

Deep diving into our data with
clear direction

Community Belonging Data Walk



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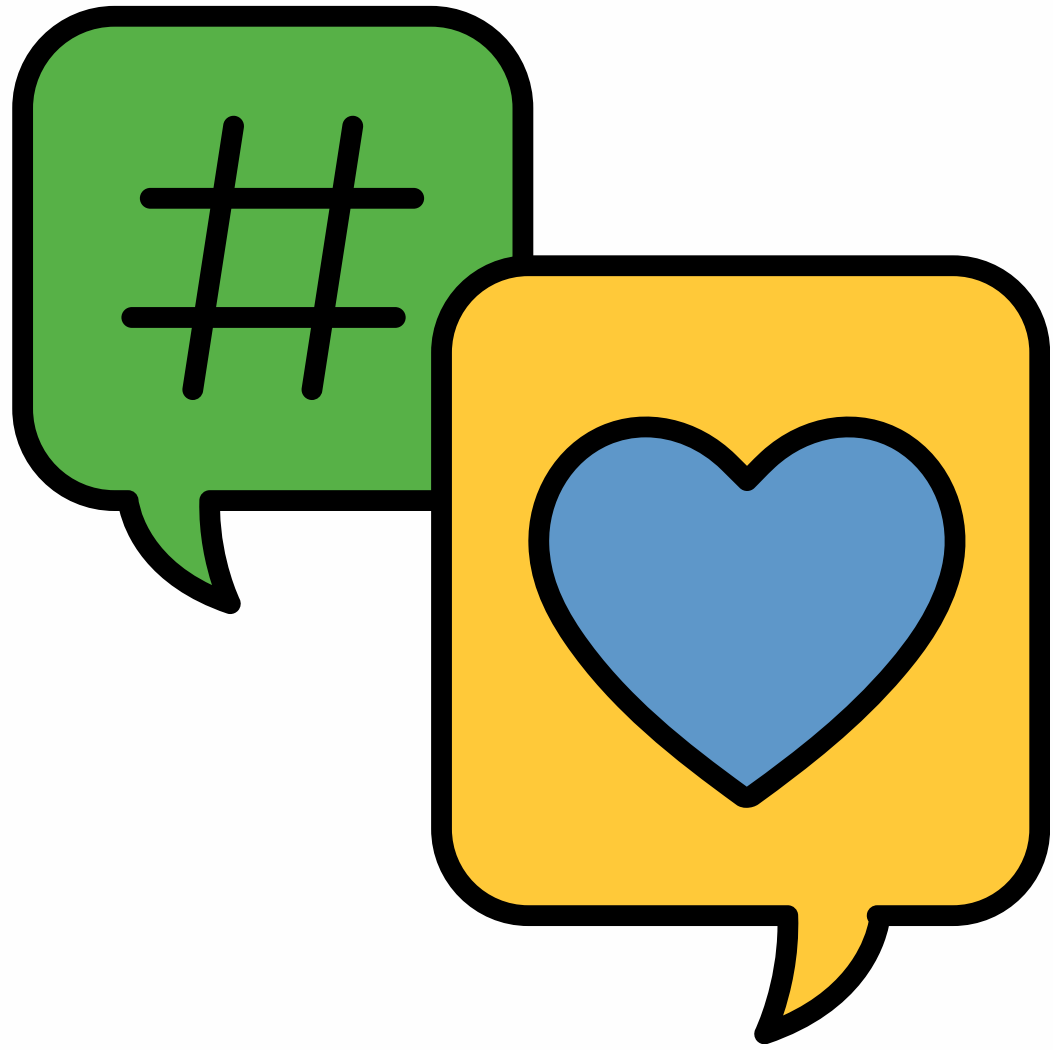
Places & Spaces

Belonging in Central
Oregon

Resilience in Central
Oregon

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together

Introduction



Purpose of today's session

Over the past year, a team from OHSU and OSU-Cascades has 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

