

2017 Bismarck Livability Survey Results

SWOT: Other

Strengths

its balanced

Opportunity to grow while maintaining a safe and clean community.

The people in the community,

people

The people.

The community/family feel. Safe place to live

The amazing people!

It's size

Friendly

Great community

Small city still

People

safe

good nature of its people

People's work ethic

Connection to family

Diversity

Safety

The people

People

Capitol

It's people

Community

People

It's people

Great place to raise a family

Potential.

The people

People

Safe place to raise family

Good water; community safety; absence of demonstrable air pollution; the inclination of residents to try to be progressive.

Safety

The people

Quality of life

Change

Safe community

Its people

That it's the capital city.

Safety

It's people.

It's citizens

Family values
too new to determine
People
Community focused among the residents
The people
Safety.
for all it lacks, it still has that hometown, small town feel
Willing to try new things and not say, why change?
Friendly community.
It's community feeling.
It's people
The community - people pull together.
safety
None
Safety and comfort
The feeling of a family kind of community
The friendly people
The people and the growing community.
capitol city
The people here are outstanding!
sense of community
The community of people that support one another and desire to make a difference.
Community helping its members
The people. They take care of each other.
Original people
Growth
The people
It's people
Diverse landscape both physically and intellectually.
Community
don't know of any
people
Blossoming diversity
Safe community
The people
Small town feel
Clean and safe
it's people
Being the capital.
ND nice people
The people
Citizens
It's people.
Great people
People
People
Great place to raise a family

The people
The people
Small town feel, opportunities to connect and help each other.
Safety
Its people and the community feeling!
Safe community
The amazing network of folks who volunteer to make things happen
Small town feeling
It's the Capitol of ND.
The people who are from here.. grew up here, with respectful values and hard work ethic.
Historic small town.
It's people.
Hardworking honest people
It's a conservative community.
The people
General support for public sphere
the People
Its people.
Conservative values and faith.
It is clean
Ability to adapt
People
Nice clean city.
It's people
Community/people
Safe
Community size
Sense of community.
Safe
It's the "right" size community. Not too big and not too small.
Safe community for family
Great people.
A safe community
Values
The citizens
Community
a friendly community
It's honest hardworking residents
friendly community
Its people.
Nice people
Families
The people
Tough and resilient people.
Generally a safe community.
Friendly city
Size of the community.

NA
People.
Great place to i
It's mid-western culture
The community
Community
Optimism and kind people.
It's growth
Its people
Stable economy
The quality, diversity and friendliness of the people who live here.
It's people.
The people
Community
The community
Safety
The Native Americans (I am not)
Neighborhoods. Everybody knows everybody.
Its people.
Small town feel.
Safe and friendly communities
Community
Clean, safe, opportunity
Safe
Location
Nice size.
Clean
The Capitol
air quality
Community
Safe Community
Safety
Capital city
Friendly and opportunities to meet people.
Small town feel
Big small town
People
The people who have lived here a long time and love it, respect the land, clean air and clean water and have the work ethic and family values that made our city great.
Clean, progressive city
People
Modern conveniences in a small town atmosphere
People
Community of people that helps each other
It's people
The people.
Community
It is a beautiful city causing people to feel comfortable here

its people
Kind people
Great safe place to live
Safe place
The great people. Loyal and hard working.
The investment it makes in their youth.
The people
It's a nice sized community but still feels small.
The people of Bismarck.
It's not to big yet.
Size
Friendly people, great small businesses
It has been a safe area to live
Family-friendly
Friendly People
Friendly people
Friendliness
community involvement
People
Not too big, not too small
Balance of size and safety.
People. Bigger city with small town feeling
People
Great leadership!
Character of the people
The people
Good people.
The people. We are strong, hard working, accepting
The people
Friendly people and clean living
People
People
Safety of community.
It's size
It wants to be better but doesn't know
Nothing
People
It's people
We have a great economy and an increasingly younger, determined, and motivated population.
Great support system and nice people.
Kind people
Nothing stands out
Good people with strong ethics and lack of crime.
The capitol
People
People
Friendly

