







## Adult Health



# Adult Health Highlights



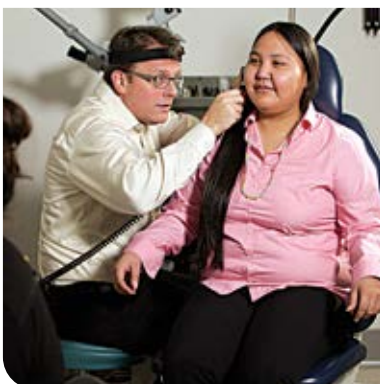
**One in five (19.1%) Alaska Native adults reported binge drinking in the past month.**

**Around a third (31.3%) of Alaska Native adults were overweight, and slightly over a third (36.3%) were obese based on body mass index.**

**More than a third (40.4%) of Alaska Native adults reported being in very good or excellent health.**

**12.2 % of Alaska Native adults reported experiencing frequent mental distress.**

**Less than a fifth (18.0%) of Alaska Native adults met the current recommendations for physical activity.**



# Adult Health Highlights



**Almost one in three (29.7%) Alaska Native adults has experienced intimate partner violence in their lifetime.**

**Smokeless tobacco use has been relatively stable, with 12.7% of Alaska Native adults reporting current use of smokeless tobacco.**

**More than one in four (30.2%) Alaska Native adults have experienced 4 or more adverse childhood experiences (ACEs).**

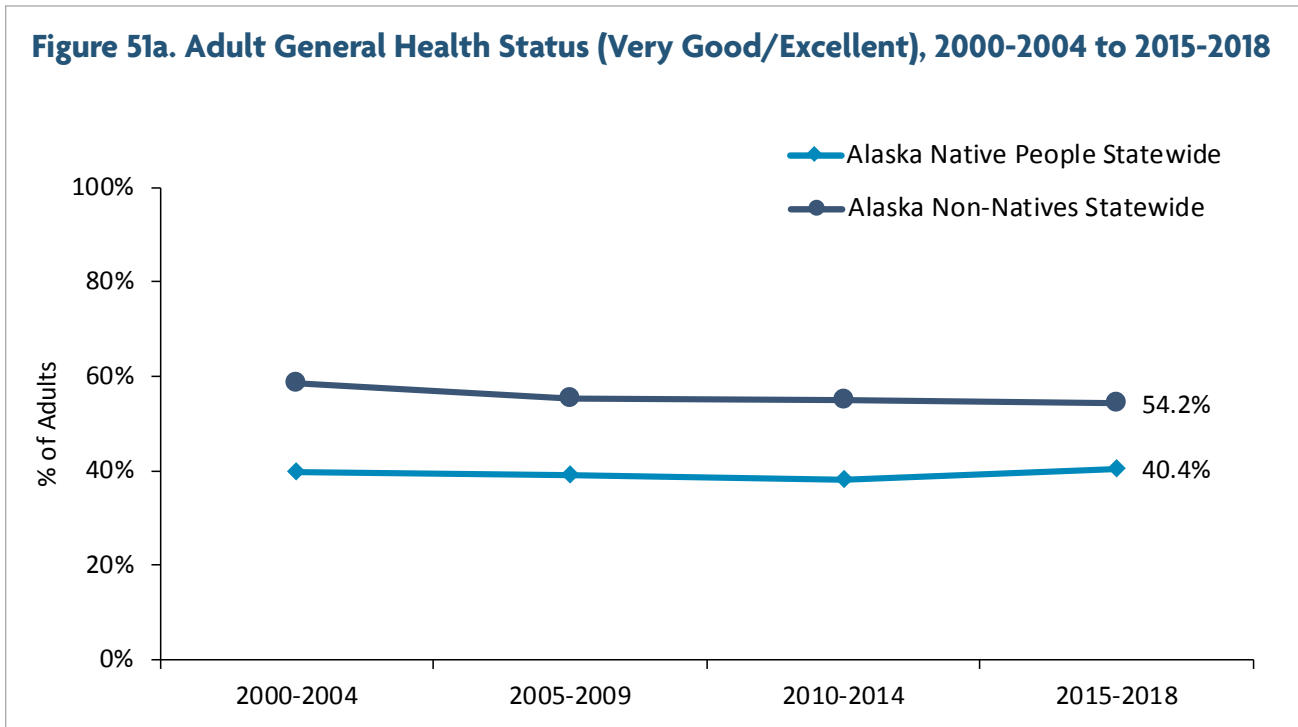
**Smoking prevalence has not decreased significantly since 2000. More than a third (36.4%) of Alaska Native adults were current smokers.**

**An estimated 9.0% of the Alaska Native adult population meet dietary recommendations for daily fruit and vegetable consumption.**



# General Health Status

**Figure 51a. Adult General Health Status (Very Good/Excellent), 2000-2004 to 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-100

### Definition

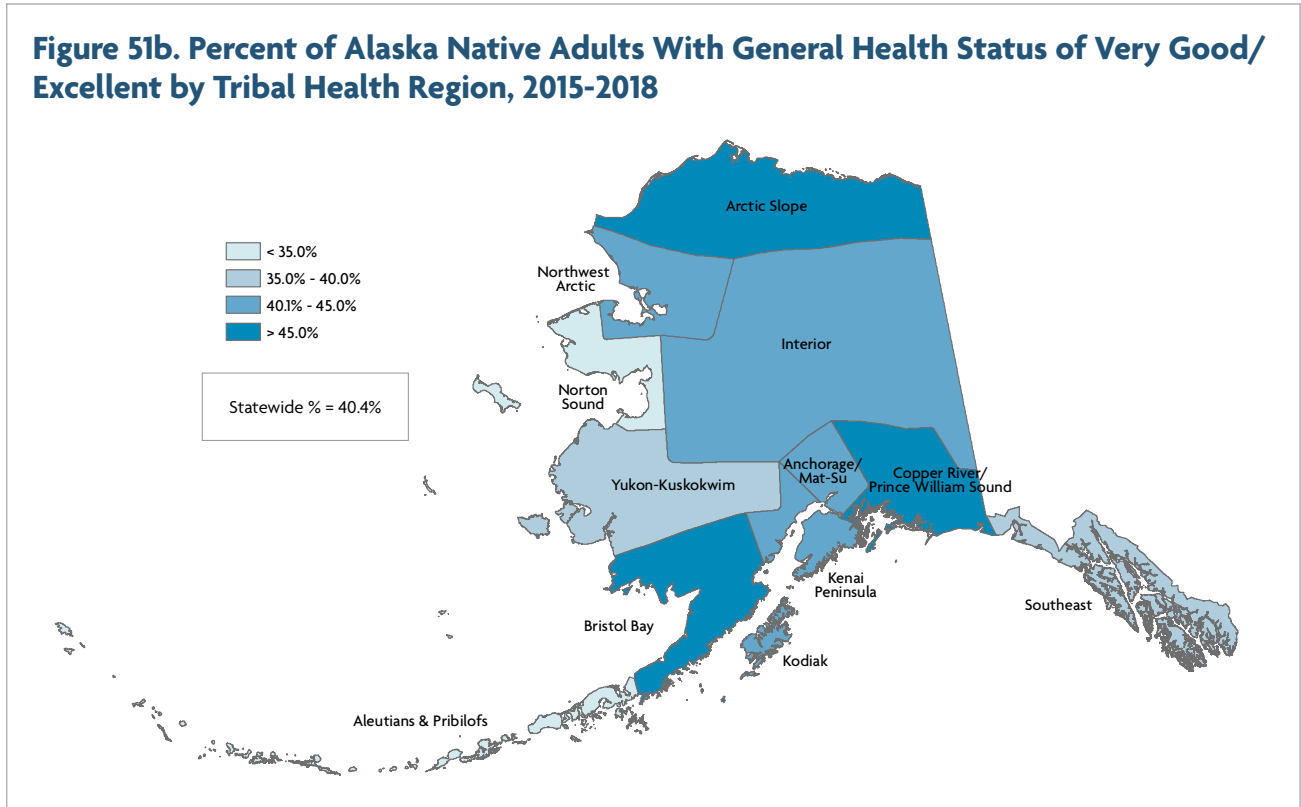
General health status is a self-assessed measure of how an individual perceives his or her health. Self-assessed health status has been validated as a useful indicator of health for a variety of populations and allows for comparisons across different conditions and populations.<sup>25</sup>

### Summary

- » During 2015–2018, about four in ten (40.4%) Alaska Native adults reported being in “very good” or “excellent” health. This was significantly lower than Alaska non-Native adults (54.2%).
- » The general health status among Alaska Native adults has remained relatively stable between 2000-2004 and 2015-2018.
- » During 2015–2018, the percent of Alaska Native adults with “very good” or “excellent” health varied by Tribal health region from 29.0% to 47.8%.

