



100% Health
Community Coalition



Community Health Status Assessment

Summary

2018-2019



PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT.



PeaceHealth

Acknowledgements

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100% Health Executive Committee
Live Healthy Lane (LHL) Operations Team

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Introduction

Live Healthy Lane

Creating a healthy community is a shared responsibility. By working together, we have the potential to create a caring community where all people can live a healthier life. Live Healthy Lane (LHL) brings together Lane County, PeaceHealth Oregon Network, Trillium Community Health Plan, United Way of Lane County, local organizations, and community members to contribute to improving the lives of everyone in Lane County.



Live Healthy Lane uses the Mobilizing for Action through Planning and Partnerships (MAPP; NACCHO, 2018) model (see Figure 1) for collecting data that inform how we as a community can improve our health. Specifically, Lane County’s Community Health Improvement Plan (CHIP) is shaped by data collected by the Community Health Needs Assessment (CHNA), which uses MAPP as its strategic planning process.

In 2015-2016, LHL conducted an in-depth MAPP assessment (see here: Live Healthy Lane). Building on 2015 data, the current assessment collected data that explored quality of life and health issues in Lane County.

Community Health Status Assessment Summary

One of the four assessments in the MAPP process, the Community Health Status Assessment answers the question “how healthy is the community?” Indicators selected during the 2015 assessment process were updated with most recently available data, with a few indicators added to further inform Lane County’s progress on 2016-2019 CHIP initiatives.

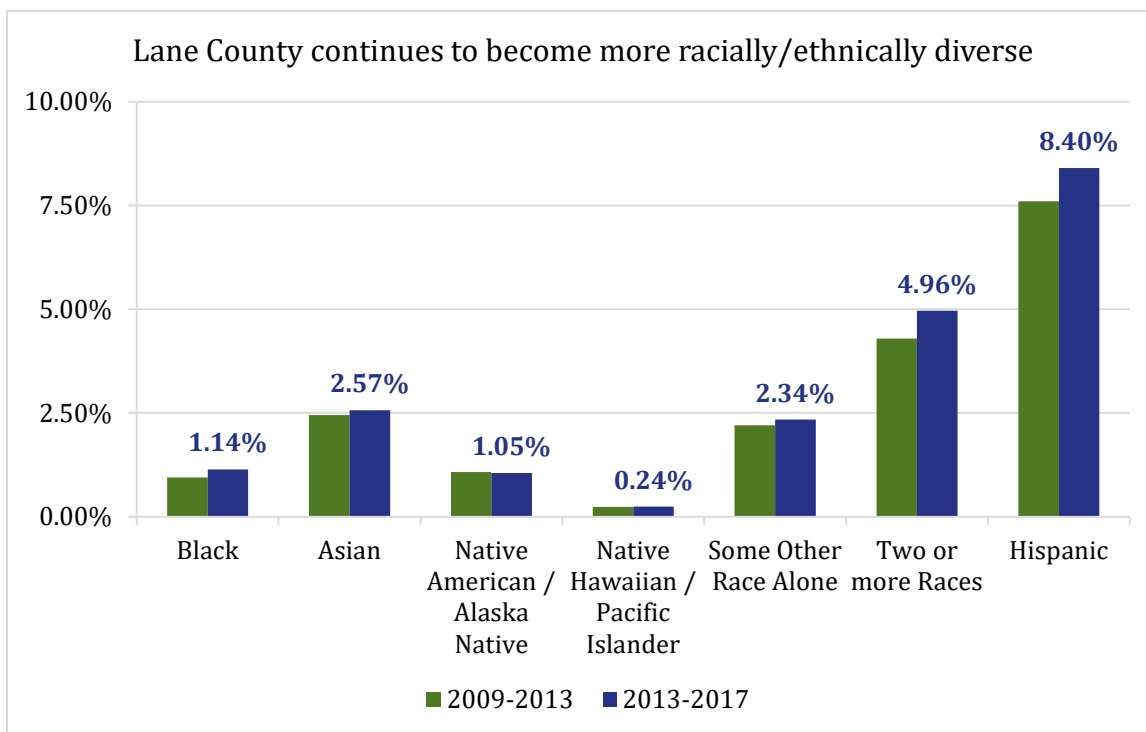
Unlike the other assessments, the Community Health Status Assessment is not a written report but a series of stories told by data visualizations. This document represents a brief summary of the highlights in the report. Full findings can be found at the Lane County Public Health [website](https://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=16236771)¹.

