

# FUTURE FORWARD WOMEN

## U.S. WOMEN'S POWER AND INFLUENCE INDEX



A state-by-state ranking  
of where women have the  
**most** and **least** power

**+** 2025 STATUS UPDATE

By C. Nicole Mason, PhD

**FUTURE  
FORWARD  
WOMEN**



# ACKNOWLEDGEMENTS

This report was written by C. Nicole Mason, PhD

The U.S. Women's Power and Influence Index report is supported and generously underwritten by Fondation CHANEL and the Kresge Foundation.



**Future Forward Women** is a new national initiative to build women's power and influence in the U.S. We unite, convene, and support catalytic leaders, organizations, and changemakers committed to driving lasting change in the lives of women, girls, and families. Our goal is to WIN big for women and families across all 50 states.



Established in 1987, **The New York Women's Foundation** has built a robust philanthropic strategy rooted in advancing gender, racial, and economic rights, placing us among the largest women-led grantmaking organizations in the world.

© Copyright 2025. *Future Forward Women*

*Kathryn Bowser designed the report.*

# FUTURE FORWARD WOMEN BOARD OF ADVISORS

**Adeline Azrack**  
Fondation CHANEL

**Sarah Haacke Byrd**  
Women Moving Millions

**Rosa Maria Castañeda**  
The 2045 Project

**Shawnda Chapman**  
Philanthropic Adviser and Researcher

**Sonja Diaz**  
Latinas Futures 2050 Lab

**Wendy Ellis**  
George Washington University

**Jeannette Pai Espinosa**  
Joy & Justice Collaborative

**Cindi Leive**  
The Meteor

**Latanya Mapp Frett**  
Rockefeller Philanthropy Advisors

**Aleyamma Mathew**  
Collective Future Fund

**Yvonne Moore**  
Moore Philanthropy

**Christian Nunes**  
National Organization for Women (NOW)

**Ana Oliveira**  
New York Women's Foundation

**Anne-Marie Slaughter**  
New America

**Erin Villardi**  
Vote, Run, Lead





# INTRODUCTION



***As women achieve power, the barriers will fall***

***— Ruth Bader Ginsburg***



Over the years, American women have made significant progress in the workforce, at home, and in society. They have increased their presence in the highest-paying jobs and occupations, closed educational attainment gaps, and broadened their representation at all levels of government. They also make up a majority of the electorate and have enough political power to influence the outcomes of crucial elections.

Despite these gains, the United States ranks 43<sup>rd</sup> out of 146<sup>1</sup> countries globally for gender equality and parity, roughly the same as previous years, indicating that progress has stalled.

In the U.S., **more than one in ten women are economically vulnerable**,<sup>2</sup> meaning they are likely to live in poverty, face housing insecurity, earn lower wages, and endure prolonged periods of unemployment compared to their male counterparts.

From attacks on reproductive health to the lack of representation at the highest levels of government, American women have faced numerous setbacks and losses in recent years. These challenges raise questions about their ability to advance critical public policies at the state and federal levels, hold elected officials accountable, and counter threats to their economic, social, and physical well-being.

**Future Forward Women's Power and Influence Index assesses women's power and influence in all 50 states and the District of Columbia. The index comprehensively analyzes the economic security and well-being, health and safety, civic engagement and political inclusion, and public policy and legal protections for women in each state.**

**Collectively, these measures provide timely insight into the lives of American women and the inequitable and varied conditions they encounter within their state's borders and homes.**

The overarching goals of the report are to:

- **Identify the states where women have the most and least power and influence in the U.S.**
- **Provide a comprehensive snapshot of the status and well-being of women in the U.S.;**
- **Generate new strategies and tactics to build women's power and influence; and**
- **Inform public policies, resource allocation, and programs at the local, state, and federal levels.**





# METHODOLOGY AND APPROACH

The index is part of Future Forward Women's ongoing commitment to advancing the best and boldest ideas, public policies, and strategies for building women's power and influence in the U.S.

To create the Power and Influence Index and tell the intricate story of women's lives across states, we relied on the most recent data from the U.S. Census Bureau American Community Survey, various federal and state-level agencies, and other relevant sources, including data compiled by the Center for American Women in Politics and Vote, Run, Lead. A complete list of sources can be found in the Appendices.

To understand women's absolute and relative levels of power and influence across the 50 states, we developed an Index composed of 18 key indicators and a bundle of nine critical public policies. The Index is structured around four key dimensions: economic status, civic engagement and **political inclusion, health, and public policy and legal protections**. A complete list of indicators can be found in the Appendices.





# U.S. WOMEN'S POWER AND INFLUENCE INDEX, 2025

## TOP 10 STATES

- 1 District of Columbia
- 2 Massachusetts
- 3 New York
- 4 Maryland
- 5 Washington
- 6 Vermont
- 7 California
- 8 Oregon
- 9 Colorado
- 10 Connecticut

## BOTTOM 10 STATES

- 51 Alabama
- 50 Mississippi
- 49 Tennessee
- 48 Arkansas
- 47 South Carolina
- 46 North Carolina
- 45 Texas
- 44 Georgia
- 43 Indiana
- 42 West Virginia



# A Story of Two Americas: Women's Rights and Well-Being Defined by State Borders



***[My doctors] said they wanted to help, but couldn't under Texas law. Where else in medicine do we do nothing and just wait and see how sick a patient becomes before acting?***



—Anna Zargarian, Texas Resident<sup>3</sup>

The Power and Influence Index presents a stark and concerning portrait of everyday women whose economic well-being and ability to make ends meet for their families, safety, and access to high-quality health care are determined by their state borders.

Women living in states that rank in the top fifty percent of the Power and Influence Index tend to earn more, achieve higher levels of educational attainment, benefit from work policies and supports such as paid sick leave and childcare, experience better health outcomes, and are less likely to live in poverty.

**Conversely, women in the bottom 25 states in the Index and the South are among the least likely to wield power and influence in their states.** Southern states and many in the Midwest consistently rank low or last in the Index across all measures of women's well-being, placing them in the bottom 20 percent of states where women have the least power and influence.

**The District of Columbia ranks first for women's power and influence in the United States, and the state of Alabama ranks last.**



# POWER AND INFLUENCE INDEX 2025

## STATE-BY-STATE RANKINGS

RANK	STATE	FINAL SCORE
1	District of Columbia	0.751
2	Massachusetts	0.741
3	New York	0.696
4	Maryland	0.672
5	Washington	0.672
6	Vermont	0.647
7	California	0.641
8	Oregon	0.638
9	Colorado	0.633
10	Connecticut	0.595
11	Illinois	0.595
12	Michigan	0.594
13	New Jersey	0.592
14	Maine	0.573
15	Hawaii	0.571
16	Delaware	0.567
17	Rhode Island	0.555
18	Minnesota	0.521
19	Nevada	0.506
20	Iowa	0.500
21	New Mexico	0.498
22	Montana	0.489
23	Alaska	0.486
24	New Hampshire	0.476
25	Florida	0.438
26	North Dakota	0.434
27	Nebraska	0.429

RANK	STATE	FINAL SCORE
28	Arizona	0.411
29	Wisconsin	0.406
30	Kansas	0.396
31	Wyoming	0.392
32	Virginia	0.388
33	Pennsylvania	0.371
34	Missouri	0.361
35	Ohio	0.348
36	South Dakota	0.342
37	Utah	0.325
38	Idaho	0.324
39	Oklahoma	0.314
40	Kentucky	0.306
41	Louisiana	0.305
42	West Virginia	0.296
43	Indiana	0.294
44	Georgia	0.273
45	Texas	0.260
46	North Carolina	0.252
47	South Carolina	0.215
48	Arkansas	0.206
49	Tennessee	0.187
50	Mississippi	0.177
51	Alabama	0.158

Source: Analysis and calculations by Future Forward Women, 2025



# THE BEST STATES FOR WOMEN'S POWER AND INFLUENCE IN THE U.S.

## **The District of Columbia ranks first for women's power and influence in the United States.**

The District of Columbia holds the top position in the nation regarding women's power and influence. This should-be state claims the number one ranking because of its supportive public policies for women and families, strong health outcomes, and a significant presence of women in influential roles. Women in the District earn more than their counterparts in any other state and possess the highest bachelor's degrees nationwide.

**Massachusetts, New York, Maryland, and Vermont round out the list of the top five states for women's power and influence in the U.S.** Each state ranked in the top 10 on all four dimensions of power and influence.

