

Health Trends

NORTH DAKOTA



Health Trends Summary

- The adult obesity rate for North Dakota's adults has been on an increasing trend starting with 2015, reaching 35 percent in 2018. After a short decline in obesity rate for two years in a row, the obesity rate increased again to 35.2 percent in 2021.
- Obesity rates increased for all adult age groups from 2011 to 2021. The largest increase was in the 45 to 54 age group.
- The diabetes rate for adults in North Dakota has trended below the national average since 2011 but increased one percentage point from 2011 to 2021.
- In North Dakota people in poverty are more than twice as likely to have disabilities as people above the poverty level.
- The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015.
- The prevalence of depression increased in the past year and is higher for those with low incomes, are females and have low educational levels as compared to their counterparts.

Healthy behaviors among youth

Alcohol consumption is a concern among high school students in North Dakota and the U.S. since excessive alcohol use can increase the risk of health problems.

The percentage of high schoolers in North Dakota who ever had one drink of alcohol in their life decreased substantially from 74 percent in 2007 to 50 percent in 2021.

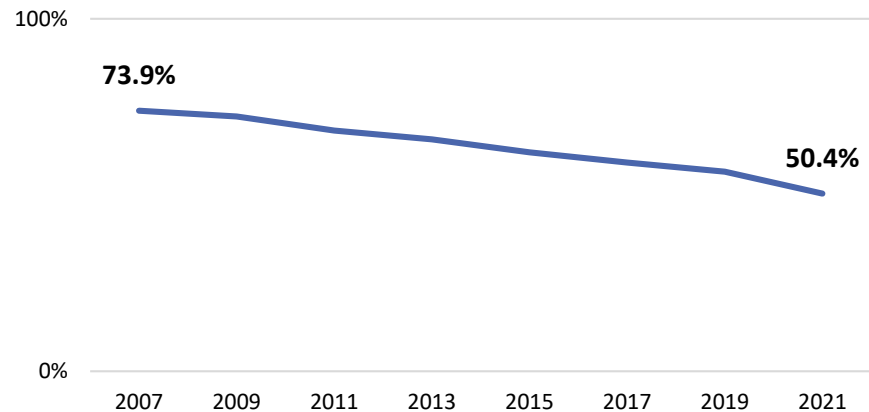
The survey for binge drinking slightly changed in 2017 and does not allow direct comparison with previous years. However, the past three years show decrease in the percentage of high school students in North Dakota who were binge drinking in the past 30 days from 16 percent to 14 percent.

Note:

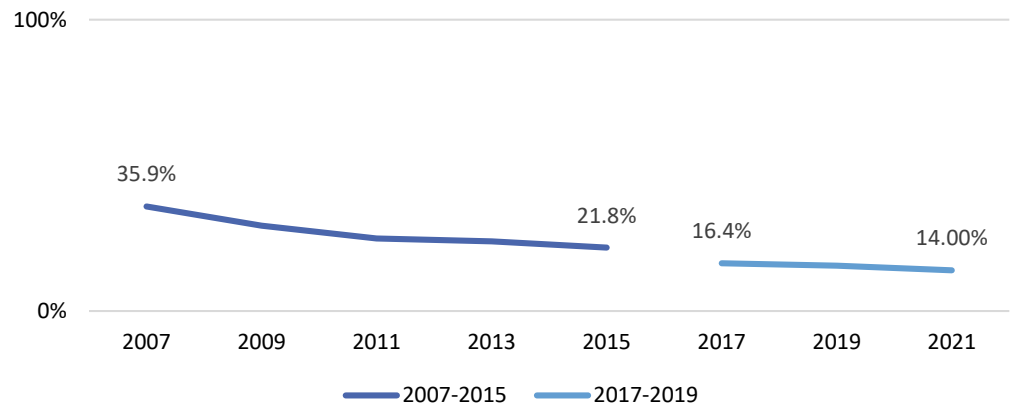
Binge drinking (2007-2015) - 5 or more drinks of alcohol in a row, that is, within a couple of hours.

Binge drinking (2017 and after) - 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.

High schoolers who have ever had one drink, North Dakota, 2007-2021



High schoolers who binge drank in the past month North Dakota, 2007-2021



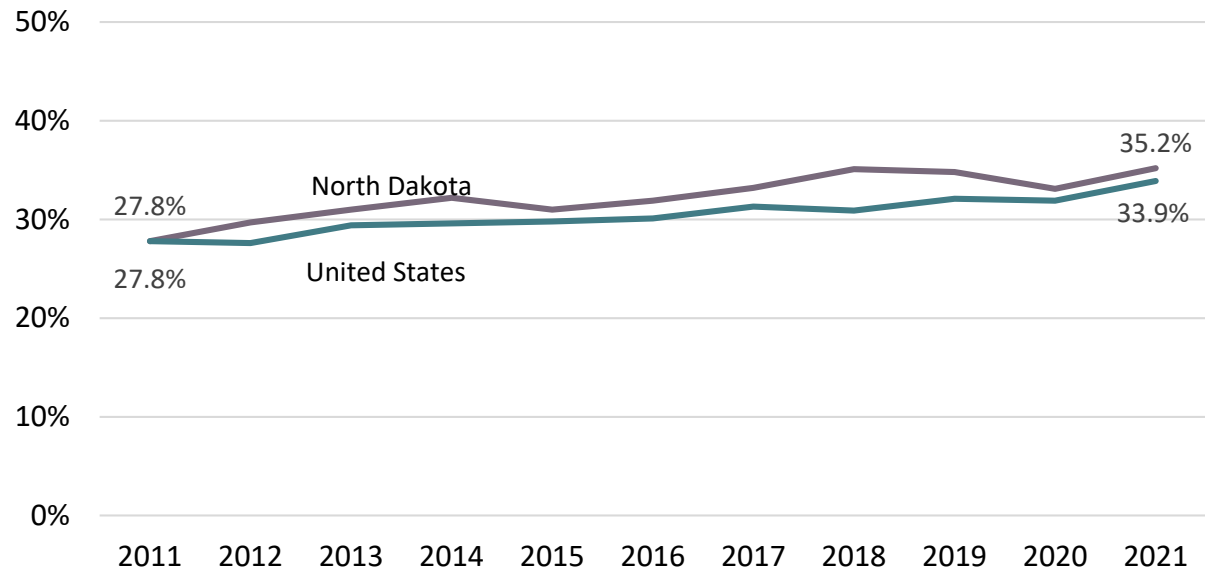
Obesity

The North Dakota obesity rate has trended above the national average since 2011.

