

A Supplemental, Statewide Profile of

Health and Well-Being in North Dakota, 2024

A Social Drivers of Health Perspective

CSR | Center for Social Research at NDSU
January 2025



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|---------------------------------------|---|---|--|--|
| DEMOGRAPHIC Characteristics | Total Population, 2023 783,926 people • an increase of 1% from 2020 | Median Age, 2023 36.0 years • up from 35.4 years in 2020 | Population by Non-Hispanic Race, 2023 White 83% Black 4% American Indian 5% Asian 2% Two Plus Races..... 2% • White down from 84% in 2020 | Population of Hispanic Origin, 2023 38,185 people (5%) • an increase of 14% from 2020 |
| | Poverty, 2023 11% 79,628 people • no change from 11% in 2018 | Child Poverty, 2023 11% 19,303 children 0 to 17 w/ married parents .. 4% w/ single parent 28% | Poverty by Race and Ethnicity, 2023 White 9% Black 20% American Indian ... 31% Asian 21% Hispanic Origin 17% | Near Poverty, 2023 14% 103,222 people • with incomes from 100% to 199% of poverty |
| | Ages 0 to 5, All Parents Working, 2023 74% U.S. average is 68% • 8th largest percentage among states | Child Care Deserts, 2024 7 counties have more than 3 times as many young children than licensed child care slots; an additional 2 counties have no capacity | Ages 3 and 4 Enrolled in Early Education, 2023 28% U.S. average is 46% • Lowest percentage among states | 3rd Grade Reading Achievement, 2022/23 60% NOT meeting standards Meeting standards 29% Exceeding standards ... 11% |
| | Adults 65 and Older Living Alone, 2023 31% 38,717 people 65+ • Largest percentage among states | Adult Volunteerism, 2023 32% 185,033 people 16+ • a increase from 29% in 2021 | Youth and Young Adults in Labor Force, 2023 64% 66,766 people 16 to 24 • 5th largest percentage among states | Adverse Childhood Experiences, 2022/23 20% 35,112 children 0 to 17 • have experienced 2+ adverse experiences |
| | ECONOMIC STABILITY | EDUCATION | SOCIAL & COMMUNITY CONTEXT | |

**NEIGHBORHOOD
&
BUILT
ENVIRONMENT**

Monthly Housing Costs, 2023

Homeowners \$1,715

Renters \$934

- Costs rose faster than inflation since 2013

Households Burdened by Housing Costs, 2023

24%

74,615 households

- 2nd lowest rate among states, behind WV

Households Burdened by Housing Costs, 2023

White 22%
Black 39%
American Indian.... 27%
Asian 35%
Hispanic Origin 36%

Broadband Internet Subscription, 2023

88%

of households have a subscription

- Lower than national average of 90%

**ACCESS TO
HEALTH
CARE**

Children with No Health Insurance, 2022

5%

9,890 children 0 to 18

- same as national average of 5%

Primary Care Health Professional Shortage, 2024

33%

258,416 people

- live in area w/ shortage of primary care providers

Dental Health Professional Shortage, 2024

30%

231,428 people

- live in area w/ shortage of dentists

Mental Health Professional Shortage, 2024

46%

360,490 people

- live in area w/ shortage of mental health professionals

**HEALTH
BEHAVIORS**

Physically Inactive Adults, 2023

22%

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

Adult Smokers, 2023

13%

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

High School Tobacco Use, 2023

5%

smoke cigarettes

Use vaping products ... 18%
Any form of tobacco ... 20%

Adult Alcohol Consumption, 2023

Binge Drinking Rate 21%

Traffic Fatalities due to Alcohol 35%

- Highest binge drinking rate among states

**HEALTH
OUTCOMES**

Adult Obesity, 2023

36%

U.S. average is 34%

- ND average is up from 31% in 2013

Life Expectancy, 2021

78

years

- an increase from 77 years in 2020

Suicide Deaths, 2022

169 deaths

22.5 deaths per 100,000 people

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

Drug Overdose Deaths, 2022

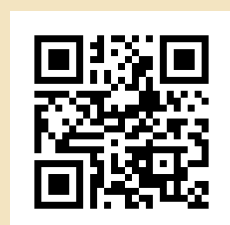
148 deaths

19 deaths per 100,000 people

- a 111% increase from 70 deaths in 2018

This Supplemental Profile contains an update to 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 drivers 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, social and community context, neighborhood and built environment, and access to health care are impacting the ability of people living in North Dakota to thrive. The full 2022 report, which provides context for each driver/determinant, additional measures and disaggregations, county-level information, definitions, and data sources is available at https://www.ndsu.edu/csr/research_and_evaluation/health/



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