## **WOMEN OF COLOR + POWER & INFLUENCE**

In the top 10 states for Women's Power and Influence, women of color were better off or held more power and influence in the states than those states that ranked in the bottom 10 states in the index. In Massachusetts, the median annual earnings for Black women is \$36,743, and more than 40 percent hold a Bachelor's degree.<sup>4</sup> In sharp contrast, in Louisiana, the median salary for Black women is \$24,743 and less than 17 percent have a college degree.<sup>5</sup>

**White women hold the most power and influence in the U.S. and surpass Black and Hispanic women on every indicator of well-being and influence in the Index.**



# THE WORST STATES FOR WOMEN'S POWER AND INFLUENCE IN THE U.S.

## **The state of Alabama ranks 51st in the nation for women's power and influence in the U.S.**

Alabama edged out several other low-ranked states to earn the dubious distinction of being the state where women fare the worst and have the least power and influence. The state earned nearly negative scores due to its lack of support for policies and legislation that support women, families, and equitable health outcomes.

## **The state of Mississippi ranks last in terms of economic power for women.**

Women in the state have lower median earnings and face higher poverty rates compared to women in other parts of the country.

## **Tennessee, Arkansas, and South Carolina are the three other states in the bottom five for women's power and influence.**

States in the bottom 25 percent of the Power and Influence Index also rank lowest on nearly all well-being indicators for women and families.





# POLITICAL POWER INDEX

## **Washington State is ranked Number 1 for Women's Political Power in the United States.**

To measure women's political influence, we scored states using five key indicators: voter turnout, women elected to Congress (Senate and House), women in state legislatures, and the number of women in executive leadership positions.

**Massachusetts, Florida, Texas, New Mexico, and New York** are the four other states that comprise the top five for women's political power.

Washington state secured the top position due to the high level of women's political participation, with nearly three-quarters of women voting. They are tied with Michigan and Illinois for having the third largest delegation of women representatives in the U.S. House of Representatives. In the state legislature, 34 percent are women.

## **LOWEST RANKING STATE**

**The state of Utah ranks last for women's political power in the U.S.** West Virginia, Rhode Island, Ohio, and Tennessee follow it.

Utah has one woman representing it in Congress, and only 13 percent of its state legislature are women. Voter turnout among women hovers around 50 percent<sup>6</sup>.

## **NOT JUST ANY WOMAN**

The Political Power Index shows that political representation and power in various states do not always guarantee women- and family-friendly policies. **Florida and Texas rank third and fourth in political power for women, respectively.**

In Texas, 44 percent of state legislators are women; in Florida, that figure is 37 percent. Combined, these states send 18 women to Congress<sup>7</sup>, representing 30 percent more than those in the top two positions on the Index.



# U.S. WOMEN'S POLITICAL POWER INDEX

## STATE-BY-STATE RANKINGS

RANK	STATE	INDEX SCORE
1	Washington	0.204
2	Massachusetts	0.189
3	Florida	0.184
4	Texas	0.166
5	New Mexico	0.164
6	New York	0.163
7	North Dakota	0.162
8	New Hampshire	0.161
9	Colorado	0.158
10	Illinois	0.156
11	Iowa	0.148
12	Delaware	0.144
13	Minnesota	0.143
14	Arizona	0.140
15	Mississippi	0.139
16	Connecticut	0.137
17	Maryland	0.132
18	Nevada	0.131
19	Michigan	0.129
20	Wyoming	0.125
21	Hawaii	0.125
22	Pennsylvania	0.124
23	Wisconsin	0.119
24	California	0.119
25	District of Columbia	0.118

RANK	STATE	INDEX SCORE
26	Alaska	0.117
27	South Carolina	0.117
28	Alabama	0.114
29	New Jersey	0.113
30	Oklahoma	0.110
31	Maine	0.109
32	Missouri	0.109
33	Georgia	0.109
34	Oregon	0.107
35	North Carolina	0.107
36	Idaho	0.106
37	Vermont	0.104
38	Louisiana	0.099
39	Kansas	0.099
40	Nebraska	0.094
41	Arkansas	0.092
42	Indiana	0.091
43	South Dakota	0.086
44	Kentucky	0.085
45	Montana	0.083
46	Virginia	0.081
47	Tennessee	0.080
48	Ohio	0.079
49	Rhode Island	0.078
50	West Virginia	0.074
51	Utah	0.066

Source: Analysis and calculations by Future Forward Women, 2025





# POLICY AND LEGISLATIVE POWER



## **Oregon leads the country in Women's Policy and Legislative Power.**

Maryland, Colorado, the District of Columbia, and Massachusetts follow.

The Policy and Legislative Power Index measured women's policy and legislative power in the 50 states and the District of Columbia using a bundle of critical social and family public policies. These policies include reproductive health,<sup>8</sup> paid sick leave,<sup>9</sup> universal Pre-K,<sup>10</sup> Medicaid expansion,<sup>11</sup> the Earned Income Tax Credit (state), pay transparency,<sup>12</sup> the Equal Rights Amendment (ERA), sexual harassment, and the tipped minimum wage.

Oregon achieved high scores across the board for implementing and advocating policies and legislation that foster strong economic, social, and health outcomes for women and families.

For its turn, in 2018, Maryland became the ninth state in the nation to enact a mandatory paid sick leave law, guaranteeing workers 40 hours of leave. In November 2024, the state enshrined reproductive freedom within its constitution.<sup>13</sup>

## **LOWEST RANKING STATES**

**Mississippi ranks last in terms of women's policy and legislative power, followed by Alabama, Texas, South Carolina, and North Carolina.** In recent years, all five bottom states have rejected paid sick leave, the Equal Rights Amendment (ERA), Medicaid expansion, and protections against sexual harassment. Access to a full range of reproductive health care options, including abortion,<sup>14</sup> is also restricted in these bottom five states.



# U.S. WOMEN'S POLICY AND LEGISLATIVE POWER INDEX

## STATE-BY-STATE RANKINGS

RANK	STATE	INDEX SCORE
1	Oregon	1.000
2	Maryland	0.958
3	Colorado	0.917
4	District of Columbia	0.917
5	Massachusetts	0.917
6	New York	0.917
7	Vermont	0.917
8	California	0.875
9	Washington	0.875
10	Maine	0.833
11	Michigan	0.833
12	New Jersey	0.792
13	Connecticut	0.750
14	Illinois	0.750
15	Nevada	0.750
16	Montana	0.708
17	Hawaii	0.667
18	Rhode Island	0.667
19	Alaska	0.625
20	Delaware	0.625
21	New Mexico	0.625
22	Iowa	0.541
23	Arizona	0.500
24	Minnesota	0.500
25	Nebraska	0.500
26	Kansas	0.458

RANK	STATE	INDEX SCORE
27	Virginia	0.458
28	Missouri	0.416
29	New Hampshire	0.416
30	Ohio	0.416
31	Florida	0.375
32	Louisiana	0.375
33	Oklahoma	0.375
34	Wisconsin	0.375
35	Wyoming	0.375
36	Indiana	0.333
37	Kentucky	0.333
38	North Dakota	0.333
39	South Dakota	0.333
40	Utah	0.333
41	West Virginia	0.333
42	Idaho	0.291
43	Pennsylvania	0.291
44	Georgia	0.250
45	Arkansas	0.125
46	Tennessee	0.125
47	North Carolina	0.083
48	South Carolina	0.083
49	Texas	0.041
50	Alabama	0
51	Mississippi	0.000

Source: Analysis and calculations by Future Forward Women, 2025



# ECONOMIC POWER INDEX



## **The District of Columbia ranked first in Women's Economic Power in the United States.**

Minnesota, Rhode Island, Colorado, and Massachusetts also top the list for women's economic security and well-being.

Women earn the most in the District of Columbia, \$87,028 for full-time workers, and the median family household income is \$101,722.<sup>15</sup> In D.C., women also have the highest educational attainment in the country, at 62 percent.<sup>16</sup>

## **LOWEST RANKING STATES**

**At the bottom of the Economic Index, Mississippi women have the least economic power, followed by South Carolina, Alabama, West Virginia, and Arkansas.** The pay gap, the difference between men's and women's earnings<sup>17</sup>, is among the highest in these states at 18.1 percent.

The average poverty rate and median weekly earnings for women in these states are 21 percent and \$816, respectively.





