

# Health Trends

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NORTH DAKOTA



# Health Trends Summary

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- The adult obesity rate rose to 35.1 percent in 2018, ranking North Dakota the 8th highest in the nation.
- Obesity rates increased for all adult age groups from 2011 to 2018. The largest increase was in the youngest adult (age 18 to 24) and older adult (65 years and older) age groups.
- The diabetes rate for adults in North Dakota remained fairly constant from 2015 and has trended below the national average since 2015.
- 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 (6th place among the 50 states in 2018).
- 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.

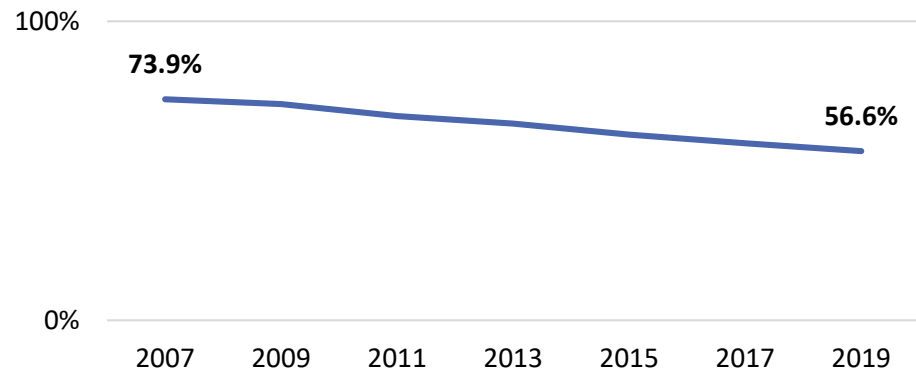
The percentage of high school students in North Dakota who were binge drinking in the past 30 days also decreased from 2007 to 2019. However, direct comparison is not recommended because the question in the survey slightly changed, differentiating binge drinking for male and female students.

Note:

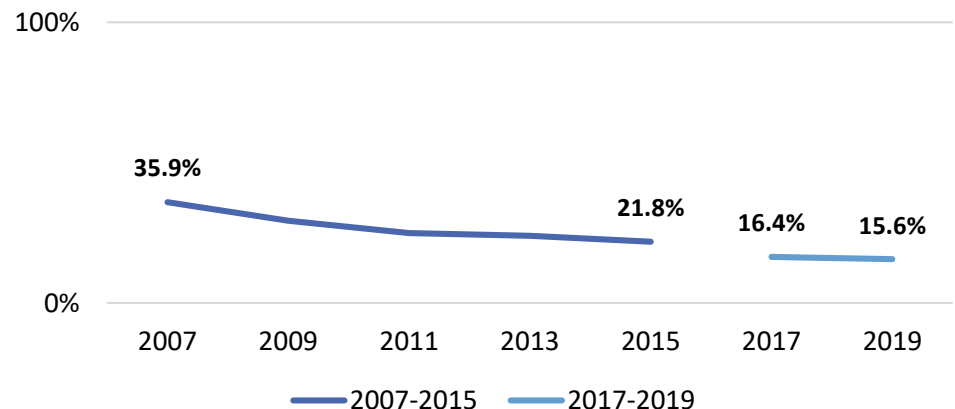
Binge drinking (2007-2015) - 5 or more drinks of alcohol in a row, that is, within a couple of hours.

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



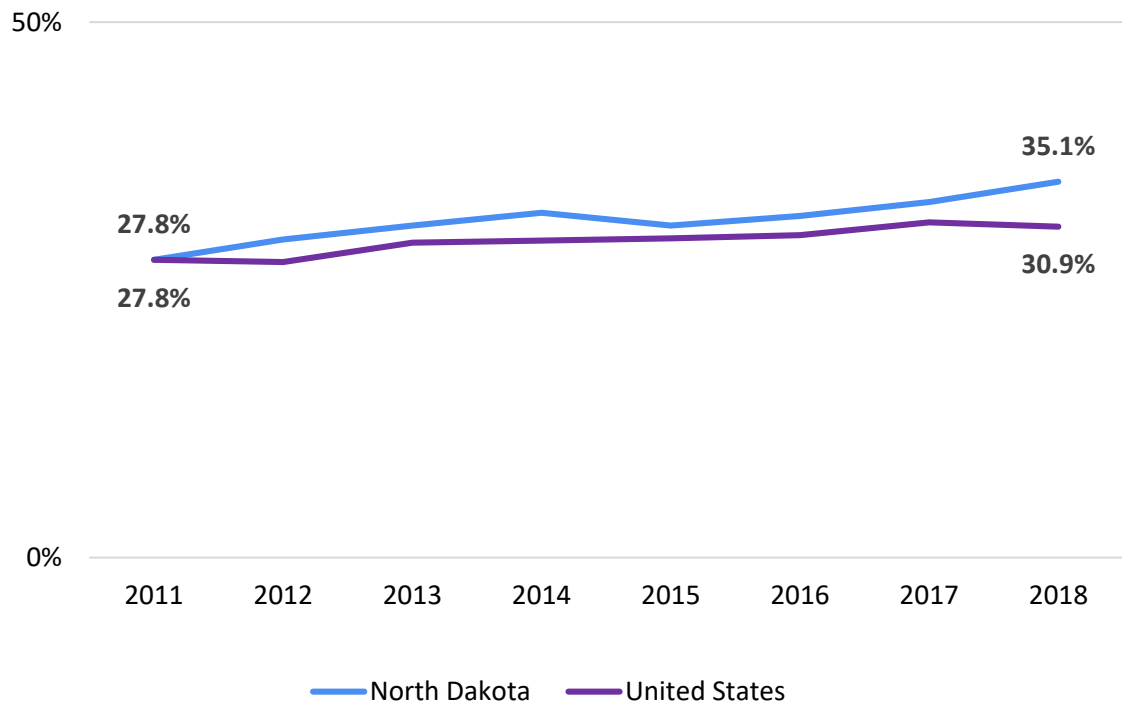
# Obesity

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

Seven years later, in 2018, the adult obesity rate rose to 35.1 percent, raising North Dakota's ranking to the 8th highest in the nation.

