

2012 Mat-Su Household Survey Results

Methodology

The 2012 Mat-Su Household Survey was conducted by McDowell Group, Inc. for the Mat-Su Health Foundation and their partners as part of the 2013 Mat-Su Community Health Needs Assessment. The partners who provided funding for this project are: Alaska Mental Health Trust Authority, BP Alaska, Denali Commission, Providence Health and Services Alaska, Rasmuson Foundation, Southcentral Foundation, Mat-Su Borough, Mat-Su Agency Partnership, Mat-Su Coalition of Senior Centers, Mat-Su Community Health Centers, the State of Alaska Department of Health and Social Services including Mat-Su Public Health Nursing, and the United Way of Mat-Su. The household survey captured information about health needs and priorities that was not available from secondary data sources, including data about the needs of seniors and the role of schools in addressing certain health needs. The telephone survey of 700 Mat-Su households included both land-lines and cellphones. The sample was geographically distributed across the borough and included over-sampling of seniors and Alaska Native households. The survey results were then weighted to provide a highly representative sample of borough households. This report shows responses to the Mat-Su Household Survey by question.

Demographics of Respondents

HOUSEHOLD LOCATION AND DEMOGRAPHICS

Table 1. What community do you live in?

Community	% of Total
Urban	
Wasilla	42%
Palmer	21
Meadow Lakes	4
Knik-Fairview	1
Tanaina	<1
Gateway	<1
Total Urban	69%
Rural	
Big Lake	6%
Willow	5
Talkeetna	4
Houston	4
Butte	4
Sutton/Alpine	2
Knik River	1
Lazy Mountain	1
Glacier View	1
Fishhook	1
Chickaloon	1
Trapper Creek	<1
Lake Louise	<1
Petersville	<1
Point MacKenzie	<1
Other	2
Total Rural	31%

Due to rounding the column does not add up to 100 percent.

Note: The assignment of respondent households to specific communities is approximate. Zip codes and telephone prefixes are of limited use, as both overlap multiple communities within the borough. Further, many residents from suburban areas adjacent to Wasilla and Palmer gave their community as one of those two cities.

Table 2. Age of Respondents

Age Range	% of Total	US Census
Under 35	28%	26%**
35-49	30	30
50-64	31	28
65 or over	12	11

Due to rounding, some columns may not add up to 100 percent.

*2010 census demographic profile for Matanuska-Susitna Borough.

**Census data is for ages 20-34 years.

Table 3. Respondent Gender

Gender	% of Total	US Census
Female	67%	52%
Male	33	48

*2010 Census Demographic Profile for Matanuska-Susitna Borough – Population 18 and over

Table 4. Including yourself, how many people live in your household for at least six months of the year?

Household Size	% of Total
1	13%
2	32
3	54
DK/Refused	1

Table 5. Children in Household

	% of Total
No	53%
Yes	48

Due to rounding, column does not add up to 100 percent.

Table 6. Seniors in Household

	% of Total
No	81%
Yes	19

Table 7. Education

Education Level	% of Total	ACS
High school degree or less	28%	42%
Some college/Associate's/ Certificate/Trade School	42	39
Bachelor's	16	13
Master's/PhD/Professional degree	13	5
DK/Refused	1	-

Due to rounding, some columns may not add up to 100 percent.

*American Community Survey Data 2008–2010 3–Year data for Matanuska–Susitna Borough.

Table 8. Household Income

Income Range	% of Total	ACS
Less than \$25,000	13%	16%
\$25,001 to \$50,000	22	20
\$50,001 to \$75,000	20	18
\$75,001 to \$100,000	15	17
\$100,001 to \$125,000	9	12
Over \$125,000	11	17
DK/Refused	10	-

*American Community Survey 2008–2010 3 Year Data for Matanuska–Susitna Borough

**Table 9. Ethnicity
(Multiple answers allowed)**

Ethnicity	% of Total	US Census
White	82%	91%
American Indian or Alaska Native	13	6
Hispanic or Latino	2	4
Black or African-American	1	1
Asian	1	1
Native Hawaiian or Pacific Islander	<1	<1
Other	<1	<1
DK/Refused	4	-

*2010 census demographic profile for Matanuska-Susitna Borough.

