

**County Health
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2016 County Health Rankings
North Dakota



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Support provided by

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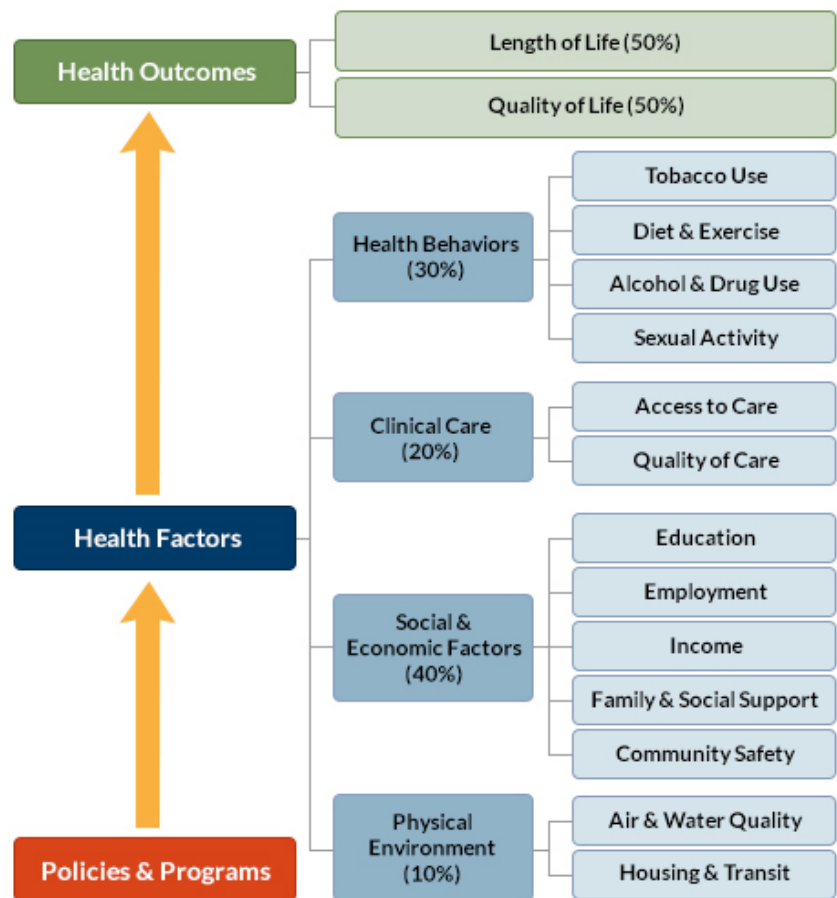


INTRODUCTION

The *County Health Rankings & Roadmaps* program brings actionable data and strategies to communities to make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate what we know when it comes to what is making people sick or healthy. The *Roadmaps* show what we can do to create healthier places to live, learn, work, and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of nearly every county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to help identify issues and opportunities for local health improvement, as well as to garner support for initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



DIGGING DEEPER INTO HEALTH DATA

Although we know that a range of factors are important for good health, every state has communities that lack both opportunities to shape good health and strong policies to promote health for everyone. Some counties lag far behind others in how well and how long people live – which we refer to as a “health gap.” Find out what's driving health differences across your state and what can be done to close those gaps. Visit countyhealthrankings.org/reports.

