A Supplemental, Statewide Profile of Health and Well-Being in North Dakota 2025

A Social Drivers of Health Perspective

January 2026 – Data Sources and Notes

DEMOGRAPHIC CHARACTERISTICS

Total Population, 2024
This indicator reflects the total number of residents.
Source: U.S. Census Bureau, Vintage 2024 Population and Housing Unit Estimates. Retrieved from https://www.census.gov/programs-surveys/popest.html

Median Age, 2024
This indicator represents the central age point of the resident population. It is reflected in years and divides the population into two equal parts: half the population is older than the median age and half is younger.
Source: U.S. Census Bureau, Vintage 2024 Population and Housing Unit Estimates. Retrieved from https://www.census.gov/programs-surveys/popest.html

Population by Non-Hispanic Race, 2024
This indicator reflects the total number of residents in each racial category, excluding populations of Hispanic origin – as a percentage of total population.
Source: U.S. Census Bureau, Vintage 2024 Population and Housing Unit Estimates. Retrieved from https://www.census.gov/programs-surveys/popest.html

Population of Hispanic Origin, 2024
This indicator reflects the total number of residents of Hispanic origin. The percentage reflects the total number of residents of Hispanic origin as a percentage of the total population.
Source: U.S. Census Bureau, Vintage 2024 Population and Housing Unit Estimates. Retrieved from https://www.census.gov/programs-surveys/popest.html

ECONOMIC STABILITY

Poverty, 2024
This indicator reflects the number of people with a household income below 100% of the federal poverty threshold as a percentage of the population for whom poverty status is determined (i.e., people living in group quarter facilities and institutions are excluded). The 2024 Federal Poverty Threshold for a family of four with two children was $31,812 (https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html).
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Child Poverty, 2024
This indicator reflects the number of people ages 0 through 17 living in households with a household income below 100% of the federal poverty threshold as a percentage of the population ages 0 through 17 for whom poverty status is determined (i.e., children living in group quarter facilities and institutions are excluded). The 2024 Federal Poverty Threshold for a family of four with two children was $31,812 (https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html).
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Poverty by Race and Ethnicity, 2024
This indicator reflects the number of people with a household income below 100% of the federal poverty threshold as a percentage of the population for whom poverty status is determined (i.e., people living in group quarter facilities and institutions are excluded) – for individuals who report being White, Black, American Indian, Asian, and Hispanic. The 2024 Federal Poverty Threshold for a family of four with two children was $31,812 (https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html).

Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Near Poverty, 2024
This indicator reflects the number of people with a household income from 100% to 199% of the federal poverty threshold as a percentage of the population for whom poverty status is determined (i.e., people living in group quarter facilities and institutions are excluded).
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

EDUCATION

Ages 0 to 5, All Parents Working, 2024
This indicator reflects the percentage of own children ages 0 through 5 who live in households where all the parents are in the labor force.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Child Care Deserts, 2025
This indicator reflects the number of counties in the state with a ratio of more than three young children (ages 0 through 5) for every licensed child care slot. Research from the Center for American Progress has established that the number of licensed child care slots in a community should be able to reach at least one-third of young children. When slots are insufficient to meet this threshold, the likelihood that parents face difficulties finding child care increases. As such, a community with a ratio of more than three young children for every licensed child care slot indicates a child care desert.
Sources: Children ages 0 through 5 was obtained from the U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/. Child care capacity (number of slots) for 2025 is available from the North Dakota Department of Health and Human Services, Early Childhood Services and retrieved from the KIDS COUNT Data Center, https://datacenter.aecf.org/

Ages 3 and 4 Enrolled in Early Education, 2024
This indicator reflects the percentage of children ages 3 and 4 who are enrolled in public or private early learning programs. Early learning programs include any group providing educational experiences for children during the years preceding kindergarten (e.g., Head Start, child care preschool, early childhood special education, or a school district prekindergarten program). Places where instruction is an integral part of the program are included (e.g., a preschool license through child care), but private homes that primarily provide custodial care are not included in these data.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

3rd Grade Reading Achievement, 2023/24
This indicator reflects the percentage of all third graders attending public schools who scored below proficient on the reading portion of the North Dakota State Assessment, and thus did not meet the expected level of performance with regard to reading standards.
Source: North Dakota Department of Public Instruction. Retrieved from Insights.nd.gov, https://insights.nd.gov/Education/State/StateAssessment/StudentAchievement

SOCIAL & COMMUNITY CONTEXT

Adults 65 and Older Living Alone, 2024
This indicator reflects the percentage of households occupied by persons ages 65 or older who live by themselves.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Adult Volunteerism, 2023
This indicator reflects the percentage of residents ages 16 and older who performed unpaid volunteer activities at any point during the year.

