



HEALTHY ALASKANS 2020

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

Healthy Alaskans 2020 Scorecard

	HA2020 Leading Health Indicator	2010* Baseline	HA2020 Target	Current Data	Progress to Date
1	Reduce the cancer mortality rate per 100,000 population	176.0	162.0	167.9 (2013)	▲
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	74.8% ^a	80%	82.9% (2013)	★
3	Increase the percentage of adults (age 18 years and older) who currently do not smoke cigarettes	77.8%	83%	78.2% (2013)	▲
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)	38.3%	36%	36.0% (2013)	★
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)	29.2%	27%	29.5% (2013)	●
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)	14.4% ^a	12%	13.7% (2013)	▲
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)	11.8% ^a	10%	12.4% (2013)	●
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)	16.7% ^{b,c}	15%	16.7% (2013-2014)	●
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)	16.6% ^{b,c}	15% ^c	16.8% (2013-2014)	●
6.a	Increase the percentage of adults (age 18 years and older) who report 150 or more total minutes per week of moderate or vigorous exercise where each minute of vigorous exercise contributes 2 minutes to the total	57.5% ^d	61%	55.0% (2013)	●
6.b	Increase the percentage of adolescents (high school students in grades 9-12) who do at least 60 minutes of physical activity a day, every day of the week	20.2% ^a	23%	20.9% (2013)	▲
7.a	Reduce the suicide mortality rate per 100,000 population, among the population aged 15-24 years	46.0	43.2	41.4 (2013)	★
7.b	Reduce the suicide mortality rate per 100,000 population, among the population aged 25 years and older	25.0	23.5	26.9 (2013)	●
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	25.2% ^a	23%	27.2% (2013)	●
9	Reduce the mean number of days in the past 30 days adults (age 18 and older) report being mentally unhealthy	3.2	2.9	3.1 (2013)	▲
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	44.6% ^a	47%	42.8% (2013)	●

Notes: *2010 unless otherwise noted; ^a 2009; ^b 2009-2010 school year, ASD and Mat-Su School Districts only; ^c Modified due to change in data collection methodology; ^d 2011; ^e 2013; ^f 2009-2011

★ Target Met ▲ On Track to Reach Target ● Not on Track to Reach Target



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11	Reduce the rate of unique substantiated child maltreatment victims per 1,000 children (age 0-17 years)	15.3	14.4	13.0 (2013)	★
12	Reduce the rate of rape per 100,000 population	125.4 ^{c,e}	113.0 ^c	no update	n/a
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	9.1% ^{c,e}	8% ^c	no update	n/a
14	Reduce the alcohol-induced mortality rate per 100,000 population	16.3	15.3	16.4 (2013)	●
15.a	Reduce the percentage of adults (age 18 years 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	21.8%	20%	18.5% (2013)	★
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	21.7% ^a	17%	12.8% (2013)	★
16	Reduce the unintentional injury mortality rate per 100,000 population	58.3	54.8	52.4 (2013)	★
17	Increase the percentage of children age 19-35 months who do receive the ACIP (Advisory Committee on Immunization Practices) recommended vaccination series (2013 ACIP recommendation: 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3 Hepatitis B, 1 Varicella, 4 PCV)	65.0%	75%	67.1% (2013)	▲
18	Reduce the incidence rate of Chlamydia trachomatis per 100,000 population	849.6	705.2	786.5 (2013)	▲
19	Increase the percentage of rural community housing units with water and sewer services	78.0%	87%	85.0% (2014)	▲
20	Increase the percentage of the population served by community water systems with optimally fluoridated water	54.8%	58%	45.7% (2013)	●
21	Reduce the percentage of women delivering live births who have not received prenatal care beginning in the first trimester of pregnancy	21.3%	19%	20.6% (2013)	▲
22	Reduce the rate of preventable hospitalizations per 1,000 adults (hospitalizations that could have been prevented with high quality primary and preventive care) based on the Agency for Healthcare Research and Quality (AHRQ) definition	7.1	6.7	7.3 (2011)	●
23	Reduce the percentage of adults (age 18 years and older) reporting that they could not afford to see a doctor in the last 12 months	14.7%	14%	14.1% (2013)	▲
24	Increase the percentage of the population living above the federal poverty level (as defined for AK)	84.5% ^f	90%	84.0% (2013)	●
25	Increase the percentage of 18-24 year olds with a high school diploma or equivalency	81.2%	86%	79.8% (2013)	●

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