

Health Coverage & Affordability Factsheet

Key facts about the residents of Nebraska District 21

Medicaid plays a critical role in people's lives. More than 100,000 District residents rely on Medicaid for health care and protection against unaffordable medical bills. They include 56,000 children and 12,000 adults age 65 and older.²

Many people with incomes too high for Medicaid buy their own health insurance on healthcare.gov. 31,000 District residents use premium tax credits to help purchase coverage. If Congress lets enhanced premium tax credits expire after 2025, these residents' health insurance costs will rise by 102%, on average, but many people will get hit with much larger spikes. For example:

- A 40-year-old man earning \$31,000 a year would see his monthly premiums more than double, rising from \$58 to \$153. His annual health insurance costs would thus shoot up by more than \$1,000.
- Health insurance costs would more than quadruple for a 60-year-old couple earning \$82,000, rising from \$581 to \$2,386 a month. The couple's annual premium costs would go up by a staggering \$20,000.

More than 20,000 District families use the Supplemental Nutrition Assistance Program (SNAP) to help pay grocery bills. These families include:³

- Children. Half of the District's SNAP families have children.
- Older adults. A third of the District's SNAP families include one or more adults in their 60s or older.
- **People with disabilities**. Nearly 60% of District families helped by SNAP—13,000 families—include at least one person with disabilities.
- Low-wage workers. More than nine in 10 District families with SNAP have bread-earners who work but do not make enough money to feed their families without help.⁴

Data sources

Medicaid numbers. U.S. Census Bureau (2023). Medicaid/Means-tested Public Coverage by Sex by Age American Community Survey 1-year estimates. Retrieved from

https://censusreporter.org/data/table/?table=B27007&geo_ids=04000US08,500|04000US08&primary_geo_id=04000US08#valueType|estimate, on Feb. 5, 2025. Estimates are for 2023.

Healthcare.gov numbers. KFF, Congressional District Interactive Map: How Much Will ACA Premium Payments Rise if Enhanced Subsidies Expire? Feb. 3, 2025, retrieved from https://www.kff.org/affordable-care-act/issue-brief/congressional-district-interactive-map-how-much-will-aca-premium-payments-rise-if-enhanced-subsidies-expire/, on Feb. 5, 2025. Enrollment totals are from 2024. Estimated impact of ending enhanced premium tax credits is for 2025.

SNAP numbers. U.S. Department of Agriculture Food & Nutrition Service, SNAP Community Characteristics Dashboard Congressional District Explorer, Feb. 3, 2025, retrieved from https://www.fns.usda.gov/sites/default/files/data-files/cat-snap-congressional-districtDB.csv, on Feb. 5, 2025.

¹ By Rocio Perez, Policy Analyst and Stan Dorn, Director of Health Policy at UnidosUS.

² The exact figures, according to the Census Bureau, were 113,416 District residents who were covered through Medicaid in 2023, including 56,374 children and 12,017 older adults.

³ These proportions add up to more than 100%, because a single family can have members in multiple categories. For example, a SNAP family with a disabled father, a working mother, and a child would count as a family with a child, a family that includes a person with disabilities, and a family with a low-wage worker.

⁴ The exact figures, according to the U.S. Department of Agriculture, were 23,383 District families who used SNAP to help pay food costs, including 11,929 families with children, 7,391 families with at least one adult age 60 or older, 13,247 families with at least one person with disabilities, and 21,668 families with one or more workers.