



# Marion County Community Health Improvement Partnership

CHIP REPORT 2012 

# EXECUTIVE SUMMARY



The Community Health Improvement Partnership (CHIP) is pleased to present this report of the 2011 community health assessment and planning process for Marion County. This report may be found on-line at [www.co.marion.or.us/HLT/chip.htm](http://www.co.marion.or.us/HLT/chip.htm). This initiative was facilitated by Marion County Health Department in partnership with Salem Health, Santiam Hospital and Silverton Health. The final plan is a result of residents coming together in the four regions of Marion County to review health

data, agree on health priorities, and form and implement a plan to address those priorities. This plan is a living document and will be revisited by local workgroups every six months through year 2014. For more information about how to participate in the on-going process, contact Health Administration at 503.588.5357 or visit the CHIP website [www.co.marion.or.us/HLT/chip.htm](http://www.co.marion.or.us/HLT/chip.htm).

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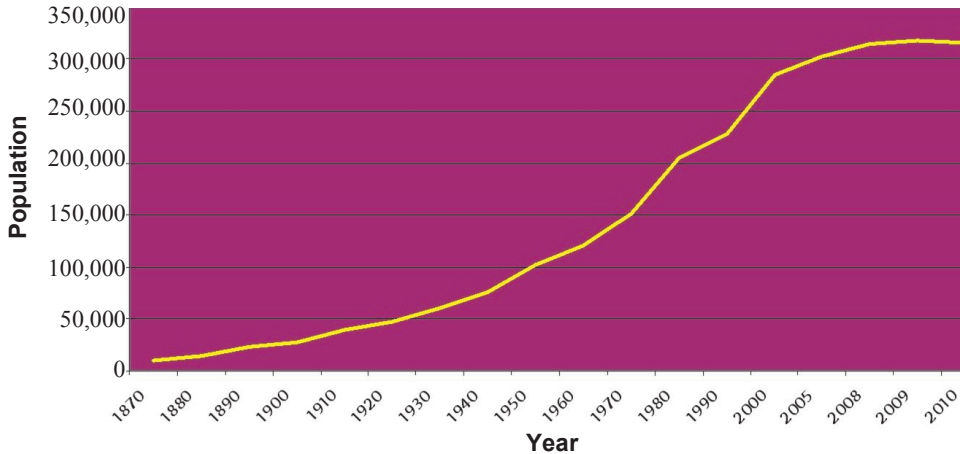


# DEMOGRAPHICS

## AND KEY DATA FOR MARION COUNTY

Demographics are statistical data relating to the dynamic balance of a population. Demographic trends describe the historical changes in a population over time. A convenient list of demographic facts from the 2010 Census for Marion County in comparison with Oregon is found at <http://www.salemhealth.org/#!community.home>

### Population Growth of Marion County from 1870-2010

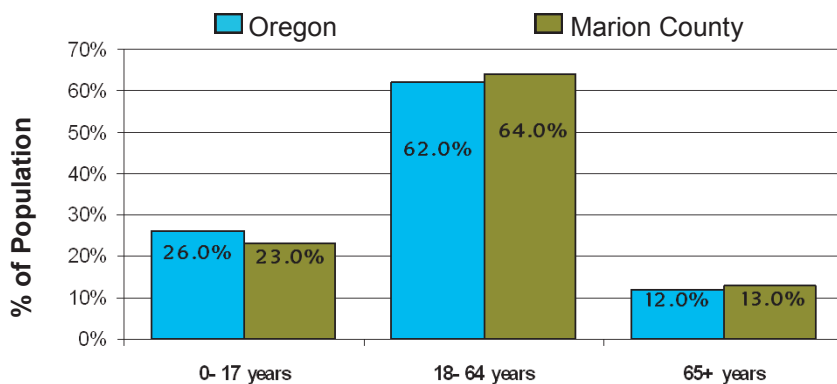


### Marion County population compared to Oregon by year.

Year	Oregon	Marion County
1970	2,091,533	151,309
1980	2,633,156	204,692
1990	2,842,321	228,483
2000	3,421,399	284,834
2010	3,831,074	315,335

Source: <http://www.pdx.edu/prc/home>

### Marion County & Oregon's Population By Age for 2009



In Marion County, the ratio of male to female is equal in the age group of 0-17 year olds (50%/50%).

From ages of 18-64, 54% are male and 46% female.

From ages 65+, 53% are female and 47% are male.

Source: <http://www.pdx.edu/prc/home>

### Births and Deaths, Marion County

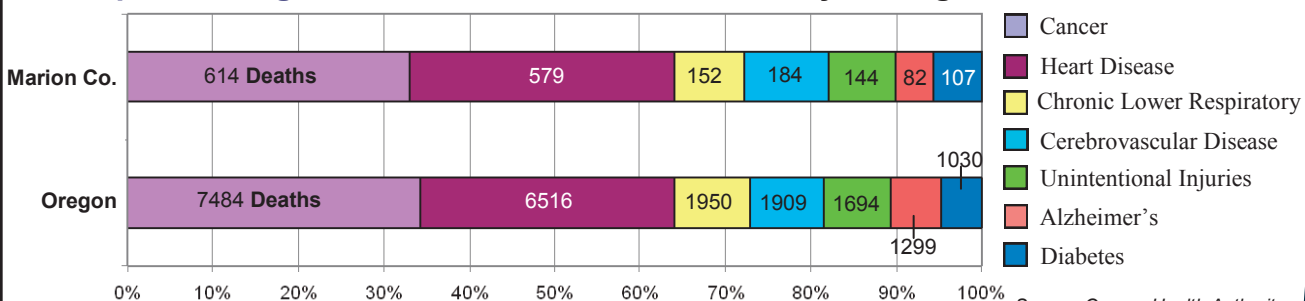
Source: Oregon Vital Statistics Annual Report 2000-2009

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Birth Count	4,528	4,555	4,430	4,635	4,641	4,713	4,938	5,158	5,013	4,602
Birth Rate	§15.8	§ 15.8	§ 15.2	§ 15.7	§ 15.6	§ 15.6	§ 16.1	§ 16.6	§ 15.9	§ 14.5
Death Count	2,429	2,447	2,576	2,533	2,431	2,411	2,457	2,552	2,704	2,590
Death Rate	8.5	8.5	8.9	8.6	8.1	§ 8.0	§ 8.0	8.2	8.6	§ 8.1

All rates per 1,000 population.

