

CDPHP Webinar Series Kickoff:

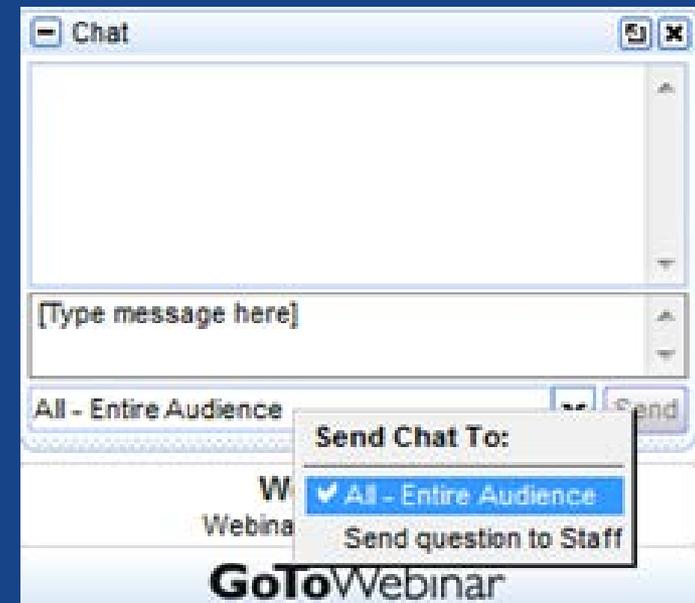
Overview of the Section and the Health Status of Alaskans

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Andrea M. Fenaughty, PhD

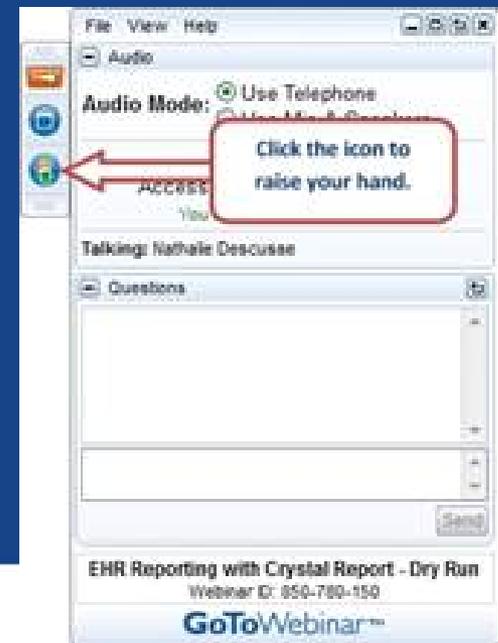
About this Webinar

- Audio for this webinar will come through your computer. You do not need to call a teleconference number.
- If you have technical difficulties, please let us know by using the Chat function on the GoToWebinar control panel.



About this Webinar

- You will need a microphone on your computer to ask a question.
- Please hold questions until the end of the presentation.
- To ask a question, please “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.



Objectives for Today's Webinar

- Gain an understanding of the Section's scope
- Gain an understanding of the health status of Alaskans

Section Overview

Scope of CDPHP's Work

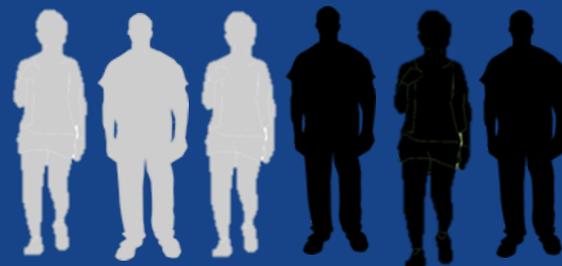
Health Promotion

Chronic Disease Prevention

Data/Surveillance

Why Do We Care

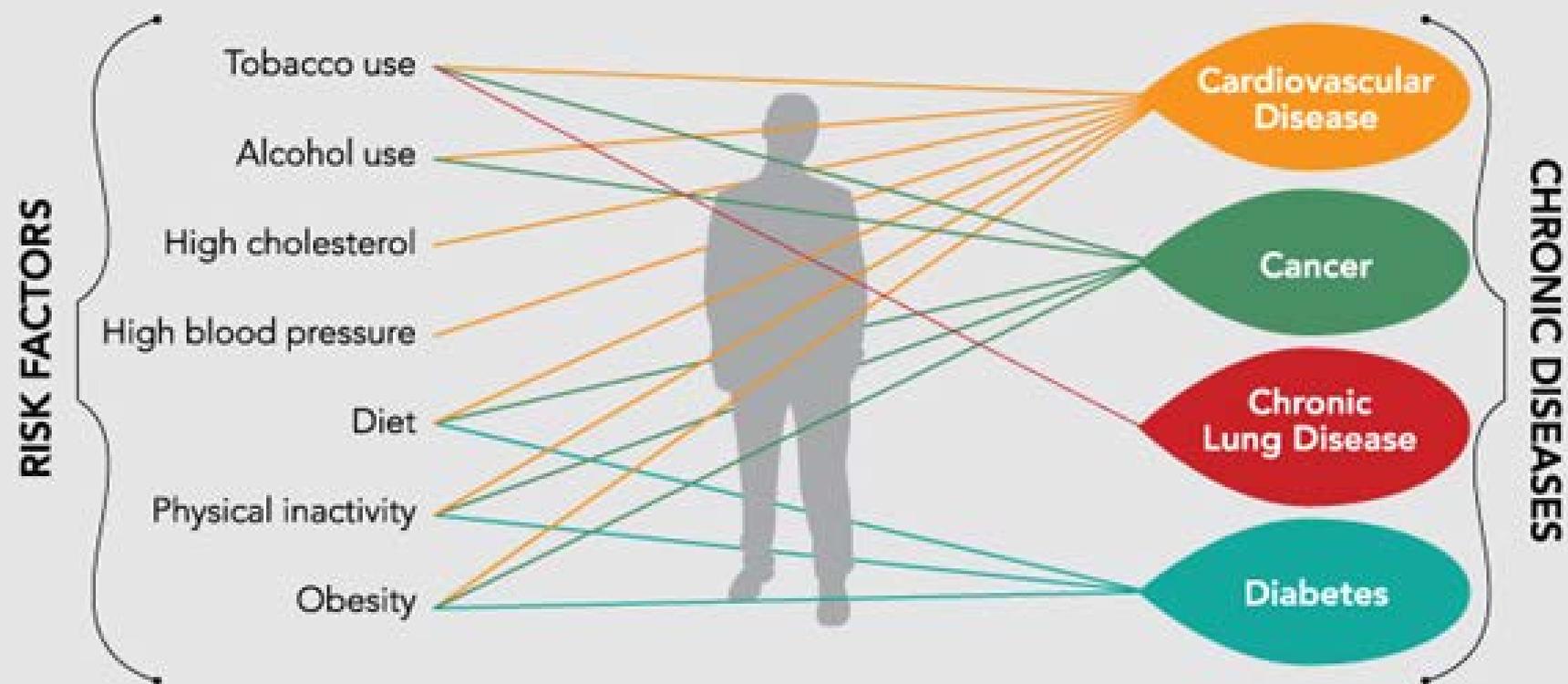
- *One or more chronic diseases*



- *Two or more chronic diseases*



The Whole Person: The Web of Chronic Disease¹



Among Alaska Adults with Cardiovascular Disease²
 23% smoke
 35% are inactive
 42% are obese
 25% have diabetes

Among Alaska Adults with Cancer²
 20% smoke
 30% are inactive
 29% are obese
 16% have a history of cardiovascular disease

Among Alaska Adults with Diabetes²
 19% smoke
 30% are inactive
 59% are obese
 19% have a history of cardiovascular disease

¹Remington PL, Brownson RC, Wegner MV, eds. Chronic Disease Epidemiology and Control, 3rd Ed. Washington DC: American Public Health Association; 2010. ²AK BRFSS (2009-2011).

