

2023

An Overview of the DMF Wellness Survey

Mental, Physical, and Social Health in North Dakota and Northwest Minnesota

About the Survey

Dakota Medical Foundation distributes a survey to parents and service providers across North Dakota and Northwest Minnesota to help gauge the mental, physical, and social health of both children and adults in the region. It is distributed via legacy and social media, email, and personal asks and is completed by caring adults and professionals ranging from psychiatrists to licensed social workers to school principals, among many others.

This overview highlights some of the most noteworthy findings from the 2023 survey and provides some insights from survey-takers into the root causes of and potential solutions to the mental health epidemic affecting our region. This report is not designed to be scientific in nature, nor is its intent to replace or diminish the work of any other regional organizations doing research, data collection, or public health messaging. We view our role as a convener of those closest to these challenges, an aggregator of potential solutions, and an igniter of action.

Who Took the Survey

263 service providers and parents

HEALTHY WEIGHT

28.5% surveyed rate ability to maintain a healthy weight as **TERRIBLE OR POOR.**

15.3% surveyed rate the ability of the **YOUTH** in their life to maintain a healthy weight as **TERRIBLE OR POOR.**

EXERCISE

32.7% surveyed rate their daily physical activity as **TERRIBLE OR POOR.**

18.6% surveyed rate the daily physical activity of the **YOUTH** in their life as **TERRIBLE OR POOR.**

SLEEP

29.6% surveyed rate their daily sleep quality as **TERRIBLE OR POOR.**

18.2% surveyed rate the daily sleep quality of the **YOUTH** in their life as **TERRIBLE OR POOR.**

MENTAL HEALTH

13% surveyed rate their overall mental health as **TERRIBLE OR POOR**.

26.8% surveyed rate the overall mental health of the **YOUTH** in their life as **TERRIBLE OR POOR**.

STRESS

10% surveyed rate their ability to handle negative emotions/cope with stress in a healthy way as **TERRIBLE OR POOR**.

30% surveyed rate the ability of the **YOUTH** in their life to handle negative emotions/cope with stress in a healthy way as **TERRIBLE OR POOR**.

OUTLOOK

10.2% surveyed rate their outlook about the future as **TERRIBLE OR POOR**.

18.4% surveyed rate the outlook about the future of the **YOUTH** in their life as **TERRIBLE OR POOR**.

SUICIDE AND SELF-HARM

28.2% surveyed report that they have, **AT SOME POINT**, experienced thoughts about self-harm or suicide.

53.2% surveyed report that the youth in their life have, **AT SOME POINT**, experienced thoughts about self-harm or suicide.

SUBSTANCE USE

67.3% surveyed report **USING SUBSTANCES** (nicotine, alcohol, marijuana, or other drugs not prescribed to them).

51.3% surveyed report the **YOUTH** in their life **USING SUBSTANCES** (nicotine, alcohol, marijuana, or other drugs not prescribed to them).

TECHNOLOGY USE

12.5% surveyed report using electronic devices or social media **MORE THAN 7 HOURS A DAY** (outside of work).

16% surveyed report the **YOUTH** in their life using electronic devices or social media **MORE THAN 7 HOURS A DAY** (outside of work).

80% report that technology use **DOES NOT** make them feel good.

SOCIAL INTERACTION

79% surveyed report **RARELY TO NEVER** having face-to-face social interaction with peers.

70% surveyed report the **YOUTH** in their life **RARELY TO NEVER** having face-to-face social interaction with peers.