



## Maine's Healthcare Crisis 2025 by the numbers

National health spending continues to grow at a rapid clip, year after year, with the latest figures from 2023 showing a 7.5% increase from 2022, to \$4.87 trillion<sup>1</sup>. That's more than enough to finance all medically necessary care for every U.S. resident while totally eliminating out-of-pocket spending. Studies<sup>2</sup> done here in Maine show that by controlling costs, reducing providers' administrative burdens, getting rid of waste and eliminating excess profits, a state-based universal healthcare system could cover all of us for about what we are currently spending on health care in Maine.

Medicare for All is the real solution to Maine's health care crisis. However, if Congress fails to enact Improved and Expanded Medicare for All, we call on Maine to lead the way with state-based universal health care, just as Saskatchewan led the way to Canadian Medicare for All.

1. **40,000** Mainers are losing Mainecare coverage<sup>3</sup>, including at least **3000** refugees and new immigrants<sup>4</sup>.
2. Maine Department of Health and Human Services officials predict more than **31,000** Mainers could lose Medicaid coverage in the first year as a result of eligibility hurdles and other challenges. (Over 90,000 MaineCare members will be subject to work requirements.)<sup>5</sup>
3. **Over 100,000** Mainers with private health insurance through the ACA marketplace are facing **double-digit** increases in their premiums, and tens of thousands more with employer-based health insurance are facing **10% - 30% increases**<sup>6</sup>.
4. **Nearly half** of Maine households have incurred medical debt in the past two years, and a large majority – **two out of three** – had health insurance at the time.<sup>7</sup>
5. **Half** of Mainers with commercial insurance currently report difficulties affording their deductibles, and nearly as many struggle to pay their coinsurance, premiums, or copayments.<sup>8</sup>
6. **More than a quarter** of Mainers with commercial coverage have had a claim denied by their insurance company.<sup>9</sup>

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<sup>1</sup> <https://www.healthaffairs.org/doi/epdf/10.1377/hlthaff.2025.00545>

<sup>2</sup> <https://maineallcare.org/wp-content/uploads/2024/12/Re-Assessing-the-Costs-and-Impacts-of-a-Universal-Health-Care-System-in-Maine-FINAL-Nov-24.pdf>

<sup>3</sup> <https://familiesusa.org/press-releases/the-big-budget-bills-impact-on-maines-health-system-more-maine-residents-uninsured-higher-health-care-costs-and-more-consequences-of-the-many-cuts-to-care/>

<sup>4</sup> <https://www.maine.gov/dhhs/blog/federal-budget-reconciliation-law-now-effect-impacts-mainecare-snap-covermeg-ov-2025-07-11>

<sup>5</sup> [https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/DHHS%20Impact%20Summary\\_Medicaid-SNA-P-Marketplace\\_May2025.pdf](https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/DHHS%20Impact%20Summary_Medicaid-SNA-P-Marketplace_May2025.pdf)

<sup>6</sup> <https://americanscovered.org/eye-popping-health-insurance-hikes-loom-for-maine-families/>

<sup>7</sup> 2025 Report of findings from a Survey of Maine Voters: Consumers for Affordable Health Care  
<https://drive.google.com/file/d/1of-aZWztHbCJDGZODEqoWEVvYcokHw41/view>

<sup>8</sup> Ibid.

<sup>9</sup> Ibid.

7. **One out of three** Mainers say they postponed filling or refilling a prescription, split pills in half, skipped doses of medicine, or did not fill a prescription at all due to cost.<sup>10</sup>
8. **Four** birthing units have closed in Maine in 2025 alone, and our rural residents are facing longer drives to access birthing services, with an average of **45 minutes** one-way to the nearest hospital with a birthing unit.<sup>11</sup>
9. Inland hospital has closed, DFD Russell clinic in Bridgton is closing, and several other programs at hospitals and clinics throughout the state are at risk of closing.
10. **370,000** Mainers have Anthem insurance<sup>12</sup>. All Anthem insurance holders are facing out-of-network charges at all facilities in the Northern Light health care system. An estimated 50,000 Mainers used Northern Light with Anthem in the past year.<sup>13</sup>
11. **All** of the for-profit insurance companies doing business in Maine are recording record profits while continuing to seek more ways to limit access to care and limit reimbursements to medical providers.

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<sup>10</sup> Ibid.

<sup>11</sup> <https://themainemonitor.org/birthing-unit-closures/#:~:text=On%20average%2C%20rural%20Mainers%20whose%20closest%20hospital,cases%20Boston%20%E2%80%94%20for%20a%20specialist's%20care.>

<sup>12</sup> <https://www.pressherald.com/2025/06/04/northern-light-blames-anthem-for-stalled-contract-talks/>

<sup>13</sup> <https://www.mainebiz.biz/article/after-negotiations-break-down-northern-light-severs-ties-with-anthem>