



**TOBACCO PREVENTION AND  
CONTROL REGIONAL PROFILE:  
INTERIOR**

**FY2015**

**Tobacco Prevention and Control Regional Profile:**  
**Interior Region**  
**Draft 1/22/16**

Produced by the Section of Chronic Disease Prevention and Health Promotion, Tobacco Prevention and Control Program through a contract with Program Design and Evaluation Services, Multnomah County Health Department and Oregon Public Health Division.

Major contributors include:

Chris Bushore, Program Design and Evaluation Services  
Erik Everson, MPH, Program Design and Evaluation Services  
Andrea Fenaughty, PhD, Deputy Section Chief  
Jennie Hyde, PhD, Tobacco Prevention and Control Program  
Kathy Pickle, MPH, Program Design and Evaluation Services

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Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Charles Utermohle, PhD, Programmer/Analyst  
Alison Kulas, MSPH, Program Manager

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### **PREFACE**

Tobacco use remains Alaska's leading preventable cause of disease and death. More Alaskans die as a result of tobacco use than from infectious diseases, alcohol, car accidents, illegal drugs, murders and suicides combined. Tobacco use exacts an enormous burden on the State of Alaska and its residents, causing premature death and millions of dollars of avoidable medical care expenditures. The single best thing that Alaskans who use tobacco can do to improve their health and the health of those around them is to quit using all tobacco products.

The Centers for Disease Control and Prevention (CDC) has identified tobacco use as one of the most important "winnable battles" in public health – priorities with large-scale impact on health and known, effective strategies to address them. The CDC offers guidance to states about how to reduce the burden of tobacco use through comprehensive tobacco prevention and control programs described in Best Practices for Comprehensive Tobacco Control Programs-2007. These evidence-based, comprehensive, sustained statewide tobacco control programs have

been shown to reduce smoking rates, tobacco-related deaths, and diseases caused by smoking.

Tobacco use remains a critical health issue in Alaska and disproportionately affects Alaska Native adults and youth, individuals of low socioeconomic status (SES), and young adults, leading to health inequities or disparities for these groups. However, Alaska has made considerable progress in reducing the burden of tobacco use by implementing a comprehensive tobacco prevention and control program consistent with CDC guidelines. Since the inception of the program in 1996, adult smoking rates have declined significantly to 22% in 2013, and youth smoking rates have been more than cut in half, to 11% in 2013.

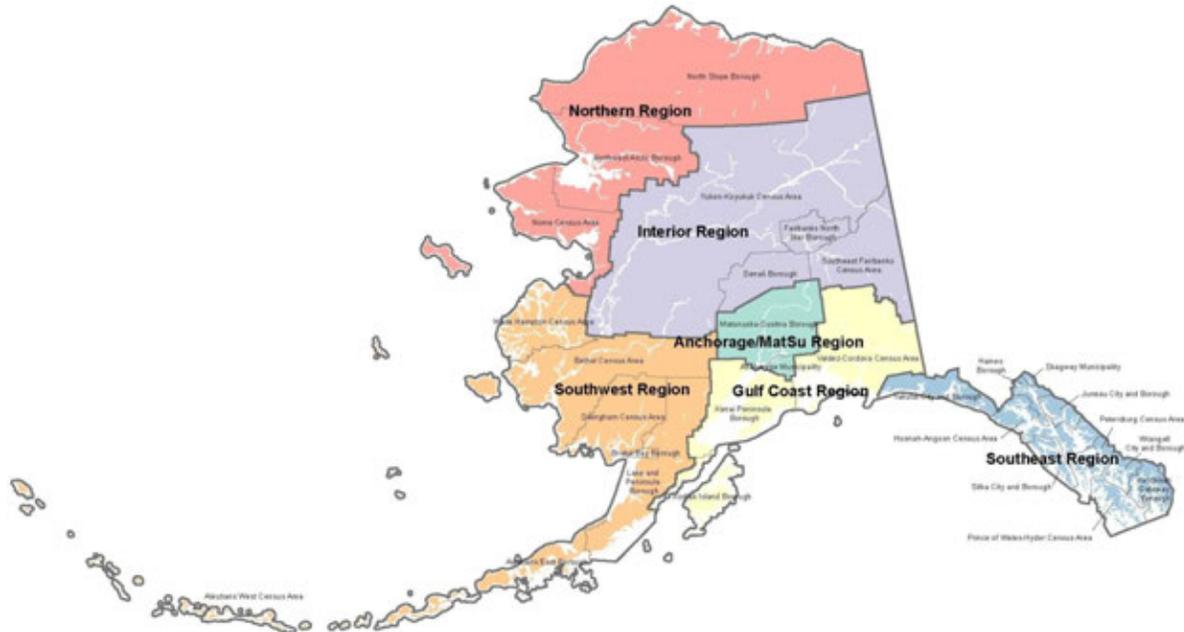
The State of Alaska Tobacco Prevention and Control (TPC) Program has achieved success by implementing an evidence-based comprehensive tobacco prevention and control program, including a tobacco quit line, counter-marketing media, and grants to promote tobacco-free policies in community programs, schools and health care organizations. These program elements combine to address the four goals of the TPC Program:

1. prevent the initiation of tobacco use among youth;
2. promote cessation for tobacco users;
3. eliminate exposure to secondhand smoke (SHS); and
4. identify and eliminate tobacco use disparities.

The TPC Program has previously supported grant programs to independently fund work in these four goal areas, including community organizations, health care systems, and schools across the state. In 2013, the TPC Program streamlined this approach by offering a comprehensive, regional funding scenario in which partners can approach tobacco prevention and control at the community level.

Regional profiles have been compiled to support this innovative streamlined approach to comprehensive tobacco prevention and control in Alaska. Tobacco use varies considerably by region, with twice the rates of smoking and four times the rates of smokeless tobacco use in some regions when compared with the statewide estimates. These regional profiles summarize key demographic data, tobacco indicators, tobacco-related policies in the region, and potential partner organizations and infrastructure that could support regional tobacco prevention and control efforts. While this report is specific to the Interior region, data for the other regions and statewide are included in Appendix B, and regional reports are available for each of the Public Health/Labor Market regions in Alaska (see map below).

## The 6 Public Health/Labor Market regions in Alaska



### **OVERVIEW**

The 2014 population estimates<sup>i</sup> lists 112,197 people living in the Interior region of Alaska, accounting for 15% of the total population in Alaska. The vast majority of people (n=97,972) live in the Fairbanks North Star Borough. The city of Fairbanks (n=31,721) accounts for nearly 30% of the total population in the Interior Region. See Table A-1 in Appendix A for a list of specific communities in the Interior region.

The Interior region consists of the Denali and Fairbanks North Star Boroughs and the Southeast Fairbanks and Yukon-Koyukuk Census Areas. The annual average unemployment rate for the Interior region was 7.0% in 2013. The most common occupation in 2011 was Retail Sales, and the Trade, Transportation and Utilities industry employed the most people.<sup>ii</sup>

There are 13 Alaska Native Regional Corporations (or ANCSA Corporations) in the state of Alaska. ANCSA Corporations were established when the US Congress passed the Alaska Native Claims Settlement Act (ANCSA), which settled land and financial claims made by the Alaska Natives and provided for the establishment of 13 regional corporations to administer those claims. The Interior region contains the following 2 ANCSA Corporations and their related Native associations:<sup>iii</sup>

- Ahtna, Incorporated (Copper River Native Association). Information on Ahtna Incorporated is also listed in the Gulf Coast Regional Profile.
- Doyon, Limited (Tanana Chiefs' Conference).

The Interior region contains 10 school districts (see Table 1). Out of the 128,804 K-12th grade students in the state of Alaska, the Interior region accounts for 18% of K-12th grade students in Alaska. Out of the 38,862 high school students in the state, the region also accounts for 18% of high school students.

