Health

Health facts

Health risk factors

- The share of adults who smoke or are obese decreased from 2021 to 2022, but the share who binge drink increased.

- The obesity rate is six percentage points higher than it was in 2011.

Mortality and causes of death

- Life expectancy at birth increased in 2022 to 77.5 years, primarily due to lower COVID-19 death rates.

- Heart disease and cancer have been the two leading causes of death since 1950.

- Accidents were the third-leading cause of death in 2022, driven by drug overdose deaths and other accidental poisonings, the rate of which was seven times what it was in 1999.

- The number of fentanyl deaths increased from just over 3,000 in 2010 to over 74,000 in 2022. It has been involved in more overdose deaths than any other drug annually since 2016.

Mental health

- As of 2021–2022, about 35% of adults ages 18–25 and 21% of adults ages 26 or older had a mental illness in the past year.

- In 2022, about 20% of children ages 12–17, 20% of adults ages 18–25, and 7% of adults ages 26 or older had a major depressive episode in the past year.

- Adults ages 18–25 experienced mental illness in 2018–2019 at a rate nearly 10 percentage points higher than in 2008–2009. It increased less than one percentage point for people 26 and older.

Health insurance coverage and spending

- In 2022, 7.9% of the population (25.9 million people) did not have health insurance, matching the lowest rate last experienced in 2017.

- Per-enrollee spending fell across Medicare, Medicaid, CHIP, and private insurance plans in 2022, after accounting for inflation.

About the data

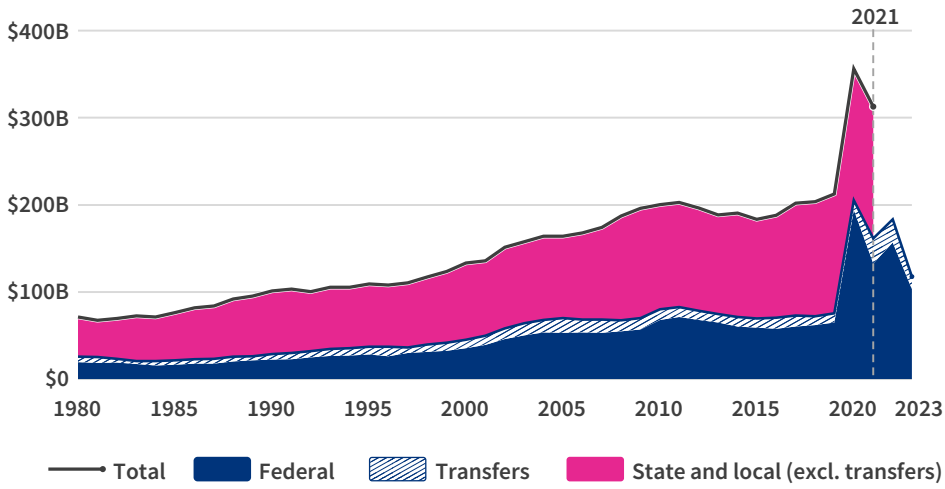## What are the primary sources of data on this topic?

- Centers for Disease Control and Prevention

- Census Bureau

- Centers for Medicare and Medicaid Services

- Substance Abuse and Mental Health Services Administration (SAMHSA)

Other things to know about the data

- Mental health data in this report is sourced from SAMHSA's National Survey on Drug Use and Health. The survey changed its collection methods in 2020, changing from in-person interviews to a mix of in-person and web-based. Because of this change, SAMHSA strongly advises against direct comparisons between data from 2019 and earlier with later data.
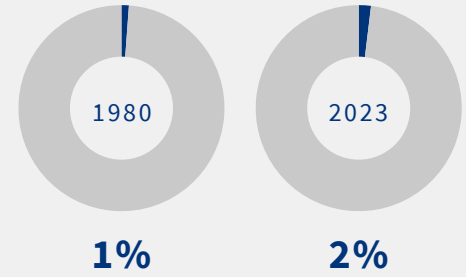
GOVERNMENT SPENDING 1980–2023
HEALTH

Source: USAFacts aggregation of data from the Office of Management and Budget (OMB), the Census Bureau, and the Bureau of Economic Analysis (BEA)
Adjusted for inflation (FY 2023 dollars)
Note: *Includes direct spending and transfers.

2023 FEDERAL SPENDING*
$118 billion
▼
PERCENT OF FEDERAL SPENDING

1980 — **1%**

2023 — **2%**

Federal agencies spending: Health

| Federal agency	Net spending in FY 2023*	Share of spending transferred to state and local governments	Share of spending that was mandatory
Department of Health and Human Services	$117.3 billion	12%	25%
Patient-Centered Outcomes Research Trust Fund	$689 million	0%	100%
Department of Education	-$1 million	0%	100%
United Mine Workers of America Benefit Funds	-$310 million	0%	100%

Source: USAFacts calculations based on the Public Budget Database from the Office of Management and Budget
*Because of budgetary rules pertaining to offsetting receipts and offsetting collections, agencies can have negative net outlays, negative net transfers, or negative net mandatory spending. This happens when money agencies receive from certain sources exceeds the amount they spend, resulting in a surplus. For more information on this issue, see here: https://www.whitehouse.gov/wp-content/uploads/2023/03/ap_18_offsetting_fy2024.pdf.