Health and Healthcare Questions

Table 10. What types of health coverage or insurance do you or members of your household have?
(Multiple answers allowed)

Type of Insurance	% of Total
Private/Employer Provided/Union	59%
Medicare	16
Medicaid	11
Tribal Health System/Indian Health Service	9
Denali Kid Care	8
Champus/Tricare	6
Veterans Administration	4
Workers' Compensation	<1
None	11
Other	2
DK/Refused	2

Table 11. When you need information about a health condition what source of information do you use most often?

Source	% of Total
Internet	48%
Family Doctor	31
Relative or friend	6
Hospital	3
VA/Military/Tricare	2
Books	1
Magazines	<1
Other	6
DK/Refused	2

Due to rounding the column does not add up to 100 percent.

“Other” Responses

CLINICS

- *Native Clinic*
- *Local clinic (7 responses)*
- *Sunshine Clinic*
- *Talkeetna Clinic*
- *Health Center*
- *The Mat-Su Senior Center*

RESPONDENT IS MEDICAL PROFESSIONAL

- *I am a doctor and I know what I need regarding any medical issues*
- *I'm a nurse. Don't ask anyone*
- *Myself, I am a health care provider*
- *Self-health care professional*
- *Myself, I am a nurse (3 responses)*
- *Textbooks, she is a health practitioner*

INSURANCE HOTLINES

- *Phone number for health info - 211*
- *AARP Nurse Hotline*
- *Online through insurance company*
- *Nurse Hotline through Health insurance*
- *Call nurse with Blue Shield*
- *Insurance*
- *Nurse and Insurance Health Care*
- *Call nurses with State of Alaska insurance*

OTHER

- *I use my common sense (3 responses)*
- *Resource center agency*
- *My education*
- *My job*
- *My wife*
- *Self medicate*
- *Mayo Clinic Health letters*
- *Phonebook*

Table 12. For someone who is concerned about staying in good health, what would you say is the best thing about living in the Mat-Su Borough?

Best Thing	% of Total
Clean environment	18%
Wilderness/nature	13
Exercise opportunities	10
Good health care	8
Trails	6
Nice community	5
New hospital	4
Healthy foods	4
Not Anchorage	2
Friends/family	2
Hunting/fishing	2
Good schools	<1
Affordable	<1
Don't know	17
Other	9

Due to rounding the column does not add up to 100 percent.

“Other” Responses

RURAL ENVIRONMENT

- *Less people/more privacy (9 responses)*
- *Space (4 responses)*
- *Quiet (5)*
- *Quiet, smaller*
- *Quietness, sense of independence*
- *Slower pace*
- *Less traffic*
- *Low stress*
- *Riding four-wheelers and staying at home*

WEATHER

- *I enjoy the summertime weather*
- *Temperatures-cooler than other communities*
- *Good climate*
- *Warmer than Candle, Alaska*

COMMUNITY

- *Small town/community feeling (3 responses)*
- *Senior housing and organizations (2)*
- *Faith community*
- *Being proactive in the community*
- *There are a lot of programs to get involved in*
- *Neighbors*
- *Active community*
- *Cultural resources such as food, traditions*
- *Healthy lifestyle*
- *Availability of housing*
- *There are subsistence activities in the Mat-Su Borough*

SAFETY

- *Mat-Su is a safe place to live*
- *Safer neighborhoods*
- *Socialization and safety*
- *Safer, more open space*

OTHER

- *Nothing (6 responses)*
- *Everything (2)*
- *Work*
- *Stay away from drugs*
- *Everything is "local"*
- *Not the best*
- *Doctors are great*
- *She considers herself the best thing about living in Mat Su*
- *Fewer crazy people to harm you*
- *Healing rooms*
- *Mat-Su doesn't have as many diseases as other places in the US*
- *Low taxes*
- *Anchorage is close, with a larger hospital*

Table 13. In the past 12 months have you had an annual medical exam or preventative screening of any kind?

