The ‘Graying of North Dakota’ – What’s Happening Now?

NLDTCA’s Summer Administrator Conference
Walker, MN
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Ramona Danielson
Assistant Director of ND Compass
www.ndcompass.org
Center for Social Research at NDSU
www.ndsu.edu/csr
Presentation Objectives:

1. To present an overview of historical shifts and trends in the population and demographics of people aged 65 and older in North Dakota (ND).
2. To discuss health care access, risks, and cognitive impairment issues of ND’s older population.
3. To introduce a new website, ND Compass, and examine social indicators for the aging population of ND.
North Dakota’s 2012 population is at a historic high – 699,628. The previous peak was in 1930 at 680,845.

Source: U.S. Census Bureau, Decennial Census and the Population Division.
### Rural–Urban Population Distribution in North Dakota

<table>
<thead>
<tr>
<th>Year</th>
<th>Rural</th>
<th>Urban</th>
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<tbody>
<tr>
<td>1900</td>
<td>92.7</td>
<td>7.3</td>
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<tr>
<td>1910</td>
<td>89.0</td>
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<td>44.1</td>
<td>55.9</td>
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<tr>
<td>2010</td>
<td>42.0</td>
<td>58.0</td>
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</tbody>
</table>
City Size in North Dakota: 2010

% change 2000 to 2010 noted in red

- Less than 100 persons: 38%
  - 25 of 136 or 18% grew

- 100 to 249 persons: 24%
  - 20 of 87 or 23% grew

- 250 to 2,499 persons: 33%
  - 34 of 119 or 29% grew

- 2,500 persons or more: 4%
  - 8 of 15 or 53% grew

Note: Between 2000 and 2010, 83 of 357 incorporated places grew (23%)

Note: Based on 357 incorporated cities
Source: U.S. Census Bureau, Census 2010
Percent Change in Population: 2002 to 2003

Legend:
- Loss
- No Change
- Gain

Counties:
- Divide
- Bottineau
- Rolette
- Towner
- Cavalier
- Rembina
- Walsh
- Nelson
- Grand Forks
- Mountrail
- Burleigh
- Kidder
- Stutsman
- Barnes
- Ransom
- Richland
- Golden Valley
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Start to see impacts of oil boom
Percent Change in Population: 2000 to 2010

Percent Change in Total Population in North Dakota by County: 2000 to 2010
Source: U.S. Census Bureau, Decennial Censuses

North Dakota = 4.7% Increase
- Decrease: 15.0% to 22.7%
- Decrease: 0.1% to 14.9%
- Increase: 0.1% to 4.9%
- Increase: 5.0% to 21.6%

Only 11 of 53 counties gained population between 2000 - 2010
Percent Change in Population: 2000 to 2010

Percent Change in Population: 2010 to 2012

North Dakota = 4.0%
- Increase: 10.0% to 25.6%
- Increase: 0.0% to 9.9%
- Decrease: -0.0% to -4.2%

Source: U.S. Census Bureau, Population Division.
North Dakota’s population grew 2.2% from 2011 to 2012, the fastest growth among all states.
Population by select age groups, trend and forecast
North Dakota, 1980-2025

Source: ndcompass.org
Among older adults, ND had 77 men for every 100 women.

Source: U.S. Census Bureau, Population Division
North Dakota’s Aging Population
Profile and trends of older adults - ages 65 years and older
The Shifting Landscape For Older Adults in North Dakota

- Robust economic climate has created opportunities but also challenges for western ND
  - Strain for services
  - Inflated housing demand (higher rents, higher property taxes)
  - Dynamic population

- Shifting concentration of seniors
  - Aging of baby boomers
  - Population loss or mixed growth
  - Improvements in life expectancy
Population by Single Year of Age and Sex in the U.S. : 1970

Source: U.S. Census Bureau, Decennial Census 1970
In 2011, the leading edge of baby boomers turned 65.
Population by Single Year of Age and Sex in the U.S.: 2030

Source: U.S. Census Bureau, Population Projections 2008
Persons Ages 65 and Older as a Percent of the Total Population in North Dakota by County: 2000

