

Dakota County Public Health

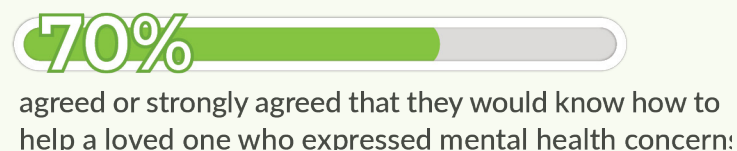
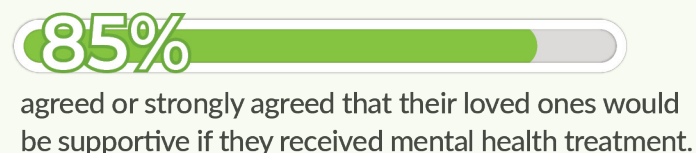
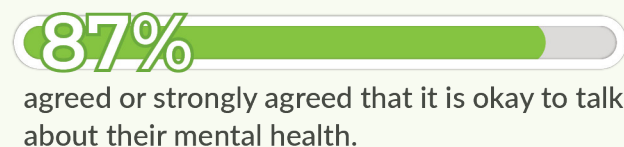
YOUNG ADULT HEALTH SURVEY 2025

In 2025, Dakota County Public Health and the National Alliance on Mental Illness Minnesota ([NAMI MN](#)) surveyed young adults ages 18-25 to better understand their experiences with mental health, substance use, healthcare access, and overall life satisfaction. This survey was conducted because limited local data exists about the unique needs and experiences of young adults in Dakota County, and was shared via social media, flyers, and canvassing.

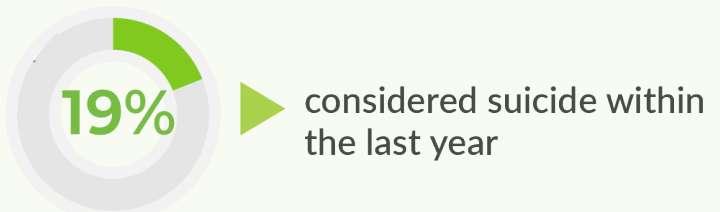
A total of 61 young adults participated in the survey. Because participants could skip questions, percentages are based on the number of people who answered each individual question. While the results are not representative of all young adults in Dakota County, they provide valuable insight into the experiences and perspectives of those who participated.

MENTAL HEALTH

How do young adults feel about mental health?



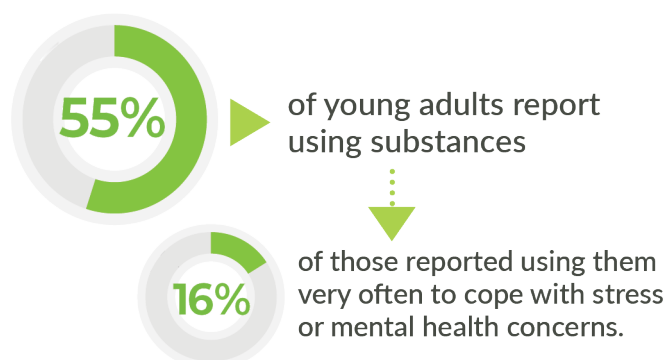
Have young adults ever seriously considered attempting suicide?



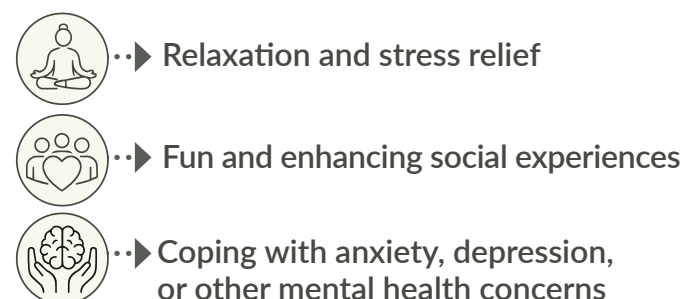
Top sources of health information:



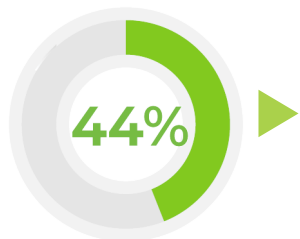
SUBSTANCE USE



Top reasons for substance use:



HEALTHCARE ACCESS



reported receiving mental healthcare services during the past 12 months.

Top barriers to accessing healthcare:



Cost of care



Provider availability



Insurance coverage/provider networks

LIFE SATISFACTION

Top stressors impacting young adults:

- 1 Financial stressors
- 2 Achievement pressure
- 3 Relationship stressors

How satisfied are young adults with their lives?



Roughly 20% did not answer question

NEXT STEPS

While many young adults reported strong support systems and openness around mental health, they also described significant everyday stressors and barriers to accessing care. Together, these findings provide insight into opportunities to better support young adults in Dakota County.



These findings will help inform future public health planning, community partnerships, and strategies that support the health and well-being of young adults and their support systems in Dakota County.

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