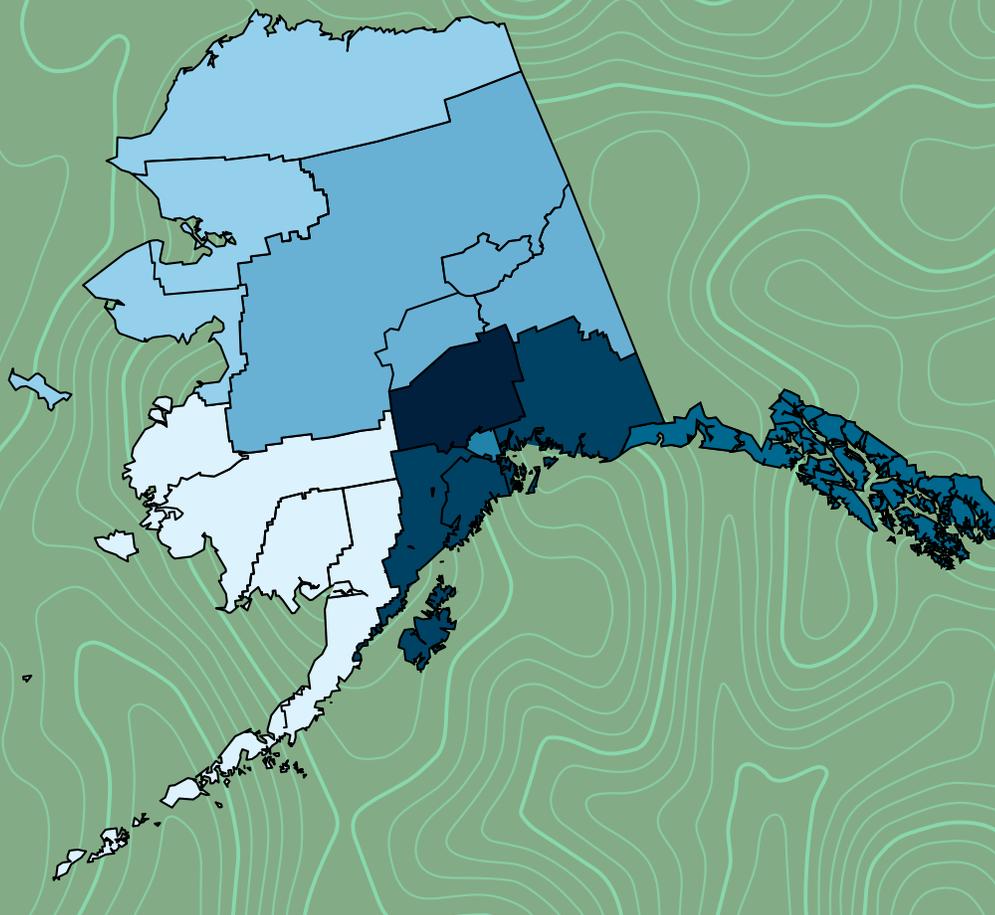


# ALASKA TOBACCO PREVENTION AND CONTROL REGIONAL PROFILES: **ALASKA STATE**



**FY2020**

# Alaska Tobacco Prevention and Control Regional Profiles: Alaska Statewide

December 2020

Produced by the Section of Chronic Disease Prevention and Health Promotion, Tobacco Prevention and Control Program through a contract with Program Design and Evaluation Services, Multnomah County Health Department and Oregon Public Health Division.

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# Purpose

## ***Why tobacco prevention and control matters***

- The Centers for Disease Control and Prevention (CDC) has identified reducing tobacco use as one of the most important “winnable battles” in public health. A winnable battle is a priority with large impacts on health and known, effective strategies to address the priority.<sup>1</sup>
- Tobacco use remains Alaska’s leading preventable cause of disease and death. More Alaskans die from the direct effects of tobacco use than from suicide, motor vehicle crashes, chronic liver disease and cirrhosis, homicide, and HIV/AIDS combined.<sup>2</sup>
- Tobacco use can lead to death earlier than expected, as well as millions of dollars in avoidable medical care costs.
- Quitting the use of all tobacco products is the best thing that Alaska tobacco users can do to improve their health and the health of those around them.

## ***How tobacco prevention and control works***

The CDC offers guidance to states about how to reduce tobacco use and related health concerns through comprehensive tobacco prevention and control programs, described in *Best Practices for Comprehensive Tobacco Control Programs, 2014*.<sup>3</sup> These best practices include comprehensive, sustained statewide tobacco control interventions that have been shown to reduce smoking rates, tobacco-related deaths, and diseases caused by smoking.

The State of Alaska Tobacco Prevention and Control (TPC) Program is designed as recommended in CDC’s best practices, with the following program components:<sup>4</sup> state and community interventions; mass-reach health communication interventions; cessation interventions; surveillance and evaluation; and infrastructure, administration, and management. Within this structure, the program uses multiple interventions shown to work: a free telephone line to help people quit tobacco use with coaching and nicotine replacement therapy; a marketing campaign designed to prevent and reduce tobacco use; and grants that promote tobacco-free policies in communities, schools and health care organizations.<sup>1</sup> These program elements combine to address the goals of the TPC Program:

1. prevent youth from starting tobacco use
2. protect the public from exposure to secondhand smoke
3. promote quitting for tobacco users
4. identify and eliminate differences in tobacco use and related health problems between groups of people (sometimes called “disparities”)

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<sup>1</sup> U.S. Centers for Disease Control and Prevention (CDC) *Winnable Battles* <http://www.cdc.gov/winnablebattles/>

<sup>2</sup> Alaska Tobacco Facts, 2019 Update. <http://dhss.alaska.gov/dph/Chronic/Pages/Tobacco/publications.aspx>

<sup>3</sup> U.S. CDC *Best Practices for Comprehensive Tobacco Control Programs – 2014*.  
[https://www.cdc.gov/tobacco/stateandcommunity/best\\_practices/index.htm](https://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm)

<sup>4</sup> Alaska Tobacco Prevention and Control (TPC) Program, *FY2019 Annual Report*  
<http://dhss.alaska.gov/dph/Chronic/Pages/Tobacco/publications.aspx>

### ***How to use this report***

TPC compiles regional profiles because tobacco use and factors related to tobacco use may vary considerably by region. Programs that are planned based on good information about community settings and the people who live there may be more effective than programs planned based on statewide information alone.

This report provides a statewide data view. Statewide data included in this report are the same as what is included in the regional reports.

Program planners should use data from this report in combination with other sources, including the knowledge of people from communities.

This report summarizes available information that is meaningful for planning tobacco prevention and control efforts for individuals, communities, and the systems that serve them. Sections 3, 4, and 5 of this report specifically align with goals of the TPC Program.

- **Section 1. Overview:** Describes the communities, schools and people who live there.
- **Section 2. Measures of Tobacco Use:** Describes the current use of different tobacco or nicotine products (cigarettes, smokeless tobacco, vaping products) among adults and youth.
- **Section 3. Preventing Youth Use:** Shows that different groups of young people face higher or lower chances of using tobacco, and possible reasons for those differences; describes what policies are in place to prevent youth from starting to use.
- **Section 4. Helping People Quit:** Describes the percentage of adult tobacco users who are trying to quit and who have successfully quit.
- **Section 5. Eliminating Exposure to Secondhand Smoke:** Shows the percentage of adults and youth who are exposed to secondhand smoke and describes what policies are in place that protect people from exposure.
- **Appendices:** Technical documentation is provided to give additional detail about the information provided in this report. Appendices are available as a separate report alongside regional reports posted on the TPC Program website. Appendix A includes tables of data for all regions and the state, with specific language from survey questions. Appendix B describes some of the analytical methods in detail (including how race and other variables are determined). Appendix C provides more detail about the data sources.

# Methods

## Data sources

This report includes information from three primary Alaska public health data sources. These sources are summarized in Table 1, and more information is included in the Appendix.

**Table 1:** Summary of key data sources used for this report

<b>Data Source (Abbreviation for report)</b>	<b>Description</b>
Alaska Youth Risk Behavior Survey <b>(AK YRBS)</b>	<p>YRBS data are collected from students in grades 9-12 using anonymous and voluntary school-based questionnaires. The survey is conducted in the spring of odd-numbered years and participation requires parental consent. The YRBS includes questions about tobacco use and related factors. Statewide estimates are from a sample of traditional high schools across the state; regional estimates are based on all participating traditional high schools in the region. Data from alternative schools and correctional schools are not included in this report.</p> <p>Regional YRBS data are reported from the most recent AK YRBS only. In 2019, 25 out of 54 school districts statewide participated.</p>
Alaska Behavioral Risk Factor Surveillance System <b>(AK BRFSS)</b>	<p>BRFSS is an anonymous telephone survey of adults ages 18 and older, sponsored by the Centers for Disease Control and Prevention (CDC) and implemented in all states. It is a primary source of information about adult health and related behaviors. Alaska has added multiple questions about tobacco use to the state’s survey.</p> <p>Most regional data reported are from the 2016-2018 AK BRFSS combined.</p>
Alaska DAtabase for Policies on Tobacco <b>(ADAPT)</b>	<p>The Alaska TPC Program collects and maintains information on tobacco-related policies using the ADAPT database. Policies monitored include smokefree tribal resolutions, community ordinances, multi-unit housing policies, healthcare policies, secondary education policies, and taxes. Policies are evaluated and scored in comparison to a model policy, by policy type.</p> <p>Local policy information in this report was obtained from ADAPT during May 2020.</p>

In addition to the primary data sources listed in Table 1, which appear in multiple sections of this report, other data sources that are referenced only once are cited as they appear in the text (for example, population data and Alaska’s Tobacco Quit Line data). For all data sources in this report, people who report being American Indian or Alaska Native (AIAN) are described using the term “Alaska Native” because this reflects the majority of that population; further detail about how race is collected and reported for each dataset is available in the Appendix.

## Analytic approaches

*Survey estimates.* A great deal of this report relies on data collected through surveys. These are referred to as “estimates” because we have responses from only a sample of the population and not the whole population. We match respondent characteristics such as age, gender, and race to known characteristics of the state population, and statistically adjust the estimates to represent the true population. Sometimes this is called “weighting” the data. For example, more women than men usually participate in surveys, so more survey

respondents are women although the actual populations of women and men are about equal in size. Since women often report different information on surveys than men, statistical processes are used to create estimates that balance the answers from women and men equally when reporting on the whole population.

*Confidence intervals.* Our report uses 95% confidence intervals, especially when describing results from survey data. Confidence intervals show a range that is likely to contain the true value for the population; we can be 95% sure (95 out of 100 times) that the range of the interval contains the “true value” of the indicator being measured. Confidence intervals also help to compare whether results from one group are significantly different from another group: when confidence intervals for two estimates in the same data system do not overlap, those two estimates are “significantly” different from one another – meaning we can be reasonably sure there is a true difference. In this report, confidence intervals are shown visually in different ways: as shaded areas around lines in trend graphs, as “whiskers” around the estimates in bar graphs, and as a numeric range in tables. Although they look different, they mean the same thing.

Larger samples typically have smaller, more precise confidence intervals. Figures in this report that show trends in tobacco product use for the state and region show confidence intervals only for state-level data, in order to make the figures easier to view; regional confidence intervals will always be wider or larger. The confidence intervals for regional data are included in the technical appendix tables for this report. Whenever regional estimates are statistically different from the state based on formal statistical comparisons, that is noted in the text describing the data or figure. Although differences between the state and region may look large, they are not statistically significant unless noted in the text – in other words, they may be just chance differences.

*Suppression of small numbers.* Estimates from surveys with small numbers are suppressed based on guidelines from the State of Alaska. For BRFS, a minimum denominator of 50 unweighted respondents is required for reporting; for YRBS, a minimum of 100 is required. Measures that do not meet these minimum denominator requirements are not included in this report. Estimates considered statistically unstable may also be flagged or suppressed.

*Rounded estimates for subgroups.* Survey data shown in figures or tables within the main body of this report are rounded to whole numbers. This is because survey estimates for smaller numbers of people in subgroups often have wider confidence intervals, so rounded estimates are one way of showing that subgroup estimates are less precise than estimates for the whole population. All estimates (including for subgroups) are reported to one decimal place, with confidence intervals, in the Appendix.

