Adolescent Health
- Highlights -

- More than a third (40.8%) of Alaska Native adolescents have three or more adults in their lives that they can seek support from, a protective factor for negative health outcomes.

- Nearly a third (30.9%) of Alaska Native adolescents experienced a major depressive episode in the past year.

- 13.7% of Alaska Native adolescents report that they attempted suicide in the past year.

- One in five (21.2%) Alaska Native adolescents meets the recommended level of physical activity.

- Approximately 14.1% of Alaska Native adolescents are obese, and an additional 16.9% are overweight based on body mass index.

- Since 2003, cigarette smoking has decreased significantly among Alaska Native adolescents. About one in five (19.7%) currently smokes cigarettes, and about one quarter (24.9%) uses smokeless tobacco.

- Alcohol binge drinking among Alaska Native adolescents has also decreased significantly. Approximately 11.6% report binge drinking, and 19.2% report any amount of drinking in the past month.

- More than a quarter (26.1%) of Alaska Native adolescents report current marijuana use.

- One in ten (9.8%) Alaska Native adolescents has experienced intimate partner violence.
**Social Support**

**Definition**

Adolescent **social support** is defined as the estimated percentage of high school students in grades 9-12 who would feel comfortable seeking help from three or more adults besides their parents if they had an important question affecting their life.

**Objective**

Increase the percentage of adolescents (high school students in grades 9-12) with three or more adults (besides their parents) from whom they feel comfortable seeking help to 47%.

*Healthy Alaskans 2020, Leading Health Indicator #10*

**Summary**

- More than 40% of Alaska Native high school students reported having three or more adults they would be comfortable seeking help from in 2015.
- The percentage of Alaska Native high school students reporting social support has been relatively stable between 2003 and 2015.
- In all years shown, there was a lower percentage of Alaska Native students reporting social support compared with non-Native students, however this difference was not statistically significant.
- In 2015, adolescent social support ranged from 34.0% to 51.5% by tribal health region. Some regions have achieved the Healthy Alaskans 2020 goal.

**Adolescent Social Support, 2003-2015**

*Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System*

*Appendix Table C-94*
Alaska Native Adolescent Social Support by Tribal Health Region, 2011-2013
Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-95
**Depression**

**Definition**

Adolescent depression is defined as the estimated percentage of high school students in grades 9-12 who have ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

**Objective**

Reduce the percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past month to 23.0%.

*Healthy Alaskans 2020, Leading Health Indicator #8*

**Summary**

- Nearly one-third (30.9%) of Alaska Native high school students reported having sad or hopeless feelings that affected their usual activities in 2015.
- Alaska Native, Alaska Non-Native, and U.S. White high school students reported a similar prevalence of depression in 2015.
- In 2015, adolescent depression varied between 22.9% and 34.4% by tribal health region.

**Adolescent Depression, 2003-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-96

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Depression

**Definition**

Adolescent depression is defined as the estimated percentage of high school students in grades 9-12 who have ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

**Objective**

Reduce the percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past month to 23.0%.

*Healthy Alaskans 2020, Leading Health Indicator #8*

**Summary**

- Nearly one-third (30.9%) of Alaska Native high school students reported having sad or hopeless feelings that affected their usual activities in 2015.
- Alaska Native, Alaska Non-Native, and U.S. White high school students reported a similar prevalence of depression in 2015.
- In 2015, adolescent depression varied between 22.9% and 34.4% by tribal health region.

**Adolescent Depression, 2003-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-96
Alaska Native Adolescent Depression by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-97

- Data Suppressed
- 22% - 26%
- 27% - 29%
- 30% - 34%

Map showing the distribution of adolescent depression rates across different regions of Alaska.
**Suicide Attempts**

**Definition**
Adolescent *suicide attempts* is defined as the estimated percentage of high school students in grades 9-12 who tried to intentionally take their own life one or more times during the past 12 months.

**Summary**
- In 2015, almost 1 in 7 (13.7%) Alaska Native high school students attempted suicide one or more times during the past 12 months.
- Suicide attempts among Alaska Native students did not change significantly between 2003 and 2015.
- Alaska Native high school students reported significantly higher suicide attempts than U.S. White high school students in 2015, but did not differ significantly from Alaska Non-Native students.
- In 2015, adolescent suicide attempts ranged from 3.7% to 18.0% by tribal health region.

