ALL IN FOR HEALTH
Jackson & Josephine Counties

A healthy community is everyone's business
What is a Community Health Assessment?

A Community Health Assessment (CHA) looks at the health of people in a certain region. The CHA process includes collecting and reviewing key data from the community. The results help identify and prioritize the community’s health-related needs.

The *All in for Health* CHA was finished in December 2018 and used to develop a regional Community Health Improvement Plan (CHIP) in 2019.
What is a Community Health Improvement Plan?

A Community Health Improvement Plan (CHIP) is a community’s blueprint for improving health. Based on what was learned through the CHA, it lays out priorities, goals and actions to address the top health-related needs identified by the community.

It is a community-wide strategic plan focused on health and well-being.
MAPP Framework

Mobilizing for Action through Planning and Partnerships
6 Phases of MAPP

Phase 1
Organizing & Engaging Partners

Phase 2
Visioning & Community Building

Phase 3
Collecting Data/Community Assessments

Phase 4
Identifying & Prioritizing Strategic Issues

Phase 5
Developing Goals & Strategies

Phase 6
Action Cycle (Plan, Implement, Evaluate)
PHASE ONE:
Organizing for Success

March – December 2016
Engaging Partners

3 CCOs
2 Hospital Systems
3 FQHCs
2 Local Public Health Authorities
Finding Common Ground

• Hospitals
• Coordinated Care Organizations
• Public Health Departments
• Federally Qualified Health Centers
• Community Mental Health Programs
Steering Committee Organizations

Addictions Treatment
- Addictions Recovery Center
- OnTrack Rogue Valley

Coordinated Care Organizations (CCOs)
- AllCare Health
- Jackson Care Connect
- PrimaryHealth

Federally Qualified Health Centers (FQHCs)
- La Clinica
- Rogue Community Health
- Siskiyou Community Health Center

Hospital Systems
- Asante
- Providence

Mental Health Providers
- Jackson County Mental Health
- Options for Southern Oregon

Public Health Departments
- Jackson County Public Health
- Josephine County Public Health

Other Agencies
- Oregon Health Authority
- OSU Extension Service

*Backbone Organization*: Jefferson Regional Health Alliance
PHASE TWO:
Visioning & Community Building

January – December 2017
Collaborative Continuum

- Trust
- TURF

From Working Together, Diane Russell Executive Director, Institute for Conservation Leadership
Vision & Values

Our communities are healthy, inclusive, engaged, and empowered. Everyone lives in an environment that supports health and has access to the resources they need for well-being.

Equity
Committing to tackling root causes of inequity to ensure health and well-being are within everyone’s reach.

Inclusive Community Voice
Engaging diverse populations and perspectives to keep community voice central throughout our process.

Collaboration
Working together respectfully to seek common ground and build meaningful partnerships for the benefit of the community.

Accountability
Meeting responsibilities to partners and the community by acting with transparency and integrity.

Communication
Communicating openly, honestly, and respectfully with partners and the public.
PHASE THREE:
Collecting Data/Community Assessments

January – July 2018
Conducting the Assessment

The Community Health Assessment (CHA) aims to identify the health-related needs of the community. Many factors called the social determinants of health impact health including everything from employment to housing to education.

Social, economic and health data were gathered from existing sources like the U.S. Census and the Oregon Student Wellness Survey. Additional data was gathered through six months of activities focused on listening to the community at large and those who provide services.
Review of Existing Data: 200+ Sources

- Population, Sex, Age, Racial Diversity
- Adverse Childhood Experiences
- Economic
- Education
- Food Insecurity
- Housing & Homelessness
- Safety/Crime
- Social Support
- Built Environment
- Natural Environment
- Overall Health
- Mortality
- Diet & Physical Activity
- Chronic Diseases
- Substance Use
- Mental Health
- Oral Health
- Sexually Transmitted Infections
- Immunizations
- Access to Services
Community Stakeholder Interviews

- Business
- Community Clinics
- County Justice
- Hospitals
- Housing Authority
- Insurers
- Mental Health Providers
- Police
- Public Health Departments
- School Districts
- Social Service Agencies
- Veterans’ Services
Community Focus Groups & Forums

• Focus Groups
• 10 groups of 10-12 participants each
• Priority populations:
  ▪ Rural communities
  ▪ Communities of color
  ▪ Homeless youth
  ▪ Seniors
  ▪ Parents
  ▪ Individuals with disabilities
Community Survey

1100+ surveys completed

Sample questions:

• What are the top health and health-related issues that have the largest impact on you and/or your family?

• What are the issues that make it difficult for you to get the health or social services you need?

• What health and social services are lacking in your community?
Forces of Change & Public Health System Assessments

Forces of Change
What factors (e.g. trends, events) are occurring or might occur that affect the health of the community or the public health system?

Public Health System
What public health activities are ongoing and how well do they carry out essential services in the community?
Data Samples from the CHA
Our Community

Overall facts about the people who live here.

**Age**

- 18-24 years: 5%
- 25-44 years: 8%
- 45-64 years: 20%
- Over 65 years: 15%

*Not included here are kids under 18 years.

**Race and Ethnicity**

- White: 82%
- Latinx: 12%

**People Living in Urban vs. Rural Areas**

- Jackson County: 80% Rural, 20% Urban
- Josephine County: 35% Rural, 65% Urban

**People Speaking a Language Other than English**

- 2012-2016: 9.6%
- 2012-2016: 4.8%
Our Community’s Health

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.

Average Lifespan
2014

Color Key:
- Jackson County
- Josephine County
- Both counties
- State of Oregon

Leading Causes of Death per 100,000 People
2017

CANCER is the leading cause of death in the area.

