

# Anaktuvuk Pass 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 full *NSB Baseline Community Health Analysis* report for expanded discussions of each of the health topics addressed in this section 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.17**

	AKP Household Heads	NSB Household Heads	All AKP Adults*	All NSB Adults*	Alaska Adults
<b>General Health</b>					
Very good or excellent general health	33%	44%	32%	46%	56% <sup>1</sup>
Fair to poor general health	10%	20%	4%	16%	13% <sup>13</sup>
<b>Chronic Health Problems</b>					
Ever told by a health professional have:					
Thyroid problems	9%	6%	4%	4%	9% (U.S.) <sup>3</sup>
Diabetes	**	7%	4%	6%	6% (Alaska) <sup>1</sup> 9% (U.S.) <sup>4</sup>
High blood pressure	26%	28%	17%	20%	25% (Alaska) <sup>5</sup> 24% (U.S.) <sup>4</sup>
High cholesterol	28%	19%	16%	13%	38% (Alaska) <sup>5</sup>
Heart disease	8%	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	24%	29%	17%	21%	(see ref) <sup>6</sup>
Frequent (three or more) or chronic ear infections	8%	5%	4%	4%	N/A
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	19%	13%	9%	8%	(see ref) <sup>7</sup>
<b>Health Insurance</b>					
Have health insurance, including IHS eligibility	97%	97%			83% <sup>1</sup>
Have health insurance, other than IHS eligibility	58%	64%			

Table A.17, continued

	AKP Household Heads	NSB Household Heads	All AKP Adults*	All NSB Adults*	Alaska Adults
<b>Smoking</b>					
Smoke tobacco (in any form)	65%	50%	63%	49%	22% <sup>1</sup>
Of those who smoke:					
Smoke one or more packs per day	31%	25%			
Are interested in quitting	69%	71%			
Have tried to quit in the last 12 months	56%	62%			
Permit smoking in the house	40%	33%			
Support a tobacco tax to fund tobacco prevention or cessation programs	48%	53%			
<b>Overweight and Obesity</b>					
Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	32%	33%			37% <sup>1</sup>
Obese (BMI 30 kg/m <sup>2</sup> or higher)	23%	39%			28% <sup>1</sup>
<b>Physical Activity</b>					
Never get 30 minutes of moderate exercise in a day	18%	16%			9% <sup>5</sup>
Get at least 30 minutes of moderate exercise 5 days per week or more	39%	44%			47% <sup>5</sup>
<b>Sugar-sweetened beverages (SSBs)</b>					
On average, drink no soda or other SSBs per day	30%	26%			53% <sup>10</sup>
On average, drink two or more sodas or other SSBs per day	43%	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	57%	35%			
If yes, because not able to get enough subsistence foods to eat healthy meals	71%	43%			
If yes, because not able to get enough store foods to eat healthy meals	80%	90%			
Percent with household members who at times did not have enough to eat	40%	19%			(4–11%) <sup>12</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)	11%	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	23%	24%			
In the past 12 months, thought the health of their community had been hurt by drugs or alcohol					
Often	57%	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.

- Most adults in Anaktuvuk Pass reported or were reported to have at least “good” general health. Compared with the NSB as a whole, Anaktuvuk Pass residents were less likely to report very good to excellent health, but also less likely to report fair to poor health.
- The reported prevalence of the chronic health problems among Anaktuvuk Pass adults was similar to the prevalence in the NSB overall, with the exception of high cholesterol. Anaktuvuk Pass household heads (both Iñupiat only and all) were significantly more likely than their counterparts in other North Slope communities to report a diagnosis of high cholesterol. Of note, residents of Anaktuvuk Pass typically

get their healthcare in Fairbanks rather than Barrow, and this difference may, in part, reflect different screening practices in these different settings. It may also reflect differences in diet or other factors.

- Looking at both Iñupiat only and all adults, smoking rates are high in Anaktuvuk Pass, significantly higher than in the other North Slope communities overall. Most smokers were interested in quitting.
- Anaktuvuk Pass household heads (both Iñupiat only and all) were significantly more likely to be at a healthy weight and significantly less likely to be obese than were their counterparts in the other North Slope communities overall.
- Reported physical activity levels among Anaktuvuk Pass household heads were similar to other North Slope communities. Reported consumption of sodas and other sugared beverages was high, similar to other North Slope communities.
- The levels of reported food insecurity were very high in Anaktuvuk Pass. Anaktuvuk Pass household heads were significantly more likely to report difficulty getting foods for healthy meals and particularly getting enough subsistence foods, than were household heads in the other villages combined. Anaktuvuk Pass households were twice as likely as households in other communities to have household members who, at times last year, did not have enough to eat.
- As in other villages, reported helmet use among Anaktuvuk Pass household heads was very low.
- Anaktuvuk Pass household heads were equally as likely to report household and community effects of alcohol or drugs as were household heads in the other North Slope communities overall.

## Children (0–17 years)

Table A.18

	AKP Children	NSB Children	Alaska Children
<b>General Health</b>			
Very good or excellent general health	41%	63%	89% <sup>2</sup>
<b>Chronic Health Problems</b>			
In the past 12 months, experienced:			
Frequent (three or more) or chronic ear infections	20%	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)	32%	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.

- The majority of children in Anaktuvuk Pass were reported to have at least good general health.
- The general health status of children in Anaktuvuk Pass was significantly less likely to be reported as very good or excellent than in other North Slope communities overall, however. This difference persisted when looking at Iñupiat children only.
- The percentage of children with very good to excellent health in Anaktuvuk Pass was less than half the statewide estimate.
- The prevalence of chronic ear infections in Anaktuvuk Pass was similar to that for the NSB overall but roughly four times the estimated prevalence for Alaskan children overall.
- The prevalence of breathing problems, such as asthma, in Anaktuvuk Pass children was similar to that among children in the NSB and Alaska overall.
- Reported teen smoking was twice as common in Anaktuvuk Pass as in the NSB overall. Looking at Iñupiat teens only, the reported teen smoking rate in Anaktuvuk Pass (30%) was higher than among the other villages overall (18%), but this difference was not statistically significant.