

- EXPAND MEDICAID, NOT WORK REQUIREMENTS** | NOVEMBER 2024 | AMERICAN HEART ASSOCIATION

Imposing Work Requirements Could Harm Health and Increase Poverty.

1 Work requirements cost money and do not lead to steady employment

- ▶ When examining programs with work requirements, the Congressional Budget Office found that even when work requirements increase employment, it was only a short term effect with some programs showing no increase at all.⁶
- ▶ Work requirement programs are costly to administer and burdensome for participants, staff, and government agencies.¹

2 Work requirements reduce access to health care and health-promoting programs

- ▶ Many beneficiaries who were disenrolled from Medicaid due to work requirements did not subsequently obtain health insurance from employment but instead became uninsured.^{9,10}
- ▶ Loss of health care coverage for those who are not working are mostly contending with physical and mental health challenges or caregiving responsibilities that work requirements will not address.^{4,5}

3 Work requirements drive individuals and families already struggling to make ends meet into deeper poverty.

- ▶ An analysis of state Medicaid work requirements before their withdrawal by the Centers for Medicare and Medicaid Services revealed that beneficiaries faced adverse health outcomes such as difficulties in paying off medical debt, delayed care due to cost, and postponed medication use due to cost.¹¹
- ▶ Research suggests that individuals likely to be disenrolled from Medicaid would not lose coverage due to failing to meet work requirements, but rather because of their inability to consistently navigate onerous administrative processes.^{4,5,12,13}

This content was created with Katie Horton and her team in the Department of Health Policy and Management at George Washington University.

Sources:

- Katch H. Medicaid work requirement would limit health care access without significantly boosting employment. [Internet] July 13 2016, cited Oct 25 2024. Available from: <https://www.cbpp.org/research/medicaid-work-requirement-would-limit-health-care-access-without-significantly-boosting>
- Harker L, Sharer B. Medicaid expansion frequently asked questions. [Internet]. June 14, 2024, cited Oct 25, 2024. Available from: <https://www.cbpp.org/research/health/medicaid-expansion-frequently-asked-questions-0>
- Katch H, Wagner J, Aron-Dine A. Taking Medicaid Coverage Away From People Not Meeting Work Requirements Will Reduce Low-Income Families' Access to Care and Worsen Health Outcomes [Internet]. August 13, 2018, cited February 14, 2024. Available from: <https://www.cbpp.org/research/health/medicaid-work-requirements-will-reduce-low-income-families-access-to-care-and-worsen>
- Gross D, Slade E. Imposing work requirements for Medicaid eligibility is bad policy. Here's why. [Internet]. October 2, 2018, cited February 14, 2024. Available from: <https://magazine.nursing.jhu.edu/2018/10/imposing-work-requirements-for-medicaid-eligibility-is-bad-policy-heres-why/>
- Garfield R, Rudowitz R, Musumeci M. Implications of a Medicaid Work Requirement: National Estimates of Potential Coverage Losses [Internet]. Jun 27, 2018, cited February 14, 2024. Available from: <https://www.kff.org/medicaid/issue-brief/implications-of-a-medicaid-work-requirement-national-estimates-of-potential-coverage-losses/>
- Robert Wood Johnson Foundation. Work requirements: What are they and do they work? [Internet]. May 11, 2023, cited Oc 25, 2024. Available from: <https://www.rwjf.org/en/insights/our-research/2023/05/work-requirements-what-are-they-do-they-work.html>
- KFF. Status of state medicaid expansion decisions: interactive map [Internet]. May 8, 2024, cited Oct 25, 2024. Available from: <https://www.kff.org/affordable-care-act/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map/>
- Goldman AL, Woolhandler S, Himmelstein DU, Bor DH, McCormick D. Analysis of Work Requirement Exemptions and Medicaid Spending. JAMA Intern Med. 2018 Nov 1;178(11):1549-1552. doi: 10.1001/jamainternmed.2018.4194. PMID: 30208382; PMCID: PMC6248194.
- Chen L, Sommers BD. Work Requirements and Medicaid Disenrollment in Arkansas, Kentucky, Louisiana, and Texas, 2018. Am J Public Health. 2020 Aug;110(8):1208-1210. doi: 10.2105/AJPH.2020.305697. Epub 2020 Jun 18. PMID: 32552024; PMCID: PMC7349442.
- Myers CR. Do Work Requirements Benefit Medicaid, SNAP, and TANF Recipients? Am J Nurs. 2020 Nov;120(11):22-25. doi: 10.1097/01.NAJ.0000721924.43351.28. PMID: 33105219.
- Sommers BD, Chen L, Blendon RJ, Orav EJ, Epstein AM. Medicaid Work Requirements In Arkansas: Two-Year Impacts On Coverage, Employment, And Affordability Of Care. Health Aff (Millwood). 2020 Sep;39(9):1522-1530. doi: 10.1377/hlthaff.2020.00538. PMID: 32897784; PMCID: PMC7497731.
- Garfield R, Rudowitz R, Musumeci M. Implications of a Medicaid Work Requirement: National Estimates of Potential Coverage Losses [Internet]. Jun 27, 2018, cited February 14, 2024. Available from: <https://www.kff.org/medicaid/issue-brief/implications-of-a-medicaid-work-requirement-national-estimates-of-potential-coverage-losses/>
- Karpman M. Medicaid Work Requirements Would Do Little or Nothing to Increase Employment, but Would Harm People's Health [Internet]. May 15, 2023 cited February 14, 2024. Available from: <https://www.urban.org/urban-wire/medicaid-work-requirements-would-do-little-or-nothing-increase-employment-would-harm>
- Allen H, Sommers BD. Medicaid Expansion and Health: Assessing the Evidence After 5 Years. JAMA. 2019 Oct 1;322(13):1253-1254. doi: 10.1001/jama.2019.12345.
- Remler DK, Korenman SD, Hyson RT. Estimating The Effects Of Health Insurance And Other Social Programs On Poverty Under The Affordable Care Act. Health Aff (Millwood). 2017 Oct 1;36(10):1828-1837. doi: 10.1377/hlthaff.2017.0331.
- Drake P, Tolbert J, Rudowitz R, Damico, A. How many uninsured are in the coverage gap and how many could be eligible if all states adopted the Medicaid expansion [Internet]. February 26, 2024, cited October 25, 2024. Available from: <https://www.kff.org/medicaid/issue-brief/how-many-uninsured-are-in-the-coverage-gap-and-how-many-could-be-eligible-if-all-states-adopted-the-medicaid-expansion/>