



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

FY2015

Tobacco Prevention and Control Regional Profile:
Southwest 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.

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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.

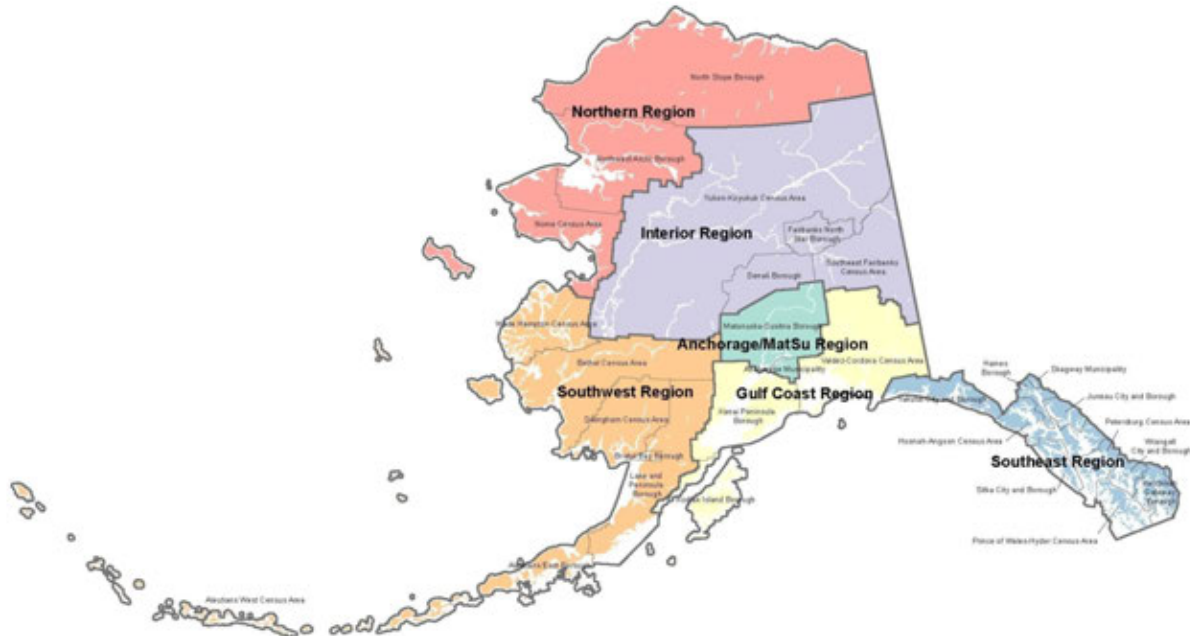
The State of Alaska Tobacco Prevention and Control (TPC) Program has achieved success by implementing an evidence-based comprehensive tobacco prevention and control program, including a tobacco quit line, counter-marketing media, and grants to promote tobacco-free policies in community programs, schools 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 Southwest 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 estimatesⁱ lists 42,499 people living in the Southwest region of Alaska, accounting for 6% of the total population in Alaska. Over 40% of the people in this region (n=17,991) live in the Bethel Census Area. See Table A-1 in Appendix A for a list of specific communities in the Southwest region.

The economy in the Southwest region is based on natural resources, subsistence and government spending,ⁱⁱ with both commercial and recreational fishing acting as the mainstay of the economy. The Southwest region consists of the Aleutians East, Bristol Bay and Lake and Peninsula Boroughs, as well as the Aleutians West, Bethel, Dillingham and Wade Hampton Census Areas. The annual average unemployment rate for the Southwest region was 13.2% in 2013. The industries employing over two-thirds of the workers in the Southwest region in 2013 were Local Government, Trade, Transportation and Utilities, and Educational and Health Services.ⁱⁱⁱ

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 Southwest region contains the following 3 ANCSA Corporations and their related Native associations:^{iv}

- Bristol Bay Native Corporation (Bristol Bay Native Association)
- Calista Corporation (Association of Village Council Presidents)
- The Aleut Corporation (Aleut League)

The Southwest region contains 14 school districts (see Table 1). Out of the 128,804 K-12th grade students in the state of Alaska, the Southwest region accounts for approximately 8% of K-12th grade students in Alaska. Out of the 38,862 high school students in the state, the region accounts for approximately 7% of high school students.

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

District Name	Total High School	Total K-12th
Aleutian Region Schools	8	36
Aleutians East Borough Schools	64	217
Bristol Bay Borough Schools	47	123
Dillingham City Schools	149	463
Kashunamiut Schools	83	322
Kuspuk Schools	92	345
Lake and Peninsula Borough Schools	98	317
Lower Kuskokwim Schools	1,097	4,104
Lower Yukon Schools	531	2,048
Pribilof Schools	18	83
Saint Mary's Schools	56	199
Southwest Region Schools	156	590
Unalaska City Schools	117	392
Yupiit Schools	110	456
TOTAL	2,626	9,695

