



ON AIR



Health Freedom Minute

October 9, 2026

State Mandates Make Health Insurance Unaffordable

State legislatures can reduce the cost of health insurance. Legislatures add one mandated coverage after the next for conditions or treatments, increasing the cost of health insurance. In the 1960s and 1970s most states had few coverage mandates. Today the average state has more than 40 coverage mandates, raising premiums .44% to 1.11% per mandate and forcing people to buy coverage they don't want or need.

A new study says repealing up to 10 mandates could lower family coverage by about \$3,000 a year. The study authors encourage state policymakers to reduce health insurance premiums for their constituents by repealing state mandates.

“Helping states trim their lists of insurance coverage mandates,”

Jared Rhoads, Center for Modern Health, October 2026:

https://centerformodernhealth.org/publications/paring-down-coverage-mandates?utm_source=newsletter

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 870 radio stations nationwide*

cchfreedom.org / info@cchfreedom.org / 651-646-8935