## What share of adults have common health risks?

Although the share of Americans with obesity decreased slightly to 33.6% in 2022, the share is 6 percentage points higher than it was in 2011. The share of adults who smoke tobacco continued downwards in 2022, falling below 14% for the first time since data collection began, while the share of adults who binge drink increased by 1.6 percentage points (16.9%).
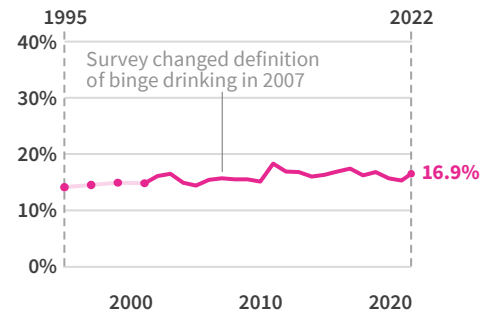
HEALTH RISK FACTORS

% OF ADULTS WITH OBESITY
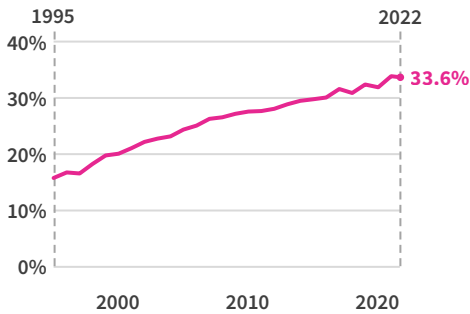
% OF ADULTS WHO SMOKE
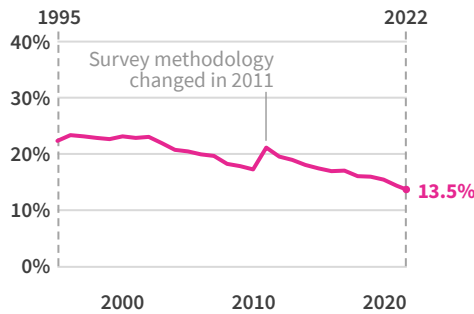
**% OF ADULTS WHO BINGE DRINK**

Source: Centers for Disease Control and Prevention
Note: Due to survey changes that occurred in 2011, pre- and post-2011 data is not directly comparable.

What is life expectancy in the US?

Provisional data for 2022 shows that life expectancy at birth increased by 1.1 years to 77.5, after decreasing in 2020 and 2021. It's now 0.5 years higher than in 2020 but 1.3 years lower than in 2019. Waning COVID-19 mortality accounted for approximately 84% of the rise in life expectancy according to the CDC.[i]
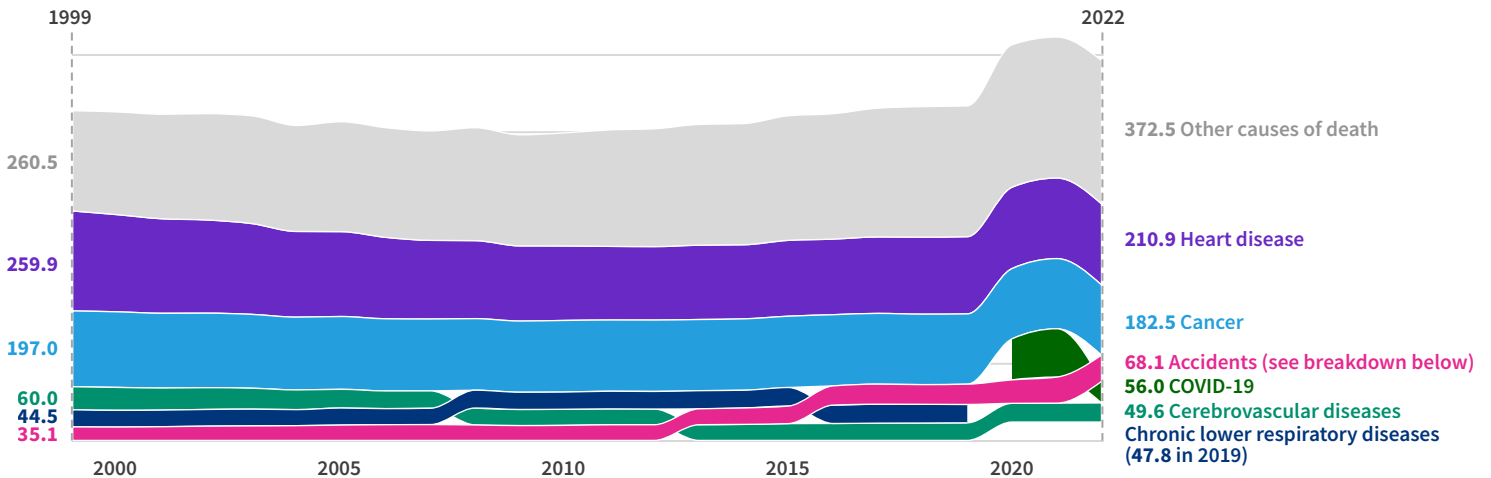
LIFE EXPECTANCY AT BIRTH
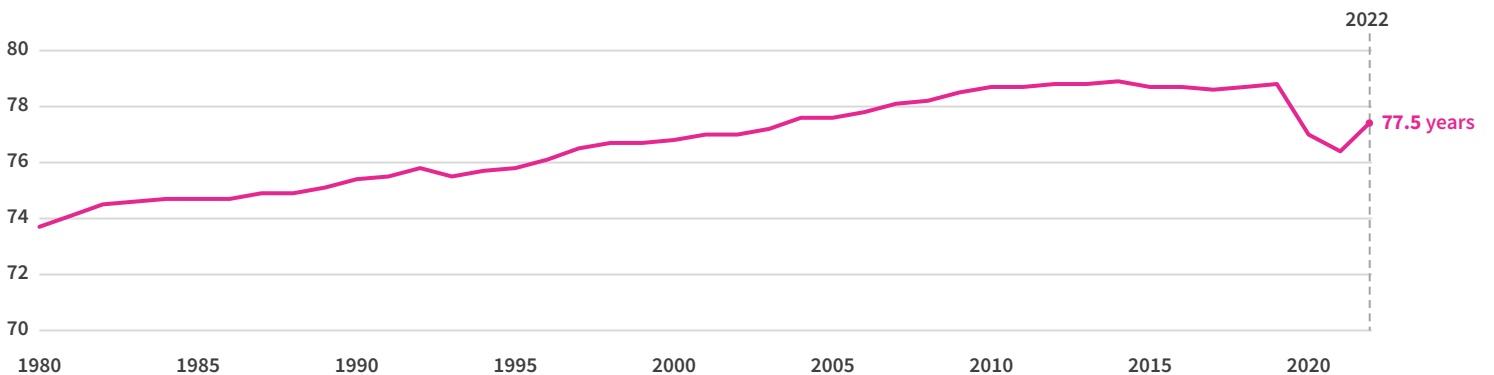
Source: Centers for Disease Control and Prevention
Note: Data for 2022 is provisional.

