

Adolescent Health



Adolescent Health Highlights



Close to half (46.4%) of Alaska Native adolescents had three or more adults in their lives that they could seek support from, a protective factor for negative health outcomes.

Over a third (43.1%) of Alaska Native adolescents experienced a major depressive episode in 2019.

Almost a quarter (24.3%) of Alaska Native adolescents reported that they attempted suicide in 2019.

17.5% of Alaska Native adolescents met the recommended level of physical activity.



Adolescent Health Highlights

More than a quarter (27.8%) of Alaska Native adolescents reported current marijuana use.

Since 2007, cigarette smoking had decreased significantly among Alaska Native adolescents. 12.6% reported currently smoking cigarettes, and about one-fifth (20.2%) used smokeless tobacco.

Over one in ten (14.0%) Alaska Native adolescents had experienced intimate partner violence.



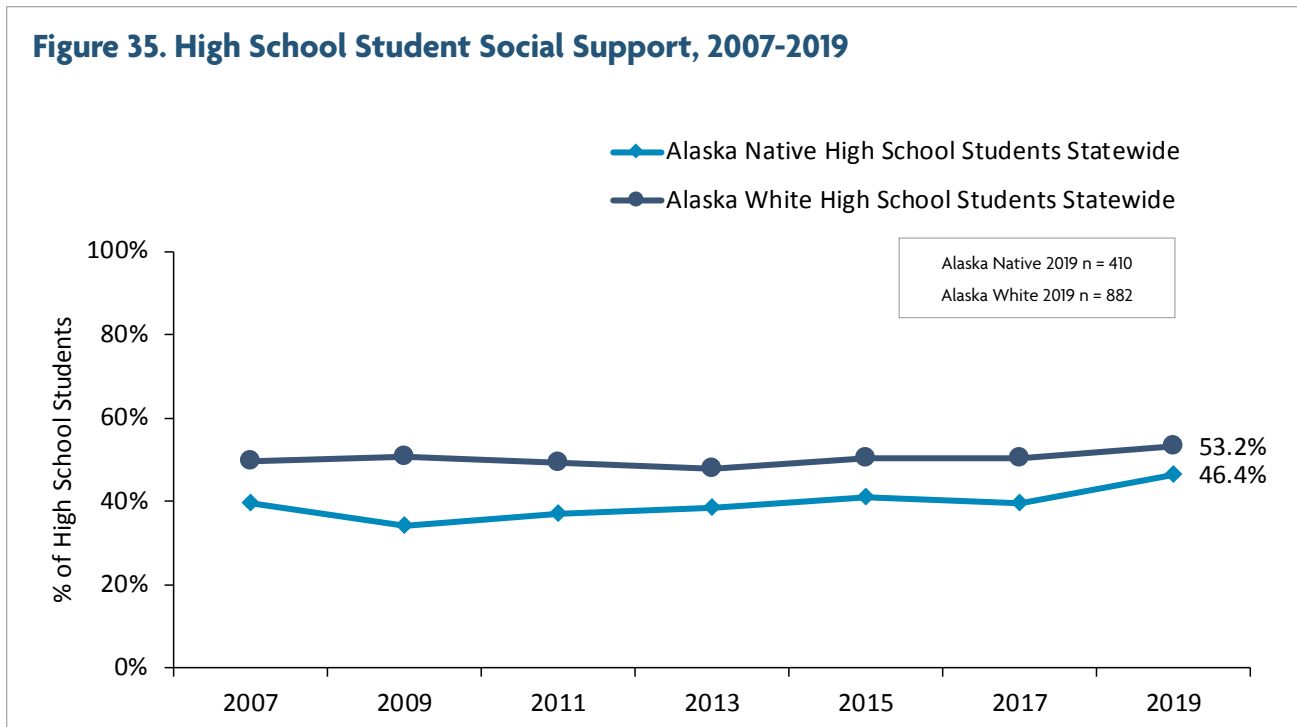
Approximately 17.5% of Alaska Native adolescents were obese, while 66.3% were at a healthy weight.



Alcohol consumption among Alaska Native adolescents had also decreased significantly. Approximately 10.8% reported binge drinking, and 16.7% reported any amount of drinking in the past month.

Social Support

Figure 35. High School Student Social Support, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-84

Definition

Adolescent social support is defined as the estimated percentage of high school students (grades 9-12) who would feel comfortable seeking help from three or more adults besides their parents if they had an important question affecting their life.

Related Objectives

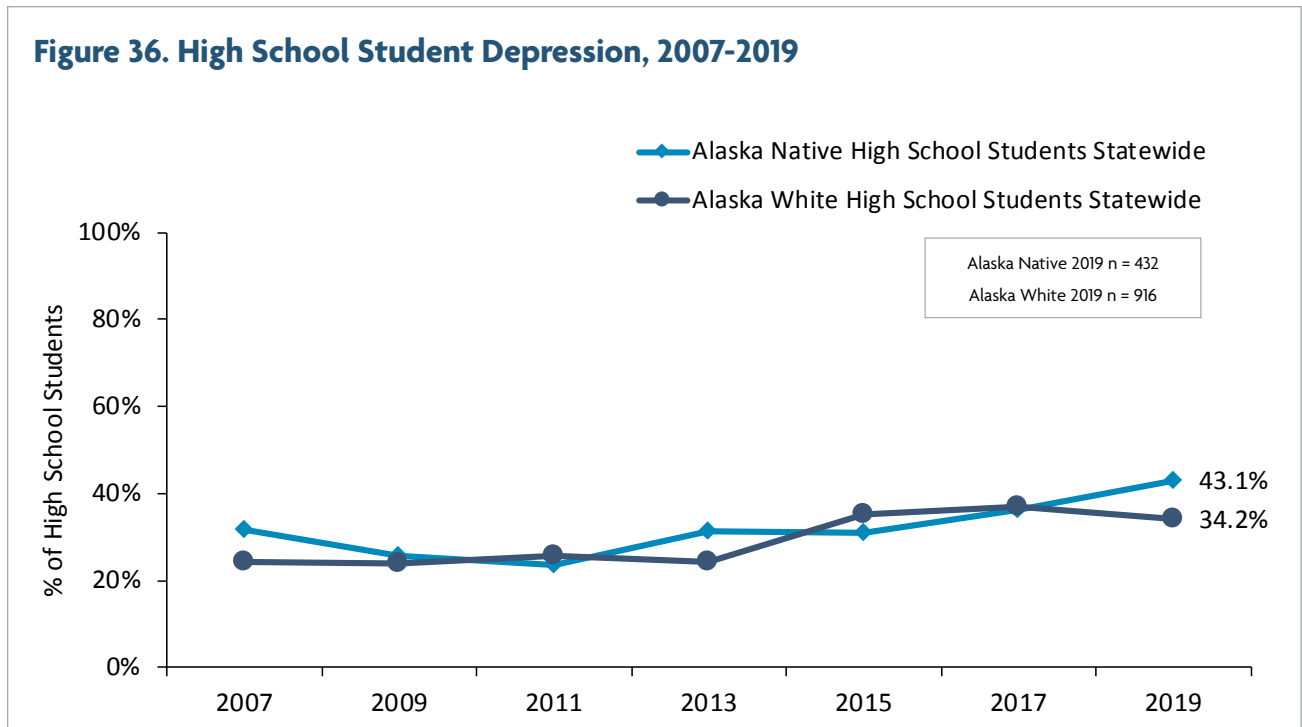
Increase the percentage of adolescents (high school students in grades 9-12) with three or more adults (besides their parents) from whom they feel comfortable seeking help to 50.0%.
- *HEALTHY ALASKANS 2030, OBJECTIVE #17*

Summary

- » Over four in ten (46.4%) Alaska Native high school students reported having three or more adults they would be comfortable seeking help from in 2019.
- » In 2019, there was no statistically significant difference in social support between Alaska Native and Alaska White high school students.
- » Social support among Alaska Native high school students appears to have remained relatively stable between 2007 and 2019.

