

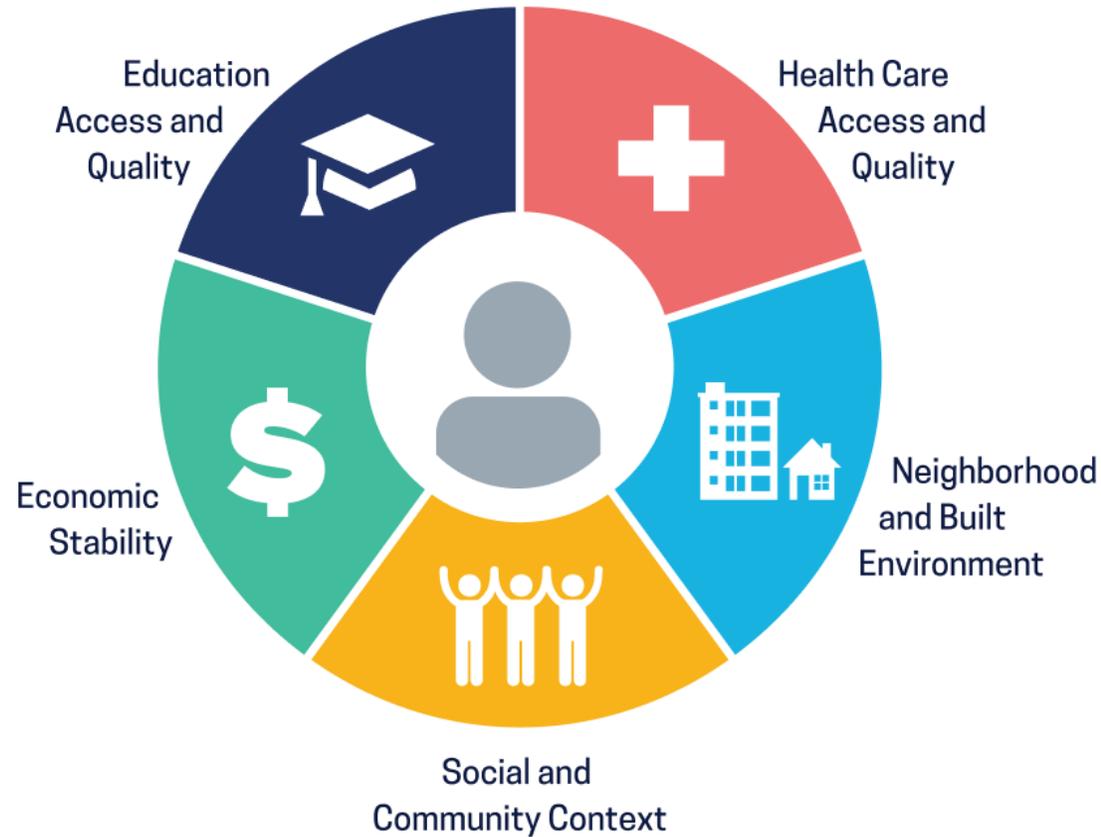


Health and Well-Being in North Dakota, 2022

A Social Determinants of Health Perspective

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

Social Determinants of Health

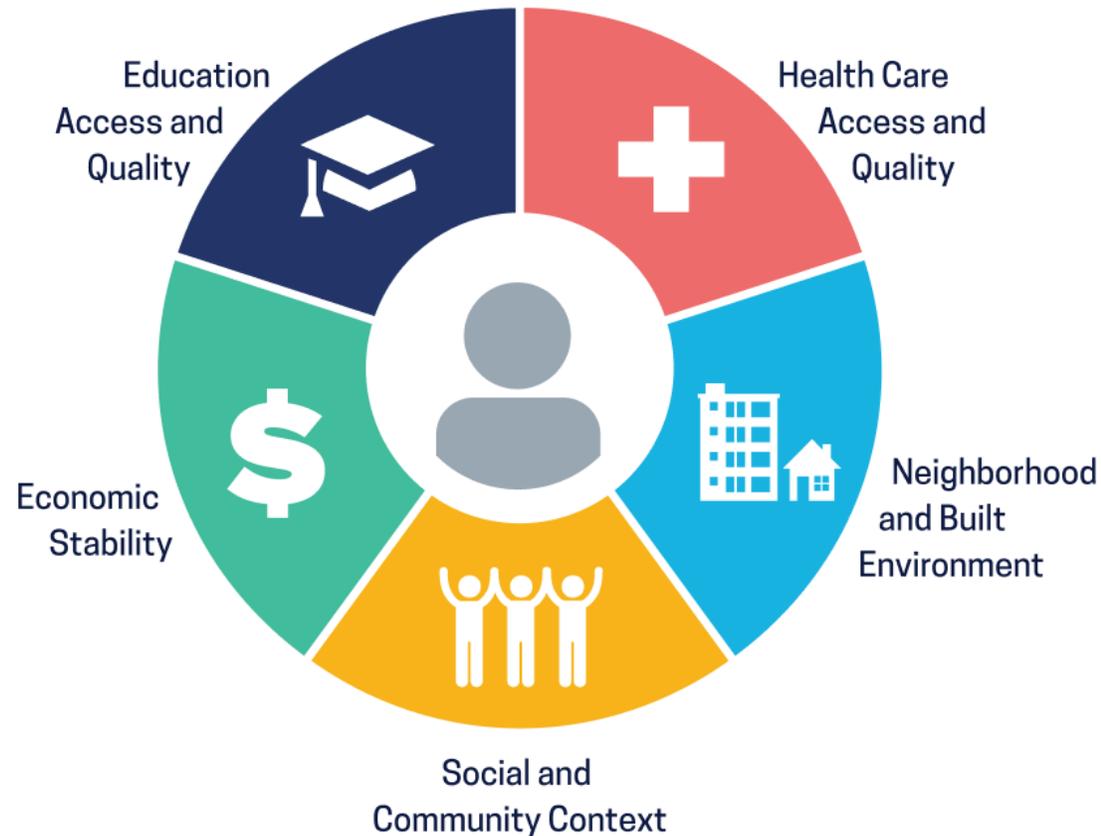


Health starts where we....

Live
Learn
Work
Play

...long before illness

Social Determinants of Health



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.

DEMOGRAPHIC Characteristics

Total Population, 2020	Median Age, 2020	Population by Race, 2020	% Change, 2010 to 2020
<p>779,094</p>	<p>35.3</p>	<p>White 82% Black 3% American Indian..5% Asian 2% Other 4% Hispanic Origin....4%</p>	<p>White 7% Black 237% American Indian.....6% Asian 96% Other 247%</p>
<p>people</p>	<p>years</p>	<ul style="list-style-type: none"> White population down from 89% in 2010 	<p>Hispanic Origin...148%</p>
<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 		

ECONOMIC STABILITY

Poverty, 2020	Child Poverty, 2020	Poverty by Race & Ethnicity, 2020	Near Poverty, 2020
11%	11%		15%
77,491 people	19,459 children 0-17	White 8% Black 27% American Indian 31% Asian 22% Hispanic 19%	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%		<ul style="list-style-type: none"> With incomes from 100% to 199% of poverty

