



Indian Health Service
HEALTH PROMOTION DISEASE PREVENTION INITIATIVE



FACTS

U.S. AMERICAN INDIAN AND ALASKAN NATIVE POPULATION

3.3 million Number of American Indians and Alaskan Natives in 2007 (according to the U.S. Census)

561 Number of federally recognized American Indians and Alaskan Native Tribes

MORTALITY AMONG AMERICAN INDIAN AND ALASKAN NATIVES¹

2.5 times higher Rate of death due to unintentional injury among American Indians and Alaskan Natives when compared with the U.S. general population.

17.0 Rate of age-adjusted rate² of suicide per 100,000 population among American Indians and Alaskan Natives

3.1 times higher Rate² of death due to Diabetes Mellitus among American Indians and Alaskan Natives when compared with the U.S. general population.

5,737 Total deaths² due to heart disease among American Indians and Alaskan Natives (1999-2001)

1,240 Total deaths² due to lung cancer among American Indians and Alaskan Natives (1999-2001)

277 Total deaths² due to breast cancer among American Indians and Alaskan Natives (1999-2001)

70 Total deaths² due to cervical cancer among American Indians and Alaskan Natives (1999-2001)

186 Total deaths² due to prostate cancer among American Indians and Alaskan Natives (1999-2001)

2.0 times higher Age-Adjusted Rate² of Alcohol-Attributable death among American Indians and Alaskan Natives when compared with the U.S. general population.

¹ Indian Health Service. Regional Differences in Indian Health, 2002-2003 Edition. Rockville, MD: US Department of Health and Human Services, Public Health Service, Indian Health Service; 2008.

² Deaths adjusted to compensate for misreporting of race on state death certificate.



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HEALTH BEHAVIORS AMONG AMERICAN INDIANS AND ALASKAN NATIVE ADULTS¹

33 %	Estimated percent of American Indians and Alaskan Native adults neither obese nor overweight (e.g., BMI less than 25.0).
71 %	Estimated percent of American Indian and Alaskan Native Adults that participated in some leisure level of physical activity.
82 %	Estimated percent of American Indians and Alaskan Native adults that are not binge drinkers.
93 %	Estimated percentage of American Indians and Alaskan Native adults that are not heavy drinkers.
2 : 3	Two out of every three American Indian and Alaskan Native Adults are not current smokers compared with 4 : 5 among the U.S. general population.

HEALTH BEHAVIORS AMONG AMERICAN INDIANS AND ALASKAN NATIVE YOUTH²

75 %	Estimated percent of American Indian Alaskan Native high school youth that sometimes to always wore seat belts when riding in a car driven by someone else.
54 %	Estimated percentage of American Indian and Alaskan Native high school students that do not drink alcohol.
61 %	Estimated percentage of American Indian and Alaskan Native high school students that participate in vigorous physical activity.
1 : 2	One out of every two American Indian and Alaskan Native high school students do not smoke cigarettes.
2 : 3	Two out of every three American Indian and Alaskan Native high school students do not watch television 3 hours or more on school days.
1 : 3	One out of every three American Indian and Alaskan Native high school students eat \geq 5 servings of fruits and vegetables per day.

¹ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance data; 2005-2007

² Bureau of Indian Affairs, Results from the 1994, 1997, 2001, and 2003 Bureau of Indian Affairs High School Youth Risk Behavior Survey; 2003 survey results



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HEALTH BEHAVIORS AMONG AMERICAN INDIANS AND ALASKAN NATIVE ADULTS¹

67 %	Estimated percent of American Indians and Alaskan Native adults obese or overweight (e.g., BMI less than 25.0).
29 %	Estimated percent of American Indian and Alaskan Native Adults that did not participate in some leisure level of physical activity.
18 %	Estimated percent of American Indians and Alaskan Native adults that are binge drinkers.
7 %	Estimated percentage of American Indians and Alaskan Native adults that are heavy drinkers.
1 : 3	One out of every three American Indian and Alaskan Native Adults are current smokers compared with 1 : 5 among the U.S. general population.

HEALTH BEHAVIORS AMONG AMERICAN INDIANS AND ALASKAN NATIVE YOUTH²

25 %	Estimated percent of American Indian Alaskan Native high school youth that rarely or never wore seat belts when riding in a car driven by someone else.
46 %	Estimated percentage of American Indian and Alaskan Native high school students that drink alcohol.
29 %	Estimated percentage of American Indian and Alaskan Native high school students that do not participate in vigorous physical activity.
1 : 2	One out of every two American Indian and Alaskan Native high school students smoke cigarettes.
1 : 3	Two out of every three American Indian and Alaskan Native high school students did not watch television 3 hours or more on school days.
2 : 3	Two out of every three American Indian and Alaskan Native high school students does not eat ≥ 5 servings of fruits and vegetables per day.

¹ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance data; 2005-2007

² Bureau of Indian Affairs, Results from the 1994, 1997, 2001, and 2003 Bureau of Indian Affairs High School Youth Risk Behavior Survey; 2003 survey results



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HEALTH PROMOTION AND DISEASE PREVENTION IN THE UNITED STATES

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Of every dollar is spent on prevention nationwide¹

\$1.7 trillion

Spent on healthcare every year nationwide⁵

\$185 billion

Excess economic costs related to excessive alcohol consumption

\$180 billion

Health care bills and costs due to lost of productivity due to commercial tobacco use⁵

\$17,500

Additional lifetime health care costs for individuals who smoke compared to those who do not smoke

\$495 million

The estimated cost of health care in 2000 for one state (Minnesota) due to physical activity⁵

\$350 million

Annual expenditure on catastrophic injuries is \$350 million (IHS Statistics 2001)

\$974 million

Potential annual saved nationally from a 5% reduction in illness, injuries, exposures, and behaviors for Heart Disease⁵

\$386 million

Potential annual saved nationally from a 5% reduction in commercial tobacco use⁵

\$79 million

Potential annual saved nationally from a 5% reduction in illness, injuries, exposures, and behaviors for Diabetes Mellitus⁵

\$93 million

Potential annual saved nationally from a 5% risk factor reduction due to Driving Under the Influence (DUI) and injuries⁵

\$10

The cost per person for effective community public health interventions targeting physical activity, nutrition, and preventing smoking and other commercial tobacco use⁵

\$5.60

The return on each \$1 dollar invested in prevention⁵

¹ Prevention Institute and the California Endowment with the Urban Institute. Reducing Health Care Costs Through Prevention, Working Document; 2007