

Lake Region District Health Unit

Benson County Community Health Profile

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TABLE OF CONTENTS

Data Sources	ii
Photograph Credits	ii
POPULATION DATA	
Table 1: Population by Age Group	1
Table 2: Female Population and Percentage Female by Age	1
Table 3: Race	1
Table 4: Household Populations	2
Table 5: Population Change	2
Table 6: Marital Status of Persons Age 15 and Older	2
Table 7: Educational Attainment Among Persons 25+	2
Table 8: Persons with Disability	3
Table 9: Income and Poverty Status by Age Group	3
Table 10: Family Poverty and Childhood and Elderly Poverty	3
Table 11: Age of Housing	3
VITAL STATISTICS DATA	
Birth and Deaths Definitions	4
Table 12: Births	5
Table 13: Child Deaths	5
Table 14: Deaths and Age Adjusted Death Rate by Cause	5
Table 15: Leading Causes of Death by Age Group for County	6
Table 16: Leading Causes of Death by Age Group for North Dakota	6
ADULT BEHAVIORAL RISK FACTORS	
Table 17:	
• Adult Behavioral Risk Factors Definition	7
• Alcohol	8
• Arthritis	8
• Asthma	8
• Body Weight	8
• Cancer	8
• Cardiovascular	8
Table 18:	
• Cholesterol	9
• Chronic Lung Disease	9
• Colorectal Cancer	9
• Diabetes	9
• Fruits and Vegetables	9
• General Health	9
Table 19:	
• Health Care Access	10
• Hypertension	10
• Immunization	10
• Injury	10
• Oral Health	10
• Physical Activity	10
• Tobacco	10
• Women’s Health	10
CRIME	
Table 20: County	11
Table 21: North Dakota	11
CHILD RISK	
Table 22: Child Indicators—Education	12
Table 23: Child Indicators—Economic Health	12
Table 24: Child Indicators—Families and Child Care	12
Table 25: Child Indicators—Juvenile Justice	12

Data Sources

The Demographic Section of this report comes from the US Census Bureau (www.census.gov). Most tables are derived either from the census estimates for 2015 or from the Community Population Survey aggregated over a several year period. The table header describes the specific years from which the data is derived. The tables present the number of persons and percentages which in almost all circumstances represent the category specific percentage of all persons referenced by the table (e.g., percentage of persons age 15 and older who are married). Age specific poverty rates represent the percentage of each age group in poverty (e.g., percentage of children under five years in poverty).

The **Vital Statistics** section of this report comes from the birth and death records collected by the North Dakota Department of Health Vital Records. This data is aggregated over a five year period. All births and deaths represent the county of residence not the county of occurrence. In order to maintain a person's confidentiality, the number of events is blocked if fewer than six.

The **Adult Behavioral Risk Factor** section of this report is derived from the North Dakota Department of Health's Behavioral Risk Factor Surveillance Survey. The aggregated data (the number of years specified in the table) is continuously collected by telephone survey from persons 18 years and older residing in North Dakota. All data is self-reported data.

Data presented in the **Crime** section of this report is collected from the North Dakota Attorney General website located at: www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/CrimeHomicide.htm.

Data presented in the **Child Health Indicators** section of this report is collected from the Kids Count Data Center website located at: www.datacenter.kidscount.org.

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POPULATION DATA

Table 1

Population by Age Group, 2016 Census Estimates				
Age Group	Benson County		North Dakota	
	Number	Percent	Number	Percent
0-9	1,348	20.0%	105,035	13.9%
10-19	1,182	17.5%	93,820	12.4%
20-29	849	12.6%	127,579	16.8%
30-39	685	10.2%	101,492	13.4%
40-49	638	9.5%	79,632	10.5%
50-59	826	12.3%	95,466	12.6%
60-69	688	10.2%	80,159	10.6%
70-79	339	5.0%	41,996	5.5%
80+	184	2.7%	32,773	4.3%
Total	6,739	100.0%	757,952	100.0%
0-17	2,348	34.8%	176,311	23.3%
65+	832	12.3%	109,999	14.5%



