



# LINCOLN COUNTY COMMUNITY HEALTH ASSESSMENT

2018-2022

Lincoln County, Oregon  
Health and Human Services

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# Chapter 1

## Introduction and Overview

The 2018 Lincoln County Community Health Assessment (CHA) is the result of many dedicated hours of research, working in collaboration with community partners and agencies, leaders, and local residents across the county.

The World Health Organization defines health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>1</sup> Health is not just about individuals, but includes families, communities, and systems, and is a result of the interaction of complex networks of conditions and factors. Health starts long before illness occurs and is impacted by where and how we live, learn, work, play, worship, and age.

The Lincoln County CHA incorporates this definition of health by describing a wide array of information about the conditions and factors affecting people’s health across the county as well as indicators of health status.

### Assessment Goals and Objectives

The Lincoln County CHA:

- identifies and gathers health status indicators in order to determine the current health status of the community;
- describes areas for potential future health improvement while building upon ongoing community knowledge and efforts;
- identifies strengths and challenges facing the county in regard to health status;
- recognizes and highlights the need for more detailed local data; and
- is a collaborative process that incorporates a broad range of community voices.

CHA data informs:

- community, organizational, and local coordinated care organization decision-making;
- the prioritization of health problems;
- reporting requirements and funding opportunities for community partners; and
- the development, implementation, and evaluation of a range of plans, policies, and interventions to improve community health.

### Report Organization

The Lincoln County CHA is presented in nine chapters:

Chapter 1: Introduction and Overview, including methodology and limitations.

Chapter 2: *Who We Are*, describing the people of Lincoln County (and sometimes others in the region and state), including population demographics as well as a look at how the community has changed over time.

Chapter 3: *Environmental Health*, which includes information about the physical spaces in which we live, work, and play.

Chapter 4: *Social Determinants of Health*, which includes the social, economic, and community factors that influence health.

Chapter 5: *Access to Health Services*, exploring how we define and measure the ability of those in our community to get the medical care they need.

Chapter 6: *Physical Health*, which covers a number of related health outcomes, from chronic conditions to violence and injury throughout the life course.

Chapter 7: *Behavioral Health*, a look at the indicators and measurements of mental health and substance abuse throughout the community.

Chapter 8: *Health through an Equity Lens*, examining the disadvantages and barriers some populations face more than others regarding improving and maintaining their health status.

Chapter 9: *Conclusion—Meeting Challenges Together*, discussing how these data can be used to understand the health of Lincoln County and recognize opportunities for positive changes to improve the health of the entire community.

## **Collaboration and Partnerships**

The Lincoln County CHA is the result of a community committed to improving health for all in Lincoln County. The document was developed through a variety of community partnerships. These partners included the Lincoln, Benton, and Linn County Regional Health Assessment and Alignment (RHA) team. The RHA is a partnership formed by Lincoln, Benton, and Linn counties and the local Coordinated Care Organization (CCO), InterCommunity Health Network (IHN-CCO). The four partners collaborate on a series of assessments with the understanding that a regional approach to population health data allows them to identify wider health trends and pool their resources to efficiently address the issues that their individual Community Health Assessments and group Regional Health Assessment identify. The RHA engages a wide representation of key individuals in the community who shared their personal and professional knowledge while committing to help develop health improvement strategies suitable for the region.

In addition to the RHA, Lincoln County Public Health opened their Public Health Advisory Committee meetings to a wide array of community partners to serve as a steering committee to help shape this CHA. This group represented communities and organizations that represent a

variety of populations across Lincoln County committed to providing ongoing input and oversight of the community health improvement process. This includes the development of the CHA and planning and participation in the community health improvement plan (CHIP). The committee strives to create a CHA that is a comprehensive and considerate portrayal of our community and continues to ensure a process that is inclusive and represents the diversity of our county population as we move into the future and develop the CHIP.

## Methodology

The Regional Health Assessment team reviewed county, regional, and state health assessments as well as current literature to better understand how best to conduct and design a community health assessment. The team also built on its experience from having previously produced a Regional Community Health Assessment for the Lincoln, Benton, and Linn County region. Staff examined access indicators that have strong evidence for correlation with health status and outcomes. Data from secondary sources were identified through meeting with community partners, and through preexisting publications (e.g., community health assessments and hospital community health needs assessments). In addition, data sources were identified through literature research to include data ranging from local, regional, state, and national levels. A variety of community partners were involved throughout this process. Staff conducted both in-person and phone presentations and consultations with members of regional and county-level governmental, nonprofit, and health system organizations. In addition, members of state and local research communities were contacted.

This process has included:

- engaging county stakeholders and partners in the process of issue identification, data collection, data interpretation, editing, and dissemination of results;
- obtaining updated secondary data for the county;
- synthesizing existing data reports; identifying areas in which more information is needed, and including data from other sources which address these gaps;
- identifying health needs and assets that will inform additional local and regional planning processes, including county-level Community Health Improvement Plans, Public Health Division strategic planning, public health accreditation, and health care transformation initiatives, among others; and
- consulting state and national resources for guidance in the development of this community health assessment, including the following: Oregon Health Authority technical reports (e.g., health equity,<sup>2</sup> asthma,<sup>3</sup> chronic disease prevention<sup>4</sup>); the Centers for Disease Control and Prevention's data set directory of social determinants of health at the local level;<sup>5</sup> King County's Equity and Social Justice Annual Report;<sup>6</sup> and the Statewide Health Assessment of Minnesota.<sup>7</sup>

## Limitations

While the Lincoln County CHA identifies many critical issues pertaining to community health, it is not inclusive of all health-related issues. As a result, it should not be considered a formal study or research document investigating the causes of each issue raised or providing a detailed analysis of the data. In many cases, data are not available at the regional or county level, nor are all data stratified by race/ethnicity, income, education level, zip code, etc.

When considering the many factors that contribute to health, data are lacking in part because respective theoretical models are still being developed. In addition, conclusions, hypotheses, and interpretations of the interactions between the many factors that contribute to health may not be included, in part because the underlying structures of these interactions are still not fully understood.

## Gaps in Data

Recognizing and highlighting the need for more detailed local data was a key objective of this assessment. As mentioned above (and throughout the document), data for Lincoln County were often not available for particular demographics, such as age, income, education-level, race/ethnicity, or zip code. This greatly limited the ability to explore differences or disparities within particular sub-populations.

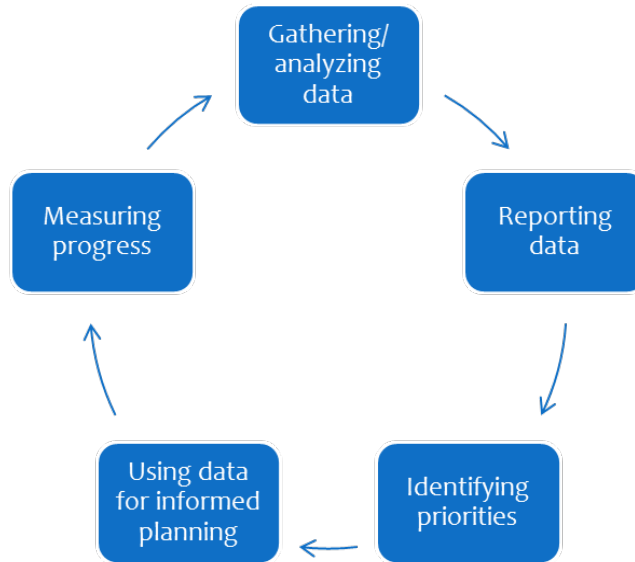
When race/ethnicity data are gathered, analysis may be further limited due to a lack of data stratification by more specific racial categories, such as U.S.-born versus foreign-born for the Latino population, or the many ethnicities and cultures represented in the category of Asian-Pacific Islander. There are limited data on disparate populations in the region, however, as highlighted in later chapters, and their needs and barriers to health and health care are likely to be greater than those of the population at large.

Throughout the document, national or Oregon state-wide data are provided to illustrate trends, especially among vulnerable populations, when county-level or regional data are not available. It is important to note, however, that national or state-wide rates, trends, and patterns may not necessarily reflect the reality of particular communities, counties, or regional rates and trends. As regional partners continue to gather information to inform their practices and services, it is important to collect demographic data (e.g., zip codes, level of education, etc.) so that more accurate information can be used to inform future health improvement planning and other public health initiatives.

## The Role of Public Health Data and the Cycle of Assessment

Health assessment is a cyclical, data-informed process. Many organizations in Lincoln, Benton, and Linn counties are conducting assessments of some kind, on different timelines, and focused on diverse populations. Documents relating to this process are often called Community Health Assessments (CHA) and Community Health Improvement Plans (CHIP).

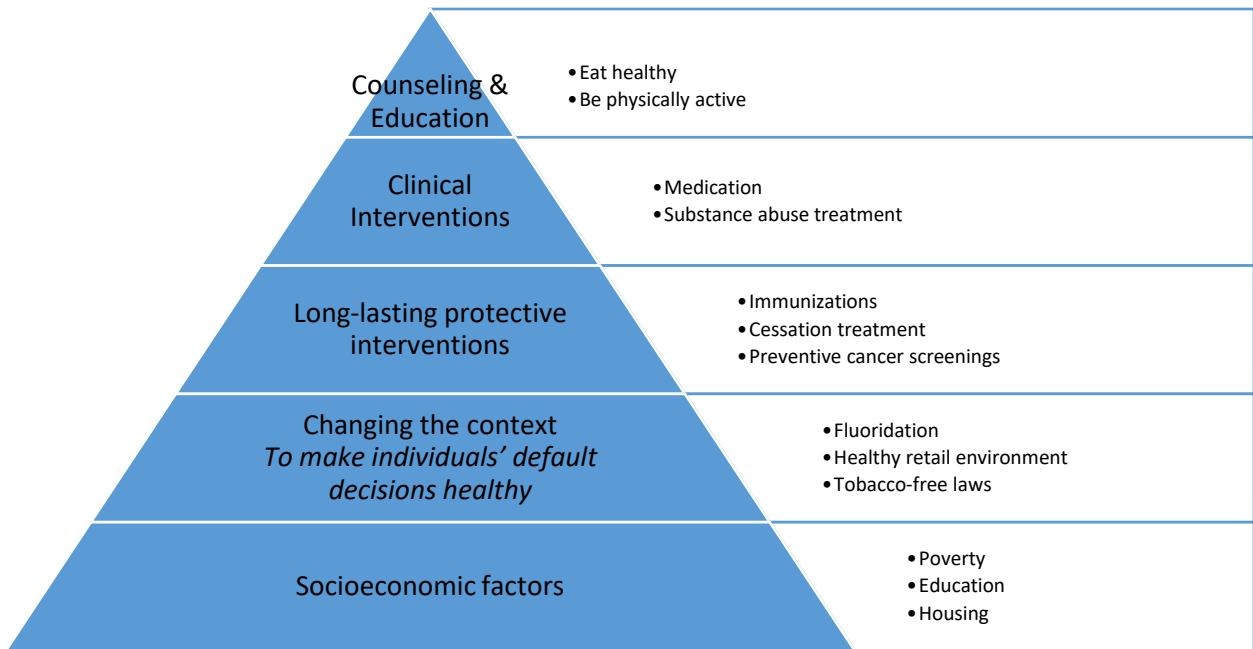
Shown below is a simplified “cycle of assessment”, which helps to demonstrate the role that data (like the data included in this report) can play in the assessment process. Data can illustrate the health status and disparities within communities (needed for the CHA), and inform health priorities and measure progress (for the CHIP). In addition, data can be used to measure progress on projects and activities aimed at improving the health of the community.



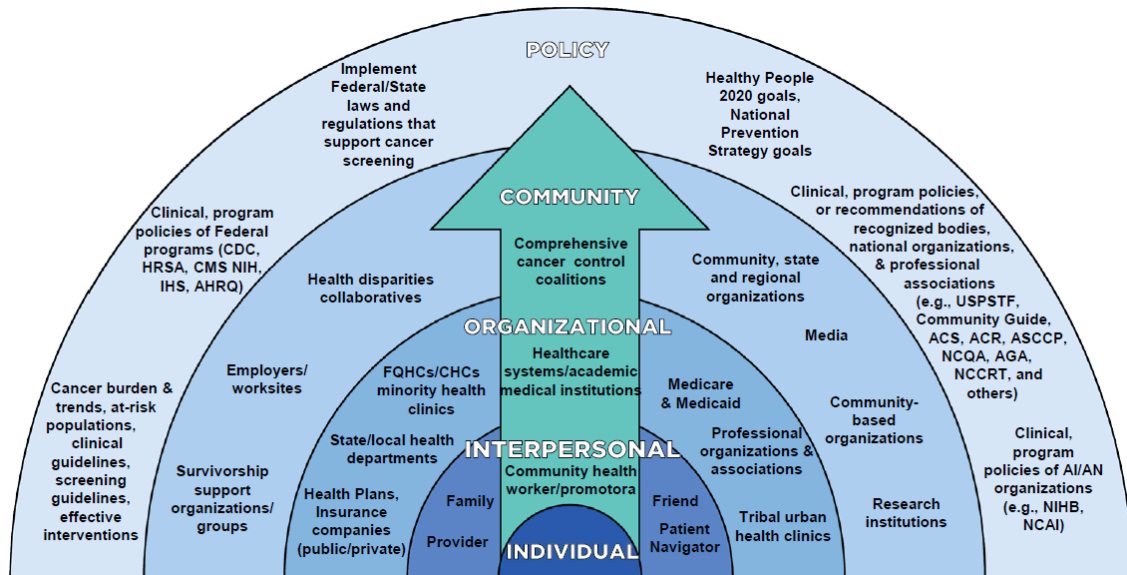
## A Framework for Public Health Action: The Health Impact Pyramid

Health is made up of many conditions and factors. A growing body of research worldwide reveals how various conditions, including social and economic opportunities, determine health outcomes.<sup>8</sup>

The Health Impact Pyramid framework shown below provides guidance for a comprehensive public health approach to community assessment and program development across multiple domains of behavioral influence. This model has been incorporated into the Lincoln CHA to inform this assessment process. In this 5-tier pyramid, efforts to address socioeconomic factors are at the base, followed by public health interventions that change the context for health (e.g., smoke-free laws, safe parks, bike lanes); then protective interventions with long-term benefits (e.g., immunization, smoking cessation); followed by direct clinical care; and, at the top, counseling and education. In general, public action and interventions represented by the base of the pyramid require less individual effort and have the greatest population impact overall.<sup>9,10</sup>



A similar model, called the Ecological or Social Ecology model, is used in a variety of disciplines in order to better understand the larger forces that impact individuals.<sup>11</sup>



\*Some groups may fit within multiple levels of this model.

The movement from an understanding of health focusing on the individual to one focused on communities and systems is also evident in the development of the U.S. Department of Health and Human Services *Healthy People*.<sup>12</sup> *Healthy People 2020* is the most recent national 10-year agenda for improving health of all Americans with the goal of providing a framework for national, state, and local health initiatives.

The Health Impact Pyramid aligns with the factors that the U.S. Department of Health and Human Services cites as influencing the development of healthy communities:

A healthy community is one that continuously creates and improves both its physical and social environments, helping people to support one another in aspects of daily life and to develop to their fullest potential. Healthy places are those designed and built to improve the quality of life for all people who live, work, worship, and play within their borders — where every person is free to make choices amid a variety of healthy, available, accessible, and affordable options.<sup>13</sup>

These factors inform the selection of indicators the RHA team used to describe the health of residents, the neighborhoods in which they live, and the issues that most impact their well-being.

## How to Use This Document

### Timeframes for Data

This report attempts to balance the importance of comparing data from common years with the goal of presenting the most recent data. Different data sources update and release data on independent timeframes. The U.S. Census Bureau is the main source of data for demographic and socioeconomic information used in this report. The most recent data available for county-level demographic and socioeconomic data are the Census Bureau's American Community Survey (ACS) 2012-2016 five-year aggregates. This aggregation combines data from the five years in order to produce more accurate estimates.

In an effort to compare data from common years, many statistics reported are from 2015, even if more recent data are available. These statistics reflect measures of health that have historically changed gradually, so differences between 2015 and the present are likely to be minor. However, some measures of health have changed greatly in the past several years, such as the implementation of the Affordable Care Act in 2014, which had huge impacts on insurance coverage rates and Medicaid membership. In this case, and for other rapidly changing measures, more contemporary data are reported in order to best reflect current health status and the current health system.

As with the ACS 5-year aggregates, many data sources aggregate statistics over a number of years to improve the reliability of the estimates. A common example of this is reporting the incidence (number of new cases) of cancer. For example, in the state of Oregon there were

approximately 98,860 new cases of cancer between 2008 and 2012. This statistic is reported as an incidence of 448 cases for every 100,000 people. This means that *each year*, for every 100,000 people in Oregon there were 448 cancer diagnoses. It does not mean that 448 cases per 100,000 people were diagnosed over the course of 5 years.

## Correlation versus Causation

Many health indicators are related to one another or to other group or individual characteristics. For example, diabetes and obesity are related, in that individuals with diabetes are more likely to be obese than the rest of the population, and vice versa. This is a statistical correlation. However, this alone does not imply that diabetes causes obesity, or that obesity causes diabetes. Throughout this document, many correlations are presented, because they are important for understanding which groups may have increased risk for poor health outcomes. Terms like “risk factor” and “association” indicate a correlation.

It is important from a public health standpoint not to assume causation without evidence, because that can lead to stigma against individuals or groups as well as a misunderstanding of the relationship between health indicators. When there is a clear causal link between two health indicators or other factors, it is explicitly stated with supporting evidence.

## Regional and County-level Data

The Lincoln County CHA document is focused on the health status of Lincoln County. However, because of the partnership between Lincoln, Benton, and Linn counties and IHN-CCO, data that encompasses the three-county region may be included to illustrate the larger context of which Lincoln County is a part. Important differences between counties exist and are often identified along with the regional totals. If county-level data are not displayed, the regional totals are approximately representative of all three counties, or county-specific data are not available.

For more information on time-trends, color-schemes, and decisions around displaying regional and county-level data, please see the “Tables, Graphs, and Maps” section.

## Oregon Health Plan Data

The Oregon Health Plan (OHP) provides health care coverage to low-income Oregonians through programs overseen by Oregon Health Authority. Service to OHP members in the region is largely provided through the local coordinated care organization (CCO), InterCommunity Health Network-CCO (IHN-CCO). The Oregon Health Plan collects a large amount of health-related information about its members. It is a valuable resource for understanding the health of our community. Many topics in this Community Health Assessment have sections with Oregon Health Plan data. Much of these data are for OHP members in Lincoln, Benton, and Linn counties, as they are organized by CCO.

Not all low-income community members have insurance through the Oregon Health Plan, and not all OHP members get their insurance through a CCO. These groups are not included in the data and so the data should not be interpreted as completely representative of under-resourced community members. For example, Lincoln County has a significant presence of Native Americans (discussed in more detail in Chapter 2). Although some tribal members who qualify for Medicaid choose to participate through a CCO, many do not and would therefore not be included in CCO-specific data for the region. It is important to note that this may effect estimates of the *overall* population, as the data being reported are not broken down by groups.

## Benchmarking

Benchmarking is an important tool in many fields, including public health. Benchmarking makes a comparison between data (in this case, health status data) and a standard for best practice. In other words, benchmarking involves comparing a particular health status in our region, and what is possible for that health status. Major organizations like *Healthy People 2020* dedicate significant resources to provide benchmarks for use by local health authorities. As stated on their website, *Healthy People* has established benchmarks and monitored progress over time in order to:

- encourage collaborations across communities and sectors;
- empower individuals toward making informed health decisions; and
- measure the impact of prevention activities.

*Healthy People 2020* has also taken a lead in developing a shared set of overarching goals for public health practice, which are listed in the following text.<sup>14</sup>

### ***Healthy People 2020* Overarching Goals**

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

## Tables, Graphs, and Maps

Throughout the Lincoln County CHA document, a number of visuals are included to display data across Lincoln County, the Lincoln-Benton-Linn region (LBL Region), and the state. For consistency, color-coding has been used. Lincoln County has been assigned shades of blue-green, the LBL Region has been assigned shades of purple, and the state has been assigned shades of red. There are also some instances where Benton and Linn county data are shown individually, in which case their colors are blue and green, respectively.

When working with time-trends, multiple years are included only when data were comparable across time. However, comparisons are not always possible, as methods for data collection can undergo significant changes.

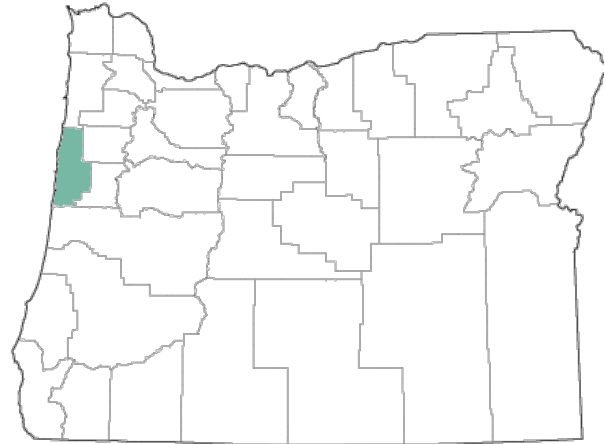
Some graphs and tables may not include certain geographies. As mentioned earlier, Lincoln County data are not included when not available or when the regional data are similar to Lincoln County-specific data. Occasionally the regional total was not included, which meant it was not possible to aggregate the counties (usually because the data was age-adjusted at the county level).

When creating all visuals, there were times that numbers were too small to be meaningful or were small enough to be identifiable. In both of these cases the data have been suppressed and it has been noted in the table, graph, or map accordingly.

# Chapter 2

## Who We Are

The history of Lincoln County begins with the Native American tribes that have lived in the region for thousands of years. Native Americans lived in the valleys and the hills, along rivers and oceans.



Contact with non-native groups began with trappers and explorers in late 18<sup>th</sup> century, then with pioneers and settlers who moved to the Oregon Territory during the mid-1800s. In 1855, the United States established a 1.3 million acre reservation in what is now Lincoln County. The U.S. government moved many of the coastal and Willamette Valley tribes to this reservation, which at the time included Yaquina Bay.

Over the next 150 years, the county incorporated, grew in population, and developed strong local industries. Natural resources are highly valued in Lincoln County. Industries such as commercial fisheries, logging, tourism, and agriculture are drivers of the local economy. The county is also home to state and national research centers and the Confederated Tribe of the Siletz Indians.

### Health Equity

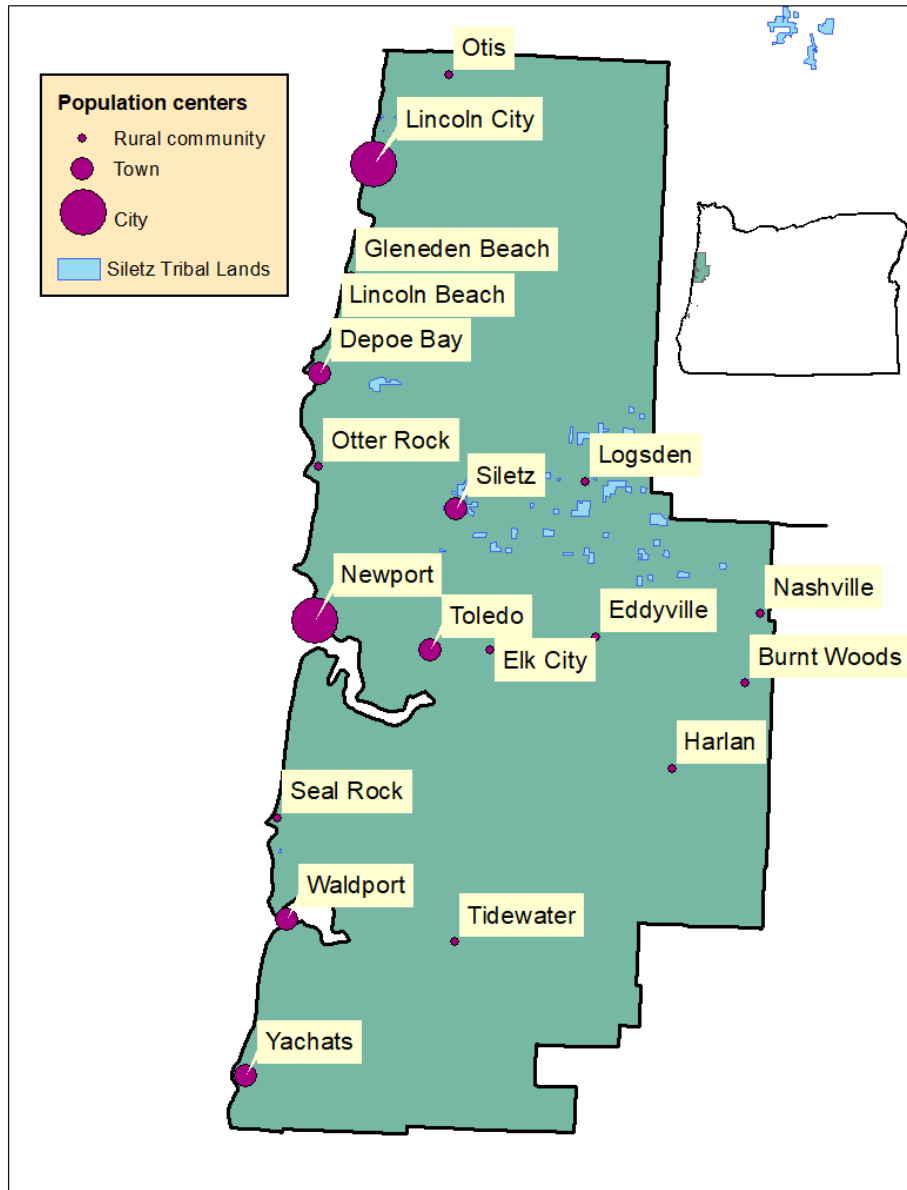
In discussing the health of our county, it is important to recognize that specific subpopulations may experience worse health outcomes than the general population. This chapter describes many of the sub-populations that will appear later in a health equity context. In order to understand the impact of these inequities, it is helpful to understand the variety of demographics that make up Lincoln County. In this chapter, these include: geographic distribution, age, disability status, race and ethnicity, veteran status, and other categories.

### Population Overview

Lincoln County is home to approximately 48,000 residents as of 2017.<sup>15</sup> The most populous cities in the county are Newport, the county seat (about 10,200), and Lincoln City (about 8,650).<sup>16</sup> These population estimates come from Portland State University's Population Research Center, and may be considered to be more reliable than the U.S. Census Bureau's American Community Survey (ACS) post-census estimates. ACS estimates, while slightly different, contain a diverse range of other topics and is primarily used throughout the remainder of the document for that reason.

Approximately 37 percent of the county’s residents live in rural areas.<sup>17</sup> Rural geography often isolates families through their limited daily interactions with other residents. Isolation is increased by limited public transportation options as well as the variable cost of gasoline. Map 2.1 shows the distribution of population centers in the county.

**Map 2.1: Population centers in Lincoln County, 2016**



*Source: Portland State University 2016 population estimates*

In 2016, there were an estimated 20,434 households in Lincoln County.<sup>18</sup> The average household size is about 2.3 people. Families made up 60 percent of the total households, which includes both married couple families and other family households.<sup>19</sup> About 46 percent of households consist of married couple family households. Among persons 15 years of age and

older, 51 percent of those in Lincoln County are currently married (as compared to about 49 percent across the state).<sup>20</sup>

Non-family households made up 40 percent of all homes in Lincoln County. This is roughly 3.5 points higher than the proportion of non-family households for the entire state. Most non-family households are composed of people living alone, but some are people living in households in which no one is related to the head of household.<sup>21</sup>

Just over 20 percent of all households in Lincoln County have one or more people under the age of 18, well below the Oregon average of 29 percent. Approximately 15.5 percent of households are individuals aged 65 years or older and living alone, significantly higher than the state's 11 percent average.<sup>22</sup>

## Student Population

There is one institution of higher learning in the county: Oregon Coast Community College (OCCC). The college's main campus is located in Newport, and there are additional campuses in Lincoln City and Waldport.

In addition, a satellite location for Oregon State University is located in Newport. The Hatfield Marine Science Center includes a research lab, visitor learning center, and some limited course instruction. The university is also breaking ground on a new building for the site in 2018, and plans to expand its academic offerings and research capabilities with the new facilities.<sup>23</sup>

## Veterans

The 2012-2016 American Community Survey (ACS) report the veteran population in Lincoln County at 5,614.<sup>24</sup> Veterans are defined as people who have previously served on active duty in the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard, or who served in the U.S. Merchant Marine during World War II.<sup>25</sup> This equates to veterans composing nearly 15 percent of the civilian population ages 18 years and older in Lincoln County. As this population ages, the number of individuals with veteran status is expected to decrease over time.

## Demographics: Population by Age and Sex

There are more females than males in the county, according to 2016 U.S. Census estimates, particularly when examining the older age groups.<sup>26</sup> Within the county, children under 18 years of age constitute 17.2 percent of the population and adults 65 years and older are nearly 25 percent of the population. The median age is 50.7 years old, significantly higher than the Oregon median age of 39.1 years.<sup>27</sup> From 2010 to 2017 the population of Lincoln County grew about 4 percent, from 46,135 to 47,960.<sup>28</sup>

Lincoln County does not have a very even population distribution, in terms of age and sex, mostly due to the relatively larger population of people age 50 to 74, as shown in the population pyramid displayed below (Figure 2.1). For comparison, the population pyramid for Oregon is shown next in Figure 2.2, which illustrates a much more even age and sex distribution.

**Figure 2.1: Lincoln County population by age group and sex, 2012-2016.**

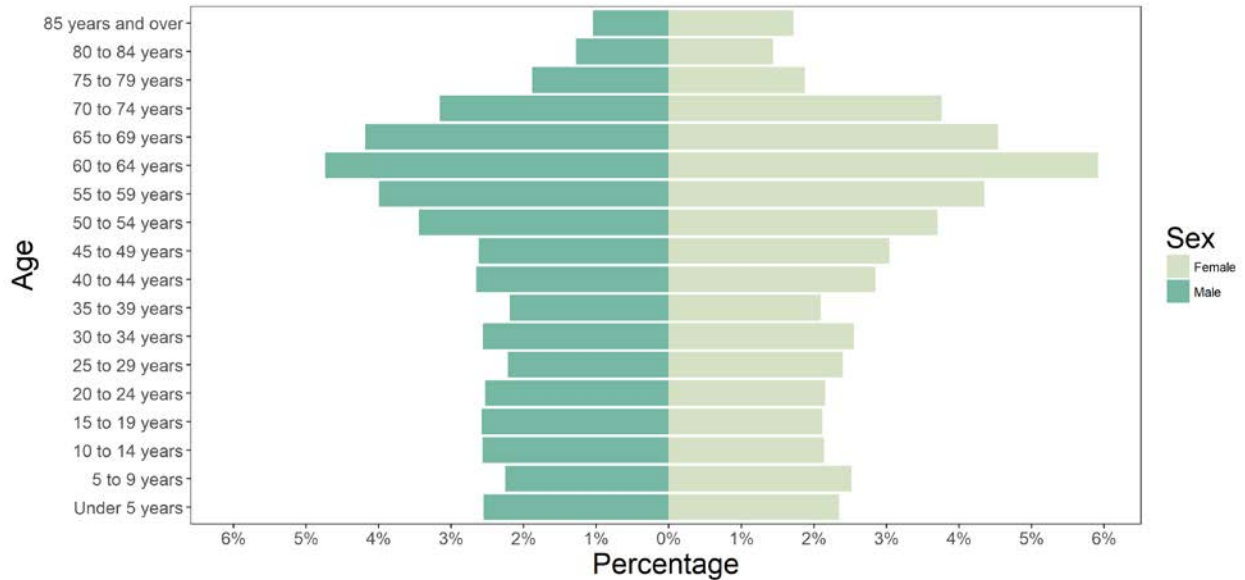


Figure notes: The population of Lincoln County, as recorded in this ACS data, is approximately 46,700. Source: U.S. Census Bureau, American Community Survey 5-year estimates, Table S0101

**Figure 2.2: Oregon population by age group and sex, 2012-2016**

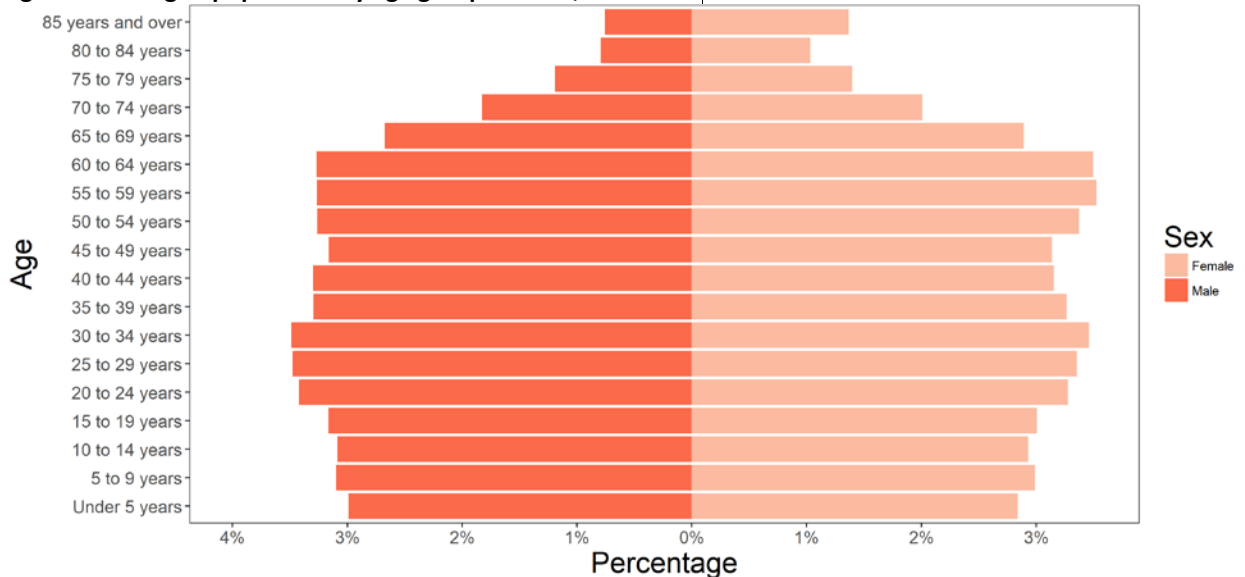


Figure notes: Oregon's population pyramid displays a classic shape for an aging society, with roughly equal percentages of individuals between 0 and 65 years old. Oregon's 2016 population, as recorded by this ACS data, is approximately 3,980,000. Source: U.S. Census Bureau, American Community Survey 5-year estimates, Table S0101

## Growing Diversity

### Native and Foreign Born

As of 2016, about 94 percent of the people living in county were native residents of the United States. Nearly 43 percent of these residents were born in Oregon. Approximately 6 percent of the people living in Lincoln County are foreign born. Of the foreign born population, about 39 percent are naturalized U.S. citizens. About 10 percent of foreign born residents entered the country after the year 2010.<sup>29</sup>

### Race/Ethnicity

With an increasingly global view of health and a stronger understanding of research outlining the social constructs of race and ethnicity, a culturally sensitive definition of race should be considered. In order to do so, and following the CDC Office of Minority Health's lead, populations defined by race and ethnicity will more generally be referred to as 'specific population groups'. Mandated in 1997 by the Office of Management and Budget, data presented by the U.S. Census Bureau and the American Community Survey follow the U.S. Office of Management and Budget updated guidelines for race and ethnicity reporting. This update provided for the inclusion of individuals to self-identify as two or more races in the 2000 Census. It came after recognition and advocacy of race as a social construct and to include missed populations who identified with more than one racial category.<sup>30</sup> The inclusion of individuals to self-identify as two or more races has been adopted almost universally across other agencies collecting and reporting demographic data. It is important to understand the data for individuals along the lines of racial divide as later issues of health disparities will be presented. Without understanding the populations impacted by these health disparities, health authorities would be limited in their ability to address the specific issues creating the disparities.

U.S. Office of Management and Budget defines race and ethnicity categories accordingly:

*American Indian or Alaska Native* – people having origins in any of the original peoples of North or South America (including Central America), and who maintain a tribal affiliation or community attachment.

*Asian* – people having origins in any of the original peoples of the Far East, Southeast Asia or the Indian subcontinent.

*Black or African-American* – people having origins in the black racial groups in Africa.

*Hispanic or Latino* – a person of Cuban, Mexican, Puerto Rican, South or Central America, or other Spanish culture or origin, regardless of race.

*Multiracial* – people having origins in two or more of the federally designated racial categories.

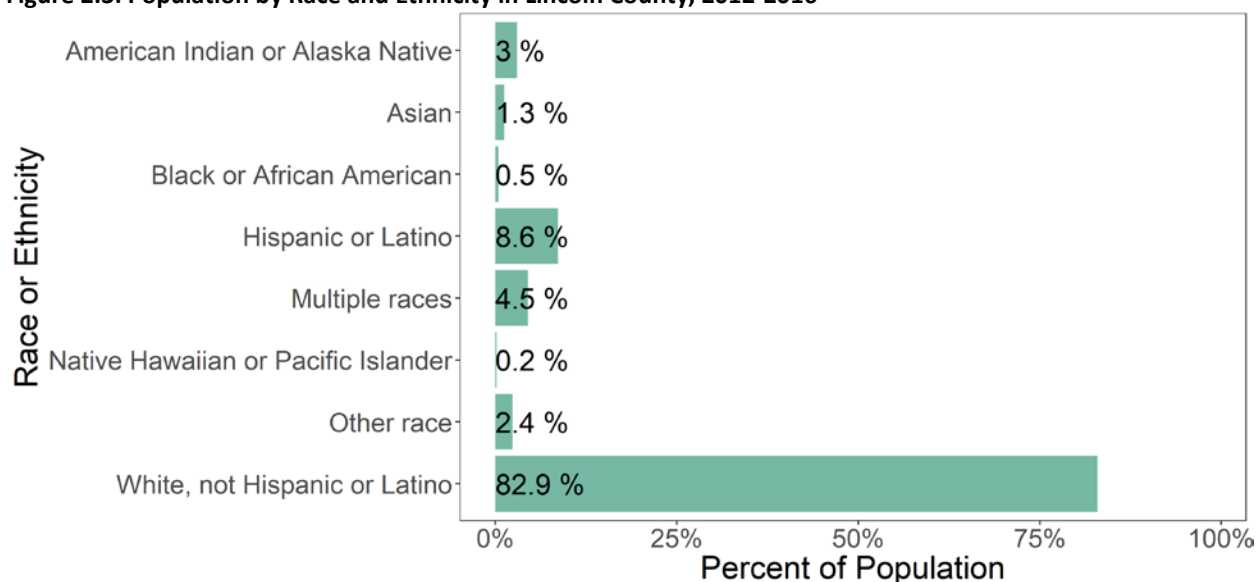
*Native Hawaiian or Other Pacific Islander* – people having origins in any of the original people of Hawaii, Guam, Samoa, or other Pacific Islands.

*White* – people having origins in Europe, the Middle East, or North Africa.<sup>31</sup>

In this report, the non-Hispanic categories are used for races, so, for example, the category denoted White includes white, non-Hispanic individuals. Race or ethnicity will be reported in alphabetical order, as shown above.

White, not Hispanic or Latino individuals comprise 82.9 percent of the population of Lincoln County, as shown in Figure 2.3. The largest non-white populations in Lincoln County are Hispanic or Latino (8.6 percent), American Indian or Alaska Native (3 percent), and those who identify as multiracial.<sup>32</sup> The Hispanic or Latino population increased by 86 percent from 2000 to 2014.<sup>33,34</sup> Lincoln County is less diverse than the state of Oregon, which has fewer White, not Hispanic or Latino individuals (77 percent).<sup>35</sup>

**Figure 2.3: Population by Race and Ethnicity in Lincoln County, 2012-2016**



*Figure notes: The population of Lincoln County, as recorded in this ACS data, is approximately 46,700. Percentages reflect some double counting of Hispanic/Latino populations, which include individuals who identify both as Hispanic Latino and as a race other than White.*

*Source: U.S. Census Bureau, American Community Survey, Table DP05*

## Native American Population

The Confederated Tribes of Siletz Indians are an important presence in the area and possess a rich history. The Confederated Tribes of the Siletz Indians is headquartered in Siletz, Lincoln County. The Tribe lists 5,001 members in its registry. This includes 720 members residing in Siletz, with an additional 444 members elsewhere in Lincoln County. Beyond Lincoln County, 174 members live in Linn and Benton counties, and approximately 2,000 additional members live throughout Oregon.<sup>36</sup> The Tribe maintains a Federal Tribal Community Health Clinic and a USDA Food distribution center in Siletz. The Tribe also owns and operates the Chinook Winds Casino Resort in Lincoln City.

Now a federally recognized confederation of 27 bands, the Siletz tribes originated from the area spanning from Northern California to Southern Washington. The Tribe’s population was concentrated along the coastal areas of Lincoln, Tillamook, and Lane counties. Termination was imposed upon the Siletz by the United States government in 1955. In November of 1977, they were the first tribe in the state of Oregon and second in the United States to be fully restored to federal recognition. In 1992, the Siletz tribe achieved self-governance. Self-governance allowed for direct agreements to be made with the US Government, ensuring control and accountability over tribal programs and funding, including provision of health services.<sup>37</sup>

The Siletz tribe occupies and manages a 3,666 acre reservation located in Lincoln County, including valuable resources of water, timber and fish. Geographically, this reservation is contiguous with the city of Siletz on its east side and lies to the north and southeast of the city as well.<sup>38</sup>

Other Native American residents of the region include members of the Confederated Tribes of Grande Ronde, which is headquartered in Polk County, north of Benton County and east of Lincoln County. Members of other Native American tribes based in Oregon and the United States also live in the region.

## K-12 Population

During the 2017-2018 school year, the Lincoln County School District served 5,520 students. Table 2.1, below, presents racial and ethnic diversity in the county public and charter schools, grouped by region. These data do not include private school students. The category names are displayed as presented to students.

**Table 2.1: Lincoln County School District Regions and County Total, student demographics by race/ethnicity, 2016-2017**

School district zone	Number of students	American Indian/Alaskan Native	Asian and Pacific Islander	Black	Hispanic/Latino	Multi-Ethnic	White
North	1,665	2.1%	1.3%	0.7%	24%	7.2%	64%
West	2,060	2.0%	2.1%	0.6%	32%	6.3%	57%
South	603	1.7%	0.8%	0.3%	8.6%	9.1%	79%
East	744	9.7%	0.4%	0.4%	11%	12%	67%
Charters	448	21%	0.2%	0.2%	7.8%	13%	58%
County Total	5,520	4.6%	1.3%	0.6%	22%	8%	63%

*North: Oceanlake Elementary, Taft Elementary, Taft High (7-12)*

*West: Newport High, Newport Middle, Sam Case Elementary, Yaquina View Elementary*

*South: Crestview Heights, Waldport High, Waldport Middle*

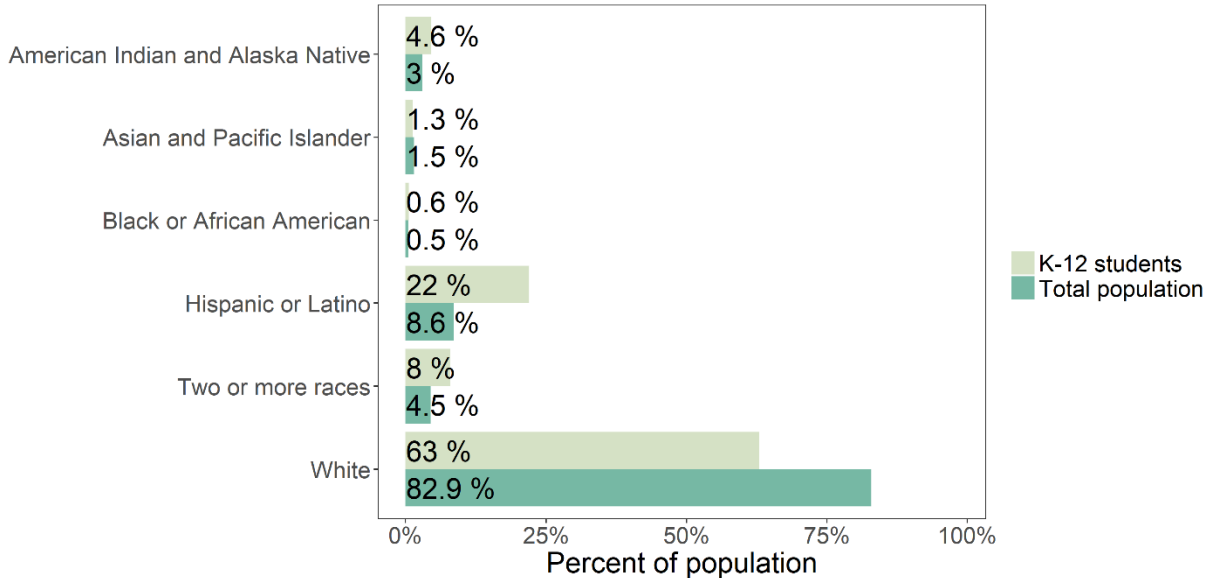
*East: Toledo Elementary, Toledo Jr/Sr High, Olalla Center for Children and Families*

*Charters: Eddyville, Lincoln City Career Technical High, Siletz Valley Schools, Siletz Valley Early College Academy*

*Source: Oregon Department of Education, Student Ethnicity statistics*

The K-12 population shows significantly higher racial and ethnic diversity than the regional population as a whole, particularly for Hispanic/Latino and Multi-ethnic populations (Figure 2.4). The Oregon Department of Education uses a different racial/ethnic classification system than the U.S. Census Bureau; in particular, it aggregates Asian and Hawaiian or Pacific Islander into one group, and does not include a category for “Other race.”

**Figure 2.4: Race/Ethnicity of total population versus regional public school K-12 population, 2012-2016**



*Figure notes: Race and ethnicity categories from ACS data have been adjusted to correspond to ODE race and ethnicity categories. The population of Lincoln County, as recorded in this ACS data, is approximately 46,700. The population of Lincoln County K-12 students is approximately 5,520. Sources: Oregon Department of Education, Student Ethnicity statistics, academic year 2015-2016, U.S. Census Bureau, American Community Survey 5-year estimates, Table DP05*

## Language Spoken at Home

The 2012-2016 U.S. Census data for the county reports that 7.8 percent of residents who are at least 5 years old spoke a language other than English at home (Table 2.2). Of those speaking a language other than English at home, 78 percent spoke Spanish, 13 percent spoke an Asian or Pacific Islander language, 7 percent spoke an Indo-European language other than Spanish, and 2 percent spoke some other language. Across the county, about 40 percent of the population who spoke a language other than English at home reported that they did not speak English “very well”. In comparison with the county, 15 percent of Oregon residents at least 5 years old speak a language other than English in the home, and of those residents, 39 percent reported that they did not speak English “very well”.<sup>39</sup>

**Table 2.2: Percentage of the population 5 years and over who speak English, Spanish, or another language; Lincoln County, the LBL Region, and Oregon 2012-2016**

	Lincoln County	LBL Region	Oregon
<b>Percent who speak a language other than English at home</b>	7.8%	9.7%	15.1%
<b>Spanish</b>	6.1%	5.8%	8.9%
<b>Other languages</b>	1.7%	3.8%	6.2%
<b>Does not speak English very well</b>	3.1%	2.9%	5.9%

*Source: U.S. Census Bureau, American Community Survey 5-year estimates*

## Disabilities

Understanding and measuring disability is a very complex task. The complexity comes from the fact that the definition of “disability” includes a number of populations, and because the definition is still being discussed and further developed. Definitions of disabilities from a source such as the World Health Organization (WHO) can help shed light on the particular health issues facing these populations, but it must be noted that this definition is not the same as that used to gather many types of data.

Disability itself is not an indicator of poor health—rather, disability can (and often does) become a barrier to employment, adequate housing, social inclusion, transportation, access to health care, and other essential components of a healthy life.

According to the World Health Organization,

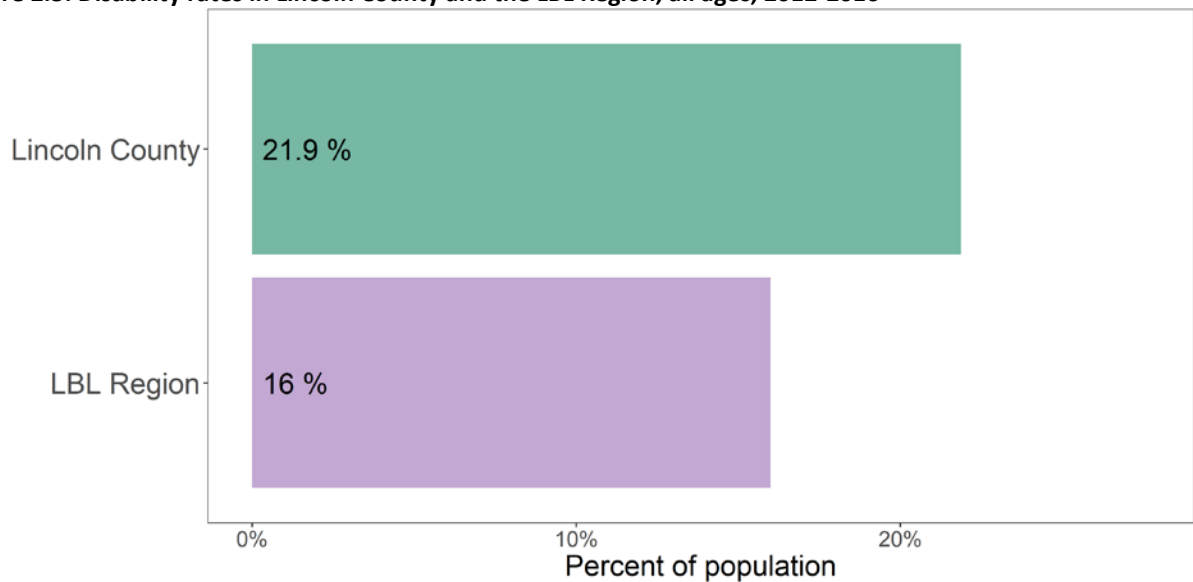
Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations.

Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person’s body and features of the society in which he or she lives. Overcoming the difficulties faced by people with disabilities requires interventions to remove environmental and social barriers.<sup>40</sup>

Mental illness, that substantially limits one or more major life activities, is also included in definitions of disability.<sup>41</sup> This is particularly worth noting, as institutionalized populations generally experience a greater prevalence and severity of mental illness than the broader population. However, these populations are not captured in much of the data collected around disability.<sup>42</sup>

According to 2012-2016 ACS estimates, among the civilian non-institutionalized population, approximately 22 percent reported a disability in Lincoln County,<sup>43</sup> where *disability* is “defined by a person’s risk of participation limitation when he or she has a functional limitation or impairment.”<sup>44</sup> Disability encompasses many different conditions; for instance, the most common disability in Lincoln County is ambulatory difficulty (difficulty with walking or climbing stairs). The prevalence of disability increases with age, from 11 percent of people between 5 and 34 years of age, and 21 percent of those between 35 and 64, and 41 percent of those ages 65 and up. The 22 percent of Lincoln County residents who reported to the ACS that they are living with a disability is much higher than the 16 percent report rate for the LBL Region. As these values are not age-adjusted, it is important to note that some of this difference may be related to Lincoln County’s older population.

**Figure 2.5: Disability rates in Lincoln County and the LBL Region, all ages, 2012-2016**



*Figure notes: The population of Lincoln County, as recorded in this ACS data, is approximately 46,700. The population of the LBL Region is approximately 254,000. These disability rates are not age adjusted. Source: U.S. Census Bureau, American Community Survey 5-year estimates, Table S1810*

The American Community Survey (ACS) is generally a reliable source for demographic data, but there are alternate sources for disability data. The Behavior Risk Factors Surveillance System (BRFSS) is another national survey that asks about disability, and the following values are also unadjusted for comparison to the ACS data. BRFSS data from 2012-2015 estimates indicate that approximately 35 percent of Lincoln County residents report a disability, compared to only 22 percent in ACS data; and 30 percent of LBL Region residents report a disability, compared to 16 percent in ACS data.<sup>45</sup> One difference is that BRFSS data only includes individuals age 18 and older, while this ACS data includes all ages. But this only accounts for about 3 percentage points of the difference between the county ACS data and the county BRFSS data. There are a number of factors that may account for the discrepancy, including differences in sampling techniques and the response rate of the respective surveys.

## Older adults

Among those living in Lincoln County, just under 25 percent are 65 years of age and over, compared with 16 percent in Oregon overall.<sup>46</sup> A number of health issues, needs, and concerns are associated with an aging population, so the age distribution is quite significant.

Ninety-four percent of adults in Lincoln County who are over 65 years of age are white and non-Hispanic.<sup>47</sup> Of older adult households, about 20 percent are renters and 43 percent of households have only one resident. Eight percent of aging residents live below the federal poverty line, and 14 percent of 65+ households receive Food Stamps/SNAP benefits. This population faces higher rates of disability than other age groups, with a rate of 41 percent. Civilian veterans make up 30 percent of this group, and 29 percent of adults aged 65 or older in Lincoln County hold a bachelor's degree or higher, in line with the Oregon average of 29 percent.

