

COLUMBIA GORGE REGIONAL COMMUNITY HEALTH ASSESSMENT: SUMMARY-2016

Collaborating for Optimum Health and Optimized Healthcare

Community Clinics



Hospitals



Public Health



Public Health
Prevent. Promote. Protect.

North Central Public Health
Department



Community Partners



PacificSource
Community Solutions



A summary of the needs for improved health for the residents of the Columbia Gorge Region including Hood River, Wasco, Sherman, Gilliam, Wheeler counties in Oregon and Skamania and Klickitat counties in Washington – Fall 2016

The 2nd Columbia Gorge Regional Community Health Assessment

This document represents the second version of our regional approach to the Columbia Gorge Community Health Assessment. Building on the partnerships started with the first iteration in 2013, this regional assessment now includes 7 adjacent counties in the Columbia Gorge Region. The cohort listed on the cover page represents the primary supporting organizations in this effort.

Acknowledgement to Key Community Contributors

Conducting a thorough health assessment was possible by the tireless support of these groups.

For gathering hand-fielded surveys	DHS, Mid-Columbia Housing Authority, Hood River County Health Department, Hood River County Senior Center, Revell Coy Insurance, Oregon Child Development Coalition, Meals on Wheels: The Dalles, Mid-Columbia Center For Living, North Central Public Health District, One Community Health, Wings, The Next Door Inc, Providence Hood River Memorial Hospital , Aging in the Gorge Alliance, Klickitat Valley Health, Skyline Hospital, Skamania County Health Department, Klickitat County Health Department
Providing augmented data	Oregon Public Health Division, Washington State Department of Health, Oregon Health Authority, Mid-Columbia Economic Development District-Coordinated Human Services Transportation Plan Data Collective Medical Technologies (CMT): (CMT) uses real-time data, risk analytics, notifications, and shared care guidelines to prompt and guide provider decision making in a way that drives differential outcomes in terms of reduced ED utilization and inpatient readmissions. CMT was able to provide us with accurate up to date information about Emergency Department Utilization based on Emergency Department Information Exchange (EDIE).
Execution of the mail-based survey and data analysis	Providence Center for Outcome Research and Education (CORE)

Acknowledgment to the Community Advisory Council (CAC)

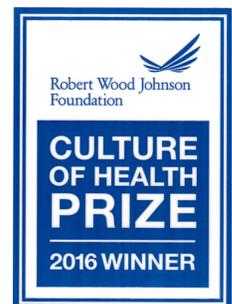
The Community Advisory Council, or CAC, is comprised of Medicaid consumers, community members, and local organizations. Their mission is to give the community a voice so that the consumer and community health needs are heard. They were instrumental in reviewing and adjusting the survey itself to ensure our local needs were met.

A result that is rewarding

In a rural community, working together is paramount for success. The formation of the Columbia Gorge Coordinated Care Organization with PacificSource Community Solutions aided us to turn an ordinary requirement from Oregon lawmakers into an extraordinary opportunity to improve the health and wellness of all residents. We are proud of our accomplishments and delighted that the Robert Wood Johnson Foundation recognized our work.

We invite the community to use this material in the pursuit of better health for all.

