

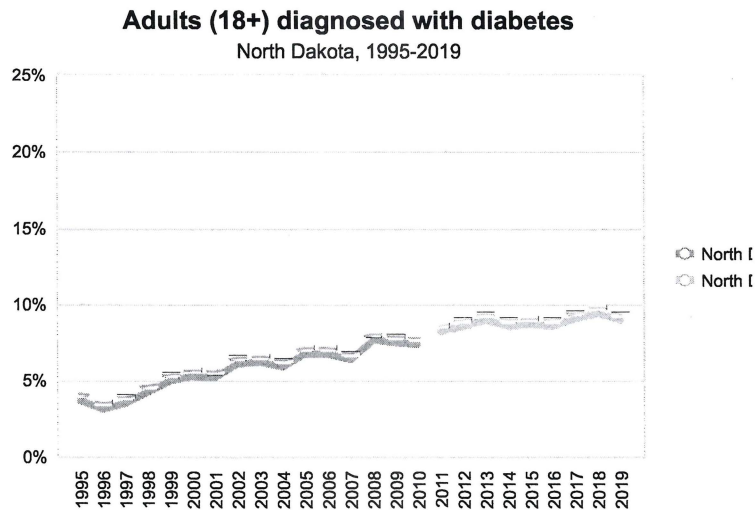
DIABETES

According to the Centers for Disease Control and Prevention (CDC), diabetes is the seventh leading cause of death in the United States. Adults with diabetes are two to four times more likely than adults without diabetes to have heart disease or experience a stroke. During any given year, individuals with diabetes are more likely than those without diabetes to require hospitalization.

Increases in rates of diabetes (i.e., Type 2 diabetes) among adults have been described by the CDC as a major public health threat. Obesity and physical inactivity are strongly associated with the development of diabetes. Although diabetes develops most often in overweight, middle-aged and older adults, diabetes is becoming more common in overweight and obese children. Diabetes can be prevented, or at least delayed, by exercise, good nutrition, and other healthy lifestyle choices.

BREAKDOWN: North Dakota (trend, adults age 18+) ▾

VIEW: Graph ▾



Notes:

Users are strongly cautioned against comparing trends before 2010 to trends after 2011, due to changes in weighting methodology and the addition of the cell phone sampling frame beginning with the 2011 study.

Sources:

Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

Center for Social Research
North Dakota State University

Compass created by:
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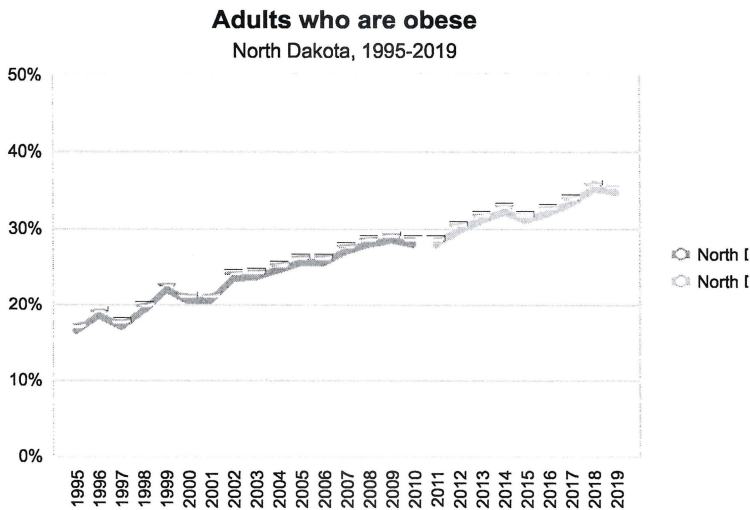
OBESITY

Obesity increases the likelihood of diabetes, cardiovascular disease, some forms of cancer, hypertension, and other chronic diseases. Obesity poses a major threat in all countries of the world, the United States included.

Major determinants of obesity include behavioral and environmental factors. Human behaviors can be modified through an increase in physical activity and/or a decrease in calorie consumption. Environmentally, the layouts and designs of our homes, neighborhoods, and workplaces can be modified to promote physical activity.

BREAKDOWN: North Dakota (trend, adults age 18+) ▾

VIEW: Graph ▾



Notes:

Users are strongly cautioned against comparing trends before 2010 to trends after 2011, due to changes in weighting methodology and the addition of the cell phone sampling frame beginning with the 2011 study.

Data are for adults age 18 and older. Children and youth are not included.

