

STATE HEALTH PLAN FOR ALASKA<sub>5</sub>

Volume 1

Prepared by the

ALASKA STATEWIDE HEALTH COORDINATING COUNCIL

and the

STATE HEALTH PLANNING AND DEVELOPMENT AGENCY  
Division of Planning, Policy & Program Evaluation  
Department of Health and Social Services  
State of Alaska

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AK/DHSS/PP&PE-84-1

June, 1984





STATE OF ALASKA  
OFFICE OF THE GOVERNOR  
JUNEAU

September 24, 1984

Mr. Arthur C. Willman, Chairman  
Statewide Health Coordinating Council  
Department of Health and  
Social Services  
Pouch H-01A  
Juneau, AK 99811

Dear Mr. Willman:

I have reviewed the Proposed State Health Plan, the public comments received on the proposed plan, and the final plan. Based on the substance of this review, I am pleased to announce my approval of the State Health Plan<sub>5</sub> for Alaska.

The efforts of the Statewide Health Coordinating Council in establishing priority health needs are particularly appreciated, and I support your commitment to implementation. The State Health Plan remains a valued resource to decision makers in the State, particularly because it addresses a broad spectrum of health, social, economic, and environmental issues.

Again, I would like to thank the Statewide Health Coordinating Council, and the State Health Planning and Development Agency, for their continuing commitment to health planning.

Sincerely,

A handwritten signature in cursive script, appearing to read "Bill Sheffield".

Bill Sheffield  
Governor

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## KEY TO ABBREVIATIONS

AANHS	Alaska Area Native Health Service (U.S. Public Health Service)
AIP	Annual Implementation Plan
AK	Alaska
API	Alaska Psychiatric Institute
CA	Census Area (1980)
CD	Census Division (1970)
CMHC	Community Mental Health Center
CNS	Central Nervous System
CPR	Cardio-Pulmonary Resuscitation
DEC	Department of Environmental Conservation (State)
DHEW	Department of Health, Education and Welfare (Federal-Prior to May 1980)
DHHS	Department of Health and Human Services (Federal-After April 1980)
DMHDD	Division of Mental Health and Developmental Disabilities (State-DHSS)
DOE	Department of Education (State)
DOT/PF	Department of Transportation & Public Facilities (State)
DPH	Division of Public Health (State - DHSS)
EMS	Emergency Medical Services
EMT	Emergency Medical Technician
ESRD	End Stage Renal Disease
HSA	Health Systems Agency or Health Service Area
HSP	Health Ststems Plan
ICD-9	International Clssification of Diseases - Ninth Revision
IHS	Indian Health Service (U.S. Public Health Service)
LTC	Long Term Care
MFP	Medical Facilities Plan
MR	Mentally Retarded

NAHRA Northern Alaska Health Resources Agency  
 NCC #2 Network Coordinating Council #2  
 NO HSA Northern Health Service Area  
 OADA Office of Alcohol and Drug Abuse (State - DHSS, Federal)  
 PDC State Health Plan Development and Annual Review Committee  
 PHS Public Health Service (U.S. Public Health Service)  
 pSHP preliminary State Health Plan  
 PSHP Proposed State Health Plan  
 Region X Federal Administrative Agency in Seattle for 4 States  
 (Alaska, Idaho, Oregon and Washington)  
 RHC Regional Health Corporations  
 SCHPD Southcentral Health Planning and Development, Inc.  
 SC HSA Southcentral Health Service Area  
 SEAHSA Southeast Alaska Health Systems Agency  
 SE HSA Southeast Health Service Area  
 SHCC Statewide Health Coordinating Council (State)  
 SHP State Health Plan  
 SHPDA State Health Planning and Development Agency  
 WCHP Western Center for Health Planning  
 US United States

## MISSION

The mission of the Alaska Statewide Health Coordinating Council is to foster the development and maintenance of a comprehensive health system in Alaska. The system should provide the facilities, manpower and services sufficient to assure access to high quality preventive, therapeutic and rehabilitative measures in achieving high level wellness for social and individual fulfillment.

