

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.

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

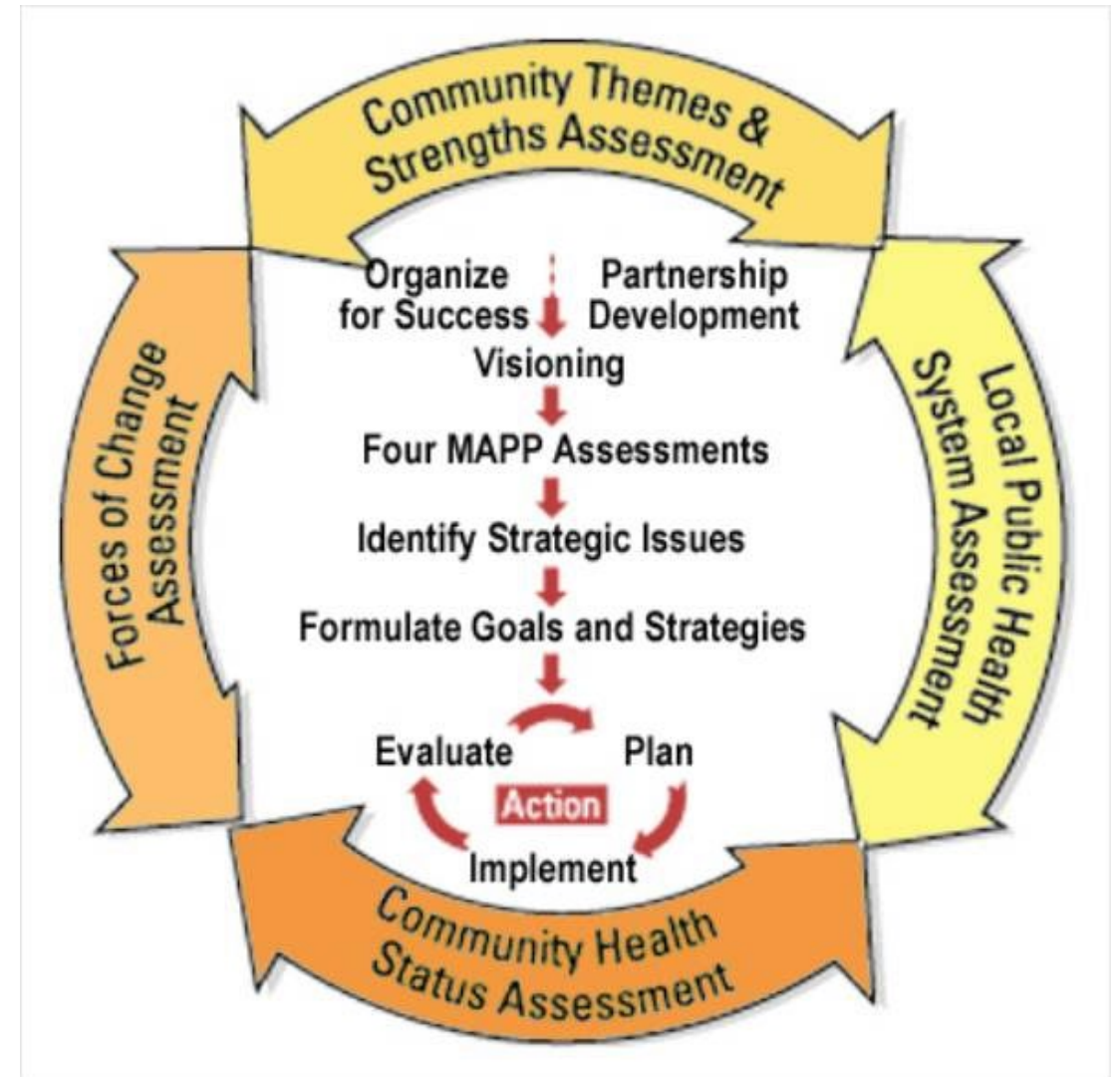
Identifying & Prioritizing Strategic Issues

