

This document was designed to provide a general understanding of the population of North Dakota and attendant healthcare needs for future planning of research or public policy in the region.

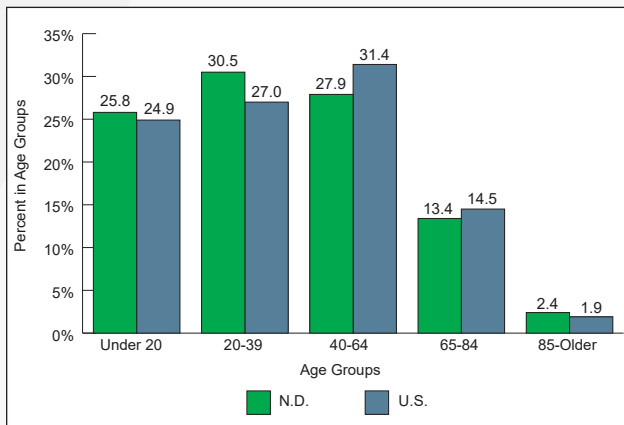
Population of North Dakota

Population decline and the growing presence of an aging patient base places many rural health systems at financial risk as overall service demand declines, demand for more specialized services related to an older adult population increases, and the reliance on Medicare and Medicaid increases.

Age

North Dakota's population is among the oldest in the nation. It is tied for fourth in the country in the percentage of its state population that is 85 years or older. This greatly influences the need for providers, since older populations use dramatically more healthcare resources than do younger populations.

Figure 1. Age of People in North Dakota Compared to the U.S. in 2019

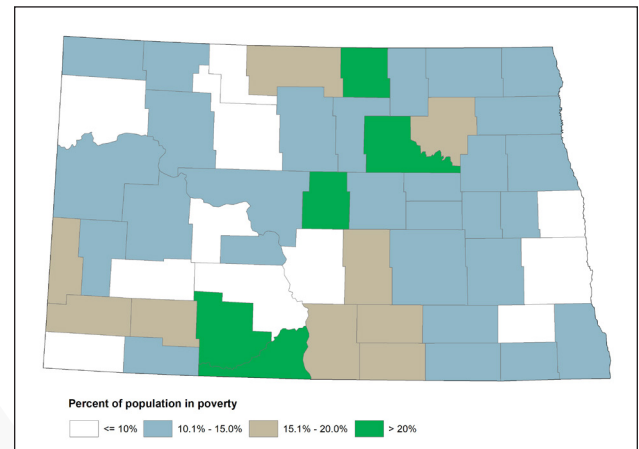


Poverty

- About 7.6% of people in the state who are 65 years and older are in poverty compared to 9.5% nationally.
- Poverty has been increasing in urban areas, but still remains lower than rural rates (9.9% compared with 12.7%).

- People with incomes at 200% below the federal poverty level (or less) are more likely to have only fair or poor health status.

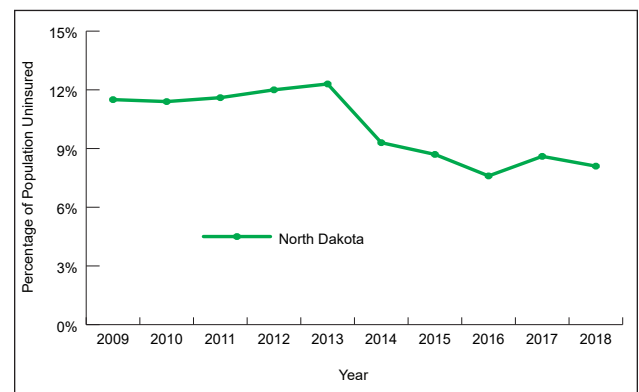
Figure 2. Poverty in North Dakota by County in 2018



Insurance Coverage

- North Dakota's rural areas have a lower percentage of their population with health insurance coverage than other more populated areas.
- In 2018, about 8.1% of the population was uninsured.