# General Health Status

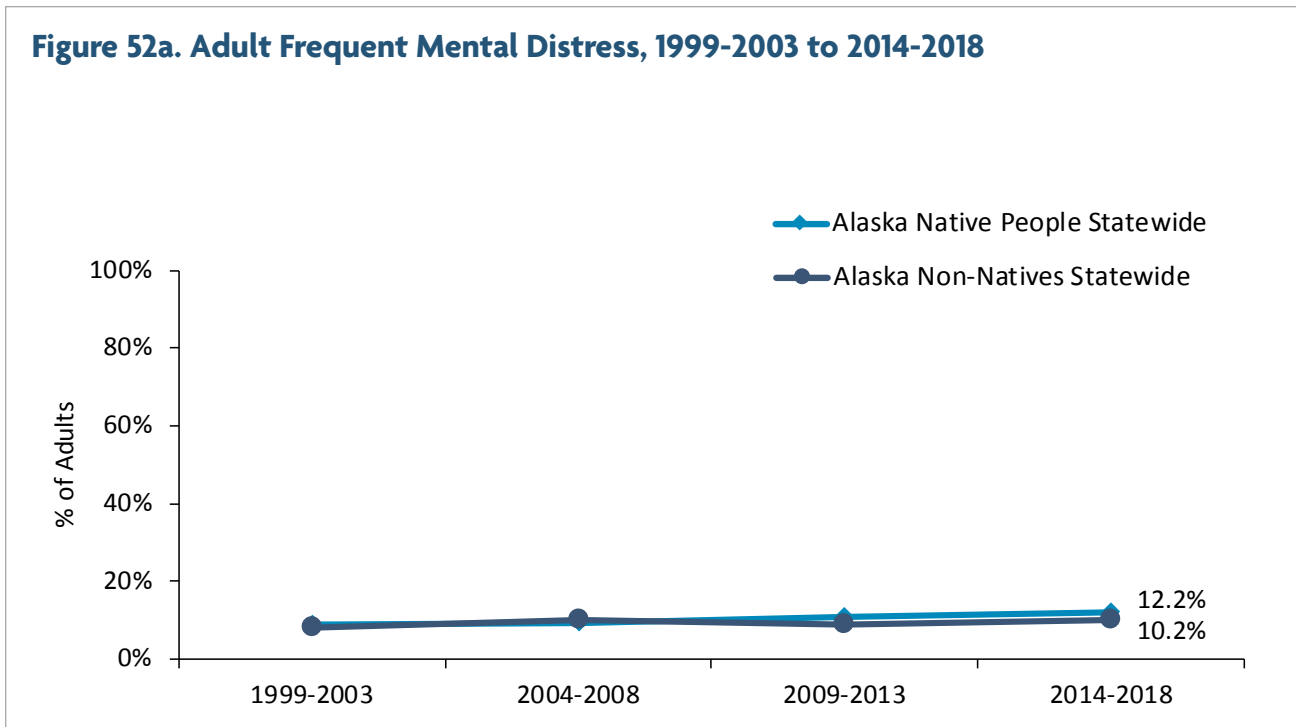
**Figure 51b. Percent of Alaska Native Adults With General Health Status of Very Good/Excellent by Tribal Health Region, 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-101

# Frequent Mental Distress

**Figure 52a. Adult Frequent Mental Distress, 1999-2003 to 2014-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-102

## Definition

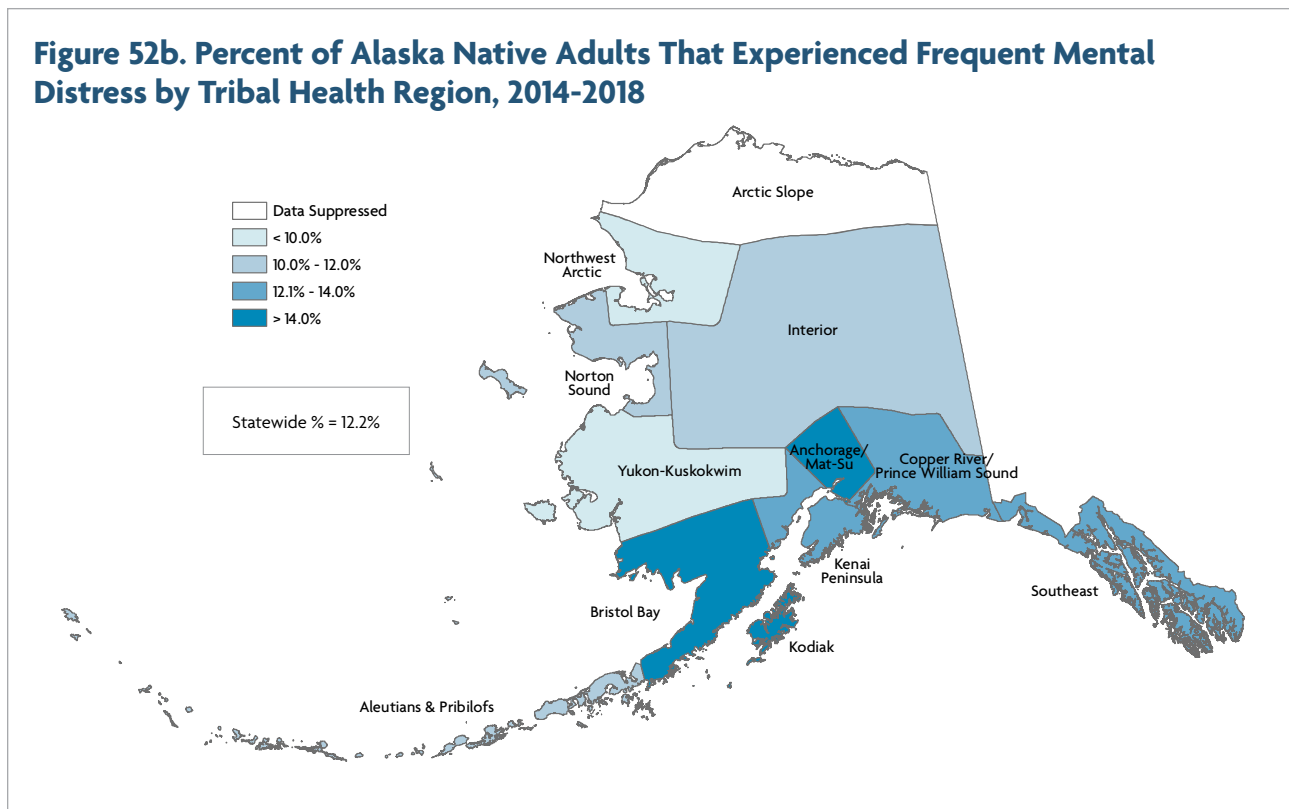
The World Health Organization states that mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.<sup>26</sup> Frequent mental distress is the percentage of adults who reported “not good” mental health for 14 or more days in the past 30 days. Evidence has shown that mental health disorders, especially depressive disorders, are related to the occurrence, treatment, risk factors for and course of chronic diseases. There is evidence that positive mental health is associated with improved health outcomes.<sup>27</sup>

## Summary

- » During 2014–2018, about one in eight (12.2%) Alaska Native adults reported experiencing frequent mental distress.
- » During 2014-2018, there was no statistically significant difference in frequent mental distress between Alaska Native and non-Native adults.
- » The percent of Alaska Native adults experiencing frequent mental distress remained relatively stable between 1999–2003 and 2014–2018.
- » During 2014–2018, the percent of Alaska Native adults with frequent mental distress varied by Tribal health region, ranging from 7.6% to 15.5%.

# Frequent Mental Distress

**Figure 52b. Percent of Alaska Native Adults That Experienced Frequent Mental Distress by Tribal Health Region, 2014-2018**

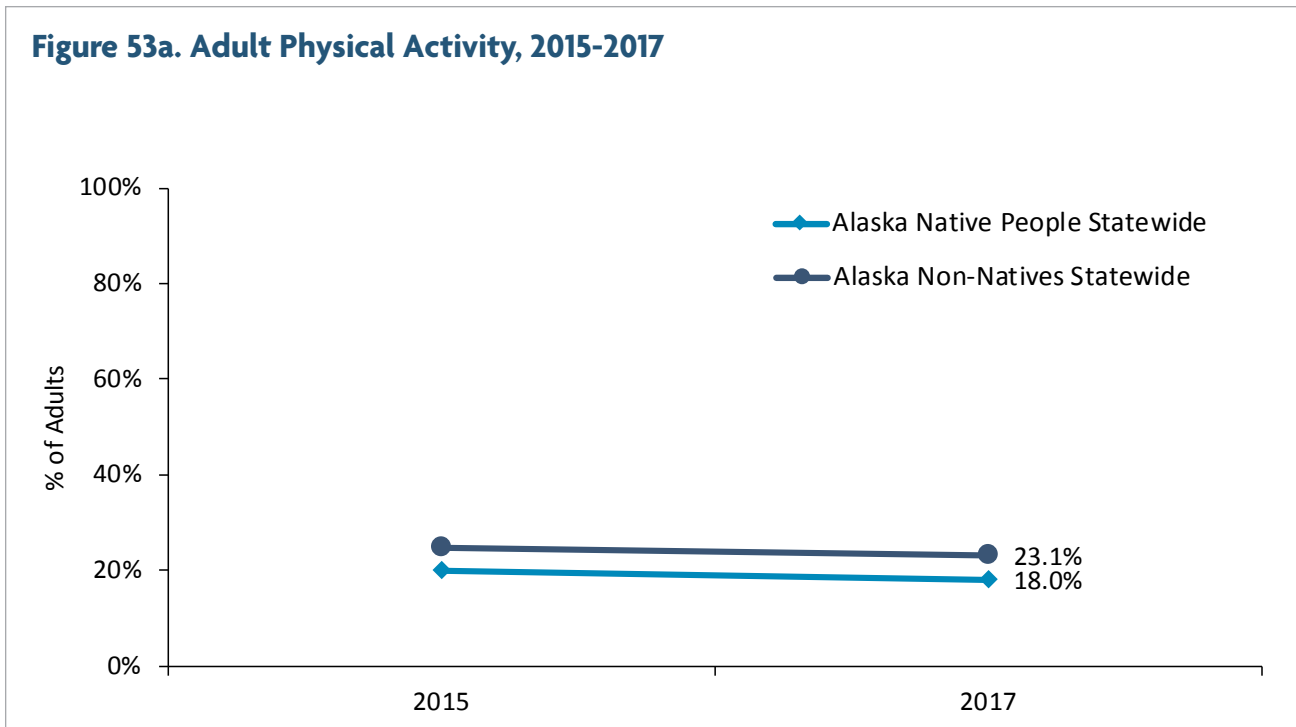


Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
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# Physical Activity

**Figure 53a. Adult Physical Activity, 2015-2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-104

### Definition

Adult physical activity is measured for persons aged 18 years and older who meet national recommendations for physical activity. The CDC’s Physical Activity Guidelines for Americans recommends that adults get a mix of moderate- or vigorous-intensity aerobic activity and muscle-strengthening activity each week.<sup>28</sup> The minimum amount of aerobic activity recommended each week is 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity, or an equivalent combination. The minimum frequency of recommended muscle-strengthening activity is at least 2 days a week where all major muscle groups are worked.

