KEY TRENDS

Population change by components of change

Legend: Total population change — Net migration — Natural change
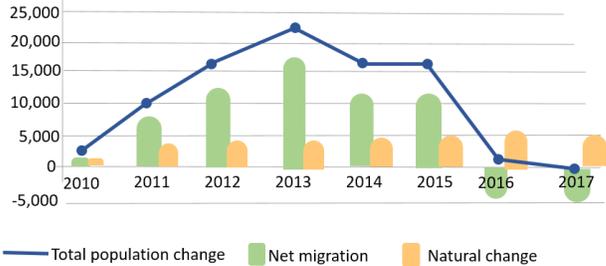
North Dakota's population holds steady.

After years of continuous growth, North Dakota's population remained relatively unchanged from 2016 to 2017 totaling 755,393 residents in 2017. The modest population change can be attributed to the stabilization of the birth rate and out-migration. Over the past two years North Dakota experienced a larger number of people leaving than entering the state, a negative net migration of 4,684 residents in 2016 and 5,164 residents in 2017, which is in contrast to the previous six years when North Dakota had more people entering than leaving the state.

Diabetes rates for those at most risk decreased in North Dakota in 2016.

In North Dakota 1 in 11 adults (age 18 and older) had diagnosed diabetes in 2016 (8.6%). The diabetes rate for adults in North Dakota remained fairly constant since 2012 and lower than the national average. In addition, population groups at highest risk for diabetes (i.e., older adults, people living in very low income households, and the American Indian population) saw a decrease in the diabetes rates from 2015 to 2016.

Percentage of adults diagnosed with diabetes

	Older adults (age 65+)	Income less than $15,000	American Indian
2015	21.1	18.3	24.0
2016	18.8	13.9	15.4
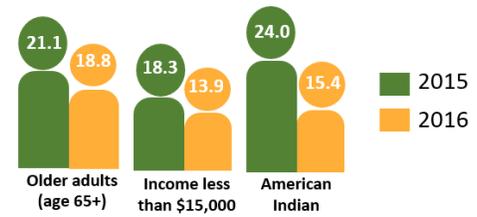
Educational attainment of adults

	Bachelor's degree or higher	Associate's degree	HS diploma	Less than HS
2000	22.0%	9.4%	27.9%	16.1%
2016	29.6%	13.6%	27.1%	7.6%
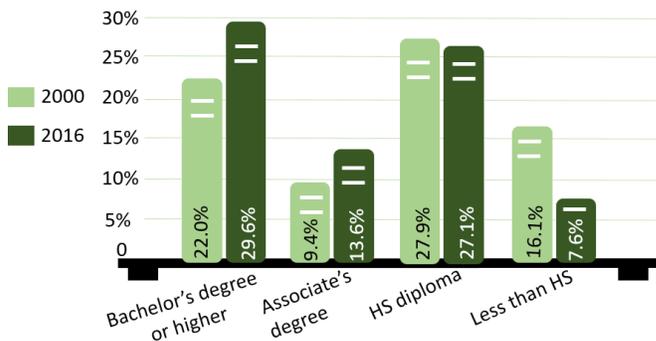
North Dakota adults are becoming more educated compared to 2000.

In 2016, approximately 9 in 10 adults (age 25 and older) had at least a high school diploma or GED (92.4%), and nearly 1 in 3 adults (29.6%) had a bachelor's degree or higher. About 8 percent of adults had less than a high school education.

When compared to 2000, overall educational attainment increased in North Dakota. The percentage of adults with less than a high school education decreased from 2000 to 2016, while the percentage of adults with an associate's degree or higher increased during the same time period.


The aging of North Dakota's population may pose workforce challenges in the future.

With the aging of the baby boom generation, the share of older adults in the state's population is expected to increase from 14.5 percent in 2016 to 18.0 percent by 2029. In contrast, the share of the working-age population (age 20-64) is projected to decrease from 59.3 percent of the total population in 2016 to 55.4 percent in 2029.

These demographic changes will potentially reduce the number of workers in relation to the population needing support. Even with the influx of more working-age people into the state, the ratio is projected to decrease from 4.1 working-age adults to every one older adult in 2016 to 3.1 working-age adults per every older adult by 2029.

Number of working-age adults (20-64) for every older adult (65+)

1980	1990	2000	2010	2016	2024	2029
4.4	3.9	3.9	4.1	4.1	3.4	3.1
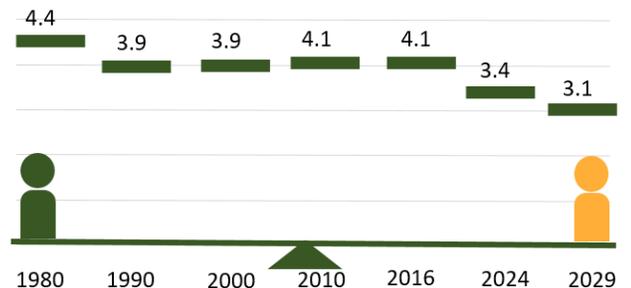
Check out **more trends** at ndcompass.org/trends

M e a s u r i n g   P r o g r e s s.   I n s p i r i n g   A c t i o n.

