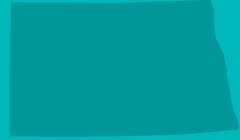


THE FACTS

# NORTH DAKOTA



**Speak**  
for **Health**

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION

**PUBLIC HEALTH FUNDING** Strong investments in public health allow a state to carry out programs that improve health. North Dakota receives \$162 total per person from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA) for public health funding. The Prevention and Public Health Fund awarded the state \$3.89 million in grants for community and clinical prevention efforts and improvements to public health infrastructure in fiscal year 2023.

**ACCESS TO CARE** 4.5 percent of people in North Dakota do not have health insurance coverage compared with the national uninsured rate of 7.9 percent. The number of practicing primary care providers is also an important measure of health care availability. North Dakota has 347.4 active primary care providers per 100,000 people. Nationally, there are 283.4 practicing primary care providers per 100,000 people.

## Notable Health Measures

- **Low birthweight** 7.1 percent of live births are low birthweight in North Dakota. This is the 5th 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 7th lowest rate of deaths due to drug injury with 19.0 deaths per 100,000 people.
- **Tobacco use** 13.3 percent of adults in North Dakota regularly smoke cigarettes.

## The Challenges Ahead

- **Excessive drinking** 22.3 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** 35.6 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: America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, [AmericasHealthRankings.org](https://americashealthrankings.org), Accessed 2025; Centers for Disease Control and Prevention. Fiscal Year 2023 Grant Funding Profiles Totals, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://fundingprofiles.cdc.gov/>

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