¹ <https://www.lanecounty.org/cms/One.aspx?portalId=3585881&pageId=16236771>

Overall, Lane County remains a moderately healthy community with well-educated and active residents. The 2019 County Health Rankings and Roadmap ranks Lane County 11th out of 35 counties (up from 16th in 2015) for overall health and quality of life². Although good health outcomes and health behaviors are prominent in Lane County, many gaps remain to be addressed. As with the rest of the nation, health status in Lane County is tied to a number of social and environmental factors including income, poverty, race/ethnicity and geographic location.

Demographics

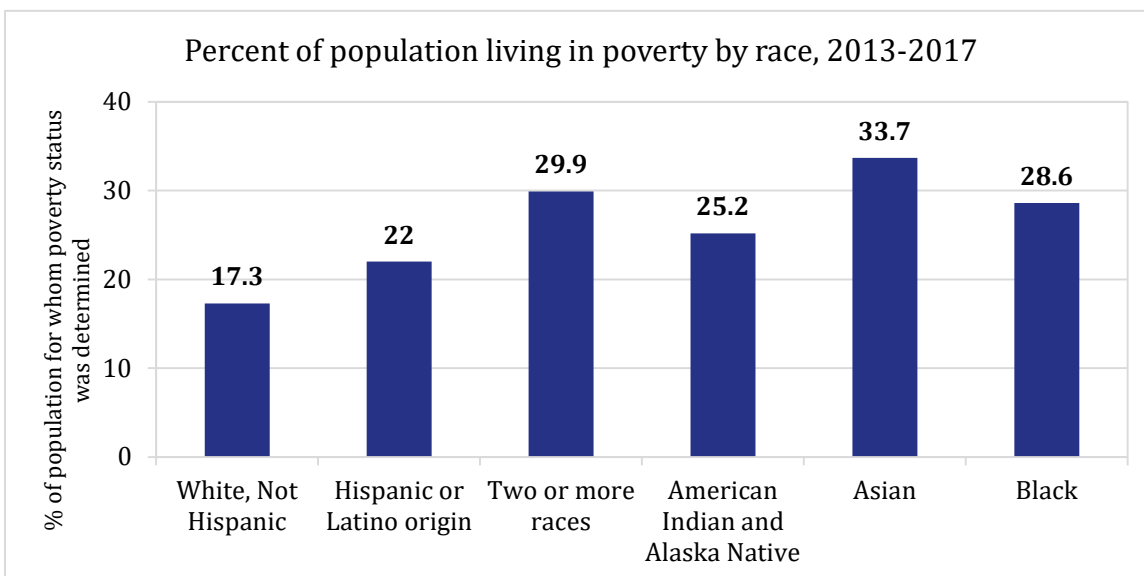
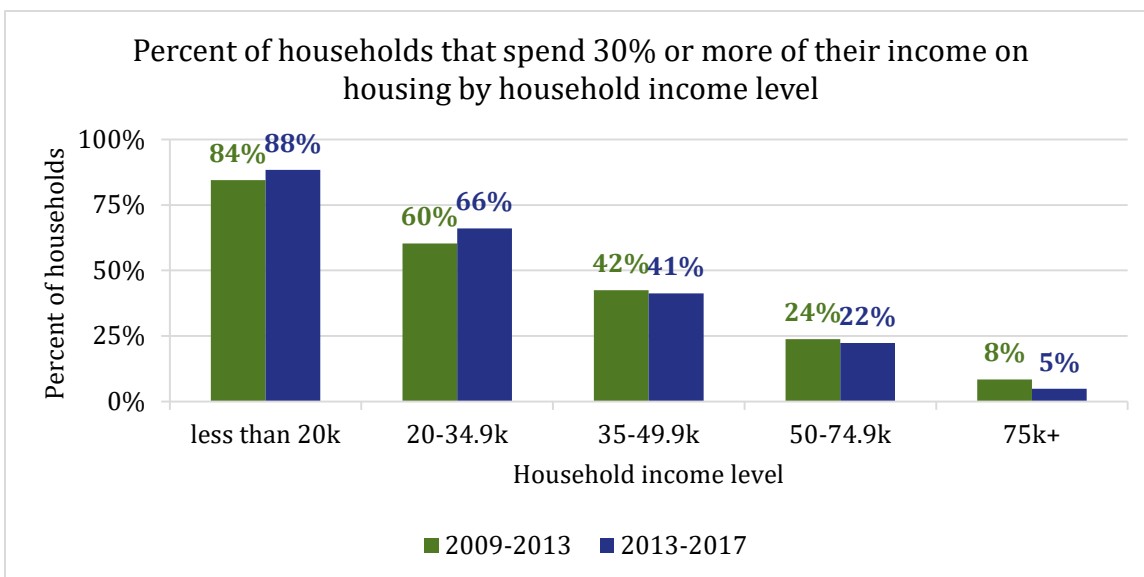
With a population of slightly over 360,000, Lane County’s population continues to grow at a slightly slower rate than Oregon overall. Two-thirds of Lane County’s population lives in the Eugene-Springfield metropolitan area. Lane County has a higher percent of residents in the 65+ category than the state overall. While Lane County’s population is predominantly White (88%, 2013-2019), other racial and ethnic groups continue to grow.



