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## **Healthy Alaskans 2020 releases list of strategies for reaching health goals**

*Evidence-based strategies include promoting connectedness, resiliency and access to care*

ANCHORAGE — The statewide collaborative initiative Healthy Alaskans 2020 released a list of evidence-based strategies to reach the 25 statewide health improvement goals for the decade. The strategies, along with streamlined navigation tools and resources, are now posted on the HA2020 website: [www.ha2020.alaska.gov](http://www.ha2020.alaska.gov).

“The strategies released today represent the work of experts from across Alaska — their best thinking in terms of approaches to improving health outcomes for Alaskans,” said Emily Read, co-chair of HA2020 and operations director of Community Health Services for the Alaska Native Tribal Health Consortium.

Subject matter experts met over a period of months in a rigorous review process to prioritize strategies to address the 25 health priorities. Public health partners around the state are aligning work around these approaches and adapting them to Alaska’s unique needs. The list of strategies includes these approaches:

- Promoting connectedness and healthy youth-adult relationships in schools to increase family and social support for youth.
- Training health care providers about brain development, adverse childhood experiences and resiliency to reduce child maltreatment.
- Increasing patient participation in clinical trials of new cancer treatments, and increasing breast, cervical and colorectal cancer screening rates.
- Ensuring access to a seamless system of care throughout Alaska for assessment, treatment, and aftercare for people with both mental health and substance use disorders to reduce alcohol deaths.

*Led jointly by the Alaska Department of Health and Social Services and the Alaska Native Tribal Health Consortium, Healthy Alaskans 2020 provides a framework to support the work of partners and stakeholders statewide. This framework is built on the latest scientific evidence and the input of Alaskans across the state.*