

# 2022 Community Needs Assessment



**RurAL CAP**  
Rural Alaska Community Action Program, Inc.



# 2022 Community Needs Assessment

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## **Rural Alaska Community Action Program, Inc.**

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The author would like to thank the entire staff of Rural Alaska Community Action Program, Inc. and every respondent to the Rural Housing and Community Needs surveys. Without their contributions and support, this document would not have been possible.

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## Introduction

Rural Alaska Community Action Program, Inc. (RurAL CAP), founded in 1965, is a private, statewide non-profit organization with a mission to empower low-income Alaskans through advocacy, education, affordable housing, and direct services that respect the unique values and cultures of communities in Alaska. For 58 years, RurAL CAP has expanded its services in response to emergent community needs identified through statistical trends, direct feedback from community partners, and Community Needs Assessments such as this.

With a staff of more than 550 Alaskans, in 64 communities across the state, we are the largest private nonprofit in the state with the most diversified approach to poverty reduction. Our vision aims to promote healthy people, sustainable communities, and vibrant cultures through diverse client services focused on early childhood education, community health and well-being, training and technical assistance, supportive housing, and quality affordable housing. As Alaska's only Community Action Agency, we empower low-income Alaskans by partnering with individual communities to support the achievement of their goals. Governed by a 24-member Board of Directors that represents the voices of those we serve in both urban and rural Alaska, our daily operations are guided by respect for people and continuous improvement by embracing results-oriented program outcomes.

To maintain Community Block Service Grant (CSBG) eligibility, inform decision-making, and practice Results Oriented Management and Accountability (ROMA), RurAL CAP conducted our Needs Assessment by looking at a number of variables. Data gathered by government and non-profit entities around population, income poverty, education, housing, healthcare, supplemented with responses from our own Community Needs Survey data on workforce development, healthcare access, and food security, present a statewide perspective of poverty in Alaska.



## Executive Summary

According to the United States Census Bureau, at least 10.8% or 77,336 Alaskans are currently living in poverty in a state of only 735,951 people. Rural communities only accessible by aircraft or seasonally dependent modes of transportation (such as boats, snowmobiles, or ATVs) are the most likely to be experiencing poverty. Illustrating the growing need of communities throughout the state, the number of Alaskans living in poverty has grown nearly 1% since 2018. This conservative estimate does not consider the many high costs associated with living in rural communities that influence access to quality housing, adequate food supplies, access to healthcare, and equitable availability of broadband internet connectivity.

This Community Needs Assessment provides a useful resource for other non-profit and public sector entities by collating a wide variety of data for public use. The unity of public, private, and state organizations working together can create a brighter future for Alaskans facing the challenges of poverty, discrimination, and other hardships that adversely affect their lives.

The following key findings will maximize RurAL CAP's effectiveness in achieving our vision of healthy people, sustainable communities, and vibrant cultures statewide:

- Kusilvak Census Area, Bethel Census Area, Yukon-Koyukuk Census Area, Nome Census Area, and Northwest Arctic Borough are regions of critical need. These five regions are experiencing high percentages of population in poverty, poor mental health, adults with poor or fair health, food insecurity, and substandard housing.
- Yukon-Koyukuk Census Area is both a critical need region and has a high percentage of Veterans (10.75%).
- Rural Alaska experiences higher rates of poverty, poor mental health, adults with poor or fair health, food insecurity, and substandard housing than urbanized counties.
- Alaska Native/Native American and Native Hawaiian/Pacific Islanders experience poverty at a disproportionately higher rate than white Alaskans.
- Children aged 0-4 are experiencing the highest rates of poverty amongst youth at 15.4% statewide.
- Alaska has the highest percentage of households lacking complete plumbing in the United States totaling 3.70%
- A majority of Alaskan counties reported at least 10% of their population was food insecure in 2020.
- Alaska's Deaths of Despair (deaths due to intentional self-harm, alcohol-related disease, and drug overdoses) rate is significantly higher than the national average at 64.0 per 100,00 people compared to 47.0 per 100,000 nationwide.



## Community Needs Survey

***“Mutual aid and local production is our goal. We need assistance to develop the infrastructure to support small scale agriculture.”***

*Community Needs Survey respondent from Nenana*

In February of 2023 Rural AL CAP launched a Community Needs Survey to gather household-level data on individualized, local needs in the areas of education, employment, workforce development, food security, and access to healthcare resources. A core element of this survey was to gather open-ended feedback on these topics to fill gaps in publicly available information.

The survey was open for two weeks in February of 2023 and received responses from 30 households. 19 Households were from communities on the road system and 11 were from communities off the road system in Alaska, only accessible by plane or alternative methods of transportation seasonally. This is an important distinction as the logistical challenges faced by off-road-system communities influence every aspect of life, from finding employment to accessing diverse healthcare options.

Results from this survey will be outlined throughout this document in their respective focus areas. The following section displays general demographic information gathered from survey respondents in these areas:

- Race and Ethnicity
- Tribal Enrollment
- Respondent Household Age Range Composition
- Number of Residents per Household
- Household Special Category Composition
- Languages spoken in CNS households

The following results from the Community Needs Survey can be found in their corresponding focus area deeper in this Community Needs Assessment:

- Workforce Development (Page 23)
- Higher Education Attainment (Page 27)
- Healthcare Access (Page 54)
- Food Security (Page 60)

## Community Needs Survey Demographics

We received responses from the following communities:

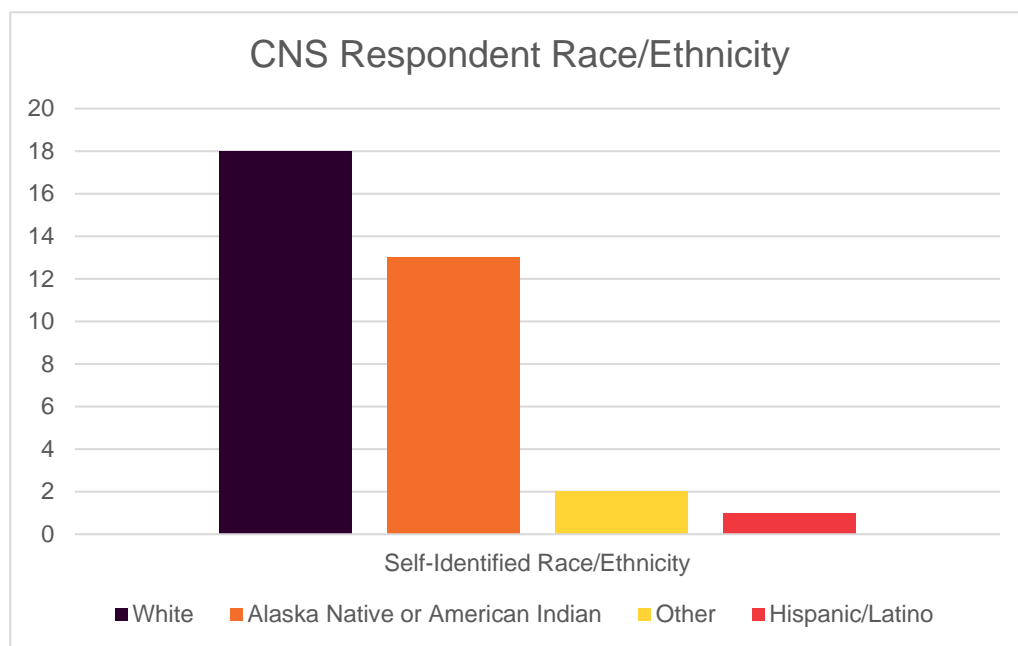
- |                         |                     |                  |
|-------------------------|---------------------|------------------|
| • Anchorage – 7         | • Kipnuk – 1        | • Nome – 1       |
| • Anderson – 1          | • Kodiak – 2        | • Selawik – 1    |
| • Gakona/Glennallen – 1 | • Kotlik – 1        | • Shishmaref – 1 |
| • Galena – 1            | • Mat-Su Valley – 2 | • Teller – 1     |
| • Haines – 3            | • Mosquito Lake – 1 | • Valdez – 1     |
| • Juneau – 1            | • Nenana – 3        | • Wales – 1      |



## Household Ethnicity

Self-Identified Household Member Race/Ethnicity	White	Black or African American	Hispanic/Latino	Alaska Native or American Indian	Native Hawaiian or Pacific Islander	Asian	Other
Number of Households Self-Identifying	18	0	1	13	0	0	2

When asked how they would describe their household's race/ethnicity 18 respondents self-identified as white, 1 Hispanic/Latino, 13 Alaska Native or American Indian, and 2 respondents self-identified as other. One respondent self-identified as Mixed with another self-identifying as Jewish. None of the respondents self-identified as Asian, Black or African American, or Native Hawaiian or Pacific Islander.



## Name of Enrolled or Principal Tribe (If applicable)

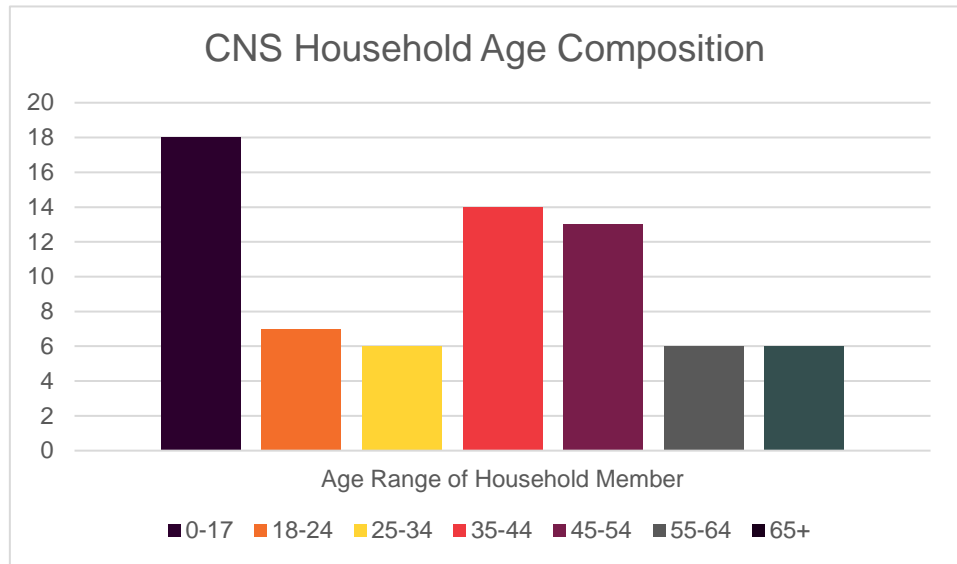
- 1 Ahtna
- 1 Curyung
- 1 Inupiaq
- 1 Louden Tribe
- 1 Native Village of Kipnuk
- 1 Native Village of Selawik
- 1 Native Village of Shishmaref
- 1 Native Village of Wales
- 1 Sun'aq Tribe of Kodiak
- 1 Sunaq
- 1 Teller



## Respondent Household Age Range Composition

Age Range	Age 0-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Households with members in this age range	18	7	6	14	13	6	6

When asked what ages groups make up their household's composition 18 respondents indicated they had children aged 0-17 in the home, 7 respondents indicated they had adults age 18-24, 6 respondents indicated they had adults age 25-34, 14 respondents indicated they had adults age 35-44, 13 respondents indicated they had adults age 45-54, 6 respondents indicated they had adults age 55-64, and 6 respondents indicated they had seniors 65 or older in their household.



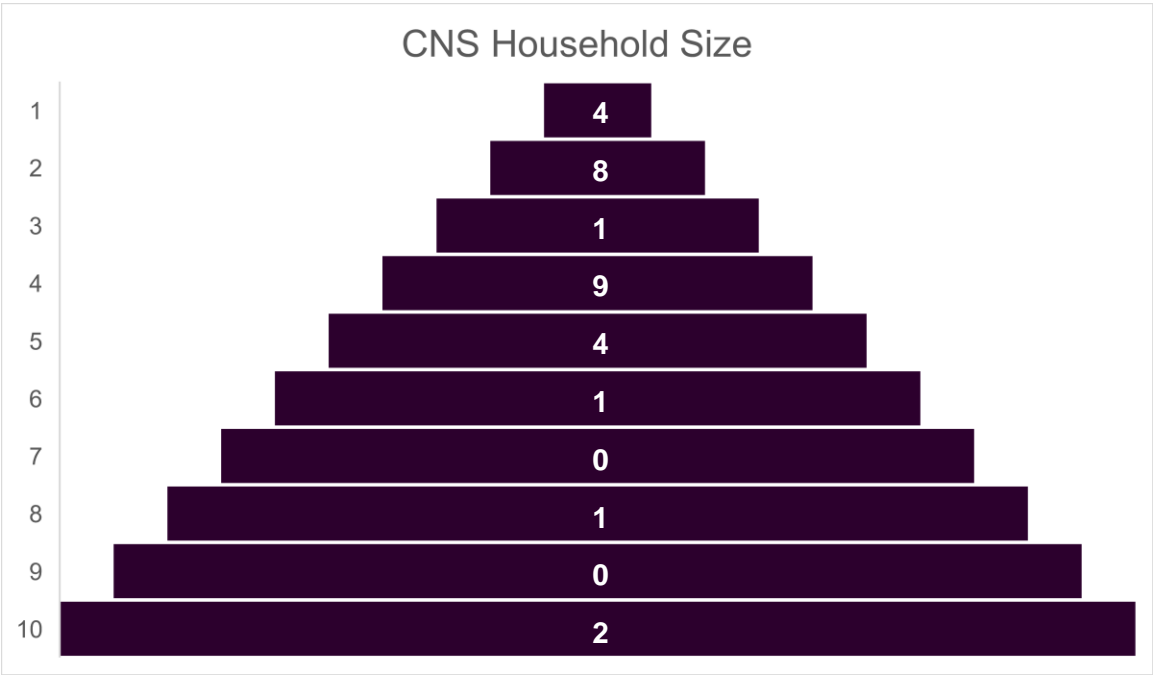




Number of People Residing In Each Household

Number of People in Household	1	2	3	4	5	6	7	8	9	10
Number of Households	4	8	1	9	4	1	0	1	0	2

When asked how many people reside in their household including children and themselves, 4 respondents indicated they were the only person in their household, 8 respondents indicated that 2 people resided in their household, 1 respondent indicated that 3 people reside in their household, 9 respondents indicated that 4 people reside in their household, 4 respondents indicated that 5 people reside in their household, 1 respondent indicated that 6 people reside in their household, 1 respondent indicated that 8 people reside in their household, and 2 respondents indicated that 10 people reside in their household.



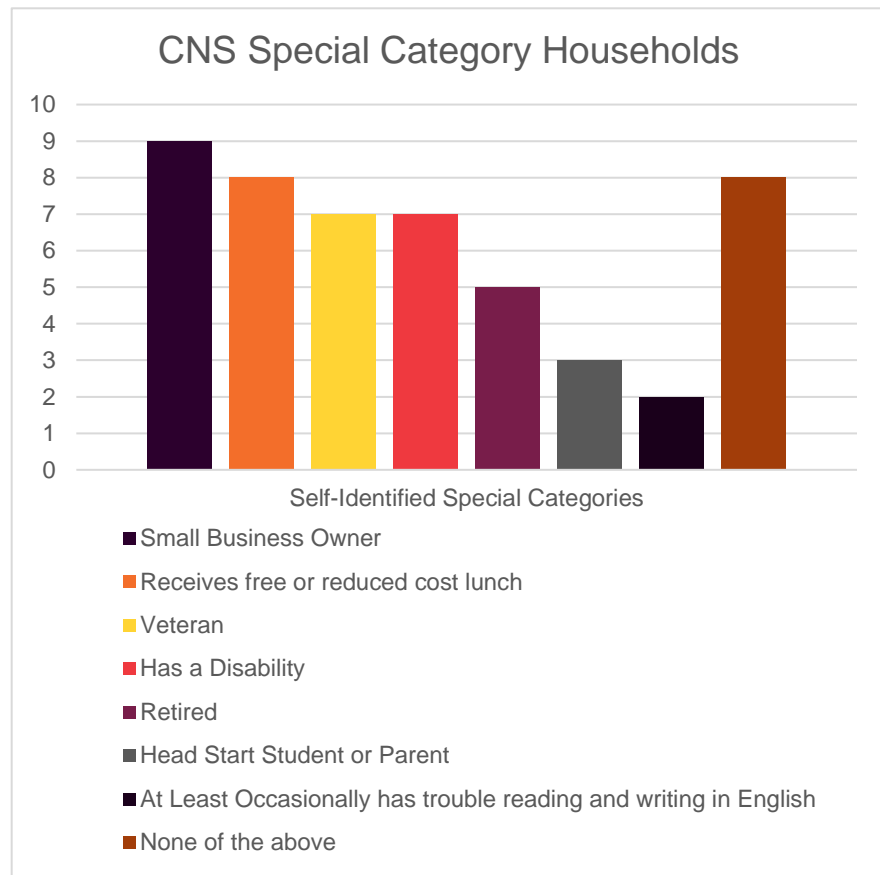


## Special Categories

Special Category	Small Business Owner	Receiving free or reduced cost lunch in school	Veteran	Disabled	Head Start Student or Parent	Retired	At least occasionally having trouble reading and writing in English	None of the Above
Households with people who self-identify as being in this category	9	8	7	7	3	5	2	8

When asked if they or anyone in their household self-identified as belonging in any of the following special categories, 7 respondents indicated a military veteran is part of their household, 3 respondents indicated a Head Start student or parent is part of their household, 8 respondents indicated someone receiving free or reduced-cost lunch is part of their household, 7 respondents indicated someone with a disability is part of their household, 9 respondents indicated a small business owner is part of their household, 2 respondents indicated that someone in their

household at least occasionally has trouble reading and writing in English, and 5 respondents indicated that someone in their household is retired.