What are the leading causes of death in the US?

Heart disease and cancer have been the two leading causes of death since 1950.[ii] The death rate was 210.9 deaths from heart disease per 100,000 people in 2022 and 182.5 per 100,000 people for cancer. COVID-19 was the only top cause of death whose death rate dropped from 2021 to 2022, decreasing by 55% and dropping from the third-leading cause of death to fourth, behind accidents.

TOP FIVE CAUSES OF DEATH
PER 100,000 PEOPLE

372.5 Other causes of death

210.9 Heart disease

182.5 Cancer

68.1 Accidents (see breakdown below)
56.0 COVID-19
49.6 Cerebrovascular diseases
**Chronic lower respiratory diseases
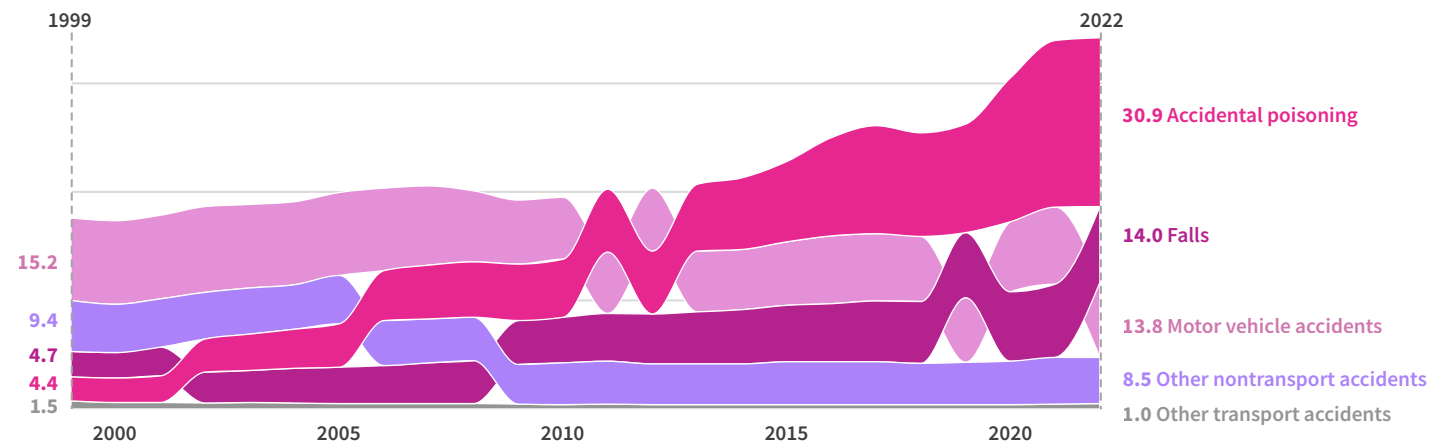(47.8 in 2019)**

Source: Centers for Disease Control and Prevention
Note: Chronic lower respiratory disease was not a top five cause of death from 2020–2022.

What types of accidental deaths are most prevalent, and what has driven the increase in the death rate from accidents?

In 2011, accidental poisonings (including drug overdoses) overtook motor vehicle accidents as the most common type of accidental death. While the motor vehicle accident death rate decreased for 14 of the last 20 years, the accidental poisoning death rate increased by 164% from 1999 to 2011 and another 166% from 2011 to 2022. Accidental poisonings account for more than three-quarters of the increase in the death rate from accidents since 1999.

