
**2019
COMMUNITY
HEALTH
NEEDS
ASSESSMENT**





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INTRODUCTION AND OVERVIEW

LETTER FROM THE CEO

Dear Grant County Resident:

On behalf of all involved in creating this 2019 Community Health Needs Assessment (CHNA), I invite you to review this document as we collaboratively strive to meet the health and medical needs in our county.

The 2019 CHNA process identifies local health and medical needs and the subsequent implementation plan communicates how Blue Mountain Hospital District (BMHD) plans to respond to the prioritized needs. This 2019 CHNA also reports the efforts regarding the four focus areas identified in the 2016 CHNA. Additionally, this document suggests areas where other local organizations and agencies might work with us to achieve desired improvements.

As you review this 2019 CHNA document, please consider how, together, we can further improve the health and medical services our area needs. BMHD does not have adequate resources to solve all the problems identified. Some issues are beyond the mission of BMHD, and action is best suited for a response by others. Some improvements will require personal actions by individuals rather than the response of an organization. We view this as a process for how we, along with other organizations and agencies, can collaborate to bring the best each has to offer to address the more pressing, identified needs.

We invite you to review the CHNA documents, provide feedback and join us in creating a healthier county. We all live and work in this county together, and our collective efforts can make living here a more enjoyable and healthier experience.

Thank you,

Derek Daly

CEO

Blue Mountain Hospital District



ABOUT BLUE MOUNTAIN HOSPITAL DISTRICT

Blue Mountain Hospital District (BMHD) is located in John Day, Oregon. The hospital was originally located in Prairie City and rebuilt in John Day in 1960. A new seven-million-dollar replacement facility began in 2001 opened to the public in August of 2003.

The facility is a 25-bed critical access hospital and includes a Family Practice Rural Health Clinic, a General Surgery Clinic and a Pain Management Clinic. In addition, BMHD operates Blue Mountain Care Center, a 40-bed intermediate care facility in Prairie City, a Home Health and Hospice agency and ambulance services.

MISSION, VISION, AND VALUES

OUR MISSION/PURPOSE (WHY WE'RE HERE.)

To provide quality healthcare close to home

OUR VISION (WHERE WE'RE GOING.)

Blue Mountain Hospital District will be the primary choice for compassionate, caring, quality healthcare

WE VALUE (HOW WE ACT.)

Integrity, trust, honesty, kindness, consideration, concern for the community, dignified, comfortable and competent patient care, patient safety and customer satisfaction

APPROVAL

BMHD Board of Directors approved and adopted the 2019 CHNA on June 27, 2019.

AVAILABILITY TO THE PUBLIC

This report will be made available to the public on the BMHD website, www.bluemountainhospital.org. Paper copies may be obtained at no charge from either Administration or the Public Relations department by calling 541-575-1311 or contacting the hospital at the following address.

Blue Mountain Hospital District, 170 Ford Road, John Day, Oregon 97845



ACKNOWLEDGEMENTS AND STEERING COMMITTEE

STEERING COMMITTEE

The CHNA steering committee established the methodology for conducting the CHNA and provided guidance and direction throughout the process.

The steering committee members included:

- Derek Daly, Chief Executive Officer
- Cameron Marlowe, Chief Financial Officer
- Jena Knowles, Foundation and Public Relations Director
- Jonie Jones, Care Center Administrator
- Karla Averett, BMHD Board member
- Kathryn Harter, Chief Nurse Officer
- Lori Lane, Compliance Officer
- Marcia Wasiluk, Strawberry Wilderness Community Clinic (SWCC) Director

CONSULTANTS

BMHD contracted with HealthTechS3 to assist in conducting the 2019 Community Health Needs Assessment. HealthTechS3 is a healthcare consulting and hospital management company based in Brentwood, Tennessee. HealthTechS3 principal consultants were Julie Haynes and Carolyn St.Charles. Jennifer Van Den Brink performed data collection, analysis, and formatting the report.



OVERVIEW OF PROCESS

The Affordable Care Act requires nonprofit hospitals to complete a community health needs assessment (CHNA) process every three years. While CHNAs are a recent requirement, community health assessments (CHAs) have long been used as a tool by hospitals, public health departments, and other social service agencies to identify key community health concerns. A CHNA is a systematic process involving the community to identify and analyze community health needs and assets, prioritize those needs, and then implement a plan to address significant unmet needs.¹ Upon completing the assessment, BMHD will develop implementation strategies to address the significant community health needs identified in the CHNA.

Community Health Needs Assessment Process Graph:



SOURCE: <http://www.healthycommunities.org/Resources/toolkit.shtml>

¹ Catholic Health Association of the United States. (2015). Assessing and addressing community health needs. Retrieved from <https://www.chausa.org/communitybenefit/assessing-and-addressing-community-health-needs>



DATA COLLECTION METHODOLOGY

A multi-faceted approach was used to gather information about the health needs of the community and to develop priorities for health improvement. The process focused on gathering and analyzing secondary data as well as obtaining input from key stakeholders and the community to identify and define significant health needs, issues, and concerns.

Both quantitative and qualitative methods were utilized to gather data.

SECONDARY DATA

A variety of secondary data sources were used to obtain data about both health trends and health disparities including but not limited to: iVantage Health Analytics, County Health Rankings & Roadmaps, Community Commons, Centers for Disease Control (CDC) BRFSS, Oregon Department of Public Health, U.S. Census Bureau, Institute for Health Metrics and Evaluation (IHME), National Center for Education Statistics, and the Bureau of Labor Statistics.

Every effort was made to obtain the most current data. Data was analyzed for comparison purposes with the United States, the state of Oregon, counties within the State, and Healthy People 2020 when comparative data was available.

Pertinent secondary data captured is found in both the report and appendices.

KEY STAKEHOLDER SURVEY

A survey was distributed to key stakeholders in April 2019 resulting in responses from 27 respondents. The results are included in the appendices.

COUNTY SURVEY

A county survey was conducted in April 2019. The county survey was distributed in various public locations and was also made available electronically. There were a total of 396 survey respondents. The results are included in the appendices.



REGULATORY REQUIREMENTS

The Patient Protection and Affordable Care Act (ACA), enacted on March 23, 2010, added a requirement that hospitals covered under section §501(r) of the Internal Revenue Code conduct a Community Health Needs Assessment (CHNA) and adopt an implementation strategy to meet the community health needs identified through the CHNA at least once every three years.

The CHNA defines priorities for health improvement, with an emphasis on the needs of populations that are at risk for poor health outcomes due to geographic, language, financial, or other barriers; commonly referred to as social determinants of health. The CHNA process creates a platform to engage community stakeholders and to understand the needs of the community.

GAP ANALYSIS

Data was obtained from all required sources in completing the 2019 CHNA and identifying community health priorities. The assessment was designed to provide a comprehensive and broad picture of the health in the overall community served. However, there may be a number of medical conditions that are not specifically addressed in this report due to various factors, including but not limited to, publicly available information or limited community input. In addition, certain population groups might not be identifiable or might not be represented in numbers sufficient for independent analysis. Examples include homeless, institutionalized persons, undocumented residents and members of certain ethnic groups who do not speak English. Efforts were made to obtain input regarding these specific populations through key stakeholder surveys.



EVALUATION OF 2016 CHNA IMPLEMENTATION STRATEGY**IMPLEMENTATION TEAMS**

Two implementation teams were created to address the priorities identified by the 2016 CHNA. One team focused on strategies associated with Substance Abuse and Trust in the Medical System while the other on Access and Preventative Health. Members of each team are listed below.

Substance Abuse and Trust in the Medical System

- Nick Green, John Day City Manager – Lead
- Teresa Aasness, Families First Parent Resource Center, Executive Director
- Raffaella Betza, Strawberry Wilderness Community Clinic Provider
- Lynne Combs, BMHD Strawberry Wilderness Community Clinic Director
- Derek Daly, BMHD Chief Executive Officer
- Kathryn Harter, BMHD Chief Nurse Officer
- Nora Healey, Strawberry Wilderness Community Clinic Provider
- Hannah Hinman, Grant-Harney County Court Appointed Special Advocates (CASA)
- Jena Knowles, BMHD Foundation & Public Relations Director
- Chris Labhart, Eastern Oregon Coordinated Care Organization (EOCCO)
- Linda Ladd, BMHD Board Member
- Lori Lane, BMHD Compliance Officer
- Scott Myers, Grant County Judge
- Ryan Nehl, Community Member
- Rebekah Rand, BMHD Emergency Medical Services (EMS) Supervisor
- Curt Shelley, Grant School District #3 Superintendent
- Elliot Sky, BMHD Rehabilitation Physical Therapist
- Bret Uptmor, Grant School District #3 Superintendent
- Mindy Walker, City of Seneca Assistant
- Robert Waltenburg, Grant Education Service District (ESD), Superintendent
- Marcy Wasiluk, Strawberry Wilderness Community Clinic Director
- Lisa Weigum, Community Counseling Solutions, Substance Abuse Prevention Coordinator
- Jessica Winegar, Grant County Health Department Public Health Manager

**Access to Care and Preventative Health**

- Tilli Bjornberg, Len's Drug Store Pharmacist – Lead
- Kathy Cancilla, Grant County Health Department
- Lynne Combs, BMHD Strawberry Wilderness Community Clinic Director
- Derek Daly, BMHD Chief Executive Officer
- Nora Healey, Strawberry Wilderness Community Clinic Provider
- Kathryn Hedrick, Dayville School District, Superintendent
- Erin Gosnell, Community Counseling Solutions
- William (Bill) Hodgson, BMHD Transitional Care
- Jena Knowles, BMHD Foundation and Public Relations Director
- Barb Oliver, BMHD Business Office and Patient Access Manager
- Chris Olwine, Community Counseling Solutions, LCSW - CCBHC Program Manager
- Marcy Wasiluk, Strawberry Wilderness Community Clinic Director
- Linda Watson, Eastern Oregon Coordinated Care Organization (EOCCO) Children's Health and Community Supervisor
- Jessica Winegar, Grant County Health Department Public Health Manager

2016 CHNA PRIORITY 1 OF 4: SUBSTANCE ABUSE

Goal 1 of 2 for Substance Abuse: Increase awareness of substance abuse and the potential for abuse by educating the community

Strategy 1 - Gather additional data related to substance abuse within Grant County

- Gathered and reviewed data related to substance abuse within Grant County, and reviewed the draft Oregon Healthy Teens Survey for Grant County schools.

Strategy 2 - Provide education to the K - 12 population

- Partnered with local Grant County school districts surrounding providing education to the K-12 population.
- Partnership with Grant Union High/Jr High School and Humbolt Elementary School during "Red Ribbon" week to further substance abuse related education and awareness at school and athletic events.
- Partnered with Lisa Weigum, Community Counseling Solutions, providing several trainings for school staff and community members, and youth/community engagement activities.



- Our CHNA committee has authorized the use of funding support received from the City of John Day and Grant County to Lisa Weigum, Community Counseling Solutions to fund a variety of trainings and education for our community.
- Trainings and education conducted to date include: Kevin Hines the Art of Living Well, Trauma Informed Care Keynote speaker, Matt Vogel addiction and substance abuse, and several health fairs for kids through adults in Grant County.
- Additional trainings and education for students and educators is being planned for fall of 2019 and supported by CHNA committee funding.

Goal 2 of 2 for Substance Abuse: Provide options for alternative pain management to community members

Strategy 1 - Provide community education regarding current options available

- Jena Knowles, Foundation/Public Relations Director, and Elliott Sky, Physical Therapist, created a pain management brochure and distributed the brochure throughout the county and online.
- Dr. Betza provided Suboxone and pain management education at the Grant County Health Fair and on the “Coffee Time” radio program.

Strategy 2 -Identify additional alternatives that could be developed or expanded.

- Incorporated alternative pain management resources within the *New Path’s Resource Guide* a community resource guide distributed throughout Grant County.
- Hiring of new physician, Dr. Betza, resulted in Suboxone program creation.
- Coordination and communication are ongoing with other community partners surrounding pain management.
- Committee member-initiated discussions and will continue progress with the City of John Day Manager on the need for healthy alternatives such as walking and biking trails, and signage promoting activities along the trails.



Substance Abuse Survey Results

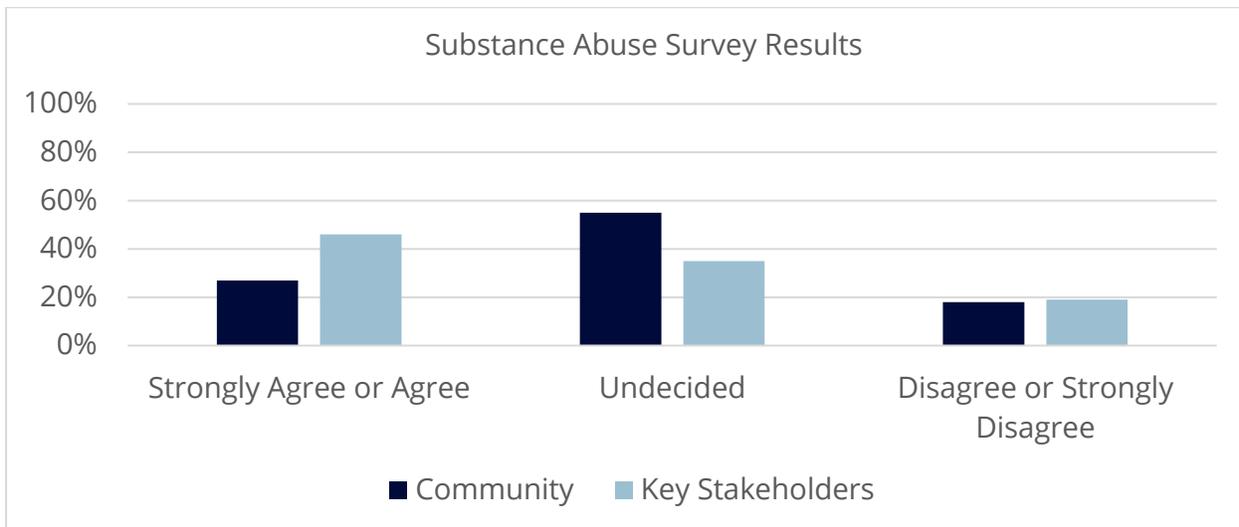
Input from community members and stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via two surveys that were conducted in April 2019.

- A survey was distributed to key stakeholders resulting in responses from 27 respondents.
- A county survey was conducted resulting in responses from 396 respondents.

Both the key stakeholder and county survey asked the question: “BMHD chose several initiatives to work on in 2016. How do you think we did since then regarding BMHD educated people about Substance Abuse (legal and illegal substances)?” Below are the responses.

EDUCATED PEOPLE ABOUT SUBSTANCE ABUSE	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Community	27%	55%	18%
Key Stakeholders	46%	35%	19%

SOURCE: BMHD 2019 County Survey, Question 27 and Key Stakeholder Survey, Question 19



The CHNA Committee attested that all the summary report items were completed as described or are ongoing as defined.



2016 CHNA PRIORITY 2 OF 4: TRUST IN THE MEDICAL SYSTEM

Goal 1 of 2 for Trust in the Medical System: Improve trust and confidentiality by educating employees and the public regarding BMHD's commitment to confidentiality

Strategy 1 - Develop a community-wide campaign for positive messaging

- BMHD has communicated that it takes health information privacy seriously through its HIPAA campaign, engagement survey, the sharing of employee survey results at LCAC meetings, publishing in the BMHD Newsletter, and The Pulse.
- Education surrounding HIPAA and law enforcement training was presented at nursing staff meetings, and a HIPAA policy was created and reviewed with law enforcement representatives.
- Blue Mountain Hospital remodeled the emergency room check-in area and changed its triage process in an effort to enhance patient privacy and confidentiality.

Strategy 2 - Develop an employee engagement project

- Lori Lane, Compliance Officer conducted a BMHD employee engagement survey surrounding HIPAA with favorable results including: 133 organizational respondents, positive outcomes showing improvement of HIPAA/PHI/confidentiality within BMHD, and emphasis on the importance and effectiveness of our HIPAA educational campaign.
- BMHD employees were engaged in National Compliance Week when Lori Lane, Compliance Officer, and Mindy Alley presented daily HIPAA educational email reminders to all employees and to the Board and offered HIPAA educational activities and prizes.

Strategy 3 - Broaden HIPAA Training to include board members, providers, employees, volunteers, contractors and vendors

- Lori Lane, Compliance Officer, has trained and implemented a HIPAA policy for BMHD Board Members, Auxiliary Members, Providers, employees, volunteers, contractors and vendors.



- We have implemented new vendor processes whereas visitor badges are required to be worn while on campus, vendors are required to receive HIPPA training and sign a confidentiality document.

Goal 2 of 2 for Trust in the Medical System: Build trust within the community by promoting providers and services

Strategy 1 - Develop a marketing campaign to promote BMHD providers and services

- Jena Knowles, Foundation/Public Relations Director, continued to work on a marketing campaign to promote trust in the medical system through awareness to BMHD providers and services including monthly educational themes and collaboration with other community partners on the monthly themes.
- BMHD promoted its Fast Track and Same Day appointment availability in conjunction with the work of the CHNA Access to Care and Preventative Health subcommittee.
- The committee has partnered with the City of John Day to develop a community wide external campaign to promote trust in the medical system and preventative health through supporting Innovation Gateway promoting active lifestyle options for Grant County residents.

Trust in the Medical System Survey Results

Input from community members and stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via two surveys that were conducted in April 2019.

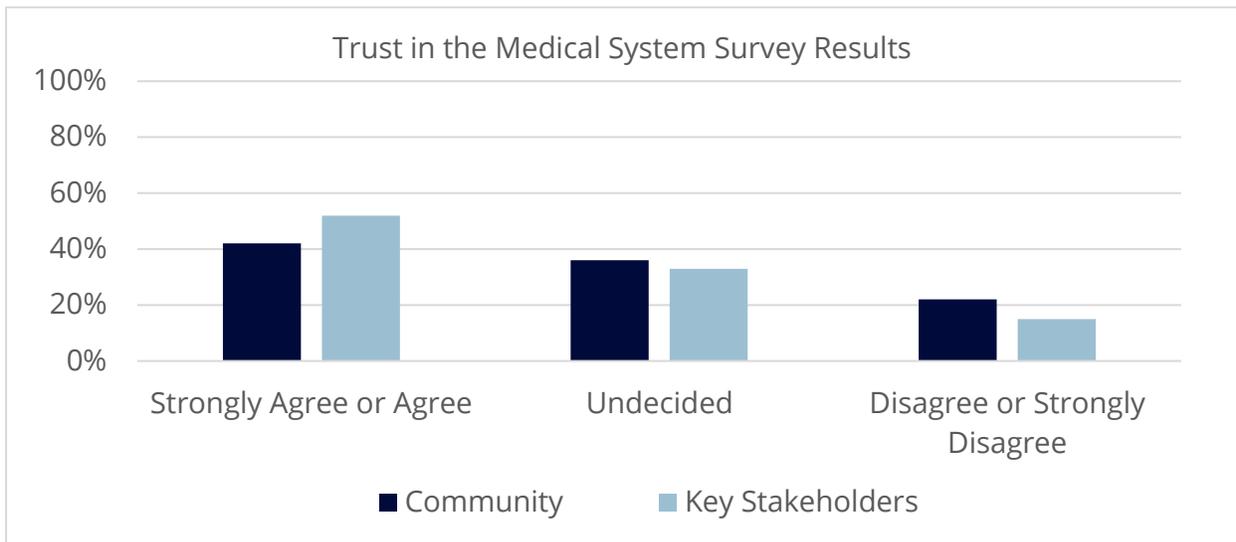
- A survey was distributed to key stakeholders resulting in responses from 27 respondents.
- A county survey was conducted resulting in responses from 396 respondents.

Both the key stakeholder and county survey asked the question: “BMHD chose several initiatives to work on in 2016. How do you think we did since then regarding BMHD improved the trust in the medical system (education regarding confidentiality as well as physician’s skills and accomplishments)?” Below are the responses.



HELPED IMPROVE THE TRUST IN THE MEDICAL SYSTEM	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Community	42%	36%	22%
Key Stakeholders	52%	33%	15%

SOURCE: BMHD 2019 County Survey, Question 27 and Key Stakeholder Survey, Question 19



The CHNA Committee attested that all the summary report items were completed as described or are ongoing as defined.

2016 CHNA PRIORITY 3 OF 4: ACCESS TO CARE

Goal 1 of 2 for Access to Care: Increase awareness of the availability of health care services, financial assistance, and insurance coverage options

Strategy 1 - Market the existence of a healthcare navigator

- The committee expanded this strategy to *Market the existence of healthcare financial and insurance coverage options* to more broadly include healthcare financial and insurance coverage options county-wide.



- The committee put together a resource card surrounding the existence of healthcare financial and insurance coverage options. Moving forward the brochure will be distributed throughout Grant County.
- The 340B Prescription Drug Program was implemented and promoted in partnership with Len's Drug. The 340B drug pricing program provides affordable outpatient prescription drugs to eligible Grant County residents. Program flyers are posted throughout Strawberry Wilderness Community Clinic to include patient rooms, Len's Drug, and BMHD Website.
- With cooperation of community stakeholders, financial assistance summary and financial applications have been distributed and made available throughout Grant County.

Strategy 2 - Work with community partners to develop a Resource Packet for new residents

- The committee expanded this strategy to *Work with community partners to develop a Resource Packet for residents*. The Resource Packet is now intended for all residents rather than restricting to new residents.
- We have revised and electronically distributed an updated community resource packet (New Path to a Healthier Grant County) for citizens.
- The document has been distributed and posted on the BMHD website and will be updated as necessary moving forward.
- Hard copy versions were distributed at the 2019 Grant County Health Fair.
- We have revised and distributed a Welcome Packet for patients in the Emergency Department (ED) and Strawberry Wilderness Community Clinic (SWCC).

Strategy 3 - Make a presentation at the BMHD Annual Healthcare Foundation Dinner/Meeting

- The Committee expanded this strategy to *Make a presentation at several community events* to include a greater audience by changing.
- We have developed and implemented a thematic plan for presentations at several community events.

**Goal 2 of 2 for Access to Care: Provide family practice availability within 24 hours for urgent needs and 21 days for non-urgent needs*****Strategy 1 - Streamline scheduling using scheduling protocols***

- We have worked to streamline scheduling protocols and new opportunities through the development of Fast Track, the expansion of Same Day Appointment availability, and the use of urgent appointment slots.
- Consistent acute same day access is currently available daily.
- We have expanded available appointment times by having more than one provider who offers availability of early morning or later afternoon appointments.

Strategy 2 - Add 2 providers and evaluate the impact

- We hired two new physicians to work in the Strawberry Wilderness Community Clinic (SWCC) and Emergency Department (ED).
- These two hires have expanded capacity for new and existing patients, and Same Day Appointment slots.

Strategy 3 - Evaluate the possibility of extending the provider schedules

- We evaluated Track Fill Rates, Wait List, and opportunities for extended hours.
- We implemented early morning and after 5:00pm patient slots in the schedule to provide increased patient access appointments for pre and post work access.

Strategy 4 - Work in conjunction with the schools to add mid-levels to the school-based health center

- With collaboration between Grant County Health Department and schools, mid-levels were placed in the school-based health center.

Access to Care Survey Results

Input from community members and stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via two surveys that were conducted in April 2019.

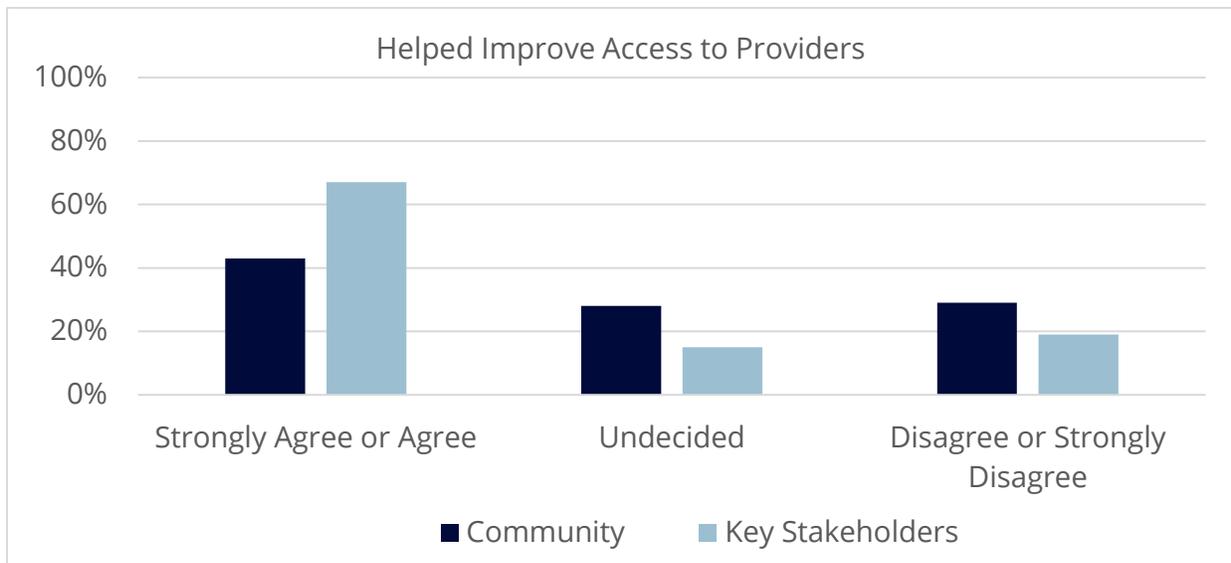
- A survey was distributed to key stakeholders resulting in responses from 27 respondents.
- A county survey was conducted resulting in responses from 396 respondents.



Both the key stakeholder and county survey asked the question: “BMHD chose several initiatives to work on in 2016. How do you think we did since then regarding BMHD helped improve access to providers?” Below are the responses.

HELPED IMPROVE ACCESS TO PROVIDERS	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Community	43%	28%	29%
Key Stakeholders	67%	15%	19%

SOURCE: BMHD 2019 County Survey, Question 27 and Key Stakeholder Survey, Question19



The CHNA Committee attested that all the summary report items were completed as described or are ongoing as defined.



2016 CHNA PRIORITY 4 OF 4: PREVENTATIVE HEALTH

Goal 1 of 1 for Preventative Health: Collaborate with community service organizations to increase the use of mammogram and colonoscopy screenings

Strategy 1 - Participate with Local Community Advisory Council (LCAC) and Grant County Community Health Improvement Plan (CHIP) to provide needed services in the areas of children's health, obesity/overweight, and oral health/dental

- BMHD team and committee members are regularly attending LCAC meetings.
- We presented CHNA Committee updates and summary reports at LCAC meetings.
- Positive meetings with Grant County superintendents took place, and opened discussion opportunities to improve community and children's health throughout the county.
- BMHD collaborated with community service organizations providing community health fairs for adolescents, teens, and adults, and Healthy 'N Fit Kid's Camp.

Strategy 2 - Develop a media campaign to educate the public regarding suggested screening timelines

- Our marketing committee evaluated current mammogram and colonoscopy screening timelines and opportunities, and implemented a successful community wide campaign for awareness.

Strategy 3 - Work with community partners to develop themed education months, providing a consistent message throughout the community

- Our marketing committee developed theme months for education and awareness and continues to work with community agencies to collaborate and implement these theme months.

Survey Results

Input from community members and stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via two surveys that were conducted in April 2019.

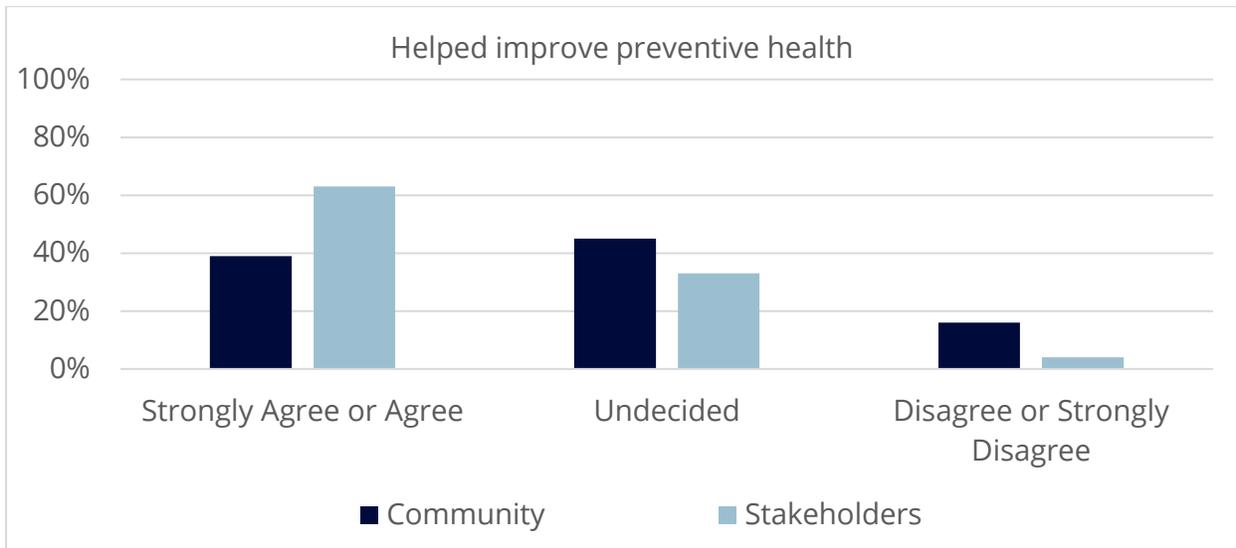
- A survey was distributed to key stakeholders resulting in responses from 27 respondents.
- A county survey was conducted resulting in responses from 396 respondents.



Both the key stakeholder and county survey asked the question: “BMHD chose several initiatives to work on in 2016. How do you think we did since then regarding BMHD helped improve preventive health?” Below are the responses.

HELPED IMPROVE PREVENTIVE HEALTH	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Community	39%	45%	16%
Key Stakeholders	63%	33%	4%

SOURCE: BMHD 2019 County Survey, Question 27 and Key Stakeholder Survey, Question19



The CHNA Committee attested that all the summary report items were completed as described or are ongoing as defined.



DEMOGRAPHIC AND HEALTH PROFILE OF COMMUNITY SERVED

GEOGRAPHIC ASSESSMENT AREA DEFINED

Grant County was used as the geographic defined service area for BMHD’s CHNA. For the calendar year 2017, more than 80% of hospital inpatients, outpatients, and/or admissions to the Blue Mountain Care Center were from the ZIP Codes in Grant County. It is therefore reasonable to utilize Grant County as the CHNA geographic area.

BMHD’S CHNA SERVICE AREA AT COUNTY LEVEL	
Grant County	

When ZIP Code level data was available and used, the following ZIP Codes in Grant County are reflected.

BMHD’S CHNA SERVICE AREA AT ZIP CODE LEVEL	
ZIP CODE	CITY NAME
97817	Bates
97820	Canyon City
97825	Dayville
97845	John Day
97848	Kimberly
97856	Fox, Long Creek and Ritter
97864	Monument
97865	Mount Vernon
97869	Prairie City
97873	Seneca



Since ZIP Code and county boundaries do not always match, it is important to note the Sumpter ZIP Code (97877) is not in BMHD’s CHNA service area. A small portion of the Sumpter ZIP Code (97877) is in Grant County while the remainder is in Baker County. Hence, when data was available at a ZIP Code level, data associated with the Sumpter ZIP Code is not included in the data provided within this report.

Grant County includes medically underserved, low-income and minority populations. All patients were used to determine BMHD’s CHNA geographic area.

DEMOGRAPHIC SNAPSHOT

The following tables provide a summary regarding the demographics of Grant County. Data tables show total population of the community, as well as the breakout of the population between male and female, age distribution and race/ethnicity. Because Grant County has a higher percentage of veterans as compared to the state of Oregon and United States, a table with the statistics is included below. Also below are population density figures.

