

# BUILDING A CULTURE OF HEALTH IN RURAL OREGON

OREGON RURAL HEALTH CONFERENCE

October 3, 2019

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# KLAMATH COUNTY AT A GLANCE

“Klamath County was struggling, but we thought we could create something better”—Patty Case, OSU Extension



[Find Data](#)[Create Reports](#)[Klamath Initiatives](#)[Locate Resources](#)[About Us](#)[Home](#) > [Community Dashboard](#) > [Adults with Diabetes](#) > [County](#)

## Adults with Diabetes

Measurement Period: 2010-2013 ▼

⚙️ Filter: none (all Counties)

This indicator shows the percentage of adults who have ever been diagnosed with diabetes.

Women who were diagnosed with diabetes only during the course of their pregnancy were not included in this count.

### Why is this important?



Diabetes is a leading cause of death in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 25 million people have diabetes, including both diagnosed and undiagnosed cases. This disease can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk for ischemic heart disease, neuropathy, and stroke. According to the CDC, the direct medical expenditures attributable to diabetes are over \$116 billion. Diabetes disproportionately affects minority populations

[More...](#)

### County: Klamath

**9.4%**Source: [Oregon Behavioral Risk Factor Surveillance System](#)

Measurement period: 2010-2013

Maintained by: Conduent Healthy Communities Institute

Last update: May 2016

Filter(s) for this location: [Region: South Central](#)

COMPARED TO



OR Counties

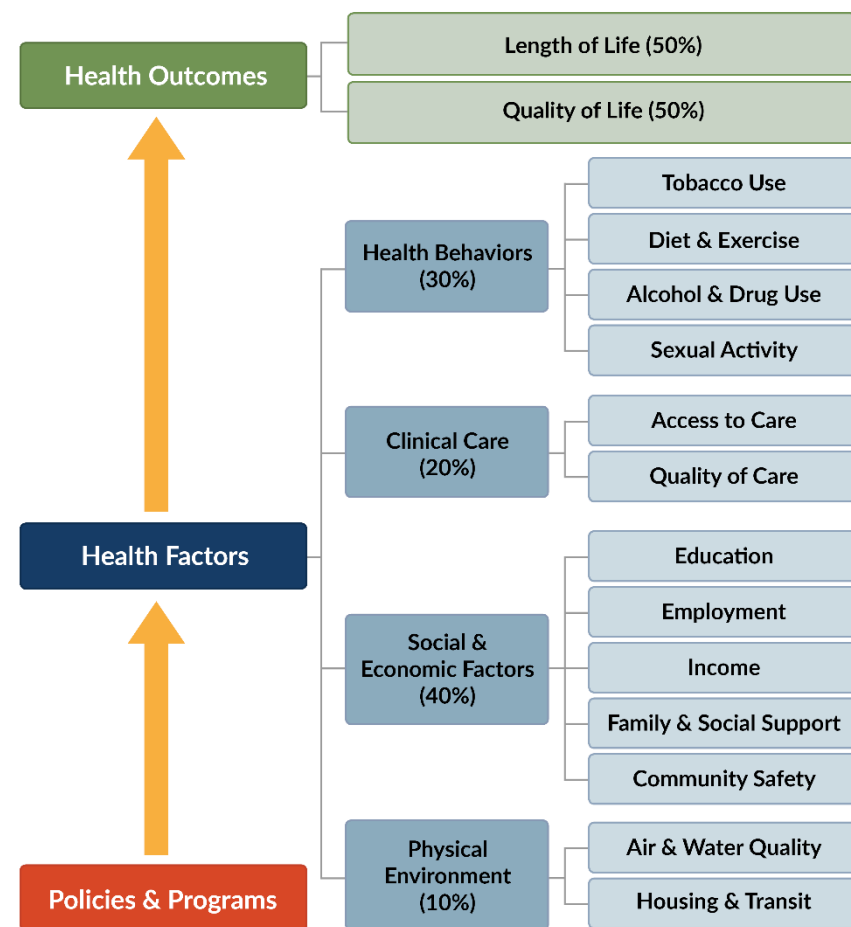
OR Value  
(8.2%)Prior Value  
(7.0%)

Trend

Healthy Klamath  
Target  
(5.0%)**Technical note:** The value is age-adjusted to the 2000 U.S. Standard Population.[www.healthyklamath.org](http://www.healthyklamath.org)

# CRITERIA

- In order to win the prize, a community has to demonstrate excellence in each of 6 categories:
  - Defining health in the broadest possible terms.
  - Committing to sustainable systems changes and policy-oriented long-term solutions.
  - Creating conditions that give everyone a fair and just opportunity to reach their best possible health.
  - Harnessing the collective power of leaders, partners, and community members.
  - Securing and making the most of available resources.
  - Measuring and sharing progress and results.





# ROBERT WOOD JOHNSON FOUNDATION CULTURE OF HEALTH PRIZE



# KEY ACCOMPLISHMENTS: POLICY, PEOPLE, PLACES

- Food Systems
- Klamath Promise
- Public Safety
- Built Environment
- Tobacco Policy
- Health Equity
- Klamath Works
- Rural Campus
- Data Sharing





# FOOD SYSTEMS



Welcome to the new KFOM website! It's a brand new site, so please register again [here](#).