ACCIDENTAL DEATHS, BY TYPE OF ACCIDENT
PER 100,000 PEOPLE

30.9 Accidental poisoning

14.0 Falls

13.8 Motor vehicle accidents

8.5 Other nontransport accidents
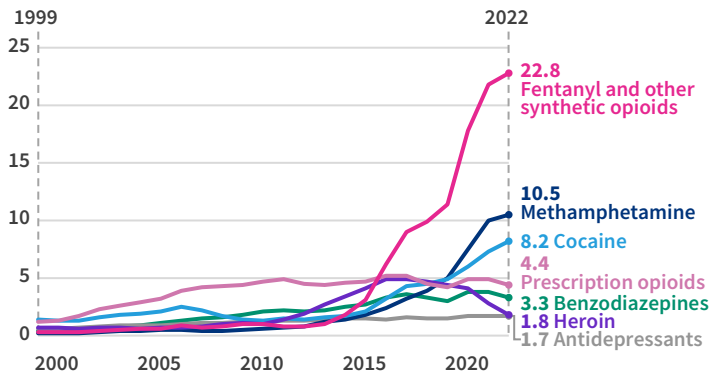**1.0** Other transport accidents

Source: Centers for Disease Control and Prevention

What are trends in drug overdose deaths data?

The rates of drug overdose deaths involving fentanyl and methamphetamine increased 75 and 52 times, respectively, between 1999 and 2022. Fentanyl has been involved in more overdose deaths than any other drug annually since 2016. West Virginia had the last decade's highest cumulative drug overdose death rate among US states, with 538 deaths per 100,000 people from 2013 through 2022. Delaware (363 deaths per 100,000 people), Ohio (358), and Kentucky (354) followed. Between 2013 and 2022, drug overdose deaths were most common among people ages 45 to 64 (345 deaths per 100,000) and 18 to 44 (330). American Indian or Alaska Natives (316) and men (301) have also been especially impacted by rising drug overdose deaths.

DRUG-INVOLVED OVERDOSE DEATHS
AGE-ADJUSTED RATE PER 100,000 PEOPLE

22.8 Fentanyl and other synthetic opioids
10.5 Methamphetamine
8.2 Cocaine
4.4 Prescription opioids
3.3 Benzodiazepines
1.8 Heroin
1.7 Antidepressants

Source: Centers for Disease Control and Prevention
Note: Data for 2022 is preliminary. Data for methamphetamine is classified by the CDC as psychostimulants with abuse potential, although it is primarily methamphetamine.
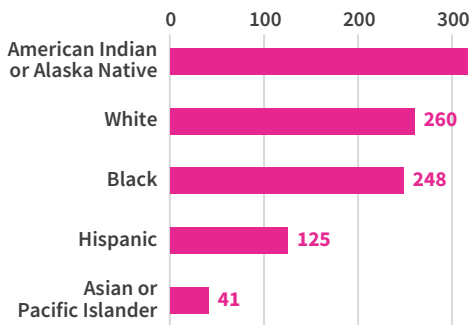
CUMULATIVE DRUG OVERDOSE DEATHS (2013–2022)
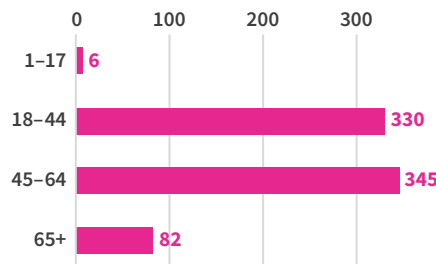PER 100,000 PEOPLE

82.9 (Lowest)
537.8 (Highest)
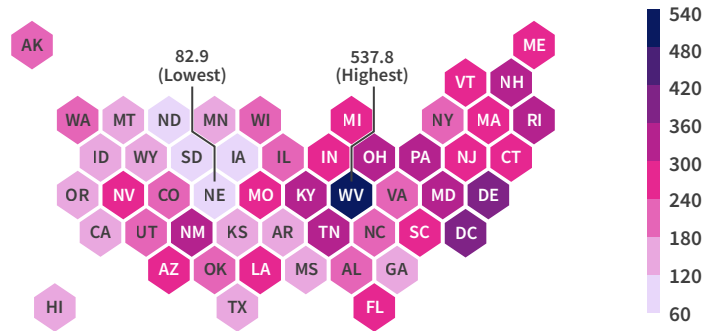
Source: Centers for Disease Control and Prevention
Note: Data for 2022 is preliminary.

CUMULATIVE DRUG OVERDOSE DEATHS (2013–2022)
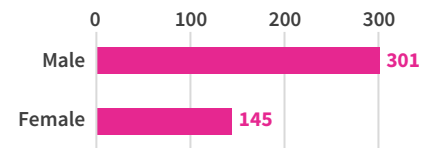PER 100,000 PEOPLE

BY RACE/ETHNICITY

American Indian or Alaska Native — 316
White — 260
Black — 248
Hispanic — 125
Asian or Pacific Islander — 41

BY AGE

1–17 — 6
18–44 — 330
45–64 — 345
65+ — 82

BY GENDER

Male — 301
Female — 145

Source: Centers for Disease Control and Prevention
Note: Data for 2022 is preliminary. Definitions of the racial categories changed in 2020. Beginning in that year, the CDC began exclusively providing data that included "More than one race" as a group. Prior to this change, multiracial was not an option and those individuals were captured in a single "primary" race category.

How common is mental illness in the United States?

