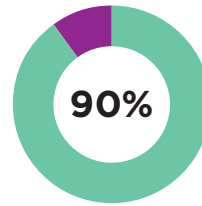


# HEALTH OF ALASKA CHILDREN

2018 Kids Count Report



## INSURANCE & ACCESS

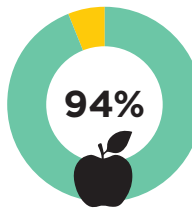


90%  
of Alaska children under 19 years of age have **INSURANCE COVERAGE** <sup>3</sup>

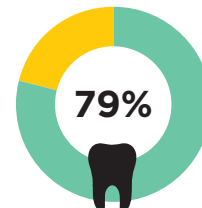


1/3 of children do **NOT** have a regular **HEALTHCARE PROVIDER** <sup>4</sup>

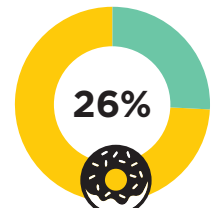
## HEALTH & WELLBEING



94%  
of children are in **EXCELLENT** or very good health <sup>4</sup>



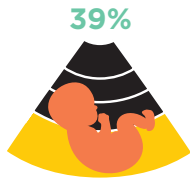
79%  
of children have teeth in **EXCELLENT** or very good condition <sup>4</sup>



26%  
of children (10 to 17) are **OVERWEIGHT** or obese <sup>4</sup>

19% of **CHILDREN** (ages 2 to 17) had a doctor who said they had **autism, developmental delays, depression or anxiety, ADD/ADHD, or behavioral/conduct problems** <sup>4</sup>

**BIRTH**  
11,215 **BABIES BORN** in 2016 <sup>1</sup>



39%  
of Alaska women who give birth have **LESS than ADEQUATE PRENATAL CARE** <sup>1</sup>



6%  
of babies have **LOW BIRTH-WEIGHTS** <sup>2</sup>

## PREVENTIVE CARE

78%



of **CHILDREN** visited a healthcare provider for a **PREVENTIVE CHECK-UP** during the year <sup>4</sup>

33%



of **3-YEAR-OLDS** saw a **DENTIST** before their 2<sup>nd</sup> birthday <sup>5</sup>

69%



of **CHILDREN** (ages 9 to 35 months) received a **COMPLETE COMBINED 7-VACCINE SERIES** <sup>6</sup>

## ADVERSE CHILDHOOD EXPERIENCES (ACES)

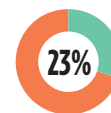


ACE Scores of Alaska Children <sup>4</sup>

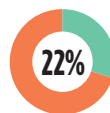
## RISK BEHAVIORS



13%  
of high school students reported **USING TOBACCO** during the past month <sup>7</sup>



23%  
of high school students reported **DRINKING ALCOHOL** during the past month <sup>7</sup>



22%  
of high school students reported **USING MARIJUANA** one or more times during the past month <sup>7</sup>

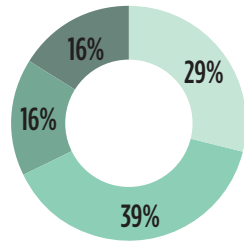
10% of Alaska high school students reported having **SEX** with **4 OR MORE PARTNERS** during their lifetime <sup>7</sup>

# ALASKA CHILDREN

Children make up 25 percent of Alaska's total population.

