Demographic and Health Trends Impacting North Dakota

Healthy North Dakota Coordinating Committee Meeting
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ND Compass is a project of the Center for Social Research (CSR) at NDSU

- A one-stop social indicators website in North Dakota with tools to help access and interpret data.
Presentation Objectives:

1. To present an overview of historical shifts and trends in the demographics and health of ND.

2. To introduce the social indicators website ND Compass and its resources.
Social determinants of health
- Key measure breakdowns – geography, income, education, race, gender
- Poverty (Economy), Educational attainment (Workforce)

Context
- Demographics
  - Population trends
  - Disability prevalence
- Early Childhood
  - Total Births (from Low Birth Weight → Data & Notes)
Health Topic area
- 4 key measures = diabetes, obesity, health care coverage, mental health

Other topics
- Low birth weight (Early Childhood)
- Youth use of alcohol and youth sexual activity (Children & Youth)
- Air quality (Environment)
North Dakota’s 2012 population reached a historic high – 699,628. The previous peak was in 1930 at 680,845.
More North Dakotans live in urban areas (2,500+) by 1990. 223 (62%) of ND’s 357 incorporated places are smaller than 250 people.
11 of 53 counties gained population from 2000 to 2010.
ND’s population grew 2.2% from 2011 to 2012, the fastest growth among all states. 38 of 53 counties gained population from 2011 to 2012. Population loss is still a reality for many counties.
Among older adults, ND had 77 men for every 100 women.*

Source: U.S. Census Bureau, Population Division

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*North Dakota’s Aging Population
Growth in working age pop corresponds to small growth in # of children.
Growing #, % of elderly: 12% in 1980, projected to reach 18% by 2025.
# of births reached 9,234 in 2011, up from low of 7,635 in 1999.
Increases in age groups (largely due to oil boom) lessening the “graying of ND”

# of older adults in ND is expected to increase 50%. *
  - From 98,595 in 2011 to 148,060 in 2025.
  - McKenzie, Williams, Divide counties more than double # of seniors
  - Overall state proportion rise to 18% (from 14% now)

In 2012, ND had the 2nd highest proportion of older adults ages 85+ in the nation at 2.5%. *
  - # more than doubled from 1980 to 2012
  - Expected to stay fairly stable during next 14 years (grow again when baby boomers reach this age bracket)

*North Dakota’s Aging Population
In 2011, the leading edge of baby boomers turned 65.

Source: U.S. Census Bureau, Decennial Census 1970

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Population by Single Year of Age and Sex in the U.S.: 2030

Source: U.S. Census Bureau, Population Projections 2008
Dramatic shifts over the past several decades. Decrease in # and proportion that are married with children while other types have growth. Non-family households have seen greatest increases (people living alone).
Half of senior householders live alone – 2nd highest proportion in the nation – compared to 44% nationally. 72% of senior householders living alone are female.*

Source: U.S. Census Bureau

*North Dakota’s Aging Population
Diversity is increasing, with much larger numbers/proportions of Of Color residents in the younger age groups.
Greatest rates of uninsured: 18–34 (approx. 17% compared to 11% for all under 65).

97% of ND seniors have health-care coverage (most are eligible for Medicare).*

*North Dakota’s Aging Population
At least 1 in 5: Grant (26%), Logan, Sheridan, Slope
Access is an issue: 35% of all North Dakotans live in a primary health-care professional shortage area.*

Uninsured by County (Under 65)

*North Dakota’s Aging Population
Rate more than 3x higher for American Indians than whites (34% vs. 9%)

*Indian Health Service – considered a health provider not a health insurer.*

*Exemption from ACA for enrolled tribal members (?).*
Uninsured by Poverty Status (Under 65)

Rate ~3x higher for those below poverty level than those above it (26% vs. 9%)
Low Birth Weight by Planning Region

6.5% of all births statewide; 9.3% in Region 3, 4.9% in Region 1
30% of North Dakotans are considered OBSESE.
Rates higher with lower education levels.
Obesity by County

