



**Community Health Profile:**  
Native Americans for Community Action, Inc.  
Flagstaff, AZ

*December 2011*





The mission of the Urban Indian Health Institute is to support the health and well-being of urban Indian communities through information, scientific inquiry and technology.



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# TABLE OF CONTENTS

1	PURPOSE
1	METHODS
2	DATA SOURCES
4	SOCIODEMOGRAPHICS
6	MORTALITY OVERVIEW
7	ACCESS TO CARE
9	ENVIRONMENTAL HEALTH
10	HEART HEALTH
13	MATERNAL CHILD HEALTH
16	ALCOHOL USE
17	MENTAL HEALTH AND WELLNESS
19	USING THIS REPORT
20	REFERENCES

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You can also fill out the form  
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questions.***

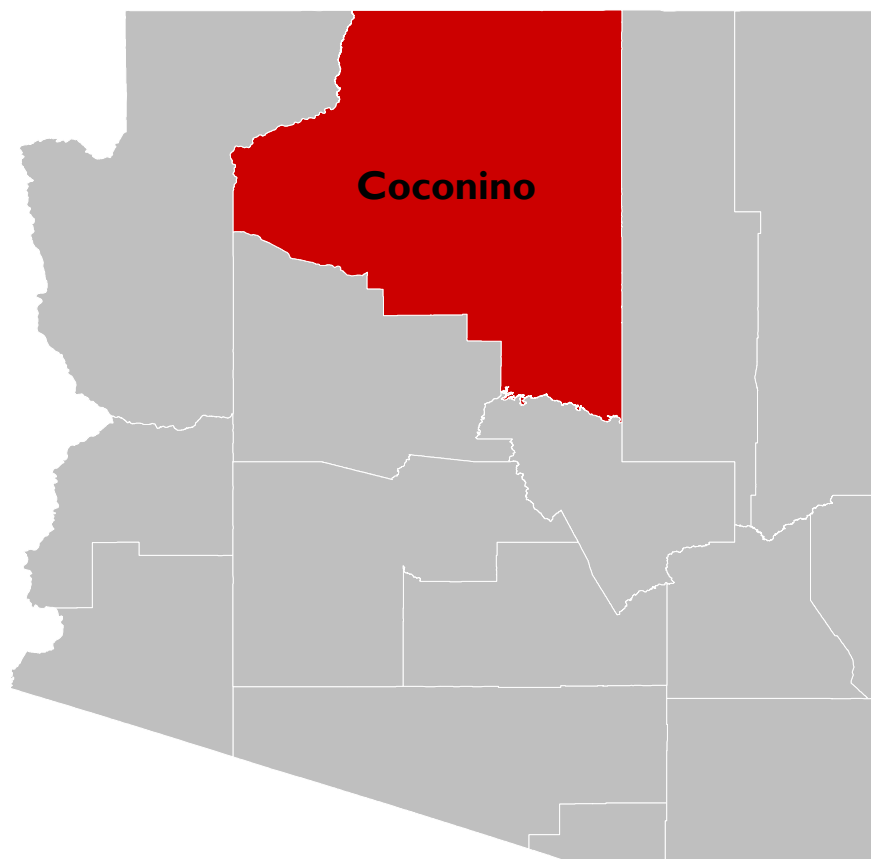
## ACKNOWLEDGEMENTS



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The Urban Indian Health Institute would like to thank the staff at the urban Indian health organizations for the excellent work they do daily on behalf of their communities.

# NATIVE AMERICANS FOR COMMUNITY ACTION, INC. SERVICE AREA



Source: U.S. Census Bureau, 2010

Note: Counties served by Native Americans for Community Action, Inc. are highlighted in red. For a complete list of areas served by urban Indian health organizations, visit <http://www.uihi.org/urban-indian-health-organization-profiles>.

## PURPOSE

This report is one of 27 community health profiles produced by the Urban Indian Health Institute (UIHI) to examine the health of American Indians/Alaska Natives (AI/AN) living in select urban counties. These counties are served by the network of Title V urban Indian health organizations (UIHO) across the country.

This health profile provides an overview of the health status of the AI/AN population living in the service area of the Native Americans for Community Action, Inc. (NACA).

The profile can be used to support your health organization in the following ways:

- Identify health priorities
- Allocate resources
- Guide the development of new programs
- Identify gaps in data and needs for new data collection
- Plan analyses to examine these indicators among clinic patients
- Provide statistics and figures to use in grant applications that require supporting data

## METHODS

### Comparisons

Each health indicator was calculated for the AI/AN population and compared with the all race population in this service area (referred to as the general population). In instances where local data were unavailable, data from all UIHO service areas combined are presented. Indicators were calculated for a five or six year time period in order to have sufficient data to make more stable estimates and protect individual privacy. For all indicators, 95% confidence intervals were calculated. A confidence interval is a range of values used to report the uncertainty around an estimate. With survey data, the confidence interval also accounts for the difference between a sample from the population and the population itself. In small populations estimated rates often have large confidence intervals, which make differences between the groups examined difficult to capture. A result is called statistically significant if it is unlikely to have occurred by chance. In this report a statistically significant difference was inferred if the confidence intervals of the comparison groups did not overlap. Statistically significant differences are noted with an asterisk in the titles of graphs and tables.

### Indicator Selection

Indicators were selected for this health profile that could provide reliable and relevant information about death, mental health, access to care, social determinants of health, preventable causes of illness and other health concerns of urban AI/AN communities.

This profile uses national surveillance data, which may or may not include patients served directly at UIHOs. While this report covers a range of key health indicators, not every health concern affecting AI/ANs is examined. There may be information not captured by these systems that better represent the unique strengths and challenges in communities served by UIHOs. Local sources of data may provide a more region-specific and comprehensive understanding of the community's health and how it compares with national benchmarks.

