

BLUEPRINT FOR A HEALTHY CLACKAMAS COUNTY

Healthy Behaviors Subcommittee Proposal

Healthy behaviors are influenced by the social, cultural and physical environments in which we live, work, and play. They are shaped by individual choices and external constraints, and include the development of individual, group, institutional, and community strategies to improve knowledge, attitudes, skills and behavior. Healthy behavior is an action taken by a person to maintain, attain, or regain good health and to prevent illness. Some common health behaviors are exercising regularly, eating a balanced diet, and obtaining necessary vaccines.

MESSAGE FROM THE CO-CHAIRS

We appreciate the time, effort, and commitment that the Healthy Behaviors subcommittee members have dedicated to choosing goals, advancing health equity and being trauma informed, and developing objectives and strategies to help Clackamas County build healthier communities. We also acknowledge the inherent bias in deciding on a path without full representation from the community members that the strategies will impact. Starting from a wide variety of critical areas of importance in healthy behaviors, the two proposed goals attempt to target the greatest need and best use of resources. It is our hope that the work spent on this process so far will inform the development of more specific assessments and effective intervention strategies that truly reduce heart disease and type II diabetes, as well as reduce substance use/abuse and suicides in our county.

*Erin Devlin, Oregon State University- Clackamas County Extension
Brenna Monahan, Planned Parenthood Columbia Willamette*

Proposed Goals

- Goal 1: Reduce heart disease and type II diabetes.

- Goal 2: Reduce substance use/abuse and suicides.

Guiding Principles – Advancing Health Equity and a Trauma-informed Approach

The Healthy Behaviors subcommittee was continually mindful of how their decision-making process could be perceived through an equity lens, and it was a topic discussed at multiple meetings. The subcommittee used the guiding principle of advancing health equity to encourage group members to invite less-represented groups. Clackamas County provided a Spanish-language translator for meetings. Agendas were translated into English and Spanish. Under the guiding principle of being trauma informed, the subcommittee changed the wording of the first goal to omit the stigmatizing and traumatizing word ‘obesity’ and replace it with a focus on heart disease and type II diabetes. For the second goal to reduce substance use/abuse and suicides, the subcommittee intentionally added an objective to increase the number of trauma-informed care agencies in Clackamas County.

Healthy Behaviors Subcommittee Participants

- Avila, Santa – Hacienda CDC
- Bankston, Cindy – Northwest Family Services
- Berns-Norman, Susan – Clackamas County Public Health
- Karen Buehrig – Clackamas County Transportation
- Davis, Grace – ASAD
- Devlin, Erin (co-chair) – Oregon State University Extension
- France, Scott – Clackamas County Public Health
- Hicks, Tiffany – Clackamas County Children Youth and Families – Substance Use Prevention
- Herron, Apryl – Clackamas County Public Health
- Ingersoll, Kirsten – Clackamas County Public Health
- Johnston, Eric – Todos Juntos
- Kaptur, Charmaine – Tualatin Valley Fire Rescue
- Kauffman-Smith, Sonya – Providence
- Longley, Natalie – Clackamas Volunteers in Medicine
- Mason, Philip – Clackamas County Public Health
- Menon, Anna – Clackamas County Public Health
- Marek, Joe – Clackamas County Transportation and Safety
- Monahan, Brenna – (co-chair) Planned Parenthood of Columbia Willamette
- Olemgbe, Ngozi – Planned Parenthood of Columbia Willamette
- Peck, George – Clackamas County Vector Control – Director
- Pfeifer, Maria – YMCA of Columbia Willamette

- Rudometov, Tatiana – RN student
- Ryan, Jackie – Kaiser Permanente
- Smith, Roxie – Retired teacher
- Taggart, Sara – Children’s Center
- Ullmann, Georgia – CCCC – Head Start
- Watters, Peggy – Retired City government
- Wells, Abby – Northwest Family Services
- Zamora, Carolina – Clackamas Volunteers in Medicine
- Zoller, Erika – Clackamas County Public Health

OUR PROPOSAL

Goal 1: Reduce heart disease and type II diabetes.

Objectives	Strategies	Health Equity Zones	Age Ranges
Improve worksite wellness to increase physical activity opportunities and healthy food policies to increase activity of	<ol style="list-style-type: none"> 1. Increase healthy options in vending machines ¹ 2. Conduct a worksite wellness assessment 3. Implement a worksite wellness curriculum ² 4. Implement worksite wellness best practices by building an organizational culture of health 5. Promote offering healthy foods at meetings, conferences and catered events ³ 	All	16-70

¹ (Robert Wood Johnson Foundation, 2015f)

² (Community Preventive Services Task Force, 2001)

