

Tillamook County Collaborative Community Health Needs Assessment



2019

2019 Community Health Needs Assessment

Adventist Health Tillamook

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Executive Summary

Adventist Health Tillamook would like to thank you for the opportunity to work with our communities to conduct a Regional Community Health Needs Assessment to learn about pressing health needs, identify community assets, and hear from all members of the community. The 2019 CHNA report represents the first time these organizations have partnered together for a regional health needs assessment and will help us develop strategies to address the priority needs of the communities we serve. The goals of this assessment are to:

- Engage public health and community stakeholders, including low-income, minority and other underserved populations.
- Assess and understand the community's health issues and needs.
- Understand the health behaviors, risk factors and social determinants that impact health.
- Identify community resources and collaborate with community partners to develop collective strategies.
- Use findings to develop and implement a Community Health Plan (implementation strategy) based on the prioritized issue.

Partnering with our Communities for Better Health

While conducting the CHNA we solicited feedback and input from a broad range of stakeholders. Participating organizations in the 2019 Tillamook Regional Community Health Needs Assessment include:

- Adventist Health Tillamook
- Tillamook County Community Health Centers
- Rinehart Clinic & Pharmacy
- Tillamook Family Counseling Center

Data Sources

Primary and secondary data sources are included in this report. Secondary sources include publicly available state and nationally recognized data sources available at the county and state level. Health indicators for social and economic factors, health system, public health and prevention, and physical environment are incorporated. The top leading causes of death as well as conditions of morbidity that illustrate the communicable and chronic disease burden across Tillamook County are included. A significant portion of the data for this assessment was collected through reports generated through CARES Engagement Network CHNA (<https://engagementnetwork.org/assessment/>). Other sources include County Health Rankings & Roadmaps, and the Regional Health Assessment & Regional Health Improvement Plan 2019. When feasible, health metrics have been further compared to estimates for the state or national benchmarks, such as the Healthy People 2020 objectives.

The Tillamook CHNA Workgroup worked to identify relevant key informants and topical focus groups to gather more insightful data and aid in describing the community. Key informants and focus groups were purposefully chosen to represent medically under-served, low-income, or minority populations in our community, to better direct our investments and form partnerships. Results of the qualitative analysis, as well as a description of participants, can be found in Appendix E.

In addition, an online survey in English and Spanish was created and distributed for greater community input. It should be noted that the survey results are not based on a stratified random sample of residents throughout the hospital's service area. The perspectives captured in this data simply represent the community members who agreed to participate. In addition, this assessment relies on several national and state entities with publicly available data. All limitations inherent in these sources remain present for this assessment.

Top Priorities Identified in Partnership with our Communities

On September 30, 2019, HC2 Strategies, Inc. facilitated a strategy meeting with the Tillamook CHNA Workgroup to review the results of the CHNA and determine the top priority needs that the hospital will address over the next three years. To aid in determining the priority health needs, the Tillamook CHNA Workgroup agreed on the criteria below to consider when making a decision. The criteria listed recognize the need for a combination of information types (e.g., health indicators and primary data) as well as consideration of issues such as practicality, feasibility, and mission alignment.

- Addresses disparities of subgroups
- Availability of evidence or practice-based approaches
- Community assets and internal resources or addressing needs
- Existing resources and programs to address problems
- Feasibility of intervention
- Identified community need
- Importance to community
- Magnitude
- Mission alignment and resources of hospitals
- Opportunity to intervene at population level
- Severity
- Solution could impact multiple problems

Top Health Needs Identified for 2019-2022:

Housing and Homelessness

(including poverty)

Mental Health

- Access to providers and rehab facilities
- Treatment
- Trauma informed care



Access to Health Care

- Dental health
- Vision health
- Transportation
- Affordable insurance
- Preventative care

Prevention and Management of Chronic Diseases

- Diabetes
- Obesity
- Cancer
- Physical activity
- Nutrition

Physical Environment

- Safety
- Access to parks/recreational facilities

Acknowledgments

This report was made possible through the leadership of Adventist Health Tillamook located in Tillamook, Oregon as part of Adventist Health and the support of the Rinehart Clinic & Pharmacy, Tillamook County Community Health Centers/Health Department and Tillamook Family Counseling Center. Under the leadership of Mr. Eric Swanson, the group collaborated with Ms. Laura Acosta of HC2 Strategies, Inc. to conduct key informant interviews, focus groups, and surveys to establish priority health needs for the 2019-2022 community health needs cycle.

The analysis method and rankings were invaluable in providing 'at a glance' information for informed decision making. Many of the key health indicators presented in this report were collected from CARES Engagement Network CHNA report. The data gathered ensured an efficient and accurate method to gathering data from numerous sources.

Finally, we would like to thank our community members and organizations and all those who gave input for this report through key informant interviews and focus groups. Their perspectives ensure that we are taking into consideration the most vulnerable in our communities to better create initiatives, more meaningful partnerships, and strategic investments into our communities.

Members of the Tillamook CHNA Workgroup

Listed in Alphabetical Order by Organization

- Eric Swanson, Adventist Health Tillamook
- Gail Nelson, Rinehart Clinic & Pharmacy
- Marlene Putman, Tillamook County Community Health Centers
- Frank Hanna-Williams, Tillamook Family Counseling Center

Introduction

The Community Health Needs Assessment (CHNA) represents our commitment to improving health outcomes in our community through rigorous assessment of health status in our region, incorporation of stakeholder's perspectives, and adoption of related implementation strategies to address priority health needs. The CHNA is conducted not only to partner for improved health outcomes but also to satisfy our annual community benefit obligations by meeting requirements that are outlined in section 501 (r) (3) of the Federal IRS Code, as well as, under the Affordable Care Act of 2010. The goals of this assessment are to:

- Engage public health and community stakeholders including low-income, minority and other underserved populations
- Assess and understand the community's health issues and needs
- Understand the health behaviors, risk factors and social determinants that impact health
- Identify community resources and collaborate with community partners
- Use Assessment findings to develop and implement a Community Health Plan (implementation strategy) based on the Hospital's prioritized issues.

Organizations Service Area

Adventist Health Tillamook

Adventist Health Tillamook is an affiliate of Adventist Health, a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Community has always been at the center of Adventist Health's mission — to share God's love by providing physical, mental and spiritual healing. Founded on Seventh-day Adventist heritage and values, Adventist Health provides compassionate community care. Adventist Health entities include:

- 20 hospitals with more than 3,200 beds
- More than 280 clinics (hospital-based, rural health and physician clinics)
- 13 home care agencies and seven hospice agencies
- Four joint-venture retirement centers
- Compassionate and talented team of 35,000 associates, medical staff physicians, allied health professionals and volunteers

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical, mental and spiritual health and healing to our neighbors of all faiths. Every individual, regardless of his/her personal beliefs, is welcome in our facilities. We are also eager to collaborate with members of other faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates back to 1866 when the first Seventh-day Adventist health care facility opened in Battle Creek, Michigan. There, dedicated pioneers promoted the “radical” concepts of proper nutrition, exercise and sanitation. Early on, the facility was devoted to prevention as well as healing. They called it a sanitarium, a place where patients—and their families—could learn to be well.

More than a century later, the health care system sponsored by the Seventh-day Adventist Church circles the globe with more than 170 hospitals and more than 500 clinics, nursing homes and dispensaries worldwide. And the same vision to treat the whole person—mind, body and spirit—continues to provide the foundation for our progressive approach to health care.

Organization Identifying Information

Adventist Health Tillamook



Number of Beds: 25-bed Critical Access Hospital

Services: 24-hour ambulance and emergency services, clinical outpatient therapy services, imaging, laboratory, medical and surgical services, intensive care, obstetrics, rehabilitation, home care, hospice, and five rural health clinics

Mailing Address: 1000 Third Street, Tillamook, Oregon 97141

Contact Information: (503) 842-4444

Website: adventisthealth.org

Service Area

Primary

| Zip Code | City | County |
|----------|---------------------|-----------|
| 97107 | Bay City | Tillamook |
| 97108 | Beaver | Tillamook |
| 97141 | Cape Meares | Tillamook |
| 97118 | Garibaldi | Tillamook |
| 97141 | Lees Camp | Tillamook |
| 97143 | Netarts/Netarts Bay | Tillamook |
| 97134 | Oceanside | Tillamook |
| 97141 | Tillamook | Tillamook |

Secondary

| Zip Code | City | County |
|----------|---------------------------|-----------|
| 97136 | Bay City | Tillamook |
| 97112 | Beaver | Tillamook |
| 97122 | Cape Meares | Tillamook |
| 97136 | Garibaldi | Tillamook |
| 97130 | Lees Camp | Tillamook |
| 97131 | Netarts/Netarts Bay | Tillamook |
| 97131 | Oceanside | Tillamook |
| 97131 | Tillamook | Tillamook |
| 97149 | Neskowin | Tillamook |
| 97135 | Pacific City | Tillamook |
| 97136 | Rockaway / Rockaway Beach | Tillamook |
| 97136 | Twin Rocks | Tillamook |
| 97147 | Wheeler | Tillamook |

Rinehart Clinic & Pharmacy



Rinehart Clinic & Pharmacy is a non-profit family health center on the North Oregon Coast that provides comprehensive and personalized healthcare to everyone who comes through our doors. Designated a Tier 4 (out of 5) Primary Care Clinic by the Oregon Health Authority, Rinehart Clinic & Pharmacy is recognized for its commitment to patient-centered care.

The mission of the Rinehart Clinic is to provide accessible, effective, and comprehensive medical care and education, assuring optimal health and well-being for all in our community, regardless of health conditions or financial circumstances.

Mailing Address: 230 Rowe Street, Wheeler, OR 97147

Contact Information: 800-368-5182

Website: <https://www.rinehartclinic.org>

Service Area

Primary

| Zip Code | City | County |
|----------|-----------|-----------|
| 97131 | Nehalem | Tillamook |
| 97136 | Brighton | Tillamook |
| 97147 | Wheeler | Tillamook |
| 97141 | Tillamook | Tillamook |
| 97130 | Manzanita | Tillamook |
| 97107 | Bay City | Tillamook |
| 97118 | Garibaldi | Tillamook |

Tillamook County Community Health Centers



Tillamook County Community Health Centers are committed to providing quality service and client understanding of available services without discrimination on the basis of race, color, national origin, religion, gender, disability, political beliefs, age, sexual orientation, or religious creed. No one is refused service due to inability to pay.

The mission of Tillamook County Community Health Centers is "To Promote and Protect the Health of ALL People in Tillamook County".

Tillamook County Community Health Centers, also known as Tillamook County Health Department, operates community health centers through two clinics and a mobile unit all of which offer medical, behavioral, and dental/oral health services. Services are provided in English and Spanish either directly or through on-site certified interpreters with other languages addressed telephonically. Providers are on-call 24/7 to respond to patient concerns. The Health Center is recognized by the Oregon Health Authority for high quality standards by designating the Center as a Patient Centered Primary Care Home (Tier 4 of 5). The Health Center also provides traditional public health services.

Public health focuses on prevention and uses selected interventions to prevent the spread of disease and reduce health risks. Prevention strategies are population based and designed to improve the overall health of communities. The Health Center through its public health programs provides the basic Public Health services as dictated by Oregon Revised Statutes including such things as WIC, family planning, nurse home visiting, prevention and control of communicable disease and emergency preparedness. The Health Center also provide the range of environmental health services

In the planning and delivery of services, the Health Center is committed to providing services to everyone, and especially, the underinsured, uninsured, and needy residents of Tillamook County to assist them to lead healthy and productive lives.

A key part of leading healthy lives is the prevention of chronic disease and a focus on wellness. The Health Center has served at the backbone agency for Tillamook County Wellness (formerly Year of Wellness) since it's inception. The program is coordinated by public health staff and a contracted coordinator who work with over 40 organizations and 65 individuals to improve community and individual wellbeing.

Mailing Address: P.O. Box 489, Tillamook, OR 97141

Physical Address: 801 Pacific Avenue, Tillamook, OR 97141

Contact Information: 503-842-3900 or 800-528-2938

Website: <https://tillamookchc.org>

Service Area

Primary

| Zip Code | City | County |
|----------|----------------|-----------|
| 97107 | Bay City | Tillamook |
| 97108 | Blaine | Tillamook |
| 97136 | Brighton | Tillamook |
| 97112 | Cloverdale | Tillamook |
| 97112 | Garibaldi | Tillamook |
| 97122 | Hebo | Tillamook |
| 97130 | Manzanita | Tillamook |
| 97131 | Nehalem | Tillamook |
| 97143 | Netarts | Tillamook |
| 97149 | Neskowin | Tillamook |
| 97134 | Oceanside | Tillamook |
| 97135 | Pacific City | Tillamook |
| 97136 | Rockaway Beach | Tillamook |
| 97141 | Tillamook | Tillamook |
| 97147 | Wheeler | Tillamook |

Secondary

| Zip Code | City | County |
|----------|--------------|---------|
| 97138 | Gearhart | Clatsop |
| 97367 | Lincoln City | Lincoln |

Tillamook Family Counseling Center



The Tillamook Family Counseling Center is a comprehensive behavioral health services provider serving youth, adults and their families in Tillamook County. The agency was incorporated in 1983 and has been successfully operating in Tillamook County since that time. The agency serves individuals and families at its main office in Tillamook, in South County in Pacific City, and in North Tillamook County in Rockaway Beach.

Mailing Address: 906 Main Avenue, Tillamook, OR 97141

Contact Information: 503-842-8201

Website: <https://tfcc.org>

Community Quick Facts | Tillamook County

Key Facts



28,098

Population



51.1

Median Age



2.30

Average Household Size



\$54,713

Median Household Income

Households by Income

| | |
|-----------------------|-------|
| <\$15,000 | 16.1% |
| \$15,000 – \$24,999 | 22.3% |
| \$25,000 – \$34,999 | 13.3% |
| \$35,000 – \$49,999 | 13.1% |
| \$50,000 – \$74,999 | 15.7% |
| \$75,000 – \$99,999 | 11.2% |
| \$100,000 – \$149,999 | 5.3% |
| \$150,000 – \$199,999 | 1.5% |
| \$200,000+ | 1.6% |

Income



\$46,480

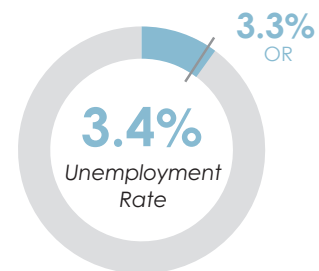
Per Capita Income



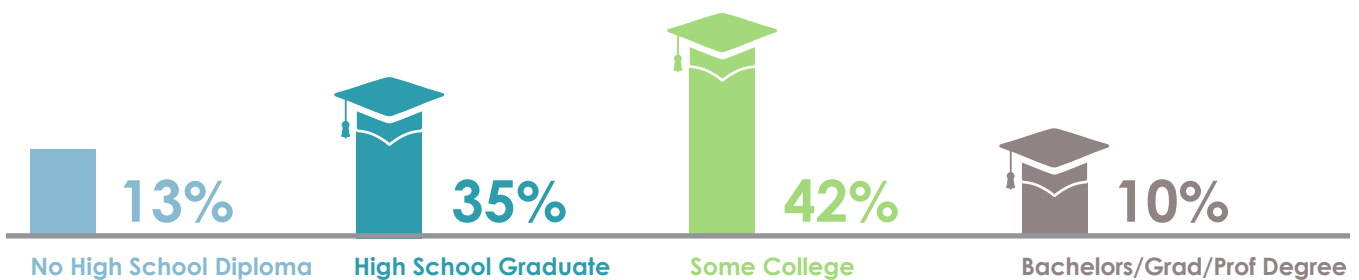
\$74,499

Median Net Worth

Unemployment

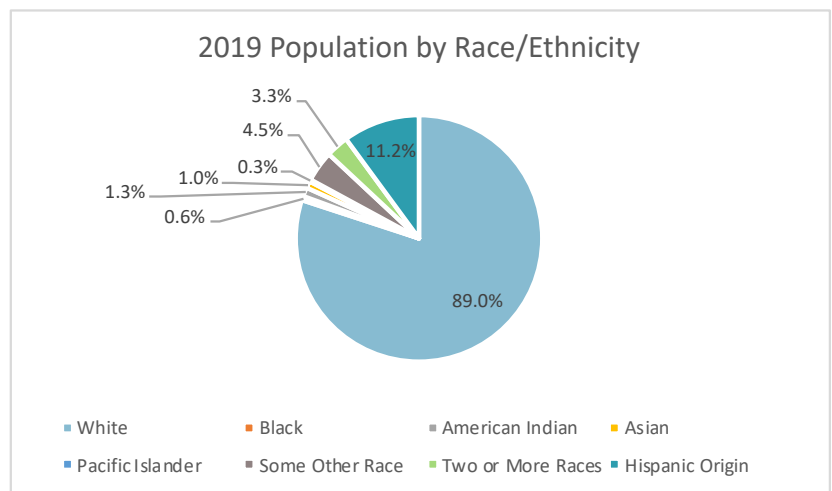
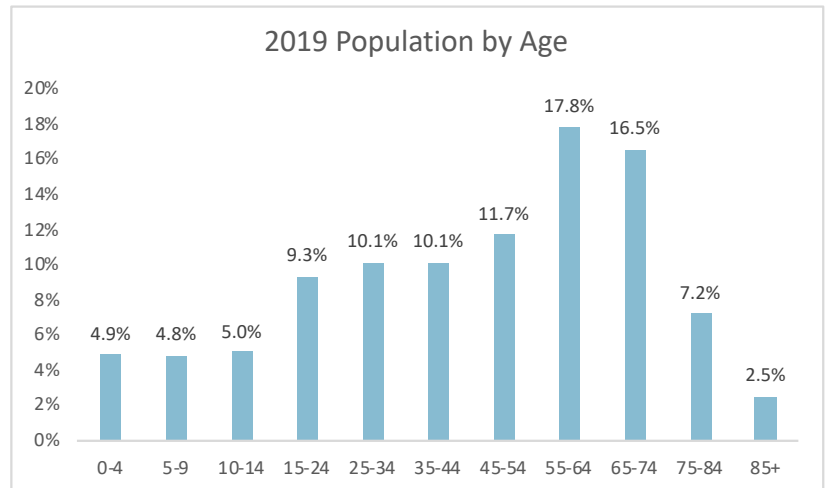


Education



Data Source: U.S. Census Bureau, Census 2010 Summary File 1. Esri forecasts for 2019 and 2024 Esri converted Census 2000 data into 2010 geography.

Community Quick Facts Tillamook County



CHNA Overview

Developing metrics for population health interventions are imperative for continued success in elevating the health status of our communities. Including metrics from multiple sectors ensures a holistic assessment that views the health of a community through multiple sectors, helping to identify everyone's role in making improvements. The community health needs assessment (CHNA) ensures we can target our community investments into interventions that best address the needs of our community. The domains used in this regional CHNA encompass national and state community health indicators. While we recognize that health status is a product of multiple factors each domain influences the next and through systematic and collective action improved health can be achieved. The domains explored in the CHNA are:

- **Social and Economic Factors:** Indicators that provide information on social structures and economic systems. Examples include poverty, educational attainment, and workforce development.
- **Health Systems:** Indicators that provide information on health system structure, function, and access. Examples include health professional shortage areas, health coverage, and vital statistics.
- **Public Health and Prevention:** Indicators that provide information on health behaviors and outcomes, injury, and chronic disease. Examples include cigarette smoking, diabetes rates, substance abuse, physical activity, and motor vehicle crashes.
- **Physical Environment:** Indicators that provide information on natural resources, climate change, and the built environment.



Secondary Data Sources

Secondary data sources include publicly available state and nationally recognized data sources. A significant portion of the data for this assessment was collected through reports generated through CARES Engagement Network CHNA (<https://engagementnetwork.org/assessment/>). Other sources include County Health Rankings & Roadmaps, and the Regional Health Assessment & Regional Health Improvement Plan 2019. When feasible, health metrics have been further compared to estimates for the state or national benchmarks, such as the Healthy People 2020 objectives.

