Today, approximately 90 percent of U.S. residents have health insurance with significant gains in health coverage occurring over the past five years. Health insurance facilitates access to care and is associated with lower death rates, better health outcomes, and improved productivity. Despite recent gains, more than 28 million individuals still lack coverage, putting their physical, mental, and financial health at risk.

Meaningful health care coverage is critical to living a productive, secure and healthy life. U.S. residents obtain health coverage from a variety of private and public sources, such as through their employers or direct purchase on the individual market (private sources), as well as through the Medicare, Medicaid, or Veterans Affairs programs (public sources).

The number of people with health insurance has increased significantly over the past five years, with more than 20 million individuals newly insured. Most of these individuals were able to enroll in coverage offered through the Medicaid program, their employer, or the individual market as a result of coverage programs and insurance market reforms authorized by the Affordable Care Act (ACA).

Impact of Coverage

Enrollment in coverage supports the health and wellbeing of individuals and communities. Studies confirm that coverage improves access to care; supports positive health outcomes, including an individual's sense of their own health and wellbeing; incentivizes appropriate use of health care resources; and reduces financial strain on individuals and families. A list of resources can be found on page 4.

In particular, recent studies that evaluated changes in states that expanded Medicaid compared to those that didn’t underscore the value of coverage.
**Coverage Improves Access to Care**

- Individuals with coverage are more likely to have a regular source of care. A higher proportion of individuals in Medicaid expansion states have a personal doctor than those in non-expansion states.

- Individuals with coverage are more likely to obtain access to prescription drug therapies. Individuals in states that expanded Medicaid have improved access to diabetes medications, contraceptives, and cardiovascular drugs.

- Individuals with coverage are more likely to obtain an early diagnosis and treatment, which may ultimately contribute to improved health outcomes. Individuals in Medicaid expansion states have higher rates of diabetes diagnoses than those in states that did not expand. They also receive more timely, and therefore less complicated, care for five common surgical conditions. In Kentucky, expansion is associated with an increased diagnoses of early stages of breast cancer.

- Young adults with mental illness who have coverage have a higher rate of monthly outpatient mental health visits than those without coverage.

- Low-income children with parents covered by Medicaid are more likely to receive well-child visits than those with uninsured parents.

- Coverage diminishes cost barriers to accessing care. Fewer individuals in states that expanded Medicaid report cost as a barrier to care than those in states that did not expand Medicaid, and fewer individuals in expansion states report skipping their medications because of cost.

**Coverage is Associated with Improved Health Outcomes**

- More individuals in expansion states quit smoking, consistent with Medicaid coverage for preventive care and evidence-based smoking cessation services.

- Coverage expansion is associated with decreases in mortality. After Massachusetts implemented coverage expansion through both Medicaid and private coverage, the all-cause mortality rate in the state declined significantly.

- A study of Oregon’s earlier expansion found that individuals who became eligible for Medicaid experienced lower rates of depression than those who did not.

- Individuals with coverage report a greater sense of well-being, with an increase in individuals reporting being in excellent health after states expanded Medicaid.

**Coverage Supports Appropriate Health Care Utilization**

- Coverage can help direct individuals to the most appropriate site of care. Young adults who could stay on their parents’ health plan experienced decreases in non-emergent emergency department (ED) visits. Expansion populations in some states also experienced a decrease in ED visits and an increase in outpatient visits.

- Coverage facilitates use of preventive care and management of chronic conditions. Individuals in expansion states saw significant increases in screening for diabetes, glucose testing among patients with diabetes, and regular care for chronic conditions.
Coverage Improves Individual, Family and Community Wellbeing

- Hospitals in states that expanded Medicaid experienced improved financial performance and were less likely to close.\(^{18}\)
- Medicaid expansion is associated with a decrease in both violent and property crimes, and associated government spending to reduce crime.\(^{19}\)
- Coverage reduces individuals’ and families’ financial burden and risk by reducing annual out-of-pocket spending\(^{20}\) and essentially eliminating catastrophic expenditures.\(^{21}\)

Many U.S. Residents Remain Uninsured

Despite these coverage gains, approximately 28 million U.S. residents remain uninsured. However, the proportion of people without health insurance varies dramatically across states, from a high of 17.1 percent in Texas to a low of 2.8 percent in Massachusetts. Insurance status also varies by race and ethnicity. For example, Hispanics have disproportionately high rates of being uninsured, as compared to non-Hispanic whites.

Impact of the Uninsured on the Health Care System

The high rate of uninsured puts stress on the broader health care system. People without insurance put off needed care and rely more heavily on hospital emergency departments, resulting in scarce resources being directed to treat conditions that often could have been prevented or managed in a lower-cost setting. Being uninsured also has serious financial implications for individuals, communities and the health care system.
While all providers offer some level of charity care, it is insufficient to meet fully the needs of the uninsured. In 2015, hospitals provided $35.7 billion in uncompensated care to patients. However, hospitals also absorbed an additional $57.8 billion in underpayments from public payers, including Medicare and Medicaid, and are facing additional funding reductions through cuts to the Medicare and Medicaid disproportionate share hospital payment programs. These factors dramatically reduce the resources available to hospitals to provide charity care.

Resources

10. Sommers, Blendon, et.al., “Changes in Utilization and Health Among Low-Income Adults After Medicaid Expansion or Expanded Private Insurance;” JAMA Internal Medicine, August 2016.
15. Antwi, Moriya, et. al. “Changes in Emergency Department Use among Young Adults after the Patient Protection and Affordable Care Act's Dependent Coverage Provision;” Annals of Emergency Medicine, June 2015.
17. Ibid.