

Selected Results from the Behavioral Risk Factor Surveillance System

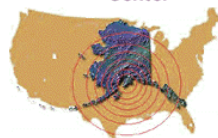
for

Alaska Natives

1995 - 2000

Analysis by the Alaska Native Epidemiology Center,
The Alaska Native Health Board
August, 2002

*Alaska Native
Epidemiology
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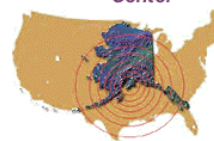
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The full range of published national BRFSS materials, including some state-specific analyses, is available at the Centers for Disease Control and Prevention website: <http://www.cdc.gov/brfss/>

The suggested citations for the national data and the questionnaires are:

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [appropriate year].

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Questionnaire*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [appropriate year].

Details about BRFSS in Alaska and state publications are available at the State of Alaska BFRSS website:

<http://chems.alaska.gov/brfs.htm>

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Summary of Behavioral Risk Factor Surveillance System Recent Results for Alaska Natives

Background

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing national survey supported by the Centers for Disease Control and Prevention (CDC). Alaska began participating in the BRFSS in 1990. The CDC now provides funding and technical assistance to all 50 states, Washington DC, and 3 Territories to conduct the survey annually. The survey includes questions about health status and perceptions, preventive health practices, and risky behaviors that influence the prevalence of chronic disease, injury, and preventable infectious diseases.

The BRFSS is a standardized telephone interview conducted with a computer-assisted script. There is a Fixed Core of questions asked by all states every year and a Rotating Core asked by all states in alternate years. In addition, there are a number of Optional Modules that states may or may not choose to use and states may add questions of their own. The entire interview takes less than 30 minutes to complete. Interviews are conducted during every month of the year. Approximately 200 adults are interviewed each month in Alaska.

Respondents are adults 18 years and older living in households. Individuals in military barracks, dormitories, nursing homes, and other group living situations are excluded. Apart from that exclusion, each state's sample is designed to be representative of the state population. Respondents are contacted by telephone using a selection process based on area codes and prefixes that are highly likely to be associated with residential listings. Alaska uses an additional sampling procedure to take into account differences in telephone coverage by geographic and economic factors. It is estimated that 92% of the households in the state as a whole have telephones, but the percentage is substantially lower in some geographic areas and among groups of low socioeconomic status.

The analysis of BRFSS data requires complex statistical procedures to take into account the fact that not every adult resident of the state has an equal chance of being contacted for an interview. The analysis assigns a probability to each respondent which reflects their likelihood of being contacted. In addition, each person interviewed is treated as a representative for other, similar persons. The probability factor and assumption of representativeness are used to calculate a statistical weighting factor to be used in analysis to draw inferences about the overall population.

In Alaska, the annual sample includes 500 respondents per region *as defined by the BFRSS* (see page 3 and maps on pages 4 and 5), for a total of 2,500 people per year. Because the population of each BFRSS region varies, sampling 500 respondents from each region results in a larger proportion of non-urban residents being contacted. It also results in representative numbers of Alaska Natives being included in the sample. In the 2000 Census, individuals who identified themselves as Alaska

Native only or Alaska Native in combination with one or more other races made up 19% of the population of Alaska (see <http://146.63.75.50/research/cgin/cen.htm>, the State of Alaska census website). In this report, based primarily on the combined years 1998, 1999, and 2000 of the Alaska BRFSS, Alaska Natives made up 19% of the sample.

Although the proportion of Alaska Natives in the BRFSS sample is similar to the proportion in the state population, the number of Alaska Natives included in the sample is still too small to support detailed statistical analysis on an annual basis. Therefore we have combined three years in the analyses reported here. For the Fixed Core questions asked every year, we have combined 1998, 1999, and 2000. For the Rotating Core questions asked in alternate years, or the Optional Module questions asked at the discretion of the state, we have combined the three most recent available years. Both the state of Alaska and the CDC do not report results for analyses in which there are fewer than 50 respondents in a category. We have followed this guideline, thus limiting our ability to do multivariate analysis. Because of the small samples, it is usually not possible to perform analyses looking at the effects of more than one variable at a time for Alaska Natives. For example, we cannot examine the simultaneous effects of sex and region of residence on the prevalence of a characteristic among Alaska Natives.

In summary, while we are able to report on Alaska Natives and compare them to other residents of Alaska, in many cases the numbers of Alaska Native respondents are still small and some of the estimates may be unreliable. We have tried to improve the reliability of the estimates by combining three years of data but this may obscure time-trends, particularly for questions that are only asked in alternate years, resulting in the combination of 1995, 1997, and 1999, or 1996, 1998, and 2000, periods which span 5 years. Some sample sizes remain small and some Confidence Intervals (see page 3) remain large in spite of combining years to achieve larger sample sizes. If we consider an estimate to be of low reliability, we have indicated this in footnotes to the charts and we recommend caution in using those estimates.

Format of the Charts

Each section of this report includes the question or combination of questions asked in the interview, together with the possible responses unless the responses were Yes/No or a number. The first chart in each series compares Alaska Native and non-Native men and women. If differences between Alaska Native men and women were not statistically significant, the following chart in each series combines men and women for each race and compares three age groups, 18-34 years, 35-49 years, and 50 years and older. The third chart in each series presents results by region *as defined by the BRFSS* (see page 3 and maps on pages 4 and 5). If the differences between Alaska Native men and women were statistically significant, the following chart presents prevalence estimates for Alaska Native men and women separately by age group. We compare Alaska Natives and non-Natives in most charts to document possible disparities.

A Comment on Interpretation of Differences

In some charts, the bars representing the estimated prevalence of characteristics for Alaska Natives and non-Natives, or men and women, or for regions, may look different. However, unless they are described as *statistically significantly different* in the accompanying text, we must assume that the true prevalence is probably not different. This is because the potential error of the estimate may be very large, usually because of small numbers of respondents.

The potential error is reflected by the Confidence Interval (CI) line. The CI indicates that the true value of the prevalence falls within the range given with reasonable, but not absolute, certainty. In this case, we have used 95% CIs, indicating that the true value of the estimate lies within the range given with 95% probability. In comparing the prevalence of a characteristic for two groups, for example between men and women or between Alaska Natives and non-Natives, if the CI lines overlap, the estimated prevalences are not statistically significantly different, even if the bars representing the estimated prevalences are of different heights. If the CI lines do not overlap, the differences between two groups are said to be statistically significantly different with a probability of less than 5% ($p < .05$) of being the same.

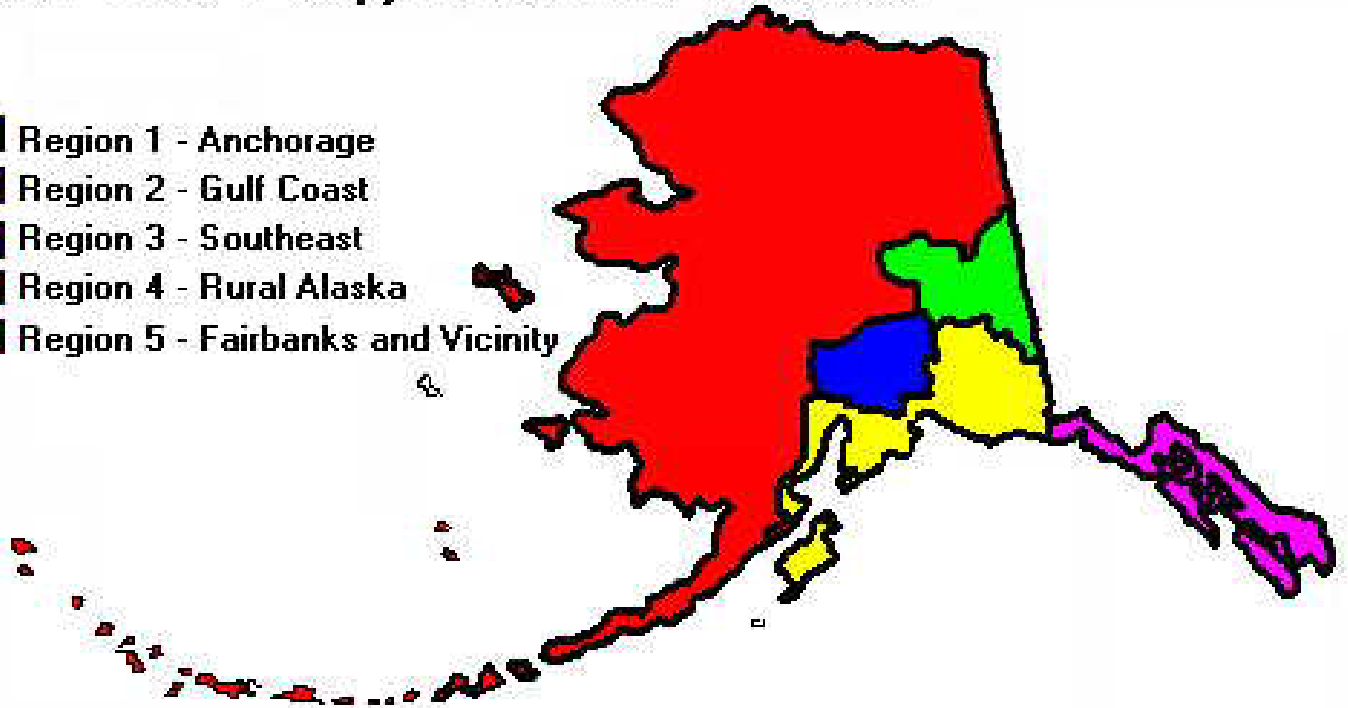
The length of the CI line relative to the height of the bar gives a visual impression of the reliability of the estimate -- if the CI line is long, the estimate is less reliable than if the CI line is short. If the 95% CI is more than one third as large as the estimated prevalence, we consider the estimate to be uncertain and we recommend using that estimate with caution. This is indicated by footnotes to the charts. A large CI may be the result of small numbers of people who gave the response tabulated, even though the group as a whole included more than 50 people. A large CI may also be the result of a very uneven distribution of answers to a question that asked for numbers, for example, how many days of illness the person experienced. Many people may say none, some people may say 1 or 2 days, and a few may report a larger number of days.

