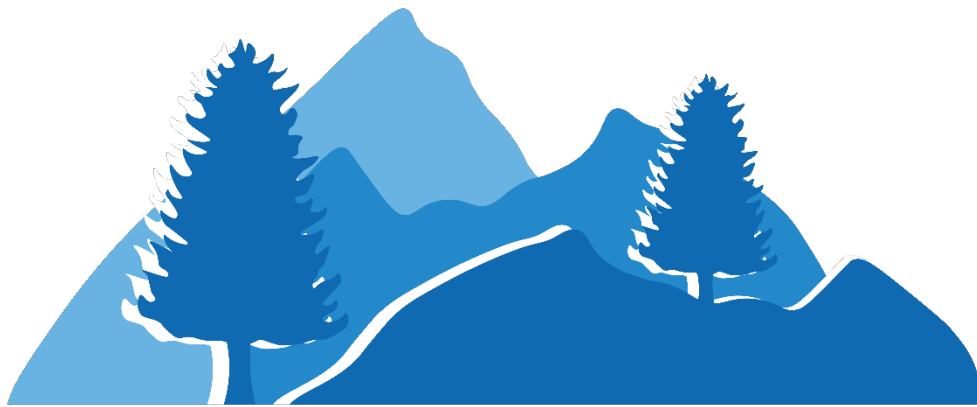


Lake County Needs Assessment 2020-21



Lake Health District
Quality Care Close to Home

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About

At Lake Health District, we strive for excellence in everything we do. We provide quality care to all citizens of all ages. We are looking forward to meeting the changing health care needs of Lakeview and the surrounding area. At the same time, we are a stable organization that is financially sound. We involve all of our medical staff through good communication. We support them by trying to meet their professional needs in training, equipment, and services. We emphasize good communication with all county citizens who support us financially and through the use of our services. We care about and support our employees through training and education who in turn are caring and committed to our patients and our organization.

Services Provided

Lake Health District operates a multitude of services under its organizational structure. They include Lake District Hospital, Lake Health Clinic (primary care) Lake Specialty Clinic, Lake District Wellness Center (community behavioral health), Lake County Public Health, Emergency Medical Services and Lakeview Gardens (assisted living among other traditional hospital-based services).

Lake District Hospital has been designated a Critical Access Hospital, as defined by the policies and regulations that are part of the Health Resources & Services Administration of the U.S. Department of Health & Human Services.

A Critical Access Hospital (CAH) is a hospital certified under a set of Medicare Conditions of Participation (CoP), which are structured differently than the acute care hospital CoP. Some of the requirements for CAH certification include having no more than 25 inpatient beds; maintaining an annual average length of stay of no more than 96 hours for acute inpatient care; offering 24-hour, 7-day-a-week emergency care; and being located in a rural area, at least 35 miles drive away from any other hospital or CAH (fewer in some circumstances). The limited size and short stay length allowed CAHs to encourage a focus on providing care for common conditions and outpatient care, while referring other conditions to larger hospitals. Certification allows CAHs to receive cost-based reimbursement from Medicare and Medicaid, instead of standard fixed reimbursement rates. This reimbursement has been shown to enhance the financial performance of small rural hospitals that were losing money prior to CAH conversion and thus reduce hospital closures. CAH status is not ideal for every hospital and each hospital should review its own financial situation, the population it serves, and the care it provides to determine if certification would be advantageous.

CEO's Message

Here at Lake Health District, we understand that healthcare is evolving. The advance in medicine and strides in technology are providing local communities' access to better healthcare. It is our desire to provide the best care in our region.

Our associated staff will be here to help you and your loved ones when the need arises. The comfort and care of our patients is our major goal. Lake Health District desires to provide you with the tools needed to educate and increase your health awareness.

Mission Statement

"To care for our community with respect and compassion through excellence and teamwork"

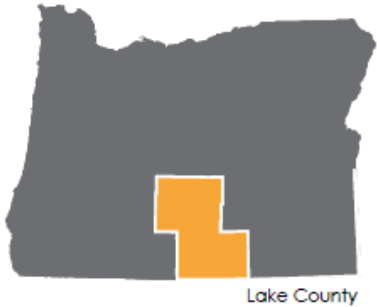
Methodology

This CHNA was conducted by Lake Health District during the COVID-19 pandemic. The information was collected from various data sources. Community health indicator data were collected, wherever possible, to allow comparison between the Lakeview Service Area or Lake County and the State of Oregon. In some instances, data was not available or could not be located for some indicators.

The meeting was promoted through local and social media (radio, newspaper, Facebook, etc.) flyers, and reminder phone calls. Representatives from Community partners Local Community Advisory Council were joined by community experts and community service agencies including:

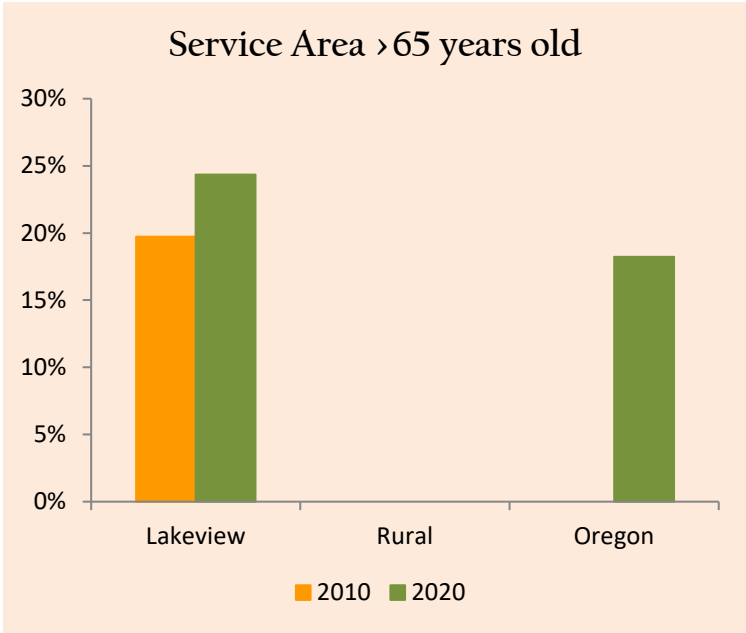
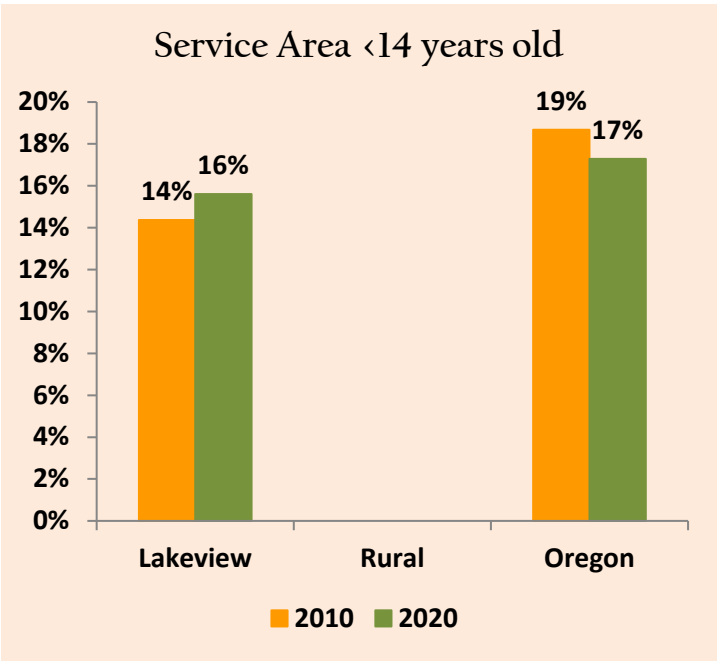
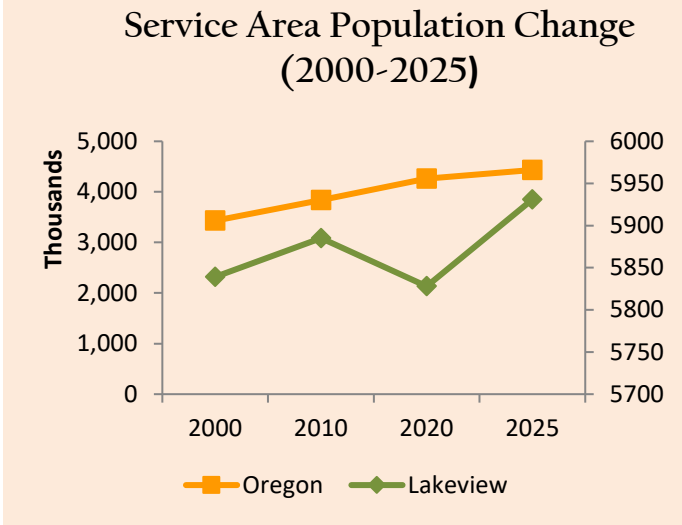
- Lake County Public Health Department
- Lake Health School District No. 7 – Superintendent
- Lake Health Wellness Center – Staff
- Eastern Oregon Healthy Living Alliance Board Member
- Advantage Dental Representative
- Chaplain/Community navigator
- Church Priest (Methodist church)
- Lake County Senior Center – Director and staff
- Lakeview Gardens (Nursing Home/Assisted Living) – Administrator and staff
- Lakeview Youth Group Representative
- Elks Lodge Representative – Treasurer
- Lake Health District Representative – Staff
- Early Learning/ Head-start Representative
- Lake County Planning Department – Planning Director
- Lake County Chamber of Commerce Representative
- Greater Oregon Behavioral Health Inc. Representative
- Older Adult Behavioral Health Initiative Representative

Lake Health District



Demographics

	Lakeview	Oregon	US
2000	5,839	3,431,100	282,200,000
2010	5,885	3,837,300	309,300,000
2020	5,828	4,264,603	331,000,000
2025	5,931	4,433,500	347,340,000



Nothing determines the level of health services in a community more so than the total population. The Lakeview Service Area (comprised of zip codes in southern Lake County) has 5,828 people in 2020. It has remained steady since 2000 and is not expected to grow much by 2025. People over the age of 65 represent 24% of the Lakeview service area. Oregon's percentage of people 65 and older is 16%.

Older people consume more health services and are typically covered by the federal Medicare insurance.

Beyond population, we have embraced a new way of looking at the health needs of our service area. Health begins with where people live, work and play. These are known as the Social Determinants of Health (SDoH). SDoH have a greater impact on a population's health status than the resources deployed by the health care delivery system. This Community Health Needs Assessment follows the SDoH model presented below.

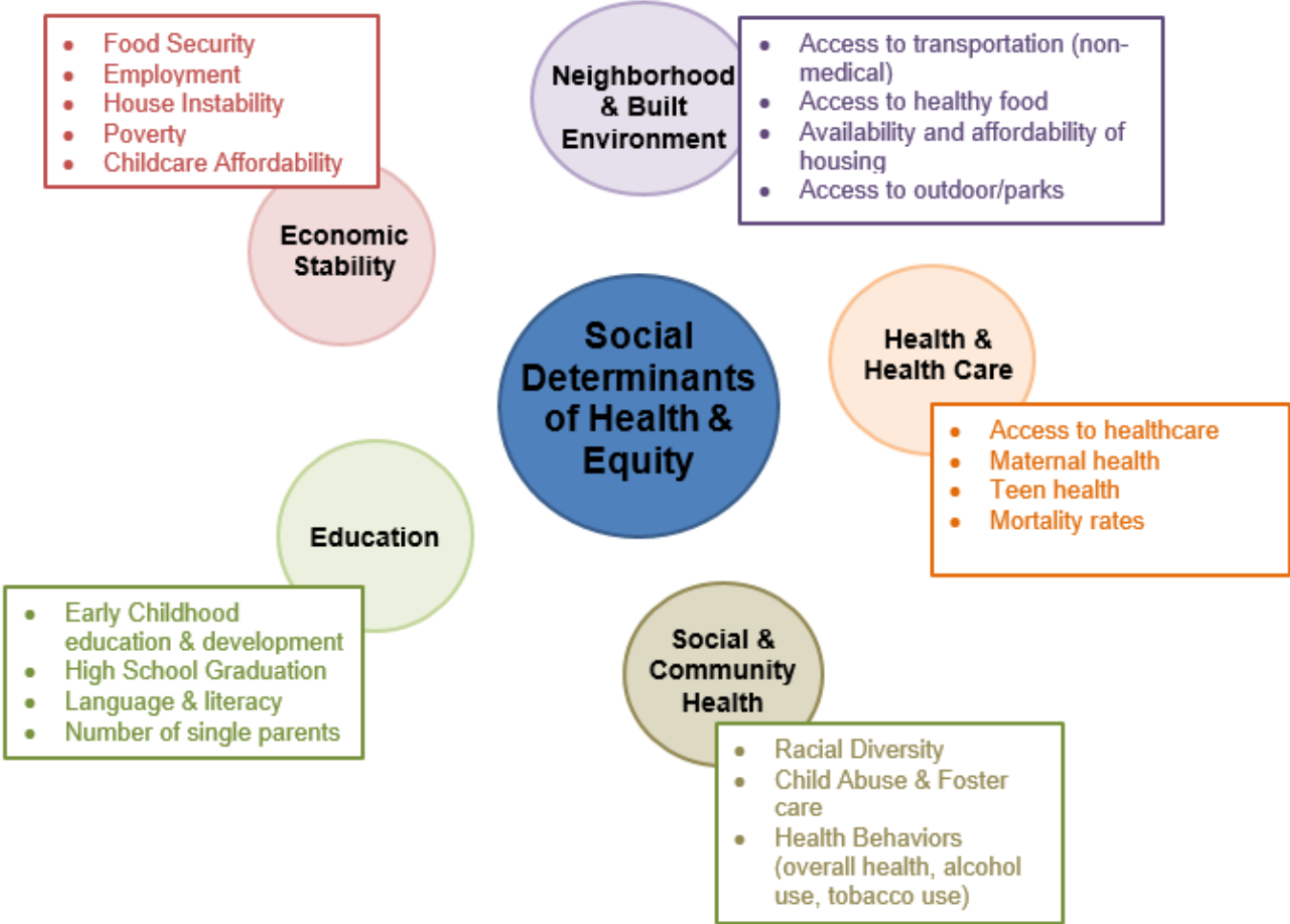
Starting at Neighborhood and Built Environment, the data presented flows clockwise around the model. Along with the quantitative data we also present direct quotes from a Focus Group conducted with citizens in the Lakeview Service Area.