People
Safety
Good people.
Friendly, kind people "North Dakota Nice" is a reality.
Our people
Great place to live during the Summer months.
The people
People care about the city
Growing youth
The people
It's hardworking people.
It's residents
I don't know at this time.
Safety and low crime
The people
Its People
People
Cold weather
Safe, supportive community.
I don't believe this city has any.
Cleanliness and friendliness
It's people
It's people
good people
Size of the community
Nice and friendly people live here
Safety and sense of community
People
it's inhabitants.
Family
Safety
The people
Small town feel.
People
Friendly
Community comes together when needed. Friendly place to live. Economically steady.
The kind-hearted people. Everyone feels like your neighbor and friend.
The people
Size
People
The ability to grow people not wanting
It's people.
The residents are helpful, considerate, friendly
Clean appearance.
The people
fairly strong local/state economy
It's a nice safe well-kept town

Hard working folks
None
Hard working, law abiding locals.
capital city
The people of Bismarck are its greatest strength. If they can be brought together they can accomplish great things.
small town feel
Having the Capitol in town.
Overall community safety and low crime.
Idk
Community
Community seems to want same vision
Small community feel
It was a larger city with a small town feel.
People
Like that it's smaller but not a small town
People
friendly
Capitol City
Accessibility to all areas of town.
Community support
The safe and friendly community.
Its people
surrounding natural environment
Large town amenities with small town feel.
The people
People
Community standing together during difficult times.
The people are nice
Is there a strength?
Progressive community
Community
Nice social environment
the people
Its beauty and steady growth.
Safety.
affability of its citizens
Its a quality community that is finally growing.
Friendly people.
People
Size
Willing to grow
History
friendly people
safety
Quality of overall life
Family friendly atmosphere.
Friendly people and clean environment

still pretty small, and not to far gone to fix
The people - It's a large city with a "small town" feel, because of the caring and generous people in our area.
The people.
Small town feel in a small city
Cooperation and a sense of potential.
small city
The people. We are a friendly, welcoming place.
Small town feel.
its people
Safely, welcoming communities.
Community
Good, safe place to raise children
How nice and generous most residents are
It is a relatively clean and friendly area to live.
That it is the state's capitol seat.
Safety
Safety in the community
Easy to get around for a capitol city.
Safetyrecr
Traditional values
Diverse economic opportunities.
Seems to be a safe and friendly place to live
Good people
Safe community
Friendly residents and is an overall safe community
Summer.
it's can do spirit
Safe & Conservative
Safe small community feel
Safety.
Growth opportunity.
Friendliness
Used to be safety
The people
Safety vs cities of a similar size in other states
People
Realness of the people
quality of life
It's people
The people
Staying small
Has small town feel.
Flexibility due to smaller size
It's small size and open spaces.
Everything you need is within reach.
Community
room to grow as a commun6

Capitol City
Safe and welcoming community
Small city with amenities and safe environment.
4 seasons
Good size, good people.
safe community
Beautiful city
Community
People
People are friendly and still act as if it is a small town.
People
Community
It's sense of community
Friendly people
State government
Big enough to meet needs and wants, but not too big to cause stress of big-city problems.
family friendly
It has a small town feel with big town options.
Friendly people
Small town charm with growing big city amenities
People
Community
Growth while maintaining the small town feel
Room to grow.
The people and culture
The people
It's residents
The people.
Big town amenities small town atmosphere
We are a large community but still have that small town mentality when it comes to helping out our neighbors and strangers.
it's people.
It's a great community in which to grow a career and raise a family.
the people who live here
safety
It has great potential and opportunities.
People
The people
Natural setting
It's people.
Friendly people
It's people.
Has a lot of get-er done type people living here.
Our family is here
Its sense of community...doing the right thing.
Hard working people.
size and location
Nature

the right size
It's people
Nice size and sense of community.
It's the people that have kept me here.
As the capitol city, Bismarck is poised to lead the way in healthy city development.
It's still small enough to know a lot of people.
This city for the most part is safe to live in.
Community togetherness
Safe, solid and stable community
It's the Capitol
The people make Bismarck for me.
Citizens
Talented people who care about the community and a diversified economy
The character of the people who live here.
That it is the State Capital
The people!
The people. A lot of nice, well educated people live here.
People willing to work hard to accomplish what they feel is important. Our work ethic as North Dakotans in general is sought after in many places.
Economic opportunities
Center of an agriculture state so money pour in from all directions.
Still has small town feel
Bismarck has become a nice collection of people from different backgrounds.
conservative values, giving helpful and safe community
Safety
The people here are mostly friendly and mind their own business allowing for people to be individuals yet they care about each other too.
Safe, clean city that is centrally located.
Capitol City
The people
Economic stability
n/a
Limitless possibilities.
Its people.
It's people !!
It is a beautiful, clean city.
The people. With Bismarck being the capitol city, there is strong support and community involvement.
Well rounded community : community pride and resulting environment.
Safe
People here are friendly.
The feeling of community
Small town feel
Community and collaboration, when it happens.
Friendly people
climate
Growth
Being the Capital of ND
It's people! There are so many opportunities for people to thrive and make a difference in this world.