BRFSS Regions in Alaska

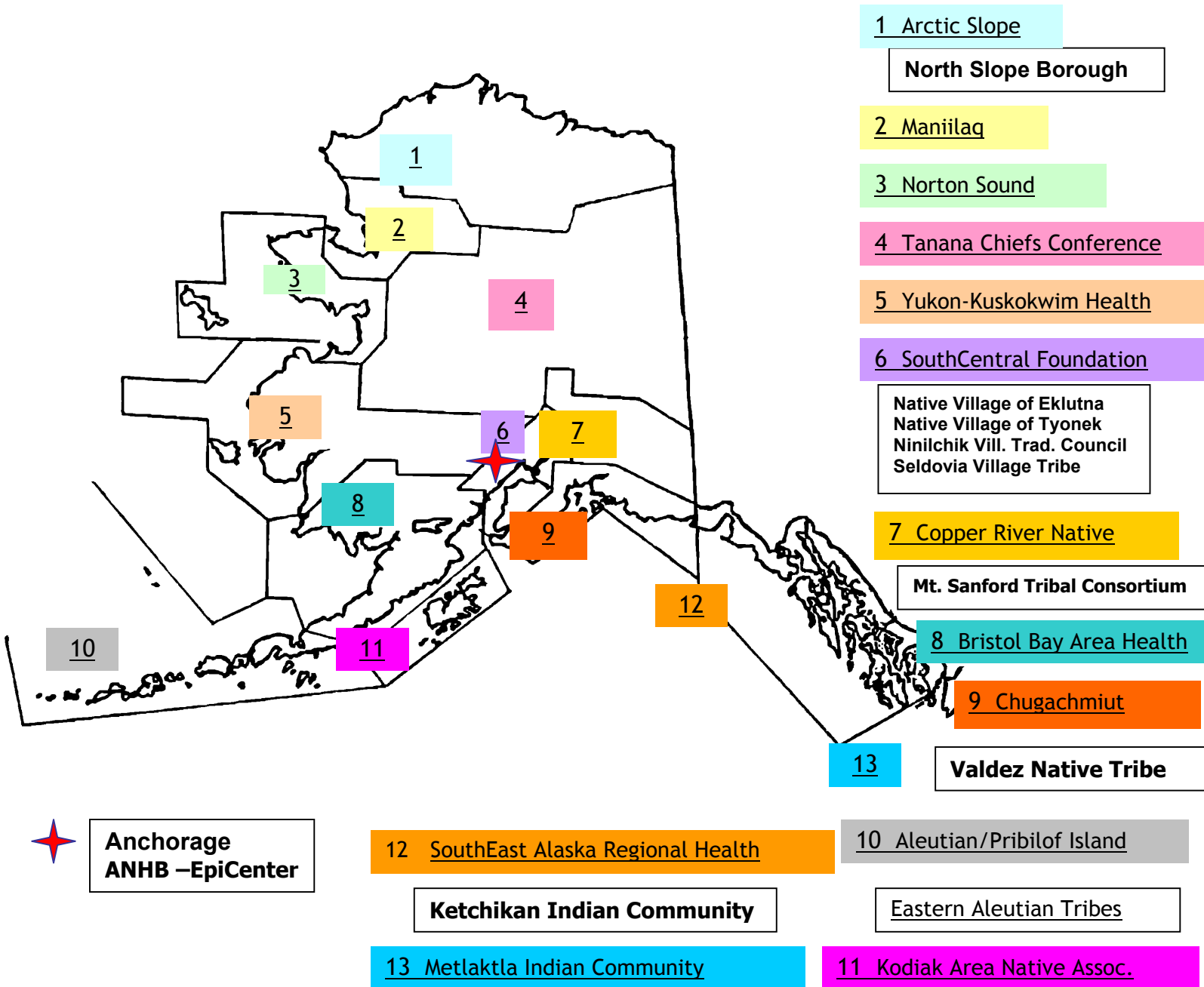
The maps show the BFRSS regions in Alaska (page 4) and the boundaries of the Alaska Native Regional Health Corporations (page 5). BRFSS now defines 5 regions, separating Anchorage and Fairbanks. Until 1997, those two regions were combined in BRFSS and we continue to combine *Anchorage and Vicinity* and *Fairbanks and Vicinity* into a single urban category in order to include enough Alaska Natives in urban areas to support analysis. The Rural Alaska region as defined by the BRFSS is very large and diverse and does not correspond closely to regional Health Corporation boundaries. The BFRSS map on page 4 includes borough boundaries so it is possible to determine which BRFSS region includes a given Health Corporation or community.

BRFSS Regions In Alaska

-  Region 1 - Anchorage
-  Region 2 - Gulf Coast
-  Region 3 - Southeast
-  Region 4 - Rural Alaska
-  Region 5 - Fairbanks and Vicinity



Alaska Native Regional Associations/Corporations



Tribal Councils not number are part of the 22 ANHB board members and are situated next to appropriate numbered regions.

Racial Distribution of Alaska BRFSS Respondents

What is your race?

- a. White
- b. Black
- c. Asian, Pacific Islander
- d. American Indian, Alaska Native
- e. Other, specify _____

Race	Number of Respondents					
	1995	1996	1997	1998	1999	2000
White	1130	1124	1106	1499	1479	1518
Black	19	16	18	37	57	43
Asian/Pacific Islander	48	46	54	47	51	45
American Indian/Alaska Native	313	319	319	363	421	394
Other	20	20	21	13	5	11

American Indian/Alaska Native Respondents in Alaska BRFSS in 1998, 1999, and 2000

	1998	1999	2000	Total
Total				
Men	153	197	180	530
Women	210	224	214	648
Anchorage and Fairbanks				
Men	22	20	20	62
Women	30	39	34	103
Gulf Coast				
Men	13	17	10	40
Women	20	16	20	56
Southeast				
Men	16	34	22	82
Women	33	40	33	106
Rural				
Men	102	126	118	316
Women	127	129	127	383

Demographic Characteristics of Respondents
in Alaska BRFSS in 1998, 1999, and 2000

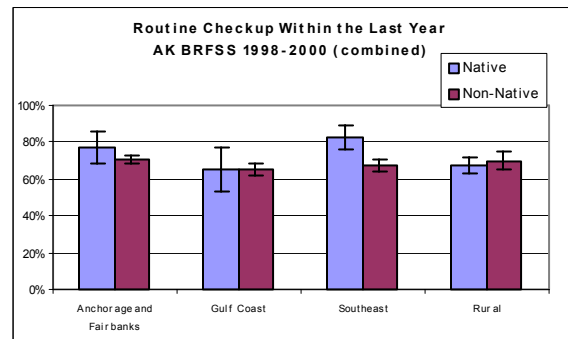
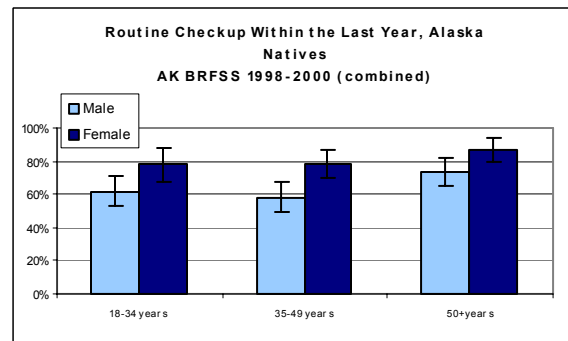
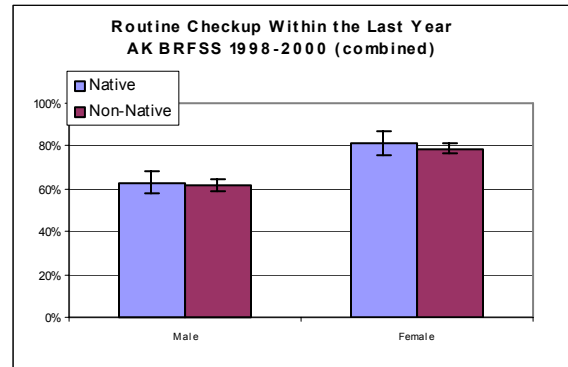
	Men		Women	
	Alaska Native, %	Non-Native, %	Alaska Native, %	Non-Native, %
Marital Status				
Married	46.3	62.0	46.1	63.2
Unmarried couple	8.6	4.0	6.3	4.1
Widowed/Divorced/Separated	10.9	14.3	27.6	20.8
Single, never married	34.2	19.4	19.9	11.8
Missing or refused to answer	0	0.3	0.1	0.1
Highest Level of School Completed				
Not high school graduate	17.7	5.9	24.0	4.3
High school graduate	49.2	32.6	38.4	30.0
Some college	21.9	30.8	27.3	33.7
College graduate or more	10.1	30.6	10.3	31.9
Missing or refused to answer	1.1	0.1	0	0.1
Employment Status				
Employed for wages	49.8	70.4	48.5	59.5
Self-employed	13.3	10.0	3.8	8.2
Out of work	23.5	4.7	17.5	5.0
Homemaker	0.1	0.5	13.2	12.3
Student	2.4	2.5	3.3	3.1
Retired	6.9	9.5	8.5	10.0
Unable to work	3.1	2.3	4.9	1.8
Missing or refused to answer	0.9	0.1	0.3	0.1
Household Income				
< \$15,000/year	21.3	5.4	18.6	6.8
\$15,000 - \$24,999/year	22.1	11.7	23.1	15.3
\$25,000 - 49,999/year	27.1	31.2	25.1	32.0
\$50,000 - \$74,999/year	12.1	20.4	6.7	18.9
\$75,000 or more/year	5.9	24.6	10.4	19.4
Missing or refused to answer	11.5	6.7	16.1	7.6

Access to Health Care

About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- within the past year
- within the past 2 years
- within the past 5 years
- more than 5 years ago

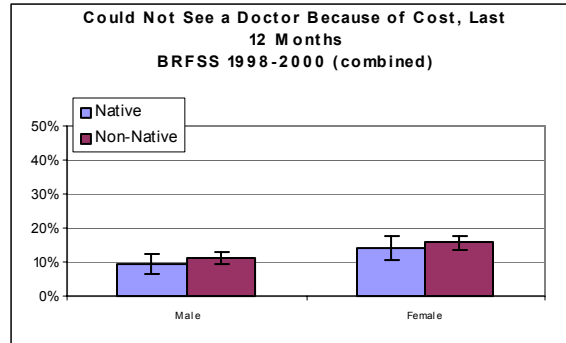
- More than 60% of men and 80% of women reported having a routine checkup within the year before the interview.
- The difference between men and women was statistically significant among both Alaska Natives and non-Natives ($p < .05$).
- Among Alaska Natives, there were no statistically significant differences by age group among men or women.
- There were no statistically significant differences between Alaska Natives and non-Natives except among residents of the Southeast reporting region, where Alaska Natives reported having a checkup significantly more often than non-Natives ($p < .05$).
- Among Alaska Natives, residents of the Southeast reported a checkup in the past year statistically significantly more often than Rural residents ($p < .05$). No other regional differences were statistically significant among Alaska Natives.