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

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**



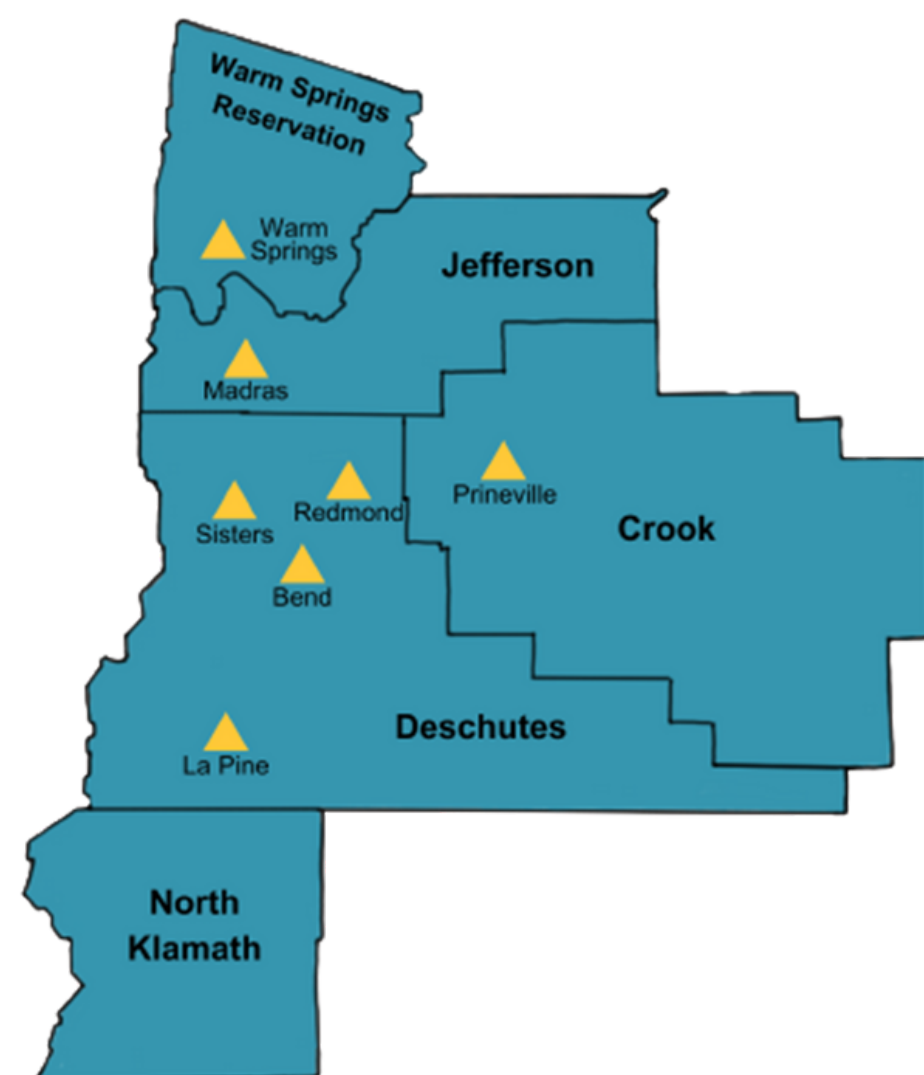
Age

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



Town

- 48% in Bend
- 13% in La Pine
- 8% in Madras
- 8% in Prineville
- 17% in Redmond
- 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
- 8% Biracial



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 Parentes & Caregivers Sample*

Of the 1,019 people who completed the survey, **241 were parents or caregivers of children under 18 years of age** . Here's a little bit about them....



Gender

- 18% men
- 81% women
- <1% non-binary**



Age

- 26% 18-34
- 69% 35-64
- 4% 65+



Town

- 44% in Bend
- 13% in La Pine
- 11% in Madras
- 11% in Prineville
- 16% in Redmond
- 3% in Sisters
- 3% in Warm Springs

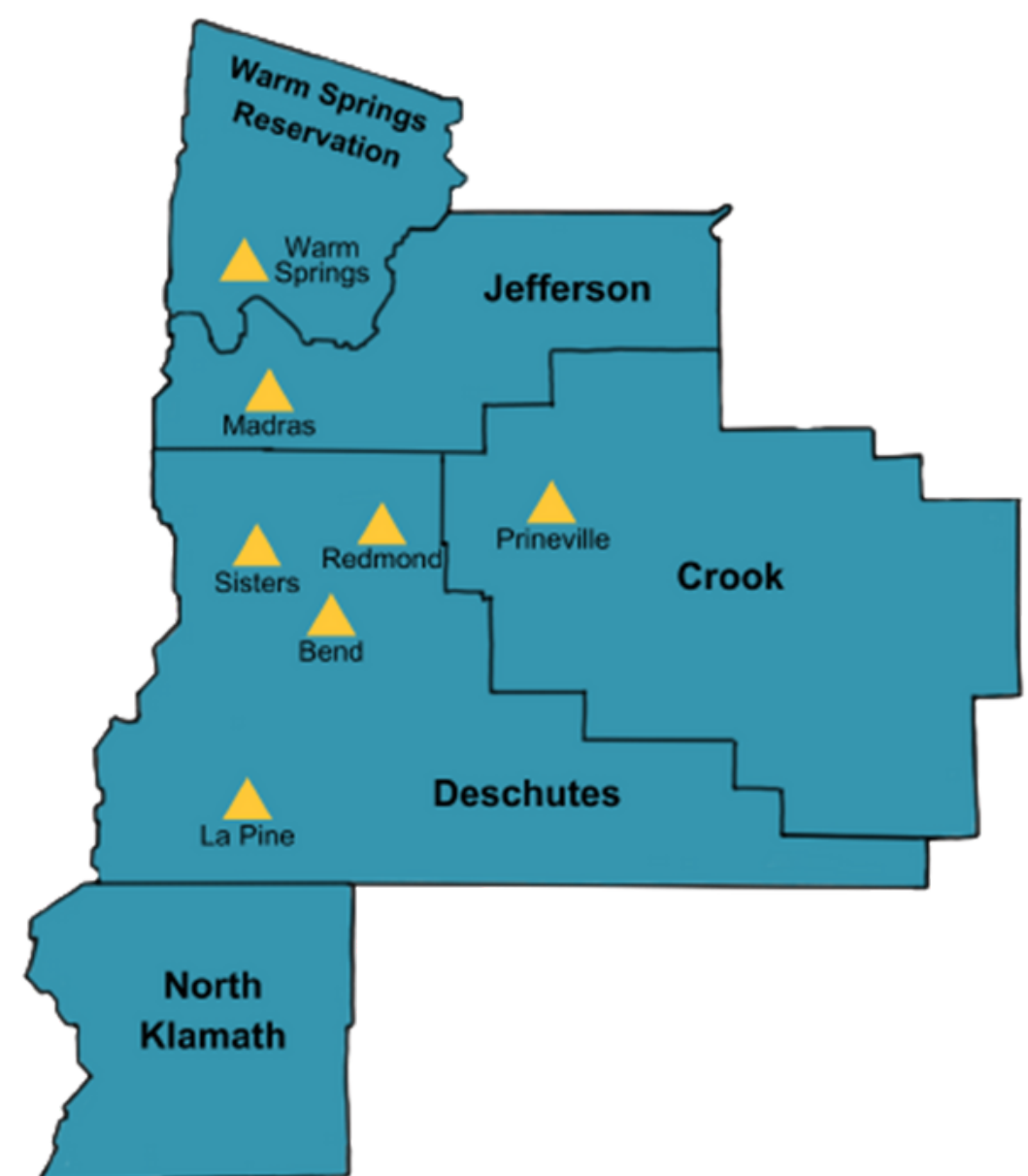
Race & Ethnicity***

- 74% White only
- 3% Hispanic or Latine/o/a
- 3% Native American
- 12% Asian
- <1% Black
- 0% Native Hawaiian or Pacific Islander
- 8% Biracial



