

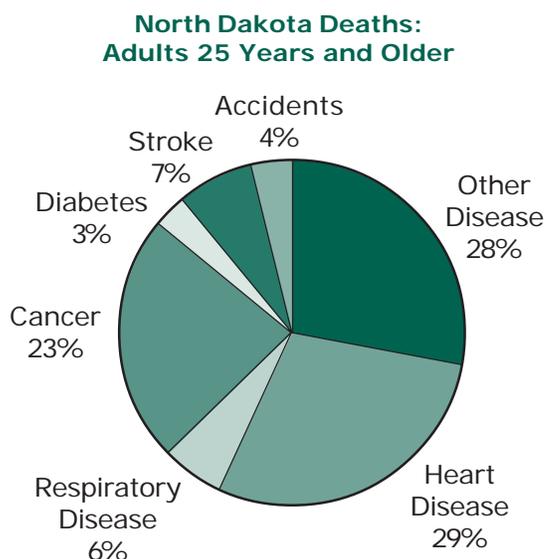
North Dakota Facts

Winter 2005/2006

There are many opportunities for North Dakotans to make healthier choices. This fact sheet provides an overview of North Dakotans' health risk behaviors.

Leading Causes of Death for Adults

According to the Centers for Disease Control and Prevention (CDC), the leading causes of death for North Dakota adults in 2002 were: heart disease, cancer, stroke, respiratory disease, accidents, and diabetes.



Risk Factors

The following risk factors contribute to North Dakota's leading causes of death.

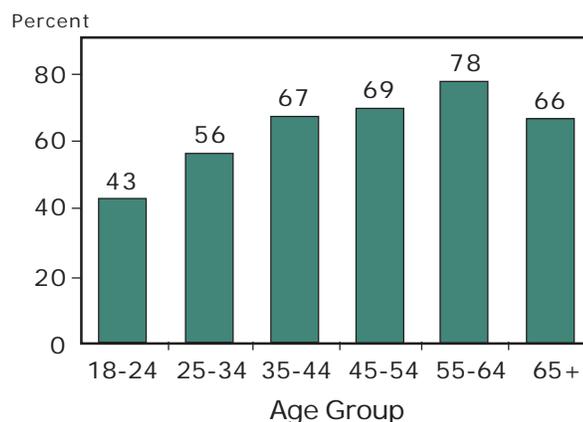
- ❖ Overweight and obesity
- ❖ Lack of physical activity
- ❖ Tobacco use
- ❖ Alcohol use

Overweight and Obesity

North Dakotans are becoming more overweight and obese. Being overweight or obese decreases life expectancy and is a risk factor for many diseases such as heart disease, diabetes, arthritis, and depression. In 2004, 63 percent of North Dakotans were either overweight or obese. These determinations are based on the body mass index (BMI) which is calculated using height and weight.

Seventy-one percent of males in North Dakota are overweight or obese, whereas 54 percent of females are overweight or obese.

Percentage of Overweight & Obese North Dakota Adults by Age Group, 2004



Being overweight or obese is a major contributor to many preventable causes of death. On average, higher body weights are associated with higher death rates. Obese individuals may also suffer from social stigmatization, discrimination, and lowered self-esteem.

Physical Activity

The CDC and the American College of Sports Medicine recommend doing moderate physical activity for 30 or more minutes per day, 5 or more days per week or doing vigorous physical activity for 20 or more minutes per day, 3 or more days per week. The number of North Dakotans who reported no leisure time physical activity has remained stable for the past three years at between 22 and 25 percent.

In particular 66 percent of people 65 and older in North Dakota reported inadequate physical activity (2003). Females (54%) are more likely to get inadequate physical activity than males (48%). Appropriate rate of physical activity increases with more education.

