Best & Worst States for Health Care

New Mexico Ranked 33

Adam McCann , WalletHub Financial Writer
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Americans need affordable, quality health care more than ever as we continue to deal with the COVID-19 pandemic. State healthcare systems need to administer vaccines and care for those who contract the virus, including new variants, while making sure not to neglect the regular health care needs of their residents.

Finding good health care at the right price point should be a priority for all Americans during the current public health situation. However, even without any extra costs that might arise from the coronavirus pandemic, the average American spends more than $12,500 per year on personal health care, according to the most recent estimates from the Centers for Medicare & Medicaid Services. That's a daunting statistic considering that many Americans have already been hurt financially by the impact of the pandemic.

In addition, while health care in the U.S. is expensive, higher medical costs don't necessarily translate to better results. According to research by the Kaiser Family Foundation, the U.S. lags behind several other wealthy nations on several measures, such as health coverage, life expectancy and disease burden, which measures longevity and quality of life. However, the U.S. has improved in giving more healthcare access for people in worse health, and healthcare cost growth has slowed somewhat.

Conditions aren't uniform across the U.S., though. To determine where Americans receive the best and worst health care, WalletHub compared the 50 states and the District of Columbia across 42 measures of cost, accessibility and outcome.
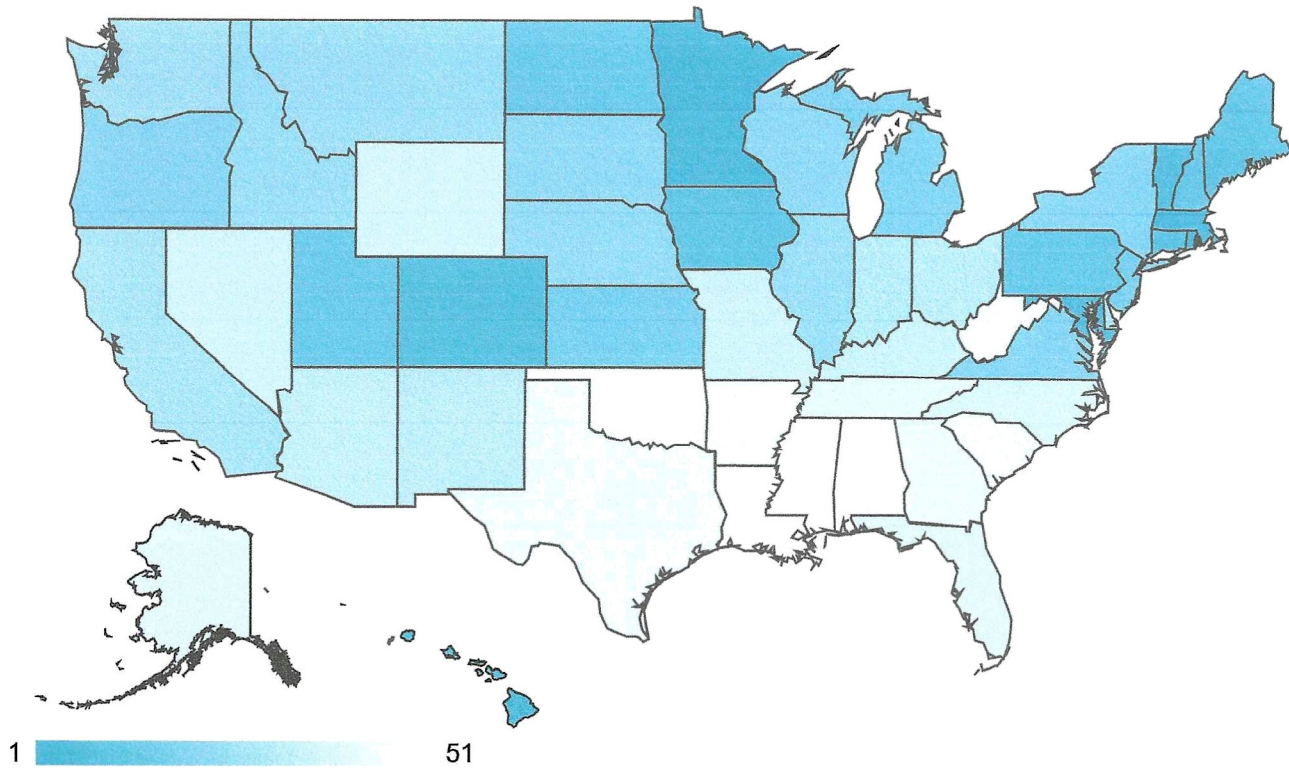
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Main Findings

