

Health Trends

NORTH DAKOTA

Health Trends Summary

- The adult obesity rate has trended above the national average since 2011 and was 35 percent in 2019 .
- Obesity rates increased for all adult age groups from 2011 to 2019. The largest increase was in the 35 to 44 age group.
- The diabetes rate for adults in North Dakota remained fairly constant from 2011 and has trended below the national average since 2011.
- In North Dakota, the percent of people with at least one disability is lower than the national average and one of the lowest among states (7th place among the 50 states in 2019).
- The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015.
- The prevalence of depression is higher for those with low incomes, are females and have low educational levels as compared to their counterparts.

Healthy behaviors among youth

Alcohol consumption, is a concern among high school students in North Dakota and the U.S. since excessive alcohol use can increase the risk of health problems.

The percentage of high schoolers in North Dakota who ever had one drink of alcohol in their life decreased from 74 percent in 2007 to 57 percent in 2019.

The percentage of high school students in North Dakota who were binge drinking in the past 30 days also decreased from 2007 to 2019. However, direct comparison is not recommended because the question in the survey slightly changed, differentiating binge drinking for male and female students.

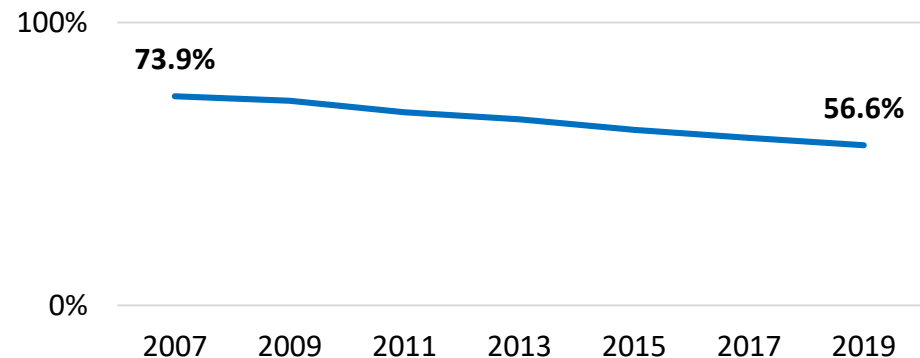
Note:

Binge drinking (2007-2015) - 5 or more drinks of alcohol in a row, that is, within a couple of hours.

Binge drinking (2017 and after) - 4 or more drinks of alcohol in a row for a female and 5 or more drinks of alcohol in a row for a male.

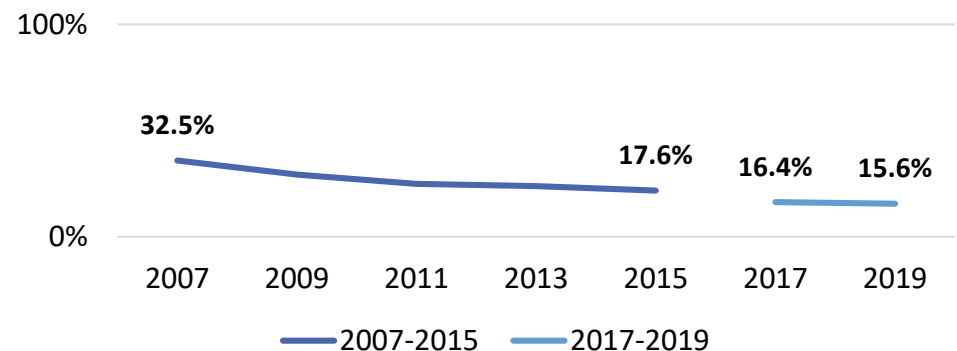
High schoolers who have ever had one drink of alcohol

North Dakota, 2007-2019



High schoolers who binge drank in the past month

North Dakota, 2007-2019



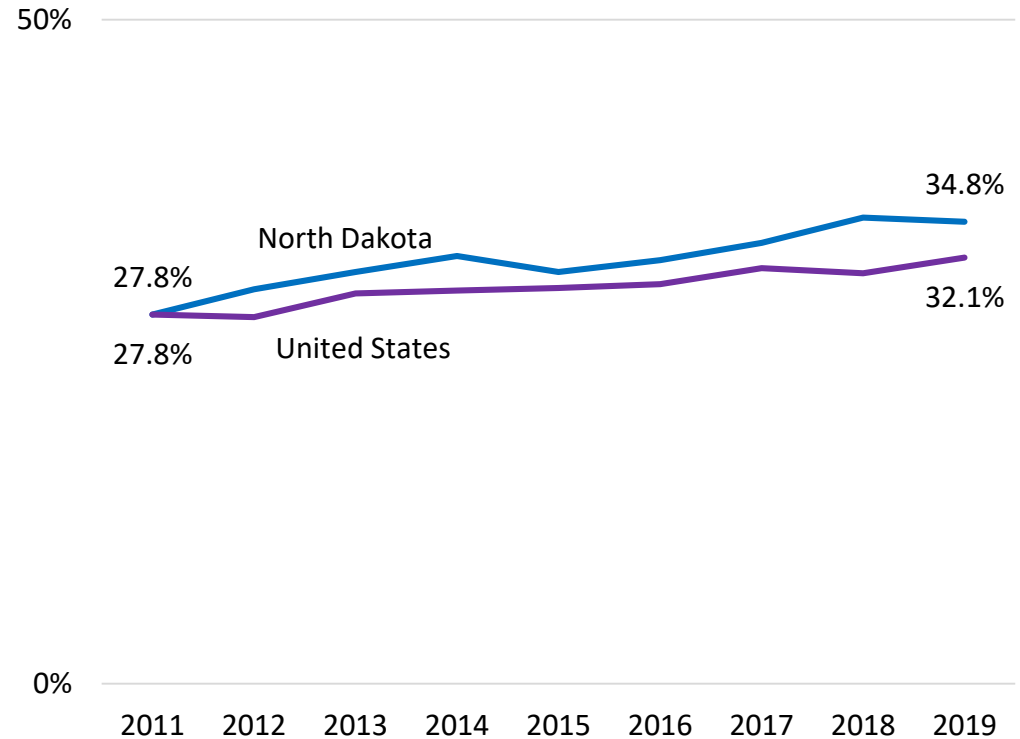
Obesity

In 2011, 27.8 percent of North Dakota's adults (age 18 and older) were obese, ranking North Dakota 25th among the 50 states.