Friendly, safe and economically sound.
Opportunity to make it my own
The young population. It just needs to be motivated.
Small Town Feel
It people and desire to make this a better place to live
Safety
Hospitality
Community
The people
Its average citizen.
Community
Family Friendly
Family friendly
It's bigger city that has a lot to offer, but it's not too big.
Small town feel with large town opportunity
I would say the middle class community
Listens to the people.
Safe
The people
The people
The people. There are so many people here who want to create a wonderful place to live.
Freindly
Weaknesses
Weather, and we can't control that
Paternalistic closed mindedness
Too conservative, slow growing
Growth and not having a clear plan or direction for growth
Growth with no plan
Not an attractive place because of weather
Elderly population stuck in their ways not wanting changes
Diversity
The weather
A follow-up to merely welcoming diverse populations: a substantive commitment to empowering them.
Opportunities.
Tolerance of diversity
We have a tendency to turn a blind eye towards problems.
Resistance to change
The city does not make it easy for people to express their freedom of speech on the capital grounds and elsewhere.
The people of Bismarck do not accept change very well. It seems that companies and restaurants that bring something new to bismarck are empty because people would rather do the same thing.
Trying to please the mis or uninformed
no
Limiting the growth of Bismarck to a select few peoplegeyy
Influx of not the greatest people
old thinking, lack of new ideas
Bigotry

Acceptance of diversity
Trying to be a big city
over spending on unnecessary crap
Image Crisis
It's people.
None
Its people.
Libertarians.
It's people and attitudes
Fear of change and outside influence.
Some short sightedness on the part of long time residents who are resistant to change.
It lacks diversity. People tend to be bigoted.
Disorganization
poor public relations
Cleaning up the aftermath of the oil boom - crime
Good old boys.
People overspending and keeping up with the jonses
It has a huge number of people who look down on others. Judgmental and bigoted.
Seems decisions are made based upon desires of a few
Narrow minded leaders
The city doesn't have a clear reason for existence, other than it is the state capitol. The city needs to consider what fundamental qualities make Bismarck unique - and then try to build on them and create new ones.
Growing drug issues and bad parts are town are getting REALLY bad
It's people.
Not progressive enough.
Increasing amount of population that doesnt know how to drive
Rapid growth
Lack of affordable flights
racism
Budget
Too conservative to new ideas and to outsiders
bad drivers, crime
Too much emphasis put on one part of town
politicians too conservative
heavy snows and only having one snowblower grader in working order....know that there are 2 but one is broken and waiting for parts.....
The fight between the old way of doing things and the younger generations new ways of thinking.
Old fashioned
Too many drug addicts & child molesters freely wander the streets.
Taxes and stupidity
Fear of change
Backward thinking residents.
"We've never done it before"
Fear of change.
Criminal elements.
Poor representation of progressive people. Gerrymandered districts cause less progressive representation to be in power. Many progressive people have left town because they feel unrepresented
race relationship
Conservatism