Phase 5

Developing Goals & Strategies

Phase 6

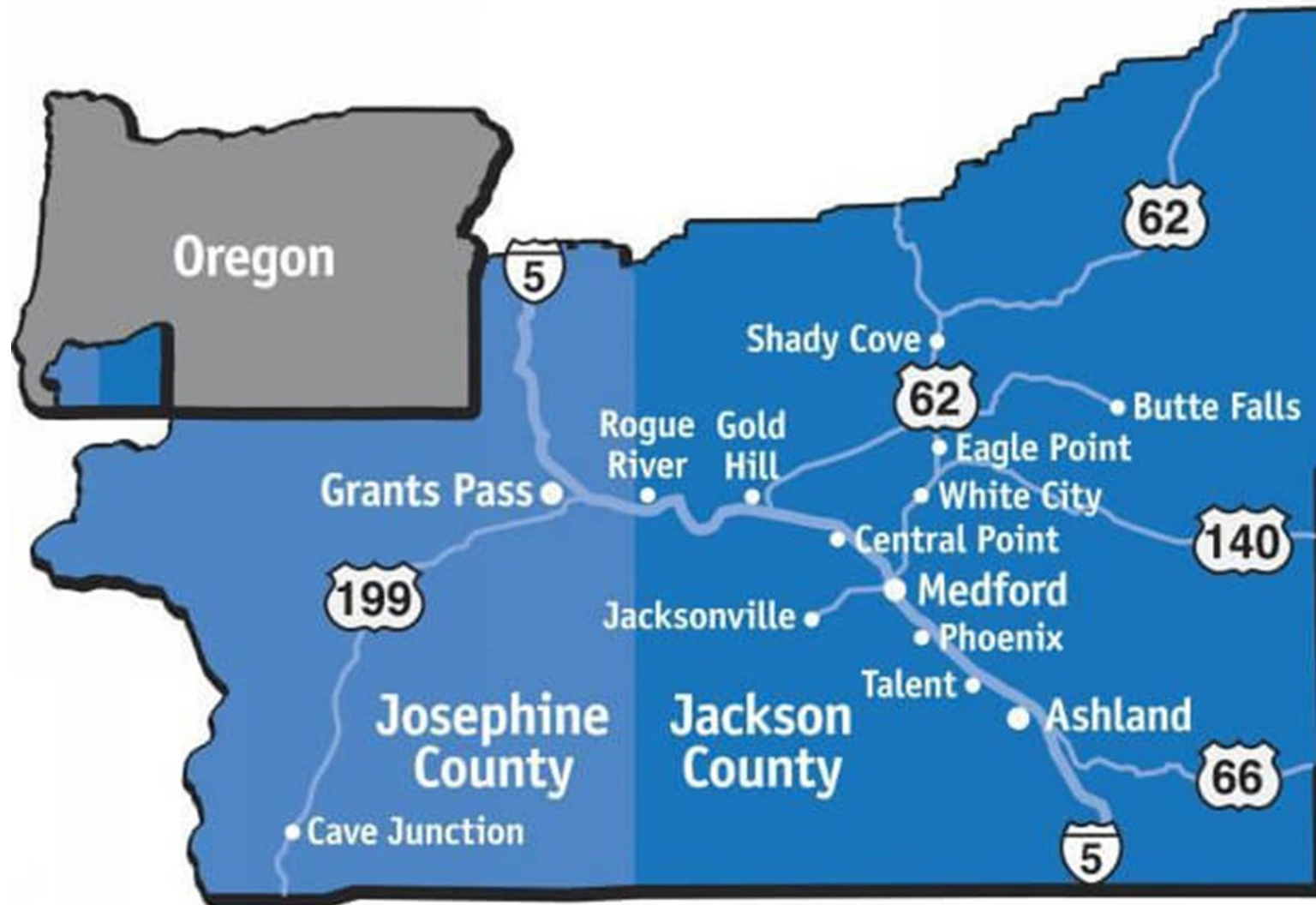
Action Cycle (Plan, Implement, Evaluate)



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

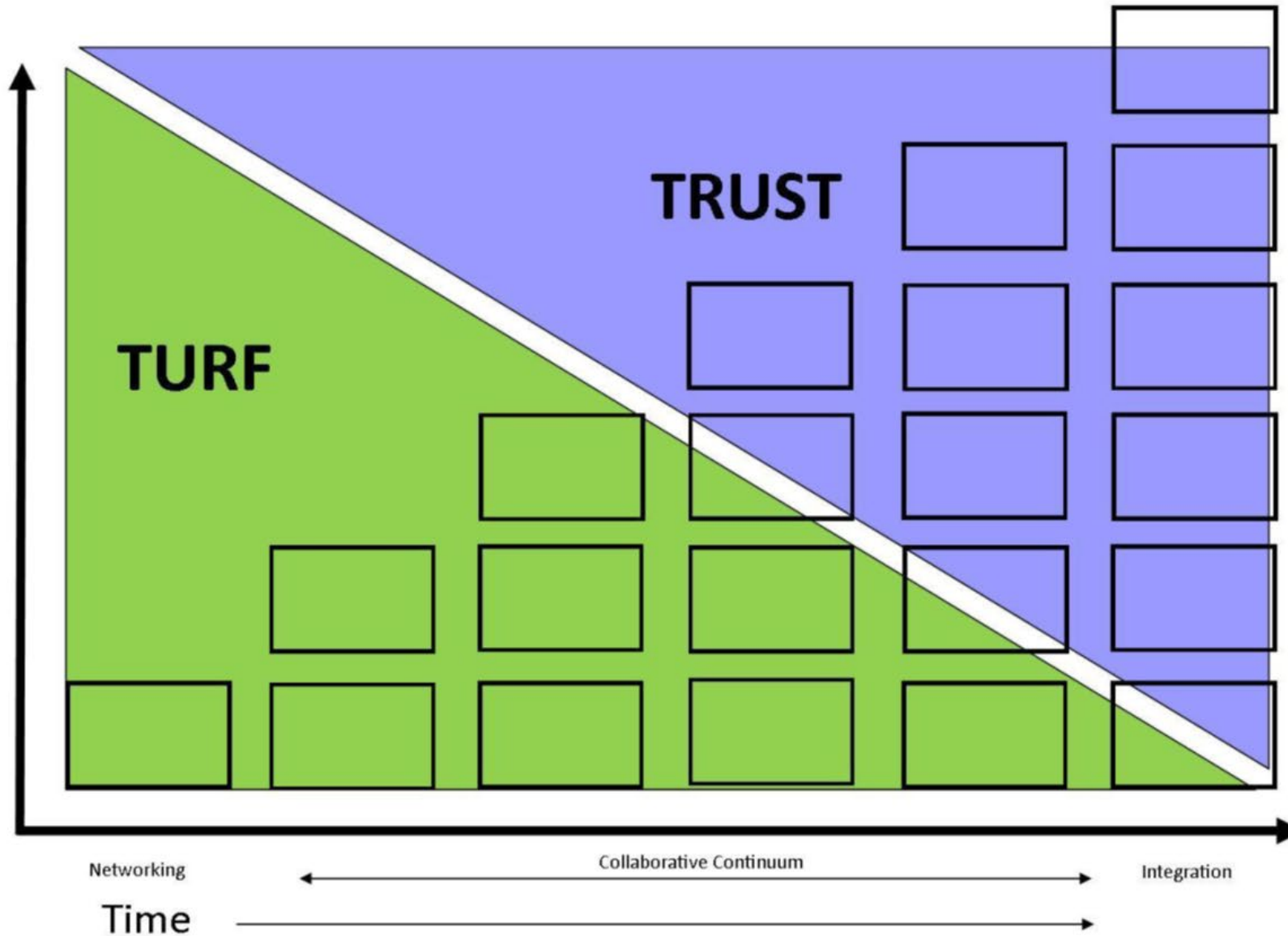
Backbone Organization: Jefferson Regional Health Alliance