² <https://www.countyhealthrankings.org/app/oregon/2019/rankings/lane/county/outcomes/overall/snapshot>

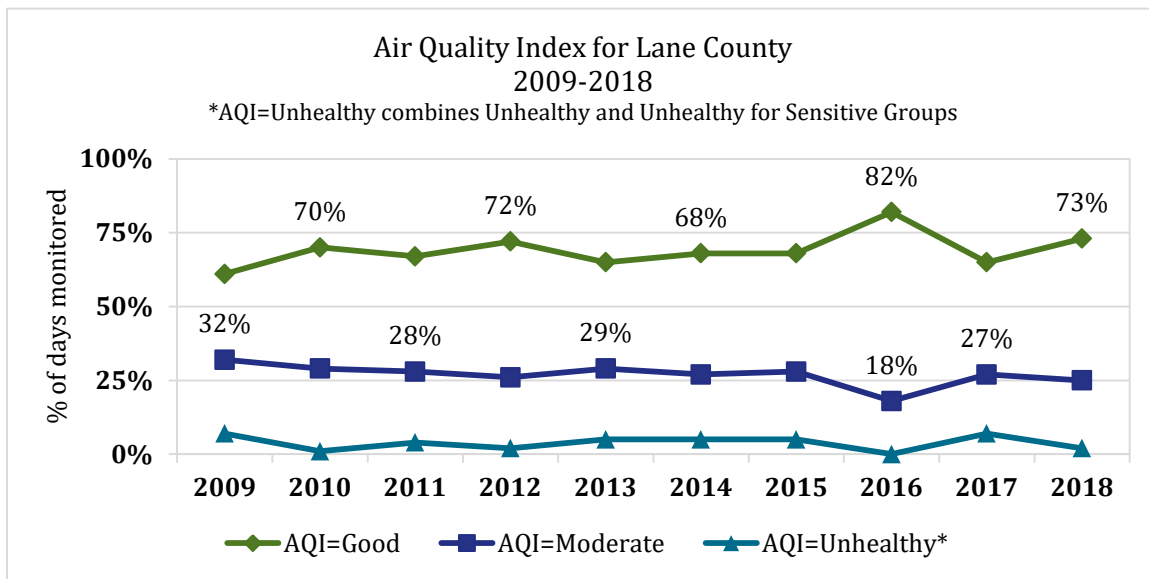
Socioeconomics

While unemployment rates and median household incomes for Lane County have improved in the last several years, poverty levels remain high. About 20% of Lane County’s population still lives in poverty, 22% of households receive SNAP benefits and 52% of Lane County students participate in the Free/Reduced Lunch program. Rates of poverty also vary widely by geography and by race/ethnicity in Lane County. Another area of concern is high school graduation rates, As one of the strongest predictors of life-long health, educational attainment is an important indicator. Oregon has one of the lowest on-time graduation rates in the nation, and Lane County’s rate, while improving, was even lower at 74% for academic year 2016-17. Finally, the percent of households that spend more than 30% of their income on housing has decreased slightly overall, it has not decreased for everyone – people who have an annual household income less than \$35,000 have seen their housing cost burden increase.



