of death among females due to breast cancer and colorectal cancer. The state has one of the lowest rates of suicide among females, a measure related to mental health status. Illinois has one of the highest levels of physical inactivity among women, a health risk on which the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS* is focused.² The percentages of black, Hispanic and Asian/Pacific Islander women who report no leisure-time physical activity are especially high. Illinois has one of the highest levels of reported binge drinking among women, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Illinois ranks in the middle ranges across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	69.0%	15.9%	11.4%	0.3%	3.7%	6,338,957		

Major causes of death among females (rate per 100,000)[¶]								
All cause	714.5	972.1	486.5	240.1	353.2	741.4	†	30
Heart disease	207.3	291.7	130.9	75.8	105.4	216.2	†	32
Coronary heart disease	152.5	218.3	101.3	*	87.7	159.4	166.0	35
Total cancer	174.9	220.3	98.7	*	81.0	176.5	159.9	42
Breast cancer	27.9	39.5	12.7	*	11.9	28.7	22.3	46
Colorectal cancer	19.0	26.8	9.9	*	10.1	19.5	13.9	44
Lung cancer	42.5	47.0	14.6	*	9.9	41.2	44.9	28
Stroke	57.6	69.1	35.2	*	38.5	59.2	48.0	26
Chronic lower respiratory diseases (age 45 & over)	102.5	68.7	39.5	*	25.5	96.1	60.0	13
Diabetes-related	62.0	109.6	86.2	*	49.0	68.0	45.0	25
Influenza and pneumonia	20.1	23.5	15.1	*	10.5	20.6	†	30
Unintentional injuries	19.7	24.3	15.1	*	7.6	19.9	17.5	11
Suicide	3.8	1.7	1.2	*	*	3.1	5.0	6

Health risk factors (percent)[§]								
Diagnosed high blood pressure	22.7	32.6	22.9	*	*	24.4	‡	28
Obesity (2000–2002) (age 20 & over)	19.2	35.1	28.1	29.3	*	22.0	15.0	33
No leisure-time physical activity (2000–2002)	25.8	38.8	45.2	34.1	43.7	31.3	20.0	41
Binge drinking	12.4	3.8	*	*	*	9.9	†	40
Smoking currently (2000–2002)	22.4	20.9	13.1	29.8	7.2	20.6	12.0	18
No smoking during pregnancy (2000–2002) (all ages)	85.7	86.5	98.0	78.2	99.0	89.0	99.0	18
Eats 5+ fruits and vegetables a day (2000–2002)	24.8	22.1	23.5	*	37.0	25.0	†	36

Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	70.8	76.8	63.5	*	*	70.8	80.0	36
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.1	77.1	73.1	54.2	*	74.5	70.0	30
Pap smear in past 3 yrs. (2000–2002)	81.9	87.0	80.3	*	71.9	81.8	90.0	41
Blood stool test in past 2 yrs. (age 50 & over)	30.1	35.0	*	*	-	29.7	50.0	28
Routine check-up in past 2 yrs. (1998–2000)	89.5	95.9	89.7	95.2	88.6	90.6	†	17
Early and adequate prenatal care (all ages)	82.6	64.3	65.7	68.7	75.3	75.4	90.0	24

Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	91.5	81.0	69.9	83.2	92.5	87.0	100.0	23

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Indiana Profile



Indiana has one of the highest rates of death among females due to cancer in the U.S. It is one of the few states in which females have not yet met the Healthy People 2010 target for reducing the rate of lung cancer death. Indiana ranks among the states with the highest percentages of women who smoke and the lowest proportions of mothers who did not smoke during pregnancy. Smoking significantly increases a woman's chance of dying from lung cancer and other diseases and smoking during pregnancy can increase the risk of complications during pregnancy and low birth weight deliveries.¹⁰ Indiana ranks among states with the lowest percentages of women who have received recent Pap smears and routine check-ups.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.7%	8.8%	3.1%	0.3%	1.1%	3,098,011		
Major causes of death among females (rate per 100,000)[¶]								
All cause	770.8	965.2	551.2	298.6	376.8	780.2	†	39
Heart disease	217.6	277.7	162.3	*	111.7	220.7	†	36
Coronary heart disease	148.4	186.1	106.4	*	*	150.2	166.0	31
Total cancer	177.0	211.7	87.8	*	87.4	177.6	159.9	44
Breast cancer	26.8	36.1	*	*	*	27.2	22.3	38
Colorectal cancer	19.1	24.1	*	*	*	19.3	13.9	42
Lung cancer	46.7	54.0	*	*	*	46.5	44.9	44
Stroke	65.6	82.3	46.3	*	*	66.5	48.0	42
Chronic lower respiratory diseases (age 45 & over)	127.1	74.3	*	*	*	122.7	60.0	40
Diabetes-related	68.5	122.7	75.4	*	*	71.7	45.0	33
Influenza and pneumonia	18.6	18.1	*	*	*	18.5	†	15
Unintentional injuries	24.5	24.0	14.6	*	*	24.4	17.5	27
Suicide	4.2	*	*	*	*	4.0	5.0	19
Health risk factors (percent)[§]								
Diagnosed high blood pressure	23.9	41.5	22.8	*	*	24.9	‡	30
Obesity (2000–2002) (age 20 & over)	22.2	38.4	29.7	39.4	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	28.0	38.3	42.7	39.8	*	29.3	20.0	34
Binge drinking	9.1	8.1	*	*	*	9.0	†	38
Smoking currently (2000–2002)	27.2	21.8	18.7	43.7	*	26.3	12.0	49
No smoking during pregnancy (2000–2002) (all ages)	77.5	84.3	95.0	76.4	96.1	79.5	99.0	47
Eats 5+ fruits and vegetables a day (2000–2002)	23.9	26.3	25.1	*	49.3	24.3	†	41
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	71.0	76.7	69.3	*	77.0	71.2	80.0	30
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	72.6	75.3	81.1	*	*	72.9	70.0	38
Pap smear in past 3 yrs. (2000–2002)	81.5	86.3	80.1	60.0	75.4	81.4	90.0	43
Blood stool test in past 2 yrs. (age 50 & over)	25.6	25.3	43.9	*	*	25.6	50.0	39
Routine check-up in past 2 yrs. (1998–2000)	80.1	89.0	85.3	80.8	88.6	81.1	†	52
Early and adequate prenatal care (all ages)	77.0	63.3	56.6	69.0	72.3	74.3	90.0	29
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	86.9	83.2	68.1	90.3	72.4	85.7	100.0	29

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Iowa Profile



Iowa has some of the lowest rates of death among females due to lung cancer and suicide in the U.S. The state ranks among those with the highest prevalence of binge drinking, which has been shown to have more adverse health effects for women than for men and is associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² It has one of the lowest percentages of women who have received a recent cholesterol screening, a health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Iowa has one of the highest proportions of mothers who receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	93.7%	2.2%	2.5%	0.4%	1.4%	1,490,809		

Major causes of death among females (rate per 100,000)[¶]

All cause	659.5	959.3	555.6	651.7	524.7	662.6	†	5
Heart disease	185.7	289.4	140.4	*	165.8	186.4	†	20
Coronary heart disease	148.5	228.6	113.0	*	145.0	149.1	166.0	30
Total cancer	158.3	214.8	101.6	*	138.3	158.2	159.9	11
Breast cancer	24.5	38.4	*	*	*	24.6	22.3	15
Colorectal cancer	18.3	*	*	*	*	18.2	13.9	27
Lung cancer	36.3	65.6	*	*	*	36.2	44.9	9
Stroke	57.7	69.5	69.1	*	*	58.1	48.0	23
Chronic lower respiratory diseases (age 45 & over)	98.0	*	*	*	*	97.4	60.0	14
Diabetes-related	60.5	169.9	70.4	*	*	61.7	45.0	16
Influenza and pneumonia	22.5	*	*	*	*	22.6	†	39
Unintentional injuries	22.4	*	*	*	*	22.2	17.5	17
Suicide	3.0	*	*	*	*	3.1	5.0	6

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.9	49.2	30.0	*	*	23.3	‡	20
Obesity (2000–2002) (age 20 & over)	21.9	27.5	24.6	43.6	*	22.1	15.0	34
No leisure-time physical activity (2000–2002)	24.8	34.4	35.9	*	*	25.2	20.0	17
Binge drinking	10.9	*	*	-	*	10.5	†	46
Smoking currently (2000–2002)	21.5	33.1	29.4	*	*	21.8	12.0	27
No smoking during pregnancy (2000–2002) (all ages)	81.5	77.1	94.3	73.2	94.6	82.3	99.0	37
Eats 5+ fruits and vegetables a day (2000–2002)	23.5	19.5	14.4	*	*	23.3	†	45

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.3	75.7	62.6	53.7	68.8	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.2	94.1	79.8	*	78.8	75.3	70.0	22
Pap smear in past 3 yrs. (2000–2002)	85.1	100.0	86.5	87.3	79.7	85.2	90.0	19
Blood stool test in past 2 yrs. (age 50 & over)	36.5	*	*	-	*	36.4	50.0	12
Routine check-up in past 2 yrs. (1998–2000)	89.3	95.8	85.2	87.5	74.4	89.2	†	26
Early and adequate prenatal care (all ages)	81.7	71.4	66.6	65.3	75.1	80.4	90.0	8

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.8	82.5	85.9	85.6	86.5	89.6	100.0	12
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¶ Estimate age-adjusted and for all ages unless noted.

§ Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

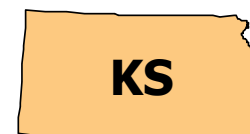
--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Kansas Profile



Kansas ranks in the middle ranges across many measurements of women's health status. The prevalence of most health risk factors are average, however some differences are apparent between racial and ethnic groups. For example, the percentage of Hispanic women who are physically inactive is significantly higher than in the state's white population. Engaging in regular exercise is recommended by the U.S. Department of Health and Human Services' in its prevention initiative *Steps to a HealthierUS*.² Kansas ranks among states with the highest percentages of pregnant women who receive early and adequate prenatal care. However, levels of prenatal care are lower among the state's black, Hispanic and American Indian/Alaskan Native mothers than among white mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.8%	5.9%	6.4%	1.1%	2.0%	1,359,944		

Major causes of death among females (rate per 100,000)[¶]

All cause	698.8	955.6	474.4	803.7	343.6	714.4	†	24
Heart disease	185.4	249.5	96.0	268.8	99.7	189.2	†	23
Coronary heart disease	118.6	154.7	59.2	156.5	*	120.6	166.0	14
Total cancer	158.3	202.3	102.2	166.6	73.2	160.3	159.9	15
Breast cancer	24.8	34.8	*	*	*	25.2	22.3	17
Colorectal cancer	16.2	25.0	*	*	*	16.6	13.9	16
Lung cancer	38.8	39.6	24.5	*	*	38.9	44.9	17
Stroke	58.7	74.2	48.4	*	*	60.1	48.0	29
Chronic lower respiratory diseases (age 45 & over)	114.1	74.3	*	*	*	112.1	60.0	32
Diabetes-related	55.9	150.3	89.4	126.9	*	60.3	45.0	11
Influenza and pneumonia	18.2	12.5	*	*	*	18.1	†	12
Unintentional injuries	25.9	22.4	17.1	*	*	25.7	17.5	32
Suicide	4.1	*	*	*	*	4.0	5.0	19

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.6	31.5	22.6	*	*	22.0	‡	11
Obesity (2000–2002) (age 20 & over)	20.4	42.2	27.6	22.2	*	21.3	15.0	28
No leisure-time physical activity (2000–2002)	26.0	37.4	43.4	26.9	28.7	27.8	20.0	28
Binge drinking	6.9	*	6.8	*	*	6.7	†	16
Smoking currently (2000–2002)	21.2	24.3	16.8	25.8	*	21.0	12.0	23
No smoking during pregnancy (2000–2002) (all ages)	85.2	87.1	96.4	80.1	97.1	86.9	99.0	26
Eats 5+ fruits and vegetables a day (2000–2002)	24.8	20.9	21.0	*	50.8	24.8	†	39

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.1	73.1	61.1	79.3	73.6	70.7	80.0	38
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.9	86.3	68.8	*	62.8	74.1	70.0	34
Pap smear in past 3 yrs. (2000–2002)	84.4	93.1	81.5	77.6	55.0	84.2	90.0	27
Blood stool test in past 2 yrs. (age 50 & over)	33.3	25.3	31.2	55.5	-	32.9	50.0	20
Routine check-up in past 2 yrs. (1998–2000)	91.4	94.5	89.5	88.4	93.9	91.5	†	11
Early and adequate prenatal care (all ages)	82.8	71.6	62.5	71.9	76.9	79.4	90.0	10

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.4	78.4	68.2	77.4	88.6	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Kentucky Profile



Females in Kentucky have some of the highest rates of death in the U.S. due to heart disease, cancer, lung cancer, chronic lower respiratory disease and influenza and pneumonia. Kentucky ranks among states with the highest percentages of diagnosed high blood pressure and physical inactivity among women. It has one of the smallest proportions of women who eat 5 or more fruits and vegetables a day, an important measure of good nutrition. Kentucky ranks at the top on percentage of women who report binge drinking. The state has the highest percentages of women who smoke in the nation, a leading cause of cancer and other disease.¹¹

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.2%	7.6%	1.2%	0.2%	0.9%	2,066,401		

Major causes of death among females (rate per 100,000)[¶]

All cause	822.1	986.0	688.7	206.6	363.2	830.1	†	48
Heart disease	246.5	298.6	180.5	*	*	249.0	†	47
Coronary heart disease	160.1	196.1	119.0	*	*	161.8	166.0	37
Total cancer	180.2	219.0	201.7	*	96.7	182.1	159.9	48
Breast cancer	26.3	34.2	*	*	*	26.8	22.3	33
Colorectal cancer	18.5	27.3	*	*	*	19.1	13.9	40
Lung cancer	52.5	59.3	*	*	*	52.7	44.9	50
Stroke	65.4	79.7	*	*	*	66.2	48.0	41
Chronic lower respiratory diseases (age 45 & over)	134.7	91.3	*	*	*	131.5	60.0	47
Diabetes-related	66.2	124.9	83.2	*	*	69.3	45.0	28
Influenza and pneumonia	25.9	21.6	*	*	*	25.6	†	49
Unintentional injuries	29.4	21.2	*	*	*	28.7	17.5	41
Suicide	4.4	*	*	*	*	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	27.0	42.3	34.0	*	*	28.0	‡	47
Obesity (2000–2002) (age 20 & over)	22.7	37.1	14.5	*	*	23.4	15.0	39
No leisure-time physical activity (2000–2002)	35.3	38.4	32.7	*	*	35.6	20.0	48
Binge drinking	3.4	5.9	*	*	*	3.6	†	2
Smoking currently (2000–2002)	30.2	30.1	40.2	*	*	30.2	12.0	52
No smoking during pregnancy (2000–2002) (all ages)	74.3	82.1	94.2	73.9	94.6	75.6	99.0	49
Eats 5+ fruits and vegetables a day (2000–2002)	24.3	17.0	30.0	52.8	*	23.9	†	43