PHASE TWO:
Visioning & Community Building

January – December 2017



Collaborative Continuum





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

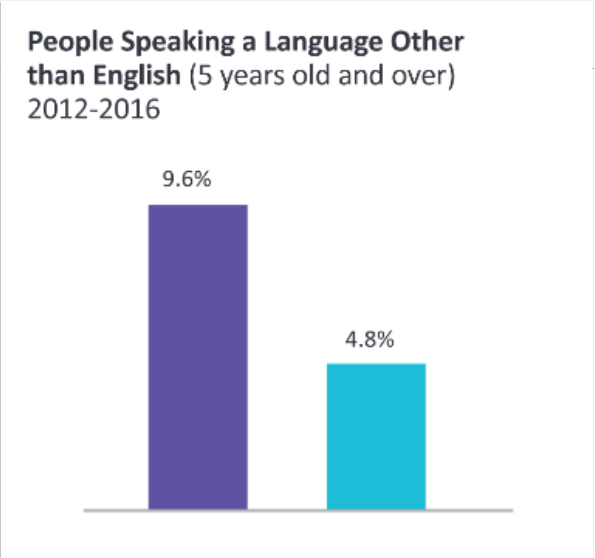
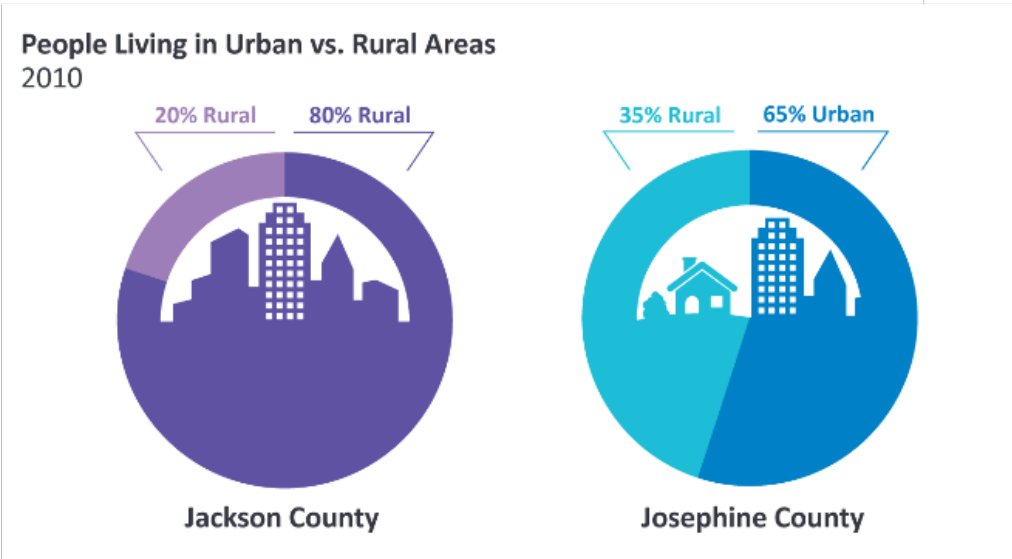
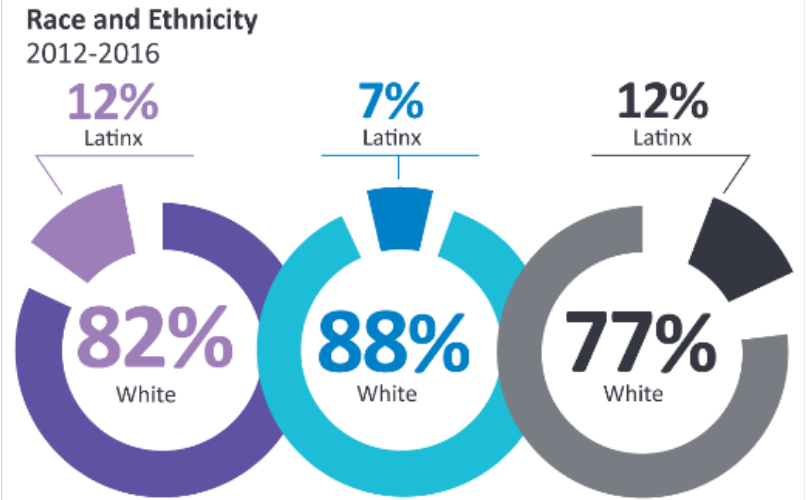
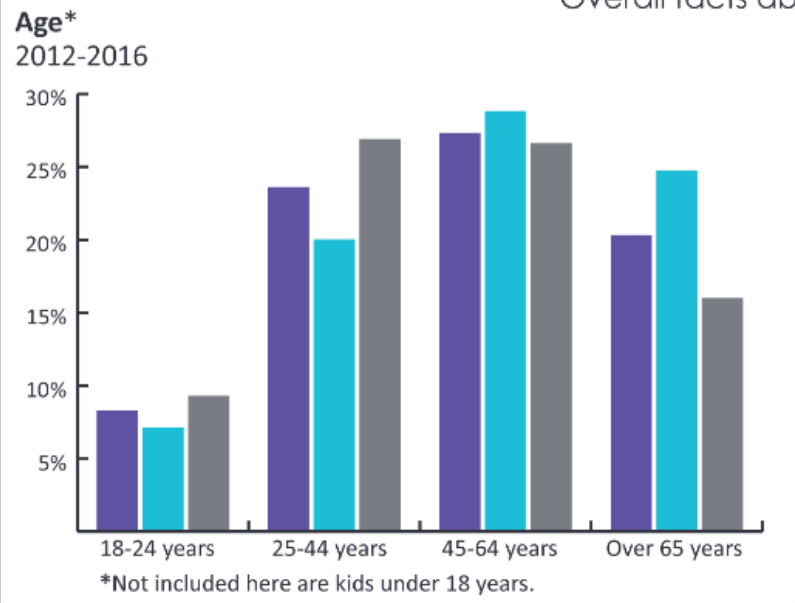
What public health activities are ongoing and how well do they carry out essential services in the community?



