

Oregon Health Improvement Plan (HIP) Committee
Summary of Listening Sessions, Guiding Principles, Population Health - Definition and Measures
July 13, 2010

Community Listening Sessions

Community Listening Sessions were planned during the information gathering phase of the committee’s work. Sessions were held in eight locations over a 2 month period. The two-hour sessions were held the evening before HIP committee meetings, with outreach and invitations by committee members and local/regional stakeholder organizations. The purpose of the sessions was to provide an opportunity for committee members to hear regional and local perspectives as well as emerging themes related to the health of Oregon’s communities.

The format for the Listening Sessions included a brief presentation about the committee and regional health data, one hour for small group discussions, and networking time. The three questions posed to the small groups for discussion were:

1. What are the issues in your community that have the greatest impact on your health and that of others in the community?
2. What is happening in your community that promotes health and supports a thriving community?
3. What 3-5 changes in policy would make your community healthier and thrive?

Listening Session Location and Date	Number of community participants	Number of counties represented
Pendleton, April 29 th	24	4
Medford, May 13	16	4
Portland, May 26	35	2
Hillsboro, May 26	10	2
Bend, June 10	24	1
Madras, June 10	9	1
Prineville, June 10	6	1
Grand Ronde, June 24	16	4
Total	140	19

The Community Input Survey, a web-based survey of the three Listening Session questions was posted on the HIP Committee website during the month of June. The purpose was to provide an opportunity for those who were not able to attend a listening session to share comments and recommendations for consideration by the committee.

Total number of respondents	Number of counties represented by respondents	Total number of counties with participation by survey only
88	19	8 (Baker, Columbia, Hood River, Klamath, Lake, Lincoln, Linn, Marion)

Key themes that emerged from the listening sessions and community input survey include:

- The impact of jobs, the economy, quality education, transportation, and poverty on health
- Communicating a vision for a healthy Oregon
- Changing the focus to wellness rather than illness
- Supporting primary prevention in all sectors
- Implementing nutrition policies: making healthy foods more accessible
- Implementing physical activity policies: promoting safe, easy access
- Building on the collaborative spirit in communities and regions
- Needing data and capacity for local assessment, planning, and policy development
- Tailoring best practices to meet community needs
- Needing sustainable funding for effective programs such as tobacco prevention
- Achieving cultural competence in all data, programs and policies
- Promoting the engagement and collaboration of all sectors
- Investing in children and youth for future generations
- Linking economic development and health
- Acknowledging that costs are higher in rural areas due to distances and fewer resources
- Increasing access to/availability of physical, behavioral and oral health services

HIP Committee Guiding Principles

1. Make prevention the highest priority for improving population health in all sectors from pre-conception to elderly ages
2. Address the conditions that impact social, economic and environmental determinants of health because health behaviors are affected by a large number of factors beyond motivation and knowledge
3. Provide sustainable resources and stimulate communities at the local and regional level to develop local and regional solutions to community health problems based upon statewide health improvement plan goals
4. Achieve health equity among population groups
5. Respect cultural integrity, traditions and perceptions
6. Address the leading causes of chronic diseases - tobacco use and exposure, and obesity
7. Assure availability of community level data for assessment, policy development and monitoring population health improvement
8. Focus on evidence-based, best and promising practices and interventions incorporating policy, systems and environmental approaches
9. Create short and long term policies, outcomes and investments

Definition of Population Health

Population health refers to the health of a population as measured by health status indicators and as influenced by social, economic, and physical environments, personal health practices, individual capacity and coping skills, human biology, early childhood development, and health services. (Health Canada)

As an approach, population health focuses on interrelated conditions and factors that influence the health of populations over the life course, identifies systematic variations in their patterns of occurrence, and applies the resulting knowledge to develop and implement policies and actions to improve health and well-being of those populations. (Health Canada)

**Oregon Health Improvement Plan Committee
Proposed Population Health Measures**

Measure	Data Source(s)	Available For		
		Child	Adult	County
HEALTH OUTCOMES				
Mortality	Premature death			X
Morbidity	Cancer incidence/stage at diagnosis	X	X	X
	Chronic diseases burden		X	X
	Good or excellent health		X	X
	Poor mental health days	X	X	X
	Poor physical health days	X	X	X
HEALTH FACTORS				
HEALTH BEHAVIORS				
Tobacco	Tobacco use	X	X	X
Diet and Exercise	Obesity (BMI)	X	X	X
	Physical activity meeting CDC recommendations	X	X	X
	Consumed at least 5 servings of fruits and vegetables per day	X	X	X
	Soda/sugar sweetened beverages	X	X	X
Alcohol use	Binge drinking	X	X	X
	Other substance abuse	X	X	X
Teen Pregnancy	Teen pregnancy rate	X		X
CLINICAL CARE				
Access to Care	Uninsured		X	X
	Primary care provider rate			X
	Other TBD			X
Quality of Care	Hospital readmission	X	X	X
	Preventable ED visits	X	X	X
	Other TBD			X
SOCIOECONOMIC FACTORS				
Education	High school graduation		X	X
	College degrees		X	X
Employment	Unemployment			X
Income	Poverty	X	X	X
	Income inequality			X
Family and Social Support	Food insecurity		X	X
Housing	Affordable housing			X
Community Safety	Violent crime			X
PHYSICAL ENVIRONMENT				
Air Quality	Air pollution-particulate matter days			X
	Air pollution-ozone days			X
Built Environment	Ratio of fast food stores to grocery stores			X
	Green spaces			X
PUBLIC (LAW) AND ORGANIZATIONAL POLICIES				
Communities	TBD			
Health Systems	TBD			
Schools	TBD			
Worksites	TBD			
State	TBD			

Measure	Data Source(s)	Available For		
		Child	Adult	County
OVERALL MEASURE				
	Good or excellent health		X	X

Measure	Data Source(s)	Available For		
		Child	Adult	County
CORE MEASURES				
	Premature death			X
	Income Inequality			X
	Tobacco use	X	X	X
	Obesity (BMI)	X	X	X
	Teen pregnancy rate	X		X

- 1: Behavioral Risk Factor Surveillance System
- 2: Oregon Healthy Teens
- 3: Oregon Student Wellness Surveys
- 4: Induced Termination of Pregnancy Database