



Sean Parnell, Governor
 State of Alaska

William J. Streur, Acting
 Commissioner
 Department of Health
 and Social Services

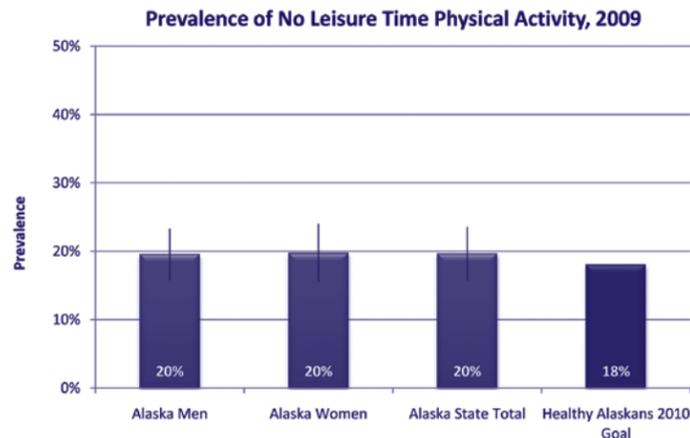
Ward B. Hurlburt, M.D., MPH
 Chief Medical Officer
 Director, Division of Public Health



**See full
 report online!**

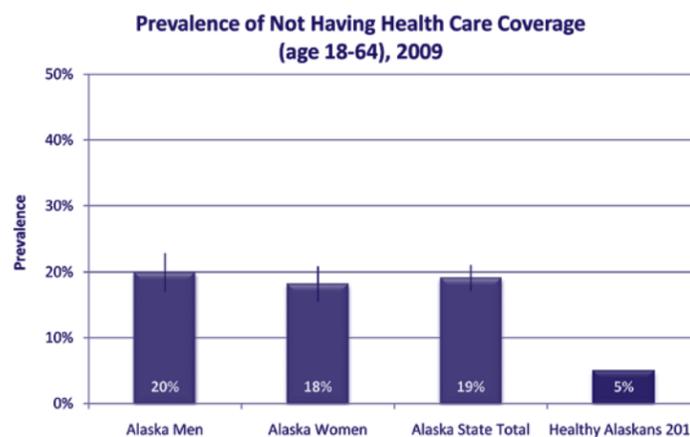
The full BRFSS
 report is now
 available in a new
 web-based format.

www.hss.state.ak.us/dph/chronic/hsl/brfss/publications.htm



Physical Inactivity

Regular physical activity can reduce the risk of chronic disease and help in maintaining current weight or with losing weight. In 2009, 20% of Alaska adults reported no leisure time physical activity in the past 30 days, slightly above the Healthy Alaskans 2010 Goal of 18%.



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 2009 BRFSS surveys, 19% of Alaska adults age 18 to 64 years reported not having health care coverage. The Healthy Alaskans 2010 goal is to reduce the proportion of Alaskans without health care coverage to 5%.

More information about the Alaska Behavioral Risk Factor Surveillance System can be found at <http://www.hss.state.ak.us/dph/chronic/hsl/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>.

References:

Alaska Department of Health and Social Services, Division of Public Health. Healthy Alaskans 2010: Targets and Strategies for Improved Health. Volume I: Targets for Improved Health. Nov. 2005. Available at: <http://www.hss.state.ak.us/dph/targets/ha2010/default.htm>.

This report was prepared by Rebecca Wells, Alaska BRFSS Coordinator. December 2010.

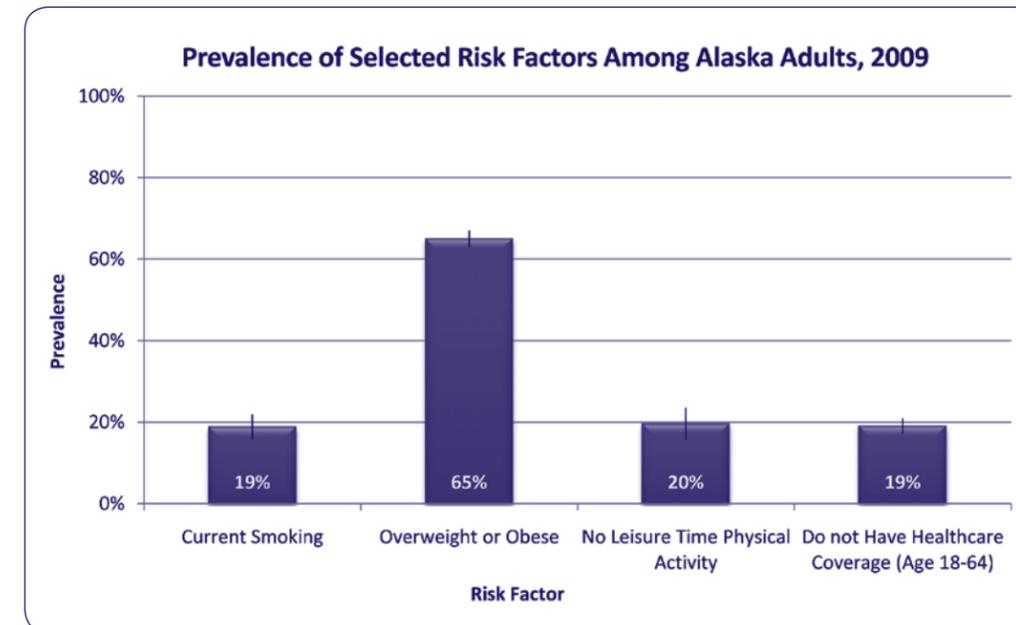
The 2009 Standard BRFSS was funded in part by the Centers for Disease Control and Prevention, Grant No. 1U58DP001955-01, and it was produced by the Alaska Department of Health and Social Services. It was printed at a cost of \$.10 per copy in Anchorage, Alaska. This cost block is required by AS 44.99.210.

