



ONE
FAMILY

The Alaska Native people own the Alaska Native Tribal Health Consortium (ANTHC). Through our tribal governments and tribal health organizations, Alaska Natives choose ANTHC's Board of Directors. We all share in the consortium's long-term effort to improve the health of our families and communities.

This report describes the ways ANTHC works with families, communities, and partners to achieve our vision for the future: *Alaska Natives are the healthiest people in the world*. It describes specific achievements and accomplishments for fiscal year 2007 (October 1, 2006–September 30, 2007, or FY07). For more information about ANTHC services, visit our website at www.anthc.org.

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On the front cover, starting with top row left to right:

Robert Anderson, Jana Sam, Aurora Johnson, Lorna Vent, Gloria Rhodes
Molly Chingliak, Nakon Vent, Adolph Mark, Dawn Jackson, Vanessa Brown
Carl Atchak, Marge Ambrose, Louise Hawley, Curtis Agnes
Jordan Sam, Bobby Curtis, Sam Smith, Charles Roehl, Tammy Gologeren
Catherine Pook, Irene Douthit, Lucy Kenezuroff, Kyle Martin, Michael Echuck

On the back cover, starting with top row left to right:

Mabel Vent, Damon Williams, Olga Malutin, Franklin Matchan, Elsie Ross
Benjamin Smith, Ricky Goodrow, Karen Merritt, Karen Mitchell, George Bright, Sr.
Aaron Evon, Matilda Booth, Elsie Vent, Alfred Topkok
Marylou Martin, Rose Ambrose, Conan Murat, David James, Samuel Martin
Lily McGilton, Raymond Jackson, Kate Galbreath, Lori Evan, Elena Evan

The Alaska Native

Tribal Health

Consortium:

ONE family

Our families connect us with our ancestors and our descendants—with our history and our future. Many of us stay in close contact with extended family. We enjoy a sense of belonging with friends and relatives who live in villages, towns and cities, whether near or distant.

The Alaska Native Tribal Health Consortium is one family that includes our board and our employees, our partners in government and the private sector, tribal health organizations, and tribal governments. Our family includes the people we serve daily through our medical, community, and environmental health programs.

ANTHC is the statewide organization in the Alaska Tribal Health System, a network of tribes and tribal health organizations providing health services for more than 130,000 Alaska Native people. This system ensures the availability of small community health centers, village utility systems, regional hospitals, residential treatment facilities, and specialized clinical care. Just as Alaska Native families share strong bonds, a shared vision and commitment to excellence connect the Alaska Tribal Health System.

People from around the world have visited Alaska to learn more about Alaska Native health services. In 2007, Native health organizations hosted visits by Maori people of New Zealand, Aboriginal people of Australia, and Native Hawaiian health advocates. Other guests, including government delegations from China and Greenland and medical teams from Norway, Panama, and Kosovo, highlight ANTHC's *One Family* concept on the global stage, where diverse cultures benefit from Alaska technology.

In this report, we highlight three villages from different areas of Alaska. These villages show how ANTHC brings health and vitality to Alaska Native peoples throughout the state.

ALASKA NATIVE MEDICAL CENTER

The Alaska Native Medical Center (ANMC) is a 150-bed inpatient facility and trauma center that provides services ranging from surgery, pediatrics, and physical therapy to walk-in primary care clinics, dental care, and health education. Our hospital staff includes a full range of medical specialties and services with more than 250 board-certified physicians and over 700 nurses. ANMC is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

ANMC is committed to providing the highest quality care, the best professional staff, the most comfortable and well-equipped facilities, and the finest state-of-the-art technology to meet the needs of our patients throughout Alaska.

In FY07, ANMC admitted 6,980 in-patients, and provided 393,515 outpatient clinic visits. We delivered 1,416 infants and performed 11,885 surgical procedures.

Level II Trauma Center Certification

ANMC has been recertified as Alaska's only Level II Trauma Center, the highest level possible in Alaska. ANMC has all the equipment and care providers needed to care for people suffering from traumatic injuries. ANMC serves as the key trauma referral center for all tribal health facilities in Alaska and for Anchorage's other hospitals.

