



Jackson and Josephine Counties **2018 Community Health Assessment** Infographic Report



Jefferson Regional
Health Alliance



Health Resources in Action®
Advancing Public Health and Medical Research

Jackson and Josephine Counties

Community Health Assessment

A Community Health Assessment (CHA) looks at the health of people in a certain area. The CHA process includes collecting and reviewing key data from the community. The results then help health and social service providers respond to the community's needs. This CHA is for Jackson and Josephine counties in Oregon. It was finished in 2018. Six key areas were identified:

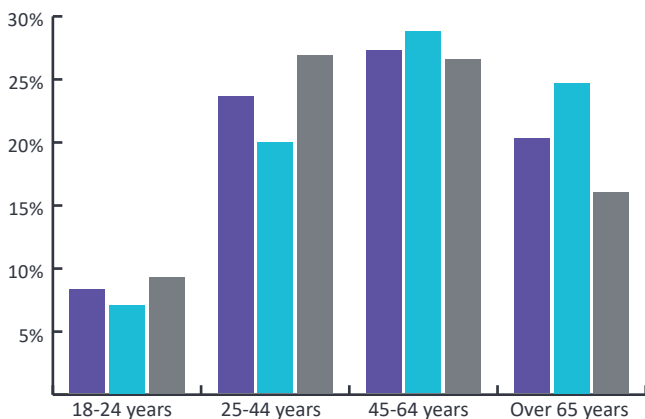
1. Drug and alcohol use
2. Safe and affordable housing
3. Mental health
4. Poverty and jobs
5. Parenting support and life skills
6. Education and job training

This document shows results for all six key areas in Jackson and Josephine counties.

Our Community

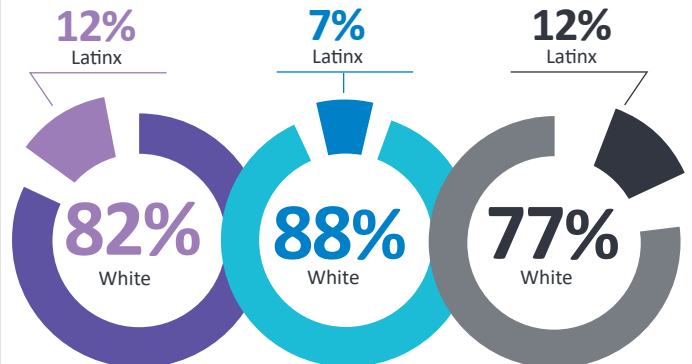
Overall facts about the people who live here.

Age*
2012-2016

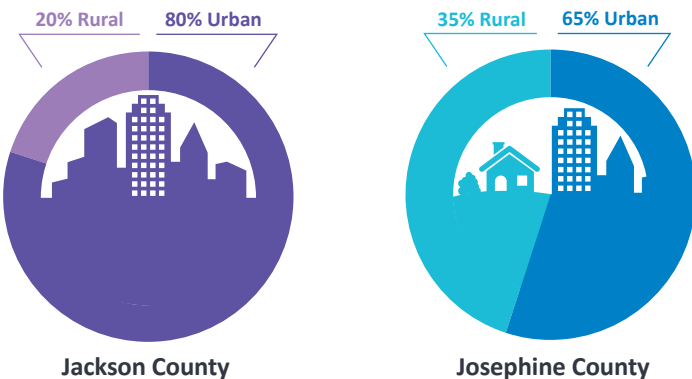


*Not included here are kids under 18 years.

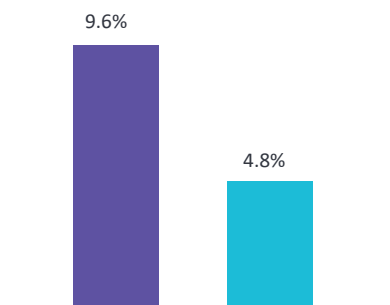
Race and Ethnicity
2012-2016



People Living in Urban vs. Rural Areas
2010

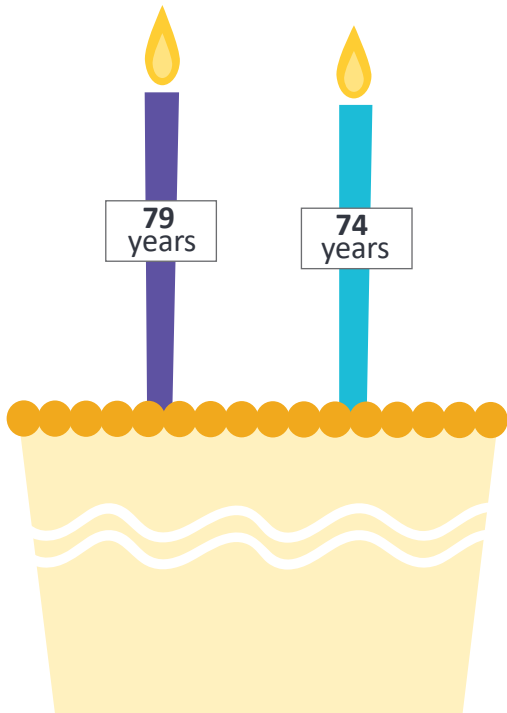


People Speaking a Language Other than English (5 years old and over)
2012-2016



Our Community's Health

Average Lifespan 2014



Note: The lifespan of people can change from neighborhood to neighborhood. There is a difference of **19.4 years** between the lowest (66.2 years) and highest (85.6 years) life spans per area.