Primary Data Sources

To validate data and ensure a broad representation of the community, the Tillamook CHNA Workgroup engaged our community partners to conduct a community health survey. Questions from the survey focused on: use of and access to healthcare services, visions of a healthy community, and priority community health needs. In addition, the Tillamook CHNA workgroup conducted key informant interviews and focus groups to gather more rich data and aid in describing the community. Results of the qualitative analysis can be found later in this document.

Data Limitations and Gaps

It should be noted that the survey results are not based on a stratified random sample of residents throughout Tillamook County. The perspectives captured in this data simply represent the community members who agreed to participate and have an interest. In addition, this assessment relies on several national and state entities with publicly available data. All limitations inherent in these sources remain present for this assessment.

Social & Economic Factors

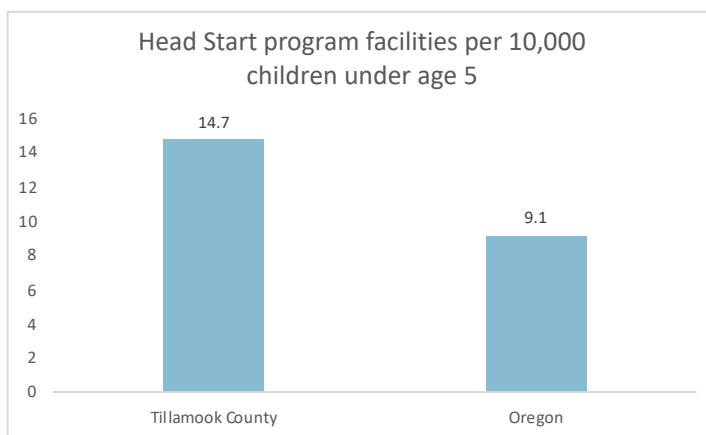
Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well, staying active, establishing a medical home, living a smoke-free life, getting recommended immunizations and screenings, seeing a medical provider regularly and when sick, all influence health. Our health is also determined in part by access to social and economic opportunities. Positive health outcomes are influenced by the resources and supports available in our homes, neighborhoods and communities as well as the quality of our schooling, safety of our workplaces, cleanliness of our water, environment and our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why some are not as healthy as they could be.

Social determinants of health are environmental conditions in which people are born, live, learn, work, play, worship, and age. These determinants affect a wide range of health, functioning, and quality-of-life outcomes and risks. Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) are referred to as “place.” In addition to the more material attributes of “place,” the patterns of social engagement and sense of security and well-being are also affected by where people live. Quality of life resources can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and an environment free of life-threatening toxins. This section details the indicators related to social and economic factors in our community which play a role in maintaining good health .

Education

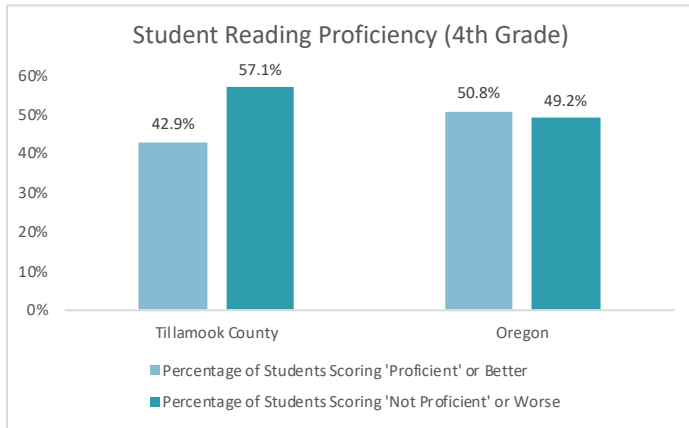
Early education is an important factor in health status. Independent of its relationship to behavior, education influences a person’s ability to access and understand health information. Education is also correlated with a host of preventable poor health outcomes including increased rates of childhood illness, respiratory illness, renal and liver disease, and diabetes, to name a few. Higher educational levels are associated with lower morbidity and mortality.

For every 10,000 children, there are 14.7 Head Start Facilities in Tillamook County. This rate is higher than the state estimate of 9.1 per 10,000 children.



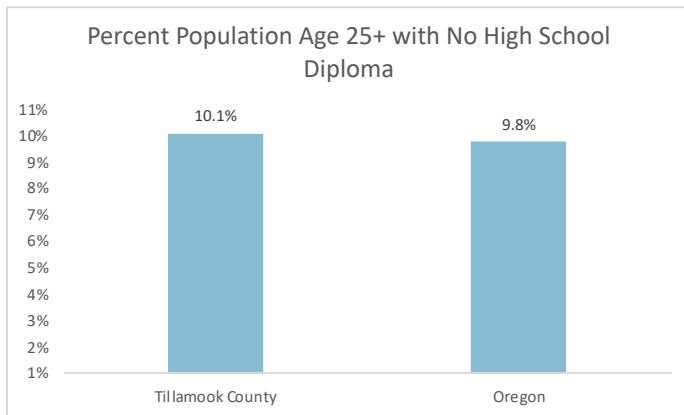
Data Source: CARES Engagement Network (2019). US Department of Health & Human Services, Administration for Children and Families. 2018. Retrieved May. Retrieved May 2019 from <https://engagementnetwork.org/assessment/>

Student Reading Proficiency



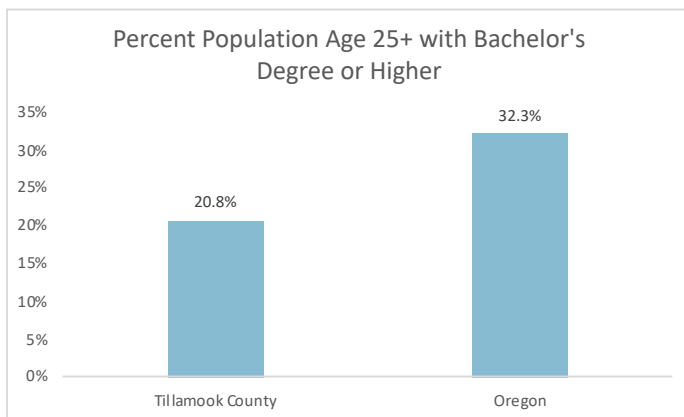
A report published by the Anne E. Casey Foundation found that children who do not read proficiently by the end of third grade are four times more likely to leave school without a diploma than a proficient reader. At the end of the 2015 school year, testing for fourth graders found that far more students scored 'Not proficient' or worse on standardized reading testing, than 'Proficient' or better in Tillamook County (57.1%), than the state average (49.2%).

Data Source: CARES Engagement Network (2019). US Department of Education, EDData. Accessed via DATA.GOV. 2014-15. Retrieved July 2019 from [https:// engagementnetwork.org/ assessment/](https://engagementnetwork.org/assessment/)



Graduation from high school or a post-secondary education such as receiving a Bachelor's or Associates degree is linked to better health outcomes and increased earning potential. Estimates for those aged 25 and older without a high school diploma in Tillamook County 10.1%, is higher than the state estimate at 9.8%.

Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey. 2013-17. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)



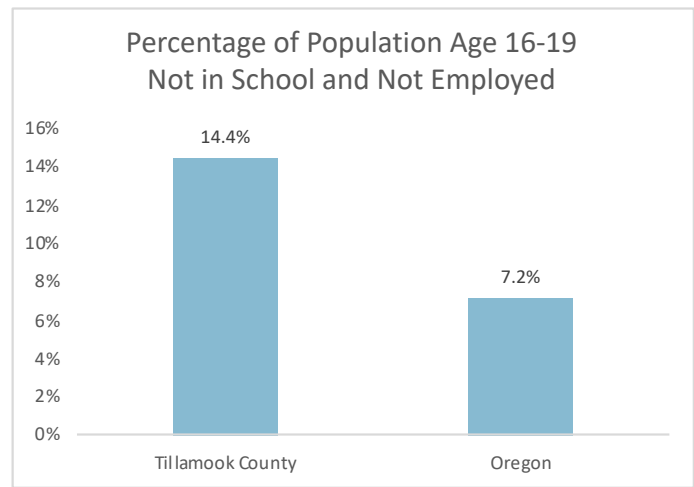
When examining attainment of a Bachelor's Degree or higher, one finds that that the proportion in Tillamook County (20.8%) is lower than the state estimate (32.3%) of adults with a college or post graduate degree.

Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey. 2013-17. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

Employment

Addressing unemployment levels is important to community development. Unemployment can lead to financial instability and serve as a barrier to health care access and utilization. Many people secure health insurance through an employer however, even with Medicaid expansion, the lack of gainful employment may prevent some from affording medical office co-pays or medications.

When looking at unemployment figures, Tillamook County's unemployment rate is at 3.4%. This percent is slightly higher than the state rate of 3.3%. Tillamook County (14.4%) has a higher percentage of Young People Not in School and Not Working, youth ages 16-19 years as compared to the state at 7.2%.



Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey, 2013-17. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Measures of Poverty

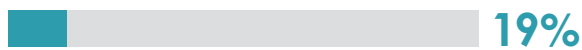
Poverty is a particularly strong risk factor for disease and death, especially among children. Children who grow up in poverty are eight times more likely to die from homicide, five times more likely to have a physical or mental health problem, and twice as likely to be killed in an accident. Additionally, family poverty is consistently correlated with high rates of teenage pregnancy, failure to earn a high school diploma, and violent crimes.

Tillamook County has the highest percentage of person's living in poverty (22.9% total population and 15.5% of children) in comparison to the state (19% and 14.9%, respectively).

Children Under 100% Federal Poverty Level

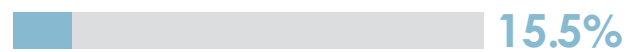


Tillamook County



Oregon

Population Under 100% Federal Poverty Level



Tillamook County



Oregon

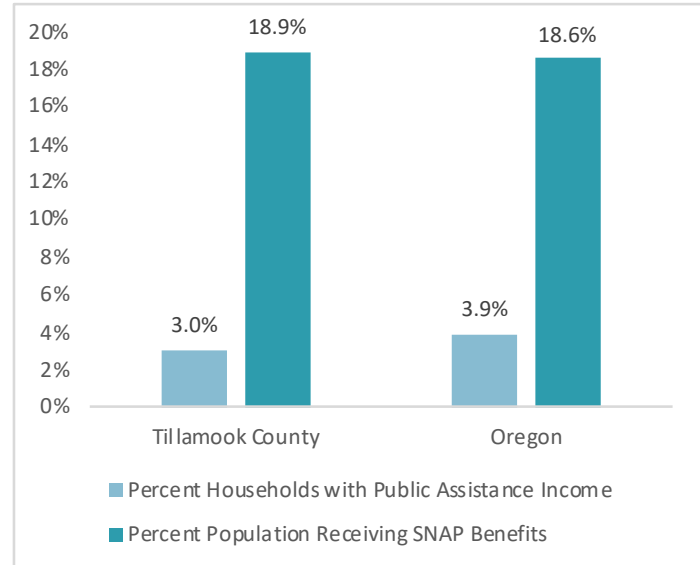
Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey, 2013-17. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

The chart displays two other measures of poverty; the percentage of population receiving supplemental nutritional assistance program (SNAP) benefits, and percentage of population receiving public assistance income.

Public assistance income includes general assistance and Temporary Assistance to Needy Families (TANF). Separate payments received for hospital or other medical care (vendor payments) are excluded. This does not include Supplemental Security Income (SSI) or non-cash benefits such as Food Stamps.

These indicators are relevant because they assess vulnerable populations which are more likely to have multiple health access, health status, and social support needs. When combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Tillamook County has a lower percentage of populations receiving Public Assistance Income as compared to the state estimate. However, Tillamook County has a higher percentage of the population receiving SNAP (18.9%) as compared to the state estimate (18.6%).



Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey, 2013-17. US Census Bureau, Small Area Income & Poverty Estimates, 2015. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Housing and Homelessness

A lack of affordable housing and the limited scale of housing assistance programs have contributed to the current housing crisis and to homelessness. The lack of affordable housing leads to high rent burdens (rents which absorb a high proportion of income), overcrowding, and substandard housing. These phenomena, in turn, have not only forced many people to become homeless; they have put a large and growing number of people at risk of becoming homeless.

Housing Affordability

Quality of housing has a major impact on overall health. High housing costs may force trade-offs between affordable housing and other needs. According to the National Low Income Housing Coalition, in Oregon the Fair Market Rent (FMR) for a two-bedroom apartment is \$1,194. This means that in order to afford this level of rent and utilities, without paying more than 30% of their income, a household must net \$3,981. In Tillamook County, FMR is \$806 for a two-bedroom apartment.

2019 Fair Market Rent (FMR)

Tillamook County

| | |
|--|----------|
| 2-bedroom rental home | \$806 |
| Hourly wage needed to afford 2-bedroom FMR | \$15.50 |
| Annual Income to afford 2-bedroom FMR | \$32,240 |

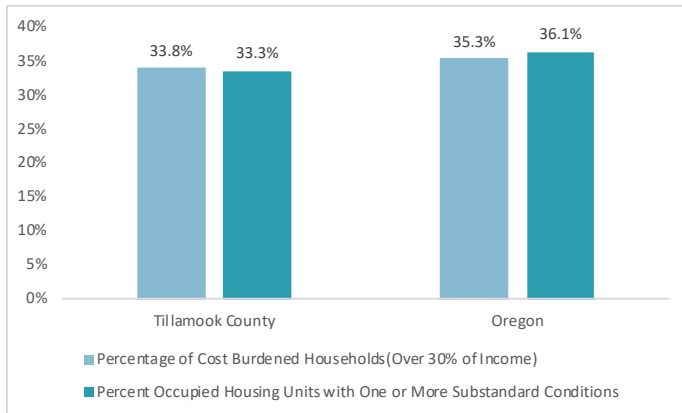
Oregon

| | |
|--|----------|
| 2-bedroom rental home | \$1,194 |
| Hourly wage needed to afford 2-bedroom FMR | \$22.97 |
| Annual Income to afford 2-bedroom FMR | \$47,768 |

Data Source: CARES Engagement Network (2019), US Census Bureau, American Community Survey. 2013-17. US Census Bureau, Small Area Income & Poverty Estimates. 2015. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Recognizing that basic needs consume a higher fraction of income for lower income households, the US Department of Housing and Urban Development uses a definition of affordability that applies specifically to households with incomes at or below 80 percent of the area median family income. It currently calls housing affordable if housing for that income group costs no more than 30 percent of the household's income. Families with cost burden may have difficulty affording necessities such as food, clothing, transportation, and medical care.

Substandard housing conditions include the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions: 1) lacking complete plumbing facilities, 2) lacking complete kitchen facilities, 3) with 1.01 or more occupants per room, 4) selected monthly owner costs as a percentage of household income greater than 30%, and 5) gross rent as a percentage of household income greater than 30%. Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living and housing can be considered substandard.



In Tillamook County, 33.8% of households exceed 30% of total household income and 33.3% have substandard housing conditions. These figures are better than the state estimate of 35.3% and 36.1%, respectively.

Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey. 2013-17. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

Homelessness and Health

When looking at the homeless population by various conditions and experiences, one finds that the largest portions suffer from chronic homelessness, mental illness, or substance abuse. A smaller, but still substantial portion have experienced domestic violence/intimate partner violence or have a physical disability. Homelessness results in high levels of stress, which put individuals and families at greater risk of violence and injury, food insecurity, unhealthy food options, infectious disease and frequent moves, which have been linked with negative childhood events such as abuse, neglect, household dysfunction and increased likelihood of smoking and suicide in children.

In 2017, The Oregon Health Authority published county figures for homeless population and homeless K-12 students. Within the homeless population, Tillamook County had higher total homeless population (8.7 per 1,000) and K-12 enrolled students (80.9 per 1,000) as compared to the state (3.4 and 39.0, respectively).

2017 Estimates of the Homeless Population

| | Rate per 1,000 Total Population | Homeless Persons |
|------------------|---------------------------------|------------------|
| Oregon | 3.4 | 13,593 |
| Tillamook County | 8.7 | 231 |

Homeless K-12 students by county 2016–2017

| | Rate per 1,000 Enrolled Students | Homeless Students |
|------------------|----------------------------------|-------------------|
| Oregon | 39.0 | 22,541 |
| Tillamook County | 80.9 | 271 |

Data Source: 2017 Oregon State Population Health Indicators - County Tables. Retrieved July 2019 from <https://www.oregon.gov/OHA/PH/ABOUT/Documents/indicators/homeless-county.pdf>

Violence and Injury Prevention

According to the Centers for Disease Prevention and Control injury is the leading cause of death for children and adults between the ages of 1 and 45. Injury not only includes violence, but also unintentional injuries, such as harm caused by motor vehicle crashes.

For unintentional injuries, Tillamook County had a higher rate of drug-induced deaths (age-adjusted) per 100,000 at 20.3. Data for motor vehicle crashes (age-adjusted) per 100,000 are unavailable for the state of Oregon, but the County rate was lower than the Healthy People goal of 12.4.

| | Tillamook County | Oregon | HP 2020 |
|--|------------------|--------|---------|
| Drug-Induced Deaths, Age-Adjusted Death Rate per 100,000 | 20.3 | 12.13 | 11.3 |
| Motor Vehicle Traffic Crashes, Age-Adjusted Death Rate per 100,000 | * | 10.19 | 12.4 |

Note: (*) Data is suppressed. Data Source: U.S. Department of Justice, Federal Bureau of Investigation, 2017. Retrieved July 2019.

How is the Region Doing?

- For every 10,000 children, there are 14.7 Head Start Facilities in Tillamook County. This rate is higher than the state estimate 9.1 per 10,000 children.
- Tillamook County's unemployment rate is at 3.4%. This percent is slightly higher than the state rate of 3.3%. Tillamook County (14.4%) has a higher percentage of Young People Not in School and Not Working, youth ages 16-19 years, as compared to the state (7.2%).
- Tillamook County has a higher percentage of person's living in poverty (22.9% total population and 15.5% of children) compared to the state (19% and 14.9%, respectively).
- Tillamook County has lower percentage of populations receiving Public Assistance Income (3%) as compared to the state estimate (3.9%). However, Tillamook County has a higher percentage of the population receiving SNAP (18.9%) as compared to the state estimate (18.6%).
- Within the homeless population, Tillamook County had higher total homeless population (8.7 per 1,000) and K-12 enrolled students (80.9 per 1,000) as compared to the state (3.4 and 39.0, respectively).

Health System

A strong health system is one in which patients receive efficient coordinated care for a variety of illnesses and appropriate follow-up care to prevent unnecessary hospitalizations. In order to strengthen linkages to care, we must first understand the current state of our health system. This begins by understanding the outcomes associated with receiving or not receiving good maternal health care, as well as how one accesses the health care system.

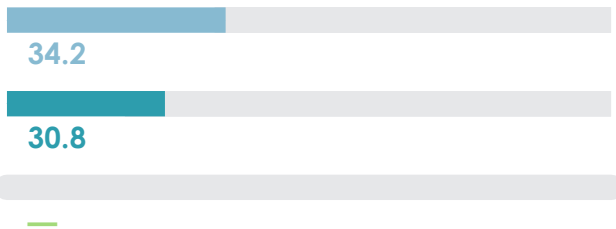
Live births are an indication of population growth and demand on a community's existing resources, infrastructure, schools, and the health care system/services. It is important to understand the infrastructure as it is the foundation. An adequate health care system is capable of providing preventive, diagnostic, and treatment care according to the requirements of the people being served. Tillamook County has a higher teen birth rate at 34.2 in comparison to the state estimate at 30.8.