**Table 1. School District Enrollment in the Interior Region as of October 1, 2014**

<b>District Name</b>	<b>Total High School</b>	<b>Total K-12<sup>th</sup></b>
Alaska Gateway Schools*	92	399
Delta-Greely Schools	223	801
Denali Borough Schools	220	882
Fairbanks North Star Borough Schools	3,931	13,718
Galena City Schools	1,266	4,187
Iditarod Area Schools	87	332
Nenana City Schools	594	1,010
Tanana Schools	18	39
Yukon Flats Schools	64	240
Yukon-Koyukuk Schools	520	1,493
<b>TOTAL</b>	<b>7,015</b>	<b>23,101</b>

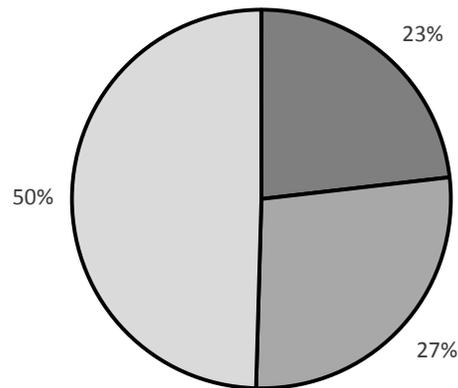
Source: Alaska Department of Education and Early Development: Assessment and Accountability, District Enrollment as of October 1, 2014 FY15. <http://education.alaska.gov/stats/>

## **TOBACCO USE**

### **Adult Smoking**

Adult tobacco use data are gathered using the Alaska Behavioral Risk Factor Surveillance System (BRFSS), combining 2011 – 2013 data to calculate regional estimates. Nearly 1 in 4 adults (23% ± 2%) are estimated to currently smoke cigarettes in the Interior region, similar to the statewide estimate of 22% (± 1%) for 2011 – 2013 pooled data. (See Appendix B for all regional and statewide estimates.)

**Figure 1. Adult Smoking Status, Interior Region, 2011-2013**



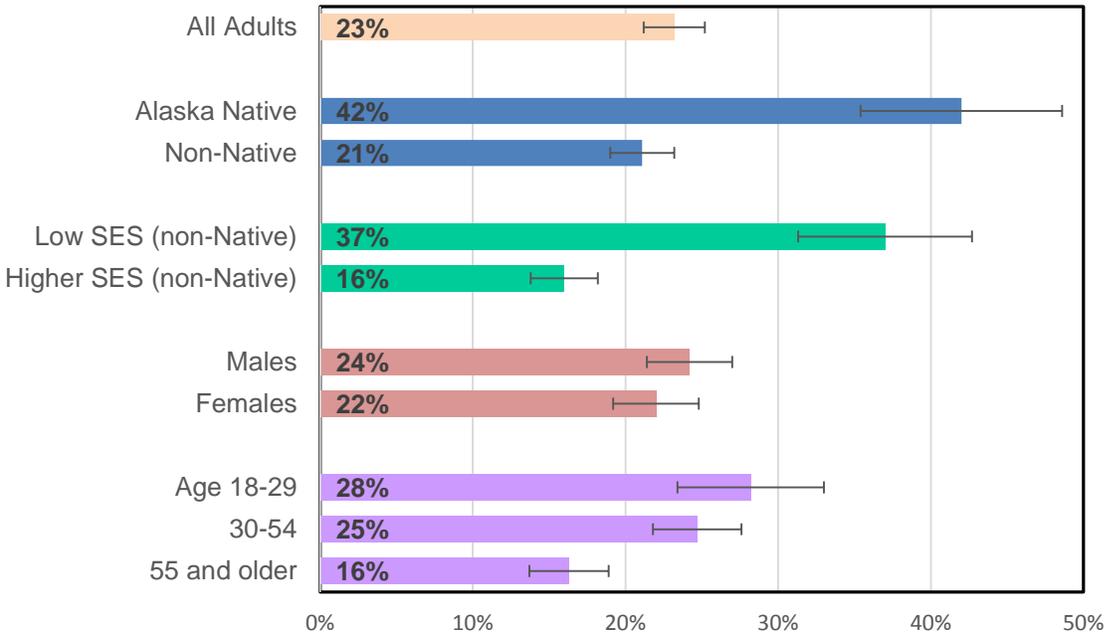
■ Current Smoker (23%) ■ Former Smoker (27%) ■ Never Smoker (50%)

Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

Certain priority populations, including Alaska Natives, people with low socio-economic status (SES), and young adults, may experience higher rates of tobacco use than others. The figure below summarizes data for specific population groups to monitor tobacco use in these populations and to help identify where to focus programmatic efforts for the Alaska Tobacco Prevention and Control Program (TPCP) and its partners.

In the Interior region, adult smoking prevalence was 23% ( $\pm 2\%$ ) overall. Among Alaska Natives, the smoking prevalence was significantly higher than the regional estimate as well as prevalence among non-Natives, 42% ( $\pm 7\%$ ) compared to 21% ( $\pm 2\%$ ). Likewise, the smoking prevalence was significantly higher among people with low SES as compared to the regional estimate as well as those with higher SES, 37% ( $\pm 6\%$ ) compared to 16% ( $\pm 2\%$ ).

**Figure 2.** Percent of Alaska Adults Who Currently Smoke, Interior Region, 2011-2013

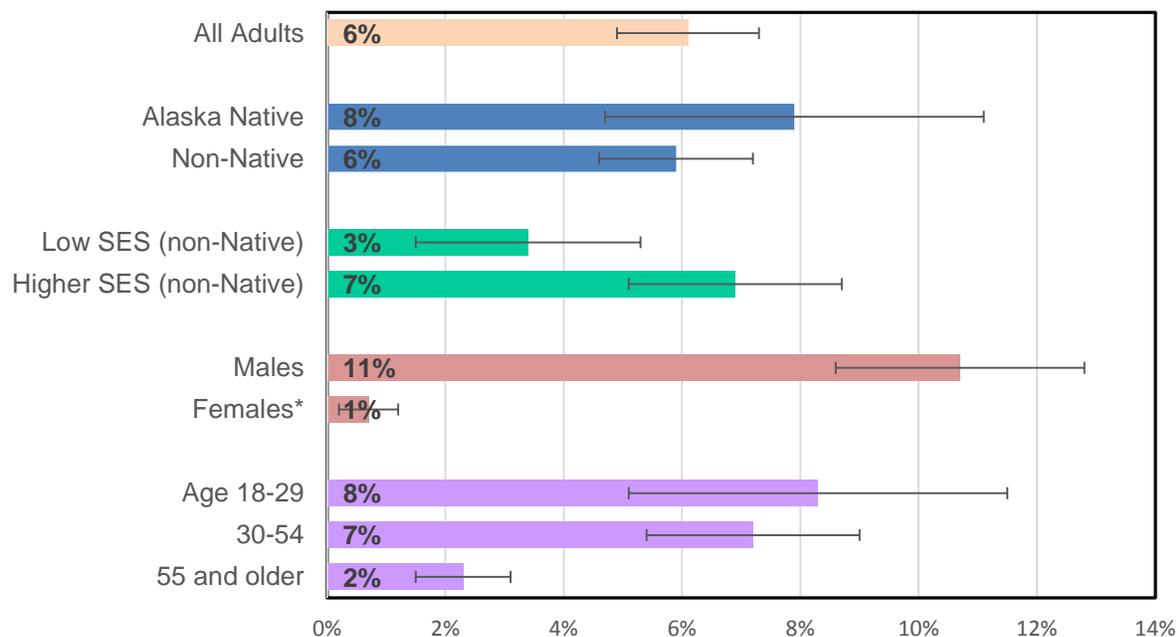


Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

## Adult Smokeless Tobacco Use

In the Interior region, an estimated 6% ( $\pm 1\%$ ) of adults use smokeless tobacco, higher than the statewide estimate of 5% ( $\pm 1\%$ ) for 2011 – 2013 data. No significant differences were seen among the priority populations. However, Alaskans age 55 and older were less likely to use smokeless tobacco as compared to younger Alaskans.