Similar shares of adults ages 18–25 and 26 or older experienced mental illness across the first several years of the National Survey on Drug Use and Health, but a gap of more than 1 percentage point first appeared in 2011–2012. The gap has since widened, with a growing share of people 18 to 25 experiencing mental illness while rates stayed flat for people 26 and older. As of 2021–2022, about 35% of adults 18–25 and 21% of adults 26 or older had any mental illness in the past year. Oregon had the highest rate of mental illness for people 18–25 in 2021–2022 (44.5%), followed by Montana (44.3%), Washington (41.8%), Idaho (41.7%), New Hampshire (41.2%), and Alaska (40.4%).

SHARE OF PEOPLE THAT HAD ANY MENTAL ILLNESS IN THE PAST YEAR
BY AGE GROUP
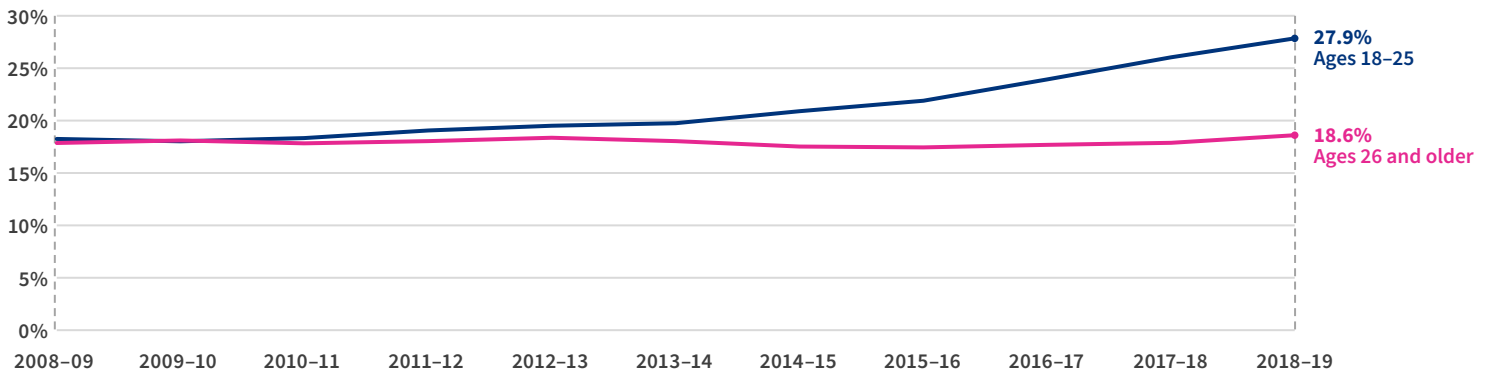
27.9%
Ages 18–25

18.6%
Ages 26 and older

Source: Substance Abuse and Mental Health Services Administration
Note: Each survey year spans 2 consecutive calendar years. The source changed methods in 2020. Data from this chart should not be compared to the source data from 2020 and later.

SHARE OF PEOPLE THAT HAD ANY MENTAL ILLNESS IN THE PAST YEAR (2021–2022)
BY STATE

AGES 18–25
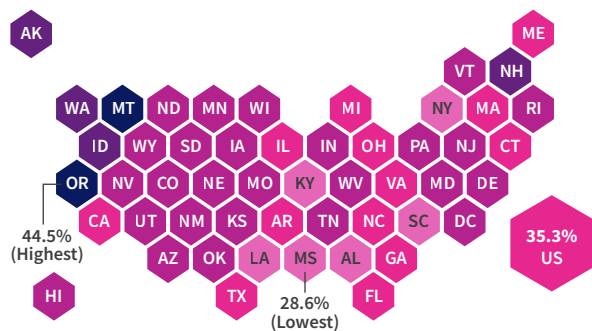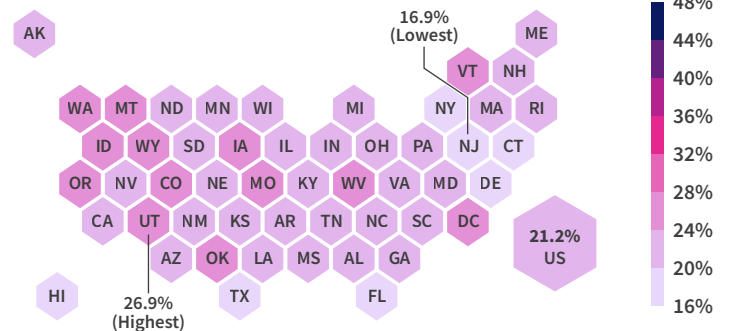
44.5%
(Highest)

28.6%
(Lowest)

35.3%
US

AGES 26 AND OLDER

16.9%
(Lowest)

26.9%
(Highest)

21.2%
US

Source: Substance Abuse and Mental Health Services Administration
Note: The source changed methods in 2020. Data from these maps should not be compared to source data from 2019 and earlier.

How common is major depression in the US?

Twenty percent of children ages 12–17, 20% of adults ages 18–25, and 7% of adults ages 26 or older experienced a major depressive episode in 2021–2022. The most recent depression data should not be directly compared to estimates from 2019 or earlier due to changes in the source methodology; however, depression prevalence among people 12–17 and 18–25 increased throughout the 2010s. As much as one-quarter of Oregonians ages 12–17 and 18–25 experienced a depressive episode in 2021–2022, the most of any state.