Source: U.S. Census Bureau, Census 2000

North Dakota = 14.7%

- 5.6% to 14.9%
- 15.0% to 21.9%
- 22.0% to 27.9%
- 28.0% to 34.2%
Percent Ages 65+: 2012

North Dakota = 14.5%

- 7.0% to 14.9%
- 15.0% to 21.9%
- 22.0% to 27.9%
- 28.0% to 34.0%
Population Increase Projected

- Overall state proportion expected to rise to 18% (from current 14%).
  - Increases in other age groups (due to oil boom) lessening the “graying of ND”

- The number of older adults in ND is expected to increase 50%.
  - From 98,595 in 2011 to 148,060 in 2025.
Projected Percent Change in Ages 65+: 2011 to 2025

North Dakota = 50.2%
- Decrease: 0.0% to 33.5%
- Increase: 0.0% to 24.9%
- Increase: 25.0% to 49.9%
- Increase: 50.0% to 139.0%
In 2012, ND had the 2\textsuperscript{nd} 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 the next 14 years
- Likely to grow again when baby boomers reach this age bracket

In 2010, ND had 221 residents age 100 and older
- 90% were women
Percent Older Adults Ages 85+: 2010

North Dakota Seniors Ages 85 and Older as a Percent of Seniors Ages 65 and Older in North Dakota by County: 2010

Source: U.S. Census Bureau, 2010 Census Summary File 1
Households by Type in North Dakota

Source: U.S. Census Bureau
Household Types in North Dakota: 2010

- Persons living alone: 31%
- Married with children: 19%
- Married without children: 30%
- Other family with children: 7%
- Other family without children: 5%
- Other non-family households: 8%

Source: U.S. Census Bureau
Households

- The vast majority of older adults in ND live in households.
  - 24% of all households has at least one older adult.

- More than 61,000 heads of households (householders) are older adults.
  - Half live alone – 2\textsuperscript{nd} highest proportion in the nation – compared to 44% nationally.
    - 72% of senior householders living alone are female.

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
More than half of older adults in ND are married.
- 31% widowed
- 7% divorced
- 5% never married

Approximately 1% of seniors live with grandchildren.
- About one in four of these seniors is responsible for the care of his/her grandchildren

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
Demographics

- Twice the proportion of ND older adults are veterans compared to the overall population.
- Educational attainment among older adults is less than that of the overall state population.
- Most ND older adults are non-Hispanic white.

Source: U.S. Census Bureau, 2010 Census and 2007-2011 ACS 5-Year
Population by age and race
North Dakota, 2012

Sources:
U.S. Census Bureau, Population Estimates.

Source: ndcompass.org
Housing

- Most older adults in ND have not moved in the previous year (93% compared with 83% of all North Dakotans).

- 73% of senior households are owner-occupied (4th lowest proportion in the nation)
  - Nationally, 79% are owner-occupied.

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
97% of ND older adults have some kind of health–care coverage.
- In the U.S., most older adults are eligible for Medicare.

Access to health–care services is an issue in North Dakota
- 35% of all North Dakotans live in a primary health–care professional shortage area.

“North Dakota’s Aging Population” – NDSU Extension
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.
Many ND senior householders experience cost-burdened housing.

- Owner-occupied: 21% are cost-burdened compared to 29% nationally.
- Renter-occupied: 47% are cost-burdened compared to 54% nationally.

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
Respondents surveyed:

- Are in moderate agreement that escalating housing costs are forcing older adults and low-income families to move.
- Believe that older adults needing skilled-care facilities are getting their needs met moderately well and better than older adults wanting to age in place at home.
The poverty rate among older adults in ND (for whom poverty has been determined) is 12% (same as overall state rate).
- 11 counties have at least 20% of their older adults living in poverty.

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
The ND retirement ratio was 24% in 2010 compared to 22% nationally.
  ◦ 9\textsuperscript{th} highest ratio in the nation
  ◦ People 65+ as a proportion of those 20 to 64

19% of older adults in ND are in the labor force.
One in three older adults ages 65 to 74 and one in four older adults ages 75+ did volunteer work in the previous year.