POPULATION 2018	GRANT COUNTY		OREGON	UNITED STATES
Male Population	3,692	50.2%	49.5%	49.2%
Female Population	3,658	49.8%	50.5%	50.8%
Total	7,350	100%	100%	100%

SOURCE: iVantage Health Analytics (03/01/2019)

2018 POPULATION DISTRIBUTION BY AGE			
	GRANT COUNTY	OREGON	UNITED STATES
Under 5 years	4.5%	5.8%	6.2%
5 to 9 years	6.4%	6.0%	6.4%
10 to 14 years	3.9%	6.0%	6.5%
15 to 19 years	5.0%	6.1%	6.6%
20 to 24 years	3.7%	6.6%	7.0%
25 to 29 years	4.5%	6.9%	7.0%
30 to 34 years	4.5%	7.0%	6.7%
35 to 39 years	4.3%	6.7%	6.4%
40 to 44 years	5.6%	6.4%	6.3%
45 to 49 years	4.8%	6.3%	6.5%



COMMUNITY HEALTH NEEDS ASSESSMENT

50 to 54 years	6.9%	6.5%	6.9%
55 to 59 years	8.5%	6.7%	6.7%
60 to 64 years	9.9%	6.8%	6.0%
65 to 69 years	8.0%	5.8%	5.0%
70 to 74 years	7.4%	4.0%	3.6%
75 to 79 years	5.1%	2.7%	2.6%
80 to 84 years	3.4%	1.8%	1.8%
85 years and over	3.6%	2.1%	1.9%

SOURCE: iVantage Health Analytics (03/01/2019)

2018 POPULATION BY RACE/ETHNICITY				
	GRANT COUNTY		OREGON	UNITED STATES
Amer. Ind. (Non- Hispanic)	111	1.51%	1.10%	0.73%
Asian (Non-Hispanic)	61	0.83%	4.90%	5.78%
Black (Non-Hispanic)	16	0.22%	1.90%	12.39%
White (Non-Hispanic)	6,679	90.87%	75.38%	60.27%
Other (Non-Hispanic)	191	2.60%	3.51%	2.51%
Hispanic	292	3.97%	13.21%	18.32%
Total	7,350	100.00%	100.00%	100.00%

SOURCE: iVantage Health Analytics (03/01/2019)

PERCENTAGE OF POPULATION THAT ARE VETERANS	
Grant County	12.46%
Oregon	9.22%
United States	7.69%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

POPULATION DENSITY (PER SQUARE MILE)	
Grant County	1.59
Oregon	41.93
United States	90.88

SOURCE: United States Census Bureau, American Community Survey, 2013-17. Source geography: Tract



HEALTH STATUS AND SOCIAL DETERMINANTS OF HEALTH

Information from a variety of secondary sources was reviewed and analyzed to develop a comprehensive picture of the health status and social determinants of health (SDOH) of the residents of Grant County. Data for Grant County was compared to other counties in Oregon state, Oregon state, and the United States when data or information was available. Some data was only available at the state level. SDOH are conditions in the places where people live, learn, work, and play and that affect a wide range of health risks and outcomes. SDOH include the social environment, physical environment, health services, and structural and societal factors. By applying what we know about SDOH, we can improve individual and population health.

In BMHD’s 2019 key stakeholder survey, poverty and access to economic opportunities were identified as the greatest barriers that contribute to the health challenges of at-risk populations.

FACTORS OR BARRIERS (SOCIAL DETERMINANTS OF HEALTH) CONTRIBUTING TO THE HEALTH CHALLENGES OF AT-RISK POPULATIONS	RESPONSES	
Poverty	85%	23
Access to economic opportunities, jobs and job training	85%	23
Access to healthy food	74%	20
Access to affordable housing that is maintained in good repair	74%	20
Social support from community, family or friends	63%	17
Distrust of government	52%	14
Access to educational opportunities	44%	12
Access to transportation	44%	12
Cultural norms	44%	12
Access to healthcare services	37%	10
Access to leisure and recreational opportunities	37%	10
Crime and violence	37%	10
Access to a family doctor (medical home)	33%	9
Discrimination or racism, including residential segregation	22%	6
Access to media and emerging technologies (e.g., cell phones, internet, social media)	22%	6
Limited health literacy or limited English proficiency	15%	4
Other	11%	3
Number of Respondents		27

Source: BMHD Key Stakeholder Survey, 2019, Question 6



COUNTY HEALTH RANKINGS & ROADMAPS

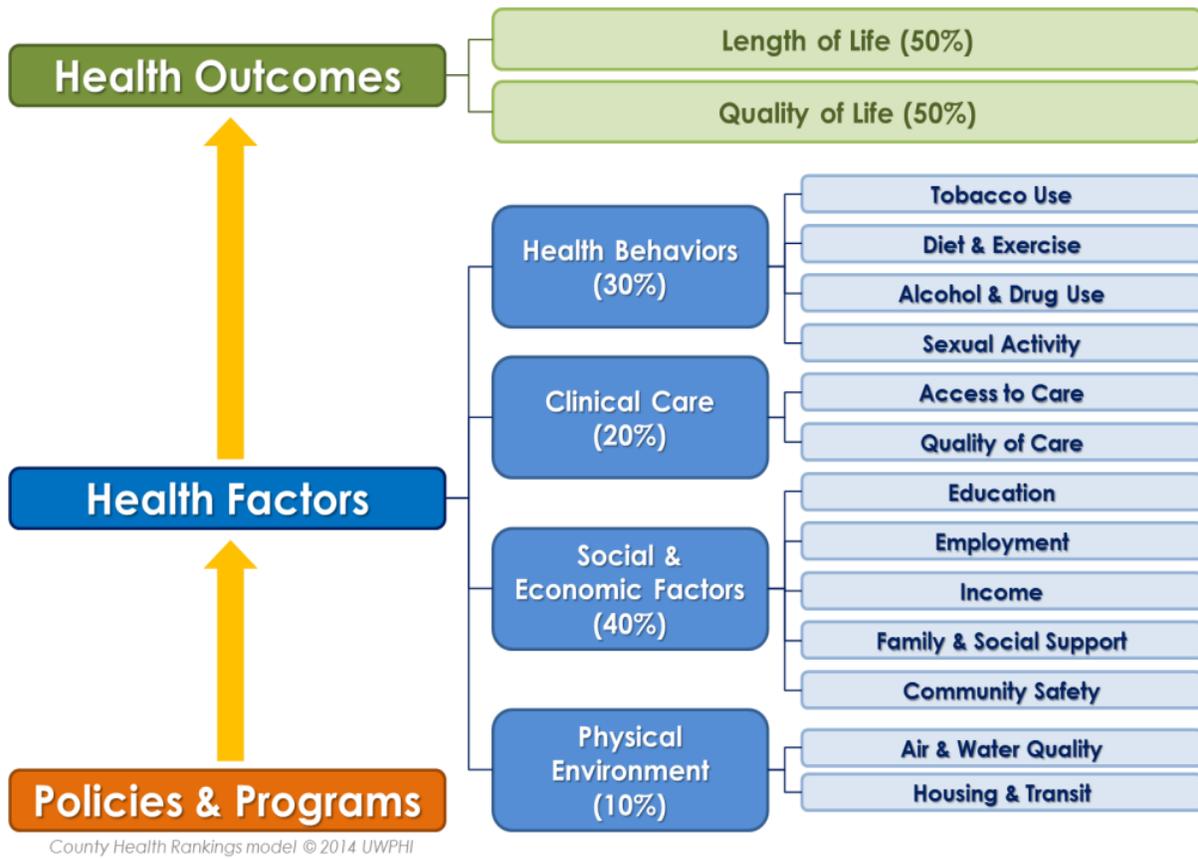
The County Health Rankings & Roadmaps Program is a collaborative between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The rankings are determined by the following factors:

HEALTH OUTCOMES: “The overall rankings in health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1. The ranks are based on two types of measures: how long people live and how healthy people feel while alive.”

HEALTH FACTORS: “The overall rankings in health factors represent what influences the health of a county. They are an estimate of the future health of counties as compared to other counties within a state. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors.”²

The rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work, and play.

² www.countyhealthrankings.org



The table on the next page shows how Grant County ranks out of the 35 counties in Oregon. A ranking of one (1) represents the healthiest county. Overall, Grant County is ranked 23rd in the state of Oregon (3rd quartile), as compared to the other 35 counties in Oregon.



COMMUNITY HEALTH NEEDS ASSESSMENT

	Grant County's rank out of 35 counties in Oregon	Grant County's Quartile
Health Outcomes	23	3rd
Length of Life	26	3rd
Quality of Life	20	3rd
Health Factors	24	3rd
Health Behaviors	14	2nd
Clinical Care	22	3rd
Social & Economic Factors	30	4th
Physical Environment	13	2nd
Ranking quartiles: 1 - 9, 10 - 18, 19 - 26, 27 - 35		
Source: www.countyhealthrankings.org; May 2019		

	Grant County	Trend of Grant Co.	Error Margin	Top U.S. Performers	Oregon	Rank (of 35)
Health Outcomes						23
Length of Life						26
Premature death	8,100	Better	5,000-11,200	5,400	6,000	
Quality of Life						20
Poor or fair health	14%		14-15%	12%	16%	
Poor physical health days	3.7		3.5-4.0	3	3.8	
Poor mental health days	4.4		4.1-4.6	3.1	4.5	
Low birthweight	7%		4-9%	6%	6%	
Additional Health Outcomes (not included in overall ranking)						
Life expectancy	79.3		76.7-81.8	81	79.6	
Premature age-adjusted mortality	330		250-400	280	310	
Child mortality				40	40	
Infant mortality				4	5	
Frequent physical distress	11%		11-12%	9%	11%	
Frequent mental distress	13%		12-13%	10%	14%	
Diabetes prevalence	13%		10-18%	9%	9%	
HIV prevalence				49	194	



COMMUNITY HEALTH NEEDS ASSESSMENT

	Grant County	Trend of Grant Co.	Error Margin	Top U.S. Performers	Oregon	Rank (of 35)
Health Factors						24
Health Behaviors						14
Adult smoking	15%		14-16%	14%	16%	
Adult obesity	32%	Worse	25-39%	26%	28%	
Food environment index	6.4			8.7	7.8	
Physical inactivity	23%	Worse	17-31%	19%	15%	
Access to exercise opportunities	62%			91%	88%	
Excessive drinking	16%		15-17%	13%	19%	
Alcohol-impaired driving deaths	38%	Same	18-56%	13%	31%	
Sexually transmitted infections	83.5	Same		152.8	432.5	
Teen births	19		28-Dec	14	20	
Additional Health Behaviors (not included in overall ranking)						
Food insecurity	15%			9%	13%	
Limited access to healthy foods	18%			2%	5%	
Drug overdose deaths				10	13	
Motor vehicle crash deaths				9	10	
Insufficient sleep	30%		28-31%	27%	31%	
Clinical Care						22
Uninsured	9%	Better	7-10%	6%	7%	
Primary care physicians	1,020:1	Same		1,050:1	1,080:1	
Dentists	1,030:1	Better		1,260:1	1,260:1	
Mental health providers	360:01:00			310:01:00	210:01:00	
Preventable hospital stays	2,634	Better		2,765	2,903	
Mammography screening	39%	Better		49%	40%	
Flu vaccinations	18%	Same		52%	40%	
Additional Clinical Care (not included in overall ranking)						
Uninsured adults	10%	Better	8-11%	6%	9%	
Uninsured children	6%	Better	4-7%	3%	3%	
Other primary care providers	1,798:1			726:01:00	1,259:1	



COMMUNITY HEALTH NEEDS ASSESSMENT

	Grant County	Trend of Grant Co.	Error Margin	Top U.S. Performers	Oregon	Rank (of 35)
Social & Economic Factors						30
High school graduation	85%			96%	77%	
Some college	59%		49-69%	73%	69%	
Unemployment	6.80%	Same		2.90%	4.10%	
Children in poverty	25%	Worse	17-32%	11%	17%	
Income inequality	4.2		3.5-4.8	3.7	4.6	
Children in single-parent households	37%		25-49%	20%	30%	
Social associations	12.6			21.9	10.3	
Violent crime	69	Same		63	249	
Injury deaths	131		96-174	57	72	

Additional Social & Economic Factors (not included in overall ranking)

Disconnected youth				4%	7%	
Median household income	\$46,300		\$40,500-52,100	\$67,100	\$60,100	
Children eligible for free or reduced price lunch	56%			32%	51%	
Residential segregation - black/white				23	63	
Residential segregation - non-white/white	14			15	33	
Homicides				2	3	
Firearm fatalities				7	12	

Physical Environment 13

Air pollution - particulate matter	6	Better		6.1	7.9	
Drinking water violations	Yes					
Severe housing problems	17%		13-21%	9%	20%	
Driving alone to work	75%		68-81%	72%	71%	
Long commute - driving alone	19%		13-25%	15%	28%	

Additional Physical Environment (not included in overall ranking)

Homeownership	73%		71-76%	61%	62%	
Severe housing cost burden	11%		7-14%	7%	17%	

Note: Blank values reflect unreliable or missing data
 Source: <http://www.countyhealthrankings.org>; May 2019

Color Legend	
areas of strength =	
areas to explore =	



OREGON'S STATE HEALTH IMPROVEMENT PLANS (SHIP) AND PRIORITIES

The purpose of Oregon's State Health Improvement Plan (SHIP) is to identify population-wide priorities and strategies for improving the health of people in Oregon. The SHIP serves as the basis for taking collective action on key health issues in Oregon.

OREGON'S 2015-2019 SHIP PRIORITY AREAS

According to "Oregon's State Health Improvement Plan, 2018 Progress Report," the Oregon's State Health Improvement Plan (SHIP) launched in 2015; "It is a five-year plan to improve the health of everyone in Oregon. The SHIP is a tool for any person or organization working toward making Oregon a state where lifelong health is within reach for everyone. A series of fact sheets highlights progress made in year four of carrying out the SHIP. Fact sheets also highlight future actions needed to achieve the goals of the plan by 2020. For details, see the "Oregon's State Health Improvement Plan 2018 Progress Report" via their web site (<https://www.oregon.gov/oha/PH/ABOUT/Pages/HealthImprovement.aspx>).

Oregon's State Health Improvement Plan focuses on seven priorities:

1. Prevent and reduce tobacco use
2. Prevent and reduce obesity
3. Improve oral health
4. Reduce harms associated with alcohol and substance use
5. Prevent deaths from suicide
6. Improve immunization rates
7. Protect the population from communicable diseases

Each priority area includes interventions in three broad categories:

1. Population health
2. Health systems
3. Health equity

**OREGON'S 2020-2024 SHIP PRIORITY AREAS**

The 2020-2024 State Health Improvement Plan (SHIP) priority areas have been identified and are listed below. Subcommittees for each priority area are being formed to identify strategies, measures, and develop work plans for implementation. To learn more, visit <https://www.oregon.gov/oha/PH/ABOUT/Pages/ship-process.aspx>.

- Institutional bias
"Institutional bias is defined as the tendency for resources, policies and practices of institutions to operate in ways which advantage white, heterosexual, cis-gendered, able-bodied individuals and communities. This discrimination results in adverse health consequences for minority groups, such as people of color, people with low income, people with disabilities and people who identify as LGBTQ+."
- Adversity, trauma and toxic stress
"Adversity, trauma and toxic stress include abuse and neglect, living in poverty, incarceration, family separation, and exposure to racism and discrimination. These events have a lifelong effect on health and are correlated with things like substance use, suicide and even some cancers."
- Economic drivers of health (including issues related to housing, living wage, food security and transportation)
"Economic drivers of health include housing, living wage, food insecurity and transportation. Poverty is a strong predictor of poor health. Although Oregon's economy is growing, many are struggling to get out of poverty despite having a job due to the high cost of living or raising a family. People living in poverty experience higher rates of premature death and increased rates of homelessness, mental distress and food insecurity."
- Access to equitable preventive health care
"Despite an increasing number of people with health insurance, many are challenged to get to a health care provider or see a dentist due to provider shortages, transportation barriers, health care costs, or because they don't feel comfortable with their provider due to language or other cultural difference."
- Behavioral health (including mental health and substance use)
"Behavioral health includes mental health and substance use. Oregon has one of the highest rates of mental illness in the country. Tobacco and substance use are the first and third leading causes of death, respectively, in Oregon. Mental distress can lead to lower quality of life, unemployment and increased rates of suicide. Use of alcohol, opioids, methamphetamine and other substances have a significant impact on many families."



GRANT COUNTY HEALTH DEPARTMENT INPUT

The following reflects the responses to two (2) very open-ended questions from Jessica Winegar, Grant County Health Department Public Health Manager who generously scheduled a phone interview with Julie Haynes, HealthTechS3 principal consultant and provided valuable information.

What are the issues in Grant County?

- [Community members] lack information about access to care.
- Many people think [there is a] lack of access to care but [the real issue is] more of a knowledge gap [and not an access gap]. Community members don't understand the type of care they want or need. While they might not be able to acquire an appointment with their desired primary care provider in their desired time frame, they could acquire health care at BMHD's Fast Track or urgent care or at the health department. Just because they cannot get a primary care provider appointment that day, does not mean lack of access. Having stated this, there is a lack of access because of distance between Dayville, Long Creek, and Monument and the health care options in John Day. Plus, Monument has no cell service so Internet would be needed for telehealth.
- Mental health with an emphasis on both suicide and substance abuse as a subcategory.

What should BMHD do to address the issues?

- Have a mental health counselor available at BMHD's clinic.
- Access to care always needs education.



GRANT COUNTY HEALTH DEPARTMENT PUBLIC HEALTH COMMUNITY HEALTH ASSESSMENT SURVEY

In the summer of 2018, surveys were taken online as well as written responses collected from the community and entered into SurveyMonkey manually. Outreach included community presentations, email blasts, and media presentations. Written surveys were solicited from groups such as Food Bank recipients, incarcerated individuals in the Grant County jail, and the Monument and John Day Senior Centers. Efforts to promote and distribute the survey resulted in 182 responses. Below are the responses to the survey question “What are the biggest health issues or concerns in your community? Check all that apply.”

WHAT ARE THE BIGGEST HEALTH ISSUES OR CONCERNS IN YOUR COMMUNITY? CHECK ALL THAT APPLY.		
Answer Choices	Responses	
Drug and Alcohol Abuse	67.25%	115
Mental Health / Depression / Suicide	61.99%	106
Diabetes	47.95%	82
Tobacco Use	46.78%	80
Obesity	45.03%	77
Heart Disease	42.69%	73
Cancer	40.35%	69
Domestic Violence	36.26%	62
Child Abuse	31.58%	54
Lack of nutritional, affordable food	29.82%	51
Caregiving options (assisted living, qualified caregivers, in-home care options)	28.65%	49
Alzheimer's Disease / Dementia	26.32%	45
Oral / Dental Health	22.81%	39
Asthma/lung disease	19.30%	33
Respite for caregivers	19.30%	33
Stroke	18.13%	31
HIV/AIDS	2.92%	5
Other (please specify)	7.02%	12
	Answered	171
	Skipped	11



COMMUNITY NEEDS INDEX

The Community Need Index (CNI) calculates a score using the following barriers to healthcare access and their associated indicators. Additional information about the Community Need Index is available (Appendix 2).

COMMUNITY NEED INDEX (CNI)	
Barriers to healthcare access	Indicator(s) of Underlying Causes of Health Disparity
Income	Percentage of households below poverty line, with head of household age 65 or more
	Percentage of families with children under 18 below poverty line
	Percentage of single female-headed families with children under 18 below poverty line
Cultural	Percentage of population that is minority (including Hispanic ethnicity)
	Percentage of population over age 5 that speaks English poorly or not at all
Education	Percentage of population over 25 without a high school diploma
Insurance	Percentage of population in the labor force, aged 16 or more, without employment
	Percentage of population without health insurance
Housing	Percentage of households renting their home

SOURCE: <http://cni.chw-interactive.org>; Community Need Index Methodology and Source Notes; 2019



A score of 1.0 indicates a ZIP Code with the least need, while a score of 5.0 represents a ZIP Code with the most need. Grant County has a weighted average CNI score of 3.2 and a median CNI score of 3.1.

According to the Community Need Index, BMHD’s community has a moderate level of need. None of the CNI scores for the ZIP Codes in Grant County are in the highest need range.

CNI NEED SCALE	CNI SCORE	POPULATION	CITY
1 – 1.7 = Lowest Need	-	-	-
1.8 – 2.5 = 2nd Lowest Need	2.2	254	Seneca
2.6 – 3.3 = Mid Need	2.6	122	Dayville
	2.6	122	Kimberly
	2.8	35	Bates
	2.8	270	Monument
	2.8	1,124	Prairie City
	3	395	Long Creek
	3.2	902	Canyon City
3.4 – 4.1 = 2nd Highest Need	3.4	3,460	John Day
	3.4	607	Mount Vernon
4.2 – 5 = Highest Need	-	-	-



COUNTY INPUT

Themes identified by reviewing both the county and key stakeholder survey results include the following:

- Limited clinic access
- Emergency room wait time/access
- Limited specialty care and access to care
- Alcohol and drug use
- Behavioral and mental health/collaboration
- Chronic disease management (especially diabetes)
- Abuse/child abuse

COUNTY SURVEY

BMHD requested input from community members regarding the health needs of Grant County. County survey distribution methods resulted in acquiring a statistically significant number of survey respondents (396). All the questions asked, and the responses provided are in Appendix 3. Also, responses were appropriately extracted from the survey and inserted into various sections of Appendix 1 titled “Health Outcomes and Health Factors” and the prioritization of health needs section that follows.

KEY STAKEHOLDER SURVEY

BMHD requested input from key stakeholders regarding the health needs of Grant County. The questions posed and the responses from the 27 respondents are available in Appendix 4. Also, responses were appropriately extracted from the survey and inserted into various sections of Appendix 1 titled “Health Outcomes and Health Factors” and the prioritization of health needs section that follows.



PRIORITIZATION OF HEALTH NEEDS

COUNTY SURVEY INPUT REGARDING PRIORITIES

Below are tables with feedback from in the county survey about community health priorities.

SUGGEST BMHD FOCUS ON OVER THE NEXT THREE YEARS	RESPONSES	
Increase the number of family doctors - or - increase the number of available appointments	59%	195
Increase the number of specialists (doctors)	44%	145
Help adults and teens to stop using illegal drugs, opioids, alcohol, or tobacco	39%	127
Help support caregivers. For example: grandparents caring for grandchildren, families caring for older adults, families caring for a child or an adult with special needs, families caring for a child or adult with a disability, families caring for a child or adult with a chronic mental illness	36%	118
Help stop domestic violence, child abuse and neglect, or elder abuse and neglect	35%	115
Help people get mental health care	33%	108
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer, Alzheimer's disease	28%	93
Help people get the medicine they need to stay healthy	24%	79
Help people to lose weight and eat more healthy foods	21%	70
Help people sign up for insurance	16%	51
Help women who are pregnant to have a healthy baby	14%	46
Help stop teen pregnancy	9%	31
Help people get to and from doctor appointments (transportation)	9%	29
Help prevent sexually transmitted diseases	8%	25
Other	11%	35

SOURCE: BMHD 2019 County Survey, Question 22



RECOMMENDED FOCUS IF CHRONIC DISEASE IS A PRIORITY	RESPONSES	
Diabetes	35%	107
Depression	35%	105
Cancer	30%	91
Chronic Mental Illness	26%	79
Heart Disease	24%	73
This is important, but I don't think it should be one of the priorities	22%	68
Alzheimer's disease or dementia	21%	63
COPD (Chronic Obstructive Pulmonary Disease)	17%	51
Arthritis	11%	33
Asthma	9%	27
Osteoporosis	7%	20
Chronic Kidney Disease	5%	16
Other	8%	23

SOURCE: BMHD 2019 County Survey, Question 23

RECOMMENDED FOCUS IF SUPPORTING CAREGIVERS IS A PRIORITY	RESPONSES	
This is important, but I don't think it should be one of the priorities	33%	99
Caregiver support classes	30%	90
Families caring for an older adult	28%	85
Families caring for a child or adult with special needs	22%	66
Respite care	22%	66
Families caring for a child or adult with mental health needs	21%	63
Families caring for a child or adult with a disability	18%	56
Parenting classes	18%	55
Grandparents caring for grandchildren	17%	51
Transportation	7%	20
Other	3%	10

SOURCE: BMHD 2019 County Survey, Question 24



RECOMMENDED FOCUS IF DRUGS, ALCOHOL, OR TOBACCO IS A PRIORITY	RESPONSES	
Illegal drug use by youth and teens	57%	173
Illegal drug use by adults	48%	145
Alcohol use by youth and teens	48%	144
Opioid use	35%	106
Adult alcohol abuse	34%	102
Tobacco use including smoking and vaping by teens	33%	99
Tobacco use including smoking and vaping by adults	21%	65
This is important, but I don't think drugs, alcohol or tobacco should be one of the priorities	18%	54
Other	4%	12

SOURCE: BMHD 2019 County Survey, Question 25

RECOMMENDED FOCUS IF DOMESTIC VIOLENCE, ABUSE, OR NEGLECT IS A PRIORITY	RESPONSES	
Child abuse and neglect	55%	166
Domestic violence or abuse	43%	128
Overall education and resources	42%	125
Elder abuse and neglect	39%	117
Intimate partner violence or abuse	21%	63
This is important, but I don't think domestic violence, abuse or neglect should be one of the priorities	21%	62
Other	2%	7

SOURCE: BMHD 2019 County Survey, Question 26

KEY STAKEHOLDER SURVEY INPUT REGARDING PRIORITIES

Below are the actions, strategies and comments mentioned in response to Key Stakeholder Survey Question 8, "What is the one action or strategy that if undertaken could jumpstart other actions to positively impact challenges of at-risk populations." Similar answers have been grouped together and been given a heading.

- Personal connection, relationships and collaboration
 - Meeting these populations where they are. Making personal connections and including children in efforts
 - Collaboration
 - Visiting families and developing a relationship with them



- Education and training
 - Education and job training
 - More education
- Awareness of services/opportunities available
 - Some sort of (event, marketing strategy) to make our communities aware of each and every program/opportunity.
 - I don't really know but what we find is that lots of folks don't even know who Heart of Grant County is or what services we offer. That leads me to believe that maybe more marketing for all our resources might be addressed.
- Other/Comments
 - Mobile clinic outreach to all small communities. Currently I believe that only Monument and Long Creek receive services in the communities - let's change that and get out to all communities including Dayville, Bates, Granite, Seneca....
 - Our community needs to take an active role in getting health care services for the working lower middle class who cannot afford health insurance and do not qualify for Obama Care or the Oregon Health Plan. Privately owned businesses cannot afford to offer affordable health insurance to their employees therefore, the employees choose to not enroll in the plan. We have a large population of working families without health insurance. There are more options for free health insurance for lower income families. We need a solution in our state and community for the working lower and middle-class families.
 - Attending appointments
 - See if HUD Housing would buy houses that are for sale and make them into private HUD houses
 - Rallying a community around any topic and utilizing that momentum to introduce risk factor issues and how to address them.
 - FUNDING. Until there is funding to provide continued universal strategies, nothing is really going to prompt positive impacts for change.
 - Access to community activities, a place for at-risk teens can go to, such as affordable teen center. Not all teens play sports, so a place where at risk teens can feel like they fit in.
 - Understanding the at-risk populations and work with them from their perspective
 - I personally feel that exercise and healthy eating are extremely important and can have an extremely positive effect on individuals in this community, but poor mental health and the lack of resources such as access to affordable recreational centers and AFFORDABLE healthy local food is a barrier for people to eat healthy and exercise.
 - Interagency task force with adequate financing to actually address problems instead of just talking about them



RECOMMENDED FOCUS FOR BMHD, IN COOPERATION WITH COMMUNITY PARTNERS, OVER THE NEXT THREE (3) YEARS	RESPONSES	
Help adults and teens to stop using drugs including illegal drugs, opioids, alcohol or tobacco	63%	17
Increase the number of family doctors - or - increase the number of available appointments	52%	14
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer or Alzheimer's Disease	48%	13
Help stop domestic violence, child abuse and neglect, or elder abuse and neglect	48%	13
Help people get mental health care	44%	12
Help support caregivers. For example: grandparents caring for grandchildren, families caring for older adults, families caring for a child or an adult with special needs, families caring for a child or adult with a disability, families caring for a child or adult with a chronic mental illness	33%	9
Increase the number of specialists (doctors)	30%	8
Help people sign up for insurance	22%	6
Help people get the medicine they need to stay healthy	22%	6
Help people to lose weight and eat more healthy foods	22%	6
Help women who are pregnant to have a healthy baby	19%	5
Help prevent sexually transmitted diseases	15%	4
Help stop teenage pregnancy	11%	3
Help people get to and from doctor appointments (transportation)	7%	2
Other	11%	3

SOURCE: BMHD 2019 Key Stakeholder Survey, Question 14

RECOMMENDED FOCUS IF CHRONIC DISEASE IS A PRIORITY	RESPONSES	
Diabetes	57%	13
Chronic mental illness	52%	12
Depression	52%	12
Heart Disease	39%	9
Cancer	26%	6
COPD (Chronic Obstructive Lung Disease)	22%	5
This is important, but I don't think it should be one of the priorities	13%	3
Arthritis	13%	3
Alzheimer's disease or dementia	9%	2
Asthma	4%	1
Osteoporosis	4%	1
Chronic Kidney Disease	4%	1
Other	13%	3

SOURCE: BMHD 2019 Key Stakeholder Survey, Question 15



RECOMMENDED FOCUS IF SUPPORTING CAREGIVERS IS A PRIORITY	RESPONSES	
Caregiver support classes	38%	9
This is important, but I don't think it should be one of the priorities	33%	8
Families caring for an older adult	29%	7
Respite care	29%	7
Grandparents caring for grandchildren	25%	6
Parenting classes	21%	5
Families caring for a child or adult with special needs	17%	4
Families caring for a child or adult with a disability	17%	4
Families caring for a child or adult with mental health needs	13%	3
Transportation	8%	2
Other	0%	0

SOURCE: BMHD 2019 Key Stakeholder Survey, Question 16

RECOMMENDED FOCUS IF DRUGS, ALCOHOL, OR TOBACCO IS A PRIORITY	RESPONSES	
Illegal drug use by youth and teens	72%	18
Opioid use	64%	16
Illegal drug use by adults	60%	15
Alcohol use by youth and teens	56%	14
Adult alcohol abuse	48%	12
Tobacco use including smoking and vaping by teens	48%	12
Tobacco use including smoking and vaping by adults	36%	9
This is important, but I don't think it should be one of the priorities	16%	4
Other	4%	1

SOURCE: BMHD 2019 Key Stakeholder Survey, Question 17

RECOMMENDED FOCUS IF DOMESTIC VIOLENCE, ABUSE, OR NEGLECT IS A PRIORITY	RESPONSES	
Child abuse and neglect	56%	14
Overall education and resources	44%	11
Elder abuse and neglect	40%	10
Domestic violence or abuse	28%	7
This is important, but I don't think it should be one of the priorities	28%	7
Intimate partner violence or abuse	12%	3
Other (please specify)	0%	0

SOURCE: BMHD 2019 Key Stakeholder Survey, Question 18



OVERVIEW OF KEY HEALTH OUTCOMES AND FACTORS

Below is a table providing an overview of the community health needs identified through review of the prior CHNA, 2019 survey results, and various data sources found in this report.