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

Adults (age 18 and older) who are obese  
North Dakota and U.S., 2011-2018

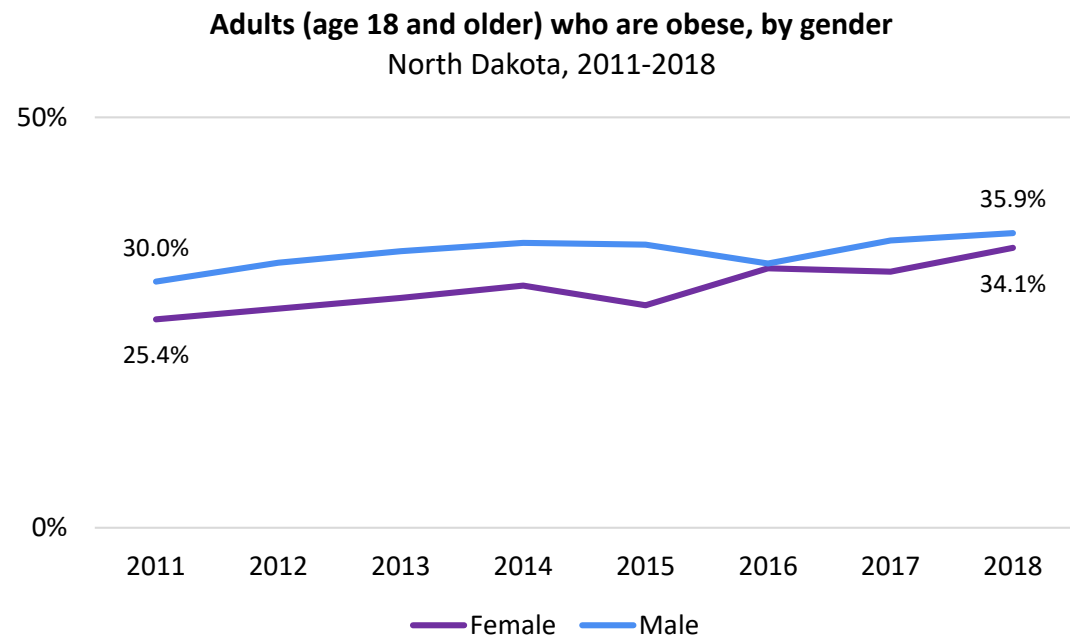


# Obesity by gender

Male adults have had higher obesity rates than their female counterparts in North Dakota (35.9% and 34.1%, respectively)

The obesity rate increased significantly for both male and female (age 18 and older) from 2011 to 2018.

More recently, from 2015 to 2018, the obesity rate increased significantly among female, but the increase for male was not statistically significant.

