



Aging Work Group Minutes

Date: Thursday, May 28, 2015

Time: 9:00 - 10:30 am

Location: Bauer Building, Thomson Room

Attendees: Joan Beesley, Steve Bonnel, Charlotte Dorsey, Amy Dyer, Rodney Higgins, Lori Howton, Ashley Logins-Miller, Rita Montes Martin, Valerie Olson, Elida Serratos, Emily Vaden, Zoua Vang

Welcome

- Emily Vaden welcomed the group and around the table introductions were performed.

Review of the Project

- Please see Attachment A.
- Emily reviewed the CHIP Timeline. The workgroups are currently at the first grey box of identifying goals.
- The CHIP will revolve around things that are already being done around this priority area, with a few new innovative ideas also included.
- CHIP is a county-wide plan. If any goals will be focused on a certain population, that will need to be noted.
- The CHIP serves several purposes: an internal document for DHS, part of the accreditation process and a tool to help organize community efforts. This CHIP will go before the Board of Supervisors.

Brainstorming Session & Affinity Diagram

- Everyone split into four groups and were asked to identify any actions that are currently being taken within the respective organizations/units around Healthy Aging.
- Please see Attachment B.

CHIP Samples

- Please see Attachment C and D.

Next Steps

- Need faith based representation.
- Create a roster and send it out.



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Roster as of
6-1-2015.pdf

- There will be a meeting with all three workgroups together on July 23, 2015 from 8:45 – Noon.

Next Meeting

- Thursday, June 25th 8:45 – 10:15 am Thomson Room #1600

Future Agenda Topics

-

Meeting Evaluation

Plus (+)	Delta (Δ)

2015 Aging Work Group Schedule

Meeting will occur on the fourth Thursday of the month:

- Thursday, July 23rd 8:45 am – Noon Thomson Room #1600
- Thursday, August 27th 8:45 – 10:15 am Walker Room #1601
- Thursday, September 14th 8:45 – 10:15 am Walker Room #1601



Attachment A

Community Health Improvement Plan Timeline



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Community Health Improvement Plan (CHIP) Timeline



HEALTHY YOLO



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Attachment B

Healthy Aging Brainstorming Information



Healthy Aging Work Group Brainstorming Session – 5/28/15

Brainstorm:

- Increase reasonably priced housing opportunities for seniors.
- Reduce/decrease/find a solution to homelessness.
- More spaces in affordable day care centers.

Category: Affordable/Available Housing/Assisted Living

Goal:

Brainstorm:

- Fall prevention.
- Ability to remain safely in clients/elderly home.

Category: Safety

Goal:

Brainstorm:

- Access and affordability to healthy foods for seniors, especially lower income i.e. Meals on Wheels.
- Improved nutrition.

Category: Nutrition

Goal:

Brainstorm:

- Increase physical activity in Yolo County communities.
- Increase opportunities for active transportation within and between the communities as well as off-street options for walking or biking for exercise.

Category: Physical Activity

Goal:

Brainstorm:

- Affordable accessible transportation

Category: Transportation

Goal:



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Brainstorm:

- Increase opportunities for support in mental wellness and spirituality.
- Seek preventive care, wellness exams.
- Access to specialty care.
- Increase number of providers who accept Medicare.
- Change Medicare reimbursement rates.

Category: Healthcare wellness

Goal:

Brainstorm:

- Increased coordination/collaboration with community groups to share resources.
- Increase awareness and accessible information for seniors.

Category: Outreach and Information

Goal:



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Attachment C

CHIP Example: Benton County



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Priority Health Issue: Housing and Transportation

Situational Analysis: Why is this a concern?

The scientific evidence demonstrating the positive correlation between housing and health has grown substantially in recent decades. That data is now guiding policies and preventive health measures for housing construction, renovation, use and maintenance which have been demonstrated to result in better overall health for families and communities.

Examples of housing-related health risks include respiratory and cardiovascular diseases resulting from indoor air pollution, illness and death resulting from temperature extremes, transmission of communicable diseases resulting from poor or crowded living conditions, and unintentional injuries resulting from poor maintenance and structural conditions.

In 2009, approximately 154 total individuals accessing shelter services in Benton County were homeless. This does not include individuals living with families and friends; sleeping in vehicles, campgrounds or the woods. It also likely does not include those who have exhausted looking for housing services or have never attempted to access them.