Color Key:

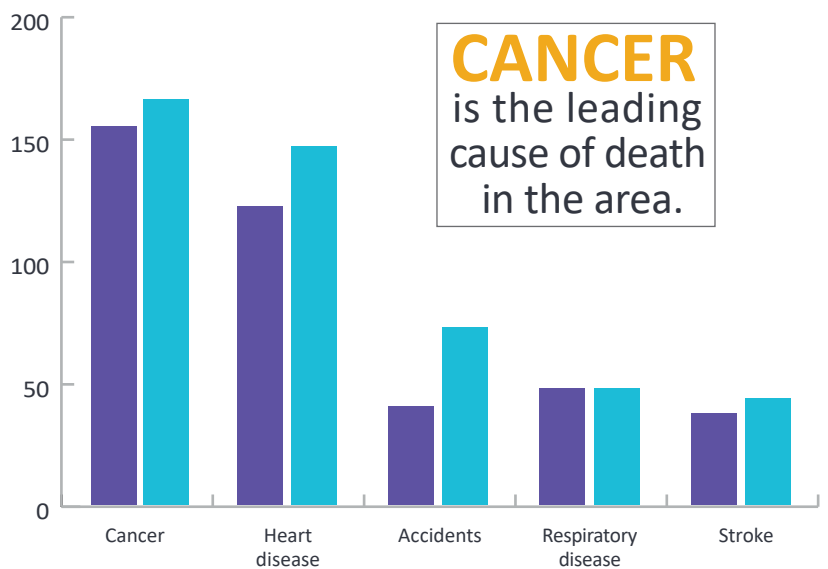


Less than half of the people in the area say their community's health is good, very good, or excellent.

8 out of 10 people report their own health as good, very good, or excellent.



Leading Causes of Death per 100,000 People 2017



Drug and Alcohol Use

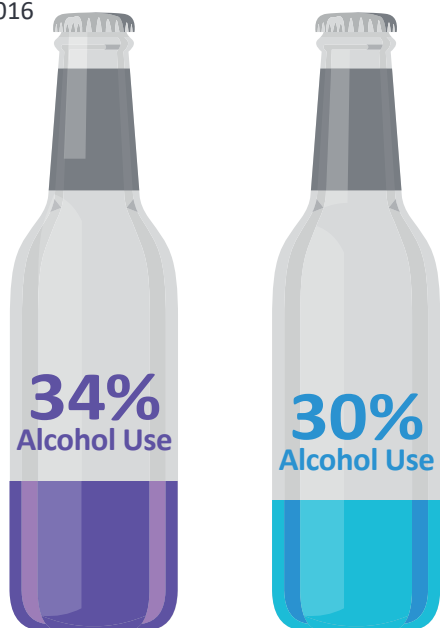
There is a lot of substance abuse in Jackson and Josephine counties. This use has a negative effect on the community. People said it was a big health concern. The marijuana industry was also discussed. People had a positive view of its financial impact. There were concerns about the effect on land, housing, and use among youth and adults.

Color Key:



Data Highlights

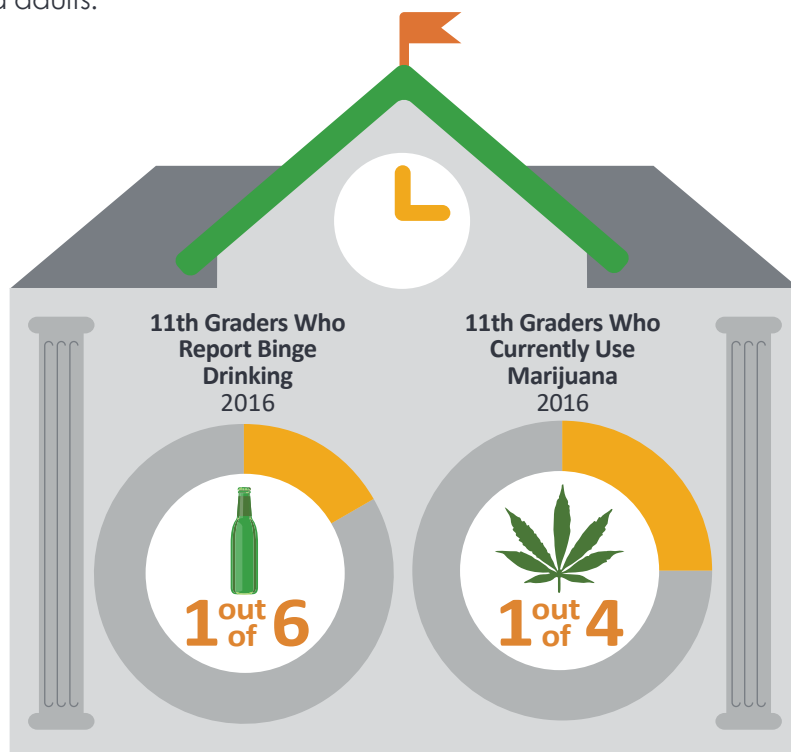
11th Graders Who Currently Use Alcohol 2016



