Healthy Alaskans 2020

Vision:
Healthy Alaskans in Healthy Communities

Mission:
Provide a framework and foster partnerships to optimize health for all Alaskans and their communities
HA2020 Guiding Principles

• Using the best scientific research and data, and local knowledge from our diverse cultures
• Strong partnerships with mutual accountability
• Health Equity
• Quality of life across the lifespan
• Strengthening communities & empowering individuals
Common Purposes...Mutual Goal

“Protect and Promote the Health of Alaskans”

“Alaska Natives are the Healthiest People in the World”
HA2020 Team Organization

- Steering Team
- Core Team
- Advisory Team
- Data Team and other Subject Matter Teams
- Alaskan Communities

HSS Division Liaisons
ANTHC Division Liaisons
Advisory Team
Narrowed to 71 Indicators

Advisory Team
Recommends 25 Indicators

25 Leading Health Indicators
<table>
<thead>
<tr>
<th><strong>HA2010</strong></th>
<th><strong>HA2020</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>400+ indicators</td>
<td>25 Leading Health Indicators</td>
</tr>
<tr>
<td><strong>No monitoring mechanism</strong></td>
<td><strong>Scorecard and IBIS</strong></td>
</tr>
<tr>
<td><strong>No strategies identified</strong></td>
<td><strong>Evidence-based strategies ID’d</strong></td>
</tr>
<tr>
<td><strong>No real web presence</strong></td>
<td>Growing set of <strong>web resources</strong></td>
</tr>
<tr>
<td>Many stakeholders, <strong>State-led</strong></td>
<td><strong>ANTHC and SOA equal partners</strong></td>
</tr>
</tbody>
</table>
Healthy Alaskans 2020 Objectives and 25 Leading Health Indicators*

Reduce Alaskan deaths from cancer
1. Reduce the rate of deaths due to cancer

Increase the number of Alaskans who are tobacco-free
2. Increase the percentage of adolescents who do not currently use tobacco of any kind
3. Increase the percentage of adults who do not smoke cigarettes

Reduce the number of Alaskans who are overweight or obese
4. Reduce the percentage of adults who are overweight or obese
5. Reduce the percentage of adolescents and children who are overweight or obese

Increase the number of Alaskans who are physically active
6. Increase the percentage of adults and adolescents who meet current physical activity guidelines

Reduce Alaskan deaths from suicide
7. Reduce the rate of deaths due to suicide among Alaskans ages 15-24, and 25 and older

Reduce the number of Alaskans experiencing poor mental health
8. Reduce the percentage of adolescents feeling so sad or hopeless for two weeks or more that they stopped doing usual activities
9. Reduce the average number of days per month that adults report being mentally unhealthy

Increase the number of Alaska youth with family and/or social support
10. Increase the percentage of adolescents with three or more besides their parent(s), from whom they feel comfortable seeking help

Reduce the number of Alaskans experiencing domestic violence and sexual assault
11. Reduce the rate of child maltreatment
12. Reduce the rate of rape
13. Reduce the percentage of adolescents who were ever physically hurt on purpose by their boyfriend or girlfriend

Reduce the number of Alaskans experiencing alcohol and other drug dependence and abuse
14. Reduce the rate of alcohol induced deaths
15. Reduce the percentage of adults and adolescents who binge drink alcohol

Reduce Alaskan deaths from unintentional injury
16. Reduce the rate of deaths due to unintentional injury

Increase the number of Alaskans protected from vaccine-preventable infectious disease
17. Increase the percentage of children (19-35 months) who receive the recommended vaccination series

Reduce the number of Alaskans experiencing infectious disease
18. Reduce the rate of Chlamydia infections

Increase the number of Alaskans with access to in-home water and wastewater services
19. Increase the percentage of rural community housing units with water and sewer services

Increase the percentage of Alaskans protected from dental disease
20. Increase the percentage of the Alaska population served by community water systems with optimally fluoridated water

Reduce the number of Alaskans without access to high quality and affordable health care
21. Reduce the percentage of women who did not receive prenatal care beginning in the first trimester of pregnancy
22. Reduce the rate of hospitalizations that could have been prevented with high quality primary and preventive care
23. Reduce the percentage of adults who could not afford to see a doctor in the last 12 months

Increase the economic and educational status of Alaskans
24. Increase the percentage of all residents living above the federal poverty level as defined for Alaska
25. Increase the percentage of 18-24 year olds with a high school diploma or equivalency

*The order of indicators does not denote rank or priority. Released September 16, 2015.
Evidence-Based Strategies

Indicator 2: Increase the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days to 80% by 2020.