Prenatal Care and Birth Indicators

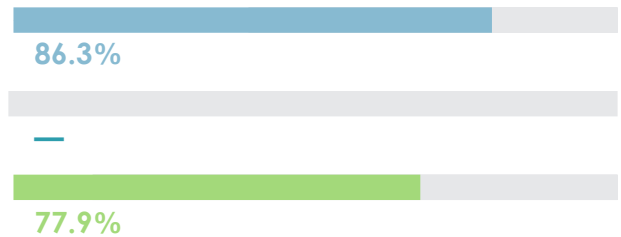
■ Tillamook County ■ Oregon ■ Healthy People 2020

Teen Births

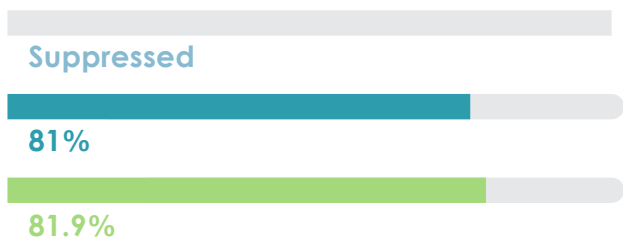
(per 1,000 female population aged 15 to 19 years old)



Percent of Women who Received Prenatal Care in the First Trimester

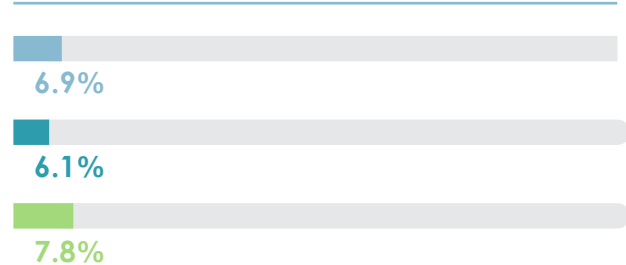


Percent of Women who Initiated Breastfeeding



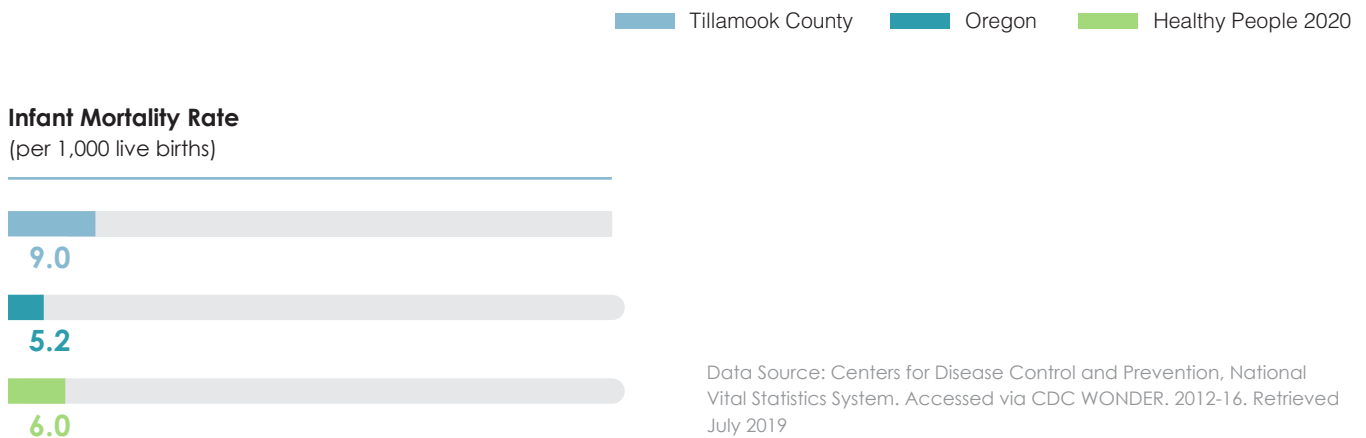
Percent of Low Weight Births

(Under 2,500g)



Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2012-16. Retrieved July 2019

Prenatal Care and Birth Indicators



“Early prenatal care,” is care started in the 1st trimester (1-3 months). Adequacy of prenatal care calculations are based on the Adequacy of Prenatal Care Utilization Index (APNCU), which measures the utilization of prenatal care based on the timing of initiation of such care using the month prenatal care began as reported on the birth certificate and the ratio of the actual number of visits reported on the birth certificate to the expected number of visits. These indicators are relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. These indicators can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of health care services. For indicators of prenatal care denoted in the graphs (early first trimester prenatal care) Tillamook County (86.3%) demonstrated a higher proportion of woman receiving care as compared to the state at xx% and meets the Healthy People 2020 performance target of 77.9%. Tillamook County has a higher than state average rate of women smoking during pregnancy which is a big contributing factor to low birth weight.

Breastfeeding has many health benefits for both the mother and infant. Breastfeeding protects against diarrhea and common childhood illnesses such as pneumonia, and may also have longer-term health benefits, such as reducing the risk of overweight and obesity in childhood and adolescence. Figures for Tillamook County are unavailable for women who initiated breastfeeding. However, in the state of Oregon the state is 81% and the Healthy People 2020 performance is 81.9% of infants to have “ever been breastfed.”

Low birth weight is indicative of the general health of newborns and often a key determinant of survival, health, and development. Infants born at low birth weights are at a heightened risk of complications, including infections, neurological disorders, Sudden Infant Death Syndrome, and even chronic diseases. The Healthy People 2020 goal is for 7.8% or less of infants born with weights below 2,500 grams. Tillamook County had a higher proportion of low birth weights at 6.9% than the state estimate of 6.1%.

Finally, the infant mortality rate (IMR) is critical as it is indicative of the existence of broader issues pertaining to access to care and maternal child health. Such rates can further provide us metrics of community health outcomes and areas of needed services and interventions. Tillamook County had higher rates of mortality rates per 1,000 live births at 9. This rate is higher than the state estimate at 5.2 and the Healthy People Rate goal of 6.0.

Access to Health Care

Access to health care is arguably the most critical component of measuring community health. Access can be measured at both the individual level (i.e. health insurance coverage, Medicaid coverage) and at the system level (i.e., primary care provider rate, health professional shortage areas). When an individual has the means to secure treatment and quality comprehensive treatment is readily available, then access to health care is highest. Understanding provider rates per 100,000 population can be useful for determining areas in most need of providers and potential stresses on existing providers.

Across each provider indicator (dental, mental health, and primary care), Tillamook County recorded lower proportions of providers to population for dentist (44.9) mental health providers (247.3) and primary care providers (68.9) than the state.

Access to Health Care

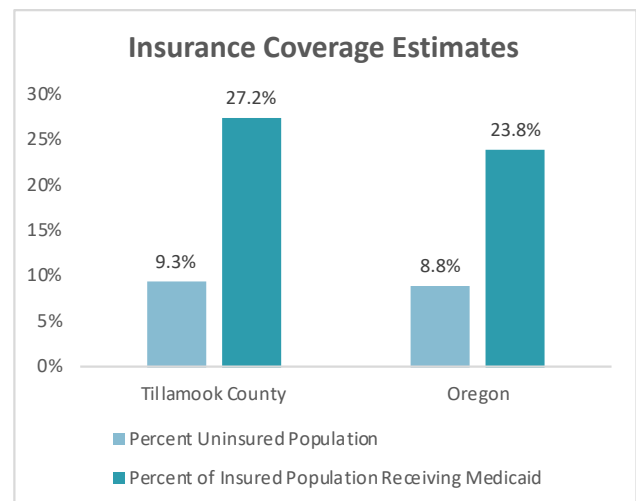
| | Tillamook County | Oregon |
|---|------------------|--------|
| Dentists Rate per 100,000 Population | 44.9 | 79.3 |
| Mental Health Care Provider Rate per 100,000 Population | 247.3 | 476.9 |
| Primary Care Provider Rate per 100,000 Population | 68.9 | 92.4 |

Note: Rates in red are worst outcomes as compared to the state. Data Source: Robert Wood Johnson Foundation (2019). County Health Rankings and Roadmaps. Retrieved July 2019 from <http://www.countyhealthrankings.org>

Health Insurance

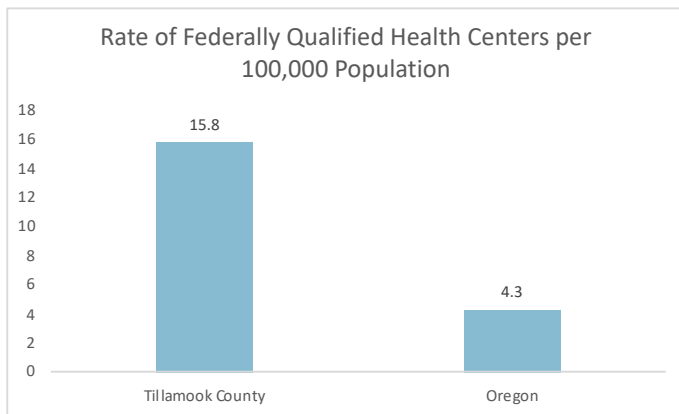
Health insurance coverage is also an important indicator to consider when determining the health of a community or health system. Lack of insurance is a key barrier to health care access, regular primary care, specialty care, and other health services, contributing to poor health status. Additionally, knowing the proportion of the population receiving Medicaid is important. This information allows for an assessment of vulnerable populations most likely to have multiple health access, health status, and social support needs. When combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Tillamook County has the largest proportion of persons who are uninsured (9.3%) and percentages of persons covered through the Medicaid program (27.2%) as compared to the state estimates (8.8% and 23.8%, respectively).



Data Source: CARES Engagement Network (2019). US Census Bureau, American Community Survey, 2013-17. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Federally Qualified Health Centers



Federally Qualified Health Centers (FQHCs) are community assets that provide health care to vulnerable populations and they receive extra funding from the federal government to promote access to ambulatory care in areas designated as medically underserved. Tillamook County boasts higher rates of FQHCs to population (15.8 per 100,000) as compared to the state estimate (4.3 per 100,000).

Data Source: CARES Engagement Network (2019). US Department of Health & Human Services, Center for Medicare & Medicaid Services, Provider of Services File. December 2018. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

Preventable Hospital Events

Ambulatory or primary care sensitive conditions (ACSCs) are those conditions for which hospital admission could be prevented by interventions in primary care. This indicator reports the discharge rate (per 1,000 Medicare enrollees) for conditions that are ACSCs. ACSC conditions include pneumonia, dehydration, asthma, diabetes, and other conditions which could have been prevented if adequate primary care resources were available and accessed by those patients. This indicator is relevant because analysis of ACS discharges demonstrates a possible “return on investment” from interventions that reduce admissions through better access to primary care resources. Tillamook County (40.9) has a higher discharge rate for ACS as compared to the state estimate (33.9) per 1,000 Medicare enrollees

Ambulatory Care Sensitive Condition Discharge Rate Per 1,000 Medicare Enrollees

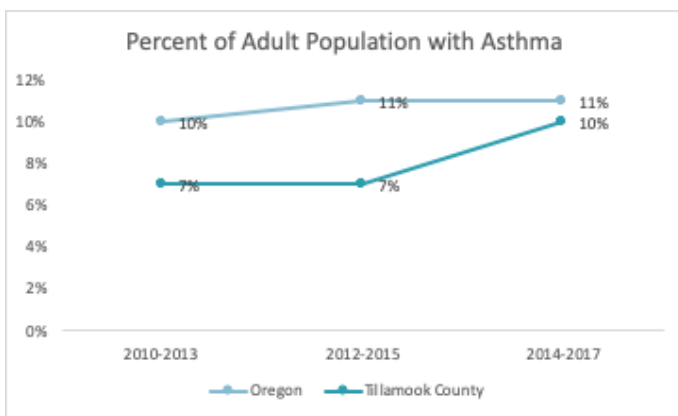
| Tillamook County | Oregon |
|------------------|--------|
| 40.9 | 33.9 |

Note: Rates in red are worst outcomes as compared to the state. Data Source: CARES Engagement Network (2019). Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

Asthma

Air quality is of great concern to many of the residents in the region and can have detrimental effects on respiratory health. Having asthma can affect a person in many ways. For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.

From 2010-2017, Tillamook County had lower proportions of adults with asthma than the state estimate. In addition, examination of trends reveals that Tillamook County has lower rates for asthma hospitalization per 100,000 at 4.9 as compared to the state at 26.3. It is important to note that the figures are deemed unreliable due to small numbers in Tillamook County.



Data Source: 2019 Regional Health Assessment & Regional Health Improvement Plan 2019.

Asthma Hospitalizations, Rate per 100,000

| Tillamook County | Oregon |
|------------------|--------|
| 4.9* | 26.3 |

Note: * numbers deemed unreliable due to small numbers. Data Sources: Oregon Health Authority. Asthma Hospitalizations, 2017. Retrieved July 2019 from <https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/TRACKINGASSESSMENT/ENVIRONMENTALPUBLICHEALTHTRACKING/Pages/EPHT-Indicator-Asthma.aspx>

Mortality

Health status and health care utilization measures are central indicators of the performance of the health care system. Health status measures the level of wellness and illness, while health care utilization is the use of services by people for the purpose of preventing and curing health problems. The leading causes of death in the United States are overwhelmingly the result of chronic and preventable disease. Nearly 75% of all deaths in the United States are attributed to ten causes, with the top three of these accounting for over 50% of all deaths. According to the Centers for Disease Control and Prevention, the top three causes of death in the U.S. in 2016 were from heart disease, cancer, and unintentional injuries.

Causes of Death - Tillamook County

(Age-Adjusted Rates per 100,000 Population)

| | Tillamook County | Oregon |
|-----------------------------------|------------------|--------|
| Cancer | 27% | 22% |
| Heart Disease | 18% | 19% |
| Chronic Lower Respiratory Disease | 9% | 6% |
| Alzheimer's | 3% | 5% |
| Unintentional Injury | 6% | 6% |
| Diabetes | 4% | 3% |
| Stroke | 5% | 2% |
| Suicide | 2% | 2% |
| Alcohol-induced deaths | 3% | 2% |
| Drug Induced Deaths | 2% | 2% |

Data Source: Regional Health Assessment & Regional Health Improvement Plan 2019. Region includes: Clatsop, Columbia, and Tillamook Counties

The top three leading causes of death for Tillamook County are cancer, heart disease, and chronic lower respiratory disease. The cancer death rate is higher than state of Oregon (195 deaths per 100,000). In Tillamook County, the cancer death rate (310 deaths per 100,000) is nearly 60 percent higher than Oregon's rate.

Other causes of death where Tillamook County has higher percentages than state estimates per 100,000 include stroke, alcohol-induced deaths and diabetes.

How is the region doing?

- Across each provider indicator (dental, mental health, and primary care), Tillamook County recorded lower proportions of providers to population for dental (44.9) mental health providers (247.3) and primary care providers (68.9) than the state.
- Tillamook County has the largest proportion of persons who are uninsured (9.3%) and percentages of persons covered through the Medicaid program (27.2%) as compared to the state estimates (8.8% and 23.8%, respectively).
- Tillamook County boasts higher rates of FQHCs to population (15.8 per 100,000) as compared to the state estimate (4.3 per 100,000).
- Tillamook County (40.9) has a higher discharge rate for ACS as compared to the state estimate (33.9) per 1,000 Medicare enrollees.
- The top three leading causes of death for Tillamook County are cancer, heart disease, and chronic lower respiratory disease. The cancer death rate is higher than state of Oregon (195 deaths per 100,000). In Tillamook County, the cancer death rate (310 deaths per 100,000) is nearly 60 percent higher than Oregon's rate.

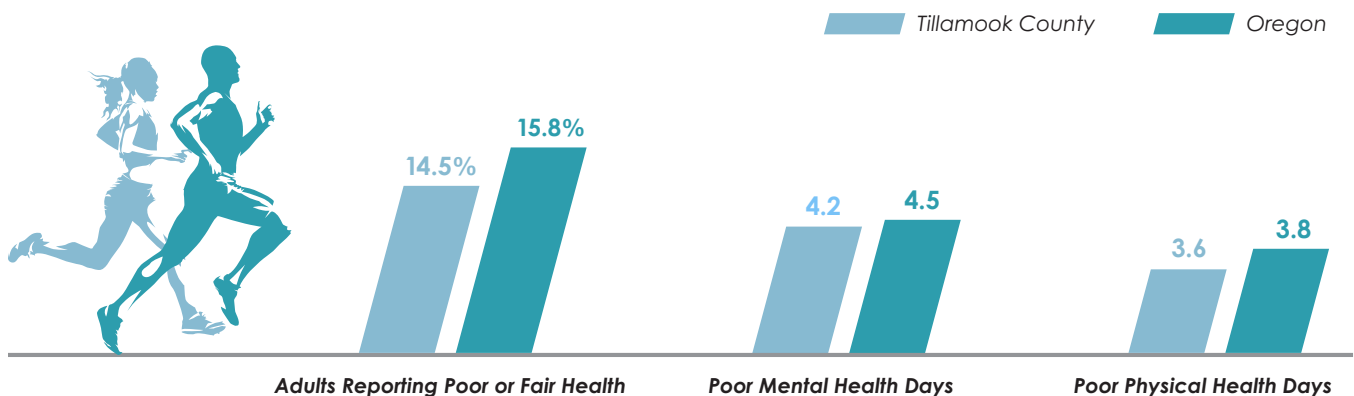
Public Health and Prevention

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. When these factors are addressed, a community will enjoy an overall higher level of physical and emotional well-being.

Health Status

Health status is determined by more than the presence or absence of any disease. It is comprised of a number of factors, including measures of healthy life expectancy, years of potential life lost, self-assessed health status, chronic disease prevalence, measures of functioning, physical illness, and mental well-being. These measures go hand-in-hand with measures related to health behaviors such as physical activity, nutrition, and alcohol consumption. Measuring health behaviors provides a deeper understanding of health status.

When looking at overall health status, Tillamook County had a lower proportion of adults who rate their health as “fair” or “poor” at 14.5% as compared to the state estimate of 15.8%. In addition, Tillamook County also had the lowest poor physical health days within a reported 30-day period and number of poor mental health days reported in a 30-day period as compared to the state estimates at 3.8 and 4.5, respectively.



Data Source: Robert Wood Johnson Foundation (2019). County Health Rankings and Roadmaps. Retrieved May 2019 from <http://www.countyhealthrankings.org>

Physical Activity

Increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. Individuals who live closer to sidewalks, parks, and gyms are more likely to exercise. In Oregon, 15.2% responded affirmatively to the question: “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” In Tillamook County, the percentage of people who answered yes to this same question was 18.1

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When considering populations who have adequate access to locations for physical activity, figures vary between the county and state. Access to exercise opportunities is defined as the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Tillamook County had had the highest percentage of individuals with adequate access to exercise opportunities at 91.4% as compared to the state estimate at 88.3%.

Chronic Disease

Successfully managing risk factors for chronic diseases is important for preventing unnecessary hospitalizations. According to the Centers for Disease Control and Prevention (CDC), six in ten Americans live with at least one chronic disease, like heart disease, cancer, stroke, or diabetes. These and other chronic diseases are the leading causes of death and disability in America, and they are also a leading driver of health care costs.

Tillamook County Medicare population has the lower rates of depression (15%), diabetes (20.9%), heart disease (18.4%) and high blood pressure (41.3%) as compared to the state estimates. The highest percentages were that of obesity at 29.7% as compared to the state at 28.2%

Chronic Disease Indicators

| | Tillamook County | Oregon |
|---|------------------|--------|
| Adults with a Body Mass Index Greater than 30 | 29.7% | 28.2% |
| Medicare Population with Depression | 15% | 16.8% |
| Medicare Population with Diabetes | 20.9% | 21.1% |
| Medicare Population with Heart Disease | 18.4% | 19.2% |
| Medicare Population with High Blood Pressure | 41.3% | 43.9% |

Note: Percentages in red are worst outcomes as compared to the state. Percentages in green are outcomes better than the state. Data Source: CARES Engagement Network (2019). Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Centers for Medicare and Medicaid Services. 2017. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Sexually Transmitted Infections

Sexually transmitted infections (STIs) are passed from one person to another through intimate physical contact and from sexual activity. STIs are very common. The causes of STIs are bacteria, parasites, yeast, and viruses. In fact, CDC averages 20 million new infections occur every year in the United States. Understanding the rate of STIs are important because they are measures of poor health status, indicate a lack of sexual health education, and indicate the prevalence of unsafe sex practices.