# U.S. WOMEN'S ECONOMIC POWER INDEX

## STATE BY STATE RANKINGS

RANK	STATE	INDEX SCORE
1	District of Columbia	0.166
2	Minnesota	0.111
3	Rhode Island	0.110
4	Colorado	0.108
5	Massachusetts	0.107
6	Washington	0.107
7	New Jersey	0.107
8	California	0.105
9	Maryland	0.101
10	New York	0.099
11	Oregon	0.097
12	Alaska	0.096
13	Delaware	0.095
14	Illinois	0.094
15	Connecticut	0.091
16	Nebraska	0.091
17	Iowa	0.080
18	Kansas	0.080
19	Hawaii	0.080
20	Virginia	0.080
21	Texas	0.078
22	Vermont	0.077
23	Michigan	0.076
24	Nevada	0.075
25	Pennsylvania	0.075
26	North Dakota	0.072

RANK	STATE	INDEX SCORE
27	Arizona	0.071
28	Wisconsin	0.070
29	New Hampshire	0.070
30	Utah	0.070
31	Indiana	0.070
32	Ohio	0.069
33	North Carolina	0.068
34	South Dakota	0.067
35	Montana	0.067
36	Kentucky	0.065
37	Georgia	0.065
38	Maine	0.064
39	Missouri	0.063
40	New Mexico	0.062
41	Wyoming	0.061
42	Florida	0.060
43	Tennessee	0.057
44	Idaho	0.056
45	Louisiana	0.055
46	Oklahoma	0.054
47	Arkansas	0.053
48	West Virginia	0.044
49	Alabama	0.044
50	South Carolina	0.043
51	Mississippi	0.039

Source: Analysis and calculations by Future Forward Women, 2025





# HEALTH AND WELL-BEING INDEX

**Good health outcomes in states are critical to women's over wellbeing and ability to thrive.**

**The District of Columbia ranked first for Women's health and well-being in the United States.** Hawaii, Rhode Island, Vermont, and Delaware follow it. The District topped the list due to its low uninsured rates for women at 2.9 percent and low rates of maternal mortality and incidences of reported intimate partner violence.

**Women in the District of Columbia and Hawaii also experience less mental stress<sup>18</sup>** than women in other states, 18.3 percent and 16.7 percent, respectively.

## LOWEST RANKING STATES



**Texas ranks lowest for women's health and well being in the United States.** It is joined by the states of Tennessee, Oklahoma, Nevada and Mississippi.

Women in Texas are less likely to be insured at 20.7 percent and have higher rates of maternal mortality than women in other states at 28.2 percent per 100,000. They also report high levels of food insecurity and have avoided care due to cost.<sup>19</sup>

It is important to note that on all indicators of health and well-being women of color, Black women, in particular, ranked lower than their white counterparts across the states.

**In the District of Columbia, the highest rank for women, nearly half of all Black residents live in medically underserved areas and neighborhoods with a shortage of primary care services.**

**In the U.S. the maternal mortality rate is 23.8 deaths per 100,000 live births—more than any other developed nation in the world. Among African American women, the rate is more than twice as high: 55.3 per 100,000. And in DC, the Black maternal mortality rate is 70.9 deaths per 100,000 live births.<sup>20</sup>**

# U.S. WOMEN'S HEALTH AND WELL-BEING INDEX

## STATE-BY-STATE RANKINGS

RANK	STATE (RANKED)	INDEX SCORE
1	District of Columbia	0.100
2	Hawaii	0.100
3	Rhode Island	0.100
4	Vermont	0.100
5	Delaware	0.078
6	Massachusetts	0.078
7	New Hampshire	0.078
8	California	0.067
9	Connecticut	0.067
10	Maine	0.067
11	Minnesota	0.067
12	New York	0.067
13	North Dakota	0.067
14	Wisconsin	0.067
15	Iowa	0.056
16	Maryland	0.056
17	Michigan	0.056
18	Montana	0.056
19	New Jersey	0.056
20	Pennsylvania	0.056
21	South Dakota	0.056
22	Utah	0.056
23	Wyoming	0.056
24	Florida	0.044
25	Idaho	0.044

RANK	STATE (RANKED)	INDEX SCORE
26	Illinois	0.044
27	Nebraska	0.044
28	North Carolina	0.044
29	Virginia	0.044
30	West Virginia	0.044
31	Kansas	0.033
32	Ohio	0.033
33	Oregon	0.033
34	Alaska	0.022
35	Kentucky	0.022
36	Missouri	0.022
37	New Mexico	0.022
38	South Carolina	0.022
39	Arkansas	0.011
40	Washington	0.011
41	Alabama	0.000
42	Arizona	0.000
43	Colorado	0.000
44	Georgia	0.000
45	Indiana	0.000
46	Louisiana	0.000
47	Mississippi	0.000
48	Nevada	0.000
49	Oklahoma	0.000
50	Tennessee	0.000
51	Texas	0.000

Source: Analysis and calculations by Future Forward Women, 2025



# THE WAY FORWARD

Looking ahead, much work must be done to build women's power and influence in the U.S. and ensure that their safety, economic well-being, access to high-quality health care, and rights do not depend on their state of residence. This is undeniable.

The enormous and pernicious variations in laws, public policies, and representation across the states have led to disparate outcomes for women. Factors such as race, ethnicity, citizenship status, and class disparities further worsen gender inequalities in the U.S. Even in states that rank highly, women of color struggle more than their white counterparts in nearly every measure of success and well-being.

**This moment calls for increased power and influence through greater political representation at all government levels, enhanced civic engagement, collaboration across communities of practice and influence, and the identification of bold new strategies and tactics to close inequality gaps.**

**We hope the U.S. Women's Power and Influence Index will serve as a starting point for our collective efforts and provide a roadmap to propel us forward.**





# LIST OF TABLES

Table 1A	OVERALL STATE-BY-STATE RANKING: U.S. Women's Power and Influence Index, 2025
Table 2A	U.S. Women's Political Power Index, 2025 (State-by-State Ranking)
Table 3A	U.S. Women's Economic Power Index, 2025 (State-by-State Ranking)
Table 4A	U.S. Women's Policy and Legislative Index, 2025 (State-by-State Ranking)
Table 5A	U.S. Women's Health and Well-Being Index, 2025 (State-by-State Ranking)
<b>APPENDICES</b>	
Table 1B	U.S. Women's Power and Influence Index, 2025. Unranked and Combined Indices
Table 2B	U.S. Women's Political Power Index, 2025 All Indicators and Measures, Unranked by State
Table 3B	U.S. Women's Economic Power Index, 2025 All Indicators and Measures, Unranked by State
Table 4B	U.S. Women's Policy and Legislative Index, 2025 All Indicators and Measures, Unranked by State
Table 5B	U.S. Women's Health and Well-Being Index, 2025 All Indicators and Measures, Unranked by State







# U.S. WOMEN'S POWER AND INFLUENCE INDEX, 2025, COMBINED AND UNRANKED

STATE	ECONOMIC INDEX SCORE	ECONOMIC INDEX SCORE Weighted	POLITICAL POWER INDEX SCORE	POLITICAL POWER INDEX Weighted	PUBLIC POLICY INDEX SCORE	Public Policy INDEX Score Weighted	HEALTH INDEX SCORE	HEALTH INDEX Score Weighted	FINAL SCORE
Alabama	0.220	0.044	0.381	0.114	0	0.000	0.000	0.000	0.158
Alaska	0.482	0.096	0.391	0.117	0.625	0.250	0.222	0.022	0.486
Arizona	0.354	0.071	0.467	0.140	0.500	0.200	0.000	0.000	0.411
Arkansas	0.267	0.053	0.306	0.092	0.125	0.050	0.111	0.011	0.206
California	0.527	0.105	0.397	0.119	0.875	0.350	0.667	0.067	0.641
Colorado	0.539	0.108	0.528	0.158	0.917	0.367	0.000	0.000	0.633
Connecticut	0.455	0.091	0.458	0.137	0.750	0.300	0.667	0.067	0.595
Delaware	0.476	0.095	0.479	0.144	0.625	0.250	0.778	0.078	0.567
District of Columbia	0.828	0.166	0.394	0.118	0.917	0.367	1.000	0.100	0.751
Florida	0.299	0.060	0.614	0.184	0.375	0.150	0.444	0.044	0.438
Georgia	0.323	0.065	0.363	0.109	0.250	0.100	0.000	0.000	0.273
Hawaii	0.399	0.080	0.416	0.125	0.667	0.267	1.000	0.100	0.571
Idaho	0.281	0.056	0.354	0.106	0.291	0.117	0.444	0.044	0.324
Illinois	0.470	0.094	0.521	0.156	0.750	0.300	0.444	0.044	0.595
Indiana	0.348	0.070	0.302	0.091	0.333	0.133	0.000	0.000	0.294
Iowa	0.401	0.080	0.492	0.148	0.541	0.217	0.556	0.056	0.500
Kansas	0.401	0.080	0.330	0.099	0.458	0.183	0.333	0.033	0.396
Kentucky	0.327	0.065	0.284	0.085	0.333	0.133	0.222	0.022	0.306
Louisiana	0.277	0.055	0.331	0.099	0.375	0.150	0.000	0.000	0.305
Maine	0.319	0.064	0.365	0.109	0.833	0.333	0.667	0.067	0.573
Maryland	0.503	0.101	0.442	0.132	0.958	0.383	0.556	0.056	0.672
Massachusetts	0.536	0.107	0.631	0.189	0.917	0.367	0.778	0.078	0.741
Michigan	0.382	0.076	0.430	0.129	0.833	0.333	0.556	0.056	0.594
Minnesota	0.557	0.111	0.478	0.143	0.500	0.200	0.667	0.067	0.521
Mississippi	0.194	0.039	0.462	0.139	0.000	0.000	0.000	0.000	0.177
Missouri	0.314	0.063	0.363	0.109	0.416	0.167	0.222	0.022	0.361
Montana	0.335	0.067	0.276	0.083	0.708	0.283	0.556	0.056	0.489

