

## **Executive Summary**

This CHNA covers fiscal years 2024-2026 (April 1, 2023 - March 31, 2026).

- It provides an overview of the 2019 Healthy Columbia Willamette Collaborative (HCWC) CHNA, which identified 9 core health issues affecting the quad-county region.

- For FY21-FY23, Legacy Meridian Park focused on 3 priority areas: access to health care, chronic conditions, and health equity.

- This report evaluates the impact of Legacy Meridian Park's efforts on those priority areas over the past 3 fiscal years.

- For FY24-FY26, Legacy Meridian Park has identified 6 new priority issues to address, based on the 2022 HCWC CHNA:

1. Access to affordable health care
2. Culturally and linguistically responsive health care
3. Economic opportunity
4. Educational opportunity
5. Culturally specific and healthy foods
6. Physical safety in the community

- The full 2022 HCWC CHNA is included at the end of the report to provide additional context and data.

- This CHNA will inform Legacy Meridian Park's Community Health Improvement Plan for FY24-FY26.

- The CHNA was developed in compliance with IRS requirements for non-profit hospitals and approved by Legacy Health's Board of Directors.

## **Biggest Gaps in Service**

1. Access to culturally and linguistically responsive health care: The health care workforce does not match the diversity of the region's population. There is a lack of providers who can offer culturally relevant services, including understanding cultural norms and historical barriers to care.

2. Mental health services: While access to mental health providers is higher than the national average, there is still a significant unmet need for mental health treatment. Oregon has the fourth highest rate of unmet need for mental health treatment in the country.

3. Dental care: Despite high enrollment in comprehensive dental care programs, Oregon has one of the country's highest rates of childhood dental disease. Dental care is often delayed or neglected, especially among Black, Latino/a, and low-income communities.

4. Rural health care access: There are challenges in accessing health care services in rural areas, including long travel distances to facilities which prevent residents from seeking preventative care and filling prescriptions.

5. Services for co-occurring disorders: Providers face challenges in managing people with co-occurring mental health disorders and substance use issues.
6. Culturally specific services: There is a need for more health care providers who reflect the communities they serve and can provide care in patients' preferred languages.
7. Trauma-informed care: There is a desire for health care that is attentive to healing marginalized communities' experiences, past traumas, and historical inequities.
8. Affordable care: Even with insurance, many community members face high out-of-pocket costs that make accessing care difficult.

These gaps highlight areas where health care services may be insufficient or inaccessible to certain populations in the region served by Legacy Meridian Park Medical Center.

### **Greatest Barriers to Care**

1. Cultural and linguistic barriers: There's a lack of providers who can deliver culturally appropriate care, including understanding cultural norms and historical barriers. This extends to inadequate translation and interpretation services.
2. Geographic distance: Especially in rural areas, travel distance to healthcare facilities prevents residents from seeking preventative care and filling prescriptions.
3. Cost and affordability: Even for those with insurance, high out-of-pocket costs can make accessing care difficult.
4. Lack of trust: Many community members, particularly from marginalized groups, distrust the healthcare system due to past negative experiences or historical traumas.
5. Limited availability of specialized services: Particularly for managing co-occurring mental health and substance use disorders.
6. Lack of culturally diverse healthcare workforce: The workforce does not reflect the diversity of the communities served.
7. Transportation issues: Lack of reliable transportation to healthcare facilities, especially in rural areas.
8. Limited health literacy: Difficulty understanding health information and navigating complex healthcare systems.
9. Stigma: Particularly around mental health and substance use issues.
10. Time constraints: Particularly for low-income individuals working multiple jobs, finding time to seek care is challenging.
11. Limited availability of appointments: Long wait times for appointments, especially for specialty care.

12. Lack of awareness of available services: Many community members are unaware of the services and resources available to them.

13. Digital divide: Lack of access to technology or internet for telehealth services, especially among older adults and low-income populations.

These barriers collectively contribute to health disparities and unequal access to care across different populations in the region.

### **The Unique Needs of the Community**

1. Affordable housing: There's a significant need for safe and affordable housing options, particularly for communities of color who are often displaced due to gentrification.

2. Culturally responsive healthcare: There's a strong need for healthcare providers who can offer culturally relevant services, understand cultural norms, and address historical barriers to care.

3. Mental health support: Especially for youth and communities of color, there's a need for culturally conscious and trauma-informed mental health services.

4. Economic opportunities: The region has lower than average household incomes in many areas and disparities in job access and wages, particularly affecting communities of color and women.

5. Food security: An estimated 25% of Oregonians experienced food insecurity in 2020, with disproportionate impacts on communities of color, immigrant communities, and LGBTQ2IA communities.

6. Educational equity: There's a need to eliminate education disparities, beginning with equitable access to affordable and quality childcare and preschools.

