

Introduction to



Tillamook County

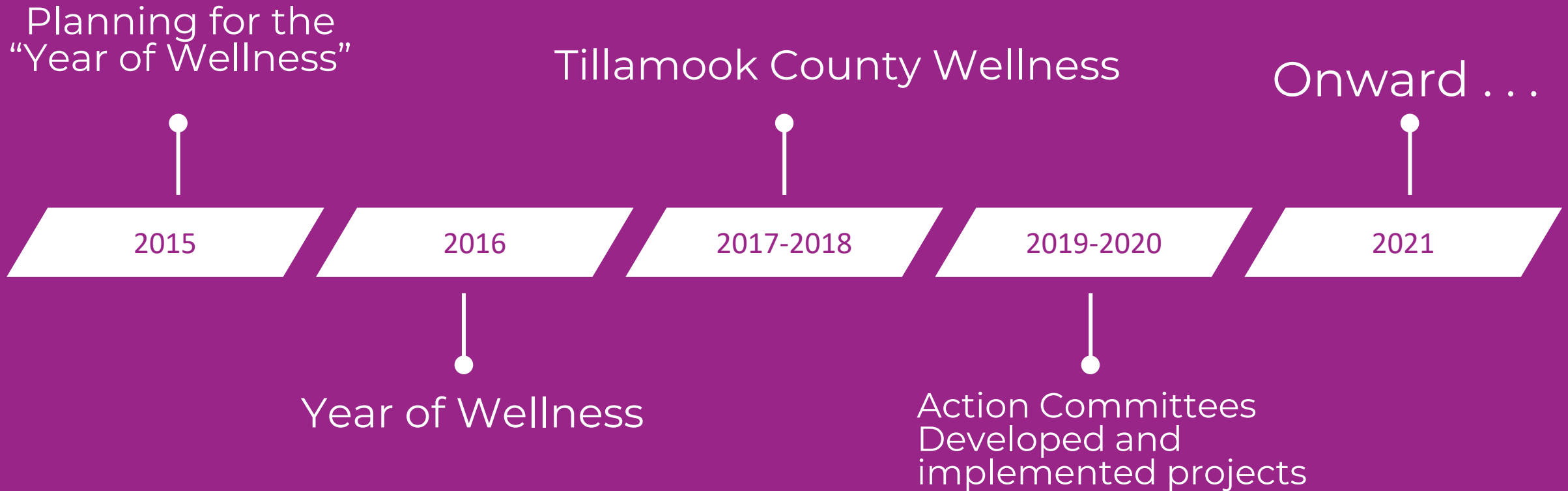
WELLNESS

Making Healthy Happen

Agenda

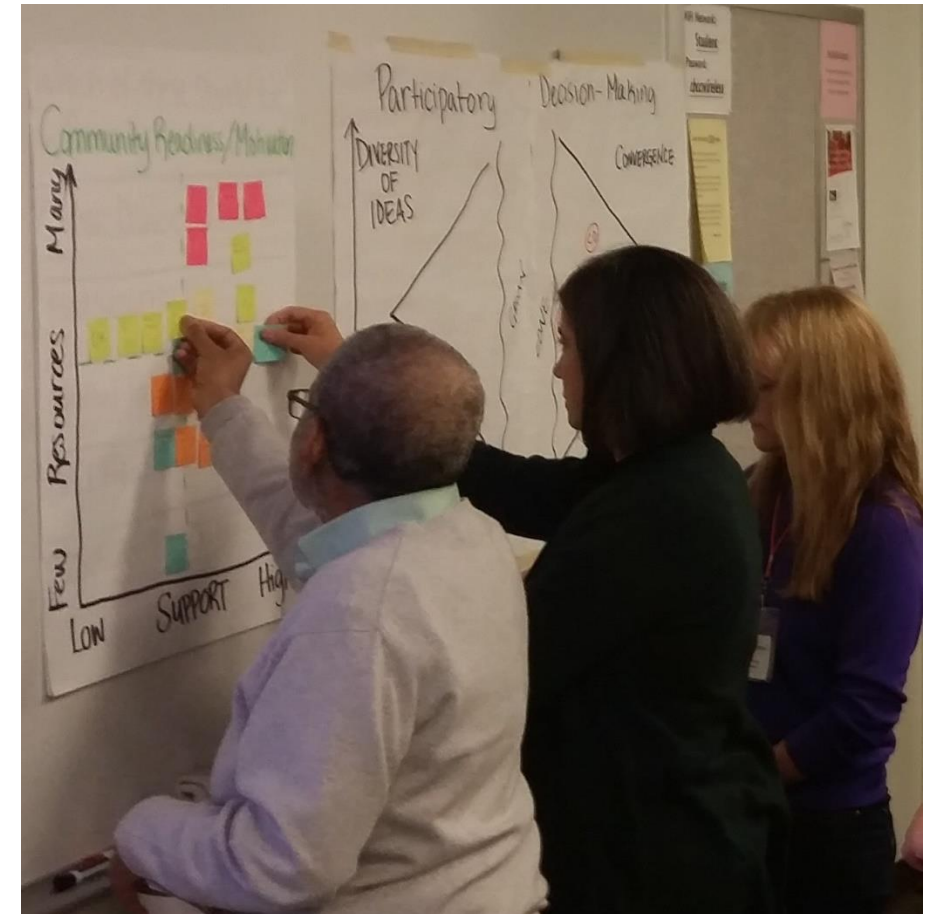