Eight years later, in 2019, the adult obesity rate rose to 34.8 percent, ranking North Dakota 36th among the 50 states (ranking from lowest rate to highest).

The North Dakota obesity rate has trended above the national average since 2011.

Adults who are obese
North Dakota and U.S., 2011-2019

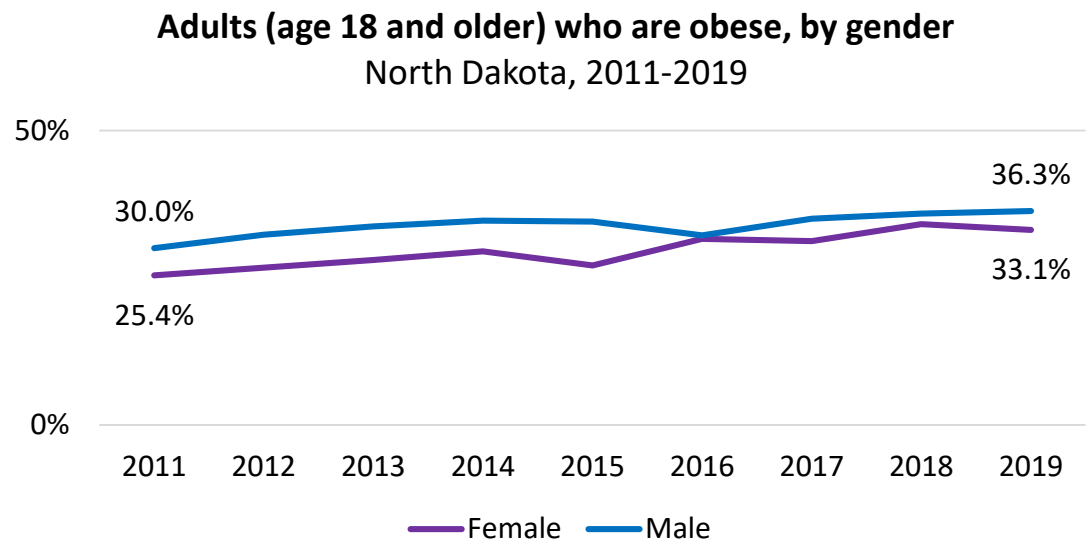


Obesity by gender

Male adults have had higher obesity rates than their female counterparts in North Dakota in 2019 (36.3% and 33.1%, respectively)

The obesity rate increased significantly for both male and female (age 18 and older) from 2011 to 2019.

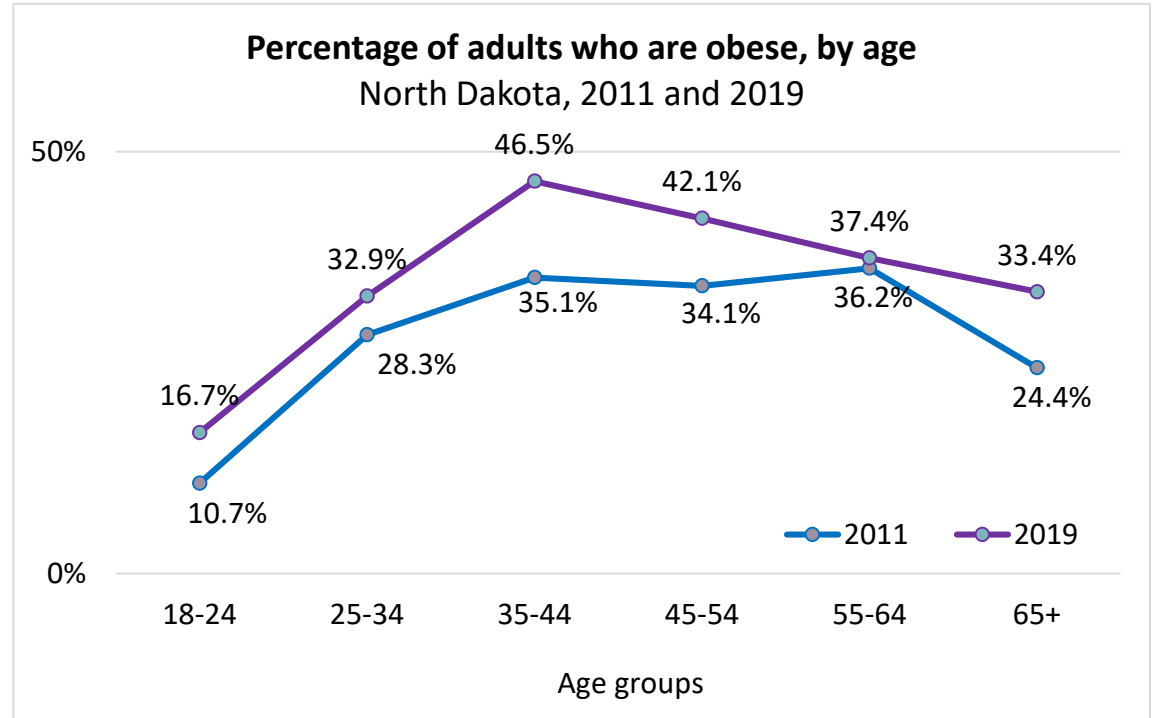
More recently, from 2015 to 2019, the obesity rate increased significantly among female, but the increase for male was not statistically significant.



