



Community Health Improvement Plan

2022

Table of Contents

Community Benefit Letter.....3

Community Health Needs Assessment / Prioritization Process4-5

Measurement for Success6

Health Priorities7

Mental Health.....8

Obesity/Nutrition/Physical Activity.....9

Women’s, Men’s & Infant Health10

Behavioral Health.....11

Resources 12



Brian Sims
President & CEO

In our Community Health Needs Assessment (CHNA), we take an in-depth look at the “health” of our region. This study measures acute and chronic diseases, behavioral health, accidents, health practices, lifestyles and preventative measures. This study breaks these findings into various cohorts: age, ethnicity, sex and economic factors.

Our CHNA serves as a guide in the development of Good Shepherd Health Care System’s Community Health Improvement Plan (CHIP) and our organization’s strategic plan. Our mission continues to drive our efforts in improving the health status of our communities in a manner that balances attention and resources between acute care and prevention/early intervention – where opportunities to improve quality of life and reduce healthcare costs are greatest.

GSHCS also recognizes the importance of identifying and addressing key social determinants of health in developing and maintaining a healthy community.

This year, our CHIP will focus on:

- Mental Health
- Obesity/Nutrition/Physical Activity
- Women’s, Men’s & Infant Health
- Behavioral Health

In FY 2020, GSHCS invested more than \$24 million in Community Benefit. We provided more than \$16 million in Subsidized Health Services and more than \$5 million in Charity Care.

Each of us play a significant role in improving health within our communities. Thank you for your interest in our CHNA, CHIP and the health and well-being of our area. We also welcome your comments and suggestions on ways that we may continue to improve the health status of everyone living within our region.

Thank you,

A handwritten signature in blue ink that reads "Brian Sims". The signature is stylized with a large "B" and a cursive "Sims".

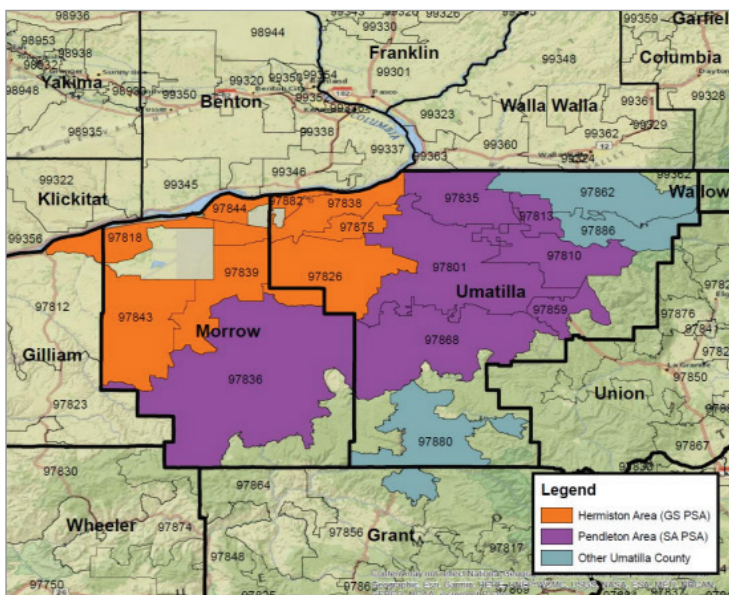
Brian Sims, MBA, FACHE
President & CEO
Good Shepherd Health Care System

Community Health Needs Assessment / Prioritization Process

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This assessment was conducted on behalf of Good Shepherd Health Care System (in collaboration with CHI St. Anthony Hospital) by PRC, a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994. This assessment incorporates data from multiple sources, including primary research (through the PRC Community Health Survey and PRC Online Key Informant Survey), as well as secondary research (vital statistics and other existing health-related data). It also allows for comparison to benchmark data at the state and national levels.

Community Defined for This Assessment

The community defined for this assessment, Umatilla/Morrow Counties, was determined based on the ZIP Codes of residence of recent patients of Good Shepherd Health Care System and CHI St. Anthony Hospital, is illustrated in the following map.



Sample Approach & Design

A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed a mixed-mode methodology was implemented. This included targeted surveys conducted by PRC via telephone (landline and cell phone) as well as a community outreach component promoted by Good Shepherd Health Care System and CHI St. Anthony Hospital through social media posting and other communications.

