



**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

March 22, 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"><li>1. Decrease asthma, cancer, cardiovascular disease, and diabetes rates</li><li>2. Decrease obesity rates in adults</li><li>3. Increase fruit/vegetable consumption and physical activity in youth</li><li>4. Decrease risk factors for cardio-pulmonary and/or preventable disease</li><li>5. Decrease sexually transmitted infections</li><li>6. Increase individuals receiving both an annual wellness visit and preventative dental visit</li></ol>

AGENDA
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8:00-8:20	Welcome & Announcements
8:20-8:40	Mini Grant Budget Conversation
8:40-9:20	Implementation Planning
9:20-9:30	Wrap Up & Next Steps

Working Document:

<https://docs.google.com/presentation/d/1j6LJR-ZPdww9qNpYLuuPVJs5wIUuFX5vNKKhfjzD7I/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 <sup>th</sup> 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 <sup>th</sup> 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.

## Mini Grant Process Recommendations

Intention of Mini Grants:

Low Barrier, quick funding with a focus on providing up to \$5,000 to support work in Central Oregon that improves equity and builds capacity to address the [Future State measures in the Regional Health Improvement Plan](#). Examples of potential Mini Grant projects include:

- Partnerships that build trust, shared values and understanding
- Cross-sector collaborations to mobilize around a certain issue
- Expansion of services to marginalized populations (ex. translation, travel, outreach)
- Seed money for planning joint project
- Organization or community assessments
- Technical assistance or support (ex. consulting, software platform)
- Convening opportunities (ex. summit)
- Organizational development (ex. training programs, leadership development)
- Advocacy, outreach and marketing
- Public health crises

How Mini Grants have been working:

Since fall of 2020, the mini grants have been available any time, with applications due the 25th each month for review by workgroup voting partners the following month. Voting Partners received the mini grants on the 1st of the month and were given 7 business days to review the mini grants. Applicants were notified by the 15th of the review month.

What will stay the same:

- Application, criteria, scorecard and instructions will stay the same.
- Communication will be through email instead of Google Forum (not blind copy).
- All future state measures will be funded by mini grants.
- Mini grants will be available all the time, and reviewed monthly.
- Mini grant applications will be reviewed by all workgroup voting partners.
- Mini grant applications will be reviewed by their corresponding workgroup.
- Applications due the 25th of the month for review the following month.
- Mini grants will be emailed to workgroups on the 1st of the month or the following Monday if the 1st falls on a weekend.

Recommended changes:

- Each workgroup budgets how much, if any, of their funds to contribute to mini grants. (All or none of the Future State Measures will be included).
- Mini grant funds are available on a first-come first served basis.
- Organizations can only be awarded a set amount of mini grant funds starting March 2022 until December 2024.
- Applicants will be notified by the 20th of the month (instead of the 15th).
- Voting Partners will have until the 15th of the month to review and vote on mini grants.
- Project Managers will create a method of tracking mini grants and the workgroup budget
- Project Managers will add the due date in the subject line of the email.
- Project Managers will state in the email how many votes are needed.



## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

**COVID-19 Final Report for High Desert Food & Farm Alliance (RHIP)  
“Improving Food Access & Sovereignty in Central Oregon”  
Reviewed by the Address Poverty & Enhance Self-Sufficiency Workgroup**

### **Summary of Results:**

- As part of Improving Food Access and Food Sovereignty in Central Oregon, The Warm Springs Community Action Team (WSCAT) and HDIFFA collaborated to improve food security and sovereignty in the tribal community of Warm Springs.
- The WSCAT team identified gaps/barriers for residents and organizations to accessing culturally appropriate food.
- This approach was part of a larger and regional, rural food system assessment conducted by HDIFFA in the areas of La Pine, Madras, and Prineville.
- We accomplished the following:
  - WSCAT conducted a food sovereignty assessment with the assistance of HDIFFA.
  - WSCAT, HDIFFA and Oregon Agricultural Trust (OAT) identified food production opportunities in Warm Springs and presented information about the outcomes and next steps to the tribal council.
  - HDIFFA and WSCAT and other tribal members delivered Fresh Harvest Kits.
  - HDIFFA conducted surveys of over 100 food pantry clients in Prineville, La Pine and Sunriver.

### **Quote:**

“Given that this project is with Warm Springs members, we are hesitant to share their stories. From HDIFFA's perspective, we are excited to partner/work in the rural communities to daylight food access issues and bring more resources.”