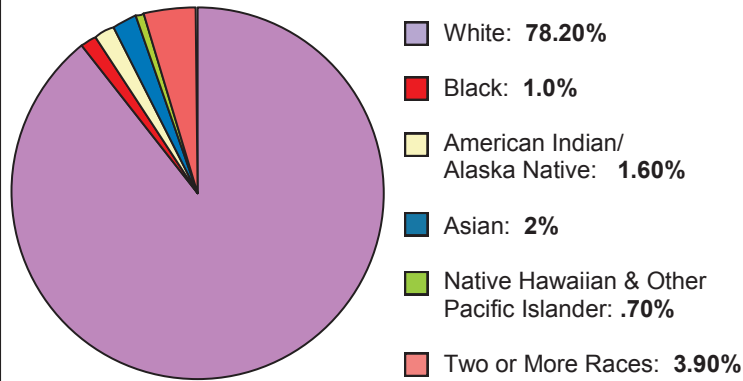
§ Indicates the rate is significantly different from the state.

### Top 7 Leading Causes of Death for Marion County & Oregon for 2008



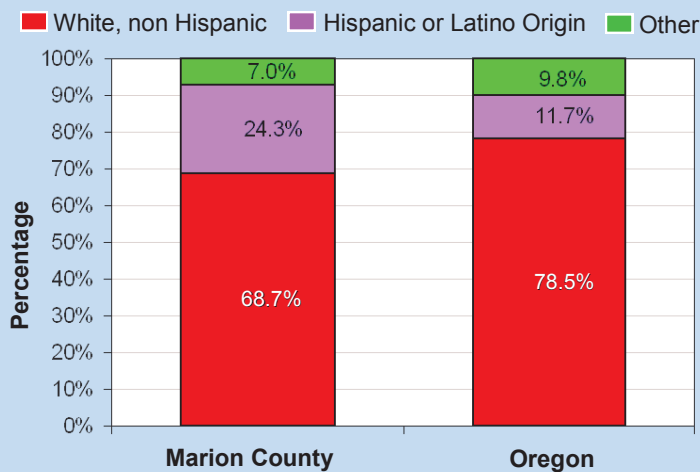
Source: Oregon Health Authority

### Marion County Population By Race, 2010



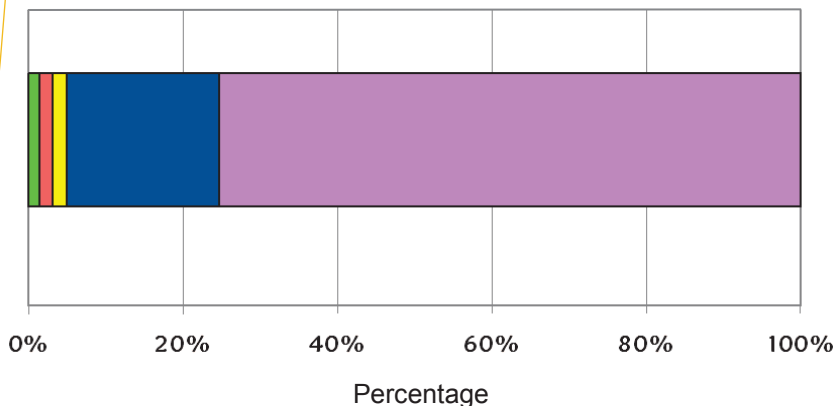
Source: U.S. Census Bureau

### Marion County & Oregon's Hispanic Ethnicity, 2010



Source: Source: U.S. Census Bureau

### Most Common Languages Spoken At Home In Marion County, 2008-2010



- Other: 1.4%
- Slavic Languages: 1.7%
- Asian/ Pacific Islander: 1.8%
- Spanish: 19.8%
- English: 75.3%



Source: U.S. Census Bureau  
2008-2010 American Community Survey

### Incorporated cities

There are 20 incorporated cities and 37 unincorporated communities in Marion County. As reported by the 2010 Census, the total population of Marion County was 315,900.

Incorporated Cities	Population
Aumsville	3,584
Aurora	918
Detroit	202
Donald	979
Gates	471
Gervais	2,464
Hubbard	3,173
Idanha	134
Jefferson	3,098
Keizer	36,478
Mill City	1,855
Mt. Angel	3,286
St. Paul	421
Salem	154,637
Scotts Mills	357
Silverton	9,222
Stayton	7,644
Sublimity	2,681
Turner	1,854
Woodburn	24,080

### Unincorporated Communities

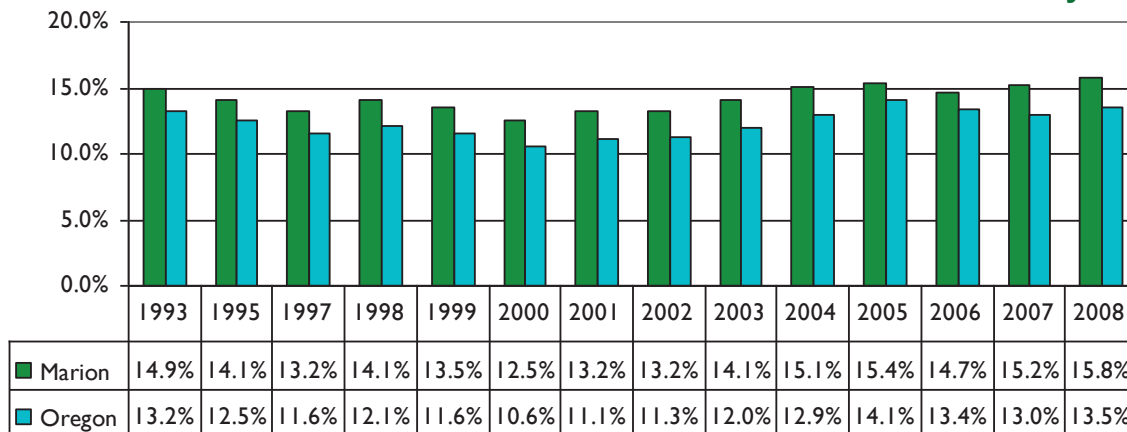
Breitenbush, Broadacres, Brooks, Butteville, Central Howell, Clear Lake, Concomly, Crestwood, Downs, Drakes Crossing, Elkhorn, Fargo, Hazel Green, Hopmere, Labish Center, Little Sweden, Lone Pine Corner, Macleay, Marion, Mehama, Monitor, Niagara, North Howell, North Santiam, Orville, Pratum, Roberts, Rockie Four Corners, Rosedale, St. Louis, Shaw, Sidney, Skunkville, Sunnyside, Talbot, Waconda, West Stayton

