



**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: 843 8525 5148

Passcode: 857818

August 23, 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.

**AGENDA**

- |           |                         |
|-----------|-------------------------|
| 8:00-8:10 | Welcome & Announcements |
| 8:10-8:40 | Equity Review           |
| 8:30-9:20 | Implementation Planning |
| 9:15-9:30 | Wrap Up & Next Steps    |

Working Document:

<https://docs.google.com/presentation/d/1j6LJR-ZPdwv9qNpYLuuPVJs5wLUuFX5vNKKhIFjzD7I/edit?usp=sharing>

Budget Spreadsheet:

<https://docs.google.com/spreadsheets/d/1Gw9dL6ilRe1oGhJRMloXg9pEUofJ-KzU5WnscBbEX8/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.

PHYSICAL HEALTH 2022 Budget						
Overview						
		Budget	Spent	Available		
	5-Year	\$2,000,000	\$1,116,132	\$883,868		
	Cycle to Date [1]	\$1,000,000	\$1,116,132	-\$116,132		
	Yearly Mini-Grant	\$0	\$0	\$0		* declining mini grants, will reassess at future point
By Future State Measure (5 year)						
	Budget* [2]	Spent	Available [3]	Currently Allocated [4]	Projected Available [5]	Notes [6]
Chronic Disease (1)		\$15,048.81 [7]	-\$15,048.81		-\$15,048.81	
Fruit, Veggie & Activity (2)		\$544,970.48 [8]	-\$544,970.48		-\$544,970.48	
Preventable Disease (3)		\$23,612.75 [9]	-\$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 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	
OSU Extension	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	
Crook County Health Department	Standard Grant Regional Coordination: Sexually Transmitted Infections Full Application (2020-2024 RHIP)	<a href="#">Central Oregon STI/HIV Prevention Public Health Collaborative</a>	\$500,000.00	6.1.22	Decrease Gonorrhea, Syphilis, and HIV rates or case counts	

# Five-Year Investment Overview

## All Workgroups

January 2020–December 2024

Budget	Spent	Available
\$12,000,000	<b>\$5,988,563</b>	<b>\$6,011,437</b>
\$2,000,000	budget per workgroup	\$500,000 per year
Workgroup	Spent	Available
Address Poverty	\$941,994	\$1,058,006
Behavioral Health	\$868,577	\$1,131,423
Physical Health	\$1,116,132	\$883,868
Stable Housing	\$1,109,654	\$890,346
Substance and Alcohol Misuse	\$580,580	\$1,419,420
Upstream Prevention	\$1,371,626	\$628,374