Tillamook County had lower rates per 100,000 population for chlamydia (148.1) and gonorrhea (11.7) incidence, as well as HIV (108.9) prevalence compared to the state estimates.

Rate per 100,000 Population

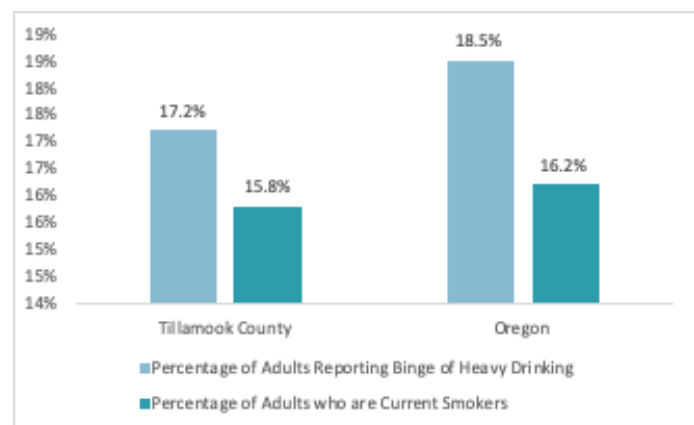
| | Tillamook County | Oregon |
|---------------------|------------------|--------|
| Chlamydia Incidence | 148.1 | 432.5 |
| Gonorrhea Incidence | 11.7 | 108 |
| HIV Prevalence | 108.9 | 193.7 |

Note: Rates in green are est outcomes as compared to the state. Data Source: CARES Engagement Network (2019). US Department of Health & Human Services, Health Indicators Warehouse. Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2016 and 2015. Retrieved July 2019 from <https://engagementnetwork.org/assessment/>

Alcohol and Tobacco Use

Alcohol and/or tobacco use has major adverse impacts on individuals, families and communities. The effects of abuse are cumulative, contributing to costly social, physical, mental, and public health problems.

According to recent averages, Tillamook County (17.2%) fared better than the state estimate (18.5%) for percentage of adults who engaged in binge or heavy drinking within the last 30 days. Tillamook County (15.8%) also had a lower percentage of adults who are current smokers in comparison to the state estimate (16.2%).



Data Source: Robert Wood Johnson Foundation (2019). County Health Rankings and Roadmaps. Retrieved July 2019 from <http://www.countyhealthrankings.org>

How is the Region Doing?

- Tillamook County had the largest proportion of adults who rate their health as “fair” or “poor” at 14.5% as compared to the state estimate of 15.8%. In addition, Tillamook County also had the highest number of poor physical health days within a reported 30-day period and the highest number of poor mental health days reported in a 30-day period as compared to the state estimates at 3.8 and 4.5, respectively.
- Tillamook County Medicare population has the lowest rates of depression (15%), diabetes (20.9%), heart disease (18.4%) and high blood pressure (41.3%) as compared to the state estimates. The highest percentages were that of obesity at 29.7% as compared to the state at 28.2%.
- Tillamook County had lower rates per 100,000 population for chlamydia (148.1) and gonorrhea (11.7) incidence, as well as, HIV (108.9) prevalence as compared to the state estimates.
- Tillamook County (17.2%) fared better than the state estimate (18.5%) for percentage of adults who engaged in binge or heavy drinking within the last 30 days. Tillamook County (15.8%) also had a lower percentage of adults who are current smokers in comparison to the state estimate (16.2%).

Physical Environment

We interact with the environment constantly, therefore our physical environment can affect our health behaviors, quality of life, years of healthy life lived, and health disparities. The World Health Organization (WHO) defines environment, as “all the physical, chemical, and biological factors external to a person, and all the related behaviors.” This can include air quality and exposure to toxic substances as well as the built environment (human-made surroundings) and housing.

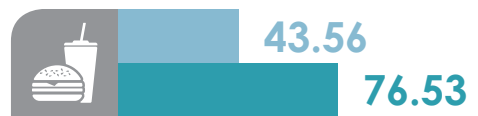
Retail Food Environment

Understanding the retail food environment is important to determining access to healthy foods for populations and overall environmental influences on dietary behaviors.

Three indicators are important to consider: the fast food restaurant rate, the grocery store rate, and the number of retailers authorized to accept Supplemental Nutrition Assistance Program benefits (all calculated as establishments per 100,000 population). Areas with a high fast food rate, low grocery store rate, and low SNAP authorized retailers will inevitably have populations with higher rates of food insecurity, due to lack of access to healthy and affordable foods. Tillamook County fared better than the state estimate for fast food restaurant (43.56) grocery store rate (35.64) and SNAP authorized retailer (15.05) rates per 100,000 population.

Data Source: CARES Engagement Network (2019). US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2016. US Department of Agriculture, Food and Nutrition Service, USDA - SNAP Retailer Locator. Additional data analysis by CARES. 2019. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

Tillamook County Oregon



Fast Food Restaurant Rate
per 100,000 Population



Grocery Store Rate
per 100,000 Population



SNAP Authorized Retailers
per 100,000 Population

Food Insecurity

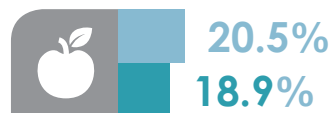
The US Department of Agriculture defines food insecurity as a lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food insecurity may reflect a household's need to choose between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods.

Food insecurity averages in Tillamook County for the overall population (12.5%) and children (20.5%) are higher than reported averages for the state (12.3% and 18.9%, respectively).

Tillamook County Oregon



Overall Food Insecurity, Percentages



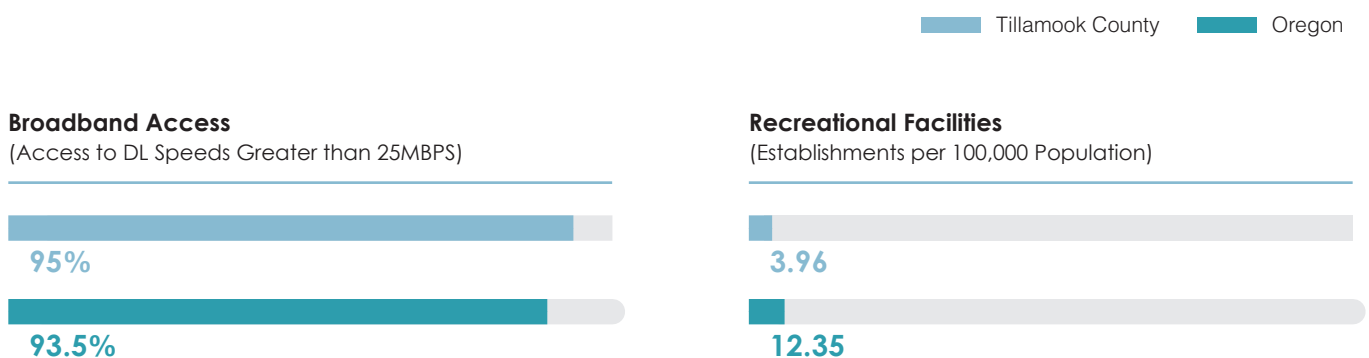
Children Food Insecurity, Percentages

Data Source: Feeding America (2017). Map the Meal Gap, Online Tool. Retrieved July 2019 from <http://map.feedingamerica.org/>.

Built Environment

The term “built environment” refers to the human-made surroundings that provide the setting for human activity, ranging in scale from buildings to parks. It has been defined as “the human-made space in which people live, work, and recreate on a day-to-day basis.” Factors to consider include access to recreational facilities and fitness centers and access to broadband internet access. Access to high-speed internet is important because access to technology opens up opportunities for employment and education. Access to recreational facilities encourages physical activity and other healthy behaviors.

Tillamook County has the highest access to high-speed internet at 95% and the fewest recreational facilities at 3.96 per 100,000 population as compared to the state at 93.5% and 12.35, respectively.



Data Source: CARES Engagement Network (2019). National Broadband Map. Dec. 2017. US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2016. Retrieved July 2019 from [https:// engagementnetwork.org/assessment/](https://engagementnetwork.org/assessment/)

How is the region doing?

- Tillamook County fared better than the state estimate for fast food restaurant (43.56) grocery store rate (35.64) and SNAP authorized retailer (15.05) rates per 100,000 population.
- Food insecurity averages in Tillamook County for the overall population (12.5%) and children (20.5%) are higher than reported averages for the state (12.3% and 18.9%, respectively).
- Tillamook County has the highest access to high-speed internet at 95% and the fewest recreational facilities at 3.96 per 100,000 population as compared to the state at 93.5% and 12.35, respectively.

Voices from the Community

A CHNA would not be complete without hearing from the local community. Those chosen to provide input, represent the diversity of our community and those who are medically under-served, low-income and minority populations.

Overview

From April 22, 2019 to June 12, 2019, focus groups, key informant interviews and surveys were administered. Approximately 131 people were surveyed to obtain input from the community in the form of 2 focus groups (with a total of 33 focus group participants), 17 key informant interviews and 81 people responded to the online survey. A full description of key informants and focus group participants can be found in the Appendix D of this document.

Focus Groups

Focus group participants were residents who live in Tillamook County and use various services offered in the county. Populations represented by focus group members included low-income, homeless/at-risk and a group of stakeholders from an array of agencies who serve families, low-income, domestic abuse woman and other sectors. A full description focus group participants can be found in Appendix E.

Key Informant Interviews

Key informant interviews were comprised of community leaders representing a broad range of organizations such as school districts, non-profits, and community resource centers. Among the key informants were Project and School Resources Coordinators, Executive Directors, CEO's, College Presidents, School Superintendents of agencies that provide a wide range of services to the residents in Tillamook County.

Survey

Individuals who participated in the survey shared similarities with people who participated in the key informant interviews and focus groups. Majority of the survey respondents lived in Tillamook County (97%), and only 2% reported living outside the county boundaries. There were participants from various Tillamook County zip codes including 97101, 97107, 97112, 97118, 97122, 97130, 97131, 97134, 97135, 97136, 97141, 97143, 97147, 97367, 97370, which represent many cities across the county. Interestingly, 76% of participants rated their own physical health as good or excellent, while 59% rated their communities health as fair, 29% as good, and 11% as poor.

Methodology

To determine focus groups and key informants, Adventist Health Tillamook team members were provided with a list of sample sectors for consideration that included: community-based organizations, local business, foundation/funders, school board/district, city council, public health department, law enforcement, legal, faith-based organizations, and hospital leaders. Additionally, they were asked to consider the following criteria:

- Does this person represent a vulnerable population?
- Does this person represent the uninsured/underinsured population?
- Does this person's role transcend over more than one county?
- Do we have representation from all sectors?
- Does it meet the requirement of community health needs assessments?
- Does this person's role cross sectors?

Additionally, they were asked to consider the following populations for inclusion in focus groups: those dealing with mental health issues or substance abuse, minority, low income, uninsured/underinsured, and youth. While members considered potential groups and venues, they were asked to keep the following criteria in mind:

- Does this focus group represent a medically underserved, low income, or minority population(s)?
- Can this focus group speak to pressing health care issues in our community (i.e. children's health, mental health, or access to care)?
- Does this focus groups represent diverse populations or health issues?
- Can this focus group speak to the social determinants of health in our community?

Finally, 2019 Tillamook CHNA committee team members were encouraged to send survey links to any partner organizations that did not make the key informant list. In addition, a press release was issued to bring awareness of the survey for broader community participation.

Objectives

Through engaging the community our objective was to discover strategies in which our hospital could collaborate to better serve communities and elevate the health status of our region. To better understand the needs, the focus groups and key informant interviews concentrated on these themes:

- Does this person represent a vulnerable population?
- Does this person represent the uninsured/underinsured population?
- Does this person's role transcend over more than one county?
- Do we have representation from all sectors?
- Does it meet the requirement of community health needs assessments?
- Does this person's role cross sectors?

Findings — Significant Health and Social Needs

The focus groups, key informants, and surveys contained questions about the most significant health needs in the community. Based on those responses, prioritization was given to issues most frequently mentioned in all three data sources. The top five mentioned below are a combination of all three data sources based on frequency of response. The overarching themes based on the amount of times the issue was mentioned across all three data sources:

Table 1. Most Frequently Mentioned Issues by Data Source Type

| Focus Groups | Key Informant | Surveys |
|---|---|---|
| 1. Access to health services: preventative care; services for senior population | Affordable Housing and Homelessness | Affordable Housing |
| 2. Social Issues (i.e. transportation, safety, housing, homelessness, poverty, income) | Safe Environment | Chronic Disease (i.e. diabetes, cancer, asthma) |
| 3. Prevention and management of chronic diseases (i.e. physical activity, nutrition, diabetes, obesity) | Access to Health Services (i.e. dental, vision, mental health) | Healthy Food Access (i.e. food insecurity) |
| 4. Mental Health Services (including substance use, facilities treatment) | Affordable Housing and Homelessness | Affordable Housing |
| 5. Services for Children (i.e. summer programs, fee-based sports and activities recreational activities, childcare) | Health Services Awareness & Health Education (i.e. sharing and raising awareness of community resources, nutrition, exercise) | Access to Affordable Healthcare |

The priority needs were identified by first creating codebooks based on the focus group, key informant interviews, and open text responses from the online survey. The codebooks assisted in combining the separate themes for comparison and analysis. The three sources were coordinated to supply richer interpretation when applicable. Using secondary sources, county information was gathered and compared with the themes found in the focus groups, key informant interviews, and surveys. Table 1 displays the separate ranking of most frequently mentioned health issues by focus group, key informant interview, and online surveys and corresponding data from the secondary sources.

Visions of a Healthy Community

The main themes surrounding the vision of a healthy community included access to parks and recreation, affordable health care and physicians, access to healthy foods and a safe community. A community that has access to farmers markets and community gardens within the community make it a healthy community according to focus groups and key informant responses. Consistent with focus group responses, key informants also mentioned housing as part of health community.

Supporting Quotes

"A healthy community really is one where there is opportunity for everyone to have their basic needs met."

"Farmers markets, fresh foods instead of food that's been shipped thousands of miles."

"I think it should obviously not only have good healthcare opportunities for people of all ages and with different specialties needed, but also opportunities to encourage healthy lifestyles and educational opportunities to give people options of what they can do to be healthier and take more of an initiative in their health care."

Health and Social Needs of Children

Among key informant interviews and focus groups, participants felt access to affordable childcare, dental and vision services and opportunities to physical activities were among the top needs identified for children. Survey respondents indicated the top need for children were: safe and affordable housing, access to healthy foods, early educational resources/daycare/ academic after-school programs, opportunities to engage in physical activities and access to mental health. Other topics mentioned were ADA services, economic stability and homelessness.

Supporting Quotes

"More activities for them, kids got to stay busy."

"We've got children who are part of households experiencing food insecurity and lack of housing."

"Another thing that I think is lacking for children is for kids with special needs for the schools. I have a disabled son and the school he currently goes to is severely lacking."

Existing Community Assets and Resources

The most commonly mentioned community assets and resources for focus groups and key informants were organizations such as the YMCA, CARE and food banks such as the North County Food Bank. In addition, services offered by WIC, Meals on Wheels, Helping Hands and the woman and men's shelter are valuable assets in the community.

Supporting Quotes

"We do have a Helping Hands, it's a homeless shelter for both men and women...The problem is there's not that many [housing] units to meet the needs of all the people who income-wise will qualify."

"WIC and Healthy Families. Through Healthy Families, they give incentives for every doctor visit you go to- they give you Amazon credits up to \$400."

Barriers to Access

The highest responses to barriers include limited resources available, transportation, mental and behavioral health, rehab facilities and limited disposable income were mentioned from key informant and focus groups.

Supporting Quotes

"We're such a small community that we kind of have one of everything and so there's only so much capacity to serve in all of our different health resources."

"Rehab here. We need that here. We need a rehab center here." "Transportation for elderly and poor that live in remote rural regions."

"I would say that some of the barriers are awareness of what those supports, and services are, and not just health care."

Perception and Opportunities

Focus group participants and key informants were asked their perception of the organizations involved in the CHNA and were asked to offer any suggestions for new activities or strategies. A common theme for opportunities was around increased collaboration, availability of services in the community and improvement on mental health education.

Supporting Quotes

"Better collaboration between organizations and offering of services across all agencies."

"I think that by working together effectively to seek outside funding and outside investment to solve for some of these big issues."

"Anything major, they have to go out of the valley, they can't be helped here."

"As a country, state, and nation, we must do a better job of educating people that mental health conditions are a disease and can be treated."

Prioritization of Health Needs

Priority health issue and baseline data

On September 30, 2019 the 2019 Tillamook CHNA Workgroup met to collectively review the findings of this assessment and prioritize the top priority needs for Tillamook County over the next three years.

Identified Community Health Needs

| Priority Health Issue | Data (Primary and Secondary) |
|--|---|
| Housing and Homelessness (including poverty) | <p>Affordable housing and homelessness were identified as a health need among the participants of the focus groups, key informant interviews, and surveys.</p> <p>A lack of affordable housing and the limited scale of housing assistance programs have contributed to the current housing crisis and to homelessness.</p> <p>According to the National Low-Income Housing Coalition in Oregon, the Fair Market Rent (FMR) for a two-bedroom is \$1,194.</p> <p>In Tillamook County, 33.8% of households exceed 30% of total household income and 33.3% have substandard housing conditions</p> <p>Within the homeless population, Tillamook County (8.7) had a higher rate as compared to the state (3.4) per 1,000 population .</p> <p>Tillamook County's unemployment rate is at 3.4% which is slightly higher than the state rate of 3.3%.</p> |
| Physical Environment <ul style="list-style-type: none"> • Safety • Access to parks/recreational facilities | <p>Participants from key informant interviews, focus groups, and surveys mentioned a few social issues as areas of need in the community including the high rates of poverty, limited transportation, increased neighborhood safety, and more parks and recreation center.</p> <p>Tillamook County has 3% of the population receiving Public Assistance Income.</p> <p>Tillamook County has a higher percentage of the population receiving SNAP (18.9%) as compared to the state estimate (18.6%).</p> <p>Tillamook County has the fewest recreational facilities at 3.96 per 100,000 population as compared to the state at 12.35 per 100,000 population.</p> |

Priority Health Issue

Data (Primary and Secondary)

Mental Health

- Access to providers and rehab facilities
- Treatment
- Trauma Informed care

The need for access to mental health services was mentioned among participants in focus groups, key informant interviews, and surveys.

Tillamook County has a 15% depression rate, higher than state estimate.

According to the Centers for Disease Control and Prevention, Injury is the leading cause of death for children and adults between the ages of 1 and 45. Injury not only includes violence, but also unintentional injuries, such as harm caused by motor vehicle crashes.

Considering the various conditions and experiences among the homeless population, majority suffer from chronic homelessness, mental illness, or substance abuse.

Tillamook County has rate of depression (15%),

Prevention and Management of Chronic Diseases

- Diabetes
- Obesity
- Cancer
- Physical activity
- Nutrition

Opportunities that promote healthy lifestyles such as access to outdoor activities, community safety, nutrition, and chronic disease (i.e. diabetes, obesity, cancer) were mentioned among focus groups, key informant interviews, and survey participants.

Tillamook County had the highest percentage of individuals with adequate access to exercise opportunities at 91.4% as compared to the state estimate at 88.3%.

Tillamook County has higher rates of diabetes (20.9%), heart disease (18.4%) as compared to the state estimates.

Tillamook County had higher percentage of obesity at 29.7% as compared to the state at 28.2%.

