



# Tillamook County Wellness

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2021 YEAR-END REVIEW

MARCH 16, 2022

# Preventing Type 2 Diabetes

## We envision that Tillamook County communities are places where:

- 1 Healthier choices are the norm,
- 2 Creating a healthy community is the responsibility of the community and not just the individual,
- 3 All health services care for the whole person, and
- 4 Individuals feel empowered by their community to engage in healthful lifestyles.



More than **12%** of adults in the U.S. are diagnosed with type 2 diabetes.

Data shows that universal health screening could result in an additional **30%** of people being diagnosed as diabetic or prediabetic.

# Working Upstream

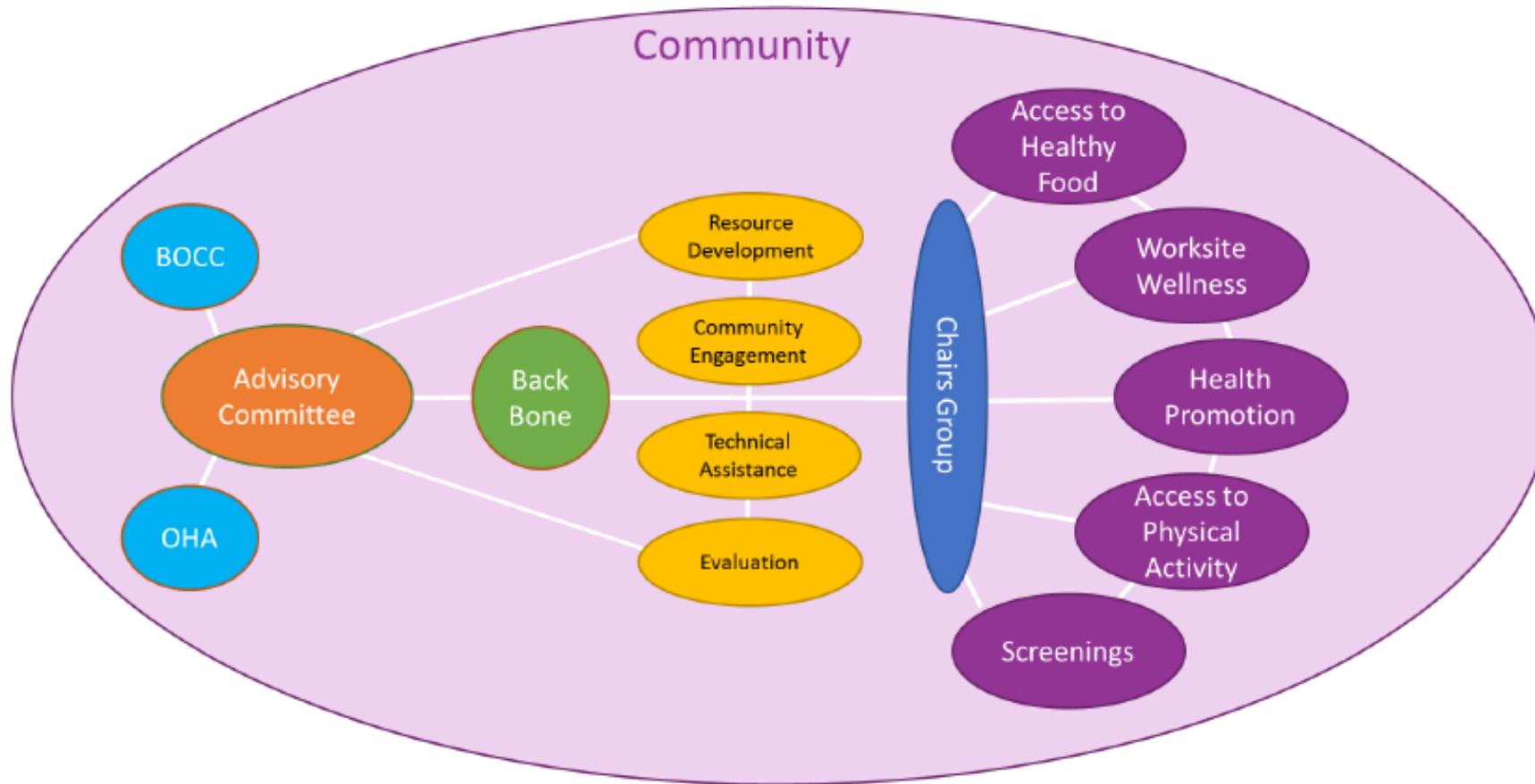
Our framework for action, developed in 2017, is to work together to address factors that impact population health:

- Cultural norms
- Community environments
  - Outdoor spaces
  - Workplaces
- Systemic and structural barriers
  - Language
  - Transportation



Frieden T. American Journal of Public Health | April 2010, Vol 100, No. 4

# Our Structure



Tillamook County Community Health Centers provides “backbone” staff support to Action Committees.

Public Health Program Representatives:

- Tara Stevens
- Shelby Porter
- Ariel Slifka

AmeriCorps VISTAs:

- Amy McVeety
- Brett Buesnel

# 2021 Summary

- 46 organizations
- 86 individual members
- 1640+ volunteer hours
- \$300,000+ total investment
  - TCCHC backbone funding and support of more than \$120,000
  - AHTM in-kind coordination and support of \$60,000
  - OHA grant funding support \$70,000
  - In-kind volunteer hours valued at nearly \$50,000



## Health Promotions

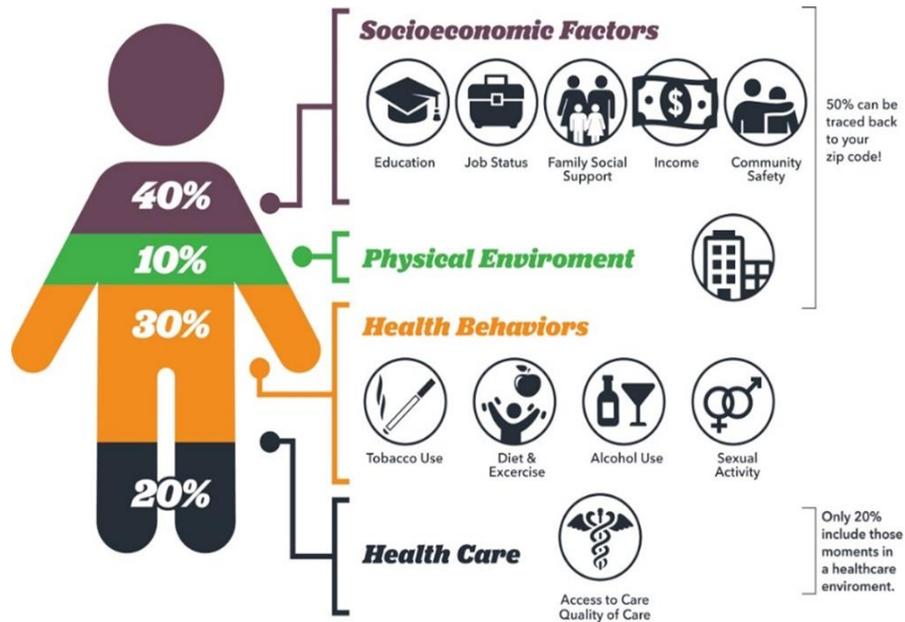
- 4 campaigns
- 10 e-newsletters
- 50 blog articles
- 50 recipes
- 300 social media posts

8% Average  
Engagement Rate

(3-5% is regarded as good)