Figure 3. Percent in of Population North Dakota Uninsured from 2009-2018

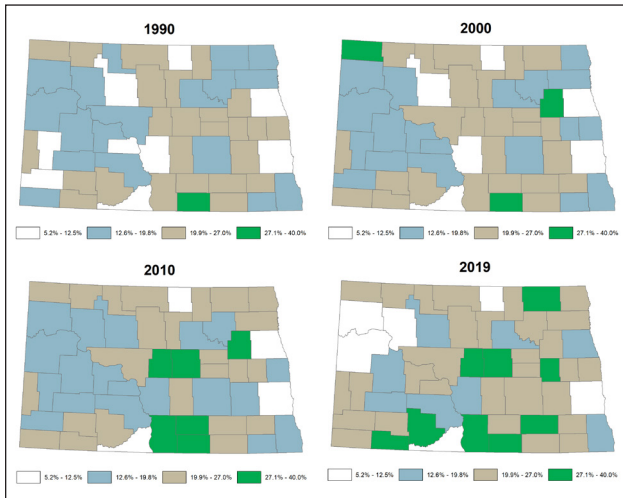


Change in Population

Metropolitan and micropolitan areas have been experiencing a steady in-migration over time, while rural areas have had an out-migration. The out-migration from rural to urban areas

has resulted in a decline in younger adults and families in those rural areas. From Figure 4 one can see there has been a continual increase in the proportion of older adults in the rural counties.

Figure 4. Percent of Population Age 65 and Over in 1990, 2000, 2010, and 2019



Health of North Dakota

North Dakota has been described as a low-cost, high-quality state in which the cost of care, relative to other states, is lower. Importantly, the quality of care delivered is considered high.

Behavioral Risk Trends

Improvements over time can be seen in the rate of adults smoking, drinking alcohol, and engaging in physical activity.

Table 1. Percent of North Dakota Adults Reporting Risk Behaviors

	2013 (558,965)	2014 (583,766)	2015 (590,349)	2016 (591,299)	2017 (588,563)	2018 (580,621)
Smokes	20.7	18.8	17.9	18.9	NA	18.6
Drinks Alcohol	59.0	57.2	57.9	60.2	NA	57.6
Binge Drinks	22.8	22.3	22.6	23.3	NA	21.1
Drinks & Drives	NA	3.2	NA	3.8	NA	2.7
Doesn't Always Wear a Seatbelt	28.6	28.4	25.6	26.2	NA	27.5
No Physical Activity/Exercise Other Than Job	25.8	21.3	24.6	22.1	25.6	22.2

General Health

- North Dakotans are relatively healthier than the country as a whole, however North Dakota scores slightly worse on overweight/obesity. The number of people who are

overweight and obese was reported to be greater than the overall U.S. rate (65.8% versus 58.9%).

- There has been an increase in the number of individuals reported to be overweight from 2016 to today (62.8% to 65.8%).
- North Dakota has a lower pneumonia immunization rate than the U.S. overall (30.5% versus 32.5%).
- North Dakota also has the highest incidence rate of colorectal cancer of any state (80.2 cases of digestive system cancer, including colorectal per 100,000).
- North Dakota has the nation's highest death rate from Alzheimer's Disease according to death certificate data.

Conclusion

In general, those in the most rural areas of North Dakota are older, poorer, and have less insurance coverage than those in metropolitan and micropolitan areas. Each of these factors has been shown to influence the ability of a person to seek care when necessary, maintain a regular relationship with a physician or other health professional, better manage health conditions, and ultimately obtain a higher status of health.

Data

U.S. Census Bureau. (2018). Current population estimates (Data File). Retrieved from factfinder.census.gov

National Center for Health Statistics. (2015). National Ambulatory Medical Care Survey: 2015 state and national summary tables. Retrieved from cdc.gov/nchs/data/ahcd/namcs_summary/2015_namcs_web_tables.pdf

Schwartz, G. G., Klug, M. G., & Rundquist, B. C. (2018). Colorectal cancer incidence rates in North Dakota: A geographical exploration of potential risk factors. Poster presented at the 2018 North Dakota Demographics Conference, Fargo, ND. Retrieved from commerce.nd.gov/uploads/33/Colorectal.pdf