



RHIP Cardiovascular Disease & Diabetes Prevention Workgroup
Bend Parks and Rec. District Office (Riverbend Community Room)
799 SW Columbia Street
Bend, OR

Agenda: July 26, 2016 from 4:00pm-5:00pm

No Call-In Option

1. **4:00-4:05** **Introductions—All**
2. **4:05-4:45** **Diabetes & CVD Prevention Draft Work Plan—Channa Lindsay & MaCayla Arsenault**
 - Input from workgroup
 - Work plan due in August
3. **4:45-4:55** **Promoting Bicycling—MaCayla/All**
 - Direction and next steps
4. **4:55-5:00** **Next Steps—MaCayla Arsenault & Channa Lindsay**
 - Who agrees to do what?

Next Meeting: August 23 from 4-5pm at PacificSource (Suite 210)

Cardiovascular Disease and Diabetes Prevention Four-year Work Plan

Workgroup Goal Statement

To: Provide guidance and support on selection and implementation of prevention specific RHIP strategies

For: Individuals within Crook, Jefferson, Deschutes, and Northern Klamath Counties

So That: RHIP priorities are addressed and community needs are met

Cardiovascular Disease

Prevention and Health Promotion

Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Promote the Oregon Health Authority statewide Smoke free Oregon campaign for youth.</p> <p><i>Decrease the prevalence of smoking among 11th and 8th graders from 12% and 6%, respectively to 9% and 3%, respectively (Baseline: Oregon Healthy Teens Survey, 2013).</i></p>	In the Fall of 2015, DCHS was awarded a Community partnership grant by OHSU to train staff to implement the American Lung's Not on Tobacco teen cessation program in schools. Deschutes County Health Department is working on starting the Not on Tobacco (NOT) program. Jessica Hiddleston of Deschutes County Health Department is heading up this effort and needs 6-8 trained volunteer facilitators to work.	Penny Pritchard	Will ask Penny & Jessica			
	<i>Jefferson County Public Health provides Smokefree Oregon printed material at community events</i>	<i>Emily Wegener</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>
	<i>Jefferson and Crook County Public Health reposts Smokefree Oregon on their Facebook pages</i>	<i>Emily Wegener Kris Loving</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>
	<i>Bend La Pine School District has adopted the American Lung Association Alternative to Suspension Program (ATS) to address teen smoking.</i>	<i>Penny Pritchard</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>
	<i>On January 1, 2016, the Central Oregon Intergovernmental Council (COIC) also passed a tobacco free property policy for all their properties in Deschutes, Crook, Jefferson, and Warm Springs including sheltered bus stops. They also placed Oregon Tobacco Quit Line promotional materials at all their buildings for employees, visitors, and riders.</i>	<i>Penny Pritchard</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>
	<i>On January 1, 2016, the Deschutes Public Library passed a tobacco-free property policy for all their locations in Deschutes County and placed Oregon Tobacco Quit Line promotional materials in all their buildings.</i>	<i>Penny Pritchard</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>	<i>Completed</i>

<p>Implement a community-based educational campaign on blood pressure control (i.e., Measure Up/Pressure Down).</p>	<p>What is happening?</p>	<p>n/a</p>	<p>n/a</p>	<p>Will determine program/ actions needed to implement strategy</p>	<p>TBD</p>	<p>TBD</p>
<p>Engage community-based organizations (schools, dentists, colleges, employers, hospital, etc.) in an educational program/campaign around BP control and monitoring and CVD relationship.</p> <p><i>Increase the percentage of OHP participants with high blood pressure that is controlled (<140/90mmHg) from 64% to 68% (Baseline: QIM NQF 0018 - Controlling high blood pressure, 2014).</i></p>	<p>What is happening?</p>	<p>n/a</p>	<p>n/a</p>	<p>Will determine program/ actions needed to implement strategy</p>	<p>TBD</p>	<p>TBD</p>
<p>Engage employers to offer worksite health promotion programs that support improved employee weight status by targeting nutrition and physical activity</p> <p><i>Decrease the prevalence of adults who report no leisure time physical activity from 16% in Crook County, 14% in Deschutes County and 17% in Jefferson County to 14%, 12%, and 15 % respectively (Baseline: Oregon BRFSS, 2010-13).</i></p>	<p>Are there regional campaigns or programs?</p>	<p>n/a</p>	<p>n/a</p>			

