Changing Demographics and Consequences to Alaska Native Health

Romy Mohelsky, MPH
Senior Program Manager
Alaska Native Epidemiology Center
Alaska Native Tribal Health Consortium
Presentation Overview

- Demographic Trends
- Health Status
  - Mortality
  - Morbidity
- Risk & Protective Factors
- Implications
Population Growth

Alaska Native Population Estimates

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>86,553</td>
</tr>
<tr>
<td>2016</td>
<td>147,699</td>
</tr>
<tr>
<td>2034</td>
<td>171,660</td>
</tr>
</tbody>
</table>

Data Source: Alaska Department of Labor & Workforce Development
Aging

Percent of Alaska Native population 65 years and older

1990 4.7%
2016 7.4%
2034 12.0%

Data Source: Alaska Department of Labor & Workforce Development
Fertility Rates

Alaska Native Fertility Rates per 1,000

Data Source: Alaska Health Analytics & Vital Records Section
Urbanization

Percentage of Alaska Native population living in urban areas (Anch/Mat-Su/Juneau/Fbx)

1990 29.8%
2016 46.6%

Data Source: Alaska Department of Labor & Workforce Development
Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
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<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td>Provider availability</td>
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<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td></td>
<td>Community engagement</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td></td>
<td>Discrimination</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td></td>
<td></td>
<td>Provider linguistic and cultural competency</td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td></td>
<td></td>
<td></td>
<td>Quality of care</td>
</tr>
</tbody>
</table>

**Health Outcomes**
- Mortality
- Morbidity
- Life Expectancy
- Health Care Expenditures
- Health Status
- Functional Limitations

Image Credit: Kaiser Family Foundation
Life Expectancy

- 1950: 47.0 yrs
- 1980-83: 65.3 yrs
- 2009-13: 70.7 yrs

Data Source: Alaska Health Analytics & Vital Records Section
Infant Mortality

Alaska Native Infant Mortality Rates

Data Source: Alaska Health Analytics & Vital Records Section
Leading Causes of Death
Alaska Native Mortality Rates, 2012-2015

- Cancer
- Heart Disease
- Unintentional Injury
- COPD
- Cerebrovascular Disease
- Suicide
- Chronic Liver Disease & Cirrhosis
- Diabetes Mellitus
- Influenza & Pneumonia
- Alcohol Abuse

Age-Adjusted Rate per 100,000

Data Source: Alaska Health Analytics & Vital Records Section
Leading Causes of Death

Alaska Native Mortality Rates, 2012-2015

Data Source: Alaska Health Analytics & Vital Records Section
Unintentional Injury Mortality

Alaska Native Unintentional Injury Mortality Rates

Data Source: Alaska Health Analytics & Vital Records Section
Chronic Diseases

- Heart Disease
- Cancer
- Chronic Lung Diseases
- Stroke
- Alzheimer's Disease
- Type 2 Diabetes

Image Credit: CDC, NCCDPHP
Chronic Disease

Percentage of Alaska Native Adults who Report Having Ever Been Diagnosed with the Disease (2014-16)

- Arthritis
- Depression
- Asthma
- Diabetes
- COPD
- Cardiovascular Disease
- Cancer
- Kidney Disease

Data Source: Alaska Behavioral Risk Factor Surveillance System
Cancer Incidence

Alaska Native Cancer Incidence Rates

Data Source: Alaska Native Tumor Registry
Diabetes Prevalence

Percentage of Alaska Native Alaska Area User Population Living with Diabetes

1990: 1.7%
2014: 5.2%

Data Source: ANMC Diabetes Registry
Risk & Protective Factors

- Tobacco Use
- Alcohol/Drug Abuse
- Obesity
- Adverse Childhood Experiences (ACEs)

- Good Nutrition
- Physical Activity
- Preventive Care
  - Immunizations
  - Screening
- Breastfeeding
- Social Support
Tobacco Use

Alaska Native Adult Current Smoking

<table>
<thead>
<tr>
<th>Percentage</th>
<th>1991-95</th>
<th>2010-14</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>40.4%</td>
<td>36.4%</td>
</tr>
</tbody>
</table>

Data Source: Alaska Behavioral Risk Factor Surveillance System
Tobacco Use

Alaska Native Adolescent Current Smoking

2003: 44.2%
2015: 19.7%

Data Source: Alaska Youth Risk Behavior Surveillance System
Obesity

Alaska Native Adult Obesity

Data Source: Alaska Behavioral Risk Factor Surveillance System
Obesity

Alaska Native Adolescent Obesity

Data Source: Alaska Youth Risk Behavior Surveillance System
Adverse Childhood Experiences

Alaska Native Adults w/ ≥ 4 ACEs

2014-15
28.4%

Data Source: Alaska Behavioral Risk Factor Surveillance System
Cancer Screening

Alaska Native CRC Screening (Adults 50+)

Data Source: Alaska Behavioral Risk Factor Surveillance System
Immunization

Alaska Native Childhood Immunization (4313314 Series)

2003 85.0%

2015 75.1%

Data Source: Indian Health Service, National Immunization Reporting System
Breastfeeding

Alaska Native Breastfeeding Initiation

% of Women Delivering Live Births

2000: 83.3%
2012: 91.6%

Data Source: Alaska Pregnancy Risk Assessment & Monitoring System
Summary

• The AN population is getting larger, older, more urban, and diverse.
• AN people are living longer.
• Chronic diseases are increasing.
• Injuries continue to be a leading cause of death.
• Many chronic conditions are preventable through modifying risk factors.
• Tobacco use, obesity, and ACEs high among adults, but showing encouraging changes for youth.
• Protective behaviors are continuing to promote good health outcomes.
Yagheli Ch’tsizlan
We Are Getting Healthier
Thank You

www.anthctoday.org/epicenter