Obesity by age

In [2019](#), [obesity](#) was most prevalent in middle age. Adults age 35-44 had the highest obesity rate at 46.5 percent, followed by the 45-54 age group at 42.1 percent. The group with the lowest obesity rate was the 18-24 age group at 16.7 percent.

When comparing obesity rates from 2011 to 2019, [obesity rates increased for most adult age groups](#). The largest increase was for the 35-44 age group.



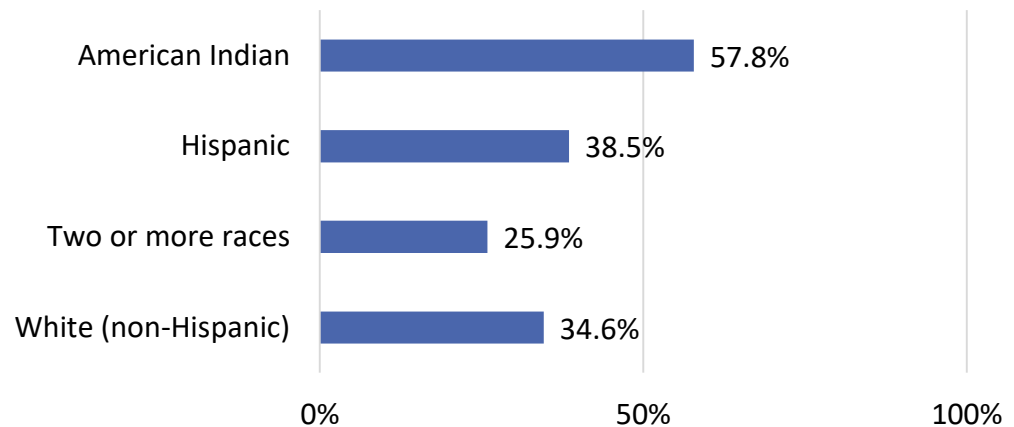
Obesity by race and ethnicity

Among racial and ethnic groups in North Dakota, the American Indian have the highest obesity rate in 2019 (57.8%), followed by Hispanics at 38.5 percent.

Population of two or more races have the lowest obesity rate in North Dakota (25.9%).

Data is not available for all racial and ethnic groups.

Adults (age 18 and older) who are obese, by racial and ethnic groups
North Dakota, 2019

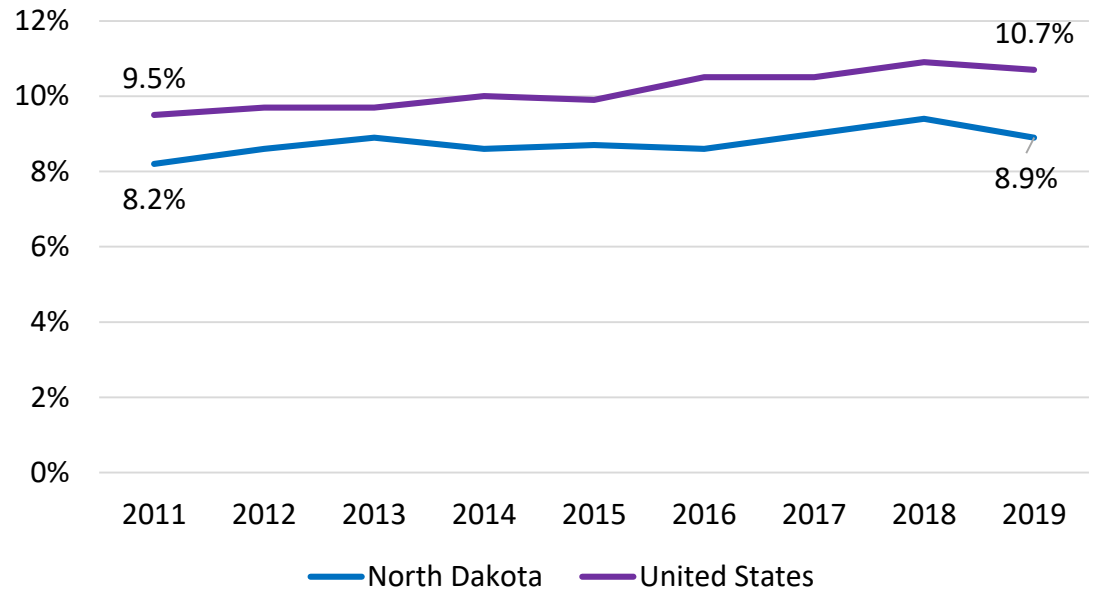


Diabetes

The diabetes rate for adults in North Dakota trended below the national average from 2011 to 2019.

Nearly one in eleven of North Dakota's adults (age 18 and older) had diabetes in 2019 (8.9%). Nationally, North Dakota ranked 11th (from lowest to highest diabetes rate) among states for adults diagnosed with diabetes.