## Limitations

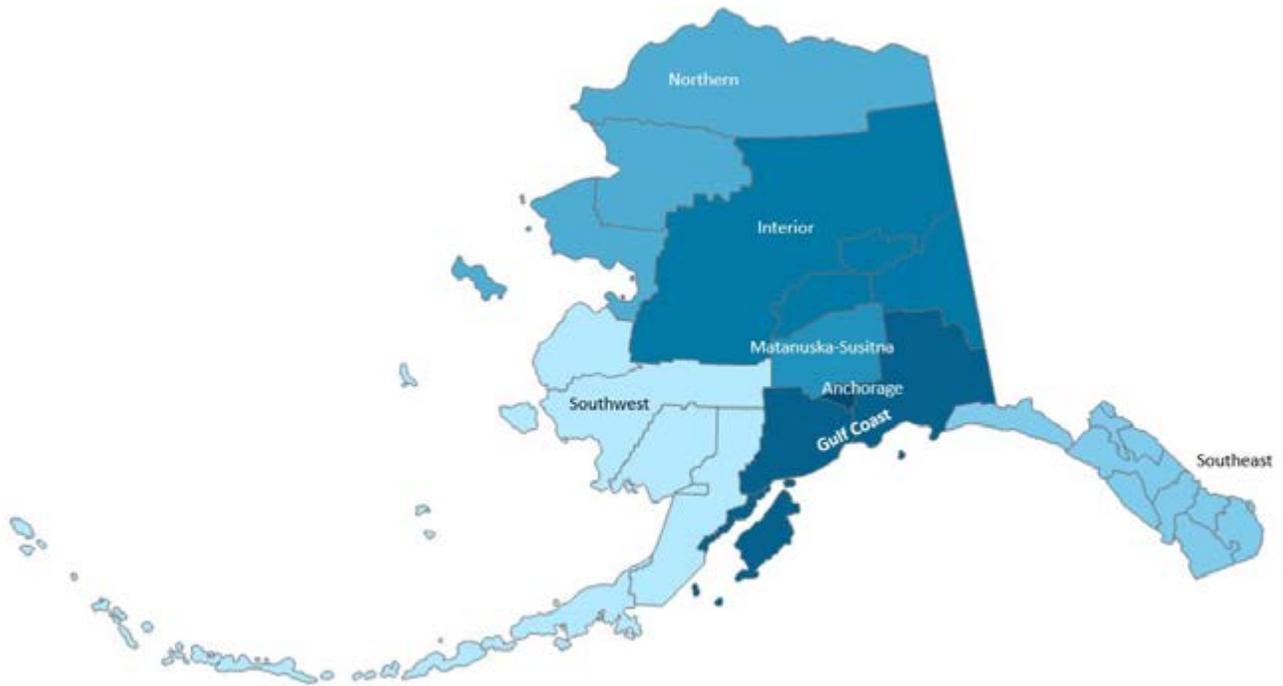
*Local area data.* Stakeholders working in tobacco control within local communities would likely be interested in more specific data about borough or census areas, cities, and villages. Most surveys do not have enough respondents to report local-level results. This report was designed to provide as much data as possible at the regional level, while maintaining high data quality. Some data may be available at a local level but not included in this report, because of concerns about confidentiality. For example, individual school data may be available and examined in partnership with school administrators, but it is not published in this report because it could contain identifiable information.

*YRBS regional data.* Official state estimates for YRBS data are based on a scientifically selected statewide sample of schools and students. Regional data include a combination of the scientific statewide sample, and schools that volunteered to participate as part of a local sample. For this reason, regional estimates may not be generalizable to all students in the region.

## Section 1. Overview

This report includes information about the State of Alaska.

**Figure 1:** Alaska has seven Public Health Regions.



**Figure 2:** There 29 Borough and Census Areas in Alaska.



**Table 2 series:** In Alaska, the Anchorage Region makes up the largest percentage of the state's population (40%). About one in five people in Alaska are Alaska Native.

**Table 2a:** Total population size in State and Region

Geographic area	Total number	Percentage	Number of households
State of Alaska	731,007		258,058
Anchorage Region	291,845	40% of state	107,332
Mat-Su Region	106,438	15% of state	31,824
Gulf Coast Region	80,866	11% of state	30,757
Interior Region	109,847	15% of state	42,031
Northern Region	27,432	4% of state	6,763
Southeast Region	72,373	10% of state	28,651
Southwest Region	42,206	6% of state	10,700

**Table 2b:** Characteristics of people in State and Region

Geographic area	Age		Race: alone or in combination					
	% Adult	Median age	Alaska Native	African American	Asian	Pacific Islander	White	Hispanic*
State of Alaska	74%	35.5	19%	5%	8%	2%	67%	7%
Anchorage Region	74%	34.8	12%	8%	12%	3%	65%	8%
Mat-Su Region	71%	35.9	11%	2%	3%	1%	83%	5%
Gulf Coast Region	76%	40.1	13%	1%	6%	1%	78%	5%
Interior Region	74%	34.5	14%	6%	5%	1%	74%	7%
Northern Region	68%	30.8	69%	2%	4%	1%	24%	3%
Southeast Region	77%	40.0	21%	2%	8%	1%	67%	5%
Southwest Region	68%	30.8	69%	3%	9%	1%	18%	5%

\*Hispanic ethnicity can be any race

**Table 2c:** Economic factors affecting people in State and Region

Geographic area	Unemployment		Poverty
	February 2020	April 2020	2019
State of Alaska	6%	14%	11%
Anchorage Region	5%	14%	9%
Mat-Su Region	7%	16%	10%
Gulf Coast Region	7%	16%	11%
Interior Region	6%	12%	9%
Northern Region	9%	11%	19%
Southeast Region	7%	14%	9%
Southwest Region	9%	11%	25%

Sources: Table 2a and 2b, unemployment in 2c: Alaska Department of Labor and Workforce Development, Research and Analysis Section; Table 2c poverty from U.S. Census Bureau American Community Survey 5-year estimates for 2014-2018, and 2017 federal poverty guidelines for Alaska. For more detail, see technical appendix for this report.

About 731,007 people lived in Alaska in 2019.

- The median age of the statewide population was 35.5 (Table 2b). The median age is lowest in the Southwest and Northern regions (30.8 for both) and highest in the Southeast Region (40.0) and the Gulf Coast Region (40.1).
- 19% of people in Alaska are Alaska Native (Table 2b). A majority of the people in the Southwest and Northern regions are Alaska Native (69% for both). A majority of people in the Mat-Su Region (83%), and the Gulf Coast Region (78%) are white.
- Unemployment increased dramatically statewide between February and April 2020 (from 6% to 14%), associated with the worldwide COVID pandemic (Table 2c). Similar increases were seen across the

regions. April 2020 unemployment was lowest in the Northern and Southwest regions (11% for both) and highest in the Mat-Su and Gulf Coast regions (16% for both).

- 11% of people in Alaska meet the federal definition for living in poverty. Poverty is lowest in the Anchorage, Interior, and Southeast regions (9% for each) and highest in the Northern Region (19%) and the Southwest Region (25%).

### ***Alaska Native Communities***

A variety of entities play a role in tobacco prevention and control in Alaska Native communities, establishing public policies, organizational rules, and practices for delivering services. There are 229 federally recognized tribes in Alaska,<sup>5</sup> but unlike other tribes in the United States, Alaska Native tribes do not have a land base (e.g., reservations).<sup>6</sup> Instead, Alaska Native land ownership and governance occur through separate entities.

*Alaska Native Regional Corporations* were established when the US Congress passed the Alaska Native Claims Settlement Act (ANCSA) in 1971. ANCSA provided for the establishment of 12 regional corporations, owned by Alaska Native shareholders, to manage their lands. Each of the 12 regions also has an Alaska Native regional non-profit organization that provides social services and health care for Alaska Native people. The regional corporations and associated non-profits are:

- Ahtna, Inc.; Copper River Native Association
- Aleut Corporation; Aleutian Pribilof Island Association
- Arctic Slope Regional Corporation; Arctic Slope Native Association
- Bering Straits Native Corporation; Kawerak, Inc.
- Bristol Bay Native Corporation; Bristol Bay Native Association
- Calista Corporation; Association of Village Council Presidents
- Chugach Alaska Corporation; Chugachmiut
- Cook Inlet Region, Inc. (CIRI); Cook Intel Tribal Council
- Doyon, Limited; Tanana Chiefs Conference
- Koniag; Kodiak Area Native Association
- NANA Regional Corporation (NANA); Maniilaq Association
- Sealaska Corporation; Central Council of the Tlingit and Haida Indian Tribes of Alaska

These tribal healthcare systems play an important role in tobacco prevention and helping people quit. Alaska's Public Health Regions do not align with Alaska Native regional corporations, so some corporations span across multiple public health regions.

*Alaska Native village corporations* are owned by Alaska Native Tribe shareholders from specific communities, managing those lands and passing community policies for the people in these areas. Actions can include tribal resolutions or local taxes. Tribal resolutions express the consensus positions of the tribe as an entity. Resolutions can be passed by tribal governments to implement policies within a tribe, or to indicate support for a broader political priority, such as the recent passage of Alaska's smokefree air law.

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<sup>5</sup> Federal Register Vol 85, No 20. January 30, 2020. Bureau of Indian Affairs, U.S. Department of the Interior, 85 FR 5462. Document 2020-01707. <https://www.govinfo.gov/content/pkg/FR-2020-01-30/pdf/2020-01707.pdf>

<sup>6</sup> With one exception: Metlakatla Indian Community's Annette Island Reserve was established as the only Indian reservation in Alaska, as the community opted out of ANCSA.

## Regional School Enrollment

**Table 3.** School district enrollment summarized by Alaska regions.

Geographic Area	Student characteristics		
	Total students in grades K-12	% Alaska Native students (K-12)	Total high school students
State of Alaska	128,589	22%	38,051
Anchorage Schools	45,218	9%	13,343
Mat-Su Borough Schools	19,114	10%	5,586
Gulf Coast Region Schools	12,799	12%	3,859
Interior Region Schools	24,326	13%	7,507
Northern Region Schools	6,324	86%	1,622
Southeast Region Schools	11,344	28%	3,670
Southwest Region Schools	9,464	89%	2,464

Source: Alaska Department of Education and Early Development: Assessment and Accountability, <http://education.alaska.gov/stats/> Enrollment is for October 1, 2019. Student race is based on self-identification according to five mutually exclusive categories, including American Indian/Alaska Native <https://education.alaska.gov/tls/Assessments/naep/orientation/l1s10006.htm>.

School systems play an important role in providing tobacco prevention education, establishing and enforcing policies that keep youth from using tobacco, implementing interventions for youth who experiment with tobacco, and limiting adults from modeling tobacco use behaviors and exposing others to secondhand smoke.

About 128,589 students were enrolled in kindergarten through 12<sup>th</sup> grade in Alaska during October 2019.

- About 22% of Alaska school students are Alaska Native.
- High school students, who are more likely to use tobacco or nicotine products than younger students, make up 30% of the total student population in the state (38,051 of 128,589 total students).

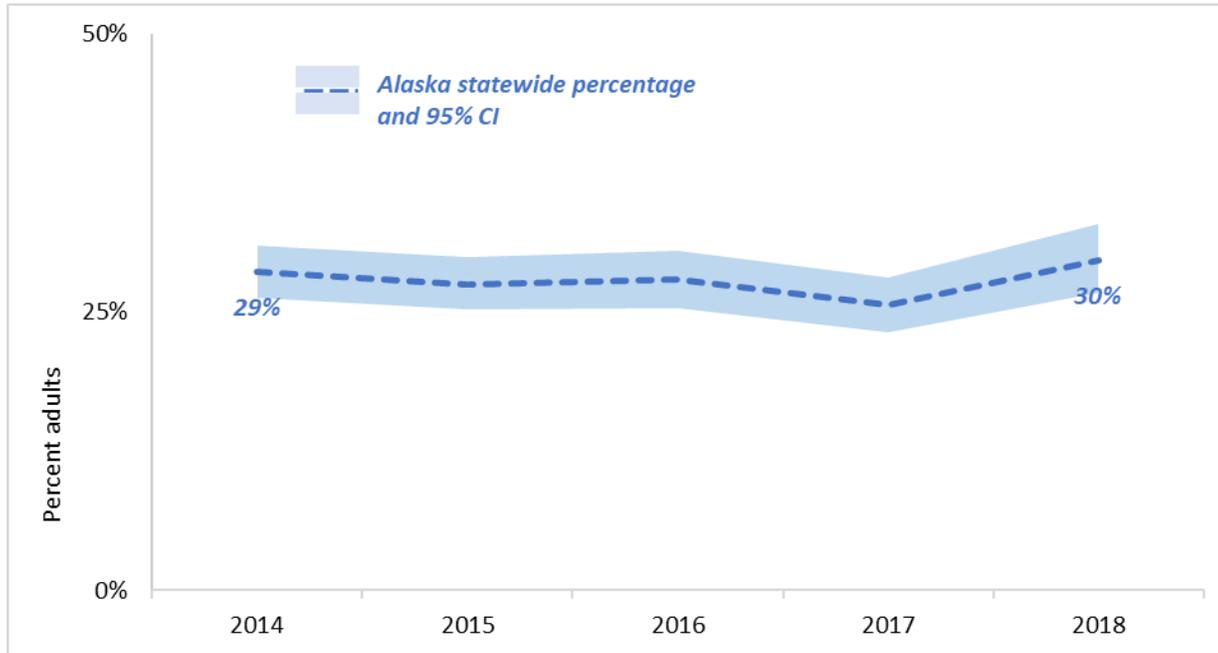
## Section 2. Tobacco Use

This section of the report describes tobacco and nicotine product use among adults and youth Alaska.