	% of Total
Yes	67%
No	31
Don't know	1

Due to rounding the column does not add up to 100 percent.

Table 14. In the past 12 months, did you or anyone in your household experience any of the following health conditions?

Health Condition	Yes	No	DK/Ref.
A chronic disease, such as diabetes	17%	83%	<1%
Need for dental care	65	35	1
Need for vision care	62	38	<1
Any minor illness	41	58	1

Due to rounding some columns do not add up to 100 percent.

Table 15. Did that person get treatment?

(Base question: those who experienced health conditions)

Health Treatment	Yes	No	DK/Ref.
A chronic disease, such as diabetes (n=119)	96%	4%	-%
Need for dental care (n=452)	88	12	<1
Need for vision care (n=431)	91	9	-
Any minor illness (n=288)	88	12	-

Due to rounding, some rows may not add up to 100 percent.

[NOTE: The household survey data does not address treatment needs associated with mental health, violence, or drug/alcohol abuse. Obtaining representative results for this type of sensitive issue requires more complex survey designs such as the one developed for the Youth Risk Behavior Survey.]

Table 16. In the past 12 months, did you or anyone in your household experience any of the following issues?

Issues	Yes
Not knowing where to go for medical care	7%
Lack of employment or reliable income	17
Not being able to get transportation to medical or other health appointments	7
Not being able to get transportation to work or school	4
Inability to get needed health care because you could not afford it	17
Inability to get a health care appointment at a time that worked for your household	14

Due to rounding, some rows may not add up to 100 percent.

Table 17. Did anything else prevent someone in your household from getting medical treatment in the past year?

	% of Total
Yes	7%
No	93

Table 18. If you needed help in an emergency, would you be very comfortable, somewhat comfortable, or not comfortable asking others in your immediate neighborhood for help?

Comfort Level	% of Total
Very comfortable	49%
Somewhat comfortable	32
Not comfortable	17
Don't know/Refused	1

Due to rounding, column does not add up to 100 percent.

Table 19. In the past 12 months, did you or anyone in your household go without the following?

Basic Need	Yes
Housing	3%
Heat or utilities for your home	3
Reliable transportation	7
Food	4
Needed health care services	12
Needed prescriptions or medications	9

Due to rounding, some rows may not add up to 100 percent.

Table 20. In the past 12 months, did you or anyone in your household need any of the following services?

Services	Yes
Children’s sports or recreation programs	46%
Children’s after-school programs	19
Pre-school	18
Child care other than pre-school	18
Activities for teens outside of school other than sports or recreation	17

**Table 21. Did they have any difficulty in obtaining that/those services?
(Base: those who needed services)**

Services	Yes
Children’s sports or recreation programs	11%
Activities for teens outside of school other than sports or recreation	7
Child care other than pre-school	6
Children’s after-school programs	5
Pre-school	4

Table 22. If you could make just one change to improve the overall health of your household in the next year, what would it be?

One Improvement	% of Total
More exercise/recreation	19%
Healthier food	15
Get/afford insurance	5
Lower cost of medical care	5
Lose weight	5
See doctor/dentist more often	3
Stop smoking	3
Get/earn more money	2
Cure health condition	2
Better/cheaper home heating	1
More sports offerings	<1
Other	15
Nothing	4
Don't know/refused	21

Due to rounding the column does not add up to 100 percent.

“Other” Responses

- *Less stress (2 responses)*
- *Remove stress (3 responses)*
- *Less glacial dust in the air (2)*
- *Become younger(2)*
- *Healthier lifestyle*
- *I should drink more filtered water to improve iron*
- *Stop working*
- *Get others to be more health conscious*
- *Fall in love and get married*
- *More vitamin D*
- *More sleep*
- *Relating more to others*
- *Better communication among family*
- *Stay active in mind and body*
- *Seniors need to be less accident-prone*
- *Recover from divorce*
- *Affording nutritious food*
- *Lower my blood pressure*
- *Washing*