For those looking for more traditional Community Health Needs Assessment measures (Morbidity, Mortality, etc.) please use the following links.

- One is to the Lakeview Service Area profile created by the Oregon Office of Rural Health.
- The other is a link to the Eastern Oregon Coordinated Care Organization (EOCCO) which produced a Needs Assessment that covers the entirety of Lake County.
(https://www.eocco.com/eocco/~media/eocco/pdfs/cha/cha_lake.pdf)

This assessment attempts to take us further upstream in addressing items that impact overall health. Data measuring these new upstream elements are not routinely collected and published as frequently as the measures of morbidity and mortality, but they are becoming more standardized.

Social Determinants of Health Model



Source: Addressing Social Determinants of Health in the Second Phase of Health System Transformation (2017-2022) Medicaid Advisory Committee Recommendations for Oregon’s CCO Model, Oregon Medicaid Advisory Committee (Page 6)

Neighborhood & Built Environment

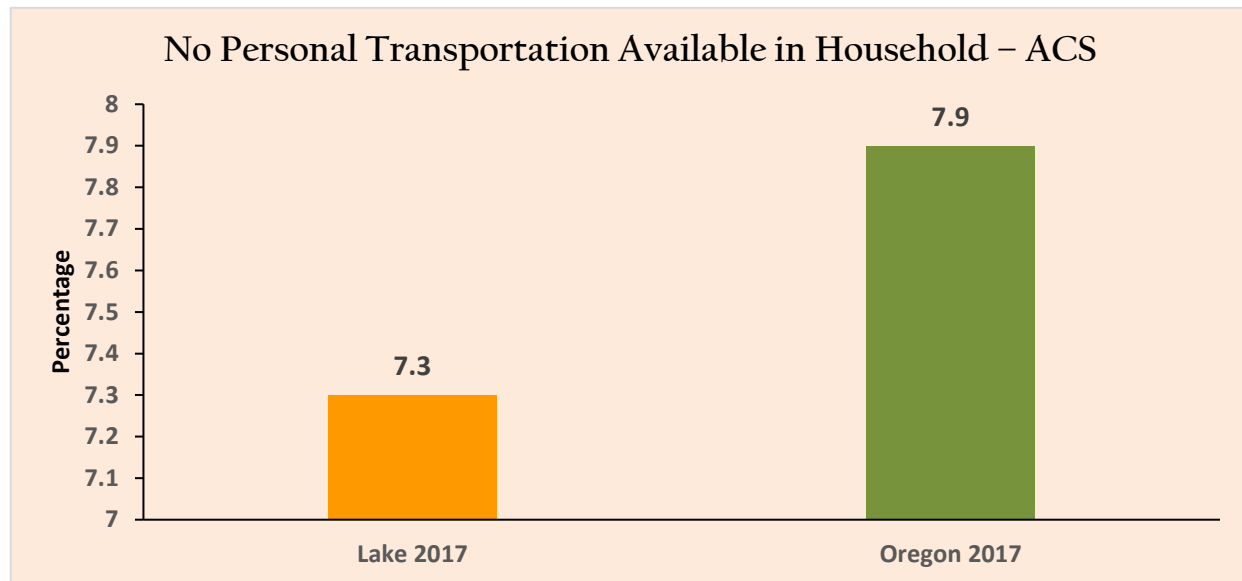
Here are comments from the focus group about Neighborhood & Built Environment:

Environmental Conditions [In discussion about water quality] "...Let's deal with water...[the] first time I thought somebody has been in this hotel before me in this room...what would it take to clean up the [water] system? It's the replacement of the pipes...and they do have a plan for that. They will be billing extra, the town, the county. We'll have another price hike...It's...already been planned. They've already gone through one phase...what they need to dig up, what they need to be doing, what they need to replace...so that's in the works." (Lakeview)

"I think the bike-ability and walk-ability is pretty good, coming from bigger places. But I think it would be awesome to have bike paths, I just I'm like time in the woods is there. Because that would be really great." (Lakeview)

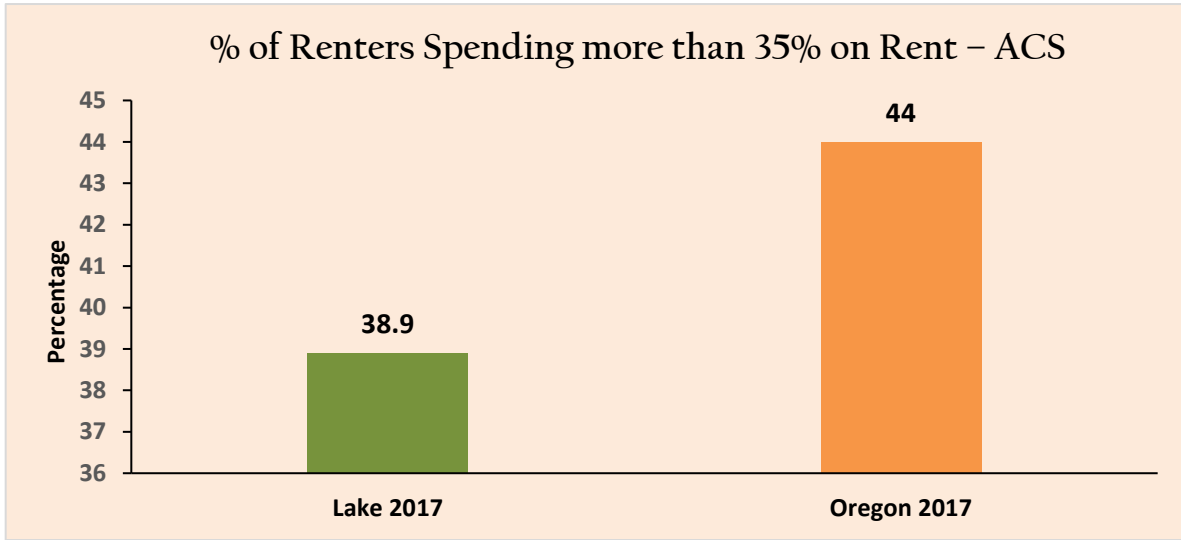
Oregon Health Authority and Nielson Research Company confirmed the water in Lakeview is safe to drink based on test results. The only issue came from discoloration from manganese and iron.

Access to Transportation (non-medical)



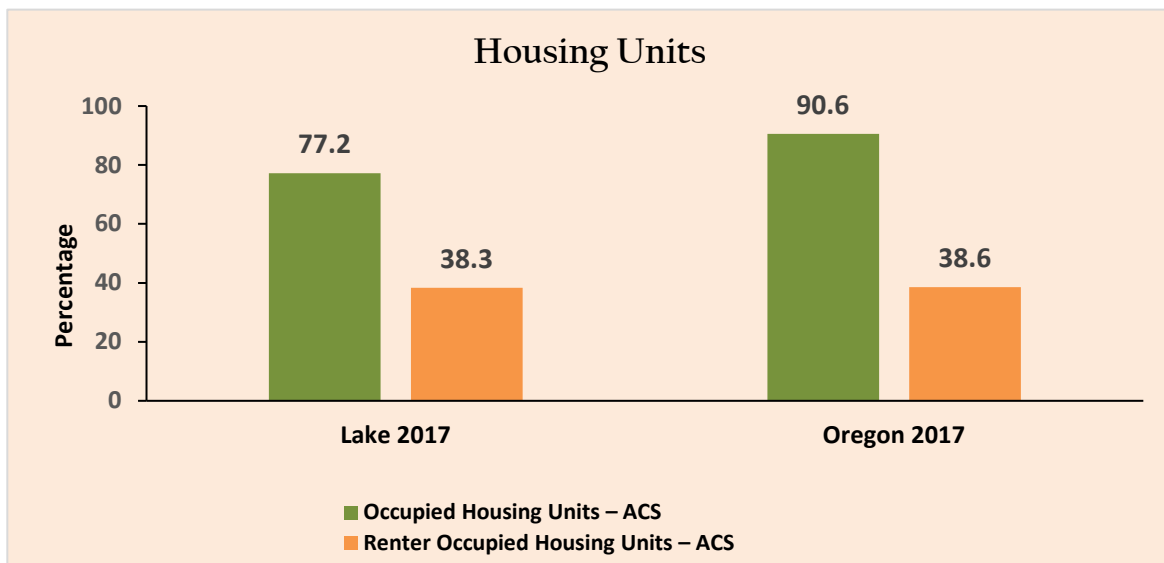
Having personal transportation in an isolated rural community with only a minimal public transportation service available impacts the quality of life. In Lake County 7.3% of households had NO personal transportation. Statewide it is 7.9. Statewide includes Metropolitan Statistical Areas (MSAs) of Portland, Salem, Eugene, Medford and Bend where mass transit is readily available and makes the expense of maintaining a vehicle less necessary by choice.

Availability and affordability of housing



It is generally accepted that mortgage and rent payments should not exceed 35% of income. Spending more than that on safe housing cuts into expenses available for food and other needed items. 38.9% of Lake County residents spend more than 35% on rent. And as noted below, 38.3% of the housing stock in Lake County is occupied by renters.

According to the Oregon Housing Alliance's A Place to Call Home: Lake County has a serious shortage of affordable housing. For every 100 families with extremely low incomes, there are only 12 affordable units available. 1 in 3 renters pay more than 50% of their income for rent.



Access to outdoor/parks

Access to outdoor space and neighborhood parks is an important factor for the built environment. Hiking trails and public lands surround Lakeview. The Town of Lakeview has a Parks and Rec Department, and does operate a community swimming pool. Neighborhood parks are scattered throughout the community and vary in quality of structures and amenities.

According to the 2019 Oregon Air Quality Monitoring Annual Report, Lakeview had 311 days of Good Quality Air, 51 Moderate Quality. Smoke from area wildfires is the biggest risk to poor quality air.

Lakeview Oregon is served by a national grocery store chain. The Safeway store provides adequate access to healthy fruits and vegetables. Community markets in the smaller outlying communities Paisley store, Silver Lake store, Summer Lake store and Christmas valley store have limited fresh produce and would be defined as “food deserts.”