	BMHD 2016 CHNA Priority	Oregon's SHIP or Grant Co. Public Health	County Health Rankings (CHR)	Data (Appx. 2)	County Survey	Key Stake- holder Survey
Health Outcomes						
Quality of Life						
Poor or fair health				S&W		
Additional Health Outcomes (not included in overall CHR ranking)						
Child mortality				W		
Suicide		W		W		
Mental health		W			W	W
Oral health		W				
Diabetes prevalence				W	W	W
Health Factors						
Health Behaviors						
Adult smoking		W	W	W	W	W
Adult obesity		W	W	W	W	W
Food environment index			W			
Physical inactivity			W			
Access to exercise opportunities			W			
Excessive drinking		W	S	W	W	W
Sexually transmitted infections			S	S		
Teen births				S		
Additional Health Behaviors (not included in overall CHR ranking)						
Food insecurity		W		W		
Limited access to healthy foods					W	
Poor eating habits (not eating healthy food)					W	W
Substance Abuse	W	W			W	W



	BMHD 2016 CHNA Priority	Oregon's SHIP or Grant Co. Public Health	County Health Rankings (CHR)	Data (Appx. 2)	County Survey	Key Stake- holder Survey
Clinical Care						
Uninsured			S			
Primary care physicians	W	W			W	W
Dentists		W	S			
Mental health providers						
Preventative Care	W	W*			W	W
Preventable hospital stays			S			
Mammography screening			S	W		
Flu vaccinations		W*	W			
Additional Clinical Care (not included in overall CHR ranking)						
Uninsured adults			S			
Uninsured children			S			
Trust in the Medical System	W					
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer or Alzheimer's Disease	W					W
Social & Economic Factors						
High school graduation			S			
Unemployment			W			
Children in poverty		W	W	W		
Income inequality		W				
Children in single-parent households		W				
Violent crime			S			
Injury deaths			W			
Additional Social & Economic Factors (not inc. in overall CHR ranking)						
Caregiver support					W	
Domestic violence, child abuse and neglect, or elder abuse and neglect					W	W
Children eligible for free or reduced-price lunch				W		



	BMHD 2016 CHNA Priority	Oregon's SHIP or Grant Co. Public Health	County Health Rankings (CHR)	Data (Appx. 2)	County Survey	Key Stake- holder Survey
Physical Environment						
Air pollution - particulate matter				S		
Severe housing problems		W				
Additional Physical Environment (not included in overall CHR ranking)						
Transit		W				

* = SHIP's "Improve immunization rates" priority

Note, not captured in this table is SHIP's "Protect the population from communicable diseases" priority

Color Legend	
areas of strength =	S
areas to explore =	W



PRIORITIZATION MEETING

A group of individuals that represented the interests of the county and/or had specific expertise regarding the health needs of vulnerable and underserved populations were asked to participate in identifying priority county health needs and services. The meeting was held at BMHD on Wednesday, June 5th to review the data collected and prioritize the health needs. Julie Haynes, Strategic Planning Consultant with HealthTechS3, facilitated the meeting. The following list of people attended.

BMHD Representatives:

- Derek Daly, Chief Executive Officer
- Karla Averett, Board Member Representative
- Danny Hale, Interim Human Resources Director
- Jonie Jones, Care Center Administrator
- Jena Knowles, Foundation Director/Public Relations
- Lori Lane, Compliance Officer
- Cameron Marlowe, Chief Financial Officer
- Keith Thomas, MD/Chief of Staff
- Marcia Wasiluk, Strawberry Wilderness Community Clinic Director

Key Stakeholders:

- Tilli Bjornberg, Pharmacist Len's Drug
- Nick Green, City of John Day Manager
- Hannah Hinman, Grant - Harney County CASA Executive Director
- Thad Labhart, Community Counseling Solutions Clinic Director
- Robert Waltenburg, Education Service District Superintendent
- Linda Watson, Eastern Oregon Coordinated Care Organization (EOCCO) Children's Health and Community Supervisor
- Shelly Whale - Murphy, Heart of Grant County - Domestic Violence Executive Director
- Lisa Weigum, Grant County Substance Abuse Prevention Coordinator
- Jessica Winegar, Grant County Health Department Public Health Manager



PRIORITIZATION CRITERIA

To identify the significant health needs and services of Grant County, prioritization meeting participants were asked to consider the following criteria when identifying their top three selections after reviewing the status of the prior CHNA efforts, as well as the primary and secondary data collected for the 2019 CHNA.

- Magnitude / scale of the problem
The health need affects a large number of people within the community.
- Severity of the problem
The health need has serious consequences (morbidity, mortality, and/or economic burden) for those affected.
- Health disparities
The health need disproportionately impacts the health status of one or more vulnerable population groups.
- Community assets
The community can make a meaningful contribution to addressing the health need because of its relevant expertise and/or assets as a community and because of an organizational commitment to addressing the need.
- Ability to leverage
Opportunity to collaborate with existing community partnerships working to address the health need, or to build on current programs, emerging opportunities, etc.

PRIORITIZED HEALTH NEEDS

To prioritize the significant health needs and services of Grant County, the top three selections made by each meeting participant were submitted and then grouped together by like topic. The group discussed the outcome and determined that the topics with the highest number of selections were the top priorities. Below is the list of prioritized health needs and services for Grant County that were generated by the meeting participants.

- Substance Abuse including tobacco, drug and alcohol
- Access to Care
- Chronic Disease, especially obesity and diabetes
- Mental Health including suicide



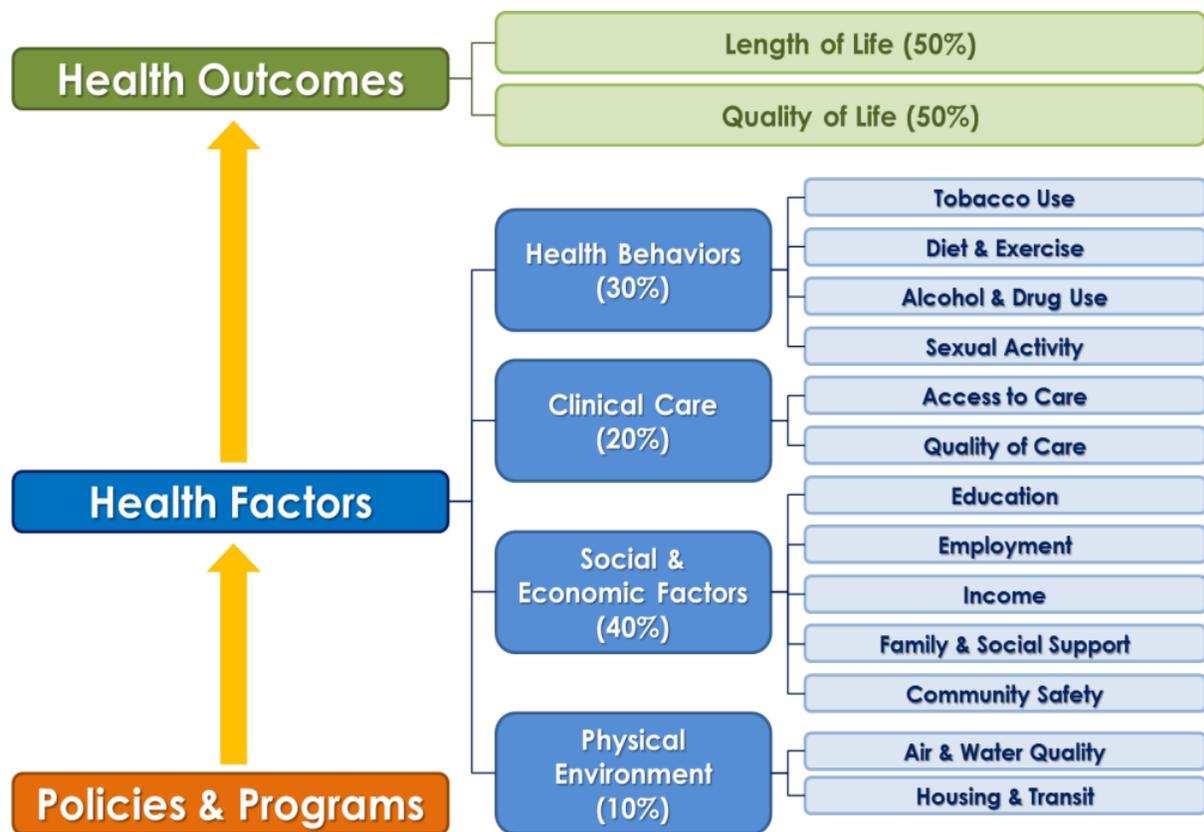
NEXT STEPS

Over the next several months, BMHD, in collaboration with community partners, will develop an implementation plan for each of the priority health needs. The implementation plan will be published in a separate report.



APPENDIX 1: HEALTH OUTCOMES AND HEALTH FACTORS

The information presented in this appendix follows the framework used by the County Health Rankings & Roadmaps program, a collaborative between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The information presented in this appendix uses the framework depicted in the image below as a guideline, not a limitation. Hence, additional sections under healthy behaviors, clinical care, social and economic factors and physical environment may be found.



County Health Rankings model © 2014 UWPHI



HEALTH OUTCOME: LENGTH OF LIFE

LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY

A study published by the Journal of the American Medical Association (JAMA), in 2018, identified life expectancy and healthy life expectancy by state. The life expectancy for females is 81.7 years in Oregon, and 81.2 years nationally. For males, the life expectancy in Oregon is 77.4 years and 76.5 years nationally. The table below provides the data for the state of Oregon.

	LIFE EXPECTANCY 2016, OREGON STATE	OREGON STATE'S LIFE EXPECTANCY RANK AS COMPARED TO OTHER STATES IN US	HEALTHY LIFE EXPECTANCY 2016, OREGON STATE	OREGON STATE'S HEALTHY LIFE EXPECTANCY RANK AS COMPARED TO OTHER STATES IN US
Both Male and Female	79.5 years (78.9 – 80.2)	16	68.4 years (65.3 – 71.2)	17
Female	81.7 (80.8 – 82.6)	19	69.5 (66.3 – 72.7)	19
Male	77.4 (76.5 – 78.3)	13	67.2 (64.5 – 69.9)	15

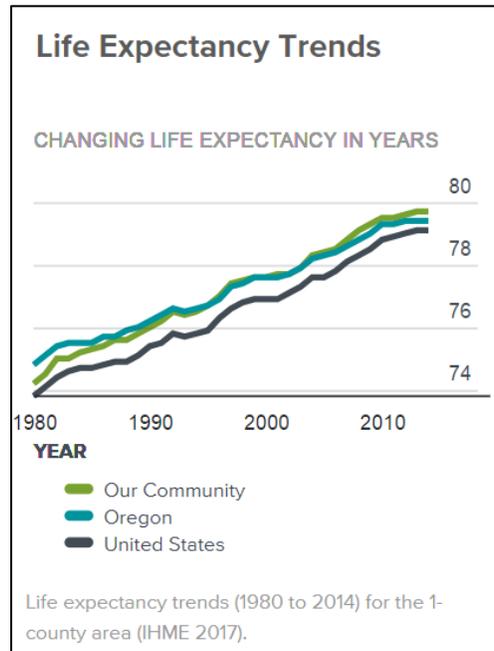
SOURCE: The US Burden of Disease Collaborators. The State of US Health, 1990 – 2016 Burden of Disease, Injuries, and Risk Factors Among US States. JAMA. 2018;319(14):1444-1472. doi:10.1001/jama.2018.0158

The JAMA study also identified disability-adjusted life-years related to risk factors. The top ten risk factors in Oregon, in rank order, were:

- Tobacco Use
- Alcohol and Drug Use
- High Body Mass Index
- Dietary Risks
- High Fasting Plasma Glucose
- High Systolic Blood Pressure
- Occupational Risks
- High total Cholesterol
- Impaired Kidney Function
- Air Pollution



The Life Expectancy figures in the previous table continue the trend seen in the chart below.



SOURCE: www.communitycommons.org; May 2019

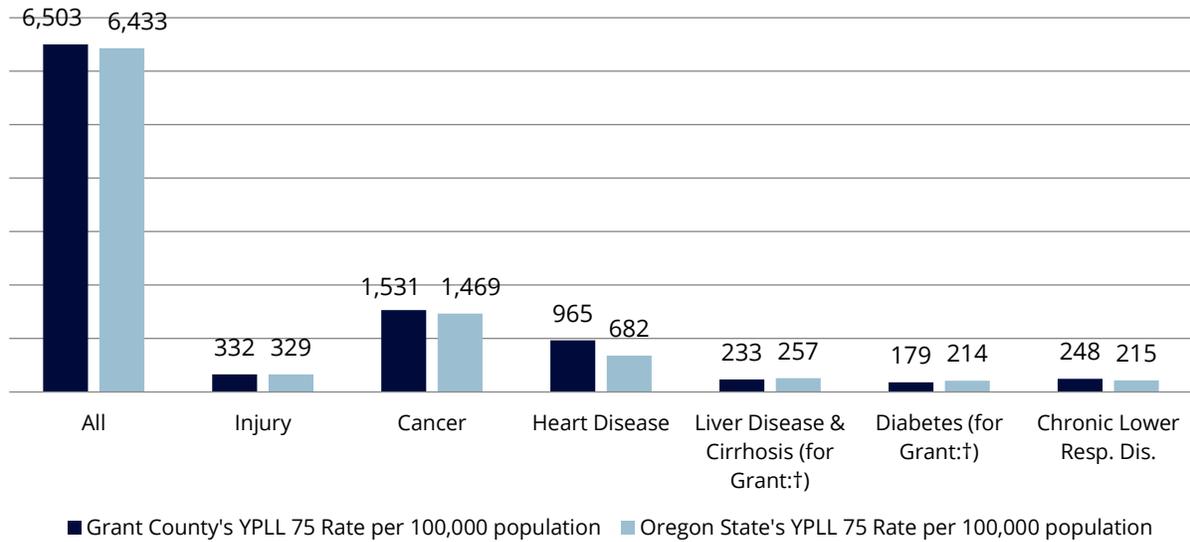
LEADING CAUSES OF DEATH

Because leading causes of death vary by age, mortality rates by underlying cause alone do not reflect the full social impact of premature death. Estimating years of potential life lost (YPLL) is a way of quantifying the cost of early death by measuring the number of years between age at death and a specific standard age. For instance, if the standard is set at 75 years, a death at age 21 results in 54 years of potential life lost.

The graph below compares causes of death by YPLL before age 75 years per 100,000 population for Grant County with the state of Oregon.



**YEARS OF POTENTIAL LIFE LOST (YPLL) BEFORE AGE 75
FOR GRANT COUNTY & OREGON STATE, 2012 TO 2016**



[†] Rates based on fewer than 12 events for the entire time period are considered unreliable.

SOURCE: Oregon Health Authority, Count Data SOURCE: Oregon Death Certificate Data Population Data SOURCE: National Center for Health Statistics Date: April 12, 2018, <https://www.oregon.gov/OHA/PH/ABOUT/Documents/indicators/lifelostbeforeage75-county.pdf>



As evidenced in the adjacent table below, the top five (5) leading causes of death in Grant County, Oregon State and the US are the same.

GRANT COUNTY RANK	15 LEADING CAUSES OF DEATH	% OF DEATHS GRANT COUNTY	% OF DEATHS OREGON	% OF DEATHS US
1	Diseases of heart	27.5%	26.5% (2 nd)	31.5% (1 st)
2	Malignant neoplasms (cancerous tumor)	26.8%	29.6% (1 st)	28.0% (2 nd)
3	Chronic lower respiratory diseases (Common types include Chronic Obstructed Pulmonary Disease (COPD))	11.1%	7.5% (4 th)	6.7% (4 th)
4	Accidents (unintentional injuries)	7.5%	6.4% (5 th)	6.1% (5 th)
5	Cerebrovascular diseases	7.1%	8.4% (3 rd)	7.0% (3 rd)
6	Alzheimer's disease	3.5%	5.1%	3.9%
7	Influenza and pneumonia	3.4%	2.1%	2.8%
8	Intentional self-harm (suicide)	2.8%	2.5%	1.8%
9	Diabetes mellitus	2.8%	4.2%	3.6%
10	Nephritis, nephrotic syndrome and nephrosis	1.6%	1.4%	2.2%
11	Chronic liver disease and cirrhosis	1.6%	1.9%	1.6%
12	Parkinson's disease	1.4%	1.4%	1.1%
13	In situ neoplasms, benign neoplasms & neoplasms of uncertain or unknown behavior	1.0%	0.9%	Not top 15 in US
14	Aortic aneurysm and dissection	1.0%	Not top 15 in OR	Not top 15 in US
15	Septicemia	0.9%	0.8%	1.7%

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018. Data are from the Multiple Cause of Death Files, 1999-2017, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on May 30, 2019



The table below compares causes of death data for Grant County with the state of Oregon. Grant County has a higher rate per 100,000 population as compared to the state of Oregon for the following:

- All causes of death
- Cancer
- Heart disease
- Injury
- Chronic lower respiratory disease

Grant County has a lower rate per 100,000 population as compared to the state of Oregon for the following:

- Liver Disease & Cirrhosis
- Diabetes

CAUSE OF DEATH	AREA	RATE PER 100,000 POPULATION 2012–2016	YPLL-75 (AVERAGE ANNUAL)	DEATHS (AVERAGE ANNUAL)	POPULATION (AVERAGE ANNUAL)
All causes of death	Grant County	6,502.6	414	82	7,227
All causes of death	Oregon State	6,432.7	239,390	34,415	3,982,267
Cancer	Grant County	1,530.6	97	15	7,227
Cancer	Oregon State	1,468.5	54,649	7,918	3,982,267
Heart disease	Grant County	964.9	61	18	7,227
Heart disease	Oregon State	682.0	25,382	6,592	3,982,267
Injury	Grant County	331.9	106	8	31,818
Injury	Oregon State	328.6	61,152	2,799	18,607,350
Chronic lower respiratory disease	Grant County	248.3	16	8	7,227
Chronic lower respiratory disease	Oregon State	215.0	8,002	2,017	3,982,267
Liver disease & cirrhosis	Grant County	232.6 [†]	15	1	7,227
Liver disease & cirrhosis	Oregon State	257.0	9,565	589	3,982,267
Diabetes	Grant County	179.1 [†]	11	2	7,227
Diabetes	Oregon State	213.7	7,952	1,141	3,982,267

[†] Rates based on fewer than 12 events for the entire time period are considered unreliable.

SOURCE: Oregon Health Authority, Count Data SOURCE: Oregon Death Certificate Data Population Data SOURCE: National Center for Health Statistics Date: April 12, 2018, <https://www.oregon.gov/OHA/PH/ABOUT/Documents/indicators/lifelostbeforeage75-county.pdf>



HEALTH OUTCOME: QUALITY OF LIFE

As seen in the adjacent tables, the percent population in Grant County with poor or fair health age 18+ is favorably lower (9.70%) than both the state of Oregon (13.80%) and the United States (15.70%), while the percent of population with a disability (22.10%) is higher.

POPULATION WITH POOR OR FAIR HEALTH AGE 18+ AGE-ADJUSTED PERCENTAGE		
GRANT COUNTY	OREGON	UNITED STATES
9.70%	13.80%	15.70%

SOURCE: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. United States Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County

PERCENT POPULATION WITH A DISABILITY		
GRANT COUNTY	OREGON	UNITED STATES
22.10%	14.58%	12.59%

SOURCE: United States Census Bureau, American Community Survey. 2013-17. Source geography: Tract

Depression figures for the Medicare population is presented and can provide an insight into the quality of life.

DEPRESSION (MEDICARE POPULATION)			
	Grant County	Oregon	United States
Total Medicare Fee-for-Service Beneficiaries	1,704	388,396	33,725,823
Beneficiaries with Depression	177	65,326	6,047,681
Percent with Depression	10.40%	16.80%	17.90%

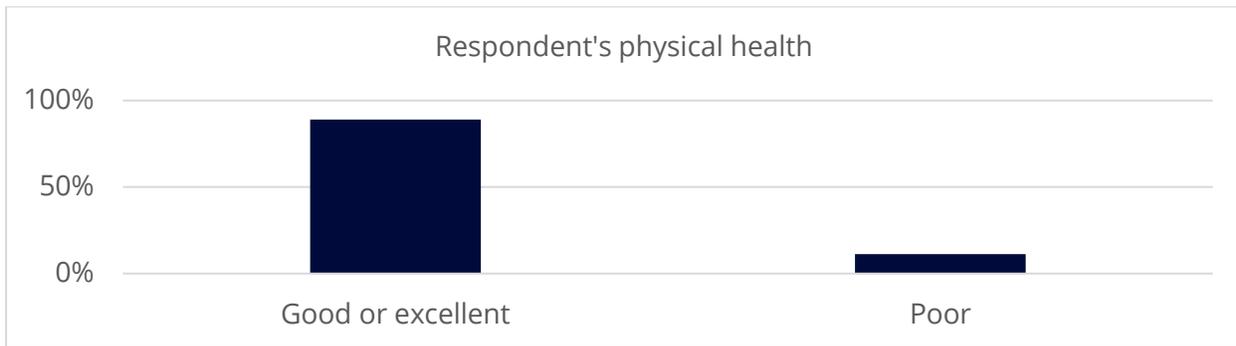
SOURCE: Centers for Medicare and Medicaid Services. 2017. Source geography: County



Survey responses regarding physical and mental health are in the adjacent tables and charts.

RESPONDENT'S PHYSICAL HEALTH	RESPONSES	
Good, any issues I have are treated	55%	217
Excellent, I rarely have issues	34%	133
Poor, I have many issues	11%	44

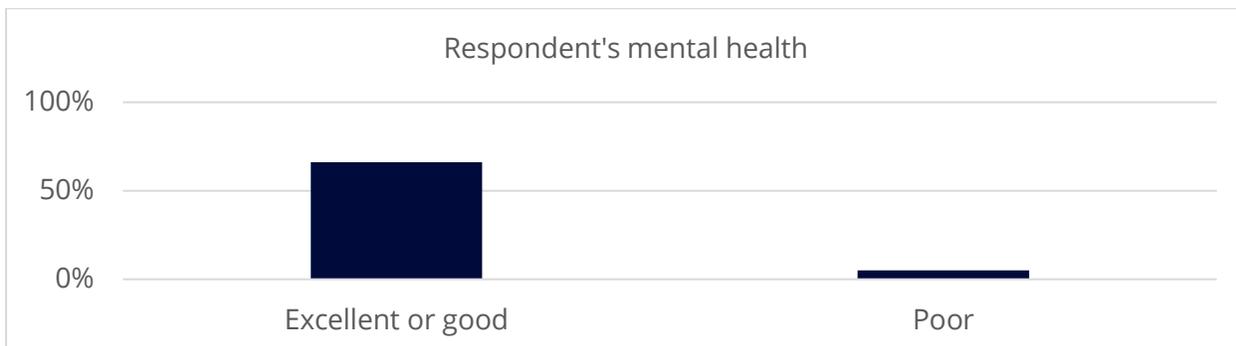
SOURCE: BMHD 2019 County Survey, Question 6



SOURCE: BMHD 2019 County Survey, Question 6

RESPONDENT'S MENTAL HEALTH	RESPONSES	
Excellent, I rarely have issues.	66%	262
Good, any issues I have are treated	29%	114
Poor, I have many issues	5%	20

SOURCE: BMHD 2019 County Survey, Question 7



SOURCE: BMHD 2019 County Survey, Question 7



HEALTH FACTORS: HEALTH BEHAVIORS

TOBACCO

The tobacco figures for Grant County seen in the adjacent table are unfavorably high as compared to the state of Oregon and the United States.

TOBACCO			
	GRANT COUNTY	OREGON	UNITED STATES
Percent Population Smoking Cigarettes (Crude)	25.60%	16.20%	17.80%
Percent Population Smoking Cigarettes (Age-Adjusted)	27.30%	16.60%	18.10%

SOURCE: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. United States Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County

Survey responses regarding tobacco use or vaping:

- In response to the survey question “What behaviors put adults over age 18 at risk in Grant County?,” tobacco use or vaping ranked sixth (6th) in the list with 63% of the community responses and ranked fifth (5th) in the list with 89% of the key stakeholder responses (County Survey Question 16 and Key Stakeholder Survey Question 4).
- In response to the survey question “What behaviors put youth and teens under the age of 18 at risk in Grant County?,” tobacco use or vaping ranked third (3rd) in the list with 67% of the community responses and ranked third (3rd) in the list with 85% of the key stakeholder responses (County Survey Question 17 and Key Stakeholder Survey Question 5).



DIET & EXERCISE

The percent population with no leisure time physical activity is higher than the state of Oregon and slightly less than the United States.

PHYSICAL INACTIVITY			
	Grant County	Oregon	United States
Total Population Age 20+	5,735	3,066,962	238,798,321
Population with no Leisure Time Physical Activity	1,342	466,477	52,960,511
Percent Population with no Leisure Time Physical Activity	20.80%	14.60%	21.60%

Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2015. Source geography: County

OBESITY			
	Grant County	Oregon	United States
Total Population Age 20+	5,732	3,063,958	238,842,519
Adults with BMI > 30.0 (Obese)	1,840	868,506	67,983,276
Percent Adults with BMI > 30.0 (Obese)	32.10%	28.20%	28.30%

Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2015. Source geography: County



Survey responses regarding eating habits and being overweight or obese follow.

RANKING ON RISKY BEHAVIORS LIST OF OVERWEIGHT OR OBESE	ADULTS	YOUTH & TEENS
County Survey	4 th	7 th
Key Stakeholder Survey	3 rd	7 th

Source: BMHD 2019 County Survey, Questions 16 & 17; BMHD 2019 Key Stakeholder Survey, Questions 4 & 5

RANKING ON RISKY BEHAVIORS LIST OF POOR EATING HABITS (NOT EATING HEALTHY FOOD)	ADULTS	YOUTH & TEENS
County Survey	3 rd	5 th
Key Stakeholder Survey	4 th	6 th

Source: BMHD 2019 County Survey, Questions 16 & 17; BMHD 2019 Key Stakeholder Survey, Questions 4 & 5

Survey responses regarding access to healthy food follow.

Access to healthy food ranked third (3rd) when asked “What do you think would help you and your family improve your health,” as indicated in the adjacent table.

Improving Health	Rank in List of Responses
More times available for doctor appointments (more times when you can schedule an appointment)	1 st
Access to specialty medical care	2 nd
Access to healthy food	3 rd

Source: BMHD 2019 County Survey Question 15



FOOD ENVIRONMENT			
	GRANT COUNTY	OREGON	UNITED STATES
Fast Food Restaurants, Rate per 100,000 Population ⁽¹⁾	67.16	76.53	77.06
Food Desert Census Tracts ⁽²⁾	2	294	27527
Grocery Stores Establishments, Rate per 100,000 Population ⁽³⁾	40.3	19.34	21.18
Percent Population with Low Food Access ⁽⁴⁾	39.80%	17.14%	22.43%
Percent Population in Tracts with No Food Outlet ⁽⁵⁾	0.00%	0.57%	0.99%
Percent Population in Tracts with No Healthy Food Outlet ⁽⁵⁾	28.97%	11.27%	18.63%
Percent Population in Tracts with Low Healthy Food Access ⁽⁵⁾	0.00%	22.53%	30.89%
Percent Population in Tracts with Moderate Healthy Food Access ⁽⁵⁾	71.03%	57.61%	43.28%
Percent Population in Tracts with High Healthy Food Access ⁽⁵⁾	0.00%	8.02%	5.02%
SNAP-Authorized Retailers, Rate per 10,000 Population ⁽⁶⁾	21.49	8.93	8.25

(1) SOURCE: United States Census Bureau, County Business Patterns. Additional data analysis by CARES. 2016. Source geography: ZCTA

(2) SOURCE: United States Department of Agriculture, Economic Research Service, United States DA - Food Access Research Atlas. 2015.

(3) SOURCE: United States Census Bureau, County Business Patterns. Additional data analysis by CARES. 2016. Source geography: ZCTA

(4) SOURCE: United States Department of Agriculture, Economic Research Service, United States DA - Food Access Research Atlas. 2015. Source geography: Tract

(5) SOURCE: Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity. 2011. Source geography: Tract

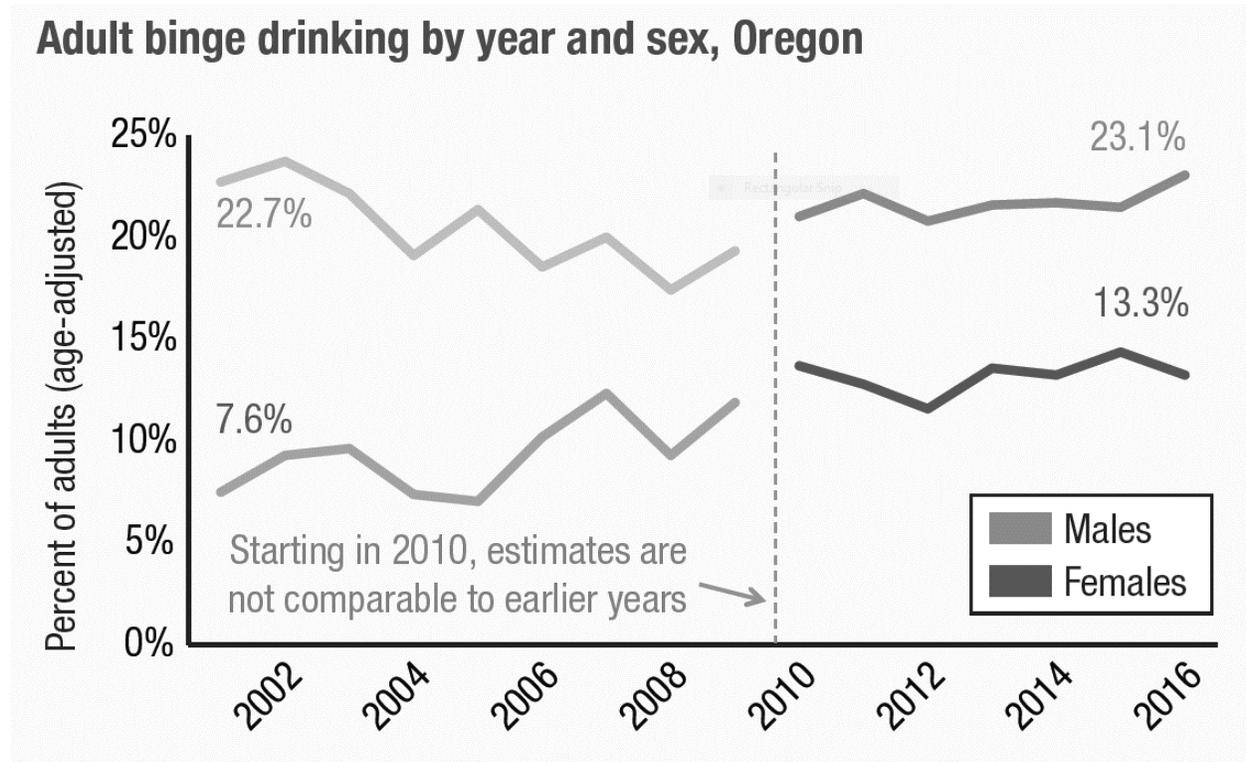
(6) SOURCE: United States Department of Agriculture, Food and Nutrition Service, United States DA - SNAP Retailer Locator. Additional data analysis by CARES. 2017. Source geography: Tract

ALCOHOL & DRUG USE

According to Oregon’s 2018 State Health Assessment (SHA) report, “Oregon ranks third highest in the country for deaths related to alcohol. Excessive alcohol use can increase a person’s risk of developing serious health problems such as brain and liver damage, heart disease, cancer, fetal damage in pregnant women, and early death. It is a risk factor for injuries, violence, unintended pregnancy, and motor vehicle crashes. Binge drinking and heavy drinking among Oregon adults are of particular concern.”



This is particularly pertinent in Grant County considering the Oregon 2018 State Health Assessment (SHA) report also communicates “Rates of adult binge or heavy drinking differ across the state, ranging from 11% in Jefferson County to around 26% in Grant County.”



Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) via Oregon's 2018 State Health Assessment (SHA)

	ALCOHOL CHARACTERISTICS		
	GRANT COUNTY	OREGON	UNITED STATES
Estimated Adults Drinking Excessively (Crude Percentage)	21.60%	16.00%	16.40%
Estimated Adults Drinking Excessively (Age-Adjusted Percentage)	22.90%	16.60%	16.90%

SOURCE: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. United States Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County



Survey responses regarding alcohol and drug use:

- In response to the survey question “What behaviors put adults over age 18 at risk in Grant County?,” alcohol and illegal drug use were the top two responses in both the community and key stakeholder survey (County Survey Question 16 and Key Stakeholder Survey Question 4).
- In response to the survey question “What behaviors put youth and teens under the age of 18 at risk in Grant County?,” alcohol and illegal drug use were the top two responses in both the community and key stakeholder survey (County Survey Question 17 and Key Stakeholder Survey Question 5).

SEXUAL ACTIVITY

The adjacent table indicates teen pregnancy rates in Grant County to be exceptionally low.

WOMEN WHO HAD A BIRTH IN THE PAST 12 MONTHS			
	GRANT COUNTY	OREGON	UNITED STATES
15 to 19 years old	0.00%	3.62%	3.94%
20 to 34 years old	21.05%	53.40%	50.52%
35 to 50 years old	66.67%	41.85%	44.35%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The adjacent table indicates sexually transmitted diseases (STDs) rates in Grant County to be lower than those in both the state of Oregon and the United States.

STD OCCURRENCE			
	GRANT COUNTY	OREGON	UNITED STATES
Chlamydia Infections, Rate (Per 100,000 Pop.)	83.5	432.5	497.3
Gonorrhea Infections, Rate (Per 100,000 Pop.)	13.9	108	145.8

SOURCE: United States 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. Source geography: County



Survey responses regarding sexual activity:

- In response to the survey question “What behaviors put youth and teens under the age of 18 at risk in Grant County?,” risky sexual behaviors (for example not using a condom) ranked fourth (4th) in the list of responses while teen pregnancy ranked seventh (7th) in both the community responses and the key stakeholder survey (County Survey Question 17 and Key Stakeholder Survey Question 5).

SUICIDE

Suicide is the eight (8th) leading cause of death in Grant County and the Crude Death Rate (Per 100,000 Pop.) much higher than both the state of Oregon and United States. According to Oregon’s 2018 State Health Assessment (SHA) report, “suicide rates in Oregon have been consistently higher than national rates for the past 30 years. Suicide rates in Oregon and the United States have been increasing over the past decade.”

	SUICIDE		
	Rate per 100,000 population (age-adjusted)	Deaths (average annual)	Population (average annual)
Grant County	27.5	2	7,254
Frontier counties	22.6	22	91,822
Rural counties	22.8	193	799,478
Urban counties	16.3	526	3,092,329
Oregon State	17.7	742	3,983,629

Source: Count Data Source: Oregon Death Certificate Data; Population Data Source: National Center for Health Statistics (NCHS), Estimates of the resident population of the United States by year, county, age, bridged race, Hispanic origin, and sex; Date: August 21, 2018 via Oregon Health Authority's Oregon State Population Health Indicators - county tables report

DIABETES

Diabetes is a chronic disease that occurs when glucose (sugar) levels in the blood are above normal. If not carefully managed, diabetes can cause heart attack, stroke, blindness, and kidney damage.

The percentage of the population with Diagnosed Diabetes in Grant County is higher than both the state of Oregon and the United States.



DIABETES (ADULT)			
	Grant County	Oregon	United States
Total Population Age 20+	5,731	3,066,856	241,492,750
Population with Diagnosed Diabetes	768	285,430	24,722,757
Population with Diagnosed Diabetes, Age-Adjusted Rate	9.60%	8.28%	9.28%

Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2015. Source geography: County

DIABETES (MEDICARE POPULATION)			
	Grant County	Oregon	United States
Total Medicare Fee-for-Service Beneficiaries	1,704	388,396	33,725,823
Beneficiaries with Diabetes	372	82,018	9,188,128
Percent with Diabetes	21.83%	21.12%	27.24%

Source: Centers for Medicare and Medicaid Services. 2017. Source geography: County

DIABETES MANAGEMENT - HEMOGLOBIN A1C TEST			
	Grant County	Oregon	United States
Total Medicare Enrollees	1,347	301,683	26,937,083
Medicare Enrollees with Diabetes	119	28,171	2,919,457
Medicare Enrollees with Diabetes with Annual Exam	110	24,425	2,501,671
Percent Medicare Enrollees with Diabetes with Annual Exam	93.30%	86.70%	85.70%

Source: Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Source geography: County



HEALTH FACTORS: CLINICAL CARE

ACCESS TO CARE

People need equitable access to health care, including physical and behavioral health care services. Access depends on having health insurance coverage, a provider, and transportation to visit a provider.

ACCESS TO HEALTHCARE PROFESSIONALS			
	GRANT COUNTY	OREGON	UNITED STATES
Dentists Rate per 100,000 Population ⁽¹⁾	97.43	77.1	65.6
Ratio of Mental Health Providers to Population (1 Provider per x Persons) ⁽²⁾	376.7	226.3	493
Mental Health Care Provider Rate per 100,000 Population ⁽²⁾	265.4	441.9	202.8
Primary Care Physicians Rate per 100,000 Population ⁽³⁾	97.49	102	87.8
Number of Federally Qualified Health Centers ⁽⁴⁾	0	157	8329
Federally Qualified Health Centers Rate per 100,000 Population ⁽⁴⁾	0	4.1	2.67

(1) SOURCE: United States Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2015. Source geography: County

(2) SOURCE: University of Wisconsin Population Health Institute, County Health Rankings. 2018. Source geography: County

(3) SOURCE: United States Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2014. Source geography: County

(4) SOURCE: United States Department of Health & Human Services, Center for Medicare & Medicaid Services, Provider of Services File. March 2018. Source geography: Address

Survey responses regarding access to care are captured below.

- 78% of the community and 56% of the key stakeholder survey respondents reported difficulty getting an appointment or accessing care with a primary care provider (BMHD 2019 County Survey, Question 19, BMHD 2019 Key Stakeholder Survey Question 12).
- 17% of the community and 6% of the key stakeholder survey respondents reported difficulty getting an appointment or accessing care with a mental health provider including mental health therapists (BMHD 2019 County Survey, Question 19, BMHD 2019 Key Stakeholder Survey Question 12).



- “More times available for doctor appointments (more times when you can schedule an appointment)” had the most responses (51%) to the question “What do you think would help you and your family improve your health?” while “access to specialty medical care” was second (28%) and “access to mental health care” was fifth (13%) (BMHD 2019 County Survey, Question 15).
- 37% (4th on the list) of key stakeholders identified difficulty getting an appointment as a reason why people do not get the medical services they need (BMHD 2019 Key Stakeholder Survey Question 9).
- The adjacent table reports some of the responses to the County Survey question “In the past year, have you or the people that you live with been unable to get any of the following when “really needed?”

UNABLE TO GET THE FOLLOWING "REALLY NEEDED" SERVICES	RESPONSES	
I have not had any problems getting these things	60%	226
Appointment with a doctor	25%	92
Dental care	12%	46
Vision (eye) care	9%	34
Medicine	6%	22
Mental health care	5%	18

Source: BMHD County Survey, 2019, Question 13

INFANT MORTALITY AND ACCESS TO CARE

The infant mortality indicator reports the rate of death for infants less than one year of age per 1,000 births. Grant County is lower (better) than the state, United States and the Healthy People 2020 target of ≤ 6.0 . This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.

INFANT MORTALITY RATE (PER 1,000 BIRTHS)		
Grant County	Oregon	United States
3.3	5.2	6.5

Source: United States Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File, 2006-10. Source geography: County



INSURANCE COVERAGE

The percent of population uninsured in Grant County is less than both the state of Oregon and the United States, as seen in the adjacent chart.

UNINSURED			
	GRANT COUNTY	OREGON	UNITED STATES
Percent of Population Uninsured	8.00%	8.80%	10.50%
Below 100 percent of the poverty threshold	19.40%	15.20%	19.60%
Percent Uninsured; No disability	9.10%	9.40%	11.00%
Percent Uninsured; With a disability	4.00%	5.60%	6.70%
Percent Uninsured; Under 6 years	3.60%	3.50%	4.50%
Percent Uninsured; 19 to 64 years	12.60%	12.70%	14.80%
Percent Uninsured; 65 years and older	0.20%	0.50%	0.90%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The Grant County figure associated with percent with public coverage (all or partial) is significantly higher than both the state of Oregon and the United States, as seen in the adjacent chart.

	GRANT COUNTY	OREGON	UNITED STATES
Percent with public coverage (all or partial)	51.88%	37.77%	33.83%
Public health insurance alone	23.20%	21.30%	19.60%
Medicare coverage alone	6.10%	4.80%	4.80%
Medicaid/means tested coverage alone	16.90%	16.10%	14.50%
VA health care coverage alone	0.20%	0.40%	0.30%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates



Survey responses regarding insurance coverage:

- 53% of BMHD 2019 County Survey respondents indicated that they had private insurance, and 6% indicated they did not have insurance (BMHD 2019 County Survey, Question 12).
- 18% of BMHD 2019 County Survey respondents reported that insurance coverage would help improve both their health and their families' health (BMHD 2019 County Survey, Question 15).
- No insurance coverage was the response of 5% the BMHD 2019 County Survey respondents when asked the reasons you or your family don't use available healthcare services in Grant County (BMHD 2019 County Survey, Question 18).
- "Help people sign up for insurance" ranked tenth out of fourteen (14) in the list of responses (with 16% of the responses) in the BMHD 2019 County Survey and ranked seventh in the Key Stakeholder Survey to the question "What would you like to see Blue Mountain Hospital District, in cooperation with community partners, focus on over the next three years?" (BMHD 2019 County Survey, Question 22; Key Stakeholder Survey, Question 14).
- "Complicated enrollment process for health insurance" ranked 12th out of fourteen (14) in the list of responses (with 15% of the responses) in the BMHD 2019 Key Stakeholder Survey, Question 9).

QUALITY OF CARE

PREVENTABLE HOSPITAL EVENTS			
	Grant County	Oregon	United States
Total Medicare Part A Enrollees	1,071	253,431	22,488,201
Ambulatory Care Sensitive Condition Hospital Discharges	37	8,594	1,112,019
Ambulatory Care Sensitive Condition Discharge Rate	35.2	33.9	49.4

Source: Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Source geography: County



PREVENTATIVE CARE

Since 2009, the U.S. Preventive Services Task Force (USPSTF) has recommended mammogram screening for early detection of breast cancer every two years for women age 50 to 74. The adjacent table reflects the percent female Medicare enrollees with a mammogram in the past two years is significantly lower than both the state of Oregon and the United States and has room for improvement.

PREVENTION - MAMMOGRAM			
	Grant County	Oregon	United States
Total Medicare Enrollees	1,347	301,683	26,937,083
Female Medicare Enrollees Age 67-69	121	30,403	2,544,732
Female Medicare Enrollees with Mammogram in Past 2 Years	61	18,649	1,607,329
Percent Female Medicare Enrollees with Mammogram in Past 2 Year	51.20%	61.30%	63.20%

Source: Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Source geography: County

Prenatal care data for Grant County is suppressed and therefore not available.

Survey responses regarding preventative care follow.

Lack of preventative care (including regular doctor visits or immunizations) was identified as a risk factor for both adults and teens, as indicated in the adjacent table.

RISK FACTOR: LACK OF PREVENTATIVE CARE	ADULTS	YOUTH & TEENS
County Survey	50% (Ranked 7 th)	39% (Ranked 9 th)
Key Stakeholder Survey	74% (Ranked 6 th)	48% (Ranked 8 th)

Source: BMHD 2019 County Survey, Questions 16 & 17; BMHD 2019 Key Stakeholder Survey, Questions 4 & 5



HEALTH FACTORS: SOCIAL AND ECONOMIC FACTORS

EDUCATION

Education levels obtained by community residents may impact the local economy. Higher levels of education generally lead to higher wages, less unemployment and job stability. These factors may indirectly influence community health.

PERCENTAGE OF POPULATION 3 YEARS AND OLDER	GRANT COUNTY	OREGON	UNITED STATES
Enrolled in school	16.29%	24.51%	26.43%
Enrolled in nursery school, preschool	4.00%	5.87%	6.04%
Enrolled in kindergarten	5.30%	4.87%	5.06%
Enrolled in grade 1 to grade 4	32.84%	20.21%	19.98%
Enrolled in grade 5 to grade 8	18.85%	19.96%	20.18%
Enrolled in grade 9 to grade 12	27.19%	20.64%	20.80%
Enrolled in college, undergraduate years	10.25%	23.57%	22.87%
Graduate or professional school	1.56%	4.88%	5.08%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

POPULATION 25 YEARS AND OVER EDUCATIONAL ATTAINMENT			
	GRANT COUNTY	OREGON	UNITED STATES
Less than 9th grade	3.32%	3.81%	5.44%
9th to 12th grade, no diploma	6.85%	5.97%	7.25%
High school graduate (includes equivalency)	30.88%	23.44%	27.32%
Some college, no degree	28.23%	25.85%	20.78%
Associate's degree	10.17%	8.66%	8.28%
Bachelor's degree	11.50%	20.07%	19.13%
Graduate or professional degree	9.05%	12.20%	11.80%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates



Head Start is a program of the United States Department of Health and Human Services that provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families. The Head Start program rate for Grant County is much higher than both the state of Oregon and the United States.

A cohort graduation rate follows the students who are first-time high school students in a particular year and determines the percentage that graduate within a given time frame, such as four years. The cohort graduation rate for Grant County is higher than both the state of Oregon and the United States.

SELECT EDUCATION STATISTICS			
	GRANT COUNTY	OREGON	UNITED STATES
Head Start Programs, Rate (Per 10,000 Children) ⁽¹⁾	29.59	9.13	7.18
Cohort Graduation Rate ⁽²⁾	87.3	75.7	86.1

(1) SOURCE: United States Department of Health & Human Services, Administration for Children and Families. 2018. Source geography: Point

(2) SOURCE: United States Department of Education, EDData. Accessed via DATA.GOV. Additional data analysis by CARES. 2015-16. Source geography: School District

ENGLISH PROFICIENCY (LINGUISTICALLY ISOLATED HOUSEHOLDS)

According to the U.S. Census Bureau, a linguistically isolated household (or "limited English-speaking household") is one in which no member 14 years old and over (1) speaks only English or (2) speaks a non-English language and speaks English "very well." In other words, all members 14 years old and over have at least some difficulty with English.

Based on the figures in the table below, the ability to speak in English about healthcare needs is not a significantly high barrier in Grant County.

PERCENT LINGUISTICALLY ISOLATED POPULATION		
GRANT COUNTY	OREGON	UNITED STATES
0.38%	2.90%	4.42%

SOURCE: United States Census Bureau, American Community Survey. 2013-17. Source geography: Tract



EMPLOYMENT

The unemployment rate for Grant County is slightly higher as compared to the state of Oregon and the United States as indicated in the adjacent chart.

UNEMPLOYMENT RATE		
GRANT COUNTY	OREGON	UNITED STATES
5.00%	3.90%	4.00%

SOURCE: United States Department of Labor, Bureau of Labor Statistics. 2018 - August. Source geography: County

Survey responses regarding employment: Approximately 60% of the BMHD 2019 County Survey respondents reported that they work (either full-time, part-time or have temporary employment) while 27% of them are retired, as indicated in the adjacent chart.

RESPONDENTS WORK SITUATION	RESPONSES	
I work full-time	49%	189
I am retired	27%	105
I am working part-time or have temporary work	11%	41
I am disabled and not able to work	4%	16
I am unemployed	3%	12
I am unemployed and actively looking for work	3%	10
Other	5%	19

Source: BMHD County Survey, 2019 (Question 11)

INCOME

Higher income and social status are linked to better health. The percentage of the population in Grant County receiving a wage or salary income is lower as compared to both the state of Oregon and the United States. Also, the median income figures and the percent population in poverty in Grant County are both lower as compared to both the state of Oregon and the United States.

PERCENTAGE RECEIVING WAGE OR SALARY INCOME			
	GRANT COUNTY	OREGON	UNITED STATES
With wage or salary income	63.85%	72.42%	74.87%
No wage or salary income	36.15%	27.58%	25.13%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates



MEDIAN AND PER CAPITA INCOME IN THE PAST 12 MONTHS (IN 2017 INFLATION-ADJUSTED DOLLARS)			
	GRANT COUNTY	OREGON	UNITED STATES
MEDIAN FAMILY INCOME	\$57,255	\$69,031	\$70,850
PER CAPITA INCOME	\$25,154	\$30,410	\$31,177
2023 ESTIMATED PER CAPITA INCOME ⁽¹⁾	\$28,229	\$36,033	\$36,530

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates
(1) iVantage Health Analytics (03/01/2019)

GINI INDEX OF INCOME INEQUALITY		
GRANT COUNTY	OREGON	UNITED STATES
0.41	0.46	0.48

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The federal poverty definition consists of a series of thresholds based on family size and composition. In calendar year 2017, a family of two adults and two children fell in the “poverty” category if their annual income fell below \$24,858.

POVERTY POPULATION			
	GRANT COUNTY	OREGON	UNITED STATES
Percent Population Under Age 18 in Poverty	22.08%	19.04%	20.31%
Percent Population in Poverty	13.67%	14.87%	14.58%

SOURCE: United States Census Bureau, American Community Survey, 2013-17. Source geography: Tract

PERCENTAGE RECEIVING PUBLIC ASSISTANCE INCOME			
	GRANT COUNTY	OREGON	UNITED STATES
With public assistance income	3.18%	3.86%	2.56%
With cash public assistance or Food Stamps/ Supplemental Nutrition Assistance Program (SNAP)	20.18%	18.56%	13.31%
With Social Security income	48.24%	33.01%	30.56%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates



AGE DISTRIBUTION OF THOSE WITH INCOME IN THE PAST 12 MONTHS BELOW POVERTY LEVEL			
	GRANT COUNTY	OREGON	UNITED STATES
Population	13.67%	14.87%	14.58%
Under 6 years	11.34%	9.97%	11.50%
6 to 11 years	9.79%	9.35%	11.02%
12 to 17 years	8.87%	8.13%	9.70%
18 to 59 years	49.79%	58.41%	53.87%
60 to 74 years	12.89%	10.23%	9.48%
75 to 84 years	5.05%	2.54%	3.01%
85 years and over	2.27%	1.37%	1.41%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

PERCENT FREE/REDUCED PRICE LUNCH ELIGIBLE		
GRANT COUNTY	OREGON	UNITED STATES
57.33%	51.43%	52.61%

SOURCE: National Center for Education Statistics, NCES - Common Core of Data. 2015-16. Source geography: Address

SAFETY AND VIOLENCE

According to Oregon’s 2018 State Health Assessment (SHA) report, “many people feel safe in their community, and Oregon experiences less violence than most other states (ranked 14th in the country). Aggravated assault, robbery, and rape are the most common serious violent crimes. Violent crime has been decreasing over time.”

The violent crime rates in Grant County are much more attractive than those in both the state of Oregon and the United States.

VIOLENT CRIME RATE (PER 100,000 POP.)		
GRANT COUNTY	OREGON	UNITED STATES
22.7	247.7	379.7

SOURCE: Federal Bureau of Investigation, FBI Uniform Crime Reports. Additional analysis by the National Archive of Criminal Justice Data. Accessed via the Inter-university Consortium for Political and Social Research. 2012-14. Source geography: County



FAMILY & SOCIAL SUPPORT

Survey responses reflecting the number of people in the respondent’s home are in the adjacent table.

NUMBER OF PEOPLE IN RESPONDENT'S HOME	RESPONSES	
1	14%	55
2	52%	201
3	14%	53
4	14%	53
5	4%	15
6	2%	8
7	1%	3
8	1%	2
9 or more	0%	0

BMHD 2019 County Survey, Question 8

Survey responses regarding the respondents providing care for someone else in their family are in the adjacent table and reflect 84% do not provide care for someone and more than 14% of the respondents do care for someone else in their family.

RESPONDENTS PROVIDING CARE FOR SOMEONE ELSE IN THEIR FAMILY	RESPONSES	
I do not provide care for any of those listed	84%	313
I provide care for someone with a disability	4%	15
I provide care for someone with special needs	3%	12
My parents or older relatives live with me and I am responsible for taking care of them	3%	11
I am a grandparent and my grandchildren live with me	2%	7
I provide care for someone with a chronic mental illness	2%	7
Other	5%	18

BMHD 2019 County Survey, Question 10

HEALTH FACTORS: PHYSICAL ENVIRONMENT

AIR AND WATER QUALITY

According to Oregon’s 2018 State Health Assessment (SHA) report, “as the state’s population continues to grow, so do the activities that contribute to pollution. Overall, Oregon’s air



quality has improved since the 1970s and levels of air quality pollutants in Oregon have been declining over time.”

AIR QUALITY			
	GRANT COUNTY	OREGON	UNITED STATES
Average Daily Ambient Particulate Matter 2.5 ⁽¹⁾	5.17	7.46	9.1
Number of Days Exceeding Emissions Standards ⁽¹⁾	0	0.63	0.35
Percentage of Days Exceeding Standards, Crude Average ⁽¹⁾	0	0.17	0.1
Percentage of Days Exceeding Standards, Pop. Adjusted Average ⁽¹⁾	0.00%	0.18%	0.10%
Respiratory Hazard Index Score ⁽²⁾	0.48	3.19	1.83

(1) SOURCE: Centers for Disease Control and Prevention, National Environmental Public Health Tracking Network. 2012. Source geography: Tract

(2) SOURCE: EPA National Air Toxics Assessment.

HOUSING

The percentages associated with Grant County of owner and renter occupied housing units reflected in the adjacent table are more favorable as compared to the state of Oregon and the United States.

PERCENT OWNER-OCCUPIED AND RENTER-OCCUPIED HOUSING UNITS			
	GRANT COUNTY	OREGON	UNITED STATES
Owner occupied housing units	73.14%	61.68%	63.82%
Renter occupied housing units	26.86%	38.32%	36.18%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

Survey responses regarding housing:

- Almost all the respondents to the county survey, 98%, indicated that they had housing (BMHD 2019 County Survey, Question 9).
- Although the majority of the survey respondents indicated that they had housing, 8% felt that access to affordable housing would help improve both their health and the health of their family (BMHD 2019 County Survey, Question 15).



- In the past year, 3% of the respondents or the people they live with were unable to get access to affordable housing (BMHD 2019 County Survey, Question 13).
- 74% of key stakeholders felt that lack of access to affordable housing is a factor that contributes to the health challenges of at-risk populations in Grant County (BMHD 2019 Key Stakeholder Survey, Question 6).

TRANSIT

The percentage of households in Grant County without a motor vehicle is favorably less than both the state of Oregon and the United States.

PERCENTAGE OF HOUSEHOLDS WITH NO MOTOR VEHICLE		
GRANT COUNTY	OREGON	UNITED STATES
3.81%	7.65%	8.81%

SOURCE: United States Census Bureau, American Community Survey. 2013-17. Source geography: Tract

Survey responses regarding transportation are in the adjacent table and reflect transportation is an issue for approximately 5% of the respondents. The figures in the adjacent table do not add up to 100% due to rounding.

TRANSPORTATION	RESPONSES	
NO - Transportation is not a problem	96%	362
YES - Transportation has kept me from medical appointments with a doctor - or - other medical care	3%	10
YES - Transportation has kept me from getting to meetings, appointments, work or other things I need	1%	4
YES - Transportation has kept me from getting medicine	1%	3

BMHD 2019 County Survey, Question 14

ACCESS TO PHYSICAL ACTIVITY

The zero (0) figure associated with the recreation and fitness facility access per 100,000 population is not surprisingly considering the total 2018 population figure for Grant County of 7,350.

RECREATION AND FITNESS FACILITY ACCESS ESTABLISHMENTS, RATE PER 100,000 POPULATION		
GRANT COUNTY	OREGON	UNITED STATES
0	12.35	11.01

SOURCE: United States Census Bureau, County Business Patterns. Additional data analysis by CARES. 2016. Source geography: ZCTA



APPENDIX 2: COMMUNITY NEEDS INDEX

In 2005 Dignity Health, in partnership with Truven Health, pioneered the nation’s first standardized Community Need Index (CNI). The CNI identifies the severity of health disparity for every ZIP Code in the United States and demonstrates the link between community need, access to care, and preventable hospitalizations. The CNI found a high correlation (95.5%) between hospitalization rates and CNI scores. Admission rates for the most highly needy communities, CNI of 5.0, are more than 60% higher than communities with the lowest need, CNI of 1.0.

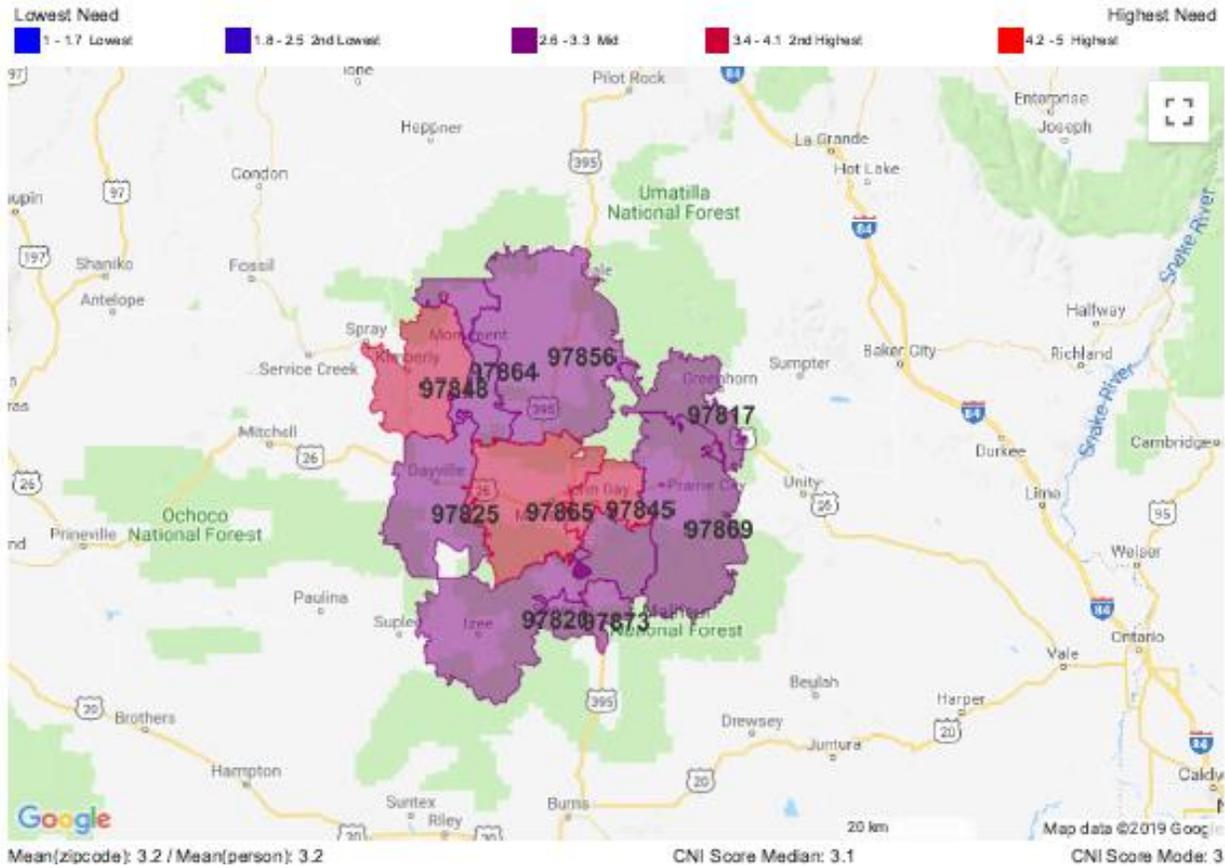
The CNI score is an average of five different barrier scores that measure various socio-economic indicators of each community. The five barriers are listed below along with the individual statistics that are analyzed for each barrier.

COMMUNITY NEED INDEX (CNI)	
Barriers to healthcare access	Indicator(s) of Underlying Causes of Health Disparity
Income	Percentage of households below poverty line, with head of household age 65 or more
	Percentage of families with children under 18 below poverty line
	Percentage of single female-headed families with children under 18 below poverty line
Cultural	Percentage of population that is minority (including Hispanic ethnicity)
	Percentage of population over age 5 that speaks English poorly or not at all
Education	Percentage of population over 25 without a high school diploma
Insurance	Percentage of population in the labor force, aged 16 or more, without employment
	Percentage of population without health insurance
Housing	Percentage of households renting their home

SOURCE: <http://cni.chw-interactive.org>; Community Need Index Methodology and Source Notes; 2019



COMMUNITY HEALTH NEEDS ASSESSMENT



Zip Code	CNI Score	Population	City	County	State
97817	2.8	36	Bates	Grant	Oregon
97820	2.6	868	Canyon City	Grant	Oregon
97825	3.2	138	Dayville	Grant	Oregon
97845	3.4	3122	John Day	Grant	Oregon
97848	3.6	153	Kimberly	Grant	Oregon
97856	3	409	Long Creek	Grant	Oregon
97864	3	221	Monument	Grant	Oregon
97865	3.8	861	Mount Vernon	Grant	Oregon
97869	3	1089	Prairie City	Grant	Oregon
97873	3.2	292	Seneca	Grant	Oregon

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SOURCE: Truven Health Analytics, 2018; Insurance Coverage Estimates, 2018; The Nielson Company, 2018; and Community Need Index, 2018.



APPENDIX 3: COUNTY SURVEY

BMHD requested input from community members regarding the health needs of Grant County. County survey distribution methods used include the following and resulted in acquiring a statistically significant number of survey respondents (396). A list of the questions asked, and the responses provided are below.

- Paper copies were taken to Grant County Public Health Department, Heart of Grant County, Grant County senior centers, Families First, Head Start, Blue Mountain Hospital emergency department front desk and registration, Blue Mountain Home Health Agency, Blue Mountain Hospice, and Strawberry Wilderness Community Clinic.
- Electronic survey was available via Blue Mountain Eagle Facebook page, BMHD Facebook page, Blue Mountain Eagle website, BMHD Website, emailed to stakeholders for distribution, emailed to hospital district employees, and emailed to Chamber of Commerce email list.

Question 1: What community do you live in?

Question 2: What is your race or ethnicity? Please choose only one.

Question 3: What is your age? Please choose only one.

Question 4: What language are you most comfortable speaking? Please choose only one.

Question 5: What is the highest level of school that you have finished? Please choose only one.

Question 6: Tell us about your physical health. Please choose only one.

Question 7: Tell us about your mental health. Please choose only one.

Question 8: How many people, including yourself, live in the same house? Please choose only one.

Question 9: What is your housing situation? Please choose only one.

Question 10: Tell us if you are providing care for someone else in your family.

Question 11: What is your work situation? Please choose only one.

Question 12: What is your main insurance? Please choose only one.



Question 13: In the past year, have you or the people that you live with been unable to get any of the following when "really needed?" Choose all that apply.

Question 14: Has lack of transportation kept you from medical appointments, meetings, work or from getting the things you need? Choose all that apply.

Question 15: What do you think would help you and your family improve your health? Please choose all that apply.

Question 16: What behaviors put adults over age 18 at risk in Grant County?

Question 17: What behaviors put youth and teens under age 18 at risk in Grant County?

Question 18: What are the reasons you or your family don't use available healthcare services in Grant County? Please choose all that apply.

