Health Theme

Issue Statement

Social and environmental conditions in Alaska create barriers to leading healthy lifestyles. The current lifestyle of many Alaskans is affecting their health and quality of life, resulting in higher health-care costs and decreased life expectancy. A high percentage of Alaska youth and adults are overweight or obese, potentially leading to issues such as diabetes, heart disease, cancer and high blood pressure.

Goals

1. Promote healthy food choices among Alaskans.
2. Increase the number of Alaskans engaged in regular physical activity.
3. Reduce the burden of living with chronic health conditions.
4. Reduce health risks related to unsafe drinking water, waste management and solid waste.

Goal 1: Promote healthy food choices among Alaskans.

Objective 1: Assess barriers to healthy food choices.

Strategy 1: Complete ongoing needs assessment in communities to identify barriers to healthy food choices.

Objective 2: Develop programs to overcome barriers to healthy food choices.

Strategy 1: Identify, adapt or create programming materials that address barriers to healthy food choices.

Strategy 2: Identify, adapt and create general nutrition education programs to increase knowledge of nutritional value, food quality and purchasing power. Incorporate these factors into existing programs such as EFNEP, ANEP, etc.

Objective 3: Increase knowledge of healthy food choices and incorporate into existing educational Extension programs.

Strategy 1: Connect with collaborators such as public health, public school nutrition programs and community-based youth outreach services to offer nutrition educational programs about healthy food choices.

Strategy 2: Implement culturally appropriate educational programs in healthy food choices.
Goal 2: Increase the number of Alaskans engaged in regular physical activity.

Objective 1: Assess barriers to physical activity.
   
   Strategy 1: Complete ongoing needs assessment in communities to identify barriers to physical activity.

Objective 2: Develop programs to overcome barriers to physical activity.
   
   Strategy 1: Identify, adapt or create programming materials that address barriers to physical activity.

Objective 3: Increase knowledge on the benefits of regular physical activity.
   
   Strategy 1: Connect with collaborators to offer educational programs about the benefits of physical activity.
   
   Strategy 2: Implement appropriate educational programs in physical activity.

Goal 3: Reduce the burden of living with chronic health conditions.

Objective 1: Identify, adapt and create programs that provide guidance for living with chronic health conditions.
   
   Strategy 1: Implement programming, including train-the-trainer models that provide guidance for living with chronic health conditions.

Goal 4: Reduce health risks related to unsafe drinking water, waste management and solid waste.

Objective 1: Identify, adapt or create programs that promote safe drinking water for households and nonpublic water systems.
   
   Strategy 1: Provide information and programming on safe drinking water for households and nonpublic water systems.

Objective 2: Identify, adapt or create programs that promote waste management for households.
   
   Strategy 1: Provide information and programming on waste management for households.

Objective 3: Identify, adapt or create programs that promote solid waste management for households and small communities.
   
   Strategy 1: Provide information and programming on solid waste management for households and small communities.