



HEALTHY ALASKANS 2020

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

Healthy Alaskans 2020 Objectives and 25 Leading Health Indicators with Targets

Reduce Alaskan deaths from cancer	
1	Reduce the cancer mortality rate to 162.0 per 100,000 by 2020.
Increase the proportion of Alaskans who are tobacco-free	
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 to 80% by 2020.
3	Increase the percentage of adults (age 18 years and older) who currently do not smoke cigarettes to 83% by 2020.
Reduce the proportion of Alaskans who are overweight or obese	
4.a	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) to 36% by 2020.
4.b	Reduce the percentage of adults (age 18 years and older) who meet criteria for obesity (body mass index of ≥ 30 kg/m ²) to 27% by 2020.
5.a.i	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 ≥ 85 th and < 95 th percentile) to 12% by 2020.
5.a.ii	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 ≥ 95 th percentile) to 10% by 2020.
5.b.i	Reduce the percentage of children (students in grades K-8) who meet criteria for overweight (age- and sex-specific body mass index of ≥ 85 th and < 95 th percentile) to 15% by 2020.
5.b.ii	Reduce the percentage of children (students in grades K-8) who meet criteria for obesity (age- and sex-specific body mass index of ≥ 95 th percentile) to 15% by 2020.
Increase the number of Alaskans who are physically active	
6.a	Increase the percentage of adults (age 18 years and older) who meet the 2008 U.S. Dept. of Health and Human Services Physical Activity Guidelines (150 minutes or more total minutes per week of moderate or vigorous exercise) to 61% by 2020.
6.b	Increase the percentage of adolescents (high school students in grades 9-12) who meet the 2008 U.S. Dept. of Health and Human Services Physical Activity Guidelines (at least 60 minutes of physical activity a day, every day of the week) to 23% by 2020.
Reduce Alaskan deaths from suicide	
7.a	Reduce the suicide mortality rate of 15 – 24 year olds to 43.2 per 100,000 by 2020.
7.b	Reduce the suicide mortality rate of adults 25 years and older to 23.5 per 100,000 by 2020.
Reduce the proportion of Alaskans experiencing poor mental health	
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 to 23% by 2020.
9	Reduce the mean number of days in the past 30 days that adults (age 18 and older) report being mentally unhealthy to 2.9 days by 2020.

Increase the proportion of Alaska youth with social support

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 to 47% by 2020.

Reduce the proportion of Alaskans experiencing domestic violence and sexual assault

11 Reduce the rate of unique substantiated child maltreatment victims (age 0-17 years) in Alaska to 14.4 per 1,000 by 2020.

12 Reduce the rate of rape to 67.5 per 100,000 by 2020.

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 to 8% by 2020.

Reduce the proportion of Alaskans experiencing alcohol and other drug dependence and abuse

14 Reduce the alcohol-induced mortality rate to 15.3 per 100,000 by 2020.

15.a Reduce the percentage of adults (age 18 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) to 20% by 2020.

15.b 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) to 17% by 2020.

Reduce Alaskan deaths from unintentional injury

16 Reduce the unintentional injury mortality rate to 54.8 per 100,000 by 2020.

Increase the proportion of Alaskans who are protected from vaccine-preventable infectious diseases

17 Increase the percentage of children (age 19-35 months) who receive the Advisory Committee on Immunization Practices (ACIP) recommended vaccination series (2013 ACIP recommendation: 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3 Hepatitis B, 1 Varicella, 4 PCV) to 75% by 2020.

Reduce the proportion of Alaskans experiencing infectious disease

18 Reduce the incidence rate of Chlamydia trachomatis to 705.2 per 100,000 by 2020.

Increase the proportion of Alaskans with access to in-home water and wastewater services

19 Increase the percentage of rural community housing units with water and sewer services to 87% by 2020.

Increase the proportion of Alaskans protected against dental diseases

20 Increase the percentage of the population served by community water systems with optimally fluoridated water to 58% by 2020.

Reduce the proportion of Alaskans without access to high quality and affordable health care

21 Reduce the percentage of women delivering live births who have not received prenatal care beginning in the first trimester of pregnancy to 19% by 2020.

22 Reduce the rate of preventable hospitalizations (hospitalizations that could have been prevented with high quality primary and preventive care) based on the Agency for Healthcare Research and Quality definition to 6.7 per 1,000 by 2020.

23 Reduce the percentage of adults (age 18 or over) reporting that they could not afford to see a doctor in the last 12 months to 14% by 2020.

Increase the economic and educational status of Alaskans

24 Increase the percentage of the population living above the federal poverty level (as defined for Alaska) to 90% by 2020.

25 Increase the percentage of 18-24 year olds with a high school diploma or equivalency to 86% by 2020.

*The order of indicators does not denote rank or priority. Released September 30, 2014