Upstream Prevention: Promotion of Individual Well-Being
Regional Health Improvement Plan Workgroup

Join Zoom Meeting
https://zoom.us/j/602446710

Join by phone:
+1 669 900 6833
Meeting ID: 602 446 710

May 26, 2020, 3:30-5:00pm

Aim/Goal

All communities in Central Oregon have equitable access and opportunities to health, education, healthy relationships, community support, and experiences necessary to thrive at every stage of life from prenatal to adulthood.

Future State Metrics

1. Increase letter name recognition at kindergarten
2. Increase third grade reading proficiency
3. Increase proportion of pregnancies that are planned
4. Increase two-year-old immunization rates
5. Increase the number of people who feel they belong in their community

AGENDA

3:30-3:40  Welcome, Land Acknowledgement & Guiding Principles - All
3:40-3:50  COVID-19 Updates - All
3:50-4:50  Root Cause Analysis – All
4:50-5:00  Closing - Facilitator
**Upstream Prevention: Promotion of Individual Well-Being**  
Regional Health Improvement Plan Workgroup

### Future State Metrics – Full Detail

1. **By December 2023, letter name recognition at kindergarten readiness will be the following by county:**

<table>
<thead>
<tr>
<th>County</th>
<th>Total Population</th>
<th>Economically Disadvantaged</th>
<th>Underserved Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crook County</td>
<td>15.8</td>
<td>14.3</td>
<td>12.8</td>
</tr>
<tr>
<td>Deschutes County</td>
<td>17.5</td>
<td>14.6</td>
<td>16.6</td>
</tr>
<tr>
<td>Jefferson County</td>
<td>13.2</td>
<td>11.3</td>
<td>11.1</td>
</tr>
</tbody>
</table>

Overall increase of at least 10% for all students, a 20% increase for students from economically disadvantaged (ED) and underserved races (UR).

2. **By December 2023, increase third-grade reading proficiency to the following by county:**

<table>
<thead>
<tr>
<th>County</th>
<th>All Students</th>
<th>Economically Disadvantaged</th>
<th>Underserved Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crook County</td>
<td>54.5%</td>
<td>51%</td>
<td>33.5%</td>
</tr>
<tr>
<td>Deschutes County</td>
<td>67.5%</td>
<td>52%</td>
<td>47%</td>
</tr>
<tr>
<td>Jefferson County</td>
<td>47.5%</td>
<td>49.5%</td>
<td>40.5%</td>
</tr>
</tbody>
</table>

Increase of 10% overall, and 15% for economically disadvantaged students (ED) and students from underserved races (UR).

3. **By December 2023, increase the proportion of pregnancies that are planned in Central Oregon to 56%.

4. **By December 2023, increase the Central Oregon two-year-old up-to-date immunization rates to 80%.

5. **By December 2023, a Resilience Measure, such as the Child/Youth/Adult (CYARM) will be established, and the number of people who feel like they belong in their community (by gender, race, and ability) will increase by 10% from the baseline.**
Regional Health Improvement Plan (RHIP) Workgroup

Guiding Principles

Shared Focus
We come together to improve the health and well-being of individuals living in various and diverse communities throughout Central Oregon region. We use the Regional Health Improvement Plan (RHIP) as our guide. It is our region’s shared vision of current problems and our aims. As workgroup partners we develop agreed-upon actions to solve the issues and keep the needs of our communities as the main focus.

Shared Metrics
We measure progress, process and outcomes through a shared lens. We use the Regional Health Assessment (RHA), Regional Health Improvement Plan and community dashboard.

Involve Targeted Population
The individuals living in our diverse Central Oregon communities are the center of our work. We make every effort to include people from every part of the region in our workgroups, discussions, processes and decisions.

Collaborate to Solve Complex Issues
Inviting diverse perspectives from throughout the Central Oregon region deepens our shared understanding of complex issues and propels us toward better progress and outcomes. We practice frequent, structured, open communication to build trust, assure shared objectives, and create common motivation. We respect the privacy and sensitivity of information partners share.

Coordinate Collective Efforts
We are made up of diverse partner organizations and individuals with unique strengths, skills, and resources. We coordinate our efforts and use our unique strengths and skills to meet the goals of the RHIP.

