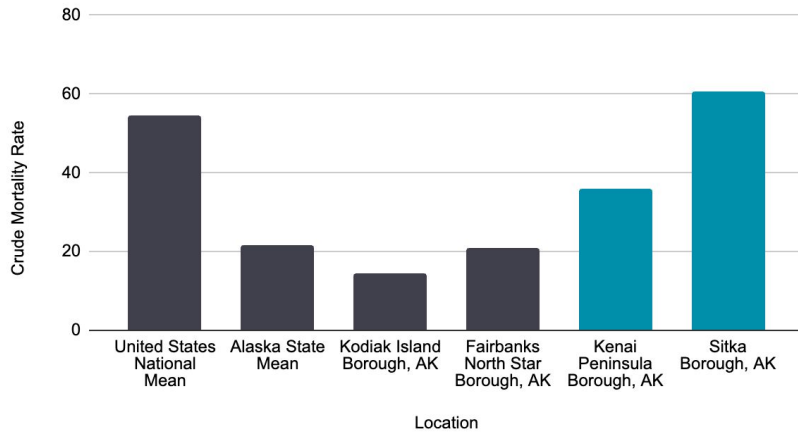
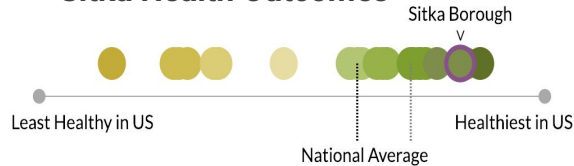


Cerebrovascular Disease Mortality Rates in Alaska

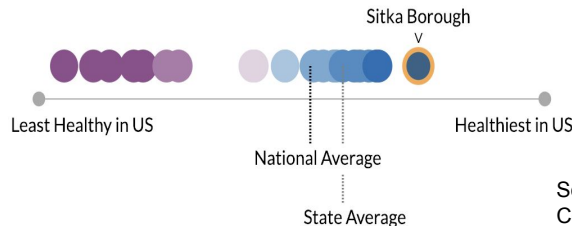


Sitka Health Outcomes



Source: Countyhealthrankings

Sitka Health Factors



Source: Countyhealthrankings

Cerebrovascular Disease Definition

Cerebrovascular disease refers to a group of **conditions that affect blood flow** and the **blood vessels in the brain**.

Source: University of Michigan Health

Short Inforgram Version is Available here:

<https://infogram.com/cvd-in-alaska-1hnp27e5gq5on4g?live>

Sitka: Demographic Overview

Borough Alaska

Population **	8,382	733,583
% Below 18 Years of Age **	19.4%	24.1%
% 65 and Older **	18.1%	13.9%
% Non-Hispanic Black **	1.0%	3.2%
% American Indian or Alaska Native **	15.5%	15.7%
% Asian **	8.4%	6.7%
% Native Hawaiian or Other Pacific Islander **	0.4%	1.7%
% Hispanic **	7.8%	7.7%
% Non-Hispanic White **	60.3%	58.8%
% Not Proficient in English **	1%	2%
% Female **	48.4%	47.4%
% Rural **	9.3%	35.1%

** Use caution if comparing these data with prior years

Health Factors

Health Behaviors

	Sitka Borough	Alaska	United States	
Adult Smoking	16%	17%	15%	▼
Adult Obesity	32%	33%	34%	▼
Food Environment Index	8.4	7.0	7.7	▼
Physical Inactivity	19%	20%	23%	▼
Access to Exercise Opportunities	100%	78%	84%	▼
Excessive Drinking	21%	20%	18%	▼
Alcohol-Impaired Driving Deaths	0%	35%	26%	▼
Sexually Transmitted Infections	178.4	760.4	495.5	▼
Teen Births		20	17	▼

