

KLAMATH COUNTY

COMMUNITY HEALTH IMPROVEMENT PLAN

2016



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Healthy Klamath Partners

Committed to Improving the Health of the Community

Steering Committee Core Four

Cascade Health Alliance
Klamath County Public Health
Klamath Open Door Family Practice
Sky Lakes Medical Center

Area Agency on Aging
Blue Zones Project – Klamath Falls
Citizens for Safe Schools
City of Klamath Falls
Department of Human Services
Friends of the Children
Herald and News
Integral Youth Services
Klamath Falls Aging and People with
Disabilities
Klamath & Lake Community Action Services
Klamath Basin Behavioral Health
Klamath Basin Research and Extension
Center
Klamath Basin Senior Citizens' Center
Klamath County
Klamath County Chamber of Commerce

Klamath County Fire District No. 1
Klamath County School District
Klamath Falls City Schools
Klamath Falls Downtown Association
Klamath Falls YMCA
Klamath-Lake Counties Food Bank
Klamath Regional Health Equity Coalition
Klamath Talks Radio
Klamath Tribal Health and Family Services
KOTI Television
Lutheran Community Services
Oregon Health & Sciences University
Oregon Institute of Technology
South Central Oregon Economic
Development District
Steen Sports Park

Introduction

The 2016 Community Health Improvement Plan (CHIP) development was a collaborative process between the Healthy Klamath Coalition and its Steering Committee. The Healthy Klamath Coalition is a multi-sector partnership of dedicated community members, leaders, and local organizations working together to strengthen and build healthier communities throughout the county. The Steering Committee, referred to as the Core Four, is comprised of these agencies: Cascade Health Alliance, Klamath County Public Health, Klamath Open Door Family Practice, and Sky Lakes Medical Center. These agencies served as the planning group for the 2016 CHIP development.

The Community Health Improvement Plan serves as the three-year strategic plan for improving the health and well-being of Klamath County residents. The CHIP details the strategies and metrics local health agencies are using to address the health issues found throughout the community. This document builds upon the 2013 CHIP and further outlines the programs and services offered within the community to improve health. The 2016 CHIP is based upon data collected and compiled in the 2015 Community Health Assessment (CHA). These documents can be viewed at the Healthy Klamath website, www.HealthyKlamath.org.

The CHIP is the result of a community-driven process, focused on making a lasting change in population and individual health status. As the foundation for community health improvement, the Core Four have selected the following definitions of health and a healthy community to guide its work.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” –World Health Organization

***“A healthy community is a place where people provide leadership in assessing their own resources and needs, where public health and social infrastructure and policies support health, and where essential public health services, including quality health care, are available. In a healthy community, communication and collaboration among various sectors of the community and the contributions of ethnically, socially, and economically diverse community members are valued.”
–Institute of Medicine***

Healthy Klamath partners follow these principles on a daily basis. As a close-knit, rural county, health and wellness are perceived to be owned by all community members. While health and wellness agencies may help lead the charge, individuals, organizations and businesses also ensure the most vulnerable community residents have access to all of the determinants of health.

Planning Process

As the planning group for CHIP development, the Core Four used a three-phase process, which took place over several months. Meetings were held between October 2016 and March 2017 to review progress made since the 2013 CHIP, to organize community engagement, and to develop the final CHIP.

The three-phase CHIP planning process was adopted during the development of the 2013 CHIP. The framework was originally adapted from Oregon's Benton County Community Health Improvement Planning Process. It has been updated to reflect the process for completing the 2016 CHIP, with the work conducted during each phase detailed in this section.

Phase I

In the first phase, data from the previous Community Health Assessments was reviewed, progress made since the 2013 CHIP was analyzed, and a preliminary list of priority areas, based on work currently happening in the community, was formulated. However, further input from community partners was needed.