Education

- 13% High school/GED or less
- 17% Some college
- 16% 2 year degree
- 54% Bachelor's degree or greater



Income

- 9% Less than \$25,000
- 19% \$25,000-\$49,999
- 40% \$50,000-\$74,999
- 17% \$75,000-\$99,999
- 15% 100,000 or more

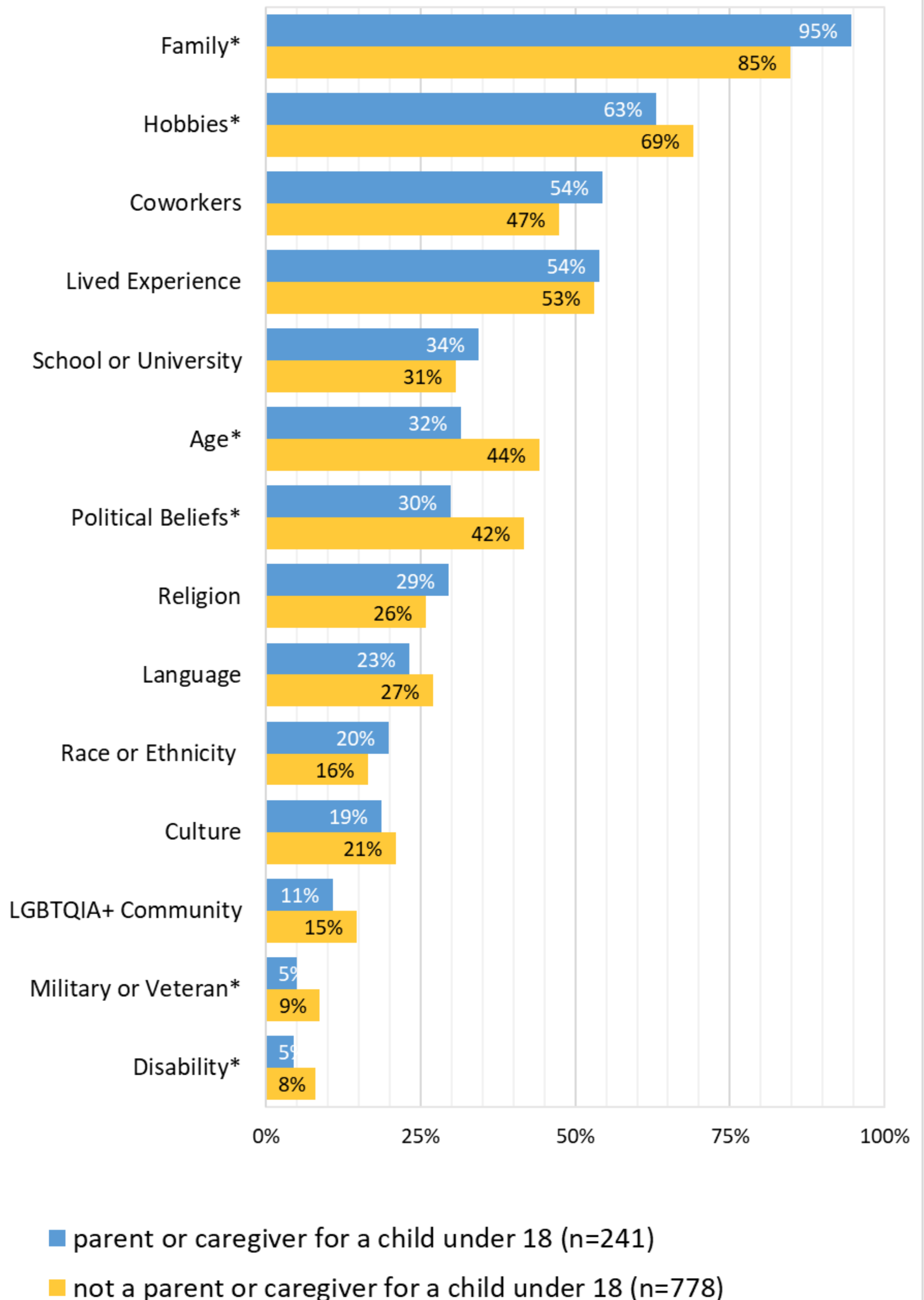


*Totals may not add up to 100% due to rounding and/or non-response

** 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 parents/caregivers and those who are not 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...

