
ACCESS TO MEDICAL CARE

Easy access to medical care helps ensure people receive the services they need when they need it. Consistent sources of care, adequate health insurance coverage, and affordable services all contribute to the health and well-being of families and communities.



Health insurance coverage

Health insurance is the most common means used to obtain access to medical care. Having health insurance improves access to care, is often associated with better health outcomes, and supports appropriate use of medical care and the well-being of the whole family. Uninsured individuals are more likely to receive delayed or inadequate medical care leading to worse health outcomes.³

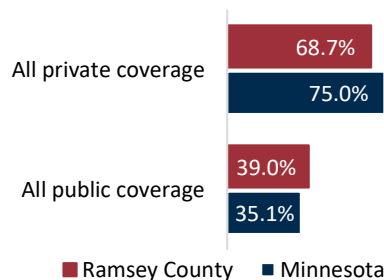


Risk Factors

People are less likely to hold health insurance coverage if they have lower incomes or lack access to employer-sponsored coverage. Additionally, people who are Black, Hispanic, American Indian or Alaska Native, and Native Hawaiian or Pacific Islander are less likely to hold health insurance than white or Asian people.¹⁷⁰

- In 2023, most Ramsey County residents had private health care coverage through their employer.
- More than a third of Ramsey County residents were covered by public health care coverage, which most commonly included Medical Assistance (Minnesota's Medicaid program) or another coverage with eligibility dependent on one's means (e.g., income). These rates were greater in Ramsey County compared to Minnesota overall.

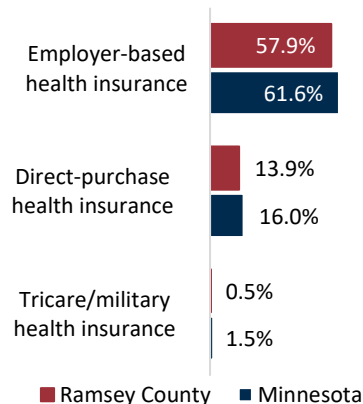
1. Health coverage type, 2023



Source: United States Census Bureau ^{180*}

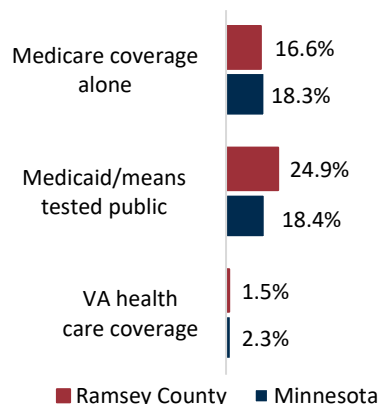
Note: People may be covered by multiple types of coverage. Accordingly, percentages do not total 100%.

2. Types of private health coverage, 2023



Source: United States Census Bureau.¹⁸⁰

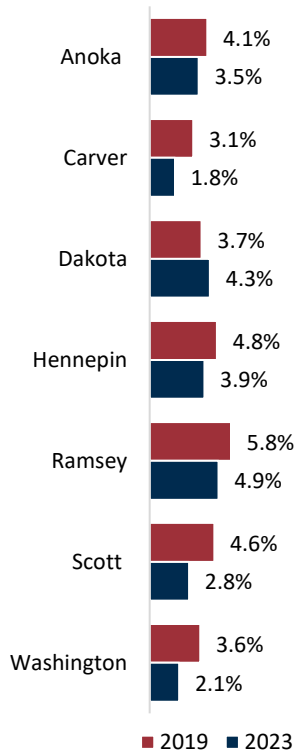
3. Types of public health coverage, 2023



Source: United States Census Bureau.¹⁸⁰

- The uninsured rate in Ramsey County declined between 2019 and 2023.
- Ramsey County's uninsured rate is higher than other metro-area counties.