Notes:
The estimates shown here are based on data collected between 2009 and 2011, and therefore describe the average characteristics for that 3-year time period. Volunteering is defined as unpaid activities performed for or through an organization.

Sources:

Source: ndcompass.org
Older adult households receive income from a variety of sources:

- Social Security – 94% (mean = $15,714)
- Earnings – 36% (mean = $33,219)
- Retirement income – 31% (mean = $17,236)
- Supplemental Security – 3% (mean = $8,030)
- Cash public assistance – 1% (mean = $3,005)

- 6% received Food Stamp/Supplemental Nutrition Assistance Program benefits

Source: U.S. Census Bureau, 2007-2011 ACS 5-Year
Health Risk Factors Among North Dakota Older Adults

Figure 3. Health Risk Factors Among North Dakota Seniors, 2011

- Low physical activity: 89%
- Overweight or obese: 66%
- High blood pressure: 57%
- No flu shot: 42%
- Limited in activities: 31%
- No pneumonia vaccine: 30%
- Low education: 27%
- Living in poverty: 12%
- Current smoker: 9%
- Binge drinker: 4%

“North Dakota’s Aging Population” – NDSU Extension
Health Issues

Figure 4. Chronic Disease Prevalence* Among North Dakota Seniors, 2011

- Arthritis: 50%
- Vision impairment: 31%
- Diabetes: 19%
- Other types of cancer: 17%
- Skin cancer: 13%
- Coronary heart disease: 12%
- Heart attack: 12%
- Depression: 11%
- COPD**: 9%
- Asthma: 8%

Percent of residents ages 65+

Source: 2011 BRFSS
Health Issues

- Nearly one in three (noninstitutionalized) seniors reports being limited in activities because of physical, mental or emotional problems.
  - 16% require the use of special equipment

Source: 2011 BRFSS
More than one-third 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
Percent of residents with a disability by age
North Dakota, 2011

Source: ndcompass.org
Falls

Among calls ND older adults make for emergency medical services, the vast majority are for falls.
- 2,779 EMS calls were for falls (87% of all calls by older adults) in 2008.

In 2011, 68 deaths were attributed to falls among ND older adults ages 70+.

Source: North Dakota Department of Health
Among ND nursing home residents in 2009:
- 47% had severe or moderate cognitive impairment
- An additional 31% had mild or very mild impairment

Alzheimer’s disease is the most common form of cognitive impairment.
In 2010, about 18,000 ND older adults were living with Alzheimer’s disease:
- 700 ages 65 to 74
- 7,700 ages 75 to 84
- 9,800 ages 85 and older

Nationally, an estimated
- One in nine people ages 65 and older and one in three people ages 85 and older have Alzheimer’s disease.

“North Dakota’s Aging Population” – NDSU Extension
Alzheimer’s Disease

- Alzheimer’s disease is the 6th leading cause of death in the United States (4th in ND) among older adults.

- Alzheimer’s disease continues to increase as a cause of death.
  - However, causes such as stroke and heart disease are decreasing in prevalence.

Nationally, about one in seven people with Alzheimer’s and other dementias lives alone. Many do not have someone providing care to them, putting them at higher risk of issues such as:

- Malnutrition
- Inadequate self-care
- Accidental death

Source: Alzheimer’s Association
In 2012, an estimated 28,000 informal caregivers in North Dakota provided 32 million hours of unpaid dementia care with a value of $400 million.

Source: Alzheimer’s Association
Informal Care

National research shows that:

- Two-thirds of older adults with long-term care needs rely exclusively on informal caregiving by friends and family.

- Half of older adults in need of long-term care who do not have a family caregiver are in nursing homes, compared with 7% who have a family caregiver.

Source: Family Caregiver Alliance
Informal Care

- Informal care includes:
  - Hands-on health provision
  - Care management
  - Companionship
  - Decision making
  - Advocacy

- The majority of informal care is provided by women.
  - The average caregiver is in her mid-40s, married, and working outside the home.

