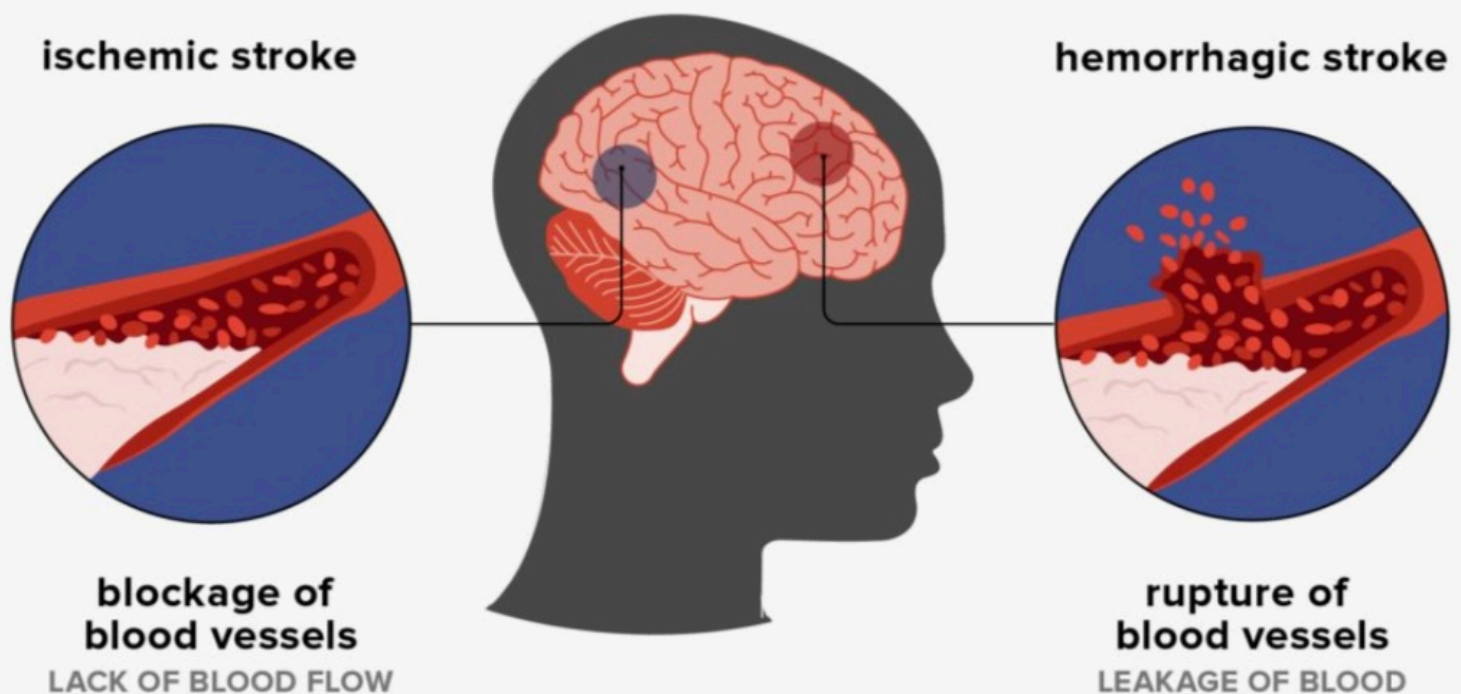


Cerebrovascular Disease Definition

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

Source: University of Michigan Health



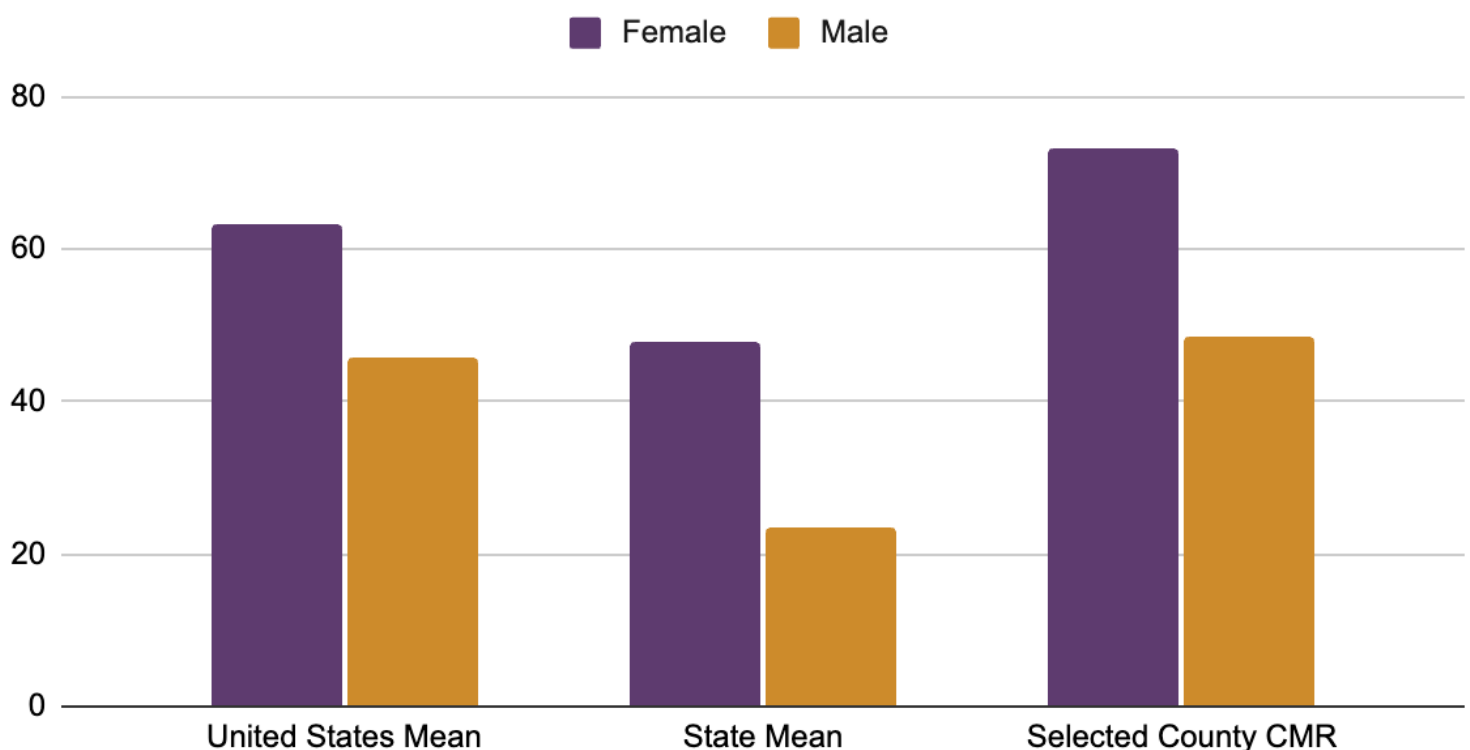
Sitka has the **highest incidence of Female and Male deaths** occur in the same county

These county is the same county I chose for Sprint #1?

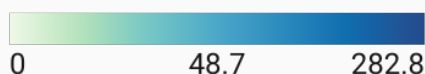
Females seem to carry the largest mortality burden