The top three leading causes of death for Tillamook County are cancer, heart disease, and chronic lower respiratory disease.

The cancer death rate is higher than state of Oregon (195 deaths per 100,000).

Priority Health Issue

Data (Primary and Secondary)

Access to Health Care

- Dental health
- Vision health
- Transportation
- Affordable coverage
- Preventative care

Access to healthcare that is both affordable and local was mentioned by participants in the surveys and key informant interviews.

Across each provider indicator (dental, mental health, and primary care), in Tillamook County recorded lower proportions of providers to population for dentist (44.9) mental health providers (247.3) and primary care providers (68.9) than the state.

Tillamook County has the largest proportion of persons who are uninsured (9.3%) and percentages of persons covered through the Medicaid program (27.2%) as compared to the state estimates (8.8% and 23.8%, respectively).

Tillamook County has the largest proportion of persons who are uninsured (9.3%) and percentages of persons covered through the Medicaid program (27.2%) as compared to the state estimates (8.8% and 23.8%, respectively).

Process and Criteria

On September 30, 2019, the Tillamook CHNA Workgroup met to collectively review the findings of this assessment and determined the top priority needs that all involved will address over the next three years. Stakeholders agreed on the criteria below to consider when making a decision. The criteria listed recognize the need for a combination of information types (e.g, health indicators and primary data) as well as consideration of issues such as practicality, feasibility, and mission alignment.

- Addresses disparities of subgroups
- Availability of evidence or practice-based approaches
- Existing resources and programs to address problems
- Feasibility of intervention
- Identified community need
- Importance to community
- Magnitude
- Mission alignment and resources of hospitals
- Opportunity for partnership
- Opportunity to intervene at population level
- Severity
- Solution could impact multiple problems

After tallying the results, there was a discussion to validate the needs. The top priority needs for 2019-2022 are:

Housing and Homelessness

(including poverty)

Mental Health

- Access to providers and rehab facilities
- Treatment
- Trauma informed care

Access to Health Care

- Dental health
- Vision health
- Transportation
- Affordable insurance
- Preventative care

Prevention and Management of Chronic Diseases

- Diabetes
- Obesity
- Cancer
- Physical activity
- Nutrition

Physical Environment

- Safety
- Access to parks/recreational facilities

Addressing Identified Needs

Plan development

Adventist Health Tillamook and partners will develop strategies to address each need identified in this community health needs assessment. Strategies will be documented in a community health improvement plan (CHIP). The CHIP will describe how the group plans to address the health needs and plans to commit, potential partners, and metrics used. The CHIP will explain why.

The CHIP will describe the strategies intended to address the health needs and anticipated impact and partnerships. The improvement plan will be made available May 2020.

2019-2022 prioritized needs:

Housing and Homelessness

(including poverty)

Mental Health

- Access to providers and rehab facilities
- Treatment
- Trauma informed care

Access to Health Care

- Dental health
- Vision health
- Transportation
- Affordable insurance
- Preventative care

Prevention and Management of Chronic Diseases

- Diabetes
- Obesity
- Cancer
- Physical activity
- Nutrition

Physical Environment

- Safety
- Access to parks/recreational facilities

2016 Evaluation

Evaluating our efforts encourages accountability to the communities we serve and allows us to share our successes. This section evaluates the impact of actions that were taken to address the significant health needs identified in the prior community health needs assessment and associated implementation strategy (i.e. community health improvement plan). These outcomes are related to priority needs that were identified in the 2016 Adventist Health Tillamook CHNA cycle. The top health issues for the 2016-2019 CHNA were:

Access to Health Services

Objective: Improve top priority health care access issues through connecting uninsured patients with health insurance and financial assistance resources, recruiting and maintaining adequate numbers and types of healthcare providers, and providing services at the most appropriate level of care with navigation and follow up as needed.

Interventions:

1. Provide uninsured patients with assistance for obtaining health insurance information and/or coverage and access to financial assistance as needed, through clinic care coordinators and financial counselors.
2. Reduce medically underserved area designations through recruiting primary and specialty care providers identified as needed in the community, including but not limited to: family medicine, occupational health, internal medicine, otolaryngology/ENT, orthopedics, urology, hematology and oncology.
3. Strengthen access to primary care services and prevent hospitalizations and readmissions through improved follow-up for patients discharged from emergency and inpatient hospital services.
 - a. Enhance patient-centered primary care home services for AH Medical Group (AHMG) clinics through:
 - i. Extension of primary care appointments beyond standard 8-5 business hours.
 - ii. Follow up by clinic care coordinators within 48 hours of hospital discharge for patients scoring moderate to high intensity health risk to reduce preventable readmissions.
 - iii. Follow up of all patients seen in Emergency Department.
 - b. Work with community health and human services partners to strengthen follow-up for patients not seen through AHMG.
4. Provide urgent care services with availability beyond standard 8 am to 5 pm business hours to provide appropriate level of care patients with acuity levels 3-5; provide community education about which services to access for appropriate level of care.

Accomplishments:

| | |
|--|--|
| Providers available – Primary and Specialty Care | Audiology, Cardiology, Family Medicine, General Surgery, Internal Medicine, Nephrology, Obstetrics/Gynecology, Occupational Medicine, Oncology, Ophthalmology, Orthopedic Surgery, Otolaryngology/ENT, Podiatry, Urgent Care |
| Increase in Urgent Care & Emergency Department Utilization | 32,197 patients served, Emergency Department; 48,973 patients served, Urgent Care |
| Expansion of primary care hours available beyond 8-5 | Urgent Care is open seven (7) days/week in Tillamook, Manzanita and Banks. |
| Education and Outreach | 318 Education and Outreach Events with 5,675 total participants |

Behavioral Health

Objective: Improve top priority access points through recruitment, screening, education and community awareness.

Interventions:

1. Provide consistent screening in emergency department and primary care settings for: depression; abuse and neglect; suicide.
2. Address identified behavioral health professional shortage through recruitment of full time MSW/LCSW with expertise in behavioral health, addictions, post-traumatic stress disorder (PTSD), other chronic conditions.
3. Offer Community Wellness Education and Outreach, such as Depression Recovery Program, an evidenced based lifestyle intervention program which identifies causes and interventions for depression in both young and seniors.
4. Collaborate with community health and human service partners to strengthen coordination of services to people with behavioral health concerns and/or drug, alcohol addictions. Examples: meetings with Tillamook Family Counseling Center and community multi-disciplinary teams; work with NW Disability & Senior Services; Faith in Action volunteer and Wellspring respite care services; Positive Youth Development Coalition, which has a focus area of suicide prevention for middle school and high school students.

Accomplishments:

| | |
|------------------------------|---|
| Screening and Referral | Emergency Department: 849 screens; 849 referrals AH Clinics: 47,469 screens (unique patients); 2,015 referrals |
| Professional Services | Two (2) additional full-time LCSW hired, with services available in Manzanita, Tillamook, Pacific City and Lincoln City |
| Caregiver/Dementia Education | 42 classes with 224 participants |

Children's Health

Objective: Address top priority children's health needs through early identification of risks, treatment of identified concerns, and education and outreach to parents and child.

Interventions:

1. Continue leadership of annual, communitywide School Readiness for Tillamook County Kids (formerly Multi-modular Preschool Exams) provided at no cost to all Tillamook County children ages 2-6 years that screens 12 areas of health and development.
2. Enhance health of children by using evidence-based guidelines for primary care well child visits provided through AHMG to include screenings for body mass index (BMI), ASQ (developmental screening) immunizations, nutrition, and First Tooth dental program. (initial fluoride and linkage with dental services as identified).
3. Collaborate with community health and human service partners to strengthen health related services to children and adolescents. Examples: Healthy Families, 4H, YMCA, Positive Youth Services Team and Columbia Pacific CCO.

Accomplishments:

| | |
|--|---|
| School Readiness for Tillamook County Kids | 338 children age 2-6 years served; 484 referrals made for professional services |
| Pediatric Services | 18,913 pediatric patients served (non-duplicated) |
| SWAG Night Program | 162 student wellness participants |
| Childbirth Preparation Classes | 18 education classes with 144 participants |

Prevention of Chronic Disease

Objective: Meet chronic health prevention needs identified by strengthening access to care, enhancing the continuum of care, supporting care coordination and navigation, and providing community wellness education that supports healthy lifestyle choices.

Interventions:

1. Strengthen the continuum of primary care services throughout Tillamook County in order to prevent, arrest/ manage, and even reverse symptoms of chronic disease.
 - a. Expand and enhance access to health care services (see prior section).
 - b. Grow AHMG clinic-based care coordination services, including identification of patients with health risks that would benefit from care management plans.
 - c. Offer clinic-based group wellness education sessions.

Provide urgent care services with availability beyond standard 8 am to 5 pm business hours to provide appropriate level of care patients with acuity levels 3-5; provide community education about which services to access for appropriate level of care.

2. Strengthen the continuum of specialty care services for preventable and chronic diseases such as cardiovascular, cerebrovascular (stroke), cancer, hypertension and diabetes.
 - a. Expand cardiovascular prevention and treatment services offered through affiliation with Northwest Regional Heart & Vascular to address: Congestive Heart Failure (CHF) clinic; INR coagulation clinic (also addresses stroke risk).
 - b. Expand cancer screening, prevention and treatment services offered through AHMG and the hospital's Outpatient Therapy Services to address: access to cancer screening such as mammography, cervical and colorectal cancer screening; navigation of and access to treatment services offered locally and regionally; support services for patients undergoing treatment.
3. Community Health & Wellness Outreach
 - a. Provide community health and wellness outreach through clinic-based care coordinators.
 - b. Provide evidence-based community wellness education and screenings through the hospital, including:
 - i. Complete Health Improvement Program (CHIP) twice for community; begin corporate program for one local employer (fee; financial assistance).
 - ii. Living Well with Chronic Disease self- management program quarterly (no charge).
 - iii. Monthly Wellness Screenings for cholesterol/blood sugar assessments around the county, as well as at Huckleberry Health Fair held annually at the Tillamook County Fair (low cost & no charge).

Accomplishments:

| | |
|--|--|
| Chronic disease care coordination services | 5,459 patients with care management plans |
| Continuum of specialty care services | 63,669 specialty clinic visits 6,830 mammograms |
| Community wellness education & outreach | 318 Education and Outreach Events with 5,675 total participants. |
| RetinaVue | Purchase of RetinaVue cameras for each of the AHMG primary care clinics to ensure that patients with a diagnosis of diabetes obtain their annual visual screening. |
| RetinaVue Screening (2018) | 47 total screens (unique patients) 21% abnormal findings |
| RetinaVue Donation | Donation of two (2) RetinaVue cameras for the Rinehart Clinic (FQHC) and Tillamook County Community Health Centers (FQHC) to ensure that patients with a diagnosis of diabetes obtain their annual visual screening. |
| Community Paramedic | 1,668 Community Paramedic home visits |
| Complete Health Improvement Program (CHIP) | 39 classes with 657 participants |
| Diabetes Outreach & Education | 45 classes with 598 participants |



2019 CHNA approval

This community health needs assessment was adopted on 10/17/19 by the Adventist Health System/West Board of Directors. The final report was made widely available on December 31, 2019.

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To request a copy, provide comments or view electronic copies of current and previous community health needs assessments or community benefit implementation strategies, please visit the Community Benefits section on our website at <https://www.adventisthealth.org/about-us/community-benefit/>

Appendix A: Qualifications of Consultants

HC2 Strategies, Inc. is a strategy consulting company that works with health systems and hospitals, physician groups, communities and other non-profit organizations across the country to connect and transform the health and well-being of their communities. They work to integrate the clinical and social aspects of community health to improve equity and reduce health disparities.

Laura Acosta, MPH, HC2 Strategies, Inc.

Laura Acosta has experience in healthcare administration, community-based activities, faith communities, and healthy communities initiatives. She provides leadership to various community-based activities focused on improving the quality of life for Inland Empire, California residents. She has extensive knowledge and experience with community benefits, community health needs assessments, and community health plans. Ms. Acosta earned her bachelor degree in Business Administration, and a Master in Public Health from Loma Linda University with a focus in policy and leadership. She has been involved in leadership programs with the Inland Empire Economic Partnership and Healthcare Executives of Southern California, and has been actively involved in experience design.

Jaynie Boren, HC2 Strategies, Inc.

Jaynie is a strategy and business development executive with more than 25 years of progressive leadership responsibility in planning, growing market share, creating new revenue opportunities, and facilitating relationships and joint ventures for independent hospitals, major integrated healthcare delivery systems and tertiary medical centers.

She has the ability to bring individuals with diverse interests together to achieve corporate and business objectives. Jaynie is an executive that can bring together her outstanding market research, planning, marketing, strategy, project development, implementation, and relationship building skills. She has documented success in building strategic plans and working with teams to assure implementation of goals.

James A. Martinez, Ed.D., MPH

James earned a master's degree in epidemiology and a doctoral degree in health education from Columbia University, NY. He is a population health data expert using data to tell the community story. He teaches courses in database design, cartography and GIS applications in public health practice at Loma Linda University Health. He is also a program manager of Research and Evaluation at San Bernardino County Superintendent of Schools, where he assists with leadership and integrating interactive data systems.

He also works on a community-lead partnership with local government on developing a countywide health improvement framework, and asset mapping applications to promote networks of healthy communities and real-time community health management platforms for hospital emergency department visits and solutions for preventing readmissions.

Appendix B: Glossary of Terms

Ambulatory Care Sensitive Conditions (ACSC)

A set of 28 medical conditions/diagnoses "for which timely and effective outpatient care can help to reduce the risks of hospitalization by either preventing the onset of an illness or condition, controlling an acute episodic illness or condition, or managing a chronic disease or condition." Examples of ACSCs include:

- Angina
- Aspiration
- Asthma
- Cellulitis
- Congestive heart failure
- Constipation
- Convulsions/epilepsy
- COPD
- Dehydration and Gastroenteritis
- Dental conditions
- Diabetes complications
- Ear, nose and throat infections
- Gangrene
- Gastro-oesophageal reflux disease
- Hypertension
- Iron deficiency anemia
- Influenza
- Nutritional deficiencies
- Pelvic inflammatory disease
- Perforated/bleeding ulcers
- Pneumonia and other acute LRTI
- Tuberculosis and other vaccine preventable
- UTI/pyelonephritis

Benchmark

A benchmark is a measurement that serves as a standard by which other measurements and/or statistics may be measured or judged. A "benchmark" indicates a standard by which a community can determine whether the community is performing well in comparison to the standard for specific health outcomes.

Community Resources

Community resources include organizations, people, partnerships, facilities, funding, policies, regulations, and a community's collective experience. Any positive aspect of the community is an asset that can be leveraged to develop effective solutions.

Federal Poverty Level

The set minimum amount of gross income that a family needs for food, clothing, transportation, shelter and other necessities. In the United States, this level is determined by the Department of Health and Human Services and used to determine financial eligibility for certain federal programs. One can calculate various percentage multiples of the guidelines by taking the current guidelines and multiplying each number by 1.25 for 125 percent, 1.50 for 150 percent, etc. 150%, 200%, and 400% are included in the table below.

2019 Poverty Guidelines for the 48 Continental United States, Annual Salary

| Persons in Family/ Household Size | Poverty Guideline (Level) | 150% of the FPL | 300% of the FPL | 400% of the FPL |
|--------------------------------------|------------------------------|--------------------|--------------------|--------------------|
| 1 | \$12,490 | \$18,735 | \$37,470 | \$49,960 |
| 2 | \$16,910 | \$25,365 | \$50,730 | \$67,640 |
| 3 | \$21,330 | \$31,995 | \$63,990 | \$85,320 |
| 4 | \$25,750 | \$38,625 | \$77,250 | \$103,000 |
| 5 | \$30,170 | \$45,255 | \$90,510 | \$120,680 |
| 6 | \$34,590 | \$51,885 | \$103,770 | \$138,360 |
| 7 | \$39,010 | \$58,515 | \$117,030 | \$156,040 |
| 8 | \$43,430 | \$65,145 | \$130,290 | \$173,720 |

For families/households with more than 8 persons, add \$4,420 for each additional person.

2019 Poverty Guidelines for the 48 Continental United States, Monthly Salary

| Persons in Family/ Household Size | Poverty Guideline (Level) | 150% of the FPL | 300% of the FPL | 400% of the FPL |
|--------------------------------------|------------------------------|--------------------|--------------------|--------------------|
| 1 | \$1,041 | \$1,561 | \$3,123 | \$4,163 |
| 2 | \$1,409 | \$2,114 | \$4,228 | \$5,637 |
| 3 | \$1,778 | \$2,666 | \$5,333 | \$7,110 |
| 4 | \$2,146 | \$3,219 | \$6,438 | \$8,583 |
| 5 | \$2,514 | \$3,771 | \$7,543 | \$10,057 |
| 6 | \$2,883 | \$4,324 | \$8,648 | \$11,530 |
| 7 | \$3,251 | \$4,876 | \$9,753 | \$13,003 |
| 8 | \$3,619 | \$5,429 | \$10,858 | \$14,477 |

Federally Qualified Health Center

Federally Qualified Health Centers are community-based health care providers that receive funds from the Health Resources & Services Administration Health Center Program to provide primary care services in underserved areas. They must meet a stringent set of requirements, including providing care on a sliding fee scale based on ability to pay and operating under a governing board that includes patients. Federally Qualified Health Centers may be Community Health Centers, Migrant Health Centers, Health Care for the Homeless, and Health Centers for Residents of Public Housing.

Focus Group

A group of people questioned together about their opinions on an issue. For this CHNA, focus groups answered questions related to components of a healthy community and issues in their community.

Food insecurity

A lack of consistent access to food resulting in reduced quality, variety, or desirability of diet or multiple indications of disrupted eating patterns and reduced food intake.

Housing Cost Burden

Measures the percentage of household income spent on mortgage costs or gross rent. The US Department of Housing and Urban Development currently defines housing as affordable if housing for that income group costs no more than 30 percent of the household's income. Families who pay more than 30 percent of their income for housing are considered cost burdened; families who pay more than 50 percent of their income for housing are severely cost burdened.

Health indicator

A single measure that is reported on regularly and that provides relevant and actionable information about population health and/or health system performance and characteristics. An indicator can provide comparable information, as well as track progress and performance over time.

Healthy People 2020

Healthy People 2020 provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions, and measure the impact of prevention activities.

Housing Units with Substandard Conditions

Housing that poses a risk to the health, safety or physical well-being of occupants, neighbors, or visitors. Substandard housing increases risk of disease, crime, social isolation and poor mental health. Substandard housing is associated with one or more of the following conditions:

1. Is dilapidated;
2. Does not have operable indoor plumbing;
3. Does not have a usable flush toilet inside the unit for the exclusive use of a family;
4. Does not have a usable bathtub or shower inside the unit for the exclusive use of a family;
5. Does not have electricity, or has inadequate or unsafe electrical service;
6. Does not have a safe or adequate source of heat;
7. Should, but does not, have a kitchen; or
8. Has been declared unfit for habitation by an agency or unit of government.

Infant Mortality Rate

Expressed as a rate per 1,000 births, this is defined as the death of a child prior to its first birthday (should be read, for example, as 7.8 infant deaths for every 1,000 births).

Low Birth Weight

Expressed as a rate per 1,000 births, this refers to infants born with a weight between 1,500 and 2,500 grams or between 3.3 and 5.5 pounds. Very low birth weight infants are born with a weight less than 1,500 grams.

Prenatal Care

Adequacy of prenatal care calculations are based on the Adequacy of Prenatal Care Utilization Index (APNCU), which measures the utilization of prenatal care on two dimensions. The first dimension, adequacy of initiation of prenatal care, measures the timing of initiation using the month prenatal care began reported on the birth certificate. The second dimension, adequacy of received services, is measured by taking the ratio of the actual number of visits reported on the birth certificate to the expected number of visits. The expected number of visits is based on the American College of Obstetrics and Gynecology prenatal care visitations standards for uncomplicated pregnancies (1), and is adjusted for the gestational age at initiation of care and for the gestational age at delivery. The two dimensions are combined into a single summary index, and grouped into four categories: Adequate Plus, Adequate, Intermediate, and Inadequate.