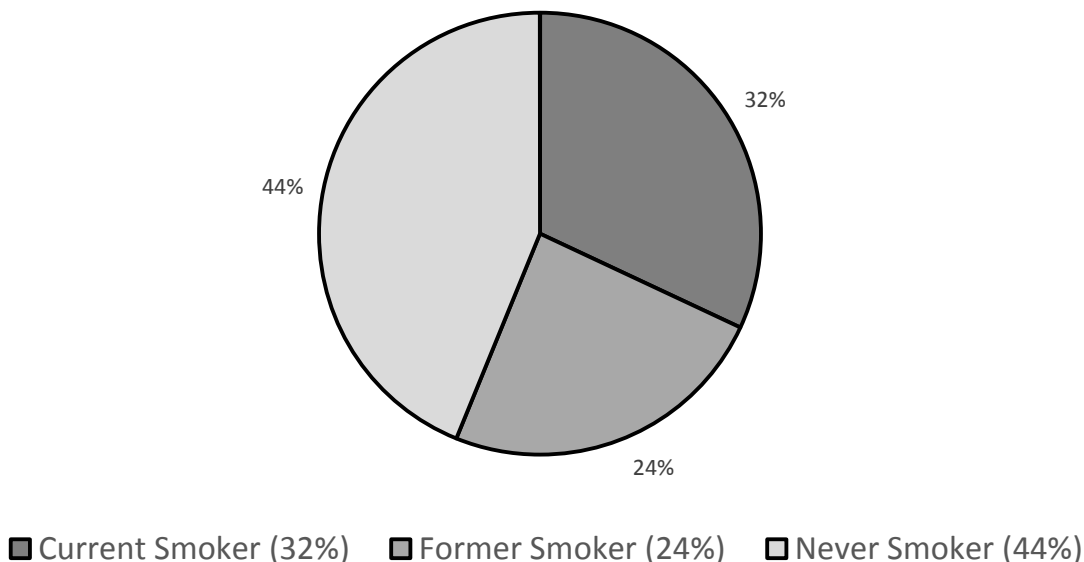
Source: Alaska Department of Education and Early Development: Assessment and Accountability, District Enrollment as of October 1, 2014 FY15. <http://education.alaska.gov/stats/>

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 3 adults (32% ± 4%) are estimated to currently smoke cigarettes in the Southwest region, significantly higher than 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, Southwest Region, 2011-2013

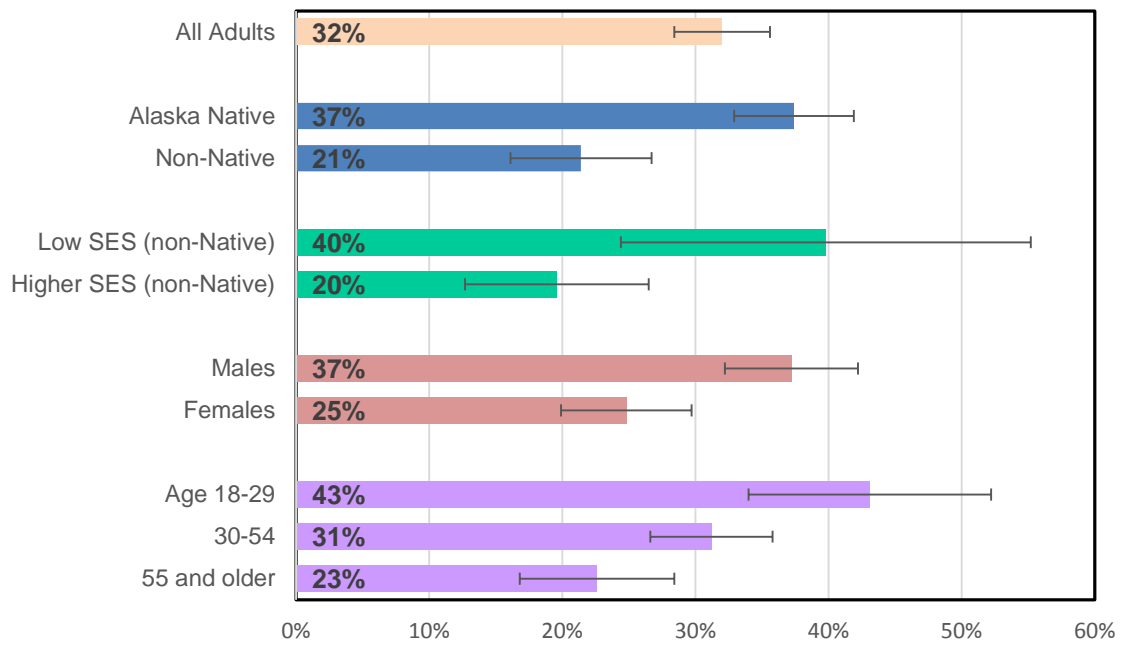


Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

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 Southwest region, adult smoking prevalence was 32% ($\pm 4\%$) overall. Among Alaska Natives, the smoking prevalence was significantly higher than prevalence among non-Natives, 37% ($\pm 5\%$) compared to 21% ($\pm 5\%$). Likewise, the smoking prevalence was higher among people with low SES as compared to the regional estimate as well as those with higher SES, 40% ($\pm 15\%$) compared to 20% ($\pm 7\%$).