Adults (18+) diagnosed with diabetes
North Dakota and U.S., 2011-2019



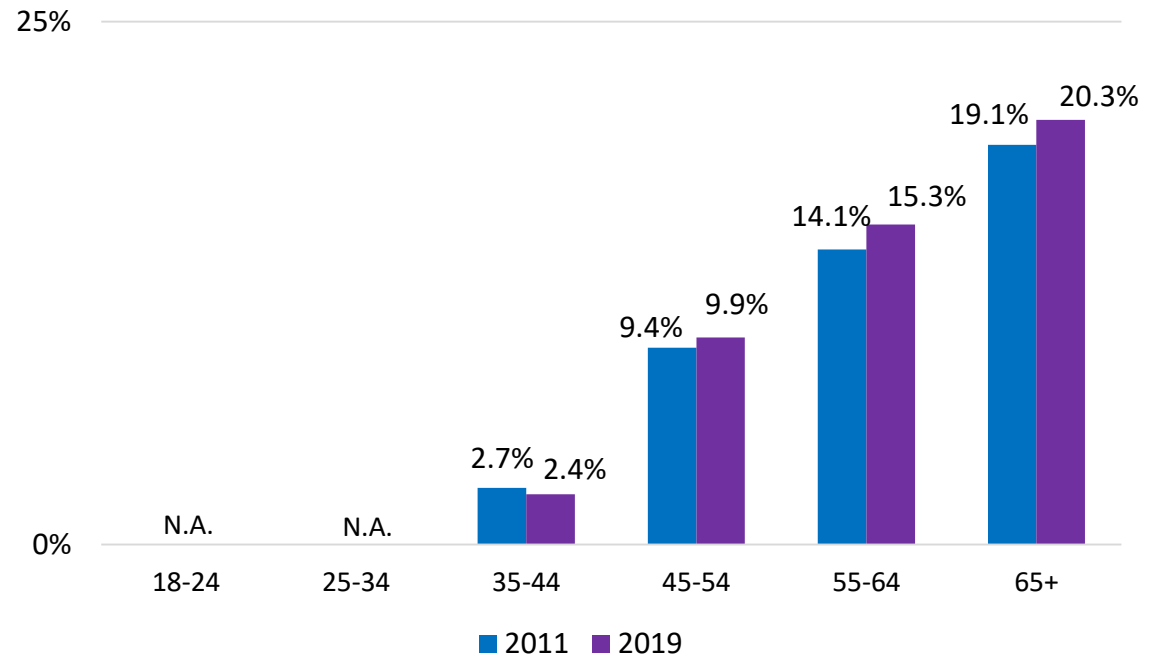
Diabetes by age

In 2019, adults age 65 and older had the highest [diabetes rate](#) at 20.3 percent followed progressively by lower rates for younger age groups.

[Compared to 2011](#), diabetes rates slightly varied for all age groups.

Adults (18+) diagnosed with diabetes by detailed age

North Dakota, 2011 and 2019



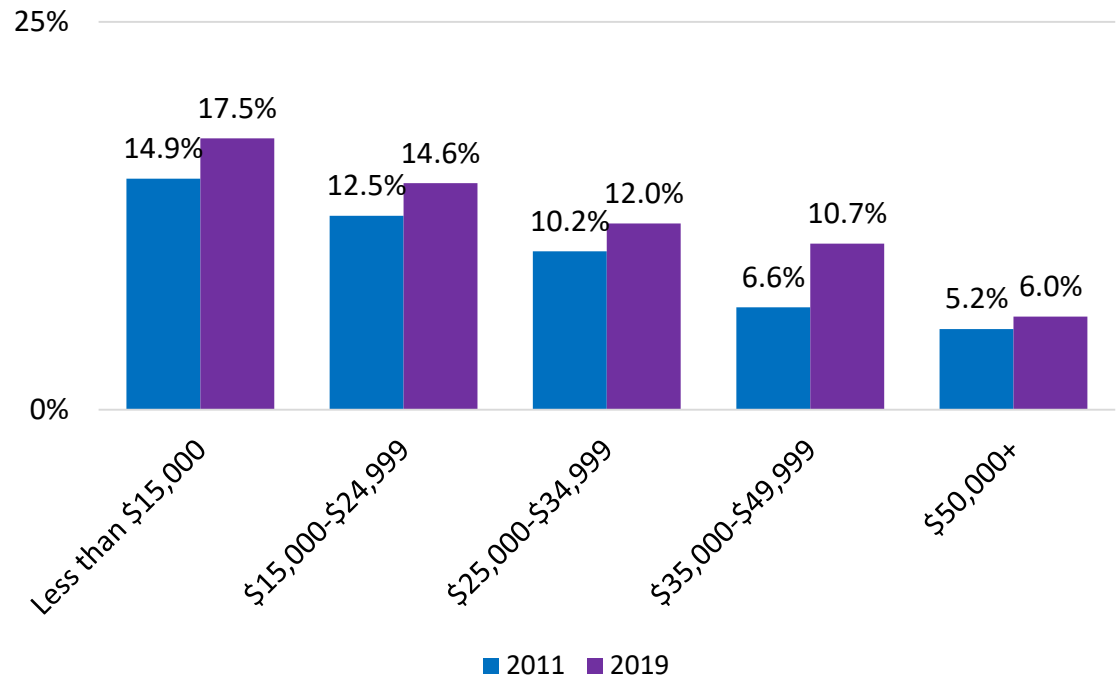
Note: N.A. - Data is not available for the 18-24 and the 25-34 age groups (2011 and 2018).

Diabetes by income

The prevalence of diabetes in North Dakota is highest among those with the lowest [household income](#) and decreases as income increases.