# Connect Well

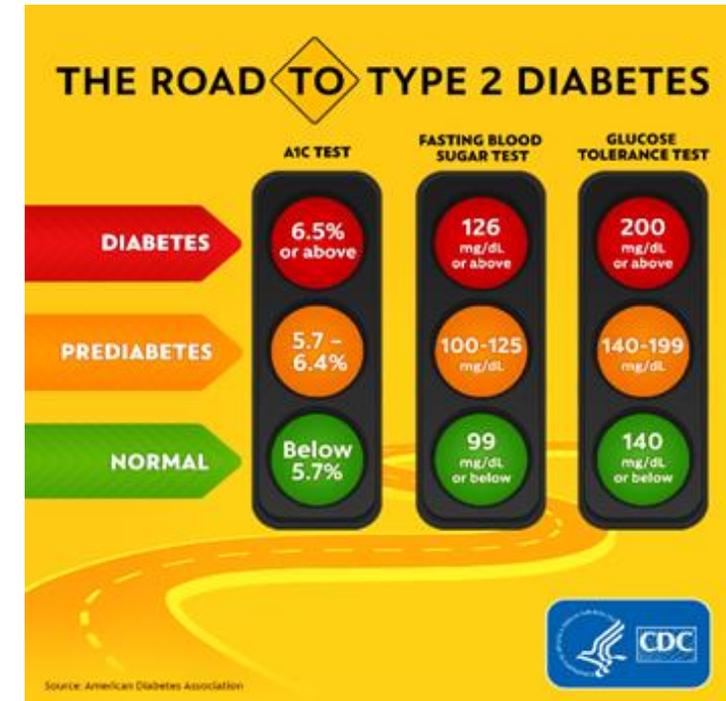


Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

- Expanding **Connect Oregon Network** to address social needs and increase access to positive social supports
- **20 organizations** in Tillamook County on the network in 2021, including:
  - Adventist Health Tillamook
  - CARE, Inc.
  - Northwest Senior & Disability Services
  - Tides of Change
  - Tillamook County Community Health Centers
  - Veterans Services
  - YMCA

# National Diabetes Prevention Program

- **Preventing Type 2 Diabetes** in 2021
  - Free to participants thanks to multiple partners - Special thanks to Tillamook YMCA!
  - Part of the Connect Oregon Network
  - Added Spanish NDPP class
  - Weekly orientations in English & Spanish
  - 33 participants
    - 8 Spanish speaking
    - 8 Oregon Health Plan
    - 345 pounds lost!
    - 10 pounds average weight loss per person

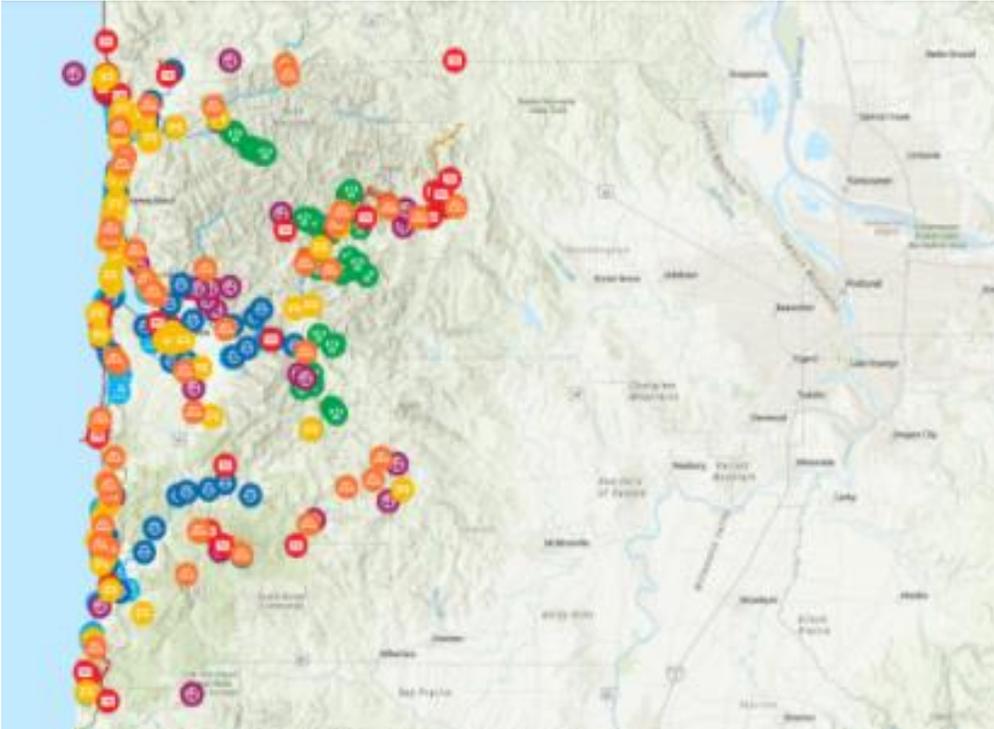


# Eat Well

- Sharing **WEEKLY recipes** – Very Popular!
  - Featured in local print and on-line media
  - TCW Website – NEW print option!
- OSU Extension food program assessment conducted Fall 2021
- Decision to sunset Nutrition action committee to support existing work
  - Food Roots
    - Mainstreaming access to local food
    - Reducing barriers to eating healthy, locally sourced foods
  - OSU, SNAP-Ed