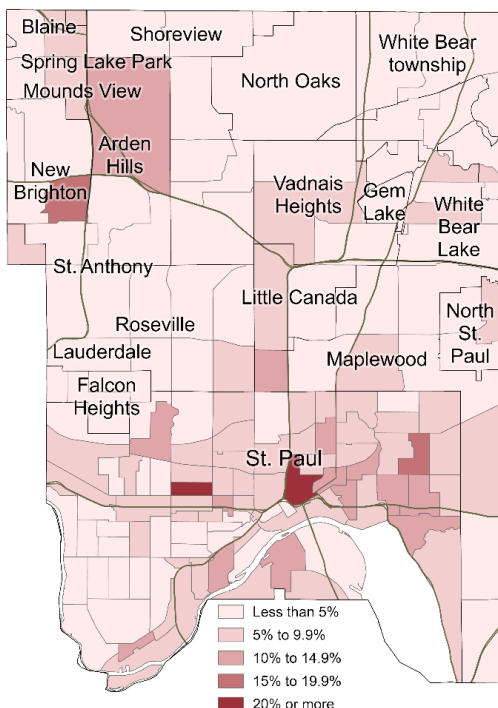
4. Uninsured people by metro-area county



Source: United States Census Bureau.¹⁸⁰

- Within Ramsey County, the uninsured rate was higher in many St. Paul neighborhoods and some neighborhoods in the northwest area of the county.

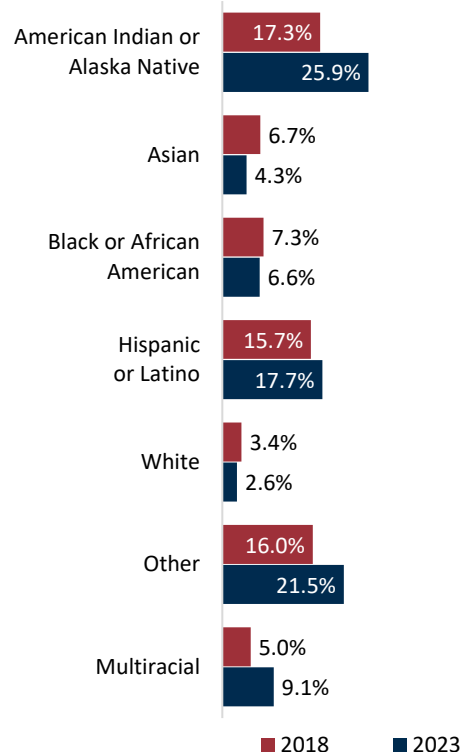
5. Uninsured people, Ramsey County, 2023



Source: United States Census Bureau.¹⁸⁰

- The uninsured rate in Ramsey County is highest among American Indian or Alaska Native residents, followed by Hispanic or Latino residents.
- The uninsured rates for American Indian or Alaska Native, Hispanic or Latino, and multiracial Ramsey County residents increased between 2018 and 2023 (meaning fewer people have health insurance coverage). It declined for Asian, Black or African or American, and white residents (meaning more people have health insurance coverage).

6. Uninsured people by race/ethnicity, Ramsey County

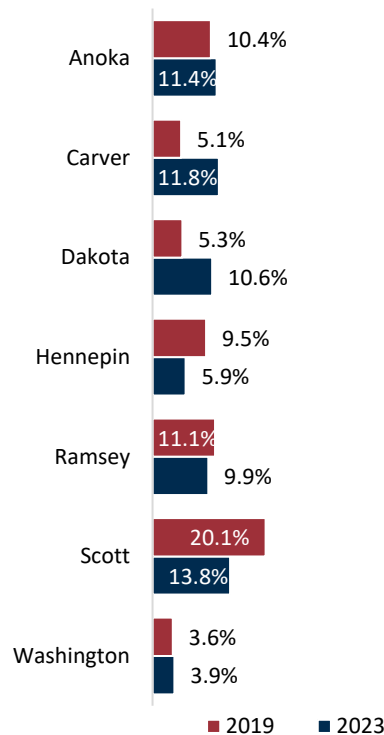


Source: United States Census Bureau.¹⁸⁰

Note: Data for American Indian or Alaska Native residents in 2019 are suppressed.

- The percentage of uninsured people in poverty in Ramsey County declined between 2019 and 2023 (i.e., more people in poverty hold health insurance). This trend also occurred in Hennepin and Scott counties, while the percentage of uninsured people in poverty increased in Anoka, Carver, and Dakota counties.

7. Uninsured people in poverty by metro-area county



Source: United States Census Bureau.¹⁸⁰
Note: The United States Census Bureau defines poverty based on family size and composition, including the number of children and adults. More information about how poverty is measured can be found here.

