

Health and Well-Being in North Dakota, 2022

A Social Determinants of Health Perspective

CSR | Center for Social Research at NDSU

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DEMOGRAPHIC Characteristics	Total Population, 2020 <hr/> 779,094 people • an increase of 16% from 2010	Median Age, 2020 <hr/> 35.3 years • down from 37.0 in 2010	Population by Non-Hispanic Race, 2020 White 82% Black 3% American Indian 5% Asian 2% Other 4% • White down from 89% in 2010	Population of Hispanic Origin, 2020 <hr/> 33,412 people (4%) • an increase of 148% from 2010
	Poverty, 2020 <hr/> 11% 77,491 people • a slight decrease from 12% in 2010	Child Poverty, 2020 <hr/> 11% 19,459 children 0 to 17 w/ married parents .. 4% w/ single parent 29%	Poverty by Race and Ethnicity, 2020 White 8% Black 27% American Indian ... 31% Asian 22% Hispanic Origin 19%	Near Poverty, 2020 <hr/> 15% 107,564 people • with incomes from 100% to 199% of poverty
	Ages 0 to 5, All Parents Working, 2020 <hr/> 74% U.S. average is 67% • 6th largest percentage among states	Child Care Deserts, 2020 <hr/> 13 counties have more than 3 times as many young children than licensed child care slots; 2 counties have no capacity	Ages 3 and 4 Enrolled in Early Education, 2020 <hr/> 31% U.S. average is 47% • Lowest percentage among states	3rd Grade Reading Achievement, 2020/21 <hr/> 62% NOT meeting standards Meeting standards 29% Exceeding standards ... 10%
	Adults 65 and Older Living Alone, 2020 <hr/> 31% 36,419 people 65+ • Largest percentage among states	Adult Volunteerism, 2019 <hr/> 35% 192,616 people 16+ • a decrease from 40% in 2017	Youth and Young Adults in Labor Force, 2020 <hr/> 65% 65,979 people 16 to 24 • Largest percentage among states	Adverse Childhood Experiences, 2019/20 <hr/> 19% 32,095 children 0 to 17 • have experienced 2+ adverse experiences
SOCIAL & COMMUNITY CONTEXT				

**NEIGHBORHOOD
&
BUILT
ENVIRONMENT**

Monthly Housing Costs, 2020

Homeowners \$1,457

Renters \$828

- Costs rose faster than inflation since 2010

Households Burdened by Housing Costs, 2020

23%

70,445 households

- 2nd lowest rate among states, behind WV

Households Burdened by Housing Costs, 2020

White 21%

Black 38%

American Indian.... 25%

Asian 36%

Hispanic Origin 43%

Broadband Internet Subscription, 2020

83%

of households have a subscription

- Lower than national average of 85%

**ACCESS TO
HEALTH
CARE**

Children with No Health Insurance, 2020

6%

11,697 children 0 to 18

- higher than the national average of 5%

Primary Care Health Professional Shortage, 2022

36%

281,849 people

- live in area w/ shortage of primary care providers

Dental Health Professional Shortage, 2022

27%

211,631 people

- live in area w/ shortage of dentists

Mental Health Professional Shortage, 2022

46%

355,835 people

- live in area w/ shortage of mental health professionals

**HEALTH
BEHAVIORS**

Physically Inactive Adults, 2021

25%

of adults did not participate in any physical activity or exercise in past month

Adult Smokers, 2021

15%

of adults have smoked at least 100 cigarettes, and smoke every day or some days

High School Tobacco Use, 2021

6%

smoke cigarettes

Use vaping products ... 21%
Any form of tobacco ... 23%

Adult Alcohol Consumption, 2021

Binge Drinking Rate 21%

Traffic Fatalities due to Alcohol 35%

- 2nd highest binge drinking rate among states, after WI

**HEALTH
OUTCOMES**

Adult Obesity, 2021

35%

U.S. average is 34%

- ND average is up from 28% in 2011

Life Expectancy, 2020

77.0

years

- a decrease from 79 years in 2018

Suicide Deaths, 2020

135 deaths

18.2 deaths per 100,000 people

- 2nd leading cause of death for ages 15 to 44

Drug Overdose Deaths, 2020

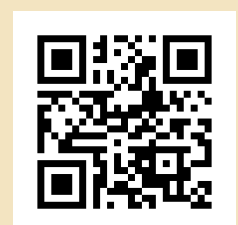
114 deaths

14.9 deaths per 100,000 people

- a 396% increase from 23 deaths in 2010

This Supplemental Profile contains information from the **Health and Well-Being in North Dakota, 2022 – A Social Determinants of Health Perspective** report, which was made possible by the Blue Cross Blue Shield of North Dakota Caring Foundation. With this study, the Caring Foundation sought to better understand the state of the social determinants of health – the conditions in which people are born, grow, live, work, and age – in North Dakota and how they shape the health of North Dakotans and the communities where they live. It is the study sponsor's hope that this effort leads to greater collaboration and alignment among key stakeholders as they work to develop community-driven solutions and identify resources, both financial and non-financial, to address and improve health and well-being of individuals and families in North Dakota.

The Center for Social Research, an applied social science research unit at North Dakota State University, was engaged to conduct this study to better understand how economic stability, education, the social and community context, the neighborhood and built environment, and access to health care are impacting the ability of people living in North Dakota to thrive. The full report, which provides context for each determinant, additional measures and disaggregations, county-level information, definitions, and data sources is available at https://www.ndsu.edu/csr/research_and_evaluation/#c451660



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