

# Health Systems Collaboration: State of Alaska DOH Driven Initiatives

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# Land Acknowledgement

I want to acknowledge that my home and office work is done on traditional Dena'ina land and today's presentation is on Ahtna Nenn' and Dënëndeh lands, whose original peoples are one of Alaska's many distinct and diverse indigenous groups.

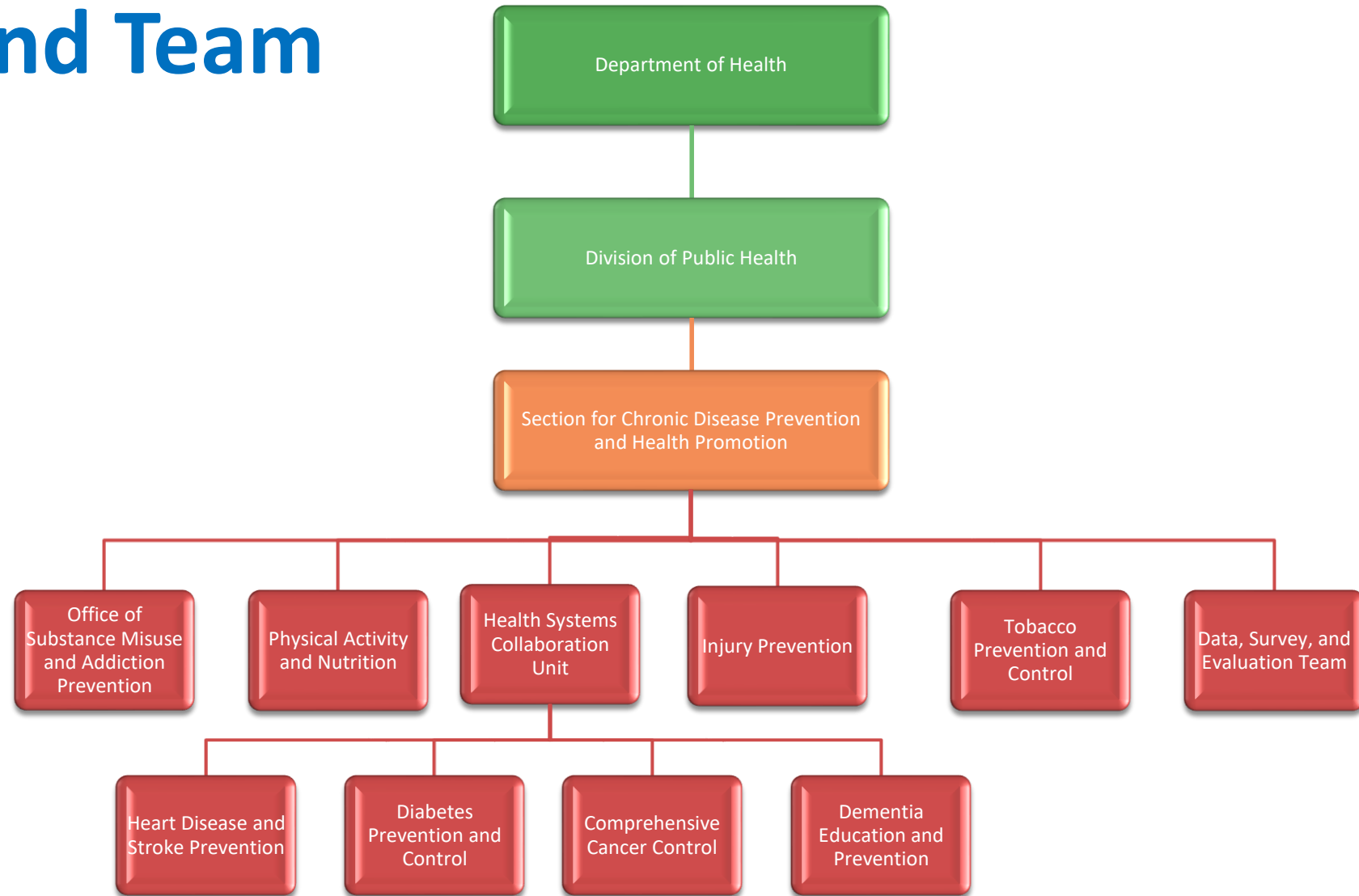
Generations of indigenous Native Alaskans created the Alaska that sustains us today. It is my hope that our public health work supports everyone's ability to thrive in their traditional homeland.