³ (Robert Wood Johnson Foundation, 2017e)

employees and increase healthy food consumption	6. Implement physical activity programs ⁴ 7. Recognizing goal attainment 8. Increase active commuting ⁵ 9. Offer rewards or incentives to employees for healthy behavior ⁶		
Improve school wellness by increasing physical activity done by students and increasing consumption of healthy foods during school hours	1. Help schools meet new Oregon State Department of Education Physical Education standards ⁷ 2. Infusing health education into all classes to enhance children's healthy behaviors 3. Increase promotion of youth leadership programs to develop student leadership in wellness ⁸ 4. Support fruit and vegetable taste tasting in cafeterias, nutrition classes, school gardens as a way to increase exposure to a variety of fresh produce ⁹ 5. Support the development of healthy habits by incorporating healthy celebrations into the school's culture 6. Create and support cooking and food resource management classes 7. Initiate physically active classrooms by incorporating physical activity breaks, classroom energizers, or moving activities into academic lessons ¹⁰ 8. Initiate active recess by providing a variety of planned, inclusive, and actively supervised games or activities that engage all students ¹¹ 9. Offer open gym time during the school day to schoolchildren ¹² 10. Enhance physical activity in school programs by incorporating physical activity into regular classroom curricula or increasing the number of fitness activities during PE classes ¹³ 11. Design, develop, and support school gardens to allow students to garden during school or non-school hours with school staff guidance to provide students with	All	3-18

⁴ (Community Preventive Services Task Force, 2007)

⁵ (Robert Wood Johnson Foundation, 2015g)

⁶ (Robert Wood Johnson Foundation, 2014a)

⁷ (Community Preventive Services Task Force, 2013)

⁸ (Robert Wood Johnson Foundation, 2017o)

⁹ (Robert Wood Johnson Foundation, 2014b)

¹⁰ (Robert Wood Johnson Foundation, 2015i)

¹¹ (Robert Wood Johnson Foundation, 2015a)

¹² (Robert Wood Johnson Foundation, 2015h)

¹³ (Centers for Disease Control and Prevention, 2016)

	hand-on learning opportunities in nutrition education, food preparation, and tasting opportunities as well as supplement subjects such as science, math, health, and environmental studies ¹⁴		
Reduce the consumption of added sugar to CDC guidance of less than 10% of daily calories	<ol style="list-style-type: none"> 1. Incorporate wellness incentives to change health related behavior or improve measurable health outcomes 2. Increasing and promote water availability by regular placement of drinking fountains, water coolers, or water stations and making consumption more appealing ¹⁵ 3. Design marketing and communication messaging to reduce added sugar consumption and support targeted messaging to campaigns 	All	All
Increase the percentage of people consuming CDC recommendation of 5 or more fruits and vegetables per day	<ol style="list-style-type: none"> 1. Replicate and support the Power of Produce Kids Club at local farmers' markets 2. Increase free fruits and vegetables available at school-based health centers to promote consumption 3. Encourage physicians and other health care providers to give nutrition prescriptions to outline a healthy, balanced eating plan for patients such as: Veggie RX ¹⁶ 4. Increase the utilization of SNAP match at farmers' markets 5. Provide education and awareness surrounding the benefits of communal eating and Mediterranean diet 6. Conduct a campaign to try new vegetables 7. Support fruit and vegetable taste testing at schools and employers 8. Develop and provide culturally sensitive promotion of fruit and vegetables 9. Develop and implement policies that promote healthy choices 10. Develop and implement systems changes that motivate health 11. Increase access to healthy foods by working with corner stores to carry more fresh produce and other healthier food options 12. Increase healthy options in vending machines by reducing the price of healthy choices and increasing the number of healthy choices compared to unhealthy choices ¹⁷ 13. Develop local food hubs to bridge food producers and consumers ¹⁸ 	All All All All All	4-18 5-18 18+ 60+ All

¹⁴ (Robert Wood Johnson Foundation, 2018c)

¹⁵ (Robert Wood Johnson Foundation, 2015l)

¹⁶ (Robert Wood Johnson Foundation, 2017h)

¹⁷ (Robert Wood Johnson Foundation, 2015f)

¹⁸ (Robert Wood Johnson Foundation, 2015e)

	14. Support and establish partnerships between farmers and consumers utilizing community supported agriculture ¹⁹		
Reduce percentage of children ages 0-5 screen time exposure to CDC recommendation of 1-2 hours maximum recreationally	<ol style="list-style-type: none"> 1. Provide training and education for pediatricians on patient screening and supporting parent awareness surrounding screen time 2. Encourage parent-child interactive activities and screen time interventions for children ²⁰ 3. Encourage family-based physical activity and independent activity motivation for young children ²¹ 4. Promote parent awareness and understanding through an education campaign 	All	0-5
Increase the percentage of people meeting the CDC's physical activity recommendations of 30 minutes daily for adults and 1 hour daily for youth	<ol style="list-style-type: none"> 1. Increase Physician prescriptions for exercise ²² 2. Increase patient health literacy so they understand basic health information and services in order to make appropriate health decisions ²³ 3. Improve physical resources for activity 4. Provide transportation to activity places 5. Enhance access to places for physical activity or reduce the cost of existing opportunities ²⁴ 6. Promote walking and biking through Safe Routes to Schools and Safe Routes to Food ²⁵ 7. Engage community health workers to provide services to underserved or high risk communities ²⁶ 	All	All 50-65