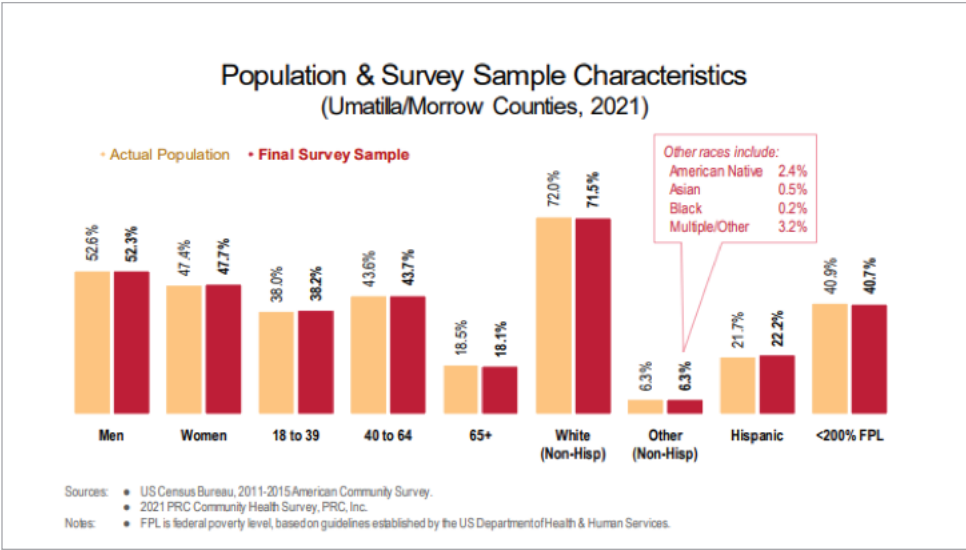
RANDOM-SAMPLE SURVEYS (PRC)

For the targeted administration, PRC administered 500 random-sample interviews by phone among the following strata: 252 surveys in the Hermiston Area; 206 in the Pendleton Area; and 42 in the Other Umatilla County area.

COMMUNITY OUTREACH SURVEYS (SPONSORING ORGANIZATIONS)

PRC also created a link to an online version of the survey, and Good Shepherd Health Care System and CHI St. Anthony Hospital promoted this link throughout the various communities in order to drive additional participation and bolster overall samples, yielding an additional 329 surveys to the overall sample.

In all, 829 surveys were completed through these mechanisms (475 in the Hermiston Area, 307 in the Pendleton Area, and 47 in the Other Umatilla County area). Once the interviews were completed, these were weighted in proportion to the actual population distribution so as to appropriately represent the service area as a whole. To solicit input from key informants, those individuals who have a broad interest in the health of the community, an Online Key Informant Survey also was implemented as part of this process. All administration of the surveys, data collection, and data analysis was conducted by PRC.



Prioritization Process

Prioritization of the health needs identified in this assessment was determined based on a prioritization exercise conducted among community stakeholders (representing a cross-section of community-based agencies and organizations) in conjunction with the administration of the Online Key Informant Survey. Utilizing the data collected from the Community Health Needs Assessment and this Prioritization process, Good Shepherd Health Care System developed an Implementation Strategy to address the significant health needs in the community. While all community health issues will not be addressed, the results of this prioritization exercise were used to inform the development of the 2022 Community Health Improvement Plan to guide community health improvement efforts in the coming years.

Measurement for Success

Good Shepherd Health Care System has selected four health priorities for the 2022 Community Health Improvement Plan: Mental Health; Obesity/Nutrition/Physical Activity; Women's, Men's & Infant Health; Behavioral Health. Each of these priority areas has detailed goals and objectives to guide Good Shepherd Health Care System's efforts for years to come. The purpose of these objectives are to improve the health of our community in statistically significant ways. Utilizing 2021 Community Health Needs Assessment baseline data, we will establish a trajectory of movement for each objective over the next three years. Good Shepherd Health Care System has developed these strategic goals & objectives to have the greatest impact within our community.

Each objective has associated measurements that will be tracked to ensure impactful, positive change. This data will then be reported to Good Shepherd's Executive Team and Board of Trustees, on a regular basis.