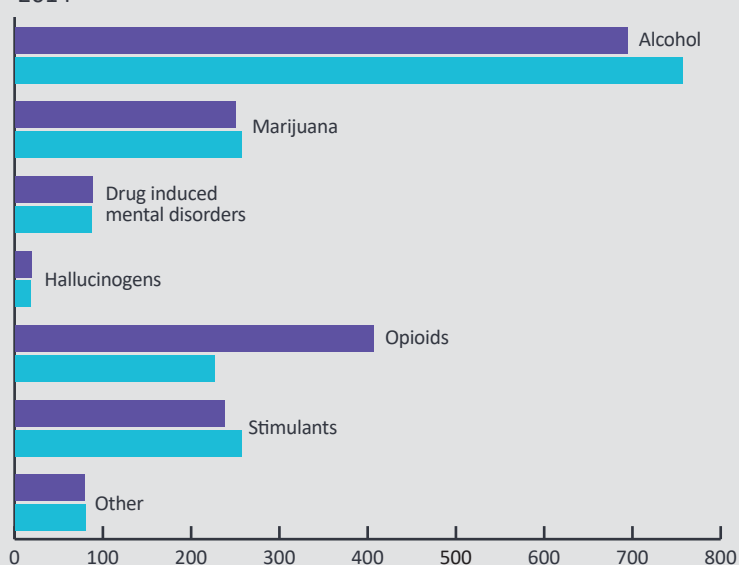
Alcohol Caused Death Rate Per 100,000 People* 2017



* Age adjusted.



Hospital Stays Related to Substance Use Per 100,000 People 2014



HALF
of community providers
reported services for
SUBSTANCE USE
LACKING

"There's generational use of meth. We've got 60+ year olds, their kids, and then their teenage grandkids all using."

— Community Member

6 out of 10 people said substance use was a top health issue.



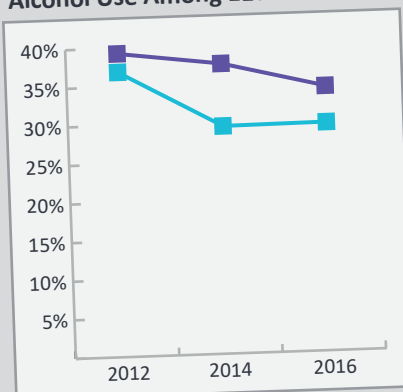
"Opioids are what we're seeing. The amount of heroin that runs through here – it affects so much of the population."

— Community Member

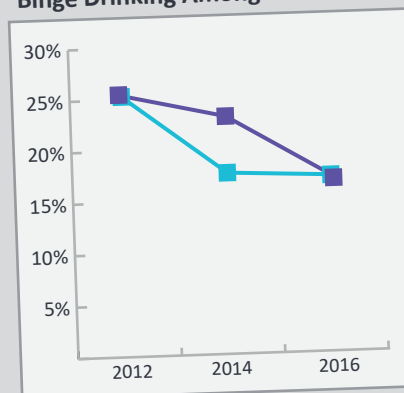
The Good News

Declining Rates of Substance Use Among Teens

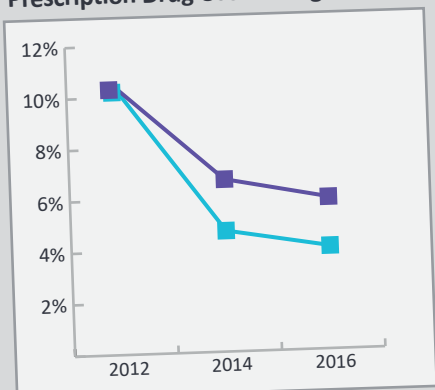
Alcohol Use Among 11th Graders



Binge Drinking Among 11th Graders



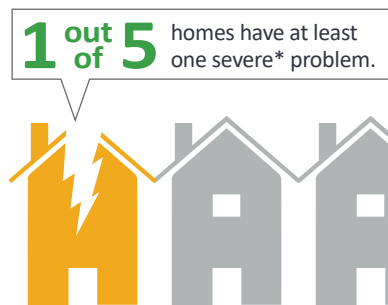
Prescription Drug Use Among 11th Graders



Affordable Housing

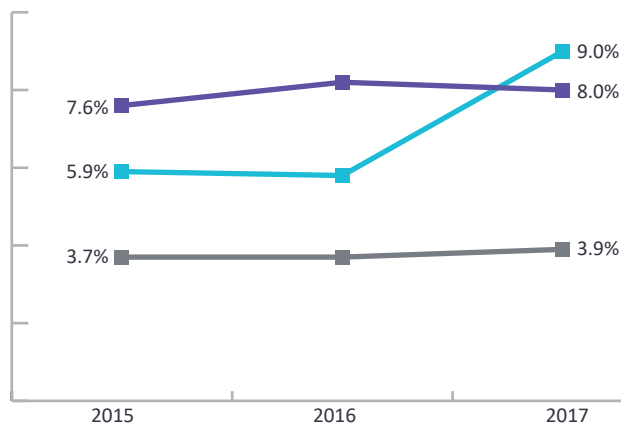
There is not enough affordable housing in the area. The high cost of housing leaves less money to pay for food, child care, health care, and more. Lack of affordable housing causes homelessness and stress. High housing costs also make it hard to hire health workers for the area.

Data Highlights



* Severe problems include: incomplete kitchen facilities and/or plumbing facilities, more than 1.5 people per room, or a cost burden over 50% of income.

