

Rural Health Professional Shortages



16 Rural Counties

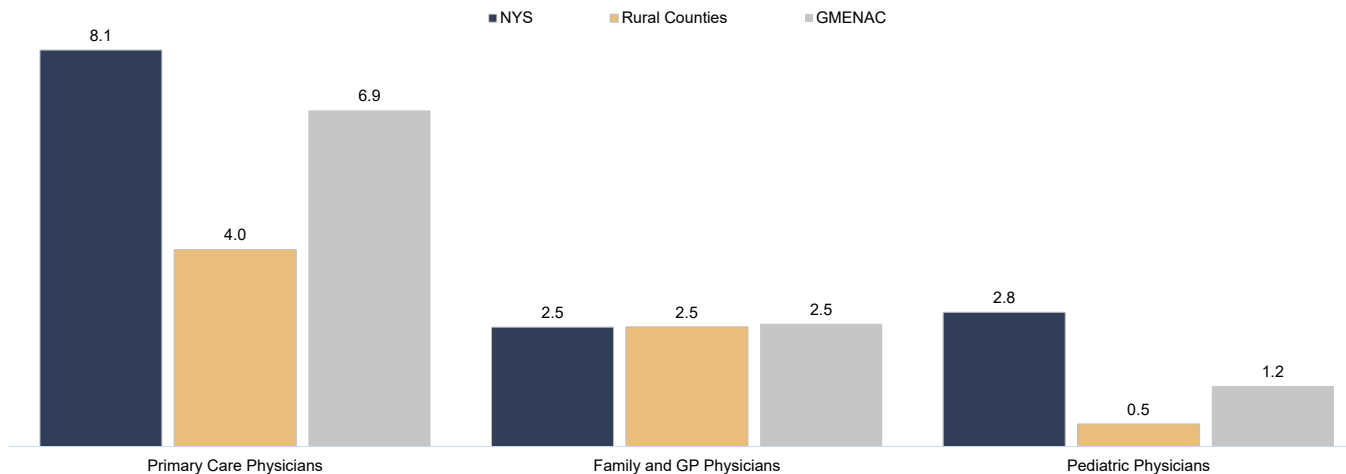
The Report Focuses on 16 Counties

County	Land Area (Sq. Mile)	2024 Population	2024 Population Density (Pop/Sq. Mile)
Hamilton	1717.4	5,082	2.96
Essex	1794.1	36,744	20.48
Lewis	1276.5	26,570	20.82
Franklin	1629.3	47,086	28.90
Delaware	1442.6	44,191	30.63
Herkimer	1410.6	59,585	42.24
Allegany	1029.4	47,299	45.95
Chenango	893.4	45,776	51.24
Schuyler	328.3	17,121	52.14
Cattaraugus	1308.2	75,457	57.68
Steuben	1390.5	92,015	66.17
Wyoming	592.8	39,588	66.79
Washington	831.2	59,839	71.99
Yates	338.1	24,387	72.12
Greene	647.2	46,903	72.47
Sullivan	968.1	80,450	83.10



