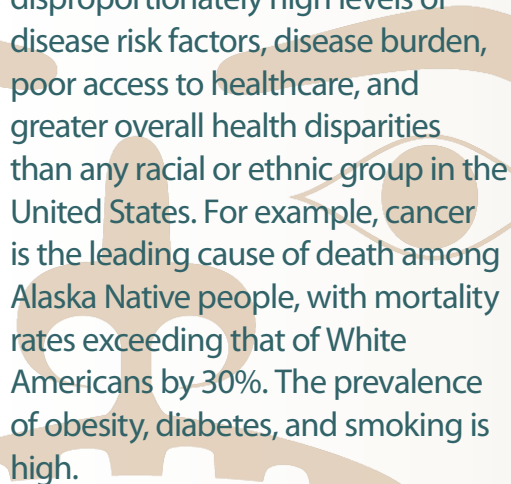


# A Randomized Trial of Workplace Interventions to Improve Health of Alaska Natives

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Alaska Native people experience disproportionately high levels of disease risk factors, disease burden, poor access to healthcare, and greater overall health disparities than any racial or ethnic group in the United States. For example, cancer is the leading cause of death among Alaska Native people, with mortality rates exceeding that of White Americans by 30%. The prevalence of obesity, diabetes, and smoking is high.

The Alaska Workplace Project tests the efficacy of Workplace Solutions, a package of workplace disease prevention and health promotion strategies, policies, programs, and benefits. Researchers are partnering with the Alaska Native Tribal Health Consortium to adapt and implement this evidence-based Workplace Solutions disease prevention and health promotion intervention package.

We are recruiting 40 workplaces with at least 20 percent Alaska Native employees to implement and test the effectiveness of the Workplace Solutions intervention package. Specialists in health education will meet with employers to deliver a culturally tailored intervention package and provide technical support. Areas of focus include influenza immunization, healthy eating habits, physical activity, tobacco cessation, and cancer tests such as colonoscopy, mammography, and pap smears.

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