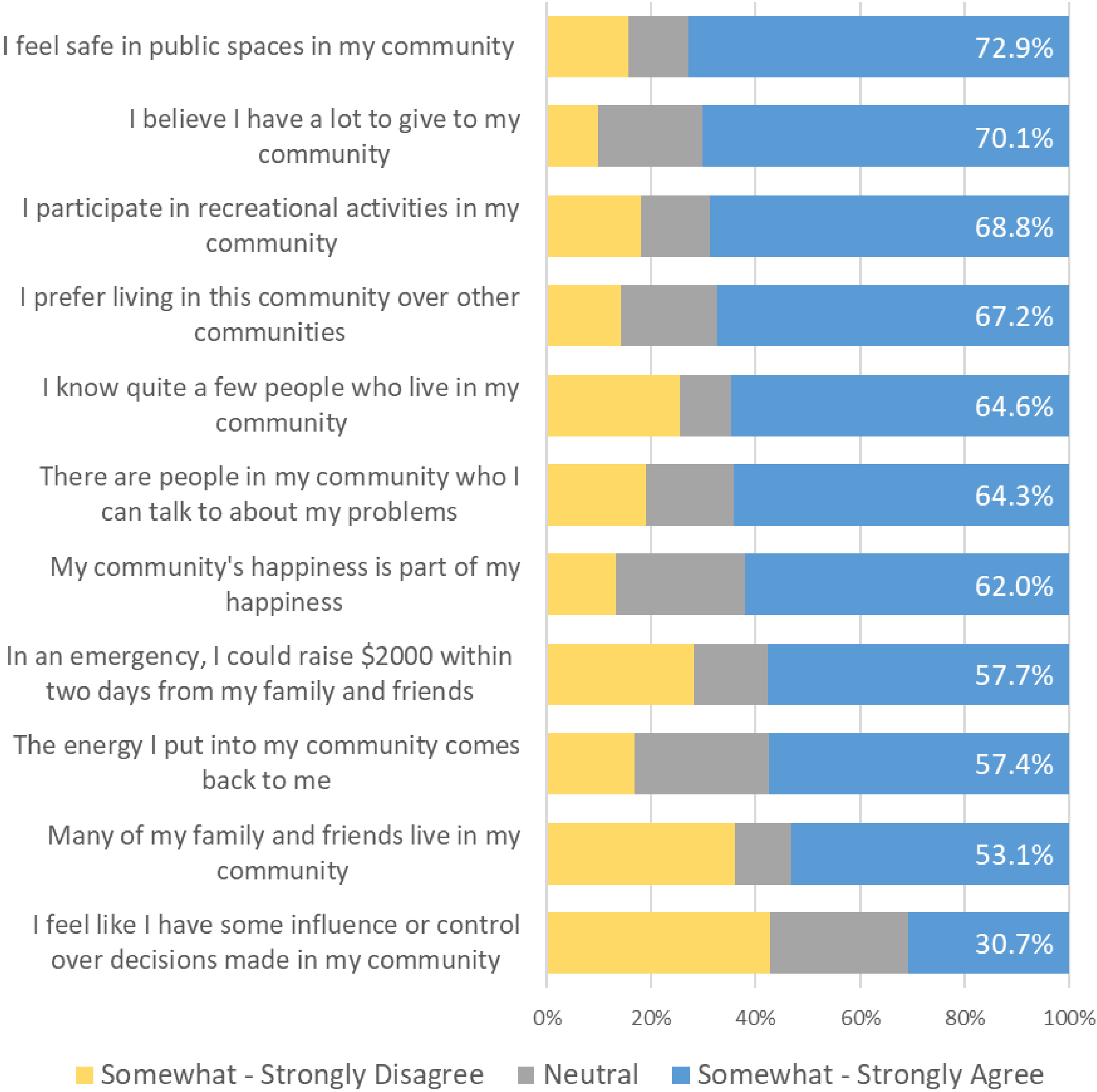
I wonder...

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.

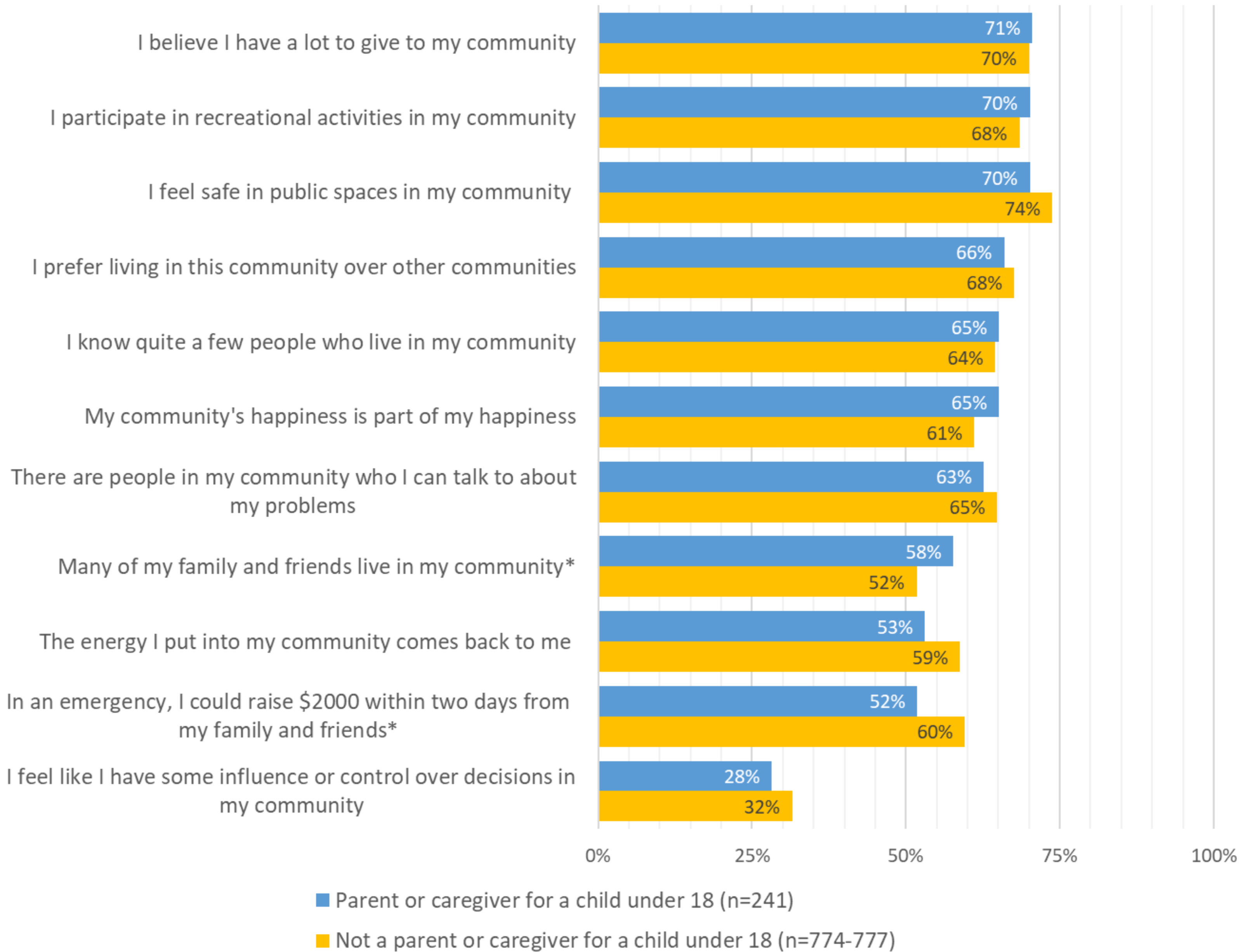
Community Attachment & Connectedness in Central Oregon