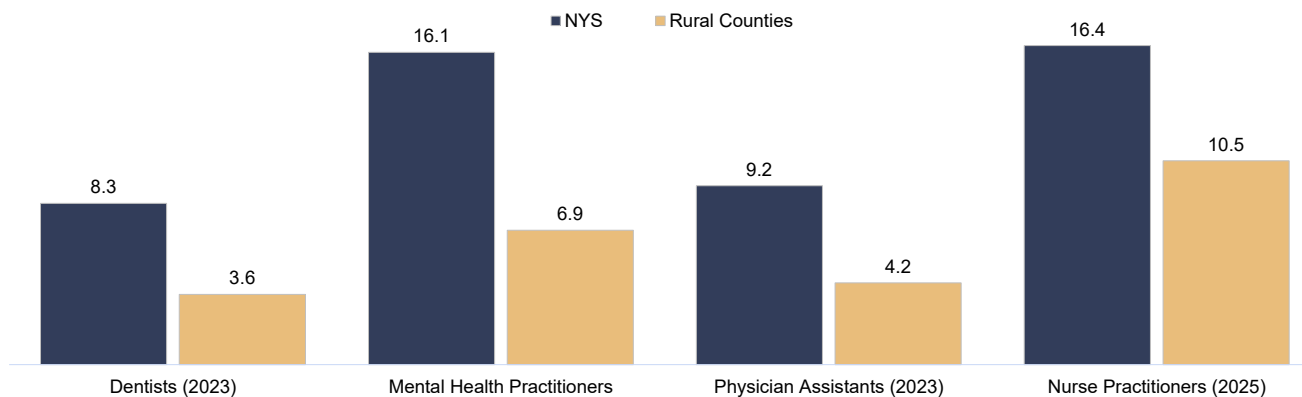
Primary Care

On average, the 16 rural counties have 4 primary care physicians per 10,000 people – a ratio that is less than half that of the State (8.1) and the U.S. (8.4) and falls below the GMENAC guideline (6.9). For the 172,818 people within designated Primary Care HPSAs who are underserved (23 percent of the rural counties' population), these shortages are far more acute – as low as 0.12 physicians per 10,000 people.