*Dena'inaq etnen'aq' gheshtnu ch'q'u yeshdu.  
I live and work on the land of the Dena'ina. (Translation by Sondra Shaginoff-Stuart and Joel Isaak)*

# Our Section and Team

- Section for Chronic Disease Prevention and Health Promotion (CDPHP)

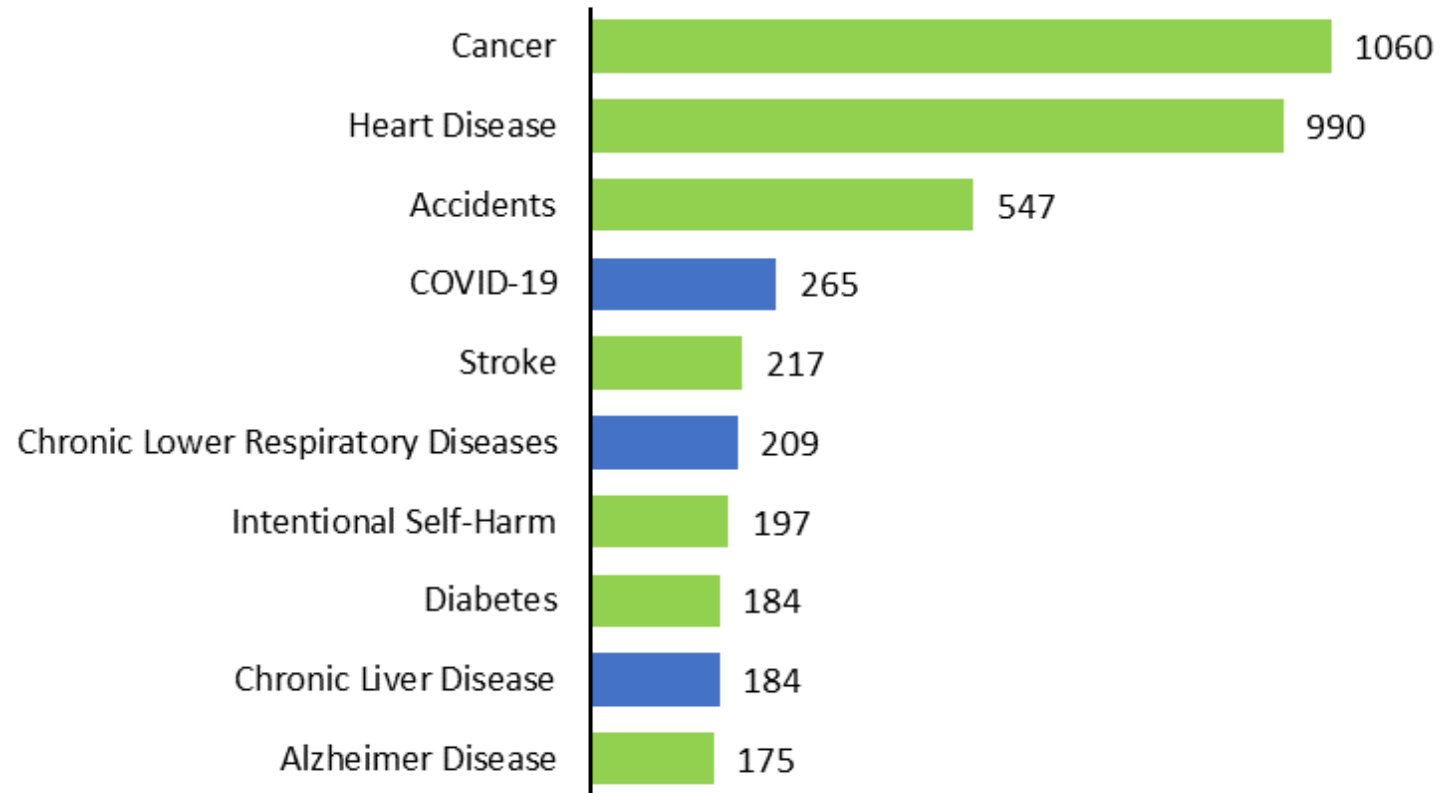
- ▣ Mission: To prevent and address chronic disease and injury so that Alaskans live longer and healthier lives