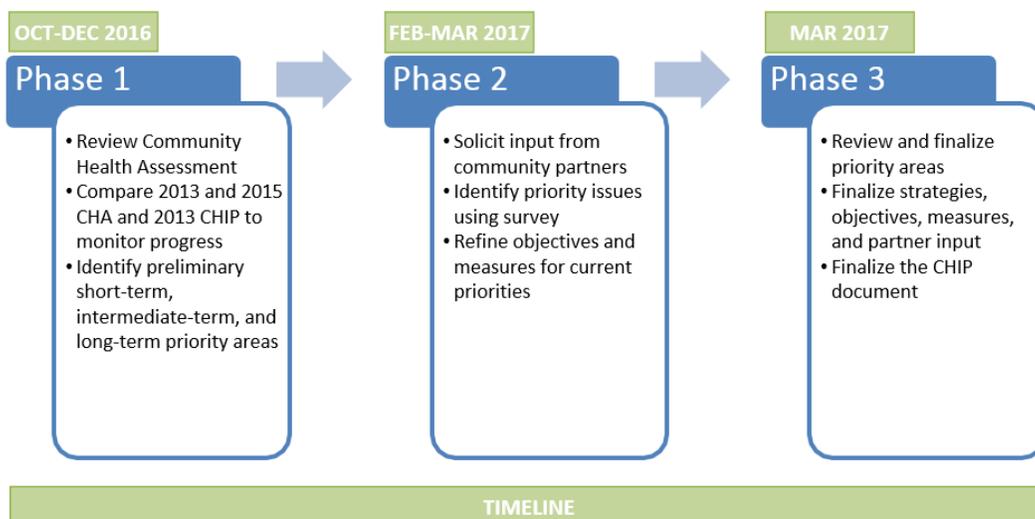
Phase II

In order to prioritize the health issues from the 2015 CHA for inclusion into the 2016 CHIP, input was sought from Healthy Klamath partners using an electronic survey. Additionally, select community partners were asked to list the current programs and services they offer that address the health issues identified in the CHA. Then the Core Four refined the format and the methodology used in compiling the health issue charts.

Phase III

In this phase, the group reviewed and finalized the priority areas, and completed the health issue charts by finalizing the strategies, objectives, measures, and partner activities for the CHIP. The final CHIP document was compiled by the Core Four and then reviewed by key stakeholders.

Klamath County Community Health Improvement Planning Process



Adapted from Benton County Health Department

Methods

The Community Health Improvement Plan includes the community health priorities, measurable objectives, improvement strategies, and activities that were determined during the planning process. The methods for selecting these and compiling them into health issue charts are described in this section.

Priority Health Issues

To prioritize the health issues for inclusion in the CHIP, Healthy Klamath partners were surveyed. The survey process and selection criteria are detailed in Appendix A. The survey results identified four overall areas, which include eight health issues, as priority health issues for our community. They are listed below.

Physical Health

- Chronic Disease
- Cancer
- Obesity

Maternal and Infant Health

- Low Birth Weight and Prenatal Care
- Breastfeeding

Modifiable Health Risks

- Tobacco
- Pregnancy and Tobacco

Social Determinants of Health

- Food Insecurity

The priority health issues are the areas upon which the Healthy Klamath partners have the greatest impact. However, additional health issues from the CHA are addressed in the CHIP, as there is at least one community agency performing work to influence each health issue identified. Additionally, community assets and resources (Appendix B) were identified during the CHIP planning process, because each provides a means to address health issues in the community.

Objectives and Strategies

The objectives and strategies associated with each health issue are listed in the charts. The Core Four referenced Healthy People 2020 topics and objectives when determining the strategies and objectives in the CHIP. In addition, many of the strategies and objectives within the CHIP align with the health priorities, and the policy, systems and environmental improvements outlined in the Oregon State Health Improvement Plan for 2015-2019.

Performance Measures

The desired measurable outcomes and indicators of the health improvement effort are outlined in the CHIP through baseline data and target data for each performance measure. These indicators were all determined during the CHIP planning process. When creating these target

numbers, the Core Four again referenced Healthy People 2020 for target-setting methods. This was done by using the 10 percent improvement scale used by Healthy People 2020, and then tailoring the target data points based on history of improvement between the 2013 and 2015 Community Health Assessments and realistic expectations for future progress. The intended timeframe to make progress and meet these targets is three years.

Partners

The activities conducted by the Core Four to address each health issue are described in the partners section of the health issue charts. Additionally, the activities of key supporting partners, the Blue Zones Project and Klamath Tribal Health & Family Services are included, as they collaborate often with the Core Four on health initiatives. Additional community partners that either provide support, or are the primary agencies addressing certain health issues, are listed as well.

A priority of the Core Four is to apply the health equity lens in reviewing the programs and services each provides. Each agency is a member of the Klamath Regional Health Equity Coalition (KRHEC), housed in Klamath County Public Health. The work of KRHEC is listed throughout the health issue charts. Also within the partners section, the policy changes that are being implemented in the community are listed; examples include the Tobacco Retail Licensing program and the Protected Bike Lane Project.

Progress Monitoring

The Core Four consolidated all of the health issues and the corresponding strategies, objectives, measures, and community partner work into the CHIP. Some health issues only have a description and no objectives or quantifiable measures. These are areas beyond the scope of service for the Core Four agencies and are addressed through community partnerships. Progress towards each strategy and objective will be monitored by the Core Four and updated annually.