Surveillance

- ❑ Alaska Cancer Registry
- ❑ Behavioral Risk Factor Surveillance System
- ❑ Student Weight Status Surveillance System
- ❑ Youth Risk Behavior Survey
- ❑ Informed Alaskans Initiative



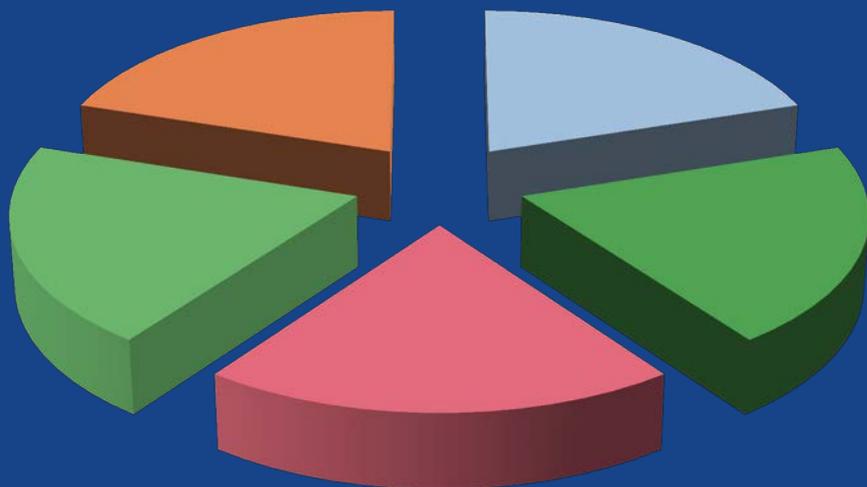
Health Status of Alaskans



Overview

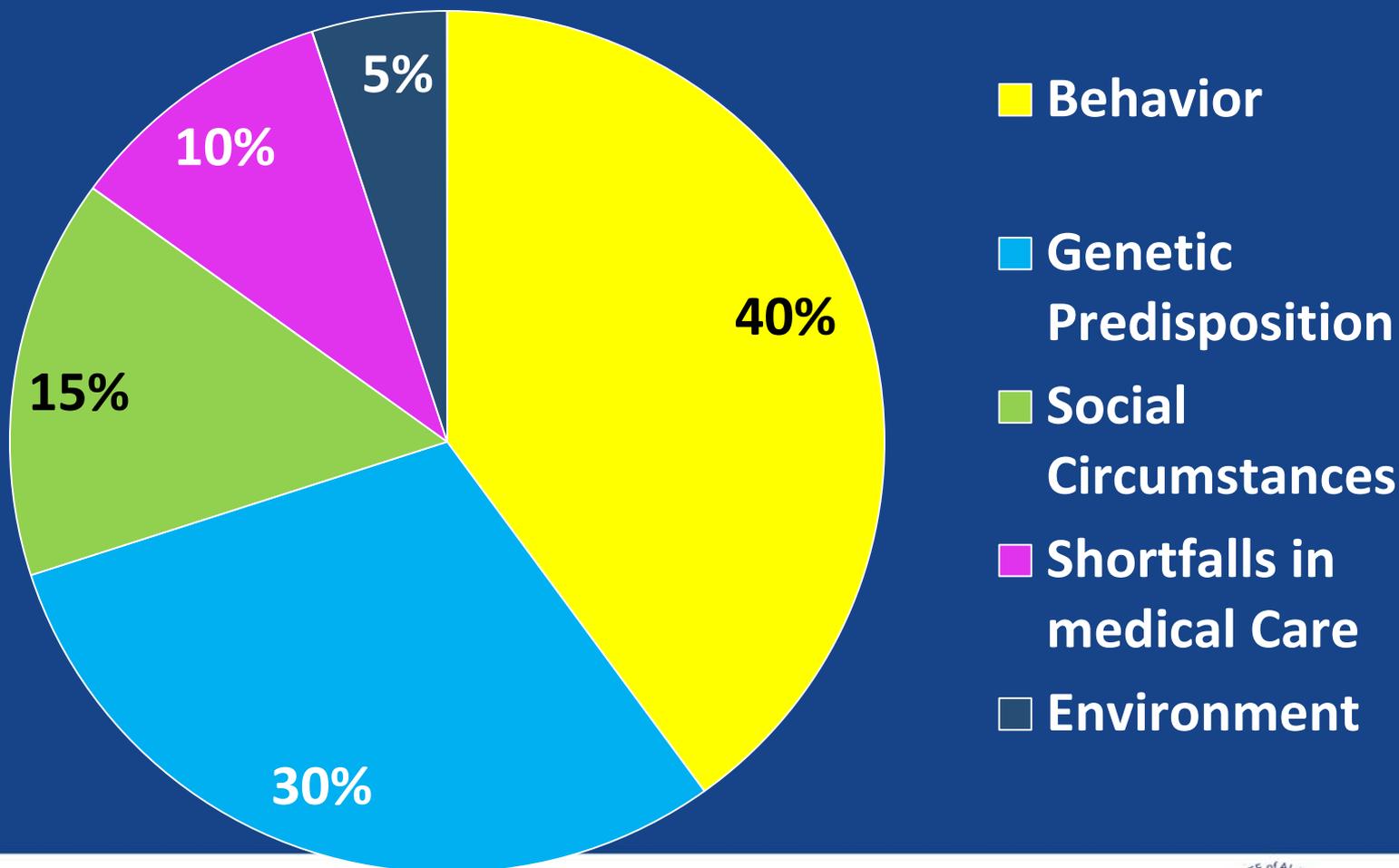
- Determinants of health
- Mortality
- Morbidity
- Risk factors

Determinants of Health



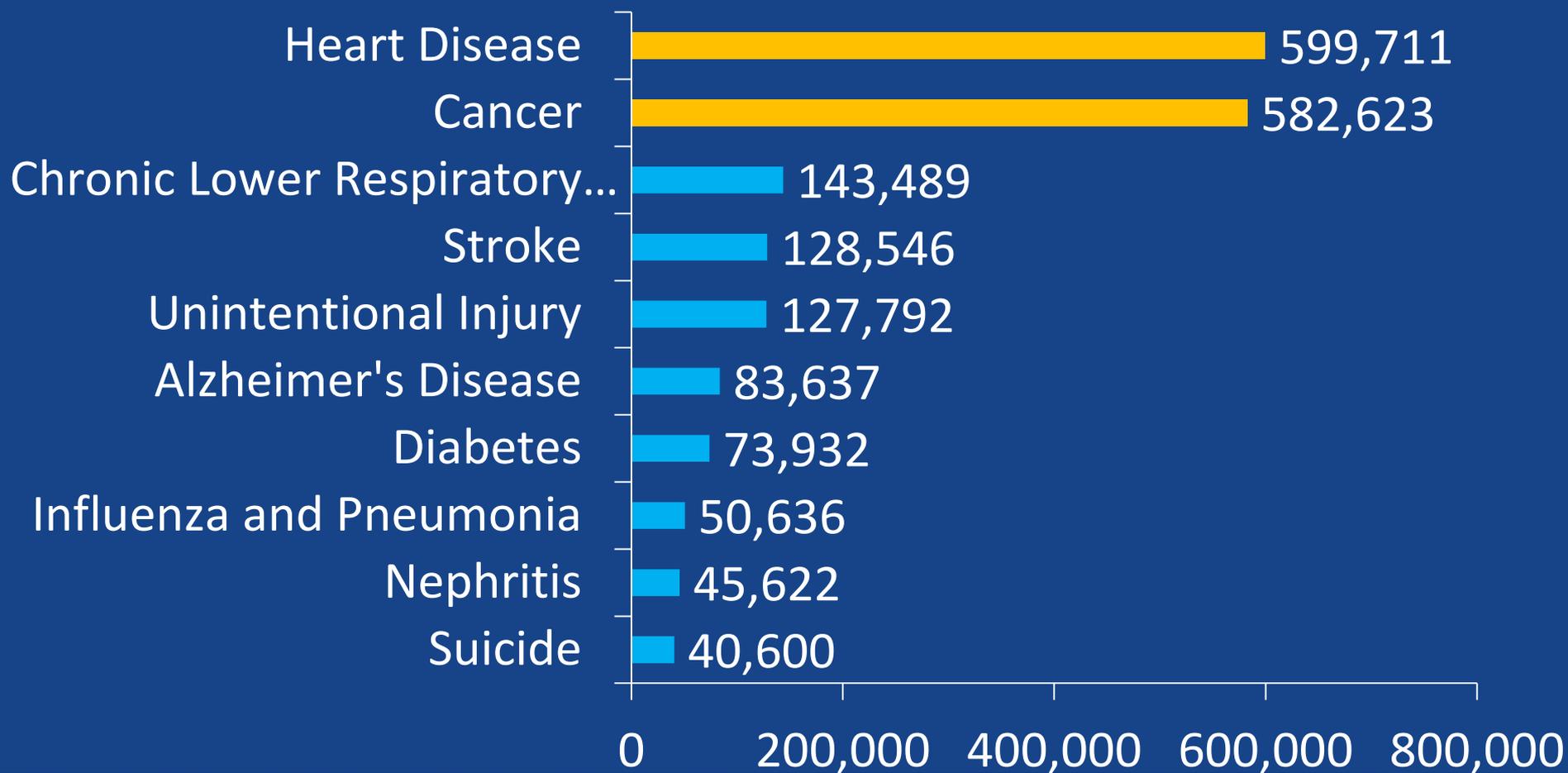
- What
- determines
- our
- health
- ?