Cardiovascular Disease

Policy						
Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Implement a tobacco retail licensing program that will eliminate illegal sales to minors, prevent retailers from selling tobacco within 1000 feet of schools, raise the age of purchase to 21, and eliminate sales of flavored tobacco products.</p> <p><i>Decrease the prevalence of smoking among 11th and 8th graders from 12% and 6%, respectively to 9% and 3%, respectively (Baseline: Oregon Healthy Teens Survey, 2013)</i></p>	Regional Quitline promotion, local coalitions doing awareness and education, policy work for tobacco free policies in parks, government buildings, schools, and businesses, work on other policies, such as bans on flavored tobacco, where they can sell, how they can sell, etc.	Penny Pritchard?				
	In February 2016, DCHS was awarded the SPArC grant from OHA to create a workgroup to complete a fiscal impact analysis to implement a tobacco retail-licensing program for the county and the cities. Tobacco retailers will also be engaged through an interview process.	Penny Pritchard?				
	Jefferson County is planning to provide a retailer education class to teach retail workers how to identify fake IDs.	Emily Wegener				
	Jefferson County is working on posting QuitLine information in retail outlets.	Emily Wegener				
	Crook County received the SPArC grant and is creating a tobacco prevention coalition. One of their focuses is to work on retail policy tobacco.	Kylie Loving	Policy choices TBD			
<p>Increase the number of schools using the CDC School Health Index to improve their health policies and programs.</p> <p><i>Decrease the prevalence of 11th graders and 8th graders</i></p>	Tri-county Implementation of the CDC school health index is in discussion	Emily Wegener & Meg Moyer	Create project group, coordinator, apply for funding, and begin collaborating with schools	Complete assessments for schools in Crook, Deschutes, and Jefferson Counties. Determine Actions for Improvement	TBD based on assessment results	TBD based on assessment results

<p><i>who have zero days of physical activity from 11% and 6% to 10% and 5%, respectively (Baseline: Oregon Healthy Teens, 2013)</i></p> <p><i>Decrease the prevalence of 11th graders and 8th graders who are overweight from 14% and 16%, respectively, to 13% and 14%, respectively (Baseline: Oregon Healthy Teens, 2013).</i></p>				<p>and how they align to the RHIP</p>		
<p><i>Encourage healthy community design and policies that increase opportunities for physical activity, access to healthy foods, and other health-enhancing features.</i></p>	<p><i>Refer to diabetes Policy Strategy</i></p>	<p><i>n/a</i></p>	<p><i>n/a</i></p>	<p><i>n/a</i></p>	<p><i>n/a</i></p>	<p><i>n/a</i></p>

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Cardiovascular Disease

Health Equity

Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Identify, develop and implement culturally competent materials and programs such as smoke-free Oregon ads for culturally disparate populations.</p> <p><i>Decrease the prevalence of cigarette smoking among adults from 18% to 16% (Baseline: Oregon BRFSS, 2010-13; QIM Cigarette Smoking Prevalence).</i></p> <p><i>Decrease the prevalence of smoking among 11th and 8th graders from 12% and 6%, respectively to 9% and 3%, respectively (Baseline: Oregon Healthy Teens Survey, 2013).</i></p>	<p>Policy work in tri-county area to increase tobacco free campus policies, outdoor venues and promotion of the Oregon Tobacco Quitline.</p>					
	<p>Jefferson County is working on posting QuitLine information in retail outlets.</p>	Emily Wegener				
	<p>Deschutes County Health Services was recently awarded QIM funding to implement a media campaign to promote cessation and the Oregon Tobacco Quitline on COIC/CET buses across Central Oregon with a focus on areas with the highest adult smoking prevalence (i.e. Warm Springs, Prineville, Madras, La Pine, Redmond)</p>					

Cardiovascular Disease

Childhood Health

Engage schools to promote CVD prevention using best-practice, school-based model.	Reference CDC School Health Index (row 7 above)	N/A	N/A	N/A	N/A	N/A
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Other

Health Indicator	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
Decrease the provenance of 11 th graders who have zero days of physical activity from 11% and 6% to 10% and 5%, respectively (Baseline: Oregon Healthy Teens, 2013)	Kids Club of Jefferson county transportation for extracurricular physical activities.	Joe McHaney	Perform bus maintenance, and paint/rebrand the bus. Expand and communicate additional activity opportunities for kids	Continue to expand opportunities for kids.		
Decrease the provenance of 11 th graders who have zero days of physical activity from 11% and 6% to 10% and 5%, respectively (Baseline: Oregon Healthy Teens, 2013) Decrease the prevalence of adults who report no leisure time physical activity from 16% in Crook County, 14% in Deschutes County and 17% in Jefferson County to 14%, 12%, and 15 % respectively (Baseline: Oregon BRFSS, 2010-13).	Bicycling/Active commuting promotion?	TBD	Development of sub workgroup to collaborate and develop feasible options for the region			