### Healthy People 2020 Objectives

Where possible, Healthy People 2020 objectives and targets were matched with each indicator. Healthy People 2020 targets are goals that represent improvements to current national rates.

# DATA SOURCES

### **2010 U.S. Census**

The U.S. Census provides official population counts for individuals living in the United States, and provides information by age, race, Hispanic origin and sex. The Census takes place every 10 years, and is used to determine the number of seats in the U.S. House of Representatives and to distribute funds to local communities. In 2010, 74% of households returned their Census forms by mail; the remaining households were counted by Census workers walking through neighborhoods.<sup>1</sup>

The 2010 U.S. Census allows individuals to self-report belonging to more than one race group. When determining a population count, this report considers people to be of AI/AN race if they report AI/AN as their only race or if they report being AI/AN in combination with other races. Some Census statistics are not easily accessible when including individuals who report multiple races. For these indicators only individuals who report AI/AN alone are included.

For more information about the U.S. Census, visit: [www.census.gov](http://www.census.gov).

### **American Community Survey**

The American Community Survey (ACS) is a nationwide, continuous survey that collects demographic, housing, social and economic data every year using mailed questionnaires, telephone interviews and in-person household visits. The ACS replaced the Census long-form survey in 2010 to collect indicators annually instead of once every 10 years. To provide reliable estimates for small counties, neighborhoods and population groups, the ACS provides 1-, 3- and 5-year aggregate estimates.

Race is self-reported on ACS, with similar race categories as the U.S. Census. However, some ACS data are not easily accessible for multiple race groups. Therefore, ACS data are reported for AI/AN alone in this report. ACS estimates in this profile are not adjusted for age; observed differences in estimates may be due to a true difference in rates or due to differences in age distribution in the population.

For more information about ACS, visit: <http://www.census.gov/acs>.

### **Behavioral Risk Factor Surveillance System**

Behavioral Risk Factor Surveillance System (BRFSS) is an annual state-based system of surveys that collect information on health risk behaviors, preventive health practices and health care access primarily related to chronic disease and injury. Data is collected via telephone in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam. More than 350,000 adults age 18 or older are interviewed each year. The six most recent years for which BRFSS data are available (2005-2010) are included in this report.

Only households with landlines were included in this survey before 2009; households with cell phones were included starting in 2009. Many states have significant AI/AN populations that may not be reached through phone interviews because they do not have telephones. The BRFSS data presented in this profile include individuals who selected AI/AN as their only race or, if more than one race was selected, who selected AI/AN as, "the group that best represents your race."

BRFSS estimates may be unstable when a small sample is used to estimate rates in the population. Additionally, BRFSS estimates in this profile are not adjusted for age. In the sample of individuals surveyed by BRFSS in all UIHO service areas combined, the percentage of AI/ANs under 45 years of age (59.7%) is significantly higher compared with the general population (52.4%).<sup>2</sup> Diseases such as heart disease and diabetes that are more common among older individuals are likely to be underestimated due to the difference in the age distribution of the AI/AN sample compared with the sample of the general population.

For more information about BRFSS, visit: <http://www.cdc.gov/BRFSS>.

**National Vital Statistics System**

Mortality data from the National Vital Statistics System (NVSS) is generated from death certificates collected through an intergovernmental collaboration between National Center for Health Statistics (NCHS) and the 50 states, two cities and five territories. This data is the primary source of demographic, geographic and cause-of-death information among persons dying in a given year. The five most recent years for which complete mortality (2003-2007), natality (2003-2007) and infant mortality (2002-2006) data are available and are included in this report.

All mortality data are age-adjusted to the U.S. population for the year 2000. Age-adjusted death rates are useful when comparing different populations because they remove the potential bias that can occur when comparing populations with different age distributions. For example, AI/ANs historically are a younger population than other race groups.

Birth certificate data from NVSS data files include all documented births occurring within the United States as filed in each state. These data include demographic information about parents, information on the infant and information on the birth.

NVSS is still transitioning to the 1997 Office of Management and Budget (OMB) standards for multiple race reporting. Since not all states allow individuals to identify as more than one race, NCHS releases bridged-race population estimates for calculation of rates. These estimates result from "bridging" the 31 race categories used in Census 2000, as specified in the 1997 OMB standards for the collection of data on race and ethnicity, to the four race categories specified under the 1977 standards (Asian or Pacific Islander, Black or African American, American Indian or Alaska Native, White). Estimates may not match local and county estimates because of differing projection methods.

For more information about Vital Statistics, visit: <http://www.cdc.gov/nchs/nvss.htm>.

**Air Quality System Data Mart – Air Quality Index**

The Air Quality System (AQS) Data Mart contains ambient air pollution data for four selected pollutants collected by the U.S. Environmental Protection Agency (EPA), as well as state, local and tribal air pollution control agencies from thousands of monitoring stations across the country. Each day, monitors record concentrations of major pollutants. The raw measurements for the four selected pollutants are converted into the Air Quality Index (AQI), a value based on standard formulas developed by EPA. The AQI is an index used to report local air quality. AQI is not collected in all counties. In this report, these counties are listed and are noted with the phrase "no data available."

**Racial Misclassification in Surveillance Data**

Racial misclassification occurs when an individual's race is incorrectly coded on public records. Because mortality data are extracted from death certificates, the race/ethnicity category is not self-reported and is often completed by a funeral director based on information received from a family member or personal observation. This can greatly underestimate the true rate of disease or cause of death. In a national sample, age-adjusted mortality for AI/ANs was underestimated by 9.7%.<sup>3</sup> The bias created by misclassification varies by age, proximity to a reservation and cause-of-death.<sup>4</sup> Based on documented racial misclassification of AI/ANs in surveillance data, any of the health disparities presented in this community health profile are assumed to be larger than reported. Mortality data are of particularly poor quality for AI/ANs, as data quality checks of the racial/ethnic distribution of the deceased in this category are lower than the distribution represented in Census estimates; therefore, true mortality rates among AI/ANs are assumed to be higher than reported numbers suggest.

