

Executive Summary

Key Findings:

Demographics:

- The Lakeview Service Area has a population of 6,262 as of 2023, which has remained steady since 2000.
- 26.3% of the population is over age 65, compared to 19.7% for Oregon overall.

Health Indicators:

- 44.1% of Lake Health Clinic patients were obese or morbidly obese.
- Top diagnoses include hypertension, diabetes, chronic pain, and mental health issues.
- Higher rates of inadequate prenatal care, low birth weight, and infant mortality compared to Oregon averages.
- Higher rates of emergency department visits for dental and mental health issues compared to state average.

Social Determinants of Health:

- 37.6% of renters spend over 35% of income on rent, indicating housing affordability issues.
- Higher rates of food insecurity, especially among children, compared to state averages.
- Lower access to childcare, with only 5% of children having access to regulated childcare slots.
- 46% of households are one unexpected expense away from financial crisis.
- Lower high school graduation rates and higher poverty rates compared to state averages.

Community Strengths:

- Strong community collaboration on issues like COVID-19 vaccination and veteran housing.
- Natural environment and outdoor recreation opportunities.
- Support for youth activities and sports.

Key Challenges:

- Access to mental health and substance abuse treatment, especially for youth.
- Recruiting and retaining healthcare providers.
- Communication of available resources to those in need.
- Acceptance and inclusion of LGBTQ and other marginalized populations.
- Workforce issues, including shortage of skilled trades.

Recommendations:

- Improve communication of available health and social services.
- Expand mental health and substance abuse treatment capacity.
- Develop strategies to recruit/retain healthcare providers.
- Address housing affordability and childcare access issues.
- Promote inclusion and support for marginalized groups.
- Expand workforce development programs, especially for trades.

Biggest Gaps in Service

1. Mental health and substance abuse treatment:

- Limited access to quality behavioral health providers, especially those with specialty training.
- Lack of capacity to serve clients with Substance Use Disorders.
- Particular shortage for youth (ages 0-17) in the justice system.

2. Specialty care:

- Lack of an optometrist in the community.
- Limited dental services, with no surgical procedures available locally (requiring referrals to Bend or Klamath Falls with extended wait times).

3. Primary care physician succession:

- Concern about replacing the four main doctors who are nearing retirement age.

4. Maternal and infant care:

- Higher rates of inadequate prenatal care compared to the state average.
- Higher rates of low birth weight and infant mortality.

5. Emergency department utilization:

- Higher rates of emergency department visits for dental and mental health issues compared to the state average, suggesting gaps in preventive and routine care in these areas.

6. Long-term care:

- Recent closure of the Nursing Home, indicating a gap in long-term care services.

7. Services for marginalized populations:

- Lack of culturally competent or welcoming services for LGBTQ+ individuals and other marginalized groups.

8. Substance abuse treatment for youth:

- Specific mention of limited capacity for treating substance use disorders in the 0-17 age group involved in the justice system.

These gaps highlight areas where the Lake District Hospital and community partners may need to focus their efforts to improve healthcare access and outcomes in the region.

Greatest Barriers to Care

1. Limited provider capacity:

- Overworked healthcare providers leading to burnout and turnover.
- Difficulty recruiting and retaining healthcare professionals in the rural setting.

2. Transportation issues:

- While transportation services exist, they require 24-hour notice and have limited schedules.
- Difficulty for vulnerable populations to navigate transportation scheduling requirements.

3. Communication and awareness:

- Lack of effective communication about available resources, especially to those in poverty.
- Difficulty reaching people through traditional media (newspaper, radio) or social media.

4. Cultural and social barriers:

- Lack of trust in authorities among certain groups, particularly marginalized populations.
- Stigma and fear preventing some groups (e.g., LGBTQ+ community) from seeking care.

- Cultural norms that discourage seeking preventive care or only seeking care when seriously ill or injured.

5. Poverty and economic instability:

- 46% of households are one unexpected expense away from financial crisis.
- Concerns about losing benefits (e.g., nutrition assistance, health insurance) if income increases slightly.

6. Limited specialty care:

- Lack of local specialists requiring travel to other cities for certain services.

7. Mental health stigma:

- Reluctance to seek mental health care due to social stigma.

8. Substance abuse issues:

- High rates of alcohol consumption and substance use affecting ability to maintain employment and access care.

9. Health literacy:

- Lack of education on managing daily life skills and maintaining health, particularly among those in poverty.

10. System complexity:

- Difficulty navigating complex healthcare and social service systems, particularly for vulnerable populations.

11. Limited childcare:

- Lack of affordable, accessible childcare, which can indirectly affect ability to access healthcare.

These barriers highlight the complex interplay between social, economic, and healthcare system factors that impact access to and utilization of health services in the community.

The Unique Needs of the Community

1. Workforce development:

- Shortage of skilled trades (electricians, plumbers, etc.)
- Need for workers who can consistently show up sober for work

2. Rural healthcare challenges:

- Succession planning for aging primary care physicians
- Retention of healthcare providers to prevent burnout and turnover
- Improved access to specialty care without requiring long-distance travel

3. Mental health and substance abuse services:

- Increased capacity for substance abuse treatment, especially for youth
- More mental health providers with specialized training
- Culturally competent care for marginalized groups, including LGBTQ+ individuals

4. Social and cultural needs:

- Safe spaces and support for LGBTQ+ youth and other marginalized groups
- Education and communication tools to promote acceptance and inclusion
- Bridging divides between different community groups (e.g., sports kids, 4H kids, LGBTQ+ population)

5. Economic stability:

- Addressing the high percentage (46%) of households that are one unexpected expense away from financial crisis
- Creating more job opportunities, especially for younger generations