SHARE OF PEOPLE THAT HAD A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR
BY AGE GROUP

2018–19
15.1% Ages 12–17
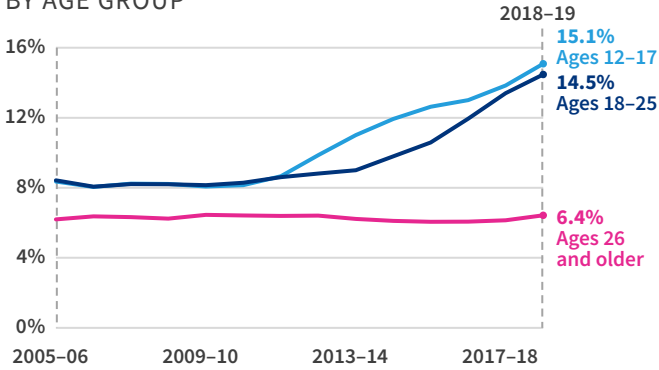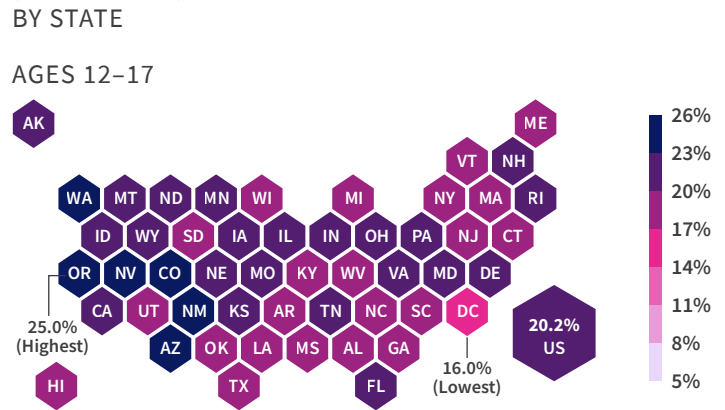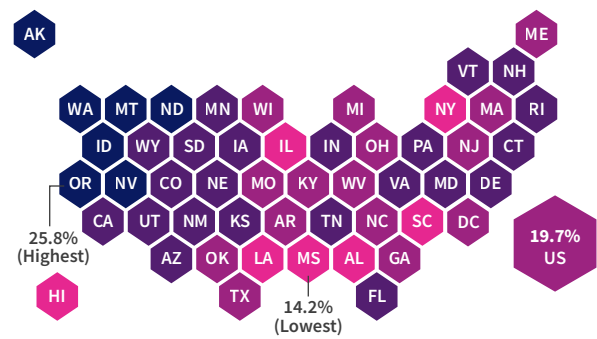**14.5%** Ages 18–25
6.4% Ages 26 and older

Source: Substance Abuse and Mental Health Services Administration
Note: Each survey year spans 2 consecutive calendar years. The source changed methods in 2020. Data from this chart should not be compared to the source data from 2020 and later.

The Substance Abuse and Mental Health Services Administration defines a major depressive episode as "a period of at least two weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms." Some depression symptoms include insomnia, fatigue, feelings of worthlessness, and recurrent thoughts of suicide.[iii]

SHARE OF PEOPLE THAT HAD A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR (2021–2022)
BY STATE

AGES 12–17

25.0% (Highest)
16.0% (Lowest)
20.2% US

26%
23%
20%
17%
14%
11%
8%
5%

AGES 18–25

25.8% (Highest)
14.2% (Lowest)
19.7% US

AGES 26 AND OLDER

5.3% (Lowest)
9.3% (Highest)
6.9% US

Source: Substance Abuse and Mental Health Services Administration
Note: The source changed methods in 2020. Data from these maps should not be compared to source data from 2019 and earlier.

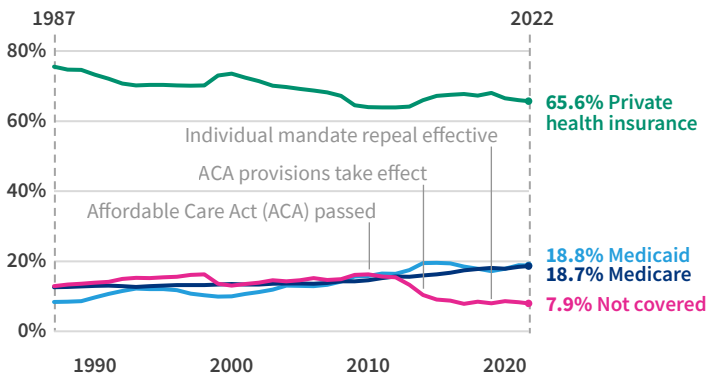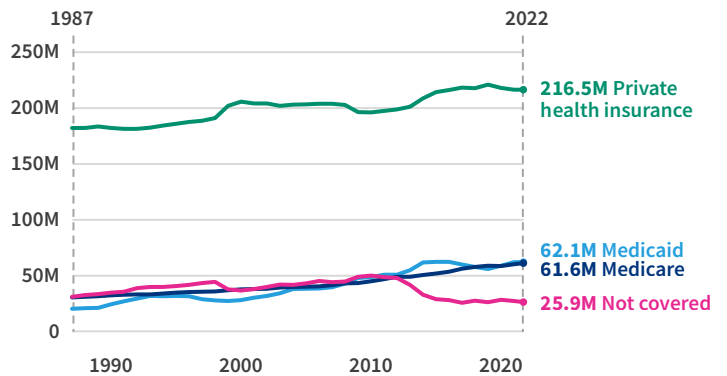## How many people don't have health insurance?