Question 19: The following doctors or providers are available in Grant County. Please tell us if you have any trouble getting an appointment or accessing care. Please choose all that apply.

Question 20: What doctors or providers do you or your family travel outside of Grant County to see? Please choose all that apply.

Question 21: In the past six months, have you used a Smart application on your phone, computer or tablet to do any of the following:

Question 22: What would you like to see Blue Mountain Hospital District, in cooperation with community partners, focus on over the next three years? Please choose up to three (3).

Question 23: If you think one of the priorities should be chronic disease, what chronic diseases would you recommend the Hospital and community partners focus on?

Question 24: If you think one of the priorities should be supporting caregivers, what would you recommend the Hospital and community partners focus on?

Question 25: If you think drugs, alcohol, or tobacco should be a priority, what would you recommend the Hospital and community partners focus on?

Question 26: If you think domestic violence, abuse, or neglect should be a priority, what would you recommend the Hospital and community partners focus on?



Question 27: BMHD chose several initiatives to work on in 2016. How do you think we did since then?

Question 28: Any other comments are welcome and appreciated.

County Survey Question 1: What community do you live in?

LOCATION SURVEY RESPONDENTS LIVE	RESPONSES	
97845 (John Day)	38%	150
97820 (Canyon City)	18%	71
97869 (Prairie City)	17%	66
97865 (Mount Vernon)	13%	51
97856 (Long Creek)	3%	13
97825 (Dayville)	3%	10
97864 (Monument)	3%	10
97873 (Seneca)	2%	8
97848 (Kimberly)	1%	5
97817 (Bates)	0%	1
Other	3%	11

Written Comments in response to please specify “other”:

- Fox
- 97823 (Condon)
- Halfway between John Day and Prairie City
- Fox
- South of Mt. Vernon
- Granite
- Unity
- Other
- no answer
- Grant County
- outside city limits of John Day



County Survey Question 2: What is your race or ethnicity? Please choose only one.

RACE OR ETHNICITY OF SURVEY RESPONDENTS	RESPONSES	
White (Not Hispanic or Latino)	93%	368
Hispanic or Latino	2%	7
American Indian (Not Hispanic or Latino)	1%	4
Asian (Not Hispanic or Latino)	1%	3
Black / African American (Not Hispanic or Latino)	0%	1
Pacific Islander (Not Hispanic or Latino)	0%	1
Other (Not Hispanic or Latino)	3%	12

County Survey Question 3: What is your age? Please choose only one.

AGE OF SURVEY RESPONDENTS	RESPONSES	
Under 18 years old	0%	0
18-25 years old	5%	21
26-35 years old	14%	55
36-45 years old	16%	62
46-55 years old	16%	63
56-64 years old	21%	85
65-75 years old	20%	79
76 years or older	8%	31

County Survey Question 4: What language are you most comfortable speaking? Please choose only one.

LANGUAGE OF SURVEY RESPONDENTS	RESPONSES	
English	100%	395
Both English and Spanish	1%	2
Spanish	0%	1
Other	0%	0



County Survey Question 5: What is the highest level of school that you have finished? Please choose only one.

There were two (2) respondents who did not identify their education level and total of 405 responses were captured so some respondents selected more than one response.

HIGHEST LEVEL OF SCHOOL FINISHED ACCORDING TO SURVEY RESPONSES	RESPONSES	
Less than a high school degree	1%	4
High school diploma or GED	32%	129
Trade School or Certificate program	19%	78
Associates Degree	14%	56
Bachelors Degree or higher	34%	138

County Survey Question 6: Tell us about your physical health. Please choose only one.

There were three (3) respondents who did not communicate about their physical health.

RESPONDENT'S PHYSICAL HEALTH	RESPONSES	
Good, any issues I have are treated	55%	217
Excellent, I rarely have issues	34%	133
Poor, I have many issues	11%	44

County Survey Question 7: Tell us about your mental health. Please choose only one.

RESPONDENT'S MENTAL HEALTH	RESPONSES	
Excellent, I rarely have issues.	66%	262
Good, any issues I have are treated	29%	114
Poor, I have many issues	5%	20



County Survey Question 8: How many people, including yourself, live in the same house? Please choose only one.

There were eight (8) respondents who did not communicate about the number of people in their home.

NUMBER OF PEOPLE IN RESPONDENT'S HOME	RESPONSES	
1	14%	55
2	52%	201
3	14%	53
4	14%	53
5	4%	15
6	2%	8
7	1%	3
8	1%	2
9 or more	0%	0

County Survey Question 9: What is your housing situation? Please choose only one.

There were six (6) respondents who did not communicate about their housing situation.

RESPONDENT'S HOUSING SITUATION	RESPONSES	
I have housing	98%	382
I do not have housing (staying with others, living in a hotel, living in a shelter, living outside on the street, living in a car)	1%	4
Other	1%	4

Written Comments in response to please specify "other":

- Own home
- I live below poverty in HUD housing
- BMCC [assume means Blue Mountain Community College]
- Assisted



County Survey Question 10: Tell us if you are providing care for someone else in your family.

There were 23 respondents who did not communicate about providing care for someone else in their family.

RESPONDENTS PROVIDING CARE FOR SOMEONE ELSE IN THEIR FAMILY	RESPONSES	
I do not provide care for any of those listed	84%	313
I provide care for someone with a disability	4%	15
I provide care for someone with special needs	3%	12
My parents or older relatives live with me and I am responsible for taking care of them	3%	11
I am a grandparent and my grandchildren live with me	2%	7
I provide care for someone with a chronic mental illness	2%	7
Other (please specify)	5%	18

Written Comments in response to please specify “other”:

- Family member’s son once in a while
- Help an elder aunt
- Sick child
- I provide care for my under 18 years old child
- My wife recently had hip surgery; I provide care and share the responsibility with other family members, until clearance from surgery
- Parent of a toddler under 2 years old
- I care for someone with Parkinson's and all that comes with it.
- Care for grandparent who lives close by
- Nephew lives with me
- Husband with many medical issues
- Dementia
- I provide care to my children
- Spouse
- I am legal guardian of a parent in an assisted living facility
- I am a parent and adult child lives with me to assist with finances
- Just my husband
- I provide care for my elderly parents who still live at their own residents
- Care for two American girls so that they may attend high school



County Survey Question 11: What is your work situation? Please choose only one.

There were nine (9) respondents who did not communicate about their work situation.

RESPONDENTS WORK SITUATION	RESPONSES	
I work full-time	49%	189
I am retired	27%	105
I am working part-time or have temporary work	11%	41
I am disabled and not able to work	4%	16
I am unemployed	3%	12
I am unemployed and actively looking for work	3%	10
Other	5%	19

Written Comments in response to please specify "other":

- Self-employed and take on occasional outside work
- I am self-employed (3 responses)
- I own a business
- Full-time student EOU [assume means Eastern Oregon University]
- Retired still working
- I am retired working full time at another job.
- 2 jobs part time
- I am working for myself, under employed, and probably should be on disability.
- I am disabled but I have to work
- Stay at home mom/some temp work
- Retired working very part time
- I am a rancher
- Work half-time
- Full time student
- I run and own an animal rescue in Monument
- Small home business owner
- Medical leave



County Survey Question 12: What is your main insurance? Please choose only one.

There were nine (9) respondents who did not communicate about their insurance.

RESPONDENT'S MAIN INSURANCE	RESPONSES	
Private insurance like Tri-Care, Blue Cross, United, Aetna	53%	207
Medicare	26%	102
None - I don't have insurance	6%	24
Medicaid	5%	19
V.A.	2%	9
Both Medicaid and Medicare	1%	4
Other	12%	45

Written Comments in response to please specify "other":

- A share type insurance
- bc-bs [assume means BlueCross BlueShield]
- Christian Healthcare Ministries
- Employee provided healthcare
- Employer Group Health Insurance Coverage
- EOCC [assume intended Eastern Oregon Coordinated Care Organization]
- EOCCO [assume means Eastern Oregon Coordinated Care Organization]
- GEHA [Government Employees Health Association] and guidance
- GEHA [Government Employees Health Association] through my husband's insurance plan
- Health benefits partially provided through work
- Health share
- HSA through my employment
- Manhattan
- Medicare for me BCBS [assume means BlueCross BlueShield] for the family
- Medi-Share (2 responses)
- Moda (3 responses)
- MODA OEBC [assume means Oregon Educators Benefit Board]
- OEBC [assume means Oregon Educators Benefit Board]
- Oregon Health Plan (OHP) (9 responses)
- Oregon Health Plan (EOCCO) [Eastern Oregon Coordinated Care Organization]
- Pacific Source
- PEBB [assume means Public Employees' Benefit Board]
- Plus supplement
- Providence (4 responses)



- Providence ins. and Moda EOCCO
- Supplement
- Supplemental
- Tricare
- United health
- Work provides (2 responses)

County Survey Question 13: In the past year, have you or the people that you live with been unable to get any of the following when "really needed?" Choose all that apply.

There were 21 respondents who did not communicate about challenges getting needed services.

UNABLE TO GET FOLLOWING "REALLY NEEDED" SERVICES	RESPONSES	
I have not had any problems getting these things	60%	226
Appointment with a Doctor	25%	92
Dental care	12%	46
Vision (eye) care	9%	34
Medicine	6%	22
Mental health care	5%	18
Child care	3%	13
Food	3%	12
Hospital care	3%	12
Housing	3%	11
Clothing	2%	8
Utilities	2%	7
Other	4%	16

Written Comments in response to please specify "other" include:

- It seems to have to wait for around 2-3 weeks to get in with a doctor. Unfortunately, we have had to use the ER in a couple situations.
- It is a 3 1/2-hour drive to see a specialist.
- We just do without.
- Two months to get an appointment with primary care physician.
- Sacrifices are made to manage



- Would like to be able to get an appointment without waiting two months to see the doctor
- Did have trouble getting appointment, but was more than a year ago
- Medical care - cannot get into the Clinic for basic things like ear infections with a 2 week wait.
- Too long to see your own doctor
- Takes weeks to get into regular doctor, ER needs urgent care hours waiting to see doctor in ER
- I personally have had problems with getting an appointment with a doctor, and vision care. My other family members who do not live with me have the above listed issues as well.

County Survey Question 14: Has lack of transportation kept you from medical appointments, meetings, work or from getting the things you need? Choose all that apply.

There were 21 respondents who did not communicate about transportation.

TRANSPORTATION	RESPONSES	
NO - Transportation is not a problem	97%	362
YES - Transportation has kept me from medical appointments with a doctor - or - other medical care	3%	10
YES - Transportation has kept me from getting to meetings, appointments, work or other things I need	1%	4
YES - Transportation has kept me from getting medicine	1%	3



County Survey Question 15: What do you think would help you and your family improve your health? Please choose all that apply.

There were 86 respondents who did not communicate about what would help improve health.

IMPROVING HEALTH		RESPONSES
More times available for doctor appointments (more times when you can schedule an appointment)	51%	159
Access to specialty medical care	28%	88
Access to healthy food	25%	77
Insurance coverage	18%	56
More education opportunities	13%	40
Access to mental health care	13%	39
More opportunities for steady work	12%	36
Having a family doctor	10%	32
Access to housing we can afford	8%	25
Life skills	6%	18
Help to stop smoking	4%	12
Help to resolve legal issues	3%	10
Access to transportation	3%	8
Help to stop using alcohol	3%	8
Help to stop using illegal drugs	3%	8
Help to stop using opioids	2%	6
Other	16%	50

Written Comments in response to please specify "other":

Similar answers have been grouped together and been given a heading.

- Affordable Dental help, Medical assistance/access (additional skilled physicians, urgent care)
 - Denture help
 - Dental insurance
 - Respite and more homecare
 - An Urgent Care type medical office
 - The ability to get an appointment with a Doctor without having to wait for a month or more
 - Skilled doctors who care



- Skilled doctors
- Access to more competent doctors
- Affordable eye and dental care for elderly people
- Urgent care to take the pressure off ER
- Urgent Care Facility that doesn't charge an arm and a leg
- My health is pretty good, but it would be nice to be able to have the opportunities to check for food allergies, gut health, more in-depth blood work/hormone analysis. Shorter wait times to get into seeing the actual doctors and have longer appointment times to go into depth a little more.
- Doctors having time for appointments
- We have a family doctor, but you have to wait a month to see them
- None/No help needed
 - None
 - N/A for me
 - Don't need any help.
 - None
 - None
 - I have no issues
 - None apply
 - We are fine
 - N/a
 - not applicable
- Exercise Equipment/Pool
 - Access to exercise equipment.
 - Year-round pool
 - More opportunities for recreational activities such as swimming, biking, walking paths etc.
 - Recreation facilities & community pool
 - A workout gym or place with yoga, etc. twice a week or more.
 - Access to more activities such as strength training
 - Simply need to exercise more
- Finances
 - Free \$400.00 a month shopping card for Chester's!
 - Affordable health care. Even with insurance the deductible and co-pays can be expensive.
 - Lower cost of healthcare
 - Finances
 - a million dollars
 - Even having private insurance still can't afford the medical bills



- Mental Health Care
 - Quality trusted worthy mental health care
 - Affordable mental health options
 - Access to Mental health care
 - Mental health care that is less public and more confidential than community counseling. Prominent individuals cannot be seen there without rumors starting. There needs to be access at the hospital/Strawberry Clinic or privately.
- Help to stop using drugs
 - In the HUD housing I live in, I feel it is very unhealthy. I am a nonsmoker, nondrinker, and non-drug user. Yet the odors of drugs from neighbors as well as constant smoke make me sicker than I should be. While I do not need help with drug use, this town needs help with it, needs programs to get people off the drugs. To care for children that are in the homes of these drug abusers like my neighbors are.
 - Our community is in desperate need of help to stop the use of illegal drugs.
- Other/Comments
 - Work in this county would help a lot of people
 - More access to childcare
 - Insurance approval times
 - The hospital does well but veteran's choice dropped me twice. And it delayed my care. Thanks to the hospital
 - Access to weight consultations, in process of losing weight to assure good health

**County Survey Question 16:** What behaviors put adults over age 18 at risk in Grant County?

There were 47 respondents who did not communicate about behaviors putting adults over age 18 at risk.

BEHAVIORS PUTTING ADULTS OVER AGE 18 AT RISK	RESPONSES	
Illegal Drug use	79%	274
Alcohol use	78%	272
Poor eating habits (not eating healthy food)	64%	222
Overweight or obese	63%	219
Driving when intoxicated (drugs or alcohol)	62%	217
Tobacco use or vaping	58%	204
Not accessing preventative care including regular doctor visits or immunizations	50%	174
Not managing a chronic disease like diabetes or heart disease	48%	167
Risky sexual behaviors (for example not using a condom)	38%	131
Other	8%	27

Written Comments in response to please specify "other":

Similar answers have been grouped together and been given a heading.

- All
 - All of the above.
 - All of the above
 - All of the above.
 - All of the above.
 - Unknown – perhaps all the above
 - Every one of these things are issues. We need Universal Health Care, that addresses mental health, and programs to help teach people to get away from these actions. All of these situations apply to Grant County. The low-income housing is full of it.
- Drugs and alcohol
 - Drugs and alcohol are probably the biggest problems.
 - Prescription drug addiction
 - recreational marijuana use
- Healthcare
 - Limited access to prevention education
 - Regular visiting specialists i.e. ear, nose, and throat
 - Better healthcare in a small town



- Mental Health
 - Mental health issues not dealt with, dealing with depression, suicidal issues,
 - Mental Health issues
- Other/Comments
 - True in all of U.S.
 - I feel we need more for teenager to stop all of the above
 - Financial management
 - Presence of guns in the home
 - not sure
 - We really need a less expensive grocery store
 - Not continuing their education
 - living in non-supporting households prior to age 18
 - unemployment
 - The lack of healthy activities for young adults, and the facilities needed such as a pool and rec center leads to all of these problems.
 - Suicide

County Survey Question 17: What behaviors put youth and teens under age 18 at risk in Grant County?

There were 48 respondents who did not communicate about behaviors putting youth and teens under age 18 at risk.

BEHAVIORS PUTTING YOUTH AND TEENS UNDER AGE 18 AT RISK?	RESPONSES	
Alcohol use	79%	275
Illegal drug use	76%	264
Tobacco use or vaping	67%	232
Risky sexual behaviors (for example not using a condom)	62%	216
Poor eating habits (not eating healthy food)	61%	213
Driving when intoxicated (drugs or alcohol)	48%	168
Overweight or obese	46%	159
Teen pregnancy	41%	142
Unsupervised parties	41%	141
Not getting preventative care including regular doctor visits, immunizations, etc.	39%	137
School absences	32%	113
Unsafe use of firearms (guns)	17%	59
Other	6%	20



Written Comments in response to please specify “other”:

- All of the above (3 mentions)
- Prescription drug addiction
- Exposure to legal and illegal drug about in their home
- Suicide (2 mentions) and suicidal behaviors
- Lack of religion
- mental and sexual abuse
- Mental Health Issues that go unaddressed or poorly addressed
- Lack of accountability/parenting
- Self-awareness, mental health
- Risk of school expulsion associated with behaviors described above
- No recreation for kids here
- Social Media sexual predators
- Parents who would rather be a friend than a parent.
- Unknown – perhaps all the above
- Marijuana use, sexting, texting, social media harassment, lacking coping skills
- Parents not taking responsibility for their children and their habits and blaming everyone else for their actions.

County Survey Question 18: What are the reasons you or your family don't use available healthcare services in Grant County? Please choose all that apply.

There were 34 respondents who did not communicate about reasons you or your family don't use available healthcare services in Grant County.

REASONS DON'T USE AVAILABLE HEALTHCARE SERVICES IN GRANT COUNTY	RESPONSES	
I use healthcare services in Grant County	62%	225
Quality of care in Grant County	30%	109
Doctor appointments are not available at a time I can go due to work or other reasons	24%	87
Not comfortable with local doctors	17%	63
My doctor recommended I go out of Grant County for care	11%	40
High insurance co-pays - I can't afford care for me or for my family	8%	28
No insurance coverage	5%	19
My insurance made me go out of Grant County for care	3%	11
I don't have transportation	1%	2
Other	17%	61



Written Comments in response to please specify “other”:

- Difficult to get timely appointments
- Confidentiality concerns
- Specialty care needed is not available in Grant County
- Don't need any
- Lack of money
- I/we appreciate our good doctors and health care here in our county

County Survey Question 19: The following doctors or providers are available in Grant County. Please tell us if you have any trouble getting an appointment or accessing care. Please choose all that apply.

There were 181 respondents who did not communicate about experiencing trouble getting an appointment or accessing care.

TROUBLE GETTING AN APPOINTMENT OR ACCESSING CARE	RESPONSES	
Primary Care (Family Doctor)	78%	168
Mental Health providers including mental health therapists	17%	36
Cardiology (Heart)	12%	26
Orthopedics	10%	21
Gynecology (Family Doctor)	9%	20
Physical Medicine and Rehabilitation	8%	18
Psychiatry	8%	17
Pediatrics (Family Doctor)	7%	16
Public Health	7%	16
General Surgery	7%	15
Ophthalmology/Cataract Surgery	7%	15
Obstetrics	4%	9
Podiatry	4%	9
Other		58

Written Comments in response to please specify “other” include the following.

- I haven't needed these services except primary care
- No trouble accessing care
- Have not tried to see any of these providers



County Survey Question 20: What doctors or providers do you or your family travel outside of Grant County to see? Please choose all that apply.

There were 69 respondents who did not communicate about the doctors or providers travel outside of Grant County to see. "Other" received 15%, 48 of the responses.

DOCTORS OR PROVIDERS TRAVEL OUTSIDE OF GRANT COUNTY TO SEE	RESPONSES	
Dermatology (Skin)	31%	102
Cardiology (Heart)	28%	92
Orthopedics	27%	89
ENT (Ear, Nose and Throat)	22%	71
Urology	17%	57
Primary Care (Family Doctor)	16%	52
General Surgery	16%	52
Gynecology	16%	51
Oncology (Cancer)	15%	49
Ophthalmology/Cataract Surgery	15%	48
Gastroenterology (GI)	14%	47
Neurology	12%	39
Allergy	12%	38
Pulmonology (Lung and Respiratory)	12%	38
Endocrinology (Diabetes, Thyroid)	11%	35
Internal Medicine	10%	34
Mental Health providers including mental health therapists and counselors	9%	31
Nephrology (Kidney)	8%	26
Neurosurgery	8%	25
Pediatrics	6%	21
Podiatry	6%	19
Rheumatology	6%	18
Plastic Surgery	4%	14
Physical Medicine and Rehabilitation	4%	13
Obstetrics	4%	12
Infectious Disease	3%	11
Psychiatry	3%	11
Public Health	1%	4
Gerontology	1%	3



Written Comments in response to please specify “other” include the following:

- Acupuncture
- Back and spine
- Chiropractor
- Dentist
- Deep vein thrombosis (DVT)
- ENT
- Foot and ankle specialist
- Hearing
- Hematology
- Infertility
- Mental Health evaluations
- Natural/ Medical Doctors
- Naturopathic doctors
- Optometrist
- Orthodontist
- Pain management
- Phlebologist
- Sleep apnea
- Specialist for uncommon disease
- VA
- Vascular surgery
- Vision



County Survey Question 21: In the past six months, have you used a Smart application on your phone, computer or tablet to do any of the following:

There were 58 respondents who did not communicate about the doctors or providers travel outside of Grant County to see.

SMART APPLICATION USED IN THE LAST SIX MONTHS TO:	RESPONSES	
Track how many miles you are walking or running	42%	141
I do not use smart applications to manage my health	38%	127
Helped you to remember to schedule a routine doctor's appointment	28%	95
Looked at the information available on-line from your doctor's office about your health	21%	71
Help you lose weight	19%	63
Help you remember to take your medicine	12%	41
Help you to manage a chronic disease like diabetes or congestive heart failure	4%	12
Virtual care	3%	11
Other	5%	16

Written Comments in response to please specify “other” include the following:

- Celiac disease
- Exercise
- Express Scripts
- Infertility
- sleep
- use my strength app for motivation and depression
- Was not aware of it
- We use the alarms on our phone for medication schedules.



County Survey Question 22: What would you like to see Blue Mountain Hospital District, in cooperation with community partners, focus on over the next three years? Please choose up to three (3).

There were 68 respondents who did not communicate about their focus recommendations for BMHD.

SUGGEST BMHD FOCUS ON OVER THE NEXT THREE YEARS	RESPONSES	
Increase the number of family doctors - or - increase the number of available appointments	59%	195
Increase the number of specialists (doctors)	44%	145
Help adults and teens to stop using illegal drugs, opioids, alcohol, or tobacco	39%	127
Help support caregivers. For example: grandparents caring for grandchildren, families caring for older adults, families caring for a child or an adult with special needs, families caring for a child or adult with a disability, families caring for a child or adult with a chronic mental illness	36%	118
Help stop domestic violence, child abuse and neglect, or elder abuse and neglect	35%	115
Help people get mental health care	33%	108
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer, Alzheimer's disease	28%	93
Help people get the medicine they need to stay healthy	24%	79
Help people to lose weight and eat more healthy foods	21%	70
Help people sign up for insurance	16%	51
Help women who are pregnant to have a healthy baby	14%	46
Help stop teen pregnancy	9%	31
Help people get to and from doctor appointments (transportation)	9%	29
Help prevent sexually transmitted diseases	8%	25
Other	11%	35



Written Comments in response to please specify “other” include the following:

- Partner to work in the School-based Health Center and provide teen prevention education, integrate behavioral health specialists into Strawberry Wilderness Community Clinic (SWCC)
- Work as a team with community partners
- Jobs
- Affordability of healthy food choices
- Affordability of healthcare (medical, vision and dental)
- Aquatic facility support for overall health and positive environment
- Assistance with signing up for Oregon Health insurance
- Improve veteran/VA services
- Continue working on ways to make people aware of services available at the hospital and ways to be proactive in preventive health activities and check-ups.

County Survey Question 23: If you think one of the priorities should be chronic disease, what chronic diseases would you recommend the Hospital and community partners focus on?

There were 92 respondents who did not communicate about their focus recommendations for BMHD.

RECOMMENDED FOCUS IF CHRONIC DISEASE IS A PRIORITY	RESPONSES	
Diabetes	35%	107
Depression	35%	105
Cancer	30%	91
Chronic Mental Illness	26%	79
Heart Disease	24%	73
This is important, but I don't think it should be one of the priorities	22%	68
Alzheimer's disease or dementia	21%	63
COPD (Chronic Obstructive Pulmonary Disease)	17%	51
Arthritis	11%	33
Asthma	9%	27
Osteoporosis	7%	20
Chronic Kidney Disease	5%	16
Other	8%	23



Written Comments in response to please specify “other” include the following:

- Pain management
- Spine
- Cancer continues to be the #1 cause of chronic illness in our county. Bring more treatment options to those living here and provide peer support group opportunities. Partner with other health care providers to bring support and training's to families dealing with Alzheimer's or dementia.
- Isolation
- Parkinson's and other movement diseases that restrict and impair the quality of life severely for entire families
- Multiple sclerosis (MS)
- Primary focus on good healthy food, remove vitamin/min. deficiencies, and eating low carb, higher fat. Ex: Dr. Jason Fung Internist
- Obesity
- Focus on wellness; not medicating / treating just the disease - but encompassing all-around wellness.
- All are equally important!

County Survey Question 24: If you think one of the priorities should be supporting caregivers, what would you recommend the Hospital and community partners focus on?

There were 93 respondents who did not communicate about their focus recommendations for BMHD.

RECOMMENDED FOCUS IF SUPPORTING CAREGIVERS IS A PRIORITY	RESPONSES	
This is important, but I don't think it should be one of the priorities	33%	99
Caregiver support classes	30%	90
Families caring for an older adult	28%	85
Families caring for a child or adult with special needs	22%	66
Respite care	22%	66
Families caring for a child or adult with mental health needs	21%	63
Families caring for a child or adult with a disability	18%	56
Parenting classes	18%	55
Grandparents caring for grandchildren	17%	51
Transportation	7%	20
Other	3%	10



Written Comments in response to please specify “other” include the following:

- Again, all are important
- Families caring for family members with Alzheimer's and dementia. Provide more community awareness around this disease.
- Holistically (as in TOTAL health) and more alternative options
- There are too many elderly in this community that live alone and need help but seem to "fall through the cracks".
- Hard to choose because we need a little bit more of all of these to have a well-rounded facility and community support.

County Survey Question 25: If you think drugs, alcohol, or tobacco should be a priority, what would you recommend the Hospital and community partners focus on?

There were 93 respondents who did not communicate about their focus recommendations for BMHD.

RECOMMENDED FOCUS IF DRUGS, ALCOHOL, OR TOBACCO IS A PRIORITY	RESPONSES	
Illegal drug use by youth and teens	57%	173
Illegal drug use by adults	48%	145
Alcohol use by youth and teens	48%	144
Opioid use	35%	106
Adult alcohol abuse	34%	102
Tobacco use including smoking and vaping by teens	33%	99
Tobacco use including smoking and vaping by adults	21%	65
This is important, but I don't think drugs, alcohol or tobacco should be one of the priorities	18%	54
Other	4%	12

Written Comments in response to please specify “other” include the following:

- All of the above
- Illegal and newly legal drug abuse. Since pot has become recreationally legal, I have witnessed my neighbors with young children openly smoke pot with the child breathing in the secondhand smoke. This is dangerous and damaging to the child's growth.
- Meth



- With the recent reduction of pain medication to patients dealing with chronic pain, provide opportunities through peer support, exercise, and education.
- This has to be something that the abuser chooses to change. Every possible service can be available, and they still won't get halo if they don't want to.
- Meth and Marijuana use for all ages
- I believe this should be handled elsewhere. Not at a medical facility.

County Survey Question 26: If you think domestic violence, abuse, or neglect should be a priority, what would you recommend the Hospital and community partners focus on?

There were 96 respondents who did not communicate about their focus recommendations for BMHD.

RECOMMENDED FOCUS IF DOMESTIC VIOLENCE, ABUSE, OR NEGLECT IS A PRIORITY	RESPONSES	
Child abuse and neglect	55%	166
Domestic violence or abuse	43%	128
Overall education and resources	42%	125
Elder abuse and neglect	39%	117
Intimate partner violence or abuse	21%	63
This is important, but I don't think domestic violence, abuse or neglect should be one of the priorities	21%	62
Other	2%	7

Written Comments in response to please specify "other" include the following:

- All of the above
- Partner with Grant Harney CASA to advocate for children
- Recognize and use community partners
- The doctors or hospital can't help someone that won't help themselves. It's a waste of money.
- Should be handled elsewhere.



County Survey Question 27: BMHD chose several initiatives to work on in 2016. How do you think we did since then?

FEEDBACK REGARDING BMHD 2016 INITIATIVES	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
We educated people about Substance Abuse (legal and illegal substances)	27%	55%	18%	84	173	55
We improved the Trust in the Medical System (education regarding confidentiality as well as physician's skills and accomplishments)	42%	36%	22%	133	113	68
We helped improve Access to Providers	43%	28%	29%	133	87	92
We helped improve preventive health	39%	45%	16%	122	140	51

County Survey Question 28: Any other comments are welcome and appreciated.

Below is input from respondents who opted to provide comments. Similar answers have been grouped together and been given a heading.

Feedback/Ideas/Requests

- Support a community pool with adult therapy services!
- It is hard to get in to see the doctor when needed
- The biggest issues I have here is prescription cost and the lack of alternative care. I have to travel to see a naturopath, which is preferred care for my family. "
- Would a health fair that showcases hospital services and health-support partnerships be a feasible venture? I would attend.
- More 'free' physical movement classes for pain reduction and mental health. Strength training, tai chi, etc.



- More news about human trafficking everywhere, but no apparent resources for everyday citizens to go to if they see something that appears not right, or if one of these victims were to come up to a citizen and ask for help. I suspect ritual abuse is real in this county. How can we and you help? Thank you
- This community severely struggles from substance abuse, although I do not use and am a healthy person the prevalence in this community is difficult to deal with and second handedly negatively impacts my health and happiness.
- Reach out to the community on appropriate use of the ED, proper methods of contacting providers, scheduling appointments and exams, showing up for appointments on time, and if unable to make it to an appointment, call ahead of time so those slots can be filled by people in need. This would drastically improve our ability to see more patients in a timely manner.

Words of appreciation

- Thanks for providing this survey! I hope the feedback helps.
- Greatly appreciate the facility and doctor care. Great!
- Keep doing what you're doing! :)
- Thanks for doing the survey. It was well done and I am going to forward it to others.
- Blue Mountain Hospital has always met my needs or referred me to a specialist when needed.
- Thank you for doing this survey, please do one annually rather than every 3 years.
- We retired here because of the hospital. You can never please everyone, but I have always been appreciative of the professionalism of the Strawberry Clinic & the hospital staff. Thank you.
- So far recently I have had grand care. For breast cancer via the mammogram program!
- Clean hospital friendly staff, Thank you.
- Really enjoyed the free tai chi classes BMH provided. I have been really impressed with the providers and Strawberry Wilderness Community Clinic (SWCC) support staff.
- I have noticed a great change, for the better, in BMHD as a whole. I have also noticed a positive change in the outlook of other Monument community members in their opinion of BMHD. Please keep up the great work!
- The implementation of Community Health Workers into Strawberry Wilderness Community Clinic (SWCC) and hopefully into the ER, has impacted EOCCO members access, prevention screenings and overall improved care management. Well Done!
- Thank you for Tai Chi
- Thank you for having Fast Track appointments!! Continue to utilize community partners 😊 Thank you!!

I appreciate everything you have done/are doing to keep our community healthy.



APPENDIX 4: KEY STAKEHOLDER SURVEY

BMHD requested input from key stakeholders regarding the health needs of Grant County. The questions posed and the responses from the 27 respondents are captured below.

