

# Atqasuk Health Profile

This village health profile provides a brief summary of the results of the 2010 NSB Census. The intent of this profile is to provide individual communities with information on some basic health measures at the village-level to guide community health promotion and planning efforts.

Please refer to the 2010 Census NSB Health Profile section for further discussion of each health question and an overview of the census health module results for the NSB. Also, please refer to the *NSB Baseline Community Health Analysis* report for expanded discussions of each of the health topics addressed in this section as well as many more aspects of community health.

At the village-level, some of the small percentages are based on very small numbers of responses, making the estimates less reliable: cells based on fewer than five responses are not reported. NSB and Alaska estimates are provided for general reference only, and comparisons should be made with caution, as results are not adjusted for differences in the age composition of the populations. In addition, state and national survey methods may vary considerably from that used in the 2010 NSB Census.

## Adults

**Table A.19**

	Atqasuk Household Heads	NSB Household Heads	All Atqasuk Adults*	All NSB Adults*	Alaska Adults
<b>General Health</b>					
Very good or excellent general health	22%	44%	21%	46%	56% <sup>1</sup>
Fair to poor general health	41%	20%	34%	16%	13% <sup>13</sup>
<b>Chronic Health Problems</b>					
Ever told by a health professional have:					
Thyroid problems	10%	6%	7%	4%	9% (U.S.) <sup>3</sup>
Diabetes	**	7%	4%	6%	6% (Alaska) <sup>1</sup> 9% (U.S.) <sup>4</sup>
High blood pressure	36%	28%	23%	20%	25% (Alaska) <sup>5</sup> 24% (U.S.) <sup>4</sup>
High cholesterol	22%	19%	17%	13%	38% (Alaska) <sup>5</sup>
Heart disease	**	7%	4%	5%	12% (U.S.) <sup>4</sup>
In the past 12 months, experienced:					
Daily pain or arthritis that limits activities or requires prescription pain medicine	24%	29%	20%	21%	(see ref) <sup>6</sup>
Frequent (three or more) or chronic ear infections	**	5%	**	4%	N/A
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	10%	13%	5%	8%	(see ref) <sup>7</sup>
<b>Health Insurance</b>					
Have health insurance, including IHS eligibility	100%	97%			83% <sup>1</sup>
Have health insurance, other than IHS eligibility	70%	64%			

Table A.19, continued

	Atqasuk Household Heads	NSB Household Heads	All Atqasuk Adults*	All NSB Adults*	Alaska Adults
<b>Smoking</b>					
Smoke tobacco (in any form)	61%	50%	61%	49%	22% <sup>1</sup>
Of those who smoke:					
Smoke one or more packs per day	26%	25%			
Are interested in quitting	89%	71%			
Have tried to quit in the last 12 months	54%	62%			
Permit smoking in the house	42%	33%			
Support a tobacco tax to fund tobacco prevention or cessation programs	70%	53%			
<b>Overweight and Obesity</b>					
Overweight (BMI 25–29.9 kg/m <sup>2</sup> )	26%	33%			37% <sup>1</sup>
Obese (BMI 30 kg/m <sup>2</sup> or higher)	38%	39%			28% <sup>1</sup>
<b>Physical Activity</b>					
Never get 30 minutes of moderate exercise in a day	24%	16%			9% <sup>5</sup>
Get at least 30 minutes of moderate exercise 5 days per week or more	29%	44%			47% <sup>5</sup>
<b>Sugar-sweetened beverages (SSBs)</b>					
On average, drink no soda or other SSBs per day	29%	26%			53% <sup>10</sup>
On average, drink two or more sodas or other SSBs per day	39%	45%			30% <sup>10</sup>
<b>Food Security</b>					
Times last year when household found it difficult to get the foods they needed to eat healthy meals	59%	35%			
If yes, because not able to get enough subsistence foods to eat healthy meals	34%	43%			
If yes, because not able to get enough store foods to eat healthy meals	100%	90%			
Percent with household members who at times did not have enough to eat	20%	19%			(4–11%) <sup>12</sup>
<b>Safety: Helmet Use</b>					
Wear a helmet when riding a snowmachine or four-wheeler (of household heads who ride on snowmachines or 4-wheelers)	**	18%			(57%) <sup>11</sup>
<b>Drugs and Alcohol</b>					
In the past 12 months, felt a household member had been hurt by drugs or alcohol	27%	24%			
In the past 12 months, thought the health of their community had been hurt by drugs or alcohol					
Often	42%	57%			
Sometimes	35%	35%			

\*Includes both household head (survey respondent) and all other household members, as reported by the household head.

\*\*Cell count less than five.

- Adults in Atqasuk were half as likely to report very good to excellent health and twice as likely to report fair or poor health as were adults in the NSB overall. These differences persisted when looking at Iñupiat adults only. Reported general health among Atqasuk adults was also considerably lower than for Alaskan adults overall.
- No single chronic health problem seemed to account for this lower-than-average reported general health among adults. There were no statistically significant differences between Atqasuk and the other North Slope communities overall for any of the chronic health problems examined.

- Household heads in Atqasuk reported significantly lower levels of physical activity than their counterparts in other North Slope communities. It is possible that this finding reflects an inability to exercise because of poor overall health status of some of the residents. Lower levels of physical activity could also be contributing to poorer overall health status. Comparing Iñupiat household heads only, differences in reported physical activity were no longer statistically significant.
- Tobacco smoking rates among Atqasuk adults were high, similar to other North Slope communities overall. Almost nine in ten household heads who smoked reported wanting to quit, but only slightly more than half had tried to quit in the last year. A large majority supported a tobacco tax to support tobacco prevention and cessations programs.
- Like in other NSB communities, Atqasuk households reported high levels of food insecurity. Household heads (Iñupiat only and all) were significantly more likely than in other North Slope communities overall to report difficulty getting foods for healthy meals. About one-third of these couldn't get enough subsistence foods and all of these reported not being able to get enough store foods. Atqasuk household heads were not significantly more likely than in other North Slope communities overall to report household members who did not have enough to eat, however.
- Reported helmet use was very low among Atqasuk household heads.
- Iñupiat household heads in Atqasuk were less likely than Iñupiat household heads in other North Slope communities as a whole to report believing that their community had been hurt by alcohol or drugs in the last year. The percent reporting believing that household members had been hurt by alcohol or drugs was similar to the other communities overall, however.

## Children (0–17 years)

Table A.20

	Atqasuk Children	NSB Children	Alaska Children
<b>General Health</b>			
Very good or excellent general health	38%	63%	89% <sup>2</sup>
<b>Chronic Health Problems</b>			
In the past 12 months, experienced:			
Frequent (three or more) or chronic ear infections	14%	19%	5% <sup>2</sup>
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	7%	5%	6% (current asthma) <sup>2</sup>
<b>Teen Tobacco Smoking (ages 14–18 years)**</b>			
Smoke tobacco (in any form)	15%	16%	Not comparable

As reported by the household head. All the other chronic health problems had a prevalence of less than 1% among children in the NSB and were not analyzed or reported by individual village.

\*\*Based on other NSB surveys, this value likely significantly underestimates the prevalence of smoking among children and teens as it is not comparable to anonymous self-administered surveys used to estimate teen smoking rates statewide and nationally. According to the 2005 YRBS survey, NSB high school students were about twice as likely to smoke as Alaskan high school students overall.

- Children in Atqasuk (both Iñupiat and all) had reported general health status that was significantly worse than children in other North Slope communities and in Alaska overall.
- No single health problem examined in the census seemed to account for this observation among Atqasuk children, and the prevalence of chronic ear infections and respiratory problems was similar to children in other villages slope-wide.