



HEALTHY ALASKANS 2020

A JOINT PROJECT OF THE ALASKA DEPARTMENT OF HEALTH AND SOCIAL SERVICES &
THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

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Healthy Alaskans 2020 survey results released

Alaskans weigh in on health priorities

ANCHORAGE — Preliminary results from the initial Healthy Alaskans 2020 survey have been released. Alaskans were invited to take the survey between Sept. 17 and Oct. 22, 2012. The results will be used to formulate the next survey, which will be designed to further narrow the list of leading health issues. The process is expected to guide health efforts in our state based on common health goals over the next decade.

According to the more than 1,500 Alaskans who responded to the survey, the top 10 health issues important to Alaskans, in order of priority, are:

- alcohol use and abuse;
- cost of health care;
- diet, exercise and obesity;
- other substance abuse;
- violence;
- community safety;
- quality of life and well-being;
- sexual and reproductive practices;
- chronic disease related health outcomes; and
- education.

Questions in the survey were divided into five main categories: Health Behaviors, Access to Care, Social and Economic Factors, Physical Environment, and Health Outcomes. The top concerns for each of the categories included:

Please select the specific Health Behaviors you are most concerned about:

- Overweight and obesity 15.4%
- Heavy drinking 9.6%
- Illegal drug use 7.4%

Please select the specific Access to Care topic you are most concerned about:

- Ability to pay for health care 39.2%
- Having a regular health care provider in your area 12.9%

Please select the general Social and Economic Factor you are most concerned about:

- Individuals and families living in poverty 11.5%
- Having enough household income 11.0%
- People driving while intoxicated 10.2%
- Child maltreatment 8.4%

Please select the general Physical Environment topic you are most concerned about:

- Access to healthy foods (including in schools) 20.6%
- Access to recreational activity and physical activity (including P.E. in schools) 19.1%
- Availability of safe places to walk and bike 15.6%
- Access to clean water and waste-water services 9.4%

Please select the specific Health Outcome topic you are most concerned about:

- Mental health 16.3%
- Drugs or alcohol-related deaths 15.1%
- Poor health or death due to overweight or obesity 12.3%
- Health-related quality of life 12.2%
- Suicide 11.5%

The complete report is available on the Healthy Alaskans 2020 website at ha2020.alaska.gov. The next survey period begins Jan. 15, 2013. The survey will once again be open to all Alaskans at ha.2020.alaska.gov.

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Healthy Alaskans 2020 is a joint effort of the State of Alaska Department of Health and Social Services and the Alaska Native Tribal Health Consortium. Our vision is healthy Alaskans in healthy communities. Our mission is to provide a framework and foster partnerships to optimize health for all Alaskans and their communities.