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.4	71.1	83.8	67.1	*	70.7	80.0	38
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.7	89.2	63.0	90.3	63.2	75.2	70.0	24
Pap smear in past 3 yrs. (2000–2002)	82.3	92.4	86.5	*	74.2	82.9	90.0	35
Blood stool test in past 2 yrs. (age 50 & over)	26.9	28.9	28.3	*	*	27.0	50.0	37
Routine check-up in past 2 yrs. (1998–2000)	86.6	93.7	86.8	92.0	80.3	87.1	†	39
Early and adequate prenatal care (all ages)	79.5	72.5	60.7	74.8	76.0	78.4	90.0	14

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.7	79.5	79.9	86.5	74.3	81.7	100.0	37
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Louisiana Profile



Louisiana ranks among states with the highest rates of death among females due to heart disease and cancer, particularly breast cancer. Like many states in the South, Louisiana women have high rates of health risk factors that are associated with heart disease: high blood pressure, obesity and physical inactivity.^{3, 5-7} Each of these risk factors are notably prevalent among the state's large population of black women. The state has one of the lowest percentages of women who eat 5 or more fruits and vegetables a day. Louisiana ranks in the middle ranges across many presented measures of preventive care. However, it is among the states with the worst records on the rate of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.4%	33.4%	2.3%	0.6%	1.3%	2,306,073		

Major causes of death among females (rate per 100,000)[¶]

All cause	787.3	1010.1	444.0	351.2	493.6	842.3	†	49
Heart disease	224.7	281.9	104.5	103.0	139.7	238.0	†	45
Coronary heart disease	153.2	198.5	76.7	95.6	110.3	163.7	166.0	38
Total cancer	174.9	209.2	97.3	*	108.6	182.1	159.9	48
Breast cancer	26.9	39.4	*	*	*	30.1	22.3	51
Colorectal cancer	17.1	24.9	*	*	*	18.9	13.9	37
Lung cancer	46.5	42.0	18.2	*	*	44.7	44.9	40
Stroke	57.4	81.7	42.5	*	*	63.5	48.0	35
Chronic lower respiratory diseases (age 45 & over)	108.9	57.1	*	*	*	95.1	60.0	12
Diabetes-related	55.4	136.2	36.5	*	61.8	75.3	45.0	40
Influenza and pneumonia	21.4	20.0	*	*	*	21.0	†	31
Unintentional injuries	28.3	25.6	23.1	*	*	27.4	17.5	36
Suicide	5.4	1.4	*	*	*	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.1	38.5	25.2	*	*	27.7	‡	45
Obesity (2000–2002) (age 20 & over)	19.7	38.7	21.2	26.8	*	25.2	15.0	50
No leisure-time physical activity (2000–2002)	33.2	47.0	33.0	39.6	42.3	37.7	20.0	51
Binge drinking	7.7	4.0	*	-	-	6.4	†	14
Smoking currently (2000–2002)	24.9	15.3	24.0	34.9	*	21.8	12.0	27
No smoking during pregnancy (2000–2002) (all ages)	86.2	94.8	96.2	82.5	98.1	90.1	99.0	15
Eats 5+ fruits and vegetables a day (2000–2002)	18.4	18.6	20.5	*	*	18.7	†	50

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.6	69.2	76.6	88.9	69.5	71.2	80.0	30
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.9	74.4	73.2	79.1	*	74.5	70.0	30
Pap smear in past 3 yrs. (2000–2002)	83.9	89.0	81.4	80.3	*	84.8	90.0	22
Blood stool test in past 2 yrs. (age 50 & over)	26.4	25.3	*	*	-	26.4	50.0	38
Routine check-up in past 2 yrs. (1998–2000)	89.4	93.2	89.0	97.3	58.8	90.4	†	18
Early and adequate prenatal care (all ages)	83.7	70.7	75.6	73.3	79.1	78.1	90.0	15

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	79.7	61.8	67.6	66.3	90.0	73.5	100.0	51
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Maine Profile



Females in Maine have among the highest rates of death due to cancer, specifically colorectal cancer and lung cancer. The state also ranks among those with the highest rates of death due to chronic lower respiratory disease among women age 45 and older. Maine has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, an indicator of good nutrition. The state ranks near the top on all presented measures of preventive care. Maine leads the nation in the percentage of women who have recently taken a blood stool test, which can aid in the early detection of colorectal cancer and other diseases of the digestive system.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	97.3%	0.5%	0.7%	0.6%	0.9%	654,614		

Major causes of death among females (rate per 100,000)[¶]

All cause	725.4	501.2	*	1507.7	522.3	729.8	†	28
Heart disease	187.5	*	*	649.5	*	188.8	†	22
Coronary heart disease	132.3	*	*	538.9	*	133.1	166.0	23
Total cancer	180.2	*	*	*	*	180.5	159.9	46
Breast cancer	24.6	*	*	*	*	24.5	22.3	13
Colorectal cancer	19.4	*	*	*	*	19.4	13.9	43
Lung cancer	46.3	*	*	*	*	46.5	44.9	44
Stroke	53.2	*	*	*	*	53.6	48.0	13
Chronic lower respiratory diseases (age 45 & over)	131.3	*	*	*	*	132.6	60.0	48
Diabetes-related	71.0	*	*	*	*	71.4	45.0	31
Influenza and pneumonia	18.3	*	*	*	*	18.4	†	14
Unintentional injuries	20.8	*	*	*	*	20.9	17.5	13
Suicide	4.5	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.8	*	42.9	32.4	*	25.3	‡	33
Obesity (2000–2002) (age 20 & over)	20.5	*	*	29.0	*	20.4	15.0	23
No leisure-time physical activity (2000–2002)	25.5	*	34.0	37.7	*	25.9	20.0	21
Binge drinking	6.8	*	*	*	-	6.8	†	18
Smoking currently (2000–2002)	22.7	*	24.3	33.9	*	22.7	12.0	33
No smoking during pregnancy (2000–2002) (all ages)	82.0	86.3	88.9	59.5	94.2	82.1	99.0	39
Eats 5+ fruits and vegetables a day (2000–2002)	33.1	*	33.8	*	*	32.9	†	7

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.1	74.3	74.8	58.6	51.4	76.8	80.0	10
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.4	*	*	62.4	79.0	79.2	70.0	8
Pap smear in past 3 yrs. (2000–2002)	86.4	*	79.1	82.1	*	86.1	90.0	13
Blood stool test in past 2 yrs. (age 50 & over)	43.1	-	*	*	*	43.2	50.0	1
Routine check-up in past 2 yrs. (1998–2000)	91.2	100.0	90.4	*	100.0	91.0	†	14
Early and adequate prenatal care (all ages)	84.0	73.9	70.9	74.5	80.7	83.6	90.0	4

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.5	90.7	88.0	77.9	92.6	86.5	100.0	26
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

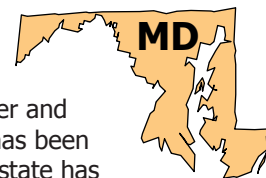
--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Maryland Profile



Maryland has some of the highest rates of death in the U.S. among females due to breast cancer and colorectal cancer. It is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ The state has one of the lowest death rates among females due to unintentional injuries and suicides, a measure related to mental health status. Maryland ranks among the states with the best records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat the recommended number of fruits and vegetables a day.² Across most presented measures of preventive care, Maryland ranks among states with the best records.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.2%	29.2%	4.0%	0.4%	4.3%	2,738,692		

Major causes of death among females (rate per 100,000)[¶]

All cause	736.2	923.7	170.0	523.4	391.7	767.3	†	36
Heart disease	208.5	262.6	42.0	171.1	100.2	216.8	†	33
Coronary heart disease	159.6	202.9	32.4	135.4	77.6	165.8	166.0	41
Total cancer	175.2	195.9	39.4	106.4	106.2	175.7	159.9	40
Breast cancer	27.1	34.2	*	*	11.3	28.0	22.3	43
Colorectal cancer	18.4	25.7	*	*	15.1	19.8	13.9	49
Lung cancer	47.1	42.6	*	*	17.8	44.7	44.9	40
Stroke	57.8	69.5	*	*	47.2	60.2	48.0	30
Chronic lower respiratory diseases (age 45 & over)	119.2	61.2	*	*	*	104.8	60.0	24
Diabetes-related	73.7	157.2	15.8	*	38.9	88.9	45.0	48
Influenza and pneumonia	19.9	19.6	*	*	*	19.7	†	25
Unintentional injuries	16.1	15.4	7.1	*	11.0	15.7	17.5	6
Suicide	3.7	1.7	*	*	*	3.0	5.0	5

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	34.0	23.1	*	27.7	25.3	‡	33
Obesity (2000–2002) (age 20 & over)	17.3	30.7	19.8	*	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	22.8	35.3	34.8	44.4	27.7	27.2	20.0	25
Binge drinking	8.7	5.5	*	*	*	7.1	†	19
Smoking currently (2000–2002)	20.6	17.8	14.8	*	*	18.7	12.0	6
No smoking during pregnancy (2000–2002) (all ages)	88.2	92.3	98.7	89.9	98.9	90.7	99.0	11
Eats 5+ fruits and vegetables a day (2000–2002)	33.0	28.2	45.8	37.8	32.4	32.6	†	10

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	79.6	80.5	76.9	75.1	84.5	79.8	80.0	3
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	81.3	81.3	81.1	85.7	*	80.8	70.0	6
Pap smear in past 3 yrs. (2000–2002)	89.2	89.4	87.1	75.6	75.5	88.6	90.0	2
Blood stool test in past 2 yrs. (age 50 & over)	40.6	44.9	42.1	*	*	40.9	50.0	5
Routine check-up in past 2 yrs. (1998–2000)	91.6	97.2	93.1	86.7	89.8	93.1	†	4
Early and adequate prenatal care (all ages)	79.2	67.5	67.6	72.4	76.3	74.6	90.0	27

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.6	86.4	76.9	89.1	88.6	89.0	100.0	13
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Massachusetts Profile



Massachusetts ranks among states with the lowest rates of stroke and diabetes-related death among females. It is one of the few states in which females have already met the Healthy People 2010 target for reducing the death rate due to unintentional injuries, a category that includes motor vehicle crash fatalities. Massachusetts has one of the best records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat 5 or more fruits and vegetables a day.² Massachusetts ranks near the top across presented measures of preventive care and has one of the highest rates of health insurance coverage among non-senior women in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	83.5%	5.7%	6.6%	0.3%	4.0%	3,290,281		

Major causes of death among females (rate per 100,000)[¶]

All cause	690.8	793.2	489.3	272.4	354.0	689.2	†	18
Heart disease	177.9	196.7	111.9	*	67.4	176.9	†	16
Coronary heart disease	115.9	120.0	72.9	*	47.1	114.9	166.0	12
Total cancer	176.7	176.4	107.5	*	102.5	173.6	159.9	37
Breast cancer	27.6	26.6	13.9	*	10.0	27.0	22.3	35
Colorectal cancer	18.2	21.7	11.6	*	13.8	18.1	13.9	26
Lung cancer	45.2	34.2	15.3	*	22.6	43.6	44.9	35
Stroke	48.7	55.2	39.0	*	39.4	48.8	48.0	7
Chronic lower respiratory diseases (age 45 & over)	109.6	51.2	60.5	*	*	105.6	60.0	26
Diabetes-related	50.1	104.5	81.3	*	36.5	52.3	45.0	4
Influenza and pneumonia	23.5	20.2	11.5	*	*	23.2	†	44
Unintentional injuries	13.7	13.9	7.6	*	9.7	13.7	17.5	1
Suicide	3.0	*	*	*	*	2.9	5.0	4

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.0	32.5	25.2	31.4	*	20.8	‡	3
Obesity (2000–2002) (age 20 & over)	15.4	33.9	23.4	24.2	*	16.6	15.0	3
No leisure-time physical activity (2000–2002)	20.8	32.6	47.8	47.3	30.0	24.4	20.0	14
Binge drinking	12.1	7.4	6.5	*	*	10.9	†	50
Smoking currently (2000–2002)	20.4	18.9	14.2	21.9	12.4	19.4	12.0	8
No smoking during pregnancy (2000–2002) (all ages)	89.0	91.0	92.1	75.4	98.4	90.0	99.0	16
Eats 5+ fruits and vegetables a day (2000–2002)	35.3	30.8	27.0	32.7	41.7	34.8	†	4

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	81.0	77.9	76.8	*	74.5	80.2	80.0	2
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	82.6	84.6	86.4	*	60.6	82.7	70.0	4
Pap smear in past 3 yrs. (2000–2002)	87.2	88.6	86.3	83.6	67.0	86.3	90.0	11
Blood stool test in past 2 yrs. (age 50 & over)	37.9	44.4	30.4	*	*	37.7	50.0	10
Routine check-up in past 2 yrs. (1998–2000)	93.8	98.6	95.8	82.5	92.5	94.0	†	3
Early and adequate prenatal care (all ages)	85.0	74.6	73.9	76.4	80.4	82.6	90.0	5

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	94.3	88.2	78.5	81.3	81.8	92.0	100.0	4
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Michigan Profile



Michigan has some of the highest rates of death among females due to heart disease, particularly coronary heart disease. Heart disease is associated with obesity, a health risk factor for which Michigan ranks among the worst in the nation.^{5, 6} The state has one of the highest percentages of women who report binge drinking, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Michigan ranks among states with the highest percentages of pregnant women who receive early and adequate prenatal care. However, the percentages of black and Hispanic mothers who receive this care are significantly lower than the percentage of white mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.4%	15.0%	3.0%	0.7%	1.9%	5,065,349		

Major causes of death among females (rate per 100,000)[¶]

All cause	727.2	997.6	587.9	1045.4	398.8	765.1	†	35
Heart disease	223.8	321.8	157.4	307.0	106.1	236.2	†	43
Coronary heart disease	166.5	258.1	114.9	244.2	80.7	177.4	166.0	46
Total cancer	167.0	206.6	102.8	212.2	108.1	171.6	159.9	34
Breast cancer	26.1	36.2	16.2	36.0	*	27.3	22.3	39
Colorectal cancer	16.2	25.1	*	*	*	17.2	13.9	19
Lung cancer	42.6	49.7	16.3	90.0	25.9	43.3	44.9	33
Stroke	57.4	73.5	45.8	64.2	45.5	59.7	48.0	28
Chronic lower respiratory diseases (age 45 & over)	110.5	68.2	59.2	189.0	*	106.4	60.0	27
Diabetes-related	66.6	119.0	106.7	174.9	45.7	73.0	45.0	36
Influenza and pneumonia	18.6	23.2	14.8	*	*	19.4	†	22
Unintentional injuries	20.7	26.1	19.8	33.4	16.2	21.7	17.5	16
Suicide	4.0	2.2	*	*	*	3.7	5.0	16

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.0	40.2	17.7	28.4	*	25.7	‡	37
Obesity (2000–2002) (age 20 & over)	22.9	38.2	30.1	30.0	*	24.8	15.0	48
No leisure-time physical activity (2000–2002)	23.9	38.0	27.0	33.9	40.0	26.0	20.0	22
Binge drinking	10.8	6.6	*	*	*	10.1	†	43
Smoking currently (2000–2002)	24.1	25.9	22.3	38.4	*	24.0	12.0	41
No smoking during pregnancy (2000–2002) (all ages)	82.9	85.8	92.6	64.8	97.6	84.2	99.0	33
Eats 5+ fruits and vegetables a day (2000–2002)	27.5	21.0	26.5	32.7	29.1	27.0	†	25

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.3	79.2	78.9	79.4	65.8	75.8	80.0	14
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.0	77.1	*	70.9	82.9	78.6	70.0	11
Pap smear in past 3 yrs. (2000–2002)	85.9	86.7	82.4	84.4	82.0	85.6	90.0	17
Blood stool test in past 2 yrs. (age 50 & over)	34.4	34.2	41.3	*	-	34.3	50.0	16
Routine check-up in past 2 yrs. (1998–2000)	89.0	95.5	96.0	88.7	94.6	89.9	†	21
Early and adequate prenatal care (all ages)	82.6	69.5	66.8	72.3	80.9	79.5	90.0	9

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.8	84.8	85.6	80.4	84.9	88.5	100.0	16
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¶ Estimate age-adjusted and for all ages unless noted.

§ Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Minnesota Profile



Females in Minnesota have among the lowest rates of death in the U.S. due to heart disease, lung cancer, chronic lower respiratory disease, diabetes-related, influenza and pneumonia and suicide. The state has some of the lowest percentages of women with high blood pressure and women who smoke, which may account in part for Minnesota's top rankings on heart disease and lung cancer death rates.^{3,11} It is also among the states with the lowest frequencies of physical inactivity among women, which is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among the worst in percentage of women who report binge drinking. Minnesota leads the nation in the percentage of non-senior women with health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.4%	3.7%	2.6%	1.3%	3.2%	2,483,848		

Major causes of death among females (rate per 100,000)[¶]

All cause	630.5	849.6	521.5	1065.9	493.7	639.9	†	3
Heart disease	137.0	147.7	129.9	159.9	58.2	137.9	†	1
Coronary heart disease	86.3	85.0	83.4	120.8	*	86.6	166.0	3
Total cancer	158.2	204.3	103.3	188.9	129.8	159.0	159.9	14
Breast cancer	25.8	32.7	*	*	*	25.8	22.3	24
Colorectal cancer	16.3	23.5	*	*	*	16.5	13.9	15
Lung cancer	36.0	62.6	*	71.4	*	36.3	44.9	10
Stroke	52.8	75.9	*	73.1	80.4	53.7	48.0	14
Chronic lower respiratory diseases (age 45 & over)	93.7	*	*	211.7	*	93.9	60.0	10
Diabetes-related	55.0	147.4	90.5	232.9	52.9	57.1	45.0	8
Influenza and pneumonia	15.0	*	*	*	*	15.1	†	4
Unintentional injuries	23.7	26.1	20.6	63.8	*	24.3	17.5	26
Suicide	3.1	*	*	*	*	3.1	5.0	6

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.3	33.3	23.0	*	*	21.5	‡	7
Obesity (2000–2002) (age 20 & over)	19.0	32.4	23.0	29.9	*	19.4	15.0	16
No leisure-time physical activity (2000–2002)	19.7	40.4	30.4	*	26.5	20.5	20.0	3
Binge drinking	10.9	*	*	23.7	*	10.6	†	47
Smoking currently (2000–2002)	19.5	25.0	19.3	53.0	*	19.6	12.0	9
No smoking during pregnancy (2000–2002) (all ages)	88.2	87.2	95.9	59.5	97.6	88.6	99.0	20
Eats 5+ fruits and vegetables a day (2000–2002)	28.3	28.8	33.3	*	33.8	28.7	†	19

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.1	78.4	62.5	72.4	*	71.9	80.0	27
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.7	75.7	63.9	70.2	68.0	75.3	70.0	22
Pap smear in past 3 yrs. (2000–2002)	84.4	89.4	85.6	81.8	74.5	84.2	90.0	27
Blood stool test in past 2 yrs. (age 50 & over)	33.0	*	32.5	*	*	33.2	50.0	19
Routine check-up in past 2 yrs. (1998–2000)	87.9	94.1	81.3	88.8	86.3	87.9	†	35
Early and adequate prenatal care (all ages)	77.3	56.4	55.3	47.6	58.8	73.4	90.0	31

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	94.8	86.9	92.6	85.8	95.3	94.3	100.0	1
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Mississippi Profile



Mississippi has some of the highest rates of death among females in the U.S., ranking at or near the bottom for deaths due to heart disease, breast cancer, stroke, diabetes-related, influenza and pneumonia and unintentional injuries. Like several states in the South, Mississippi women have high rates of health risk factors that are associated with heart disease and stroke: high blood pressure, obesity and physical inactivity.³⁻⁷ These risk factors are notably high among the state's large population of black women.

The state ranks among those with the lowest rates of binge drinking among women. Mississippi is one of few states that have not yet met the Healthy People 2010 target for percentage of women age 40 and over who have had a recent mammogram, and it ranks near the bottom among states in the percentage of women age 18 to 64 with health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	60.3%	37.4%	1.1%	0.4%	0.8%	1,471,104		

Major causes of death among females (rate per 100,000)[¶]

All cause	796.2	1002.7	139.0	794.6	435.6	855.0	†	52
Heart disease	265.0	347.4	*	*	*	287.0	†	52
Coronary heart disease	169.8	226.1	*	*	*	184.6	166.0	48
Total cancer	162.8	193.2	*	*	*	170.9	159.9	32
Breast cancer	25.2	37.3	*	*	*	28.8	22.3	48
Colorectal cancer	16.3	26.7	*	*	*	19.1	13.9	40
Lung cancer	45.9	35.5	*	*	*	42.8	44.9	31
Stroke	62.3	83.3	*	*	*	68.1	48.0	45
Chronic lower respiratory diseases (age 45 & over)	114.5	55.4	*	*	*	98.4	60.0	15
Diabetes-related	66.2	145.3	*	226.6	*	87.7	45.0	47
Influenza and pneumonia	26.3	22.2	*	*	*	25.3	†	48
Unintentional injuries	37.1	31.6	*	*	*	35.0	17.5	52
Suicide	5.2	*	*	*	*	3.7	5.0	16

Health risk factors (percent)[§]

Diagnosed high blood pressure	28.4	45.0	25.3	*	*	33.6	‡	52
Obesity (2000–2002) (age 20 & over)	20.6	41.9	24.9	*	*	27.4	15.0	52
No leisure-time physical activity (2000–2002)	32.9	43.5	45.2	52.1	*	37.3	20.0	50
Binge drinking	4.8	4.1	*	*	-	4.7	†	6
Smoking currently (2000–2002)	26.9	14.3	24.0	44.0	*	22.5	12.0	31
No smoking during pregnancy (2000–2002) (all ages)	81.3	94.2	97.0	86.7	96.8	87.5	99.0	22
Eats 5+ fruits and vegetables a day (2000–2002)	20.9	18.2	26.1	*	*	20.5	†	49

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.1	67.3	67.7	69.1	58.6	69.8	80.0	40
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	68.8	63.8	72.8	*	*	67.0	70.0	49
Pap smear in past 3 yrs. (2000–2002)	83.0	84.9	83.5	67.3	*	83.4	90.0	32
Blood stool test in past 2 yrs. (age 50 & over)	20.0	15.8	*	*	-	18.8	50.0	50
Routine check-up in past 2 yrs. (1998–2000)	85.7	94.4	90.2	100.0	74.8	88.7	†	30
Early and adequate prenatal care (all ages)	82.0	69.1	64.6	63.0	72.2	75.8	90.0	22

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.0	70.6	70.1	59.2	89.9	76.6	100.0	49
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Missouri Profile



Missouri ranks among the states with the highest rates of death among females due to heart disease, lung cancer and influenza and pneumonia. The state has one of the highest percentages of women who smoke in the nation. Smoking significantly increases a woman's chances of dying from heart disease, lung cancer and other diseases.¹¹ Missouri ranks near the bottom on an important measure of nutrition included in the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who eat 5 or more fruits and vegetables a day.² The state has one of the highest percentages of mothers who receive early and adequate prenatal care, which can reduce the risk of complications during pregnancy and of delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.4%	11.9%	2.0%	0.6%	1.3%	2,875,034		

Major causes of death among females (rate per 100,000)[¶]

All cause	760.2	972.3	713.6	440.9	359.8	778.5	†	37
Heart disease	229.2	297.5	200.2	100.7	75.4	234.5	†	42
Coronary heart disease	165.6	222.6	144.2	81.0	58.7	169.8	166.0	44
Total cancer	171.2	213.5	156.7	129.4	95.2	174.0	159.9	38
Breast cancer	26.2	35.8	27.2	*	*	27.0	22.3	35
Colorectal cancer	18.0	28.0	*	*	*	18.8	13.9	35
Lung cancer	45.4	51.0	*	*	*	45.5	44.9	42
Stroke	60.8	70.2	58.8	*	*	61.9	48.0	34
Chronic lower respiratory diseases (age 45 & over)	119.0	72.3	99.6	*	*	114.9	60.0	36
Diabetes-related	66.0	131.4	97.5	*	51.5	71.6	45.0	32
Influenza and pneumonia	24.2	21.2	*	*	*	23.9	†	46
Unintentional injuries	28.7	24.1	29.7	*	*	28.1	17.5	38
Suicide	5.0	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.9	37.3	21.5	*	*	24.9	‡	30
Obesity (2000–2002) (age 20 & over)	20.6	32.9	27.1	33.7	*	21.7	15.0	30
No leisure-time physical activity (2000–2002)	27.1	41.0	37.3	29.5	35.7	28.8	20.0	31
Binge drinking	8.8	*	*	*	*	8.6	†	34
Smoking currently (2000–2002)	25.5	23.2	23.0	39.6	*	25.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	79.9	87.0	93.5	68.3	95.8	81.7	99.0	43
Eats 5+ fruits and vegetables a day (2000–2002)	23.0	20.9	21.0	33.3	*	22.9	†	47

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.0	77.8	75.3	*	71.2	69.2	80.0	41
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.3	83.0	64.1	39.7	71.4	73.6	70.0	35
Pap smear in past 3 yrs. (2000–2002)	82.6	89.8	79.9	60.1	69.6	82.6	90.0	36
Blood stool test in past 2 yrs. (age 50 & over)	28.4	*	35.7	*	45.7	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	88.0	95.5	90.9	95.8	89.6	88.8	†	29
Early and adequate prenatal care (all ages)	83.2	70.9	69.4	69.5	80.2	80.9	90.0	7

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	87.7	83.9	81.4	91.0	88.3	87.3	100.0	22
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Montana Profile



Females in Montana have some of the lowest rates of death in the U.S. due to heart disease and breast cancer. The state has some of the highest death rates among females due to chronic lower respiratory disease and unintentional injuries, a category that includes motor vehicle crash fatalities. Montana ranks near the top in having one of the lowest levels of obesity among women and one of the lowest percentages of women who are physically inactive. However, rates of obesity and physical inactivity are notably higher among American Indian/Alaskan Native women in the state. The proportions of women in Montana who have had a recent cholesterol test, mammogram or routine check-up are among the lowest in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.6%	0.3%	2.0%	6.7%	0.7%	452,715		

Major causes of death among females (rate per 100,000)[¶]

All cause	690.7	*	597.3	1043.5	367.0	706.5	†	23
Heart disease	157.2	*	*	183.7	*	159.0	†	7
Coronary heart disease	87.2	*	*	103.2	*	88.5	166.0	4
Total cancer	163.6	*	*	230.0	*	165.0	159.9	21
Breast cancer	24.1	*	*	*	*	23.9	22.3	10
Colorectal cancer	15.4	*	*	*	*	16.1	13.9	12
Lung cancer	41.9	*	*	96.5	*	43.0	44.9	32
Stroke	60.4	*	*	67.3	*	60.6	48.0	32
Chronic lower respiratory diseases (age 45 & over)	136.5	*	*	195.4	*	137.8	60.0	49
Diabetes-related	58.2	*	*	157.0	*	61.0	45.0	13
Influenza and pneumonia	18.7	*	*	44.7	*	19.7	†	25
Unintentional injuries	29.3	*	*	73.7	*	31.9	17.5	47
Suicide	5.4	*	*	*	*	5.7	5.0	42

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.1	*	33.1	36.1	*	23.8	‡	24
Obesity (2000–2002) (age 20 & over)	16.2	*	20.0	36.1	*	17.3	15.0	6
No leisure-time physical activity (2000–2002)	21.4	*	21.0	38.6	*	22.2	20.0	9
Binge drinking	9.9	-	*	14.3	*	10.0	†	42
Smoking currently (2000–2002)	19.9	*	25.6	44.4	*	21.5	12.0	26
No smoking during pregnancy (2000–2002) (all ages)	83.6	82.9	84.3	70.6	90.8	82.1	99.0	39
Eats 5+ fruits and vegetables a day (2000–2002)	27.5	*	35.3	24.9	47.6	27.6	†	24

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.5	*	64.0	62.7	62.6	67.2	80.0	50
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.4	*	69.9	68.5	93.3	71.2	70.0	43
Pap smear in past 3 yrs. (2000–2002)	83.4	*	88.7	83.1	98.6	83.3	90.0	33
Blood stool test in past 2 yrs. (age 50 & over)	30.4	-	*	32.2	*	29.9	50.0	27
Routine check-up in past 2 yrs. (1998–2000)	84.5	80.4	83.3	83.8	85.2	84.3	†	45
Early and adequate prenatal care (all ages)	75.9	57.4	65.9	48.3	70.2	72.2	90.0	35

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.3	*	73.7	73.1	68.5	80.5	100.0	40
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Nebraska Profile



Nebraska has some of the lowest rates of death among females due to coronary heart disease, breast cancer and suicide. It ranks near the top in having one of the lowest percentages of women with high blood pressure, a health risk factor associated with heart disease.³ Nebraska has among the lowest percentages of women who eat 5 or more fruits and vegetables a day, a measure of nutrition that is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among those with the worst records on the percentage of women who have had a recent cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Across most other presented measures of preventive care, Nebraska ranks in the middle ranges.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	88.5%	4.2%	5.0%	1.0%	1.5%	867,912		

Major causes of death among females (rate per 100,000)[¶]

All cause	664.3	958.1	565.1	1437.8	316.7	678.7	†	11
Heart disease	176.7	230.4	121.2	389.8	*	179.1	†	17
Coronary heart disease	103.6	143.1	*	259.8	*	105.2	166.0	8
Total cancer	156.6	211.7	121.8	192.1	133.1	158.5	159.9	12
Breast cancer	23.5	45.8	*	*	*	23.8	22.3	9
Colorectal cancer	18.6	*	*	*	*	18.5	13.9	32
Lung cancer	36.3	40.2	*	*	*	36.6	44.9	12
Stroke	55.2	87.6	*	*	*	56.1	48.0	20
Chronic lower respiratory diseases (age 45 & over)	103.8	120.3	*	*	*	104.4	60.0	22
Diabetes-related	60.5	147.8	95.2	456.8	*	64.1	45.0	20
Influenza and pneumonia	17.6	*	*	*	*	17.8	†	11
Unintentional injuries	24.1	*	*	*	*	24.1	17.5	25
Suicide	3.2	*	*	*	*	3.3	5.0	10

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.7	34.3	13.5	*	*	21.7	‡	8
Obesity (2000–2002) (age 20 & over)	19.3	22.8	25.5	41.3	*	19.7	15.0	20
No leisure-time physical activity (2000–2002)	26.0	37.2	47.0	34.1	45.4	27.6	20.0	26
Binge drinking	9.2	*	*	*	*	8.6	†	34
Smoking currently (2000–2002)	21.5	23.1	18.7	32.2	*	20.8	12.0	20
No smoking during pregnancy (2000–2002) (all ages)	83.8	84.3	95.1	68.1	95.1	85.0	99.0	31
Eats 5+ fruits and vegetables a day (2000–2002)	23.2	16.3	19.4	*	*	22.9	†	47