**PHYSICAL HEALTH  
2022 Budget**

**Overview**

		<b>Budget</b>	<b>Spent</b>	<b>Available</b>	
	5-Year	\$2,000,000	\$616,132	<b>\$1,383,868</b>	
	Cycle to Date	\$1,000,000	\$616,132	<b>\$383,868</b>	
	Yearly	\$500,000	\$359,158	<b>\$383,868</b>	
	Yearly Mini-Grant		\$0	<b>\$0</b>	
	Yearly Standard Grant	\$500,000	\$359,158	<b>\$140,842</b>	

**By Future State Measure (5 year)**

	<b>Budget*</b>	<b>Spent</b>	<b>Available</b>	<b>Currently Allocated</b>	<b>Projected Available</b>	<b>Notes</b>
Chronic Disease (1)		\$15,048.81	-\$15,048.81		-\$15,048.81	
Fruit, Veggie & Activity (2)		\$544,970.48	\$544,970.48		-\$544,970.48	
Preventable Disease (3)		\$23,612.75	-\$23,612.75		-\$23,612.75	
Obesity (4)		\$0.00	\$0.00		\$0.00	
Sexually Transmitted Illness (5)		\$0.00	\$0.00	\$500,000.00	-\$500,000.00	
Wellness and Dental (6)		\$364,158.32	\$364,158.32	\$140,000.00	-\$504,158.32	

\*Budget for each FSM reflects the agreed upon 5 year 'soft budget' minus the portion contributed to shared mini grant budget.

**Investments**

<b>Organization</b>	<b>Process</b>	<b>Project</b>	<b>Award</b>	<b>Decision Date</b>	<b>Future State Measure</b>
Mosaic Medical	Standard Grant Improving Youth Physical Activity and Fruit/Vegetable Consumption (2020-2024 RHIP)	Rx to Move	\$72,800.84	1.3.22	Increase fruit/vegetable consumption and physical activity among youth
Cont'd					



Jefferson County Public Health Department	Standard Grant Improving Youth Physical Activity and Fruit/Vegetable Consumption (2020-2024 RHIP)	Learning good health habits early in life to prevent chronic disease	\$117,857.48	1.3.22	Increase fruit/vegetable consumption and physical activity among youth	
Oregon State University - Cascades	Standard Grant Improving Youth Physical Activity and Fruit/Vegetable Consumption (2020-2024 RHIP)	Let's Be Active and Eat More Fruits and Veggies with OSU Extension Service	\$43,500.00	1.3.22	Increase fruit/vegetable consumption and physical activity among youth	
High Desert ESD	Standard Grant Improving Youth Physical Activity and Fruit/Vegetable Consumption (2020-2024 RHIP)	Creciendo Girasoles (Growing Sunflowers): Version 2.0	\$125,000.00	1.3.22	Increase fruit/vegetable consumption and physical activity among youth	

**Five-Year Investment Overview**  
**All Workgroups**  
 January 2020–December 2024

	<b>Budget</b>	<b>Spent</b>	<b>Available</b>
	\$12,000,000	<b>\$4,822,568</b>	<b>\$7,177,432</b>
	\$2,000,000	budget per workgroup	\$500,000 per year
	<b>Workgroup</b>	<b>Spent</b>	<b>Available</b>
	Address Poverty	\$941,994	\$1,058,006
	Behavioral Health	\$600,742	\$1,399,258
	Physical Health	\$616,132	\$1,383,868
	Stable Housing	\$1,109,654	\$890,346
	Substance and Alcohol Misuse	\$184,920	\$1,815,080
	Upstream Prevention	\$1,369,126	\$630,874

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### COVID-19 Final Report for Boys & Girls Club of Bend (RHIP)

#### “Triple Play: Promoting Physical and Mental Health for Youth in Poverty”

Reviewed by the Address Poverty and Promote Physical Health Workgroups

#### Summary of Results:

- Through fun and engaging curricula, our Triple Play program delivered health education and programming to promote physical activity and proper nutrition.
- Triple Play: Promoting Physical and Mental Health for Youth in Poverty, focused on healthy habits for the mind, body & soul and provided holistic development for our Club members living in low-income households. A dynamic wellness program to help youth create opportunities to take charge of their personal health and wellness by providing healthy tools to apply to their everyday lives.
- While targeting youth specifically at our East Bend Clubhouse, program staff were able to teach healthy habits to youth who lack support in other areas outside of Club.
- 100% of our members at our East Bend Clubhouse live in low-income housing, often surrounded by negative environmental factors and social/economic barriers, correlating to a higher risk for negative health outcomes in adulthood.
- With the structure of our programming, youth were able to gain confidence despite their socioeconomic backgrounds, by practicing healthy habits of the mind, body and soul.