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States with Best Health Care Systems

Overall Rank ⬍	State	Total Score ⬍	Cost ⬍	Access ⬍	Outcomes ⬍
1	Rhode Island	65.12	3	3	11
2	Massachusetts	65.03	26	1	1
3	Hawaii	63.30	11	14	3
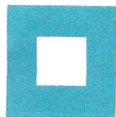
⬥	State ⬥	⬥	⬥	⬥	⬥
4	Minnesota	62.60	4	9	10
5	Maryland	62.18	1	10	18
6	Vermont	62.01	21	5	6
7	Colorado	61.35	27	8	4
8	Connecticut	60.63	37	6	5
9	Maine	59.60	34	2	14
10	Iowa	58.80	6	31	13
11	New Hampshire	58.42	24	23	7
12	Pennsylvania	58.33	12	15	19
13	Utah	57.91	19	42	2
14	District of Columbia	57.61	7	4	36
15	North Dakota	57.09	9	24	24
16	New Jersey	56.44	18	7	31
17	Kansas	55.58	16	13	30
18	Michigan	54.97	2	30	34
19	Virginia	54.89	15	33	20
20	New York	54.87	33	11	26
21	Oregon	54.74	50	20	8
22	Wisconsin	54.54	42	17	15
23	South Dakota	54.51	32	21	21
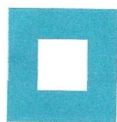
◆	State ◆	◆	◆	◆	◆
24	Nebraska	54.06	40	19	16
25	Illinois	54.01	25	18	27
26	Idaho	53.98	31	45	9
27	Montana	53.80	10	37	29
28	Washington	53.22	41	39	12
29	California	52.34	39	28	22
30	Delaware	51.75	49	12	25
31	Indiana	50.65	14	34	40
32	Ohio	50.44	17	35	37
33	New Mexico	50.34	20	36	35
34	Arizona	49.89	22	47	28
35	Kentucky	49.76	8	16	48
36	Missouri	49.19	35	22	42
37	Nevada	48.99	13	48	39
38	Wyoming	47.95	45	50	17
39	North Carolina	46.93	47	43	32
40	Florida	46.60	44	32	38
41	Alaska	46.40	51	27	23
42	Tennessee	46.39	23	26	46
43	Georgia	46.21	28	41	43
44	Texas	45.86	46	46	33
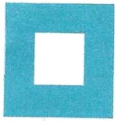
◆	State ◆	◆	◆	◆	◆
45	South Carolina	45.11	38	49	41
46	West Virginia	44.94	30	29	47
47	Arkansas	44.30	5	44	50
48	Oklahoma	43.25	43	38	45
49	Louisiana	42.81	48	25	49
50	Alabama	41.27	36	51	44
51	Mississippi	40.86	29	40	51

Note: With the exception of "Total Score," all of the columns in the table above depict the relative rank of that state, where a rank of 1 represents the best conditions for that metric category.

Avg. Monthly Insurance Premium

Lowest

1. Utah

T-2. Maryland

T-2. New Hampshire

4. Colorado

5. Massachusetts

Highest

47. Alaska

48. Louisiana

49. Alabama

T-50. Wyoming

T-50. West Virginia