

Summary of Results from Alaska Survey

December 2012

Methodology

Random digit dial statewide telephone survey of 750 Alaska adults (50% female). 72% of the population was white and 14% Alaska Native. Median income was \$61,500, 45% below \$60,000 annual income.

Physical Activity Recommendations

- 65% of people know youth PA recommendations for good health exist
- 15% know that the PA recommendations for children and youth are at least 60 minutes a day, 7 days a week (28% know its 7 days a week and 26% know it is at least 60 minutes a day)

Risks of childhood obesity

- Almost everyone knows that overweight and obese children are at risk for diabetes (93%), high cholesterol (90%), high blood pressure (91%), and feeling bad about themselves (91%).
- Only 65% realized that obesity increases the risk of doing poorly in school.

Causes of obesity

- There is strong agreement that not exercising (83%), drinking sugary drinks (78%), and eating junk food, like potato chips, candy and sweets (79%) cause people to be overweight and/or obese
- When strong agreement and somewhat agree are combined, the identified causes of overweight and/or obese are:
 - Not exercising (97%)
 - Drinking SSB (96%)
 - Eating junk food, like potato chips, candy and sweets (96%)
 - Sitting around (95%)
 - Genetics (89%)
 - Driving instead of walking (82%)
 - Watching TV (80%)

Health Care provider interaction

- Of those parents with a child between the ages of 5-12, only 20% had had a conversation with their child's health care provider about their child's weight in the last year

PA Actions

- Almost all parents (96%) with a child between the ages of 5-12, make sure their child is physically active. The following summarizes the unweighted data by our categories.

Grouping	Percent #1 n=184	Percent #2 N=173	Percent #3 N=144	Percent / total activity chosen Combined
Get outside / play	54%	58%	38%	51%
Organized sports	16%	13%	25%	18%
Family together	7%	4%	6%	6%
General exercise / activity	7%	16%	9%	11%
Individual / independent sports	7%	4%	11%	7%
School / extra-curricular activity	5%	1%	1%	2%
Behavior modification	4%	3%	10%	6%

Grouping	Activity
Get outside / play	Backpacking
	Biking/Bike riding
	Gathering/carrying wood
	Climbing mountains/Hiking
	Outdoor activities/Get them outside/Go outside to play
	Skiing/Cross-country skiing/Snowboarding
	Hunting
	Explore the forest
	Walking/Walk the dog/Walk to school
	Go to the park/playground
	Hiking and camping
	Ski jumping
	Snow machining
	Sledging
	Camping
Organized sports	Dance classes/Dancing
	Football
	Hockey
	General sports/Sports programs/Encourage sports
	Baseball
	Basketball
	Running
	Soccer
	Wrestle
Family together	Doing chores/Take care of the house
	Do stuff with them/Interact with them/Be active with them
	Play/Playing together
	Exercise/Create ways to exercise
	Physical/healthy activity/Keep active/Run around/Movement
	Go to the gym/Working out
	Not sitting around
	Treadmill
	Catch/Play ball
	Swimming
	Trampoline
School activity	Be involved in school
	Extra-curricular activities
	PE/Physical education
Behavior modification	Healthy food/Not eating so much/Feed them less/Balanced diet
	Limit electronic time/TV
	Pushing them/Encourage them
	Talk to them/Counsel them/Verbal reinforcement

