



**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

April 25, 2023

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 & Introductions  |
| 8:10-9:20 | Focused Implementation: Advocacy & Request for Proposal Development <ul style="list-style-type: none"><li>• Update on Advocacy support</li><li>• Small Group Work<ul style="list-style-type: none"><li>○ RFP Group</li><li>○ Legislative Concept Group</li></ul></li></ul> |
| 9:20-9:30 | Wrap Up & Announcements  |

Working Document:

<https://docs.google.com/presentation/d/1j6LJR-ZPdww9qNpYLuuPVJs5wlUuFX5vNKKhIFjzD7I/edit?usp=sharing>

Budget Spreadsheet:

<https://docs.google.com/spreadsheets/d/1Gw9dL6ilRe1olGhJRMloXg9pEUofJ-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 chances, 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.

# Promote Enhanced Physical Health Across Communities



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

|  |   |
|--|---|
| <p><b>1990s</b> Rise in obesity rates<br/>Increased sugar consumption</p> <p><b>2000s</b> Decrease in recess time at school<br/>Increasing Aging Population<br/>Tech Advancement &amp; Screen Time<br/>Vaping / E-cigarettes</p> | <p>Physical health is influenced by genes and biology, health behaviors, social environment, physical environment, and health services. Enhancing physical health throughout our communities improves quality of life and reduces the burden of healthcare and other costs to personal and public health. Access to healthcare is a challenge for residents in rural areas.</p> |
|--|---|

**Current Condition: What's happening right now?**

- Current rates of cardiovascular disease: Crook 9.7%, Deschutes 4.8%, Jefferson 5.7%
- Current rates of diabetes: Crook 10.6%, Deschutes 5.9%, Jefferson 20.4%
- Current adult obesity rates: Crook 31.5%, Deschutes 21.4%, Jefferson 42.2%
- Fewer than 30% of 11<sup>th</sup> graders report 60 minutes or more of physical activity in 7 days
- Fewer than 25% of 11<sup>th</sup> graders report getting 5 or more servings of fruits and vegetables per day
- Adults who currently smoke: Crook 29.3%, Deschutes 17.3%, Jefferson 12.7%
- Adults reporting high blood pressure: Crook 48.8%, Deschutes 24.8%, Jefferson 16.9%
- New cases of syphilis have been steadily increasing in the entire region since 2012
- Percentage of Medicaid members who receive both annual wellness visit and preventive dental visit: Crook 17.8%, Deschutes 20.75%, Jefferson 19.3%

See RHIP for Full Current State Metrics

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

**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 Metrics - By December 2023:**

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

**Analysis: What's keeping us from getting there?**

- Inequitable measurement and approaches to weight and health management
- Rigidity of time, funding/payment, availability of service and receiving service
- Disparate funding and deceptive marketing
- Siloed systems prevent coordination of care
- Power dynamics adversely affect and create an underrepresentation in policy creation
- Trauma without resilience skills negatively impacts health
- Resource inequality exacerbates health disparity
- Individual and collective health beliefs impact health literacy efforts
- Restrictive and inequitable built environment impacts health

Date updated: 5.2022

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

- Reducing financial barriers to health
- Ensuring access and coordination of health services
- Improving health & wellness communication, education & delivery
- Partnering with underserved communities for equitable decision making
- Ensuring policies that promote health and an equitable built environment

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

|   |   |           |           |
|---|---|-----------|-----------|
| Mosaic Medical                                      | Rx to Move  | 2022-2023 | Region    |
| Jefferson County Public Health                      | Learning Good Health Habits                             | 2021-2022 | Jefferson |
| OSU Extension                                       | Let's Be Active & Eat Fruits/Veggies                    | 2022-2024 | Region    |
| High Desert ESD                                     | Creciendo Girasoles (Growing Sunflowers)                | 2022-2023 | Region    |
| The Giving Plate                                    | Fruits & Veggies for Kids                               | 2021-2024 | Deschutes |
| Crook, Deschutes and Jefferson County Public Health | Regional STI/HIV Prevention Public Health Collaborative | 2022-2024 | Region    |
|   |   |           |           |
|   |   |           |           |

**Follow-Up: What's working? What have we learned?**

{insert}

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

| Budget       | Spent                 | Available          |
|--------------|-----------------------|--------------------|
| \$12,000,000 | <b>\$7,099,792.04</b> | <b>\$4,900,208</b> |

| Workgroup                    | Spent          | Available      |
|------------------------------|----------------|----------------|
| Address Poverty              | \$941,993.79   | \$1,058,006.21 |
| Behavioral Health            | \$1,909,157.00 | \$90,843.00    |
| Physical Health              | \$1,117,158.56 | \$882,841.44   |
| Stable Housing               | \$1,124,654.00 | \$875,346.00   |
| Substance and Alcohol Misuse | \$582,702.69   | \$1,417,297.31 |
| Upstream Prevention          | \$1,424,126.00 | \$575,874.00   |

**PHYSICAL HEALTH  
2023 Budget**

**Overview**

|  |        | <b>Budget</b> | <b>Spent</b>   | <b>Available</b>    |
|--|--------|---------------|----------------|---------------------|
|  | 5-Year | \$2,000,000   | \$1,117,158.56 | <b>\$882,841.44</b> |

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

|                                  | <b>Budget* [1]</b> | <b>Spent</b>     | <b>Available [2]</b> | <b>Currently Allocated [3]</b> | <b>Projected Available [4]</b> | <b>Notes [5]</b> |
|----------------------------------|--------------------|------------------|----------------------|--------------------------------|--------------------------------|------------------|
| Chronic Disease (1)              |                    | \$15,048.81 [6]  | -\$15,048.81         |                                | -\$15,048.81                   |                  |
| Fruit, Veggie & Activity (2)     |                    | \$544,970.00 [7] | -\$544,970.00        |                                | -\$544,970.00                  |                  |
| Preventable Disease (3)          |                    | \$23,639.75 [8]  | -\$23,639.75         |                                | -\$23,639.75                   |                  |
| Obesity (4)                      |                    | \$0.00           | \$0.00               |                                | \$0.00                         |                  |
| Sexually Transmitted Illness (5) | \$500,000.00       | \$500,000.00     | \$0.00               |                                | \$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.

**2023 Investments**

| <b>Organization</b> | <b>Process</b> | <b>Project</b> | <b>Award</b> | <b>Decision Date</b> | <b>Future State Measure</b> | <b>Latest Report</b> |
|---------------------|----------------|----------------|--------------|----------------------|-----------------------------|----------------------|
|                     |                |                |              |                      |                             |                      |