



Caring Foundation


Amber Blomberg, Community Partnerships & Caring Foundation Manager





1

BCBSND Caring Foundation








Established
in 1989



501(c)3
nonprofit
foundation



7-member board of
directors



Mission of bettering the
health and well-being of
North Dakotans & their
communities

2

2

Caring Foundation Initiatives



Health Profession Scholarships



CaringforKids Grants



Healthcare Leader Scholarship



BUILD Rural Health Provider Partnership Grants



CaringforCommunities Grants



DollarsforDoers



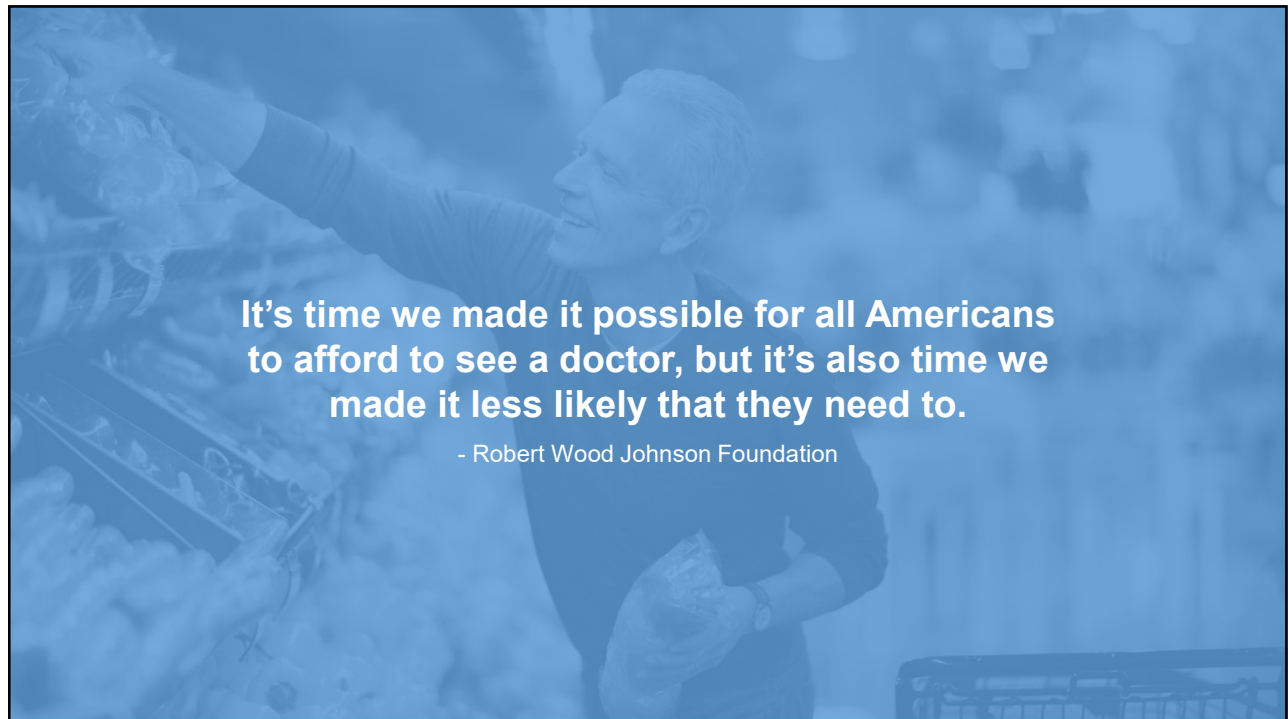
Charitable Giving



SPARK Grants

3

3



It's time we made it possible for all Americans to afford to see a doctor, but it's also time we made it less likely that they need to.