# What we know about Chronic Disease in Alaska

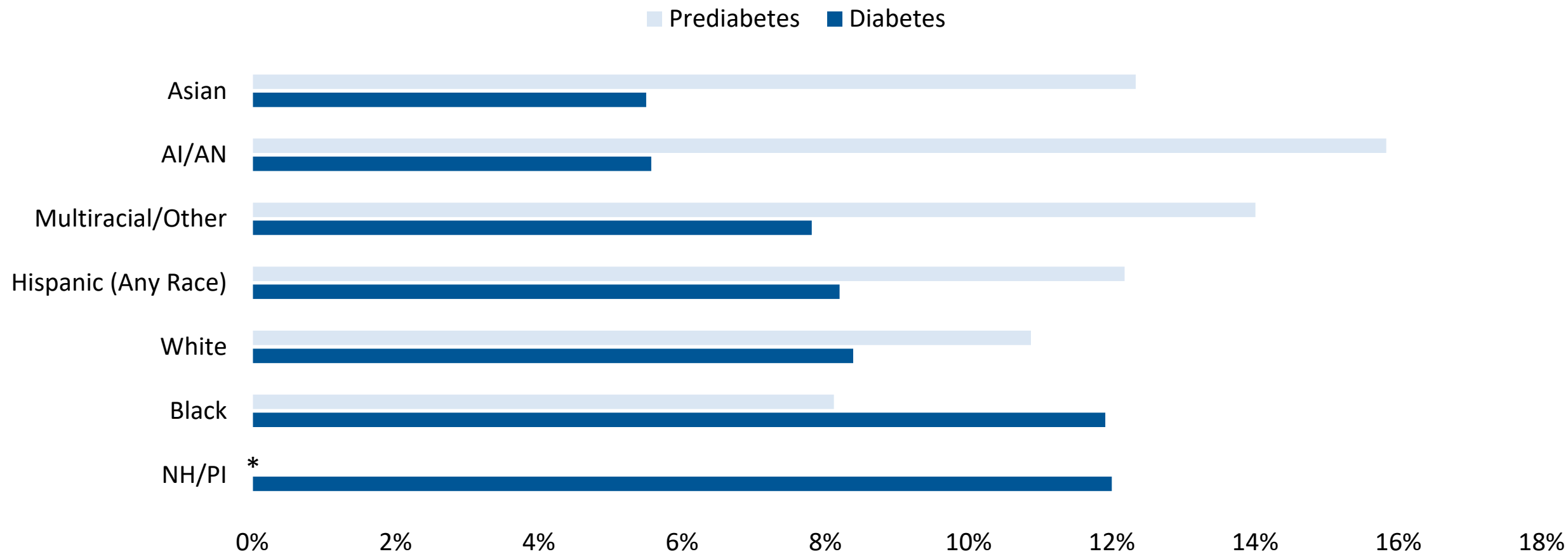
- **Three** out of every **four** Alaskan adults have at least one underlying health condition.
  - **2/3** of Alaska adults have overweight or obesity
  - **1/3** of Alaska adults have high blood pressure
  - **27%** have high cholesterol.