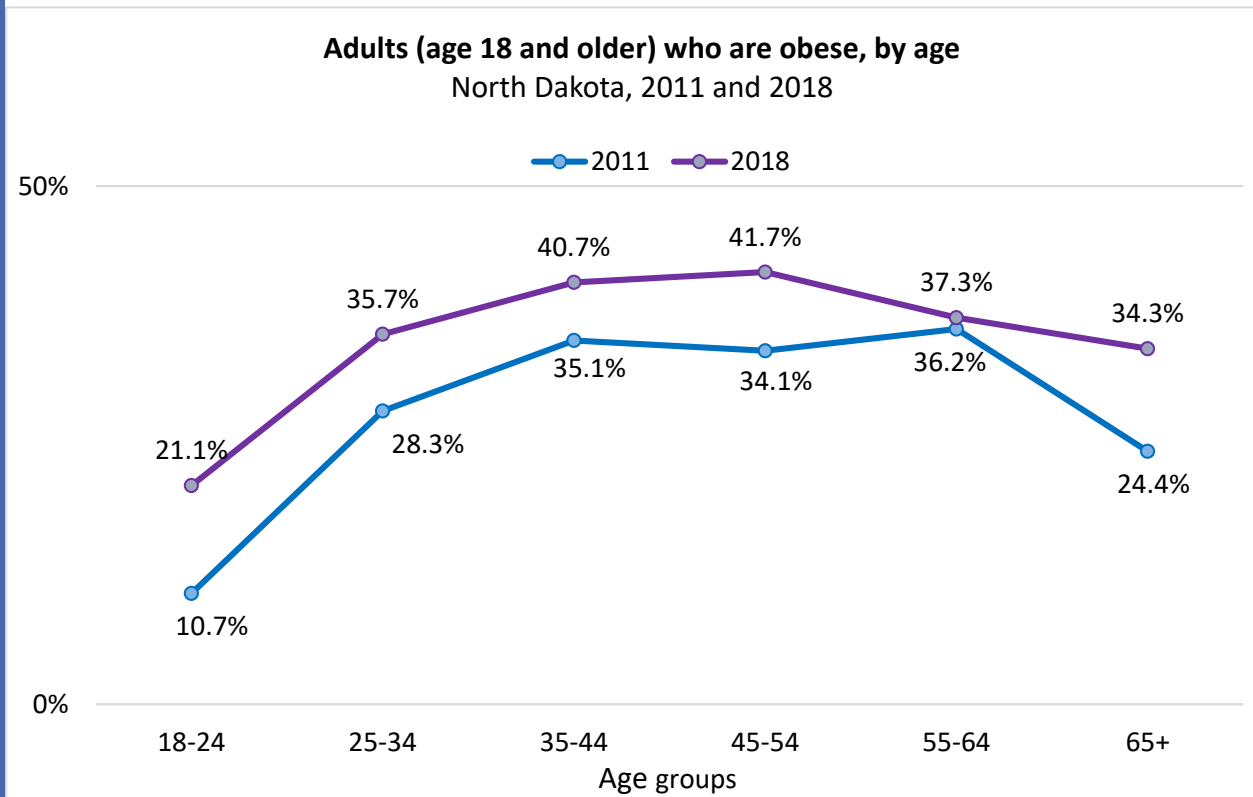


# Obesity by age

In 2018, obesity was most prevalent in middle age. Adults age 45-54 had the highest obesity rate at 41.7 percent, followed by the 35-44 age group at 40.7 percent. The group with the lowest obesity rate was the 18-24 age group at 21.1 percent.

When comparing obesity rates from 2011 to 2018, obesity rates increased for most adult age groups. The largest increase was in the youngest adult (age 18 to 24) and older adult (65 years and older) age groups.

The obesity rate for the youngest adults doubled, from 10.7 percent in 2011 to 21.1 percent in 2018.

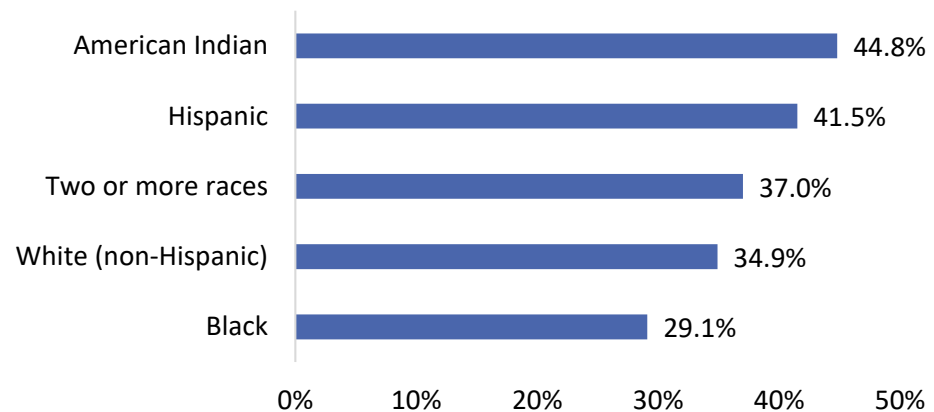


# Obesity by race and ethnicity

Among racial and ethnic groups in North Dakota, American Indian have the highest obesity rate in 2018 (44.8%), followed by Hispanics at 41.5 percent.

Black population have the lowest obesity rate in North Dakota (29.1%).

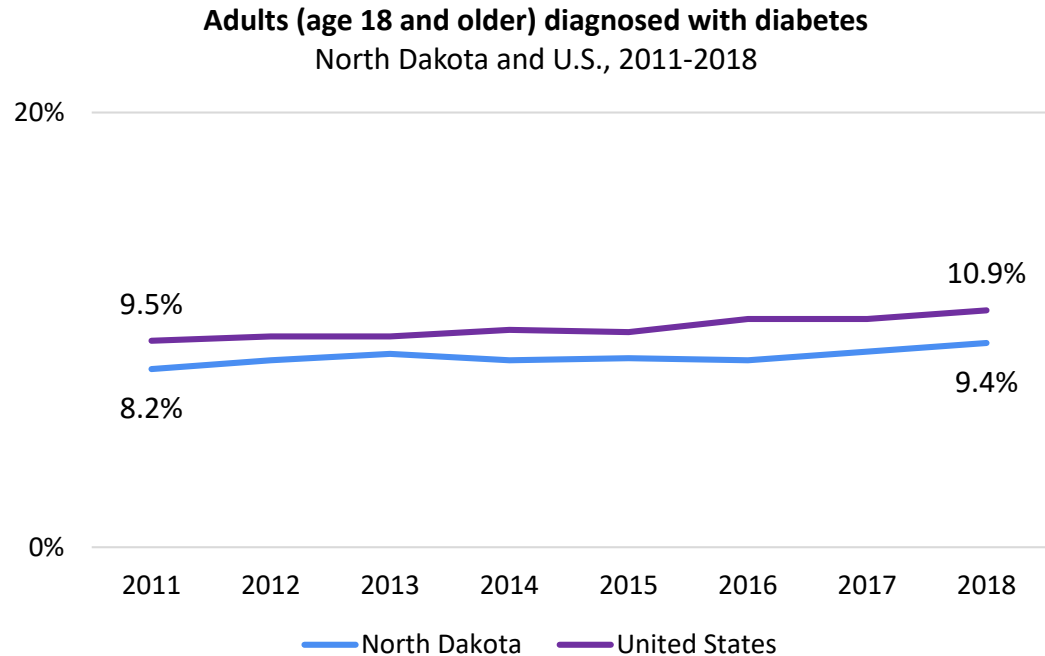
**Adults (age 18 and older) who are obese, by race and ethnicity**  
North Dakota, 2018



# Diabetes

Nearly one in ten of North Dakota's adults (age 18 and older) had diabetes in 2018 (9.4%). Nationally, North Dakota ranked 11<sup>th</sup> (from lowest to highest diabetes rate) among states for adults diagnosed with diabetes.

