

North Carolina

Trends in Employer Insurance Costs, 2010–2019



The
Commonwealth
Fund

	Year ¹				Average annual change		
	2010	2015	2018	2019	2010-19	2015-19	2018-19
Employer-Sponsored Insurance Premium Costs							
Single coverage							
North Carolina	\$4,980	\$5,774	\$6,339	\$6,793	3.5%	4.1%	7.2%
United States	\$4,940	\$5,963	\$6,715	\$6,972	3.9%	4.0%	3.8%
Family coverage							
North Carolina	\$13,643	\$17,141	\$18,211	\$19,996	4.3%	3.9%	9.8%
United States	\$13,871	\$17,322	\$19,565	\$20,486	4.4%	4.3%	4.7%
Employee Contribution to Premium Costs							
Single coverage							
North Carolina	\$926	\$1,243	\$1,295	\$1,481	5.4%	4.5%	14.4%
United States	\$1,021	\$1,255	\$1,427	\$1,489	4.3%	4.4%	4.3%
Family coverage							
North Carolina	\$3,492	\$4,493	\$5,948	\$5,672	5.5%	6.0%	-4.6%
United States	\$3,721	\$4,710	\$5,431	\$5,726	4.9%	5.0%	5.4%
Combined average ² (% of median income)							
North Carolina	\$2,850	\$3,751	\$4,766	\$4,602	5.5%	5.2%	-3.4%
	(5.9%)	(7.0%)	(8.4%)	(7.7%)			
United States	\$2,975	\$3,849	\$4,396	\$4,606	5.0%	4.6%	4.8%
	(5.8%)	(6.6%)	(6.8%)	(6.8%)			
Employee Deductible Costs							
Single coverage ³							
North Carolina	\$1,181	\$1,794	\$2,070	\$2,281	7.6%	6.2%	10.2%
United States	\$1,025	\$1,541	\$1,846	\$1,931	7.3%	5.8%	4.6%
Combined average ² (% of median income)							
North Carolina	\$1,744	\$2,753	\$3,325	\$3,565	8.3%	6.7%	7.2%
	(3.6%)	(5.2%)	(5.8%)	(5.9%)			
United States	\$1,713	\$2,573	\$2,992	\$3,199	7.2%	5.6%	6.9%
	(3.3%)	(4.4%)	(4.6%)	(4.7%)			
Total Potential Out-of-Pocket Costs (Employee Contribution + Deductible)							
Combined average ² (% of median income)							
North Carolina	\$4,594	\$6,504	\$8,091	\$8,166	6.6%	5.9%	0.9%
	(9.6%)	(12.2%)	(14.2%)	(13.6%)			
United States	\$4,688	\$6,422	\$7,388	\$7,806	5.8%	5.0%	5.7%
	(9.1%)	(11.1%)	(11.4%)	(11.5%)			

Notes: 1. Additional data available in report appendix. 2. Single and family premium, contribution, and deductible costs are weighted to the state distribution of single and family households. 3. Only single deductibles are included since family plans typically use this rate per family member.

Data: Medical Expenditure Panel Survey-Insurance Component (MEPS-IC), 2010-2019; Current Population Survey (CPS), 2010-2020.