Health Issues

Physical Health

Chronic Disease	
Objective & Strategy #1	
Increase availability of self-management programs by Living Well Coalition	
Performance Measure	
Baseline Data: 7 classes offered in 2016	Target Data: 30 classes (10 per year)
Partners	
<p><u>Living Well Coalition</u></p> <p>The following organizations have partnered to offer Chronic Disease Self-Management Programs: Sky Lakes Medical Center, Klamath County Public Health, Klamath & Lake Counties Council on Aging, Klamath Basin Research and Extension Center, Cascade Health Alliance, Klamath Tribal Health & Family Services, SPOKES Unlimited, Klamath Falls Aging and People with Disabilities, Klamath Basin Senior Citizens' Center, and HealthInsight.</p>	
Objective & Strategy #2	
Reduce the burden of diabetes through chronic disease self-management and prevention programs	
Performance Measure	
Baseline Data: 9.4% of adults have diabetes (Source: www.healthyklamath.org)	Target Data: 9.4% of adults have diabetes
Partners	
<p><u>Sky Lakes Medical Center</u></p> <p>Diabetes Management Services offer an accredited Diabetes Services Management Education program. Outpatient Care Management Department offers the Diabetes Self-Management Program.</p> <p><u>Cascade Health Alliance</u></p> <p>Employs four certified diabetes educators who offer one-on-one pre-diabetes education and fully covers diabetes supplies for their members.</p> <p><u>Klamath Open Door</u></p> <p>Offers one-on-one diabetes and pre-diabetes counseling for patients. Klamath Open Door plans to offer Diabetes Self-Management Programs in the future.</p>	

<u>Tribal Health & Family Services</u>	
Offers a Diabetes Prevention Program for those with pre-diabetes, diabetes clinic, podiatry clinic, rheumatology clinic, anti-coagulation clinic.	
Objective & Strategy #3	
Reduce readmission rate among COPD sufferers through a multi-departmental effort	
Performance Measure	
Baseline Data: 14.3% (2015) of potentially preventable readmissions (Source: HTPP Data)	Target Data: 11.8% (2018) of potentially preventable readmissions
Partners	
<u>Sky Lakes Medical Center</u> Respiratory Therapy, Outpatient Care Management, Resource Management, Hospitalists, Pharmacy, and Performance Excellence work collaboratively to prevent readmissions due to COPD.	

Cancer	
Objective & Strategy #1	
Increase the number of preventative cancer screenings by increasing Primary Care Provider referrals through gap care analysis	
Performance Measure – Colon Cancer Screening	
Baseline Data: Baseline Data: 58% of adults who receive the screening (Source: www.healthyklamath.org)	Target Data: 63.8% of adults who receive the screening
Performance Measure – Mammography	
Baseline Data: 75% of females who receive the screening (Source: www.healthyklamath.org)	Target Data: 77% of females who receive the screening
Performance Measure – Pap Smear	
Baseline Data: 83% of females who receive the screening (Source: www.healthyklamath.org)	Target Data: 83.5% of females who receive the screening

Partners

Sky Lakes Medical Center

Employs Panel Managers to review charts and identify gaps in preventive screenings. Plans are being developed to station Panel Managers at every clinic.

Cascade Health Alliance

Reviews charts to identify gaps in preventive care and works with Oregon Mobile Healthcare to provide in-home preventive care.

Klamath County Public Health

Provides access to reproductive health screenings in the clinic and provides education in the community.

Tribal Health & Family Services

Reviews charts, identifies gaps in care, and encourages screenings. Involved in numerous initiatives, including OHSU Knight Cancer Institute Community Partnership Program Grant, Klamath Tribal Health and Wellness Center, cancer screenings, Northwest Portland Area Indian Health Board Cancer Coalition.

Overweight and Obesity

Objective & Strategy #1

Lower overweight and obesity rates by offering a weight loss program with built-in support

Performance Measure

Baseline Data: 60%

(Source: www.healthyklamath.org)

Target Data: 58%

Baseline Data: 65.7%

(Source: Well-Being Index)

Target Data: 58%

Partners

Sky Lakes Medical Center

Offers community weight management classes through the Live Young: Sky Lakes Wellness Center.

Cascade Health Alliance

Funds members to participate in Sky Lakes Wellness Center classes.

Blue Zones Project

Fosters community-wide obesity reduction efforts through active living and healthy eating and activities, such as walking moais.

Tribal Health & Family Services

Offers the Diabetes Prevention Program that includes a weight loss component. Seeking grant funds to increase the scope of the program. Coordinates several programs and events, including the Special Diabetes Program for Indians (SDPI), Back to School Kids Fair, Men's Health Retreat, Women's Health Retreat, and Elder's Health Fair.

Objective & Strategy #3

Reduce the percentage of adolescents age 12-19 who are considered obese or overweight

Performance Measures

Baseline Data: 24% in 8th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 23.6% in 8th grade students

Baseline Data: 26.5% in 11th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 26% in 11th grade students

Partners

Klamath County Public Health

Partners with the school districts to support physical activity before, during and after school by coordinating the Walking School Bus program, Recess Before Lunch Policy, Brain Breaks, and afterschool programs.

Blue Zones Project

Conducts the Walking School Bus program and implements the Recess Before Lunch policies as a part of the School Pledge.

Mental Health

Description

Klamath County, although a vibrant community, is faced with some concerning health challenges. There is a high prevalence of mental health problems and unfortunately a lack of mental health providers in Klamath County. The Core Four are not directly involved in this but we recognize this as an issue and others in the community are working to address the issue.