Learn and Adapt Together
We embrace shared learning and a growth mindset. We create a space that allows for mistakes, failures, second changes, and a celebration of brave attempts. We adjust and apply our learnings to the complex and changing landscape of health and well-being in Central Oregon.
### Upstream Prevention: Promotion of Individual Well-Being

#### Background: Why are we talking about this?

<table>
<thead>
<tr>
<th>Year</th>
<th>Event/Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>1973</td>
<td>Roe v. Wade</td>
</tr>
<tr>
<td>1990s</td>
<td>ACEs Study</td>
</tr>
<tr>
<td>2000s</td>
<td>Tech Advancement and Screen Time</td>
</tr>
<tr>
<td></td>
<td>No Child Left Behind</td>
</tr>
<tr>
<td></td>
<td>National Traumas (9/11, school shootings)</td>
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<tr>
<td></td>
<td>Anti-Vax (Vaccine) Movement</td>
</tr>
<tr>
<td></td>
<td>Evolving birth control options</td>
</tr>
<tr>
<td></td>
<td>2000s</td>
</tr>
<tr>
<td></td>
<td>Evolving birth control options</td>
</tr>
<tr>
<td></td>
<td>2010-2014</td>
</tr>
<tr>
<td></td>
<td>National Traumas (9/11, school shootings)</td>
</tr>
<tr>
<td></td>
<td>Anti-Vax (Vaccine) Movement</td>
</tr>
<tr>
<td></td>
<td>Evolving birth control options</td>
</tr>
</tbody>
</table>

Upstream strategies improve fundamental social and economic structures that allow people to achieve their full health potential. Discrimination and racism impact all aspects of a person's well-being and intersect with all major systems of society. Educational status provides a significant predictor of health outcomes. Third-grade disparities exist for marginalized populations by race and economic status.

#### Current Condition: What’s happening right now?

- In Central Oregon, early literacy had a decreasing trend from 2016 to 2018

**Current State Metrics:**
1. Letter recognition at kindergarten for economically disadvantaged: Crook 11.9, Deschutes 12.1, Jefferson 9.4
2. Third grade reading for underserved races: Crook 29%, Deschutes 41%, Jefferson 35.4%
3. 44.8% of pregnancies were intended in Central Oregon
4. Two-year-old up-to-date immunization rates: Crook 70%, Deschutes 69%, Jefferson 71%
5. No established baseline for a metric such as the Child/Youth/Adult Resilience Measure

#### Goal Statement: Where do we want to be in 4 years?

**Aim/Goal**
All communities in Central Oregon have equitable access and opportunities to health, education, healthy relationships, community support, and experiences necessary to thrive at every stage of life.

**Future State Metrics - By December 2023:**
1. Increase letter name recognition at kindergarten for economically disadvantaged and/or underserved races
2. Increase third grade reading proficiency for economically disadvantaged and/or underserved races
3. Increase proportion of pregnancies that are intended
4. Increase two-year-old immunization rates
5. Establish a resiliency measure and increase the number of people who feel they belong in their community

#### Analysis: What’s keeping us from getting there?

#### Strategic Direction: What are we going to try?

{insert}

#### Focused Implementation: What are our specific actions? (who, what, when, where?)

{insert}

#### Follow-Up: What’s working? What have we learned?

{insert}
## Upstream Prevention: Promotion of Individual Well-Being

### Background Timeline

<table>
<thead>
<tr>
<th>1990s or earlier</th>
<th>2000s</th>
<th>2010s</th>
<th>2020s</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Roe v. Wade</td>
<td>• National Traumas (9/11, School Shootings)</td>
<td>• Widening Opportunity Gap $</td>
<td>• Opioids for Pain Treatment</td>
</tr>
<tr>
<td>• Women in workforce</td>
<td>• Opioid Epidemic</td>
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<tr>
<td>• Vaccine development</td>
<td>• Increase in Technology &amp; Access to Info</td>
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<tr>
<td>• Adverse Childhood Experiences (ACEs) Study</td>
<td>• Child safety restraint laws</td>
<td></td>
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<tr>
<td>• Evolving birth control options</td>
<td>• Social Media</td>
<td></td>
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<tr>
<td>• Head Start funding</td>
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</tbody>
</table>

**State**

- Bill and Melinda Gates Foundation
- Behavioral health awareness, self-care, reducing stigma

**Central Oregon**

- High Speed Internet Access
- Veggie Rx
- Perinatal care focus

**County**

- Opioid Epidemic

- **Sub-Population**

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- **Address Poverty & Enhance Self-Sufficiency**
- **Promote Enhanced Physical Health Across Communities**
- **Stable Housing & Supports**
- **Substance & Alcohol Misuse Prevention & Treatment**
- **Upstream Prevention: Promotion of Individual Well-Being**
Directions for Root Cause Titles:

Upstream Prevention: Promotion of Individual Well-Being

Future State Metrics:

1. Increase letter name recognition at kindergarten.
2. Increase third-grade reading proficiency
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4. Increase two year-old immunization rates
5. Develop a Resilience measure and increase the number of people who feel they belong in their community