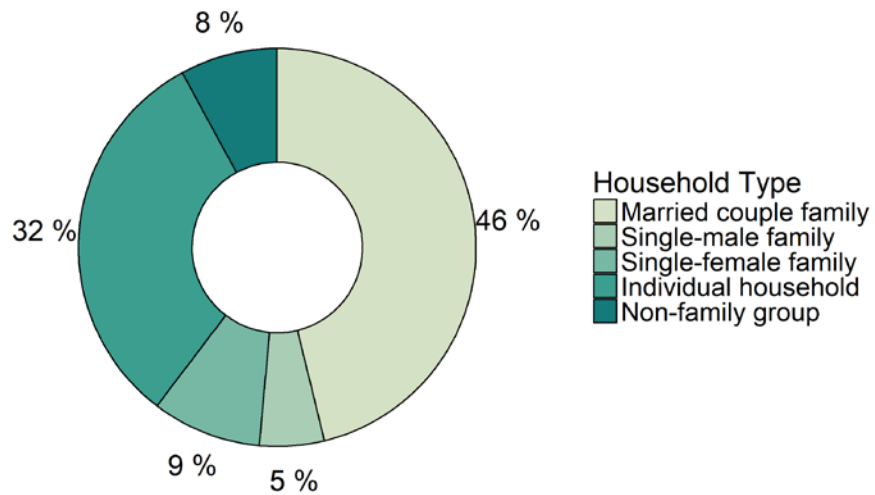
## Family structure

There are about 20,400 households in Lincoln County, with an average household size of 2.3 people.<sup>48</sup> The Census defines a family as a household consisting of two or more people, at least two of whom are related by birth, marriage, or adoption. Close to half of Lincoln County households are formed by married couple families. This is similar to the state average. About 30 percent of households are held by individuals living alone, which is also similar to the state average. About 8 percent of Lincoln County households are non-family groups with more than one person, compared to 9 percent in Oregon. This category includes two or more unrelated individuals living in the same household.

A little over 14 percent of households in Lincoln County are single-parent households, with the majority of those (9 percent of all households) headed by women. See Figure 2.6.

The American Community Survey does not track same-sex partnerships at this time, but does include married same-sex couples in the "married couple family" category.

**Figure 2.6: Composition of households in Lincoln County, 2012-2016**

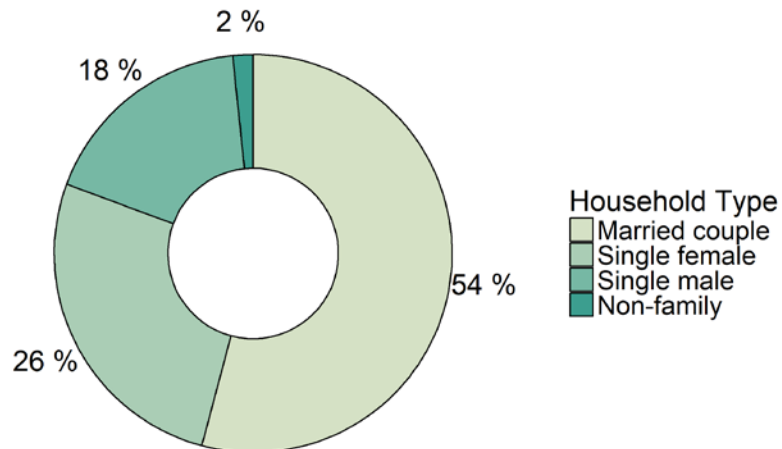


*Figure notes: There are approximately 20,400 households in Lincoln County. The Census defines a family as at least two people in a household related by birth, marriage, or adoption.*

*Source: U.S. Census Bureau, American Community Survey, Table S1101*

Approximately 4,190 households in Lincoln County have children under the age of 18 (just over 20 percent of all households). A little over half of county households with children are headed by a married couple; 18 percent are headed by a single male, and 26 percent are headed by a single female. See Figure 2.7.

**Figure 2.7: Composition of families with children in Lincoln County, 2012-2016**



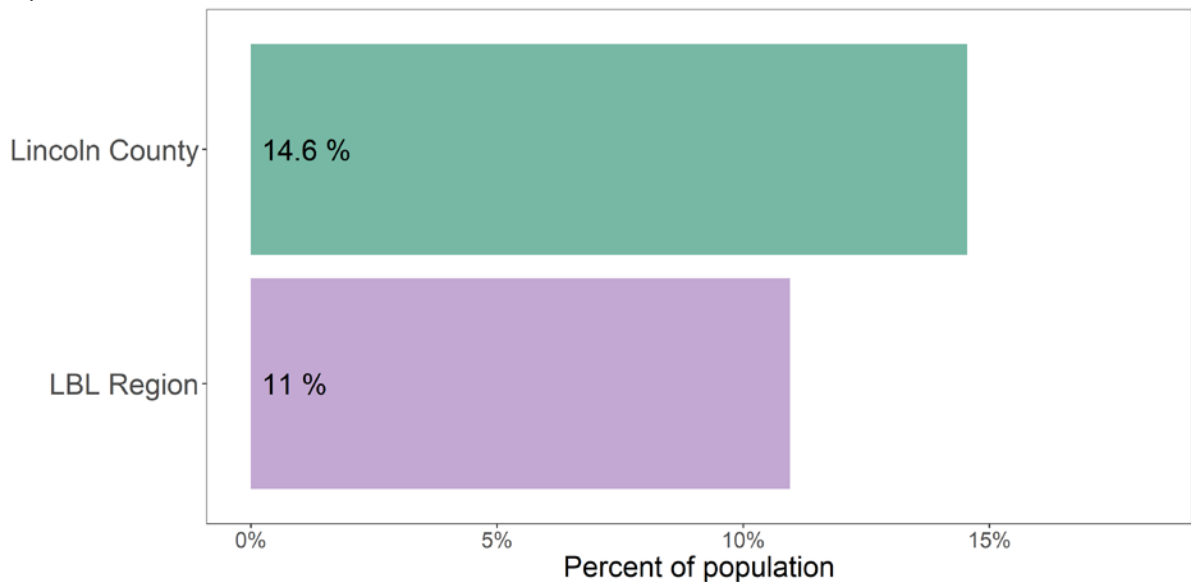
*Figure notes: There are approximately 4,190 households with children in Lincoln County.*

*Source: U.S. Census Bureau, American Community Survey, Table S1101*

## Veterans

The American Community Survey estimates that nearly 15 percent of Lincoln County residents age 18 years or older are veterans of the U.S. military.<sup>49</sup> This is a distinctly higher percentage than in the rest of the LBL Region (see figure 2.8).

**Figure 2.8: Percent of population age 18 years and over with veteran status in Lincoln County and the LBL Region, 2012-2016**



**Figure notes: There are approximately 38,600 people in Lincoln County ages 18 and older.**

*Source: U.S. Census Bureau, American Community Survey*

## Lesbian, Gay, Bisexual, and Transgender (LGBT) populations

As of this time, there are no questions used by the U.S. Census Bureau that attempt a formal estimation of the LGBT population. In addition, there is no local, methodical estimation of LGBT residents in Lincoln County. Recent poll tracking suggests that approximately 5 percent of Oregonians identify as LGBT, translating to about 2,300 residents of Lincoln County.<sup>50</sup>

It is important to note, however, that the distribution of this group throughout all areas of the state is unknown. It is also likely, for a variety of reasons, that the 5 percent figure is significantly underestimating the “true” LGBT proportion in the state. For example, it appears that social acceptance of the LGBT community when an individual was a teenager or young adult can be a significant factor in identifying as such.<sup>51</sup> Sexual orientation, specifically, is also often measured in terms of behaviors or attraction (as opposed to outright self-identification).

Regardless, a stronger estimation of the LGBT population in Lincoln County would be ideal.

## Conclusion

In order to understand the health of the county, it is vital to understand the people who live here. Differences in age, race or ethnicity, and geography all influence health. Vulnerable populations, such as individuals with disabilities or older adults, merit further description, both because they may require different services, and also because they may present different health concerns. The people of Lincoln County are growing more diverse and represent many different groups, such as students, Native Americans, and retirees. The history of the region has shaped the residents of the county into its makeup today. In exploring the many determinants of health, it is evident that the people of Lincoln County are deeply connected with the environments in which they live. The next chapter explores these environments and the effects they have on the health of the region.

# Chapter 3

## Environmental Health

Human beings interact with their environment in everything they do. Some of these interactions have the potential to improve health, while others can negatively impact it. The natural environment is made up of the interactions of air, water, open spaces, and weather or geologic activity. The human-made environment consists of homes, communities, and infrastructure. These two environments are closely linked in their effects on human health. Humans benefit from clean water and air, places to exercise and enjoy the outdoors, safe living and working spaces, and opportunities to engage in healthy behaviors such as active commuting and consuming healthy food. However, when an environment lacks these characteristics, the complex interactions of health and environment can worsen health issues. Poor air quality can raise the risk of asthma, heart attack, or stroke;<sup>52</sup> the design of communities can limit opportunities for recreation or access to quality food;<sup>53</sup> and infrequent but intense natural disasters can disproportionately affect vulnerable populations.

Lincoln County has a population that values open spaces for recreation, clean air, and clean water. At the same time, the county faces many food access and transportation issues. An understanding of the natural and human-made environments forms a foundation for an analysis of the health of our county.

### Natural Environment

The natural environment changes slowly and usually influences health through long-term, cumulative effects. As a result, many of the data described in this section use longer time frames than elsewhere in this report. Furthermore, it is important to recognize that our natural environment is affected by factors (such as natural disasters) beyond the policies and collective behaviors of the local community. What can be controlled, however, are the systems and practices put in place to react and adapt to the natural environment in order to improve health.

### Terrain and Natural Resources

Lincoln County ranks 27<sup>th</sup> in Oregon (out of 36) for area, covering about 1,194 square miles and spanning from the Pacific Ocean to the Oregon Coast Range.<sup>54,55</sup> Lincoln County shares borders with 4 other counties, including Benton and Polk to the east, Tillamook to the north, and Lane to the south. Primary land cover types include mixed Douglas-fir coniferous forests, oak savannahs, agricultural land, and coastal temperate rainforests.

Natural resources are highly valued in Lincoln County; many residents depend on commercial fisheries, logging, tourism, and coastal agriculture. Newport is home to one of the most

important fishing ports in the United States. It is also utilized by many local agencies, including the U.S. Coast Guard, the National Oceanic and Atmospheric Administration, Oregon Department of Fish and Wildlife, and Oregon State University, among others.

## Annual Weather Patterns

Lincoln County's location along the Pacific Coast moderates its annual weather patterns. Temperatures typically range from 40 to 80 degrees Fahrenheit over the course of the year.<sup>56</sup> There is an average of 187 days of precipitation per year, which falls as rain in most of the county year round. Lincoln County receives an average of between 70 and 100 inches of rain per year depending on location, with 30 or more heavy rainfall events (one or more inches per day) in some parts of the county.

## Recreation and Outdoor Spaces

Lincoln County's coastline stretches 60 miles from south to north, encompassing beaches, headlands, tide pools, and estuaries. The shallow and deep ocean off the coast of Lincoln County is frequented by recreational and commercial fishers. In 1913, the governor of Oregon declared all beaches a public highway, which began a legacy of public access to the oceanfront. In 1967, the state legislature mandated free and uninterrupted use of the beaches along Oregon's 362-mile coastline.<sup>57</sup> Along the coastline, there are a large number of state parks with camping and day-use areas, as well as Beaver Creek State Natural Area south of Newport. Farther inland, the Siuslaw National Forest covers 172,000 acres in Lincoln County and an additional 18,000 acres in Benton County. The forest is networked with hiking trails and hosts deer and elk hunts. Many Lincoln County rivers are open to seasonal fishing, including the Yaquina, Alsea, Siletz, and Salmon.

## Recreational Access

Access to recreational facilities and opportunities demonstrates the intersection of natural and human-made environments. Research demonstrates a strong relationship between access to recreational facilities and physical activity among adults and children. Studies have shown that proximity to places with recreational opportunities is associated with higher physical activity and lower obesity levels.<sup>58</sup> Public recreation areas include parks, schools, public forests and trails, beaches, and waterfronts. The county's natural areas are largely open to residents.

Recreational opportunities that include walking and bicycling are efficient, low-cost, and available to many. By walking and bicycling, residents can help develop and maintain livable communities, make neighborhoods safer and friendlier, save on motorized transportation costs, and reduce transportation-related environmental impacts, auto emissions, and noise. They can also create transportation system flexibility by providing alternative mobility options, particularly in combination with transit systems. Furthermore, creating walkable and bikeable communities can lead to healthier lifestyles.

The Robert Wood Johnson Foundation has an interactive webpage with which to view various community health indicators by county or state. One topic, “access to exercise opportunities”, measures the percentage of individuals who live reasonably close\* to a location for physical activity. Lincoln County is tied for 6<sup>th</sup> place among Oregon counties with 85% of the population meeting that criteria.<sup>59</sup> It is important to note, however, that a substantial proportion of that percentage involves the availability of public beaches. The beach may not serve everyone’s recreational needs or interests, so any examination of exercise access for Lincoln County should include that context.

## Water Quality

The quality of water sources has a significant impact on population health. Drinking water, recreation, manufacturing processes, and irrigation all rely on clean, safe water.

Water quality in Lincoln County is considered to be good overall. Water quality problems may include issues around sedimentation due to soil erosion, warm water temperatures occurring as a result of low summer flows, and over-use by private and municipal water systems. Potential sources of contamination in watersheds can be mitigated by proper and effective management practices.

Lincoln County is characterized by many rivers that flow from the west slope of the Coast Range to the Pacific Ocean. The communities of Lincoln County rely on various water sources, including the Yachats, Alsea, Yaquina, and Siletz rivers, as well as the Devil’s Lake/Moolack Frontal Watershed.<sup>60</sup>

The Oregon Department of Environmental Quality (DEQ) maintains monitoring stations at many locations along major Oregon rivers, including waterways that provide water to communities in Lincoln County. Average measurements of water quality in the rivers of the region are generally good to excellent, with annual trends improving over time (Table 3.1).

**Table 3.1: Water Quality in Lincoln County rivers, 2005-2014 averages and trends**

River	Sample site	Water quality	2005-2014 Trend
Salmon River	Otis	Good	Improving
North Beaver Creek	Ona Grange	Good	Consistent
Yaquina River	Eddyville/Toledo	Fair	Consistent
Siletz River	Siletz	Excellent	Consistent
Alsea River	Thissell Road	Excellent	Consistent

*Source: Oregon Department of Environmental Quality, Water Quality*

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\* “Reasonably close” is defined as living in any census block within one-half mile of a local, state, or national park; or living in an urban census block within one mile of a recreational facility (such as a community pool or a gym); or living in a rural census block within three miles of a recreational facility.

## Fluoridated Water

Water fluoridation is the controlled addition of a fluoride compound to a public water supply, intended to prevent tooth decay. Community water fluoridation is an evidence-based practice recommended by the Community Preventive Services Task Force based on strong evidence of effectiveness in reducing dental cavities across populations.<sup>61</sup> It is an effective, affordable, and safe way to protect children from tooth decay and is recognized as one of the 10 greatest public health achievements of the 20<sup>th</sup> century.<sup>62</sup>

Water fluoridation complements, but does not replace other efforts to improve oral health. It is a valuable tool in addressing oral health disparities, since everyone who can access public water benefits from it regardless of age, income level, or race or ethnicity. As of 2014, Oregon was ranked very low in the United States (48<sup>th</sup> out of the 50 states) for the percentage of people receiving fluoridated water. About 74 percent of the U.S. population served by community water systems received fluoridated water, while about 23 percent of Oregon's public water supplies are fluoridated.<sup>63</sup> This low state fluoridation rate is a direct consequence of some of Oregon's most densely populated regions lacking fluoridation, including Portland and Eugene. In Lincoln County, there are no public water systems that fluoridate.<sup>64</sup>

## Beaches and Ocean Water

Ocean beaches are a popular location for recreation; bringing residents of Lincoln County and visitors from across the region (and beyond) into contact with near-shore ocean water. In addition, Lincoln County fisheries are an important source of income for many Lincoln County residents. The quality and safety of the catch impacts the health of seafood consumers in the area. A partnership between the Oregon Department of Environmental Quality (DEQ) and the Oregon Health Authority performs water testing along the state's coast.<sup>65</sup>

There are 5 beaches and 19 individual monitoring stations along the county's coast. Monitoring is not consistent year-around, but the most stringent testing follows the season for common beach recreation use (Memorial Day to Labor Day). One method used to monitor water safety is to sample *enterococcus* bacteria, which is often used as a general indicator for harmful microbes. The Beach Action Value (BAV) is a threshold of bacterium colony-forming units, and the BAV was recently updated to a lower threshold based on EPA recommendations in 2014. If a sample contains more than 130 colony-forming units in 100 mL, the DEQ issues a health advisory (the previous standard was 158 units). If this occurs during the high-use period, retesting is done within 96 hours.

From 2010 to 2017, there were 11 health advisories from the DEQ for Lincoln County's beaches. The average number of days per advisory was just under 6 days. Even with the lower threshold, however, 2017 did not yield any advisories.

## Ocean Temperature

Excessively warm ocean temperatures can have direct and indirect effects on human health. Warm water promotes bacterial and algal growth, which can lead to increased risks of direct exposure from seawater or secondary exposure from consumption of seafood. Indirectly, other marine life can be negatively affected by warm water, including important economic crops such as fish, oysters, and crabs.

The National Oceanic and Atmospheric Administration (NOAA) has collected 20 years of ocean water temperatures at South Beach in Lincoln County. From 1995 to 2017, median ocean water temperatures off the coast of Lincoln County have ranged between 49 degrees Fahrenheit in January and 54 degrees Fahrenheit during June. The strong El Niño weather phenomenon in 1997 produced significantly warmer water temperatures, averaging 57.8 degrees from July-September 1997 and 52.4 degrees between December 1997 and February 1998. Another event of similar strength occurred during the 2015-16 season. Within any given year, temperature fluctuations tend to be greater than average differences between years. In 2014, the minimum monthly median water temperature was just under 48 degrees, and the maximum water temperature, recorded in October, was 58.6 degrees. This late season spike was exceptional, as maximum water temperatures usually occur in June.<sup>66</sup>

Independent of seasonal fluctuations, there have been no long term warming or cooling trends, and the high October 2014 water temperature should not be interpreted as part of a trend. In October of 2017, for example, temperatures corrected back to the median October temperature for the 23-year period of 53.8 degrees.

## Air Quality

Air quality has a direct impact on the health of individuals. According to the Environmental Protection Agency (EPA), small particles (less than 10 micrometers in diameter) can be inhaled deeply into the lungs and may even penetrate into the bloodstream. Exposure to particle pollution has been linked to many serious health problems, including:

- Premature death in people with heart or lung disease,
- Nonfatal heart attacks,
- Irregular heartbeat,
- Aggravated asthma,
- Decreased lung function, and
- Increased respiratory symptoms.<sup>67</sup>

Sensitive groups, including infants, the elderly, and individuals with preexisting conditions, are at heightened risk of complications from breathing particulate matter. Furthermore, unhealthy air days can prevent individuals from participating in other healthful activities such as exercise or enjoying the outdoors. The EPA conducts a National Air Toxics Assessment every three years that evaluates 178 high priority toxic air pollutants to help provide a better understanding of the

air quality in Oregon.<sup>68</sup> The Oregon Department of Environmental Quality then prioritizes areas of Oregon to determine air toxics reduction strategies, if needed. Lincoln County is not a priority area in Oregon, presumably due to their low levels of toxic air pollutants.

Lincoln County enjoys clean and healthy air. The Oregon Department of Environmental Quality (DEQ) records a qualitative measure of air quality each day at multiple locations throughout the state and tri-county region, including Albany, Corvallis, and Sweet Home. They do not measure any locations specific to Lincoln County, but regionally the air quality tends to improve from east to west. The qualitative measure is based on the level of fine particulate matter (PM<sub>2.5</sub>; particulate matter less than 2.5 micrometers in diameter) and ozone levels in the air. The measure has six levels ranging from Good to Hazardous.\* Between 2007 and 2015, Corvallis averaged 336 days of Good air quality, Albany averaged 328 days, and Sweet Home averaged 314 days.<sup>69</sup> Most of the remaining days were considered Moderate for all 3 locations. However, different areas can experience good or poor air quality due to local factors such as topography or local pollution.

Contributors to poor air quality include wildfires, inversion events, and seasonal pollen. The main driver of poor quality air in the region is wildfire, which can increase the level of fine particulate matter levels on smoky days. However, the available data does not specify on which days the fine particulate matter levels spiked, so it is not possible to determine the differential effect of summer versus winter on air quality. In addition to smoke from summer wildfires, the Willamette Valley can experience high levels of particulate matter in the winter when an inversion of cold air traps exhaust and other pollutants close to the ground.

## Natural Hazards

Lincoln County is generally considered to be at low risk of frequent natural disasters. Unlike many communities in the United States, the county is not at risk from tornados, hurricanes, or other major storms. Nevertheless, localized flooding and ice or snowstorms are an annual occurrence in some parts of the region, and there are risks from coastal erosion, landslides, wildfire, major flooding, drought, earthquakes, and tsunamis.

The risk of a natural hazard depends both on the characteristics of the hazard, such as magnitude, duration, probability of occurrence and spatial extent, and also on the systems that are vulnerable to the disaster. These can include individuals, infrastructure, community assets, and also the ability and resources available to respond to the hazard.<sup>70</sup> Many of the social and demographic factors that put people at risk for health issues also make them more vulnerable to natural disasters, including age, income, race or ethnicity, and access to health care.

The major natural hazard in the region is flooding. Lincoln County's many coastal rivers flood almost annually, as up to 100 inches of rain can fall in the Coast Range each year, swelling the waterways beyond their capacities. Other natural hazards include winter storms, wildfires, and

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\* The full list is Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy, Very Unhealthy, and Hazardous.

earthquakes. Winter storms bring strong winds and storm surges to the coastline, which can damage structures, trees, and exacerbate coastal erosion. On the steep slopes of the Coast Range, these storms and rainfall events can also lead to landslides, which can block roads and destroy homes.

## Wildfire

Most wildfires in Oregon occur east of the Cascades, but many of the largest wildfires in Oregon history occurred in the Coast Range. The Siletz and Yaquina fires together burned over 1,200,000 acres in the mid-1800s. However, with today's emphasis on fire prevention and suppression, major wildfires are now exceedingly rare in Lincoln County. Between 1960 and 2017, the Oregon Department of Forestry (ODF) recorded 757 fires under its jurisdiction in Lincoln County, with an average size of just over six acres.<sup>71</sup> Less than four percent of Lincoln County wildfires are due to natural causes, such as lightning strikes. In all, about 7.4 square miles of Lincoln County land under ODF jurisdiction has burned since 1960, or 0.75 percent of the land area of the county.

## Earthquake and Tsunami Hazards

One of the most high-profile natural hazards, whose notoriety has grown recently, is the potential for a Cascadia Subduction Zone earthquake occurring off the Oregon coast. Geologists estimate a 7 to 12 percent chance of a magnitude 9.0 earthquake within the next 50 years (before 2065).<sup>72</sup> The last Cascadia Subduction Zone earthquake occurred in the early 1700s. Although the impact of such an event would likely be larger than any other natural disaster in the written history of the West Coast, the rarity of the event itself makes it difficult for communities and individuals to internalize its potential for destruction.

Such an earthquake would cause immediate destruction to much of the infrastructure in western Oregon, and also cause a devastating tsunami. The Lincoln County Department of Planning and Development maintains a tsunami inundation zone map and estimates that a magnitude 8.8 earthquake during high tide would inundate Siletz Bay with 40 feet of water, Depoe and Newport Bays with 31 feet of water, and areas of Waldport and Yachats with close to 30 feet of water. Approximately 50 percent of developed land in Waldport and Yachats are in the inundation zone, and a correspondingly large percentage (between 30 and 40 percent) of the residents of these communities live in the inundation zone. Owing to their larger sizes, Newport and Lincoln City have smaller percentages, but larger quantities of developed land areas and populations in the inundation zone. In all, over 5,300 residents of Lincoln County may live in tsunami inundation zones.<sup>73,74</sup> Many coastal cities and towns also have critical infrastructure and services located within inundation zones.

While it remains difficult to address the potential destruction of the Cascadia Earthquake, individuals and communities are still able to prepare for lesser disasters, including earthquakes.

This can include anything from ensuring infrastructure is strong enough to weather a lesser disaster, to storing survival supplies at home for use during an emergency.

## Climate Change

Climate change is a worldwide phenomenon with global causes and many potential regional and local effects.<sup>75</sup> The effects of rising temperatures will be felt locally in:

- Rising sea levels, leading to eroding beaches and more damaging storm surges;
- warmer, dryer summers, creating a higher risk for heat-related illness;
- decreased winter and summer snowpack leading to more potential for drought and groundwater stress;
- greater variability in weather, as storms are predicted to be more intense and less predictable;
- greater risk of larger, more intense, and more frequent wildfires;
- higher prices for goods dependent on climates affected by global climate change;
- changes in how and what agricultural goods are produced in the region;
- effects on recreational activities dependent on current climate, including fishing, skiing, and summer outdoor activities; and
- Potential increase in human and agricultural diseases associated with vectors and organisms that require a warmer climate.<sup>76</sup>

Many of the environmental indicators already discussed have been linked with climate change, both theoretically and through modeling. These include wildfires, air quality, and ocean temperatures. However, the variability of annual weather and the complexity of the interactions that influence climate change effects make it difficult to demonstrate these links without many years of observable data. As a result, this report emphasizes the acute effects of these indicators rather than their long term trends.

One of the few indicators of global warming for which there is a long record of data is air temperature. Seasonal temperatures have shown long-term upward trends both globally and locally for as long as data has been recorded. The National Oceanic and Atmospheric Administration (NOAA) maintains monitoring stations at many locations in the region that track temperatures and record daily maximum temperatures. Daily maximum temperatures above 90 degrees Fahrenheit constitute extreme heat from a health standpoint. Extreme heat can have a number of harmful effects on health. Heat-related illnesses tend to strike those whose health is already fragile, such as infants, elderly, and the infirm.

On average, there are few above-90 degree days at the NOAA Otis Station (northern Lincoln County), but the long term trend in temperatures has been rising. Between 1947 and 2017, the number of days above the 90<sup>th</sup> temperature percentile (76 degrees F) rose at a rate of about 1 day every 23 years at the station (see Figure 3.1). This represents an increase of about 3 more days of extreme heat in 2017 than in 1947, a relatively lower rate of increase compared to

Benton County (1 day every 10 years, and whose 90<sup>th</sup> percentile temperature is 89 degrees F). Even in the milder climate of the coast, however, this trend is expected to continue as global warming accelerates in the 21<sup>st</sup> century.<sup>77</sup>

**Figure 3.1: Days with extreme heat, May – September, for the period of 1947 – 2017. Otis Station (northern Lincoln County)**

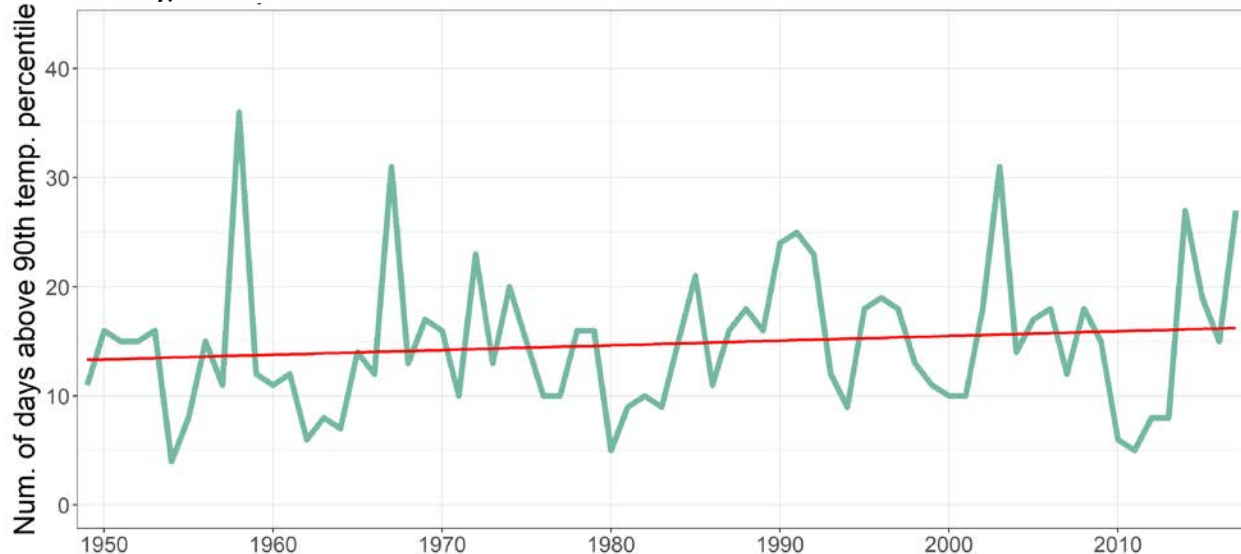


Figure notes: Extreme heat is defined as a maximum temperature higher than 90 percent of recorded May-September maximum temperatures for that station between 1947 and 2017. The 90<sup>th</sup> percentile for Otis Station is 76 degrees Fahrenheit.

Source: NOAA, Climate Data Online

## Human-made Environment

Human-made (or built) environments contribute to health in a variety of ways. People need schools, workplaces, and homes that do not expose them to physical or chemical hazards and places to walk and recreate outdoors that are clean, safe, and free of debris. They also need access to quality and affordable food and transportation options, as well as the confidence that their local communities have not been contaminated with human-made pollutants.<sup>78</sup>

### Healthy Homes

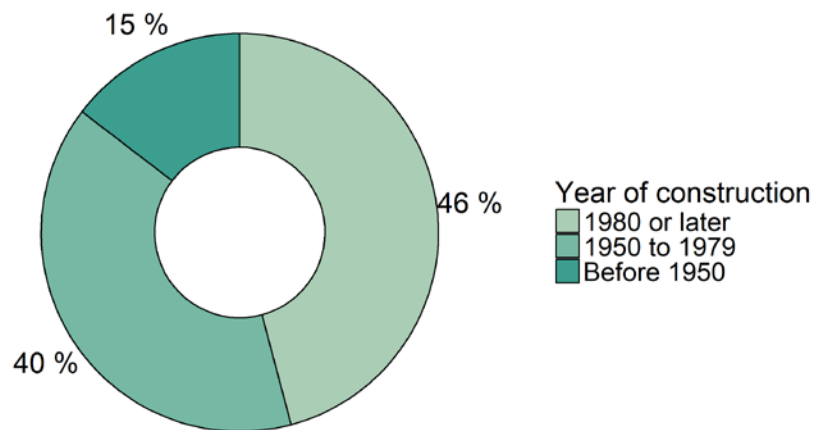
Indoor environmental quality, as defined by the Centers for Disease Control and Prevention, is the quality of a building's environment in relation to the health and well-being of those who occupy the space within it. Key factors that influence a structure's indoor environmental quality include dampness and mold in buildings, building ventilation, construction and renovation, chemicals and odors, indoor temperatures, and relative humidity.<sup>79</sup> Buildings in the region are often exposed to winter storms with winds in excess of 30 mph and heavy rainfall, with 24 hour accumulations of greater than three inches. This combination often results in moisture entering buildings, creating conditions for the growth of mold. Examining the health effects of specific

contaminants in buildings is very complex, but research has shown that some respiratory symptoms and illnesses can be associated with damp buildings.<sup>80</sup>

## Housing Characteristics

The age of a house can predict many other factors that affect the health of the occupants, including exposure to lead, asbestos, or other hazardous materials, mold or pest infestations, and weather resistance and temperature stability. Fifty-four percent of the housing units in Lincoln County were built before 1979, the year when lead paint was banned from use in homes (Figure 3.2).

**Figure 3.2: Construction year of housing stock in Lincoln County for houses built before 2016, 2012-2016 averages**



*Figure notes: There are approximately 30,800 housing units in Lincoln County.  
Source: U.S. Census Bureau American Community Survey, Table B25001*

## Lead Screening

Lead poisoning is a significant health concern. Laws and regulations are in place to help protect people; however, lead poisoning still threatens many Oregonians, especially children. The Centers for Disease Control and Prevention reports that “even low levels of lead in blood have been shown to affect IQ, ability to pay attention, and academic achievement.”<sup>81</sup> Blood levels between 1 and 9.9 micrograms per deciliter ( $\mu\text{g}/\text{dl}$ ) are of medical concern; concentrations of ten  $\mu\text{g}/\text{dl}$  or above are considered lead poisoning.

Although leaded paint and gasoline can no longer be legally sold in the United States, many children are still exposed to dangerous amounts of lead. Lead paint dust is the most common way children are exposed, and it is common inside and outside homes built before 1978.<sup>82</sup> Ordinary household repair and maintenance activities can stir up lead-contaminated dust.

People can also get lead in their bodies by eating foods contaminated with lead from exposure to soil or lead paint chips.

Oregon has a relatively low overall prevalence of lead poisoning compared to other states, and prevalence rates have declined through the years. This decline is consistent with national trends. In Oregon an estimated 1,000-2,000 children have blood lead levels equal to or greater than ten µg/dl.<sup>83</sup> This gives a rate of 1.16 – 2.32 children per 1,000 children.

## Radon

Radon is a gaseous radioactive element that occurs from the natural breakdown of uranium in the soil and rocks. It is colorless, odorless, and tasteless. In indoor settings, radon poses a risk by emitting atomic particles that can enter the lungs and alter the DNA, increasing a person's lung cancer risk. Radon is the second leading cause of lung cancer in the nation and, according to the Environmental Protection Agency, is classified as a Class A carcinogen. In residential housing and other buildings, radon typically enters through the surrounding soil (such as at the basement level) and radon levels are measured by the Oregon Public Health Division (OPHD). Radon levels of four picocuries of radon per liter (pCi/L) of indoor air are considered dangerous to health.<sup>84</sup> Radon is found in varying concentrations throughout the United States with moderate levels found in Oregon, generally under the four pCi/L level. When the annual average concentration in a home exceeds four pCi/L, it is recommended that measures be taken to lower the concentration to below the four pCi/L level.<sup>85</sup>

Lincoln County radon levels vary throughout the area. However, most areas in the county did not have enough measurements for the OPHD to confidently assign a risk level. Some areas have enough (between 5-19 measurements) to provisionally assign one, and Lincoln City and Toledo were notably assigned a moderate risk. No city or township in the county had enough measurements (20+) to have a non-provisional risk assignment.<sup>86</sup>

## Tobacco-free Spaces

Tobacco use is still the leading preventable cause of death and disability in Lincoln County. Statistics on tobacco related diseases and deaths are discussed in Chapter 6: Physical Health.

As stated in Oregon's Tobacco Prevention and Education Program (TPEP) report, tobacco use is a major risk factor for developing heart disease, diabetes, arthritis, asthma, and many cancers. Secondhand smoking, or exposure to a smoker's exhaled smoke, has also led to significant chronic disease and death. In light of this, the county and the state have taken steps to reduce exposure to tobacco and cigarette smoke in public places. Promoting smoke-free environments is a proven strategy to reduce tobacco use and exposure to secondhand smoke.<sup>87</sup>

The Oregon Indoor Clean Air Act prohibits smoking and other tobacco products in most workplaces, schools, bars, and other indoor public spaces.<sup>88</sup> It was recently expanded to inhalant delivery systems such as e-cigarettes and vaping equipment.

## Transportation

Transportation links people and places, making it possible to get to work, to school, to recreational opportunities, and to the grocery store. Transportation includes more than roads, walkways, or bridges; it also involves investments in the promotion, education, access, and safety of all transportation methods. It also covers public transit systems, policies that dictate the location and construction of roads, and guidelines for accommodating different kinds of users. Guidelines are important for providing avenues for physical activity, and for reducing the potential of driver, cyclist, and pedestrian injury.

### Access to Public Transportation

Access to public transportation is an important public good. Not only does taking public transportation provide additional opportunities for exercise, but its presence also makes it easier for individuals and families without private transportation to access goods and services vital to maintaining health. These include grocery stores, health and dental care, and recreation facilities. As of 2013, approximately 7 percent of Lincoln County residents live within one quarter of a mile from a bus stop.<sup>89</sup> Although distance to a public transit route is one measure of the strength of a public transportation system, additional factors impact the strength of public transport, including frequency and hours of operation, direct routes, safety, and connections to other routes.

People of color, people experiencing poverty, people with disabilities, and people who experience language barriers are more likely to depend on public transit. However, they often live in areas with poor transit service, fewer destinations, and poor connectivity. These unfair burdens increase transportation costs and stress, and limit access to economic and educational opportunities, housing, healthy foods, and physical activity. Vulnerable populations often have unsafe transportation conditions, including limited safe crossings, areas with high-speed traffic, and poor sidewalk and bicycle infrastructure.

### Active Commuting

There is a strong correlation between access to public transportation and using active transportation (which includes public transit, cycling, and walking) to commute to work. Among Oregon counties with public transit systems, an increase of five percent of the population within one quarter mile of a bus station is associated with a one percent increase in the percent of the working population that commutes by active transportation.<sup>90</sup> This trend is reflected in regional statistics as well. As of 2016, approximately 7 percent of Lincoln County residents commute using bus, bicycle, or foot travel, compared to 11 percent of all Oregonians.<sup>91</sup>

## Commuting Patterns

Most workers in the region drive to work. Among Lincoln County residents, 73 percent of the workforce drives to work alone, with an additional 13 percent carpooling.<sup>92</sup>

Commuting to jobs outside of one's city of residence is common for many Lincoln County residents. Approximately 19 percent of county residents who work report driving for 30 minutes or more to work, although this is lower than the statewide estimate of 30 percent.<sup>93</sup> A longer commute is associated with negative health effects in a number of ways. Longer commutes have been associated with greater levels of stress. Car commuting has also been linked with physical ailments such as lower back pain, increased likelihood of obesity, and less time for recreation, relaxation, or sleep. Working outside one's city of residence can also make it more difficult to access medical care, either for the worker or his or her family.

Workers in the county average nearly a 20 minute commute, however the travel time varies between cities. Smaller cities generally have a larger proportion of workers who travel long distances for work. In the case of Lincoln County, however, that trend is not consistent. Most towns in the county, regardless of size, have 12 to 18 percent of their workforce commuting 30 minutes or more.<sup>94</sup>

The location where residents work compared to where they live also influences transportation choices. Workers who must travel outside of the county may find that public transportation and ride sharing is not an option due to distance, time and availability. Only about 5 percent of Lincoln County workers travel outside the county for work, however.<sup>95</sup>

## Access to Healthy Foods

Transportation options and limited public transit for residents contributes to challenges in the region with regard to nutritious food access. For households without private vehicles, the ability to shop for food at grocery stores is highly dependent on proximity. Twenty-three percent of households in Lincoln County are within one half mile of a grocery store, more than the state average (19 percent). The average distance between a household and the nearest grocery store is 2.6 miles.<sup>96</sup> However, since grocery stores tend to be located in larger towns, the county average may overestimate the urban average and underestimate the rural average.

Access to nutritious foods can be particularly difficult for residents with unreliable transportation or tight budgets. A rural community is considered to have low access to food when it is ten or more miles from a supermarket or large grocery store.<sup>97</sup> Rural residents must often travel long distances for food. For rural residents this could mean traveling as much as 20 miles to the nearest full service grocery store. Rural grocery stores throughout the county report barriers that may limit rural low-income families' access to healthy food. These include: administrative barriers to becoming an authorized vender for SNAP and WIC programs, economic barriers to offering fresh fruits and vegetables, meat, dairy and other refrigerated

foods.<sup>98</sup> For residents in non-rural areas, the most accessible grocery store may also not be the most affordable.

Nearly twice as many residents live within one half mile of a tobacco vendor compared to those who live within one half mile of a grocery store or a WIC authorized store (Table 3.2). Approximately nine percent of Lincoln County residents do not live “close” to a grocery store (defined as within 1 mile for urban residents or within 10 miles for rural residents) and are low-income.<sup>\*,99</sup>

**Table 3.2: Proximity to grocery stores compared to tobacco vendors in Lincoln County, 2012**

Store type	Average (mean) walking distance in miles	Percent of population living within ½ mile
Grocery stores	<b>2.6</b>	<b>23%</b>
WIC-authorized stores	<b>2.7</b>	<b>19%</b>
Tobacco vendors	<b>1.7</b>	<b>37%</b>

Source: Oregon Environmental Public Health Tracking Tool

In addition to access to nutritious food, proximity to fast food can affect the health of the community. Although complex in nature, the food environment can impact what people eat, and providing healthy options is vital for the health of the community. Although not causal, studies have shown an increase in the prevalence of obesity and diabetes with increased access to fast food outlets in a community. Twenty-one percent of restaurants in Lincoln County are fast food vendors, compared to 38 percent in Linn County and 46 percent in Benton County.<sup>100</sup>

## Food Safety and Health Inspections

Food safety falls under the jurisdiction of county health departments when food is served in restaurants or from mobile vendors. The Centers for Disease Control and Prevention has five categories of foodborne illness risk factors. These are:

- Improper holding temperatures;
- Contaminated equipment;
- Poor personal hygiene;
- Unsafe sources; and
- Inadequate cooking.<sup>101</sup>

Lincoln County health inspectors conducted all of the required 579 restaurant inspections for the county in 2015, as well as 170 re-inspections. The county did not report counts for food complaints, foodborne illness complaints, or foodborne illness investigations. There was also no data for failure-to-comply notices, summary closures, or voluntary closures.<sup>102</sup>

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\* “Close” is defined as within 1 mile for urban areas and within 10 miles for rural areas

Food sold in grocery stores is under the jurisdiction of the Oregon Department of Agriculture. A total of 296 facilities in Lincoln County are licensed by the agency, which includes grocery stores, bakeries, distilleries, and meat and egg processors.<sup>103</sup>

## Environmental Hazards

The majority of the regional population does not come into contact with large-scale, human-caused environmental hazards on a regular basis. However, the presence of contaminants in the community, such as sewage overflows, environmental clean-up sites, and pesticide applications, demonstrates some of the broader potential for health exposures that can impact the health of the region.

### Domestic Sewage Systems

The majority of waterborne disease outbreaks are caused by bacteria and viruses present in domestic sewage. Septic tanks are the largest contributor to bacterial and viral groundwater contamination. Health risks are higher in areas where older, failing septic systems discharge untreated or partially treated sewage above or below ground, potentially contaminating nearby streams and wells.

As of August 2017, there were 47 certified wastewater system collection operators and 38 certified wastewater system treatment operators in Lincoln County.<sup>104</sup>

The Oregon Department of Environmental Quality (DEQ) has 88 active permits for wastewater disposal in Lincoln County as of March 2018.<sup>105</sup> These permits are designed to limit storm water run-off, industrial wastewater, sewage, and other sources of water pollution.

### Environmental Clean Up Sites and Leaking Underground Storage Tanks

The Oregon Department of Environmental (DEQ) Cleanup Program protects human health and the environment by identifying, investigating, and remediating sites contaminated with hazardous substances. The program's objective is to improve sites to the point where no further cleanup action is necessary.

The Oregon Community Right to Know and Protection Act (ORS 453.307-453.414) is a law that makes information about hazardous materials in Oregon available to emergency service personnel, emergency planners, health officials, and the public. Facilities throughout Oregon that are storing a reportable quantity of hazardous substances are required to annually report this information to the State Fire Marshal.<sup>106</sup> Incidents that release hazardous materials into the environment may occur in facilities that manufacture, use, or store these substances. Incidents may also occur during transport of these materials or by equipment malfunction.<sup>107</sup>

As of March 2018, the DEQ is tracking and monitoring 54 environmental clean-up sites in Lincoln County.<sup>108</sup> Sites contain different levels and types of contamination from hazardous substances including petroleum from residential heating oil tanks, regulated tanks at gas stations, and other commercial facilities. Some sites may have one contaminant in a small area of shallow soil, while others may have high concentrations of many substances in soil, surface water, sediments or groundwater.

The DEQ's Land Quality Division also runs Oregon's Leaking Underground Storage Tank Program. An underground storage tank system is a tank or any underground piping that is attached to the tank and has about ten percent of its combined volume underground.<sup>109</sup> These underground storage tanks may store petroleum or other hazardous substances that can pose a risk to groundwater quality if leakage occurs. Oregon's program handles issues related to clean up of soil and groundwater contamination from spills or releases and enforces state and federal rules. In 2016, Lincoln County had 4 documented leaking underground storage tanks.<sup>110</sup>

## Pesticide Exposure

Residents of the region may come into contact with pesticides either through personal use or as a by-product of commercial use for agriculture or forest management. Many pesticides have the potential to harm humans, birds, fish and aquatic organisms, and land-based vertebrates and invertebrates. Due to this potential for harm, the Oregon Department of Agriculture restricts the use of 495 distinct pesticide products, comprising over 100 different active ingredients.<sup>111</sup> Some well-known compounds include atrazine, permethrin, and organophosphates. A 2013 study of pesticides and herbicides lists glyphosate as one of the most common active ingredients in aerial spraying.<sup>112</sup> Glyphosate is also widely available in home products. Many agricultural operations such as wheat, annual rye-grass, and other cash crops also rely on herbicides. Grass and crop fields are sprayed on an annual basis to clear the fields for a new crop the following year.

In the 2009-2011 period, Lincoln County reported no cases of acute pesticide related illness, compared to Benton County's seven reported cases, and Linn County's eight reported cases. Statewide, the majority of pesticide related illness occurs in residential use (69 percent), as opposed to work, agricultural, or industrial use. The majority of residential illnesses were due to exposures not related to actual use of a pesticide (63 percent), but rather as accidental contact with pesticides applied earlier. A further 28 percent of residential exposures occurred during application of pesticides. These proportions were similar for work-related pesticide exposures.<sup>113</sup> Anyone using pesticides should take reasonable precautions to avoid direct contact or inhalation, and limit secondary exposure through accumulation on clothes or equipment.

## Conclusion

From particulate matter to ocean temperature, the health and stability of the environment that we live in creates opportunities and hazards for our own health. We rely on the natural resources of our region to maintain our livelihoods while being available for our enjoyment. We expect our built environment to function in our day-to-day lives and help us make healthy lifestyle choices. Our environment shapes who we are, even as we shape our environment. Slow trends and sudden disasters can have wide-reaching effects for everyone living in our region. Intersections between individual health and environmental factors are often complex but undeniable. In subsequent chapters, the complex nature of environmental factors will be better understood and highlighted through the lens of social determinants of health and health across the life course.



# Chapter 4

## Social Determinants of Health

Opportunities for health among residents of Lincoln County begin within the community, including their homes, neighborhoods, places of worship, workplaces, and schools. A growing body of scientific research shows that all people benefit when communities invest in health.

The World Health Organization defines social determinants of health as “the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life”.<sup>114</sup> These non-medical factors contribute to a large percentage of preventable poor health outcomes. Social determinants include influences such as “early years’ experiences, education, economic status, employment and decent work, housing and environment, and effective systems of preventing and treating ill health.”<sup>115</sup> These aspects of health are often referred to as “upstream factors” as their effect occurs well before illness manifests and curative intervention becomes necessary. In this chapter regional data will be presented for education, employment, income, poverty, economic challenges, food security, home ownership, and homelessness. Environmental factors have been presented in Chapter 3, and access to medical systems will be presented in Chapter 5.

### Income, Poverty, and Economic Challenges

#### Income and Poverty

Income is the strongest predictor of health among all social determinants of health. Not only are there many studies showing a strong association between income and health,<sup>116</sup> but income also affects all other social determinants of health, including education, food security, and housing. The National Longitudinal Mortality Survey found that people in the top five percent of incomes had life expectancies 25 percent longer than people in the bottom five percent of incomes.<sup>117</sup> While income is not a “one size fits all” measure of health, understanding the income of the region provides a solid foundation for measuring social determinants of health in Lincoln County.

#### Income

Income incorporates more than money earned from a job. It also includes assets such as bank accounts, equity in a home, and access to other economic resources. Income influences an individual’s ability to choose where to live, what food to eat, participation in physical activities (especially those that require fees or special equipment), and availability of leisure time. Regional data are highlighted here, as the story of economic disparity is similar across all three counties.

## Median and Per Capita Incomes

The median income of a population is one measure of the overall income in that population; 50 percent of the population earns more than the median income, and 50 percent of the population earns less. The median (inflation-adjusted) household income in Lincoln County is lower than in Linn County, Benton County, and the state (Table 4.1).

**Table 4.1: Median household income of Linn, Benton, and Lincoln counties and Oregon, 2012-2016**

	Linn	Benton	Lincoln	Oregon
Median household income	\$46,782	\$52,015	\$41,303	\$53,270

Source: U.S. Census Bureau American Community Survey

Per capita income is another measure of income. It is the average income of a person. Per capita income is lower than median household income because it is per person, not per household. Figure 4.1 below displays the per capita income of different racial and ethnic subpopulations in Lincoln County.

**Figure 4.1: Per capita income by race or ethnicity in Lincoln County, 2012-2016**

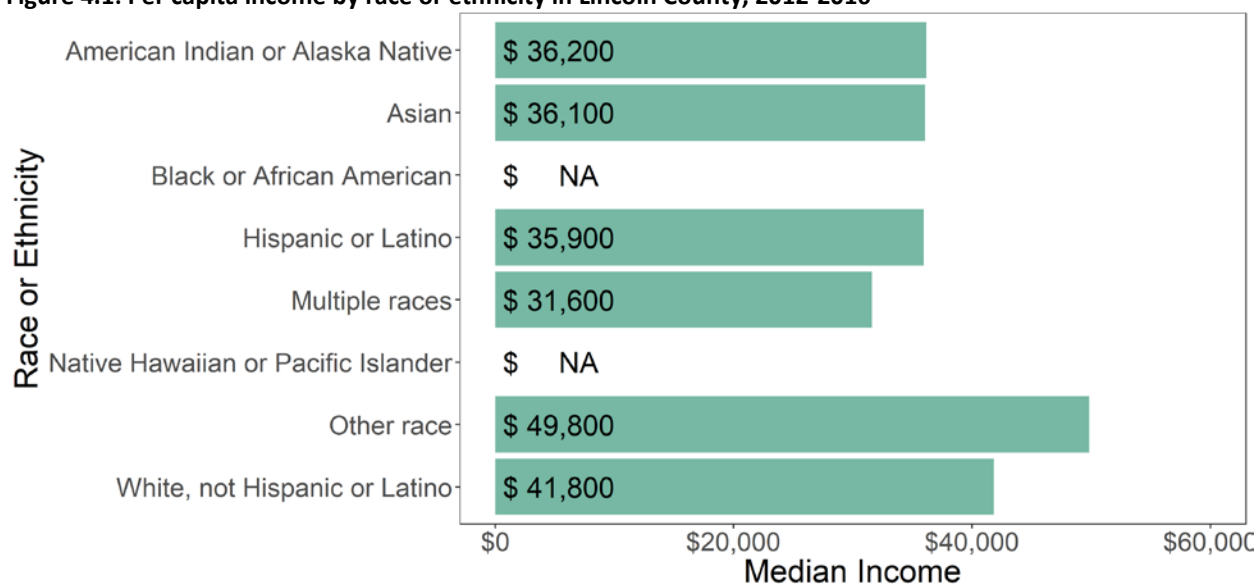


Figure notes: Black or African American and Native Hawaiian or Pacific Islander data are suppressed due to small sample sizes.

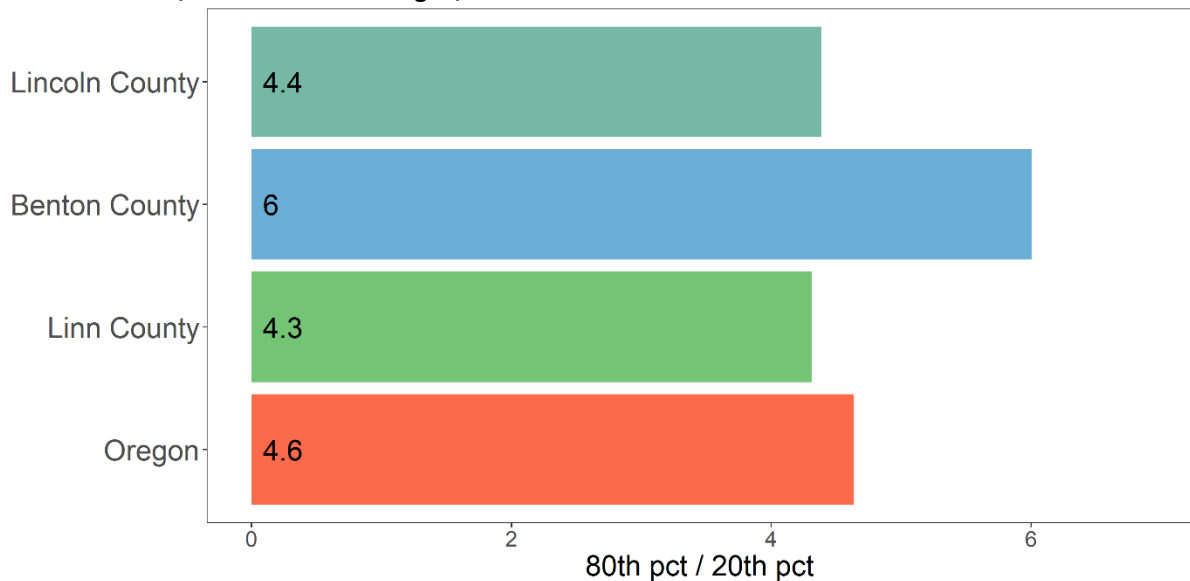
Source: U.S. Census Bureau American Community Survey, 5-year estimates, Table B19301

## Income Inequality

Income inequality (the distribution of wealth between richer and poorer segments of the population) is associated with many health outcomes. Regions with higher inequality are more likely to experience increased infant mortality, lower life expectancy, higher rates of depression, and lower health status overall. Income inequality is commonly measured by calculating the ratio of the 80<sup>th</sup> income percentile to the 20<sup>th</sup> income percentile of the

population.<sup>\*,118</sup> In Oregon, the 80<sup>th</sup> income percentile is 4.7 times the 20<sup>th</sup> income percentile (Figure 4.2). Lincoln County has a ratio of 4.4, just lower than the state ratio, meaning the residents of Lincoln county experience less income inequality.

**Figure 4.2: Ratio of the 80<sup>th</sup> income percentile of residents to 20<sup>th</sup> income percentile of residents in Linn, Benton, and Lincoln counties, and the state of Oregon, 2012-2016**



*Figure notes: This measure of income inequality is taken by computing the 80<sup>th</sup> income percentile – the dollar amount that is greater than 80 percent of household incomes in the geography, computing the 20<sup>th</sup> income percentile, and dividing the result. A larger ratio indicates more income inequality.*

*Source: U.S. Census Bureau American Community Survey, 5-year estimates, Table B19080*

## Poverty

Poverty is strongly linked to poor health outcomes. Poverty is related to both limited income and lack of economic stability, limited choices in education, employment, and living conditions, and reduced access to safe places to live, work, and play. It can also frequently hinder choices and access to healthy food.