## Language

When asked what languages are spoken in their home 26 out of 30 respondents replied with English. 1 Respondent replied with Inupiaq, 1 respondent replied with English and some Alutiiq, 1 respondent replied with English and Inupiaq, and 1 respondent replied with Yupik and English.





## Population

### Total Population

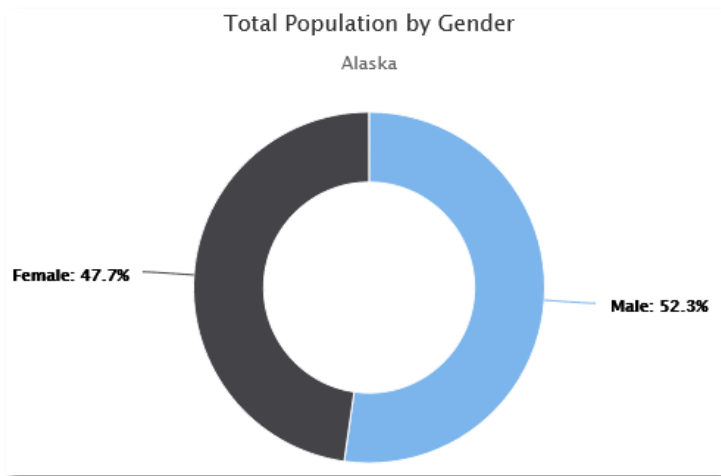
A total of 735,951 people live in the 571,023.03 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2017-21 5-year estimates. The population density for this area, estimated at 1 person per square mile, is less than the national average population density of 93 persons per square mile.

Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Alaska	735,951	571,023.03	1

Data Source: US Census Bureau, [American Community Survey](#). 2017-21. Source geography: Tract

### Total Population by Gender

Of all the population within the report area, the male population is 52.28%; the female population is 47.72%.



US Census Bureau, [American Community Survey](#). 2017-21.

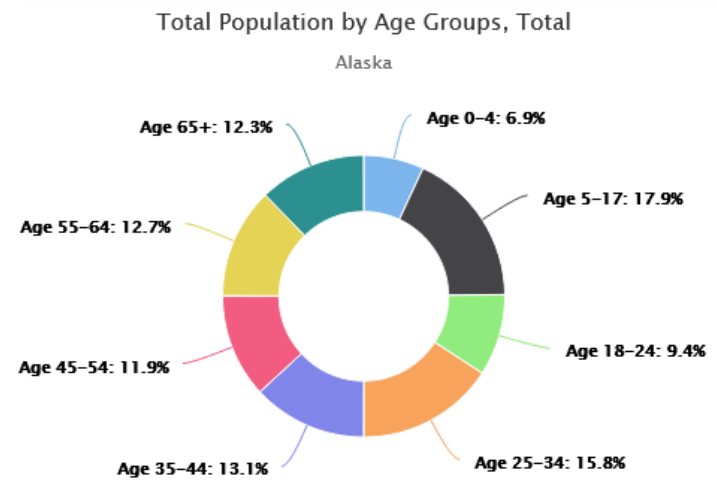
Report Area	Male	Female	Male, Percent	Female, Percent
Alaska	384,749	351,202	52.28%	47.72%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



## Total Population by Age Groups, Total

This indicator reports the total population of the report area by age groups.



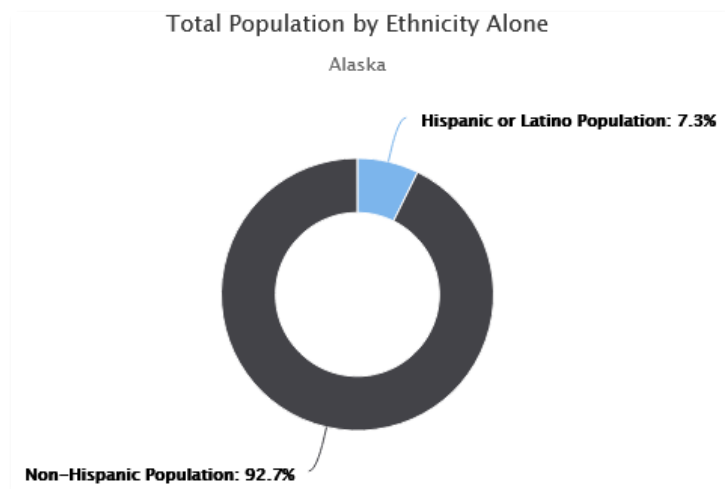
US Census Bureau, American Community Survey. 2017-21.

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Alaska	50,791	131,943	68,835	116,525	96,664	87,719	93,286	90,188

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

## Total Population by Ethnicity Alone

This indicator reports the total population of the report area by ethnicity alone.



US Census Bureau, American Community Survey. 2017-21.

Report Area	Total Population	Hispanic or Latino Population	Hispanic or Latino Population, Percent	Non-Hispanic Population	Non-Hispanic Population, Percent
Alaska	735,951	53,604	7.28%	682,347	92.72%
United States	329,725,481	60,806,969	18.44%	268,918,512	81.56%

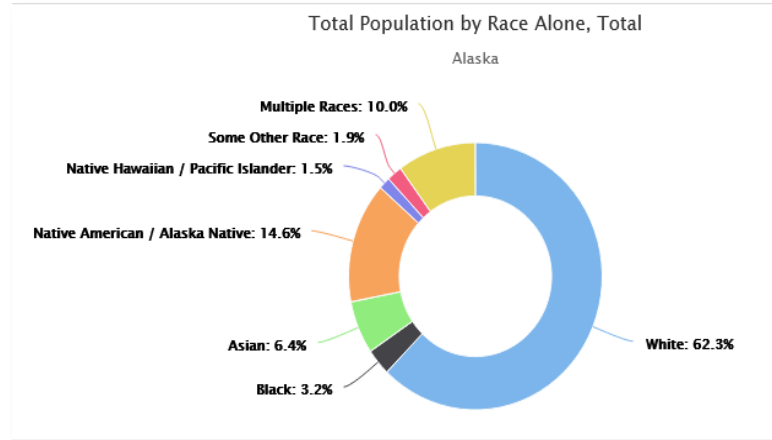
Data Source: US Census Bureau, [American Community Survey](#). 2017-21.





## Total Population by Race Alone, Total

This indicator reports the total population of the report area by race alone.



US Census Bureau, American Community Survey. 2017-21.

Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races
Alaska	458,520	23,721	47,213	107,531	10,766	14,254	73,946

Data Source: US Census Bureau, American Community Survey. 2017-21.

## Population with Any Disability

This indicator reports the percentage of the total civilian non-institutionalized population with a disability. The report area has a total population of 709,438 for whom disability status has been determined, of which 88,000 or 12.40% have any disability. This indicator is relevant because disabled individuals comprise a vulnerable population that requires targeted services and outreach by providers.

Report Area	Total Population (For Whom Disability Status Is Determined)	Population with a Disability	Population with a Disability, Percent
Alaska	709,438	88,000	12.40%

Note: This indicator is compared to national average.

Data Source: US Census Bureau, American Community Survey. 2017-21. Source geography: Tract

## Population with Any Disability by Age Group, Total

This indicator reports the proportion of the total civilian non-institutionalized population with a disability by age group.

Report Area	Under Age 18	Age 18-64	Age 65+
Alaska	7,061	48,726	32,213
United States	3,270,678	20,537,729	17,247,085

Data Source: US Census Bureau, American Community Survey. 2017-21.



## Families with Children

According to the most recent American Community Survey estimates, 33.46% of all occupied households in the report area are family households with one or more child(ren) under the age of 18. As [defined](#) by the US Census Bureau, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. A non-family household is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

Report Area	Total Households	Total Family Households	Families with Children (Age 0-17)	Families with Children (Age 0-17), Percent of Total Households
Alaska	260,561	170,981	87,195	33.46%
United States	124,010,992	80,755,759	37,558,302	30.29%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21. Source geography: Tract

## Family Households with Children by Ethnicity Alone

This indicator reports the total and percentage of family households with children by ethnicity alone.

The percentage values could be interpreted as, for example, "Of all the Hispanic or Latino family households in the report area, the percentage of households with children under 18 is (value)."

Report Area	Total Hispanic or Latino	Total Not Hispanic or Latino	Percent Hispanic or Latino	Percent Not Hispanic or Latino
Alaska	6,534	80,279	60.67%	50.11%
United States	7,869,826	29,510,577	61.43%	43.43%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

## Family Households with Children by Race Alone, Percent

This indicator reports the percentage of family households with children by race alone.

The percentage values could be interpreted as, for example, "Of all the white family households in the report area, the percentage of households with children under 18 is (value)."

Report Area	White	Black or African American	Native American or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Alaska	45.37%	58.77%	66.60%	61.22%	86.92%	57.45%	59.13%
United States	42.58%	54.94%	55.98%	51.31%	58.24%	62.12%	57.30%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



## Veteran Population

This indicator reports the percentage of the population age 18 and older that served (even for a short time), but is not currently serving, on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or that served in the U.S. Merchant Marine during World War II. Of the 533,140 population of the report area, 62,744 or 11.77% are veterans.

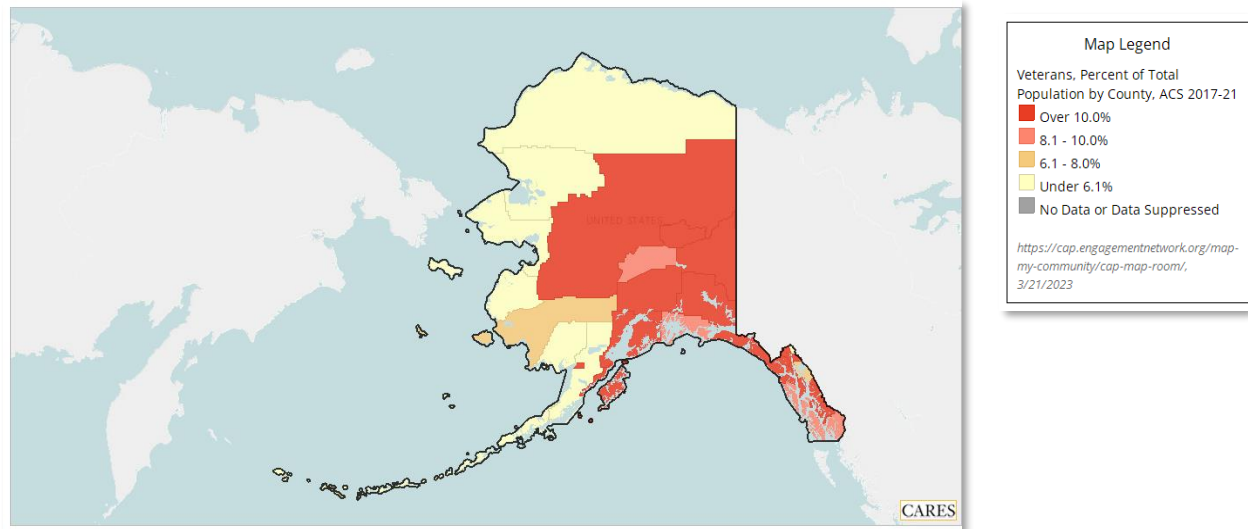
Alaska has a significantly higher percentage of veterans as a portion of its population compared to the US national average, indicating a greater need for Veteran specific programming to adequately support this group.

Report Area	Total Population Age 18+	Total Veterans	Veterans, Percent of Total Population
Alaska	533,140	62,744	11.77%
United States	254,296,179	17,431,290	6.85%

Data Source: US Census Bureau, [American Community Survey](#), 2017-21. Source geography: Tract

The top 5 regions with the highest percentage of veterans are:

- Southeast Fairbanks Census Region (15.5%)
- Fairbanks North Star Borough (15.25%)
- Matanuska-Susitna Borough (14.17%)
- Yakutat City and Borough (13.7%)
- Kodiak Island Borough (13.57%)

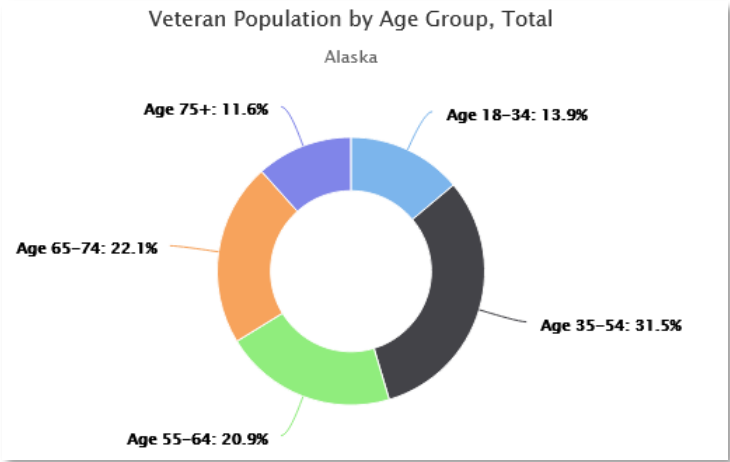


US Census Bureau, American Community Survey, 2017-21.



Veteran Population by Age Group, Total

This indicator reports the total veteran population in the report area by age group.



US Census Bureau, American Community Survey, 2017-21.

Report Area	Age 18-34	Age 35-54	Age 55-64	Age 65-74	Age 75+
Alaska	8,719	19,763	13,084	13,881	7,297



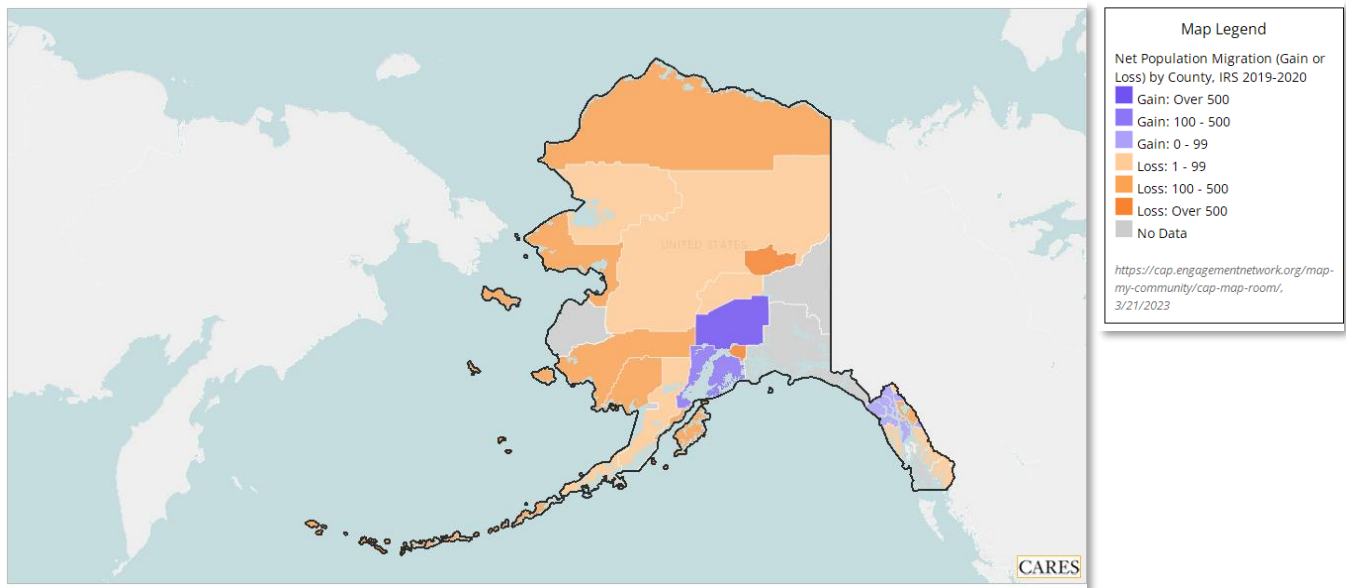
## Population Trends

From 2019-2020 only four regions of Alaska saw positive population migration growth, Matanuska-Susitna Bureau, Kenai Peninsula Bureau, Hoonah-Angoon Census Area, and Haines Borough. Even with a general reduction in population, Fairbanks, Anchorage, and Juneau still support most of the state's population. In 2021 Anchorage alone accounted for 39% of the state's population, or 288,121 people.

