

Our Shared Compass

Communities navigating toward a thriving Minnesota

MAY 14, 2026

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MINNESOTA COMPASS | WILDER RESEARCH





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
<h3>GENERAL HEALTH</h3> <p>+ Most Minnesotans say their health is good or excellent...</p> <p>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.</p>	<p>...but the share is declining.</p> <p>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.</p>
<h3>MENTAL HEALTH</h3> <p>+ About one in seven Minnesotans experience frequent mental distress...</p> <p>Fourteen percent of Minnesotans report that their mental health was not good for 14 or more days in the previous month.</p>	<p>...a level that remains elevated since the first years of the pandemic.</p> <p>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.</p>
<h3>HEALTH INSURANCE COVERAGE</h3> <p>+ There has been a dramatic decline in uninsured rates since 2013...</p> <p>Only 6% of Minnesotans lack health insurance coverage, down from 9% in 2013 before full implementation of the Affordable Care Act (ACA).</p>	<p>...but the uninsured rate ticked up sharply this past year.</p> <p>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.</p>
<h3>DELAYED CARE</h3> <p>! One in five Minnesotans delayed or postponed a healthcare visit last year...</p>	<p>...most often due to concerns about cost.</p>

Compass Points 2026

Voter turnout



**Employment
&
Volunteerism**





Total

1

Massachusetts

5

3

0

8

2

Vermont

1

1

5

7

3

Utah

3

2

1

6

⋮
13

⋮
Minnesota

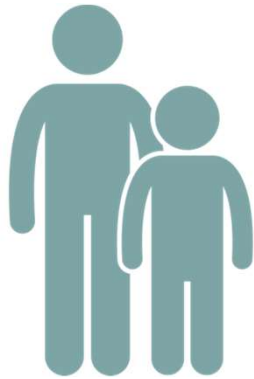
0

1

2

3

This year, Minnesota hit a personal best on...



**Supporting
our children
and youth**



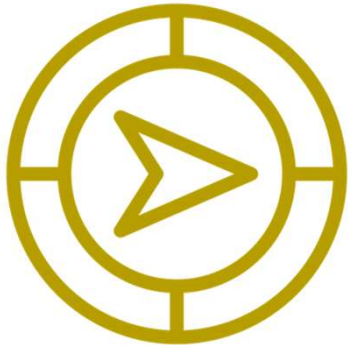
**Growing our
economy**



**Advancing
educational
attainment**

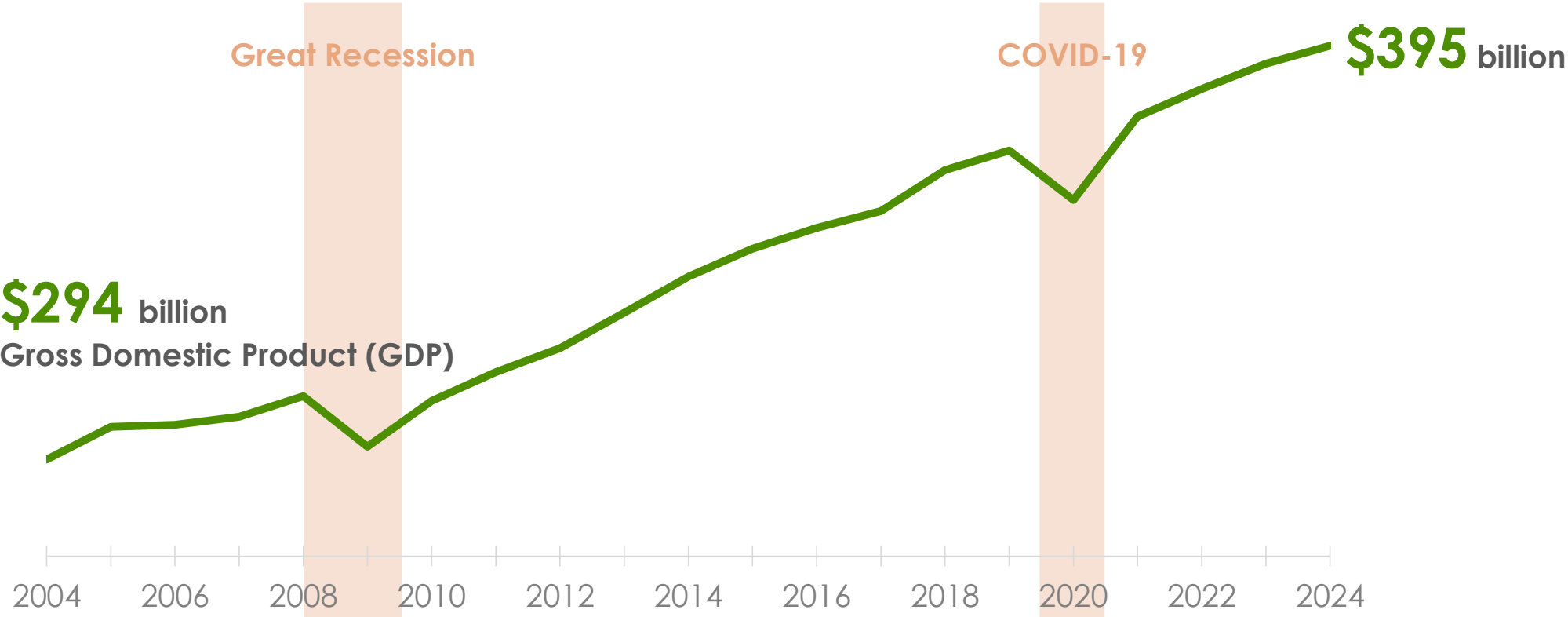
Is our shared Compass pointed
in the **right direction?**

1

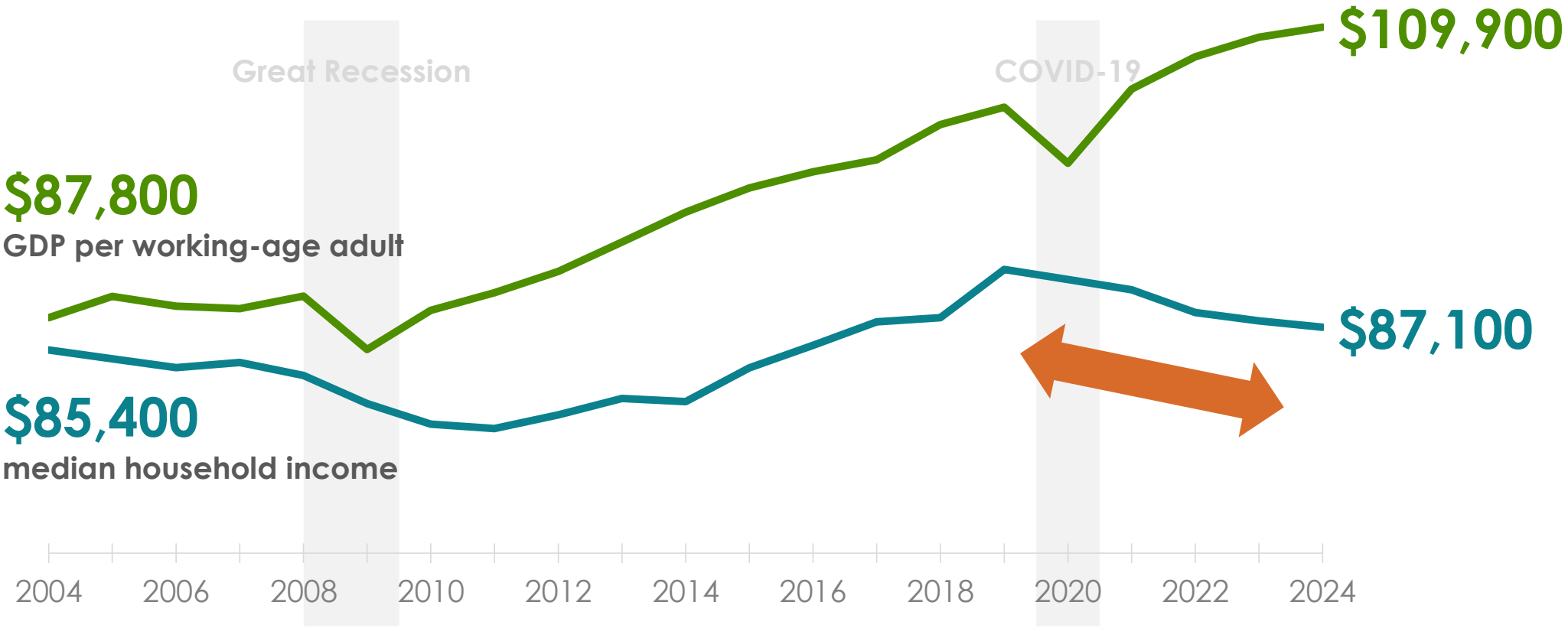


The benefits of a strong economy are not shared.