STATE	ECONOMIC INDEX SCORE	ECONOMIC INDEX SCORE Weighted	POLITICAL POWER INDEX SCORE	POLITICAL POWER INDEX Weighted	PUBLIC POLICY INDEX SCORE	Public Policy INDEX Score Weighted	HEALTH INDEX SCORE	HEALTH INDEX Score Weighted	FINAL SCORE
Nebraska	0.455	0.091	0.313	0.094	0.500	0.200	0.444	0.044	0.429
Nevada	0.376	0.075	0.435	0.131	0.750	0.300	0.000	0.000	0.506
New Hampshire	0.351	0.070	0.538	0.161	0.416	0.167	0.778	0.078	0.476
New Jersey	0.534	0.107	0.376	0.113	0.792	0.317	0.556	0.056	0.592
New Mexico	0.309	0.062	0.547	0.164	0.625	0.250	0.222	0.022	0.498
New York	0.497	0.099	0.543	0.163	0.917	0.367	0.667	0.067	0.696
North Carolina	0.341	0.068	0.355	0.107	0.083	0.033	0.444	0.044	0.252
North Dakota	0.361	0.072	0.539	0.162	0.333	0.133	0.667	0.067	0.434
Ohio	0.346	0.069	0.264	0.079	0.416	0.167	0.333	0.033	0.348
Oklahoma	0.269	0.054	0.368	0.110	0.375	0.150	0.000	0.000	0.314
Oregon	0.487	0.097	0.358	0.107	1.000	0.400	0.333	0.033	0.638
Pennsylvania	0.375	0.075	0.414	0.124	0.291	0.117	0.556	0.056	0.371
Rhode Island	0.551	0.110	0.260	0.078	0.667	0.267	1.000	0.100	0.555
South Carolina	0.217	0.043	0.389	0.117	0.083	0.033	0.222	0.022	0.215
South Dakota	0.336	0.067	0.288	0.086	0.333	0.133	0.556	0.056	0.342
Tennessee	0.285	0.057	0.266	0.080	0.125	0.050	0.000	0.000	0.187
Texas	0.388	0.078	0.554	0.166	0.041	0.017	0.000	0.000	0.260
Utah	0.351	0.070	0.219	0.066	0.333	0.133	0.556	0.056	0.325
Vermont	0.385	0.077	0.345	0.104	0.917	0.367	1.000	0.100	0.647
Virginia	0.399	0.080	0.269	0.081	0.458	0.183	0.444	0.044	0.388
Washington	0.535	0.107	0.679	0.204	0.875	0.350	0.111	0.011	0.672
West Virginia	0.222	0.044	0.246	0.074	0.333	0.133	0.444	0.044	0.296
Wisconsin	0.352	0.070	0.398	0.119	0.375	0.150	0.667	0.067	0.406
Wyoming	0.304	0.061	0.417	0.125	0.375	0.150	0.556	0.056	0.392

Source: Analysis and calculations by Future Forward Women, 2025



# U.S. WOMEN'S POLITICAL POWER INDEX, UNRANKED BY STATE

STATE	Women Elected Congress-House			Women in Executive Office (State)			Women Elected State Legislatures			Women Elected Congress-Senate			% Women Voted			TOTAL SCORE
		Un-weighted	Weighted		Un-weighted	Weighted		Un-weighted	Weighted			Weighted		Un-weighted	Weighted	
Alabama	1	0.125	0.025	2	0.5714	0.1143	19%	0.0983	0.0393	1	2.8	0.14	0.684	0.4133	0.062	0.381
Alaska	0	0	0	1	0.4286	0.0857	43%	0.3423	0.1369	1	2.8	0.14	0.616	0.1867	0.028	0.391
Arizona	1	0.125	0.025	5	1.0000	0.2000	48%	0.3903	0.1561	0	0.8	0.04	0.651	0.3033	0.046	0.467
Arkansas	0	0	0	2	0.5714	0.1143	21%	0.1223	0.0489	0	0.8	0.04	0.765	0.6833	0.103	0.306
California	15	1	0.2	4	0.8571	0.1714	5%	-0.0377	-0.0151	0	0.8	0.04	0.562	0.0067	0.001	0.397
Colorado	4	0.3125	0.0625	2	0.5714	0.1143	48%	0.3963	0.1585	1	2.8	0.14	0.665	0.3500	0.053	0.528
Connecticut	2	0.1875	0.0375	3	0.7143	0.1429	51%	0.4223	0.1689	0	0.8	0.04	0.698	0.4600	0.069	0.458
Delaware	1	0.125	0.025	3	0.7143	0.1429	35%	0.2623	0.1049	0	2.8	0.14	0.693	0.4433	0.067	0.479
District of Columbia	1	0.125	0.025	3	0.7143	0.1429	39%	0.2973	0.1189	0	0.8	0.04	0.695	0.4500	0.068	0.394
Florida	9	0.625	0.125	1	0.4286	0.0857	37%	0.2823	0.1129	1	2.8	0.14	0.86	1.0000	0.150	0.614
Georgia	4	0.3125	0.0625	1	0.4286	0.0857	43%	0.3433	0.1373	0	0.8	0.04	0.635	0.2500	0.038	0.363
Hawaii	1	0.125	0.025	1	0.4286	0.0857	34%	0.2553	0.1021	1	2.8	0.14	0.687	0.4233	0.064	0.416
Idaho	2	0.1875	0.0375	2	0.5714	0.1143	40%	0.3123	0.1249	0	0.8	0.04	0.635	0.2500	0.038	0.354
Illinois	6	0.4375	0.0875	2	0.5714	0.1143	41%	0.3223	0.1289	1	2.8	0.14	0.66	0.3333	0.050	0.521
Indiana	2	0.1875	0.0375	1	0.4286	0.0857	27%	0.1793	0.0717	0	0.8	0.04	0.695	0.4500	0.068	0.302
Iowa	2	0.1875	0.0375	3	0.7143	0.1429	44%	0.3473	0.1389	1	2.8	0.14	0.626	0.2200	0.033	0.492
Kansas	1	0.125	0.025	2	0.5714	0.1143	27%	0.1793	0.0717	0	0.8	0.04	0.718	0.5267	0.079	0.330
Kentucky	0	0	0	2	0.5714	0.1143	27%	0.1853	0.0741	0	0.8	0.04	0.672	0.3733	0.056	0.284
Louisiana	1	0.125	0.025	2	0.5714	0.1143	32%	0.2323	0.0929	0	0.8	0.04	0.677	0.3900	0.059	0.331
Maine	1	0.125	0.025	1	0.4286	0.0857	30%	0.2093	0.0837	1	2.8	0.14	0.621	0.2033	0.031	0.365
Maryland	2	0.1875	0.0375	2	0.5714	0.1143	24%	0.1483	0.0593	1	2.8	0.14	0.741	0.6033	0.091	0.442
Massachusetts	3	0.25	0.05	5	1.0000	0.2000	43%	0.3373	0.1349	1	2.8	0.14	0.772	0.7067	0.106	0.631
Michigan	6	0.4375	0.0875	2	0.5714	0.1143	42%	0.3273	0.1309	0	0.8	0.04	0.674	0.3800	0.057	0.430
Minnesota	5	0.375	0.075	2	0.5714	0.1143	31%	0.2223	0.0889	1	2.8	0.14	0.679	0.3967	0.060	0.478
Mississippi	0	0	0	1	0.4286	0.0857	39%	0.3043	0.1217	1	2.8	0.14	0.789	0.7633	0.115	0.462
Missouri	1	0.125	0.025	0	0.0000	0.0000	37%	0.2803	0.1121	1	2.8	0.14	0.732	0.5733	0.086	0.363
Montana	0	0	0	3	0.7143	0.1429	15%	0.0623	0.0249	0	0.8	0.04	0.696	0.4533	0.068	0.276
Nebraska	0	0	0	0	0.0000	0.0000	29%	0.2023	0.0809	1	2.8	0.14	0.744	0.6133	0.092	0.313
Nevada	2	0.1875	0.0375	0	0.0000	0.0000	21%	0.1223	0.0489	2	5.8	0.29	0.678	0.3933	0.059	0.435
New Hampshire	1	0.125	0.025	1	0.4286	0.0857	34%	0.2523	0.1009	2	5.8	0.29	0.632	0.2400	0.036	0.538
New Jersey	4	0.3125	0.0625	1	0.4286	0.0857	29%	0.2023	0.0809	0	0.8	0.04	0.774	0.7133	0.107	0.376