Table 2

Female Population and Percentage Female by Age, 2016 Census Estimates				
Age Group	Benson County		North Dakota	
	Number	Percent	Number	Percent
0-9	637	19.5%	51,145	13.9%
10-19	565	17.3%	45,349	12.3%
20-29	408	12.5%	58,619	15.9%
30-39	322	9.9%	47,001	12.7%
40-49	330	10.1%	37,992	10.3%
50-59	402	12.3%	46,809	12.7%
60-69	357	10.9%	39,397	10.7%
70-79	154	4.7%	22,236	6.0%
80+	90	2.8%	20,430	5.5%
Total	3,265	100.0%	368,978	100.0%
0-17	1,115	34.2%	85,921	23.3%
65+	403	12.3%	60,025	16.3%

Table 3

Race, Five Year Estimates (2012-2016)				
Race	Benson County		North Dakota	
	Number	Percentage	Number	Percentage
Total	6,802	100.0%	736,162	100%
White	2,885	42.4%	649,730	88.3%
Black	0	0.0%	14,761	2.0%
American Indian	3,756	55.2%	38,369	5.2%
Asian	7	0.1%	9,296	1.3%
Pacific Islander	4	0.1%	336	0.0%
Other	0	0.0%	5,691	0.8%
Multi-race	150	2.2%	17,979	2.4%

POPULATION DATA

Table 4

	Benson County		North Dakota	
	Number	Percent	Number	Percent
Total	6,665	100.0%	666,783	100.0%
In Family Households	5,756	86.4%	509,097	76.4%
In Non-Family Households	867	13.0%	132,651	19.9%
Total In Households	6,623	99.4%	641,748	96.2%
Institutionalized*	13	0.2%	9,675	1.5%
Non-institutionalized*	29	0.4%	15,360	2.3%
Total in Group Quarters	42	0.6%	25,035	3.8%

*2011 is the most recent data

Table 5

Population Change 2000-2015				
Census	Benson County	5 Year Change (%)	North Dakota	5 Year Change (%)
2000	6,964		642,200	
2005	6,902	-0.9%	635,365	-1.1%
2010	6,660	-3.5%	672,591	5.9%
2015	6,764	1.6%	754,859	12.2%



Table 6

Marital Status	Benson County		North Dakota	
	Number	Percent	Number	Percent
Total Age 15+	4,840	100.0%	594,068	100.0%
Never Married	2,062	42.6%	189,508	31.9%
Now Married	1,984	41.0%	308,915	52.0%
Separated	73	1.5%	5,347	0.9%
Widowed	276	5.7%	33,862	5.7%
Divorced	445	9.2%	56,436	9.5%

Table 7

Education	Benson County		North Dakota	
	Number	Percent	Number	Percent
Total	3,861	100.0%	477,607	100.0%
Less than 9th Grade	171	4.4%	16,846	3.5%
Some High School	409	10.6%	21,188	4.4%
High school or GRE	1,250	35.1%	131,086	27.4%
Some College/Assoc. Degree	1,452	37.7%	173,933	36.4%
Bachelor's Degree	423	11.0%	97,890	20.5%
Post Graduate Degree	156	4.0%	36,664	7.7%

POPULATION DATA

Table 8

Group	Persons with Disability, 2016 ACS Five Year Estimates			
	Benson County		North Dakota	
	Number	Percent	Number	Percent
Total	6,789	100.0%	720,312	100.0%
Any Disability	686	10.1%	77,651	10.8%
No Disability	6,103	89.9%	642,661	89.2%
Self Care Disability	93	1.5%	11,469	1.7%
0-17 with any disability	68	9.9%	5,618	7.2%
18-64 with any disability	356	51.9%	38,310	49.3%
65+ with any disability	262	38.2%	33,723	43.4%