The United States Census Bureau determines the Federal Poverty Level (FPL) each year. The FPL was originally an estimate of the amount of money required to meet the cost of living for individuals or families. Currently, the FPL is a statistical threshold of poverty.<sup>119</sup> It is not generally recognized as an accurate measure of true poverty, but it is used for determining eligibility for assistance programs. Below, in Table 4.2, the FPL for individuals and families is presented, as well as additional FPL ratios that are used for eligibility and comparison purposes.

\* The 80<sup>th</sup> income percentile is the income of the individual who earns more than 80 percent of the population. The 20<sup>th</sup> income percentile is the income of the individual who earns more than 20 percent of the population. Those who earn more than the 80<sup>th</sup> income percentile are the richest 20 percent of the population; those who earn less than the 20<sup>th</sup> percentile are the poorest 20 percent of the population.

**Table 4.2: Annual Income and Federal Poverty Levels and related ratios for 2013**

Family size	Percent of Federal Poverty Level					
	50%	100%	138%	185%	200%	400%
Individual	\$6,041	\$12,082	\$16,673	\$22,352	\$24,164	\$48,328
Three-person family	\$9,436	\$18,871	\$26,041	\$34,911	\$37,742	\$75,484
Four-person family	\$12,129	\$24,257	\$33,475	\$44,875	\$48,514	\$97,028

Source: U.S. Census Bureau, Historical Poverty Threshold Table

Approximately 20 percent of Lincoln County’s population lives below the federal poverty line, compared to 13 percent of Oregon’s total population. One worrisome statistic is that children less than five years of age are among the age groups with the highest percentage living below the federal poverty level, accounting for about one-third of children under five years of age in Lincoln County.<sup>120</sup> Figure 4.3 illustrates each age group’s contribution to the overall poverty rate in Lincoln County.

**Figure 4.3: Percent of population living below the federal poverty line by age group in Lincoln County, 2012-2016**

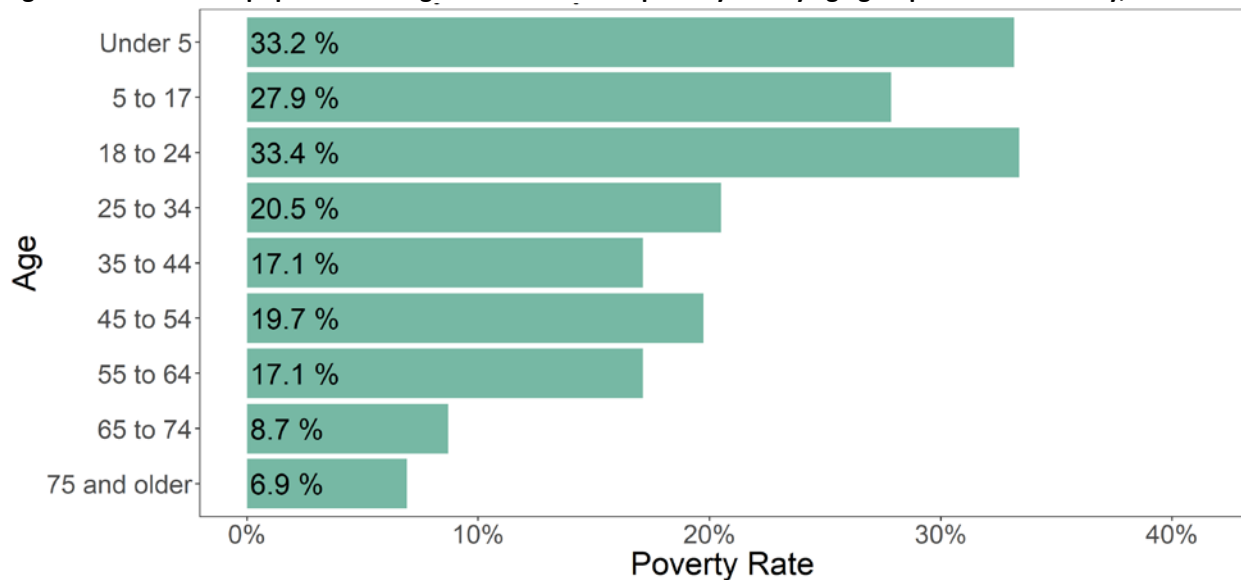


Figure notes: The population of Lincoln County, as recorded in these data, is approximately 49,000.

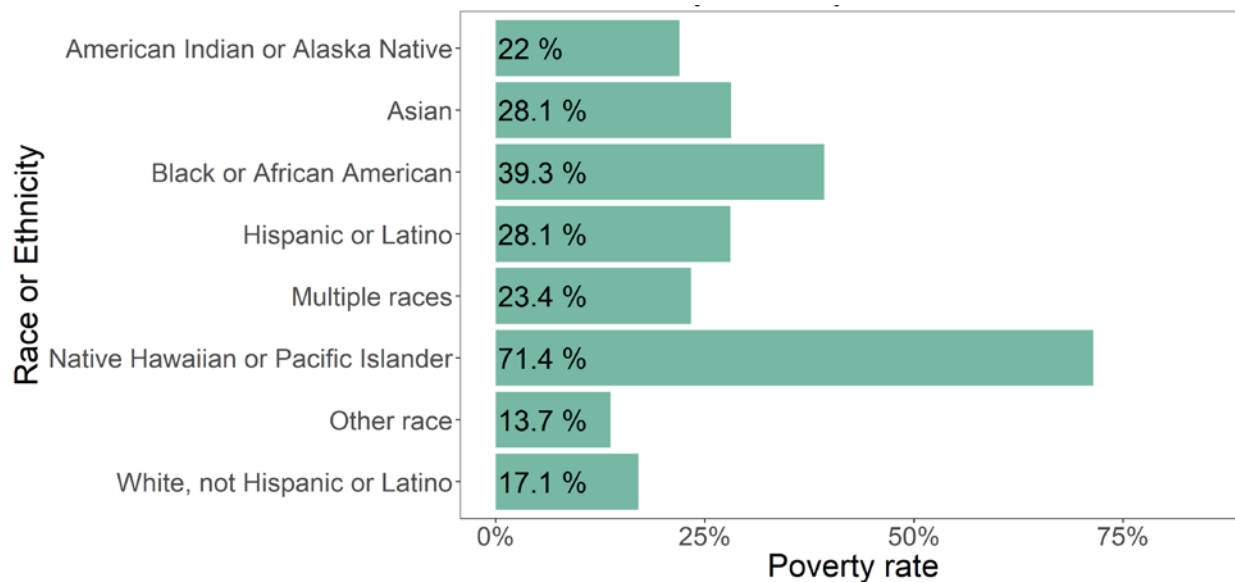
Source: U.S. Census Bureau, American Community Survey, 5-year estimates, Table S1703

Earning less than a high school education increases the risk of experiencing poverty.<sup>121</sup> Of the adults in Lincoln County over the age of 25 who did not complete high school, 30 percent are below the federal poverty line, compared with 18 percent of those who at least completed high school (or equivalent).<sup>122</sup>

Variation also exists between racial and ethnic population groups. As shown in Figure 4.4, most racial and ethnic groups in the region have a higher poverty rate than the White, non-Hispanic/Latino population, which is similar to Oregon overall. Individuals in Lincoln County who identify as Hawaiian or Pacific Islander and Black or African American are among the

racial/ethnic groups with the highest poverty rates at 71.4 percent and 39.3 percent, respectively.<sup>123</sup> It is important to note, however, that the population for some racial/ethnic groups is small relative to other groups within the county, which creates more uncertainty in the estimates.

**Figure 4.4: Percent of Lincoln County population living below the federal poverty line by race and ethnicity, 2012-2016**



*Figure notes: The population of Lincoln County, for whom poverty status has been determined, is approximately 49,000. The estimates for Black or African American, American Indian or Alaska Native, and Native Hawaiian or Pacific Islander poverty rates are potentially unreliable and should be interpreted with caution.*

*Source: U.S. Census Bureau, American Community Population, Table S1701*

### Children Living in Poverty

A growing body of research shows that children who are raised in families experiencing long-term poverty are at greater risk of significant and long-term deficits in health.<sup>124</sup> Across Lincoln County, approximately 33 percent of children under the age of five were living in poverty in 2016.<sup>125</sup> That same year, an estimated 29 percent of children under 18 years of age in Lincoln County were living in households earning less than the federal poverty level.<sup>126</sup> This accounts for approximately 2,300 residents of Lincoln County. Rates of childhood poverty are higher in Lincoln County than in Oregon and the United States (each about 21 percent).

### Low Income and Cost of Living

Many regional residents earn incomes higher than the federal poverty level but still struggle economically to meet their everyday needs. Approximately 38 percent of Lincoln County’s population earn less than 185 percent of the federal poverty level (\$21,775 annually for an individual or \$44,863 annually for a family of four in 2015).<sup>127,128</sup> This is the threshold that many

assistance programs, such as the Supplemental Nutrition Assistance Program (SNAP), use for income eligibility.

Research suggests that the cost of living in Lincoln County is well above the federal poverty level. Table 4.3 below shows the cost of living for two family types in Lincoln County and the corresponding percentage of the Federal Poverty Level. These figures take into account costs such as housing, child care, food, transportation, health care, and taxes.<sup>129</sup>

**Table 4.3: Cost of living as a percent of the federal poverty level in Lincoln County, 2017**

One adult, one preschooler, one school-age		Two adults, one preschooler, one school-age	
Annual cost of living	Percentage of FPL	Annual cost of living	Percentage of FPL
\$40,150	197 %	\$50,061	204 %

Source: *The Self-Sufficiency Standard for Oregon*

## Employment

Stable and secure employment influences health, not only by being a source of income, but also by providing access to health insurance. Compared to unemployed workers, individuals who are employed full-time have higher incomes and standards of living, less stress, and may be less likely to turn to unhealthy coping behaviors such as alcohol consumption or smoking.<sup>130</sup> The seasonally-adjusted unemployment rate for Lincoln County in 2017 was 4.7 percent, compared with 4.1 percent statewide.<sup>131</sup> The unemployment rate has been decreasing steadily since 2009 and has remained below pre-recession rates since early 2017.<sup>132</sup> Generally an unemployment rate of 5 percent is considered “full employment” as there is always a certain amount of turnover in the labor force.

## Economy and Jobs

The arts, entertainment, recreation, accommodation, and food services sector employs approximately 21 percent of the workforce in Lincoln County, compared to 10 percent of the population statewide. This is largely due to the tourism draw and capacity of the coastal towns of the county. The next most populous economic sectors in Lincoln County are the educational services, health care, and social assistance sector and the retail trade sector, employing approximately 17 percent and 14 percent of the county workforce, respectively.<sup>133</sup>

## Education

Health and education are closely connected. Educational access and attainment are very important predictors of health status. Individuals with higher levels of education are less likely to die prematurely or report acute diseases. They also report positive health behaviors, like maintaining healthy weight, and fewer risky behaviors, like smoking.<sup>134</sup> Furthermore, education levels are the strongest predictor of income and wealth, which strongly influence lifelong health.<sup>135</sup>

## Early Learning

Early childhood development supports nurturing relationships and learning opportunities that foster children’s readiness for school. The early years are crucial for influencing health and social well-being across a child’s lifetime. Research evidence accumulated over the past 40 years supports the conclusion that children who participate in high-quality early childhood development (ECD) programs benefit from a broad range of immediate and long-term health benefits.<sup>136</sup>

The Head Start Program is one such federal program that promotes the school readiness of children from low-income families by enhancing their cognitive, social, and emotional development. Head Start programs provide a learning environment that supports children’s growth from birth to age five in several areas, such as language, literacy, and social and emotional development. Head Start programs also emphasize the role of parents as their child’s first and most influential teacher and support the development of healthy familial relationships and well-being.<sup>137</sup> In Oregon, Head Start programs include at least the Oregon Head Start Pre-kindergarten (OHS PreK) program, which serves children ages three to five from low-income families. Some Head Start programs also include Early Head Start (EHS), which is a comprehensive program for children below the age of three and pregnant women from low-income families. Oregon children whose families are below the federal poverty level (\$24,250 for a family of four) are eligible for these benefit programs.<sup>138</sup>

The OHS Pre-K and EHS programs that serve children and families in the region are shown in Table 4.4 below:

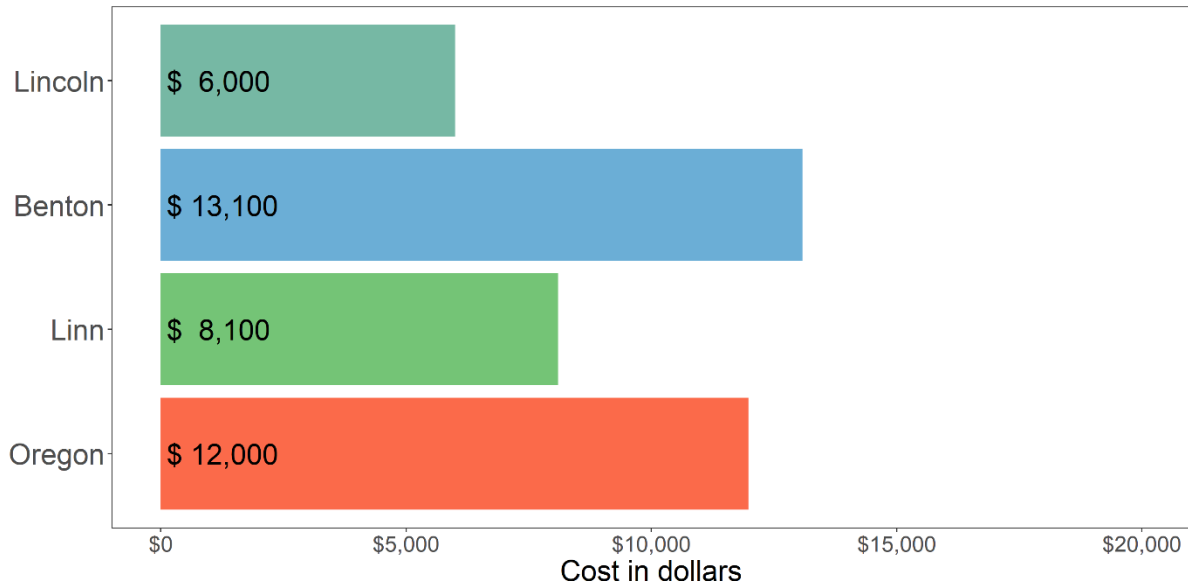
**Table 4.4: Oregon Head Start Pre-K and Early Head Start programs and enrollment by county, 2014-2015**

OHS Pre-K and EHS program	County	OHS Pre-K enrollment	EHS enrollment	Total enrollment
<b>Community Services Consortium</b>	Lincoln	160	0	160
<b>Siletz Tribal</b>	Lincoln	63	0	63

*Source: Oregon Department of Education and the listed Head Start agencies*

Despite strong research showing the positive impact of high-quality early education, many families in the region who are in need of child care may not be served. While data are not available for informal childcare options, in 2014, for every 100 children there were 19 available childcare slots in Lincoln County.<sup>139</sup> There were 17 available childcare slots per 100 children in Oregon, and the goal for the state is 25 slots per 100 children.<sup>140</sup> The average annual cost of toddler care in childcare centers in Linn, Benton, and Lincoln counties are shown in Figure 4.5. To give an example, two parents, both earning \$10.25 per hour (Oregon’s minimum wage) in full-time jobs would make approximately \$42,000 for their household (before taxes, credits, or adjustments). The median annual cost of child care for one child in Lincoln County is \$6,000, which is one-seventh of these parents’ household income.<sup>141</sup>

**Figure 4.5: County-level median annual cost of child care for a toddler, 2014**



*Figure notes: There are approximately 2,300 children under the age of 5 in Lincoln County. The median annual cost of child care is approximately 15 percent of the median annual income in Lincoln County households with children. Sources: Oregon State University, Child Care and Education in Oregon and Its Counties: 2014 U.S. Census Bureau American Community Survey, Tables B19125, S1903*

## High School Education

High school graduation is a strong predictor of future employment and earnings. Conversely, dropping out of school is associated with lower income, multiple social and health problems,<sup>142,143</sup> and health risks.<sup>144</sup> For example, 32 percent of Oregonians who do not have a high school degree smoke, compared with 24 percent of high school graduates, 18 percent with some post-secondary education, and seven percent of college graduates (age-adjusted).<sup>145</sup>

The high school graduation rate is currently very poor in Oregon. The state has been ranked 48 out of 50 by the U.S. Department of Education for the percent of graduating seniors actually earning a diploma (78.4 % in 2016), and has been 2 years in a row.<sup>146</sup> Lincoln County is about the same, with 77.8% of would-be graduates actually earning a diploma during the same year.

Dropout rates are a similar topic, but are not simply the opposite of graduation rates. The Oregon Department of Education defines a dropout as an individual who was enrolled for 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> grade; did not graduate; did not receive an alternative degree such as a GED; and officially withdrew from school.<sup>147</sup> In the 2015-2016 school year, Lincoln County experienced a high school dropout rate of 54 students per 1,000 9<sup>th</sup>–12<sup>th</sup> graders, above the Oregon rate of 39 per 1,000 high school students. The dropout rates for Lincoln County and Oregon are shown in Figure 4.6.<sup>148</sup>

**Figure 4.6: High school dropout rate per of 1,000 students; Lincoln County and Oregon; 2010-2016**

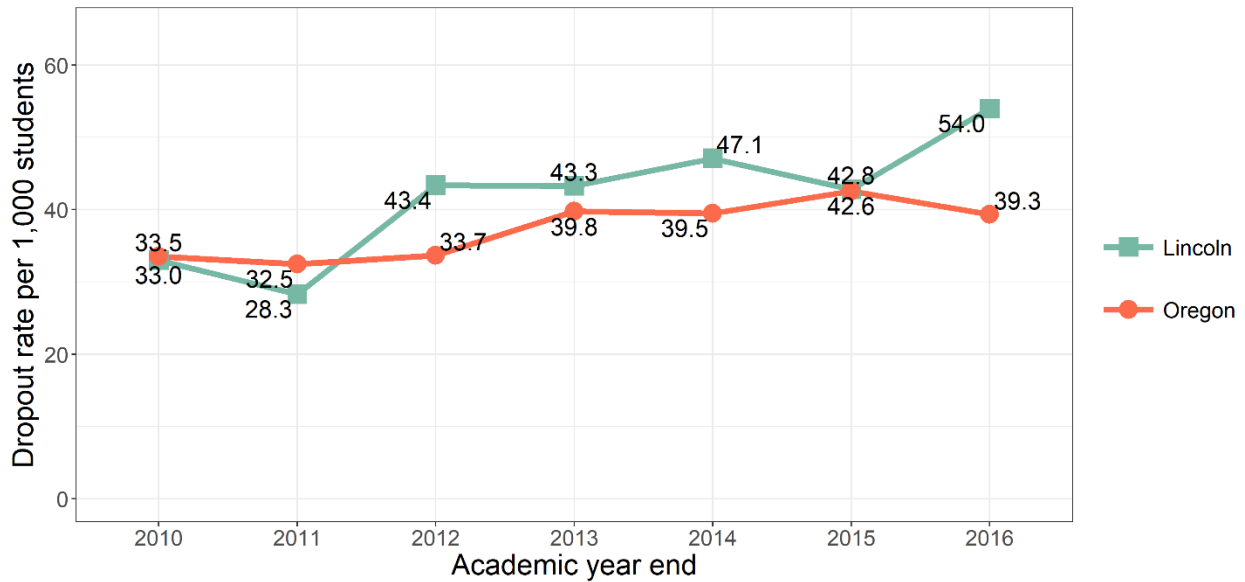


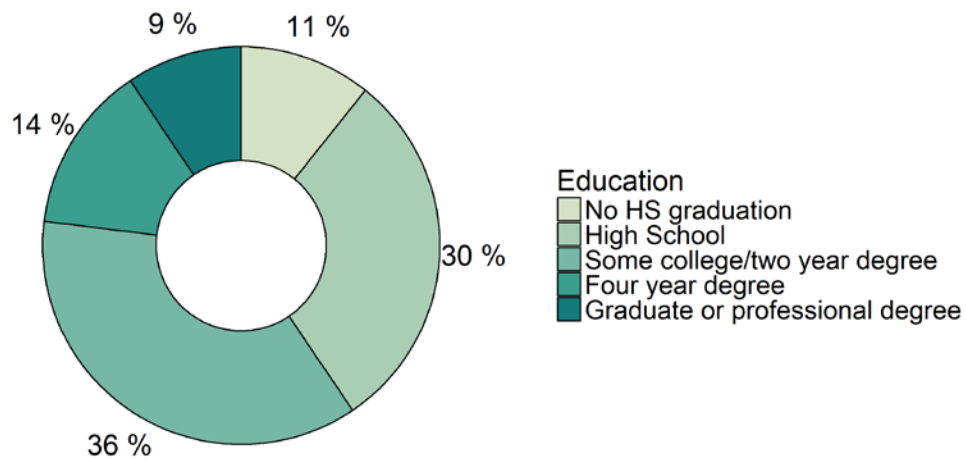
Figure notes: Annual high school student enrollment in Lincoln County is approximately 5,500.

Source: Oregon Department of Education, Oregon High School Dropout Rates

Within the county, the high school dropout rate for minority youth populations is generally higher compared to the total dropout rate. This is particularly true in Lincoln County for Native American students (7.2 percent), although students who identify as white have the next-highest rate of (4.6 percent). While other race/ethnicity dropout rates may be lower, it is important to remember that there are few students in many of those categories in Lincoln County. Homeless students in Lincoln County had a dropout rate of 11.1 percent in the 2016-2017 school year and students with disabilities had a dropout rate of 5.6 percent.<sup>149</sup>

In 2011, Oregon set a goal of 40-40-20, meaning that by 2025, 40 percent of Oregonians age 25 and above would have a bachelor's degree or higher, an additional 40 percent would have an associate's degree, and the remaining 20 percent would have graduated high school. This translates to a goal of 100 percent of Oregonians having a high school degree or higher and 80 percent having an associate's degree or higher.<sup>150</sup> As of 2016, approximately 89 percent of Lincoln County residents 25 and older had completed high school or GED equivalent, 36 percent had an associate's degree or some college, and 23 percent had a bachelor's degree or higher (Figure 4.7). The proportion of individuals who have a bachelor's degree or higher in Lincoln County is significantly lower than the overall state percentage of 31 percent.<sup>151</sup>

**Figure 4.7: Rates of educational attainment in Lincoln County, 2012-2016**



*Figure notes: The educational attainment proportions are out of the population of residents age 25 and older, approximately 35,600 residents.*

*Source: U.S. Census Bureau American Community Survey*

## Education among Oregon Health Plan Members

Differences in education between Oregon Health Plan members and the general state population are quite clear. According to the 2014 MBRFSS survey, 23.3 percent of OHP adults did not receive a high school diploma or GED (compared with 11.1 percent in the general population). The same study revealed that 12.8 percent of those on OHP had graduated college, less than half of those in the general population (26.5 percent).<sup>152</sup>

## Food Security

Food security is defined as having enough to eat, and being able to purchase or obtain healthy food in socially acceptable ways.<sup>153</sup> Adequate nutrition is particularly important for children, as it affects their cognitive and behavioral development. Children from food insecure, low-income households are more likely to experience irritability, fatigue, and difficulty concentrating on tasks, especially in school, compared to other children.<sup>154</sup>

Feeding America, a national nonprofit that monitors food security, estimates that 27 percent of children in the region are living in food insecure households, more than one out of every four children.

Oregon Department of Education data report nearly 60 percent of Lincoln County K-12 students were eligible for free or reduced lunch during the 2017-2018 school year. The percentage of students eligible for free or reduced lunch varies significantly from school to school within and

between the counties, from 48 percent to 88 percent of students attending schools with at least 100 students (Table 4.5).<sup>155</sup> It is important to note that the school district currently offers all students free breakfast and lunch.<sup>156</sup> Data regarding eligibility are an important context, however, in the event that the school district is unable to continue this benefit in the future.

Students whose family incomes are below 130 percent of the federal poverty level (\$31,525 annually for a family of four) are eligible for free lunches, and students whose family incomes lie between 130 and 185 percent of the federal poverty level (between \$31,525 and \$44,863 annually for a family of four) are eligible for reduced-price lunches.<sup>157,158</sup>

**Table 4.5: Percentage of children eligible for free and reduced-price lunch, 2017-2018.**

School district	Eligible for free lunch	Eligible for reduced-price lunch	Percent of total students eligible for free or reduced-price lunch
Lincoln County School District	<b>2,855</b>	<b>360</b>	<b>58.2%</b>
Oregon	<b>231,061</b>	<b>41,042</b>	<b>47.5%</b>

Source: Oregon Department of Education, Report: Students Eligible for Free/Reduced Lunch

An analysis of factors\* determining food insecurity suggests that in 2016, 15 percent of the Lincoln County population, or nearly 6,940 individuals, were residing in households that were food insecure. Among those who were food insecure, 19 percent earned incomes above 185 percent of the federal poverty level, making them ineligible to receive government assistance programs (Table 4.6). The childhood food insecurity rate was higher, at 24.5 percent of the children in the region. Of the children living in food insecure households in the region, it is estimated that 26 percent of these children are likely ineligible for federal nutrition assistance programs as they live in households with incomes above 185 percent of the federal poverty level.<sup>159</sup>

**Table 4.6: Food insecurity in Lincoln County, the LBL Region, and Oregon, 2016**

	Age group	Number of food insecure individuals	Percent of population that is food insecure	Percent of food insecure population ineligible for benefits *
Lincoln County	<b>All residents</b>	<b>6,940</b>	<b>15%</b>	<b>19%</b>
	<b>Children</b>	<b>1,970</b>	<b>25%</b>	<b>26%</b>
LBL Region	<b>All residents</b>	<b>37,690</b>	<b>15%</b>	<b>22%</b>
	<b>Children</b>	<b>11,150</b>	<b>22%</b>	<b>29%</b>
Oregon	<b>All residents</b>	<b>527,370</b>	<b>13%</b>	<b>30%</b>
	<b>Children</b>	<b>173,780</b>	<b>20%</b>	<b>37%</b>

\* Percent ineligible figure is produced by modeling and is an estimate

Source: Feeding America

\* Factors include indicators of food insecurity such as poverty, unemployment, median income; food budget shortfalls; a cost of food index; and national average meal costs.

## Supplemental Nutrition Assistance Program Participation

The Federal Supplemental Nutrition Assistance Program (SNAP) is the largest domestic food and nutrition assistance program for low-income Americans. U.S. households must meet certain eligibility criteria, such as income, to receive benefits. As of 2015, an estimated 23 percent of all households (4,764 of 20,434 households) in Lincoln County received SNAP benefits, compared to 19 percent in Oregon. Of the households in Lincoln County that received SNAP benefits, 51 percent (2,194 households) had an income in the past 12 months below poverty level, and 49 percent (2,570 households) had an income in the past 12 months at or above poverty level. Of the 77 percent of households (15,670 households) that did not receive SNAP benefits, 7 percent (1,130 households) were below the poverty level.<sup>160</sup> Furthermore, 33 percent of benefit-receiving households that received Food Stamps/SNAP benefits during this time supported children under the age of 18.<sup>161</sup> This rate is lower than Oregon's 45 percent.

## Women, Infants, and Children (WIC)

WIC is a public health nutrition program that is vital to the health of women, infants, and children across Oregon. The WIC program provides health and nutrition services to pregnant and breastfeeding women and children ages 0 to 5 that have a household income less than 185 percent of poverty guidelines.<sup>162</sup> Overall in 2017, a total of 1,166 families, or 1,979 individuals, were served by WIC in Lincoln County; 72 percent of these individuals were infants and children under five, and 28 percent were pregnant, breastfeeding, and post-partum women. Approximately 52 percent of pregnant women in Lincoln County were served by WIC, as well as 71 percent of all working families in the county.<sup>163</sup>

## Emergency Food Support

Food Share of Lincoln County, the local food bank system, distributes food to 19 partner agencies located throughout Lincoln County. Partner agencies include food pantries, meal sites (soup kitchens), backpack programs, Head Start schools, produce programs, and youth and senior outreach. Food Share of Lincoln County and its network of programs distributed over one million pounds of food from July 2016 through June 2017 and served over 4,000 individuals each month.<sup>164</sup>

## Food Security among Oregon Health Plan Members

As previously mentioned, about 15 percent of the county's population is food insecure. Among Medicaid recipients in the Linn-Benton-Lincoln region, this number climbs to 50.7 percent. That value is also slightly higher than the reported 48.6 percent for Oregon's state-wide Medicaid population. About 24.7 percent of the region's OHP members reported hunger, compared with 22.3 percent of members across the state.<sup>165</sup>

## Housing and Home Ownership

Housing is an important part of the built environment and another key factor contributing to good health. Older housing in particular can present multiple threats to health, including the presence of mold, asbestos, lead-based paint, and lead solder in plumbing and in the soil.

Poor quality and inadequate housing contribute to health problems such as infectious and chronic diseases, injuries, and poor childhood development. Indoor allergens and damp housing conditions play an important role in respiratory conditions including asthma, which currently affects over 20 million Americans, and is the most common chronic disease among children. Approximately 40 percent of diagnosed asthma among children is believed to be attributable to residential exposures.

Residential exposure to environmental tobacco smoke, pollutants from heating and cooking with gas, volatile organic compounds, and asbestos have been linked with respiratory illness and some types of cancer. People who have difficulty paying rent, mortgage, or utility bills are less likely to have an established source of medical care, more likely to postpone treatment, and more likely to use the emergency room for treatment. Families who lack affordable housing are more likely to move frequently. Residential instability is associated with emotional, behavioral, and academic problems among children, and with increased risk of teen pregnancy, early drug use, and depression during adolescence.

## Housing Affordability

Affordable, quality housing provides shelter that is safe and healthy for all people. Housing that costs more than 30 percent of household income is considered to be “unaffordable.”<sup>166</sup> Figure 4.8 below shows the distribution of Lincoln County residents who rent and own their homes.

**Figure 4.8: Home ownership in Lincoln County, 2012-2016**

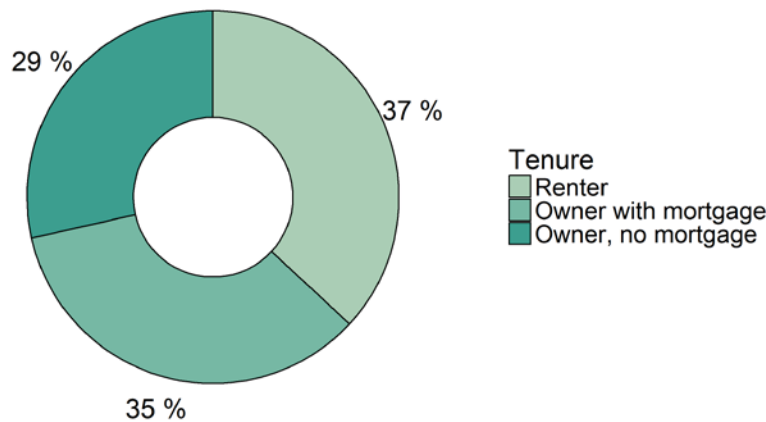


Figure notes: There are approximately 20,400 households in Lincoln County.  
 Source: U.S. Census Bureau, American Community Survey, Table S2502

Table 4.7 shows the similarities in housing affordability between Lincoln County, the region, and Oregon. Similar to Oregon, 52 percent of renters in Lincoln County spend 30 percent or more of household income on housing rent. Of home owners with mortgages, 42 percent spend 30 percent or more of household income on housing, compared to 36 percent in Oregon. Of home owners without mortgages in Lincoln County, 15 percent spend 30 percent or more of household income on housing, the same proportion as across Oregon.<sup>167</sup>

**Table 4.7: Occupants with housing cost burden more than 30 percent of income, 2012-2016**

	Category	Percent with housing cost burden
Lincoln County	<b>All residents</b>	<b>38%</b>
	<b>Renters</b>	<b>52%</b>
	<b>Owners with mortgages</b>	<b>42%</b>
	<b>Owners without mortgages</b>	<b>15%</b>
	<b>Residents with annual incomes below \$50,000 (renters and owners)</b>	<b>59%</b>
LBL Region	<b>All residents</b>	<b>30%</b>
	<b>Renters</b>	<b>55%</b>
	<b>Owners with mortgages</b>	<b>35%</b>
	<b>Owners without mortgages</b>	<b>15%</b>
	<b>Residents with annual incomes below \$50,000 (renters and owners)</b>	<b>62%</b>
Oregon	<b>All residents</b>	<b>32%</b>
	<b>Renters</b>	<b>54%</b>
	<b>Owners with mortgages</b>	<b>36%</b>
	<b>Owners without mortgages</b>	<b>15%</b>
	<b>Residents with annual incomes below \$50,000 (renters and owners)</b>	<b>66%</b>

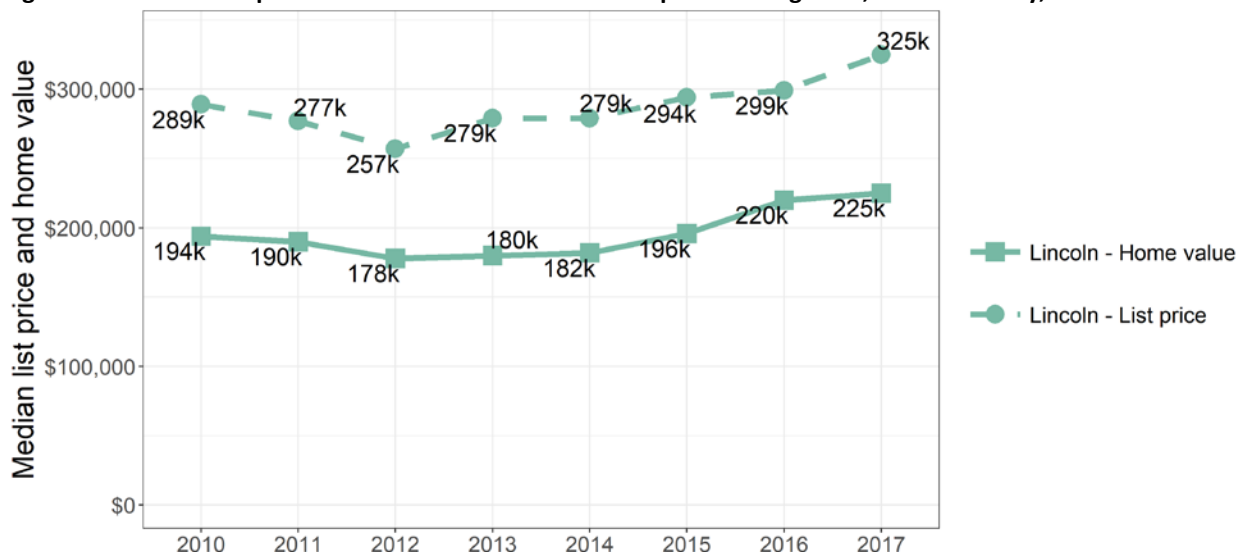
Source: U.S. Census Bureau, American Community Survey, 5-year estimates, Table DP05

## Home Values

Higher home values can support health, as more valuable homes tend to have design or construction features that support health, such as adequate insulation and weather-proofing. Homes are also a major source of wealth, which helps people afford health care and other health promoting activities. However, high median home prices can also signal inequality or housing insecurity in a community. Unaffordable housing has strong negative effects on health for many of the same reasons that stable housing promotes health.

Home values as reported by the U.S. Census Bureau, American Community Survey (ACS), tend to be out of date. Currently this means that home values are underestimated by ACS data. Zillow.com, a housing website, tracks home values based on recent sales and other assessments, and produces more contemporary estimates. Zillow.com currently estimates the median Lincoln County home value to be \$235,400 (as of March 2018), compared to the ACS estimate of \$216,300. The median list price of houses listed on Zillow in Lincoln County in March 2018 was \$337,750. Figure 4.9 shows the change in home values and list prices in Lincoln County over the past 8 years.

**Figure 4.9: Median list price and home value of owner-occupied housing units, Lincoln County, 2010-2017**



Source: Zillow.com historical housing data for Lincoln County

## Homelessness

The Oregon's Ending Homelessness Advisory Council defines homelessness as being without a decent, safe, stable, and permanent place to live that is fit for human habitation.<sup>168</sup> Understanding homeless populations is a daunting challenge for public health. Even counting the number of people experiencing homelessness is a difficult task, because they tend to lack a fixed address or living location, and many individuals change homeless status over time. Each January, Oregon Housing and Community Services requires communities to conduct a point-in-

time count of homeless populations. This snapshot of the homeless population is limited in scope and depth. Canvassers visit shelters, transitional housing, and known homeless encampments. Individuals staying with other people out of economic necessity are not counted, nor are homeless people who are in areas not covered by the canvassing. Furthermore, the one-night count misses any individual who is homeless at other points during the year. Notwithstanding these limitations, the point-in-time estimates have the benefit of being a consistent approach across years and geographies, and therefore may give some insight into the homeless community in each county.

In 2011, the Lincoln County point-in-time survey counted 41 individuals experiencing homelessness (Table 4.8). All of these individuals were in shelters or transitional housing. There were no street counts conducted in the region in 2011. Fifty-nine percent of the homeless population was female. In Lincoln County, men on average spent 20 months homeless, while women spent 7 months.

The most recent data on homeless populations is from 2017 (Table 4.8). In 2017, there were 180 individuals identified in the January point-in-time survey, an increase of 440 percent in six years. However, in 2017 the count included unsheltered individuals, which may indicate a larger canvassing effort as well as an increase in the homeless population.

In both 2011 and 2017, approximately 44 percent of the recorded individuals were members of families, both adults and children, but that proportion decreased to approximately 26 percent of recorded homeless individuals in Lincoln County being members of families (Table 4.8).

**Table 4.8: One-night count homeless population figures**

	2011		2017	
	Lincoln County	LBL Region	Lincoln County	LBL Region
Total count	41	283	180	653
Sheltered count	41	273	113	278
Unsheltered count	0	10	67	375
Male	16 *	171 *	105	411
Female	24 *	111 *	81	241
Individuals	23	75	139	489
Family members	18	208	46	103

**Table notes:** \* indicates that cells do not sum to total

**Source:** Oregon Housing and Community Services, 2011, and Community Services Consortium, 2017

Another source for recording the number of homeless individuals is the set of statistics gathered by federally qualified health centers (FQHCs). Among the data that FQHCs are required to collect is housing status, which they report each year to the federal government. According to the Bureau of Primary Health Care, a patient's status should be recorded as homeless if the patient was residing in a shelter, in transitional housing, or on the street; if the patient was doubled up or temporarily living with others; had been homeless within the last 12 months; or resided in a housing program targeted to homeless populations. Compared with the one-night counts, FQHCs may identify homeless individuals who were not staying in shelters or in canvassed encampments or who were homeless at other times throughout the year.

However, only those individuals who were able to seek out medical care at an FQHC and chose to do so were identified. Nevertheless, the records provided by the FQHCs indicate a much broader level of homelessness than the one-night counts. In 2016, the Lincoln County Health and Human Services FQHC served approximately 240 homeless patients, or 4.9 percent of the total population served.<sup>169</sup>

Student homelessness is a recurring problem in Oregon as well. Across the state, an increasing number of Oregon’s K-12 public school students are homeless at some point during the school year. Students experiencing homelessness are more likely to drop out of high school in Lincoln County, with about 11 percent of students in such circumstances dropping out of school. Homelessness among students has more than doubled since the 2003-2004 academic school year. About 12 percent of students in grades K-12 experienced homelessness during the 2016-2017 school year in Lincoln County (Table 4.9).

Lincoln County Schools is attempting to combat this challenge by trying to eliminate the barriers to attending school that often plague students who do not have stable housing. The Homeless Education and Literacy Project, also known as HELP, aids by providing such things as school supplies, tutoring, clothes, and referrals to other resources.<sup>170</sup>

**Table 4.9: Homeless students grades K-12 in Lincoln County and Oregon, 2016-2017**

School District	Number of students in grades K-12 experiencing homelessness	Proportion of student body experiencing homelessness
Lincoln School District	<b>644</b>	<b>11.8%</b>
Oregon	--	<b>3.9%</b>

Source: Oregon Department of Education, 2018

## Housing and Homelessness among Oregon Health Plan Members

There is a significant disparity in home ownership between Oregon’s Medicaid and non-Medicaid populations. About 21.5 percent of OHP adults own their home, contrasted with the 64.7 percent reported by the state’s general population. In addition, a little over 1 percent of the state’s OHP members are homeless.<sup>171</sup>

## Conclusion

Socioeconomic factors, income and wealth, form the base of Frieden’s Health Impact pyramid (p. 7)<sup>172</sup> and are powerful determinants of health. Furthermore, socioeconomic factors that are affected by income and wealth, such as education, food security, and housing, in turn have powerful effects on a person’s health. Social determinants of health interact with individual characteristics such as age, and environmental factors such as air quality and proximity to healthy or unhealthy built environments. People with a strong set of social resources are more resilient to challenges to their health, and are better able to navigate the health care system. In the next chapter on access to medical care, many of the disparities seen in social determinants of health recur when people try to access health care services.



# Chapter 5

## Access to Health Services

Access to medical care is important to physical, mental, and social health. The Institute of Medicine (IOM) defines access to health care as "the timely use of personal health services to achieve the best health outcomes," with a special focus on the importance of equity of health care usage and health outcomes among and across different groups of people.<sup>173</sup> The ability to access health care can impact other areas of life, including employment, education, family life, nutrition, and emotional outlook, which play major roles in one's overall health status. Scarcity of health services, rising health care costs, lack of insurance coverage, and other limiting factors create barriers that prevent individuals and families from accessing quality health care. Persistent or cumulative barriers to health care lead to worsening health conditions, preventable hospital visits, limited use of preventive care, and other negative health outcomes.<sup>174</sup>

According to the Agency for Healthcare Research and Quality (AHRQ) 2013 National Healthcare Disparities Report (NHDR), there are three steps to attaining adequate access to health care:

- Gaining entry into the health care system,
- Getting access to sites of care where patients can receive needed services, and
- Finding providers who meet the needs of individual patients and with whom patients can develop a relationship based on mutual communication and trust.<sup>175</sup>

Healthy People 2020 cites both the IOM and AHRQ documents on access to health care, and divides access into four major components:

- *Insurance Coverage and Affordability* – Health insurance coverage is highly emphasized by current policy in the United States as a means to affordable health care services.
- *Service Availability* – Having a usual and ongoing source of care, especially a primary care provider, leads to better health outcomes. Existence of preventive services and emergency medical services are also key.
- *Workforce* – Health care centers must be staffed with appropriate employees in order for people to access health care. Healthy People 2020 focuses on tracking the number of primary care providers.
- *Timeliness of Care* – Timeliness is defined as receiving care quickly after a need is recognized. This can be measured both in appointment and office wait times as well as the time lag between identifying a needed service (such as a test or course of treatment) and receiving it.<sup>176</sup>

It is important to examine medical care access and capacity in the larger context of overall factors that contribute to health. “Health care is necessary but not sufficient for improved health; in fact, health care accounts for only about 10–20 percent of health outcomes, according to some experts.”<sup>177</sup> Social determinants of health, the upstream factors listed in Chapter 4, are responsible for a much larger percentage of health outcomes than medical care alone. People need a healthy and accessible environment to achieve good health. This includes the broader community context, as well as the characteristics of the local health care system itself. Both a strong health system and good population health are needed, and can be mutually reinforcing to achieve optimal health in a community.

Many of the forces that shape the opportunity for better health in Lincoln County – education, employment, and transportation, for instance – can also affect access to medical care. The Health Impact Pyramid (illustrated in Chapter 1) provides a helpful model for recognizing some of those larger forces.<sup>178</sup> Upstream factors play a large role in any individual’s ability to make healthy choices and decisions, and this holds true for accessing medical care. For example, the ratio of providers to patients in a region may be considered excellent, but a prospective patient may work during clinic hours, find transportation difficult to navigate, or be unable to find childcare options during the time of the visit. While having access to good doctors and health care facilities are visible indicators of access to medical care, there are numerous other factors that influence opportunities for health. This chapter will highlight recent data on the four major components discussed above.

## **Demographic Differences in Access to Medical Care**

Some populations face increased barriers to accessing care and receive poorer quality care when they get it. In its 2011 reports on health care quality and disparities, the Agency for Healthcare Research and Quality (AHRQ) finds that, at a national level, low income individuals and people of color experience more barriers to care and receive poorer quality care. Moreover, other research shows that individuals with limited English proficiency are less likely than those who are English proficient to seek care even when insured. Research also finds differing patient experiences and levels of satisfaction by race, gender, education levels, and language.<sup>179</sup>

## **Health Insurance Coverage**

Lack of adequate health insurance coverage is often a major barrier to medical care. People who are uninsured or underinsured receive less medical care than their insured counterparts.<sup>180</sup> Inadequate coverage creates a financial barrier between a patient and needed medical care services. People without health insurance are less likely to know about or seek out preventive services, and are more likely to have new and worsening health problems, and shorter lifespans.<sup>181</sup> In general, even when uninsured or underinsured persons receive medical care, care is often postponed (due, in part, to concerns about cost). These individuals suffer significantly worse health outcomes than those who have adequate medical coverage.<sup>182</sup>

Recent changes in policy on both the national and state level have altered the landscape of health care and health insurance access in the past five years. The Affordable Care Act (ACA), enacted on a federal level in 2010, made it illegal to deny coverage due to pre-existing medical conditions, mandated health coverage for most individuals, expanded Medicaid funding and coverage, and subsidized health insurance through exchanges for lower income individuals,\* among other provisions. Most of these provisions went into effect by 2014.<sup>183</sup> As part of the ACA, Oregon accepted federal funding to expand Oregon Health Plan (OHP) membership, setting targets for enrollment and expanding the variety of services (e.g. dental services). Statewide, membership in OHP increased 58 percent over less than 4 years, from 627,000 members in June 2013 to 962,000 members in November 2017. Lincoln County enrollment has swelled from 8,700 to 13,900 over the same time period.<sup>184</sup> In addition to OHP expansion, 80 percent of the consumers registered to the new health care exchange received tax credits and/or cost-sharing subsidies as of April 2014.<sup>185</sup>

Insurance coverage rates in the region, and across the nation, have risen recently, largely due to the ACA and other health care transformation policies. The regional insurance coverage rate in 2012 was 76 percent, rising to 97 percent in 2014.<sup>186</sup> As of 2014, 96 percent of Lincoln County, 95 percent of Benton County, and 98 percent of Linn County residents have insurance.<sup>187</sup> These rates include adults age 65 and older, which is important because that age group has insurance coverage rates of close to 100 percent due to Medicare.

## Uninsured Rates

Insurance coverage rates have increased over the past eight years, and corresponding uninsured rates have decreased. Figure 5.1 displays this trend for those under age 65.

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\* Health insurance exchanges are online, state or federally run marketplaces where an individual can compare plans from different insurance companies and purchase individual health insurance. Individuals with a qualifying level of income can receive federal subsidies to help pay premiums on health insurance plans.

**Figure 5.1. Proportion of individuals aged 0 to 64 without health insurance in Lincoln County, the LBL Region, and Oregon, 2010-2015**

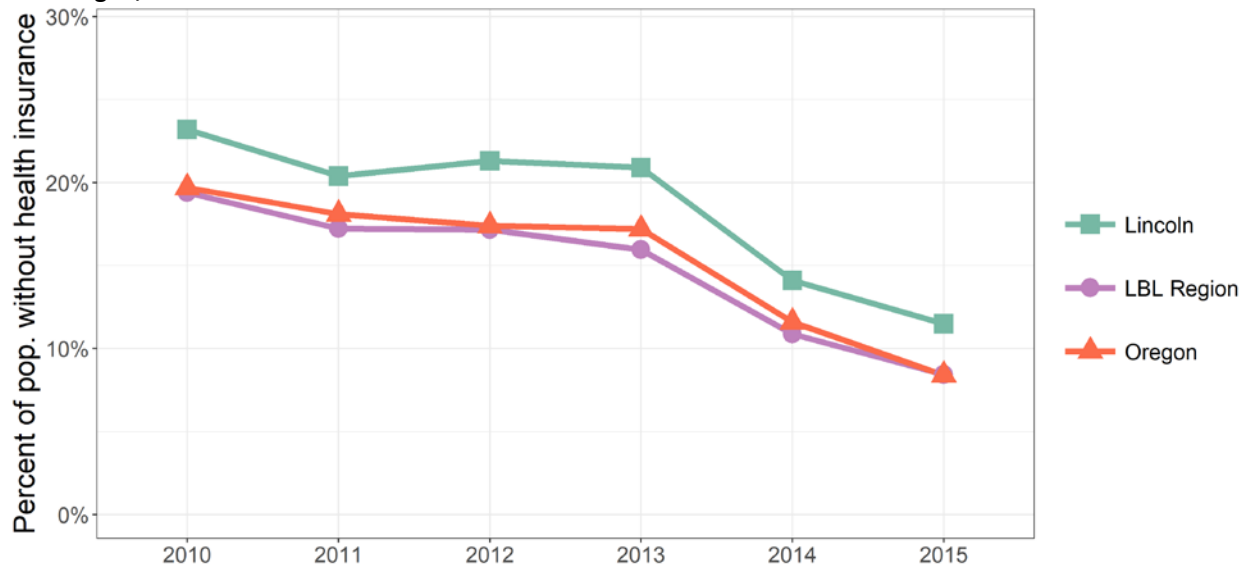


Figure notes: There are approximately 35,000 individuals in Lincoln County under age 65. The data represents individuals who lacked health insurance at the time the data was collected. Individuals age 65 and older are excluded from this figure.

Source: U.S. Census Bureau, Small Area Health Insurance Estimates

Because of the rapidly shifting health care and health insurance landscape, local data points that accurately capture these changes are still forthcoming. With that in mind, data from before the ACA expansion showed major disparities among the population based on age, race, and income. Examining these disparities across the region can help provide a baseline for future comparisons with disparities which exist after ACA expansion once the data are available.

Uninsured rates differed greatly between age groups before the ACA. In 2015, the uninsured rate among children across the region was lower than the rate for working-age adults (Table 5.1).<sup>188</sup> Overall, in both age groups, county uninsured rates were somewhat higher compared to the rest of Oregon. Across the county and state, less than one percent of individuals 65 and older lack health insurance.

**Table 5.1: Uninsured rates in Lincoln County and Oregon, 2012-2016**

	Lincoln County	Oregon
Under 18 years old	<b>8.9 %</b>	<b>4.7 %</b>
18 to 64 years old	<b>21.8 %</b>	<b>14.9 %</b>
65 years old and older	<b>0.2 %</b>	<b>0.5 %</b>

Source: U.S. Census Bureau, American Community Survey 5-year estimates

Insurance coverage rates were also pronounced across racial and ethnic categories, employment status, and citizenship status. In 2012-2016 in Lincoln County, approximately 32 percent of Latino individuals were uninsured, compared to 12 percent of the White population. Additionally, over 43 percent of the unemployed are uninsured, compared to 21 percent of those currently employed, and 8% of individuals not in the labor market. Foreign born and non-

citizens have very high uninsured rates, at 46 percent and 63 percent, respectively.<sup>189</sup> Insurance coverage data are not available for undocumented immigrants, and undocumented immigrants are excluded from both Medicaid and the health insurance exchange.<sup>190</sup> However, the Oregon Legislature passed a “Cover All Kids” bill during the 2017 legislative session that guarantees that all individuals under the age of 18 up to 300% of the Federal Poverty Level will be covered by Medicaid, regardless of immigration status.

Among the employed, those working less than full time year-round were uninsured at a higher rate (32 percent) compared to those working full time year-round (16 percent). Residents earning less than 200 percent of the federal poverty level are more likely to be without insurance coverage than those with higher incomes, 18 percent versus 12 percent.<sup>191</sup>

The implementation of the Affordable Care Act has had a major impact on insurance coverage rates in the region as Figure 5.1 (previous page) demonstrates. However, even given the growth in insurance coverage rates over the past 5 years, insurance gaps and inequalities remain, especially for people of color, individuals living in rural areas, and low income workers.<sup>192</sup> As data for recent years become available, it will be important to measure these disparities.

## Health Insurance among Children

Examining insurance coverage rates among children up to age 18 (Figure 5.2) shows a gradual increase in all three counties in the region from 2006 to 2015. As of 2015, all three counties had an insurance coverage rate of 92 to just over 95 percent for children under the age of 18.