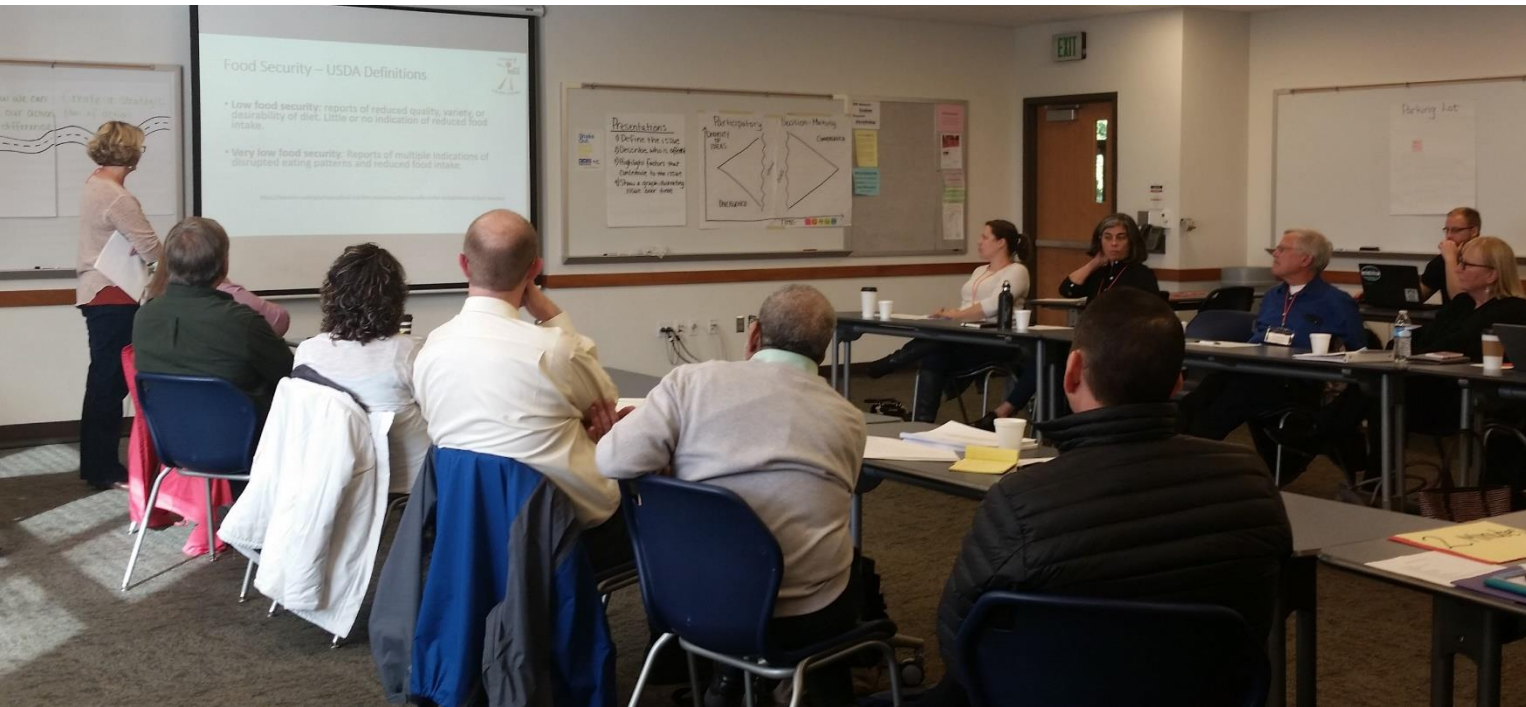
1. A brief history of YOW to TCW...8 years and counting
2. Our framework and our vision
3. How we are organized
4. What we have done so far

