

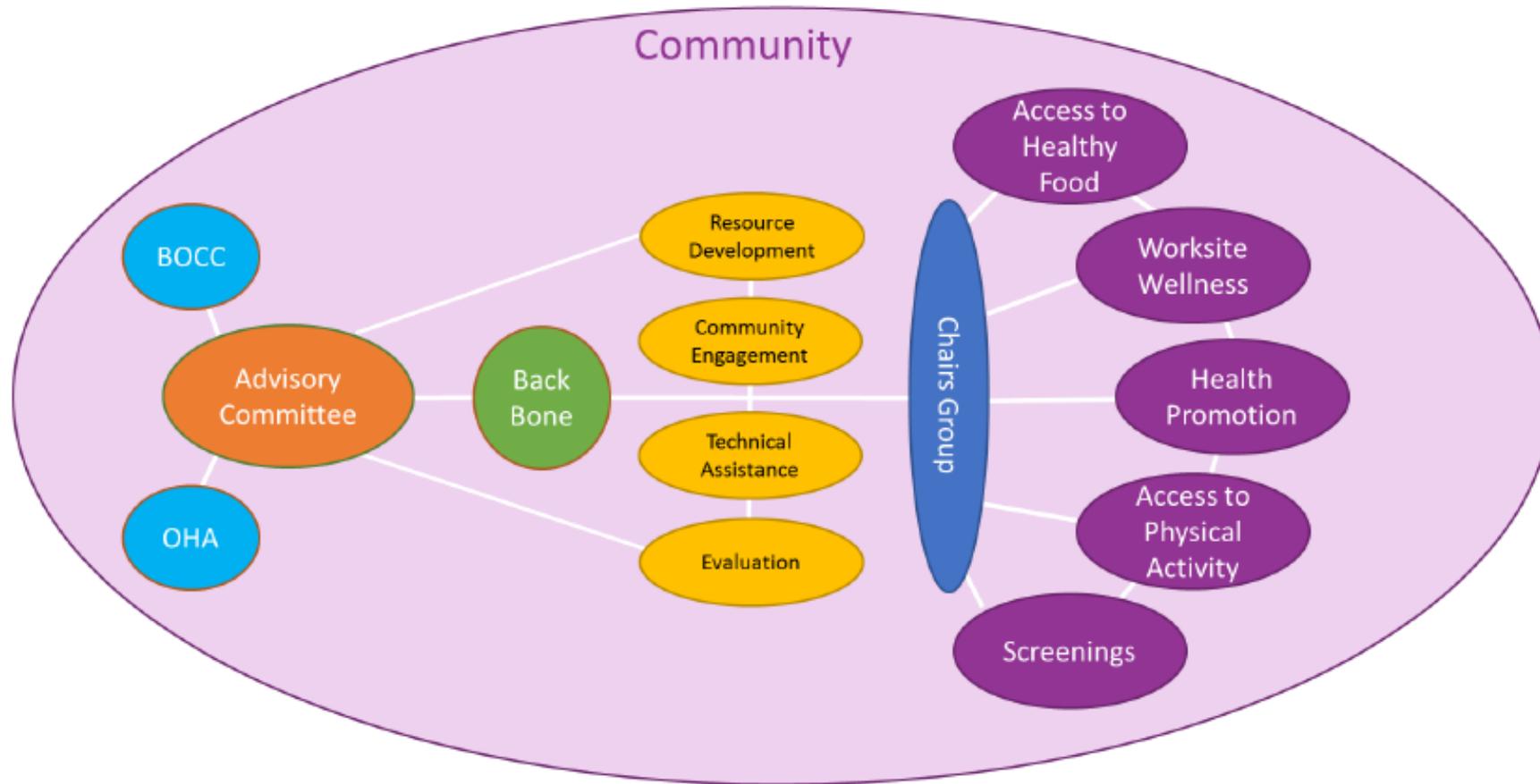


Tillamook County Wellness

BOCC UPDATE

SEPTEMBER 21, 2022

Our Structure



“Backbone” Organization:

Tillamook County
Community
Health Centers (TCCHC)

Technical Support:

Public Health Program
Representatives and
AmeriCorps VISTAs

Core Partners:

- TCCHC
- Adventist Health Tillamook
- OSU Extension
- OHSU

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.