In a series of studies from 1987 to 2004, rural sociologists and Iowa State University concluded many rural areas had “higher food prices, less variety, and lower quality fresh produce and meat” than cities and suburbs. For most rural residents, industry contraction simply means driving farther for groceries. But older and low-income people often are less able to travel or drive, lack reliable transportation, may depend on neighbors and family to help them shop and limit outings to one store, according to the research. One Iowa study referred to the situation as a “perverse irony that the poorest have to pay more for a basic necessity of life.” Source: The Other Oregon: A Voice for Rural Oregon April 2, 2020

Health & Health Care

Here are comments from the focus group about Health & Health Care:

Behaviors

"I chose to invest myself and my family in all sorts of activities. Like hiking, the Color Run last weekend, the opportunities that come up in everyday life that you invest in and everybody is ready to invest in as well. It just makes it a better lifestyle." (Lakeview)

Availability of Health Care Services

"I'm also working on telemedicine...[a] tele health project, which again is related to mental health...we are working with several companies and partners where we can set up the pain medicine equipment...in a situation where there is a shortage of providers, and...mental health crisis workers, you set up this 'Skype-like' equipment and the patients can be seen by operators of crisis workers elsewhere... it's taken quite some time to establish the foundation of the project to be successful but we are coming way close to executing it." (Lakeview)

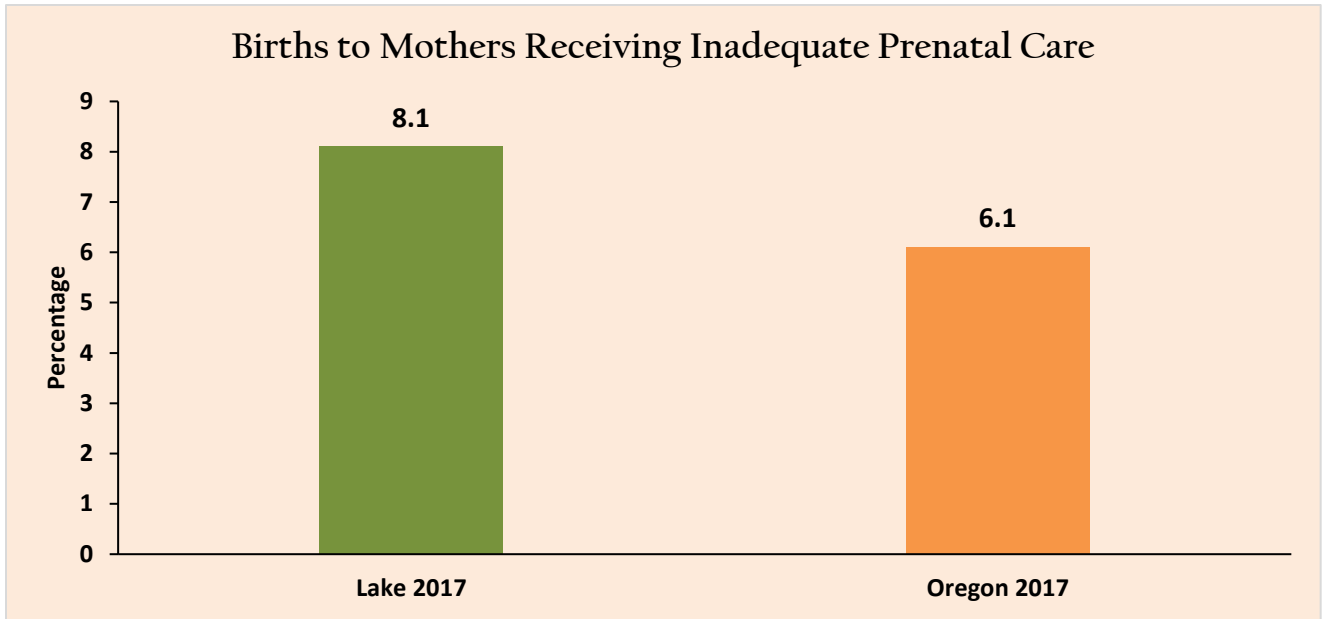
Vulnerable Populations

"Isolation for the seniors that are out farther than transportation will bring them in...is a big issue that we discovered...if [families] ...don't have transportation, it makes it difficult for them to come in for employment. It makes it difficult to come in for doctor appointments, for any kind of care. So, isolation is huge in an outlying area." (Lakeview)

Lake Health District provides a wide variety of available and accessible health services.

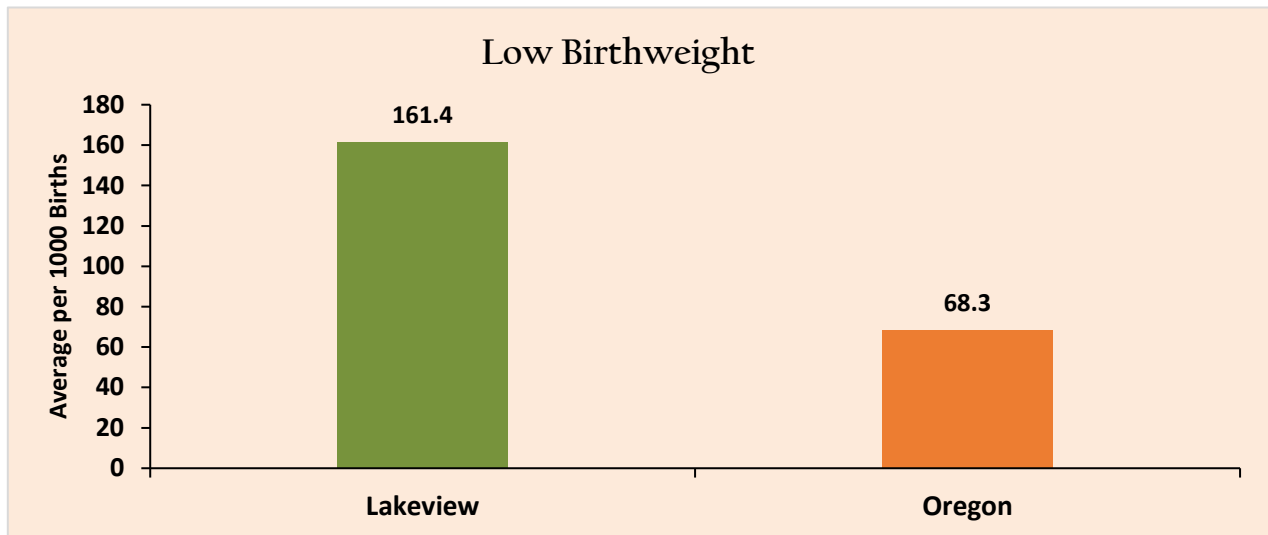
<https://lakehealthdistrict.org/types-of-healthcare/>

Access to Healthcare



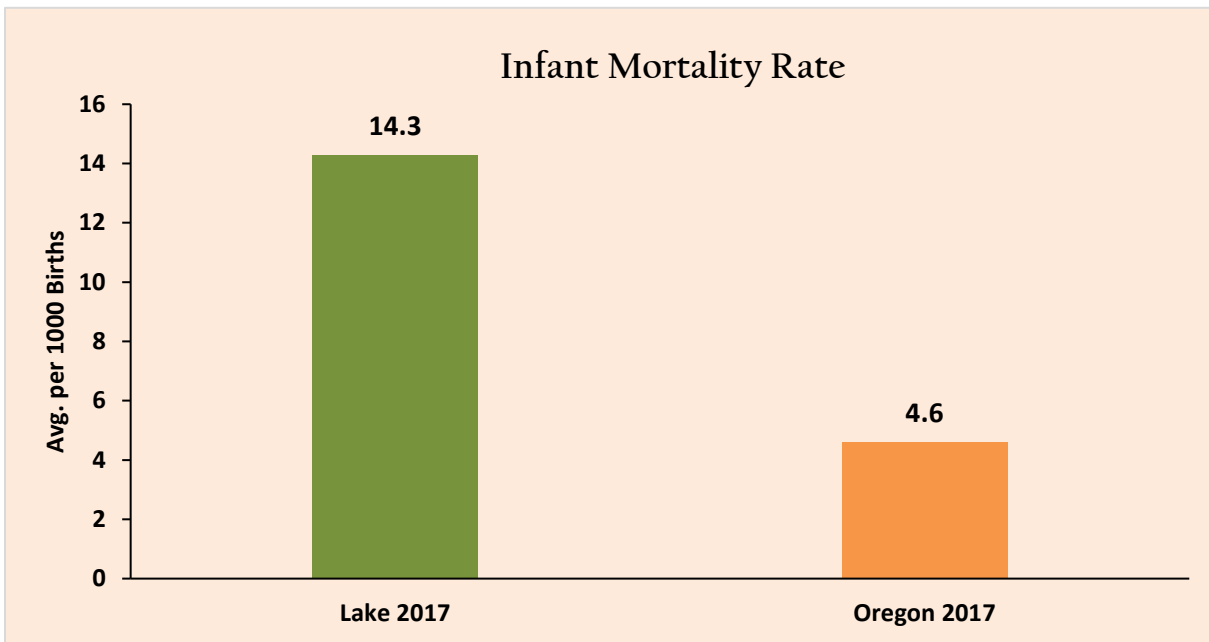
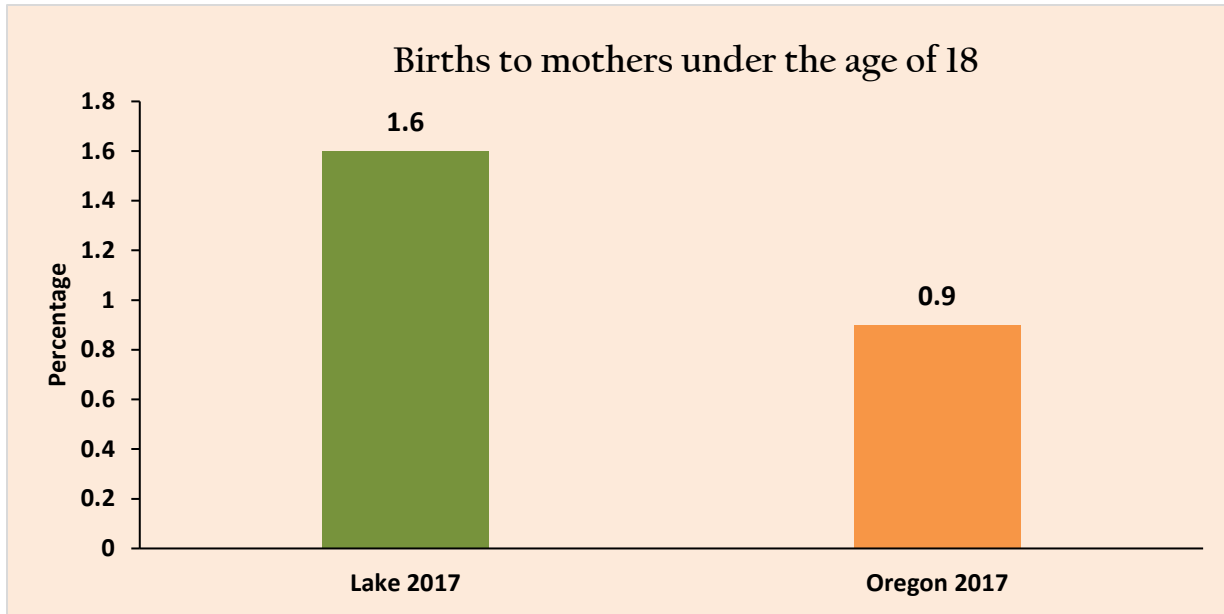
This measure is the basis of the widely used Kessner index, in which a woman's prenatal care is classified as "adequate" if it begins in the first trimester and includes nine or more visits for a pregnancy of 36 or more weeks, "intermediate" if it begins in the second trimester or includes five to eight visits

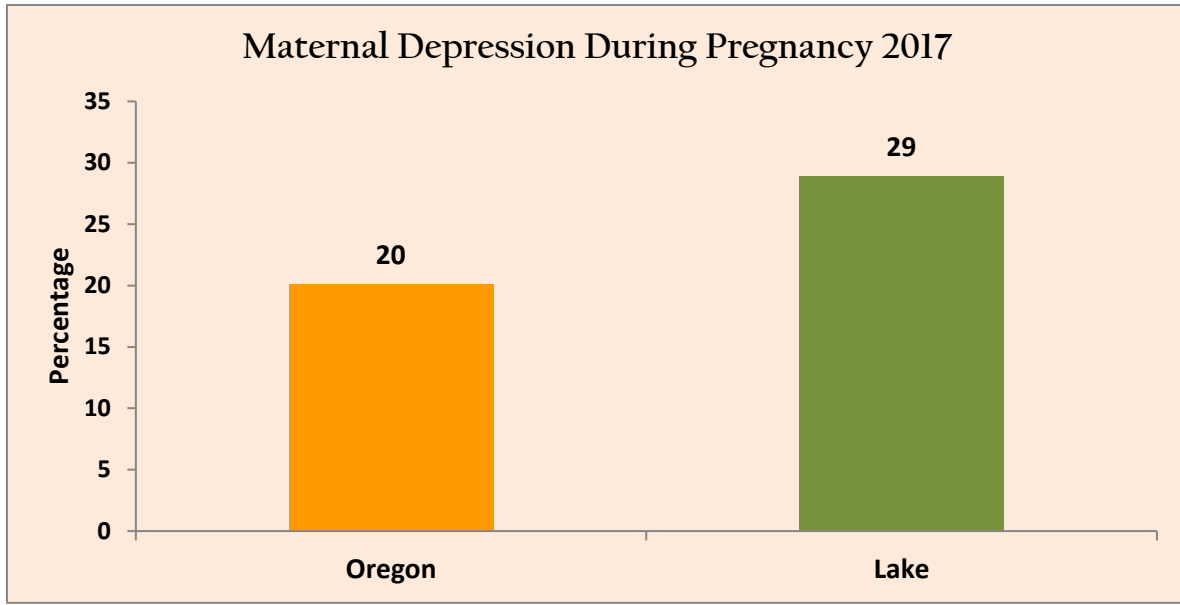
"Inadequate" prenatal care is less than 5 visits or care that did not begin until the 3rd Trimester.