The obesity rate for North Dakota's adults (age 18 and older) has been on an increasing trend starting with 2015, reaching 35.1 percent in 2018. After a short decline in obesity rate for two years in a row, the obesity rate increased again to 35.2 percent in 2021.

In 2021 North Dakota ranked 32nd among the 50 states (ranking from lowest obesity rate to highest).

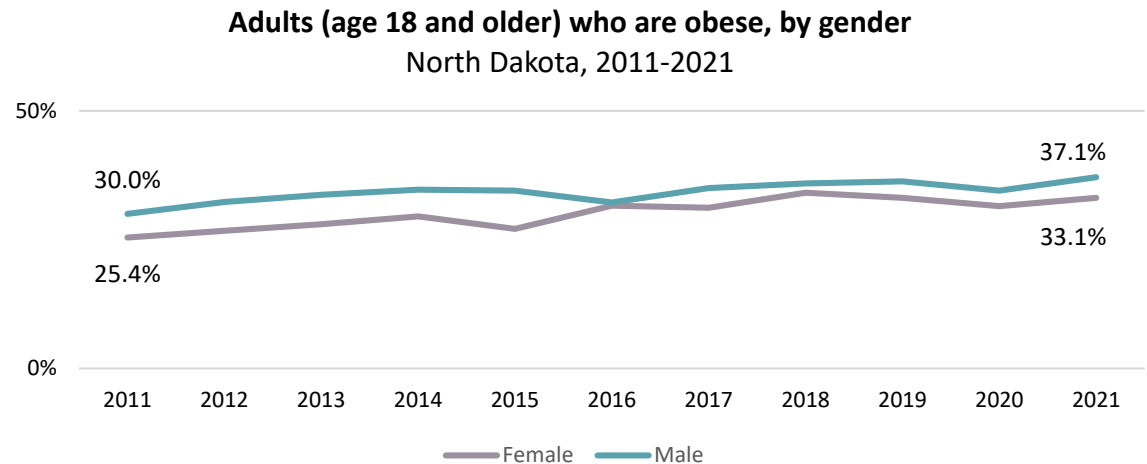
Adults who are obese
North Dakota and U.S., 2011-2021



Obesity by gender

Male adults have had higher obesity rates than their female counterparts in North Dakota in 2021 (37.1% and 33.1%, respectively)

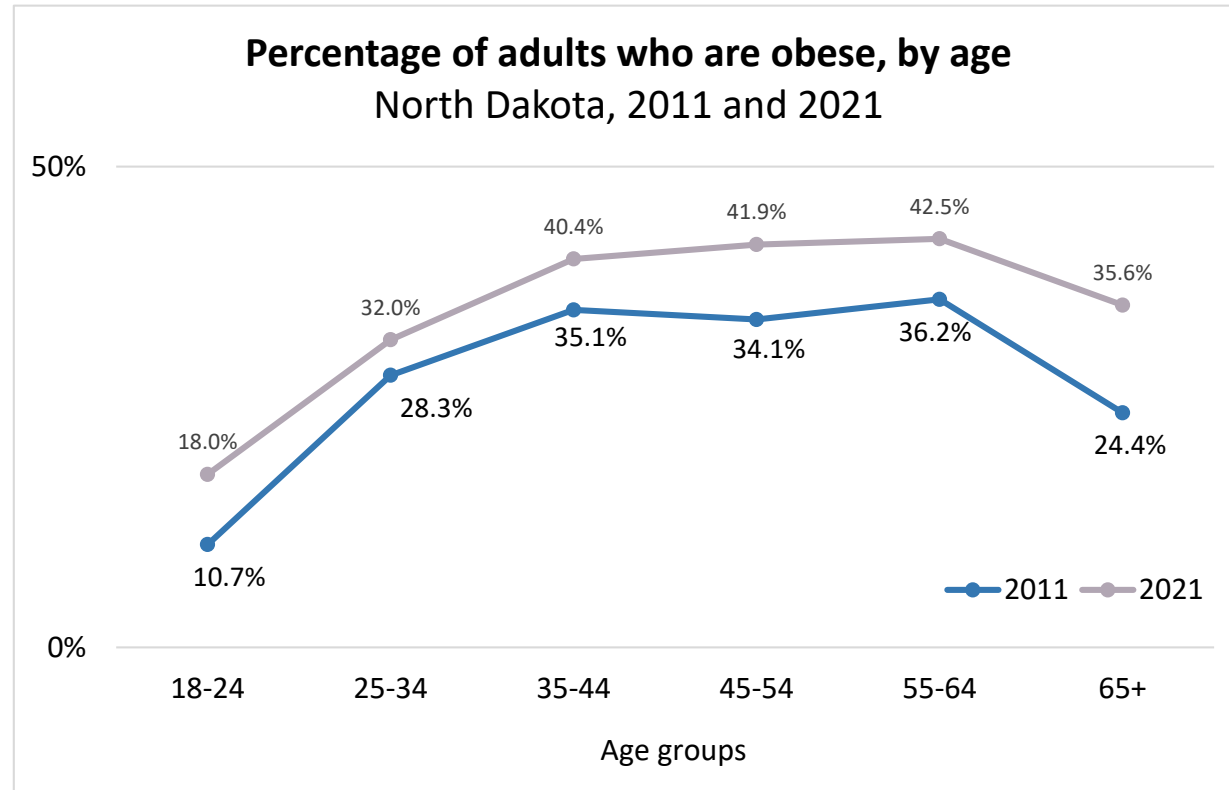
The obesity rate increased significantly for both male and female (age 18 and older) from 2011 to 2021.



