COMPASS POINTS 2024

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North Dakota Components of Population Change
July 1 2020 - July 1 2023

2,253
2,449
2,704
2,289
-279
-52
21
-1,467
-3,555

2020-2021   2021-2022   2022-2023

■ Natural change   ■ Net migration   ■ Residual
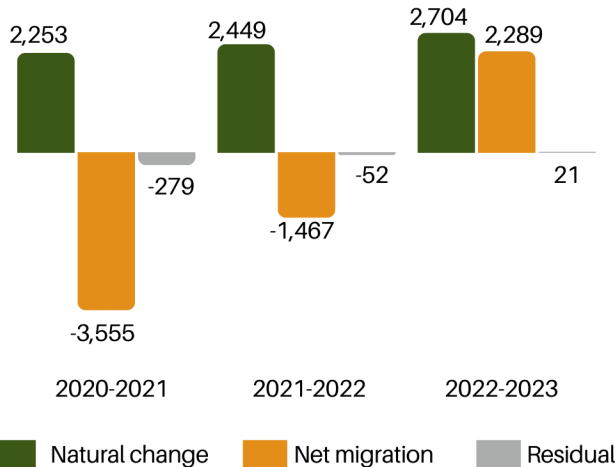
North Dakota continues to gain population in 2023

North Dakota's population reached 783,926 in 2023. A look at the components of change over the past three years reveals notable trends. Although annual births saw a slight decline (from 10,019 in 2020-2021 to 9,649 in 2022-2023), a corresponding decrease in deaths resulted in an overall growth in natural change (births minus deaths).

North Dakota also experienced a positive net migration in 2022-2023, which deviates from the negative trends in the previous two years. This positive shift is attributed to an increase in international migration (2,298 people) and minimal domestic out-migration (-9 people) compared to previous years. Maintaining a positive natural increase and the ability to attract and retain residents contributes to North Dakota's continued population increase.

Data source: U.S. Census Bureau, Population and Housing Unit Estimates Vintage 2023 Estimates

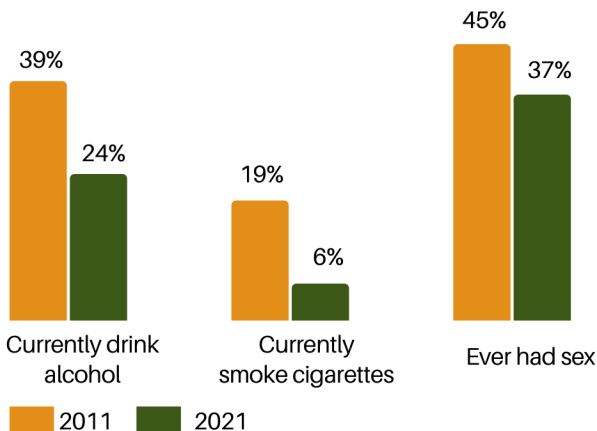### North Dakota's poverty rate is down slightly from 2010 but varies greatly by county

In 2022, North Dakota's poverty rate was 12 percent, just below the national average of 13 percent. While the 2022 poverty rate represented a slight decrease from 13 percent in 2010, North Dakota's ranking worsened among states dropping from 16th lowest poverty rate in 2010 to 21st in 2022.

While 36 counties in North Dakota had poverty rates below the national average in 2022, significant disparities existed among counties. Mercer County had the lowest poverty rate at 7 percent, followed closely by Ransom and Steele counties. Conversely, Benson (25%), Rolette (26%), and Sioux (33%) counties had poverty rates exceeding one-quarter of the population. On a positive note, among all North Dakota counties, Benson and Sioux counties experienced the largest decreases in poverty rates from 2010, with declines of 10 and 8 percentage points, respectively.

Percent of population below the poverty level
North Dakota Counties, 2022

7%   33%
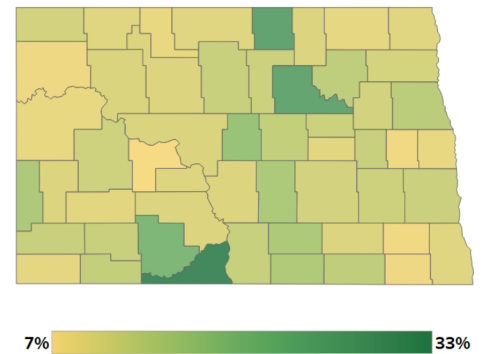
Health Behaviors in High School Students
North Dakota, 2011 and 2021

39%
24%
19%
6%
45%
37%

Currently drink alcohol   Currently smoke cigarettes   Ever had sex

■ 2011   ■ 2021

Data source: North Dakota High School YRBS

Some unhealthy behaviors decreased among North Dakota high school students in the past decade

According to the Youth Risk Behavior Survey (YRBS) administered to high school and middle school students throughout the U.S., the percentage of high schoolers in North Dakota who currently drink alcohol (at least one drink of alcohol, on at least one day during the past month) decreased from 39 percent in 2011 to 24 percent in 2021.

In addition, 6 percent of high school students in North Dakota reported currently smoking cigarettes (at least one day in the past month), down from 19 percent in 2011. However, in 2021, 21 percent of high school students reported currently using an electronic vapor product (at least one day during the past month).

Many young people engage in sexual behaviors that can result in adverse health outcomes, such as unintended pregnancy and sexually transmitted diseases, including HIV. The proportion of high school students who ever had sex decreased from 45 percent in 2011 to 37 percent in 2021.

Check out **more trends** at ndcompass.org/trends

Measuring Progress. Inspiring Action.