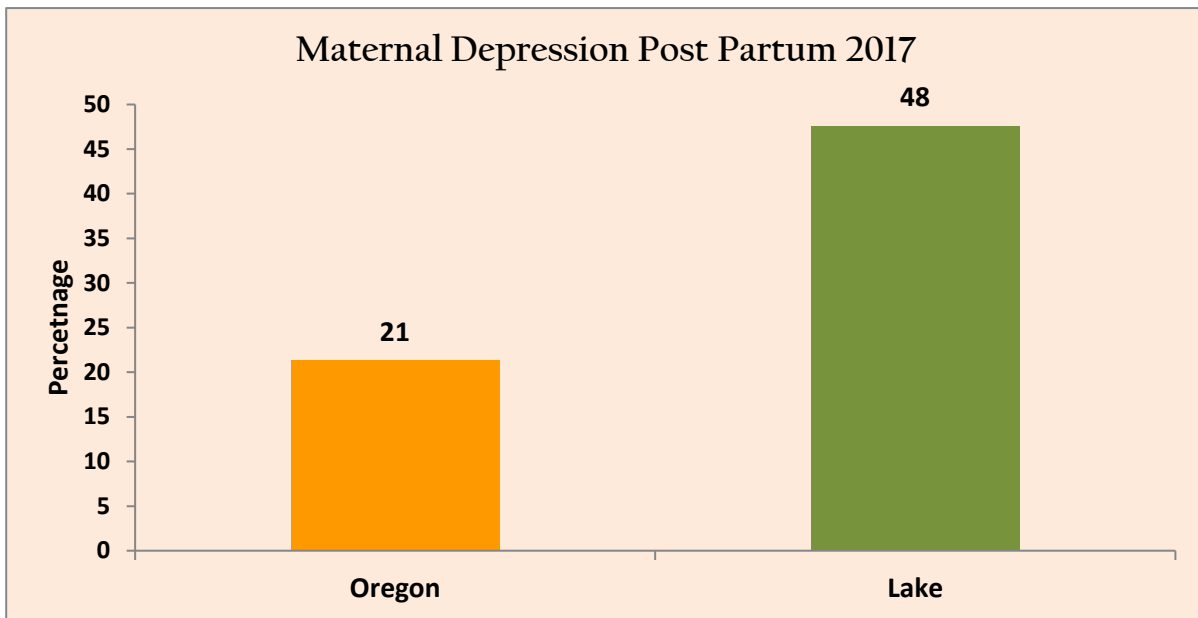
Birth outcomes and maternal health are often seen as measures of how well the health delivery system is operating. Inadequate prenatal care leads to low birthweight which leads to longer term health struggles and developmental delays. Low Birthweight is less than 5.5 pounds. 60% of all infant deaths are related to Low Birthweight. Low Birthweight infants who survive are 3 times more likely than others to experience mental retardation, breathing problems, sight and hearing problems and learning difficulties.

Maternal Health



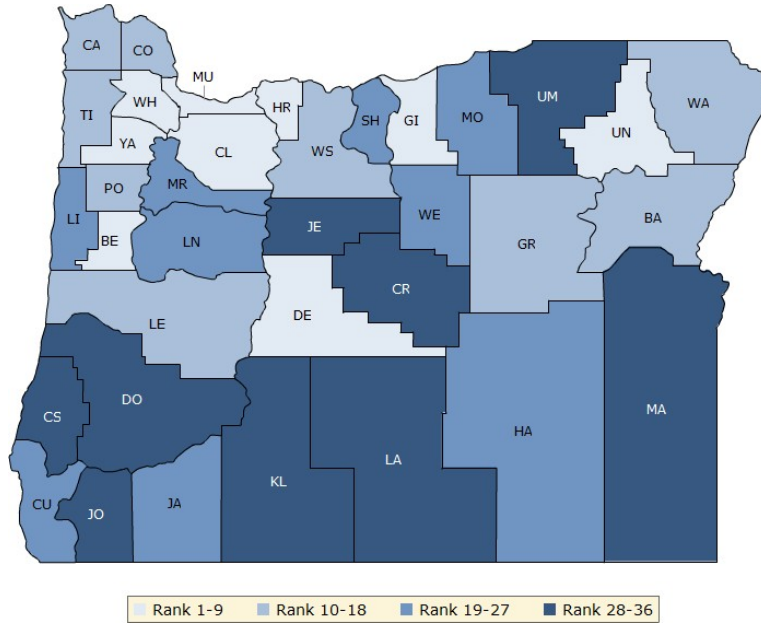


Infants whose Mother's suffered depression during pregnancy or post-partum contributes to multiple early child developmental problems, including impaired cognitive, social and academic functioning. Children of depressed mothers are at least two to three times more likely to develop adjustment problems, including mood disorders.



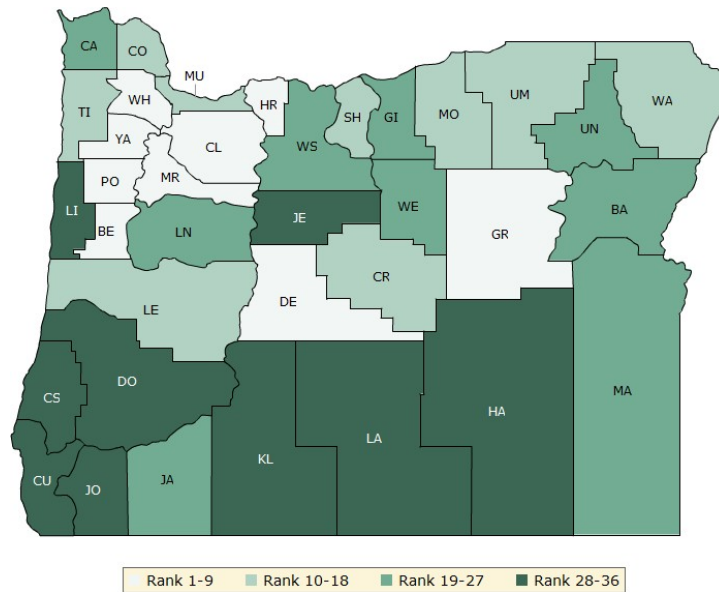
Health Factors

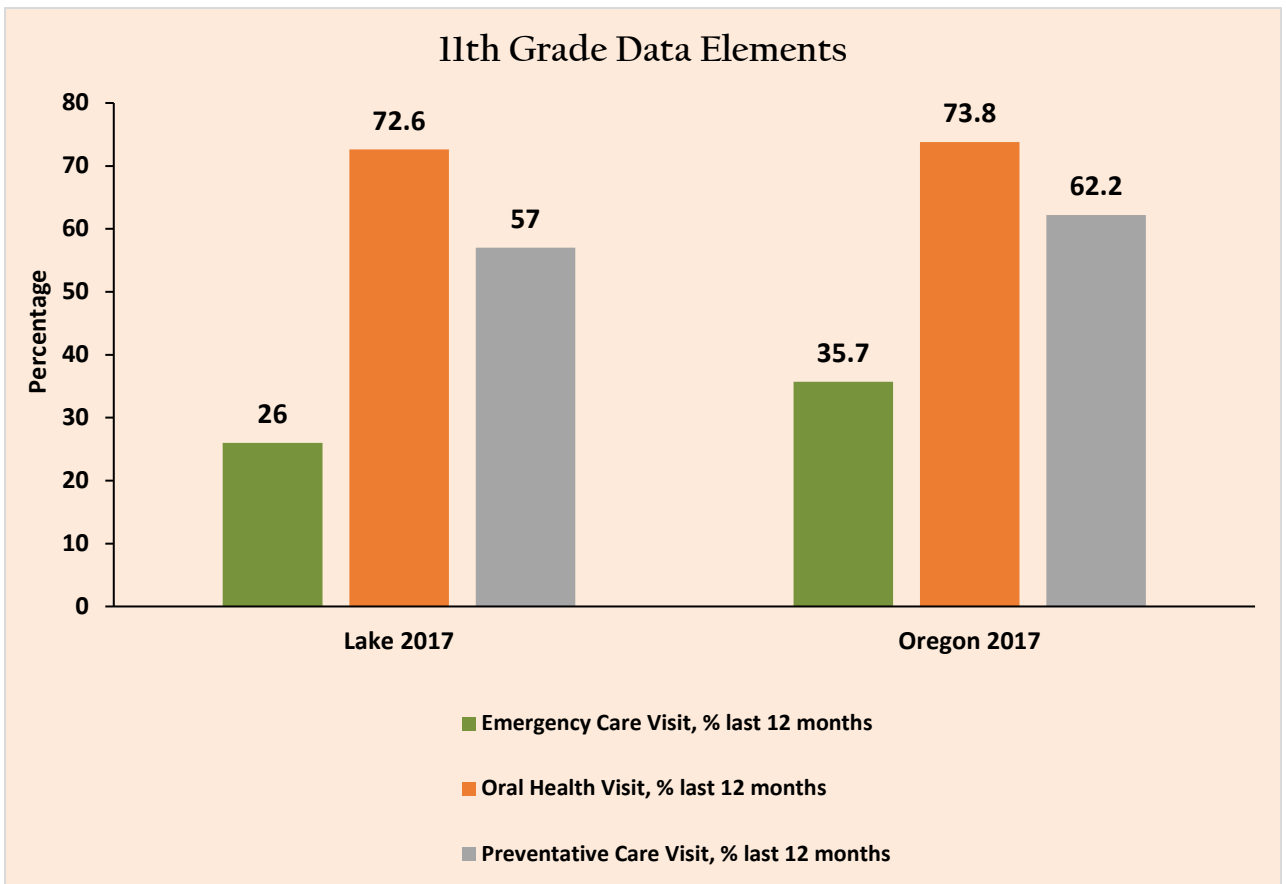
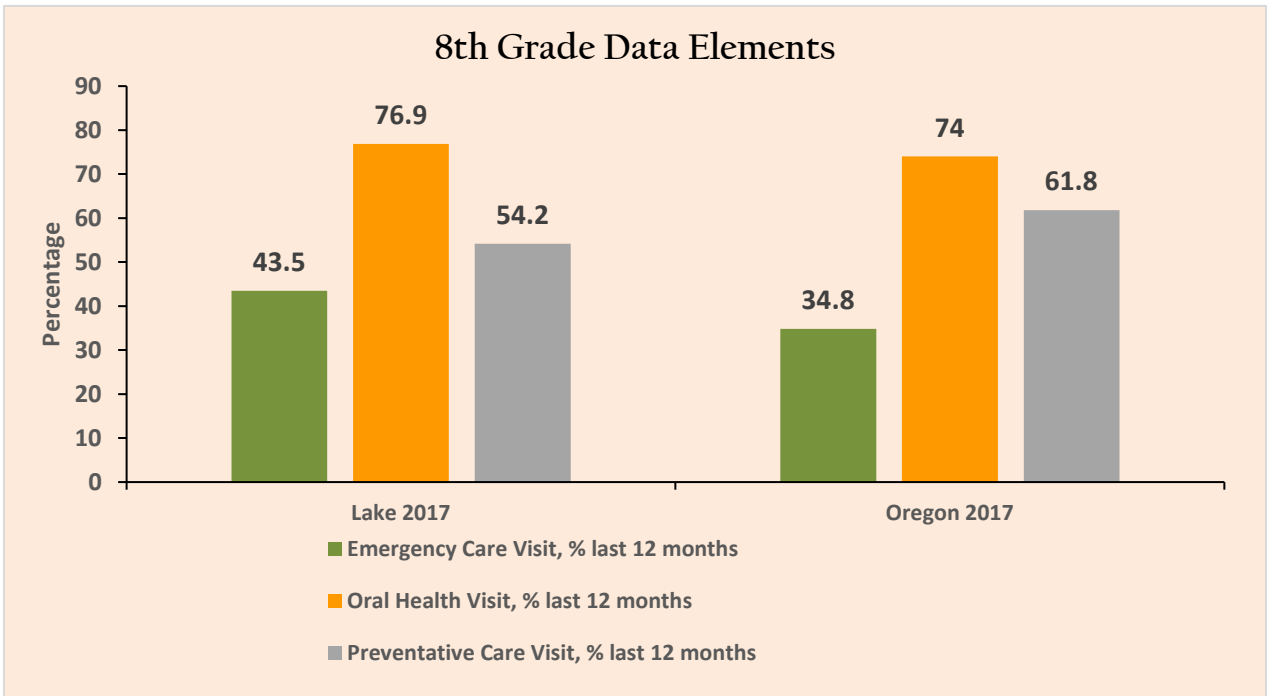
The overall rankings in health factors represent what influences the health of a county. They are an estimate of the future health of counties as compared to other counties within a state. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors. Lake County is ranked #28 out of 36 counties.