**Adolescent Suicide Attempts, 2003-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-98
Suicide Attempts

Alaska Native Adolescent Suicide Attempts by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C.99

*Note: Data Suppressed*
**Physical Activity**

**Definition**

*Physical activity* is defined as high school students, grades 9-12, who were physically active for a total of at least sixty minutes per day, including doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time. The recommended levels of physical activity for adolescents have changed during the years and data is shown for both the previous and current recommendations. The current recommendations are for sixty minutes of physical activity per day, every day of the week. The previous recommendations were for sixty minutes of physical activity per day, five days a week or more.

**Objective**

Increase the percentage of adolescents (high school students in grades 9-12) who do at least 60 minutes of physical activity a day, every day of the week, to 23%.

*Healthy Alaskans 2020, Leading Health Indicator #6.b*

**Summary**

- 21.2% of Alaska Native high school students reported engaging in the recommended level of physical activity in 2015.

- The percentage of Alaska Native high school student who met physical activity recommendations more than doubled between 2007 and 2015.

- The percentage of Alaska Native high school students who met physical activity recommendations were similar to Alaska Non-Native students but significantly lower than U.S. White students.

- In 2015, adolescent physical activity varied from 15.4% to 23.3% by tribal health region.

**Adolescent Physical Activity, 2007-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-100
Physical Activity

Alaska Native Adolescents Who Met Physical Activity Recommendations by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-101

<table>
<thead>
<tr>
<th>Region</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Interior</td>
<td>20.1% - 23%</td>
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<tr>
<td>Arctic Slope</td>
<td>23.1% - 23.4%</td>
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<tr>
<td>Northwest Arctic</td>
<td>20% - 23%</td>
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<td>Bristol Bay</td>
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<tr>
<td>Yukon-Kuskokwim</td>
<td>15% - 20%</td>
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<tr>
<td>Data Suppressed</td>
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</tr>
</tbody>
</table>
Definition

Adolescent obesity is the percentage of students in grades 9-12 with a Body Mass Index (BMI) equal to or greater than the age- and sex-specific 95th percentile.

Objective

Reduce the percentage of adolescents (high school students in grades 9-12) who meet the criteria for obesity (age- and sex-specific BMI of ≥ 95th percentile) to 10.0%.

Healthy Alaskans 2020, Leading Health Indicator #5.a.ii

Summary

- 14.1% of Alaska Native high school students were obese in 2015; 31% of Alaska Native high school students were obese or overweight.
- Obesity among Alaska Native high school students appears to have remained relatively stable between 2003 (13.7%) and 2015 (14.1%).
- There was no significant difference in obesity prevalence among Alaska Native, Alaska Non-Native, and U.S. White students in any year.
- In 2015, adolescent obesity varied from 7.7% to 19.4% by tribal health region.

Adolescent Obesity, 2003-2015

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-102
Alaska Native Adolescent Obesity by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-103
Overweight

Definition

Adolescent overweight is the percentage of students in grades 9-12 with a Body Mass Index (BMI) at the age- and sex-specific 85th percentile or greater, but not greater than the 95th percentile.

Objective

Reduce the percentage of adolescents (high school students in grades 9-12) who meet the criteria for overweight (age- and sex- specific BMI of ≥ 85th and <95th percentile) to 12.0%.

Healthy Alaskans 2020, Leading Health Indicator #5.a.i

Summary

• 16.9% of Alaska Native high school students were overweight in 2015; 31% of Alaska Native high school students were overweight or obese.

• The percentage of Alaska Native high school students who reported being overweight has fluctuated between 2003 and 2015.

• In 2015 there was no significant difference between the percentage of Alaska Native high school students who were overweight compared with Alaska Non-Native and U.S. White high school students.

• In 2015, overweight among Alaska Native adolescents varied from 15.8% to 21.3% by tribal health region.

Adolescent Overweight, 2003-2015

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-104
Alaska Native Adolescent Overweight by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-105

<table>
<thead>
<tr>
<th>Region</th>
<th>15% - 16%</th>
<th>17% - 19%</th>
<th>20% - 21%</th>
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<tr>
<td>Northwest Arctic</td>
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<td>Kodiak Area</td>
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<td>Aleutians &amp; Pribilofs</td>
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</tr>
<tr>
<td>Alaska Native Health Status Report</td>
<td>101</td>
<td></td>
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</table>
Current Smoking

**Definition**

Adolescent *current smoking* is defined as the percent of high school students in grades 9-12 who have smoked cigarettes on one or more of the past 30 days.

**Objective**

Reduce cigarette smoking by adolescents in grades 9-12 during the past month to 16.0%.