Old fashioned
High price on airfare.
This is not a weakness in my opinion, rather a concern. Just ensuring that as our community continues to grow that it is done in a responsible and managed manner.
Too much growth
Too small town
The wealthy men trying to make more money off of our downtown area.
Single lane Main St
Economically driven
Taxes!
Some neighborhoods are t as safe due to influx of minority's
It rather conservative attitudes toward the people of needs.
Protesters, uninformed people joining in on a useless bandwagon
Transparency
We are spending too much money and are forgetting where this money comes from
Small town ignorance and good old boy blue collar prejudice that interferes with more forward thinking.
Groceries are expensive for large families.
The heavy reliance on fossil fuel economies, investment in the costly and soon-to-be-out-dated fossil fuel infrastructure, and a general inability of our populace, investors & energy utilities to recognize the danger of basing our economy on these unstable, price-fluctuating, unhealthy/polluting, and out-dated sources of energy (coal and oil). The price of fossil fuels is projected to rise and renewable energies continues to fall, yet we trick our citizens into believing coal is the most "affordable" energy. Meanwhile, we heavily subsidize coal with our tax dollars to keep it artificially low-priced. We repeat the myth that we will lose jobs if we transition to clean energy, whereas the reality is that fossil fuels employ less and less people each year and renewable energies create more permanent jobs than fossil fuels. We are making poor investments as a society and there is a mentality in ND that "environmentalists & clean energy" are the enemy. The result is we are losing out and harming future generations and our economy.
Fear of investment
Crime, drugs, employment, conseritive mind set and fear
Litter
Cost of living
Keeping up with the growth
Wasteful government spending nothing
Influx of immoral workers and refugees.
Over regulation poor
Homeless people
Division of people in not looking at the big picture.
New people
Not focusing on the city as a whole.
Narrow minded old school thinking
Not protecting class D liquor license owners and allowing every place that serves food a restaurant liquor license, without a legitimate audit of maintaining a high enough % of food sales.
Cost of Living
How the city fathers are running it
Unchecked Liberals
Aging population
Oil trash
Poor planning and. Arrow minded leaders!
Citizens of Bismarcks voices are not heard.
The high cost of living.
Taxes

We become a generic, Midwest city
Needs more diversity.
Leadership
Little fish spending their time trying to eat other little fish. Go to a bigger city and you'll run home to mommy real fast.
Letting people who shouldn't make the decisions for where and how Bismarck is going.
Too high of tax
Lack of change
Not allowing change, need to be better at attracting and keeping residents of different cultures
Horrible spending of tax payers dollars
We are always 10 years behind the 8 ball
DAPL rioters... Get rid of them
increasing population
State government
Penny wise pound foolish
Idk
not desirable for young families
New residents aren't as trustworthy as us raised here
Old. Old people, old ideas, most things are very outdated.
Increased drug use
Not handling our increasing diversity well, giving oil magnates too many tax breaks and letting their preferences override the needs of people, especially those who need a helping hand.
Cost of living.
Repercussions of the protest and it causing division for decades to come (no, I'm not a Democrat). Also, property taxes are ridiculous.
Main St. now very problematic.
It's limited view of growth (still a very "keep it local" mindset here with small businesses predominating the headlines in the business section of the Tribune)
Influx of degenerates
Adjusting to the changes in socioeconomic variety. In some ways, act like a small town, when we are a larger city for ND.
Dealing with and facing the pipeline issues.
Being too conservative
The weather.
too many transients
The growth and how to accommodate and support it.
Too rapid of growth.
Cost of living.
transient population
to many old guard in city development in city gov.
Something that I think the state is facing as a whole, and increase in drug-related crime.
The loss of the connected feeling.
Reluctance of the people to change. I include diversity in this.
Entrenched business interests resistant to change.
Winter.
Fear of change
Protestors
Taxes are too high
A few selfish people who are looking out for their own best interests and not the best interests of the community and its growth.
Race relations primarily with Native Americans

Resilience to change
It's in the middle of nowhere - long drive to go anywhere else.
Drivers
Protestora
Trying to be small town when its not
Limiting mindset opposed to growth.
The people
Conservativeness, low risk
With the NoDAPL protests, I've come to lose a lot of regard for my neighbors in Bismarck. I've heard so many off-the-cuff racist remarks from people I once thought were respectable. It's the way it is. I don't think you're going to change it. But I'm pretty sure I don't want to spend the rest of my life here.
Drugs are taking over
People refusing to change
It ends up being too small town and everyone knows everyone
People not contributing to the overall good.
Division of people, we need to come together.
Discrimination
Managing growth, anticipating needs before they are realized
Protesters
The negative atmosphere
Doug Burgum
Resistance to change
Attitudes of people.
People...anytime there is growth there is more problems
expanding leadership beyond the same few.
Winter. It just sucks.
new people to area
Republicans.
A lot of people do not want to spend any money to make improvemets
Political subdivisions need to work together to find solutions for challenges that face our community
Not communications enough when big changes are happening
Weather
It believes that it is a small city.
The \$22M that the protest has cost the state. It will take many years to recoup that before we can see any improvements.
Legislators
Protesters
n/a
Legislators enacting legislation that makes North Dakota look bad for businesses and professionals considering a move here.
Bad people
When the discourse becomes toxic (name calling, etc.).
Tax increases
Slow to adopt
Keep protestors at bay
Too much "in-the-box" thinking.
Stuck in the old times.
safety

Opportunities

People's work ethic

Catching up with the rest of the country on policy

Hard to say

To plan for the future - together.