Health Outcomes

The green map below shows the distribution of Oregon's health outcomes, based on an equal weighting of length and quality of life. Lighter shades indicate better performance in the respective summary rankings. The ranks are based on two measures: how long people live and how healthy people feel while alive. Lake County ranks #32 out of 36 counties.





Social & Community Health

Here are comments from the focus group about Social & Community Health:

Social & Community Context – Community Programs

“The community has really stepped up on the Alger Theater project, and you know you can say that’s a stretch for help, and it’s really not...[it’s] socializing.... it has been a heart of this community.”

(Lakeview)

“The programs we have been able to offer...are really great. We have chronic pain self-management, and we have the back health program...and I have people from diabetes class self-management coming as well. So, we have that program... [they may] ...not stay the whole twelve weeks...but they stay and talk about what...changes for them and what helps them. I hear from people in those programs talk...and I watch people, the way they walk...and act... [it strengthens people].” (Lakeview)

Social & Community Context – Community Norming

“I think...[it]...comes back to the sense of community, and when you have that strong sense of community and you... [have a] ...personal investment in your health...you can talk yourself out of it...when you have accountability because of your community, I think that really supports the healthy lifestyle. You have a group of people are going hiking, or you have these programs are community based, and there is a group of people expecting you to be there...our sense of community...helps us be healthier.” (Lakeview)

Stigma and Discrimination/Vulnerable Population

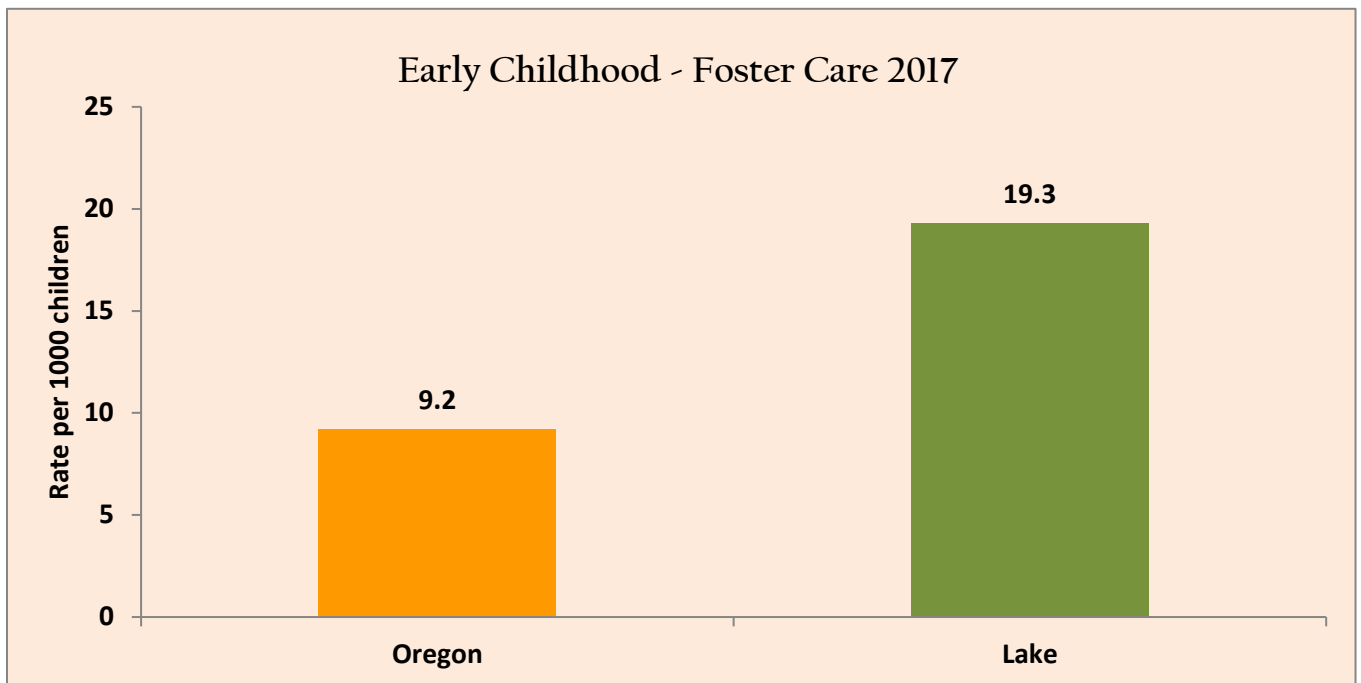
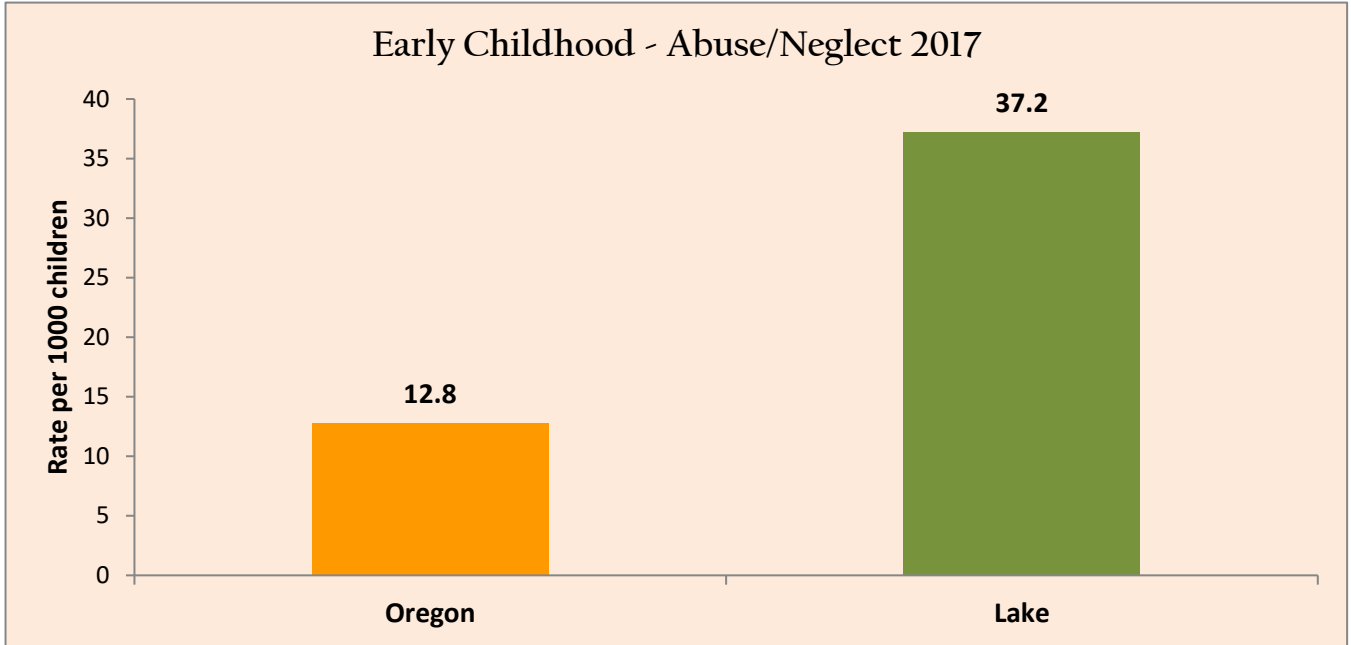
“The stigma and ... lack of awareness... is now much better...you go to the Wellness Center they’re going to help you, instead of what it used to be, they were a hot mess.... I think that’s changed, but I think there is still a mental health disparity.” (Lakeview)

“...we have quite a few immigrants in our program...and their [undocumented immigrants] challenge is the unemployment. Being able to...establish care, or establish an outreach without being afraid that someone is going to turn them in. So when their children enroll, they are naturalized [citizens] so they...get comfortable and we are able to give them resources...[that’s] a big population here.”

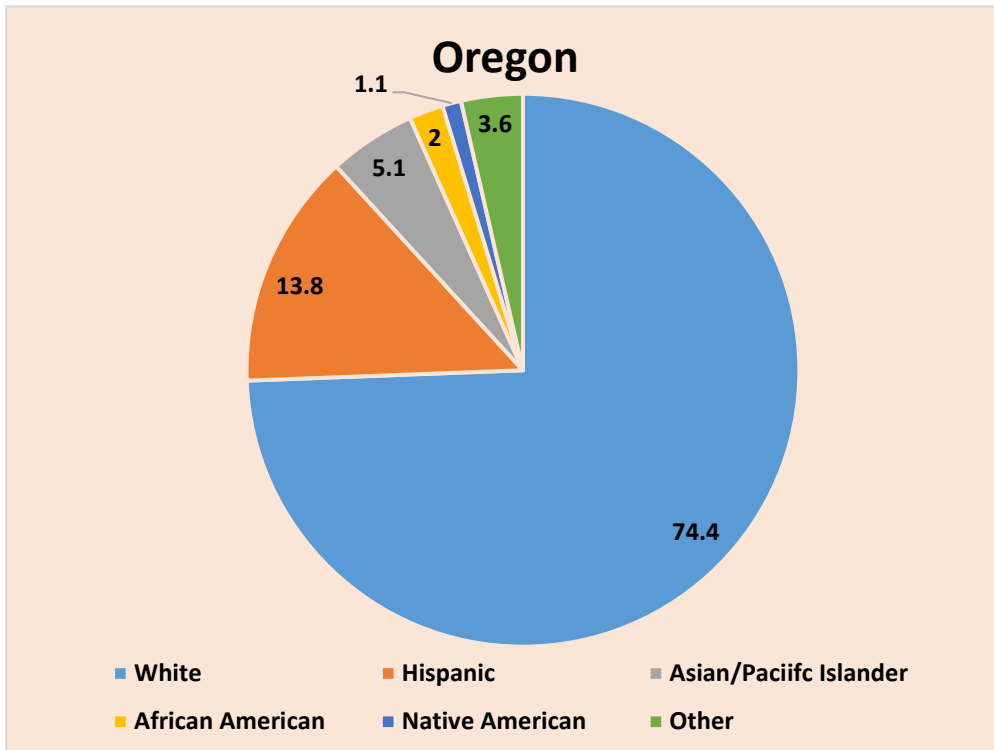
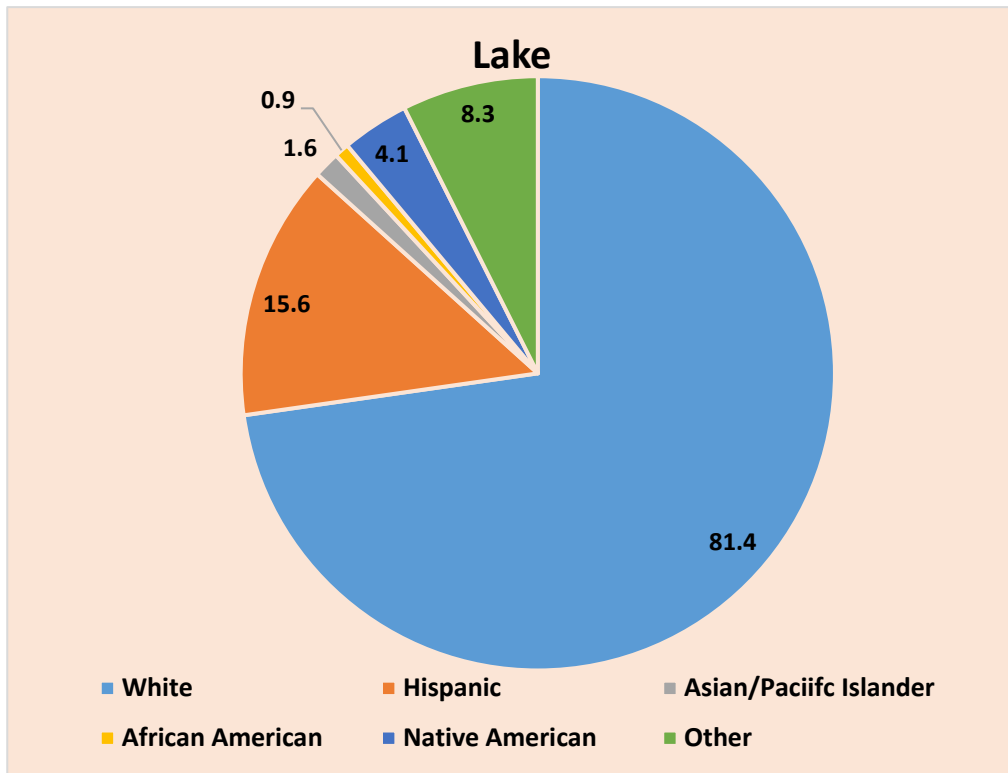
(Lakeview)

