

News Articles

Data Reveal Shifting Trends in U.S. Clinical Care: More Mental Health and Primary Care Providers Amid Declining Uninsured Rate



BY AMERICA'S HEALTH RANKINGS, 09/03/2025

[Mental health](#) and [primary care providers](#) per capita have increased in recent years and [uninsured rates](#) are lower than a decade ago. Despite this, significant differences persist across demographic groups.

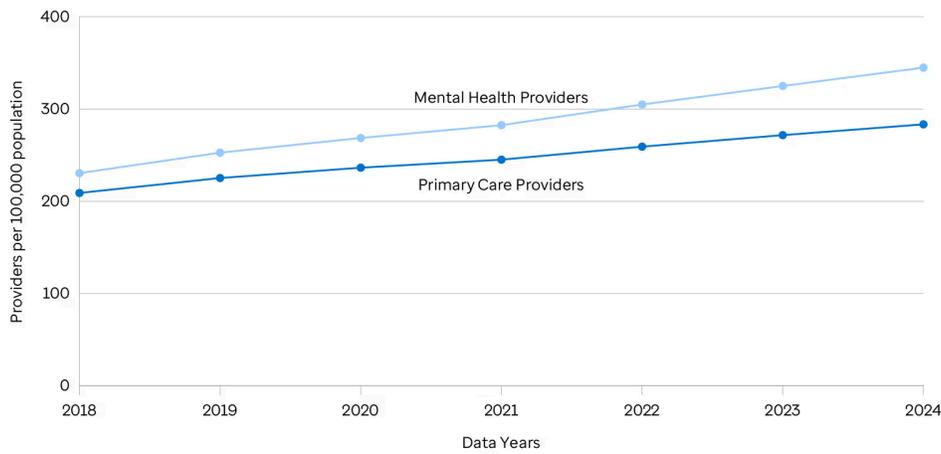
AS MENTAL HEALTH CHALLENGES REACH UNPRECEDENTED HIGHS, AN INCREASE IN PROVIDERS IS NOT YET MEETING THE DEMAND

The U.S. continues to face behavioral health challenges, as evidenced by increases in [depression](#), [frequent mental distress](#) and [suicide](#) – challenges that persisted between 2011 and 2023, [despite consistent growth in the number of mental health providers](#).

The number of mental health providers has been consistently increasing since 2018, the first year it was reported by *America's Health Rankings*. Between September 2023 and 2024, there was a 6% increase in mental health providers – psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, and advanced practice nurses specializing in mental health care – from 325.0 to 344.9 providers per 100,000 population.

The rise in mental health providers can help address growing mental and behavioral health challenges, but [growth](#) ↗ of the behavioral health workforce is limited by a variety of challenges.

Mental Health and Primary Care Providers



Source: U.S. HHS, CMS, National Plan and Provider Enumeration System, 2018-2024.

NUMBER OF PRIMARY CARE PROVIDERS INCREASED SINCE 2018

Primary care capacity increased since 2018, with the number of active primary care providers – including general practice, family practice, obstetrics and gynecology, pediatrics, geriatrics, internal medicine, physician assistants and nurse practitioners – rising 36% from 209.0 to 283.4 providers per 100,000 population between September 2018 and September 2024.

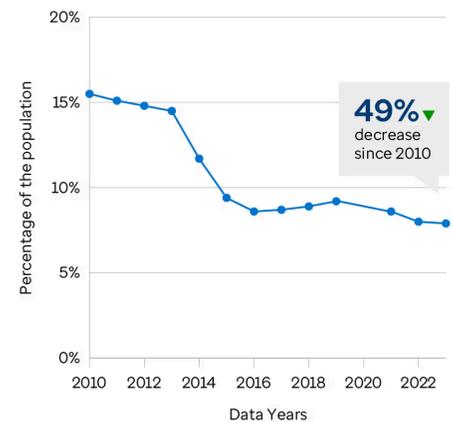
UNINSURED RATE IMPROVED OVER PAST DECADE; DIFFERENCES REMAIN BY GEOGRAPHY AND EDUCATIONAL ATTAINMENT

Nationally, between 2010 and 2023, the uninsured rate decreased nearly by half from 15.5% to 7.9% with decreases larger than 49% in 25 states and Washington, D.C. However, [differences remain](#): The uninsured rate was 6.3 times higher in Texas (16.4%) than Massachusetts (2.6%) and 5.9 times higher among those with [less than a high school education](#) (20.7%) compared with [college graduates](#) (3.5%).

[Lack of health insurance](#) [↗] decreases the use of preventive and primary care services and is associated with poorer health outcomes. [Primary care](#) [↗], including timely vaccinations, routine screenings and chronic disease management, plays a critical role in preventing illness, improving long-term health and reducing the risk of premature death.

Uninsured

Between 2010 and 2023



Source: U.S. Census Bureau, American Community Survey, 2010-2022.

[Explore the uninsured rate by state.](#)

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