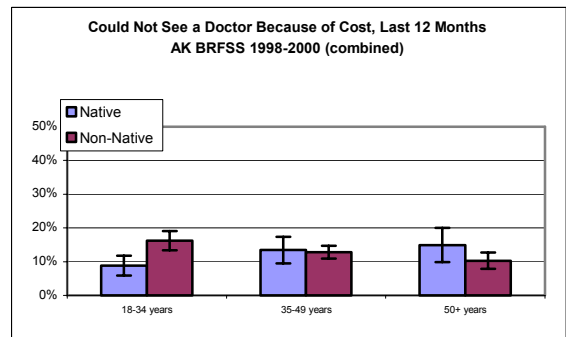
Was there a time during the past 12 months when you needed to see a doctor, but could not because of cost?

- Few respondents said they had wanted to visit a doctor but could not because of cost in the 12 months before the interview.
- There were no statistically significant differences between men and women.
- Among Alaska Natives, there were no statistically significant differences by age group or by region.
- Among respondents age 18-34 years and among residents of Anchorage and Fairbanks, statistically significantly fewer Alaska Natives than non-Natives reported not being able to see a doctor because of cost ($p < .05$).

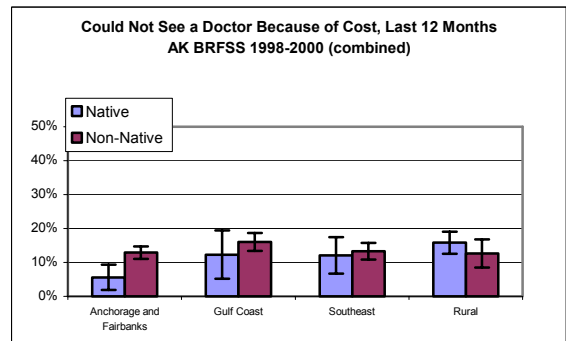
Editors' Note: This is in general good news, indicating that cost is not a barrier to seeking medical care for most Alaska Natives. However, the BRFSS did not ask about other barriers to seeking medical care that are likely to affect Alaska Natives, such as distance, lack of transportation, or weather.



Note: The CIs for Alaska Native men and women and for non-Native men are greater than 1/3 of the estimates.



Note: The CIs for all except non-Natives age 34-49 years are greater than 1/3 of the estimates.



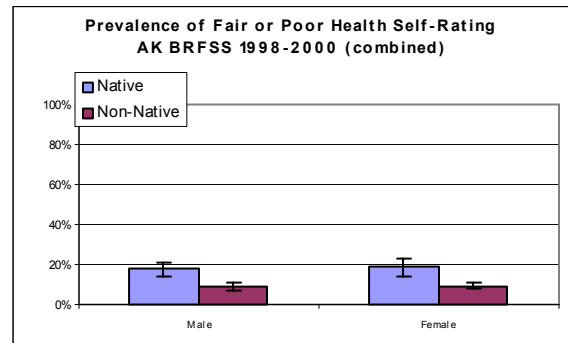
Note: The CIs for all Alaska Natives and for non-Natives in Rural region are greater than 1/3 of the estimates.

Self-Rated Physical and Mental Health Status

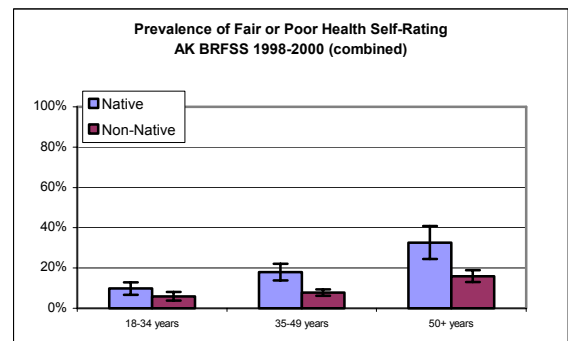
Would you say that in general your health is

- Excellent
- Very Good
- Good
- Fair
- Poor

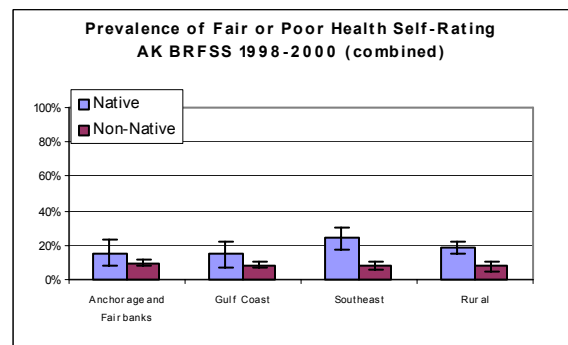
- Fewer than 20% of respondents characterized their own health as fair or poor.
- There were no statistically significant differences between men and women.
- Statistically significantly more Alaska Natives than non-Natives characterized their health as fair or poor among both men and women ($p < .05$).
- Among Alaska Natives, the proportion of respondents characterizing their health as fair or poor increased consistently with age ($p < .05$).
- Among Alaska Natives age 50 years and older, more than 30% felt that their health was fair or poor.
- Among non-Natives, only those age 50 years and older characterized their health as fair or poor statistically significantly more often than other age groups ($p < .05$); 16% of non-Native elders felt their health was fair or poor.
- Alaska Natives in the Southeast rated their health as fair or poor significantly more often than other Alaska Natives ($p < .05$).



Note: The CIs for all groups were greater than 1/3 of the estimates.



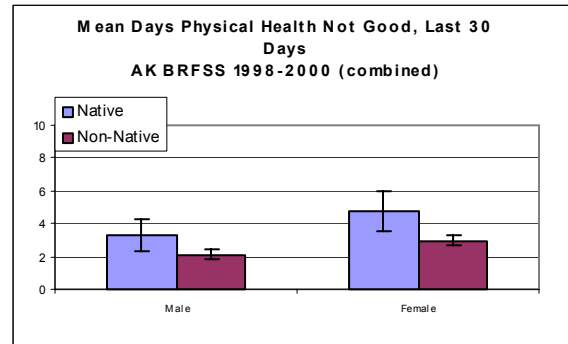
Note: The CIs for all groups were greater than 1/3 of the estimates.



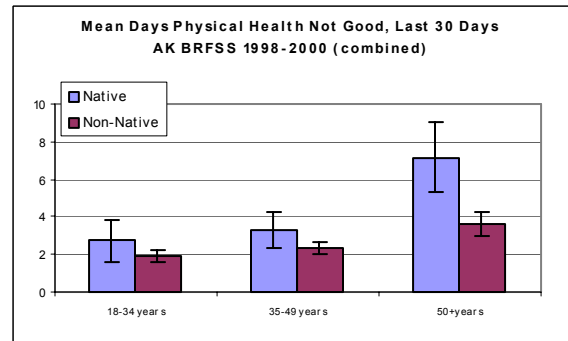
Note: The CIs for all groups were greater than 1/3 of the estimates.

Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

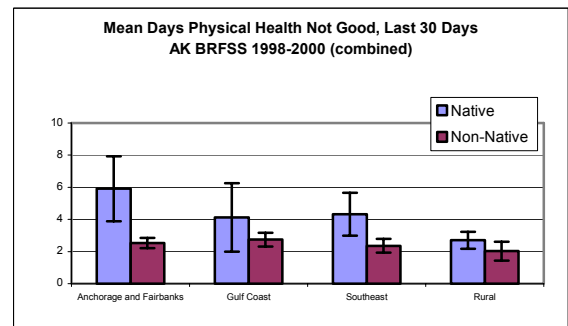
- Alaska Natives reported statistically significantly more days of poor physical health in the month before the interview than non-Natives ($p < .05$).
- Alaska Native men averaged about 3 days of poor physical health compared to 2 days for non-Native men ($p < .05$).
- Alaska Native women averaged nearly 5 days of poor physical health compared to 3 days for non-Native women ($p < .05$).
- Alaska Natives age 50 years and older reported more day of poor physical health than younger respondents, although the age difference was statistically significant only among women ($p < .05$).
- The only regional difference that was statistically significant among Alaska Natives was between Rural residents and residents of Anchorage and Fairbanks ($p < .05$).



Note: The CIs for all groups are greater than 1/3 of the estimates.



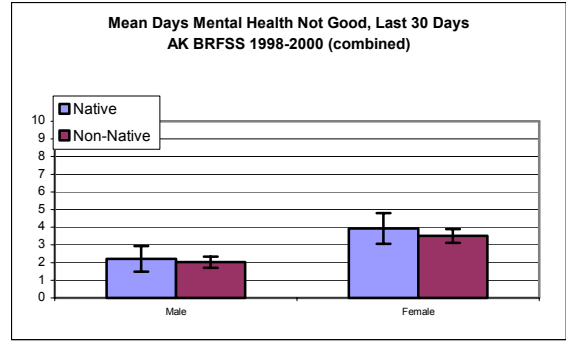
Note: The CIs for all groups are greater than 1/3 of the estimates.



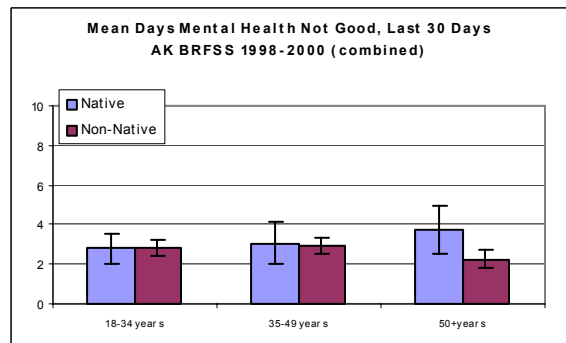
Note: The CIs for all groups are greater than 1/3 of the estimates.

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

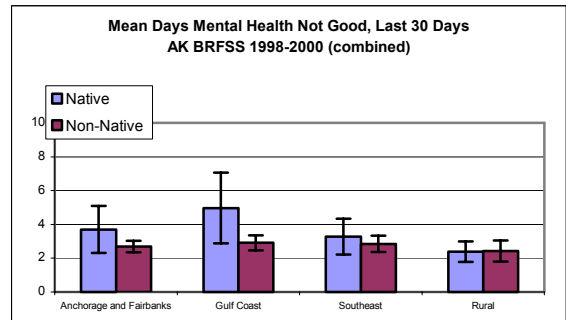
- Alaska Natives and non-Natives reported about the same number of days of poor mental health in the month before the interview, about 2 days for men and nearly 4 days for women.
- The differences between men and women were statistically significant for both Natives and non-Natives ($p < .05$).
- There were no statistically significant differences by age group or region among Alaska Natives or non-Natives.



Note: The CIs for all groups are greater than 1/3 of the estimates.