### Adult Tobacco Use

Current use of any tobacco products

**Figure 3.** The percentage of adults who use any tobacco or nicotine product did not significantly change during the last 5 years in Alaska.



Year	2014	2015	2016	2017	2018
State of Alaska	29%	28%	28%	26%	30%

Source: AK BRFSS supplemental file, 2014-2018. Includes the percentage of adults who used cigarettes, smokeless tobacco (including iqmik), electronic vapor products, cigars, or hookah in the past 30 days. Measure is reported since 2014 because this is when electronic vapor products questions were added to the BRFSS.

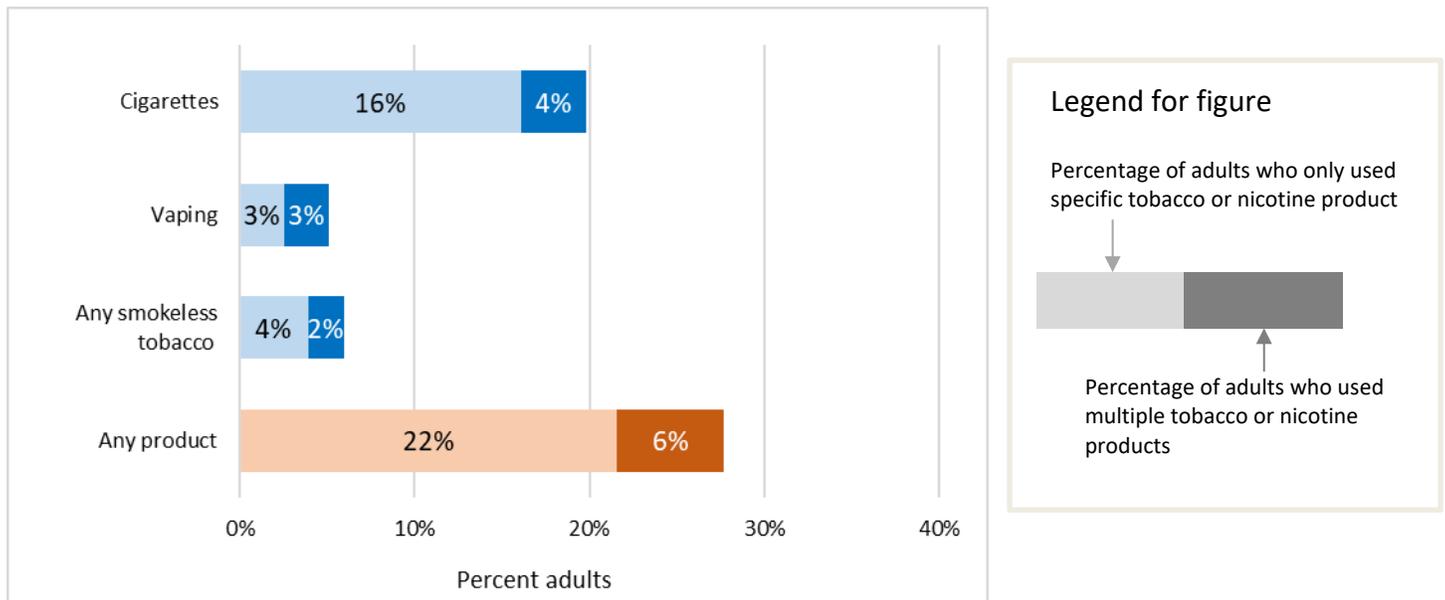
Reducing the use of any tobacco or nicotine product among adults is an important priority in the State of Alaska. The specific *Healthy Alaskans 2030*<sup>7</sup> priority indicator that is monitored to assess progress is: *Reduce the percentage of adults who currently smoke cigarettes or use electronic vapor products, smokeless tobacco, or other tobacco products (which include cigars and hookah).*

- Between 2014 and 2018, the percentage of adults who currently use any tobacco or nicotine product remained stable. In 2018, 30% of adults statewide currently used some form of tobacco or nicotine.
- Based on the most recent percentage of adults who use tobacco or nicotine, there are more than 164,400 adults in Alaska who are at risk of harming their health by using these products.

<sup>7</sup> For more information about Healthy Alaskans 2030, see <https://www.healthyalaskans.org/>

## Current use of specific tobacco products

**Figure 4.** Cigarettes remain the most commonly used tobacco product among adults Alaska. Adults who vape are most likely to also use other tobacco products.



State of Alaska	% who used at least once in past 30 days, among adults			% who used every day in past 30 days, among adults (not shown in figure above)
	Only one product used	Used multiple products	Used alone or in combination*	
Cigarettes	16%	4%	20%	14%
Vaping products	3%	3%	5%	2%
Any smokeless tobacco	4%	2%	6%	3%
<b>Any tobacco product</b>	22%	6%	<b>28%</b>	—

Source: AK BRFSS 2016-2018 combined file for cigarettes, vaping, and smokeless products alone; supplemental file for any tobacco product. Everyday use for any tobacco product was not calculated.

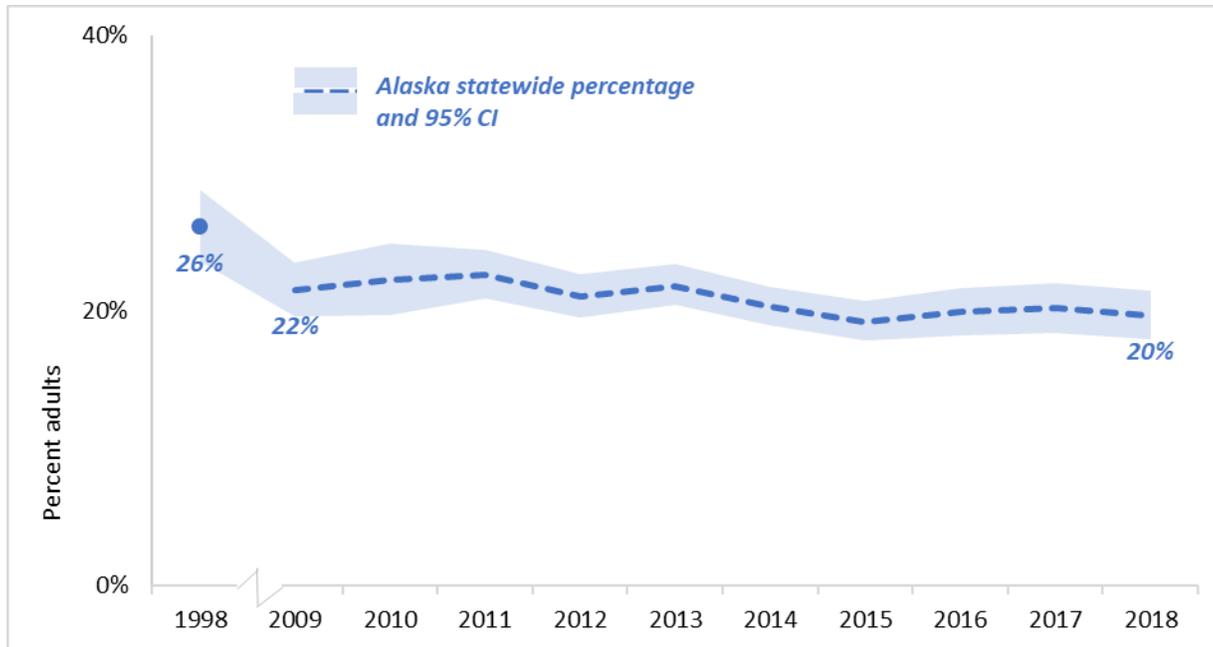
\*numbers may not match sum of "one product" and "multiple product" values due to rounding

In Alaska, 28% of adults currently used some form of tobacco or nicotine product in 2016-2018.

- Cigarettes are the most commonly used product. 20% of Alaska adults smoked cigarettes. Fewer adults used electronic vaping products like e-cigarettes (5%) and smokeless tobacco (6%). Additionally, 4% of adults smoked cigars or cigarillos or used a hookah (data included in Appendix).
- Most Alaska adults who smoked cigarettes or used smokeless tobacco did not use other tobacco or nicotine products. About half of adults who used vaping products were also using other tobacco products.
- Half or more Alaska adults who used cigarettes and smokeless tobacco used them every day, but less than half of adults who used vaping products used them every day (2% of all adults).

## Cigarette smoking

**Figure 5.** The percentage of adults who smoke cigarettes decreased statewide during the past 10 years.

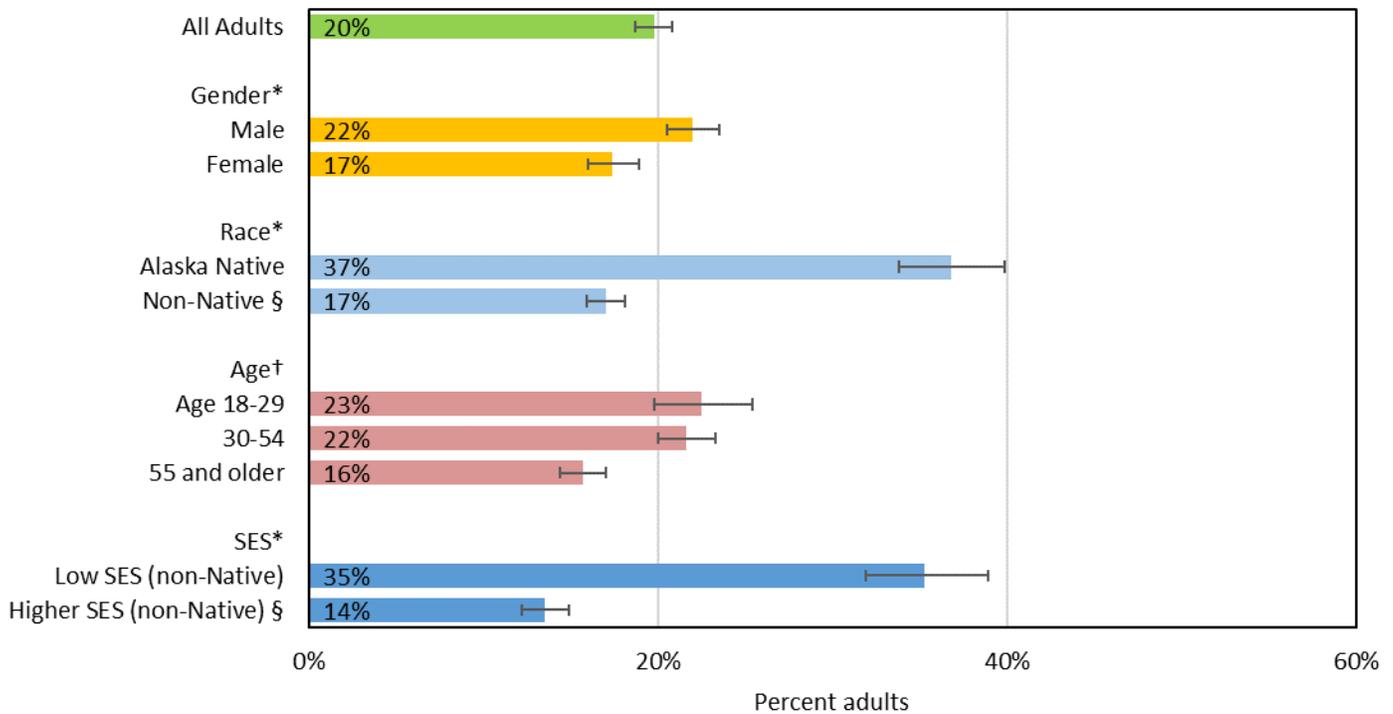


Year	1998	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
State of Alaska	26%	22%	22%	23%	21%	22%	20%	19%	20%	20%	20%

Source: AK BRFSS combined file

- Adult smoking has declined significantly since the start of Alaska’s tobacco prevention and control efforts. Statewide, adult smoking declined from 26% in 1998 to 20% in 2018.
- Based on the most recent percentage of adults who smoke, there are more than 108,500 adults in Alaska who are at risk of harming their health by smoking cigarettes.

