

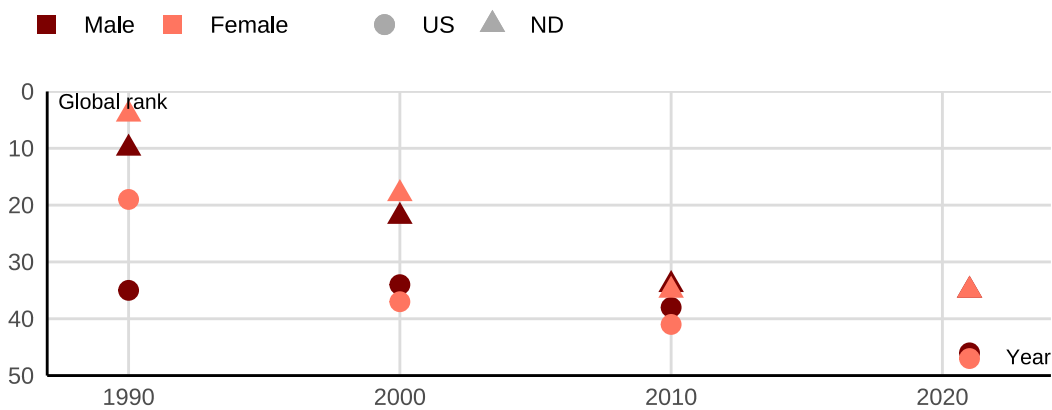
The State of Health in North Dakota

IHME measures the US's health problems, including in all 50 states, Washington, D.C., and US territories from 1990 through 2021. It is the most comprehensive and comparable research on US health to date, tracking 400+ diseases, injuries, and risk factors. IHME also examines disparities by race and ethnicity and sex and published findings on health in 3,110 US counties. This work is made possible through funding from the National Institute on Minority Health and Health Disparities (NIMHD).

ND is falling behind in life expectancy globally

Between 1990 and 2021, the life expectancy ranking of ND dropped relative to other countries, mirroring trends in the US overall.

ND's global ranking in life expectancy compared to US average, 1990–2021



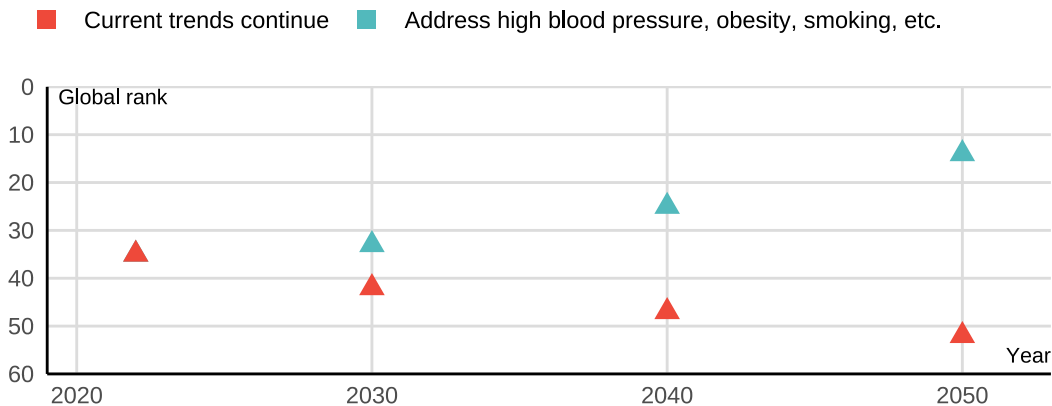
In ND, men's life expectancy ranking slipped more than it did for women.

In 2021, countries including **San Marino, Netherlands, and Greece** had a higher life expectancy than ND.