STATE	Women Elected Con- gress-House			Wom- en in Exec- utive Office (State)			Women Elected State Legisla- tures			Women Elected Con- gress-Sen- ate			% Wom- en Voted			TOTAL SCORE
New Mexico	2	0.1875	0.0375	3	0.7143	0.1429	62%	0.5323	0.2129	0	0.8	0.04	0.787	0.7567	0.114	0.547
New York	8	0.5625	0.1125	3	0.7143	0.1429	36%	0.2723	0.1089	1	2.8	0.14	0.637	0.2567	0.039	0.543
North Carolina	3	0.25	0.05	2	0.5714	0.1143	34%	0.2523	0.1009	0	0.8	0.04	0.66	0.3333	0.050	0.355
North Dakota	1	0.125	0.025	3	0.7143	0.1429	54%	0.4523	0.1809	1	2.8	0.14	0.661	0.3367	0.051	0.539
Ohio	4	0.3125	0.0625	0	0.0000	0.0000	34%	0.2553	0.1021	0	0.8	0.04	0.679	0.3967	0.060	0.264
Oklahoma	1	0.125	0.025	3	0.7143	0.1429	30%	0.2123	0.0849	0	0.8	0.04	0.71	0.5000	0.075	0.368
Oregon	5	0.375	0.075	3	0.7143	0.1429	26%	0.1743	0.0697	0	0.8	0.04	0.621	0.2033	0.031	0.358
Pennsylvania	4	0.3125	0.0625	2	0.5714	0.1143	34%	0.2523	0.1009	0	0.8	0.04	0.753	0.6433	0.097	0.414
Rhode Island	0	0	0	1	0.4286	0.0857	23%	0.1423	0.0569	0	0.8	0.04	0.715	0.5167	0.078	0.260
South Carolina	2	0.1875	0.0375	2	0.5714	0.1143	44%	0.3523	0.1409	0	0.8	0.04	0.672	0.3733	0.056	0.389
South Dakota	0	0	0	2	0.5714	0.1143	33%	0.2423	0.0969	0	0.8	0.04	0.633	0.2433	0.037	0.288
Tennessee	1	0.125	0.025	0	0.0000	0.0000	30%	0.2123	0.0849	1	2.8	0.14	0.592	0.1067	0.016	0.266
Texas	7	0.5	0.1	2	0.5714	0.1143	44%	0.3523	0.1409	1	2.8	0.14	0.678	0.3933	0.059	0.554
Utah	1	0.125	0.025	1	0.4286	0.0857	13%	0.0423	0.0169	0	0.8	0.04	0.663	0.3433	0.052	0.219
Vermont	1	0.125	0.025	2	0.5714	0.1143	37%	0.2823	0.1129	0	0.8	0.04	0.666	0.3533	0.053	0.345
Virginia	2	0.1875	0.0375	1	0.4286	0.0857	17%	0.0823	0.0329	0	0.8	0.04	0.705	0.4833	0.073	0.269
Washington	6	0.4375	0.0875	2	0.5714	0.1143	34%	0.2523	0.1009	2	5.8	0.29	0.732	0.5733	0.086	0.679
West Virginia	1	0.125	0.025	0	0.0000	0.0000	31%	0.2223	0.0889	0	0.8	0.04	0.744	0.6133	0.092	0.246
Wisconsin	1	0.125	0.025	3	0.7143	0.1429	31%	0.2253	0.0901	1	2.8	0.14	0.56	0.0000	0.000	0.398
Wyoming	1	0.125	0.025	2	0.5714	0.1143	43%	0.3453	0.1381	0	0.8	0.04	0.76	0.6667	0.100	0.417

Source: Analysis and calculations by Future Forward Women, 2025





# U.S. WOMEN'S ECONOMIC POWER INDEX, 2025

STATE	Union Membership	Unemployment	Laborforce Participation	Women's earnings as a percentage of men	Women's Weekly Median Earnings	Median Household Income	Female Poverty Rate	Educational Attainment	SCORE
Alabama	7.5	3.2	56.7	79.8	837	59,609	0.169	28.1	0.220
Alaska	14.8	4.5	65.1	82.7	1,007	86,370	0.11	34.8	0.482
Arizona	4.2	4.3	61.6	80.0	938	72,581	0.128	32.1	0.354
Arkansas	5.1	3.4	57.4	86.2	822	56,335	0.168	26.1	0.267
California	15.4	5.1	61.9	86.8	1,062	91,905	0.122	36.4	0.527
Colorado	6.9	3.4	68	87.0	1,142	87,598	0.097	44.8	0.539
Connecticut	15.9	3	64.8	80.8	1,130	90,213	0.111	42.5	0.455
Delaware	8.8	4.2	59.8	95.5	972	79,325	0.118	35.8	0.476
District of Columbia	9.1	5.1	70.4	86.7	1,626	101,722	0.132	61.9	0.828
Florida	4.7	3.5	59.1	84.2	861	67,917	0.125	32.7	0.299
Georgia	4.6	3.4	61	82.0	891	71,355	0.14	34.7	0.323
Hawaii	23.4	3	60.5	84.8	963	94,814	0.108	36.4	0.399
Idaho	4.5	3.3	62.7	78.4	851	70,214	0.112	30.7	0.281
Illinois	12.8	4.8	64.5	80.3	1,014	78,433	0.121	37.7	0.470
Indiana	8	4.5	63.4	77.6	861	67,173	0.138	29	0.348
Iowa	7.2	3.2	68.2	82.8	883	70,571	0.125	31.9	0.401
Kansas	8.9	2.8	66.3	85.3	920	69,747	0.124	36	0.401
Kentucky	8.8	4.3	57.5	84.5	860	60,183	0.187	27.8	0.327
Louisiana	4.3	4.4	58.6	77.3	822	57,852	0.206	28.2	0.277
Maine	9.2	3.2	58	85.6	936	68,251	0.116	36.8	0.319
Maryland	10.7	3.1	64.6	86.6	1,165	98,461	0.101	43.2	0.503
Massachusetts	12.6	3.2	64.7	85.8	1,247	96,505	0.108	46.6	0.536
Michigan	12.8	4.3	59.7	82.5	987	68,505	0.144	31.8	0.382
Minnesota	13.3	3.3	68.1	91.0	1,101	84,313	0.101	39.8	0.557
Mississippi	7	3.3	54.4	82.9	751	52,985	0.189	26.4	0.194
Missouri	9.3	3.3	62.7	79.5	882	65,920	0.127	32.4	0.314
Montana	11.8	3.1	62.6	81.7	884	66,341	0.127	35.2	0.335
Nebraska	7.3	2.8	69.5	87.7	937	71,722	0.112	35.1	0.455
Nevada	12.4	5.4	61.5	80.1	811	71,646	0.126	27.1	0.376