¹⁹ (Robert Wood Johnson Foundation, 2017a)

²⁰ (Robert Wood Johnson Foundation, 2017k)

²¹ (Robert Wood Johnson Foundation, 2017d)

²² (Robert Wood Johnson Foundation, 2017c)

²³ (Robert Wood Johnson Foundation, 2018b)

²⁴ (Robert Wood Johnson Foundation, 2015j)

²⁵ (Robert Wood Johnson Foundation, 2017j)

²⁶ (Robert Wood Johnson Foundation, 2016a)

Goal 2: Reduce substance use/abuse and suicides.

Objectives	Strategies	Health Equity Zones	Age Ranges
Reduce the % of youth using tobacco, alcohol and/or other drugs	<ol style="list-style-type: none"> 1. Expand long-term treatment options for substance users 2. Provide mass media campaigns to increase awareness of substance use/abuse and its consequences ²⁷ 3. Support home visitation programs for at risk families to engage and support families around prevention, treatment, and recovery from substance abuse and addiction. 4. Implement racial and social justice curriculum in the school setting 5. Implement school-based violence & bullying prevention programs or social and emotional instruction ²⁸ 6. Promote the social connectivity of communities ²⁹ 7. Decrease risk factors and increase protective factors with family, school, and community prevention or interventions ³⁰ 8. Improve and increase the access to mental health resources in schools ³¹ 9. Increase healthy spaces for congregating 10. Increase school-based trauma counseling ³² 11. Increase the number of professional mental health providers ³³ 12. Collaborate and improve upon screening tools to support appropriate referrals to services 13. Build coalitions to understand the helpfulness of resources shared 14. Increase services available immediately at point of contact 15. Increase access to mental health and recover resources through religious organizations 	All	12-20 Youth or Adult Families 5-20

²⁷ (Robert Wood Johnson Foundation, 2014c)

²⁸ (Robert Wood Johnson Foundation, 2016d)

²⁹ (Wilder Research, 2012)

³⁰ (National Institute on Drug Abuse, 2003)

³¹ (Robert Wood Johnson Foundation, 2016b)

³² (Robert Wood Johnson Foundation, 2016c)

³³ (Substance Abuse and Mental Health Services Administration, 2017)

Reduce the number of attempted suicides	1. Fund and utilize existing prevention programs such as: Zero suicide program, Mental Health First Aid, CALM –Counseling on Access to Lethal Means, ASIST- Applied Suicide Intervention Skills Training ³⁴	All	All
	2. Implement universal school-based suicide awareness & education programs ³⁵ 3. Reduce the number of people feeling isolated and lonely ³⁶ 4. Enhance networks of peer support for youth and adults ³⁷ 5. Enhance coordinated services to support Veterans 6. Improved access to jobs for recovered ³⁸ 7. Increase training taken by caregivers and home visitors for older adults	All	18+
Reduce the number of emergency room visits for drug overdose	1. Increase naran/naloxone education & distribution programs ³⁹ 2. Increase the availability and hours of proper drug disposal programs ⁴⁰ 3. Increase access to chronic pain management programs ⁴¹ 4. Integrate behavioral health into primary care settings ⁴² 5. Expand dual substance abuse treatment and parenting programs 6. Improve and increase the access to mental health resources at worksites ⁴³ 7. Improve screening and access to mental health and recovery services for homeless youth and adults 8. Increase access and improve mental health and recovery resources for those imprisoned and involved in the criminal justice system	All	All
Increase the number of trauma informed care	1. Increase the number of agencies that implement trauma informed practices, systems, and environments	All	All

³⁴ (Robert Wood Johnson Foundation, 2017f)

³⁵ (Robert Wood Johnson Foundation, 2017n)

³⁶ (Robert Wood Johnson Foundation, 2015b)

³⁷ (Robert Wood Johnson Foundation, 2016f)

³⁸ (Robert Wood Johnson Foundation, 2015k)

³⁹ (Robert Wood Johnson Foundation, 2017g)

⁴⁰ (Robert Wood Johnson Foundation, 2017i)

⁴¹ (Robert Wood Johnson Foundation, 2017b)

⁴² (Robert Wood Johnson Foundation, 2015c)

⁴³ (Robert Wood Johnson Foundation, 2018a)

agencies in Clackamas County	2. Implement trauma-informed schools ⁴⁴ 3. Implement trauma-informed framework in health care settings ⁴⁵ 4. Support trauma-informed juvenile justice systems ⁴⁶ 5. Implement cultural competence training for health care professionals ⁴⁷		
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⁴⁴ (Robert Wood Johnson Foundation, 2016e)

⁴⁵ (Robert Wood Johnson Foundation, 2017l)

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