**Figure 3.** Percent of Alaska Adults Who Use Smokeless Tobacco, Interior Region, 2011-2013



*\*Interpret data with caution (For more information, see Table B-2 in Appendix B.)*

Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

## Youth Smoking

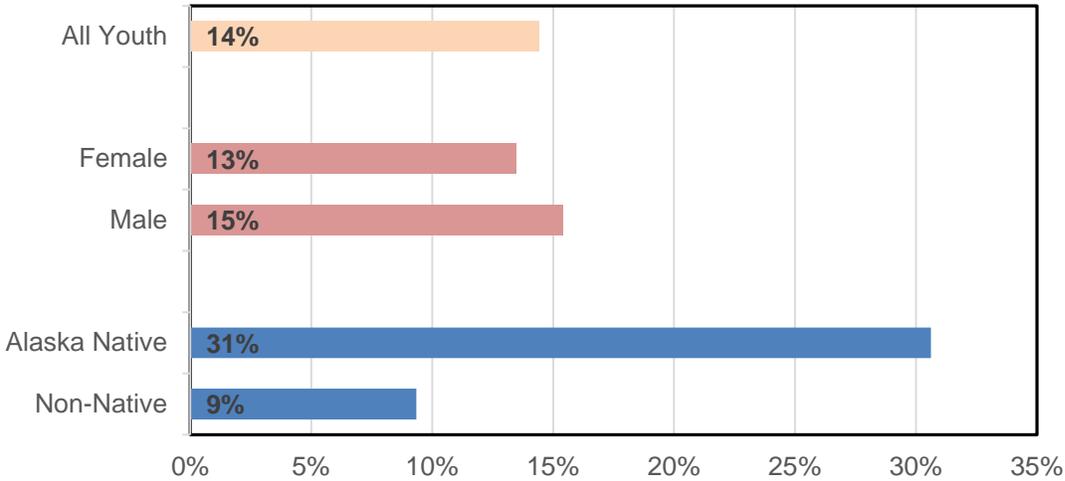
Information about youth tobacco use and other related indicators comes from the Youth Risk Behavior Survey (YRBS), conducted in a sample of high schools every other year. Although the official state estimates are based on a scientifically selected statewide sample of schools and students, the regional data include a combination of the scientific statewide sample and schools that volunteered or chose to participate as part of a local sample. (In Alaska, individual school districts can also conduct a local YRBS.) For this reason, regional estimates may not be generalizable to all students in the region (see Appendix F for additional detail). Because of the mixed sample, regional estimates are presented without confidence intervals (for example, “6%”, rather than “6%  $\pm 2\%$ ” of students).

For district-specific information, contact your local school district for results. The data presented here only reflect statewide and regional YRBS data.

An estimated 14% of high school students surveyed in the Interior region smoked cigarettes in the past 30 days, compared with the statewide weighted estimate of 13% in 2011-2013. An estimated 6% of students surveyed smoked cigarettes on 20 or more of the past 30 days.

As seen in Figure 4, the estimates for cigarette use are slightly higher in this region for males than for females. However, many more Alaska Native youth than non-Native youth report smoking within the past 30 days in the Interior region, 31% compared to 9%.

**Figure 4.** Youth Cigarette Use in Past 30 Days, Interior Region, 2011-2013

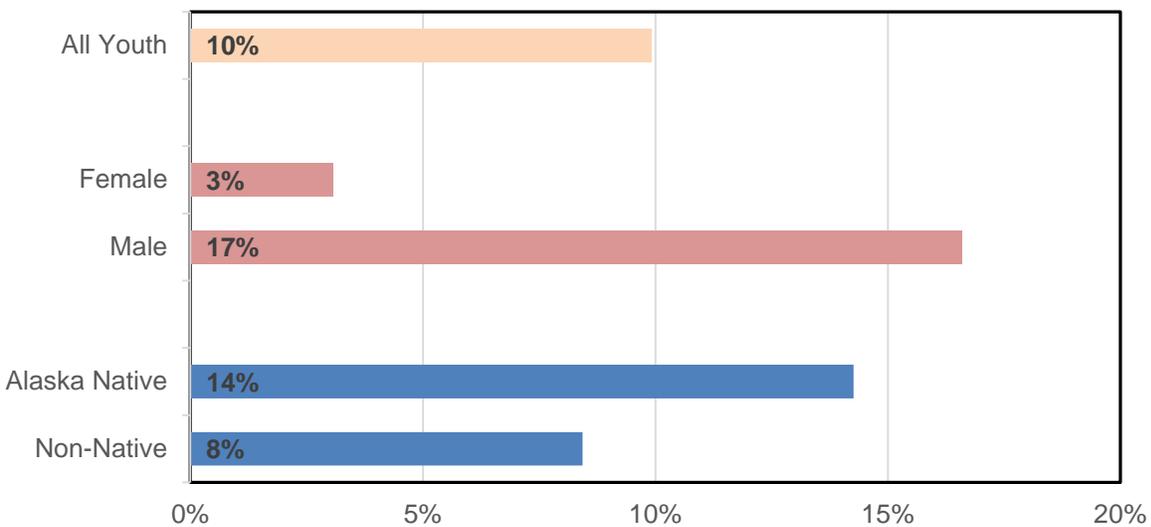


Source: Alaska Youth Risk Behavior Survey, 2011-2013

### Youth Smokeless Tobacco Use

In 2011-2013, an estimated 10% of high school students surveyed in the Interior region used smokeless tobacco in the past 30 days, compared with the statewide weighted estimate of 9% in 2011-2013. Males in the Interior region were over five times more likely than females to have used smokeless tobacco in the past 30 days. Smokeless tobacco use was almost twice as high among Alaska Native youth as among non-Native youth.

**Figure 5.** Youth Smokeless Tobacco Use in Past 30 Days, Interior Region, 2011-2013



Source: Alaska Youth Risk Behavior Survey, 2011-2013

## **ELIMINATING EXPOSURE TO SECONDHAND SMOKE**

### **Secondhand Smoke (SHS) Indicators**

There is no safe level of exposure to secondhand smoke. Creating completely smoke-free indoor areas is the only way to protect nonsmokers from secondhand smoke. Policies establishing smokefree environments are the most effective way to eliminate secondhand smoke.<sup>iv</sup> In the Interior region, there is very strong support for both smokefree restaurants and workplaces.

**Table 2.** Adult Secondhand Smoke (SHS) Indicators, Interior Region, 2011-2013

	<b>Prevalence (95% CI)*</b>
Has home smoking ban	88.0% (±2.0%)
No home SHS exposure	89.5% (±1.9%)
Support for smokefree workplaces	80.0% (±2.5%)
Support for smokefree restaurants	73.2% (±2.9%)
Workplace has smokefree policy	85.2% (±3.6%)
No indoor workplace SHS exposure (all workers)	90.5% (±2.8%)
No indoor workplace SHS exposure (indoor workers)	93.3% (±2.1%)

\*95% Confidence Interval

Source: Alaska Behavioral Risk Factor Surveillance System, 2011-2013

Although the vast majority of adults did not report secondhand smoke exposure in homes and workplaces, an estimated 39% of high school students surveyed in the Interior region in 2011-2013 reported being in the same room with someone who was smoking in the past seven days.<sup>v</sup>

### **Tribal Resolutions**

Recently many tribes across Alaska have adopted 100% comprehensive model smokefree or tobacco-free resolutions. In the Interior region, the TPC Program has recorded eight tobacco free tribal resolutions as of September 1, 2015.<sup>vi</sup> Chalkyitsik Village, Holy Cross Village, Lime Village, Native Village of Cantwell, Native Village of Fort Yukon, Native Village of Tetlin, Nikolai Village, and the Organized Village of Grayling have all passed tobacco free resolutions.

### Smokefree Workplace Laws

One smokefree workplace law has passed in the Interior region through December 31, 2012, in the city of Fairbanks. This law is not 100% comprehensive, since it covers workplaces but not restaurants and bars.

**Table 3.** Clean Indoor Air (CIA) Laws Passed through September 1, 2015 in the Interior Region

Jurisdiction	Date	Law covers the following:		
		Workplaces	Restaurants	Bars
Fairbanks	2004	Yes	No	No

Source: State of Alaska Tobacco Prevention and Control Program

### Regional Housing Authorities

Public housing residents often have limited housing choices and without smokefree policies in place, their housing options may include secondhand smoke exposure. In July 2009, the US Department of Housing & Urban Development (USD-HUD) published a notice strongly encouraging implementation of smoke-free policies in public housing to advance tobacco prevention and control efforts among low income and vulnerable populations.<sup>vii</sup> There are 19 regional housing authorities in the Interior region. According to TPC Program records, as of September 1, 2015, no regional housing authority in the Interior region had a comprehensive smokefree policy that includes all residents, visitors, and staff within all housing authority property.

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**Table 4. Regional Housing Authorities in the Interior Region**

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<b>Regional Housing Authority</b>	<b>Smokefree Policy?</b>
Alatna Village	No
Allakaket Village	No
Anvik Village	No
Arctic Village	No
Chalkyitsik Village	No
Circle Native Community	No
Copper River Basin Regional Housing Authority	Yes
Evansville Village	No
Galena Village	No
Healy Lake Village	No
Interior Regional Housing Authority	No
Native Village of Eagle	No
Native Village of Fort Yukon	No
Native Village of Stevens	No
Native Village of Tanacross	No
Native Village of Tanana	No
Nulato Village	No
Rampart Village	No
Village of Venetie	No

Source: Alaska Community Database (Department of Commerce, Community, and Economic Development) and State of Alaska Tobacco Prevention and Control Program

## **PREVENT THE INITIATION OF TOBACCO USE**

### **Youth Prevention Indicators**

The YRBS data offer key indicators for tracking youth initiation of tobacco use and youth perceptions of the social norms around tobacco use. An estimated 8% of high school students surveyed in the Interior region used some type of tobacco (either cigarettes or smokeless tobacco) on school property within the past 30 days in 2013. Although nearly all of the youth reported that their parents would consider it wrong for them to smoke cigarettes, 15% thought that smoking one or more packs per day posed no or slight risk to their health.