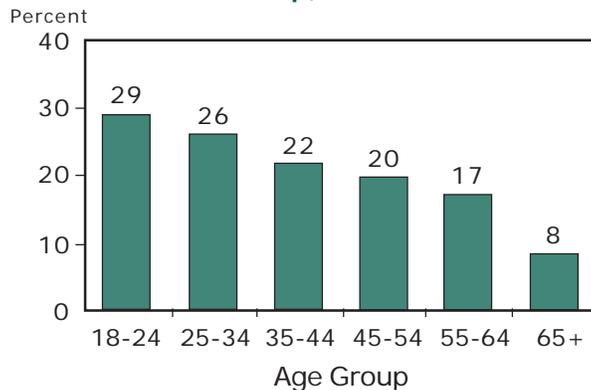
"An intensified effort to motivate Americans, at every age, to be more physically active is essential to reducing premature death in this country," said Dr. C. Everett Koop, former surgeon general.

Physical activity reduces the risk of heart disease, high blood pressure, stroke, colon cancer, and diabetes. Other health benefits associated with healthy weight include healthy bones, muscles, joints, and enhanced quality of life.

Tobacco Use

Smoking is the number one killer and the leading cause of preventable deaths in the United States. Smoking contributes to heart disease, stroke, cancer, and many other illnesses. Twenty percent of adult North Dakotans smoke everyday or at least some days (2004). People between the ages of 18 to 24 have the highest smoking rate (29%). Overall, there was a significant decrease in smoking rates from 30 percent to 22 percent among North Dakotans 35 to 44 between 2003 and 2004.

Percentage of Adults Who Smoke by Age Group, 2004

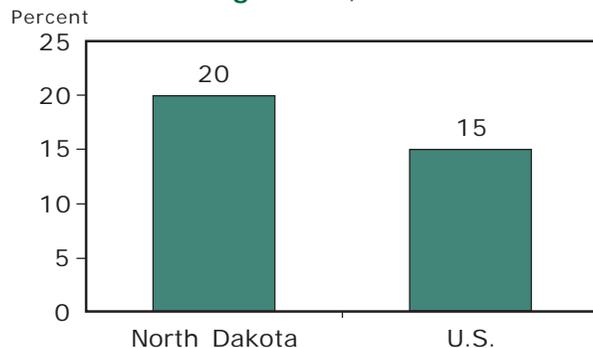


Alcohol Use

Excessive alcohol use contributes to heart, liver, and pancreatic diseases. Alcohol also contributes to motor vehicle crashes, homicide, suicide, and domestic violence.

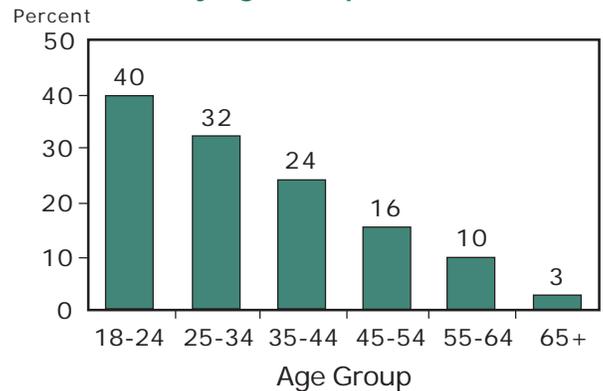
Twenty percent of North Dakota's adults binge drink (drink five or more drinks on one or more occasions in the past month), second only to that of Wisconsin's adults (24%). Five percent of North Dakota's adults drink in excess regularly.

Percentage of Adults Who Binge Drink, 2004



Young adults 18-24 years, binge drink at a higher rate (40%) than older age groups (32% and below).

Percentage of Binge Drinking by Age Group, 2004



Binge drinking is related to gender. In 2004, males (30%) were three times more likely to binge drink than females (11%).

What Can You Do to Improve Your Health?

There are many opportunities for North Dakotans to improve their health. People can choose to exercise regularly, quit smoking, and use alcohol in moderation. Ultimately, these healthy choices will contribute to improving the overall quality of life for North Dakotans.

Sources:

Data presented are from the North Dakota Behavioral Risk Factor Surveillance System (BRFSS) from 2003 and 2004. Full details of the survey methodology are available at: <http://www.cdc.gov/brfss>.
 Shape Up America! Healthy Weight for Life. June 9, 1999. http://www.shapeup.org/about/arch_pr/060999.html Retrieved on December 5, 2005.

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