Source: Oregon Blue Book  
<http://bluebook.state.or.us>

# ECONOMICS & ACCESS TO HEALTHCARE

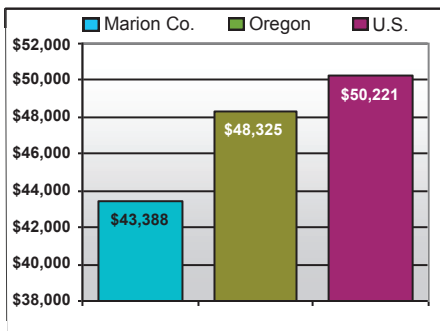
Cost of health care/insurance was a top concern for residents and social service providers from all regions of the county in response to two surveys conducted by Marion County Health Department in 2011. However, survey findings identified some differences by region. For example, the Silverton area, with a higher average self-reported annual income (74% at \$30,000+), also was more likely to report having health insurance and access to health care. In contrast, Woodburn/ North County with a lower self reported average income (57% earning less than \$30,000), also reported lower health, and access to health services than the rest of the county. In general, people who said their families personal income was less than \$30,000 per year were less likely to have health insurance and were more likely to say they were Hispanic.

## Percent Of Households With Incomes Below 100% Of The Federal Poverty Level



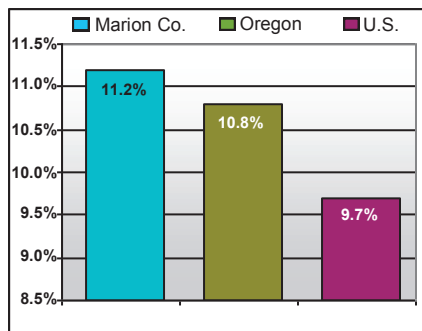
Date Source: US Census Bureau, Small Area Income & Poverty Estimate (SAIPE)

### Median Household Income - 2009



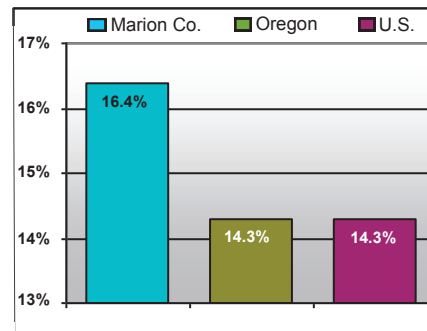
Source: US Census Bureau - 2009

### Unemployment Rates - 2010



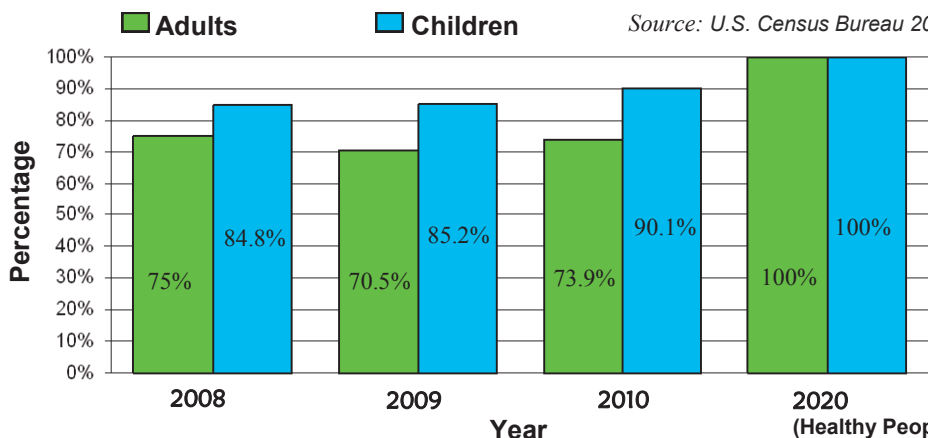
Source: US Bureau of Labor Statistics - 2009

### Poverty Level- 2009



Source: US Census Bureau - 2009

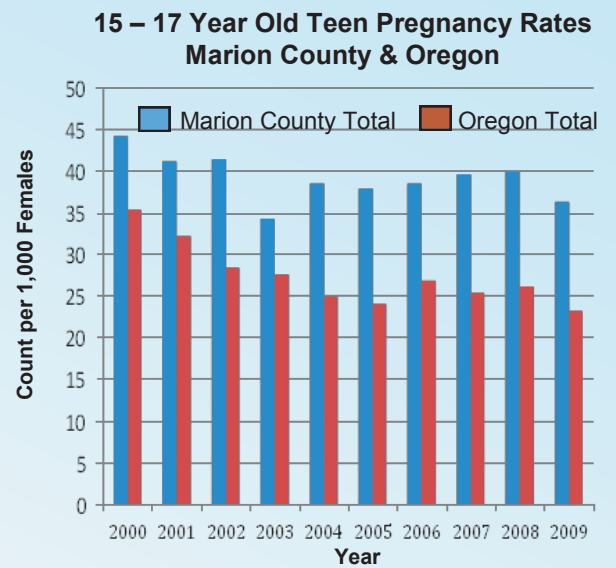
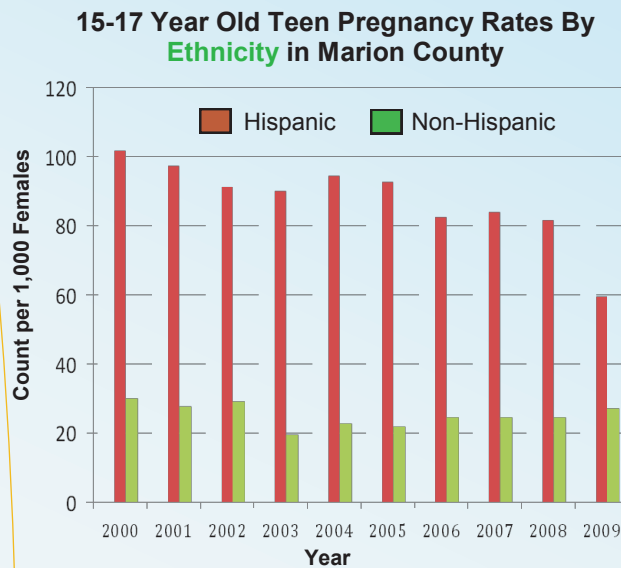
## Marion County Adults & Children With Health Insurance



Source: U.S. Census Bureau 2008-2010 American Community Survey

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to encourage collaborations across sectors, guide individuals toward making informed health decisions, and measure the impact of prevention activities.

