

## Executive Summary



### Sociodemographics

- » In 2020, there were approximately 148,085 Alaska Native people living in Alaska. This includes people who identified as Alaska Native alone or in combination with other races.
- » More than half of the Alaska Native population is under the age of 29 years.
- » Since 2015, the largest growth in the Alaska Native population has been in the 65-79 years age group.
- » Disparities exist for the Alaska Native population on a number of measures of socioeconomic status such as educational attainment, poverty, and household income, as compared with Alaska White populations.

### Mortality

- » Alaska Native life expectancy for both genders combined is 70.4 years.
- » The leading causes of death for Alaska Native people are cancer, heart disease, and unintentional injury.
- » Mortality rates have decreased for all-causes, cancer, heart disease, and unintentional injury during the past 35 years. Infant mortality rates have also decreased.
- » There has been virtually no change in suicide mortality rates since the 1980's.
- » COPD mortality rates have increased during the past 35 years.
- » Unintentional injury accounts for nearly a quarter of all years of potential life lost; a measure of premature mortality.

- » Disparities exist between Alaska Native people and Alaska non-Native populations on a number of mortality measures including life expectancy, infant mortality, and leading causes of death.

### Morbidity

- » Cancer incidence rates have increased significantly among Alaska Native people during the past 40 years.
- » The leading types of cancer among Alaska Native people are colon/rectum, lung, and breast cancer.
- » Approximately 6% of the Alaska Native population have been diagnosed with diabetes.
- » Reported chlamydia and gonorrhea infection rates among Alaska Native people are higher than Alaska non-Native populations. The highest reported number of infections are among females aged 15-34 years.

### Maternal, Infant, & Child Health

- » Total birth and teen birth rates have decreased significantly during the past two decades.
- » About two-thirds of Alaska Native mothers received documented prenatal care during the first trimester.
- » More than 90% of Alaska Native mothers reported initiating breastfeeding, and more than 70% reported they were still breastfeeding their infant at 8 weeks postpartum.
- » Almost a fourth of Alaska Native mothers reported using tobacco during pregnancy.

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### Adolescent Health

- » Almost half of Alaska Native adolescents reported having supportive adults in their lives that they could turn to for social support, a protective factor against negative health outcomes.
- » Cigarette smoking has decreased significantly among Alaska Native adolescents since 2007. However, approximately 12% report smoking cigarettes and 20% report smokeless tobacco use.
- » Alcohol use has also decreased significantly, with fewer Alaska Native adolescents reporting binge drinking or use of any alcohol compared to 2007.
- » Approximately 43% of Alaska Native adolescents reported experiencing a major depressive episode during 2019.

### Adult Health

- » More than a third of Alaska Native adults report being in very good or excellent health.
- » More than a third of Alaska Native adults report meeting the criteria for obesity based on body mass index.
- » Cigarette smoking has declined, although not significantly, during the past two decades. More than a third of Alaska Native adults report being current smokers.
- » Close to a third of Alaska Native adults have reported experiencing 4 or more adverse childhood experiences (ACEs).

### Preventive Care

- » Over 80% of Alaska Native women aged 50-74 years report being screened for breast cancer in 2018.
- » Similarly, over 80% of Alaska Native women aged 21-65 years report being screened for cervical cancer in 2016.
- » Approximately two-thirds of Alaska Native adults aged 50-75 years report being screened for colorectal cancer.
- » Almost three-quarters of Alaska Native children aged 19-35 months have reportedly completed the recommended childhood vaccination series.
- » Approximately a quarter of Alaska Native adults reportedly received a seasonal influenza vaccine during the 2017-2018 season.
- » Over two-thirds of Alaska Native adults have reportedly been vaccinated against pneumococcal disease, and almost half have been vaccinated against shingles.

### Environmental Health

- » The proportion of households in rural Alaska Native communities that are served by water and sewer services has increased significantly since 2009.
- » Approximately 85% of households in rural Alaska communities have access to water and sewer service.
- » Approximately half of community water system users in Alaska receive water that is fluoridated for dental caries prevention.