Medical care providers

Having sufficient medical care workers and services is critical in meeting the health needs of the community, and shortages in the medical care workforce challenges access to care.⁹³

- According to the Sharecare Community Well-being Index, Ramsey County is ranked #3 out of all 87 Minnesota counties in access to medical care facilities and related resources (i.e., it has the third highest level of access).¹⁶⁵ These rankings are based on multiple factors, such as the number of providers serving certain areas.

8. Medical care access rankings by metro-area county, 2022

County	Rank out of 87
Anoka	21
Carver	5
Dakota	18
Hennepin	2
Ramsey	3
Scott	29
Washington	8

Source: Well-being Index.¹⁶⁵

- In Ramsey County in 2024, the ratio of dentists to residents was 1,050:1, meaning there were 1,050 dentists for every resident.
- The ratio of mental health providers to residents was 190:1, and the ratio of primary care providers to residents was 910:1.
- Compared to all metro-area counties, Hennepin County had the lowest ratios of dentists, mental health providers, and primary care providers, followed by Ramsey County.

9. Provider ratio to population by metro-area county, 2024

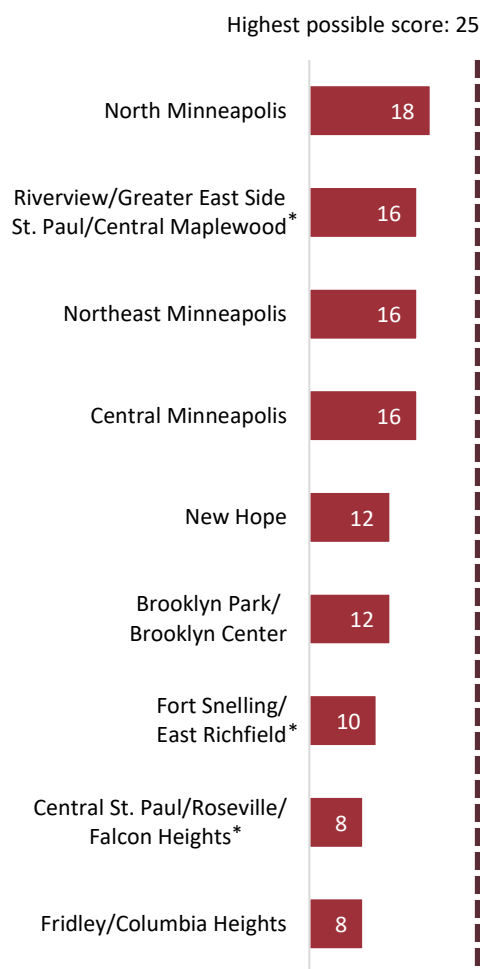
County	Dentist	Mental health care	Primary care
Anoka	1,520:1	460:1	2,120:1
Carver	1,930:1	450:1	1,180:1
Dakota	1,350:1	430:1	1,660:1
Hennepin	950:1	180:1	830:1
Ramsey	1,050:1	190:1	910:1
Scott	2,150:1	790:1	2,040:1
Washington	1,300:1	310:1	960:1

Source: County Health Rankings.⁵³

The federal Health Resources and Services Administration designates certain geographic areas as health professional shortage areas for low-income populations (HPSAs).¹³ Primary care and mental health care provider shortage areas are scored between 0-25 and dental health provider shortage areas are scored between 0-26, with higher numbers indicating more severe shortages.

- Within metro-area counties, most shortage areas are in Ramsey and Hennepin counties.
- Shortage areas for primary care, mental health care, and dental care with at least one census tract in Ramsey County include: Riverview, Greater East Side St. Paul, and Central Maplewood; Fort Snelling and East Richfield; and Central St. Paul, Roseville, and Falcon Heights. Note that some