- *Diet*
- *Use time wiser in the day. Seems like never enough time*
- *Reading labels*
- *Better information on nutrition*
- *Access to fresh produce in the winter*
- *Better job*
- *Fix hearing*
- *A job*
- *Give up alcohol*

HOUSING

- *Affordable one-story house (3)*
- *Energy efficient*
- *We need financial help to heat our home*
- *Get a new heating system*
- *Lowering the cost of fuel*
- *Heating fuel help*
- *Heating*
- *Get a bigger house*
- *Get help with household chores*
- *Our drinking/tap water is clean year round*
- *Private indoor swimming pool*
- *Get house organized*
- *Dig a well*
- *Redo the floors in my home. Replace carpet floors to hardwood floors*
- *Move to a better apartment*
- *Build a larger house, there is too much junk and stuff is crammed which makes dust*
- *Lower our housing costs*
- *Buy an air purifier*
- *Gas home heater*
- *New windows to reduce mold*
- *Get a tub that has a door that opens and help to get a new heating stove*
- *Install air cleaning system*
- *To get a solar powered green house to be self-sufficient and independent*
- *Replace carpets and allergens*
- *Humidifier or purifier*

HEALTH CARE AND SERVICES

- *Universal healthcare*
- *We need a good hospital closer to our home*
- *Get a massage*
- *Change all providers to Wasilla or Palmer instead of Elmendorf*
- *Better health with rheumatoid arthritis*
- *Find a doctor that will accept Medicare*

- *More variety of health services*
- *To be able to choose our own doctors, we are limited because most doctors don't accept Medicare*
- *Have free clinics so you don't have to pay for health care, like the Public Health Center.*
- *Easier access to clinic. I live too far away.*
- *Move closer to health care providers*
- *Get on disability*
- *Access to clinic that will accept my insurance*
- *Fewer doctor visits*
- *Not enough doctors in the network*
- *Digestive health*
- *Open Native clinic*
- *That husband's stents will work for him – they are new*
- *Medicare should be streamlined. There is too much waste*
- *Find a doctor to diagnose/ none available it seems*
- *Pain management care for husband*
- *Get more dental care*
- *I need motivation to do something about my depression issues.*
- *Follow up visits to check on medication dosage*
- *More Medicare providers*

LEAVE ALASKA

- *Vacation to Hawaii*
- *Move out of state*
- *Move outside where it is warmer*
- *Spend time in Florida*
- *Run away during the winter and become a snow bird*
- *I would like to move to a warmer state*

NO CHANGES

- *Nothing (31 responses)*

OTHER

- *Need Vocational Rehabilitation services to help find employment with a good paycheck*
- *Take care of things as they come up*
- *Finding transportation*
- *Son to get out*
- *Daughter to be able to move out*
- *Weather*
- *Die*
- *Stay alive*
- *No germs coming home with kids from school*
- *Win the lottery*
- *Move the capital so we aren't broke*

- *Teens need a place to just hang out.*
- *Compensation to drive to VA appointment*

Questions for Households with Seniors

Table 23. In the past year, have the seniors or elders in your household have difficulty getting one of the following services when they needed it?

Services	Yes	No	DK/Ref.
Exercise programs and other recreational activities	5%	95	-%
Help signing up for benefit programs	3	97	-
Home health services, such as personal care attendants or home health nurses	2	97	-
Day care programs for adults	2	98	-
Transportation services	2	97	-
Nutrition services such as Meals on Wheels	1	98	1

Due to rounding, some rows may not add up to 100 percent.

Table 24. Is there another service for seniors or elders that you/your household had difficulty getting?

	% of Total
Yes	3%
No	97

Table 25. Have the seniors or elders in your household prepared written instructions, also known as a living will, that explain the kinds of medical treatment they want at the end of their lives?

	% of Total
Yes	63%
No	32
Don't know/Refused	6

Due to rounding the column does not add up to 100 percent.

Table 26. Do you feel like you need help figuring out how to coordinate health care services for seniors or elders in your household?