**Table 5.** Youth Tobacco Prevention Indicators, Interior Region, 2011-2013

	<b>Percent (Total Respondents)</b>
Used tobacco on school property*	7.9% (1,011)
Initiated smoking prior to age 13	14.1% (964)
Perceives no or only slight risk from smoking**	15.7% (1,019)
Thinks parents consider it wrong for child to smoke	88.6% (998)

\*Smoking or using smokeless tobacco within the past 30 days.

\*\*Students who think smoking one or more packs of cigarettes per day is no or slight risk.

Source: Alaska Youth Risk Behavior Survey, 2011-2013

### **Tobacco Taxes**

Numerous economic studies have documented that tobacco tax or price increases reduce both adult and underage smoking. Alaska's statewide cigarette tax is \$2.00 for a pack of 20 cigarettes and 75% of wholesale price of other tobacco products, including cigars and chewing tobacco. Municipalities and boroughs are allowed to also levy a tax on other tobacco products, including cigars and chewing tobacco. Two local cigarette taxes have passed in the Interior region as of September 1, 2015, in the City of Fairbanks and the City of North Pole. Both local taxes are 8% of the wholesale price, or approximately \$0.32 per pack of cigarettes. Additionally, the Fairbanks/North Star Borough has adopted an 8% tobacco tax throughout the Borough.

**Table 6.** Cigarette Tax Rates through September 1, 2015 in the Interior Region

<b>Community</b>	<b>Approximate Local Tax</b>	<b>State Base Tax</b>	<b>Total Tax per Pack</b>	<b>Other Tobacco Products Tax</b>
Fairbanks	\$0.32	\$2.00	\$2.32	8% of wholesale
North Pole	\$0.32	\$2.00	\$2.32	8% of wholesale

Source: Fairbanks, Alaska, Code of Ordinances, Chapter 74, Article V and Alaska Department of Commerce, Community and Economic Development.

### **School District Policy Reports**

In an effort to promote tobacco-free schools, the TPC Program developed a gold standard tobacco-free schools policy and conducted an analysis of existing school district tobacco policies. Interior School Districts have recently made major revisions to strengthen their tobacco free school policies. Currently, 8 of the 10 districts have now met the minimum elements of a tobacco free school. (See Table D-2 in Appendix D for more information about the 8 required standard policy elements.)

School policies are subject to change. The policy summaries presented here are current as of August 25, 2015. The TPC Program reviews and updates school district tobacco policies

quarterly. For the most current regional school district policy report visit <http://www.redegrouop.co/alaska-school-district-reports>.

**Table 7.** School Policy Report for the Interior Region: Minimum Standard Data Elements Met as of August 25, 2015

<b>Number of School Districts</b>	<b>Percent of School Districts</b>	<b>Minimum Data Element</b>
8	80%	Tobacco-free school district – Minimum standard elements (8 total)
2	20%	Incomplete – Policy lacks one or more key elements to meet the tobacco free school standard
0	0%	Missing – Policy has not been submitted

Source: State of Alaska Tobacco Prevention and Control Program

Seven districts in the Interior region have been identified as “Gold star” tobacco-free districts (see Table 8), meeting the minimum standard elements as well as ten additional elements above and beyond the minimum elements. See Table D-3 in Appendix D for more information about the additional policy elements.

**Table 8.** School Policy Report for the Interior Region: Gold, Silver, or Bronze as of August 25, 2015

<b>Number of School Districts</b>	<b>Percent of School Districts</b>	<b>Minimum Data Element</b>
7	70%	Gold star – Minimum standard plus at least ten additional elements
1	10%	Silver star – Minimum standard plus 5 - 9 additional elements
0	0%	Bronze star – Minimum standard plus 1 - 4 additional elements

Source: State of Alaska Tobacco Prevention and Control Program

Table 9 displays the current status of each school district in the Interior region as of November 7, 2012.

**Table 9.** School Policy Report for the Interior Region: Current Status as of August 25, 2015

<b>School District</b>	<b>Current Status</b>
Alaska Gateway Schools	Gold Star
Delta-Greely Schools	Gold Star
Denali Borough Schools	Silver Star
Fairbanks North Star Borough Schools	Gold Star
Galena City Schools	Incomplete
Iditarod Area Schools	Gold Star
Nenana City Schools	Gold Star
Tanana Schools	Gold Star
Yukon Flats Schools	Incomplete
Yukon-Koyukuk Schools	Gold Star

Source: State of Alaska Tobacco Prevention and Control Program

## **EVIDENCE-BASED TOBACCO CESSATION INTERVENTIONS**

### **Cessation Indicators**

Quitting tobacco provides health benefits at any age.<sup>viii-ix</sup> Additionally, tobacco cessation programs are cost-effective and increase longevity while reducing health care costs.<sup>x</sup> In the Interior region, approximately 58% of adults aged 25 or more who have ever smoked regularly have quit (i.e., quit ratio, as shown in Table 10). Among adults who currently smoke, approximately 52% have attempted to quit smoking in the past 12 months.

**Table 10.** Adult Cessation Indicators, Interior Region, 2011-2013

	<b>Prevalence (95% CI)*</b>
Quit ratio (among ever smokers age 25 and older)	57.6% (±3.3%)
Attempted to Quit (among current smokers)	51.5% (±5.0%)
Quit for 3+ months (among past year smokers)	7.6% (±3.4%)
Aware of quit line (among current smokers)	71.5% (±5.8%)
Advised to quit by health care provider (among smokers who had a health care visit in the past year)	63.0% (±8.2%)

\*95% Confidence Interval (CI)

Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

### **Alaska's Tobacco Quit Line**

Alaska's Tobacco Quit Line provides free, phone based counseling and nicotine replacement therapy to all Alaskans. In 2014, 3,215 Alaska residents called the quit line, 16% (506 callers) from the Interior region. Nearly all calls (98%; 496 callers) from the Interior region were tobacco users who requested a cessation intervention.

**Table 11.** Alaska's Tobacco Quit Line: Summary of Services, Interior Region, 2012 and 2014

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
All Transfer Types	‡	0 (0%)
General Questions	6 (1%)	‡
Intervention Requested	552 98%	496 98%
Materials Only	‡	7 (1%)
TOTAL	564 (100%)	506 (100%)

‡Data suppressed because there were fewer than 6 callers.

Source: Alaska's Tobacco Quit Line, 2012 & 2014

The majority of tobacco users in the Interior region who called the quit line to request an intervention were females and non-Natives (see Table 12 and 13).

**Table 12.** Alaska's Tobacco Quit Line: Total Number of Tobacco Users Who Requested an Intervention by Sex, Interior Region, 2012 & 2014

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
Female	345 (63%)	303 (61%)
Male	189 (36%)	193 (39%)
TOTAL	552 (100%)	496 (100%)

Source: Alaska's Tobacco Quit Line, 2012 & 2014

**Table 13.** Alaska's Tobacco Quit Line: Total Number of Tobacco Users Who Requested an Intervention by Alaska Native vs. non-Native, Interior Region, 2012 & 2014

	Number of Callers	Number of Callers
	2012 (%)	2014 (%)
Alaska Native	181 (33%)	211 (43%)
Non-Native	352 (64%)	267 (54%)
Unknown	19 (3%)	18 (4%)
<b>TOTAL</b>	<b>552 (100%)</b>	<b>496 (100%)</b>

Source: Alaska's Tobacco Quit Line, 2012 & 2014

Most 2014 Quit Line callers were aged 30 to 54, and over 90% of callers were calling for help with quitting only smoke tobacco (rather than smokeless; see Table 14 and 15).

