North Dakota

2016 RANK: 11
+1 CHANGE FROM 2015

HEALTHIEST STATES

1. HAWAII
2. MASSACHUSETTS
3. CONNECTICUT
4. MINNESOTA
5. VERMONT

SMOKING

18.7%
OR ABOUT 1 IN 5 ADULTS IN NORTH DAKOTA SMOKING COMPARED WITH 17.5% NATIONALLY.

OBESITY

31.0%
OR ABOUT 3 IN 10 ADULTS IN NORTH DAKOTA ARE OBESITY COMPARED WITH 29.8% NATIONALLY.

LACK OF HEALTH INSURANCE

7.9%
OR ABOUT 1 IN 13 PEOPLE IN NORTH DAKOTA LACK HEALTH INSURANCE COMPARED WITH 10.6% NATIONALLY.

DRUG DEATHS

4.0
DRUG DEATHS PER 100,000 POPULATION IN NORTH DAKOTA COMPARED WITH 14.0 PER 100,000 POPULATION NATIONALLY.

CARDIOVASCULAR DEATHS

231.4
CARDIOVASCULAR DEATHS PER 100,000 POPULATION IN NORTH DAKOTA COMPARED WITH 251.7 PER 100,000 POPULATION NATIONALLY.

PREMATURE DEATH

6,637
YEARS OF LIFE LOST BEFORE AGE 75 PER 100,000 POPULATION IN NORTH DAKOTA COMPARED WITH 7,054 PER 100,000 POPULATION NATIONALLY.

MODEL OF HEALTH

Behaviors + Community & Environment + Policy + Clinical Care = Health Outcomes