

# WHERE YOU LIVE AFFECTS HOW YOU LIVE



ND *Caring*  
FOUNDATION

Both genetics and surroundings affect people's health. But most experts agree: environment plays the greater role in health outcomes.

Environmental factors, known as the **social determinants of health**, include:



**Economic  
stability**



**Neighborhood  
and built  
environment**



**Education**



**Access to  
health care**



**Social  
community  
context**



## How North Dakotans Live

The BCBSND Caring Foundation and the NDSU Center for Social Research conducted a statewide health needs assessment around the social determinants of health. It revealed that while North Dakota is doing many things well, there are also some foundational issues that need to be addressed.

### For example:

- Average life expectancy for North Dakotans fell for the second consecutive year, from 79 to 77 years.
- Concerns about mental health, suicide and drug use are on the rise.
- Nearly 80,000 North Dakotans live in poverty.
- Licensed child care capacity is insufficient to reach all the children who may need it.
- North Dakota has a substantial shortage of primary care physicians, dentists and mental health providers.

## What can you do?

Whatever your area of influence, help drive changes that eliminate barriers to North Dakotans living their best lives. Our vision for the report is that it would become a conduit for you to do so.

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information,  
study highlights  
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report here.**