### Related Objectives

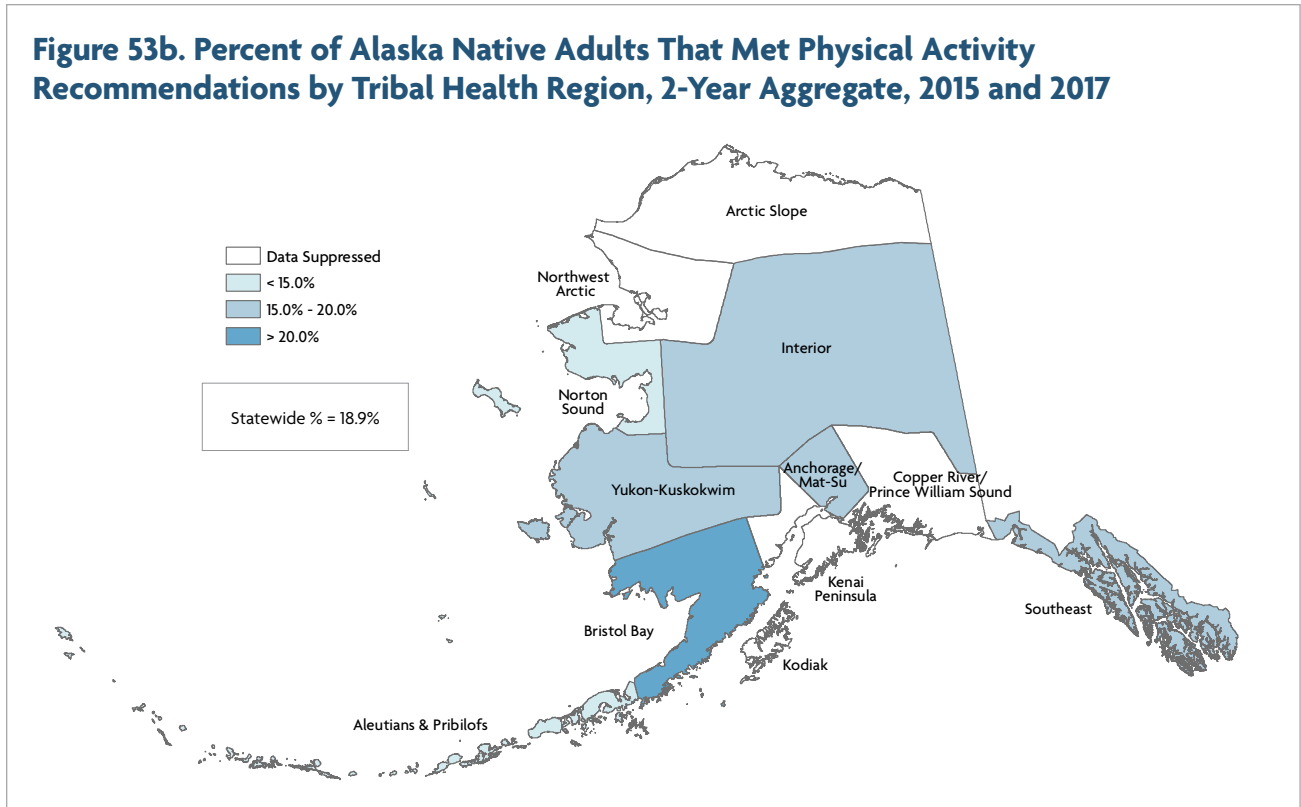
Increase the proportion of adults who do enough aerobic physical activity for substantial health benefits to 59.2%. - *HEALTHY PEOPLE 2030, OBJECTIVE PA-02*

### Summary

- » During 2017, about one in five (18.0%) Alaska Native adults reported meeting the recommendations for physical activity.
- » During 2017, there was no statistically significant difference between the percent of Alaska Native and non-Native adults who met physical activity recommendations.
- » During 2015-2017, the percent of Alaska Native adults meeting physical activity recommendations varied by Tribal health region, ranging from 10.4% to 25.1%.

# Physical Activity

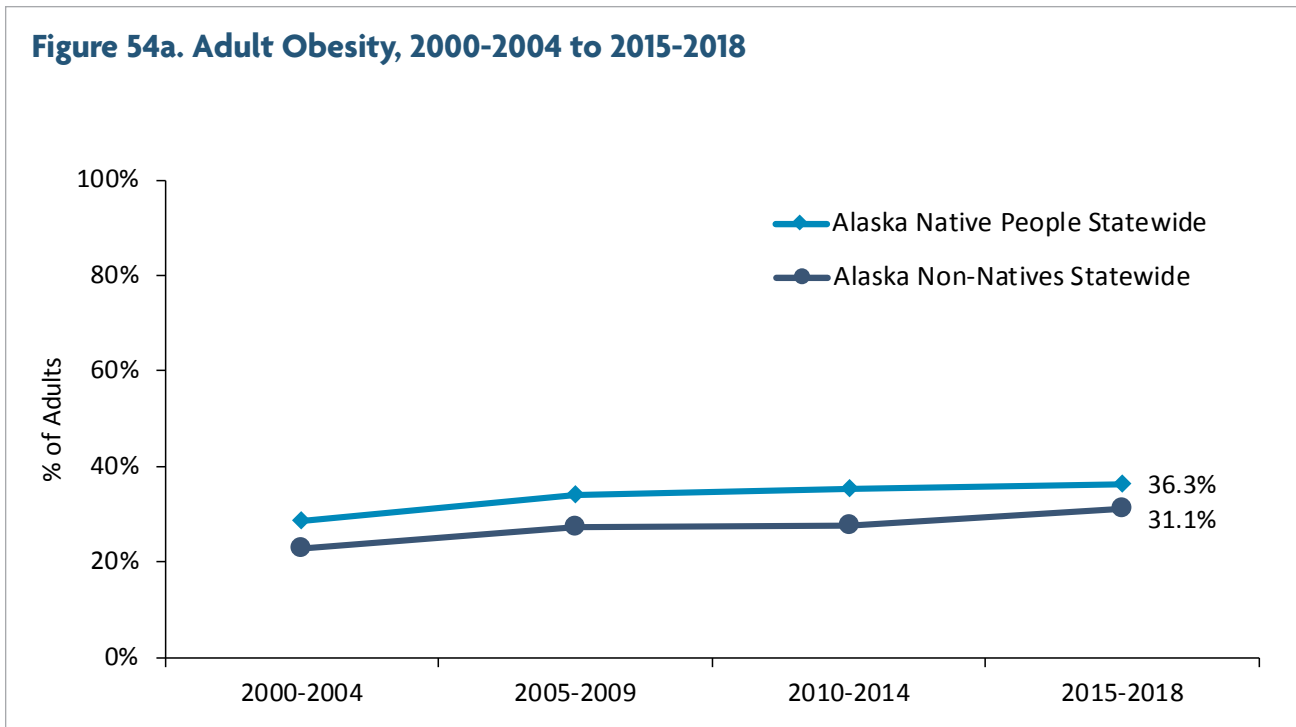
**Figure 53b. Percent of Alaska Native Adults That Met Physical Activity Recommendations by Tribal Health Region, 2-Year Aggregate, 2015 and 2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-105

# Obesity

**Figure 54a. Adult Obesity, 2000-2004 to 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-106

### Definition

Adult obesity is measured for persons aged 18 years and older having a body mass index of 30 kg/m<sup>2</sup> or more. Obesity is an important risk factor for chronic diseases and other health problems such as heart disease, cancers, high blood pressure, type 2 diabetes, stroke, and respiratory problems.<sup>29</sup>

### Related Objectives

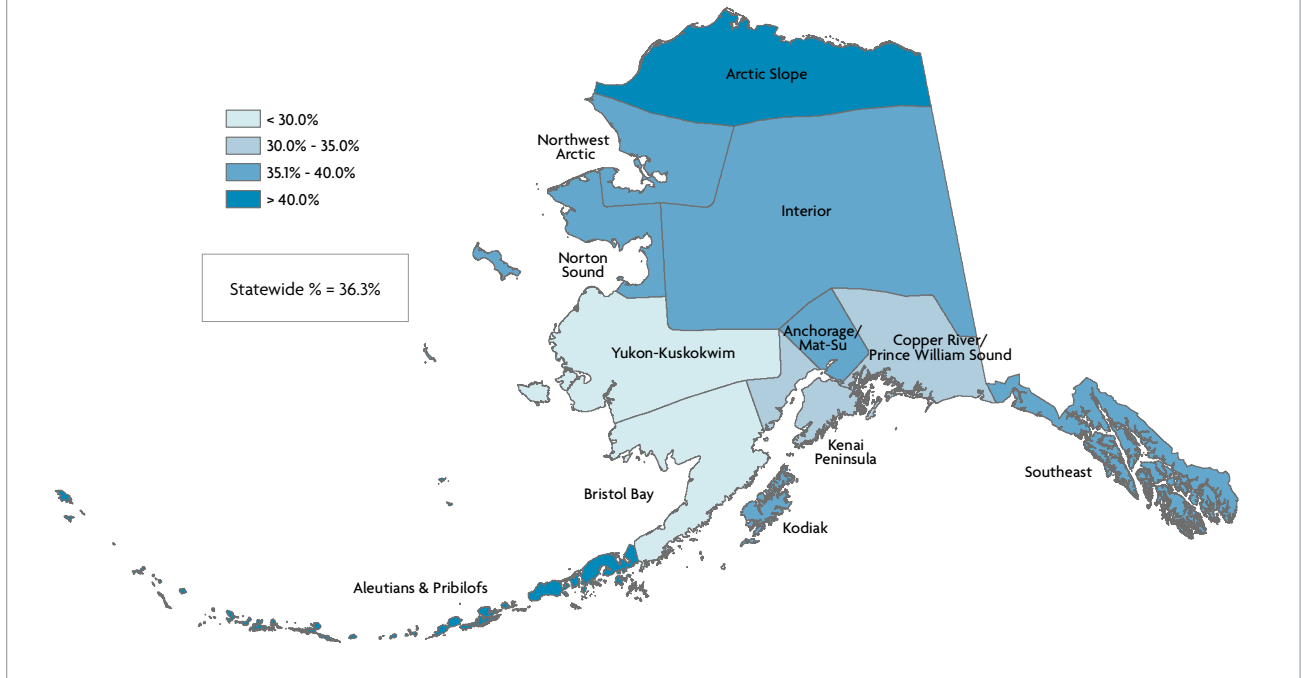
Reduce the proportion of adults with obesity to 36.0%. - *HEALTHY PEOPLE 2030, OBJECTIVE NWS-03*

### Summary

- » During 2015–2018, over one in three (36.3%) Alaska Native adults reported being obese according to their BMI. This was significantly higher than Alaska non-Native adults (31.1%).
- » The proportion of obese adults has significantly increased among both Alaska Native and Alaska non-Native adults since 2000-2004.
- » During 2015–2018, the percent of Alaska Native adults who were obese varied by Tribal health region, ranging from 28.5% to 55.3%.

