**Purpose:**

The purposes of holding a community health forum were threefold: (1) with the Baseline Report completed by the North Slope Borough, we wanted to present the findings to the community so that we all have a better understanding of Anaktuvuk Pass' health, (2) use the information to start changes needed to address health priorities, and (3) discuss with one another how we can start that change, and exchange diverse ideas.

**Attendance:**

Approximately 10 participants attended the Anaktuvuk Pass Health Forum at the Community Center on September 18, 2013 at 6:30pm. Heather Dingman, Health Impact Assessment Project Administrator, facilitated the evening's agenda, and presented findings from the Baseline Community Health Analysis Report. Doreen Leavitt, NSB Health Director, could not make the meeting. Jeff Prater, Samuel Simmonds Memorial Hospital Administrator, was unable to attend this meeting; ASNA's jurisdiction does not include Anaktuvuk Pass (Anaktuvuk Pass' residents are served by Tanana Chief's Conference). 8 participants, from various organizations and NSB departments, attended the interagency meeting, which was held earlier at 3:30PM.

**Method:**

The forum was setup using the community café model; three questions were asked to attendees, to whom they discussed with other attendees at their table; at each question, attendees would discuss as a group, and later present their discussions to the rest of the meeting participants as a whole. Children/youth were encouraged to participate.

**Café Questions:**

The questions asked were:

1) What does a healthy North Slope mean to you?
2) What assets does the North Slope have that encourages it to be a healthy community?
3) What do you think are the most important health issues we face as North Slope residents?

10 minutes were given to each question.

**Outcome:**

Discussions from the group were recorded into an online site, www.wordle.net. The site generated a picture of words that were used most often, with larger words representing words used most often in discussions. A picture from the discussion is presented below.

After reviewing the group's discussions, common themes were highlighted and are listed below:

1. Healthy activities/healthy lifestyle
2. Tobacco/drug/alcohol free
3. Traditional Inupiat values and lifestyle/subsistence hunting and gathering
4. Social problems: Suicide, domestic violence, abuse
5. Other

<u>Healthy Activities / Healthy Lifestyle</u>

All the groups in the evening forum discussed venues for healthy activities and community events that encouraged a healthy lifestyle. Physical fitness and mental wellness were both discussed together, outlining the importance of a holistic approach to health for Anaktuvuk Pass residents. Attendees listed community events that encouraged healthy living, such as family night recreation, Halloween contests, 4$^{th}$ of July games, and the annual healthy walk. The community just had an outside gym built recently and meeting attendees were happy to have

that new addition to the community. The topic of healthy living was the most discussed topic at the meeting.

Tobacco/Drug/Alcohol Free

"A social problem is a social condition or a pattern of behavior (such as substance abuse) that harms some individuals or all people in a society and that a sufficient number of people believe warrants public concern and collective action to bring about change" (Kendall, D. *Social Problems in a Diverse Society* (4th ed) Boston: Pearson, 2007, p. 4.).

The 2nd leading topic of the evening forum was freeing the community of tobacco and drug and alcohol abuse. This is a common leading topic discussed in all eight communities, which underscores how important of an issue this is for North Slope residents. Anaktuuvk Pass, like other North Slope communities, is a "dry" community, which means the sale, consumption and distribution of alcohol is prohibited. However, the sale, consumption and distribution of alcohol still occurs in Anaktuvuk Pass, just like other North Slope communities, and it is creating a social problem on the North Slope. Participants discussed the prevalence of cigarette smoking in the community. According to the NSB Baseline Community Health Analysis Report, Anaktuvuk Pass is among the highest in smoking rates for the North Slope.

Traditional Inupiat Values and Lifestyle/Subsistence Hunting and Gathering

When asked the question, "What assets does the North Slope have that encourages it to be a healthy community?" all respondents stated that the Inupiat traditional values and ways of life were its biggest assets. Anaktuvuk Pass attendees went on to state that it is important to continue teaching their culture, encourage one another, have unity amongst the people and to communicate with other NSB villages to help one another. Among the traditional values discussed, respect for Elders, the land and people were emphasized.

Social problems: Suicide, Domestic Violence, Abuse

All groups had listed suicide as one of the important health issues faced by the North Slope. After reviewing the baseline report's findings, meeting attendees from both meetings were interested in this statistic, since the North Slope was listed as the 6th leading Borough/census area for suicide deaths in Alaska. Groups also listed mental and physical abuse, and depression as important health issues. The regional women's shelter, Arctic Women In Crisis, was listed as an asset for the North Slope, and went on to state that men should also have a shelter.

Other Topics Discussed

An Elder had attended the evening forum and stated that he was concerned about there not being any caribou this time of year. Other meeting attendees stated other concerns, including the lack of jobs and housing for Anaktuvuk Pass residents, and the rise of diabetes, cancer and obesity.