EDUCATION

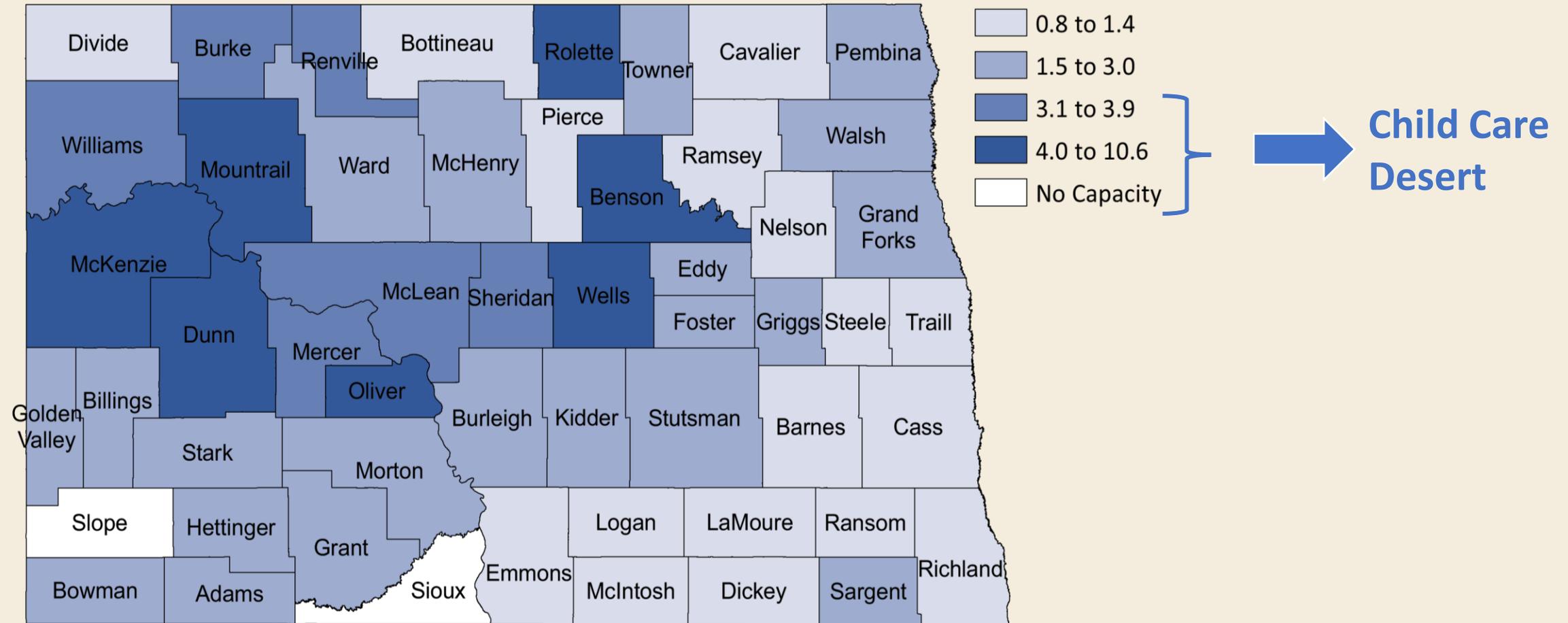
Child care is a key support for North Dakota's workforce.



54% of those working in North Dakota are parents.

46% of those parents have young children.

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



EDUCATION

Ages 3 & 4 in Early Education, 2020

31%

U.S. average is 47%

- Lowest percentage among states

3rd Grade Reading Achievement, 2021

62%

NOT meeting standards

Achieving standards:
Meeting **28%**
Exceeding **10%**

Graduating High School On Time, '21

87%

6,825 graduates

- A **decrease** from 89% in 2019/20

SOCIAL & COMMUNITY CONTEXT

Adults 65+ Living Alone, 2020	Adult Volunteers, 2019	Youth/Young Adults in Work Force, 2020	Adverse Childhood Experiences, 2019/20
31%	35%	65%	19%
36,419 people 65+	192,616 people 16+	65,979 people 16-24	32,095 children 0-17
<ul style="list-style-type: none">• Largest percentage among states	<ul style="list-style-type: none">• A decrease from 40% in 2017	<ul style="list-style-type: none">• Largest percentage among states	<ul style="list-style-type: none">• Have experienced 2 or more adverse experiences

NEIGHBORHOOD & BUILT ENVIRONMENT

Monthly Housing Costs, 2020	Household Cost Burden, 2020	Household Cost Burden, 2020	Broadband Subscription, 2020
<p>Homeowner ... \$1,457 Renter \$828</p>	<p>23%</p>	<p>White 21% Black 38% American Indian 25% Asian 36% Hispanic 43%</p>	<p>83%</p>
<p>Change in Housing Costs, 2010 to 2020</p> <ul style="list-style-type: none"> Costs rose faster than inflation since 2010 <p>Inflation 19% Homeowner costs .. 27% Gross rent 49%</p>	<p>70,445 households</p> <ul style="list-style-type: none"> 2nd lowest rate among states, behind WV Burden: 30% or more of income to housing 		<p>Of households have broadband subscription</p> <ul style="list-style-type: none"> Lower than national average of 85%