# Obesity

**Figure 54b. Percent of Alaska Native Adults That Were Obese by Tribal Health Region, 2015-2018**

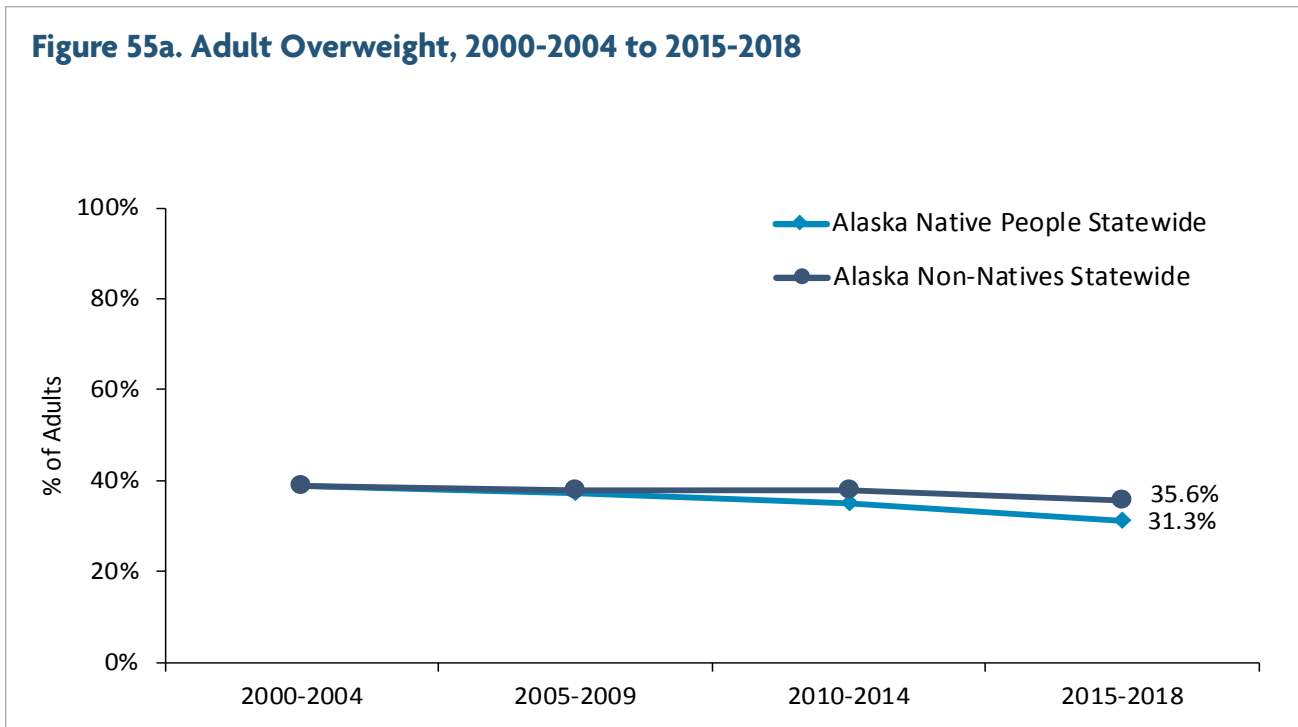


Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-107



# Overweight

**Figure 55a. Adult Overweight, 2000-2004 to 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-108

### Definition

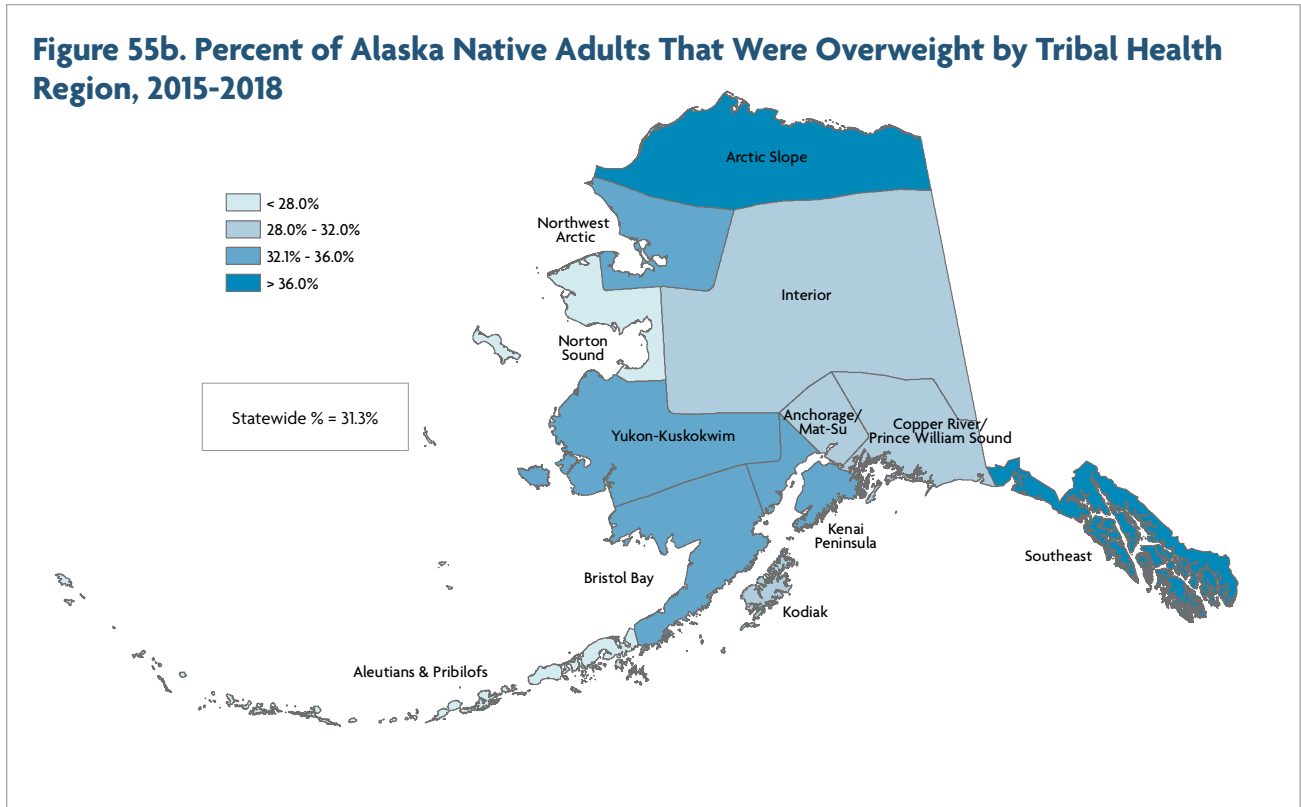
Adult overweight is measured for persons aged 18 years and older having a body mass index of 25.0 to 29.9 kg/m<sup>2</sup>. Overweight status is an important risk factor for chronic diseases and other health problems such as heart disease, cancers, high blood pressure, type 2 diabetes, stroke, and respiratory problems.<sup>29</sup>

### Summary

- » During 2015–2018, nearly one in three (31.3%) Alaska Native adults reported being overweight according to their BMI. This was significantly lower than Alaska non-Native adults (35.6%).
- » The percent of overweight Alaska Native and Alaska non-Native adults has significantly decreased between 2000-2004 and 2015-2018.
- » During 2015–2018, the percent of Alaska Native adults that were overweight varied by Tribal health region, ranging from 16.4% to 37.2%.

# Overweight

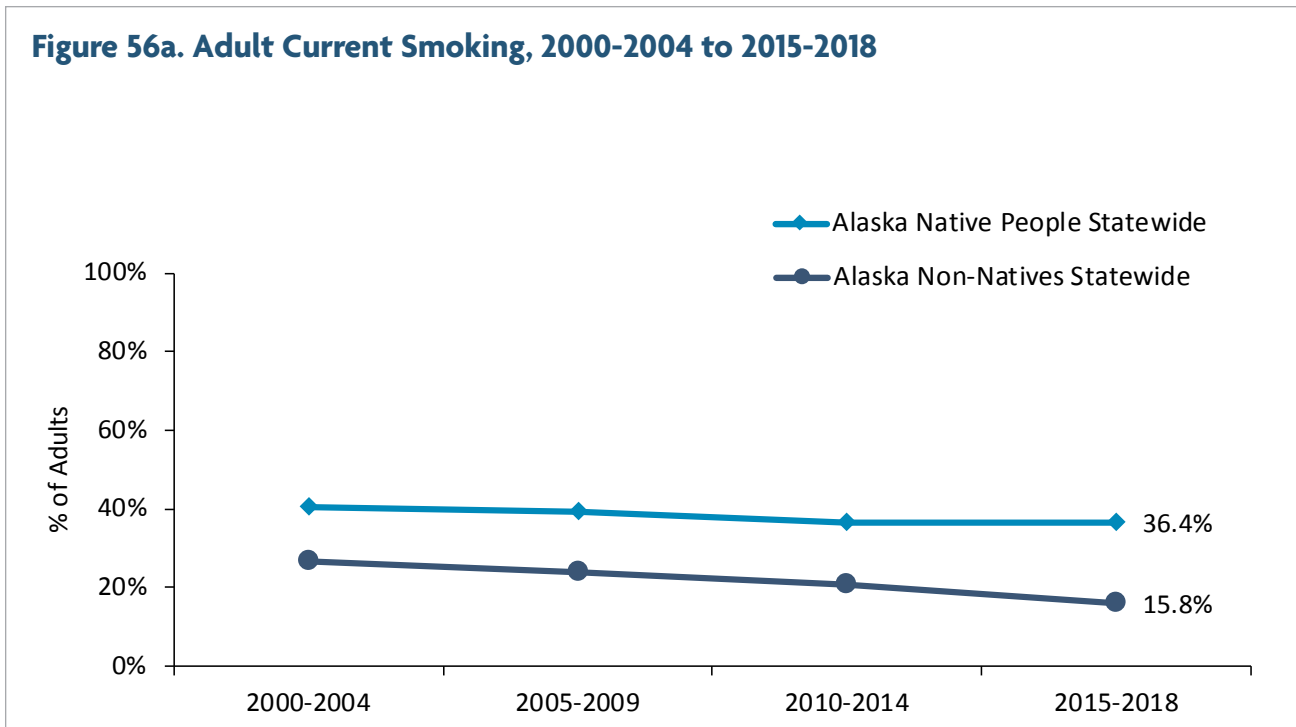
**Figure 55b. Percent of Alaska Native Adults That Were Overweight by Tribal Health Region, 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-109

