North Dakota
State Health Department Website: health.nd.gov

Summary

Strengths:
• Low economic hardship index score
• Low prevalence of frequent physical distress
• Low racial gap in low birthweight

Challenges:
• High prevalence of excessive drinking
• High occupational fatality rate
• High premature death racial inequality

Highlights:

- **PREVENTABLE HOSPITALIZATIONS**
  ▼14%
  between 2012 and 2018 from 4,783 to 4,128 discharges per 100,000 Medicare enrollees

- **LOW BIRTHWEIGHT RACIAL GAP**
  ▼28%
  between 2017 and 2018 from 4.3 to 3.1 percentage points

- **HPV IMMUNIZATION**
  ▲33%
  between 2017 and 2019 from 57.8% to 76.9% of adolescents ages 13-17

- **VIOLENT CRIME**
  ▲19%
  between 2015 and 2019 from 239 to 285 offenses per 100,000 population

- **FREQUENT MENTAL DISTRESS**
  ▲53%
  between 2014 and 2019 from 7.4% to 11.3% of adults

- **ECONOMIC HARDSHIP INDEX SCORE**
  ▲40%
  between 2017 and 2019 from 15 to 21

Trends

- **FREQUENT MENTAL DISTRESS**

- **PREMATURE DEATH**

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>1.8%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>39.0%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>6.5%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$36,611</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>11.4%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>25.4%</td>
</tr>
<tr>
<td>Asthma</td>
<td>8.1%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>7.2%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>7.5%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>2.7%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>5.1%</td>
</tr>
<tr>
<td>Depression</td>
<td>17.9%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8.9%</td>
</tr>
</tbody>
</table>
# Measures

## SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++</td>
<td>1.0</td>
<td>31–40</td>
<td>North Dakota</td>
</tr>
<tr>
<td>+++</td>
<td>2.0</td>
<td>21–30</td>
<td>Florida</td>
</tr>
<tr>
<td>++</td>
<td>3.0</td>
<td>11–20</td>
<td>California</td>
</tr>
<tr>
<td>+</td>
<td>4.0</td>
<td>41-50</td>
<td>Arizona</td>
</tr>
</tbody>
</table>

### Occupational Fatality (deaths per 100,000 workers)

- Community and Family Safety:
  - Occupational Fatalities: 0.493
  - Public Health Funding: $123
  - Violent Crime: 285

### Economic Resources

- Economic Hardship Index: 21
- Food Insecurity: 8.8
- Income Inequality: 4.39

### Education

- High School Graduation: 88.1
- High School Graduation Racial Gap: 10

### Social Support and Engagement

- Adverse Childhood Experiences: 16.6
- High-speed Internet: 84.9
- Residential Segregation: 47

### Physical Environment

- Air Pollution: 7.2
- Exercise: 6.8
- Water Fluoridation: 96.5

### Clinical Care

- Avoided Care Due to Cost: 61.9
- Primary Care Providers: 302.6
- Dental Providers: 6.9

### Preventive Clinical Services

- Colorectal Cancer Screening: 90.6
- Dental Visit: 76.9
- Flu Vaccination: 47.3

### Quality of Care

- Dedicated Health Care Provider: 82.5
- Preventable Hospitalizations: 412.8

### Behaviors

- Insufficient Sleep: 32.0
- Physical Activity: 293.1
- Physical Inactivity: 58.4

### Sexual Health

- Chlamydia: 468.6
- High-risk HIV Behaviors: 5.4
- Teen Births: 16.4

### Tobacco Use

- E-cigarette Use: 6.4
- Smoking: 17.0

### All Determinants

- Depression: 1.0
- Excessive Drinking: 23.3
- Multiple Chronic Conditions: 8.0

### Mortality

- Drug Deaths: 9.5
- Premature Death: 6,899
- Premature Death Racial Inequality: 2.8

### Physical Health

- Physical Distress: 3.1
- Low Birthweight: 6.6
- Multiple Chronic Conditions: 8.8

### Risk Factors

- High Blood Pressure: 29.8
- High Cholesterol: 28.8
- Obesity: 34.8

### Overall

- 0.348

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* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.

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*Indicates data missing or suppressed.