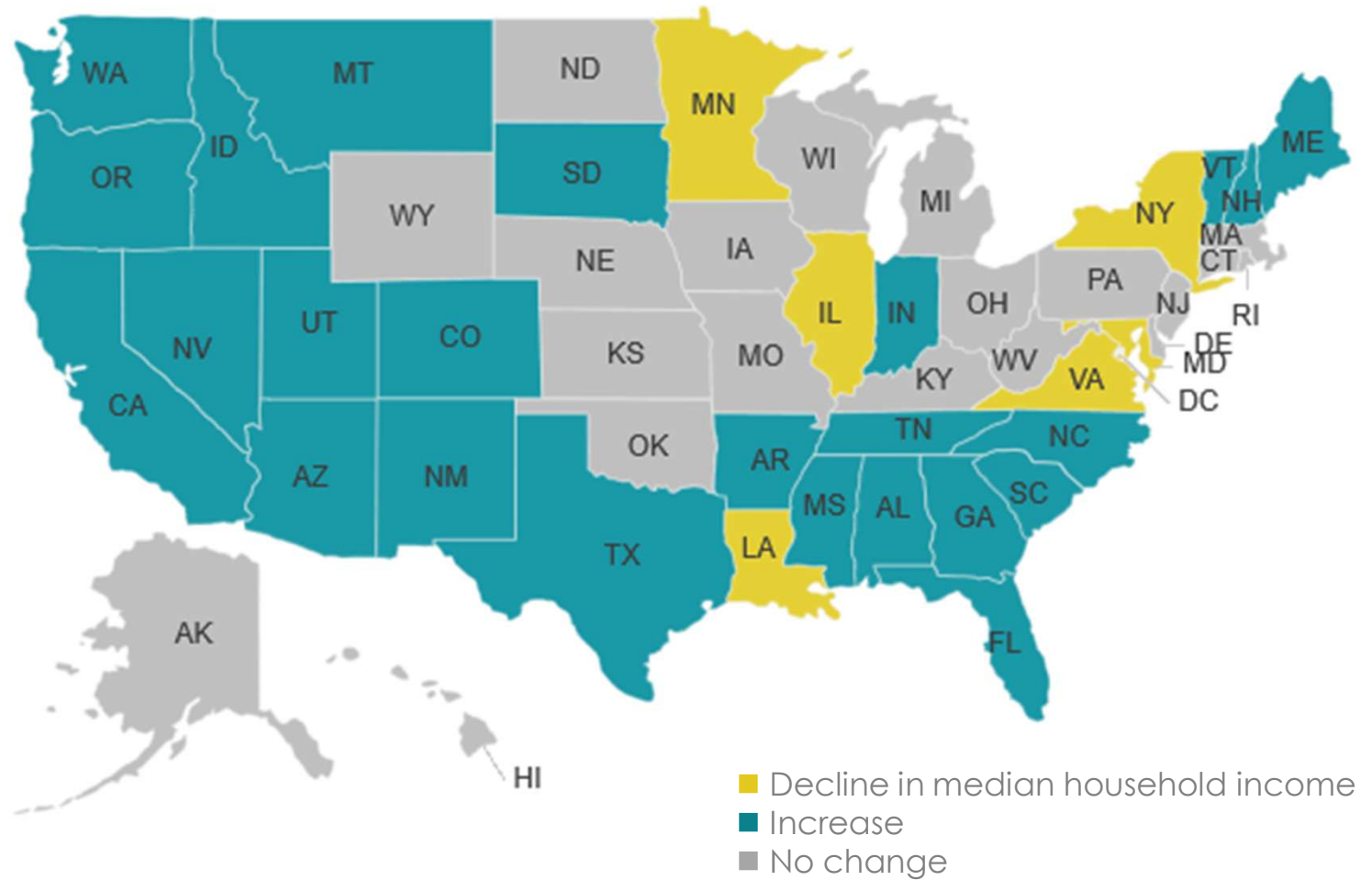
Our economic output has never been higher.



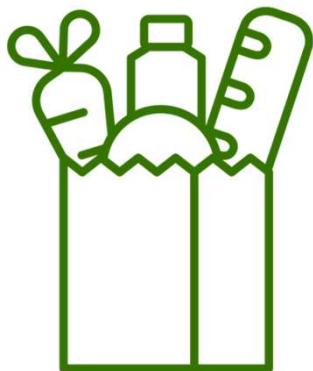
Productivity and income are diverging.



Minnesota is one of six states where household income has **declined** since the pandemic



The average household has **\$4,400 less** in annual income, compared to five years ago.