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.2	69.3	56.7	*	48.4	66.8	80.0	51
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	89.6	67.2	67.4	70.3	74.7	70.0	27
Pap smear in past 3 yrs. (2000–2002)	83.9	86.4	77.0	86.5	66.3	83.5	90.0	31
Blood stool test in past 2 yrs. (age 50 & over)	31.4	*	*	*	-	31.1	50.0	24
Routine check-up in past 2 yrs. (1998–2000)	89.0	92.6	82.5	87.0	93.9	88.7	†	30
Early and adequate prenatal care (all ages)	75.7	59.6	60.9	54.3	71.2	72.8	90.0	32

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.0	84.3	63.8	79.9	83.5	86.9	100.0	24
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

Nevada Profile



Death rates among females due to lung cancer and chronic lower respiratory disease (among women 45 and older) are higher in Nevada than in any other state. These causes of death are associated with smoking, a health risk factor for which Nevada women rank among the worst in the nation.¹¹ The state has one of the lowest rates of diabetes-related death, and is one of only three states in which women have met the Healthy People 2010 target for this measure. The state is among those with the lowest rates of obesity among women in the U.S. Nevada ranks near the bottom across most presented measures of preventive care for women, and has one of the lowest percentages of women age 18 to 64 who have health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	67.0%	7.1%	18.8%	1.6%	6.1%	980,206		
Major causes of death among females (rate per 100,000)[¶]								
All cause	819.7	938.6	435.3	584.1	489.3	788.1	†	41
Heart disease	216.8	271.3	116.3	137.3	131.8	210.7	†	31
Coronary heart disease	141.1	169.6	72.9	103.2	87.3	136.9	166.0	26
Total cancer	192.3	204.4	80.4	102.5	108.1	180.7	159.9	47
Breast cancer	27.9	34.7	15.2	*	*	26.6	22.3	32
Colorectal cancer	19.8	22.1	*	*	*	19.0	13.9	38
Lung cancer	60.3	56.0	*	*	24.4	54.4	44.9	52
Stroke	57.5	90.8	38.2	*	45.9	58.0	48.0	22
Chronic lower respiratory diseases (age 45 & over)	187.4	81.9	64.9	*	*	170.4	60.0	52
Diabetes-related	40.4	84.6	43.8	81.1	41.9	42.7	45.0	3
Influenza and pneumonia	19.9	23.8	12.8	*	*	19.3	†	20
Unintentional injuries	28.0	25.6	16.0	*	14.7	25.1	17.5	31
Suicide	9.0	*	*	*	*	7.7	5.0	51
Health risk factors (percent)[§]								
Diagnosed high blood pressure	24.5	46.8	22.9	31.9	37.1	26.9	‡	41
Obesity (2000–2002) (age 20 & over)	15.9	28.5	28.3	24.6	*	17.2	15.0	5
No leisure-time physical activity (2000–2002)	22.8	38.6	40.2	25.9	42.6	26.8	20.0	24
Binge drinking	10.7	13.0	11.0	*	*	10.7	†	49
Smoking currently (2000–2002)	27.9	27.3	13.7	29.9	22.1	26.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	83.3	87.4	96.9	84.5	94.0	88.8	99.0	19
Eats 5+ fruits and vegetables a day (2000–2002)	25.6	28.0	22.6	*	38.1	26.1	†	30
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	71.7	73.8	81.3	67.8	63.3	72.8	80.0	23
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	72.4	78.7	71.2	*	*	72.0	70.0	41
Pap smear in past 3 yrs. (2000–2002)	82.4	91.5	75.3	64.7	73.9	80.3	90.0	48
Blood stool test in past 2 yrs. (age 50 & over)	26.0	*	29.7	*	*	24.4	50.0	41
Routine check-up in past 2 yrs. (1998–2000)	82.5	84.1	84.0	81.6	82.2	82.9	†	47
Early and adequate prenatal care (all ages)	76.1	62.2	55.0	56.1	72.3	67.7	90.0	46
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	83.6	76.9	60.6	69.3	85.4	79.5	100.0	44

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Hampshire Profile



New Hampshire has some of the highest death rates among women 45 and older due to chronic lower respiratory disease. It ranks among states with the lowest rates of death among females from influenza and pneumonia and unintentional injuries, a category that includes motor vehicle crashes. The state ranks among those with the lowest frequencies of women with diagnosed high blood pressure and obesity. New Hampshire has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, an indicator of good nutrition. It has one of the highest percentages of women who report binge drinking. The state ranks near the top across most presented measures of preventive care, and has one of the highest percentages in the nation of pregnant women who receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	96.0%	0.7%	1.6%	0.3%	1.4%	628,099		

Major causes of death among females (rate per 100,000)[¶]

All cause	678.1	641.6	335.2	*	392.9	690.6	†	19
Heart disease	188.0	*	*	*	*	191.5	†	24
Coronary heart disease	151.1	*	*	*	*	153.9	166.0	32
Total cancer	168.4	*	*	*	*	170.5	159.9	30
Breast cancer	26.5	*	*	*	*	26.8	22.3	33
Colorectal cancer	17.6	*	*	*	*	18.2	13.9	27
Lung cancer	44.0	*	*	*	*	44.0	44.9	38
Stroke	54.6	*	*	*	*	55.5	48.0	15
Chronic lower respiratory diseases (age 45 & over)	121.2	*	*	*	*	124.0	60.0	44
Diabetes-related	68.5	*	*	*	*	68.4	45.0	27
Influenza and pneumonia	14.2	*	*	*	*	14.8	†	3
Unintentional injuries	17.6	*	*	*	*	17.9	17.5	9
Suicide	4.4	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	*	*	*	*	21.9	‡	10
Obesity (2000–2002) (age 20 & over)	17.5	*	*	*	*	17.4	15.0	8
No leisure-time physical activity (2000–2002)	23.0	*	32.1	25.7	41.7	23.4	20.0	13
Binge drinking	10.4	-	*	*	-	10.2	†	44
Smoking currently (2000–2002)	23.4	*	*	48.3	*	23.3	12.0	38
No smoking during pregnancy (2000–2002) (all ages)	84.2	84.7	91.5	71.3	97.2	84.7	99.0	32
Eats 5+ fruits and vegetables a day (2000–2002)	33.0	55.8	34.5	*	*	33.2	†	5

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.9	*	63.9	65.7	56.5	77.3	80.0	9
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	80.2	79.5	81.1	*	*	80.2	70.0	7
Pap smear in past 3 yrs. (2000–2002)	87.1	87.6	80.6	66.3	*	86.7	90.0	7
Blood stool test in past 2 yrs. (age 50 & over)	41.6	*	*	*	-	40.9	50.0	5
Routine check-up in past 2 yrs. (1998–2000)	90.9	*	83.5	*	91.7	90.7	†	16
Early and adequate prenatal care (all ages)	86.5	75.9	79.5	78.3	83.1	86.1	90.0	2

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.0	100.0	79.4	59.9	89.4	88.6	100.0	15
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Jersey Profile



New Jersey has one of the lowest death rates due to stroke among females in the U.S., and is one of few states in which women have already met the Healthy People 2010 target for this measure. The state ranks among those with the highest rates of death due to cancer. It is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ New Jersey has one of the lowest smoking rates among women. The state has one of the lowest percentages of mothers who receive early and adequate prenatal care. Levels of prenatal care are particularly low among the state's black, Hispanic and American Indian/Alaskan Native populations.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	67.3%	13.9%	12.7%	0.3%	6.0%	4,331,537		

Major causes of death among females (rate per 100,000)[¶]

All cause	708.2	945.5	482.3	256.8	334.6	718.5	†	27
Heart disease	218.9	258.2	144.3	*	101.7	219.0	†	35
Coronary heart disease	167.8	198.3	109.7	*	81.0	167.6	166.0	43
Total cancer	185.2	201.8	94.9	82.6	81.7	178.8	159.9	45
Breast cancer	30.5	35.4	15.4	*	12.0	29.6	22.3	50
Colorectal cancer	19.8	22.8	13.1	*	7.1	19.6	13.9	46
Lung cancer	44.2	41.5	10.9	*	11.4	40.8	44.9	27
Stroke	42.3	65.1	31.2	*	33.0	44.3	48.0	2
Chronic lower respiratory diseases (age 45 & over)	89.4	75.0	41.3	*	21.7	84.5	60.0	5
Diabetes-related	49.8	115.1	61.4	*	35.8	56.6	45.0	7
Influenza and pneumonia	20.0	19.7	13.3	*	11.4	19.8	†	27
Unintentional injuries	16.4	19.6	11.0	*	6.4	16.2	17.5	7
Suicide	3.2	1.7	1.4	*	*	2.8	5.0	3

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.6	36.0	21.3	*	*	23.3	‡	20
Obesity (2000–2002) (age 20 & over)	16.5	35.0	23.4	*	*	19.2	15.0	14
No leisure-time physical activity (2000–2002)	24.4	36.8	38.2	49.1	31.8	28.9	20.0	32
Binge drinking	9.8	3.9	5.7	*	*	7.7	†	24
Smoking currently (2000–2002)	21.7	21.0	13.0	*	*	19.6	12.0	9
No smoking during pregnancy (2000–2002) (all ages)	88.7	86.7	94.3	82.1	98.7	90.3	99.0	14
Eats 5+ fruits and vegetables a day (2000–2002)	30.9	23.1	27.3	*	32.8	29.8	†	16

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	79.4	73.3	73.8	72.0	75.5	77.6	80.0	7
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.5	76.1	79.0	85.7	70.6	76.4	70.0	15
Pap smear in past 3 yrs. (2000–2002)	85.3	86.9	80.3	84.0	68.4	83.1	90.0	34
Blood stool test in past 2 yrs. (age 50 & over)	35.2	32.2	24.2	*	*	33.3	50.0	18
Routine check-up in past 2 yrs. (1998–2000)	90.6	95.6	90.4	89.9	93.5	91.1	†	13
Early and adequate prenatal care (all ages)	72.0	51.6	58.7	59.2	69.0	65.9	90.0	48

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.8	81.8	67.5	87.3	88.6	86.2	100.0	28
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Mexico Profile



New Mexico ranks among states with the lowest rates of death among females due to cancer. It has some of the highest death rates due to suicide and unintentional injuries, for which the rate of death is notably higher among New Mexico's American Indian/Alaskan Native (AI/AN) population. Nationally, unintentional injuries, including injuries sustained in motor vehicle crashes, are the third leading cause of death among AI/AN females, whereas they are the seventh leading cause among white females.²² New Mexico has one of the lowest frequencies of high blood pressure among women in the U.S. The state has some of the lowest percentages of women who receive preventive care across all presented measures, and the worst record of all states on the percentage of mothers who receive early and adequate prenatal care. New Mexico ranks among states with the lowest levels of health insurance coverage among women age 18 to 64.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	45.9%	1.7%	41.8%	10.3%	1.5%	924,729		

Major causes of death among females (rate per 100,000)[¶]

All cause	683.3	825.6	657.5	707.2	452.6	683.3	†	14
Heart disease	174.3	241.6	156.3	107.1	*	167.3	†	11
Coronary heart disease	127.5	181.9	111.7	65.7	*	121.1	166.0	15
Total cancer	151.9	176.0	133.5	111.5	112.8	144.2	159.9	4
Breast cancer	24.6	*	20.4	14.1	*	22.8	22.3	4
Colorectal cancer	15.1	*	16.1	*	*	15.0	13.9	6
Lung cancer	36.3	*	18.2	*	*	29.0	44.9	4
Stroke	51.6	68.4	52.7	49.3	*	52.4	48.0	11
Chronic lower respiratory diseases (age 45 & over)	141.2	*	67.0	37.2	*	114.2	60.0	34
Diabetes-related	39.1	154.5	93.8	131.8	*	61.2	45.0	14
Influenza and pneumonia	19.1	*	17.6	34.4	*	19.2	†	18
Unintentional injuries	29.7	*	31.6	61.7	*	33.9	17.5	51
Suicide	10.3	*	3.8	*	*	7.3	5.0	49

Health risk factors (percent)[§]

Diagnosed high blood pressure	18.9	39.0	21.8	26.2	*	20.5	‡	2
Obesity (2000–2002) (age 20 & over)	15.2	32.6	24.1	32.4	*	19.5	15.0	18
No leisure-time physical activity (2000–2002)	20.9	29.0	33.7	27.7	24.1	26.6	20.0	23
Binge drinking	6.9	*	6.7	6.0	*	6.5	†	15
Smoking currently (2000–2002)	23.2	19.8	19.1	13.9	*	20.2	12.0	14
No smoking during pregnancy (2000–2002) (all ages)	83.9	83.1	91.7	96.4	95.7	89.6	99.0	17
Eats 5+ fruits and vegetables a day (2000–2002)	27.6	32.1	21.0	25.8	39.7	25.0	†	36

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.9	75.2	66.5	67.1	*	67.9	80.0	48
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.7	*	67.8	66.0	*	69.9	70.0	45
Pap smear in past 3 yrs. (2000–2002)	82.0	93.7	81.6	82.4	81.9	82.1	90.0	38
Blood stool test in past 2 yrs. (age 50 & over)	26.7	35.3	17.7	*	-	23.6	50.0	43
Routine check-up in past 2 yrs. (1998–2000)	85.3	94.7	83.1	89.0	77.1	84.7	†	44
Early and adequate prenatal care (all ages)	64.2	58.4	55.8	46.7	64.7	57.6	90.0	52

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	83.4	87.1	66.1	64.3	91.6	74.7	100.0	50
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New York Profile



New York leads the nation in having the lowest death rate among females due to stroke and it is one of few states in which females have already met the Healthy People 2010 target for this measure. However, females in New York have some of the highest rates of death due to heart disease. The state ranks among those with the highest percentages of women who abstain from smoking during pregnancy. It has one of the worst records on percentage of women who receive early and adequate prenatal care, which can help prevent pregnancy complications and premature delivery.¹⁸ The percentages of women receiving early and adequate prenatal care are particularly low among the state's black, Hispanic and Asian/Pacific Islander populations. New York ranks among states with the highest percentage of women who have had a recent routine check-up.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.8%	16.2%	14.8%	0.6%	5.9%	9,829,709		

Major causes of death among females (rate per 100,000)[¶]

All cause	681.9	809.2	523.1	251.5	356.1	690.9	†	20
Heart disease	245.3	287.0	194.0	78.4	131.7	249.0	†	47
Coronary heart disease	201.3	247.7	171.7	67.0	118.6	206.9	166.0	51
Total cancer	172.6	181.3	104.6	51.1	86.3	166.5	159.9	24
Breast cancer	28.6	33.5	17.7	*	9.1	27.9	22.3	42
Colorectal cancer	18.6	22.6	12.4	*	10.2	18.6	13.9	33
Lung cancer	42.8	32.9	13.4	*	17.1	38.3	44.9	13
Stroke	38.7	40.2	25.8	19.4	25.8	38.8	48.0	1
Chronic lower respiratory diseases (age 45 & over)	96.6	51.7	41.9	*	23.9	86.5	60.0	7
Diabetes-related	50.7	103.8	70.1	57.0	29.9	58.1	45.0	10
Influenza and pneumonia	21.6	26.9	26.5	*	16.2	22.7	†	40
Unintentional injuries	15.4	14.5	12.5	*	8.0	15.0	17.5	4
Suicide	2.5	1.5	1.5	*	3.1	2.3	5.0	2