A troubling trend for the state of Alaska has been a nine-year-long decline in working-age population. According to research conducted by Eric Sandberg published in Alaska Economic Trends Magazine:

- Alaska's working age population will likely remain under its 2013 peak until 2030.
- Alaska's overall population is aging rapidly, with too low a number of births/in-migrations to balance it out in the short term.
- Rural working age population declines were extreme with Wrangell, Lake and Peninsula Borough, Bristol Bay Borough, and Yukon-Koyukuk Census Area seeing declines of over 20% of their 18-64 aged population.

The reduction in working age population will likely prove to be an obstacle for private and public sector organizations in Alaska. A lack of adequate staffing and skilled labor may lead to many crucial social service positions being left open, exacerbating current deficits in childcare access, healthcare access, and food assistance access.



US Census Bureau, American Community Survey, 2017-21.





## Employment & Income

### Current Unemployment

Labor force, employment, and unemployment data for each county in the report area is provided in the table below. Overall, the report area experienced an average 4.2% unemployment rate in December 2022.

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Alaska	357,502	342,533	14,969	4.2%
United States	165,456,929	160,031,490	5,425,440	3.3%

Note: This indicator is compared to national average.

Data Source: US Department of Labor, [Bureau of Labor Statistics](#). 2022 - December. Source geography: County

### Income Levels

Two common measures of income are Median Household Income and Per Capita Income based on American Community Survey 5-year estimates. Both measures are shown for the report area below.



Report Area	Median Household Income	Per Capita Income
Alaska	\$77,790	\$37,094
United States	\$64,994	\$35,384

Data Source: US Census Bureau, [American Community Survey](#). 2016-20. Source geography: County



## Poverty - Population Below 100% FPL

Poverty is considered a *key driver* of health status.

(U.S. Department of Health and Human Services)

Within the report area 10.43% or 75,016 individuals for whom poverty status is determined are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

*Note: The total population measurements for poverty reports are lower, as poverty data collection does not include people in group quarters. See Methodology for more details.*



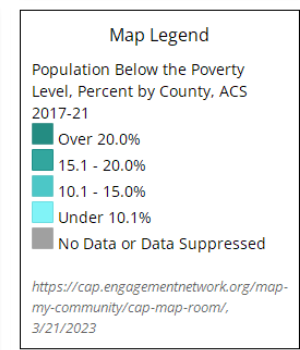
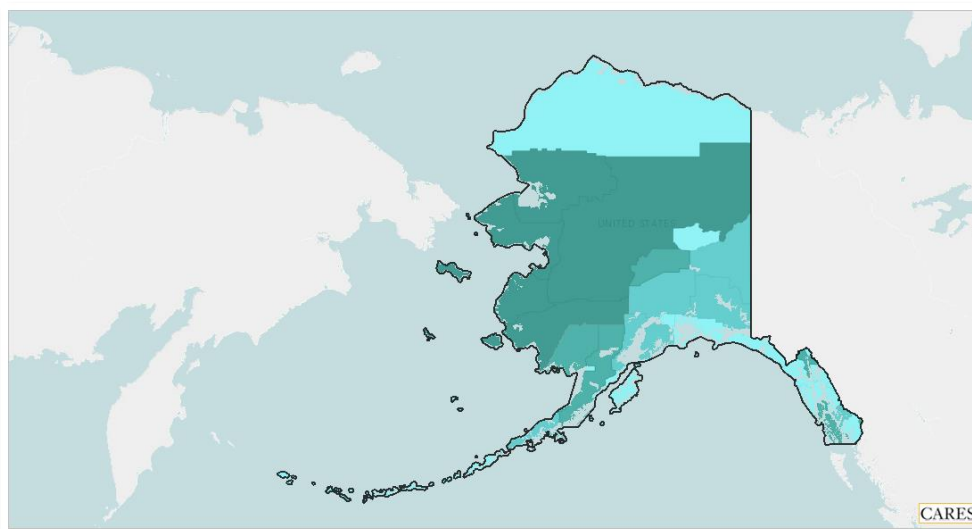
Report Area	Total Population	Population in Poverty	Population in Poverty, Percent
Alaska	719,086	75,016	10.43%
United States	321,897,703	40,661,636	12.63%

*Note: This indicator is compared to national average.*

*Data Source: US Census Bureau, American Community Survey, 2017-21. Source geography: Tract*

The five regions with the highest rates of poverty are:

- Kusilvak Census Area 36.64%
- Bethel Census Area 28.55%
- Yukon-Koyukuk Census Area 23.21%
- Nome Census Area 21.87%
- Northwest Arctic Borough 20.5%

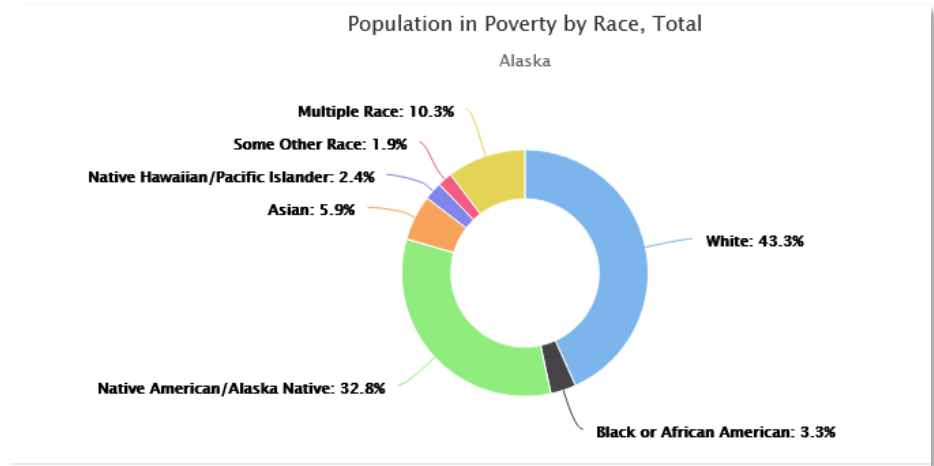


US Census Bureau, American Community Survey, 2017-21.



## Population in Poverty by Race, Total

This indicator reports the total population in poverty in the report area by race alone.



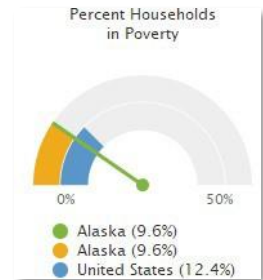
US Census Bureau, American Community Survey. 2017-21.

Report Area	Non-Hispanic White	Black or African American	Native American or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Race
Alaska	32,478	2,504	24,621	4,463	1,780	1,438	7,732

Data Source: US Census Bureau, American Community Survey. 2017-21.

## Households in Poverty

The number and percentage of households in poverty are shown in the report area. In 2021, it is estimated that there were 25,091 households, or 9.6%, living in poverty within the report area.



Report Area	Total Households	Households in Poverty	Percent Households in Poverty
Alaska	260,561	25,091	9.6%
United States	124,010,992	15,381,768	12.4%

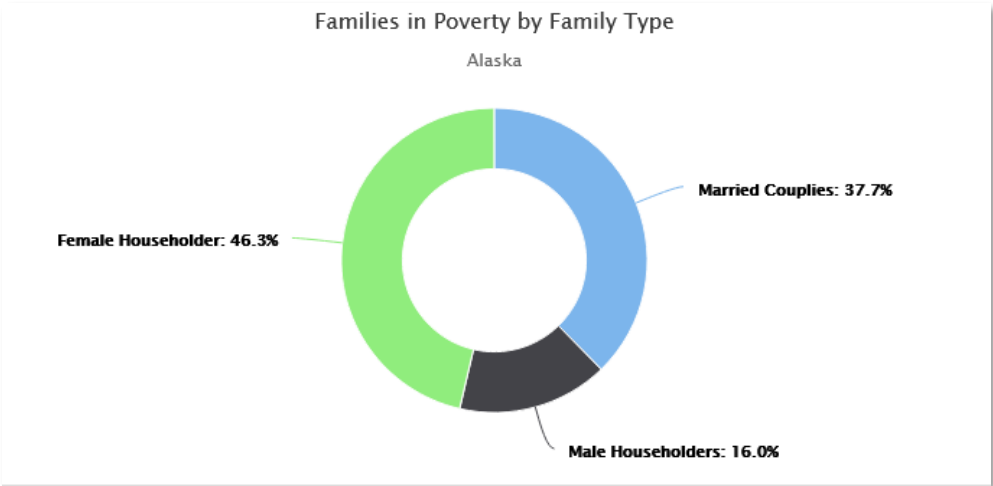
Note: This indicator is compared to national average.

Data Source: US Census Bureau, American Community Survey. 2017-21. Source geography: County



Families in Poverty by Family Type

The number of families in poverty by type are shown in the report area. According to ACS 2017-2021 5-year estimates for the report area, there were 12,206 families living in poverty.



US Census Bureau, American Community Survey, 2017-21.

Report Area	Total Families	Families in Poverty Total	Families in Poverty Married Couples	Families in Poverty Male Householder	Families in Poverty Female Householder
Alaska	170,981	12,206	4,602	1,947	5,657
United States	80,755,759	7,181,779	2,658,265	774,828	3,748,686

Data Source: US Census Bureau, American Community Survey, 2017-21. Source geography: County



Community Needs Survey - Workforce Development

*“Even though I was not a professional educator, I have mentored interns and apprentices for decades and believe that is the most important work I have ever done.”*

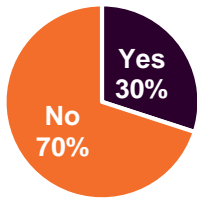
Community Needs Survey respondent from Haines

Ease of Securing Work

Is anyone in your household experiencing difficulties securing work?	Yes	No
Number of Households	9	21

When asked if anyone in their household was experiencing difficulties in securing work, 9 respondents replied yes, and 21 respondents replied no.

Is anyone in your household experiencing difficulties securing work?

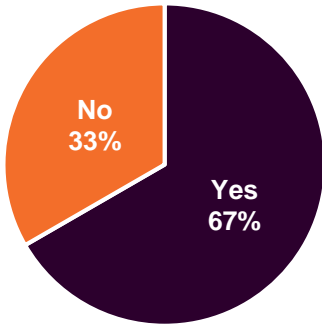


Accessibility of Job Trainings or Apprenticeship Programs

Does your household have access to job trainings or apprenticeships?	Yes	No
Number of Households	20	10

When asked if their household has access to job trainings or apprenticeships, 20 respondents replied yes, and 10 respondents replied no.

Does Your Household Have Access To Job Trainings or Apprenticeships





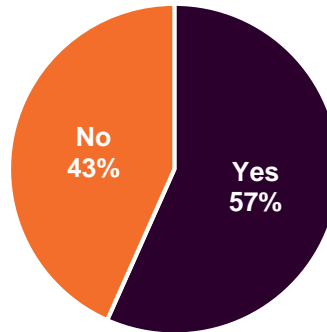


## Prior Attendance and Utility of Job Trainings

Has anyone in your household attended a training event?	Yes	No
Number of Households	17	13

When asked if anyone in their household had attended a training event, 17 respondents replied yes, and 13 respondents replied no.

Has Anyone In Your Household  
Attended A Training Event

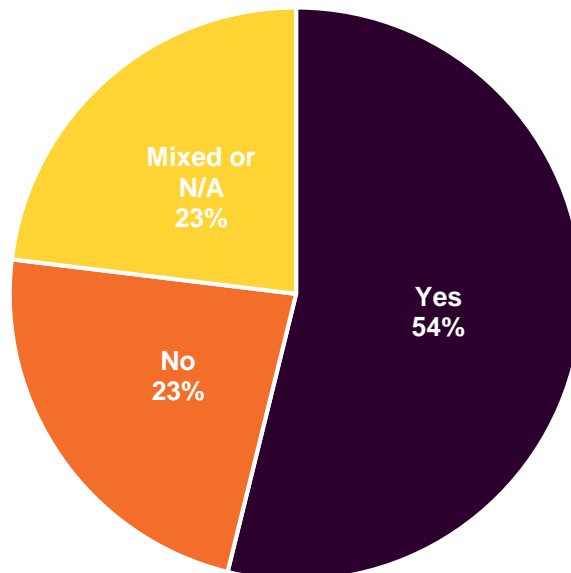


Was the job training helpful in securing work?	Yes	No	Mixed or N/A
Number of Households	7	3	3

Respondents who had answered “Yes” to the question of “If anyone in their household had attended a training event” were asked if that event was helpful in securing work and to explain why it was or wasn’t helpful. 7 respondents answered yes, 3 answered no, and 3 answered in a mixed or non/applicable manner.

The Mixed or N/A responses included one respondent stating the training event was for work they had already secured, one respondent stated “The training wasn’t for employment; it was to assist in community-building efforts locally,” and a third respondent stated “Summits, college workshops”.

Was The Training Helping In  
Securing Work





## Community Interest in Job Trainings

***“I would like to see all of these areas because building those capacities would strengthen our community and our economy.”***

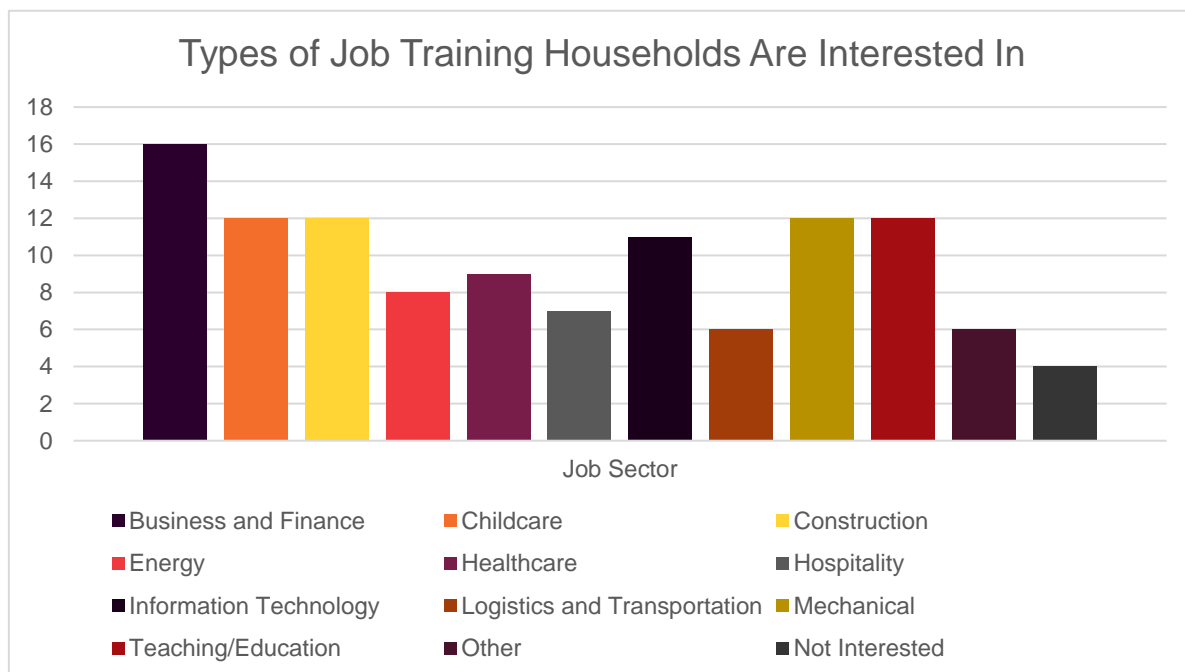
*Community Needs Survey respondent from Haines*

Types of Job Training	Construction	Energy	Mechanical	Business and Finance	Healthcare	Childcare	Hospitality	Teaching/ Education	Information Technology	Logistics and Transportation	Other	Not Interested
Number of Households Interested	12	8	12	16	9	12	7	12	11	6	6	4

When asked what types of job training or apprenticeships would you or your household like to see in your community 12 respondents selected Construction, 8 respondents selected Energy, 12 respondents selected Mechanical, 16 respondents selected Business and Finance, 9 respondents selected Healthcare, 12 respondents selected Childcare, 7 respondents selected Hospitality, 12 respondents selected Teaching/Education, 11 respondents selected Information Technology, 6 respondents selected Logistics and Transportation, 6 respondents selected Other, and 4 respondents selected Not Interested.

