

Supplemental Narrative CBR-1

Salem Health West Valley

Fiscal Year July 2021- June 2022

A Community Health Needs Assessment was conducted in 2019 with updates made in 2021. This process includes partners from both Polk and Marion County Health Departments, the local CCO, hospitals, community based organizations and education. The CHNA was conducted with Salem Health, Santiam Hospital, Legacy Health Silverton, Kaiser Permanente, the Behavioral Care Network, Chemeketa Community College, Cherriots, City of Woodburn, Community Action Agency, Community Advisory Council, Early Learning Hub, Legacy Health Silverton, Marion County Health & Human Services, Northwest Senior & Disability Services, Polk County Health Department, Western Oregon University, and Willamette Valley Community Health. Through this process Salem Health and West Valley Hospital identify the greatest health needs among each of its hospital's communities, enabling Salem Health to allocate resources toward services, outreach, prevention, education and wellness opportunities where the greatest impact can be realized. These needs are Behavioral Health, Substance Use, and Housing.

Process and method

A process referred to as Mobilizing for Action through Planning and Partnerships (MAPP) cycle is used to assess and improve the health of the community. MAPP is a flexible, evidenced based framework, created by the National Association of County and City Health Officials (NACCHO). A Community Health Assessment (CHA), which is part of the MAPP process, casts a wide net collecting data in various ways to understand local health and why health conditions occur. This information is then used to identify key priority areas for improvement in the Community Health Improvement Plan (CHIP) over a designated period of time. Although the CHA strives to be comprehensive, it should not be thought of as an exhaustive compendium of every local measure that exists; rather, this document utilizes select measures that best capture the health of the community. MAPP builds off of previous work conducted by the community. A key takeaway from the last process was that three years is not enough time to make substantial gains in the CHIP priority areas. To make better use of resources, and to align more closely with the intent of MAPP, the community has shifted to a five year CHIP in the current and future iterations of this process. (Local non-profit hospitals operate on three year cycles to satisfy their requirements with alignment achieved through annual updates to the CHA.)

A full description of the collaborative process used to identify and prioritize health needs can be found in the introduction and methods section of the Marion-Polk Community Health Assessment [here](#). Surveys, community town halls, assessment of a variety of systems and casting a wide net to include a number of community partners, as well as extensive review and analysis of data from multiple sources were used to establish community needs. While the team strived to use the most reliable, valid, and up to date data available; it is important to acknowledge these limitations and seek to address them in future studies, as well as be nimble in responding to the constantly changing needs of our community.

Demographics

Marion and Polk County are located in the Willamette Valley and are the 5th and 13th most populous counties in Oregon respectively. This community spans about 1,950 square miles, of which 1,200 are in Marion and 750 are in Polk. As of 2020 there were approximately 433,353 people living in the community of Marion and Polk Counties, which is about 10% of the total state population. Of those, it is estimated that 344,920 people live in Marion and 87,433 live in Polk. Since 2010, the population has increased by 8% in Marion and 11% in Polk, which was similar to the increase in the state as a whole. There were also a larger number of people living per square mile in this community compared to the state and this was especially true for Marion County.

In Polk, the largest cities are Dallas, Falls City, Independence, Monmouth, West Salem, and Willamina, of which about 84% of Polk's population resides. West Valley Hospital is located in the city of Dallas and serves a broad geographic area consisting of rural communities in Polk County. In the last four decades, Polk County's population nearly doubled in size. West Valley's service area experienced a population increase of more than 25% in its first decade as a Salem Health property (US Census, 2000-2009), and an additional increase of 14% in its second decade (US Census, 2010-2019). Polk County is expected to experience a higher growth rate through 2045 as compared to the rest of the state. Additionally, more people have been migrating into Polk County as opposed to leaving, which is expected to continue during the forecast period. Shifts in age groups will occur through 2045, with a greater proportion of members falling into older age groups.

The community had a larger proportion of members between the ages of 0-24 years old than the Oregon average. There was also a smaller proportion of working age adults (25-64) in the community than the state. In 2020, the median age was 36.9 years in both counties, with Marion's median age slightly increasing and Polk's slightly decreasing in the prior three years. Both are younger than the state (39.2 years.) Shifts in age groups will be occurring over the next 50 year forecast period in this community, with a greater proportion of members falling into older age groups. This change is important, as it highlights the need to expand and prepare for the growing health needs of an aging population.

About 14% of community members in Polk County identified as Hispanic or Latina(o), which was higher than Oregon (12%). Fourteen percent of household in Polk County spoke a language other than English at home, similar to the rest of the state (15%).

About 12.5% of community members in Polk County live below the poverty line and 17% of children in Polk County are living in poverty. In the both counties, a higher proportion of females were living in poverty than males, and members who identified as a race or ethnicity other than White, non-Hispanic/Latina(o) had higher poverty rates as well. The more rural nature of communities in Polk County leads to transportation barriers for many.

Educational achievement has been improving in recent years as a higher percentage of community members have a high school diploma/GED. 85% of adults over 25 in Marion County and 91% of adults in Polk County have a high school diploma or GED. However, the percentages drop significantly for Latino populations which were 53% in Marion County and 61% in Polk County. Educational achievement in

Marion County was lower than Polk and the state, especially with regard to college graduates. In Marion County 23% of people had a Bachelor's degree or higher, compared to 31% in Polk. Educational achievement differed by sex, race and ethnicity, geography, and disability status.