Impacts of Various Domains on Early Deaths in the US



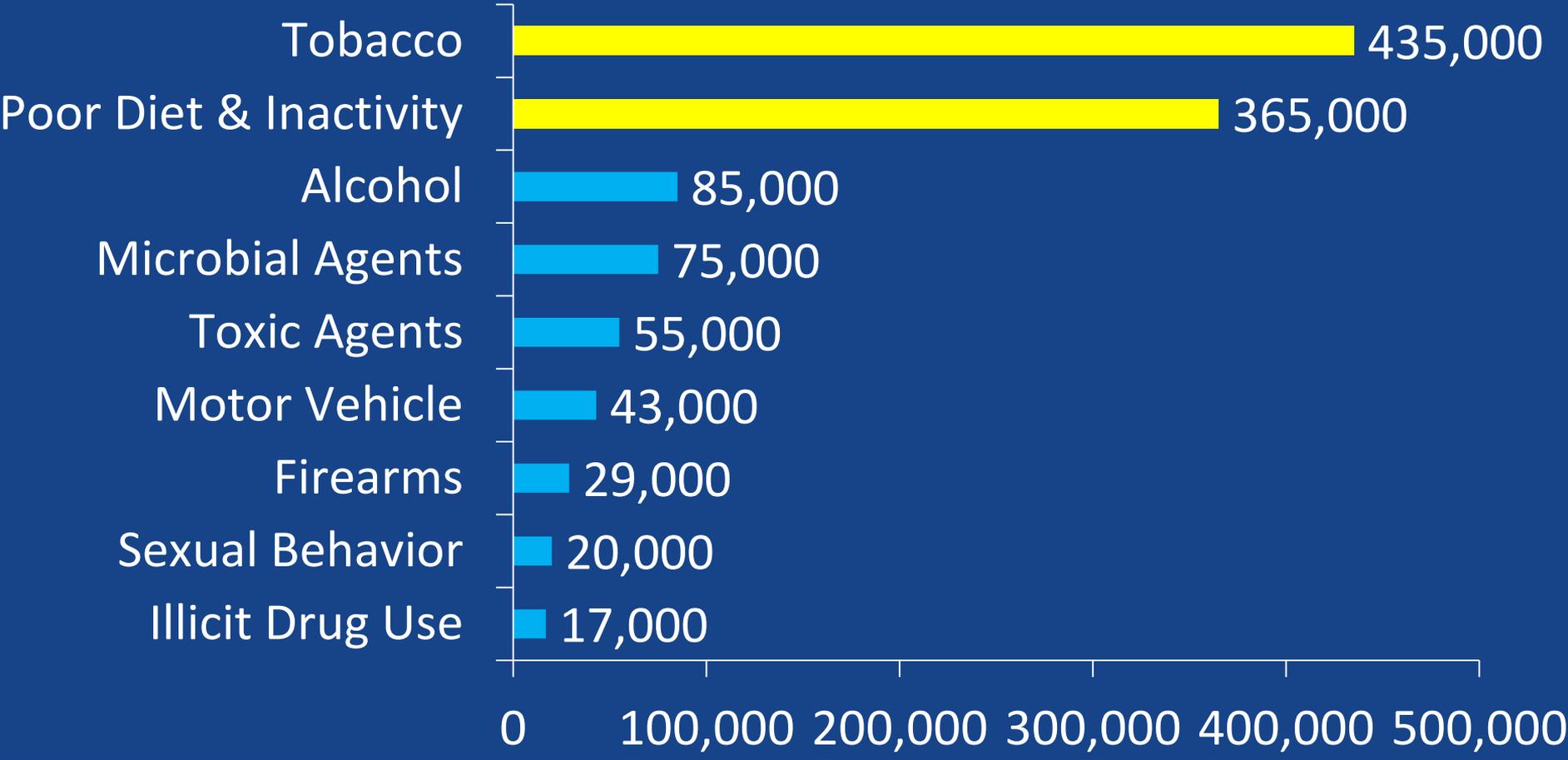
Source: McGinnis JM, Williams-Russo P, Knickman JR. The case for more active policy attention to health promotion. *Health Affairs*. 2002;21:78-93.

Leading Causes of Death in the US, 2012



Source: NCHS

Actual Causes of Preventable Death in the US, 2000*



*Mokdad, Marks, Stroop & Gerberding (2004)



3-Four-50

3 risk factors (tobacco use, poor diet, inactivity) contribute to the

4 chronic diseases (heart disease, diabetes, lung disease, and many cancers) which are responsible for

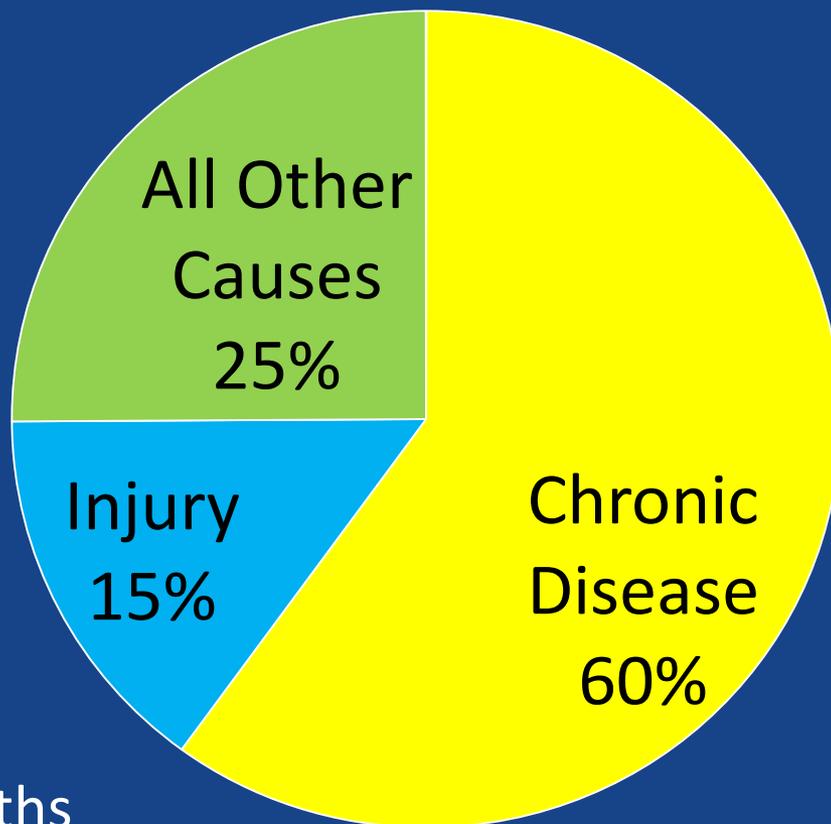
50 percent of preventable deaths in the world.

Mortality

Leading Causes of Death, Alaska and US 2013

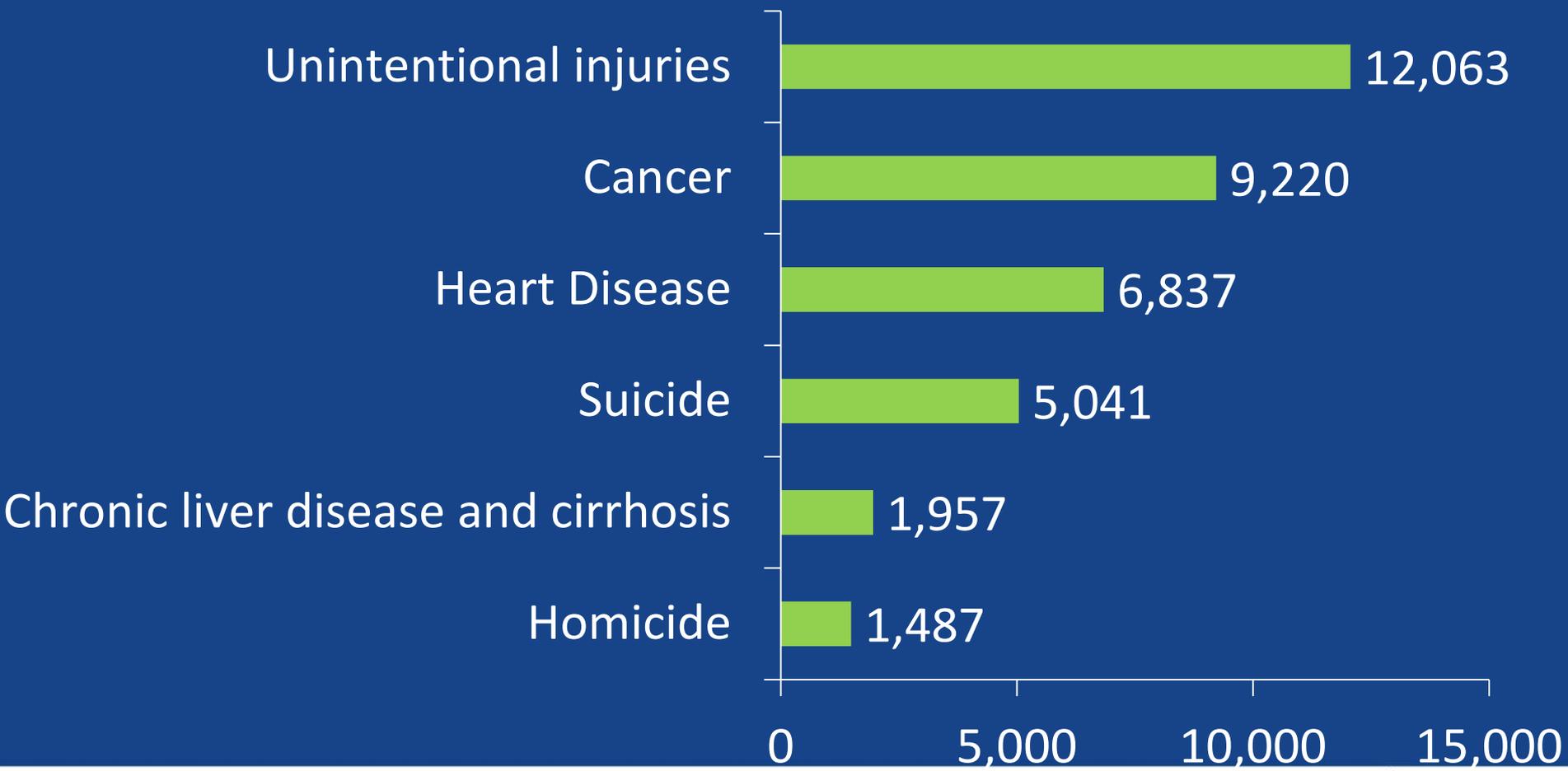
Cause of Death	Deaths	AK Age-Adjusted Rate	US Age-Adjusted Rate	US Rank
1. Cancer	1012	167.5	163.2	2
2. Heart Disease	705	132.2	169.8	1
3. Unintentional Injuries	354	52.4	39.4	4
4. Chronic Lower Respiratory Dis.	197	37.0	42.1	3
5. Stroke	188	39.9	36.2	5
6. Suicide	171	23.4	12.6	10
7. Diabetes	112	19.6	21.2	7
8. Chronic Liver Dis. And Cirrhosis	82	11.0	n/a	>10
9. Alzheimer's Disease	71	18.5	23.5	6
10. Influenza and Pneumonia	66	13.9	15.9	8