Depression

Figure 36. High School Student Depression, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-85

Definition

Adolescent depression is defined as the estimated percentage of high school students (grades 9-12) who have ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months. There is evidence that experiencing depressive disorders during adolescence is associated with numerous negative health outcomes including other mental health disorders, suicidal behavior, substance abuse, and obesity.²³

Related Objectives

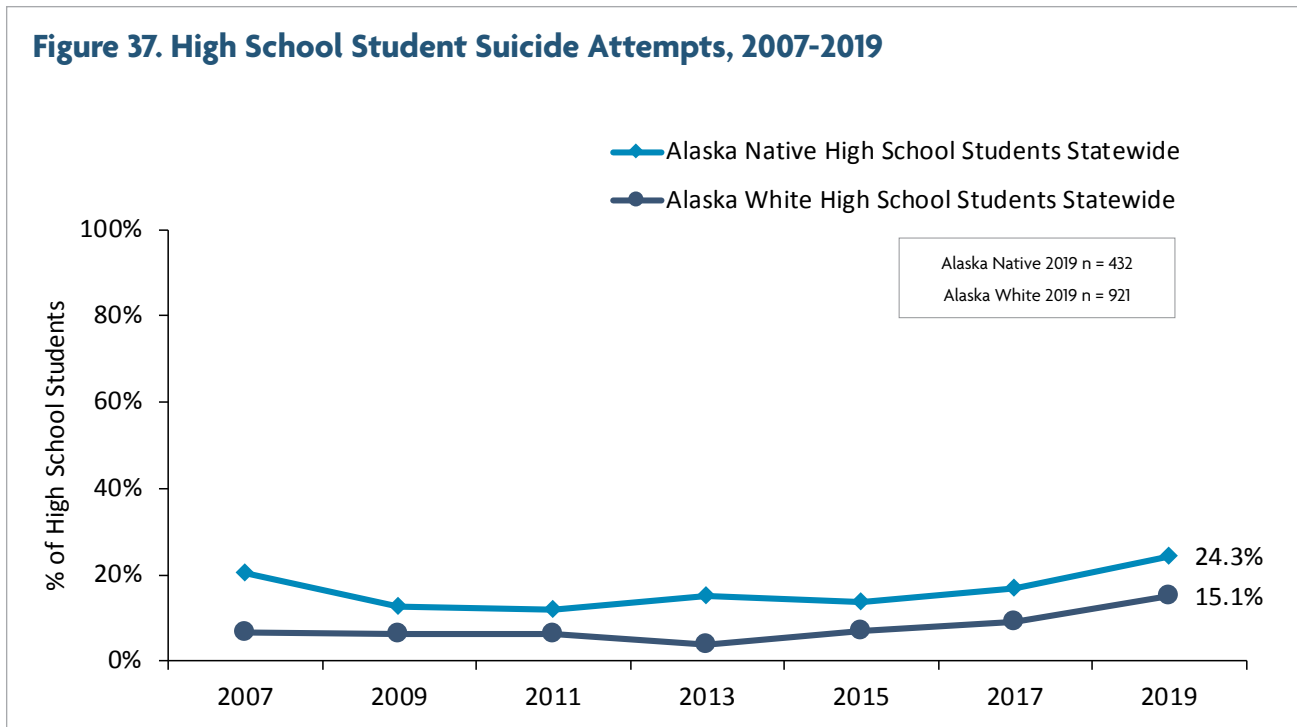
Reduce the percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past 12 months to 31.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #13*

Summary

- » Over four in ten (43.1%) Alaska Native high school students reported having sad or hopeless feelings that affected their usual activities in 2019.
- » In 2019, there was no statistically significant difference in depression prevalence between Alaska Native and Alaska White high school students.
- » Depression among Alaska Native high school students has significantly increased between 2009 and 2019.

Suicide Attempts

Figure 37. High School Student Suicide Attempts, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-86

Definition

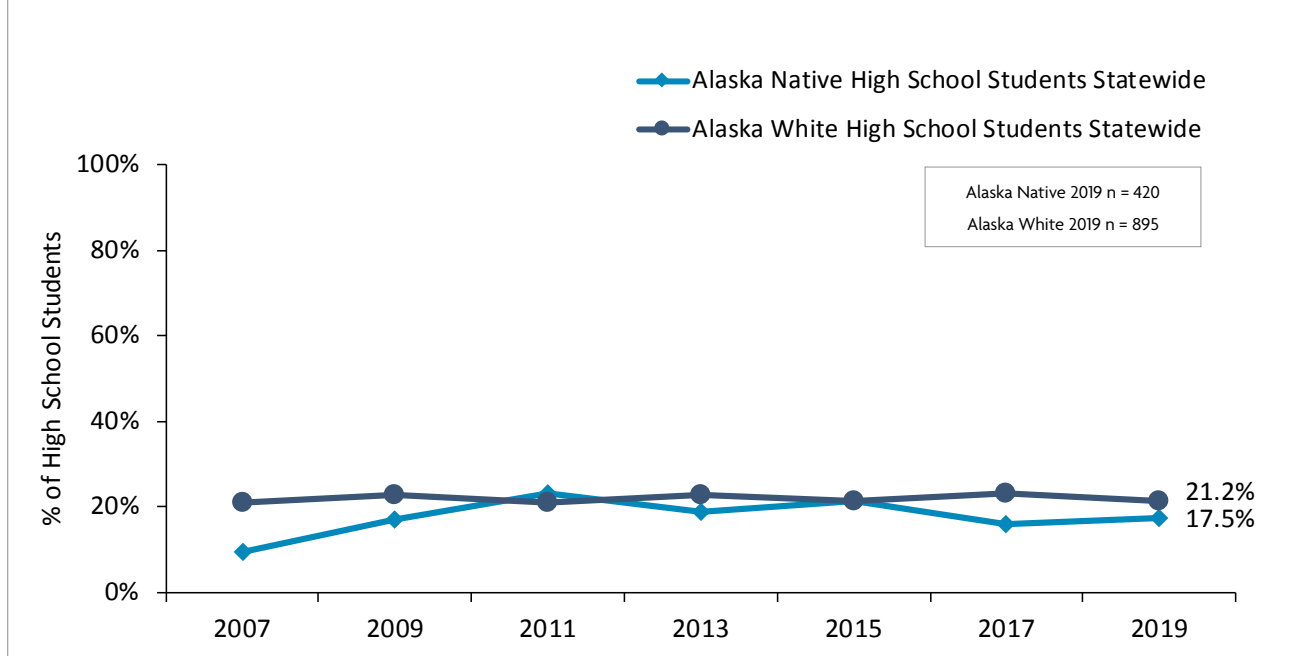
Adolescent suicide attempts is defined as the estimated percent of high school students (grades 9-12) who tried to intentionally take their own life one or more times during the past 12 months.

Summary

- » In 2019, nearly 1 in 4 (24.3%) Alaska Native high school students reported one or more suicide attempts during the past 12 months.
- » In 2019, there was no statistically significant difference in the percent of students who attempted suicide between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students who attempted suicide has appeared to remain relatively stable between 2007 and 2019.