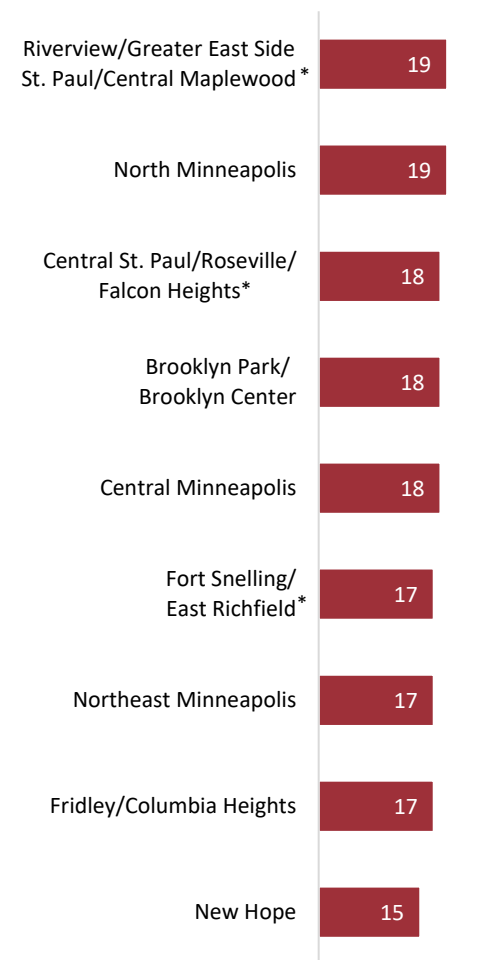
10. Primary care provider shortage area scores for low-income populations in the metro-area, 2022



Source: Health Resources and Services Administration.⁶⁸
 Note: These geographies may include census tracts located in multiple counties.
 * These geographies include at least one census tract located within Ramsey County.

11. Mental health provider shortage area scores for low-income populations in the metro-area, 2022

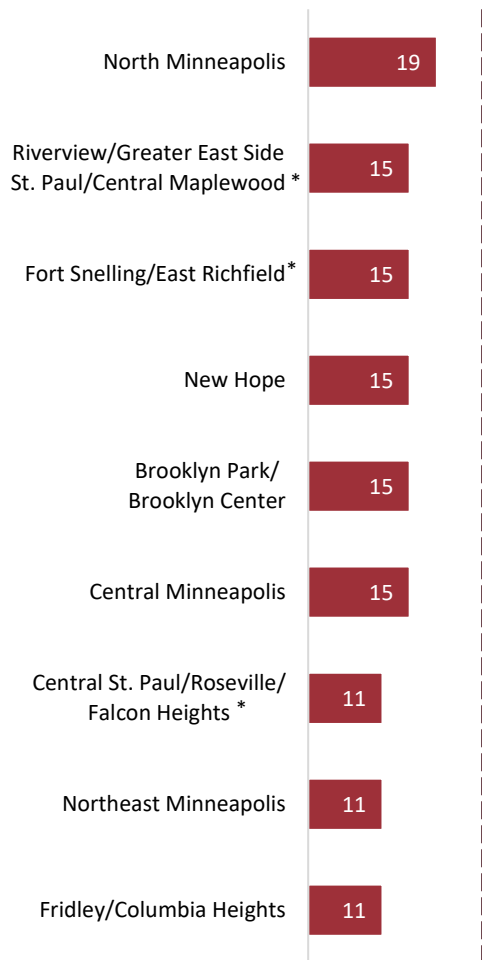
Highest possible score (most severe shortage): 25



Source: Health Resources and Services Administration.¹³
 Note: These geographies may include census tracts located in multiple counties.
 *These geographies include at least one census tract located within Ramsey County.

12. Dentist provider shortage area scores for low-income populations in the metro-area, 2022

Highest possible score (most severe shortage): 26



Source: Health Resources and Services Administration.¹³

Note: These geographies may include census tracts located in multiple counties.

*These geographies include at least one census tract located within Ramsey County.

Youth screenings and checkups

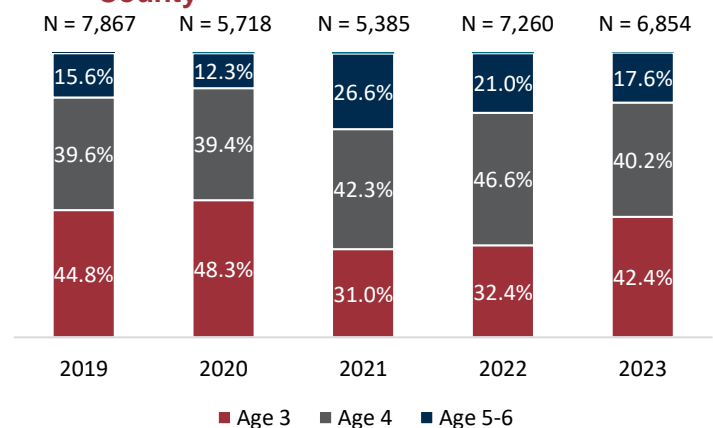
Early Childhood Screenings (ECS) assess a child's health and development, identify needs, and connect families with services and resources. The ECS program aims to screen children at age three or four. After age four, screenings are considered late.