NEIGHBORHOOD & BUILT ENVIRONMENT

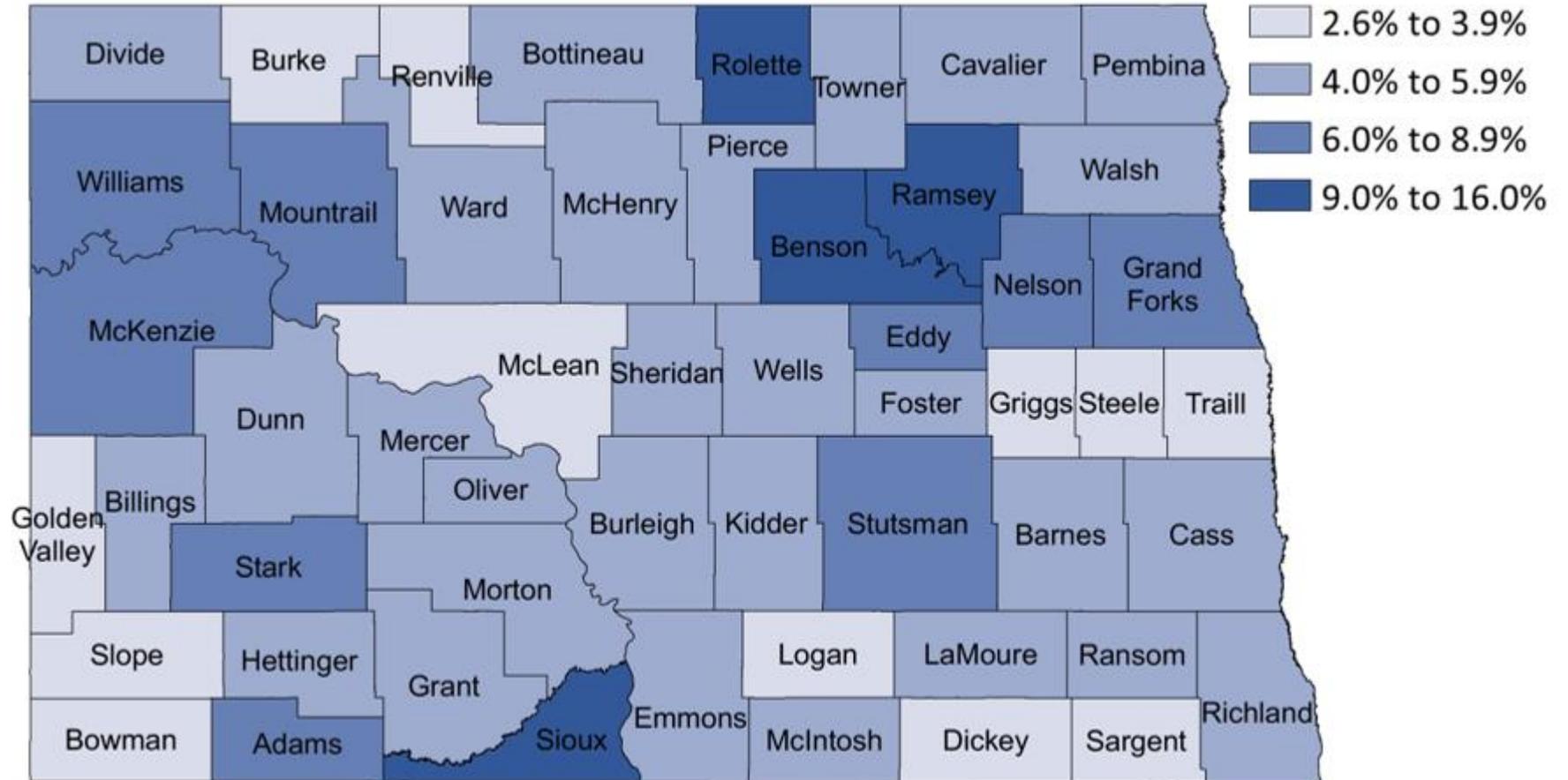
Food Insecurity,
2020

5%

36,130 people

- Lowest percentage among states

Food Insecurity Rate for Individuals in North Dakota by County, 2020