	% of Total
Yes	5%
No	95

Table 27. Besides Medicare or Medicaid, has anyone in your household purchased long-term care insurance to cover care expenses if they can no longer live on their own?

	% of Total
Yes	24%
No	69
Don't know	7

Table 28. What would you say is the greatest health-related need of seniors or elders in your community?

	% of Total
Transportation services	13%
More affordable healthcare	10
More doctors taking Medicare	6
Home health care	4
Place to socialize	3
Housing options	3
Better coverage	3
Nutrition services	2
Exercise programs	2
Help finding information or services	2
Help with cleaning, cooking, or shopping	1
Case management	1
Emergency response	1
Help signing up for benefits	<1
Day care programs	<1
Other	10
Don't know/Refused	37

Due to rounding the column does not add up to 100 percent.

“Other” Responses

FINANCIAL AID

- *The elderly need more money for food*
- *Lack of income for food*
- *Financial aid*
- *Heating cost help*
- *Winter heating*

EDUCATION

- *Don't know where to find access to doctors*
- *Education on how to get fit*
- *Educating elders on being healthy, they are not thoroughly informed*
- *Seniors need for knowledge on health care*
- *Health education*

- *Preventing/keeping diabetes under control by learning how to live/eat healthier*
- *Fall down prevention*
- *Central source for information*
- *Seniors need proper knowledge about healthcare, where and how to get it*

MORE AVAILABLE HEALTH CARE

- *Advanced care*
- *Elders should receive more mental health care*
- *Better coverage than Medicare*
- *Better health care and more concern for patient needs*
- *Medical and mental health availability*
- *Mat-Su needs more preventative medication*
- *A clinic needed in the community center*
- *Pain management programs*
- *Alcohol treatment*
- *Having a good physical therapy or dialysis center*
- *Closer hospital*
- *Better equipment in hospitals should be used*
- *A place for minor health care needs*
- *Primary care services*
- *There needs to be more weight programs for elders*
- *Diabetes care*
- *Back problems*
- *Getting help with health issues*
- *Elders in Mat-Su need help with substance abuse*
- *Elders need reliable health care*
- *Elders need to be able to get more Medicare services*
- *Preventative medical appointments*
- *Getting approval for services from Medicaid*
- *Full coverage health care*
- *Elders should receive free health care*
- *Access to options*

PRESCRIPTIONS AND MEDICATIONS

- *Need for prescription medications*
- *Medication*
- *Routine medication*
- *Getting prescriptions*
- *Medicare help with drugs*
- *Check-ups and prescription medicine availability*

DOCTOR AVAILABILITY

- *Doctors that take Medicaid patients ONLY*
- *Not being able to get medical care*
- *Finding good doctors*
- *Having more doctors available to see*
- *Gastroenterologist*
- *More doctors available*

- *Paid for doctor visits–doctors who take health insurance*
- *Getting to see doctors quickly – difficult to get a timely appointment*

DENTAL CARE

- *Dental services*
- *Dental care services provided to Seniors*
- *Seniors need dental care options*
- *Senior Care*
- *Skilled nursing facilities like Providence Extended Care Hospice House*
- *Nursing homes*
- *Affordable assisted living*
- *Seniors need more personal care attendants*
- *Hospice care*
- *Elders need more senior center care*

SUPPORT SYSTEM

- *Not being alone*
- *Treating them with more kindness and respect*
- *People who check on them regularly – a support system*
- *Seniors need assistance when they travel, someone to travel with them*
- *Visiting seniors at their homes*
- *Access to property by responders (driveways full of snow)*
- *Primary care i.e. someone who can follow a patient with complex medical problems*
- *Being monitored to help if they need care*

OTHER

- *Not getting treatment because doctor says they are too old*
- *Get out and do things*
- *Sunshine/vitamin D*
- *Activities in general*
- *Mat-Su needs a better attitude when it comes to accepting health insurance*
- *Make the government uninvolved with seniors' health care*
- *America should get rid of Obama Care*
- *Seniors are too reliant on the State for food and transportation*
- *Private insurance should be primary and Medicare secondary*
- *Getting Medicare when there are so many people getting cut*
- *Seniors need better overall health care*