Children under age 21 enrolled in Medical Assistance (Minnesota's Medicaid program) are eligible for the Early and Periodic Screening, Diagnostic, and Treatment benefit (EPSDT), which is called the Child

and Teen Checkups program (C&TC) in Minnesota. C&TC provides preventative assessments, screenings, and diagnostic tests to identify health concerns and treatment to address concerns.

- The number of children who received early childhood screenings in Ramsey County declined between 2019 and 2021, likely due to the COVID-19 pandemic. It increased between 2021 and 2022 but declined again between 2022 and 2023.
- The proportion of children who received early childhood screenings at the recommended age of three or four declined between 2019 and 2021, while the proportion of children who received screening at age five or six increased, likely due to the COVID-19 pandemic. Since 2021, a greater proportion of children are receiving screenings at age three or four.

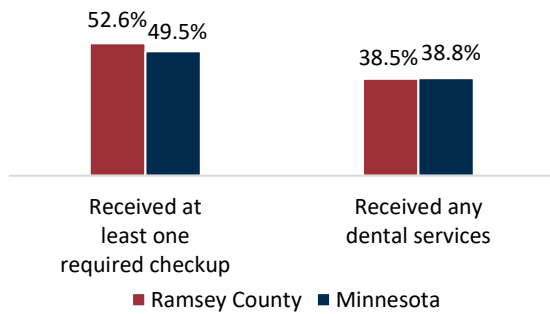
13. Early childhood screenings, Ramsey County



Source: Minnesota Early Childhood Longitudinal Data System.¹³⁹

- Among youth eligible for the Child and Teen Checkups program, about half received at least one required checkup in 2023. This percentage is higher than the statewide percentage.
- Only a third of eligible youth in Ramsey County received dental services.

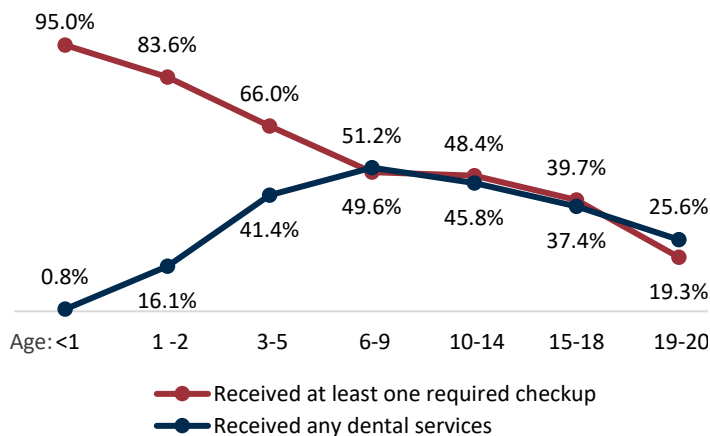
14. Services received by youth eligible for Child and Teen Checkups services, 2023



Source: Minnesota Department of Health.^{105, 115}

- The percentage of youth who received at least one required checkup in Ramsey County is lower for older youth.
- The percentage of youth in Ramsey County who receive any dental service is highest among age 6-9, and these percentages are lower for older age groups.

15. Services received by youth eligible for Child and Teen Checkups Services, Ramsey County, 2023



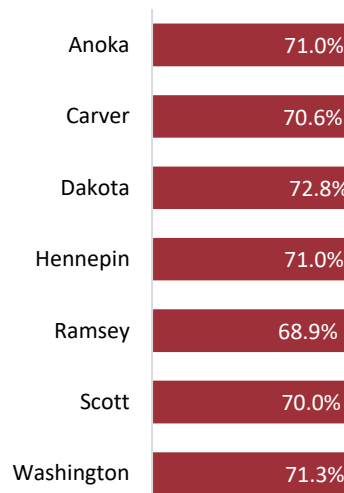
Source: Minnesota Department of Health.¹³⁹

Adult checkups

Annual checkups and dentist visits are recommended for adults.