**Figure 6.** In the Alaska, the percentage of adults who currently smoke cigarettes varies by gender, race, age group, and socioeconomic status (SES).



\* Significant difference between or among subgroups

† Significant contrasts between ages 18-29 and 30-54 vs. 55 and older

§ Interpret this estimate with caution. See Appendix for additional detail.

Source: Alaska Behavioral Risk Factor Surveillance System, Combined File, 2016-2018

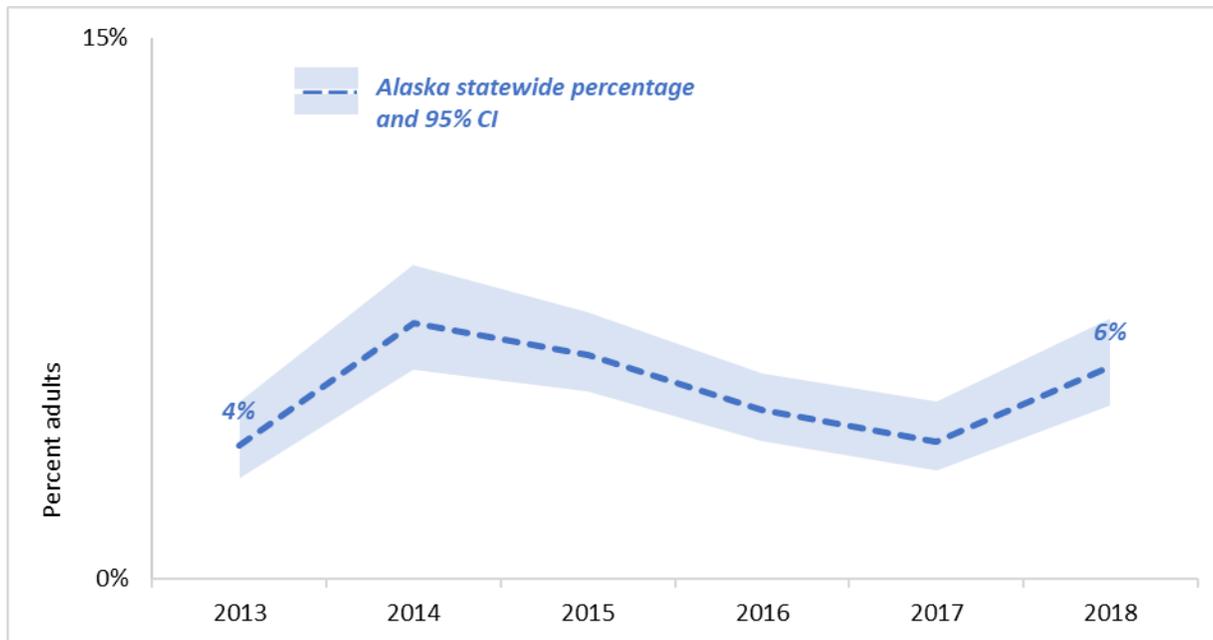
Within Alaska during 2016-2018, cigarette smoking was:

- Higher among males than females (22% vs. 17%)
- Higher among Alaska Native people than among non-Native people (37% vs. 17%)
- Higher among adults 18-29 than adults 55 and older (23% vs. 16%), and higher among adults 30-54 than adults 55 and older (22% vs. 16%)
- Similar among adults 18-29 and adults 30-54 (23% and 22%)
- Higher among people with low socioeconomic status (SES) than among those of higher SES (35% vs. 14%)

## Electronic vapor product use

Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods. These products are battery-powered, and usually contain nicotine and flavors such as fruit, mint, or candy.

**Figure 7:** The percentage of adults who use electronic vapor products has not changed significantly during the past 6 years statewide.

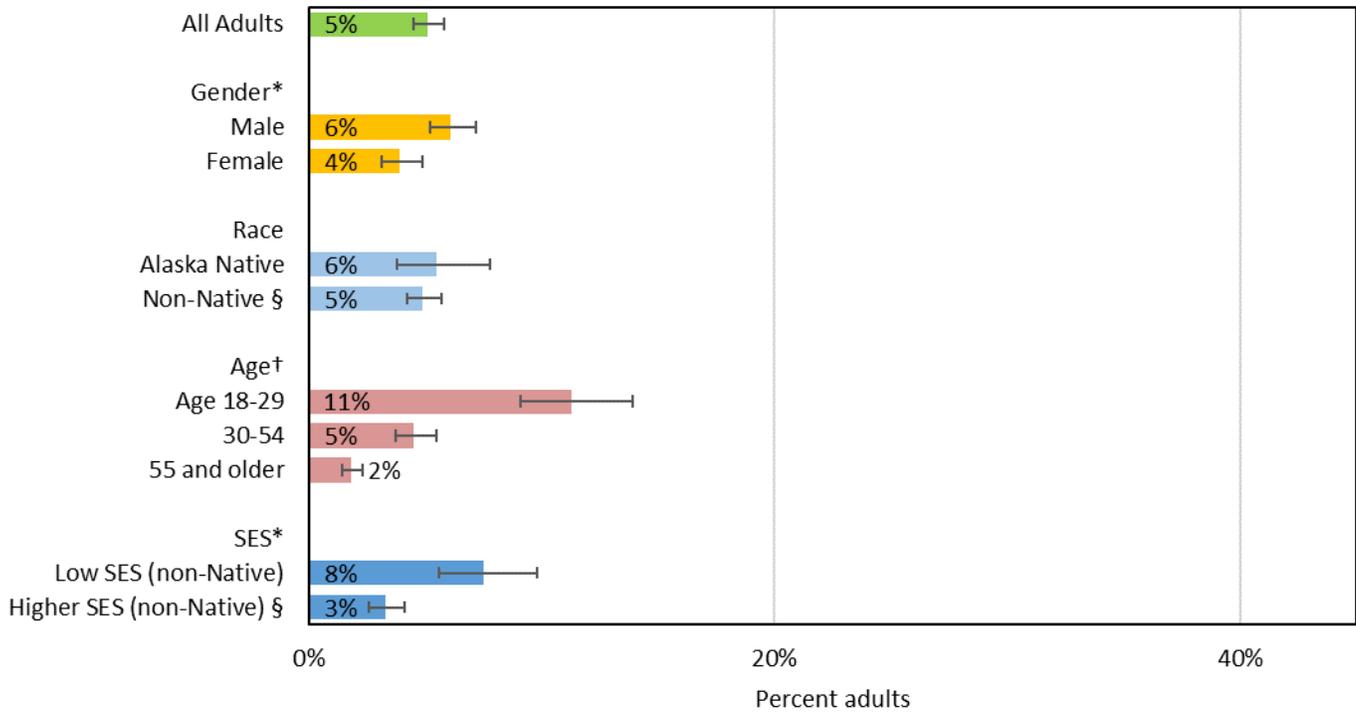


Year	2013	2014	2015	2016	2017	2018
State of Alaska	4%	7%	6%	5%	4%	6%

Source: AK BRFSS combined file

- Use of electronic vapor products (such as e-cigarettes) has not changed significantly during the past six years statewide, from 4% in 2013 to 6% in 2018.
- Based on the most recent percentage of adults who use electronic vapor products, there are more than 32,900 adults in Alaska who are at risk of harming their health by vaping.

**Figure 8:** In Alaska, the percentage of adults who currently use e-cigarettes varies by gender, age group, and socioeconomic status (SES).



\* Significant difference between or among subgroups

† Significant contrasts between ages 18-29 and 30-54, ages 18-29 and 55 and older, ages 30-54 and 55 and older

§ Interpret this estimate with caution. See Appendix for additional detail.

Source: Alaska Behavioral Risk Factor Surveillance System, Combined File, 2016-2018

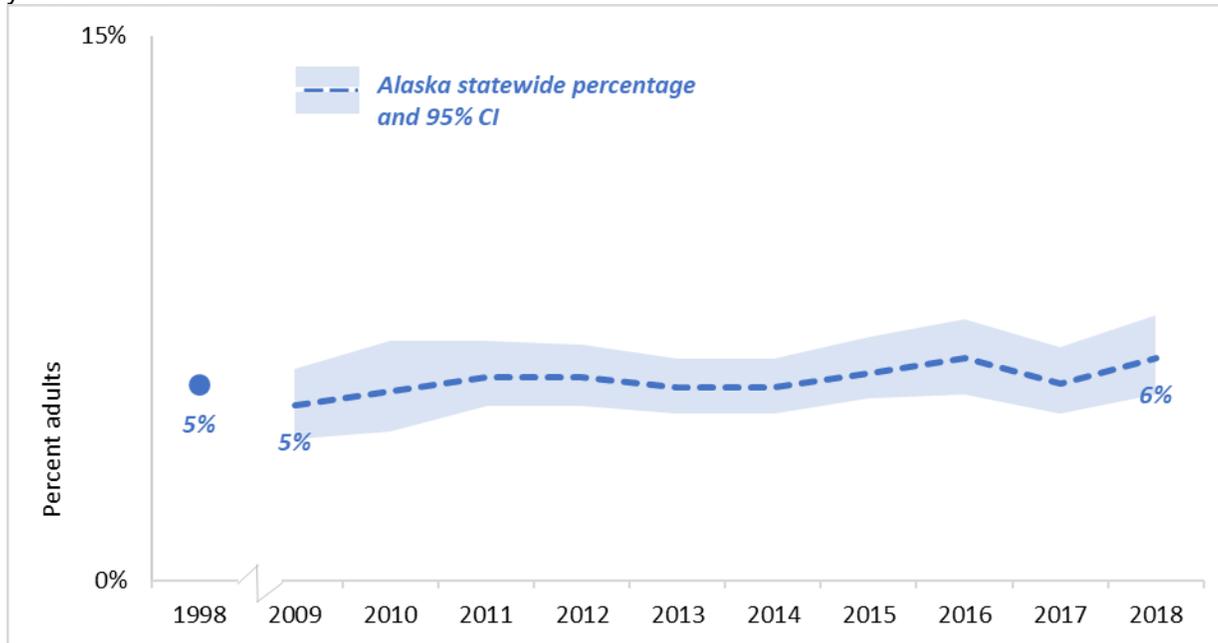
Within Alaska during 2016-2018, e-cigarette use was:

- Higher among males than females (6% vs. 4%)
- Similar among Alaska Native people and non-Native people (6% and 5%)
- Higher among adults 18-29 than among adults 30-54 (11% vs. 5%), and higher among adults 18-29 than adults 55 and older (11% vs. 2%)
- Higher among adults ages 30-54 than adults ages 55 and older (5% vs. 2%)
- Higher among people with lower socioeconomic status (SES) than those with higher SES (8% vs. 3%)

## Smokeless tobacco use

Smokeless tobacco includes commercial products like chew, dip, snus, snuff, and dissolvable tobacco products. People in some regions of Alaska also use a unique traditional smokeless tobacco form called “iqmik” or “blackbull”, which is a mixture of tobacco leaf and punk ash.

**Figure 9:** The percentage of adults who use smokeless tobacco has not significantly changed during recent years in Alaska.