***For the full document look on the Columbia Gorge Health Council website at cghealthcouncil.org



Columbia Gorge Regional Community Health Assessment

2013

VS

2016

<p>Mail = 457 Hand-fielded = 691</p>	 SURVEYS	<p>Mail = 674* statistical significance Hand-fielded = 694</p>
<p>Non-Hispanic White=827 Hispanic/Latino/Other= 290 Low Income= 668</p>	 DEMOGRAPHICS	<p>Non-Hispanic White= 1043 Hispanic/Latino/Other= 301 Low Income=631</p>
<p>6 Counties: 4 Oregon + 2 Washington</p>	 COUNTY	<p>7 Counties: 5 Oregon + 2 Washington</p>
<p>65 Questions including Food, Housing and Transportation</p>	 QUESTIONS	<p>72 Questions including Trauma and Support for Caregivers</p>
<p>4 hospitals; 4 Health Departs; One Community Health; County Mental Health Columbia Gorge CCO</p>	 COHORT	<p>2013 cohort + United Way; Four Rivers Early Learning Hub</p>
<p>Housing & Food; Transportation; Jobs</p>	 SOCIAL DETERMINANTS	<p>Employment rate better; other areas remain a concern</p>
<p>Adult Dental Access; Physical and Mental health together; Mental Health access for Children & Youth</p>	 HEALTHCARE	<p>Dental Access remains #1 gap; Progress on Mental Health Access; PCP Access harder</p>
<p>Coordination with healthcare & social services; Health insurance re- enrollment; Supporting Developmental and Healthy Growth in the Early Years</p>	 CONNECTED	<p>Coordination with primary care and mental health=good; More people are insured; Families with children 0-5 more likely to go without basic needs</p>



In partnership with:

Hospitals: Providence Hood River, Mid-Columbia Medical Center, Klickitat Valley Health, Skyline
Public Health: Hood River County, Klickitat Valley, North Central, Skamania
One Community Health, Mid-Columbia Center for Living, PacificSource Community Solutions
United Way of the Columbia Gorge, 4 Rivers Early Learning Hub

Columbia Gorge Regional Health Assessment-2016

General Population

	 <p>Basic Needs</p>	<p>1 in 4 had to go without a basic need AND 1 in 4 had to go without a healthcare need</p> 	pg 18
	 <p>Income Security</p>	 <p>1 in 3 had trouble paying for basic needs</p>	pg 18
Basic Needs	 <p>Food Security and Healthy Eating</p>	<p>1 in 3 are worried about running out of food*</p>  <p>more than 1 in 10 had to go without food</p>	pg 18
	 <p>Housing Security</p>	<p>25% are worried about their housing situation</p> <p>7% had to go without stable housing</p> 	pg 19
	 <p>Transportation Access</p>	<p>13% had to go without transportation</p>	pg 20
	 <p>Health Insurance</p>	<p>8% are uninsured</p> <p>of the uninsured, 21% live in Washington and 69% live in Oregon</p>	pg 20
Community and Social Environment	 <p>Social Support</p>	<p>21% do not have someone to make them feel loved or wanted</p> <p>22% do not have someone to give them good advice</p> <p>29% do not have someone to relax with</p> <p>26% do not have someone to talk to about problems</p> <p>29% do not have someone to help if they were confined to a bed</p>	pg 37
	 <p>Social Cohesion</p>	<p>25% feel they can not trust people in their community</p> <p>20% can not count on adults in their community</p> <p>13% think people in their community are unwilling to help</p> <p>10% do not feel safe in their community</p>	pg 37
	 <p>Support for Caregivers</p>	 <p>1 in 5 are caregivers</p>  <p>6 out of 10 caregivers don't feel that they have adequate support</p>	pg 37