Tackling high blood pressure and obesity could improve ND's life expectancy ranking

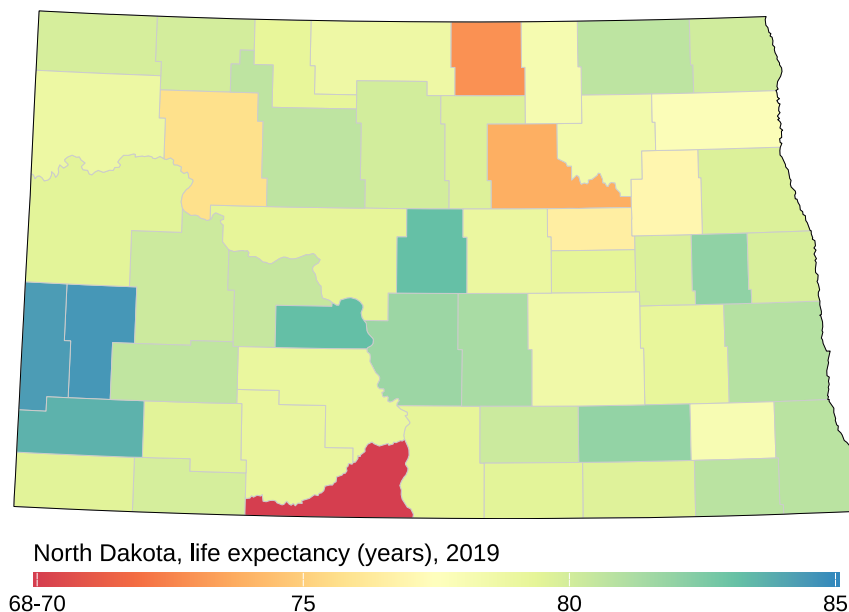
If ND intervenes on key risk factors such as high blood pressure and obesity, its global ranking could rise to 14th by 2050.

ND's global ranking in life expectancy, 2022–2050, two scenarios



The scenario “address high blood pressure, obesity, smoking, etc.” is based on ND eliminating exposure to high body mass index, high blood sugar, high blood pressure, high LDL cholesterol, poor diet, and smoking by 2050. This graphic assumes that every other location globally would continue on their current trajectory without addressing these issues.

There are stark differences in life expectancy among ND counties.



Leading causes of poor health and early death: Ischemic heart disease, COVID-19, and drug use disorders dominate in ND.¹

Main risk factors: Overweight and obesity is the top risk factor for poor health and early death in ND.⁴

Leading causes 2021 ranking

Leading risk factors 2021 ranking

1	Ischemic heart disease
2	COVID-19
3	Drug use disorders
4	Diabetes
5	Low back pain
6	Other musculoskeletal disorders ²
7	COPD ³
8	Alzheimer's disease
9	Depressive disorders
10	Lung cancer

1	Overweight and obesity ⁵
2	High blood sugar
3	Smoking
4	High blood pressure
5	High alcohol use

¹Based on disability-adjusted life years per 100,000 people, all ages, all sexes combined, Level 3 of the Global Burden of Disease (GBD) hierarchy.

²Includes disorders such as neck pain and arthritis.

³Chronic obstructive pulmonary disease. Includes emphysema and chronic bronchitis.