- *Adequate Plus:* Prenatal care begun by the 4th month of pregnancy and 110% or more of recommended visits received.
- *Adequate:* Prenatal care begun by the 4th month of pregnancy and 80-109% of recommended visits received.
- *Intermediate:* Prenatal care begun by the 4th month of pregnancy and 50-79% of recommended visits received.
- *Inadequate:* Prenatal care begun after the 4th month of pregnancy or less than 50% of recommended visits received.

Primary Data

Primary data are new data collected or observed directly from first-hand experience. They are typically qualitative (not numerical) in nature. For this CHNA, primary data were collected through focus groups and key informant interviews.

Secondary Data

Data that has already been collected and published by another party. Typically, secondary data collected for CHNAs is quantitative (numerical) in nature (for example, data collected by a local or state department of health, the Centers for Disease Control and Prevention, or a state department of education).



Teen Birth Rate

Expressed as a rate per 1,000 births, this refers to the quantity of live births by teenagers who are between the ages of 15 and 19.

Appendix C:

Data Sources

Annie E. Casey Foundation (2018). Kids Count Data Center.

Retrieved from <https://datacenter.kidscount.org/>.

CARES Engagement Network (2019) CARES CHNA Report.

Retrieved from <https://engagementnetwork.org/assessment/>.

Feeding America, Map the Meal Gap, 2016,

Retrieved from <http://map.feedingamerica.org/>

National Income Low Housing Coalition, Out of Reach 2018: Oregon,

<https://reports.nlihc.org/or/california>

Regional Health Assessment & Regional Health Improvement Plan 2019. Region includes:

Clatsop, Columbia, and Tillamook Counties.

Robert Wood Johnson Foundation, County Health Rankings and Roadmaps, 2019,

Retrieved from <http://www.countyhealthrankings.org>

Appendix D: Description of Key Informants and Focus Groups

This assessment would not have been possible without input from our community. This section outlines the community leaders that served as key informants for this assessment, as well as a description of the focus groups convened.

- 124 total participants
- 3 focus groups (total of 26 focus group participants)
- 17 key informants
- 81 online survey responses

Description of Focus Groups

2019 Focus Group

| Organization | Location | Populations Served | Language |
|---|---------------------------------------|--------------------------|----------|
| Community Action Resource Enterprises (CARE) | 2310 1st St #2 Tillamook, OR 97141 | Homeless/older adults | English |
| North County Food Bank | 278 Rowe St. Wheeler, OR 97147 | Food insecure/low income | English |
| Christ's Hands in Loving Devotion (CHILD) United Methodist Church | 36050 10th St. Nehalem, OR 97131 | General community | English |

Description of Key Informants

2019 Key Informant

| | |
|--------------------------|-----------------------|
| Name | Allen Evans |
| Title | Project Coordinator |
| Organization | Helping Hands |
| Population Served | Homeless & Addictions |

| | |
|--------------------------|--|
| Name | Barbra McCann |
| Title | Executive Director |
| Organization | North County Recreation District - Nehalem |
| Population Served | Community at large |

| | |
|--------------------------|------------------------------------|
| Name | Bill Hatton |
| Title | Project Coordinator |
| Organization | Tillamook County Veterans Services |
| Population Served | Veterans |

| | |
|--------------------------|------------------------------------|
| Name | Chris McClure |
| Title | Family Navigator |
| Organization | Tillamook Family Counseling Center |
| Population Served | Tillamook County residents |

| | |
|--------------------------|-----------------------|
| Name | Dr. Ross Tomlin |
| Title | President |
| Organization | Tillamook Bay College |
| Population Served | Higher Education |

| | |
|--------------------------|--------------------|
| Name | Erin Skaar |
| Title | Executive Director |
| Organization | Helping Hands |
| Population Served | Homeless/Houseless |

| | |
|--------------------------|------------------------------|
| Name | Kaylon Sisco |
| Title | Executive Director |
| Organization | Tillamook County Family YMCA |
| Population Served | Families |

| | |
|--------------------------|--|
| Name | Kim Lyon |
| Title | Administrator |
| Organization | NW Regional Education Service District |
| Population Served | Children with special needs |

| | |
|--------------------------|--------------------------------------|
| Name | Melissa Carlson-Swanson |
| Title | Executive Director or Branch Manager |
| Organization | Tillamook County Food Bank |
| Population Served | Food Insecurity |

| | |
|--------------------------|--|
| Name | Michelle Jenck |
| Title | Project Coordinator |
| Organization | Tillamook County Health - Tillamook Co. Wellness Project |
| Population Served | Chronic Disease Prevention |

| | |
|--------------------------|----------------------------------|
| Name | Misty Wharton |
| Title | Superintendent |
| Organization | Nestucca Valley School Dist. #56 |
| Population Served | School age children |

2019 Key Informant


| | |
|--------------------------|------------------------------|
| Name | Molly Sappington |
| Title | School Resource Coordinator |
| Organization | Tillamook School District #9 |
| Population Served | School age children |

| | |
|--------------------------|--|
| Name | Nancy Knopf |
| Title | Community Health Partnership Manager |
| Organization | Columbia Pacific Coordinated Care Organization |
| Population Served | Medicaid patients |

| | |
|--------------------------|------------------------------|
| Name | Paul Erlebach |
| Title | Superintendent |
| Organization | Neah-Kah-Nie School District |
| Population Served | Homeless & Addictions |

| | |
|--------------------------|--|
| Name | Paul Erlebach |
| Title | Rockaway Beach |
| Organization | North County Recreation District - Nehalem |
| Population Served | Community at large |

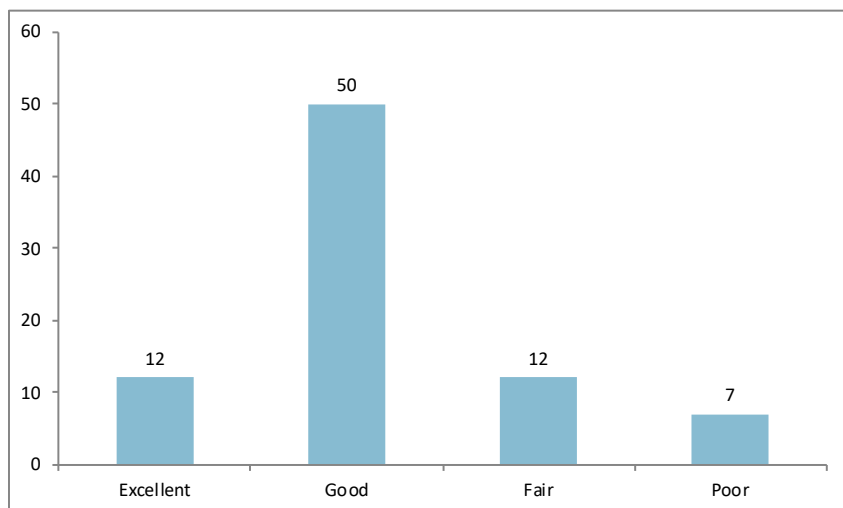
| | |
|--------------------------|--|
| Name | Sarah Beaubien |
| Title | Director of Sustainability & Corporate Stewardship |
| Organization | Tillamook County Creamery Assoc. |
| Population Served | Residents & Tourists |



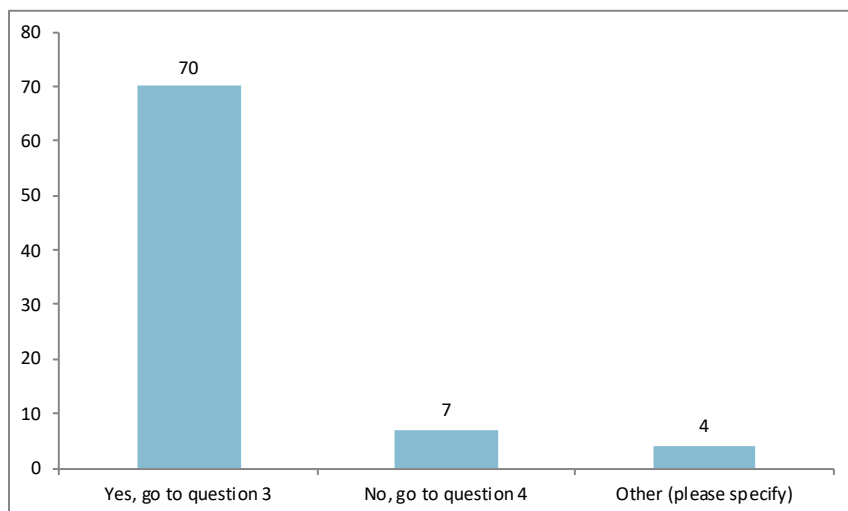
| | |
|--------------------------|---------------------------------|
| Name | Stacie Zuecher |
| Title | Branch Manager |
| Organization | NW Senior & Disability Services |
| Population Served | Seniors & Disabled |

Appendix E: Survey Results

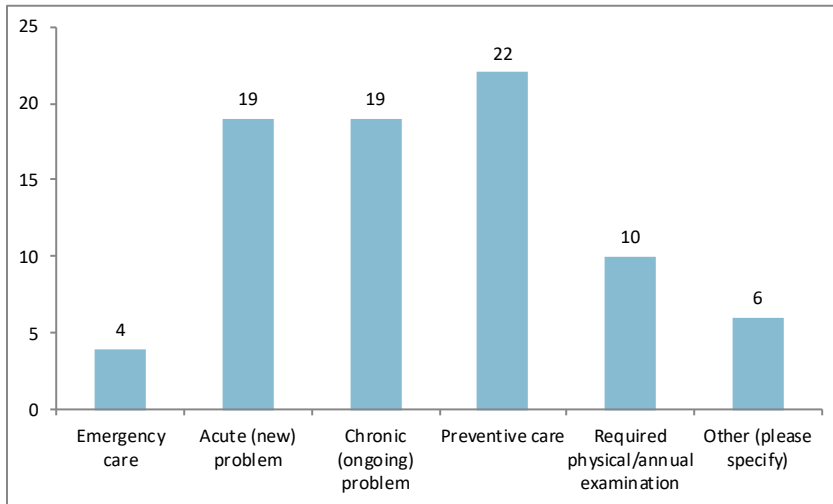
Would you say that, in general, your physical health is:



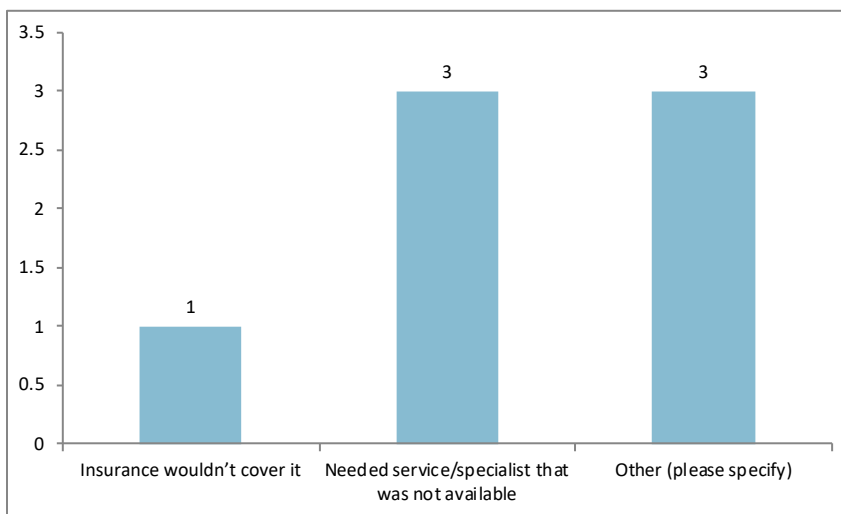
Have you needed health care in the last 12 months and were you able to receive it?



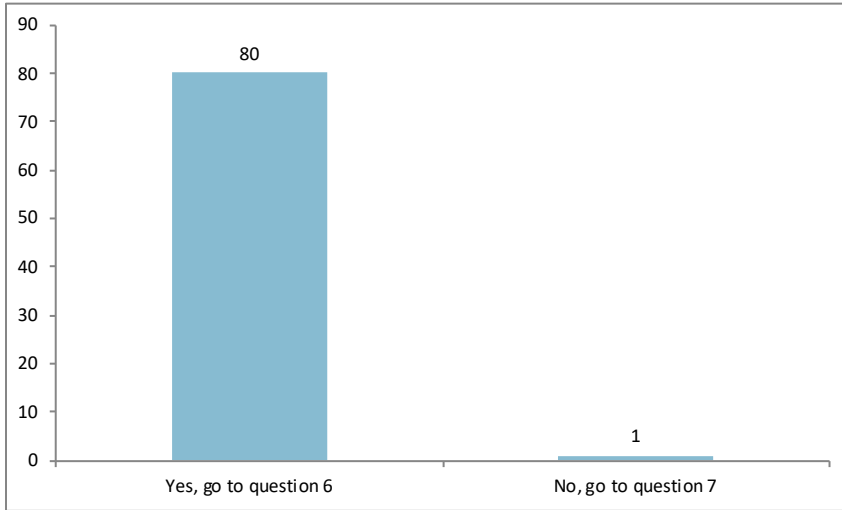
If yes, what was the primary reason for your most recent visit? (Mark only one)



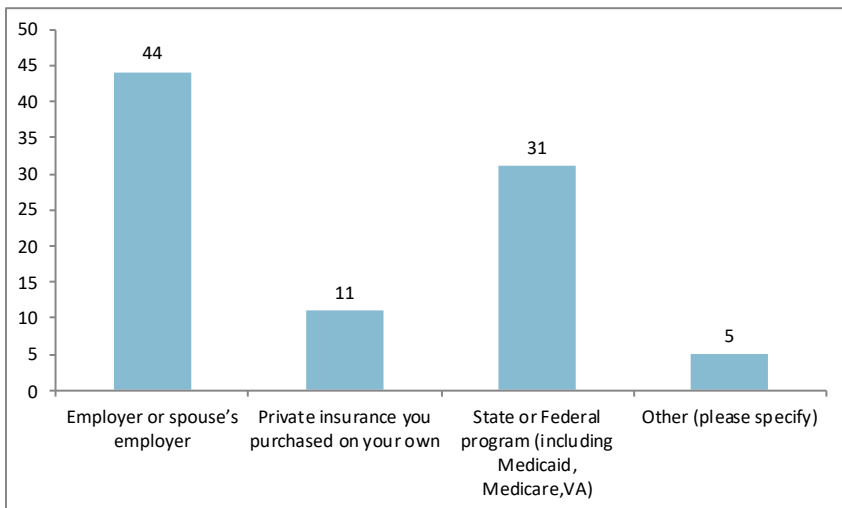
If no, why couldn't you receive it? (Mark all that apply)



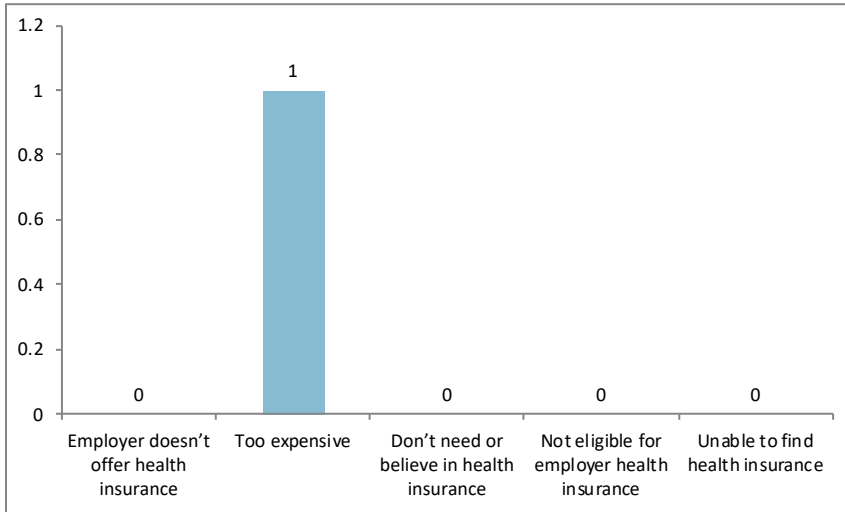
Do you have health insurance?



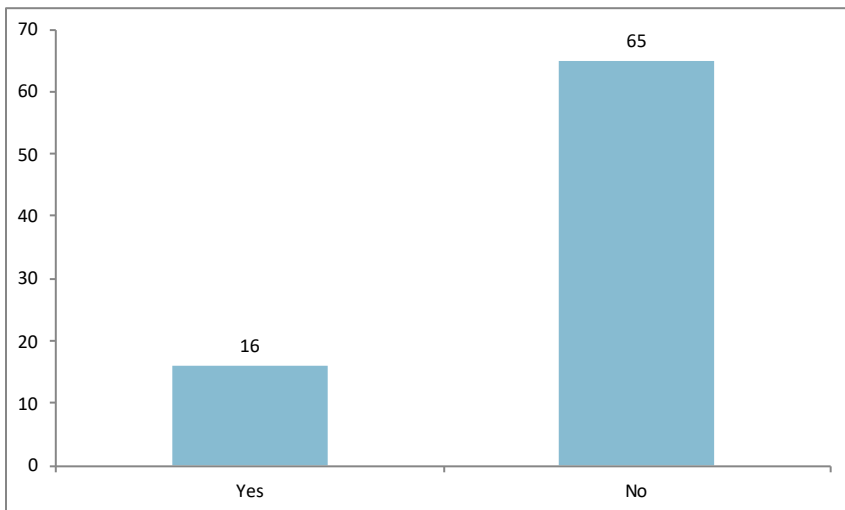
If yes, where do you get your health insurance coverage?



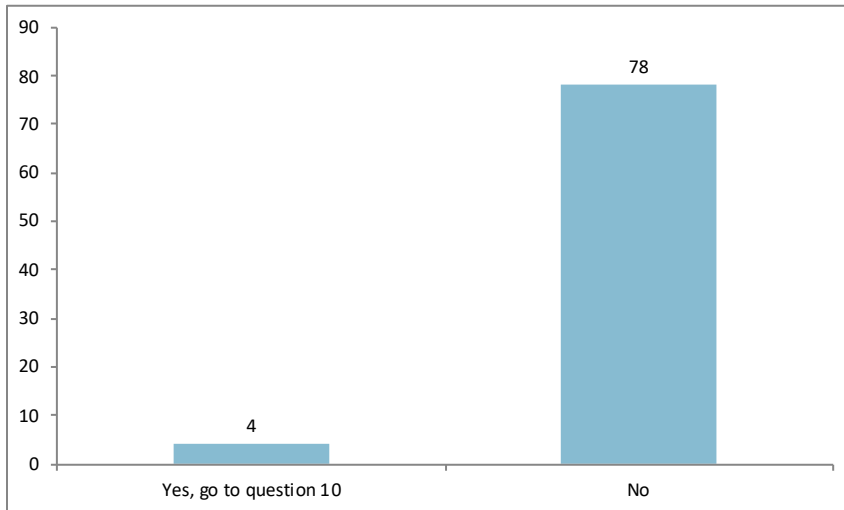
If no, why not? (Mark all that apply)



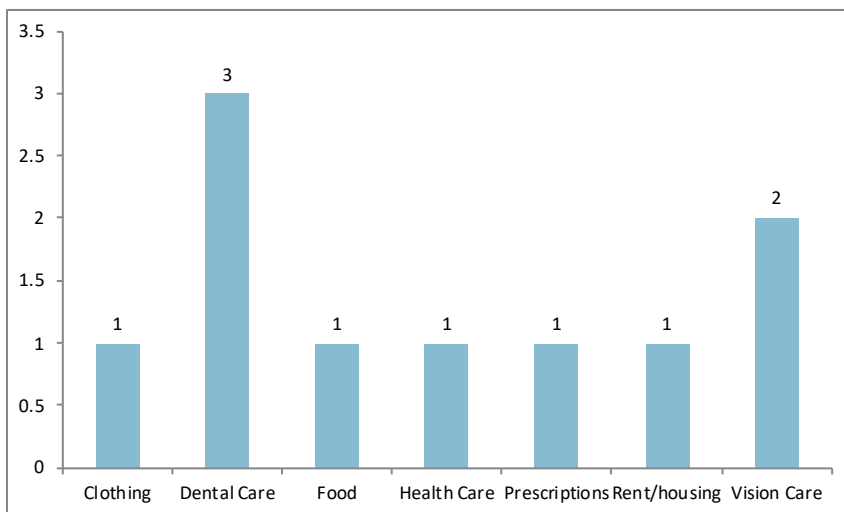
In the last 12 months, have you needed mental health services (counseling or other help)?