Students K-12 Who Experience Homelessness

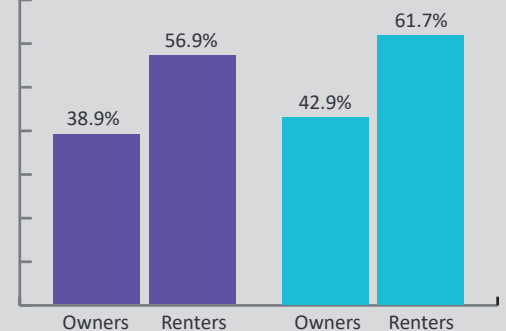


Color Key:



Homes where housing costs are

30% OR MORE OF INCOME



STUDENT homelessness is **HIGHER**

in our area than in the state of Oregon

2 TIMES

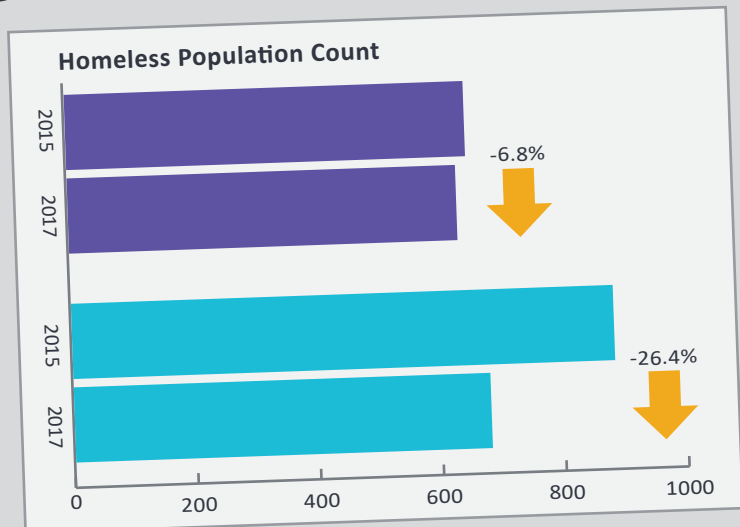


*"The rent is astronomical. You can't even ask a landlord to make improvements **because someone else is willing to pay double.**"*
— Community Member

The Good News

Decrease in Homeless Population

The number of people experiencing homelessness in the area has gone down in the last two (2) years. Jackson County almost fell 7%. There was a big decrease in Josephine County of about 26%.



Mental Health

Mental health issues are common in Jackson and Josephine counties. This situation is made worse by limited access to services and the fear of asking for support. People shared that depression and anxiety were widespread across all age groups. Young people have stress due to their home life and peer pressure. Adults feel stress from money issues and raising a family. Seniors have stress due to feeling or being alone.

Color Key:



Jackson County



Josephine County



Both counties



State of Oregon

Data Highlights

1 out of 4

adults report having a depression diagnosis in their lifetime.



“Mental health services are hard to come by. There are huge stigmas around services.”
— Community Member

3 out of 10

11th graders in the region report signs of depression.

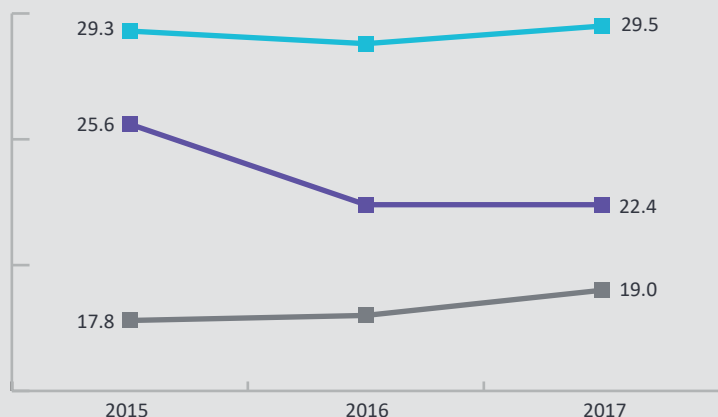


1 out of 6

11th graders report thinking of suicide.



Number of Suicides per 100,000 People*



*Age adjusted.

“Mental health among kids is a real concern. Kids are mean to each other. The amount of cruelty, bullying, violence. I see it consistently.”
— Community Member

OVER HALF

of respondents identified these **at risk** populations



#1

ISSUE

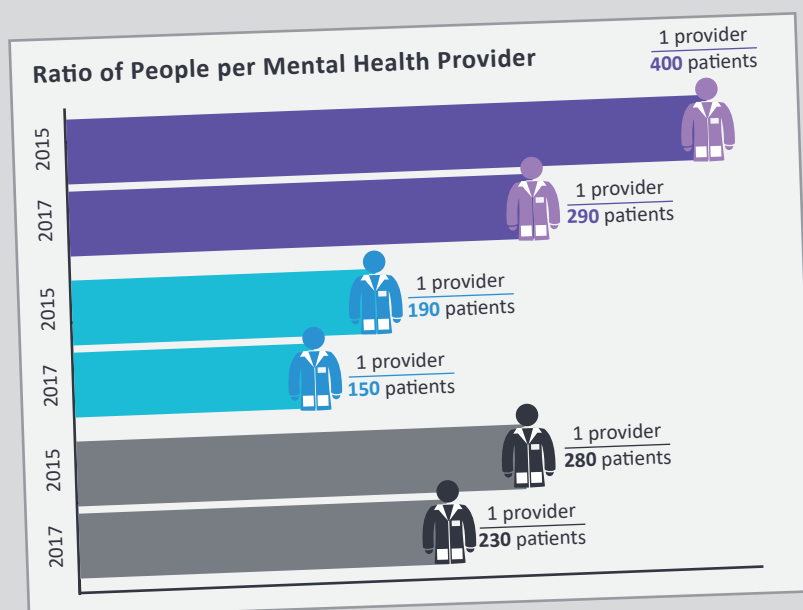
identified by **providers** as having the **LARGEST** impact on their patients:

MENTAL HEALTH and **STRESS**

The Good News

More Mental Health Providers

Since 2015, the number of mental health providers in the area has increased. This makes it easier for people to receive these services.



