

## Sources for Alaska Obesity-Related Surveillance Data

### Informed Alaskans

Informed Alaskans is a data visualization initiative to make state, regional, and community health data readily accessible to individuals, health organizations, health providers, and policy makers. The two essential elements are a database and query system, [Alaska Indicator-Based Information System for Public Health](#) (IBIS-PH, or AK-IBIS for short), and [InstantAtlas™](#) a geographic information system. Weight status prevalence is available in both systems as are many obesity related behaviors. Additional indicators are being added to these systems regularly.

#### Websites:

**AK –IBIS:** <http://ibis.dhss.alaska.gov/>

**InstantAtlas:** <http://www.dhss.alaska.gov/dph/InfoCenter/Pages/ia/instantatlas.aspx>

### Pregnancy Risk Assessment Monitoring System (PRAMS)

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of mothers of newborns that has been on-going in Alaska since 1990. PRAMS is a collaborative project between the CDC and the Alaska Division of Public Health. It collects information about behaviors and circumstances of Alaskan mothers and their infants surrounding the pregnancy and postpartum period. Sampled mothers are asked to participate by mail. Phone interviews are attempted with women who do not respond by mail. Outside of what Vital Records can provide, PRAMS is the premier source of population-based data on maternal and infant issues for Alaska. Unintended births, breastfeeding, domestic violence, prenatal substance use, and depression are some of the topics covered in PRAMS.

**Websites** <http://dhss.alaska.gov/dph/wcfh/Pages/mcheppi/prams/>

**Data access** <http://dhss.alaska.gov/dph/wcfh/Pages/mcheppi/prams/data.aspx>

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### Childhood Understanding Behaviors Survey (CUBS)

The Childhood Understanding Behaviors Survey (CUBS) began in 2006 and is a three-year follow-up survey to PRAMS. CUBS follows-up with all mothers living in Alaska who completed PRAMS and whose infant was living with them at that time. Phone interviews are attempted with women who do not respond by mail. Some of the topics covered on CUBS include nutrition and eating habits, general and specialized health care utilization and access, and child care, and TV and screen time, as well as items specific to maternal experiences.

**Website** <http://dhss.alaska.gov/dph/wcfh/Pages/mcheppi/cubs/>

**Data access** <http://dhss.alaska.gov/dph/wcfh/Pages/mcheppi/cubs/data>

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## Alaska Student Weight Status Surveillance System (SWSSS)

SWSSS is comprised of Alaska student weight status data obtained voluntarily from partner school districts that have contributed their data as a means of monitoring obesity trends. Participating school districts provide DHSS de-identified student data (i.e., measured height and weight, age, and sex). DHSS conducts the analysis to generate body mass index (BMI), BMI percentile, and the associated weight status classifications of underweight, healthy weight, overweight and obese.

**Website**      <http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/weightstatus.aspx>

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## Youth Risk Behavior Survey (YRBS)

The Youth Risk Behavior Survey (YRBS) is part of an epidemiological surveillance system that was established in 1990 by the Centers for Disease Control and Prevention (CDC); Alaska has participated since 1995. The purpose of the Youth Risk Behavior Survey (YRBS) is to help monitor the prevalence of behaviors that put Alaskan youth at risk for the most significant health and social problems that can occur during adolescence and adulthood, in order to assist in prevention and intervention planning and evaluation. The YRBS survey is an anonymous, paper-and-pencil, school-based survey of high school students administered every other year by the Alaska Division of Public Health.

**Website:** <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/default.aspx>

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## Behavioral Risk Factor Surveillance System (BRFSS)

The State of Alaska began the Standard BRFSS in 1991 as a point-in-time study and has continued yearly since. The Alaska BRFSS is a collaborative project between the CDC and the Alaska Division of Public Health. Trained interviewers call randomly selected landline and cell phone numbers across Alaska to collect data using the BRFSS questionnaire. The survey asks adults age 18 and older questions about lifestyle habits which may shape health; the survey is voluntary and anonymous. The BRFSS data have proven to be instrumental in formulating policy, proposing legislation for health initiatives and to focus resources on emergent and critical health concerns.

**Website**      <http://dhss.alaska.gov/dph/Chronic/Pages/brfss/default.aspx>

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