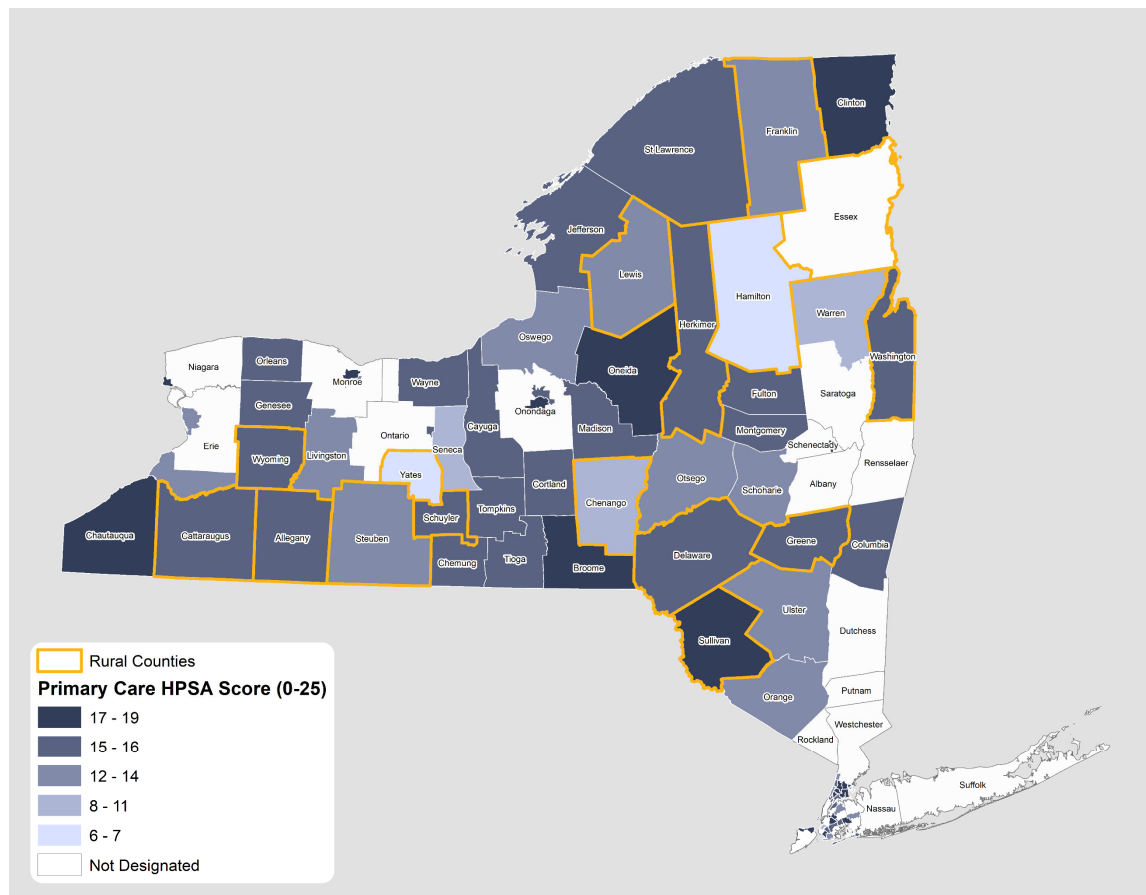


Primary Care

- The 16 rural counties have 0.5 pediatricians for every 10,000 people – less than one-fifth of the State ratio (2.8), one-third of the U.S. (1.8), and less than half the GMENAC guideline (1.2). There are no Pediatric Physicians in three of the counties.
- The professions of Physician Assistants and Nurse Practitioners came about in the 1960's in response to physician shortages. By 2019, as many as 25 percent of health visits in the United States were delivered by Physician Assistants (PAs) or Nurse Practitioners (NPs). Nurse