*Gorge Wide Food Survey

Columbia Gorge Regional Health Assessment-2016

Populations with disparities by race/ethnicity, income, or insurance

Basic Needs	 <p>Basic Needs</p>	<p>4 in 10 in the Hispanic/Latino/Other, Low income, Uninsured, and Medicaid populations had to go without a basic need and healthcare need</p> 	pg 18
	 <p>Income Security</p>	 <p>More than half of the Hispanic/Latino/Other, Low income, Uninsured, and Medicaid populations had trouble paying for basic needs</p>	pg 18
	 <p>Food Security and Healthy Eating</p>	<p>1 in 4 in the Hispanic/Latino/Other, Uninsured, and Medicaid populations had to go without food</p> 	pg 18
	 <p>Housing Security</p>	<p>About 40% in Hispanic/Latino/Other, Uninsured, and Medicaid populations are worried about their housing situation</p> <p>16% of these populations had to go without stable housing</p>	pg 19
	 <p>Transportation Access</p>	 <p>About 1 in 4 in the Hispanic/Latino/Other, Low income, Uninsured, and Medicaid populations had to go without transportation</p>	pg 20
	 <p>Health Insurance</p>	<p>Hispanic/Latino/Other and Low income populations are about twice as likely to be uninsured than the general population</p>	pg 20
Community and Social Environment	 <p>Social Support</p>	<p>Low income was less likely to feel like they had these social supports than higher incomes</p> <p>Uninsured and Medicaid populations were less likely to feel like they had these social supports than the Private and Medicare populations.</p>	pg 37
	 <p>Social Cohesion</p>	<p>35% of Low income, Uninsured, and Medicaid populations feel they can not trust people in their community</p> <p>25% of Hispanic/Latino/Other, Low income, Uninsured, and Medicaid populations can not count on adults in their community</p> <p>25% of the Uninsured think people in their community are unwilling to help</p> <p>20% of the Uninsured do not feel safe in their community</p>	pg 37
	 <p>Support for Caregivers</p>	 <p>6 out of 10 caregivers do not feel like they have adequate support</p>	pg 37

Columbia Gorge Regional Health Assessment-2016

Adults (ages 18-98)

Health Status	 <p>General Health</p>	 1 in 4 rated their health as fair or poor  2 out of 3 are overweight or obese	pg 22
	 <p>Chronic Medical Conditions</p>	<p>High blood pressure is the most common chronic condition</p> <p>More than half have a chronic medical condition</p> 	pg 22
	 <p>Mental Health Conditions</p>	 Depression is the most diagnosed mental health condition 1 in 3 have a mental health condition	pg 22
	<p>Trauma and Resilience</p>	<p>3 out of 4 experienced one or more traumatic event</p>  <p>About 4 out of 10 had someone do something harmful to them</p>	pg 23
	 <p>Alcohol, Tobacco, Other Drugs</p>	21% have three or more drinks on the days they drink 19% use tobacco 15% use marijuana 7% use other drugs	pg 24
Healthcare Access	 <p>Physical Healthcare Access</p>	 1 in 5 do not have a primary care provider and are going without needed care	pg 26
	 <p>Dental Healthcare Access</p>	<p>Greatest unmet healthcare need: 344 people are going without care</p> <p>1 in 4 are going without needed care</p> 	pg 26
	 <p>Mental Healthcare Access</p>	<p>Access greatly improved from 2013</p> <p>46% got care from primary care provider 30% got care from county mental health clinics</p>	pg 27
	 <p>Substance Use Treatment</p>	<p>7% needed substance use care, of those 68% are receiving treatment</p>	pg 28
	 <p>Medications</p>	 1 in 10 cannot get all their medications	pg 29
	<p>Specialists</p>	<p>Neurology, substance use treatment, and cancer treatment had highest unmet need</p> <p>Most people use local services</p>	pg 29

Columbia Gorge Regional Health Assessment-2016

Adults with disparities by race/ethnicity, income, or insurance (ages 18-98)

Health Status	 General Health	35% of Low income and Medicaid populations rated their health as fair or poor	pg 22
	 Chronic Medical Conditions	3 out of 4 on Medicare have a chronic medical condition 	pg 22
	 Mental Health Conditions	Anxiety is the most diagnosed mental condition for Low income and Medicaid 2 of 5 of the Low income population have a mental health condition Half of Medicaid recipients have a mental condition 	pg 22
	Trauma and Resilience	Half of the Medicaid population has experienced 3 or more traumatic events 	pg 23
	 Alcohol, Tobacco, Other Drugs	The Uninsured and Medicaid population were more likely to have three or more drinks, use tobacco, and use other drugs than general population Low income was more likely to use tobacco than the general population	pg 24
Healthcare Access	 Physical Healthcare Access	1 in 4 of the Uninsured and Medicaid populations are going without needed care  More than half of the Uninsured do not have a primary care provider	pg 26
	 Dental Healthcare Access	About 37% of the Low income, Uninsured, and Medicaid populations are going without needed care	pg 26
	 Mental Healthcare Access	Nearly twice as many Medicaid recipients are going without needed care than the general population	pg 27
	 Substance Use Treatment	15% of Medicaid recipients needed substance use care High income, Uninsured, and Private insurance populations were twice as likely to go without needed care than the general population	pg 28
	 Medications	No significant disparities	pg 29
	Specialists	Low income had more unmet orthopedic needs than the general population Private insurance had more unmet cardiology needs than the general population Medicaid had more unmet skin condition needs than the general population	pg 29

