

## Summary Health Measures for People in North Dakota

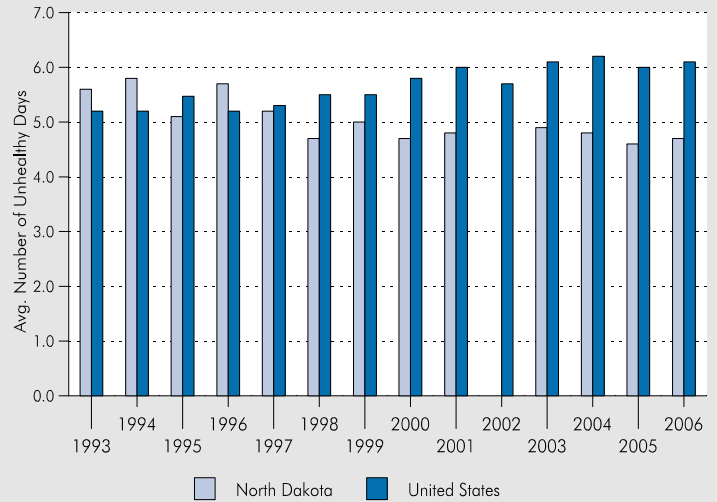
The statistics in this bulletin focus on two measures of health: the average life expectancy of North Dakotans and the health-related quality of life (i.e., the self-rated health status and the average number of unhealthy days). The data were obtained from the Community Health Status Indicators (CHSI) Report, a product of the U.S. Department of Health and Human Services which can be obtained at <http://communityhealth.hhs.gov/>.

In Table 1, county-level data for North Dakota are compared to the low and high values of “peer counties” throughout the nation (i.e., counties similar in population composition and selected demographics).

Life expectancy values are based on the analysis of mortality statistics over a 5-year period (1997-2001). The life expectancy at birth for North Dakotans during this 5-year period was 77.6 years, slightly higher than the median for all counties nationwide (76.5 years). Two-thirds of all North Dakota counties have life expectancies of at least 77.0 years.

The county-level quality of life health measure is based on self-reported data, pooled over several years (i.e., 2000-2006). State-level data are available annually. In 2006, 11.5 percent of adults in North Dakota reported fair or poor health in the past month compared to 17.1 percent nationwide. On average, North Dakotans reported 4.7 unhealthy days (physical and mental) in the past month compared to 6.0 unhealthy days per month nationwide (Table 1).

Figure 1. Average Number of Unhealthy Days (Physical and Mental) in the Past Month in North Dakota and the U.S.: 1993 to 2006

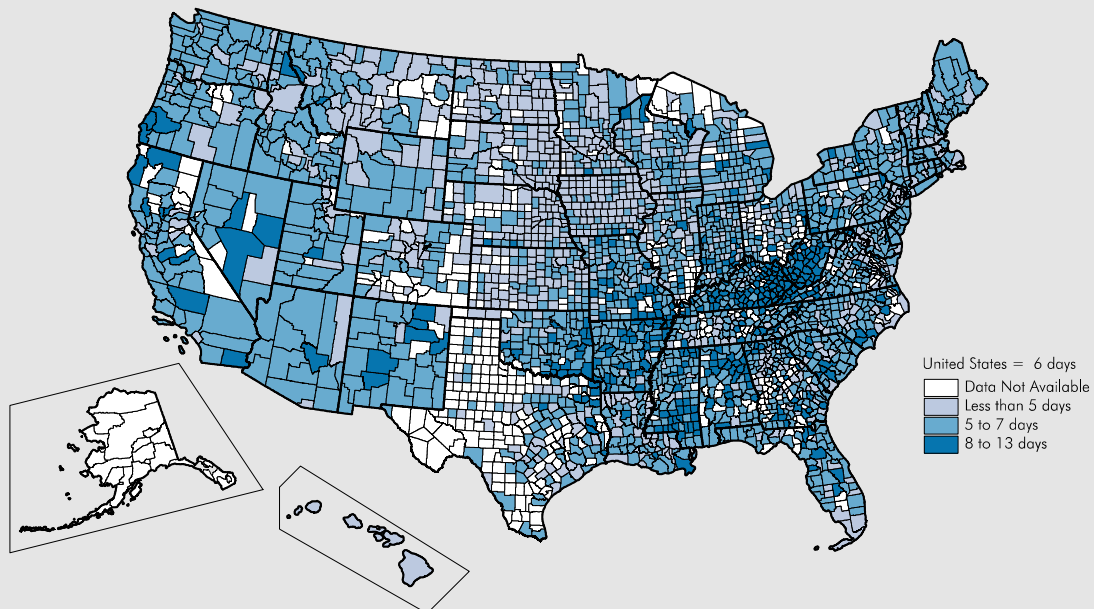


Source: U.S. Department of Health and Human Services, Community Health Status Indicators (CHSI), <http://communityhealth.hhs.gov>. Note: Data unavailable for North Dakota in 2002.