# Current Smoking

**Figure 56a. Adult Current Smoking, 2000-2004 to 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-110

### Definition

Adult current smoking is measured for persons aged 18 years and older who have smoked at least 100 cigarettes during their lifetime and currently smoke some days or every day. Cigarette smoking is the leading cause of preventable disease and death in Alaska and in the United States as a whole. Smoking is associated with cancer, chronic obstructive pulmonary disease, coronary heart disease, stroke, premature birth, low birth weight, still birth, infant death, and other negative health effects.<sup>30, 31</sup>

### Related Objectives

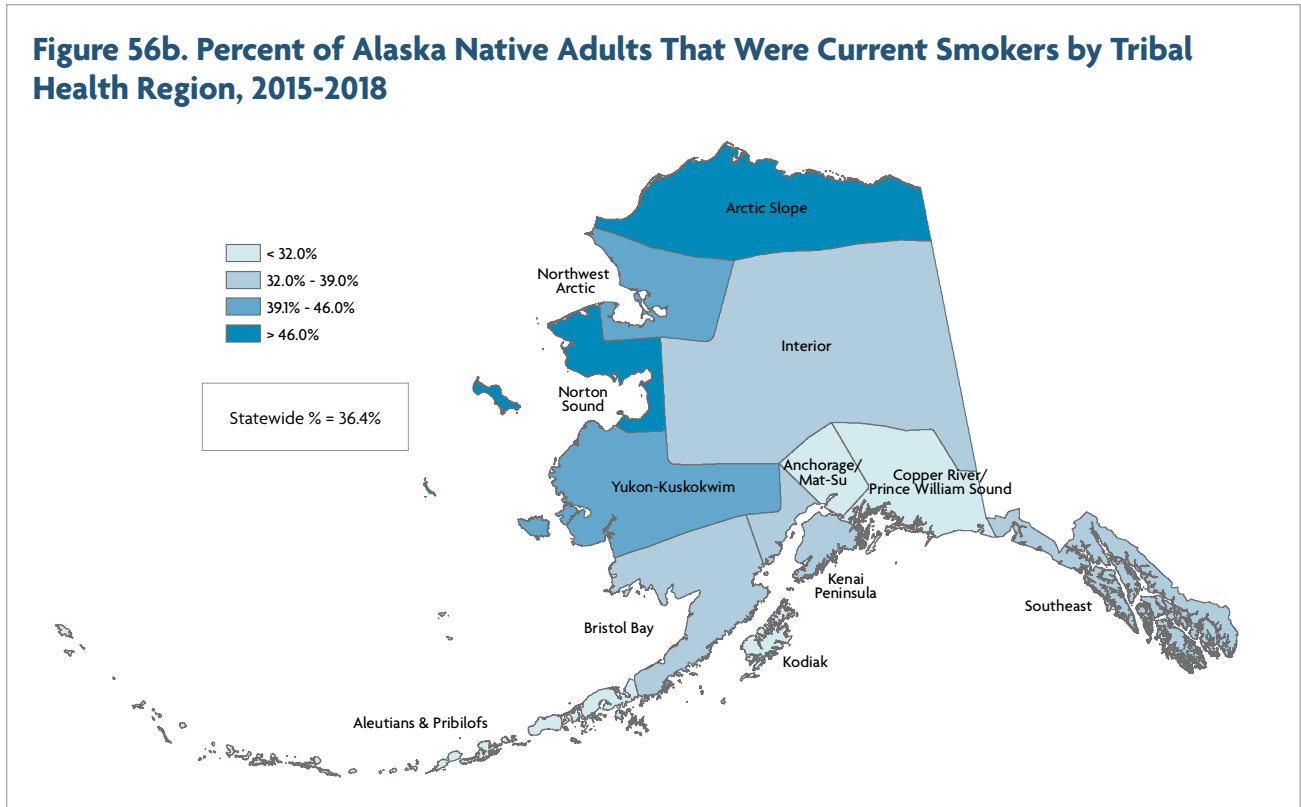
Reduce the percentage of adults (aged 18 and older) who currently smoke cigarettes or use electronic vapor products, smokeless tobacco, or other tobacco products to 25.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #27*. Reduce current cigarette smoking in adults to 5.0%. - *HEALTHY PEOPLE 2030, OBJECTIVE TU-02*

### Summary

- » During 2015–2018, more than one in three (36.4%) Alaska Native adults reported current smoking. This was significantly higher than Alaska non-Native adults (15.8%).
- » Alaska Native adult current smoking rates have remained relatively stable between 2000–2004 and 2015–2018, whereas Alaska non-Native adult current smoking rates decreased significantly.
- » During 2015–2018, the percent of Alaska Native adults that were current smokers varied by Tribal health region, ranging from 30.0% to 53.5%.

# Current Smoking

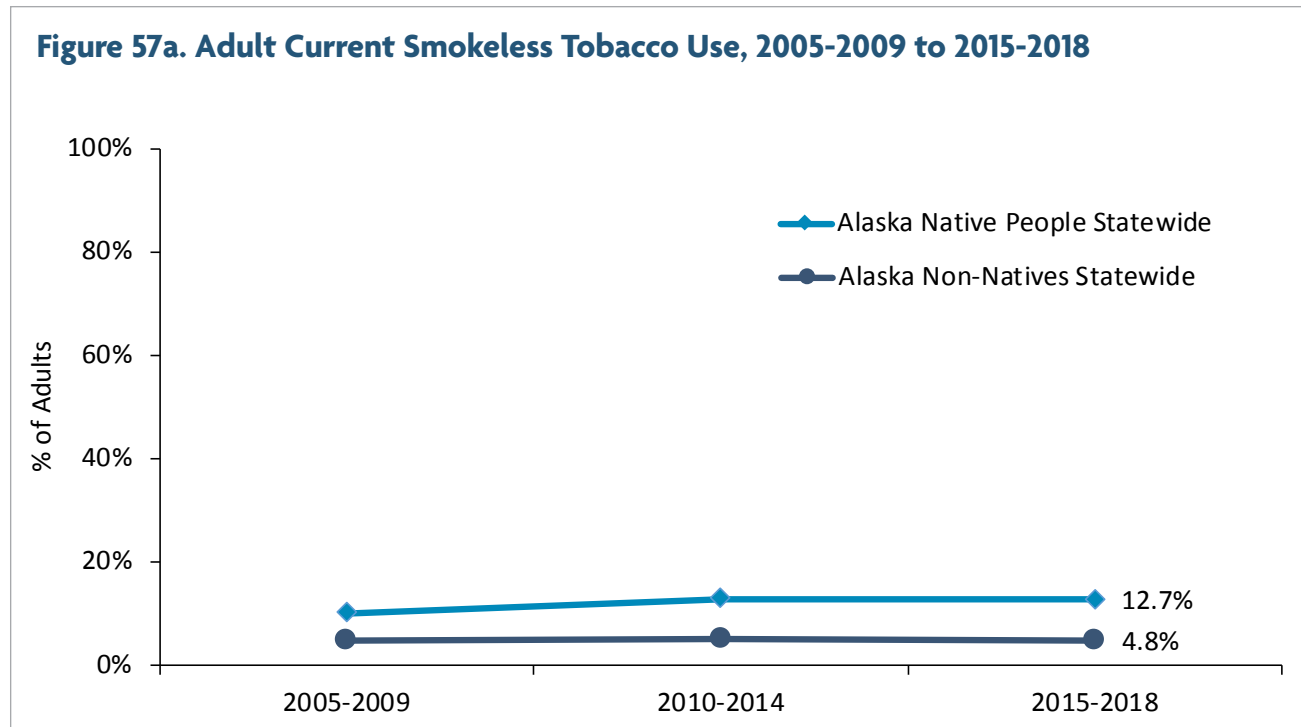
**Figure 56b. Percent of Alaska Native Adults That Were Current Smokers by Tribal Health Region, 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-III



# Current Smokeless Tobacco Use



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-112

### Definition

Adult smokeless tobacco use is measured for persons aged 18 years and older who currently use smokeless tobacco products including chewing tobacco, snuff, Iq'mik, or Blackbull. Smokeless tobacco causes oral cancer, esophageal cancer, and pancreatic cancer, and is also associated with heart disease, gum disease, and oral lesions.<sup>32</sup>