Poverty and Jobs

Few jobs and low pay make it hard to live in the area. The high cost of living makes it harder and is a big problem for many people. People said they don't have enough money to pay for basic needs. These include things like housing, food, child care, transportation, and health care.

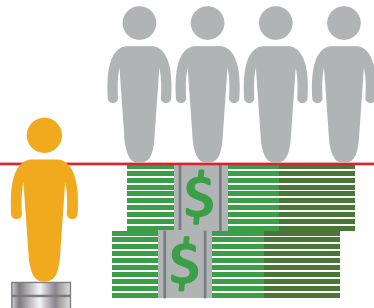
Color Key:



Data Highlights

1 out of 5

people in the area live below the poverty level.

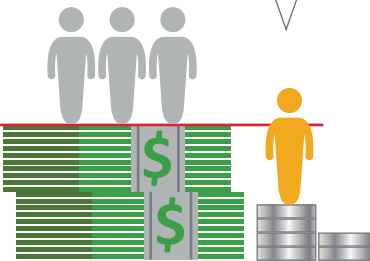


2016 federal poverty level:

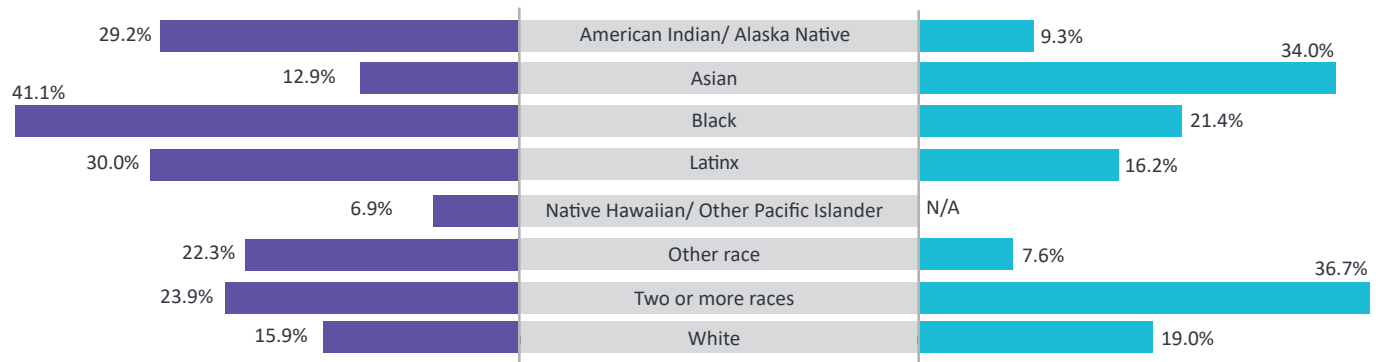
\$11,800/yr
household of 1

\$24,300/yr
household of 4

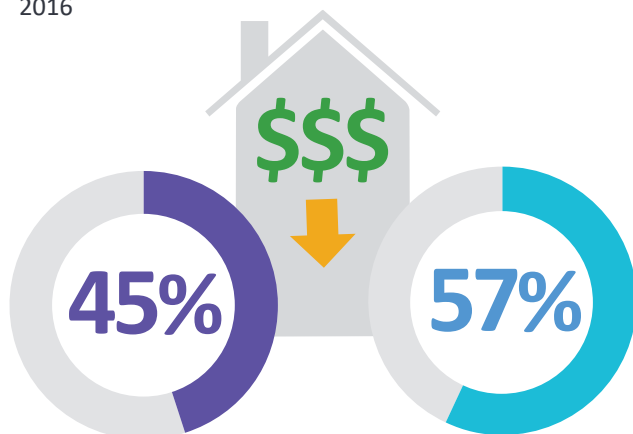
1 out of 4 children in the area live below the poverty level.



People Living Below Poverty Level by Race 2012-2016

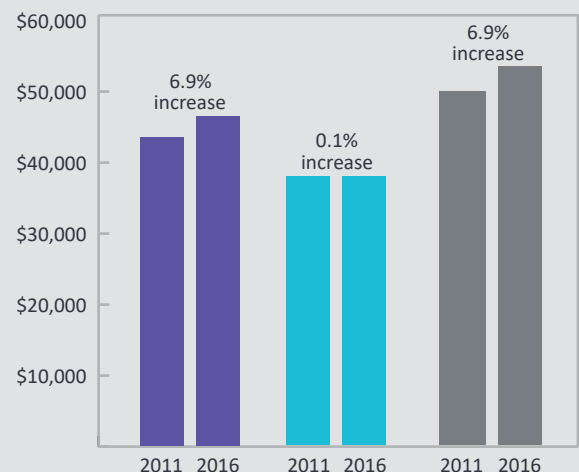


Homes that Can't Afford a Basic Budget* 2016



*A basic budget is determined by the ALICE project. Basic budget includes housing, child care, food, transportation, technology, and health care.

Median Household Income*



*The household income at the midpoint between the lowest and highest household incomes.

*“Young people here who are beginning their work life or family life... they’re distressed because there are **not enough jobs with sufficient pay.**”*

— Community Member

People chose:
COST OF LIVING
as the
#1 ISSUE
IMPACTING
their family’s health.