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

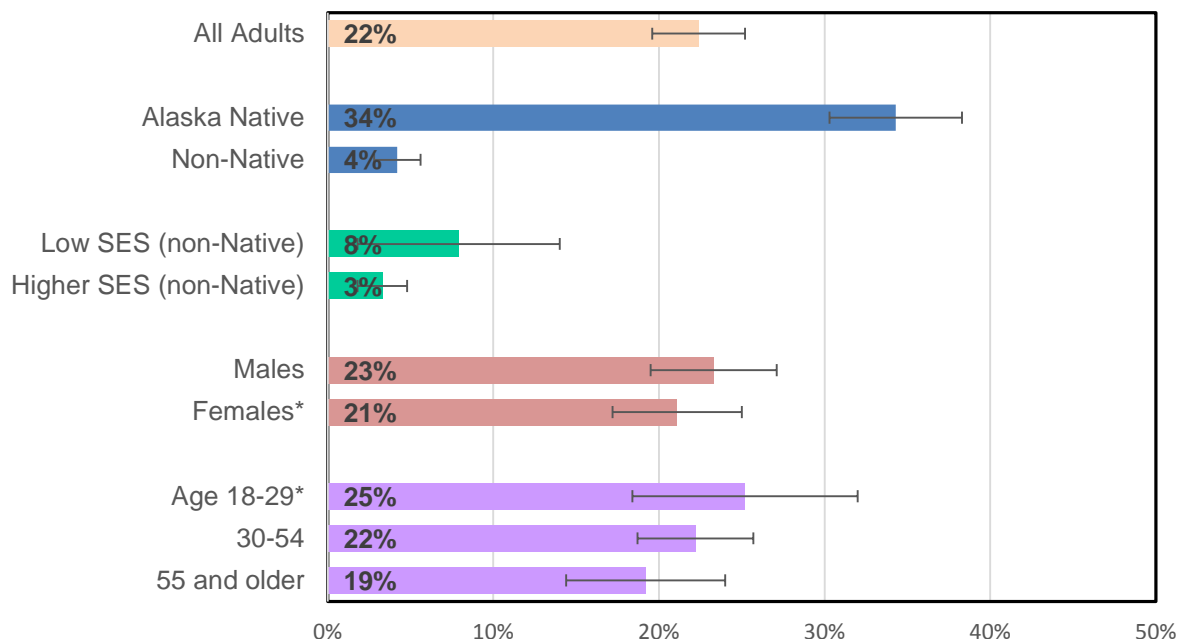


Source: Alaska Behavioral Risk Factor Surveillance System, 2011 – 2013

Adult Smokeless Tobacco Use

In the Southwest region, an estimated 22% ($\pm 3\%$) of adults use smokeless tobacco, significantly higher than the statewide estimate of 6% ($\pm 1\%$) for 2011 – 2013 data. Alaska Native adults used smokeless tobacco significantly more than non-Native adults in the Southwest region, 34% ($\pm 4\%$) compared to 4% ($\pm 1\%$). No other significant differences were seen in the other priority populations.

Figure 3. Percent of Alaska Adults Who Use Smokeless Tobacco, Southwest 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

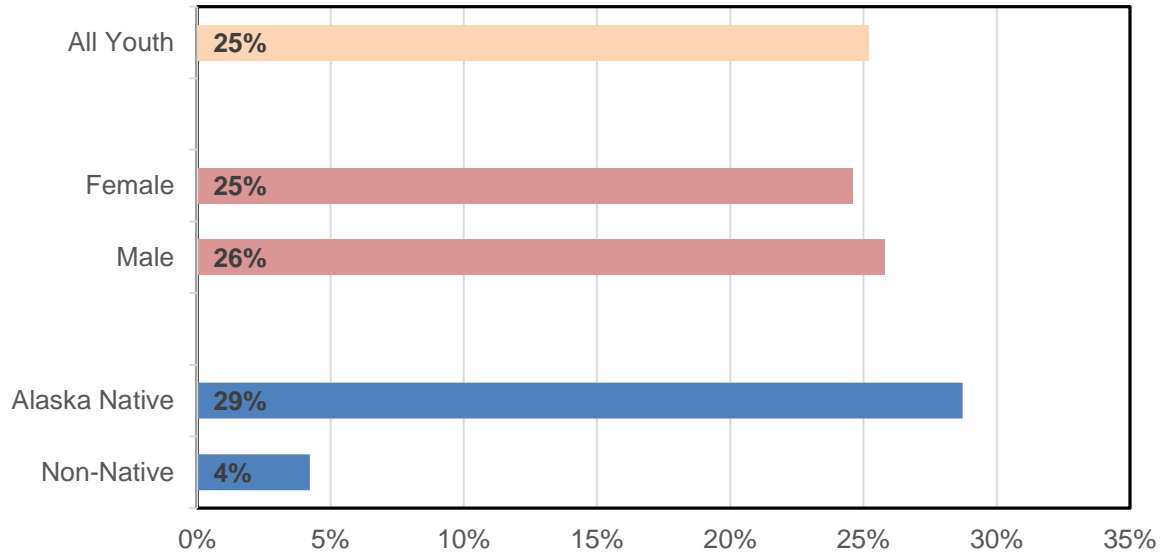
Information about youth tobacco use and other related indicators comes from the Youth Risk Behavior Survey (YRBS), conducted in a sample of high schools every other year. Although the official state estimates are based on a scientifically selected statewide sample of schools and students, the regional 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 25% of high school students surveyed in the Southwest region smoked cigarettes in the past 30 days, compared with the statewide weighted estimate of 13% in 2011-2013. An estimated 7% 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 similar in this region for males and females. However, far more Alaska Native youth than non-Native youth report smoking within the past 30 days in the Southwest region, 29% compared to 4%.

