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Collector: Email Invitation 1 (Email)
Started: Tuesday, October 16, 2018 7:55:51 AM
Last Modified: Tuesday, October 16, 2018 8:23:18 AM
Time Spent: 00:27:27
Email: Paul@VotePaulSeaton.com
IP Address: 104.254.231.114

Page 1: 2018 Candidate Survey

Q1 What is your name? Which office are you running for and which district do you hope to represent?

Paul Seaton House District 31

Q2 What is your vision for Alaska when it comes to reducing sexual assault and domestic violence? What steps are you prepared to take to get there?

We need to not only provide for victims but move upstream to prevention by addressing the causes of DV and educate about sexual assault. Much DV occurs in families that have people experiencing depression, anxiety, poor quality sleep, people experiencing lower executive functioning, and self medication with alcohol. Although not the only cause, all of these are associated with low vitamin D levels which all segments of our Alaskan population are experiencing with our conversion to "western" diet. Studies have shown that Alaska

Native diets used to provide enough of this needed hormone to be double our current levels year round as late as the 1960's and 70's (AK epidemiology bulletin #27). Doubling our current 23ng/ml to above 40 would eliminate this medical deficit and allow education a better opportunity to work.

Q3 Are you familiar with local programs that provide domestic violence and sexual assault services to victims across Alaska? Have you recently visited your local domestic violence/sexual assault shelter or victim services program? What is your plan to support these programs?

Yes. Yes. Continue to support

Q4 What responsibilities do you believe the Legislature and our elected officials hold in advancing efforts to prevent domestic violence and sexual assault? Would you be willing to maintain or increase the current level of funding for prevention and victims services?

I will continue to try to increase the effectiveness of the programs.

Q5 Alaska's 2017 Youth Risk Behavior Survey reports that 1 in 10 Alaskan students had experienced sexual violence (being forced by anyone to do sexual acts) during the past year. Do you feel that sexual assault, sexual abuse, and dating violence prevention education should take place in our schools and in what way would you suggest enhancing efforts to educate Alaska's youth on these important subjects? Who do you think shares this responsibility?

This is a problem and the studies of international YRBS demonstrated significantly greater problems for youth with low levels of vitamin D