# TRENDS IN TEEN PREGNANCY



Source: Oregon Health Authority 9/2011. Data collected from the Center for Health Statistics

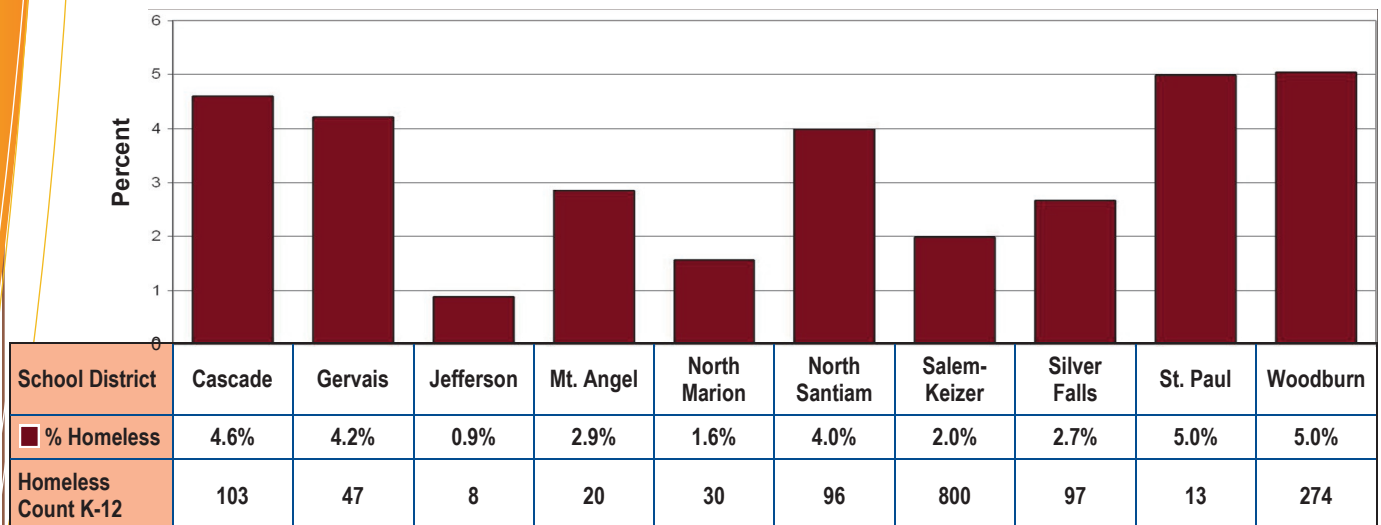
## HOMELESS SURVEY DATA

The Marion-Polk homeless count is coordinated each January by the Mid Willamette Valley Community Action Agency. The survey includes one-night emergency shelter and transitional housing program counts; count reports from eight school district sites in Marion and Polk counties; site count surveys at the Department of Human Services, Salem Hospital, Marion County and City of Salem Courts, Polk County Corrections, and Salem Housing Authority, ARCHES, and St. Vincent DePaul; Marion County Jail Survey and Polk County Jail Survey; homeless observed count; and street surveys.

Source: <http://www.mwvcaa.org/>

Year	2008	2009	2010	2011
Homeless Count	2,610	3,244	3,366	3,064

### Percent Of Marion County Students Who Are Homeless By School District, 2010 - 2011



Source: Oregon Department of Education

Homeless students are minors who lack a fixed, regular, and adequate nighttime residence. The numbers also include unaccompanied homeless youth, who are on their own – runaway and abandoned youth, including youths who are sharing housing due to loss of housing, economic hardship or a similar reason. Nineteen percent of Marion County homeless students and 17 percent of Oregon homeless students are unaccompanied.

# COMMUNITY HEALTH SURVEY - 2011

Community input about the health of Marion County was gathered through surveys and focus groups of county residents and partners. Local community members reviewed that information, as well as data about specific health indicators such as adult obesity, and selected priority health issues for action

## In Their Words

“There are good health care opportunities in Marion County many people don’t know how to access”

“Way too much junk-food our children in the school system”

“The rural areas need more service”

“When is something going to be done about the high cost for health care. Why can’t the cost be more affordable. Is health care only for the wealthy?”

“Need medical clinics for low income to provide more medical services”

“The emergency rooms and urgent care facilities are overwhelmed with people using these options as their primary health care services”

- Survey Respondents



## Marion County Community Health Views



## The Survey

The Marion County Health Department asked residents of Marion County to complete a 20 question survey on health in January and February of 2011. The survey was distributed through community partners, and was available online at the Marion County Health Department website. Out of the 315,335 people in Marion County 1,965 (.62%) completed the survey.

## Who Responded

- 1,382 women, 552 men, 10 other, and 21 did not specify
- 22.3% of people surveyed were Hispanic
- 55.9% of people surveyed were under 45
- English was the language spoken at home for 79.5% of people, while 14.2% said Spanish is their primary language spoken at home
- 27.2% were unemployed or would like more work
- 35.4% had a total household income under \$20,000

## Top Health Concerns

1. Cost of Care/Insurance
2. Obesity
3. Substance Abuse
4. Diabetes
5. Mental Health
6. Access to Care
7. Poor Nutrition
8. Lack of Providers
9. Cardiovascular Disease
10. Children’s Health



# Marion County Community Health Views



## In Their Words

“There is not nearly enough education and emphasis on personal health care, diet, and exercise”

“Not many doctors taking new patients”

“Need more prevention exams for cancer, diabetes, obesity etc.”