Good Shepherd Health Care System, in collaboration with community partners, strives to improve the health of our community, utilizing the 2022 Community Health Improvement Plan as our guide.

Health Improvement Priority Areas

Mental Health

**Obesity/Nutrition/
Physical Activity**

**Women's, Men's
and Infant Health**

Behavioral Health

Mental Health

Areas of Concern (CHNA Data):

1. In Umatilla/Morrow Counties, there were 20.7 suicides per 100,000 population (2017-2019 annual average age-adjusted rate).
2. 10.3% of survey respondents report that there was a time in the past 12 months when they considered taking their own life.
3. 23.0% describe their mental health as “fair” or “poor”.
4. One in four adults (24.9%) have been diagnosed by a physician as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

Goal(s):

1. By the time of the next CHNA, reduce rate of suicide by 15% in Umatilla/Morrow Counties.
2. By the time of the next CHNA, decrease the number of community members who report their mental health as “fair” or “poor” by at least 4%.

Objective(s):

1. By the end of FY 2025, GSHCS will expand access to mental health services by hiring a minimum of 1 mental health provider(s) to decrease the number of adults who report their mental health as “fair” or “poor” (23%).
2. By the end of FY 2025, GSHCS will launch a Mental Health Campaign within the community to educate on the importance of Mental Health and reducing the stigma; distribute 5000 pieces of education and offer at least 5 presentations utilizing a variety of multimedia outlets, with Spanish options available.

Key Partnerships:

Umatilla County Public Health, Oregon Washington health Network, Local Communities Health Partnership (LCHP), Community Counseling Solutions, Local School Districts, Greater Oregon Behavioral Health Inc. (GOBHI), Local Law Enforcement

Obesity/Nutrition/Physical Activity

Areas of Concern (CHNA Data):

1. A total of three in four Umatilla/Morrow County adults (76%) are overweight; 49.9% of adults are obese; 37.2% of children are overweight.
2. Only 27.4% of adults consume five or more servings of fruits/vegetables per day.
3. 16.0% of adults meet physical activity recommendations (as per the CDC).

Goal(s):

1. By the time of the next CHNA, reduce rate of overweight/obese adults in Umatilla/Morrow Counties by at least 4%.
2. By the time of the next CHNA, reduce rate of overweight/obese children in Umatilla/Morrow Counties by 10%.

Objective(s):

1. By the end of FY 2025, GSHCS will establish a metabolic and bariatric specialty service line to decrease the number of adults who are overweight/obese (76%).
2. By the end of FY 2025, GSHCS will offer a 25% increase in education resources and programs related to Obesity, Nutrition and Physical Activity, utilizing a variety of multimedia outlets.

Key Partnerships:

Umatilla County Public Health, Local Communities Health Partnership (LCHP), Euvalcree, Oregon State University SNAP Ed, Hermiston Parks & Recreation, Local Senior Centers, Local School Districts, Mirasol Family Health Center, Columbia River Health

Women's, Men's & Infant Health

Areas of Concern (CHNA Data):

1. Between 2017-2019, there was an annual average of 6.8 infant deaths per 1,000 live births in Umatilla/Morrow Counties.
2. Only 67% of women aged 21-65 have received a cervical cancer screening.
3. 53.1% of men aged 50 and over have received a test to check for prostate cancer in the past 2 years.

Goal(s):

1. By the time of the next CHNA, reduce the rate of infant deaths in Umatilla/Morrow Counties by 15%.
2. By the time of the next CHNA, increase the number of age-appropriate women receiving cervical cancer screenings to 73.8% or higher.
3. By the time of the next CHNA, increase the number of age-appropriate men receiving prostate cancer screenings to 63.2% or higher.

Objective(s):

1. By the end of FY 2025, increase prenatal patient education throughout all trimesters.
2. By the end of FY 2025, to increase the number of adults who receive cervical/prostate cancer screenings, GSHCS will integrate cervical cancer and prostate cancer screening questions into Epic to ensure all patients receive the appropriate referrals.