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



Community Attachment & Connectedness among Parents & Caregivers

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



Notice the strengths:

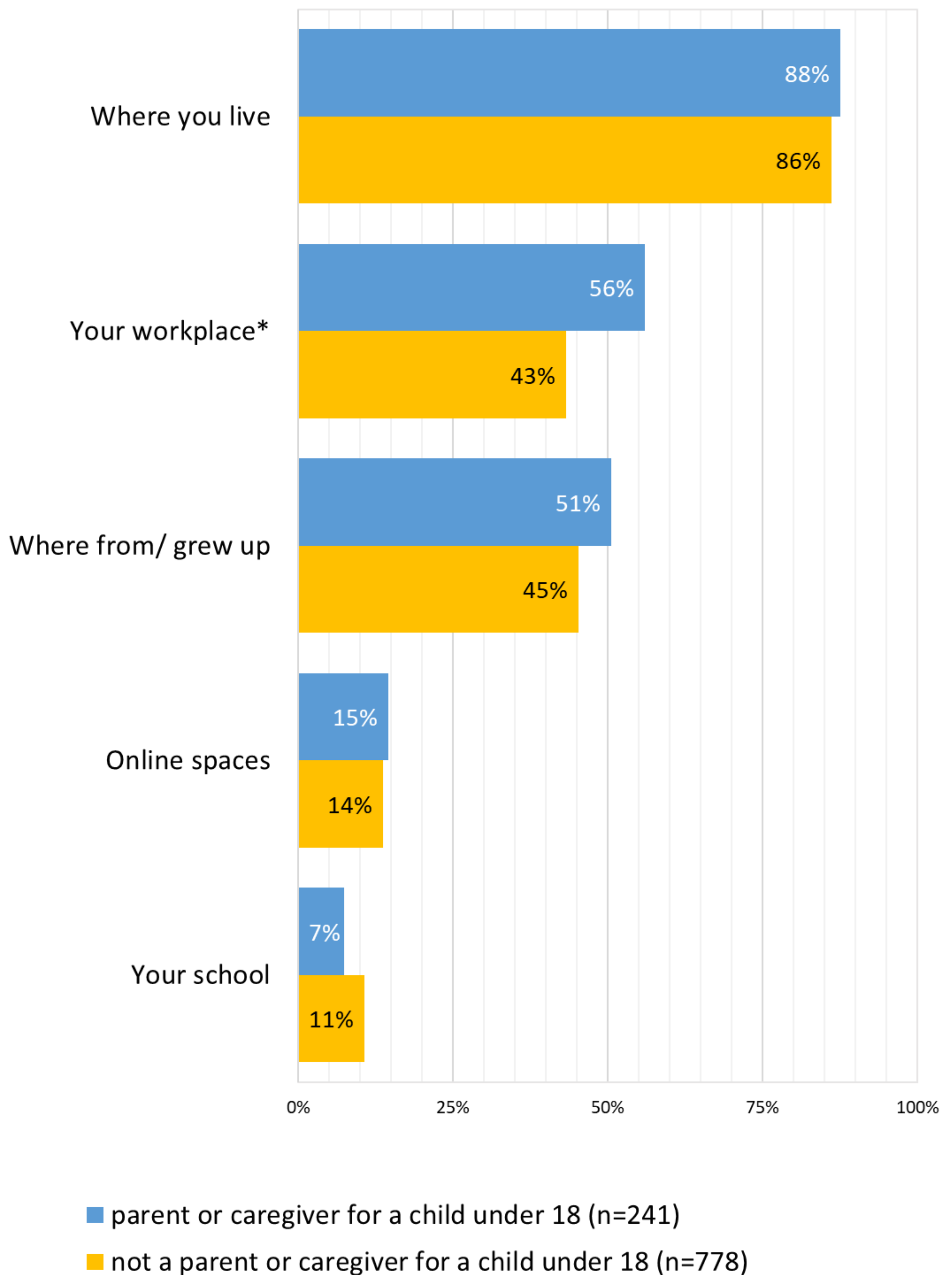
“I have a lot to give my community” (71%)

“I feel safe in public spaces” (70%)

“I participate in recreational activities” (70%)

*There is a statistically significant difference between parents/caregivers and those who are not for items with an asterisk.