State of the State

Topic	National Rank	Key Measures	Current	Previous
AGING	14	Adults (age 65+) with at least one disability	30.6%	32.8%
	6	Adults (age 65+) who volunteer	36.1%	32.0%
	16	Real median income, head of household (age 65+)	$56,319	$50,947
CHILDREN & YOUTH	37	High schoolers who binge drink	14.0%	15.6%
	29	High schoolers who have ever had sex	36.6%	38.3%
CIVIC ENGAGEMENT	38	Voted in mid-term election (voting-eligible)	42.9%	58.7%
	18	Residents (age 16+) who volunteer	29.2%	35.2%
EARLY CHILDHOOD	5	Babies born at low birth weight	7.1%	6.6%
	50	Children enrolled in preschool	29.1%	24.9%
	16	Children (under age 6) with working parents	71.2%	70.6%
ECONOMY	47	Annual change in real Gross Domestic Product	-1.3%	0.3%
	-	Total nonfarm payroll jobs	427,200	417,000
	25	Real median household income	$71,970	$71,845
	21	Poverty rate	11.5%	11.1%
EDUCATION	-	3rd graders who are proficient in reading	40.3%	38.8%
	-	8th graders who are proficient in math	34.6%	33.7%
	-	Students who graduate high school on time	82.7%	84.3%
ENVIRONMENT	47	Population with low access to a grocery store	30.7%	-
	-	Days air quality was rated "good" (Cass County)	85.8%	76.6%
HEALTH	32	Adults (age 18+) who are obese	35.4%	35.2%
	8	Adults (age 18+) with diabetes	9.6%	9.5%
	21	Residents (under age 65) who are uninsured	7.5%	9.2%
HOUSING	40	Homeownership rate	65.1%	63.1%
	4	Households that are cost-burdened	25.0%	25.3%
WORKFORCE	1	Proportion of adults (age 16-64) working	79.2%	77.2%
	36	Adults (age 25+) with bachelor's degree or higher	31.8%	31.7%
	28	Graduation rate at 4-year institutions (within 6 years)	60.4%	58.7%

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.

NEW ON ND COMPASS

New PRAMS Points

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a collaboration project of the North Dakota Health and Human Services Agency and the Center for Social Research at North Dakota State University. PRAMS focuses on gathering state-specific data on maternal attitudes and experiences before, during, and shortly after pregnancy to improve the health of mothers and infants – with the overall goal of reducing infant morbidity and mortality.

To help disseminate project results, a series of dashboards referred to as PRAMS Points have been developed, on a variety of topics including oral health, existing and gestational diabetes, safe sleep, adverse childhood experiences, postpartum depression, and car seat awareness, with the last three added in 2023.

Explore all PRAMS Points

Social Determinants of Health Toolkit

Health and well-being are essential building blocks to personal fulfillment, thriving communities, and a stronger state. A 2022 study sponsored by the Blue Cross Blue Shield of North Dakota Caring Foundation and conducted by the Center for Social Research at North Dakota State University examined how the Social Determinants of Health in North Dakota shape the health of North Dakotans and the communities where they live. The toolkit is updated regularly with new and current information.

The Social Determinants of Health Toolkit accompanies the study and presents county-level data from the statewide report to better visualize the rich data presented in the report.

Explore the toolkit
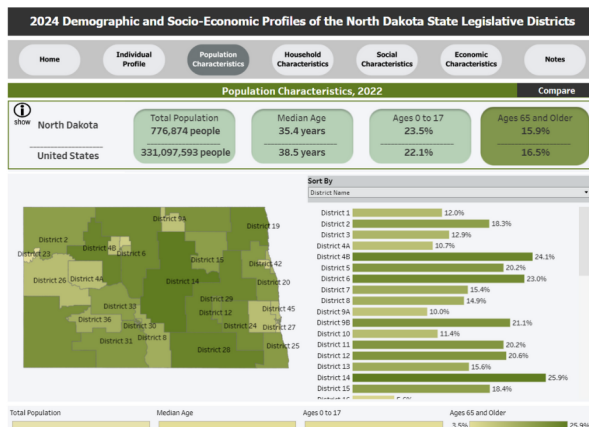
North Dakota State Legislative Districts Dashboard

North Dakota Compass launched a new interactive dashboard feature with the 2024 State Legislative District Profiles update. The profiles are intended to encourage dialogue among legislators, members of government agencies, community-based organizations, educators, individuals, and businesses about how to best support communities and residents in North Dakota.

The newly created dashboard makes it easy to visualize the variation in individual and household characteristics among North Dakota's districts and simple to compare specific districts.

Explore the dashboard

Unless otherwise noted, data for the 2024 Compass Points are provided by North Dakota Compass, with the most recent data updated in February 2024. Data sources, years, margins of error, and additional notes are available on ndcompass.org.

COMPASS POINTS 2024

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		2022	
Population	672,591	-	783,926*	-
Children & youth (age 0-17)	149,871	22.3%	184,734*	23.6%
Working age residents (age 20-64)	403,179	59.9%	442,177	56.7%
Older adults (age 65+)	97,477	14.5%	129,928	16.7%
People of color (non-white)	74,155	11.0%	132,268	17.0%
American Indian population	36,948	5.5%	41,435	5.3%
Individuals with at least one disability	68,797	10.4%	92,708	12.2%
Individuals (age 25+) with a bachelor's degree or higher	122,299	27.6%	163,841	31.8%
People in poverty	84,895	13.1%	86,192	11.5%

*2023 data

2024 Compass Points sponsored by

DMF
Dakota Medical Foundation

THANK YOU

Funders

North Dakota Compass, a project of the Center for Social Research at North Dakota State University, is financially supported by major foundations and committed organizations in the state who understand the value of data-driven decision making.

Bush Foundation | Otto Bremer Trust

Join the community, use North Dakota Compass!