Don't know

Getting ride of seminary

The healthy cbd

bringing more things to bismarck

???

None

??

Continue doing what it has done well for 100 years.

nothing

?

Location

The above.

It's a great town to raise a family in

its endless

The sky is the limit, but government is getting in the way.

At the edge small town to small city

Reset

Take advantage of the strength. Our people can make this a great place to live, we just need to encourage the great ideas.

limited influx of younger population because of hatred and bigotry

becoming a more self sufficient state --our New Governor, Doug Burgum will help us get there

None

Young, motivated individuals seeking utilitarian outcomes.

??

Surveys like this are a good opportunity to hear what people think. It's usually just a certain few who have the voice.

NA

Concerning the question on the last page about providing my name and email. I would love to, but they would retaliate against me.

Opportunity to brand itself. What sets Bismarck apart? Let's highlight that.

People are moving from small towns to cities.

Take your current economic stability and do great things to make a diverse destination

It's the capital city, baby.

Nothing

Strong group of employable people, so attracting industry.

go greener

I would love to have the small town feeling back.

We're smart, we will figure it out

Don't know

We could be a regional entertainment and business hub for the space between Fargo and central Montana.

Growing too fast

?

I'm not really sure what the opportunities are right now for those needing to support families.

?
Wanting to change but limited on it's ability
None
Too expensive. City is too slow to react to opportunities.
Nothing
Except for the pipeline debacle, we have a chance to be known as a great place to live.
Relax a little, don't be so conservative.
Growing it's potential for ALL its residents
Could get a lot better
Bismarck could turn itself into an adorable trendy place to live..It already sort of is
Market to historical nature of the area
I currently do not know at this time
Nothing.
The opportunity to become a regional power.
Nothing.
Don't know
Unsure
Nothing at this point
not sure
unsure of scope of this
Idk
Embrace the growth
N/A
Have no idea
Fiesta Villa
Not sure.
Beautiful country setting
Bismarck has an opportunity to set itself apart from the cities out west with safety and a higher quality of life.
Potential growth
We have an infrastructure and people in our community that can help Bismarck to thrive. Grounded, smart leaders. to grow at a steady and sustainable level.
To retain that connected feeling for its people.
The opportunity to respond to the different people who are coming here from other parts of the state and other parts of the country.
Young people.
Bismarck has a great opportunity to be one of the cleanest and lucrative cities for its residents
Capitalize on a community that is starting to enjoy new things and branch out!
?
Unsure.
n/a
Growth
Everything
With new leadership with even-keeled, properly managed financial leadership and better operations management, this city has an very promising future.
Bismarck is slowly growing as a destination city. We will get there.
communication
Q23
Not sure

DAPL
nothing
recent growth
Nothing
Work together to come up with solutions to the challenges facing our community
Not sure
the remnants of the oil boom
begin again
n/a
diversity
Bismarck needs to remain true to its principles, in the face of changing times. We have a good thing going; let's keep it that way.
Leadership needs to bring us together by listening to what we think, not tell us what we think....
To expand and leverage the citizens propensity for community involvement.
A bulldozer and a few creative people.
Beauty
Not sure
Threats
People unwilling to accept change, and see the potential for our great city.
Traditional thinking.
I am not sure
Stagnation
Not sure
Being stagnant and not staying ahead of the times
Taxes
Silos. Having city, county, school and park district working on "their" projects. They're all serving the same customer.
Possible flooding
Brain Drain/Old People
Greed
as noted
Naysayers who intimidate and hinder progress
Vocal minority causing problems in areas they know nothing about
Reluctance to change.
Racism
protesters
The Dakota Access Pipeline protestors/terrorists
Big city mentality
The old guard protecting its turf
Weather
Racism
Corporate greed and Donald Trump
lack of diversity and tolerance
Out of stateers
See above- also the political winds of change as different power brokers try to leverage their wealth/influence as it is related to growth and development
The conservative atmosphere.