**Table 14.** Alaska's Tobacco Quit Line: Total Number of Tobacco Users Who Requested an Intervention by Age, Interior Region, 2012 & 2014

	Number of Callers	Number of Callers
	2012 (%)	2014 (%)
18 to 29	120 (22%)	99 (20%)
30 to 54	332 (61%)	284 (57%)
55+	96 (18%)	113 (23%)
<b>TOTAL</b>	<b>548 (100%)</b>	<b>496 (100%)</b>

Source: Alaska's Tobacco Quit Line, 2012 & 2014

**Table 15.** Alaska’s Tobacco Quit Line: Total Number of Tobacco Users Who Requested an Intervention by Tobacco Type, Interior Region, 2012 & 2014

	<b>Number of Callers 2012 (%)</b>	<b>Number of Callers 2014 (%)</b>
Smoke Tobacco Only	522 (95%)	459 (93%)
SLT Only	9 (2%)	17 (3%)
Both Smoke Tobacco and SLT	10 (2%)	14 (3%)
Other/Unknown	13 (2%)	6 (1%)
<b>TOTAL</b>	<b>552 (100%)</b>	<b>496 (100%)</b>

Source: Alaska’s Tobacco Quit Line, 2012 & 2014

### Resources and Systems for Tobacco Cessation Interventions

The TPC Program works to engage all health care systems to implement tobacco control policies consistent with the *U.S. Public Health Services Clinical Practice Guidelines Treating Tobacco Use and Dependence*, including working with all health systems to ask, advise, refer and document tobacco use and follow-up while minimizing barriers to treatment. There are two Regional Native Health Corporations that serve beneficiaries in the Interior region which include the Tanana Chiefs Conference and the Copper River Native Association. In addition, there are numerous hospitals, clinics, tribal health organizations, and community health centers in the Interior region. There are also a variety of mental health and substance abuse facilities in the region. Appendix E (Table E-2 and E-3) summarizes these health care facilities, offering partnership opportunities for tobacco cessation intervention services in the Interior region.

## APPENDICES

### Appendix A: Overview

**Table A-1.** Community Population in the Interior Region, 2010 Census and 2014 Estimates

<b>Community</b>	<b>Borough/Census Area</b>	<b>2010 Census Population</b>	<b>2014 Population Estimates</b>
Anderson	Denali Borough	246	209
Cantwell	Denali Borough	219	182
Ferry	Denali Borough	33	25
Healy	Denali Borough	1,021	1,104
McKinley Park	Denali Borough	185	179
Balance*	Denali Borough	122	86
<b>Borough Subtotal</b>		<b>1,826</b>	<b>1,785</b>
Badger CDP**	Fairbanks North Star Borough	19,482	19,100
Chena Ridge CDP**	Fairbanks North Star Borough	5,791	6,160
College	Fairbanks North Star Borough	12,964	13,092
Eielson AFB	Fairbanks North Star Borough	2,647	2,205
Ester	Fairbanks North Star Borough	2,422	2,546
Fairbanks	Fairbanks North Star Borough	31,535	31,721
Farmers Loop CDP**	Fairbanks North Star Borough	4,853	4,953
Fox	Fairbanks North Star Borough	417	440
Goldstream CDP**	Fairbanks North Star Borough	3,557	3,689
Harding-Birch Lakes	Fairbanks North Star Borough	299	319
Moose Creek	Fairbanks North Star Borough	747	631
North Pole	Fairbanks North Star Borough	2,117	2,198
Pleasant Valley	Fairbanks North Star Borough	725	745
Salcha	Fairbanks North Star Borough	1,095	1,053
South Van Horn CDP**	Fairbanks North Star Borough	558	565
Steele Creek CDP**	Fairbanks North Star Borough	6,662	6,819
Two Rivers	Fairbanks North Star Borough	719	680
Balance*	Fairbanks North Star Borough	991	1,056
<b>Borough Subtotal</b>		<b>97,581</b>	<b>97,972</b>
Alcan Border	Southeast Fairbanks Census Area	33	26
Big Delta	Southeast Fairbanks Census Area	591	534
Chicken	Southeast Fairbanks Census Area	7	6
Delta Junction	Southeast Fairbanks Census Area	958	1,089
Deltana	Southeast Fairbanks Census Area	2,251	2,249
Dot Lake	Southeast Fairbanks Census Area	13	11
Dot Lake Village	Southeast Fairbanks Census Area	62	41
Dry Creek	Southeast Fairbanks Census Area	94	102
Eagle	Southeast Fairbanks Census Area	86	81
Eagle Village	Southeast Fairbanks Census Area	67	65
Fort Greely	Southeast Fairbanks Census Area	539	463
Healy Lake	Southeast Fairbanks Census Area	13	7
Northway	Southeast Fairbanks Census Area	71	66
Northway Junction	Southeast Fairbanks Census Area	54	62

Northway Village	Southeast Fairbanks Census Area	98	112
Tanacross	Southeast Fairbanks Census Area	136	110
Tetlin	Southeast Fairbanks Census Area	127	131
Tok	Southeast Fairbanks Census Area	1,258	1,246
Whitestone CDP**	Southeast Fairbanks Census Area	97	99
Balance*	Southeast Fairbanks Census Area	474	463
Census Area Subtotal		7,029	6,963
Alatna	Yukon-Koyukuk Census Area	37	21
Allakaket	Yukon-Koyukuk Census Area	105	111
Anvik	Yukon-Koyukuk Census Area	85	79
Arctic Village	Yukon-Koyukuk Census Area	152	192
Beaver	Yukon-Koyukuk Census Area	84	58
Bettles	Yukon-Koyukuk Census Area	12	13
Birch Creek	Yukon-Koyukuk Census Area	33	22
Central	Yukon-Koyukuk Census Area	96	86
Chalkyitsik	Yukon-Koyukuk Census Area	69	77
Circle	Yukon-Koyukuk Census Area	104	119
Coldfoot	Yukon-Koyukuk Census Area	10	9
Evansville	Yukon-Koyukuk Census Area	15	8
Flat	Yukon-Koyukuk Census Area	0	0
Fort Yukon	Yukon-Koyukuk Census Area	583	576
Four Mile Road	Yukon-Koyukuk Census Area	43	31
Galena	Yukon-Koyukuk Census Area	470	449
Grayling	Yukon-Koyukuk Census Area	194	191
Holy Cross	Yukon-Koyukuk Census Area	178	177
Hughes	Yukon-Koyukuk Census Area	77	86
Huslia	Yukon-Koyukuk Census Area	275	338
Kaltag	Yukon-Koyukuk Census Area	190	182
Koyukuk	Yukon-Koyukuk Census Area	96	92
Lake Minchumina	Yukon-Koyukuk Census Area	13	10
Livengood	Yukon-Koyukuk Census Area	13	12
Manley Hot Springs	Yukon-Koyukuk Census Area	89	315
McGrath	Yukon-Koyukuk Census Area	346	117
Minto	Yukon-Koyukuk Census Area	210	205
Nenana	Yukon-Koyukuk Census Area	378	396
New Allakaket	Yukon-Koyukuk Census Area	66	50
Nikolai	Yukon-Koyukuk Census Area	94	83
Nulato	Yukon-Koyukuk Census Area	264	246
Rampart	Yukon-Koyukuk Census Area	24	21
Ruby	Yukon-Koyukuk Census Area	166	186
Shageluk	Yukon-Koyukuk Census Area	83	79
Stevens Village	Yukon-Koyukuk Census Area	78	46
Takotna	Yukon-Koyukuk Census Area	52	62
Tanana	Yukon-Koyukuk Census Area	246	229
Venetie	Yukon-Koyukuk Census Area	166	186
Wiseman	Yukon-Koyukuk Census Area	14	16
Balance*	Yukon-Koyukuk Census Area	378	301
Census Area Subtotal		5,588	5,477

**REGION TOTAL**

**112,024**

**112,197**

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\*Balance refers to a population that lives in an unincorporated remote or rural area (sometimes referred to as "off the grid").

\*\*Census designated place (CDP) is the the statistical counterpart of incorporated places and are delineated to provide data for settled concentrations of population that are identifiable by name but are not legally incorporated under the laws of the state. CDPs are delineated cooperatively by state and local officials and the Census Bureau, following Census Bureau guidelines.