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



*There is a statistically significant difference between parents/caregivers and those who are not 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?

“We're also thinking about moving because we can't afford to live here anymore. It's not so much the community of the people, but it's the cost of living in Central Oregon that's getting out of hand for us.”

“For me, it’s a sense of safety, of being in a place that is accepting of all types of people regardless of differences and knowing that I can be who I am and my children can be you they are without fear.”

“I wrote down [on my identity map] ‘caretaker’ as well, but I split it in private caretaker for my family, for my child, and then also professional because I’m an educator, so I’m a mom figure for a lot of children.”

“[Geographical distance] has been a barrier to the sense of belonging, because there’s no family here except for my immediate family... [my husband] never really had a place that he called home, except for his family.”

“I can only do what I can do through [a place] that doesn't cost me much, but it's just I don't feel valued as a person if I know, "Oh, I can't even do this little thing that I enjoy because I don't have enough money to do it.”

Here's what we noticed too.

Caregiving is a big part of participants' identity. It gives parents purpose and is present in relationships in and outside of the family.

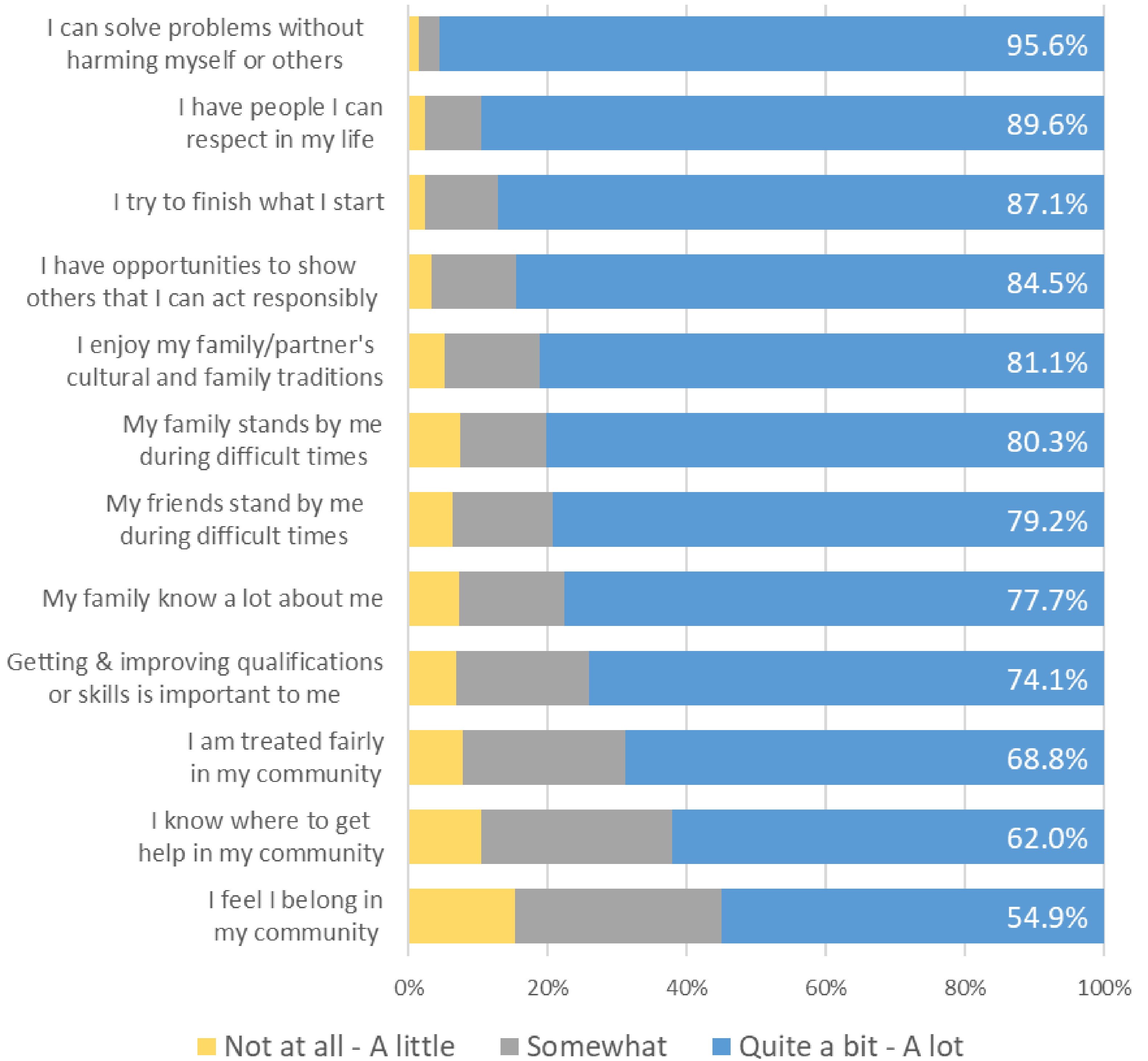
Family (and extended family) can make a place feel like home.

Having spaces that are physically and emotionally family-friendly provides a sense of safety for kids to be kids and acceptance of caregiving roles/responsibilities.

It can be hard to feel like you belong if you can't afford to live here or do the things you want to do.

