

Health Happenings

Spring: A lovely reminder of how beautiful change can be

WHAT'S INSIDE

- **Upcoming events - Youth Summit for Health & Popsicles in the Park**
- **Meet our new Youth Liaisons**
- **New breastfeeding resources**
- **Learn about National Public Health Week!**

Directors Message

Every year we celebrate National Public Health Week. This year is the 25th anniversary and the theme is *Looking Back, Moving Forward*. The Public Health Achievements in the 20th Century include vaccinations to reduce epidemic diseases, improved motor vehicle safety, improvement in infectious disease control, decline in death from cardiovascular disease, food safety, improvements in maternal and child health, and reduction of tobacco use – just to name a few.



This 25th anniversary is an opportunity to highlight some of the greatest public health successes and to celebrate what makes public health so vital. It's also a time to reflect on important lessons learned and also missed chances to improve health for all. As we look to the future, we're setting goals and working to ensure equity. Everyone deserves to live a long and healthy life in a safe environment. To make this possible, we must tackle the causes of poor health and disease risk among individuals and within our communities. Where we live work, worship and play affect each of us and can affect our health and life expectancy.

Crook County Health Department carries out Public Health actions every day to improve the lives of Crook County residents with our community partners and we can't do it without everyone's help. Within our communities, let's start new conversations and become advocates for positive change. Join us in celebrating Public Health Week and working towards a healthier Crook County.

Muriel DeLavergne-Brown
Public Health Director

2020 Youth Summit for Health

May 2nd & 3rd Brasada Ranch



High school and Middle School Students join us for a weekend at Brasada Ranch where you will build useful skills and knowledge to improve personal health and inspire community change.

3RD ANNUAL Popsicles in the Park

FRIDAY, MAY 29TH



FREE GAMES!
FREE POPSICLES!
BAG-TOSS TOURNAMENT!



This is an annual fundraiser for the Students Against Destructive Decisions chapter at CCHS. To participate in the bag toss tournament contact Stevie Dyal at 541.447.3260 or email sdyal@h.co.crook.or.us

CCHD hires four high school students as Youth Liaisons



Since 2017, CCHD hired youth liaisons to work directly with the prevention and health promotion team. Their work and partnership adds youth voice to projects and programs being implement to improve health outcomes among youth.

"This position has provided me with opportunities to do community outreach while improving my public speaking skills. In addition, I now see in what aspects our youth are struggling and what we can do as a community to help." - Deicy

Deicy is very active in her community and enjoys hiking with family and friends. She has been a volunteer with the health department through the Students Against Destructive Decisions (SADD) chapter at CCHS since her freshman year. Now a senior, Deicy applied to be a youth liaison because she wanted to better prepare herself for a career in healthcare.

Stormie is a senior at CCHS. On her free time she helps her family with their cattle business in Post/Paulina. She is interested in marketing and business and though the YL position would provide her with public speaking skills and practice creating marketing materials. She was right! In the short time she has been here Stormie has presented twice and continues to make great materials that promote tobacco-free properties.

Kindal is a sophomore at CCHS. On her free time she enjoys dancing, traveling, and being outdoors. Kindal is passionate about helping her peers and community maintain good health. She has been working to promote health services through classroom presentations at school. She is also working with health department staff to plan the 2nd Annual Youth Summit for Health which will occur in May.

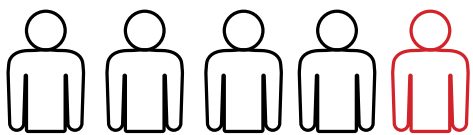
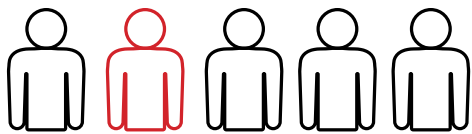
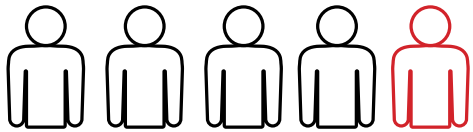
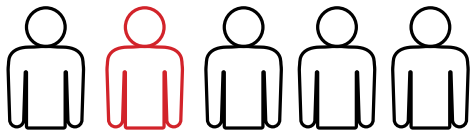


Cindy is a senior at CCHS. Cindy is passionate about helping others and is excited to be working on mental health promotion and suicide prevention. This is her second year as a youth liaison. She has been a dedicated member of SADD for two years where she has provided youth voice to policies and programs we are working on that impact youth, Her work as a youth liaison focuses on improving access to the school-based health center and conducting a wellness social media campaign.