Households that spend too large a proportion of their income on housing often find themselves without sufficient funds for other necessities such as food, health care, transportation, child care, and clothing. In general, housing expenses are considered excessive when they exceed 30 percent or more of household income. In Benton County, approximately 35 percent of homeowners with a mortgage and 62 percent of renters spent more than 30 percent of their income on housing costs (2008-2011).

Transportation policies influence land use and how communities and neighborhoods are designed and built, which in turn impact health outcomes.¹ A growing body of evidence shows that dependence on automobiles and roadways has profound adverse effects on human health, including decreased opportunities for physical activity, increased exposure to air pollution, higher number of traffic crashes, and corresponding premature deaths.

Best Practices

The National Prevention Strategy and Action Plan (June 2011)² is working to boost Americans' health in part through encouraging development of healthy and safe community environments. Recommendations to address healthy and safe community environments include:

- design and promote affordable, accessible, safe and healthy housing
- Integrate health criteria into decision making, where appropriate, across multiple sectors
- Provide affordable, accessible transportation options including, bike lanes, and other healthy transit options
- Enhance cross-sector collaboration in community planning and design to promote health and safety. www.healthcare.gov/center/councils/nphpphc



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Opportunities for Health

Goal 1: Improve housing quality for all residents in Benton County.

Outcome Objectives/Indicators

- Identify housing assessment criteria and methods to assess and reduce the number of housing units in Benton County with moderate or severe physical and other structural problems.
- Collaborate with key housing partners to conduct a rental survey by 2015.

Goal 2: Improve home safety for young children and older adults.

Outcome Objectives/Indicators

- Reduce the rate of hospitalization due to falls among children ages 1 to 4 years from 65.8 to 59.2 by 2018.³
- Reduce the rate of hospitalization due to falls among adults ages 75 to 84 from 1115.7 to 1004.13 by 2018.⁴

Goal 3: Improve utilization of alternative modes of transportation in Benton County.

Outcome Objectives/Indicators

- Increase the proportion of commuters who use active transportation (i.e. walk and bicycle) to travel to work and school⁵ from 18 percent to 23 percent by 2018.⁶
- Increase the proportion of commuters who use public transit to travel to work and school⁷ from 3 percent to 7 percent by 2018.⁸

Goal 4: Improve safety for pedestrians and bicyclists on public roads in Benton County.⁹

Outcome Objectives/Indicators

- Decrease the number of pedestrian injuries from the 2008-2011 calendar base year average of 13.5 to 12.2 by 2018.
- Decrease the number of bicyclist injuries from the 2008-2011 calendar base year average of 34 to 30 by 2018.¹⁰

Goal 5: Expand trails, bicycle lanes and connections among all communities within Benton County.

Outcome Objectives/Indicators

- Assess and increase the ratio of bike lane/path miles to road miles.
- Assess and increase the percentage of the population that lives within a quarter-mile radius of a multi-use path.



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Action Steps for Community Health

Assessment

- Conduct assessments of dwellings and identify health and safety hazards.
- Determine the scope of housing needs in Benton County including an inventory and conditions of housing stock.

Outreach and Education

- Assemble and disseminate evidence of the relationships between housing conditions and health.
- Increase public awareness of effective strategies for reducing asthma trigger exposures in homes.
- Mobilize community support for Walk to School and Safe Routes to Schools (and Parks) programs.
- Educate policymakers and housing providers on the benefits of green building practices.

Community Collaboration and Mobilization

- Develop neighborhood demonstration projects that explore the benefits of safe, active, and healthy transportation to local families.
- Develop programs to assist with remediation of structural defects in existing dwellings.
- Expand trails, bicycle lanes and multi-modal connections among all communities within Benton County.¹¹

Participation in Policy and Planning Processes

- Promote participation of public health experts in housing and transportation planning processes.
- Encourage the use of Health Impact Assessments to help decision makers recognize the correlation between housing and health.
- Expand options for safe, healthy, affordable housing for lowest income families and individuals.



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Potential Partners

Public Agencies

- Local housing authorities
- Oregon Environmental Protection Agency
- Planning departments
- Economic/community development departments
- Redevelopment agencies
- Code enforcement agencies and housing and building inspectors
- Law enforcement agencies
- School Districts
- Corvallis Transit System
- Citizen’s Advisory Commission on Transit

Community Partners

- Corvallis Homeless Shelter Coalition
- Tenants’ rights groups
- Private and non-profit housing developers
- Healthy planning coalitions
- Affordable housing membership organizations
- Community advocates, non-profits and faith communities
- Corvallis Bicycle Transportation Alliance