Data Samples from the CHA

Our Community

Overall facts about the people who live here.

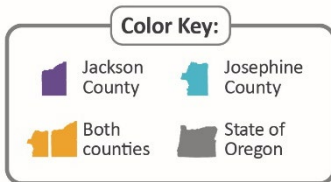
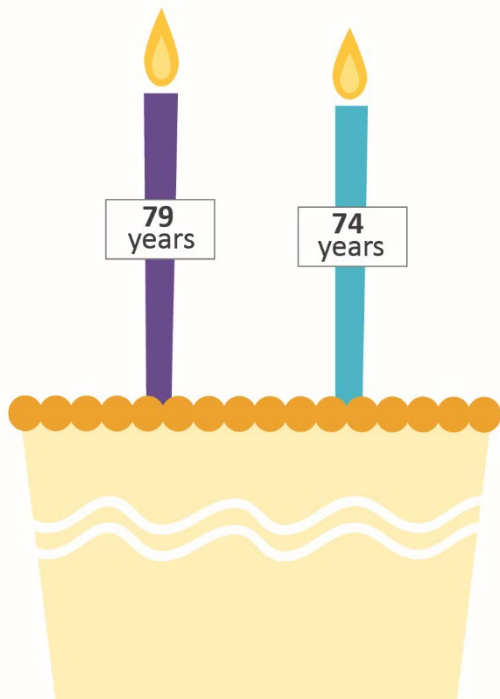


Our Community's Health



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

Average Lifespan
2014

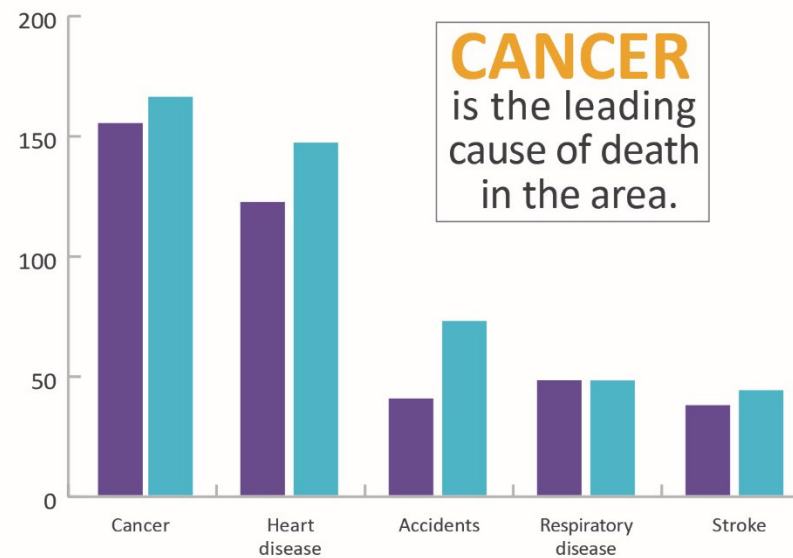


Note: The lifespan of people changes by region. There is a difference of **19.4 years** between the lowest (66.2 years) and highest (85.6 years) life spans per area.

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.

Drug and Alcohol Use

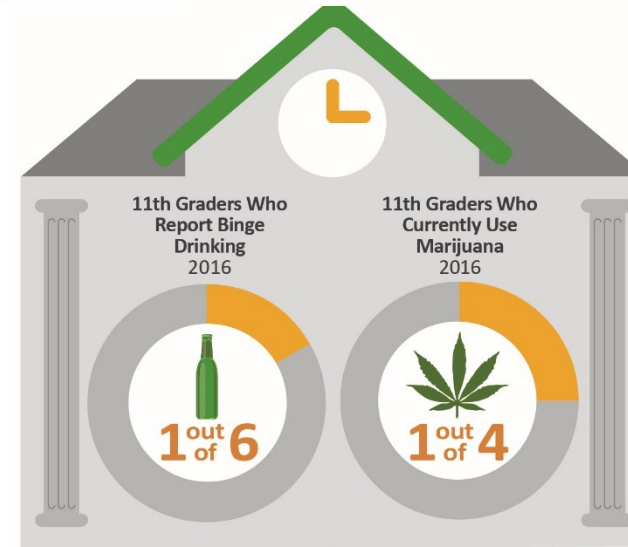
11th Graders Who Currently Use Alcohol
2016