The diabetes rate for adults in North Dakota slightly increased from 8.2 percent in 2011 to 9.4 percent in 2018 and trended below the national average for this time period.



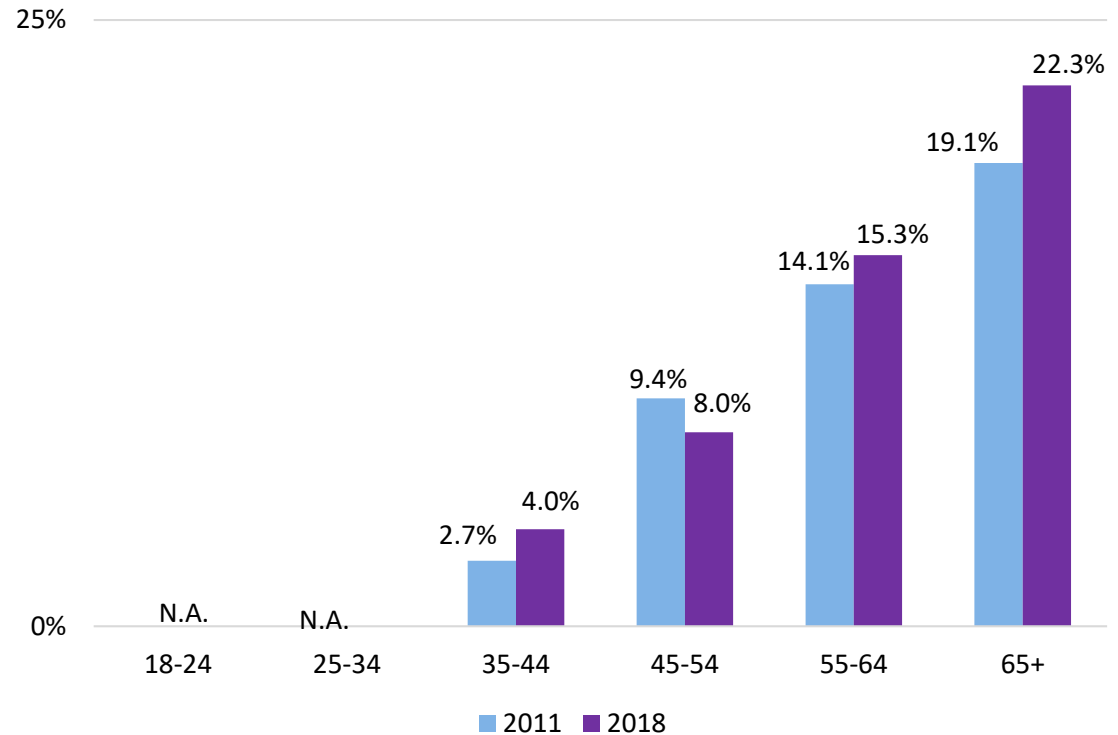


# Diabetes by age

In 2018, adults age 65 and older had the highest diabetes rate at 22.3 percent followed progressively by lower rates for younger age groups.

Compared to 2011, diabetes rates significantly increased for the 65+ age group (19.1% in 2011 to 22.3% in 2018) and only slightly varied for the other age groups.

Adults (age 18 and older) diagnosed with diabetes, by detailed age  
North Dakota, 2011 and 2018



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

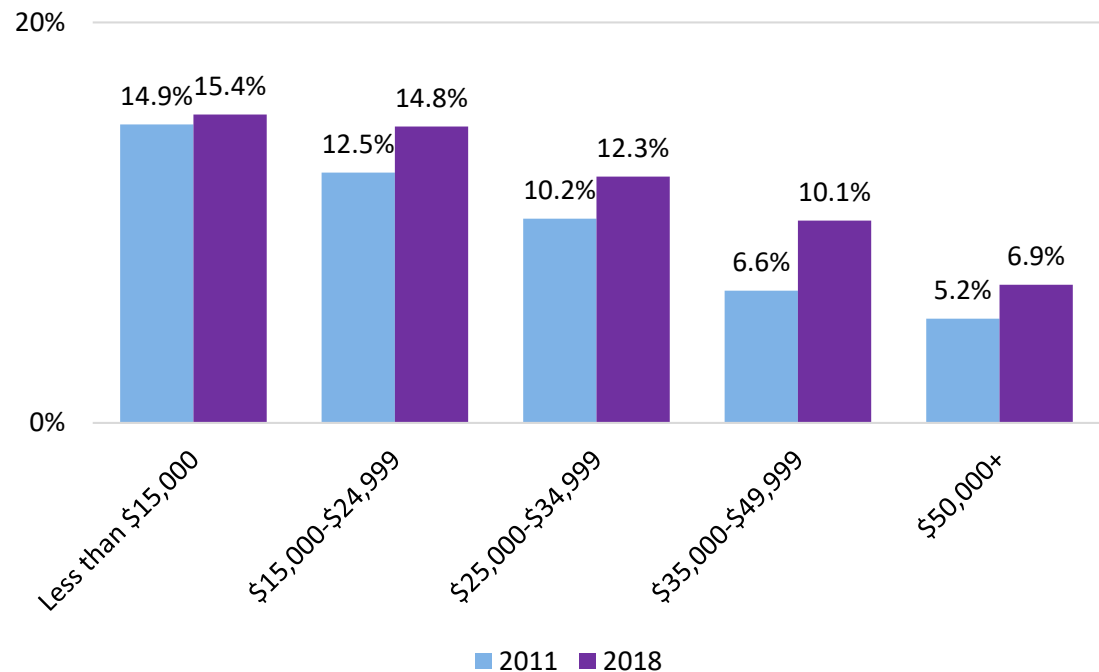
# Diabetes by income

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.