Additional Resources

- Robert Wood Johnson Foundation, Commission to Build a Healthier America. (April 2009). **Beyond Health Care: New Directions to a Healthier America**, Chapter 5: Create Healthy Homes and Communities. www.commissiononhealth.org/Publications
- Robert Wood Johnson Foundation. (May 2009). **Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity**. www.leadershipforhealthycommunities.org
- **National Center for Bicycling and Walking (NCBW)** provides information about the NCBW, a program of the Bicycle Federation of America Inc. NCBW provides community-based workshops consulting services, training programs for public and transportation agencies, and economic development and tourism planning analysis. www.bikewalk.org

¹ American Public Health Association, *The Hidden Health Costs of Transportation*, 2010

² National Prevention Council, *National Prevention Strategy*, Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General, 2011.

³ Oregon Health Authority, *Hospitalization due to Injury, 2004-2006*

⁴ Oregon Health Authority, *Hospitalization due to Injury, 2004-2006*

⁵ National Prevention Strategy Indicator, U.S. Census Bureau’s ACS

⁶ American Community Survey, 2008-2010

⁷ National Prevention Strategy Indicator, U.S. Census Bureau’s ACS

⁸ American Community Survey, 2008-2010

⁹ Robert Wood Johnson Foundation (May 2009). *Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity*

¹⁰ Oregon Department of Transportation, 2008-2011

¹¹ Robert Wood Johnson Foundation (May 2009). *Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity*



Attachment D

CHIP Example:



COLLECTIVE ACTION TO COMMUNITY IMPACT

*Actions We Take Collectively
Across Sectors*

*Results We Seek
or Community Impact*

County Government

Health Providers

Community & Faith-Based
Organizations

Business

Schools

Law Enforcement and Courts

Military

Other Local Jurisdictions

Behavior
Changes in
Population

Risk Factor
Changes in
Population

Outcome
Changes in
Population

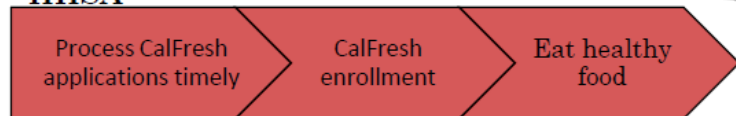
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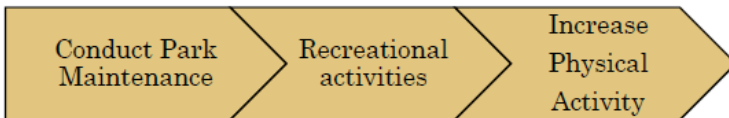
COLLECTIVE ACTION TO COMMUNITY IMPACT

Actions We Take

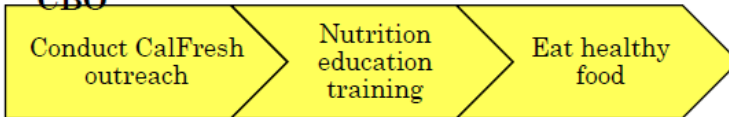
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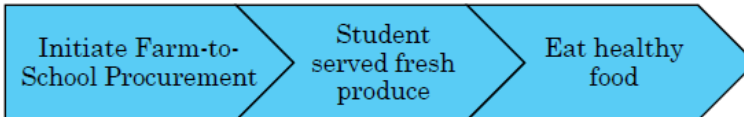
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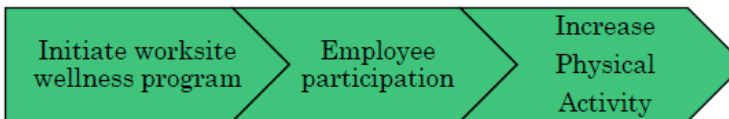
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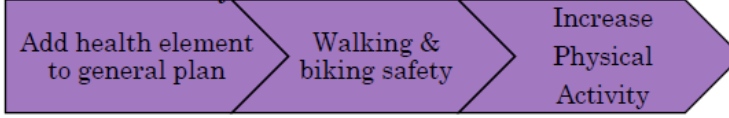
Schools



Business



Other local jurisdictions



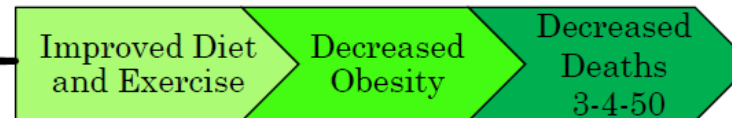
Results We Seek

Population Outcomes

Short Term:
w/in 3 years

Mid-Term:
w/in 7 years

Long Term:
w/in 10 years



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