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

— Community Member

Color Key:

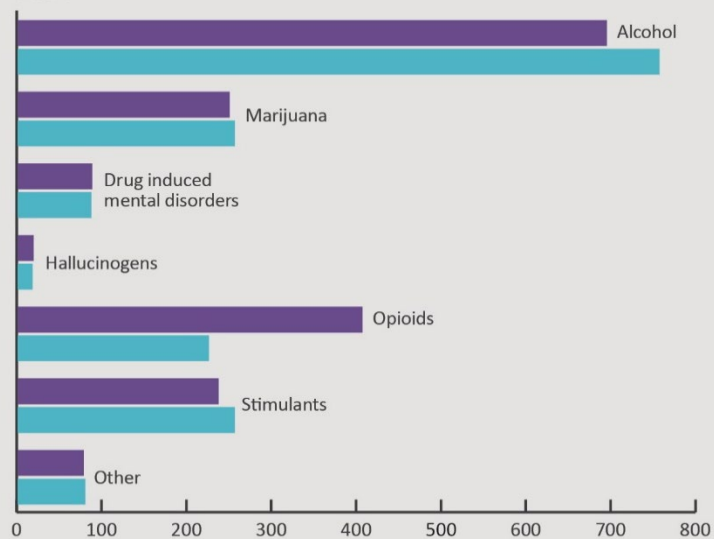


Alcohol Caused Death
Rate Per 100,000 People*
2017



* Age adjusted.

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



Drug and Alcohol Use

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

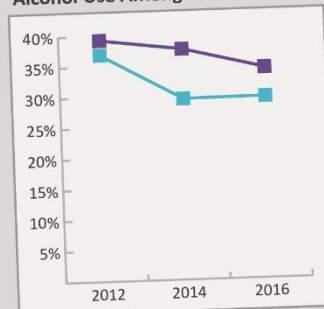
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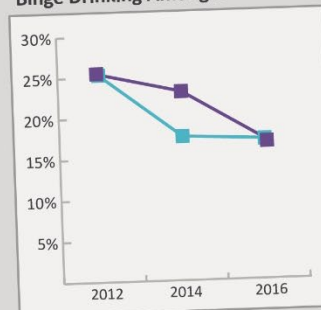
The Good News

Declining Rates of Substance Use Among Teens

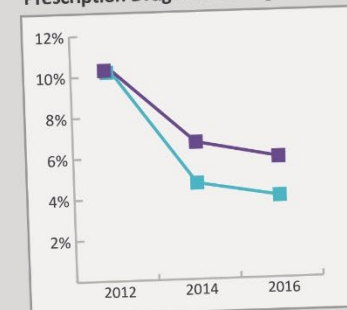
Alcohol Use Among 11th Graders



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.

Affordable Housing



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

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

— Community Member

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

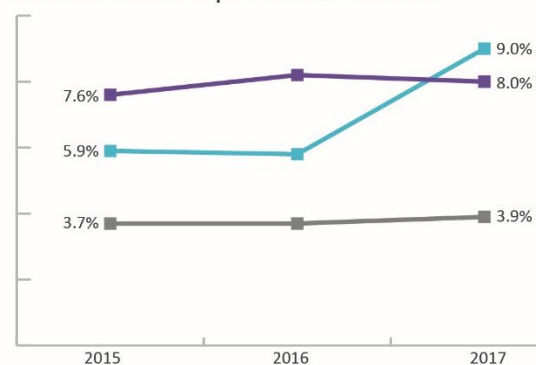


* Severe problems include: incomplete kitchen facilities and/or plumbing facilities, more than 1.5 people per room, or a cost burden over 50% of income.

Color Key:



Students K-12 Who Experience Homelessness

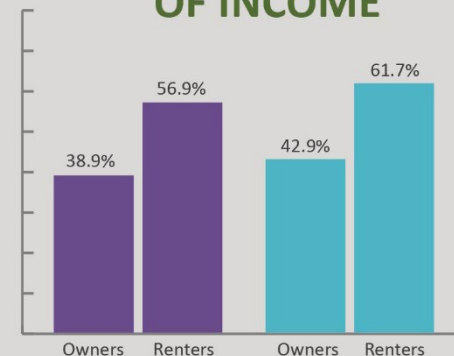


2
TIMES

STUDENT
homelessness is
HIGHER
in our area than
in the state of Oregon

Homes where housing costs are

30% OR MORE
OF INCOME



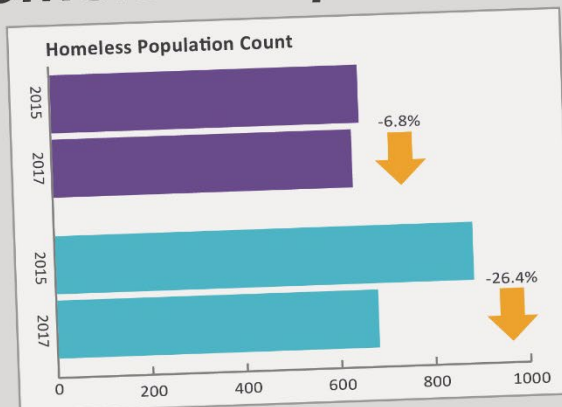
Affordable Housing



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%.



Color Key:





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 lonely or being alone.

