



# 2019 HEALTH IMPROVEMENT PLAN

Prepared and Approved by:  
Morrow County Community Advisory Council

## Overview

In 2010, the President signed the Affordable Care Act (ACA) into law with the goal of making healthcare more available and better managed. The law strives to achieve the Triple Aim — better health for all, better quality services and lower costs. The State of Oregon applied for a Medicaid Waiver to create its own plan to meet the Triple Aim. This plan uses coordinated care organizations (CCOs) to deliver care. The Oregon Health Authority (OHA) asked each CCO statewide to conduct community health assessments (CHA) and create and update a Health Improvement Plan (HIP).

The Eastern Oregon Coordinated Care Organization (EOCCO) service area includes 12 counties varying in population from 1,425 to 77,120. It is a large territory covering 49,923 square miles with a total population of 196,990. Ten of the 12 counties are considered “frontier,” which means fewer than six people per square mile live in the area. Each county is unique and Morrow County is one of 12 counties served by the Eastern Oregon Coordinated Care Organization.

Everyone should have the opportunity to lead healthy, meaningful and long lives in communities that are supportive of achieving optimal health. The Morrow County Community Advisory Council (CAC) is responsible for helping to ensure EOCCO is responsive to member and community health needs. The primary charge of each local community advisory council is to: advocate for preventive care practices; oversee and collaborate with community partners on a community health assessment and develop and implement a community health improvement plan. The HIP is a tool utilized to bring partners together to improve health outcomes of the population.

## Aim

Improve access to care and strengthen the local health and human service system through joint assessment and planning.

## Strategies

Attain a high quality, cost-effective and accessible health care system for the people of Morrow County through the following means:

1. Monitor health outcomes
2. Focus on wellness and attaining the highest level of health for the individual and community
3. Promote integrated care and recognize social determinants that affect a person’s health
4. Utilize evidence-based care and programs as a strategy to improve health outcomes
5. Ensure sustainability of local health services and resources
6. Promote local health workforce development

## Summary of Community Health Assessment

The Community Health Improvement Partnership of Morrow County completed an update to the Community Health Assessment in 2018. Additionally, the Eastern Oregon Coordinated Care Organization compiled and presented an updated health risk and community assessment related to the EOCCO population and presented the findings to the Community Advisory Council for health improvement plan revision and approval on May 2, 2019.

The assessment and plan are available on the Morrow County Health Department website <https://www.co.morrow.or.us/publichealth>. For any questions, comments or concerns, please contact Andrea Fletcher at mcchip11@gmail.com.

## Criteria determining needs to be addressed

When determining health priorities to be addressed, the following criteria were considered:

- Magnitude of the issue
- Data availability
- Weight of impact
- Resource availability

## 2019 Priority Areas

1. Maternal, Child and Family Health
2. Behavioral Health/Alcohol, Tobacco and Substance Use
3. Oral Health
4. Chronic Disease (diabetes) and Risk Factor (obesity)
5. Workforce
6. Social Determinants of Health – Housing and Food Security  
(Awareness - language, childcare, education, and transportation)

## Objective/Outcome

### **Priority: Maternal, Child and Family Health**

#### **Rationale**

Child and family needs are continuously revealed to the CARE team through interaction with students in Morrow County schools and also identified by health care and community partners. These needs require the long-term and consistent financial viability of the CARE Program and Wellness Hub to help improve the health of individuals and the community. There are a number of strategies being implemented in Morrow County with opportunities to improve communication, coordination, planning and evaluation.

#### **Goals**

Promote the well family.

Increase availability and support the growth of coordinated health services and resources available to serve children age 0-21, pregnant women and families.

Strengthen the local health and human service system by utilizing the multidisciplinary community team (CARE) and Wellness Hub that align strategies and provide case management and wraparound services to improve access to resources, health screenings, referral, care and follow-up.

Stay abreast maternal depression rates and identify possible intervention strategies.

## **Maternal, Child and Family Health Activities**

1. By December, 2019, the CARE Team will continue to meet at regular monthly meetings to communicate program progress and needs, coordinate service delivery and plan for additional or changed services.
2. By December, 2019, The CARE Team and Wellness Hub – an innovative braiding of resources that exist in Morrow County consisting of a CARE coordinator, primary medical, oral and mental health care providers, safety resource officers and an early learning partners that provide immediate and efficient wraparound services to children and families - will track and report screenings, referrals and follow-up and chronic absenteeism rates.
3. By April, 2019, The Adolescent Well Care Workgroup (health care providers, CARE Team, health department and school administrators) will change name and focus to “Annual Well Care” Workgroup and provide targeted message to school administrators/secretaries, athletic directors, parents and community about the value of well care visits.
4. Revise plan between Morrow County Health Department CARE RN supervisor and Morrow County school districts for kindergarten registration in all the elementary schools in the spring of 2019, to deliver wrap around CARE services. CARE team will evaluate and document every new kindergarten student and their family for health insurance assistance, immunization status, primary care home access, well care visits, dental screenings and sealants, and needed community resources. The Morrow County Health Department CARE RNs will provide school-age appropriate immunizations during these registrations.
5. Through June, 2019, continue to collaborate with Morrow County school districts, health district and FQHC to streamline access for students to health services through use of a consent form signed by parents at school registrations or when in contact with the CARE Team or CARE RNs.
6. Work in partnership through June, 2019, with UMCHS to identify EOCCO clients for developmental screening.
7. Through June, 2019, provide EOCCO clients assistance with dental appointment scheduling and follow-up with Advantage Dental.
8. Partner with UMCHS Healthy Families Oregon and Maternal Infant Child Engagement Home Visiting programs which serve clients prenatal to four years of age in Morrow County with home visits to focus on parent engagement and maternal mental health.