- Robert Wood Johnson Foundation

4



https://www.youtube.com/watch?v=SVSMp_7kKW0

5



Health and Well-Being in North Dakota, 2022

A Social Determinants of Health Perspective

A study conducted by the Center for Social Research at NDSU on behalf of the BCBSND Caring Foundation

Presented at the UND Dakota Conference – June 2023

6

Social Determinants of Health

Education Access and Quality

Health Care Access and Quality

Neighborhood and Built Environment

Social and Community Context

Economic Stability

Social Determinants of Health
Copyright-free

Healthy People 2030

Health starts where we....

**Live
Learn
Work
Play**

...long before illness

7

Social Determinants of Health

Education Access and Quality

Health Care Access and Quality

Neighborhood and Built Environment

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Economic Stability

Social Determinants of Health
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Healthy People 2030

Repeated studies have found that the **conditions in which we live and work** have an enormous impact on our health, long before we see a doctor. By thinking about health as something beyond what we get at the doctor's office, but instead as something that starts in our families, in our schools and workplaces, in our playgrounds and parks, in the air we breathe, and the water we drink...

the **more opportunities** present to improve it.

8

DEMOGRAPHIC Characteristics

Total Population, 2020	Median Age, 2020	Population by Race, 2020	% Change, 2010 to 2020
779,094	35.3	White 82%	White 7%
people	years	Black 3%	Black 237%
<ul style="list-style-type: none"> An increase of 16% from 2010 (or 106,503 people) 	<ul style="list-style-type: none"> Down from 37.0 in 2010 Only state to become younger since 2010 	American Indian..5%	American Indian....6%
		Asian 2%	Asian 96%
		Other 4%	Other 247%
		Hispanic Origin....4%	Hispanic Origin...148%
		<ul style="list-style-type: none"> White population down from 89% in 2010 	

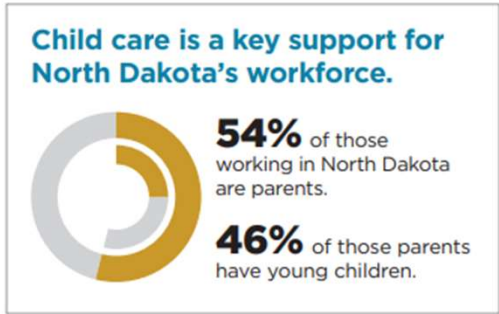
9

ECONOMIC STABILITY

Poverty, 2020	Child Poverty, 2020	Poverty by Race & Ethnicity, 2020	Near Poverty, 2020
11%	11%	White 8%	15%
77,491 people	19,459 children 0-17	Black 27%	107,564 people
<ul style="list-style-type: none"> A slight decrease from 12% in 2010; statistically, no real change 	Living with: Married parents .. 4% Single parent 29%	American Indian 31%	<ul style="list-style-type: none"> With incomes from 100% to 199% of poverty
		Asian 22%	
		Hispanic 19%	