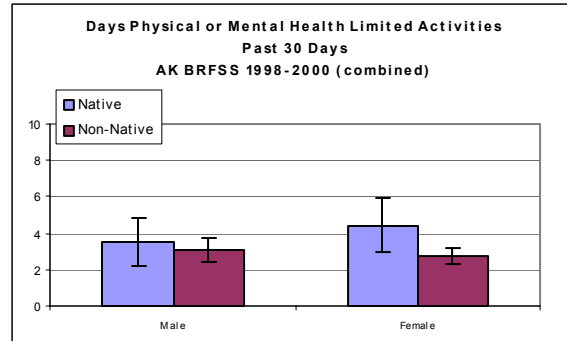
Note: The CIs for all Alaska Native groups and for non-Natives age 50 years and older were greater than 1/3 of the estimates.



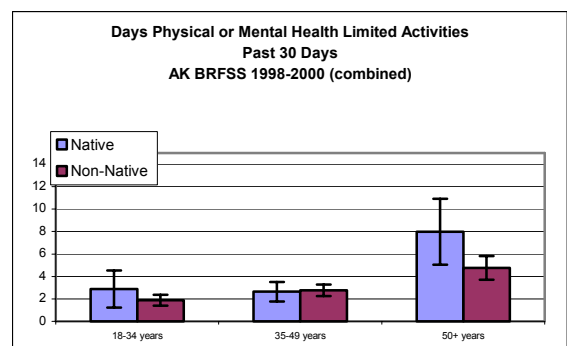
Note: The CIs for all groups are greater than 1/3 of the estimates.

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
(Only respondents who reported poor physical or mental health in the month before the interview)

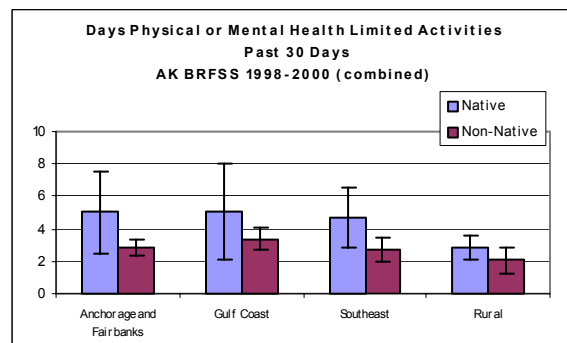
- Men reported an average of approximately 3 days.
- Alaska Native women reported an average of slightly more than 4 days and non-Native women reported an average of slightly less than 3 days; this difference was not statistically significant.
- There were no statistically significant differences between men and women.
- Respondents age 18-34 years and 35-49 years reported an average of about 2 days per month of limited activity.
- Respondents age 50 years and older reported statistically significantly more days than younger respondents for both Alaska Natives and non-Natives ($p < .05$).
- Alaska Native elders reported an average of 8 days of limited activity while Non-Native elders reported an average of slightly more than 4 days.
- The difference between Alaska Native and non-Native elders was not statistically significant.
- There were no statistically significant differences by region for Alaska Natives or non-Natives.



Note: The CIs for all groups are greater than 1/3 of the estimates.



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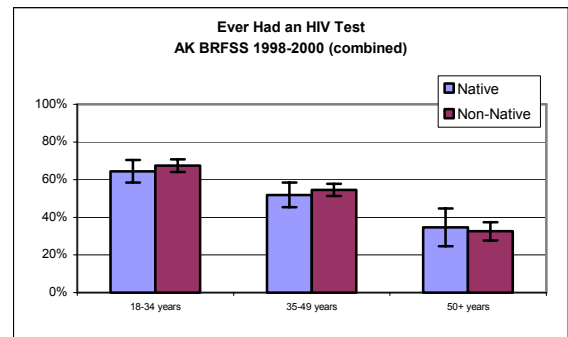
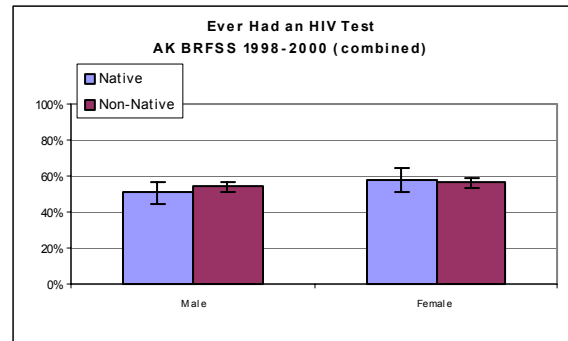
Note: The CIs for all groups are greater than 1/3 of the estimates.

HIV/AIDS Testing

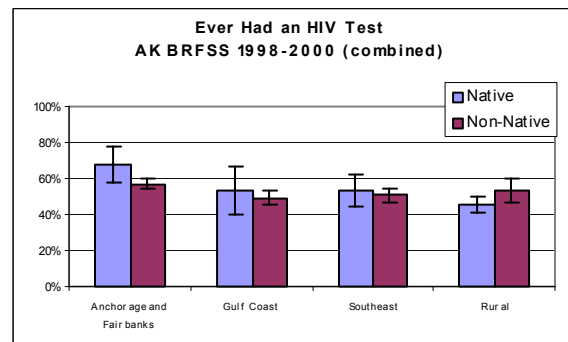
The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

Except for tests that you may have had as part of blood donations, have you ever been tested for HIV? (Includes saliva tests).

- More than 50% of all respondents reported having an HIV test.
- There were no statistically significant differences between men and women in the proportion of respondents who had an HIV test.
- There were no statistically significant differences between Alaska Natives and non-Natives in proportion of respondents who had an HIV test.
- Elders age 50 years or more reported having an HIV test statistically significantly less often than younger respondents among both Alaska Natives and non-Natives ($p < .05$).
- The only statistically significant regional difference was between Alaska Natives living in Anchorage or Fairbanks, compared to Alaska Natives living in rural areas of the state ($p < .05$).



Note: The estimate for Alaska Natives age 50+ years is greater than 1/3 of the estimate.



Note: The CIs for Alaska Natives in the Gulf Coast and Southeast are greater than 1/3 of the estimates.

Flu Shots

During the past 12 months, have you had a flu shot?

The flu shot question is part of the rotating core asked in alternate odd years.

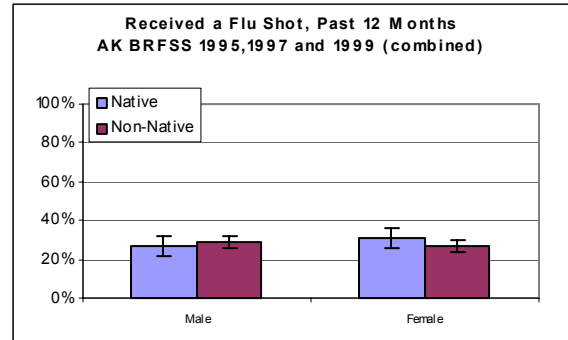
- Fewer than one third of all respondents reported having a flu shot in the past year.
- There were no statistically significant differences between men and women, Alaska Natives and non-Natives, or by region.
- More elders age 50 years and older than younger respondents had a flu shot among both Alaska Natives and non-Natives ($p < .05$).
- Only about half of Alaska Native elders age 50 years and older had a flu shot.

Editors' Note: The IHS and the State of Alaska recommend that all individuals with chronic diseases of the heart and lungs, diabetes, certain other chronic conditions, pregnant women, and all adults age 65 years or older have a flu shot each year.

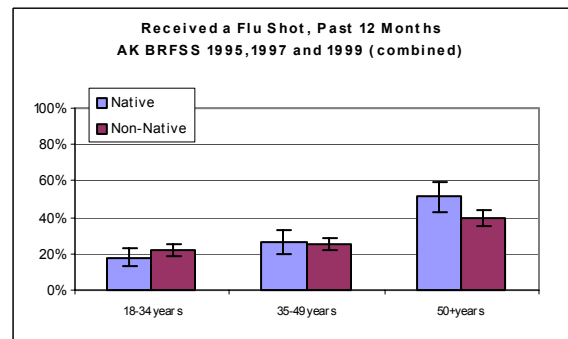
(http://www.epi.hss.state.ak.us/bulletins/docs/b2000_12.htm)

Chart reviews of Alaska Native residents age 65 years and older of Anchorage receiving care at the Alaska Native Medical Center found flu vaccination rates were 56% in 1997, 64% in 1999, and 60% in 2001 (Irma DeSmet, ANTHC Immunization

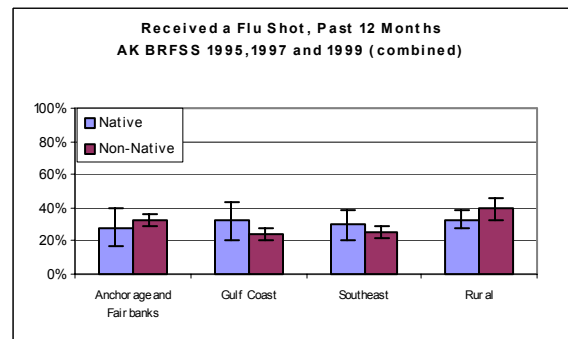
Program), similar to the rate shown here for older BRFSS respondents. Considering only BRFSS respondents age 65 years and older, 70.4% of Alaska Natives and 53.4% of non-Natives reported having a flu shot.



Note: The CI for Alaska Native men is greater than 1/3 of the estimate.



Note: The CIs for Alaska Natives age 18-34 years and 35-49 years are greater than 1/3 of the estimates.



Note: The CI for Alaska Natives in Anchorage and Fairbanks is greater than 1/3 of the estimate.

Fruit and Vegetable Consumption

The US Department of Health and Human Services recommends that everyone eat at least 5 servings of fruit and vegetables a day. The following questions were used to calculate the number of servings of fruits and vegetables per day respondents ate.

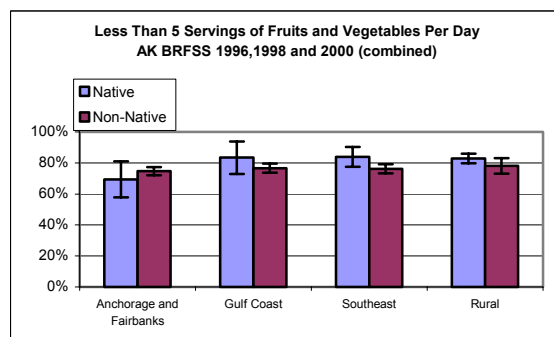
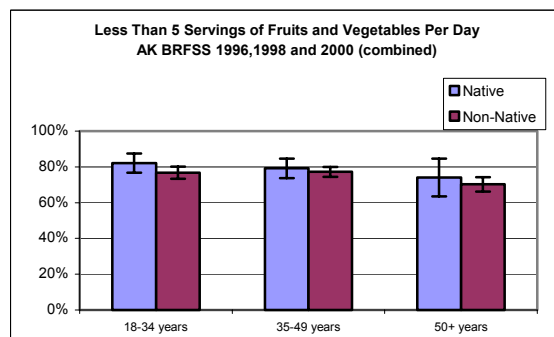
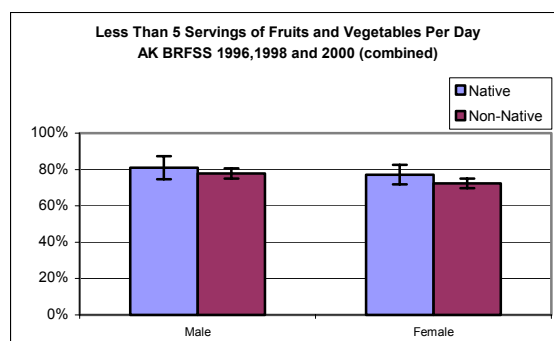
The fruit and vegetable consumption questions are part of the rotating core asked in alternate even years.