Partners

Klamath Open Door

Employs a full time Behavioral Therapist to meet with patients.

Blue Zones Project

The Power Nine Principles in the Blue Zones Project promote positive mental health. The Blue Zones Project hosts many social events, organizes social groups called moais, and works closely with the faith-based and civic organizations.

Klamath Basin Behavioral Health

Provides a host of mental health services in the community and continues to recruit mental health providers. Klamath Basin Behavioral Health has satellite locations stationed throughout the community including in schools, the Senior Center, and Community Corrections.

Lutheran Community Services

Provides a host of mental health services in the community and have integrated into schools.

Klamath Tribal Health & Family Services

Provides Youth & Family Guidance Center (YFGC) Mental Health Services: Behavioral Health Clinic, Substance Use Disorder Program-alcohol, drugs, inhalants, group and individual therapy-group treatment, and individual treatment.

Maternal and Infant Health

Infant Mortality	
Objective & Strategy #1	
Decrease infant mortality through offering education programs and access to prenatal care	
Performance Measures	
Baseline Data: 6.5 per 1000 (Source: OPHAT)	Target Data: 6.4 per 1000
Partners	
<p><u>Klamath County Public Health</u> Offers the Babies First and Care Coordination (CaCoon) programs.</p> <p><u>Cascade Health Alliance</u> Provides "Your Pregnancy Week-by-Week" for new mothers and offers incentivized maternal education programs.</p>	

Low Birth Weight & Prenatal Care	
Objective & Strategy #1	
Decrease incidence of Low Birth Weight through nutrition, education, smoking cessation, and managed oral hygiene	
Performance Measures	
Baseline Data: 8% Low birth weight (Source: County Health Rankings)	Target Data: 8% Low birth weight
Baseline Data: 19% of mothers smoked while pregnant (Source: OPHAT)	Target Data: 19% of mothers smoked while pregnant
Performance Measures – Prenatal Care	
Baseline Data: 80.8% (Source: OPHAT)	Target Data: 80.8%
Partners	
<p><u>Klamath County Public Health</u> Offers the Women, Infants, and Children (WIC) program, which includes supplemental food vouchers and classes on healthy choices during pregnancy. Klamath County Public Health has also partnered with OHSU and OIT on a low birth weight study and a smoking cessation project.</p>	

Cascade Health Alliance

Provides "Your Pregnancy Week-by-Week" for new mothers and offers maternal programs that incentivize prenatal care, dental screenings, and educational classes. Cascade Health Alliance also offers one-on-one tobacco cessation counseling for pregnant smokers.

Klamath Open Door

Offers prenatal care to patients.

Sky Lakes Medical Center

Offers prenatal care to patients.

Freedom From Smoking Partnership

A partnership between Sky Lakes Medical Center, Klamath Open Door, Cascade Health Alliance, and Klamath Basin Behavioral Health that offers smoking cessation group classes. Klamath Open Door, Cascade Health Alliance, and Klamath Basin Behavioral Health offer one-on-one cessation counseling for pregnant smokers.

Klamath Tribal Health & Family Services

Provides Maternal Child Health program.

Breastfeeding	
Objective & Strategy #1	
Increase breastfeeding rates through education on lactation and providing ongoing support	
Performance Measures	
Baseline Data: 88% breastfeeding before leaving hospital (Source: OPHAT)	Target Data: 88% breastfeeding before leaving hospital
Baseline Data: 43% breastfeeding at 3 months (Source: KCPH WIC)	Target Data: 43% breastfeeding at 3 months
Baseline Data: 28% breastfeeding at 6 months (Source: KCPH WIC)	Target Data: 28% breastfeeding at 6 months
Partners	
<u>Klamath County Public Health</u> Provides education and ongoing support for breastfeeding and offer breast pumps.	
<u>Sky Lakes Medical Center</u> Offers the 'The Art of Breastfeeding' and 'Noontime Nurslings' programs, hosts an annual lactation event, and provides lactation services.	

Klamath Tribal Health & Family Services

Provides lactation services and has available lactation rooms for staff and patients.

Blue Zones Project

Encourages community worksites to include a designated breastfeeding room as part of their pledge/certification criteria.

Reproductive Health

Teen Pregnancy Rates	
Objective & Strategy #1	
Decrease teen pregnancy through education and contraceptive services	
Performance Measure – Teen Pregnancy Rate	
Baseline Data: 15 per 1000 in 15-17 year olds (Source: OPHAT)	Target Data: 12 per 1000 in 15-17 year olds
Baseline Data: 101 per 1000 in 18-19 year olds (Source: OPHAT)	Target Data: 98 per 1000 in 18-19 year olds
Performance Measure – Have Had Sexual Intercourse	
Baseline Data: 13.7% of 8th grade students (Source: Oregon Healthy Teens Survey)	Target Data: 13% of 8th grade students
Baseline Data: 45.8% of 11th grade students (Source: Oregon Healthy Teens Survey)	Target Data: 45% of 11th grade students
Partners	
<u>Klamath County Public Health</u>	
Offers the My Future-My Choice program, Personal Responsibility Education Program, gives presentations at the Youth Inspiration Program at Juvenile Detention, and provides contraceptive care at the clinic.	