4 months of
groceries



3-4 months of
childcare



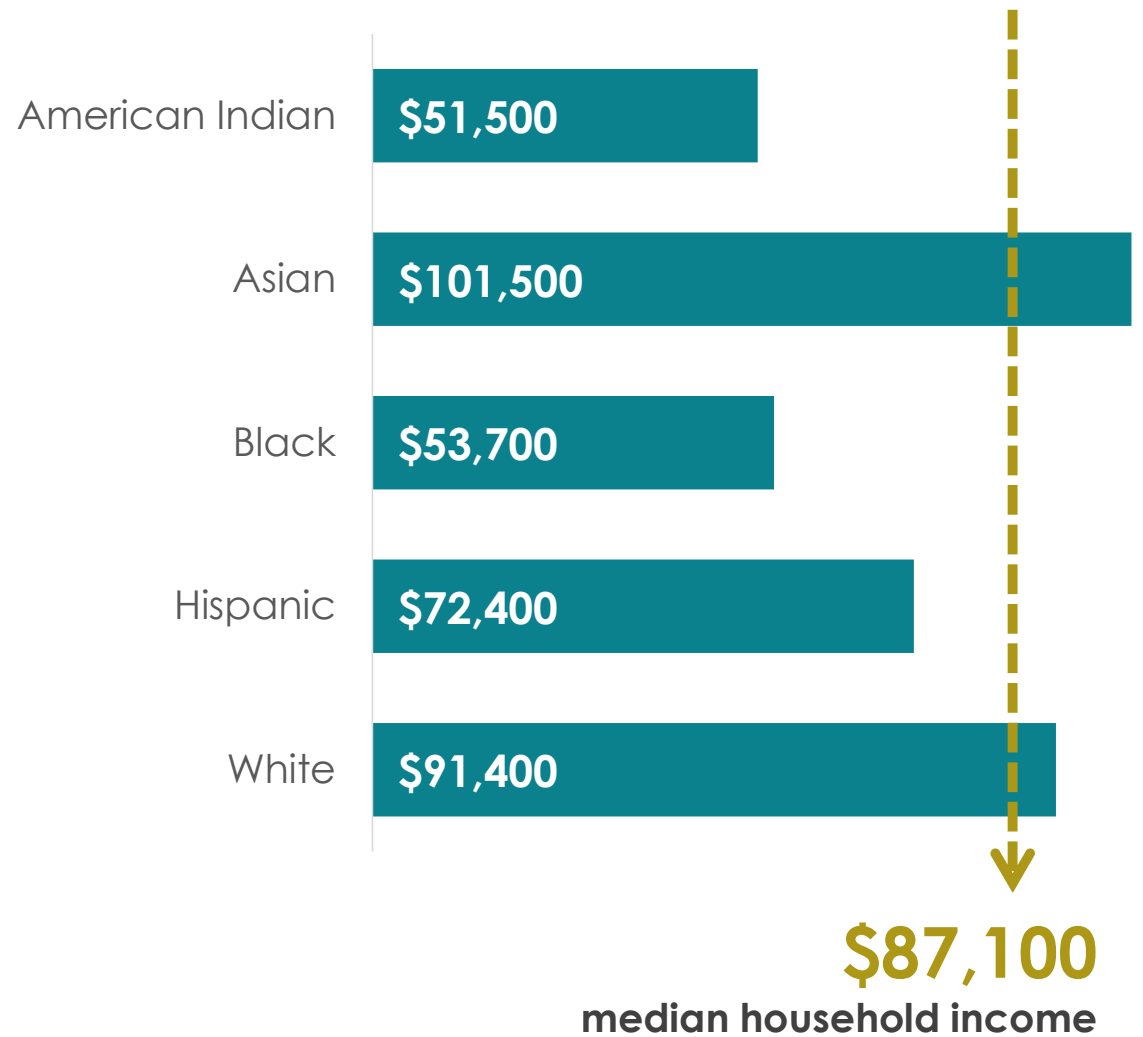
2-4 months of
rent/mortgage

Over the past 10 years,
notable gains
in household income
among Black,
Hispanic/Latino, and
Indigenous-headed
households

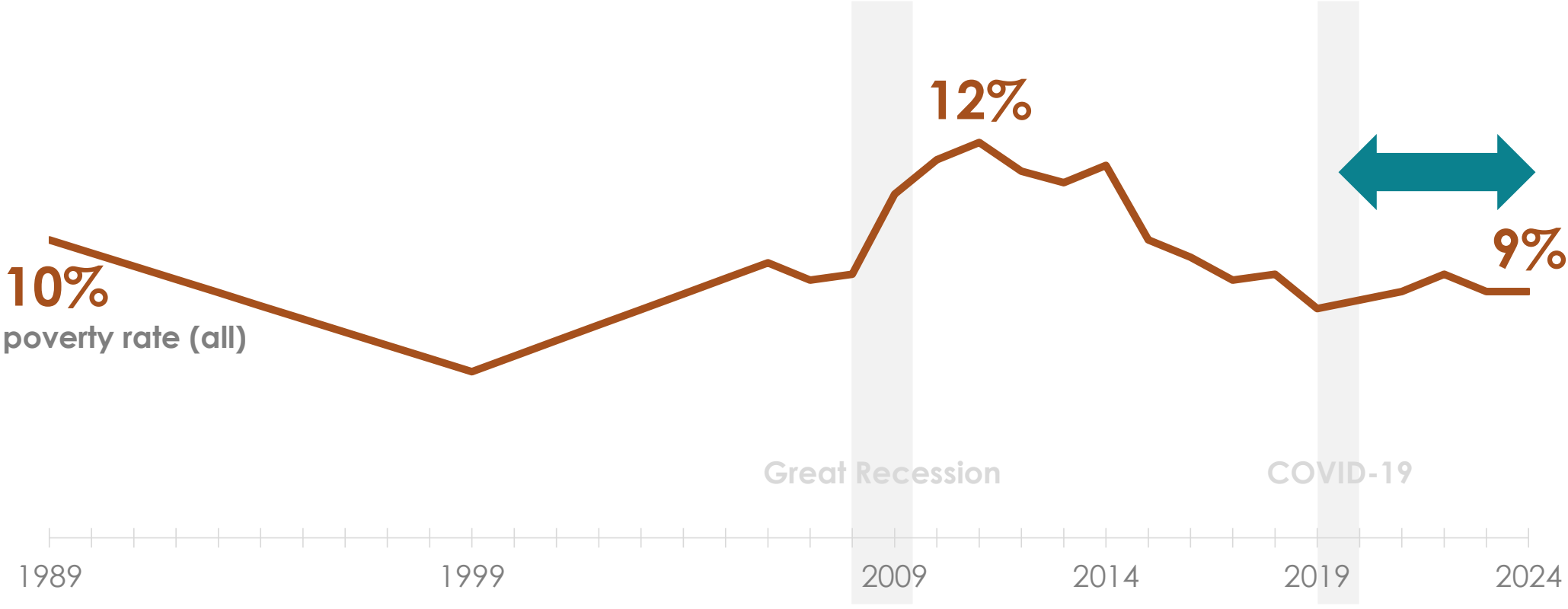


Growth in median household income
2014-2024

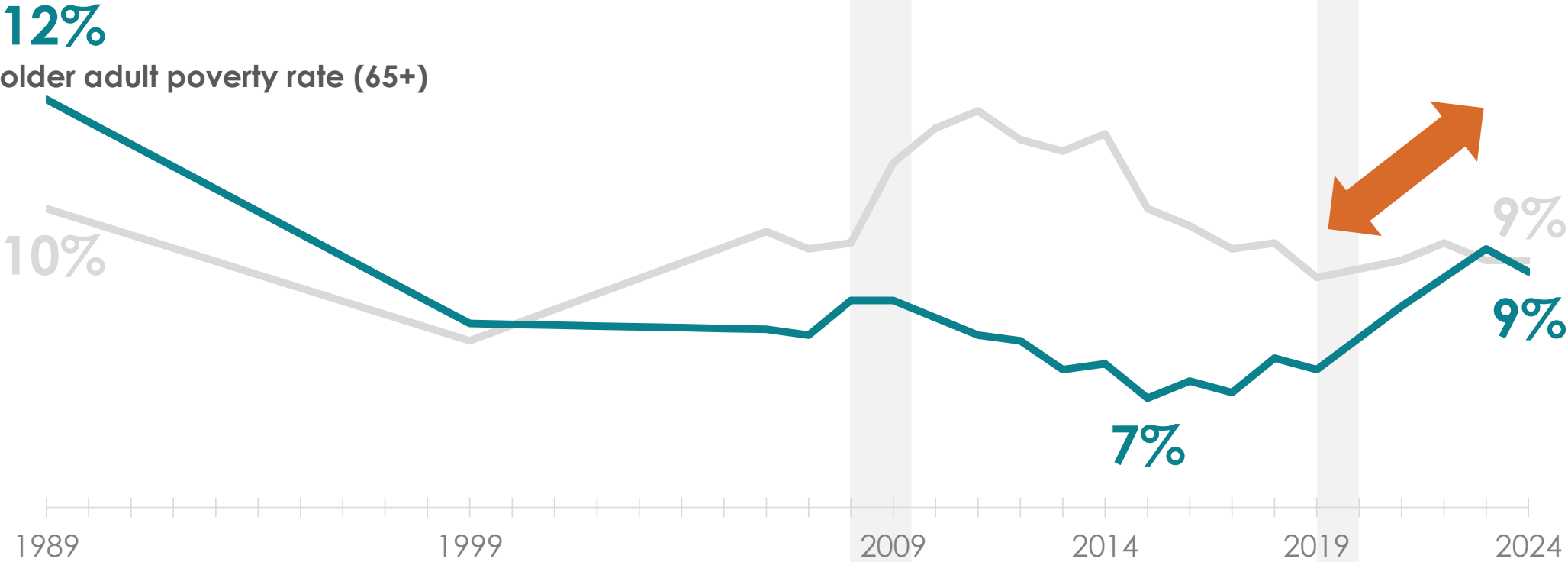
Despite gains,
large disparities
remain



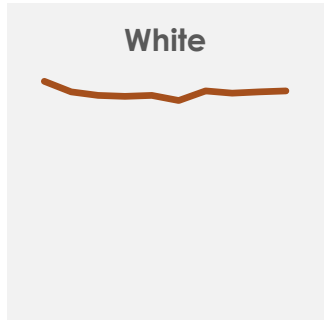
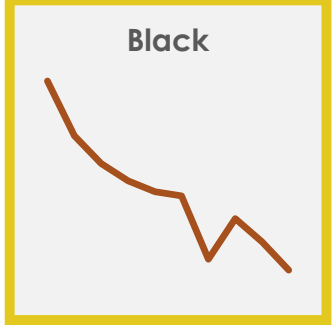
In recent years,
our poverty rate has remained **flat**.



