



The **Oregon Public Health Institute (OPHI)** is a nonprofit leader in building vibrant and healthy communities throughout Oregon, and a member of the National Network of Public Health Institutes (NNPHI). OPHI works with a wide range of private and public partners to create innovative community-led solutions, focused on system and environment changes that go beyond traditional healthcare strategies to enhance health, improve equity, and reduce disparities.

Since its founding in 1999, OPHI has been engaged in promoting equitable, health-positive strategies and policies across the state. OPHI has a strong foundation in health impact assessment, nutrition, healthy eating and physical activity, maternal and child health, and impacts of the built environment, and seeks to implement short and long-term strategies, with an explicit focus on improving the health of those experiencing the greatest disparities.

OPHI provides leadership statewide on advocacy and policy initiatives; convenes and engages place-based work, with a value of community led, and community driven decisions and implementation; develops innovative solutions and incubates projects; and provides in-depth program and project analysis and evaluation.

OPHI works with partners upstream, midstream and downstream, to identify low-cost, culturally-appropriate solutions that build upon established relationships and progress, and reflect and support the communities in which they will be implemented.

OPHI has been working with national partners to outline how public health institutes can support CHAs and CHIPs using their (our) unique role across the nation.

Staff from the Oregon Community Health Workers Association (ORCHWA) are also available for Technical Assistance through OPHI's agreements with the Transformation Center's TA Bank and the Office of Equity and Inclusion's access to Equity Coaches. Our teams, while comprised of talented individuals, work collaboratively to provide consulting and TA in a variety of areas, including:

- Leadership and governance challenges, at the board and community advisory council level
- Successful community engagement, especially with communities experiencing disparities
- Training related to health policy strategies, community health and partnership approaches
- Integrating health and equity into plans, policies and practices
- Conducting health impact assessments on decision options
- Facilitating group processes, including issue prioritization and system redesign
- Design, management and evaluation of programs and projects
- Connection to the statewide Health and Outdoors Initiative
- Creating culturally appropriate communication tools
 - Translating policy into plain speak
 - Translating data into strategies communities can use
- Understanding the roles, quality and skills of Community Health Workers
 - How Community Health Workers can address the social determinants of health
 - Integrating culturally specific Community Health Workers into care teams
- Worksite wellness, including primary care settings
 - Individualized assessment and planning with small employers who want to improve worksite and workplace wellness, including focus on food, activity, stress reduction
 - Community-based training regarding worksite wellness and how to build a culture of health in the places where many spend a significant part of their day
 - Individualized toolkit development for worksites/workplaces

You can get information regarding availability of members of the OPHI team (including ORCHWA) for Technical Assistance by contacting Karli Thorstenson (Karli@ophi.org) and review brief bios of OPHI team members at www.ophi.org/staff.

Liz Baxter, MPH

Pattie Carlin, MBA

Emily Henke, MPH

Regina Ingabire, MA, Int'l Sustainable Development

Karli Thorstenson, MPH

Dawn Robbins, Consultant

Edna Nyamu, BA, CHW (ORCHWA)

Celia Higuera, BA (ORCHWA)



oregon **public health** institute