## SOCIODEMOGRAPHICS

Social determinants of health such as education, employment and income have been shown to influence both mental and physical health outcomes.<sup>5</sup> Social determinants of health also interact with one another and with biological or genetic factors; affect individual behavior; and can transfer across generations.<sup>5</sup>

### Population

Figure 1: Population, 2010, NACA service

Race	Population
Total	134,421
AI/AN Alone or in Combination	38,847

Source: U.S. Census Bureau

### Age

Figure 2: Age distribution, 2010, NACA service area

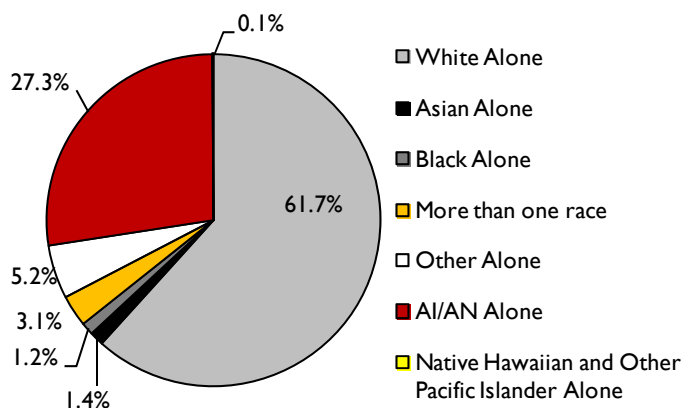
Age	AI/AN Alone	All Race
0-17 years	33.2%	23.6%
18-24 years	14.4%	17.7%
25-44 years	26.0%	25.0%
45-64 years	19.3%	24.8%
65+ years	7.1%	8.9%

Source: U.S. Census Bureau

In this service area, 33.2% of AI/AN are under the age of 18 compared to 23.6% of the general population.

### Race/Ethnicity

Figure 3: Total population, 2010, NACA service



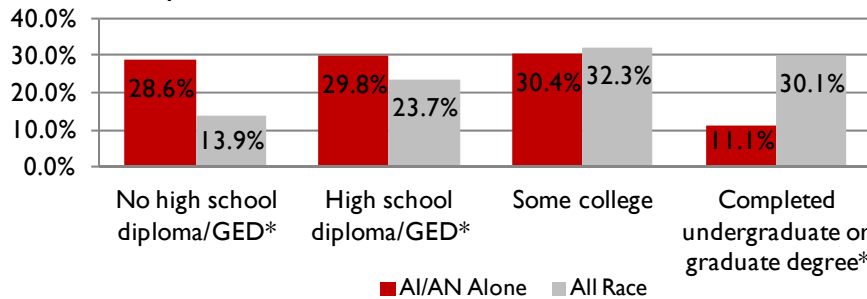
Source: U.S. Census Bureau

In this service area, 27.3% of the population identify as AI/AN alone. According to the 2010 Census, 38,847 or 28.9% of residents in this service area report that they are of AI/AN heritage alone or in combination with other races.



### Education

Figure 4: Highest level of educational attainment of the population ≥ 25 years, 2005-2009, NACA service area

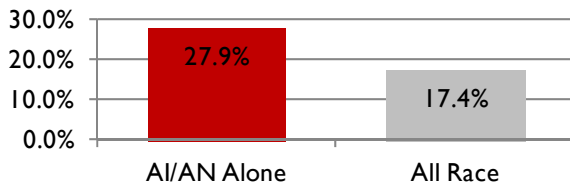


Source: U.S. Census Bureau, American Community Survey

Compared with the general population (13.9%), a higher percentage of AI/ANs age 25 and older in this service area have not completed high school or obtained a GED (28.6%). A lower percentage of AI/ANs (11.1%) have completed an undergraduate or graduate degree compared with the general population (30.1%). These differences are statistically significant.

### Poverty Status

Figure 5: Income below the federal poverty level, 2005-2009, NACA service area\*



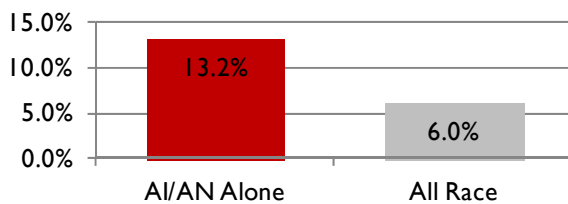
Source: U.S. Census Bureau, American Community Survey

A higher percentage of AI/ANs in this service area live below the federal poverty level (27.9%) compared with the general population (17.4%). This difference is statistically significant.

*Data note: Federal poverty thresholds are used to determine poverty status. The thresholds are based on family size and the ages of the family members. Federal poverty thresholds are not intended as a comprehensive description of families' needs, but rather as a statistical indicator that can be tracked over time.*

### Unemployment

Figure 6: Labor force ≥ 16 years who are unemployed, 2005-2009, NACA service area\*



Source: U.S. Census Bureau, American Community Survey

In this service area, AI/ANs age 16 and older experience higher rates of unemployment (13.2%) compared with the general population (6.0%). This difference is statistically significant. These rates do not include individuals in the military or individuals who are institutionalized.

*Data note: The five-year unemployment rate presented in this report should be viewed as an average rate of unemployment over five years.*

## MORTALITY OVERVIEW

Examining the top causes of mortality is one way to measure the burden of disease in a community. This section describes the top five causes of death and top three causes of cancer deaths in this service area.

Racial misclassification leads to an underestimation of mortality rates in AI/AN populations.<sup>3</sup> True mortality rates among AI/ANs in this service area are assumed to be higher than the rates described below.