Physical Activity

Figure 38. High School Student Physical Activity, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-87

Definition

Physical activity is defined as high school students (grades 9-12) who were physically active for a total of at least 60 minutes per day, including doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time. The current recommendation is 60 minutes of physical activity per day, every day of the week.²⁴

Related Objectives

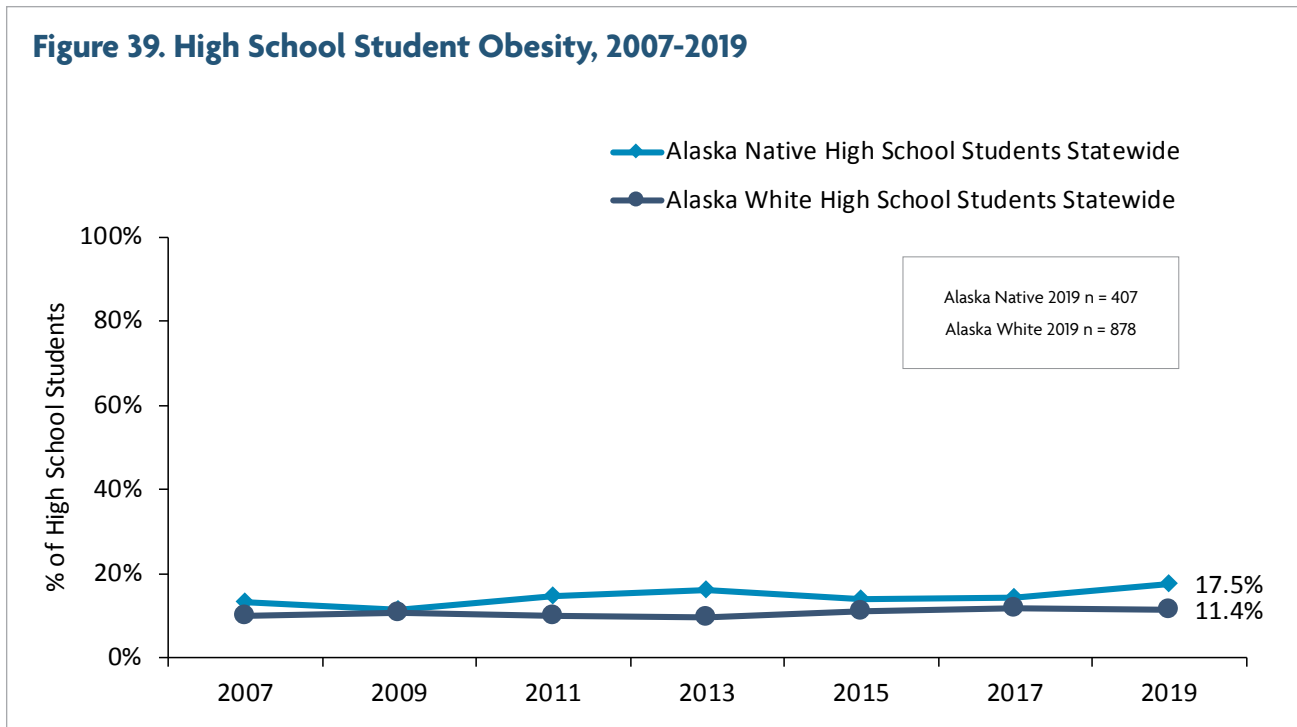
Increase the percentage of adolescents (high school students in grades 9-12) who do at least 60 minutes of physical activity a day, every day of the week, to 22.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #16*. Increase the proportion of adolescents who do enough aerobic physical activity to 30.6%. - *HEALTHY PEOPLE 2030, OBJECTIVE PA-06*

Summary

- » Nearly one in five (17.5%) Alaska Native high school students reported engaging in the recommended level of physical activity in 2019.
- » In 2019, there was no statistically significant difference in the percent of high school students who met physical activity recommendations between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students who met physical activity recommendations has appeared to remain relatively stable between 2007 and 2019.

Obesity

Figure 39. High School Student Obesity, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-88

Definition

Adolescent obesity is the percentage of students (grades 9-12) with a body mass index (BMI) equal to or greater than the age- and sex-specific 95th percentile.

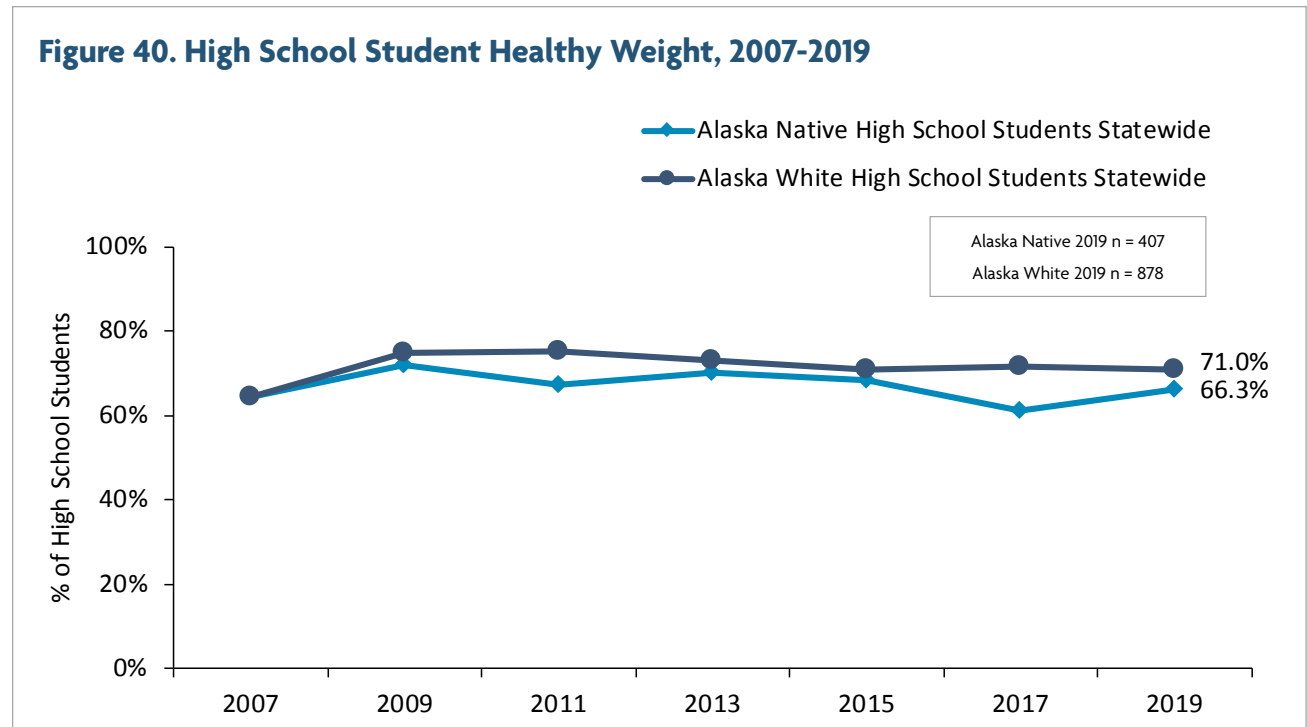
Related Objectives

Reduce the proportion of children and adolescents with obesity to 15.5%. - *HEALTHY PEOPLE 2030, OBJECTIVE NWS-04*

Summary

- » Nearly one in five (17.5%) Alaska Native high school students reported being obese in 2019.
- » In 2019, there was no statistically significant difference in obesity prevalence between Alaska Native and Alaska White high school students.
- » The percent of obese Alaska Native high school students appears to have remained relatively stable between 2007 and 2019.