Table 9

	Income and Poverty Status by Age Group, 2016 ACS Five Year Estimates			
	Benson County		North Dakota	
	Number	Percent	Number	Percent
Median Household Income		\$41,530		\$59,114
Per Capita Income		\$20,561		\$33,107
Below Poverty Level	2,270	33.5%	79,314	11.2%
Under 5 Years	298	13.1%	7,618	9.6%
5 to 11 Years	473	20.8%	8,423	10.6%
12 to 17 Years	339	14.9%	5,349	6.7%
18 to 64 Years	1,048	46.2%	48,969	61.7%
65 to 74 Years	50	2.2%	3,532	4.5%
75 Years and Over	62	2.7%	5,423	6.8%

Table 10

	Family Poverty and Childhood and Elderly Poverty, 2016 ACS Five Year Estimates			
	Benson County		North Dakota	
	Number	Percent	Number	Percent
Total Families	1,605	100.0%	183,466	100.00%
Families in Poverty	421	26.2%	12,659	6.90%
Families with Own Children	867	54.0%	84,714	46.17%
Families with Own Children in Poverty	358	22.3%	9,912	5.40%
Families with Own Children and Female Parent Only	340	21.2%	23,485	27.72%
Families with Own Children and Female Parent Only in Poverty	175	10.9%	8,408	4.58%
Total Known Children in Poverty	1,110	47.3%	21,390	12.1%
Total Known Age 65+ in Poverty	112	13.5%	8,955	8.1%

* Percent family poverty is percent of total families

Table 11

	Age of Housing, 2016 ACS Five Year Estimates			
	Benson County		North Dakota	
	Number	Percent	Number	Percent
Housing Units: Total	2,989	100.0%	350,134	100.0%
1980 and Later	870	29.1%	149,657	42.7%
1970 to 1979	682	22.8%	67,069	19.2%
Prior to 1970	1,437	48.1%	133,408	38.1%

Vital Statistics Data

BIRTHS AND DEATHS DEFINITIONS

Formulas for calculating rates and ratios are as follows:

Birth Rate = Resident live births divided by the total resident population x 1000.

Pregnancies = Live births + Fetal deaths + Induced termination of pregnancy.

Pregnancy Rate = Total pregnancies divided by the total resident population x 1000.

Fertility Rate = Resident live births divided by female population (age 15-44) x 1000.

Teenage Birth Rate = Teenage births (age <20) divided by female teen population x 1000.

Teenage Pregnancy Rate = Teenage pregnancies (age <20) divided by female teen population x 1000.

Out of Wedlock (OOW) Live Birth Ratio = Resident OOW live births divided by total resident live births x 1000.

Out of Wedlock Pregnancy Ratio = Resident OOW pregnancies divided by total pregnancies x 1000.

Low Weight Ratio = Low weight births (birth weight < 2500 grams) divided by total resident live births x 1000.

Infant Death Ratio = Number of infant deaths divided by the total resident live births x 1000.

Childhood & Adolescent Deaths = Deaths to individuals 1 - 19 years of age.

Childhood and Adolescent Death Rate = Number of resident deaths (age 1 - 19) divided by population (age 1 - 19) x 100,000.

Crude Death Rate = Death events divided by population x 100,000.

Age-Adjusted Death Rate = Death events with age specific adjustments x 100,000 population.



Vital Statistics Data

BIRTHS AND DEATHS

Table 12

	Benson County		North Dakota	
	Number	Rate or Ratio	Number	Rate or Ratio
Live Births and Rate	795	23.9	54,644	16.3
Pregnancies and Rate	826	24.8	59,226	17.6
Fertility Rate	138.3		84.6	
Teen Births and Rate	117	89.7	2,715	23.8
Teen Pregnancies and Rate	124	95.0	3,263	28.6
Out of Wedlock Births and Ratio	609	766.0	17,518	320.6
Out of Wedlock Pregnancies and Ratio	637	771.2	21,289	359.5
Low Birth Weight Birth and Ratio	43	54.1	3,448	63.1

