

Public health funding: Strong investments in public health allow a state to carry out programs that improve health. North Dakota receives \$29.88 per person in funding from CDC (10th in the nation) and \$28.49 per person from HRSA (25th in the nation). The Prevention and Public Health Fund has awarded over \$16 million in grants to North Dakota since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to care: 7.8 percent of people in North Dakota do not have health insurance coverage compared with the national uninsured rate of 9.4 percent. The number of practicing primary care physicians is also an important measure of health care availability. North Dakota has 136.3 active primary care physicians per 100,000 people. Nationally, there are 145.3 practicing primary care physicians per 100,000 people.

Notable health measures

- **Low birthweight:** 6.2 percent of live births are low birthweight in North Dakota. This is the 2nd lowest rate in the nation. Low birthweight is associated with short- and long-term complications and an increased risk of infant mortality.
- **Drug deaths:** North Dakota has the lowest rate of deaths due to drug injury with 4 deaths per 100,000 people.
- **Tobacco use:** 18.7 percent of adults in North Dakota smoke cigarettes. Each year, 1,000 people die from smoking-related illnesses in North Dakota and \$326 million is spent on health care costs due to smoking.

The challenges ahead

- **Excessive drinking:** 24.7 percent of the adult population in North Dakota reports drinking excessively. The state ranks highest in the nation. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Obesity:** 31 percent of the adult population in North Dakota is obese. The adult obesity rate in the state has more than doubled since 1990. Obesity contributes to poor general health and is a leading factor in preventable diseases.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings; Centers for Disease Control and Prevention, National Tobacco Control Program Funding.