Community Norming “...positive social norming...so in other words...celebrating... [the things that] ...get the whole community to recognize how wonderful it is, and then from that, being able to support the good things about us...the things that we’re struggling with that hurt families, we have the will to get rid of them. And to make laws and to make policies and to make a social norm that takes those things [away]...not in our back yard.” (Lakeview)

Child Abuse/Foster Care



Racial Diversity – 2020 Data



Education

Here are comments from the focus group about Education:

(Skills Training/Vocational Education): "PCC...[has]... a program where they will help you with your resume, they'll help you find work and teach you, help you with typing skills, and all that stuff. They also help employers with doing a working interview. They will help employers pay for that to try to get someone on the job trained while or see if they are able to do that. They do a lot of things; they are actually quite a help." (Lakeview)

"The missing piece is...we don't necessarily have the contractors, or the plumbers, or the electricians for them to apprentice with..." (High School Education/Skills Training): "...the high school... [has a] \$300,000 dollar grant to build a major space at the high school and will have hi-tech shop...[for] carpentry skills, like laser and jigging and all kinds of skills at the high school. Its aimed at developing those skills for students so that...instead of...the soul focus being on getting them to a 4-year university, its enhancing those trade skills...because we have that program." (Lakeview)

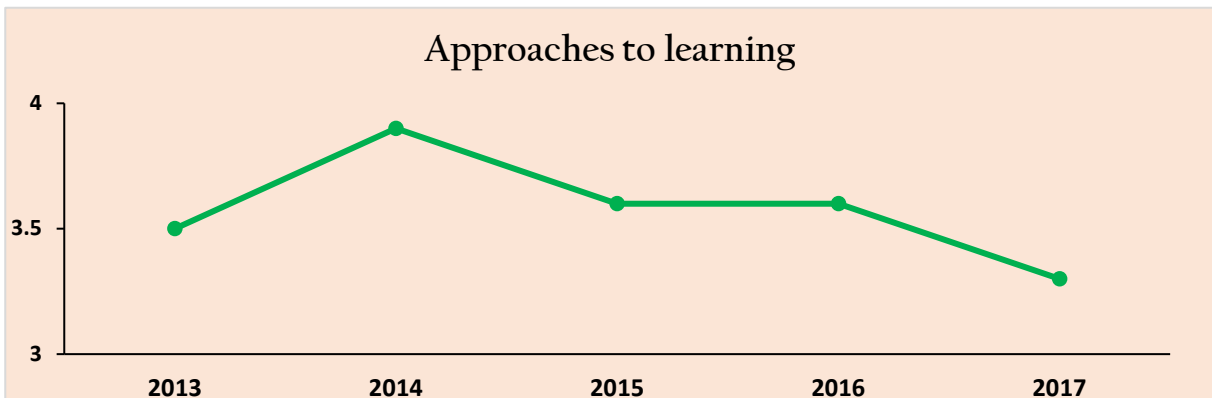
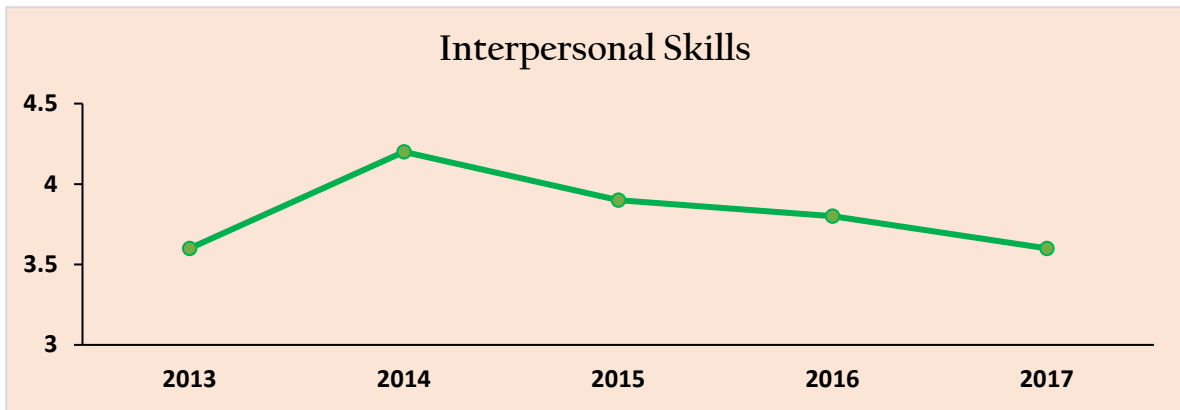
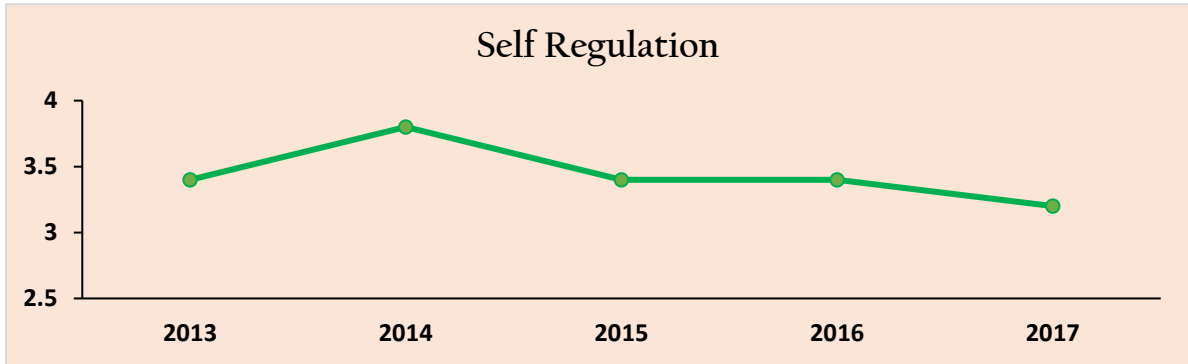
Community members noted that the limited housing market and lack of childcare are intricately correlated with the stability and economics of the community. Without quality of housing, even if there are job opportunities, and childcare, economic growth is seemingly difficult. (Lakeview)

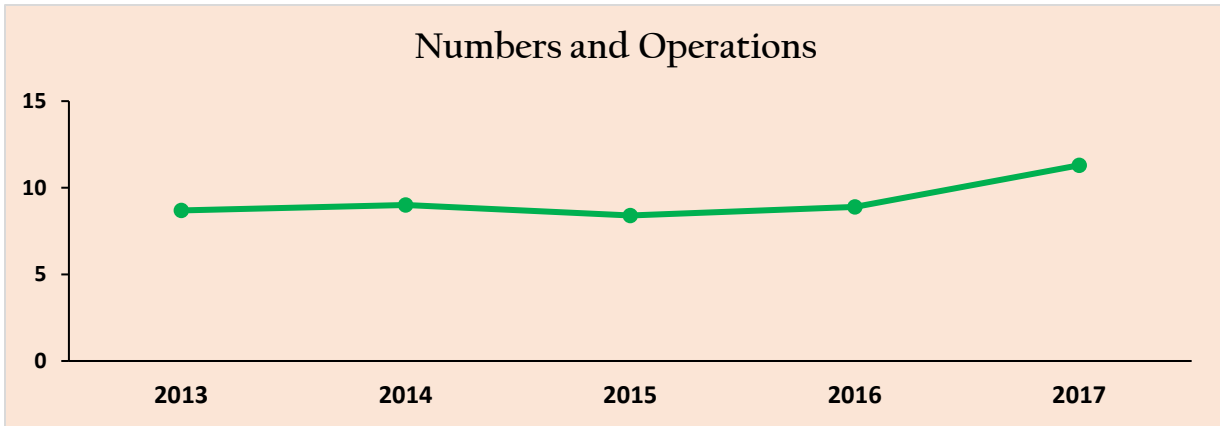
Additionally, the conversation continues to mention alternative opportunities for employment outside the traditional "4-year college" track. There was mention of grant options for skills training, starting at the high school level, moving up to apprenticeships through community colleges in the county. (Lakeview)

Early Childhood Development and Education

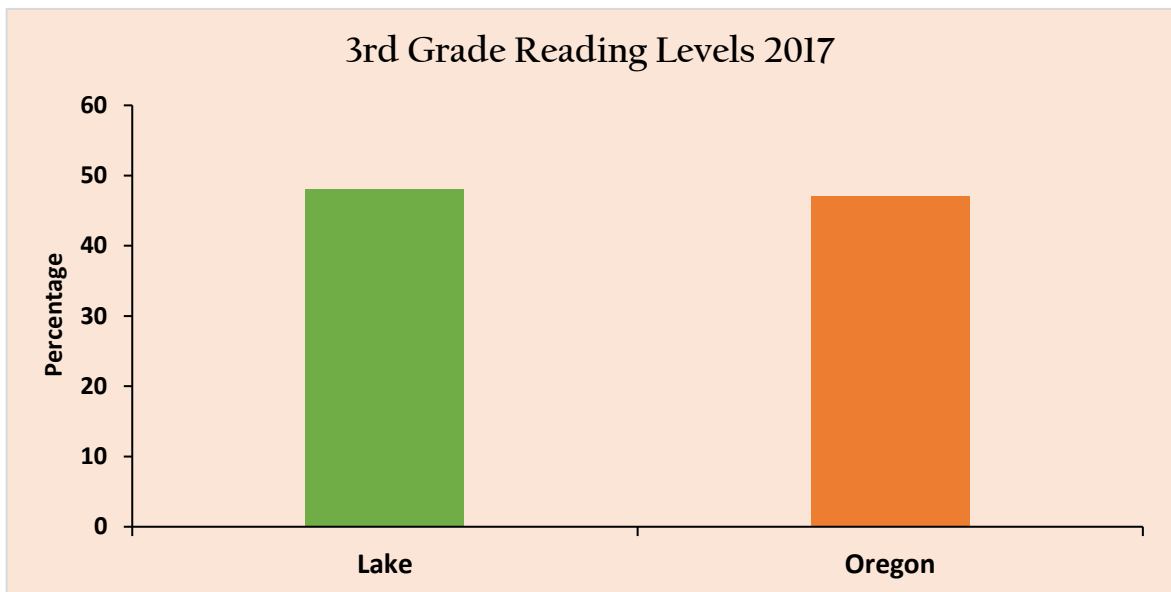
Kindergarten Readiness

The Oregon Kindergarten Assessment is composed of the following three measures: Early Literacy, Early Math, and Approaches to Learning. The assessment is designed to focus on domains that are strongly linked to third grade reading levels and future academic success. The scores presented here are an average of all the children assesses in Lake County. Self- Regulation, Interpersonal Skills and Approaches to Learning have a maximum score of 5. Math has a maximum score of 16 and Literacy upper- and lower-case letters has a maximum of 26.





