

The Best and Worst States for Health Care

Access to health care services and the affordability of health insurance are crucial to overall health but vary widely across the United States. MoneyGeek analyzed a host of statistics, from health outcomes — such as preventable deaths and rates of certain diseases or risk factors — to health access and cost — such as how many people are uninsured and have low-cost health insurance options available — to find the best and worst states for health care in 2023.

KEY FINDINGS:

Hawaii is the top state for health care in the U.S. It has the best health outcomes in the country, with low preventable death (630 per 100,000 people), diabetes mortality and obesity rates. However, the state ranks fairly low for accessibility (No. 30).

Rhode Island is the second-best state for health care. Its residents enjoy convenient access to medical services, securing the No. 2 spot for accessibility.

West Virginia has the worst health care in the nation. Though West Virginia ranks No. 3 for accessibility, it has the worst health outcomes of any state, with the highest rate of preventable deaths (1,229 deaths per 100,000 residents) and diabetes mortalities. It also has the second-highest average private health insurance premiums (\$11,472 per year) in the U.S.

Utah has the nation's lowest overall health care costs but ranks No. 39 for accessibility. The state has the second-fewest primary care providers for every 100,000 residents.

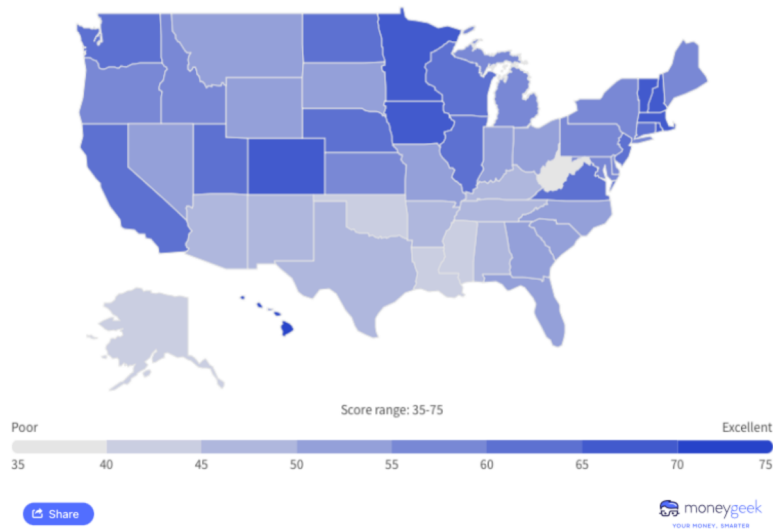
New York is the most expensive state for health care. The state has the highest annual private health care premiums in the country (averaging almost \$18,400), and government spending on health care is \$7,820 per capita.

Virginia has the lowest annual private health insurance premiums of any state (\$5,172, on average). The national average annual cost across all states in the U.S. is \$7,549.

Massachusetts ranks No. 4 for overall health care. However, the state also has the highest rate of government health care spending in the U.S. at \$9,320 per person. That's nearly \$3,600 more than the national average and nearly 12% of the state's GDP.

Top States for Health Care in 2023

MoneyGeek scored each state on its reported health outcomes, access to providers and coverage costs to find the best states for health care in the U.S.



States With the Best (and Worst) Health Care

The states with the best health care in the United States are those where people are generally healthier, have access to health care services and are less likely to be uninsured. The best states for health care are found all across the country, from Hawaii to Rhode Island. That said, six of the top 10 states on our list are located in the Northeast.

States that fare worse on our health care rankings tend to have higher costs for less access and higher rates of medical conditions like diabetes and obesity. The worst states for health care are concentrated regionally, with eight of the 10 clustered in the South and Southeast.