Eat Well

Work with community partners to address the systemic barriers that prevent equitable access to healthy food.

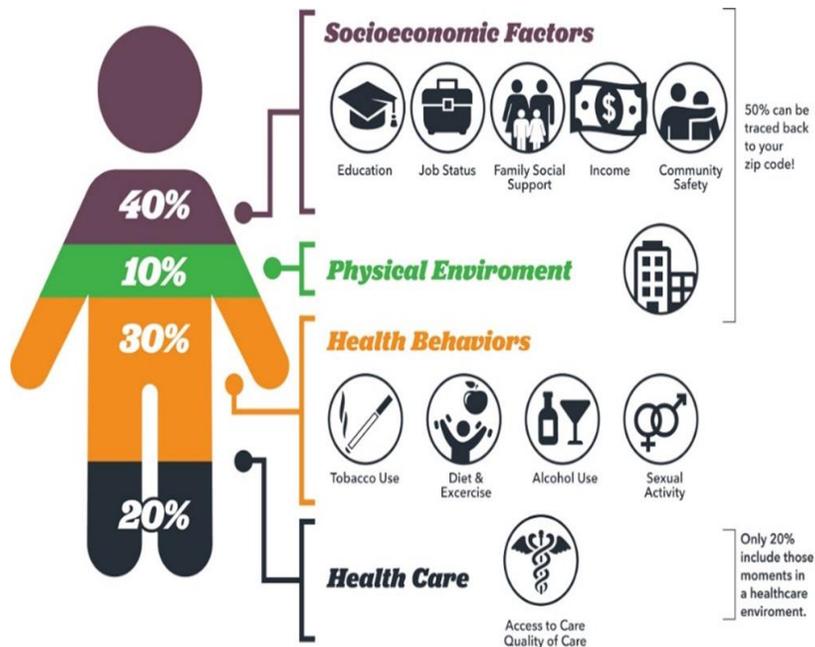
Mid-Year Update

- TCW Advisory Committee voted to sunset Access to Healthy Food Committee due to community partner capacity limitations
- Committee framework objectives continue via Health Promotions
 - Partner spotlights and collaboration
 - Weekly recipes
 - Website "Eat Well" content
 - 2022 Map Campaign



Connect Well

Increase diabetes risk screenings & referrals to appropriate resources.



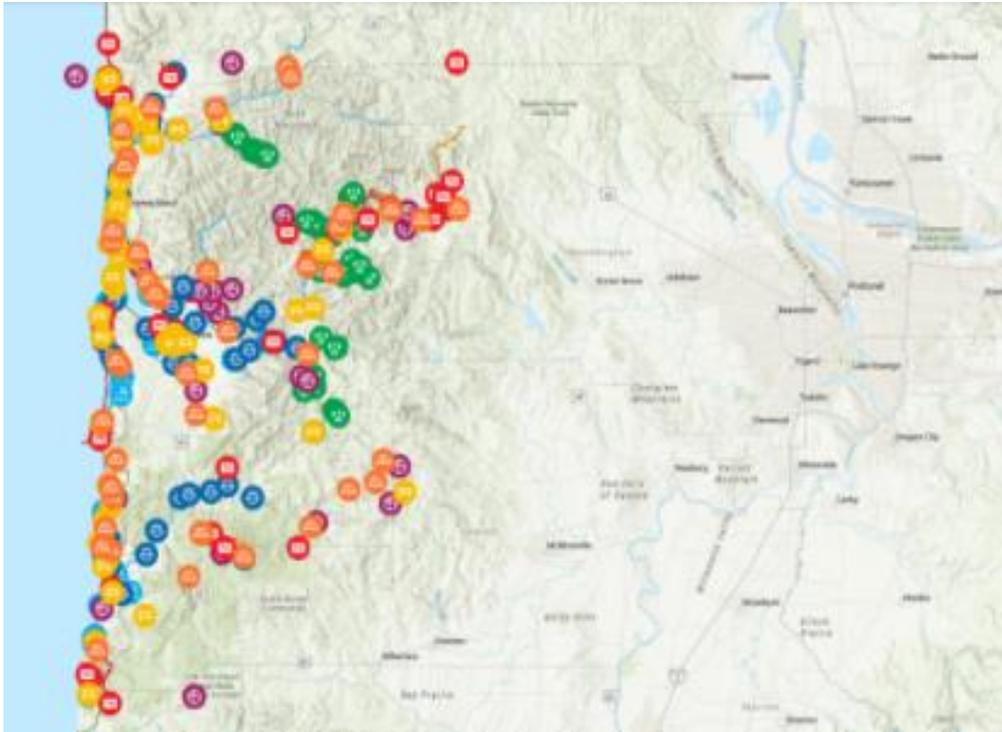
Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Mid-Year Update

