



Promote Enhanced Physical Health Across Communities

Regional Health Improvement Plan Workgroup

Join Zoom Meeting

<https://us02web.zoom.us/j/84385255148?pwd=c2lmNEFWMkh0UkYzTTFsYnVodDFKUT09>

Join by phone:

+1 669 900 6833

Meeting ID: 188 624 791

Passcode: 450534

January 25, 2022

8:00-9:30am

Aim/Goal
Equitably and measurably support all Central Oregonians to prevent disease by improving health behaviors and reducing risk factors that contribute to premature death and diminish quality of life.
Future State Measures – Condensed
<ol style="list-style-type: none">1. Decrease asthma, cancer, cardiovascular disease, and diabetes rates2. Decrease obesity rates in adults3. Increase fruit/vegetable consumption and physical activity in youth4. Decrease risk factors for cardio-pulmonary and/or preventable disease5. Decrease sexually transmitted infections6. Increase individuals receiving both an annual wellness visit and preventative dental visit

AGENDA

- | | |
|-----------|-------------------------|
| 8:00-8:20 | Welcome & Announcements |
| 8:20-9:20 | Implementation Planning |
| 9:20-9:30 | Wrap Up & Next Steps |

Working Document:

<https://docs.google.com/presentation/d/1j6LJR-ZPdww9qNpYLuuPVJs5wlUuFX5vNKKhlfjzD7l/edit?usp=sharing>



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Future State Measures – Full Detail			
1. By December 2024, 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 2024, 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 2024, 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 2024, 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 2024, 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 2024, 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%

Land Acknowledgement

We recognize and acknowledge the indigenous land of which we live, work, learn, play, and grow. This is the land of the Warm Springs, Wasco, Northern Paiute, Tenino, Klamath, Molalla, and Yahooskin. We acknowledge them as the past, present, and future caretakers of this land. It is on their traditional land where we partner to improve the health and well-being of Central Oregonians. We aspire to be good guests honoring the concept in the Warm Springs culture: “This land is for you to know and live upon and pass on to the children.”



**Central Oregon
Health
Council**

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.

2020–2024 RHIP Workgroups

Five-Year Budget

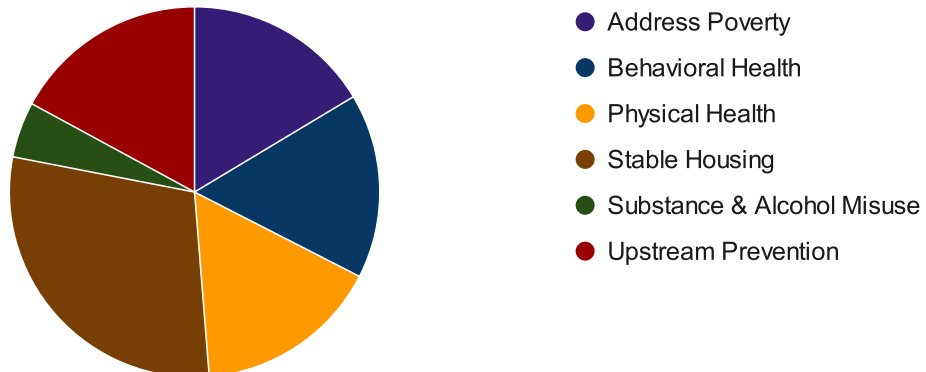
Updated January 3, 2022

Funds Available	\$8,197,852
Initial Funds (spread over 5 years)	\$12,000,000
Funds Spent	\$3,802,148

