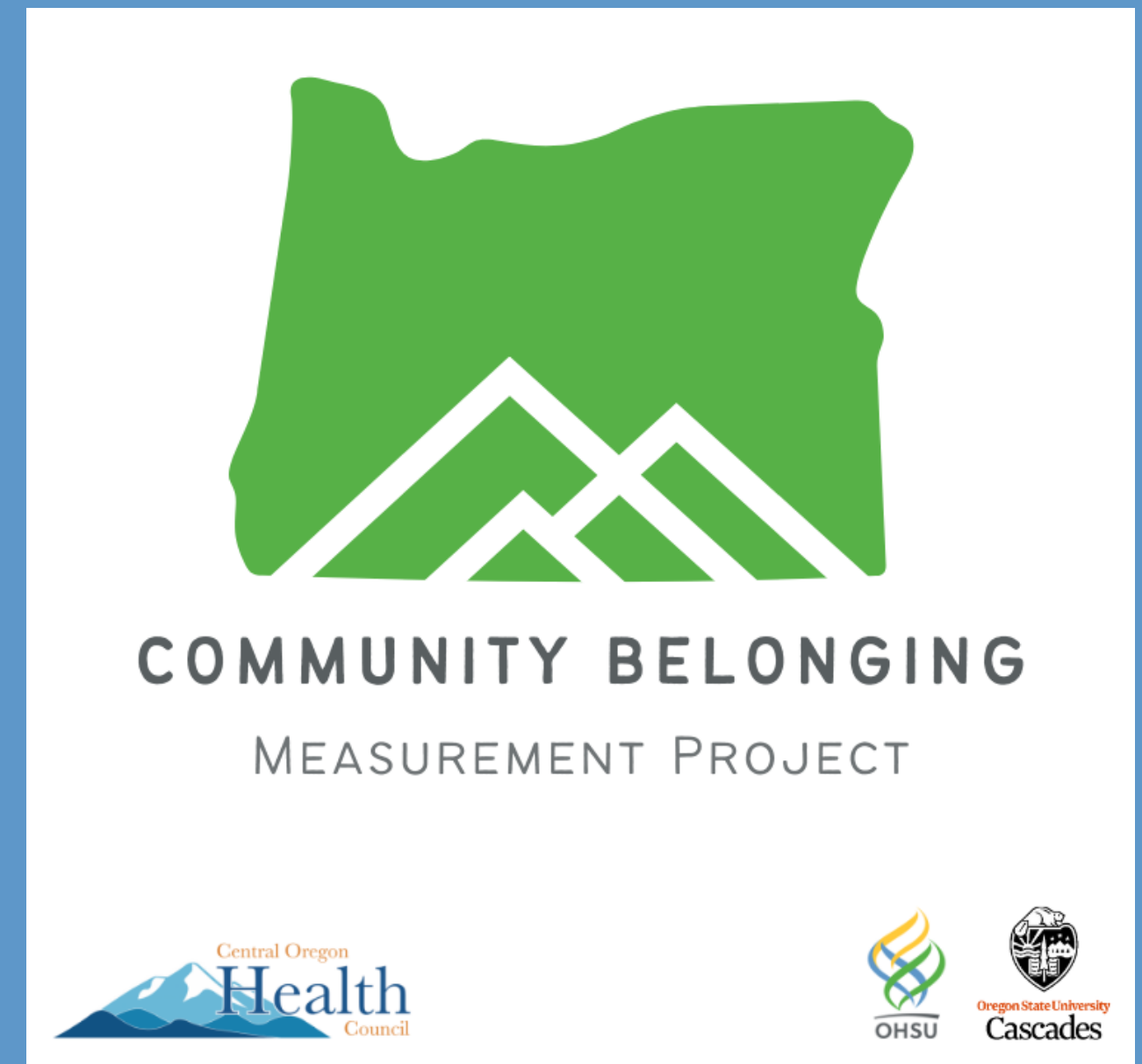


Deep diving into our data with  
clear direction

# Community Belonging Data Walk



# Content

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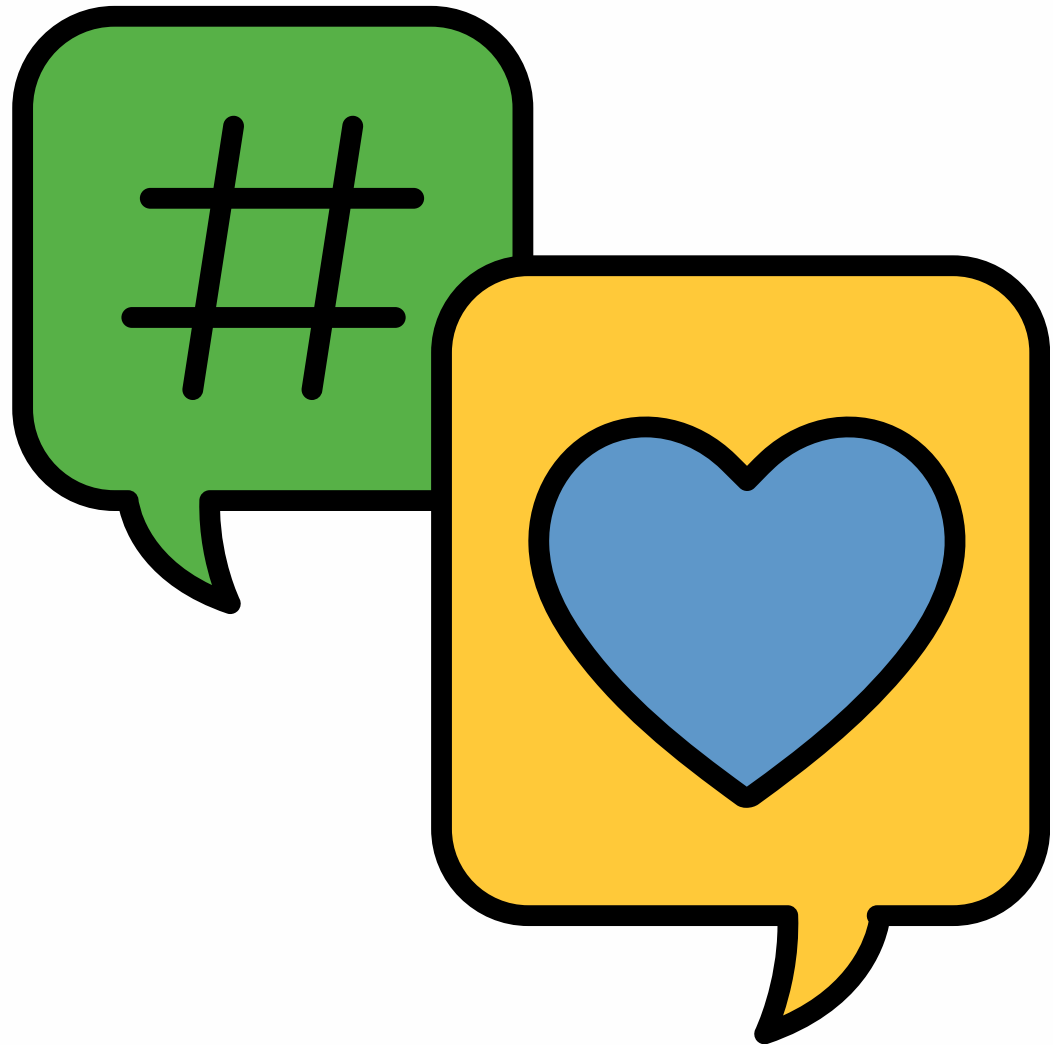
Places & Spaces

Belonging in Central  
Oregon

Resilience in Central  
Oregon

Moving forward  
together

# Introduction



## Purpose of today's session

Over the past year, a team from OHSU and OSU-Cascades have been leading a community-engaged research study on belonging and resilience in Central Oregon. Today we will share some of the results with you and invite you to tell us what you think during a few group activities. Your shared point of view will help study findings be used more meaningfully in our community.