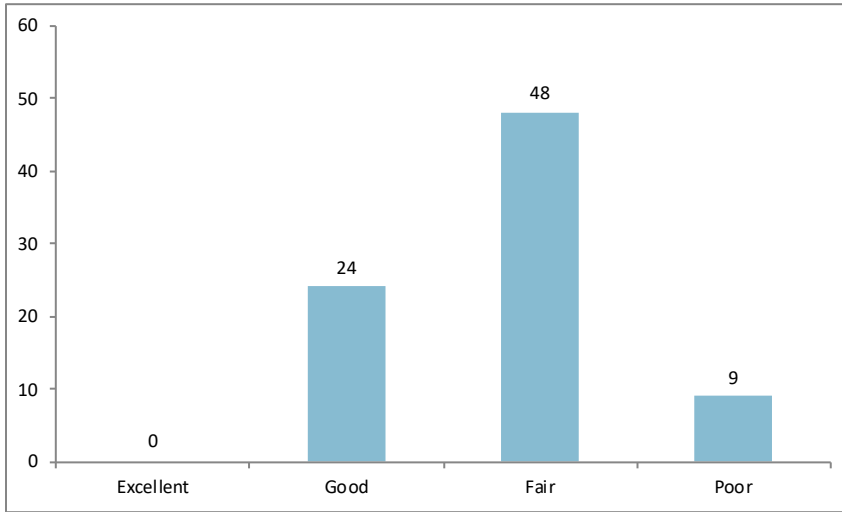
In the last 3 months, did you or your family have to go without basic needs such as food, utilities, or clothing?



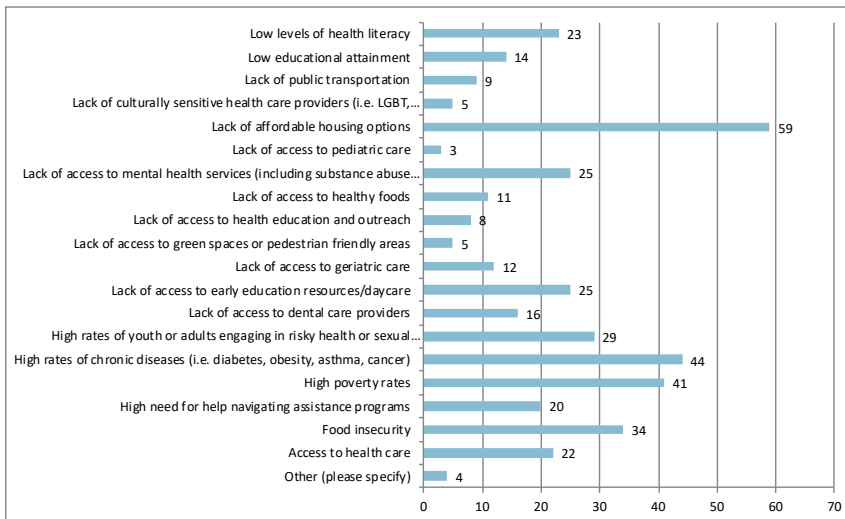
If yes, what did you go without? (Select all that apply)



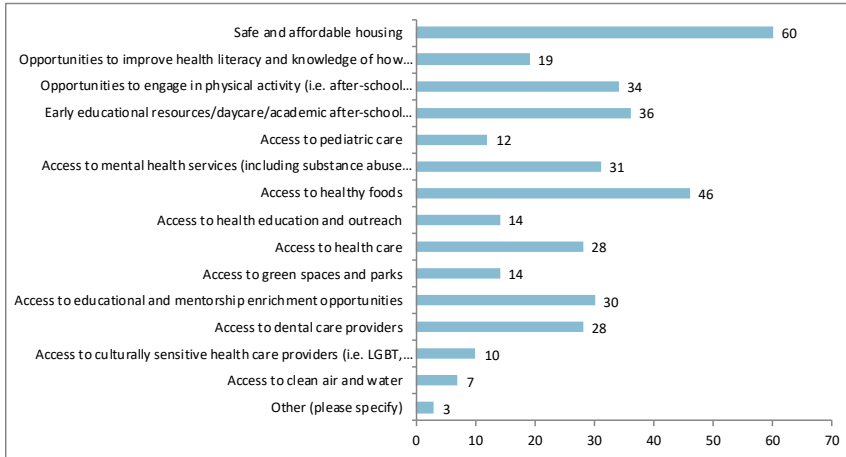
How would you rate the health of your community?



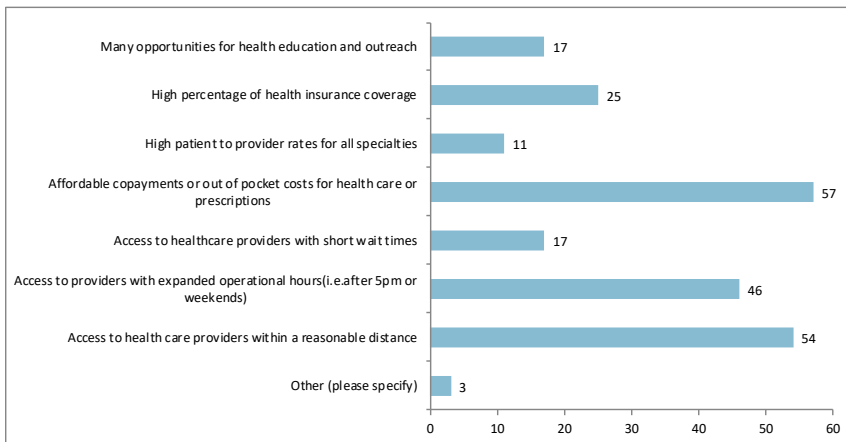
What do you believe are the top 5 health or social issues in your community?



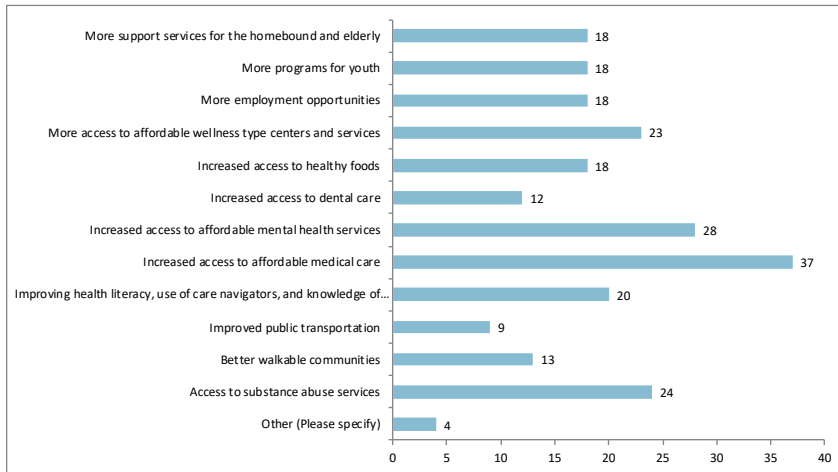
What do you believe are the top 5 greatest needs of children in your community?



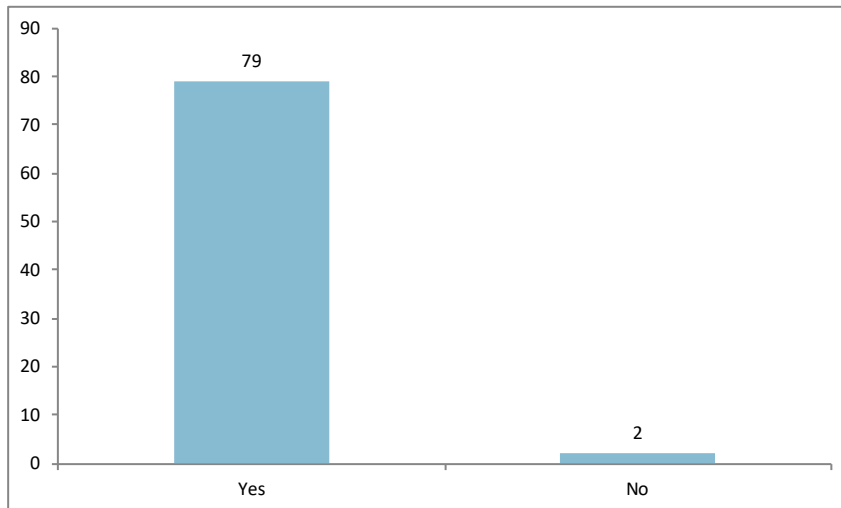
What do you believe are aspects from a hospital perspective that contribute to people’s health in a positive way? (Select the top 3)



What do you believe are ways to improve people's health in your community? (Please select the top 3)



Do you live in Tillamook County?



Appendix F: Asset Inventory and Community Resources

Education — Early Childhood Education

| | |
|---------------------|--|
| Organization | Northwest Regional Education Service District |
| Address | Clatsop County 3194 Marine Drive, Astoria, OR 97103 Columbia County 800 Port Avenue, St. Helens, OR 97051 Tillamook County 2515 3rd Avenue, Tillamook OR 97141 Washington County 5825 NE Ray Circle, Hillsboro OR 97124 |
| Phone | (503) 614-1428 |
| Website | http://www.nwresd.org/ |
| Services | Birth to Age 5 (education services for children starting at 3), autism services, free screening and evaluation of child (early childhood exams), posts emergency closure information or flash alerts, children garden, grants for children with severe vision, homeschool registration, GED testing, HS registration, Medicaid Claiming, Outdoor classes |

| | |
|---------------------|--|
| Organization | Tillamook Early Learning Child Care Center, INC |
| Address | 1100 Miller Ave., Tillamook, Oregon |
| Phone | (503) 842-5730 |
| Website | http://www.tillamookelc.org/ |
| Services | Focus on kindergarten readiness, flexible drop-off and pick-up times, quality, qualified teachers, on-going focus on wellness, healthy life habits and manners |

| | |
|---------------------|--|
| Organization | Head Start Child and Family Development Program |
| Address | 1100 Miller Ave, Tillamook, OR 97141 |
| Phone | (503) 842-5180 |
| Website | http://www.nworheadstart.org/tillamook.html |
| Services | A free family-focused child development program that addresses literacy, social services, nutrition and health for children from poverty-level families. |

Education — Post-Secondary Institutions

| | |
|---------------------|---|
| Organization | Clatsop Community College |
| Address | 1651 Lexington Ave., Astoria, OR 97103 |
| Phone | (503) 325-0910 |
| Website | https://www.clatsopcc.edu/ |
| Services | Workforce training, communication & listening skills for professionals, COASST beached bird training, flagger training, tsunami safe: hospitality begins with safety, food handlers training for Spanish speakers, honors program, summer programs, online programs |

| | |
|---------------------|---|
| Organization | Tillamook Bay Community College |
| Address | 4301 3rd St, Tillamook, OR 97141 |
| Phone | (503) 842-8222 |
| Website | http://www.tbcc.cc.or.us/ |
| Services | Adult education services, community education, small business development center, English for speakers of other languages, TBCC library, ED2GO online classes |

Emergency Food, Food Rescue Programs

| | |
|---------------------|---|
| Organization | Community Action Resource Enterprises (CARE, Inc) |
| Address | 2310 1st St. Suite 2, Tillamook, OR 97141 |
| Phone | (503) 842-5261 |
| Website | http://www.careinc.org/ |
| Services | Emergency assistance (emergency food, assistance with prescriptions, rent and energy bills, gas vouchers), assisted living (homeless services), support for first-time parents, assisted living facilities and community development projects |

| | |
|---------------------|---|
| Organization | Oregon Food Bank (OFB)- Tillamook County Services |
| Address | 1760 Wilson River Loop, Tillamook, OR 97141 |
| Phone | (503) 842-3154 |
| Website | http://www.oregonfoodbank.org/our-work/ofb-branches/ofb---tillamook-county-services?c=131000730877554099 |
| Services | Tillamook County Services distributes food to 30 hunger-relief agencies and programs throughout the county Senior Programs provide monthly surplus groceries and helpful newsletters to low-income seniors in partnership with Meals on Wheels and NWSDS. |

| | |
|---------------------|---|
| Organization | Food, Education, Agriculture Solutions Together |
| Address | Oregon Food Bank PO Box 55370, Portland, OR 97238 |
| Phone | (503) 703-2198 |
| Website | http://www.oregonfoodbank.org/our-work/building-food-security/community-programs/feast |
| Services | Allow participants to engage in an informed and facilitated discussion about food, education and agriculture in their community and begin to work toward solutions together to help build a healthier, more equitable and more resilient local food system. |

| | |
|---------------------|---|
| Organization | North County Food Bank - Nehalem |
| Address | 22885 Foss Rd, Nehalem, Oregon, 97131 |
| Phone | (503) 368-7724 |
| Website | http://www.foodpantries.org/li/north-county-food-bank-nehalem |
| Services | Food bank for homeless/ emergencies |

Employment Services

| | |
|---------------------|---|
| Organization | Marie Mills, Inc. |
| Address | 1800 Front Street, Tillamook, OR 97141 |
| Phone | (503) 842-2539 |
| Website | http://mariemillscenter.com/ |
| Services | Training and support to intellectually disabled individuals so they can live and work as normal of a manner as possible, provides employment, day support activities, 24-hour residential care programs, transportation services, family support, and other individualized services |

| | |
|---------------------|---|
| Organization | Oregon Employment First, Tillamook County EF Team |
| Address | N/A |
| Phone | (503) 842-7873 |
| Website | http://oreempfirst.azurewebsites.net/local/tillamook-county-ef-team/ |
| Services | Partnerships with vocational programs, referrals, partnerships with local schools to gain access to community jobs, vocational rehabilitation |

| | |
|---------------------|--|
| Organization | Tillamook Family Counseling Center |
| Address | 906 Main Ave., Tillamook, OR 97141 |
| Phone | 503) 842-8201 Ext. 273 |
| Website | http://www.tfcc.org/supported_employment.htm |
| Services | Supported employment program, assistance from employment specialist for individuals receiving mental health services |

| | |
|---------------------|---|
| Organization | WorkSource Oregon |
| Address | 2101 5th Street, Tillamook, OR 97141 |
| Phone | (503) 842-4488 |
| Website | http://worksourceoregon.org/home/worksourcecenters/252-tillamook |
| Services | Job seeking resources, training for careers and jobs |

Disaster Services

| | |
|---------------------|--|
| Organization | Medical Reserve Corps of Nehalem Bay |
| Address | P.O. Box 40 Manzanita, OR 97130 |
| Phone | (503) 368-7924 |
| Website | https://www.medicalreservecorps.gov/MrcUnits/UnitDetails/1965 |
| Services | Provide backup/surge capacity for local clinics, provide medical support for emergency shelters, earthquake/tsunami relief in North Tillamook County |

| | |
|---------------------|--|
| Organization | Tillamook County Emergency Communications District |
| Address | PO Box 9112311 3rd Street, Tillamook, OR 97141 |
| Phone | (503) 842-3446 |
| Website | http://www.tillamook911.com/Natural_Disasters.html |
| Services | Plans on what to do during/after earthquake, tsunami, flood, high wind storm, rip tides, preparation before a natural disaster |

| | |
|---------------------|---|
| Organization | Tillamook County Emergency Management |
| Address | 5995 Long Prairie Road, Tillamook, OR 97141 |
| Phone | (503) 842-3412 |
| Website | http://www.co.tillamook.or.us/gov/EMGMGNT/ |
| Services | Emergency operations plans for evacuation, earthquake/tsunami, terrorism, disaster education/training |

| | |
|---------------------|--|
| Organization | Tillamook County United Way |
| Address | Tillamook County United Way, P.O. Box 476, Tillamook, Oregon 97141-0476 |
| Phone | (503) 812-8270 |
| Website | http://www.tillamookcountyunitedway.org/index.html#.htm |
| Services | Assists local victims of house fires and disasters. This emergency help may include meals, groceries, shelter, clothing, emergency home repairs and basic household items. |

Faith-based Organizations

| | |
|---------------------|---|
| Organization | Beaver Community Church |
| Address | 24675 U.S. 101 S, Beaver, OR 97108 |
| Phone | (503) 398-5508 |
| Website | http://www.beavercommunitychurch.com/ |
| Services | Sunday School for all ages (song and prayer), bible teachings, potluck fellowship |

| | |
|---------------------|--|
| Organization | Calvary Bible Church |
| Address | 560 Laneda Ave, Manzanita, OR 97130 |
| Phone | (503) 368-5202 |
| Website | http://www.calvarymanzanita.org/ |
| Services | Youth groups, worship service, children's church, coffee, Sunday school, nursery, evening meals and services, mom's group, men's breakfast, sewing circle, adult bible studies, international missions, good news club |

| | |
|---------------------|---|
| Organization | Covenant Community Church |
| Address | 36563 Pacific Coast Scenic Byway, Nehalem, OR 97131 |
| Phone | (503) 368-5540 |
| Website | https://sites.google.com/site/covenantmanzanita/ |
| Services | Food stretchers class, worship practice, bible study, Sunday school, elder's meeting, mission offering |

| | |
|---------------------|---|
| Organization | Nehalem Bay United Methodist Church |
| Address | 11395 Evergreen Way PO Box 156, Nehalem, OR 97131-0156 |
| Phone | (503) 368-5612 |
| Website | http://www.umo.org/churchdetail/350539 |
| Services | Sunday mass, prayer, study groups |

| | |
|---------------------|--|
| Organization | Pacific Coast Bible Church |
| Address | 35220 Brooten Rd, Cloverdale, OR 97112 |
| Phone | (503) 965-7222 |
| Website | http://www.pacificcoastbiblechurch.com/ |
| Services | Sunday school for all ages, JR High and High School Youth Group, Adult Bible Studies, Ladies Bible Studies, leadership |

| | |
|---------------------|---|
| Organization | Rockaway Community Church |
| Address | 400 S 3rd Ave, Rockaway Beach, OR 97136 |
| Phone | (503) 355-2581 |
| Website | http://www.rockawaychurch.com/ |
| Services | Sunday morning Christian education classes, worship, bible readings, community breakfasts, picnics, festivals, potlucks, thanksgiving dinners |

| | |
|---------------------|---|
| Organization | Sacred Heart Parish |
| Address | 3910 SE 11th Ave. Portland, OR 97202 |
| Phone | (541) 779-4661 |
| Website | http://sacredheartmedford.org/ |
| Services | Living our faith (make sandwiches for homeless youth once a month, coffee and donuts social, bible studies, rosary guild, Sacred Heart School (Pre-K through 8th grade) |

| | |
|---------------------|---|
| Organization | St. John's United Church of Christ |
| Address | 602 Laurel Ave, Tillamook, OR 97141 |
| Phone | (503) 842-2242 |
| Website | http://stjohnsucc.embarqspace.com/ |
| Services | Raise funds for Tillamook County Women's Resource Center, collection of donation items, Sunday worship, arts and crafts for the youth |

| | |
|---------------------|---|
| Organization | St. Peter Lutheran Church |
| Address | 401 Madrona Avenue, Tillamook, OR 97141 |
| Phone | (503) 842-4753 |
| Website | http://stpeterlc-elca-tillamook.blogspot.com/p/home.html |
| Services | "4k for cancer" cyclists for college students, Sunday worship, community events: dinner and breakfast |

| | |
|---------------------|---|
| Organization | Tillamook Christian Center |
| Address | 701 Marolf Loop Rd, Tillamook, OR 97141 |
| Phone | (503) 842-6555 |
| Website | http://www.tillamookcc.com/index.php/component/content/?view=featured |
| Services | "The HOP" offer Low Rental rates for your Party or Event, bible readings, Sunday worship, part of the family of Tillamook Christian Ministerial Association |

| | |
|---------------------|---|
| Organization | Tillamook Seventh-day Adventist Church |
| Address | 2610 1st St, Tillamook, OR 97141 |
| Phone | (503) 842-7182 |
| Website | http://www.tillamookadventist.net/ |
| Services | Tillamook Adventist School, Sabbath school, worship services, fellowship meals, adventurers (program for children ages 4-9), community service (distribute clothes to those in need, accept donations), bible study, community speakers |

| | |
|---------------------|---|
| Organization | Tillamook United Methodist Church |
| Address | 3808 12th St, Tillamook, OR 97141 |
| Phone | (503) 842-2224 |
| Website | http://tillamookumc.org/ |
| Services | Faith quilters and crafters, charity drives, homeless feeding, social potlucks, bible studies, Parkinson's Support Group, Sunday worship, women socials |

