



2019 Regional Health Assessment (RHA) Steering Committee Meeting
Deschutes County Health Services (Stan Owen Room)
2977 NE Courtney Drive, Bend OR 97701

Agenda: February 1, 2019 from 10:15am-11:30am

Remote Zoom Video-In Option

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/361125968>

Or iPhone one-tap :

US: +16465588656,,361125968# or +16699006833,,361125968#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 646 558 8656 or +1 669 900 6833

Meeting ID: 361 125 968

International numbers available: <https://zoom.us/u/d5oeDuCA7>

1. **10:15-10:20** **Introductions—All**

2. **10:20-10:55** **Qualitative Update—Channa Lindsay & Rebeckah Berry**
 - **Forces of Change Summary**
 - **Community Themes & Strengths Updates**

3. **10:55-11:25** **Quantitative Update—Jenny Faith, Nansaa Conway, & Nicole Middaugh**

4. **11:25-11:30** **Next Steps/Action Items—All**

Next Meeting: **3.1.19 from 10:15-11:30am (RHA to RHIP Process/Overview)**



RHA 2019 Steering Committee

Organization

Michael Baker	Jefferson County Health Department
Rebeckah Berry	Central Oregon Health Council
George Conway	Deschutes County Health Services
Nansalmaa Conway	Jefferson County Health Department
Muriel DeLaVergne-Brown	Crook County Health Department
Lisa Dobey	St. Charles Health System
Jennifer Faith	Deschutes County Health Services
Elaine Knobbs-Seasholtz	Mosaic Medical
Larry Kogovsek	COHC Community Advisory Council Member
Nikki Lemmon	Central Oregon Health Council
Channa Lindsay	Deschutes County Health Services
Donna Mills	Central Oregon Health Council
Katie Russell	Warm Springs Tribes
Hillary Saraceno	Deschutes County Health Services
Kelsey Seymour	Central Oregon Health Council
Whitney Swander	Better Together Central Oregon
Molly Taroli	PacificSource
Rick Treleven	BestCare Treatment Services (Jefferson County CMHP)
Mary Ann Wren	Advantage Dental

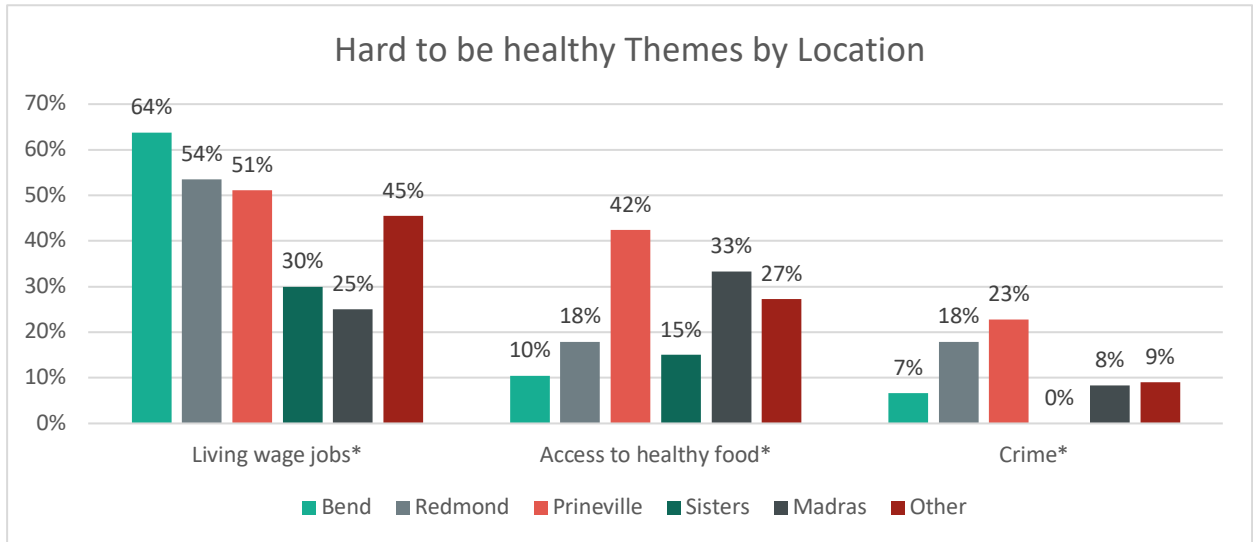
Force of Change and Community Themes and Strengths Assessments Update 2.1.2019