Nursing Magnet Status

Less than one percent of American hospitals achieve Magnet status designation from the American Nursing Credentialing Center, and ANMC is among that select group. Magnet status recognizes that ANMC fosters nursing leadership and self-governance, and acts as a "magnet" for quality nursing professionals. Magnet status is the highest level of recognition that the American Nurses Credentialing Center gives to organized nursing services nationally and internationally. ANMC is the only Magnet designated hospital in Alaska as well as the only Magnet hospital in the Indian Health Service system. It is also the northernmost Magnet hospital in the world.

Quality Achievement Award

ANMC received a 2007 Hospital Quality Achievement Award from Mountain Pacific, a Quality Improvement Organization designated by the U.S. Centers for Medicare and Medicaid Services. To earn this award, hospitals must demonstrate sustained or improved care in a variety of areas, including prevention of surgical infections and treatment of heart attack, heart failure, and pneumonia.



Kake resident David K. James with freshly smoked halibut.



This young man wears a helmet to safely bike around Kake on a summer's day.

Kake

The predominantly Tlingit village of Kake has a population of about 800 people and is located on Kupreanof Island in Southeast Alaska. Kake Community Health Aides use telemedicine to consult with physicians in other Southeast facilities, and at Alaska Native Medical Center. Through telehealth, our patients are able to remain in their home communities, yet be seen by physicians in regional or urban centers.

Photos by Clark James Mishler

Specialty Physician Services

In 2007, ANMC focused on recruiting highly skilled physicians in many specialty areas, such as neurosurgery and critical care. These additional professionals are enhancing both patient access and capacity in our clinics, and travel to provide specialty clinic services at Alaska's rural regional hospitals.

ANMC 10-Year Anniversary Marks Need for Growth

In 2007, we celebrated the tenth anniversary of the opening of the ANMC facility. Architects designed the hospital to serve up to 100,000 outpatient visits a year. In 2007, ANMC provided nearly 400,000 patient visits. The increased use is due to several reasons. There is spreading recognition that ANMC offers quality care. The Native population is growing. In addition, more and more Alaska Natives are moving from rural villages to Southcentral Alaska. ANTHC is developing a major capital expansion initiative to meet a 25 percent projected increase in the Alaska Native community over the next eight years.

Clinical Services Expansion

ANMC is expanding its oncology (cancer) clinic, which will add two more chemotherapy chairs and make room for another oncologist. The hospital is adding two operating room suites, and redesigning its surgery space and operations to ensure efficiency.

In 2007, ANMC opened a Sleep Laboratory. Every year, about 300 Alaska Native patients statewide will benefit from Sleep Lab studies to diagnose sleep disorders. ANMC has also completed a major remodel of the Laboratory to accommodate new automated analyzers.

Registration Redesign

ANMC has established a central patient registration center, offering better ways to keep patient registration information up to date, including simpler forms. When our patients use their benefits from private insurance, Medicare, and Medicaid, ANMC uses the revenues to improve medical care services for all our patients.

Restaurant-style Meal Service

ANMC has upgraded meal services from a tray-line system to restaurant-style meals for inpatients. Inpatients can choose menu items and order them anytime from early morning to late at night.



Kake



Above: Community Health Aide Practitioner (CHAP) Michelle Friday examines Loretta Gregory with an otoscope. CHAPs across Alaska use telehealth to transmit images to physicians and specialists at regional hubs and at Alaska Native Medical Center. Patients thus receive specialty care without the inconvenience of travel.
Below: Kake residents Georgina Reese, Charlotte J. Davis, Florence Lynn Paul and Debbie C. Paul take advantage of a beautiful day for some healthy exercise, as part of a "Wise Women" nutrition and physical activity program created by the SouthEast Alaska Regional Health Consortium.



ENVIRONMENTAL HEALTH AND ENGINEERING

The Division of Environmental Health and Engineering's (DEHE) main services include construction of safe water and wastewater disposal facilities; technical assistance with the construction, maintenance, and renovation of health care facilities; and training for operators and managers of water and sewer systems. DEHE also offers an environmental health consultation program, and community-based injury prevention and safety programs.

