



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

April 26, 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

8:00-8:15 Welcome & Announcements

8:15-9:15 Implementation Planning

- STI Application Review
- Oral Health Next Steps

9:15-9:30 Wrap Up & Next Steps

Working Document:

<https://docs.google.com/presentation/d/1j6LJR-ZPdww9qNpYLuuPVJs5wIUuFX5vNKKhIFjzD7I/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.

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

Budget	Spent	Available
\$12,000,000	\$5,062,568	\$6,937,432
\$2,000,000	budget per workgroup	\$500,000 per year
Workgroup	Spent	Available
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	\$424,920	\$1,575,080
Upstream Prevention	\$1,369,126	\$630,874

**PHYSICAL HEALTH
2022 Budget**

Overview

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

By Future State Measure (5 year)

	Budget*	Spent	Available	Currently Allocated	Projected Available	Notes
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)	\$500,000.00	\$0.00	\$500,000.00	\$500,000.00	\$0.00	
Wellness and Dental (6)	\$500,000.00					

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

Investments

Organization	Process	Project	Award	Decision Date	Future State Measure	Latest Report
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	
Jefferson County	Standard Grant Improving Youth Physical Activity	Learning good health habits early in life to	\$117,857.48	1.3.22	Increase fruit/vegetable consumption	

Public Health Department	and Fruit/Vegetable Consumption (2020-2024 RHIP)	prevent chronic disease			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	

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

COVID-19 Final Report for Diversability “COVID19 Pivot & YAYAA Attendant Care Services”



Summary of Results:

- Our project worked to increase capacity and service to individuals in our community with diversabilities.
- Our intentions consisted of three primary objectives:
 - To increase connections for individuals with diversabilities;
 - To increase the number of individuals we serve, and;
 - To launch our Youth and Young Adult Pivot program to expand Pivot services beyond the intellectual/developmental disability category.
- In the grant time-frame, we accomplished one of the three overall objectives.
- Given the challenging labor climate, we would have enjoyed greater outcomes.
- Between February 1, 2021 and June 18, 2021 our objectives resulted in an overall decrease in our capacity to provide Pivot mentoring services.
- While we successfully launched the Youth and Young Adult Pivot program including individuals with diversabilities who otherwise lacked access to our specialized mentoring services, we are disappointed to have not met our SMART outcomes.
- The outcomes of our SMART objectives include fewer hours or "connections" with individuals by 17.25%, service provision to 12 youth and young adults which was an increase of 2 individuals, and onboarding 2 individuals to our newly launched Youth and Young Adult Pivot program.

Quote:

“We are grateful we are able to sustain our programs that serve our community, providing individuals and families with opportunities to remain healthy and in some cases improve their health. Thank you!”

RHIP Mini-Grant Final Report for DAWNS House
“Emergency Service Site Manager”
Reviewed by the Address Poverty and Stable Housing Workgroups

Summary of Results:

- Dawns House has been operating emergency shelter services since Oct 2019.
- We started these vital services to help fill the gap in the growing number of displaced families finding themselves homeless living in camps with their children.
- The mini grant supported the wrap activities for our on-site emergency service manager, mentor.
- Activities included, intake assessment, then fulfillment of needs such as food, clothing, identification recover, OHP/SNAP, mental health enrolment and day to day personal assistance and guidance.
- During this time frame our nonprofit transitioned 23 families through our free emergency service units.
- All were assisted with wrap services.

Story:

DAWNS House assisted several families, but a few stood out from the rest. A single father with a 6 year old girl who had recently lost his wife to cancer and ended up homeless on Hunnel Road. During the time this gentleman was here he was able to heal some of his grief and gain employment again. We were able to get him fast tracked in the rapid rehousing program and transitioned into Foxhollow Apt. we then contacted Furnish Hope nonprofit who came in a beautifully furnished their new little home