Overview

- **208** responses to the RHA mid-point survey.
- **202** surveys at county fairs.
- **108** responses to the BAR HII collaborating partner assessment.
- **4** Forces of Change focus groups completed.
- **48** Force of Change Participants.
- **10** Community Themes and Strengths focus groups hosted by 2.1.2019.
- **92** Community Themes and Strengths participants as of 1.23.2019.
- **TBD** St. Charles Phone Survey Results.

RHA Midpoint Survey

The survey was created in partnership with Crook, Deschutes, and Jefferson counties, and the Central Oregon Health Council. Responses to the survey were collected from 9/18/17 to 10/31/17 in English and Spanish via SurveyMonkey. Two hundred and eighty people responded to the survey. Thirty-eight percent of the respondents lived in Bend, 33% in Prineville, 10% in Redmond, 7% in Sisters, 4% in Madras, 8% in other locations.



**Selection of "hard to be healthy" themes of living wage jobs, access to healthy food, and crime were all statistically significantly associated with respondent's location.*

Top Things that Facilitate Health

- Access to the outdoors, parks, and recreation
- Access to the Oregon Health Plan (Medicaid)
- Good access to hospitals and doctors
- Positive sense of community and support
- People in the area like to be active
- The school system
- Access to healthy foods

Top Things that Hinder Health

- Drug and alcohol use
- Crime
- Hard to find good places to get healthy food
- High cost/low quality of housing
- Jobs don't pay enough to live in the area
- Lack of money or resources
- Lack of transportation
- Lack of options/focus on youth
- Healthcare information is hard to understand
- Many doctors/providers don't accept Oregon Health Plan (Medicaid)
- Stigma around mental health treatment
- Difficulty accessing care

**Includes themes selected at least 10% of the time. Unless otherwise highlighted above, themes remain the same when broken out by demographics.*

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Forces of Change Summary

Central Oregon Should...

1. Address the High Cost of Living
2. Design/Create Healthy Built Environment
3. Focus on Youth
4. Address Stigmas, Political Trauma, and Equity
5. Prepare for Forest Fires and Drought
6. Leverage Technological Advancements

**Listed in order of priority*

1. Address the High Cost of Living

Low wage jobs in central Oregon are often not sufficient to compensate for the **high cost of living** especially as related to **housing, childcare, and healthy food**.

- **High housing costs** will likely continue to be a concern as the central Oregon population grows. The region should focus on:
 - Attracting businesses that provide **higher wages**.
 - Increasing educational opportunities in technical skills by working with Central Oregon Community College & Oregon State University-Cascades.
 - Providing wraparound services for struggling families.
 - Leveraging groups such as the Regional Health Improvement Plan Housing workgroup.
- Central Oregon is a **childcare** desert. The cost and limited availability of childcare can create a severe financial burden for families. The region should look for opportunities to:
 - Expand work-based childcare options.
 - Revamp the local referral system for childcare resources.
- **Healthy food** is not always affordable and accessible for Central Oregonians. The region should increase availability and access to:
 - Veggie Rx models.
 - Free and reduced lunches.
 - Farmer's markets.
 - Community gardens.
 - SNAP benefits at farmer's markets.

2. Design/Create Healthy Built Environments

- The region should work with county commissioners, city planners, policy makers, and **collaborative groups** to advocate for **community spaces, green space, and health considerations** when planning (Health in All Policies). This region should:
 - Include creation of age-appropriate opportunities.
 - Consider ways to subsidize alternative energy sources that make sense for our region.
- **Social isolation** is a growing concern, especially for older adults, youth, pregnant women, migrant workers, and individuals who identify as Hispanic. Central Oregon should:

- Leverage parks and recreation opportunities, as well as school activities, to help increase social connectivity.
- These activities should be accessible, affordable, and safe for everyone.
- Lack of **public transportation** affects many things, including access to care. This is especially true in rural areas, for veterans, and for those unable to drive such as older adults and people without drivers licenses. Central Oregon can leverage:
 - Bike-gifting programs.
 - Voucher programs.
 - Other incentives for short term-solutions.