Figure 2. Average Number of Unhealthy Days (Physical and Mental) in the Past Month by County: 2000-2006

Note: County-level values are based on self-reported data, pooled over several years (i.e., 2000-2006).

Source: U.S. Department of Health and Human Services, Community Health Status Indicators (CHSI), <http://communityhealth.hhs.gov>



**Table 1. Average Life Expectancy and Health-Related Quality of Life for North Dakotans**

Notes: \*County-level data represent 2000 to 2006; state-level data represent 2006. \*\*County-level data for North Dakota are compared to the low and high values of "peer counties" throughout the nation (i.e., counties similar in population composition and selected demographics). NA Not available because the survey sample was fewer than 50. -- Not applicable. Source: U.S. Department of Health and Human Services, Community Health Status Indicators (CHSI), <http://communityhealth.hhs.gov>

Geography	Average life expectancy 1997-2001		Health-Related Quality of Life, 2006*						
			Percent of adults reporting fair or poor health in past month				Average number of unhealthy days in past month (physical and mental)		
	Years	Range for peer counties**		Percent	Range for peer counties**		Days	Range for peer counties**	
Low		High	Low		High	Low		High	
Median for all U.S. Counties	76.5	--	--	17.1	--	--	6.0	--	--
North Dakota	77.6	--	--	11.5	--	--	4.7	--	--
Adams	76.7	76.6	78.4	12.8	10.3	22.2	4.0	3.3	7.3
Barnes	78.3	76.6	78.7	12.1	10.4	24.1	4.1	3.1	6.4
Benson	76.8	74.8	78.4	19.6	11.5	32.4	4.9	3.8	10.3
Billings	77.6	75.8	80.8	NA	6.4	23.1	NA	3.4	7.4
Bottineau	77.2	76.6	78.4	17.8	10.3	22.2	4.7	3.3	7.3
Bowman	76.7	76.6	78.4	16.8	10.3	22.2	5.0	3.3	7.3
Burke	77.2	76.6	78.4	12.9	10.3	22.2	3.5	3.3	7.3
Burleigh	80.0	76.2	79.9	9.6	6.9	16.6	5.2	4.5	6.8
Cass	79.1	76.2	79.5	8.2	8.2	15.9	4.4	4.5	6.3
Cavalier	77.2	76.6	78.4	13.2	10.3	22.2	3.9	3.3	7.3
Dickey	78.3	75.9	78.8	18.6	9.7	19.1	5.0	3.1	6.4
Divide	77.2	76.6	78.4	10.3	10.3	22.2	6.3	3.3	7.3
Dunn	77.6	75.2	78.4	12.1	8.5	24.5	4.7	3.1	7.8
Eddy	76.8	76.6	78.4	13.8	10.3	22.2	7.2	3.3	7.3
Emmons	76.7	75.9	78.8	17.4	9.7	19.1	3.7	3.1	6.4
Foster	76.8	76.6	78.4	13.8	10.3	22.2	3.3	3.3	7.3
Golden Valley	77.6	75.4	78.3	NA	7.4	22.8	NA	2.7	6.3
Grand Forks	78.9	74.9	79.3	9.6	9.6	24.2	4.7	4.9	7.5
Grant	76.7	75.4	77.5	13.9	9.9	33.3	4.1	2.7	10.2
Griggs	78.3	76.6	78.4	14.3	10.3	22.2	5.1	3.3	7.3
Hettinger	76.7	75.9	78.8	12.2	9.7	19.1	3.7	3.1	6.4
Kidder	76.8	75.9	78.8	15.5	9.7	19.1	4.6	3.1	6.4
LaMoure	78.3	76.6	78.4	13.9	10.3	22.2	4.2	3.3	7.3
Logan	78.3	75.9	78.8	NA	9.7	19.1	NA	3.1	6.4
McHenry	76.3	75.9	78.8	16.8	9.7	19.1	5.9	3.1	6.4
McIntosh	78.3	75.9	78.8	16.2	9.7	19.1	3.6	3.1	6.4
McKenzie	77.6	75.3	78.2	21.0	6.0	36.6	5.7	4.6	9.3
McLean	77.6	75.4	78.3	13.2	7.4	22.8	4.8	2.7	6.3
Mercer	78.1	75.9	80.1	16.2	7.6	21.3	5.1	3.9	6.4
Morton	78.1	74.3	78.1	14.7	10.9	26.6	5.7	4.2	8.6
Mountrail	77.2	75.2	78.4	14.5	8.5	24.5	5.0	3.1	7.8
Nelson	78.3	76.6	78.4	15.2	10.3	22.2	5.0	3.3	7.3
Oliver	77.6	75.8	80.8	NA	6.4	23.1	NA	3.4	7.4
Pembina	77.2	77.0	79.3	12.8	8.5	19.6	3.3	3.1	6.7
Pierce	76.3	76.6	78.4	19.2	10.3	22.2	5.5	3.3	7.3
Ramsey	77.2	76.6	78.7	15.5	10.4	24.1	4.7	3.1	6.4
Ransom	78.3	77.0	79.3	13.1	8.5	19.6	5.2	3.1	6.7
Renville	77.2	76.4	78.4	12.0	5.1	28.8	5.5	2.6	6.1
Richland	78.3	76.6	78.7	10.5	10.4	24.1	4.1	3.1	6.4
Rolette	76.3	71.9	77.0	23.2	14.0	33.7	6.1	4.0	8.5
Sargent	78.3	76.4	78.4	15.5	5.1	28.8	4.8	2.6	6.1
Sheridan	76.8	75.9	78.8	NA	9.7	19.1	NA	3.1	6.4
Sioux	76.7	66.6	77.8	NA	11.1	36.0	6.4	3.9	9.9
Slope	76.7	75.8	80.8	NA	6.4	23.1	NA	3.4	7.4
Stark	79.5	74.3	78.1	14.4	10.9	26.6	4.2	4.2	8.6
Steele	78.9	76.4	78.4	11.7	5.1	28.8	4.0	2.6	6.1
Stutsman	78.0	76.6	78.7	16.2	10.4	24.1	5.3	3.1	6.4
Towner	76.8	76.6	78.4	11.9	10.3	22.2	4.2	3.3	7.3
Traill	78.9	77.0	79.3	8.3	8.5	19.6	4.3	3.1	6.7
Walsh	77.2	76.6	78.7	16.0	10.4	24.1	5.9	3.1	6.4
Ward	78.7	74.7	78.7	12.0	12.0	21.2	5.0	5.4	6.9
Wells	76.8	76.6	78.4	18.3	10.3	22.2	5.0	3.3	7.3
Williams	78.4	74.3	78.1	13.5	10.9	26.6	4.6	4.2	8.6