## Guidelines for discussion

- Assume good intentions.
- Build on the ideas of others.
- It's okay to disagree, do so with respect.
- Ask clarifying questions but stay focused on the topic.
- Listen to each other.
- Create a safe and supportive environment.
- Be respectful of different cultural backgrounds.

---

# what group agreements do you want to add?

If you have further questions or additions that we don't have time for today, let's exchange contact info so we can follow-up!

Email Kaitlin at: [greenkai@ohsu.edu](mailto:greenkai@ohsu.edu)

# What is something that you do to help others feel they belong?

**Belonging** is the feeling of acceptance and value that comes through sharing experiences or characteristics with others. Some experiences or characteristics are more important than others in making us feel like we belong to a community.

**Community** can be defined however is meaningful to you – it can describe places, spaces, or groups of people with whom you share common characteristics or interests.

# Approach & Objectives

The purpose of the community belonging research project is to:

- Measure community belonging and resilience in Central Oregon
- Team up with community members to make meaning from and share the findings to help build programs that foster community connections and improve community health



## Research Scope

A brief overview of the Community Belonging Research Study



A postcard invitation to participate in the survey was sent to 13,000 addresses in Central Oregon.

22 community organizations shared the survey with their networks via email, social media, and physical and electronic flyers.

We attended 9 in-person events, including at mobile food pantries and soup kitchens in the tri-county area.

When was data collected?	<ul style="list-style-type: none"> <li>• January 2023 to July 2023</li> </ul>
How many people participated?	<ul style="list-style-type: none"> <li>• 1,019 Survey participants</li> <li>• 35 focus group participants</li> </ul>
Where did the study take place?	<ul style="list-style-type: none"> <li>• Deschutes, Crook, Jefferson, and Northern Klamath County, as well as the Confederated Tribes of Warm Springs Reservation</li> </ul>
How was data collected? <i>Qualitative Methods</i>	<ul style="list-style-type: none"> <li>• 90 minute virtual focus groups with 7 priority communities, covering topics of belonging in places and spaces, and identity</li> </ul>
How was data collected? <i>Quantitative Methods</i>	<ul style="list-style-type: none"> <li>• A survey on belonging, resilience, and health for Central Oregon residents</li> </ul>
What are the limitations of the study?	<ul style="list-style-type: none"> <li>• Only conducted in English and Spanish</li> <li>• Snapshot in time, can't measure change over time</li> </ul>



# About the Sample\*

We conducted virtual and paper surveys with 1,019 Central Oregonians. Here's a little bit more about them....



## Gender

- 29% men
- 69% women
- 2% non-binary\*\*



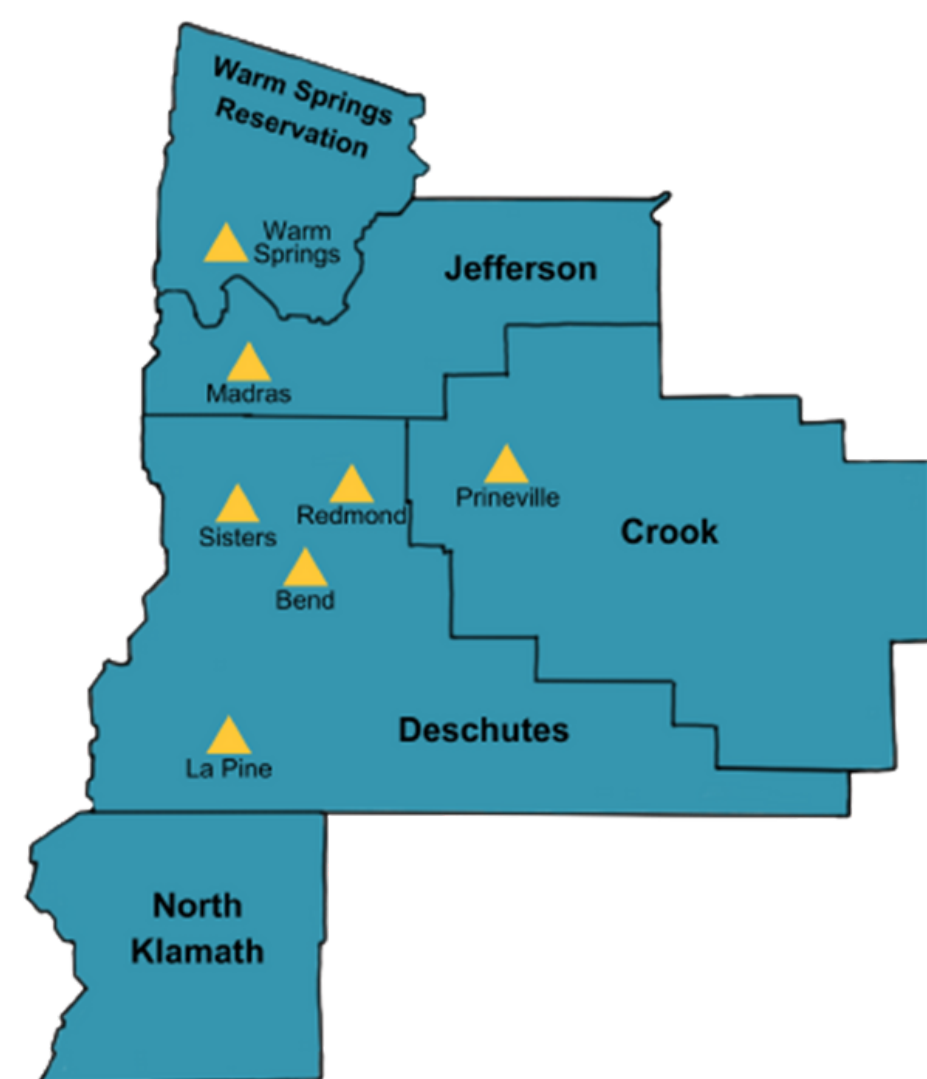
## Age

- 27% 18-34
- 51% 35-64
- 23% 65+



## Town

- 48% in Bend
- 17% in Redmond
- 13% in La Pine
- 8% in Madras
- 8% in Prineville
- 4% in Sisters
- 3% in Warm Springs