In 2007, DEHE worked in 41 rural Alaska Native communities to provide safe and reliable in-home water supply and wastewater disposal. Today, 74 percent of all Native homes in rural Alaska have this service, an increase of almost two percent over the previous year.

In FY07, government agencies awarded ANTHC a total of \$43.2 million for future sanitation projects. DEHE built 15 new community clinics in rural communities in partnership with the Denali Commission, and finished designing ten additional clinics for construction in 2008. DEHE job training programs provided 100 students training in boiler maintenance, water distribution, electrical controls, and other trades skills.

Alaska Rural Utility Collaborative

DEHE has developed a new statewide program to sustain existing community water and sewer systems. The Alaska Rural Utility Collaborative builds on a successful pilot project developed in partnership with the Yukon-Kuskokwim Health Corporation. We expect this statewide program to significantly reduce local utility employee turnover, better protect public health, increase collection of user fees, and create economies of scale, allowing communities to direct limited funds to other essential services.

Gun Safety

With the University of Washington, DEHE's Injury Prevention Program is completing the first-ever research project to focus on safer firearm storage practices in the United States. The project involves installing gun cases in 300 family homes in six Western Alaska villages to reduce firearms injuries.

Sanitation and Disease Study

This year, our Environmental Health Support Program, with the Centers for Disease Control, has studied the health benefits of providing sanitation facilities to Native homes, finding that children in communities where most homes have pressurized, in-home water service have far fewer acute respiratory infections and skin infections.

In rural Alaska, infants from villages where few homes have water service are five times more likely to be hospitalized for Respiratory Syncytial Virus and 11 times more likely to be hospitalized for pneumonia compared to all-United States infants. This published study dramatically demonstrates the value of the ANTHC sanitation construction program



Left: Huslia boys and girls get healthy exercise playing basketball.
 Above: George "Butch" Yaska, Sr. instructs Huslia students on the construction of a dog sled.

Huslia

Located on the bank of the Koyukuk River in Interior Alaska, Huslia is home to sixty three Koyukon Athabascan families. The ANTHC Division of Environmental Health and Engineering has been working with local government in Huslia on a new village water tank and water treatment plant. Clean water dramatically lowers rates of diseases such as pneumonia and skin infections.

Photos by Kraig Haver

Construction workers Darrell Sam, Floyd Vent and Shawn Huffman stand in front of the newly completed village water tank. At left is the adjoining water treatment plant.



COMMUNITY HEALTH SERVICES

ANTHC's Division of Community Health Services works directly with many tribal health organizations to improve the health of each community's families. Key services include:

- Technical assistance and evaluation for developing and improving tribal community health programs
- Training for community-based health professionals
- Health research to determine the best strategies for preventing and treating disease
- Monitoring of health status changes
- Promotion of family wellness and healthy lifestyles

Many of the diseases that Alaska Native people experience are related to lifestyle and behaviors such as smoking, unhealthy diet, lack of physical activity, and substance abuse. Such behaviors are strongly associated with cancer, heart disease, diabetes, and other serious diseases. Community Health Services is committed to helping Alaska Natives live healthy lifestyles and prevent avoidable illness and injury.

Oral Health Disparities

Amid many challenges and opposition, ANTHC, in collaboration with the University of Washington and Southcentral Foundation, established a new Dental Health Aide Therapist training center in Anchorage. Four students successfully completed the first portion of the Dental Health Aide Therapist training, and ten more will begin training in 2008.

Focus on Prevention

Reflecting our belief in the importance of prevention in the role of achieving our vision, ANTHC has created a new Wellness and Prevention Department. Its emphasis is health promotion, disease prevention, injury prevention, tobacco cessation, and worksite wellness services.