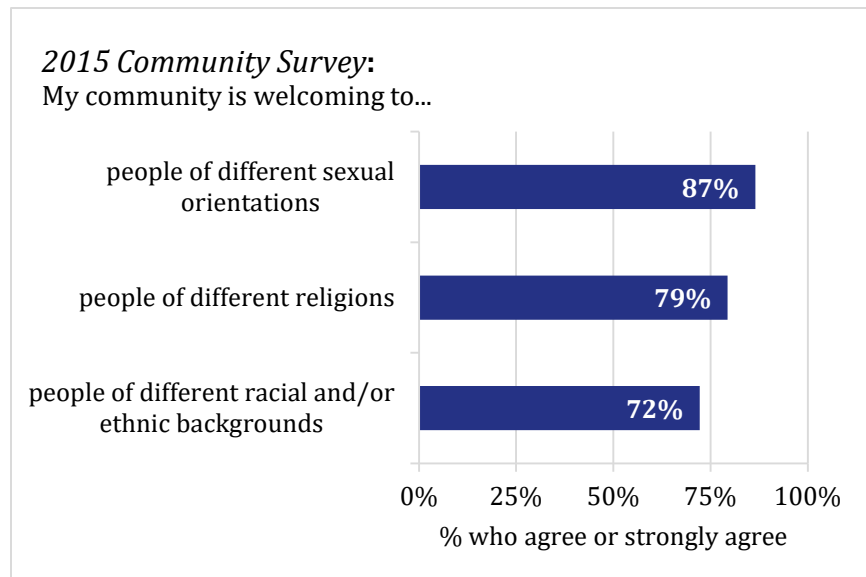
Environment

Extending from the Pacific Ocean to the crest of the Cascade mountains, Lane County boasts incredible scenic and natural areas. Lane County’s water and soil are generally of good quality. After slight improvements in Lane County’s air quality over the past decade, there has been a slight increase in the percent of days that measured ‘moderate’ on the Air Quality Index (AQI) in recent years, primarily due to wildfires.



