

A Supplemental, Statewide Profile of

# 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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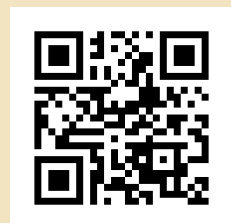


<b>DEMOGRAPHIC</b> Characteristics	Total Population, 2020 <hr/> <b>779,094</b> people • an increase of 16% from 2010	Median Age, 2020 <hr/> <b>35.3</b> years • down from 37.0 in 2010	Population by Non-Hispanic Race, 2020 White ..... 82% Black ..... 3% American Indian ..... 5% Asian ..... 2% Other .....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

<b>NEIGHBORHOOD &amp; BUILT ENVIRONMENT</b>	<b>Monthly Housing Costs, 2020</b> <hr/> <b>Homeowners ..... \$1,457</b> <b>Renters ..... \$828</b> <hr/> <ul style="list-style-type: none"> <li>• Costs rose faster than inflation since 2010</li> </ul>	<b>Households Burdened by Housing Costs, 2020</b> <hr/> <b>23%</b> 70,445 households <hr/> <ul style="list-style-type: none"> <li>• 2nd lowest rate among states, behind WV</li> </ul>	<b>Households Burdened by Housing Costs, 2020</b> <hr/> White ..... 21% Black ..... 38% American Indian.... 25% Asian ..... 36% Hispanic Origin ..... 43%	<b>Broadband Internet Subscription, 2020</b> <hr/> <b>83%</b> of households have a subscription <hr/> <ul style="list-style-type: none"> <li>• Lower than national average of 85%</li> </ul>	
	<b>ACCESS TO HEALTH CARE</b>	<b>Children with No Health Insurance, 2020</b> <hr/> <b>6%</b> 11,697 children 0 to 18 <hr/> <ul style="list-style-type: none"> <li>• higher than the national average of 5%</li> </ul>	<b>Primary Care Health Professional Shortage, 2022</b> <hr/> <b>36%</b> 281,849 people <hr/> <ul style="list-style-type: none"> <li>• live in area w/ shortage of primary care providers</li> </ul>	<b>Dental Health Professional Shortage, 2022</b> <hr/> <b>27%</b> 211,631 people <hr/> <ul style="list-style-type: none"> <li>• live in area w/ shortage of dentists</li> </ul>	<b>Mental Health Professional Shortage, 2022</b> <hr/> <b>46%</b> 355,835 people <hr/> <ul style="list-style-type: none"> <li>• live in area w/ shortage of mental health professionals</li> </ul>
	<b>HEALTH BEHAVIORS</b>	<b>Physically Inactive Adults, 2021</b> <hr/> <b>25%</b> of adults did not participate in any physical activity or exercise in past month	<b>Adult Smokers, 2021</b> <hr/> <b>15%</b> of adults have smoked at least 100 cigarettes, and smoke every day or some days	<b>High School Tobacco Use, 2021</b> <hr/> <b>6%</b> smoke cigarettes <hr/> Use vaping products ... 21% Any form of tobacco ... 23%	<b>Adult Alcohol Consumption, 2021</b> <hr/> <b>Binge Drinking Rate ..... 21%</b> <b>Traffic Fatalities due to Alcohol ..... 35%</b> <hr/> <ul style="list-style-type: none"> <li>• 2nd highest binge drinking rate among states, after WI</li> </ul>
	<b>HEALTH OUTCOMES</b>	<b>Adult Obesity, 2021</b> <hr/> <b>35%</b> U.S. average is 34% <hr/> <ul style="list-style-type: none"> <li>• ND average is up from 28% in 2011</li> </ul>	<b>Life Expectancy, 2020</b> <hr/> <b>77.0</b> years <hr/> <ul style="list-style-type: none"> <li>• a decrease from 79 years in 2018</li> </ul>	<b>Suicide Deaths, 2020</b> <hr/> <b>135</b> deaths 18.2 deaths per 100,000 people <hr/> <ul style="list-style-type: none"> <li>• 2nd leading cause of death for ages 15 to 44</li> </ul>	<b>Drug Overdose Deaths, 2020</b> <hr/> <b>114</b> deaths 14.9 deaths per 100,000 people <hr/> <ul style="list-style-type: none"> <li>• a 396% increase from 23 deaths in 2010</li> </ul>

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](https://www.ndsu.edu/csr/research_and_evaluation/#c451660)



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