SOURCE: Alaska Community Database (Department of Commerce, Community, and Economic Development) and US Census

**Appendix B: Tobacco Use**

**Table B-1.** Percent of Alaska Adults Who Currently Smoke, Public Health Regions, 2011-2013

		<b>Anchorage/Mat-Su</b>	<b>Gulf Coast</b>	<b>Interior</b>	<b>Northern</b>	<b>Southeast</b>	<b>Southwest</b>	<b>Statewide Total</b>
All Adults		19.6%	21.5%	23.2%	42.1%	20.7%	32.0%	21.8%
	±	1.4%	2.1%	2.0%	4.8%	2.2%	3.6%	0.9%
Alaska Native		33.6%	37.0%	42.0%	52.2%	36.6%	37.4%	38.7%
	±	5.5%	7.5%	6.6%	6.0%	6.6%	4.5%	2.5%
Non-Native		18.5%	19.9%	21.1%	19.1%	17.4%	21.4%	19.1%
	±	1.6%	2.2%	2.1%	7.1%	2.3%	5.3%	1.0%
Low SES (non-Native)		38.3%	33.3%	37.0%	DSU	33.2%	39.8%	37.0%
	±	4.3%	5.4%	5.7%	DSU	6.9%	15.4%	2.8%
Higher SES (non-Native)		12.4%	16.8%	16.0%	17.7%	12.9%	19.6%	13.9%
	±	1.5%	3.0%	2.2%	8.4%	2.7%	6.9%	1.1%
Males		20.2%	23.1%	24.2%	45.8%	23.6%	37.2%	23.4%
	±	2.2%	3.1%	2.8%	6.6%	3.4%	5.0%	1.3%
Females		19.0%	19.8%	22.0%	36.7%	17.6%	24.8%	20.1%
	±	2.0%	2.8%	2.8%	6.5%	2.8%	4.9%	1.3%
Age 18-29		22.9%	25.0%	28.2%	43.3%	26.0%	43.1%	26.2%
	±	3.5%	5.7%	4.8%	10.5%	6.3%	9.1%	2.3%
30-54		22.2%	25.0%	24.7%	46.2%	23.6%	31.2%	24.2%
	±	2.2%	3.4%	2.9%	6.6%	3.5%	4.6%	1.4%
55 and older		12.9%	15.6%	16.3%	30.9%	13.7%	22.6%	14.7%
	±	1.8%	2.9%	2.6%	8.4%	2.8%	5.8%	1.2%

DSU: Data suppressed; denominator under 50.

SOURCE: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

**Table B-2.** Percent of Alaska Adults Who Currently Use Smokeless Tobacco, Public Health Regions, 2011-2013

		<b>Anchorage/Mat-Su</b>	<b>Gulf Coast</b>	<b>Interior</b>	<b>Northern</b>	<b>Southeast</b>	<b>Southwest</b>	<b>Statewide Total</b>
All Adults		3.9%	5.9%	6.1%	10.0%	3.4%	22.4%	5.5%
	±	0.7%	1.5%	1.2%	0.9%	0.9%	2.8%	0.5%
Alaska Native		9.1%	8.1%	7.9%	12.8%	3.0%	34.3%	13.9%
	±	3.7%	4.3%	3.2%	4.9%	1.7%	4.0%	1.8%
Non-Native		3.4%	5.8%	5.9%	4.4%*	3.5%	4.2%	4.2%
	±	0.6%	1.6%	1.3%	3.6%	1.0%	1.4%	0.5%
Low SES (non-Native)		2.5%	2.8%	3.4%	DSU	3.6%	7.9%*	2.9%
	±	1.0%	1.5%	1.9%	DSU	1.9%	6.1%	0.7%
Higher SES (non-Native)		4.1%	6.4%	6.9%	5.6%*	3.6%	3.3%	4.8%
	±	1.0%	2.3%	1.8%	5.1%	1.4%	1.5%	0.7%
Males		6.9%	10.3%	10.7%	15.2%	6.3%	23.3%	9.1%
	±	1.2%	2.6%	2.1%	5.6%	1.7%	3.8%	0.9%
Females		0.8%	1.0%*	0.7%	2.5%*	0.3%*	21.1%	1.7%
	±	0.5%	0.8%	0.5%	2.2%	0.3%	3.9%	0.4%
Age 18-29		4.6%	9.3%	8.3%	14.4%*	5.2%*	25.2%	7.2%
	±	1.5%	4.8%	3.2%	9.6%	2.8%	6.8%	1.3%
30-54		5.1%	7.2%	7.2%	10.3%	4.1%	22.2%	6.5%
	±	1.1%	2.4%	1.8%	3.7%	1.4%	3.5%	0.7%
55 and older		1.4%	2.8%	2.3%	3.5%	1.5%	19.2%	2.6%
	±	0.8%	1.3%	0.8%	2.6%	0.8%	4.8%	0.5%

DSU: Data suppressed; denominator under 50.

\*Inadequate sample size for uncommon or very common events. For means and proportions <25% or >75%, an estimate is flagged if it is based on a denominator which is less than 8 times a broadly calculated design effect, over the prevalence estimate.

SOURCE: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

**Appendix C: Eliminating Exposure to Secondhand Smoke**

**Table C-1. Adult Secondhand Smoke (SHS) Indicators, Public Health Regions, 2011-2013**

	<b>Anchorage/ Mat-Su</b>	<b>Gulf Coast</b>	<b>Interior</b>	<b>Northern</b>	<b>Southeast</b>	<b>Southwest</b>	<b>Total</b>
Has home smoking ban	89.2%	86.2%	88.0%	81.7%	90.4%	92.9%	88.7%
±	1.7%	2.7%	2.0%	6.0%	1.9%	2.3%	1.1%
No home SHS exposure	90.4%	87.7%	89.5%	86.9%	90.6%	94.8%	90.0%
±	1.7%	2.7%	1.9%	5.1%	2.0%	1.9%	1.1%
Support for smokefree workplaces	84.1%	81.0%	80.0%	79.8%	81.9%	84.2%	82.7%
±	2.0%	2.9%	2.5%	6.1%	3.0%	3.4%	1.3%
Support for smokefree restaurants	82.3%	80.5%	73.2%	80.4%	79.0%	85.2%	80.3%
±	2.1%	2.9%	2.9%	5.9%	3.1%	3.5%	1.3%
Smoking not allowed in work areas (indoor workers)	88.5%	83.2%	85.2%	77.9%	85.6%	84.3%	86.7%
±	2.3%	3.9%	3.6%	8.2%	3.7%	5.3%	1.5%
No indoor workplace SHS exposure (all workers)†	92.9%	90.4%	90.5%	92.8%	92.6%	91.4%	92.2%
±	1.5%	2.4%	2.8%	3.6%	1.9%	3.0%	1.0%
No indoor workplace SHS exposure (indoor workers)	94.8%	90.3%	93.3%	94.0%	93.9%	94.1%	94.0%
±	1.4%	3.0%	2.1%	4.3%	2.0%	3.1%	1.0%

SOURCE: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

**Appendix D: Prevent the Initiation of Tobacco Use**

**Table D-1.** Youth Tobacco Prevention Indicators, Public Health Regions, 2011-2013

		<b>Anchorage/Mat-Su</b>	<b>Gulf Coast</b>	<b>Interior</b>	<b>Northern</b>	<b>Southeast</b>	<b>Southwest</b>
Used tobacco on school property*	Percent	6.5%	6.3%	7.9%	20.3%	7.1%	26.0%
	Total Respondents	4,412	3,470	1,011	1,226	2,693	781
Initiated of smoking prior to age 13	Percent	9.3%	10.4%	14.1%	25.2%	11.5%	25.0%
	Total Respondents	4,194	3,301	964	1,142	2,536	736
Perceives no or only slight risk from smoking**	Percent	14.1%	10.6%	15.7%	32.0%	14.4%	30.3%
	Total Respondents	4,426	3,474	1,019	1,233	2,703	780
Thinks parents consider it wrong for child to smoke	Percent	91.4%	90.9%	88.6%	87.1%	90.2%	85.2%
	Total Respondents	4,322	3,425	998	1,169	2,667	739

\*Smoking or using smokeless tobacco within the past 30 days.

\*\*Students who think smoking one or more packs of cigarettes per day is no or slight risk.