School-related Questions

Table 29. Please say whether you think it's very important, somewhat important or not important for all schools in your community to take an active role in each of the following:

	Very Important	Important	Not Important	Don't Know	Refused
Improving the nutrition of food made available at school	77%	14%	5%	3%	1%
Making sure students get exercise every day	86	9	3	2	<1
Teaching students about their changing bodies	61	26	10	3	<1
Teaching students about healthy relationships	68	20	10	3	<1
Providing afterschool recreational sports activities	67	24	7	2	<1
Teaching students about health in general	82	14	3	2	<1

Due to rounding some rows do not add up to 100 percent.

Table 30. Are there any other health-related activities you think the schools should be involved in?

	% of Total
Yes	18%
No	77
Don't know	4

Due to rounding the column does not add up to 100 percent.

Verbatim Responses (for those saying “yes”)

NUTRITION/HEALTH EDUCATION

- *Nutrition class (2 responses)*
- *Have healthy snacks/ breakfast if they cannot afford it, no unhealthy things out of vending machines*
- *Children should be informed on preventative dental care*
- *Educate children and provide more information about obesity*
- *Better nutrition education*
- *Nutrition and agriculture, how to grow your own food.*
- *Take the soda/snack machines out of schools so students don't eat so much junk food*
- *Eat healthier food especially fresh veggies*
- *Educating children about diabetes and the increase of health risks due to inactivity and poor diet*
- *Educate students on food-preparation and healthy meals*
- *Hygiene*
- *Children should learn personal hygiene*
- *Home Economics should be offered so students know about nutrition and how to prepare meals properly*
- *Provide nutrition class or program*
- *Children need to eat breakfast every morning – schools should provide breakfast if parents can't.*
- *Sustainable living – growing food*
- *Nutrition and healthy food choices*
- *Schools should teach about the nutritional information in foods*
- *Teach sustainability practices like gardening and recycling*
- *No vending machines for soda pop*
- *Educate students on parenthood, how to cook and clean*
- *Health fair at schools for parents to see what is available*
- *Teach preventive and alternative medicine*
- *The schools should teach children about healthier diets and the dangers of being overweight*

SEX EDUCATION

- *Sex education (6 responses)*
- *Children should be taught about sex education*
- *Schools should teach students about parenthood*
- *Children should be educated on contraception*
- *Students should be taught about sexual education and birth control*
- *Teach sex education and have it mandatory*
- *Sex education should be taught in high school*
- *Sex education and make contraceptives available*
- *Sex education should be taught*
- *Sex education with condom demonstration*
- *Contraception should be discussed and the results of bad choices*
- *Sex education is important for students to learn about*
- *Teach abstinence*
- *Sex education should be taught in the Mat-Su Valley*
- *More realistic instruction on birth control – show real life births*
- *Teach abstinence. Don't pass out condoms*
- *Educate children on sexually transmitted diseases*
- *Teach about sex at a young age*

SUBSTANCE/DRUG ABUSE/MENTAL HEALTH EDUCATION

- *Drug awareness (2 responses)*
- *More mental health education (2 responses)*
- *Class in substance abuse (2 responses)*
- *Mental health, social issues and being respectful*
- *Drug and Alcohol Awareness Program*
- *Something to help teens with mental health issues*
- *Teach about drug abuse*
- *Mental health information*
- *Teach about drugs and alcohol*
- *Drug prevention program*
- *Substance abuse prevention*
- *Let kids know about prescription drug use problems*
- *Domestic violence counseling*
- *Children and teens in school should be drug tested on a random basis*

MORE EXERCISE/SPORTS/PE/GYM

- *More exercise programs*
- *Schools should have open gyms for students and families*
- *Physical education offered in all grades*
- *Physical education*
- *Need full time Physical Education teachers*