From YOW to Tillamook County Wellness

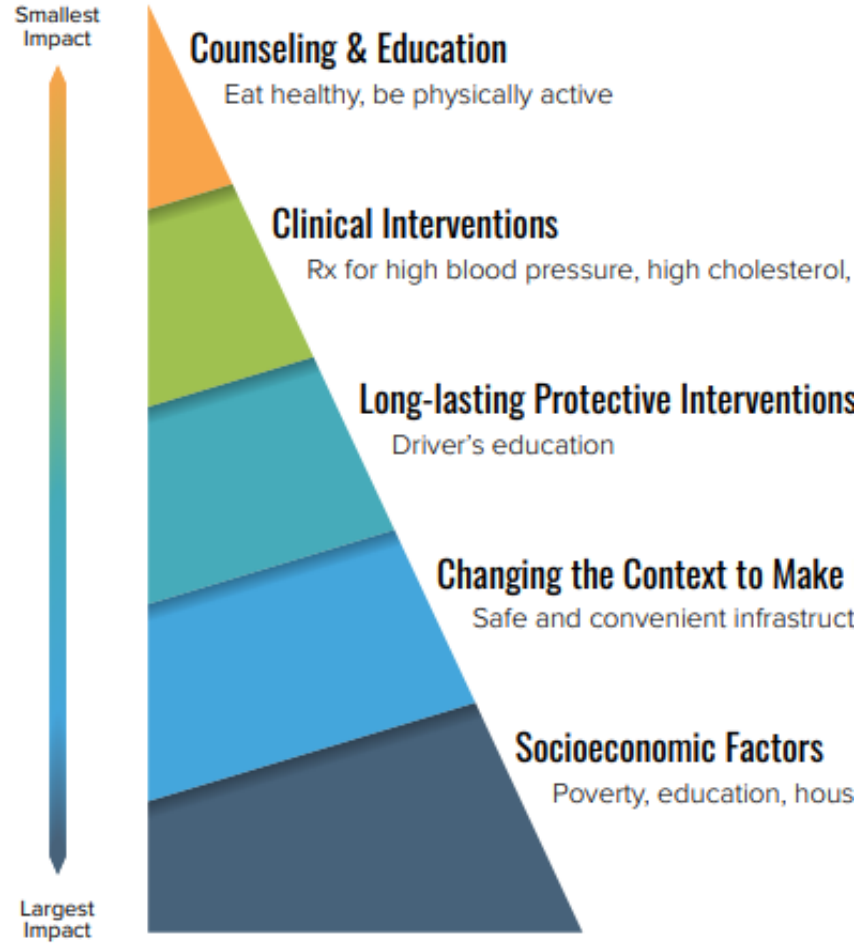


Why focus on preventing diabetes?