3rd Grade reading levels

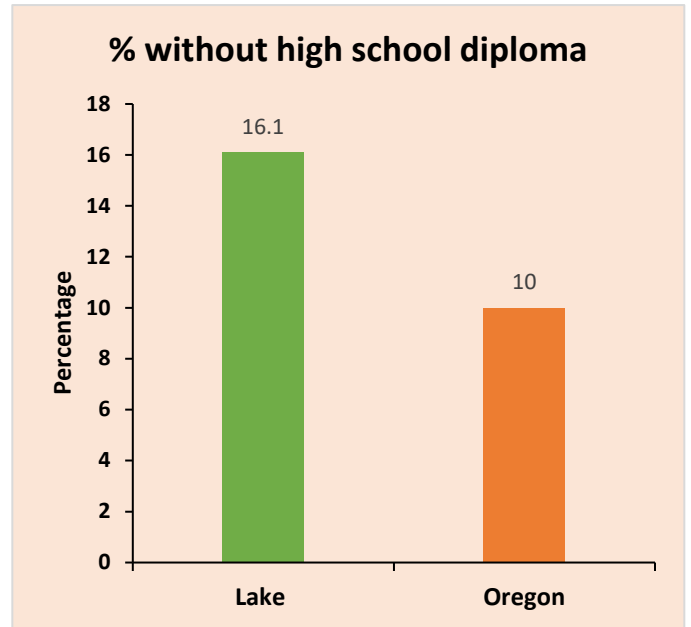
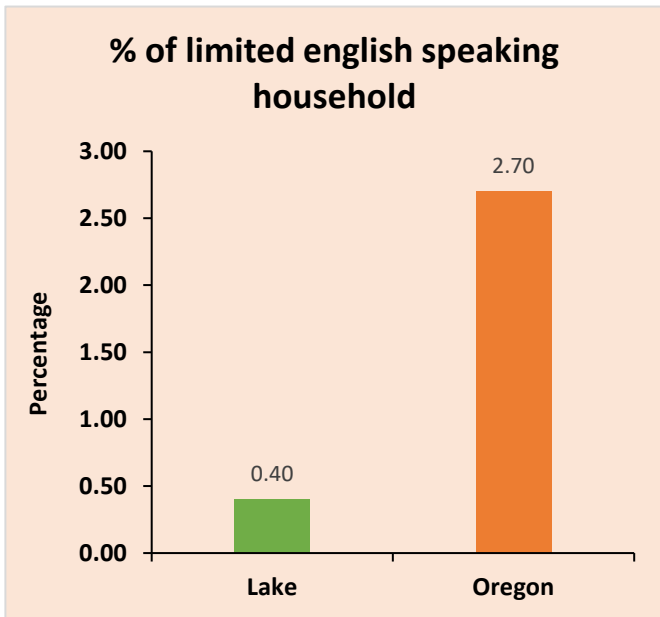


3rd grade reading level is an important benchmark in early education. A student not reading at his or her grade level by the end of the third grade is

- four times less likely to graduate high school on time
- six times less likely for students from low-income families.

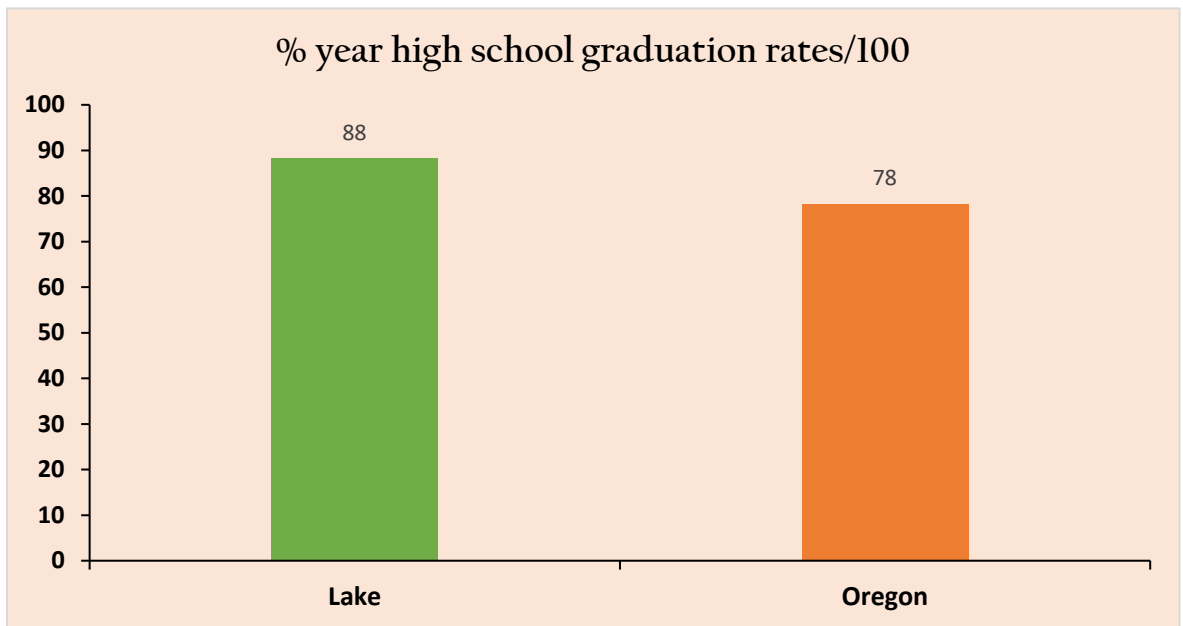
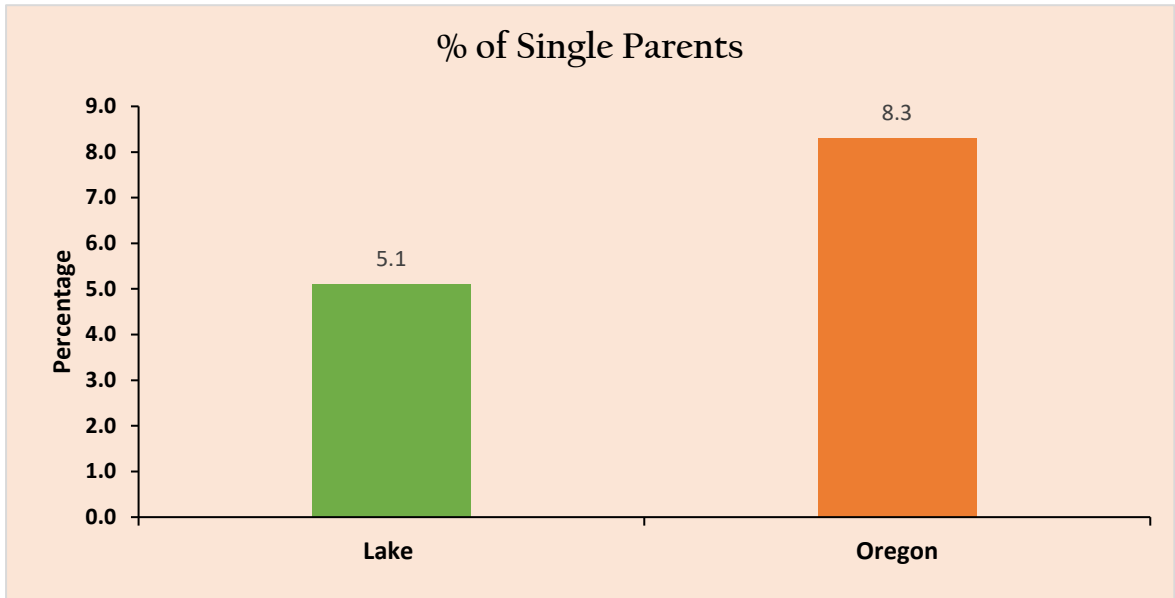
Take that and add to it a 2009 study by researchers at Northeastern University that found that high school dropouts were 63 times more likely to be incarcerated than college grads.

Language and Literacy – 2017 data



Formal Schooling - 2017

Single Parents - 2017



Economic Stability

Here are comments from the focus group about Economic Stability:

Poverty

*“Seniors and low income...And not really the lowest of low income but that nasty middle section where... you... have to pay [healthcare coverage] ...more than the low income who get it for free...and where that falls into people making the choice between paying their bills or going to the doctor.”
(Lakeview)*

Quality of Housing

“There’s a lot of junk on the market...a lot of overpriced junk that people must not really need the money or need to sell so there is really no motivation to come down to a reasonable price. A lot of the houses I looked at...were not livable. They did not have foundations. There is no way to get a loan on these houses. Prices went up how many years ago when pipeline came through.” (Lakeview)

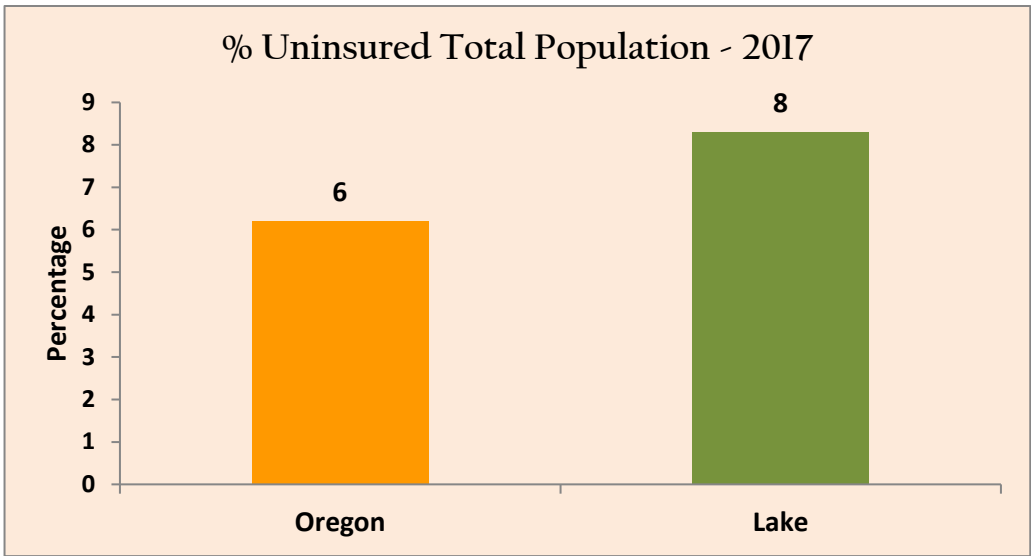
Rural Parity

“You know there are great jobs over here that we couldn’t get. We had a girl that came here from Seattle that said I could not have this job in Seattle without a Masters, I’m really excited about having this because I have an opportunity but finding a place to live was really challenging. Eventually we will have a higher...education for a rural place anyway, because we have some of those scholarships, but even so, I think that will raise up in time as we are discovered and your trails and everything will make it popular, but we’ve got to have housing to put them in.”

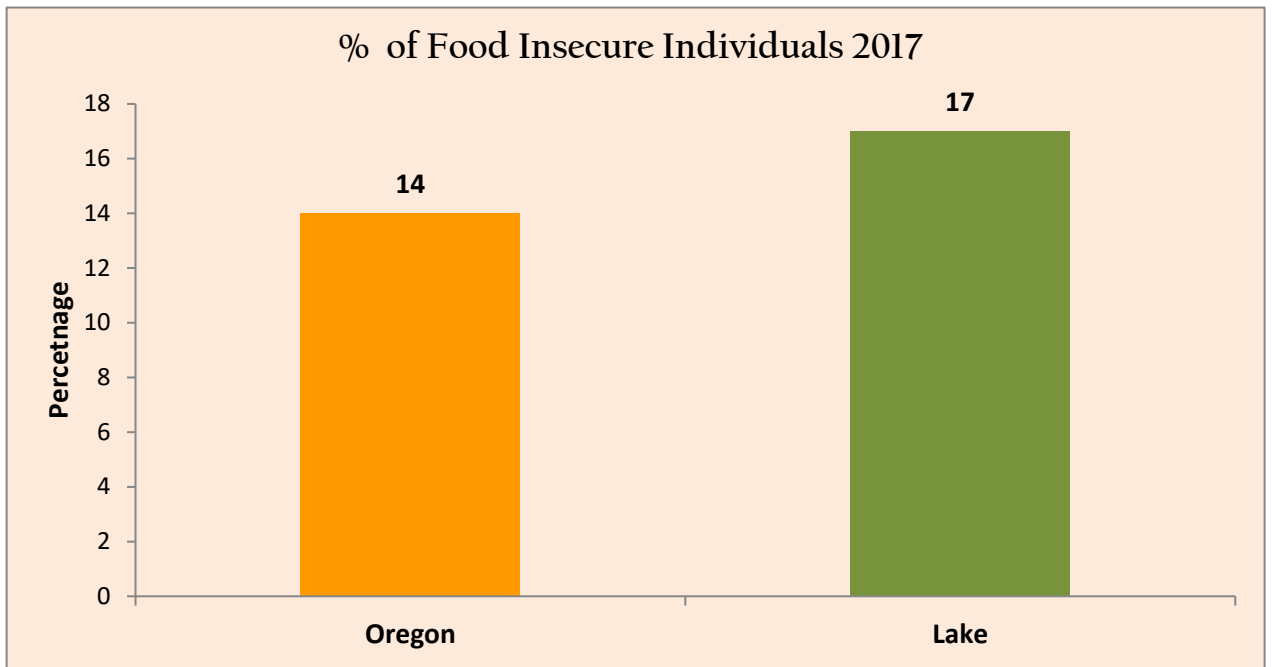
(Childcare): “The other thing I always hear with employment is that there is no good babysitter or place where you have childcare services.” (Lakeview)

The American Community Survey (ACS) in 2017 3.2% of Lake Households had no telephone available. Statewide, Oregon was 2.7%

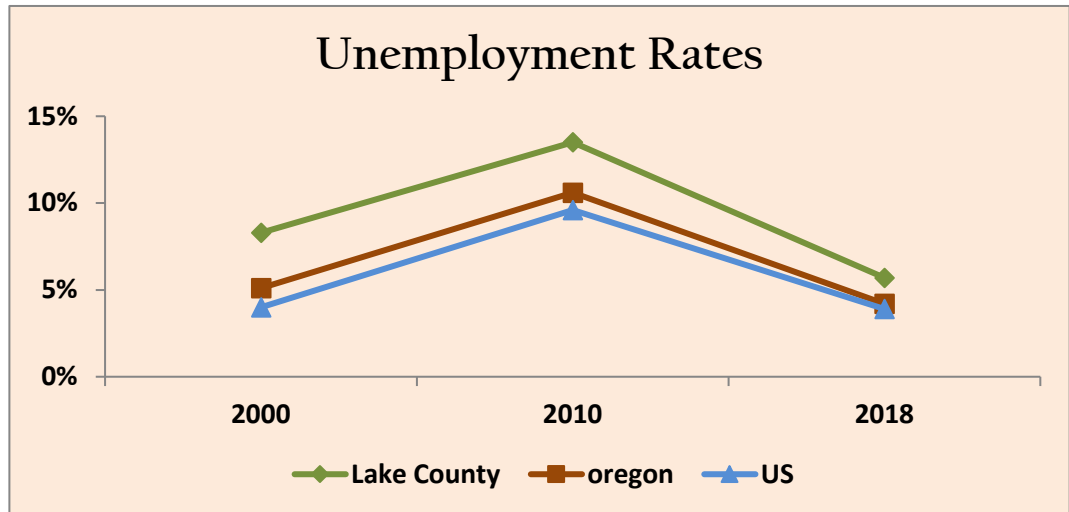
Further the ACS reported 2.9% of households lacked complete kitchen facilities compared to 1.3% across Oregon.