In recent years, our older adult poverty rate has **increased**.

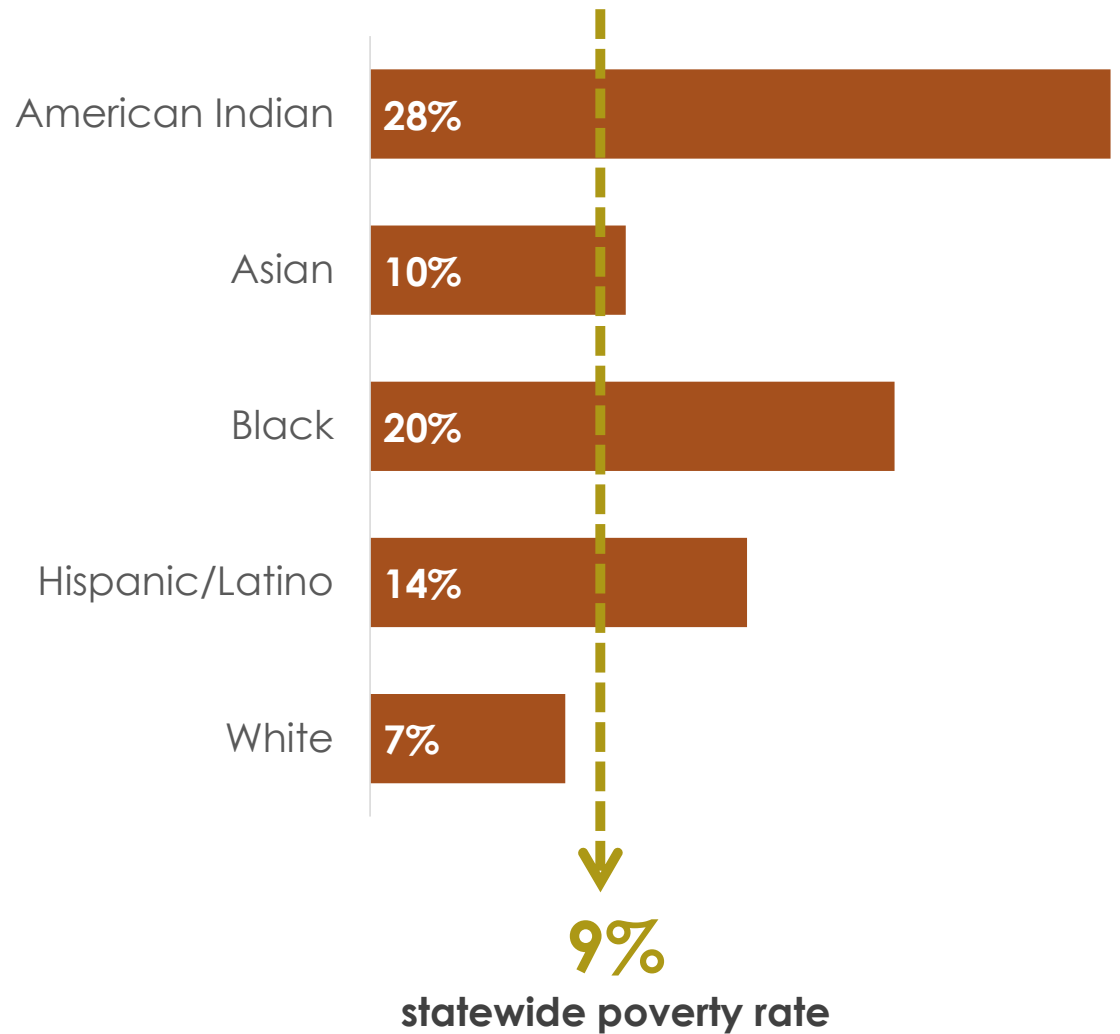


Over the past 10 years,
notable declines
in poverty
among Black,
Hispanic/Latino, and
Asian Minnesotans



Change in poverty rates
2014-2024

Despite declines,
large disparities
remain



2



**We're doing better
by our kids.**



57%

of youth are
highly
engaged in
**enrichment
activities**



65%

of youth feel
**connected
to a caring
adult**
in their
community



30%

of youth
have
symptoms of
**depression or
anxiety**

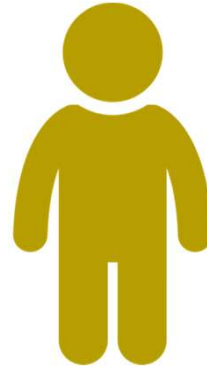


90%

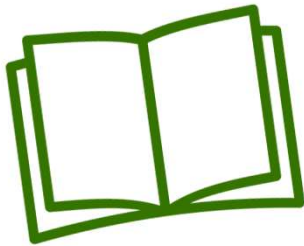
of youth feel
safe at school



8% of babies are born at
low birth weight

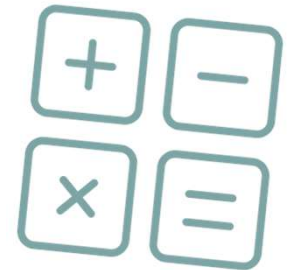


64% of children receive
Early Childhood Screening
before age 5



46% of 3rd graders are
proficient in reading

42% of 8th graders are
proficient in math



3



**Minnesotans are
exceptional.**



85%

of high school
students
graduate
on time



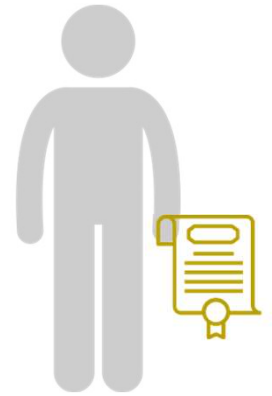
59%

of 2-year
students
graduate or
transfer within 3
years



69%

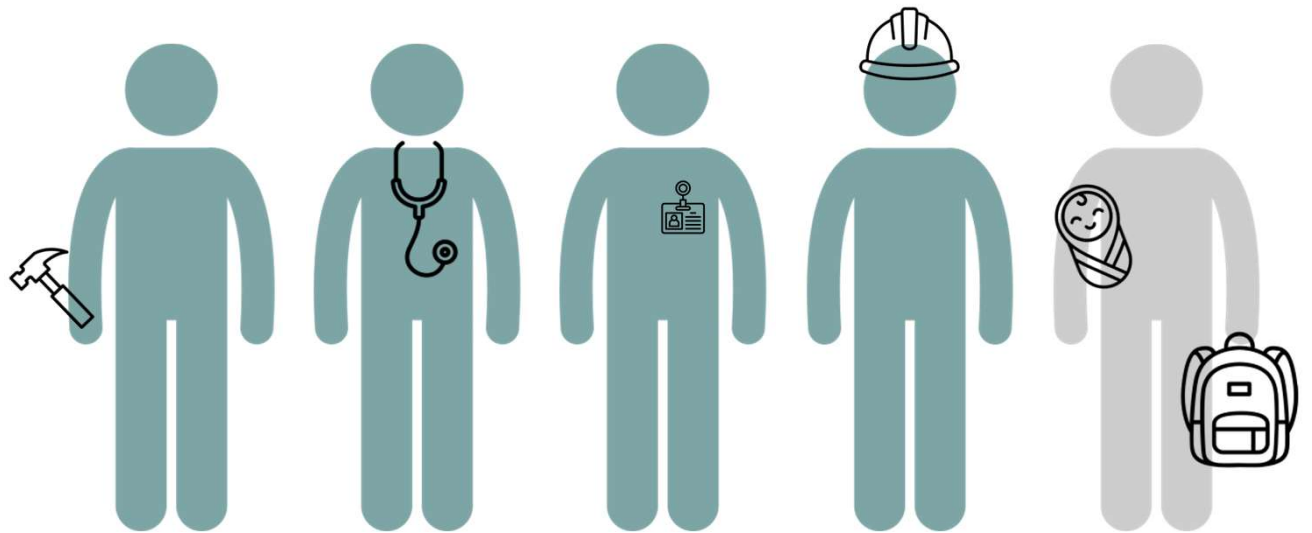
of 4-year
students
graduate within
6 years



50%

of adults have
postsecondary
degrees

Four in five
Minnesotans
are **working.**



Minnesotans show up.