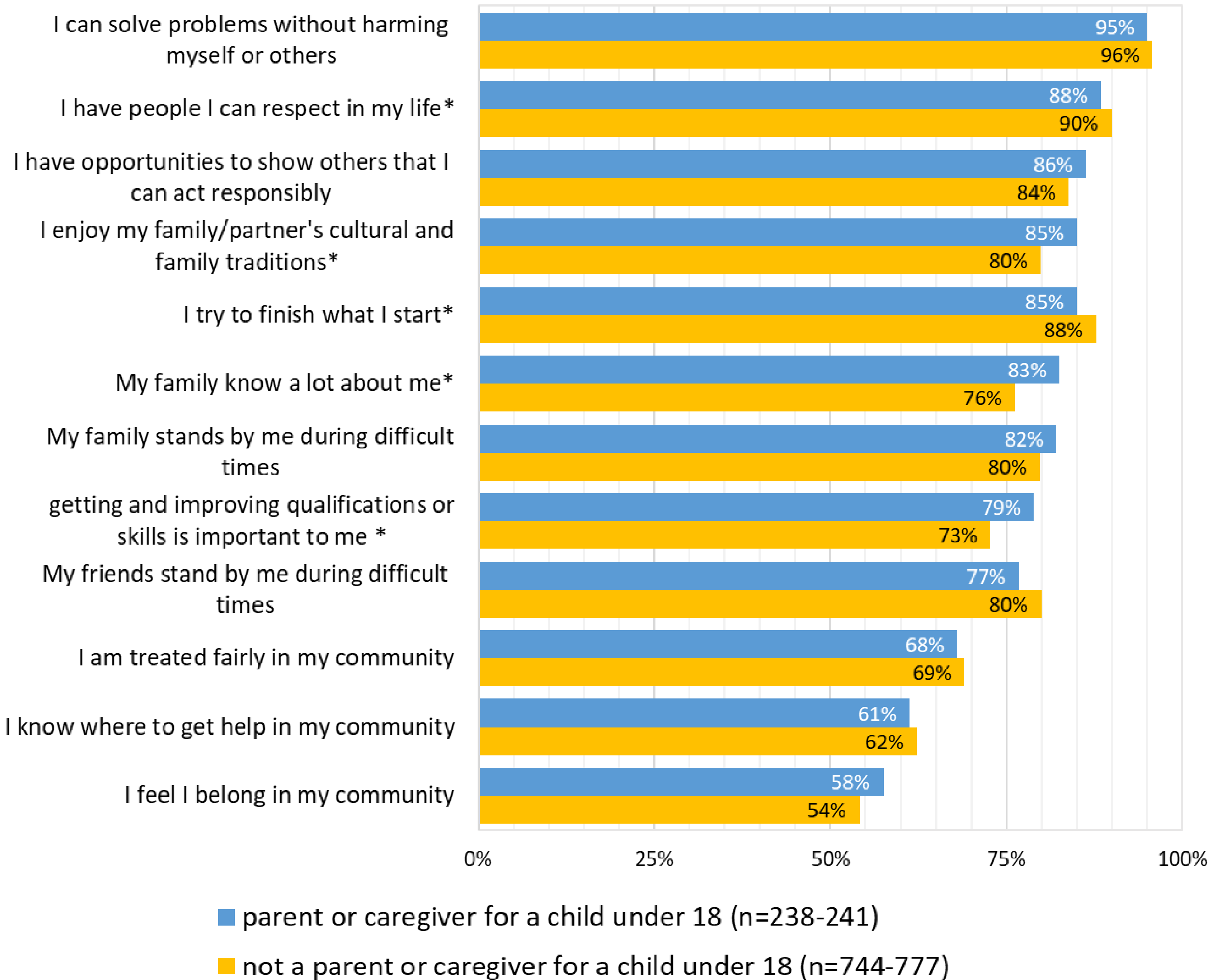
Resilience in Central Oregon

To what extent do the following statements apply to you?



Resilience among Parents & Caregivers

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



Notice the strengths:

"I can solve problems without harming myself or others" (95%)

"I have opportunities to show others that I can act responsibly" (86%)

"I have people I can respect in my life" (88%)

*There is a statistically significant difference between parents/caregivers and those who are not 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.

In what ways can challenges to belonging be addressed?

How can we support strengths that promote a sense of belonging?