# Data Summary

	Alaska Native People Statewide	Alaska Whites/ Non-Natives	Healthy Alaskans 2030/ - Healthy People 2030 Goal	Time Period (Alaska)
<b>Sociodemographics</b>				
High School or Higher Educational Attainment	83.0%	95.6%	90.0%	2015-19
Unemployment (all races/ethnicities)	7.8%	N/A	N/A	2020
Population Living in Poverty	24.0%	7.2%	10.0%	2015-19
Median Household Income	\$49,959	\$85,298	N/A	2015-19
<b>Mortality</b>				
Leading Cause of Death	Cancer	Cancer	N/A	2016-19
Life Expectancy in Years	70.4	79.3	N/A	2014-18
All-Cause Mortality Rate per 100,000 (Age-Adjusted)	1,077.7	635.9	N/A	2016-19
Infant Mortality Rate per 1,000 Live Births	10.3	2.9	5.0	2019
Years of Potential Life Lost per 100,000	14,395.9	6,207.1	N/A	2016-19
Cancer Mortality Rate per 100,000 (Age-Adjusted)	196.3	136.5	127.4	2016-19
Heart Disease Mortality Rate per 100,000 (Age-Adjusted)	183.3	120.8	71.1	2016-19
Unintentional Injury Mortality Rate per 100,000 (Age-Adjusted)	116.9	48.1	56.5	2016-19
COPD Mortality Rate per 100,000 (Age-Adjusted)	56.0	31.1	107.2	2016-19
Suicide Mortality Rate per 100,000 (Age-Adjusted)	39.9	20.3	25.0	2016-19
<b>Morbidity</b>				
Cancer Incidence Rate per 100,000 (Age-Adjusted)	497.6	450.9*	N/A	2014-18
Diabetes Prevalence (Age-Adjusted)	6.3%	7.5%**	N/A	2019
Chlamydia Incidence Rate per 100,000 (Age-Adjusted)	1,991.3	565.2	N/A	2018
Gonorrhea Incidence Rate per 100,000 (Age-Adjusted)	730.6	203.1	199.0	2018
Adult Tooth Loss	51.7%	36.5%	N/A	2018
<b>Maternal, Infant, and Child Health</b>				
Birth Rate per 1,000 Population	18.4	11.4	N/A	2019
Teen Birth Rate per 1,000 Females 15-19 Years	33.5	9.6	31.4	2019
Birth Defect Rate per 10,000 Live Births	651.2	266.4	N/A	2017
Preterm Birth	13.4%	7.7%	9.4%	2019
Low Birth Weight	7.6%	5.1%	N/A	2019
First Trimester Prenatal Care	68.1%	73.5%	81.8%	2019
Adequate Prenatal Care	54.2%	62.7%	80.5%	2019
Prenatal Tobacco Use	23.7%	6.6%	4.3%	2019
Prenatal Alcohol Use	5.6%	5.8%	7.8%	2019
Prenatal Intimate Partner Violence	6.1%	1.1%	N/A	2019
Breastfeeding Initiation	90.8%	96.8%	N/A	2019
Childhood Witness to Domestic Violence	38.3%	19.8%	N/A	2017
Dental Caries Among 3 Year Old Children	41.1%	7.3%	N/A	2018-19

\* Data is for U.S. Whites only

\*\* Data is for all races in Alaska in 2016

N/A – Not applicable or not available

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	Alaska Native People Statewide	Alaska Whites/ Non-Natives	Healthy Alaskans 2030/ - Healthy People 2030 Goal	Time Period (Alaska)
<b>Adolescent Health</b>				
Social Support	46.4%	53.2%	50.0%	2019
Depression	43.1%	34.2%	31.0%	2019
Suicide Attempt	24.3%	15.1%	N/A	2019
Physical Activity	17.5%	21.2%	22.0%	2019
Obesity	17.5%	11.4%	15.5%	2019
Healthy Weight	66.3%	71.0%	N/A	2019
Current Smoking	12.6%	4.8%	3.4%	2019
Smokeless Tobacco Use	20.2%	3.4%	2.3%	2019
Current Drinking	16.7%	25.3%	6.3%	2019
Binge Drinking	10.8%	14.5%	8.4%	2019
Marijuana Use	27.8%	19.4%	5.8%	2019
Prescription Pain Medicine Abuse	13.7%	14.0%	N/A	2019
Soda Consumption	16.7%	10.2%	N/A	2019
Sexually Active	42.8%	35.7%	19.2%	2019
Bullying	31.8%	23.7%	N/A	2019
Intimate Partner Violence	14.0%	6.0%	6.6%	2019
<b>Adult Health</b>				
General Health Status	40.4%	54.2%	N/A	2015-18
Frequent Mental Distress	12.2%	10.2%	N/A	2014-18
Meets Physical Activity Recommendations	18.0%	23.1%	59.2%	2017
Obesity	36.3%	31.1%	36.0%	2015-18
Overweight	31.3%	35.6%	N/A	2015-18
Current Smoking	36.4%	15.8%	25.0%	2015-18
Smokeless Tobacco Use	12.7%	4.8%	25.0%	2015-18
Binge Drinking	19.1%	16.4%	25.4%	2015-18
Meets Fruit & Vegetable Consumption Recommendations	9.0%	5.6%	N/A	2017
Lifetime Intimate Partner Violence	29.7%	24.3%	N/A	2017
Adverse Childhood Experiences (ACEs) ≥ 4	30.2%	20.3%	N/A	2013-15
<b>Preventive Care</b>				
Dental Visit in Past Year	59.8%	66.5%	N/A	2014-18
Breast Cancer Screening Among Women 50-74 Years	83.4%	71.5%	77.1%	2018
Cervical Cancer Screening Among Women 21-65 Years	84.3%	76.0%	84.3%	2016
Colorectal Cancer Screening Among Adults 50+ Years	69.6%	63.8%	74.4%	2018
<b>Environmental Health</b>				
Rural Households with Water and Sewer Service	85.6%	N/A	90.0%	2021
Population Served by Fluoridated Community Water System (all races/ethnicities)	49.6%	73.0%	60.0%	2018

N/A – Not applicable or not available