## Race & Ethnicity\*\*\*

- 77% White only
- 10% Hispanic or Latine/o/a
- 7% Native American
- 3% Asian
- <1% Black
- 1% Native Hawaiian or Pacific Islander



## Sexual Orientation

- 87% Straight or Heterosexual
- 9% Lesbian, Gay, Bisexual, Pansexual or Queer
- <1% Asexual



## Education

- 11% High school/GED or less
- 20% Some college
- 15% 2 year degree
- 54% Bachelor's degree or greater



## Income

- 14% Less than \$25,000
- 19% \$25,000-\$49,999
- 19% \$50,000-\$74,999
- 17% \$75,000-\$99,999
- 32% 100,000 or more

\*Totals may not add up to 100% due to rounding and/or non-response

\*\* Response options included: non-binary, third gender, agender, gender nonconforming or genderqueer

\*\*\* Respondents were able to select more than one option

# About the BIPOC Sample\*

Of the 1,019 people who completed the survey, **195 self-identified their race/ethnicity as Asian, Black, Hispanic/Latino, Native Hawaiian or Pacific Islander, Native American, or two or more race/ethnicity groups.** Here's a little bit about them....



## Gender

- 68% women
- 29% men
- 3% non-binary\*\*
- 3% transgender



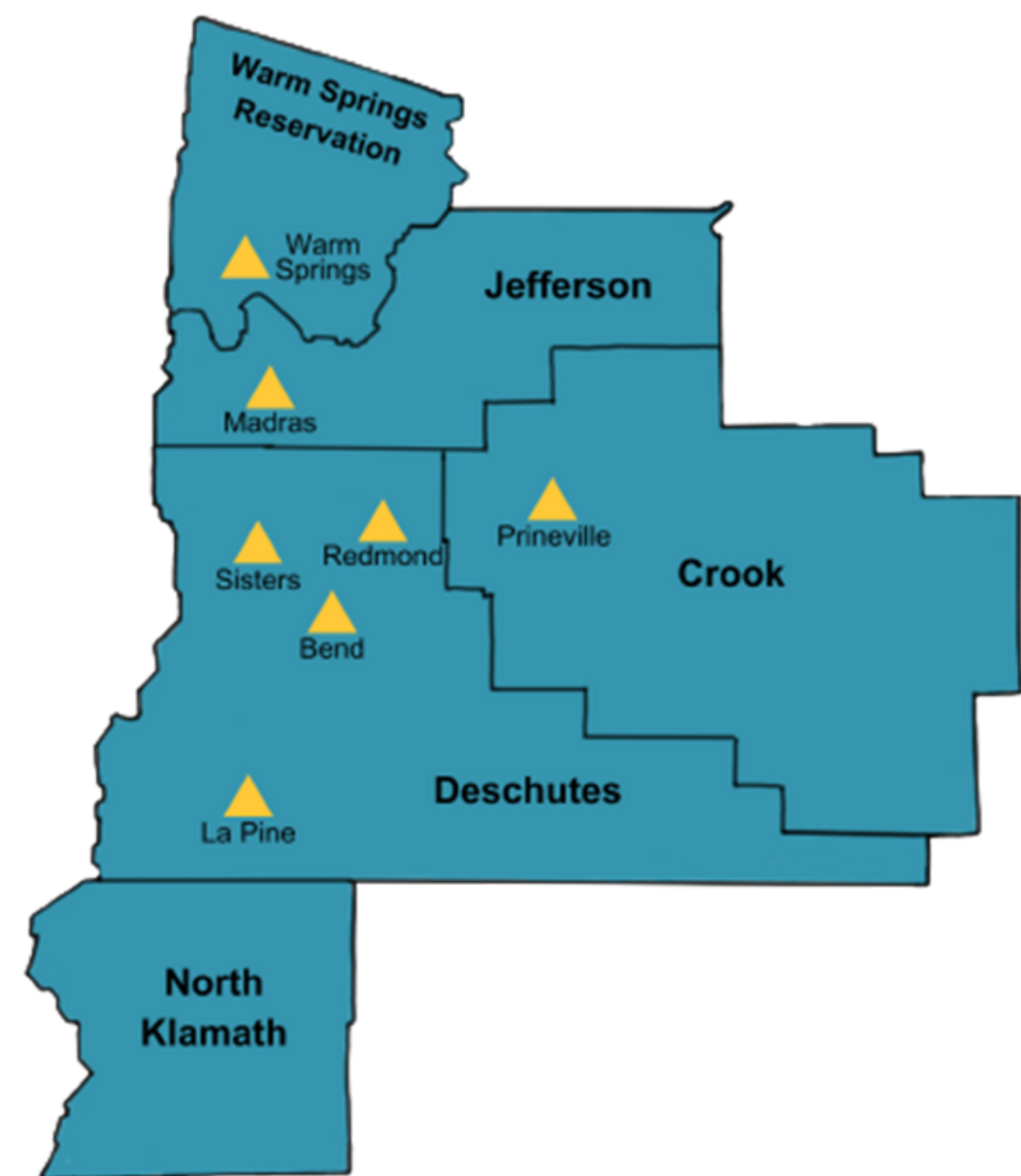
## Age

- 17% 18-34
- 75% 35-64
- 8% 65+



## Town Cluster

- 41% live in Bend
- 16% live in Prineville
- 15% live in Madras
- 13% live in Sisters
- 8% live in Warm Springs
- 6% live in Redmond
- <1% live in La Pine



## Race & Ethnicity\*\*\*

- 54% Hispanic or Latino/a/x
- 34% Native American
- 13% Asian
- 8% Native Hawaiian/Pacific Islander
- 4% Black



## Education

- 23% High school/GED or less
- 25% Some college
- 17% 2 year degree
- 34% Bachelor's degree or greater