Clinical Care

	Sitka Borough	Alaska	United States	
Uninsured	15%	13%	10%	▼
Primary Care Physicians	470:1	1,030:1	1,330:1	▼
Dentists	760:1	950:1	1,360:1	▼
Mental Health Providers	30:1	140:1	320:1	▼
Preventable Hospital Stays	2,204	1,866	2,681	▼
Mammography Screening	41%	35%	43%	▼
Flu Vaccinations	48%	33%	46%	▼

Source:
countyhealthrankings

Summary of heart disease/stroke risk factor status among adults, by gender, age, and socioeconomic status (SES)

Alaska, 2011-2015

Patterns for Individual Risk Factors	Gender		Age				SES	
	Male	Female	18-44	45-54	55-64	65+	Low SES	Higher
Obese (BMI 30.0 or higher)								
Overweight (BMI 25.0-29.9)								
Physical Activity <150 Min/Week								
1+ Sugary Beverage/Day								
Current Cigarette Smoker								
Hypertension (Lifetime)								
High Cholesterol (Lifetime)								
Diagnosed with Diabetes								

Key for patterns of risk summary above

Key for Patterns	Higher Risk				Lower Risk	
Individual Risk Factors						
Obese (BMI 30.0 or higher)	>=40%	35.0-39.9	30.7-34.9	28.5-30.6	18.0-28.4	<18.0
Overweight (BMI 25.0-29.9)	>=43.0	40.0-42.9	37.9-39.9	34.0-37.9	20.0-33.9	<20.0
Physical Activity <150 Min/Week	>=53.0	48.0-52.9	45.1-47.9	40.0-45.0	25.0-39.9	<25.0
1+ Sugary Beverage/Day	>=40.0	35.0-39.9	32.1-34.9	27.0-32.0	20.0-26.9	<20.0
Current Cigarette Smoker	>=30.0	25.0-29.9	21.6-24.9	19.0-21.5	12.0-19.0	<12.0
Hypertension (Lifetime)	>=47.0	36.0-46.9	30.1-35.9	27.0-30.0	18.0-26.9	<18.0
High Cholesterol (Lifetime)	>=45.0	34.0-44.9	28.1-33.9	25.0-28.0	18.0-24.9	<18.0
Diagnosed with Diabetes	>=15%	10.0-14.9	7.9-9.9	6.7-7.9	4.0-6.6	<4.0

Data source: 2011-2015 Alaska BRFSS Standard File for physical activity, sugar-sweetened beverage, hypertension, high cholesterol; 2012-2016 Alaska BRFSS Combined File for obesity, overweight, smoking, and diabetes.

Source: The Burden of Heart Disease and Stroke in Alaska, 2019

Analysis of Key Factors

Excessive Drinking

In top 6 most drinking

Source: Countyhealthrankings

Cholesterol

Carriers of p.G116S had a 3.02-fold increased risk of hypercholesterolemia.

Inuit from Alaska have these allele frequencies 10–15%.

Also, cholesterol levels are significantly higher in urban areas as compared with rural areas.

Source: The common LDLR p.G116S variant has a large effect on plasma LDL cholesterol in circumpolar Inuit populations

Source: Urban-rural differences in the association between blood lipids and characteristics of the built environment: a systematic review and meta-analysis

Diabetes

May be related to **lifestyle changes, including excessive drinking, decreased physical activity** (e.g., as dog sledding is supplanted by use of snowmobiles) and by **changes from traditional to non-traditional diets** (higher in calories, saturated fat, and sugar.)

Source: Cardiovascular Disease Among Alaska Native Peoples

Depression

From February 1 to 13, 2023, 32.2% of adults in Alaska **reported symptoms of anxiety and/or depressive disorder.**

Source: KFF

Hypertension

- **drinking too much alcohol** or coffee (or other caffeine-based drinks)
- smoking
- **having a lot of stress**
- **being over 65**