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all the foods you eat, both at home and away from home.

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?
2. Not counting juice, how often do you eat fruit?
3. How often do you eat green salad?
4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
5. How often do you eat carrots?
6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? Example, a serving of vegetables at both lunch and dinner would be two servings.

For each question, the possible responses were never or a number of servings per day, week, month, or year.

- 70% or more of respondents reported eating fewer than 5 servings of fruit and vegetables per day.
- There were no differences between Alaska Natives and non-Natives, between men and women, by age group, or by region.

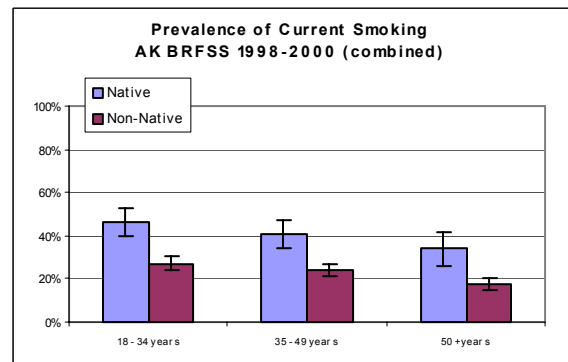
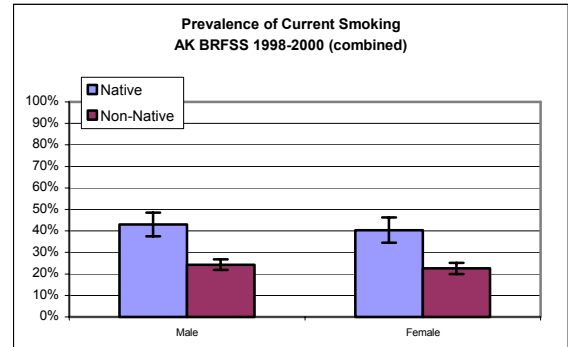


Note: The CI for Alaska Natives in Anchorage and Fairbanks is greater than 1/3 of the estimate.

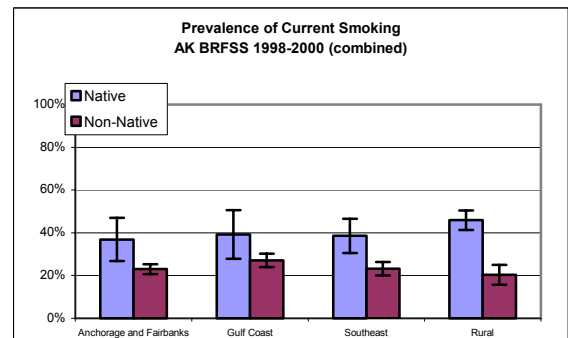
Tobacco Use

Do you now smoke cigarettes every day, some days, or not at all?

- More than 40% of Alaska Natives were current cigarette smokers, while slightly more than 20% of non-Natives were current smokers; this was statistically significant ($p < .05$).
- There were no statistically significant differences between men and women among Alaska Natives or non-Natives.
- Among Alaska Natives, there were no statistically significant age differences in the proportion of respondents who smoked cigarettes.
- Among non-Natives, statistically significantly fewer respondents age 50 years and older smoked cigarettes than younger respondents ($p < .05$).
- There were no statistically significant regional differences in the prevalence of smoking cigarettes for Alaska Natives or non-Natives.



Note: The CI for Alaska Natives age 50+ years is greater than 1/3 of the estimate.

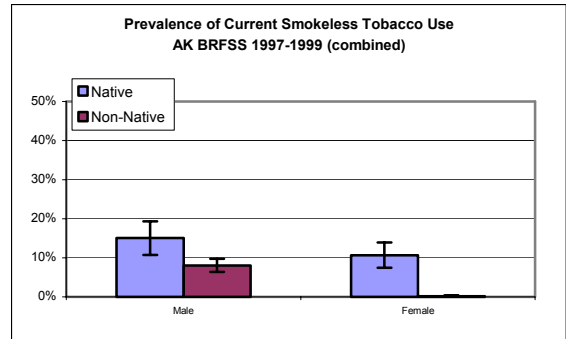


Note: The CIs for Alaska Natives in Anchorage and Fairbanks, the Gulf Coast, and the Southeast, and for non-Natives in Rural Alaska, are greater than 1/3 of the estimates.

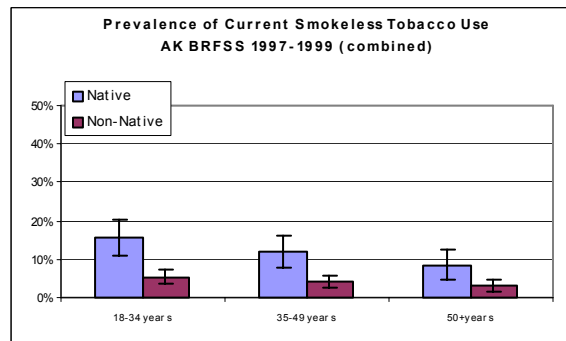
Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

The smokeless tobacco questions are an optional module that was used in 1997, 1998, and 1999 in Alaska.

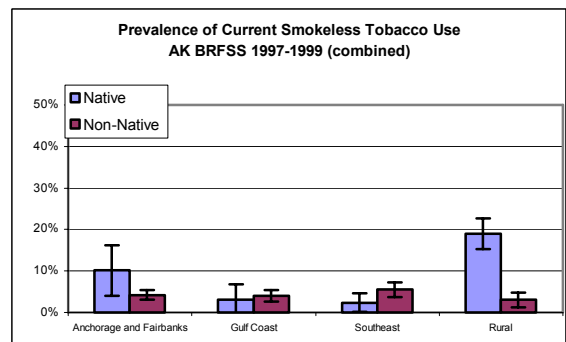
- Among Alaska Natives, 15% of men and 10% of women reported using smokeless tobacco products.
- Smokeless tobacco use was statistically significantly lower among non-Natives than among Alaska Natives ($p < .05$). It was very uncommon among non-Native women.
- There were no statistically significant age trends in the use of smokeless tobacco products.
- Nearly 20% of Alaska Natives living in rural areas reported using smokeless tobacco products, statistically significantly more than in the Gulf Coast or Southeast regions ($p < .05$).
- Other regional differences were not statistically significant.



Note: The CIs for all groups are greater than 1/3 of the estimates.



Note: The CIs for all groups are greater than 1/3 of the estimates



Note: The CIs for all groups are greater than 1/3 of the estimates.

Binge Drinking

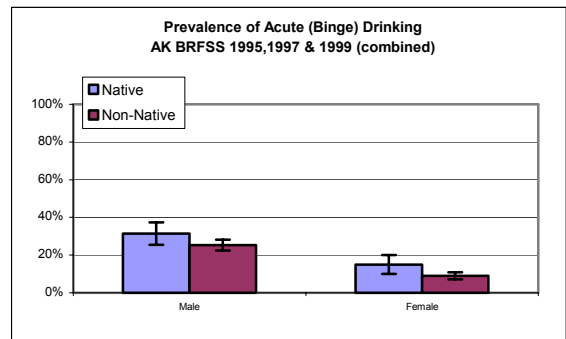
A drink is 1 can of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

The binge drinking questions are part of the rotating core asked in alternate odd years.

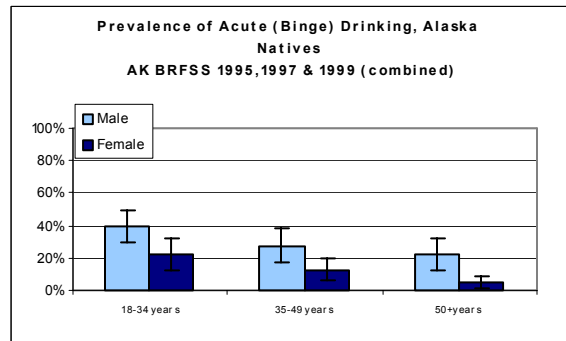
Binge drinking was defined as having 5 or more drinks on a single occasion at least once in the month before the interview.

- Among both Alaska Natives and non-Natives, men reported binge drinking statistically significantly more often than women ($p < .05$).
- Among Alaska Natives, the differences between men and women were not significant among respondents age 18-34 years or 35-49 years but among Alaska Natives age 50 years and older, men reported binge drinking significantly more often than women ($p < .05$).
- Alaska Native women age 50 years and older reported binge drinking significantly less often than younger Alaska Native women ($p < .05$).
- There were no significant differences in the prevalence of binge drinking by region for either Alaska Natives or non-Natives.
- There were no significant

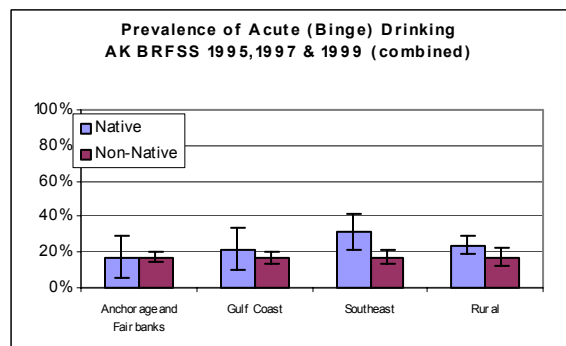
differences between Alaska Natives and non-Natives overall, but in the Southeast region, more Alaska Natives than non-Natives reported binge drinking ($p < .05$).



Note: The CIs for Alaska Native men and women and for non-Native women are greater than 1/3 of the estimates.



Note: CIs for all groups are greater than 1/3 of the estimates.



Note: The CIs for all groups are greater than 1/3 of the estimates.

Physical Activity

The US Department of Health and Human Services recommends that all adults participate in regular, moderate physical activity.

The next few questions are about physical exercise, recreation, or physical activities *other than your regular job duties*.

1. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
2. How many times per week or per month did you take part in this activity in the past month?
3. And when you took part in this activity, for how many minutes or hours did you usually keep at it?
4. Was there another activity or exercise that you participated in during the last month? (If yes, repeat questions above.)