Causes of Death, Alaska 2013



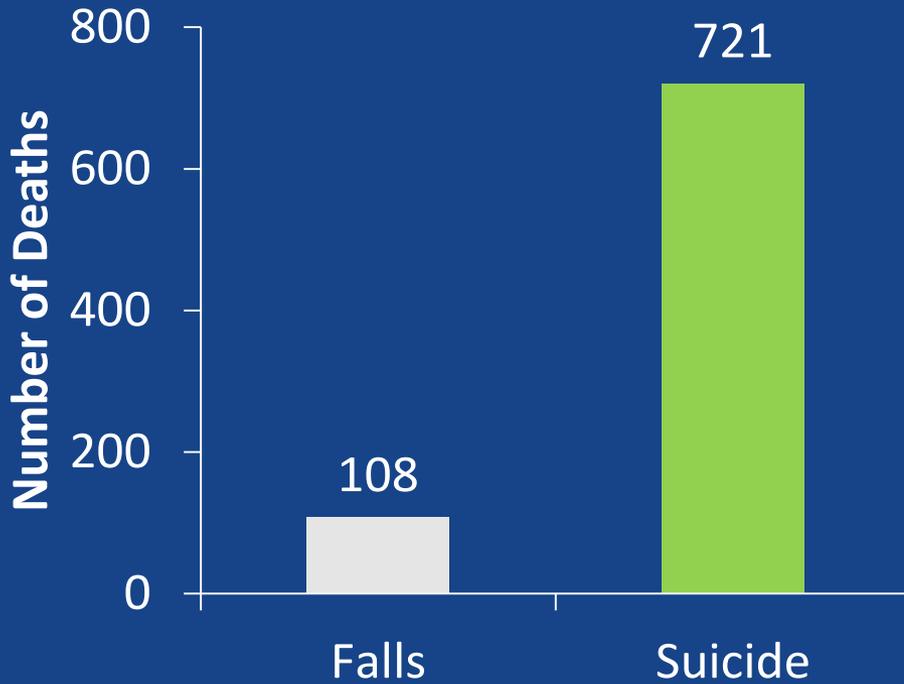
N = 4111 deaths

Years of Potential (<75) Life Lost, Alaska 2011

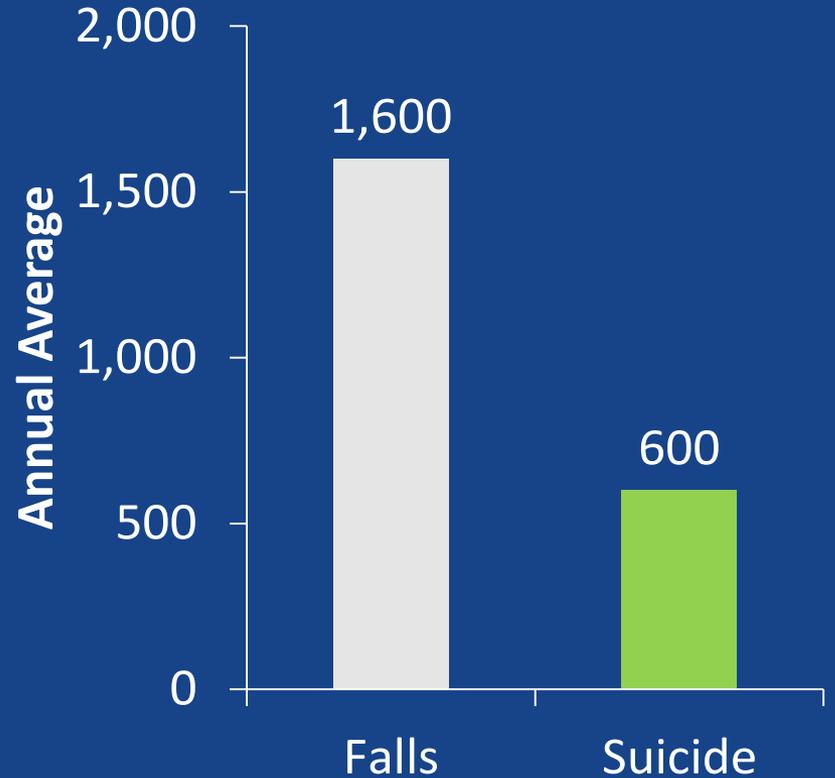


More than just mortality...