Practitioners and Physician Assistants see patients, provide care, and prescribe medication. Experienced Nurse Practitioners may practice independently, while PAs work under the supervision of a physician. The 16 rural counties' Physician Assistant to 100,000 population ratio (4.2) is less than half that of the State (9.2). Additionally, the number of Nurse Practitioners per 100,000 population (10.5) in rural counties is significantly lower than the ratio for the State (16.4).



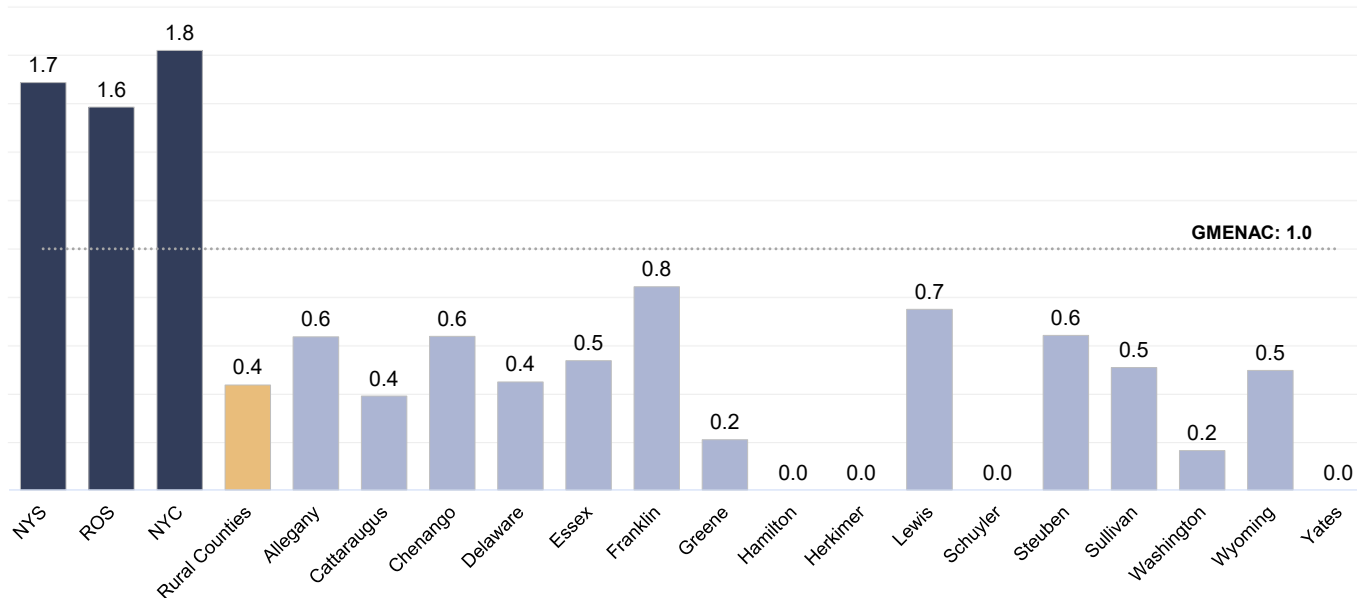
Primary Care – Health Professional Shortage Areas