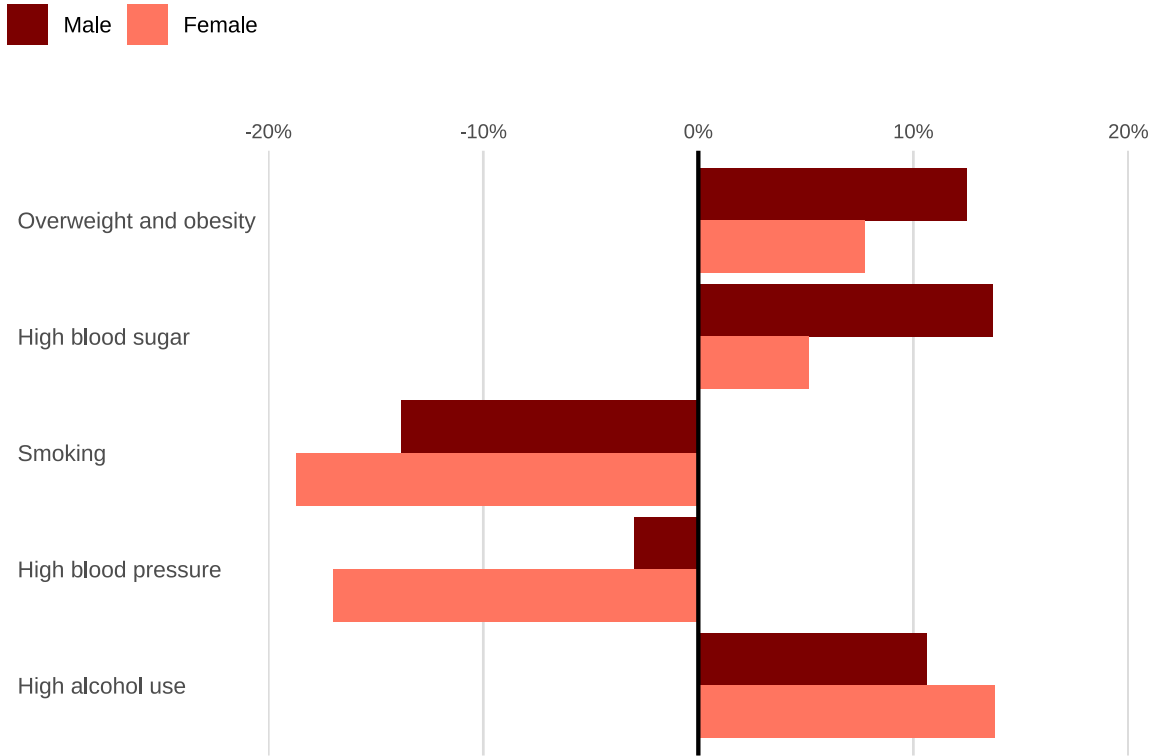
⁴Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

⁵Body mass index greater than 25 in adults (≥ 18 years) and based on the International Obesity Task Force (IOTF) criteria for children (< 18 years).

Most of the major risk factors are increasing in ND⁶

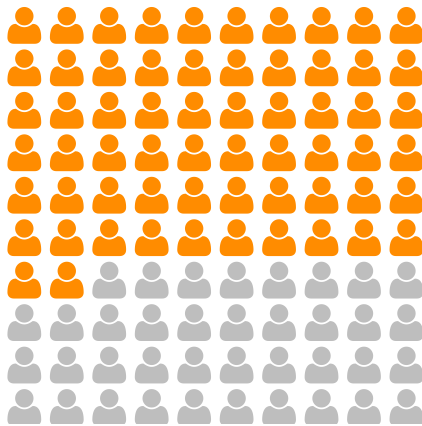
Among the five leading risk factors, the burden of disease from high alcohol use is growing the fastest. Causes are ordered based on ranking for all sexes combined in 2021.

Shifts in disease burden from leading risk factors, 2010–2021, ND



⁶Percentage change in rates of risk-attributable disability-adjusted life years, all ages, all sexes combined. Risk factors are ordered based on ranking for risk-attributable disability-adjusted life years in 2021 for all sexes combined, level 3.

Overweight and obesity is a rising threat to health in ND, especially for youth.



