

# Health Trends

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NORTH DAKOTA



# Health Trends Summary

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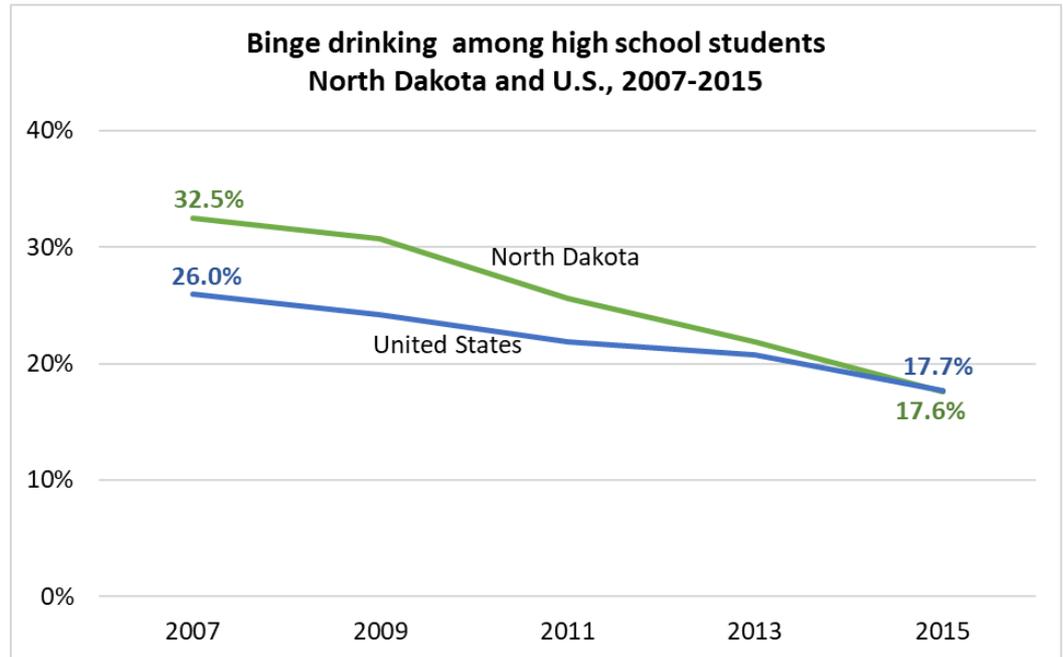
- ❖ Healthy behaviors continued to improve in North Dakota with a decrease in binge drinking among high school students from 2014 to 2015.
- ❖ The percentage of adults who are obese increased slightly in North Dakota from 2015 to 2016. The gender obesity gap almost disappeared in 2016 as females' obesity rate increased 4.5 percentage points and approached males' rate.
- ❖ Diabetes rates overall remained fairly constant since 2011 in North Dakota. However, population at higher risk for diabetes (i.e., older adults and people living in very low income households, and American Indian population) saw a decrease in the diabetes rates from 2015 to 2016.
- ❖ The percentage of people in North Dakota with disabilities ranked 11<sup>th</sup> lowest in the U.S. in 2016, but people in poverty were nearly twice as likely to have a disability than people above the poverty level.
- ❖ The rate of people under age 65 who lack health insurance slightly decreased from 2015 to 2016. The risk of being uninsured was higher for the American Indian population and people below the poverty level.
- ❖ North Dakota had the 4<sup>th</sup> highest rate of uninsured children among all states in 2016.

# Healthy behaviors among youth

Alcohol consumption, especially binge drinking, is a concern among high school students in North Dakota and the U.S.

Excessive alcohol use can increase the risk of health problems.

