Problem: 33% of Central Oregon adults are overweight contributing to high and growing rates of diet modifiable diseases, such as type 2 diabetes, cardiovascular disease, and some cancers.

Aim: By 2019 0% of adults in Central Oregon will have a diet modifiable disease, specifically CVD and/or type 2 diabetes.

Boundaries: Focus will be on adults 18+ in Central Oregon

Age adjusted BRFSS data for CVD and Diabetes in Central Oregon 2015.

Cardiovascular Disease:
- Oregon 7%
- Deschutes 4.9%
- Jefferson 4.8%
- Crook 6.3%

Diabetes:
- Oregon 8.6%
- Crook 13.3%* Unreliable
- Deschutes 4.8%
- Jefferson 16%

If we provide access to healthy and nutritious foods to individuals and families experiencing food insecurity, then we expect those families will incorporate healthier food into their diet.

If individuals and families incorporate healthier food into their diet, then we expect their risk for developing diabetes type II and cardiovascular disease will decrease. For individuals who currently have cardiovascular disease or diabetes type II as a result of an unhealthy diet, we expect their condition will improve.

If we increase the access to programs that provide nutrition education, budgeting, and increase fruit and vegetable preparation skills, then we expect individuals and families to purchase and prepare healthier meals for themselves and their family.

If individuals and families consume healthier meals, then we expect their risk for developing diabetes type II and cardiovascular disease will decrease. For individuals who currently have cardiovascular disease and diabetes type II as a result of an unhealthy diet, we expect their condition will improve.

- Convene local organizations to discuss their programs and ways to collaborate.
- Discuss & review proposals.
- Present Nutrition A3 at Ops.

1. Fund program(s) that increase access to healthy foods to those experiencing food insecurity
2. Fund program(s) that provide nutrition education, budgeting, and increase fruit and vegetables preparation skills.