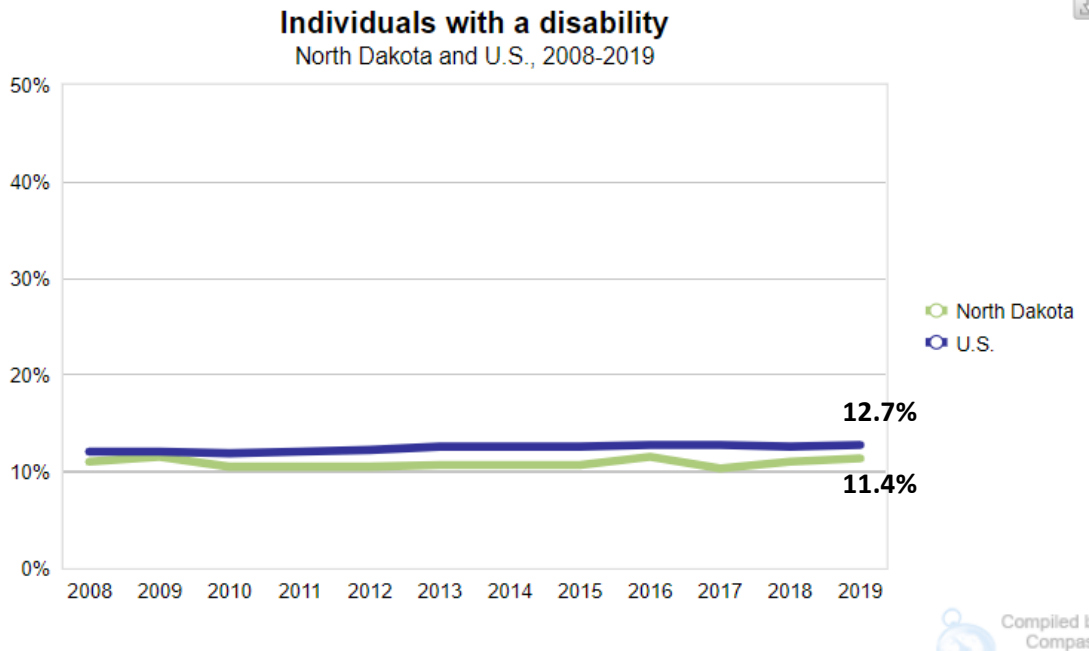
[Compared to 2011](#), diabetes rates increased for adults in all income groups with the highest increase for adults in the \$35,000-\$49,999 income group.

Adults with diabetes by annual household income
North Dakota, 2011 and 2019



People with disabilities

In North Dakota, 11.4 percent of people were living with one or more [disabilities](#) in 2019. This percent is lower than the national average (12.7%) and is one of the [lowest among states](#) (7th place among the 50 states, from lowest to highest).

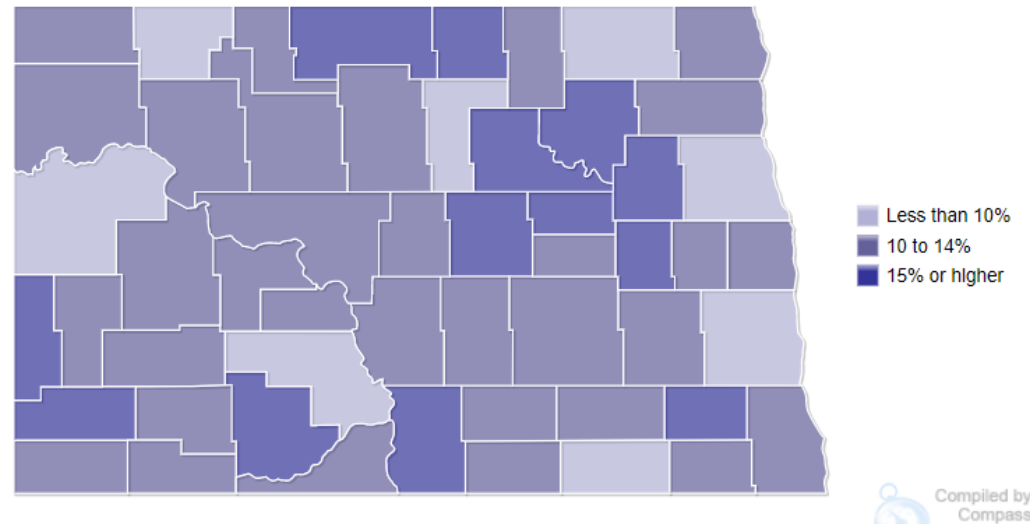


People with disabilities

At the county level, the percent of people with disabilities in North Dakota varies from 8.6 percent in Morton County to 19.9 percent in Eddy County.

Individuals with a disability

By county, 2015-2019



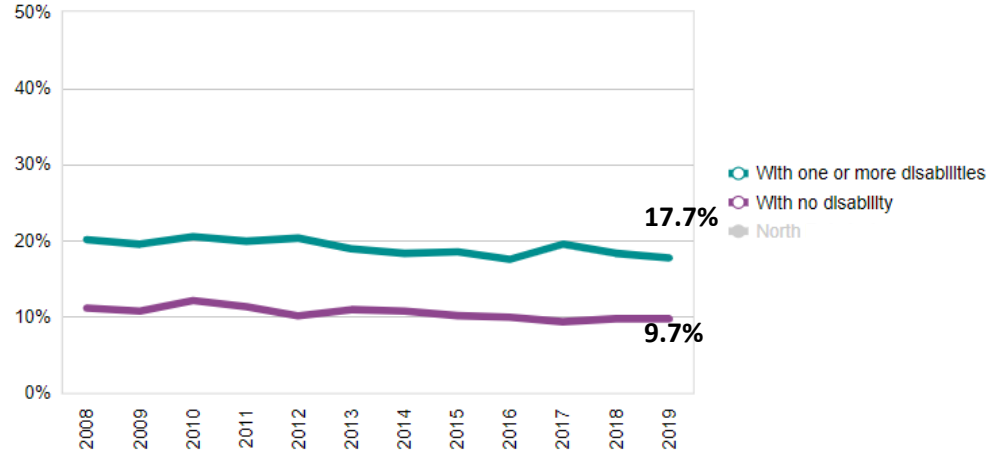
People with disabilities and poverty

Disability and poverty have an interdependent relationship. Disabilities can create challenges that can lead to economic hardship. [People with disabilities are almost twice as likely to have incomes below the poverty thresholds](#) as people without disabilities in North Dakota (17.7% and 9.7%, respectively in 2019).

Equally, poverty may contribute to sustaining disability by limiting access to health care and preventive services and by living in adverse environments. In North Dakota [people in poverty are almost twice as likely to have disabilities as people above the poverty level](#) (19.1% and 10.6%, respectively in 2019).