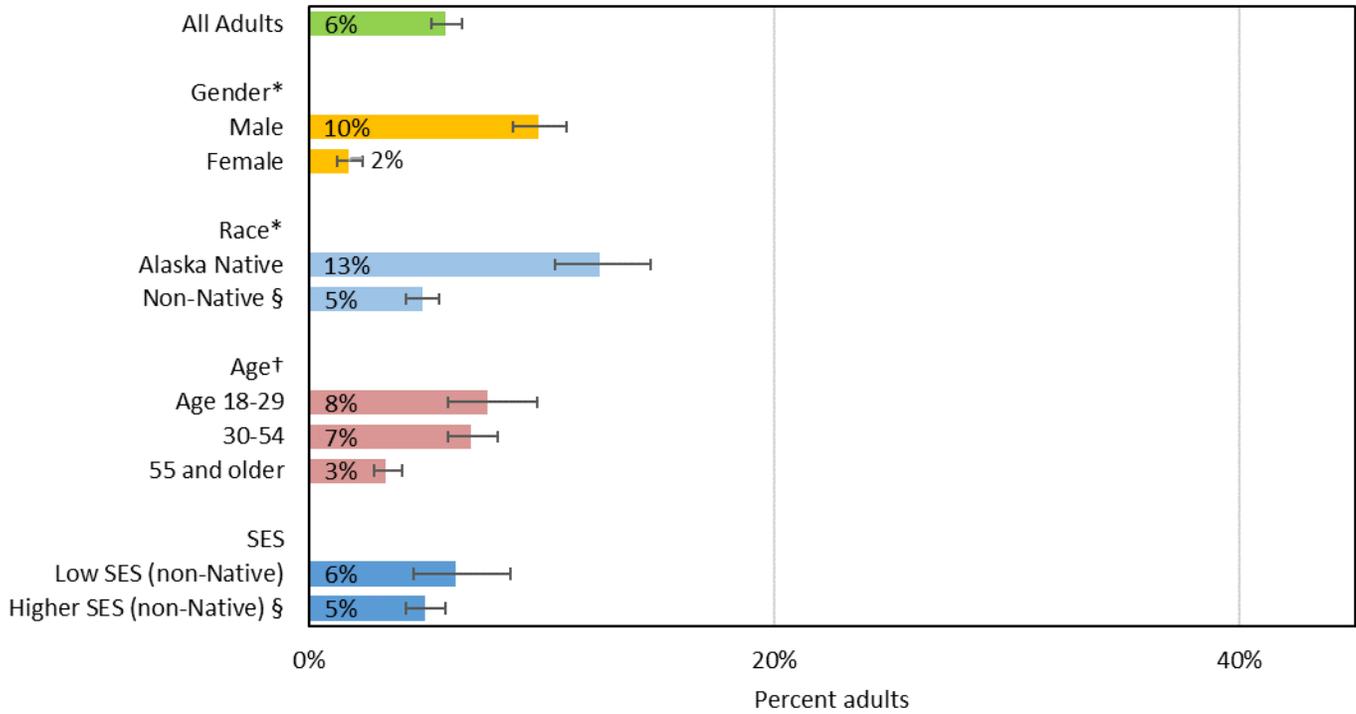


Year	1998	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
State of Alaska	5%	5%	5%	6%	6%	5%	5%	6%	6%	5%	6%

Source: AK BRFSS combined file. Regional estimates are reported from 2011 because small numbers of surveys during early years do not allow for regional estimates.

- Smokeless tobacco use (including chew, dip, snus, snuff, and iqmik) among Alaska adults has not changed significantly over time. Statewide, 5% of adults used smokeless tobacco in 1998, and 6% in 2018.
- Based on the most recent percentage of adults who use smokeless tobacco, there are more than 31,200 adults in Alaska who are at risk of harming their health by using smokeless tobacco.

**Figure 10:** In Alaska, the percentage of adults who currently use smokeless tobacco varies by gender, race, and age group.



\* Significant difference between or among subgroups  
 † Significant contrasts between ages 18-29 and 55 and older, ages 30-54 and 55 and older  
 § Interpret this estimate with caution. See Appendix for additional detail.  
 Source: Alaska Behavioral Risk Factor Surveillance System, Combined File, 2016-2018

Within Alaska during 2016-2018, smokeless tobacco use was:

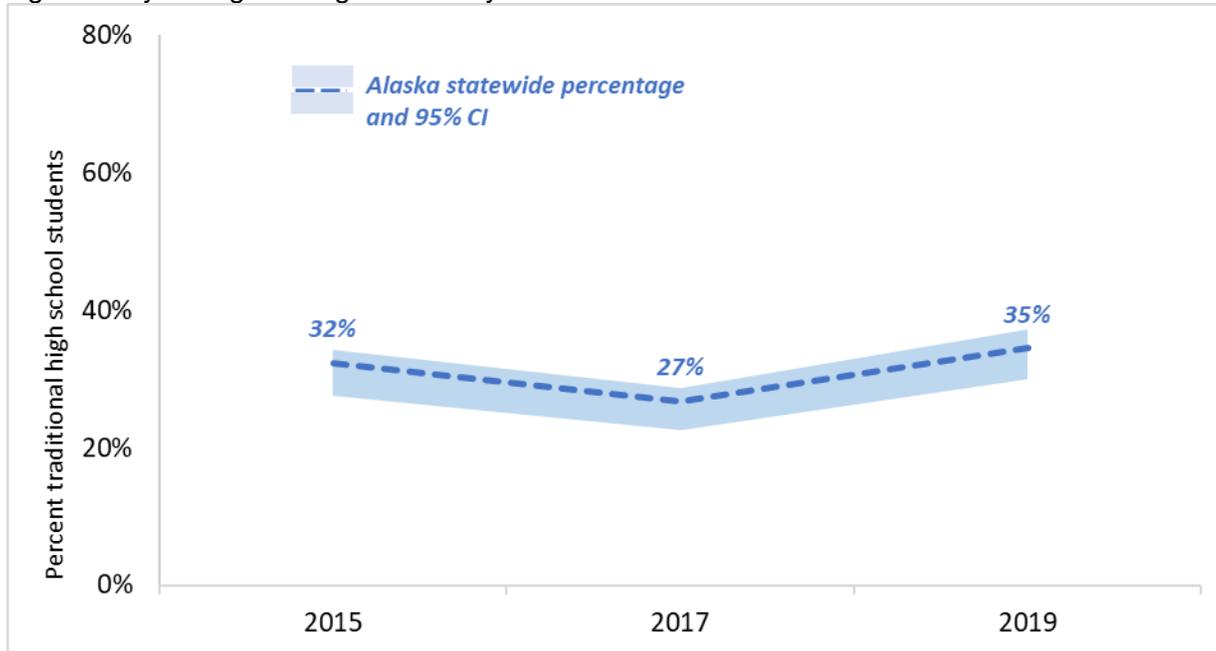
- Higher among males than females (10% vs. 2%)
- Higher among Alaska Native people than non-Native people (13% vs. 5%)
- Higher among adults 18-29 than adults 55 and older (8% vs. 3%), and higher among adults ages 30-54 than adults 55 and older (7% vs. 3%)
- Similar among adults 18-29 and adults 30-54 (8% and 7%)
- Similar among people with lower socioeconomic status (SES) and those with higher SES (6% and 5%)

## Youth Tobacco Use

In the following charts, statewide YRBS data are reported for all available years and regional data are only reported for 2019. Statewide data are based on a sample designed to represent traditional high school students across the state, while regional data are limited to schools that voluntarily participate in the YRBS. Due to variations in school district, school, and student participation over time, differences in regional data from year to year may be driven more by changes in participation than by real changes in tobacco use among students. For this reason, data trends are presented for statewide but not regional estimates.

### Current use of any tobacco products

**Figure 11.** The percentage of high school students who currently use any tobacco or nicotine product did not significantly change during the last 5 years in Alaska.



Year	2015	2017	2019
State of Alaska	32%	27%	35%

Source: Alaska YRBS, 2015-2019, Alaska state sample of traditional high school students. Includes the percentage of students who used cigarettes, smokeless tobacco (including iqmik), electronic vapor products, or cigars in the past 30 days. Questions about electronic vapor product use were added to the Alaska YRBS in 2015. JUUL was added to these questions in 2019.

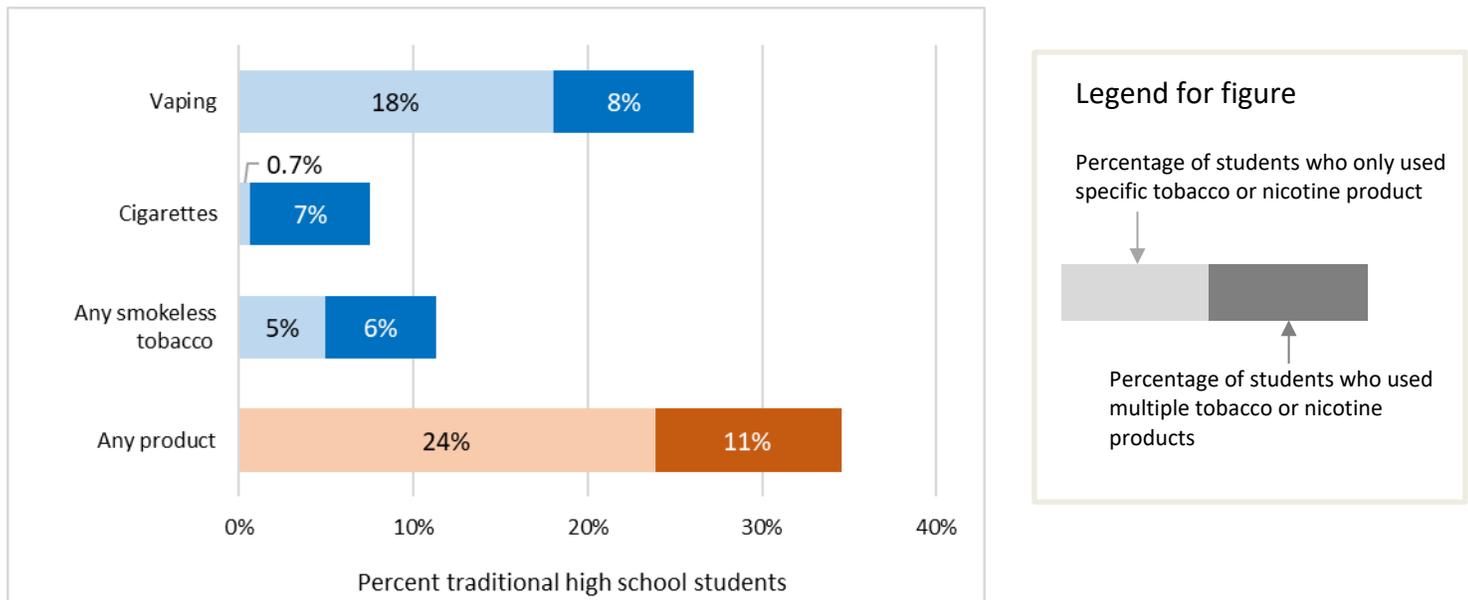
Reducing the use of any tobacco or nicotine product among youth is an important priority in the State of Alaska. The *Healthy Alaskans 2030*<sup>8</sup> priority indicator that is monitored to assess progress is: *Reduce the percentage of adolescents who have used electronic vapor products, cigarettes, smokeless tobacco, or other tobacco products in the last 30 days.*

- This measure is reported beginning in 2015, the first year that questions about e-cigarettes were added to the Alaska YRBS.
- Between 2015 and 2019, the percentage of high school students who currently used any tobacco or nicotine product statewide varied, but the change over time is non-significant.
- Based on the most recent percentage of students who use tobacco or nicotine products, there are more than 13,300 students in Alaska who are at risk of harming their health by using these products.

<sup>8</sup> For more information about Healthy Alaskans 2030, see <https://www.healthyalaskans.org/>

## Current use of specific tobacco products

**Figure 12.** E-cigarettes were the most commonly used tobacco products among high school students in Alaska in 2019. Students who vape are the most likely to use those tobacco products exclusively.



State of Alaska	% who used in past 30 days, among high school students			% who used 20+ of past 30 days, among high school students (not shown in figure above)
	Only one product used	Used multiple products	Used alone or in combination*	
Vaping products	18%	8%	26%	7%
Cigarettes	0.7%	7%	8%	2%
Any smokeless tobacco	5%	6%	11%	4%
<b>Any tobacco product</b>	24%	11%	35%	--

\*numbers may not match sum of "one product" and "multiple product" values due to rounding

Source: AK YRBS 2019, Alaska state sample of traditional high school students. 20-day use for any tobacco product was not calculated.