### Top Causes of Mortality

Figure 7: Top Causes of Mortality, 2003-2007, NACA service area

Rank	AI/AN		All Race	
	Cause	Rate (per 100,000)	Cause	Rate (per 100,000)
1	Unintentional Injury	116.9	Heart disease	162.6
2	Heart disease	114.2	Cancer	155.5
3	Cancer	90.8	Unintentional Injury	65.6
4	Influenza and pneumonia	42.7	Stroke	38.5
5	Diabetes	36.1	Chronic lower respiratory disease	37.0

Source: U.S. Center for Health Statistics

Unintentional injury is the leading cause of death among AI/ANs (116.9 per 100,000) in this service. This rate is significantly higher than the rate in the general population (65.6 per 100,000).

### Cancer Mortality

Figure 8: Top Causes of Cancer Mortality, 2003-2007, NACA service area

Rank	AI/AN		All Race	
	Cause	Rate (per 100,000)	Cause	Rate (per 100,000)
1	Ovarian cancer	18.1	Tracheal/bronchus/lung cancer	31.5
2	Breast cancer (female)	10.7	Breast cancer (female)	22.0
3	Pancreatic cancer	7.2	Prostate cancer	19.7

Source: U.S. Center for Health Statistics

In this service area, ovarian cancer is the leading cause of cancer deaths among AI/ANs. Tracheal, bronchus and lung cancers combined are the leading cause of cancer deaths among the general population in this service area.

## ACCESS TO CARE

Access to appropriate and timely care is critical to preventing illness and treating disease. There are many reasons why patients do not receive appropriate and timely care. Barriers to health care can be structural (e.g. lack of transportation, child care, language difficulties or availability of providers), economic (e.g. lack of health insurance or inability to pay for services) or personal (e.g. cultural appropriateness or distrust in health care providers).<sup>6</sup>

The network of Title V UIHOs serves a vital role in assuring access to primary medical care for the low-income urban AI/AN population. This section examines access to care in this service area using medical insurance coverage, affordable care and an established relationship with a primary care provider as indicators.

### Medical Insurance Coverage

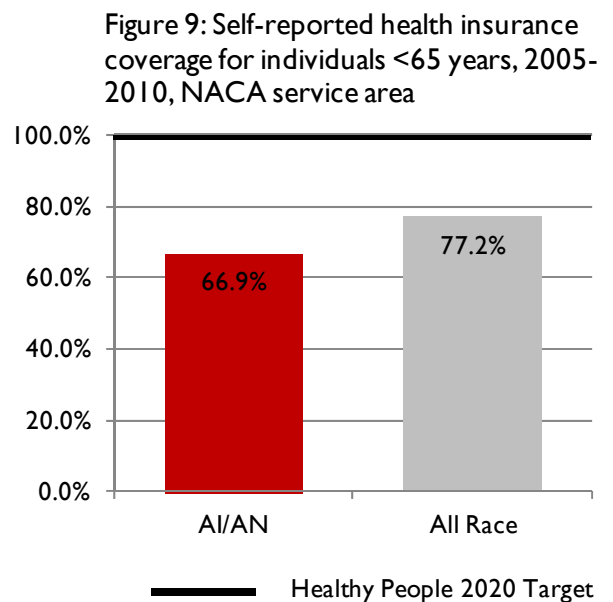
Compared with those with medical insurance, those without medical insurance have higher mortality rates.<sup>7</sup> Individuals without medical insurance also are less likely to receive care and take longer to return to health after an unintentional injury or the onset of a chronic disease compared with those who have medical insurance.<sup>8</sup>

In this service area, 66.9% of AI/ANs under the age of 65 report having medical insurance (including insurance through federal programs) compared with 77.2% of the general population.

**Healthy People 2020 Objective:**

Increase the proportion of people with medical insurance

**Target: 100%**

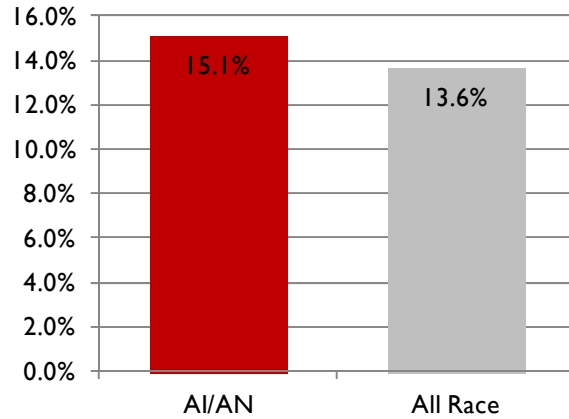


Source: CDC, Behavioral Risk Factor Surveillance System

### Affordable Care

Cost is just one of several reasons why people may be unable to obtain needed healthcare. In this service area, 15.1% of AI/ANs and 13.6% of the general population report being unable to see a doctor because of cost.

Figure 10: Could not see a doctor because of cost in the past year, 2005-2010, NACA service area



Source: CDC, Behavioral Risk Factor Surveillance System

**Healthy People 2020 Objective:**

Reduce the percentage of people who delayed or did not obtain medical care

*The Healthy People 2020 objective considers any reason that a person was not able to obtain medical care. This graph only shares information about cost as a barrier to obtaining medical care.*

### Usual Primary Care Provider

Figure 11: Has personal health care provider(s), 2005-2010, NACA service area



Individuals with a usual source of primary care are more likely to receive preventative services.<sup>9</sup> In this service area, 66.8% of AI/ANs and 69.4% of the general population identified one or more providers from whom they usually receive care.

**Healthy People 2020 Objective:**

Increase the proportion of persons with a usual primary care provider.