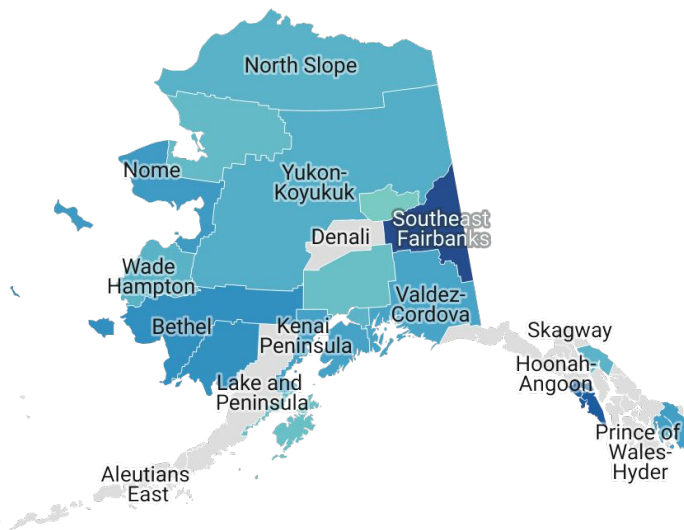
Crude Mortality of CVD in Alaska

Crude Mortality Rates of Cerebrovascular Disease Deaths Alaska from 2003-2009



Suppressed values are values less than 10 and appear gray on the map; missing values also appear gray on the map

Unreliable values (i.e. crude mortality rates based on death count <20) were observed in the following counties: Dillingham, North Slope, Northwest Arctic, Prince of Wales-Outer Ketchikan, Wade Hampton, Yukon-Koyukuk



Crude Mortality Rates of Cerebrovascular Disease Deaths Alaska from 2010-2016



Suppressed values are values less than 10 and appear gray on the map; missing values also appear gray on the map

Unreliable values (i.e. crude mortality rates based on death count <20) were observed in the following counties: Bristol Bay, Hoonah-Angoon, Kodiak Island, North Slope Northwest Arctic, Skagway Municipality, Southeast Fairbanks Valdez-Cordova Wade Hampton, Wrangell City, Wrangell-Petersburg Yakutat City, Yukon-Koyukuk'