76%
vote



64%
neighbors
helping
neighbors



42%
volunteer



2025 Health Topic
Advisory Group

Meeting 1

SEPTEMBER 22, 2025



Minnesotans show up.

Minnesotans show up.



Dir. Pablo Obregon
City of Willmar



Dr. Stacie Stanley
Saint Paul Public Schools



Dr. Pahoua Yang
Wilder

Minnesotans show up.



Minnesota Compass is supported by a collaborative of funders



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STRENGTHENING RURAL MINNESOTA





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www.mncompass.org



New Health Measures



MN Foundation

Thank you Health TAG Participants and Advisors!



Goal

Our state, regions, and communities will have the supports needed for individuals to pursue and enjoy optimal physical and mental health and well-being.

HEALTH TAG ADVISOR INPUTS JOURNEY MAP



NEW Health Key Measures

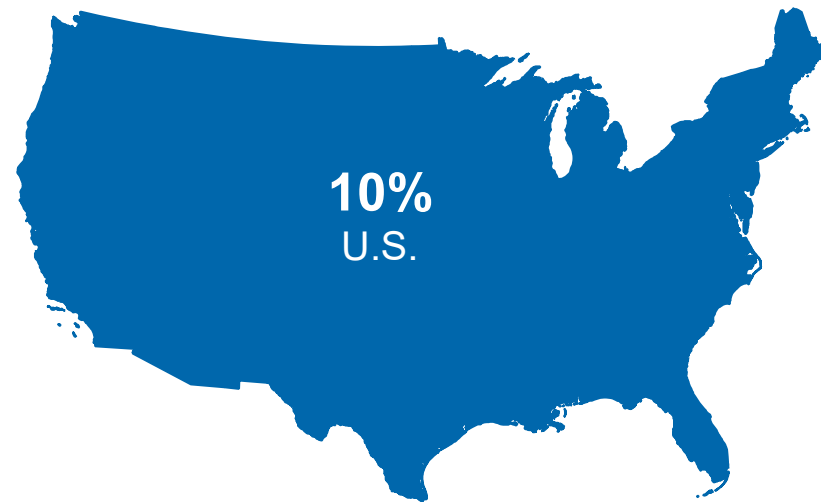
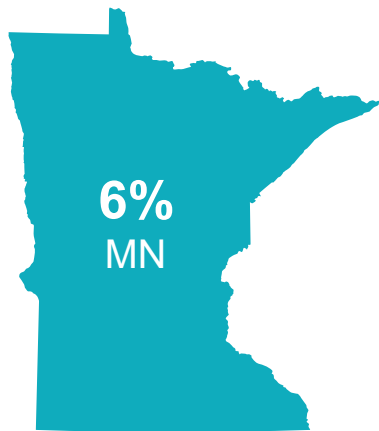
- Health insurance coverage
- General health
- Mental health
- Delayed care
- Social connections **COMING SOON**



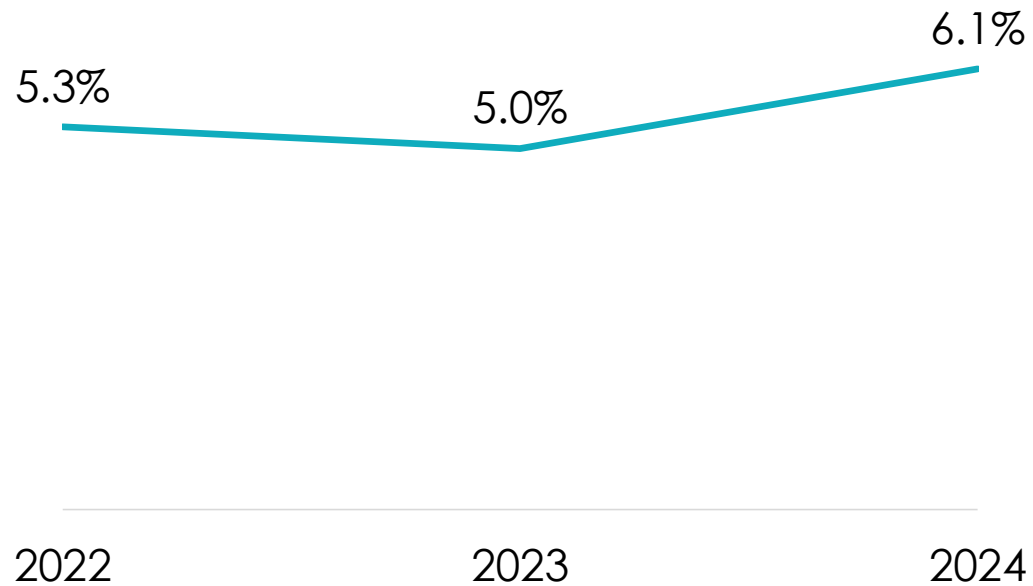
Health insurance coverage



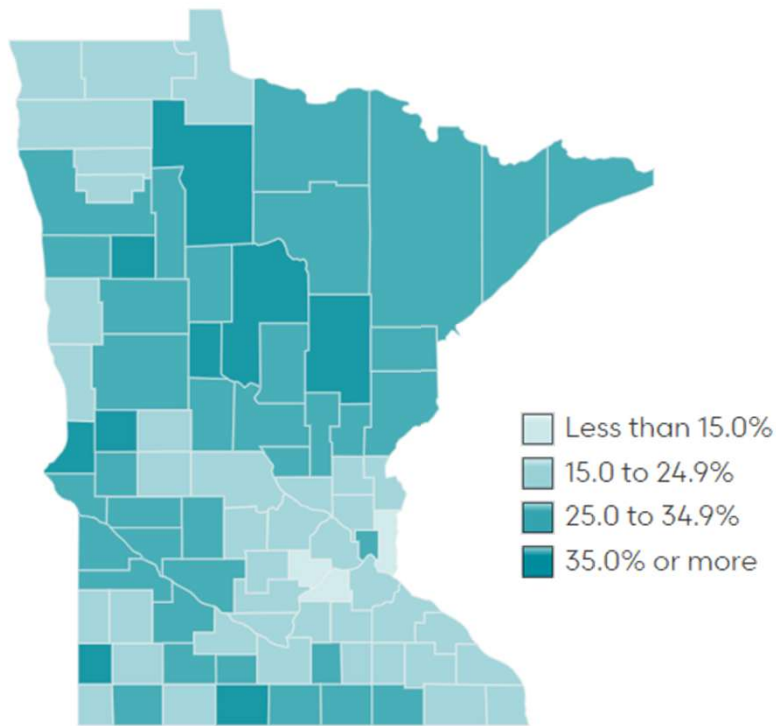
Minnesota ties for 4th for lowest proportion of uninsured residents



Uninsurance rates rose slightly in 2024 for Minnesotans under age 65



Greater Minnesota counties have higher rates of public insurance coverage compared with the Twin Cities metro area



Mahnomen, Wadena, Cass, and Aitkin counties have the highest proportions of residents with public health insurance—all above 35%