**Figure 5.2. Proportion of children age 0 to 17 without health insurance in Lincoln County, the LBL Region, and Oregon, 2006-2015**

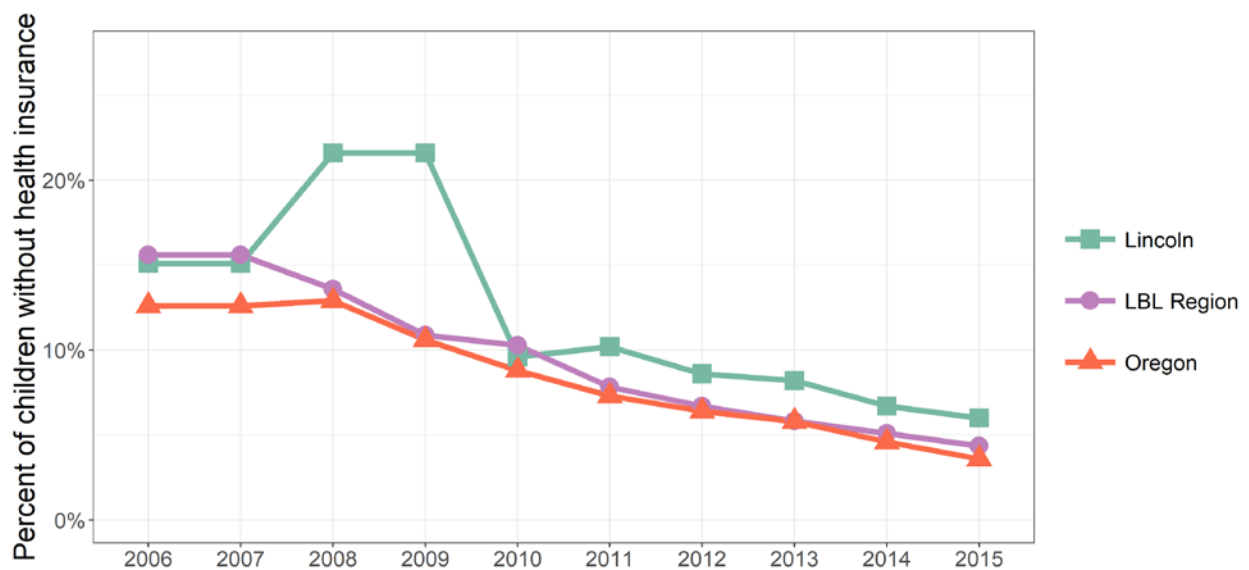


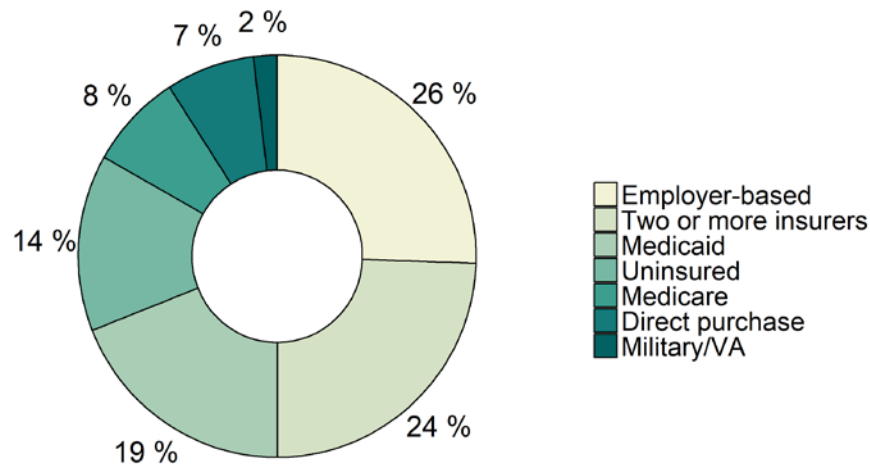
Figure notes: There are approximately 8,000 children age 0-17 in Lincoln County. The data represent children without coverage at the time the data were collected.

Source: Kids Count Data Center

## Insurance Types and Sources

People secure insurance from many different sources, including employer-based insurance, private insurance and public insurance. Figure 5.3 illustrates the distribution of the type of health insurance coverage among tri-county residents between 2012-2016; with employer-based health insurance constituting the majority of coverage. The Oregon Health Plan provides health care coverage to low-income Oregonians. Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with end stage renal disease.<sup>193</sup>

**Figure 5.3: Percent of population covered by different insurance types in Lincoln County, 2012-2016**



*Figure notes: Two or more insurers includes individuals with two or more private insurers, two or more public insurers, and other combinations. All other categories represent individuals with only one source of insurance. The population underlying this data is approximately 44,000.*

*Source: U.S. Census Bureau, American Community Survey, 5-year estimates*

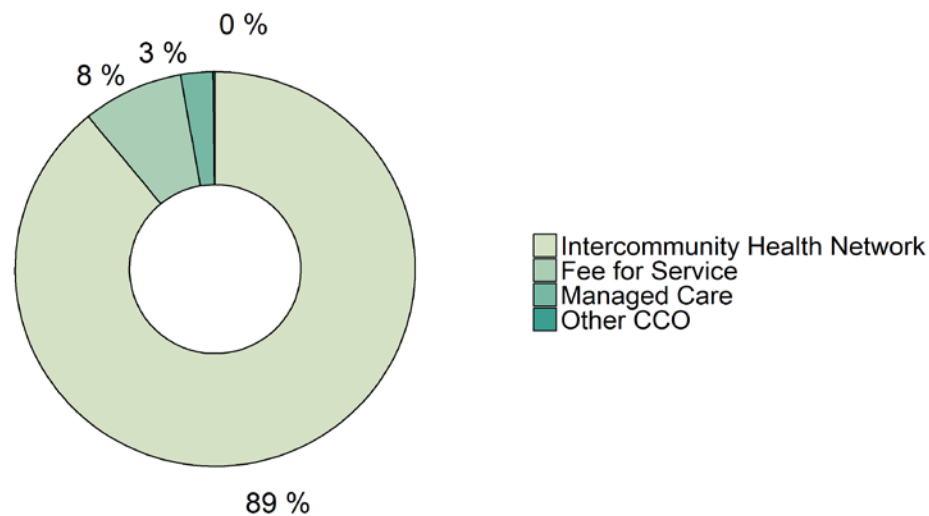
## Medicare

Medicare provides insurance to 11,200 Lincoln County residents over the age of 65 and 1,700 younger Lincoln County residents with permanent disabilities (about 29 percent of all Lincoln County residents).<sup>194</sup> The program helps pay for primary care, prescription drugs, home health care, hospitalization, and other health services. Part of Medicare is funded by a payroll tax, and other parts are funded by premiums paid by Medicare recipients. Medicare does not pay for all services and supplies that are needed by older adults and individuals with disabilities. For example, Medicare does not pay for routine dental care and does not cover long-term care. Most Medicare recipients have additional coverage to make up these gaps, whether private insurance or public insurance such as Medicaid.<sup>195</sup> Seventy-two percent of Lincoln County residents who have Medicare have another source of health insurance.<sup>196</sup>

## Oregon Health Plan

The Oregon Health Plan (OHP) provides health care coverage to low-income Oregonians through programs overseen by Oregon Health Authority. Service to OHP members in the region is largely provided through the local coordinated care organization (CCO), InterCommunity Health Network-CCO (IHN-CCO). Eighty-nine percent of OHP members in Lincoln County are enrolled with IHN-CCO. The other 11 percent of the county's OHP membership are enrolled in another CCO, Managed Care, or Fee for Service (Figure 5.4).<sup>197</sup>

**Figure 5.4: Percent of OHP members enrolled in Coordinated Care Organizations, Managed Care or Fee for Service in Lincoln County, November 2017**



*Figure notes: There are approximately 14,000 OHP members in Lincoln County, out of 44,000 residents.*

*Source: OHA Office of Health Analytics, OHP Enrollment*

The OHP population increased greatly from 2010 to 2017. In 2010, approximately 6,700 Lincoln County residents were OHP members. In 2017, there were 14,000 members, an increase of over 100 percent from 2010.<sup>198,199</sup>

## Cost of Medical Care

Insurance coverage is only part of the cost of medical care. Additional costs are referred to as cost-sharing and include costs such as copayments, coinsurance, and deductibles. Health reform legislation has reduced financial burdens for many people with a lower income or significant health care needs. Nevertheless, one in three Americans say they have put off getting medical treatment that they or their family members need because of cost.<sup>200</sup>

According to the most recently available data (from 2006 to 2012), 19 percent of adults in Lincoln County reported they did not see a doctor in the past 12 months because of cost.<sup>201</sup> This is the fifth-highest percentage in the state, though there are 7 counties that were not

ranked due to lack of data. Benton County had the lowest percentage (10 percent) in Oregon and Linn County’s was 17 percent.

## Cost of Health Care Services

Oregon has one of the highest hospital adjusted expenses per inpatient day when compared with all 50 states. The average cost per inpatient day in Oregon is \$3,368 as of 2015, while the average cost across the United States is \$2,271.<sup>202</sup> Data that is specific at the county or tri-county level is not publically available.

## Cost of Insurance Premiums

When insurance is purchased through an employer, the cost of the premium may be shared by both the employee and the employer. Premium costs are set by the insurer, but the employer decides how much of the cost to pass on to their employee. Individuals who do not purchase insurance through an employer can purchase insurance through the Marketplace Exchange or directly through a private insurance company. The ACA also provides subsidies to reduce premiums, thus making options more affordable for consumers when bought in the marketplace. Regardless of where insurance is purchased, costs have steadily climbed over time. Since at least as far back as 1970, growth rates of health spending per capita have exceeded the rate of growth for GDP per capita. Within the U.S. between 2002 and 2012, the average annual premium for family coverage through an employer nearly doubled from \$8,003 to \$15,745.<sup>203</sup> Oregon insurance premiums are slightly below the U.S. average for insurance premiums. In 2015, the average cost of employer-based family insurance premiums in the U.S. was \$17,322 annually; the average cost in Oregon was slightly lower at \$17,141.<sup>204</sup>

Table 5.2 provides a snapshot of insurance premium costs for Oregon. It includes average monthly health care insurance premium costs paid by employee and employer, as well as the monthly cost for an individual purchasing non-employer provided insurance through the health insurance exchange. Individuals purchasing private, non-employer based coverage in Oregon are paying considerably more than individuals who purchase insurance through an employer.<sup>205</sup>

**Table 5.2: Cost of insurance coverage in Oregon, 2015**

Source of insurance	Type of coverage	Individual/Employee contribution to annual premium	Employer contribution to annual premium	Total annual premium cost
Employer-purchased insurance	<b>Individual</b>	<b>\$ 898</b>	<b>\$ 4,924</b>	<b>\$ 5,822</b>
Employer-purchased insurance	<b>Family</b>	<b>\$ 4,729</b>	<b>\$ 12,412</b>	<b>\$ 17,141</b>

Source: Kaiser Family Foundation: State Health Facts

Comparable data for individual or family marketplace plans are not available, but in 2013, an individual marketplace-purchased plan cost \$2,460.<sup>206</sup>

Looking at the average cost for insurance premiums does have limitations due to the number of variables that influence costs for insurance premium (e.g., age, gender, health risk factors, zip code). However, it can give a general picture of the financial burden to both employers and employees for their health insurance coverage.

## Medical Care Hardship Due to Cost

Uninsured Americans are still the most likely to report having put off medical treatment because of cost. However, even among those who have insurance, cost can be a barrier to care. Data from national studies report that families with private, non-employer sponsored insurance and with low income earnings face barriers to accessing services.<sup>207</sup>

National studies have found a number of challenges to meeting premiums and deductibles for low and middle income families with insurance, including the fact that households with the lowest incomes (100 percent to 249 percent FPL) lack resources to meet health insurance cost sharing demands, such as deductibles, co-pays, and co-insurance.<sup>208</sup> The majority of these families (68-80 percent) surveyed by the Kaiser Family Foundation in 2013 reported that they could not afford to cover the cost of their insurance deductible.<sup>209</sup> Similarly, among families earning 250-400 percent of the federal poverty level, between one third and one half reported that they were unable to afford the out-of-pocket deductible limits.<sup>210</sup>

Findings from the national studies reported above suggest that households in the region with insurance coverage may also experience significant barriers to health care services due to cost of care.

## Access Capacity

Primary care, mental health, and oral health are foundational to a comprehensive offering of medical care for a population. Examining the table below can help to provide insight on the number of providers in each of these categories. It displays one way to measure access capacity: the number of residents per health care provider.

While primary care provided by physicians is important to the quality of the health care system, as the Robert Wood Johnson Foundation writes,

*Physicians are not the only providers of primary health care. Other professionals can serve as usual sources of routine, preventive care including nurse practitioners (NP), physician assistants (PA), and clinical nurse specialists. The Health Services Research Administration estimates that the primary care NP and PA workforces are projected to grow far more rapidly than the physician supply in the next ten years, and could help alleviate shortages as demand increases.*<sup>211</sup>

One reason for the expected rapid increase in the supply of NPs and PAs is that those qualifications typically take less time to obtain than a physician’s Doctor of Medicine (MD) or Doctor of Osteopathy (DO) license. Other primary care providers are especially vital in rural areas that may not have the population density to support a full time physician. Many rural communities in the region have clinics staffed by nurse practitioners and other primary care providers. In the State of Oregon, NPs have independent prescribing authority, while PAs must abide by the practice agreement of a supervising physician.<sup>212</sup>

Table 5.3 below shows the number of residents per provider for primary care physicians and other types of providers. The numbers assume that the residents would be equally distributed across providers within a given provider type. Therefore, a smaller number of residents to providers indicates more capacity. The table shows that there is over 2,000 residents per primary care physician, nearly twice the number when comparing availability state-wide. This is partially made up with a lower ratio for NPs and PAs, but this concern has to be considered in the context of Lincoln County. In Chapter 2, the population pyramid illustrated that the county’s population is heavily slanted toward the older age groups who need more care. Even if the ratio of residents to primary care providers were to decrease to a level matching the state, the capacity would still lag behind due to the county’s higher need.

**Table 5.3: Number of residents per provider in Lincoln County, the LBL Region, and Oregon, 2018**

Provider type	Number of residents per provider		
	Lincoln	LBL Region	Oregon
Primary care physicians	2,050	1,388	1,070
Other primary care providers (non-physicians)	976	1,880	1,341
Mental health providers	300	440	230
Dentists	1,590	1,637	1,270

*Table notes: Other primary care providers include nurse practitioners, physician assistants, and clinical nurse specialists*

*Source: County Health Rankings*

Having a usual primary care provider (PCP) is associated with improved health outcomes, increased health equity, and lower health care costs. Effective PCPs work to maintain sustainable relationships with patients, connect them with additional health resources in the community, and coordinate their care. Patients with ongoing access to PCPs and other health care services have better relationships with their providers and are more likely to receive appropriate care than patients without a regular health care provider.<sup>213</sup>

Behavioral/mental health services include an array of resources including assessments, individual and group therapy, case management, and other supportive therapies for people with a mental illness and/or addictions. A continuum of behavioral health services is available in Linn, Benton, and Lincoln counties. Included in these services are acute care inpatient facilities

for adult psychiatric patients, specialty mental health services for adult and child mental health and substance use disorders, residential services, and therapeutic services for clients with mild or moderate behavioral health needs. However, many residents have difficulty accessing these services due to limitations in geography, income, cultural competency, or time.

The Benton, Lincoln, Linn Regional Oral Health Coalition has recently completed a needs assessment which provides a more comprehensive look and analysis of oral health needs in the region.<sup>214</sup> Regionally there are about 1,730 residents for each oral health provider. This ratio is worse than the ratio in Oregon, which has about 1,360 residents per provider. Additionally, there is less variation between counties compared to primary care providers. The oral health provider ratios range from 1,600 to 1,850 residents per provider across the counties.

## Oregon Health Plan Access to Care

According to public data from IHN-CCO, as of 2017 there are 43 providers practicing in Lincoln County who accept Oregon Health Plan insurance. There are additional providers in neighboring counties (Tillamook and Benton). The providers include primary care and medical specialties.<sup>215</sup>

As mentioned above, patients having an established primary care team is critical for a variety of reasons. An important trend among Medicaid participants in the region is the percentage of members that are enrolled in a primary care home. In 2015, IHN was 2<sup>nd</sup> in the state at 94 percent. This value dropped to just under 85 percent in 2016, the largest decline in the state.<sup>216</sup>

For oral health, the percentage of OHP members in Lincoln County receiving any dental service in 2015 was 37 percent.<sup>217</sup>

IHN-CCO members were also asked a series of questions in a CAHPS\* survey in 2015 to understand the access to care and quality of care they receive. Of those who responded:

- Eighty eight percent of respondents reported that they always or usually received immediate care when they needed it.
- Seventy nine percent of respondents reported that they always or usually got an appointment for routine care as soon as they needed it.
- Ninety percent of respondents reported that their provider always or usually explained things in a way that was easy to understand.
- Ninety percent of respondents reported that their provider always or usually listened carefully to them.
- Ninety percent of respondents reported that their provider always or usually showed respect for what they had to say.

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\* CAHPS stands for Consumer Assessment of Healthcare Providers and Systems and is developed and maintained by the Centers for Medicare and Medicaid.

- Eighty seven percent of respondents reported that their provider always or usually spent enough time with them.
- Ninety five percent of respondents reported that their health plan’s customer service staff were always or usually courteous and respectful.<sup>218</sup>

## Medical Services and Workforce

Medical needs of people who live, learn, work and play in Lincoln County are met through a variety of medical services, and residents of the county often travel to other counties for the care they need. Private group and individual practices offer primary care, dental, mental health, services for the developmentally disabled, specialty care, and alternative medicine services. Corvallis functions as a center for regional health care and enjoys unusually sophisticated health services for a community of its size. Newport and Lincoln City are the two main cities providing medical care in Lincoln County. The range of services include Samaritan Pacific Communities Hospital and Samaritan North Lincoln Hospital, both 25-bed critical access hospitals.<sup>219</sup> Safety net providers serve a large proportion of low-income, uninsured, and rural populations through community health centers, rural health centers, school-based health centers, public health, and other community service organizations. Traditionally, safety net clinics focus on primary care and may also provide mental health, oral health, and pharmacy services.

## Safety Net Services & Community Benefits

The health care “safety net” refers to the component of the health care system serving low-income and uninsured people. Safety net services are complemented by community funding, programs, and activities.<sup>220</sup>

Federally Qualified Health Centers\* (FQHCs) and Free Clinics or “charity” clinics are the most common types of safety net clinics. FQHCs in the region provide primary care, mental/behavioral health, and oral health services. The local FQHC is the Lincoln Community Health Center and has two primary care sites: one in Newport and one in Lincoln City. Additionally, there are four school-based sites with locations in Newport, Lincoln City, Toledo, and Waldport. In addition, there are mental health and addiction locations in Newport and Lincoln City. Several auxiliary safety net providers also serve the region’s vulnerable populations, such as women and children, persons experiencing homelessness, and people who are HIV-positive.<sup>221</sup>

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\* FQHCs have a legal mandate or expressly adopted mission to serve all patients, regardless of ability to pay or documented status.

## Cultural and Linguistic Competency

One measure of workforce competency is quantifying the level of cultural and linguistic ability among providers. The Center for Linguistic and Cultural Competency in Health Care (CLCCHC) has created National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care in order to “...improve health care quality and advance health equity by establishing a framework for organizations to serve the nation's increasingly diverse communities.”<sup>222</sup> These standards are used by many health and medical care organizations as a tool in order to improve cultural competency. Cultural competency alone cannot address disparities in health, but is seen as a way to increase access for all patients and promote health equity.<sup>223</sup>

Cultural competency, while often framed in terms of language barriers, includes more than having a provider who is able to speak the same language as the patient. By using the National CLAS Standards as a framework, it is clear that communication must include respect, engagement, and overall health literacy as well. This includes the ability to effectively communicate with and understand patients from diverse cultural, ethnic, or racial backgrounds, as well as those from at-risk populations such as LGBTQ, developmentally diverse, elderly, or those with chronic mental health issues.

An example would be low-income Latinos, and migrant and seasonal farm workers living in the tri-county region. They face multiple barriers to accessing culturally and linguistically appropriate health care and other related prevention, treatment, and disease self-management services. Many are employed in agriculture sectors that provide few or no employment benefits, or live in geographically isolated rural areas with limited access to public transportation. Cultural, linguistic, and literacy barriers further reduce access to needed information. Oregon’s Latino population is expected to grow by an anticipated 184 percent from 2010 to 2025, increasing the need for health services by this population.<sup>224</sup>

## Oregon Health Plan Race/Ethnicity Perceptions

Medicaid recipients’ perception of treatment when seeking health care is different among races and ethnicities. Overall, 6.4 percent of the state’s adult OHP population feel that their health care experience is worse than other races and ethnicities. This value grows to 7.8 percent when looking at the local region.<sup>225</sup>

## Health Care Professional Shortage Areas

Knowing the number of providers and types of services are very important for gauging the capacity and presence of a health care system. However, an understanding of the geographical distribution of these services helps paint a more accurate picture.

In addition to an overall shortage of health care providers to the general population, geographic distribution of providers can make it difficult for those with limited transportation to access services. Because rural areas of the region have either no or very few medical care providers, portions of the region are designated as geographic Health Care Professional Shortage areas (HPSA). Designation as an HPSA means that there is an increased risk of poor access to health professionals.<sup>226</sup> Lincoln County qualifies as an HPSA for primary care, dental health, and mental health.

In addition to the geographic designation, the region also has population-based HPSAs for migrant seasonal farmworkers and low income individuals. Migrant seasonal farmworkers and their families are a particularly vulnerable subgroup of the Latino/Hispanic population.

Farmworkers have different and more complex health problems than those of the general population. Many of the Latino/Hispanic migrant seasonal farmworkers are documented but have undocumented family members with them. Many are employed in agriculture sectors that provide few or no employment benefits. While most are low income, many immigrants and migrant seasonal farm workers do not qualify for Medicaid due to their residency status or they are unable to access Medicaid due to language, transportation and cultural barriers.<sup>227</sup>

## Emergency Responders

Emergency Management Services (EMS) responses serve an important role in the community. According to the Oregon Office of Rural Health, the mean travel time to the nearest hospital for rural service areas is 23 minutes. Estimated travel time is calculated from the largest town/city in each of the rural service areas to the nearest town/city with a hospital. This is the protocol unless the city already has a hospital, in which case driving time is defaulted to 10 minutes.<sup>228</sup> Seven areas in the region have a mean travel time to the nearest hospital which is greater than 23 minutes.<sup>229</sup>

## Timeliness

Once a health need is recognized, a health care system must be able to respond to this need in a timely manner. Measures of timeliness include the length of time it takes to get a medical appointment, wait time in doctors' offices and emergency departments, and the interval between identifying a need for specific tests and treatments and actually receiving services.

According to Healthy People 2020, in 2013, 4.9 percent of the U.S. population reported delays in receiving necessary care. For families below 200 percent of the poverty line, the proportion increased to nearly 7 percent.<sup>230</sup> Individuals enrolled in InterCommunity Health Network (IHN-CCO), the Coordinated Care Organization (CCO) for the region, reported that they received appointments and care when needed 85.5 percent of the time in 2015, up from approximately 82 percent of the time in 2011.<sup>231</sup> When looking at Oregon CCOs as a whole, timeliness for children increased from 76.1 percent to 88.7 percent between 2011 and 2015; the percentage

of adults reporting timely care increased only 0.8 percentage points, from 79.4 percent to 80.6 percent.<sup>232</sup>

There is evidence that type of insurance can affect the timeliness of care for an individual. A 2014 study, in which researchers called primary care providers to set up mock appointments, found significant disparities in the ability to successfully set up an appointment by insurance type.<sup>233</sup> Callers representing themselves as privately insured in Oregon were able to secure a timely appointment 75 percent of the time, while those calling as Medicaid beneficiaries were only able to do so 37 percent of the time. It is possible that this disparity was magnified at the time of the study (calls were made in 2012 and 2013), as the health care transformation plan in Oregon created a new pool of Medicaid patients looking for services without expanding workforce capacity. However, this appears to be a similar trend across the nation.<sup>234</sup> When the privately insured were turned down, the reason was largely because the doctor was not taking new patients. Conversely, 69 percent of Medicaid callers across multiple states were explicitly told their type of insurance was not accepted. Uninsured patients in Oregon were able to book an appointment 71 percent of the time; however that was with an up-front cash payment that averaged \$176. Only 20 percent of uninsured appointments cost less than \$75.<sup>235</sup> In addition to causing economic hardships, expensive medical services can also cause delays in receiving medical care, as individuals have to seek alternative, less expensive sources of care, or wait until they have enough money to pay for care.

### **Timeliness in Access to Care for the Oregon Health Plan**

Statewide, the percentage of OHP members who thought they received timely care was about 84 percent in 2016. This varies widely by race, ranging from 62.8 percent (Asian Americans) to 86.6 percent (American Indians or Alaska Natives) in adults. The IHN region 2016 results (82.5 percent) were down from the 2015 results (85.5 percent).<sup>236</sup>

### **Preventable Hospitalizations**

Preventable hospital stays are another way to measure timely health care. Measurement focuses on hospital admissions for conditions that might otherwise have been controlled in an outpatient setting. Effective management of chronic conditions (e.g. asthma, heart disease and diabetes) on an outpatient basis can help avoid hospitalizations. Likewise, timely outpatient care for conditions such as pneumonia or cellulitis can often prevent deterioration and hospitalization.<sup>237</sup> Local data are available for Medicare enrollees and preventable hospital stays as of 2018. Lincoln County has a rate of 36 preventable admissions per 1,000 enrollees, compared to 34 per 1,000 in Oregon.<sup>238</sup>

### **Emergency Services**

Emergency services are an important indicator of timely access to medical care, as they represent the most time-sensitive and critical medical conditions. Samaritan Albany General

Hospital had approximately 29,000 emergency department visits (not unique patients) in 2015. Samaritan Lebanon Community Hospital had approximately 20,000 emergency department visits in 2015. The following table (Table 5.4) provides further statistics for Samaritan Pacific Communities Hospital and Samaritan North Lincoln Hospital regarding timely care in the emergency department in 2016-2017.

**Table 5.4: Emergency room statistics for Lincoln County hospitals, 2016-17**

	Samaritan North Lincoln Hospital	Samaritan Pacific Community Hospital	Oregon average for hospitals with similar characteristics
<b>Median wait time patients spent in an emergency department before being seen by a medical professional</b>	13 minutes	20 minutes	19 minutes
<b>Median wait time for pain medication among emergency department patients with broken bones.</b>	36 minutes	59 minutes	53 minutes
<b>Percent of emergency department patients who left before being seen</b>	2 %	3 %	3 %

Source: Hospital Compare, Medicare.gov

## Transportation to Medical Care for Oregon Health Plan Members

Oregon Cascades West Council of Governments coordinates the Cascades West Ride Line, which provides transportation to and from non-emergent medical appointments for Oregon Health Plan and Medicaid members. Beginning from the expansion of Medicaid in 2013, the Ride Line has increased its service from 2,300 clients in the third quarter of 2013 to 3,300 clients in the second quarter of 2015. The total number of trips increased from 25,000 trips to 41,500 trips over the same time period.<sup>239</sup>

## Oral Health Services

Oral health is a key indicator of wellbeing, and, especially among children, access to oral health services is important in creating a foundation of health. There is little county level data on access to oral health care.

The Oregon Pregnancy Risk Assessment Monitoring System (PRAMS) asks new mothers and parents of two-year-olds about their dental care. In 2011, 52 percent of pregnant women visited the dentist during their pregnancy. In 2011, 24 percent of two-year-olds in Oregon had had a dental visit.<sup>240</sup>

According to the Oregon Smile Survey, in 2012, 38 percent of children age 6-9 had protective sealants on at least one permanent molar, and 3 percent of children age 6-9 were in need of urgent dental care.<sup>241</sup>

Oregon Healthy Teens data indicates that 69 percent of Lincoln County 8<sup>th</sup> graders and 75 percent of Lincoln County 11<sup>th</sup> graders had seen a dentist for preventive care in the past year. These proportions are similar to other Oregon students (73 percent and 75 percent, respectively).<sup>242</sup>

There is no available county level data on adult oral health access. Sixty-seven percent of all Oregonians had seen a dentist within the past year. The most common reason given for not visiting a dentist was lack of insurance or inability to pay (44 percent of respondents who do not usually visit a dentist).<sup>243</sup>

### **Oral Health Services for Oregon Health Plan members**

Among dentists in Oregon, 58.5 percent report that they do not see Medicaid members. Among dentists who do see OHP members, 46.1 percent have less than 25 percent Medicaid patients in their mix.

When examining service rates by race and ethnicity, Hawaiian and Pacific Islander Medicaid members receive the lowest rates of dental services at 29.8 percent, while Asian American members have the highest rates at 39.3 percent.<sup>244</sup>

Among dentists in Oregon, 58.5 percent report that they do not see Medicaid members. Among dentists who do see OHP members, 46.1 percent have less than 25 percent Medicaid patients in their mix.<sup>245</sup>

Seventy-seven percent of children and 49 percent of adult OHP members had a regular dentist in 2015.<sup>246</sup>

When examining service rates by race and ethnicity, Hawaiian and Pacific Islander Medicaid members receive the lowest rates of dental services at 29.8 percent, while Asian American members have the highest rates at 39.3 percent.<sup>247</sup>

In 2016, 20 percent of all IHN-CCO members reported receiving a preventive dental service during the previous year. 51 percent of IHN-CCO members who were children had a preventive dental service during the previous year. However, only 16 percent of IHN-CCO members who were children received at least two topical fluoride applications during the past year. And only 6 percent of IHN-CCO children age 6 or below had an oral health assessment in 2016.<sup>248</sup>

### **Behavioral Health Services**

Residents of Lincoln County with behavioral health illness such as mental illness and substance abuse disorders are served by a number of different types of providers, including the hospital system, private clinics, county behavioral health, residential facilities, and individual

practitioners. Many residents with behavioral health issues are also treated within the criminal justice system in Lincoln County and Oregon.

There are approximately 180 Lincoln County residents who are being treated at the Oregon State Hospital or in a residential facility. This represents a rate of 415 individuals per 100,000 residents, compared with a rate of 574 individuals per 100,000 residents statewide. This is due to higher statewide institutionalization rates at all facilities, and especially at the OHP Psychiatric Hospital and in supportive housing.<sup>249</sup>

There are longstanding gaps between the need for behavioral health services and the capacity of these services. The National Survey on Drug Use and Health estimates that 4 percent of youths, 7 percent of young adults, and 2 percent of adults age 26 and up are in need of services but are not receiving treatment for illicit drug use. The gap for alcohol treatment is generally wider, with 13 percent of young adults and 6 percent of other adults needing but not receiving treatment.<sup>250</sup>

## Oregon Health Plan members

The Oregon Health Plan covers mental health and substance abuse disorder treatment, and as a result, treatment rates for these conditions are substantial. In Lincoln County, 2,214 Oregon Health Plan members are receiving mental health services through OHP, and 670 members are receiving substance abuse disorder treatment services.

Table 5.5 shows the percentage of OHP members who receive treatment for mental health conditions and substance abuse disorders. These proportions demonstrate both the burden of disease and also access to care, with the caveat that disease burden is always higher than treatment rates, but by how much is unknown. Young adults are generally less likely to seek treatment, so the treatment rates may understate the comparable disease burden.

**Table 5.5: Percent of OHP members in Lincoln County receiving treatment for mental health conditions and substance abuse disorders, 2015**

Age group	Mental health conditions	Substance abuse disorders
Children age 0 – 17	6.5 %	0.9 % *
Young adults 18 – 25	9.0 %	3.5 %
Adults 26 and older	10.1 %	4.8 %
All members	11.7 %	3.5 %

Table notes: \* Substance abuse statistics for children under 18 were only reported for those aged 12-17  
Source: OHA Lincoln County Behavioral Health Profile

## Conclusion

Examining the ways in which various populations interact with the health care system is important to help us recognize the barriers that many residents face when obtaining medical care. As highlighted throughout this chapter, the data-driven exploration of health care access

is still developing, as are the frameworks that act as a guide. In addition, the impact of the Affordable Care Act on access to health care is still forthcoming and major changes in access are expected after the expansion of health insurance and restructuring of the health care delivery system. Beyond the lack of data surrounding the ACA's impact on access to health care, major gaps exist in our understanding of the disparities experienced by different populations in accessing health care. We still have little knowledge on a local scale of how factors such as race and ethnicity, education level, disability status, language ability, immigration status, and gender identity influence an individual's ability and desire to access medical care. Finally, closing gaps in quantifying the workforce would provide a better understanding of the co-development of the health care system with those it serves. The data presented in this chapter can support an initial understanding and baseline of access to medical care in the region, while calling attention to challenges faced by many in our community when accessing medical care.



# Chapter 6

## Physical Health

Traditional measures used to evaluate the health of populations are morbidity (rate of disease) and mortality (deaths). Examining various cancers, heart disease, and other major causes can highlight notable improvement as well as areas in which the region is in need of improvement. The more detailed data available about disparities within particular populations and illnesses, the better communities can address these issues effectively in the region. Many of the conditions that cause illness and death within the region have well-established causes, a number of them rooted in behaviors or risk factors that can be prevented.

Throughout this chapter, many statistics are aggregated over a set of years in order to report reliable data. When incidence or prevalence rates are reported across many years, the statistic is per person per year. For example, the all-cancer incidence rate in Oregon across 2008-2012 was 448 cases per 100,000 people; this means that in each of the five years between 2008 and 2012, an average of 448 cases were diagnosed for every 100,000 people in the population.

### Maternal and Infant Health

All fertility and maternal/infant health data are based on the county of residence of the mother, not the county where the infant was born.

#### Fertility Rate

The fertility rate is the total number of births per 1,000 women (where only women age 15-44 are used in the calculation). Figure 6.1 below illustrates the fertility rate of Lincoln County among different racial/ethnic groups within the region. The county has a higher fertility rate (64.7 per 1,000 women) than the state's (58.0 per 1,000 women) and nearly twice that of Benton County (36.3 per 1,000 women). Among racial/ethnic groups, women who identify as Hispanic or Latina have the highest fertility rate in the county (among groups with a significant number of births), equating to about 1.3 times the rate of women who identify as White.

**Figure 6.1: Fertility rate (births per 1,000 women) by race/ethnicity in Lincoln County and Oregon, 2014-2016**

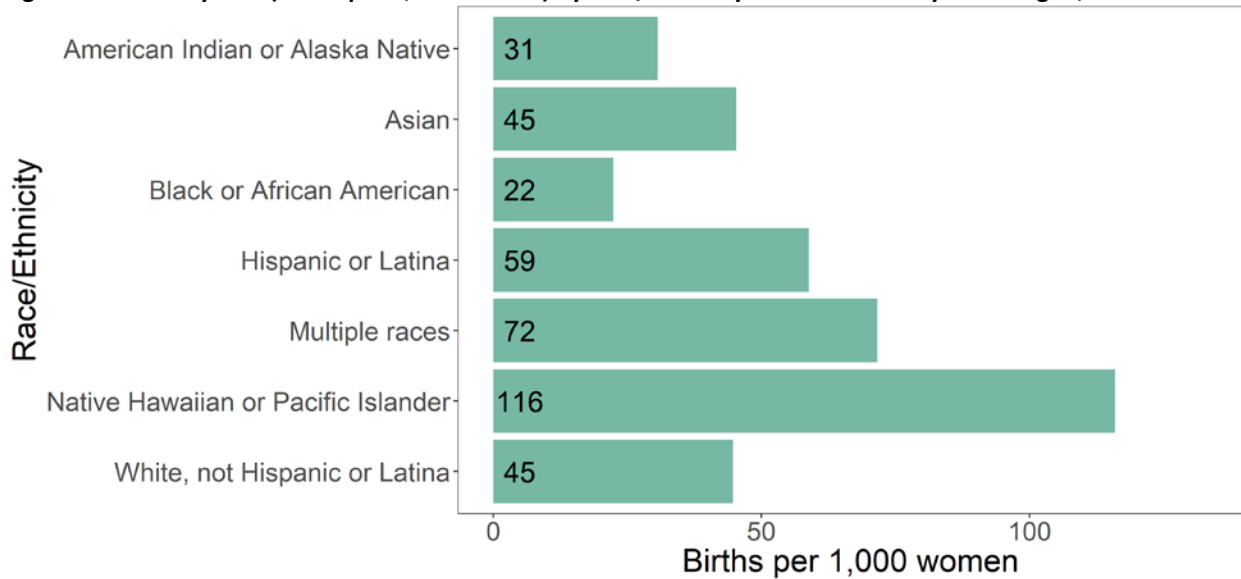


Figure notes: These data represent 1,296 births over 3 years. Fertility rate data are based on county of residence, not county of birth. Rates for African Americans and Native Hawaiians/Pacific Islander should be interpreted with caution due to a low number of births.

Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data

Compared to Oregon overall, women between 18 and 29 in Lincoln County tend to have a higher fertility rate (Figure 6.2). The highest fertility rate in Lincoln County occurs for women between ages 25 to 29. This is also true when observing rates for the tri-county region and the state.<sup>251</sup>

**Figure 6.2: Age-specific fertility rates (births per 1,000 women) by maternal age in Lincoln County, 2014-2016**

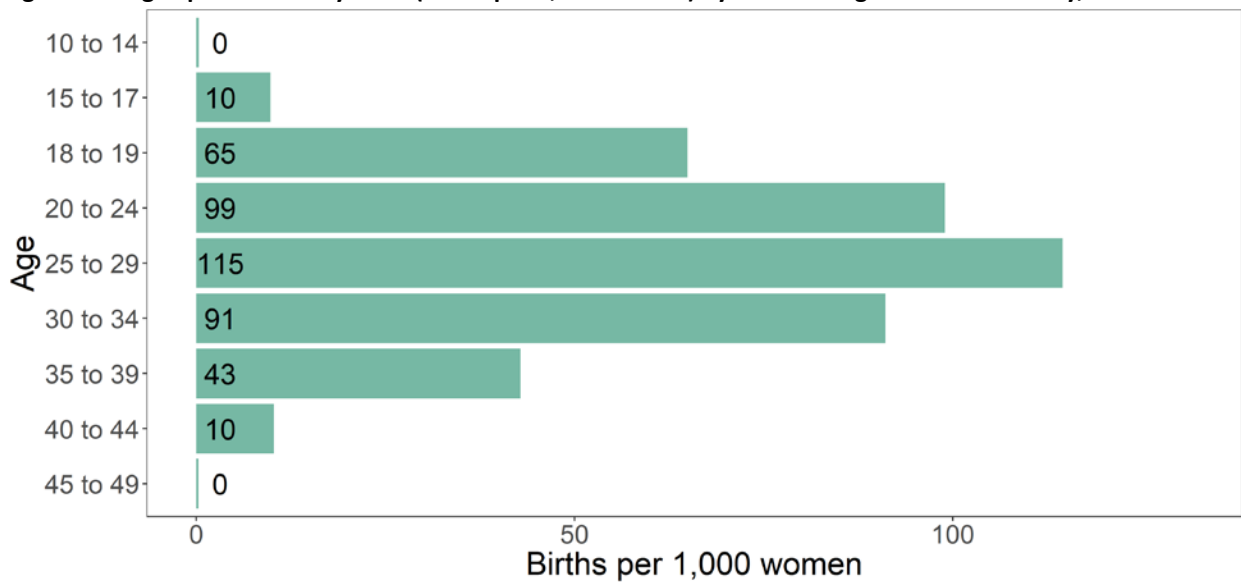


Figure notes: These data represent 1,296 births over 3 years.

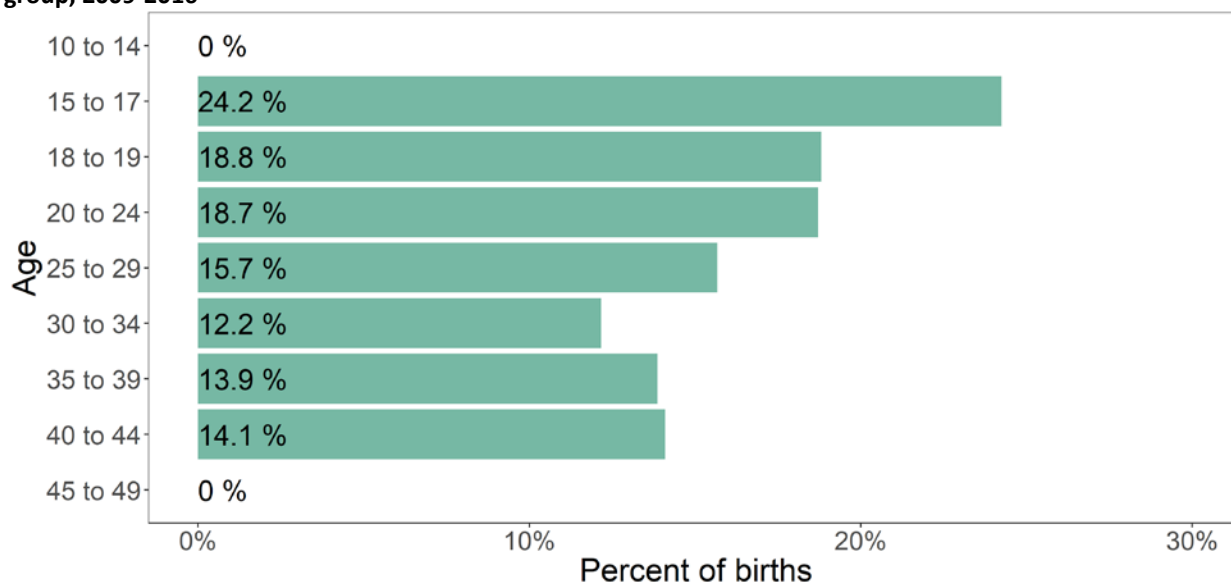
Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data

## Prenatal Care and Healthy Pregnancy

Infants born to mothers who receive no prenatal care are three times more likely to have a low birth weight, and five times more likely to die of complications than those whose mothers received prenatal care.<sup>252</sup> Prenatal care with/by a medical professional includes discussing a mother's healthy choices and body changes; prenatal testing and counseling; identifying and treating medical complications like gestational hypertension, diabetes, and anemia; promoting optimal weight gain; testing for and treating sexually transmitted infections; oral health assessment and treatment; and maternal mental health, tobacco and substance abuse screening.

Across the county from 2009 to 2016, a total of 84.2 percent of all mothers were able to access adequate prenatal care, slightly lower than the 86.4 percent of Oregon mothers during the same time period. Aside from those less than 20 years of age, all age groups in the county have a higher rate of inadequate or no prenatal care than statewide rates. There are significant disparities that exist among different age groups within the county as well (see Figure 6.3). When examining the more common age groups for giving birth (18-34), younger mothers in the county are less likely to access adequate prenatal care than older mothers.<sup>253</sup>

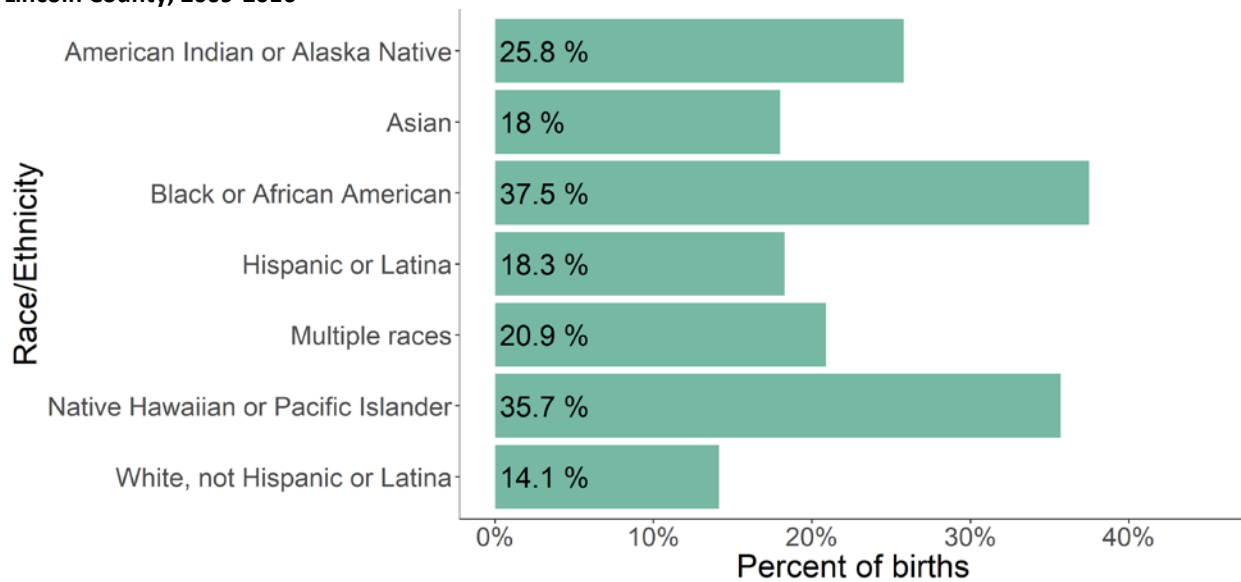
**Figure 6.3: Percent of births for which mothers accessed inadequate or no prenatal care in Lincoln County by age group, 2009-2016**



*Figure notes: Data are based on county of residence of the mother at the time of birth, not county of birth. Age groups 10 to 14 and 45 to 49 have a low number of births, so data should be interpreted with caution. Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data*

There are also disparities in prenatal care access among mothers of different race/ethnic groups in the county. Overall, mothers who identify as White and non-Hispanic tend to access adequate prenatal care more frequently when compared to all other racial/ethnic groups (Figure 6.4).<sup>254</sup>

**Figure 6.4: Percent of births for which mothers accessed inadequate or no prenatal care by race/ethnicity in Lincoln County, 2009-2016**



*Figure notes: Data are based on county of residence of the mother at the time of birth, not county of birth. Results should be interpreted with caution for the African American and Native Hawaiian/Pacific Islander groups due to a low number of births.*

*Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data*

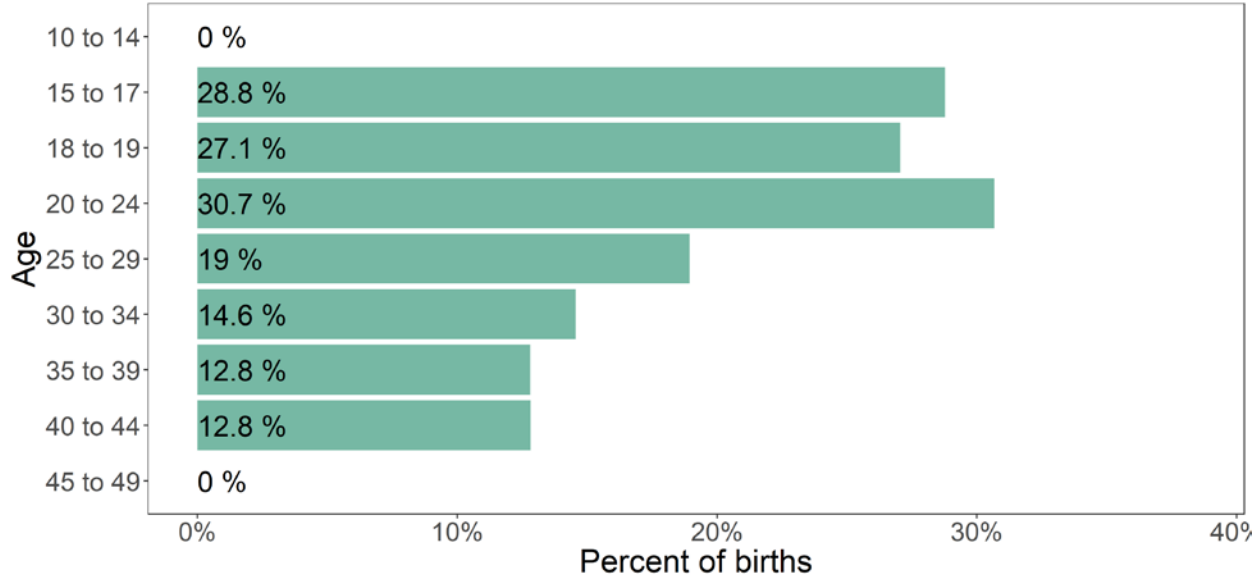
### Smoking During Pregnancy

Smoking during pregnancy is the single most preventable cause of illness and death among infants. Smoking during pregnancy increases the risk of stillbirth, low birth weight, sudden infant death syndrome (SIDS), and preterm birth. It also contributes to cognitive and behavioral problems and respiratory problems in both the mother and the child.<sup>255</sup>

Children exposed to tobacco before birth are more than twice as likely to become regular smokers themselves later in life, compared with children not exposed to tobacco in utero.<sup>256</sup> Women who quit smoking before pregnancy or early in pregnancy also significantly reduce their risks for delays in conception (e.g. infertility) and other complications during birth.<sup>257</sup>

On average in 2009-2016, 21 percent of mothers smoked at some point during pregnancy in the county. This percentage is much higher than both the state average of 10 percent and the Healthy People 2020 target of 1.4 percent.<sup>258</sup> The maternal smoking rate in the county is also higher than Oregon across age groups, except for the 10 to 14 and 45 to 49 age brackets (possibly due to a very low number of births at those ages). However, there is a notable difference in smoking rates when comparing age groups, in which the rate of smoking among pregnant women under the age of 25 is nearly two-and-a-half times the rate of smoking among pregnant women ages 25 and up. The rate of smoking among pregnant women in Lincoln County is highest among adolescents and young adults, and consistently decreases with increasing age (Figure 6.5).

**Figure 6.5: Maternal smoking rates (percentages) among pregnant women in Lincoln County (by age), 2009-2016**



*Figure notes: Data are based on county of residence of the mother at the time of birth, not county of birth. Results should be interpreted with caution for the 10-14 and 45-49 age brackets due to a low number of births.*

*Source: Oregon Health Authority, Center for Vital Statistics*

Smoking cessation counseling and programs offered during prenatal care can provide effective assistance to encourage pregnant women to quit smoking. There currently are no established smoking cessation programs specifically for mothers in the region, but efforts are being made to make them available at the county level. The standard of care among health professionals providing prenatal care is to determine if the mother smokes and, if so, to discuss the benefits of quitting smoking and offer resources to support the mother if she decides to quit.

### **Alcohol Use During Pregnancy**

Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong disorders known as fetal alcohol spectrum disorders (FASDs). Children with FASDs can have a host of problems, including poor coordination, hyperactivity behavior, difficulty paying attention, poor memory, difficulty in school, learning disabilities, speech and language delays, poor reasoning and judgment skills, vision or hearing problems, and complications with the heart, kidney, or bones. There is no known safe amount of alcohol to drink during pregnancy and no known safe time to drink alcohol during pregnancy.<sup>259</sup>

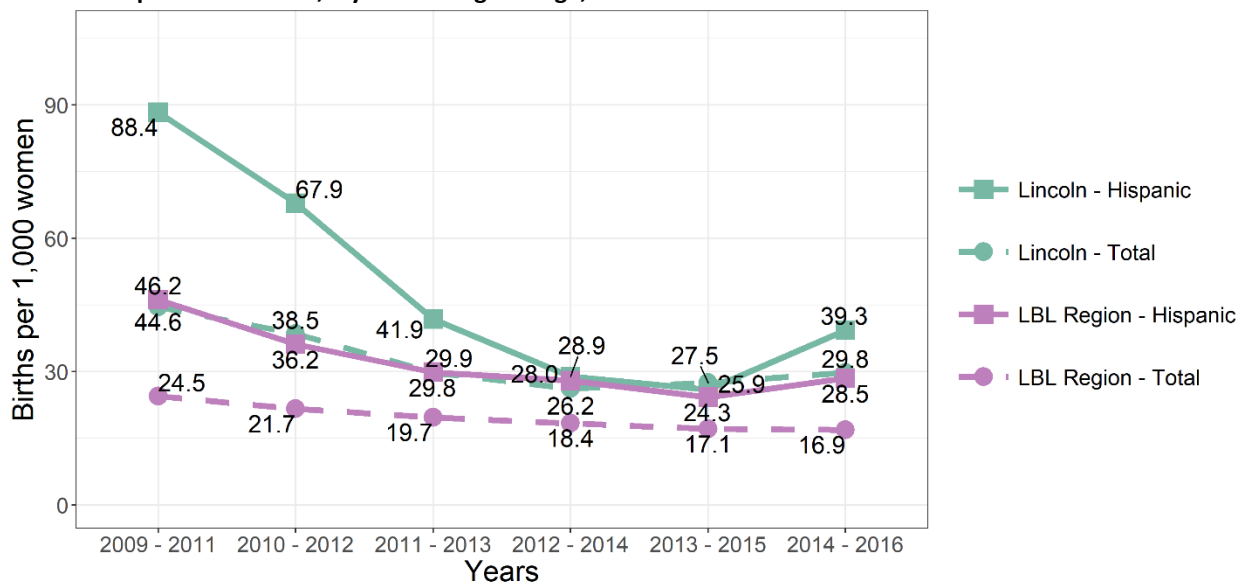
The Pregnancy Risk Assessment Monitoring System (PRAMS), a national surveillance system, provides information about women who have had a recent live birth. The most recent data are from 2011. Oregon state-level data indicate that 92 percent of pregnant mothers abstained from alcohol during the last 3 months of their pregnancies. Less than one percent had more than one drink per week during the third trimester.<sup>260</sup> There are no regional or county-level data available at present.

## Teen Pregnancy

Teen mothers are less likely to receive early prenatal care, and are more likely to experience blood-pressure complications and premature birth.<sup>261</sup> Children of teenage mothers are also more likely to become teen parents themselves, be incarcerated during adolescence, drop out of school, experience more health problems, and are two times as likely to experience abuse and neglect. Negative effects of early childbearing on teenage fathers include an increased likelihood of partaking in delinquent behaviors, such as alcohol and drug abuse or dealing, and fewer years of completed school in comparison to their childless peers.<sup>262</sup> On average in the United States, 50 percent of teen mothers receive a high school diploma by age 22, compared to 90 percent of women who had not given birth as a teenager.<sup>263</sup>

The most recent information available suggests that, overall, county teen pregnancy rates (ages 15 to 19) have decreased between 2009 and 2016 (Figure 6.6). Given the small number of teen pregnancies each year, three year averages are shown. The three year average in 2009-2011 in Lincoln County was nearly 45 pregnancies per 1,000 women age 15-19. This number declined to about 30 pregnancies per 1,000 women age 15-19 in 2014-2016. County teen pregnancy rates were above regional teen pregnancy rates in all years.

**Figure 6.6: Pregnancy rate per 1,000 women age 15-19 years in Lincoln County and the LBL Region, by Hispanic and non-Hispanic ethnicities, 3 year moving average, 2009-2016**



Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data

Disparities in teen pregnancy rates emerge when the overall regional figure is broken down. For example, despite the overall decline in rates, there are striking differences in teen birth rates for Hispanic and non-Hispanic populations at both the county and regional levels. Between 2009 and 2011, Hispanic teens aged 15 to 19 had a pregnancy rate in the county that was nearly double than that of all teens (Figure 6.6). Still, the county disparity was less drastic than the state disparity; state-wide the pregnancy rate of Hispanic teens was 2.6 times greater than

that of all teens. Notwithstanding the greater Hispanic teen pregnancy rates, both regionally and statewide, the pregnancy rate among Hispanic teens is declining faster than the pregnancy rate among non-Hispanic teens.