[Log in](#)

[Register](#)

[Home](#)

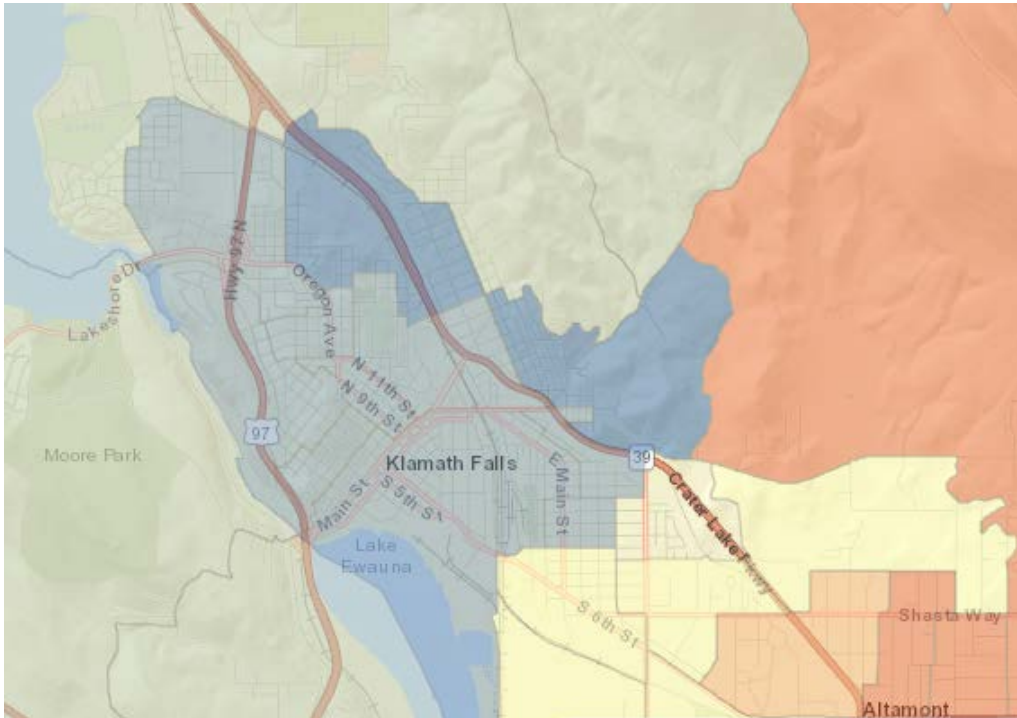
[Meet the Farmers](#)

[How it works](#)



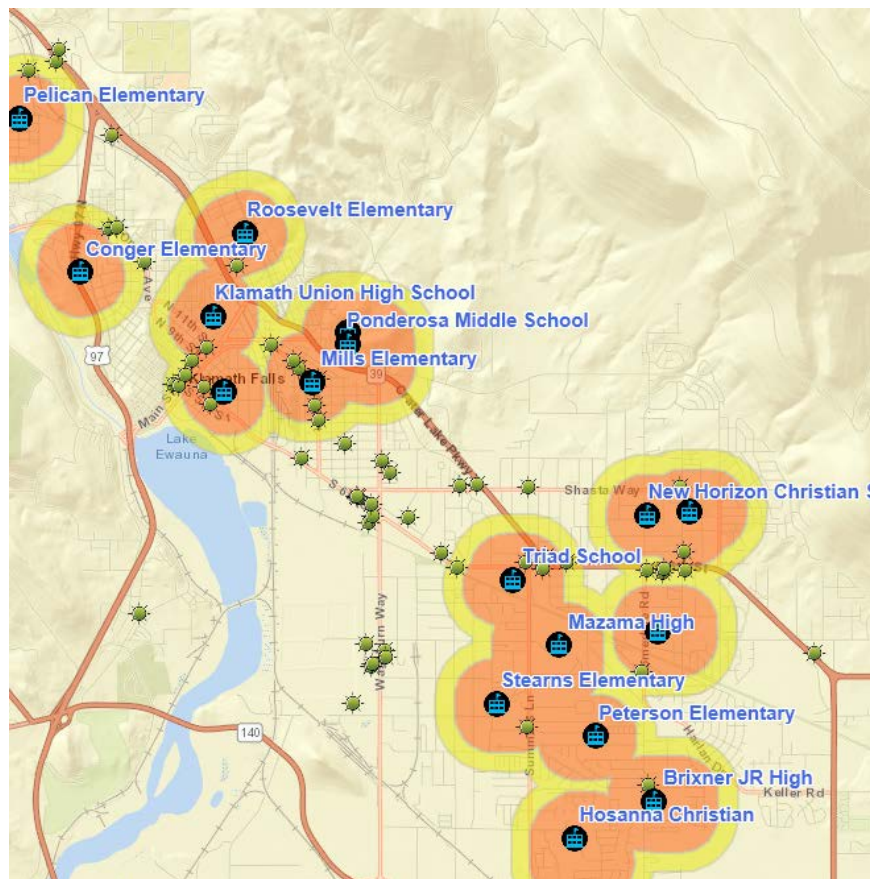
**WELCOME TO KLAMATH FARMER'S ONLINE MARKETPLACE**

# BUILT ENVIRONMENT





# TOBACCO PREVENTION AND POLICY



- Tobacco Retail Licensing
- Tobacco free parks
- Tobacco free downtown events
- “Wellness Zone”