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

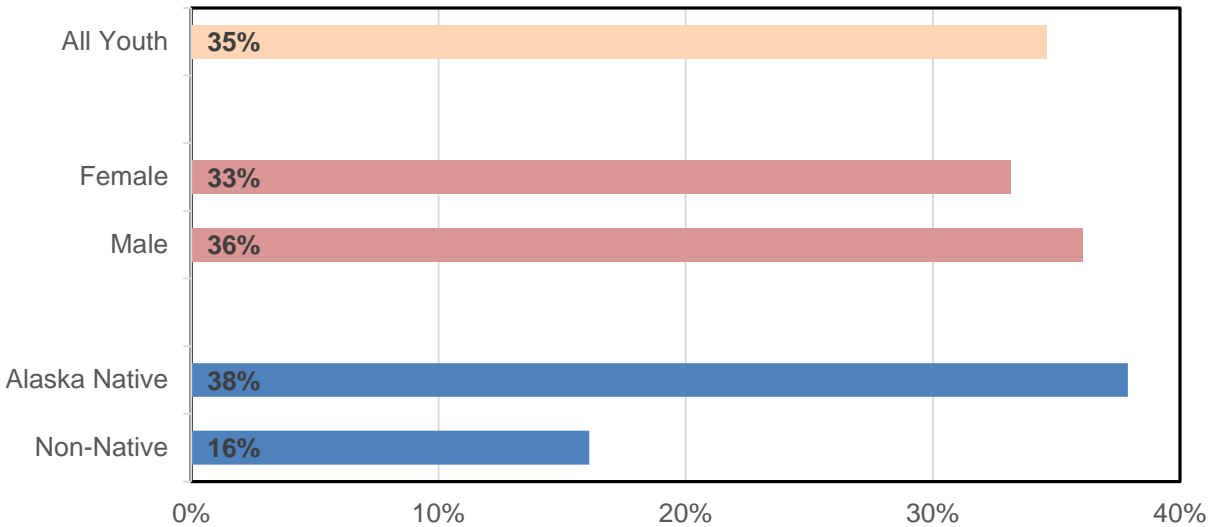


Source: Alaska Youth Risk Behavior Survey, 2011-2013

Youth Smokeless Tobacco Use

In 2011-2013, an estimated 35% of high school students surveyed in the Southwest region used smokeless tobacco in the past 30 days, compared with the statewide weighted estimate of 9% in 2011-2013. Alaska Native youth in the Southwest region were over twice as likely as non-Native youth to have used smokeless tobacco in the past 30 days. As with cigarette use, there is little difference in smokeless tobacco use between male and female youth.

Figure 5. Youth Smokeless Tobacco Use in Past 30 Days, Southwest 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.^v In the Southwest region, there is overwhelming support for both smokefree restaurants and workplaces.

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

	Prevalence (95% CI)*
Has home smoking ban	92.9% (±2.3%)
No home SHS exposure	94.8% (±1.9%)
Support for smokefree workplaces	84.2% (±3.4%)
Support for smokefree restaurants	85.2% (±3.5%)
Workplace has smokefree policy	84.3% (±5.3%)
No indoor workplace SHS exposure (all workers)	91.4% (±3.0%)
No indoor workplace SHS exposure (indoor workers)	94.1% (±3.1%)

*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 33% of high school students surveyed in the Southwest region in 2011-2013 reported being in the same room with someone who was smoking in the past seven days.^{vi}

Tribal Resolutions

Recently many tribes across Alaska have adopted 100% comprehensive model smokefree or tobacco-free resolutions. In no other region has the adoption of tobacco-free and smoke-free tribal resolutions been as prolific as in the Southwest region; both the absolute number of resolutions passed and the percentage of the total number of tribes who have passed resolutions has been greatest in this region. Of the 79 total tobacco-free resolutions on file throughout the State of Alaska, 43 have been passed in the Southwest region. Moreover, 5 of the 9 total smoke-free tribal resolutions have been passed in this region.^{vii}

Smokefree Workplace Laws

Four communities have adopted smokefree workplace laws in the Southwest region through September 1, 2015, including Bethel, Dillingham, Nunam Iqua, and Unalaska. The City of Bethel has exemptions for restaurants and bars. The City of Dillingham has exemptions for “non-public” workplaces with 2 or fewer employees and does not cover restaurants and bars. The City of Unalaska allows exemptions for private clubs and allows for smoking shacks so does not cover 100% of the population.

Table 3. Smokefree Workplace Laws through September 1, 2015 in the Southwest Region

Jurisdiction	Date	Law covers the following:		
		Workplaces	Restaurants	Bars
Bethel	1998	Yes	Yes	No
Dillingham	2003	No	No	No
Nunam Iqua	2000	Yes	Yes	Yes
Unalaska	2009	Yes	Yes	Yes

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.^{viii} There are 26 regional housing authorities in the Southwest region (see Table 4). According to TPC Program records, as of September 1, 2015, the Aleutian Housing Authority and the Bristol Bay Housing Authority are the only regional housing authorities in the Southwest region with a comprehensive smokefree policy that includes all residents, visitors, and staff within all housing authority property.