**Target: >83.9%**

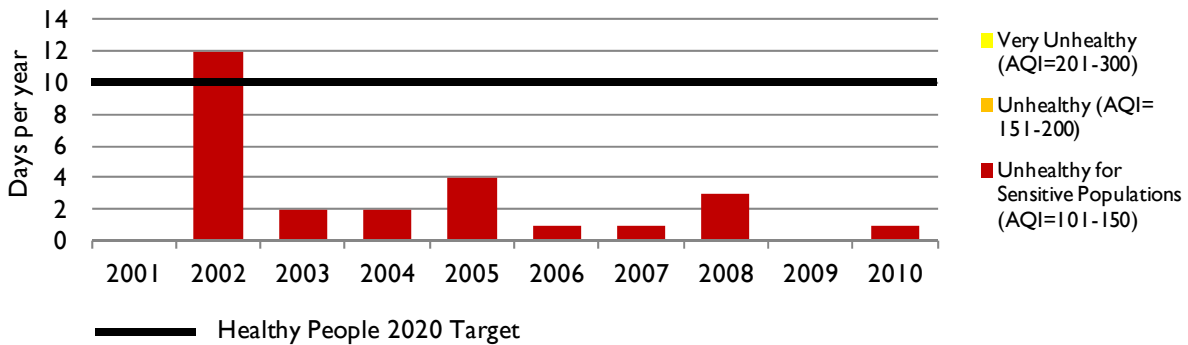
Source: CDC, Behavioral Risk Factor Surveillance System

# ENVIRONMENTAL HEALTH

High levels of air pollutants can aggravate asthma and other pre-existing lung conditions.<sup>10</sup> Long-term exposure to pollutants in the air can cause permanent lung damage and an increased risk of cardiovascular disease.<sup>10</sup> In this section we describe the air quality in this service area. We also describe the proportion of the population with asthma, a subgroup that is vulnerable to illness due to poor air quality.

## Air Quality

Figure 12: Number of days with poor air quality, 2001-2010, NACA service area



Source: Environmental Protection Agency, AirNow

In 2010, there was one day with an Air Quality Index (AQI) over 100 in this service area. When the AQI is higher than 100, sensitive groups such as children, older adults and those with heart or lung disease are at greater risk of being affected by unsafe levels of pollutants.<sup>10</sup>

**Healthy People 2020 Objective:**

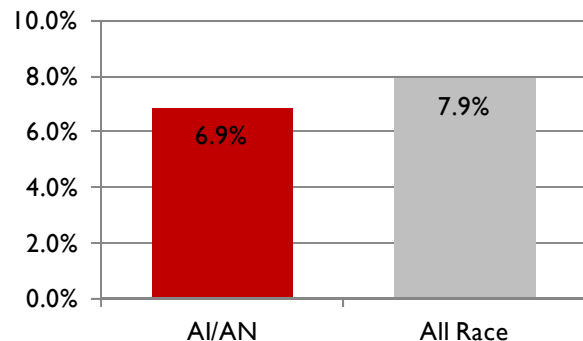
Reduce the number of days the Air Quality Index (AQI) exceeds 100

**Target: ≤ 10 days with an AQI over 100 each year**

## Asthma

In this service area, 6.9% of AI/ANs currently have asthma compared with 7.9% in the general population. Providing preventive treatment to those with asthma can help meet the Healthy People 2020 goal of reducing days of school and work missed, hospitalizations and deaths due to asthma.

Figure 13: Currently has asthma, 2005-2010, NACA service area



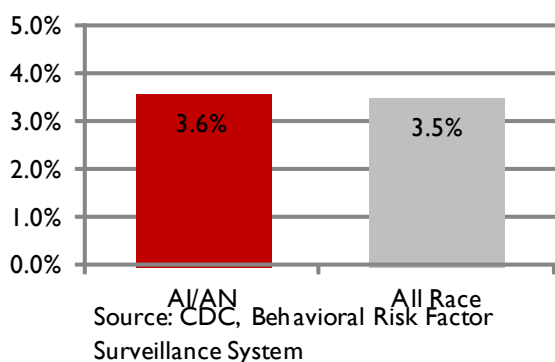
Source: CDC, Behavioral Risk Factor Surveillance System

## HEART HEALTH

Diseases of the heart are the leading cause of death in the United States in both the general population and among AI/ANs.<sup>11</sup> Although some risk factors for cardiovascular disease (e.g. genetics and age) cannot be controlled, changes to diet, smoking and adherence to medication can reduce mortality and recurrent events.<sup>12</sup> This section examines the prevalence of coronary heart disease and available data measuring modifiable cardiovascular disease risk factors in this service area.

### Heart Disease

Figure 14: Ever received a diagnosis of coronary heart disease, 2005-2010, combined UIHO service areas



Local coronary heart disease data are not available for this service area. In combined UIHO service areas, 3.6% of AI/ANs and 3.5% of the general population have ever received a diagnosis of angina or coronary heart disease from a health professional.

In the NACA service area, the heart disease mortality rate among AI/ANs is 114.2 per 100,000 (data not shown).<sup>13</sup> In the general population in this service area, the heart disease death rate is 162.6 per 100,000 (data not shown).<sup>13</sup>

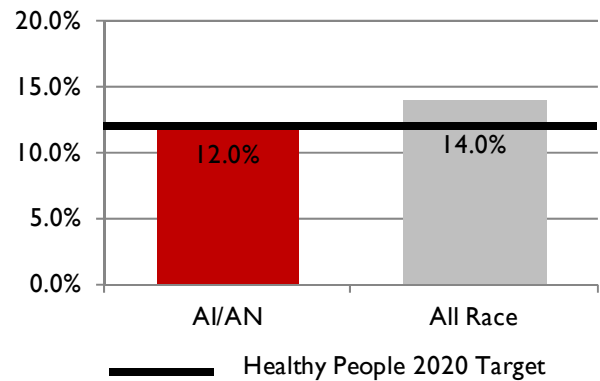
*Data Note: Racial misclassification in death records leads to an underestimation of mortality rates in AI/AN populations.<sup>3</sup>*

## Smoking

In this service area, 12.0% of AI/ANs and 14.0% of the general population are current smokers.

