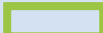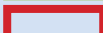# HEALTHY ALASKANS 2020

A JOINT PROJECT of the STATE OF ALASKA DEPARTMENT OF HEALTH AND SOCIAL SERVICES & THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Healthy Alaskans 2020 Scorecard
Regional Edition - Southwest

	HA2020 Leading Health Indicator	Southwest Baseline*	HA2020 Target	Southwest Current*	Target Met?
1	Reduce the cancer mortality rate per 100,000 population	171.4	162.0	112.6	✓
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	78.9%[a]	80%	82.9%	✓
3	Increase the percentage of adults (age 18 and older) who do not currently smoke cigarettes	71.7%	83%	74.7%	✗
4a	Reduce the percentage of adults (age 18 years and older) who meet criteria for overweight (body mass index of ≥ 25 and < 30 kg/m^2)	41.0%	36%	31.4%	✓
4b	Reduce the percentage of adults (age 18 years and older) who meet criteria for obesity (body mass index of ≥ 30 kg/m^2)	29.1%	27%	38.3%	✗
5ai	Reduce the percentage of adolescents (high school students in grades 9-12) who meet criteria for overweight (age- and sex-specific body mass index of ≥ 85th and < 95th percentile)	16.8%[a]	12%	17.3%	✗
5aii	Reduce the percentage of adolescents (high school students in grades 9-12) who meet criteria for obesity (age- and sex-specific body mass index of ≥ 95th percentile)	12.6%[a]	10%	19.1%	
5bi	Reduce the percentage of children (students in grades K-8) who meet criteria for overweight (age- and sex-specific body mass index of >=85th and <95th percentile)	Statewide Only	15%	Statewide Only	✗
5bii	Reduce the percentage of children (students in grades K-8) who meet criteria for obesity (age- and sex-specific body mass index of >=95th percentile)	Statewide Only	15%	Statewide Only	
6a	Increase the percentage of adults (age 18 years and older) who report 150 or more minutes per week of moderate or vigorous exercise, where each minute of vigorous exercise contributes 2 minutes to the total	59.9%[b]	61%	58.4%	✗
6b	Increase the percentage of adolescents (high school students in grades 9-12) who do at least 60 minutes of physical activity a day, every day of the week	18.4%[a]	23%	24.3%	✓
7a	Reduce the suicide mortality rate per 100,000 population, among the population age 15-24 years	DSU	43.2	DSU	
7b	Reduce the suicide mortality rate per 100,000 population, among the population age 25 years and older	DSU	23.5	DSU	
8	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	23.6%[a]	23%	30.4%	✗
9	Reduce the mean number of days in the past 30 days adults (age 18 and older) report being mentally unhealthy	2.9	2.9	2.9	✓
10	Increase the percentage of adolescents (high school students in grades 9-12) with three or more adults (besides their parents) from whom they feel comfortable seeking help	43.0%[a]	47%	45.2%	✗

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; [a]2009; [b]2011; [c]2013; [d]2006-2010; [e]2010-2015

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

▭ Improvement over baseline	✓	Region meets statewide target
▭ No improvement over baseline	✗	Region does not meet statewide target

Updated 09/0252017

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	HA2020 Leading Health Indicator	Southwest Baseline*	HA2020 Target	Southwest Current*	Target Met?
11	Reduce the rate of unique substantiated child maltreatment victims per 1,000 children (age 0-17 years)	Statewide Only	14.4	Statewide Only	
12	Reduce the rate of rape per 100,000 population	Statewide Only	113.0[++]	Statewide Only	
13	Reduce the percentage of adolescents (high school students in grades 9-12) who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	9.6%[c]	8%[++]	6.9%	✓
14	Reduce the alcohol-induced mortality rate per 100,000 population	19.2[+]	15.3	20.2[+]	✗
15a	Reduce the percentage of adults (age 18 years and older) who report binge drinking in the past 30 days based on the following criteria: 5 or more alcoholic drinks for men; 4 or more alcoholic drinks for women, on one occasion.	20.7%	20%	25.0%	✗
15b	Reduce the percentage of adolescents (high school students in grades 9-12) who report binge drinking in the past 30 days based on the following criteria: 5 or more alcoholic drinks in a row within a couple of hours, at least once in the past 30 days	20.8%[a]	17%	12.9%	✓
16	Reduce the unintentional injury mortality rate per 100,000 population	75.2	54.8	67.2	✗
17	Increase the percentage of children age 19-35 months who do receive the ACIP (Advisory Committee on Immunization Practices) recommended vaccination series (2013 AICP recommendation: 4 DTaP, 3 Polio, 1MMR, 3 Hib, 3 Hepatitis B, 1 Varicella, 4 PCV)	Statewide Only	75%	Statewide Only	
18	Reduce the incidence rate of Chlamydia trachomatis per 100,000 population	564.3	705.2	583.0	✓
19	Increase the percentage of rural community housing units with water and sewer services	N/A	87%	N/A	
20	Increase the percentage of the population served by community water systems with optimally fluoridated water	Statewide Only	58%	Statewide Only	
21	Reduce the percentage of women delivering live births who have not received prenatal care beginning in the first trimester of pregnancy	23.7%	19%	17.7%	✓
22	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	Statewide Only	6.7	Statewide Only	
23	Reduce the rate of adults (age 18 years and older) reporting they could not afford to see a doctor in the past 12 months	14.6%	14%	15.6%	✗
24	Increase the percentage of the population living above the federal poverty level (as defined for AK)	82.8%[d]	90%	82.6%[e]	✗
25	Increase the percentage of 18-24 year olds with a high school diploma or equivalency	74.9%[d]	86%	85.9%[e]	✗

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; [a]2009; [b]2011; [c]2013; [d]2006-2010; [e]2010-2015

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▢ (green) Improvement over baseline	✓ Region meets statewide target
▢ (red) No improvement over baseline	✗ Region does not meet statewide target

Updated 09/0252017