Obesity by age

In 2021, obesity was most prevalent in middle age. Adults age 55-64 had the highest obesity rate at 42.5 percent, followed by the 45-54 age group at 41.9 percent. The group with the lowest obesity rate was the 18-24 age group at 18 percent.

When comparing obesity rates from 2011 to 2021, obesity rates increased for all adult age groups. The largest increase was for the 45-54 age group.

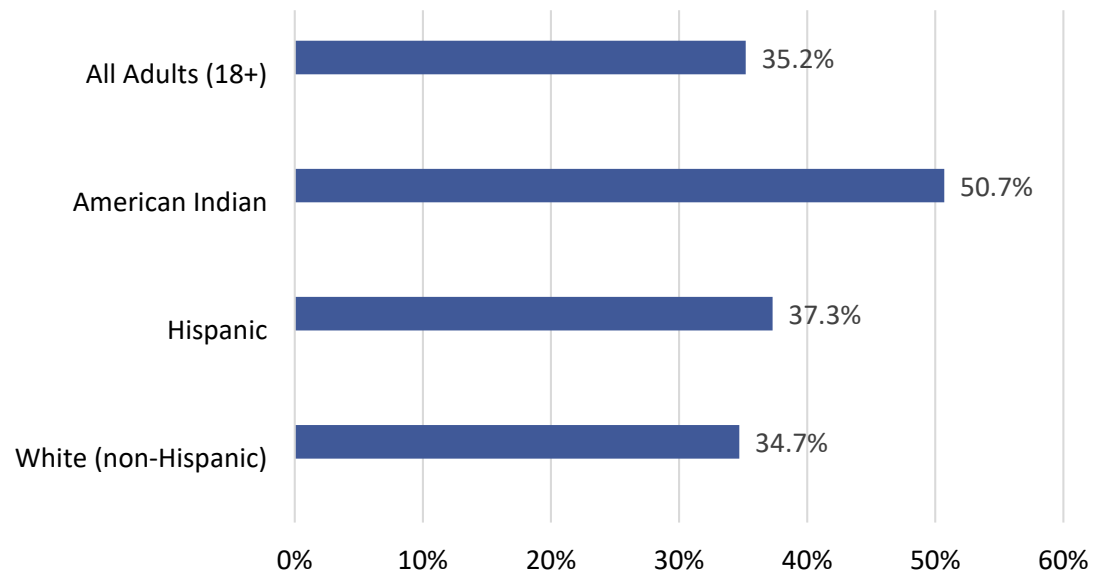


Obesity by race and ethnicity

Among [racial and ethnic groups](#) in North Dakota, the American Indian population have the highest obesity rate in 2021 (50.7%), followed by Hispanics at 37.3 percent.

Data is not available for all racial and ethnic groups.

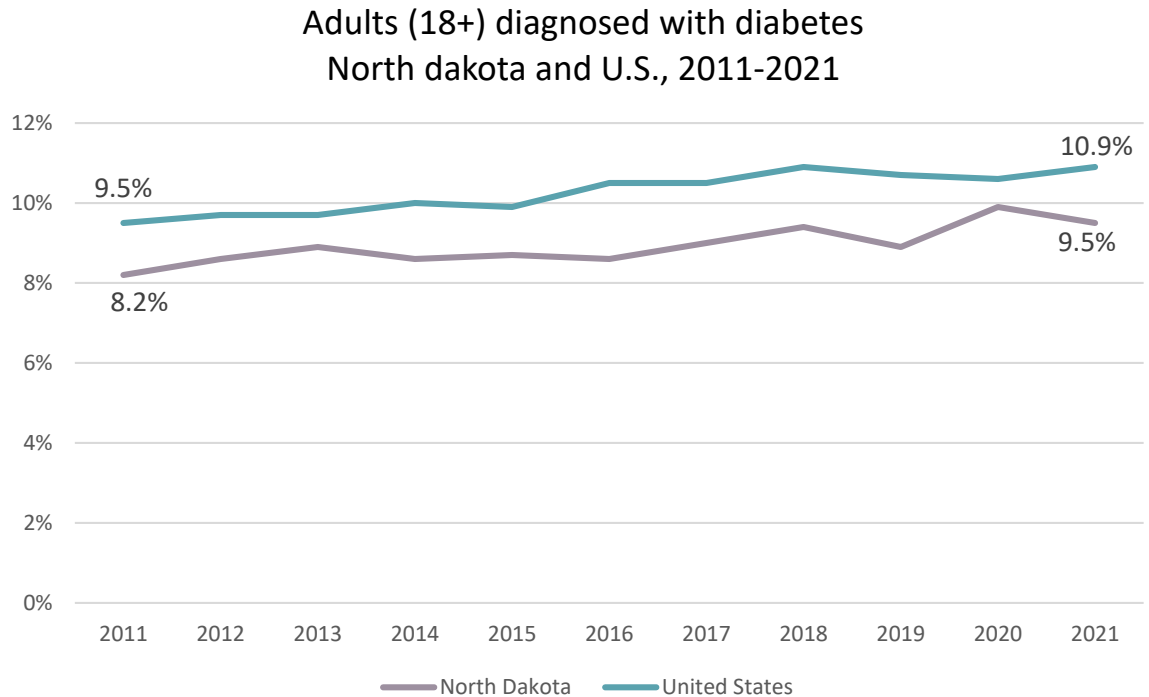
Adults (age 18 and older) who are obese, by race
North Dakota, 2021



Diabetes

The diabetes rate for adults in North Dakota trended below the national average from 2011 to 2021.

About one in ten North Dakota adults (age 18 and older) had diabetes in 2021 (10.9%). Nationally, North Dakota ranked 13th (from lowest to highest diabetes rate) among states for adults diagnosed with diabetes in 2021.