**CCO Incentive Measures – AWC, Childhood Immunization, Dental Sealants, Developmental Screening, Effective Contraceptive Use, Timeliness of Prenatal Care and SBIRT**

**YEAR 2020-2023**

1. Review Care Team Workplan, revise if necessary and implement changes.
2. Promote parenting classes, parent networks of support through home visiting, “Conscious Parenting” workshops, “Learning Picnics” and Domestic Violence Service “Parenting” classes.
3. Support wellcare education, outreach and family health improvement activities.
4. The Blue Mountain Early Learning Hub will work with Morrow County Health District and Columbia River Health to increase the number of developmental screens completed by utilizing Ages and Stages Online and Family Access. Further, the Hub will help to ensure partners know about the referral process for children needing development and/or education recourse.
5. Stay abreast of nurse home visiting program activities: Maternity Case Management, Nurse Family Partnership, Babies First and CaCoon.

## **Priority: Behavioral Health**

### **Rationale**

Substance abuse and behavioral health disorders impact families, schools, workplaces and the community. They can cause long-term health problems; lead to premature death; contribute to injuries, abuse and violence; and financial difficulty, lost wages, homelessness and lost opportunity.

Identifying early signs and symptoms of adverse substance use and behavioral health outcomes and prevention increases the chances of an individual to live a healthy life. Among adults reporting a mental or substance use disorder in their lifetime, more than half report the onset occurred in childhood or adolescence. As a result, it is important that children reach the milestones that are the markers of healthy development. Even from early ages social, emotional, cognitive, and other skills help young people grow into healthy adults. Successful development in childhood, adolescence and early adulthood is critical to preventing substance use and mental health disorders.

### **Goals**

Improve behavioral health outcomes for children and adolescents in Morrow County by ensuring access to timely and high-quality care.

### **Behavioral Health Activities**

1. By June, 2019, examine current behavioral health programs and activities for connection to partner programs.
2. By September, 2019, continue SPURS Program (CAMP mentor program) that pairs high school students with younger students struggling with emotional issues or distress.
3. By September, 2019, continue support for “Behavioral Classroom” (structured environment for high risk students).
4. Headstart partnership classrooms conduct mental health assessments for all children and provide referral as needed.

### **Incentive Measures – Depression Screening and Follow-up Plan and SBIRT**

## **YEAR 2020-2023**

1. Re-examine behavioral health and substance use data, programs and activities for connection to partner programs.
2. Pursue opportunities to improve “social connectedness” as Oregon Healthy Teen data indicates areas of concern for suicide, depression, bullying and self-perception.
3. Continue SPURS (Students Providing Understanding and Respectful Support) Program.
4. Receive student input from Ione Youth Advisory Council and promote development of YAC in other communities.
5. Sustain “Behavioral Classroom” and secure commitment for continuation.
6. Support Community Counseling Solutions implementation of Zero Suicide Program.
7. Retain behavioral health counselors in schools.



## **Priority: Oral Health**

### **Rationale**

Improving oral health is an integral part of overall health and well-being across the lifespan. Oral diseases affect what we eat, how we communicate, the way we look, our ability to learn and how we feel about ourselves. Despite being a preventable disease, tooth decay is the most common chronic disease affecting children and teens.

Recent studies show there may be a link between oral health and other chronic diseases. Dental decay in childhood has been linked to increased risk for future decay, and chronic oral infections are associated with an array of other health problems such as heart disease, diabetes and unfavorable pregnancy outcomes. Among pregnant women, oral infections can increase the risks for premature delivery and low birth weight babies. Lifelong access to timely preventive dental care can reduce health care costs, but a high percentage of Oregonians are not currently receiving timely preventive care.

### **Goals**

Improve access to care and availability of preventative services for children ages 0-20, pregnant women and families.

Decrease the incidence/prevalence of dental disease.

Increase oral health assessments and dental utilization while providing risk-based dental services in the community setting.