The crude rate for **females was x1.8 higher than males**

Mortality Rate Disparaties Due To Deaths of CVD in Sitka, Alaska by Gender



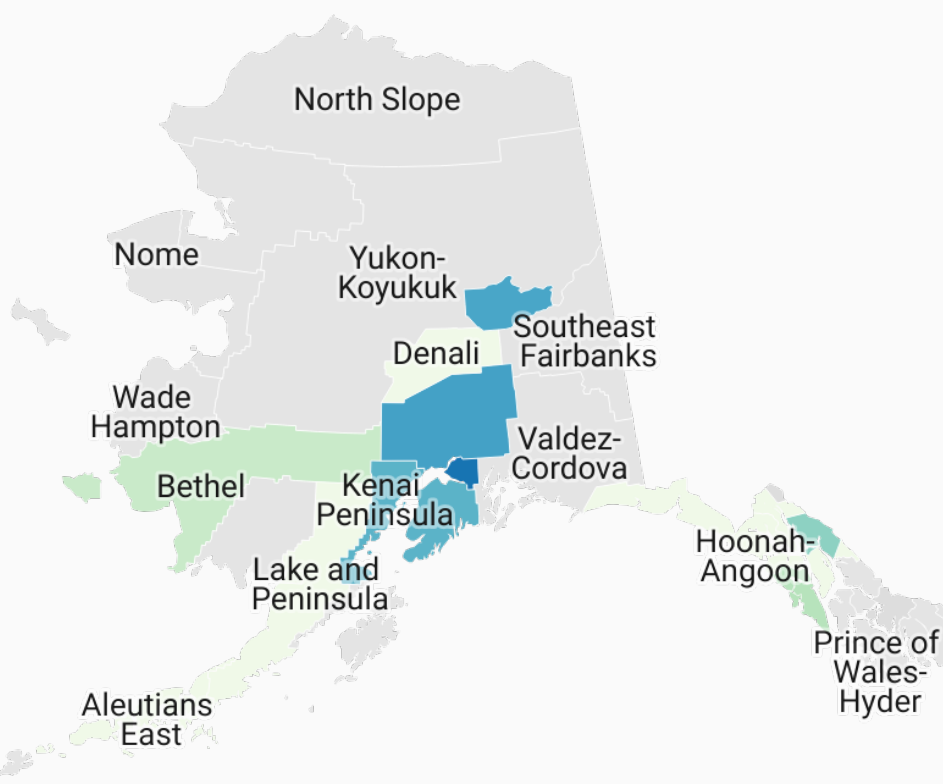
Crude Mortality Rate of CVD Deaths in Sitka Among Females



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

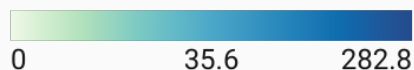
Unreliable values (i.e. crude mortality rates based on death count <20) were observed in the following counties:

Aleutians East, Bethel, Bristol Bay, Denali, Haines, Hoonah-Angoon, Lake and Peninsula, Sitka, Skagway Municipality, Skagway-Hoonah-Angoon, Yakutat



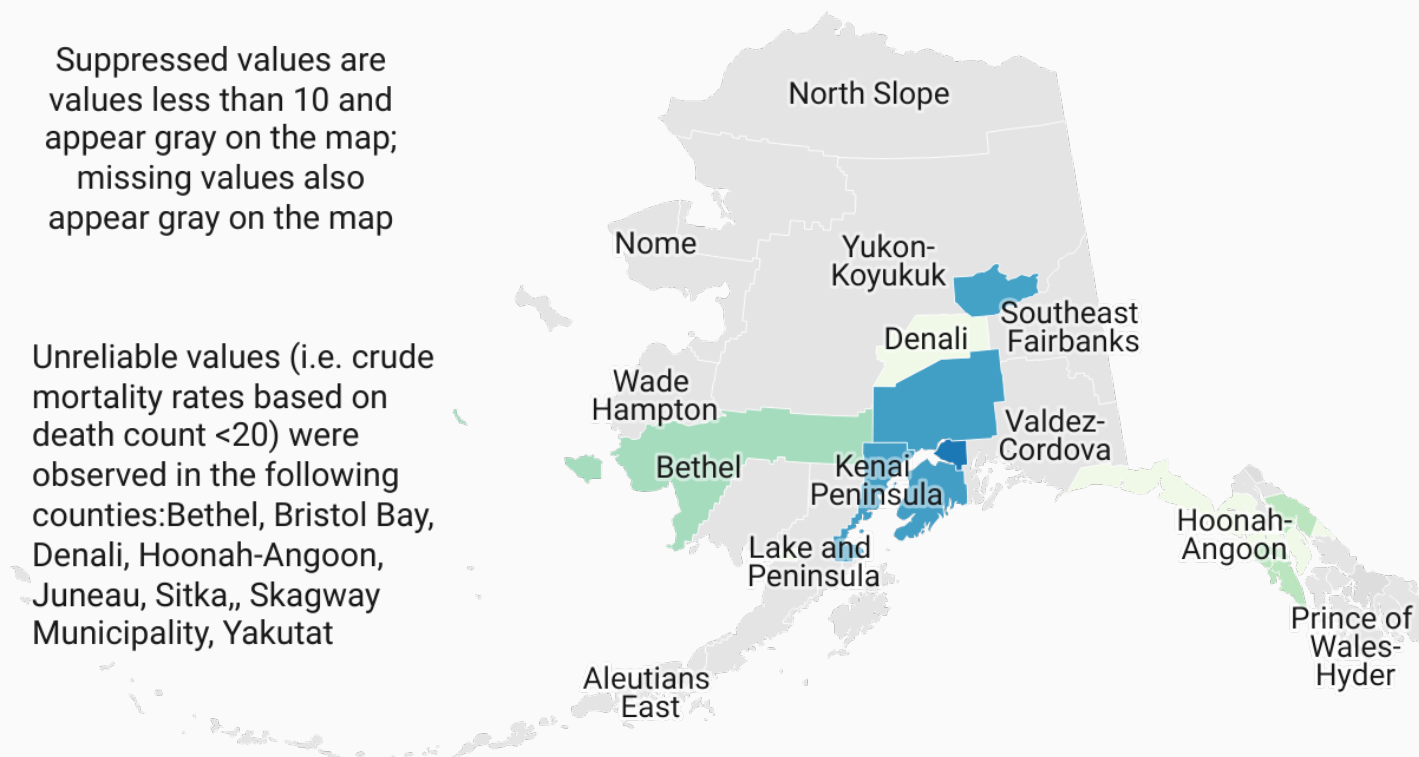
Map: Anna Smolenova • Source: CDC Wonder, 2012-2016 • Created with Datawrapper