Sexually Transmitted Infections	
Objective & Strategy #1	
Decrease incidence of STI/STDs through education, screenings, and contraceptives	
Performance Measure	
Baseline Data: 337 reported cases in 2014 (Source: ORPHEUS)	Target Data: 327 cases
Partners	
<u>Klamath County Public Health</u>	
Provides community education, offers the Personal Responsibility Education Program, distributes information at health fairs, offers free contraceptives, and provide screenings and treatment.	

Social Determinants of Health

Health Care Access	
Objective & Strategy #1	
Increase access to primary care through non-emergent medical transportation, health care outreach, and expanded clinic availability	
Performance Measures	
Baseline Data: Primary Care HPSA Scores 19 (Scale 1-25, lower numbers are better)	Target Data: 18
Baseline Data: Mental Health HPSA Scores 21 (Scale 1-25, lower numbers are better)	Target Data: 20
Baseline Data: Dental Health HPSA Scores 15 (Scale 1-26, lower numbers are better)	Target Data: 14
Partners	
<p><u>Sky Lakes Medical Center</u> Operates the Outpatient Care Management program, which provides non-emergent medical transportation and healthcare navigation services. Sky Lakes Medical Center also hosts two major health fairs that offer free health screenings and health education.</p> <p><u>Cascade Health Alliance</u> Provides medical, mental, and dental coverage for Oregon Health Plan members. Partners with Sky Lakes Outpatient Care Management program to provide non-emergent medical transportation. As part of its prenatal care efforts, Cascade Health Alliance incentivizes pregnant women to get a dental screening.</p> <p><u>Klamath Open Door</u> Provides non-emergent transportation to its patients and has opened a walk-in clinic with expanded service hours. Offers dental services as part of their comprehensive health services.</p> <p><u>Klamath County Public Health</u> Spearheaded the formation of an Oral Health Coalition collaborating with other community organizations.</p> <p><u>Klamath Tribal Health & Family Services</u> Provides non-emergent medical transportation to tribal members through Klamath Tribal Health and Family Services as well as with the Quail Trail.</p>	

OHSU Rural Campus

Partners with clinics and human services organizations to increase capacity for health care in the rural setting.

Klamath County Public Health

Operates a clinic accessible to the community for reproductive health services and immunizations.

Klamath Tribal Health & Family Services

Provides medical, dental, pharmacy, behavioral health, and transportation services.

Socioeconomic Needs Index/Income and Poverty/Unemployment

Description

Primary care is the focus for the Core Four. However, Cascade Health Alliance has made a variety of community donations to impact social determinants of health including poverty. Other agencies in the community such as Klamath & Lake Community Action Services, Klamath Works, and Lutheran Community Services implement successful programs that directly address poverty.

Education

Description

Although education is highly important and influential to the health of this community, the Core Four are focused on the more traditional health issues. Klamath Promise is a wonderful initiative focused on achieving 100% high school graduation and the Core Four are invested in and supportive of its efforts. The Klamath Tribes Administration addresses education needs through their Education Department.

Housing

Description

The Core Four understand the correlation between safe housing and health, but housing is beyond the scope of their influence. Instead, they rely on the expertise and hard work of the Klamath Housing Authority and Klamath & Lake Community Action Services to assist community members in obtaining safe and stable housing. The Klamath Tribes Administration also addresses housing needs within their served population through their Housing Department.

Food Insecurity

Description

The Core Four are not directly involved in efforts to eliminate food insecurity, however Sky Lakes Medical Center and Klamath Open Door have partnered with the Klamath-Lake Counties Food Bank to offer the Produce Connection program. The food bank provides boxes of fresh produce for free and distributes them at Klamath Open Door and Cascades East clinics. Beyond the Produce Connection, the Core Four look to community partners such as YMCA, Integral Youth Services, Klamath Basin Research and Extension Center, Klamath Library, Oregon Institute of Technology, and the county and city school districts who have teamed up to create the Child Hunger Coalition to provide free lunches and enrichment programming in parks. The Klamath Tribal Administration also provides services through their Commodity Program and the Food Bank Collaboration.

Crime and Safety

Description

Decreasing crime and increasing safety is beyond the scope of the Core Four's influence. Cascade Health Alliance, Sky Lakes Medical Center, Klamath County Local Alcohol and Drug Planning Committee, and other community agencies, made monetary donations to establish the Sobering Center, which will be operated by Klamath Basin Behavioral Health. The Klamath Tribal Administration addresses the issue of criminal activity through their Tribal Court.

