

Executive Summary

All-Cause Mortality Rate

- The Alaska Native people all-cause mortality rate, both sexes combined, during the period 2014-2018, was 51% higher than the U.S. all races rate (2014-2018).
- Alaska Native people, both sexes combined, had significantly higher rates than U.S. all races for all ten of the leading causes of death (i.e. cancer, heart disease, unintentional injury, suicide, chronic obstructive pulmonary disease, chronic liver disease, cerebrovascular disease, alcohol abuse, homicide, and influenza/pneumonia)
- Rate ratios of Alaska Native people compared to U.S. all races were highest for alcohol abuse (8.0), chronic liver disease (3.1), suicide (3.0), and homicide (2.8).
- All-cause mortality rates were significantly higher for the Anchorage-MatSu service region as compared to the rest of the state. All-cause rates were significantly lower for the Bristol Bay, Interior, Kenai Peninsula, and Southeast service regions as compared to the rest of the state.
- The all-cause mortality rate for Alaska Native people declined significantly (9%) between 1980-1983 and 2014-2018. U.S. all races also experienced a significant decline (26%) during this period.
- The Alaska Native all-cause mortality rate increased 4% since the last five-year period, 2009-2013.

Years of Potential Life Lost (YPLL)

- Alaska Native people experienced an average of 26.8 years of potential life lost from all causes during the 2014-2018 time period.
- Unintentional injury (YPLL=23,323) caused the greatest number of years of potential life lost among Alaska Native people, both sexes combined, and among females (YPLL=8,243) and males (YPLL=15,080), separately.

Excess Deaths

- The three leading causes of excess deaths among Alaska Native people, both sexes combined, were unintentional injury, cancer, and heart disease.
- The total excess deaths among Alaska Native people, both sexes combined, represented 41.9% of all deaths among Alaska Native people.

Life Expectancy

- Life expectancy for Alaska Native people born during 2014-2018 is estimated to be 70.4 years.
- Among Alaska Native people, both sexes combined, life expectancy was 8.2 years shorter than U.S. all races. In females, Alaska Native life expectancy was 72.8 years (8.3 years shorter than U.S. all races females) and in males, life expectancy was 68.1 years (8 years shorter than U.S. all races males).

First Leading Cause of Death – Cancer

- Cancer was the leading cause of death among Alaska Native people, both sexes combined, as well as among Alaska Native females, for the 2014-2018 time period.
- The cancer mortality rate for Alaska Native people, both sexes combined, was significantly higher than for U.S. all races (RR=1.3).
- There was a decrease (8%) in the Alaska Native cancer mortality rate during 1980-1983 and 2014-2018, although this decrease was not statistically significant. U.S. all races experienced a significant decrease (23%) in the cancer mortality rate during that period.

Second Leading Cause of Death – Heart Disease

- Heart disease was the second leading cause of death among Alaska Native people, both sexes combined, as well as among Alaska Native females. It became the leading cause of death among Alaska Native males in the most recent time period (2014-2018).
- The heart disease mortality rate was significantly higher for Alaska Native people, both sexes combined (RR=1.2), females (RR=1.2), and males (RR=1.3).
- The heart disease mortality rate among Alaska Native people, both sexes combined, declined significantly (24%) during 1980-1983 and 2014-2018. The U.S. all races rate declined significantly (58%) during this period.

Third Leading Cause of Death – Unintentional Injury

- Unintentional injury was the third leading cause of death for Alaska Native people, both sexes combined, as well as for both sexes separately.
- Among Alaska Native people, both sexes combined, the unintentional injury mortality rate was 2.5 times the U.S. all races rate. The rate for Alaska Native females was 2.8 times the U.S. all races female rate. The rate for Alaska Native males was 2.3 times the U.S. all races male rate.
- Unintentional injury deaths resulted in an average of 36.3 years of potential life lost.
- The unintentional injury mortality rate significantly declined by 38% for Alaska Native people, both sexes combined, during 1980-1983 and 2014-2018. The U.S. all races rate declined 4% during that period.