### Related Objectives

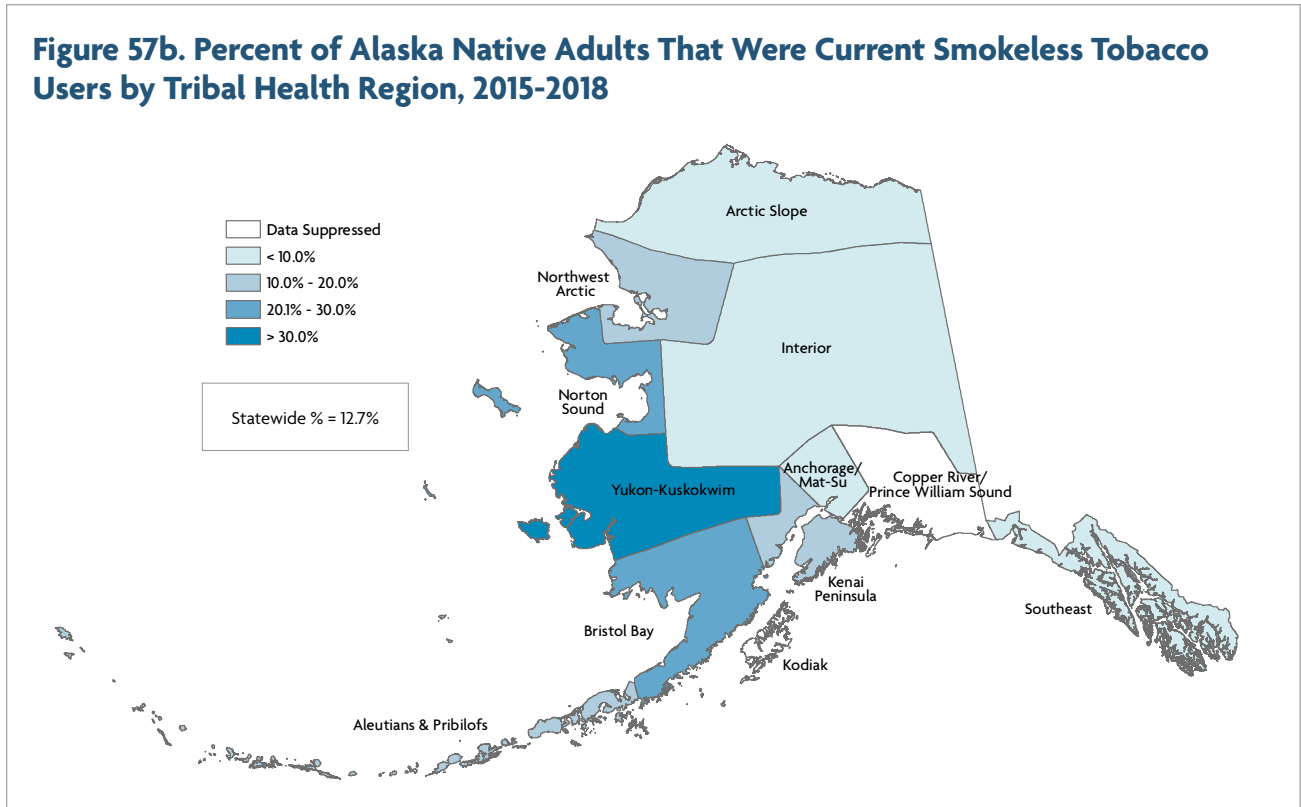
Reduce the percentage of adults (aged 18 and older) who currently smoke cigarettes or use electronic vapor products, smokeless tobacco, or other tobacco products to 25.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #27*

### Summary

- » During 2015–2018, about one in eight (12.7%) Alaska Native adults reported current use of smokeless tobacco. This was significantly higher than Alaska non-Native adults (4.8%).
- » Current smokeless tobacco use among Alaska Native adults has remained relatively stable between 2005-2009 and 2015-2018.
- » During 2015–2018, adult current smokeless tobacco use varied widely by Tribal health region, ranging from 1.5% to 40.0%.

# Current Smokeless Tobacco Use

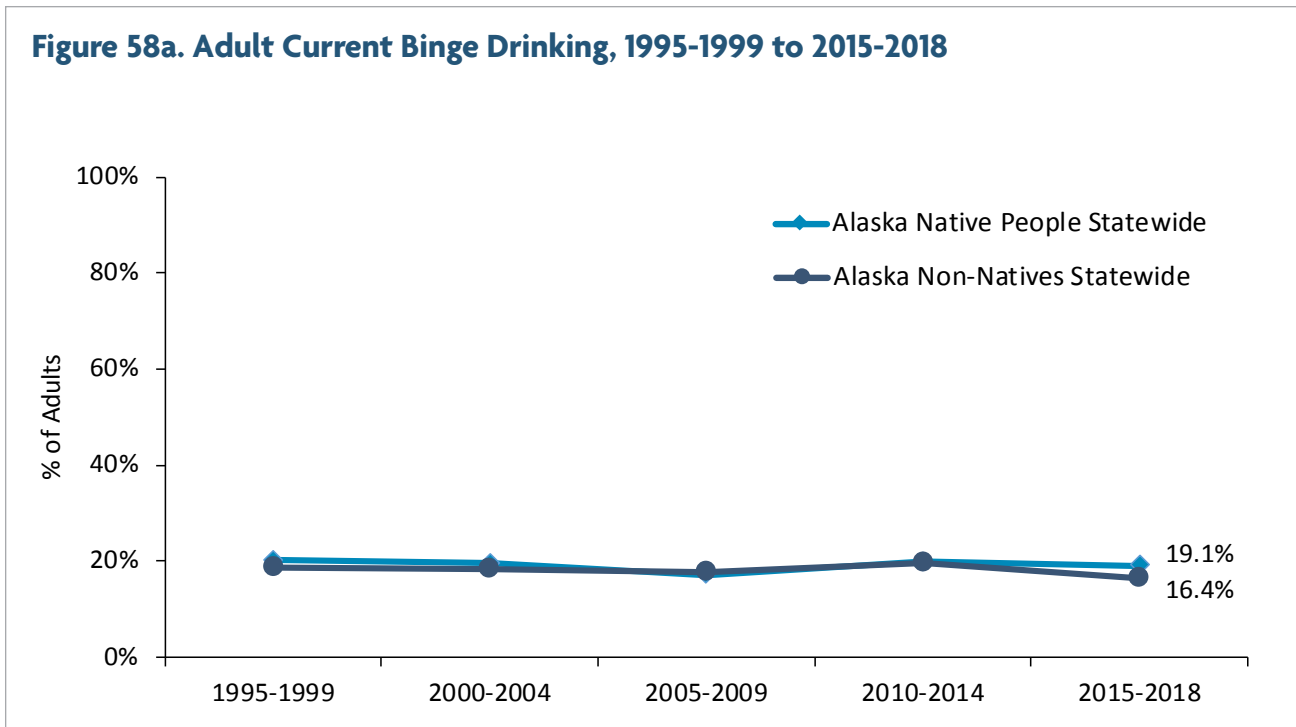
**Figure 57b. Percent of Alaska Native Adults That Were Current Smokeless Tobacco Users by Tribal Health Region, 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-113

# Current Binge Drinking

**Figure 58a. Adult Current Binge Drinking, 1995-1999 to 2015-2018**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-114

### Definition

Adult binge drinking is measured as adults aged 18 years and older who have had 5 or more drinks (for men) or 4 or more drinks (for women) on one or more occasion in the past 30 days. Negative consequences associated with binge drinking include unintentional and intentional injuries, alcohol poisoning, sexually transmitted diseases, unintended pregnancy, liver disease, neurologic damage, and high blood pressure and other cardiovascular diseases.<sup>33</sup>

### Related Objectives

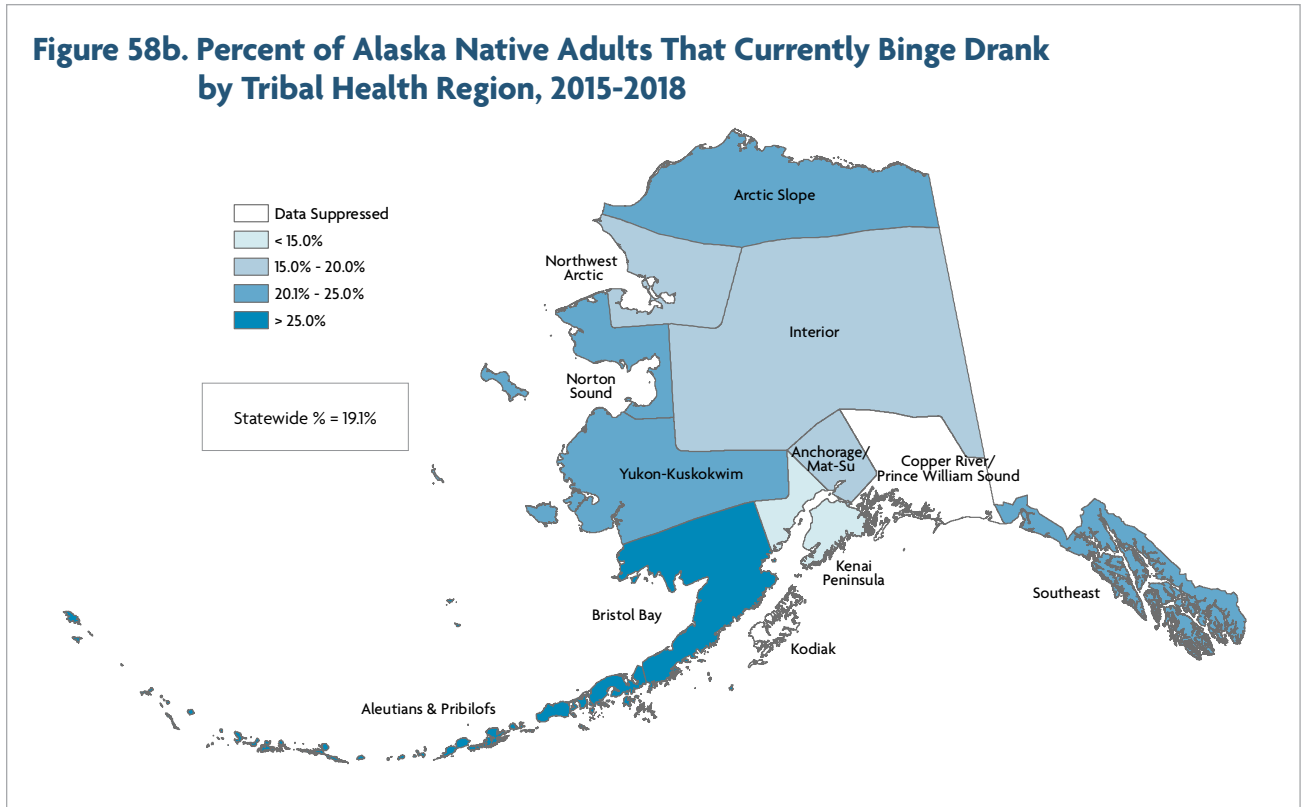
Reduce the proportion of people aged 21 years and over who engaged in binge drinking in the past month to 25.4%. - *HEALTHY PEOPLE 2030, OBJECTIVE SU-10*