Crude Mortality Rate of CVD Deaths in Sitka Among Males



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: Bethel, Bristol Bay, Denali, Hoonah-Angoon, Juneau, Sitka,, Skagway Municipality, Yakutat



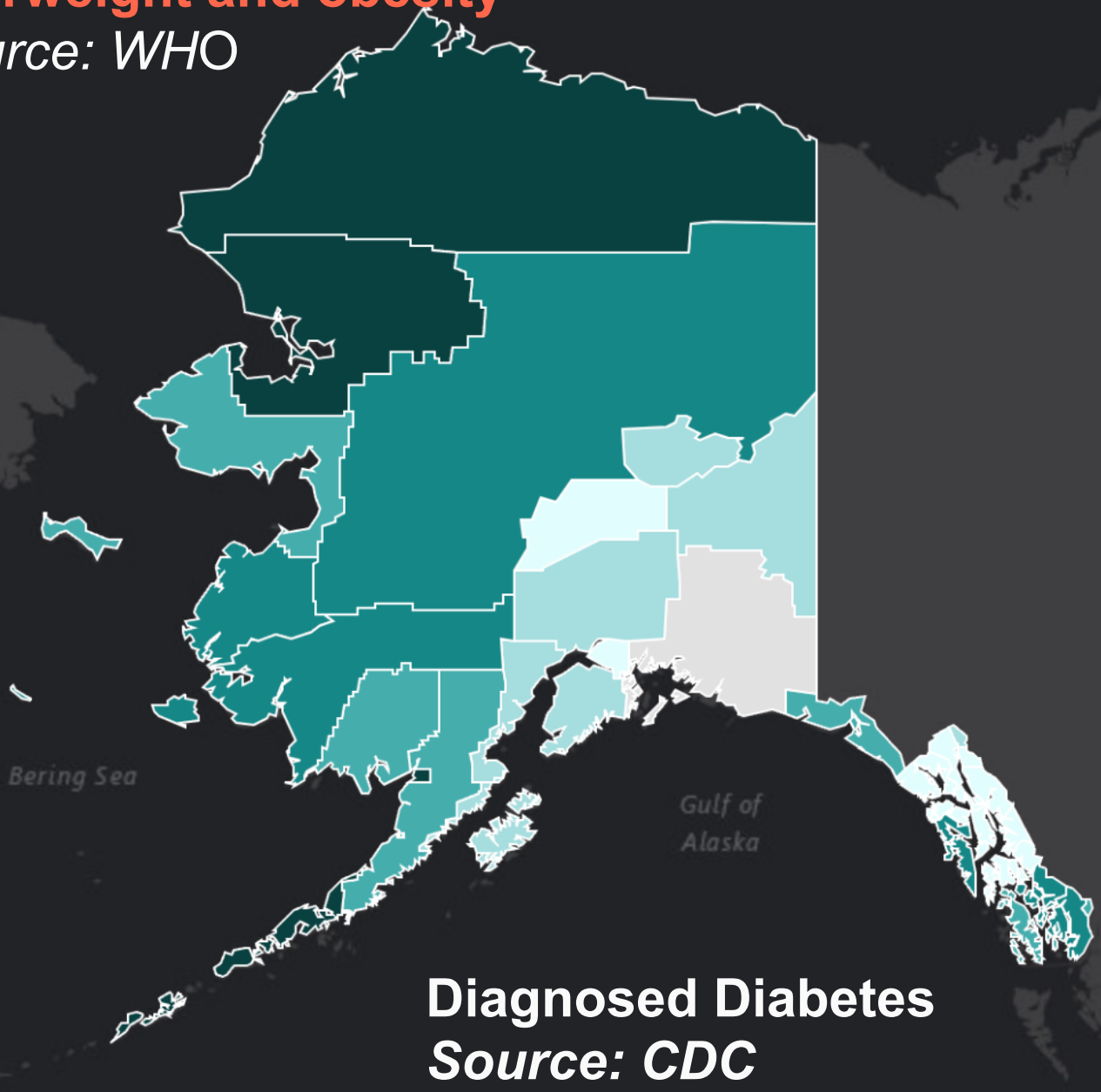
Map: Anna Smolenova • Source: CDC Wonder, 2012-2016 • Created with Datawrapper