Other responses include:

- “I would like to see all of these areas because building those capacities would strengthen our community and our economy”
- Opportunities at the local businesses who have the most job security- Alyeska, etc.”
- “Social work/human services; suicide prevention; NARCAN training”
- “We participate in job trainings through our current employment”
- “Undecided”





Education

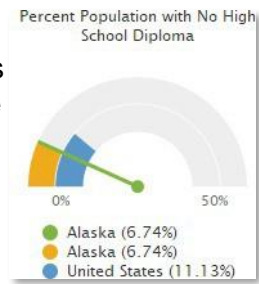
***“I think many young people would take advantage of the opportunity for further education. We have a high graduation rate (I think) and a large percentage of high school graduates go on to college. They want to come back, but the jobs aren’t here.”***

*Community Needs Survey respondent from Haines*

Attainment - Overview

Educational Attainment shows the distribution of the highest level of education achieved in the report area and helps schools and businesses to understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 years old and is an estimated average for the period from 2016 to 2021.

For the selected area, 19.1% have at least a college bachelor’s degree, while 28.5% stopped their formal educational attainment after high school.



Report Area	No High School Diploma	High School Only	Some College	Associates Degree	Bachelor's Degree	Graduate or Professional Degree
Alaska	6.74%	28.5%	25.6%	8.6%	19.1%	11.5%
United States	11.13%	26.5%	20.0%	8.7%	20.6%	13.1%

*Note: This indicator is compared to national average.*

*Data Source: US Census Bureau, American Community Survey, 2017-21. Source geography: County*



## Community Needs Survey – Higher Education Attainment

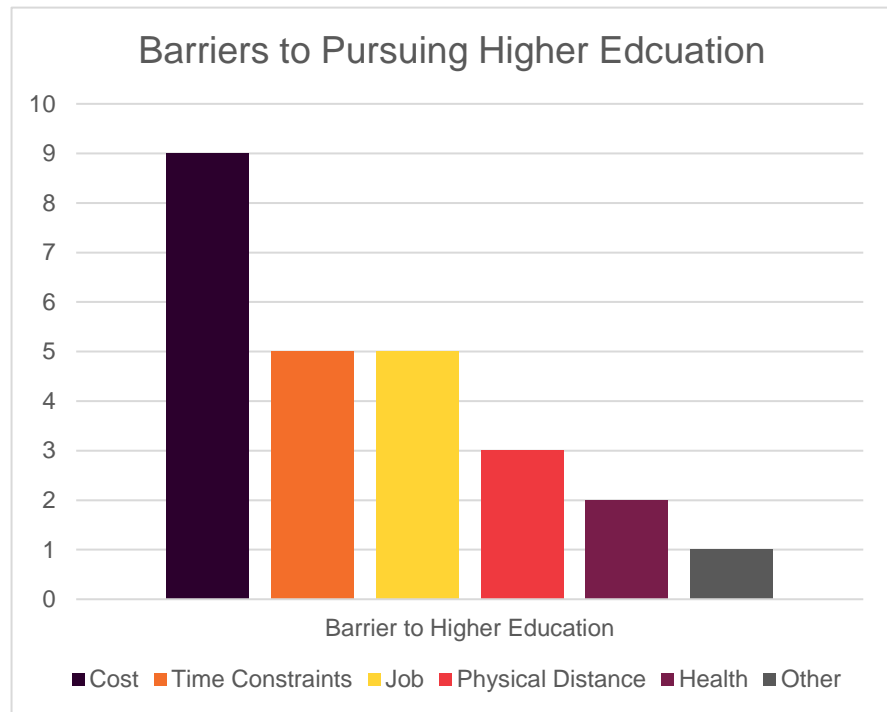
When asked if anyone in their household wanted to pursue higher education but was unable to 11 respondents stated yes, and 19 respondents state no.

Does anyone in your household want to pursue higher education but is unable to?	Yes	No
Number of Households	11	19

### Barriers to Higher Education

Barriers to accessing higher education	Cost	Time Constraints	Job	Physical Distance	Health	Other
Number of Households	9	5	5	3	2	1

9 responded that the cost of education is a barrier. 5 responded that time constraints are a barrier. 5 respondents indicated that their current job is a barrier. 3 respondents indicated that the physical distance between them and a higher education facility is a barrier. 2 respondents indicated that their health is a barrier, and 1 respondent listed “other”, describing parenting as the reason.





## Youth

### Child Poverty Rate (ACS) Ages 0-4

Population and poverty estimates for children age 0-4 are shown for the report area. According to the American Community Survey 5-year data, an average of 15.4% percent of children lived in a state of poverty during the survey calendar year. The poverty rate for children living in the report area is less than the national average of 18.5%.



Report Area	Ages 0-4 Total Population	Ages 0-4 In Poverty	Ages 0-4 Poverty Rate
Alaska	49,770	7,657	15.4%
United States	19,064,128	3,535,591	18.5%

Note: This indicator is compared to national average.

Data Source: US Census Bureau, [American Community Survey](#), 2017-21. Source geography: County

### Child Poverty Rate (ACS) Ages 5-17

Population and poverty estimates for children age 5-17 are shown for the report area. According to the American Community Survey 5-year data, an average of 12.3% percent of children lived in a state of poverty during the survey calendar year. The poverty rate for children living in the report area is less than the national average of 16.5%.



Report Area	Ages 5-17 Total Population	Ages 5-17 In Poverty	Ages 5-17 Poverty Rate
Alaska	129,254	15,876	12.3%
United States	53,931,937	8,907,833	16.5%

Note: This indicator is compared to national average.

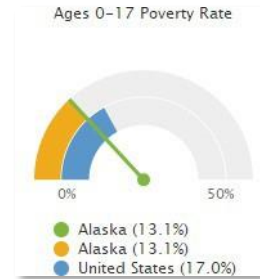
Data Source: US Census Bureau, [American Community Survey](#), 2017-21. Source geography: County





## Child Poverty Rate (ACS) Ages 0-17

Population and poverty estimates for children age 0-17 are shown for the report area. According to the American Community Survey 5-year data, an average of 13.1% percent of children lived in a state of poverty during the survey calendar year. The poverty rate for children living in the report area is less than the national average of 17.0%.



Report Area	Ages 0-17 Total Population	Ages 0-17 In Poverty	Ages 0-17 Poverty Rate
Alaska	179,024	23,533	13.1%
United States	72,996,065	12,443,424	17.0%

Note: This indicator is compared to national average.

Data Source: US Census Bureau, [American Community Survey](#). 2017-21. Source geography: County

## Children in Poverty by Race, Percent: Age 0 - 17

Report Area	Non-Hispanic White	Black or African American	Native American / Alaska Native	Asian	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Race
Alaska	7.71%	20.20%	28.15%	12.70%	21.37%	12.24%	10.62%
United States	10.39%	31.19%	30.15%	10.44%	23.20%	26.28%	17.74%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



## Access - Head Start

Head Start is a national program designed to help children from birth to age five who come from families at or below poverty level. The program's goal is to help children become ready for kindergarten while also providing the needed requirements to thrive, including health care and food support.

This indicator reports the number and rate of Head Start program facilities per 10,000 children under age 5. Head Start facility data is acquired from the US Department of Health and Human Services (HHS) 2022 Head Start locator. Population data is from the 2010 US Decennial Census. The report area has a total of 128 Head Start programs with a rate of 23.71 per 10,000 children under 5 years old.



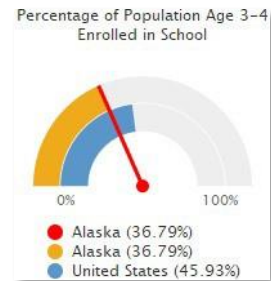
Report Area	Children Under Age 5	Total Head Start Programs	Head Start Programs, Rate (Per 10,000 Children Under Age 5)
Alaska	53,996	128	23.71
United States	20,426,118	21,511	10.53

Note: This indicator is compared to national average.

Data Source: US Department of Health & Human Services, [HRSA - Administration for Children and Families](#). 2022. Source geography: Address

## Access - Preschool Enrollment (Age 3-4)

This indicator reports the percentage of the population age 3-4 that is enrolled in school. This indicator helps identify places where preschool opportunities are either abundant or lacking in the educational system.



Report Area	Population Age 3- 4	Population Age 3-4 Enrolled in School	Population Age 3-4 Enrolled in School, Percent
Alaska	20,824	7,661	36.79%
United States	8,100,136	3,719,992	45.93%

Note: This indicator is compared to national average.

Data Source: US Census Bureau, [American Community Survey](#). 2017-21. Source geography: Tract



## Housing

### Households - Overview

This indicator reports the total number and percentage of households by composition (married couple family, nonfamily, etc.). According to the American Community Survey subject definitions, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption\*. A non-family household is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

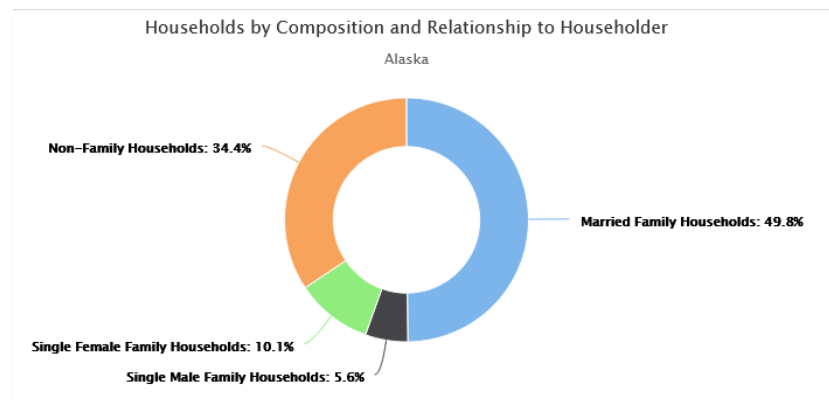
*\*Family households and married-couple families do not include same-sex married couples even if the marriage was performed in a state issuing marriage certificates for same-sex couples. Same sex couple households are included in the family households category if there is at least one additional person related to the householder by birth or adoption.*

Report Area	Total Households	Family Households	Family Households, Percent	Non-Family Households	Non-Family Households, Percent
Alaska	260,561	170,981	65.62%	89,580	34.38%
United States	124,010,992	80,755,759	65.12%	43,255,233	34.88%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21. Source geography: Tract

### Households by Composition and Relationship to Householder

This indicator reports households by composition and relationship to householder.



US Census Bureau, [American Community Survey](#). 2017-21.

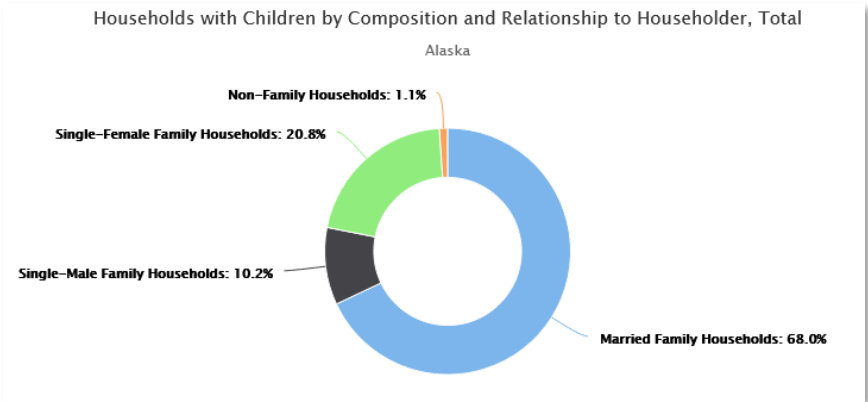
Report Area	Total Households	Married Family Households	Single Male Family Households	Single Female Family Households	Non-Family Households
Alaska	260,561	129,879	14,656	26,446	89,580
United States	124,010,992	59,331,185	6,151,295	15,273,279	43,255,233

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



Households with Children by Composition and Relationship to Householder, Total

This indicator reports the total number of households with children by composition and relationship to householder.



US Census Bureau, American Community Survey. 2017-21.

Report Area	All Household Types	Married Family Households	Single-Male Family Households	Single-Female Family Households	Non-Family Households
Alaska	88,146	59,909	8,961	18,325	951
United States	37,894,066	24,763,603	3,358,151	9,436,548	335,764

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

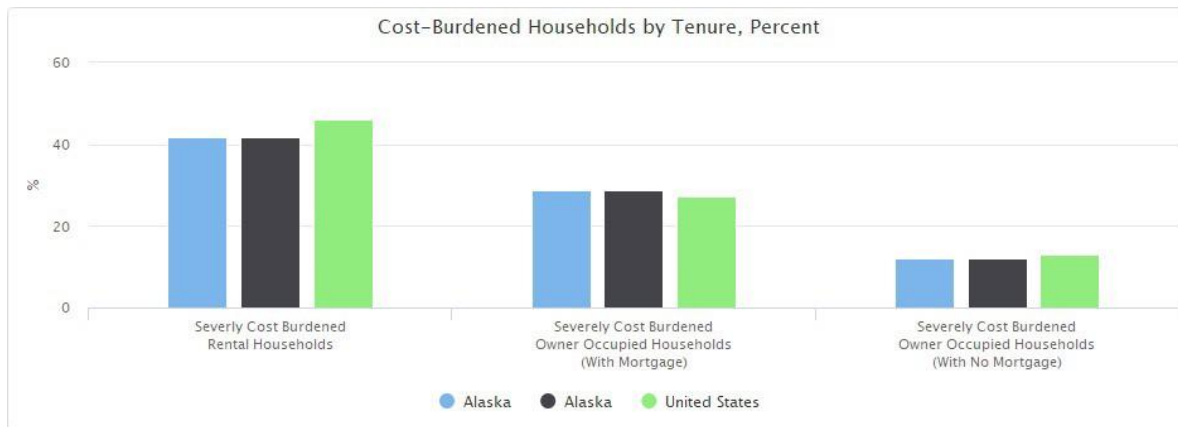


## Cost-Burdened Households by Tenure, Percent

These data show the percentage of households by tenure that are cost-burdened. Cost-burdened rental households (those that spent more than 30% of the household income on rental costs) represented 41.62% of all of the rental households in the report area, according to the U.S. Census Bureau American Community Survey (ACS) 2017-2121 5-year estimates. The data for this indicator is only reported for households where tenure, household housing costs, and income earned was identified in the American Community Survey.

Report Area	Rental Households	Rental Households Cost-Burdened, Percent	Owner-Occupied Households w/ Mortgage	Owner-Occupied Households w/ Mortgage Cost-Burdened, Percent	Owner-Occupied Households w/o Mortgage	Owner-Occupied Households w/o Mortgage Cost-Burdened, Percent
Alaska	89,354	41.62%	105,565	28.65%	65,642	12.04%
United States	43,858,831	45.99%	49,759,315	27.08%	30,392,846	13.09%

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.





## Housing Quality - Substandard Housing

This indicator reports the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions:

- 1) Lacking complete plumbing facilities
- 2) Lacking complete kitchen facilities
- 3) One or more occupants per each household room
- 4) Selected monthly owner costs as a percentage of household income greater than 30%
- 5) Gross rent as a percentage of household income greater than 30%.

Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living and housing can be considered substandard. Of the 260,561 total occupied housing units in the report area, 89,320 or 34.28% have one or more substandard conditions.