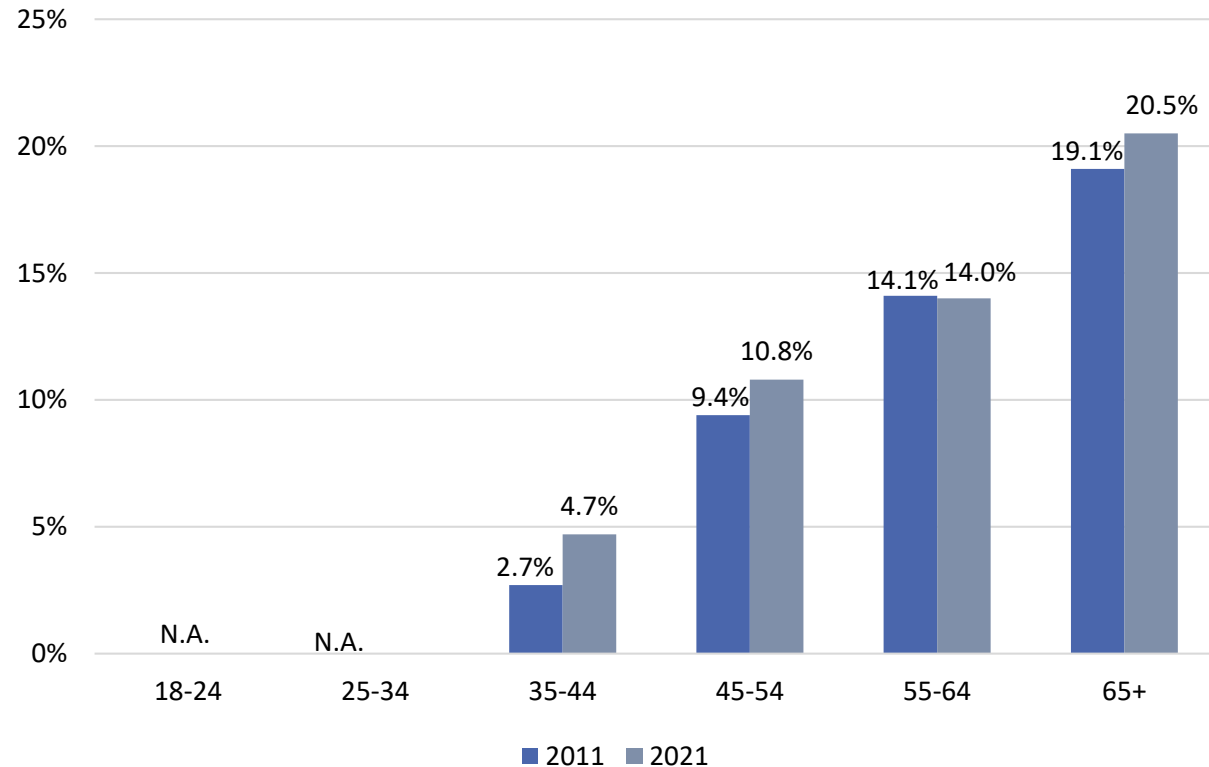


Diabetes by age

In 2021, adults age 65 and older had the highest [diabetes rate](#) at 20.5 percent followed progressively by lower rates for younger age groups.

[Compared to 2011](#), diabetes rates slightly increased for ages 35 to 54 and 65 and older, and remained the same for adults (55-64).

Adults (18+) diagnosed with diabetes by detailed age
North Dakota, 2011 and 2021



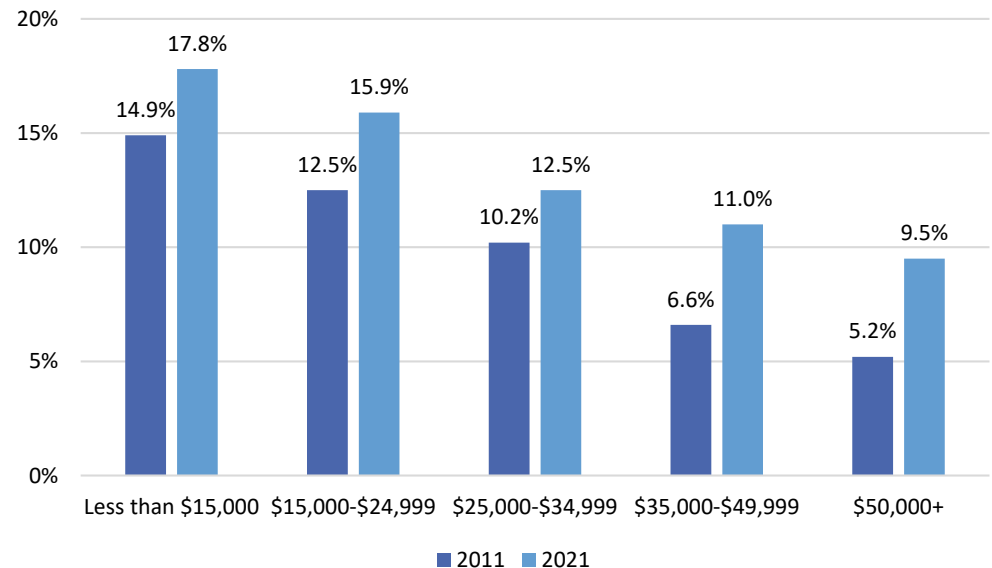
Note: N.A. - Data is not available for the 18-24 and the 25-34 age groups (2011 and 2020).

Diabetes by income

The prevalence of diabetes in North Dakota is highest among those with the lowest household income and decreases as income increases.

Compared to 2011, diabetes rates increased for adults in all income groups with the highest increase for adults in the \$35,000 and higher.