Date of Release: August 4, 2009

## North Dakotans Report Better Health than Nation Overall

North Dakotans report fewer unhealthy days per month than do people nationwide. On average, North Dakotans reported 4.7 unhealthy days (physical and mental) in the past month in 2006 compared to 6.0 unhealthy days per month nationwide. Two North Dakota counties, Foster and Pembina, are among 23 counties with the fewest reported unhealthy days nationwide.

“The health status of North Dakotans portrayed by these data is very encouraging. In general, the data indicate that residents live longer and self-report a healthier quality of life than those living in other parts of the U.S.,” said Richard Rathge, Director of the State Data Center.

This month’s “Population Bulletin,” a monthly publication from the North Dakota State Data Center at North Dakota State University, focuses on two measures of health: the average life expectancy of North Dakotans and the health-related quality of life (i.e., the self-rated health status and the average number of unhealthy days). The data were obtained from the Community Health Status Indicators (CHSI) Report, a product of the U.S. Department of Health and Human Services which is available at <http://communityhealth.hhs.gov/>.

Life expectancy values are based on the analysis of mortality statistics over a 5-year period (1997-2001). The life expectancy at birth for North Dakotans during this 5-year period was 77.6 years, slightly higher than the median for all counties nationwide (76.5 years). In North Dakota, Burleigh County has the highest life expectancy at 80 years, followed closely by Stark County at 79.5 years. Two-thirds of all North Dakota counties have life expectancies of at least 77.0 years.

In 2006, 11.5 percent of adults in North Dakota reported fair or poor health in the past month compared to 17.1 percent nationwide. In four North Dakota counties, fewer than 10 percent of adults reported fair or poor health (Cass, Traill, Burleigh, and Grand Forks).

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