In 2022, 7.9% of the population, equal to 25.9 million people, did not have health insurance. This is down from 8.3% in 2021 and 8.6% in 2020. Nearly two-thirds of the population — 216.5 million people — were covered by private health insurance. From 2021 to 2022, the share of people enrolled in private insurance and Medicaid decreased while the share covered by Medicare increased.

HEALTH INSURANCE COVERAGE

SHARE OF PEOPLE

65.6% Private health insurance
18.8% Medicaid
18.7% Medicare
7.9% Not covered

Individual mandate repeal effective
ACA provisions take effect
Affordable Care Act (ACA) passed

NUMBER OF PEOPLE

216.5M Private health insurance
62.1M Medicaid
61.6M Medicare
25.9M Not covered

Source: Census Bureau
Note: The types of insurance are not mutually exclusive; people may be covered by more than one during the year.

How much do health insurance providers spend per enrollee?

Per-enrollee spending fell across Medicare, Medicaid, CHIP, and private insurance plans in 2022 when adjusted for inflation. Medicare and Medicaid cover older and low-income populations and spend more per enrollee than private insurance. However, the amount spent per enrollee decreased more for Medicare and Medicaid than private health insurance from 2021 to 2022.

HEALTH INSURANCE SPENDING PER ENROLLEE

$15,424 Medicare
$9,238 Medicaid
$6,591 Private health insurance
$3,398 Children's Health Insurance Program (CHIP)
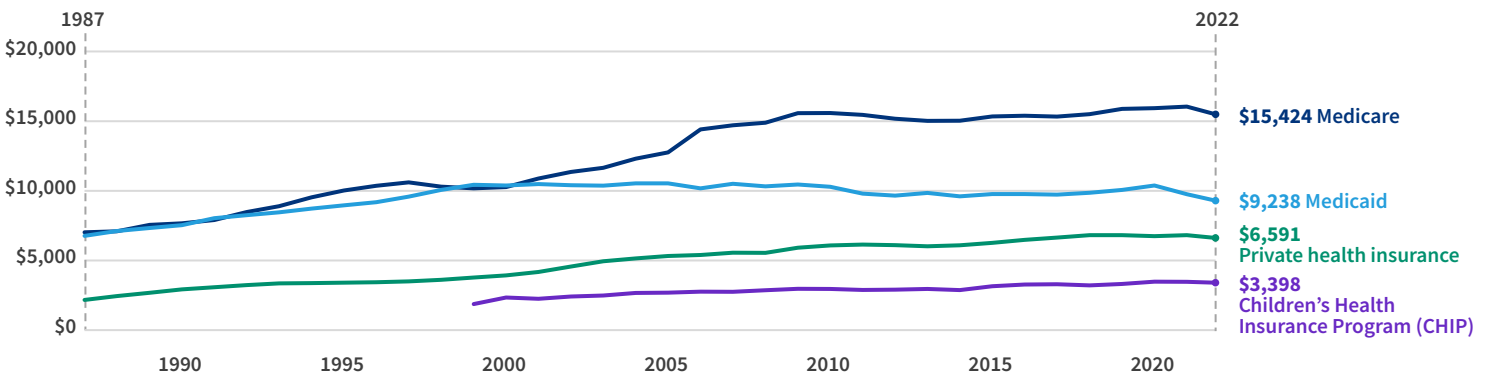
Source: Centers for Medicare and Medicaid Services
Adjusted for inflation (2023 dollars)

Endnotes

i.   Arias, Elizabeth and others (2023). *Vital Statistics Rapid Release (Report No. 31): Provisional Life Expectancy Estimates for 2022.* https://www.cdc.gov/nchs/data/vsrr/vsrr031.pdf.

ii.   National Center for Health Statistics (2023, June 26). *Health, United States, 2020–2021* (Heart Disease Deaths, Cancer Deaths). https://www.cdc.gov/nchs/hus/topics.htm?Topics=Deaths.

iii.   Substance Abuse and Mental Health Services Administration (2022). *2021–2022 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology.* https://www.samhsa.gov/data/sites/default/files/reports/rpt44483/2022-nsduh-sae-guide-state-meth/2022-nsduh-sae-guide-state-meth.pdf.

Chart sources and notes

For each **chapter**, all chart names are listed and additional information is provided for each.

1.   Chart sources and notes are structured as follows:
       Chart title: Source(s)
       Note(s):

2.   For all population-adjusted data where adjustments are not provided by the source data, we use intercensal/postcensal estimates from the US Census Bureau, unless otherwise noted.

3.   USAFacts compiles data for government revenue, spending, and debt, as well as on family and individual income and taxes from various government sources, which primarily include the Office of Management and Budget (OMB), the Census Bureau, the Bureau of Economic Analysis (BEA), and the Federal Reserve. The full citations for this data are not included below; to see detailed descriptions and notes about our methodology for compiling this data, please visit: https://usafacts.org/methodology/.

Health

Government spending 1980–2023, health: USAFacts aggregation of data from OMB, Census Bureau, and BEA.