- *There should be activities for those not interested in competitive sports, but are still active*
- *Regardless of grades, because it is healthy, students should be able to participate in sports*
- *In winter, open gyms in schools to get more exercise*
- *Programs for overweight children*
- *Need more outdoor activities with students like hiking and biking*
- *More sports and recreation programs to choose from*
- *Funding for sports*
- *Family involvement in daily exercise*
- *Add more physical and sports education*
- *More intramural sports should be taught for all students*
- *Intramural sports*

IMMUNIZATIONS

- *Schools should provide vaccinations*
- *Immunizations should be provided for free through the school district*
- *Accurate information about immunizations*
- *Schools should emphasize the importance of immunizations*
- *More education about vaccinations for the parents*

OTHER

- *Students need vision and hearing screening. There should be a school nurse. Control bullying.*
- *Need full time school nurses*
- *Continued personal care from nurses*
- *Education on drug, alcohol, disease, illness, living independently (i.e. budgeting or economics) and physical education*
- *Assessment of children who are having problems*
- *Speech therapy*
- *Field trips*
- *Provide a moral compass to students*
- *Transportation for afterschool programs/sports*
- *Transportation home after activities and parenting training*
- *Interaction with peers rather than computers etc. Better communication with each other.*
- *Children should be taught not to sneak out during the night*
- *Safety*
- *Helping homeless teens*
- *Recess and make sure children have warm clothes and safety they might not have at home*
- *Dental care and [education on] shaken baby syndrome*
- *Safe environment to hang out*
- *There should be a place for children and teens to go if they are having trouble at home*
- *When kids aren't doing well in school the teacher should do a home visit*

- *Schools are spending too much money with no results regarding education*
- *Teaching respect and courtesy for safety*
- *Teach about boundaries*
- *Pay for cheerleading*
- *Parental involvement*
- *Educate students on caring for the elderly*
- *Financial management for coverage of health care needs*
- *Basic financial information*
- *Educate students on financial responsibility. Get finances in order so you are less stressed.*
- *Home economics – how to cook, sew, clean*
- *Education on teen suicide and runaways*
- *Educate children on how to read and write so they can survive and be successful in this world*
- *More music and art should be offered*
- *Parenting classes about accepting responsibility (i.e. taking it off the school system)*
- *Parenting classes*
- *Personal safety course*
- *After school programs*
- *Educating parents on teenage health issues*
- *Educate students about their community and respect for one another*
- *Educating students on how to deal with bullies, friendships and communication*
- *More Special Education programs where teachers have more time to focus on the students*
- *Vocational activities so students could get jobs*
- *Teach respect and values*
- *Marriage education (i.e. budgeting, parenting , commitment)*
- *Anti-bullying and social skills*
- *Teaching recreational safety i.e. helmets, life jackets*
- *More elementary school health education*
- *Extra-curricular activities, not just sports*
- *Educate children on system of vital capacity, why addiction is a disease, and arctic survival*
- *More calculus*

Sub-Group Analysis

The table on the following pages shows survey responses where there are statistically significant differences among the answers provided by three key sub-groups:

- Households with total income above and below \$50,000;
- Residents of more urban and more rural areas of the borough. (see table on page 2);
- Households where the respondent is under 65 years of age or 65 and older.

Differences are noted in the table when they are statistically significant at the 0.10 level.

Table 31. Subgroup Comparisons

	<\$50K	>\$50K	Urban	Rural	<65	65+
When need info about health condition, source: Internet	39%	55%	51%	42%	52%	25%
When need info about health condition, source: family doctor	36%	27%			29%	50%
Best thing about living in Mat Su: wilderness/nature	10%	15%				
Best thing about living in Mat Su: exercise opportunities	7%	12%			10%	6%
Best thing about living in Mat Su: trails					7%	3%
Best thing about living in Mat Su: nice community					4%	10%
Preventive care						
Annual physical medical exam or preventative screening: Yes	62%	72%	70%	62%	65%	85%
Experienced certain health conditions in the past year: (Yes answers)						
Chronic disease, such as diabetes	22%	14%			15%	33%
Dental care need	57%	70%	69%	55%	66%	55%
Vision care need	57%	67%				
Mental health concern	16%	8%			11%	7%
Any minor illness					42%	34%
Did that person get treatment for: (Yes answers)						
Dental care need	74%	95%				
Vision care need	80%	97%	94%	85%		
Mental health concern	84%	99%				
In an emergency, would you be comfortable asking others in the neighborhood for help?						
Very comfortable	44%	54%			48%	61%
Somewhat comfortable					33%	23%
Not comfortable	21%	15%				

