

**Evidence-Based Practices Aligned with Lake County Community Health Needs  
November 2013**

DENTAL		
Name of practice or program	Description	Resources and information
School-based dental sealant programs	School-based dental sealant delivery programs provide dental sealants to students either onsite at schools (using portable dental equipment) or offsite in dental clinics. Oregon's Dental Sealant program targets schools where at least 50% of the students are eligible for the Federal Free-and-Reduced Lunch Program.	The Community Guide, School-Based Dental Sealant Programs: <a href="http://www.thecommunityguide.org/oral/schoolsealants.html">www.thecommunityguide.org/oral/schoolsealants.html</a> Oregon School Dental Sealant Program: <a href="http://public.health.oregon.gov/PreventionWellness/oralhealth/Pages/SchoolDentalSealantProgram.aspx">http://public.health.oregon.gov/PreventionWellness/oralhealth/Pages/SchoolDentalSealantProgram.aspx</a>
First Tooth program	Developed by the Oregon Academy of Pediatrics, First Tooth was designed to help providers implement preventive oral health services for infants and toddlers under the age of 3 into their current practice. First Tooth training topics include the prevalence and impact of oral disease; how to conduct an oral health risk assessment; how to provide culturally appropriate anticipatory guidance; fluoride varnish application; and implementation, workflow tips, and access to dental care. First Tooth offers a no-cost training for dental and medical communities.	Oregon Oral Health Coalition: <a href="http://orohc.dreamhosters.com/content/first-tooth">http://orohc.dreamhosters.com/content/first-tooth</a>
DRUGS AND ALCOHOL		
Name of practice or program	Description	Resources and information
Screening, Brief Intervention and	SBIRT is a clinical practice that helps providers systematically screen for and identify substance abuse	OHA Transformation Center (click "SBIRT"): <a href="http://transformationcenter.org/#metric-resources">http://transformationcenter.org/#metric-resources</a>

Referral to Treatment (SBIRT)	among patients and refer them to appropriate treatment resources in the community.	
Enhanced enforcement of laws prohibiting alcohol sales to minors	Enhanced enforcement efforts can decrease the number of alcohol sales to minors. Retailer compliance checks are often implemented in combination with strategies to publicize the increased enforcement activities and caution proprietors against selling alcohol to minors.	The Community Guide, Underage Drinkers: <a href="http://www.thecommunityguide.org/alcohol/lawsprohibitingales.html">www.thecommunityguide.org/alcohol/lawsprohibitingales.html</a>
Prescription drug monitoring program	The Oregon Prescription Drug Monitoring Program (PDMP) is a tool to help healthcare providers and pharmacists provide patients better care in managing their prescriptions. It contains information provided by Oregon-licensed retail pharmacies. The program was started to support the appropriate use of prescription drugs. The information is intended to help people work with their healthcare providers and pharmacists to determine what medications are best for them.	Oregon Prescription Drug Monitoring Program: <a href="http://www.orpdmp.com">www.orpdmp.com</a>
Naloxone rescue programs	Naloxone can help prevent deaths from opiate drug overdoses. Recent Oregon legislation provides more flexibility for how naloxone can be used in community settings by individuals rather than licensed providers exclusively.	Oregon EMS Program: <a href="https://public.health.oregon.gov/ProviderPartnerResources/EMSTraumaSystems/Pages/Naloxone-Training-Protocol.aspx">https://public.health.oregon.gov/ProviderPartnerResources/EMSTraumaSystems/Pages/Naloxone-Training-Protocol.aspx</a>

**ACCESS TO MEDICAL CARE**

<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
School-Based Health Center (SBHC) program	SBHCs are medical clinics either within or on the grounds of a public school. Each SBHC is staffed by a primary care professional who may be a doctor, nurse practitioner or physician's assistant, other medical or mental health professionals and support staff, such as a receptionist. SBHCs provide timely, easy to access services to children	School-Based Health Center State Program Office: <a href="http://www.healthoregon.org/sbhc">www.healthoregon.org/sbhc</a> Oregon School-Based Health Care Network: <a href="http://www.osbhcn.org">www.osbhcn.org</a>

