



## 2016 Community Health Improvement Plan (CHIP) Update Wallowa County Local Community Advisory Council (LCAC)

### Priority Issue:

#### Children and youth

- Physical activity and recreational opportunities/safety
- At-risk youth
- Oral health

### Problem to be solved:

Community members continue to prioritize children/youth. Data indicates accidental death rates and suicide rates are high compared to state and federal numbers.

Additional data reveals that median household income has decreased along with the consumption of fruits and vegetables.

Common local recreational opportunities and physical activity such as horseback riding, ATVs, bicycles, sledding, skiing, snowboarding and watersports pose a great deal of risk without adequate instruction or safety equipment. Physical activity and obesity remain a concern. Children's oral health continues to be a need. Over 75% of EOCCO members did not have a preventative dental visit in 2015.

**Measurement (When and who will do the work):** The LCAC will continue to review the community health needs assessment that was jointly commissioned by numerous local providers and NEON will assist with interpreting/ prioritizing the results. The LCAC will work with the EOCCO to receive and review OHA incentive metrics data. The LCAC will also use the Wallowa County specific data report prepared by GOBHI staff, Ari Wagner and Jill Boyd

### Goals:

- Increase access to safety equipment for recreational opportunities.
- Increase engagement of at- risk youth.
- Continue to promote oral health for children and youth.

## Objectives:

- Work with public safety agencies to reinforce helmet and life jacket use and distribution for both summer and winter sport. Continue the Fit Fridays and Health Fest programs that promote preventative care, water safety, and outdoor recreation.
- Implement planning regarding Aces and trauma informed communities by partnering with local organizations to conduct environmental assessments and targeted community education regarding the needs of at risk youth (with resources such as Paper Tigers).
- Work of the LCAC oral health subcommittee by continuing to support the school based oral health project.
- Provide educational opportunities for LCAC members then enlist members help in creating an active, healthy living environment. Encourage LCAC members to share information and ideas about Blue Zone principles with children, schools, friends, neighbors and family. ([Blue Zone principle](#))

## Budget Needed:

**\$10,000 for safety and equipment distribution**  
**\$10,000 to implement planning and programs for at risk youth**  
**\$25,000 to expand Fit Fridays**  
**\$10,000 for Health Fests**  
**\$5,000 for oral health programing**  
**\$10,000 for EAGALA (equine assisted growth and learning)**

## Priority Issue:

### Adult health

- Physical activity and recreational opportunities
- Chronic disease prevention
- Oral Health

## Problem to be solved:

The overall population of Wallowa County tends to be older adults. Data indicates accidental death and suicide rates are high compared to state and federal numbers. Women in their 50s have the highest health care needs across the county (cost frequency and risk factors combined). Female binge drinking increased by 34%, female alcohol use increased by 21% and female heavy use increased by 13%. There was approximately 12% increase in adults classified as obese.

Median household income has decreased along with consumption of fruits and vegetables. Common local recreational opportunities and physical activities such as horseback riding, ATVs,

bicycles, sledding, skiing, snowboarding and watersports post a great deal of risk without adequate instruction and safety equipment.

Over 75% of EOCCO members did not have a preventative dental visit in 2015. Over 90% of survey respondents 65+ report feeling stressed, anxious or depressed. Over 50% of the low-income survey respondents reported not enough money for food as a problem. Over 20% of all survey respondents reported needing more opportunities to reduce stress. Nearly 30% of survey respondents 65+ reported dental issues, 36% across all respondents.

**Measurement (When and who will do the work):** The LCAC will continue to review the community health needs assessment that was jointly commissioned by numerous local providers and NEON will assist with interpreting/ prioritizing the results. The LCAC will work with the EOCCO to receive and review OHA incentive metrics data. The LCAC will also use the Wallowa County specific data report prepared by Ari Wagner.

**Goals:**

- Increase/improve access to physical activity and recreational opportunities
- Chronic disease prevention
- Improve oral health

**Objectives:**

- Encourage change in the community that will lead to healthier options such as moving more, eating more plant based foods, finding ways to relieve stress and providing options for people to engage in activities and create a sense of purpose. (Blue Zone principles)
- Partner with agencies and programs that already have projects and supports related to chronic disease prevention and tie to the Blue Zone principles. (Blue Zone principles)
- Advocate for improved and expanded dental services for adults in the community.

**Budget Needed:**

\$10,000 funding for collective marketing and public education campaign about adult health and wellness with consideration to the Blue Zones project.

\$25,000 to expand chronic disease prevention programs

\$25,000 to utilize dedicated Community Health Workers for adult wellness programs

\$20,000 for Oral health

\$10,000 for EAGALA (equine assisted growth and learning)