“A lot of people go without any sort of medical attention because they can't afford it”

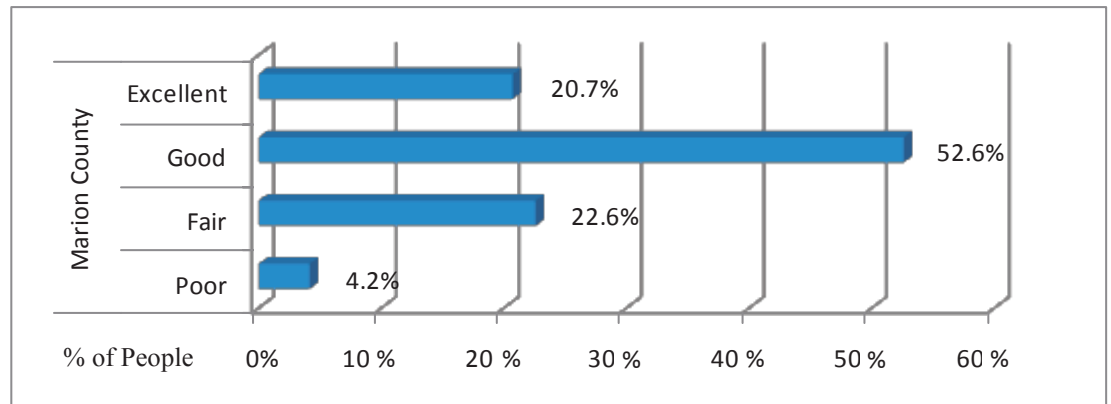
“Access to mental health care for those who need it is a problem”

“Invest in the health and well-being of all our citizens upfront rather than investing in treatment and rehabilitation after emotional, mental, and physical damage is done”

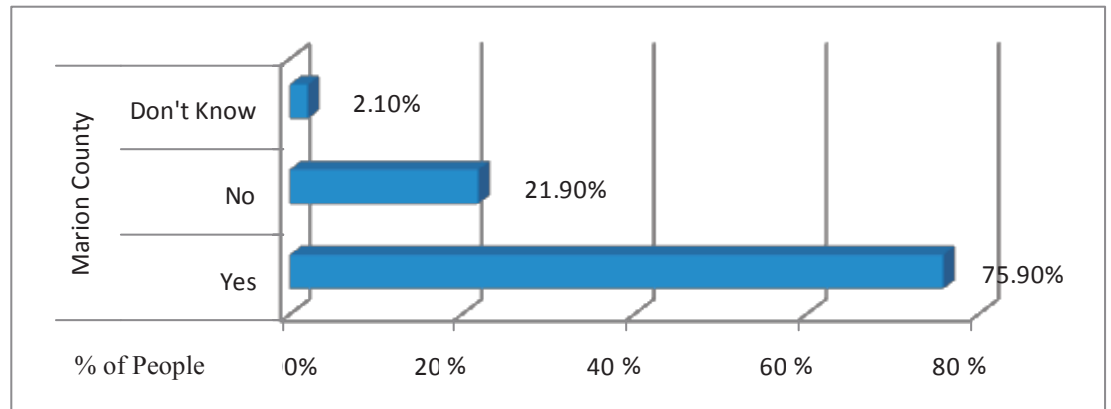
“Lots of obesity everywhere I go”

## What They Said

### Health Status



### Health Insurance Coverage



## Top Chronic Health Conditions

1. High Blood Pressure
2. Asthma
3. Diabetes
4. Chronic Pain
5. Arthritis
6. Thyroid Disease
7. High Cholesterol
8. Mental Health Issues
9. Depression
10. Heart Disease

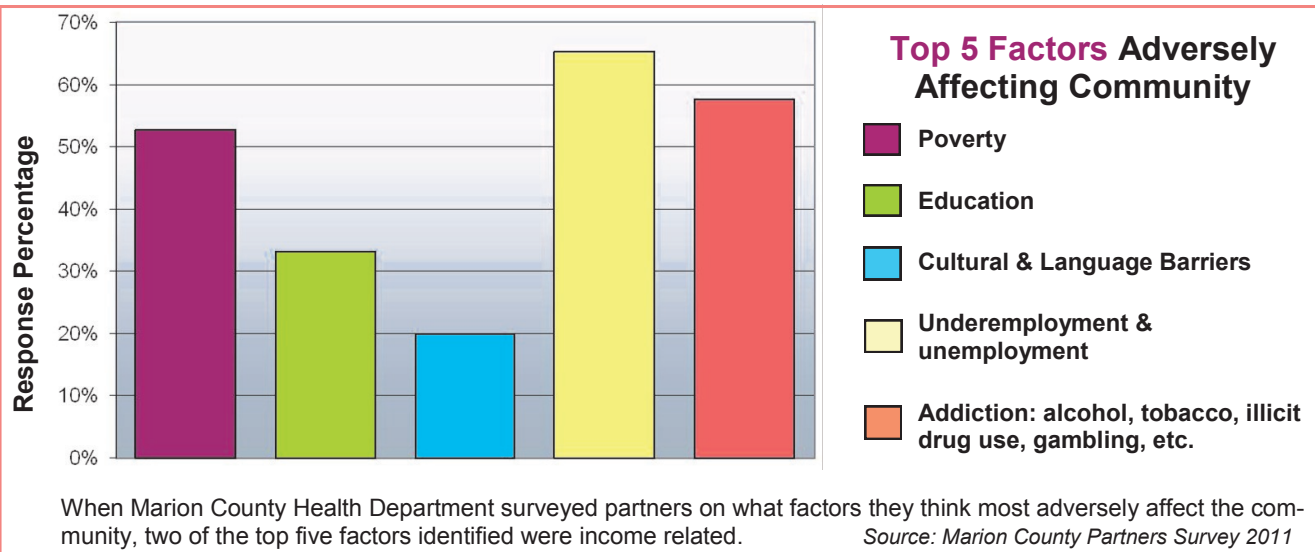


# HEALTH & SOCIAL SERVICE PROVIDER SURVEY - 2011

Marion County Health Department gathered input from local health and social service providers through an online survey in January 2011. Over 200 providers participated, naming their picks for the top health issues and key social, economic, and environmental factors impacting health in Marion County.