	and families.	
Patient-Centered Primary Care Home program	Patient-Centered Primary Care Homes are clinics that have been recognized for their commitment to quality, coordinated care. This model of care fosters strong relationships with patients and their families. Clinics improve care by catching problems earlier, focusing on prevention, wellness and management of chronic conditions. The Patient-Centered Primary Care Institute offers training and resources for clinics.	Patient-Centered Primary Care Home program: <a href="http://www.primarycarehome.oregon.gov">www.primarycarehome.oregon.gov</a> Patient-Centered Primary Care Institute: <a href="http://www.pcpci.org">www.pcpci.org</a>
<b>TRANSPORTATION</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Complete Streets	Complete Streets are designed for people of all ages and ability levels, and allow for safe travel for pedestrians, bicyclists, motorists and public transportation riders. Complete Streets policies ensure that streets are designed to be inclusive of all types of users and transportation modalities.	Smart Growth America/National Complete Streets Coalition: <a href="http://www.completestreets.org">www.completestreets.org</a>
<b>SENIOR SERVICES</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Living Well with Chronic Conditions	Living Well with Chronic Conditions (the Stanford Chronic Disease Self-Management Program) is a six-week workshop for people living with one or more ongoing health conditions. A Spanish language and culturally appropriate version, Tomando Control de su Salud, is also available.	Oregon Living Well Program: <a href="http://www.healthoregon.org/livingwell">www.healthoregon.org/livingwell</a> Stanford Patient Education Research Center: <a href="http://patienteducation.stanford.edu">http://patienteducation.stanford.edu</a>
STEADI	The <b>STEADI toolkit</b> is a comprehensive and easy-to-use resource designed to help healthcare providers	Oregon Senior Falls Prevention Program: <a href="http://public.health.oregon.gov/PreventionWellness">http://public.health.oregon.gov/PreventionWellness</a>

	incorporate fall risk assessment and proven interventions into their clinical practice.	<a href="#">/SafeLiving/FallPrevention/Pages/STEADIToolkit.aspx</a>
Tai Chi: Moving for Better Balance	Tai Chi: Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute. The program uses eight forms that have been derived from the traditional 24-form Yang-style Tai Chi, and progresses from easy to difficult. The program is intended for community-dwelling older adults aged 60 and older, who can walk easily with or without assistive devices. Participants should practice the program at least twice a week for 12 weeks, in a class taught by an authorized instructor.	Oregon Senior Falls Prevention Program: <a href="http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/TaiChi.aspx">http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/TaiChi.aspx</a>
Stepping On	<b>Stepping On</b> is a program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. In a small-group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls.	Oregon Senior Falls Prevention Program: <a href="http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/SteppingOn.aspx">http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/SteppingOn.aspx</a>
Otago	The Otago Exercise Program is an individually tailored, home-based, balance and strength fall prevention program delivered by a physical therapist.	Oregon Senior Falls Prevention Program: <a href="http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/Otago.aspx">http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/Otago.aspx</a>
STAR-C	STAR-Caregivers (STAR-C) is a standardized intervention to help family caregivers identify, reduce, and manage difficult behavioral symptoms of their relative with Alzheimer's disease.	US Administration on Aging: <a href="http://www.aoa.gov/AoA_Programs/HPW/Alz_Grants/star-c.aspx">www.aoa.gov/AoA_Programs/HPW/Alz_Grants/star-c.aspx</a>
Better Bones and Balance	Better Bones and Balance is a series of fitness classes designed to improve strength and balance while reducing the risk of falls.	Oregon State University Extension Services, Better Bones and Balance Program: <a href="http://extension.oregonstate.edu/physicalactivity/bb">http://extension.oregonstate.edu/physicalactivity/bb</a>
Arthritis	The Arthritis Foundation Exercise Program is a safe	Arthritis Foundation:

Foundation Exercise Program	exercise program for anybody wanting to start a beginner's fitness class or to maintain muscle strength. The program uses gentle activities to help increase joint flexibility and stamina and has been proven to decrease pain in people with arthritis. Exercises can be done standing or seated in a chair.	<a href="http://www.arthritis.org/resources/community-programs/exercise/">www.arthritis.org/resources/community-programs/exercise/</a> Oregon Arthritis Program: <a href="http://www.healthoregon.org/arthritis">www.healthoregon.org/arthritis</a>
EnhanceFitness	EnhanceFitness is a 60-minute group exercise program designed to improve the cardiovascular fitness and strength of older adults.	Project Enhance: <a href="http://www.projectenhance.org/enhancefitness.aspx">www.projectenhance.org/enhancefitness.aspx</a>
<b>MENTAL HEALTH</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Depression and suicide risk screening	The US Preventive Services Task Force recommends that primary care providers routinely screen patients for depression and provide referrals to psychotherapy and antidepressant treatment.	US Preventive Services Task Force: <a href="http://www.uspreventiveservicestaskforce.org/uspstf/uspsaddepr.htm#summary">www.uspreventiveservicestaskforce.org/uspstf/uspsaddepr.htm#summary</a>
PEARLS	PEARLS treats minor depression and dysthymic disorder in adults age 60 and older.	PEARLS Program: <a href="http://www.pearlsprogram.org">http://www.pearlsprogram.org</a>
<b>PREVENTION AND PROMOTION</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Wellness@Work	The Wellness@Work initiative supports employers in creating environments that prevent disease and promote health, specifically by encouraging employees to be tobacco free, eat well, move more and take charge of their own health.	Wellness@Work: <a href="http://www.wellnessatworkoregon.org">www.wellnessatworkoregon.org</a>
Oregon Tobacco Quit Line	The Oregon Tobacco Quit Line provides telephonic and web-based counseling support to help people quit tobacco and stay quit. Certain individuals may be eligible for free nicotine replacement therapy. A fax referral	Oregon Tobacco Quit Line: <a href="http://www.quitnow.net/oregon">www.quitnow.net/oregon</a> Quit Line Promotional Materials: <a href="http://public.health.oregon.gov/PreventionWellness">http://public.health.oregon.gov/PreventionWellness</a>

	program is available for providers and others to efficiently refer individuals to the Quit Line for services.	<a href="/TobaccoPrevention/EducationalResources/Pages/index.aspx">/TobaccoPrevention/EducationalResources/Pages/index.aspx</a>
Tobacco cessation and health promotion benefits	Providing a variety of cessation counseling and pharmacotherapy options to treat tobacco dependence supports individuals in quitting. There are several key characteristics of an evidence-based tobacco cessation benefit. In addition, insurers can cover other wellness programs, like Weight Watchers® or gym memberships to encourage members to achieve their health goals.	Helping Benefit Oregon Smokers: <a href="http://www.smokefreeoregon.com/policy/helping-benefit-oregon-smokers">www.smokefreeoregon.com/policy/helping-benefit-oregon-smokers</a>
Cessation counseling and referral	Provider advice to quit is the number one reason cited by tobacco users for making a quit attempt. Providers are encouraged to screen patients for tobacco use at every visit, document tobacco use status in their patient record, advise the patient to quit and provide information about cessation resources. In order to do so systematically, providers can be trained in the 5As program (Ask, Advise, Assess, Assist, Arrange).	One Quit Two Quit: <a href="http://www.youquittwoquit.com/Counseling.aspx">www.youquittwoquit.com/Counseling.aspx</a>
Public education campaigns	Public education about the dangers of tobacco can help people quit. Many campaigns have been designed and have increased interest in tobacco users in resources like the Quit Line.	Tips from Former Smokers Campaign: <a href="http://www.cdc.gov/tobacco/campaign/tips">www.cdc.gov/tobacco/campaign/tips</a>
Tobacco-free public spaces	Changing policies to prohibit tobacco use in public spaces, multiunit housing, hospitals and health systems reduces exposure to secondhand smoke and discourages tobacco use.	Tobacco-free public spaces: <a href="http://www.smokefreeoregon.com">www.smokefreeoregon.com</a> Tobacco-free hospitals and health systems: <a href="http://www.oahhs.org/quality/initiatives/destination-tobacco-free.html">www.oahhs.org/quality/initiatives/destination-tobacco-free.html</a>
Diabetes Prevention Program	The National Diabetes Prevention Program uses lifestyle coaches to teach people at risk for developing type 2 diabetes strategies for increasing physical activity while eating healthier.	CDC National Diabetes Prevention Program: <a href="http://www.cdc.gov/diabetes/prevention/about.htm">http://www.cdc.gov/diabetes/prevention/about.htm</a>
Adoption of	Child care facilities, schools, worksites, and health systems	USDA and HHS MyPlate:

nutrition standards	can adopt and implement standards for nutrition (including support for breastfeeding and limiting unhealthful foods) in order to promote healthy eating.	<a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> Healthier U.S. Schools Challenge: <a href="http://www.fns.usda.gov/hussc/healthierus-school-challenge">www.fns.usda.gov/hussc/healthierus-school-challenge</a> Healthy Eating Research: <a href="http://www.healthyeatingresearch.org">www.healthyeatingresearch.org</a>
Living Well with Chronic Conditions	Living Well with Chronic Conditions (the Stanford Chronic Disease Self-Management Program) is a six-week workshop for people living with one or more ongoing health conditions. A Spanish language and culturally appropriate version, Tomando Control de su Salud, is also available.	Oregon Living Well Program: <a href="http://www.healthoregon.org/livingwell">www.healthoregon.org/livingwell</a> Stanford Patient Education Research Center: <a href="http://patienteducation.stanford.edu">http://patienteducation.stanford.edu</a>
Obesity screening and referral to resources	Providers can collect patient height and weight at every visit in order to calculate and track BMI over time. Individuals who are overweight or obese can then be referred to appropriate weight management counseling, treatment and programs.	US Preventive Services Task Force: <a href="http://www.uspreventiveservicestaskforce.org/3rduspstf/obesity/obesrr.htm">www.uspreventiveservicestaskforce.org/3rduspstf/obesity/obesrr.htm</a>
Breastfeeding and the Baby Friendly Hospital Initiative	Breastfeeding is an important way to ensure optimal health of babies and their mothers. Worksites and other public buildings should offer spaces to allow breastfeeding mothers to express breast milk, and hospitals can support breastfeeding mothers by becoming Baby Friendly Hospitals.	Oregon Breastfeeding Program: <a href="http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/index.aspx">http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/index.aspx</a> Baby Friendly Hospital Initiative: <a href="http://babyfriendlyusa.org/eng.index.html">http://babyfriendlyusa.org/eng.index.html</a>
Safe Routes to School	Promote physical activity before, during, and after school by increasing the number of Safe Routes to School programs	Oregon Safe Routes to School: <a href="http://www.oregonsaferoutes.org/">http://www.oregonsaferoutes.org/</a>

**COMMUNICATION**

Name of practice or program	Description	Resources and information
211 Info	211 offers telephone, text and web-based resource	211 Info:

	assistance. Additional resources can be added to the 211 database at any time.	<a href="http://www.211info.org">www.211info.org</a>
<b>PHYSICAL ACTIVITY</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Joint use agreements	Joint use agreements can be made to allow after-hours access to school resources like gyms, fields and basketball courts. Joint use agreements can allow additional low-cost spaces for community members to be physically active.	ChangeLab Solutions: <a href="http://changelabsolutions.org/childhood-obesity/joint-use">http://changelabsolutions.org/childhood-obesity/joint-use</a>
School physical activity guidelines	School districts can encourage physical activity at school through class requirements and recess time.	CDC School Health Guidelines: <a href="http://www.cdc.gov/mmwr/pdf/rr/rr6005.pdf">www.cdc.gov/mmwr/pdf/rr/rr6005.pdf</a>
Walk With Ease	Walk With Ease is led by a trained instructor and include one-hour classes that meet three times a week for six weeks. Each class includes health-related discussion topics and a self-paced group walk.	Arthritis Foundation Walk With Ease Program: <a href="http://www.arthritis.org/resources/community-programs/walk-with-ease">www.arthritis.org/resources/community-programs/walk-with-ease</a>
<b>AFFORDABILITY AND FINANCIAL ASSISTANCE</b>		
<b>Name of practice or program</b>	<b>Description</b>	<b>Resources and information</b>
Nutrition assistance programs	The free and reduced school meal program, the Supplemental Nutrition Assistance Program (SNAP), the Senior Farm Direct Nutrition Program and the WIC program each strive to provide nutrition for eligible populations. Promotion of these programs can encourage more eligible participants to sign up.	National School Lunch Program: <a href="http://www.ode.state.or.us/search/page/?id=1997">www.ode.state.or.us/search/page/?id=1997</a> Oregon SNAP Program: <a href="http://www.oregon.gov/dhs/assistance/pages/foodstamps/foodstamps.aspx">www.oregon.gov/dhs/assistance/pages/foodstamps/foodstamps.aspx</a> Senior Farm Direct Nutrition Program: <a href="http://www.oregon.gov/dhs/spwpd/pages/food_fin/sfdnp/index.aspx">http://www.oregon.gov/dhs/spwpd/pages/food_fin/sfdnp/index.aspx</a> Oregon WIC Program: <a href="http://www.healthoregon.org/wic">www.healthoregon.org/wic</a> Oregon Hunger Task Force:

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