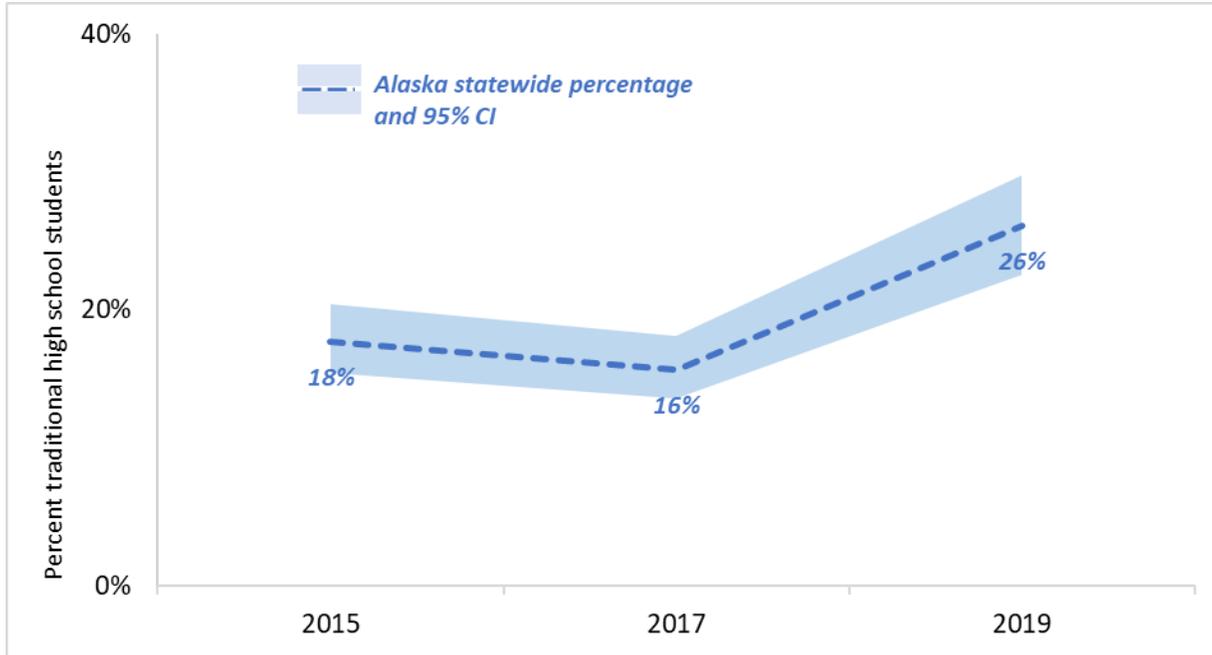
In Alaska, 35% of high school students currently used some form of tobacco or nicotine product in 2019.

- E-cigarettes were the most commonly used product (26% of all students); fewer students used cigarettes (8%) or smokeless tobacco (11%).
- Most students who used e-cigarettes used only those products (18% of students vaped only). Most students who currently used cigarettes or smokeless tobacco were using more than one product.
- 5% of students currently used cigars (data available in Appendix). Nearly all of the students surveyed who used cigars also used other tobacco or nicotine products.
- A minority of the students who used tobacco or nicotine products did so on most days (20 or more of the past 30 days).

## Electronic vapor product use

Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods. These products are battery-powered, and usually contain nicotine and flavors such as fruit, mint, or candy.

**Figure 13:** The percentage of high school students who currently use any e-cigarette product increased during the last 5 years in Alaska.

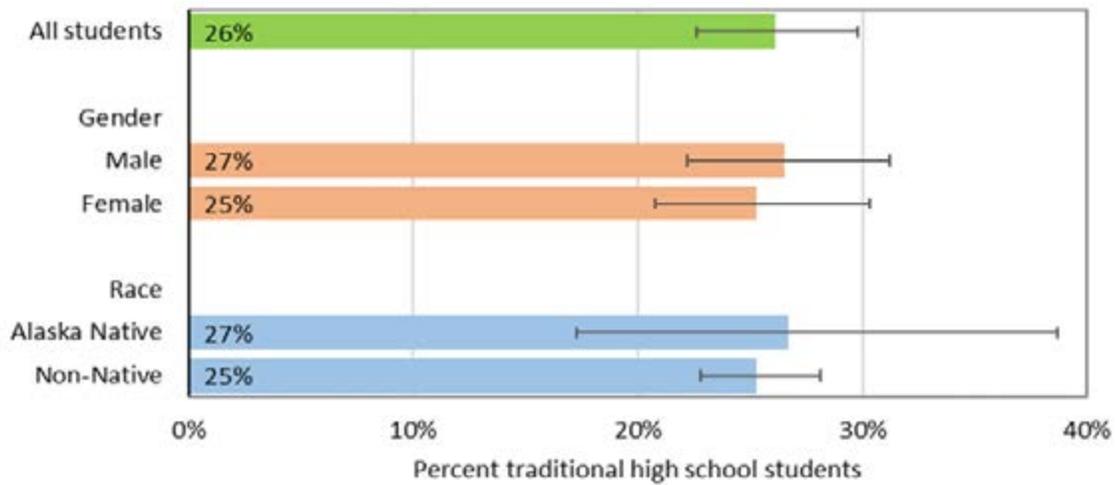


Year	2015	2017	2019
State of Alaska	18%	16%	26%

Source: AK YRBS 2015-2019, Alaska state sample of traditional high school students. These questions were added to the Alaska YRBS in 2015. JUUL was added to questions about electronic vapor product use in 2019.

- The percentage of high school students who currently vape increased statewide, from 18% in 2015 to 26% in 2019.
- Based on the most recent percentage of students who use e-cigarettes, there are more than 9,900 students in Alaska who are at risk of harming their health by vaping.

**Figure 14:** In Alaska, the percentage of high school students currently using e-cigarettes is similar among subgroups.



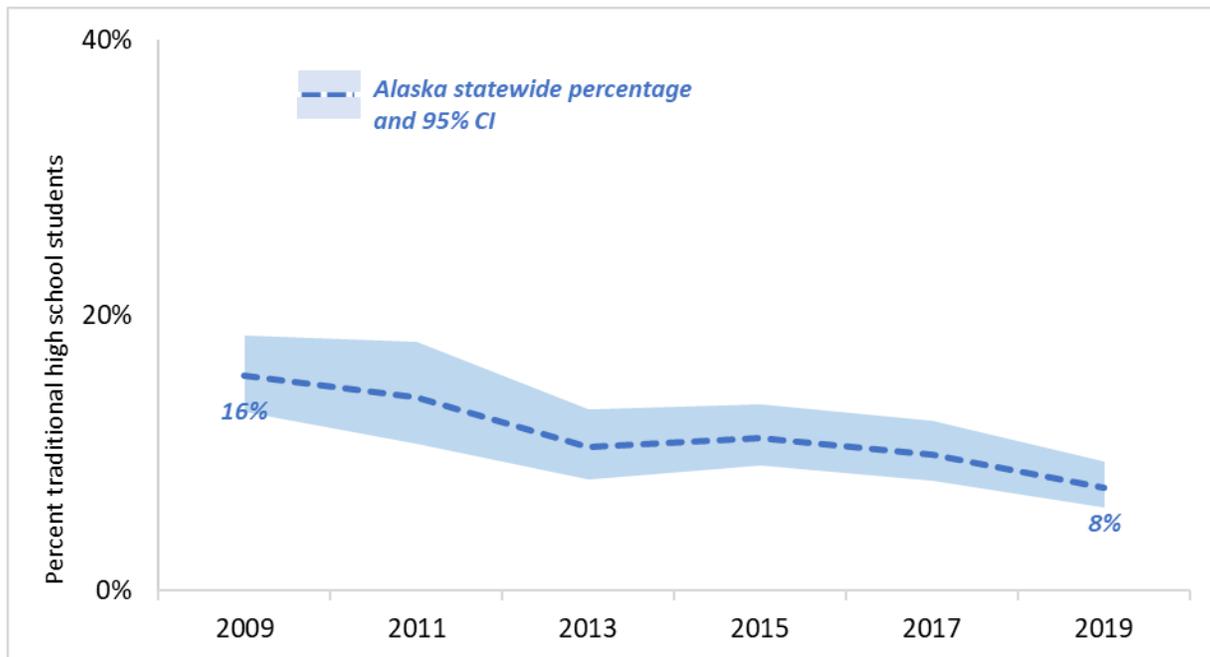
Source: AK YRBS 2019, Alaska state sample of traditional high school students

Within Alaska during 2019, e-cigarette use was not significantly different between groups of high school students:

- 27% among male students and 25% among female students
- 27% among Alaska Native students and 25% among non-Native students

## Cigarette smoking

**Figure 15:** The percentage of high school students who currently smoke cigarettes declined during the last 10 years in Alaska.

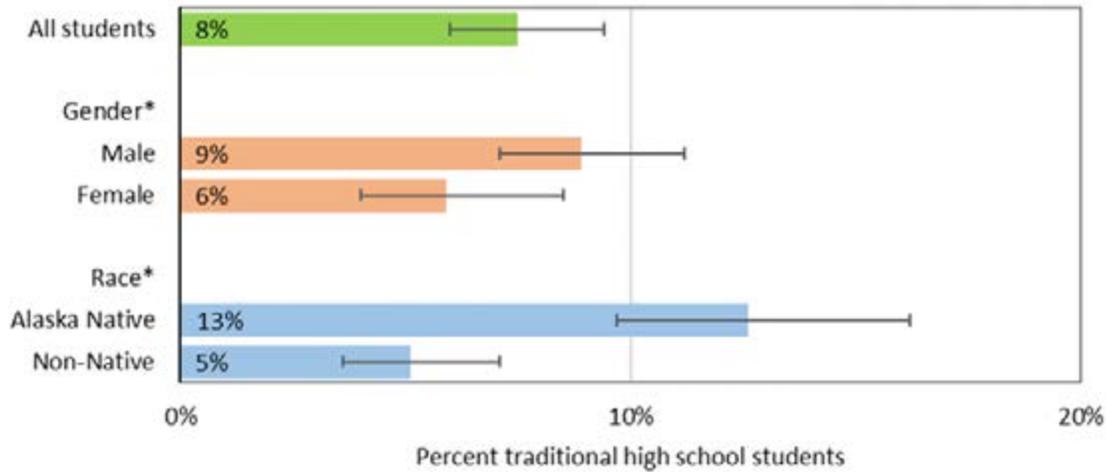


Year	2009	2011	2013	2015	2017	2019
State of Alaska	16%	14%	10%	11%	10%	8%

Source: AK YRBS 2015-2019, Alaska state sample of traditional high school students

- The percentage of high school students who smoke cigarettes statewide declined during the past ten years, from 16% in 2009 to 8% in 2019.
- Based on the most recent percentage of students who smoke cigarettes, there are more than 3,000 students in Alaska who are at risk of harming their health by smoking.

**Figure 16:** In Alaska, the percentage of high school students who currently smoke cigarettes varies by gender and race.



\* Significant difference between or among subgroups

Source: AK YRBS 2019, Alaska state sample of traditional high school students

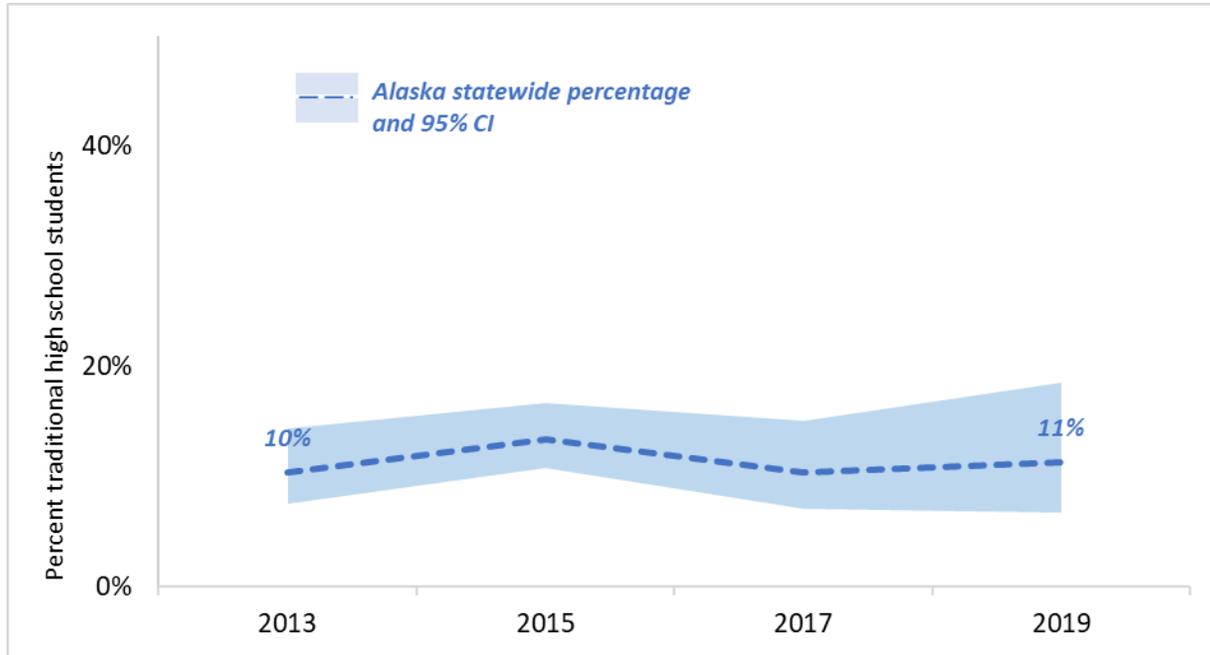
Within Alaska during 2019, cigarette smoking among groups of high school students was:

- Higher among male students than female students (9% vs. 6%)
- Higher among Alaska Native students than non-Native students (13% vs. 5%)

## Smokeless tobacco use

Smokeless tobacco includes commercial products like chew, dip, snus, snuff, and dissolvable tobacco products. People in some regions of Alaska also use a unique form of traditional smokeless tobacco called “iqmik” or “blackbull”, which is a mixture of tobacco leaf and punk ash.