STATE	Union Membership	Unemployment	Laborforce Participation	Women's earnings as a percentage of men	Women's Weekly Median Earnings	Median Household Income	Female Poverty Rate	Educational Attainment	SCORE
New Hampshire	9.3	2.6	66	75.4	1,019	90,845	0.071	40.1	0.351
New Jersey	16.1	4.8	64.1	83.5	1,072	97,126	0.099	42.6	0.534
New Mexico	7.5	4.4	56.2	83.6	855	58,722	0.182	30.7	0.309
New York	20.6	4.4	60.4	86.5	1,072	81,386	0.141	40.1	0.497
North Carolina	2.7	3.5	60.5	85.7	902	66,186	0.133	35.3	0.341
North Dakota	6.2	2.5	69.1	78.9	900	73,959	0.114	34.7	0.361
Ohio	12.5	3.7	61.2	81.8	902	66,990	0.144	31.2	0.346
Oklahoma	6.8	3.3	60.7	80.8	769	61,364	0.175	28.2	0.269
Oregon	14.1	3.7	62.9	89.2	1,074	76,632	0.134	36.6	0.487
Pennsylvania	12.9	3.5	61.7	82.1	981	73,170	0.13	34.4	0.375
Rhode Island	12.3	3.2	62.9	99.6	1,138	81,370	0.112	36.8	0.551
South Carolina	2.3	3	55.8	82.8	841	63,623	0.148	31.4	0.217
South Dakota	3.6	1.9	67.6	82.3	886	69,457	0.151	32.3	0.336
Tennessee	6	3.6	58.9	82.0	859	64,035	0.144	30.8	0.285
Texas	4.5	4	63.4	83.0	916	73,035	0.137	33	0.388
Utah	4.1	3.5	68.5	73.1	884	86,833	0.097	34.4	0.351
Vermont	14.3	2.4	63.4	82.9	1,007	74,014	0.107	45.2	0.385
Virginia	4.3	3	65.1	79.6	1,054	87,249	0.11	41.6	0.399
Washington	16.5	4.5	64.2	85.8	1,097	90,325	0.115	38.5	0.535
West Virginia	8.7	4.3	54.7	77.7	828	55,217	0.195	24.4	0.222
Wisconsin	7.4	3.1	64.6	80.4	940	72,458	0.116	34	0.352
Wyoming	5.6	3.5	63.8	75.6	869	72,495	0.147	30.6	0.304

Source: Analysis and calculations by Future Forward Women, 2025



# U.S. WOMEN'S STATE POLICY AND LEGISLATION (UNRANKED)

STATE	Repro- ductive Rights	PSL	SHL	ERA	UPK	Pay Transpar- ency	Tipped Wages	State EITC	Medicaid Expansion	TOTAL	TOTAL SCORE
Alabama	-2	0	0	0	0	0	0	0	-1	0.01	0
Alaska	4	0	2	4	0	2	1	0	2	15	0.625
Arizona	4	3	2	0	0	0	1	0	2	12	0.500
Arkansas	-2	0	2	0	0	0	1	0	2	3	0.125
California	5	3	2	4	0	2	1	2	2	21	0.875
Colorado	4	3	2	4	2	2	1	2	2	22	0.917
Connecticut	5	0	2	4	0	2	1	2	2	18	0.750
Delaware	4	0	2	4	0	0	1	2	2	15	0.625
District of Columbia	4	3	2	4	2	2	1	2	2	22	0.917
Florida	4	0	2	0	3	0	1	0	-1	9	0.375
Georgia	0	0	2	0	3	0	0	2	-1	6	0.250
Hawaii	5	0	2	4	0	2	1	0	2	16	0.667
Idaho	-2	0	2	4	0	0	1	0	2	7	0.291
Illinois	5	0	2	4	0	2	1	2	2	18	0.750
Indiana	-2	0	2	4	0	0	0	2	2	8	0.333
Iowa	0	0	2	4	2	0	1	2	2	13	0.541
Kansas	4	0	2	4	0	0	0	2	-1	11	0.458
Kentucky	-2	0	2	4	0	2	0	0	2	8	0.333
Louisiana	-2	0	2	4	1	0	0	2	2	9	0.375
Maine	4	3	2	4	2	0	1	2	2	20	0.833
Maryland	5	3	2	4	2	2	1	2	2	23	0.958
Massachusetts	4	3	2	4	2	2	1	2	2	22	0.917
Michigan	4	3	2	4	2	0	1	2	2	20	0.833
Minnesota	5	0	2	0	0	0	1	2	2	12	0.500
Mississippi	-2	0	0	0	0	0	0	0	-1	0.01	0.000
Missouri	-2	0	2	4	0	2	1	1	2	10	0.416
Montana	4	0	2	4	0	2	1	2	2	17	0.708
Nebraska	0	0	2	4	2	0	0	2	2	12	0.500
Nevada	4	3	2	4	0	2	1	0	2	18	0.750

STATE	Reproductive Rights	PSL	SHL	ERA	UPK	Pay Transparency	Tipped Wages	State EITC	Medicaid Expansion	TOTAL	TOTAL SCORE
New Hampshire	1	0	2	4	0	0	1	0	2	10	0.416
New Jersey	5	3	2	4	0	0	1	2	2	19	0.792
New Mexico	1	3	2	4	0	0	1	2	2	15	0.625
New York	5	3	2	4	1	2	1	2	2	22	0.917
North Carolina	-2	0	2	0	0	0	0	0	2	2	0.083
North Dakota	-1	0	2	4	0	0	1	0	2	8	0.333
Ohio	4	0	2	0	0	0	1	1	2	10	0.416
Oklahoma	-2	0	2	4	0	0	1	2	2	9	0.375
Oregon	5	3	2	4	3	2	1	2	2	24	1.000
Pennsylvania	-2	0	2	4	0	0	1	0	2	7	0.291
Rhode Island	4	3	2	0	0	2	1	2	2	16	0.667
South Carolina	0	0	2	0	0	0	0	1	-1	2	0.083
South Dakota	-2	0	2	4	0	0	1	1	2	8	0.333
Tennessee	-2	0	2	4	0	0	0	0	-1	3	0.125
Texas	-2	0	2	0	2	0	0	0	-1	1	0.041
Utah	-1	0	2	4	0	0	0	1	2	8	0.333
Vermont	5	3	2	4	3	0	1	2	2	22	0.917
Virginia	1	0	2	4	0	0	0	2	2	11	0.458
Washington	5	3	2	4	0	2	1	2	2	21	0.875
West Virginia	-2	0	2	4	1	0	1	0	2	8	0.333
Wisconsin	-1	0	2	4	2	0	1	2	-1	9	0.375
Wyoming	4	0	2	4	0	0	0	0	-1	9	0.375

Source: Analysis and calculations by Future Forward Women, 2025





# U.S. WOMEN'S HEALTH AND WELL-BEING INDEX (UNRANKED BY STATE)

STATE	Women Uninsured	Un-weighted	Weighted (40)	GBV/ IPV per 100,000	Un-weighted	Weighted (30)	Maternal Mortality per 100,000	Un-weighted	Weighted	Unindexed Score	HEALTH INDEX SCORE
Alabama	11.7	0.503	0.201	2.4	0.293	0.088	38.6	0.939	0.282	0.571	0.000
Alaska	13.4	0.597	0.239	4.6	0.829	0.249	1	0.024	0.007	0.495	0.222
Arizona	12.9	0.569	0.228	3.4	0.537	0.161	30	0.730	0.219	0.608	0.000
Arkansas	10	0.409	0.164	2.2	0.244	0.073	38.3	0.932	0.280	0.516	0.111
California	7.6	0.276	0.110	1.8	0.146	0.044	10.5	0.255	0.077	0.231	0.667
Colorado	8.5	0.326	0.130	5.3	1.000	0.300	16	0.389	0.117	0.547	0.000
Connecticut	5.9	0.182	0.073	1.7	0.122	0.037	15.6	0.380	0.114	0.223	0.667
Delaware	7.1	0.249	0.099	2.6	0.341	0.102	1	0.024	0.007	0.209	0.778
District of Columbia	2.9	0.017	0.007	2.6	0.341	0.102	1	0.024	0.007	0.116	1.000
Florida	14	0.630	0.252	1.3	0.024	0.007	24.1	0.586	0.176	0.435	0.444
Georgia	15.1	0.691	0.276	1.4	0.049	0.015	32.1	0.781	0.234	0.525	0.000
Hawaii	4	0.077	0.031	2.9	0.415	0.124	1	0.024	0.007	0.163	1.000
Idaho	9.8	0.398	0.159	3.1	0.463	0.139	20	0.487	0.146	0.444	0.444
Illinois	8	0.298	0.119	3.1	0.463	0.139	18.1	0.440	0.132	0.390	0.444
Indiana	8	0.298	0.119	3.7	0.610	0.183	30.9	0.752	0.226	0.528	0.000
Iowa	4.9	0.127	0.051	3.4	0.537	0.161	19.5	0.474	0.142	0.354	0.556
Kansas	10.9	0.459	0.183	2.9	0.415	0.124	22.8	0.555	0.166	0.474	0.333
Kentucky	6.1	0.193	0.077	3.3	0.512	0.154	34.6	0.842	0.253	0.484	0.222
Louisiana	8	0.298	0.119	3.2	0.488	0.146	37.3	0.908	0.272	0.538	0.000
Maine	8.2	0.309	0.124	2.7	0.366	0.110	1	0.024	0.007	0.241	0.667
Maryland	6.5	0.215	0.086	2.6	0.341	0.102	21.3	0.518	0.155	0.344	0.556
Massachusetts	2.6	0.000	0.000	2.3	0.268	0.080	16.4	0.399	0.120	0.200	0.778
Michigan	5.4	0.155	0.062	3	0.439	0.132	19.1	0.465	0.139	0.333	0.556
Minnesota	5.2	0.144	0.057	2.7	0.366	0.110	12.3	0.299	0.090	0.257	0.667
Mississippi	13.9	0.624	0.250	2.7	0.366	0.110	39.1	0.951	0.285	0.645	0.000
Missouri	10.3	0.425	0.170	3.3	0.512	0.154	23.8	0.579	0.174	0.498	0.222
Montana	10.1	0.414	0.166	3.3	0.512	0.154	1	0.024	0.007	0.327	0.556
Nebraska	7.9	0.293	0.117	3.4	0.537	0.161	25.1	0.611	0.183	0.461	0.444
Nevada	13.4	0.597	0.239	3.4	0.537	0.161	20.4	0.496	0.149	0.549	0.000
New Hampshire	5.7	0.171	0.069	2.9	0.415	0.124	1	0.024	0.007	0.200	0.778
New Jersey	8.2	0.309	0.124	1.2	0.000	0.000	26	0.633	0.190	0.314	0.556
New Mexico	11.5	0.492	0.197	2.5	0.317	0.095	28	0.681	0.204	0.496	0.222