Fourth Leading Cause of Death – Suicide

- Suicide was the fourth leading cause of death among Alaska Native people, both sexes combined, as well as among Alaska Native males.
- The suicide mortality rate among Alaska Native people, both sexes combined, was 3.0 times the rate for U.S. all races. The rate ratios were 3.5 for Alaska Native females and 2.7 for Alaska Native males compared to U.S. all races females and males, respectively.
- Alaska Native people, both sexes combined, experienced a non-significant decrease (3%) in the suicide mortality rate during 1980-1983 and 2014-2018. U.S. all races experienced a non-significant increase (4%) during that period.

Fifth Leading Cause of Death – Chronic Obstructive Pulmonary Disease (COPD)

- COPD was the fifth leading cause of death among Alaska Native people, both sexes combined, as well as for both sexes separately.
- Alaska Native people, both sexes combined, experienced a COPD mortality rate 1.7 times the U.S. all races rate. The mortality rate among Alaska Native females was 1.5 times the rate among U.S. all races females. The mortality rate among Alaska Native males was 2.0 times the rate among U.S. all races males.
- The Alaska Native COPD mortality rate increased significantly (164%) during 1980-1983 and 2014-2018. The COPD mortality rate among U.S. all races increased significantly (33%) during that period.

Sixth Leading Cause of Death – Chronic Liver Disease

- Chronic liver disease was the sixth leading cause of death among Alaska Native people, both sexes combined. It ranked fourth among Alaska Native females and ninth among Alaska Native males.
- The chronic liver disease mortality rate among Alaska Native people, both sexes combined, was 3.1 times the U.S. all races rate. The rate for Alaska Native females was 6.1 times the U.S. all races female rate. The rate for Alaska Native males was 1.5 times the U.S. all races male rate.
- The chronic liver disease mortality rate for Alaska Native people increased significantly (19%) during 1980-1983 and 2014-2018. The rate declined 16% among U.S. all races during that period.

Seventh Leading Cause of Death – Cerebrovascular Disease

- Cerebrovascular disease was the seventh leading cause of death among Alaska Native people, both sexes combined.
- Alaska Native people, both sexes combined, experienced a cerebrovascular disease mortality rate 1.4 times the U.S. all races rate. Alaska Native females had a mortality rate 1.4 times the U.S. all races female rate. The rate for Alaska Native males was 1.3 times the U.S. all races male rate.
- The cerebrovascular disease rate significantly declined (20%) among Alaska Native people, both sexes combined, during 1980-1983 and 2014-2018. The rate among U.S. all races significantly declined by 56% during that period.

Eighth Leading Cause of Death – Alcohol Abuse

- Alcohol abuse was the eighth leading cause of death among Alaska Native people, both sexes combined.
- The alcohol abuse mortality rate among Alaska Native people, both sexes combined, was 8.0 times the U.S. all races rate. Alaska Native females had a rate 12.5 times the U.S. all races female rate. The rate for Alaska Native males was 6.4 times the U.S. all races male rate.

- Among Alaska Native people, both sexes combined, the alcohol abuse mortality rate declined significantly (30%) during 1980-1983 and 2014-2018. The alcohol abuse mortality rate increased 25% among U.S. all races, although this change was not significant.

Ninth Leading Cause of Death – Homicide

- Homicide was the ninth leading cause of death among Alaska Native people, both sexes combined.
- Among Alaska Native people, both sexes combined, the homicide mortality rate was 2.8 times the U.S. all races rate. The mortality rate for Alaska Native females was 4.6 times the rate for U.S. all races females. The rate for Alaska Native males was 2.3 times the U.S. all races male rate.
- There was a significant decline (56%) in the homicide mortality rates for Alaska Native people, both sexes combined, during 1980-1983 and 2014-2018. U.S. all races experienced a significant decline (19%) during that period.

Tenth Leading Cause of Death – Influenza and Pneumonia

- Influenza and Pneumonia were the tenth leading cause of death among Alaska Native people, both sexes combined.
- The influenza and pneumonia mortality rate among Alaska Native people, both sexes combined, was 1.9 times the U.S. all races rate. The rate for Alaska Native females was 1.8 times the U.S. all races female rate while the rate for Alaska Native males were 1.6 times the U.S. all races male rate.
- The influenza and pneumonia mortality rate among Alaska Native people, both sexes combined, declined significantly (47%) during 1980-1984 and 2014-2018. The rate among U.S. all races declined significantly (50%) during that period.