Healthy Weight



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-89

Definition

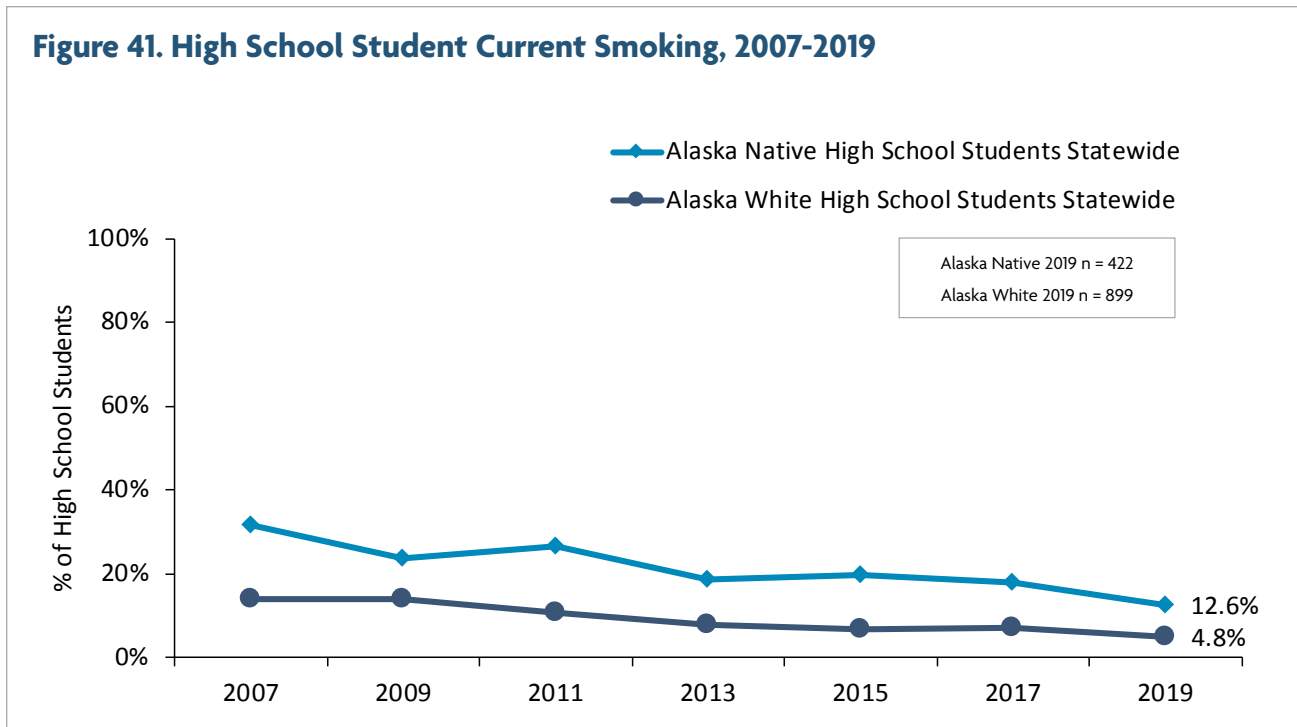
Adolescent healthy weight is the percentage of students (grades 9-12) with a body mass index (BMI) at the age- and sex-specific 5th percentile to less than the 85th percentile.

Summary

- » Two-thirds (66.3%) of Alaska Native high school students reported meeting the criteria for healthy weight in 2019.
- » In 2019, there was no statistically significant difference in the percentage of high school students with a healthy weight between Alaska Native and Alaska White high school students.
- » The percentage of Alaska Native high school students who reported having a healthy weight appears to have remained relatively stable between 2007 and 2019.

Current Smoking

Figure 41. High School Student Current Smoking, 2007-2019



Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-90

Definition

Adolescent current smoking is defined as the percent of high school students (grades 9-12) who have smoked cigarettes on one or more of the past 30 days.

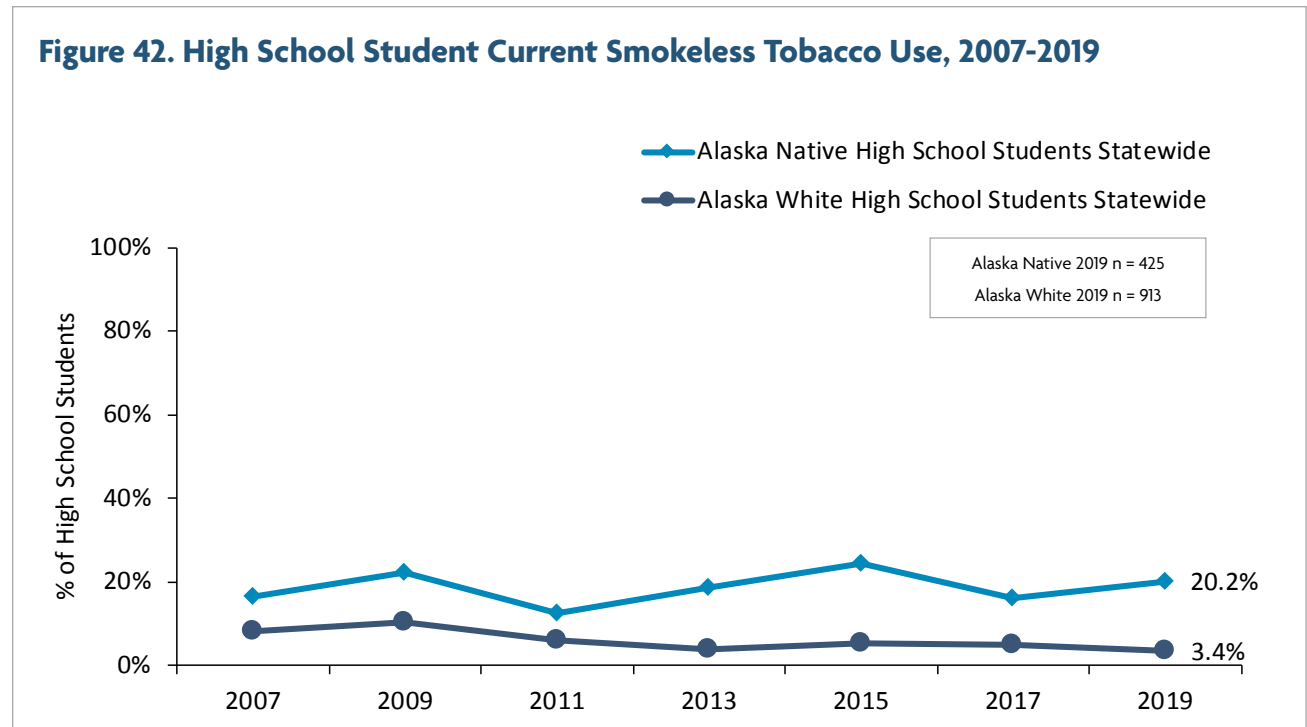
Related Objectives

Reduce current cigarette smoking in adolescents to 3.4%. - *HEALTHY PEOPLE 2030, OBJECTIVE TU-06*

Summary

- » In 2019, about one in eight (12.6%) Alaska Native high school students reported being current smokers. This was significantly higher than among Alaska White high school students (4.8%).
- » Current smoking decreased significantly among Alaska Native high school students between 2007 and 2019.