#### Quote:

“Triple Play is my favorite program at Club! I wish we could do this program every single day.” -4th grade Club member.

This student often has a difficult time engaging in activities with other children, but Triple Play has given him a healthy outlet to develop skills for the mind, body and soul.

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### COVID-19 Final Report for BendNEXT

#### “COVID-19 Education and Mask Wearing Campaign”

Reviewed by the Promote Enhanced Physical Health Workgroup

#### Summary of Results:

- We launched and completed the "Welcome Back" campaign, as described in our grant application, to educate the community on how to follow OHA safety guidelines and promote mask wearing.
- For this campaign, we worked with Central Oregon Daily to produce PSAs, we created social media posts, produced collateral for businesses to educate customers and sent nine different email communications to a list of approximately 4700 unique area users.
- We also produced and distributed 4000 branded masks.
- With the support of the Redmond Chamber, we were able to reach a significant number of individuals, helping them understand how best to safely engage with "reopened" businesses, and provided businesses with valuable resources and collateral.
- Below are details and links to some of the videos and materials we produced:
  - PSA Videos:
    - <https://www.youtube.com/watch?v=nTn9ORMqaAs>
    - <https://www.youtube.com/watch?v=h07HbzkN-mE>
    - <https://www.youtube.com/watch?v=BhFDP5SS6as>
- Social Media: 22 social media posts created, some featured the on-air talent from CO Daily News, county commissioners, and CEOs of the region's chambers of commerce.
- The Welcome Back Toolkit, including display materials and health guidance: [https://docs.google.com/spreadsheets/d/16\\_7EIHmiNjzxxuKHriVLIPadXDaqMMqb3G2UJ0zSNE8/edit#gid=0](https://docs.google.com/spreadsheets/d/16_7EIHmiNjzxxuKHriVLIPadXDaqMMqb3G2UJ0zSNE8/edit#gid=0)

#### Quote:

“We received a number of thanks and comments from business owners, medical professionals and others. A nurse thanked us for encouraging proper hand washing. Other businesses thanked us for supplying masks.”

**COVID-19 Final Report for Central Oregon Pediatric Associates (COPA)****“PPE Respirators for COVID clinics”****Summary of Results:**

- COPA secured reusable and disposable PPE to stay open and see children with respiratory symptoms rather than diverting these visits to the Emergency Department.
- From July 1, 2020, through December 31, 2021, COPA provided >14,900 respiratory visits to children and families across Central Oregon.
- COPA secured enough reusable and disposable PPE to remain open to serve sick children throughout the entire timeframe of the grant.

## RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

### COVID-19 Final Report for Central Oregon Veterans Ranch (RHIP) “Veteran Outreach and Community Engagement Project”

Reviewed by the Substance Misuse and Upstream Prevention Workgroups

#### Summary of Results:

- With support from COHC, we engaged consultants to conduct an organizational assessment, build infrastructure, increase staff capacity, strengthen partnerships, increase veteran engagement, and prepare for hiring of a veteran peer coordinator.
- From April-July 2021, COVR worked with consultants to conduct an organizational assessment and develop a capacity building plan.
- The plan calls for an increase from 5 staff (3.12 FTE) in March of 2021, to 7 staff (6.7 FTE) by the end of 2022.
- New positions hired, thanks in part to this grant, include an Operations & Program Manager and Outreach & Education Coordinator; both are making a huge impact on our services.
- An adjustment was made to our original hiring plan due to our relationship with OHA and the opportunity to secure a contract to hire a Peer Support Specialist in early 2022 (which will be matched by COHC).
- The Outreach & Education Coordinator position (now on staff) meets the original objectives of the Veteran Peer Coordinator.



#### Story:

A Marine Iraq combat veteran came to COVR for the first time in the Fall of 2020. He had dropped out of college and VA care and was "drifting." He was in a tenuous relationship and his future was uncertain. His first experience was volunteering to help with a seasonal clear out of our Victory Gardens: "I had no idea you guys existed. Now that I do, I'm going to be here every week." He began coming out weekly to volunteer and get training in the COVR hydroponics greenhouse, on the farm property, and soon after joined the Iraq and Afghanistan Veteran Peer Support Group. During the past year, this veteran has gotten certified and hired by Deschutes. Co. as a veteran peer support specialist, got engaged, and is expecting a child.