



## Wheeler County Local Community Advisory Council Community Health Improvement Plan (CHIP)

### BACKGROUND

In spring 2014 the Wheeler County Local Community Advisory Council (LCAC) completed its first CHIP. The plan was based on objective health indicators available for Wheeler County and extensive public input that came from a community wide questionnaire and three public meetings—one for each of Wheeler County’s small towns.

### REVIEW PROCESS FOR 2016

Updated objective health indicators were reviewed.

The primary changes noted were:

1. The Eastern Oregon region has a whole grew slightly in population and gained in Hispanic residents. In Wheeler the percentage of Hispanics increased from 1.2% to 4.9%.
2. The percent speaking ‘English less than very well’ rose only slightly in Wheeler County from 0.9% to 1.3%.
3. Unemployment in Wheeler County declined slightly to 6.4% from 7.6% but is still higher than the Oregon average of 6.0%.
4. The percent of Wheeler County population living in poverty increased from 20.1% to 22.6%.
5. The percent of Wheeler County residents without personal transportation increased from 1.5% to 2.3%

Most primary need indicators have remained stable, including:

1. The Wheeler County population age 65+ is 31% vs. 15% for the State of Oregon
2. Mean retirement income for Wheeler County is \$15,988 vs. \$23,771 for the State of Oregon.
3. There are about 625 total households, of average size 2.0 persons. Of the total households 397 are considered families with an average size of 2.5
4. The poverty rate for families with related children is 33% vs. 20% for Oregon as a whole.

**In sum, Wheeler County remains poor and aged. Families with children require special accommodation to ensure participation. The special needs of the elderly including chronic disease management need to be considered.**

**ACCOMPLISHMENTS 2014-2016**

SPECIFIC COMMUNITY REQUEST	LCAC ACTIONS
<p>The three most important health issues are Obesity, Drug Use, and Alcohol Use</p>	<ul style="list-style-type: none"> <li>• Two free classes with 90 total participants to help them lose weight.</li> <li>• Received a grant to expand mental health services available to Mitchell area.</li> <li>• Contributed \$8,000 to help maintain mental health counselor at Fossil and Spray schools.</li> <li>• Planning a health/nutrition class using the CHIP program for Fall 2016</li> </ul>
<p>If there is one thing to improve community access to health care what would it be? The top responses in order: More primary care providers; expanded hours; more specialists; more health education.</p>	<ul style="list-style-type: none"> <li>• Applied for and received grants for telehealth services in Mitchell and Fossil. This allows direct linkage to OHSU for psychiatric consultation.</li> <li>• Applied for and received a grant to expand dental services hours.</li> <li>• Mailed a quarterly flyer to each household with health education information (2015).</li> <li>• Placed health education articles in the local newspaper.</li> <li>• Contract secured with a pharmacy in Gilliam County to do local delivery and consultation in Fossil.</li> <li>• Applied for grant to add a third provider to Asher Community Health Center—to begin July 2016. This will allow resumption of some weekend urgent on-call services.</li> <li>• Saturday Dental Services offered.</li> </ul>
<p>Do more health care prevention activities.</p>	<ul style="list-style-type: none"> <li>• Mail colorectal cancer screening kit to each household. \$10 reward for return (2015)</li> <li>• Followed up colorectal screening in 2016 with \$50 reward for return</li> <li>• Lions Vision van screening during county fair</li> <li>• Continue to run mammogram bus twice per year despite a Komen grant expiring</li> <li>• Continued free annual oral health screenings at schools with sealants</li> <li>• School health fair planned for September 2016.</li> <li>• Diabetes Day planned for October 2016 with free screening, dilated eye examinations.</li> </ul>
<p>Offer local medical services to veterans.</p>	<ul style="list-style-type: none"> <li>• Legal changes at the national level allow more local care. Contact the outreach coordinator,</li> <li>• Availability of local services advertised in local newspaper</li> </ul>
<p>County residents are confused as to availability of mental health services due to name change.</p>	<ul style="list-style-type: none"> <li>• Mailed refrigerator magnet with contact numbers to all households</li> <li>• Expanded services in Mitchell</li> </ul>

## **OVER ARCHING PRIORITY ISSUE AREA #1**

### **Prevention – Screenings**

#### **SPECIFIC PROBLEMS IDENTIFIED**

Increase use of vaccines  
Improve mammography rates  
Improve oral health screenings  
Better screening for chronic disease management

#### **INTERVENTION**

1. Continue collaboration with Wheeler County Public Health Department to promote high county vaccination rates
2. Continue the mammography bus service to central Oregon
3. Continue free annual oral health screenings and sealant application at local schools. Recruit additional oral health screeners and train in First Tooth Program
4. More assertive outreach and community events on screening and prevention as resources permit

#### **MEASUREMENT**

1. Public Health Department statistics on immunizations
2. Women compliant with USPTF recommendations for Breast Cancer Screening and participants using organized bus trip
3. First Tooth training and increased surveillance throughout schools
4. Screening rates

#### **BUDGET**

1. Included in base budgets of Wheeler County Public Health and Asher Community Health Center
2. Annual Cost \$\$2,000-3,000 (\$1,000 per bus--2-3 busses per year)
3. Training is free provided by Advantage Dental
4. Grant funds as they become available for special events: e.g. Incentive Project funded school health fair and dental screenings for Fall 2016: \$9,968

## **OVER ARCHING PRIORITY ISSUE AREA #2**

### **Awareness / infrastructure**

#### **SPECIFIC PROBLEMS IDENTIFIED**

Community residents are not fully knowledgeable about health service resources or ways that they can improve their lifestyles.

Additional resources are needed in Wheeler County

#### **INTERVENTION(S)**

1. Create more availability of Oral Health Services
2. Reduce the measure of “Food desert” by getting more nutritious choices locally at a fair price
3. Conduct public education community awareness campaign focusing on locally available opportunities to promote healthy behaviors
4. Targeted interventions to help people to improve health and nutrition practices e.g., Living Well or CHIP

#### **MEASUREMENT**

1. Local hours of dental services increased
2. Measurement improvement in “Access to Food” assessment
3. Number of newspaper articles, radio spot announcements, or special presentations with attendance., e.g., Diabetes Day 2016; School Health Fair 2016
4. Reduced BMI and other indicators
5. Percentage of children having adequate after school child care

#### **BUDGET**

1. \$277,236 per year from Bureau of Primary Health Care
2. To be determined
3. To be determined
4. Budget is project specific: e.g., \$58,000 for BMI reduction project for 90 participants; \$33,500 for 35 participants in CHIP

## **OVER ARCHING PRIORITY ISSUE AREA #3**

### **Mental Health**

#### **SPECIFIC PROBLEMS IDENTIFIED**

1. Improve access to mental health services
2. Expand awareness of resources available

#### **INTERVENTIONS**

1. Increase from 2 to 4 days per week services provided by Community Counselling Solutions through the Mitchell School-based Health Center
2. Continue support for innovative model of school-based mental health services at all three Wheeler County schools
3. Community marketing campaign through Community Counseling Solutions “branding committee”

#### **MEASUREMENT**

1. Grant submitted and secured for services through June 2017 at Mitchell school-based health center
2. Continuation of school-based counselor program at all 3 Wheeler County schools
3. Number of community promotions

#### **BUDGET**

1. \$60,230 PER YEAR from School Based Health Center program
2. Various contributions (Community Counseling Solutions; Wheeler County)
3. Community Counseling Solutions base budget and additional small grants as they become available