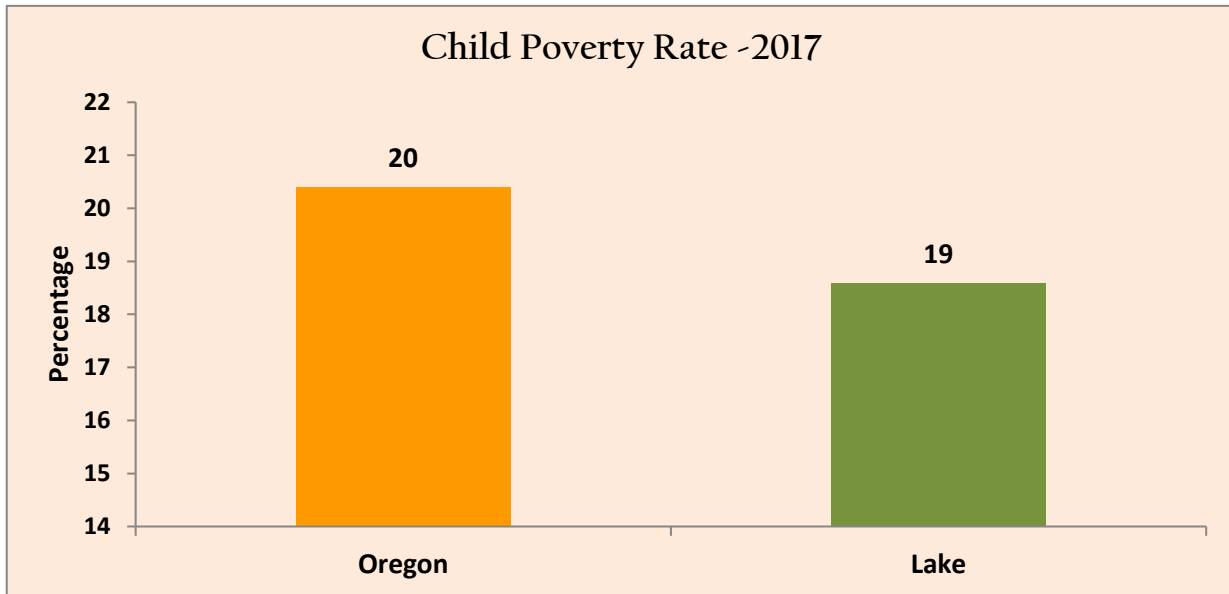
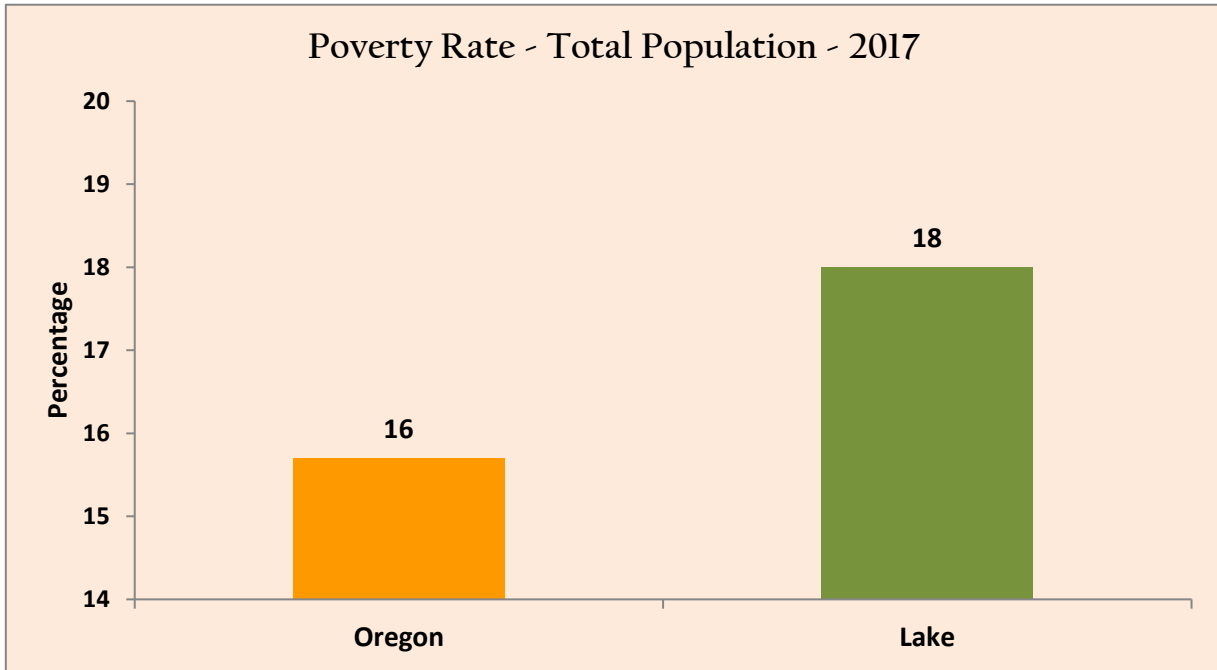
Food Security – 2017 data



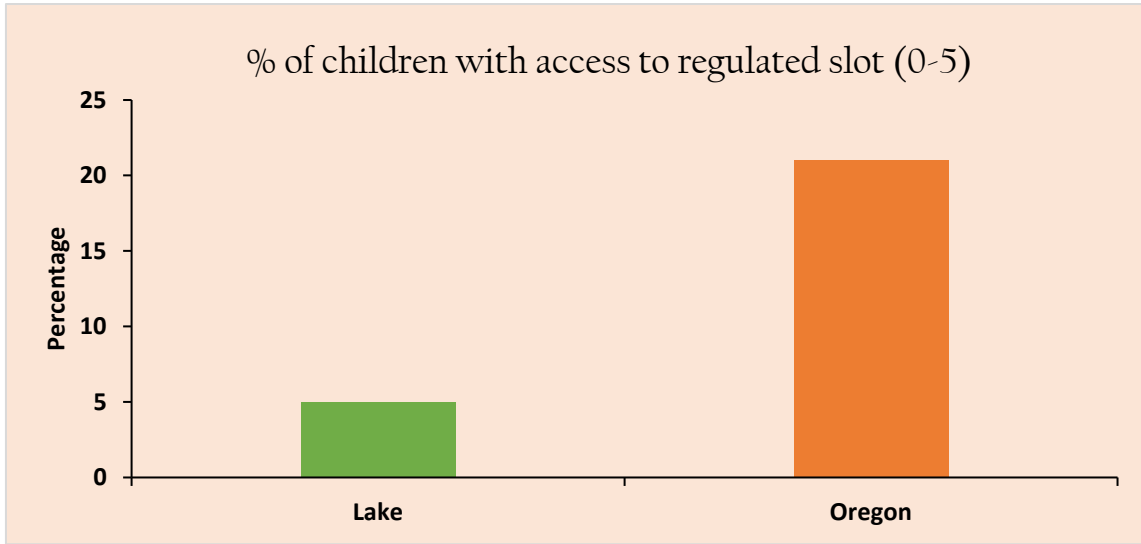
Employment rates



Poverty

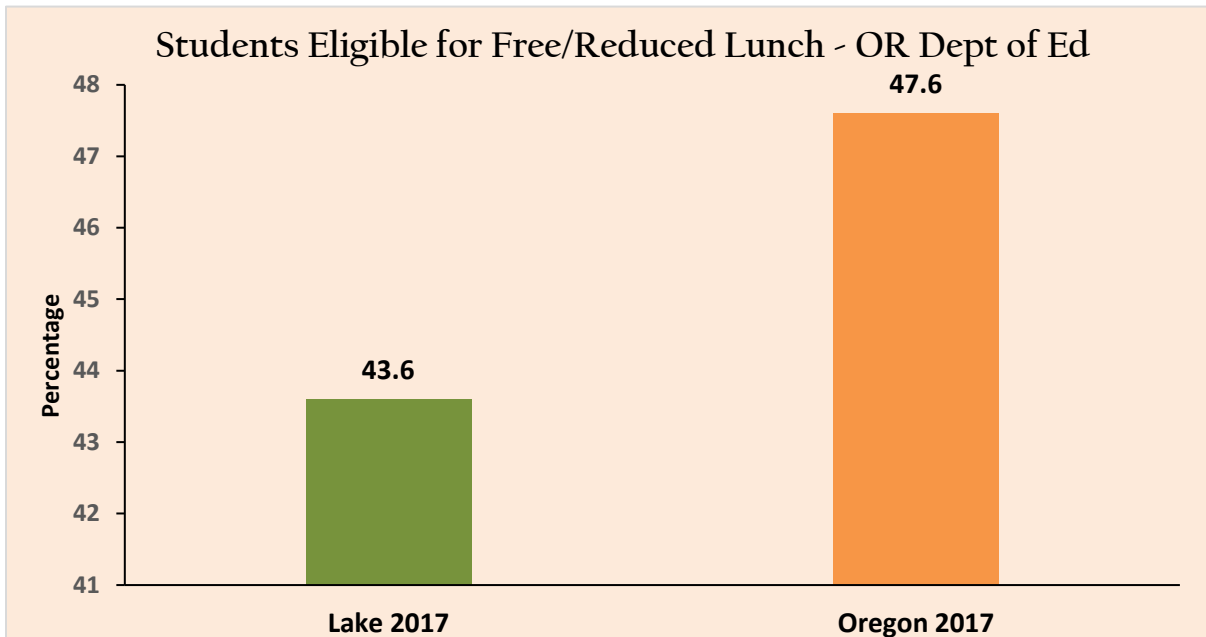


Childcare Availability



“Oregon Childcare Deserts”- is defined as a county with more than 3 young children for every regulated child care slot. Regulated child care slots are Certified Centers, Certified Family and Registered Family Providers. LAKE is a Childcare Desert

ALICE Asset Limited, Income Constrained, Employed. - Lake County has 55% of households that are ONE unexpected expense away from financial crises. In Oregon it 41%



Health Priorities

Process for Prioritizing and Prioritized List of Identified Needs

This CHNA identified the top needs within Lake County through community input. The needs were prioritized into three categories based on the magnitude of people affected identified by the votes per question, impact on quality of life and based on the capacity of what Lake Health District can change to meet the needs of the community.

The top needs are:

- Early Learning/Childhood Health and Nutrition
- Mental Health/ Alcohol & Drug Services
- Basic Services (Housing/Employment)

The priorities identified align with the strategic goals of the Community Health Improvement Partnership (CHIP)/LCAC for 2016-2019. CHIP is a unique process involving Lake County-area residents in developing ways to improve local healthcare for our community. It is about people becoming involved in health policy decisions both as individuals and as concerned community members. CHIP identifies issues, develop alternative solutions, and look at social and economic impacts of the alternatives. Lake Health District has a full-time CHIP coordinator that leads all the community health development programs and partners with other health agencies as required to successfully complete the project.

