Community Health Improvement Plan
Chronic Disease Prevention
Progress Report

Background
The Chronic Disease Prevention Committee was formed in 2012 as part of a Healthy Communities Grant to support development of community-based chronic disease prevention strategies. After the grant funding ended, the committee formally reconvened in early 2014 to become the Chronic Disease Prevention Community Health Improvement Plan (CHIP) committee as part of Live Well Washington County.

The committee has a network of 30 stakeholders with approximately 20 organizations actively engaged. Current stakeholder organizations include community-based nonprofits, government and health care organizations.

In the most recent community health assessment, chronic disease emerged as a priority area for improvement, with 64 of community stakeholders interviewed listing chronic disease as a top health issue. Washington County has high death rates due to heart disease, cardiovascular disease/stroke, prostate cancer and Alzheimer’s disease. Washington County also experiences a higher female breast cancer incidence, low adult fruit and vegetable consumption, low levels of adult regular physical activity and higher levels of low-income preschool obesity than the Oregon state average.

Percent population with inadequate fruit/vegetable consumption


Update on the Committee’s Objectives
The committee utilizes a collective impact approach. The committee’s objectives and strategies are based on best practice approaches and aligned with current partner agency goals and work plans. The purpose of this document is to report some of the progress made toward the objectives.
Objective 1: Increase access to and awareness of affordable, healthy food and physical activity opportunities through educational programs and resources.

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- The committee developed an educational program resource guide of healthy eating, active living and chronic disease self-management classes for partners to utilize in planning future education programs.
- FamilyCare, Inc. is convening a grocery gap committee to address healthy food access among Medicare populations in the tri-county region. CHIP committee partners Adelante Mujeres, Oregon Food Bank and Washington County Public Health are participants.
- The Inukai Family Boys and Girls Club is partnering with OSU Extension Service and Tuality Healthcare to provide nutrition and cooking classes in their facility.
- Adventures Without Limits is providing physical activity opportunities through school-based health centers operated by Virginia Garcia Memorial Health Center and local senior centers.
- Adelante Mujeres is accepting Fruit and Veggie Rx and other matching vouchers at the Forest Grove Farmers Market.
- Tualatin Hills Park and Recreation District is implementing strategies with health care partners such as Kaiser Permanente and FamilyCare, Inc. to expand access to cooking and physical activity classes for low-income residents.

Objective 2: Identify opportunities to incorporate health into community design processes and policies to support 1) access to healthy and affordable food, 2) opportunities for physical activity and 3) access to tobacco-free environments.

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- Washington County Department of Housing Services was awarded funding to install bike racks at a low-income housing facility in Aloha.
- Washington County Department of Land Use & Transportation developed a sidewalk gap inventory around 50 schools in Washington County.
- Washington County Public Health Tobacco Prevention and Education Program is working with local cities to pass smoke-and tobacco-free ordinances.
- Bicycle Transportation Alliance and a collation of partners launched For Every Kid, a campaign to advocate for Safe Routes to School funding in Oregon.

Partner Success Story

The Bicycle Transportation Alliance (BTA) led two bike rides with Adelante Mujeres participants. Only half of the women in the class participated in the first ride, citing never learning how to ride a bike or discomfort as reasons for not participating. Before the second ride, efforts were made to ensure the ride was accessible for everyone. The BTA spent time asking the women about their experience with bikes and found two potential areas for improvement: 1) an adjustment to the time of the ride, and 2) providing an alternative for those who were unable to ride a two-wheeler. This feedback led to a partnership with Adventures Without Limits, which provided adult tricycles so that everyone could participate. According to the BTA, “Expanding access for women who weren’t initially comfortable on bikes made the ride a better experience for everyone and broadened all of our awareness of the different options for getting around in a healthy, fun way.”
Objective 3: Support the understanding and development of a “culture of health” with local business partners.

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• Westside Transportation Alliance developed a commuter smart phone app to help users find an active transportation route to and from work.
• The Intertwine Alliance is convening a Health and Nature workgroup to develop strategies to infuse nature into health conversations, including those with business partners.
• Washington County Solid Waste & Recycling Program is working with business partners to provide education and reduce food waste through the Eat Smart, Waste Less campaign.

Objective 4: Develop and maintain infrastructure to support implementation of committee objectives.

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• All committee members were trained by representatives from the Oregon Community Health Workers Association about the use of community health workers in chronic disease prevention efforts.
• Five committee partners submitted a collaborative funding proposal to help advance CHIP objectives.
• All members were surveyed to measure the committee’s collective impact, including alignment of efforts toward chronic disease prevention.

Objective 5: Increase community engagement and participation in chronic disease prevention efforts among vulnerable populations.

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• The Inukai Family Boys and Girls Club created a youth health advisory council.

Objective 6: Improve collaboration to increase programmatic supports for people experiencing chronic disease.

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• Tuality Healthcare is expanding offerings of chronic disease self-management throughout the community.
• OSU Extension Service is offering Walk with Ease trainings and classes.
• All committee partners were trained on best practice chronic disease self-management programs.

“...I am very grateful to be involved in the CHIP process. Because of it, I have been able to act as a megaphone for youth and families as well as gain a better understanding of additional needs in the county. Because I have gained additional perspective, my programs and organization have become more refined and responsive as a result.

–Rachel Parker, Inukai Family Boys & Girls Club
Health Improvement Goals

1. Decrease percent of population with low or no healthy food access (track by race/ethnicity).
2. Increase percent of adults with adequate fruit and vegetable consumption.
3. Increase percent of adults who engage in regular physical activity.

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