Columbia Gorge Regional Health Assessment-2016

Youth (ages 0-17)

	 General Health	 1 in 10 rated their health as fair or poor*  1 out of 3 are overweight or obese*	pg 31	
Health Status	 Chronic Medical Conditions	Asthma is the most common chronic medical condition		pg 31
	 Mental Health Conditions	Anxiety is the most diagnosed mental health condition 1 in 4 have a mental health condition		pg 31
	Trauma and Resilience		Nearly 1 out of 4 had an adult hurt them on purpose*	pg 31
	 Alcohol, Tobacco, Other Drugs	20% have had alcohol* 14% have used tobacco*	15% have used marijuana* 5% have used other drugs*	pg 32
Healthcare Access	 Physical Healthcare Access	 1 in 10 parents said their children are not getting all needed care	VS 1 in 5 youth feel they are not getting all needed care*	 pg 34
	 Dental Healthcare Access	 1 in 10 parents said their children are not getting all needed care	VS 1 in 5 teens haven't been to the dentist in the past 12 months	 pg 34
	 Mental Healthcare Access	8% parents said their children are not getting all needed care	VS 15% youth feel they are not getting all needed care*	pg 34
	 Substance Use Treatment	7% needed substance use care, of those 22% are receiving treatment^		pg 35
	 Medications	1 in 20 teens have used prescription drugs without a doctor's orders*		pg 35

*This information is from the Oregon and Washington Healthy Teen Survey

^ This information came from the Oregon Health Authority (OHA) Behavioral Profiles

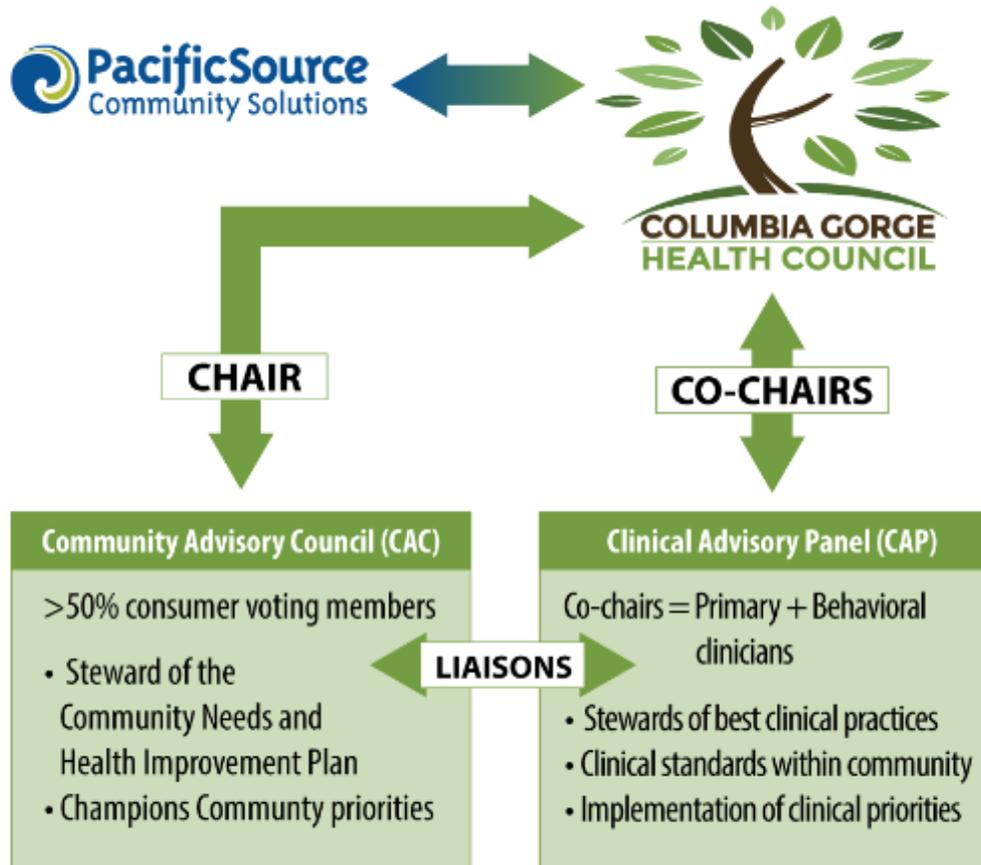
All other information is from the 2016 Community Health Survey