State of the State

Topic	National Rank	Key Measures	Current	Previous
AGING	20	Adults (age 65+) with at least one disability	34.2%	35.9%
	7	Adults (age 65+) who volunteer	32.9%	39.0%
	22	Median income, head of household (age 65+)	$41,084	$37,439
CHILDREN & YOUTH	-	High schoolers who trust at least one adult	84.3%	85.6%
	29	High schoolers who binge drink	17.6%	21.9%
	16	High schoolers who have ever had sex	38.9%	44.9%
CIVIC ENGAGEMENT	26	Voted in last presidential election (voting-eligible)	60.9%	59.8%
	7	Residents (age 16+) who volunteer	32.0%	32.7%
EARLY CHILDHOOD	6	Babies born at low birth weight	6.6%	6.2%
	50	Children enrolled in preschool	28.6%	36.0%
	8	Children (under age 6) with working parents	73.5%	66.1%
ECONOMY	50	Annual change in real Gross Domestic Product	-6.5%	-3.1%
	–	Total nonfarm jobs	434,800	453,500
	17	Median household income	$60,656	$61,324
	10	Poverty rate	10.7%	11.0%
EDUCATION	-	3rd graders who are proficient in reading	50.4%	46.9%
	-	8th graders who are proficient in math	35.6%	34.7%
	14	Students who graduate high school on time	87.3%	86.3%
ENVIRONMENT	47	Population with low access to a grocery store	30.7%	-
	-	Days air quality was rated "good" (Williams County)	94.5%	82.2%
HEALTH	36	Adults (age 18+) who are obese	31.9%	31.0%
	9	Adults (age 18+) with diabetes	8.6%	8.7%
	21	Residents (under age 65) who are uninsured	8.1%	8.9%
HOUSING	40	Homeownership rate	63.2%	61.7%
	1	Households that are cost-burdened	22.5%	22.4%
WORKFORCE	1	Proportion of adults (age 16-64) working	79.3%	78.5%
	27	Adults (age 25+) with bachelor's degree or higher	29.6%	29.1%
	37	Graduation rate at 4-year institutions (within 6 years)	51.5%	50.0%

National Rank (1 = Best)

NORTH DAKOTA BY NUMBERS

12% Population growth from 2010 to 2017, second fastest population growth of any state during this time period.

1st Rank among the 50 U.S. states for the highest proportion of adults working in 2016.

29% Percentage of young children (age 3 and 4) enrolled in preschool in 2016, down from 36 percent in 2015 and placing North Dakota last among the 50 states in the U.S.
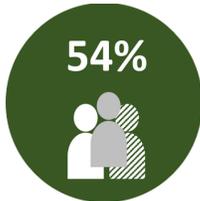
54% Increase in population of color (non-white) from 2010 to 2016. For comparison, the U.S. population of color increased 12 percent for the same time period.

4th Place among the youngest 50 U.S. states despite a slight increase in median age from 34.7 in 2015 to 34.8 in 2016.

1 in 4 Households that were cost-burdened (paying 30% or more of income for housing) in 2016 (23%), smallest percentage of all 50 U.S. states.

$60,656 Median household income in 2016, slightly above the national average despite a slight decrease from 2015.

5.5 Percentage point increase in high school graduation rate for American Indian students from 2015 to 2016.

39% Volunteer participation for Generation X (those born from 1965 to 1981) in 2015, the highest of all generations and 7 percentage points higher than North Dakota's overall rate (32%).

1 in 3 Adults who were obese in 2016 (32%), a 4 percentage point increase from 2011.

All data for the 2018 Compass Points come from North Dakota Compass, with the most recent data compiled in March 2018. Data sources, years, margins of error, and additional notes are available on ndcompass.org.

North Dakota Compass provides reliable and consistent information needed by North Dakota's community, non-profit, and business leaders who must plan for the future in an environment of continuous change, to improve the quality of life in North Dakota.

NORTH DAKOTA'S POPULATION AT A GLANCE

	2000		2016	
Overall population	642,200	-	755,393**	-
Children & youth (age 0-17)	160,849	25.0%	176,311	23.3%
Working age residents (age 20-64)	364,258	56.7%	449,098	59.3%
Older adults (age 65+)	94,478	14.7%	109,999	14.5%
People of color (non-white)	53,051	8.3%	113,825	15.0%
American Indian population	31,329	4.9%	41,596	5.5%
Individuals with at least one disability	-	-	85,328	11.5%
Individuals (age 25+) with a bachelor's degree or higher	89,843	22.0%	146,323	29.6%
People in poverty	73,457*	11.9%*	78,464	10.7%

*Numbers from 1999   **Numbers from 2017

2018 Compass Points sponsored by

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THANKYOU

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How can we help you?

Do you want to learn more about North Dakota Compass and how it can help you and your organization? Contact Kendra Erickson-Dockter, North Dakota Compass Project Director, at kendra.erickson@ndsu.edu.