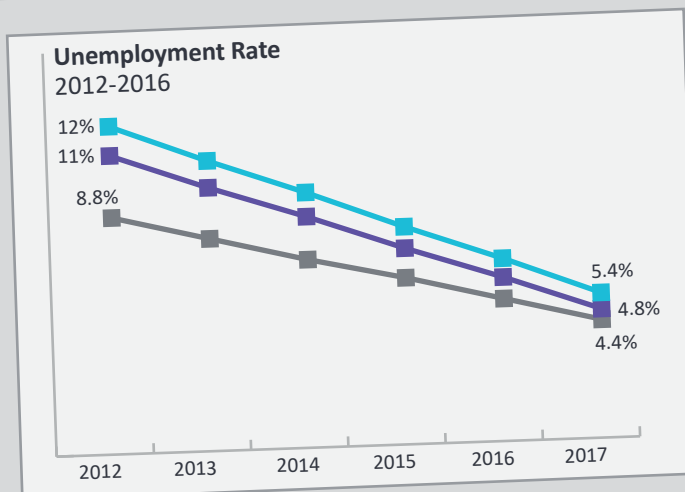
*“There’s intergenerational poverty. There are 80 year olds without running water, and also young families. It’s hard to shift because there’s no economic base. **There is no ability to move up.**”*

— Community Member

The Good News

Unemployment is Going Down

Unemployment has been going down in the area. The difference in unemployment between the region, area, and the state is decreasing.



Parenting Support and Life Skills

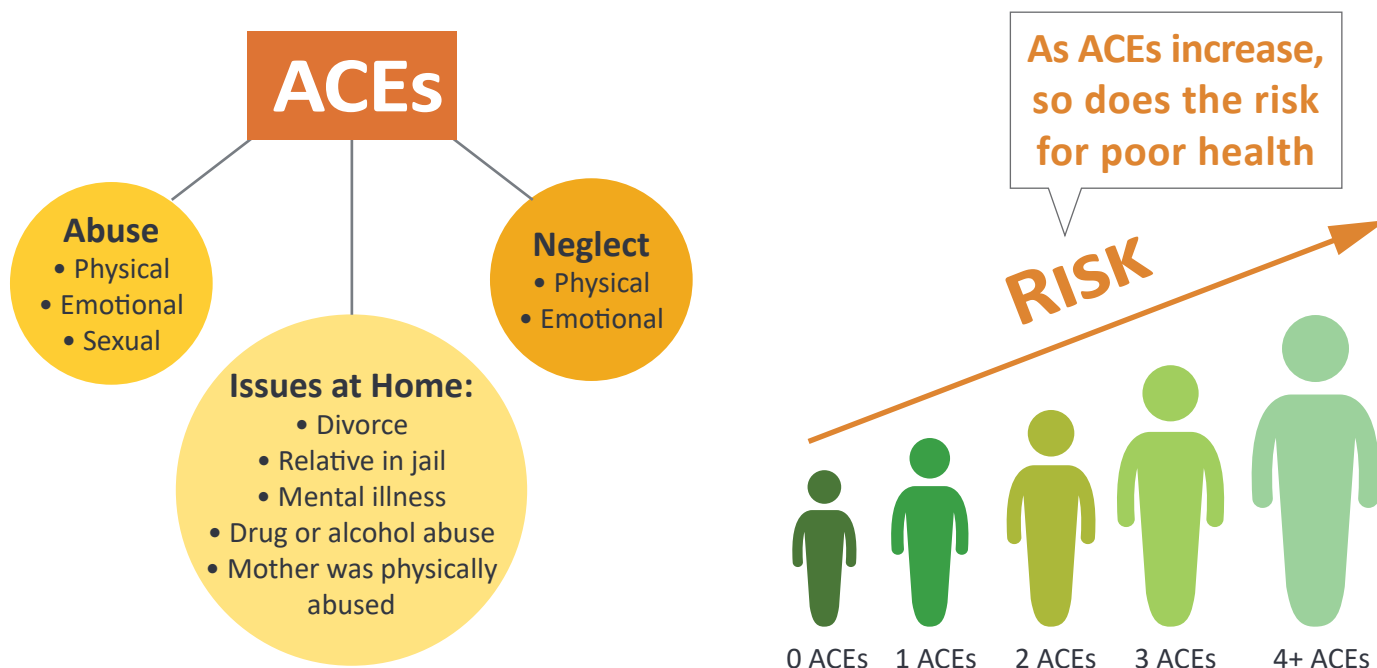
When children experience trauma it can continue when they become adults and have their own kids. People spoke about parents not having the knowledge and skills they need. They also talked about parents' fear of asking for support.

Color Key:



What are ACEs?

Adverse Childhood Experiences (ACEs) are childhood traumatic experiences. These events increase a child's risk for poor health later on as an adult. The more ACEs a person has before the age of 18, the more likely they are to have poor health as an adult.



Poor health can include:

- Depression
- Suicide attempts
- Severe obesity
- Diabetes
- Cancer
- Broken bones
- Smoking
- Alcoholism
- Drug use
- Stroke
- Sexually transmitted diseases (STDs)
- Chronic obstructive pulmonary disease (COPD)
- Missing work often
- Heart disease
- Not being physically active

*"I really want to give my daughter a loving home, but **I don't know what that looks like.**"*

— Community Member

1 out of 3

adult Medicaid members report 4 or more ACEs.



11th Graders Who Report the Following Adverse Childhood Experiences (ACEs) 2016

Alcohol Abuse



1 out of 3

11th graders live in a household with alcohol abuse.

Drug Abuse



1 out of 4

11th graders live in a household with drug abuse.

Abuse/Neglect



1 out of 10

11th graders feel they had no one to protect them.