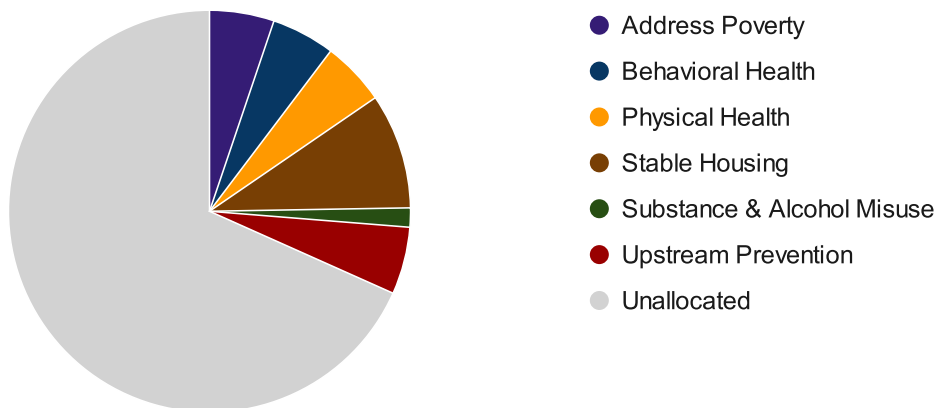
Amount Invested by Workgroup

Address Poverty	\$623,501.79
Behavioral Health	\$613,242.00
Physical Health	\$616,132.04
Stable Housing	\$1,114,654.00
Substance & Alcohol Misuse	\$184,920.00
Upstream Prevention	\$649,698.00

Allocation of Spent Funds



Allocation of All Funds (\$12M)



Promote Enhanced Physical Health

2020–2024 RHIP Workgroup Budget

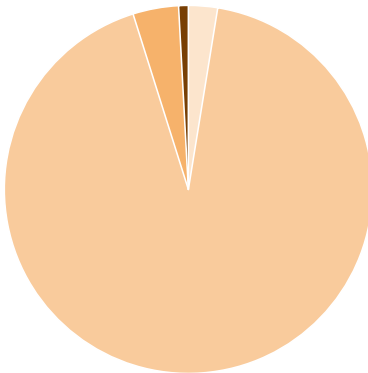
Updated January 3, 2022

Funds Available	\$1,383,868
Initial Funds (spread over 5 years)	\$2,000,000
Funds Spent	\$616,132

Amount Invested by Future State Measure

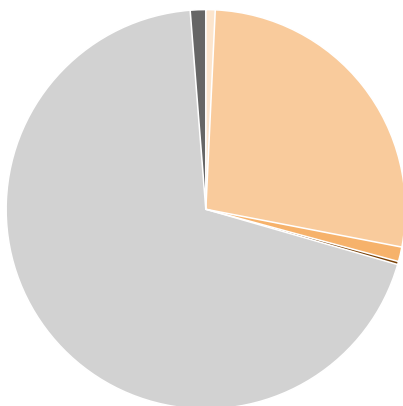
Reduce asthma, cancer, cardiovascular disease, and diabetes rates	\$15,048.81
Increase fruit/vegetable consumption and physical activity among youth	\$544,970.48
Decrease risk factors of preventable disease (smoking, stroke, and hospitalizations for diabetes)	\$23,612.75
Reduce adult obesity rates	\$0.00
Decrease Gonorrhea, Syphilis, and HIV rates or case counts	\$0.00
Increase individuals who receive both an annual wellness visit and a preventative dental visit	\$5,000.00

Allocation of Funds by Measure



- Reduce asthma, cancer, cardiovascular disease, and diabetes rates
- Increase fruit/vegetable consumption and physical activity among youth
- Decrease risk factors of preventable disease (smoking, stroke, and hospitalizations for diabetes)
- Increase individuals who receive both an annual wellness visit and a preventative dental visit

Allocation of All Funds (\$2M)



- Reduce asthma, cancer, cardiovascular disease, and diabetes rates
- Increase fruit/vegetable consumption and physical activity among youth
- Decrease risk factors of preventable disease (smoking, stroke, and hospitalizations for diabetes)
- Increase individuals who receive both an annual wellness visit and a preventative dental visit
- Unallocated
- COVID-19 (\$25k pooled funds)

Promote Enhanced Physical Health

2020–2024 RHIP Workgroup Budget

Large Investments									
Organized by end date									
Organization	Project Name	Start	End	Chronic Disease	FV/PA	Prev. Disease	Obesity	STIs	Annual & Dental
Jefferson County Public Health	Learning Good Health Habits Early in Life to Prevent Chronic Disease	21-Dec	22-Dec		X				
Mosaic Medical	Rx to Move	22-Jan	23-Dec		X				
Oregon State University–Cascades	Let's Be Active and Eat More Fruits and Veggies with OSU Extension Service	22-Jan	25-Jan		X				
High Desert ESD	Creciendo Girasoles (Growing Sunflowers): Version 2.0	22-Jan	23-Jun		X				
The Giving Plate	The Giving Plate Fruits & Vegetables for Kids	21-Dec	24-Dec		X				