Introduction

Modifying risk behaviors contributing to chronic disease, premature death and impaired quality of life is an important public health challenge. The Behavioral Risk Factor Surveillance System (BRFSS) collects information on risk factors, chronic disease prevalence and preventive practices that is essential for chronic disease prevention planning. The BRFSS is conducted in all 50 states, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands and is now the longest running and largest telephone health survey in the world. The State of Alaska began surveillance using the Standard BRFSS in 1991 and has continued yearly since. The Alaska Standard BRFSS is a collaborative project of the Centers for Disease Control and Prevention and the Alaska Division of Public Health.

For this report, indicators from the Standard BRFSS data were combined with data from a second survey, the Alaska Supplemental BRFSS. This second survey was state developed and is funded by the Alaska Tobacco Prevention and Control Program and focuses largely on tobacco use and attitudes. It has been collected in Alaska since 2004. The Supplemental BRFSS uses the same sample design and data collection methodology as the Standard BRFSS. Combining the Supplemental BRFSS survey with the Standard BRFSS where possible allows for a larger sample size for analysis and more stable estimates. Please note that because the combined Standard and Supplemental BRFSS data were used, estimates will not match those provided by the CDC for the indicators in this document.

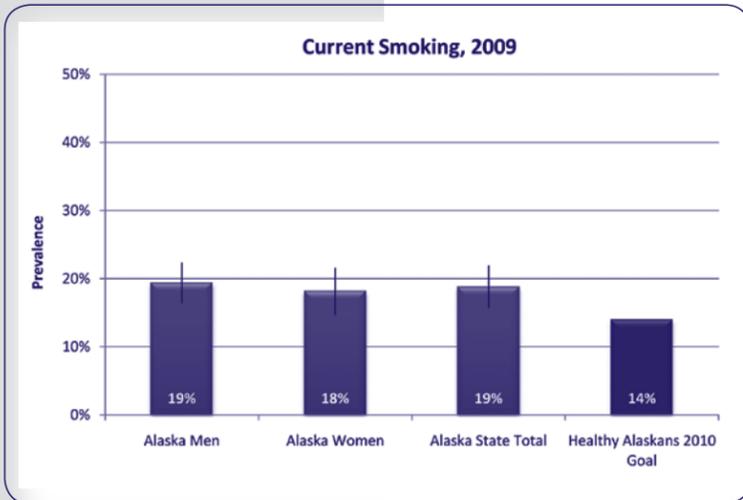
In 2009, 2,432 health interviews were conducted using the Standard BRFSS questionnaire and 2,333 were conducted using the Supplemental BRFSS. The interviews were conducted over the telephone from the Health Survey Lab in Juneau using randomly selected telephone numbers. Households were contacted and one adult of age 18 years or older was randomly selected to complete the survey. All data were weighted to represent the state adult population age 18 years and older.



**Full
 report online!**

The full BRFSS
 report is now
 available in a new
 web-based format.

www.hss.state.ak.us/dph/chronic/hsl/brfss/publications.htm

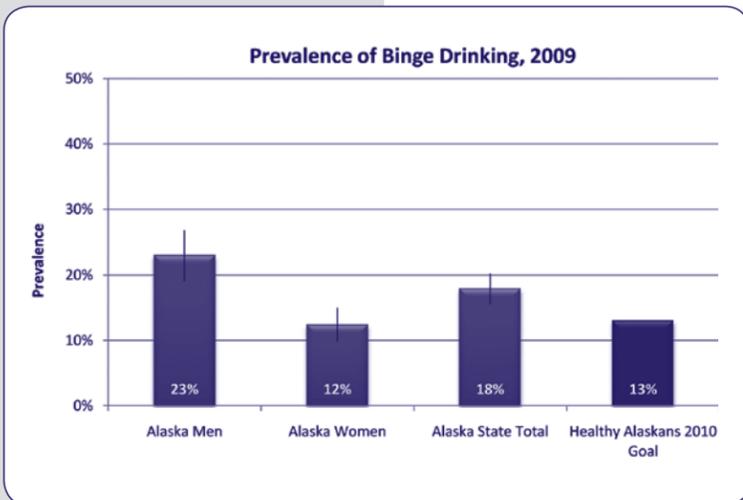
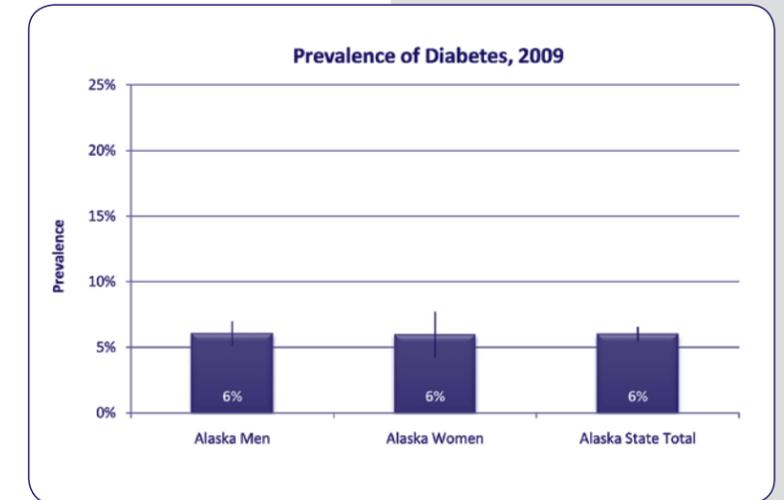