Top 10 Causes of Death in Alaska (2022)



[https://health.alaska.gov/dph/VitalStats/Documents/PDFs/VitalStatistics\\_Annualreport\\_2022.pdf](https://health.alaska.gov/dph/VitalStats/Documents/PDFs/VitalStatistics_Annualreport_2022.pdf)

# Prevalence of Prediabetes and Diabetes by Race/Ethnicity in Alaska



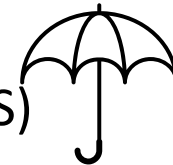
Alaska Department of Health, Division of Public Health, Section of Chronic Disease Prevention and Promotion. Alaska Behavioral Risk Factor Surveillance System, 2017-2020.

# Bringing Voices Together

- Bringing Clinical Voices to the Table
  - Alaska Heart and Diabetes Coalition
    - Email [heart@alaska.gov](mailto:heart@alaska.gov) OR [diabetes@alaska.gov](mailto:diabetes@alaska.gov) to become a member.
  - All Alaska Cancer Partnership
    - Email [Ali.Cano@alaska.gov](mailto:Ali.Cano@alaska.gov)
  - Multiple tobacco and vaping coalitions statewide
    - Email [tobacco@alaska.gov](mailto:tobacco@alaska.gov)
  - Alaska Dementia Action Collaborative
    - Email [stephanie.smith@alaska.gov](mailto:stephanie.smith@alaska.gov)

# Collaboration with the Health System

- Resources and support for QI projects.
  - ▣ Staff working on assisting Health Care Systems with QI work, and connecting resources
- Supporting evidence-based program delivery
  - ▣ In person Self Monitored BP programs
  - ▣ In Person Diabetes Prevention Programs
  - ▣ In Person Diabetes Self-Management Education Support (DSMES)
  - ▣ Tobacco Cessation Systems level changes (ATQL eReferrals with the HIE and CERNER)
  - ▣ Distance Delivered Programs through Fresh Start



# Access to Data Systems

Search your community data, cross reference for multiple variables.

Partnership between ANTHC and SOA DOH

For Ease, just “google” BRFSS Data Center

alaska-dph.shinyapps.io/BRFSS/

**BRFSS** Home About AK BRFSS Explore Indicators Cross Tabulation Tutorial Videos

## Welcome to the Alaska BRFSS Data Center

The Alaska Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey that asks Alaska adults about their health, as well as behaviors that could affect their health. It includes questions about nutrition, physical activity, tobacco and alcohol use, and more. Organizations and groups across Alaska use BRFSS information in many ways, including to guide public health programs, support federal grants, and ensure effective use of limited public health resources.

**Use the navigation bar at the top or the link below to access data center features:**



- **About AK BRFSS:** Use this to learn about the survey and other technical information to help interpret results.
- **Explore Indicators:** Use this to explore data by indicator (trends), and by geographical areas.
- **Cross Tabulation:** Use this to investigate relationships between variables.

A collaborative project: Alaska Department of Health—Alaska Native Tribal Health Consortium [Back to top](#)

[Email us](mailto:brfss@alaska.gov) at brfss@alaska.gov for any questions!

[Credits & Disclaimer](#)

[Version: 0.1.2a](#) - Release: 2024-02-22





# Collaboration with the “Acronyms”

- To support full statewide reach on our work
  - We also support, contract with and collaborate with agencies who support healthcare systems.
    - Alaska Primary Care Association (APCA)
    - Alaska Hospital and Healthcare Association (AHHA)
    - Envoy Integrated Health
    - Alaska Native Tribal Health Consortium (ANTHC)

# Collaboration with Community Organizations

- DPH is continually looking for ways to bring the community care systems and the healthcare systems together
  - ▣ Social Drivers eReferrals
  - ▣ The Coalitions
    - Tobacco Prevention and Youth initiation Coalitions Statewide
    - Alaska Heart and Diabetes Coalition
    - Alaska Cancer Partnership (ACP)
    - Alaska Dementia Action Collaborative (ADAC)
- We support the development and delivery of evidence-based programs through COBs as well.