Table 4. Regional Housing Authorities in the Southwest Region

Regional Housing Authority	Smokefree Policy?
Akiachak Native Community	No
Aleutian Housing Authority	Yes
Asa'carsarmiut Tribe	No
Association of Village Council Presidents (AVCP) Regional Housing Authority	No
Bristol Bay Housing Authority	Yes
Chevak Native Village	No
Egegik Village	No
Emmonak Village	No
Iqurmiut Traditional Council	No
Kwethluk Tribal Resident Council, Incorporated	No

Lime Village	No
Manokotak Village	No
Native Village of Goodnews Bay	No
Native Village of Kwinhagak	No
Native Village of Pilot Point	No
Newhalen Village	No
Nondalton Village	No
Orutsararmuit Native Village	No
Pedro Bay Village	No
Pilot Station Traditional Village	No
Saint Paul Island	No
Tuluksak Native Community	No
Village of Aniak	No
Village of Atmoutluak	No
Village of Iliamna	No
Village of Sleetmute	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 26% of high school students surveyed in the Southwest region used some type of tobacco (either cigarettes or smokeless tobacco) on school property within the past 30 days in 2011-2013. Although nearly all of the youth reported that their parents would consider it wrong for them to smoke cigarettes, over 30% thought that smoking one or more packs per day posed no or slight risk to their health.

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

	Percent (Total Respondents)
Used tobacco on school property*	26.0% (781)
Initiated smoking prior to age 13	25.0% (736)
Perceives no or only slight risk from smoking**	30.3% (780)
Thinks parents consider it wrong for child to smoke	85.2% (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

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. As of September 1, 2015, three communities in the Southwest region to have passed a local tobacco tax, including the cities of Aniak, Bethel, and Saint Mary's. In addition to a cigarette tax, a percentage of the wholesale or retail price of other tobacco products is taxed as well in these cities.

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

Community	Local Tax	State Base Tax	Total Tax per Pack	Other Tobacco Products Tax
Aniak	\$0.32	\$2.00	\$2.32	8% of wholesale
Bethel	\$2.21	\$2.00	\$4.21	45% of wholesale
Saint Mary's	\$0.12	\$2.00	\$2.12	3% of wholesale

Source: Alaska Department of Commerce, Community and Economic Development, Bethel Municipal Code, Chapter 4.17

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. In the southwest region, Aleutians East Borough School District, Lower Kuskokwim School District, Lower Yukon School District, Pribilof School District, Saint Mary's School District, and Southwest Region School District have both adopted Gold Standard tobacco-free school district policies. (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. Table 7 summarizes the number and percent of school districts in the Southwest region that meet the 8 minimum elements of a tobacco free school policy. Table 8 summarizes the number and percent of school districts in the Southwest region that meet the gold, silver, or bronze tobacco free campus standard. 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 Southwest Region: Minimum Standard Data Elements Met as of August 25, 2015

Number of School Districts	Percent of School Districts	Minimum Data Element
6	43%	Tobacco-free school district – Minimum standard elements (8 total)
8	57%	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

Six districts in the Southwest 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 Southwest Region: Gold, Silver, or Bronze as of August 25, 2015

Number of School Districts	Percent of School Districts	Minimum Data Element
6	43%	Gold star – Minimum standard plus at least ten additional elements
0	0%	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 Southwest region as of August 25, 2015.

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

School District	Current Status
Aleutians East Borough Schools	Gold Star
Aleutian Region Schools	Incomplete
Bristol Bay Borough Schools	Incomplete
Dillingham City Schools	Incomplete
Kashunamiut Schools	Incomplete
Kuspuk Schools	Incomplete
Lake and Peninsula Borough Schools	Incomplete
Lower Kuskokwim Schools	Gold Star
Lower Yukon Schools	Gold Star
Pribilof Schools	Gold Star
Saint Mary's Schools	Gold Star
Southwest Region Schools	Gold Star
Unalaska City Schools	Incomplete
Yupiiit Schools	Incomplete

Source: State of Alaska Tobacco Prevention and Control Program

EVIDENCE-BASED TOBACCO CESSATION INTERVENTIONS

Cessation Indicators

Quitting tobacco provides health benefits at any age.^{ix-x} Additionally, tobacco cessation programs are cost-effective and increase longevity while reducing health care costs.^{xi} In the Southwest region, almost half 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 45% have attempted to quit smoking in the past 12 months.

Table 10. Adult Cessation Indicators, Southwest Region, 2011-2013

	Prevalence (95% CI)*
Quit ratio (among ever smokers age 25 and older)	46.5% (±4.9%)
Attempted to Quit (among current smokers)	44.5% (±7.1%)
Quit for 3+ months (among past year smokers)	6.1%** (±4.2%)
Aware of quit line (among current smokers)	78.9% (±7.1%)
Advised to quit by health care provider (among smokers who had a health care visit in the past year)	62.6% (±11.5%)

*95% Confidence Interval (CI)

***Interpret data with caution. (For more information, see Table E-1 in Appendix E.)*

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, with approximately 2% of callers (74 callers) from the Southwest region. Nearly all calls (99%; 73 callers) from the Southwest region were tobacco users who requested a cessation intervention.