# COMMUNITY HEALTH WORKER PROGRAM



<https://www.cohoplans.org/non-emergency-medical-transportation/>



# COMMUNITY HEALTH WORKER PROGRAM

**692** People



**actively engaged**  
with our team to  
improve their health

provided

**9,938**



home visits, office visits,  
and phone calls



**1,842**

**RIDES**

provided to people in  
need to healthy locations



**35%**  
reduction  
in ED visits

and

**49%**  
reduction  
in admissions

one year after graduating from our program, patients continued to visit the Emergency Department and were admitted to the hospital **less frequently** than before working with us.



# OHSU RURAL CAMPUS



# RURAL PROS AND CONS (AS I'M SURE YOU'RE AWARE!)

- Pros
  - Close-knit
  - Easy to get involved
  - Innovation and Resourcefulness
- Challenges
  - Conservative
  - Low funding
  - Geographic spread and outlying communities
  - 20% people do 80% work



# ASSESSMENT AND PLANNING



KLAMATH COUNTY

COMMUNITY HEALTH IMPROVEMENT PLAN

2019





# CHIP PRIORITIES

- Suicide
- Infant Mortality
- Safe and Affordable Housing
- Food Insecurity
- Oral Health
- Physical Wellbeing

## Suicide prevention

2018 CHA Data Indicator  
Suicide death rate of 47  
per 100,000 population  
(2017 Oregon Public Health  
Assessment Tool)

### Goal

Prevent deaths from suicide

### Objective

Reduce the suicide death rate in Klamath County by 10% no later than June 30, 2022.

### Strategy 1

Prevention: Implement suicide prevention programming in the school districts, in accordance with Oregon Senate Bill 52, and in the community.

### Strategy 2

Intervention: Identify individuals who are at potential risk of suicide and refer them to the appropriate agency.

### Strategy 3

Postvention: In accordance with Oregon Senate Bill 561, enact a comprehensive, community-wide suicide postvention plan to prevent suicide contagion.

### Baseline

47 deaths per 100,000 population<sup>1</sup>

### Target

≤42 deaths per 100,000 population

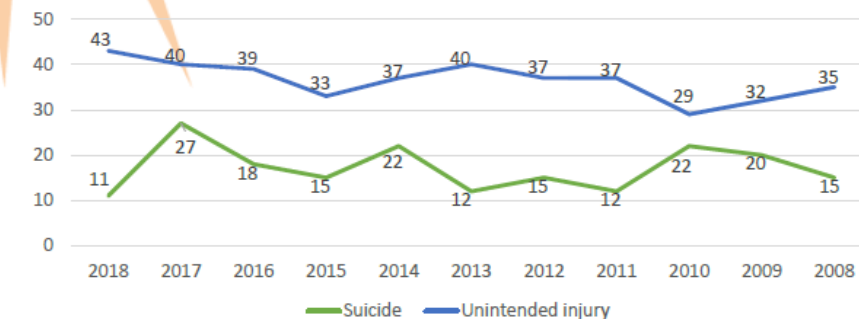
### Benchmark

19 deaths per 100,000 population<sup>2</sup>

### Measurement

Quarterly reports on activities; annual report on actual suicide death rate

As a type of preventable injury death, suicide is a public health issue. While some groups are at a higher risk, suicide can affect anyone, regardless of age, race and ethnicity, and income. It also affects the health of others, to include family members and friends, and the community. Recognized as a local, state, and national health priority, suicide prevention extends across the entire lifespan. Everyone has a responsibility in preventing suicide.



<sup>1</sup>Oregon Public Health Assessment Tool

<sup>2</sup>Oregon State Suicide Death Rate



# GETTING INVOLVED: THE LONG STORY SHORT

- Opportunities will come to you if people who do cool things know you are interested.
- They will only know that if you or someone tells them.
- Your first job is to tell the people doing cool things that you are interested.
- Find ways to align existing work

On the other side, if you're the person doing cool things and want to rally others, be sure to get out there and let people know they can get involved!!

Give people a variety of options— very small things like signing a letter to the editor you wrote for them to more involved projects like taking the lead on a project.

## THE PRIZE



- \$25,000
- Media + b-roll
- Letters of support
- Connect Training
- Lasting honor
- Networking

10 minute: <https://www.youtube.com/watch?v=vLiA7Zl06SE>

3 minute: <https://vimeo.com/user13782109/review/293601640/30aa0d0839>



# QUESTIONS?

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