Health risk factors: (1) National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). *Behavioral Risk Factor Surveillance System, Behavioral Risk Factor Surveillance System (BRFSS) Prevalence Data (2011 to present)* (Topics: 'BMI Categories', 'Current Smoker Status', 'Binge Drinking'; Location: 'US'). CDC. https://chronicdata.cdc.gov/Behavioral-Risk-Factors/Behavioral-Risk-Factor-Surveillance-System-BRFSS-P/dttw-5yxu/data; (2) NCCDPHPH. *Behavioral Risk Factor Surveillance System, Behavioral Risk Factor Surveillance System (BRFSS) Prevalence Data (2010 and prior)* (Topics: 'BMI Categories', 'Current Smoker Status', 'Binge Drinking'; Location: 'US'). CDC. https://chronicdata.cdc.gov/Behavioral-Risk-Factors/Behavioral-Risk-Factor-Surveillance-System-BRFSS-P/y4ft-s73h/data.
Note(s): (1) The Behavioral Risk Factor Surveillance System (BRFSS) survey from which this data is sourced underwent methodological changes in 2011. Users should take caution when comparing data from 2011 and onward to data from 2010 and earlier. See https://www.cdc.gov/brfss/factsheets/pdf/DBS_BRFSS_survey.pdf. (2) Data shows the median of all states, DC and Territories (3) Rates are crude prevalence rates of people of age 18 or over.

Life expectancy at birth: (1) For 1960–2019: NCHS (2021). *Life expectancy at birth, age 65, and age 75, by sex, race, and Hispanic origin: United States, selected years 1900-2019.* CDC. https://www.cdc.gov/nchs/data/hus/2020-2021/LExpMort.pdf; (2) For 2020: NCHS (2022). *Mortality in the United States, 2021.* CDC. https://www.cdc.gov/nchs/data/databriefs/db456.pdf; (3) For 2021–2022: NCHS (2022). *Provisional Life Expectancy Estimates for 2022.* CDC. https://www.cdc.gov/nchs/data/vsrr/vsrr031.pdf.

Top five causes of death: (1) For 1999–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "UCD - 15 Leading Causes of Death"; Year/Month: [Multiple Years]). https://wonder.cdc.gov/ucd-icd10.html; (2) For 2020–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "UCD - 15 Leading Causes of Death"; Year/Month: "2022 (provisional)", "2021", "2020"). https://wonder.cdc.gov/mcd-icd10-provisional.html.
Note(s): 2022 numbers are provisional as of June 15, 2023.

Accidental deaths, by type of accident: (1) For 1999–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "ICD-10 113 Cause List"; Year/Month: [Multiple Years]; Cause of death: #Accidents (unintentional injuries) and subcategories). https://wonder.cdc.gov/ucd-icd10.html; (2) For 2020–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "ICD-10 113 Cause List"; Year/Month: "2022 (provisional)", "2021", "2020"; Cause of death: #Accidents (unintentional injuries) and subcategories). https://wonder.cdc.gov/mcd-icd10-provisional.html.

Drug-involved overdose deaths: (1) For 1999–2021: CDC (June 2023). *CDC WONDER National Drug Overdose (OD) Deaths, 1999–2021* (Table: Rate Drug OD Deaths). https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fnida.nih.gov%2Fsites%2Fdefault%2Ffiles%2FOverdose_data_1999-2021%25201.19.23.xlsx&wdOrigin=BROWSELINK; (2) For 2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "State"; Year/Month: "2022 (provisional); Underlying cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories; Multiple cause of death: MCD – ICD-10 Codes, [Multiple selections]). https://wonder.cdc.gov/mcd-icd10-provisional.html.

Cumulative drug overdose deaths (2013–2022), by state: (1) For 2013–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "State", "Year"; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/ucd-icd10.html; (2) For 2021–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "State", "Year"; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/mcd-icd10-provisional.html.

Cumulative drug overdose deaths (2013–2022), by race/ethnicity, age, and gender: (1) For race and ethnicity 2013–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "Race", "Hispanic Origin", "Year"; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/ucd-icd10.html; (2) For race and ethnicity 2021–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "Race", "Hispanic Origin", "Year"; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/mcd-icd10-provisional.html; (3) For age groups 2013–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "Year"; Demographics: [Select ages in group]; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/ucd-icd10.html; (4) For age groups 2021–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "Year"; Demographics: [Select ages in group]; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/mcd-icd10-provisional.html; (5) For gender 2013–2020: CDC (2021). *CDC WONDER Underlying Cause of Death, 1999–2020* (Group Results By: "Gender", "Year; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/ucd-icd10.html; (6) For gender 2021–2022: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results By: "Gender", "Year; Cause of death: Drug/Alcohol Induced Causes, Drug poisoning (overdose) categories). https://wonder.cdc.gov/mcd-icd10-provisional.html.

Share of people that had any mental illness in the past year: Substance Abuse and Mental Health Services Administration (SAMHSA). *Interactive NSDUH State Estimates* (Outcome: "Any Mental Illness in the Past Year (through 2019)"; Age Group: "18 to 25" and "26 or older"). https://datatools.samhsa.gov/saes/state.

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Share of people that had a major depressive episode in the past year: Substance Abuse and Mental Health Services Administration (SAMHSA). *Interactive NSDUH State Estimates* (Outcome: "Major Depressive Episode in the Past Year (through 2019)"; Age Group: "12 to 17", "18 to 25", and "26 or older"). https://datatools.samhsa.gov/saes/state.

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