*A home in Quinhagak Alaska prior to being weatherized.*



Report Area	Total Occupied Housing Units	Occupied Housing Units with One or More Substandard Conditions	Occupied Housing Units with One or More Substandard Conditions, Percent
Alaska	260,561	89,320	34.28%
Aleutians East Borough, AK	914	207	22.65%
Aleutians West Census Area, AK	1,004	294	29.28%
Anchorage Municipality, AK	106,695	35,340	33.12%
Bethel Census Area, AK	4,520	2,771	61.31%
Bristol Bay Borough, AK	315	55	17.46%
Denali Borough, AK	531	192	36.16%
Dillingham Census Area, AK	1,372	701	51.09%
Fairbanks North Star Borough, AK	35,298	12,279	34.79%
Haines Borough, AK	773	329	42.56%
Hoonah-Angoon Census Area, AK	811	215	26.51%
Juneau City and Borough, AK	12,922	3,749	29.01%
Kenai Peninsula Borough, AK	22,768	6,916	30.38%
Ketchikan Gateway Borough, AK	5,487	1,940	35.36%
Kodiak Island Borough, AK	4,416	1,637	37.07%
Kusilvak Census Area, AK	1,815	1,172	64.57%
Lake and Peninsula Borough, AK	319	103	32.29%
Matanuska-Susitna Borough, AK	38,056	12,938	34.00%



Report Area	Total Occupied Housing Units	Occupied Housing Units with One or More Substandard Conditions	Occupied Housing Units with One or More Substandard Conditions, Percent
Northwest Arctic Borough, AK	1,756	954	54.33%
Petersburg Borough, AK	1,211	301	24.86%
Prince of Wales- Hyder Census Area, AK	2,310	635	27.49%
Sitka City and Borough, AK	3,439	1,120	32.57%
Skagway Municipality, AK	390	94	24.10%
Southeast Fairbanks Census Area, AK	2,127	703	33.05%
Wrangell City and Borough, AK	842	189	22.45%
Yakutat City and Borough, AK	216	40	18.52%
Yukon-Koyukuk Census Area, AK	1,899	1,046	55.08%
United States	124,010,992	39,049,569	31.49%

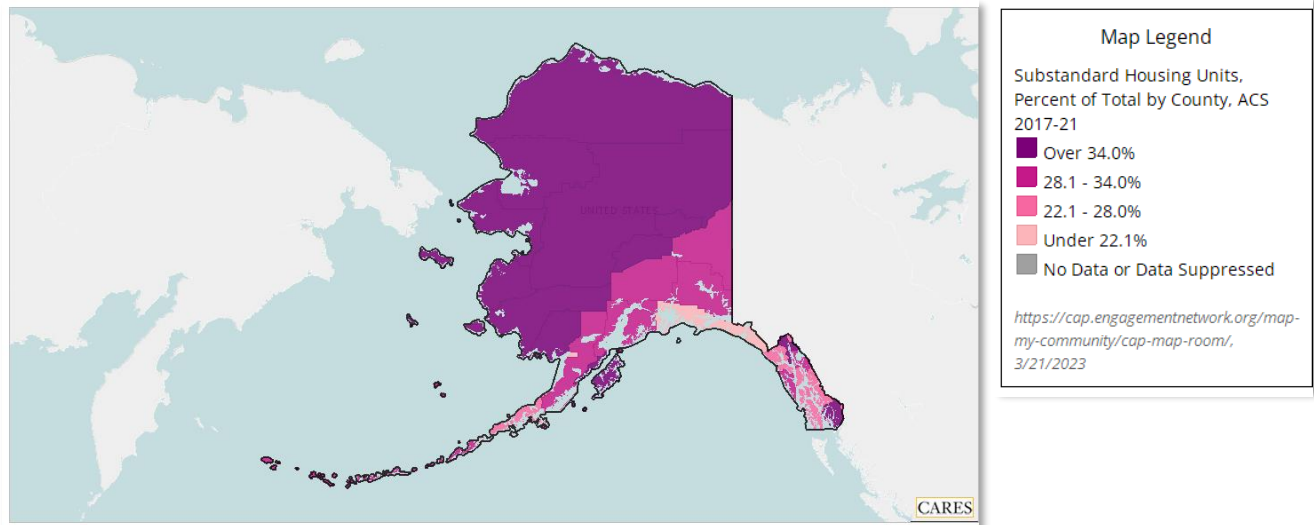
Note: This indicator is compared to national average.

Data Source: US Census Bureau, [American Community Survey](#), 2017-21. Source geography: Tract





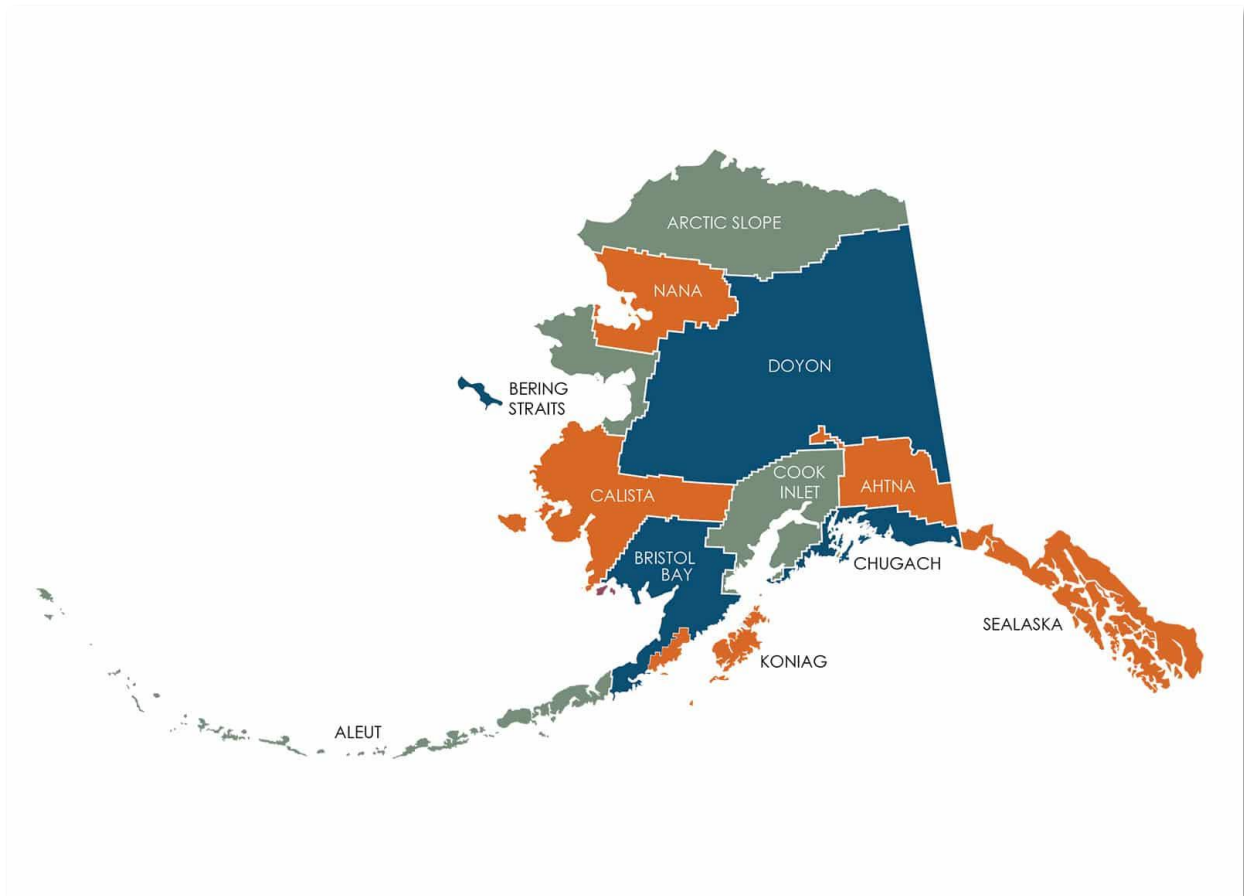
Substandard housing remains a critical issue throughout Alaska. Nationally Alaska has the highest percentage of households lacking complete plumbing by a wide margin at 3.70%, with New Mexico coming in second place at only 1.03% according to the US Census Bureau's American Community Survey 2017-21 estimates. In rural Alaska poor insulation quality in aging housing stock leads to excessive heating costs in winter contributing to overcrowding, food insecurity, and poverty.





## Overcrowding

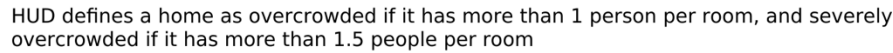
Alaska Housing Finance Corporation uses ANCSA Regions to define the areas of overcrowding they measure. The Alaska Native Claims Settlement Act of 1971 (ANCSA) divides the state into twelve regions that are managed by private for-profit Alaska Native regional corporations. The boundaries established by this act are the 12 ANCSA regions as displayed on this map for reference.



*ANCSA Regional Association*



Overcrowding Rates	Overcrowding in Hub vs. Non-Hub Communities
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(Alaska Housing Finance Corporation)



## Overcrowding by ANCSA Region



For the purposes of this report, a hub community is defined as a city or village that serves as transportation and commercial center that supports smaller villages. A hub community will also contain a significant portion of the population for a given region.

(Alaska Housing Finance Corporation)

Overcrowding remains a significant issue in rural Alaskan communities. A home is considered overcrowded if there are more than 1 person per room, and severely overcrowded if there's more than 1.5 people per room. Overcrowding correlates to lower rates of academic success for youth and poor health outcomes. In rural Alaska overcrowding is another form of homelessness, as even if housing stock is available, families may choose to live together in one structure to spread out the high costs of heating and energy.

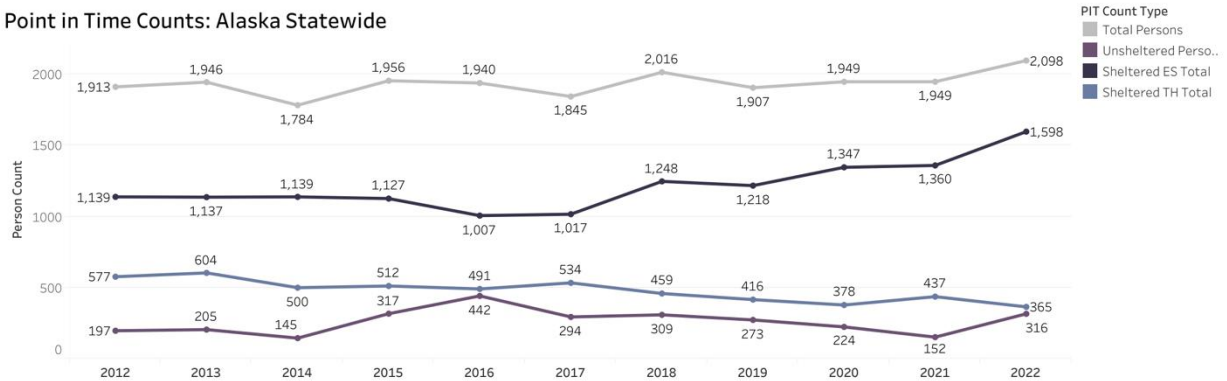


## Homelessness

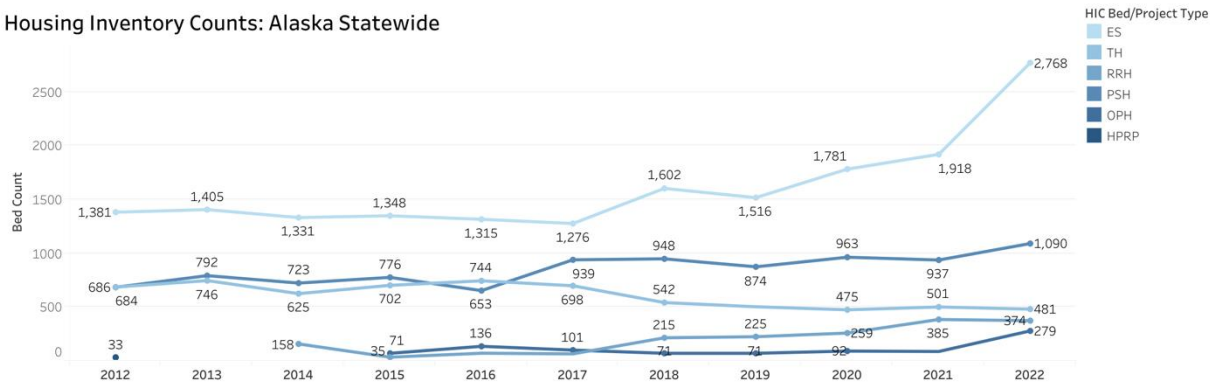
### Alaska PIT & HIC Since 2012

Select CoC  
Alaska Statewide

#### Point in Time Counts: Alaska Statewide



#### Housing Inventory Counts: Alaska Statewide



Institute for Community Alliances (ICA)

Alaska experienced a growth in the number of unhoused individuals after two years of no major change. Even as the total number of emergency shelter beds increased, the number of people accessing them has lagged behind. Homelessness is a critical issue in Alaska, particularly unsheltered homeless due to the long and harsh winters. When temperatures dip below freezing for months at a time, lack of access to emergency shelters and warming centers can lead to frostbite or death for people who are unhoused.



## Rural Housing Survey Data

In the summer of 2022 RurAL CAP surveyed communities throughout rural Alaska. Between June 13<sup>th</sup> to July 30<sup>th</sup> of 2022 228 calls were placed to rural communities for their feedback on what housing needs existed in their community, and what resources they could contribute to support the construction of new housing. A total of 733 Alaskans responded to this survey.

- 78% of respondents expressed the need for *new construction of larger single-family homes (2+ bedrooms)*
- 65.8% of respondents expressed the need for *repairs of existing homes, reducing the level of substandard*
- 59.5% of respondents expressed the need for *new construction of modest single-story homes ideal for 1-2 people*
- 32.5% of respondents expressed the need for *programs assisting with food insecurities*
- 30.2% of respondents expressed the need for *senior housing aged 55+*
- 24.7% of respondents expressed the need for *programs that support the educational needs of the community*
- 23.7% of respondents expressed the need for *public housing communities*
- 19.1% of respondents expressed the need for *occupational housing (teachers, hospital staff, etc.)*
- 19.2% of respondents expressed the need for *shelters (homeless and/or domestic violence)*
- 19.2% of respondents expressed the need for *owner-occupied/acquisition, Self-help rehabilitation.*
- 18% of respondents expressed the need for *temporary/transitional housing*
- 8.2% of respondents expressed the need for *other* forms of housing assistance

Communities indicated resources that could be contributed if partnering with RCAP.

- 42.3% indicated contributing *local labor*
- 22.4% indicated contributing *building site/land*
- 14.3% indicated contributing *utility access (access to watering point, sewer hookup)*
- 7.1% indicated contributing *funding* (currently available or able to assist with obtaining)
- 5.2% indicated contributing *other* forms of assistance
- 5.2% indicated contributing *locally sourced building materials (lumber or gravel)*

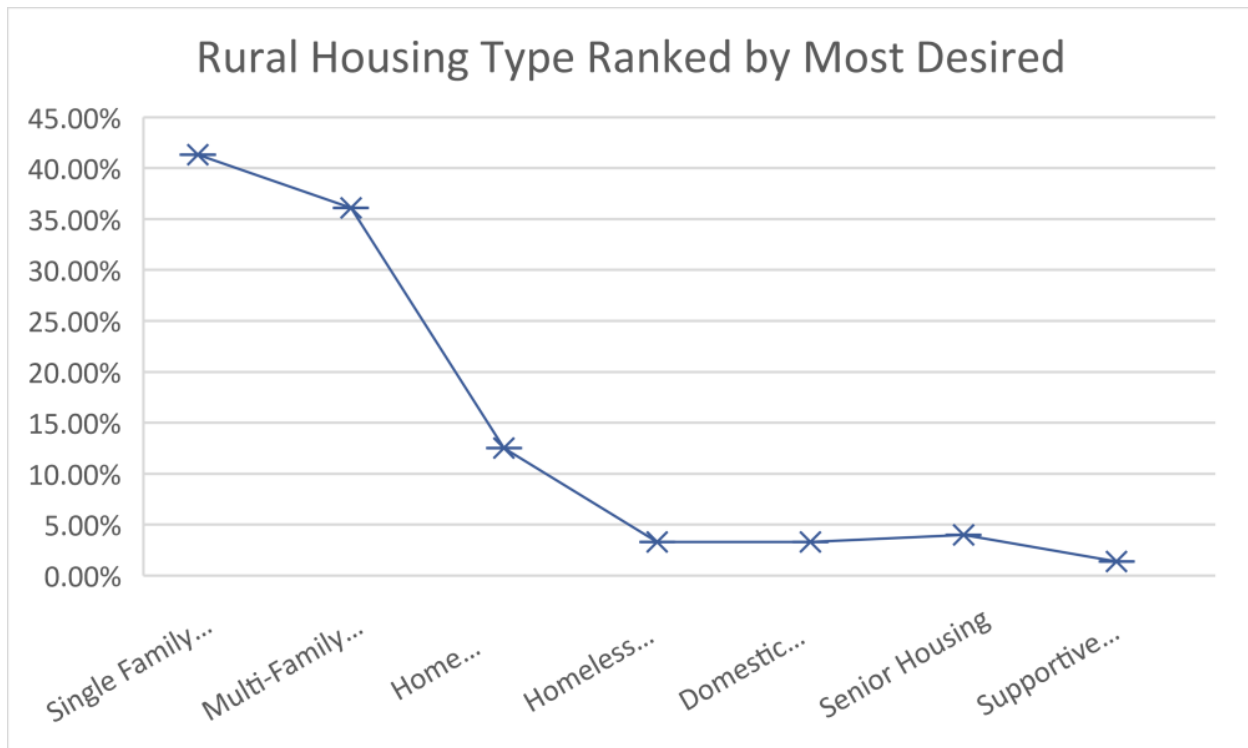
### Regional Response Rate

- Ahtna: There were 24 responses total; from 7 responding villages
- Aleut: There were 5 responses total; from 4 villages
- Arctic Slope: There were 6 responses total; from 6 villages
- Bering Straits: There were 77 responses total; from 16 villages
- Bristol Bay: There were 67 responses total; from 18 villages
- Calista: There were 340 responses total; from 46 villages
- Chugach: There were 6 responses total; from 3 villages
- Doyon: There were 30 responses total; from 15 villages
- Koniag: There were 8 responses total; from 5 villages
- NANA: There were 17 responses total; from 7 villages
- Sealaska: There were 85 responses total; from 15 villages