National Public Health Week's Daily Themes

Monday: Mental Health - Advocate for and promote emotional well-being



1 in 5 Americans experience a form of mental illness.

Poor mental health doesn't just impact the individual: it has a ripple effect that touches families, communities and society overall [1]. Mental illness also affects 16.5% of youth ages 6-17. Suicide rates for children ages 10-14 have nearly tripled from 2007-2017 [2].

Crook County Health Department's work engages the community in suicide prevention and mental health promotion by providing classes and training to youth, parents, community members, and community leaders.

The classes we provide are:

- **Mental Health First Aid**
- **Question, Persuade, Refer (QPR)**
- **Apply Suicide Intervention Skills Training (Assist)**

CCHD provided Mental Health Training and outreach to 140 individuals in 2019, and several more across the region. If you would like to know when our next class is or are part of a group that would like to receive a training contact **Katie Plumb at 541.447.3260**



Oregon Problem Gambling Helpline:
1-877-MY-LIMIT or OPGR.ORG

Tuesday: Maternal & Child Health - *Ensure the health of mothers and babies throughout the lifespan*

Maternal child health focuses on the health and wellness of women and children. Topics include:

- Women & Mothers
- Perinatal & Infants
- Children
- Adolescents & Young Adults
- Children with special healthcare needs
- Nutrition

Maternal and child health is a public health priority because it impacts the health of future generations.

At Crook County Health Department, we offer services to promote and improve maternal and child health outcomes. We offer family planning services, reproductive health, immunizations, WIC, STD/STI testing and treatment. We also offer family support services through Babies First!, CaCoon, and Healthy Families of Oregon.



Crook County can now provide breastfeeding classes!



Breastfeeding is good for mothers and babies. As a child grows, the nutrition in breast milk changes to provide the child with what they need to be healthy and prosper. Breastfeeding is shown to reduce an infant's risk of Sudden Infant Death Syndrome (SIDS), as well as their risk of diabetes, obesity, and asthma later in life [3]. This is why it is recommended that mothers breastfeed for a minimum of 6 months; however, breastfeeding without proper support can be difficult which is why we are happy to announce that we can now offer classes and support for breastfeeding mothers!



Alyssa Colby, our perinatal care coordinator, is now an International Board Certified Lactation Consultant (IBCLC). Due to her hard work, we are now able to offer mothers local breastfeed classes. For more information contact Crook County Health Department 541- 447-5165



Wednesday: Violence Prevention – Reduce personal and community violence to improve health

Violence is a leading cause of premature death. About one in three women and one in four men has experienced some form of physical intimate partner violence [4]. In the last year, one in seven children reported being victims of child abuse and neglect, however the CDC reports that this is likely a low estimate. Violence affects people of all ages and races but has a disproportionate impact on young adults and communities of color [5].

As public health professionals, violence, injury and suicide prevention are a high priority. Crook County Health Department is offering bystander intervention training at the 2nd annual Youth Summit for Health. We also offer trauma-informed services in order to promote support for victims of violence while advocating for community-driven solutions to violence prevention that identify and target the root of violence.

Consented Kissing Booth

Each year the Students Against Destructive Decisions (SADD) hosts an event at the high school called the *Consented Kissing Booth*. This event takes place during Teen Dating Violence Awareness Month and has the purpose of educating teens on the importance of consent. Students have to ask for a kiss and then they are handed a Hershey's Chocolate Kiss. Students have information displayed about what a health relationship looks like versus an unhealthy relationship.



Violence prevention resources include:

National Sexual Assault 24-Hour Hotline:

1-800-656-HOPE (1-800-656-4673)

National Domestic Violence 24-Hour Hotline:

1-800-799-SAFE (1-800-799-7233)

National Dating Abuse Helpline:

1-866-331-9474

Youth line:

877-968-8491 or Text: teen2teen to 839863

School Based Health Center

(541) 447-5664



If you or someone you know is experiencing intimate partner violence, sexual assault, or sexual violence you can contact Saving Grace at (541) 382-9227.

Thursday: Environmental Health - Help protect and maintain a healthy planet



Environmental health focuses on the external factors that impact health. This includes:

- Clean air and safe place to socialize and play outside;
- Safe and affordable food;
- Clean and safe water supply; and
- Equitable access to sanitary and safe housing.