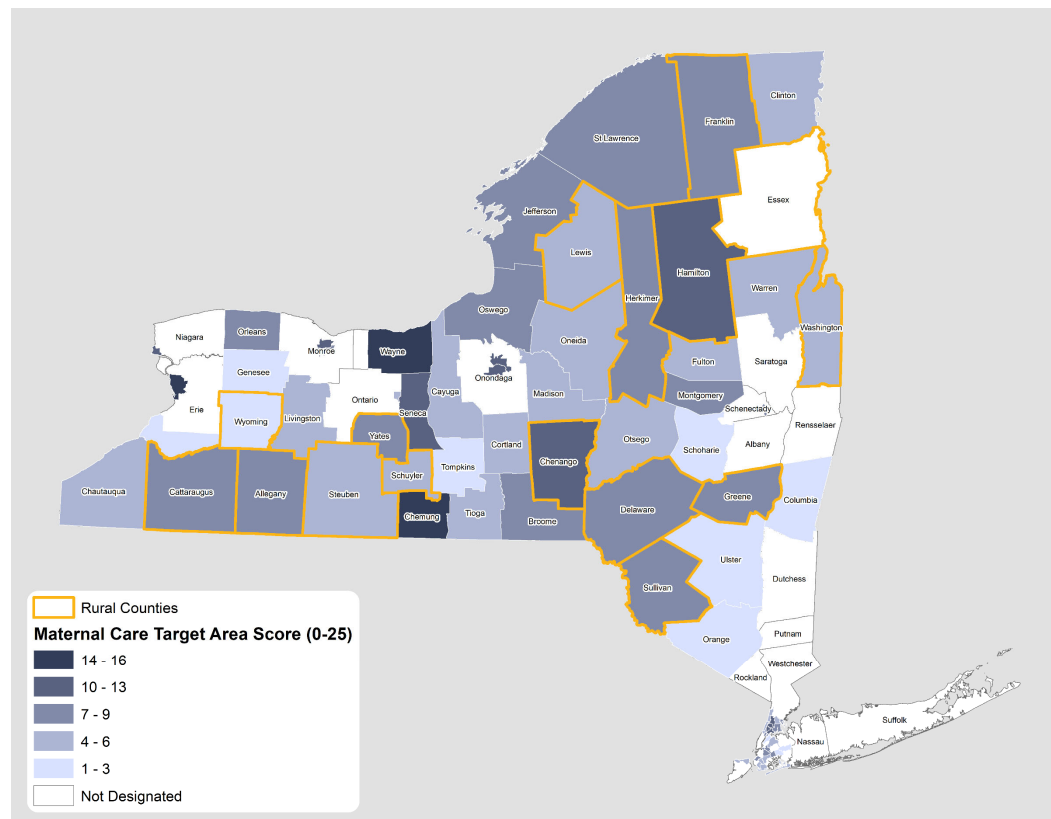
Maternal Care and Reproductive Health

The Ob/Gyn physician to 10,000 population ratio of the 16 rural counties is 0.4, roughly 1 Ob/Gyn physician for every 23,000 people. This is less than a quarter of the State's ratio (1.7), and less than half the GMENAC guideline of 1. Greene and Washington Counties have ratios that are half that of the 16 rural counties, and four counties, Hamilton, Herkimer, Schuyler and Yates, have no Ob/Gyn physicians at all.