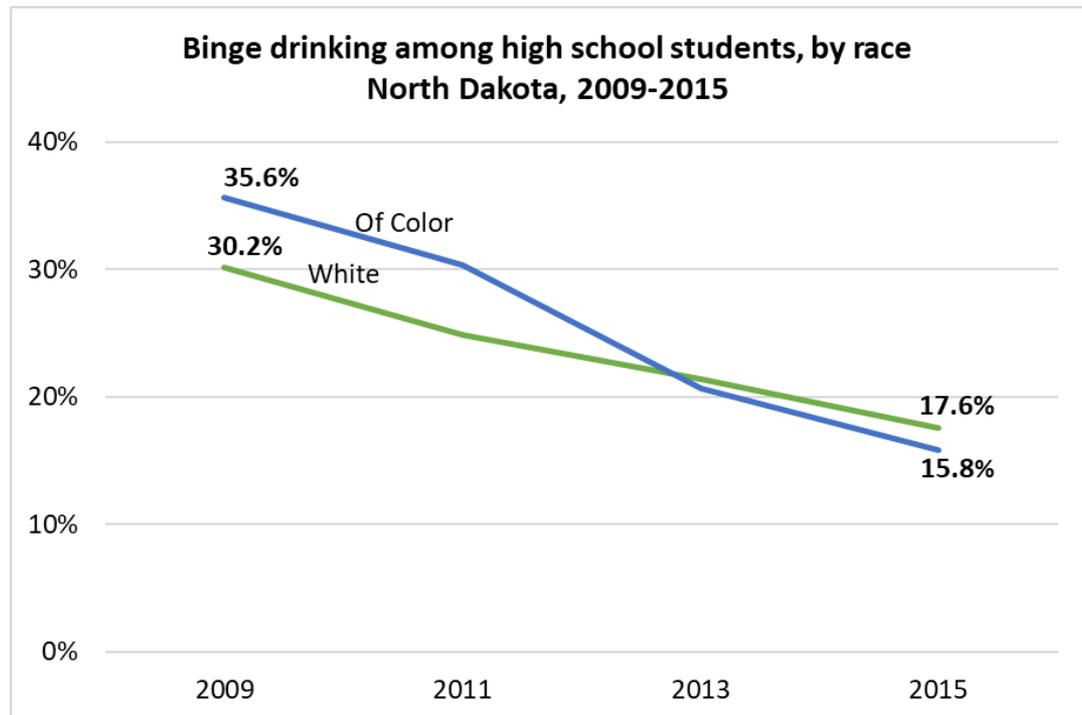
Binge drinking among high school students continued to decrease in North Dakota to 17.6 percent in 2015, completely closing the gap between North Dakota and the U.S. The percentage of North Dakota high school students who binge drank in the past month has been nearly cut in half since 2007 when it was 32.5 percent.



# Healthy behaviors among youth

Another encouraging trend is the large decrease of high school students of color who binge drank in the past month, from 35.6 percent in 2009, to 15.8 percent in 2015.

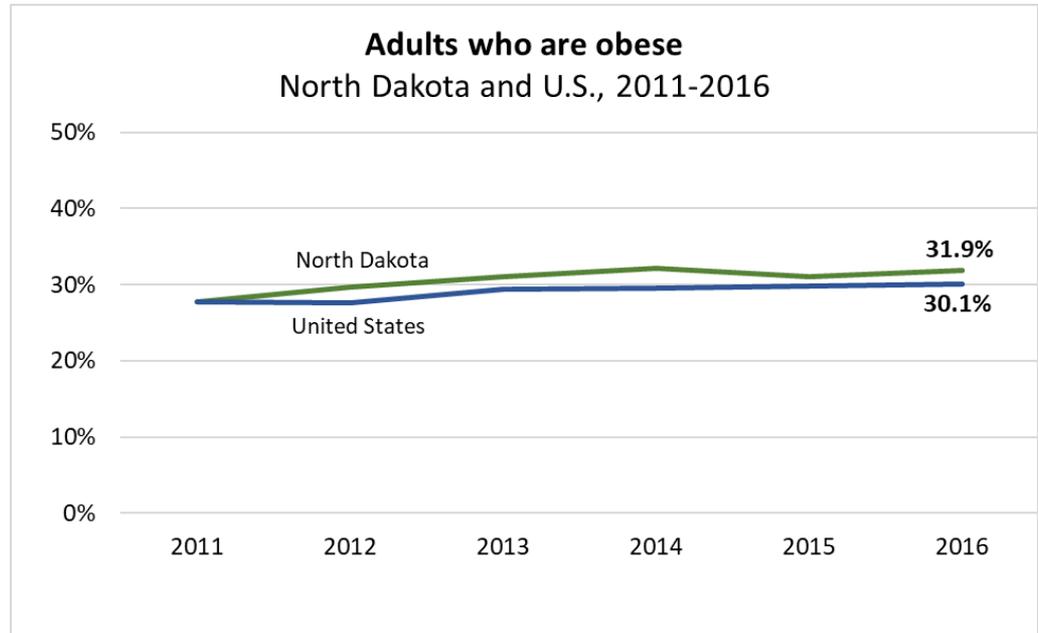
The percentage of white students who binge drink also continued to decrease from 30.2 percent in 2009 to 17.6 percent in 2015.



# Obesity

Almost one-third of adults (31.9%) in North Dakota were obese in 2016, which is a slight increase from 31.0 percent in 2015 and 27.8 percent in 2011.