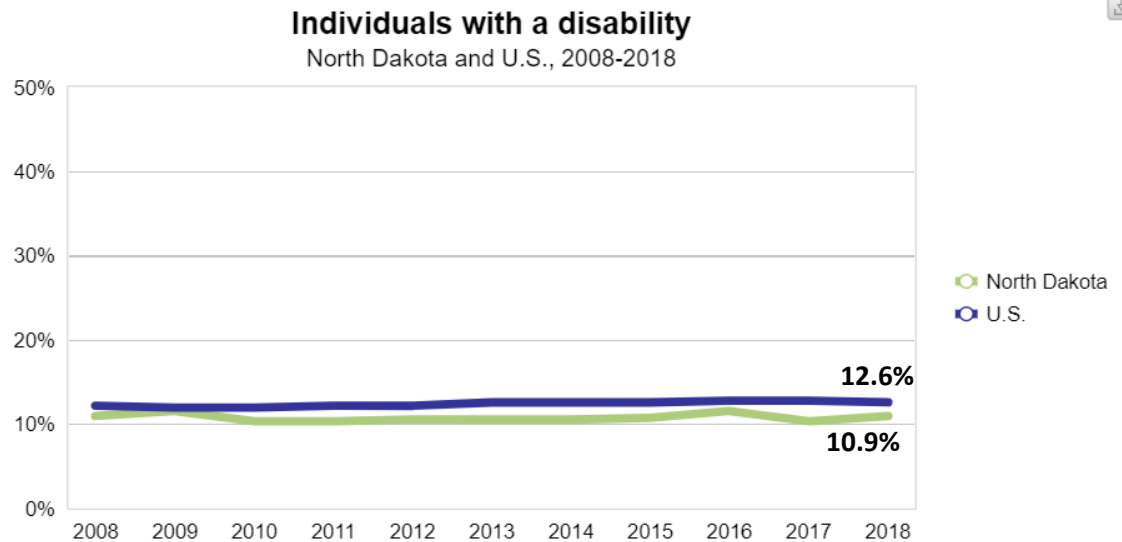
## Adults (age 18 and older) diagnosed with diabetes, by annual household income

North Dakota, 2011 and 2018



# People with disabilities

In North Dakota, 10.9 percent of people were living with one or more [disabilities](#) in 2018. This percent is lower than the national average (12.6%) and is one of the [lowest among states](#) (6th place among the 50 states, from lowest to highest).

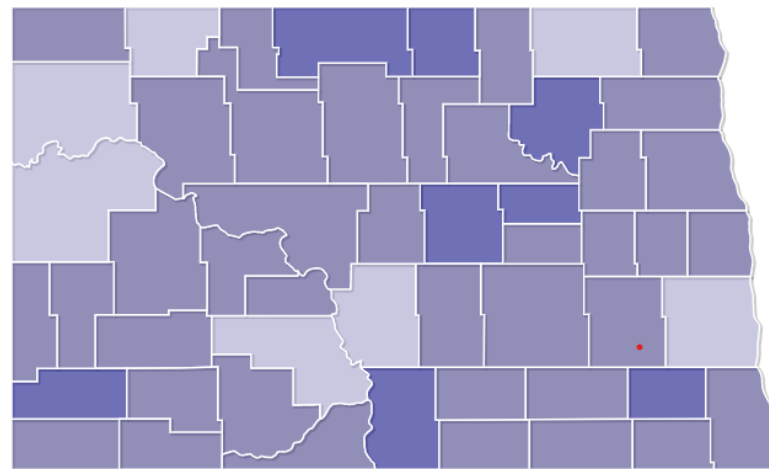


# People with disabilities

At the county level, the percent of people with disabilities in North Dakota varies from 7.7 percent in Burke County to 18.9 percent in Eddy County.

## Individuals with a disability

By county, 2014-2018



- Less than 10%
- 10 to 14%
- 15% or higher

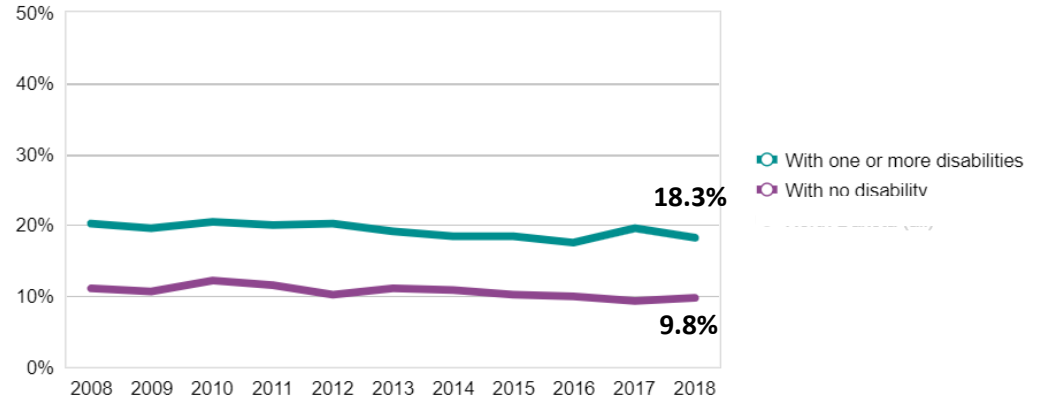
Compiled by  
Compass

# 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 twice as likely to have incomes below the poverty thresholds as people without disabilities in North Dakota \(18.3% and 9.8%, respectively in 2018\).](#)