Ob/Gyn Physicians to 10,000 Population, 2022



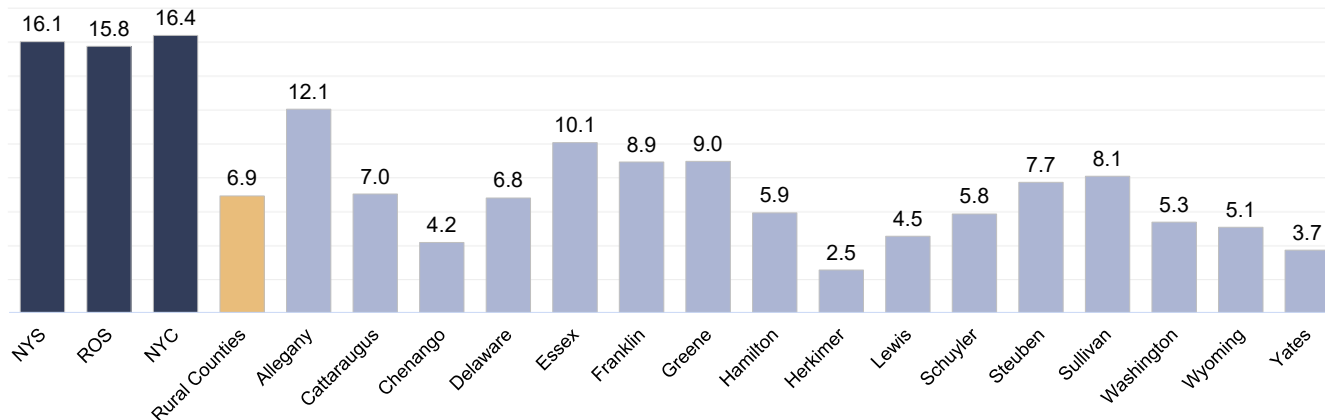
Maternity Care Target Area Scores



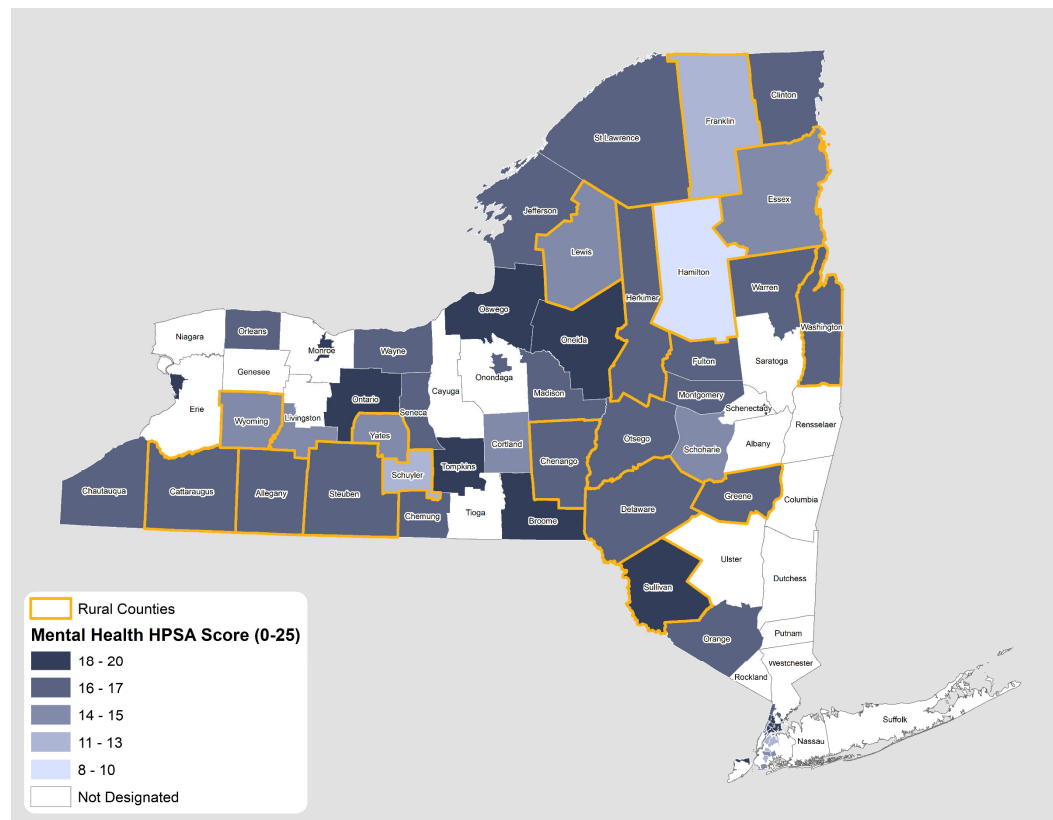
Mental Health

- Based on the number of counties designated as Mental Health HPSAs, the total underserved population, and the Mental Health HPSA scores, mental health professional shortages may be the most severe faced by rural New York.
- The rural counties' Mental Health Practitioner to 10,000 population ratio (6.9) is less than half that of the state (16.1).
- All of the rural counties are designated as Mental Health HPSAs either for the entire population, or for portions of the population such as the low income or Medicaid eligible portions of the population.
- In the 16 rural counties, there are 305,265 people within Mental Health HPSAs who are designated as underserved by the HRSA, nearly 41 percent of the population.

Mental health Practitioners to 10,000 Population 2022 (Psychiatrists) & 2025 (All Others)



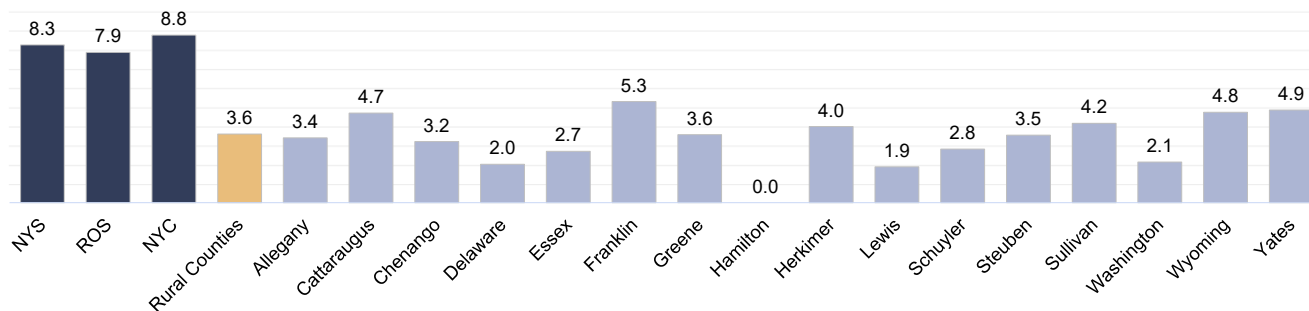
Mental Health Professional Shortage Areas