## Infant Mortality

The annual infant mortality\* occurrence in the county has been about 6.5 fatalities per 1,000 live births from 2014 to 2016. Infant mortality rates are lower in the region (about 5.3 per 1,000 births), although this an increase from 2010 to 2012 when both the region and the county values were under 4 fatalities per 1,000 births.<sup>264</sup> The region has surpassed the Healthy People target of 6.0 per 1,000 births.<sup>265</sup> Principal causes of infant mortality over the 10 years between 2007 and 2016 included include congenital malformations, low birthweight and/or premature birth, sudden infant death syndrome, accidents, and complications from birth.<sup>266</sup>

## Premature Birth and Low Birth Weight

Premature birth and low birth weight among infants are commonly used measures of maternal and infant health. Infants that are born too early and/or with a low birth weight are at higher risk of dying in the first year of life and of having developmental problems and worse health outcomes throughout life.<sup>267,268</sup> Both conditions are preventable to varying degrees and have been found to be influenced by a variety of factors.

### Premature Birth

Premature birth (also known as preterm birth) is a measure of births that occur before the projected full term of the pregnancy. Infants are considered premature when they are born before completing 37 weeks (about 8.5 months) of pregnancy.<sup>269</sup>

Many maternal factors can influence premature birth. Established preventable risk factors for premature birth include:

- Chronic health conditions in the mother, such as high blood pressure, and diabetes;
- Certain infections during pregnancy; and
- Cigarette smoking, alcohol use, or illicit drug use during pregnancy.<sup>270</sup>

The percent of preterm births in Lincoln County (7.9 percent) from 2009 to 2016 is generally below the Healthy People 2020 target of 11.4 percent.<sup>271</sup> However, disparities exist among women when stratified by race/ethnicity, as shown below in Figure 6.7.

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\* Infant mortality is defined as the death of a live-born infant before the age of 1.

**Figure 6.7: Percent of births that are premature in Lincoln County by race/ethnicity, 2009-2016**

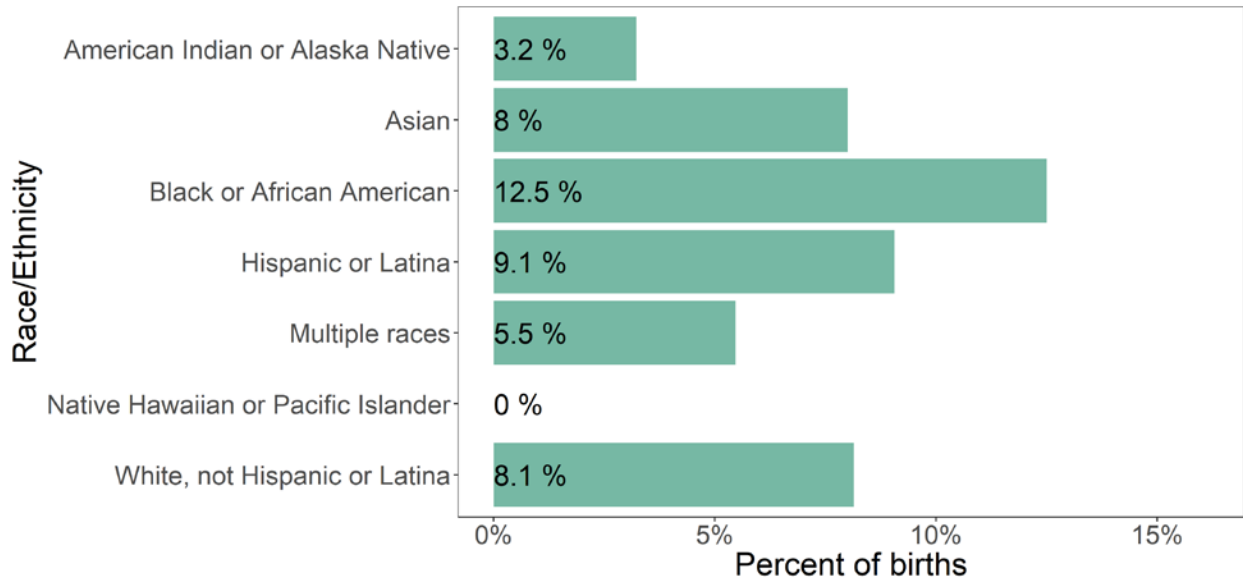


Figure notes: Data are based on county of residence of the mother at the time of birth, not county of birth. Results should be interpreted with caution for the African American and Native Hawaiian/Pacific Islander groups due to a low number of births.

Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data

### Low Birth Weight

Low birth weight results when an infant fails to grow sufficiently during pregnancy, and can both signal and cause health problems with the infant. Infants are considered to have low birth weight if they weigh less than 2,500 grams (about 5.5 pounds at birth).

Established risk factors for low birth weight include:

- Premature birth;
- limited weight gain of the mother during pregnancy;
- the mother being younger than 15 years or older than 35 years;
- exposure to air pollution or drinking water contaminated with lead;
- cigarette smoking, alcohol use, or illicit drug use during pregnancy; and
- socioeconomic factors, such as having a low income, low educational level, or a high level of stress.<sup>272</sup>

From 2014 to 2016, approximately 7.5 percent of all infants born in Lincoln County had a low birth weight, which meets the Healthy People 2020 target of 7.8 percent.<sup>273</sup> While the county and Oregon meet that objective, differences exist within the county. Figure 6.8 illustrates the variation across different racial/ethnic groups within the county.

**Figure 6.8: Percent of infants born with low birth weight by race/ethnicity in Lincoln County, 2009-2016**

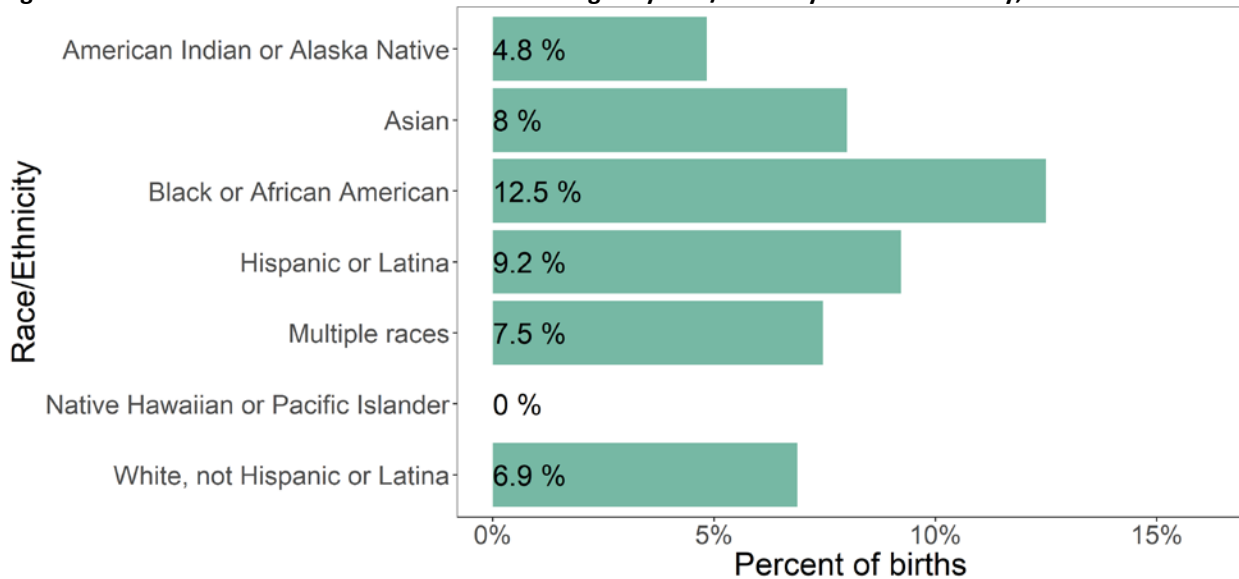


Figure notes: Data are based on county of residence of the mother at the time of birth, not county of birth. Results should be interpreted with caution for the African American and Native Hawaiian/Pacific Islander groups due to a low number of births.

Source: Oregon Health Authority, Center for Health Statistics, Birth Certificate Data

## Breastfeeding

Breastfeeding is associated with numerous health benefits for infants, such as boosting immune system response, reducing the risk of Type 2 diabetes, and preventing obesity. Breastfeeding also promotes maternal-child bonding. The American Academy of Pediatrics recommends exclusively breastfeeding for the first six months after birth and further recommends continued breastfeeding for a year or more after birth.<sup>274</sup>

### Barriers to Breastfeeding

Breastfeeding may not always come easily to new mothers, and other barriers to initiation of breastfeeding and continuation of breastfeeding might include:

- lack of support from the child’s father,
- lack of support from family and friends,
- hospital practices that interfere with breastfeeding,
- misperceptions about milk supply,
- no timely follow-up to questions or problems that arise after hospital discharge,
- lack of workplace support for breastfeeding,
- lack of acceptance by the community and society in general,
- widespread advertising and promotion of infant formula, and
- the common portrayal of bottle-feeding in the mass media.<sup>275</sup>

## Breastfeeding in the Region

Data on breastfeeding are limited at both the state and county level. However, state programs, such as the Nutrition and Health Screening Program for Women, Infants, and Children (WIC), give some insight into the percentage of participating women who breastfeed. Table 6.1 displays the available county data on mothers who participate in the WIC program and the rate of breastfeeding.<sup>276</sup>

**Table 6.1: Breastfeeding rates among WIC mothers in Lincoln, Benton, and Linn counties, 2017**

	Lincoln County	Benton County	Linn County
Percent of pregnant women served by WIC	52 %	28 %	41 %
Percent of WIC mothers who started out breastfeeding	95 %	93 %	91 %
Percent of WIC mothers who breastfed exclusively for 6 months	40 %	47 %	36 %

*Source: Oregon Health Authority, WIC Facts*

In addition to WIC, most health care providers encourage women to breastfeed their children, and there are many breastfeeding classes and support groups available in the region.

## Immunizations

Immunization against communicable disease is one of the greatest advancements in public health. The major causes of premature death and disability before the development of vaccines and antibiotics were communicable disease such as measles, diphtheria, and polio. The current CDC recommendations are for children to be fully vaccinated by age two against:

- Diphtheria, Tetanus, Pertussis;
- Polio;
- Measles, Mumps, Rubella;
- Hib (a bacterial infection that can cause meningitis);
- Hepatitis B; and
- Varicella (Chickenpox).

This is known as the 4:3:1:3:3:1 schedule. In Lincoln County, 66 percent of two-year-olds have met the 4:3:1:3:3:1 schedule in 2017, compared to 72 percent of children statewide. WIC children in the county have an immunization rate of 60 percent.

The Oregon Health Authority tracks immunization rates among adolescents as well. The following table (6.2) displays immunization rates among Lincoln County youth age 13 to 17 and compares them to immunization rates in the LBL Region and in Oregon.

**Table 6.2: Immunization rates among youth age 13-17 in Lincoln County, the LBL Region, and Oregon, 2017**

	Lincoln County	LBL Region	Oregon
<b>Tdap</b>	89 %	93 %	93 %
<b>Meningococcal</b>	67 %	65 %	75 %
<b>Seasonal influenza</b>	22 %	24 %	25 %
<b>HPV (3 doses)</b>	38 %	34 %	44 %
<b>MMR (2+ doses)</b>	88 %	87 %	91 %

*Table notes: Tdap is the tetanus, diphtheria, and pertussis vaccine; HPV is the human papilloma virus vaccine; MMR is the measles, mumps, and rubella vaccine.*

*Source: Oregon Health Authority, Adolescent Immunization Rates by County*

Immunizations are also an important component of preventive medicine among adults and seniors, especially for seasonal influenza. While data for all Lincoln County adults are not available, influenza vaccination rates tend to be higher among older adults. Research indicates that vaccination rates of 80 percent in healthy persons and 90 percent in high-risk persons are necessary to provide herd immunity from influenza.<sup>277</sup>

## Oregon Health Plan Immunizations

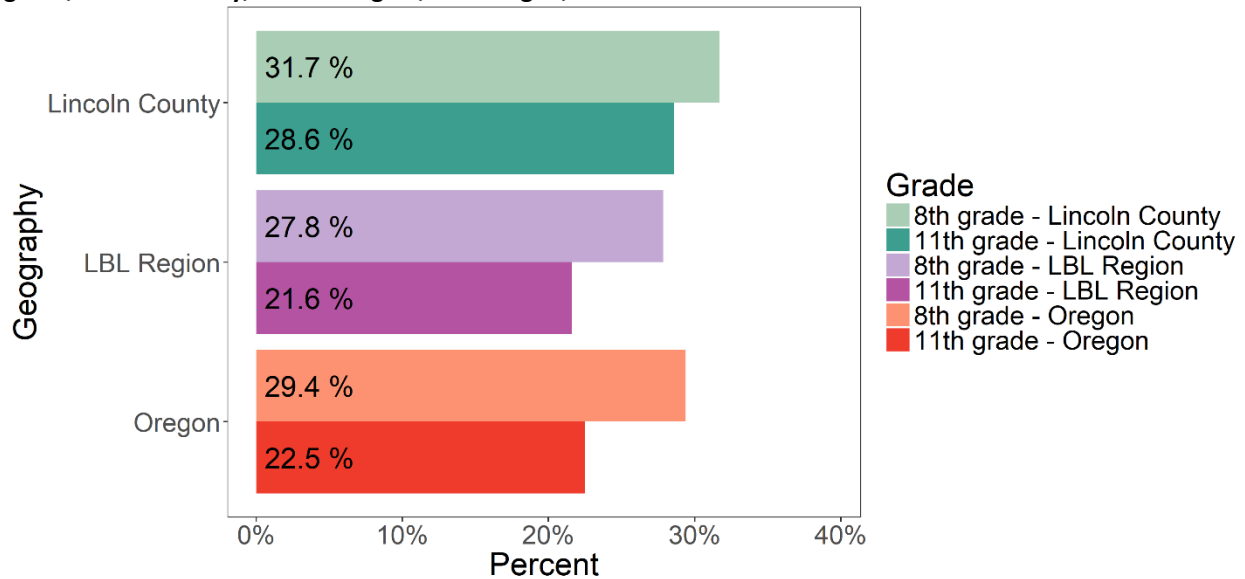
Two-year-olds on the Oregon Health Plan in the LBL Region have a similar immunization rate, 65 percent, as in the rest of Lincoln County, compared to 68 percent of OHP two-year-olds statewide. There is no directly comparable data for adolescent immunization rates among OHP adolescents, but the Oregon Health Plan does track the percent of adolescents who received meningococcal and Tdap vaccines before their 13<sup>th</sup> birthday. In the LBL Region, 58 percent of OHP adolescents received these vaccines, compared to 68 percent statewide.<sup>278</sup>

## Physical Activity

Regular physical activity helps improve overall health and wellness, reduces risk for obesity, and lessens the likelihood of developing many chronic diseases including diabetes, cancer, and heart disease. National physical activity guidelines recommend that children engage in at least 60 minutes of physical activity each day, including aerobic, muscle strengthening, and bone strengthening activity.

The Healthy People 2020 objective for physical activity aims to increase the proportion of adolescents who meet current national physical activity guidelines to 32 percent.<sup>279</sup> As shown in Figure 6.9, 8<sup>th</sup> graders in Lincoln County nearly met the objective while 11<sup>th</sup> graders did not. Overall, a larger percentage of youth in Lincoln County self-report exercising for the recommended amount of time compared to Oregon youth overall.<sup>280</sup>

**Figure 6.9: Percent of youth meeting CDC recommendations for physical activity (at least 60 minutes per day), by grade, Lincoln County, the LBL Region, and Oregon, 2017**



Source: Oregon Healthy Teens Survey

Reducing the amount of time youth spend in front of a screen, such as viewing television, videos, or playing video games is a key strategy to promote physical activity. In 2011, the Academy of Pediatrics recommended limiting television and video time to a maximum of two hours per day for children over the age of two and no exposure to television and or videos (i.e., zero hours) for children younger than two years of age.<sup>281</sup>

Healthy People 2020 supports increasing the proportion of children and adolescents aged two years through 12<sup>th</sup> grade who view television, videos, or play video games for no more than two hours a day to the following percentages:

- 83.2 percent of children aged two to five years,
- 78.9 percent of children and adolescents aged 6 to 14 years, and
- 73.9 percent of adolescents in 9<sup>th</sup> through 12<sup>th</sup> grade.<sup>282</sup>

Although data are unavailable for the aforementioned age groups at the county and regional level, the data shown in the following table (Table 6.3) may serve as an indicator of screen time (television and computers) among the child and adolescent population of Lincoln County. Table 6.3 shows that the majority of youth in 8<sup>th</sup> and 11<sup>th</sup> grade in the region do not spend more than two hours per school day watching television. Among 8<sup>th</sup> and 11<sup>th</sup> graders, Lincoln County youth surpass the state average and Healthy People 2020 target.<sup>283</sup> Table 6.3 also shows that more than half of 8<sup>th</sup> graders in Lincoln County spend less than two hours per day on the computer or on their phone. These rates are comparable to the state average, but fall well short of the Healthy People 2020 target of 82.6 percent.<sup>284</sup>

**Table 6.3: Percent of youth who view television or other screens for no more than two hours per school day in Lincoln County, the LBL Region, and Oregon, 2017**

	Grade	Lincoln County	LBL Region	Oregon
<b>Limited television exposure</b>	8 <sup>th</sup> grade	82 %	82 %	79 %
	11 <sup>th</sup> grade	82 %	85 %	82 %
<b>Limited screen exposure</b>	8 <sup>th</sup> grade	52 %	54 %	51 %
	11 <sup>th</sup> grade	44 %	57 %	53 %

*Table notes: Limited television exposure is defined as no more than 2 hours per school day. Limited screen exposure is defined as no more than two hours per day of video/computer games, computer use, social networks, or smartphone use, excepting school work.*

*Source: Oregon Healthy Teens Survey*

## Adult Physical Activity

Physical activity is important for maintaining health as a person ages. Recommendations from the CDC for adults include at least an hour and fifteen minutes of vigorous-intensity activity or two-and-a-half hours of moderate-intensity activity every week, in addition to muscle-strengthening activities on two or more days a week.<sup>285</sup>

Only 24 percent of adults in Lincoln County and in Oregon met those recommendations (Table 6.4).<sup>286</sup> There is significant room for improvement, as neither geographical region meets the Healthy People 2020 objective of having 48 percent of the population meeting the CDC guidelines for physical activity.<sup>287</sup>

**Table 6.4: Age-adjusted percent of adults who meet CDC recommendations for physical activity and who get any physical activity outside of work in Lincoln County and Oregon, 2012-2015**

	Lincoln County	Oregon
<b>Meeting CDC recommendations for physical activity</b>	24 %	24 %
<b>Any physical activity outside of work</b>	84 %	83 %

*Source: Oregon Health Authority, BRFSS*

At the state level, participation in physical activity varies by race/ethnicity, household income, and by level of education. Adults with less than a high school education, those earning less than \$24,999, and Latinos are less likely to meet CDC physical activity recommendations than their peers.<sup>288</sup> As with children and youth, county-level data that describe physical activity levels among adults by race/ethnicity or level of household income are not available.

Recent data are not available at the county level for physical activity among older adults. The CDC recommends that adults 65 years of age or older get two hours and 30 minutes of moderate-intensity exercise (e.g. brisk walking) each week and engage in muscle-strengthening activities at least two days a week.<sup>289</sup> Statewide, older adults have only a small decrease in physical activity compared to younger adults, and there are minor differences between men and women. Table 6.5 below displays physical activity at the state level among older adults.

**Table 6.5: Physical activity among older adults in Oregon, 2015**

		45 to 54	55 to 64	65 and older
<b>Recommended physical activity</b>	Women	60 %	67 %	64 %
	Men	64 %	64 %	61 %
<b>Any physical activity outside of work</b>	Women	80 %	81 %	76 %
	Men	79 %	79 %	75 %

Source: Oregon Health Authority, Oregon BRFSS

## Nutrition

The link between eating a healthy and balanced diet, and an increasing number of health benefits, is well-established. A healthy and balanced diet involves eating a variety of foods which provide essential nutrients (like dietary fiber and potassium), in the right amount – with negative health consequences from consuming too little or too much food.<sup>290</sup> In addition to promoting health and supporting a healthy weight, mounting evidence links a healthy diet to lowered risks of chronic disease, including several types of cancer, osteoporosis, and cardiovascular disease.<sup>291</sup>

The 2015 recommendations released by the U.S. Department of Health & Human Services and the U.S. Department of Agriculture highlights a number of major guidelines for Americans:

- consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level;
- consume a variety of vegetables from all the subgroups – dark greens, red and orange, legume (beans and peas), starchy, and other;
- consume fruits, especially whole fruits;
- consume grains, at least half of which are whole grains;
- consume fat-free or low-fat dairy;
- consume a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products; and
- consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.<sup>292</sup>

While research continues to show that healthy eating is a key ingredient to good health, the food environment has been changing in dramatic ways, parallel to increases in obesity rates. Portions, prices, and media messaging encourage consumption of foods high in calories, sugars, and fat. These unhealthy foods are all readily available at fast food restaurants, vending machines, and convenience stores. Meanwhile, work, school, and leisure environments are allowing fewer opportunities to burn the extra calories consumed. These changes include cut-backs in physical education classes, office jobs which include hours of sitting, and television and computers representing a large portion of leisure activity.<sup>293</sup> With so many aspects of daily life supporting improper nutrition, it becomes essential to look at both healthy behaviors and environmental factors to improve the nutrition and health of the entire community.

Proper nutrition among children and adolescents is essential in supporting healthy growth and development, academic performance, and well-being, while also preventing obesity and a number of chronic diseases.<sup>294</sup> Education about the importance of nutrition early in life helps children and adolescents to develop healthy habits that often continue into adulthood.

As shown in the table below (Table 6.6), adolescents in Lincoln County self-report consuming at least five servings of fruits and vegetables per day at about the same rate as the state.<sup>295</sup>

**Table 6.6: Percent of youth consuming at least 5 servings of fruits and vegetables per day and consuming no sugar sweetened sodas or energy drinks in the past 7 days, Lincoln County, the LBL Region, and Oregon, 2017**

	Grade	Lincoln County	LBL Region	Oregon
<b>5 servings of fruits and vegetables</b>	8 <sup>th</sup> grade	23 %	27 %	25 %
	11 <sup>th</sup> grade	15 %	18 %	19 %
<b>No sugar-sweetened sodas</b>	8 <sup>th</sup> grade	32 %	34 %	31 %
	11 <sup>th</sup> grade	29 %	32 %	33 %
<b>No energy drinks</b>	8 <sup>th</sup> grade	79 %	75 %	76 %
	11 <sup>th</sup> grade	59 %	67 %	68 %

Source: Oregon Healthy Teens Survey

Nutrition and eating habits are frequently set early in life. Good nutrition can delay the physical signs of aging and prevent or slow the development of many chronic diseases, including diabetes and cancer. Approximately one in five adults in the county and in Oregon consumes at least five servings of fruits and vegetables per day (Table 6.7).<sup>296</sup> This is similar to the percentage of children in the region. Additional assessments of fruit and vegetable intake by race/ethnicity, age group, and income levels are needed for future planning and outreach among adults in the region.

Adults are also at risk of metabolic disease from excessive consumption of sugar, from sugar-sweetened beverages and other sources. There are no data on abstinence from sugar-sweetened beverages, but Table 6.7 below does report the percent of Lincoln County and Oregon residents who drink 7 or more sodas per week.

**Table 6.7: Percent of adults who consumed at least 5 servings of fruits and vegetables per day and who drank 7 or more sodas per week in Lincoln County and Oregon, 2012-2015.**

	Lincoln County	Oregon
<b>5 servings of fruits and vegetables</b>	19 %	20 %
<b>7 or more sodas per week</b>	15 % *	13 %

Table note: \* This value may be statistically unreliable.

Source: Oregon Health Authority, Health risk and protective factors among Oregon adults, by county

Nutrition among older adults plays an important role in immune function, as well as cognitive changes that take place as part of the aging process. Older adults can also be at increased risk for poor nutrition and dehydration, as taste sensitivity and thirst mechanisms often decline with age. Good nutrition has been shown to decrease inflammatory responses and improve

immune function, as well as slow some types of cognitive (brain function) decline associated with aging.<sup>297</sup> Data at the county level are not available for older adults on consumption of fruits and vegetables and is a possible area for future surveillance, but statewide data are shown in Table 6.8.

**Table 6.8 Nutrition among older adults in Oregon, 2015**

		45 to 54	55 to 64	65 and older
<b>5 servings of fruits and vegetables</b>	Women	19 %	24 %	21 %
	Men	12 %	19 %	15 %

Source: Oregon Health Authority, Oregon BRFSS

## Obesity

Being obese or overweight\* is a complicated health condition. The risk of unhealthy weight is influenced by diet, exercise, and other behaviors, but it also depends strongly on genetic and environmental factors. Obesity is also correlated with socio-economic status and other social determinants of health. In addition to being a poor health outcome, obesity and overweight status can increase the risk of many diseases such as diabetes, heart disease, and possible cancer.

The Oregon Healthy Teens Survey<sup>†</sup> found that 27 percent of all eighth graders in Lincoln County are overweight or obese (Table 6.9). Rates are higher for 11<sup>th</sup> graders in the county, with 32 percent identifying as overweight or obese.<sup>298</sup>

**Table 6.9: Overweight and obesity prevalence in Lincoln County, the LBL region, and Oregon, 2017**

		Lincoln County	LBL Region	Oregon
<b>Overweight</b>	8 <sup>th</sup> grade	21 %	15 %	14 %
	11 <sup>th</sup> grade	14 %	17 %	15 %
<b>Obese</b>	8 <sup>th</sup> grade	13 %	12 %	11 %
	11 <sup>th</sup> grade	18 %	14 %	14 %

Table notes: For children and teens, the CDC defines obesity as belonging to the 95<sup>th</sup> percentile (or higher) compared to others of similar age and sex, while overweight is defined as belonging between the 85<sup>th</sup> and 95<sup>th</sup> percentile.

Source: Oregon Healthy Teens Survey

Over 30 percent of adolescents in Lincoln County are overweight or obese, but the prevalence among adults more than doubles. An estimated 31 percent of adults in Lincoln County are obese; an additional 35 percent are overweight (Table 6.10).<sup>299</sup> Therefore, about 66 percent of

\* For adults aged 20 and older, the CDC defines obesity as having a body mass index (BMI) of 30 or more and overweight as having a BMI of between 25 and 30. For children and teens, specific BMI values are not used to define overweight and obesity. Obesity is instead defined as belonging to the 95<sup>th</sup> percentile (or higher) compared to others of similar age and sex, while overweight is defined as belonging between the 85<sup>th</sup> and 95<sup>th</sup> percentile. Percentiles are calculated from CDC Growth Charts, which use national data over time.

† The Oregon Healthy Teens Survey distributes a questionnaire to 8<sup>th</sup> and 11<sup>th</sup> graders; therefore, adolescent data are richest for these age groups.

Lincoln County adults are either overweight or obese. Since 1990, Oregon’s adult obesity rate has increased 121 percent. Obesity contributes to the death of about 1,400 Oregonians each year, making it second only to tobacco as a preventable cause of death.<sup>300</sup>

**Table 6.10: Prevalence of overweight and obesity among adults in the county and Oregon, 2014-2015**

	Lincoln County	Oregon
<b>Overweight</b>	35 %	34 %
<b>Obese</b>	31 %	27 %

*Table notes: For adults aged 20 and older, the CDC defines obesity as having a body mass index (BMI) of 30 or more and overweight as having a BMI of between 25 and 30.*

*Source: Oregon Behavioral Risk Factors Surveillance System, Small Area Estimates*

Statewide obesity and overweight rates are similar among the elderly population and among adults between 45 and 64 years of age (approximately 63 percent).<sup>301</sup> Specific data are not available at the county level.

### Oregon Health Plan Obesity

Among IHN-CCO members, the prevalence of obesity is 39 percent, slightly higher than the prevalence of obesity among all Oregon Medicaid members at 36 percent. Obesity is least prevalent among Asian Medicaid members and most prevalent among Pacific Islander Medicaid members.<sup>302</sup>

### Oral Health

Good oral health is essential to overall physical and mental health and encompasses more than just dental check-ups. Oral disease can lead to cavities and gum ailments, which can in turn contribute to other diseases or conditions. Conversely, certain chronic mental and physical health conditions can also contribute to declines in oral health. Gum disease is associated with endocarditis (an infection of the inner lining of the heart), cardiovascular disease, premature birth, and low birth weight.<sup>303</sup> Osteoporosis can lead to tooth loss, and individuals with diabetes and immune system disorders are more susceptible to gum and bone infections. Poor oral health can also affect self-esteem, reduce employment opportunities, and increase absenteeism.<sup>304</sup>

Among children in the U.S., dental cavities are the most common childhood disease.<sup>305</sup> Cavities are almost completely preventable through optimal water fluoridation (discussed in more detail in Chapter 3), application of dental sealants to children’s teeth, effective oral hygiene (brushing teeth and flossing), and regular preventive visits to the dentist.<sup>306</sup> Across the county, the proportion of 8<sup>th</sup> grade and 11<sup>th</sup> grade youth who have ever had a cavity is much higher than the Healthy People 2020 target of no more than 48.3 percent (Table 6.11). The proportions do not change much in the three years between 8<sup>th</sup> grade and 11<sup>th</sup> grade – this indicates that most tooth decay occurs in children before the 8<sup>th</sup> grade.<sup>307</sup>

**Table 6.11: Percent of youth who have ever had a cavity in Lincoln County, the region, and Oregon, 2015**

Grade	Lincoln County	LBL Region	Oregon
8 <sup>th</sup> grade	75 %	71 %	69 %
11 <sup>th</sup> grade	77 %	73 %	75 %

*Table notes: Unlike most of the OHT data in this document, which is from the 2017 survey, this data are from the 2015 survey due to the discontinuation of this question.*

*Source: Oregon Healthy Teens Survey*

Achieving and maintaining good oral health is a significant challenge for many people in the region, particularly those with lower incomes. This challenge may be exacerbated by the fact that not all cities, districts, or water supplies in the region are fluoridated (see Chapter 3 Environment).

One of the objectives of Healthy People 2020 is to increase the proportion of U.S. communities with fluoridated water to 75 percent.<sup>308</sup> Lincoln County has no public water fluoridation.<sup>309</sup> In contrast, approximately 27 percent of Oregon residents have access to fluoridation through community water systems, the second lowest percentage in the country.<sup>310</sup>

## Infectious Diseases

Prevention and control of infectious illnesses rank among the greatest health advances of the 20<sup>th</sup> century. The World Health Organization defines infectious diseases as those that are caused by bacteria, viruses, parasites, or fungi; and can be passed from person to person.<sup>311</sup> Some are transmitted via ingesting contaminated food or water, many are spread by microorganisms in coughs or sneezes, and others result from exposures in the environment or insect bites. Diseases that spread from animals are called zoonotic infections.

All physicians, health care providers, and laboratories in Oregon are required by law to actively report confirmed or suspected diagnoses of over 50 infectious diseases and conditions to their local health departments.<sup>312</sup> These reports are directed through county health departments to the Oregon Public Health Division which collects and distribute data to inform health departments, physicians and the public. Reporting enables appropriate public health follow-up for patients, helps identify outbreaks, and provides a better understanding of disease transmission patterns. Some diseases are subject to restrictions on school attendance, day care attendance, patient care, and food handling. There were 314 cases of reportable communicable diseases in the county during 2016, a rate of about 6 per week.<sup>313</sup>

## Respiratory Illnesses

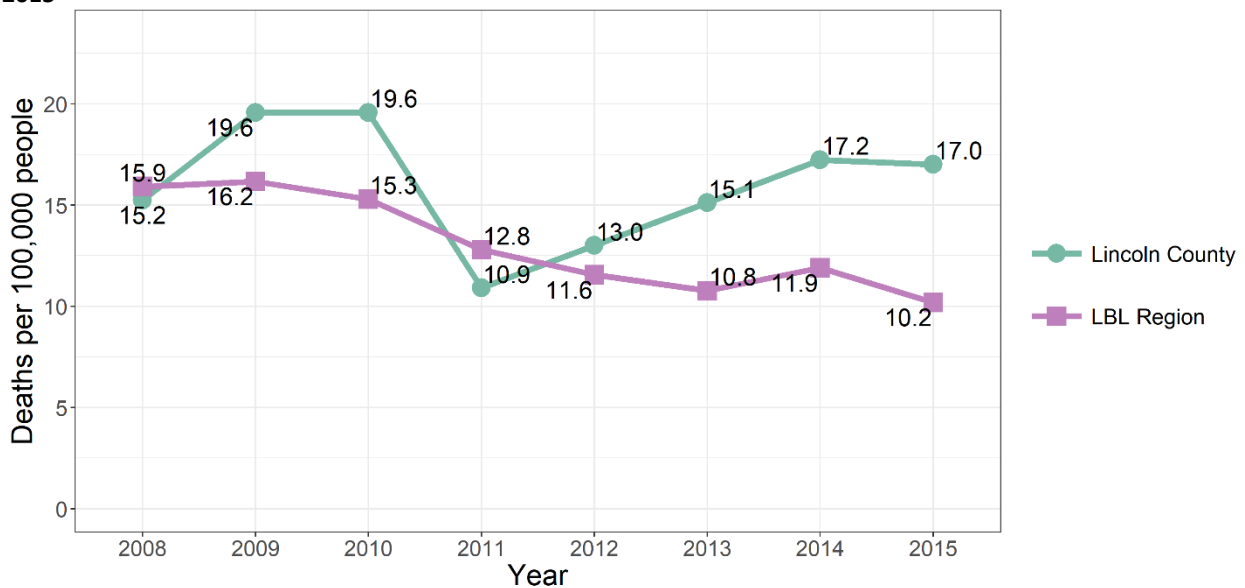
Respiratory illnesses such as the influenza virus, commonly referred to as the flu, spread from person to person when droplets from a cough or sneeze of an infected person move through the air and enter the mouth or nose of people nearby. Some of the microorganisms in these droplets can also live on surfaces for hours, such as desks or doorknobs, and can spread when people touch these surfaces and then touch their eyes, mouth, and nose.

The common cold\* and influenza are the most common respiratory illnesses. However, local, state, and national statistics for these diseases are difficult to ascertain because doctors and laboratories are not required to report them to public health authorities. This is because most people experience only mild, short-term illness, and do not seek medical attention. The illnesses are difficult to differentiate, and most are treated symptomatically rather than curatively.

Yearly vaccination is the best method of defending against influenza.<sup>314</sup> There are many different strains of influenza, and vaccination efforts attempt to guard against the most likely strains to impact a community for a given “flu season”. Lincoln County’s two-year-olds were vaccinated at a rate of 45 percent in 2017, up from 38 percent in 2014 (the state’s rate in 2017 was 55 percent).<sup>315</sup> The county’s adolescents (ages 13-17) were vaccinated at a rate of about 22 percent, and the state rate was close to 25 percent. Adult vaccination rates for influenza generally increase with age, and are typically better for women. The only age group usually above 50 percent is made up of seniors age 65 and older.

The Oregon Health Authority reports influenza and pneumonia mortality jointly; Lincoln County rates have been generally increasing since 2011 and are now significantly above the region average (Figure 6.10).

**Figure 6.10: Age-adjusted influenza and pneumonia mortality rates in Lincoln County and the LBL Region, 2008-2015**



Source: Oregon Public Health Assessment Tool

Less common, but more serious respiratory illnesses include pneumonia, pertussis (whooping cough), and tuberculosis. In general, infectious tuberculosis is extremely rare in Lincoln

\* More than 200 viruses cause what is typically considered the common cold, including rhinovirus, coronavirus, respiratory syncytial virus, and the parainfluenza virus.

County. There have been 8 cases from 2007 and 2016.<sup>316</sup> Tuberculosis cases are actively managed and curative therapy is overseen by public health nurses.

Pertussis is a very contagious bacterial infection that causes a coughing illness which may last six to ten weeks or longer. It is an endemic disease with epidemic peaks occurring every two to seven years and has proven persistent despite widespread childhood immunization. There was a sharp rise of pertussis in the United States during 2012. Washington State was particularly impacted and declared a pertussis epidemic in April 2012, reporting almost 10 times more cases of pertussis than in 2011. Oregon reported more than twice as many pertussis cases in 2012 as in 2011. The number of cases of pertussis in the region fluctuates annually; an outbreak in 2012 pushed the incidence above the historical average of approximately 14 diagnoses per 100,000 people per year, and it continues to rise. In Lincoln County in particular, the number of reported cases continues a pattern of spikes and drops. (Figure 6.11).

**Figure 6.11: Age-adjusted rate of pertussis infections per 100,000 persons in the Lincoln County and the LBL Region, 2007-2016**

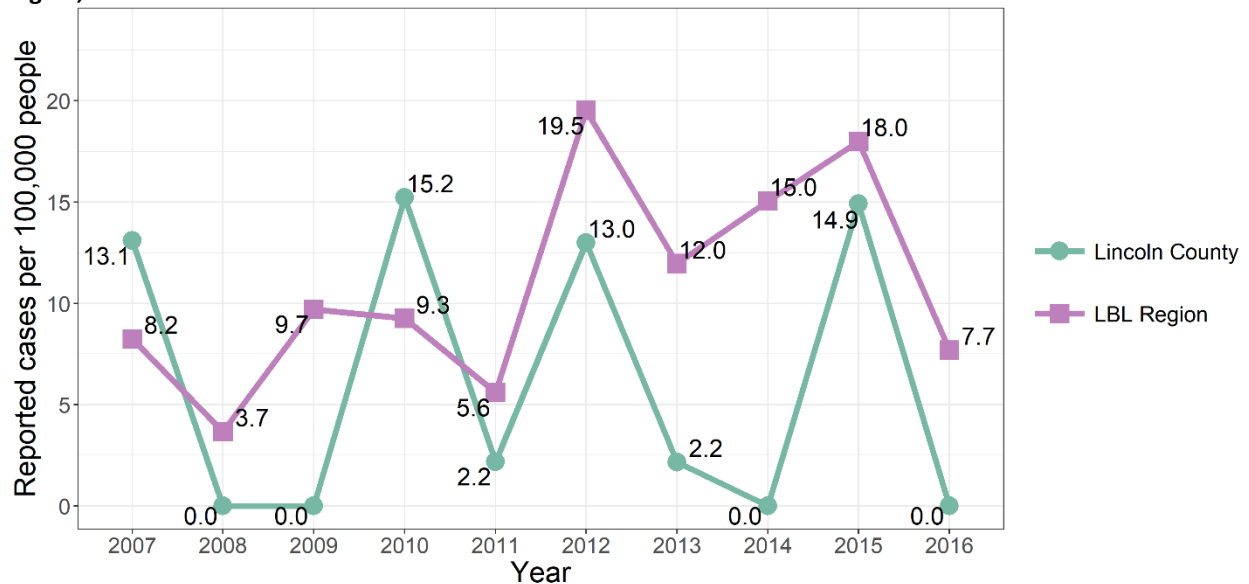


Figure notes: Case numbers may be updated as reports are confirmed.

Source: Oregon Health Authority, Oregon Public Health Epidemiologist's User System

## Foodborne Illnesses

The Centers for Disease Control and Prevention (CDC) estimate that each year, one in six Americans (48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.<sup>317</sup> The leading causes of foodborne illness in the United States are due to exposure to norovirus, Salmonella, Campylobacter, and *Clostridium perfringens*. Other infectious agents known for foodborne transmission, such as *E. coli*, are not as common but are more likely to cause serious complications requiring hospitalization.<sup>318</sup> Figure 6.12 below shows that the incidence of campylobacter in the region has historically ranged between 17 and 31 cases per

100,000 people each year. The incidence in Oregon has stayed below 25 cases per 100,000 people between 2007 and 2016, and Lincoln County has also generally been below the regional average.

**Figure 6.12: Age-adjusted rate of Campylobacter infections per 100,000 persons in Lincoln County and the LBL Region, 2007-2016**

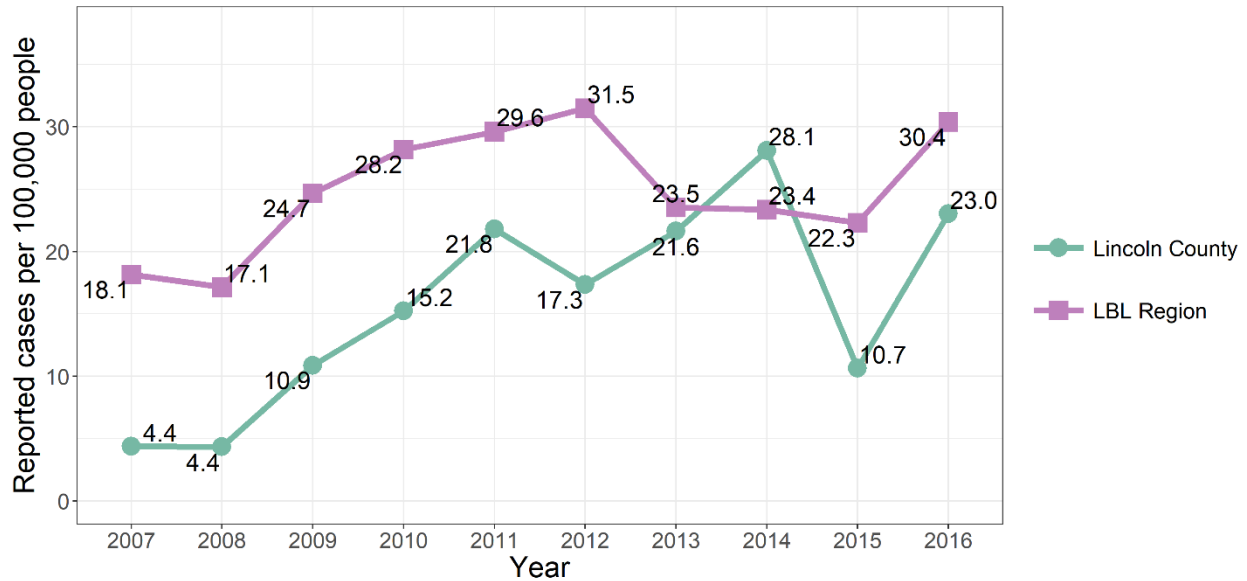


Figure notes: Case numbers may be updated as reports are confirmed.

Source: Oregon Health Authority, Oregon Public Health Epidemiologist’s User System

*Escherichia coli* infections, most commonly O157:H7 (a specific strain of *E. coli*), is another significant disease-causing organism. Around 5 to 10 percent of those who are diagnosed with the infection develop potentially life-threatening complications.<sup>319</sup> Lincoln County’s rate of *E. coli* per 100,000 persons has remained quite low aside from a spike in cases in 2013-14 (Figure 6.13).<sup>320</sup>

**Figure 6.13: Age-adjusted rate of *E. coli* infections per 100,000 persons in Lincoln County and the LBL Region, 2007-2016**

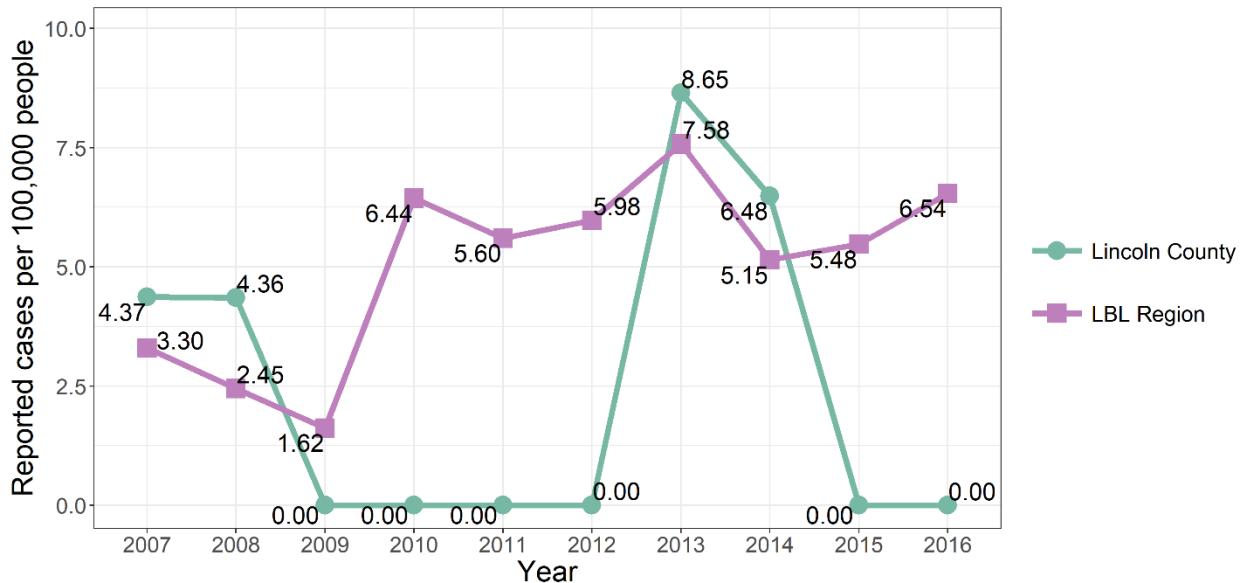


Figure notes: Case numbers may be updated as reports are confirmed.

Source: Oregon Health Authority, Oregon Public Health Epidemiologist's User System

## Sexually Transmitted Infections (STIs)

Sexually transmitted infections (STIs, also sometimes called sexually transmitted diseases, STDs) are infections that can be passed from one person to another through sexual contact. Untreated STIs can have consequences for individuals' health such as infertility and even death. Testing for STIs is a very effective mechanism for preventing the spread of STIs. Even incurable STIs, like HIV, are much less likely to spread if those affected by the infection receive proper treatment. However, untested individuals are unable to receive the treatment they need and are also much more likely to pass on the infection to others.

Chlamydia and gonorrhea are the most common STIs in the region. Approximately 80 to 90 percent of chlamydia infections and about 50 percent of gonorrhea infections are asymptomatic in women and may go undiagnosed. If left untreated, these infections may lead to pelvic inflammatory disease, which can cause tubal infertility, ectopic pregnancy and chronic pelvic pain.<sup>321</sup>

### Chlamydia

Chlamydia is the most common reportable illness in Oregon, with infection rates steadily increasing over the past decade. In both Oregon and the region, reported rates of chlamydia are more than twice as high in women as in men; for every 10 men diagnosed with chlamydia, 25 women are diagnosed. Current guidelines recommend chlamydia screening in women who are not symptomatic, but do not recommend the same screening for men without symptoms. This likely causes the higher rate of reported chlamydia cases among women, rather than a difference in infection rates by gender.<sup>322</sup> Overall, Lincoln County has recently had a lower rate

of chlamydia than the region, although rates are increasing at both geographic levels (Figure 6.14).

**Figure 6.14: Age-adjusted rate of chlamydia infection per 100,000 persons in Lincoln County and the LBL Region, 2007-2016**

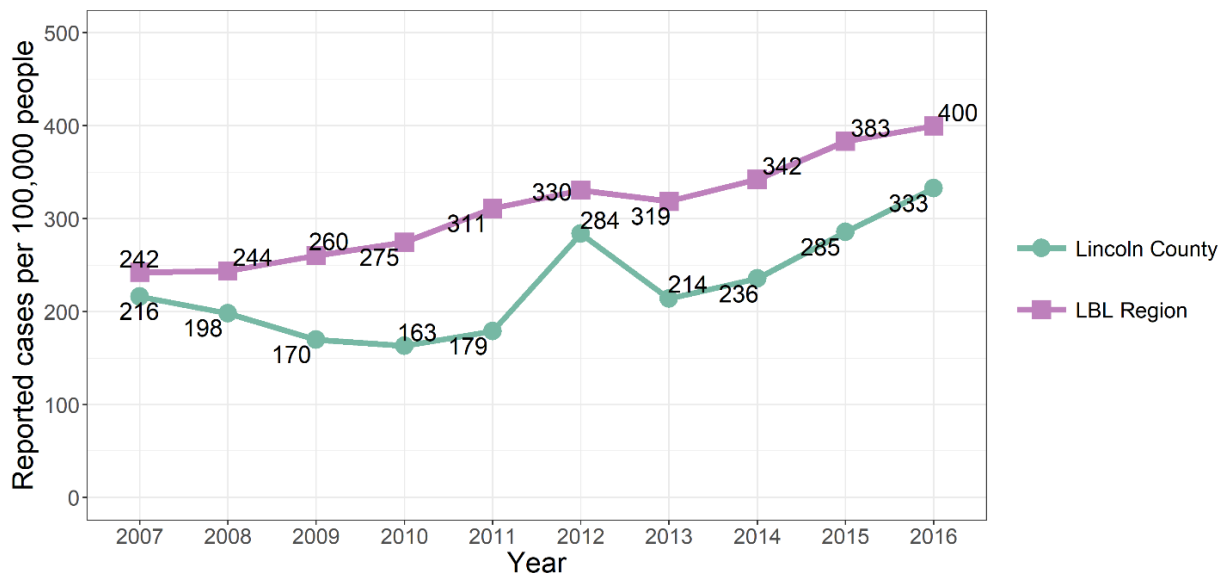


Figure notes: Case numbers may be updated as reports are confirmed.  
 Source: Oregon Health Authority, Oregon Public Health Epidemiologist's User System

### Oregon Health Plan Chlamydia Screening

Oregon must track and report the percentage of sexually active young women (ages 16-24) on the Oregon Health Plan. Statewide, 47.5 percent of young women on OHP underwent screening in 2016, about a half-percent increase from 2015. African American women on OHP are screened at a rate of 56 percent, while Asian American women are screened at a rate of 36.8 percent. Young women on OHP in the IHN-CCO region are screened at a rate of 44.6 percent.<sup>323</sup>

### Gonorrhea

Another reportable sexually transmitted infection that is present in the region is gonorrhea. In general, women are more likely than men to become infected with gonorrhea after exposure. However, as with chlamydia, women are less likely than men to develop symptoms following infection.<sup>324</sup> Gonorrhea infection rates in the region have consistently stayed below the state rate, but rates have recently spiked for the county, region, and state. Figure 6.15 shows the variation in gonorrhea incidence rates in the region and Lincoln County for the past ten years for which there are data.

**Figure 6.15: Age-adjusted rate of gonorrhea infection per 100,000 persons in Lincoln County and the LBL Region, 2007-2016**

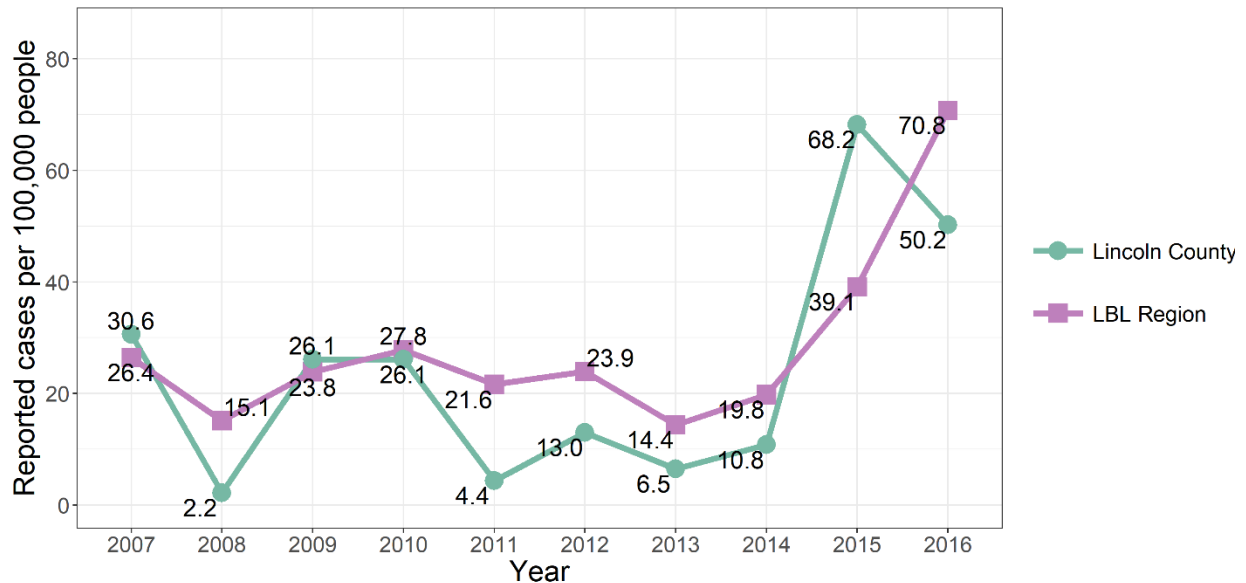


Figure notes: Case numbers may be updated as reports are confirmed.  
 Source: Oregon Health Authority, Oregon Public Health Epidemiologist’s User System

The key risk factor for chlamydia infections is age. Regional residents between 15 and 24 years of age contract chlamydia at a rate 4.3 times higher than the infection rate among all ages. This trend holds for state infection rates as well. Gonorrhea infection rates are somewhat less influenced by age; 15-24 year olds in the region have infection rates 2.7 times as high as the infection rate among all ages (Table 6.12).

**Table 6.12: Age-specific incidence rates of chlamydia and gonorrhea, diagnoses per 100,000 persons in Lincoln County and Oregon, 2016**

Age	Chlamydia		Gonorrhea	
	Lincoln County	Oregon	Lincoln County	Oregon
15-24	2,582	2,066	71	255
25-44	503	560	200	230
45-64	0	50	14	44
65 and older	0	4	0	3

Source: Oregon Health Authority, Oregon Public Health Assessment Tool

### Syphilis

Syphilis is a rare but potentially fatal sexually transmitted infection. The number of cases of syphilis in Lincoln County grew very quickly from almost no cases between 2007 and 2012, to 23 cases in 2015. It is unclear if the spike in 2015 is short-lived or if the incidence rate will remain above the historical average. Figure 6.16 shows the increase in syphilis incidence in Lincoln County and the LBL Region over the past 10 years.