## Income

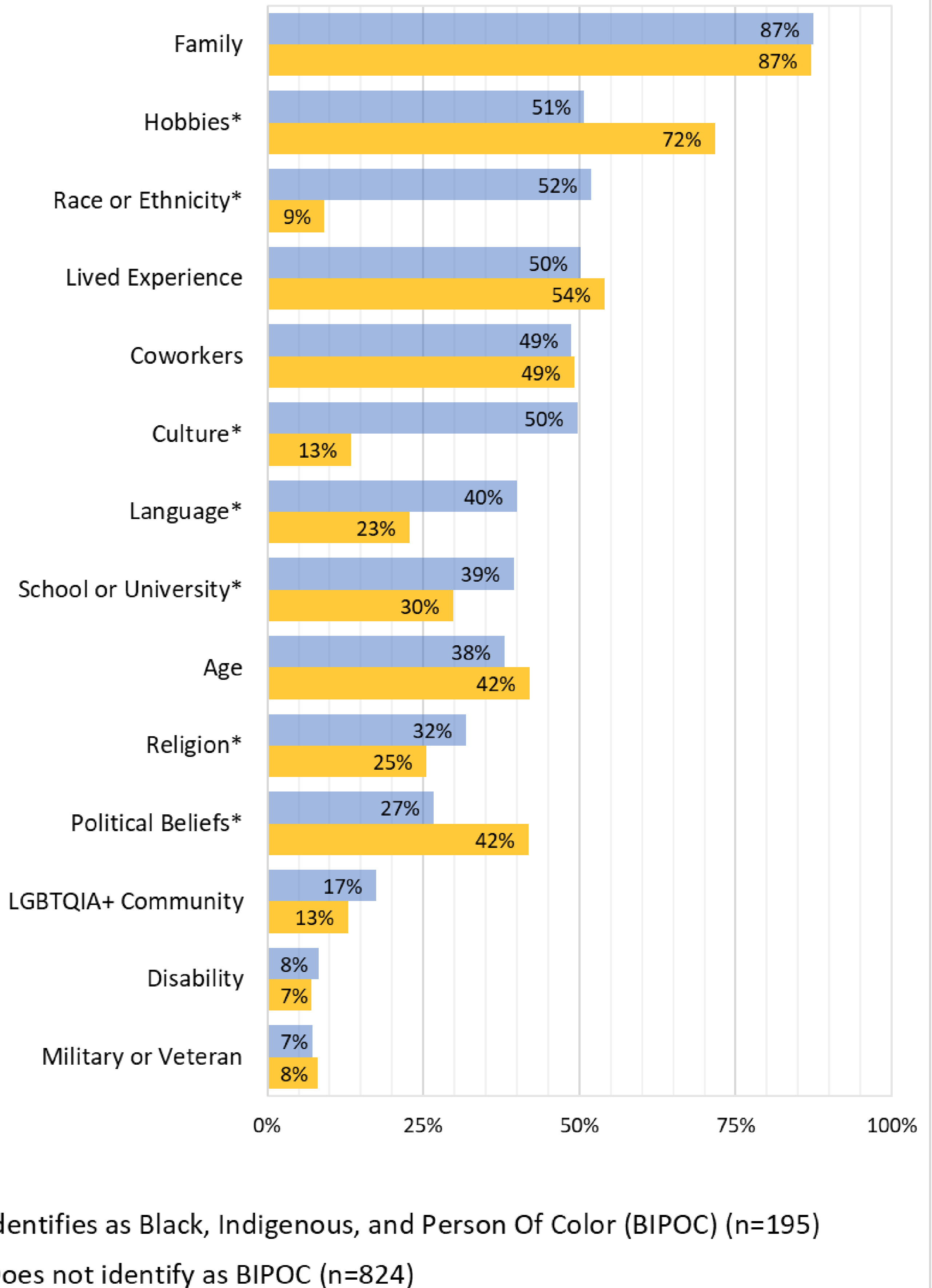
- 21% Less than \$25,000
- 24% \$25,000-\$49,999
- 22% \$50,000-\$74,999
- 13% \$75,000-\$99,999
- 19% 100,000 or more

\*Totals may not add up to 100% due to rounding and/or non-response

\*\* Response options included: non-binary, third gender, agender, gender nonconforming or genderqueer

\*\*\*Respondents were able to select more than one option

## Which of the following communities or identity groups make you feel like you belong?



**\*There is a statistically significant difference between BIPOC individuals and those who are not BIPOC for items with an asterisk.**

**What comes up for you?**  
**How is your experience similar?**  
**How is your experience different?**



On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

**I notice...**

**I wonder...**

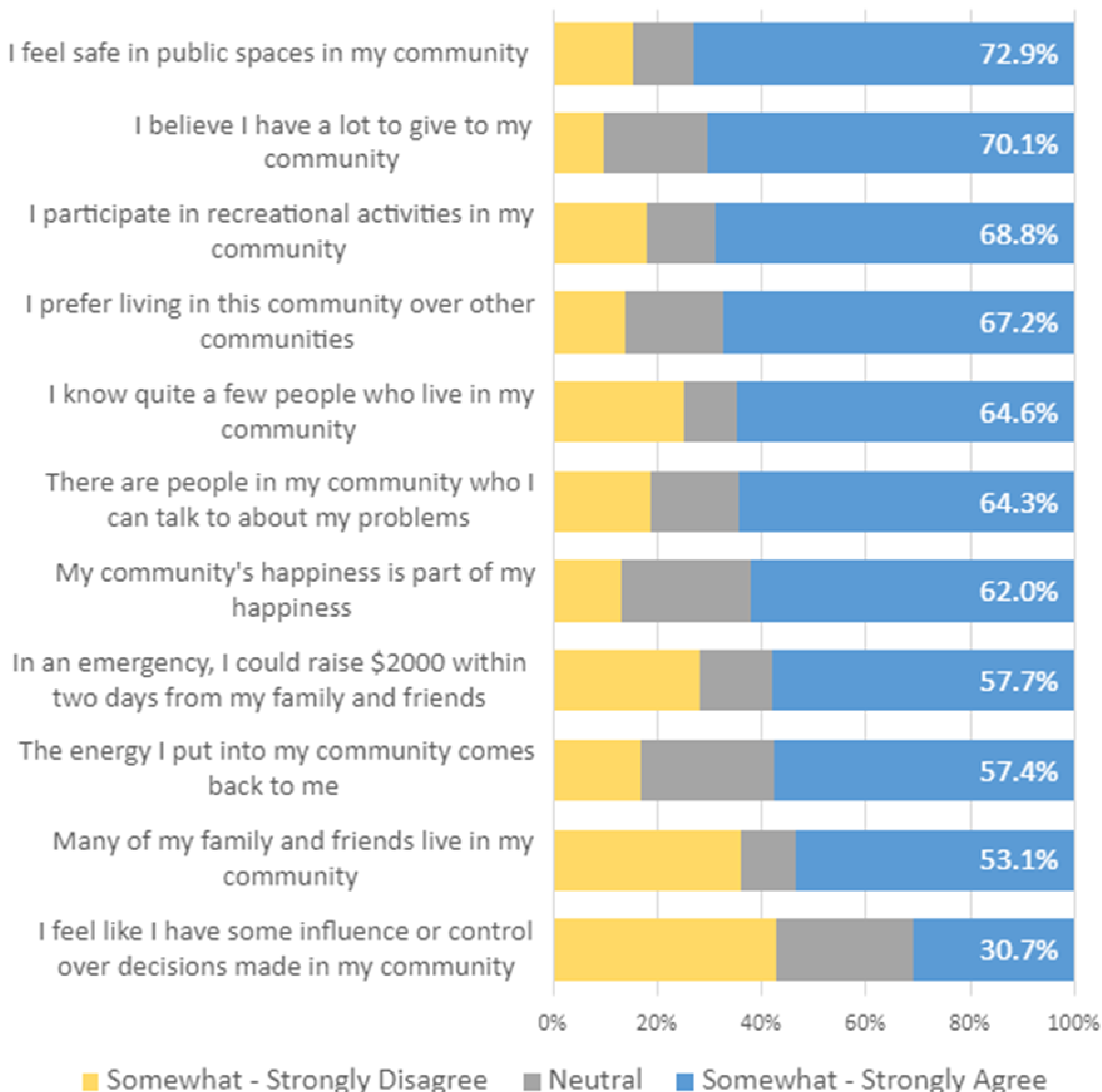
A large, empty blue rectangular area intended for writing responses under the 'I notice...' prompt.