<table>
<thead>
<tr>
<th>Strategy 1</th>
<th>Work with K-12 School Districts to implement Gold Standard Tobacco-Free Campus policies. Policies should apply to all staff, students and visitors at all times, and include emerging tobacco products.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evidence Base</td>
<td>The Community Guide, Surgeon General’s Report on Youth and Young Adults, and Centers for Disease Control and Prevention (CDC) Best Practices all list comprehensive tobacco-free campuses as an evidence-based strategy to change social norms and create positive environments for young people.</td>
</tr>
</tbody>
</table>
Actions & Key Partners

Indicator 2: Increase the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days to 80% by 2020.

<table>
<thead>
<tr>
<th>Strategy 1</th>
<th>Implement Gold Standard Tobacco-Free Campus policies in K-12 School Districts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>S-1 Action 1</td>
<td>Continue work with community grantees to focus on implementing and enforcing the K-12 Gold Standard model policy, including e-cigarettes and other tobacco products.</td>
</tr>
</tbody>
</table>

- Alaska School Activities Association, Play for Keeps Program
- State of Alaska, Tobacco Prevention and Control Program
Implementation Framework

1. Engaging Partners/Coalitions and Adopting LHIs
2. Assuring Effective Actions & Results
3. Monitoring and Reporting Progress
4. Sharing Successes and Lessons Learned
HA2020 Implementation Model

OP = Other Partners
KP = Key Partners
CP = Coordinating Partner

Community of Practice

OP = Other Partners
KP = Key Partners
CP = Coordinating Partner
LHI 2 – Tobacco Key Partners

- ANTHC, Tobacco Prevention Program
- DHSS, Tobacco Prevention and Control Program
- Alaska Tobacco Control Alliance
- American Lung Association of Alaska
- UAA, Smoke-free Taskforce
- Association of Alaska School Boards
- Alaskans for Tobacco-Free Kids
- Alaskans for Tobacco-Free Kids
- Dana Diehl CP
LHI 2 – Tobacco Other Partners

- Catholic Social Services & United Way
- RuralCap, Growing up Tobacco Free
- DHSS, DBH Youth Retail Compliance

Community of Practice
<table>
<thead>
<tr>
<th><strong>LHI 2:</strong> Increase the % of adolescents who have not used tobacco in the past 30 days</th>
<th><strong>Strategy</strong></th>
<th><strong>Measure</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strategy 1:</strong> Work with K-12 schools to implement gold standard tobacco-free campus policies</td>
<td></td>
<td># of Gold Standard K-12 policies</td>
</tr>
<tr>
<td><strong>Strategy 2:</strong> Increase the price of all tobacco products to an amount proven to impact consumption and prevent youth initiation, including local and statewide tax increases.</td>
<td></td>
<td># of AK communities that have increased tobacco tax (and by how much)</td>
</tr>
</tbody>
</table>
## Current Data

LHI 2: Increase the % of adolescents who have not smoked in the past 30 days

<table>
<thead>
<tr>
<th>Baseline 2009</th>
<th>2015</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>59.2%</td>
<td>66.5%</td>
<td>80%</td>
</tr>
</tbody>
</table>

* Alaska Native Scorecard Data
<table>
<thead>
<tr>
<th>HA2020 Leading Health Indicator</th>
<th>2010* Baseline</th>
<th>HA2020 Target</th>
<th>2015* Data</th>
<th>Progress to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Reduce the cancer mortality rate per 100,000 population</td>
<td>176.0</td>
<td>162.0</td>
<td>152.9</td>
<td>★</td>
</tr>
<tr>
<td>2 Increase the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days</td>
<td>74.8%</td>
<td>80%</td>
<td>81.6%</td>
<td>★</td>
</tr>
<tr>
<td>3 Increase the percentage of adults (age 18 years and older) who currently do not smoke cigarettes</td>
<td>77.8%</td>
<td>83%</td>
<td>80.8%</td>
<td>▲</td>
</tr>
<tr>
<td>4.a Reduce the percentage of adults (age 18 years and older) who meet criteria for overweight (body mass index of ≥ 25 and &lt; 30 kg/m²)</td>
<td>38.3%</td>
<td>36%</td>
<td>37.3%</td>
<td>▲</td>
</tr>
<tr>
<td>4.b Reduce the percentage of adults (age 18 years and older) who meet criteria for obesity (body mass index of ≥ 30 kg/m²)</td>
<td>29.2%</td>
<td>27%</td>
<td>29.5%</td>
<td>✗</td>
</tr>
</tbody>
</table>

**Notes:** *Unless otherwise noted; *2009; *2009-2010 school year; ASD and Mat-Su School Districts only; *Modified due to change in data collection methodology; *2015-2016; *2011/2013; *2014; *2016; *2011 (no data update due to program change); *2009-2011

For more detailed trend data on any individual indicator, go to http://ibis.dhss.alaska.gov.