### Summary

- » During 2015–2018, approximately one in five (19.1%) Alaska Native adults reported binge drinking.
- » During 2015-2018, there was no statistically significant difference in binge drinking between Alaska Native and non-Native adults.
- » Binge drinking among Alaska Native adults appears to have remained relatively stable between 1995-1999 and 2015-2018.
- » During 2015–2018, the percent of Alaska Native adults binge drinking varied by Tribal health region, ranging from 12.8% to 32.1%

# Current Binge Drinking

**Figure 58b. Percent of Alaska Native Adults That Currently Binge Drink by Tribal Health Region, 2015-2018**

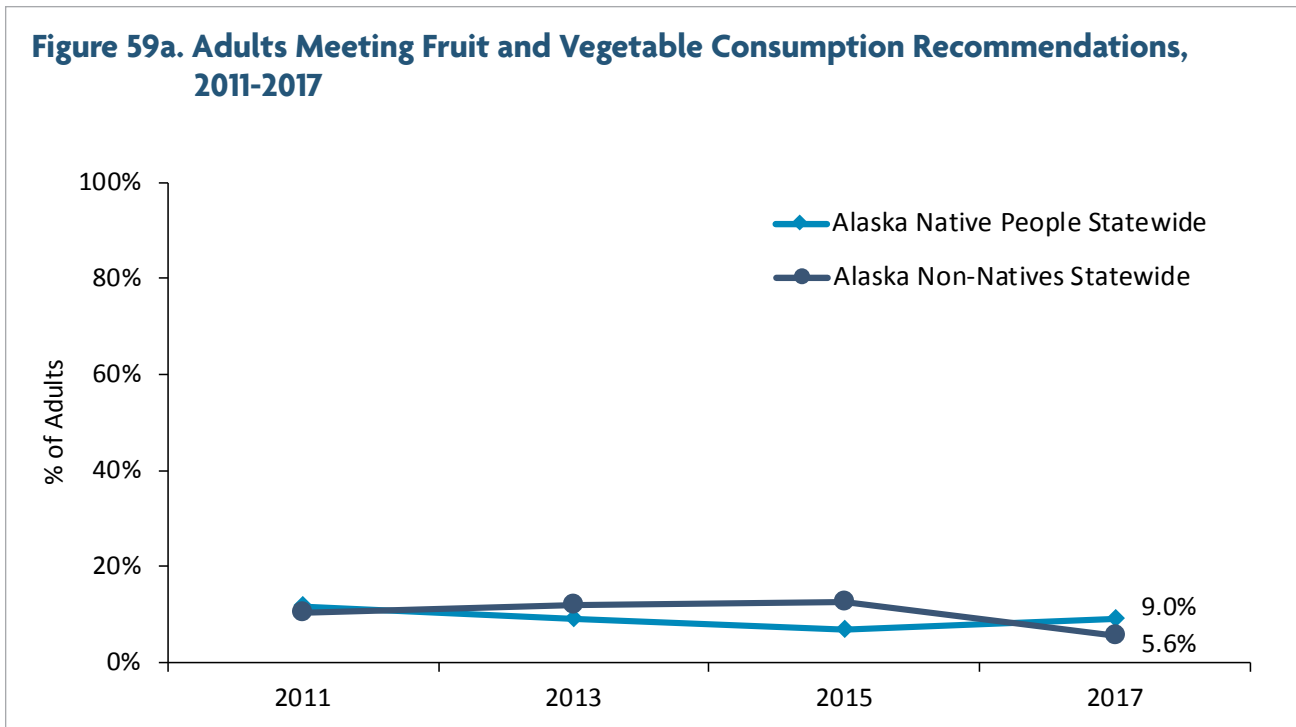


Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-115



# Diet - Fruit & Vegetable Consumption

**Figure 59a. Adults Meeting Fruit and Vegetable Consumption Recommendations, 2011-2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-116

### Definition

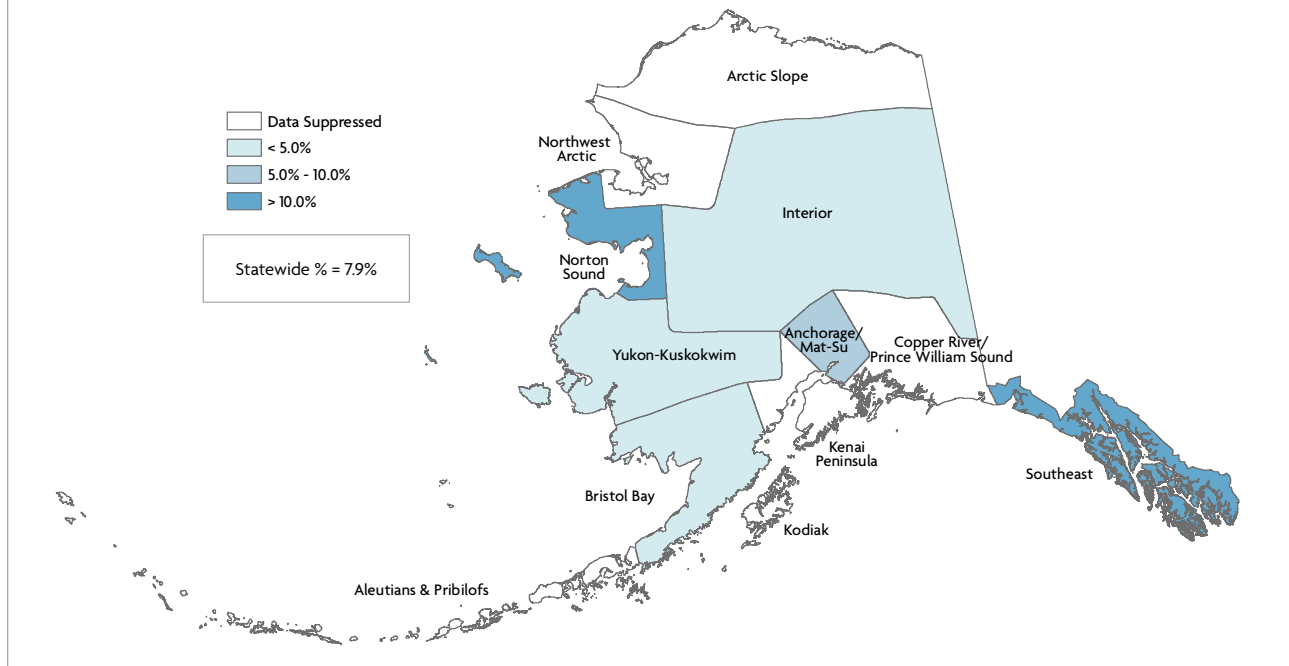
One method of assessing the adult diet is to measure consumption of fruits and vegetables. The amount of fruits and vegetables recommended daily varies based on age, sex, and level of physical activity. One of the key recommendations from the Dietary Guidelines for Americans, 2020–2025 is to consume a diet that includes a variety of vegetables and fruits.<sup>34</sup> The data show the percentage of adults who report having eaten at least 3 servings of vegetables and at least 2 servings of fruit per day during the past month. Vegetables include green salad, potatoes (excluding french fries, fried potatoes, or potato chips), carrots, or other vegetables. Fruits include 100% fruit juice and fruit.

### Summary

- » During 2017, about one in eleven (9.0%) Alaska Native adults reported eating at least 3 servings of vegetables and 2 servings of fruit per day.
- » During 2017, there was no statistically significant difference in fruit and vegetable consumption between Alaska Native and Alaska non-Native adults.
- » Fruit and vegetable consumption has remained relatively stable among Alaska Native adults between 2011 and 2017.
- » During 2015-2017, the percent of Alaska Native adults meeting fruit and vegetable recommendations varied by Tribal health region, ranging from 2.6% to 12.4%.

# Diet - Fruit & Vegetable Consumption

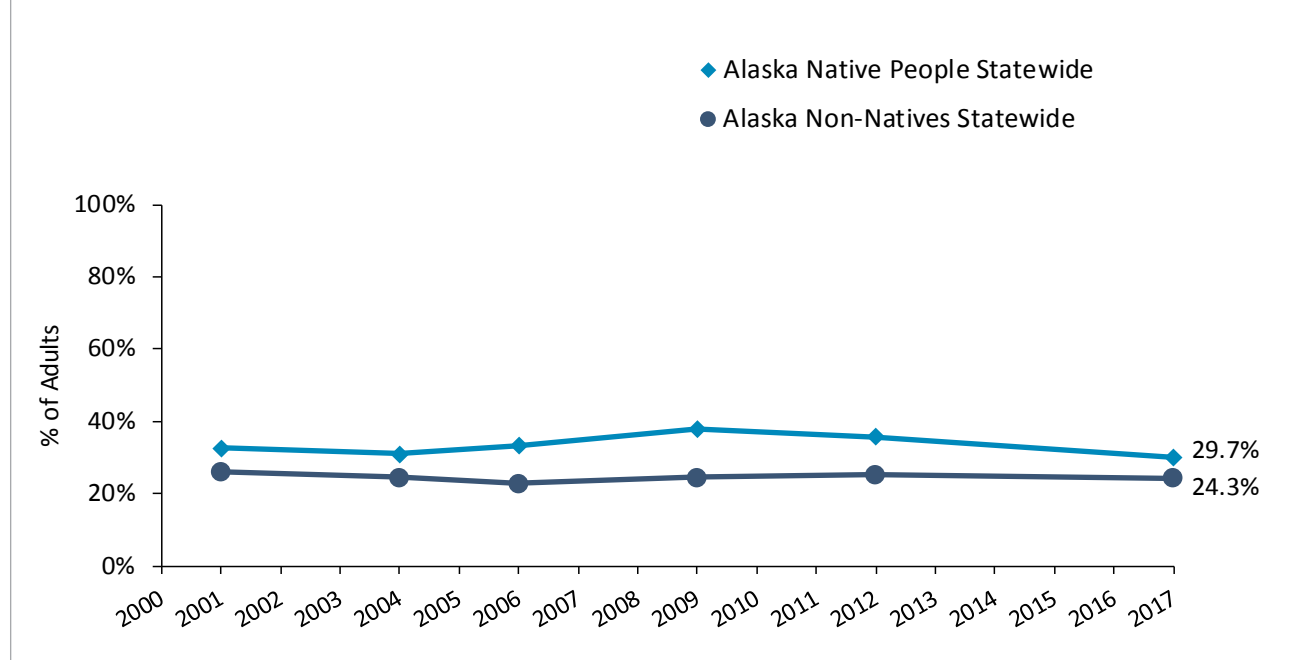
**Figure 59b. Percent of Alaska Native Adults That Met Fruit and Vegetable Consumption Recommendations by Tribal Health Region, 2-Year Aggregate, 2015 and 2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-117

