Binge Drinking
Binge drinking was defined as having had 5 or more drinks (for men) or 4 or more drinks (for women) on one or more occasions in the past 30 days. Binge drinking is associated with injury, both intentional and unintentional. Sixteen percent of Alaskan adults reported binge drinking on the 2008 BRFSS surveys; the Healthy Alaskans 2010 goal for binge drinking is 13%. Binge drinking among males (22%) was significantly higher than among females (10%).

Health Care Coverage
Many Alaskans lack access to primary health care and preventive services. Reasons include distance from sources of care and lack of health care coverage. On the 2008 BRFSS surveys, 18% of Alaskan adults reported not having health care coverage. The goal of Healthy Alaskans 2010 is to reduce the proportion of Alaskans without health care coverage to 5%.

Prevalence of Selected Risk Factors Among Alaskan Adults, 2008

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Alaska Men</th>
<th>Alaska Women</th>
<th>Alaska State Total</th>
<th>Healthy Alaskans 2010 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight or Obese</td>
<td>40%</td>
<td>39%</td>
<td>40%</td>
<td>35%</td>
</tr>
<tr>
<td>Current Smoking</td>
<td>22%</td>
<td>23%</td>
<td>22%</td>
<td>20%</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>13%</td>
<td>11%</td>
<td>13%</td>
<td>10%</td>
</tr>
<tr>
<td>No Leisure Time Physical Activity</td>
<td>29%</td>
<td>32%</td>
<td>29%</td>
<td>25%</td>
</tr>
<tr>
<td>Do Not Have Health Care Coverage</td>
<td>13%</td>
<td>16%</td>
<td>13%</td>
<td>10%</td>
</tr>
</tbody>
</table>

More information about the Alaska Behavioral Risk Factor Surveillance System can be found at [http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm](http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm).

All Alaska Behavioral Risk Factor Survey Annual Reports can be downloaded from [http://www.hss.state.ak.us/dph/chronic/hsl/brfss/publications.htm](http://www.hss.state.ak.us/dph/chronic/hsl/brfss/publications.htm).

References:

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Alaska Women

Coronary Heart Disease

Stroke

Alaska State Total

Healthy Alaskan

Alaska Women

Coronary Heart Disease

Stroke

Alaska State Total

Healthy Alaskan

Alaska Women

Coronary Heart Disease

Stroke

Alaska State Total

Healthy Alaskan

Smoking
Current smokers were those respondents that had smoked at least 100 cigarettes in their lifetime and reported they currently smoke either some days or everyday. In 2008, 22% of Alaskan adults reported current smoking, higher than the Healthy Alaskans 2010 goal of 14%. Alaska Natives have a particularly high prevalence of smoking (43%), significantly higher than other race groups (data not shown).

Diabetes
Diabetes increases the risk for heart disease and stroke and can result in blindness and renal disease. In 2008, 6% of Alaskan adults reported being told they have diabetes. There was no difference between men and women in the prevalence of diabetes.

Overweight and Obesity
People who are overweight or obese are at increased risk of chronic disease and premature death. In 2008, 37% of Alaskan adults were overweight and 28% were obese based on body mass index (BMI). Respondents with a BMI of 25.0 to less than 30.0 were considered overweight and those with a BMI of 30.0 or greater were considered obese. Both of these indicators are greater than the Healthy Alaskans 2010 goals of 30% for overweight and 18% for obese.

Asthma
Asthma is a leading cause of restricted activity. In 2008, 15% of Alaskan adults reported ever being told they have asthma. More women than men reported a lifetime diagnosis of asthma; however this difference was not significant.

Cardiovascular Disease
Heart disease is a leading cause of death in Alaska and the US as a whole. The BRFSS surveys ask respondents if they have ever been told they have had a heart attack, been told they have coronary heart disease or been told they had a stroke. In 2008, 3% of Alaskan adults said they have had a heart attack, 3% said they have coronary heart disease and 2% said they have had a stroke.

Physical Inactivity
Regular physical activity can reduce the risk of chronic disease and help in maintaining current weight or with losing weight. In 2008, 21% of Alaskan adults reported no leisure time physical activity in the past 30 days, slightly above the Healthy Alaskans 2010 Goal of 18%.