	<\$50K	>\$50K	Urban	Rural	<65	65+
Did you or members of your household experience any of the following issues in the past year: (Yes answers)						
Not knowing where to go for medical care?	11%	4%				
Lack of employment or reliable income	32%	8%			18%	10%
Not able to get transportation to medical or other health appointments	15%	2%				
Not being able to get transportation to work or school	9%	1%				
Inability to get needed health care because could not afford it	30%	9%			19%	7%
Inability to get health care appointment at a time that worked	17%	12%			15%	9%
Anything else prevent someone in household from getting medical treatment in the past year? (Yes answer)					7%	3%
What type of health coverage/insurance do you or your household have?						
Private employer	38%	76%	62%	54%		
Medicare	20%	12%			7%	79%
Medicaid	21%	3%	9%	14%		
Tribal Health System/Indian Health Service			10%	5%		
Denali Kid Care	17%	3%				
Champus/Tricare			8%	3%		
None	20%	5%	9%	16%		

	<\$50K	>\$50K	Urban	Rural	<65	65+
In the past 12 months, did any members of your household go without any of the following (Yes answers)						
Housing	6%	1%				
Heat or utilities for home	7%	0%				
Reliable transportation	14%	2%				
Food	8%	1%			4%	1%
Needed health care services	24%	5%			14%	4%
Needed prescriptions/medications	18%	3%			10%	2%
In the past 12 months, did anyone in your household need the following service?						
Children's sports/recreation programs	36%	52%				
Difficulty in obtaining services						
Seniors/elders prepared written instructions/living will explaining end of life medical treatments? (Yes answers)	53%	72%			54%	68%
Purchased long term care insurance? (Yes answers)	15%	35%				
Activities for teens outside of school other than sports/recreations	12%	5%				
Greatest health-related need of seniors/elders in community?						
More doctors taking Medicare	2%	9%			6%	8%
More affordable health care					10%	6%
If you could make one change to improve overall health of your household in next year, what would that be?						
More exercise/recreation	13%	24%			19%	16%
Lose weight					5%	8%

	<\$50K	>\$50K	Urban	Rural	<65	65+
How important for schools in community to take active role in each of the following:						
Improving nutrition of school food						
Very important					78%	71%
Not important	3%	7%				
Teaching students about changing bodies						
Somewhat important	22%	29%				
Teaching students about healthy relationships						
Very important	73%	65%			67%	72%
Somewhat important	16%	22%	22%	16%		
Providing after school recreational sports activities						
Not important					6%	12%
Teaching students about health in general						
Somewhat important	11%	17%				
Highest level of education?						
High school or less	42%	18%	26%	33%		
Bachelors	10%	21%				
Master's +	5%	18%			12%	15%
Total household income:						
Less than \$25,000			11%	19%		
\$25,000-\$50,000			20%	27%		
\$50,000-\$75,000			22%	16%		
Over \$125,000					12%	7%

The analysis also looked for differences between responses from Alaska Native people and non-Native people, but found few. Among those, Alaska Native people are approximately three times as likely to have gone without reliable transportation during the past year (15 percent compared to 5 percent for non-Natives). Similarly, Alaska Native people are also three times as likely to experience not being able to find transportation to medical/health appointment and to work/school. In addition, 22 percent of Alaska Native people said someone in their household suffers from diabetes versus 16 percent for non-Natives. At the same time, 10 percent of Alaska Native respondents said more exercise would be the one thing they would do to improve the health of their household versus 20 percent of non-Natives, and no Alaska Native respondents said losing weight would be one thing they would do to improve household health versus 6 percent of non-Natives.