Living with Mental Illness



4 out of 10

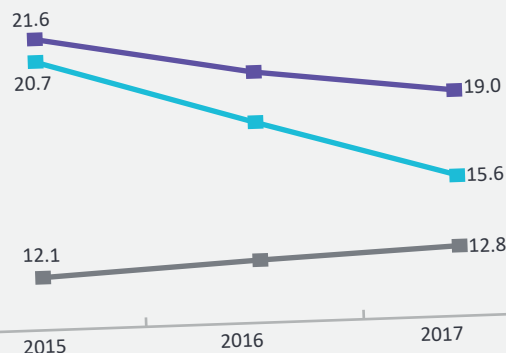
11th graders live in a household with mental illness.

The Good News

Decrease in Child Abuse Victims

Jackson and Josephine counties have seen a big decrease in the number of child abuse victims.

Child Abuse Victims per 100,000 People



Education and Job Training

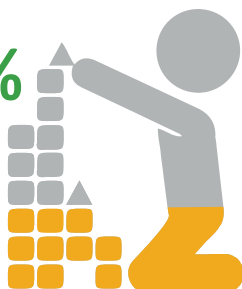
More education helps people get jobs with more pay and better benefits. The level of education and training most people have in the area does not meet the skilled labor force needs. The high cost of housing also keeps people from moving here for work.

People report they are worried about:

- Low high school graduation rates.
- Limited and overloaded workers in education, social services, and health care.

Data Highlights

LESS THAN 40%
of children ages 3-4
are enrolled in
PRECHOOL



Note: These numbers are low compared to the state of Oregon at 43.4% and the nation at 47.5%.

Education level is one of the biggest predictors of health. The more schooling a person has the more likely they are to live a longer and healthier life.

4 out of 10 people age 25 and older have a high school diploma or less.

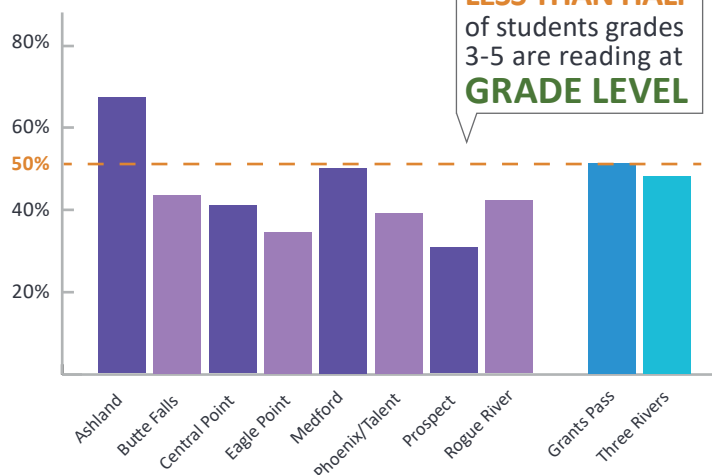


Note: 6 out of 10 people in our area's Latinx population have a high school diploma or less. 5 out of 10 people in Josephine County's Asian population have a high school diploma or less.

Color Key:

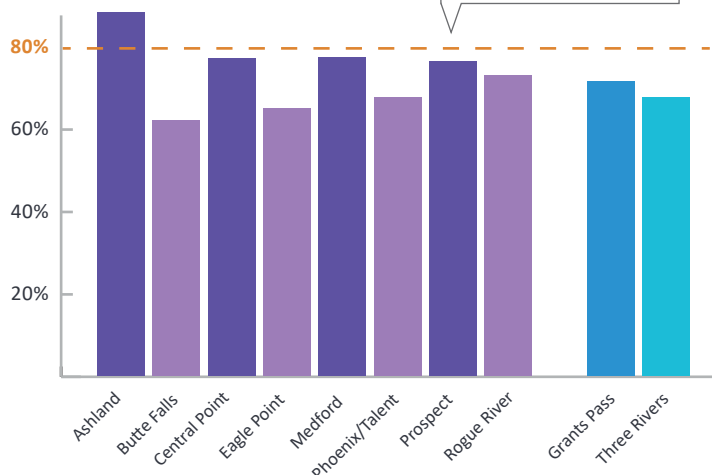


Percent of Students, Grades 3-5 Who Meet English Language Arts (ELA) Standards 2016-2017