**Top 5 Health Issues by Region - 2011**

Rank	Salem-Keizer	Woodburn/ North Marion Co.	Silverton	Santiam Canyon
1	Lack of Providers	Access to Care	Diabetes	Diabetes
2	Cost of Care/ Insurance	Substance Abuse/addiction	Lack of Providers	Obesity
3	Obesity	Mental Health	Substance Abuse/ addiction	Lack of Providers
4	Substance Abuse/ addiction	Diabetes	Cost of Care/ Insurance	Substance Abuse/addiction
5	Mental Health	Obesity	Obesity	Cost of Care/Insurance






## COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP (CHIP)

The Marion County Community Health Improvement Partnership plan is a county-wide collaborative effort that combines the goals and objectives of four regional workgroups. The four workgroups, are based on hospital service areas, and include Salem-Keizer, Santiam Canyon, Silverton Area and Woodburn/North County. Sectors involved include healthcare, educators from preschool through university, local transit, social service providers, health educators, community based organizations, local government, federally qualified health centers, and other community members, local business, private gyms, YMCA, OSU Extension, faith community, service clubs, youth, food bank, seniors and others. Extensive efforts are on-going to ensure broad representation in the process.

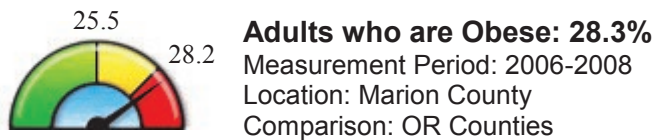
The four regions have chosen to address similar health priorities, but the strategies vary by community. It's hoped that the sum of these community-driven activities will impact the chosen health issues in a positive way.

The Community Health Improvement Partnership Steering Committee reviewed the priorities identified by the community and partner surveys and selected 10 health indicators needing improvement that could be impacted locally.

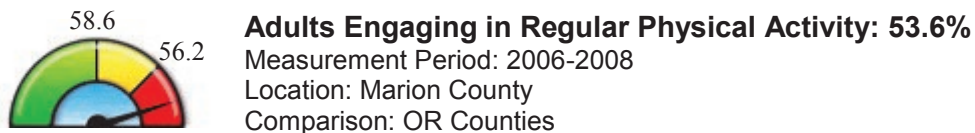
## 10 MEASURES OF HEALTH IN MARION COUNTY Community Health Improvement Partnership (CHIP)

	<p>The colored gauge gives a visual representation of how your community is doing in comparison to other communities. The three-colored dial represents the distribution of values from the reporting regions (e.g. counties in the state) ordered from those doing the best to those doing the worst (sometimes lower values are better and in other cases higher values are better). From that distribution, the green represents the top 50th percentile, the yellow represents the 25th to 50th percentile, and the red represents the "worst" quartile.</p>
	<p>This gauge shows how the Marion County value compares with the median or mean value for all counties in the state (or all US counties). The gauge is blue and white when being higher (or lower) is not necessarily good or bad and is multi-colored when being higher (or lower) is good or bad.</p>
	<p>This gauge shows whether the Marion County value is increasing or decreasing over time. A green arrow means the value is improving and a red arrow means the value is getting worse. The = (equal) sign means that there is not a significant increase or decrease since the last measurement.</p>

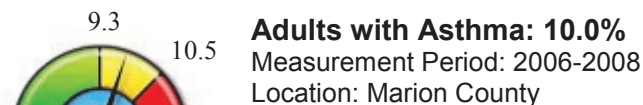
The following are the original indicators chosen by the community in July, 2011



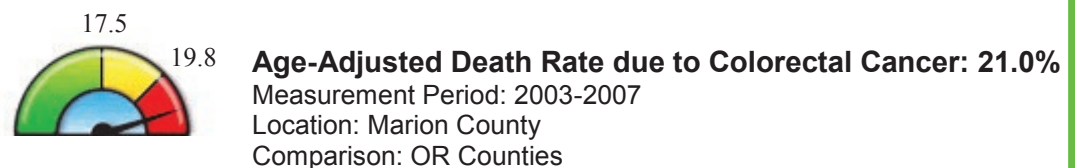
This indicator shows the percentage of adults (aged 18 and up) who are obese according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units. ( $BMI = \text{Weight (Kg)} / [\text{Height (cm)}^2]$ ) A BMI  $\geq 30$  is considered obese.



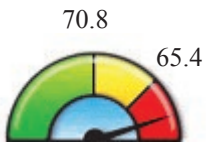
This indicator shows the percentage of adults who engage in moderate physical activity for at least 30 minutes on five days per week, or vigorous physical activity for at least 20 minutes three or more days per week.



This indicator shows the percentage of adults who currently have asthma.



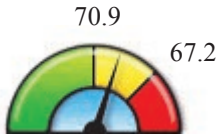
This indicator shows the age-adjusted death rate per 100,000 population due to colorectal cancer.



**Mothers who Received Early Prenatal Care: 59.8%**

Measurement Period: 2009  
 Location: Marion County  
 Comparison: OR Counties

This indicator shows the percentage of births to mothers who began prenatal care in the first trimester of their pregnancy.



**Pneumonia Vaccination Rate 65+: 68.4%**

Measurement Period: 2008  
 Location: Marion County  
 Comparison: OR Counties

This indicator shows the percentage of adults aged 65 years and older who have ever received a pneumococcal (pneumonia) vaccine.

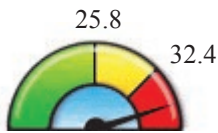
Going down



**Teen Fruit & Vegetable Consumption: 19.0%**

Measurement Period: 2007-2008  
 Location: Marion County  
 Comparison: Prior Value

This indicator shows the percentage of 11th grade students who ate five or more servings of fruits and vegetables per day during the 7 days preceding the survey.



**Teen pregnancy rate: 40.6 pregnancies/1000 females aged 15-17**

Measurement Period: 2007-2008  
 Location: Marion County  
 Comparison: OR Counties

This indicator shows the number of pregnancies per 1,000 females aged 15-17 years.

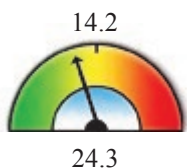
Going down



**Teens who Engage in Regular Physical Activity: 49.5%**

Measurement Period: 2007-2008  
 Location: Marion County  
 Comparison: Prior Value

This indicator shows the percentage of 11th grade students who were physically active for a total of at least 60 minutes per day on five or more of the 7 days preceding the survey.



**Teens who Use Marijuana: 14.2%**

Measurement Period: 2010  
 Location: Marion County  
 Comparison: OR State Value

This indicator shows the percentage of 11th grade students who used marijuana one or more times during the 30 days before the survey was administered.