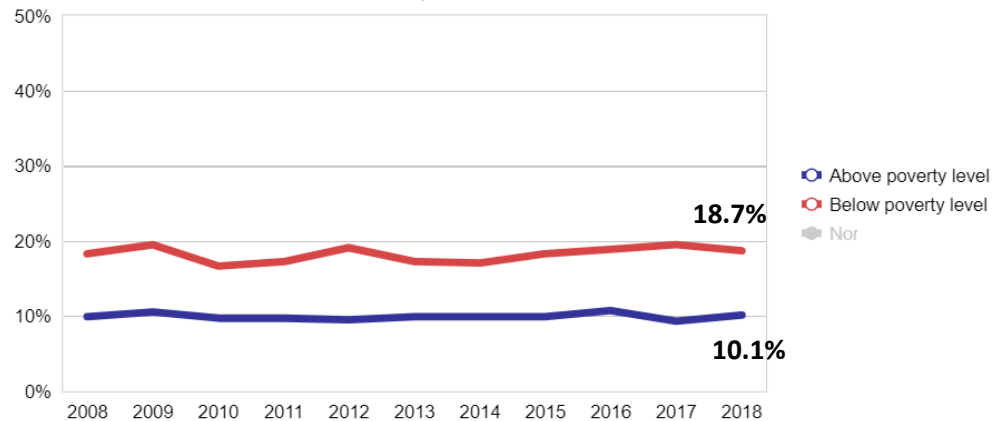
Equally, poverty may contribute to sustaining disability by limiting access to health care and preventive services and by living in adverse environments. In North Dakota [people in poverty are almost twice as likely to have disabilities as people above the poverty level \(18.7% and 10.1%, respectively in 2018\).](#)

Individuals below the poverty level  
by disability status  
North Dakota, 2008-2018



Compiled by  
Compass

Individuals with a disability by poverty status  
North Dakota, 2008-2018



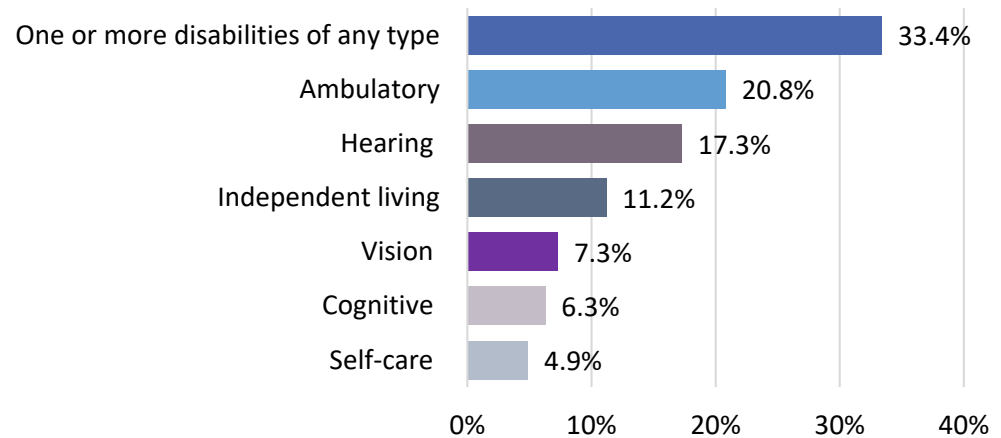
Compiled by  
Compass

# Older adults with disabilities

Of the 36,832 older adults in North Dakota who have some form of disability, 22,907 report difficulty walking or climbing which is counted as ambulatory disability. The older adults who report having an ambulatory disability represent 20.8% of the civilian non-institutionalized population age 65 and older.

Serious difficulty hearing is the second-most cited disability (17.3% 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 (11.2%), serious difficulty seeing (7.3%), cognitive difficulty (6.3%), and difficulty taking care of themselves such as bathing or dressing (4.9%).

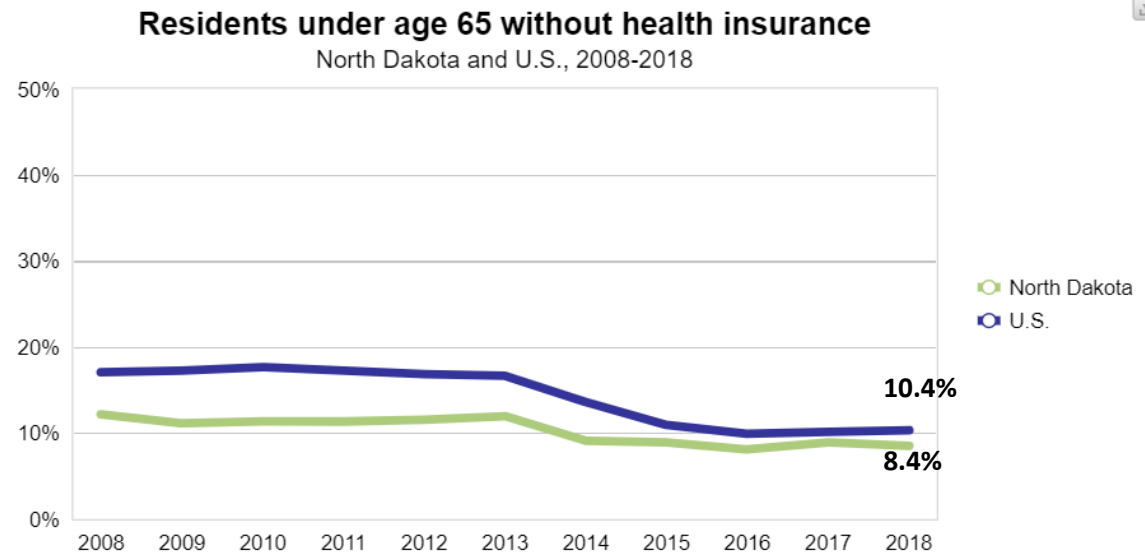
**Individuals (age 65 and older) with at least one disability, by type**  
North Dakota, 2018