**Figure 17:** The percentage of high school students who currently use smokeless tobacco remained stable during the last 7 years in Alaska.

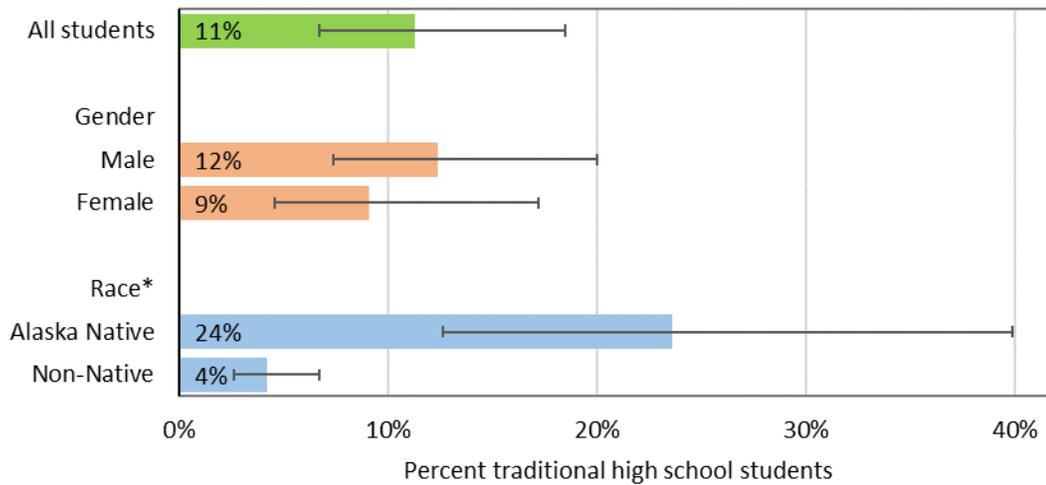


Year	2013	2015	2017	2019
State of Alaska	10%	13%	10%	11%

Source: AK YRBS 2015-2019, Alaska state sample of traditional high school students

- Smokeless tobacco products include chew, dip, snus, snuff, and iqmik. Data are shown from 2013 because this was the year iqmik was added to the questions about smokeless tobacco use.
- The percentage of high school students who used smokeless tobacco products remained stable statewide during the past seven years, from 10% in 2013 to 11% in 2019.
- Based on the most recent percentage of students using smokeless tobacco, there are more than 4,200 students in Alaska who are at risk of harming their health by using smokeless tobacco.

**Figure 18:** In Alaska, the percentage of high school students who currently use smokeless tobacco varies by race.



\* Significant difference among subgroups

Source: AK YRBS 2019, Alaska state sample of traditional high school students

Within Alaska in 2019, the percentage of high school students who used smokeless tobacco was:

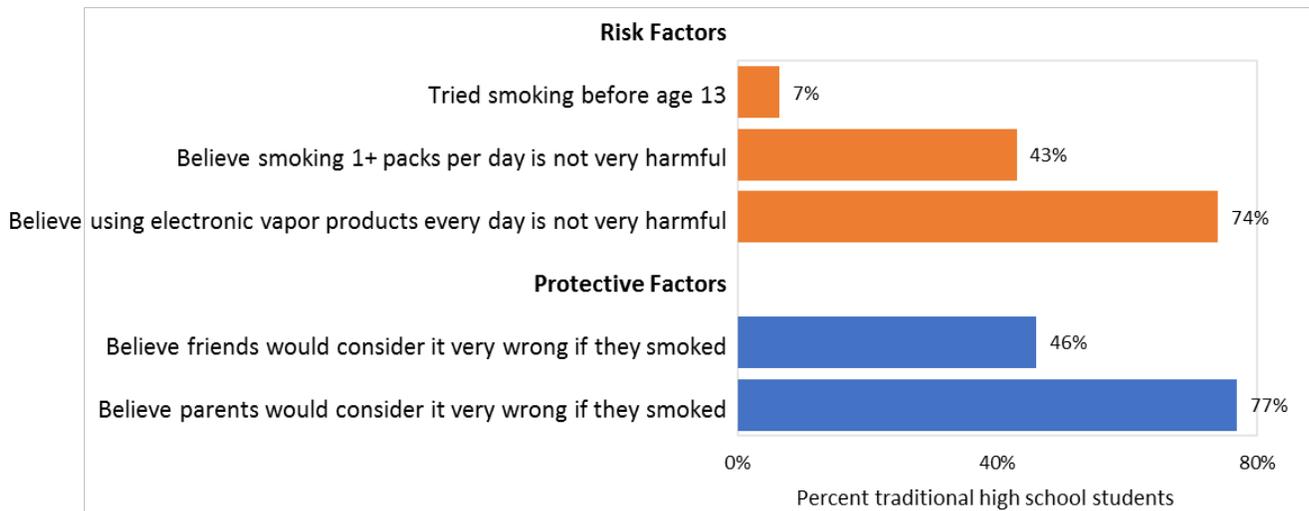
- Similar among male students and female students (12% and 9%)
- Higher among Alaska Native students than non-Native students (24% vs. 4%)

## Section 3. Preventing Youth Tobacco Use

### Risk and Protective Factors

*Risk factors* are measures associated with increased potential that youth will use tobacco. *Protective factors* are measures associated with reduced potential that youth will use tobacco. Prevention programs are often designed to decrease risk factors and enhance protective factors.<sup>9</sup>

**Figure 19:** In Alaska, both risk and protective factors for tobacco use are relatively common among high school students.



Source: AK YRBS 2019, Alaska state sample of traditional high school students

Risk factors among Alaska high school students include:

- 7% of Alaska students first tried smoking a cigarette before age 13.
- 43% of the state's students think that smoking one or more packs of cigarettes per day poses no risk or only slight risk to their health.
- Most students think that using e-cigarettes every day is not very harmful (74%).

Protective factors among Alaska high school students include:

- Almost half of Alaska students think their friends would consider it very wrong for them to smoke cigarettes (46%).
- Most of the state's students think their parents would consider it very wrong for them to smoke cigarettes (77%).

<sup>9</sup> For more on risk and protective factors, see this U.S. interagency website on youth prevention <https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>

## Youth Lifetime Tobacco Use

**Table 4:** Many high school students in Alaska have tried using tobacco products.

<i>Indicator</i>	<i>State of Alaska</i>
Ever tried vaping products	46%
Ever tried cigarette smoking	28%

Source: AK YRBS 2019, Alaska state sample of traditional high school students

About half of high school students in Alaska have tried vaping products, and many have tried cigarette smoking.

- 46% of Alaska students have tried using e-cigarettes at least once.
- 28% of Alaska students have tried smoking cigarettes at least once.

## Tobacco Taxes

Tobacco price increases, including taxes, are proven to reduce both adult and underage smoking; increasing the price of tobacco products is especially effective in preventing youth from starting to use them.<sup>10</sup>

Alaska's statewide tobacco tax includes:

- \$2.00 for a pack of 20 cigarettes.
- 75% of wholesale price of other tobacco products, including cigars and chewing tobacco.

There is currently no statewide tax on e-cigarette products.

Municipalities and boroughs are also allowed to apply local taxes on cigarettes and other tobacco products or nicotine products. Based on information available in May 2020:

- The Anchorage Region has passed a local tobacco tax of \$2.39/cigarette pack, and a tax on other tobacco products of 55% of the wholesale price.
- In the Gulf Coast Region, no communities have passed local-level cigarette or other tobacco taxes.
- In the Interior Region, three communities have some kind of local tobacco tax (City of Fairbanks, Fairbanks North Star Borough, and North Pole).
- The Mat-Su Region has passed a local tobacco tax.
- In the Northern Region, three communities have some kind of local tobacco tax (City of Barrow, City of Kotzebue, and Northwest Arctic Borough).
- In the Southeast Region, six communities have some kind of local tobacco tax (Haines Borough, City of Hoonah, City and Borough of Juneau, City of Kake, Petersburg Borough, and City and Borough of Sitka).
- In the Southwest Region, two communities have some kind of local tobacco tax (City of Aniak and City of Bethel).

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<sup>10</sup> Community Guide to Preventive Services Task Force *Tobacco Use: Interventions to Increase the Unit Price for Tobacco Products*. Recommended (strong evidence), November 2012. <https://www.thecommunityguide.org/findings/tobacco-use-interventions-increase-unit-price-tobacco>

## School Policies

Policies that restrict tobacco use on school properties have multiple benefits: they protect people from being exposed to secondhand smoke, limit student access to tobacco products and opportunities to use them, and restrict adult modeling and normalization of tobacco use.

Model policies restrict use of all types of tobacco or nicotine products, by all types of people – including students, staff, and visitors – on school grounds, and at school events held in other locations. Policies should be visibly promoted through signs and communications, and should provide supportive interventions for anyone who breaks the rules. Finally, resources should be in place to ensure the rules are enforced.

### Definitions of school policy ratings:

- **Comprehensive policy** contains at least 90% of the model policy elements.
- **Strong policy** contains at least 80% of the model policy elements.
- **Fair policy** contains at least 70% of the model policy elements.
- **Incomplete policy** contains fewer than 70% of the model policy elements.

### K-12 School district policies

Note: related information on adult attitudes about smoking and tobacco use on school property is included in Section 5 of this report, Table 11 and Table 12.

**Table 5.** In Alaska, 38 school districts have established a comprehensive tobacco policy.

Anchorage Region	Gulf Coast Region	Interior Region	Mat-Su Region	Northern Region	Southeast Region	Southwest Region	State of Alaska
Total number of school districts							
1	6	10	1	4	18	14	54
Number of districts with comprehensive policies							
0	3	9	1	2	13	10	38 (70%)
Number of districts with strong policies							
1	2	0	0	2	1	0	6 (11%)
Number of districts with fair policies							
0	1	0	0	0	0	1	2 (4%)
Number of districts with incomplete policies							
0	0	1	0	0	4	3	8 (15%)

Source: ADAPT, May 2020.

**Table 6:** In Alaska, few high school students use tobacco on school property.

Indicator	State of Alaska
<b>High school students who used tobacco on school property in past 30 days</b>	
Cigarettes	2%
Smokeless tobacco (excluding iqmik)	6%
Iqmik	5%
Any: cigarettes, smokeless tobacco, or iqmik	8%

Source: AK YRBS 2019, Alaska state sample of traditional high school students

Few high school students in Alaska said they used tobacco products on school property during the past 30 days.

- 2% of Alaska students smoked cigarettes on school property.
- 6% of the state’s students used smokeless tobacco (excluding iqmik) on school property.
- 5% of students used iqmik on school property.
- 8% of students used cigarettes, smokeless tobacco, or iqmik on school property.
- No information is currently available about student use of e-cigarettes on school property.

## **Colleges, technical and vocational training schools**

In Alaska, six post-secondary institutions have adopted policies that restrict tobacco use on their campus.

- In the Anchorage Region, two adopted strong tobacco-free policies and one adopted an incomplete policy.
- In the Gulf Coast Region, one adopted a strong tobacco-free policy, one adopted a fair policy, and one adopted an incomplete policy.
- In the Interior Region, one adopted a strong tobacco-free policy.
- In the Mat-Su Region, one adopted a comprehensive tobacco-free policy and one adopted an incomplete policy.
- In the Northern Region, no information was available about any post-secondary institutions that have adopted policies.
- In the Southeast Region, one adopted a strong tobacco-free policy.
- In the Southwest Region, no information was available about any post-secondary institutions that have adopted policies.

## Section 4. Helping People Quit

### Quitting Indicators

**Table 7:** In Alaska, many adults are trying to quit smoking.

<i>Indicator</i>	<i>State of Alaska</i>
<b>Quit attempts, among current smokers</b>	
Tried to quit in the past year	55%
<b>Successful recent quitting, among people who smoked within the past year</b>	
Quit for 3+ months in the past year, at time of survey	7%
<b>Successful long-term quitting, among people ages 25+ who were ever smokers</b>	
“Quit Ratio” – lifetime smokers who are now non-smokers	59%

Source: AK BRFSS 2016-2018 combined file for quit attempts and quit ratio; supplemental file for recent quitting.

Most adults in Alaska who ever started smoking have already quit, and most who still smoke are trying to quit.

- More than half of Alaska adults who currently smoke cigarettes tried to quit in the past year (55%).
- Among the state’s adults who smoked cigarettes within the past year, about 7% have quit successfully.
- Among adults who have ever smoked, more than half quit successfully for the long-term (59%).