Darkest purple = counties in which 1 in 3 adults is OBESE.
Can see some geographic patterns in areas with Native American Reservations.
Obesity rates are high across all income groups.
Much higher prevalence among lower income groups.
7.4% of North Dakotans have diabetes; 17% (nearly 1 in 6) of seniors 65+. 
Disability by Age

Percent of residents with a disability by age
North Dakota, 2011

- 5-17
- 18-64
- 65-74
- 75-84
- 85+

North Dakota (all)
More than 1/3 of (noninstitutionalized) older adults report having a disability (35%).

Difficulties include:
- Ambulatory (20%)
- Hearing (16%)
- Independent living (13%)
- Vision (7%)
- Cognitive (6%)
- Self-care (5%)

Source: U.S. Census Bureau, 2011 ACS 1-Year

*North Dakota’s Aging Population
Long-Term Care Facilities

- In 2010, about 6% of ND older adults live in skilled nursing facilities.*
  - The majority of these residents are 85+.
  - Two-thirds of nursing home residents are female.

- In 2009, ~10% of ND older adults had at least one nursing home stay.*
  - 30% of residents 85+ had at least one stay.

*North Dakota’s Aging Population
Most common form of cognitive impairment.

In 2010, ~18,000 ND older adults lived with Alzheimer’s:
- 700 ages 65 to 74
- 7,700 ages 75 to 84
- 9,800 ages 85+

Nationally, prevalence of Alzheimer’s disease:
- 1 in 9 people ages 65+
- 1 in 3 people ages 85+

Alzheimer’s disease is the 6th leading cause of death in the U.S. (4th in ND) among older adults
Mental Health by County

On average, North Dakotans had 2.4 mentally unhealthy days per month. Differences by county (darkest purple = 3.0+ days/month).
On average, 6.6% of North Dakotans experienced mentally unhealthy days at least half the month. Differences by gender.
Trends in Air Quality in 4 of ND’s Largest Cities

Dickinson – stable.
Fargo, Bismarck – down/up/down.
Williston – gradual decline.
ND Compass

Compass gives everyone in our state – policymakers, business and community leaders, concerned individuals who live and work here – a common foundation to identify, understand, and act on quality of life issues that affect our communities.
ND Compass

- More than 1,000 graphs and tables
- 39 key measures in 12 topic areas
- Data by race, ethnicity, gender, income, and more
- Monthly analysis from researchers and commentary from community leaders and funders
- Twitter feed and Facebook page with breaking data news
- An e-library of recent publications and research-tested strategies
Good intentions + No common base of information = Inefficient decisions

Good intentions + Sound, credible information + Common sense of purpose = Productive decisions for strong communities

From:

To:

www.ndcompass.org
Partnerships

- Wilder Research – created and operates the award-winning MN Compass site
  - Model for ND Compass
  - Run the “back-end”

- Funding Partners

[Funding Partner Logos]
ND Compass engages data users, community stakeholders, and funders to:

- Assess relevancy of topics and key measures
  - Reflect quality-of-life
  - Data availability
- Suggest resources
- Help champion our site

- Steering Committee
- Advisory Committee
- Topic-Specific Technical Working Groups
How can you get involved?

- Explore ndcompass.org, sign up for the e-newsletter
- Follow us on Facebook (/ndcompass) and Twitter (@NDCompass)
- Suggest a resource
- Tell others about Compass
- Serve on a technical working group
- Become a financial supporter

www.ndcompass.org
Dr. Richard Rathge

- Retired earlier this month
- Former Director of the ND State Data Center at NDSU
- NDSDC service activities (data requests, presentations, population projections, demographic trends) transitioned to the ND Census Office in the ND Department of Commerce Jan. 1, 2012
  www.commerce.nd.gov/census

- Research activities transitioned to the CSR at NDSU
  www.ndsu.edu/csr

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