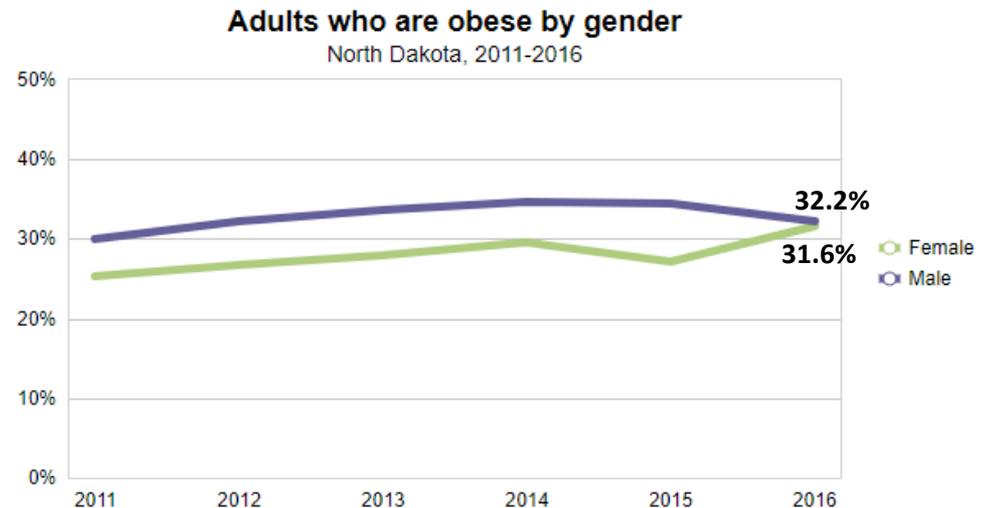
In 2016, North Dakota had the 15<sup>th</sup> highest adult obesity rate in the U.S. Colorado had the lowest percentage of adults who are obese in the U.S. at 22.3 percent and West Virginia had the highest at 37.7 percent.



# Obesity by gender

Historically, male adults have had higher obesity rates than their female counterparts in North Dakota. While the gap widened in 2015, it almost disappeared in 2016.

In 2016, the percentage of female adults who are obese increased from 27.1 percent to 31.6 percent, slightly less than the male obesity rate at 32.2 percent.



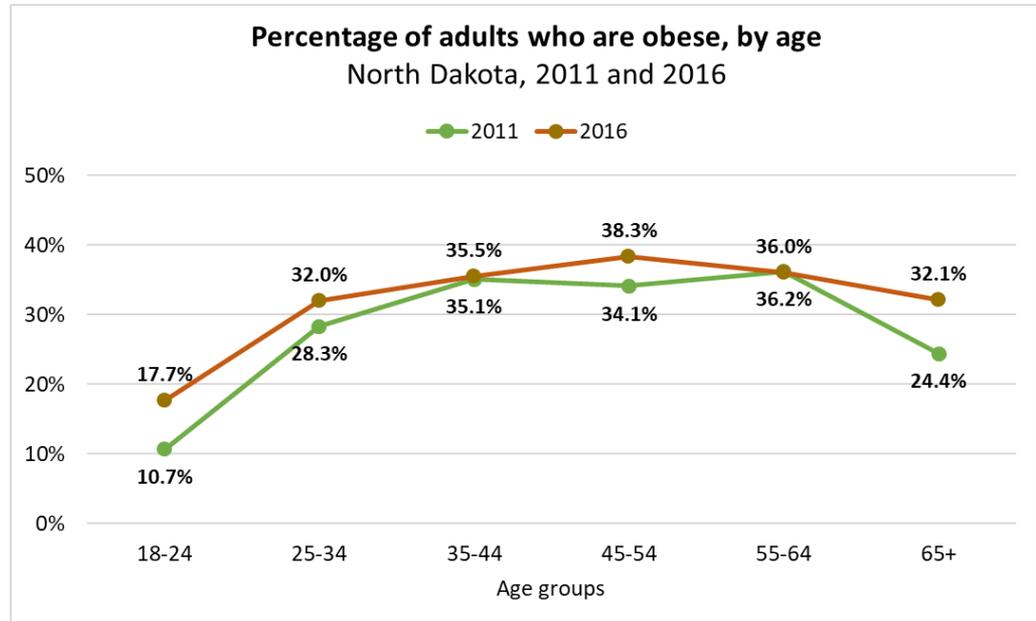
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# Obesity by age

In 2016, obesity was most prevalent in middle age. Adults age 45-54 had the highest obesity rate at 38.3 percent, followed by the 55-64 age group at 36.0 percent, and the 35-44 age group at 35.5 percent. The group with the lowest obesity rate was the 18-24 age group at 17.7 percent.

When comparing obesity rates from 2011 to 2016, the pattern of obesity by age remains the same with obesity increasing as people get older and decreasing after they reach middle age.

Obesity rates for most adult age groups increased with the largest increase (about 7 percentage points) being in the youngest adult (age 18 to 24) and older adult (age 65 and older) age groups. Middle age adults (age 45-54) also saw a 4 percentage point increase in obesity rates.