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

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
All Transfer Types	‡	‡
General Questions	‡	‡
Intervention Requested	90 96%	73 99%
Materials Only	‡	‡
TOTAL	94 (100%)	74 (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 Anchorage/Mat-Su region who called the quit line to request an intervention were Alaska Natives, while calls were split about equally by gender (see Table 12 and 13).

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

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
Female	42 (47%)	35 (48%)
Male	48 (53%)	38 (52%)
TOTAL	90 (100%)	73 (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, Southwest Region, 2012 & 2014

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
Alaska Native	59 (66%)	56 (77%)
Non-Native	29 (32%)	13 (18%)
Unknown	2 (2%)	4 (6%)
TOTAL	90 (100%)	73 (100%)

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

Half of 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, Southwest Region, 2012 & 2014

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
18 to 29	33 (37%)	25 (34%)
30 to 54	45 (50%)	36 (49%)
55+	12 (13%)	12 (16%)
TOTAL	90 (100%)	73 (100%)

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, Southwest Region, 2012 & 2014

	Number of Callers 2012 (%)	Number of Callers 2014 (%)
Smoke Tobacco Only	71 (80%)	56 (77%)
SLT Only	711 (12%)	10 (13.7%)
Other/Unknown/Dual Users	8 (9%)	7 (10%)
TOTAL	90 (100%)	73 (100%)

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. According to the Alaska Department of Commerce, Community and Economic Development, 5 Regional Native Health Corporations operate in the Southwest region: Aleutian Pribilof Islands Association, Incorporated; Bristol Bay Area Health Corporation; Eastern Aleutian Tribes, Incorporated; Southcentral Foundation; and Yukon-Kuskokwim Health Corporation. In addition, there are numerous hospitals, clinics, tribal health organizations, and community health centers in the Southwest 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 Southwest region.

APPENDICES

Appendix A: Overview

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

Community	Borough/Census Area	2010 Census Population	2014 Population Estimates
Akutan	Aleutians East Borough	1,027	1,052
Cold Bay	Aleutians East Borough	108	89
False Pass	Aleutians East Borough	35	34
King Cove	Aleutians East Borough	938	905
Nelson Lagoon	Aleutians East Borough	52	44
Sand Point	Aleutians East Borough	976	946
Balance*	Aleutians East Borough	5	0
Borough Subtotal		3,141	3,070
Adak	Aleutians West Census Area	326	247
Atka	Aleutians West Census Area	61	70
Attu Station	Aleutians West Census Area	21	0
Nikolski	Aleutians West Census Area	18	15
Saint George	Aleutians West Census Area	102	92
Saint Paul	Aleutians West Census Area	479	436
Unalaska	Aleutians West Census Area	4,376	4,689
Balance*	Aleutians West Census Area	178	178
Census Area Subtotal		5,561	5,727
Akiachak	Bethel Census Area	627	671
Akiak	Bethel Census Area	346	389
Aniak	Bethel Census Area	501	533
Atmautluak	Bethel Census Area	277	319
Bethel	Bethel Census Area	6,080	6,241
Chefornak	Bethel Census Area	418	420
Chuathbaluk	Bethel Census Area	118	134
Crooked Creek	Bethel Census Area	105	105
Eek	Bethel Census Area	296	349
Goodnews Bay	Bethel Census Area	243	259
Kasigluk	Bethel Census Area	569	600
Kipnuk	Bethel Census Area	639	643
Kongiganak	Bethel Census Area	439	501
Kwethluk	Bethel Census Area	721	800
Kwigillingok	Bethel Census Area	321	364
Lime Village	Bethel Census Area	29	29
Lower Kalskag	Bethel Census Area	282	281
Mekoryuk	Bethel Census Area	191	210
Napakiak	Bethel Census Area	354	387
Napaskiak	Bethel Census Area	405	451
Newtok	Bethel Census Area	354	380
Nightmute	Bethel Census Area	280	274
Nunapitchuk	Bethel Census Area	496	563