Table 13

	Benson County		North Dakota	
	Number	Rate or Ratio	Number	Rate or Ratio
Infant Deaths and Ratio	11	13.8	299	5.5
Child and Adolescent Deaths and Rate	9	77.3	235	28.8
Total Deaths and Crude Rate	361	1,084.1	30,152	896.6

Table 14

	Benson County		North Dakota	
	Number	Adj. Rate	Number	Adj. Rate
All Causes	363	913.6	30,303	674.8
Heart Disease	82	176.5	6,571	140.3
Cancer	56	117.8	6,215	142.1
Stroke	9	20.0	1,546	31.9
Alzheimer's Disease	6	6.3	2,130	41.2
COPD	28	55.1	1,623	35.2
Unintentional Injury	43	146.0	1,764	45.9
Diabetes Mellitus	12	30.4	908	20.6
Pneumonia and Influenza	13	29.5	791	16.5
Cirrhosis	21	66.0	429	11.6
Suicide	11	34.9	630	18.4
Hypertension	NR	12.4	467	9.5

NR-Not Reportable

Vital Statistics Data

BIRTHS AND DEATHS

Table 15

Leading Causes of Death by Age Group for Benson County, 2012-2016			
Age	1	2	3
0-4	Congenital Anomaly*	Sudden Infant Death*	Unintentional Injury*
5-14	Respiratory Disorder*	Suicide*	No Reported Deaths
15-24	Unintentional Injury 6	Suicide 6	Septicemia*
25-34	Unintentional Injury 6	Heart*	Suicide*
35-44	Unintentional Injury 10	Cirrhosis*	Congenital Anomaly*
45-54	Cirrhosis 9	Unintentional Injury 6	Heart 6
55-64	Heart 12	Cancer 8	Cirrhosis*
65-74	Cancer 18	COPD 11	Heart 11
75-84	Heart 24	Cancer 15	COPD 9
85+	Heart 23	Cancer 7	Cerebrovascular Disease*

*Numbers less than six are not listed.

Table 16

Leading Causes of Death by Age Group for North Dakota, 2012-2016			
Age	1	2	3
0-4	Congenital Anomaly 53	Prematurity 50	Sudden Infant Death 45
5-14	Unintentional Injury 21	Suicide 6	Homicide*
15-24	Unintentional Injury 191	Suicide 127	Cancer 16
25-34	Unintentional Injury 211	Suicide 125	Heart 50
35-44	Unintentional Injury 184	Suicide 107	Heart 99
45-54	Cancer 350	Heart 282	Unintentional Injury 210
55-64	Cancer 1,094	Heart 646	Unintentional Injury 192
65-74	Cancer 1,563	Heart 902	COPD 348
75-84	Cancer 1,793	Heart 1,441	COPD 565
85+	Heart 3,141	Alzheimer's Disease 1,566	Cancer 1,261

*Numbers less than six are not listed.

ADULT BEHAVIORAL RISK FACTORS DEFINITION

The following three pages represent data received from the Adult Behavioral Risk Factor Surveillance Survey. Numbers given are point estimate percentages followed by 95% confidence intervals. Statistical significance can be determined by comparing confidence intervals between two geographic areas. To be statistically significant, confidence may not overlap. For example the confidence intervals 9.3 (8.3-10.2) and 10.8 (10.0-11.6) overlap (see picture below) so the difference between the two numbers is not statistically significant. That means that substantial uncertainty remains whether the apparent difference is due to chance alone (due to sampling variation) rather than representing a true difference in the prevalence of the condition in the two populations. The less they overlap, the more likely it is that the point estimates represent truly different prevalence's in the two populations.