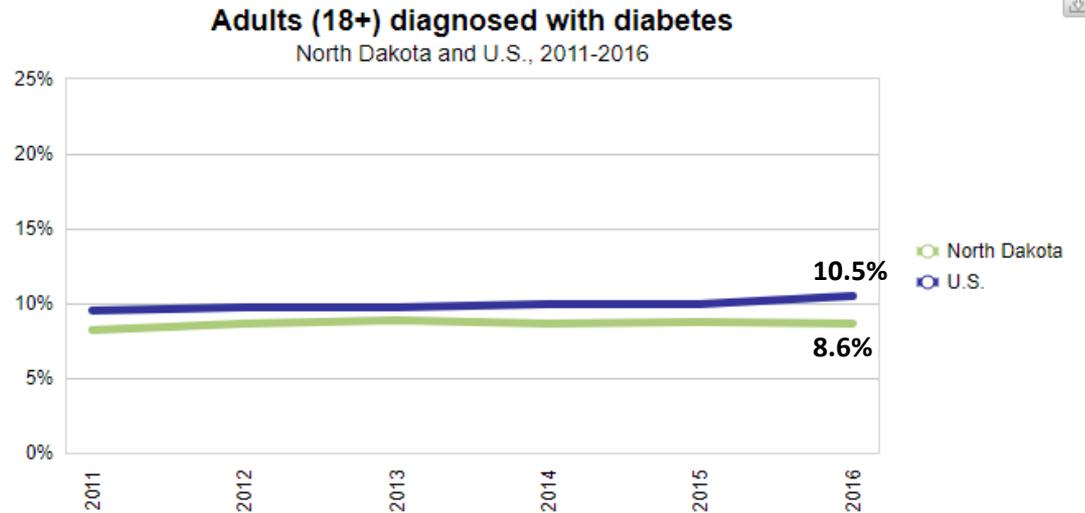
# Diabetes

About 9 percent (8.6%) of adults (age 18 and older) had diabetes in 2016.

Nationally, [North Dakota ranked 9<sup>th</sup>](#) lowest among states for adults diagnosed with diabetes.

[The diabetes rate for adults in North Dakota](#) remained fairly constant from 2015 and was lower than the national average (10.5%).

The diabetes rate slightly increased from 8.2 percent in 2011 to 8.6 percent in 2016 and trended below the national average for this time period.

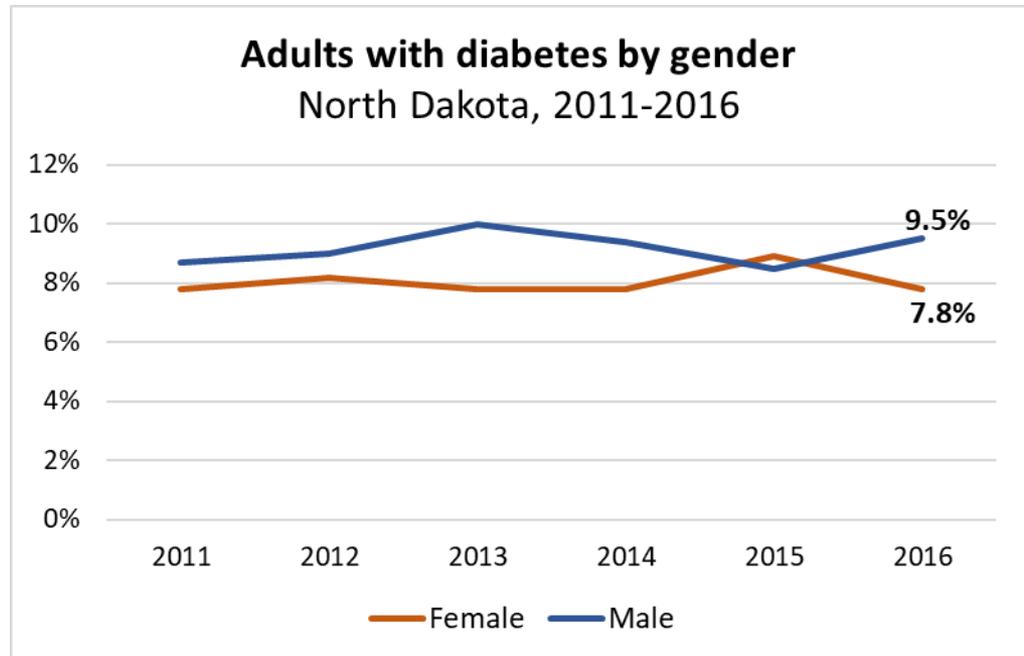


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# Diabetes by gender

In 2016, trends of [diabetes by gender](#) reversed, with diabetes rate decreasing for females (age 18 and older) from 8.9 percent in 2015 to 7.8 percent in 2016.

Conversely, diabetes rate for males (age 18 and older) increased from 8.5 percent in 2015 to 9.5 percent in 2016.