# Move Well



- Launched **Tillamook County Recreation and Trails Map**
  - Interactive web-based map
  - 415 local views as of December 2021
- Facilitated creation of new position for a **Tillamook County Trails & Recreation Coordinator**
  - Wellness “APAC” committee co-chair
  - Prioritizing local needs and interests

# Walking Groups & Events

In total during 2021, there were:

- 8 **walking groups** led by volunteers
- 35 average weekly walkers
- 70 walkers in all
- 4 **guided group walks** with an average attendance of 20 participants each



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## EXPLORING SITKA SEDGE NATURAL AREA

THURSDAY, SEPTEMBER 2ND AT 10:00 AM

Walkers will meet at the Sitka Sedge State Natural Area. This event is open to anyone so feel free to bring friends and family! There are bathrooms at this site, although cell service is limited. We will be going about 1.5 miles over trail and uneven terrain.

If you're driving south from Tillamook on Highway 22 (when you reach Hebo). Then turn left on to Mt. Hebo Rd just before the Ranger Station. Continue for 4.9 miles and you will see the signs for the Hebo Lake Campground on your right.

**BONUS OPPORTUNITY:**

Jason Elkins, the new Oregon Park Ranger at Cape Lookout will be joining the walk. More about Jason and his role!

**Questions?**  
Please contact Nancy Kershaw at [nancy.kershaw@oregonstate.edu](mailto:nancy.kershaw@oregonstate.edu)

TILLAMOOK COUNTY WELLNESS  
GET FIT WITH RHONDA PRESENTS

## CEDAR WETLANDS PRESERVE WALK

THURSDAY AUGUST 5TH AT 10:00 AM

Informative walking tour will be led by Rhonda. This ADA accessible walk will be about an hour for a total of 1.2 miles.

**DRIVING INSTRUCTIONS:**  
Walkers will meet at the Old Growth Cedar Wetlands Preserve. Drive north on 101 from Tillamook, turn right on 10th Street and then turn right into the parking lot marked "Rockaway" sign.

**Questions?**  
Please contact Rhonda Mulholland at [Rhonda.Mulholland@gmail.com](mailto:Rhonda.Mulholland@gmail.com) or [503-863-1234](tel:503-863-1234)

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## MUSHROOM-SPOTTING WALK ON MT. HEBO

WEDNESDAY, OCTOBER 27TH 2021 AT 10:00 AM

Walkers will meet at the Hebo Lake Day Use parking area in the Siuslaw National Forest. This event is open to anyone so feel free to bring friends and family! There are bathrooms at this site, although cell service is limited. We will be going about 1.5 miles over trail and uneven terrain.

If you're driving south from Tillamook on 101, turn right onto Highway 22 (when you reach Hebo). Then turn left on to Mt. Hebo Rd just before the Ranger Station. Continue for 4.9 miles and you will see the signs for the Hebo Lake Campground on your right.

**BONUS OPPORTUNITY:**

At the end of the walk information will be shared about Chanterelle identification, cookery and resources where you can learn more.

**Questions?**  
Please contact Nancy Kershaw at [nancy.kershaw@oregonstate.edu](mailto:nancy.kershaw@oregonstate.edu)

# Work Well



- Sustained despite challenges of covid-19
- Added new members in 2021
- **Grow Well 2.0**
  - 86 participants received free seeds to plant vegetable gardens
  - 4x increase over 2020
  - Social media engagement
  - Locally crafted garden gnome prize

*"I had a garden win this summer! My first year with an in-ground garden and it was an amazing learning tool for my homeschool 1st grader and me! Check out our latest bounty! #tcwgrowwell2021" – Bree S.*

# Questions/Comments

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# For More Information:

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