Fatal Injury Hospitalizations Alaska 2005-2009



Non-Fatal Injury Hospitalizations Alaska 2005-2009



Source: Alaska Trauma Registry, Rarig & Hull-Jilly 2012

Morbidity



Top Reasons, Costs for Hospitalization, Alaska 2011

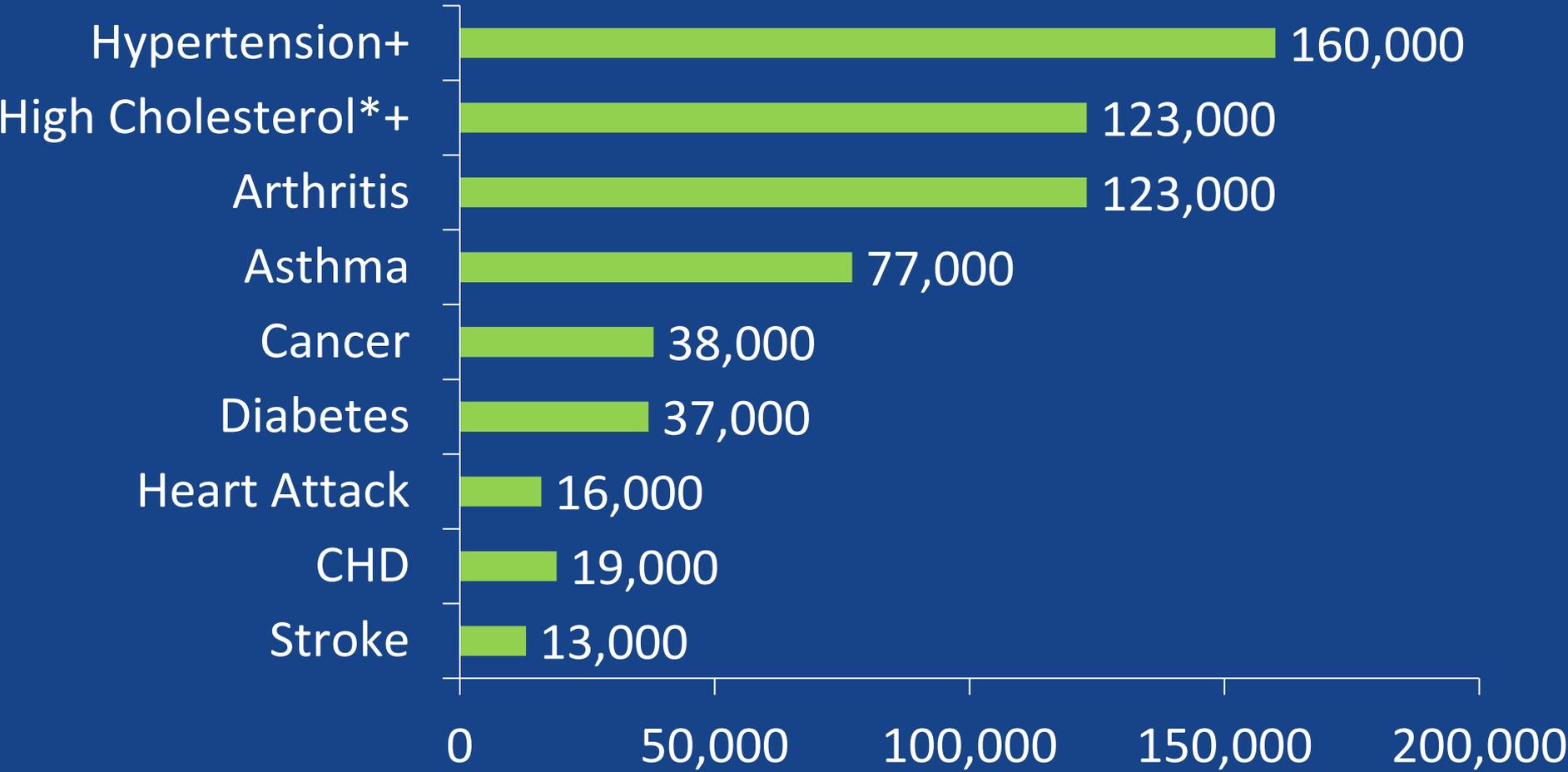
Reason	% of Discharges	% of Charges
Childbirth/Delivery	17%	6%
Newborns, Perinatal Conditions	16%	8%
Circulatory Disease	11%	19%
Digestive System	9%	9%
Injuries/Poisonings	9%	12%

Counts and Incidence Rates for Top 5 Cancers, Alaska 2011

Rank*	Cancer Site	Number of Cases	Age-Adjusted Cases per 100,000
1	Breast (women only)	418	128.9
2	Lung and Bronchus	346	64.6
3	Prostate (men only)	314	90.7
4	Colorectal	258	40.7
5	Urinary Bladder	134	25.3

*based on counts

Number Ever Diagnosed with..., Alaska 2012+



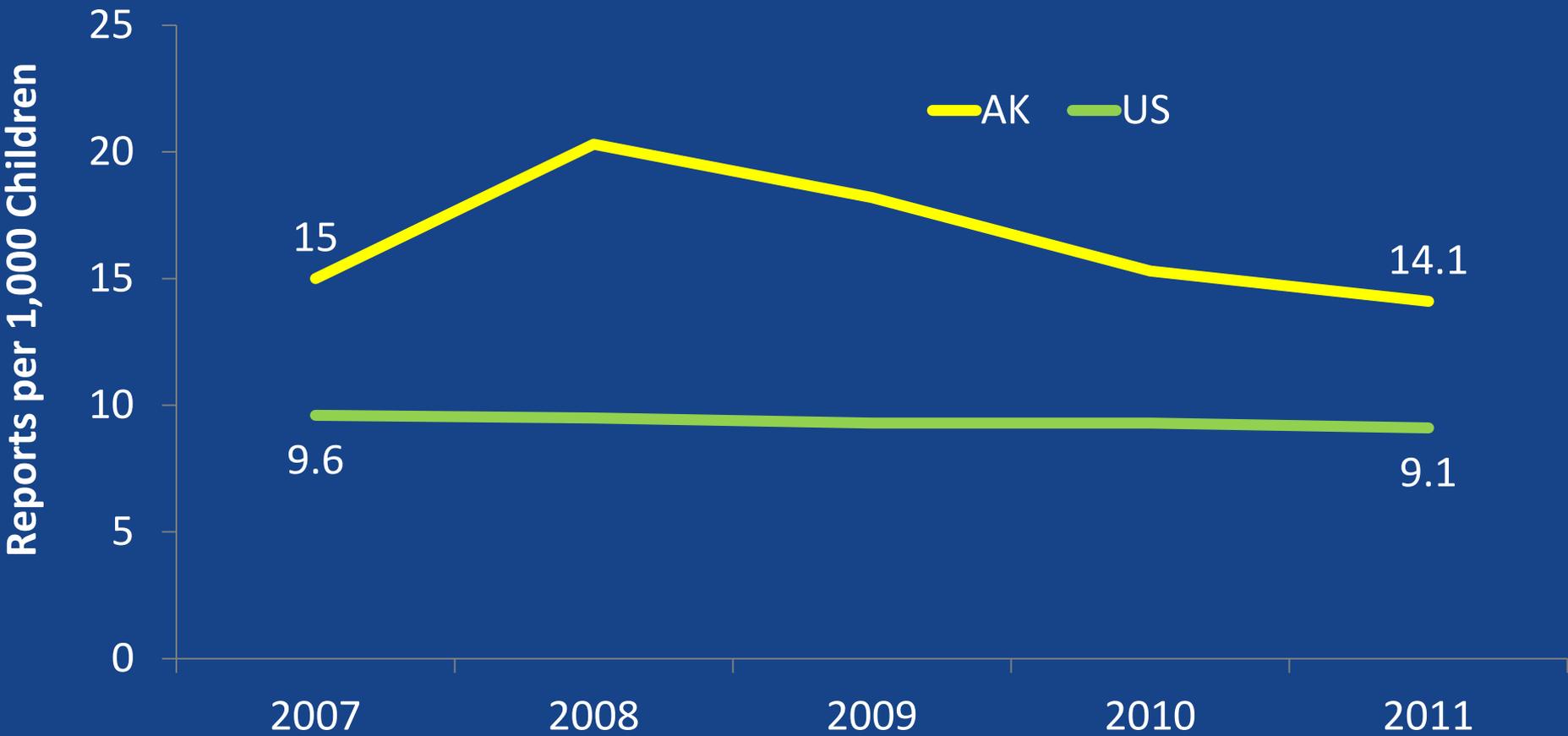
+ except 2011, where noted

*of those screened last 5 years

Source: Alaska Behavioral Risk Factor Surveillance System



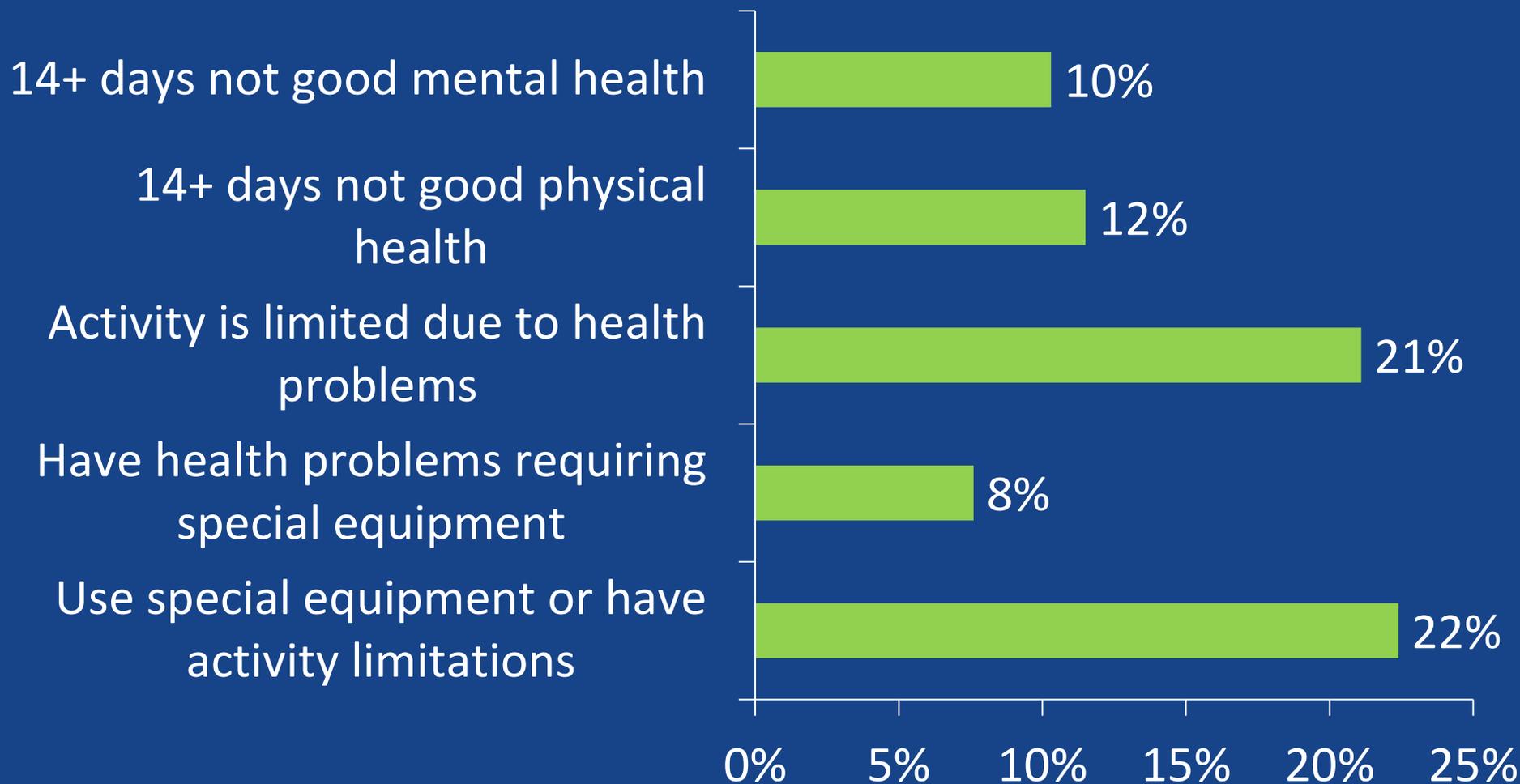
Child Maltreatment, All Alaskans, US (2007-2011)



