



HEALTHY ALASKANS

ALASKA'S HEALTH IMPROVEMENT PLAN

Healthy Alaskans 2030 Leading Health Indicators

Chronic Disease

1. Reduce the cancer mortality rate per 100,000 population

Environmental Health

2. Increase the percentage of rural community housing units with water and sewer services
3. Increase the percentage of the Alaskan population served by community water systems with optimally fluoridated water

Healthcare Access

4. Reduce the percentage of women delivering live births who have not received prenatal care beginning in first trimester of pregnancy
5. Reduce the percentage of adults (aged 18 years and older) reporting that they could not afford to see a doctor in the last 12 months
6. Reduce the rate of preventable hospitalizations per 1,000 adults (hospitalizations that could have been prevented with high quality primary and preventive care) based on the Agency for Healthcare Research and Quality (AHRQ) definition
7. Increase the percentage of 3-year olds who have had a well-child checkup in the last 12 months
8. Reduce the percentage of the population without health insurance

Healthy Weight

9. Increase the percentage of children (students in grades K-8) who meet criteria for healthy weight

Infectious Disease

10. Increase the vaccination coverage level of 4 doses of diphtheria-tetanus-acellular pertussis (DTaP) vaccine among children by age 2 years.
11. Reduce the incidence rate of gonorrhea per 100,000 population

Injury Prevention

12. Reduce unintentional injury mortality rate per 100,000 population

Mental Health

13. Reduce the percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past 12 months
14. Reduce the mean number of days in the past 30 days adults (aged 18 years and older) report being mentally unhealthy

Nutrition

15. Reduce the percentage of 3-year olds who drink any sugary drinks on a given day

Physical Activity

16. Increase the percentage of adolescents who meet the Physical Activity Guidelines for Americans (2008 US DHHS Physical Activity Guidelines: adolescents who do at least 60 minutes of physical activity a day, every day of the week)

Protective Factors

17. Increase the percentage of adolescents with 3 or more adults (besides their parent(s) who they feel comfortable seeking help from
18. Increase the percentage of adolescents who feel like they matter to people in their community

Social Determinants of Health

19. Increase the percentage of high school students who graduate within 4 years of starting 9th grade
20. Reduce the percentage of rental occupied households that exceed 50 percent of household income dedicated to housing
21. Increase the percentage of residents (all ages) living above the federal poverty level (as defined for AK)

Substance Misuse

22. Reduce the alcohol-induced mortality rate per 100,000 population
23. Reduce the drug-induced mortality rate per 100,000 population
24. Reduce the percentage of adults needing but not receiving substance use disorder treatment

Suicide Prevention

25. Reduce the suicide mortality rate per 100,000 population, among the population aged 15 and older

Tobacco Use

26. Reduce the percentage of adolescents who have used electronic vapor products, cigarettes, smokeless tobacco, or other tobacco products in the last 30 days
27. Reduce the percentage of adults who currently smoke cigarettes or use electronic vapor products, smokeless tobacco, or other tobacco products

Violence Prevention

28. Reduce the percentage of repeated substantiated child maltreatment within last 12 months
29. Reduce the rate of reported and attempted rape per 100,000 population
30. Reduce the percentage of adolescents who were ever hit, slammed into something, injured with an object or weapon, or physically hurt on purpose by someone they were dating or going out with during the past 12 months.

The order of indicators does not denote rank or priority. Released 1/23/2019.

For more information, email healthyalaskans@alaska.gov