Individuals below the poverty level by disability status

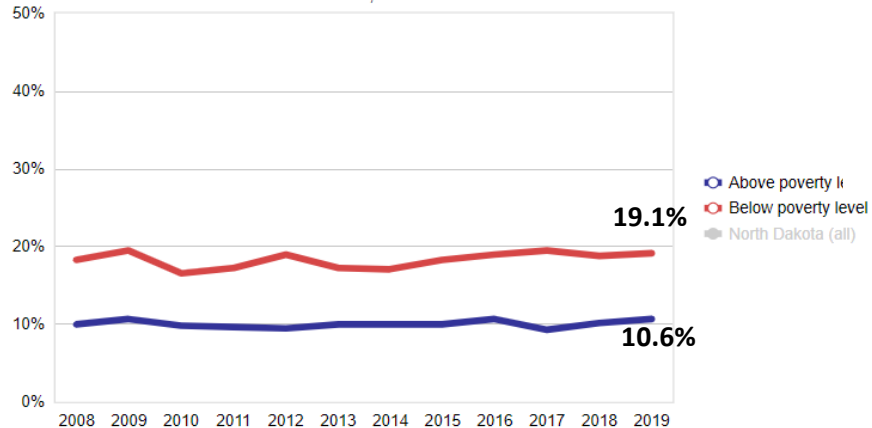
North Dakota, 2008-2019



Compiled by Compass

Individuals with a disability by poverty status

North Dakota, 2008-2019

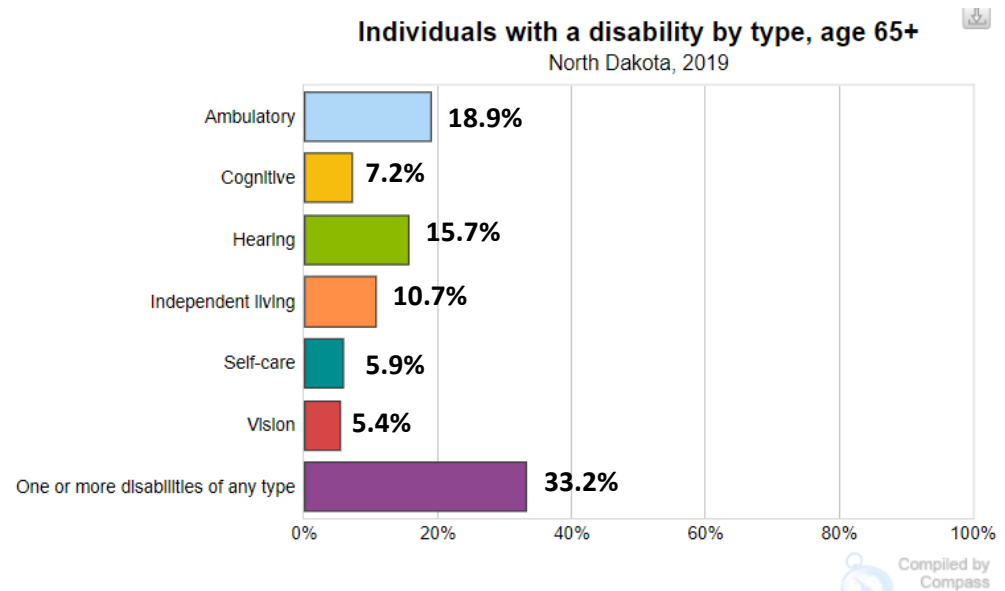


Compiled by Compass

Older adults with disabilities

Of the 37,752 older adults in North Dakota who have some form of disability, 21,511 report difficulty walking or climbing which is counted as ambulatory disability. The older adults who report having an ambulatory disability represent 18.9% of the civilian non-institutionalized population age 65 and older.

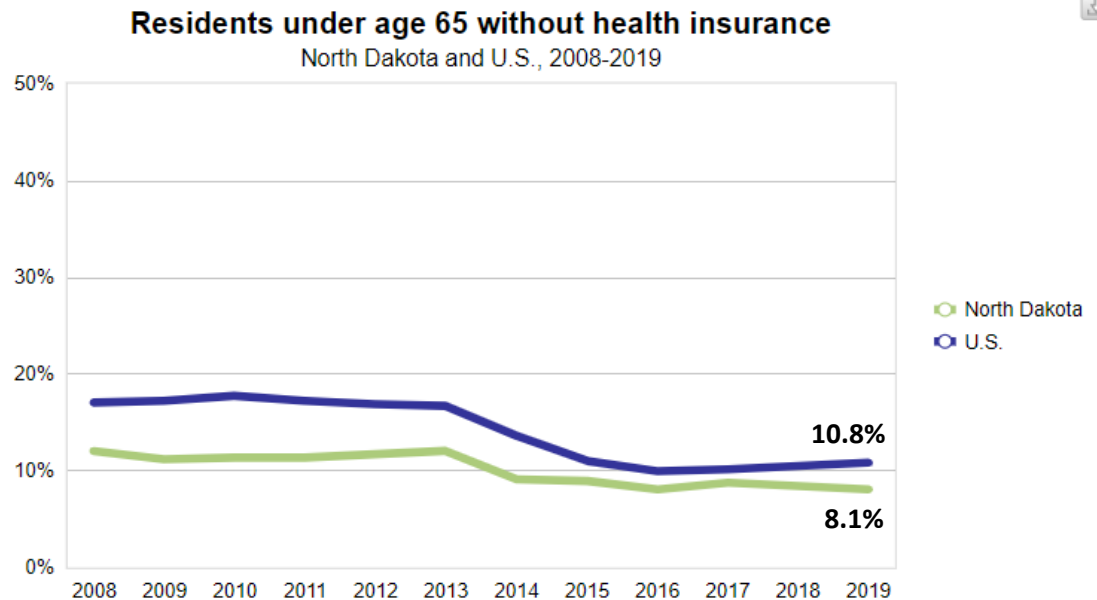
Serious difficulty hearing is the second-most cited disability (15.7% of the civilian, non-institutionalized population age 65 and older), followed by difficulty with independent living – doing errands alone such as visiting a doctor’s office or shopping (10.7%).