Sources:

Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

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North Dakota State University

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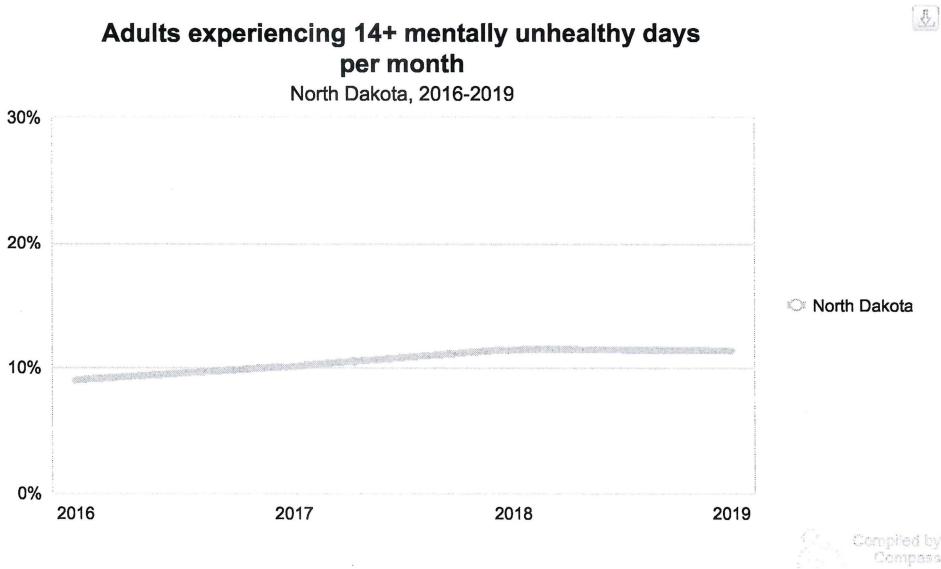
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MENTAL HEALTH

The World Health Organization defines mental health not simply as the absence of a mental illness, but rather as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Good mental health is as important as good physical health. Mental illness (e.g., alternations in thinking, mood, and/or behavior) can impair individuals' ability to work, to raise their families, and to participate in their communities. Serious mental illness can lead to individuals harming themselves and/or others. In addition to affecting individuals and their families, mental illness imposes significant economic costs on communities as a whole (e.g., employers, government, health care systems, and the general public).

BREAKDOWN: North Dakota (mentally unhealthy days) ▾

VIEW: Graph ▾



Sources:

North Dakota Behavioral Risk Factor Surveillance System (BRFSS).

Center for Social Research
North Dakota State University

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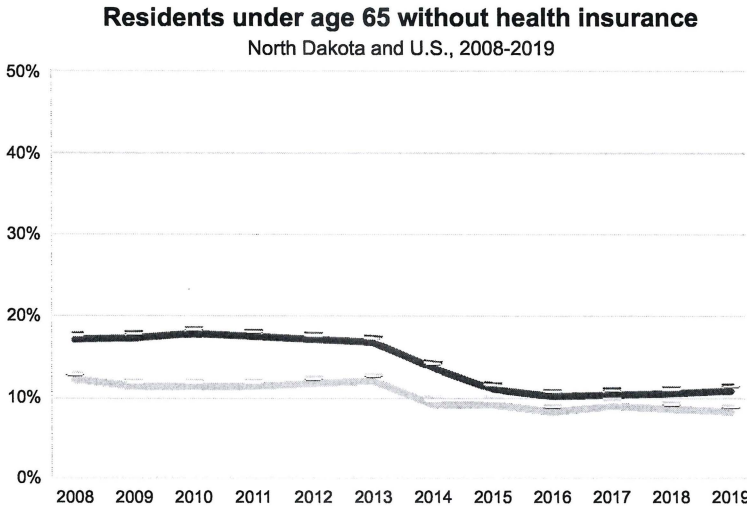
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HEALTH CARE COVERAGE

Currently in the United States, health insurance is the best way to ensure access to health care. According to the Kaiser Commission on Medicaid and the Uninsured, uninsured individuals are less likely to receive preventive care or care for routine medical conditions and injuries. Lack of preventive health care and lack of treatment for medical conditions can lead to more serious illnesses and health problems. This, in turn, can result in preventable hospitalizations and deaths. Furthermore, the lack of health care coverage affects everyone in a community. Those without health insurance feel the direct physical, mental, and financial effects of not having healthcare coverage, while the insured are affected indirectly through higher health care premiums and higher taxes.

BREAKDOWN: North Dakota and U.S. ▼

VIEW Graph ▼



Sources:

U.S. Census Bureau, American Community Survey.

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