



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; physical fitness
2. Social problems, i.e.: drugs/alcohol abuse, smoking
3. Eating healthy: subsistence foods, healthy store-bought foods
4. Health-specific concerns/respiratory problems

Healthy Activities; Physical Fitness

A majority of the topics discussed focused around healthy activities that Kaktovik should be involved in more often, used to do, or what they are currently doing to promote physical activity for all residents. There was a strong agreement in wanting more children to get

involved in activities outside, and spending less time inside. There used to be a spring-break tradition in Kaktovik where the whole community took a week-long trip to the mountains to hunt, fish, and camp; even the teachers would go along on this trip. However, years ago, this tradition stopped. There was a desire from the participants to bring this tradition back.

One participant stated that having subsistence leave from work is very helpful; it allows for time away from work to spend time hunting, fishing and camping with their children. Participants would like more funding to the Healthy Communities Initiative to encourage more activities with the youth in the community. A list of other activities that participants would like to start in Kaktovik include: having a shooting range, having more sports available to the youth, and having a hockey arena.

Social Problems: Drug/Alcohol Abuse, Smoking

"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.).

Social problems were the second most discussed topic, stating that tobacco smoking and drug and alcohol importation to the village were a problem. A suggestion was made to have better luggage screening through the airlines. Officer Grimes attended the meeting and stated they are improving the way they catch illegal importation into North Slope communities. Another participant stated that children who were caught smoking in the community used to get tickets and pay fines and that would help prevent youth from smoking. There was a desire to bring this back also.

During the discussions at this meeting, it was stated by participants that Kaktovik has a strong sense of community. This is definitely apparent in their recent community gathering; before our arrival, the community of Kaktovik had just organized a *Choose Respect Walk*, an annual walk in Alaska to stand up against domestic violence and sexual assault. Communities across Alaska take part in this walk, although not many North Slope communities take part in this annual event.

Eating Healthy: Subsistence Foods, Healthy Store-Bought Foods, Less Pop

Soda pop consumption was a common issue that was brought up by attendees. It was suggested that the soda pop shipments should be replaced with healthy foods and fresh food, because there is a lack of healthy food choices at the store. They see that soda pop sales are very high in the community. There was a suggestion to start a co-op that would sell subsistence foods. Diabetes was brought up as a concern because of the general diet being influenced by what is available in the community.



Health-Specific Concerns/Respiratory Problems

Respiratory problems are a concern in Kaktovik. A concern from one participant stated that there needs to be more education to the general public about carbon monoxide and its impacts to public health. Diesel trucks run all day and could be causing respiratory problems. It was stated that there should not be any flaring from industrial facilities. Another concern was the increasing rates in colon cancer. It is also difficult for residents to seek medical attention because of the high airfare costs from Kaktovik.

Other Issues Discussed

Attendees were interested in getting grant funding to bring back helmet use among children. There used to be grant funding for this purpose but it is not in use anymore. There was also a suggestion to collaborate more with the CHAP Program and the NSB Health Department. Residents were concerned with the high rates of motor vehicle accidents.

Next Steps:

An interagency meeting wasn't held for Kaktovik because there were not enough participants to hold a meeting. During the evening forum, a presentation on the Baseline Community Health Analysis Report was given and discussion during the presentation ensued. There is interest in the community to seek grant funding to increase helmet use in Kaktovik; the NSB will follow up with Kaktovik to provide resources and collaborate with them on this project.

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. The NSB will be traveling to the remaining three villages to provide community health forums similar to this one, for the purposes outlined above.

¹Kania, 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>.