Question 1: Please identify yourself and the organization you represent.

Question 2: Please tell us the type of organization you represent.

Question 3: Please tell us if your organization provides services or programs to any of the populations listed below.

Question 4: What behaviors put adults over the age of 18 at risk in Grant County?

Question 5: What behaviors put youth and teens under the age of 18 at risk in Grant County?

Question 6: What factors or barriers do you believe contribute to the health challenges of at-risk populations in Grant County (social determinants of health)?

Question 7: What strategies or programs have been successful in addressing the challenges of at-risk populations?

Question 8: What is the one action or strategy that if undertaken could jumpstart other actions to positively impact challenges of at-risk populations?

Question 9: What are the top three reasons you think people do not get the medical services they need? Please choose up to three (3).

Question 10: What are the top three reasons you think people do not get the mental health services they need? Please choose only three (3).

Question 11: What types of doctors or providers do you or your family travel outside of Grant County to see? Please choose all that apply.

Question 12: The following doctors or providers are available in Grant County. Please tell us if you or your family have any trouble getting an appointment or accessing care. Please choose all that apply.

Question 13: In the past six months, have you used a smart application on your phone, computer or tablet to do any of the following?



Question 14: What would you like to see Blue Mountain Hospital District, in cooperation with community partners, focus on over the next three (3) years? Please choose up to three (3).

Question 15: If you think one of the priorities should be chronic disease, what chronic diseases would you recommend the Hospital and community partners focus on?

Question 16: If you think one of the priorities should be supporting caregivers, what would you recommend the Hospital and community partners focus on?

Question 17: If you think one of the priorities should be drugs, alcohol, or tobacco, what would you recommend the Hospital and community partners focus on?

Question 18: If you think one of the priorities should be domestic violence, abuse, or neglect, what would you recommend the Hospital and community partners focus on?

Question 19: BMHD chose several initiatives to work on in 2016. How do you think we did since then?

Question 20: Any other comments are welcome and appreciated.

Key Stakeholder Survey Question 1: Please identify yourself and the organization you represent.

NAME	TITLE	ORGANIZATION
Barbara Oliver	Business Office & Patient Access Manager	Blue Mountain Hospital District
Carol Waggoner	Office Manager	OSU Extension Service- Grant County Office
Debi Hueckman	Program Analyst/Community Development	Dept. of Human Services
Didgette McCracken	Grant County Open Campus Coordinator	Oregon State University
Donna Reid	Billing Specialist	Community Counseling Solutions
Dustin Wyllie	DD Program Manager	Community Counseling Solutions
Jessica Madden	DD Eligibility Specialist/Adult Protective Services Investigator	Community Counseling Solutions-Grant County CDDP



COMMUNITY HEALTH NEEDS ASSESSMENT

Jessica Winegar	RN, Manager	Grant County Health Department/GUSBHC
Joanne	WIC Certifier/Office Support	Grant County Health Department
Jonie Jones	Administrator	Blue Mountain Care Center
Julaine Wagner	QMHP	Juniper Ridge Acute Care Center
Levi Manitsas	Pastor	Cornerstone Christian Fellowship
Lisa Weigum	Substance Abuse Prevention Coordinator	Community Counseling Solutions
Lori Lane	Compliance Officer	Blue Mountain Hospital
Lydia Judd	Jail Diversion Peer Support Specialist	Community Counseling Solutions
Maxine Day	QMHP	Community Counseling Solution
Nancy	Office Support Specialist	Community Counseling Solutions
Nancy Jimenez	RN	CCS/Health Department
Nick Green	City Manager	City of John Day
Robert Waltenburg	Superintendent	Grant County ESD
Sara Jane Moore	Clinician	CCS
Shelly Whale	Executive Director	Heart of Grant County
Susie Combs	Dist. Secretary	Prairie City School
Tami Sasser	Librarian	Grant Union Jr/Sr High School
Teresa Aasness	Executive Director	Families First Parent Resource Center
Thad Labhart	Clinical Director	Community Counseling Solutions
Tilli Bjornberg	Pharmacy Manager	Len's Drug



Key Stakeholder Survey Question 2: Please tell us the type of organization you represent.

The respondents represented varying service types and organizations.

TYPE OF ORGANIZATION RESPONDENTS REPRESENT	RESPONSES	
Mental Health/Behavioral Health	33%	9
Healthcare	30%	8
Education	15%	4
Government	11%	3
Social Services	11%	3
Law Enforcement	4%	1
Industry / Business	4%	1
Other	19%	5

Written Comments in response to please specify “other”:

- Public Health
- Church, Faith Based Organization
- Parent education and support (Private non-profit)
- Research-based education and positive youth development (nonprofit, tax payer funded)
- Developmental Disabilities



Key Stakeholder Survey Question 3: Please tell us if your organization provides services or programs to any of the populations listed below.

SERVICES AND/OR PROGRAMS YOUR ORGANIZATION PROVIDES	RESPONSES	
Teens	85%	23
Women and children	78%	21
Individuals over the age of 65	74%	20
Adults with mental illness	74%	20
Youth and teens who use alcohol, tobacco products, marijuana, or illegal drugs	74%	20
Individuals who are victims of domestic violence; child abuse and neglect; or elder abuse and neglect	74%	20
Adults with an addiction to alcohol or drugs, use tobacco products, marijuana, or illegal drugs	70%	19
Homeless	70%	19
Ethnic minorities	70%	19
Individuals with limited English proficiency	70%	19
Children or teens with mental illness	67%	18
Individuals with a chronic disease	67%	18

Written Comments in response to please specify “other”:

- Adults with chronic disabilities or needs under 65
- Marriage counseling and bereavement counseling
- Our programs are universal access and serve diverse family members
- Individuals with Intellectual and Developmental Disabilities
- We provide research-based services and positive youth development to all without discrimination.



Key Stakeholder Survey Question 4: What behaviors put adults over the age of 18 at risk in Grant County?

The majority of respondents (96%) felt that alcohol use was the behavior that put adults at most risk in Grant County followed by illegal drugs use and driving while intoxicated.

BEHAVIORS THAT PUT ADULTS OVER THE AGE OF 18 AT RISK IN GRANT COUNTY	RESPONSES	
Alcohol use	96%	26
Illegal drug use	96%	26
Driving when intoxicated (drugs or alcohol)	93%	25
Overweight or obese	89%	24
Tobacco use including vaping	89%	24
Not accessing preventative care including regular doctor visits and immunizations	74%	20
Not managing a chronic disease like diabetes or heart disease	74%	20
Poor eating habits (not eating healthy food)	74%	20
Risky sexual behaviors (for example not using a condom)	70%	19
Other (please specify)	22%	6

Written Comments in response to please specify “other”:

- Mental Health, Suicidal ideation
- Lack of education and support for good choices
- Lack of exercise, isolation
- Lack of food and transportation
- When people unknowingly become involved with controlling, abusive people, the victim is now at risk of serious harm physically, mentally and emotionally
- Depends on which subgroup we are referring to; all of these in some form or another impact adults in Grant County



Key Stakeholder Survey Question 5: What behaviors put youth and teens under the age of 18 at risk in Grant County?

BEHAVIORS THAT PUT YOUTH AND TEENS UNDER THE AGE OF 18 AT RISK IN GRANT COUNTY	RESPONSES	
Illegal drug use	96%	26
Alcohol use	93%	25
Tobacco use including vaping	85%	23
Risky sexual behaviors (for example not using a condom)	85%	23
Unsupervised parties	81%	22
School absences	78%	21
Poor eating habits (not eating healthy food)	74%	20
Overweight or obese	63%	17
Driving when intoxicated (drugs or alcohol)	63%	17
Teen pregnancy	63%	17
Not getting preventative care including regular doctor visits, immunizations, etc.	48%	13
Unsafe use of firearms (guns)	37%	10
Other (please specify)	19%	5

Written Comments in response to please specify “other”:

- Mental Health, Bullying, Poor School Climate, Suicidal Ideation, Access to Primary and Behavioral Health Care
- Foster Care (constant moving to different families), physical abuse, depression
- Isolation
- Child of incarcerated parents, bullying
- Teen dating violence and abuse



Key Stakeholder Survey Question 6: What factors or barriers do you believe contribute to the health challenges of at-risk populations in Grant County (social determinants of health)?

Poverty and access to economic opportunities were identified as the greatest barriers that contribute to the health challenges of at-risk populations.

FACTORS OR BARRIERS (SOCIAL DETERMINANTS OF HEALTH) CONTRIBUTE TO THE HEALTH CHALLENGES OF AT-RISK POPULATIONS	RESPONSES	
Poverty	85%	23
Access to economic opportunities, jobs and job training	85%	23
Access to healthy food	74%	20
Access to affordable housing that is maintained in good repair	74%	20
Social support from community, family or friends	63%	17
Distrust of government	52%	14
Access to educational opportunities	44%	12
Access to transportation	44%	12
Cultural norms	44%	12
Access to healthcare services	37%	10
Access to leisure and recreational opportunities	37%	10
Crime and violence	37%	10
Access to a family doctor (medical home)	33%	9
Discrimination or racism, including residential segregation	22%	6
Access to media and emerging technologies (e.g., cell phones, internet, social media)	22%	6
Limited health literacy or limited English proficiency	15%	4
Other	11%	3

Written Comments in response to please specify “other”:

- Access to affordable, healthy foods
- Large amount of housing is for sale and not willing to rent at a low cost.
- Education about health care services and ability to pay, lack of health insurance by the lower middle class



Key Stakeholder Survey Question 7: What strategies or programs have been successful in addressing the challenges of at-risk populations?

There were nine (9) respondents who did not identify any strategies or who said that there were none.

The programs, strategies and comments mentioned are listed below. Similar answers have been grouped together and been given a heading.

- Health Services, Education and Outreach
 - Integrated care plans that include law enforcement, mental health services, social services, hospital and community advocates
 - Education and targeted outreach, working with partners to assist in persons needs being met and one case plan with "wraparound" services
 - The School based Health Center
 - Universal, both direct and indirect with a community outreach focus as well as school-based focus
 - Community Counseling Solutions integrating into schools, additional accessible education options, TEC office support
 - Poverty training, mass public education, targeted prevention strategies, enforcement of existing laws, changing policy, environmental interventions, embracing your neighbor & fellow countrymen/women instead of party affiliation
 - Health fairs
 - Heart of Grant County has implemented a program called "Hands and words are not for hurting" for all the kindergarten and first graders in the county school system. It is a great prevention program for having healthy (abuse free) relationships, starting off very young! That's one of our programs!
 - Early Intervention
 - Direct outreach and communication - no "shotgun" approaches
- Learning from and having a healthy relationship with others
 - Acquiring a trusting relationship with the family
 - Assemblies from those who have real life experience; speaking their truth, education; hands on
- Activities and community centers
 - Teen centers, community activities, recreational activities
 - Tai-Chi for seniors, Kick Butts program
- Other/Comments
 - Food Bank, HUD Housing, The People Mover
 - We have a lot of programs. I believe it is important for people to take advantage of the existing opportunities.
 - Tools of measurement to determine a baseline
 - I believe a lot of organization are doing the best to help with this



Key Stakeholder Survey Question 8: What is the one action or strategy that if undertaken could jumpstart other actions to positively impact challenges of at-risk populations?

There were nine (9) respondents who did not identify any strategies or who said unknown.

The actions, strategies and comments mentioned are listed below. Similar answers have been grouped together and been given a heading.

- Personal connection, relationships and collaboration
 - Meeting these populations where they are. Making personal connections and including children in efforts
 - Collaboration
 - Visiting families and developing a relationship with them
- Education and training
 - Education and job training
 - More education
- Awareness of services/opportunities available
 - Some sort of (event, marketing strategy) to make our communities aware of each and every program/opportunity.
 - I don't really know but what we find is that lots of folks don't even know who Heart of Grant County is or what we services we offer. That leads me to believe that maybe more marketing for all our resources might be addressed.
- Health Outreach and Insurance
 - Mobile clinic outreach to all small communities. Currently I believe that only Monument and Long Creek receive services in the communities - let's change that and get out to all communities including Dayville, Bates, Granite, Seneca.....
 - Our community to take an active role in getting health care services for the working lower middle class who cannot afford health insurance and do not qualify for Obama Care or the Oregon Health Plan. Privately owned businesses cannot afford to offer affordable health insurance to their employees therefore, the employees choose to not enroll in the plan. We have a large population of working families without health insurance. There are more options for free health insurance for lower income families. We need a solution in our state and community for the working lower and middle-class families.
- Other/Comments
 - Attending appointments
 - See if HUD Housing would buy houses that are for sale and make them into private HUD houses.
 - Rallying a community around any topic and utilizing that momentum to introduce risk factor issues and how to address them



- Can't identify one, too many challenges
- FUNDING. Until there is funding to provide continued universal strategies, nothing is really going to prompt positive impacts for change
- Access to community activities, a place for at-risk teens can go to, such as affordable teen center. Not all teens play sports, so a place where at risk teens can feel like they fit in.
- Understanding the at-risk populations and being able to work with them from their perspective.
- I personally feel that exercise and healthy eating are extremely important and can have an extremely positive effect on individuals in this community, but poor mental health and the lack of resources such as access to affordable recreational centers and AFFORDABLE healthy local food is a barrier for people to eat healthy and exercise.
- Interagency task force with adequate financing to actually address problems instead of just talking about them



Key Stakeholder Survey Question 9: What are the top three reasons you think people do not get the medical services they need? Please choose up to three (3).

No one responded that people generally get the medical services they need. The top response to why people do not get the medical services they need was “only seeking medical care when in pain or very sick” followed by the cost of medical services and medications.

REASONS PEOPLE DO NOT GET THE MEDICAL SERVICES THEY NEED	RESPONSES	
Only seeking medical care when in pain or very sick	63%	17
Cost of medical services	56%	15
Cost of medications	41%	11
Not understanding the importance of regular check-ups	37%	10
Difficulty getting an appointment when it is needed	37%	10
Not understanding what services are available or how to access them	33%	9
High insurance premiums and copayments	33%	9
Lack of trust in the system	30%	8
Untreated mental health issues	30%	8
Families with complicated lives	26%	7
Difficulty finding a doctor or medical provider (finding a medical home)	15%	4
Complicated enrollment process for health insurance	15%	4
Difficulty finding a specialist	11%	3
Limited transportation	4%	1
I think people generally get the medical services they need	0%	0
Cultural and language barriers	0%	0
Fear of deportation	0%	0
Discrimination	0%	0
Other	15%	4

Written Comments in response to please specify “other”:

- There is a deep mistrust in the medical (and behavioral) health systems in Grant County.
- May know their options but are fearful of others finding out what problems or issues they face.
- Medical referrals are not sent in a timely manner or at all.
- Medical Costs, high deductibles, high health insurance premiums so they opt out, ability to get into the doctor in a timely manner, or right away when needed.



Key Stakeholder Survey Question 10: What are the top three reasons you think people do not get the mental health services they need? Please choose only three (3).

REASONS PEOPLE DO NOT GET THE MENTAL HEALTH SERVICES THEY NEED	RESPONSES	
Stigma or prejudice	70%	19
Lack of understanding mental health disorders	67%	18
Drug or alcohol abuse	37%	10
Cost of mental health care	26%	7
Multi-generational mental health issues	26%	7
Lack of support (community, family, friends)	26%	7
Lack of coping skills or problem-solving strategies	22%	6
Financial concerns	22%	6
Mental health issues not diagnosed by providers	19%	5
Not enough psychiatrists	11%	3
Not enough family, individual, or group therapy providers	11%	3
Chronic stress	11%	3
Not enough screenings and referrals for mental health	4%	1
Language or cultural barriers	4%	1
Other	7%	2

Written Comments in response to please specify “other”:

- Not enough experienced mental health providers
- Again, mistrust in the system.



Key Stakeholder Survey Question 11: What types of doctors or providers do you or your family travel outside of Grant County to see? Please choose all that apply.

There were two (2) respondents who did not provide a response.

SPECIALTIES TRAVEL OUTSIDE OF GRANT COUNTY TO SEE	RESPONSES	
Cardiology (Heart)	32%	8
Dermatology	32%	8
ENT (Ear, Nose and Throat)	32%	8
Gynecology	32%	8
Orthopedics	28%	7
Urology	28%	7
Primary Care (Family Doctor)	20%	5
Internal Medicine	20%	5
General Surgery	20%	5
Allergy	16%	4
Endocrinology (Diabetes, Thyroid)	16%	4
Oncology (Cancer)	16%	4
Gastroenterology (GI)	12%	3
Neurosurgery	12%	3
Rheumatology	12%	3
Gerontology (Older Adults)	8%	2
Pediatrics	8%	2
Plastic Surgery	8%	2
Psychiatry	8%	2
Pulmonology (Lung and Respiratory)	8%	2
Infectious Disease	4%	1
Mental health providers including mental health therapists and counselors	4%	1
Nephrology (Kidney)	4%	1
Neurology	4%	1
Obstetrics	4%	1
Other	24%	6



Written Comments in response to please specify “other”:

- Myself and my family rarely see providers in Grant County
- Dental
- Counseling
- Have not needed
- We see a Pediatric Cardio and an eye doctor out of town
- Specialists and surgeons

Key Stakeholder Survey Question 12: The following doctors or providers are available in Grant County. Please tell us if you or your family have any trouble getting an appointment or accessing care. Please choose all that apply.

There were nine (9) respondents who did not provide a response.

DOCTORS OR PROVIDERS AVAILABLE IN GRANT COUNTY AND HAVE TROUBLE GETTING AN APPOINTMENT OR ACCESSING CARE.	RESPONSES	
Primary Care (Family Doctor)	56%	10
Cardiology (Heart)	17%	3
General Surgery	6%	1
Gynecology (Family Doctor)	6%	1
Mental health providers including mental health therapists and counselors	6%	1
Obstetrics	6%	1
Ophthalmology/Cataract Surgery	6%	1
Orthopedics	11%	2
Pediatrics (Family Doctor)	11%	2
Physical Medicine and Rehabilitation	6%	1
Podiatry	11%	2
Psychiatry	6%	1
Public Health	17%	3
Other	28%	5

Written Comments in response to please specify “other”:

- Counseling/psychology
- ENT
- Never had a problem
- Difficulty to get an appointment in a timely manner
- No



Key Stakeholder Survey Question 13: In the past six months, have you used a smart application on your phone, computer or tablet to do any of the following?

There was one (1) respondent who did not provide a response. The majority of respondents (62%) indicated that they use smart applications to track the number of miles they are walking or running.

HAVE USED A SMART APPLICATION IN THE PAST SIX MONTHS	RESPONSES	
Track how many miles you are walking or running	62%	16
Help you lose weight	23%	6
Looked at the information available on-line from you doctor's office about your health	23%	6
I don't use smart applications to manage my health	23%	6
Helped you to remember to schedule a routine doctor's appointment	19%	5
Virtual care	15%	4
Helped you to remember to take your medicine	12%	3
Helped you to manage a chronic disease like diabetes or congestive heart failure	8%	2
Other	4%	1

Written Comments in response to please specify "other":

- Find information to help manage my daughters auto-inflammatory disorder - Ehler's Danlos Syndrome



Key Stakeholder Survey Question 14: What would you like to see Blue Mountain Hospital District, in cooperation with community partners, focus on over the next three (3) years? Please choose up to three (3).

RECOMMENDED FOCUS FOR BMHD, IN COOPERATION WITH COMMUNITY PARTNERS, OVER THE NEXT THREE (3) YEARS	RESPONSES	
Help adults and teens to stop using drugs including illegal drugs, opioids, alcohol or tobacco	63%	17
Increase the number of family doctors - or - increase the number of available appointments	52%	14
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer or Alzheimer's Disease	48%	13
Help stop domestic violence, child abuse and neglect, or elder abuse and neglect	48%	13
Help people get mental health care	44%	12
Help support caregivers. For example: grandparents caring for grandchildren, families caring for older adults, families caring for a child or an adult with special needs, families caring for a child or adult with a disability, families caring for a child or adult with a chronic mental illness	33%	9
Increase the number of specialists (doctors)	30%	8
Help people sign up for insurance	22%	6
Help people get the medicine they need to stay healthy	22%	6
Help people to lose weight and eat more healthy foods	22%	6
Help women who are pregnant to have a healthy baby	19%	5
Help prevent sexually transmitted diseases	15%	4
Help stop teenage pregnancy	11%	3
Help people get to and from doctor appointments (transportation)	7%	2
Other	11%	3

Written Comments in response to please specify "other":

- Be able to have a PCP that stays long enough to establish a relationship with and that has time to see me.
- Focus more on prevention
- More access to good doctors - however you do it



Key Stakeholder Survey Question 15: If you think one of the priorities should be chronic disease, what chronic diseases would you recommend the Hospital and community partners focus on?

There were four (4) respondent who did not provide a response. Diabetes was the chronic disease priority selected by 57% of respondents. Chronic mental illness and depression were selected by 52% of the respondents.

RECOMMENDED FOCUS, IF CHRONIC DISEASE A PRIORITY	RESPONSES	
Diabetes	57%	13
Chronic mental illness	52%	12
Depression	52%	12
Heart Disease	39%	9
Cancer	26%	6
COPD (Chronic Obstructive Lung Disease)	22%	5
This is important, but I don't think it should be one of the priorities	13%	3
Arthritis	13%	3
Alzheimer's disease or dementia	9%	2
Asthma	4%	1
Osteoporosis	4%	1
Chronic Kidney Disease	4%	1
Other	13%	3

Written Comments in response to please specify "other":

- Chronic pain
- 1. diabetes 2. Chronic mental illness (including depression)
- I don't know enough about local illness to know how to best answer this question.



Key Stakeholder Survey Question 16: If you think one of the priorities should be supporting caregivers, what would you recommend the Hospital and community partners focus on? There were three (3) respondent who did not provide a response.

RECOMMENDED FOCUS IF SUPPORTING CAREGIVERS IS A PRIORITY	RESPONSES	
Caregiver support classes	38%	9
This is important, but I don't think it should be one of the priorities	33%	8
Families caring for an older adult	29%	7
Respite care	29%	7
Grandparents caring for grandchildren	25%	6
Parenting classes	21%	5
Families caring for a child or adult with special needs	17%	4
Families caring for a child or adult with a disability	17%	4
Families caring for a child or adult with mental health needs	13%	3
Transportation	8%	2
Other	0%	0

Key Stakeholder Survey Question 17: If you think one of the priorities should be drugs, alcohol, or tobacco, what would you recommend the Hospital and community partners focus on?

There were two (2) respondent who did not provide a response.

RECOMMENDED FOCUS IF DRUGS, ALCOHOL, OR TOBACCO IS A PRIORITY	RESPONSES	
Illegal drug use by youth and teens	72%	18
Opioid use	64%	16
Illegal drug use by adults	60%	15
Alcohol use by youth and teens	56%	14
Adult alcohol abuse	48%	12
Tobacco use including smoking and vaping by teens	48%	12
Tobacco use including smoking and vaping by adults	36%	9
This is important, but I don't think it should be one of the priorities	16%	4
Other	4%	1



Written Comments in response to please specify “other”:

- After they return from treatment, they need to have a job to commit to for 6 months in order for their treatment to work

Key Stakeholder Survey Question 18: If you think one of the priorities should be domestic violence, abuse, or neglect, what would you recommend the Hospital and community partners focus on?

RECOMMENDED FOCUS IF DOMESTIC VIOLENCE, ABUSE, OR NEGLECT A PRIORITY	RESPONSES	
Child abuse and neglect	56%	14
Overall education and resources	44%	11
Elder abuse and neglect	40%	10
Domestic violence or abuse	28%	7
This is important, but I don't think it should be one of the priorities	28%	7
Intimate partner violence or abuse	12%	3
Other (please specify)	0%	0



Key Stakeholder Survey Question 19: BMHD chose several initiatives to work on in 2016. How do you think we did since then?

FEEDBACK REGARDING BMHD 2016 INITIATIVES	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
We educated people about Substance Abuse (legal and illegal substances)	46%	35%	19%	12	9	5
We improved the Trust in the Medical System (education regarding confidentiality as well as physician's skills and accomplishments)	52%	33%	15%	14	9	4
We helped improve Access to Providers	67%	15%	19%	18	4	5
We helped improve preventive health	63%	33%	4%	17	9	1

Key Stakeholder Survey Question 20: Any other comments are welcome and appreciated. There were five (5) respondents who opted to provide additional comments. Their responses are below. Similar answers have been grouped together and been given a heading.

- Mental health and substance abuse related comment
 - Mental health and substance abuse contribute to many health and social problems. I would like to see a coordinated effort to focus on these issues. I would encourage BMHD to connect with agencies, funders and local interested persons to improve mental health and substance abuse in adults and youth.
 - The cost of mental health treatment is too much for clients who are self-pay or have private insurance. The only clients who receive treatment are on OHP and they do not get a treatment plan. The providers just keep having them come back to or three times a week, just milking the State for money. Most of



those clients just need to find a purpose in life, such as getting a job and contributing to society instead of leeching off of the state.

- A majority of the health and social issues in our community stem from drug, alcohol use and mental illness. Focus on education, prevention and help for the mentally ill.
- Other Comments
 - To make any sort to change, the hospital needs to be willing to fund initiatives and continue to try and foster important community partnerships.
 - It was very difficult to choose only three because there are so many areas of need.



APPENDIX 5: COMMUNITY RESOURCES

Following is a copy of the “Grant County Healthy Living Resource Guide” that includes a multitude of community resources identified to assist with addressing needs, including those prioritized in this CHNA.



*Grant County Healthy Living
Resource Guide*

New Paths to a Healthier Grant County

2019
Community Health Needs Assessment Committee



Grant County



Grant County History

Grant County was established on October 14, 1864, from parts of old Wasco and old Umatilla counties. Prior to its creation, cases brought to court were tried in The Dalles, county seat of the vast Wasco County. The great distance to The Dalles made law enforcement a difficult problem, and imposed a heavy burden on citizens who had a need to transact business at the courthouse. In 1889, more than half of the southern part of the original Grant County was taken to form Harney County. Also in 1899, a small part of northwestern Grant County was taken (along with parts of Crook and Gilliam counties) to form Wheeler County.

After gold was discovered in 1862 on Whiskey Flat, it has been estimated that within ten days 1,000 miners were camped along Canyon Creek. This increased population created a need for county government. Grant County's government operates in accordance with the Oregon Constitution which was ratified by the People of Oregon in November 1857, and the revised Statutes of Oregon. It employs the old-western county government system: the County Court, with a County Judge and two Commissioners. While the County Court no longer exercises much judicial authority, it serves as the executive branch of county government.

GRANT COUNTY
Healthy Living
Resource Guide

New Paths to a Healthier Grant County

Community Health Needs Assessment Committee

UPDATED JUNE 2019

WELCOME

This Healthy Living Resource Guide has been developed to help you navigate healthy activities, resources, and services throughout Grant County. This guide contains contact information for a full range of health care providers, fun races and walks, recreation sites and hiking trails, support groups, food programs and sporting activities for all ages.

HOW TO USE THIS GUIDE

*Refer to the **Table of Contents** to find resources listed by either government agency or by topic and page number. Contact information in this guide is up-to-date upon publication.*

PHOTO CREDITS: *Blue Mountain Eagle and Meywow Photography*

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*Corrections, updates and/or additions may be sent to the following email
for evaluation: marketing@bluemountainhospital.org*

GOVERNMENT AGENCIES - CITIES

For all EMERGENCIES call 9-1-1

Cities & Towns (of Grant County) Government

Canyon City

City Hall, 123 S Washington St.541-575-0509
Police, NON-EMERGENCY541-575-0030

Dayville

City Hall541-987-2188
Fire Department, NON EMERGENCY541-987-2941

Grant County

Emergency Management NON EMERGENCY541-620-1074

John Day

City Hall, 450 E Main St.....541-575-0028
Fire Department, NON-EMERGENCY.....541-575-1855
Police, NON-EMERGENCY541-575-0030

Long Creek

City Hall541-421-3601

Monument

City Hall, 291 Main St.541-934-2025

Mt. Vernon

City Hall, 199 W Main St.....541-932-4688

Prairie City

City Hall , 133 S Bridge St.541-820-3605
Fire Department, NON-EMERGENCY.....541-820-3601
Police, NON-EMERGENCY541-575-0030

Seneca

City Hall, 106 A Ave.541-542-2161
Fire Department, NON-EMERGENCY541-542-2161

To Report Electric Outages

Oregon Trail Electric Consumers Cooperative541-575-0240

To Report Wild Fires

Oregon State Forestry Wild Fire Dispatch Center...541-575-1321

GOVERNMENT AGENCIES - COUNTY

Grant County Government

Airport	720 Airport Rd., John Day OR 97845(541) 575-1151
County Court	201 S Humbolt, Canyon City, OR 97820(541) 575-0059
County Clerk	201 S Humbolt, Canyon City, OR 97820(541) 575-1675
Education Service District	835 S Canyon Blvd., John Day OR 97845(541) 575-1349
Emergency Managment	530 E. Main Street, Ste 4, John Day OR 97845(541) 620-1074
Extension Service Office	116 NW Bridge St. Ste 1, John Day OR 97845(541) 575-1911
Fairgrounds	411 NW Bridge St., John Day OR 97845(541) 575-1900
Health Department	528 East Main, Ste E, John Day OR 97845(541) 575-0429
Library	507 S Canyon Blvd., John Day OR 97845(541) 575-1992
Safe Communities Coalition	Canyon City, OR 97820(541) 575-1799 ext. 29
Veterans Services	530 E. Main Street, Ste 5, John Day OR 97845(541) 575-1631

GOVERNMENT AGENCIES - STATE

Department of Human Services:

- **Aging & People with Disabilities**

(541) 575-0255
725 West Main St.
John Day, OR 97845

- **Child Welfare**

(541) 575-0728
725 West Main St.
John Day, OR 97845

- **Self Sufficiency**

(541) 575-0309
725 West Main St.
John Day, OR 97845

- **Volunteer Services**

(541) 575-0728 ext. 240
725 West Main St.
John Day, OR 97845

Employment Department/Work Source Oregon

(541) 575-0744
120 S Washington St.
Canyon City, OR 97820
www.employment.oregon.gov

Oregon Parks and Recreation

(800) 551-6949

- **Bates State Park**

(541) 448-2585
County Rd 20
Bates, OR 97817

- **Clyde Holliday State Park**

(541) 932-4453
59500 US 26
Mt. Vernon, OR 97865

- **Kam Wah Chung State Park & Museum**

(541) 575-2800
125 NW Canton
John Day, OR 97845
www.oregonstateparks.org/park_8.php

Oregon State University Extension - Grant County

(541) 575-1911
116 NW Bridge St. Suite 1
John Day OR 97845

Oregon Health Authority

(503) 947-2340
500 Sumer St. NE - E20
Salem, OR 97301

GOVERNMENT AGENCIES - STATE (CONTINUED)

Oregon State Police - John Day Outpost

(541) 575-1363

(541) 575-0471 - 24 Hour Dispatch

420 E Main St.

John Day, OR 97845

GOVERNMENT AGENCIES - FEDERAL

National Park Service

- **John Day Fossil Beds National Monument**

(541) 987-2333

Thomas Condor Visitors Center

32651 Highway 19

Kimberly OR 97848

Social Security Administrative Office

(800) 772-1213

2205 Cove Ave.

La Grande OR 97850

US Forest Service

- **Blue Mountain Ranger District**

(541) 575-3000

431 Patterson Bridge Rd.

John Day, OR 97845

- **Prairie City Ranger District**

(541) 820-3800

327 Front St.

Prairie City, OR 97869

BUSINESS SUPPORT

Grant County Chamber of Commerce

(541) 575-0547

301 W Main St.

John Day, OR 97845

E: gadmin@gcoregonlive.com

www.gcoregonlive.com

A local organization helping businesses create a network whose goal is to further the interest of community and business growth.