ACCESS TO HEALTH CARE

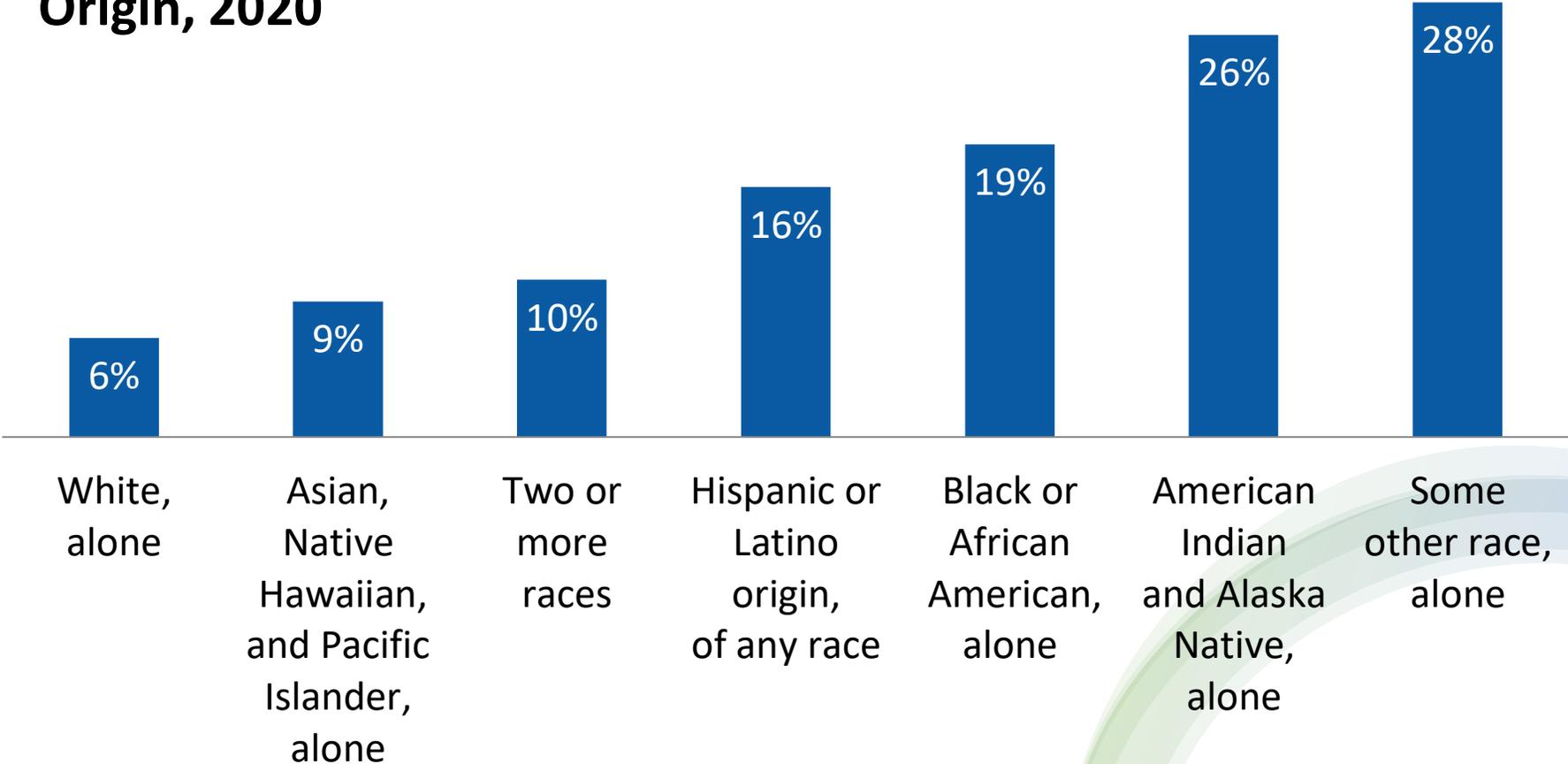
Uninsured Children, 2020

6%

11,697 children 0 to 18

- Higher than the national average of 5% of children with no health ins. coverage