Source: Current Population Survey, Volunteering and Civic Life Supplement, conducted by the U.S. Census Bureau for the Bureau of Labor Statistics. Retrieved from ND Compass, https://ndcompass.org

Youth and Young Adults in Labor Force, 2024
This indicator reflects the percentage of people ages 16 through 24 who are employed in the labor force.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Adverse Childhood Experiences, 2023/24
This indicator reflects the percentage of children ages 0 through 17 who have experienced at least two adverse experiences in their lifetime. Adverse childhood experiences or ACEs, are potentially traumatic events that occur in childhood and include such things as experiencing violence, abuse, or neglect; witnessing violence in the home or community; and having a family member attempt or die by suicide. They can also include aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with substance use problems, mental health problems, and instability due to parental separation or incarceration. Research shows that the more ACEs adults reported from their childhood, the worse their physical and mental health outcomes as adults.
Source: Child and Adolescent Health Measurement Initiative. 2023-2024 National Survey of Children's Health (NSCH) data query. Retrieved from Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), https://www.childhealthdata.org/

NEIGHBORHOOD & BUILT ENVIRONMENT

Monthly Housing Costs, 2024
This indicator reflects the median monthly housing costs for a homeowner with a mortgage – and the median monthly gross rent.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Households Burdened by Housing Costs, 2024
This indicator reflects the percentage of households that spend 30% or more of household income toward housing costs. General guidance suggests that housing costs should not exceed 30% of monthly household income. When too much of a paycheck goes to paying the rent or mortgage, families may be faced with choosing among paying for essentials such as utilities, food, transportation, or medical care.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

Food Insecurity, 2023
This indicator reflects the percentage of the population who did not have access to a reliable source of food during the past year.
Source: Feeding America. Map the Meal Gap 2025: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2023. Retrieved from https://map.feedingamerica.org/

Broadband Internet Subscription, 2024
This indicator reflects the percentage of total households that have a broadband internet subscription.
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates. Retrieved from https://data.census.gov/

ACCESS TO HEALTH CARE

Children with No Health Insurance, 2023
This indicator reflects the percentage of persons ages 0 through 17 who have no health insurance coverage.

Source: U.S. Census Bureau, Small Area Health Insurance Estimates. Retrieved from Health Insurance Interactive Data Tool, https://www.census.gov/programs-surveys/sahie.html

Primary Care Health Professional Shortage, 2025
This indicator reflects the number and percent of people living in a primary care designated health professional shortage area. Health Professional Shortage Area (HPSA) designations are used to identify areas, facilities, and population groups within the United States that are experiencing a shortage of health professionals. There are three categories of HPSA designation based on the health discipline that is experiencing a shortage: 1) primary medical; 2) dental; and 3) mental health. Federal regulations stipulate that, in order to be considered as having a shortage of providers, an area must have a population-to provider ratio of a certain threshold. For primary medical care, the population to provider ratio must be at least 3,500 to 1 (3,000 to 1 if there are unusually high needs in the community).
Source: U.S. Department of Health & Human Services. Health Professional Shortage Areas (HPSA) as of December 31, 2025. Retrieved from Bureau of Health Workforce, Health Resources and Services Administration (HRSA) Data Warehouse, https://data.hrsa.gov/topics/health-workforce/shortage-areas/

Dental Health Professional Shortage, 2025
This indicator reflects the number and percent of people living in a dental health designated health professional shortage area. Health Professional Shortage Area (HPSA) designations are used to identify areas, facilities, and population groups within the United States that are experiencing a shortage of health professionals. There are three categories of HPSA designation based on the health discipline that is experiencing a shortage: 1) primary medical; 2) dental; and 3) mental health. Federal regulations stipulate that, in order to be considered as having a shortage of providers, an area must have a population-to provider ratio of a certain threshold. For dental care, the population to provider ratio must be at least 5,000 to 1 (4,000 to 1 if there are unusually high needs in the community).
Source: U.S. Department of Health & Human Services. Health Professional Shortage Areas (HPSA) as of December 31, 2025. Retrieved from Bureau of Health Workforce, Health Resources and Services Administration (HRSA) Data Warehouse, https://data.hrsa.gov/topics/health-workforce/shortage-areas/