The physical activity questions are part of the rotating core asked in alternate even years.

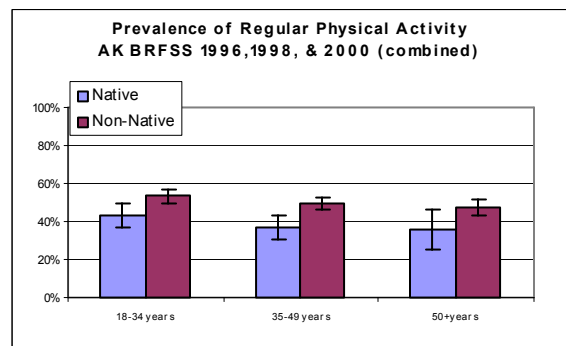
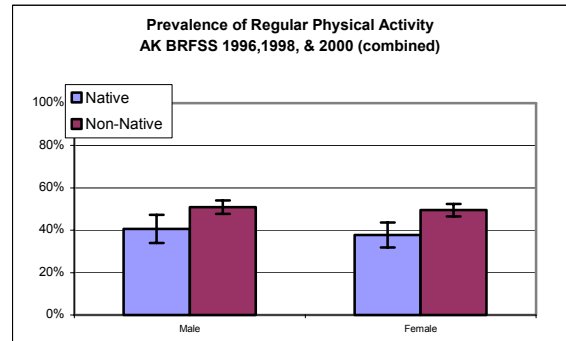
Regular physical activity was defined as participating in 1 or 2 activities for a total of at least 3 times a week, for at least 20 minutes at a time. *Occasional physical activity* was defined as participating in 1 or 2 activities but less than 3 times a week and/or less than 20 minutes at a time. *Physical inactivity* was defined as participating in neither regular nor occasional physical activity.

Editors' Note: This may overestimate the prevalence of physical inactivity among Alaskans because it specifically

excludes job-related physical activity. Many Alaskans work in physically demanding occupations.

Regular Physical Activity

- Statistically significantly fewer Alaska Natives than non-Natives participated in regular physical activity among both men and women, among respondents age 18-34 years and 34-49 years, and in the Gulf Coast, Southeast, and Rural regions ($p < .05$).

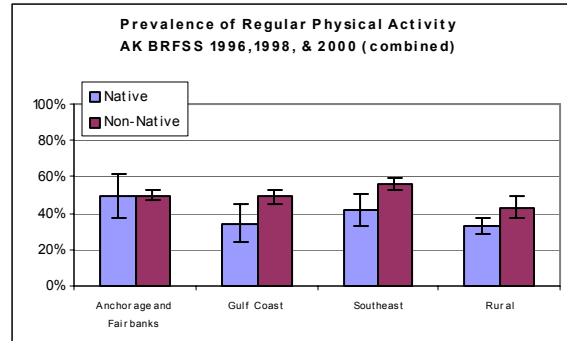


Note: The CIs for Alaska Natives age 35-49 years and age 50 year or more were greater than 1/3 of the estimate.

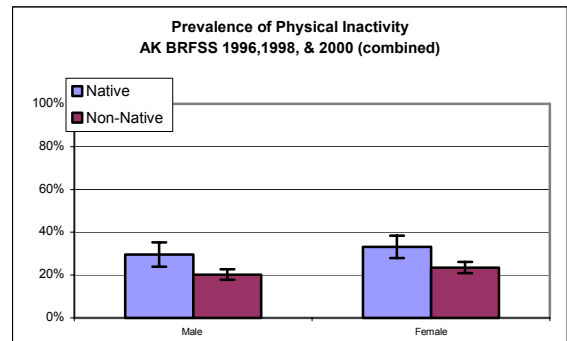
- Among Alaska Natives, statistically significantly fewer Rural residents participated in regular activity than respondents from Anchorage and Fairbanks (p < .05). Other regional differences were not statistically significant.

Physical Inactivity

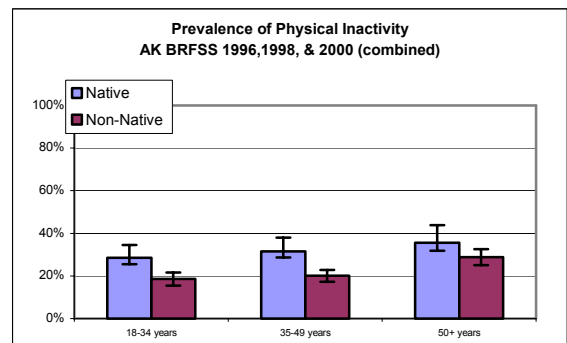
- Statistically significantly more Alaska Natives than non-Natives reported being physically inactive among both men and women and among respondents age 18-34 years and 35-49 years (p < .05).
- There were no statistically significant differences between Alaska Natives and non-Natives by region except among Rural respondents. Among Rural respondents, more Alaska Natives than non-Natives reported being physically inactive (p < .05).
- Among Alaska Natives, there were no statistically significant differences between men and women, between age groups, or by region.



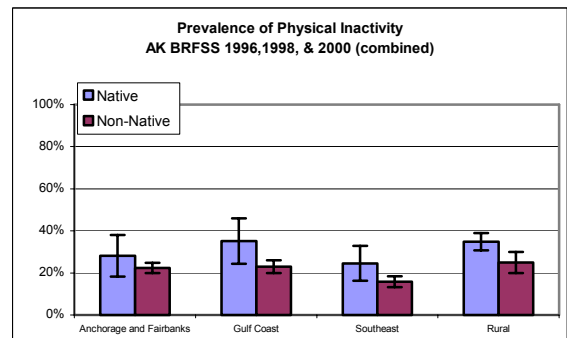
Note: The CIs for Alaska Natives in Anchorage and Fairbanks, the Gulf Coast, and the Southeast were greater than 1/3 of the estimates.



The CI for Alaska Native men is greater than 1/3 of the estimate.



Note: The CIs for all Alaska Native groups are greater than 1/3 of the estimates.



Note: The CIs for Alaska Native groups are greater than 1/3 of the estimates except in the Rural region.

Overweight and Obesity

About how much do you weigh without shoes?
About how tall are you without shoes?

This information was used to calculate the Body Mass Index (BMI), an indirect measure of fatness:

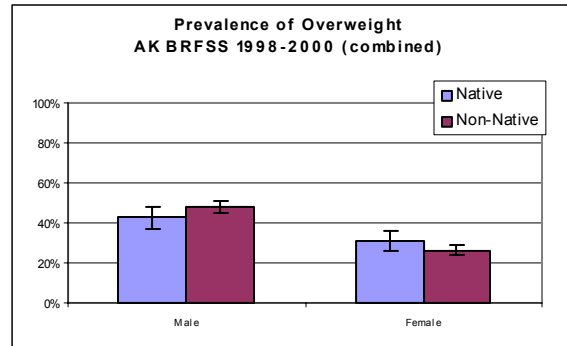
(weight in pounds / height in inches squared) x 703

BMI is highly correlated with more direct measures of body fat content and is also highly correlated with the risk of developing diabetes, high blood pressure, heart disease, arthritis, and other chronic diseases.

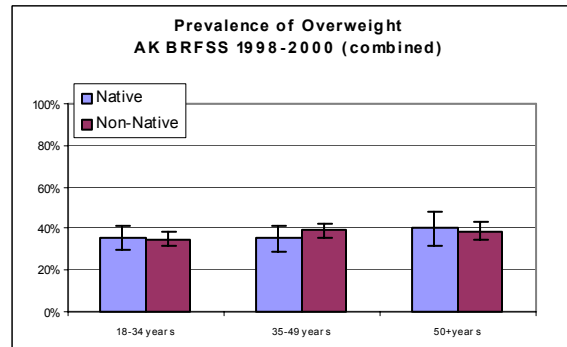
The US Public Health Service defines overweight as a BMI of 25.0 to 29.9 and obesity as a BMI of 30.0 or greater (*Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. Bethesda, MD: NHLBI, 1998.).

Overweight

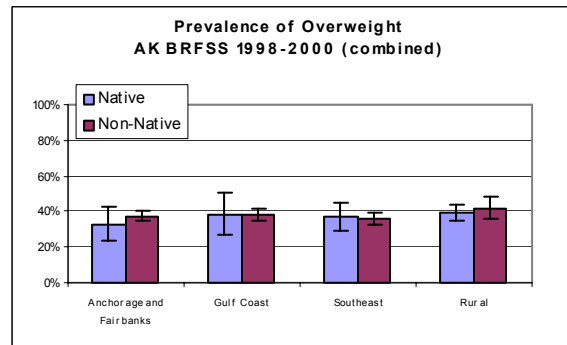
- Among Alaska Natives, there were no statistically significant differences in the prevalence of overweight by sex, age group, or region.
- There were no statistically significant differences between Alaska Natives and non-Natives in the prevalence of overweight.



Note: The CI for Alaska Native women is greater than 1/3 of the estimate.



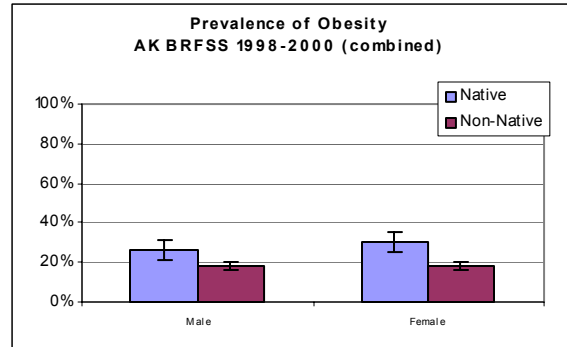
Note: The CIs for Alaska Natives in all age groups are greater than 1/3 of the estimates.



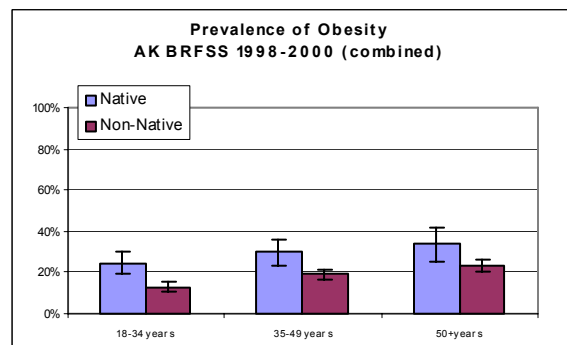
Note: The CIs for Alaska Natives in Anchorage and Fairbanks, the Gulf Coast, and the Southeast are greater than 1/3 of the estimates.