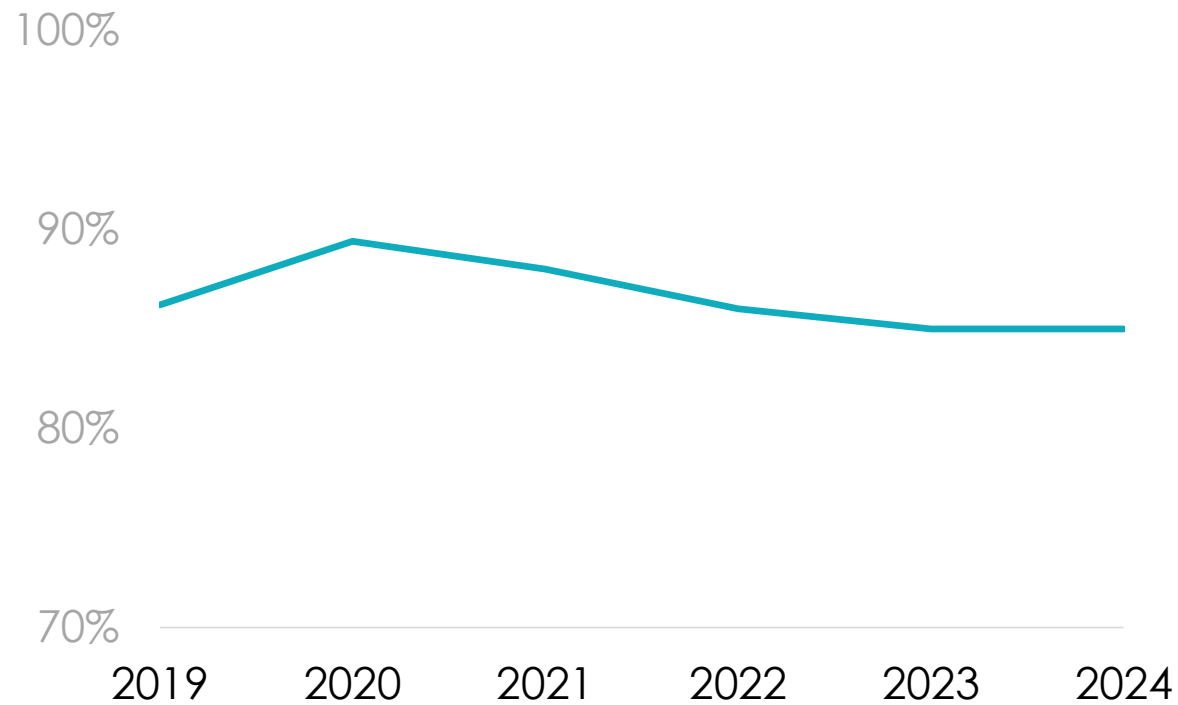
General health



85% of
Minnesotans say
their health is
good, very good,
or excellent...

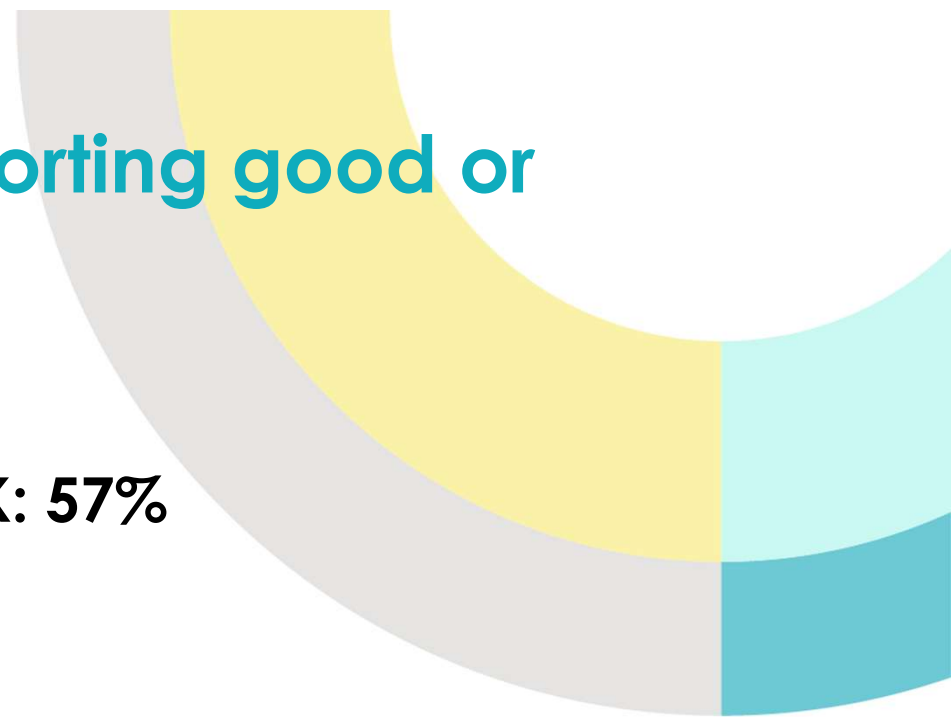


...but, that peaked during pandemic, and has been decreasing ever since



Lower shares of adults reporting good or excellent health

- Older adults, age 65+: 81%
- With low incomes, less than \$15K: 57%
- Less than a HS diploma: 67%
- American Indian (66%) and Hispanic adults (72%)