Health care coverage

The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015. In 2019, 8.1 percent of residents under age 65 in North Dakota lacked health insurance coverage.

North Dakota ranked 18 among the 50 states for health insurance coverage, with Massachusetts being in first place with the lowest percentage of residents uninsured (3.5%) and Texas ranking 50th with the highest percentage (20.8%).



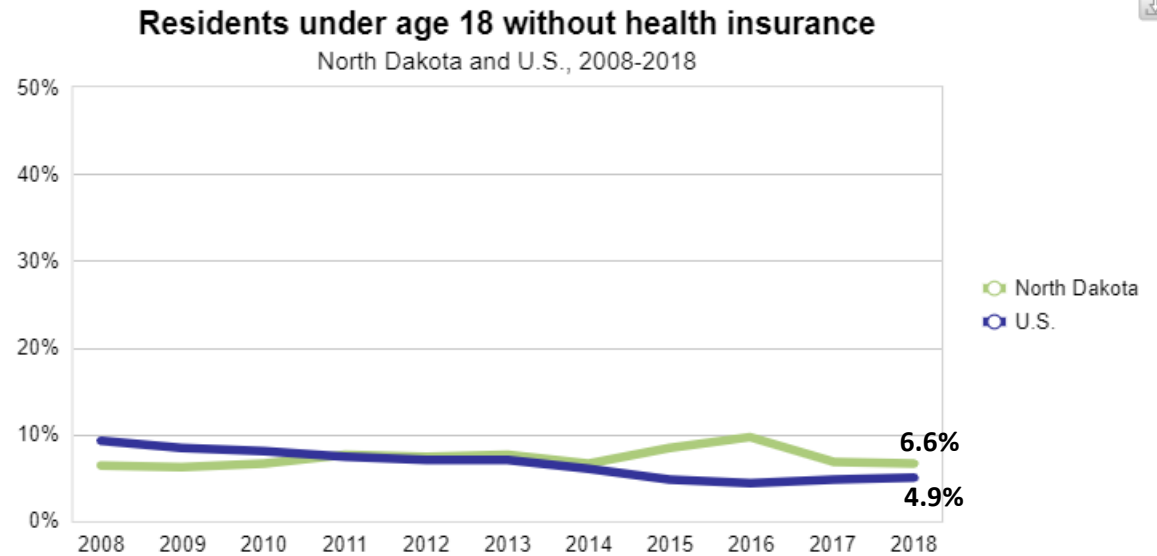
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Compass

Health care coverage

The percentage of uninsured children has trended above the U.S. average since 2015. In 2018, 6.6 percent of children (under age 18) lacked health insurance as compared to 4.9 percent of children nationwide.

North Dakota ranked 46th among the 50 states for health insurance coverage for children, with Massachusetts being in first place with the lowest percentage of uninsured children (1.4%) and Texas ranking 49th with the highest percentage (12.3%) in 2019.

This needs to be updated. I don't have the numbers yet.



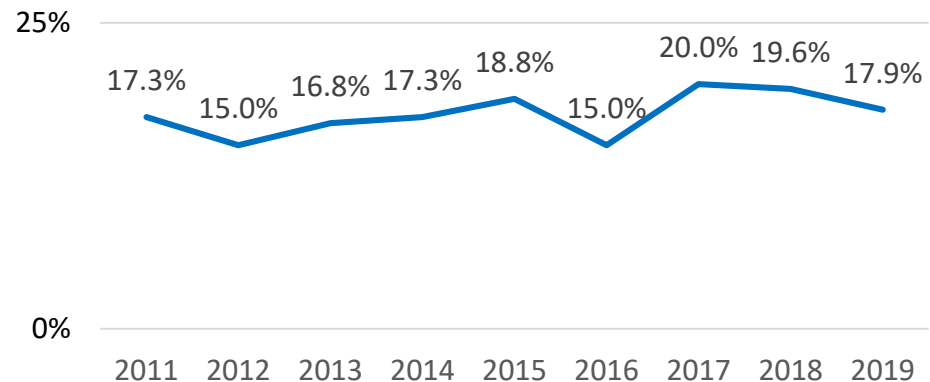
Compiled by
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Mental Health

Good mental health is as important as good physical health. Mental illness can impair individuals' ability to work, to raise their families, and to participate in their communities. In addition to affecting individuals and their families, mental illness imposes significant economic costs on communities as a whole.

In North Dakota, 17.9% of adults have been told they have a form of depression in 2019.

Adults (18+) who have ever been told they have a form of depression
North Dakota, 2011-2019