STATE	Women Uninsured	Un-weighted	Weighted (40)	GBV/ IPV per 100,000	Un-weighted	Weighted (30)	Maternal Mortality per 100,000	Un-weighted	Weighted	Unindexed Score	HEALTH INDEX SCORE
New York	5.4	0.155	0.062	1.8	0.146	0.044	22.4	0.545	0.164	0.269	0.667
North Carolina	11.6	0.497	0.199	1.9	0.171	0.051	26.7	0.650	0.195	0.445	0.444
North Dakota	6.6	0.221	0.088	3.1	0.463	0.139	1	0.024	0.007	0.235	0.667
Ohio	6.5	0.215	0.086	4	0.683	0.205	24.5	0.596	0.179	0.470	0.333
Oklahoma	14.9	0.680	0.272	3.8	0.634	0.190	29.6	0.720	0.216	0.678	0.000
Oregon	7.2	0.254	0.102	4.6	0.829	0.249	16.6	0.404	0.121	0.472	0.333
Pennsylvania	6.1	0.193	0.077	2.8	0.390	0.117	17.5	0.426	0.128	0.322	0.556
Rhode Island	4.9	0.127	0.051	2.5	0.317	0.095	1	0.024	0.007	0.153	1.000
South Carolina	11.5	0.492	0.197	1.9	0.171	0.051	32.3	0.786	0.236	0.484	0.222
South Dakota	9.9	0.403	0.161	3.4	0.537	0.161	1	0.024	0.007	0.330	0.556
Tennessee	11.1	0.470	0.188	3.6	0.585	0.176	41.1	1.000	0.300	0.663	0.000
Texas	20.7	1.000	0.400	2.3	0.268	0.080	28.2	0.686	0.206	0.686	0.000
Utah	9.3	0.370	0.148	2.7	0.366	0.110	15.5	0.377	0.113	0.371	0.556
Vermont	4.4	0.099	0.040	2.8	0.390	0.117	1	0.024	0.007	0.164	1.000
Virginia	7.5	0.271	0.108	2.5	0.317	0.095	32.7	0.796	0.239	0.442	0.444
Washington	7.6	0.276	0.110	4.8	0.878	0.263	18	0.438	0.131	0.505	0.111
West Virginia	7.4	0.265	0.106	3.5	0.561	0.168	23.9	0.582	0.174	0.449	0.444
Wisconsin	5.8	0.177	0.071	2.9	0.415	0.124	13.2	0.321	0.096	0.291	0.667
Wyoming	14	0.630	0.252	2.9	0.415	0.124	1	0.024	0.007	0.384	0.556
Note: The unindexed score is inverse. States that scored lowest are those that have the strongest health outcomes for women. In the final index, the scores were weighted and normalized.											

Source: Analysis and calculations by Future Forward Women, 2025

# APPENDIX

## METHODOLOGY NOTE:

In each domain, we used commonly accepted measures to create sub-indices. Two conversions of variables were necessary to standardize each index and create a comprehensive index that captured all of the measures.

First, we had to make all of the variables directional. Variables were converted to the same direction to address the different directional interpretations so that higher values consistently indicated worse outcomes. Some variables were changed from positive measures to negative measures.





# LIST OF POWER AND INFLUENCE INDEX INDICATORS

## Economic (8):

- Educational Attainment
- Poverty
- Median Household Income
- Weekly Earnings
- Women's Earnings % of Men's Earnings
- Labor Force Participation
- Unemployment
- Union Membership

## Political Power (5):

- Number of Women Elected to Congress (House by State)
- Number of Women Elected to Congress (Senate by State)
- Number of Women in State Legislatures (by state)
- Percent of Women Voted (by state)
- Women in Executive Office or Leadership (by state)

## Health (3):

- Insurance Rate Coverage
- Maternal Mortality Rate
- Gender-Based Violence
- Public Policy and Legislation (9 public policies and legislation):
- Universal Pre-K
- Reproductive Rights (Access to Care)
- Paid Sick Leave
- Earned Income Tax Credit (State)
- Medicaid Expansion
- Pay Transparency
- Equal Rights Amendment (ERA)
- Sexual Harassment
- Tipped Wages

## Limitation of the Index

While this Index tells us much about the power and influence of women in the U.S. and their social, economic, and political well-being, it does not paint an all-encompassing picture. At the onset, we recognized the severe gap in data and information available on particular groups of women, including lesbian and bisexual women, transgender women, women with disabilities, and women who are incarcerated. As a result, our analysis may be limited. We intend for this report to spark further conversations and provide the impetus for additional research and data collection.





# INDEX CITATIONS

HDPulse: An Ecosystem of Minority Health and Health Disparities Resources. National Institute on Minority Health and Health Disparities. Created 2/11/2025. Available from <https://hdpulse.nimhd.nih.gov>

Demographic data was provided by the Census Bureau (<http://www.census.gov/>) & the American Community Survey (<http://www.census.gov/acs/www/>). For more information about Income (Median household income), see the dictionary at <http://hdpulse.nimhd.nih.gov/dictionary.php#income>.

Median Incomes over 250,000 have been coded to 250,001 by the Census Bureau. [ [http://www2.census.gov/acs2012\\_5yr/summaryfile/ACS\\_2008-2012\\_SF\\_Tech\\_Doc.pdf](http://www2.census.gov/acs2012_5yr/summaryfile/ACS_2008-2012_SF_Tech_Doc.pdf) ]

HDPulse: An Ecosystem of Minority Health and Health Disparities Resources. National Institute on Minority Health and Health Disparities. Created 2/11/2025. Available from <https://hdpulse.nimhd.nih.gov>

For more information about Education (At least a bachelor's degree), see the dictionary at <http://hdpulse.nimhd.nih.gov/dictionary.php#education>. Accessed February 19, 2025

Mason, C. Nicole, et al. IWPR Reproductive Rights Index, A State-by-State Analysis and Ranking. The Institute for Women's Policy Research. [https://iwpr.org/wp-content/uploads/2022/07/Reproductive-Rights-Index-2022\\_FINAL\\_website.pdf](https://iwpr.org/wp-content/uploads/2022/07/Reproductive-Rights-Index-2022_FINAL_website.pdf). Accessed February 19, 2025

Issue Brief: State Paid Sick Leave Laws. Women's Bureau. U.S. Department of Labor. December 2024. <https://www.dol.gov/sites/dolgov/files/WB/StatePaidSickLeaveLaws.pdf>. Accessed February 19, 2025

STATE PRESCHOOL YEARBOOK. The National Institute for Early Education Research. Rutgers University. Graduate School of Education, [https://nieer.org/sites/default/files/2024-08/2023\\_nieer\\_yearbook\\_8-9-24.pdf](https://nieer.org/sites/default/files/2024-08/2023_nieer_yearbook_8-9-24.pdf). Accessed February 19, 2025

Status of State Action on the Medicaid Expansion Decision. Kaiser Family Foundation. Current status for each state is based on KFF tracking and analysis of state executive activity. <https://www.kff.org/affordable-care-act/state-indicator/state-activity-around-expanding-medicaid-under-the-affordable-care-act/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>. Accessed February 19, 2025

Pay Transparency Laws by State: Interactive Map. <https://www.govdocs.com/home-page/resources/infographics/pay-transparency-laws-by-state/>. Accessed February 19, 2025

<https://marylandmatters.org/2024/11/05/maryland-votes-to-enshrine-reproductive-freedom-in-state-constitution/>. Retrieved February 18, 2025

<https://www.nytimes.com/interactive/2024/us/abortion-laws-roe-v-wade.html>. Retrieved February 18, 2025

Health Insurance: HDPulse: An Ecosystem of Minority Health and Health Disparities Resources. National Institute on Minority Health and Health Disparities. Created 2/11/2025. Available from <https://hdpulse.nimhd.nih.gov>.