A large, empty green rectangular area intended for writing responses under the 'I wonder...' prompt.

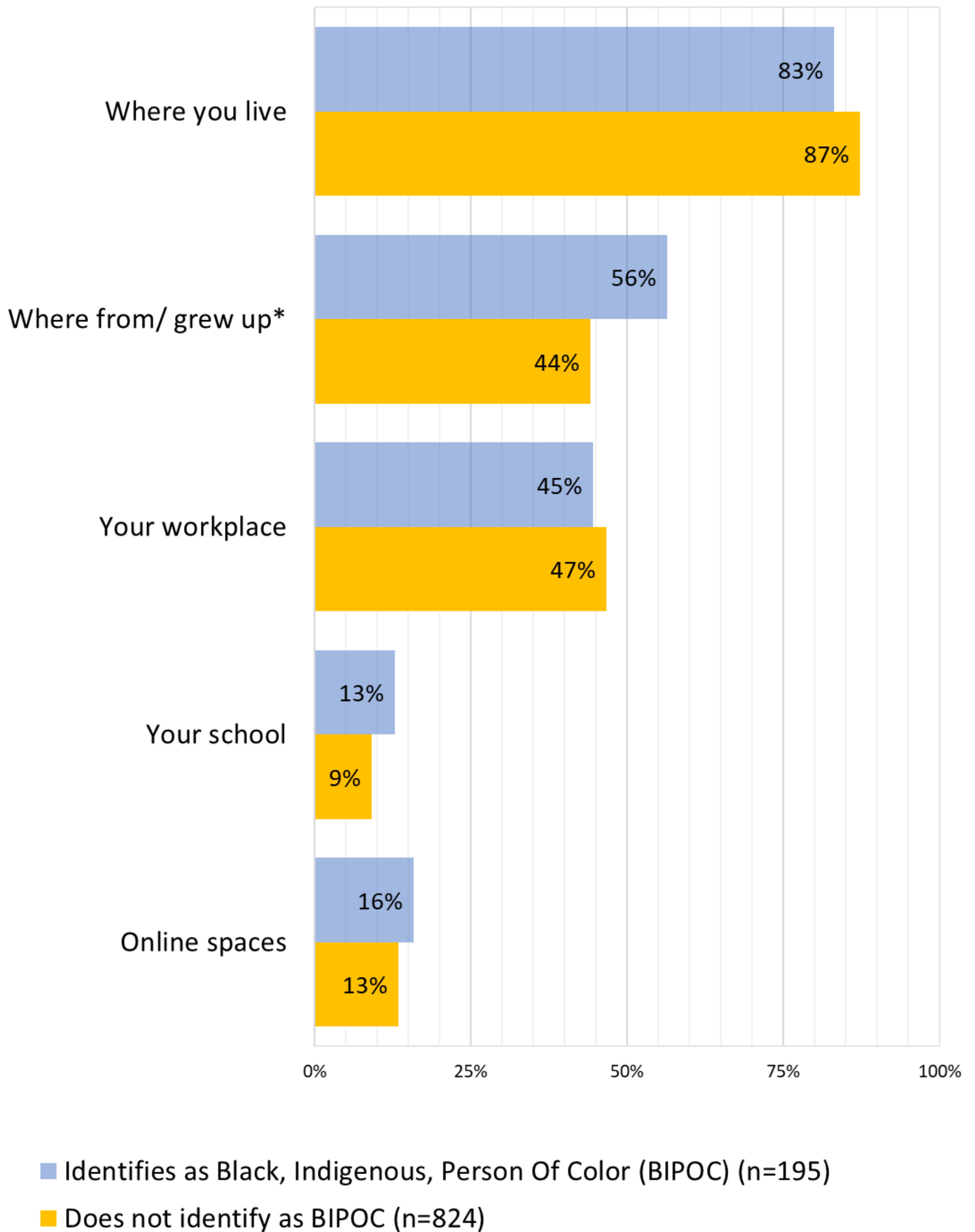


# Community Attachment & Connectedness in Central Oregon

Thinking about the community where you live, please indicate the extent to which you agree or disagree with the following statements.



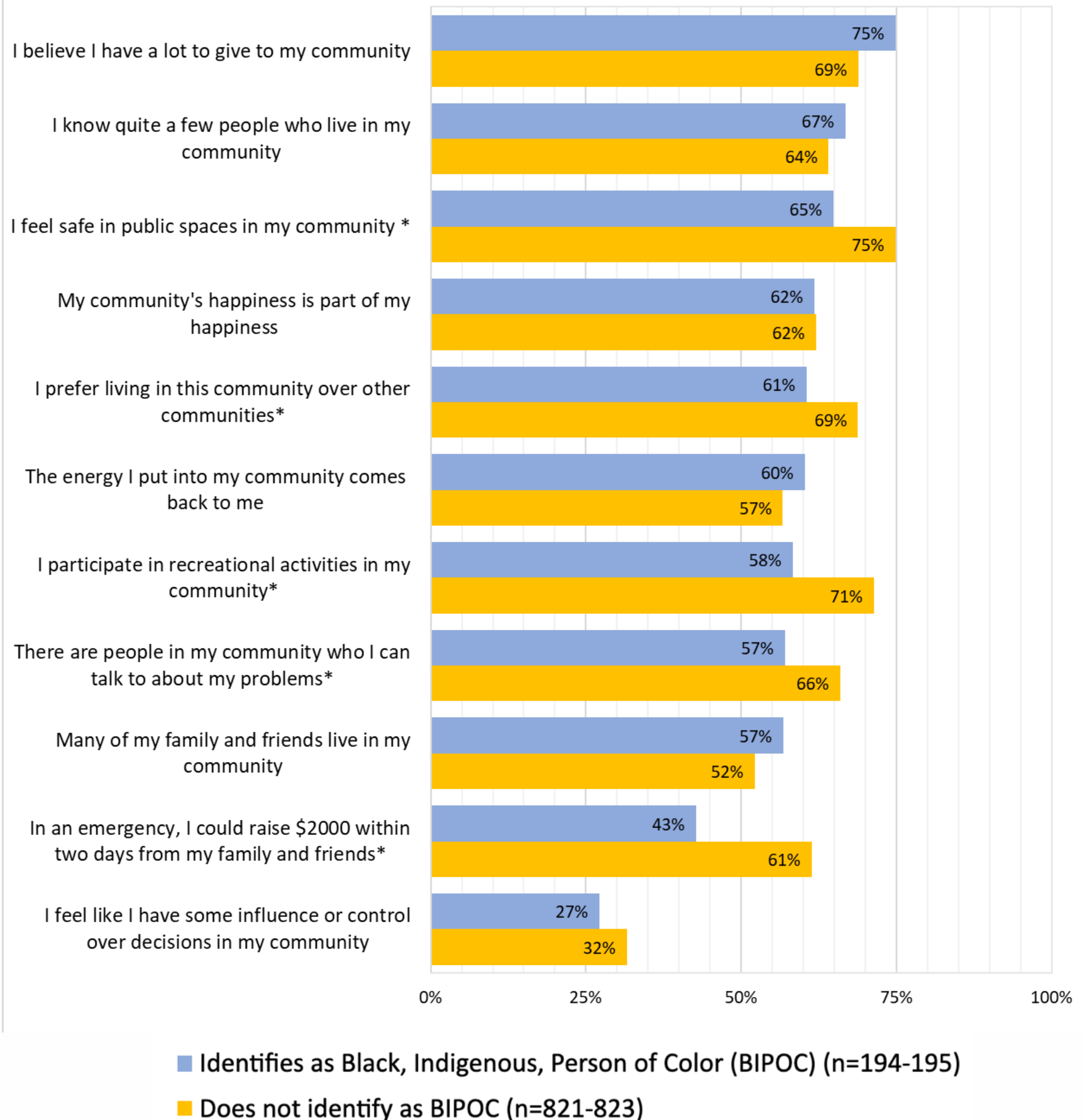
## In which of the following places or spaces do you feel like you belong?