### Communities ranked most needed to least needed for housing

- Single-family homes (one residence per structure) were more frequently selected as the number one choice for communities at 41.3%
- Multi-family homes (multiple residences per structure, i.e. duplexes or apartments) were more frequently selected as the number two choice for rural communities with 36.1%
- Home improvement investments for existing structures (i.e. Weatherization services) were more frequently selected as the third choice for rural communities with 12.5%
- Homeless shelters (temporary housing for houseless individuals or families) were more frequently selected as the fourth choice for rural communities with 3.3%
- Domestic violence shelters (temporary housing for domestic violence survivors) was more frequently selected as the fifth choice for rural communities with 1.4%
- Senior Housing (55+ housing & senior accessibility modifications) was more frequently selected as the sixth choice for rural communities with 4%
- Supportive Housing for individuals with substance abuse disorders or disabilities was more frequently selected as the seventh choice for rural communities with 1.4%





## Healthcare Access and Wellbeing

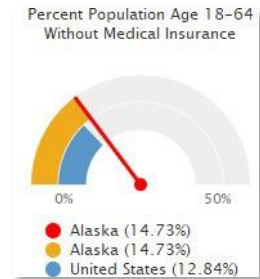
***“Why is health insurance so expensive!”***

*Community Needs Survey respondent from Anchorage*

### Insurance - Uninsured Adults

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of adults age 18 to 64 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.



Report Area	Total Population Age 18-64	Pop. Age 18-64 w/ Insurance	Pop. Age 18-64 w/ Insurance, Percent	Pop. Age 18-64 w/o Insurance	Pop. Age 18-64 w/o Insurance, Percent
Alaska	448,123	382,117	85.27%	66,006	14.73%
United States	195,703,724	170,567,452	87.16%	25,136,272	12.84%

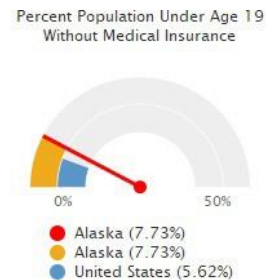
*Note: This indicator is compared to national average.*

*Data Source: US Census Bureau, [Small Area Health Insurance Estimates](#). 2019. Source geography: County*

### Insurance - Uninsured Children

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of children under age 19 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.



Report Area	Total Population Age 0-18	Pop. Age 0-18 w/ Insurance	Pop. Age 0-18 w/ Insurance, Percent	Pop. Age 0-18 w/o Insurance	Pop. Age 0-18 w/o Insurance, Percent
Alaska	185,382	171,051	92.27%	14,331	7.73%
United States	75,374,000	71,137,899	94.38%	4,236,101	5.62%

*Note: This indicator is compared to national average.*

*Data Source: US Census Bureau, [Small Area Health Insurance Estimates](#). 2019. Source geography: County*





## Access to Care - Primary Care Providers

This indicator reports the number of providers with a CMS National Provider Identifier (NPI) that specialize in primary care. Primary health providers include practicing physicians specializing in general practice medicine, family medicine, internal medicine, and pediatrics. The number of facilities that specialize in primary health care are also listed (but are not included in the calculated rate). Data are from the latest Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file.



Report Area	Total Population (2020)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Alaska	733,391	282	980	133.63
United States	334,735,155	120,294	359,096	107.28

Note: This indicator is compared to national average.

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). February 2023. Source geography: Address

## Access to Care - Dental Health Providers

This indicator reports the number of oral health care providers with a CMS National Provider Identifier (NPI). Providers included in this summary are those who list "dentist", "general practice dentist", or "pediatric dentistry" as their primary practice classification, regardless of sub-specialty. Data are from the latest Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file.



Report Area	Total Population (2020)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Alaska	733,391	173	453	61.77
United States	334,735,155	53,663	120,491	36.00

Note: This indicator is compared to national average.

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). February 2023. Source geography: Address



## Access to Care - Mental Health Providers

***“There is a significant lack of proper resources for behavioral health and substance misuse in the Matsu Valley. We need better access that is equitable, affordable, and harm-reduction focused.”***

*Community Needs Survey respondent from Matanuska-Susitna Valley*

This indicator reports the number of providers with a CMS National Provider Identifier (NPI) that specialize in mental health. Mental health providers include licensed clinical social workers and other credentialed professionals specializing in psychiatry, psychology, counseling, or child, adolescent, or adult mental health. The number of facilities that specialize in mental health are also listed (but are not included in the calculated rate). Data are from the latest Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file.



Within the report area there are 2,308 mental health providers with a CMS National Provider Identifier (NPI). This represents

314.70 providers per 100,000 total population.

Report Area	Total Population (2020)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Alaska	733,391	208	2,308	314.70
United States	334,735,155	62,786	490,547	146.55

*Note: This indicator is compared to national average.*

*Data Source: Centers for Medicare and Medicaid Services, CMS - National Plan and Provider Enumeration System (NPPES). February 2023. Source geography: Address*

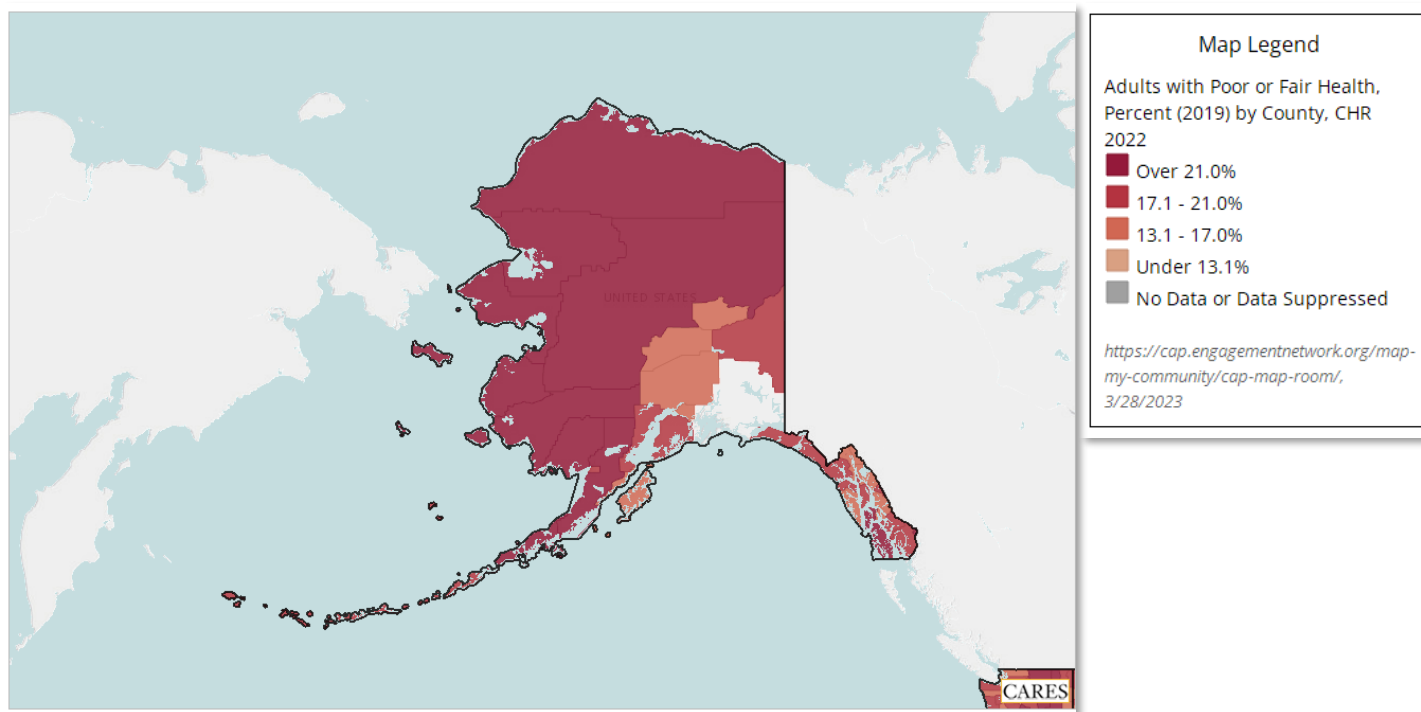


## Adults with Poor or Fair Health

According to the University of Wisconsin Population Health Institute's 2022 County Health Rankings 16% of Alaskan adults reported that they considered themselves to be in fair or poor health.

The following regions contained the highest percentage of adults reporting themselves to be in fair or poor health:

- Kusilvak Census Area (42.3%)
- Bethel Census Area (34.1%)
- Northwest Arctic Borough (31.1%)
- Yukon-Koyukuk Census Area (28.7%)
- Nome Census Area (59.91%)



University of Wisconsin Population Health Institute, CHR 2022



## Poor Mental Health

This indicator reports the percentage of adults age 18 and older who report 14 or more days during the past 30 days during which their mental health was not good.

Within the report area, there were 12.45% of adults 18 and older who reported poor mental health in the past month of the total population age 18 and older.



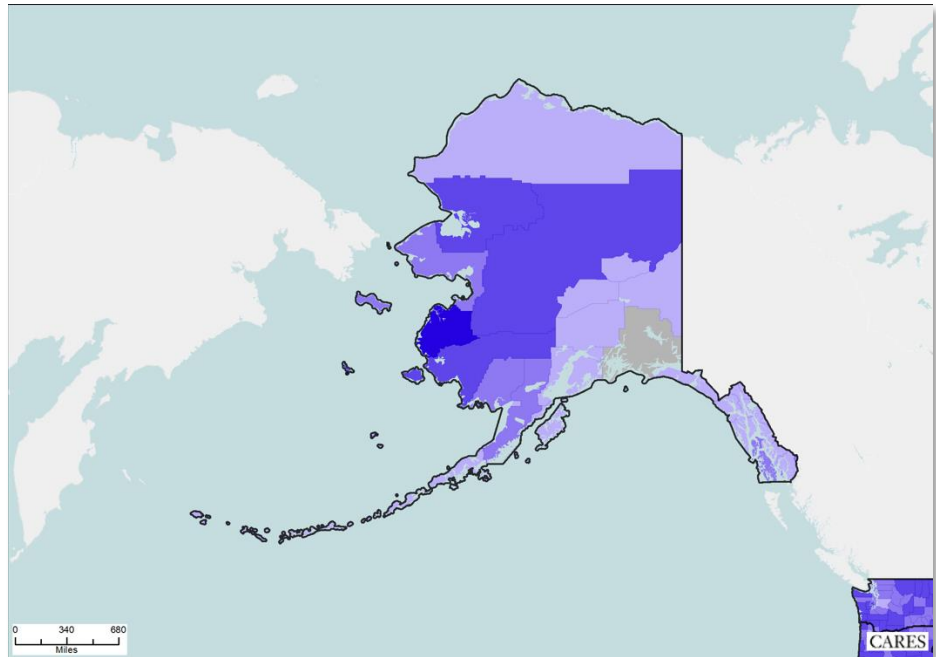
Report Area	Total Population (2020)	Adults Age 18+ with Poor Mental Health (Crude)	Adults Age 18+ with Poor Mental Health (Age-Adjusted)
Alaska	731,158	12.45%	12.51%
United States	331,449,281	13.50%	13.90%

Note: This indicator is compared to national average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2020. Source geography: Tract

The top 5 regions with the poorest mental health in Alaska according to the CDC's BRFSS data in 2020 were:

1. Kusilvak 19.5%
2. Bethel 17.1%
3. North West Arctic 16.2%
4. Yukon-Koyukuk 16.1%
5. Nome 15.9%



Poor Mental Health, Prevalence Among Adults Age 18+ by County, CDC BRFSS PLACES Project 2020

Over 18.0%  
16.1 - 18.0%  
14.1 - 16.0%  
Under 14.1%  
No Data or Data Suppressed

<https://cap.engagementnetwork.org/map-my-community/cap-map-room/>, 3/15/2023



## Deaths of Despair (Suicide + Drug/Alcohol Poisoning)

This indicator reports average rate of death due to intentional self-harm (suicide), alcohol-related disease, and drug overdose, also known as "deaths of despair", per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because death of despair is an indicator of poor mental health.



Within the report area, there were 2,392 deaths of despair. This represents an age-adjusted death rate of 64.0 per every 100,000 total population.

*Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.*

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Alaska	736,366	2,392	65.0	64.0
United States	326,747,554	806,246	49.4	47.0

*Note: This indicator is compared to national average.*

*Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2016-2020. Source geography: County*

## Deaths of Despair, Age-Adjusted Rate (Per 100,000 Pop.) by Gender

This table reports the age-adjusted rate of death due to intentional self-harm (suicide), alcohol-related disease, and drug overdoses, also known as "deaths of despair," per 100,000 people for the 5-year period 2016-2020 by gender.

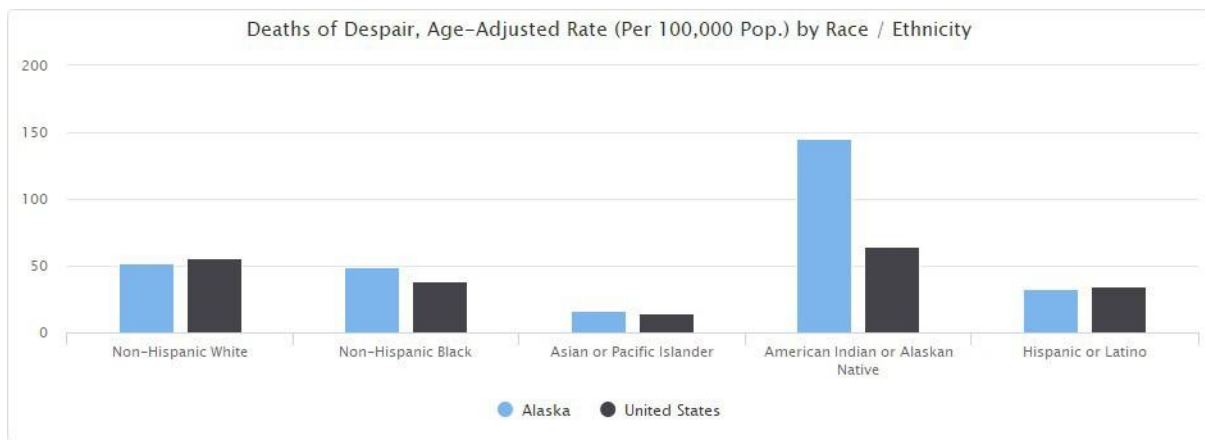
Report Area	Male	Female
Alaska	81.4	44.8
United States	67.7	27.3



### Deaths of Despair, Age-Adjusted Rate (Per 100,000 Pop.) by Race / Ethnicity

This table reports the age-adjusted rate of death due to intentional self-harm (suicide), alcohol-related disease, and drug overdoses, also known as "deaths of despair," per 100,000 people for the 5-year period 2016-2020 by race and by Hispanic origin.