Community Vitality

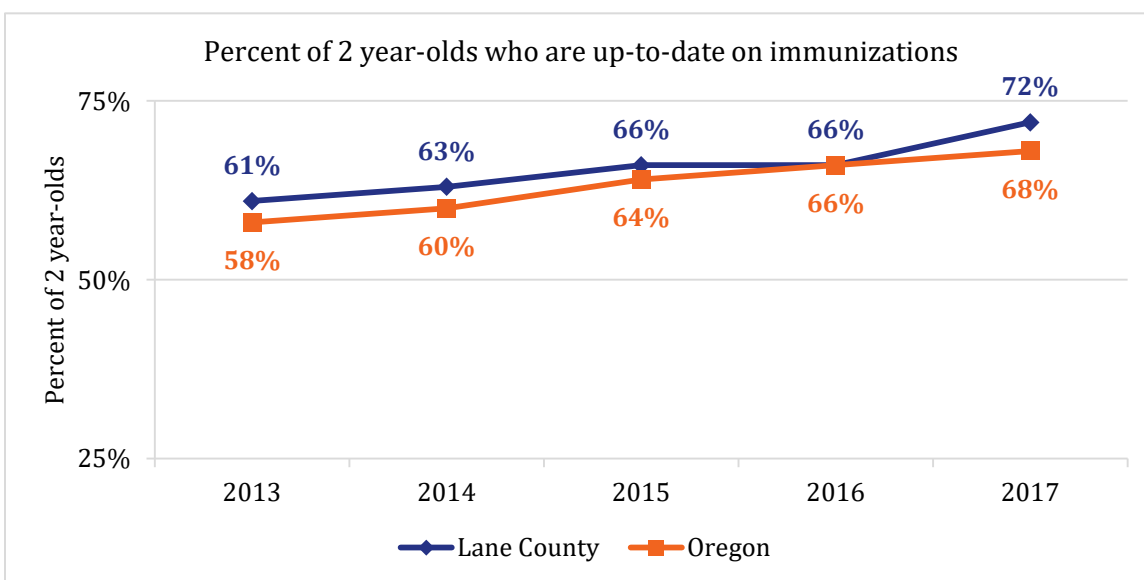
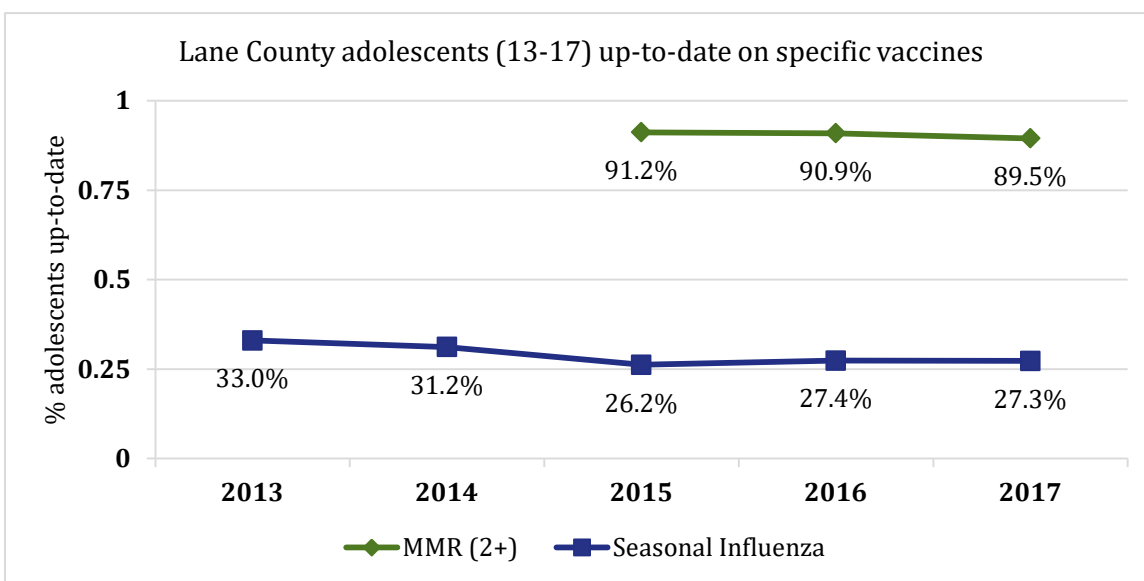
Lane County and Oregon have strong community participation in the forms of voter registration, voter turnout, volunteerism and feeling safe and connected. However, while 87% of participants in a 2015 survey in Lane County agreed that their community was a safe place to live, only 72% said that their community was welcoming to people of