Obesity

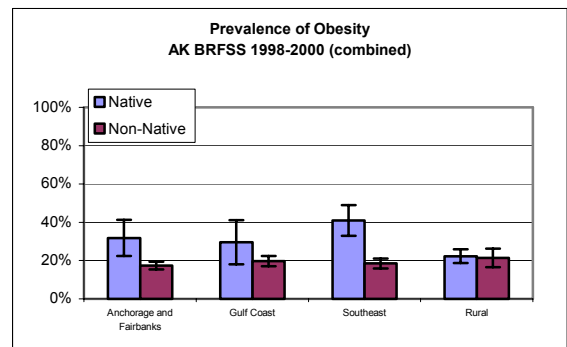
- The prevalence of obesity was statistically significantly greater among Alaska Natives than non-Natives among both men and women ($p < .05$).
- The prevalence of obesity was statistically significantly greater among Alaska Natives age 18-34 years and age 35-49 years than among non-Natives of the same ages. The difference between Alaska Natives and non-Natives was not statistically significant among respondents age 50 years and older.
- The prevalence of obesity was statistically significantly greater among Alaska Natives living in Anchorage and Fairbanks and in the Southeast than among non-Native residents of those regions. No other regional differences were statistically significant.
- Among Alaska Natives, there were no differences in the prevalence of obesity between men and women, and no differences by age group.
- Among Alaska Natives, the prevalence of obesity was statistically significantly greater among residents of the Southeast than among Rural residents ($p < .05$). No other regional differences were statistically significant.



Note: The CIs for Alaska Native men and women are greater than 1/3 of the estimates.



Note: The CIs for Alaska Natives in all age groups and for non-Natives age 34-49 are greater than 1/3 of the estimates.



Note: The CIs for Alaska Natives in Anchorage and Fairbanks, Gulf Coast, and Southeast, and non-Natives in Rural Alaska, are greater than 1/3 of the estimates.

Appendix: Data Tables

**Routine Checkup within the Last Year by Selected Demographics
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	842	1142	73	68.8 - 76.3
Non-Native	3296	4750	69	67.6 - 71.4

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	319	514	63	57.6 - 68.2	1361	2272	61	58.5 - 64.2
Female	523	628	81	75.8 - 86.5	1935	2478	79	76.2 - 81.0
Age								
18-34	287	394	70	63.5 - 76.4	926	1364	65	61.7 - 68.8
35-49	307	435	68	61.5 - 74.4	1354	2041	69	66.3 - 71.8
50 +	239	300	82	76.1 - 87.4	1006	1333	76	72.1 - 79.2
Region								
Anchorage and Fairbanks	128	162	78	68.6 - 86.5	1575	2196	71	68.1 - 73.2
Gulf Coast	67	95	65	52.9 - 76.7	727	1091	65	61.9 - 68.8
Southeast	150	182	83	76.5 - 88.8	697	1021	67	63.7 - 70.2
Rural	497	703	67	62.8 - 71.7	297	442	70	64.8 - 74.6

**Could Not See a Doctor Because of Cost, Last 12 Months
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	162	1166	12	9.6 - 14.0
Non-Native	648	4796	13	11.9 - 14.8

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	59	524	9	6.7 - 12.1	252	2295	11	9.3 - 13.2
Female	103	642	14	10.6 - 17.4	396	2501	16	13.6 - 17.8
Age								
18-34	43	408	9	5.9 - 11.8	208	1383	16	13.4 - 19.1
35-49	70	440	13	9.5 - 17.4	298	2058	13	10.9 - 14.7
50 +	48	305	15	9.8 - 20.0	139	1342	10	7.8 - 12.7
Region								
Anchorage and Fairbanks	15	165	6	1.9 - 9.4	279	2215	13	11.0 - 14.7
Gulf Coast	12	96	12	5.2 - 19.4	186	1109	16	13.4 - 18.7
Southeast	21	187	12	6.7 - 17.5	126	1022	13	10.9 - 15.8
Rural	114	718	16	12.6 - 19.1	57	450	13	8.5 - 16.8

**Prevalence of Fair or Poor Health Self-Rating by Selected Demographics
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	237	1173	18	15.3 - 21.3
Non-Native	455	4798	9	8.1 - 10.5

	Native				Non-Native			
	n	N	Weighted %	95% CI	N	n	Weighted %	95% CI
Gender								
Male	104	528	18	13.7 - 21.4	2296	213	9	7.5 - 11.2
Female	133	645	19	14.4 - 23.5	2502	242	9	7.8 - 10.8
Age								
18-34	48	410	10	6.6 - 13.0	1384	75	6	3.9 - 8.0
35-49	94	446	18	13.9 - 22.0	2058	164	8	6.3 - 9.4
50 +	93	304	33	24.5 - 40.8	1343	215	16	13.1 - 18.8
Region								
Anchorage and Fairbanks	30	164	16	8.2 - 22.9	2214	218	10	8.1 - 11.4
Gulf Coast	16	96	15	7.5 - 22.5	1107	112	9	6.7 - 10.4
Southeast	46	187	24	17.1 - 30.6	1027	91	8	6.4 - 9.9
Rural	145	726	19	15.6 - 22.1	450	34	8	4.6 - 11.0

**Days Physical Health Not Good, Last 30 Days
Alaska BRFSS 1998-2000 (combined)**

	N	Weighted Mean	95% CI
Race			
Native	1145	4	3.3 - 4.8
Non-Native	4750	3	2.3 - 2.7

	Native			Non-Native		
	N	Weighted Mean	95% CI	N	Weighted Mean	95% CI
Gender						
Male	521	3	2.4 - 4.2	2273	2	1.8 - 2.4
Female	624	5	3.6 - 5.9	2477	3	2.6 - 3.3
Age						
18-34	400	3	1.6 - 3.8	1376	2	1.6 - 2.2
35-49	437	3	2.4 - 4.2	2044	2	2.0 - 2.7
50 +	295	7	5.3 - 9.0	1317	4	3.0 - 4.2
Region						
Anchorage and Fairbanks	162	6	3.9 - 7.9	2197	3	2.2 - 2.8
Gulf Coast	96	4	2.0 - 6.3	1095	3	2.3 - 3.2
Southeast	184	4	3.0 - 5.7	1009	2	1.9 - 2.8
Rural	703	3	2.2 - 3.2	449	2	1.4 - 2.6

**Days Mental Health Not Good, Last 30 Days
Alaska BRFSS 1998-2000 (combined)**

	N	Weighted Mean	95% CI
Race			
Native	1132	3	2.5 - 3.7
Non-Native	4742	3	2.5 - 3.0

	Native			Non-Native		
	N	Weighted Mean	95% CI	N	Weighted Mean	95% CI
Gender						
Male	518	2	1.5 - 2.9	2275	2	1.7 - 2.3
Female	614	4	3.1 - 4.8	2467	4	3.1 - 3.9
Age						
18-34	391	3	2.0 - 3.6	1368	3	2.4 - 3.2
35-49	438	3	2.0 - 4.1	2040	3	2.6 - 3.4
50 +	290	4	2.5 - 5.0	1322	2	1.8 - 2.7
Region						
Anchorage and Fairbanks	157	4	2.3 - 5.1	2191	3	2.4 - 3.0
Gulf Coast	95	5	2.9 - 7.1	1095	3	2.5 - 3.4
Southeast	181	3	2.2 - 4.3	1011	3	2.4 - 3.3
Rural	699	2	1.8 - 3.0	445	2	1.8 - 3.0

**Days Mental Health Not Good, Last 30 Days
Alaska BRFSS 1998-2000 (combined)**

	N	Weighted Mean	95% CI
Race			
Native	1132	3	2.5 - 3.7
Non-Native	4742	3	2.5 - 3.0

	Native			Non-Native		
	N	Weighted Mean	95% CI	N	Weighted Mean	95% CI
Gender						
Male	518	2	1.5 - 2.9	2275	2	1.7 - 2.3
Female	614	4	3.1 - 4.8	2467	4	3.1 - 3.9
Age						
18-34	391	3	2.0 - 3.6	1368	3	2.4 - 3.2
35-49	438	3	2.0 - 4.1	2040	3	2.6 - 3.4
50 +	290	4	2.5 - 5.0	1322	2	1.8 - 2.7
Region						
Anchorage and Fairbanks	157	4	2.3 - 5.1	2191	3	2.4 - 3.0
Gulf Coast	95	5	2.9 - 7.1	1095	3	2.5 - 3.4
Southeast	181	3	2.2 - 4.3	1011	3	2.4 - 3.3
Rural	699	2	1.8 - 3.0	445	2	1.8 - 3.0

**Days Physical or Mental Health Limited Activities, Past 30 Days
Alaska BRFSS 1998-2000 (combined)**

	N	Weighted Mean	95% CI
Race			
Native	583	4	3.0 - 5.1
Non-Native	2473	3	2.5 - 3.3

	Native			Non-Native		
	N	Weighted Mean	95% CI	N	Weighted Mean	95% CI
Gender						
Male	222	4	2.2 - 4.8	1011	3	2.5 - 3.7
Female	361	4	2.9 - 5.9	1462	3	2.3 - 3.2
Age						
18-34	219	3	1.2 - 4.5	765	2	1.4 - 2.4
35-49	221	3	1.8 - 3.5	1101	3	2.3 - 3.3
50 +	139	8	5.1 - 10.9	599	5	3.7 - 5.8
Region						
Anchorage and Fairbanks	101	5	2.5 - 7.5	1121	3	2.4 - 3.4
Gulf Coast	57	5	2.1 - 8.0	583	3	2.7 - 4.1
Southeast	104	5	2.9 - 6.5	519	3	2.0 - 3.4
Rural	321	3	2.1 - 3.6	250	2	1.2 - 2.9

**Ever had an HIV Test (Not Including Blood Donation)
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	526	1033	54	49.9 - 58.5
Non-Native	2307	4241	55	52.9 - 57.3

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	204	470	51	44.7 - 56.5	1083	2053	54	51.1 - 57.2
Female	322	563	58	51.2 - 63.9	1224	2188	56	53.1 - 59.3
Age								
18-34	249	401	64	58.6 - 70.4	920	1355	67	64.1 - 70.8
35-49	201	426	52	45.4 - 58.5	1078	1994	55	51.4 - 57.7
50 +	74	198	35	24.6 - 44.7	302	880	33	27.8 - 37.4
Region								
Anchorage and Fairbanks	100	148	68	57.4 - 77.8	1165	1978	57	54.1 - 59.9
Gulf Coast	45	79	54	40.2 - 66.9	472	963	49	45.3 - 52.9
Southeast	81	156	53	44.3 - 62.1	443	880	51	46.9 - 54.4
Rural	300	650	46	40.9 - 50.1	227	420	53	46.8 - 59.6

**Received a Flu Shot, Past 12 Months by Selected Demographics
Alaska BRFSS 1995,1997 and 1999 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	344	1029	29	24.7 - 32.1
Non-Native	1105	3979	28	25.7 - 29.9