# Health care coverage

The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015. In 2018, 8.4 percent of residents under age 65 in North Dakota lacked health insurance coverage.

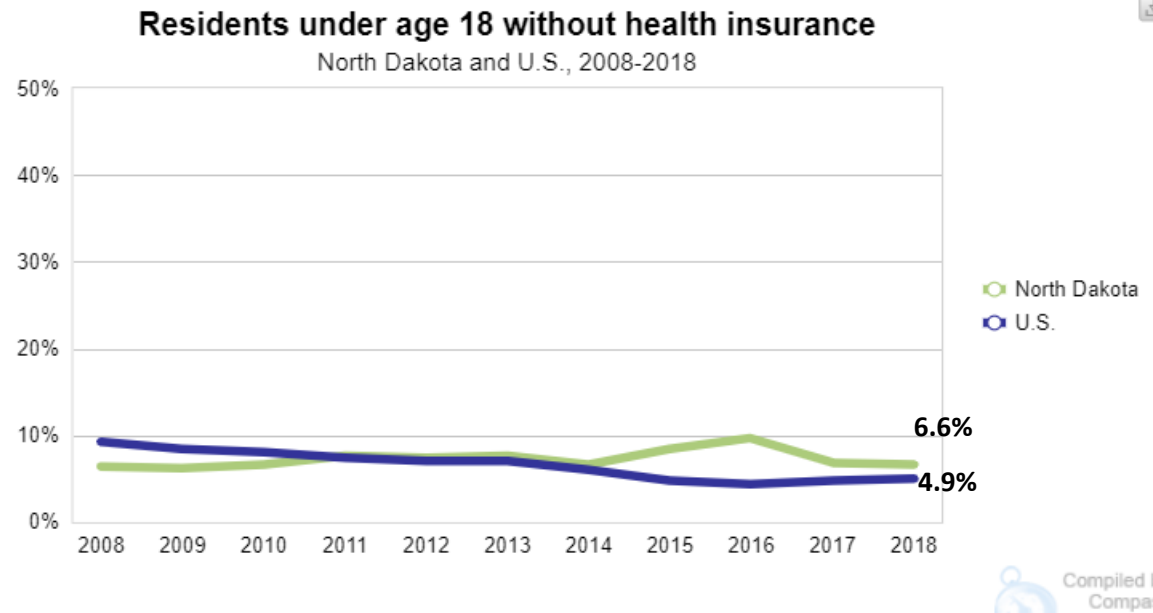
North Dakota ranked 21 among the 50 states for health insurance coverage, with Massachusetts being in first place with the lowest percentage of residents uninsured (3.2%) and Texas ranking 50th with the highest percentage (20.0%).



# 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 40th among the 50 states for health insurance coverage for children, with Massachusetts being in first place with the lowest percentage of uninsured children (1.1%) and Texas ranking 50th with the highest percentage (10.6%) in 2018.



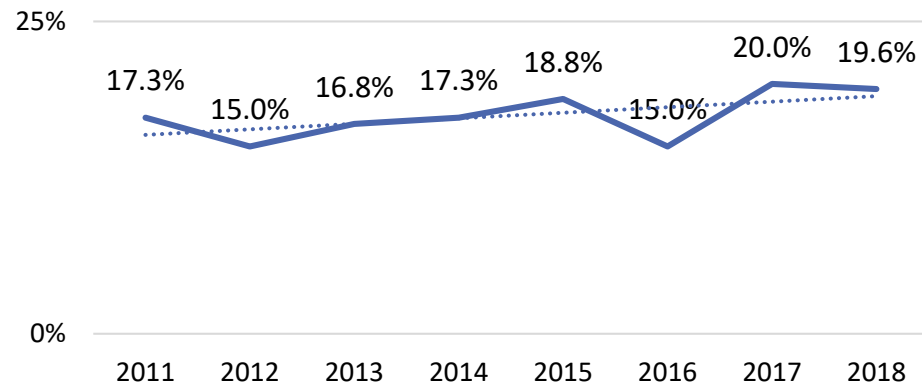


# Mental Health

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, the percentage of adults who have been told they have a form of depression increased from 17.3 percent in 2011 to 19.6 percent in 2018.