CVD Risk Factors

The most important **behavioural risk** factors of heart disease and stroke are **unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol**. Amongst environmental risk factors, air pollution

The effects of behavioural risk factors may show up in individuals as **raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity**

Source: WHO



Demographics

Sitka is considered a **rural** area.

Average age - **39.5 years**

White: 62.27%

Two or more races: 17.51%

Native American: 9.37%

Asian: 7.88%

**Native Hawaiian or Pacific
Islander:**

1.22% Other race: 1.06%

Black or African American: 0.69%


*Source: United States Census
Bureau,
Worldpopulationreview*

Health Factors & Clinical Care







☒ Show areas to explore
 ☒ Show areas of strength
 ☐ Trends Available

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

Risk Factors by Gender, Age, Race

Figure 20: Summary of diabetes risk and risk factor status among adults, by gender, age, and socioeconomic
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								

Alaska, 2011-2015

Patterns for Individual Risk Factors	Race and Ethnicity					
	Alaska Native	Black or African American	Asian	Other or Multi-race	Hispanic	White
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	Higher Risk				Lower Risk	
Individual Risk Factors						

Legislation

The Alaska House passed a bill Monday that would **legalize subscription-based health care** in Alaska. (April 8, 2024)

Saving Alaska Medicare Beneficiaries Money by **Capping Insulin Copays** at \$35 per Month. (The Inflation Reduction Act)

Early insulin therapy may have cardiovascular may benefits for patients with newly diagnosed T2D by **reducing the risk of incident stroke** and hospitalization for HF, supporting early insulin therapy as an initial option for newly diagnosed T2D.

Source: Nature

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

Senator David Wilson



Email: Senator.David.Wilson@akleg.gov

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Prime Bill sponsorship

OPIOID OVERDOSE DRUGS

DENTISTS/DENTAL HYGIENIST/RADIOLOGY

EQUIPMENT

HEALTH CARE SERVICES BY TELEHEALTH

INTERFERENCE WITH EMERGENCY SERVICES

PRESCRIPTION DRUGS; COST SHARING