# How can we partner?

- How can we collaborate with your care delivery system?  
What is your organization's goals?
- Do you have conditions or disparities you want to address?
- Have you joined our coalitions?
- Enroll patients in evidence-based programs?

If you want to work on something that I have not addressed, Email me  
anyway 😊

**Jessica.downes@alaska.gov**

# Fresh Start Campaign



Bruce of Anchorage decided to **lose weight** this year so he would **feel better** and **be more active** with his young sons.



# Fresh Start launched at the New Year

- Launched December 2022
- Alaska Department of Health Section of Chronic Disease Prevention and Health Promotion
- Goals:
  - ▣ Connect adults with free programs to:
    - Make a ***fresh start*** at any time in their lives
    - ***Feel better*** now
    - Prevent and manage ongoing ***chronic diseases***



# Fresh Start programs address many health goals

Lose weight or  
prevent diabetes



Lower blood sugar  
to manage diabetes



Lower your  
blood pressure



Stop smoking, vaping  
or chewing tobacco



Be active  
with your children



# What Alaskans like about Fresh Start programs

- ❑ Free, no insurance needed
- ❑ Do the programs your way
  - ▣ Online or by phone through the app
- ❑ Get support from coaches
- ❑ Participate anywhere, anytime



# Kristina and Pete's Fresh Start story



- ❑ Kristina of Anchorage got a wake-up call from her doctor after some blood tests showed high blood sugar levels.
- ❑ A nutrition specialist recommended she join a program to better manage her diabetes and high blood pressure.
- ❑ She liked the online program because of the flexibility.
- ❑ She felt so good after joining she convinced her husband, Pete, to join.
- ❑ Together, they have lost more than 100 pounds.



# freshstart.alaska.gov

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Free Programs for Better Health

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## Ready for change?

Alaska offers free programs for better health.  
Find the program that's right for you or someone you know:

Lose weight Lower blood sugar to manage diabetes Lower blood pressure Stop smoking, vaping or chewing Be active with your children

Free Programs for Better Health

Lose weight

Lower blood sugar to manage diabetes

Lower blood pressure

Stop smoking, vaping or chewing

Be active with your children

## Free Programs for Better Health

Many of us deal with something every day that doesn't make us feel great. We want to lose weight, move more, lower our blood sugar or blood pressure, or stop smoking or vaping. Alaska has programs to help.

- All of these programs are **free**.
- Many **match you with a coach** so you don't have to do it alone.
- Many can be completed online, over the phone and at your pace — wherever you are in Alaska.

### Lose weight or prevent diabetes



Read more

Are you eligible?

### Lower blood sugar to manage diabetes



Read more

Are you eligible?

### Lower your blood pressure



Read more

Are you eligible?

### Stop smoking, vaping or chewing tobacco



Read more

Enroll now

### Be active with your children



Read more

Healthy Futures

### Fresh Start blog



Read more

Subscribe

[freshstart.alaska.gov](https://freshstart.alaska.gov)

Lose weight

Lower blood sugar to manage diabetes

Lower blood pressure

Stop smoking, vaping or chewing

Be active with your children

## Lose weight or prevent diabetes

Offered online

Omada runs Alaska's 12-month free program to lose weight or prevent diabetes. Hundreds of participating Alaskans have lost more than 4,500 pounds.

You're matched with a coach for support. Many coaches for this program live in Alaska.

You create a plan to improve sleep, move more, eat healthier, lower blood sugar, and manage stress.

It's all online. You can do it from wherever you are.

You get a free bathroom scale and weekly online lessons that you read at your own pace.