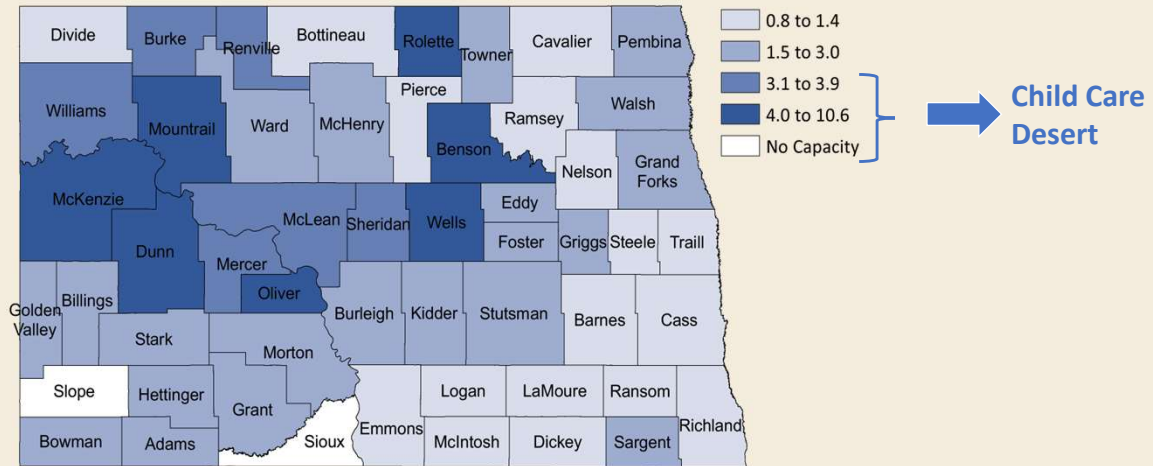
10

EDUCATION



11

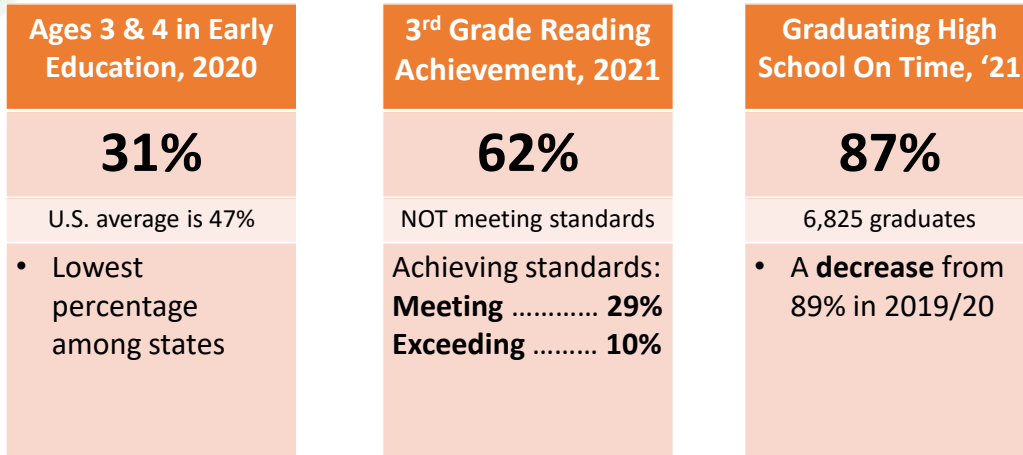
Number of Children Ages 0 to 5 for Every One Licensed Child Care Slot in North Dakota by County, 2020



Children: U.S. Census Bureau, 2016-2020 American Community Survey 5-Year Estimates
Licensed Child Care Slots: Child Care Aware of North Dakota