Child Abuse and Neglect

Description

Sky Lakes Medical Center operates the Child Abuse Response and Evaluation (CARES) program, which focuses on analyzing possible cases of abuse or neglect and offers treatment and referral for victims. They offer expert medical diagnoses with speed and accuracy. They are also involved in the Stop the Hurt Coalition which works to prevent child abuse and neglect through advocacy and education. Other community organizations such as Court Appointed Special Advocates, Department of Human Services, Friends of the Children, and Citizens for Safe Schools work to prevent child abuse and neglect through mentorship and positive adult relationships. The Klamath Tribal Administration operates a Social Services Department to serve their population.

Modifiable Health Risks

Substance Abuse
Description
<p>The Core Four helps direct patients to substance abuse counseling services but do not provide direct services. Other community partners, including Klamath Basin Behavioral Health, Lutheran Community Services, Best Care Treatment, and Transformations Wellness Center, provide services. The Klamath Regional Health Equity Coalition advocates for youth drug prevention and facilitates the Sticker Shock campaign. Klamath Tribal Health & Family Services offers direct services through the Youth and Family Guidance Center, and the Substance Use Disorder Program.</p>

Tobacco	
Objective & Strategy #1	
Decrease the prevalence of tobacco use among adults	
Performance Measure	
<p>Baseline Data: 23% of adults smoke (Source: www.healthyklamath.org)</p>	<p>Target Data: 22% of adults smoke</p>
Partners	
<p><u>Klamath County Public Health</u> Facilitates the Tobacco Prevention and Education Program (TPEP) and Strategies for Policy and Environmental Change (SPArC) program, which works towards tobacco free policies, provides education to prevent tobacco initiation, and promotes tobacco cessation.</p> <p><u>Freedom From Smoking Partnership</u> A partnership between Sky Lakes Medical Center, Klamath Open Door, Cascade Health Alliance, and Klamath Basin Behavioral Health that offers smoking cessation group classes. Klamath Open Door, Cascade Health Alliance, and Klamath Basin Behavioral Health offer one-on-one cessation counseling for pregnant smokers.</p> <p><u>Klamath Tribal Health and Family Services</u> Facilitates the Tobacco Prevention and Education Program that works towards tobacco free policies, provides education to prevent commercial tobacco use initiation, and promotes tobacco cessation.</p> <p><u>Blue Zones Project</u> Coordinates a tobacco prevention committee that works towards tobacco free policies.</p>	

Objective & Strategy #2

Reduce use of cigarettes by adolescents (past month)

Performance Measure – Cigarette use in the past 30 days

Baseline Data: 6.7% of 8th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 6.2% of 8th grade students

Baseline Data: 11.2% of 11th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 10.7% of 11th grade students

Partners

Klamath County Public Health, Sky Lakes Medical Center, and Klamath Tribal Health & Family Services have teamed up to provide tobacco prevention education in schools through assemblies and presentations.

Alcohol

Objective & Strategy #1

Reduce the percentage of adolescents reporting use of alcohol or any illicit drugs during the past 30 days

Performance Measure – At least one drink of alcohol in the past 30 days

Baseline Data: 16.2% of 8th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 15.7% of 8th grade students

Baseline Data: 28.3% of 11th grade students
(Source: Oregon Healthy Teens Survey)

Target Data: 27.8% of 11th grade students

Partners

Klamath County Public Health

The Klamath Regional Health Equity Coalition (KRHEC) has partnered with Klamath Tribal Health & Family Services to form the Chiloquin First Coalition. KRHEC facilitates the annual Sticker Shock campaign to discourage adults from purchasing alcohol for minors.

Several community partners, Klamath Basin Behavioral Health, Lutheran Community Services, Best Care Treatment, and Transformations Wellness Center provide substance abuse prevention and counseling services. Klamath Tribal Health & Family Services also provides direct services through their Youth and Family Guidance Center, the Substance Use Disorder Program, and through Clinic Primary Care Screenings.

Marijuana	
Objective & Strategy #1	
Reduce the percentage of adolescents reporting use of marijuana during the past 30 days	
Performance Measure – Marijuana use in the past 30 days	
Baseline Data: 11.4% of 8th grade students (Source: Oregon Healthy Teens Survey)	Target Data: 10.9% of 8th grade students
Baseline Data: 19.5% of 11th grade students (Source: Oregon Healthy Teens Survey)	Target Data: 19% of 11th grade students
Partners	
The Core Four do not address marijuana use directly. In any policy and education work completed, all smoking-related activities are included. For example, when a new policy is created all forms of smoking are prohibited; during educational presentations, all forms of smoke are addressed as being harmful. The Klamath Regional Health Equity Coalition has started a prevention campaign against youth marijuana use.	