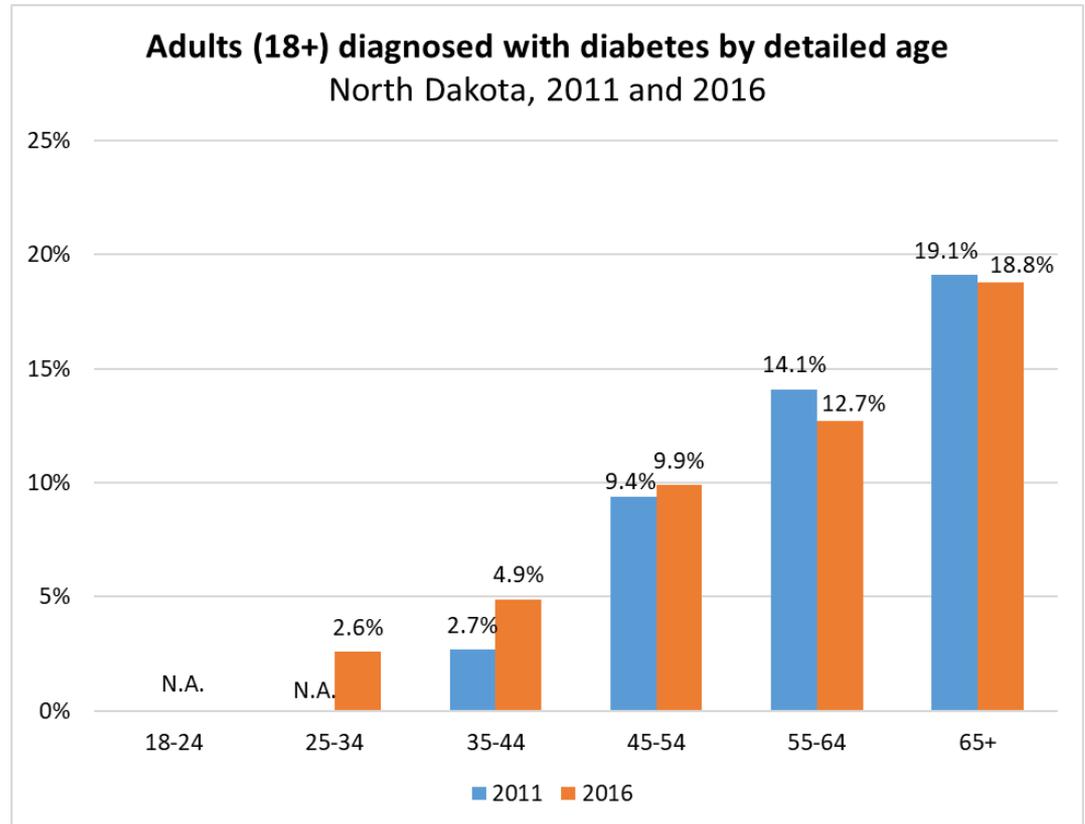


# Diabetes by age

In 2016, adults age 65 and older had the highest diabetes rate at 18.8 percent followed progressively by lower rates for younger age groups.

The diabetes rate remained fairly constant for most age groups from 2015 to 2016. Although having the highest diabetes rate among all age groups, older adults (age 65 and older) in North Dakota experienced a decrease in the percentage of people with diabetes from 21.1 percent in 2015 to 18.8 percent in 2016.

Compared to 2011, diabetes rates increased for the 35-44 age group (2.7% in 2011 to 4.9% in 2016) slightly decreased for the 55-64 age group (14.1% in 2011 to 12.7% in 2016) and remained fairly constant for the other age groups.