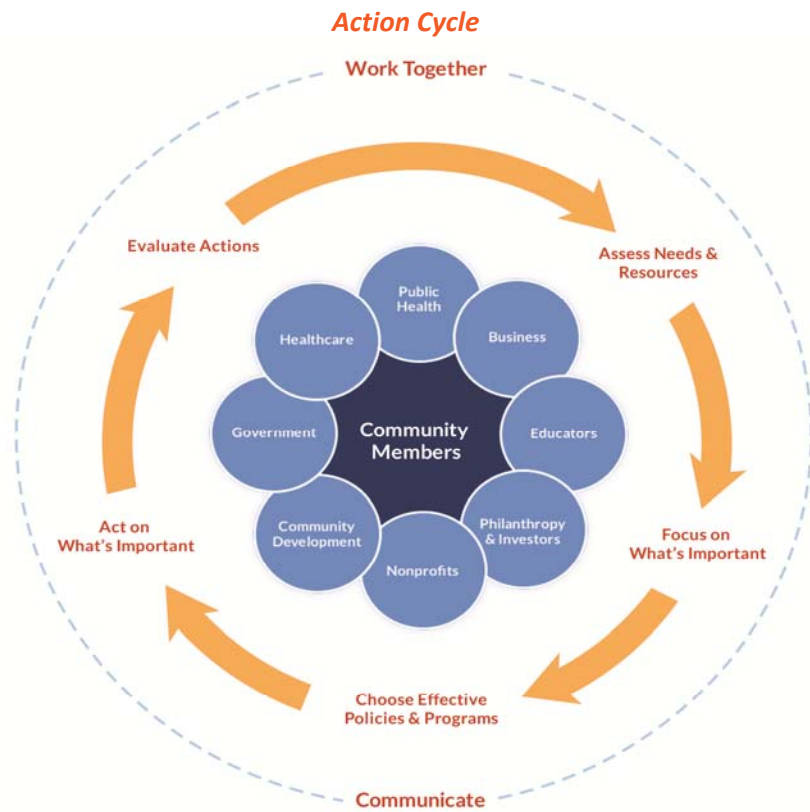
To further explore health gaps and other data sources in your community, check out the feature to [find more data](#) for your state and [dig deeper](#) on differences in health factors by geography or by population sub-groups. Visit countyhealthrankings.org/using-the-rankings-data.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health and opportunities to reduce health gaps, select strategies that can improve health for all, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from *awareness* about their county's ranking to *actions* designed to improve everyone's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- [What Works for Health](#) – a searchable database of evidence-informed policies and programs that can improve health
- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org



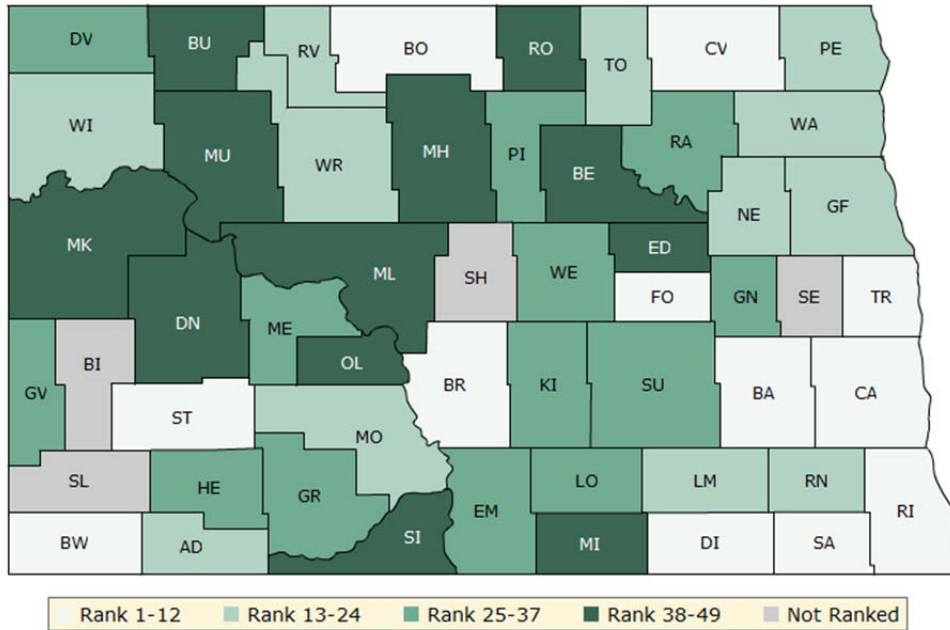
HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide, the National Association of Counties, Local Initiatives Support Corporation (LISC), or Neighborworks— their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.

HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of North Dakota's **health outcomes**, based on an equal weighting of length and quality of life.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.

