Living Arrangements of Young Adults in North Dakota

In 2016, the U.S. Census Bureau released a new table measuring the living arrangements of adults 18 years and older in its 5-year and 1-year estimates. These provide the number of individuals in each area that reside alone, with a spouse and so on. Particularly interesting in the data was the percentage of young adults in North Dakota residing with their parents.

In 2015, an estimated 16 percent of individuals ages 18 – 34 in the state reside with their parents. This is nearly half the national rate of 34 percent and suggests some significant differences between North Dakota’s young adults and the rest of the country. Three states, New Jersey, Connecticut and New York each had more than 40 percent of young adults residing with parents. An additional twelve states (Maryland, Florida, California, Rhode Island, Pennsylvania, Massachusetts, Mississippi, Illinois, New Hampshire, Delaware, New Mexico and Alabama) had more than 35 percent of young adults residing with parents.

North Dakota was also the state with the highest percent of young adults residing alone at 13 percent. The only other states with greater than 10 percent were Nebraska, South Dakota and Wyoming. In North Dakota, young adults also reside more often with a spouse 35 percent compared to 24 percent. The states with the lowest percentage of young adults living alone was Utah at 4 percent, and Hawaii and California at 5 percent. North Dakota’s young adults ranked near the top in percentage of those residing with a spouse at 34 percent. Our state was topped only by Utah at 39 percent, Idaho at 36 percent and Wyoming at 35 percent. When it comes to ‘cohabitation with an unmarried partner’ the state also ranked near the top in the percentage of young adults in this living arrangement with 14 percent of all individuals in this age range. North Dakota was surpassed by only Maine and Vermont, both at 17 percent.

Local cultural differences, median cost of housing, age of marriages and the rate of poverty in each state may be contributing factors in the percentage of young adults residing with parents. North Dakota’s poverty rate has been among the lowest of the 50 states, and both male and female in the state tend to marry a couple of years younger than national averages.

Source: Census Bureau ACS 2015 1-Yr Tables B0921, B12007, B25105, B25105 and S1701 and PUMS
Factors Influencing Living Arrangements of Young Adults

Within the age range 18 – 34 there appears to be significant differences. An estimated 50 percent of individuals ages 18 to 19 continue to reside with their parents. However for those over 30, the percentage drops to only 4 percent.

Enrollment in school, generally college or post-grad education, also appears to be a significant factor in young adults living arrangements. The rate of enrollment of adult children remaining at home was nearly twice that of those who were not in school. Likewise, adult children who reside with their parents are less likely to work. When they do work, they report working for fewer hours per week, 33 hours per week as compared to 41 for those who reside alone.

Household wealth also seemed to be a significant factor, although not what was expected. Children in households at or above 5 times the rate of poverty (approximately $62,500 per household member) were much more likely to reside with their parents than those individuals rated below the poverty level. Young adults who are disabled were far more likely to reside with their parents.

Source: Census Bureau ACS 2011 - 2015 Tables B0921 and PUMS Data

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Growing ND by the Numbers

Culture Impacts
Living Arrangements
Breakouts per ages 18 - 34 living with parents are:

- American Indian at 25 percent
- Whites at 14 percent
- Blacks at 9 percent
- Asians at 6 percent
- Hispanics at 7 percent

Source: Census Bureau ACS 2011 – 2015 PUMS Data

The percentage of adults ages 18-34 residing with their parents in North Dakota is just over half the national percentage. Source: Census Bureau ACS 2011 - 2015 5-Yr Tables B0921