**What is Parity?**
The Mental Health Parity and Addiction Equity Act of 2008, also known as the Federal Parity Law, requires insurers to cover illnesses of the brain, such as depression or addiction, no more restrictively than illnesses of the body, such as diabetes or cancer.

---

**Evaluating State Mental Health and Addiction Parity Statutes**

**STATE REPORT CARD**

**ALASKA**

**How Do Alaska’s Statutes Measure Up?**

43 out of 100 points

**Grade:** F

---

**Why Grade State Statutes?**

In advance of the 10th anniversary of the signing of the Federal Parity Law, we examined how states enact strong parity statutes in order to ensure that state regulators have a full set of tools to make parity a reality and to hold both health plans and state officials accountable.

---

**Key Issues**

The promise of parity remains elusive for many individuals directly impacted by mental illness and substance use disorders. They are denied care when they need it most and have few resources to advocate on their own behalf. Based on deficiencies found in our analysis of state statutes, Alaska should consider:

- How mental health and addiction conditions are defined
- How mental health and addiction conditions are covered
- How compliance with the parity law is monitored and enforced

---

**Relevant Stats**

**In Alaska...**

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Over</th>
<th>National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults have a mental illness</td>
<td>1 in 6</td>
<td>over 1 in 6</td>
</tr>
<tr>
<td>Adults with mental illness are uninsured</td>
<td>1 in 7</td>
<td>over 1 in 7</td>
</tr>
<tr>
<td>Youth have a mental illness</td>
<td>1 in 12</td>
<td>approximately 1 in 12</td>
</tr>
<tr>
<td>Youth have private insurance that does not cover mental health</td>
<td>1 in 13</td>
<td>average 1 in 13</td>
</tr>
</tbody>
</table>

---

**46%** of residents are covered by employer-based health insurance (national average 49%)

---

Visit ParityTrack.org/Anniversary to access the Technical Report and all State Report Cards.

---