[Click here to check if you're eligible](#). Don't worry when the enrollment form asks if you have an employer or insurance. In Alaska, the program is free for all eligible adults.



[freshstart.alaska.gov](https://freshstart.alaska.gov)

# Success Measures

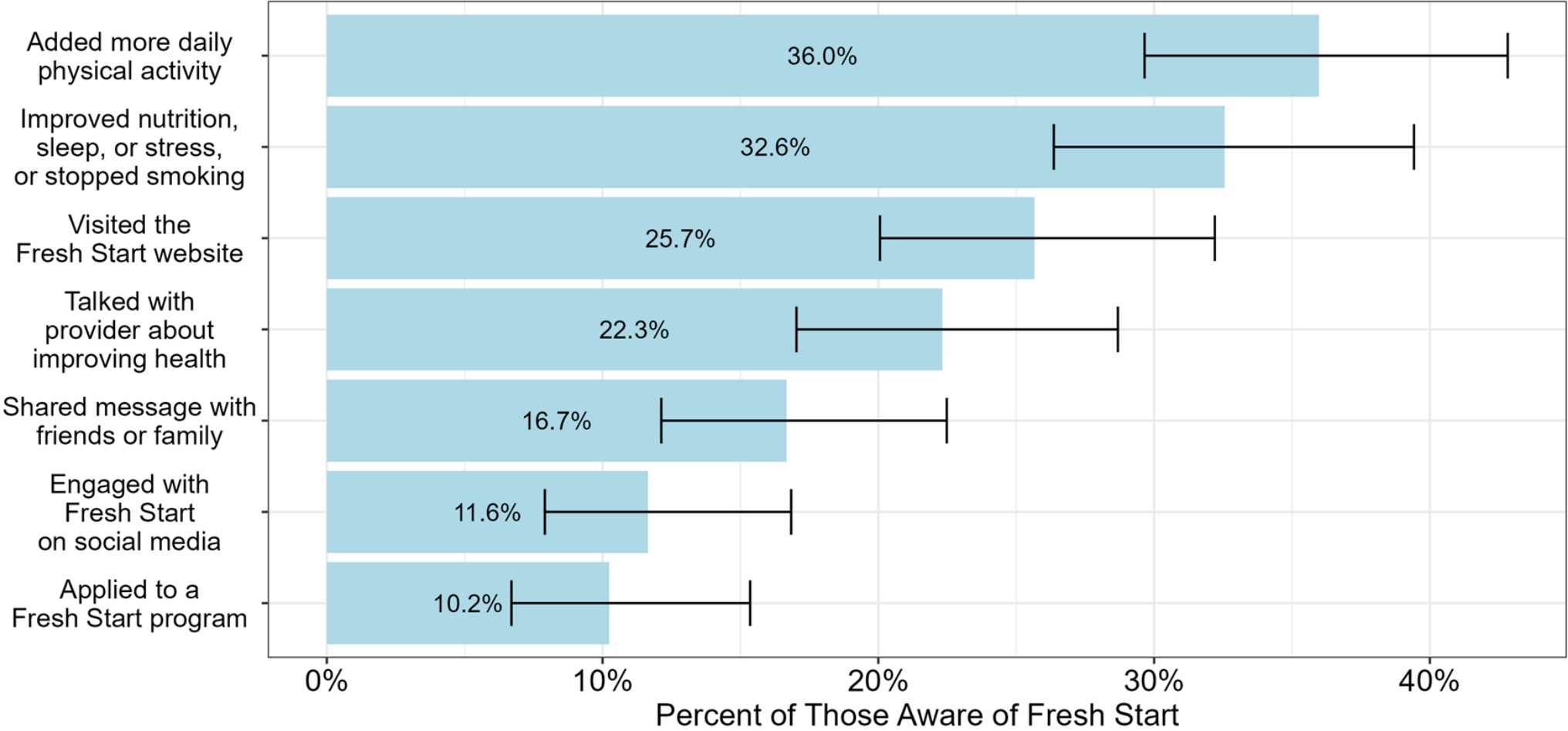
- More than **4,000** Alaskans have taken advantage of these free programs.
- In one year, almost **2,180** Alaskans enrolled in the Fresh Start programs to lose weight, lower blood pressure, and/or manage diabetes.
- Between December 2022 and November 2023, more than **1,850** Alaskans enrolled in Alaska's Tobacco Quit Line
- During that same 4 years, Alaskans enrolled in the Fresh Start programs to lose weight, lower blood pressure or manage diabetes have lost a combined **22,000 pounds**.