**\*There is a statistically significant difference between BIPOC individuals and those who are not BIPOC for items with an asterisk.**

# Community Attachment & Connectedness among Black, Indigenous, People of Color

Proportion of respondents who **agree** with the following statements about the **community where they live**.



## Notice the strengths:

**75% of respondents: "I have a lot to give my community"**

**67% of respondents: "I know quite a few people who live in my community"**

**65% of respondents: "I feel safe in public spaces in my community"**

\*There is a statistically significant difference between BIPOC individuals and those who are not BIPOC for items with an asterisk.

**What comes up for you?  
How is your experience similar?  
How is your experience different?**



On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

**I notice...**

**I wonder...**

A large, empty blue rectangular area intended for writing responses under the "I notice..." prompt.

A large, empty green rectangular area intended for writing responses under the "I wonder..." prompt.



We looked for themes from written responses to survey questions and answers to focus group questions to understand what helps and hurts the ability to feel you belong.

## What words, feelings, or images, stand out to you?

*"I am not physically comfortable going there. I don't feel physically safe there....That's more of a barrier for me with being involved in that sort of community."*

*"During the pandemic I really liked how people got together in creative ways to help each other."*

*"...having more cultural events [...] The Latino Community Association specifically I feel has a pretty broad reach... Creating more smaller volunteer groups like "Vamanos Outside" could help introduce more members of our community to minorities and expose them to the differences, and most importantly the similarities, in our various cultures."*

*"I dislike [that] political preferences and beliefs are so important that it [fuels] the hate in peoples words and actions. It strips us of compassion when we live that way."*

*"I feel that when I leave to other Central Oregon cities such as Bend and Redmond, they make you feel that you don't belong. Being a minority is tough in [Central Oregon]."*

*"There is a lot of diversity in Bend but limited ways to connect with one another. Cultural events are great, but I'd love to see something accessible outside of special events and holidays, like a cultural center."*

# Here's what we noticed too.

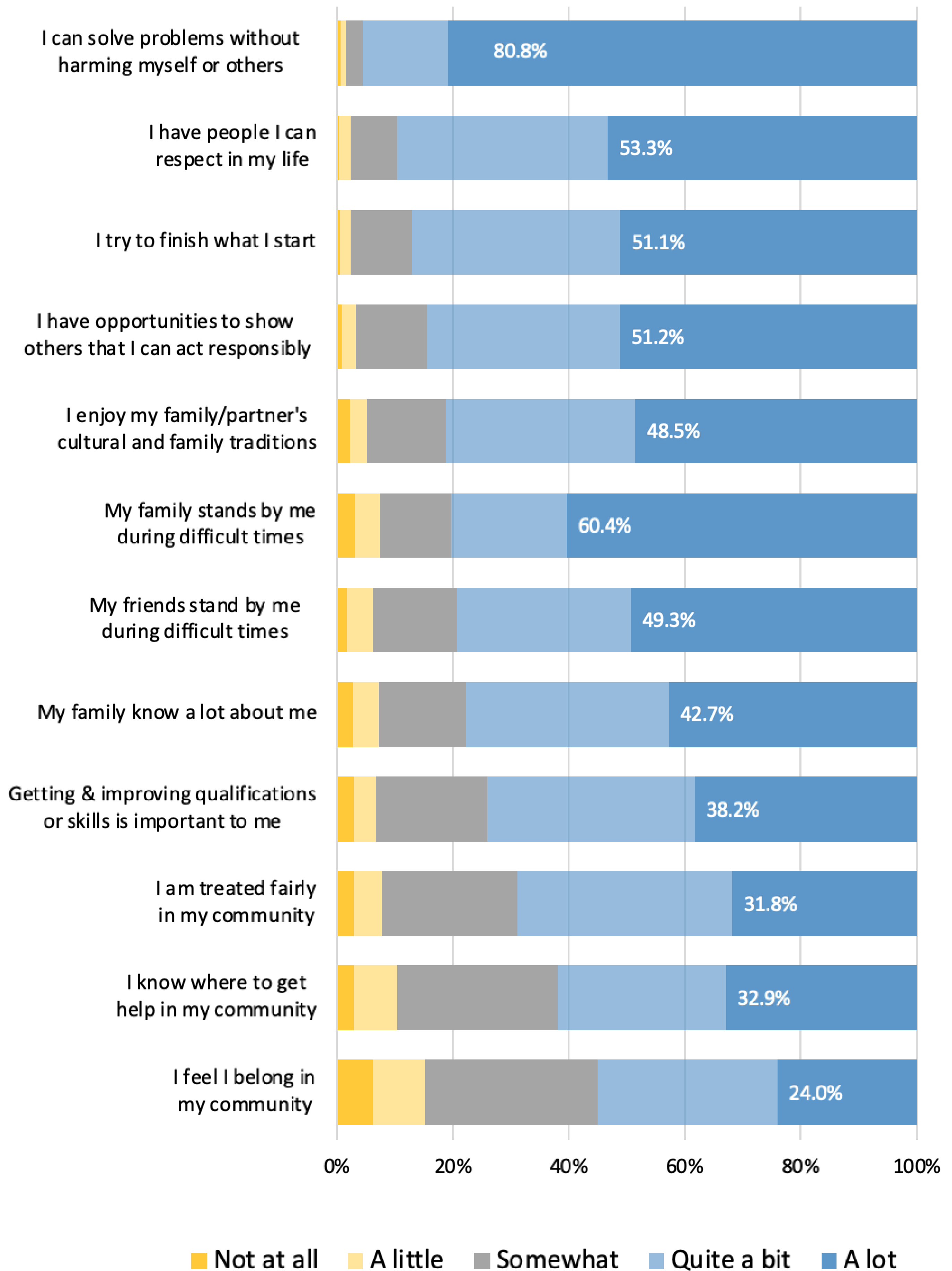
Diverse representation of people and history in places and spaces is an important contributing factor to sense of belonging.

Without a sense of safety, it is challenging to feel accepted and valued.

