

COMPASS POINTS

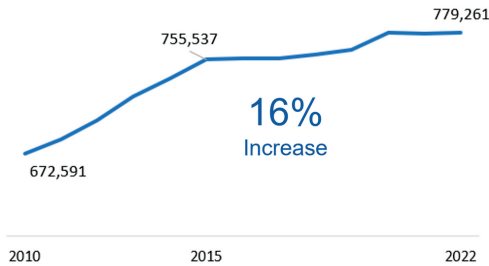
2023

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ANNIVERSARY EDITION

10-YEAR TRENDS

Total population
North Dakota, 2010-2022



North Dakota's population steady after record growth at the beginning of the previous decade.

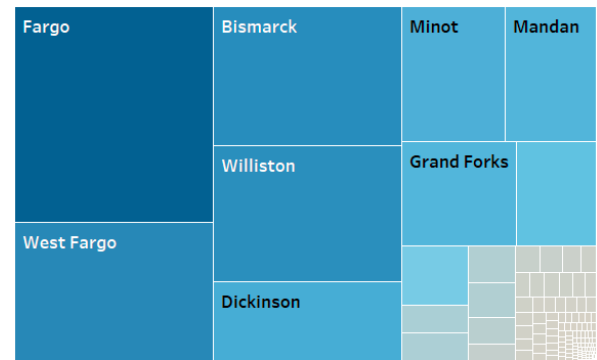
Energy development activity in North Dakota had a significant impact on recent population trends within the state. North Dakota led the nation in annual population growth from 2012 to 2015 and was the fourth fastest-growing state from 2010 to 2020 (16% population increase). After a slight decline in 2021, North Dakota's population reached 779,261 people in 2022. Overall, the state added 106,670 people from 2010 to 2022, which was approximately the population of Fargo in 2009.

Population change was not consistent across the state. While western counties experienced extraordinary growth, most counties in the state continued historic trends of population decline, but at slower rates.

North Dakota's 8 most populous cities accounted for 90 percent of state's total population growth in the past decade.

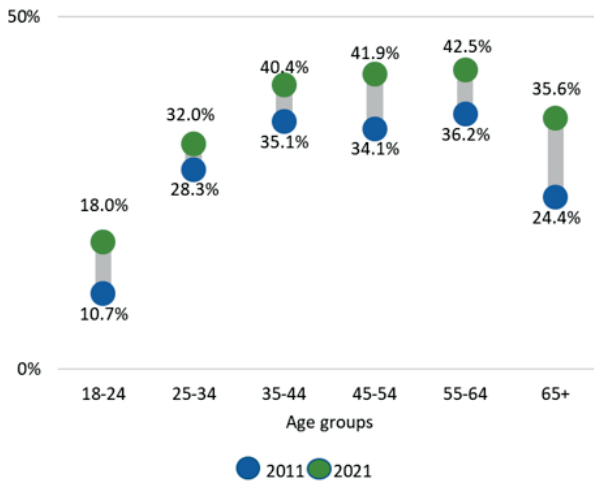
North Dakota has 357 incorporated cities which accounted for 78 percent of the state's population in 2021. Among them, from 2010 to 2021, 136 cities increased their population, 3 cities stayed the same, and 218 cities saw a decrease in population. Overall, the population of the 357 incorporated cities increased by 95,179 people from 2010 to 2021. Combined, the 8 most populous cities of Fargo, Bismarck, Grand Forks, Minot, West Fargo, Williston, Dickinson, and Mandan accounted for 91 percent of this growth and for 90 percent of the state's total population growth from 2010 to 2021. In fact, half of North Dakota's population now resides in the state's seven most populous cities: Fargo, Bismarck, Grand Forks, Minot, West Fargo, Williston, and Dickinson.

Population change in incorporated cities
North Dakota, 2010 to 2021



Population change (2010-2021)
-359 to 21,199

Percentage of adults who are obese, by age
North Dakota, 2011 and 2021



Compared to 2011, obesity rates increased for most adult age groups in North Dakota.

Obesity increases the likelihood of diabetes, cardiovascular disease, certain forms of cancer, hypertension, and other chronic diseases. Since 2011, the North Dakota adult obesity rate (age 18 and older) has trended above the national average and increased from 27.8 percent in 2011 to 35.2 percent in 2021.

Looking specifically at adult age group categories, obesity is most prevalent in middle aged adults. In 2021, adults age 55-64 had the highest obesity rate at 42.5 percent, followed by the 45-54 age group at 41.9 percent and the 35-44 age group at 40.4 percent. The group with the lowest obesity rate was the 18-24 age group at 18.0 percent. However, the obesity rate for this age group almost doubled since 2011.