Columbia Gorge Regional Community Health Assessment

2016 Results

Next Steps towards Community Health Improvement Plan

Coco Yackley/John Huffman



Using the Coordinated Care Organization structure we...

-“turned an ordinary requirement from Oregon lawmakers into an extraordinary opportunity to improve the health and wellness of all residents.”

-RWJF Culture Of Health Prize

- Columbia Gorge CCO =
 - PacificSource (Health Plan)
 - Columbia Gorge Health Council (501c3)
 - Medicaid (low income) client
 - ~25% of residents; +50% of kids
 - Hood River & Wasco Counties
- Community Health Assessment for 7 counties

COLUMBIA GORGE REGIONAL COMMUNITY HEALTH ASSESSMENT 2016



Collaborating for Optimum Health and Optimized Healthcare

Community Clinics



Hospitals



Public Health



Community Partners



A summary of the needs for improved health for the residents of the Columbia Gorge Region including Hood River, Wasco, Sherman, Gilliam, Wheeler counties in Oregon and Skamania and Klickitat counties in Washington – Fall 2016

A Collaborative Approach ...

- Yields a better; more accurate and actionable as community providers agree on the needs within our region and communities and will support our ability to address those needs together.
- Maximizes collective resources available for improving population health.
- Requires commitments of cash or in-kind resources from all participants who would use it to satisfy a regulatory requirement.

Where have we been? Timeline of the Regional Process

2013 Community Health Assessment

- First Collaborative Assessment
- Broad survey to identify needs
- Oregon & WA

2014-2016 Regional Focus brings results

- >\$3M in additional grant funds
- Regional approach to issues
- Synergy in Programs across counties

2016 Community Health Assessment

- Expanded Cohort
- Expanded surveys, included other sources
- Incorporated new questions

2014 Community Health Improvement Plan (CHIP)

- Identified 10 Focus Areas
- Housing, Food, Transportation, Jobs
- Dental for Adults, Physical & Mental Health Integration, Services for Youth, Health Insurance
- Collaboration within Healthcare and with Social Services
- Healthy Development in the Early Years

2016 RWJF Culture of Health Prize Winner

- Collaborative CHA/CHIP one of the cornerstone reasons

2017 CHIP

- Review/adjust CHIP topics
- Community Advisory Council is convener

Summary points from the 2016 CHA

- Food and housing security are still high concern areas
- The number of insured grew; the number of people who got services grew some
- While those receiving dental care did improve, it's still the largest unmet healthcare need
- Transportation continues to be a barrier
- Parents underestimate the needs that their teens face
- Households with children 0-5 are more likely to go without basic needs than those without children 0-5
- Most of our community has experienced at least one form of Trauma