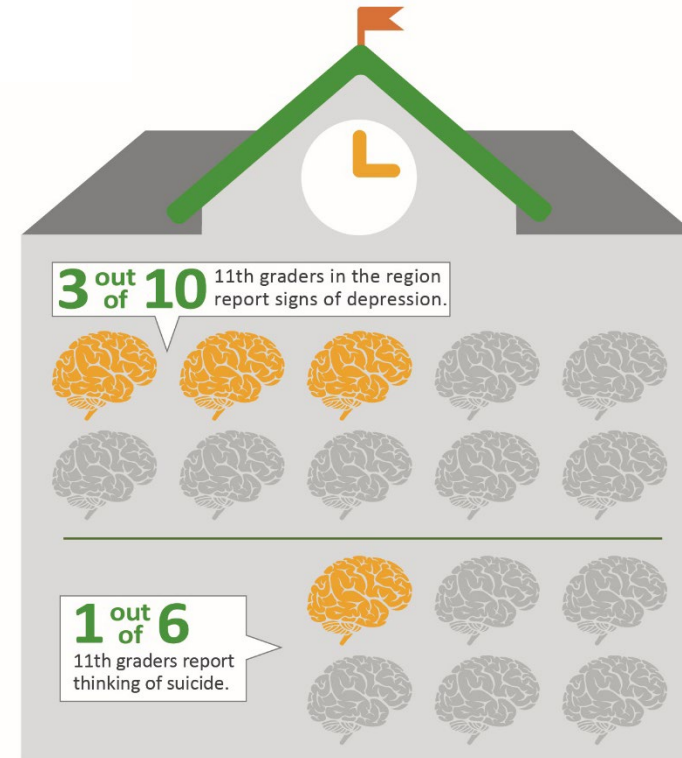
Mental Health

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

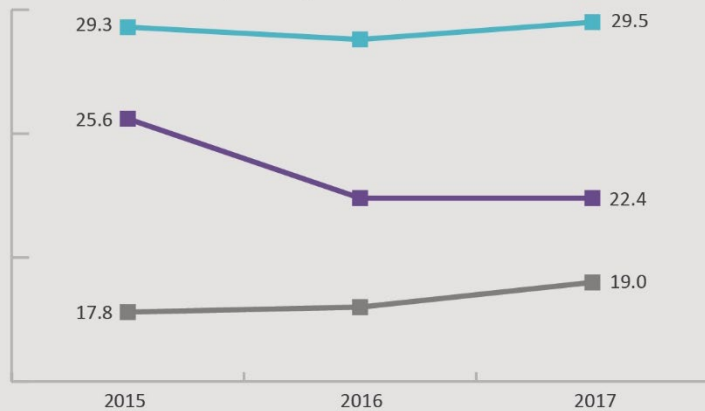
1 out of 4 adults report having a depression diagnosis in their lifetime.



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



Number of Suicides per 100,000 People*



*Age adjusted.

Color Key:



Mental Health

"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



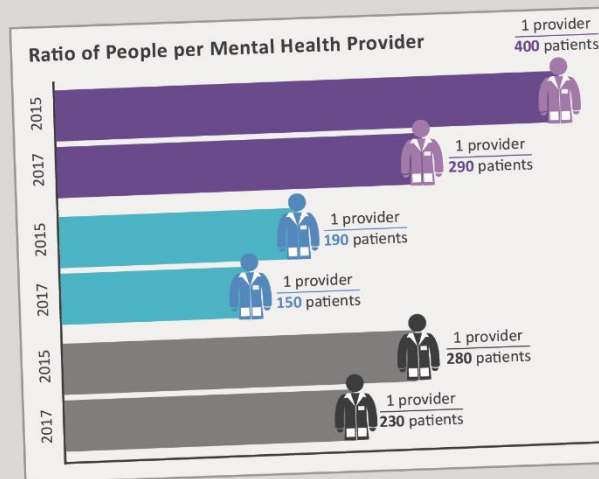
Color Key:



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.