Adults with diabetes, by annual household income
North Dakota, 2011 and 2021

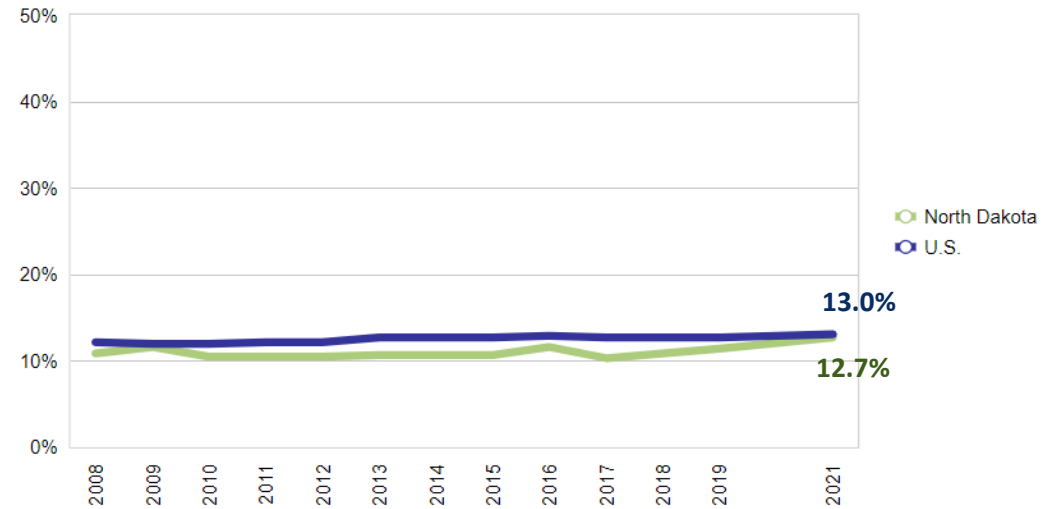


People with disabilities

North Dakota has been trending slightly lower than the U.S., from 2008 to 2021, for people living with at least a disability. In North Dakota, 12.7 percent of people were living with one or more disabilities in 2021. This percent is about the same as the national average (12.7%).

Individuals with a disability

North Dakota and U.S., 2008-2021



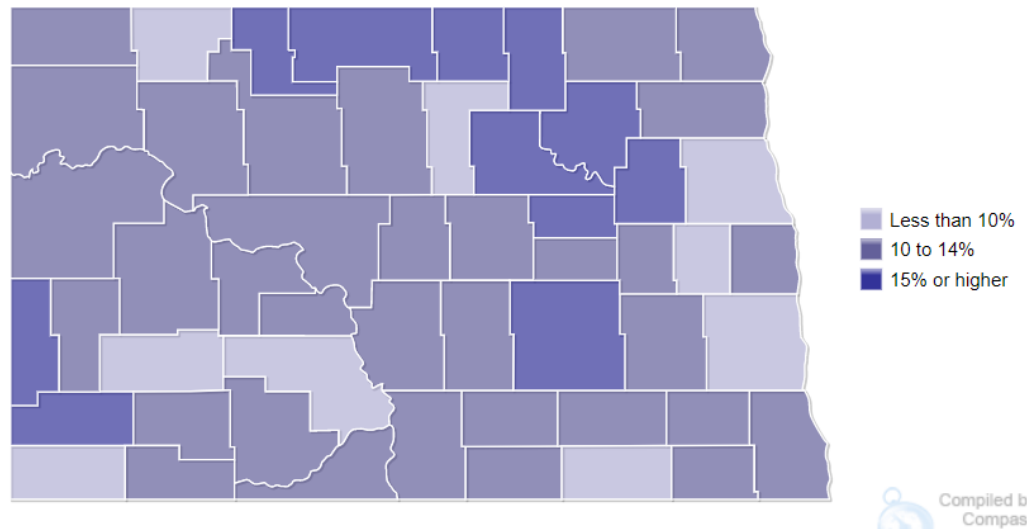
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People with disabilities

At the county level, the percent of people with disabilities in North Dakota varies from 7.5 percent in Morton County to 18.9 percent in Nelson County.

Individuals with a disability

By county, 2016-2020



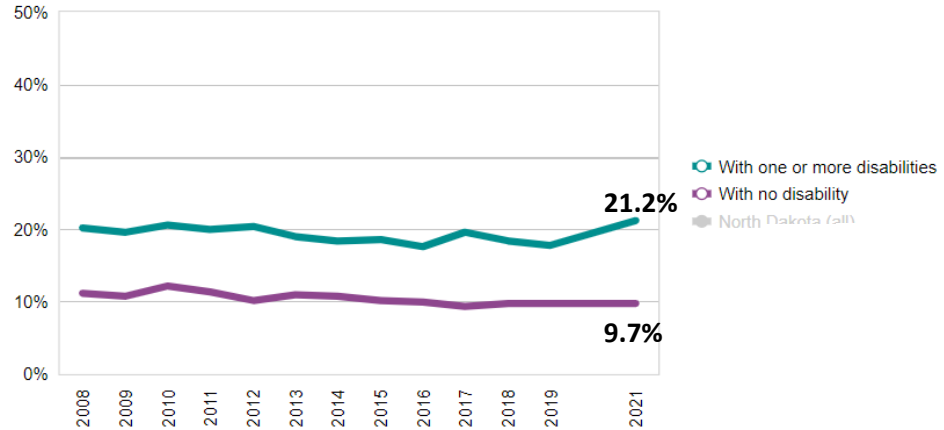
People with disabilities and poverty

Disability and poverty have an interdependent relationship. Disabilities can create challenges that can lead to economic hardship. [People with disabilities are more than twice as likely to have incomes below the poverty thresholds as people without disabilities in North Dakota \(21.2% and 9.7%, respectively in 2021\).](#)

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 more than twice as likely to have disabilities as people above the poverty level \(24.3% and 11.4%, respectively in 2021\).](#)