- Increasing number of local organizations using the Connect Oregon Network.
- Implementing Connect Oregon Network User-initiated Assistance Request Form.
- Continuing National Diabetes Prevention Program (NDPP), Chronic Disease Prevention and Self-Management (CDSM) and Living Well with Chronic Disease Classes
- Exploring use of Community Health Workers

Move Well

Work with organizations to improve access to places to be physically active by increasing availability of walkable areas, bike lanes, trails, etc.



Mid-Year Update

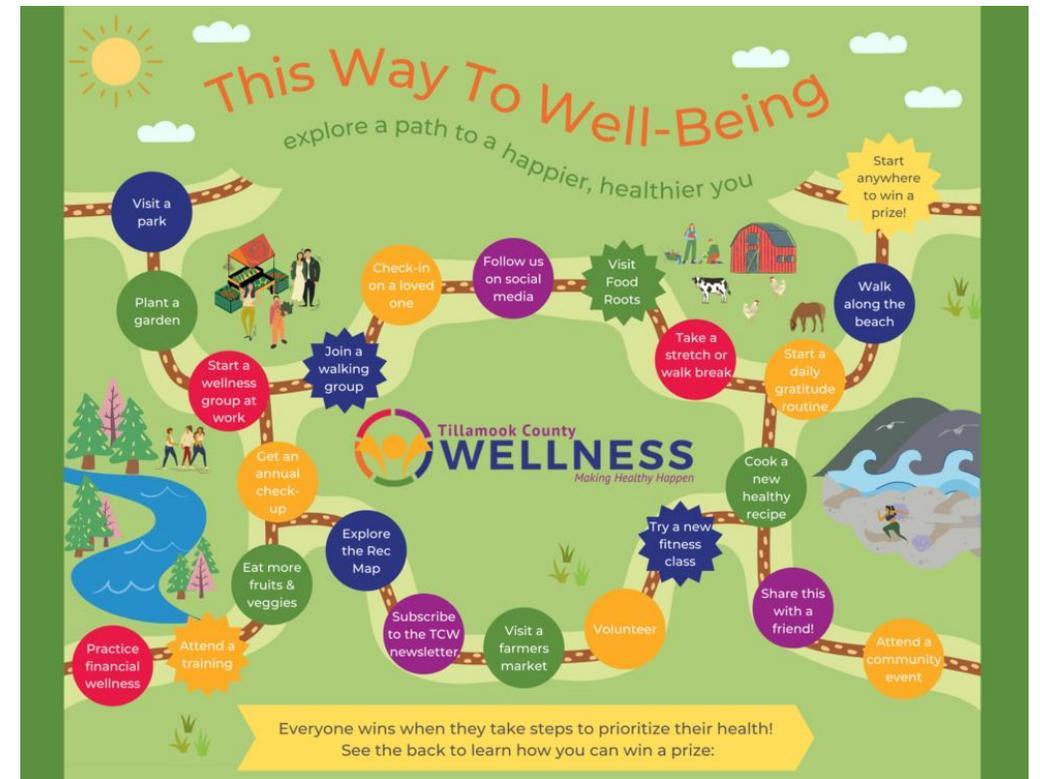
- Six Walking Groups county-wide
- On-going coordination to enhance interactive map in partnership with Visit Tillamook Coast
- Highlighting beach wheelchairs, kayak launchers, access ramps, etc.
- Mindfulness Walking program with accompanying website content