Nutrition	
Objective & Strategy #1	
Increase consumption of fruits and vegetables through education and public assistance	
Performance Measure	
Baseline Data: 28.3% in adults (Source: www.healthyklamath.org)	Target Data: 28.3% in adults
Partners	
<p><u>Klamath County Public Health</u> Provides supplemental nutritious foods and nutrition education through the WIC program.</p> <p><u>Sky Lakes Medical Center</u> Provides nutritional cooking classes open to the public through the Wellness Center, offers Medical Nutrition Therapy with a Registered Dietician, and provides medical nutrition clinic screening.</p> <p><u>Klamath Basin Research and Extension Center</u> Provides nutrition education in schools.</p> <p><u>Klamath Tribal Health & Family Services</u> Provides a Diabetes Program and Food Insecurity Program.</p>	

Physical Activity

Objective & Strategy #1

Increase amount of physical activity through walking programs

Partners

Sky Lakes Medical Center

Offers the Walk with a Doc program.

Commute Options

Offers the Safe Routes to Schools program in city and county schools, which provides walk and bike to school opportunities and safety education.

Blue Zones Project

Helps organize walking groups called moais. Promotes the Power 9 Principles, one of which is Moving Naturally.

Klamath Tribal Health & Family Services/MNT

Offers Medical Nutrition Therapy with a Registered Dietician and provides medical nutrition clinic screening.

Built Environment

Active Transport
Description
Active transportation is closely linked with physical activity. Although built environment is not a traditional area of focus for the health system, Sky Lakes Medical Center and Cascade Health Alliance are funding projects to improve the built environment. Sky Lakes Medical Center is currently working to remodel Kit Carson Park as well as supporting a downtown pocket park. Cascade Health Alliance has committed funding for the first phase of a downtown protected bike lane project. The Blue Zones Project has a dedicated committee focused on improving the built environment to encourage physical activity. Additionally, one of the milestones for the Built Environment Committee is the completion of a Safe Routes to School Master Plan.

Food
Description
The built environment influences availability of food. The Core Four work with the Blue Zones Project and its Food Policy Committee to impact change in this area. The primary focus is to fill a food desert downtown as well as explore a Healthy Cornerstore Initiative.

Tobacco
Description
Klamath County Public Health is working to implement a Tobacco Retail Licensing program. Several community partners are working on tobacco-free worksites, smoke-free downtown, and tobacco-free city parks. Reference the Tobacco health issue chart under Modifiable Health Risks for more information.

Environmental Health

Air Quality	
Objective & Strategy #1	
Reduce amount of particulate matter (PM2.5) air pollutants affecting air quality	
Performance Measures	
Baseline Data: 34.4 PM2.5 (2012-2014 3-Year Average) (Source: U.S. EPA AirData)	Target Data: 30 PM2.5 (3-Year Average) - exceptional events, such as forest fires, are excluded.
Partners	
<u>Klamath County Public Health</u> Oregon Department of Environmental Quality (DEQ) maintains an Air Quality Monitor at Peterson Elementary School from which samples are collected every 3 days. The Klamath County Public Health Environmental Health Division monitors the hourly Air Quality data from the DEQ website. The Klamath County Public Health Environmental Health Division conducts the following activities as a part of the Air Quality Program: monitors air quality daily, conducts patrols for burning in violation of the Air Quality Program, issues Daily Quality Advisory, and educates community members about cleaner burning practices and the Air Quality Program.	

Conclusion

Community health improvement is not a static process. Healthy Klamath promotes a "Health in All Things" approach to community health planning. This allows for continual recruitment of partners in a variety of sectors, who are interested in partnering across the local public health system in Klamath County. Service could include helping develop recommendations, implement programs, and evaluate ongoing efforts. Any interested individual, or organization, who is a missing partner in the Klamath County CHIP, please contact Klamath County Public Health to get more information about how to help support these efforts to improve community health locally.

Appendix A: Issue Prioritization

In order to prioritize the health issues identified in the 2015 Community Health Assessment, a SurveyMonkey instrument was created and distributed to Healthy Klamath partners. On the survey, each health issue was listed with the corresponding statistics from the 2015 CHA. Using an adaptation of the Hanlon Method for Prioritizing Health Problems (see the tables below), health issues were given a numerical rating, using the 1 to 10 scale, based on the seriousness of the issue and each organization's ability to impact the issue. Survey participants were then asked to rank the health issues. Issues which ranked as either 9 or 10 in both seriousness and ability to impact were identified as priority health issues.

Seriousness of the Issue	Ranking
Very Serious	9-10
Serious	6-8
Moderately Serious	3-5
Not Serious	1-2

Ability to Impact the Issue	Ranking
Currently working on the issue.	9-10
Planning to work on the issue in the next 3 years.	6-8
If capacity allows, could impact the issue.	3-5
Currently unable to impact the issue.	1-2

Appendix B: Community Assets and Resources

Community assets and resources in Klamath County have been identified and considered in the CHIP planning process. The Core Four took into consideration the numerous organizations that are invested in the health and well-being of the community, including direct work on priority issues. These organizations may also work to alleviate issues in Klamath County that may not have been addressed in the Community Health Improvement Plan. Community assets and resources have been documented, although this is not an exhaustive list, they are listed below and categorized by service.