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.8	33.3	26.7	*	*	23.2	‡	19
Obesity (2000–2002) (age 20 & over)	17.0	37.5	23.9	28.5	10.4	20.7	15.0	27
No leisure-time physical activity (2000–2002)	25.3	35.2	40.9	43.7	36.9	30.3	20.0	38
Binge drinking	10.6	3.2	5.8	*	*	8.5	†	33
Smoking currently (2000–2002)	23.7	18.0	18.1	38.5	*	20.9	12.0	22
No smoking during pregnancy (2000–2002) (all ages)	87.6	91.7	96.4	73.1	99.2	91.0	99.0	10
Eats 5+ fruits and vegetables a day (2000–2002)	32.0	28.8	31.9	20.1	49.0	32.3	†	11

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.1	72.7	69.9	63.7	76.0	75.5	80.0	15
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.1	81.6	80.2	70.1	*	79.2	70.0	8
Pap smear in past 3 yrs. (2000–2002)	85.0	85.6	88.5	75.3	75.5	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	34.2	25.4	19.5	*	*	31.3	50.0	23
Routine check-up in past 2 yrs. (1998–2000)	91.5	97.2	91.5	89.6	94.7	92.4	†	5
Early and adequate prenatal care (all ages)	70.2	55.5	58.6	64.4	59.7	64.4	90.0	49

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.0	83.6	73.4	70.3	79.8	85.0	100.0	30
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

North Carolina Profile



North Carolina has been identified as part of the “stroke belt” region in the South, and females in the state have one of the highest rates of death due to stroke in the U.S.²¹ The rate of diabetes-related death for females in North Carolina is also among the highest in the U.S. North Carolina has one of the highest levels of physical inactivity among women. Regular exercise may reduce the risk of stroke and diabetes and is one component of the U.S. Department of Health and Human Services’ prevention initiative *Steps to a Healthier US*.^{2, 7, 8} The state ranks among those with the lowest rates of binge drinking among women. North Carolina has one of the best records across presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.9%	22.6%	3.7%	1.3%	1.6%	4,106,618		

Major causes of death among females (rate per 100,000)[¶]

All cause	744.5	951.9	218.2	806.0	353.3	779.8	†	38
Heart disease	197.8	257.8	53.1	233.5	61.6	207.7	†	29
Coronary heart disease	141.2	181.2	37.8	178.4	41.7	147.7	166.0	29
Total cancer	162.0	186.9	37.2	139.8	91.1	165.1	159.9	23
Breast cancer	23.7	34.6	*	26.3	*	25.6	22.3	22
Colorectal cancer	15.9	24.7	*	*	*	17.3	13.9	20
Lung cancer	43.1	31.8	*	28.1	30.1	40.6	44.9	26
Stroke	69.9	91.5	22.2	75.5	31.0	73.6	48.0	49
Chronic lower respiratory diseases (age 45 & over)	120.5	48.8	*	*	*	106.7	60.0	28
Diabetes-related	69.2	167.7	35.9	141.2	40.4	86.5	45.0	46
Influenza and pneumonia	23.4	20.7	*	22.2	*	22.8	†	41
Unintentional injuries	27.4	25.1	15.5	49.1	17.3	27.2	17.5	35
Suicide	6.0	1.8	*	*	*	4.9	5.0	38

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	39.8	23.8	*	*	25.6	‡	35
Obesity (2000–2002) (age 20 & over)	18.9	41.3	22.1	28.6	*	23.3	15.0	38
No leisure-time physical activity (2000–2002)	27.9	42.8	47.9	40.1	42.2	32.0	20.0	44
Binge drinking	5.8	2.4	*	*	*	5.2	†	10
Smoking currently (2000–2002)	26.0	17.2	21.3	22.5	*	23.6	12.0	39
No smoking during pregnancy (2000–2002) (all ages)	82.4	88.9	98.5	74.6	97.7	85.9	99.0	29
Eats 5+ fruits and vegetables a day (2000–2002)	27.7	20.5	18.0	*	20.1	25.7	†	33

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	78.2	72.4	70.0	*	57.6	76.2	80.0	13
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.0	79.9	76.7	80.4	*	78.8	70.0	10
Pap smear in past 3 yrs. (2000–2002)	86.7	91.1	86.9	91.3	82.8	87.5	90.0	4
Blood stool test in past 2 yrs. (age 50 & over)	44.5	37.0	31.1	*	46.5	42.9	50.0	3
Routine check-up in past 2 yrs. (1998–2000)	90.7	95.8	91.3	86.6	100.0	91.9	†	7
Early and adequate prenatal care (all ages)	87.2	75.7	64.6	72.8	81.2	81.7	90.0	6

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.4	80.0	61.5	75.5	90.9	83.9	100.0	32
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

North Dakota Profile



North Dakota has some of the lowest rates of death among females due to heart disease, lung cancer, chronic lower respiratory disease and influenza and pneumonia. It also ranks among those with the lowest rates of physical inactivity among women. North Dakota ranks among states with the highest percentages of women who report binge drinking, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² It has one of the lowest percentages of women who have received a recent cholesterol screening, a health risk prevention strategy for reducing rates of heart disease.¹⁵ North Dakota has one of the lowest proportions of pregnant women who receive early and adequate prenatal care, particularly among American Indian/Alaskan Native mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	92.5%	0.6%	1.1%	5.2%	0.7%	321,676		

Major causes of death among females (rate per 100,000)[¶]

All cause	599.6	*	*	1168.7	*	630.7	†	2
Heart disease	156.6	*	*	324.6	*	164.3	†	9
Coronary heart disease	113.8	*	*	264.3	*	119.8	166.0	13
Total cancer	149.0	*	*	244.3	*	153.8	159.9	8
Breast cancer	24.6	*	*	*	*	25.4	22.3	20
Colorectal cancer	16.8	*	*	*	*	17.3	13.9	20
Lung cancer	30.0	*	*	*	*	31.6	44.9	5
Stroke	53.6	*	*	*	*	55.7	48.0	17
Chronic lower respiratory diseases (age 45 & over)	71.4	*	*	*	*	75.8	60.0	3
Diabetes-related	57.3	*	*	241.0	*	60.4	45.0	12
Influenza and pneumonia	16.3	*	*	*	*	17.2	†	9
Unintentional injuries	20.7	*	*	49.9	*	23.3	17.5	22
Suicide	4.2	*	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.6	*	*	29.0	*	23.8	‡	24
Obesity (2000–2002) (age 20 & over)	19.6	*	33.9	43.9	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	21.9	*	30.1	31.8	*	22.6	20.0	10
Binge drinking	11.3	-	*	*	*	11.1	†	51
Smoking currently (2000–2002)	19.9	*	21.2	45.1	*	21.0	12.0	23
No smoking during pregnancy (2000–2002) (all ages)	84.1	91.4	88.2	60.8	96.7	82.0	99.0	41
Eats 5+ fruits and vegetables a day (2000–2002)	28.3	*	*	20.4	*	27.8	†	22

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.6	*	70.4	67.6	54.3	68.6	80.0	43
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.1	74.2	85.7	*	*	74.7	70.0	27
Pap smear in past 3 yrs. (2000–2002)	82.6	*	75.0	82.1	*	82.1	90.0	38
Blood stool test in past 2 yrs. (age 50 & over)	28.2	*	*	*	-	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	89.0	82.9	85.0	93.4	89.4	89.0	†	27
Early and adequate prenatal care (all ages)	70.2	69.5	61.6	46.3	70.5	67.7	90.0	46

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.6	69.4	76.4	63.8	80.1	88.0	100.0	18
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Ohio Profile



Females in Ohio have some of the highest rates of death due to cancer in the U.S., specifically breast and colorectal cancers. The state also has one of the highest rates of diabetes-related death among females. Ohio ranks among the states with the largest percentages of women who smoke, a leading cause of cancer and other diseases.¹¹ Reducing the number of women who smoke is one of the goals of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The percentage of women in Ohio who do not smoke during pregnancy is also lower than in most states. Smoking during pregnancy can increase the risks of complications during pregnancy and low birth weight.¹⁰ Ohio ranks in the middle ranges across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.6%	12.1%	1.8%	0.3%	1.3%	5,840,878		

Major causes of death among females (rate per 100,000)[¶]

All cause	765.5	962.3	436.7	285.4	371.8	783.9	†	40
Heart disease	223.9	278.6	141.6	84.7	100.0	229.3	†	40
Coronary heart disease	162.1	206.2	100.2	*	69.4	166.3	166.0	42
Total cancer	174.9	211.6	84.1	*	87.3	177.3	159.9	43
Breast cancer	28.4	37.9	13.3	*	*	29.1	22.3	49
Colorectal cancer	19.1	25.7	*	*	*	19.6	13.9	46
Lung cancer	43.5	51.1	*	*	33.3	43.9	44.9	36
Stroke	57.5	72.0	40.9	*	38.4	59.1	48.0	25
Chronic lower respiratory diseases (age 45 & over)	123.6	81.8	*	*	*	119.6	60.0	37
Diabetes-related	83.6	154.7	80.3	*	47.3	89.5	45.0	49
Influenza and pneumonia	19.3	15.4	*	*	*	19.0	†	16
Unintentional injuries	21.2	20.4	11.6	*	*	21.0	17.5	14
Suicide	3.6	2.4	*	*	*	3.4	5.0	11

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.6	36.1	26.3	*	*	25.6	‡	35
Obesity (2000–2002) (age 20 & over)	21.8	28.6	26.2	*	*	22.3	15.0	36
No leisure-time physical activity (2000–2002)	28.5	38.0	36.6	38.2	*	29.7	20.0	36
Binge drinking	9.2	4.2	*	*	*	8.8	†	37
Smoking currently (2000–2002)	27.7	19.2	21.6	35.6	*	26.6	12.0	50
No smoking during pregnancy (2000–2002) (all ages)	79.8	84.7	88.8	69.5	97.6	81.0	99.0	46
Eats 5+ fruits and vegetables a day (2000–2002)	26.7	23.3	30.5	36.9	43.7	26.7	†	27

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	69.0	72.2	69.2	*	66.6	69.2	80.0	41
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.3	80.8	78.3	91.6	83.3	75.9	70.0	18
Pap smear in past 3 yrs. (2000–2002)	84.4	86.0	88.2	94.8	72.3	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	33.7	33.6	*	*	-	33.5	50.0	17
Routine check-up in past 2 yrs. (1998–2000)	87.3	93.4	95.6	88.5	97.0	88.1	†	33
Early and adequate prenatal care (all ages)	80.5	66.3	66.0	72.3	76.3	78.0	90.0	16

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.4	82.7	91.3	79.2	87.1	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Oklahoma Profile



Oklahoma ranks among the states with the highest rates of death among women due to heart disease, stroke, influenza and pneumonia and unintentional injuries. Oklahoma ranks among the states with the worst records on three measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, with a high percentage of women who are physically inactive, a low percentage of women who eat 5 or more fruits and vegetables a day, and a high percentage of women who smoke.² Overall, Oklahoma has one of the lowest rates of binge drinking among women. Across most presented measures of preventive care, Ohio ranks near the bottom and it has one of the lowest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	77.1%	7.9%	4.7%	9.1%	1.6%	1,754,759		

Major causes of death among females (rate per 100,000)[¶]

All cause	822.6	1030.6	638.9	687.9	434.2	823.5	†	46
Heart disease	256.0	327.7	192.8	169.0	103.2	254.7	†	49
Coronary heart disease	186.9	239.3	143.8	125.0	72.0	185.9	166.0	50
Total cancer	171.4	208.2	105.6	129.0	116.6	169.6	159.9	29
Breast cancer	26.1	42.3	*	15.5	*	26.3	22.3	30
Colorectal cancer	17.6	27.1	*	15.9	*	17.9	13.9	23
Lung cancer	47.0	45.0	*	32.2	*	45.5	44.9	42
Stroke	68.1	85.4	55.4	46.9	*	68.2	48.0	46
Chronic lower respiratory diseases (age 45 & over)	130.5	73.4	*	67.5	*	123.3	60.0	41
Diabetes-related	66.7	145.4	100.9	130.6	59.9	74.1	45.0	39
Influenza and pneumonia	23.3	23.5	*	19.8	*	23.0	†	43
Unintentional injuries	31.4	28.0	24.6	36.6	*	31.0	17.5	46
Suicide	6.4	*	*	*	*	5.7	5.0	42

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.2	35.8	29.1	35.4	*	24.5	‡	29
Obesity (2000–2002) (age 20 & over)	20.6	30.9	26.1	27.0	*	21.8	15.0	31
No leisure-time physical activity (2000–2002)	32.3	41.1	42.5	34.6	32.7	34.0	20.0	47
Binge drinking	4.7	*	*	9.2	*	4.8	†	7
Smoking currently (2000–2002)	26.3	21.1	14.4	30.8	16.2	25.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	80.5	86.1	94.6	78.6	95.5	82.3	99.0	37
Eats 5+ fruits and vegetables a day (2000–2002)	18.2	16.7	23.0	21.1	45.2	18.6	†	51

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.5	74.1	68.0	68.1	61.2	71.0	80.0	34
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	67.4	68.2	62.2	72.3	61.1	67.6	70.0	48
Pap smear in past 3 yrs. (2000–2002)	81.2	87.2	79.3	82.3	66.4	80.9	90.0	45
Blood stool test in past 2 yrs. (age 50 & over)	23.8	23.0	*	13.3	*	22.8	50.0	45
Routine check-up in past 2 yrs. (1998–2000)	87.9	90.8	86.2	91.6	87.7	88.2	†	32
Early and adequate prenatal care (all ages)	72.7	61.6	56.1	58.6	69.5	68.9	90.0	42

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.9	75.8	52.4	66.8	74.1	77.6	100.0	47
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

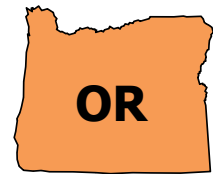
--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Oregon Profile



Females in Oregon have some of the lowest rates of death due to heart disease, colorectal cancer and influenza and pneumonia. The state ranks among those with the highest rates of stroke death among females, and it is one of the few states in which females have not yet met the Healthy People 2010 target for lung cancer death. Oregon ranks among states with the best records in having a low rate of physical inactivity among women. Oregon has some of the lowest percentages of women who have had a recent Pap smear or a routine check-up. It ranks near the top in having a high proportion of women age 50 and over who have recently taken a blood stool test, which is used to diagnosis colorectal cancer and other diseases of the digestive system.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.0%	1.8%	7.1%	1.7%	3.7%	1,724,849		

Major causes of death among females (rate per 100,000)[¶]

