

Kaktovik 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 below 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.25

	Kaktovik Household Heads	NSB Household Heads	All Kaktovik Adults*	All NSB Adults*	Alaska Adults
General Health					
Very good or excellent general health	35%	44%	38%	46%	56% ¹
Fair to poor general health	21%	20%	19%	16%	13% ¹³
Chronic Health Problems					
Ever told by a health professional have:					
Thyroid problems	**	6%	**	4%	9% (U.S.) ³
Diabetes	7%	7%	5%	6%	6% (Alaska) ¹ 9% (U.S.) ⁴
High blood pressure	34%	28%	17%	20%	25% (Alaska) ⁵ 24% (U.S.) ⁴
High cholesterol	21%	19%	15%	13%	38% (Alaska) ⁵
Heart disease	**	7%	4%	5%	12% (U.S.) ⁴
In the past 12 months, experienced:					
Daily pain or arthritis that limits activities or requires prescription pain medicine	31%	29%	22%	21%	(see ref) ⁶
Frequent (three or more) or chronic ear infections	**	5%	3%	4%	N/A
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	15%	13%	9%	8%	(see ref) ⁷
Health Insurance					
Have health insurance, including IHS eligibility	90%	97%			83% ¹
Have health insurance, other than IHS eligibility	38%	64%			
Smoking					
Smoke tobacco (in any form)	65%	50%	66%	49%	22% ¹
Of those who smoke:					
Smoke one or more packs per day	44%	25%			
Are interested in quitting	64%	71%			
Have tried to quit in the last 12 months	54%	62%			
Permit smoking in the house	63%	33%			
Support a tobacco tax to fund tobacco prevention or cessation programs	48%	53%			

Table A.25, continued

	Kaktovik Household Heads	NSB Household Heads	All Kaktovik Adults*	All NSB Adults*	Alaska Adults
Overweight and Obesity					
Overweight (BMI 25–29.9 kg/m ²)	34%	33%			37% ¹
Obese (BMI 30 kg/m ² or higher)	32%	39%			28% ¹
Physical Activity					
Never get 30 minutes of moderate exercise in a day	17%	16%			9% ⁵
Get at least 30 minutes of moderate exercise 5 days per week or more	50%	44%			47% ⁵
Sugar-Sweetened Beverages (SSBs)					
On average, drink no soda or other SSBs per day	21%	26%			53% ¹⁰
On average, drink two or more sodas or other SSBs per day	55%	45%			30% ¹⁰
Food Security					
Times last year when household found it difficult to get the foods they needed to eat healthy meals	40%	35%			
If yes, because not able to get enough subsistence foods to eat healthy meals	44%	43%			
If yes, because not able to get enough store foods to eat healthy meals	88%	90%			
Percent with household members who at times did not have enough to eat	19%	19%			(4–11%) ¹²
Safety: Helmet Use					
Wear a helmet when riding a snowmachine or four-wheeler (of household heads who ride on snowmachines or 4-wheelers)	**	18%			(57%) ¹¹
Drugs and Alcohol					
In the past 12 months, felt a household member had been hurt by drugs or alcohol	35%	24%			
In the past 12 months, thought the health of their community had been hurt by drugs or alcohol					
Often	41%	57%			
Sometimes	45%	35%			

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

**Cell count less than five.

- A large majority of Kaktovik adults reported general health status to be at least good, although the proportion of adults (both Iñupiat and all adults) reported to have very good to excellent health was lower than that in the other North Slope communities overall and lower than the statewide estimate for all adults.
- The prevalence of chronic health problems among Kaktovik adults was similar to adults in the NSB as a whole, with no statistically significant rate differences between Kaktovik and the other communities combined.
- Looking both at Iñupiat only and all adults, those living in Kaktovik were significantly more likely to smoke than in the other North Slope communities overall.
- Kaktovik household heads who smoked were significantly more likely to report smoking at least one pack of cigarettes per day than were adults in the other North Slope communities combined.
- Looking both at Iñupiat household heads and all, Kaktovik household heads who smoked were significantly more likely than those in other North Slope communities overall to permit smoking in the house.
- Obesity and soda or sugared beverage consumption were high among Kaktovik household heads, as they were throughout the NSB. Physical activity levels were similar to other North Slope communities and to statewide estimates.
- Reported food insecurity was high in Kaktovik, similar to other North Slope communities as a whole.

- Kaktovik household heads were significantly more likely than were household heads in other North Slope communities to believe that a member of their household had been hurt by alcohol or drugs in the last year. This difference persisted when comparing Iñupiat household heads only.

Children (0–17 years)

Table A.26

	Kaktovik Children	NSB Children	Alaska Children
General Health			
Very good or excellent general health	66%	63%	89% ²
Chronic Health Problems			
In the past 12 months, experienced:			
Frequent (three or more) or chronic ear infections	10%	19%	5% ²
Chronic breathing problems (such as asthma, emphysema, or a cough that won't go away)	7%	5%	6% (current asthma) ²
Teen Tobacco Smoking (ages 14–18 years)**			
Smoke tobacco (in any form)	26%	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.

- Reported general health status among Kaktovik children was similar to reported health status of NSB children as a whole but worse than that of children statewide.
- Kaktovik children were significantly less likely than children in other North Slope communities to have had frequent or chronic ear infections in the last year. The prevalence of these problems was still twice that of the statewide estimate, however.
- The percentage of Kaktovik teens reported (by the household head) to smoke was high but not significantly different from the percentage in the other North Slope communities combined, looking at either Iñupiat only or teens from all ethnic groups combined.