Grant County Economic Development

(541) 575-1555

530 E. Main Street, Suite 10

John Day, OR 97845

E: info@grantcountyoregon.net

www.grantcountyoregon.net

CHURCHES

Assembly of God

(541) 820-3682

330 Front St
Prairie City, OR 97869

Bible Fellowship of Monument

Second Street
Monument, OR 97864

Church of Jesus Christ of Latter Day Saints

- **John Day**

26 US HWY 26
John Day, OR 97845

- **Monument**

North Street
Monument, OR 97864

Church of the Nazarene

(541) 575-1895

521 E Main
John Day, OR 97845

Cornerstone Christian Fellowship

(541) 575-2180

139 NE Dayton
John Day, OR 97845

Dayville Community Church

(541) 987-2621

200 S Fork Rd.
Dayville, OR 97825

First Baptist

(541) 575-1355

300 W Main St
John Day, OR 97845

First Christian Church

(541) 575-1202

311 NE Dayton
John Day, OR 97845

Historic Remnant Church

(541) 620-0340

Mt. Vernon Grange (Sat.)

Jehovah's Witness Kingdom Hall

(541) 575-2322

303 S Humbolt St
Canyon City, OR 97820

John Day Valley Mennonite Church

(541) 575-5507

Mt. Vernon, OR 97865
Mt. Vernon Grange Hall (Sun.)

Living Word Christian Center

(541) 932-4910

59357 HWY 26
Mt. Vernon, OR 97865

Long Creek Community Church

(541) 421-3016

269 Hardisty
Long Creek, OR 97856

Prairie Baptist

(541) 820-3696

(541) 820-4147 - *Teen Center*

238 N McHaley St
Prairie City, OR 97869

Presbyterian Church

(541) 932-4800

171 W Main St.
Mt. Vernon, OR 97865

Redeemer Lutheran

(541) 575-2348

627 SE Hillcrest Rd
John Day, OR 97845

Seventh Day Adventist

- **Dayville**

325 South Fork Road
Dayville, OR 97825

- **John Day**

(541) 575-1216
110 Valley View Dr
John Day, OR 97845

- **Long Creek**

(541) 421-3033
Main St.
Long Creek, OR 97856

CHURCHES (CONTINUED)

Strawberry Mt. Christian Fellowship

(541) 575-2006

170 SE Dayton St
John Day, OR 97845

St. Ann's Catholic Church

Cox Lane
Monument, OR 97864

St. Elizabeth Catholic

(541) 575-1459

111 SW 2nd Ave
John Day, OR 97845

St. Thomas Episcopal

(541) 575-1671

139 S Washington
Canyon City, OR 97820

United Methodist

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Victory Baptist Church

(541) 575-2688

108 S Washington St
Canyon City, OR 97820

COUNSELING & SUPPORT

Blue Mt. Hospital Dietary Department

Kim Jacobs, RD

(541) 575-1311

170 Ford Rd.
John Day, OR 97845

A registered dietitian is a nutrition professional. Registered dietitians are your most credible, objective source of nutrition information. In addition, they are trained in the use of nutrition to prevent and control disease. Registered dietitians counsel people on many different topics, including: Healthy Meals, Weight Control, Menu Planning, Diabetes, Food Handling, Stroke Rehabilitation, Sports Nutrition, Food Labels, Heart Disease, HIV/AIDS, Cancer, Osteoporosis, Pediatric Disorders, and many more!

Registered dietitians help people learn about staying healthy and selecting the right foods. A registered dietitian can help you find a total eating plan that works for you and your lifestyle. Many insurance plans will cover your visit to see a registered dietitian. If your insurance company does not, be sure to request this benefit. Medicare allows a certain number of visits for people with diabetes or end-stage renal disease. Check with your provider to determine if you are eligible under Medicare.

Community Counseling Solutions

(541) 575-1466

Warmline: (800) 698-2392

528 E Main St
John Day, OR 97845
www.communitycounselingsolutions.org

Mental Health Services: *Outpatient services include assessments, individual, group and family therapy, medication management, case management, school based counseling, wraparound services, peer, EASA, and 24—Hour Crisis Intervention.*

Addiction Services: *Services include screening, outpatient and intensive outpatient treatment, court mandated MIP/ DULL treatment, hardship license monitoring and co-occurring disorders treatment.*

Developmental Disabilities Services: *Services include case management, community & in-home support, relief care, training, behavior consultation, supported living, residential, supported employment & school transition planning. Individuals will choose the qualifying services that will help them live a healthy, safe, and productive life.*

Grant County Veterans Services

(541) 575-1631

530 E. Main Street, Ste 5
John Day, OR 97845

A Veterans Services Officer is available to assist in applying for all VA benefit coordination for counseling and social service needs. Office hours: Monday - Friday, 10 am - 4 pm. Appointments available at other times.

COUNSELING & SUPPORT (CONTINUED)

Heart of Grant County

(541) 575-4335

24 Hour Hotline: (541) 620-1342

PO Box 82

Canyon City, OR 97820

E: heartgc@centurytel.net

Helps stop domestic violence and sexual assault through a wide range of crisis educational services for adults, teens, & children. Support Services: 24-Hour Crisis Hotline, information and referral, emergency shelter, emergency transportation, safety planning, confidential advocacy & counseling.

Wednesdays - 12:00 pm Womens Support for Domestic Violence and Survivors - Free lunch!

Open Adoption & Family Services, Inc.

(503) 226-4870 or (800) 772-1115

5200 SW Macadam Ave Ste 250

Portland, OR 97239

E: angie@openadopt.com

www.openadopt.org

Angie Lunde-Grant County Representative

Support Groups

- **Alcoholics Anonymous**

"Outlaw Group"

(541) 932-4844

171 E Main St

Mt. Vernon, OR 97865

Mondays - 7:30 pm at the Presbyterian Church

- **Alcoholics Anonymous**

"Let it Go Group"

(541) 575-0114

247 S Canyon Blvd,

John Day, OR 97845

(In Parish Hall meeting room behind the church.)

Wednesdays - 7:30 pm at St. Elizabeth Catholic Church

- **Women's 12-Step Recovery**

"The Girlfriends"

Open to any recovery needs

(541) 620-0065

521 E Main St

John Day, OR 97845

EDUCATION

Blue Mt. Community College Extension Services

(541) 575-1550

835 S Canyon Blvd

John Day, OR 97845

Dayville School District #16J - K-12

(541) 987-2412

285 Schoolhouse Rd

Dayville, OR 97825

www.grantesd.k12.or.us/Dayville

Early Intervention

(541) 792-0371

329 N Humbolt

Canyon City, OR 97820

www.imesd.k12.or.us

E: Charissa.Moulton@imesd.k12.or.us

Eastern Oregon University Regional Center

(541) 575-2168

835 South Canyon Blvd

John Day, OR 97845

Grant County Child Care Center - Preschool

(541) 575-0166

249 N Humbolt St

Canyon City, OR 97820

Education Service District

- **Grant ESD**

(541) 575-1349

835A S Canyon Blvd

John Day, OR 97845

www.grantesd.k12.or.us

- **Grant ESD - Home School**

(541) 575-1349

835 S. Canyon Blvd

John Day, OR 97845

www.grantesd.k12.or.us/home-schooling.htm

Grant School District #3

(541) 575-1280

401 N Canyon City Blvd

Canyon City, OR 97820

EDUCATION (CONTINUED)

- **Grant Union JR/SR High School - 7-12**
(541) 575-1799

911 S. Canyon Blvd
John Day, OR 97845
www.grantesd.k12.or.us/Grant_Union

- **Humbolt Elementary K-6**
(541) 575-0454

329 N. Humbolt
Canyon City, OR 97820
www.grantesd.k12.or.us/Humbolt/
Humbolt Elementary School is a kindergarten through 6th grade public school.

- **Seneca Elementary School - K-6**
(541) 542-2542

PO Box 69
Seneca, OR 97873
www.grantesd.k12.or.us/Seneca
Seneca Elementary is a kindergarten through 6th grade public school.

- **Long Creek School District #17 - K-12**
(541) 421-3896

PO Box 429
Long Creek, OR 97856
www.grantesd.k12.or.us/LongCreek
Long Creek School District is a kindergarten through 12th grade public school.

- **Monument School District #8 - K-12**
(541) 934-2646

127 N Street
Monument, OR 97864
www.grantesd.k12.or.us/Monument
Monument School is a kindergarten through 12th grade public school.

- **Prairie City School District #4 - K-12**
(541) 820-3314

740 Overholt St
Prairie City, OR 97869
www.grantesd.k12.or.us/Prairie-City
Prairie City School District is a kindergarten through 12th grade public school.

- **Sonshine Christian School - Pre-School**
(541) 575-1895

521 E Main St
John Day, OR 97845

- **Umatilla Morrow Head Start - Grant County Site**
(541) 575-1429

401 S. Canyon Blvd
John Day, OR 97845

END OF LIFE PLANNING

Driskill Memorial Chapel

(541) 575-0529

241 S. Canyon Blvd.

John Day, OR 97845

www.grayswest.com

Driskill's mission is to serve as a solid foundation for their community by proudly reaching out to families in a dignified manner to provide a positive service experience with integrity. The goal is to alleviate as much confusion as possible during this difficult time by providing honest and comprehensive information regarding funeral and cremation arrangements.

EMPLOYMENT

Oregon Employment Department

Worksource Oregon

(541) 575-0744

120 Washington St.

Canyon City, OR 97820

www.employment.oregon.gov

www.worksourceoregon.org/

Services include employment assistance, access to computers and phones for unemployment, and monthly Veterans Services Representative visits for assistance for veterans returning to work.

Training Employment Consortium

CALL FIRST - hours change

(541) 575-0251

530 E. Main #5

John Day OR 97845

www.trainingemployment.org

Provides assistance to people re-entering or entering the workforce for the first time. Job training, resume building, job search, secondary education support, independent living programs are offered.

- **Work Force Investment Act**—Offered to ages 14-21. Based on economic eligibility. Opportunity to improve current job skills, new job skills training, and limited financial assistance.
- **Independent Living Program**—Offered to foster children from 14-18 upon referral by DHS. Aids foster children in becoming self-sufficient, prepares them for living independently upon exiting foster care system.

Step Forward

(541)575-2251

27877 Apple Rd

John Day, OR 97845

www.stepforwardactivities.org

An accredited qualified rehabilitation facility serving the needs of individuals with varying levels of ability, most of whom experience developmental disabilities. The services and programs of Step Forward Activities have been established to provide vocational training, employment opportunities, residential services, and supported living opportunities to persons with disabilities or other barriers to employment.

FAMILY RESOURCES

Aging & People with Disabilities

Department of Human Resources

(541) 575-0255

725 West Main St
John Day, OR 97845

Provides a variety of supports and services from in-home to comprehensive skilled nursing care. Assist in applying for social security disability. Aging & People with Disabilities provides medical assistance and food stamps for elderly and/or disabled persons who have limited income. Services are provided for long-term care, such as In-Home Care, Adult Foster Care, Home Assisted Living, Residential Care Facility and Nursing Home Care. Investigations for elder abuse are provided along with protective services for aging and people with disabilities, regardless of economic status.

Child Care Resource and Referral

(541) 575-0251

530 E. Main Suite #6
John Day, OR 97845
E: ccrassit@tecteam.org
www.oregonchildcare.org

Provides support and training to become a licensed child care provider. Connects parents seeking childcare for their children to child care providers.

Child Welfare

Department of Human Resources

(541) 575-0728

725 W Main St
John Day, OR 97845

Report Child Abuse at (877)877-5081 or 911 after business hours. Offers assistance to families experiencing difficulties with children, child protective services, foster care, adoption programs, child abuse investigation and intervention.

Families First Parent Resource Center

(541) 575-1006

401 S. Canyon Blvd.
John Day, OR 97845
www.familiesfirstofgrantcounty.com

Families First is a private, non-profit agency serving families and children throughout Grant County. Our mission is to promote and provide education and social supports that foster successful parenting. We offer Healthy Start and Parents As Teachers home visitation programs that help prepare kids for kindergarten, parenting classes and workshops, playgroups, a resource library, car seats, and fun activities for families! Families First is creating great beginnings, inspiring possibilities and ensuring bright futures for the children of Grant County.

Grant County Child Care Center/Bright Beginnings

(541) 575-0166

249 N. Humbolt St
Canyon City, OR 97820

The Child Care center is open Monday - Friday from 7 am to 5:30 pm. Child Care is provided for children ages 3 - 10 years. Preschool for 3 year olds is held on Tuesdays and Thursdays and Pre K for 4 year olds is held on Mondays, Wednesdays, and Fridays.

Little Sprouts Day Care

(541) 974-8760

227 NW 2nd Ave
John Day, OR 97845

Open Monday - Friday 7:15am to 5:00 pm.

Self Sufficiency

Department of Human Resources

(541) 575-0309

725 W Main St
John Day, OR 97845

Child care subsidy programs, OHP, SNAP (Food stamps), JOBS employment and training program, Temporary Assistance for Needy Families (TANF).

Volunteer Services

Department of Human Resources

(541) 575-0728 ext. 240

725 W Main St
John Day, OR 97845
E: debi.hueckman@state.or.us

Operates as a liaison between agencies and the community at large by making resources available to people through volunteers.

- **Transportation** – To medical appointments for title 19 clients
- **Lunch Buddy Mentor Program** - Pairs caring adults and teen volunteers with a grade school child providing young children with the opportunity to have a caring and positive adult mentor.
- **Car Seat and Bike Helmets** – Provided at a reduced cost to all and also based on income.

FAMILY RESOURCES - FOOD

Food Resources/Commercial Grocery Outlets

Boyer's Store - Monument

(541) 932-2290

778 Old Highway Rd
Monument, OR 97864

Chester's Thriftway - John Day

(541) 575-1899

631 W Main St
John Day, OR 97845

Dayville Merc - Dayville

(541) 987-2133

207 W Franklin Ave
Dayville, OR 97825

Huffman's Select Market - Prairie City

(541) 820-3588

222 W Front St
Prairie City, OR 97869

Food Resources/Community Resources

Grant County Local Food Guide

www.gcfoodguide.com

The mission of the Grant County Local Food Guide is simple: to make fresh, healthy food from local producers more available and affordable to Grant County residents, while making resources available for producers. Originally created in partnership with an AmeriCorps/RARE (Resource Assistance for Rural Environments) participant, the Grant County Economic Development Department and with assistance from the Grant County Oregon State University Extension Service, the Guide serves to enhance the entire local food system.

SNAP-Ed (Supplemental Nutrition Assistance Program - Nutrition Education)

OSU Extension-Grant County (541)575-1911 Carol Waggoner

530 Main Ste 10
John Day, OR 97845
E: Carol.Waggoner@oregonstate.edu

Provides nutrition education resources, state approved curriculum and curriculum guidance free of charge to people of all ages.

Summer Food Program

John Day/Canyon City Parks and Recreation

(541) 575-0110

LOCATIONS: John Day City Park - Prairie City Park
Monument Park - Dayville Presbyterian Church
Long Creek

Free lunch is served to children ages 1-18 from 12:00-1:00pm. Days vary, so contact Parks and Rec for information. Adult meals are available at a nominal price.

Food Resources/Food Pantry's

John Day Food Bank - John Day

(541) 575-0299

528 East Main Suite 9
John Day, OR 97845

Located in the "L" building next to the Health Department. Distribution days are the 4th Wednesday of every month from 9:00am-1:00pm.

Prairie Baptist Food Bank - Prairie City

(541) 820-4147

145 Front St
Prairie City, OR 97869

Open the 3rd Tuesday of every month from 5:00pm - 7:00pm. A free meal is provide during Soups On.

Methodist Food Pantry - John Day

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Hours: Fridays 3-5pm

Monument Food Pantry - Monument

(541) 934-2056

260 Main St.
Monument, OR 97864

Open the 3rd Thursday of the month.

FAMILY RESOURCES - FOOD (CONTINUED)

Food Resources/Fresh Direct

John Day Farmers Market – John Day

SW Brent Street

John Day, OR 97845

E: johndayfarmersmarket@gmail.com

Locally produced food and crafts, activities for children, music, food and recipe samples, plants and drawings for prizes. Booths space is available for \$5. Some vendors accept SNAP, WIC, Fruit & Veggie Vouchers and Farm Direct Nutrition Program checks.

Every Saturday from 8:30am - Noon, Mid June - Mid October.

Thomas Orchards - Kimberly

(541) 934-2870

PO Box 472

Kimberly, OR 97848

Thomas Orchards has been growing fruit trees along the fertile banks of the North Fork of the John Day River, for 54 years. They produce a wide range of fruit, including the current offerings of peaches, nectarines, apricots, plums, cherries, apples and pears. Apple varieties include: Red Delicious, Golden Delicious, Fuji, Braeburn, Granny Smith, Pink Lady, Criterion, Galas, Early Blaze, and Gravenstein.

Food Resources/Convenience Stores

Bear Valley Store - Seneca

(541) 542-9309

209 Barnes Ave

Seneca, OR 97873

Blue Mt. Mini Market – Mt. Vernon

(541) 932-4477

150 N Mountain Blvd

Mt. Vernon, OR 97865

E: johndayfarmersmarket@gmail.com

Chevron Triangle Mini Mart - Mt. Vernon

(541) 932-4223

385 E Main St

Mt. Vernon, OR 97865

Dale Store - Ukiah

(541) 575-421-3484

48382 Hwy 395 N

Ukiah, OR 97880

Mt. View Mini Mart - Prairie City

(541) 820-4477

211 W Front St

Prairie City, OR 97869

OK Garage & Mini Mart - Long Creek

(541) 421-3344

Hwy 395

Long Creek, OR 97856

Route 395 Mini Market - Mt. Vernon

(541) 932-4522

150 Mountain Blvd

Mt. Vernon, OR 97865

South-Fork Gas & Mini Mart - Dayville

(541) 987-2106

100 E Franklin Ave

Dayville, OR 97825

Stampede General Store - Long Creek

(541) 421-3332

105 Highway 395 N

Long Creek, OR 97856

HEALTHY & FIT FAMILIES

Active Parenting – Curriculum

Families First

(541) 575-1006

401 S. Canyon Blvd.

John Day, OR. 97845

Active Parenting will show effective ways to use nonviolent discipline that really works, open up lines of communication – before they get clogged, teach responsibility, courage, and other important character traits, encourage school success in 7 steps, prevent future problems with drugs, alcohol, and sex, defuse power struggles with your children and stimulate independence as your child grows older. Stop scolding and start smiling with your kids again!

Bi-Annual Health & Safety Fair for Kids

(541) 575-0309 - Debi Hueckman

This event is held at Humbolt School for all students in the county.

Freedom from Smoking

Lens Drug

(541) 575-0629 - Tilli Bjornberg

120 E. Main

John Day, OR. 97845

An 8 session 7 week class to help navigate the process of quitting tobacco products. For more information contact Tilli at (541) 575-0629.

Grant County Health Fair

(541) 575-1311

This annual event is held the third Friday in June. Health Screening and Education Booths are offered.

For information call (541) 575-0429.

Grant County Safe Communities Coalition

(541) 575-1799 ext. 29

Canyon City, OR 97820

E: lisa.weigum@gobhi.net

Promotes a safe, healthy, drug-free community through leadership, education and citizen participation. Meetings are held the 3rd Wednesday of every month at the Outpost Restaurant from 4:00pm-5:30pm.

Grant County School Based Health Center

(541) 575-0366

911 S. Canyon Blvd.

John Day, OR 97845

The School Based Health Center provides primary care, mental health, and immunizations to school aged kids and faculty of all Grant County Schools.

Healthy and Fit Kids Annual Health Fair

(541) 575-1311 - Kim Jacobs

E: kjacobs@bluemountainhospital.org

This annual event helps to promote and educate about health and fitness for children, while striving to prevent childhood obesity.

Oregon State University Extension, Grant County

(541) 575-0454 - Samantha Gerry

E: gerrys@grantesd.k12.or.us

4-H - (For Kids in Grades 7-12)

Oregon State University Extension

(541) 575-1911 - Carol Waggoner

116 NW Bridge St, Ste 1

John Day, OR 97845

E: Carol.Waggoner@oregonstate.edu

Bike Education, Safety & Rides

Fossil Shift

(541) 620-0014 - Russ Comer

John Day Parks & Rec

(541) 575-0110

Tobacco Prevention

Grant County Health Department

(541) 575-0429 - Russ Comer

528 E Main Street Ste E

John Day, OR 97845

E: russ.comer@gobhi.net

HELP HOTLINES

- AIDS Information Hotline (800) 777-2437
- Alcohol and Drug Helpline (800) 923-4357
- Alzheimer’s Association (800) 272-3900
- Boys and Girls Aid Society of Oregon (800) 342-6688
- Center for Disease Control and Prevention (800) 232-4636
- Child Abuse Hotline. (800) 422-4453
- Crisis Hotline for Youth and Families..... (800) 999-9999
- Easter Seals, Oregon (800) 556-6020
- Elder Abuse Reporting Hotline (800) 232-3020
- Gambling Hotline..... (800) 233-8479
- Heart of Grant County (541) 620-1342
- Mental Health Suicide Prevention (541) 575-1466
- Military Helpline (888) 457-4838
- Missing Children’s Clearinghouse (800) 282-7155
- National Suicide Prevention LifeLine (800) 273-8255
- Oregon Safenet for Women, Children, and Teens..... (800) 723-3638
- Poison Center..... (800) 222-1222
- Rachel Pregnancy Center (541) 523-5357
- Saving Grace for Domestic Violence and Sexual Assault.... (866) 504-8992, (541) 389-7021
- Social Services and Health Programs Hotline dial 211
- Victims of Sex Offenders (800) 551-2934
- Womenspace Domestic Violence Services (800) 281-2800
- Youthline for Teens (877) 968-8491

HOUSING & ENERGY ASSISTANCE

Community Connections of NE Oregon

(541) 575-2949
 142 NE Dayton
 John Day OR 97845
 E: veannededle@centurylink.net

(800) 838-3186
 2802 Adams Ave
 La Grande, OR 97850
 www.ccno.org

CCNO offers assistance with rent, homelessness, children, energy assistance, low income, and senior citizens. Provides energy assistance and emergency utility shut offs prevention. Weatherization, food banks, legal assistance, information and referrals and affordable housing development programs are also available.

Northeast Oregon Housing Authority-HUD

(541) 963-5360
 2608 May Ln
 La Grande, OR 97850

**Oregon LifeLine
 (Oregon Telephone Assistance Program)**

(800) 848-4442
Federal and state government assistance program that reduces your monthly residential/land line or wireless phone bill.

LAW ENFORCEMENT

Grant County Juvenile Department

(541) 575-1722

201 South Humbolt
Canyon City, OR 97820

Grant County Sheriff

(541) 575-1131

205 South Humbolt
Canyon City, OR 97820

John Day Police Department

(541) 575-0030

450 E Main St
John Day, Oregon 97845

Oregon State Police - John Day Outpost

(541) 575-1363

(541) 575-0471 24 Hour Dispatch

420 E Main St
John Day, OR 97845

LIBRARY

Grant County Library

(541) 575-1992

507 S Canyon Blvd
John Day, OR 97845
E: grant047@centurytel.net
www.grantcounty.plinkit.org

HRS: **Mon** 1:00pm-5:00pm
Tues 10:00am-12:00pm and 1:00pm-7:00pm
Wed 1:00pm-5:00pm
Thur 1:00pm-5:00pm and 7:00pm-9:00pm
Fri Closed
Sat 1:00pm-5:00pm
Sun Closed

Come see our new Child Literacy Computers! One is for children age 2-8 years and the other one is for children 8-14 years old. They have touch screens and are unbelievable!

Parents can now register their children for the new free **Ready 2 Learn** library card, and start saving for college at the same time. The program is for children birth to 5 years and provides them with access to a wide variety of books, movies, fun activities and educational programs. An Oregon College Savings Plan will be opened upon registration. Each time a child checks out a book or participates in a library program, a small cash amount is credited to the child's college savings plan. Contact the Grant County Library for more information.

Grant County Library Foundation

(541) 620-1255

PO Box 875
John Day, OR 97845
www.gclibraryfoundation.com

The Grant County Library Foundation was established in 1992 as a 501(c)(3) non-profit organization to aid the Grant County Public Library as a conduit for private contributions. Donors can support the Library through tax deductible contributions including cash awards, memorials, bequests and other gifts.

The Foundation works to promote public awareness through fund raising events and actively participates in projects that expand and improve library facilities (see the new building project).

In our rural Oregon landscape, literacy and learning are difficult to sustain without private contributions from people like you. We invite you to help us keep these valuable public educational resources available to people of all ages and abilities.

Monument Senior Library

(541) 934-2700

260 Main St.
Monument, OR 97864
www.gclibraryfoundation.com

Open Tuesday 9am-3pm. The library consists of paperbacks only.

Anyone may borrow or a paperback—or keep it, if they choose. Donations are welcome.

MEDICAL SERVICES - BMHD

Blue Mountain Hospital District

(541) 575-1311

170 Ford Rd

John Day, OR 97845

www.bluemountainhospital.org

A non-profit, critical-access hospital offering comprehensive health care to all ages, inpatient and outpatient. Local provider panel includes six primary care physicians, one board-certified surgeon, and one family nurse practitioner. BMH is a teaching facility, partnering with OHSU to offer residents and medical students rural learning opportunities. Services include 24 hour emergency services, surgical procedures and aftercare, advanced diagnostic imaging, laboratory, respiratory therapy, physical therapy, and primary medical care. In addition, BMH offers comprehensive obstetrical care by local physicians and 24-hour C-section coverage. BMH also facilitates services and appointments with several visiting specialty providers.

Available Classes: Prenatal/birthing, Breastfeeding/Lactation, Tai Chi, Diabetes, Healthy and Fit Kids

- **Blue Mountain Dietary Department**

(541) 575-1311 - Kim Jacobs, RD, LD

170 Ford Rd

John Day, OR 97845

Received certificate of training in Adult Weight Management

- **Blue Mountain Hospital Home Health**

Blue Mountain Hospital Annex

(541) 575-1648

422 W Main

John Day, OR 97845

E: sdowdy@bluemountainhospital.org

Services include complete home health care, advanced wound care, and foot/nail care clinic by registered nurses. Serving all of Grant County.

- **Blue Mountain Hospice**

Blue Mountain Hospital Annex

(541) 575-1648

422 W Main

John Day, OR 97845

Physician-directed, complete hospice care services provided for Grant County residents by registered nurses and on-site social worker.

- **Blue Mountain Care Center**

(541) 820-3341

112 E 5th Street

Prairie City, OR 97869

Offering quality intermediate nursing care, long-term residential care, and respite care services for elderly and disabled individuals. Forty-eight bed capacity provides a "hometown" feel and residents receive individualized care by local practitioners who provide on-site rounding on a monthly basis.

- **Blue Mountain Laboratory**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

CLIA certified lab, staffed by three full time Medical Technologists and full time phlebotomist. Provides a wide variety of testing in chemistry, hematology, coagulation, cardiac monitoring, urinalysis, serology, and bloodbanking. Equipped with state of the art instrumentation, using St. Charles Medical Center Lab for a reference lab and send-out tests.

- **Blue Mountain Physical Therapy**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Four full time licensed physical therapists to provide physical therapy to help individuals improve function and mobility. Services are provided through the outpatient clinic as well as hospital inpatients, home health patients and residents at the care center.

- **Blue Mountain Radiology**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Full service radiology with state of the art equipment. Services offered include MRI, CT, ultrasound, digital mammography, and bone density scanning.

The current rotating schedule of visiting physicians is published in the Blue Mountain Eagle

MEDICAL SERVICES - SWCC

Strawberry Wilderness Community Clinic

(541) 575-0404

180 Ford Rd

John Day, OR 97845

www.strawberrymountainclinic.org

SWCC is a rural health clinic and Tier 4 Medical Home, the largest primary care clinic in Grant County, and part of Blue Mountain Hospital District. The clinic provides comprehensive primary care and preventative health services by five board-certified family physicians, two nurse practitioners, and one registered nurse. Full spectrum healthcare for individuals of all ages and close-to-home. Offers a variety of outpatient services such as diabetic teaching, vaccinations, and Medicare wellness exams. Accepts all insurances.

Staff Practitioners:

David Hall, MD

Zachary M. Bailey, MD

Emily Lieuallen, DO

Raffaella Betza, MD

Janessa Sickler, DO

Shawna Clark, FNP, DNP

Nora Healy, FNP

Outreach Clinics: Long Creek & Monument

(541) 575-0404

Twice-monthly visits by Shawna Clark, FNP on the second and fourth Wednesdays of the month.

Sports physicals for Long Creek/Monument children available during August Clinics.

Long Creek City Hall: 9:00am-11:30am

Monument Senior Center: 1:00pm-3:30pm

Call SWCC for appt: (541) 575-0404

Visiting Specialists:

The rotating schedule of visiting doctors is published on the first Wednesday of the month in the Blue Mountain Eagle. Offices are located in the Blue Mountain Hospital Annex.

Contact: Referral/Prior Authorization Coordinator

(541) 575-1311 ext. 2604

(541) 575-1311 ext. 2612

Cardiologists

Dr. Bruce McLellan, St. Charles Heart Center (541) 388-4333

Cassie Dixon PA-C, St. Charles Heart Center (541) 388-4333

Neurosurgery

Dr. Raymond Tien, The Center . . (541) 382-3344/800-577-6533

Orthopedic/Surgeons

Dr. Scott Jacobson, The Center . . (541) 382-3344/800-577-6533

Dr. Matthew Lilley, The Center . . (541) 382-3344/800-577-6533

Physiatrist (pain management)

Korena Ferris, PA-C, The Center . (541) 382-3344/800-577-6533

Podiatrist/Surgeon

Dr. Michael Rushton (541) 524-0122

Surgeons

Blue Mountain Surgery Clinic

Keith J. Thomas, MD, FACS

(541) 575-1311

170 Ford Rd

John Day, OR 97845

www.bluemountainhospital.org

Board-certified surgeon providing elective surgical care and emergency surgery, emphasizing minimally invasive Advanced Laparoscopic Surgery.

MEDICAL SERVICES - GENERAL

Chinese Medicine Clinic - Kyle Cline, LMT

(541) 575-1011

368 NW Charolais Heights

John Day, OR 97845

www.simplytao.com

Grant County Health Department

(541) 575-0429

528 E Main St. Suite E

John Day, OR 97845

The Grant County Health Department is a Rural Health Clinic located in John Day, OR. Services offered include (But are not limited to) both chronic and acute primary care services, complete physicals, health exams, lab work, family planning, immunizations, STD testing, maternity case management, pregnancy testing, contraception, WIC services, and referrals.

Seneca Medical Center

(541) 573-7988

525 N. Barnes

Seneca, OR 97873

Open the 2nd Wednesday of every month,

MEDICAL SERVICES - OTHER

Blue Mountain Healthcare Foundation

The Blue Mountain Healthcare Foundation is a local nonprofit organization that plays a crucial role in keeping Blue Mountain Hospital one of the most modern rural hospitals in Oregon. Community financial support through the foundation means residents continue to get top-level care close to home.

The foundation is a separate tax-exempt entity, governed by a volunteer board of your friends and neighbors. All donations to the foundation are tax deductible.

To make a donation mail check to:

Blue Mountain Healthcare Foundation

170 Ford Rd

John Day, OR 97845

For more information contact Foundation Director Jena Knowles 541-575-1311 ext. 2213

Birthing Options

Blue Mountain Hospital Birthing Center

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Chiropractic

Blue Mountain Chiropractic Health Clinic

Dr. Charles Caughlin

(541) 575-1063

155 NW 1st Avenue

John Day, OR 97845

Lifestyle Chiropractic LLC

Dr. Jeremy Boethin

(541) 617-9771 *Call for Appointment*

The Cut Above

237 S. Canyon City Blvd.

John Day, OR 97845

Community Health Organization & Partnerships

Community Health Improvement Partnership (CHIP)

(541) 575-0873 - *Linda Watson*

135 Ford Road.

John Day, OR 97845

E: lwatson@bluemountainhospital.org

Local group developed and funded by Oregon Office of Rural Health and Blue Mountain Hospital District to improve the health of Grant County residents.