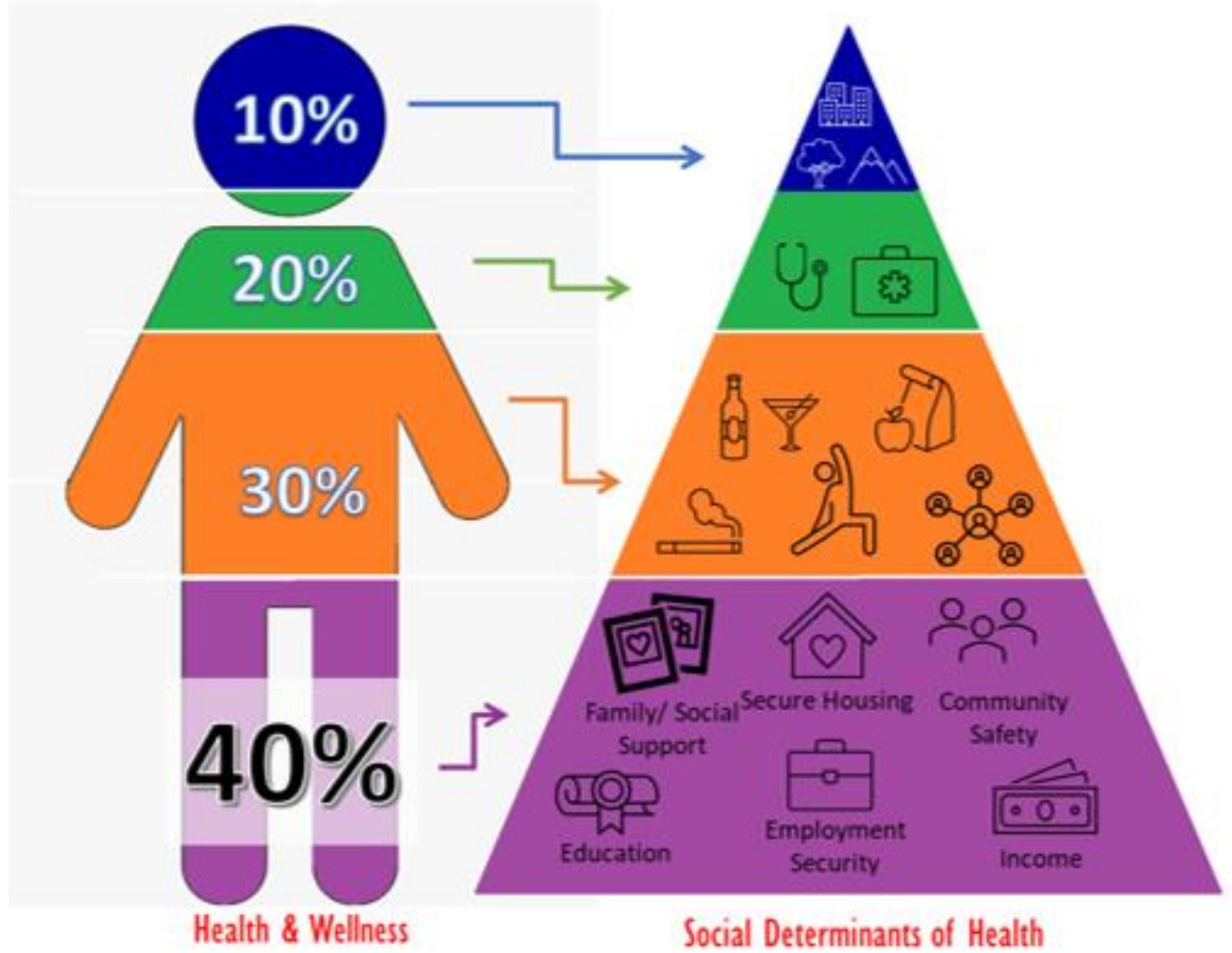
In 2017, we looked at our CHNA data . . .



Factors that Affect Health



Factors that Affect Health – Adapted from Centers for Disease Control and





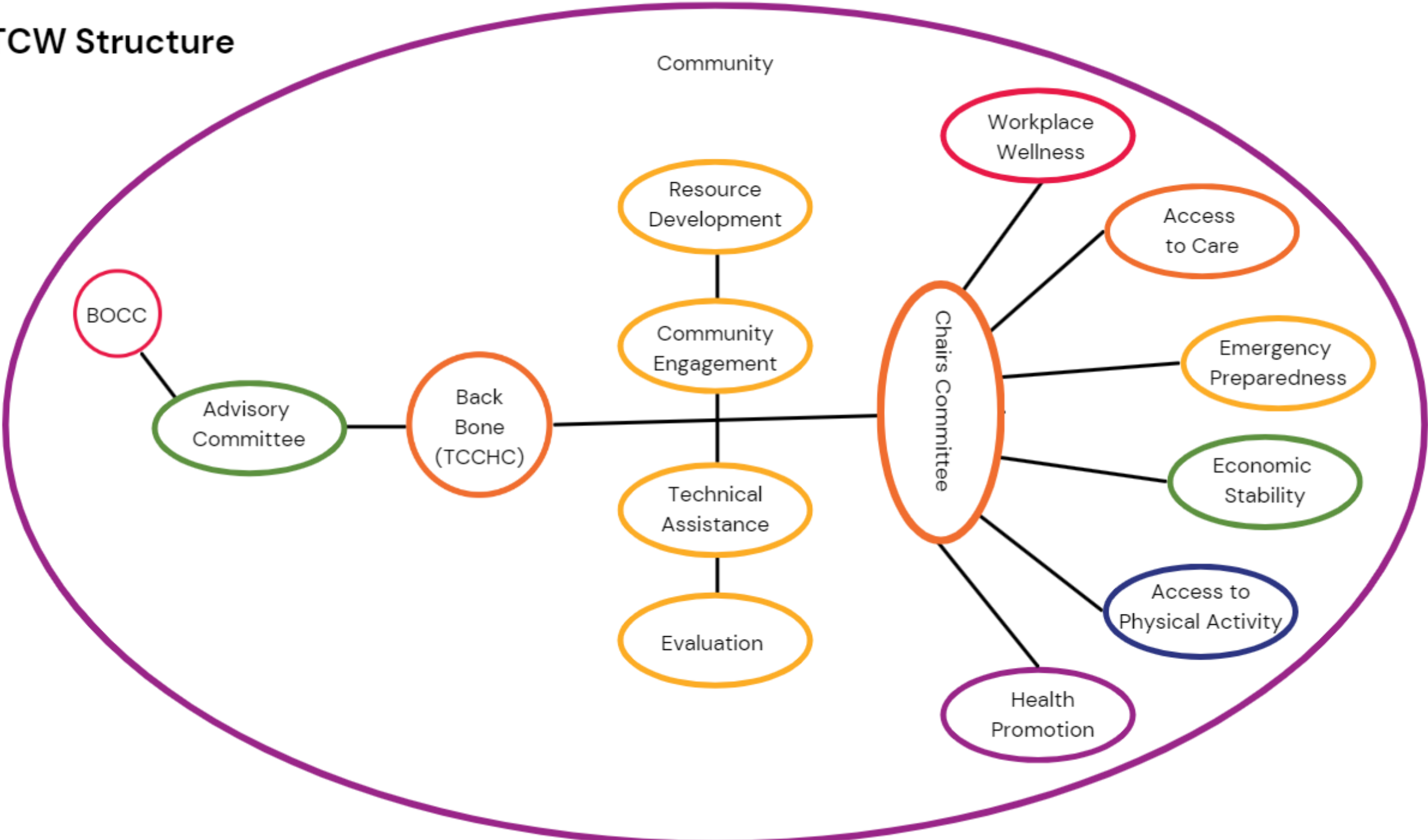
We envision that Tillamook County communities are places where:

- 1 Healthier choices are the norm,
- 2 Creating a healthy community is the responsibility of the community and not just the individual,
- 3 All health services care for the whole person, and
- 4 Individuals feel empowered by their community to engage in healthful lifestyles.

MISSION:
Tillamook County Wellness, a diverse community coalition using evidence-informed approaches, aims to positively influence policies, systems, environments, community norms and values to promote healthful lifestyles.

GOAL:
By 2027, the percentage of people who are at risk for type 2 diabetes will decrease.

TCW Structure



Diverse Coalition Partners

- Adventist Health Tillamook
- AmeriCorps VISTA
- CARE, Inc.
- CareOregon
- City of Tillamook
- Columbia Pacific Coordinated Care Organization
- Comagine
- Food Roots
- Headlight-Herald
- KTIL Radio
- NearSpace Corporation
- North County Recreation District (NCRD)
- Northwest Early Learning Hub
- Northwest Senior & Disabilities Services (NWSDS)
- Oregon Dairy and Nutrition Council
- Oregon Coast Visitors Association
- Oregon Food Bank
- Oregon Health Authority
- OHSU
- Oregon State Parks Department
- Oregon State University Extension
- OSU Ext / SNAP-Ed
- Pelican Brewing
- Nehalem Bay Health Center & Pharmacy
- Salmonberry Trail Foundation
- SOS Tillamook – Prevention
- Tides of Change
- Tillamook Bay Community College
- Tillamook Chamber
- Tillamook Coast Visitors Association
- Tillamook County Board of Commissioners
- Tillamook County Community Health Centers
- Tillamook County Creamery Association
- Tillamook County Family YMCA
- Tillamook County Dept. of Community Development
- Tillamook County Health Dept.
- Tillamook County Pioneer
- Tillamook County Veterans Services
- Tillamook Family Counseling Center (TFCC)
- Tillamook Off-Road Trails Alliance (TORTA)
- Tillamook People’s Utility District
- Tillamook School Dist. 9
- Trailkeepers of Oregon
- U.S. Forest Service
- And many volunteers!

What we are working on now ...



2022 – 2025 Work Plan



Access to Care

- Increase translation and interpretation services *(HRSA/RHN)*
- Improve health literacy
- Adopt/implement DEI policies *(BHRN)*
- Screen/refer for SDOH *(HRSA/RHN)*



Access to Physical Activity

- Increase community engagement in physical activity and outdoor recreation
- Increase youth biking



Health Promotions

- Increase and diversify audience
- Deepen engagement with existing audience



Economic Stability

- Increase enrollment in healthcare education pathways
- Increase childcare *(Childcare Advisory Committee)*
- Increase financial education and skills *(URA)*
- Increase supportive employment *(BHRN)*



Housing

- Increase housing availability and affordability *(Housing Commission)*
- Increase housing referrals *(HRSA/RHN)*
- Increase referrals for home repairs *(HRSA/RHN)*
- Increase no and low-barrier shelters *(BHRN)*



Emergency Preparedness