Updated 07/17/2017
<table>
<thead>
<tr>
<th>HA2020 Leading Health Indicator</th>
<th>2010* AN Baseline</th>
<th>HA2020 Target6</th>
<th>2015* AN Data</th>
<th>Progress to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Reduce the cancer mortality rate per 100,000 population</td>
<td>238.9</td>
<td>162.0</td>
<td>235.9</td>
<td>▲</td>
</tr>
<tr>
<td>2 Increase the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days</td>
<td>59.2%a</td>
<td>80%</td>
<td>66.5%</td>
<td>▲</td>
</tr>
<tr>
<td>3 Increase the percentage of adults (age 18 years and older) who currently do not smoke cigarettes</td>
<td>61.4%</td>
<td>83%</td>
<td>64.0%</td>
<td>▲</td>
</tr>
<tr>
<td>4.a Reduce the percentage of adults (age 18 years and older) who meet criteria for overweight (body mass index of ≥ 25 and &lt; 30 kg/m²)</td>
<td>41.0%</td>
<td>36%</td>
<td>30.3%</td>
<td></td>
</tr>
<tr>
<td>4.b Reduce the percentage of adults (age 18 years and older) who meet criteria for obesity (body mass index of ≥ 30 kg/m²)</td>
<td>31.4%</td>
<td>27%</td>
<td>37.3%</td>
<td></td>
</tr>
</tbody>
</table>

Notes: * Unless otherwise noted; 6 2009-2010 school year, ASD and Mat-Su School Districts only; a Modified due to change in data collection methodology; 6 2015-2016; 7 2011; 8 2013; 9 2014; 10 2016; 11 2011 (no data update due to program change); 6 2009-2011

For more detailed trend data on any individual indicator, go to http://ibis.dhss.alaska.gov.
## Healthy Alaskans 2020 Scorecard
### Regional Edition - Fairbanks

<table>
<thead>
<tr>
<th>HA2020 Leading Health Indicator</th>
<th>Fairbanks Baseline*</th>
<th>HA2020 Target</th>
<th>Fairbanks Current*</th>
<th>Target Met?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Reduce the cancer mortality rate per 100,000 population</td>
<td>166.8</td>
<td>162.0</td>
<td>125.7</td>
<td>✓</td>
</tr>
<tr>
<td>2 Increase the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff or dip on one or more of the last 30 days</td>
<td>86.3%</td>
<td>80%</td>
<td>92.1%</td>
<td>✓</td>
</tr>
<tr>
<td>3 Increase the percentage of adults (age 18 and older) who do not currently smoke cigarettes</td>
<td>82.2%</td>
<td>83%</td>
<td>78.2%</td>
<td>✗</td>
</tr>
<tr>
<td>4a Reduce the percentage of adults (age 18 years and older) who meet criteria for overweight (body mass index of ≥ 25 and &lt; 30 kg/m^2)</td>
<td>36.1%</td>
<td>36%</td>
<td>37.5%</td>
<td>✗</td>
</tr>
<tr>
<td>4b Reduce the percentage of adults (age 18 years and older) who meet criteria for obesity (body mass index of ≥ 30 kg/m^2)</td>
<td>27.4%</td>
<td>27%</td>
<td>27.1%</td>
<td>✗</td>
</tr>
</tbody>
</table>

Notes: *Baseline 2010 and current data 2015 unless otherwise noted; DSU = Data statistically unreliable and suppressed; +Rate based on fewer than 20 occurrences and statistically unreliable, but not suppressed; ++Modified due to change in data collection methodology; *2009; *2011; *2013; *2006-2010; *2010-2015

For more detailed trend data on any individual indicator, go to http://ibis.dhss.alaska.gov.

Updated 09/02/2017
HA2020

• Data driven
• Health Improvement Plan
• Reaching across sectors
• Health Equity
• Evidence Based
• Evaluate
• Revise
• Share progress
HA2020 ➔ HA2030

• Short term focus on things we can do now to move the dial on indicators that we are close to meeting
• Current LHIs for consideration in the HA2030 plan
• Focus on communication and evaluation
Connect with us!

Michael Dickey, MPH
907-269-3456
michael.dickey@alaska.gov

Cheryl Dalena, C-TTS
907-729-2488
cadalena@anthc.org

Shannon Haggitt, MSW
907-729-3958
srhaggitt@anthc.org

HA2020 Email
healthyalaskans@alaska.gov

HA2020 Website
www.HA2020.alaska.gov