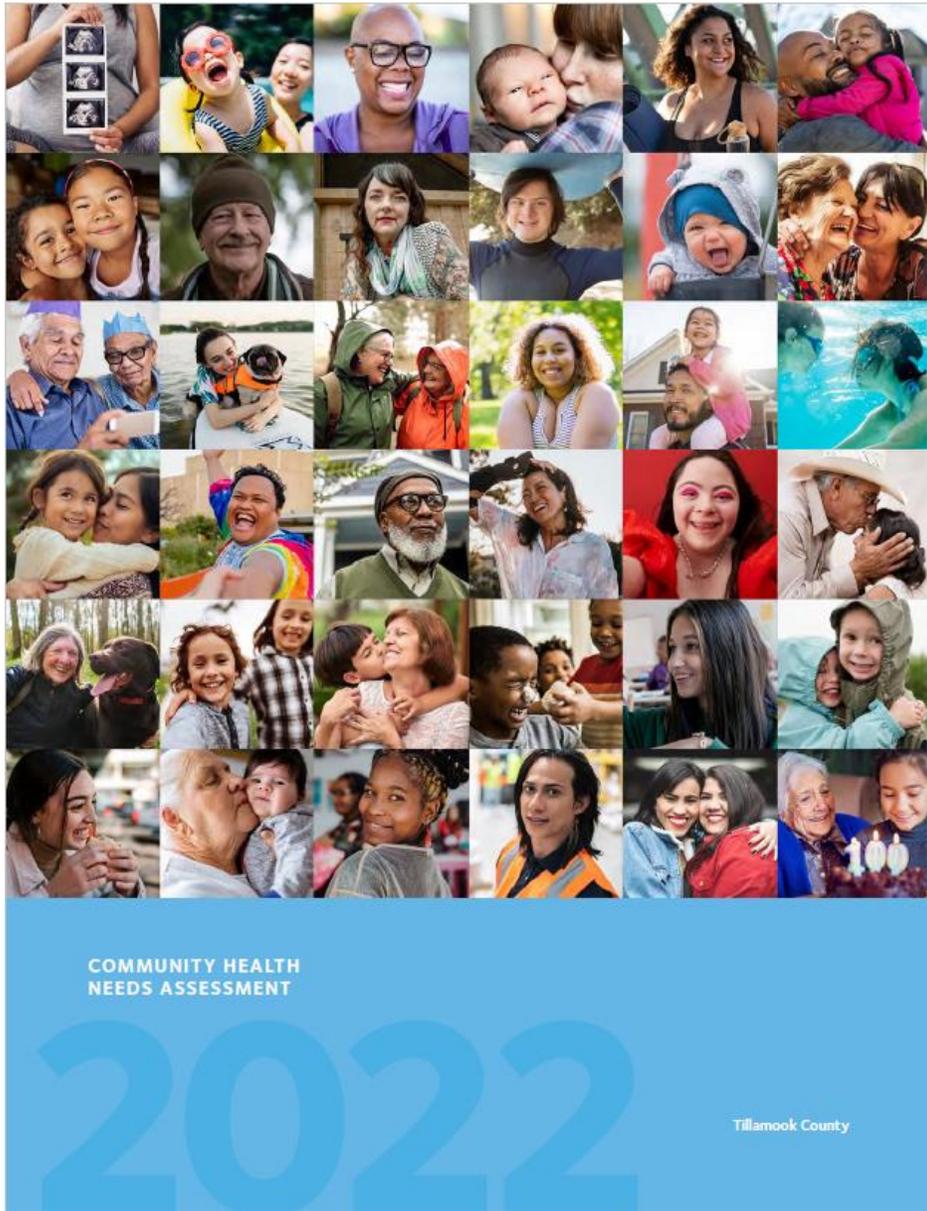
Work Well

Work with organizations to develop and implement programs and policies in the workplace that reduce the risk factors for type 2 diabetes.

Mid-Year Update

- Establishing an Employer Communication Network to enhance:
 - Culture of Community
 - Volunteerism
- Sharing Health Promotions within workplaces (i.e., This Way to Well-Being Campaign in English and Spanish)
- Addition of Financial Well-Being





Working Together to Improve Community Health

- Collaborative Community Health Needs Assessment (required every 3 years)
- 30-member Steering Committee
- Data-driven Priorities
 - Housing
 - Access to Care
 - Financial Stability
- Community Health Improvement Plan

Strategizing to Impact the Most Positive Change



Creating a Model for Community Partnership



Working together to address upstream drivers of health for everyone

Assessment and Evaluation

Tillamook County Wellness Mid-Project Evaluation Plan

Assessment includes:

- Survey for clinical providers
- Interview of individuals or organizations who have participated in coalition activities
- Focus group with the core operations team



Questions/Comments



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