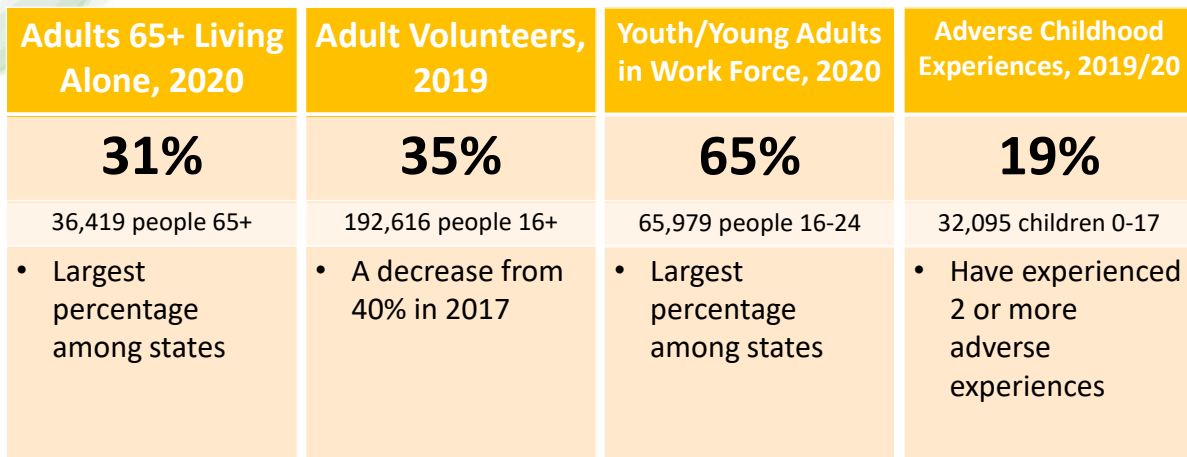
12

EDUCATION



13

SOCIAL & COMMUNITY CONTEXT



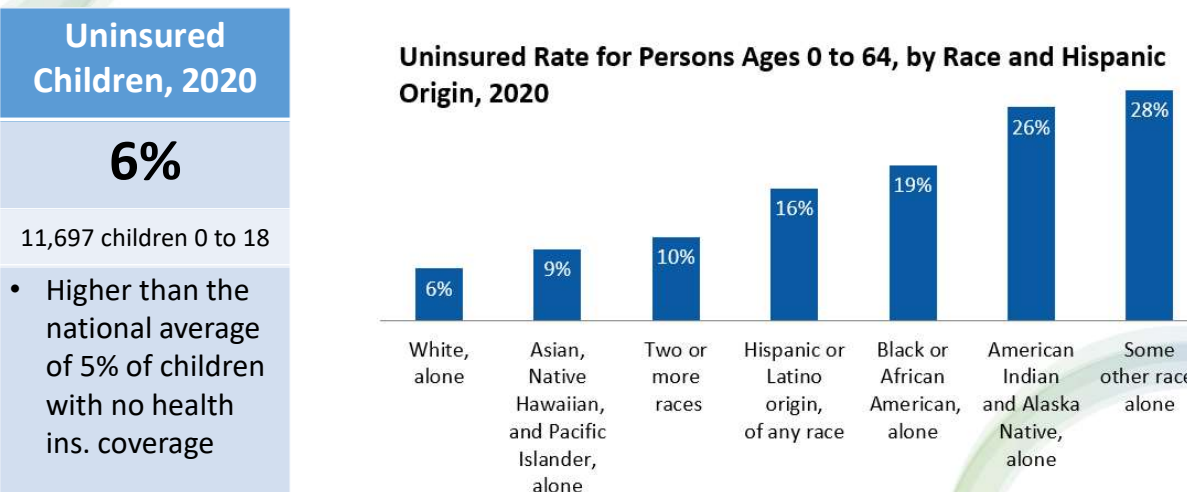
14

NEIGHBORHOOD & BUILT ENVIRONMENT

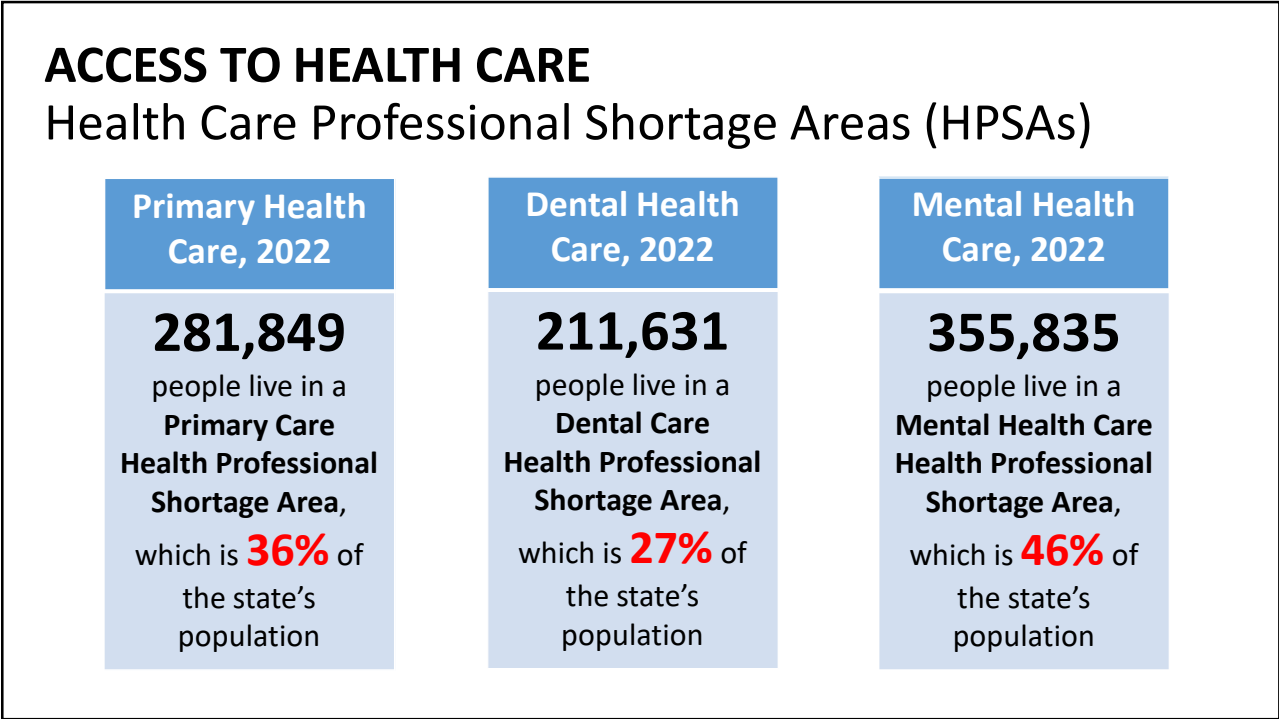
Monthly Housing Costs, 2020	Household Cost Burden, 2020	Household Cost Burden, 2020	Broadband Subscription, 2020
Homeowner ... \$1,457 Renter \$828	23% 70,445 households	White 21% Black 38% American Indian 25% Asian 36% Hispanic 43%	83% Of households have broadband subscription • Lower than national average of 85%
Change in Housing Costs, 2010 to 2020 • Costs rose faster than inflation since 2010 Inflation 19% Homeowner costs .. 27% Gross rent 49%			