Tobacco Use

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 2009, 19% of Alaska adults reported current smoking, higher than the Healthy Alaskans 2010 goal of 14%. Alaska Native adults have a particularly high prevalence of smoking (39%), significantly higher than other race groups (data not shown).

Diabetes

Diabetes increases the risk for heart disease kidney disease. In 2009, 6% of Alaska adults reported being told they have diabetes. There was no difference between men and women in the prevalence of diabetes.

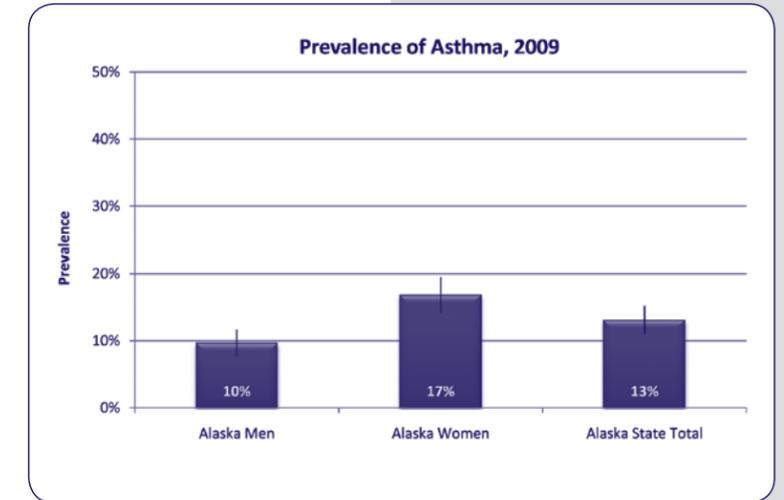


Binge Drinking

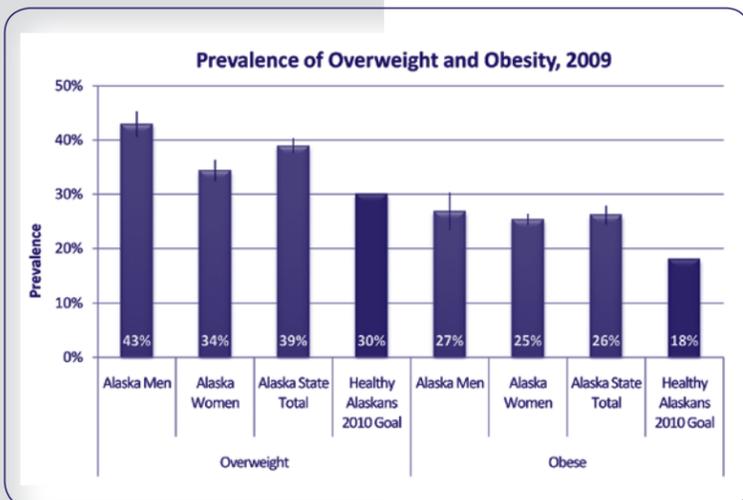
Binge drinking was defined as having had five or more drinks (for men) or four or more drinks (for women) on one or more occasions in the past 30 days. Binge drinking is associated with injury, both intentional and unintentional. Eighteen percent of Alaska adults reported binge drinking on the 2009 BRFSS survey*; the Healthy Alaskans 2010 goal for binge drinking is 13%. Binge drinking among males (23%) was significantly higher than among females (12%).

Asthma

Asthma is a leading cause of restricted activity. In 2009, 13% of Alaska adults reported ever being told they have asthma. More women than men reported a lifetime diagnosis of asthma.



*Note: data for this indicator was collected only as part of the Standard BRFSS survey in 2009.



Overweight and Obesity

People who are overweight or obese are at increased risk of chronic disease and premature death. In 2009, 39% of Alaska adults were overweight and 26% 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.

Cardiovascular and Cerebrovascular Disease

Heart disease is a leading cause of death in Alaska and the U.S. 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 2009, 3% of Alaska adults said they have had a heart attack, 3% said they have coronary heart disease and 2% said they have had a stroke.