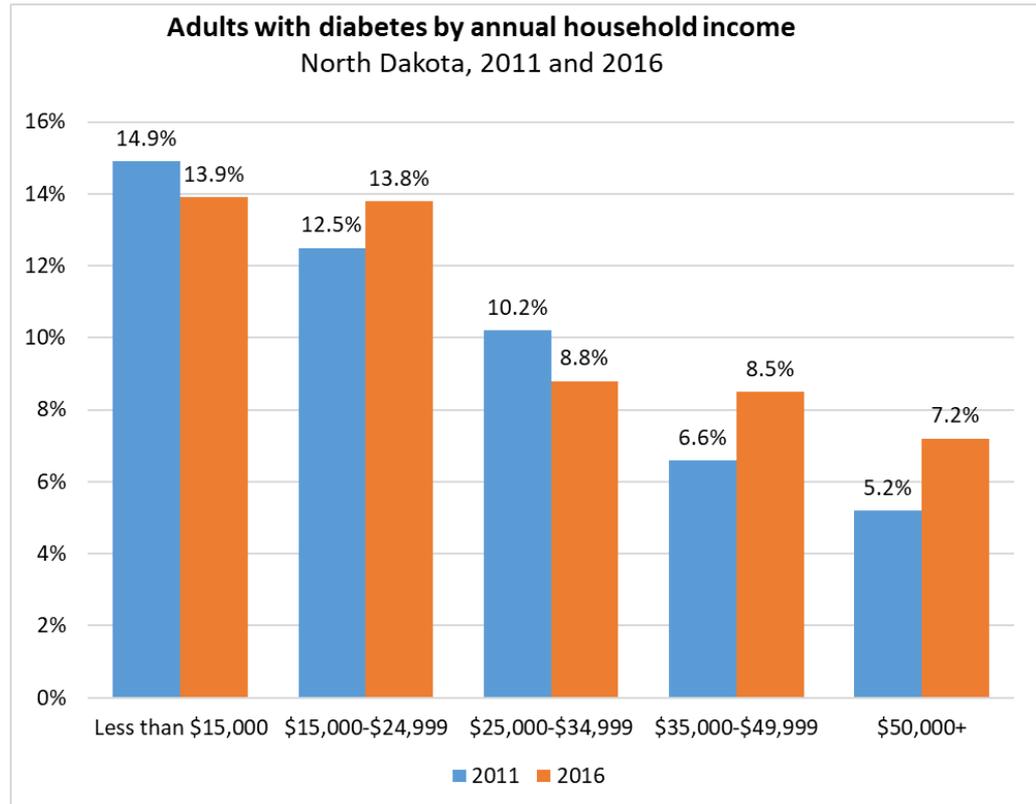


Note: N.A. - Data is not available for the 18-24 age group (all years) and the 25-34 age group (2011).

# Diabetes by income

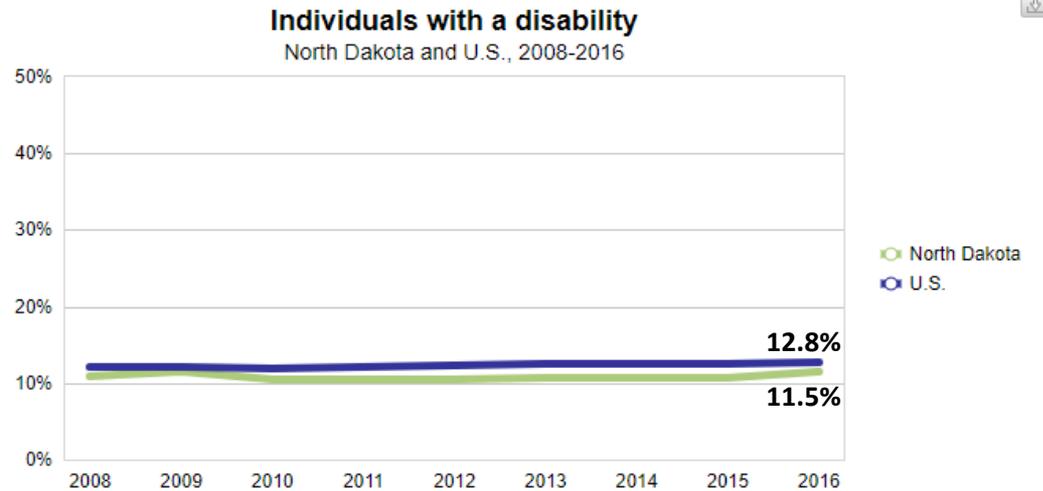
The higher the income, the lower the percentage of adults diagnosed with diabetes.

However, the percentage of adults diagnosed with diabetes with incomes above \$50,000 increased from 5.2 percent in 2011 to 7.2 percent in 2016 while the percentage of adults with incomes below \$15,000 decreased from 14.9 percent in 2011 to 13.9 percent in 2016.



# People with disabilities

In North Dakota, 11.5 percent of people were living with one or more [disabilities](#) in 2016. This percent is lower than the national average (12.8%) and among the [lowest among states](#) (11<sup>th</sup> place among the 50 states).