Current Smokeless Tobacco Use



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-91

Definition

Adolescent current smokeless tobacco use is defined as the percent of high school students (grades 9-12) who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

Related Objectives

Reduce current use of smokeless tobacco products among adolescents to 2.3%. - *HEALTHY PEOPLE 2030, OBJECTIVE TU-08*

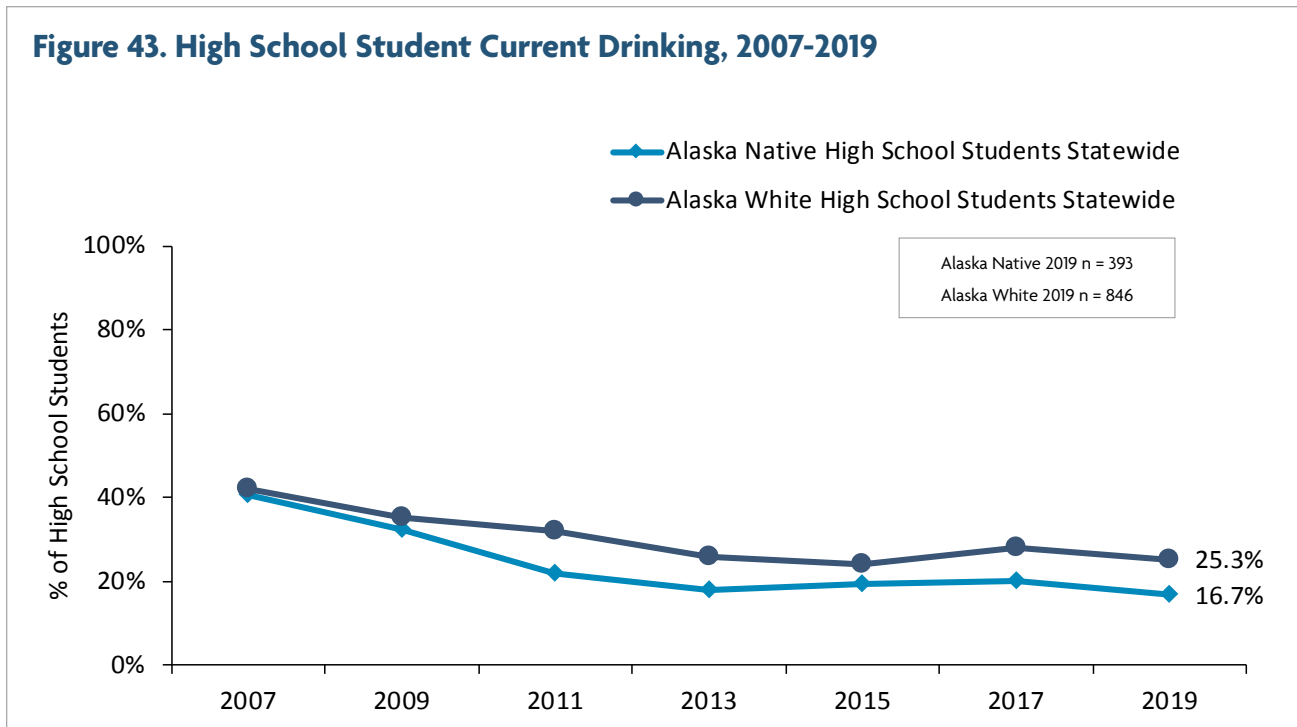
Summary

- » In 2019, about one in five (20.2%) Alaska Native high school students reported being current smokeless tobacco users. This was significantly higher than among Alaska White high school students (3.4%).
- » Between 2007 and 2019, the prevalence of smokeless tobacco use among Alaska Native high school students has remained relatively stable.
- » Smokeless tobacco use among Alaska Native high school students was significantly higher than among Alaska White students for all years shown except during 2007 and 2009.

Note: Data for Alaska Native high school students in 2007, 2017, 2019 and for Alaska White high school students in 2019 are considered unstable and should be used with caution.

Current Drinking

Figure 43. High School Student Current Drinking, 2007-2019



Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-92

Definition

Adolescent current drinking is the estimated percentage of high school students (grades 9-12) who consumed at least one drink of alcohol on one or more of the past 30 days.

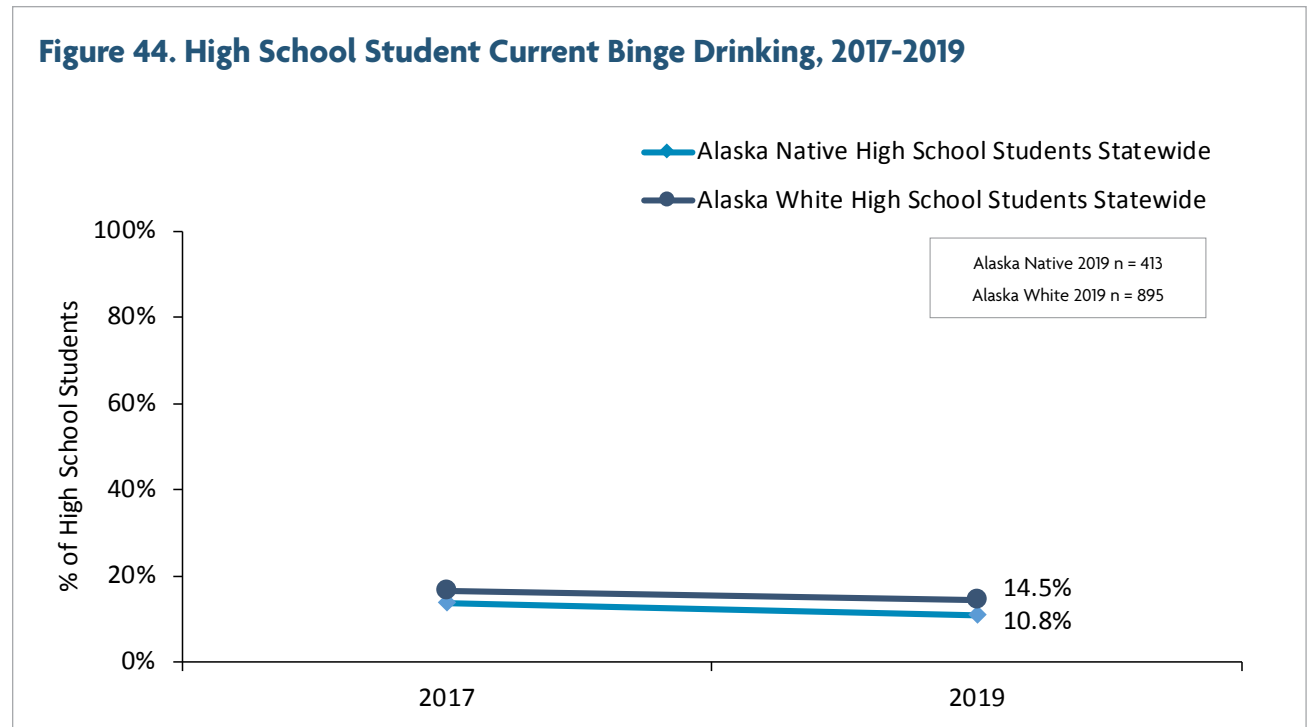
Related Objectives

Reduce the proportion of adolescents who drank alcohol in the past month to 6.3%. - *HEALTHY PEOPLE 2030, OBJECTIVE SU-04*

Summary

- » One in six (16.7%) Alaska Native high school students reported current drinking in 2019.
- » In 2019, there was no statistically significant difference in current drinking between Alaska Native and Alaska White high school students.
- » Current drinking among Alaska Native high school students has significantly decreased between 2007 and 2019.

Current Binge Drinking



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-93

Definition

Adolescent binge drinking is the estimated percentage of high school students (grades 9-12) who consumed five or more drinks of alcohol for males or four or more drinks for females, within a couple of hours, on one or more of the past 30 days.