*Healthy People 2020, Goal TU-2.2*

**Summary**

- 19.7% of Alaska Native high school students currently smoked cigarettes in 2015.
- Current smoking decreased substantially among Alaska Native high school students between 2003 and 2015.
- Smoking prevalence was significantly higher among Alaska Native high school students compared with Alaska Non-Native students, but did not differ significantly from that of U.S. White students.
- In 2015, adolescent tobacco use varied from 10.6% to 35.8% by tribal health region.

**Adolescent Current Smoking, 2003-2015**

*Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System*

*Appendix Table C-106*
Current Smoking

Alaska Native Adolescent Current Smoking by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-107
**Smokeless Tobacco Use**

**Definition**
Adolescent *smokeless tobacco use* is defined as the percent of high school students in grades 9-12 who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

**Objective**
Reduce spit tobacco use by adolescents in grades 9-12 during the past month to 6.9%.

*Healthy People 2020, Goal T-U 2.3*

**Summary**
- 25% of Alaska Native high school students reported current use of smokeless tobacco in 2015.
- The 2015 prevalence of smokeless tobacco use among Alaska Native high school students did not differ significantly from the 2003 prevalence.
- In 2015 smokeless tobacco use among Alaska Native high school students was significantly higher than among Alaska Non-Native and U.S. White students in 2015.
- In 2015, adolescent smokeless tobacco use varied from 7.4% to 45.4% by tribal health region.

**Adolescent Smokeless Tobacco Use, 2003-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-108
Alaska Native Adolescent Smokeless Tobacco Use by Tribal Health Region, 2011-2013
Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-109

<table>
<thead>
<tr>
<th>Region</th>
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<td>Interior</td>
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<td>Arctic Slope</td>
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</tr>
<tr>
<td>Aleutians &amp; Pribilofs</td>
<td></td>
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</table>

Data Suppressed
Current Drinking

Definition
Adolescent current drinking is the estimated percentage of high school students in grades 9-12 who consumed at least one drink of alcohol on one or more of the past 30 days.

Objective
Reduce the proportion of adolescents reporting use of alcohol or any illicit drug during the past 30 days to 16.6%.
Healthy People 2020, Goal SA-13.1

Summary
• 19.2% of Alaska Native high school students reported current drinking in 2015.
• The percentage of Alaska Native high school students who reported current drinking was significantly lower in 2015 compared to 2003.
• In 2015, the percentage of Alaska Native high school students (19.2%) who reported current drinking was nearly half that of U.S. White students (35.2%).
• In 2015, adolescent drinking varied between 19.0% and 36.1% by tribal health region.

Adolescent Current Drinking, 2003-2015
Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System
Appendix Table C-110
ADOLESCENT HEALTH

Current Drinking

Alaska Native Adolescent Current Drinking by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-111
**ADOLESCENT HEALTH**

## Binge Drinking

### Definition

Adolescent *binge drinking* is the estimated percentage of high school students in grades 9-12 who consumed five or more drinks of alcohol in a row, within a couple of hours, on one or more of the past 30 days.

### Objective

Reduce the percentage of adolescents (high school students in grades 9-12) who report binge drinking in the past 30 days to 17%.

*Healthy Alaskans 2020, Leading Health Indicator #15.b*

### Summary

- 11.6% of Alaska Native high school students reported binge drinking in 2015.
- Binge drinking among Alaska Native high school students has decreased significantly between 2003 and 2015.
- The percentage of Alaska Native high school students (11.6%) who reported binge drinking was almost half that of U.S. White students (19.7%) in 2015.
- In 2015, adolescent binge drinking varied between 12.3% and 22.5% by tribal health region.

### Adolescent Binge Drinking, 2003-2015

*Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System*

*Appendix Table C-112*
Alaska Native Adolescent Binge Drinking by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-113
Marijuana Use

Definition
Adolescent marijuana use is defined as the estimated percentage of high school students in grades 9-12 who used marijuana on one or more of the past 30 days.

Objective
Reduce the proportion of adolescents (12 to 17 years) reporting the use of marijuana during the past 30 days to 6.0%.

Healthy People 2020, Goal SA-13.2

Summary
• More than a quarter (26.1%) of Alaska Native high school students reported current marijuana use in 2015.
• Marijuana use appears to have decreased among Alaska Native high school students since 2003 when more than a third of students reported using marijuana.
• A significantly higher percentage of Alaska Native students reported marijuana use compared with Alaska Non-Native students.
• In 2015, adolescent marijuana use varied between 23.4% and 41.2% by tribal health region.