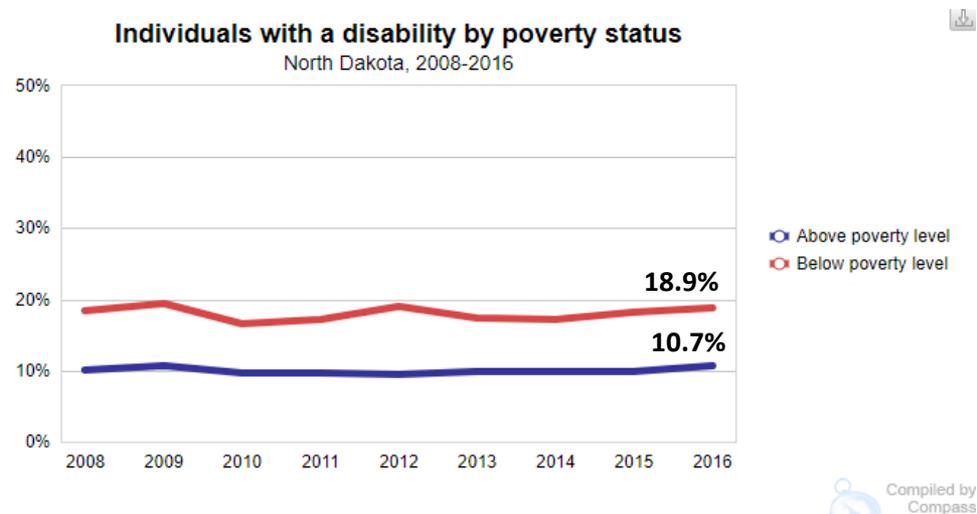
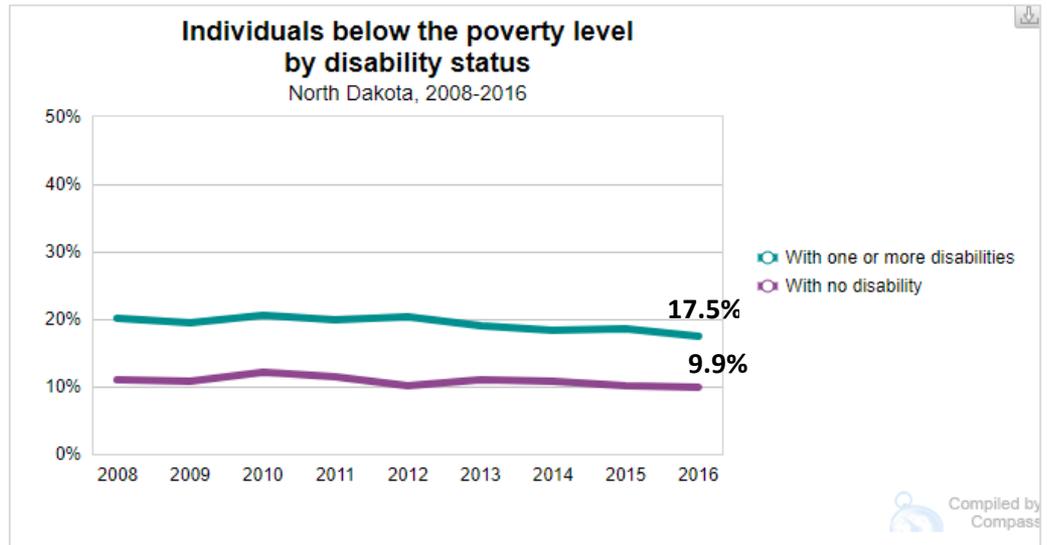


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# People with disabilities and poverty

Disability and poverty have an interdependent relationship. Disabilities can create challenges that can lead to economic hardship. People with disabilities are nearly twice as likely to have incomes below the poverty thresholds as people without disabilities in North Dakota (17.5% and 9.9%, respectively in 2016).

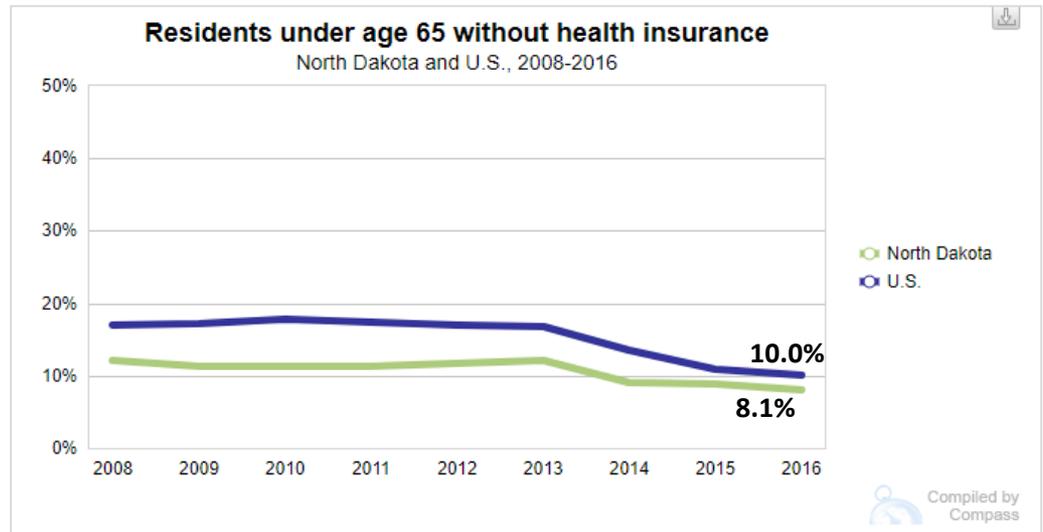
Equally, poverty may contribute to sustaining disability by limiting access to health care and preventive services and by living in adverse environments. In North Dakota people in poverty are almost twice as likely to have disabilities as people above the poverty level (18.9% and 10.7%, respectively in 2016).