**Adults (age 18 and older) who have ever been told they have a form of depression**  
North Dakota, 2011-2018



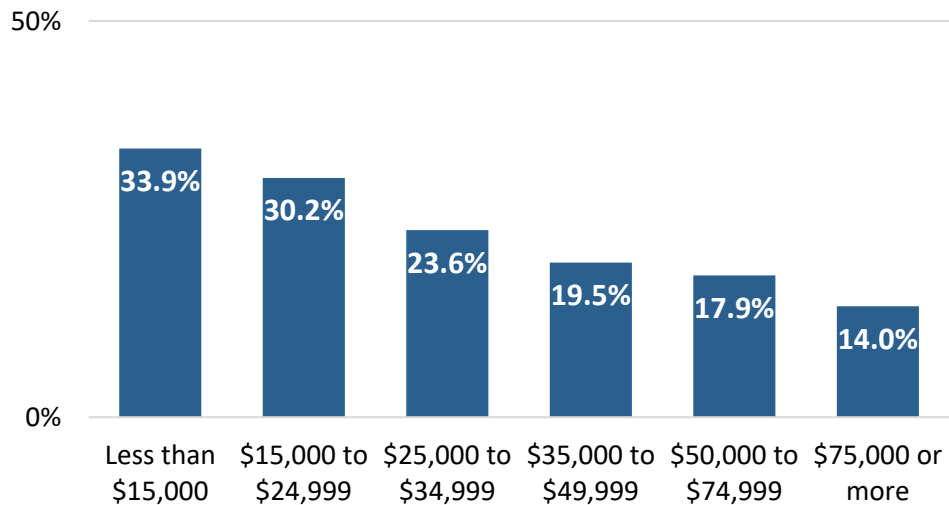
# Mental Health

The percentage of adults who have been told they have a form of depression is highest for those with the lowest household income (33.9% for household income less than \$15,000).

The prevalence of depression decreases as household income increases (from 33.9% for household income less than \$15,000 to 14.0% for household income \$75,000 or more in 2018).

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

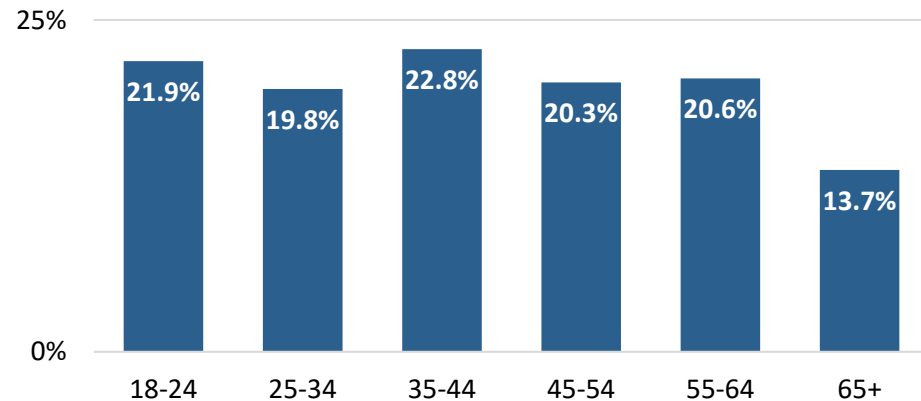
North Dakota, 2018



# Mental Health

The prevalence of depression in North Dakota's adults is highest in the 35-44 [age group](#) (22.8%) and lowest for older adults, age 65 and older (13.7%) in 2018.

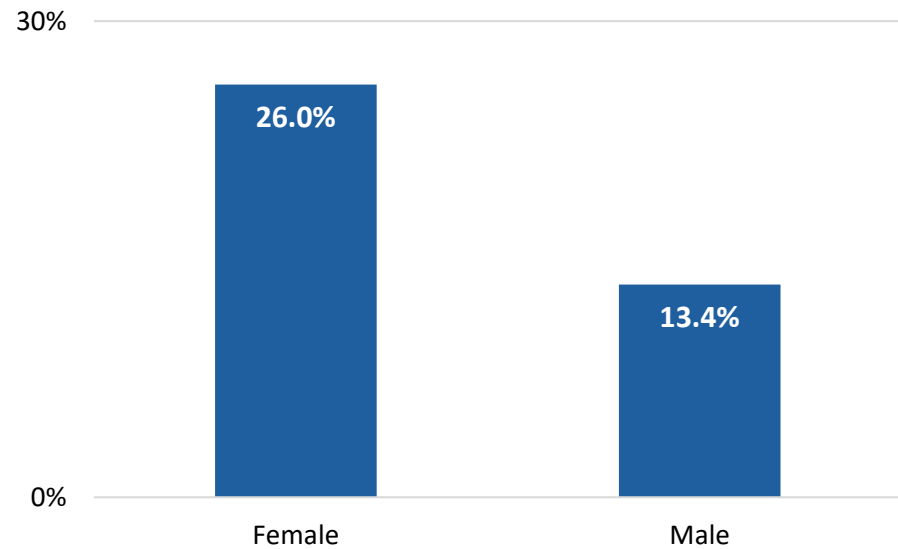
Adults (age 18 and older) who have ever been told they have a form of depression, by age  
North Dakota, 2018



# Mental Health

The prevalence of depression is double in female than in male adults in North Dakota (26.0% for female and 13.4% for male in 2018).

Adults (age 18 and older) who have ever been told they have a form of depression, by gender  
North Dakota, 2018



# Mental Health

In 2018, 24.3 percent of adults with no high school diploma were told they have a form of depression, the highest percentage among the educational attainment levels. Depression rates are progressively lower as the [education attainment](#) increases.

North Dakota residents with no high school diploma also experienced [the highest increase in depression rates from 2011 to 2018](#) (from 15.6% in 2011 to 24.3% in 2018).

**Adults (age 18 and older) who have ever been told they have a form of depression, by educational attainment**  
North Dakota, 2011 and 2018