**Figure 6.16: Rate of syphilis infection per 100,000 persons in Lincoln County and the LBL Region, 2007-2016**

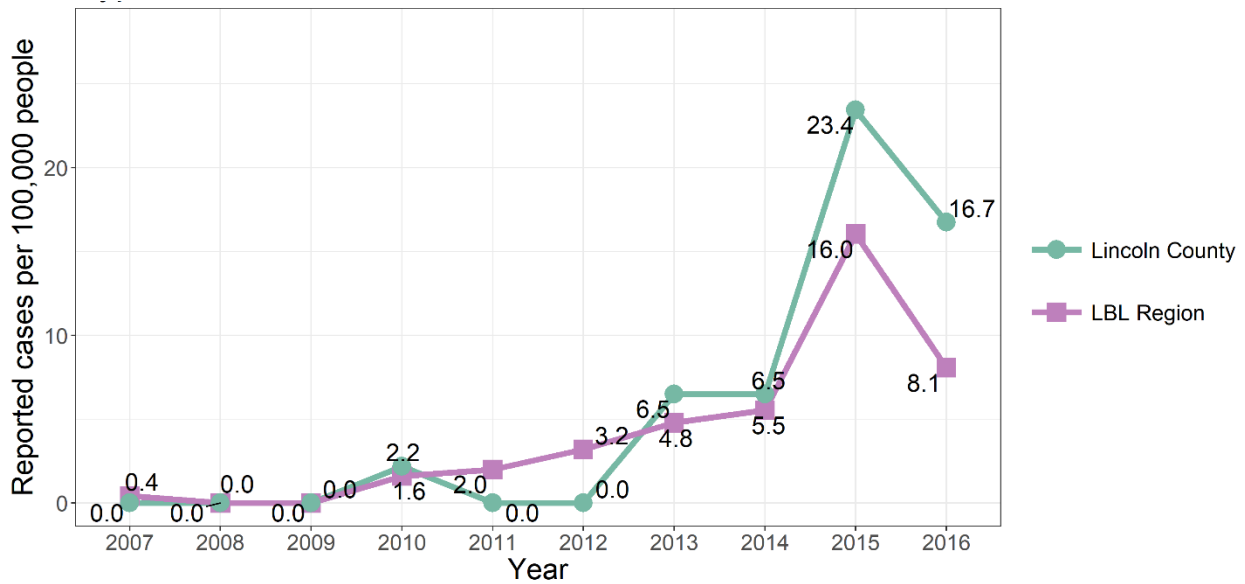


Figure notes: Case numbers may be updated as reports are confirmed.

Source: Oregon Health Authority, Oregon Public Health Epidemiologists' User System

## HIV/AIDS

HIV/AIDS (human immunodeficiency virus/acquired immunodeficiency syndrome) remains an important public health problem in Oregon. From 1981 through 2010, 8,753 Oregonians were diagnosed with HIV infection. Of those, 40 percent (3,540) died. Fortunately, death rates have decreased dramatically since the development of effective antiretroviral therapies. HIV/AIDS is now managed as a serious but chronic disease. As a result, the number of Oregonians living with HIV infections has increased from 2,720 to 5,213 from 1997 to 2010. New HIV diagnoses in Oregon are most common among 35–39 year old males. Between 2007 and 2016 the incidence of HIV in Lincoln County was 2.8 cases per 100,000 persons per year, about half of the state's incidence (6.2 cases per 100,000 persons per year) during that time period.<sup>325</sup>

### HIV Testing among Oregon Health Plan Members

Just under half (49 percent) of OHP members state-wide have ever been tested for HIV as of 2014. There is a wide range in the testing rates among differing races and ethnicities. Asian OHP members were screened the least of all races and ethnicities with a testing rate of 25.3 percent, while African Americans and American Indians/Alaska Natives were tested at the highest rate (near 58 percent). In the IHN-CCO service area, only 45.5 percent of Medicaid adults have been tested for HIV. Only three regions in the state reported lower testing rates.<sup>326</sup>

## Viral Hepatitis

Although there is a very low incidence rate, viral Hepatitis, especially Hepatitis A, B, and C, are other infectious diseases affecting residents of the region. Transmission of Hepatitis A can occur person-to-person through an oral-fecal route; through exposure to contaminated water, ice, or shellfish harvested from sewage-contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling. Hepatitis B and C infection are transmitted by activities that involve contact with blood, blood products, and other bodily fluids, such as unprotected sexual contact, injection drug use, and transfusions with blood that has not been screened for viral hepatitis.<sup>327</sup>

**Table 6.13: Annual hepatitis infection rate per 100,000 people, Lincoln County, the LBL Region, and Oregon, 2007-2016**

	Lincoln County	LBL Region	Oregon
<b>Hepatitis A</b>	**	0.2	0.5
<b>Hepatitis B (acute)</b>	**	1.2	1.0
<b>Hepatitis B (chronic)</b>	5.8	6.4	11.9
<b>Hepatitis C (acute)</b>	**	0.3	0.6
<b>Hepatitis C (chronic)</b>	203	136	144

*Table notes: \*\* indicates a rate based on fewer than 5 reported infections. Infection rates are based on 10 years of data, from 2007 to 2016, but represent infections per 100,000 people per year.*

*Source: Oregon Health Authority, Oregon Public Health Assessment Tool*

Lincoln County recorded less than 10 Hepatitis A cases from 2007 to 2016. During the same years, there were also less than 10 new recorded cases of acute Hepatitis B and acute Hepatitis C (past or present case, unspecified).<sup>328</sup> Current estimates suggest that 65 percent of people infected with Hepatitis B and 75 percent of people infected with Hepatitis C are unaware of their infections.<sup>329</sup> Overall, males experience higher rates of Hepatitis B and C infection than females.

## Zoonotic Illnesses

Zoonotic illnesses are infectious diseases that can be spread from animals to humans. There are many zoonotic diseases, and their threat to human health is growing. This is due to increasing global movement of people and animals, and the effects of human populations expanding into previously undeveloped wildlife habitats.

Some zoonotic diseases are transmitted directly from animals to people, some result from contamination of the environment by animals, and others require a vector such as a tick or mosquito. Examples of zoonotic diseases include:

- Bacterial - *Salmonella*, *E. coli*, leptospirosis;
- Viral - Rabies, avian influenza;
- Fungal - Ringworm, sporotrichosis;

- Parasitic - Toxoplasmosis, larval migraines due to roundworms;
- Vector-borne - West Nile virus, spread by mosquitoes, and Lyme disease, spread by ticks.

Climate change may also lead to greater zoonotic disease threats. Zoonotic diseases can cause symptoms such as diarrhea, muscle aches, and fever. Some diseases cause only mild illness while others can be life threatening. One such disease is rabies, which is virtually always fatal if left untreated. Rabies is endemic in the Oregon bat population.

## Injury and Violence

### Child Abuse

In 2017, there were a total of 1,292 reports of suspected child abuse or neglect in Lincoln County. As a result of these reports, 203 victims of child abuse or neglect were identified.<sup>330</sup> The types of abuse/neglect include mental injury, physical/medical neglect, physical abuse, sexual abuse, sexual exploitation, or threat of harm. Most often, the perpetrators of child abuse and neglect are family members (94.1 percent of reports in Oregon); parents account for 77.5 percent of all perpetrators.<sup>331</sup> Child abuse rates in Lincoln County have remained significantly higher than Oregon and the region.<sup>332,333,334,335</sup>

**Figure 6.17: Child abuse rate per 1,000 for children under 18 years of age in Lincoln County, the LBL Region, and Oregon, 2013-2017**

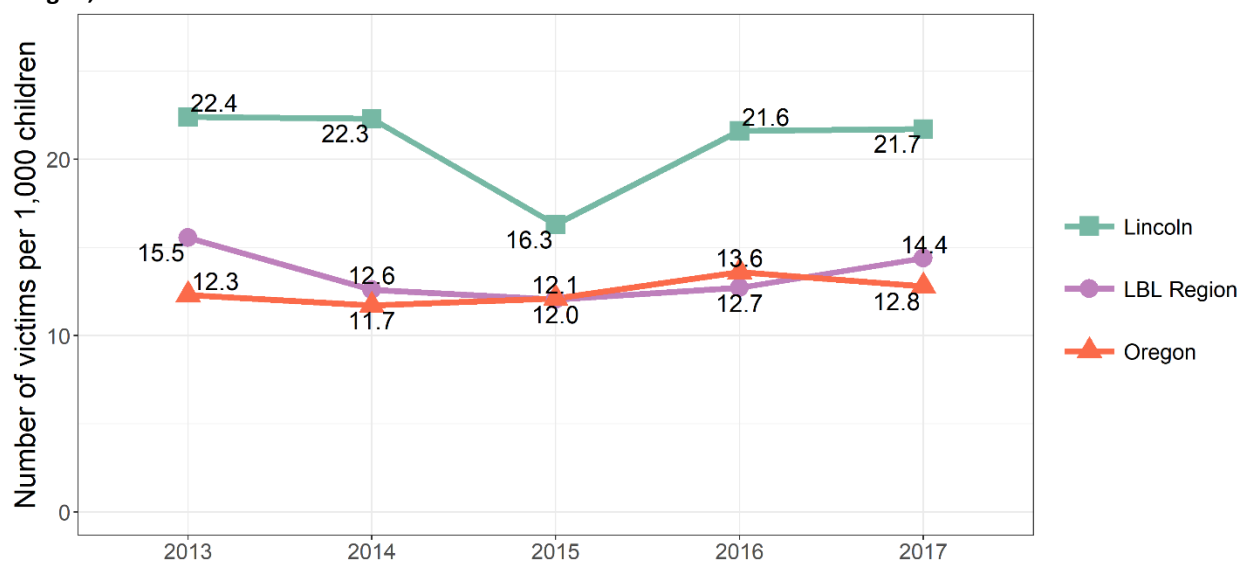


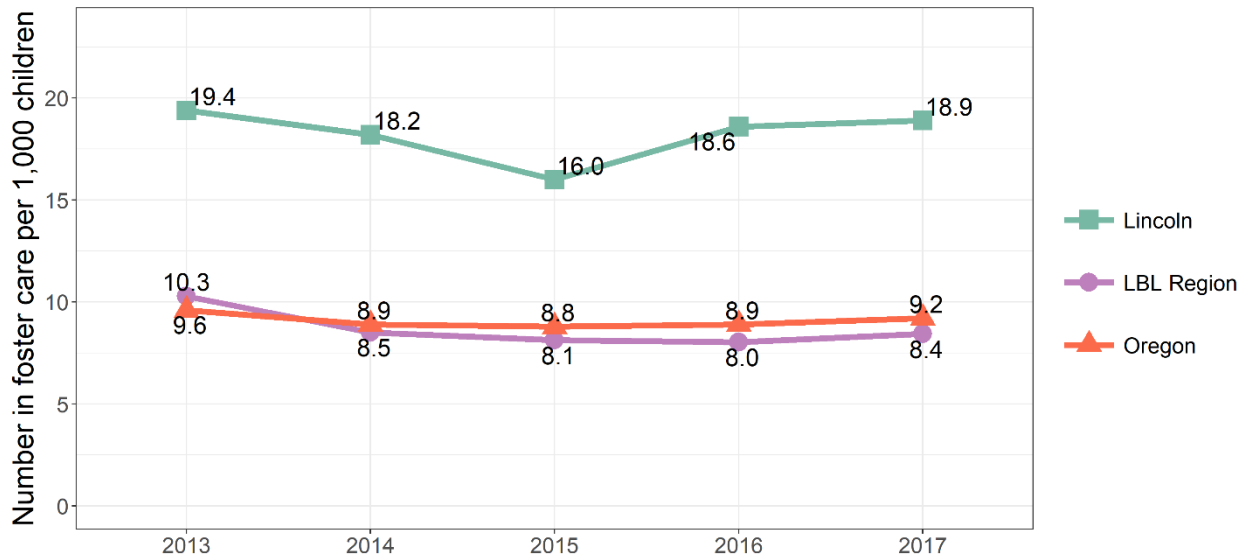
Figure notes: Rates include neglect, physical abuse, sexual abuse, threat of harm, and mental injury. Population data used by Oregon DHS is one year behind the year shown and is from the Office of Juvenile Justice and Delinquency Prevention

Source: Oregon Department of Human Services, Child Welfare Data Books

Not all reported cases of child abuse result in a foster care placement. Children are placed in foster care for a variety of reasons. Some are placed in foster care because their families cannot

provide them with basic safety and protection, while others have had negative experiences such as parental substance abuse, sexual or physical abuse, and abandonment. In Oregon, many children are in foster care due to a history of abuse or neglect.<sup>336</sup> The rates of foster care (Figure 6.18) mirror the rates of child abuse (Figure 6.17). Because of this, it is not surprising that Lincoln County’s rate of children in foster care is much higher than the region or state.

**Figure 6.18: Children in foster care, rate per 1,000 children in Lincoln County, the LBL Region, and Oregon, 2013-2015**

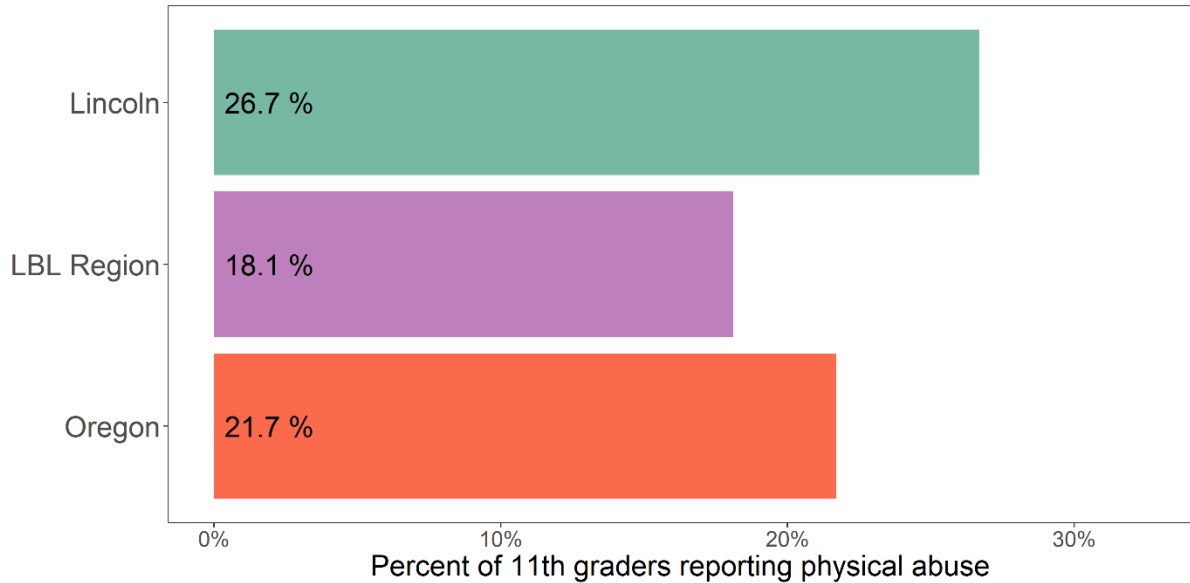


*Figure notes: State totals do not include Title IV-E eligible children served by tribes.  
Source: Oregon Department of Human Services: Children, Adults and Families Division. Child Welfare Data Books*

Family stress is a major underlying factor associated with families of abused and neglected children. Major sources of family stress often include drug and/or alcohol abuse, domestic violence, parental involvement with law enforcement agencies (LEA), and financial distress within the family. Many families also have significant childcare responsibilities, and some parents may even have a history of abuse as children. Often, families experience multiple sources of stress. Nearly half of document child abuse in Oregon is linked to parent or caregiver alcohol or drug use. Other common sources of stress are domestic violence, involvement with law enforcement, and financial distress.<sup>337</sup>

The Oregon Healthy Teens Survey asks 11<sup>th</sup> graders if they had ever been hit or hurt by an adult. Over one in four (27 percent) 11<sup>th</sup> graders in Lincoln County reported being hit or hurt by an adult, much higher than both the region and the state (Figure 6.19).

**Figure 6.19: 11<sup>th</sup> graders ever hit or physically hurt by an adult in Lincoln County, the LBL Region, and Oregon, 2017**



Source: Oregon Healthy Teens Survey

The Oregon Healthy Teens Survey also asked about sexual assault and intimate partner violence. Lincoln County 11<sup>th</sup> graders consistently reported higher rates of abuse than the state (see Table 6.14). Experiencing abuse during childhood is a risk factor for many negative outcomes later in life. The topic of adverse childhood experiences is discussed later in this chapter, but they have been linked to many chronic illnesses, risky behaviors, and lower life expectancy.<sup>338</sup>

**Table 6.14: Percentage of 11<sup>th</sup> graders who answered “yes” to questions of sexual or intimate partner abuse, Lincoln County and Oregon, 2017**

	Lincoln County	Oregon
Physically forced into sexual intercourse	8.3 %	6.1 %
Sexual contact with an adult	11.1 %	7.6 %
Boyfriend or girlfriend physically hurt you on purpose	7.0 %	3.7 %

Source: Oregon Healthy Teens Survey

## Domestic Violence

Domestic violence, which includes many forms of abuse, affects children and adults. Physical abuse, sexual abuse or assault, intimidation, verbal abuse and emotional abuse, or threats of such harm are all forms of domestic violence. It can include abuse from a household member (including roommates or caregivers), intimate partners (including dating partners), or a family member (whether or not they live with the victim).<sup>339</sup>

A nonprofit organization, My Sisters’ Place, offers a variety of services to victims of domestic, sexual, and dating violence in Lincoln County. They arrange emergency services, such as shelter;

and offer advocacy services, including navigating the criminal justice system. They fielded 264 crisis contacts in 2017, and nearly 1,000 contacts overall. They provided means for emergency shelter for 112 adults and 51 children, translating to just over 2,000 bed-nights. They also provided advocacy, referral, support group, and healthy relationship services to hundreds more. Out of all those they served, 35% were homeless.<sup>340</sup>

Domestic violence not only has an effect on the victim, but can also have an effect on children; domestic violence poses a threat to children's emotional, psychological, and physical well-being. Children who live with domestic violence are also at an increased risk to become direct victims of child abuse.<sup>341</sup>

## Abuse of Vulnerable Adults

Vulnerable adults include the elderly and adults of all ages with physical or mental disabilities, whether living at home or being cared for in a health facility. Abuse and maltreatment of vulnerable adults can include physical, emotional, or sexual abuse, caregiver neglect, and financial exploitation. The information in this section includes adults and seniors.

In 2015, the Oregon Department of Human Services Office of Adult Abuse Prevention and Investigations received almost 43,000 reports of potential abuse.<sup>342</sup> Of those:

- 4,215 Oregon seniors and adults with physical disabilities experienced abuse or self-neglect, up sharply from 2,608 in 2010,
- Physical abuse had the highest rate of substantiation (35.6 percent) from reports,
- The category of abuse with the greatest number of substantiated cases was financial exploitation (1,188 substantiations),
- 25 percent of substantiated abuse claims occurred in facilities, while the other 75 percent occurred in community settings.<sup>343</sup>

Within Lincoln County in 2015, there were 98 investigated allegations of abuse against adults with intellectual and/or developmental disabilities, of which 53 were substantiated. Of the substantiated claims, 26 occurred in care facilities and 27 took place in community settings.<sup>344</sup>

## Violent Crime

Violent crimes are defined as offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, forcible rape, robbery, and aggravated assault. High levels of violent crime compromise physical safety and psychological well-being. Crime rates can also deter residents from pursuing healthy behaviors such as exercising outdoors.<sup>345</sup> Additionally, exposure to crime and violence has been shown to increase stress, which may exacerbate hypertension and other stress-related disorders and contribute to obesity prevalence.<sup>346</sup> Exposure to chronic stress also contributes to the increased prevalence of certain illnesses such as upper respiratory illness and asthma in neighborhoods with high levels of violence.<sup>347</sup>

Violent crime rates varied widely between counties. Lincoln County had a violent crime rate of 361 crimes per 100,000 people from 2010-2012. This was well above the Oregon rate of 249 crimes per 100,000 people.<sup>348</sup> In 2013, the tri-county region recorded 55 violent deaths, including suicide, homicide, and undetermined causes. This was a rate of 22 violent deaths per 100,000 residents, equal to the rate in Oregon.<sup>349</sup>

## **Adverse Childhood Experiences and Intimate Partner Violence among Oregon Health Plan Members**

There are two sets of results from the 2014 MBRFSS survey that are related to this section. First is a topic called “adverse childhood experiences” (ACEs). Adult Medicaid members were asked a series of 11 questions regarding whether they or a parent/adult in the home experienced depression or mental illness, alcoholism, drug abuse, incarceration, separation or divorce, physical or verbal abuse, or sexual abuse. Any 4 or more “yes” responses would qualify the responder as having had ACEs. Those who have experienced these early-life challenges have increased risk for illnesses such as diabetes, depression, cancer, and heart disease; have a higher chance of tobacco use, alcoholism, and drug use; and have lower graduation rates and academic achievement.<sup>350</sup>

A little over one-third (34.7 percent) of adult Medicaid members in the state of Oregon reported ACEs (compared to 22.5 percent for the general Oregon adult population). This value ranged from 7.8 percent in Asians to 50.9 percent in American Indians / Alaska Natives. Slightly higher than the state value, the local region reported 36.1 percent as having adverse childhood experiences.

The other topic is intimate partner violence. The survey measured the number of adult Medicaid members who were physically assaulted or harmed by an intimate partner in the past 12 months. Across the state, 4.5 percent of members reported being victims of this violence. Only 1.4 percent of Asians, and as much as 8.5 percent of African Americans reported being victims. The local region values were similar to that of the state, with 4.4 percent of members stating they had experienced intimate partner violence.<sup>351</sup>

## **Occupational Safety and Health**

With the large majority of the population engaged in some form of employment for some portion of their lives, the workplace represents an important opportunity to improve health. Occupational Safety and Health is concerned with all aspects of health and safety in the workplace, and focuses mostly on primary prevention of hazards. On a global scale, the World Health Organization (WHO) is currently addressing a wide scope of determinants of workers’ health, which includes risks for disease and injury, social factors, and access to health services. In the United States, one of the primary organizations leading the way towards health and

safety in the workplace is the Occupational Safety and Health Administration (OSHA) through the United States Department of Labor.

Despite established legislation, like the Occupational Safety and Health Act of 1970, requiring employers to provide workplaces “free from recognized hazards that are causing or likely to cause death or serious physical harm”<sup>352</sup> to their workers, the toll of workplace fatalities, injuries and illness continues to exact a large toll on society. Impacts of these injuries, both social and financial, usually fall to workers and their families, as well as taxpayer-supported programs. Examining the data around particular industries can help illustrate the various workplaces and their relative rates of injury, illness, or fatality, ultimately painting a picture of the working conditions present in the community as a whole.

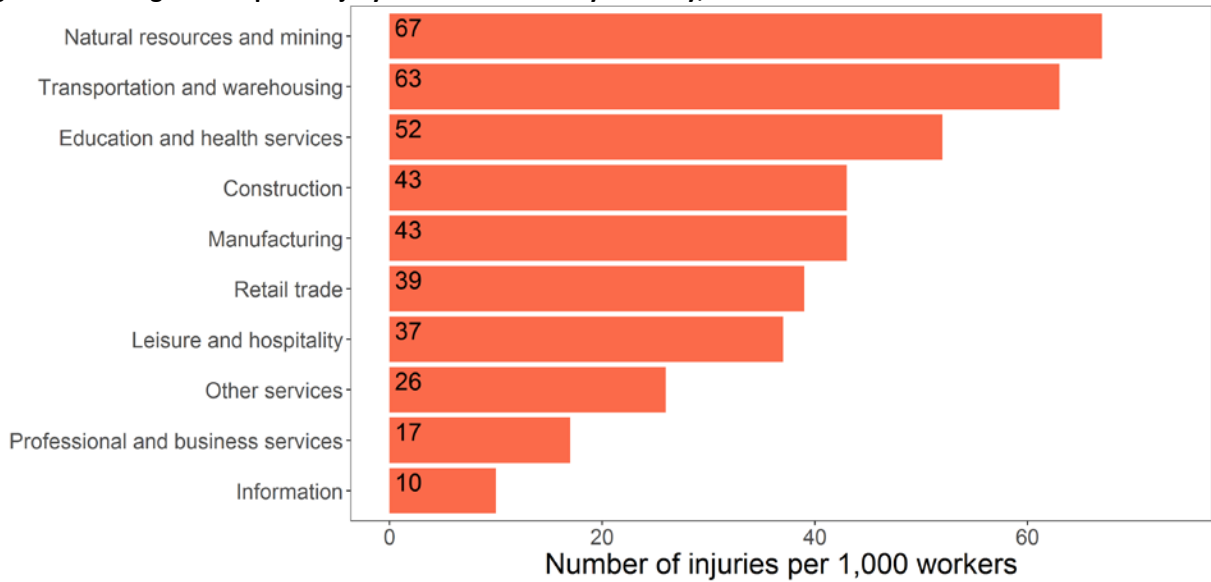
## Injuries

County-specific data on workplace injuries are not available, but trends in state level data can be applied to major industries in the region to get a sense of the regional risk of workplace injury and illness. Statewide, the worker injury rate was approximately 41 injuries per 1,000 workers in 2013. Worker injury rates can be broken down first by industry, and then by category (a subset of industry).

The natural resources and mining industry has the highest incidence of non-fatal workplace injuries, with approximately 69 injuries per 1,000 workers in 2013. At a finer level of detail, certain specific workplace categories (not necessarily within the natural resources or mining industry) have high incidences of injury, including structural and motor vehicle manufacturing, fire protection, and wood preservation, which all had over 120 injuries per 1,000 workers. Surpassing all other workplace categories was local government nursing and residential care, with approximately 210 injuries per 1,000 workers in 2013. Industries with low workplace injury rates are concentrated in services such as educational and social services, business services, and private health care.

Lincoln County’s industry is concentrated in natural resources, retail, and leisure and hospitality. As shown in Figure 6.20, natural resources have relatively high workplace injury and illness rates in Oregon.

**Figure 6.20: Oregon workplace injury and illness rates by industry, 2015**



Source: Oregon Department of Consumer and Business Services

## Leading Causes of Death in the Region

In 2016, the leading causes of death (for all ages combined) in Lincoln County are cancer, heart disease, lung disease, stroke, and accidents. Compared with the LBL Region, Lincoln County has more deaths per 100,000 residents for nearly every of its top ten causes of death (Figure 6.21).

Preventable risk factors such as tobacco use, diet, activity, and alcohol use contribute substantially to these deaths. For example, in 2016, it is estimated that 29 percent of deaths in Lincoln County were tobacco-related deaths. This is much higher than the 22 percent of tobacco-related deaths in Oregon in the same year.<sup>353</sup>

**Figure 6.21: Top 10 causes of death per 100,000 persons, crude rates, Lincoln County and region, 2016**

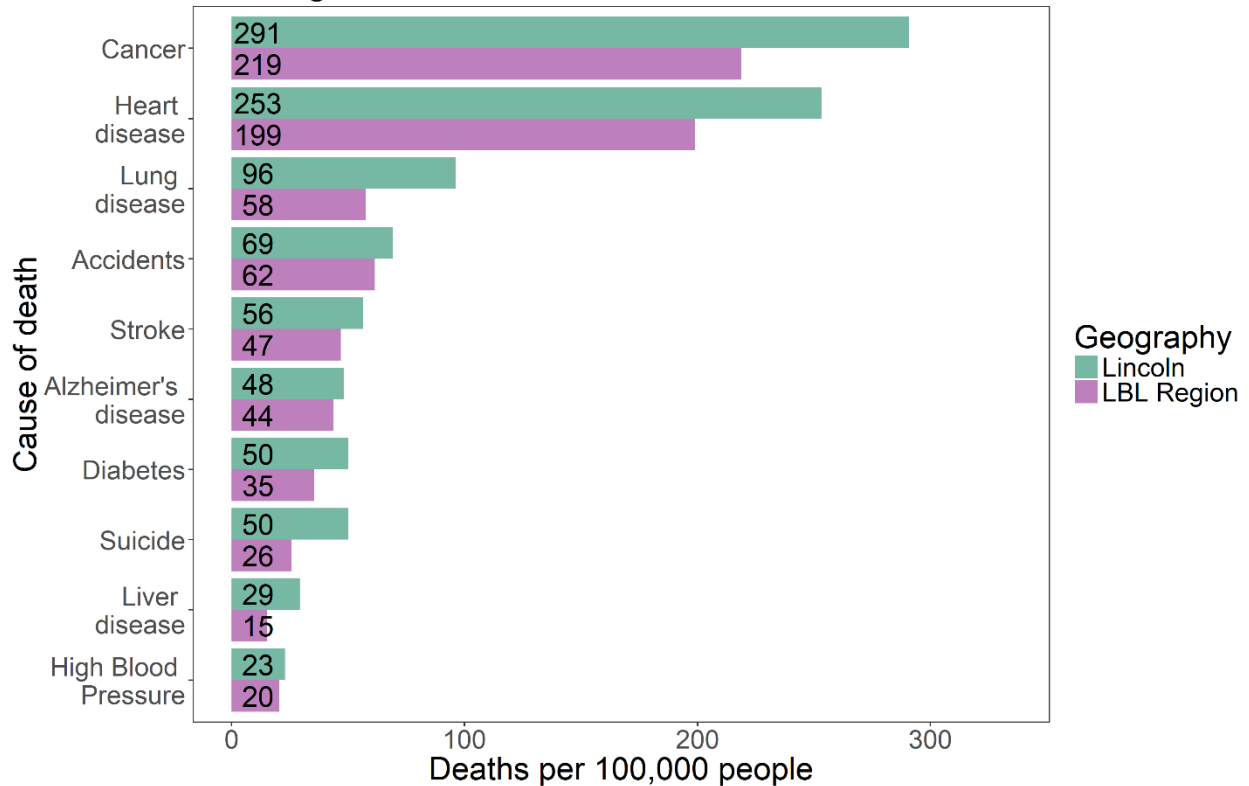


Figure note: With Lincoln County's older population (see chapter 2), crude rate comparisons should be interpreted with caution.

Source: Oregon Health Authority, Oregon Public Health Assessment Tool

## Chronic Diseases and Conditions

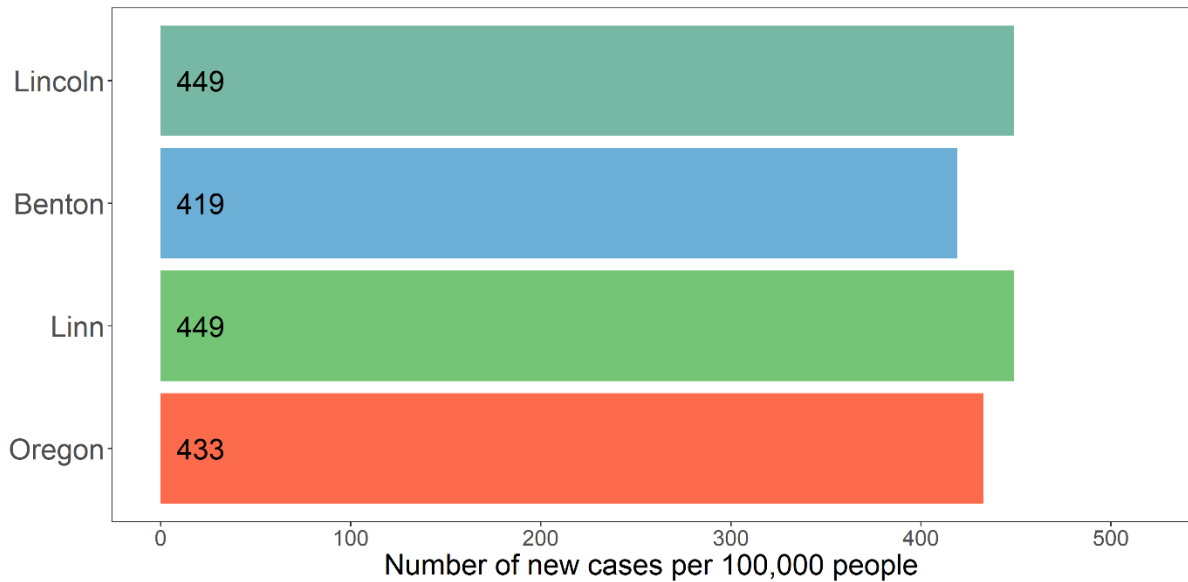
Chronic diseases, such as heart disease, stroke, cancer and diabetes are among the most prevalent, costly, and preventable of all health problems. Healthy lifestyles, such as avoiding tobacco, being physically active, and eating well, greatly reduce a person's risk for developing chronic illnesses. Research shows that access to resources that support healthy lifestyles, such as nutritious food, recreational opportunities, and high quality and affordable prevention measures (including screening and appropriate follow-up) saves lives, reduces disability, and lowers medical costs.<sup>354</sup>

### Cancer

Cancer is the leading cause of death in Lincoln County and in Oregon.<sup>355</sup> Five types of cancer are discussed in this section: lung, colorectal, breast, prostate, and pancreatic. Lung cancer is the most common cause of cancer death for Oregonians, followed by colorectal cancer and pancreatic cancer.<sup>356</sup> Pancreatic cancer has a very high mortality rate, in part due to the likelihood of a late diagnosis after the cancer has already progressed. Prostate cancer is a common cancer among men.

The region's annual rate of newly diagnosed cancer cases is similar to the rate in Oregon, with the three counties ranging between 419 and 449 diagnoses per 100,000 individuals each year (Figure 6.22).

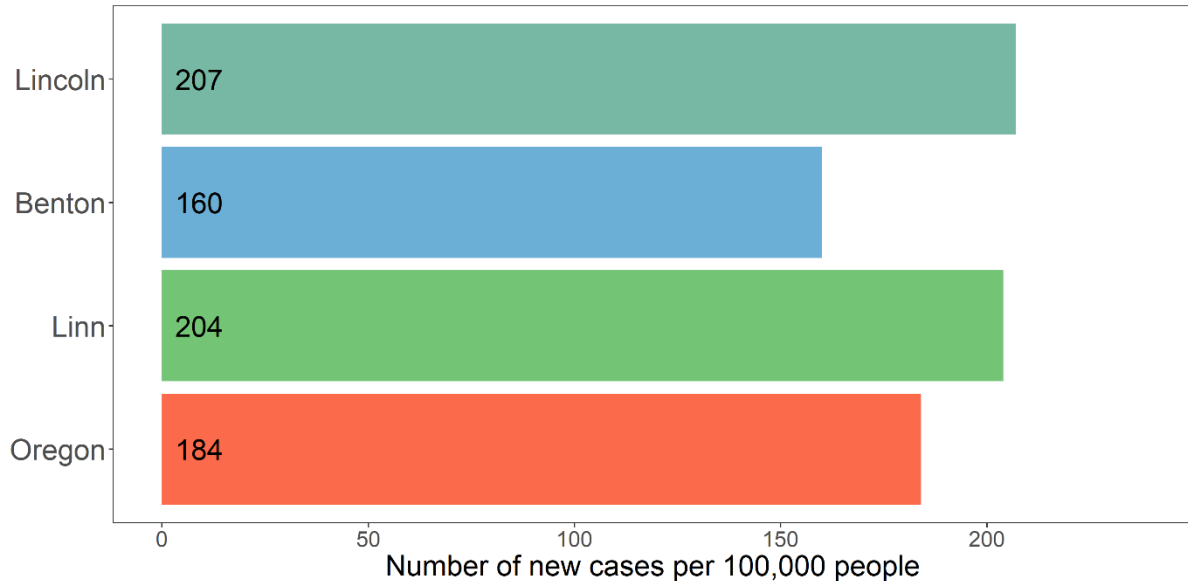
**Figure 6.22: Annual age-adjusted incidence for all cancers, Lincoln, Benton, and Linn counties and Oregon, 2010-2014**



Source: National Cancer Institute: State Cancer Profiles

However, different types of cancer impact the counties differently, and will be presented in detail. As shown in Figure 6.23, age-adjusted incidence of tobacco-related cancer in the three counties varies greatly. Lincoln and Linn counties' incidences are higher than Oregon's incidence, while Benton's is significantly lower.<sup>357</sup> Data for all cancer and tobacco related cancer incidence are from different years and are therefore not directly comparable.

**Figure 6.23: Age-adjusted tobacco related cancer incidence (per 100,000) in Lincoln, Benton, and Linn counties and Oregon, 2009-2013**



Source: Oregon Tobacco Facts and Laws

Cancer rates also vary between different racial and ethnic groups. In Oregon, incidence of cancer (the rate of new cases) varies from a low of just under 300 cases per 100,000 persons among Asians and Pacific Islanders, to a high of nearly 450 cases per 100,000 persons among Blacks or African Americans. Table 6.15 below displays data for cancer cases and deaths in Oregon by race and ethnicity. There is no race/ethnicity breakdown data available for Lincoln County specifically.

**Table 6.15: Age-adjusted incidence and mortality rates of cancer in Oregon by race and ethnicity, per 100,000 persons, 2010-2014**

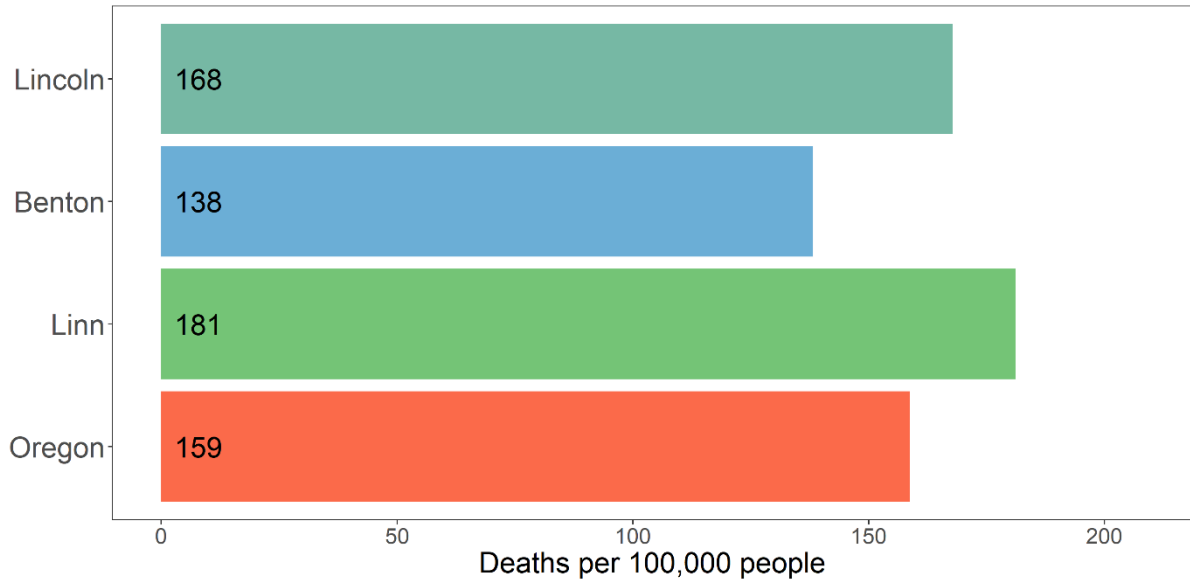
	Incidence rate (new cases)	Mortality rate (deaths)
<b>American Indian or Alaska Native</b>	364.9	101.3
<b>Asian or Pacific Islander</b>	294.4	102.5
<b>Black or African American</b>	444.6	190.1
<b>White</b>	440.2	166.7
<b>Hispanic or Latino</b>	289.8	106.1
<b>not Hispanic or Latino</b>	443.7	168.2

Figure notes: An individual case or death is likely to be counted twice, as race and ethnicity data are separated in this instance.

Source: Oregon Health Authority

Between 2014 and 2016, the mortality rate (age-adjusted) from all cancers in Lincoln County was 168 deaths per 100,000 people per year. This rate was lower than Linn County, but much higher than Benton, and close to the state rate of 159 deaths per 100,000 people (Figure 6.25).

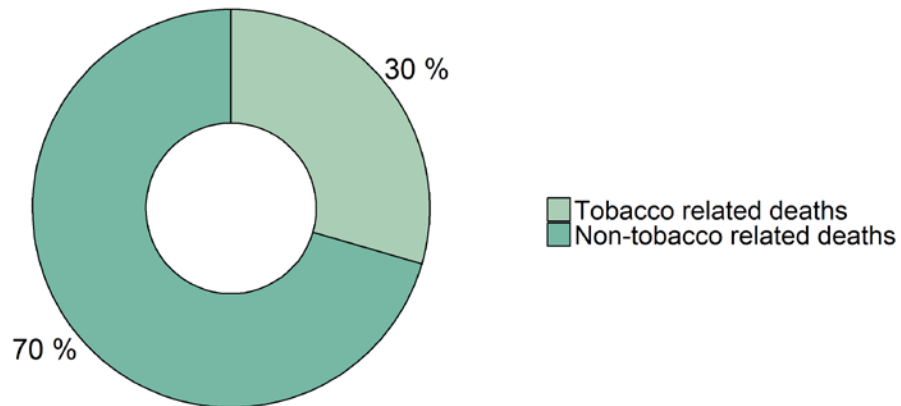
**Figure 6.24: Age-adjusted cancer deaths from all causes, Lincoln, Benton, and Linn counties and Oregon. 2013-2015**



Source: Oregon Public Health Assessment Tool

Tobacco contributed to 30 percent of cancer deaths in Lincoln County between 2014 and 2016, as shown in figure 6.25 below. This percentage is about the same as the state’s percentage (29 percent).

**Figure 6.25: Age adjusted tobacco related and non-tobacco related cancer mortality in Lincoln County, 2014-2016**



Source: Oregon Public Health Assessment Tool

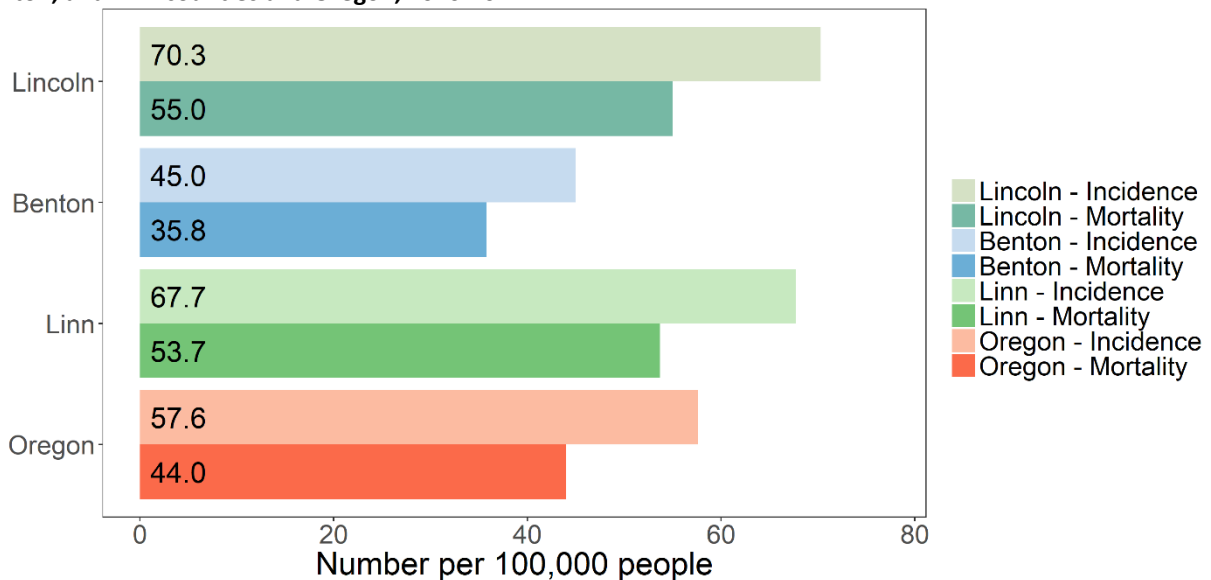
**Lung and Bronchial Cancer**

Because lung and bronchial cancers are closely related, this section will combine them both as lung cancer. Lung cancer incidence in men is steadily declining as a result of decreasing smoking

rates, but the incidence in women remains relatively flat.<sup>358</sup> Lung cancer is the deadliest cancer in Oregon, accounting for 27 percent of cancer deaths in the state in 2013; a number which includes tobacco and non-tobacco caused lung cancers.<sup>359</sup> The rate of lung cancer has remained fairly constant in Oregon and the United States over time.

Across the region, the decline in smoking from 2004 to 2011 reflects major implication for cancer rates, since smoking is the leading cause of lung cancers.<sup>360</sup> The lung and bronchial cancer incidence rate for the state was 58 per 100,000 from 2010-2014, lower than the Lincoln County rate of 70 per 100,000.<sup>361</sup> Mortality rates are also disparate across the region and compared to the state. Lincoln County has the highest mortality rate due to lung cancer at 55 per 100,000, with Linn County following at 54 per 100,000. Oregon has a mortality rate of 44 per 100,000, while Benton County has a rate of 36 per 100,000 (Figure 6.26). The Healthy People 2020 goal is 45.5 or fewer deaths per 100,000 people.<sup>362</sup>

**Figure 6.26: Age-adjusted incidence and death rate of lung and bronchial cancer per 100,000 persons in Lincoln, Benton, and Linn counties and Oregon, 2010-2014**



Source: National Cancer Institute, State Cancer Profiles

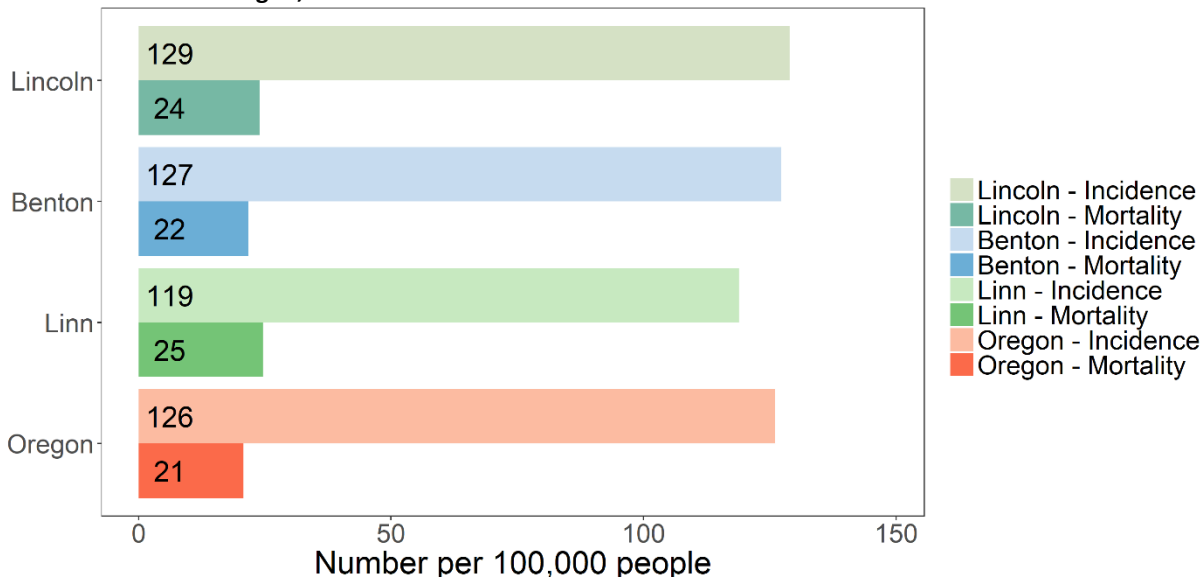
### Breast Cancer

Oregon has the 11<sup>th</sup> highest incidence rate for breast cancer in the United States.<sup>363</sup> Although significant improvements have occurred in early detection and treatment, breast cancer is still a leading cause of death for women in Oregon. Only a small fraction of breast cancer cases can be linked to genetics.<sup>364</sup>

The 2010-2014 age-adjusted incidence of breast cancer among women in Lincoln County was 129 diagnoses per 100,000 women, similar to the 126 diagnoses per 100,000 women in Oregon. During the same time, the female breast cancer mortality rates in all three counties were higher

than the Oregon mortality rate, as shown in Figure 6.27.<sup>365</sup> The Healthy People 2020 target is 20.7 deaths per 100,000 females.<sup>366</sup>

**Figure 6.27: Age-adjusted breast cancer incidence and mortality rates per 100,000 women in Lincoln, Benton, and Linn counties and Oregon, 2010-2014**



Source: National Cancer Institute, State Cancer Profiles

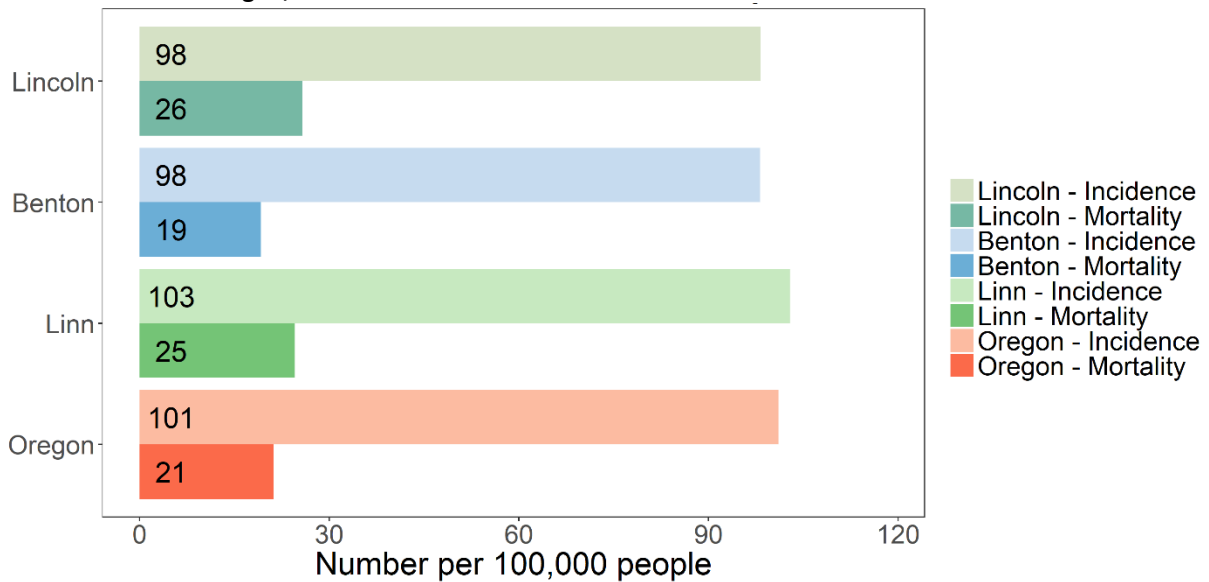
State trends in breast cancer can be summarized as follows:

- Women are at highest risk for breast cancer.
- Women age 40 and older are at greatest risk for being diagnosed with breast cancer.
- A small percentage of women under the age of 40 develop breast cancer.
- About 85 percent of all women diagnosed with breast cancer do not have a family history of breast cancer.
- Only about 10-15 percent of breast cancers occur as a result of inherited genetic traits.
- Breast cancer in men is rare, but it does occur and should be recognized as an important area for screening and treatment.
- Race is not considered a factor for increased risk of breast cancer. However, rates of death from the disease differ among ethnic groups. In Oregon, breast cancer is the leading cause of cancer associated deaths among Latino and Asian Pacific Islander women.<sup>367</sup>
- Some women may be at risk for a later stage diagnosis due to lack of access or referral to cancer screening services. Women with disabilities and African American women are more likely to be diagnosed at later stages for breast, cervical, and colorectal cancer.<sup>368</sup>

## Prostate Cancer

The 2010-2014 incidence of prostate cancer in Lincoln County was 98 per 100,000, slightly higher than that of Oregon’s incidence of 101 per 100,000 men (Figure 6.28). Lincoln County’s mortality rate for prostate cancer was higher than that of the state, at 26 per 100,000 men compared to the state mortality rate of 21 per 100,000 men.<sup>369</sup> Lincoln County’s rate did not meet the Healthy People 2020 objective to reduce the mortality rate due to prostate cancer to 22 deaths per 100,000 men.<sup>370</sup>

**Figure 6.28: Age-adjusted incidence and death rate of prostate cancer per 100,000 men in Lincoln, Benton, and Linn counties and Oregon, 2010-2014**

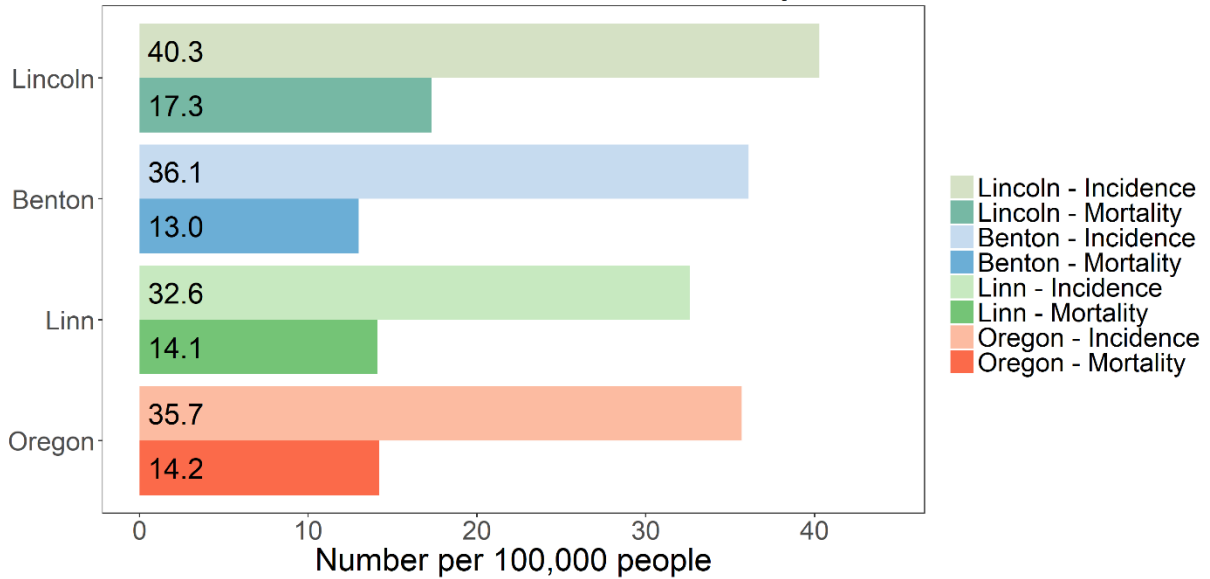


Source: National Cancer Institute, State Cancer Profiles

## Colorectal Cancer

The age-adjusted incidence of colorectal cancer in Lincoln County (40 cases per 100,000 people) is higher than the state incidence (36 cases) and other counties’ incidence in the region, as Figure 6.29 demonstrates. The mortality rate of colorectal cancer in Lincoln County, at just over 17 deaths per 100,000, is also higher than the rest. Lincoln County did not achieve the Healthy People 2020 target to reduce the mortality rate due to colorectal cancer to 14.5 deaths per 100,000 people.<sup>371</sup>

**Figure 6.29: Age-adjusted incidence and death rate of colorectal cancer per 100,000 people in Lincoln, Benton, and Linn counties and Oregon, 2010-2014**



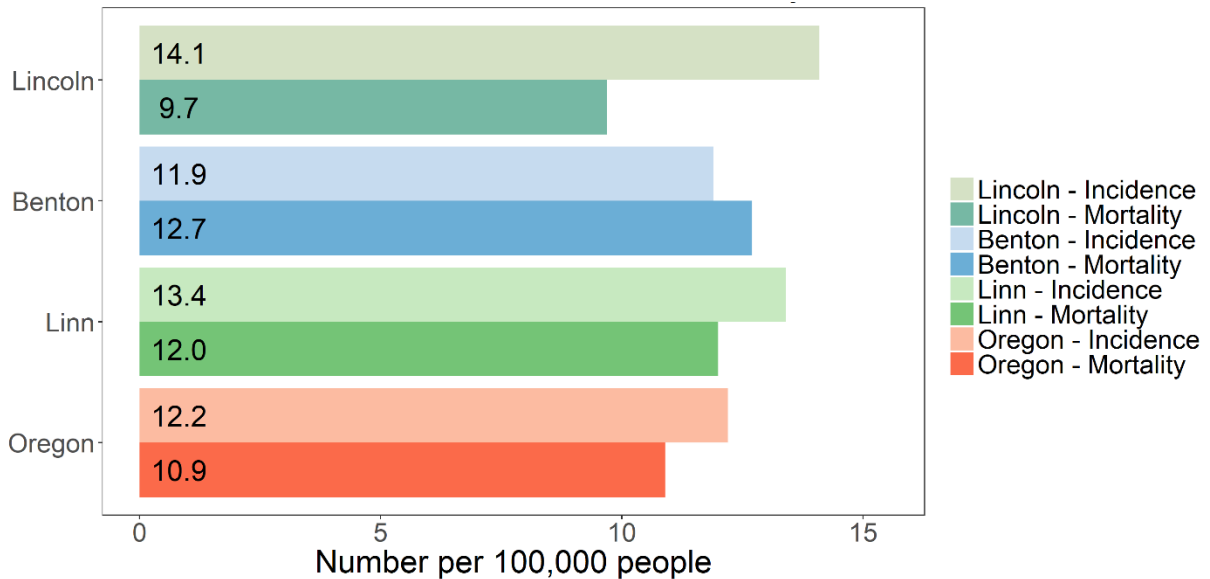
Source: National Cancer Institute, State Cancer Profiles

### Pancreatic Cancer

Pancreatic cancer is a disease in which cancer cells form in the tissue of the pancreas. Risk factors for pancreatic cancer include smoking, long-standing diabetes, chronic pancreatitis, and certain conditions such as hereditary pancreatitis.<sup>372</sup>

The age-adjusted incidence rate for pancreatic cancer in Lincoln County from 2010-2014 was over 14 cases per 100,000 persons, higher than the incidence rate in all of Oregon which was just over 12 cases per 100,000.<sup>373</sup> In contrast with the other cancers discussed in this section, pancreatic cancer mortality rates are close to incidence rates, with rates of 10 per 100,000 in Lincoln County and just under 11 per 100,000 in Oregon (Figure 6.30). Pancreatic cancer is difficult to diagnose before it has advanced, so survival rates tend to be lower than for other common cancers.