There is a longing for more opportunities to authentically connect by leveraging strengths that come from similarities and differences.

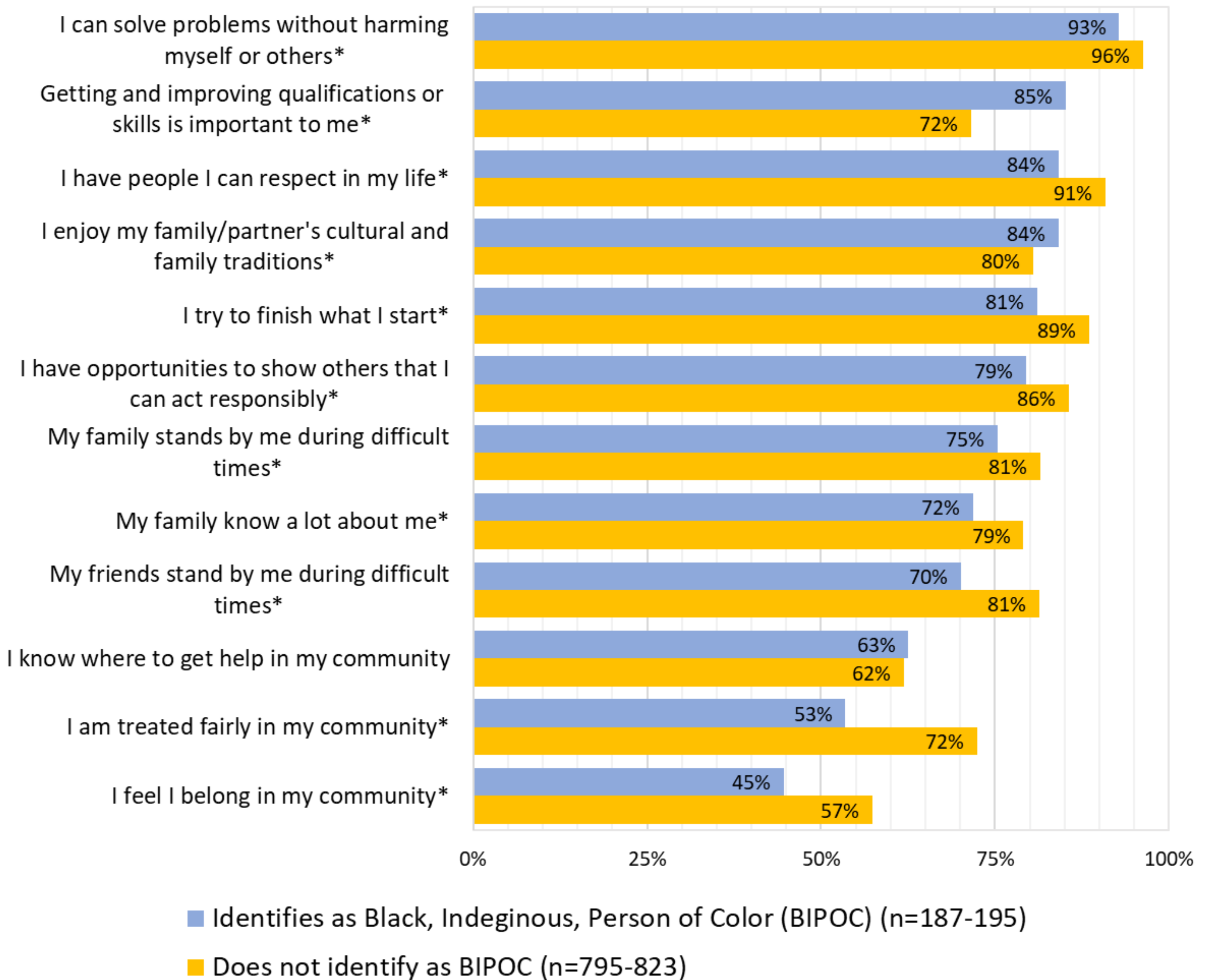
# Resilience in Central Oregon

To what extent do the following statements apply to you?



# Resilience among Black, Indigenous, People of Color

Proportion of respondents who indicate that the following statements apply to them **"Quite a bit"** or **"A lot."**



## Notice the strengths:

**93% of respondents: "I can solve problems without harming myself or others"**

**85% of respondents: "Getting/improving qualifications & skills is important to me"**

**84% of respondents: "I have people I can respect in my life"**

\*There is a statistically significant difference between BIPOC individuals and those who are not BIPOC for items with an asterisk.



**What comes up for you?  
How is your experience similar?  
How is your experience different?**



On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

**I notice...**

**I wonder...**

A large, empty blue rectangular area intended for users to write their observations.

A large, empty green rectangular area intended for users to write their questions or reflections.

# Where do these experiences fit?

Read the quote on your card. Place the card in the **Society** column if you feel the experience reflects policies or social/cultural expectations. Place it in the **Community** column if it reflects actions in settings like where we live, work, or play. Place it in the **Relationships** column if it reflects relationships between friends and family.

**Society**

**Community**

**Relationships**

I live in a small community and jobs are sparse. My employer treated us as we should be lucky to even have a job so we get passed up for promotions and pay raises are limited and non negotiable. There are vendettas with different family members in the community. So it sucks when you, are not liked because of what a great grand father did 50+ years ago.

I strongly dislike how fast the cost of living is rising and the cost of groceries in town. I am finding it hard to be able to buy groceries for a family of 6. I also feel judged for using our local resources by anyone that doesn't use them.

That I have been priced out and unable to afford to buy a house. I grew up in this community and have a good job but still can't afford to buy a home here. I also don't like how non-diverse it is. So many white folks and often white folks that consider themselves "the good ones/allies" but their actions don't show this.

“Ella [la hija] estaba dando su punto de vista y un niño blanco la insultó en el sentido de que no tenía derechos por ser de herencia mexicana...Referente a lo de pertenencia si te hace sentir mal. ¿Por qué tu herencia o tu raza tiene que influir en si perteneces o no a la escuela?”

“She [the daughter] was giving her point of view and a white boy insulted her in the sense that she had no rights because she was of Mexican heritage...Regarding belonging, it does make you feel bad. Why should your heritage or your race influence whether or not you belong in school?” (Google Translate)

Add your own experience of when you felt that you did or did not belong.

It feels safe here. It is somewhat rural but close enough to everything I need. My immediate family and close friends live nearby.

“I feel safe at work. I like what I do. The people I work with are really nice and they've all kind of have the same mindset as me, and I feel really safe at work.”

**What themes come up from the quotes and your own experiences around belonging?**

**In what ways can challenges to belonging be addressed?**



**How can we support the strengths of Black, Indigenous, and People of Color that promote to a sense of belonging?**

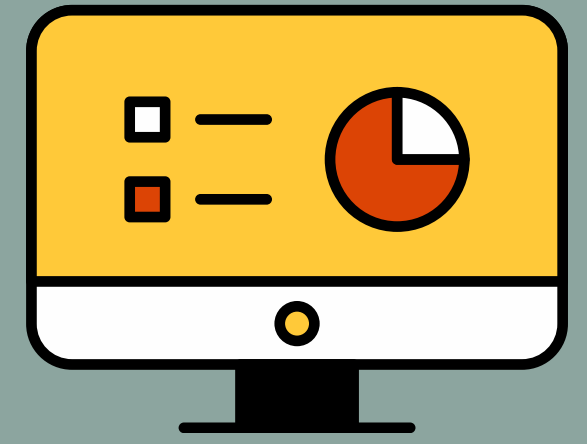


These findings and recommendations will be shared with community groups working to support Central Oregonians.