## CHILD POPULATION <sup>8</sup>

- 0 to 4 = 54,115
- 5 to 11 = 73,401
- 12 to 14 = 29,721
- 15 to 17 = 30,090

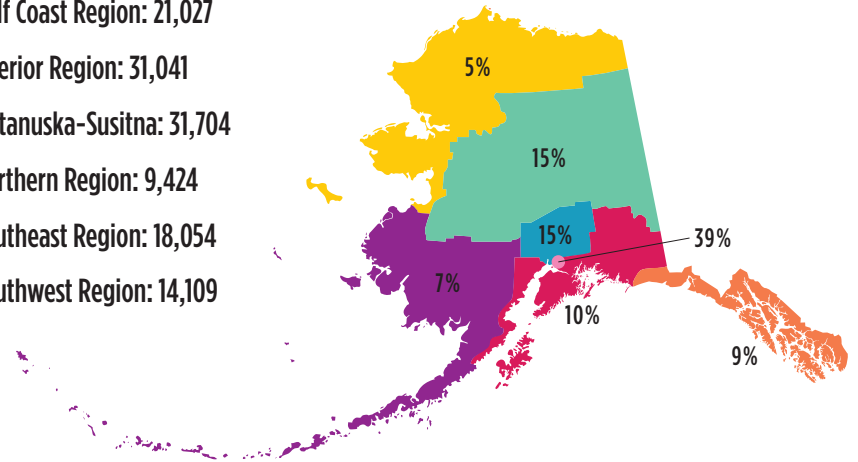


# 187,300

CHILDREN  
between the ages of 0 and 17  
LIVE IN ALASKA <sup>8</sup>

## PERCENT OF CHILD POPULATION (0-19), BY REGION <sup>9</sup>

- Anchorage: 81,772
- Gulf Coast Region: 21,027
- Interior Region: 31,041
- Matanuska-Susitna: 31,704
- Northern Region: 9,424
- Southeast Region: 18,054
- Southwest Region: 14,109



## RECOMMENDATIONS

### PRIORITIZE PREVENTION

Preventing, or limiting health issues from occurring, minimizes or eliminates overall health and cost impacts.

### IMPROVE ACCESS TO BIRTH CONTROL OPTIONS

Most employers' healthcare plans cover well-baby care, whereas less than half cover contraceptive devices or drugs to prevent unplanned pregnancies. Unplanned or unwanted pregnancies have a direct relationship with the risk of a child experiencing child abuse and neglect.

### PREVENT ACES AND BUILD RESILIENCE

A powerful body of research shows that what a child experiences during the early years (starting in utero) lays the foundation for their whole life. Preventing Adverse Childhood Experiences and building resilience in children and families will have long term social and health benefits.

### PROMOTE SCREENING

Effective screening, counseling, and support services can identify individuals at risk, provide the support to change behaviors, and speed up access to needed services. Screening services should be covered by employer-sponsored health plans.

### PREVENT FUTURE DEATHS

The Alaska Maternal and Child Death Review (MCDR) aims to identify causes and contributing factors to maternal, infant, and child deaths in Alaska and develop recommendations to prevent future deaths. MCDR's recommendations to ensure the long life of all children should be followed.

### CONTAIN COSTS

Increasing the tax on high risk substances can lead to a significant decrease in utilization and lessen health impacts. Tax revenue can be dedicated to prevention, outreach, and education.

### SUPPORT MEDICAID

Alaska should evaluate changes to the structure, capacity, and financial stability of Medicaid to support the health care needs of the uninsured and other vulnerable populations. Any change that results in lower coverage should be viewed as a cut to children's health care.

### INCREASE INSURANCE COVERAGE

All children need reliable and comprehensive health insurance. Alaska has the highest rate of uninsured children in the country, 11%.

### COORDINATE HEALTHCARE SYSTEM REFORM

Expanding coverage and reforming health care payment/delivery must happen together. Coverage expansion is critical to fully address the underuse of effective care. Successful payment and delivery reform is needed to improve the quality of care and slow cost growth.

Sources: 1) Alaska Section of Health Analytics and Vital Records. 2) PRB analysis of Centers for Disease Control and Prevention data: National Center for Health Statistics, CDC Wonder 2016 birth data. 3) U.S. Census Bureau, 2008-2016 Small Area Health Insurance Estimates using the American Community Survey (ACS) Data; Retrieved April 2018. 4) National Survey of Children's Health. 5) Alaska Childhood Understanding Behaviors Survey (CUBS) for 2008-2016. 6) Centers for Disease Control and Prevention, Childhood combined 7-vaccine series coverage report. 7) Youth Risk Behavior Surveillance System (YRBSS). 8) U.S. Census Bureau. 9) Alaska Department of Labor and Workforce Development.

All data included in this brief reflects the most recent year available, usually 2016, and can be found at <http://datacenter.kidscount.org/data#AK/>. The content is described in detail in the report 2018 Kids Count Education available at <http://www.voicesakchildren.org/publications/>. Compilation and analysis of the data was completed by the McDowell Group.