Uninsured Rate for Persons Ages 0 to 64, by Race and Hispanic Origin, 2020



ACCESS TO HEALTH CARE

Health Care Professional Shortage Areas (HPSAs)

Primary Health Care, 2022

281,849

people live in a

Primary Care

**Health Professional
Shortage Area,**

which is **36%** of
the state's
population

Dental Health Care, 2022

211,631

people live in a

Dental Care

**Health Professional
Shortage Area,**

which is **27%** of
the state's
population

Mental Health Care, 2022

355,835

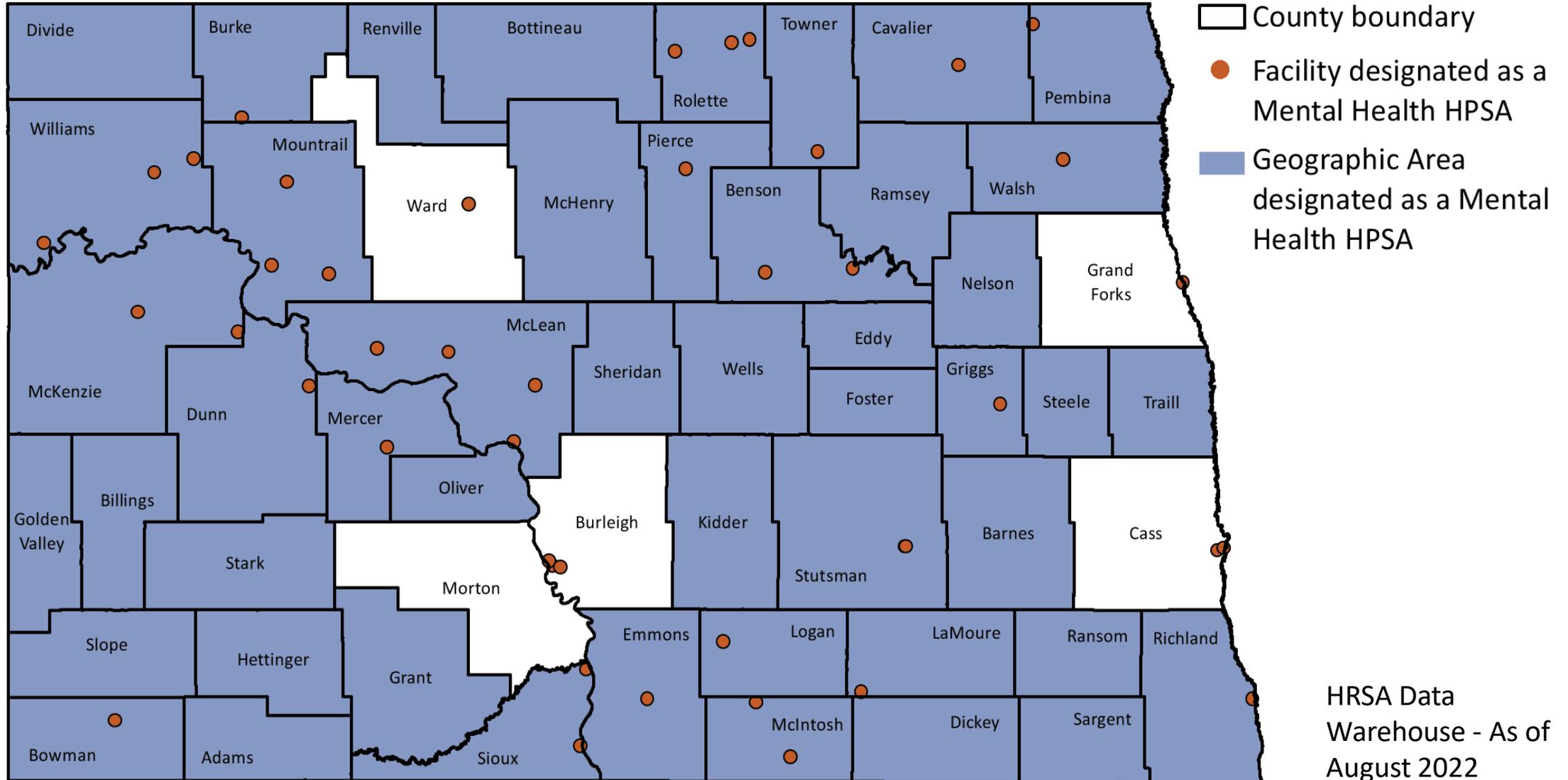
people live in a

Mental Health Care

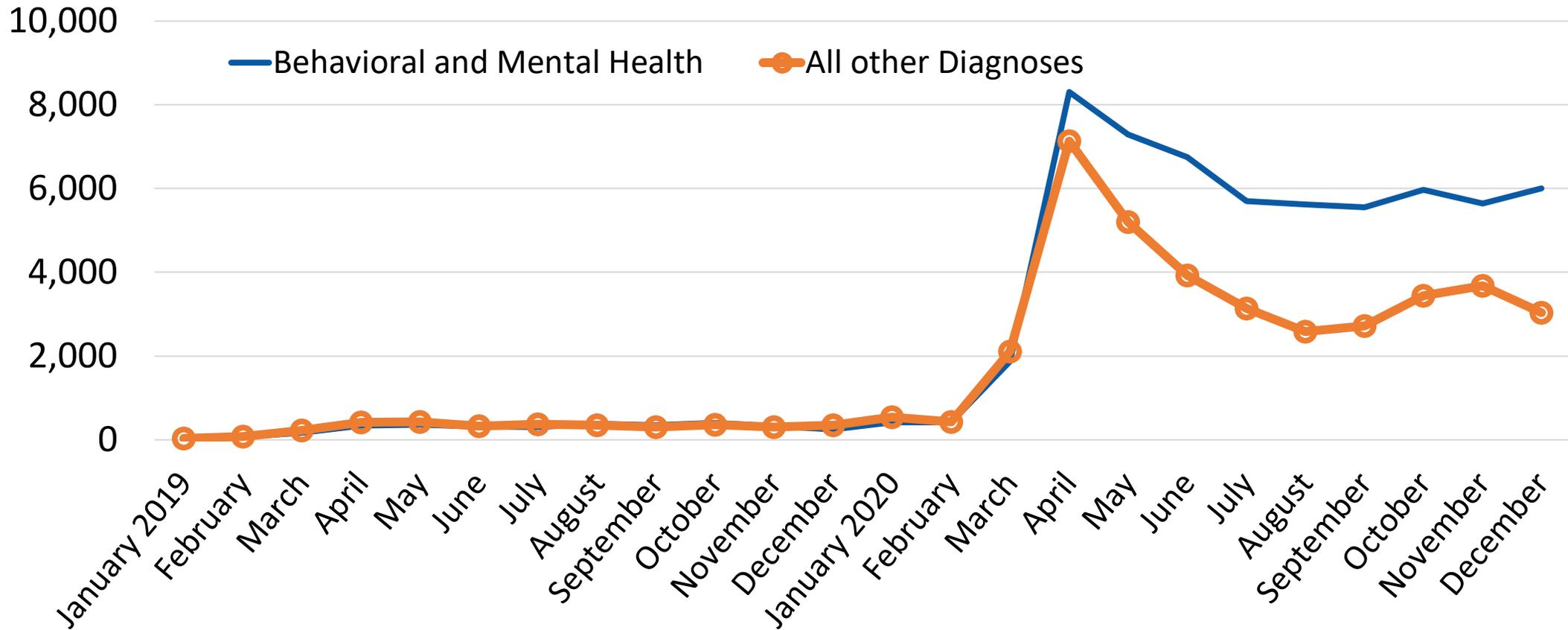
**Health Professional
Shortage Area,**

which is **46%** of
the state's
population

Mental Health Professional Shortage Areas



Telehealth Claims by Clinical Classification of Primary Diagnosis in North Dakota, January 2019 to December 2020



Source: The COVID-19 Healthcare Coalition Work Group (2021)

