



FOR IMMEDIATE RELEASE:

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Comments and personal action needed on Alaska's draft health improvement plan, Healthy Alaskans 2030

The State of Alaska Department of Health and Social Services (DHSS) and the Alaska Native Tribal Health Consortium (ANTHC) are pleased to announce that the draft state health improvement plan, Healthy Alaskans 2030, is now open for public comment on the State of Alaska Public Notice website at <http://notice.alaska.gov/199049> until Sept. 2, 2020, at 5 p.m.

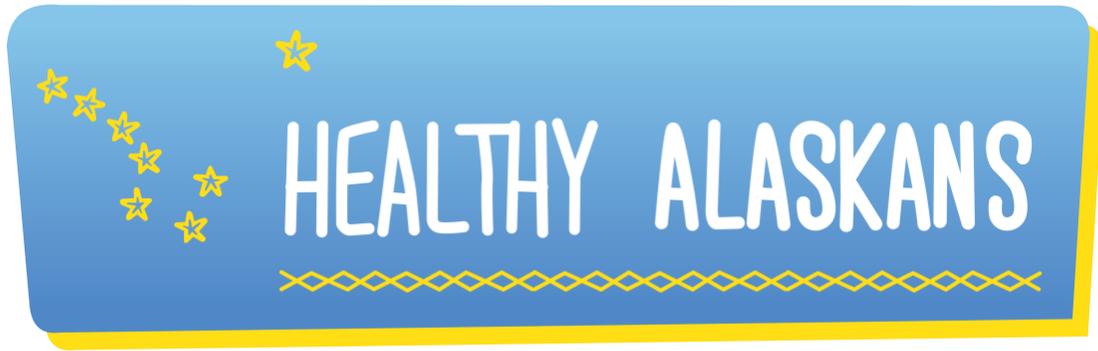
Healthy Alaskans is a long-standing partnership and joint effort of DHSS and ANTHC to provide data-driven objectives for ambitious — yet achievable — goals for improving the health of all Alaskans. The Healthy Alaskans 2030 plan is composed of 15 priority health topics containing 30 health objectives. Each objective has an established target to reach by 2030.

We need action from every Alaskan in order to reach these goals.

“What helps this plan succeed is engagement and commitment from as many Alaskans as possible,” said Alaska’s Chief Medical Officer Dr. Anne Zink. “Whether you’re an individual, a community leader, a business owner or in the health care field – no matter what your role – we encourage you to read this plan, make comments and take steps to improve your own health and the health of our communities.”

Within each plan objective, there are specific evidence-based strategies and actions that are recommended to move the state closer to achieving the target. HA2030 provides a framework for partners and stakeholders who are actively engaged in improving the health of Alaskans. This collaborative planning process is intended to encourage shared ownership and responsibility for the plan’s implementation, the framework of which has been grounded in a review of national models such as Healthy People and County Health Rankings, completion of a statewide health assessment, the prioritization of health topics, objectives, and targets, and the identification of strategies and actions to reach those targets.

“We strongly encourage Alaskans across the state to select two to three individual goals that they can target within their own households and spheres of influence,” said Kirsten Kolb, Chief Administrative Officer for ANTHC and member of the Healthy Alaskans Advisory Team. “Especially during these changing times, attainable areas of focus such as limiting the sugary drinks in our homes, increasing the



amount of exercise we get per day and evaluating the ways we relieve stress are some of the ways these strategies can be put into action in everyone’s day-to-day lives.”

Another way to help on an individual and corporate level is to ensure that the state health improvement plan is a complete, effective and thoroughly vetted plan by reviewing it, responding to the guiding questions and submitting your comments and any questions per the instructions in the public comment announcement.

To learn more about Healthy Alaskans or to participate in Healthy Alaskans efforts, go to:
www.healthyalaskans.org