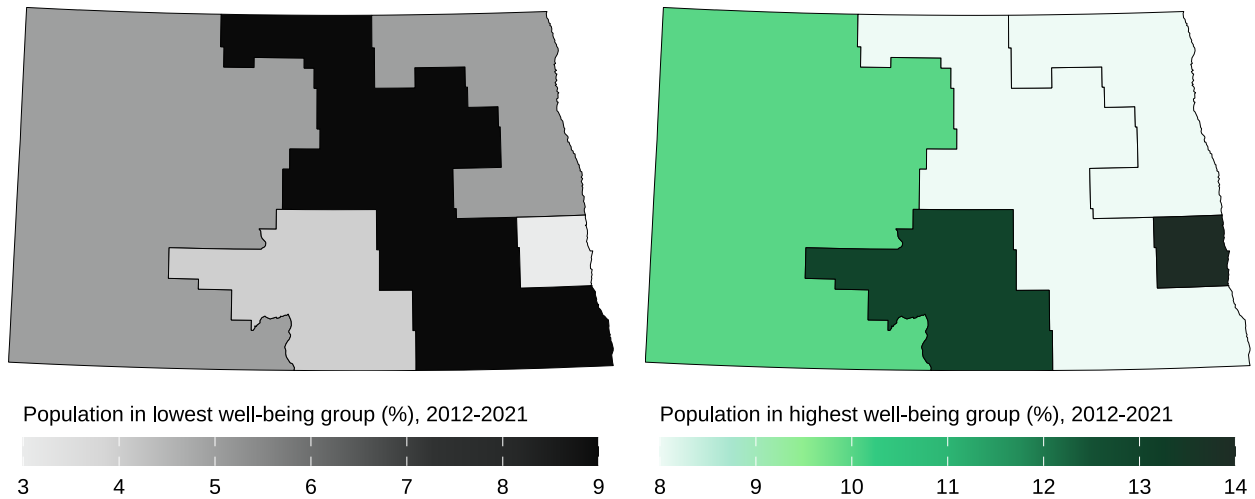
By 2050, IHME projects that **62%** of young people ages 15 to 24 will be overweight or obese in North Dakota.



For adults, IHME projects that **84%** will be living with overweight and obesity by 2050 in North Dakota.

Well-being in ND

IHME measures well-being across the states using a metric called the Human Development Index (HDI). This metric reflects lifespan, education, and income.



Map reflects geographic subdivisions called *Public Use Microdata Areas*. These areas are designed to capture a minimum of 100,000 people.

On average, in North Dakota, American Indian and Alaska Native individuals, and Latino males, experience the lowest well-being in the state.

Human Development Index by race and ethnicity and sex, North Dakota

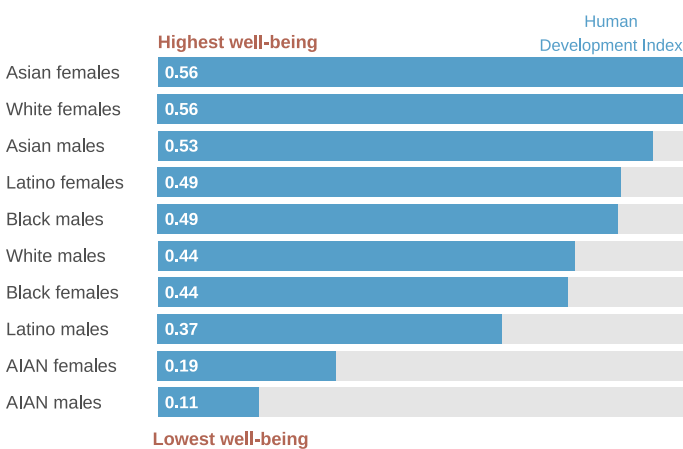
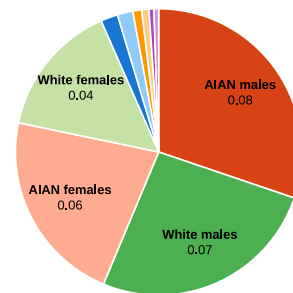


Chart reflects average Human Development Index measurement between 2008 and 2021. AIAN: American Indian and Alaska Native.

AIAN males and White males make up the largest portion of the worst-off HDI segment.

Makeup of lowest well-being group in North Dakota (hundred thousands of people)

■ AIAN males ■ White males ■ AIAN females ■ White females
■ Latino males (<0.01) ■ Black females (<0.01) ■ Black males (<0.01) ■ Asian males (<0.01)
■ Asian females (<0.01) ■ Latina females (<0.01)



Numbers not shown in the pie chart are shown in the legend instead.

About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice. IHME carries out its mission through a range of projects within different research areas including the Global Burden of Diseases, Injuries, and Risk Factors (GBD); Future Health Scenarios; Cost Effectiveness and Efficiency; Resource Tracking; and Impact Evaluations.

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