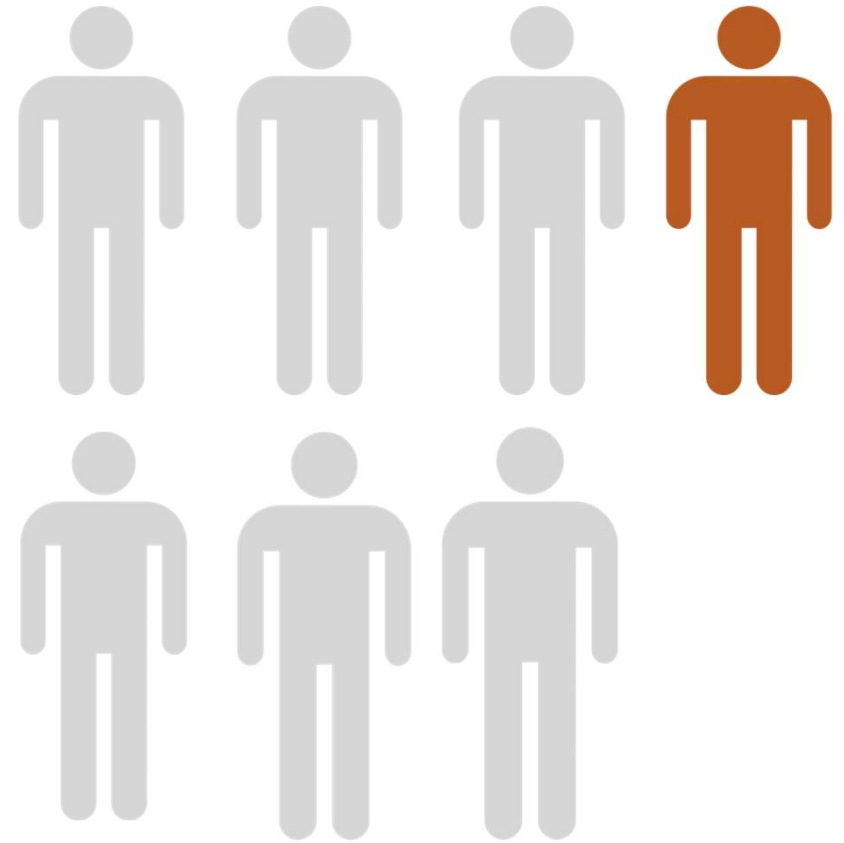


Mental health

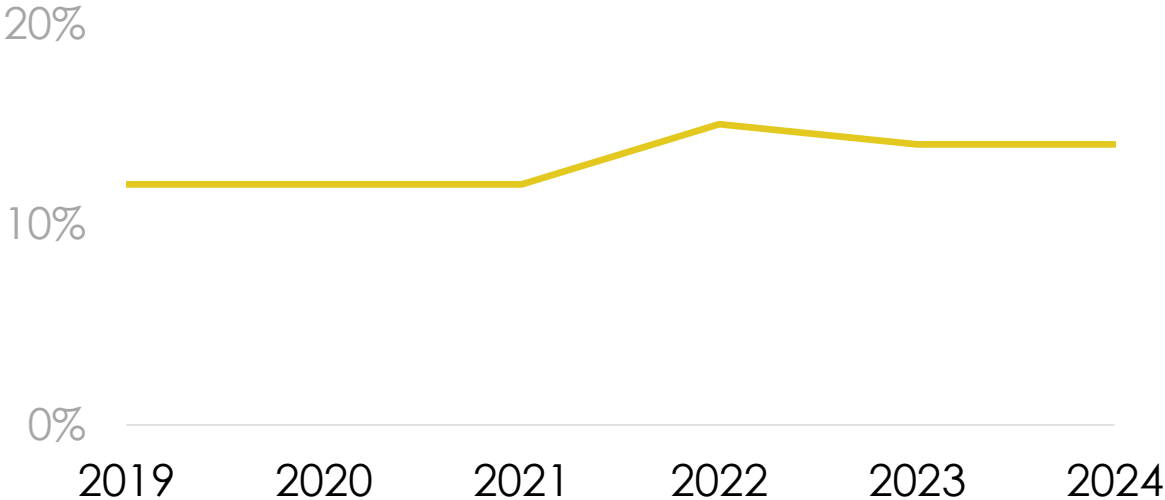


1 in 7

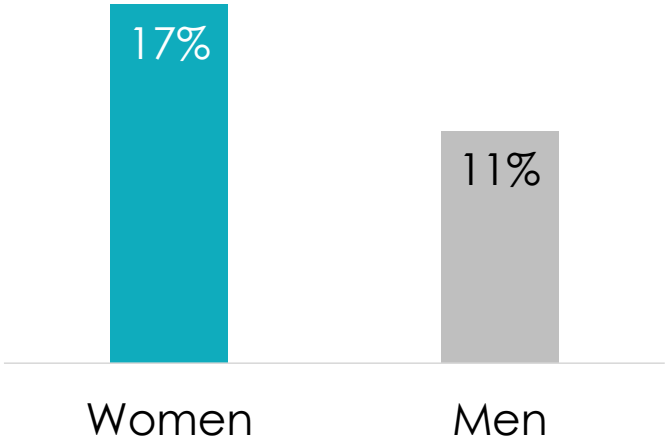
**Minnesota adults
experiences
frequent mental
distress**



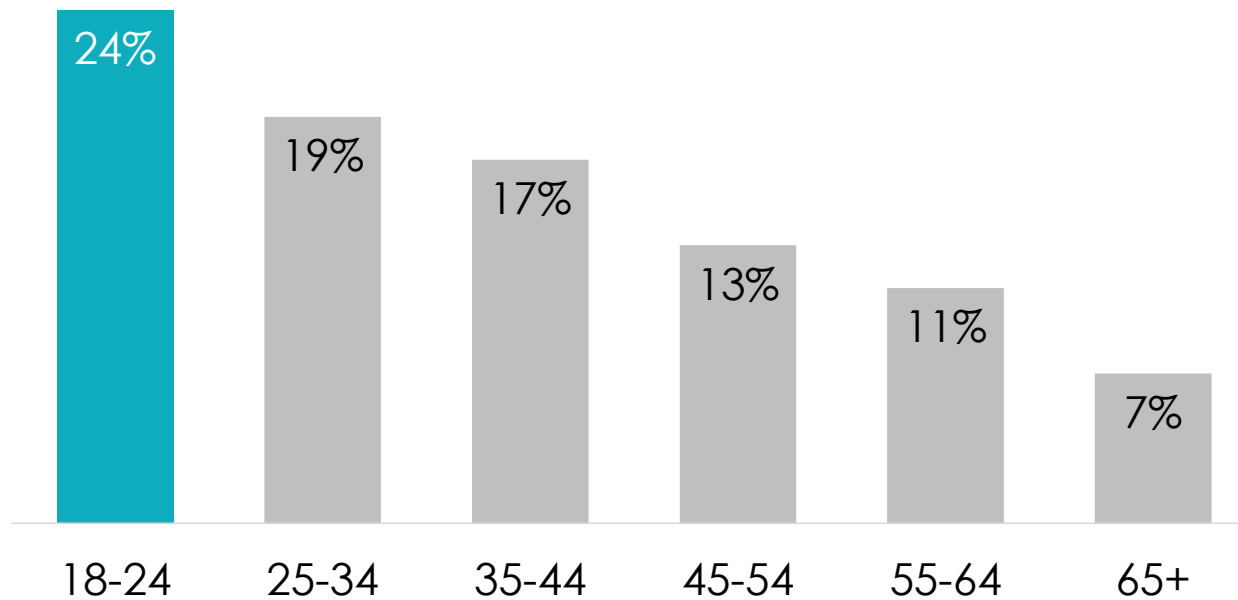
Mental distress rose during the pandemic and remains elevated



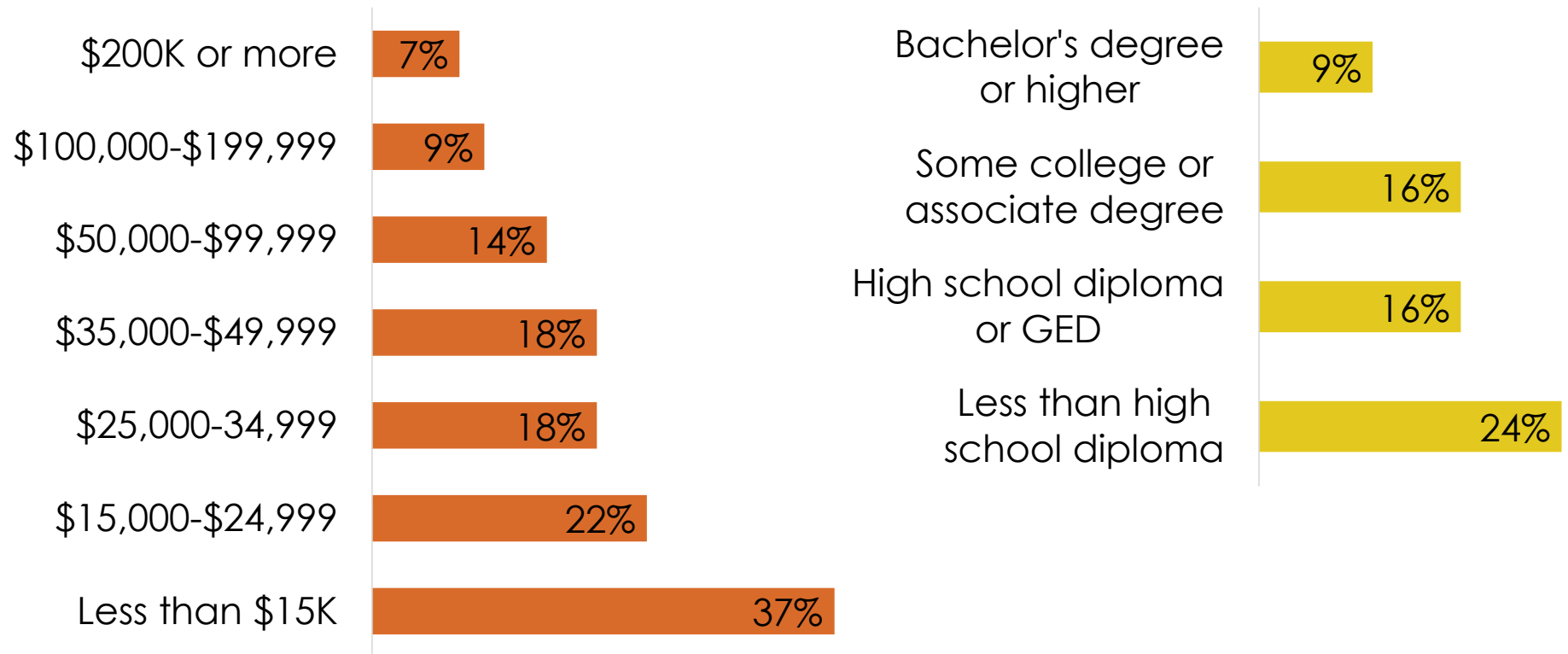
More women experienced frequent mental distress