Key Partnerships:

Umatilla County Public Health, Local Communities Health Partnership (LCHP), Mirasol Family Health Center, Columbia River Health, Doulas Latinas, WIC

Behavioral Health

Areas of Concern (CHNA Data):

1. From 2017-2019, the age-adjusted mortality rate of those with Cirrhosis/Liver Disease is 19.4 (annual average deaths per 100,000).
2. Of all adults in Umatilla/Morrow Counties, 14.3% reported currently using some type of tobacco products, either regularly (every day) or occasionally (on some days).
3. 20.1% of adults report having ever been hit, slapped, pushed, kicked, or hurt in any way by an intimate partner.
4. 16.4% of adults in Umatilla/Morrow Counties report being forced or pressured into unwanted sexual activity.

Goal(s):

1. By the time of the next CHNA, reduce the mortality rate of those in Umatilla/Morrow Counties with Cirrhosis/Liver Disease by 15%.
2. By the time of the next CHNA, reduce the number of adults using tobacco products in Umatilla/Morrow Counties by at least 3%.
3. Decrease the number of adults reporting domestic/sexual violence in Umatilla/Morrow Counties.

Objective(s):

1. By the end of FY 2025, GSHCS will increase access to Behavioral Health services to reduce rates of tobacco/substance use and domestic/sexual violence.
2. By the end of the FY 2025, GSHCS will create policies regarding PDMP dashboard use and Doctor-patient opioid agreements.
3. GSHCS will integrate a systems model for intimate partner violence prevention in Epic starting in 2023.

Key Partnerships:

Umatilla County Public Health, Local Communities Health Partnership (LCHP), Domestic Violence Services Inc., Community Counseling Solutions, Oregon Washington health Network, Local Law Enforcement

Resources

Columbia River Health	450 Tatone St., Boardman, OR 97818	(541) 481-7212	https://www.crhclinic.net/
Community Counseling Solutions (CCS)	595 NW 11th St., Hermiston, OR 97838	(541) 567-2536	https://ccswebsite.org/
Domestic Violence Services Inc. (DVS)	PO Box 152, Pendleton, OR 97801	(541) 276-3322	www.dvs-or.org
Douglas Latinas	191 E Gladys Ave., Hermiston, OR 97838	(503) 901-6285	douglaslatinas.org/
Euvalcree	210 E Main St., Hermiston, OR 97838	(541) 567-1185	https://euvalcree.org/
Greater Oregon Behavioral Health Inc (GOBHI)	401 E 3rd St., Suite 101, The Dalles, OR 97058	(541) 298-2101	https://gobhi.org/
Hermiston Parks and Recreation	415 S Hwy 395, Hermiston, OR 97838	(541) 667-5018	https://www.hermiston.or.us/parksrec
Local Communities Health Partnership (LCHP)			
Morrow County Local Community Health Partnership	—	(541) 989-8232	—
Umatilla County Local Community Health Partnership	—	(541) 429-8833	—
LOCAL LAW ENFORCEMENT			
Hermiston City Police	330 S 1st St., Hermiston, OR 97838	(541) 567-5519	https://www.hermiston.or.us/
LOCAL SCHOOL DISTRICTS			
Hermiston School District	305 SW 11th St., Hermiston OR 97838	(541) 667-6000	https://www.hermiston.k12.or.us/
LOCAL SENIOR CENTERS			
Hermiston Senior Center	255 NE 2nd St., Hermiston, OR 97838	(541) 567-3582	https://www.hermiston.or.us/parksrec/page/harkenrider-senior-center
Mirasol Family Health Center	589 NW 11th St., Hermiston, OR 97838	(541) 567-1717	https://www.yvfwc.com/locations/mirasol-family-health-center/
Oregon State University SNAP Education	2411 NW Carden Ave., Pendleton, OR 97801	(541) 278-5403	https://extension.oregonstate.edu/umatilla https://extension.oregonstate.edu/morrow
Oregon Washington health Network (OWhN)	404 SE Dorion Ave., Suite 410, Pendleton, OR 97801	(541) 429-8844	https://www.owhn.org/
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	110 NE 4th St., Hermiston, OR 97838	(541) 667-2545	https://umchs.com/programs/wic/
Umatilla County Public Health (UCoHealth)	435 E Newport Ave., Hermiston, OR 97838	(541) 567-3113	https://ucohealth.net/