ADULT BEHAVIORAL RISK FACTORS, 2011-2015

Table 17

ALCOHOL		Benson 2011-2015	North Dakota 2011-2015
Binge Drinking	Respondents who reported binge drinking (5 drinks for men, 4 drinks for women) one or more times in the past 30 days.	23.2 (14.8-31.7)	24.1 (23.3-24.9)
Heavy Drinking	Respondents who reported heavy drinking (more than 2 drinks per day for men, more than 1 drink per day for women) during the past 30 days.	6.1 (1.1-11.1)	6.7 (6.3-7.2)
Drunk Driving	Respondents who reported driving when they had too much to drink one or more times during the past 30 days.	0.7 (0-2.2)	3.4 (2.8-3.9)
ARTHRITIS			
Activity Limitation Due to Arthritis	Respondents who reported being limited in any usual activities because of arthritis or joint symptoms.	69.7 (49.5-90.0)	47.0 (45.2-48.9)
Doctor Diagnosed Arthritis	Respondents who reported ever have been told by a doctor or other health professional that they had some form of arthritis.	33.4 (24.0-42.7)	24.6 (24.0-25.2)
ASTHMA			
Ever Asthma	Respondents who reported ever having been told by a doctor, nurse or other health professional that they had asthma.	12.3 (4.8-19.8)	11.9 (11.3-12.4)
Current Asthma	Respondents who reported ever having been told by a doctor, nurse or other health professional that they had asthma and who still have asthma.	8.2 (2.6-13.7)	8.4 (7.9-8.9)
BODY WEIGHT			
Overweight, Not Obese	Respondents with a body mass index greater than or equal to 25 but less than 30 (overweight).	35.8 (26.7-44.9)	36.5 (35.7-37.3)
Obese	Respondents with a body mass index greater than or equal to 30 (obese).	30.1 (21.0-39.2)	30.3 (29.6-31.1)
Overweight or Obese	Respondents with a body mass index greater than or equal to 25 (overweight or obese).	65.9 (56.0-75.8)	66.8 (66.0-67.7)
CANCER			
Any Cancer	Respondents who reported ever having been told by a doctor, nurse or other health professional that they had cancer (excluding skin cancer).	5.3 (2.8-7.9)	6.4 (6.1-6.7)
CARDIOVASCULAR			
Heart Attack	Respondents who reported ever having been told by a doctor, nurse or other health care professional that they had a heart attack.	5.2 (2.3-8.1)	4.3 (4.0-4.5)
Angina	Respondents who reported ever having been told by a doctor, nurse or other health care professional that they had angina.	5.7 (2.4-9.1)	4.0 (3.7-4.2)
Stroke	Respondents who reported ever having been told by a doctor, nurse or other health care professional that they had a stroke.	1.7 (0.2-3.1)	2.4 (2.2-2.6)
Cardiovascular Disease	Respondents who reported ever having been told by a doctor, nurse or other health care professional that they had any of the following: heart attack, angina or stroke.	9.8 (5.7-13.9)	7.5 (7.2-7.8)