Liberal agendas.
Poor planning and ultra conservative ideas. Time to think out of the box!!!
Groups who don't know what they are talking about. They need to understand the facts
intolerance and bigotry
where did all that money go from the Oil Boom... the people want to know
Too many to list
Libertarians.
Debt
Social media and the bullshit misinformation that is spread around.
People leaving due to the bigoted nature of people who have lived there for generations.
Politics. I'm so tired of hearing "North Dakotans want. . ." If you don't ask me, you don't know what I want.
Short-sightedness
Divided political views
this horribly cold and snowy winter. makes ppl not want to stay
Protestors
Stupid thinking by uninformed people!
Reservation/NoDAPL
Old school mentality and personal gain from tax monies
Dale Zimmerman
Same rogue citizens who was against growth, change and making Bismarck a city our children will choose as their Khomeini after colleges
Outsiders
I don't feel there is a threat currently.
Fear of outsiders. Bigotry and buying into the news.
small minds
Protest activity that interferes with our everyday life not being addressed or stopped.
Entitlement of some people
Na
Undure
Ninjas, haha.
Can't think of anything
Crimerate
This protest is going to keep growing. The church community is on guard. Families are affected
The Republican Party
Uelman staying on as superintendent.
Priorities to public
Lack of political diversity. As the capitol of ND, we have a heavily partisan supermajority controlling our state legislature that has vowed to not pass a single law from the opposing political party, which means there will be no dialogue. Which means, there will be no meaningful exchange of ideas, no working together to unite and help society, no meaningful debate of ideas, and many ideas that could greatly benefit society are not even going to be considered if they are presented by the minority party. Regardless of which party is in power, this is not a healthy balance of power. I am a politically independent person, so I am not saying this because it is Republican-controlled. If it were a Democrat supermajority, I would also believe this is a dangerous and unhealthy distribution of power for Bismarck. Dialogue is good for democracy, good for Bismarck.
Close minds. Greed.
Distrust
To much old boy network, drain the swamp
Hippies
Poor acceptance of ideas seen as non-North Dakotan. Poor reputation of ND and Bismarck due to unwillingness to change.

Immoral and unethical, lazy workers. If workers make a mover \$50K in the summer or winter, they should not be able to claim unemployment during their non working period. They need to make that money last the entire year like all other salaried or hourly workers.
Poor cooperation with city, county
Terrorists
Lack of info to support mixed diversity and comfort with change
Only listening to residents that are pro downtown.
Flooding in the spring.
I don't know
?
distance from states larger population centers
It's location----North Dakota.
Debt
Wealth moving away from the center of the city
Need to find reasons for young families to move there and stay.
To many old boys running government, and unwilling to move forward with things they do not understand or wish to
Limited police forces
Getting stuck in old ways.
I don't know
transients
Squandering the opportunities that the state's economic expansion has given us.
Not wanting to change for the better. Sticking to the old ways that have "worked" for the past few decades. Sometime soon there needs to be an acceptance that there are things that need to be adjusted and replaced.
Yeti (the ones hiding, not the ones in the Mall).
NIMBYism.
Self-interests prevailing with their way
Not Sure.
close-minded bedroom community home-owners.
Unsure
We are on the cusp of fulfilling the "Capitol of North Dakota" Let's stop living in Fargo's shadow.
People not being able to afford to live here. Downtown is great, but you have to be in a certain tax bracket to enjoy the amenities. The School district is segregated into the haves and have nots based on income.
Q23: You can live forever on the backs of people spending more than they earn.
Naysayers without vision.
It's stuck in 1950.
unsure
I would say the same thing that I said in answer 22 above.
mindset
Money hungry corrupt politicians
The wealthy few who are so willing to tear down everything for short term gain.
Small group of people controlling most of the decisions for their own benefit.
Brain drain.
None
Stupid protesters
See question #22
The now even more divided feelings I have and my family and friends have with the protesters. I feel I will never trust them again.
not giving our LE the funds they need
n/a

Not being progressive.
Not being open to unintended outcomes.
The divide now due to the protest
Being stuck in the old times in an advancing world.
Politics. Separation of people based on how much money you make.
taxes being much too high