**Figure 6.30: Age-adjusted incidence and death rate of pancreatic cancer per 100,000 persons in Lincoln, Benton, and Linn counties, and Oregon, 2010-2014**



Source: National Cancer Institute, State Cancer Profiles

## Cancer Screening

Research shows that screening for cancer is effective in reducing serious consequences of the disease, which is generally more treatable when detected early. Breast and cervical cancer screening rates in the region are fairly consistent with state-level screening rates (Table 6.16). Additional data are needed to identify rates of screening among race/ethnic populations, age group and income level, as risk factors differ among different populations.

**Table 6.16: Age-adjusted percent of cancer screening in Lincoln County and Oregon, 2012-2015**

Cancer screening practice	Lincoln County	Oregon
Mammogram within past 2 years (women 50-74 years old)	77 %	76 %
Pap test within past 3 years (women 21-65 years old)	88 %	82 %
Current on colorectal cancer screening (50-75 years old)	73 %	65 %

Table notes: Current on colorectal cancer screening includes the following: having a fecal occult blood test (FOBT) in the past year; a colonoscopy within the past 10 years; or, a sigmoidoscopy within the past 5 years as well as an FOBT within the past 3 years.

Source: Oregon Health Authority, Health screenings among Oregon adults

## Cancer among Oregon Health Plan Members

When surveyed about whether they had ever been told they had cancer by a health care professional, 6 percent of Oregon Medicaid members reported they had (against 8.1 percent of the state’s general adult population). The lowest rate belonged to Pacific Islanders at 2.5 percent, with the highest rate going to American Indians / Alaska natives at 8 percent. The three counties served by IHN-CCO report a slightly higher rate than the state at 6.4 percent.<sup>374</sup>

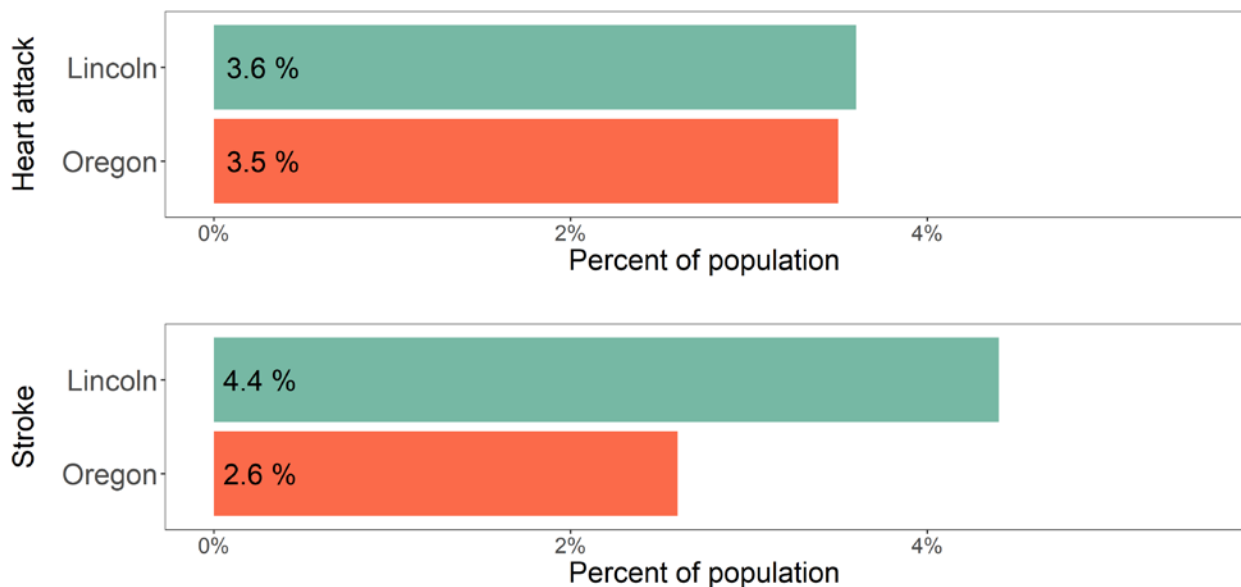
## Heart Disease and Stroke

After cancer, heart disease is the largest contributor to the mortality rate in the region and in Oregon. When combined with stroke and adjusted for age, diseases of the circulatory system are the leading causes of death in the region and Oregon.

### Cardiovascular Disease and Stroke

The incidence of both heart attack and stroke are higher in Lincoln County than in Oregon, as demonstrated in Figure 6.31.

**Figure 6.31: Age-adjusted incidence of heart attack and stroke per 100,000 persons in Lincoln County and Oregon, 2012-2015**



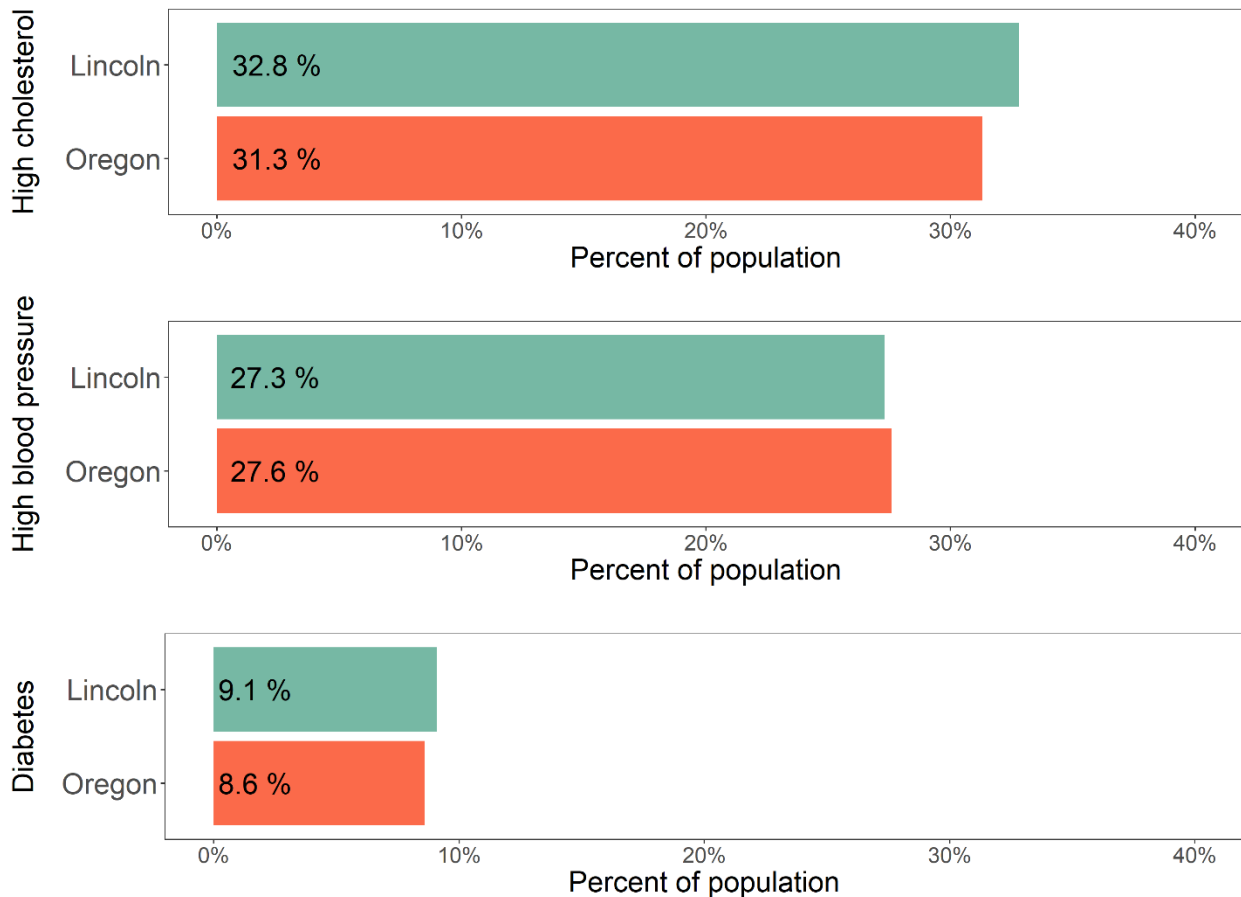
Source: Oregon Health Authority, Behavioral Risk Factors Surveillance System

Numerous health conditions and behaviors contribute to the potential for heart disease and stroke. These include:

- High blood pressure,
- High blood cholesterol,

- Diabetes,
- Obesity,
- Lack of exercise, and
- Smoking.<sup>375</sup>

**Figure 6.32 Age-adjusted percent of residents with risk factors of heart disease and stroke in Lincoln County and Oregon, 2012-2015**



Source: Oregon Health Authority, Behavioral Risk Factors Surveillance System

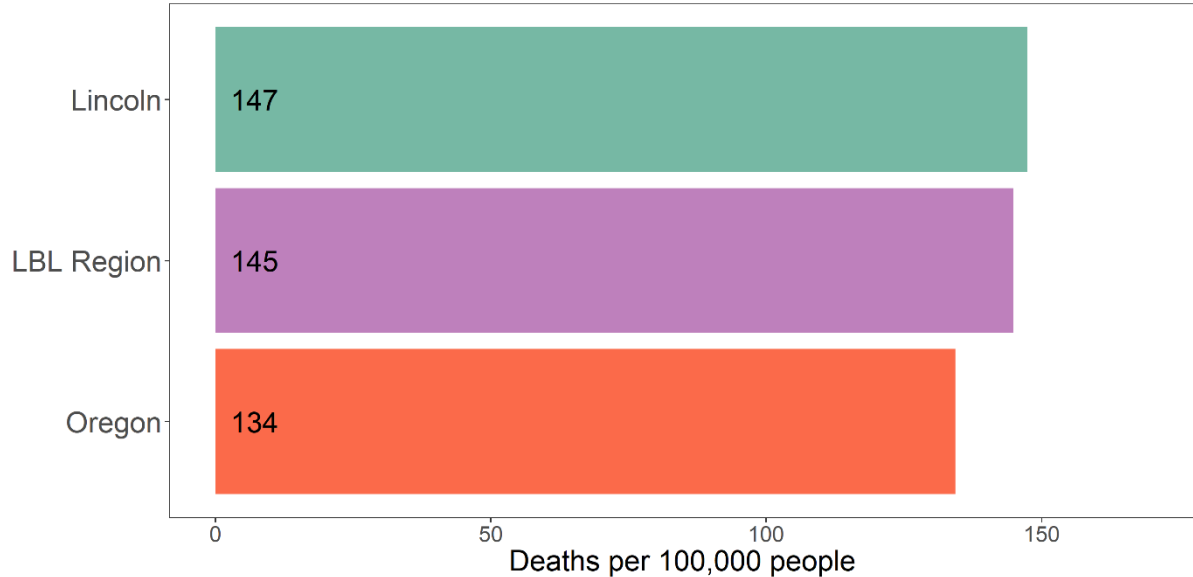
Many of the effects of heart disease can be reversed with healthy eating, exercise, avoidance of tobacco, and stress reduction. In addition to high blood pressure, high cholesterol, and diabetes being critical health factors of heart disease and stroke, social and economic factors are also important. For example, in the U.S., low-income adults are 50 percent more likely to suffer heart disease than top wage earners, even when other risk factors such as cholesterol or smoking, are taken into account.<sup>376</sup>

### Heart Disease Mortality

After cancer, cardiovascular disease is the second leading cause of death in Lincoln County.<sup>377</sup> Across Oregon, the death rate for heart disease is higher in rural areas than urban areas.<sup>378</sup>

Mortality rates are similar across the region (Figure 6.33), but the rate is higher in Lincoln County than in the region and the state.<sup>379</sup>

**Figure 6.33: Age-adjusted heart disease mortality rate per 100,000 individuals in Lincoln County, the LBL Region, and Oregon, 2013-2015**

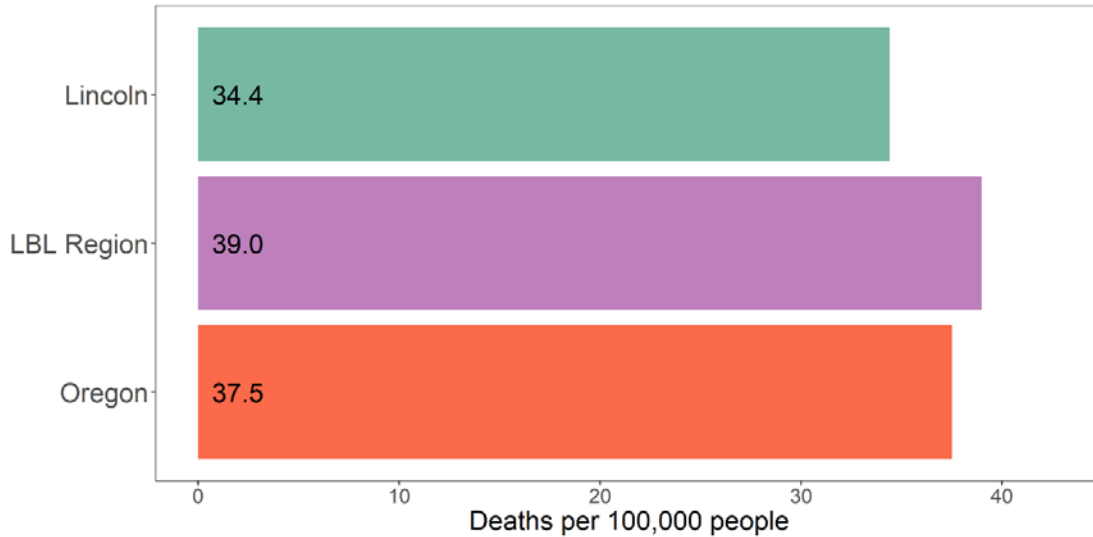


*Source: Oregon Health Authority: Oregon Public Health Assessment Tool*

### **Stroke Mortality**

Stroke mortality rates in the region and in Oregon have not achieved the Healthy People 2020 target of a reduction to 34.8 deaths per 100,000 persons, but the county's rate recently met the target (Figure 6.34).<sup>380</sup> Lincoln County's mortality rate for stroke is about 34 deaths per 100,000 people, and lower than Oregon's rate of 37 deaths per 100,000 people, and the regional rate of 41 deaths per 100,000 people.

**Figure 6.34: Age-adjusted stroke mortality rate per 100,000 individuals in Lincoln County, the LBL Region, and Oregon, 2013-2015**



Source: Oregon Health Authority: Oregon Public Health Assessment Tool

### **Heart Attack and Stroke among Oregon Health Plan Members**

Adult Medicaid members in Oregon were also surveyed about whether they had ever had a heart attack. A little over 4 percent of members responded that they had (a value slightly lower than the general state adult population). The range in race and ethnicity included 2.4 percent from Hispanics to 6.2 percent to American Indians/Alaska Natives. Across the local region, the 5 percent heart attack report rate was a little higher than the state.<sup>381</sup>

### **Oregon Health Plan Stroke**

When it comes to stroke, 3.8 percent of Oregon’s Medicaid population reported having had one. This is higher than the state’s population in general (2.9 percent). Only 1.3 percent of Hispanic OHP members reported they have had one, with just over 5 percent of American Indians / Alaska Natives reporting the same. Stroke rates for the IHN region are worse than the state at 4.5 percent.<sup>382</sup>

## **Diabetes**

### **Diabetes in Adults**

There are two types of diabetes identified by the medical community. Type 1 diabetes is a hormonal condition in which the body does not produce enough insulin to regulate the conversion of sugar and starches into energy. Type 1 diabetes is caused by genetic and unknown factors and is usually diagnosed in children. Fewer than five percent of diabetics are diagnosed with Type 1 diabetes.

In Type 2 diabetes, the body develops resistance to insulin, so that dietary sugar absorbed into the bloodstream is not converted into glycogen at a healthy rate. There are both genetic risk factors and behavioral risk factors for developing Type 2 diabetes. Because diabetes can cause serious health complications, it is important to prevent Type 2 diabetes through healthy life choices and also catch diabetes early through health screenings.<sup>383</sup>

Hereafter, Type 2 diabetes will be referred to as diabetes.

Risk factors for diabetes include the following:

- Being overweight or obese,
- having a parent or sibling with diabetes,
- having high blood pressure,
- having high cholesterol,
- being physically inactive,<sup>384</sup> and
- smoking.<sup>385</sup>

Prevalence of diabetes among adults in Lincoln County was 9 percent from 2012-2015.<sup>386</sup> This estimate may be conservative, however, as many people are unaware of their status. Diabetes often develops gradually as symptoms and complications can take years to manifest.

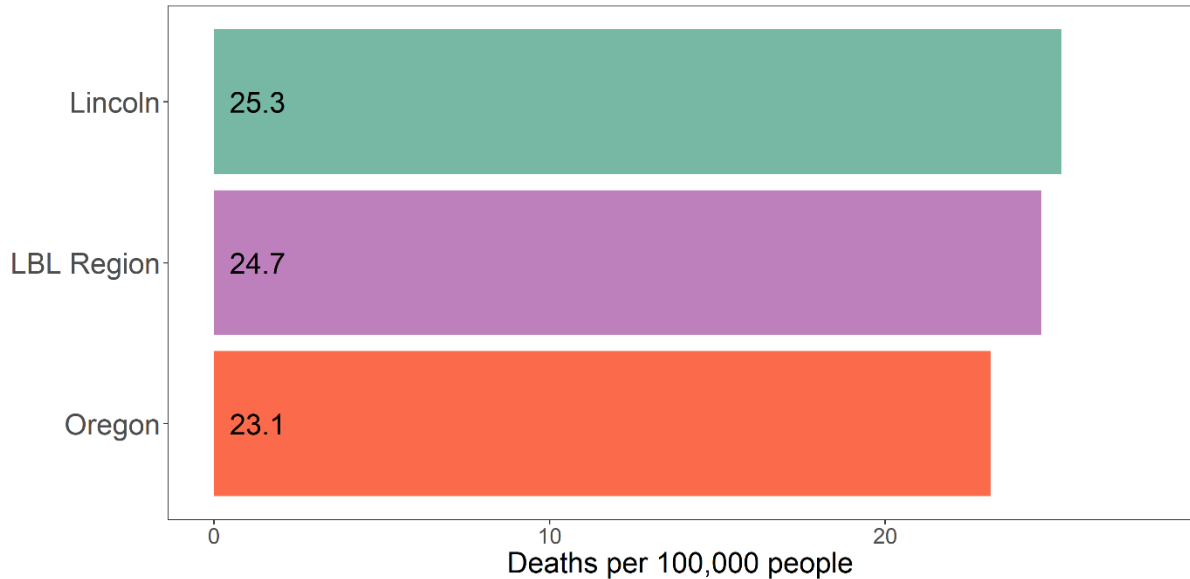
The growing burden of diabetes affects everyone in Oregon, but rates vary by age, race/ethnicity, and household income:

- Diabetes prevalence increases with age. Oregonians under 45 have the lowest rates of diabetes (2.6 percent), while 21.1 percent of adults aged 65 to 74 years of age and 18.9 percent of adults 75 years and older have been diagnosed with diabetes.
- Oregon's Hispanic/Latino, African American, and American Indian/Alaska Native communities have significantly higher rates of diabetes than do non-Latino Whites and Asian/Pacific Islanders.
- In 2011, the prevalence of diabetes among adults with an annual household income of less than \$20,000 was nearly three times that of those with an annual household income of \$75,000 or more (13.8 percent versus 4.9 percent, respectively).<sup>387</sup>

### **Diabetes Mortality**

Overall, 2013-2015 age-adjusted annual diabetes mortality rates have been consistently higher in Lincoln County than in the region or the state (Figure 6.35). All of these rates, however, are lower than the national diabetes mortality rate and meet the Healthy People 2020 objective of no more than 66.6 deaths per 100,000 persons.<sup>388</sup>

**Figure 6.35: Age-adjusted diabetes mortality rate per 100,000 in Lincoln County, the LBL Region, and Oregon, 2013-2015**



Source: Oregon Health Authority: Oregon Public Health Assessment Tool

Early detection and prompt treatment can reduce the burden of diabetes and its complications. Table 6.17 below shows that the rates Lincoln County residents have had their blood sugar and cholesterol tested are similar to Oregon.

**Table 6.17: Age-adjusted percent of adults with diabetes-related health screenings in Lincoln County and Oregon, 2012-2015**

Health screening practice	Lincoln County	Oregon
Blood sugar test within the past 3 years (45 years or older)	61 %	63 %
Cholesterol checked within the past 5 years	82 %	73 %

Source: Oregon Health Authority, Health screenings among Oregon adults

### Diabetes among Oregon Health Plan Members

Medicaid members in Oregon report having diabetes at a rate of 11.6 percent, whereas the general adult population report a rate of 9.2 percent. The highest rate in the survey came from Pacific Islanders (22.1 percent), while other races and ethnicities were more closely bunched around 13 percent. Again, the three county region served by IHN had a slightly higher average than the state (12 percent).<sup>389</sup>

## Arthritis

Arthritis continues to be the most common cause of disability in the United States, affecting one in five Americans. Arthritis consists of over 100 different diseases and conditions that affect the joints, surrounding tissues and other connective tissues. The two most common types are osteoarthritis and rheumatoid arthritis.

Older adults in Oregon are disproportionately affected by arthritis. Prevalence of arthritis is expected to increase dramatically as the population ages. Women are more likely to be affected than men because they live longer than men. The growth of the aging population in the region will add to the high prevalence of arthritis in the coming decades. Other risk factors include sedentary lifestyle, obesity/overweight, joint injury, and work-related joint trauma.<sup>390</sup>

The latest 4-year average data available (2012 to 2015) show the prevalence of arthritis in Lincoln County is higher than Oregon's, even after adjusting for the county's older population. The age-adjusted rate for the county is 30 percent, while the state's is just under 25 percent.<sup>391</sup>

### Oregon Health Plan Arthritis

Among adult Medicaid members across the state, 27.1 percent report being advised by a health care professional that they have arthritis. In terms of race and ethnicity, both Whites and American Indian/Alaska Native members have values above 30 percent. Across the region served by IHN, members report arthritis at a 29.1 percent rate.<sup>392</sup>

## Asthma

Over the past 20 years, asthma has become one of the most common chronic diseases in the United States. Oregon has one of the highest asthma rates in the nation.<sup>393</sup> Asthma results in direct health care costs (e.g., hospitalizations and emergency department visits) and indirect costs (e.g., missed school and work days and days of restricted activity) that affect the quality of life for people with asthma and their families.

Common asthma triggers include:

- tobacco smoke and other smoke;
- animals with fur or feathers;
- dust mites and cockroaches;
- mold or mildew;
- pollen from trees, flowers, and plants;
- being physically active;
- air pollution;
- breathing cold air;
- strong smells and sprays; and

- illnesses, such as influenza and colds.<sup>394</sup>

### Prevalence of Asthma in Adults

For the past 10 years, the percent of Oregonians with a current asthma diagnosis has been rising slowly. Oregon ranked among the top six states for the highest percentage of adults with current asthma diagnoses in 2011.<sup>395</sup>

Two important risk factors contribute to the likelihood of an asthma diagnosis: tobacco use and obesity. Consequently, Oregon counties with asthma levels higher than the state average also tend to be counties with high smoking rates.<sup>396</sup> Likewise, counties with high levels of obesity also tend to have increased prevalence and incidence of asthma.

Asthma rates are self-reported on the Oregon Healthy Teens survey. In 2017, 12 percent of Lincoln County 8<sup>th</sup> graders and 8 percent of 11<sup>th</sup> graders reported having asthma (Table 6.18).

**Table 6.18: Asthma rates among high school students in Lincoln County, the LBL Region, and Oregon, 2017**

Grade	Lincoln County	LBL Region	Oregon
8 <sup>th</sup> grade	12 %	10 %	10 %
11 <sup>th</sup> grade	8 %	11 %	13 %

Source: Oregon Healthy Teens Survey

Just under 10 percent of Lincoln County adults have an asthma diagnosis. This is similar to the rate in Oregon, which is just under 11 percent.<sup>397</sup>

Detailed information on the prevalence of asthma among other sub-populations in the region is not currently available. Even so, results from statewide surveillance suggest that prevalence varies by race/ethnicity, level of education, sexual orientation, and household income (Table 6.19).

**Table 6.19: Age-adjusted prevalence of asthma in at-risk groups in Oregon, 2011**

Population characteristic	Prevalence
Total population	11 %
African American	12 %
American Indian and Alaska Native	18 %
No high school diploma	17 %
Gay or Lesbian	12 %
Bisexual	16 %
Household income below \$15,000	18 %
No health insurance	12 %
Oregon Health Plan	20 %
Rural	12 %

Table notes: African American and American Indian and Alaska Native data from 2010-2011; Gay or Lesbian and Bisexual data from 2007 – 2011 combined.

Source: Oregon BRFSS 2011

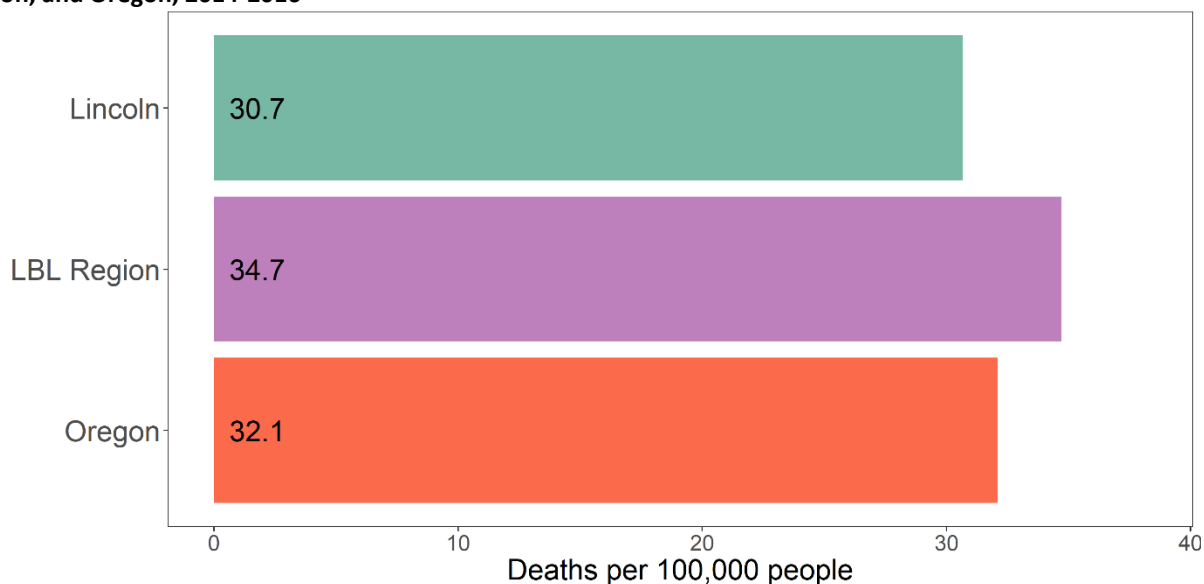
## Oregon Health Plan Asthma

As far as adult Medicaid members, 16.5 percent reported having been told they have asthma. There is a wide range among different races and ethnicities, with Asian members reporting 6.8 percent and American Indians / Alaska Natives reporting 25.1 percent. Among the local region served by IHN-CCO, OHP members report an asthma rate of 17.7 percent.<sup>398,399</sup>

## Alzheimer's disease

Alzheimer's disease is the most common form of dementia, which is a general term for loss of memory and other intellectual abilities serious enough to interfere with daily life. Alzheimer's accounts for 60 to 80 percent of all cases of dementia. Alzheimer's is also terminal, and is the 8<sup>th</sup> most common cause of death in Lincoln County. From 2014-2016, Lincoln County's mortality rate for Alzheimer's was about 31 per 100,000 (Figure 6.36). The Alzheimer's mortality rate in Oregon was higher than the county when examining age-adjusted rates.

**Figure 6.36: Age-adjusted Alzheimer's disease mortality rate per 100,000 individuals in Lincoln County, the LBL Region, and Oregon, 2014-2016**



Source: Oregon Health Authority: Oregon Public Health Assessment Tool

It is anticipated that the number of Oregonians with Alzheimer's disease and related dementia will increase significantly in the next two decades, mostly due to an increase in the elderly population. Currently, about 76,000 Oregonians live with Alzheimer's disease and this number is expected to increase to 110,000 by 2025.<sup>400</sup>

## Unintentional Injury Mortality

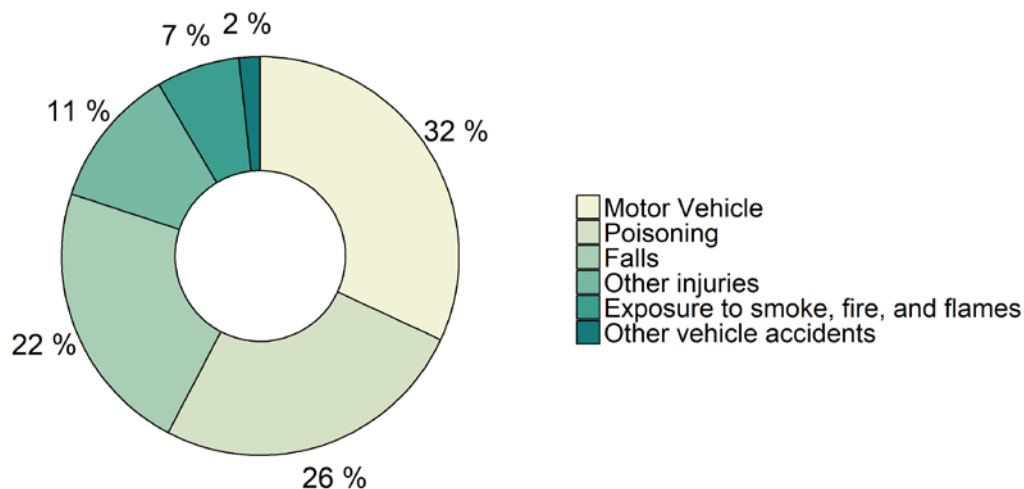
Injuries are the number one cause of death among people under the age of 44 in Oregon and the fifth leading cause of death overall. Injury is also the number one cause of disability at all

ages.<sup>401</sup> Most of the events resulting in injury, disability, or death are preventable. According to Healthy People 2020, injuries and violence have an impact on the well-being of people by contributing to premature death, disability, poor mental health, high medical costs, and high unproductivity.<sup>402</sup>

Nationally, the leading causes of death from injury are a result of motor vehicle traffic accidents, unintentional poisoning, and falls. Overall, these are the same leading causes of death resulting from unintentional injury in Oregon. However, falls is the number one cause, followed by poisoning and motor vehicle accidents. Risky behaviors, such as drinking and driving and the use of a hand-held cell phone while driving can be contributing factors to motor-vehicle traffic accidents. About three percent of Oregon adults report driving after having too much to drink on at least one occasion in the past month. About 15 percent of Oregon youth rode with a parent or other adult who had been drinking on at least one occasion in the past month.

County injury deaths differ somewhat from the state’s pattern (see Figure 6.37 below). Motor vehicle accidents contributed to 32 percent of accidental deaths between 2014 and 2016, followed by poisoning and falls. Together, these three causes comprise 80 percent of accidental deaths in the region.

**Figure 6.37: Causes of unintentional injury deaths in Lincoln County, 2014-2016**



*Figure notes: These data represent 103 deaths due to injury among all Lincoln County residents between 2014 and 2016, a rate of 62.3 deaths per 100,000 people per year.*

*Source: Oregon Public Health Assessment Tool*

Injury mortality is higher among males than females in all age groups in Oregon. Injury mortality rates increase with age for both sexes, starting at age five.<sup>403</sup> The risks of different major types of injury fluctuate through a person’s life. These include, among other types, falls, unintentional poisonings, motor vehicle accidents, and self-harm.

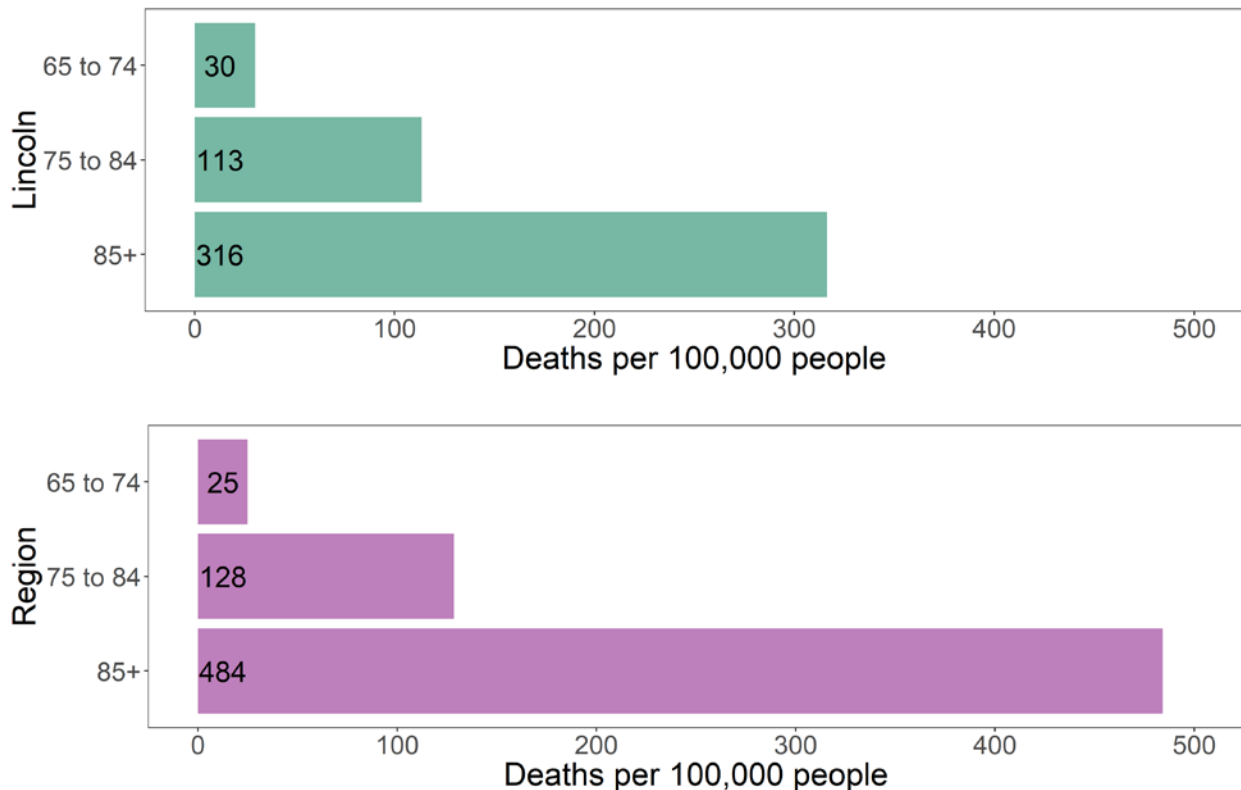
Lincoln County residents experienced 103 total deaths by unintentional injury between 2014 and 2016, a rate of 62.3 deaths per 100,000 people per year. The Healthy People 2020 target for unintentional injury deaths is 36 per 100,000 persons.<sup>404</sup>

## Preventing Falls

Falls are a major cause of injury and hospitalization, and the 10<sup>th</sup> leading cause of death among older Oregonians.<sup>405</sup> Nearly one in three older adults experiences a fall each year, and 20-30 percent of those who fall suffer injuries. As commonly as they occur, injuries and deaths due to falls are not an inevitable consequence of aging; they can be prevented. Muscle weakness is a significant contributing factor in falls, so physical activity is widely viewed as among the most important interventions for preventing injuries related to falls among older adults.

Hospitalization rates for falls increase drastically as adults age; the rate of hospitalizations due to a fall for adults 75 years and older is more than six times the rate for adults 60-74 years. Older adults hospitalized for falls are nearly six times more likely to be discharged into long term care compared to older adults hospitalized for other conditions. In 2013, the cost for fall injury hospitalization among adults 65 years and older in Oregon totaled to more than \$219 million.<sup>406</sup> Between 2011 and 2015, the mortality rate from falls in the region was 484 deaths per 100,000 residents age 85 and older. Figure 6.38, below, highlights the difference in mortality rates for different age groups among the elderly in the county and region.

**Figure 6.38: Fall mortality among elder adults in Lincoln County and the LBL Region, 2014-2016**



Source: Oregon Health Authority, Oregon Public Health Assessment Tool

## Conclusion

Understanding the leading causes of illness and death is a first step on the path to preventing both the loss of life and improving the quality of life within the region. While leading causes of death in the region closely mirror those of the state, examining various cancers, heart disease, and other major causes reveal areas of vast improvement, as well as areas in which the region is doing more poorly than the state average. Data on many sub-populations are noticeably absent throughout this chapter. While we know that factors such as access to health care, mental health status, and other demographics are closely linked to particular conditions at a state or national level, without more robust data we can only guess at local trends. The more detailed data we have about disparities within particular populations and illnesses, the more ability we have to address these issues effectively in the region. As discussed throughout the chapter, many of the conditions that cause illness and death within the region have well-established causes, with a number of them rooted in behaviors or risk factors that can be prevented. The following chapter takes a closer look at behaviors and risk factors that affect a person's health and well-being across the life course.

# Chapter 7

## Behavioral Health

The term “behavioral health” refers to a wide range of topics, and is often used interchangeably with “mental health”. For clarity, some professionals prefer to reserve the “mental health” category for illnesses such as depression, posttraumatic stress disorder (PTSD), or schizophrenia, for example. They see substance abuse and some developmental disorders as being related to mental health but having distinct challenges that require unique classification. This chapter is organized with this consideration, so behavioral health is used as an umbrella term.

### Mental Health

Mental health is often defined as our emotional, psychological, and social well-being.<sup>407</sup> Mental health disorders are experienced by people of all ages, from early childhood through old age. Research suggests that only about 17 percent of U.S. adults are considered to be in a state of optimal mental health. An estimated 26 percent of Americans age 18 years and older are living with a mental health illness in any given year and 46 percent will have a mental health illness during their lifetime.<sup>408</sup> These disorders include, among others, anxiety, depression, behavior disorders, persistent suicidal thoughts, schizophrenia, and Alzheimer’s disease.<sup>409</sup>

County Health Rankings (from the Robert Wood Johnson Foundation) reports the number of poor mental health days each month, both as a proxy for mental health diagnoses and as an indicator of overall mental wellness. Residents of Lincoln County reported an average of 4.6 poor mental health days over the previous month. This measure is based on survey responses to the question: “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”<sup>410</sup> Oregonians across the state reported an average of 4.6 poor mental health days as well. The Healthy People 2020 benchmark is 2.3, placing the region and the state in the worst 10 percent nationwide for this measure, with clear room for improvement. From 2008 to 2011, 60 to 64 percent of regional residents reported no poor mental health in the past 30 days. These rates are statistically equivalent to the statewide rate of 65 percent.<sup>411</sup> From 2010 to 2013, the self-reported depression rate in Lincoln County was 31 percent, close to the state rate of 25 percent.<sup>412</sup>

There is a strong link between chronic disease, injury, and mental illness. Tobacco use among people diagnosed with mental health conditions is twice that of the general population. Other associations between mental illness and chronic disease include cardiovascular disease, diabetes, obesity, asthma, arthritis, epilepsy, and cancer. Injury rates for both intentional and unintentional injuries are 26 times higher among people with a history of mental health conditions than for the general population.<sup>413</sup> National research indicates that people with

serious mental illness die on average 25 years earlier than the general population. Sixty percent of those deaths are due to medical conditions such as cardiovascular disease, diabetes, respiratory diseases, and infectious illnesses; 40 percent are due to suicide and injury.<sup>414</sup>

Many mental health disorders can be treated effectively, and prevention of mental health disorders is a growing area of research and practice. Early diagnosis and treatment can decrease the disease burden of mental health disorders as well as associated chronic diseases. Assessing and addressing mental health remains important to ensure that all Americans lead longer, healthier lives.<sup>415</sup>

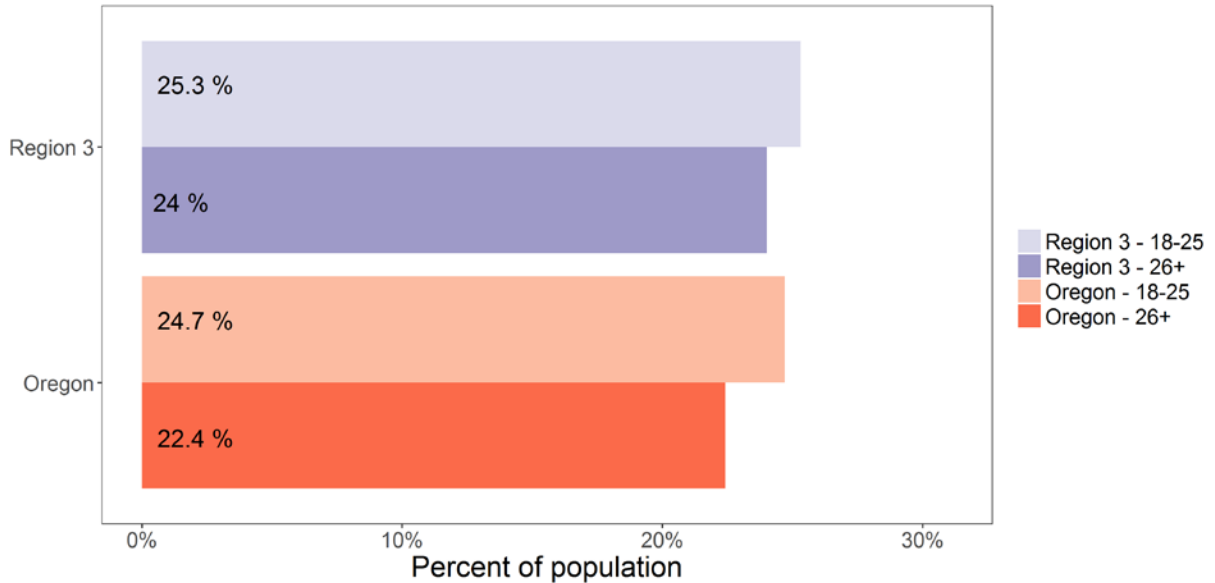
## **Substance Abuse and Mental Health Services Administration**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is a part of the U.S. Department of Health and Human Services that deals with “reducing the impact of substance abuse and mental illness on America’s communities.” SAMHSA defines “any mental illness” among adults over 18 as “currently or at any time in the past year having had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders)” as described by the Diagnostic and Statistical Manual of Mental Disorders (published by the American Psychiatric Association). If the condition results in a “functional impairment which substantially interferes with or limits one or more major life activities”, or would have without intervention, then it meets the standard for “serious mental illness”.<sup>416</sup>

SAMHSA conducts an annual survey, called the National Survey on Drug Use and Health (NSDUH), which provides sub-state estimates of a variety of mental health and substance abuse topics. However, SAMHSA does not evaluate individual counties but instead divides the state into regions. Region 3 includes Lincoln, Benton, and Linn counties, but includes Clatsop, Columbia, Lane, Marion, Polk, Tillamook, and Yamhill as well.<sup>417</sup> Therefore the SAMHSA statistics represented by figures in this chapter should be interpreted in the correct context.

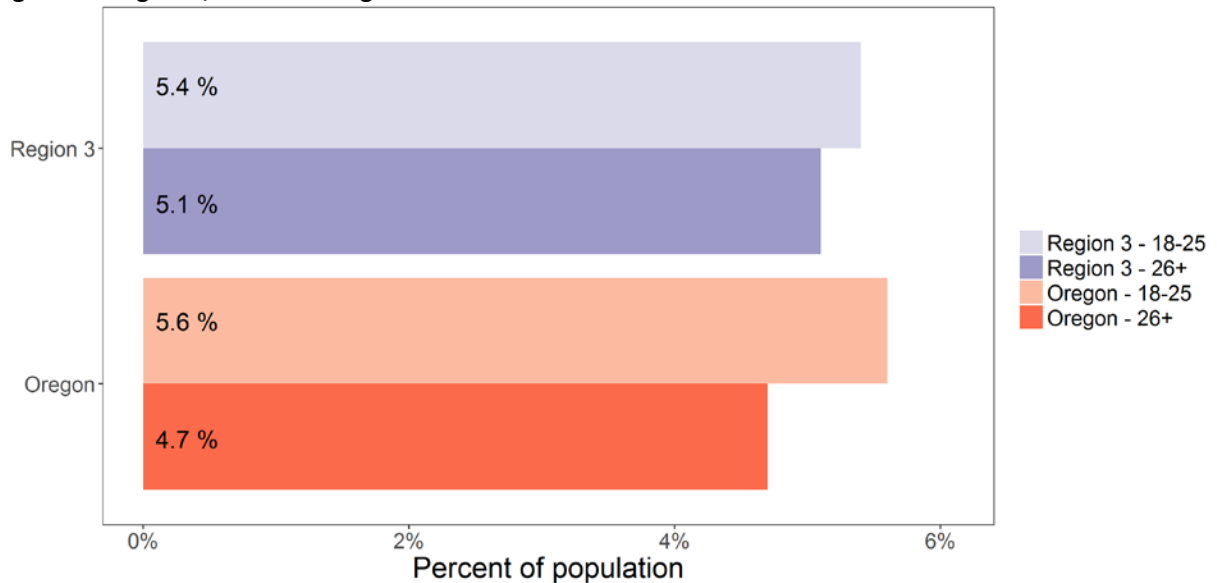
For both the state of Oregon and Region 3 specifically, about one quarter of individuals in the NSDUH survey age 18-25 report experiencing “any mental illness” within the last year. There is a slight drop in those rates for older adults, but they remain over 20 percent (see Figure 7.1). Approximately 1 in 20 Oregon adults experience “serious mental illness” regardless of age category (Figure 7.2), and this also remains consistent in Region 3.

**Figure 7.1: Young Adults (ages 18-25) and Adults (26+) with Any Mental Illness in the Past Year in Oregon and Region 3, annual averages from 2012-2014**



Source: Substance Abuse and Mental Health Services Administration

**Figure 7.2: Young Adults (18-25) and Adults (26+) with a Serious Mental Illness in the Past Year in Adults in Oregon and Region 3, annual averages from 2012-2014**



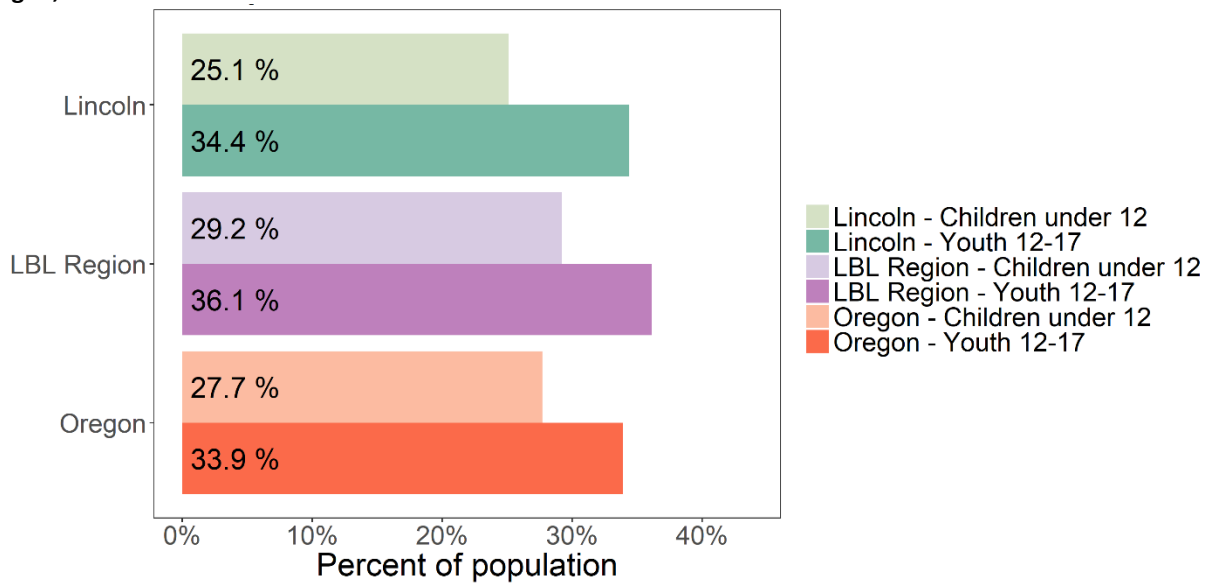
Source: Substance Abuse and Mental Health Services Administration

### Mental Illness among Oregon Health Plan Members

The Oregon Health Authority produces annual county behavioral health profiles for OHP members. The most recent publicly available profile was produced in 2015.<sup>418</sup> These data provide information about the population receiving the Oregon Health Plan and that population’s mental health and demographics.

For the purposes of understanding the data from the behavioral health profile, it should be clear that it includes *identified* mental health conditions. Data focus on receiving mental health services or treatment, so actual prevalence is likely underestimated. As seen in Figure 7.3, a little over 1 in 3 OHP members aged 12-17 have received some type of service(s) for a mental health condition. These results are consistent from Linn County to the state level. Children under age 12 are also consistently lower, with a 5 to 6 percent difference from their older counterparts.

**Figure 7.3: OHP members age 0-17 with a mental health condition in Lincoln County, the LBL Region, and Oregon, 2015**



Source: Oregon Health Authority Behavioral Health Profiles

In OHP adults aged 18 and older, the profile separates “Mild or Moderate” from “Severe” mental health disorders. Severe disorders involve serious functional impairment. If someone has a Severe disorder, they cannot also be counted in the Mild or Moderate category. Though the prevalence remains the same in both age groups for mild or moderate disorders, the prevalence of severe disorders increases in the 26 and older population. This may be explained by the later onset of certain serious disorders including schizophrenia.