Source: Alaska Youth Risk Behavior Survey, 2011-2013

**Table D-2.** School Policy Report for the Interior Region: Minimum Standard Elements of a Tobacco-Free Policy as of August 25, 2015

<b>Number of School Districts</b>	<b>Percent of School Districts</b>	<b>Policy Elements</b>
8	80%	Prohibits use of tobacco products on all school property (including grounds, buildings, parking areas, and residencies where applicable)
9	90%	Prohibits use of tobacco products in school vehicles
8	80%	Prohibits use of tobacco products at any school-sponsored event (on- or off-campus)
8	80%	Defines tobacco to mean all forms of tobacco and tobacco use (all smoking products, smokeless tobacco products, and non treatment related nicotine delivery devices)
8	80%	Applies to all students, staff, and visitors
9	90%	Requires the posting of signs informing students, staff and visitors that school grounds are tobacco-free
8	80%	Identifies specific enforcement procedures and consequences for violating school policies
8	80%	Remains in force 24 hours a day, 7 days a week, 365 days a year

Source: State of Alaska Tobacco Prevention and Control Program

**Table D-3.** School Policy Report for the Interior Region: Additional Policy Elements of a Tobacco-Free Policy as of August 25, 2015

<b>Number of School Districts</b>	<b>Percent of School Districts</b>	<b>Policy Element</b>
10	100%	Includes a rationale for being tobacco-free
9	90%	States that tobacco possession by a person under age 19 is against the law
7	70%	Includes language restricting items from school property that might contribute to tobacco use and acceptability (such as lighters, clothing with logos)
3	30%	Includes a requirement for evidence-based tobacco prevention education for all students
7	70%	Includes provisions against accepting tobacco industry funds or free giveaways
9	90%	Includes language prohibiting tobacco advertising in school buildings and school functions
6	60%	Includes progressive consequences for violating school tobacco policy (such as an education program or in school suspension versus suspension for student's first offense)
2	20%	Includes provisions to refer students and staff to local or statewide programs to help them quit using tobacco
8	80%	Includes language prohibiting distribution of tobacco products
8	80%	Includes language specifically prohibiting tobacco use by contractors
8	80%	Includes procedures for communicating the policy to students
7	70%	Includes procedures for communicating the policy to staff
8	80%	Includes procedures for communicating the policy to visitors

Source: State of Alaska Tobacco Prevention and Control Program

**Appendix E: Evidence-Based Tobacco Cessation Interventions**

**Table E-1.** Adult Cessation Indicators, Public Health Regions, 2011-2013

		<b>Anchorage/Mat-Su</b>	<b>Gulf Coast</b>	<b>Interior</b>	<b>Northern</b>	<b>Southeast</b>	<b>Southwest</b>	<b>Total</b>
Quit ratio (among ever smokers age 25 and older)		60.5%	59.4%	57.6%	38.5%	60.8%	46.5%	58.3%
	±	2.6%	3.5%	3.3%	6.5%	3.8%	4.9%	1.6%
Attempted to Quit (among current smokers)		58.5%	55.3%	51.5%	58.0%	55.0%	44.5%	55.5%
	±	4.0%	5.6%	5.0%	7.3%	6.2%	7.1%	2.4%
Quit for 3+ months (among past year smokers)		8.0%*	11.0%	7.6%	7.9%*	6.1%	6.1%	7.9%
	±	3.7%	5.7%	3.4%	7.5%	3.5%	4.2%	2.2%
Aware of quit line (among current smokers)		75.1%	85.8%	71.5%	73.4%	82.9%	78.9%	76.4%
	±	5.8%	5.3%	5.8%	9.3%	5.4%	7.1%	3.3%
Advised to quit by health care provider (among smokers who had a health care visit in the past year)		68.9%	63.4%	63.0%	76.6%	66.6%	62.6%	67.2%
	±	7.7%	9.2%	8.2%	10.9%	9.1%	11.5%	4.5%

\*Inadequate sample size for uncommon or very common events. For means and proportions <25% or >75%, an estimate is flagged if it is based on a denominator which is less than 8 times a broadly calculated design effect, over the prevalence estimate.

SOURCE: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

**Table E-2. State of Alaska Mental Health and Substance Abuse Facilities\* in the Interior Region, FY2015**

Agency	Service Area	Provider Type		
		Community Behavioral Health Center	Mental Health	Substance Abuse
Boys and Girls Home of Alaska	Fairbanks		x	
Crossroads Counseling & Training Services - Northe	Fairbanks		x	
Fairbanks Community Mental Health Services	Fairbanks	x	x	
Fairbanks Native Association	Fairbanks			x
Fairbanks Resource Agency	Fairbanks		x	
Family Centered Services of Alaska	Fairbanks		x	x
Interior Aids Association	Fairbanks			x
Presbyterian Hospitality House	Fairbanks		x	
Council of Athabascan Tribal Governments	Fort Yukon		x	
Southcentral Foundation (McGrath)	McGrath	x	x	x
Railbelt Mental Health & Addictions	Nenana	x	x	x
Tanana Chiefs Conference, Inc.	TCC Region	x	x	x
Alaska Youth and Family Network	Statewide		x	

SOURCE: State of Alaska Department of Behavioral Health

**Table E-3. Health Care Systems in the Interior Region\***

Health Care Organization	Borough/Census Area
Alatna Clinic	Yukon-Koyukuk Census Area
Allakaket Clinic	Yukon-Koyukuk Census Area
Anvik Health Clinic	Yukon-Koyukuk Census Area
Arctic Village Clinic	Yukon-Koyukuk Census Area
Beaver Village Clinic	Yukon-Koyukuk Census Area
Birch Creek Health Clinic	Yukon-Koyukuk Census Area
Cantwell Clinic	Denali Borough
Chalkyitsik Clinic	Yukon-Koyukuk Census Area
Chief Andrew Isaac Health Center	Fairbanks North Star Borough
Circle Village Clinic	Yukon-Koyukuk Census Area
Delta Junction Public Health Center	Southeast Fairbanks Census Area
Dot Lake Clinic	Southeast Fairbanks Census Area
Eagle Village Clinic	Southeast Fairbanks Census Area
Edgar Nollner Health Center	Yukon-Koyukuk Census Area
Evansville/Bettles Clinic	Yukon-Koyukuk Census Area
Fairbanks Memorial Hospital	Fairbanks North Star Borough
Fairbanks Regional Public Health Center	Fairbanks North Star Borough
Fort Yukon Public Health Office	Yukon-Koyukuk Census Area
Frank Tobuc Sr. Health Center	Yukon-Koyukuk Census Area

Frank Tobuc Sr. Health Center	Yukon-Koyukuk Census Area
Galena Public Health Office	Yukon-Koyukuk Census Area
Grayling Clinic	Yukon-Koyukuk Census Area
Healy Lake Clinic	Southeast Fairbanks Census Area
Hughes Clinic	Yukon-Koyukuk Census Area
Huslia Clinic	Yukon-Koyukuk Census Area
Interior Alaska Medical Center - Cross Road Medical Center	Southeast Fairbanks Census Area
Interior Community Health Center - ICHC	Fairbanks North Star Borough
Kaltag Clinic	Yukon-Koyukuk Census Area
Koyukuk Health Clinic	Yukon-Koyukuk Census Area
Manley Hot Springs Clinic	Yukon-Koyukuk Census Area
Mary C. Demientieff Health Clinic - Tanana Chiefs Conference	Yukon-Koyukuk Census Area
McGrath Health Center	Yukon-Koyukuk Census Area
Minto Clinic	Yukon-Koyukuk Census Area
Myra Roberts Clinic	Yukon-Koyukuk Census Area
Nenana Clinic	Yukon-Koyukuk Census Area
Nikolai Clinic	Yukon-Koyukuk Census Area
Northway Clinic	Southeast Fairbanks Census Area
Nulato Clinic	Yukon-Koyukuk Census Area
Rampart Clinic	Yukon-Koyukuk Census Area
Ruby Clinic	Yukon-Koyukuk Census Area
Shageluk Health Clinic	Yukon-Koyukuk Census Area
Stevens Village Clinic	Yukon-Koyukuk Census Area
Takotna Clinic	Yukon-Koyukuk Census Area
Tanacross Clinic	Southeast Fairbanks Census Area
Tanana Health Center	Yukon-Koyukuk Census Area
Tetlin Clinic	Southeast Fairbanks Census Area
Theresa Demientieff Health Clinic	Yukon-Koyukuk Census Area
Tok Clinic	Southeast Fairbanks Census Area
Tok Public Health Center	Southeast Fairbanks Census Area
Tri-Valley Community Center	Denali Borough
University of Alaska Fairbanks - Health and Counseling Center	Fairbanks North Star Borough
Upper Tanana Health Center	Southeast Fairbanks Census Area
Yukon Flats Health Center	Yukon-Koyukuk Census Area

Source: Alaska Community Database (Department of Commerce, Community, and Economic Development)

*\*NOTE: The Department of Commerce, Community, and Economic Development collected the healthcare system data presented in Table E-3. Additional healthcare clinics and hospitals may exist in the region beyond those included in this table.*

## **Appendix F: Data Sources**

### **Alaska's Tobacco Quit Line**

The State of Alaska contracts with Alere Wellbeing to provide quit line services to the state. Each month, Alere Wellbeing provides monthly, quarterly, and annual reports on general utilization. The state also receives monthly utilization datasets. Quit line utilization data is then analyzed to produce detailed unique reports quarterly and annually.

### **Youth Behavioral Risk Factor Surveillance System (YRBS)**

The YRBS is a systematic survey of high school students that assesses prevalence of behaviors related to the leading causes of mortality, morbidity and social problems among youth. The Centers for Disease Control and Prevention sponsor national and state surveys every two years, most recently in 2013.