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	140	466	27	21.2 - 32.2	548	1942	29	25.7 - 31.6
Female	204	563	31	26.2 - 36.4	557	2037	27	23.8 - 29.8
Age								
18-34	67	338	18	13.0 - 22.9	229	1105	22	18.8 - 25.7
35-49	101	360	26	19.7 - 33.2	404	1758	25	22.0 - 28.6
50 +	171	318	51	43.2 - 59.5	469	1103	40	35.6 - 44.5
Region								
Anchorage and Fairbanks	25	87	28	17.2 - 39.2	386	1110	33	29.4 - 36.5
Gulf Coast	26	70	32	20.3 - 43.8	183	692	24	20.9 - 27.8
Southeast	40	120	30	20.8 - 38.6	171	652	25	21.4 - 28.9
Rural	161	450	33	27.6 - 38.4	114	318	39	33.0 - 45.7

**Less Than 5 Servings of Fruits and Vegetables Per Day by Selected Demographics
Alaska BRFSS 1996,1998 and 2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	875	1075	79	74.9 - 83.1
Non-Native	3376	4418	75	73.3 - 77.2

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	384	462	81	74.7 - 87.4	1692	2100	78	75.1 - 80.6
Female	491	613	77	71.8 - 82.6	1684	2318	72	69.7 - 75.0
Age								
18-34	327	383	82	76.8 - 87.6	1017	1292	77	73.4 - 80.1
35-49	314	402	79	73.7 - 84.6	1433	1875	77	74.4 - 80.0
50 +	226	281	74	63.6 - 84.5	913	1235	70	66.3 - 74.2
Region								
Anchorage and Fairbanks	96	124	69	57.8 - 81.1	1395	1827	75	72.1 - 77.3
Gulf Coast	84	99	83	72.9 - 93.8	833	1097	77	73.8 - 79.6
Southeast	135	162	84	77.6 - 90.3	777	1029	76	73.3 - 79.0
Rural	560	690	83	79.7 - 85.9	371	465	78	73.1 - 83.0

**Prevalence of Current Smoking* by Selected Demographics
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	498	1167	42	37.6 - 45.7
Non-Native	1139	4797	23	21.7 - 25.2

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	237	527	43	37.5 - 48.5	588	2296	24	21.8 - 26.7
Female	261	640	40	34.5 - 46.2	551	2501	23	20.0 - 25.2
Age								
18-34	190	409	47	40.0 - 53.0	386	1384	27	23.7 - 30.2
35-49	198	446	41	34.3 - 47.3	487	2056	24	21.2 - 27.0
50 +	103	299	34	25.5 - 42.1	262	1344	18	15.0 - 20.7
Region								
Anchorage and Fairbanks	59	162	37	26.8 - 47.0	537	2214	23	20.7 - 25.4
Gulf Coast	39	96	39	27.8 - 50.6	290	1106	27	23.9 - 30.2
Southeast	67	187	39	30.6 - 46.6	218	1027	23	20.1 - 26.2
Rural	333	722	46	41.4 - 50.4	94	450	20	15.7 - 25.0

*Current smokers are participants who smoked more than 100 cigarettes during their lifetime and now smoke (either every day or some days).

**Prevalence of Current Smokless Tobacco Use* by Selected Demographics
Alaska BRFSS 1997-1999 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	133	1101	13	10.2 - 15.5
Non-Native	164	4387	4	3.4 - 5.2

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	69	479	15	10.7 - 19.4	160	2108	8	6.4 - 9.7
Female	64	622	11	7.5 - 13.9	4	2279	0	0 - 0.4
Age								
18-34	54	367	15	10.7 - 20.2	67	1246	5	3.6 - 7.2
35-49	53	404	12	7.8 - 16.2	69	1919	4	2.8 - 5.6
50 +	25	318	8	4.5 - 12.3	27	1209	3	1.5 - 4.5
Region								
Anchorage and Fairbanks	11	139	10	4.0 - 16.2	72	1843	4	3.0 - 5.4
Gulf Coast	3	103	3	0 - 6.8	35	1072	4	2.6 - 5.5
Southeast	5	171	2	0.1 - 4.6	43	1004	5	3.8 - 7.2
Rural	114	688	19	15.2 - 22.7	14	468	3	1.2 - 4.8

*Current smokeless tobacco users are participants who have ever used a smokeless tobacco product during their lifetime and now use a smokeless tobacco product.

**Prevalence of Acute (Binge) Drinking* by Selected Demographics
Alaska BRFSS 1995,1997 and 1999 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	226	1021	23	19.3 - 27.0
Non-Native	653	3954	18	15.7 - 19.3

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	148	455	31	25.5 - 37.3	475	1918	25	22.3 - 28.1
Female	78	566	15	10.0 - 20.1	178	2036	9	7.2 - 10.9
Age								
18-34	101	336	31	23.9 - 37.6	266	1096	24	20.9 - 27.8
35-49	81	359	20	14.0 - 26.1	276	1752	16	13.6 - 19.0
50 +	43	314	14	8.5 - 19.3	110	1093	10	6.9 - 12.3
Region								
Anchorage and Fairbanks	12	83	17	5.6 - 29.2	187	1106	17	14.2 - 19.8
Gulf Coast	12	69	21	9.8 - 33.1	112	687	17	14.0 - 20.7
Southeast	28	120	31	21.2 - 41.4	98	650	17	13.5 - 20.8
Rural	106	440	24	18.7 - 28.7	54	315	17	11.8 - 22.7

*Acute (Binge) drinking is defined as having alcoholic beverages in the past month and having had five or more alcoholic drinks on one or more occasions in the past month.

**Regular Physical Activity* Status by Selected Demographics
Alaska BRFSS 1996,1998, and 2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	390	1072	39	34.7 - 43.5
Non-Native	2256	4418	50	48.1 - 52.4

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	180	461	41	34.0 - 47.3	1047	2099	51	47.8 - 54.1
Female	210	611	38	31.9 - 43.6	1209	2319	50	46.6 - 52.5
Age								
18-34	157	383	43	36.5 - 49.1	703	1292	53	49.3 - 57.1
35-49	156	401	37	30.6 - 43.3	978	1876	50	46.2 - 52.8
50 +	75	279	36	25.0 - 46.7	568	1234	47	43.2 - 51.6
Region								
Anchorage and Fairbanks	56	124	49	37.8 - 61.0	918	1827	50	47.1 - 52.9
Gulf Coast	37	99	34	23.9 - 44.9	543	1097	49	45.6 - 52.5
Southeast	73	161	41	32.6 - 50.3	586	1029	56	52.4 - 59.2
Rural	224	688	33	28.9 - 37.1	209	465	43	37.3 - 49.2

* Physically inactive participants had no reported activity. Irregular activity was defined as any physical activity or pair of activities done for less than 20 minutes or less than 3 times per week. Regular activity was defined as any physical activity done for 20 minutes or more, three or more times per week.

**Prevalence of Physical Inactivity* Status by Selected Demographics
Alaska BRFSS 1996,1998, and 2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	354	1072	31	27.6 - 35.3
Non-Native	943	4418	22	20.0 - 23.6

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	140	461	30	23.9 - 35.3	443	2099	20	17.8 - 22.7
Female	214	611	33	27.9 - 38.4	500	2319	24	20.9 - 26.1
Age								
18-34	106	383	29	22.6 - 34.5	226	1292	19	15.5 - 21.6
35-49	121	401	32	25.0 - 38.0	344	1876	20	17.3 - 22.9
50 +	122	279	36	27.3 - 43.9	369	1234	29	25.1 - 32.6
Region								
Anchorage and Fairbanks	37	124	28	18.2 - 38.1	409	1827	22	20.0 - 24.8
Gulf Coast	36	99	35	24.3 - 46.0	250	1097	23	19.9 - 26.0
Southeast	38	161	25	16.3 - 32.8	165	1029	16	13.3 - 18.4
Rural	243	688	35	30.7 - 38.9	119	465	25	19.9 - 29.9

* Physically inactive participants had no reported activity. Irregular activity was defined as any physical activity or pair of activities done for less than 20 minutes or less than 3 times per week. Regular activity was defined as any physical activity done for 20 minutes or more, three or more times per week.

**Prevalence of Overweight* by Selected Demographics
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	446	1178	37	33.0 - 40.5
Non-Native	1714	4805	38	35.6 - 39.6

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	246	530	43	37.2 - 48.1	1068	2300	48	45.0 - 50.9
Female	200	648	31	26.2 - 36.5	646	2505	26	23.5 - 28.7
Age								
18-34	149	411	35	29.3 - 41.2	459	1385	35	31.6 - 38.5
35-49	169	448	35	29.3 - 41.5	731	2060	39	35.8 - 42.2
50 +	124	306	40	32.1 - 47.9	520	1347	39	34.9 - 42.8
Region								
Anchorage and Fairbanks	58	165	33	23.1 - 42.6	784	2217	37	34.8 - 40.2
Gulf Coast	35	96	38	26.8 - 50.1	397	1110	38	34.4 - 41.3
Southeast	65	188	37	28.8 - 44.7	366	1028	36	33.0 - 39.7
Rural	288	729	39	34.8 - 43.3	167	450	42	35.7 - 48.0

*Overweight was defined as a BMI between 25.0 and 29.9; obesity was defined as a BMI greater than 29.9.

**Prevalence of Obesity* by Selected Demographics
Alaska BRFSS 1998-2000 (combined)**

	n	N	Weighted %	95% CI
Race				
Native	330	1178	28	24.7 - 32.1
Non-Native	934	4805	18	16.5 - 19.5

	Native				Non-Native			
	n	N	Weighted %	95% CI	n	N	Weighted %	95% CI
Gender								
Male	125	530	26	21.1 - 31.7	466	2300	18	16.0 - 20.2
Female	205	648	30	24.9 - 35.5	468	2505	18	15.8 - 20.0
Age								
18-34	99	411	24	18.8 - 30.0	195	1385	13	10.6 - 15.1
35-49	130	448	30	23.6 - 36.0	403	2060	19	16.6 - 21.3
50 +	100	306	34	25.7 - 41.8	335	1347	23	20.1 - 26.4
Region								
Anchorage and Fairbanks	45	165	32	22.3 - 41.2	406	2217	17	15.5 - 19.4
Gulf Coast	27	96	30	18.1 - 41.2	229	1110	20	17.0 - 22.4
Southeast	81	188	41	32.9 - 49.0	196	1028	18	15.9 - 21.1
Rural	177	729	22	18.7 - 25.9	103	450	21	16.6 - 26.3

*Overweight was defined as a BMI between 25.0 and 29.9; obesity was defined as a BMI greater than 29.9.