

Community Belonging



In 2023, community-engaged researchers from OHSU & OSU-Cascades set out to measure community belonging to:

- *Learn what creates a sense of belonging among people living in Central Oregon.*
- *Share the results to inform future public health policies, programs, and initiatives to promote sense of belonging and improve community health.*

Responses were collected between January and July 2023 using a survey and focus groups.



Among parents and caregivers, an increased sense of belonging has a positive impact on physical and mental health.

What contributes to a sense of belonging in community?

Feeling safe in public spaces

Belief that you have a lot to give your community

Having a sense of attachment to place

Of the 1,019 survey participants, 241 (24%) were parents or caregivers of children under 18 years of age.

95% of parents & caregivers say family makes them feel like they belong

79% of parents & caregivers want to continue to build skills

71% of parents & caregivers believe they have a lot to give their community



COMMUNITY BELONGING
MEASUREMENT PROJECT



Foster connection & positive experiences

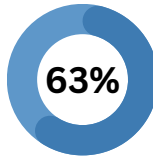


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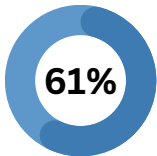
For me [belonging] is a sense of safety, of being in a place that is accepting of all types of people regardless of differences and knowing that I can be who I am and my children can be who they are without fear.

-Community Belonging Survey Participant

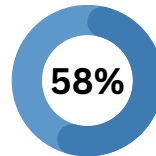
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of parents & caregivers said they belong among people who share their hobbies



of parents & caregivers know where to get help in their community



of parents & caregivers feel they belong in their community

What do parents & caregivers recommend to promote belonging?

- Increase access to low-cost recreational and after-school activities
- Design public spaces to be kid and family-friendly
- Create activity groups for youth and families to build skills and friendships

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You learn SO MUCH and learn how to do things better and what you're already doing a good job at! And if you're struggling with something, you will quickly find out, you're not alone.

-FRC Class Participant

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FRC programs help families understand how to foster positive experiences for both children & parents



Learn more about the project results and other resources at <http://belongingcentraloregon.org>



Thank you to all the community partners who shared their perspectives on the study findings. Special thanks to Family Resource Center of Central Oregon for contributing to the creation of these materials.