**Healthy People 2020 Objective:**  
Reduce tobacco use by adults  
**Target: <12.0%**

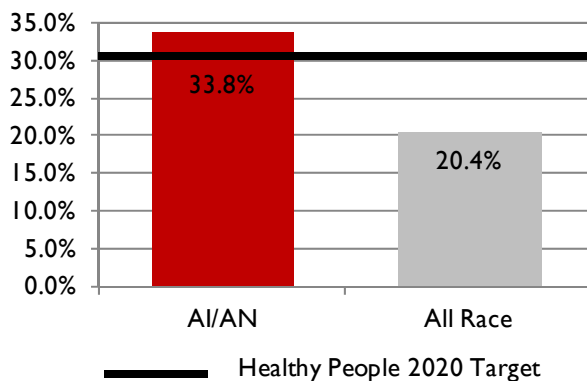
Figure 15: Current smoker, 2005-2010, NACA service area



Source: CDC, Behavioral Risk Factor Surveillance System

## Obesity

Figure 16: Currently obese, 2005-2010, NACA service area\*



Source: CDC, Behavioral Risk Factor Surveillance Survey

In this service area, the prevalence of obesity is higher among AI/ANs (33.8%) than in the general population (20.4%). This difference is statistically significant. The rising obesity epidemic has been attributed to both individual and community level factors such as the availability and price of healthy food and access to safe places to exercise.

**Healthy People 2020 Objective:**  
Reduce the proportion of adults who are obese  
**Target: < 30.6%**

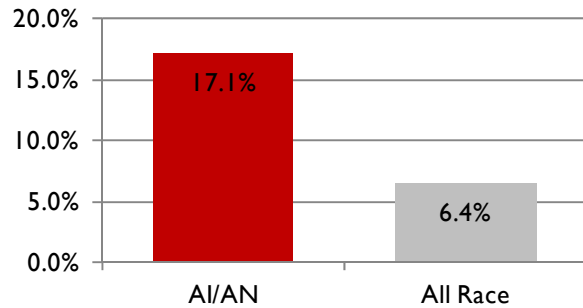
## Diabetes

Heart disease is one of many health concerns for individuals with diabetes. Those with diabetes have a 2-4 times greater risk of dying of heart disease or ischemic heart disease than those without diabetes.<sup>14</sup>

A higher percentage of AI/ANs (17.1%) living in this service area report having been told by a doctor that they have diabetes than the general population (6.4%). This difference is statistically significant. AI/ANs in this service area have a diabetes mortality rate of 36.1 per 100,000 (data not shown).<sup>13</sup> The diabetes mortality rate in the general population in this service area is 21.7 per 100,000 (data not shown).<sup>13</sup>

*Data Note: Racial misclassification in death records leads to an underestimation of mortality rates in AI/AN populations.<sup>3</sup>*

Figure 17: Ever recieved a diagnosis of diabetes, 2005-2010, NACA service area\*



Source: CDC, Behavioral Risk Factor Surveillance System



## MATERNAL AND CHILD HEALTH

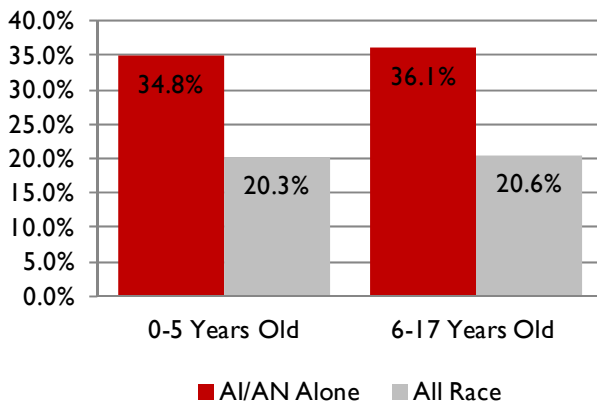
Social, economic, environmental and biologic factors interact to influence a child’s development. Many conditions during childhood, such as poverty, obesity or low infant birth weight, may impact a person throughout life.<sup>15</sup>

A mother’s age, level of education and use of prenatal care not only are associated with her child’s health, but also are important for her own health during pregnancy and delivery.<sup>16</sup>

Information about prenatal care and maternal smoking collected on birth certificates have changed, and some birth risk factors (e.g. prenatal care) are not available in every state for a five-year time period. Alternative maternal and child health indicators have been used in place of these where possible.

### Poverty Status

Figure 18: Children in households with income below poverty level, 2005-2009, NACA service area\*



Source: U.S. Census Bureau, American Community Survey

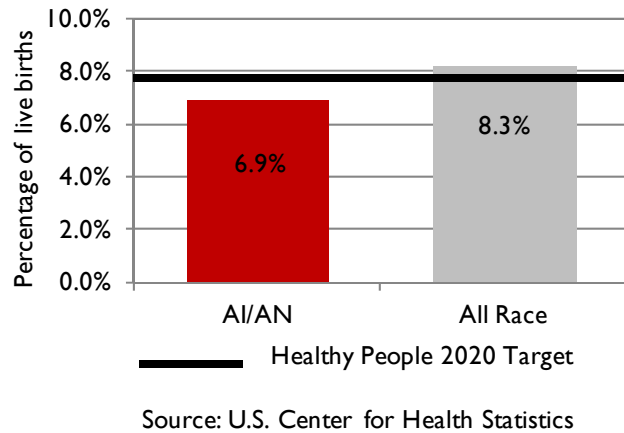
Poverty can impact many aspects of a child’s health and well-being. Children in poverty have lower academic achievement and higher rates of high-school dropout, accidents, injuries and food insecurity compared with their more affluent peers.<sup>15</sup> Additionally, living in poverty as a child can affect health throughout a person’s lifespan.<sup>15</sup> In this service area, 34.8% of AI/AN children under age six live in households below poverty level compared with 20.3% of children in the general population. Similarly, among children 6-17 years of age in this service area, a higher percentage of AI/ANs (36.1%) live in households below poverty level compared with all children (20.6%). These differences are statistically significant.

