

Columbia-Pacific Coordinated Care Organization

Columbia, Clatsop, and Tillamook Counties and the Reedsport area of Douglas County

Introduction

To create the regional health needs assessment, CPCCO augmented secondary national and state epidemiological data with a six question community survey that asked participants their opinion of the health and health care needs of the community in which they live. Survey participants were community members in the CPCCO service area including, but not limited to, CPCCO members. CAC members and CPCCO staff collaborated to disseminate and collect surveys in locations within the community that were thought to be the best opportunities for gathering community voice. Surveys were available in a variety of locations from health clinics to high school health classes. There were 1,104 surveys

completed in the region.

The goal was to get community perception of health and health care needs including awareness or experience of health in-equity.



CHP Process

Community meetings were held to discuss community health data and to gain feedback on the perception of health and health care needs reported at the local level.

The data from the community health needs assessment was disseminated to local CACs. A data analyst presented state, county, and local survey results to the CACs and highlighted the top drivers of health concerns. The health concerns were compared to the local community's perceptions of health and health care needs. The results and similarities between the epidemiological data and community concerns were discussed by the local and regional CACs.

The CACs went through a group decision-making process to identify three health priorities (along with sub-categories) at the local level. The regional CAC was given these recommendations and the meta-analysis of data for each county and for the region as a whole. The regional CAC made the final

recommendation of the three health priorities for the region.



Community Health Improvement Plan Health Priorities

The three health priorities are: Obesity, Mental Health, and Substance Abuse.

Goals and strategies discussed related to each recommended health priority are:

- Improved nutrition and food access as strategies to decrease obesity;
- Crisis management and suicide prevention as strategies to improve mental health;
- Decreasing alcohol abuse in transition age youth and tobacco use by pregnant women as strategies to reduce substance abuse;
- Promotion of health and wellness as foundational to all goals and strategies, including "upstream" prevention practices.

Obesity

Goal 1: Decrease the rate of low-income residents that are unable to access healthy foods.

Outcome Objectives/Indicators

There is a decrease in the current trend of low-income residents who report having limited access to healthy foods.

There is an increase in the number of people who are able to acquire the knowledge, skills, attitudes and behaviors to improve their nutrition.

Goal 2: Decrease of the current upward trend of obesity in the CPCCO service area.

Outcome Objectives/Indicators

There is a decrease in the number of adults who report being physically inactive.

There is a reduction in children who are diagnosed as obese by their health care provider in the CPCCO service area.

There is access to quality nutrition and education resources for every pregnant woman in the CPCCO service region including increased access to pre- and post-natal care and lactation support.

Mental Health:

Goal 1: Reduce and prevent youth and adult suicide attempts.

Outcome Objectives/Indicators

See a reduction each year in the current upward trend of eighth- and 11th-graders reporting a suicide attempt in the last year.

See an incremental reduction in the current upward trend of suicide attempt for all ages in the CPCCO service area each year.

There is an increase in the number of schools that have access to and utilize evidence-based practices such as RESPONSE, ASIST and Mental Health First Aid to support schools to improve their capacity to recognize the signs of mental health support needs in students.

There is an increase in the number of community members in the CPCCO service area who are aware of services and supports that are available to improve their mental health and well-being.

Goal 2: Better educate the community about the resources for mental health services.

Outcome Objectives/Indicators

There is an increase in the number of community partners involved in local and regional planning in establishing crisis respite support for persons in mental health crisis.

There is a development of baseline data indicating the use and knowledge of the mental health crisis hotline(s).

Use of the mental health crisis hotline baseline data to increase in the use and knowledge of the 24-hour crisis hotline.

There is an increase in education and supports related to mental wellness and community wide prevention models that all community members have access to.

Strategy

Substance Abuse:

Goal 1: Decrease youth and adult substance abuse.

Outcome Objectives/Indicators

There is an increase in the number of completed referrals to behavioral health services.

There is a marked decrease in the percentage of pregnant mothers who smoke annually.

There is a decrease in the percentage of people who report excessive drinking and substance abuse.

There is a decrease in the percentage of adolescents who report using harmful substances.

Goal 2: Increase the public's awareness of the risk of substance abuse and the long term health effects of the abuse of alcohol, drugs, and tobacco.

Outcome Objectives/Indicators

There is an increase in the number of community members in the CPCCO service area who are aware of services and supports that are available to stop or reduce the abuse of alcohol, drugs and tobacco.

The number of 12-20 year olds that are on Oregon Health Plan who receive SBIRT (screening, brief intervention, referral to treatment) screening through their primary care doctor increases by three percent every year.

There is an increase in public properties that are tobacco-free zones.