Report Area	Non-Hispanic White	Non-Hispanic Black	Asian or Pacific Islander	American Indian or Alaskan Native	Hispanic or Latino
Alaska	52.4	49.5	15.9	145.5	32.6
United States	55.6	38.6	14.3	64.3	34.6

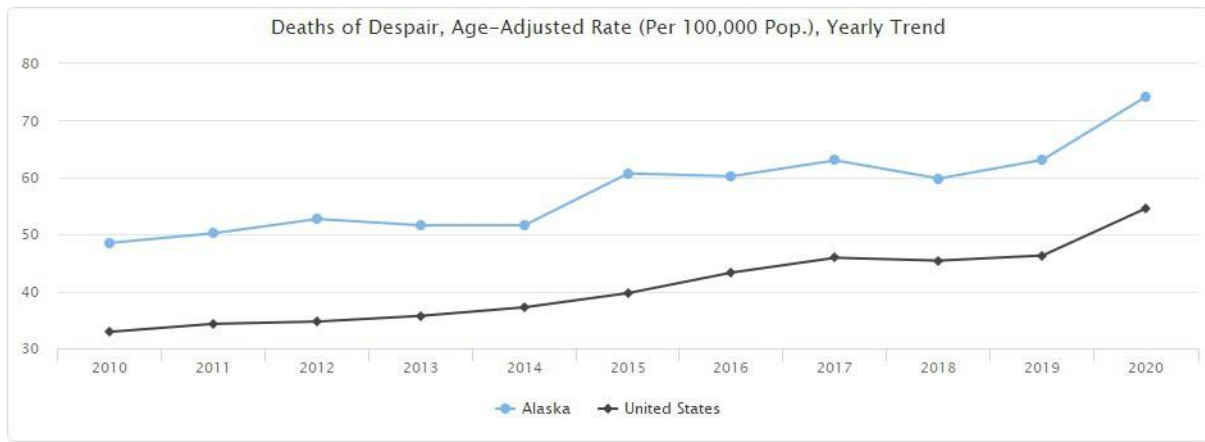




## Deaths of Despair, Age-Adjusted Rate (Per 100,000 Pop.), Yearly Trend

The table below shows age-adjusted death rates due to intentional self-harm (suicide), alcohol-related disease, and drug overdoses, also known as "deaths of despair," per 100,000 population over time.

Report Area	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Alaska	48.5	50.2	52.7	51.6	51.6	60.7	60.2	63.0	59.8	63.1	74.2
United States	32.9	34.3	34.7	35.7	37.2	39.7	43.3	45.9	45.4	46.3	54.6



In Alaska deaths of despair disproportionately effect Alaska Natives. Similar with national averages deaths of despair also disproportionately occur in male populations, however the number of women dying due to despair in Alaska is nearly double the national average.



## Mortality - Opioid Overdose

This indicator reports the 2016-2020 five-year average rate of death due to opioid drug overdose per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because opioid drug overdose is the leading cause of injury deaths in the United States, and they have increased dramatically in recent years.



Within the report area, there are a total of 500 deaths due to opioid overdose. This represents an age-adjusted death rate of 13.4 per every 100,000-total population.

*Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.*

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Alaska	736,366	500	13.6	13.4
United States	326,747,554	256,428	15.7	16.0

*Note: This indicator is compared to national average.*

*Data Source: Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER, 2016-2020. Source geography: County*

## Drug Overdose - Deaths by Year

***“The current challenges are the fentanyl crisis and the devastation it is creating. As much of the illicit drug trade is now combined with fentanyl, the risks are increasing even for casual users. The impact on communities in Alaska is very similar to other states. Overdose deaths, increased demand on law enforcement, grandparents taking care of grandchildren due to a parent in addiction, loss of a viable workforce, lack of services to treat substance misuse in rural areas, a general lack of resources for those in recovery.***

***Alaska does have very active communities addressing these issues but as the illicit drugs are increasing, the capacity of the communities is being stretched.”***

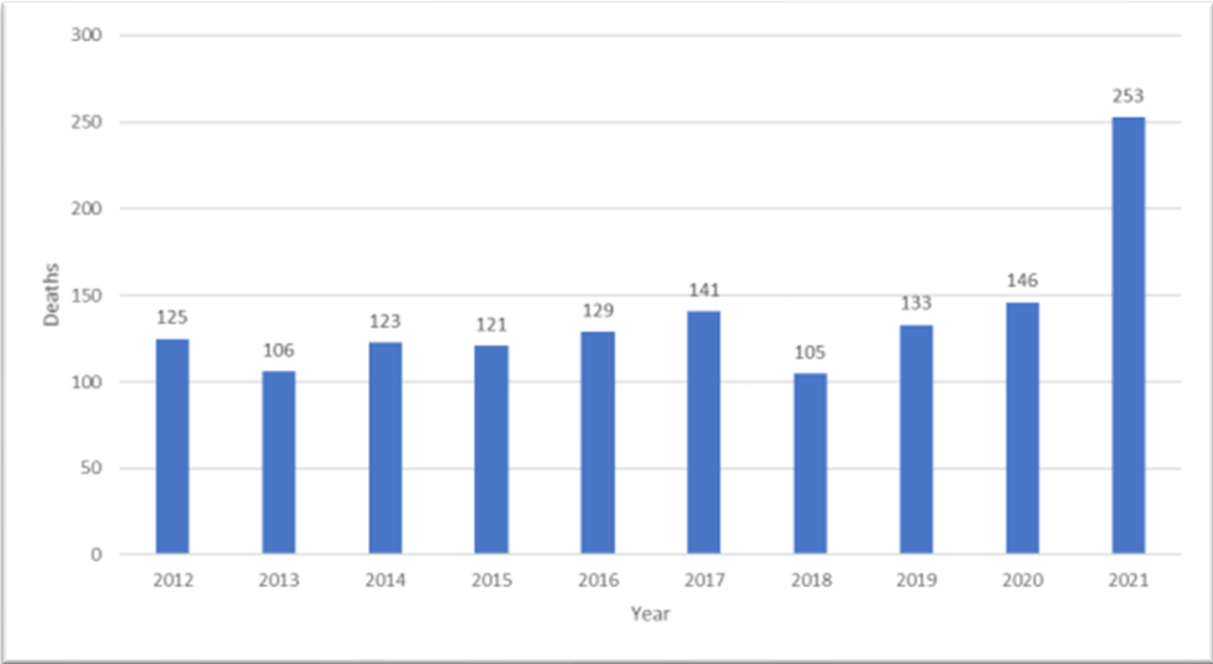
*Theresa Welton, Unit Manager – Office of Substance Misuse and Addiction Prevention, Alaska Department of Health*

Between 2012 and 2021 1,382 Alaskans died from drug overdoses. These deaths disproportionately affect Alaska Natives, with the overdose rate in 2021 being 77.7 per 100,000 compared to an overdose death rate amongst Whites of 28.8 per 100,000 in the same year. Overdose deaths spiked in 2021 with a 74% increase, the highest in the United States. (*Alaska Facts and Figures 2021 Drug Overdose Mortality Update (July 25th, 2022)*)



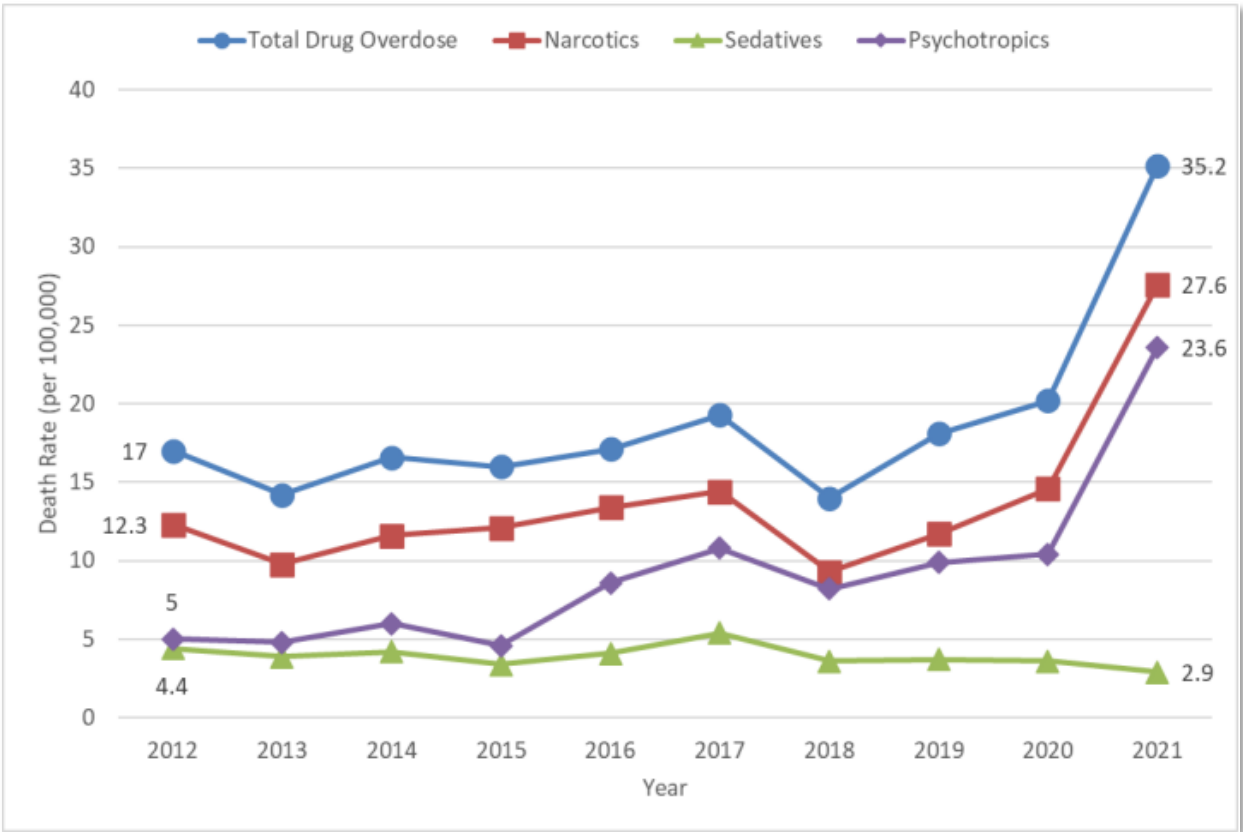


Total Drug Overdose Deaths in Alaska by Year (2012 – 2021)



Office of Substance Misuse and Addiction Prevention

Overdose Drug Death Rate by Drug in Alaska (2012 – 2021)



Office of Substance Misuse and Addiction Prevention



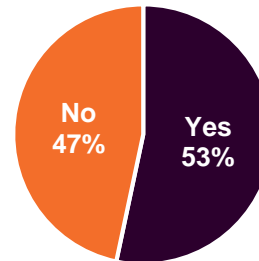
## Community Needs Survey - Healthcare Access

### Travel to Access Healthcare

Do you regularly travel outside of your community to access healthcare?	Yes	No
Number of Households	16	14

When asked if they had to regularly travel outside their home community to access healthcare resources 16 respondents selected yes, and 14 respondents selected no.

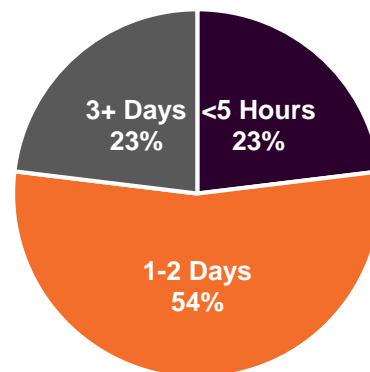
#### Do You Have To Regularly Travel Outside Of Your Community To Access Healthcare?



What is your travel time to access healthcare resources outside your community	Less than Five Hours	1-2 Days	3+ Days
Number of Households	3	7	3

When asked how long their travel time outside of their community was, respondents who stated that they regularly needed to travel outside of their community wrote a variety of responses. We summarized these responses into 3 categories: A round trip travel time of less than five hours (A time frame that would allow an individual to attend to other tasks not directly related to accessing healthcare in the same day), 1-2 days round-trip travel time, and 3+ days of travel time to access the healthcare resource and return to their home.

#### Time to Access Healthcare Outside of Community



3 responses fit into the 1st category of less than 5 hours of roundtrip travel time, 7 responses fit into the 2nd category of 1-2 days travel time, and 3 responses fit into the 3rd category 3+ days of travel time.



The shortest time was from a respondent in Anderson whose household only had to travel for “90 minutes” with the longest time being from a 65+ year old retiree living alone in Haines who’s travel time could vary from 3-4 days to weeks if they needed to access healthcare in the Lower 48. 2 respondents specifically mentioned having to fly to access healthcare outside of their community. 1 respondent stated they had a “1.5-hour trip for medical care for PCP due to it not being available in my community for diabetes”.



*A resident receives a medical checkup at Karluk Manor supportive housing.*



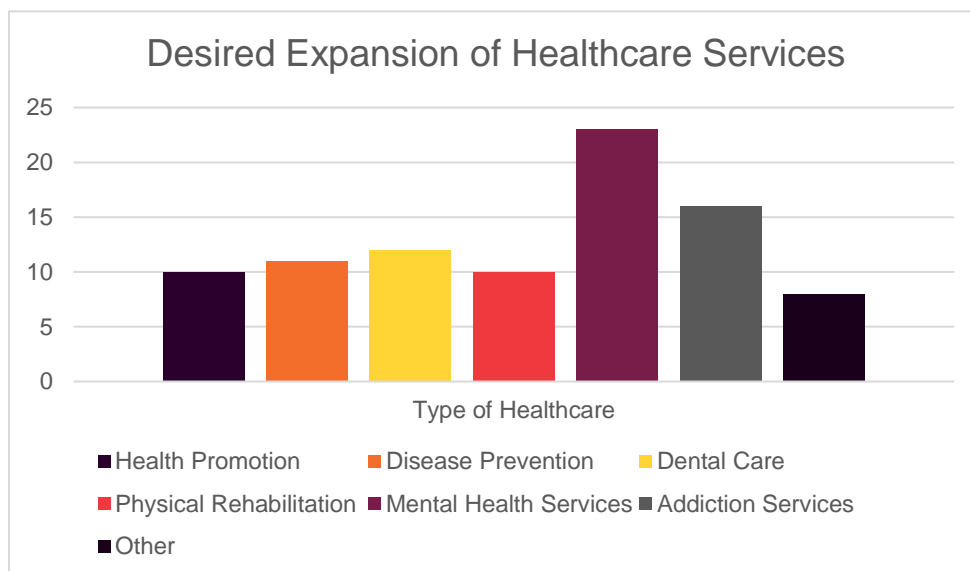
## Desired Healthcare Resources

Desired additional healthcare resources in home community	Health Promotion	Disease Prevention	Dental Care	Physical Rehabilitation	Mental Health Services	Addiction Services	Other
Number of Households	10	11	12	10	23	16	8

When asked to select all healthcare resources they wish their community had more access to 10 respondents selected Health Promotion, 11 respondents selected Disease Prevention, 12 respondents selected Dental Care, 10 respondents selected Physical Rehabilitation, 23 respondents selected Mental Health Services, 16 respondents selected Addiction Services, and 8 respondents selected Other.

Other responses included:

- Hearing and Vision
- Dermatology
- Pediatric Diabetes Care
- Behavioral health
- Intensive outpatient programs
- ICM and ACT teams
- Harm-reduction resources
- Naloxone Access
- Availability of low-cost insurance
- “Specialists”
- Family Wellness / More Circles (Likely referring to Talking Circles, an organized and facilitated dialogue method used for community healing and conflict resolution)
- Safe Water
- Massage





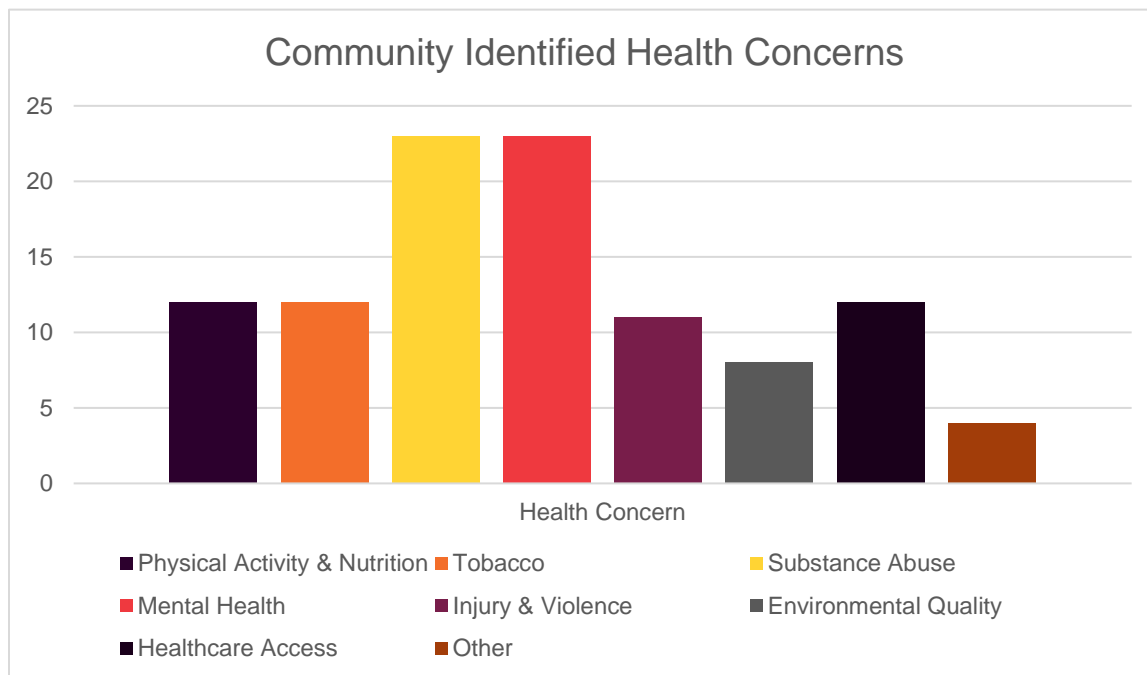
## Community Identified Health Concerns

Community Health Concerns	Physical activity and nutrition	Tobacco	Substance Misuse	Mental Health	Injury and Violence	Environmental Quality	Access to Healthcare	Other
Number of Households	12	12	23	23	11	8	12	4

When asked to select all health concerns in their community 12 respondents selected Physical activity and nutrition, 12 respondents selected Tobacco, 23 respondents selected Substance Misuse, 23 respondents selected Mental Health, 11 respondents selected Injury and Violence, 8 respondents selected Environmental Quality, 12 respondents selected Access to Healthcare, and 4 respondents selected Other.