Oscarville	Bethel Census Area	70	53
Platinum	Bethel Census Area	61	60
Quinhagak	Bethel Census Area	669	724
Red Devil	Bethel Census Area	23	19
Sleetmute	Bethel Census Area	86	99
Stony River	Bethel Census Area	54	34
Toksook Bay	Bethel Census Area	590	623
Tuluksak	Bethel Census Area	373	372
Tuntutuliak	Bethel Census Area	408	437
Tununak	Bethel Census Area	327	384
Upper Kalskag	Bethel Census Area	210	231
Balance*	Bethel Census Area	51	52
Census Area Subtotal		17,013	17,991
King Salmon	Bristol Bay Borough	374	335
Naknek	Bristol Bay Borough	544	523
South Naknek	Bristol Bay Borough	79	84
Balance*	Bristol Bay Borough	0	0
Borough Subtotal		997	942
Aleknagik	Dillingham Census Area	219	197
Clark's Point	Dillingham Census Area	62	48
Dillingham	Dillingham Census Area	2,329	2,431
Ekwok	Dillingham Census Area	115	119
Koliganek	Dillingham Census Area	209	231
Manokotak	Dillingham Census Area	442	500
New Stuyahok	Dillingham Census Area	510	499
Portage Creek	Dillingham Census Area	2	1
Togiak	Dillingham Census Area	817	876
Twin Hills	Dillingham Census Area	74	87
Balance*	Dillingham Census Area	68	55
Census Area Subtotal		4,847	5,044
Chignik	Lake and Peninsula Borough	91	96
Chignik Lagoon	Lake and Peninsula Borough	78	72
Chignik Lake	Lake and Peninsula Borough	73	70
Egegik	Lake and Peninsula Borough	109	106
Igiugig	Lake and Peninsula Borough	50	53
Iliamna	Lake and Peninsula Borough	109	97
Ivanof Bay	Lake and Peninsula Borough	7	7
Kokhanok	Lake and Peninsula Borough	170	167
Levelock	Lake and Peninsula Borough	69	80
Newhalen	Lake and Peninsula Borough	190	207
Nondalton	Lake and Peninsula Borough	164	164
Pedro Bay	Lake and Peninsula Borough	42	47
Perryville	Lake and Peninsula Borough	113	101
Pilot Point	Lake and Peninsula Borough	68	78
Pope-Vannoy Landing	Lake and Peninsula Borough	6	4
Port Alsworth	Lake and Peninsula Borough	159	179
Port Heiden	Lake and Peninsula Borough	102	114

Ugashik	Lake and Peninsula Borough	12	15
Balance*	Lake and Peninsula Borough	19	15
Borough Subtotal		1,631	1,672
Alakanuk	Wade Hampton Census Area	677	730
Chevak	Wade Hampton Census Area	938	989
Emmonak	Wade Hampton Census Area	762	841
Hooper Bay	Wade Hampton Census Area	1,093	1,178
Kotlik	Wade Hampton Census Area	577	653
Marshall	Wade Hampton Census Area	414	444
Mountain Village	Wade Hampton Census Area	813	857
Nunam Iqua	Wade Hampton Census Area	187	181
Pilot Station	Wade Hampton Census Area	568	634
Pitkas Point	Wade Hampton Census Area	109	117
Russian Mission	Wade Hampton Census Area	312	325
Saint Mary's	Wade Hampton Census Area	507	550
Scammon Bay	Wade Hampton Census Area	474	528
Balance*	Wade Hampton Census Area	28	26
Census Area Subtotal		7,459	8,053
REGION TOTAL		40,649	42,499

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

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

		Anchorage/Mat-Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide Total
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

		Anchorage/Mat-Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide Total
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

	Anchorage/ Mat-Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Total
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

		Anchorage/Mat-Su	Gulf Coast	Interior	Northern	Southeast	Southwest
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 Southwest Region: Minimum Standard Elements of a Tobacco-Free Policy as of August 25, 2015

Number of School Districts	Percent of School Districts	Policy Elements
7	50%	Prohibits use of tobacco products on all school property (including grounds, buildings, parking areas, and residencies where applicable)
12	86%	Prohibits use of tobacco products in school vehicles
6	43%	Prohibits use of tobacco products at any school-sponsored event (on- or off-campus)
7	50%	Defines tobacco to mean all forms of tobacco and tobacco use (all smoking products, smokeless tobacco products, and non treatment related nicotine delivery devices)
7	50%	Applies to all students, staff, and visitors
11	79%	Requires the posting of signs informing students, staff and visitors that school grounds are tobacco-free
8	57%	Identifies specific enforcement procedures and consequences for violating school policies
7	50%	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 Southwest Region: Additional Policy Elements of a Tobacco-Free Policy as of August 25, 2015

Number of School Districts	Percent of School Districts	Policy Element
14	100%	Includes a rationale for being tobacco-free
14	100%	States that tobacco possession by a person under age 19 is against the law
8	57%	Includes language restricting items from school property that might contribute to tobacco use and acceptability (such as lighters, clothing with logos)
4	29%	Includes a requirement for evidence-based tobacco prevention education for all students
6	43%	Includes provisions against accepting tobacco industry funds or free giveaways
10	71%	Includes language prohibiting tobacco advertising in school buildings and school functions
8	57%	Includes progressive consequences for violating school tobacco policy (such as an education program or in school suspension versus suspension for student's first offense)
6	43%	Includes provisions to refer students and staff to local or statewide programs to help them quit using tobacco
10	71%	Includes language prohibiting distribution of tobacco products
6	43%	Includes language specifically prohibiting tobacco use by contractors
7	50%	Includes procedures for communicating the policy to students
7	50%	Includes procedures for communicating the policy to staff
7	50%	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

		Anchorage/Mat-Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Total
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 Southwest Region, FY2015

Agency	Service Area	Provider Type		
		Community Behavioral Health Center	Mental Health	Substance Abuse
Yukon-Kuskokwin Health Corporation	Bethel	x	x	x
Bristol Bay Area Health Corporation	Dillingham	x	x	x
Eastern Aleutian Tribes	East Aleutian Islands	x	x	x
Aleutian Pribilof Islands Association	West Aleutian/Pribilof Islands	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 Southwest Region*