# Health care coverage

The number and percentage of residents under 65 years old without health insurance slightly decreased between 2015 and 2016. In 2016, 8.1 percent of residents under age 65 in North Dakota lacked health insurance coverage, which is slightly lower than the rate in the previous year (8.9%).

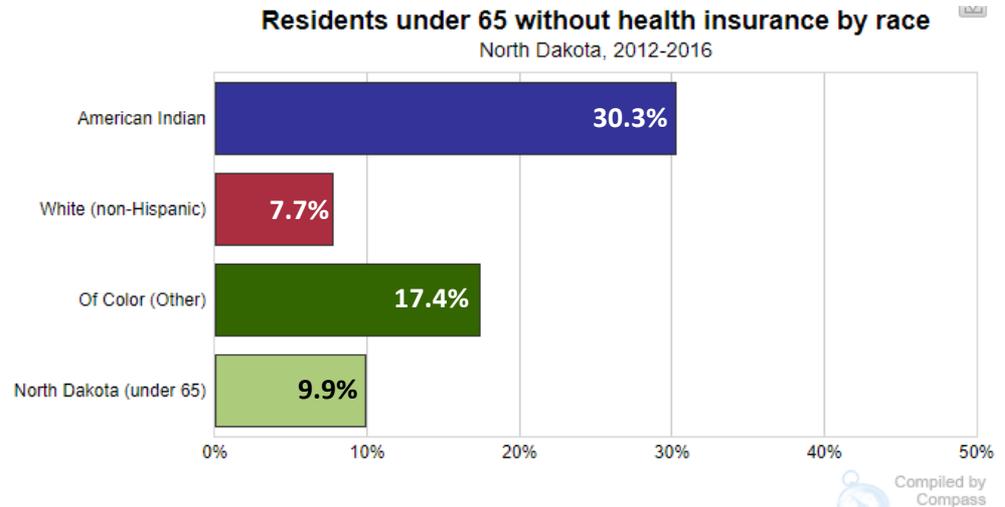
North Dakota ranked 21<sup>st</sup> among the 50 states for health insurance coverage, with Massachusetts being in first place with the lowest percentage of residents uninsured (2.9%) and Texas ranking 50th with the highest percentage (18.6%).



# Health care coverage by race

The [American Indian population under age 65](#) had a higher percentage of uninsured (30.3%) than other people of color\* (17.4%), and the White (non-Hispanic) population (7.7%) in 2016.

\*The category "Of Color (Other)" includes all persons who are Asian, Black, or Two or more races, or those who identify themselves as belonging to another race. Persons of Hispanic ethnicity may be included in the "Of Color (Other)" or "American Indian" category, depending on their racial identification.

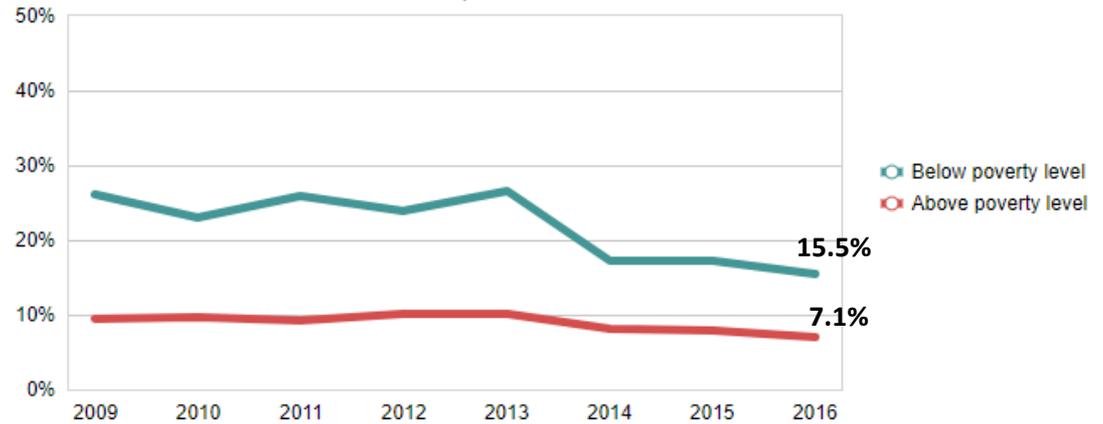


# Health care coverage by poverty status

The percent of people without health insurance decreased among residents under 65 years old who live under the poverty level from 17.3 percent in 2015 to 15.5 percent in 2016.

**Residents under 65 without health insurance by poverty status**

North Dakota, 2009-2016



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# Health care coverage for children and youth

The [percent of children and youth](#) (under age 18) without health insurance remained relatively stable in North Dakota from 7.9 percent in 2015 to 7.8 percent in 2016 (13,624 uninsured children), making North Dakota the state with the [fourth highest rate of uninsured children](#) among all 50 states.