Sources: Alaska DHSS, Office of Children's Services;
DHHS, Administration for Children and Families



Quality of Life Indicators (30 days), Alaska Adults, 2012



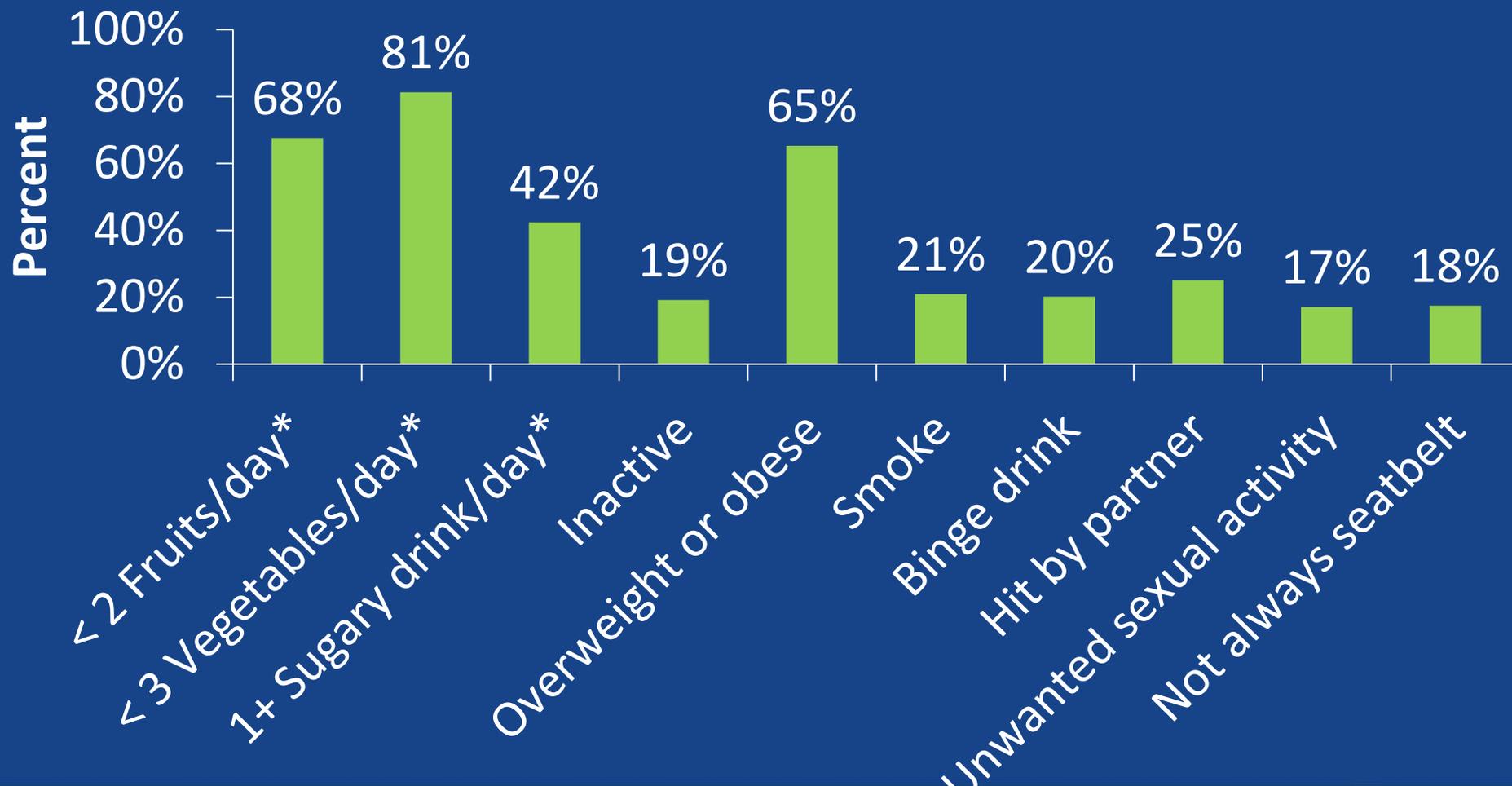
Source: Behavioral Risk Surveillance System