Mental Health Professional Shortage, 2025
This indicator reflects the number and percent of people living in a mental health designated health professional shortage area. Health Professional Shortage Area (HPSA) designations are used to identify areas, facilities, and population groups within the United States that are experiencing a shortage of health professionals. There are three categories of HPSA designation based on the health discipline that is experiencing a shortage: 1) primary medical; 2) dental; and 3) mental health. Federal regulations stipulate that, in order to be considered as having a shortage of providers, an area must have a population-to provider ratio of a certain threshold. For mental health, the population to provider ratio must be at least 30,000 to 1 (20,000 to 1 if there are unusually high needs in the community).
Source: U.S. Department of Health & Human Services. Health Professional Shortage Areas (HPSA) as of December 31, 2025. Retrieved from Bureau of Health Workforce, Health Resources and Services Administration (HRSA) Data Warehouse, https://data.hrsa.gov/topics/health-workforce/shortage-areas/

HEALTH BEHAVIORS

Physically Inactive Adults, 2024
This indicator reflects the percentage of adults ages 18 and older who did not participate in any physical activity or exercise in the past month (such as running, calisthenics, golf, gardening, or walking).
Source: Centers for Disease Control and Prevention. BRFSS Prevalence & Trends Data [online]. Retrieved from National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, https://www.cdc.gov/brfss/brfssprevalence/

Adult Smokers, 2024
This indicator reflects the percentage of adults ages 18 and older who have smoked at least 100 cigarettes and smoke every day or some days.
Source: Centers for Disease Control and Prevention. BRFSS Prevalence & Trends Data [online]. Retrieved from National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, https://www.cdc.gov/brfss/brfssprevalence/

High School Tobacco Use, 2023
This indicator reflects the percentage of high school students who reported smoking cigarettes in the past month.
Source: Youth Risk Behavior Survey. Retrieved from the North Dakota Department of Public Instruction, https://www.nd.gov/dpi/districtsschools/safety-health/youth-risk-behavior-survey

Adult Alcohol Consumption, 2024
The *Binge Drinking Rate* reflects, on one occasion, the percentage of adult females having four or more drinks on average and adult males having five or more drinks on average in 2024.
Source: Centers for Disease Control and Prevention. BRFSS Prevalence & Trends Data [online]. Retrieved from National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, https://www.cdc.gov/brfss/brfssprevalence/
Traffic Fatalities Due to Alcohol reflects the percentage of all traffic fatalities due to alcohol-impaired driving in 2023.
Source: National Highway Traffic Safety Administration. Retrieved from the Fatality and Injury Reporting System Tool (FIRST), https://cdan.dot.gov/query

HEALTH OUTCOMES

Adult Obesity, 2024
This indicator reflects the percentage of adults ages 18 and older who have a body mass index (BMI) greater than or equal to 30kg/m2. BMI is calculated using a person's height and weight.
Source: Centers for Disease Control and Prevention. BRFSS Prevalence & Trends Data [online]. Retrieved from National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, https://www.cdc.gov/brfss/brfssprevalence/

Life Expectancy, 2022
This indicator measures the average number of years a baby born in a given year might expect to live, given age-specific death rates at that time.
Source: U.S. Centers for Disease Control and Prevention, National Vital Statistics System. National Vital Statistics Reports, U.S. State Life Tables, 2022. Retrieved from https://www.cdc.gov/nchs/products/nvsr.htm

Suicide Deaths, 2023
This indicator reflects the number of deaths as a result of suicide, along with the age-adjusted rate of suicide deaths per 100,000 people.
Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, CDC WONDER Online Database, Multiple Cause of Death File. Retrieved from https://wonder.cdc.gov/

Drug Overdose Deaths, 2023
This indicator reflects the number of deaths as a result of drug overdose, along with the crude rate of drug-overdose deaths per 100,000 people.
Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, CDC WONDER Online Database, Multiple Cause of Death File. Retrieved from https://wonder.cdc.gov/