

**EXHIBIT 45.** Use of Care among Non-Institutionalized Individuals Age 19–64 by Primary Source of Health Coverage, 2024, NHIS Data

Characteristics	Primary coverage source at time of interview <sup>1</sup>				
	Total	Medicare	Private <sup>2</sup>	Medicaid or CHIP <sup>3</sup>	Uninsured <sup>4</sup>
<b>Total (percent distribution across coverage sources)<sup>5</sup></b>	<b>100.0%</b>	<b>3.5%</b>	<b>68.9%</b>	<b>12.8%</b>	<b>11.7%</b>
<b>Contact with health care professionals (past 12 months)</b>					
Saw selected health professionals in past year					
Saw doctor or other health care professional <sup>6</sup>	<b>81.8*</b>	93.7*	85.2	85.2	53.3*
Received counseling/therapy from mental health professional	<b>16.2*</b>	24.0*	16.2*	19.7	7.4*
Now sees a counselor, psychiatrist, psychologist, or social worker regularly (among those who have received counseling)	<b>63.0</b>	70.9	63.1	67.1	45.0*
Had at least 1 overnight hospital stay	<b>6.5*</b>	18.4*	5.1*	11.3	4.7*
Used prescription medication	<b>64.6</b>	86.1*	67.8*	64.5	37.3*
Had a medical appointment by video or phone	<b>25.7</b>	36.5*	27.2*	24.1	11.6*
<b>Receipt of appropriate care (past 12 months)</b>					
Had flu shot					
All individuals	<b>35.9*</b>	48.2*	39.8*	30.4	13.1*
Individuals age 50–64	<b>44.9*</b>	52.1*	47.5*	38.9	17.0*
Interval since last wellness visit					
Within the past year	<b>76.9*</b>	91.1*	80.1	80.6	47.7*
More than 1 year ago but less than 2 years	<b>10.8</b>	4.7*	10.0	9.8	18.5*
2–5 years	<b>7.4*</b>	2.7*	6.6	5.6	16.4*
5–10 years	<b>2.6</b>	†	1.8	2.2	8.9*
More than 10 years ago	<b>2.0</b>	†	1.2	1.5	7.4*
Never	<b>0.3</b>	†	0.2	†	1.2*
Number of emergency room visits					
None	<b>80.5*</b>	66.2	83.7*	67.5	82.4*
At least 1	<b>19.5*</b>	33.8	16.3*	32.5	17.6*

## EXHIBIT 45. (continued)

Characteristics	Primary coverage source at time of interview <sup>1</sup>				
	Total	Medicare	Private <sup>2</sup>	Medicaid or CHIP <sup>3</sup>	Uninsured <sup>4</sup>
1	12.8%*	18.8%	11.6%*	17.8%	11.3%*
2–3	5.2*	9.6	3.9*	10.9	4.9*
4 or more	1.4*	5.4	0.7*	3.8	1.4*
Number of urgent care visits					
None	71.0	74.8*	69.4	69.1	80.6*
At least 1	29.0	25.2*	30.6	30.9	19.4*
1	17.2	12.0*	18.8*	15.8	11.1*
2–3	9.6*	10.3	9.8	11.3	7.1*
4 or more	2.2*	2.9	2.0*	3.8	1.3*

**Notes:** NHIS is the National Health Interview Survey. Percentage calculations for each item in the exhibit exclude individuals with missing and unknown values. The individual components listed under the subcategories are not always mutually exclusive and may not sum to 100 percent. Standard errors are available in the Excel version of this exhibit at <https://www.macpac.gov/publication/use-of-care-among-non-institutionalized-individuals-age-19-64-by-primary-source-of-health-coverage-data-from-national-health-interview-survey/>. Due to differences in methodology (such as the wording of questions, length of recall periods, and prompts or probes used to elicit responses), estimates obtained from different survey data sources will vary. For example, the NHIS is known to produce higher estimates of service use than the Medical Expenditure Panel Survey (MEPS). For purposes of comparing groups of individuals (as in this exhibit), the NHIS provides the most recent information available. For other purposes, such as measuring levels of use relative to a particular benchmark or goal, it may be appropriate to consult estimates from MEPS or another source.

The NHIS underwent substantial redesign in 2019, and users should be cautious about making any comparisons to prior years. More information about the redesign is available at [https://www.cdc.gov/nchs/nhis/2019\\_quest\\_redesign.htm/](https://www.cdc.gov/nchs/nhis/2019_quest_redesign.htm/).

\* Difference from Medicaid or CHIP is statistically significant at the 0.05 level.

† Estimate is unreliable because it has a relative standard error greater than or equal to 30 percent.

<sup>1</sup> Total includes all non-institutionalized individuals age 19–64, regardless of coverage source. In this exhibit, the following hierarchy was used to assign individuals with multiple coverage sources to a primary source: Medicare, private, Medicaid or CHIP, other, uninsured. Not separately shown are the estimates for those covered by any type of military health plan or other federal government-sponsored programs. Coverage source is defined as of the time of the survey interview. Since an individual may have multiple coverage sources or changes over time, responses to survey questions may reflect characteristics or experiences associated with a coverage source other than the one assigned in this exhibit.

<sup>2</sup> Private health insurance coverage excludes plans that paid for only one type of service, such as accidents or dental care.

<sup>3</sup> Medicaid or CHIP also includes persons covered by other state-sponsored health plans.

<sup>4</sup> Individuals were defined as uninsured if they did not have any private health insurance, Medicaid, CHIP, Medicare, state- or other government-sponsored health plan, or military plan. Individuals were also defined as uninsured if they had only Indian Health Service coverage or had only a private plan that paid for one type of service, such as accidents or dental care.

<sup>5</sup> Because a hierarchy was used in this exhibit to assign individuals with multiple coverage sources to a primary source (see note 1), the Medicaid or CHIP percentages shown in this row exclude individuals who also have Medicare or private coverage. Components do not sum to 100 percent because not all coverage sources are shown.

**EXHIBIT 45.** (continued)

<sup>6</sup> Any health professional includes general doctor, nurse practitioner, physician assistant, midwife, obstetrician-gynecologist, medical specialist, eye doctor, mental health professional, therapist, chiropractor, or podiatrist.

**Source:** MACPAC, 2025, analysis of NHIS data.