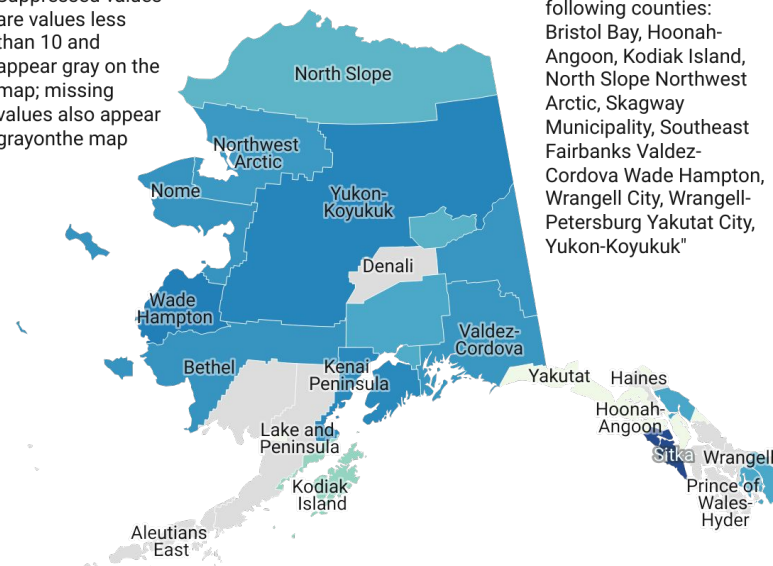
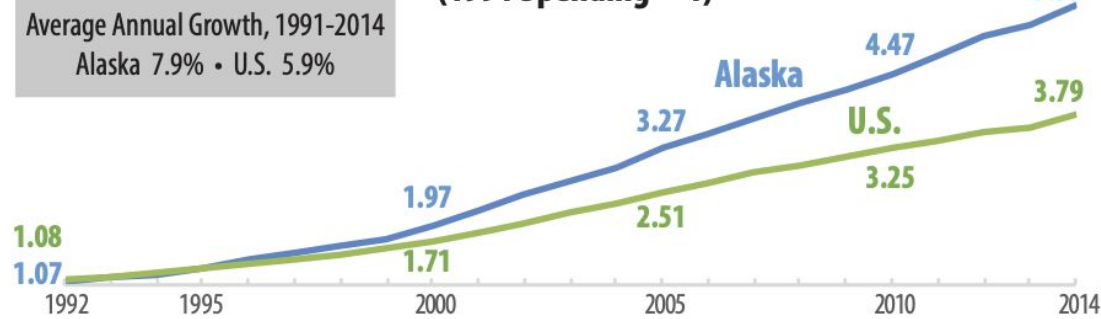
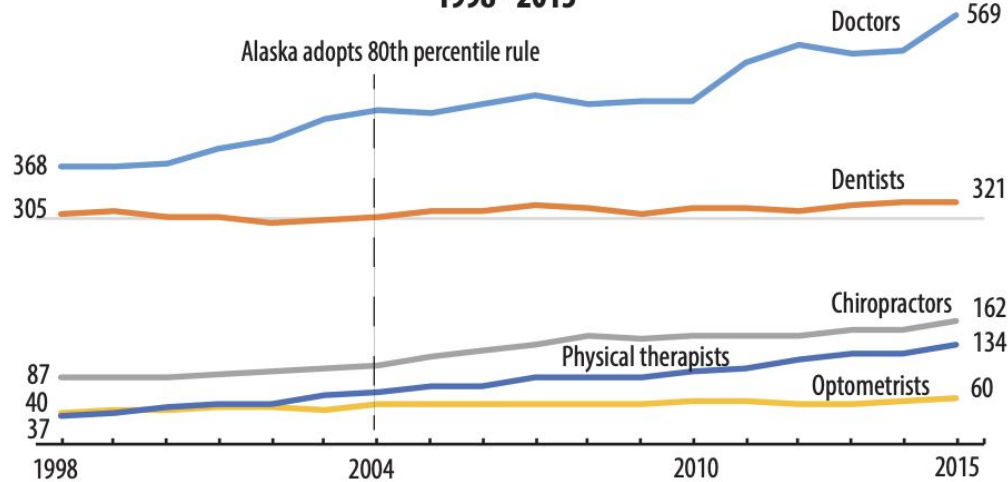


Figure 4. Growth in Health-Care Spending, Alaska and U.S., 1991-2014
(1991 Spending = 1)



Source: Authors' calculations, based on data from Centers for Medicare and Medicaid Services (CMS)

Figure 5. Growth in Number of Offices, Selected Alaska Health-Care Providers, 1998 - 2015



Source: U.S. Census Bureau, County Business Patterns

Source: How Has the 80th Percentile Rule Affected Alaska's Health-Care Expenditures?

Recommendations

- Ensuring **secondary prevention**
- **Reducing hospitalization** by increasing screening of people with high pressure, who may not be aware of their state & family screenings
- **Promoting healthy lifestyle** & increase awareness about disease prevention (e.g. the Million Hearts ABCS)
- **Changing environments** (e.g. reducing sugar intake & sodium intake, increasing fruit & vegetables intake, **reducing excessive drinking & caffeine**)
- Increasing the **quality of emergency services**
- **DNA testing**
- **Mental illness testing**

Sources: Healthy People 2030 & The Burden of Heart Disease and Stroke in Alaska

Senator David Wilson



Email:

Senator.David.Wilson@akleg.gov

Party: Republican

Toll-Free:

800-862-3878

Prime Bill sponsorship
OPIOID OVERDOSE DRUGS
DENTISTS/DENTAL
HYGIENIST/RADIOLOGY
EQUIPMENT
HEALTH CARE SERVICES BY
TELEHEALTH
INTERFERENCE WITH
EMERGENCY SERVICES
PRESCRIPTION DRUGS; COST
SHARING