**Next Steps:**

An interagency meeting was held previous to the evening Health Forum, with representation from the Police Dept, Fire Dept, Health Dept – Senior Program and CHAP, Mayor's Office, and Planning Department. During the evening forum, a presentation on the Baseline Community Health Analysis Report was given to attendees, and the community café model was used to discuss health issues by asking the three questions mentioned above. Anaktuvuk Pass residents who attended the meetings were concerned about the high smoking rates; every group discussed the desire for the community to be tobacco free. Suicide was also discussed by every group, and it was stated that prevention was important to focus on.

This report will be given back to the community, and it will be uploaded online on the North Slope Borough Health Department's website with other community forum reports, found here:

http://www.north-slope.org/departments/health/Health_Impact_Report.php

Large-scale change comes from better cross-sector coordination rather than from isolated intervention of individual organizations; therefore, substantially greater progress could be made in alleviating many of our most serious and complex social issues if nonprofits, governments, businesses, and the public were brought together around a common agenda to create *collective impact.*[1] Communities on the North Slope are diverse; therefore, each community will have its own set of priorities for health.

[1]Kania, John, and Mark Kramer. "Collective Impact." *Stanford Social Innovation Review* (2011): 1-11. *Stanford Social Innovation Review*. 2011. Web. 24 Oct. 2012. <http://www.ssireview.org/articles/entry/collective_impact>.

# Report

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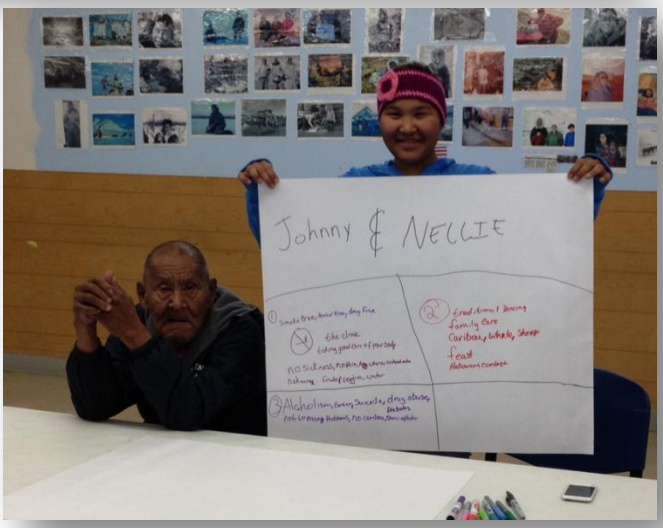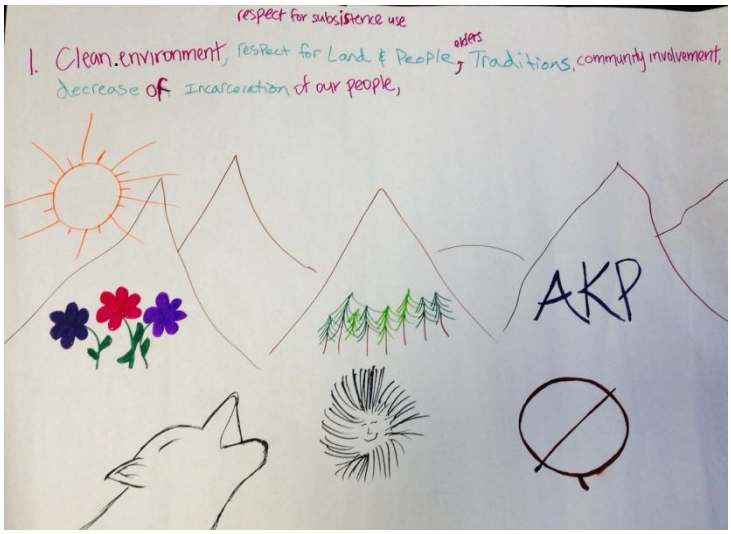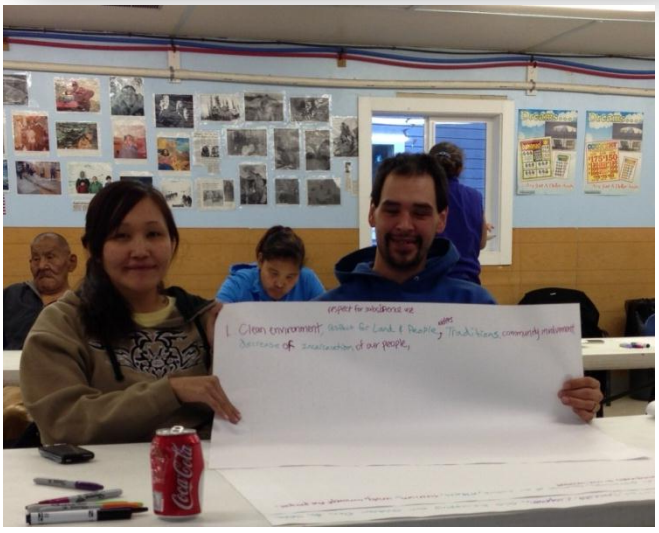
*A gathering on health and well being*