When comparing obesity rates from 2011 to 2021, obesity rates increased for most adult age groups, most notably for the 18-24, 45-54 and 65 and older age groups.

Check out [more trends](https://ndcompass.org/trends) at ndcompass.org/trends

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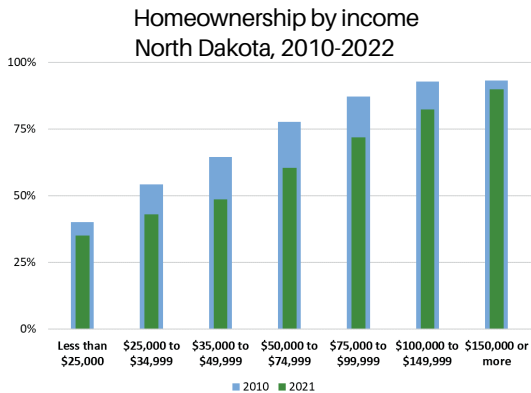
State of the State

Topic	National Rank	Key Measures	Current	Previous
AGING	27	Adults (age 65+) with at least one disability	32.8%	33.2%
	6	Adults (age 65+) who volunteer	36.1%	32.0%
	36	Real median income, head of household (age 65+)	\$47,170	\$49,617
CHILDREN & YOUTH	37	High schoolers who binge drink	15.6%	16.4%
	21	High schoolers who have ever had sex	38.3%	36.6%
CIVIC ENGAGEMENT	37	Voted in mid-term election (voting-eligible)	42.9%	58.7%
	18	Residents (age 16+) who volunteer	29.2%	35.2%
EARLY CHILDHOOD	1	Babies born at low birth weight	6.6%	6.9%
	49	Children enrolled in preschool	24.9%	28.5%
	13	Children (under age 6) with working parents	70.6%	76.1%
ECONOMY	50	Annual change in real Gross Domestic Product	0.3%	-4.8%
	-	Total nonfarm payroll jobs	416,600	412,300
	26	Real median household income	\$66,519	\$68,441
	17	Poverty rate	11.1%	10.6%
EDUCATION	-	3rd graders who are proficient in reading	38.8%	38.5%
	-	8th graders who are proficient in math	33.7%	37.3%
	-	Students who graduate high school on time	84.3%	87.0%
ENVIRONMENT	47	Population with low access to a grocery store	30.7%	-
	-	Days air quality was rated "good" (Cass County)	76.6%	92.6%
HEALTH	32	Adults (age 18+) who are obese	35.2%	33.1%
	13	Adults (age 18+) with diabetes	9.5%	9.9%
	28	Residents (under age 65) who are uninsured	9.2%	8.1%
HOUSING	45	Homeownership rate	63.1%	61.3%
	5	Households that are cost-burdened	25.3%	22.1%
WORKFORCE	4	Proportion of adults (age 16-64) working	77.2%	79.9%
	33	Adults (age 25+) with bachelor's degree or higher	31.7%	30.4%
	31	Graduation rate at 4-year institutions (within 6 years)	58.7%	57.5%

National Rank (1 = Best); Current - most recent data available on ndcompass.org at the time of creating this document; Previous - previous year; Missing values (-) Ranking unavailable or unable to compare due to change in methodology.

Celebrating 10 Years of ND Compass

MORE 10-YEAR TRENDS



Homeownership in North Dakota decreased for all income groups.

The overall homeownership rate in North Dakota decreased from 66.9 percent in 2010 to 63.1 percent in 2021.

In general, higher household incomes increase the likelihood to own a home. While the median household income increased in North Dakota from \$60,475 in 2010 to \$66,519 in 2021, the homeownership rate decreased for each income group during the same time period. The largest drop in homeownership was for householders with low to moderate household income (\$35,000 to \$74,999).

Changes in housing market conditions, consumer preferences, and demographic characteristics potentially contributed to the decline of the homeownership rate for each income category and the increasing income disparity gaps in the homeownership rate.