Individuals below the poverty level by disability status

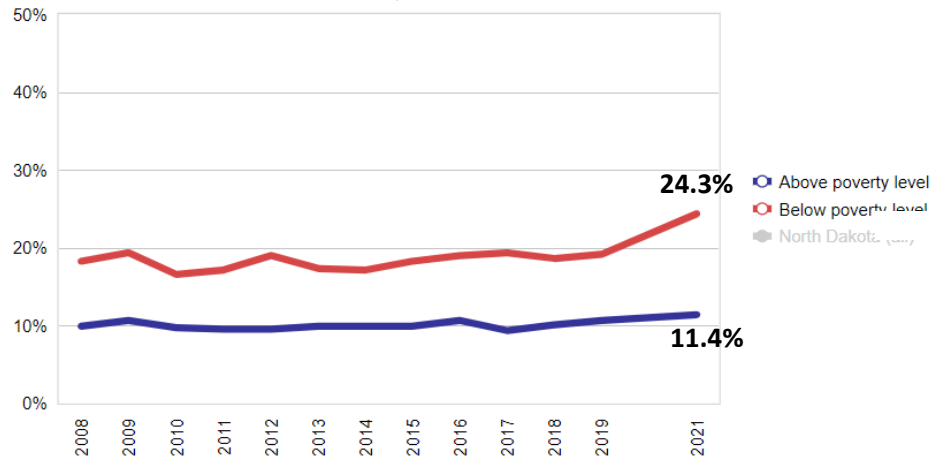
North Dakota, 2008-2021



Compiled by
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Individuals with a disability by poverty status

North Dakota, 2008-2021



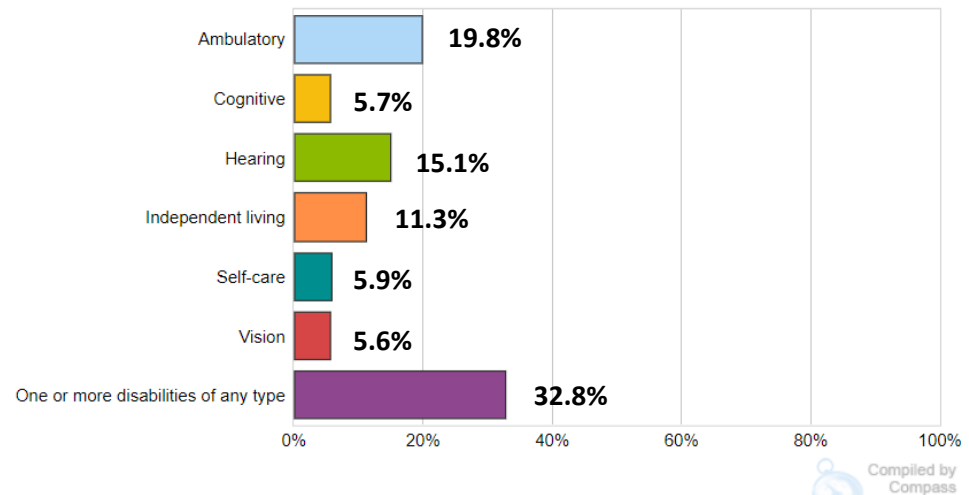
Compiled by
Compass

Older adults with disabilities

Of the 38,970 older adults in North Dakota who have some form of disability, 23,579 report difficulty walking or climbing which is counted as ambulatory disability. The older adults who report having an ambulatory disability represent 19.8 % of the civilian non-institutionalized population age 65 and older.

Serious difficulty hearing is the second-most cited disability (15.1% of the civilian, non-institutionalized population age 65 and older), followed by difficulty with independent living – doing errands alone such as visiting a doctor’s office or shopping (11.3%).

Individuals with a disability by type, age 65+
North Dakota, 2021

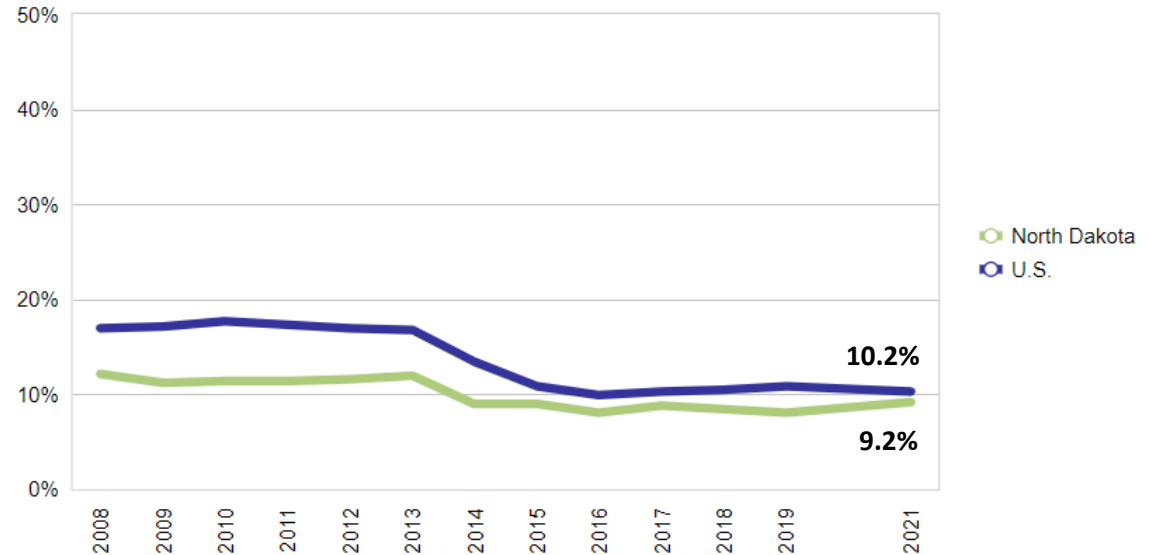


Health care coverage

The number and percentage of residents under 65 years old without health insurance was relatively stable after 2015. In 2021, 9.2 percent of residents under age 65 in North Dakota lacked health insurance coverage.

North Dakota ranked 28 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 (20.4%).