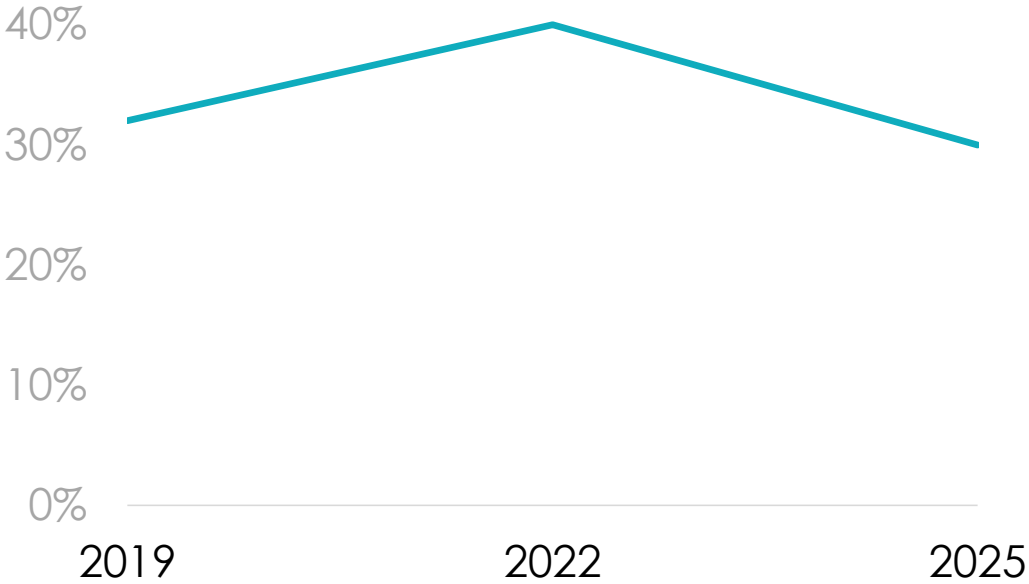
1 in 4 young adults experienced frequent mental distress



Frequent mental distress, by income and education



Students reporting depression or anxiety symptoms rose during the pandemic, but has decreased in recent years



Delayed care



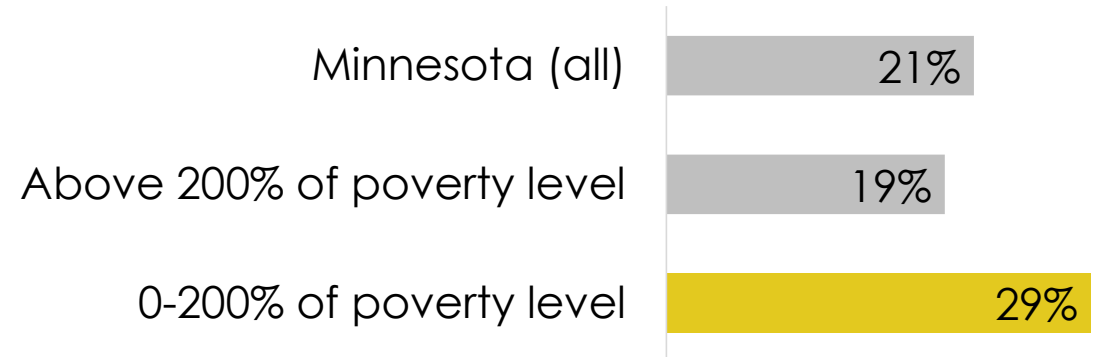
1 in 5
Minnesotans
delayed
health care in
the past year



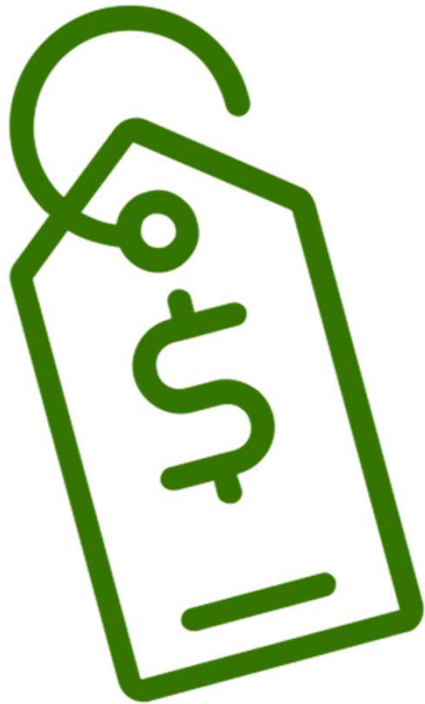
52% transgender or non-binary Minnesotans
delayed health care

24% Minnesota women reported
delayed care

Minnesotans who live in poverty are more likely to delay health care



Top reasons for delaying health care



32% worried they could not afford the care

24% worried their insurance didn't cover it

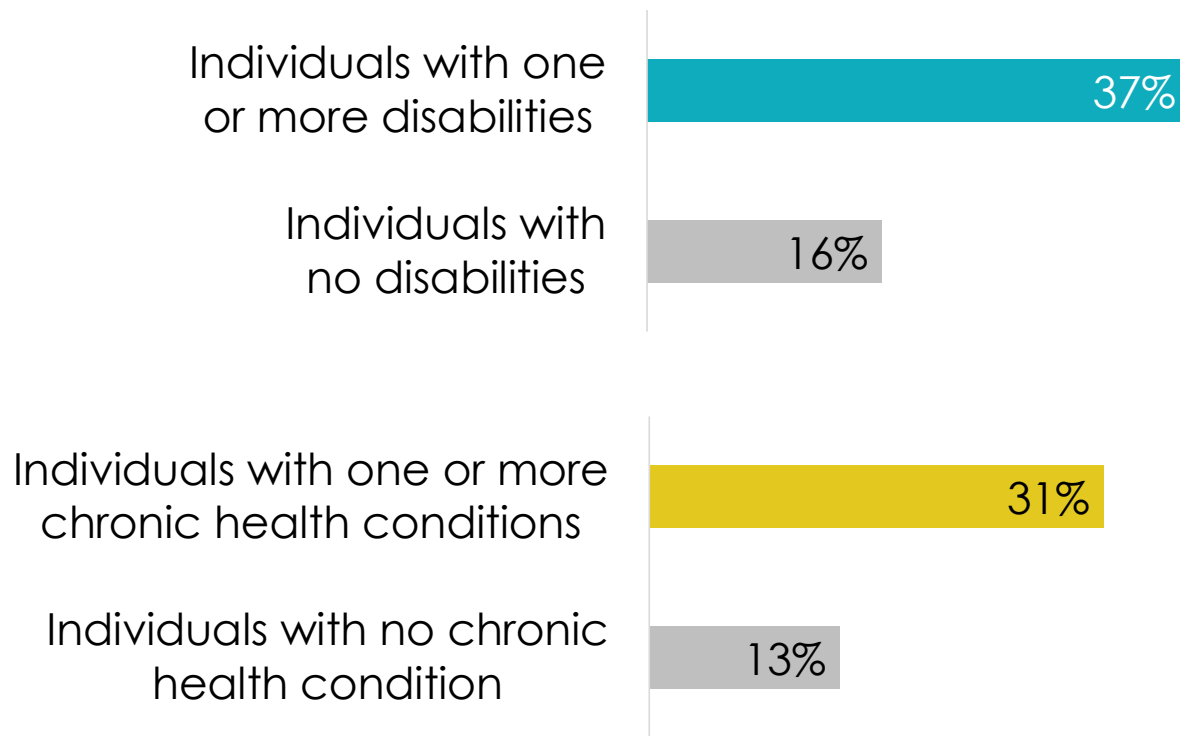


21% could not take time off work



19% had their appointment cancelled or delayed

More adults with disabilities and chronic conditions delayed care



Social connections

COMING SOON



What did we learn?

- **Minnesotans' general health is good overall**
- **Adult frequent mental distress is elevated**
- **Student anxiety and depression symptoms have decreased**
- **Health care access is an issue that is largely related to cost**

Next steps

- **Look at the website and dive deeper!**
- **Tell your friends!**