All cause	723.4	838.8	434.4	787.7	484.4	716.7	†	26
Heart disease	159.1	187.4	77.2	151.2	89.6	157.5	†	4
Coronary heart disease	102.5	118.1	57.0	113.4	66.1	101.7	166.0	6
Total cancer	173.5	167.1	79.5	175.6	123.8	170.8	159.9	31
Breast cancer	26.6	*	*	*	21.1	26.0	22.3	25
Colorectal cancer	15.8	*	*	*	*	15.8	13.9	10
Lung cancer	48.2	37.8	*	60.3	21.2	46.9	44.9	48
Stroke	73.1	115.4	47.6	57.0	63.3	73.0	48.0	48
Chronic lower respiratory diseases (age 45 & over)	126.9	*	*	175.9	*	123.6	60.0	42
Diabetes-related	68.1	184.1	74.5	111.5	68.8	69.6	45.0	29
Influenza and pneumonia	16.2	*	*	*	*	16.1	†	7
Unintentional injuries	24.1	*	19.0	33.3	19.0	23.7	17.5	24
Suicide	5.8	*	*	*	*	5.6	5.0	41

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.8	*	25.4	*	*	22.7	‡	18
Obesity (2000–2002) (age 20 & over)	21.5	*	25.8	27.6	*	21.9	15.0	32
No leisure-time physical activity (2000–2002)	18.9	*	38.6	22.2	18.8	20.6	20.0	4
Binge drinking	8.4	*	*	*	*	8.1	†	29
Smoking currently (2000–2002)	20.8	32.4	9.7	44.3	*	20.3	12.0	16
No smoking during pregnancy (2000–2002) (all ages)	84.0	81.9	96.5	74.5	96.1	86.4	99.0	28
Eats 5+ fruits and vegetables a day (2000–2002)	30.7	29.3	24.8	38.8	42.5	31.1	†	12

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.4	76.0	53.7	74.6	80.3	71.1	80.0	32
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.2	75.4	72.8	*	73.3	72.7	70.0	39
Pap smear in past 3 yrs. (2000–2002)	81.7	90.6	83.5	81.4	74.3	81.3	90.0	44
Blood stool test in past 2 yrs. (age 50 & over)	40.1	*	*	*	*	39.7	50.0	7
Routine check-up in past 2 yrs. (1998–2000)	85.8	97.0	84.5	85.1	93.2	85.8	†	43
Early and adequate prenatal care (all ages)	77.7	72.2	62.8	65.1	73.5	74.7	90.0	25

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.3	81.2	58.2	77.0	75.3	83.2	100.0	34
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

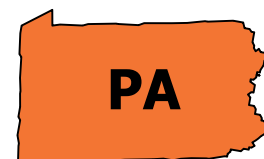
‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

Pennsylvania Profile



Pennsylvania has some of the highest rates of death among females due to breast and colorectal cancers. The state is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ The state ranks among those with the largest proportions of women who smoke, which significantly increases a woman's risk of dying from cancer and other diseases.¹¹ Pennsylvania ranks among states with the lowest rates of death due to influenza and pneumonia and chronic lower respiratory disease (among women 45 and older). It has one of the highest rates of health insurance coverage among women age 18 to 64 in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.6%	10.3%	3.0%	0.2%	1.9%	6,351,391		

Major causes of death among females (rate per 100,000)[¶]

All cause	726.5	974.4	579.9	289.4	395.4	745.5	†	31
Heart disease	219.3	261.7	158.6	90.5	96.7	222.1	†	37
Coronary heart disease	153.9	185.4	110.4	*	73.8	155.9	166.0	33
Total cancer	172.5	220.9	112.4	*	96.9	175.1	159.9	39
Breast cancer	27.7	38.5	19.3	*	13.9	28.5	22.3	45
Colorectal cancer	19.3	25.8	12.8	*	11.7	19.7	13.9	48
Lung cancer	39.5	54.2	20.5	*	10.0	40.2	44.9	23
Stroke	54.2	75.1	48.8	*	36.8	55.8	48.0	18
Chronic lower respiratory diseases (age 45 & over)	95.2	79.7	67.7	*	*	93.8	60.0	9
Diabetes-related	72.8	107.5	88.0	*	34.7	75.4	45.0	41
Influenza and pneumonia	16.5	18.0	9.8	*	*	16.6	†	8
Unintentional injuries	21.4	22.6	17.8	*	16.4	21.5	17.5	15
Suicide	3.9	1.8	*	*	*	3.6	5.0	14

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.5	35.2	21.1	*	*	23.6	‡	23
Obesity (2000–2002) (age 20 & over)	20.2	42.1	20.8	*	*	22.1	15.0	34
No leisure-time physical activity (2000–2002)	23.8	37.3	32.6	*	37.4	25.5	20.0	19
Binge drinking	8.3	4.9	*	-	*	7.8	†	26
Smoking currently (2000–2002)	24.0	29.5	26.4	*	*	24.4	12.0	43
No smoking during pregnancy (2000–2002) (all ages)	82.3	83.1	87.3	85.6	97.7	83.1	99.0	35
Eats 5+ fruits and vegetables a day (2000–2002)	28.9	27.3	27.8	41.0	35.3	29.0	†	17

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.5	77.8	65.1	67.6	53.9	70.8	80.0	36
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.4	77.2	78.7	87.6	86.2	76.5	70.0	13
Pap smear in past 3 yrs. (2000–2002)	84.4	87.1	84.9	88.0	79.9	84.4	90.0	26
Blood stool test in past 2 yrs. (age 50 & over)	30.1	33.5	*	*	-	30.1	50.0	25
Routine check-up in past 2 yrs. (1998–2000)	89.7	95.3	92.4	92.3	94.3	90.4	†	18
Early and adequate prenatal care (all ages)	72.8	59.6	60.8	67.4	63.3	70.3	90.0	39

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.2	83.0	80.7	65.0	93.7	89.9	100.0	10
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

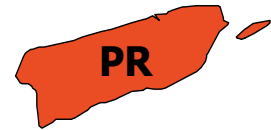
--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Puerto Rico Profile



The status of women's health in the Commonwealth of Puerto Rico, the largest of the U.S. territories, varies significantly across presented health measures. Puerto Rico has the lowest rates of death among females due to all cancers, and they have already met the Healthy People 2010 targets for breast, colorectal and lung cancers. Females in Puerto Rico have some of the highest rates of diabetes-related and influenza and pneumonia death. It has one of the worst records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, with a high percentage of women who are physically inactive and a low percentage of women who eat 5 or more fruits and vegetables a day.¹ However, Puerto Rico leads the nation in having the smallest percentages of women who smoke. Puerto Rico has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	---	---	---	---	---	1,979,094		

Major causes of death among females (rate per 100,000)[¶]

All cause	---	---	---	---	---	672.0	†	8
Heart disease	---	---	---	---	---	158.6	†	6
Coronary heart disease	---	---	---	---	---	112.6	166.0	11
Total cancer	---	---	---	---	---	103.3	159.9	1
Breast cancer	---	---	---	---	---	18.2	22.3	1
Colorectal cancer	---	---	---	---	---	12.7	13.9	2
Lung cancer	---	---	---	---	---	9.7	44.9	1
Stroke	---	---	---	---	---	48.0	48.0	6
Chronic lower respiratory diseases (age 45 & over)	---	---	---	---	---	93.0	60.0	8
Diabetes-related	---	---	---	---	---	107.6	45.0	51
Influenza and pneumonia	---	---	---	---	---	28.6	†	52
Unintentional injuries	---	---	---	---	---	14.3	17.5	2
Suicide	---	---	---	---	---	1.6	5.0	1

Health risk factors (percent)[§]

Diagnosed high blood pressure	*	*	28.9	*	*	28.9	‡	50
Obesity (2000–2002) (age 20 & over)	31.9	*	22.9	*	-	22.9	15.0	37
No leisure-time physical activity (2000–2002)	38.3	88.6	55.1	*	*	55.1	20.0	52
Binge drinking	*	-	3.9	*	-	3.9	†	3
Smoking currently (2000–2002)	22.4	*	8.7	-	*	8.8	12.0	1
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	99.1	99.0	1
Eats 5+ fruits and vegetables a day (2000–2002)	*	-	11.7	*	*	11.7	†	52

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	84.7	*	78.8	*	*	78.7	80.0	5
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	*	70.4	*	*	70.3	70.0	44
Pap smear in past 3 yrs. (2000–2002)	78.2	93.5	75.3	*	*	75.4	90.0	52
Blood stool test in past 2 yrs. (age 50 & over)	*	*	5.5	-	-	5.5	50.0	52
Routine check-up in past 2 yrs. (1998–2000)	87.1	85.0	91.7	96.9	*	91.7	†	9
Early and adequate prenatal care (all ages)	---	---	---	---	---	71.5	90.0	37

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	96.4	86.8	93.5	*	*	93.5	100.0	2
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Rhode Island Profile



Rhode Island has some of the highest rates of death among females due to coronary heart disease and colorectal cancer in the U.S. It ranks among states with the lowest rates of death due to unintentional injuries, and is one of few states in which females have already met the Healthy People 2010 target for stroke death. Rhode Island ranks among states with the lowest levels of obesity among women. The percentage of women in Rhode Island who eat 5 or more fruits and vegetables a day is one of the highest in the U.S., an indicator of good nutrition. The state has one of the best records on health insurance coverage among non-senior women and ranks near the top across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	83.9%	4.7%	8.5%	0.6%	2.6%	544,684		

Major causes of death among females (rate per 100,000)[¶]

All cause	684.6	911.0	359.2	603.3	386.1	687.8	†	16
Heart disease	199.3	248.0	80.5	*	*	199.1	†	26
Coronary heart disease	171.8	208.5	62.7	*	*	171.3	166.0	45
Total cancer	179.5	167.7	98.0	*	108.4	176.4	159.9	41
Breast cancer	27.0	*	*	*	*	26.1	22.3	26
Colorectal cancer	20.2	*	*	*	*	20.1	13.9	50
Lung cancer	45.5	*	*	*	*	43.9	44.9	36
Stroke	44.2	71.0	*	*	*	44.7	48.0	3
Chronic lower respiratory diseases (age 45 & over)	105.3	*	*	*	*	103.0	60.0	20
Diabetes-related	70.6	165.8	64.5	*	*	72.8	45.0	35
Influenza and pneumonia	21.4	*	*	*	*	21.5	†	34
Unintentional injuries	14.3	*	*	*	*	14.5	17.5	3
Suicide	3.7	*	*	*	*	3.4	5.0	11

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.8	37.0	21.7	27.9	*	22.4	‡	13
Obesity (2000–2002) (age 20 & over)	15.6	41.4	22.4	20.4	*	17.3	15.0	6
No leisure-time physical activity (2000–2002)	24.6	35.4	52.1	38.8	21.9	28.3	20.0	30
Binge drinking	10.7	9.1	4.9	*	*	9.7	†	39
Smoking currently (2000–2002)	24.1	21.5	13.3	50.2	19.0	23.0	12.0	36
No smoking during pregnancy (2000–2002) (all ages)	83.9	85.4	94.0	64.5	95.7	85.9	99.0	29
Eats 5+ fruits and vegetables a day (2000–2002)	33.8	23.2	23.9	37.4	30.5	32.7	†	9

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	81.5	73.2	71.5	87.1	73.8	79.8	80.0	3
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	84.2	80.0	80.7	*	90.9	83.7	70.0	2
Pap smear in past 3 yrs. (2000–2002)	87.4	83.9	86.6	80.9	75.6	86.5	90.0	8
Blood stool test in past 2 yrs. (age 50 & over)	32.9	38.4	32.6	*	-	32.7	50.0	21
Routine check-up in past 2 yrs. (1998–2000)	94.2	95.8	93.5	100.0	91.5	94.1	†	2
Early and adequate prenatal care (all ages)	87.5	79.5	79.4	74.6	79.9	85.1	90.0	3

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	92.5	88.2	77.4	92.7	89.7	90.5	100.0	6
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

South Carolina Profile



Part of a region in the South that has been identified as the “stroke belt,” South Carolina has the highest rate of stroke death among females in the U.S.²¹ Diabetes-related death rates and rates of death due to unintentional injuries, a category that includes motor vehicle crashes, are also high among females in the state. South Carolina has one of the highest rates of obesity among women, a health risk factor linked with stroke and diabetes.^{5, 6} Obesity rates are particularly high among black women in the state. The state has one of the highest proportions of women who have received a recent Pap smear, a test that aids in the early detection of cervical cancer. South Carolina ranks in the middle ranges across most other presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	66.1%	30.7%	1.9%	0.4%	1.1%	2,063,083		

Major causes of death among females (rate per 100,000)[¶]

All cause	751.9	937.7	246.4	349.5	373.2	795.9	†	42
Heart disease	197.3	250.3	54.9	*	109.2	209.3	†	30
Coronary heart disease	133.4	169.0	*	*	*	141.3	166.0	27
Total cancer	160.3	181.7	47.9	*	112.9	165.0	159.9	21
Breast cancer	24.6	35.9	*	*	*	27.5	22.3	40
Colorectal cancer	17.0	21.6	*	*	*	18.0	13.9	25
Lung cancer	43.5	27.8	*	*	*	39.5	44.9	20
Stroke	69.9	100.2	*	*	*	77.0	48.0	52
Chronic lower respiratory diseases (age 45 & over)	116.4	45.8	*	*	*	99.3	60.0	16
Diabetes-related	61.5	154.3	*	*	*	83.1	45.0	45
Influenza and pneumonia	19.7	18.7	*	*	*	19.4	†	22
Unintentional injuries	30.0	28.9	*	*	*	29.4	17.5	43
Suicide	6.1	1.3	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.1	35.8	22.4	31.1	*	27.0	‡	42
Obesity (2000–2002) (age 20 & over)	18.1	40.6	21.4	28.8	*	24.2	15.0	45
No leisure-time physical activity (2000–2002)	25.2	36.5	40.5	31.8	33.7	28.9	20.0	32
Binge drinking	7.0	3.2	*	*	*	5.8	†	13
Smoking currently (2000–2002)	27.8	15.2	21.6	40.4	*	23.8	12.0	40
No smoking during pregnancy (2000–2002) (all ages)	83.2	93.6	97.5	75.2	96.4	87.5	99.0	22
Eats 5+ fruits and vegetables a day (2000–2002)	26.5	27.9	33.9	53.2	*	27.7	†	23

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.6	74.4	67.6	83.9	54.8	76.6	80.0	12
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.9	75.7	80.4	61.9	63.2	74.9	70.0	26
Pap smear in past 3 yrs. (2000–2002)	86.3	87.7	92.8	85.0	77.7	86.5	90.0	8
Blood stool test in past 2 yrs. (age 50 & over)	32.7	21.1	*	*	-	29.7	50.0	28
Routine check-up in past 2 yrs. (1998–2000)	89.6	94.2	95.2	76.2	80.5	90.9	†	15
Early and adequate prenatal care (all ages)	78.8	67.9	58.7	73.1	72.4	74.2	90.0	30

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	85.1	76.2	73.3	81.6	67.8	82.1	100.0	35
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

South Dakota Profile



Females in South Dakota have some of the lowest rates of death due to cancer in the U.S., specifically breast and lung cancers. The state also has low rates of diabetes-related death among females and chronic lower respiratory disease death among women age 45 and older. South Dakota has one of the highest percentages of women who report binge drinking, which has been shown to have more adverse health effects for women than for men, including organ damage and increased risk of motor vehicle crash and interpersonal violence.¹² Across most presented measures of preventive care, South Dakota ranks in the middle ranges. However, it ranks near the bottom on percentage of women who have had a recent cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.0%	0.6%	1.3%	8.7%	0.7%	380,286		