Related Objectives

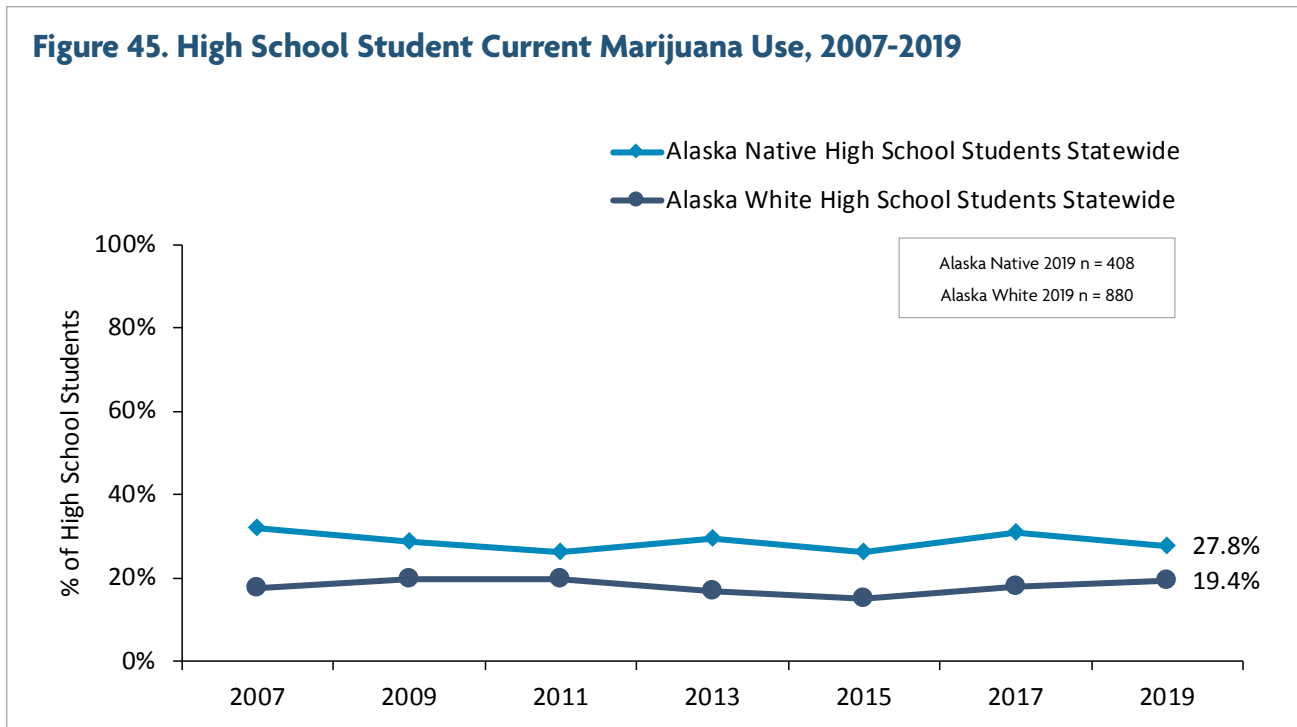
Reduce the proportion of people under 21 years who engaged in binge drinking in the past month to 8.4%. - *HEALTHY PEOPLE 2030, OBJECTIVE SU-09*

Summary

- » About one out of nine (10.8%) Alaska Native high school students reported current binge drinking in 2019.
- » In 2019, there was no statistically significant difference in binge drinking between Alaska Native and Alaska White high school students.

Current Marijuana Use

Figure 45. High School Student Current Marijuana Use, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-94

Definition

Adolescent marijuana use is defined as the estimated percentage of high school students (grades 9-12) who used marijuana on one or more of the past 30 days.

Related Objectives

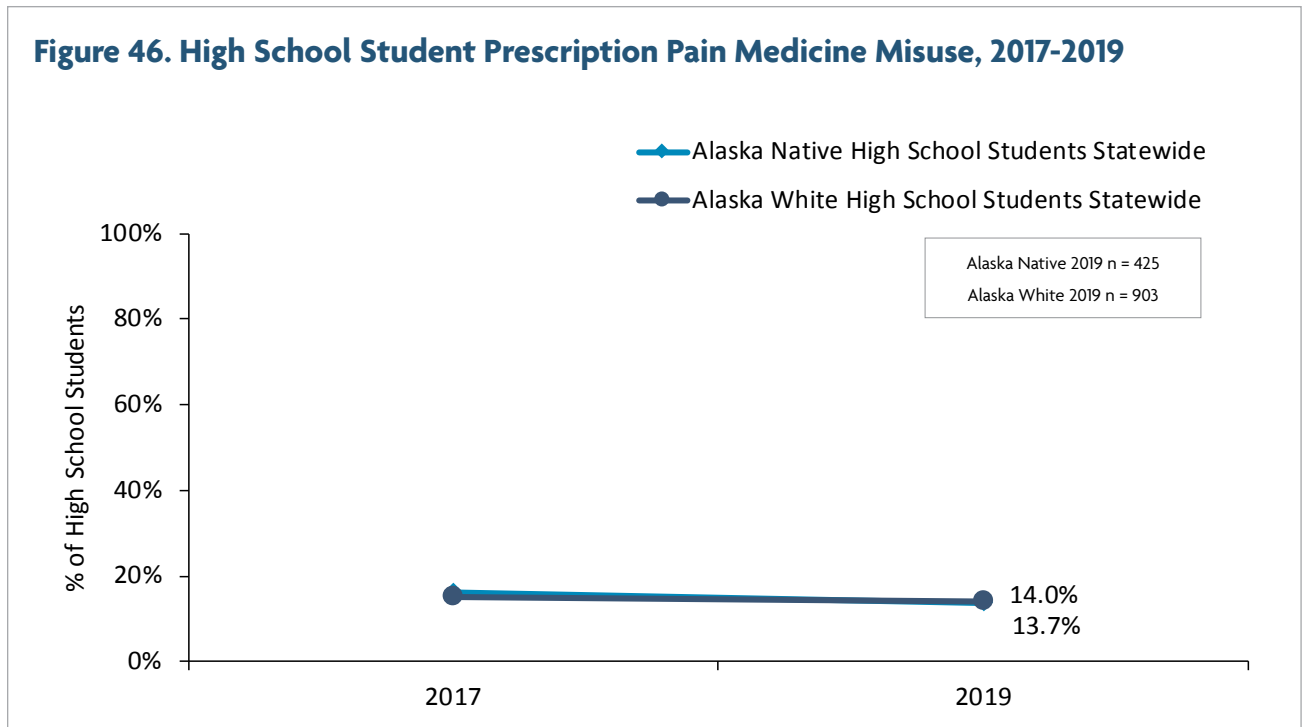
Reduce the proportion of adolescents who used marijuana in the past 30 days to 5.8%. - *HEALTHY PEOPLE 2030, OBJECTIVE SU-06*

Summary

- » In 2019, about one out of four (27.8%) Alaska Native high school students reported current marijuana use.
- » In 2019, there was no statistically significant difference in marijuana use between Alaska Native and Alaska White high school students.
- » The percentage of Alaska Native high school students currently using marijuana has remained relatively stable between 2007 and 2019.