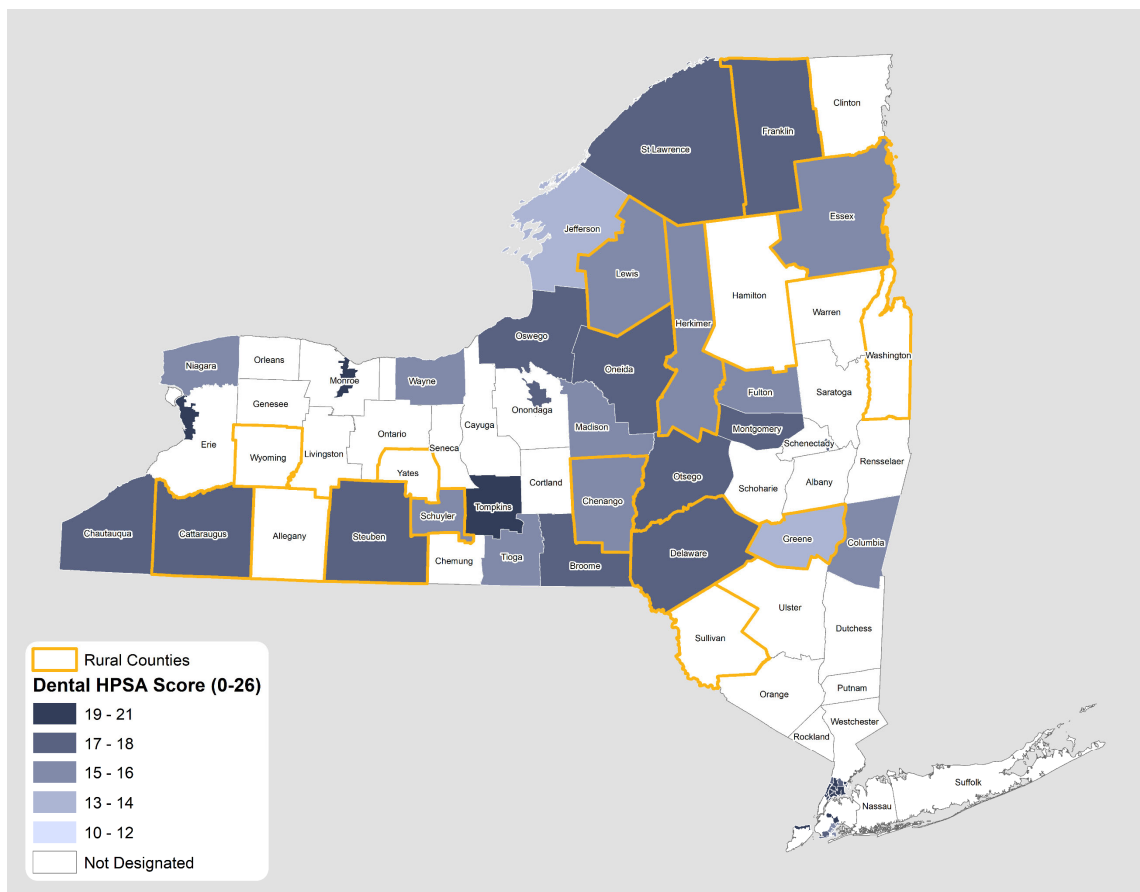
Dental Health

- The ratio of dentists per 10,000 people in rural counties (3.6) is less than half of the State ratio (8.3), indicating that the shortage of dentists is not limited to those that accept Medicaid, and despite not being designated a Dental Health Professional Shortage Area, there are no dentists in Hamilton County. Lewis (1.9), Delaware (2.0), and Washington (2.1) Counties also have very low ratios, and none of the rural counties have ratios equal to or greater than the statewide ratio.
- Ten of the sixteen rural counties are designated as Dental Health Professional Shortage Areas for the Medicaid eligible populations, with 134,248 people underserved. The formal ratios of number of people per dentist for the underserved population of the designated counties ranges from 9,994 in Greene County to 106,321 in Franklin County, which is the equivalent of 0.09 Dentists per 10,000 people.

Dentists to 10,000 Population, 2022



Dental Health Professional Shortage Areas



Impact of Federal Actions

- The lack of providers and physical facilities in New York's rural counties presents an additional barrier to recruiting more healthcare professionals. Not all counties have hospitals or rural health clinics, and those that do operate on tight margins, or at a loss.
- Reductions in eligibility for Medicaid and the Essential Plan made in the recently enacted federal reconciliation bill may further exacerbate the issue, potentially forcing some rural hospitals to close. New York State has six rural hospitals that are in the top 10 percent for Medicaid payer mix throughout the nation and an additional five that have experienced three consecutive years of negative margins.
- In the 16 rural counties 204,899 people, or 27 percent of the population, were enrolled in Medicaid as of May 2025.
- It is unclear at this time to what extent the impact of Medicaid cuts on rural healthcare systems will be offset by funding made available through the Rural Hospital Transformation Program. The federal reconciliation bill allocated \$10 billion a year from FFYs 2026 to 2030, 50 percent of which is to be distributed to all states whose application is approved, meaning that New York could receive at least \$500 million per year of this funding to support rural hospitals, clinics, federally qualified health centers, and community mental health centers.



Potential Solutions

- Expand Public Transit / Paratransit
- Expand Telemedicine
- Mobile Clinics
- School-Based Health Centers
- Loan Forgiveness Programs
- Nursing Education Pipeline



Thank you.

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