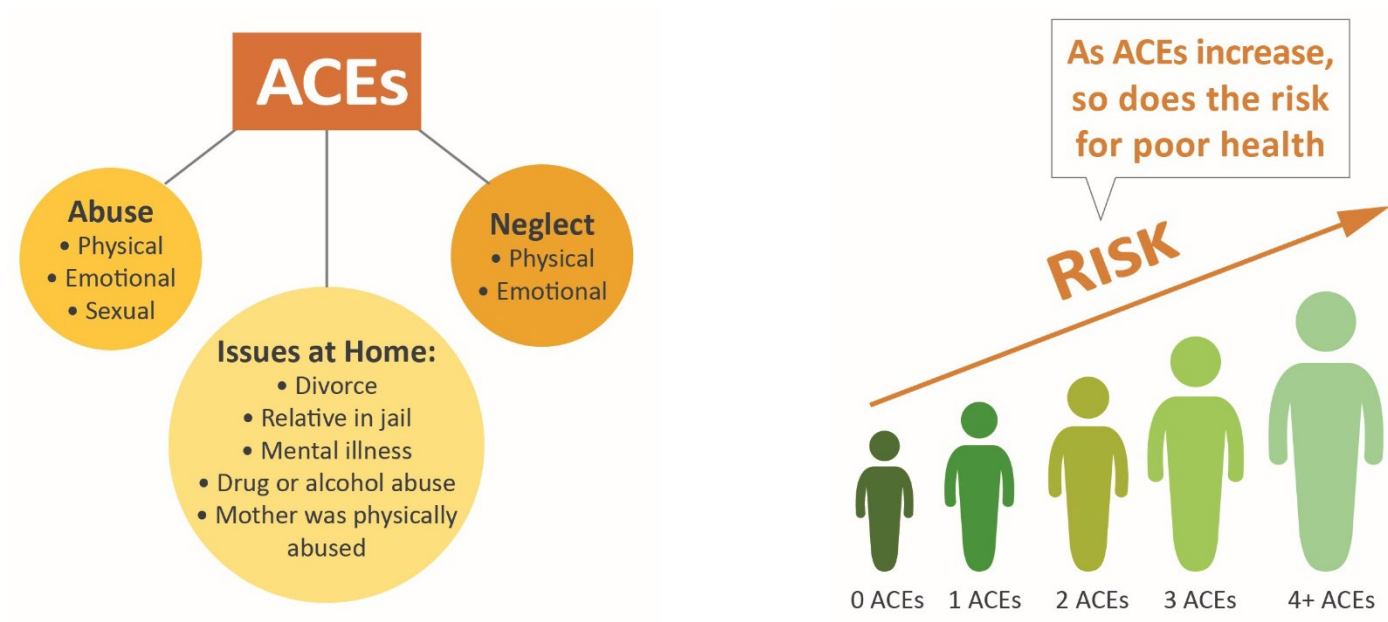
Parenting Support and Life Skills

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.

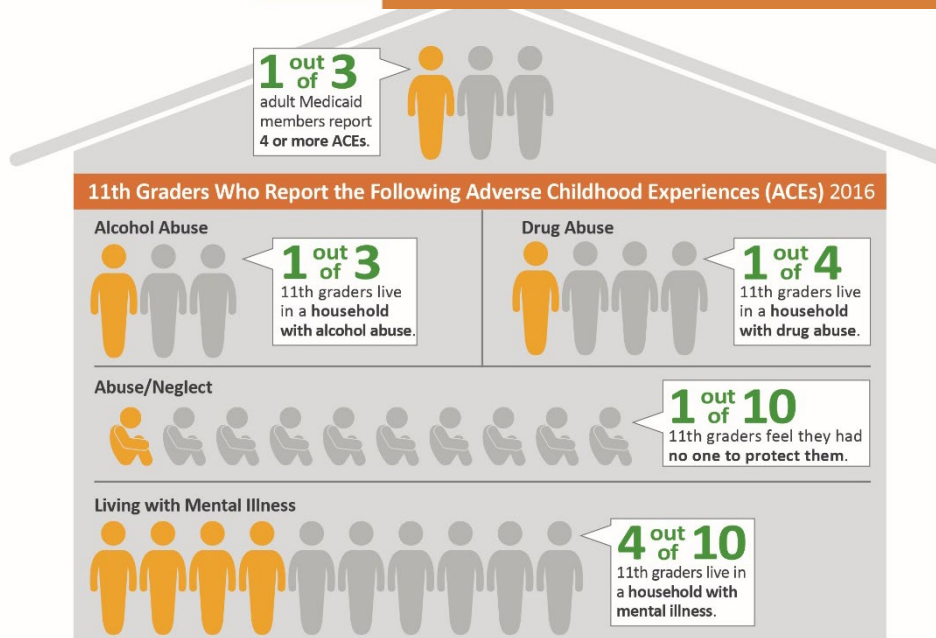
Parenting Support and Life Skills



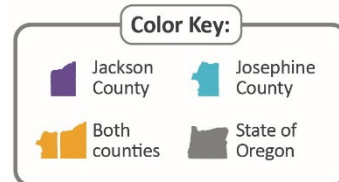
Poor health can include:

- 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



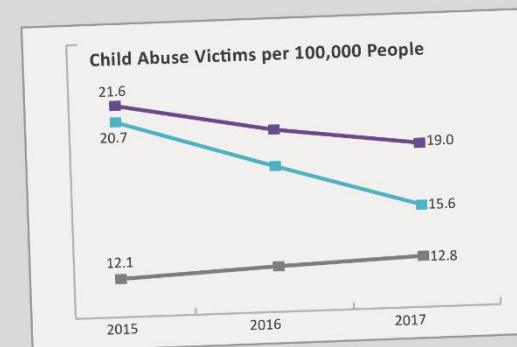
*"I really want to give my daughter a loving home, but **I don't know what that looks like.**"*
 — Community Member



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



Parenting Support & Life Skills

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:

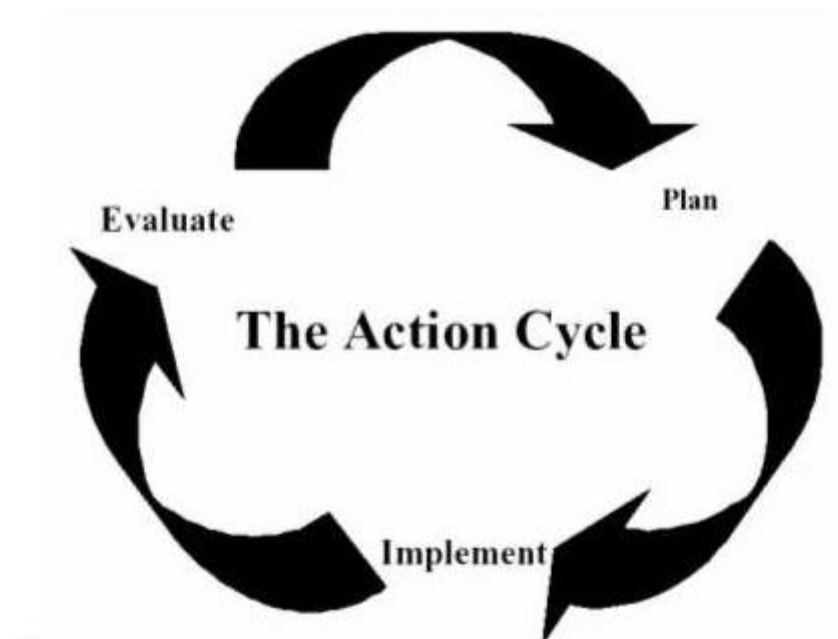
Action Cycle – Plan, Implement, Evaluate

