Health Trends

NORTH DAKOTA
Health Trends Summary

• One-third of adults (33.2%) in North Dakota were obese in 2017, which is a 5 percentage point increase from 2011 (27.8%).

• When comparing obesity rates from 2011 to 2017, obesity rates increased for all 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 diabetes rate for adults in North Dakota remained fairly constant from 2015 and was below the national average.

• In North Dakota, the percent of people with at least one disability is lower than the national average and among the lowest among states (3rd place among the 50 states).

• The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015.
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.

The prevalence of binge drinking among high school students in North Dakota was higher than in the U.S. in 2017 (16.4% and 13.5%, respectively). Among the 36 states that administer the YRBS survey, North Dakota ranked 32 for the percentage of high school students who binge drank in the past month.

Note:
Binge drinking - 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.
Obesity

One-third of adults (33.2%) in North Dakota were obese in 2017, which is a 5 percentage point increase from 2011 (27.8%).

In 2017, North Dakota had the 13th highest adult obesity rate in the U.S. Colorado had the lowest percentage of adults who are obese in the U.S. at 22.6 percent and West Virginia had the highest at 38.1 percent.
Obesity by gender

Historically, male adults have had higher obesity rates than their female counterparts in North Dakota.

The obesity rate increased significantly for both men and women (older than 18) from 2011 to 2017.

More recently, from 2015 to 2017, the obesity rate increased significantly among women, but there were no significant increases for men.
Obesity by age

In 2016, obesity was most prevalent in middle age. Adults age 55-64 had the highest obesity rate at 38.6 percent, followed by the 35-44 age group at 38.5 percent, and the 45-54 age group at 38.0 percent. The group with the lowest obesity rate was the 18-24 age group at 21.5 percent.

When comparing obesity rates from 2011 to 2017, obesity rates increased for all 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 21.5 percent in 2017.
Diabetes

Nine percent of North Dakota’s adults (age 18 and older) had diabetes in 2017. Nationally, North Dakota ranked 10th lowest among states for adults diagnosed with diabetes.

The diabetes rate for adults in North Dakota remained fairly constant from 2015 and was below the national average (10.5%).

The diabetes rate slightly increased from 8.2 percent in 2011 to 9.0 percent in 2017 and trended below the national average for this time period.
Diabetes by age

In 2017, adults age 65 and older had the highest diabetes rate at 20.1 percent followed progressively by lower rates for younger age groups.

The diabetes rate remained fairly constant for most age groups from 2016 to 2017.

Compared to 2011, diabetes rates significantly increased for the 35-44 age group (2.7% in 2011 to 5.5% in 2017) and only slightly varied for the other age groups.

Note: N.A. - Data is not available for the 18-24 and the 25-34 age groups (2011 and 2017).
In North Dakota, 10.3 percent of people were living with one or more disabilities in 2017. This percent is lower than the national average (12.7%) and among the lowest among states (3rd place among the 50 states).
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 (19.5% and 9.3%, respectively in 2017).

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 twice as likely to have disabilities as people above the poverty level (19.4% and 9.3%, respectively in 2017).
Health care coverage

The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015. In 2017, 8.8 percent of residents under age 65 in North Dakota lacked health insurance coverage.

North Dakota ranked 23rd among the 50 states for health insurance coverage, with Massachusetts being in first place with the lowest percentage of residents uninsured (3.3%) and Texas ranking 50th with the highest percentage (19.4%).

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