15

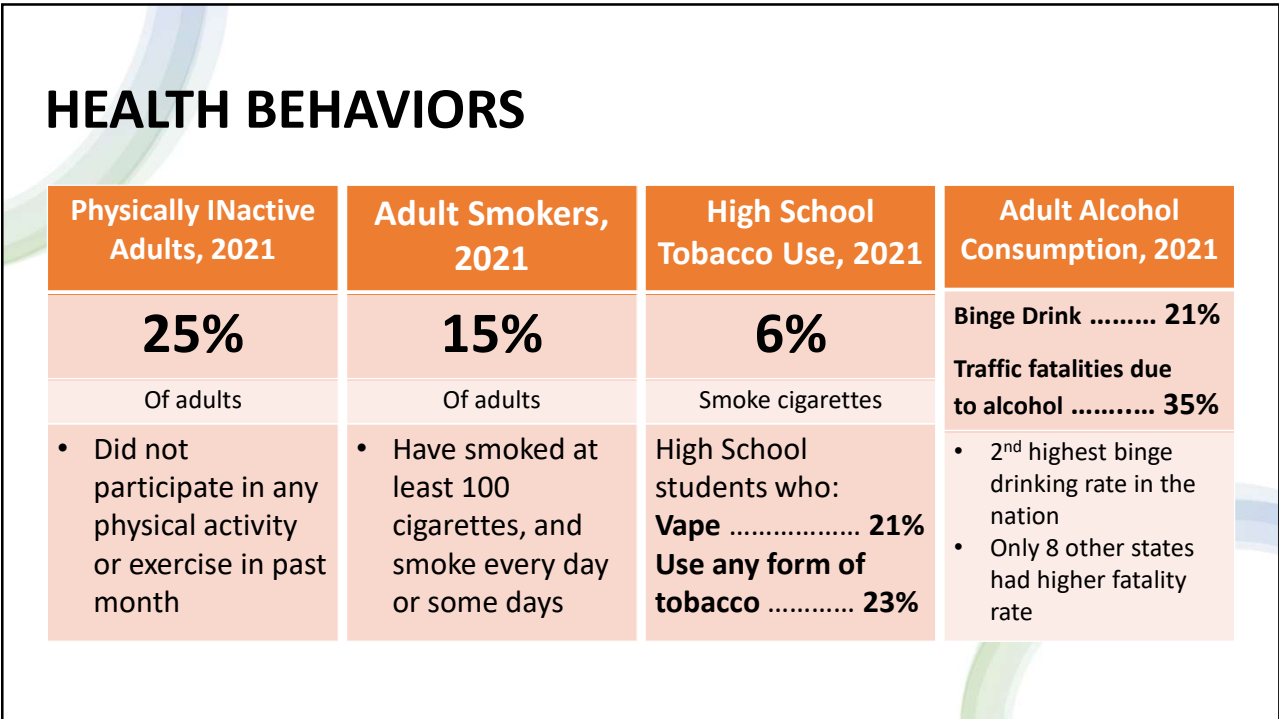
ACCESS TO HEALTH CARE



16



17



18

HEALTH OUTCOMES

Adult Obesity, 2021	Life Expectancy, 2020	Suicide Deaths, 2020	Drug Overdose Deaths, 2020
35%	77.0	135 deaths	114 deaths
U.S. average is 34%	years	18.2 deaths per 100k	14.9 deaths per 100k
<ul style="list-style-type: none"> • ND average is up from 28% in 2011 	<ul style="list-style-type: none"> • A decrease from 79 years in 2018 	<ul style="list-style-type: none"> • 2nd leading cause of death for people ages 15 to 44 	<ul style="list-style-type: none"> • A 396% increase from 23 deaths in 2010

19

CONCLUSIONS

Strengths

- Population is growing and becoming more diverse
- Economy, overall, is strong; Housing costs are low relative to rest of nation; Most have enough to eat
- Many people are engaged in their communities and have access to Internet, exercise opportunities, and health care

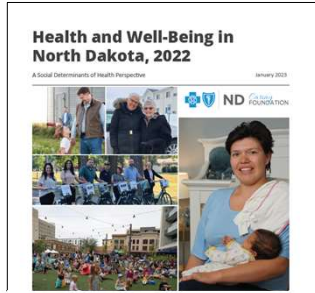
Opportunities to Improve Health and Well-Being – to list just a few...

- Some populations experience far greater disparities in health than others
- 26% of people in ND live in or near poverty (185,055 people)
- Quality early education is foundational, yet ND ranks last in enrollment
- When compared to national averages, ND children are more likely to live with someone experiencing mental illness, live with someone abusing substances, have a family member in jail or prison, and be a witness to domestic violence
- Life expectancy is down and mental health concerns continue to rise; alcohol, drug overdose, and suicide are leading factors in premature death

20

Resources

<https://bit.ly/3nMr9v2>



A Supplemental, Statewide Profile of Health and Well-Being in North Dakota, 2022
A Social Determinants of Health Perspective
by Karen Olson, PhD (Lead) and Sarah Rasmussen, MEd (Lead)

DEMOGRAPHIC CHARACTERISTICS	Total Population, 2022 779,094 +1% increase from 2019	Median Age, 2022 35.3 +1 year from 2019	Population by Race/Ethnicity, 2022	Population of Hispanic People, 2022 33,412 +1% increase from 2019
ECONOMIC STABILITY	Child Poverty, 2022 11% +1% point increase from 2019	Child Poverty, 2022 11% +1% point increase from 2019	Poverty by Race and Ethnicity, 2022	State Poverty, 2022 15% +1% point increase from 2019
EDUCATION	High School or GED, 2022 74% +1% point increase from 2019	Child Care Quality, 2022 31% +1% point increase from 2019	High School or GED, 2022 74% +1% point increase from 2019	100% Grade Reading Achievement, 2022/23 62% +1% point increase from 2019

Downloads

Available below are PDFs of the full report, the executive summary, a helpful North Dakota demographic snapshot and a roundtable recap:

[Download Full Report](#) ↓

[Download Executive Summary](#) ↓

[Download Two-Page Snapshot](#) ↓

[Roundtable Recap](#) ↓

21

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22

ACKNOWLEDGEMENTS



The Health and Well-Being of North Dakotans, 2022 – A Social Determinants of Health Perspective 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.