Prescription Pain Medicine Misuse

Figure 46. High School Student Prescription Pain Medicine Misuse, 2017-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-95

Definition

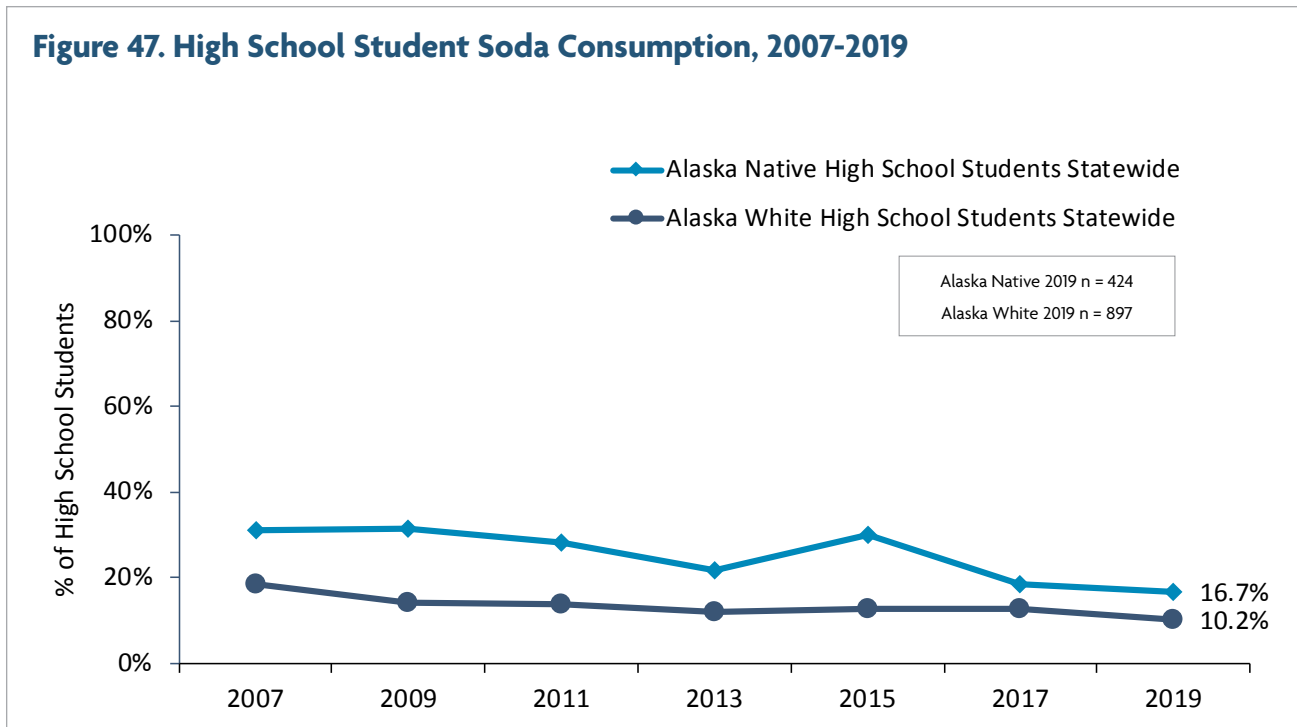
Among high school students (grades 9-12) prescription pain medicine misuse is defined as having used a prescription pain medication (such as OxyContin, Percocet, Vicodin, codeine, or Hydrocodone) without a doctor’s prescription or differently than prescribed one or more times during their life.

Summary

- » In 2019, 13.7% of Alaska Native high school students reported having used prescription pain medications without a doctor’s prescription or differently than prescribed in their lifetime.
- » In 2019, there was no statistically significant difference between Alaska Native and Alaska White high school students in prescription pain medicine misuse.

Soda Consumption

Figure 47. High School Student Soda Consumption, 2007-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-96

Definition

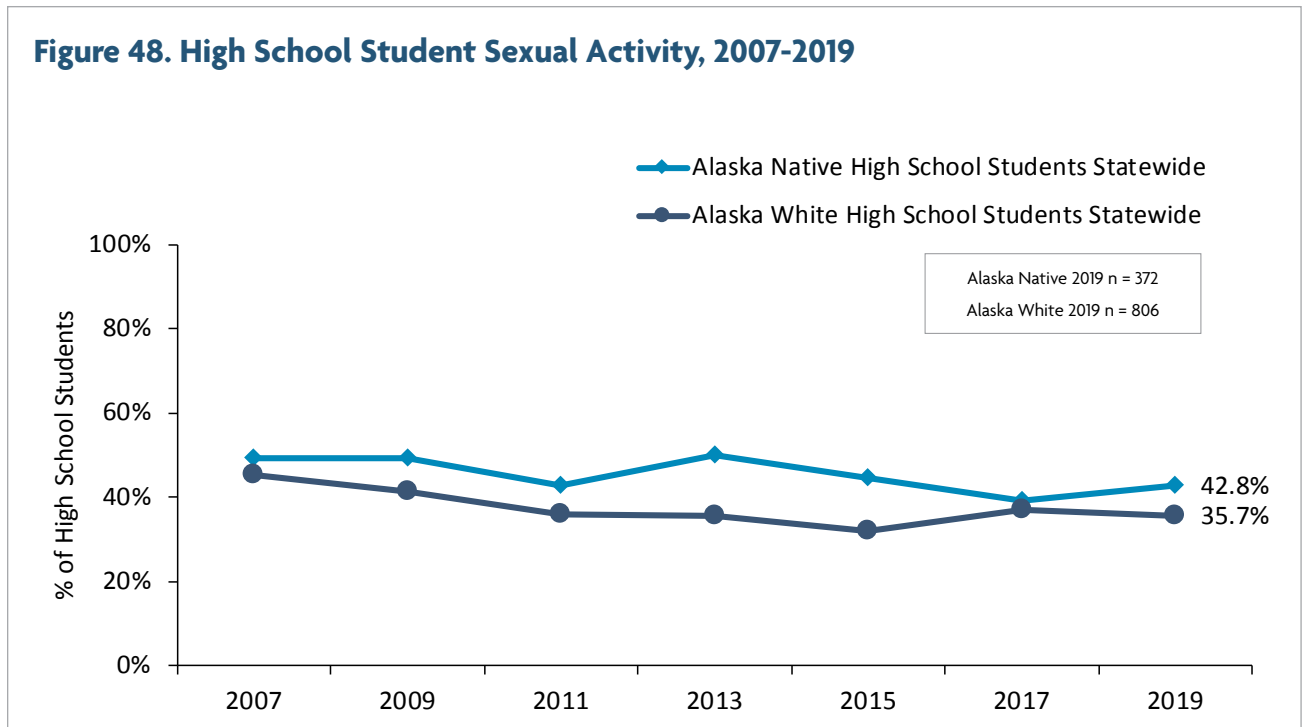
Among high school students (grades 9-12), soda consumption is defined as drinking soda or pop one or more times per day during the past seven days. Soda or pop includes drinks such as Coke or Pepsi and excludes diet sodas.

Summary

- » One out of six (16.7%) Alaska Native high school students reported drinking soda daily in the past week in 2019.
- » In 2019, there was no statistically significant difference in soda consumption between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students drinking soda daily has significantly decreased between 2007 and 2019.

Sexual Activity

Figure 48. High School Student Sexual Activity, 2007-2019



Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-97

Definition

Adolescent sexual activity is defined as the estimated percentage of high school students (grades 9-12) who have ever engaged in sexual intercourse.