Epidemiology

The Alaska Native Epidemiology Center, one of eleven tribal epi-centers nationwide, focuses on using data to promote health and wellness. The Epi-center monitors and reports on health data, provides technical assistance and training to child health organizations and others, and develops initiatives. In 2007, the EpiCenter produced regional health status profiles and reports on the leading causes of death, as well as on cancer, injury, and heart disease. We developed initiatives to improve maternal and child health, and colorectal cancer screening.



Above: Huslia resident Curtis Agnes takes a break from chopping wood on a bright winter day. Below: Mable Vent at the Huslia store.



Above: Margie Ambrose, a Huslia Health Aide, cheerfully bandages an injured hand. Left: Damian Williams learns, plays and laughs in Huslia's Head Start program.



Huslia

Research

The ANTHC Office of Alaska Native Health Research supports tribal approval of Native health-related research proposals and publications. In addition to ongoing tobacco control research, two new research projects were funded targeting worksite wellness and obesity prevention. Tobacco control research continues. The Education and Research Toward Health (EARTH) research team provides health reports at many levels. The Office supports the development of chronic disease surveillance, and mentors emerging Alaska Native/American Indian researchers.

Cancer Control

ANTHC's Comprehensive Cancer Control plan is guiding the development of new programs ranging from prevention and early detection to palliative care training. This year ANTHC sponsored Camp Coho, a pilot program to help children deal with the loss of loved ones due to cancer.

Emergency Preparedness

ANTHC's Emergency Preparedness staff, in partnership with the State of Alaska, have sponsored eleven regional community outreach workshops, involving representatives from 162 tribal communities. The workshops provide training on the principles of emergency preparedness and planning for natural disasters, pandemic influenza, and bioterrorism.

Child Health/Traditional Food Safety Programs

Studies show contaminant levels in Alaska Natives are not high. The studies show no adverse health effects related to contaminant exposure. Research continues to clarify both health benefits and potential health hazards associated with traditional foods. The next step is to study persistent environmental contaminants and infectious diseases, as well as developments associated with global warming.

Behavioral Health

ANTHC has developed new certification standards for Behavioral Health Aides, and is working with the State of Alaska and tribal health organizations to create more community-based mental health and substance abuse treatment services.

Community Health Aide Training via Distance Delivery

For the first time, ANTHC's Community Health Aide Training Center, working with the Eastern Aleutian Tribes Distance Learning Network, provided long-distance training to students. Distance education — using state-of-the-art videoconference and other techniques — increases access to training, and decreases the time health providers are away from family and home.

Statewide Coordination of Community Health

To enhance statewide collaboration we have developed a network of Community Health Services administrators, and initiated an annual conference to share community wellness and prevention success stories and best or most promising practices.

Goodnews Bay

Hunting, fishing, trapping, and food-gathering are important to the local diet and economy of Goodnews Bay, a Yup'ik village of about 230 people in southwest Alaska. Studies show that traditional foods such as seal, whale, and fish are rich with nutrients that western foods lack. Wild game is far healthier than store-bought foods. Traditional Native foods, healthy store-bought foods and an active lifestyle help people avoid cancer, diabetes and heart disease.

Photos by Kraig Haver



Goodnews Bay Fisherman Bavilaa Merrit works on his nets for next year's fishing season.



Above: Carpenter Samuel Martin puts the finishing touches on a new shower stall. Right: DEHE employee Mick Bradford stands next to the newly installed water treatment system (building pictured below.)



CONSORTIUM BUSINESS SUPPORT SERVICES

ANTHC Consortium Business Support Services (CBSS) provides administrative and operational support to all Alaska tribal health organizations and to ANTHC's front-line medical, community health, and environmental health divisions.

Legislative Policy Initiatives

ANTHC is supporting the Alaska Native Health Board and the National Indian Health Board to advocate for reauthorization of the Indian Health Care Improvement Act, legislation at the core of the federal government's responsibility to meet the health needs of Alaska Natives. ANTHC also works closely with the State Department of Health and Social Services to coordinate health policy and program improvements.

Statewide Native Health Strategy

ANTHC worked with tribal health organizations statewide to develop a comprehensive strategy for the Alaska Tribal Health System, and sponsored a statewide Alaska Tribal Health summit in February 2007.