Central Oregon should also consider creation of built environments that include more robust public transportation and alternative commute options as long-term solutions.

3. Focus on Youth

- Central Oregon should focus on **prevention of Adverse Childhood Experiences (ACES)** and address risk factors to limit **school dropout rates**, including **alcohol and drug use**, as well as services and education for children of migrant workers. The region should also focus on:
 - Making sure use of alcohol and drugs are not normalized.
 - Teaching life skills by using things like the ATOD curriculum in schools.
 - Focus on supporting childhood education.
- There are many opportunities for collaboration between organizations such as:
 - TRACES
 - MOMs
 - High Desert Education Service District
 - Regional Perinatal Care Program
 - SADD
 - Drug Diversion Program
 - Community behavioral and public health.

4. Address Stigmas, Political Trauma, and Equity

- **Stigma and the lack of culturally competent information** prevent people from accessing care and other resources. Central Oregon should:
 - Identify and duplicate successful models of care integration in the region (one stop shop), including Behavioral Health and Reproductive Health services.
 - Focus on equity and cultural competence.
 - Consider non-medical approaches/location to engaging people in care.
 - Acknowledge how national policies impact fear, perceptions, and access to health services and community resources (i.e. migrant workers).

5. Prepare for Forest Fires and Drought

- **Forest fires and drought** are a growing concerns for Central Oregon. The community should:
 - Explore emergency preparedness for potential catastrophic wildfire.
 - Offer overall education and resilience planning for climate change.
 - Preserve the natural areas we still have.

6. Leverage Technological Advancements

- **Technology changes** so rapidly the health system is in a constant state of reaction. The region should proactively plan for the pros and cons technology brings to the table.
- For instance, communication and services with clients can be improved through:
 - Telemedicine
 - Texting
 - Patient portals
 - Care Coordination
 - Social Determinant of Health questions in Electronic Health Record systems
- Within organizations, video conferencing for staff and management saves time traveling, creating increased efficiencies.
- In contrast, the health system should consider how increased screen time, cyber-bullying (youth), and decreased social connectivity impacts health. The region should also consider how changing contexts, such as driverless cars and other coming changes, will affect health and access to care.

Community Themes and Strengths

Group	Point of Contact for each meeting	Lead	Meeting Date	Progress update
1. Latino Community Association (Redmond)	Oscar	Rebeckah	2.21.2019	SCHEDULED
2. Latino Community Association (Bend)	Oscar & Brad	Rebeckah	11.8.2018	COMPLETE
3. Madras	Denise Piza (Let's Talk Diversity)	Rebeckah	1.24.2019	COMPLETE
4. Homeless population	Larry (CAC)	Rebeckah	10.16.2018 & 1.14.19	COMPLETE
5. Deschutes County Health Department clients	Pamela (DCPH)	Channa	2.11.2019	SCHEDULED
6. Crook County Health Department clients	Emma/Muriel (CCHD)	Channa	1.29.2019	Being Rescheduled
7. Jefferson County Health Department Clients	Michael (JCPH)	Channa	2.26.2019	SCHEDULED
8. Community Advisory Council (CAC)	MaCayla (COHC)	Rebeckah	11.11.2018	COMPLETE
9. Deschutes YAC	Kelby (DCHS)	Channa	1.23.2019	COMPLETE
10. Crook County YAC	Katie Plumb (CCHD)	Channa	1.29.2019	Should be COMPLETE by 2.1.19 RHA Mtg
11. Jefferson YAC	Kimberlee Jones (BestCare)	Channa	1.28.2019	Should be COMPLETE by 2.1.19 RHA Mtg
12. Head start parent focus group	Whitney (Better Together)/ Kimberly (Head Start)	Channa	12.20.2018	COMPLETE
13. Warm Springs Native Aspirations	Denise Clements	Rebeckah		Seeking Approval from Tribal Council. Letter Sent 12.7.18. Awaiting a response.
14. Employer groups/ EDCO	Heidi Hausner	Rebeckah	1.10.2019	COMPLETE