Gaining insight into these data can serve to identify disparities and barriers that impact people’s health. 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 North Dakotans.



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 North Dakotans to thrive.

23

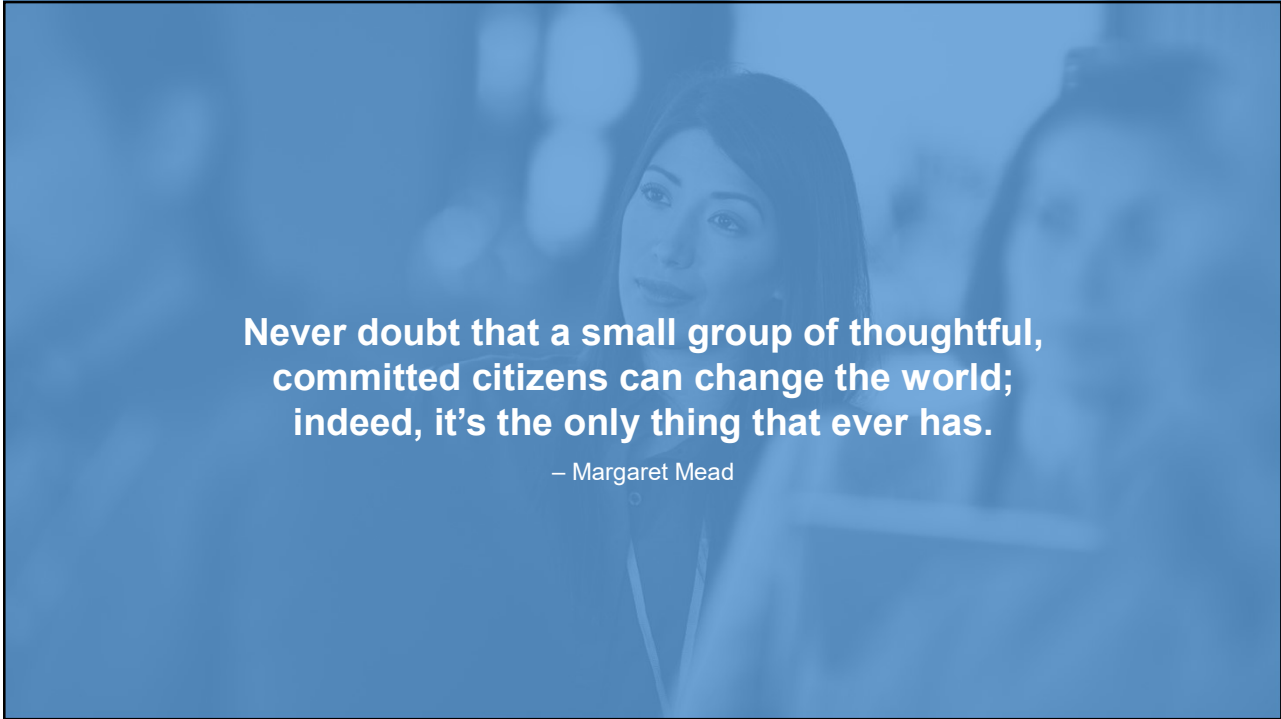
What do you think?



Join the conversation at www.kahoot.it



24



**Never doubt that a small group of thoughtful,
committed citizens can change the world;
indeed, it's the only thing that ever has.**

– Margaret Mead

25



THANK YOU!

Find resources at bcbsnd.com/sdoh



26