# How would you want to find out about the results of this study?

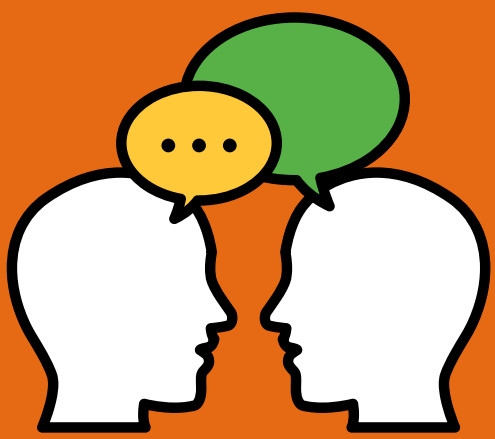


**printed report**

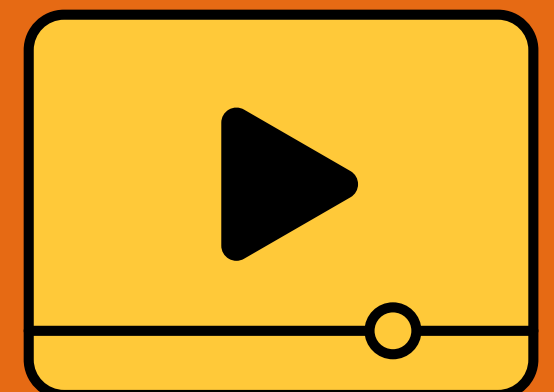


**in-person presentation**

**your other ideas:**



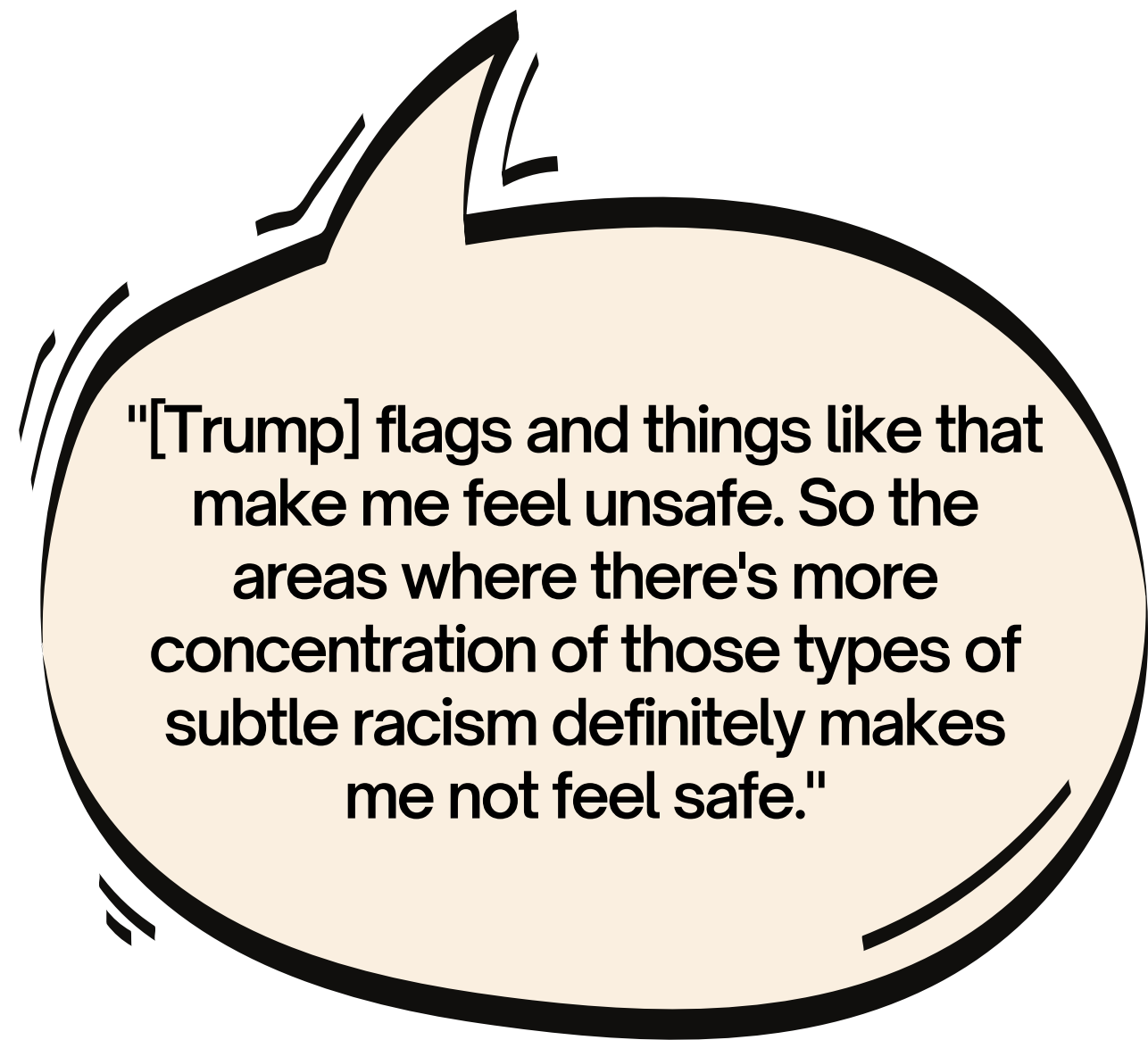
**informal  
community events**




**social media-ready  
video/infographics**



**Places and safety:** Safety and sense of belonging were also threatened by micro-aggressions committed against people because they are not a part of the majority group (white). Specific places (towns) in Central Oregon were named as feeling treating or unwelcoming to non-white/non-binary/non-hetrosexual participants. One participant notes that election season felt particularly unsafe.




"[Trump] flags and things like that make me feel unsafe. So the areas where there's more concentration of those types of subtle racism definitely makes me not feel safe."



"[Small towns], mostly because in my experience it definitely does feel like a sundown town where people of color just can't be out really. And I just experienced a lot of racial tension and a lot of racial comments just by walking around."

**Finding community:** Being around others who are part of the Hispanic community offer refuge from the often uncomfortable and isolating experience of living in a majority white community. Several people shared experiences of being the only "hispana" surrounded by white people and feeling a sense of unease, of being out of place, and an inability to connect because of a lack of commonalities.



"Lugares en donde no [me] siento más cómoda sería en grupos de americanos. No es que tenga nada contra ellos, es más porque a veces no se su cultura de ellos. No tengo nada en común."