July 2019 - present



The Action Cycle

Implementing CHIP Goals & Strategies



All in for Health

Backbone Organization

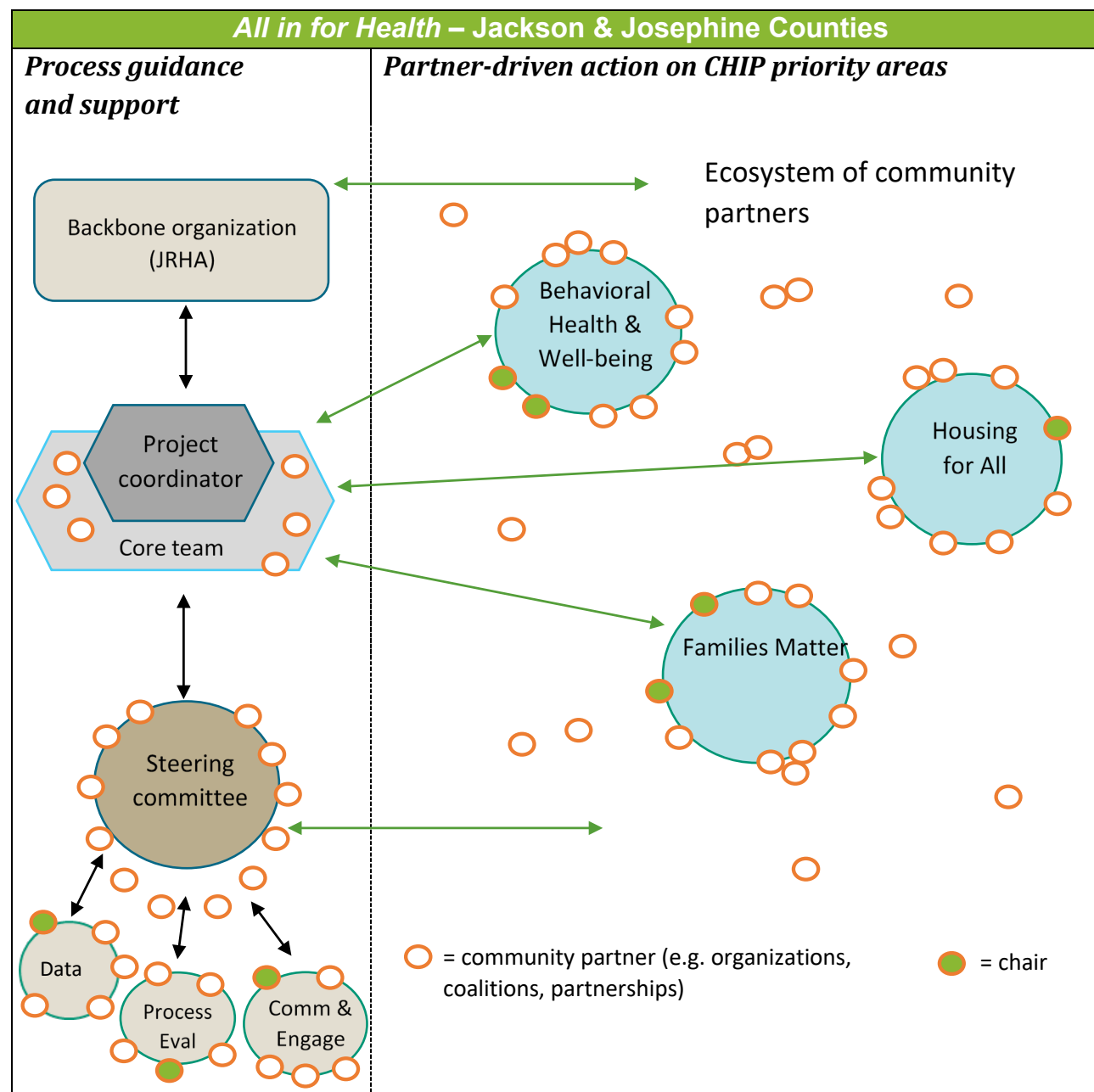
Jefferson Regional Health Alliance (JRHA) – 36 individuals, 30 organizations

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





Learning & Aligning

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

- Organizational Objectives
- Action Steps
- Process Measures

	Example 1
Priority area	Maternal and Child Health
Goal	Ensure healthy pregnancies and births
Population outcome measure	% preterm births % low birth weight births Infant and maternal mortality rates
Strategy	Screen women of reproductive age for pregnancy intention and connect to appropriate care at every opportunity
Organizational objective	By December 31, 2020, organization X will implement One Key Question with female clients at all visit types.
Action step	Develop an organizational policy and procedure for implementing One Key Question Train staff on implementing One Key Question Pilot implementation of One Key Question during routine appointments
Process measure	(Objective) % female client visits where One Key Question is implemented (Action step) % staff trained on implementing One Key Question

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.

ALL IN FOR HEALTH

JACKSON & JOSEPHINE COUNTIES



A healthy community is everyone's business

Download CHA and CHIP documents at:

JeffersonRegionalHealthAlliance.org/AllinforHealth