### Low Birth Weight

Compared with infants of normal weight, low birth weight infants, weighing less than 5 lb 8 oz (2,500 g), are more likely to have medical complications or die in their first year of life.<sup>17</sup> In this service area, 6.9% of AI/AN infants and 8.3% of infants of all races weighed less than 5 lb 8 oz (2,500 g) at birth.

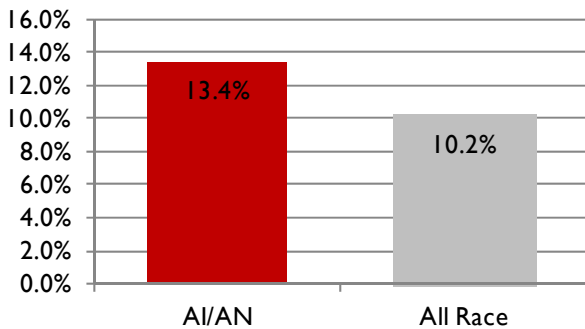
**Healthy People 2020 Objective:**  
 Reduce low birth weight  
**Target: < 7.8% of all infants weigh < 5 lb. 8 oz. at birth**

Figure 19: Birth weight < 5 lb 8oz (2,500 g), 2003-2007, NACA service area



### Teen Birth Rate

Figure 20: Births to mothers <20 years, 2003-2007, NACA service area\*



Source: U.S. Center for Health Statistics

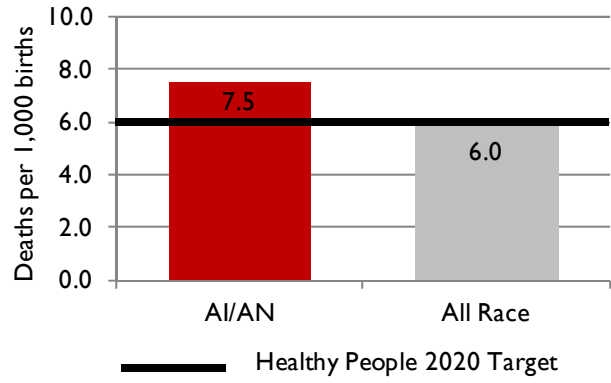
Infants of teenage mothers are more likely to be preterm and have higher death rates in the first year of life than infants of older mothers.<sup>18</sup> Of all AI/AN births in this service area, 13.4% are to mothers less than 20 years of age compared with 10.2% in the general population. This difference is statistically significant.

## Infant Mortality

Infant mortality measures the rate of death for children under the age of one. Local infant mortality data are unavailable for this service area. Among AI/ANs in combined UIHO service areas, the infant mortality rate is 7.5 per 1,000 live births compared with 6.0 per 1,000 live births in the general population. This difference is statistically significant.

**Healthy People 2020 Objective:**  
 Reduce the rate of all infant deaths (within 1 year)  
**Target: < 6.0 per 1,000 live births**

Figure 21: Infant mortality, 2002-2006, combined UIHO service areas\*



Source: U.S. Center for Health Statistics

## ALCOHOL USE

Alcohol-attributable deaths account for 12% of all AI/AN deaths in the United States.<sup>19</sup> These preventable deaths are due to both acute and chronic health effects of alcohol use. In this section we describe the rates of binge drinking and death relating to alcohol use.

### Binge Drinking

Binge drinking presents both immediate and long-term health risks such as cirrhosis of the liver, high blood pressure and alcohol poisoning.

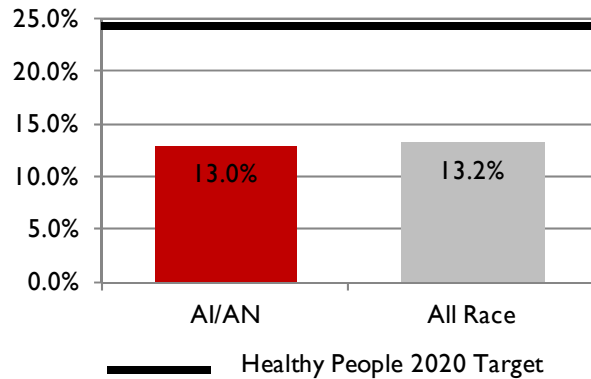
In this service area, 13.0% of AI/ANs and 13.2% of the general population report that they engaged in binge drinking in the past 30 days.

**Healthy People 2020 Objective:**

Reduce the proportion of persons engaging in binge drinking during the past month – adults aged 18 and older

**Target: < 24.3%**

Figure 22: Binge drinking in the past 30 days, 2005-2010, NACA service area



Source: CDC, Behavioral Risk Factor Surveillance System

*Data Note: Binge drinking is defined as five or more drinks on a single occasion for males and four or more drinks on a single occasion for females.*

### Mortality

Figure 23: Selected alcohol-associated mortality, 2003-2007, NACA service area\*

Cause of Death	AI/AN Mortality Rate (per 100,000)	All Race Mortality Rate (per 100,000)
Chronic liver disease and cirrhosis	32.5	16.5
Alcohol-induced death	22.3	9.5

Source: U.S. Center for Health Statistics

*Data Note: Alcohol-induced deaths do not include causes that are indirectly related to alcohol use, such as accidents, homicides or infant death due to fetal alcohol syndrome. Mortality rates are age-adjusted.*

*Racial misclassification in death records leads to an underestimation of mortality rates in AI/AN populations.<sup>3</sup>*

The chronic liver disease and cirrhosis death rate in this service area is 32.5 per 100,000 among AI/ANs. This rate is higher than the rate of 16.5 per 100,000 people in the general population. This difference is statistically significant.