6. Housing:

- Improving housing affordability, with 37.6% of renters spending over 35% of income on rent
- Addressing issues of housing quality and community appearance

7. Childcare:

- Increasing access to regulated childcare slots (only 5% of children currently have access)

8. Food security:

- Addressing higher rates of food insecurity, especially among children

9. Health education:

- Teaching life skills and health management, particularly to those in poverty
- Improving health literacy and awareness of available resources

10. Community engagement:

- Finding ways to maintain community involvement and sense of belonging, especially for youth
- Leveraging natural resources and outdoor activities for community health

11. Infrastructure:

- Improving water quality (mentioned as undrinkable in some community feedback)
- Addressing power outages during rain

12. Preventive care:

- Increasing utilization of preventive services to reduce reliance on emergency care

What the Hospital or CCO is Doing Well

1. COVID-19 response:

- The community was proud of organizing the process to efficiently distribute COVID-19 vaccines to anyone who wanted them.

2. Collaborative efforts:

- The report highlights strong community collaboration on various projects, including the Dark Sky Sanctuary designation and coordination between youth and senior centers during emergencies.

3. Veterans services:

- Recent addition of housing for veterans was mentioned as a positive development.

4. Transitional housing:

- Efforts to provide transitional housing to help those experiencing homelessness were noted.

5. School-based health initiatives:

- Schools have been investing in behavioral health and building a "system of care" through additional personnel.

6. Youth engagement:

- Strong community backing for youth in sports and agriculture was emphasized.
- Programs like the Youth Leadership Summit were mentioned positively.

7. Senior services:

- The Strong People program at The Center (formerly Senior Center) was highlighted as beneficial for participants.

8. Outdoor recreation and health:

- Utilization of natural resources for health promotion, including organized hikes and bike rides.

9. Career and Technical Education:

- The report mentions positive impacts of CTE programs, including practical community projects and leadership opportunities.

10. Support groups:

- Presence of Alcoholics Anonymous and Narcotics Anonymous groups in the community.

11. Community health services:

- While not explicitly praised, the report mentions a wide variety of available and accessible health services provided by Lake Health District.

12. Food security improvements:

- It was noted that summer lunch and other food resources have improved significantly.

13. Transportation services:

- While still limited, transportation services were said to have improved.

While the report doesn't explicitly state what the hospital or Coordinated Care Organization (CCO) is doing well, these areas of success likely involve their participation or support to some degree. The report seems to focus more on overall community health and collaboration rather than singling out specific organizations for praise.

Strengths of the Community

1. Strong sense of community:

- Described as having "small-town neighborliness" where people help each other
- Residents band together in times of need and celebrate each other's successes

2. Collaborative spirit:

- Ability to organize and work together on important initiatives, such as the COVID-19 vaccine distribution

- Coordination between different community groups, like youth and senior centers

3. Natural environment and outdoor recreation:

- Proximity to outdoor spaces without crowds
- Opportunities for hiking, biking, and other outdoor activities
- Dark Sky Sanctuary designation, showcasing collaborative efforts with multiple agencies

4. Youth support:

- Strong community backing for youth in sports and agricultural activities
- Programs like the Youth Leadership Summit and Career and Technical Education

5. Volunteerism and civic engagement:

- Historical examples of community groups coming together to improve healthcare facilities
- Ongoing involvement of various social clubs and youth groups in community initiatives

6. Safety:

- Described as a safe place to live and raise children

7. Adaptability:

- Ability to address emerging needs, such as providing housing for veterans and transitional housing for the homeless

8. Support for vulnerable populations:

- Efforts to improve services for seniors, such as the Strong People program
- Improvements in food security programs, like summer lunch programs

9. Educational initiatives:

- Schools investing in behavioral health and building a "system of care"
- Strong Career and Technical Education programs providing practical skills and community benefits

10. Cultural events:

- Events like the Eri Cup speech competition showcasing community talent and preparation

11. Support groups:

- Presence of groups like Alcoholics Anonymous and Narcotics Anonymous

12. Affordable living:

- Mentioned that the cost of living is slightly cheaper compared to other areas

13. Resilience:

- Ability to address challenges with limited resources, typical of rural/frontier communities

14. Pride in local achievements:

- Community takes pride in successful initiatives and collaborative efforts

These strengths highlight the community's ability to work together, support its members, and leverage its natural and human resources to address challenges and improve quality of life. The

strong sense of community and willingness to collaborate appear to be particularly notable strengths of the Lakeview area.

Priorities

1. Mental health and substance abuse treatment:

- Expanding capacity, especially for youth
- Increasing access to specialized mental health providers

2. Healthcare workforce:

- Recruiting and retaining healthcare providers, especially primary care physicians
- Addressing provider burnout

3. Access to specialty care:

- Improving local access to services like optometry and dental surgery

4. Maternal and infant health:

- Improving prenatal care and reducing low birth weight and infant mortality rates

5. Economic stability:

- Addressing poverty and creating job opportunities
- Supporting households at risk of financial crisis

6. Housing:

- Improving housing affordability and quality

7. Childcare:

- Increasing access to regulated childcare slots

8. Food security:

- Reducing food insecurity, especially among children

9. Health education and communication:

- Improving health literacy and awareness of available resources
- Developing better ways to communicate with the community about services

10. Inclusion and support for marginalized groups:

- Creating safe spaces and support for LGBTQ+ individuals and other marginalized populations
- Promoting community education on acceptance and inclusion

11. Preventive care:

- Increasing utilization of preventive services to reduce reliance on emergency care

12. Workforce development:

- Addressing shortages in skilled trades
- Supporting sobriety in the workforce

13. Infrastructure improvements:

- Addressing issues with water quality and power outages