### **Incentive Measure - Dental Sealant**

## Oral Health Activities

### All completed by March, 2020.

1. Advantage Dental will work with Morrow County schools and CARE Team to increase the number of oral health assessments for children ages 0-20 by utilizing Advantage Dental Expanded Practice Dental Hygienists in the school setting.
2. Provide risk-based dental services to children identified via oral and caries risk assessments.
3. Provide oral hygiene instruction and tooth brushing bags to school aged children that receive oral health assessments.
4. After oral health assessments in the school setting, determine needs in children, and upon receiving parental consent, sealants will be applied by Advantage Dental EPDHs. The data will be entered and tracked in ADIN.
5. Advantage Dental will promote and offer Maternity Teeth for Two and First Tooth oral health training to health care providers.
6. Health care providers work to create “closed-loop” referral system.
7. Work with the coordinator of the school-based IMESD Oral Health Program and CARE Team to integrate the Dental Education Lab into schools in Morrow County.
8. Utilize dental professionals and CARE coordinators to visit junior high and high school growth and development classrooms to educate students on the importance of life-long oral hygiene practices.
9. IMESD Oral Health Program will lead discussion about development of an oral health coalition to assist with adult education on the importance of maintaining satisfactory oral health.
10. IMESD Oral Health Program makes available six mini dental learning lab tote bins for school classroom teachers to utilize in teaching lessons on: tooth brushing, flossing, importance of fluoride and healthy nutrition to improve oral health.
11. IMESD Oral Health Program provides Mojo Monkey (book and handouts) to Advantage Dental hygienist to distribute information about importance of dental sealants.
12. CARE coordinators or other trained school personnel will have access to Dental Learning Lab for classroom when requested.
13. CARE coordinators, community health workers, public health nurses and other home visitors will have access to mini dental learning lab tote bags for home visits.
14. An oral health education station will be available through IMESD Oral Health Program at OPEC Learning Picnics.

## **YEAR 2020-2023**

1. Review Oral Health Workplan, revise if necessary and implement changes.
2. Support oral health education, outreach and activities.

## **Priority: Chronic Disease**

### **Rationale**

An upward trend in the development of chronic disease has been observed with over fifty percent of the Morrow County population estimated to have more than one chronic disease. The burden of diabetes is estimated to be 11% and one of the higher rates in Oregon. High blood pressure prevalence is also estimated to be over 50%.

### **Goals**

Improve health outcomes and decrease the incidence/prevalence of disease.

Develop strategies to modify health risk behaviors that impact the development of, or care for chronic disease conditions.

### **Chronic Disease Activities**

1. By May, 2019, identify participants of Chronic Disease and Tobacco Use Prevention Workgroup.
2. By May, 2019, support to Morrow County Health Department's Tobacco Prevention and Education Program outreach efforts.
3. By January, 2020, convene workgroup to examine usage data, trends, literature review and develop a plan of action.
4. By July, 2019, support Eastern Oregon Healthy Living Alliance (EOHLA) Healthy Eating Active Living Campaign by identifying and connecting community partners and focus group participants.

### **Incentive Measure – Cigarette Smoking Prevalence, Colorectal Cancer Screen, Oral Evaluation with Diabetes, HbA1c control, Controlling Hypertension**

## **YEAR 2020-2023**

1. Revise and implement workplan.
2. Support health care provider and community partner plans to address chronic disease prevention or health behavior modification.

## **Priority: Social Determinants of Health (Housing and Food Insecurity)**

### **Rationale**

Inadequate housing conditions are associated with both physical and mental illnesses. Structural features of the home directly impact health, while affordability and stability may indirectly impact health.

Three of every five households with extremely low income in Morrow County, pay more than 50% of their income in rent. In conversation with local city administrators, chamber of commerce directors and human service directors, anecdotally there is a perpetual shortage of houses available for purchase or rent to match the needs or desires of would be renters/purchasers.

Eight percent of the people living in Morrow County experience food insecurity.

### **Goals**

Keep apprised of the effects of social determinants of health impacting health in Morrow County and identify areas to partner and address needs.

### **Social Determinants of Health Activities**

1. By June, 2019, Morrow County School District and community partners initiate summer and school-break food program.
2. By December, 2019, discover community partners currently addressing housing issues.
3. By December, 2019, identify CAC members currently working with community partners on housing matters.
4. By December, 2019, housing liaisons report to CAC community initiatives that the CAC can support or actively participate with.

### **YEAR 2020-2023**

1. Identify community housing initiatives that the CAC can support or actively participate with.
2. Identify community food security initiatives that the CAC can support or actively participate with.

## **Priority: Health Workforce**

### **Rationale**

The rural health workforce in Morrow County has historically been very difficult to recruit for, and the workforce related to addressing the social determinants of health is being increasingly called upon to improve the health of the population.

### **Goals**

Identify strategies to create a pipeline system for identifying local future workforce prospects and initiate a system of local workforce development.

### **Health Workforce Activities 2020-2023**

1. The Workforce Workgroup will convene to assess what areas of workforce development are of critical need and a priority in Morrow County and discuss a vision for system development to support a strong local workforce.
2. The Workgroup will develop relationship with Youth Advisory Councils.
3. The Workgroup will discuss a plan to address workforce priorities for middle and high schools.
3. The Workgroup will discuss Morrow County's need and vision and how it integrates with higher level courses, programs or training.

### **Next Steps**

This document will be monitored by the CAC and progress reports and updates will be presented annually.