



healthmattersSM
of Central Oregon



Many voices. One vision for health.



healthmattersSM
of Central Oregon

**Building Community Connections
For Healthier Lives**



Many voices. One vision for health.



healthmattersSM
of Central Oregon



Mission
To develop and implement innovative strategies that improve health through the active participation of the Central Oregon community.

Vision
The vision of HealthMatters of Central Oregon is to become the premier community model by improving the health of Central Oregonians through innovative, equitable and sustainable systems.

Many voices. One vision for health.



healthmattersSM
of Central Oregon



Who We Are...
The Board of Directors includes health and human service leaders, business leaders, policy makers, community advocates and others.

These unlikely allies are **working together to coordinate services, improve access and effect health system change within our region.**

Many voices. One vision for health.



healthmattersSM
of Central Oregon




Board of Directors


Mike Bonetto: *Chair, Board of Directors*
St. Charles Health System

Laura Brennan, MCSW: <small>PacificSource Health Plans</small>	Maryjeanne Kuhar, MD: <small>Physician and Central Oregon Community College</small>
Beth Ann Beamer, RN: <small>Mountain View Hospital</small>	Marvin Lein: <small>Bend Memorial Clinic</small>
James A. Diegel: <small>St. Charles Health System</small>	Jim Lussier: <small>The Lussier Center, TLC</small>
Ryan Gallivan, MD: <small>Surgeon, COIPA</small>	Patrick O'Keefe: <small>Cascade Insurance Center</small>
Gunnar Hansen, CPA	Ken Provencher: <small>PacificSource Health Plans</small>
Bryan Iverson: <small>Iverson Media</small>	Senator Chris Telfer: <small>State Senator</small>
Scott Johnson: <small>Deschutes County Health Services</small>	Christine Winters: <small>Community Advocate</small>

Many voices. One vision for health.



healthmattersSM
of Central Oregon



Addressing a Need...
A Snapshot of Crook, Deschutes and Jefferson Counties:

- Central Oregon's **uninsured rate is over 20%, or more than 40,000 people** - the highest in the state, and 78% more than its rate in 1996.
- 27.7% of residents have a household income at or below 200% of the federal poverty threshold.
- Based on 2010 Oregon County Health Rankings, Jefferson County is ranked 33 out of 33 in poor health outcomes and health factors.

Many voices. One vision for health.



healthmatters[™]
of Central Oregon

Dedicated to improving the health of Central Oregonians through these initiatives:






Many voices. One vision for health.




Strong Partnerships + Proven Model + Reimbursement = Sustainability



Health Services
Lead Regional Partner

Many voices. One vision for health.




Community Partners



















Many voices. One vision for health.




Start Up Funding & Community Partnerships

- PacificSource Charitable Foundation
- Oregon DHS
- Deschutes County Health Services
- St. Charles Health System (Bend, Redmond, Prineville, Madras)
- Crook County Health Department
- Jefferson County Health Department
- HMCO Board of Directors
- Partnerships with Federally Qualified Health Centers
- Partnerships with numerous community organizations
- Partnerships with numerous faith based organizations

Many voices. One vision for health.



Living Well

Developed and tested by Stanford University, this six-week workshop teaches skills for living a healthy life while living with chronic conditions.

Participants learn:

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- New treatment choices
- Better ways to talk with doctor and family

Many voices. One vision for health.

Proven Model

- Developed by the Patient Education Research Center at the Stanford School of Medicine
- Evidence Based
- Hundreds of CDSMP* implementations nation wide and internationally
- Standardized training for leaders
- Highly structured teaching protocol
- Standardized participant materials
- Metrics

*Chronic Disease Self-Management Programs

Many voices. One vision for health.






Living Well Central Oregon

Key Components:

- Startup Funding leading to *Sustainable Reimbursement*
- **Master Trainer and LWCO Regional Coordinator**
Brenda Johnson: Deschutes County Health Services
- **Regional Advisory Council**
Consisting of tri-county health departments, regional partners and community advocates




Many voices. One vision for health.






Living Well Central Oregon

- **Living Well with Chronic Conditions:** English language Stanford Chronic Disease Self-Management Program
- **Tomando Control de su Salud:** Spanish language and cultural adaptation of Living Well
- **Positive Self-Management Program:** Adapted for people living with HIV/aids and their caregivers




Many voices. One vision for health.






Serving the Community

- Workshops are held in Bend, La Pine, Madras, Prineville and Redmond (2010 focus: Warm Springs)
- In 2009, **17 workshops** were held with **over 223 people** registered. To date in 2010: **142 participants** with additional workshops scheduled through the end of year.
- For more information, to register for a workshop or view video testimonials visit website at: www.livingwellco.org




Many voices. One vision for health.

Living Well – Growth over time

YEAR	LW Workshops Offered	Number of Participants Registered
2007	6	76
2008	10	131
2009	17	223
2010	17	142

* through Sept. 30



Many voices. One vision for health.











Integration

- As a health collaborative, we can help establish a healthier community and lower overall health care costs for the future.
- An **integrated** health improvement plan, population health management program, a comprehensive care coordination “Pathways” Model, and an evidenced based chronic disease management program **work in synergy to improve health.**
- Training **leaders** within partner organizations

Many voices. One vision for health.



Working with the Community

- Focus on **well care** instead of sick care by emphasizing preventative medicine
- Provide community members **access to primary care providers** to detect health problems earlier and start appropriate treatment plans
- Provide community members access to **chronic disease self management program** to empower residents and improve health
- Provide community members access to care coordination and population health management tools

Many voices. One vision for health.







Sustainability

- Partnerships within community; supporting efforts of the lead regional partner Deschutes County Health Services and strengthening bonds with tri-county health departments and all regional partners
- SharedCare by HealthMatters is a State of Oregon certified health improvement plan that has pilot reimbursement model in place
- All SharedCare members living with a chronic condition are required to participate in Living Well Central Oregon; metrics tied to participation

Many voices. One vision for health.












Sustainability

- Reimbursement model development for commercial health insurance plans
- Potential reimbursement model within the State of Oregon
- Community Benefit dollars
- Return on Community Investment predictive modeling
- Transparent Metrics
- Federal program connections

Many voices. One vision for health.

A Healthier Community Benefits All of Us

Stakeholders	Employers	Hospitals & Physicians	Employees & Dependents*
Benefits	Increased worker productivity, decreased absenteeism	Increased compliance, improved utilization of services	Decreased costs and improve health and utilization patterns

Source: Adapted from Oregon Health Authority Return on Community Investment analysis
*Regional Community

Many voices. One vision for health.





For more information

www.livingwellco.org
 (541) 322-7430
 Brenda_Johnson@co.deschutes.or.us
 Master Trainer and LWCO Regional Coordinator

Many voices. One vision for health.



healthmattersSM of Central Oregon

For more information

Alisha Hopper: Executive Director
healthmattersco.org
 (541) 647-1765
alisha@healthmattersco.org
info@healthmattersco.org

Many voices. One vision for health.