ADULT BEHAVIORAL RISK FACTORS, 2011-2015

Table 18

CHOLESTEROL		Benson 2011-2015	North Dakota 2011-2015
Never Cholesterol Test	Respondents who reported never having a cholesterol test.	31.6 (18.0-45.2)	22.8 (21.8-23.8)
No Cholesterol Test in Past 5 Years	Respondents who reported never having a cholesterol test in the past five years.	36.3 (22.7-49.9)	27.2 (26.2-28.3)
High Cholesterol	Respondents who reported that they had ever been told by a doctor, nurse or other health professional that they had high cholesterol.	42.1 (28.4-55.9)	36.1 (35.1-37.1)
CHRONIC LUNG DISEASE			
COPD	Respondents who have ever been told by a doctor, nurse or other health professional ever told you that they have COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis.	7.4 (2.3-12.6)	4.7 (4.4-5.0)
COLORECTAL CANCER			
No Colorectal Cancer Screening within Recommended Timeframe	Respondents age 50 and older who reported not having a fecal occult blood test in the past two years.	47.1 (29.7-64.6)	40.0 (38.3-41.7)
DIABETES			
Diabetes Diagnosis	Respondents who reported ever having been told by a doctor that they had diabetes.	13.1 (5.7-20.5)	8.5 (8.2-8.9)
FRUITS AND VEGETABLES			
Five Fruits and Vegetables	Respondents who reported that they do not usually eat 5 fruits and vegetables per day.	12.6 (1.8-23.5)	13.9 (13.2-14.6)
GENERAL HEALTH			
Fair or Poor Health	Respondents who reported that their general health was fair or poor.	18.9 (11.7-26.2)	14.0 (13.5-14.6)
Poor Physical Health	Respondents who reported they had 8 or more days in the last 30 when their physical health was not good.	17.4 (9.1-25.6)	11.3 (10.8-11.8)
Poor Mental Health	Respondents who reported they had 8 or more days in the last 30 when their mental health was not good.	14.5 (7.2-21.7)	11.4 (10.9-12.0)
Activity Limitation Due to Poor Health	Respondents who reported they had 8 or more days in the last 30 when poor physical or mental health kept them from doing their usual activities.	19.3 (6.5-32.1)	13.6 (12.8-14.4)
Any Activity Limitation	Respondents who reported being limited in any way due to physical, mental or emotional problem.	26.4 (17.8-34.9)	31.3 (30.6-32.1)



ADULT BEHAVIORAL RISK FACTORS, 2011-2015

Table 19

HEALTH CARE ACCESS		Benson 2011-2015	North Dakota 2011-2015
Health Insurance	Respondents who reported not having any form or health care coverage.	15.1 (7.6-22.6)	10.8 (10.2-11.3)
Access Limited by Cost	Respondents who reported needing to see a doctor during the past 12 months but could not due to cost.	12.2 (4.1-20.3)	7.8 (7.3-8.3)
No Personal Provider	Respondents who reported that they did not have one person they consider to be their personal doctor or health care provider.	27.4 (18.8-36.1)	26.7 (25.9-27.5)
HYPERTENSION			
High Blood Pressure	Respondents who reported ever having been told by a doctor, nurse or other health professional that they had high blood pressure.	31.6 (20.1-43.2)	29.9 (29.0-30.7)
IMMUNIZATION			
Influenza Vaccine	Respondents age 65 and older who reported that they did not have a flu shot in the past year.	46.1 (31.7-60.5)	40.1 (38.9-41.4)
Pneumococcal Vaccine	Respondents age 65 or older who reported never having had a pneumonia shot.	38.2 (23.6-52.7)	28.5 (27.3-29.7)
INJURY			
Falls	Respondents 45 years and older who reported that they had fallen in the past 12 months.	19.2 (7.2-31.2)	27.4 (26.2-28.7)
Seatbelt Use	Respondents who reported not always wearing their seatbelt.	52.3 (41.9-62.8)	61.4 (60.6-62.3)
ORAL HEALTH			
Dental Visit	Respondents who reported that they have not had a dental visit in the past year.	48.2 (33.3-63.0)	33.7 (32.4-35.0)
Tooth Loss	Respondents who reported they ever had a permanent tooth extracted.	27.0 (15.3-38.8)	14.3 (13.6-15.1)
PHYSICAL ACTIVITY			
No Leisure Physical Activity	Respondents who reported that they did not get the recommended amount of physical activity.	33.9 (24.3-43.5)	25.1 (24.4-25.8)
TOBACCO			
Current Smoking	Respondents who reported that they smoked every day or some days.	36.3 (26.1-46.5)	20.6 (19.9-21.4)
WOMEN'S HEALTH			
Pap Smear	Women 18 and older who reported that they have not had a pap smear in the past three years.	13.0 (0.0-25.9)	25.1 (23.1-27.1)
Mammogram Age 40+	Women 40 and older who reported that they have not had a mammogram in the past two years.	20.2 (2.7-37.6)	27.0 (25.4-28.6)