## Quitting Resources

Alaska’s Tobacco Quit Line provides quitting support including counseling and medication. All Alaska adults can get services all day, every day, by calling 1-800-QUIT NOW (1-800-784-8669) or enrolling online at [alaskaquitline.com](http://alaskaquitline.com). Some communities and health systems also have programs to support quitting. For more information about regional resources, visit <http://alaskaquitline.com/resources-and-quit-materials/>.

**Table 8:** In Alaska, many adults have received advice and support to quit using tobacco.

<i>Indicator</i>	<i>State of Alaska</i>
<b>Alaska’s Tobacco Quit Line (ATQL), among adult smokers</b>	
Current smokers who are aware of the ATQL	86%
Number of people who received help from the ATQL in the past year	2,619
Estimated percentage of current adult smokers who called the ATQL in the past year**	2%
<b>Healthcare Provider Support, among smokers who had a healthcare visit in past year</b>	
Advised to quit by a healthcare provider	68%

\*\*Calculated as the number of people who received services, divided by the estimated number of adults who smoke cigarettes (population age 18 or older multiplied by the state prevalence of cigarette smoking).

Source: Quitline awareness and advice are from AK BRFSS 2016-2018 supplemental file; quitline utilization and percent who called are from Alaska’s Tobacco Quit Line Annual Report, FY2019 (July 2018-June 2019).

Resources are available to help quit smoking in Alaska.

- Most Alaska adults who smoke cigarettes are aware of Alaska’s Tobacco Quit Line (86%).
- 2,619 of the state’s adults got help from Alaska’s Tobacco Quit Line during the past year. This is 2% of the estimated number of adults who smoke in the state.
- Over two-thirds of adult smokers who had a healthcare visit in the past year said that their healthcare provider advised them to quit (68%).

## Section 5. Eliminating Exposure to Secondhand Smoke

### Secondhand Smoke Exposure

**Table 9:** In Alaska, some students and adults are still exposed to smoke from other people's smoked tobacco products (secondhand smoke, or SHS).

<i>Indicator</i>	<i>State of Alaska</i>
<b>Youth Exposure</b>	
Students were in the same room with someone who was smoking in the past week	27%
<b>Adult Exposure</b>	
Adult home SHS exposure, all adults	7%
Adult home SHS exposure, among those who rent their home	9%
Adults exposed to SHS at work, among adults who work**	6%

Source: Youth measure from AK YRBS 2019; statewide percentages are from the state sample of traditional high schools, regional percentages are from all participating traditional high schools in the region. Adult measures from AK BRFSS supplemental file 2016-2018; questions on SHS were asked in 2016-17 only.

\*\*Alaska implemented a statewide clean indoor air law in 2018, and adult data reported here were collected prior to that law.

In Alaska, most adults reported no secondhand smoke exposure in homes and workplaces, however more youth reported exposure.

- 27% of Alaska high school students said they were in the same room with someone who was smoking a tobacco product in the past week.
- 7% of Alaska adults overall were exposed to secondhand smoke at home. Among those who rent their home, 9% of adults were exposed.
- Among the state's adults who work, 6% were exposed to secondhand smoke at work.

### Secondhand Smoke Rules

**Table 10:** In Alaska, most adults are protected by rules to prevent exposure to secondhand smoke at home and at work.

<i>Indicator</i>	<i>State of Alaska</i>
<b>Home rules</b>	
Home smoking ban	90%
Among those who rent, landlord has rules about smoking on the property	50%
<b>Workplace rules</b>	
Smoking is not allowed in work areas, among adults who work indoors	86%

Source: AK BRFSS supplemental file 2016-2018. Question about landlord rules not asked in 2017.

In Alaska, most private homes and workplaces have a smoking ban.

- 90% of Alaska adults said that smoking is not allowed inside their home.
- Among the state's adults who rent, half said that their landlord has rules about smoking on the property (50%).
- Most adults who work indoors said that smoking is not allowed in their workplace (86%). Alaska's statewide law protecting indoor workers from secondhand smoke was implemented during July 2018, and future survey reports should show closer to 100% of indoor workers reporting they are protected from secondhand smoke at work.

## Secondhand Smoke Attitudes

**Table 11:** In Alaska, most adults believe that secondhand smoke is harmful, and support rules that protect people from being exposed to secondhand smoke.

<i>Indicator</i>	<i>State of Alaska</i>
<b>Attitudes about harm</b>	
Agree secondhand smoke is very/somewhat harmful to people's health	92%
Prefer to spend time where people are not smoking	87%
Since bars went smokefree, have gone as often/more often than before	94%
<b>Support rules that protect people from secondhand smoke</b>	
Agree/strongly agree people should be protected from secondhand smoke	89%
Support smokefree restaurants	84%
Support smokefree workplaces	87%
<b>Agree tobacco use should not be allowed at schools</b>	
On school grounds during school hours	94%
On school grounds after school hours	89%
At school-sponsored events, including those not on school grounds	81%
<b>Agree tobacco use should not be allowed in healthcare settings</b>	
On hospital grounds, such as on walkways and outside building entrances	85%
On health clinic grounds, such as on walkways and outside building entrances	87%

Source: AK BRFSS supplemental file 2016-2018.

In Alaska, most adults support rules that protect people from being exposed to secondhand smoke.

- Most adults in the Alaska agree that secondhand smoke is harmful (92%). Most also prefer to spend time where people are not smoking (87%).
- 94% of the state's adults said they now go out to bars as often or more often than they did before Alaska's bars went smokefree.
- A majority of adults agree that people should be protected from secondhand smoke in general (89%). Most support smokefree restaurant (84%) and smokefree workplace rules (87%).
- Nearly all adults say that tobacco use should not be allowed on school grounds during school hours (94%). Most also agree that tobacco use should not be allowed after school hours (89%) or at school-sponsored events, including those not on school grounds (81%).
- Most adults support rules that do not allow tobacco use on hospital grounds (85%) and health clinic grounds (87%).

## Secondhand Smoke Norms

“Norms” are values, beliefs, attitudes, and expectations for behavior that are shared by most people in a group, such as a community. The following are indicators of perceived pro- or anti-tobacco community norms.

**Table 12:** In Alaska, some adults report seeing smoking in school settings, and more report seeing it in healthcare settings.

<i>Indicator</i>	<i>State of Alaska</i>
<b>Report seeing tobacco use in school settings</b> , among adults who have visited them	
Inside school but after school hours	3%
Outside on school grounds during school hours	19%
Outside on school grounds after school hours	26%
At school-sponsored events, including those not on school grounds	22%
<b>Report seeing tobacco use in healthcare settings</b> , among adults who have visited them	
On hospital grounds	57%
On health clinic grounds	41%
<b>Aware of local tobacco prevention activities</b> , among adults	
Aware of a local group doing tobacco prevention in their community	57%

Source: AK BRFSS 2016-2018 supplemental file.

In Alaska, despite strong support for rules restricting smoking and protecting people from secondhand smoke (see prior section), many people still report seeing tobacco use in school and healthcare settings.

- Relatively few Alaska adults have seen someone using tobacco inside schools (3%). Somewhat more have seen tobacco use outside on school grounds during school hours (19%), outside on school grounds but after school hours (26%), or at school-sponsored events including those not on school grounds (22%).
- Over half of the state’s adults who visited a hospital in the past year have seen someone using tobacco there (57%), and fewer than half have seen tobacco use on health clinic grounds (41%).
- More than half of adults said they know about a local group working on tobacco prevention in their community (57%).

## Secondhand Smoke Policies

Alaska has a statewide law that bans smoking and use of electronic vaping products (“e-cigarettes”) in enclosed public places and workplaces, including buses and taxis, stores, bars, and restaurants (Alaska Statute 18.35.301, enacted July 17, 2018). Tribal governments, local municipalities, and organizations can pass policies that build on this statewide law, but cannot remove or weaken the state law.

The Alaska TPC Program collects information on a variety of local smokefree policies, including tribal resolutions, community ordinances, multi-unit housing policies, and healthcare policies.<sup>11</sup> Each of these policies are evaluated in comparison to a relevant model policy, scored based on how many model policy elements are included, and categorized as defined below.

### *Policy Strength Definitions:*

- **Comprehensive policy** contains at least 90% of the model policy elements.
- **Strong policy** contains at least 80% of the model policy elements.
- **Fair policy** contains at least 70% of the model policy elements.
- **Incomplete policy** contains fewer than 70% of the model policy elements.

### **Tribal Resolutions**

There are about 229 federally recognized tribes in Alaska. As of June 2020, 145 tribes were known to have tobacco-free or smokefree tribal resolutions on record (65%):

- In the Anchorage Region, no information was available about a resolution for the one federally recognized tribe.
- In the Gulf Coast Region, 18 tribes have tobacco-free or smokefree tribal resolutions on record.
- In the Interior Region, 11 tribes have tobacco-free or smokefree tribal resolutions on record.
- In the Mat-Su Region, one federally recognized tribe has a tobacco-free or smokefree tribal resolution on record.
- In the Northern Region, 23 tribes have tobacco-free or smokefree tribal resolutions on record.
- In the Southeast Region, 16 tribes have tobacco-free or smokefree tribal resolutions on record.
- In the Southwest Region, 76 tribes have tobacco-free or smokefree tribal resolutions on record.

### **Multi-Unit Housing Policies**

Policies that ban smoking in multi-unit housing, such as apartment buildings, duplexes, and public housing complexes, can protect families from secondhand smoke exposure within their homes, “drift” between units, and smoke residue left by former residents.

Model housing policies include:

- Prohibitions on all types of smoking and tobacco use, including e-cigarettes and marijuana, within indoor spaces and all outdoor spaces of the property
- Specific definition for “residents” that includes anyone living or staying in the property
- Statement that the policy applies to all current and new residents, guests, visitors, employees, contractors, volunteers, and vendors
- Requirement for posting “no smoking” signs, and for management to communicate the policy to employees and residents
- Inclusion of the policy within lease agreements
- Statement of penalties for violations

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<sup>11</sup> Information about tobacco-related policies can be shared by emailing [tobacco@alaska.gov](mailto:tobacco@alaska.gov)

Based on information available in ADAPT during May 2020, 15 multi-unit housing properties in Alaska have smokefree addendums or policies in their leases.

- The Gulf Coast Region has four properties with smokefree addendums or policies.
- The Southeast Region has three properties with smokefree addendums or policies.
- The Anchorage Region, Northern Region, and Southwest Region each have two properties with smokefree addendums or policies.
- The Interior Region and the Mat-Su Region each have one property with smokefree addendums or policies.

### Healthcare Policies

Healthcare facilities exist to promote the health and wellbeing of the communities they serve. Policies that restrict smoking on healthcare campuses can protect people from exposure, including those who are vulnerable due to medical conditions.

Model healthcare policies include:

- Prohibiting all types of tobacco use, including e-cigarettes in all organization-controlled indoor and outdoor spaces, parking lots, vehicles, and sidewalks, by all employees, clients, patients, visitors, and vendors
- Prohibiting the sale, advertising, and transportation of tobacco products on organization-controlled properties and vehicles
- Requirements to post the policies
- Definitions of policy violations, clear penalties relevant to the individual (e.g., visitors, employees), and procedures for enforcement
- Identification of resources to help with quitting tobacco available to employees, patients, visitors, and vendors

**Table 13:** In Alaska, some healthcare facilities have policies to limit tobacco use on their campuses.

<i>Anchorage Region</i>	<i>Gulf Coast Region</i>	<i>Interior Region</i>	<i>Mat-Su Region</i>	<i>Northern Region</i>	<i>Southeast Region</i>	<i>Southwest Region</i>	<i>State of Alaska</i>
Number of healthcare facilities known to have adopted policies							
5	6	2	1	2	8	3	27
Number of facilities with comprehensive policies							
0	0	1	0	1	0	0	2 (7%)
Number of facilities with strong policies							
0	3	1	0	0	4	2	10 (37%)
Number of facilities with fair policies							
2	1	0	1	0	0	0	4 (15%)
Number of facilities with incomplete policies							
3	2	0	0	1	4	1	11 (41%)

Source: ADAPT, May 2020.

In Alaska, 27 healthcare facilities were identified as having adopted policies to reduce smoking on their campus.

- 2 facilities have comprehensive tobacco policies that include e-cigarettes.
- 10 facilities have strong tobacco-free policies.
- 4 facilities have fair tobacco-free policies.
- 11 facilities have adopted incomplete tobacco-free policies, meaning the policies lack key elements that are considered essential for effective policies.