different racial/ethnic backgrounds. In addition, rates of child abuse continue to be higher in Lane County than in the state overall, and have risen slightly over the past several years.

Health System

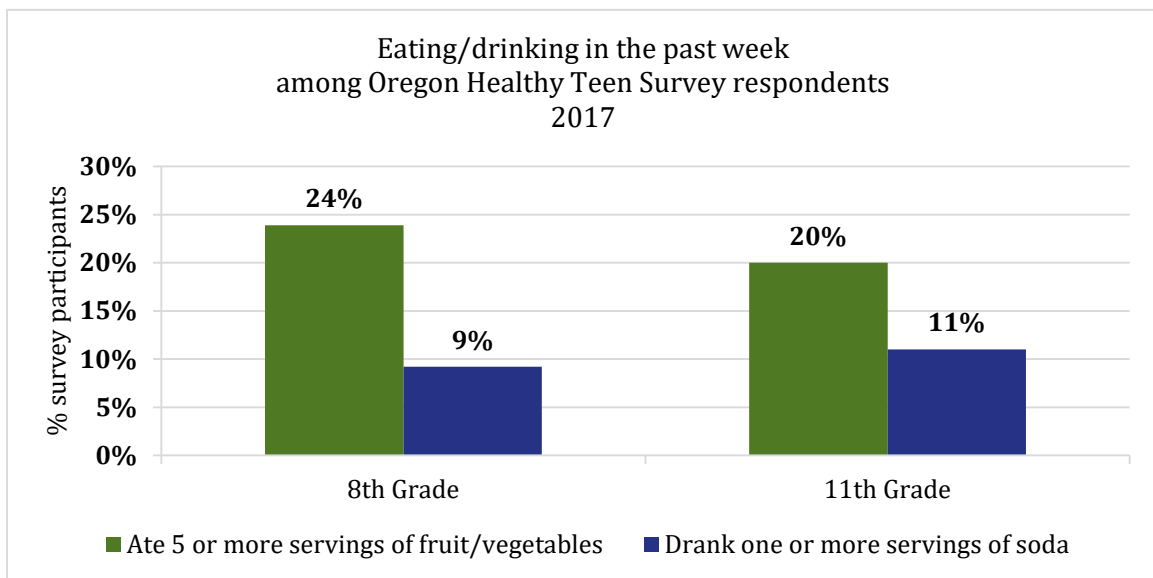
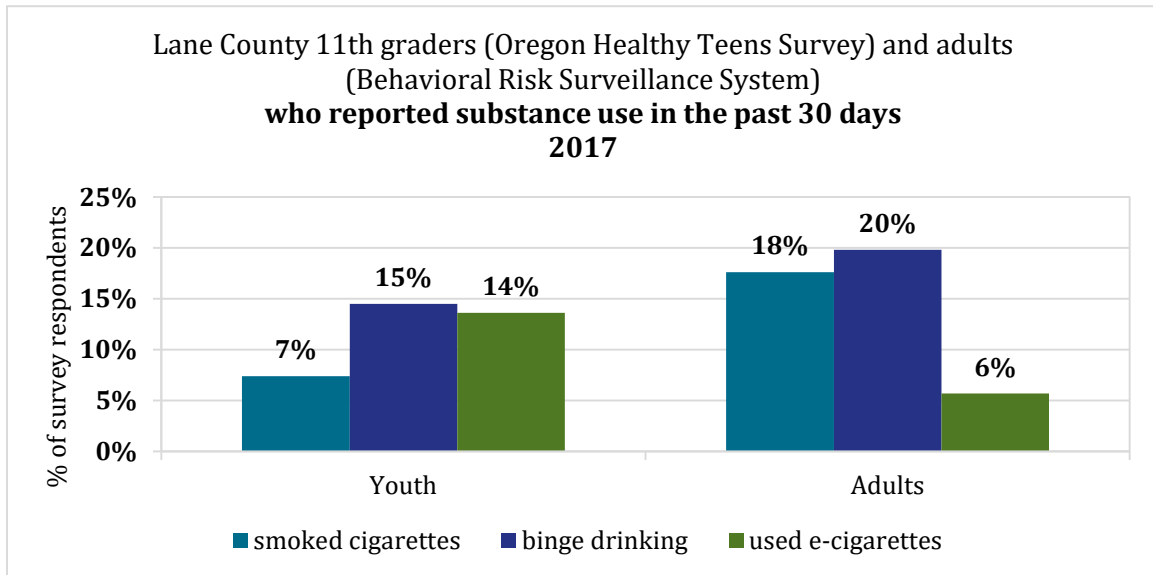
Thanks in large part to the Affordable Care Act, Lane County’s uninsured population has continued to decrease. Preventative health screenings in Lane County are comparable to the state overall, as are vaccination rates for 2 year olds and adolescents. Adult influenza vaccination rates for both Oregon (25%) and Lane County (27%) are below the national average (37%), and well below what is considered necessary to achieve community level protection³.



³ In low-risk populations, 80% coverage is believed to be what is needed to protect a community from influenza: Plans-Rubió P. The vaccination coverage required to establish herd immunity against influenza viruses. *Prev Med.* 2012 Jul;55(1):72-7. doi: 10.1016/j.ypmed.2012.02.015. Epub 2012 Mar 4.