Electronic Health Records

ANTHC sponsored a statewide Electronic Health Records summit in April 2007. We developed a strategy and specific proposals to deploy Electronic Health Records for tribal health organizations statewide while complying with federal privacy and security requirements. Electronic health records will improve patients' access to care, increase patient safety, and reduce unnecessary medical testing.

Human Resources Development

This year marked the graduation of our first group of participants in Leadership Excellence through Advancement and Determination (LEAD), ANTHC's Native leadership development program. Two additional groups are now established, bringing the total number of staff benefiting from the program to 34.

Regional Service Supply Center

The State of Alaska has chosen ANTHC's Regional Supply Service Center as the agency to deploy the "National Strategic Stockpile" of emergency medical supplies if necessary in major emergencies in Alaska. This year the Regional Supply Service Center distributed \$2 million worth of routine medical supplies and pharmaceuticals to tribal health facilities statewide.

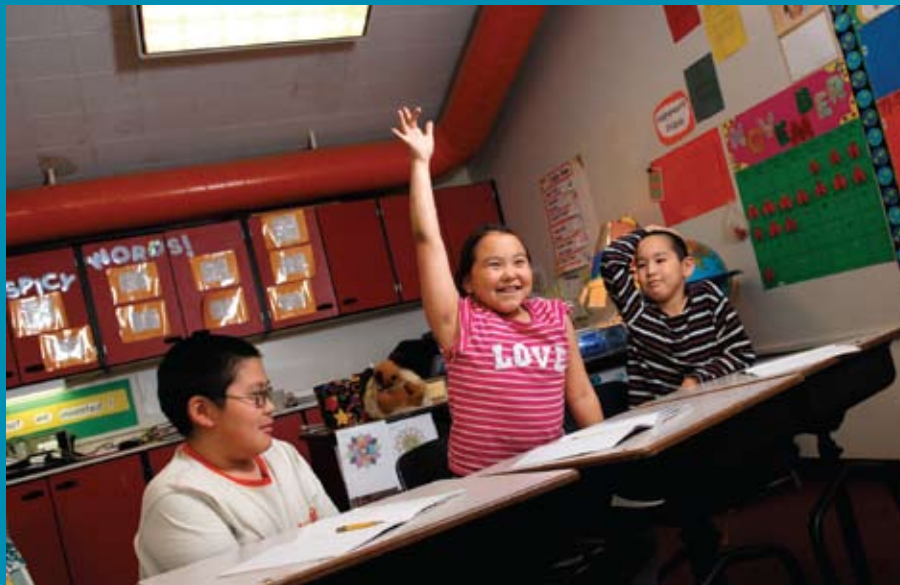
Business Resource Center

ANTHC's Business Resource Center assists tribal health organizations with their business office operations, including billing, coding, and collections.

Goodnews Bay



Above: Tribal President and Village Public Safety Officer George Bright, Sr. sits on his all terrain vehicle.
Above right: Retaining their cultural heritage, a Goodnews Bay dance group rehearses in a classroom. Right: Marylou Martin knows the answer as Chris Mark (l) and Douglas Lupie look on.



Left: Trish Evans, Moses Bright, Aaron Evan, Adolph Mark, Chris Mark, Douglas Lupie and Michael Echuck let off some steam in an impromptu foot race.



Telehealth Sales and Marketing Director Laurie Eussen stands next to a telemedicine cart.

TELEMEDICINE CONNECTS FAMILIES

Telehealth is just one example of the way the Alaska Tribal Health System works together to provide quality care to our families. Telehealth is the use of medical equipment, computers, and satellites to connect patients and medical providers across great distances. Through telehealth, our patients are able to remain in their home communities, yet be seen by physicians in regional or urban centers.

Videoconferencing will increasingly connect families. For the first time, using video teleconferencing, a child receiving cancer care at Seattle's Children's Hospital could see and talk with his family in one of our small villages. AFHCAN (Alaska Federal Health Care Access Network) has increased the number of videoconferencing sites in Alaska to 96.