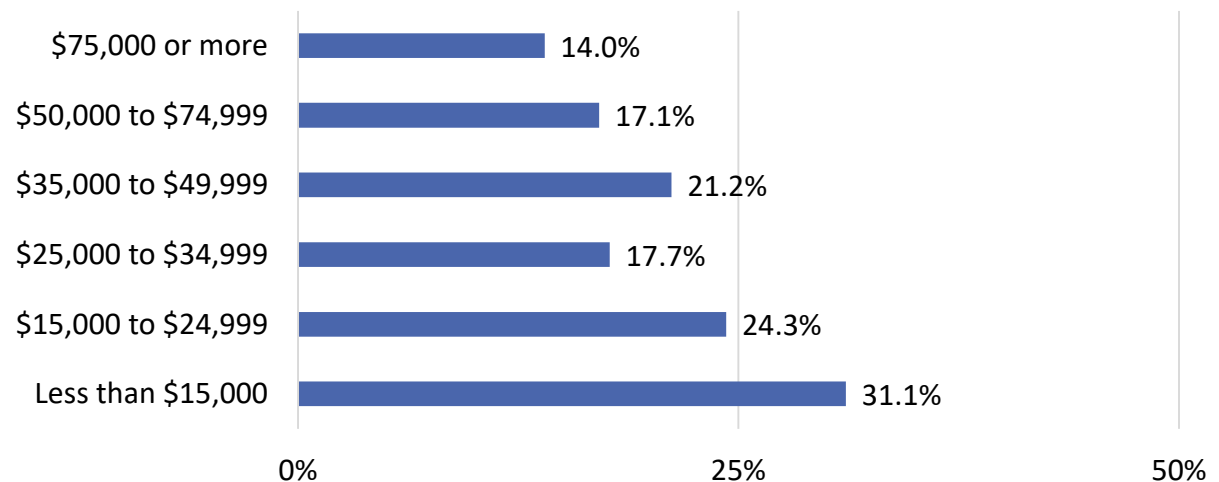


Mental Health

The percentage of adults who have been told they have a form of depression is highest for those with the lowest household income (31.1% for household income less than \$15,000) in 2019.

The prevalence of depression decreases as household income increases (from 31.1% for household income less than \$15,000 to 14.0% for household income \$75,000 or more in 2019).

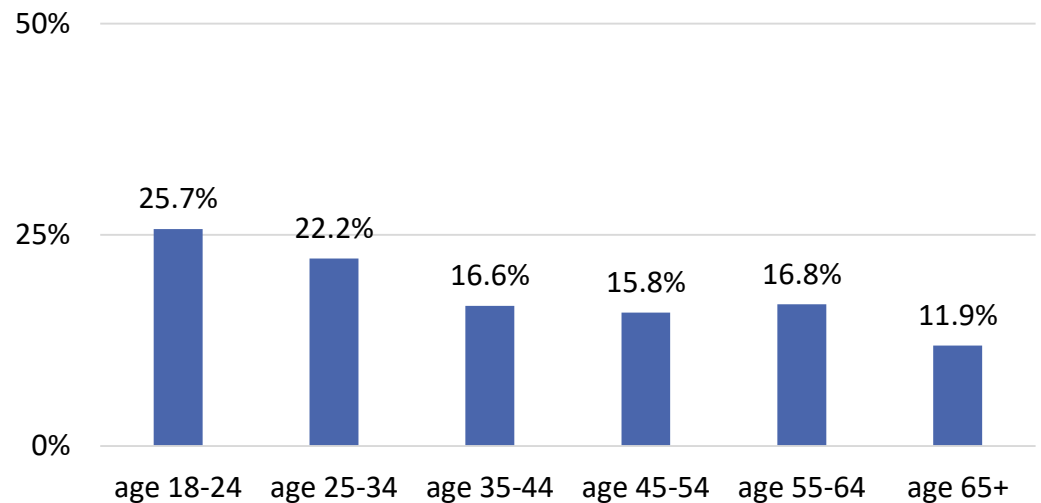
Adults (age 18 and older) who have ever been told they have a form of depression, by income
North Dakota, 2019



Mental Health

The prevalence of depression in North Dakota's adults is highest in the 18-24 age group (25.7%) and lowest for older adults, age 65 and older (11.9%) in 2019.

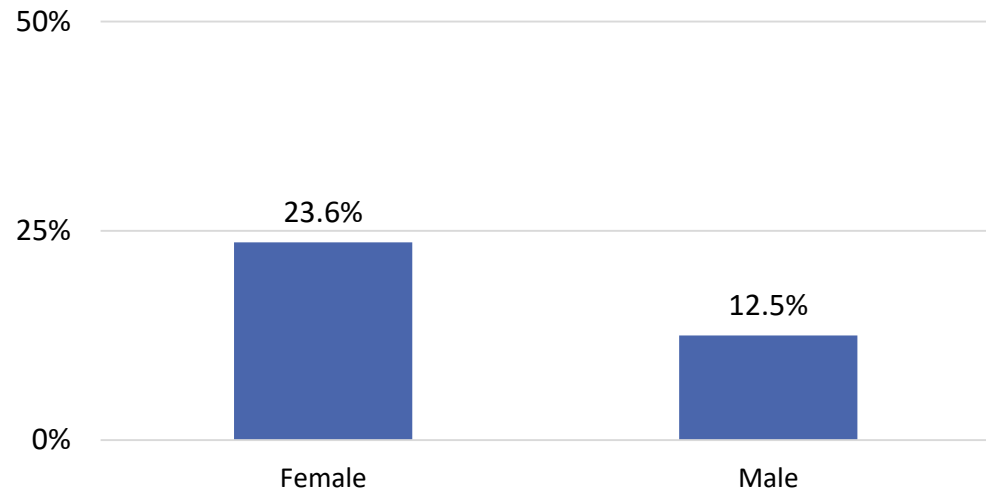
Adults (age 18 and older) who have ever been told they have a form of depression, by age
North Dakota, 2019



Mental Health

The prevalence of depression is almost double in female than in male adults in North Dakota (23.6% for female and 12.5% for male in 2019).

Adults (18+) who have ever been told they have a form of depression by gender
North Dakota, 2019



Mental Health

In 2019, 19.6 percent of adults with no high school diploma and 18.6 percent of adults with some post-high school education were told they have a form of depression, the highest percentages among the [educational attainment levels](#).

Depression rates were lowest for adults who were college graduate (16.7%).

North Dakota residents with no high school diploma also experienced [the highest increase in depression rates from 2011 to 2019](#) (from 15.6% in 2011 to 19.6% in 2019).

Adults (18+) who have ever been told they have a form of depression by educational attainment
North Dakota, 2011 and 2019