The Top 10 States for Health Care

	State	Score	Region
1.	Hawaii	73.0	West
2.	Rhode Island	68.0	Northeast
3.	Iowa	67.7	Midwest
4.	Massachusetts	67.4	Northeast
5.	Minnesota	67.0	Midwest
6.	New Hampshire	66.9	Northeast
7.	Colorado	66.8	West
8.	Vermont	66.6	Northeast
9.	Connecticut	64.5	Northeast
10.	New Jersey	63.6	Northeast

The 10 Worst States for Health Care

	State	Score	Region
1.	West Virginia	35.4	South
2.	Mississippi	42.1	South
3.	Alaska	44.2	West
4.	Louisiana	44.4	South
5.	Oklahoma	44.6	South
6.	New Mexico	45.2	West
7.	Tennessee	45.6	South
8.	Arkansas	46.6	South
9.	Kentucky	47.4	South
10.	Alabama	48.0	South

Deep Blue States Across the US Have the Healthiest Residents

	
Best States for Health Outcomes:	Worst States for Health Outcomes:
1. Hawaii	1. West Virginia
2. Vermont	2. Mississippi
3. Massachusetts	3. Louisiana
4. California	4. Kentucky
5. New Jersey	5. Arkansas

Southern States Have Highest Diabetes Mortality Rates

	
States With Fewest Diabetes Mortalities per 100,000 Residents:	States With Most Diabetes Mortalities per 100,000 Residents:
1. Connecticut: 15.9	1. West Virginia: 47.6
2. Massachusetts: 17.3	2. Mississippi: 42.1
3. New Jersey: 17.6	3. Arkansas: 39.3
4. Hawaii: 17.7	4. Louisiana: 35.7
5. Vermont: 17.9	5. Oklahoma: 35.1

West Virginia's Preventable Death Rate Is Nearly Double Hawaii's



States With the Lowest Rates of Preventable Deaths per 100,000 Residents:

1. Hawaii: 630
2. New York: 713
3. Massachusetts: 721
4. Connecticut: 725
5. New Jersey: 731



States With the Highest Rates of Preventable Deaths per 100,000 Residents:

1. West Virginia: 1,229
2. Mississippi: 1,205
3. Kentucky: 1,140
4. Alabama: 1,134
5. Tennessee: 1,121

Overall Affordability Is Worst in the Northeast



States With the Most Affordable Health Care

1. Utah
2. Virginia
3. Colorado
4. Mississippi
5. Georgia



States With the Least Affordable Health Care:

1. New York
2. Vermont
3. West Virginia
4. South Dakota
5. Massachusetts

States with Costliest Health Insurance Are Twice as Expensive as the 5 Cheapest States



States With Lowest Average Cost of Private Health Insurance:

1. Virginia: \$5,172
2. Minnesota: \$5,220
3. Maryland: \$5,256
4. Kentucky: \$5,316
5. Idaho: \$5,424



States With Highest Average Cost of Private Health Insurance:

1. New York: \$18,396
2. West Virginia: \$11,472
3. Alaska: \$10,584
4. Wyoming: \$10,500
5. Vermont: \$10,236

Access to Care Varies Widely Across Regions



Best States for Access to Care:

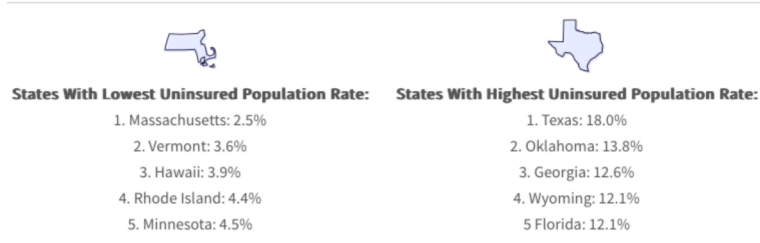
1. Iowa
2. Rhode Island
3. West Virginia
4. Ohio
5. Massachusetts



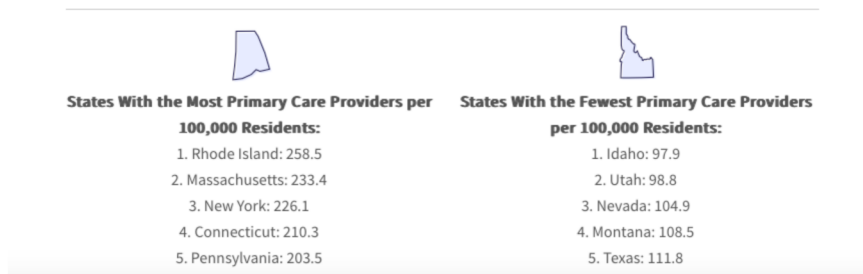
Worst States for Access to Care:

1. Nevada
2. Texas
3. New Mexico
4. Alaska
5. Arizona

Northeastern States Have the Lowest Uninsured Rates; Southern States Have the Highest



Northeast States Have Double the Primary Care Providers of Western States



Full Data Set

The data points presented are defined as follows:

Rank: Based on the "Final Score" ranging from 1-100

Final Score: Cumulative total of Outcome, Cost and Access scores

1. Outcome Factor Rank: Based on cumulative scores across the following factors:

- Infant mortality rate: The number of infant deaths per 1,000 live births
- Preventable death rate: Deaths that can be avoided through effective preventative health care and interventions per 100,000 residents
- Diabetes mortality rate: Deaths attributed to diabetes per 100,000 residents
- Obesity: Percentage of population considered obese
- Smoking rate: Percentage of adults who reported smoking
- Life expectancy: The average number of years a person can expect to live
- Suicide rates: Suicide deaths among persons age 12 and over per 100,000 residents
- New HIV cases per 100,000 residents over the age of 13
- Opioid-related hospital stay rate: Inpatient hospital stays involving opioid-related diagnoses per 100,000 residents

2. Cost Factor Rank: Based on cumulative scores across the following factors:

- Health care spending as a percentage of state GDP: Government spending on health care and social assistance out of total state GDP
- State government spending on health care and social assistance per resident
- Average annual private health insurance premium costs

3. Access Factor Rank: Based on cumulative score across the following factors:

- Number of hospital beds per 1,000 residents
- Number of primary care providers per 100,000 residents
- Primary care provider shortage areas (HPSAs) by state: Designations that identify areas of the U.S. experiencing health care professional shortages
- Percentage of population with access to any insurance versus just health insurance
- Ease of access to care at the doctor's office or clinic using Medicare
- Ease of access to care at a specialist using Medicare

State	Rank	Final Score	Outcome Factor Rank (1st = Best)	Cost Factor Rank (1st = Lowest)	Access Factor Rank (1st = Best)
Hawaii	1	73.0	1	18	30
Rhode Island	2	68.0	10	40	2
Iowa	3	67.7	15	13	1
Massachusetts	4	67.4	3	46	5
Minnesota	5	67.0	11	35	6
New Hampshire	6	66.9	9	30	11
Colorado	7	66.8	8	3	33
Vermont	8	66.6	2	49	13
Connecticut	9	64.5	6	44	16
New Jersey	10	63.6	5	41	31
California	11	63.5	4	22	43
Washington	12	62.7	12	11	41
Virginia	13	62.5	22	2	26
Utah	14	61.5	14	1	39
Wisconsin	15	61.3	16	37	10
Illinois	16	60.9	18	25	21
Nebraska	17	60.4	17	34	18
North Dakota	18	60.4	19	33	12
Oregon	19	59.9	13	27	34
Maryland	20	57.8	23	15	35
Delaware	21	57.6	21	29	29
Idaho	22	57.4	20	9	42
Pennsylvania	23	57.3	25	43	8
Michigan	24	57.3	35	19	9
Kansas	25	57.0	32	23	15
New York	26	55.9	7	50	17
Maine	27	55.4	26	42	24
Wyoming	28	53.5	30	12	44
Montana	29	53.3	24	39	37
Florida	30	52.6	29	28	40

Ohio	31	52.4	42	31	4
South Carolina	32	52.4	40	6	32
Indiana	33	51.8	41	24	19
Missouri	34	51.0	37	36	27
Nevada	35	50.5	28	8	50
North Carolina	36	50.2	38	20	36
Georgia	37	50.1	36	5	45
South Dakota	38	50.1	34	47	23
Texas	39	49.9	31	7	49
Arizona	40	49.9	27	32	46
Alabama	41	48.0	45	10	22
Kentucky	42	47.4	47	21	7
Arkansas	43	46.6	46	16	20
Tennessee	44	45.6	43	38	25
New Mexico	45	45.2	39	17	48
Oklahoma	46	44.6	44	14	38
Louisiana	47	44.4	48	26	14
Alaska	48	44.2	33	45	47
Mississippi	49	42.1	49	4	28
West Virginia	50	35.4	50	48	3