Related Objectives

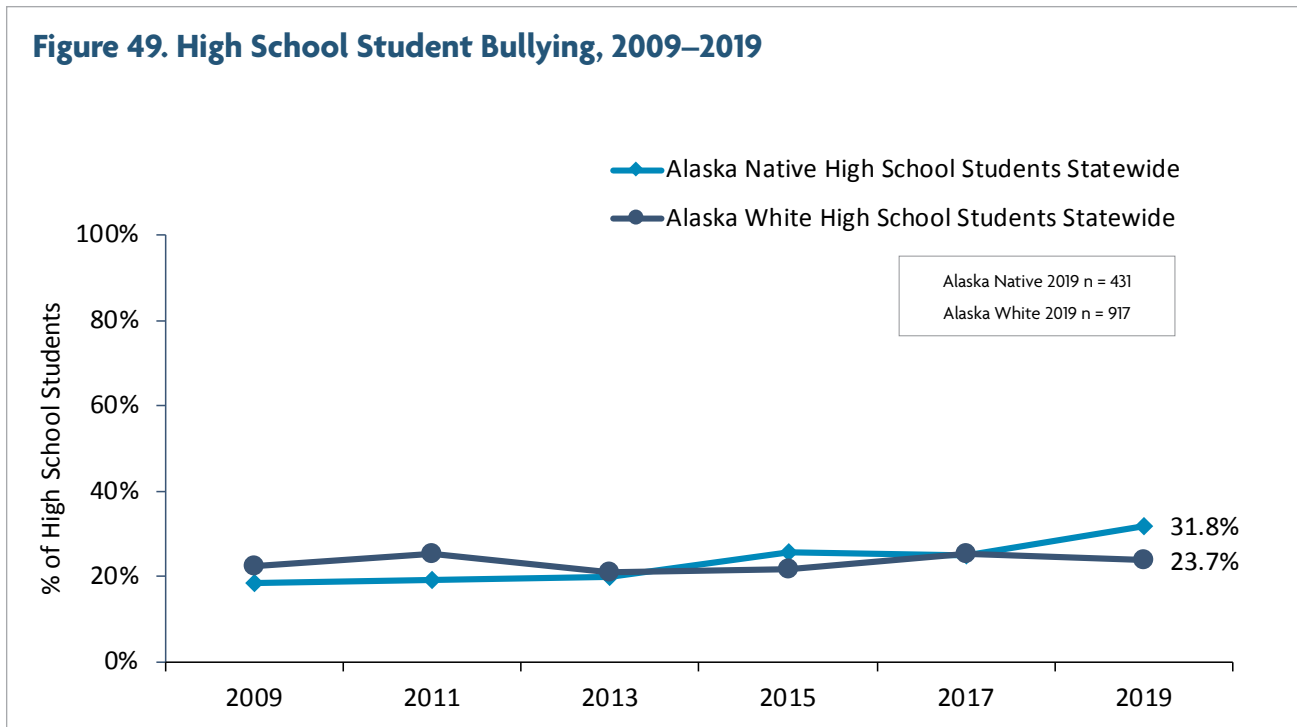
Increase the proportion of adolescents who have never had sex to 80.8%. - *HEALTHY PEOPLE 2030, OBJECTIVE FP-04*

Summary

- » In 2019, less than half (42.8%) of Alaska Native high school students reported having ever engaged in sexual intercourse.
- » In 2019, there was no statistically significant difference in sexual activity between Alaska Native and Alaska White high school students.
- » Sexual activity among Alaska Native high school students has remained relatively stable between 2007 and 2019.

Bullying

Figure 49. High School Student Bullying, 2009–2019



Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-98

Definition

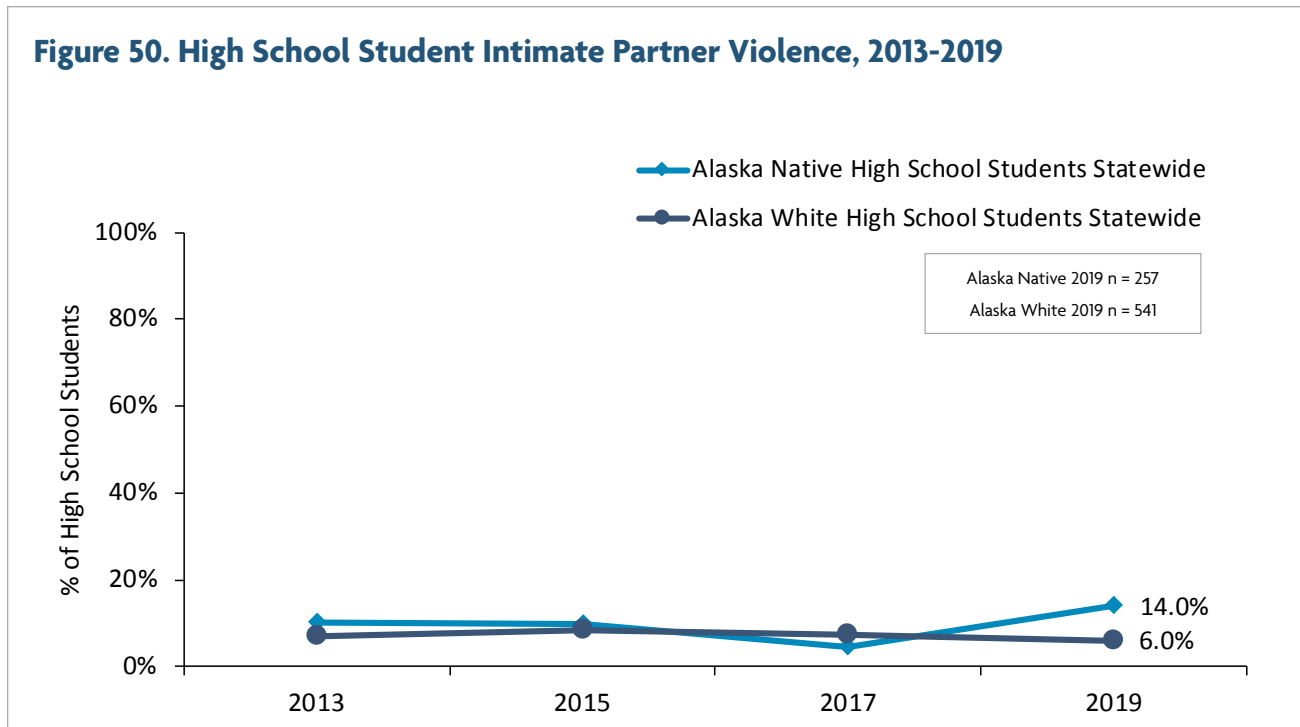
Adolescent bullying is defined as the estimated percentage of high school students (grades 9-12) who were bullied on school property during the past 12 months. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.

Summary

- » In 2019, about one in three (31.8%) Alaska Native high school students reported having been bullied in the past year.
- » In 2019, there was no statistically significant difference in bullying between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students who were bullied has significantly increased between 2009 and 2019.

Intimate Partner Violence

Figure 50. High School Student Intimate Partner Violence, 2013-2019



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-99

Definition

Adolescent intimate partner violence is defined as the estimated percentage of high school students (grades 9-12) who have ever been physically hurt on purpose by someone they were dating or going out with during the past 12 months. Physically hurt includes being hit, slammed into something, or injured with an object or weapon.

Related Objectives

Reduce the percentage of adolescents (high school students in grades 9-12) who were ever hit, slammed into something, injured with an object or weapon, or physically hurt on purpose by someone they were dating or going out with during the past 12 months to 6.6%. - *HEALTHY ALASKANS 2030, OBJECTIVE #30*

Reduce sexual or physical adolescent dating violence to 11.4%. - *HEALTHY PEOPLE 2030, OBJECTIVE IVP-18*

Summary

- » In 2019, approximately one in seven (14.0%) Alaska Native high school students reported having experienced intimate partner violence.
- » In 2019, there was no statistically significant difference in intimate partner violence between Alaska Native and Alaska White high school students.
- » The percent of Alaska Native high school students who reported experiencing intimate partner violence appears to have remained relatively stable between 2013 and 2019.

Note: Data for Alaska Native high school students in 2017 and 2019 are considered unstable and should be used with caution.