Major causes of death among females (rate per 100,000)[¶]

All cause	618.5	*	*	1163.0	*	644.4	†	4
Heart disease	170.5	*	*	260.3	*	174.7	†	15
Coronary heart disease	119.5	*	*	174.4	*	122.0	166.0	16
Total cancer	154.8	*	*	199.8	*	156.1	159.9	9
Breast cancer	23.9	*	*	*	*	23.3	22.3	5
Colorectal cancer	19.2	*	*	*	*	19.0	13.9	38
Lung cancer	30.9	*	*	54.6	*	31.7	44.9	6
Stroke	54.9	*	*	67.8	*	55.5	48.0	15
Chronic lower respiratory diseases (age 45 & over)	85.3	*	*	*	*	85.6	60.0	6
Diabetes-related	51.8	*	*	196.2	*	57.1	45.0	8
Influenza and pneumonia	18.3	*	*	*	*	19.2	†	18
Unintentional injuries	22.3	*	*	63.5	*	26.0	17.5	33
Suicide	3.6	*	*	*	*	3.6	5.0	14

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	*	21.4	32.2	*	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	18.9	*	22.6	33.3	*	19.7	15.0	20
No leisure-time physical activity (2000–2002)	24.7	*	23.7	31.8	35.1	25.2	20.0	17
Binge drinking	10.4	-	*	13.1	*	10.4	†	45
Smoking currently (2000–2002)	20.7	*	28.7	39.4	26.5	21.9	12.0	29
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	---	99.0	---
Eats 5+ fruits and vegetables a day (2000–2002)	23.8	51.4	29.6	26.5	*	24.1	†	42

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.9	*	71.1	64.6	61.4	67.5	80.0	49
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	*	76.4	65.1	66.7	74.3	70.0	32
Pap smear in past 3 yrs. (2000–2002)	86.2	74.5	84.8	85.3	79.1	86.0	90.0	15
Blood stool test in past 2 yrs. (age 50 & over)	28.6	*	32.4	19.6	-	28.2	50.0	32
Routine check-up in past 2 yrs. (1998–2000)	89.6	82.5	89.2	89.3	83.2	89.6	†	22
Early and adequate prenatal care (all ages)	81.3	67.5	66.5	49.0	77.5	75.6	90.0	23

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.2	77.2	84.3	63.4	81.9	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Tennessee Profile



Tennessee ranks among the states with the highest death rates among females due to heart disease and stroke, and it is one of few states in which females have not yet met the Healthy People 2010 target for coronary heart disease death. Heart disease and stroke are associated with high blood pressure, physical inactivity and smoking, three health risk factors that are prevalent among women in Tennessee.^{3, 4, 7, 11} The state has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, a measure of nutrition that is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Tennessee stands out as having the lowest proportion of women who report binge drinking in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.8%	17.1%	1.7%	0.3%	1.1%	2,919,008		

Major causes of death among females (rate per 100,000)[¶]

All cause	790.2	1048.4	287.8	216.0	422.5	819.6	†	45
Heart disease	226.9	324.6	70.5	*	118.5	237.7	†	44
Coronary heart disease	178.1	247.8	46.5	*	93.4	185.5	166.0	49
Total cancer	166.6	213.9	84.5	*	108.0	171.4	159.9	33
Breast cancer	25.3	33.5	*	*	*	26.2	22.3	28
Colorectal cancer	17.0	29.8	*	*	*	18.4	13.9	30
Lung cancer	43.6	45.5	*	*	*	43.4	44.9	34
Stroke	72.5	93.2	*	*	*	74.7	48.0	50
Chronic lower respiratory diseases (age 45 & over)	120.6	67.9	*	*	*	113.8	60.0	33
Diabetes-related	66.0	151.4	*	*	60.3	75.8	45.0	42
Influenza and pneumonia	27.0	23.6	*	*	*	26.5	†	50
Unintentional injuries	31.1	27.2	18.5	*	*	30.2	17.5	45
Suicide	5.3	2.2	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	26.6	38.7	27.9	*	*	28.3	‡	48
Obesity (2000–2002) (age 20 & over)	21.3	37.0	19.9	*	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	34.8	43.8	39.0	*	*	36.2	20.0	49
Binge drinking	3.0	2.8	-	-	-	2.8	†	1
Smoking currently (2000–2002)	26.5	16.0	23.3	*	*	24.5	12.0	44
No smoking during pregnancy (2000–2002) (all ages)	79.3	91.5	97.0	76.9	97.1	82.9	99.0	36
Eats 5+ fruits and vegetables a day (2000–2002)	36.1	31.1	35.8	*	39.6	35.4	†	2

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.2	69.4	74.3	77.4	*	71.8	80.0	28
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	73.5	83.0	*	66.9	75.5	70.0	20
Pap smear in past 3 yrs. (2000–2002)	85.1	88.9	84.1	80.1	61.9	85.4	90.0	18
Blood stool test in past 2 yrs. (age 50 & over)	25.8	22.0	*	*	45.7	25.4	50.0	40
Routine check-up in past 2 yrs. (1998–2000)	91.4	94.6	93.0	98.1	85.9	91.9	†	7
Early and adequate prenatal care (all ages)	81.2	67.6	54.4	69.3	76.8	77.2	90.0	17

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.9	85.9	84.9	77.2	83.2	88.9	100.0	14
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Texas Profile



Texas has one of the highest rates of diabetes-related death among women in the U.S. The state ranks among those with the highest frequencies of obesity among women, a health risk factor associated with diabetes.^{5, 6} Texas has one of the best records on smoking among women, with low percentages of women who smoke and high proportions of mothers who abstain from smoking during pregnancy. The state has one of the worst records across presented measures of preventive care. It is one of few states that have not yet met the Healthy People 2010 target for mammography, and it ranks near the bottom in percentage of women who have received a recent Pap smear. Texas has the lowest levels of health insurance coverage among non-senior women in the U.S., a rate that is particularly low among Hispanic women in the state.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	53.7%	11.9%	31.2%	0.7%	3.1%	10,498,910		

Major causes of death among females (rate per 100,000)[¶]

All cause	753.7	981.7	639.8	145.8	405.6	752.6	†	33
Heart disease	214.9	306.0	182.3	35.3	112.2	217.5	†	34
Coronary heart disease	158.3	229.5	142.4	22.8	83.5	161.6	166.0	36
Total cancer	165.6	208.6	124.8	22.8	90.4	160.9	159.9	16
Breast cancer	25.5	37.0	18.5	*	9.7	25.2	22.3	17
Colorectal cancer	16.3	26.7	11.6	*	8.8	16.4	13.9	14
Lung cancer	45.6	43.3	15.0	*	18.8	39.1	44.9	18
Stroke	64.8	86.8	50.9	*	47.6	65.2	48.0	38
Chronic lower respiratory diseases (age 45 & over)	131.1	68.1	41.0	*	35.2	108.8	60.0	29
Diabetes-related	61.3	159.9	132.5	28.0	44.9	81.7	45.0	44
Influenza and pneumonia	21.0	18.6	17.4	*	10.7	20.2	†	28
Unintentional injuries	28.1	24.0	19.3	*	15.0	25.0	17.5	30
Suicide	5.7	2.0	1.5	*	3.4	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.5	39.1	28.0	29.4	*	25.9	‡	38
Obesity (2000–2002) (age 20 & over)	19.1	36.3	33.7	28.4	*	24.3	15.0	47
No leisure-time physical activity (2000–2002)	24.3	35.5	41.6	32.4	14.0	30.8	20.0	40
Binge drinking	9.3	5.1	7.3	16.3	*	8.0	†	28
Smoking currently (2000–2002)	23.8	15.4	12.9	35.5	4.3	19.3	12.0	7
No smoking during pregnancy (2000–2002) (all ages)	87.4	94.1	97.9	83.9	98.5	93.4	99.0	3
Eats 5+ fruits and vegetables a day (2000–2002)	27.1	31.5	28.7	34.7	27.3	28.3	†	20

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.4	72.7	65.3	71.7	76.4	73.2	80.0	21
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	69.7	71.7	60.4	64.8	53.5	67.0	70.0	49
Pap smear in past 3 yrs. (2000–2002)	82.5	86.6	77.9	61.2	54.8	80.8	90.0	46
Blood stool test in past 2 yrs. (age 50 & over)	27.5	25.8	8.9	*	*	24.1	50.0	42
Routine check-up in past 2 yrs. (1998–2000)	86.5	94.8	81.9	78.5	77.7	85.9	†	42
Early and adequate prenatal care (all ages)	79.6	67.8	62.7	68.1	77.4	70.5	90.0	38

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	83.3	73.7	51.5	62.1	86.8	71.7	100.0	52
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

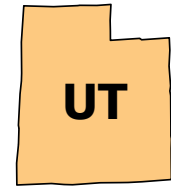
--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Utah Profile



Utah has some of the lowest rates of death among females in the U.S. due to heart disease, cancer, and chronic lower respiratory disease. Utah ranks among states with the lowest proportions of women who smoke and who report binge drinking. It also has one of the lowest levels of physical inactivity among women. Reducing smoking and increasing exercise are components of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Utah ranks among states with the lowest percentages of women who receive regular preventive care across presented measures. The proportion of mothers in Utah who receive early and adequate prenatal care is particularly low. Prenatal care can reduce the risks of complications during pregnancy and delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.9%	0.8%	8.4%	1.5%	2.7%	1,114,138		

Major causes of death among females (rate per 100,000)[¶]

All cause	683.9	847.4	567.3	824.9	510.3	681.0	†	12
Heart disease	159.7	*	109.9	127.5	89.4	157.6	†	5
Coronary heart disease	87.3	*	66.1	*	58.5	86.5	166.0	2
Total cancer	128.1	*	89.9	137.3	106.9	126.6	159.9	2
Breast cancer	22.8	*	*	*	*	22.3	22.3	3
Colorectal cancer	14.0	*	*	*	*	13.8	13.9	4
Lung cancer	16.9	*	*	*	*	16.6	44.9	2
Stroke	63.8	*	49.9	*	59.5	63.6	48.0	36
Chronic lower respiratory diseases (age 45 & over)	78.0	*	*	*	*	76.7	60.0	4
Diabetes-related	65.5	*	108.6	199.2	81.3	68.1	45.0	26
Influenza and pneumonia	23.9	*	33.5	*	*	24.2	†	47
Unintentional injuries	22.5	*	19.0	*	*	22.7	17.5	21
Suicide	6.0	*	*	*	*	5.8	5.0	44

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.4	*	15.4	*	*	22.2	‡	12
Obesity (2000–2002) (age 20 & over)	17.7	*	19.8	*	*	18.0	15.0	11
No leisure-time physical activity (2000–2002)	18.1	*	24.9	43.0	*	18.9	20.0	2
Binge drinking	4.5	*	4.7	*	*	4.6	†	5
Smoking currently (2000–2002)	11.2	*	10.4	20.7	*	11.3	12.0	2
No smoking during pregnancy (2000–2002) (all ages)	91.6	85.0	95.4	90.3	96.1	92.1	99.0	6
Eats 5+ fruits and vegetables a day (2000–2002)	26.9	*	19.0	*	38.2	26.8	†	26

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.7	90.8	62.8	*	60.8	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	69.3	78.2	73.2	69.1	76.5	69.3	70.0	47
Pap smear in past 3 yrs. (2000–2002)	77.7	86.8	74.9	89.0	73.1	77.4	90.0	51
Blood stool test in past 2 yrs. (age 50 & over)	21.8	89.0	*	*	*	21.8	50.0	46
Routine check-up in past 2 yrs. (1998–2000)	82.9	95.6	79.0	63.3	87.9	82.8	†	48
Early and adequate prenatal care (all ages)	61.3	46.0	46.5	43.7	48.6	58.8	90.0	51

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	87.6	84.5	73.3	55.2	95.6	86.6	100.0	25
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Vermont Profile



Vermont ranks among states with the highest rates of colorectal cancer and diabetes-related death among females in the U.S. The state has some of the lowest frequencies of diagnosed high blood pressure and obesity among women. Vermont ranks among the states with the best records on two components of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, in having one of the lowest proportions of women who are physically inactive and a one of the highest percentages of women who eat the recommended number of fruits and vegetables a day.² Vermont has one of the best records on percentage of women who have recently taken a blood stool test, which is used to diagnosis colorectal cancer and other diseases of the digestive system.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	97.1%	0.5%	0.9%	0.5%	1.0%	310,490		
Major causes of death among females (rate per 100,000)[¶]								
All cause	703.8	*	*	*	*	699.9	†	22
Heart disease	181.5	*	*	*	*	180.4	†	18
Coronary heart disease	131.5	*	*	*	*	130.9	166.0	22
Total cancer	169.5	*	*	*	*	168.9	159.9	27
Breast cancer	28.0	*	*	*	*	27.8	22.3	41
Colorectal cancer	19.7	*	*	*	*	19.5	13.9	44
Lung cancer	38.9	*	*	*	*	38.5	44.9	16
Stroke	53.8	*	*	*	*	53.5	48.0	12
Chronic lower respiratory diseases (age 45 & over)	122.0	*	*	*	*	121.1	60.0	38
Diabetes-related	78.4	*	*	*	*	77.9	45.0	43
Influenza and pneumonia	19.1	*	*	*	*	19.0	†	16
Unintentional injuries	23.7	*	*	*	*	23.5	17.5	23
Suicide	3.8	*	*	*	*	3.7	5.0	16
Health risk factors (percent)[§]								
Diagnosed high blood pressure	20.8	*	*	37.1	*	20.9	‡	4
Obesity (2000–2002) (age 20 & over)	17.8	*	20.2	*	*	17.9	15.0	10
No leisure-time physical activity (2000–2002)	20.6	*	19.6	29.8	*	20.7	20.0	5
Binge drinking	10.7	*	*	*	*	10.6	†	47
Smoking currently (2000–2002)	21.3	*	22.7	35.9	*	21.4	12.0	25
No smoking during pregnancy (2000–2002) (all ages)	81.0	85.6	87.5	67.6	92.6	81.1	99.0	45
Eats 5+ fruits and vegetables a day (2000–2002)	35.3	*	24.6	*	45.0	35.3	†	3
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	75.1	72.0	71.2	79.5	52.3	74.8	80.0	18
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.2	62.8	*	*	93.6	75.8	70.0	19
Pap smear in past 3 yrs. (2000–2002)	86.6	93.6	75.7	68.4	85.4	86.3	90.0	11
Blood stool test in past 2 yrs. (age 50 & over)	43.1	*	66.5	*	-	43.1	50.0	2
Routine check-up in past 2 yrs. (1998–2000)	90.1	94.4	91.0	87.2	82.8	90.0	†	20
Early and adequate prenatal care (all ages)	72.8	68.1	72.7	73.5	69.2	72.7	90.0	33
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	89.8	96.1	88.6	77.2	100.0	89.8	100.0	11

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Virginia Profile



Virginia ranks among states with the highest rates of death among females due to breast cancer. The state is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ Across most presented measures of health risk factors, Virginia ranks in the middle ranges but it has one of highest percentages of women who abstain from smoking during pregnancy. Virginia also ranks near the top in having a high percentage of women who receive early and adequate prenatal care. However, the percentage of black and Hispanic women in Virginia who receive this care is significantly lower than the white population, which may put these women at greater risk of experiencing complications during pregnancy and delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.9%	20.4%	4.3%	0.4%	4.2%	3,606,620		