Note: The lifespan of people changes by region. There is a difference of 5.4 years between the lowest (66.2 years) and highest (85.6 years) life spans per area.
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.
Drug and Alcohol Use

“There’s generational use of meth. We’ve got 60+ year olds, their kids, and then their teenage grandkids all using.”
— Community Member

Alcohol Caused Death Rate Per 100,000 People*
2017

18 DEATHS

28 DEATHS

* Age adjusted.

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

- Alcohol
- Marijuana
- Drug induced mental disorders
- Hallucinogens
- Opioids
- Stimulants
- Other
HALF of community providers reported services for SUBSTANCE USE LACKING

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

Color Key:
- Jackson County
- Josephine County
- Both counties
- State of Oregon

Alcohol Use Among 11th Graders

Binge Drinking Among 11th Graders

Prescription Drug Use Among 11th Graders
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.
Affordable Housing

3 out of 4 people said affordable housing was a top issue affecting the community.

1 out of 5 homes have at least one severe* problem.

* 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.

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

Color Key:
- Jackson County
- Josephine County
- Both counties
- State of Oregon

Homes where housing costs are 30% or more of income.

Students K-12 Who Experience Homelessness

2 times higher in our area than in the state of Oregon.
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%.

### Homeless Population Count

- **Jackson County**: 6.8% decrease
- **Josephine County**: 26.4% decrease
- **Both counties**: 12.2% decrease
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 lonely or being alone.
Mental Health

#1 ISSUE identified by providers as having the LARGEST impact on their patients: MENTAL HEALTH and STRESS

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*

<table>
<thead>
<tr>
<th>Year</th>
<th>Jackson County</th>
<th>Josephine County</th>
<th>Both counties</th>
<th>State of Oregon</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>25.6</td>
<td>22.4</td>
<td>17.8</td>
<td>19.0</td>
</tr>
<tr>
<td>2016</td>
<td>22.4</td>
<td>21.7</td>
<td>16.5</td>
<td>18.5</td>
</tr>
<tr>
<td>2017</td>
<td>20.2</td>
<td>19.4</td>
<td>15.2</td>
<td>17.0</td>
</tr>
</tbody>
</table>

*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

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.
When children experience trauma it can continue to impact them 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.

**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.
Parenting Support and Life Skills

ACEs
- Abuse
  - Physical
  - Emotional
  - Sexual
- Neglect
  - Physical
  - Emotional

Issues at Home:
- Divorce
- Relative in jail
- Mental illness
- Drug or alcohol abuse
- Mother was physically abused

As ACEs increase, so does the risk for poor health

RISK

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
Parenting Support and Life Skills

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.

“I really want to give my daughter a loving home, but I don’t know what that looks like.”
— Community Member

The Good News

**Decrease in Child Abuse Victims**

Jackson and Josephine counties have seen a big decrease in the number of child abuse victims.
PHASE FOUR:
Identifying & Prioritizing Strategic Issues

August – December 2018
Strategic Prioritization

Top 15 key themes were discussed and ranked

Selection criteria

- *How important is it?* (magnitude & severity)
- *Should we do it?* (public attitudes and values)
- *What will we get out of it?* (demonstrate measurable outcomes)
- *Can we do it?* (community, technical, economic, political capacity)
Six Key Themes Emerged

• Drug and Alcohol Use
• Safe & Affordable Housing
• Mental Health
• Poverty & Jobs
• Parenting Support & Life Skills
• Education & Job Training
Three CHIP Priorities

After consideration of the six key CHA themes, three CHIP priorities were selected for 2019-2022:

- Behavioral Health (mental health and substance use)
- Parenting Support & Life Skills
- Housing
Creating a Plan to Improve the Community’s Health

Improving community health can't happen by any one part of the community acting alone. Based on the CHA, a Community Health Improvement Plan (CHIP) was created.

The CHIP is a community strategic plan focused on health and well-being. It lays out priorities, goals and actions to address the top health-related needs identified by the community.
PHASE FIVE:
Developing Goals & Strategies

January – June 2019
CHIP Goals and Strategies

Groups of community stakeholders worked together to understand the root causes of health issues related to each of the three priorities. Then they developed community goals and strategies to address each area of need.
Behavioral Health
(mental health & substance use)

Goals
• 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
Goals

• 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
• Have community-based organizations work together to help deliver coordinated services
Housing

Goals

• 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 easily served by community services
PHASE SIX: Action Cycle – Plan, Implement, Evaluate

July 2019 - present
The Action Cycle
Implementing CHIP Goals & Strategies
All in for Health

Backbone Organization
Jefferson Regional Health Alliance (JRHA) – 36 individuals, 30 organizations

Project Coordinator & Core Team – 7 individuals, 7 organizations

Steering Committee – 22 individuals, 19 organizations

Workgroup Co-Chairs – 6 individuals, 6 organizations

Workgroup & Process Team Members - multiple sectors, community at large

Diagram:
- Backbone organization (JRHA)
- Project coordinator
- Core team
- Steering committee
- Data
- Process Eval
- Comm & Engage
- Behavioral Health & Well-being
- Housing for All
- Families Matter

Ecosystem of community partners

Diagram notes:
- ○ = community partner (e.g., organizations, coalitions, partnerships)
- ● = chair
Learning & Aligning

Gather information on existing work and work planned for the next 2-3 years

- Organizational Objectives
- Action Steps
- Process Measures
What’s Next?

Using the CHIP to make our community healthier will involve partnerships between health care providers, local governments, educators, community-based organizations, funders and others.

It’s up to all of us to find ways to align work we’re doing and be open to opportunities for partnerships and collaboration.
Download CHA and CHIP documents at: JeffersonRegionalHealthAlliance.org/AllinforHealth