# More Success Measures

- Alaskans from all over the state have enrolled in Fresh Start programs. **Every public health region** is represented in the Fresh Start enrollments.
- **71%** of Alaskans who joined the Diabetes Program with an A1C greater than 7 have reduced their A1C by an average of **2 points**
- Alaskans who joined the blood pressure program with stage 2 hypertension have lowered their top blood pressure number by **11 points** and their bottom by **8 points** on average

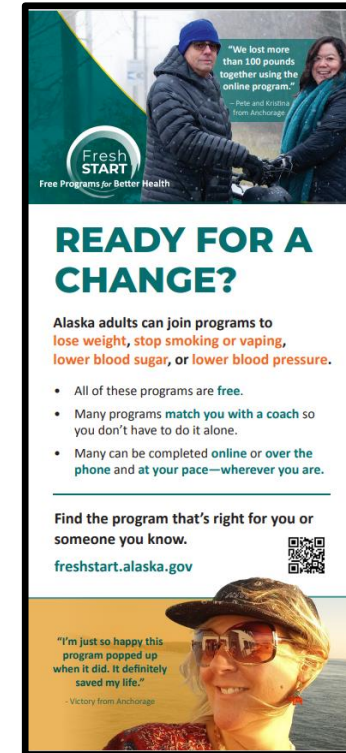
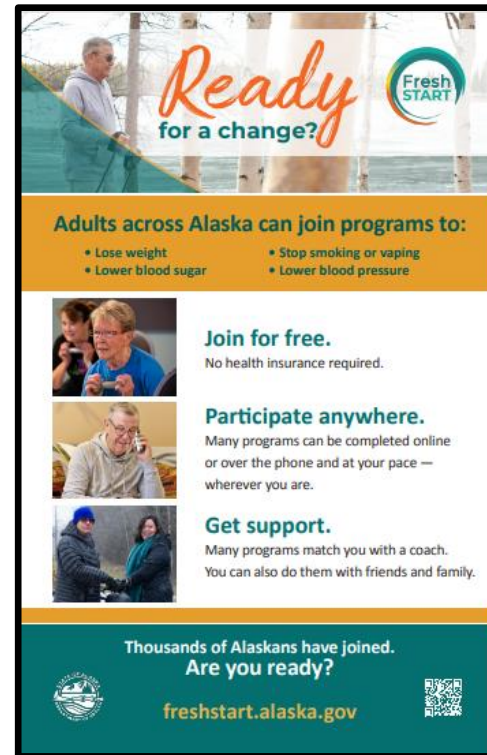
# After learning about Fresh Start, more than 1 in 3 adult men made positive changes for their health, and 1 in 10 applied to a program.

Reported Behaviors Among Men After Encountering Fresh Start



# Share the information

- Poster
- Rack card
- Other handouts



You can order these materials at **no cost** at [doh.freshstart@alaska.gov](mailto:doh.freshstart@alaska.gov).

Materials can be downloaded on the Fresh Start website at  
<https://health.alaska.gov/dph/chronic/pages/freshstart/materials/>

# Who's looking up to you?



**Alaska Department of Health**

[doh.freshstart@alaska.gov](mailto:doh.freshstart@alaska.gov)

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# What Questions Can I Answer?