The statewide Alaska YRBS is conducted using a two-stage sampling design. The sampling frame is regular public schools containing grades 9, 10, 11, or 12. Schools are selected first with a probability of inclusion proportional to the size of their enrollment. Once a school is chosen, classes are selected, with each student having an equal opportunity for inclusion. From 2003 through 2013, active parental consent was required for each student participating in the YRBS. On the appointed survey day students completed written questionnaires and returned them in class in unmarked, sealed envelopes.

In a typical YRBS administration, about 1,250 to 1,350 students are surveyed from about 40 to 45 high schools that are scientifically selected to represent all public high schools (excluding boarding schools, alternative schools, correspondence and home study schools, and correctional schools) in Alaska. These results are considered to be representative of Alaska's more than 33,000 high school students in grades 9-12 in traditional public high schools. Data are weighted to reflect the true distribution of Alaska high school students by gender and grade level, but not by region of the state.

The traditional school-based YRBS does not estimate risk behaviors associated with youth who drop out of school or do not attend school. However, for the first time in 2009, about 1,000 students from 15 alternative high schools in Alaska were surveyed to evaluate and address the health risks of this unique population. This process was repeated in 2011 and in 2013. Further information about the YRBS, including survey results for the statewide traditional sample, the alternative schools sample and the correctional schools sample is available at <http://www.hss.state.ak.us/dph/chronic/school/YRBSresults.htm>.

### **Reporting by Region**

For regional reporting, the sampling frame is considered to be 'ad hoc', because it includes all regular public schools containing grades 9, 10, 11, or 12 who participated in the survey, whether they were part of the statewide official sample, or chose to participate in the local school district sample. Schools were not systematically and randomly selected and the regional group of participants may not be very representative of schools within their region. However, in each region, students from two or more of school districts participated in the survey.

Data were weighted by school enrollment by gender and grade only if the participation rate for the school achieved the 60% response rate established by the CDC for samples or the 50% response rate when all eligible students are surveyed. Not all of the participating schools met these requirements. Therefore, the regional estimates are based on a combination of weighted and unweighted responses. Due to the sampling limitations, confidence intervals are not assessed for these regional data.

The regional YRBS data are based upon aggregated school districts and do not reveal information on a single school district. Prevalence rates are based upon a minimum of 100 responses or the results are suppressed

as Data Statistically Unreliable (DSU). Based upon these measures to protect the anonymity of school districts and students, the data may be publically distributed.

### Reporting by Race Group within Region

In this Profile, we report race/ethnicity by whether the survey participant reported being Alaska Native or not. All YRBS survey participants who report being Alaska Native, either alone or in combination with other race groups or Hispanic ethnicity, are categorized in this report as being Alaska Native. We combine all other race groups to report a category "Non-Native". This category includes students who report being White, Hispanic, African American, Asian, Hawaiian or Other Pacific Islander, or who report multiple race groups (except for Alaska Native). Those who did not report a race group are not included in the race group reporting.

### **Behavioral Risk Factor Surveillance System (BRFSS)**

The BRFSS is an anonymous telephone survey conducted by the Alaska Division of Public Health in cooperation with the Centers for Disease Control (CDC). It aims to estimate the prevalence of behavioral risk factors in the general population that are known to be associated with the leading causes of morbidity and mortality in adults. The BRFSS has operated continuously in Alaska since it began in 1991.

The BRFSS uses a probability (or random) sample in which all Alaska households with landline telephones have a known, nonzero chance of selection. The sample is stratified into regions, with roughly equal numbers of interviews conducted in each region. This method deliberately over-samples rural areas of the state. Respondents are randomly selected from among the adult members of each household reached through a series of random telephone calls. Historically, those living in institutions (i.e., nursing homes, dormitories) are not surveyed. In 2011, the sample was stratified into six geographic regions. In addition, the sampling frame was expanded to include cell phones as well as landline or household phones. This step was important because the proportion of households served only by cellular telephones has increased rapidly. By June 2010, about 20% of Alaska households were cell-only.<sup>xi</sup> Since 2011, Alaska's cell phone sample has been large enough to include it in weighting and reporting of data.

Interviews are conducted by trained interviewers during weekdays, evenings, and weekends throughout the year. In addition to tobacco use, the BRFSS questionnaire covers such topics as general health status, health care access, nutrition, physical activity, diabetes, alcohol use, women's health, injury prevention, and HIV/AIDS awareness. There are also questions on the demographic characteristics of respondents.

Alaska presently conducts two BRFSS surveys: the standard BRFSS and a supplemental BRFSS. The supplemental survey contains most of the additional tobacco-related questions, some of which have been adapted from the CDC's Adult Tobacco Survey. Both surveys are conducted throughout the year, using separate samples drawn using the same methodology. In 2013, approximately 375 Alaska adults were interviewed each month for the standard BRFSS, to reach an annual sample size of 4,500 (750 per region); the same number were interviewed for the supplemental BRFSS. Because sample size is lower per region and some subpopulation reporting groups, data from 2011 to 2013 have been combined to report some key indicators.

BRFSS data are weighted to adjust the distribution of the sample data so that it reflects the total population of the sampled area, and to compensate for the over-representation or under-representation of persons in various subgroups. Beginning with the 2011 BRFSS, the CDC is using a new weighting method known as iterative proportional fitting, or raking. Raking allows for the inclusion of several key demographic factors in adjusting survey data to the adult population totals. The changes that have been made will help ensure that the BRFSS can continue to be a valuable source of information for health planning and improvement.

Although point estimates produced when cell phones are included in the sample and weighting is done by raking differ somewhat from those previously reported using old methods, the differences are often minimal. To provide additional context for interpretation about changes in prevalence estimates over time, raking was

applied to data from 2007 and 2010, and data including both landline and cell phone respondents will be available from 2011 on.

Both the standard and supplemental BRFSS are weighted (separately) for analysis of items that occur only in one version. In addition, a combined dataset (standard plus supplemental) is created and weighted for analysis of questions that occur in both versions, so that some data can be reported for a total of 5,000 or more survey respondents each year since 2004. The larger sample sizes allow for more precision in the estimates. For tobacco-related items, this includes smoking and SLT use prevalence.

### Regional Reporting

Alaska Public Health Regions were defined using borough designation. Although the BRFSS survey data do not provide enough representation for reporting by most of the individual boroughs, combining boroughs provides a useful geographic factor for analyses.

Regional groups for this report are as follows:

- 1) Anchorage/Mat-Su – Municipality of Anchorage and Matanuska-Susitna Borough
- 2) Gulf Coast – Kenai Peninsula Borough, Kodiak Island Borough, and Valdez-Cordova Census Area
- 3) Interior – Denali Borough, Fairbanks North Star Borough, Southeast Fairbanks Census Area, and Yukon-Koyukuk Census Area
- 4) Northern – Nome Census Area, North Slope Borough, and Northwest Arctic Borough
- 5) Southeast – Haines Borough, Hoonah-Angoon Census Area, Juneau City and Borough, Ketchikan Gateway Borough, Petersburg Census Area, Prince of Wales-Hyder Census Area, Sitka City and Borough, Skagway Municipality, Wrangell City and Borough, and Yakutat City and Borough
- 6) Southwest – Aleutians East Borough, Aleutians West Census Area, Bethel Census Area, Bristol Bay Borough, Dillingham Census Area, Lake and Peninsula Borough, and Wade Hampton Census Area

### Reporting by Race Group

Information by race group is reported by Alaska Native and non-Native status. For this report, Alaska Native includes all survey respondents who report “Alaska Native/American Indian” as their primary or only race group. Those who report being Hispanic or reported their race as something other than Alaska Native or American Indian are included in the “Non-Native” group.

### Data Suppression Guidelines

In this report BRFSS information is suppressed or flagged based on statistical guidelines developed by Alaska’s Division of Public Health in the Department of Health and Human Services, which are based upon the national Joint Policy of Variance Estimation and Statistical Reporting Standards for the National Health and Nutrition Examination Survey (NHANES-III) and the Continuing Survey of Food Intake by Individuals (CSFII) Reports. An asterisk is used to indicate that the estimate may lack statistical precision. Estimates are flagged if the coefficient of variation (ratio of the standard error to the mean expressed as a percent) is greater than 30. In some cases, the flag also denotes that estimates are based on an inadequate sample size, as determined by whether the event, or risk factor, is very common, common, or very uncommon. Finally, information is suppressed if the unweighted sample size for the denominator (N) is less than 50, or if the numerator (n) is less than 5.

## References

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