



Agenda: February 28, 2017 from 3:30pm-5:00pm

1. **3:30-3:35**      **Introductions—All**
2. **3:35-3:40**      **Workgroup Co-Leader Opening—Sarah Worthington**
3. **3:40-3:55**      **Update on RHIP Funding Restructuring Process—MaCayla Arsenault**
4. **3:55-3:50**      **Update on Physical Activity Survey—MaCayla Arsenault**
5. **4:00-4:55**      **Increasing Healthy Diet/Nutrition—Sarah Worthington**
  - OSU-Extension—Katie Ahern
  - High Desert Food and Farm Alliance—Jess Weiland
    - Needs Assessment Survey of Nutrition and Wellness Programs
6. **4:55-5:00**      **Next Steps/Action Items—All**

Next Meeting: **March 28 from 3:30-5:00pm at PacificSource (Suite 210)**

**Increasing Healthy Diet/Nutrition Focus Areas:**

- Community Partnerships & Consumption of Produce
- Skills Based Food Education and Safety
- Incorporating Social Marketing to Promote Positive Behavior

# Cardiovascular Disease and Diabetes Prevention Workgroup

- **Prevention Health Indicators by 2019**
  - 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, 2010-2013)
  - Decrease the prevalence of 11<sup>th</sup> graders and 8<sup>th</sup> graders who have zero days of physical activity from 11% and 6% to 10% to 10% and 5% respectively (Baseline: Oregon Healthy Teens, 2013)
  - Decrease the prevalence of adults who are overweight (BMI 25 to 29.9) from 33% to 31% (Baseline: Oregon BRFSS 2010-2013)

# Cardiovascular Disease and Diabetes Prevention Workgroup

- **Prevention Health Indicators by 2019**
  - Decrease the prevalence of 11<sup>th</sup> graders and 8<sup>th</sup> graders who are overweight from 14% and 16% respectively to 13% and 14% respectively (Baseline: Oregon Healthy Teens, 2013)
  - Decrease the percentage of OHP participants with BMI greater than 30 from 31.5% to 30.9% (Baseline: MBRFSS 2014)
  - Decrease the prevalence of cigarette smoking among adults from 18% to 16% (Baseline: Oregon BRFSS, 2010-2013)
  - Decrease the prevalence of smoking among 11<sup>th</sup> and 8<sup>th</sup> graders from 12% and 6% respectively to 9% and 3% respectively. (Baseline: Oregon Healthy Teens)

## **RHIP Workgroup Updates: January**

### **Behavioral Health: Identification & Awareness (Support: Rebeckah Berry, Mike Franz & Rick Treleaven)**

- This group meets the fourth Tuesday of every month from 8:15-9:15am and currently has 19 members.
- In January this workgroup began discussing the development of primary care screening and referral algorithms for depression and anxiety, suicidality, psychosis, and self-harm. In February, the group will begin work on the development of the first algorithm, depression screening and referral. The group also received updates on the community-wide behavioral health messaging campaign, MindYourMind.

### **Behavioral Health: Substance Use and Chronic Pain (Support: Rebeckah Berry & Rick Treleaven)**

- This group meets the third Wednesday of every month from 4-5pm and currently has 23 members.
- In January, the group finalized their introduction/position letter introducing the clinical algorithm for screening and referring for SUD and its accompanying resources. This workgroup is also supporting beginning efforts of regional MAT presentations by Dr. LeBlanc and Dr. Pennavaria within primary care clinics. The first of these presentations occurred on 1.22.17.

### **Cardiovascular Disease—Clinical (Support: Rebeckah Berry & Shiela Stewart)**

- This group meets the fourth Tuesday of every month from 4-5pm and currently has 10 members.
- In January, the group discussed the newly developed regional blood pressure control presentations by Dr. Mark Backus, the timeline and regional rollout for e-referrals to the tobacco Quit Line through OCHIN, and the development of a ICD-10 laminated sheet that provides clinical codes for a number of key topic areas. The group is planning a press release for Heart Health month in February to share their developed educational resources with Central Oregon communities.

### **Diabetes—Clinical (Support: Rebeckah Berry & Therese McIntyre)**

- This group meets the second Thursday of every month from 9-10am and currently has 14 members.
- In January, the group finalized their introduction letter and reviewed a first draft of a regional community resource booklet for prediabetes and type II diabetes. The group also finalized their provider educational materials in preparation for their Grand Rounds rollout addressing prediabetes. A separate marketing meeting is being scheduled to ensure a press release is prepared and key provider groups are reached for the March 3<sup>rd</sup> Grand Rounds event.

### **CVD & Diabetes: Prevention (Support: MaCayla Arsenault, Sarah Worthington, & Sean Ferrell )**

- This group meets the fourth Tuesday of every month from 3:30-5pm and currently has 26 members.
- In January, the group approved their physical activity survey to be distributed to schools. This survey is meant to collect information on what's happening and what's working in schools, as well as the barriers for students becoming physically active. In efforts to promote active modes of transportation, the workgroup discussed writing a letter of support for the For Every Kid Coalition to expand Safe Routes to School in every Oregon School District, as well as legislation that would provide stable funding for regional transit operations. The group also prioritized forming partnerships to increase consumption of produce.

# **RHIP Workgroup Updates: January**

## **Oral Health (Support: Donna Mills & Mary Ann Wren)**

- This group meets the third Tuesday of every month from 11-12pm and currently has 25 members.
- The Oral Health Workgroup met and reviewed the following collateral: OHP Dental Benefits pamphlet, Oregon Health Insurance Survey, and a worksheet of all schools that are allowing sealant programs on-sit, by county, program, certification status, school district, and percentage of students on the Free or Reduced Lunch program. The next iteration of the work plan will be to create a benchmark diagram of the health indicators and report out the change, if any, within those metrics. The group feels once that is complete, they will reassess their work plan and strategies for alignment.

## **Reproductive Health/Maternal Child Health (Support: Donna Mills & Muriel DeLaVergne-Brown)**

- This group meets the second Tuesday of every month from 4-5pm and currently has 23 members.
- The Reproductive Maternal/Child Health group did not meet due to inclement weather.

## **Social Determinants of Health**

- This group meets the third Friday of every month from 10-11:30am and currently has 30 members in Kindergarten Readiness and 37 members in Housing.

### **Education & Health (Support: Donna Mills & Desiree Margo)**

- The Kindergarten Readiness workgroup met and heard two proposals: one from Family Resource Center and the other from CASA of Central Oregon. Both presentations were well received and the presenters were advised that the COHC was retooling/refining the proposal process. There was significant discussion around how the group would both remain a working group, as well as, a well-informed and educated vetting body for future proposals. The next meeting will be to review requested data reports around patterns of care for children ages 0-5 years of age.

### **Housing (Support: Bruce Abernethy & MaCayla Arsenault)**

- In January, the workgroup discussed developing an updated housing needs assessment because the last version was published in 2006. Information from this assessment would be used to obtain various housing grants for Central Oregon. The group also discussed developing a process for supporting and advocating for various local and state policies. In February, they will decide on target metrics based on the data they've gathered thus far.