Source: Family Caregiver Alliance
In addition to the expenses of caregiving, caregiving responsibilities can lead to:
- Financial hardship through lost wages from reduced work hours,
- Passing on a promotion
- Taking a leave of absence
- Time out of the workforce
- Early retirement

All of which can impact retirement income down the road

Source: Family Caregiver Alliance
Vulnerable Adults

- In 2012, 515 new cases of vulnerable adults in ND who had been subjected to (or were at risk of) abuse or neglect were reported.
  - Of those, 77% were adults ages 60 and older.
  - 60% of all cases were determined to be self-neglect.
  - The remaining cases were neglect, abuse or financial exploitation.
  - More than one-third of new cases involved adults with Alzheimer’s disease or dementia.

Source: North Dakota Department of Human Services
NDSU Extension

- Extension recently added a Gerontology Specialist position.

- Focus on education and support needs of older adults and their family members relating to:
  - Falls
  - Aging at home
  - Caregiving

“North Dakota’s Aging Population: Profile and Trends of Seniors Ages 65 and Older”

Introducing
North Dakota Compass

www.ndcompass.org
What is ND Compass?

A: a new one-stop social indicators website in North Dakota with tools to help you access and interpret data

A: a data indicators and community improvement project

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.
Working to Change the Equation

From:

Good intentions +

No common base of information =

Inefficient decisions

To:

Good intentions +

Sound, credible information +

Common sense of purpose =

Productive decisions
for strong communities
A platform for data-driven decision making

Data Helps:
- Make informed decisions
  - Where to focus efforts
  - Where to allocate resources
- Secure funding
  - Motivate supporters to act and contribute
  - Make a case to funding organizations
- Determine if you are having the impact you seek
  - Tweak processes along the way if necessary
Topic areas and key measures currently on ND Compass...

- **Aging**
  - Disability ages 65+, median income, volunteerism older adults
- **Children & Youth**
  - Population trends, Connection to adults, Youth use of alcohol, Youth sexual activity
- **Civic Engagement**
  - Voter turnout, Volunteerism
- **Demographics**
  - Population, Age, Race, Disability
- **Disparities**
  - Age, Gender, Income, Native American Reservation Area, Race
- **Early Childhood**
  - Low birth weight, Preschool enrollment, Children with working parents
- **Economy**
  - Economic output (GDP), Jobs, Median income, Poverty
- **Education**
  - 3rd grade reading scores, 8th grade math scores, High school graduation
- **Environment**
  - Air quality
- **Health**
  - Diabetes, Obesity, Health care coverage, Mental health
- **Housing**
  - Cost-burdened households, Homeownership rate, Homeless persons
- **Workforce**
  - Postsecondary degree completion, Educational attainment, Proportion of adults working
Compass serves as a data curator and a discussion starter

<table>
<thead>
<tr>
<th>Breakdown: By gender and detailed age, ages 65+</th>
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<tr>
<td><strong>Median household income per older adult by gender and detailed age group</strong></td>
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<td>North Dakota, 2009-2011</td>
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<td>65-74, Female</td>
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<td>75-84, Female</td>
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<tr>
<td>75-84, Male</td>
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<tr>
<td>85+, Female</td>
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<tr>
<td>85+, Male</td>
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- Engaging graphs
- Detailed data in the “Data and notes” tables
Age breakdown in *Disparities*

**DISPARITIES: AGE**

- Breakdown: Cost-burdened households: By age of head of household
- Cost-burdened households: By age of head of household
- Diabetes: By detailed age group
- Disability: By age
- Disability: By detailed age
- Disability: By number of disabilities and detailed age
- Disability: By gender and detailed age
- Educational attainment: By age
- Health care coverage: By age
- Health care coverage: By detailed age group
- Homeless persons: By age (number)
- Homeless persons: By age (rate)
- Homeownership rate: By age
- Homeownership rate: By detailed age
- Low birth weight: By age of mother (all births)
Various geographic levels, depending on indicator
- State level
- National and state-to-state comparisons
- 8 planning regions
- 53 counties
- 3 metropolitan areas and five micropolitan areas
- Top 15 cities
- 4 reservations with population – Fort Berthold, Spirit Lake, Standing Rock (entire and ND-part only), Turtle Mountain

Various characteristics, depending on indicator
- Explore age, gender, race, income
ND Compass also has...