In 2007, AFHCAN began deploying telemedicine system upgrades that provide greater capability to Community Health Aides to provide care to their patients in the villages. About 68 percent of all telehealth cases prevented unnecessary patient travel, while in 8 percent of the cases, telehealth

assessments resulted in patients traveling to see providers who were able to catch a critical disease at an earlier stage, when treatment is more effective.

AFHCAN provided professional training to 444 Telehealth users in the Alaska Tribal Health System. ANMC specialists now provide Continuing Medical Education and on-site training to staff at both regional hospitals and village clinics. One such training was broadcast live to 65 Community Health Aides. Another resulted in a doubling in the number of telehealth cases sent to a specialist for consultation.

AFHCAN capabilities have been exported to other Indian Health Service healthcare facilities nationwide, including Rock Hill, South Carolina; Yakima, Washington; Red Lake, Minnesota; and Elko, Nevada.

BOARD OF DIRECTORS

Don Kashevaroff, *Unaffiliated Tribes* (Chairman/President)
Lincoln Bean, *SouthEast Alaska Regional Health Consortium* (Vice Chair)
Emily Hughes, *Norton Sound Health Corporation* (Secretary)
Evelyn Beeter, *Unaffiliated Tribes* (Treasurer)
Mike Zacharof, *Aleutian/Pribilof Islands Association*
Bernice Kaigelak, *Arctic Slope Native Association*
H. Sally Smith, *Bristol Bay Area Health Corporation*
Robert Henrichs, *Chugachmiut*
Charlene Nollner, *Copper River Native Association*
Andy Teuber, *Kodiak Area Native Association*
Frederica Schaeffer, *Maniilaq Association*
Linda Clement, *Metlakatla Indian Community*
Katherine Gottlieb, *Southcentral Foundation*
Andrew Jimmie, *Tanana Chiefs Conference*
Ray Alstrom, *Yukon-Kuskokwim Health Corporation*

The 15-member ANTHC Board of Directors represents tribes and tribal health organizations from throughout Alaska. The Board determines the strategy of the organization, monitors performance and progress through a “balanced scorecard.”

The Board has established committees focusing on our core businesses, involving participants from our affiliated tribal health organizations statewide.

The Board also created an Innovation Fund, providing a means for our staff and teams to develop innovative and creative initiatives to improve customer service, program effectiveness, and achieve organizational efficiencies.

The ANMC Joint Operating Board sets policy and oversees operations of the Alaska Native Medical Center. The Medical Services Networking Committee engages clinical directors and facility administrators in making system-wide improvements in medical care operations.

The Alaska Native Health Facilities Advisory Committee and the Sanitation Facilities Advisory Committee oversee and guide our Division of Environmental Health and Engineering services.

The Board updated its Alaska Native Health Campus Facility Master Plan, and authorized the acquisition of an apartment complex to provide housing for health students, medical residents, and visiting contractors.

The Board approved several proposals for Native health research, including determination of Alaska Native obesity factors and evaluating colorectal cancer testing.

The Alaska Native Elders Health Advisory Committee identifies elder health priorities; in 2007 the committee participated in the Elders and Youth Conference in Fairbanks.

In August 2007 the Board met in Nome, Alaska to meet with representatives of Norton Sound Health Corporation and to visit its health facilities.

HEALTHY ALASKA NATIVES FOUNDATION

This year the ANTHC Board of Directors created the new Healthy Alaska Natives Foundation. A Foundation Oversight Committee provides oversight of operations and recommendations about strategy. The Foundation

has identified five initiatives: cancer care improvement, elder care support, healthy village environments, wellness and prevention, and Alaska Native health professions scholarship support.