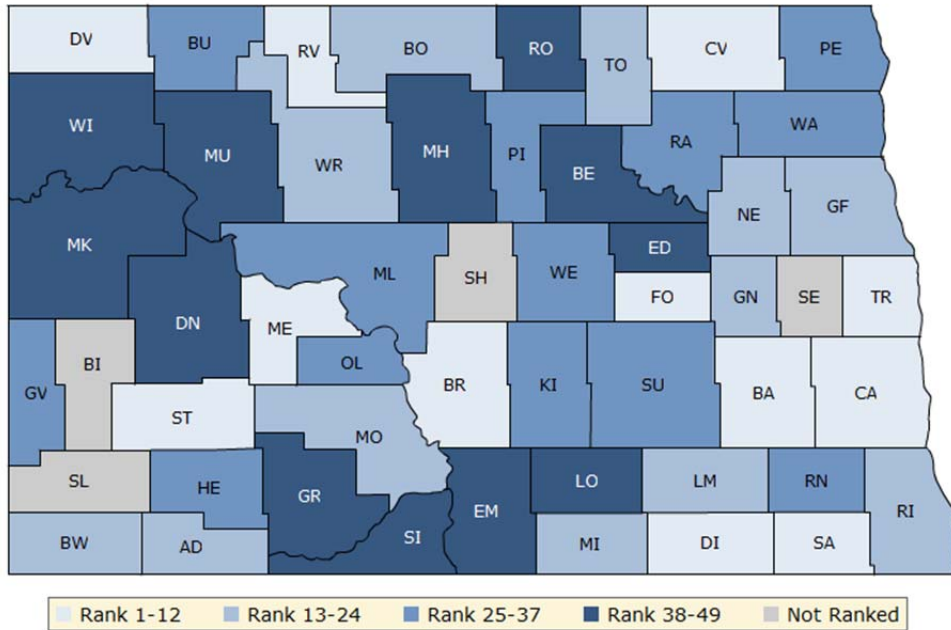


County	Rank	County	Rank	County	Rank	County	Rank
Adams	24	Emmons	33	Mercer	34	Sioux	49
Barnes	12	Foster	3	Morton	22	Slope	NR
Benson	48	Golden Valley	35	Mountrail	45	Stark	5
Billings	NR	Grand Forks	18	Nelson	13	Steele	NR
Bottineau	6	Grant	37	Oliver	38	Stutsman	36
Bowman	11	Griggs	29	Pembina	17	Towner	21
Burke	46	Hettinger	30	Pierce	32	Traill	1
Burleigh	9	Kidder	26	Ramsey	25	Walsh	23
Cass	7	LaMoure	19	Ransom	16	Ward	15
Cavalier	8	Logan	31	Renville	14	Wells	28
Dickey	4	McHenry	39	Richland	10	Williams	20
Divide	27	McIntosh	40	Rolette	47		
Dunn	43	McKenzie	44	Sargent	2		
Eddy	41	McLean	42	Sheridan	NR		

HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays North Dakota’s summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org



County	Rank	County	Rank	County	Rank	County	Rank
Adams	23	Emmons	38	Mercer	6	Sioux	48
Barnes	10	Foster	8	Morton	15	Slope	NR
Benson	47	Golden Valley	25	Mountrail	45	Stark	2
Billings	NR	Grand Forks	16	Nelson	17	Steele	NR
Bottineau	20	Grant	46	Oliver	33	Stutsman	27
Bowman	13	Griggs	19	Pembina	34	Towner	22
Burke	35	Hettinger	36	Pierce	32	Traill	12
Burleigh	1	Kidder	28	Ramsey	29	Walsh	31
Cass	4	LaMoure	21	Ransom	26	Ward	14
Cavalier	7	Logan	40	Renville	11	Wells	37
Dickey	9	McHenry	43	Richland	18	Williams	41
Divide	5	McIntosh	24	Rolette	49		
Dunn	42	McKenzie	44	Sargent	3		
Eddy	39	McLean	30	Sheridan	NR		