HEALTH BEHAVIORS

Physically INactive Adults, 2021	Adult Smokers, 2021	High School Tobacco Use, 2021	Adult Alcohol Consumption, 2021
25%	15%	6%	Binge Drink 21%
Of adults	Of adults	Smoke cigarettes	Traffic fatalities due to alcohol 35%
<ul style="list-style-type: none">• Did not participate in any physical activity or exercise in past month	<ul style="list-style-type: none">• Have smoked at least 100 cigarettes, and smoke every day or some days	High School students who: Vape 21% Use any form of tobacco 23%	<ul style="list-style-type: none">• 2nd highest binge drinking rate in the nation• Only 8 other states had higher fatality rate

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

CONCLUSIONS

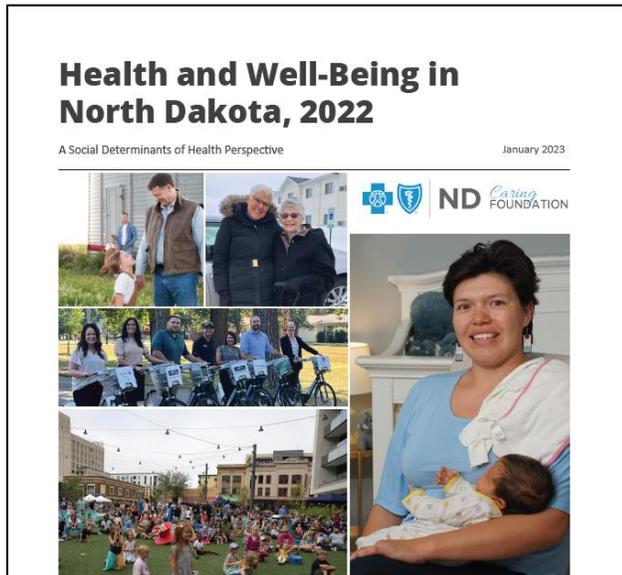
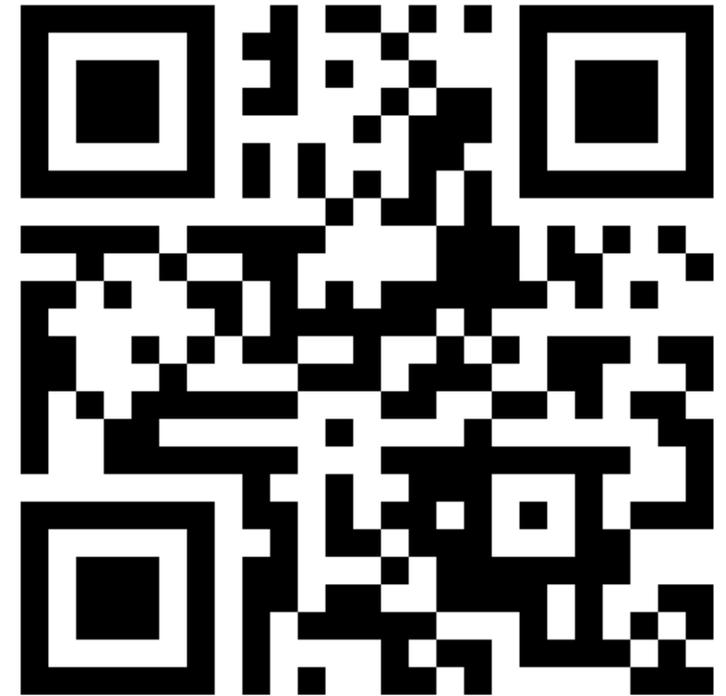
Strengths

- 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

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



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
January 2023

DEMOGRAPHIC CHARACTERISTICS	Total Population, 2020 779,094 people • an increase of 16% from 2010	Median Age, 2020 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 33,412 people (4%) • an increase of 148% from 2010
	ECONOMIC STABILITY	Poverty, 2020 11% 77,491 people • a slight decrease from 12% in 2010	Child Poverty, 2020 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%
EDUCATION	Ages 0 to 5, All Parents Working, 2020 74% U.S. average is 67%	Child Care Deserts, 2020 13 counties have more than 3 times as many young children than	Ages 3 and 4 Enrolled in Early Education, 2020 31% U.S. average is 47%	3rd Grade Reading Achievement, 2020/21 62% NOT meeting standards

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](#) ↓

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ACKNOWLEDGEMENTS



ND Caring
FOUNDATION

NDSU

CENTER FOR SOCIAL RESEARCH

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.