

# Point Hope Health Profile

This village health profile provides a brief summary of the results of the 2010 NSB Census. The intent of this profile is to provide individual communities with information on some basic health measures at the village-level to guide community health promotion and planning efforts.

Please refer to the 2010 Census NSB Health Profile section for further discussion of each health question and an overview of the census health module results for the NSB. Also, please refer to the *NSB Baseline Community Health Analysis* report for expanded discussions of each of the health topics addressed below as well as many more aspects of community health.

At the village-level, some of the small percentages are based on very small numbers of responses, making the estimates less reliable: cells based on fewer than five responses are not reported. NSB and Alaska estimates are provided for general reference only, and comparisons should be made with caution, as results are not adjusted for differences in the age composition of the populations. In addition, state and national survey methods may vary considerably from that used in the 2010 NSB Census.

## Adults

Table A.29

	Point Hope Household Heads	NSB Household Heads	All Point Hope Adults*	All NSB Adults*	Alaska Adults
<b>General Health</b>					
Very good or excellent general health	32%	44%	36%	46%	56% <sup>1</sup>
Fair to poor general health	29%	20%	21%	16%	13% <sup>13</sup>
<b>Chronic Health Problems</b>					
Ever told by a health professional have:					
Thyroid problems	7%	6%	3%	4%	9% (U.S.) <sup>3</sup>
Diabetes	6%	7%	5%	6%	6% (Alaska) <sup>1</sup> 9% (U.S.) <sup>4</sup>
High blood pressure	34%	28%	22%	20%	25% (Alaska) <sup>5</sup> 24% (U.S.) <sup>4</sup>
High cholesterol	17%	19%	10%	13%	38% (Alaska) <sup>5</sup>
Heart disease	10%	7%	5%	5%	12% (U.S.) <sup>4</sup>
In the past 12 months, experienced:					
Daily pain or arthritis that limits activities or requires prescription pain medicine	28%	29%	19%	21%	(see ref) <sup>6</sup>
Frequent (three or more) or chronic ear infections	**	5%	3%	4%	N/A
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	16%	13%	10%	8%	(see ref) <sup>7</sup>
<b>Health Insurance</b>					
Have health insurance, including IHS eligibility	99%	97%			83% <sup>1</sup>
Have health insurance, other than IHS eligibility	52%	64%			
<b>Smoking</b>					
Smoke tobacco (in any form)	49%	50%	47%	49%	22% <sup>1</sup>
Of those who smoke:					
Smoke one or more packs per day	23%	25%			
Are interested in quitting	75%	71%			
Have tried to quit in the last 12 months	69%	62%			
Permit smoking in the house	30%	33%			
Support a tobacco tax to fund tobacco prevention or cessation programs	46%	53%			

Table A.29, continued

	Point Hope Household Heads	NSB Household Heads	All Point Hope Adults*	All NSB Adults*	Alaska Adults
<b>Overweight and Obesity</b>					
Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	29%	33%			37% <sup>1</sup>
Obese (BMI 30 kg/m <sup>2</sup> or higher)	48%	39%			28% <sup>1</sup>
<b>Physical Activity</b>					
Never get 30 minutes of moderate exercise in a day	10%	16%			9% <sup>5</sup>
Get at least 30 minutes of moderate exercise 5 days per week or more	49%	44%			47% <sup>5</sup>
<b>Sugar-Sweetened Beverages (SSBs)</b>					
On average, drink no soda or other SSBs per day	19%	26%			53% <sup>10</sup>
On average, drink two or more sodas or other SSBs per day	60%	45%			30% <sup>10</sup>
<b>Food Security</b>					
Times last year when household found it difficult to get the foods they needed to eat healthy meals	36%	35%			
If yes, because not able to get enough subsistence foods to eat healthy meals	59%	43%			
If yes, because not able to get enough store foods to eat healthy meals	86%	90%			
Percent with household members who at times did not have enough to eat	24%	19%			(4–11%) <sup>2</sup>
<b>Safety: Helmet Use</b>					
Wear a helmet when riding a snowmachine or four-wheeler (of household heads who ride on snowmachines or 4-wheelers)	4%	18%			(57%) <sup>11</sup>
<b>Drugs and Alcohol</b>					
In the past 12 months, felt a household member had been hurt by drugs or alcohol	24%	24%			
In the past 12 months, thought the health of their community had been hurt by drugs or alcohol					
Often	51%	57%			
Sometimes	40%	35%			

\*Includes both household head (survey respondent) and all other household members, as reported by the household head.

\*\*Cell count less than five.

- Adults in Point Hope (both Iñupiat only and all) were less likely to report very good to excellent health and more likely to report poor to fair health than were adults in the other North Slope communities combined.
- The prevalence of chronic health problems was similar in Point Hope adults and adults slope-wide, however.
- Overall, the adult smoking rate in Point Hope was similar to that among NSB adults. Looking at Iñupiat household heads, however, the smoking rate in Point Hope was lower than the rate among Iñupiat household heads in the other North Slope communities combined. Smoking rates among adults in Point Hope are still more than double Alaska rates. Three-quarters of household heads who smoke report wanting to quit.
- Almost half of Point Hope household heads meet criteria for obesity, based on national BMI standards. The difference in obesity prevalence between Point Hope household heads and those in other North Slope communities combined was not statistically significant.
- Consumption of sodas and other sugared beverages was high in Point Hope. Point Hope household heads (all ethnicities) were significantly more likely to report drinking two or more sodas or other sugared beverages than were household heads in the other North Slope communities overall and twice as likely as adults statewide.

- More than one in three household heads in Point Hope reported difficulty getting the foods needed to eat healthy meals, and almost one in four reported that there were times last year when a household member did not have enough to eat. Comparing Iñupiat households only, Point Hope household heads were about as likely as household heads in the other villages to report difficulty getting subsistence and/or store foods for healthy meals, and to report a household member who at times did not have enough to eat.
- Helmet use was low in Point Hope, similar to other North Slope villages.
- About one in four Point Hope household heads reported thinking that a household member had been hurt by alcohol or drugs in the last year, but most believed that the community had been hurt by drugs or alcohol. These estimates were similar to other villages slope-wide.

## Children (0–17 years)

Table A.30

	Point Hope Children	NSB Children	Alaska Children
<b>General Health</b>			
Very good or excellent general health	66%	63%	89% <sup>2</sup>
<b>Chronic Health Problems</b>			
In the past 12 months, experienced:			
Frequent (three or more) or chronic ear infections	12%	19%	5% <sup>2</sup>
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	5%	5%	6% (current asthma) <sup>2</sup>
<b>Teen Tobacco Smoking (ages 14–18 years)**</b>			
Smoke tobacco (in any form)	12%	16%	Not comparable

As reported by the household head. All the other chronic health problems had a prevalence of less than 1% among children in the NSB and were not analyzed or reported by individual village.

\*\*Based on other NSB surveys, this value likely significantly underestimates the prevalence of smoking among children and teens as it is not comparable to anonymous self-administered surveys used to estimate teen smoking rates statewide and nationally. According to the 2005 YRBS survey, NSB high school students were about twice as likely to smoke as Alaskan high school students overall.

- Reported general health among children in Point Hope (the percentage with very good or excellent health) was similar to children in the other villages overall but worse than among children statewide.
- The percentage of children reported to have frequent or chronic ear infections was significantly lower in Point Hope than in the other villages combined, but still more than twice the statewide estimate.
- Point Hope had the lowest reported teen smoking rate of all the North Slope communities except Barrow, but again, estimates based on the household head's report are likely to substantially underestimate the true teen smoking rate.