Health Care

| | |
|---------------------|--|
| Organization | Bizeau Dentistry |
| Address | 2103 10th St, Tillamook, OR 97141 |
| Phone | (503) 842-5320 |
| Website | http://www.drbsiteau.com/ |
| Services | Dental hygiene, pediatric dentistry, sedation, X-ray, teeth extractions, gum health analysis, examination of soft tissue and teeth |

| | |
|---------------------|--|
| Organization | Sandcreek Dental |
| Address | 1115 Main Ave, Tillamook, OR 97141 |
| Phone | (503) 842-7788 |
| Website | http://tillamooksmiles.com/ |
| Services | Traditional implants, mini dental implants, implant-retained dentures, porcelain veneers, bonding or sculpting, white fillings, teeth whitening, orthodontics, Invisalign, oral sedation, nitrous oxide, IV sedation, X-rays |

| | |
|---------------------|--|
| Organization | Tillamook Bay Dental |
| Address | 2110 9th St, Tillamook, OR 97141 |
| Phone | (503) 842-7700 |
| Website | http://tillamookbaydental.com/ |
| Services | General dentistry, routine endodontic treatment, and extractions, crowns, bridges, partials, and dentures, use a local lab general dentistry, X-rays, dental hygiene |

| | |
|---------------------|---|
| Organization | Rinehart Clinic & Pharmacy |
| Address | 230 Rowe St, Wheeler, OR 97147 |
| Phone | (503) 368-5182 ; (800) 368-5182 |
| Website | http://www.rinehartclinic.org/ |
| Services | Primary care, family care, integrated behavioral health, naturopathic medicine, acupuncture, well-child exams, women's health, immunizations, on-site lab services, home health visits, addiction counseling, SMART recovery, mental health counseling (children, adolescents, individual, family, couples), medication assisted treatment, outreach and enrollment, ScreenWise Program for breast cancer, cervical cancer, and genetics services, retail pharmacy, sliding scale discount, 24-hour on-call availability, health insurance assistance, equipo bilingue. |

| | |
|---------------------|--|
| Organization | Coastal Health Center |
| Address | 216 Cedar Ave, Tillamook, OR 97141 |
| Phone | (503) 842-3661 |
| Website | https://www.adventisthealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=8717 |
| Services | Adolescent healthcare, case management, dental care referrals, discount pharmacy services, geriatric healthcare, immunizations, laboratory services, men's healthcare, mental health referrals, patient education, pediatric healthcare, physicals |

Health Education

| | |
|---------------------|--|
| Organization | Tillamook County Women's Resource Center |
| Address | 1902 2nd St, Tillamook, OR 97141 |
| Phone | (503) 842-9486 |
| Website | http://www.tcwrc.net/ |
| Services | End stalking, and domestic and sexual violence by offering education, prevention, and outreach programs. 24-hour crisis intervention, safety planning, emergency shelter, food, clothing and transportation, peer counseling, advocacy support groups, information and referral, civil legal assistance. |

| | |
|---------------------|--|
| Organization | Tillamook County Futures Council |
| Address | PO Box 6, Nehalem, OR 97131 |
| Phone | (503) 701-1235 |
| Website | http://www.tillamookfutures.org/ |
| Services | Community members engage in setting benchmarks for Tillamook County. The annual county fair is set up to survey the residents of the area. Visioning process resulted in six areas of the Strategic Vision: Growth and Development, Natural Environment Economy, Society & Culture, Youth & Education Health, and Human Services |

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| Organization | Tillamook County United Way |
| Address | Tillamook County United Way, P.O. Box 476 Tillamook, Oregon 97141-0476 |
| Phone | (503) 812-8270 |
| Website | http://www.tillamookcountyunitedway.org/index.html |
| Services | Caring for kids, promotion of health and wellness, promote self-sufficiency |

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| Organization | Tillamook County WIC |
| Address | 801 Pacific Avenue, Tillamook, OR 97141 |
| Phone | 503-842-3943 |
| Website | http://www.co.tillamook.or.us/gov/health/PublicHealth/WIC.htm |
| Services | Nutrition education and supplemental program, access to nutritious foods, diet counseling |

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| Organization | Healthy Start of Tillamook |
| Address | 2310 1st St. Ste 2, Tillamook, OR 97141 |
| Phone | (503) 842-2773 |
| Website | http://www.careinc.org/services.htm |
| Services | Support for first-time parents to develop healthy, strong families |

Health and Safety—Fire

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| Organization | Bay City Fire Department |
| Address | 9390 4th St, Bay City, OR 97107 |
| Phone | (503) 377-0233 |
| Website | http://fire.bay-city.or.us/ |

Services

Bay City Fire Department provides fire protection and emergency medical services to the approximate 1,300 citizens of Bay City, Oregon. Bay City Fire Department is an all-volunteer fire department staffed with approximately 20 volunteer members. All volunteers complete in house and/or academy training on various firefighting and emergency response subjects. Many volunteers are also trained for various levels of emergency medical response. Training is also conducted in various technical response areas including rope rescue and hazardous material response.

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| Organization | Garibaldi Fire Department |
| Address | P.O. Box 675, Tillamook, OR 97141 |
| Phone | (503) 322-3635 |
| Website | http://www.ci.garibaldi.or.us/ps.html |
| Services | Provides fire protection and emergency medical services to the City of Garibaldi |

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|---------------------|---|
| Organization | Nehalem Bay Fire & Rescue District |
| Address | 36375 Hwy 101 North, Nehalem, OR 97131 |
| Phone | (503) 368-7590 |
| Website | http://www.nehalembayfirerescue.org/ |
| Services | Fire prevention, Insurance Services, Medical equipment (wheelchairs, walkers, crutches, a shower chair, and even a hospital bed), and fire hazard tips. Station 11 (37115 Hwy 53 Nehalem, OR 97131) and Station 13 (36375 Hwy 101 N. Nehalem, OR 97131) |

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| Organization | Nestucca Rural Fire Protection District |
| Address | 30710 US-101, Cloverdale, OR 97112 |
| Phone | (503) 392-3313 |
| Website | http://www.nrfpd.com/ |
| Services | Burn permits, outdoor burning guidelines, fire prevention, fire prevention training. Station 82 (35105 Brooten Road, Pacific City, OR 97135), Station 83 (20055 Blaine Road, Beaver, OR 97112), Station 84 (48000 HWY 101 South, Neskowin, OR 97149), Station 85 (20965 Sandlake Rd Cloverdale, OR 97112), Station 86 (32750 Upper Nestucca River RD Blaine, OR 97112), Station 87 (30710 U.S. 101, Cloverdale, Oregon, 97112) |

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| Organization | Netarts Oceanside Fire District |
| Address | 1235 5th St Loop W, Tillamook, OR 97141 |
| Phone | (503) 842-5900 |
| Website | http://www.netartsoceansidefire.org/ (currently being developed) |
| Services | Tillamook County Rotary Food Drive, Community Toy Drive, Fundraisers, and Fire prevention |

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| Organization | Rockaway Beach Fire Department |
| Address | P.O. Box 5, 276 Hwy 101 S. Rockaway Beach, OR 97136 |
| Phone | (503) 355-2291 |
| Website | http://rockawaybeachor.us/ |
| Services | Fire suppression, fire prevention, emergency medical services, rescues, and mutual aid to surrounding communities. Our personnel participate in hundreds of hours of specialized training. |

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|---------------------|---|
| Organization | Tillamook Fire District |
| Address | 2310 4th. Street, Tillamook, OR 97141 |
| Phone | (503) 842-7587 |
| Website | https://blog.tillamookfire.com/ |
| Services | Combination fire district with tremendous pride in their ability to provide progressive service to the communities within their area. Their mission is to save lives and property while minimizing impact to the environment. They provide a high-level of service while utilizing a small career staff and approximately fifty volunteers. |

Health and Safety—Public Health and Safety

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| Organization | Manzanita Police Department |
| Address | 165 S. Fifth Street, Manzanita, OR 9730 |
| Phone | (503) 368-7229 |
| Website | http://www.ci.manzanita.or.us/3Services/PublicSafety/publicsafety.html |
| Services | The Mission of the Rockaway Beach Police Department is to enforce laws and ordinances, maintain order, preserve civil rights of individuals and serve, in cooperation with the community, to minimize crime and the fear of crime while enhancing the quality of life for all persons. |

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| Organization | Tillamook County Health Department |
| Address | 801 Pacific Ave, Tillamook, OR 97141 |
| Phone | (503) 842-3900 |
| Website | http://www.co.tillamook.or.us/gov/health/ |
| Services | Preventive care, Acute care, Chronic care, Behavioral Healthcare, Minor emergencies, Health promotion and maintenance classes, Well-child care, Sports physicals, Pediatrics, Dermatology (skin care), Gerontology (senior health), 24-hour telephone access to Medical Provider, birth certificates, death certificates, flu vaccinations, health coverage |

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|---------------------|---|
| Organization | Tillamook County Sheriff's Office |
| Address | 5995 Long Prairie Rd, Tillamook, |
| Phone | (503) 842-2561 |
| Website | http://www.co.tillamook.or.us/gov/jail/default.htm |
| Services | Provides a number of law-enforcement services to the citizens of Tillamook County. Divisions include: jail, patrol/criminal, community corrections (parole and probation), predator sex offender notification, civil, emergency management, concealed handgun licenses, and mediation services. |

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|---------------------|---|
| Organization | Tillamook Police Department |
| Address | 207 Madrona, Tillamook, OR |
| Phone | (503) 842-2522 |
| Website | http://tillamookor.gov/police-department/ |

Services Tillamook Police Department is responsible for enforcing all city laws and ordinances within the Tillamook city limits. In addition, police department personnel work with the Tillamook County Sheriff's Department, the 9-1-1 Center and other first-responders in beneficial mutual aid relationships.

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| Organization | The Arc Tillamook County |
| Address | PO Box 232 Tillamook, OR 97141 |
| Phone | (503) 842-2398 |
| Website | http://www.thearctillamook.org/ |

Services Ensures the safety of individuals with intellectual and developmental disabilities who may be incapable of working by providing small cash grants.

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| Organization | Oregon State Police Department—Tillamook Worksite |
| Address | 5995 Long Prairie Road, Tillamook, OR 97141 |
| Phone | (503) 842-2899 |
| Website | http://www.oregon.gov/osp/pages/index.aspx |

Services The mission of the Department of Oregon State Police is to enhance livability and safety by protecting the people, property, and natural resources of the state.

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| Organization | US Coast Guard Station-- Tillamook Bay |
| Address | P.O. Box 167 One Coast Guard Way, Garibaldi, OR 97118-0167 |
| Phone | (503) 322-3531 |
| Website | http://www.uscg.mil/d13/sectcolvr/statillamookbay/tillamookbay.asp |

Services Station's crew protects life and property in over 2,000 square miles of the Pacific Ocean, 5 rescue boats, perform flood relief operation, fast response rescue craft capable of conducting operations in high seas, surf, and heavy weather environments.

Housing and Shelter Programs

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| Organization | Nehalem Bay House |
| Address | 3585 Tohl Avenue Nehalem, OR 97131 |
| Phone | (503) 368-6445 |
| Website | http://nehalembayhouse.org/ |
| Services | Assisted living community owned and operated by Community Action Resource Enterprises, Inc. (CARE), private apartments, medication administration, personal care, emergency and homeless services |

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| Organization | Nehalem Valley Care Center |
| Address | 280 Rowe St, Wheeler, OR 97147 |
| Phone | (503) 368-5171 |
| Website | http://nehalemcarecenter.com/ |
| Services | Nursing home for the elderly, well-balanced meals, caring qualified staff, treatment tailored to needs, housekeeping, laundry, transportation services, barbecues, holiday parties, movie nights, gardening opportunities |

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| Organization | Northwest Oregon Regional Housing Center |
| Address | 364 9th St, Suite A, Astoria, Oregon 97103 |
| Phone | (503) 325-8098 |
| Website | http://www.cat-team.org/nworhc/ |
| Services | Provides affordable housing opportunities for families of modest means living in Clatsop, Columbia and Tillamook Counties, Oregon. The regional housing center works to identify and stimulate innovative programs and services designed to make affordable housing opportunities more available for first-time homebuyers, current homeowners, renters, and the homeless. |

Income—Public Assistance Programs

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| Organization | Community Action Team Inc. (C.A.T.) |
| Address | 125 North 17th Street, St. Helens, OR 97051 |
| Phone | (503) 397-3511 |
| Website | http://www.cat-team.org/ |
| Services | Locally controlled, private, not-for-profit corporation, serving Columbia, Clatsop, and Tillamook Counties. Community Action Team's main focus is to mobilize resources and address the needs of the economically disadvantaged. C.A.T. currently serves over 16,000 persons annually. |

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| Organization | NorthWest Senior & Disability Services |
| Address | 917 S Bridge St, Keizer, OR 97303 |
| Phone | (866) 206-4799 |
| Website | http://www.nwsds.org/ |
| Services | Offers financial assistance to the elderly. Additional services include medical assistance, in-home and community-based services, senior meals, peer counseling, family caregiver support, Medicare counseling, Adult Foster Home licensing, and Adult Protective Services |

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| Organization | Oregon Department of Human Services, Self Sufficiency Office |
| Address | 4670 3rd Street, Tillamook, OR 97141 |
| Phone | (503) 842-4453 |
| Website | http://www.oregon.gov/DHS/ASSISTANCE/Pages/index.aspx |
| Services | Food and cash assistance, child care assistance, refugee services |

Mental Health Facilities and Services

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| Organization | Community Mental Health Program, Tillamook Family Counseling |
| Address | 906 Main Avenue Tillamook, OR 97141 |
| Phone | (503) 842-8201 |
| Website | http://www.tfcc.org/menhs.htm |
| Services | Counseling for individuals, couples, and families, group counseling, mental assessment & evaluation, 24 Hour Crisis Services, Outpatient Intervention, Recovery groups, assistance with daily life and life skills, crisis stabilization services |

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| Organization | Rinehart Clinic & Pharmacy |
| Address | 230 Rowe Street Wheeler, Oregon 97147 |
| Phone | (800) 368-5182 |
| Website | http://www.rinehartclinic.org/ |
| Services | Mental health counseling (children, adolescents, individual, family, couples) |

Recreation, Sports, Leisure, Athletics

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| Organization | Pacific City-Nestucca Chamber of Commerce |
| Address | PO Box 1078 Pacific City, Oregon, 97135 |
| Phone | (503) 392-4340 |
| Website | http://www.pcnvchamber.org/ |
| Services | Shop (building supply and hardware, galleries and shops, grocery stores), play (surfing, gliding, ATV, casino, fishing, horseback riding), dine (food and drink), accounting & legal (law offices), events (festivals) |

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| Organization | The Strong Women & People Programs at OSU Extension Office |
| Address | 2204 4th Street, Tillamook, OR 97141 |
| Phone | (503) 842-3433 |
| Website | http://extension.oregonstate.edu/tillamook/classes |
| Services | Strength training programs for middle-aged and older adults |

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| Organization | Tillamook Area Chamber of Commerce |
| Address | 3705 Highway 101, Tillamook, OR 97141 |
| Phone | (503) 842-7525 |
| Website | http://tillamookchamber.org/ |
| Services | Downtown shopping, cheese tasting, sightseeing, hiking, kayaking, surfing, fishing, camping, nightlife, bird watching, ATV riding, hotels and motels, RV camping |

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| Organization | Tillamook County Family YMCA |
| Address | 610 Stillwell Avenue, Tillamook, OR 97141 |
| Phone | (503) 842-9622 |
| Website | http://www.tillamookymca.org/programs/ |
| Services | Fitness, aquatics game room, walking/running track. |

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| Organization | Tillamook High School Sports & Activities |
| Address | 2605 12th St, Tillamook, OR 97141 |
| Phone | (503) 842-2566 x2325 |
| Website | https://www.familyid.com/programs/2015-fall-sports-and-activities-registration |
| Services | Sports and Activities |

Substance Abuse Services

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|---------------------|---|
| Organization | SOS Tillamook |
| Address | 906 Main Avenue, Tillamook, Oregon 97141 |
| Phone | (503) 842-8201 |
| Website | www.sostillamook.org |
| Services | Substance Use Prevention Resources, Addictions Recovery, Problem Gambling and Suicide Prevention Resources. Tillamook County Crisis Line Information. |

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| Organization | Tillamook Family Counseling Center |
| Address | 906 Main Avenue Tillamook, Oregon 97141 |
| Phone | (503) 842-8201 |
| Website | http://www.tfcc.org |
| Services | Substance Use Assessment and Treatment, DUI Assessment and Treatment, Peer Recovery Mentors, Relapse Prevention, Problem Gambling Treatment, Prevention and Community Education. |

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| Organization | Tillamook Serenity Club |
| Address | 5012 Third Street, Tillamook, Oregon 97141 |
| Phone | (503) 842-1115 |
| Website | http://www.tillamookserenityclub.com/ |
| Services | Alcoholics Anonymous meetings, Narcotics Anonymous Meetings, Gambler's Anonymous Meetings, Monthly Bunco Game day. |

Youth Development

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| Organization | 4-H Youth Development Program |
| Address | 2204 4th St Tillamook, OR 97141 |
| Phone | (503) 842-3433 |
| Website | http://extension.oregonstate.edu/tillamook/4h , http://oregon.4h.oregonstate.edu/ |
| Services | Community club, a project in areas such as animal science, communications, engineering, expressive arts, horticulture, home economics, natural resources, science, engineering & technology, shooting sports. |

Youth Development

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|---------------------|---|
| Organization | 4-H Youth Development Program |
| Address | 2204 4th St Tillamook, OR 97141 |
| Phone | (503) 842-3433 |
| Website | http://extension.oregonstate.edu/tillamook/4h , http://oregon.4h.oregonstate.edu/ |
| Services | Community club, a project in areas such as animal science, communications, engineering, expressive arts, horticulture, home economics, natural resources, science, engineering & technology, shooting sports. |

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| Organization | SOS Tillamook/Positive Youth Development Coalition |
| Address | 906 Main Avenue Tillamook, Oregon 97141 |
| Phone | (503) 842-8201 |
| Website | http://www.sosfillamook.org |
| Services | Prevention/treatment programs for youth, education for community/and parents regarding underage drinking, tobacco, and drug use |