2016 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
HEALTH OUTCOMES					
Premature death	Years of potential life lost before age 75 per 100,000 population	7,700	6,600	4,700	28,800
Poor or fair health	% of adults reporting fair or poor health	16%	14%	10%	31%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	2.9	2.3	5.4
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.7	2.9	2.3	4.5
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	6%	3%	12%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	18%	20%	14%	40%
Adult obesity	% of adults that report a BMI \geq 30	31%	30%	27%	41%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.2	8.4	4.8	9.5
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	28%	25%	21%	37%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	62%	66%	0%	83%
Excessive drinking	% of adults reporting binge or heavy drinking	17%	25%	18%	27%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	47%	0%	100%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	287.7	419.1	58.9	1,564.3
Teen births	# of births per 1,000 female population ages 15-19	40	28	12	104
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	17%	12%	10%	25%
Primary care physicians	Ratio of population to primary care physicians	1,990:1	1,260:1	1,870:0	240:1
Dentists	Ratio of population to dentists	2,590:1	1,690:1	3,930:0	790:1
Mental health providers	Ratio of population to mental health providers	1,060:1	610:1	11,000:1	200:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	60	51	33	127
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	86%	34%	100%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	68%	39%	83%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	86%	86%	68%	92%
Some college	% of adults ages 25-44 with some post-secondary education	56%	74%	52%	82%
Unemployment	% of population aged 16 and older unemployed but seeking work	6.0%	2.8%	1.2%	11.8%
Children in poverty	% of children under age 18 in poverty	23%	14%	9%	42%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.4	3.6	7.7
Children in single-parent households	% of children that live in a household headed by a single parent	32%	27%	3%	64%
Social associations	# of membership associations per 10,000 population	13.0	16.6	4.2	61.0
Violent crime	# of reported violent crime offenses per 100,000 population	199	240	0	332
Injury deaths	# of deaths due to injury per 100,000 population	74	63	39	169
PHYSICAL ENVIRONMENT					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	11.9	10.0	9.6	11.5
Drinking water violations	Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation.	NA	NA	No	Yes
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	11%	5%	23%
Driving alone to work	% of workforce that drives alone to work	80%	80%	57%	84%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	13%	7%	48%

2016 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data	
HEALTH OUTCOMES				
Length of Life	Premature death	National Center for Health Statistics – Mortality files	2011-2013	
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2014	
	Poor physical health days	Behavioral Risk Factor Surveillance System	2014	
	Poor mental health days	Behavioral Risk Factor Surveillance System	2014	
	Low birthweight	National Center for Health Statistics – Natality files	2007-2013	
HEALTH FACTORS				
HEALTH BEHAVIORS				
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2014	
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2012	
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2013	
Alcohol and Drug Use	Physical inactivity	CDC Diabetes Interactive Atlas	2012	
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2014	
	Excessive drinking	Behavioral Risk Factor Surveillance System	2014	
Sexual Activity	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2010-2014	
	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2013	
CLINICAL CARE	Teen births	National Center for Health Statistics - Natality files	2007-2013	
	Access to Care	Uninsured	Small Area Health Insurance Estimates	2013
		Primary care physicians	Area Health Resource File/American Medical Association	2013
Dentists		Area Health Resource File/National Provider Identification file	2014	
Mental health providers		CMS, National Provider Identification file	2015	
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2013	
	Diabetic monitoring	Dartmouth Atlas of Health Care	2013	
	Mammography screening	Dartmouth Atlas of Health Care	2013	
SOCIAL AND ECONOMIC FACTORS				
Education	High school graduation	EDFacts	2012-2013	
	Some college	American Community Survey	2010-2014	
Employment	Unemployment	Bureau of Labor Statistics	2014	
Income	Children in poverty	Small Area Income and Poverty Estimates	2014	
	Income inequality	American Community Survey	2010-2014	
Family and Social Support	Children in single-parent households	American Community Survey	2010-2014	
	Social associations	County Business Patterns	2013	
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2010-2012	
	Injury deaths	CDC WONDER mortality data	2009-2013	
PHYSICAL ENVIRONMENT				
Air and Water Quality	Air pollution - particulate matter ¹	CDC WONDER environmental data	2011	
	Drinking water violations	Safe Drinking Water Information System	FY2013-14	
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2008-2012	
	Driving alone to work	American Community Survey	2010-2014	
	Long commute – driving alone	American Community Survey	2010-2014	

¹ Not available for AK and HI.

CREDITS

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