7. Physical safety: Addressing rising crime rates and ensuring community safety, particularly in Multnomah County.

8. Access to technology: Improving access to virtual resources and internet connectivity, especially for healthcare and education purposes.

9. Transportation access: Improving transportation options, especially for non-emergency medical transportation.

10. Support for immigrant and refugee communities: Including education on civic engagement and navigating healthcare systems.

11. Trauma-informed care: Healthcare that addresses past traumas and historical inequities, especially for marginalized communities.

12. Culturally specific foods: Access to culturally relevant and healthy food options.

13. Community spaces: More physical spaces for community gatherings, cultural events, and peer support.

14. Youth development: Non-academic youth development programs and peer mentorship opportunities.

These unique needs reflect the specific demographic, geographic, and socioeconomic characteristics of the region served by Legacy Meridian Park Medical Center.

### **What the Hospital or CCO is Doing Well**

1. Increasing access to care: The percentage of patients receiving preventive health care examinations and services through Legacy Health Clinics increased over the three-year period, particularly among Oregon Health Plan members.

2. Language services: Legacy Health offers health interpreters for about 200 languages and has 325 employees approved to use their non-English skills to provide language-concordant care.

3. Medication assistance: Between FY21 and FY23, Legacy Health connected approximately 3,000 OHP or uninsured patients to Medication Assistance Programs for low or no-cost essential medications.

4. Chronic disease management: Legacy Health's Diabetes Prevention Program showed positive results in weight loss and increased physical activity among participants.

5. Health equity initiatives: Legacy Health has implemented several policies and actions to address bias and improve the delivery of equitable, trauma-informed, and culturally responsive services.

6. Workforce diversity: By March 31, 2023, 28.9% of Legacy Health's workforce in the quad counties self-identified as non-white, an increase of 21.5% from the beginning of the CHIP period.

7. Community investment: Legacy Health awarded several Community Benefit Community Health grants to organizations working on various health equity initiatives, including mental health programs, supportive housing, and workforce development for underrepresented populations.

8. Social needs screening: Legacy Health significantly increased the proportion of patients screened for food insecurity and other social needs.

9. Health education: Legacy Health increased the number of patient outreach encounters involving behavior modification education or related activities.

While the report primarily focuses on identifying community health needs and gaps in services, these points highlight some areas where Legacy Health and Legacy Meridian Park Medical Center are making positive contributions to community health.

### **Strengths of the Community**

1. Social connections and support: Community members frequently noted social and community connection as a strength, relying on these networks for support when they cannot or do not wish to access the formal healthcare system.

2. Cultural practices and traditions: Many community members emphasized the importance of cultural practices and traditions for overall wellness and healing.
3. Problem-solving skills: Community members described themselves as "good problem solvers" due to often being overlooked or underserved by formal systems.
4. Resilience: The community demonstrates resilience in the face of adversity and historical traumas.
5. Intergenerational knowledge: There's a strong emphasis on passing down knowledge and practices from elders to younger generations.
6. Awareness of mental health issues: There's an increased awareness and effort to reduce stigma around mental health issues among youth and adults.
7. Community partnerships: The community has developed strong partnerships between various organizations to bring in healing and wellness resources.
8. Peer support: There's a strong emphasis on peer-to-peer support and education, especially among youth.
9. Storytelling and cultural sharing: Community members value sharing stories and cultural knowledge as a way of connecting and healing.
10. Connection to environment: Many community members, especially in indigenous communities, emphasized their connection to the land as a source of healing and health.
11. Adaptability: Communities have shown adaptability in finding workarounds and solutions when formal systems don't meet their needs.
12. Increasing inclusivity: Efforts to bring about inclusiveness have connected many to required resources.
13. Youth engagement: Young community members are actively involved in spreading awareness about health issues affecting marginalized communities.

These strengths demonstrate the community's capacity for resilience, mutual support, and cultural preservation in the face of health challenges.

### **Priorities**

1. Access to affordable health care
2. Culturally and linguistically responsive health care
3. Economic opportunity
4. Educational opportunity

5. Culturally specific and healthy foods

6. Physical safety in the community

These priorities fall under three main priority areas:

1. Access to Culturally and Linguistically Responsive Health Care

- Includes priorities 1 and 2

2. Essential Community Services and Resources

- Includes priorities 3, 4, and 5

3. A Neighborhood for All

- Includes priority 6

The report states that these priority areas and issues were selected based on factors such as:

- The disproportionate impact on communities of color, low-income populations, and other disenfranchised groups
- The availability of evidence-based and prevention-focused solutions
- The knowledge, skills, and resources provided by Legacy Health to intervene in these areas

These priorities will guide Legacy Meridian Park Medical Center's community health improvement activities for the next three fiscal years.