Some data are unavailable [<http://hdpulse.nimhd.nih.gov/data/datanotavailable.html>] for this combination of geography, cancer site, age, and race/ethnicity.

Demographic data provided by the Census Bureau (<http://www.census.gov/>) & Small Area Health Insurance Estimates (<https://www.census.gov/programs-surveys/sahie.html>).

Maternal Mortality: Centers for Disease Control and Prevention, [National Center for Health Statistics (NCHS)](<https://www.cdc.gov/nchs/maternal-mortality/data.htm>), National Vital Statistics System, "[Maternal deaths and mortality rates: Each state, the District of Columbia, United States, 2018-2022] (<https://www.cdc.gov/nchs/maternal-mortality/MMR-2018-2022-State-Data.pdf>)

Caution should be taken in interpreting these data related to maternal mortality and comparing states because for many states, the data are based on small numbers and are, therefore, statistically unreliable.

Statistical variability in the maternal mortality rate is determined largely by the number of maternal deaths (i.e., as the number of deaths decreases, the variance, or measure of uncertainty, increases). Rates based on fewer than 20 deaths are suppressed because of reliability and confidentiality.

It is likely that some of the variation in state rates is due to the marked differences in the quality of state maternal mortality data. Variation in the quality of reporting maternal deaths may be due to differences in electronic registration systems and differences in policies and programs designed to verify the pregnancy status of female decedents of reproductive age. These differences may result in underestimates of maternal deaths in some cases, and overestimates in others.

National poverty rates and median earnings calculated by Future Forward Women based on U.S. Census Bureau, Current Population Survey, 2024 Annual Social and Economic Supplement (<https://www.census.gov/programs-surveys/cps.html>).

Bureau of Labor Statistics. U.S. Department of Labor. Fact Sheet. <https://www.bls.gov/news.release/pdf/union2.pdf>. Accessed February 19, 2025



## ENDNOTES



- <sup>1</sup>Global Gender Gap 2024 Insight Report. World Economic Forum. June 2024. [https://www3.weforum.org/docs/WEF\\_GGGR\\_2024.pdf](https://www3.weforum.org/docs/WEF_GGGR_2024.pdf). Accessed February 19, 2025
- <sup>2</sup> Women in Poverty State-by-State 2024. National Women's Law Center. <https://nwlc.org/resource/women-in-poverty-state-by-state/#:~:text=More%20than%20one%20in%2010,children%20were%20poor%20in%202023>. Accessed February 19, 2025
- <sup>3</sup> Voices for Abortion Bans. Center for Reproductive Rights. <https://reproductiverights.org/exceptions-plaintiffs-voices-abortion-ban-states/>. Accessed February 19, 2025.
- <sup>4</sup> Ed Trust analysis of the United States Census Bureau's 2018 American Community Survey. State average is an unweighted average of state data.
- <sup>5</sup> Ed Trust analysis of the United States Census Bureau's 2018 American Community Survey. State average is an unweighted average of state data.
- <sup>6</sup> Center for American Women and Politics (CAWP). 2025. "Women in State Legislatures 2025." New Brunswick, NJ: Center for American Women and Politics, Eagleton Institute of Politics, Rutgers University-New Brunswick. <https://cawp.rutgers.edu/facts/levels-office/state-legislature/women-state-legislatures-2025> (Accessed February 18, 2025)
- <sup>7</sup> Center for American Women and Politics (CAWP). 2025. "Women in State Legislatures 2025." New Brunswick, NJ: Center for American Women and Politics, Eagleton Institute of Politics, Rutgers University-New Brunswick. <https://cawp.rutgers.edu/facts/levels-office/state-legislature/women-state-legislatures-2025> (Accessed February 18, 2025)
- <sup>8</sup> Mason, C. Nicole, et al. IWPR Reproductive Rights Index A State-by-State Analysis and Ranking. The Institute for Women's Policy Research. [https://iwpr.org/wp-content/uploads/2022/07/Reproductive-Rights-Index-2022\\_FINAL\\_website.pdf](https://iwpr.org/wp-content/uploads/2022/07/Reproductive-Rights-Index-2022_FINAL_website.pdf). Accessed February 19, 2025
- <sup>9</sup> Issue Brief: State Paid Sick Leave Laws. Women's Bureau. U.S. Department of Labor. December 2024. <https://www.dol.gov/sites/dolgov/files/WB/StatePaidSickLeaveLaws.pdf>. Accessed February 19, 2025
- <sup>10</sup> STATE PRESCHOOL YEARBOOK. The National Institute for Early Education Research. Rutgers University. Graduate School of Education [https://nieer.org/sites/default/files/2024-08/2023\\_nieer\\_yearbook\\_8-9-24.pdf](https://nieer.org/sites/default/files/2024-08/2023_nieer_yearbook_8-9-24.pdf). Accessed February 19, 2025
- <sup>11</sup> Status of State Action on the Medicaid Expansion Decision. Kaiser Family Foundation. Current status for each state is based on KFF tracking and analysis of state executive activity. <https://www.kff.org/affordable-care-act/state-indicator/state-activity-around-expanding-medicaid-under-the-affordable-care-act/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>. Accessed February 19, 2025
- <sup>12</sup> Pay Transparency Laws by State: Interactive Map. <https://www.govdocs.com/home-page/resources/infographics/pay-transparency-laws-by-state/>. Accessed February 19, 2025
- <sup>13</sup> <https://marylandmatters.org/2024/11/05/maryland-votes-to-enshrine-reproductive-freedom-in-state-constitution/>. Retrieved February 18, 2025
- <sup>14</sup> <https://www.nytimes.com/interactive/2024/us/abortion-laws-roe-v-wade.html>. Retrieved February 18, 2025
- <sup>15</sup> <https://www.neilsberg.com/insights/washington-dc-income-by-gender/>

<sup>16</sup> Federal Reserve Bank of Richmond. Educational Attainment in the District of Columbia Fact Sheet. [https://www.richmondfed.org/-/media/RichmondFedOrg/region\\_communities/regional\\_data\\_analysis/regional\\_economy/reports/special\\_reports/pdf/educational\\_attainment\\_dc.pdf](https://www.richmondfed.org/-/media/RichmondFedOrg/region_communities/regional_data_analysis/regional_economy/reports/special_reports/pdf/educational_attainment_dc.pdf). Accessed February 19, 2025

<sup>17</sup> Aragao, Carolina. Gender pay gap in U.S. hasn't changed much in two decades. Pew Research Center. May 1, 2023 <https://www.pewresearch.org/short-reads/2023/03/01/gender-pay-gap-facts/>. Accessed February 19, 2025

<sup>18</sup> America's Health Rankings analysis of CDC, Behavioral Risk Factor Surveillance System, United Health Foundation, AmericasHealthRankings.org, accessed 2025

<sup>19</sup> America's Health Ranking Analysis of CDC, Behavioral Risk Factor Surveillance System <https://www.americashealthrankings.org/explore/states/TX>. Accessed February 19, 2025

<sup>20</sup> Frank, Adrienne. Metrocentered: Tackling the Black Maternal Health Crisis. American University Magazine <https://www.american.edu/magazine/article/better-outcomes-for-black-birthing-people.cfm>. Accessed February 19, 2025



**Future Forward Women is a new national initiative to build women's power and influence in the U.S. We unite, convene, and support catalytic leaders, organizations, and changemakers committed to driving lasting change in the lives of women, girls, and families.**

**Our goal is to WIN big for women and families across all 50 states.**

**To learn more about our work or to donate, visit:**

**[futureforwardwomen.org](https://futureforwardwomen.org) | [info@futureforwardwomen.org](mailto:info@futureforwardwomen.org) | [@futureforwardwomen](https://twitter.com/futureforwardwomen)**