Data source: [Center for Social Research, 2022 North Dakota Statewide Housing Needs Assessment](#)

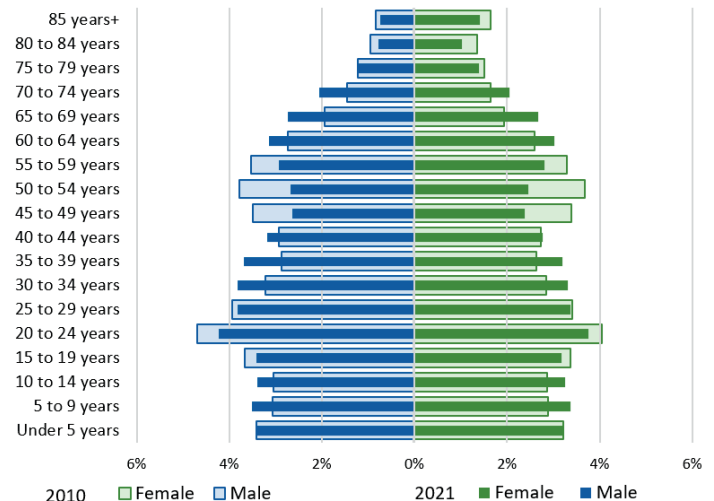
Impacted by migration and the aging baby boomers, the age structure in North Dakota changed from 2010 to 2021.

Energy development activities in western North Dakota during the previous decade attracted many younger adults to the state for employment opportunities. This influx of people in their child-bearing years led to an increase in the number of births. From 2010 to 2021, the percentage of children (age 0 to 14) and the percentage of young adults (age 30 to 44) increased by 26 and 33 percent, respectively.

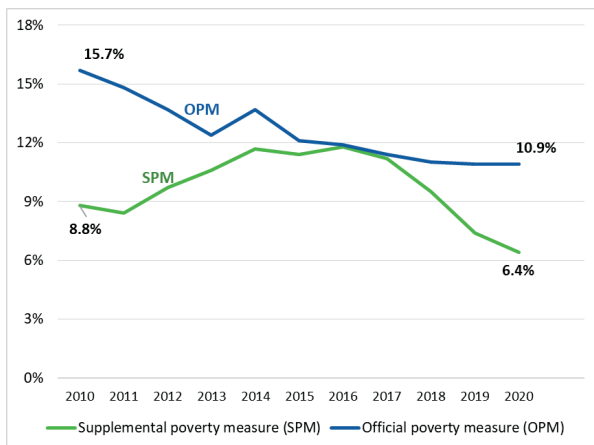
The aging of the baby boom generation, those born from 1946 to 1964, influenced the top half of the population pyramid, as the oldest of this cohort turned 65 in 2011. Therefore, we can see an increase in the percentage of people age 60 to 74 in the total population. This increase was offset by the loss of people age 45 to 59. The loss of people age 45 to 59, which represents not only the prime working age group but also the most common caregiving age range will likely impact the workforce and long-term care of older adults in the future.

Data source: [U.S. Census Bureau, Population Estimates Program](#)

Population pyramid
North Dakota, 2010 and 2021



Poverty status, children age 0-17
North Dakota, 2011 and 2020



Child poverty in North Dakota shows improvement.

Two of the most accepted measures for determining poverty thresholds in the United States are the Official Poverty Measure (OPM) and the Supplemental Poverty Measure (SPM). Children are considered in poverty when they live in families with incomes below 100 percent of the poverty threshold.

According to the OPM, the child poverty rate decreased from 16 percent in 2010 to 11 percent in 2020. The SPM, which takes into consideration a larger pool of expenses as well as a broader set of resources, including in-kind benefits, shows the child poverty rate decreased from 9 percent in 2010 to 6 percent in 2020.

Over the past three years, the OPM shows little change in child poverty, yet the SPM, which takes into consideration government programs including those instituted during the pandemic, shows continued improvement in North Dakota's child poverty rate.

Data source: [Child Trends, Child Poverty Data Tool](#)

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2023

ndcompass.org

North Dakota Compass provides and promotes the use of reliable, accurate, and unbiased demographic, economic, and socio-economic data to support informed decision making and community engagement in North Dakota.

NORTH DAKOTA'S POPULATION AT A GLANCE

	2010		2021	
Population	672,591	-	779,261*	-
Children & youth (age 0-17)	149,871	22.3%	182,775*	23.5%
Working age residents (age 20-64)	403,179	59.9%	443,029	57.2%
Older adults (age 65+)	97,477	14.5%	124,641	16.1%
People of color (non-white)	74,155	11.0%	130,325	16.8%
American Indian population	36,948	5.5%	43,905	5.7%
Individuals with at least one disability	68,797	10.4%	96,378	12.7%
Individuals (age 25+) with a bachelor's degree or higher	122,299	27.6%	160,847	31.7%
People in poverty	84,895	13.1%	83,350	11.1%

*2022 data

2023 Compass Points
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Funders and Members

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