

America's Healthcare Strain Index: New Analysis Reveals Which States Are Buckling Under the Pressure

New data shows where America's healthcare system is under the greatest structural pressure, led by Texas, Delaware, and several Sun Belt states.

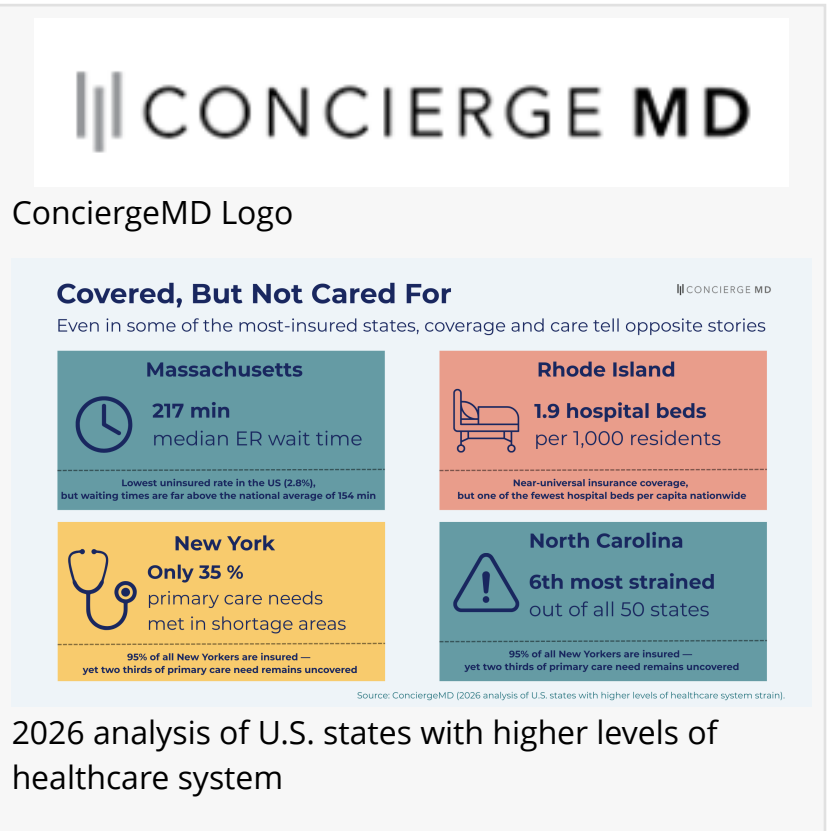
LOS ANGELES, CA, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- [A new state-by-state analysis from ConciergeMD](#) reveals how unevenly strain on America's healthcare system is distributed. The Healthcare Strain Index ranks all 50 states across six core indicators: primary care physicians, depth of federally designated shortage areas, hospital bed capacity, emergency room utilization, ER wait times, and the uninsured rate, using public data from the U.S. Census Bureau, Kaiser Family Foundation, HRSA, and CMS.

The findings show a healthcare system under mounting but highly uneven strain, with some states approaching a structural breakdown in access.

Texas Faces the Deepest Healthcare Strain in the Nation

More than 5.1 million Texans (16.7% of the state's population) lack health insurance—the highest uninsured rate in the nation. Among children, 13.6% are uninsured, more than double the national rate. Primary care physician density sits at just 119 per 100,000 residents, below the national average of 133, and the Texas Department of State Health Services projects the shortage will continue worsening through at least 2032.

A handful of other states show similarly severe, if differently shaped, pressure:



- Delaware meets only 11.2% of the need in its federally designated primary care shortage areas, the lowest such score in the entire index, despite relatively strong primary care physician density; suggesting that primary care physician supply alone does not guarantee adequate access to care.

- Florida and Georgia illustrate how population growth is colliding with limited primary care supply. Florida logs 465.5 ER visits per 1,000 residents annually, among the highest rates in the country, while Georgia meets only 39% of its primary care shortage-area need despite primary care physician density close to the national average, suggesting providers are concentrated in some areas while entire communities go underserved.

"Texas, Delaware, and the other states at the top of this index aren't suffering from a single point of failure," says Dr. Neal Kumar, board-certified dermatologist and co-founder of ConciergeMD.

"Too few primary care physicians mean even insured patients can't get timely appointments, and a high uninsured rate means many people delay care until it becomes urgent. Either way, conditions that could have been managed early end up in the emergency departments."

Insurance Doesn't Guarantee Access

Even in states with strong insurance coverage, patients can still face a fundamental gap between being insured and actually getting treated. Having a policy doesn't guarantee a primary care physician accepting new patients, a hospital with available beds, or an appointment within a clinically appropriate timeframe.

- Massachusetts has the lowest uninsured rate in the country at 2.8% and the highest primary care physician density at 220 per 100,000 residents, yet still records a median ER wait time of 217 minutes and meets only 58.5% of primary care shortage-area need.

- New York insures 95% of residents but meets only about one-third of its estimated primary care need.

- North Carolina, despite ranking among the better-insured states, still lands among the ten most strained overall, underscoring that severe healthcare strain isn't limited to states with low insurance coverage.

The States With the Strongest Healthcare Foundations

A small number of states show that this level of strain is not inevitable. Hawaii ranks as the least-strained state in the index, combining one of the lowest uninsured rates in the country (3.5%) with relatively strong primary care physician density and modest emergency room utilization. South Dakota ranks second-lowest overall, helped by the highest hospital bed capacity in the index (4.33 beds per 1,000 residents) and one of the lowest ER wait times nationally (115

minutes), despite below-average primary care physician density. In both states, no single metric is exceptional on its own; rather, neither state exhibits severe weaknesses across multiple measures.

The complete data, including additional insights and methodology, is available [here](#).

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About ConciergeMD: ConciergeMD is on a mission to make better health more convenient for all. Founded by Dr. Abe Malkin and Dr. Neal Kumar, both MD/MBAs from Tufts University School of Medicine, ConciergeMD delivers next-generation care that blends clinical excellence with flexibility. One founder is a board-certified family medicine physician, the other a trained dermatologist, bringing together deep expertise in both general and specialized care. Whether you're optimizing your longevity, seeking primary care at home or on the go, or facing an urgent health concern, ConciergeMD delivers personalized in-home and virtual medical services nationwide. Services include comprehensive health assessments, house calls, and round-the-clock virtual visits, all designed to support your health and lifespan. Learn more at <https://conciiergemdla.com/>.

Nadine Bloecher
12100 Collective
[email us here](#)

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