The fiscal year 2021-2022 saw a continuation of the impact created by the pandemic. COVID-19 revealed and worsened health disparities in our community. Just as many were beginning to feel some hope emerging in the summer of 2021, the delta variant hit, creating higher levels of hospitalization than we had seen with the previous variant. Delta was followed by the highly contagious omicron, which led to increasing numbers of sick employees, impacting already strained staffing and higher volumes in West Valley Hospital's emergency department and inpatient beds. Additionally, the September 2020 wildfires in the Santiam Canyon and near Otis, on the way to the Oregon coast, continued to impact our community. The pandemic, severe weather, housing crisis and other societal challenges have taken a physical, emotional and mental toll on individuals, business and society in general.

Priority Areas – Behavioral Health, Substance Use, Housing

Behavioral health continues to be an area of focus and concern for our community, preventing/intervening in mental illness such as anxiety or depression and suicide prevention.

A CDC report in 2020 ranked Oregon the 13th in the country for deaths by suicide, two spots worse than 2017. Suicide continues to be the 2nd leading cause of death for ages 10-24. Marion and Polk Counties continue to have high risk factors for youth. In the most recent data from 2019, 33.8% of Polk County 11th graders reported symptoms of depression and in Marion County, 38.3% of 11th graders reported symptoms. Eleventh grade students surveyed in Polk County reported that 20.4% were seriously considering suicide and 7.7% had actually attempted suicide. In Marion County, 19.9% of 11th graders seriously considered suicide and attempts increased from 2017 to 10%. Our community continues to be at or above the Oregon averages in depression and suicide markers.

About 1 in 4 adults has been diagnosed with depression in the community, which was similar to the state. A higher percentage of females have been diagnosed with depression than males. About 13% of adults in Marion experienced frequent mental distress, compared to 12% in Polk and 14% in the state. Male community members and those who identified as American Indian/Alaska Native or White, non-Hispanic had higher mortality rates than their peers.

Salem Health West Valley Emergency room conducts a suicide prevention screening on every person that presents themselves to the hospital. We also provide supports to our community including QPR trainings (Question, Persuade, Refer) and engagement in the Mid-Valley Suicide Prevention Coalition.

West Valley supports the Polk County Service Integration Team (SIT), both financially and serving as members on the team. The purpose of SIT is to facilitate collaboration among community partners to provide coordinated resources and information for individuals and families. We are agency and community partners expediting solutions by matching resources to clearly defined needs, while avoiding duplication of service. SIT is able to intervene in a variety of circumstances and provide multiple resources, connecting individuals and families and minimizing toxic stress.

Substance use and abuse, including alcohol, tobacco, and drugs, remain primary sources of preventable death in the community, state, and the country. In 2014, 20.2 million adults in the United States (8.4%) had a substance use disorder and of those 7.9 million had both a mental disorder and a substance use disorder. This significant overlap between substance abuse and mental health underscores the importance of capturing who is engaging in behaviors indicative of these disorders in the community. While it is difficult to capture drug use and overdose data specific to Polk County, the state of Oregon has seen an 8.6% increase in drug related deaths since August 2021. The growing opioid epidemic is fueled by fentanyl and other synthetic manufactured opioids. Over 700,000 people died in the United States (U.S.) from drug overdoses between 1999 and 2017, with opioids being involved in 70% of drug overdose deaths in 2018. Recent provisional data from the Centers for Disease Control and Prevention (CDC), 2019 show that there were an estimated 100,306 reported overdoses during the 12-month period ending in April 2021 (Ahmad et al., 2021). As the opioid overdose mortality crisis continues, attention has focused on how law enforcement can save individuals who are overdosing by equipping officers with the overdose reversal drug naloxone. The Food and Drug Administration approved naloxone for treating opioid overdoses in 1971. Naloxone is a safe opioid antagonist medication that can rapidly reverse an opioid overdose. Because it is safe and effective at reversing overdoses and has no potential for abuse, states have passed laws facilitating lay person access and the federal government has called for increased access to all approved forms of naloxone. West Valley Hospital provides a grant to local law enforcement so they may carry Narcan (brand name for Naloxone) in their vehicles.

Housing and health care work are critical partners in preventing and ending homelessness. Healthcare services are more effective and better delivered when a patient is stably housed. The rate of homelessness has been increasing both in the community and the state in recent years, including growing numbers of students in K-12 experiencing homelessness. This leads to inadequate care, difficult connecting to services, and contributing to chronic disease. Exposure to communicable disease increases, and chronic health conditions such as high blood pressure and diabetes become worse due to medication storage issues and difficulty maintaining a healthy diet. Behavioral health issues such as depression, alcoholism, or other substance use disorders can develop and/or are made worse in such difficult situations.

West Valley Hospital supports community partners and their efforts to address housing and health related social needs. A community health fair was held quarterly in Falls City during the 2021-22 fiscal year, offering vaccinations, health screenings, and connection to other community resources including shelter and food. West Valley contributes to Ella Curran Food Bank, which is a food pantry for those in need who live in or near Monmouth and Independence. SHWV actively participates with county wide Service Integration Teams which facilitate a wide variety of donations for identified needs as well as durable medical equipment for those who are without homes or resources.

The hospital provides community basic health improvement services as requested in Marion and Polk counties. In 2022, these included health screenings, education and outreach. West Valley participated in Western Oregon University's pre-med and nursing student education fair as well as the Business and Industry partners' education fair in Polk County; participated in Falls City's "Back to School Bash and provided first aid services at the Polk County Fair.

In total, West Valley's outreach team was able to impact over 11,000 unique individuals.