Making healthy choices is easier when specific stressors are removed. CCHD works locally and regionally to improve health equity by addressing environmental health issues that could make it more difficult for individuals to make healthy decisions which ultimately impact population health and health disparities [6].



Friday: Education - Advocate for quality education and schools

Crook County Health Department would like to congratulate Crook County High School for their 94.7% graduation rate for the 2018-2019 school year!



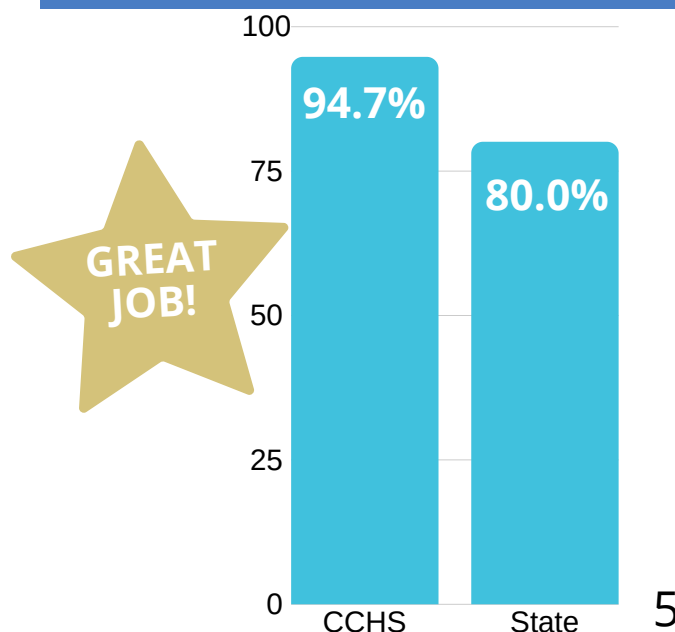
Education and health are closely related because education can impact job opportunities, income, and poverty rates. According to Healthy People 2020, for every year of high school a student completes, their overall lifetime income increases by 15%. There are many statistics proving that education influences health. High school graduates are shown to have:

- Increased average lifespan;
- Overall better health; and
- Lower medical costs.

According to a study conducted by the Robert Wood Johnson Foundation, American's with less education are more likely to have heart disease and diabetes. For example, in 2011, 15% of adults without a high school degree had diabetes, compared with 7 percent for college graduates [7].

Crook County Health Department is proud to partner with Crook County School District. Substance use and poor mental health are shown to negatively impact school performance, which is why we work with the school and students to reduce substance use and improve mental health outcomes,

Crook County High School graduation rates 2018-19 compared to the state



Saturday: Healthy Housing - *Ensure access to affordable and safe housing*



Safe and affordable housing is a concern for many families in Central Oregon. Crook County Health Department is able to help families in Central Oregon with housing concerns by connecting them to organizations that assist with housing and energy needs.

Housing Works is an organization that provides services such as: Section 8 Housing Choice and Veteran Affairs housing vouchers, family self-sufficiency programs and home ownership opportunities.

NeighborImpact has several programs that can help families with housing and energy needs. The Homesource program offers classes, coaching and programs to strengthen household finances and obtain, maintain and sustain home ownership. The Housing Stabilization program is a rental assistance program for those experiencing homelessness and at-risk families. NeighborImpact also has an energy assistance program that can help families pay for electricity, natural gas, propane and wood/pellets.

Sunday: Economics - *Advocate for economic empowerment as the key to a healthy life*

Economic stability is one of six social determinants of health. Economic stability entails:

- Employment;
- Income;
- Expenses;
- Medical Bills; and
- Support



Those with poor economic stability usually have worse health outcomes because it can cost money to be healthy. Those with higher income have more access to healthy food, better health insurance, living in safer housing and neighborhoods, and have less stress [8]. For example, Crook County has a higher percent of the population that is food insecure – meaning they have less access to grocery stores with healthy and affordable food. About 15% of Crook County's population is food insecure. Broken down by income, 89% of those living in poverty are food insecure, compared to 11% of those living above the poverty threshold [9].



The Women, Infants, and Children (WIC) program at CCHD serves about 700 families in Crook County. WIC provides children ages 5 and under, pregnant, and postpartum women access to healthy food and nutrition education.



Thank you for reading!
Keep a look out for our Spring Newsletter in March 2020

For additional information or
questions about this publication
please contact Katie Plumb

Sources 1-9

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