A Supplemental, Statewide Profile of

Health and Well-Being in North Dakota, 2025

A Social Drivers of Health Perspective

CSR | Center for Social Research at NDSU Report #130
January 2026

DEMOGRAPHIC Characteristics

Total Population, 2024
796,568 people
• An increase of 2% from 2020

Median Age, 2024
36.0 years
• Up from 35.4 years in 2020

Population by Non-Hispanic Race, 2024
White 82%
Black 4%
American Indian 5%
Asian 2%
Two Plus Races..... 2%
• White down from 84% in 2020

Population of Hispanic Origin, 2024
40,877 people (5%)
• An increase of 22% from 2020

ECONOMIC STABILITY

Poverty, 2024
11%
81,881 people
• No change from 11% in 2019

Child Poverty, 2024
11%
20,224 children 0 to 17
w/ married parents .. 5%
w/ single parent 29%

Poverty by Race and Ethnicity, 2024
White 9%
Black 25%
American Indian ... 31%
Asian 19%
Hispanic Origin 17%

Near Poverty, 2024
14%
103,330 people have incomes from 100% to199% of poverty

EDUCATION

Ages 0 to 5, All Parents Working, 2024
73%
U.S. average is 68%
• 11th largest percentage among states

Child Care Deserts, 2025
8 counties have more than 3 times as many young children than licensed child care slots; an additional **2 counties** have no capacity

Ages 3 and 4 Enrolled in Early Education, 2024
29%
U.S. average is 46%
• Lowest percentage among states

3rd Grade Reading Achievement, 2023/24
60%
NOT meeting standards
Meeting standards 29%
Exceeding standards ...11%

SOCIAL & COMMUNITY CONTEXT

Adults 65 and Older Living Alone, 2024
32%
40,958 people 65+
• Largest percentage among states

Adult Volunteerism, 2023
31%
185,033 people 16+
• An increase from 27% in 2021

Youth and Young Adults in Labor Force, 2024
65%
68,774 people 16 to 24
• 3rd largest percentage among states

Adverse Childhood Experiences, 2023/24
20%
35,189 children 0 to 17 have experienced 2 or more adverse experiences

NEIGHBORHOOD & BUILT ENVIRONMENT

Monthly Housing Costs, 2024

Homeowners **$1,762**

Renters **$954**

• Owner costs rose faster than inflation since 2019

Households Burdened by Housing Costs, 2024

24%

77,806 households spend 30% or more of income on housing

Food Insecurity, 2023

10%

77,880 people have limited access to reliable food source

Broadband Internet Subscription, 2024

89%

of households have a subscription

• Lower than national average of 91%

ACCESS TO HEALTH CARE

Children with No Health Insurance, 2023

4%

8,361 children 0 to 18

• Slightly lower than national average of 5%

Primary Care Health Professional Shortage, 2025

24%

195,077 people live in area with shortage of primary care providers

Dental Health Professional Shortage, 2025

14%

114,211 people live in area with shortage of dentists

Mental Health Professional Shortage, 2025

62%

497,647 people live in area with shortage of mental health professionals

HEALTH BEHAVIORS

Physically Inactive Adults, 2024

22%

of adults did not participate in any physical activity or exercise in past month

Adult Smokers, 2024

12%

of adults have smoked at least 100 cigarettes, and smoke every day or some days

High School Tobacco Use, 2023

5%

smoke cigarettes

Use vaping products ... 18%
Any form of tobacco ... 20%

Adult Alcohol Consumption, 2024

Binge Drinking Rate **19%**

Traffic Fatalities due to Alcohol, 2023..... **36%**

• 4th highest binge drinking rate among states

HEALTH OUTCOMES

Adult Obesity, 2024

37%

U.S. average is 34%

• ND average is up from 32% in 2014

Life Expectancy, 2022

77.9

years

• An increase from 76.9 years in 2020

Suicide Deaths, 2023

142 deaths

17.8 deaths per 100,000 people

• 2nd leading cause of death for ages 15 to 44

Drug Overdose Deaths, 2023

122 deaths

15.6 deaths per 100,000 people

• An 18% decrease from 148 deaths in 2022

This Supplemental Profile contains an update to information from the **Health and Well-Being in North Dakota, 2022 – A Social Determinants of Health Perspective** report, which was made possible by the Blue Cross Blue Shield of North Dakota Caring Foundation. With this study, the Caring Foundation sought to better understand the state of the social drivers of health – the conditions in which people are born, grow, live, work, and age – in North Dakota and how they shape the health of North Dakotans and the communities where they live. It is the study sponsor's hope that this effort leads to greater collaboration and alignment among key stakeholders as they work to develop community-driven solutions and identify resources, both financial and non-financial, to address and improve health and well-being of individuals and families in North Dakota.

The Center for Social Research, an applied social science research unit at North Dakota State University, was engaged to conduct this study to better understand how economic stability, education, social and community context, neighborhood and built environment, and access to health care are impacting the ability of people living in North Dakota to thrive. **Definitions, notes, and data sources** for each measure, along with other periodical publications featuring the social drivers of health, are available on the NDCompass website at https://ndcompass.org under Research by Topic | Health.

ND Caring FOUNDATION

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