Risk Factors

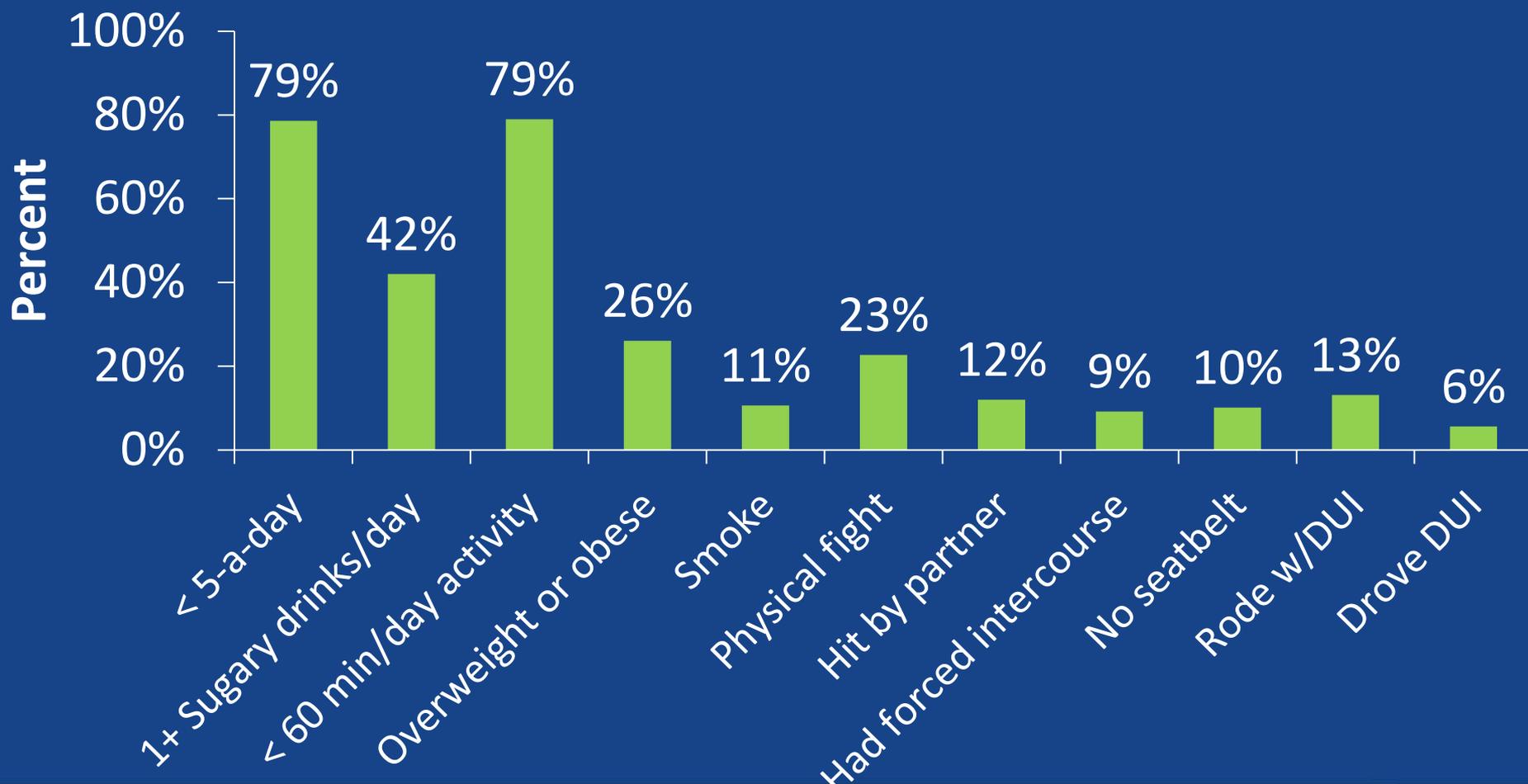


Select Risk Factors, Alaska Adults, 2012*



*except 2011, where noted

Select Risk Factors, Alaska High School Students, 2013

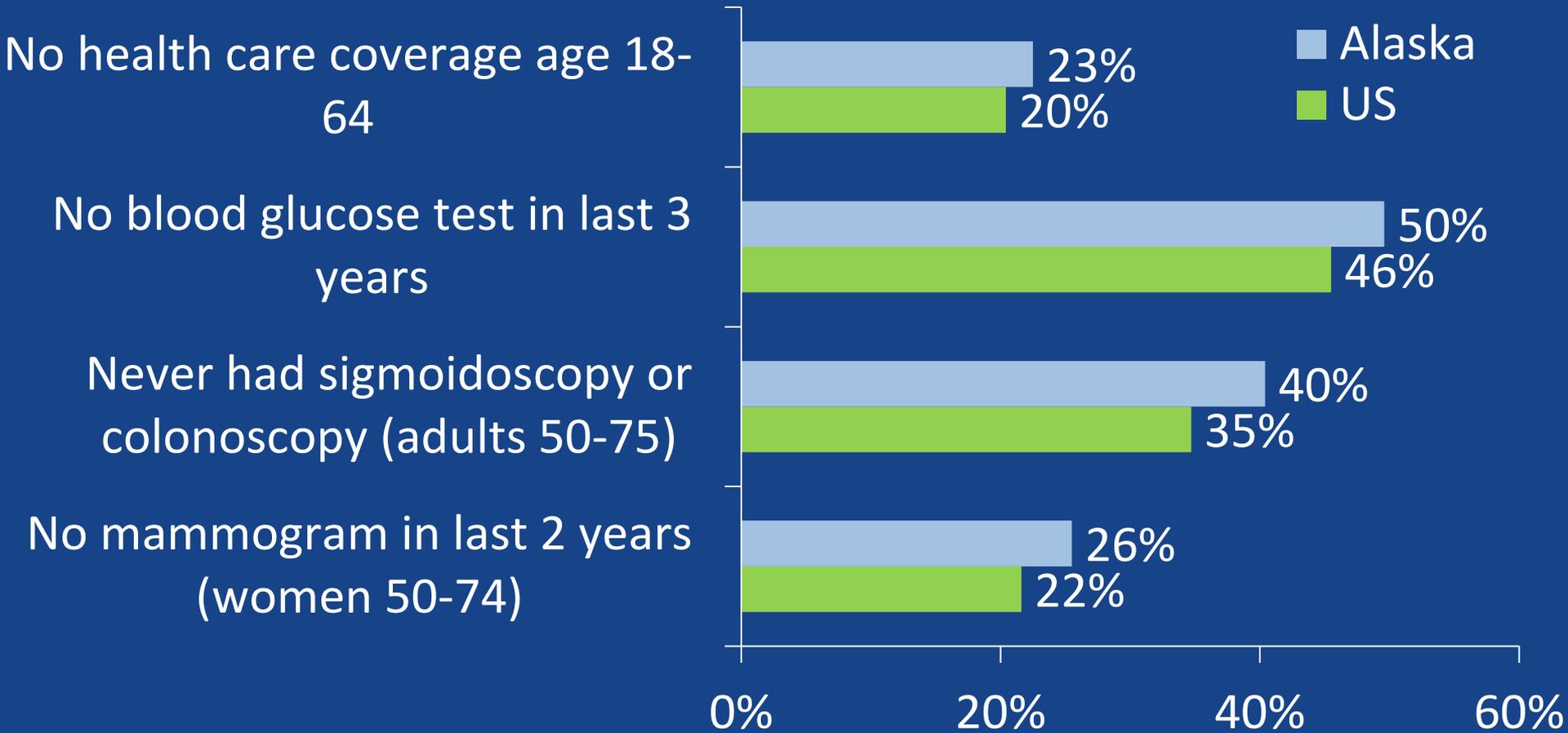


Source: Youth Risk Behavior Survey

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



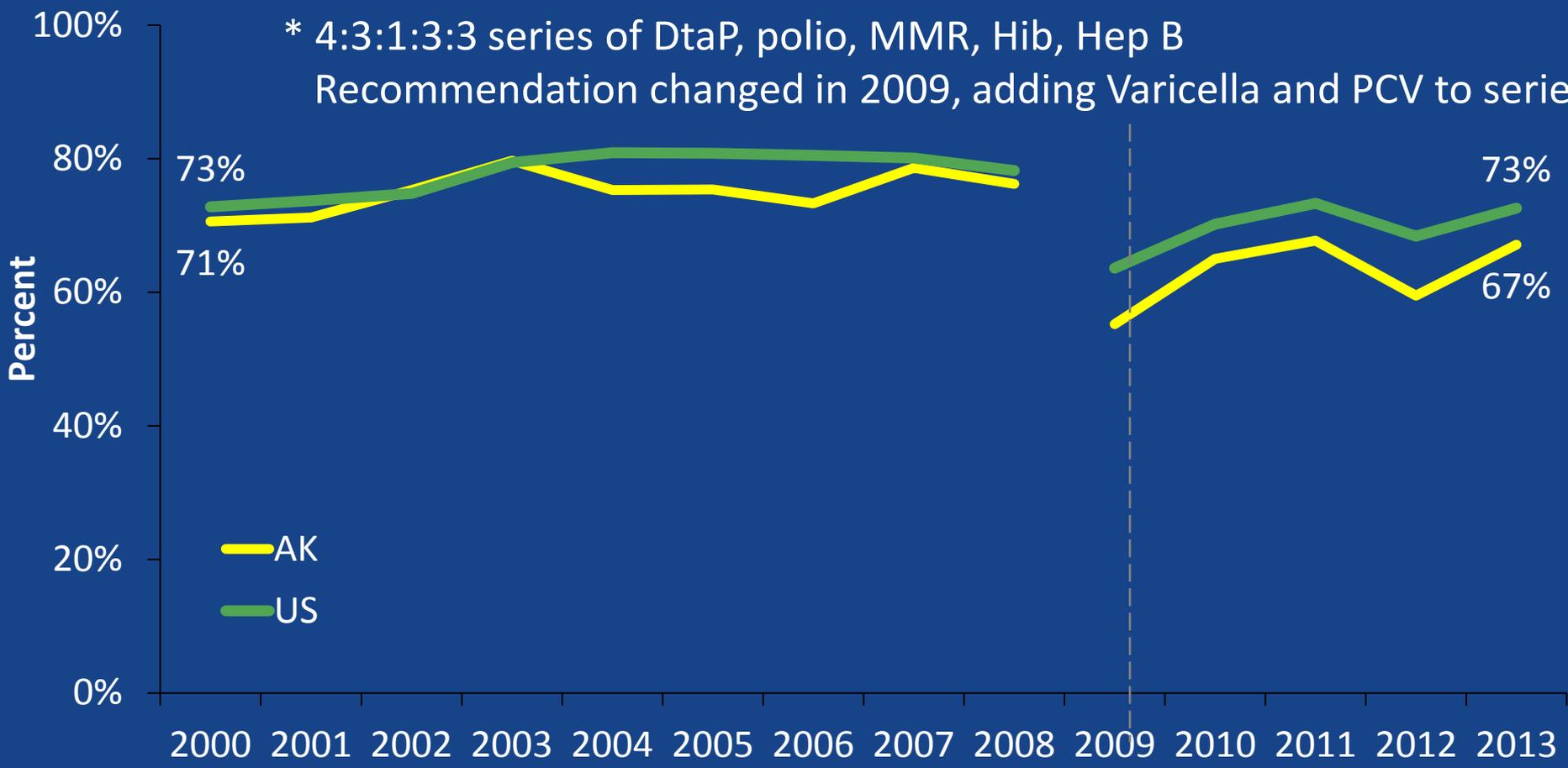
Select Preventive Practices, Alaska and US Adults, 2012



Source: Behavioral Risk Factor Surveillance System

Child (19-35 mos) Vaccinations*, Alaska & US (2000-2013)