See Grant County Health Assessment report on BMHD web site: www.bluemountainhospital.org

MEDICAL SERVICES - OTHER (CONTINUED)

Eastern Oregon Coordinated Care Organizations (EOCCO)

www.ccooregon.org

EOCCO will initially be comprised of two entities, Greater Oregon Behavioral Health, Inc ("GOBHI") and Moda Health (formerly ODS Health). Both organizations are funding EOCCO as equal 50/50 partners. Additional affiliates may include but are not limited to community hospitals and hospital districts, physician organizations, dental care organizations and county governments. EOCCO is filed as a Limited Liability Corporation under Oregon law.

Grant County Local Community Advisory Council (LCAC)

Chris Labhart

E: labhartc@grantcounty-or.gov

The primary charge of each LCAC is to advocate for preventive care practices, to oversee and collaborate with community partners on a Community Needs Assessment, and to develop, implement and report on a Community Health Improvement Plan.

Grant Union School Based Health Center

541-575-0366

Oregon Healthy Kids

www.oregonhealthykids.gov

Healthy Kids provides health coverage options for uninsured Oregon children and teens up to 19 years of age. Coverage lasts for one full year and covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions, and more. Children will not be turned away due to pre-existing conditions or be put on a waiting list. Family income will determine whether a child is eligible for the no-cost, low-cost or full-cost coverage option. Apply online or contact the following agencies for assistance.

Oregon Health Authority

The Oregon Health Authority (OHA) is at the forefront of lowering and containing costs, improving quality and increasing access to health care in order to improve the life-long health of Oregonians. OHA is responsible for most state health services and for implementing the health care reforms in House Bill 2009 which mandates access to affordable, quality care for all Oregonians by 2015. Programs of OHA include:

- Addictions and Mental Health Division - Children's Wraparound Initiative
- Division of Medical Assistance Programs - Oregon Health Plan
- Office of Client and Community Services - Oregon Healthy Kids
- Office of Private Health Partnerships - Family Health Insurance Assistance Program, Oregon Medical Insurance Pool and Healthy KidsConnect
- Oregon Health Policy Board - Health System Transformation
- Pharmacy Services - Oregon Prescription Drug & Monitoring Program/CAREAssist - ADAP Program
- Public Employees' Benefit Board
- Public Health Division - Office of the State Public Health Director, Center for Health Protection, Center for Prevention and Health Promotion and Center for Public Health Practice

Coordinated Care Organizations, or CCOs, have been formed in local communities across Oregon. CCOs are networks of all types of health care providers who have agreed to work together in their local communities for people who receive health care coverage under the Oregon Health Plan (Medicaid). As of Nov. 1, 2012, there are 15 CCOs in operation, serving about 90 percent of Oregon Health Plan members.

In addition to the work to create Coordinated Care Organizations (above), the Addictions and Mental Health Division has undertaken a parallel but separate system change effort with Oregon's county governments to restructure the publicly funded addictions and mental health system for people who are not eligible for the Oregon Health Plan.

MEDICAL SERVICES - OTHER (CONTINUED)

Dentists

Michael B. DesJardin

(541) 575-2725

208 NW Canton
John Day, OR 97845

Dr. Norm Dejong

(541) 820-4369 or (888) 820-4369

www.prairiecityoregon.com

Advantage Dental

Dr. Kent Cherry

541-628-6206

750 W. Main
John Day, OR 97845

Accepting new patients. Contracted with most major insurance companies, including OHP.

BioSmile

Dr. James Klusmier

(541) 575-0363

165 NW 1st St.
John Day, OR 97845
E: DrJ@BiosmileDental.com

Virginia L. McMillan

(541) 575-0550

150 Ogilvie Dr.
John Day, OR 97845

Healthy Smiles Dental Clinic

(541) 575-4064

528 E Main St
John Day, OR 97845

Offers dental care to families without dental insurance and/or who meet income guidelines for a low cost co-payment.

Eye Care

John Day Eye Care

Dr. David Archibald

(541) 575-1819

127 N Canyon Blvd
John Day, OR 97845

Dr. Brinks visiting ophthalmologist, provides services in coordination with Dr. Moore and performs monthly cataract surgeries at Blue Mountain Hospital.

Massage Therapy

Adoni's Pine Therapeutic Massage

Cindy Qual, LMT

(541)792-0247

24822 Highway 395 S
Canyon City, OR 97820

County Healing Massage

Sahara Derowitsch, LNP

(541) 934-2038

Monument, OR 97845

Earth Angel Massage

Dawn Hamsher, LMT

(541) 932-4699

463 Mountain Blvd
Mt Vernon, OR 97865

Danielle Kimball, LMT

(541) 575-2607

237 S Canyon Blvd
John Day, OR 97845

Mary Miles, LMT

(503) 551-2454

Call for Appointment

Painted Hills Massage

Shannon Adair, LMT

(541) 620-1357

221 NW Valley View Dr.
John Day, OR 97845

Sigh Massage

Mindy Walker, LMT

(541) 620-2027

630 S. Canyon Blvd
John Day, OR 97845
www.sighmassage.com

Rosalyn A. Smarr, LMT

Blue Mt. Hospital Annex

(541)-620-4496

135 Ford Road
John Day, OR 97845

MEDICAL SERVICES - OTHER (CONTINUED)

Medical Supplies

Norco Medical

(541) 575-0372

437 W. Main St
John Day, OR 97845

Offers durable medical supplies, oxygen, CPAP supplies, ambulatory devices, & more.

Medical Transportation

Transportation for Medical Services (Air)

- **Airlink Critical Care Transport: Membership Services**

800-353-0497

www.airlinkcct.org

- **LifeFlight Network: Membership Services**

800-982-9299

www.LifeFlight.org

Mental Health & Behavior

Canyon Mountain Center

(541) 932-2725 - Call Ahead

767 E Main St
John Day, OR 97845
www.canyonmountaincenter.net

Meditation on Mondays at 5:30

Community Counseling Solutions

(541) 575-1466

Warmline: (800) 698-2392

528 E Main St
John Day, OR 97845
www.communitycounselingsolutions.org

Provides a 24 hour crisis services, addiction services, developmental disabilities services, individual family and group therapy, psychiatric consultation, medication management, and cooperation with various other organizations including residential treatment and schools.

Juniper Ridge Acute Care Facility (Mental Health)

(541) 575-0237- Jan Keil, Facility Administrator

194 Ford Road
John Day, OR 97845

Community Counseling Solutions is pleased to announce the addition of Juniper Ridge Acute Care Facility, located in John Day, Oregon to their list of facilities dedicated to persons who are in need of secure, acute mental health services. Juniper Ridge, a non-hospital based acute care facility, provides acute psychiatric services needed to stabilize such individuals and start them on the road to

recovery. Juniper Ridge has four secure hold rooms, five short term residential/diversion rooms and one room available for respite.

The secure hold rooms and the residential/diversion rooms are in areas separate of one another within the building. The Clinical Staff of Juniper Ridge accepts admissions around the clock, from hospitals and other community based mental health programs, working closely with the referral source, physicians and courts to provide the most appropriate level of care.

Daily clinical services include:

- 24/7 intake capability
- Available psychiatrist and/or provider consultation with each client
- 24/7 nursing care
- individual and group therapy (including groups on illness/symptom management, relapse prevention medication management) social work services that include comprehensive discharge planning

Pharmacies

Lens Drug

(541) 575-0629

120 E. Main
John Day, OR 97845
www.lensdrug.com

Reflexology

Journeys

(541) 620-8612 - Janel Parker

Veterans Services

Burns Veterans Administration Clinic

(541) 573-3339

Services for Grant County veterans. Immunizations, minor surgical procedures, blood pressure and diabetes monitoring, groups therapy for combat PTSD, sobriety, and other mental health issues. Blood draws on Wednesdays. Nursing staff and therapy Monday through Friday.

DAV Van Trips to Burns: to reserve a space call - (206) 399-7291 or E: bovan@msn.com.

Warmline

David Romprey Oregon Warmline

(541) 800-698-2393

A toll-free number to call to have a confidential conversation with someone who will listen without judgement or criticism. The use of the David Romprey Oregon Warmline may help people decrease the need for frequent doctor's visits, emergency room treatment, involvement with law enforcement, and the need for more intensive care.

MUSEUMS & MONUMENTS

Dewitt Museum at Depot Park (541) 820-3605 or (541) 820-3330

425 South Main St
Prairie City, OR 97869

Built in 1920 and once the western terminal for the Sumpter Valley Railroad, houses 10 rooms of pioneer memorabilia from Grant County's early days.

*Open: Mid May-Mid October
Wed-Sun 10:00 to 5:00pm
Admission: \$3.00 / Children 9 and under free*

Grant County Genealogical Society (541) 575-2757 or (541) 932-4718

281 W. Main
John Day, OR 97845

The Grant County Genealogical Society has a research center in the old parsonage building behind the Historic Advent Church on West Main Street. Information is available at the Research Center including cemetery books, obituaries, marriages, births, old atlases and local family histories.

Open: 1:00pm to 4:00pm Thursday-Friday and 10:00am to 4:00pm Saturdays and by appointment

Grant County Historical Museum (541) 575-0362

101 S Canyon Blvd
Canyon City, OR 97820

The museum exhibits include a focus on the lives of the pioneers who first came to the area, the Joaquin Miller Cabin and the jail from the town of Greenhorn.

*Open: May 1- September 30
Monday-Saturday 9:00am to 4:30pm
Admission: Adults \$4.00 / Children 7-17 years \$2.00
Seniors \$3.50 / Children 6 and under free*

Grant County Ranch & Rodeo Museum (541) 820-3624 or (541) 575-0278

241 E Main St
John Day, OR 97820

This museum captures the legacy of American cowboys, past and present. The entire museum collection of photos, tools and literature chronicles cowboy lifestyle in the best and the worst of times.

*Open: May 1-September 30
Thursday-Saturdays 10 am to 4 pm
Admission: Adults \$3.00 / Children under 7 free*

John Day Fossil Beds National Monument (541) 987-2333

32651 HWY 19
Kimberly, OR 97848
www.nps.gov/joda

A host of activities available: the museum at Sheep Rock, trails at the Painted Hills or viewing plant fossils in the ground at the Clarno unit by Fossil. Trails available. Open daily, year round, except Federal holidays, between Thanksgiving and Presidents Day.

Admission: Free

Kam Wah Chung Heritage Site & Museum Oregon Parks & Recreation (541) 575-2800

125 NW Canton
John Day, OR 97845
www.oregonstateparks.org/park_8.php

Once it was a general store, a doctor's office, a post office, a library and a center of Chinese social and religious life, now it is a State Heritage site and museum—one of the most unusual you will find anywhere.

*Open: May 1-October 31
7 days a week from 9:00am-5:00pm
Tours start at the top of each hour.*

Admission: Free, Children must be accompanied by an adult.

Long Creek Historical Society (541) 421-3621

Long Creek, OR 97856

The Long Creek Historical Society is a nonprofit corporation, striving to relocate the fort built by settlers during the Bannock Indian War of 1878, and build a permanent interpretive center.

Meetings are held the 4th Friday of every month.

RECREATION

Biking

Old West Scenic Route - 174 Miles

www.gcoregonlive.com

Begins at the corner of Highway 26/Main Street and Canton.

Marysville Loop - 11 Miles

Starts in John Day heading east three miles and turning onto Dog Creek Road.

Murderers Creek Route - 80 Miles

www.rideoregonride.com

Begins at Strawberry Ridge, 15 miles south of John Day.

Prairie Valley Loop - 14 Miles

www.prairiecityoregon.com

Strawberry Mountain Wilderness Loop - 73 Miles

www.prairiecityoregon.com

Campsites

Big Bend

3 miles NE of Kimberly on Hwy 19. **Fee \$5**

Big Creek

21 miles E of Seneca on forest road 815. **Fee \$8**

Billy Fields

20 miles SW of John Day on forest Road 21. **No Fee**

Canyon Meadows

20 miles SE of John Day on forest Road 1520. **Fee \$8**

Crescent

17 miles SE of Prairie City on Co. Road 62.

Deerhorn

Four miles NW of Austin Junction on Co. Road 20.

Fee \$8

Dixie

Eight miles NE of Prairie City on U.S. Hwy 26. **Fee \$8**

Elk Creek

25 miles SE of Prairie City on forest Road 16. **No Fee**

Frazier

20 miles SW of Dayville on Forest Road 5800-500.

Fee \$10

Lone Pine

1.5 miles NE of Kimberly on co. road 402. **Fee \$8**

Magone Lake

26 miles N of John Day on forest Road 3620. **Fee \$13**

Middle Fork

Nine miles NW of Austin Junction on Co. Road 20.

Fee \$8

Murray

21 miles E of Seneca on Forest Road 924. **Fee \$8**

North Fork Malheur

29 miles SE of Prairie City on forest road 1675. **No Fee**

Oregon Mine

26 miles SW of John Day on forest Road 2170. **No Fee**

Parish Cabin

11 miles E of Seneca on Forest Road 1520. **Fee \$8**

Slide Creek

Nine miles S of Prairie city on Forest Road 6001.

No Fee

Starr

16 miles S of John Day on Hwy 395. **Fee \$6**

Strawberry

11 miles S of Prairie City on Forest Road 6001. **Fee \$8**

Trout Farm

15 miles SE of Prairie City on Co. Road 6001. **Fee \$8**

Wickiup

18 miles S.E. of John Day on Forest road 15. **Fee \$8**

RECREATION (CONTINUED)

Family & Groups

Canyon City Movie Night

(541) 575-0509

Canyon City Community Hall

131 S Washington St.

Canyon City, OR 97820

E: tmbremner@centurylink.com

Town of Canyon City Office

123 S Washington

Canyon City, OR 97820

Movie night is offered every other week throughout the year. The cost for the movie is a \$1 donation. Concessions are available. Bingo is offered once per month. Call the Town of Canyon City office for movie titles.

Grant County Fairgrounds

(541) 575-1900

411 NW Bridge

John Day, OR 97845

www.grantcountyfairgrounds.com

Contact the Fairgrounds for specific dates and times for events.

- **March:** Strawberry Mt. Gun & Knife Show and "Almost" Spring Bazaar
- **April:** Rocky Mtn. Elk Foundation Banquet & Auction
- **May:** Grant County Home, Garden, & Outdoor Expo and Grant County High school Rodeo
- **June:** BMW Riders of Oregon Chief Joseph Rally
- **July:** Demolition Derby
- **August:** Grant County Fair, NPRA Rodeo, Cow Kids Rodeo
- **September:** Grant County Quilt Show
- **December:** Keerins Hall and BMH Holiday Bazaars, Festival of Children, Festival of Holiday Magic

John Day Community Garden

E: johndaycommunitygarden@gmail.com

Located at the Third Street Extension, east of the Grant County Fairgrounds Garden season runs from early April-end of October. For more information email johndaycommunitygarden@gmail.com.

Martial Arts America

(541)573-5425

Evan Franulovich, Instructor

Martial Arts America offers Tae Kwon Do classes for ages 4 and up at the Canyon City Community Hall.

Classes are Tuesdays 5:30 pm to 7:30 pm and Thursdays 6:30 pm to 7:30 pm

Fitness Classes

Ashley Stevick Yoga

Power Yoga and Yin/Nidra Yoga

(406) 431-2802

E: ashleystevicyoga.com

Classes at Canyon Mountain Center and Backyard Yoga.

Body Fitness and Dance

(541) 575-5720

637 W. Main St.

John Day, OR 97845

Personal trainers are available. Call for days and times of dance classes (ballet and Pre-K through 5th grade).

- **Kaidee's Kickboxing**
Tuesday and Thursday - 8:30am and 5:30pm
- **Krista's Fitness Fusion**
Monday and Wednesday - 5:15pm
- **Jennifer's PIYO**
Monday - 6:30pm

Canyon City Exercise Classes

(541) 620-1125 - Tammy Bremner

Community Hall: Monday, Wednesday, Friday 6am.

Canyon Creek Cross-Training

(541) 792-0166

519 W. Main St.

John Day, OR 97845

Canyon Mountain Center

(415) 748-8697

767 E. Main St.

John Day, OR 97845

Yoga and Pilates

Hatha Yoga

(541) 575-2749

Anne Schneider, RYT

RECREATION (CONTINUED)

Kids Activities

Cinnabar Mountain Playdays

Burton Arena - 27619 Roper Road west
of Mt. Vernon

**Contacts: Shilo Burton (541) 620-1617
or Mitch Gregg (541) 571-8591**

Cinnabar Mountain Playdays are a family oriented volunteer organization promoting the sport of rodeo for youth in the Grant County area. Events include: Barrel Racing, Pole Bending, Goat Tying, Dummy Roping, Keyhole, Flag Race, and Figure 8. Five-six playdays are offered throughout the summer for the novice to experienced horse lover. Must attend 3 of the 6 to qualify for the year end awards.

Membership fee: \$25 for individual and \$35 for a family. Additional \$2 per event or \$10 for a full day.

Leadline – Open to all ages as long as the participant is being lead through the event

PeeWee – ages 6 and under / Junior – ages 7 to 9 Intermediate – ages 10 to 14 / Senior – ages 15 to 17



Cinnabar Mountain Playdays

Doodle Bugs

(541) 820-3358

145 Front St
Prairie City, OR 97869
E: lindsayrausch@rocketmail.com

FREE class, offering an opportunity for children, ages sitting and up, to develop creativity and problem solving skills through open-ended art exploration. Begins in September and usually meets twice per month at 10:30 a.m.

Family Fun Day

(541) 575-1006

This annual event is typically held the third Saturday of June. Organizations and service clubs have participated for 6 years to provide this event to the community. Games and fun begin at 11:00 a.m. and last until 3:00 p.m. This is a drug, alcohol, and tobacco free event.

This family orientated event hosts a number of activities for children and families designed to celebrate the simple fact that families matter in our county. There will be food (hamburgers/hot dogs), entertainment, games, and a variety of fun events for all. Giant inflatables are offered by Families First.

Call (541) 575-1006 for more information regarding the event, to volunteer or to provide a booth.

Grant County Regional Airport Fly In

(541) 575-1151

720 Airport Rd
John Day, OR 97845

Includes a catered breakfast, free airplane rides for youth grades 1-12 and U.S. Forest Service demonstrations. Held the Saturday in September after Labor Day. Contact the airport for more information.

Lake Creek Youth Recreation Camp

(541) 575-2153

PO Box 542
John Day, OR 97845
www.lakecreekcamp.com
E: lakecreekcamp@yahoo.com

They cater primarily to youth groups and families, but also to other groups and individuals on a space available basis. Tent and RV space available, no RV hookups.

Lakes/Ponds

Bull Prairie Reservoir

10 miles N of Spray on Highway 204

Cavender Reservoir

½ mile W of Monument

Holliday Park Pond

½ mile W of Mt. Vernon

Long Creek Pond

Four miles W of Long Creek

Magone Lake

26 miles N of John Day on Forest road 3620
Camping Fee \$13

McHaley Pond

East of Prairie City

Olive Lake

26 miles SE of Dale on Forest Road 10

Prairie City Trout Farm Pond

14 miles SE of Prairie City on County Road 62

RECREATION (CONTINUED)

Local Races

Brothers Run, 5K run and walk - September
(541) 620-1822

Gold Rush Run 5K run and walk - June
(541) 575-0509
Canyon City Hall
Canyon City, OR 97820

John Day Triathlon for Hunger - August
(541) 620-4257
www.triathlonforhunger.com

McKalee's Walk and Jog 5K - June
(541) 620-0065

Hilton Half, 10K, 5K and Kids K - September
(541) 620-0206
PO Box 387
Canyon City, OR 97820
Contact: Heather Bailey
E: heatherlynnbailey@yahoo.com

The 13-mile event starts in Prairie City and ends at 7th Street Complex John Day. The 4 person Relay and 10K walk/run start at Holliday Ranch and end at 7th Street Complex. The 2013 event will be held on September 28th.

Strut, Stride, Straddle, and Stroll
(541) 575-1311

Contact: Blue Mountain Hospice
www.bluemountainhospital.org

Tough Enough to Wear Pink 5k & Walk-July
(541) 932-4660 or (541) 820-3689
E: jmorris@ortelco.net or barwb@ortelco.net

Parks

7th Street Sports Complex
7th Street
John Day, OR 97845

Bates State Park
County Road 20 past Austin Junction
Bates, OR 97817

Canyon City Park
Highway 395 (next to Canyon City Post Office)
Canyon City, OR 97820

Clyde Holliday State Recreation Site
One mile east of Mt. Vernon
Mt. Vernon, OR 97865

Dayville City Park
Just off Highway 26
Dayville, OR 97825

Depot Park
Corner of Main and Bridge Streets
Prairie City, OR 97869

Fairgrounds RV Park
Bridge Street
John Day, OR 97845

J. Dempsey Boyer Park
Corner of First and North Streets
Monument, OR 97864

John Day City Park
NW Canton Street
John Day, OR 97845

Long Creek City Park
Corner of Main and Allen Streets
Long Creek, OR 97856

Monument River Park
East entrance of Monument
Monument, OR 97864

Phil Boyd Park
Council Drive
Mt. Vernon, OR 97865

RECREATION (CONTINUED)

Prairie City Park

Across from City Hall
Prairie City, OR 97869

Seneca Community Park

Just off the highway in Seneca
Seneca, OR 97873

Sproul Park

Corner of Washington and Park Streets
Canyon City, OR 97820

Shooting/Bow Sports

Bear Creek Rifle Range

(541) 575-0593

Highway 26 - 10 miles east of John Day, between John Day and Prairie City.

Canyon Creek Bowhunters

(541) 620-0676 - Mike Springer

Local bow hunting group.

Hunter's Education

Oregon Department of Fish & Wildlife

(541) 575-1167 or (541) 575-1808

305 N Canyon Blvd
Canyon City, OR 97820

Two week training. The course has no age limit. Two classes in John Day: February–March or July–August. Classes available in Prairie City, Monument, Long Creek, and Dayville.

The cost of the class is \$10.00 per student.

Seneca Trap Range

(541) 575-1918

At the south end of Seneca, turn west on Camp Creek Road.

Trails

For more information on trails:

www.gcoregonlive.com

Malheur National Forest (541) 575-3000

or Prairie City Ranger District (541) 820-3800

Arch Rock Trail

0.3 miles in length. Trailhead at the junction of Forest Service Road 3650-428

Classification: Easy

Joaquin Miller Trail

6.0 miles in length. Trailhead is located on Forest Service Road 6510

Classification: Difficult

Malheur Rail Trail

12.5 miles in length. Trailhead is located Forest Service Road 1600097

Classification: Difficult

Malheur River Trail

7.6 miles in length. Trailhead is located at the end of the 142 road

Classification: Difficult

Nature Trail

Trailhead at Clyde Holliday Park

Classification: Easy

North Fork Malheur Trail

12.4 miles in length. Trailhead located 3 miles up Forest Service Road 1675

Classification: Easy

Road's End Trail

1.5 miles in length. Trailhead located 11 miles up Forest Service Road 1640

Classification: Easy

Strawberry Wilderness Trailhead

Located 11 miles N. Prairie City on Forest Road 6001

Classification: Easy to Moderate

RECREATION (CONTINUED)

Winter Activities

Information on Snow Park Permits:

www.oregon.gov

Dixie Rope Tow

Located 6 miles west of the junction of Hwy 7 on Hwy 26.
Sno-Park sticker is also required here.

Grant County Snowballers

www.grantcountysnowballers.com

Offer activities, facilities and information for visitors and locals for snowmobiling.

Huddleston Snowpark

Located 22 miles east of Prairie City on county road 62.

Little Canyon Mountain - Designated OHV Routes

www.fs.usda.gov/malheur

Morrow/Grant County OHV Park

www.fs.usda.gov/malheur

Starr Ridge Recreation Area

16 miles south of John Day on U.S. 395
Snowmobiling, cross-country skiing and sledding.

Skyline

Located on County Road 62.

SENIOR SERVICES / ADULT CARE

Adult Foster Care

- **Mother's Creek Ranch and Adult Foster Care -**

Bill & Bev Davis

(541) 542-2162

56767 Izee Paulina Lane
Canyon City, OR 97820

Assisted Living Facilities

Valley View Assisted Living

(541) 575-3533

112 NW Valley View Drive
John Day, OR 97845
www.valleyviewliving.net

Long Term Care Facility

Blue Mountain Care Center

Blue Mountain Hospital District

(800) 416-5755 or (541) 820-3341

112 E. 5th St
Prairie City, OR 97869

Senior Centers

- **John Day**

(541) 575-1825

42 NE Dayton
John Day, OR 97845

Senior meal program offered at noon on Mondays and Thursdays. Bingo Thursdays at 1 pm.

- **Prairie City**

(541) 820-4100

204 N McHaley
Prairie City, OR 97869

Seniors meal program offered at the Strawberry Grange Hall on Thursdays at noon.

- **Monument**

(541) 934-2700

260 Main St
Monument, OR 97864

Senior meal program offered at noon on Tuesday's.

State & Federal Support

Aging & People With Disabilities

Department of Human Resources

(541) 575-0255

725 W Main St #E
John Day, OR 97845

Aging & People with Disabilities provides medical assistance and food stamps for elderly and/or disabled persons who have limited income. Services are provided for long-term care, such as In-Home Care, Adult Foster Care, Home Assisted Living, Residential Care Facility and Nursing Home Care. Investigations for elder abuse are provided along with protective services for aging and people with disabilities, regardless of economic status.

Office of the Long-Term Care Ombudsman

Department of Human Resources

(800) 522-2602

Our mission is to enhance the quality of life, improve the level of care, protect residents' rights, and promote the dignity of residents living in Oregon's long term care facilities. We address complaints made by or on behalf of the residents

Social Security Administrative Office

800-772-1213

2205 Cove Ave
La Grande, OR 97850

Social Security Administration provides retirement, disability, survivors and SSI benefits to all qualified individuals. Services are offered in Baker, Grant, Union and Wallowa Counties.

SPORTS

Golf Courses

- **John Day Golf Course**
(541)575-0170
27631 Golf Club Rd
John Day, OR 97845
- **Bear Valley Meadows**
(541) 542-2161
Seneca, OR 97873
- **Retreat & Links at Silvie's Valley Ranch**
(800) 745-8437
10000 Rendezvous Lane
Seneca, OR 97873

Sports and Athletics Activities

John Day Swim Team
(541)620-2803 Brenda Namitz
or (541)620-4387 Shana Hunt
PO Box 132
John Day, OR 97845

Sign-ups are the first week of June. The Swim Team is open to ages 5-18 years of age. Cost is a registration fee and a season pass to the pool.

Parks and Recreation and Gleason Pool

845 ½ Bridge Street
John Day, OR 97845

Offers many activities throughout the year for families and kids.

- **Swimming Pool**
Open June-August. The swimming pool offers a fitness class, family night, lap swim, swimming lessons, and open swim. Contact Gleason Pool for hours of operation.
- **Swim Lessons**
Sign-ups begin the 1st of June. Lessons are in two week intervals with a half an hour session per day.
- **Soccer**
Sign-ups begin in September. The program is for children ages 5-14 years of age. Runs for 6 weeks after sign-ups.
- **Football and Volleyball**
Sign-ups begin either the end of August or the beginning of September. The program is for children in grades 3rd through 6th. Practice begins in September and games end in November.
- **Basketball**
Sign-ups begin in November. This program is offered to children in grades 1st through 6th. Practice begins in December and games end in February.

Special Olympics - Blue Mt. Area (503)248-0600 or (541) 932-9870

Kim Joslin, Local Program Coordinator
5901 SW Macadam Avenue, Suite 200
Portland, OR 97239
info@soor.org
www.soor.org

THRIFT STORES

Good Deals

Army & Navy Surplus Store

(541) 575-1440

437 W. Main Street B
John Day, Oregon 97845

Methodist Thrift Store

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Offers low priced items donated from citizens in the community. Open: Wed. 9:00am-3pm, Fri. 9:00am-3pm, Sat. 10:00am-2:00pm

Shepherds Closet Prairie City Assembly of God

(541) 820-3682

350 W. Front St
Prairie City, OR 97869

Free clothing for all ages. Open: 9-11 am every Wednesday, 5-7pm the first Wednesday of each month (dinner provided) and 12-3 pm the 3rd Wednesday of each month (coffee provided).

Terry's Rerun and Gift (thrift store)

Third Street
Monument, OR 97864

Value Added

Suzy Q's Thrift Store

(541) 575-0715

777 E. Main St
John Day, OR 97845

Employment/Job Training Program for adults with developmental disabilities; clothing, furniture, books, household items, and etc.

*Mon - Fri 9:30am - 4:00pm
Every Sat from 10:00am - 3:00pm.*

TRANSPORTATION

Monument Transportation Service

(541) 934-2056

Contact Marva Walker for transport schedule.

The People Mover

(541) 575-2370

229 NE Dayton St
John Day, OR 97845

The People Mover is a "curb-to-curb" transportation service available to anyone in the John Day Valley. Busses and vans equipped with mobility devices and equipment to serve special needs clients (care attendants ride for free). Routes extend from Prairie City to Bend.

Routes:

Bend routes: Mon - Wed and Fri.

Door to Door: provided for hospital and doctor visits only

John Day Valley: Mon - Thurs 9:00am-4:00pm

Friday from 9:00am-4:00pm with the last

Schedule ride time at 1:30pm

Last scheduled ride time at 3:30pm

Contact The People Mover for cost and route schedule.

VA Transportation for Vets

(only for medical appointments)

(541) 620-4486 - Jim Jerome

Call to reserve space

YOUTH GROUPS

Assembly of God

(541) 820-3682

330 Front St

Prairie City, OR 97869

- **Jesus in Me Jam** - Sunday mornings from 9:45am-10:30am - ages Pre-K through 5th grade
- **Youth Group** - Wednesday at 7:00pm - grades 6th-12th

Boys Scouts of America

(541) 575-1817

Contact Jesus Christ of Latter Day Saints Church

Girl Scouts of Oregon

(541) 667-9696 or (800)392-0655

PO Box 1346

Hermiston, OR 97838

E: bgeorge@girlscouts.osw.org

Oregon State University Extension - Grant County

(541)575-1911

116 NW Bridge St. Suite 1

John Day, OR 97845

Office hours: M-F, 7:00 a.m-4:00 p.m.

Website: extension.oregonstate.edu/grant

4-H grades 4-12, Cloverbuds K-3

Gary Delaney - Staff Chair, Extension Agent, Agriculture and 4-H

Carol Waggoner - SNAP-Ed/4-H Program Assistant

Prairie Baptist

(541) 820-3696

(541) 820-4147 - **Teen Center**

238 N McHaley St

Prairie City, OR 97869

- *Youth Group-Grades 7th-12th year round. Sundays 5:30-7:30pm*
- *Awana-Children 3 years old-6th grade. Sundays 3:00-5:00 pm October-April*

Wyldlife

(541) 620-0270

Humbolt Elementary

John Day, OR 97845

For middle school kids helping them to make important decisions about who they are and what they believe. For grades 6th-8th, Sunday from 4:30pm-6:00pm from Sept-May.

Young Life

(541) 620-0270

139 NE Dayton

John Day, OR 97845

Young Life leaders believe in Youth, they begin to see that their lives have great worth, meaning and purpose. For grades 9th-12th. Thursday from 8:00pm-9:00pm from Sept-May.



Acknowledgments

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