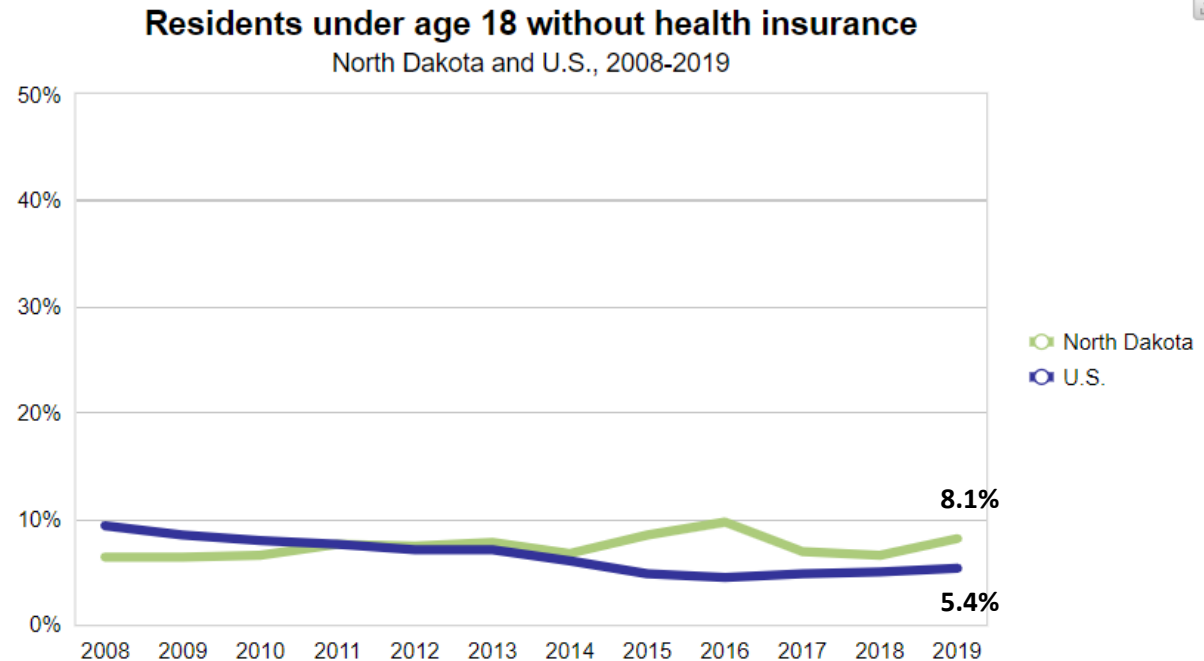
Residents under age 65 without health insurance
North Dakota and U.S., 2008-2021



Health care coverage

The percentage of uninsured children has trended above the U.S. average since 2015. In 2019, 8.1 percent of children (under age 18) lacked health insurance as compared to 5.4 percent of children nationwide.

North Dakota ranked 46th among the 50 states for health insurance coverage for children, with Massachusetts being in first place with the lowest percentage of uninsured children (1.4%) and Texas ranking 49th with the highest percentage (12.3%) in 2019.

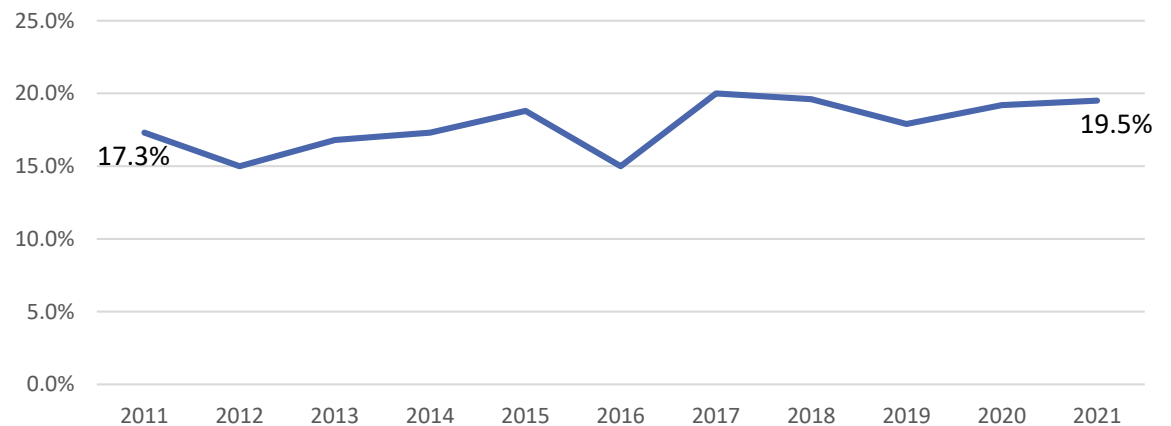


Mental Health

Good mental health is as important as good physical health. Mental illness can impair individuals' ability to work, to raise their families, and to participate in their communities. In addition to affecting individuals and their families, mental illness imposes significant economic costs on communities as a whole.

In North Dakota, 19.5 percent of adults have been told they have a form of depression in 2021, slightly up from 19.2 percent in 2020.

Adults (18+) who have ever been told they have a form of depression
North Dakota, 2011-2021