- Analysis of current trends from researchers and commentary from community leaders and stakeholders
  - Major Trends
  - For Discussion
  - Ask a Researcher
- Cultivated links to “more measures”
- Links to “ideas at work” in our state and across the nation
- An e-“library” of recent publications and research-tested strategies
Let’s take a peak...

NORTH DAKOTA COMPASS ... Measuring progress. Inspiring action...

WELCOME TO NORTH DAKOTA COMPASS

By tracking and analyzing trends in areas that affect our quality of life, Compass gives everyone in our state – policymakers, business and community leaders, and concerned individuals who live and work here – a common foundation to act on issues to improve our communities.

STAY INFORMED
Enter your email to sign up for our e-newsletter.

PROVIDE INPUT
Are you part of an initiative or collaboration working to improve any of these issues in your area?
Have you read a recently published report or discovered a useful website on any of these topics?

FOR DISCUSSION
Economic contribution of the petroleum industry in North Dakota
Dean Bangsund is a research scientist with NDSU’s Department of Agribusiness and Applied Economics. He discusses the recent rapid increasing economic development in the state as it pertains to the oil and gas industries, along with the challenges it brings.

ASK A RESEARCHER
Annual population estimates tell interesting stories about North Dakota’s growth patterns.

HOW TO USE THIS SITE
NO Compass explores a set of key measures for each topic area. In addition to tracking statewide trends, Compass provides data, where possible, by region, county, reservations, and larger cities (click on the map above or here to see more details). Within each topic, click on a key measure and choose “breakdown” to see what specific indicators, geographies, and characteristics are available. To find more detailed information, including data sources, definitions, or qualifications, go to the “View” drop down menu found above each key.
A Dynamic Site, Always Under Development

- Topics under development:
  - Public Safety
  - Transportation
- Toolkit under construction:
  - Community Building
- Geographic profiles
- Color scheme

- Data updates occur frequently
- New resources are continuously being added
- On-going Facebook posts reflecting timely research and data
- New topics are explored every month in our columns and newsletter

www.ndcompass.org
Major Trends

- Vibrant Communities
- Shifting Economy and Workforce
- Healthy People and Families

Current *For Discussion* piece
- By Dean Bangsund, research scientist with NDSU’s Department of Agribusiness and Applied Economics
- “Economic contribution of the petroleum industry in North Dakota”

Current *Ask a Researcher* Piece
- By Megan Chmielewski, a researcher with Minnesota Compass and Wilder Research
- “Annual population estimates tell interesting stories about North Dakota’s growth patterns”
Partnership with Wilder Research

- Created and operates the award-winning MN Compass site
  - mncompass.org
  - Serves as the model for ND Compass
  - Run the “back-end”

- Where possible, topics and data are available on BOTH sites
  - Especially beneficial to communities along the Red River Valley
Input from the Community

- Steering Committee
- Advisory Committee
- Topic-specific Technical Working Groups

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
Sustainability for Compass

- Investments from communities, tribal entities, local and regional foundations, businesses, and individuals.
- Sponsorships at an annual conference to discuss trends and future directions.
- Collaborations on research and projects.
- In-kind support.

www.ndcompass.org
Compass provides:

- Data and resources to help you make informed decisions, secure funding, and determine if you are having the impact you seek.

- Information that will help the community make informed decisions about how to become a better place to live, work, and raise families.

www.ndcompass.org
How can you get involved?

- Explore ndcompass.org
- Sign up for the e-newsletter
- Follow us on Facebook
- Tell us how you have used Compass
- Suggest a resource
- Tell others about Compass
- Serve on a technical working group
- Become a financial supporter
Questions?

- Ramona Danielson, Assistant Director
- 701-231-9496
- ramona.danielson@ndsu.edu

Visit the website at www.ndcompass.org
Sign up for our monthly e-newsletter
Connect with ND Compass on Facebook (/NDCompass)
Email us at ndsu.ndcompass@ndsu.edu
Summary

1. Historical shifts and trends in the population and demographics of people aged 65+ in ND.
2. Health care access, risks, and cognitive impairment issues of ND’s older population.
3. ND Compass, which includes social indicators for the aging population of ND.