Other responses included:

- Assisted living and nursing home care
- Homelessness “(small at this point, but it is growing)”
- Theft
- Poor water quality





## Food Security

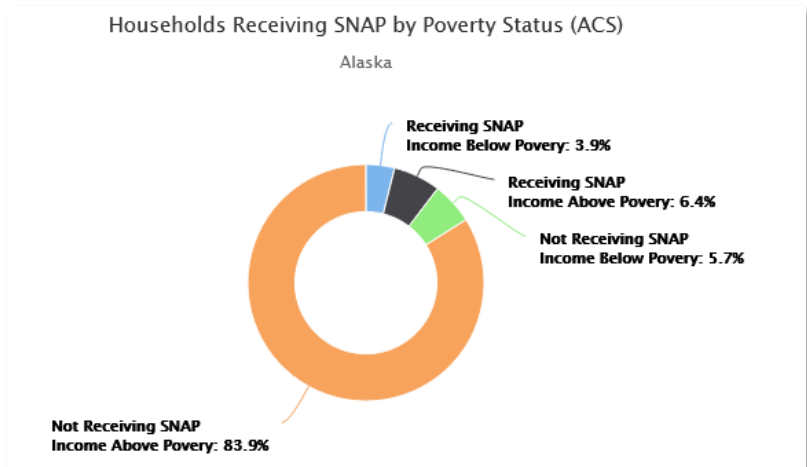
***“The stores have had limited supplies, as the airlines take a month to bring them and sometimes, they are already expired on arrival.”***

*Community Needs Survey Respondent from Wales*

Food security is a major concern in Alaska. According to the Alaska Food Security and Independence Task Force’s 2022 draft report 95% of food purchased in Alaska was imported. The fragile logistics networks that maintain this supply of retail foodstuffs drives up costs for the end consumer and is vulnerable to disruptions due to natural disasters all the while driving up the cost for consumers. In rural communities groceries can cost up to 150% more than they do in Anchorage. In many communities throughout the state hunger is a growing concern, and of Alaskans facing food insecurity 32% are children under the age of 18, food insecurity is defined by the USDA as “a household-level economic and social condition of limited or uncertain access to adequate food”.

## Households Receiving SNAP by Poverty Status (ACS)

The below table shows that according to the American Community Survey (ACS), 27,017 households (or 10.37%) received SNAP payments during 2017-2021. During this same period there were 14,858 households with income levels below the poverty level that were not receiving SNAP payments.



US Census Bureau, American Community Survey. 2017-21.

Report Area	Households Receiving SNAP Total	Households Receiving SNAP Percent	Households Receiving SNAP Income Below Poverty	Households Receiving SNAP Income Above Poverty	Households Not Receiving SNAP Total	Households Not Receiving SNAP Percent	Households Not Receiving SNAP Income Below Poverty	Households Not Receiving SNAP Income Above Poverty
Alaska	27,017	10.37%	10,233	16,784	233,544	89.63%	14,858	218,686
United States	14,105,231	11.37%	6,300,621	7,804,610	109,905,761	88.63%	9,081,147	100,824,614

Data Source: US Census Bureau, American Community Survey. 2017-21. Source geography: County



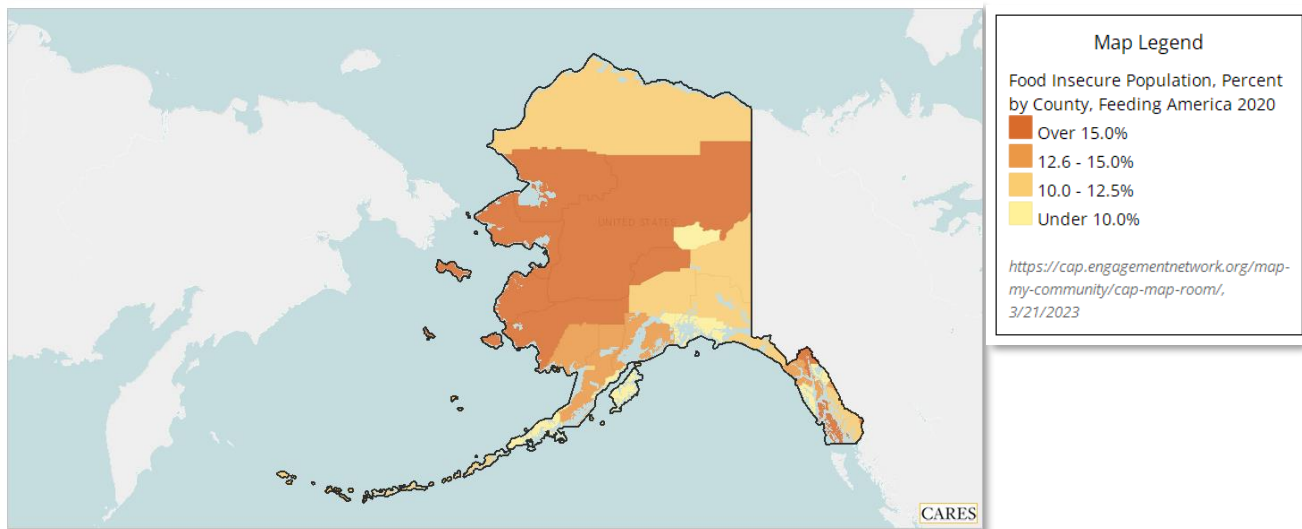


## Food Insecurity by County

According to the most recent Feeding America's Food Insecure Population Data, a majority of Alaskan counties reported at least 10% of their population was experiencing food insecurity.

The five regions with the highest rates of food insecurity in 2020 were:

- Kusilvak Census Area 26.8%
- Bethel Census Area 20.4%
- Yukon-Koyukuk Census Area 18.5%
- Northwest Arctic Borough 18.2%
- Haines Borough 17%



US Census Bureau, American Community Survey. 2017-21.



## Community Needs Survey – Food Security

***"My household is food secure, but that's not the case with all our neighbors."***

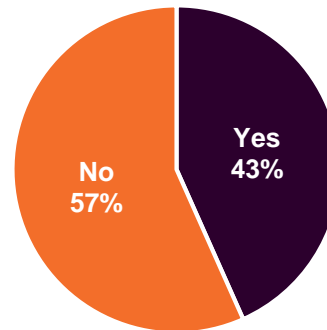
*Community Needs Survey respondent from Nenana*

### Households experiencing food insecurity in the past year.

Have you been concerned about having enough to eat in the past year?	Yes	No
Number of Households	13	17

When asked if they had been concerned about having enough food to eat in the past year 13 respondents selected yes, and 17 respondents selected no.

In The Past Year Have You Been Concerned About Having Enough Food To Eat



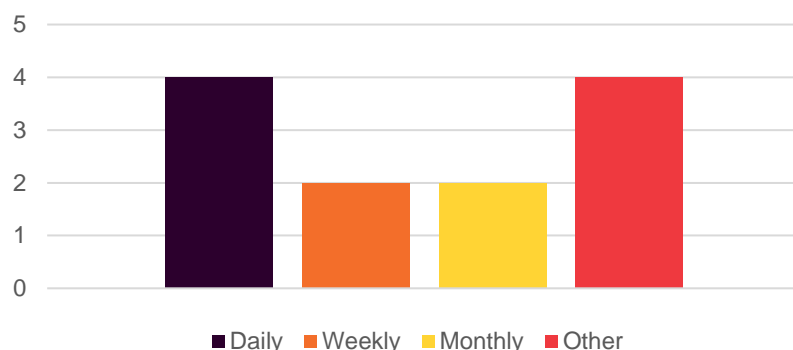
Frequency of Concern	Daily	Weekly	Monthly	Other
Number of Households	4	2	2	4

When asked how often they were worried about having enough to eat during the time period they were concerned about having enough food we received a variety of responses. For ease of displaying the data we sorted responses into 4 categories, Daily, Weekly, Monthly, and Other. 4 responses were sorted into Daily, 2 response were sorted into Weekly, 2 responses were sorted into Monthly, and 4 responses were sorted into Other.

Other responses included:

- "Consistently"
- "Often"
- "Not Often"
- "We have begun a local foodbank."

How Often Were You Concerned About Having Enough Food To Eat?







## Contributing Factors to Food Insecurity

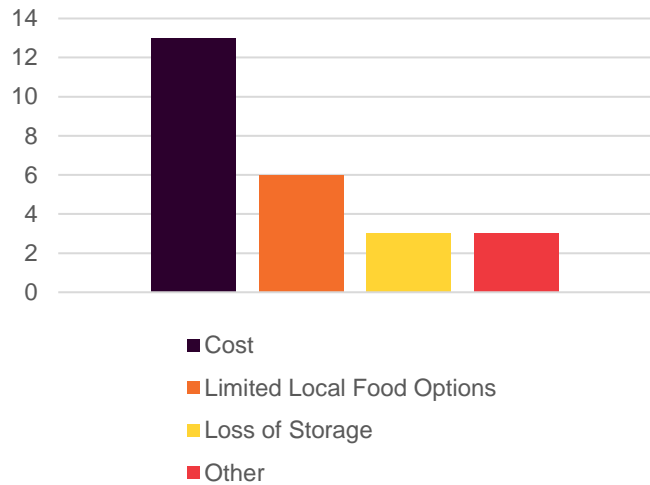
Food Concern Factor	Cost	Limited Options	Loss of Storage	Other
Number of Households	13	6	3	3

When asked what factors contributed to their concern about having enough to eat, 13 respondents selected cost, 6 respondents selected limited options, 3 respondents selected loss of food storage, and 3 respondents selected other.

Other responses included:

- Restrictions on Fish
- "Loss of subsistence: fish decline and hunting pressure due to improved access to our land base by people outside our locality"
- Still waiting on Food Stamp recertification

Factors Contributing to Food Concerns

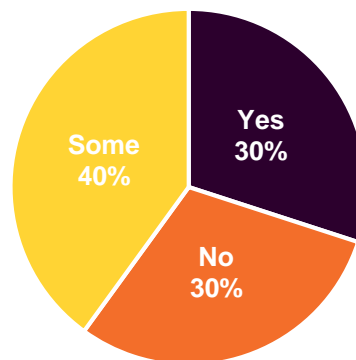


## Food Sharing

Is Food Shared In Your Community?	Yes	No	Some
Number of Households	9	9	12

When asked if households in their community shared food 9 respondents selected yes, 9 respondents selected no, and 12 respondents selected that some families in their community shared food resources.

Do Households In Your Community Share Food?





## Subsistence and Wild Food Harvest

*We get salmon in summer with a fishing rod, wish we had a boat and motor to hunt, fish etc...*

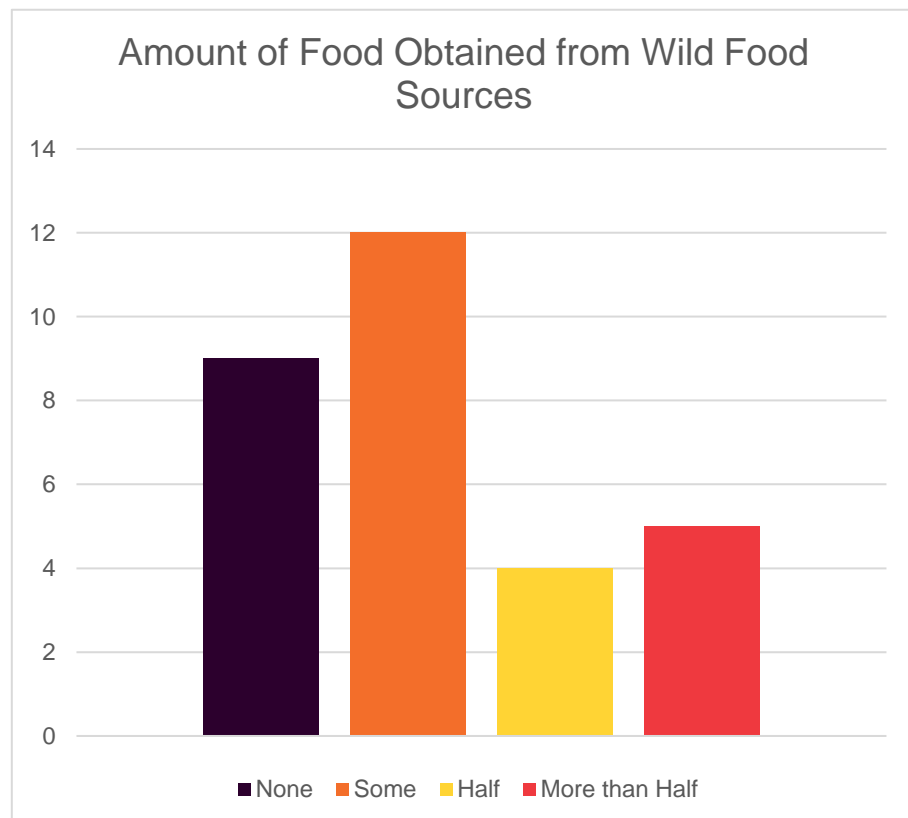
*Community Needs Survey Respondent from Teller*

### Wild Food Harvest

Harvesting wild foods is an important part of food security in Alaska and in rural communities is a crucial component of life not just to eat, but economically, socially, spiritually, and culturally. Rural Alaskans harvest an average of 295 pounds of wild foods yearly, a majority of which is fish. (FST Draft Report) Changes to the environment such as warming waters, commercial impacts like bycatch, urbanization, and habitat loss affecting fish populations and animal migrations pose a major threat to Subsistence and the way of life in communities throughout rural Alaska.

Amount of Food Obtained from Wild Food Sources	None	Some	Half	More than Half
Number of Households	7	12	4	5

When asked how much of their food was gathered from wild food sources (e.g. hunting, fishing, picking berries) 7 respondents stated that none of their food was obtained from wild sources, 12 respondents stated that some of their food was obtained from wild sources, 4 respondents stated that half of their food was obtained from wild sources, and 5 respondents stated that more than half of their food was obtained from wild sources.





## Growing Seasons

***“We have a burgeoning produce sector that I believe will someday provide our community with all the produce it can use and export to nearby communities. A few farmers are already exporting small quantities of specialty crops like garlic.”***

*Community Needs Survey Respondent from Haines*

Alaska's climate poses a challenge for Western Agricultural systems, when asked how long their growing season was 16 Community Needs Survey respondents replied, 62.5% of them stated their growing season was between 2 to 4 short months.



*Seedling grow in a hydroponic garden as part of RurAL CAP's Sacred Beginnings Program*



## Citations

Sandberg, Eric. “Decline in Working-Age Alaskans.” *Alaska Economic Trends*, Mar. 2023, <https://labor.alaska.gov/trends/mar23.pdf>. Accessed 21 Mar. 2023.

“Poverty.” *Poverty - Healthy People 2030*, Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, U.S. Department of Health and Human Services., <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/poverty>.

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“System Performance Measures Dashboard.” *Institute for Community Alliances*, Institute for Community Alliances (ICA), <https://icalliances.org/system-performance-dash>.