The alcohol-induced death rate among AI/AN in this service area (22.3 per 100,000) is also higher than the rate in the general population (9.5 per 100,000). This difference is statistically significant.

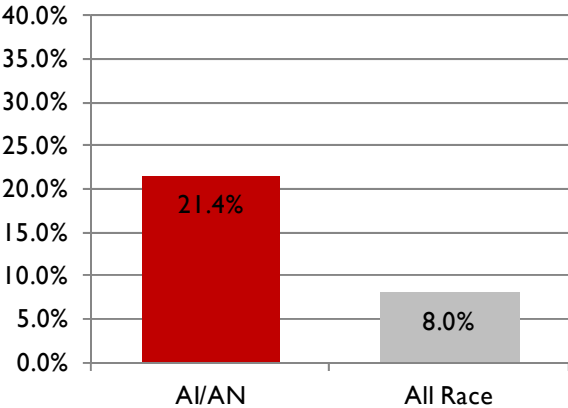
# MENTAL HEALTH AND WELLNESS

The World Health Organization defines health as a “state of complete physical, mental, and social well-being and not merely the absence of disease.”<sup>20</sup> This section describes suicide rates and data available from BRFSS assessing mental and social well-being: social support and frequent mental distress.

## Social Support

Social support has been linked to lower overall mortality rates.<sup>21</sup> The BRFSS measures social support by asking survey participants, “How often do you get the social and emotional support you need?” Compared with the general population (8.0%), a higher percentage of AI/ANs in this service area report rarely or never receiving the emotional and social support that they need (21.4%). This difference is statistically significant.

Figure 24: Rarely/never gets social/emotional support, 2005-2010, NACA service area\*



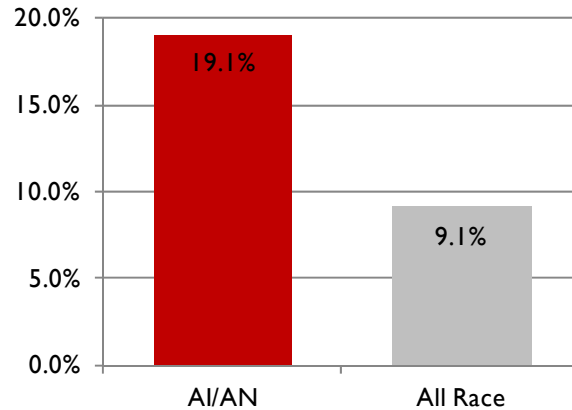
Source: CDC, Behavioral Risk Factor Surveillance System

## Mental Distress

The BRFSS collects data on mental distress by asking survey participants, “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?” Individuals reporting 14 days or more of poor mental health each month are described as experiencing frequent mental distress.

In this service area, 19.1% of AI/ANs report frequent mental distress compared with 9.1% of the general population.

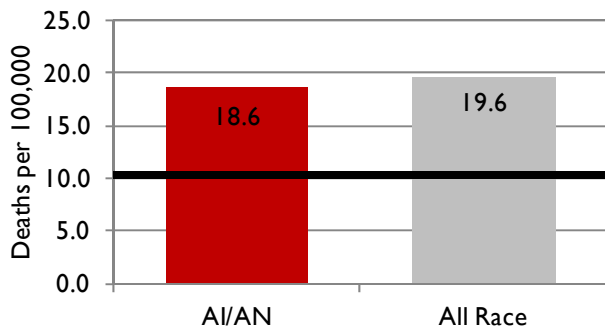
Figure 25: At least 14 poor mental health days in the past 30 days, 2005-2010, NACA service area



Source: CDC, Behavioral Risk Factor Surveillance System

## Suicide

Figure 26: Suicide, 2003-2007, NACA service area



— Healthy People 2020 Target

Source: U.S. Center for Health Statistics

In some cases severe mental distress or mental illness can lead to self-harm or suicide. In this service area, the rate of suicide among AI/ANs is 18.6 per 100,000. The suicide rate in the general population in this service area is 19.6 per 100,000.

*Data Note: Racial misclassification in death records leads to an underestimation of mortality rates in AI/AN populations.<sup>3</sup>*

### Healthy People 2020 Objective:

Reduce the number of suicides

**Target: <10.2 per 100,000**

## USING THIS REPORT

This community health profile examines the health of AI/ANs living in the service area of the Native Americans for Community Action, Inc. and presents data from the U.S. Census, the American Community Survey, the Behavioral Risk Factor Surveillance System, the U.S. Center for Health Statistics and the Air Quality System Data Mart. This report is the second community health profile published by the UIHI and will be updated on a regular basis.

Not all issues important to a community's health are included in this report. Locally collected data may provide additional information about the health of AI/ANs living in UIHO service areas. Data presented in this report may be most useful when combined with individual UIHO data; stories about patients and community members; and local surveillance or survey data, when available. The following examples suggest possible ways to use the data from this report to support the work of UIHOs:

### **Program Planning**

Data in this report can be used by UIHOs to identify health priorities, allocate resources and guide the development of new programs.

### **Grant Writing**

Data and figures in this report also may be useful to include as background information for grant applications. This information can illustrate existing health disparities in the AI/AN population compared with the general population or Healthy People 2020 targets. This report can be cited as the reference.

### **Identify Gaps in Data**

This report also may reveal current gaps in nationally collected data. For example, notably low mortality rates may indicate the need for improvements to race ascertainment in death records. State and regional linkage projects can help correctly classify AI/ANs in state death records.<sup>22</sup> Oversampling AI/ANs in national surveys is another way to improve data collection by providing sufficient statistical power to provide more stable estimates.

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Urban Indian Health Institute

A Division of the Seattle Indian Health Board

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