## AN ALASKAN HEALTH STATEMENT

### Quality of Life

We Alaskans have a special love for our lifestyle. We are frontier people, but we cherish the good things our special society and environment brings. We endure the hardships this land delivers, since we know that on balance we can enjoy its many offerings.

The quality of life we seek cannot be measured in units or dollars but can be expressed as a series of statements describing the elements of a high quality, healthful Alaskan lifestyle. We are striving to achieve a healthy society in which:

- Citizens recognize that they are individually responsible for their own health and are in charge of their bodies. Their family, the government, or their community are not responsible for their health but can only help.

- Every person has an adequate supply of food to sustain them. The special nutritional needs of children, pregnant women, older citizens and sick persons are identified and met. Nutritional counselling is available.

- Primary care is available in all but the smallest communities. A system of levels of care has been implemented and speciality care is accessible when needed. All citizens have health care financial coverage at a reasonable expense.

- Adequate arrangements are made to care for the chronically ill or debilitated in the least restrictive environment. Institutionalized persons (patients, prisoners, nursing home residents, etc.) are humanely treated with respect and dignity.

- Death and dying processes are handled in accordance with the wishes of the dying person.

- An adequate education is available to every citizen and student. This education integrates basic principles of health education and disease prevention.

- Immunizable diseases are virtually eliminated through high levels of immunization. Communicable diseases are systematically tracked down in order to prevent their spread through the society.

- Safe water and safe air are available throughout the state. Accidental deaths are no longer the leading cause of death in Alaska. Emergency medical systems are adequate to provide immediate care and safe transportation to an appropriate treatment site.

- Every family unit has a safe, uncrowded and energy efficient home at a reasonable cost.

- Alcohol abuse and drug abuse have been eliminated as the primary health problems among Alaskans. Rehabilitation programs and mental health services are available at regional centers with outreach arms into the surrounding communities.

- Violent crime has been minimized. Adequate shelters are available for victims of criminal abuse.

- A meaningful, productive job or employment is available for every adult citizen. Recreational opportunities are available to all citizens with a special emphasis on activities for teenagers and children. Full use of our Alaskan countryside is available for individual and family recreation. The land is used, but not abused.



## PREFACE

The National Health Planning and Resources Development Act of 1974 (P.L. 93-641) provides a unique opportunity to realize the two goals of improvement in health status and improvement in the health system. These goals can be achieved by increasing the accessibility, acceptability, continuity and quality of health services through the systematic development of comprehensive and coordinated statewide and areawide health plans. The Alaska State Health Plan represents a statewide effort to achieve these two goals.

The State Health Plan<sub>5</sub> again is a joint undertaking of the Alaska State Health Planning and Development Agency, the Health Systems Agencies, the Statewide Health Coordinating Council, agencies of the State government and other interested private and public organizations. In all State Health Plan processes, the SHCC and SHPDA seek a broadly based, cross-representative group of consumers and providers who voluntarily donate their time and expertise. The SHCC and the SHPDA wish to thank all contributors and reviewers for their efforts in the development of Alaska's State Health Plan<sub>5</sub>

The State Health Plan<sub>5</sub> represents a refinement of the preceding State Health Plans. Where possible information has been updated, old data was deleted, sections expanded with new relevant information, and new sections added.

The SHCC hopes that through coordinated involvement and cooperation of both public and private agencies and individuals, limitations of the State Health Plan will become minimal. The refinement of this five year Plan is a step process with each year's revisions contributing to the comprehensiveness, clarification and utility of the Plan. The members of the Statewide Health Coordinating Council and the Division of State Health Planning & Development would again like to thank you for your interest and involvement in designing and shaping a health system sensitive to the needs, economy and practicalities of the people of Alaska.