- Among metro-area counties, Ramsey County had the lowest percentage of adults who received a routine checkup and visited a dental clinic in the past year in 2022.

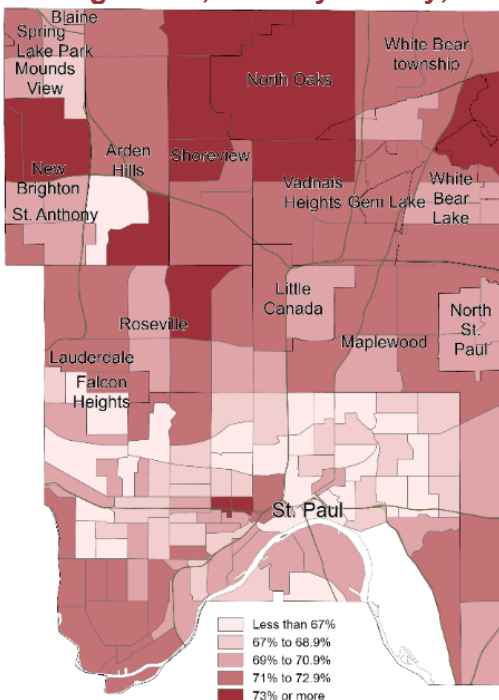
16. Routine checkup within the past year among adults by metro-area county, 2022



Source: Centers for Disease Control and Prevention.³²
Note: Data are age-adjusted.

- The percentage of adults who received a routine checkup within the past year in Ramsey County was higher in the northern areas of the county and lower in the areas closer to downtown St. Paul.

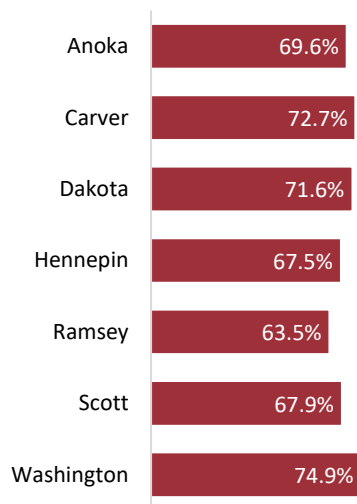
17. Routine checkup within the past year among adults, Ramsey County, 2022



Source: Centers for Disease Control and Prevention.¹⁰⁵ Error! Bookmark not defined.

Note: Data are age-adjusted.

18. Visited dental clinic in the past year among adults by metro-area county, 2022



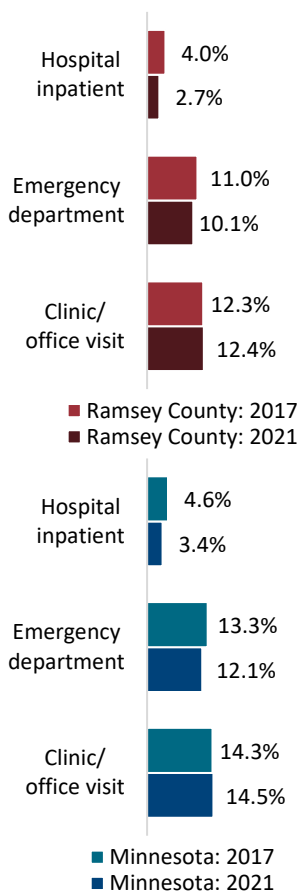
Source: Centers for Disease Control and Prevention.¹⁰⁵ Error! Bookmark not defined.

Note: Data are age-adjusted.

Medical care costs paid out of pocket

- The percentages of clinic or office visit, emergency department, and hospital inpatient services that were paid out of pocket in 2021 were lower in Ramsey County compared to statewide percentages.
- The percentages of emergency department and hospital inpatient services that were paid out of pocket in Ramsey County declined between 2017 and 2021.

19. Percentage of care costs paid out of pocket



Source: Minnesota Department of Health.¹¹⁴