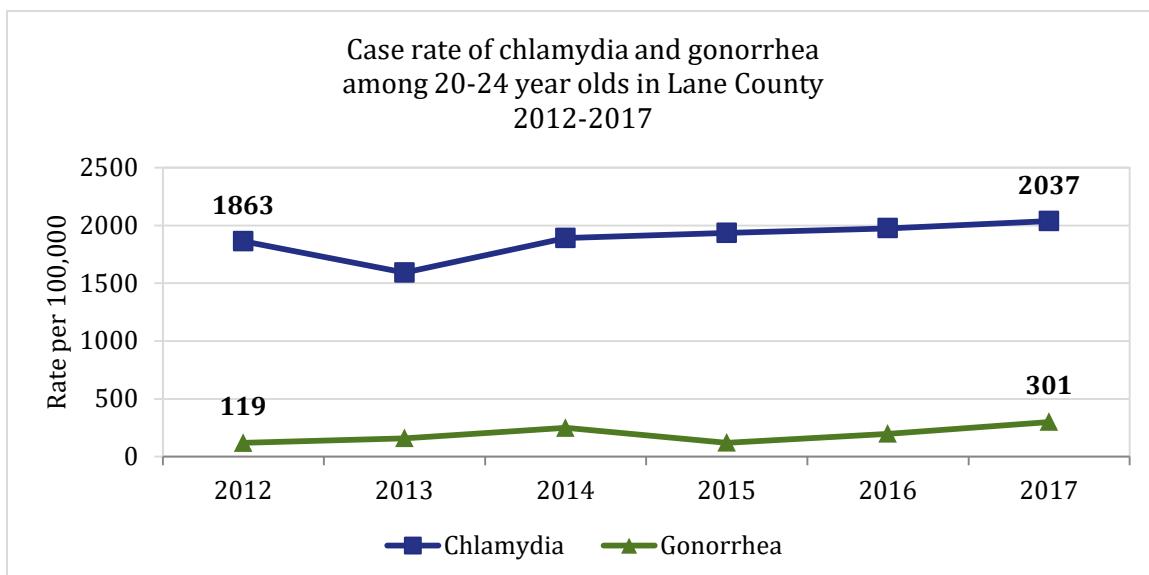
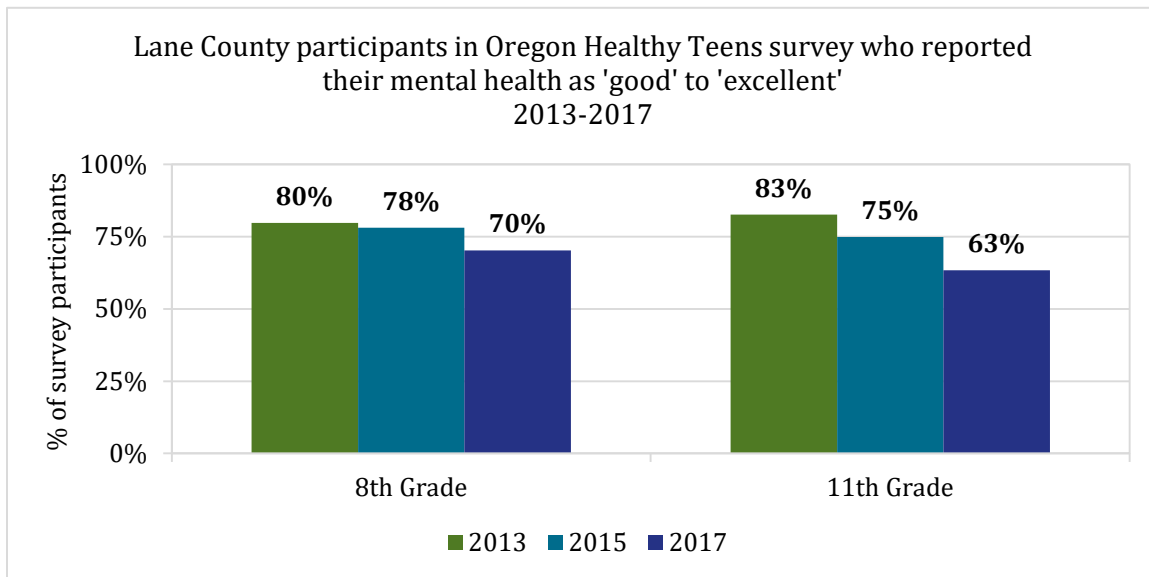
Health behaviors

Rates of tobacco, marijuana and alcohol use in Lane County are generally comparable to the state overall, with slightly higher rates of adult tobacco and alcohol use. Fruit and vegetable consumption, physical activity and consumption of sugar-sweetened beverages in Lane County compare favorably to the state, but still fall far short of Healthy People 2020 goals.



Health Outcomes

In Lane County, chronic disease rates are generally falling or stable, with the exception of childhood obesity rates. Sexually transmitted disease rates have continued a troubling trend of increased infections over the last several years. While percent of adults reporting 'good' mental health appears to be relatively stable, the percent of youth reporting that their mental health was "good" in the last thirty days has declined in the past few years. The percent of women reporting being diagnosed with depression also seems to be increasing, however, this could be due to increased access to treatment rather than an increase in the incidence.



Health inequities

While Lane County's population is moderately healthy as a whole, there are a range of health conditions as well as social determinants of health that vary dramatically based on race/ethnicity and geography which create significant inequity in the community. Some of these health inequities include:

- Life expectancy for White, Non-Hispanic residents is generally longer than other racial and ethnic groups
- Infant mortality rates are higher for some non-white racial and ethnic groups
- Rates of STI infection are much higher for some non-white racial and ethnic groups
- Median household income varies by both race/ethnicity and by geography
- Poverty rates vary by race/ethnicity and by geography