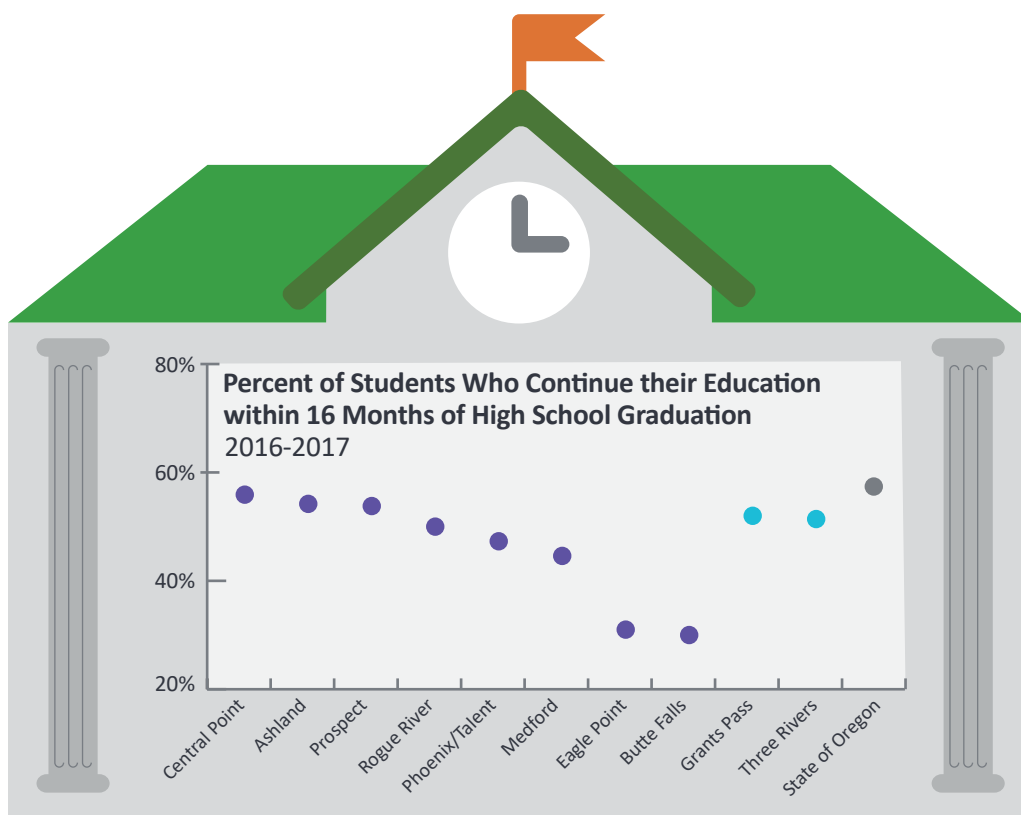


LESS THAN HALF of students grades 3-5 are reading at **GRADE LEVEL**

Graduation Rates 2015-2016



ALMOST ALL school districts have graduation rates **LESS THAN 80%**



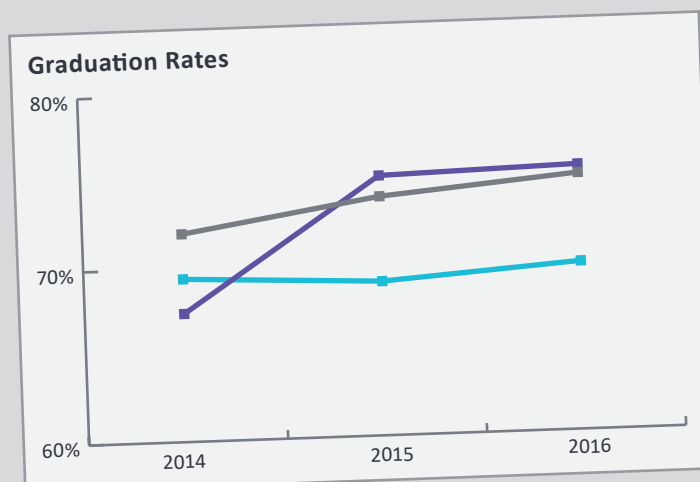
Percent of People over age 25 with a Bachelor's Degree or More 2016-2017



The Good News

Graduation Rates on the Rise in Southern Oregon

Between 2014 and 2016 more people graduated high school each year in Jackson and Josephine counties. In 2016, about 75% of students in Jackson County graduated. About 70% of students graduated in Josephine County.





What Happens Next

ALL IN FOR HEALTH JACKSON & JOSEPHINE COUNTIES



Community Health Improvement Plan (CHIP) 2019-2022

Overview

A person's health is shaped by the overall health of the area they live in. Things that affect lives, jobs, relationships and available resources can also change a person's health.

What is the All in for Health Community Health Improvement Plan (CHIP)?

The *All in for Health* CHIP is a set of priorities aimed at improving local health issues in Jackson and Josephine counties. It was developed from a study called the Community Health Assessment (CHA). The study results showed health needs and strengths of our area based on things like jobs, housing, and education. Information was included from over 200 existing local, regional, state, and national sources. Over 1,100 people took a survey or met in person. People were asked their views on the area's strengths, challenges, and health concerns.

Six major themes rose to the top:

- Substance use
- Mental health and well-being
- Parenting and life skills
- Education and workforce growth
- Poverty and employment
- Affordable housing

From the CHA study, the *All in for Health* CHIP for 2019-2022 was made.

The plan is to work on these three (3) priorities:

- Behavioral health (mental health and substance use)
- Parenting support and life skills
- Affordable housing

2019–2022 Community Health Improvement Plan Priorities

The priority themes and goals listed here were developed with the help of more than 100 people from 60 local agencies in Jackson and Josephine counties. Local partners are working together to put in place action plans to help meet the goals.



Affordable housing

- Increase the number of people paying 30% or less of what they earn for housing.
- Increase the number of people living in homes that are safe, accessible, and are easily served by community services.



Mental health and well-being

- Lessen the effects of trauma.
- Help young people and older adults feel less alone.
- Provide the community with ways to accept and help people who need behavioral health services.
- Prevent use and misuse of substances.
- Promote ways to reduce the harm that happens with mental health and substance use issues.
- Improve access and coordination of care for people needing mental health and addiction services.



Parenting support and life skills

- Help families feel connected, cared for and strengthened.
- Help families have access to safe, affordable and quality child care.
- Increase access to food, including healthy food.
- Assure community-based organizations work together to deliver coordinated services.

What happens next?

The plan will require teamwork among health care providers, local governments, educators, non-profits, and the people who live in the area. It builds on current programs and helps bring together local resources.

How can I help?

Spread the word about the *All in for Health* CHIP! To learn more and get involved, contact Angela Warren, at Angela@JeffersonRegionalHealthAlliance.org or (541) 292-6466. The full CHA and CHIP can be seen at JeffersonRegionalHealthAlliance.org.