15. La Pine	La Pine Community Health Center (Charla DeHate)	Channa		In Progress
16. Sisters	Sisters representatives selected by the City Council	Channa	2.15.19 or 2.28.19	Tentative Dates Scheduled
17. Culver/Metolius	Candy Canga (Metolius City Council)	Rebeckah	2.11.2019	SCHEDULED
18. LGBTQ Youth	Jessica Terpstra	Channa	2.13.2019	SCHEDULED
19. Older Adults	COACO (Emily Burnham)	Rebeckah	2.6.2019	SCHEDULED
20. Veterans	COVO (Alison Mckinney)	Channa		In Progress

Forces of Change

Group	Point of Contact for each meeting	Lead	Meeting Date	Progress update
1. Provider Engagement Panel	Rebeckah	Rebeckah	10.10.2018	COMPLETE
2. Operations Council	Rebeckah	Rebeckah	10.5.2018	COMPLETE
3. Regional Prevention Workgroup	Julie Spackman	Channa	12.3.2018	COMPLETE
4. COHC Board of Directors	Rebeckah	Rebeckah	12.13.2018	COMPLETE

2019 Central Oregon Regional Health Assessment Headers

<p>Introduction, Process, and Methods – Channa Lindsay, Rebeckah Berry, Jenny Faith</p>
<p>Demographics of Central Oregon – Jenny Faith</p> <ul style="list-style-type: none">- Population (county- and community-level)- Race and ethnicity- Socioeconomic Status- Disability- Food Insecurity- Safety and Violence- Homelessness- Language spoken
<p>Causes of Death and Quality of Life – Jenny Faith</p> <ul style="list-style-type: none">- Leading causes of death- Mortality- Life expectancy- Years of potential life lost- Quality of life, general health status, and physical, mental, or emotional limitations
<p>Chronic Conditions – Jenny Faith</p> <ul style="list-style-type: none">- Asthma- Cancer- Cardiovascular Disease- Diabetes- Chronic Disease Risk Factors- Chronic Disease Screenings- Mental Health/Chronic Condition comorbidity
<p>Communicable Diseases – Jenny Faith</p> <ul style="list-style-type: none">- Immunizations- Vaccine-preventable Diseases- Hepatitis- Sexually Transmitted Infections- Vector Borne Diseases- Diarrheal Diseases- Healthcare-Associated Infections- Outbreaks
<p>Maternal Health and Pregnancy – Nansaa Conway</p> <ul style="list-style-type: none">- Prenatal Care- Births- Pregnancy Risk Factors (e.g., maternal education, smoking, etc)- Teen Pregnancy- Unintended Pregnancy- Substance/alcohol use during pregnancy
<p>Infant, Early Childhood, and Adolescent Health – Nansaa Conway</p> <ul style="list-style-type: none">- Breastfeeding

- Child and Family Support
- Childhood Health and Education
- Child and Adolescent Health Risk Factors
- Adverse Childhood Experiences (ACEs)
- Children in DHS custody
- Developmental screenings (CCO-level)
- Education: ECE, kindergarten readiness, 3rd grade English Language Arts, attendance, absenteeism, graduation

Mental Health – Nicole Middaugh

- Youth Mental Health
- Adult Mental Health
- Suicide
- Mental Health-related hospitalizations and ER visits

Alcohol, Tobacco, and Other Drug Use – Nicole Middaugh

- Mortality from drugs
- Alcohol
- Tobacco
- Opioid mortality
- Prescription opioid prescribing

Unintentional Injuries – Nicole Middaugh

- Poisoning
- Falls
- Risk Factors for Injury
- Firearm-related deaths
- Drowning-related deaths
- Bicycle and pedestrian accidents
- Motor vehicle crashes: overall and contributing factors

Oral Health – Jenny Faith

- Children
- Adults/Older adults

Healthy Environment – Nicole Middaugh / Jenny Faith

- Transportation
- Air Quality
- Water Quality
- Lead
- Climate
- Built environment

Access to Healthcare – Jenny Faith

- Insurance Status
- Healthcare Provider Workforce and shortages
- Areas of Unmet Healthcare Need
- ED utilization rates for mental health/substance use, non-traumatic dental
- Availability/number of mental health and SUD services available
- Geographic areas >30 minute drive time to mental health services