Diabetes

Prevention and Health Promotion

Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Implement a Diabetes Prevention Program (DPP).</p> <p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>	Diabetes Prevention Program (DPP) piloted in region by DCHS	Sarah Worthington	Proposal submitted and program planning. Participant enrollment. Advertise program and launch 1 st cohort.	Work with non-participating providers to implement DPP. (TBD)	Work with non-participating providers to implement DPP. (TBD)	DPP Sustainability model (TBD)
<p>Increase availability of diabetes self-management programs.</p> <p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>	High Desert Food and Farm Alliance assessment and nutrition and wellness resource guide (Contingent on COHC Board approval)	Katrina Van Dis	<p>Submit proposal</p> <p>Conduct assessment and develop nutrition and wellness resource guide</p> <p>Publish and disseminate guide to providers and community</p>	Project evaluation	Project evaluation	TBD
<p><i>Engage employers to offer worksite health promotion programs that support improved employee weight status by targeting nutrition and physical activity.</i></p>	<i>Refer to CVD Prevention and Health Promotion strategy four</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>
Partner with grocery stores and farmers markets to increase pre-diabetes and diabetes awareness programs.	What is happening towards this?					

<p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>						
<p>Create partnership with Parks and Recreation offices to offer peer led exercise sessions.</p> <p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>	<p>La Pine Parks and Recreation have scheduled programs to promote physical activity for adults, i.e. Winter Walking; Move for the Health of It; Pickleball; Aquasize it (at the Newberry) is this peer led? Where occurring?</p>					

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Diabetes

Prevention Strategies	Actions	Policy				
		Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<i>Increase the number of schools using the CDC School Health Index to improve their health policies and programs.</i>	<i>Refer to CVD Policy Strategy two (CDC Health Index)</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>	<i>n/a</i>

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Diabetes

Health Equity

Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Create diabetes awareness campaigns that are culturally aligned, health literate, and community specific.</p> <p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>	<p>What is occurring? Tie to diabetes awareness at farmers markets, etc. (handouts at farmers markets?)</p>					
<p>Encourage healthy community design and policies that increase opportunities for physical activity, access to healthy foods, and other health-enhancing features.</p> <p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p>	<p>Bend Open Streets (September 2016) to encourage physical activity by helping to normalize active transportation. Many of several planning efforts by the City of Bend to improve bike/pedestrian infrastructure.</p>					
	<p>Do we want to focus on bike ability/ better infrastructure for healthy commute options (reach out to Bend Bikes)? Year one, could be reaching out and collaborating with identified partners.</p>					

Diabetes

Childhood Health

Prevention Strategies	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p>Promote coordinated school health programs that prevent risk behaviors that contribute to heart disease and stroke:</p> <ul style="list-style-type: none"> • <i>Maintain or establish enhanced physical education classes.</i> • <i>Prohibit withholding recess as punishment.</i> • <i>Decrease the prevalence of 11th graders and 8th graders who are overweight from 14% and 16%, respectively, to 13% and 14%, respectively (Baseline: Oregon Healthy Teens, 2013).</i> 	<p>Should we wait until CDC health index is complete?</p>					
<p>Engage schools to provide evidence-based interventions to promote physical activity and nutrition education in schools.</p>	<p>Refer to CVD Policy Strategy two (CDC School Health Index)</p>	n/a	n/a	n/a	n/a	n/a

Diabetes

Other

Health Indicator	Actions	Workgroup Liaison	2016 Action Plan	2017 Action Plan	2018 Action Plan	2019 Action Plan
<p><i>Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-13).</i></p> <p><i>Decrease the prevalence of 11th graders and 8th graders who are overweight from 14% and 16%, respectively (Baseline: Oregon Health Teens, 2013).</i></p> <p><i>Decrease the percentage of OHP participants with BMI greater than 30 from 31.5% to 30.9% (Baseline: Oregon State Core Performance Measure, MBRFSS 2014).</i></p>	Veggie Rx (Contingent upon Board approval)	Katrina Van Dis	<p>Program development</p> <p>Patients screened for food insecurity</p> <p>Veggie vouchers given to patients</p>	Program expanded implemented and refined	Evaluation Program expanded implemented and refined	<i>Evaluation</i>
	Cooking Matters (Contingent upon Board approval)	Katrina Van Dis	Patient screening and referral to cooking matters class	Patient screening and referral to cooking matters class	Evaluation	