# SALEM-KEIZER COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

Communities Served: Salem and Keizer

## Top Three Priority Health issues



**Teen pregnancy rate 40.6/1000:** This indicator shows the pregnancy rate in pregnancies per 1,000 females aged 15-17



**Mothers who received early prenatal care 59.8%:** This indicator shows the percentage of births to mothers who began prenatal care in the first trimester of their pregnancy.



**Adults who are obese 28.3%:** This indicator shows the percentage of adults (aged 18 and up) who are obese according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units. 30 is considered obese

The Salem-Keizer workgroup identified two groups already addressing the issues of teen pregnancy prevention and prenatal care access and agreed to focus on the issue of adult obesity.

**Goal:** Reduce adult obesity through community-wide efforts in Salem-Keizer community.

### **Objective 1: Provide information and education**

- Provide information about the benefits of regular exercise (goal 1 hr/day) and resources for adults to exercise at low-cost – Health Department
- Provide My Plate educational sessions to adults and children in Marion County – OSU Extension
- Provide healthy weight, nutrition & activity information at clinic visits – MCHD Women's Health
- Hold a community science fair April 2012 & develop outreach materials – Willamette University
- Assess client interest in & plan presentations by OSU Extension on healthy SNAP eating - ARCH-ES
- Adopt "My Plate" for community education programs – Marion-Polk Foodshare and Salem Health
- Sponsor National Nutrition Month forum with focus on I Love Me and specifically 5-2-1-0 wellness program as a tool for Adult Obesity Prevention or Intervention - Salem Health

### **Objective 2: Promote behavior change through "challenges" and other activities**

- Promote I ♥ Me program to increase number of participating employers – Salem Health
- Targeted classes to promote healthy behavioral change by county employees – Marion County
- Incorporate health & wellness activities into employee workday – Lancaster Family Clinic
- Hold "Tomando Control" client chronic disease management classes – Lancaster Family Clinic and Salem Health
- Hold 5-2-1-0 wellness program presentation for staff and promote staff participation – ARCHES
- Promote policies that increase access to healthy food options – Health Department
- Provide I Love Me/5-2-1-0 wellness program, Train the Trainer Sessions for organizations interested in running a program at their site - Salem Health

### **Implementation:**

Each organization will implement strategies to achieve the objectives. The workgroup will meet every six months to evaluate progress and revise the plan as needed. New partners are welcome to join the group at any time.

### **Membership:**

Marion County Health Dept. staff: G. Trejo-Martinez, J. Hollabaugh, P. Heilman ◦ Salem Health staff: S. Heuer, K. Jordan ◦ *Organizations and individuals that helped to select health priorities and/or develop solutions:* Salem-Keizer Transit, OSU Extension, Marion County Children and Families Department, Salem Leadership Foundation, Salem Family YMCA, I ♥ ME Diabetes Task Force, Mid Valley 211, WVP Health Authority, Mano a Mano, City of Salem, Northwest Family Services, Marion County Board of Commissioners, LMS/Consulate, Northwest Human Services, S-K Education Foundation, Rural Metro Ambulance, Willamette University, OCDC, Lancaster Family Clinic, Marion Polk Food Share, Salem Health, CHEC, MWV Community Action Agency, Marion County Health Department, Farmworker Housing Development Corporation, Marion County Health Advisory Board, Salem Alliance Church and Parish Nurse Network, Family Building Blocks, OR Military Department

**Contact for More Information:** <http://www.co.marion.or.us/HLT/chip.htm>. To join the workgroup, please contact us by email: [health@co.marion.or.us](mailto:health@co.marion.or.us)





# SANTIAM CANYON COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

Communities Served: Aumsville, Detroit, Gates, Idanha, Jefferson, Mill City, Mehama, Stayton, Sublimity, Turner and surrounding areas.

## Top Three Priority Health issues



**Adults Engaging in Regular Physical Activity 53.6%:** This indicator shows the percentage of adults who engage in moderate physical activity for at least 30 minutes on five days per week, or vigorous physical activity for at least 20 minutes three or more days per week.



**Teens who use Marijuana 14.2%:** This indicator shows the percentage of 11th grade students who used marijuana one or more times during the 30 days before the survey was administered.



**Teen pregnancy rate 40.6/1000:** This indicator shows the pregnancy rate in pregnancies per 1,000 females aged 15-17

**Goal 1:** To develop a comprehensive plan that builds on our existing activities to decrease the prevalence of teen pregnancy and teen marijuana use. To be addressed in 2013

**Goal 2:** To develop a comprehensive plan that builds on our existing activities to increase the level of adult physical activity.

**Objective 1:** Increase community awareness of existing resources by creating a community website and logo with a focus on physical activity and expanding to several aspects of health and wellbeing.

### Strategies for Objective 1:

- Research and collect health resources regarding nutrition, physical activity, etc to be posted on the community website. – All
- Research creating a website, potentially have one donated – YMCA
- Compile youth groups and church activity nights into one schedule – Faith-based community
- Compile list of existing community events as a central resource – All
- Engage local papers and media to promote walking and physical activity – Hospital, YMCA, Health Department
- Evaluate website utilization to guide future efforts—All

**Objective 2:** To develop walking maps in each community of varying distances and levels of difficulty in order to increase physical activity and walking among community members.

### Strategies for Objective 2:

- Research creating a website, potentially have one donated – YMCA
- Plot walking maps in each community and determine distances – YMCA
- Post walking maps on community website - YMCA
- Distribute hard copies of the maps around the community (library, senior centers, schools) – All
- Promote walking maps on website, newsletters, and contact lists – Health Department
- Engage local papers and media to promote walking and physical activity – Hospital, YMCA, Health Department

**Membership:** Marion County Health Dept. staff: E. deHayr, J. Hollabaugh, P. Heilman ◊ Silverton Health staff: G. Baldwin, D. Turrell ◊ *Organizations and individuals that helped to select health priorities and/or develop solutions:* Stayton YMCA, Canyon Senior Center, City of Stayton, North Santiam School District, Northwest Senior and Disability Services, Fresh to You, Santiam Christian Church, and Foothills Church.