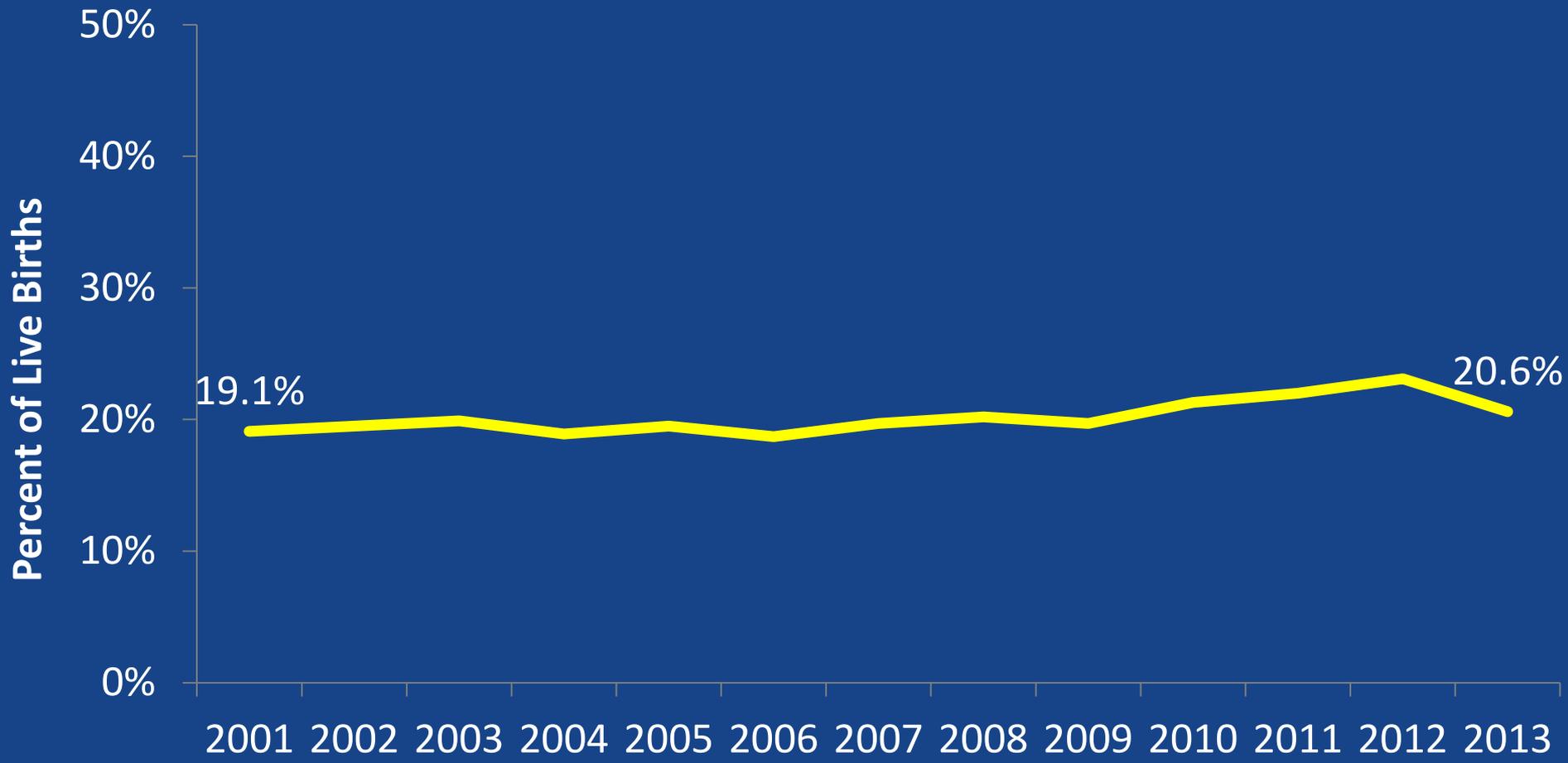
* 4:3:1:3:3 series of DtaP, polio, MMR, Hib, Hep B
Recommendation changed in 2009, adding Varicella and PCV to series



Source: National Immunization Survey



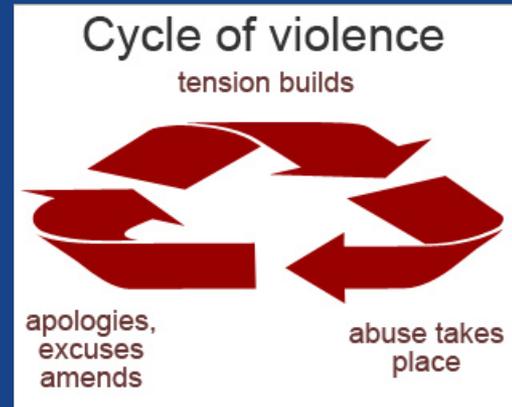
No Prenatal Care, All Alaskans (2001-2013)



Source: Alaska Bureau of Vital Statistics



Social Determinants of Health and Health Equity



Data Resources

- Visit our webpage - Google: **Alaska chronic**
- Explore **Informed Alaskans**
 - Health Maps
 - IBIS - Indicator-based Information System
- Explore **Healthy Alaskans 2020**



Concentration of Effort

- ❑ *Reduce childhood obesity*
- ❑ *Increase preventive screenings*
- ❑ *Reduce disparities in tobacco use among Alaska Natives, persons of low socioeconomic status, and young adults*
- ❑ *Reduce hospitalizations due to falls among older adults*

Prevent Childhood Obesity



The Healthy Futures Challenge starts this week!

Kids get prizes for logging physical activity on this sheet.



Learn more: www.playeveryday.gov

The Physical Activity Log sheet is a grid with columns for days of the week (Monday through Sunday) and rows for different activities (Walking, Biking, Swimming, etc.). It includes a section for logging activity and a small graphic of a person running.

Increase Preventive Screenings

Get Screened: Take charge of your health. Take charge of your life.

This table shares **2014** information about how often to get the following tests based on your sex and age group. Please turn this over to learn more about recommended screenings for everyone.

For more information about recommending screenings, visit www.SafeAndHealthyMe.alaska.gov.



Recommended health screenings	How often by age group				
	Ages 20-39	40-49	50-59	60-64	65 or older
Cholesterol (fats in your blood)		Every 5 years, men start at age 35.			
		Every 5 years, women start at age 45.			
Heart Disease (Should you take aspirin?)		Talk with your provider every 5 years, men at ages 45-79.		Talk with your provider every 5 years, women at ages 55-79.	
Breast Cancer (Mammogram)		Ages 40-50, talk with your provider.		Every 2 years, ages 50-74.	
Cervical Cancer (Pap smear)	Every 3 years, ages 21-35.	Every 3 years, ages 36-65. If you have a negative Human Papilloma Virus (HPV) test, it could be every 5 years.			Over 65, talk with your provider.

KEY

- Men
- Women

Reduce Disparities in Tobacco Use



WE SUPPORT A TOBACCO-FREE AFN

Name	Signature	Community/Region	Date
Judy Wilson	[Signature]	Anchorage	10/21/11
Judy Wilson	[Signature]	Anchorage	10/21/11
Grace Lopez	[Signature]	Wasilla	10/21/11
Georgia Finen	[Signature]	Wasilla	10/21/11
Annex Wilson	[Signature]	Anchorage	10/21/11

WE SUPPORT A TOBACCO-FREE AFN

Name	Signature	Community/Region	Date
21 Sue Gamache	[Signature]	Anchorage	10/21/11
22 Ina Nazario	[Signature]	Wasilla	10/21/11
Marty Hartz	[Signature]	Wasilla, AK	10/21/11
23 Susan LaBelle	[Signature]	Anchorage	10/21/11
Jim LaBelle	[Signature]	AK	10/21/11
24 Maria Duley	[Signature]	Anchorage	10/21/11
25 Celisae	[Signature]	Anchorage AK	10-20-11
26 Gabriel Donnelly	[Signature]	Anchorage, AK	10/20/11
27 Kelsey Wallace	[Signature]	Bethel, AK	10/20/11
28 Theodora Sutton	[Signature]	Toiyak, AK	10/20/11
29 [Name]	[Signature]	Juneau AK	10/20/11

Reduce Hospitalizations from Falls


JOIN US AT
Meadow Lakes Senior Community
Free Risk Assessment Clinic
*April 25, 2015 10:00am – 2:00 pm



Prescription reviews, balance and movement tests, health screening, blood pressure check and more. All Information ready to share with any of your providers as you would like.

Call today! Make an appointment for a FREE Fall Risk assessment. (907) 357-3999

Please plan on all appointments being about an hour.

* NOTE Change of Date

Brought to you by Meadow Lakes Senior Community and Mat-Su Coordinated Older Adult Fall Prevention Program Manager
Learn more on what we all can do for you.

**ALASKA
Workout to Go**
A Simple Exercise Routine from the
National Institute on Aging at NIH







Thank You! – *Questions?*

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Chronic Disease Prevention and Health Promotion
Division of Public Health
AK Department of Health & Social Services