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

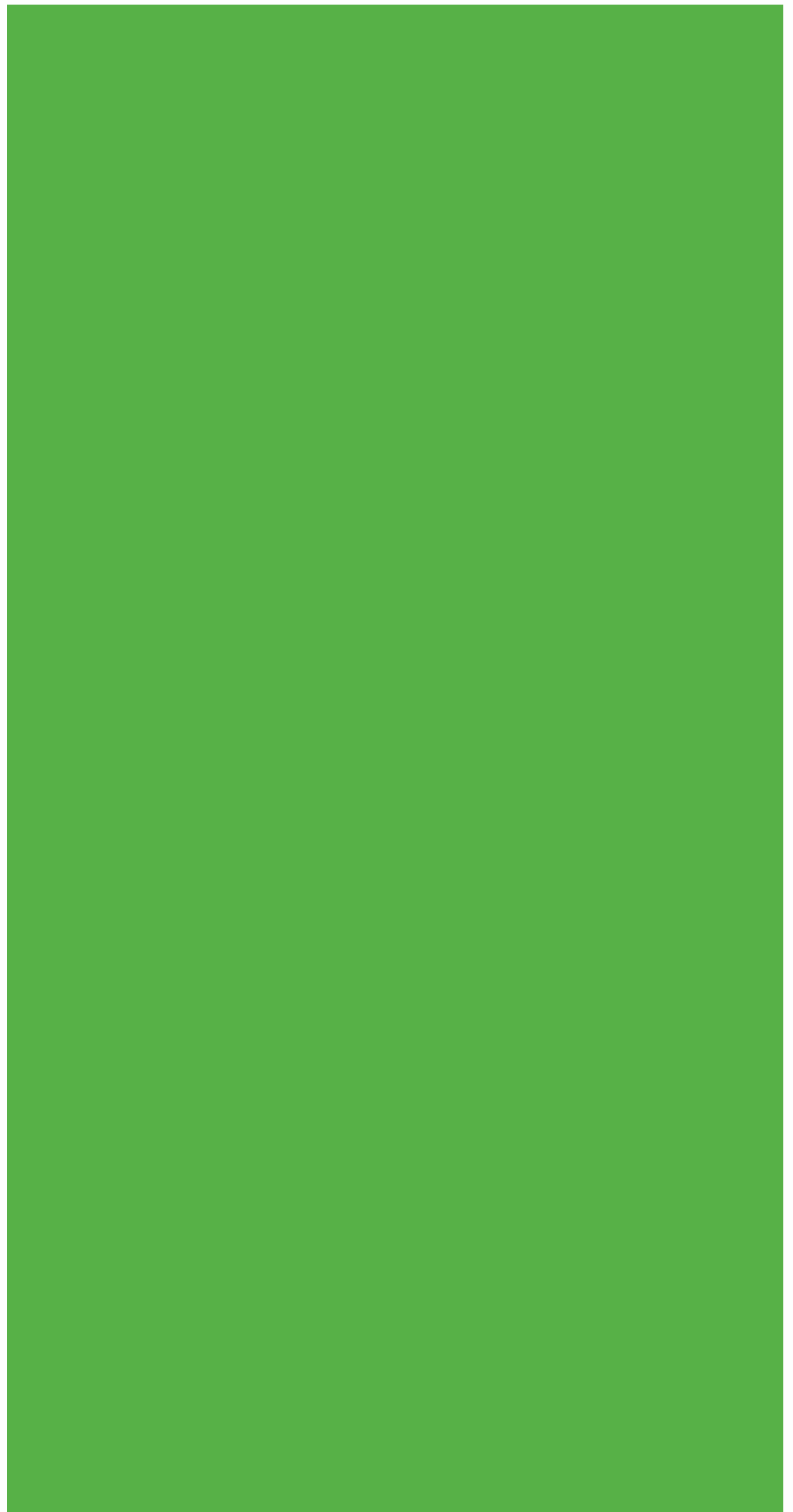
We also asked for recommendations from survey and focus group participants.

Do you see these actions happening already?

Are any of these new ideas?

Work in Progress

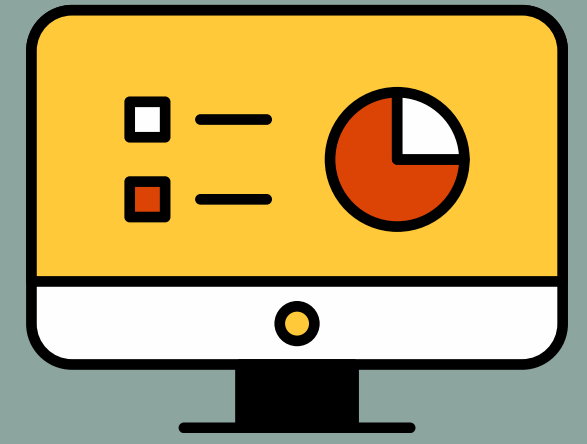
New Idea



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

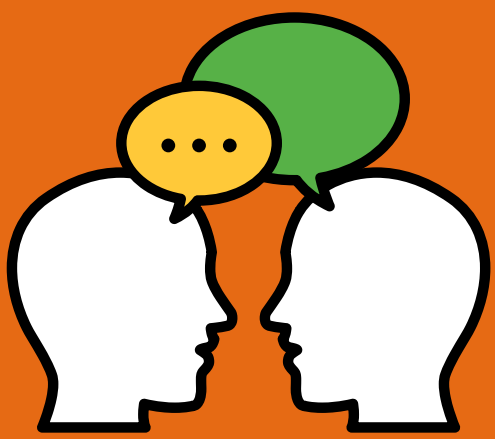


printed report

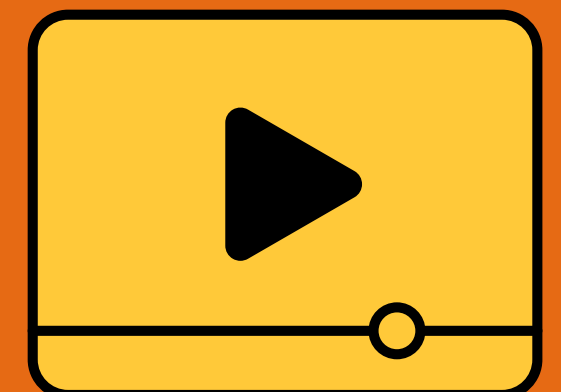


in-person presentation

your other ideas:



**informal
community events**



**social media-ready
video/infographics**

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 **ARCHIVE** **Community** **Relationships**

“Yeah, I think sometimes, as parents, we feel like we can only go to places that are super kid friendly, otherwise, because we have that already feeling that, "What's going to happen if kids don't behave or have a tantrum or we have to leave?" So I think sometimes we get kind of stuck in that, and especially if it's not a super kid friendly place, and then you feel like sometimes you have to give up and maybe not go out to a restaurant.”

Our church family has been really supportive. We moved here three years ago and right before COVID and all the lockdowns and everything so we knew no one and our church really became our family because my husband's family is on the East Coast and mine is seven hours away. There's a lot of kids my kids' age there and I would say my entire friend group is at our church. That's all of the support that we have, pretty much.

“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.”

“I was just going to say I do appreciate here in [city] that I feel like there's a lot bigger Christian community. It's a lot more, I don't know, open, conservative, whatever label you want to put on it. Where I grew up, it was a lot more liberal area and not as many Christians. I do appreciate that it's more of a normal thing here.”

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