**Contact for More Information:** <http://www.co.marion.or.us/HLT/chip.htm>  
To join the workgroup, please contact us by email: [health@co.marion.or.us](mailto:health@co.marion.or.us)



**Marion County**  
OREGON  
Health Department

**Santiam Memorial Hospital**  
[ YOUR PARTNER IN GOOD HEALTH ]

# SILVERTON AREA COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

Communities Served: Mt. Angel, Scotts Mills and Silverton

## Top Three Priority Health issues



**Adults Engaging in Regular Physical Activity 53.6%:** This indicator shows the percentage of adults who engage in moderate physical activity for at least 30 minutes on five days per week, or vigorous physical activity for at least 20 minutes three or more days per week.



**Teen fruit & vegetable consumption 19.0%:** This indicator shows the percentage of 11th grade students who ate five or more servings of fruits and vegetables per day during the 7 days preceding the survey.



**Teens who engage in regular physical activity 49.5%:** This indicator shows the percentage of 11th grade students who were physically active for a total of at least 60 minutes per day on five or more of the 7 days preceding the survey.

**Goal:** To develop a comprehensive plan to increase awareness and accessibility of our existing and new activities and resources that will increase physical activity and fruit and vegetable consumption.

**Objective:** To organize and implement a community 'Get Moving' Campaign that focuses on increasing awareness and action in becoming more physically active.

### **Strategies:**

- Create a website through the City of Silverton and implement a tool that tracks numbers of minutes, and miles of physical activity that individuals can log and track over time – City of Silverton
- Create and distribute walking maps that show different distances and levels of difficulty – All
- Promote 'Park It, Walk It' for residents when running errands around town – All
- Conduct 'Doc Walks' around town with local physicians as a way to talk about health and increase physical activity. The physicians would create a walking group and residents would join and walk with them – Silverton Medical Community, McClaine Street Clinic
- Yoga and Zumba classes added for staff of elementary schools – Silver Falls School District
- Evaluate baseline measurement of physical activity for Silverton Health employees – Silverton Health
- Implement Sit for 30, Stand Up and Move Campaign – Silverton Health
- Establish short sessions with topics to prevent injuries from falls – Physical Therapy
- Incorporate campaign into fun runs – Silverton Health
- Update and create inventory of spaces for physical activities in the community – Silverton Kiwanis
- Engage students in the Get Moving Campaign – Silver Falls School District
- Promote policies that increase access to healthy food options—Health Department

### **Membership:**

Marion County Health Dept. staff: E. deHayr, J. Hollabaugh, P. Heilman ◊ Silverton Health staff: T. Merritt-Worden, L. Neufeld ◊ Silver Falls School District: ◊ *Organizations and individuals that helped to select health priorities and/or develop solutions:* Eric Swenson, OR Child Development Coalition, Silverton Area Community Aid, Silver Falls School District, City of Silverton, Silverton Senior Center, Marion County Health Advisory Board, M. Grady, MD, Silverton Together, Willamette Valley Hospice, Kiwanis, Silver Falls Family YMCA, community residents, Silverton High School students, Silverton Grange, Somos Hispanas Unidas Silverton, local business owners, local health care providers.

**Contact for More Information:** <http://www.co.marion.or.us/HLT/chip.htm>.

To join the workgroup, please contact us by email: [health@co.marion.or.us](mailto:health@co.marion.or.us)



Marion County  
OREGON  
Health Department

 Silverton Health

# WOODBURN AND NORTHERN MARION COUNTY COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

**Communities Served:** Aurora, Brooks, Donald, Gervais, Hubbard, St. Paul, St. Louis, Woodburn

## Top Four Priority Health issues



**Adults who are obese 28.3%:** This indicator shows the percentage of adults (aged 18 and up) who are obese according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units. 30 is considered obese



**Teen pregnancy rate 40.6/1000:** This indicator shows the pregnancy rate in pregnancies per 1,000 females aged 15-17



**Teens who engage in regular physical activity 49.5%:** This indicator shows the percentage of 11th grade students who were physically active for a total of at least 60 minutes per day on five or more of the 7 days preceding the survey.



**Teen fruit & vegetable consumption 19.0%:** This indicator shows the percentage of 11th grade students who ate five or more servings of fruits and vegetables per day during the 7 days preceding the survey.

**Goal:** Strengthen, raise awareness, and increase accessibility of community wide efforts and supports for families in Northern Marion County in order to strengthen families and positively influence the four key indicators.

### **Objective 1:** Identify and compile community resources for parents, youth and families

- Create one list of resources to share with partners – Woodburn Pediatric Clinic
- Use Woodburn Advisory Board and Business Health Services as springboard for wellness or other initiatives chosen by the group- Silverton Health
- Implement ¡Cuidate! curriculum in Woodburn School District – Marion County Health Department

### **Objective 2:** Provide skill building opportunities for parents and youth

- Provide adult or family obesity prevention class in Northern Marion County – OSU Extension
- Assess community interest in food preservation- OSU Extension
- Implement parent workshops in Woodburn on how to talk to your child about sex – Health Department

### **Objective 3:** Expand 5-2-1-0 and other healthy living programs to Northern Marion County

- Promote “Sit for 30, Get Up & Move”, physical activity and “Life’s Simple Seven” – Silverton Health
- Implement 5-2-1-0 at the clinic – Woodburn Pediatric Clinic
- Encourage staff members to do “Sit 30, Exercise 3” – NW Senior & Disabilities services
- Implement a “Virtual Trip” Fitness Challenge with students and staff at each of the four Woodburn high school academies- Marion County Health Department

### **Implementation:**

Each organization will implement strategies to achieve the objectives. The workgroup will meet every six months to evaluate progress and revise the plan as needed. New partners are welcome to join the group at any time.

**Membership:** Marion County Health Dept. staff: G. Trejo-Martinez, J. Hollabaugh, P. Heilman ◦ Silverton Health staff: T. Merritt-Worden, L. Neufeld ◦ *Organizations and individuals that helped to select health priorities and/or develop solutions:* OR Child Development Coalition, Marion County Health Advisory Board, Woodburn School District, City of Woodburn, health care providers, Wellspring, French Prairie Nursing Home, local business, NW Senior and Disability Services, senior citizen, Yakima Farmworkers Clinic, Bridgeway, OSU Extension Service, Marion County Children and Families Commission.

**Contact for More Information:** <http://www.co.marion.or.us/HLT/chip.htm>  
To join the workgroup, please contact us by email: [health@co.marion.or.us](mailto:health@co.marion.or.us)





# Community Health Improvement Partnership: coming together to build a healthier community



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