



# Compass Points 2026

Minnesota Compass tracks data on quality of life to help policymakers and nonprofit, business, and community leaders identify, understand, and act on issues that affect lives and communities.

## NEW in 2026! An updated look at the health of Minnesotans

Minnesota Compass recently refreshed our Health topic area! What have we learned so far?

CURRENT	TREND
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### GENERAL HEALTH



**Most Minnesotans say their health is good or excellent...**

The vast majority of Minnesotans – 85% – report that their general health is good, very good, or excellent. This is one of the highest shares of self-reported good health in the nation.

**...but the share is declining.**

Our most recent data show that the share of Minnesotans saying they are in good or excellent health has fallen to its lowest point in more than a decade.

### MENTAL HEALTH



**About one in seven Minnesotans experience frequent mental distress...**

Fourteen percent of Minnesotans report that their mental health was not good for 14 or more days in the previous month.

**...a level that remains elevated since the first years of the pandemic.**

There was a noticeable uptick in the share of Minnesotans reporting frequent mental distress in the first years of the pandemic. Today, levels of poor mental health remain elevated.

### HEALTH INSURANCE COVERAGE



**There has been a dramatic decline in uninsured rates since 2013...**

Only 6% of Minnesotans lack health insurance coverage, down from 9% in 2013 before full implementation of the Affordable Care Act (ACA).

**...but the uninsured rate ticked up sharply this past year.**

Minnesota's uninsured rate is the highest it has been since full implementation of the ACA. As Medicaid cuts take effect over the coming years, this will be a trend to watch.

### DELAYED CARE



**One in five Minnesotans delayed or postponed a healthcare visit last year...**

**....most often due to concerns about cost.**

# MINNESOTA'S POPULATION AT A GLANCE

	2020	2024		2020	2024
Overall population	5.7 million	5.8 million	Older adults (age 65+)	925,000	1.1 million
Twin Cities	3.2 million	3.2 million	Twin Cities	455,000	530,000
Greater Minnesota	2.5 million	2.6 million	Greater Minnesota	470,000	528,000
Children and youth (age 0-17)	1.3 million	1.3 million	Foreign-born residents	472,000 (2019)	524,000
Twin Cities	743,000	720,000	Twin Cities	373,000 (2019)	408,000
Greater Minnesota	590,000	579,000	Greater Minnesota	99,000 (2019)	115,000
Working-age residents (age 18-64)	3.4 million	3.4 million	People of color	1.2 million	1.4 million
Twin Cities	2.0 million	1.9 million	Twin Cities	920,000	1.0 million
Greater Minnesota	1.5 million	1.5 million	Greater Minnesota	318,000	375,000

Numbers may not add up to totals due to rounding.

## MINNESOTA'S QUALITY OF LIFE INDICATORS

	CURRENT	RECENT TREND	NATIONAL RANK (1=BEST)
<b>ARTS &amp; CULTURE</b>	57% Adults age 18+ who attended a cultural event in the past year	<b>SAME</b>	8
	40% Adults age 18+ who created or performed art in the past year	<b>SAME</b>	17
	13% Students participating in artistic activities at least once a week	--	--
<b>CHILDREN &amp; YOUTH</b>	65% Students who are connected to a caring adult	<b>BETTER</b>	--
	57% Students participating in enrichment activities 3x/wk	--	--
	30% <b>NEW</b> Students reporting depression or anxiety symptoms	<b>BETTER</b>	--
<b>CIVIC ENGAGEMENT</b>	76% Voted in 2024 election (voting-eligible)	<b>WORSE</b>	2
	42% Residents age 16+ who volunteer	<b>SAME</b>	3
	64% Adult neighbors who help neighbors	<b>SAME</b>	6
<b>EARLY CHILDHOOD</b>	66% Children screened before age 5	<b>WORSE</b>	--
	8% Low-weight births	<b>WORSE</b>	13
<b>ECONOMY</b>	\$109,900 GDP per working-age adult	<b>BETTER</b>	14
	3.0M Number of available jobs	<b>BETTER</b>	19
	\$87,100 Median household income (2024 dollars)	<b>WORSE</b>	14
	9% Poverty rate	<b>SAME</b>	6



	CURRENT	RECENT TREND	NATIONAL RANK (1=BEST)
EDUCATION	46% 3rd graders who are proficient in reading	WORSE	--
	42% 8th graders who are proficient in math	WORSE	--
	85% Students who graduate high school on time	BETTER	35
ENVIRONMENT	57% Days air quality was rated "good" (Twin Cities)	SAME	5
	20.0 Tons of greenhouse gas emissions per person	BETTER	--
HEALTH	6% Residents under age 65 who are uninsured	SAME	7
	85% <b>NEW</b> Adults reporting good or excellent general health	WORSE	5
	14% <b>NEW</b> Adults experiencing frequent mental distress	WORSE	10
	21% <b>NEW</b> People delaying or postponing a healthcare visit	SAME	-
HOUSING	10,522 People experiencing homelessness	WORSE	--
	28% Households who pay 30% or more of income for housing	SAME	17
	29% Homeownership gap (white, of color)	SAME	45
PUBLIC SAFETY	1,896 Serious crimes committed per 100,000 residents	BETTER	--
	90% Students who feel safe at school	BETTER	--
	85% Adults who feel safe in their community	SAME	--
	57 <b>NEW</b> Premature preventable deaths per 100,000 residents	BETTER	7
TRANSPORTATION	418 Traffic injuries and fatalities per 100,000 residents	BETTER	6
	1% Highway miles rated in poor condition	SAME	--
	19% Household income spent on transportation	BETTER	12
	73 Annual hours of delay per auto commuter (Twin Cities)	WORSE	11
	15,700 Average number of jobs reachable within a 30-minute commute by foot or transit (Twin Cities)	WORSE	10
WORKFORCE	79% Proportion of adults working	SAME	3
	40% Adults age 25+ with a bachelor's degree	BETTER	11
	69% Graduation rate at 4-year institutions (within 6 years)	BETTER	9
	59% Graduation + transfer rate at 2-year institutions (within 3 years)	BETTER	8



# A CLOSER LOOK AT THE HEALTH OF MINNESOTANS ON MINNESOTA COMPASS:



New and enhanced key measures in our Health section help us understand and track. Minnesotans' health and the interconnected systems that support our well-being.

**Curious to learn more? Dig into the new health data.**

**NEW HEALTH DATA**



Thank you to the more than 40 expert advisors who provided thought partnership and guidance last fall to help us in redesigning the new Health section! Additionally, our deep gratitude to Blue Cross and Blue Shield of Minnesota Foundation for their generous support of this work.



## MORE MEASURES COMING SOON!

- Adult social connection
- Food insecurity

## OTHER RELATED MEASURES ACROSS THE SITE!

- Neighbors helping neighbors
- Feelings of safety – youth and adult
- Traffic injuries and deaths
- Premature preventable deaths

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