



Regional Health Improvement Plan (RHIP) Workgroup

Shared Focus and Responsibilities

We, the *Promote Enhanced Physical Health Across Communities* Regional Health Improvement Plan (RHIP) Workgroup come together to provide direction and action supporting the priorities identified by our region in the RHIP. Our shared priority is to improve the health and well-being as measured by the Future State Metrics of this priority area.

Our *Promote Enhanced Physical Health Across Communities* Workgroup Future State Metrics are:

1. By December 2023, decrease chronic disease rates by 10% in each County, age-adjusted:

| | Crook County | Deschutes County | Jefferson County |
|----------------------------|--------------|------------------|------------------|
| Asthma (%) | 7.4 | 8.2 | 12.9 |
| Cancer (%) | 7.0 | 6.4 | 4.9 |
| Cardiovascular Disease (%) | 8.7 | 4.3 | 5.1 |
| Diabetes | 9.5 | 5.3 | 18.3 |

2. A.) By December 2023, reduce adult obesity rates in Central Oregon Region by 7% in each county:

| Crook County | Deschutes County | Jefferson County |
|--------------|------------------|------------------|
| 29.3% | 19.9% | 39.2% |

2. B.) By December 2023, increase the percentage of Central Oregon youth who meet the physical activity and fruit/vegetable consumption goals by 10 percentage points in each county to:

| 8 th Grade Rates | Crook County | Deschutes County | Jefferson County |
|--|--------------|------------------|------------------|
| Percentage of students reporting 60 minutes or more of physical activity in the last 7 days. | 47% | 38% | 32% |
| Index of 6 fruit and vegetable consumption questions, what percentage of youth are getting at least 5 servings of fruit or vegetables per day. | 38% | 33% | 41% |



| 11 th Grade Rates | Crook County | Deschutes County | Jefferson County |
|--|--------------|------------------|------------------|
| Percentage of students reporting 60 minutes or more of physical activity in the last 7 days. | 39% | 26% | 30% |
| Index of 6 fruit and vegetable consumption questions, what percentage of youth are getting at least 5 servings of fruit or vegetables per day. | 31% | 26% | 25% |

3. By December 2023, decrease risk factors that contribute to Cardio-Pulmonary Disease and/or Preventable Disease by 7% in each county:

| | Crook County | Deschutes County | Jefferson County |
|---|--------------|------------------|------------------|
| Age-adjusted % of adults who currently smoke | 24.5% | 16.1% | 11.9% |
| The age-adjusted rate of persons hospitalized for stroke per 100k | 196.0 | 190.0 | 319.0 |
| The age-adjusted rate of persons hospitalized for diabetes per 100k | 86.0 | 59.5 | 128.5 |

4. By December 2023, decrease 5-year rates and/or 5-year case counts of STIs by 20%:

| | Crook County | Deschutes County | Jefferson County |
|--|----------------|------------------|------------------|
| The 5-year age-adjusted rate of gonorrhea per 100k | 52.7 | 23.5 | 95.8 |
| | Central Oregon | | |
| 5-year syphilis case count | 37 | | |
| 5-year HIV case count | 21 | | |

5. By December 2023, increase the percentage of PacificSource (Central Oregon CCO) Medicaid members, at any age, who received both an annual wellness visit by a Primary Care Provider and a preventive dental visit by a member of the Oral Health Care Team by 10 percentage points to:

| Crook County | Deschutes County | Jefferson County |
|--------------|------------------|------------------|
| 29.8% | 32.75% | 31.3% |



Responsibility and Methods to Implement The RHIP:

Our most important role is to improve our RHIP Future State Metrics.

As a RHIP workgroup we do this by:

- Partnering, collaborating and coordinating with other workgroups.
- Partnering, collaborating and coordinating with others in the greater region.
- Building partnerships, collaborating and coordinating with organizations from different sectors.
- Aligning strategies throughout our partnerships and the region.
- Reducing structural barriers to increase equity.
- Informing and improving policy.
- Focusing on people who have been marginalized or live in under-represented geographic areas.
- Identifying and funding small or large projects.
- Educating professionals and community members.

Sometimes we may need a smaller group of people to work together on a specific project or task. This smaller working group needs to have RHIP workgroup partners involved. It is also important that the smaller working group continually communicates and stays aligned with the main workgroup focus.

As RHIP workgroup partners, it is our individual job to:

- Stay focused on our shared Future State Metrics.
- Actively contribute to Structured Problem-Solving discussions.
- Review project and grant requests.
- Share information between the RHIP workgroup and your organization (if you represent an organization).
- Know what is happening in the community that might affect workgroup decisions.



Responsibility and Methods to Support Funded Proposals

One of the ways *Promote Enhanced Physical Health Across Communities* workgroup implements the RHIP is by funding grant projects that help improve the RHIP Future State Metrics. After a project is funded, it is our job to:

- Stay informed about the progress of the project while it is funded.
- Make sure progress reports are submitted on time.
- Review progress reports for successes and lessons learned.
- Use information from successes and learnings to inform future work.

Sometimes this RHIP workgroup takes responsibility for projects that were approved before we had the current workgroup. These projects may align with our current metrics. These projects continue to need our support. Being involved with them helps us know what work was done in the past and continue to apply those learnings to future efforts.

Responsibility of the COHC Staff

The COHC's role is to host community-led discussions to improve the health and well-being of our region. We do not have a bias in the focus or goals determined by you, our partners.

- To keep our community work neutral, the COHC staff guides workgroup agendas and meeting processes.
- The COHC staff represents and speaks for the workgroup in the larger region.

Review and Revision of Workgroup Shared Intent and Focus

Our workgroup should review and agree to these Shared Focus and Responsibilities before starting work together. In the future, we can suggest changes. When a change is suggested, the RHIP workgroup Voting Partners need to agree to the changes.