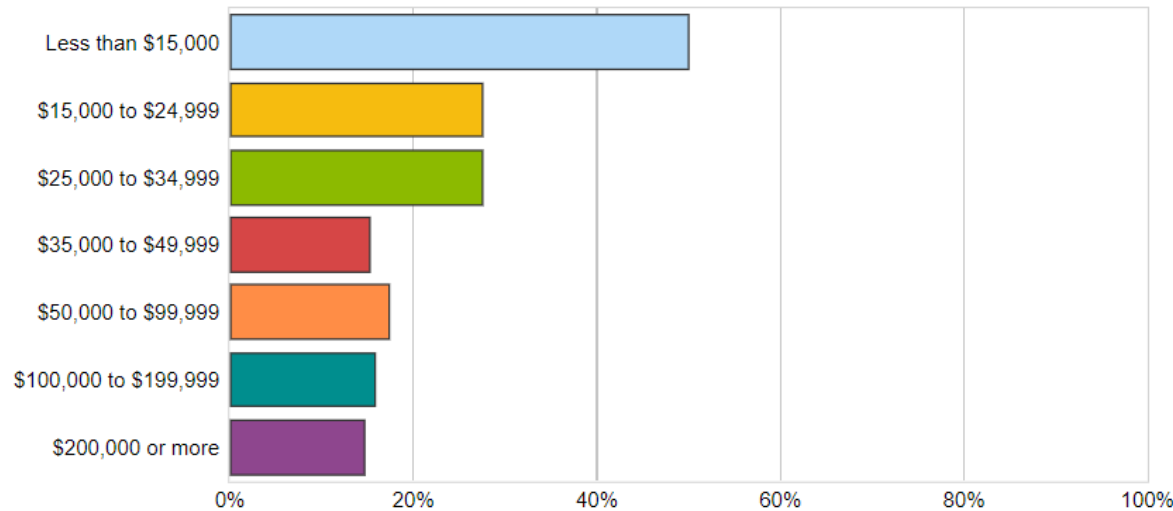
Mental Health

The percentage of adults who have been told they have a form of depression is highest for those with the lowest household income (50.0% for household income less than \$15,000) in 2021.

The prevalence of depression decreases as household income increases (from 50.0% for household income less than \$15,000 to 14.7% for household income \$200,000 or more in 2021).

Adults (18+) who have ever been told they have a form of depression by income

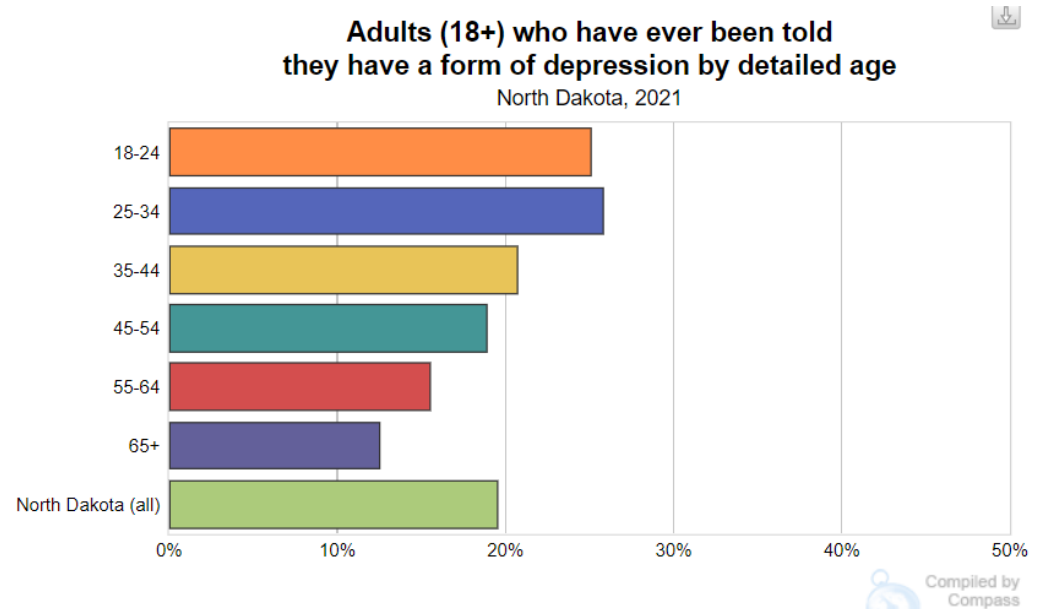
North Dakota, 2021



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Mental Health

The prevalence of depression in North Dakota's adults is highest in the 18-34 [age group](#) and lowest for older adults, age 65 and older in 2021.

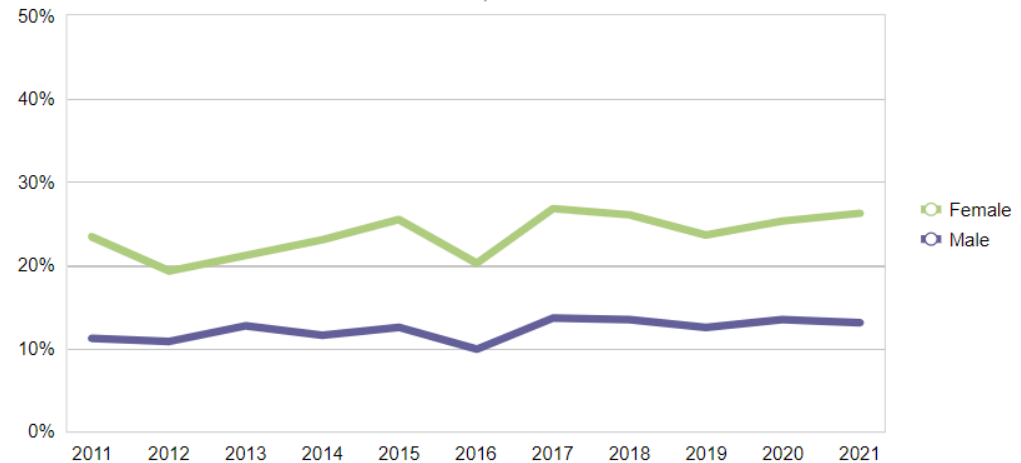


Mental Health

The prevalence of depression is double in female than in male adults in North Dakota (26.3% for female and 13.0% for male in 2021).

Adults (18+) who have ever been told they have a form of depression by gender

North Dakota, 2011-2021



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Mental Health

In 2021, 32.2 percent of adults with no high school diploma were told they have a form of depression, the highest percentage among the [educational attainment levels](#).

Depression rates were lowest for adults who were college graduate (16.2%).

North Dakota residents with no high school diploma also experienced [the highest increase in depression rates from 2011 to 2021](#) (from 15.6% in 2011 to 32.2% in 2021).

Adults (18+) who have ever been told they have a form of depression, by educational attainment
North Dakota, 2011 and 2021