Adolescent Marijuana Use, 2003-2015
Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System
Appendix Table C-114
ADOLESCENT HEALTH

Marijuana Use

Alaska Native Adolescent Marijuana Use by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-115
**Definition**

Among high school students in grades 9-12, *prescription drug abuse* is defined as having used a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription one or more times during their life.

**Summary**

- 13.2% of Alaska Native high school students reported having used prescription drugs without a doctor’s prescription in their lifetime in 2015.
- There was no significant difference between Alaska Native, non-Native, and U.S. White students in 2015.
- In 2015, adolescent prescription drug abuse ranged from 11.4% to 31.2% by tribal health region.

**Adolescent Prescription Drug Abuse, 2009-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-116
Prescription Drug Abuse

Alaska Native Adolescent Prescription Drug Abuse by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-117

Map showing the percentage of Alaska Native adolescents in each tribal health region who abused prescription drugs, categorized as follows:
- 11% - 15%
- 16% - 21%
- 22% - 31%

Data Suppressed
**Soda Consumption**

**Definition**
Among high school students in grades 9-12, *soda consumption* is defined as drinking soda or pop one or more times per day during the past seven days. Soda or pop includes drinks such as Coke or Pepsi and excludes diet sodas.

**Summary**
- 30.1% of Alaska Native high school students reported drinking soda daily in the past week in 2015.
- The percentage of Alaska Native high school students consuming soda was significantly higher compared with Alaska Non-Native and U.S. White students.
- In 2015, adolescent soda consumption varied from 9.9% to 41.0% by tribal health region.

**Adolescent Soda Consumption, 2007-2015**

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-118

![Graph showing soda consumption trends from 2007 to 2015 for Alaska Native, Alaska Non-Native, and U.S. White students.](image-url)
**Soda Consumption**

Alaska Native Adolescent Soda Consumption by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-119
**Definition**

Adolescent *sexual activity* is defined as the estimated percentage of high school students in grades 9-12 who have ever engaged in sexual intercourse.

**Summary**

- In 2015, less than half of Alaska Native high school students reported having ever engaged in sexual intercourse.
- Sexual activity among Alaska Native high school students has not changed significantly between 2003 and 2005.
- In 2015, Alaska Native students reported significantly higher sexual activity than Alaska Non-Native students, but it was not significantly different than U.S. White students.
- In 2015, adolescent sexual activity varied between 46.5% and 56.6% by tribal health region.

**Sexually Active Adolescents, 2003-2015**

*Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System*

Appendix Table C-120

![Bar Chart: Sexual Activity Trends 2003-2015](chart.png)

- **Alaska Native Students Statewide**
- **Alaska Non-Native Students Statewide**
- **U.S. White Students**
Sexually Active Alaska Native Adolescents by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-121
**Bullying**

**Definition**

Adolescent *bullying* is defined as the estimated percentage of high school students in grades 9-12 who were bullied on school property during the past 12 months. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.

**Summary**

- Approximately 25.5% of Alaska Native high school students were bullied on school property in 2015.

- There was no significant difference between the percentage of Alaska Native students who were bullied and Alaska non-Native or U.S. White students who were bullied between 2009 and 2015.

- Adolescent bullying ranged from 17.5% to 25.6% by tribal health region.

**Adolescent Bullying, 2009-2015**

Data Sources: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System

Appendix Table C-122
Alaska Native Adolescent Bullying by Tribal Health Region, 2011-2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-123

- Data Suppressed
- 17% - 19%
- 20% - 24%
- 25% - 26%
Intimate Partner Violence

Definition
Adolescent intimate partner violence is defined as the estimated percentage of high school students in grades 9-12 who have ever been physically hurt on purpose by someone they were dating or going out with during the past 12 months. Physically hurt includes being hit, slammed into something, or injured with an object or weapon.

Objective
Reduce the percentage of adolescents (high school students in grades 9-12) who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months to 8.0%.
Healthy Alaskans 2020, Leading Health Indicator #13

Summary
• Approximately 1 in 10 (9.8%) Alaska Native high school students reported having experienced intimate partner violence in 2015.
• The percentage of Alaska Native high school students who experienced intimate partner violence has remained relatively stable from 2003 to 2015.
• The prevalence of intimate partner violence among Alaska Native students is similar to that of Alaska Non-Native students and U.S. White students.
• Adolescent intimate partner violence ranged from 7.6% to 13.7% by tribal health region.

Adolescent Intimate Partner Violence, 2003-2015
Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System; Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System
Appendix Table C-124
Alaska Native Adolescent Intimate Partner Violence by Tribal Health Region, 2013

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System
Appendix Table C-125

- Data Suppressed
- 7% - 9%
- 10% - 14%