Health Care Organization	Borough/Census Area
Adak Medical Center	Aleutians West Census Area
Agnes Boliver Health Clinic	Wade Hampton Census Area
Akiachak Clinic	Bethel Census Area
Alakanuk Clinic	Wade Hampton Census Area
Aleknagik North Shore Clinic	Dillingham Census Area
Aleknagik South Shore Clinic	Dillingham Census Area
Anesia Kudrin Memorial Clinic	Aleutians East Borough
Anna Hoblet Memorial Clinic	Aleutians East Borough
Anna Livingston Medical Clinic	Aleutians East Borough
Atka Village Clinic	Aleutians West Census Area
Atmautluak Clinic	Bethel Census Area
Bethel Family Clinic	Bethel Census Area
Betty Guy Memorial Clinic	Bethel Census Area
Camai Community Health Center	Bristol Bay Borough
Catherine Alexie Clinic	Bethel Census Area
Chefornak Clinic	Bethel Census Area
Chevak Clinic	Wade Hampton Census Area
Chignik Lagoon Village Clinic	Lake and Peninsula Borough
Clara Morgan Sub Regional Clinic	Bethel Census Area
Clark's Point Clinic	Dillingham Census Area
Crimet Phillips Sr. Clinic	Bethel Census Area
Crooked Creek Clinic	Bethel Census Area
Dillingham Public Health Center	Dillingham Census Area
Dunias Memorial Center	Lake and Peninsula Borough
Edith Kawagley Memorial Clinic	Bethel Census Area
Eek Clinic	Bethel Census Area
Egegik Clinic	Lake and Peninsula Borough
Ekwok Clinic	Dillingham Census Area
Elena Alexie Memorial Clinic	Bethel Census Area

Eliza Maxie Memorial Clinic	Bethel Census Area
Emillin Health Clinic	Lake and Peninsula Borough
Georgian Waskey Memorial Clinic	Wade Hampton Census Area
Goodnews Bay Clinic	Bethel Census Area
Harris Sub Regional Clinic	Lake and Peninsula Borough
Hooper Bay Subregional Clinic	Wade Hampton Census Area
Igiugig Village Health Clinic	Lake and Peninsula Borough
Iliamna Clinic - Bristol Bay Area Health Corporation	Lake and Peninsula Borough
Iliuliuk Family & Health Services, Inc	Aleutians West Census Area
John Afcan Memorial Clinic	Wade Hampton Census Area
Julius Pleasant Health Center	Dillingham Census Area
Kanakanak Hospital	Dillingham Census Area
Kasigluk Clinic	Bethel Census Area
Kathleen Daniel Memorial Clinic	Bethel Census Area
King Cove Medical Clinic	Aleutians East Borough
King Salmon Clinic - Bristol Bay Area Health Corporation	Bristol Bay Borough
Kipnuk Clinic	Bethel Census Area
Kokhanok Clinic	Lake and Peninsula Borough
Koliganek Clinic	Dillingham Census Area
Kotlik Clinic	Wade Hampton Census Area
Kwigillingok Clinic	Bethel Census Area
Levelock Clinic	Lake and Peninsula Borough
Lillian E. Jimmy Memorial Clinic	Bethel Census Area
Manguan Health Clinic	Bethel Census Area
Manokotak Clinic	Dillingham Census Area
Marie Kameroff Health Clinic	Bethel Census Area
Mekoryuk Clinic	Bethel Census Area
Napakiak Clinic	Bethel Census Area
Nelson Lagoon Clinic	Aleutians East Borough
New Stuyahok Clinic	Dillingham Census Area
Newhalen Clinic	Lake and Peninsula Borough
Nightmute Clinic	Bethel Census Area
Nikolski Clinic	Aleutians West Census Area
Nilavena Subregional Clinic	Lake and Peninsula Borough
Nondalton Clinic	Lake and Peninsula Borough
Nunam Iqua Clinic	Wade Hampton Census Area
Oonalaska Wellness Center	Aleutians West Census Area
Oscarville Clinic	Bethel Census Area
Pearl E. Johnson Subregional Clinic	Wade Hampton Census Area
Pedro Bay Clinic	Lake and Peninsula Borough
Pilot Point Clinic	Lake and Peninsula Borough
Pilot Station Clinic	Wade Hampton Census Area
Pitka's Point Clinic	Wade Hampton Census Area
Platinum Clinic	Bethel Census Area
Port Heiden Clinic	Lake and Peninsula Borough
Quinhagak (Kwinhagak) Clinic	Bethel Census Area
Russian Mission Clinic	Wade Hampton Census Area

Saint George Health Clinic - Aleutian Pribilof Islands Association	Aleutians West Census Area
Saint Paul Health Center	Aleutians West Census Area
Sand Point Medical Clinic	Aleutians East Borough
Scammon Bay Clinic	Wade Hampton Census Area
Sleetmute Clinic	Bethel Census Area
South Naknek Health Clinic	Bristol Bay Borough
St. George Health Clinic	Aleutians West Census Area
Stony River Clinic	Bethel Census Area
Togiak Sub Regional Health Clinic	Dillingham Census Area
Toksook Bay Subregional Clinic	Bethel Census Area
Tuluksak Clinic	Bethel Census Area
Tununak Clinic	Bethel Census Area
Yukon - Kuskokwim Delta Regional Hospital	Bethel 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.^{xii} 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.

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