CRIME

Data presented on the North Dakota Attorney General website changed from previous years. In an effort to continue to provide this data, the variables are defined as follows which differs slightly from the 2010-2013 data:

- Rape: includes statutory rape and forcible rape
- Assault: only includes aggravated assault
- Larceny: all other crimes against property

Table 20

Benson County							
	2012	2013	2014	2015	2016	5 Year	5-Year Rate
Murder	0	0	0	0	0	0	0.0
Rape	3	0	1	1	0	5	14.6
Robbery	0	0	0	0	0	0	0.0
Assault	0	0	1	1	3	5	14.6
Violent crime	3	0	2	2	3	10	29.2
Burglary	5	4	6	4	4	23	67.1
Larceny	12	6	13	14	26	71	207.0
Motor vehicle theft	5	4	6	10	6	31	90.4
Property crime	22	14	25	28	36	125	364.4
Total	25	14	27	30	39	135	393.6

Table 21

North Dakota							
	2012	2013	2014	2015	2016	5 Year	5-Year Rate
Murder	20	14	19	21	17	91	2.5
Rape	243	237	389	428	365	1,662	44.9
Robbery	117	151	166	157	181	772	20.9
Assault	1,071	1,156	1,145	1,185	1,132	5,689	153.7
Violent crime	1,451	1,558	1,719	1,791	1,695	8,214	222.0
Burglary	2,200	2,656	2,490	3,212	3,051	13,609	367.8
Larceny	10,184	10,243	5,214	6,181	6,157	37,979	1,026.4
Motor vehicle theft	1,031	1,228	1,462	1,725	1,887	7,333	198.2
Property crime	13,415	14,127	9,166	11,118	11,095	47,826	1,292.5
Total	14,866	15,685	10,885	12,909	12,790	54,345	1,468.7



CHILD HEALTH INDICATORS

The following information is no longer available on the website:

High school dropouts (dropouts per 1000 persons Grades 9-12)

Children Ages 0-17 Impacted by Domestic Violence (Percentage of all children ages 0-17)

Offenses Against Person—Juvenile Court Referrals (Percentage of total juvenile court referrals)

Alcohol-Related Juvenile Court Referrals (Percentage of juvenile court referrals)

Table 22

Child Indicators: Education 2016	Benson County		North Dakota	
Children ages 3 to 21 enrolled in special education in public schools	175	17.0%	14,426	13.2%
Four-year high school cohort graduates	67.3%		88.7%	
Average expenditure per student in public school	\$15,095		\$11,418	

Table 23

Child Indicators: Economic Health 2016	Benson County		North Dakota	
TANF recipients ages 0-19	504	19.9%	4,649	2.3%
SNAP recipients ages 0-18	1,603	65.6%	37,758	20.3%
Eligible recipients of free or reduced price lunch	1,335	88.9%	37,928	32.6%
Medicaid recipients ages 0-20	2,206	84.6%	59,156	28.0%
Median income for families with children ages 0-17	\$32,026		\$75,818	
Children ages 0 to 17 living in low-income families (<200% of poverty)	1,706	74.4%	50,147	30.5%

Table 24

Child Indicators: Families and Child Care 2016	Benson County		North Dakota	
Women in labor force, by age of children (ages 0-17)	391	60.3%	59,532	79.4%
Children ages 0-17 living in a single parent family	939	40.5%	39,192	23.4%
Children in foster care	64	2.6%	2,397	1.3%
Victims of child abuse and neglect - services required (Percent of suspected victims)	LNE	N/A	1,805	27.2%
Births to mothers receiving prenatal care beginning after first trimester or not at all	81	44.3%	1,612	14.2%

Table 25

Child Indicators: Juvenile Justice 2016	Benson County		North Dakota	
Children ages 10-17 referred to juvenile court	21	2.3%	3,471	4.9%

*LNE-Low Number Events