Major causes of death among females (rate per 100,000)[¶]

All cause	723.4	913.5	429.4	331.9	400.0	749.7	†	32
Heart disease	192.2	247.2	105.7	119.1	90.2	199.9	†	27
Coronary heart disease	124.4	155.6	65.7	*	49.2	128.3	166.0	19
Total cancer	168.2	205.8	93.3	*	105.3	172.4	159.9	35
Breast cancer	26.7	38.3	17.2	*	11.1	28.2	22.3	44
Colorectal cancer	16.9	25.6	*	*	11.6	18.2	13.9	27
Lung cancer	44.2	38.9	16.2	*	18.1	42.4	44.9	30
Stroke	61.5	85.1	36.3	*	46.8	65.3	48.0	39
Chronic lower respiratory diseases (age 45 & over)	117.1	59.8	*	*	*	105.4	60.0	25
Diabetes-related	57.6	125.1	40.0	*	31.3	67.6	45.0	24
Influenza and pneumonia	22.5	19.5	*	*	*	21.9	†	36
Unintentional injuries	23.2	19.9	10.0	*	15.4	22.2	17.5	17
Suicide	5.5	2.1	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	25.2	35.4	12.5	*	*	26.2	‡	39
Obesity (2000–2002) (age 20 & over)	17.7	35.6	20.3	*	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	24.6	38.2	37.1	36.7	33.0	27.6	20.0	26
Binge drinking	8.5	5.4	*	*	*	7.9	†	27
Smoking currently (2000–2002)	21.8	17.6	19.9	*	*	20.6	12.0	18
No smoking during pregnancy (2000–2002) (all ages)	89.5	93.3	98.9	90.2	98.8	91.6	99.0	8
Eats 5+ fruits and vegetables a day (2000–2002)	30.6	26.1	36.4	*	41.8	30.6	†	14

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.4	76.1	72.3	84.3	58.9	75.4	80.0	16
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	76.3	73.7	*	*	74.3	70.0	32
Pap smear in past 3 yrs. (2000–2002)	86.2	87.4	83.5	91.1	*	85.7	90.0	16
Blood stool test in past 2 yrs. (age 50 & over)	32.0	31.6	*	*	*	31.4	50.0	22
Routine check-up in past 2 yrs. (1998–2000)	88.2	96.3	82.1	89.6	92.5	89.6	†	22
Early and adequate prenatal care (all ages)	83.6	71.8	65.3	75.4	78.0	79.2	90.0	12

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.5	82.2	73.4	77.1	89.5	86.4	100.0	27
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

Washington Profile



Females in Washington have some of the lowest rates of death due to heart disease, colorectal cancer and influenza and pneumonia in the U.S. However, the state ranks among those with the highest death rates among females due to lung cancer, stroke and chronic lower respiratory disease. The state leads the nation in having the lowest percentage of women do not engage in regular physical activity during their leisure-time, and Washington is one of only two states in which women have already met the Healthy People 2010 target for this health indicator. The state has one of the highest proportions of women who have recently taken a blood stool test, a test that aids in the early diagnosis of colorectal cancer.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	81.2%	3.4%	7.0%	1.9%	6.9%	2,959,821		

Major causes of death among females (rate per 100,000)[¶]

All cause	696.3	866.3	464.4	954.6	426.7	689.1	†	17
Heart disease	168.7	233.1	109.3	200.9	97.3	167.1	†	10
Coronary heart disease	126.2	180.8	81.5	144.5	77.1	125.1	166.0	17
Total cancer	173.3	187.0	113.9	162.6	106.0	169.2	159.9	28
Breast cancer	24.9	34.6	12.7	*	13.5	24.3	22.3	12
Colorectal cancer	15.8	21.9	*	*	10.3	15.7	13.9	9
Lung cancer	49.3	38.1	15.0	46.0	18.1	46.8	44.9	47
Stroke	66.9	98.9	43.0	112.5	54.8	67.4	48.0	44
Chronic lower respiratory diseases (age 45 & over)	132.2	70.7	*	168.8	38.9	126.2	60.0	45
Diabetes-related	60.0	134.9	96.8	121.8	58.0	62.1	45.0	17
Influenza and pneumonia	17.8	15.4	*	32.0	7.7	17.5	†	10
Unintentional injuries	22.5	20.6	14.4	41.8	12.9	22.3	17.5	19
Suicide	5.4	*	*	*	4.1	5.0	5.0	39

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	29.8	29.8	31.7	26.3	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	19.1	28.2	23.0	28.5	13.0	19.3	15.0	15
No leisure-time physical activity (2000–2002)	16.5	26.4	28.5	28.9	23.6	17.8	20.0	1
Binge drinking	7.7	*	10.5	*	*	7.5	†	23
Smoking currently (2000–2002)	20.4	19.6	19.9	30.5	10.1	20.1	12.0	13
No smoking during pregnancy (2000–2002) (all ages)	84.2	85.7	95.8	73.9	94.5	86.5	99.0	27
Eats 5+ fruits and vegetables a day (2000–2002)	30.7	24.7	25.9	18.6	31.5	30.1	†	15

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.1	66.4	70.1	73.2	62.3	72.2	80.0	24
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.8	65.8	79.9	65.4	71.1	73.3	70.0	37
Pap smear in past 3 yrs. (2000–2002)	83.0	85.9	80.1	84.8	78.3	82.3	90.0	37
Blood stool test in past 2 yrs. (age 50 & over)	41.8	50.3	53.9	44.3	-	41.4	50.0	4
Routine check-up in past 2 yrs. (1998–2000)	87.4	95.1	86.3	88.2	85.7	87.3	†	38
Early and adequate prenatal care (all ages)	72.8	60.1	59.6	59.2	66.8	69.7	90.0	40

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.7	88.2	82.3	84.6	93.9	88.4	100.0	17
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

West Virginia Profile



West Virginia has some of the highest death rates among females due to heart disease, cancer, chronic lower respiratory disease and diabetes-related death. It is one of few states in which females have not yet met the Healthy People 2010 targets for reducing death due to coronary heart disease and lung cancer. West Virginia has one of the highest proportions of women who smoke, a leading cause of cancer and other diseases.¹¹ It ranks near the bottom in having high rates of diagnosed high blood pressure, obesity and physical inactivity among women, health risk factors that are associated with heart disease and diabetes.^{3, 5-8} West Virginia ranks near the top in having a low percentage of women who report binge drinking. It has one of the lowest levels of health insurance coverage among women under 65.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	95.4%	3.2%	0.6%	0.2%	0.6%	929,174		

Major causes of death among females (rate per 100,000)[¶]

All cause	847.4	964.7	289.7	*	200.9	846.5	†	51
Heart disease	257.3	263.5	*	*	*	255.9	†	50
Coronary heart disease	180.3	190.7	*	*	*	179.5	166.0	47
Total cancer	187.5	216.9	*	*	*	187.2	159.9	51
Breast cancer	26.0	40.4	*	*	*	26.3	22.3	30
Colorectal cancer	20.2	24.6	*	*	*	20.2	13.9	51
Lung cancer	53.9	54.6	*	*	*	53.6	44.9	51
Stroke	59.0	75.0	*	*	*	59.3	48.0	27
Chronic lower respiratory diseases (age 45 & over)	145.1	77.4	*	*	*	142.4	60.0	50
Diabetes-related	97.6	187.0	*	*	*	99.5	45.0	50
Influenza and pneumonia	20.5	19.8	*	*	*	20.4	†	29
Unintentional injuries	26.5	29.9	*	*	*	26.6	17.5	34
Suicide	4.7	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	28.0	36.8	42.2	*	-	28.3	‡	48
Obesity (2000–2002) (age 20 & over)	24.8	32.3	27.9	*	*	25.0	15.0	49
No leisure-time physical activity (2000–2002)	32.3	39.9	40.3	42.1	41.5	32.8	20.0	45
Binge drinking	4.4	*	*	*	-	4.5	†	4
Smoking currently (2000–2002)	27.9	25.1	37.2	60.0	*	28.1	12.0	51
No smoking during pregnancy (2000–2002) (all ages)	73.4	73.4	85.8	73.2	96.5	73.6	99.0	50
Eats 5+ fruits and vegetables a day (2000–2002)	25.3	23.7	26.4	*	*	25.4	†	34

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.9	72.2	69.0	61.7	71.2	71.7	80.0	29
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.5	78.3	*	88.8	61.7	73.5	70.0	36
Pap smear in past 3 yrs. (2000–2002)	82.0	79.0	76.6	82.0	70.1	81.9	90.0	40
Blood stool test in past 2 yrs. (age 50 & over)	21.1	*	*	*	-	21.2	50.0	48
Routine check-up in past 2 yrs. (1998–2000)	87.4	93.0	84.6	100.0	83.8	87.5	†	37
Early and adequate prenatal care (all ages)	79.9	69.3	69.2	74.4	76.1	79.4	90.0	10

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	77.8	67.2	74.1	77.0	86.1	77.5	100.0	48
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Wisconsin Profile



Wisconsin ranks near the top in having low rates of death among females due to lung cancer and chronic lower respiratory disease (among women 45 and older). Wisconsin has the highest percentage of women who report binge drinking in the U.S. Alcohol abuse has been shown to have more adverse health effects for women than for men and is associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Across most other presented health risk factor measurements, the state ranks in the middle ranges. Wisconsin has one of the lowest proportions of women who have received a recent routine check-up. However, it ranks among those with the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	88.1%	6.0%	3.3%	1.0%	1.8%	2,714,634		

Major causes of death among females (rate per 100,000)[¶]

All cause	674.6	928.3	275.3	861.3	463.7	682.6	†	13
Heart disease	183.6	241.9	73.1	205.8	106.1	185.4	†	19
Coronary heart disease	127.0	158.3	52.1	135.6	64.2	127.8	166.0	18
Total cancer	161.4	198.5	46.6	156.7	95.4	161.1	159.9	17
Breast cancer	26.1	32.7	*	*	*	26.1	22.3	26
Colorectal cancer	16.8	25.0	*	*	*	17.0	13.9	18
Lung cancer	36.4	48.7	*	48.9	*	36.5	44.9	11
Stroke	59.7	85.4	33.5	*	73.5	60.5	48.0	31
Chronic lower respiratory diseases (age 45 & over)	95.5	82.6	*	*	*	94.7	60.0	11
Diabetes-related	60.3	143.9	71.2	183.2	73.6	63.3	45.0	18
Influenza and pneumonia	19.5	19.9	*	*	*	19.5	†	24
Unintentional injuries	24.9	19.5	*	60.8	*	24.8	17.5	29
Suicide	4.4	*	*	*	*	4.4	5.0	25

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.7	41.2	25.1	32.3	*	23.4	‡	22
Obesity (2000–2002) (age 20 & over)	19.2	42.1	27.0	37.1	*	20.3	15.0	22
No leisure-time physical activity (2000–2002)	21.3	45.3	31.6	34.6	33.5	23.0	20.0	12
Binge drinking	16.7	8.2	12.8	*	*	16.0	†	52
Smoking currently (2000–2002)	22.9	25.6	24.7	30.9	*	23.1	12.0	37
No smoking during pregnancy (2000–2002) (all ages)	83.0	79.8	93.1	61.6	97.0	83.5	99.0	34
Eats 5+ fruits and vegetables a day (2000–2002)	26.5	22.0	26.5	17.8	52.3	26.5	†	29

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	74.0	63.2	70.5	*	40.9	73.4	80.0	20
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	77.7	81.7	84.8	*	*	77.7	70.0	12
Pap smear in past 3 yrs. (2000–2002)	85.3	87.8	81.5	78.9	56.7	84.9	90.0	21
Blood stool test in past 2 yrs. (age 50 & over)	28.5	*	*	*	-	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	83.1	94.3	81.6	86.3	84.0	83.6	†	46
Early and adequate prenatal care (all ages)	80.4	58.1	61.9	61.3	60.2	76.2	90.0	21

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.0	84.9	88.9	80.2	85.7	90.3	100.0	7
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Wyoming Profile



Females in Wyoming have some of the lowest rates of coronary heart disease and breast cancer death in the U.S. Wyoming ranks among those with the highest rates of death among females due to chronic lower respiratory disease, influenza and pneumonia, unintentional injuries and suicide. The state has some of the lowest frequencies of diagnosed high blood pressure among women and ranks near the top in having a low percentage of women who engage in no leisure-time physical activity. Wyoming ranks near the bottom on proportion of pregnant women who abstain from smoking during pregnancy. It has some of the lowest percentages of women who receive preventive care across all presented measures, and is one of only a few states that have not yet met the Healthy People 2010 target for mammography.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.1%	0.7%	6.3%	2.5%	0.8%	245,408		

Major causes of death among females (rate per 100,000)[¶]

All cause	729.6	983.2	698.1	1056.4	*	736.1	†	29
Heart disease	172.2	*	157.4	274.0	*	173.0	†	14
Coronary heart disease	106.5	*	96.6	*	*	106.5	166.0	9
Total cancer	164.0	*	139.3	226.3	*	164.1	159.9	18
Breast cancer	24.4	*	*	*	*	23.7	22.3	7
Colorectal cancer	18.2	*	*	*	*	18.4	13.9	30
Lung cancer	40.2	*	*	*	*	39.8	44.9	21
Stroke	57.3	*	*	*	*	58.2	48.0	24
Chronic lower respiratory diseases (age 45 & over)	160.8	*	*	*	*	156.2	60.0	51
Diabetes-related	58.6	*	134.3	201.3	*	63.3	45.0	18
Influenza and pneumonia	25.9	*	*	*	*	26.5	†	50
Unintentional injuries	31.5	*	*	*	*	32.9	17.5	49
Suicide	7.1	*	*	*	*	6.6	5.0	48

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.8	*	26.9	*	*	20.9	‡	4
Obesity (2000–2002) (age 20 & over)	18.1	*	17.3	30.4	*	18.2	15.0	12
No leisure-time physical activity (2000–2002)	21.5	*	29.9	24.7	*	21.9	20.0	8
Binge drinking	8.3	-	10.4	*	*	8.4	†	31
Smoking currently (2000–2002)	22.3	55.3	26.3	37.9	*	22.9	12.0	35
No smoking during pregnancy (2000–2002) (all ages)	77.8	81.8	86.6	75.4	94.6	78.7	99.0	48
Eats 5+ fruits and vegetables a day (2000–2002)	25.8	*	25.9	*	*	25.8	†	32

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.5	88.2	68.1	61.9	66.2	72.1	80.0	25
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	67.2	76.0	57.2	*	39.5	66.4	70.0	51
Pap smear in past 3 yrs. (2000–2002)	80.2	76.2	79.2	80.3	81.0	80.0	90.0	49
Blood stool test in past 2 yrs. (age 50 & over)	21.5	-	*	*	-	21.3	50.0	47
Routine check-up in past 2 yrs. (1998–2000)	82.7	91.1	82.1	86.2	71.8	82.8	†	48
Early and adequate prenatal care (all ages)	73.4	70.8	62.9	63.5	66.9	71.9	90.0	36

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.2	84.1	69.1	73.5	59.2	80.2	100.0	42
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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