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Press Release

COMMISSIONER'S OFFICE

FOR IMMEDIATE RELEASE: Jan. 15, 2009

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State health department will continue to survey residents over the next year *Survey provides information to combat chronic and infectious diseases*

(Anchorage, AK) — The Alaska Department of Health and Social Services will continue to survey Alaskans by telephone throughout 2009 to ask them about their health behaviors for the department's annual Behavioral Risk Factor Surveillance System assessment.

The survey is designed to provide information on behaviors and risk factors contributing to chronic and infectious diseases and other health conditions among adults in Alaska.

The survey is conducted by department employees, and phone numbers are randomly generated. Surveyors do not know or collect the interviewee's name or address.

"We want to thank Alaskans for participating and assure everyone that all the information you give us is protected and confidential," said Rebecca Wells, program coordinator for the Division of Public Health. "Your input will help us design effective prevention programs and better understand what services we can provide to improve the health of Alaskans."

The survey asks for demographic information and covers such topics as health care access, exercise, diabetes, disability, tobacco use, hypertension and cholesterol awareness, fruit and vegetable consumption, immunizations and cancer screening.

"This is the first year we will be calling cell phones," Wells said. "Our goal is to reach a broader and perhaps younger demographic."

Some examples from the 2007 Alaska Behavioral Risk Factor Survey include:

- 22 percent of participating adults smoke;
- 19 percent of participating adults binge drink;
- 46 percent of participating adults report that they engage in regular physical activity; and
- 28 percent of participating adults say they are obese.

– More –

The U.S. Centers for Disease Control and Prevention funds the survey, which is conducted in every state.

Alaskans who are asked to participate in the survey may phone 1-877-655-2793 to confirm the validity of the call.

To view highlights from Alaska's most recent report go to [2007 Alaska BRFSS](#).

For more information about the national Behavioral Risk Factor Surveillance System go to <http://www.cdc.gov/brfss/>.

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