Benefits

Area Agency on Aging
Department of Human Services Self Sufficiency
Disabled American Veterans (DAV)
Klamath Adult Learning Center
Klamath Falls Aging and People with Disabilities
Klamath & Lake Community Action Services (KLAS)
Klamath & Lake Counties Council on Aging
Legal Aid Services of Oregon
Spokes Unlimited
Veterans Services
Vocational Rehabilitation Services

City and County Services

Community Police Advisory Team
Klamath Basin Senior Citizens' Center
Klamath County Fire District
Klamath County Library Service District
Klamath County Sheriff's Office
Klamath Falls City Police Department

Community Support Organizations

Klamath Community Foundation
Sky Lakes Medical Center Foundation
United Way

Counseling/Mental Health

Klamath Basin Behavioral Health (KBBH)
Klamath Tribal Youth and Family Guidance Center
National Alliance on Mental Illness (NAMI)

Crisis

American Red Cross
Department of Human Services Child Welfare
Klamath Basin Behavioral Health Crisis Line
Klamath Lake Child Abuse Response and Evaluation Services (CARES)
Marta's House
Pregnancy Hope Center
Salvation Army
Tribal Health Healing Winds
Victim Assistance

Disability Services

Developmental Disability Services
Early Childhood Intervention
Spokes Unlimited

Economic

Discover Klamath
Gaucho Collective
Klamath County Chamber of Commerce
Klamath Falls Downtown Association
Klamath IDEA (Inspire Development – Energize Action)
South Central Oregon Economic Development District

Education

Klamath Basin Research and Extension Center
Klamath Community College
Klamath County School District
Klamath Falls City Schools
Klamath Family Head Start
Klamath Promise
Migrant Education Program
Oregon Child Development Coalition
Oregon Health & Science University Campus of Rural Health
Oregon Health & Science University Nursing Program at OIT
Oregon Institute of Technology (OIT)
Oregon Institute of Technology Population Health Management Research Center

Employment

Elwood Staffing
Klamath Works
Labor Ready
Southern Oregon Goodwill
Work Source Klamath

Faith-Based Services

Gospel Mission
Lutheran Community Services

Families/Children/Youth

Court Appointed Special Advocates (CASA)
Citizens for Safe Schools
Friends of the Children
Integral Youth Services (IYS)
Klamath Tribal Youth and Family Guidance Center
Salvation Army
Young Men's Christian Association (YMCA)
Youth-Rising

Food Resources

Klamath Basin Senior Citizen's Association Meals on Wheels Program
Klamath-Lake Counties Food Bank
Klamath Sustainable Communities

Health Equity

Chiloquin First Coalition
Hispanic Advisory Board
Klamath Regional Health Equity Coalition (KRHEC)

Health/Wellness

Blue Zones Project – Klamath Falls
Community Health Workers - Sky Lakes Medical Center Outpatient Care Management
Healthy Klamath Website and Partnership
Klamath County Oral Health Coalition
Live Young: Sky Lakes Wellness Center
Living Well Coalition

Housing Resources

Klamath and Lake Home Ownership Center
Klamath Housing Authority

Media

Herald and News
Klamath Talks Radio
KOTI Television

Medical/Health

Advantage Dental
Basin Immediate Care
Capitol Dental Care
Cascades East Family Practice
Cascade Health Alliance (CHA)
Klamath County Public Health (KCPH)
Klamath Falls Community Based Outpatient Clinic
Klamath Open Door (KOD)
Klamath Tribal Health and Family Services
Oregon Health & Sciences University Campus of Rural Health
School Based Health Center (SBHC) in Gilchrist
Sky Lakes Medical Center (SLMC)
Women, Infants, and Children (WIC)

Other

Kingsley Field Air National Guard Base

Parks/Recreation

Crater Lake National Park
Klamath Falls City Parks
Master Trails Alliance
Steen Sports Park
Wiard Park District

Service Organizations

Assistance League of Klamath Basin
Exchange Club of Klamath Falls
Kiwanis International Clubs
Lions Clubs
Rotary Clubs
Soroptimist International of Klamath Falls

Shelters

Exodus House (IYS)
Klamath Falls Gospel Mission
Marta's House

Substance Abuse

Above All Influences
Dragonfly Transitions
Klamath Tribal Youth and Family Guidance Center
Life Recovery Network
Youth Inspiration Program (YIP)

Transportation

Amtrak
Basin Transit Services (BTS)
Crater Lake Klamath Regional Airport
Dial-A-Ride
Disabled American Veteran (DAV) Transports
Klamath Basin Medical Transport
Klamath Basin Senior Citizen's Association Rides
Klamath Shuttle
Oregon Department of Transportation Office (ODOT)
Quail Trail Public Transit
TransLink Medical Transport