# Intimate Partner Violence

**Figure 60a. Lifetime Intimate Partner Violence for Select Years, 2001-2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-118

### Definition

Intimate partner violence can include physical, sexual, or psychological/emotional harm by a current or former partner or spouse. Physical injuries can range from cuts, bruises and welts, to broken bones, internal bleeding and head trauma. Emotional harm can include trauma symptoms, and can lead to poor mental health or harmful coping behaviors such as use of alcohol or drugs.<sup>35</sup>

Lifetime intimate partner violence is measured for persons aged 18 years and older who report that they have had a spouse or partner ever hit, slap, punch, shove, kick, choke, hurt, or threaten them.

Note that data are only available for select years and in unequal intervals for this metric: 2001, 2004, 2006, 2009, 2012, and 2017.

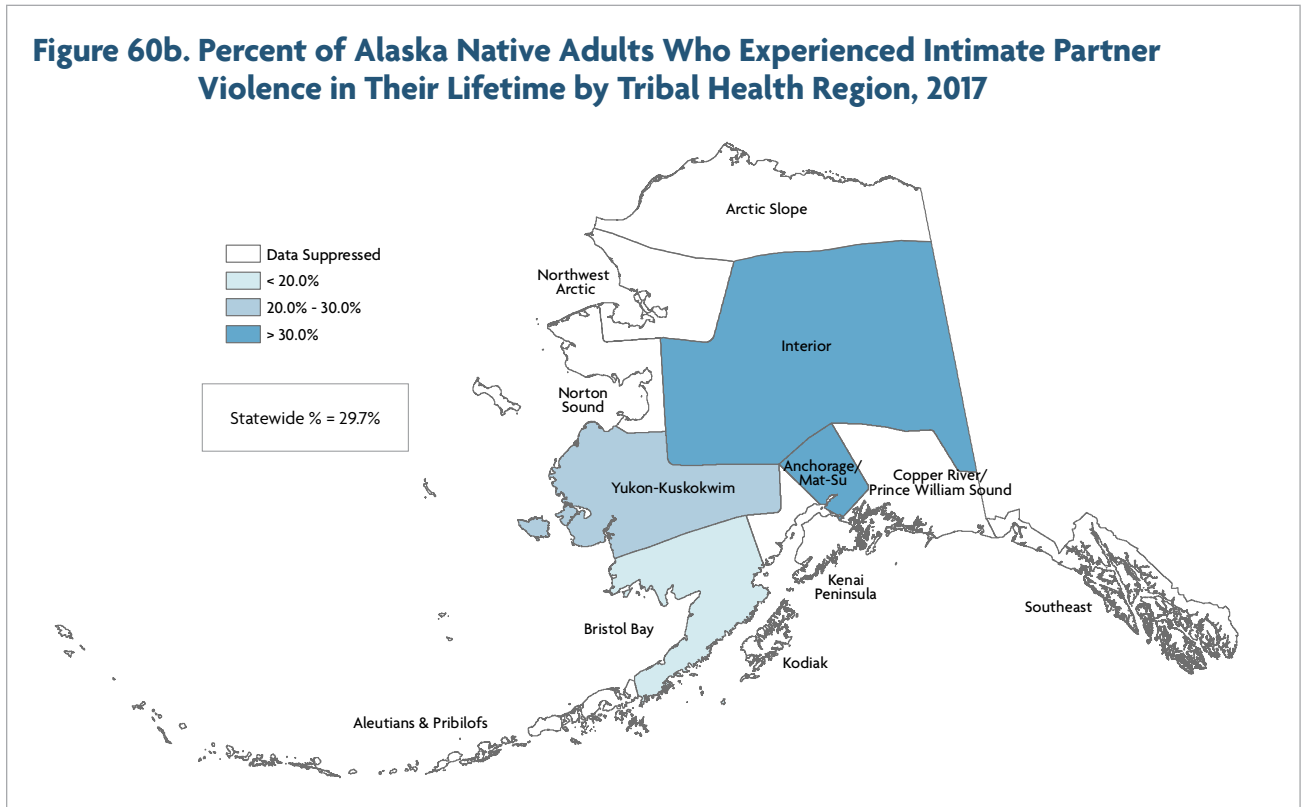
### Summary

- » During 2017, approximately one in three (29.7%) Alaska Native adults reported having ever experienced intimate partner violence in their lifetime.
- » During 2017, there was no statistically significant difference in intimate partner violence between Alaska Native and Alaska non-Native adults.
- » During 2017, the percent of Alaska Native adults who experienced intimate partner violence in their lifetime varied by Tribal health region, ranging from 16.0% to 37.9%.

Note: Data only available for certain years. Caution is advised when attempting to compare data between years.

# Intimate Partner Violence

**Figure 60b. Percent of Alaska Native Adults Who Experienced Intimate Partner Violence in Their Lifetime by Tribal Health Region, 2017**

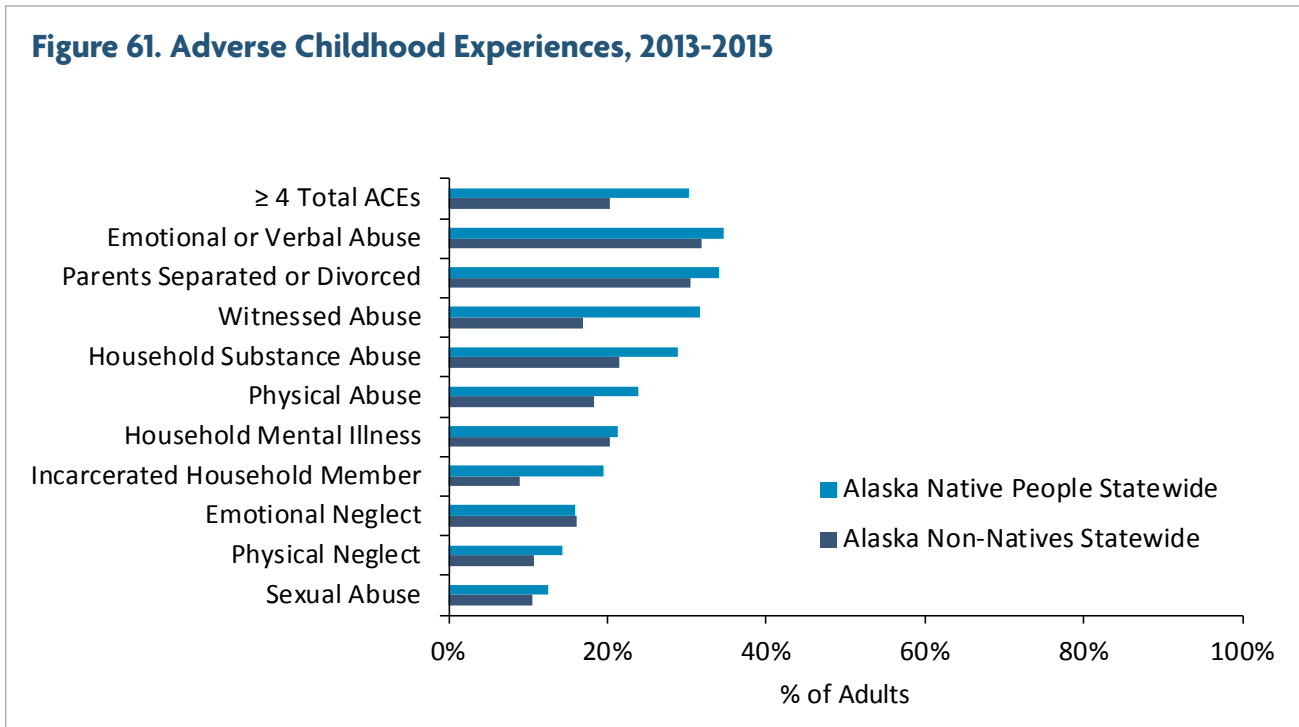


Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-119



# Adverse Childhood Experiences

**Figure 61. Adverse Childhood Experiences, 2013-2015**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Appendix Table C-120

### Definition

An adverse childhood experience (ACE) is a stressful or traumatic experience, including abuse, neglect and a range of household dysfunctions such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. ACEs have been linked to risky health behaviors, chronic health conditions, and early death.<sup>36</sup>

### Summary

- » During 2013–2015, 30.2% of Alaska Native adults reported experiencing 4 or more ACEs. This was significantly higher than Alaska non-Native adults (20.3%).
  - » During 2013–2015, 31.7% of Alaska Native adults reported witnessing abuse in the household as a child. This was significantly higher than among Alaska non-Native adults (16.9%).
- During 2013–2015, sexual abuse was the least commonly reported ACE among Alaska Native adults (12.5%) and did not differ significantly from Alaska non-Native adults (10.6%).

Note: This report shows the most recent available ACEs data (2013-2015).