Trauma

38 To what extent have you experienced hardship, difficulty or traumatic events in your life?

	Not at all	Some	A lot
Life changing illness or injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neglect of any kind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lived with someone with mental illness or substance abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Witnessed or experienced violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Forced to do something sexual that you didn't want to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physically hurt or threatened by an intimate partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abuse of any kind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Haven, Mid-Columbia Center for Living and Sanctuary Institute Instructor partnered to create a single 'Trauma' question.
- 3 out of 4 experienced one or more traumatic event
- About 4 out of 10 had someone do something harmful to them

52 Do you currently provide help or assistance to a relative, loved one, or friend for their living or health-related needs that they would not be able to do without you? *These tasks may include medication management, changing bandages, making appointments, etc.*

- Yes
- No

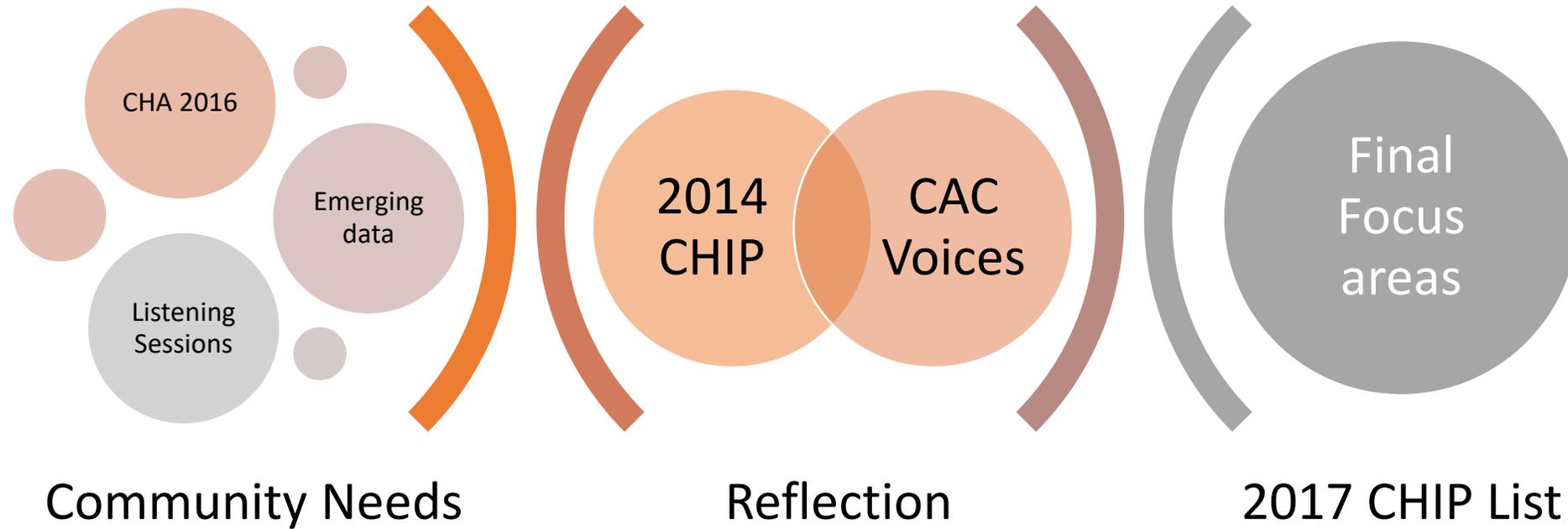
53 How often do you feel you have the support necessary to help you deal with the challenges of caring for your loved one or friend?

- All of the time
- Some of the time
- None of the time

Aging Population

- 22% say Yes – they are a caregiver
- Of those, only 40% have all the support they need
- ➔ About 1 in 7 Adults overall are struggling with care giving support to loved ones

Updating the CHIP priorities



Regional Solutions Participation

- 2014 CHIP Topics will be refreshed but many are likely to stay
- Housing, Food, Transportation, Jobs are outside the expertise of Healthcare
- What active role can Regional Solutions play in leading these efforts?