FINANCIAL SUMMARY

2007 Revenue (in millions)

1. Indian Health Service Compact	110
2. Medicare, Medicaid, Insurance	114
3. Sanitation & Facility Projects	67
4. Grants Activity	15
5. Reimbursement for supplies	20
6. Other	9
7. Interest	8
8. Facility Maintenance and Improvement	5
Total	348

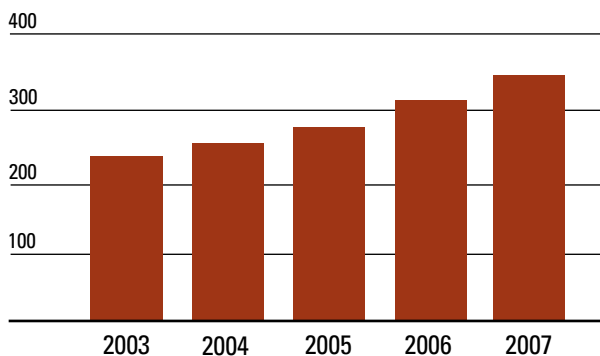
2007 Expenditures (in millions)

1. Alaska Native Medical Center	193
2. Sanitation Projects & Facility Projects	67
3. Regional Service Supply Center	21
4. Community Health Services	14
5. Environmental Health & Engineering	13
6. Administration	14
7. Information Technology	9
8. Pass-through Awards	8
Total	339

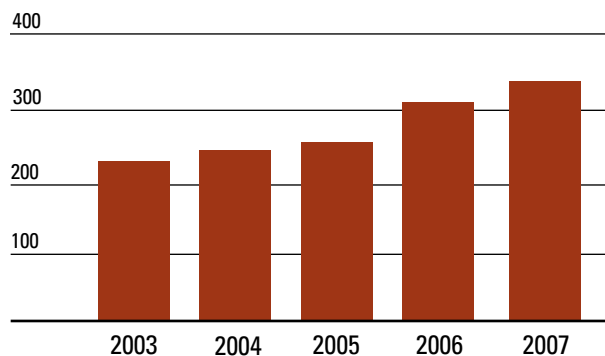
This Financial Summary is preliminary as of 10/31/07 and is subject to a formal audit for FY 2007.

Five year comparison (in millions)

Revenue



Expenditures



FUTURE DIRECTIONS

ANTHC has many wide-ranging initiatives underway to achieve our long-range strategic objectives. Some of the key initiative focus areas for 2008-2010 include:

- Preparation for a major expansion of the Alaska Native Medical Center facility to meet the needs of our growing Native community
- Developing a system of electronic health records for the Alaska Native Medical Center and the Alaska Tribal Health System
- Completing the multi-year effort to replace and modernize rural Alaska community health centers in partnership with the Denali Commission
- Developing the Alaska Rural Utility Collaborative to improve village water utility operations
- Improving training for and recruitment of all categories of health care professionals
- Improving patient care management throughout the Alaska Tribal Health System, especially for cancer, diabetes, heart disease and other chronic conditions
- Planning with the State of Alaska Medicaid program to support more tribally-operated community-based long-term care and behavioral health programs
- Strengthening the business operations of Alaska's tribal health organizations' services programs.

The Alaska Native Tribal Health Consortium was formed in December 1997 to manage statewide health services for Alaska Natives. All Alaska Natives, through their tribal governments and through their regional nonprofit organizations, own the Consortium. It is one of 22 co-signers of the Alaska Tribal Health Compact, a self-governance agreement with the Indian Health Service. The Consortium employs approximately 1,800 people and had operating revenues of \$348 million in Fiscal Year 2007. It is based on the Alaska Native Health Campus on Tudor Road in Anchorage.

Vision

Alaska Natives are the healthiest
people in the world

Mission

Providing the highest quality health
services in partnership with our people and the
Alaska Tribal Health System

Values

Achieving excellence
Native self-determination
Treat with respect and integrity
Health and wellness
Compassion

Alaska Native Medical Center

4315 Diplomacy Drive
Anchorage, AK 99508
(907) 563-2662
Fax: (907) 729-1984
Website: www.anmc.org

Division of Environmental Health and Engineering

1901 South Bragaw Street
Suite 200
Anchorage, AK 99508
(800) 560-8637
(907) 729-3600
Fax: (907) 729-4090

Division of Community Health Services

4000 Ambassador Drive
Anchorage, AK 99508
(907) 729-3648
Fax: (907) 729-3652