**Table 7.1: Percent of OHP members, age 18-25 and age 26+, with a Mild or Moderate or Severe Mental Health Disorder in Lincoln County, the LBL Region, and Oregon, 2015**

Age group	Severity of mental health disorder	Lincoln County	LBL Region	Oregon
18-25	Mild or moderate	28 %	24 %	27 %
	Severe	8 %	9 %	8 %
26+	Mild or moderate	28 %	27 %	28 %
	Severe	13 %	16 %	14 %

Source: Oregon Health Authority Behavioral Health Profiles

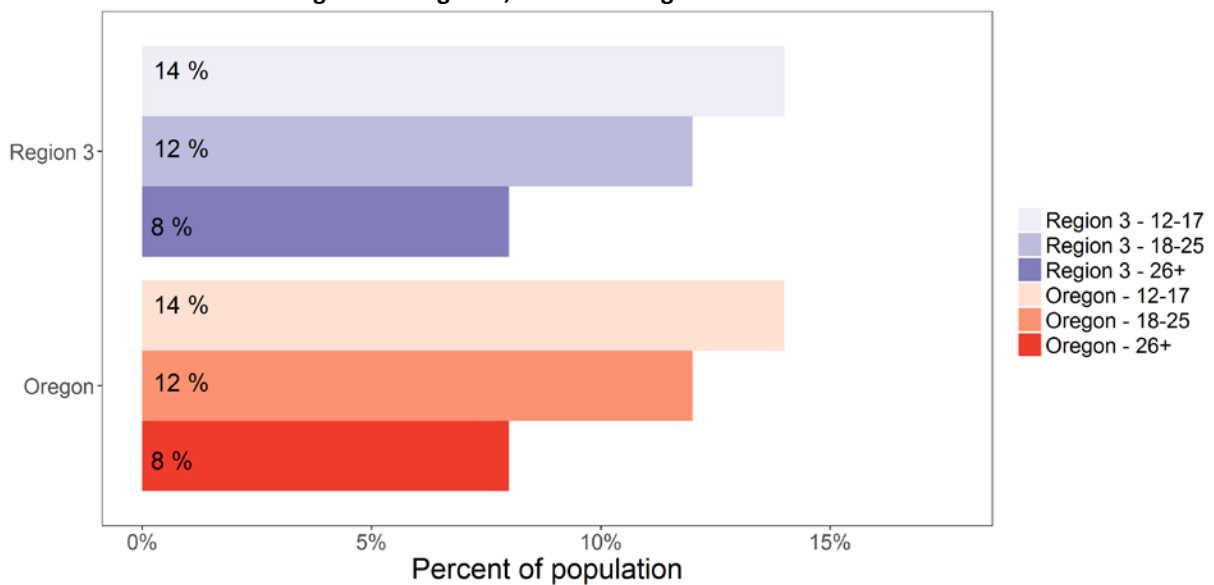
Another group of particular concern regarding mental health is the incarcerated population. In Oregon, the provision of effective mental health service has been shown to lead to positive outcomes. These outcomes include a dramatic drop in arrests, reduction in the likelihood and duration of incarceration, and fostering of self-sufficiency and well-being as a result of improved social, emotional, and vocational functioning.<sup>419</sup> Approximately 3,400 adults with mental illnesses were incarcerated in prisons in Oregon in 2010.<sup>420</sup> This was a prevalence of approximately 24 individuals with mental illness for every 100 incarcerated individuals.<sup>421</sup>

## Depression

Depression is the most common type of mental illness and it is estimated that it affects more than 26 percent of the U.S. adult population.<sup>422</sup> Depression is characterized by a depressed or sad mood, diminished interest in activities which used to be pleasurable, weight loss or gain, fatigue, psychomotor agitation or retardation, inappropriate guilt, difficulties concentrating, and recurrent thoughts of death.<sup>423</sup>

Depression has many degrees of severity, including dysthymia (a chronic, persistent mild depression)<sup>424</sup> to major depressive disorder (clinical depression).<sup>425</sup> A major depressive episode (MDE) is defined by SAMHSA as experiencing a depressed mood or loss of interest or pleasure in daily activities and a majority of specified depression symptoms lasting over 2 weeks within the last year. Both the state and Region 3 experience similar MDE rates. The data also indicate that the probability of experiencing MDE decreases with age (Figure 7.4).

**Figure 7.4: Children (ages 12-17), Young Adults (18-25), and Adults (26+) that experienced a Major Depressive Episode in the Past Year in Oregon and Region 3, annual averages from 2012-2014**



Source: Substance Abuse and Mental Health Services Administration

## Perinatal Depression

Maternal depression, or perinatal depression, is a depressive disorder characterized by feelings of sadness or hopelessness, reduced interest or pleasure in activities, changes in weight/appetite, sleeping disruption or too much sleep, restlessness or irritability, or diminished ability to think or concentrate during pregnancy and/or soon after giving birth. Mothers with maternal depression are less likely to engage in healthy parenting behaviors. As a result, mother-infant bonding and attachment can be compromised. In extreme cases, mothers with maternal depression have harmed themselves or their babies.<sup>426</sup>

In Oregon, nearly 1 in 5 (18.8 percent) new mothers report symptoms of depression during and/or after pregnancy. This figure has been relatively constant since 2009.<sup>427</sup> Regional and county-level data depicting maternal depression are currently limited; however, state-level data can provide some insight into the experiences of mothers in the region.

The most recent detailed data on maternal depression and disparities among women in Oregon is from 2004 to 2008:

- Low-income women are twice as likely to report depressive symptoms as high-income women (36.2 percent versus 16.7 percent).
- Current smokers are 50 percent more likely to report depressive symptoms than non-smokers (33.5 percent versus 21.7 percent).
- Women who experienced partner stress are twice as likely to report depressive symptoms (42 percent versus 16.2 percent).
- Racial/ethnic minority mothers are more likely to report depressive symptoms than White mothers (Hispanic 31.1 percent versus White 20.8 percent).
- Teen mothers are more likely to report depressive symptoms than older mothers (36.3 percent of those < 20 years old versus 16.9 percent of 35 years and older).<sup>428</sup>

## Increased Risk of Suicide

Depression is also the most common underlying cause of suicide, which the National Institute of Health defines as “death caused by self-directed injury with intent to die as a result of the injury”.<sup>429</sup> In Oregon, suicide rates are higher than the national average. About 70 percent of people who died by suicide from 2003 to 2012 had a diagnosed mental health condition, and the most common of those (about 70 percent) was depression.<sup>430</sup>

## Suicide

Suicide is the leading cause of injury-related death in the state and the 9<sup>th</sup> leading cause of death overall for Oregonians. It is a serious public health concern. It relates not only to injury

and violence, but also mental health. While many unintentional injuries can be prevented by making one's environment safer, suicide can also be effectively prevented by providing treatment to those with mental health disorders. Therefore, suicide is discussed in the context of mental health. Lincoln County recorded 26 suicides per 100,000 residents between 2011 and 2015. The statewide rate in the same period was 17 per 100,000 persons.<sup>431</sup>

Factors associated with an increased risk of suicide include:

- having a family history of suicide;
- having a family history of child maltreatment;
- having previously attempted suicide;
- having a history of mental disorders, particularly clinical depression;
- having a history of alcohol and substance abuse;
- living in an area where there is a local epidemic of suicide;
- isolation or feeling cut off from other people;
- encountering barriers to accessing mental health treatment;
- encountering loss (relational, social, work, or financial);
- having a physical illness;
- having easy access to lethal methods; and
- an unwillingness to seek help due to the stigma attached to mental health and substance abuse disorders or to suicidal thoughts.<sup>432</sup>

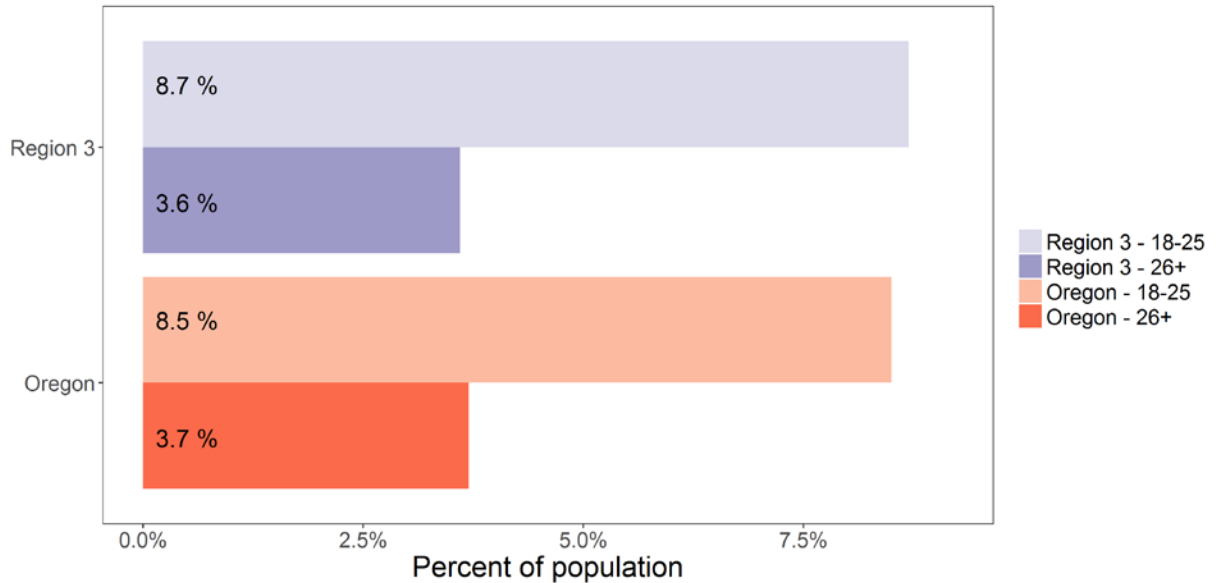
While protective factors against suicide have not been studied as extensively as risk factors, they are equally important. Factors that have been found to buffer individuals from suicidal thoughts or behavior include:

- effective clinical care for mental, physical, and substance abuse disorders;
- easy access to a variety of clinical interventions and support for help seeking;
- family and community support (connectedness);
- support from ongoing medical and mental health care relationships; and
- skills in problem solving, conflict resolution, and nonviolent ways of handling disputes.<sup>433</sup>

## Suicidal Ideation

Suicidal ideation, or having suicidal thoughts, can be as seemingly minor as a fleeting notion or as considerable as planning. Regardless, it is a significant factor that increases the risk of making an actual suicide attempt.<sup>434</sup> The NSDUH survey measured suicidal ideation among adults (Figure 7.5). Young adults ages 18-25 consider or think about suicide at more than twice the rate as adults 26 and older, and this is consistent in both Region 3 and at the state level.

**Figure 7.5: Young adults (ages 18-25) and adults (26+) that experienced Serious Thoughts of Suicide in the Past Year in Adults in Region 3 and Oregon, annual averages 2012-2014**

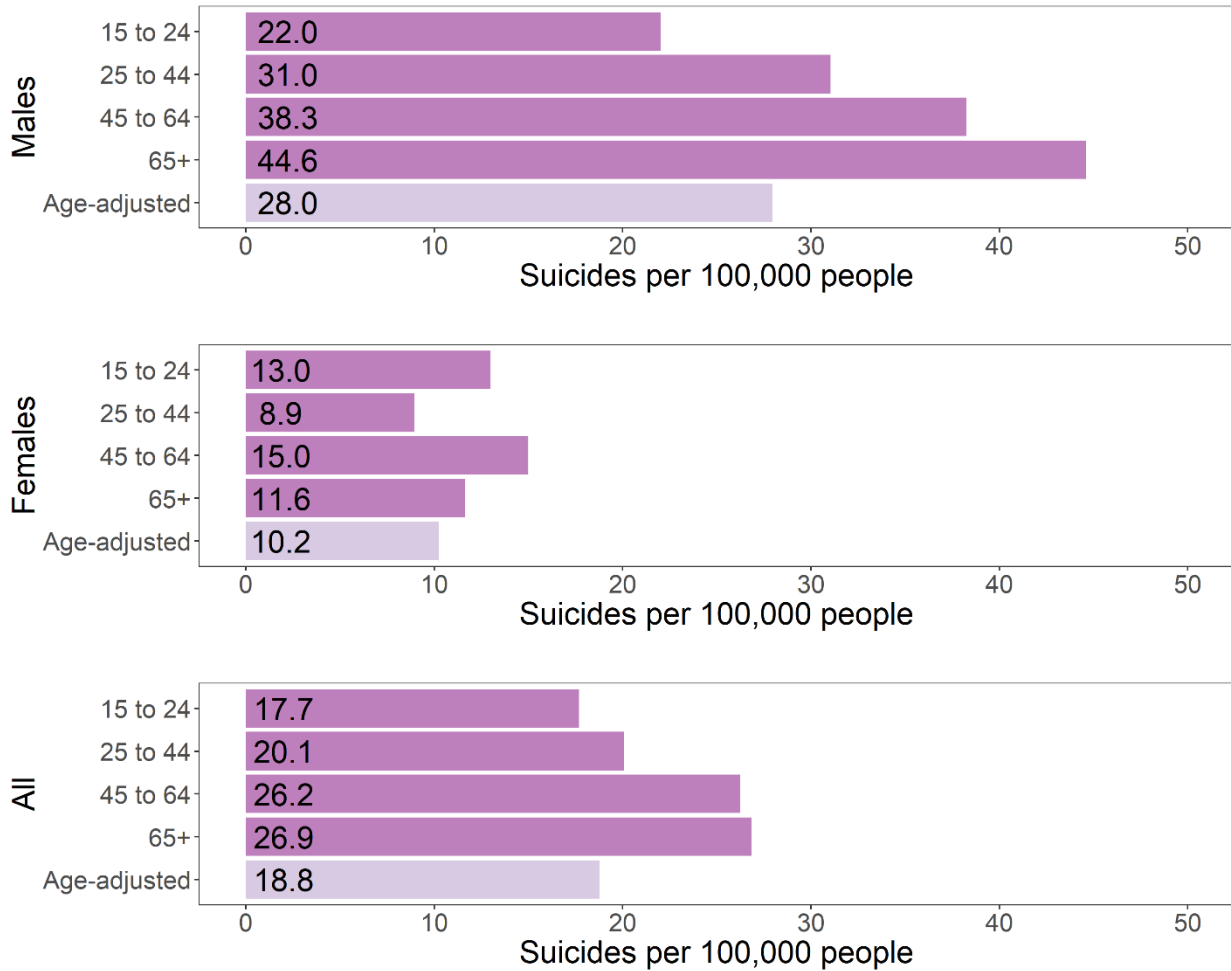


Source: Substance Abuse and Mental Health Services Administration

Overall, the suicide rate among Lincoln County adult males is 2.7 times the rate among adult females.<sup>435</sup> The total suicide rate increases with age, but this is due primarily to the outsize effect of male suicide rates, which increase with age. Among males of all age groups in the region from 2012 to 2016, males over the age of 65 had the highest suicide rate at 44.6 per 100,000 men (Figure 7.6).<sup>436</sup> Females had a much lower rate of suicide, averaging 10.2 per 100,000 women, and this rate does not increase with age. The suicide rate among women peaks at 15 per 100,000 women between the ages of 45 and 64.<sup>437</sup>

Due to the small numbers of suicides in a given year, data presented here are aggregated across the LBL Region for confidentiality and more accurate estimates.

**Figure 7.6: Suicide rates per 100,000 men, per 100,000 women, and per 100,000 individuals, with regional age-adjusted averages, 2012-2016**

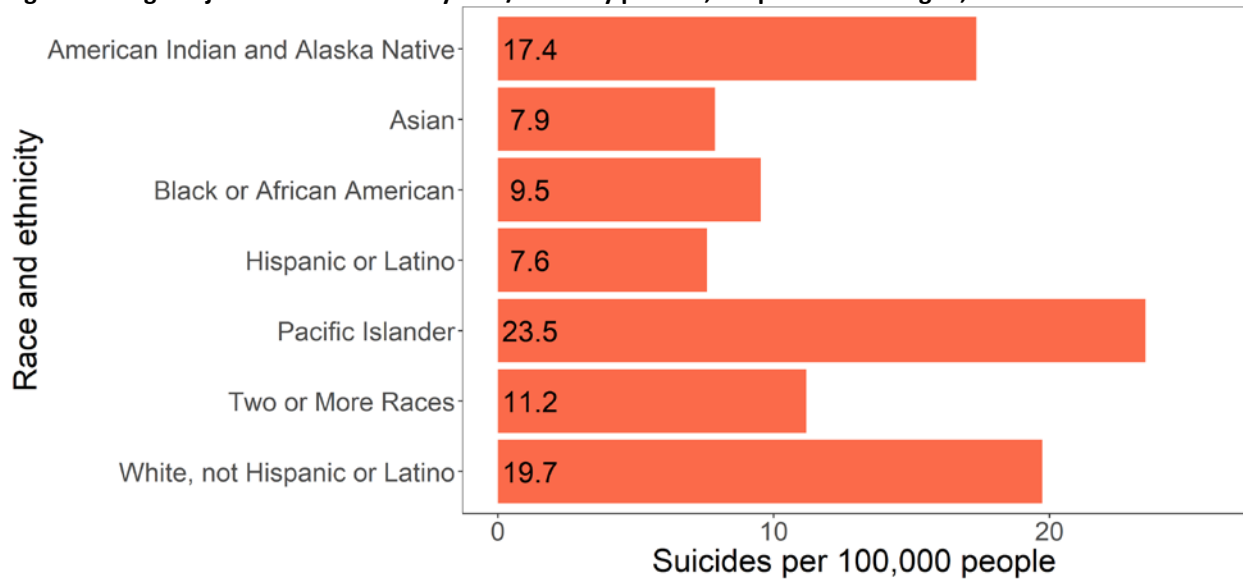


Source: Oregon Health Authority, Oregon Public Health Assessment Tool

### Race/Ethnicity

Suicide events among non-white individuals are rare in the region, therefore race/ethnicity data cannot be reported at the regional level for confidentiality and reliability reasons. However, state suicide rates in the following figure may be used to understand trends in suicide deaths by race and ethnicity among all age groups (Figure 7.7).

**Figure 7.7: Age-adjusted suicide rates by race/ethnicity per 100,000 persons in Oregon, 2012-2016**



Source: Oregon Public Health Assessment Tool

## Suicide among Veterans

Veterans are twice as likely as nonveterans to die by suicide. Approximately 23 percent of suicides that occurred in Oregon between 2008 and 2013 were among veterans, but less than 9 percent of Oregonians were veterans during that time. Of those, 97 percent of veteran suicides were male. Overall, male veterans had a much higher suicide rate than non-veteran males (46 per 100,000 male veterans versus 28 per 100,000 male nonveterans).<sup>438</sup> However, the ratio between female veterans and female nonveterans was even higher (21 per 100,000 female veterans versus 9 per 100,000 female nonveterans). Between 2008 and 2012, 15 veterans in Lincoln County died by suicide.<sup>439</sup>

## Youth Bullying and Mental Health Challenges

Childhood and adolescence are formative times in a person's life. The number and severity of adverse experiences during childhood affects an individual's risk for alcoholism, depression, heart disease, liver disease, intimate partner violence, sexually transmitted infections, smoking, and suicide. Adverse events include emotional, physical, and sexual abuse and neglect, and various types of household dysfunctions such as violence against mothers, substance abuse, mental illness, parental separation or divorce, or an incarcerated household member.<sup>440,441</sup>

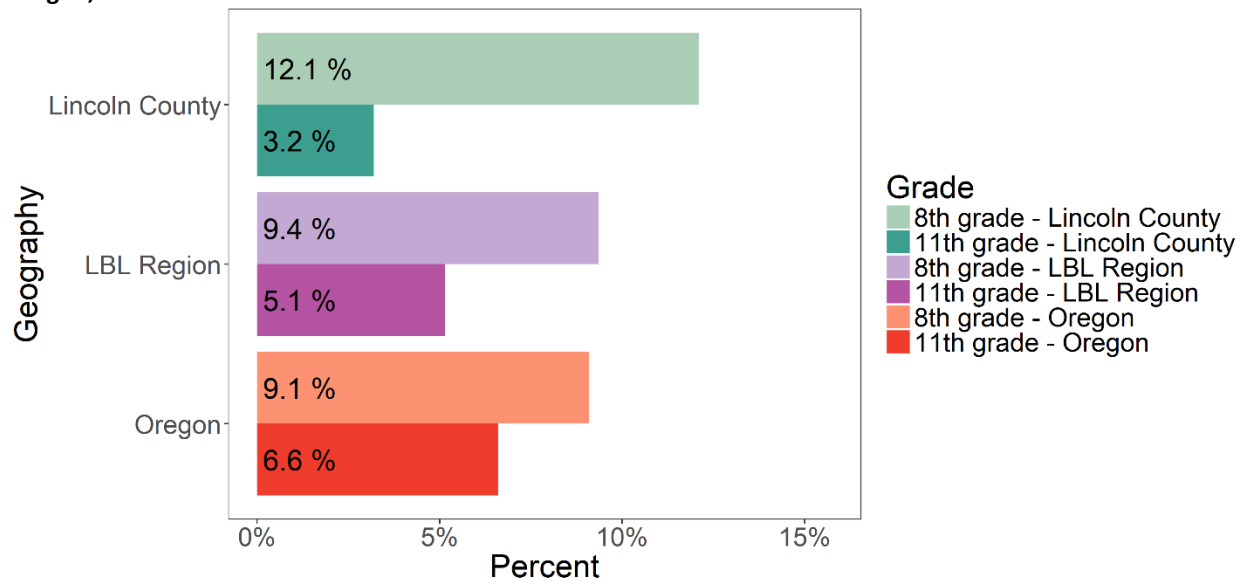
## Peer Abuse

The same factors that influence where people live and the opportunity they have to be healthy (income, employment, education) are also linked to the occurrence of violence. Violence in schools can affect the learning environment and contribute to absenteeism. Students who are bullied, harassed, and feel unsafe or otherwise victimized are more likely to miss classes, skip

school, feel depressed, or exhibit problem behaviors. Research shows that comprehensive discipline, positive behavioral support, and anti-bullying programs in schools can reduce the incidence of harassment among primary and secondary school students.<sup>442</sup>

Figure 7.8 shows the percentage of students in 2017 that did not go to school at least once in the past 30 days due to feeling unsafe at school or on their way to school. Eleventh graders in Lincoln County reported missing school at a lower rate than their peers statewide, but county 8<sup>th</sup> graders reported a much higher rate (over 12 percent) than the state.<sup>443</sup>

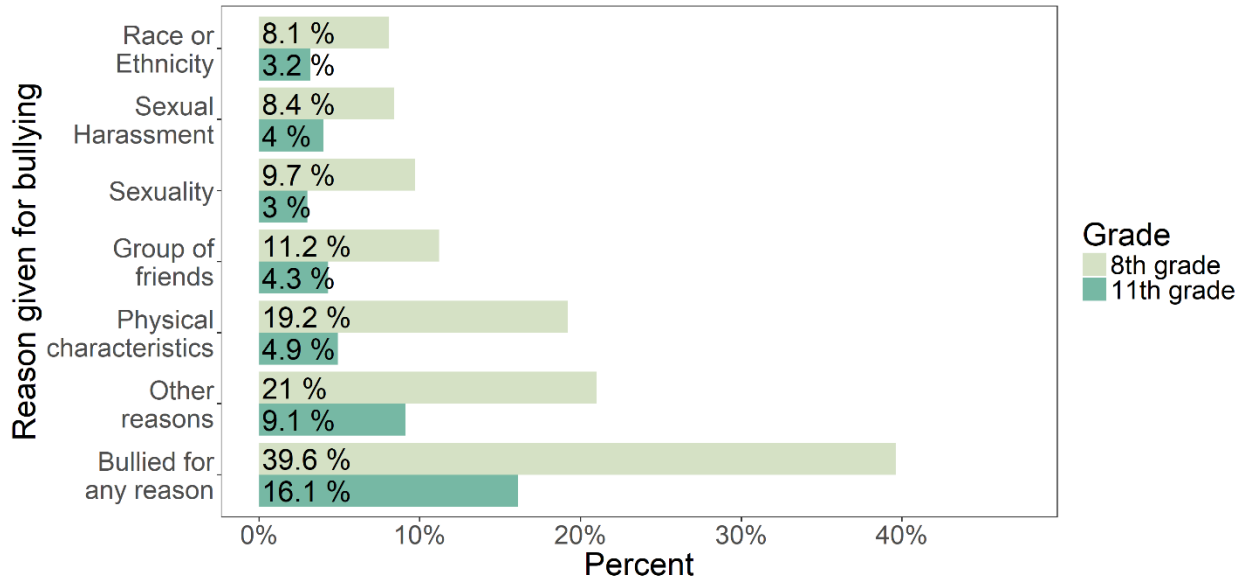
**Figure 7.8: Percent of students, 8<sup>th</sup> and 11<sup>th</sup> grade, that did not go to school one or more times in the past 30 days due to feeling unsafe at school or on their way to or from school in Lincoln County, the LBL Region, and Oregon, 2017**



Source: Oregon Healthy Teens Survey

Figure 7.9 below shows that reasons for harassment at school differ among age groups at the regional level, and that the overall incidence of harassment among county students is common. While the percentage of students who report having been harassed at school in the past month tends to decrease with age, reasons for and severity of harassment vary among age groups. Aside from all or other reasons, harassment for physical characteristics is the most reported reason for harassment across all age groups.<sup>444</sup>

**Figure 7.9: Percent of students, 8<sup>th</sup> and 11<sup>th</sup> grade, who experienced bullying in the past 30 days by reason in Lincoln County, 2017**



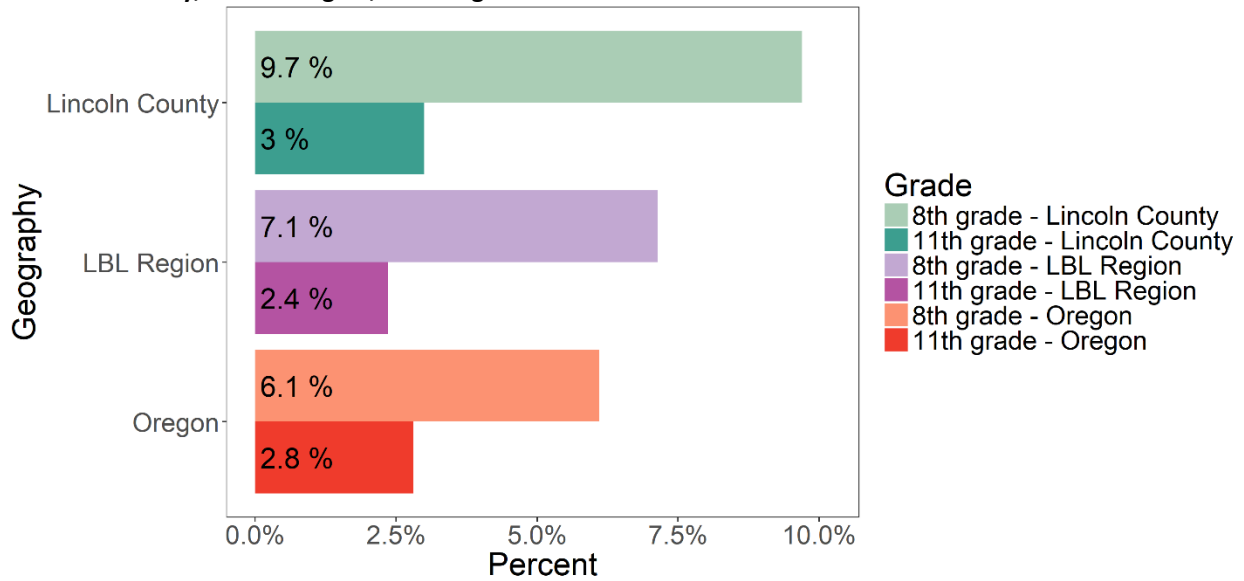
Source: Oregon Healthy Teens Survey

## Gender Identity and Sexual Orientation

Adolescence is a time of developing sexual awareness and gender expression, although many children are aware of their developing gender identity from a very early age. Because most state and national surveys do not ask questions related to sexual orientation or gender identity, it is difficult to estimate the health needs of lesbian, gay, bisexual, transgender, or queer children, youth, and adults in the region and Oregon.

Available data include survey responses on harassment among adolescents in our public schools. Across the county, region, and state during the 2016-2017 school year, 8<sup>th</sup> graders reported having been harassed by a peer who thought they were gay, lesbian, bisexual, or transgender more frequently than 11<sup>th</sup> graders (Figure 7.10). Overall, harassment based on perceptions about sexual orientation declines with age.<sup>445,446, 447</sup>

**Figure 7.10: Percent of students who were harassed in the last 30 days by peers about their sexuality or gender in Lincoln County, the LBL Region, and Oregon 2017**

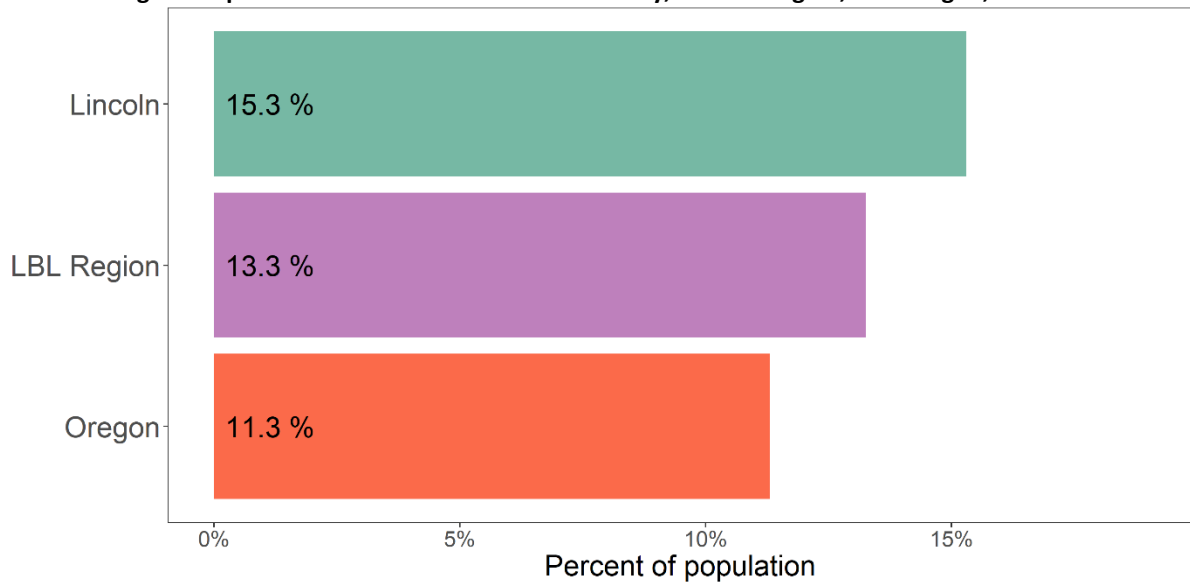


Source: Oregon Healthy Teens Survey

### Sexual Pressure among Youth

The Oregon Healthy Teens Survey also asks 11<sup>th</sup> graders if they experienced pressure to have sex in the past year. Fifteen percent of Lincoln County 11<sup>th</sup> graders reported having been pressured to have sex, which is greater than the proportion statewide.

**Figure 7.11: 11<sup>th</sup> graders pressured to have sex in Lincoln County, the LBL Region, and Oregon, 2017**



Source: Oregon Health Teens Survey

## Depression and Suicide among Youth

Based on the bullying and harassment data alone, youth often face circumstances that may make them uniquely vulnerable to mental health challenges. Table 7.2 highlights the percentage of 8<sup>th</sup> and 11<sup>th</sup> grade students in the region that exhibited signs of depression, thought about suicide (suicidal ideation), or attempted suicide during 2017. The rate of attempted suicide is higher among 8<sup>th</sup> graders in the region than among 11<sup>th</sup> graders in the region.<sup>448</sup>

**Table 7.2: Percent of 8<sup>th</sup> and 11<sup>th</sup> grade students that exhibited signs of depression, thoughts about suicide, or actually attempted suicide during the last 12 months, Lincoln County, the LBL Region, and Oregon, 2017**

	Grade	Lincoln County	LBL Region	Oregon
<b>Major depressive episode</b>	8 <sup>th</sup> grade	35 %	30 %	30 %
	11 <sup>th</sup> grade	33 %	30 %	32 %
<b>Suicidal ideation</b>	8 <sup>th</sup> grade	22 %	19 %	17 %
	11 <sup>th</sup> grade	20 %	19 %	18 %
<b>Suicide attempt</b>	8 <sup>th</sup> grade	12 %	9 %	9 %
	11 <sup>th</sup> grade	5 %	7 %	7 %

*Table notes: Major depressive episode was asked as: feeling so sad or hopeless for two weeks that the youth stopped doing most normal activities.*

*Source: Oregon Healthy Teens Survey*

## Alcohol, Tobacco, and Prescription and Illicit Drug Abuse

Alcohol and prescription medications are consumed appropriately and responsibly by most of the population. However, problems frequently occur when they are over-consumed, used inappropriately, combined with other substances, or consumed while engaging in risky activities such as driving or unsafe sexual activity. The cost to society from the misuse of alcohol, prescription medications, and other drugs is massive. Beyond direct injury and death due to misuse and overdose, there are other health-related complications. There are many potential consequences for children exposed to drugs during their mothers' pregnancy, as well as impacts on family and the contribution to crime and homelessness. The spread of infectious disease, including through sexual transmission and needle sharing, can be at least partially attributed to drug use. The financial costs associated with lost productivity, health care, and legal expenses for individuals and the wider community are far-reaching.<sup>449</sup>

Research has shown that people are most likely to misuse drugs—including tobacco, alcohol, and illegal and prescription drugs—during adolescence and young adulthood. Misuse of substances at an early age (particularly before age 18) is shown to be an important predictor of substance use disorders later in life, making this period an important focus for prevention efforts.<sup>450</sup>

Some of the primary factors related to whether an adolescent tries drugs include the availability of drugs in the home, neighborhood, and community, as well as the home environment. Adolescents who experience violence, emotional or physical abuse, mental

illness, or drug use in the home are at increased risk of using drugs. In addition, certain genetic factors and mental health conditions (including depression, anxiety, and poor impulse control) increase the likelihood that an adolescent will use drugs.<sup>451</sup>

## Alcohol Use

The younger a person begins drinking alcohol regularly, the greater the chance that person will develop a clinically defined alcohol disorder. Youth who start drinking before age 15, compared to those who start at age 21, are far more likely to be injured while under the influence of alcohol, to be in a motor vehicle crash after drinking, or to become involved in a physical fight after drinking.<sup>452</sup> Overall, alcohol use among Lincoln County youth tends to increase with age, reflecting the state trend displayed in Table 7.3. In 2015, thirty-nine percent of Lincoln County 8<sup>th</sup> graders said it would be “very easy” or “sort of easy” to obtain alcohol. This proportion almost doubled to 70 percent of 11<sup>th</sup> graders, and is similar to the rest of the LBL Region and to Oregon.<sup>453</sup>

## Binge Drinking

Binge drinking, in which a person consumes a significant amount of alcohol in a short period of time, is associated with the same serious health problems as other forms of alcohol abuse. Middle and high school youth in the region and Oregon report binge drinking at similar rates. Approximately 7 percent of Lincoln County 8<sup>th</sup> graders reported binge drinking in 2017 (Table 7.3). These rates increase to 14 percent among 11<sup>th</sup> graders.<sup>454</sup> The county likely meets the Healthy People 2020 objective of reducing the percentage of high school seniors (12<sup>th</sup> graders) who binge drink to below 23 percent, but it is not possible to directly compare the rates between 11<sup>th</sup> graders and 12<sup>th</sup> graders.<sup>455</sup>

**Table 7.3: Percent of youth who reported consuming alcohol in the past 30 days in Lincoln County, the LBL Region, and Oregon, 2017**

	Grade	Lincoln County	LBL Region	Oregon
<b>Consumed at least one alcoholic beverage</b>	8 <sup>th</sup> grade	12 %	9 %	12 %
	11 <sup>th</sup> grade	24 %	24 %	37 %
<b>Consumed at least 5 alcoholic beverages on one occasion</b>	8 <sup>th</sup> grade	5 %	5 %	5 %
	11 <sup>th</sup> grade	10 %	12 %	14 %

Source: Oregon Healthy Teens Survey

## Alcohol Abuse among Adults

Excessive drinking is a risk factor for many adverse health outcomes, such as hypertension, alcohol poisoning, unintended pregnancy, fetal alcohol syndrome, interpersonal violence, and

motor vehicle crashes.<sup>456</sup> It can also contribute to a number of health issues including heart disease and stroke, high blood pressure, cirrhosis, coma, and even death.<sup>457</sup>

Excessive drinking is defined differently for men and women, due to different metabolic rates and average body weights. Among men, excessive drinking is defined as two or more alcoholic drinks per day for a period of 30 days. In Lincoln County, about 6 percent of men reported excessive drinking. For women, excessive drinking is defined as one or more alcoholic drinks per day for a period of 30 days. Eight percent of women reported excessive drinking (Table 7.4).

### Binge Drinking among Adults

For adults over the age of 18, binge drinking is defined as consuming five or more drinks at one time for men and four or more drinks at one time for women.<sup>458</sup> Binge drinking is more common across the region and in the state than drinking every day. About 17 percent of males and 15 percent of females in Lincoln County reported binge drinking within the previous month between 2010 and 2013 (Table 7.4).<sup>459</sup> The Healthy People 2020 goal is to reduce the percentage of adults that report having engaged in binge drinking within the previous month to 24.4 percent.<sup>460</sup>

**Table 7.4: Age-adjusted alcohol abuse among adults, 18 years and older in Lincoln County and Oregon, 2010-2013**

	Sex	Lincoln County	Oregon
<b>Consumed at least two alcoholic beverages per day for the past 30 days</b>	Male	5.8 %	7.9 %
<b>Consumed at least one alcoholic beverage per day for the past 30 days</b>	Female	8.1 %	8.1 %
<b>Consumed at least 5 alcoholic beverages on one occasion in the past 30 days</b>	Male	17. %	22.4 %
<b>Consumed at least 4 alcoholic beverages on one occasion in the past 30 days</b>	Female	15.1 %	13.2 %

Source: Oregon BRFSS

Oregon data indicate that older adults are much less likely to engage in excessive or binge drinking. Table 7.5 demonstrates a clear decline in binge drinking as adults progress from middle age to their retirement years.

**Table 7.5: Excessive drinking and binge drinking among older adults who drink in Oregon, 2015**

	Sex	45 to 54	55 to 64	65 and older
<b>Excessive drinking</b>	Men	7 %	6 %	6 %
	Women	7 %	7 %	7 %
<b>Binge drinking</b>	Men	21 %	13 %	8 %
	Women	13 %	8 %	3 %

*Table notes: Excessive drinking is defined as more than two drinks (men) or one drink (women) per day for the past 30 days. Binge drinking is defined as more than five drinks (men) or four drinks (women) on one occasion within the past 30 days. Denominators are all survey respondents who reported having at least one drink in the past 30 days. Source: Oregon Health Authority, Oregon BRFSS*

### **Binge Drinking among Oregon Health Plan Members**

According to the 2014 MBRFSS report, about 10 percent of IHN-CCO members reported binge drinking in the previous 30 days. This is slightly lower than the proportion of all adult Oregon Medicaid members (12 percent). Binge drinking varied among different population groups, from 4.5 percent among Asian OHP members to 16 percent among American Indian and Alaska Native OHP members.<sup>461</sup>

### **Tobacco Use**

Tobacco use is the single most preventable cause of disease, disability, and death in the United States. Tobacco use in any form can cause serious diseases and health problems, including cancers of the lung, bladder, kidney, pancreas, mouth, and throat; heart disease and stroke; lung diseases (e.g., emphysema, bronchitis, and chronic obstructive pulmonary disease); pregnancy complications; gum disease; and vision problems.<sup>462</sup>

Smoking patterns are predictive of increased rates of future disease and early death. Smokers die, on average, 10 years earlier than nonsmokers.<sup>463</sup> Health impacts are more severe among those with lower socio-economic status as well. In the United States, low-income smokers are more likely to become ill and die sooner from tobacco-related diseases than smokers who have a higher income.<sup>464</sup>

### **Tobacco Use among Adolescents**

Tobacco products are designed to deliver nicotine, an addictive drug that causes tobacco users to crave repeated doses. Youth are especially sensitive to nicotine and can become dependent more quickly than adults. Because of their dependency, nearly three out of four teen smokers continue using tobacco products into adulthood.<sup>465</sup>

There was a more than 50 percent decrease in cigarette smoking rates for 11<sup>th</sup> graders from 2008 to 2015.<sup>466,467</sup> This decline continued in 2017, with smoking rates dropping again since the previous survey.

**Table 7.6: Percent of youth who reported smoking cigarettes in the past 30 days in Lincoln County, the LBL Region, and Oregon, 2015 and 2017.**

Grade	Year	Lincoln County	LBL Region	Oregon
<b>8<sup>th</sup> grade</b>	2015	8 %	5 %	4 %
	2017	3 %	4 %	3 %
<b>11<sup>th</sup> grade</b>	2015	7 %	9 %	9 %
	2017	6 %	5 %	8 %

Source: Oregon Healthy Teens Survey

Due to their growing popularity, 2015 was the first year the Oregon Healthy Teens Survey asked students about electronic cigarette use. Among both 8<sup>th</sup> and 11<sup>th</sup> graders, and in all three counties, electronic cigarette use was significantly higher than smoking cigarettes (Tables 7.6, 7.7). Seven percent of Lincoln County 8<sup>th</sup> graders reported smoking cigarettes, but 10 percent reported using e-cigarettes. That difference is consistent with 11<sup>th</sup> graders, as they were also much more likely to use e-cigarettes than smoke (10 percent e-cigarette use versus 7 percent smoking). Lincoln County rates were similar to Oregon rates in all of these categories.

In 2017, Oregon Healthy Teens survey data indicated a decline in e-cigarette use among youth. This is consistent with national trends,<sup>468</sup> although the rate of e-cigarette users is lower in Lincoln County than in Oregon or the U.S.

**Table 7.7: Percent of youth who reported using e-cigarettes in the past 30 days in Lincoln County, the LBL Region, and Oregon, 2015 and 2017**

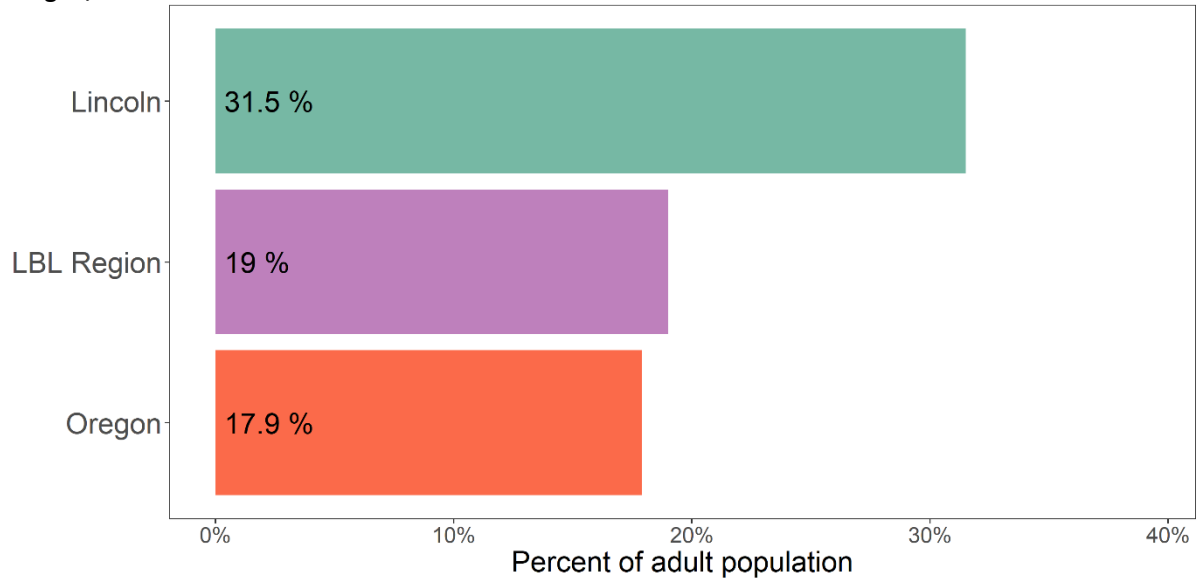
Grade	Year	Lincoln County	LBL Region	Oregon
<b>8<sup>th</sup> grade</b>	2015	10 %	10 %	9 %
	2017	4 %	6 %	6 %
<b>11<sup>th</sup> grade</b>	2015	10 %	16 %	17 %
	2017	7 %	12 %	13 %

Source: Oregon Healthy Teens Survey

### Tobacco Use among Adults

The smoking rate among adults has been slowly decreasing throughout the region as a whole, but Lincoln County has consistently had among the highest smoking rates in the state. In both of the most recent BRFSS results (2010-13 and 2012-15), the county had the highest rate of smoking of all Oregon counties at over 30 percent.<sup>469</sup> The current Healthy People 2020 objective is to reduce the percent of adults who currently smoke to 12 percent or below.<sup>470</sup>

**Figure 7.12: Age-adjusted rate of adults who have smoked in the past 30 days in Lincoln County, the LBL Region, and Oregon, 2012-2015**



Source: Oregon BRFSS

Statewide, far fewer older adults are current smokers than are adults between the ages of 45 and 64. Furthermore, there is a greater proportion of former smokers among the elderly than among younger adults. The data suggest that older adults are both more likely to quit and are more likely to have smoked when they were younger than adults age 45 to 64. Table 7.8 displays these data. Due to Lincoln County’s older population and high smoking rate, it is important to remember that this age and sex distribution of smoking may not reflect the county specifically.

**Table 7.8: Current and former smoking status in Oregon, 2015**

	Sex	45 to 54	55 to 64	65 and older
<b>Current smoker</b>	Men	20 %	19 %	10 %
	Women	19 %	17 %	9 %
<b>Former smoker</b>	Men	23 %	36 %	53 %
	Women	20 %	32 %	35 %

Source: Oregon Health Authority, Oregon BRFSS

Tobacco’s toll on the health and economy of Lincoln County each year is significant. For example, in 2014:

- 10,000 adults regularly smoked cigarettes,
- 3,318 people suffered from a serious illness caused by tobacco use,
- 170 people died from tobacco-related deaths,
- \$33.8 million was spent on medical care for tobacco-related illnesses, and
- \$27.1 million in productivity was lost due to tobacco-related deaths.<sup>471</sup>

## **Secondhand Smoke Exposure**

Secondhand smoke is a mixture of the smoke exhaled by a person smoking, and the smoke from burning tobacco in a cigarette, pipe, or cigar. Secondhand smoke contains the same toxic chemicals and carcinogens as inhaled tobacco smoke, and even brief exposure has been found to put a nonsmoker's health at risk. In adults, secondhand smoke exposure has been found to cause lung cancer and heart disease. Children exposed to secondhand smoke are more at risk for ear infections, asthma attacks, respiratory symptoms and infections, and sudden infant death syndrome (SIDS).<sup>472</sup>

According to the Oregon Healthy Teens survey, approximately 36 percent of Lincoln County 8<sup>th</sup> graders and 40 percent of 11<sup>th</sup> graders live with someone who smokes or vapes. This rate is higher than the state proportions of 30 percent in each grade.<sup>473</sup> Measures to reduce the amount of secondhand smoke exposure to others include, but are not limited to, quitting smoking, forbidding smoking in the home, and forbidding smoking in a shared car. Approximately 80 percent of Lincoln County residents have rules against smoking in the home.<sup>474</sup>

## **Tobacco Use among Oregon Health Plan Members**

There is a tremendous difference in tobacco use between Medicaid members and the general population among adults in Oregon. Approximately 31.3 percent of OHP adult participants either smoke or chew tobacco, compared to 18.4 percent of all Oregon adults. Only 9.9 percent of Hispanic members use tobacco, but 41.1 percent of American Indians / Alaska Natives do. The local region's Medicaid population fares even worse than the state, with 35.2 percent of members using tobacco.<sup>475</sup>

## **Marijuana, Prescription Drug, and Illicit Drug Use**

Recreational marijuana is still illegal for all individuals under 21 years of age. The effects of marijuana on children and adults have not been studied to the degree that other legal substances have been, including alcohol and cigarettes. Another major public health concern is the abuse of prescription drugs. When these drugs are misused or taken without a doctor's prescription, they can be just as harmful as illegal street drugs. This section focuses on adolescents who choose to abuse prescription drugs as opposed to accidental poisonings. Discussed in this section, illicit drugs include cocaine, methamphetamine, and heroin.

In 2015, marijuana use was generally more than twice as common as cigarette smoking (Table 7.8). Lincoln County rates were higher than the rest of the region and the state among 8<sup>th</sup> graders, and marijuana use increased across geographies from 8<sup>th</sup> grade to 11<sup>th</sup> grade. In the county, one out of every four 11<sup>th</sup> graders surveyed reported using marijuana in the past 30 days in 2015. The 2017 Oregon Healthy Teens survey shows a drastic drop in marijuana use among 8<sup>th</sup> graders, from 22 percent to 5 percent. Benton and Linn counties and the state of Oregon also show decreases, although none of these other areas had a high a rate in 2015. It is

reasonable to assume that the 2015 Lincoln County estimate was high and the 2017 estimate is low.

**Table 7.9: Percent of youth who reported consuming marijuana in the past 30 days in Lincoln County, the LBL Region, and Oregon, 2015 and 2017**

Grade	Year	Lincoln County	LBL Region	Oregon
8 <sup>th</sup> grade	2015	22 %	11 %	9 %
	2017	5 %	7 %	7 %
11 <sup>th</sup> grade	2015	23 %	21 %	19 %
	2017	21 %	17 %	21 %

Source: Oregon Healthy Teens Survey

Approximately 1 in 20 Lincoln County youth abuse prescription drugs.<sup>476</sup> There was no change in 2017.

### Marijuana Use among Adults

While marijuana use is legal for individuals 21 years and older, the effects of marijuana on children and adults have not been studied to the degree that other legal substances have been, including alcohol and cigarettes. County data are not available for marijuana use among adults. However, state data demonstrate some patterns that may hold for local populations. Statewide, two-thirds of BRFSS survey respondents under the age of 65 who reported ever using marijuana said that they were 17 or younger the first time they tried it. The 65 and older age group is an outlier, which is probably because marijuana was not culturally widespread in the United States until the late 1960s. A 65-year-old in 2014 was 20 in 1969, older than the average age of first use.

Additional data from Oregon BRFSS in 2014 is displayed below.

**Table 7.10: Proportion of respondents in Oregon who have ever used marijuana, by age and sex, 2014**

	18-24	25-44	45-64	65 and older
Men	49 %	54 %	67 %	27 %
Women	48 %	50 %	55 %	18 %
Both	49 %	52 %	62 %	22 %

Source: Oregon BRFSS

**Table 7.11: Proportion of respondents reporting marijuana use in the past 30 days in Oregon among those who have ever used marijuana, by age and sex, 2014**

	18-24	25-44	45-64	65 and older
Men	52 %	35 %	16 %	14 %
Women	23 %	19 %	15 %	10 %
Both	48 %	23 %	16 %	12 %

Table notes: These percentages only reflect usage among people who have ever used marijuana.

Source: Oregon BRFSS

Taken together, these two tables indicate that young adults (age 18-24) are actually less likely to have ever used marijuana than older generations (ages 45-64). However, young adults are

much more likely than older adults to be active users of marijuana, suggesting that historically many adults stopped using marijuana as they aged. There are no data available yet to indicate whether this pattern will hold after marijuana legalization, or if current young adult marijuana users will continue to use marijuana as they age.

### **Marijuana Use among Oregon Health Plan Members**

About 17.6 percent of Oregon adult Medicaid members surveyed reported using marijuana in the previous 30 days, compared with 22.6 percent of all Oregon adults. There is again a wide range of rates between different races and ethnicities, with Asian Medicaid members being the lowest (3 percent) and both African American and American Indian / Alaska Native members being the highest (23 percent). The OHP population served by the IHN-CCO reported roughly the same results as the state (17.5 percent).<sup>477</sup>

### **Prescription Drugs, Opioids, and Illicit Drugs**

Another particular area for concern is the misuse of prescription drugs. Misuse of these drugs is highest among young adults (aged 18 to 25).<sup>478</sup> As the most commonly abused type of prescription drugs, painkillers provide a useful marker for prescription drug misuse trends. While data show little change in the self-reported pain experienced by Americans, the amount of painkillers dispensed in the U.S. has quadrupled since 1999, as have the deaths resulting from prescription painkillers. Although this epidemic represents an enormous burden to society, 2012 saw a national drop in both prescribing rates and prescription overdose deaths. This is the first decrease since the 1990s, offering promise for further progress in reversing the epidemic.<sup>479</sup> Oregon (along with the majority of states) has implemented a system in an attempt to track and improve prescribing practices around certain types of controlled substances, including painkillers. The Oregon Prescription Drug Dashboard uses information provided by Oregon-licensed retail pharmacies to help track prescription drug use, hospitalizations, and deaths.<sup>480</sup>

Opioids are a common drug class of interest, and have been getting increased media attention recently. In the 4<sup>th</sup> quarter of 2016, there were 291 opioid prescriptions per 1,000 Oregon residents, out of 395 total prescriptions per 1,000 residents. As a comparison, Lincoln County had 318 opioid prescriptions per 1,000 residents and 527 total prescriptions per 1,000 residents during the same time period. See Table 7.12 and 7.13 for more data relating to other prescription drug classes and region values.

**Table 7.12: Prescription rates per 1,000 residents by drug class in Lincoln County, 4<sup>th</sup> quarter of 2016 and 4<sup>th</sup> quarter of 2017.**

	2016	2017
All opioids	<b>318</b>	<b>270</b>
Sedatives (including Benzodiazepine)	<b>150</b>	<b>128</b>
Stimulants and pseudoephedrine	<b>48</b>	<b>41</b>
Methadone and muscle relaxants	<b>11</b>	<b>9</b>

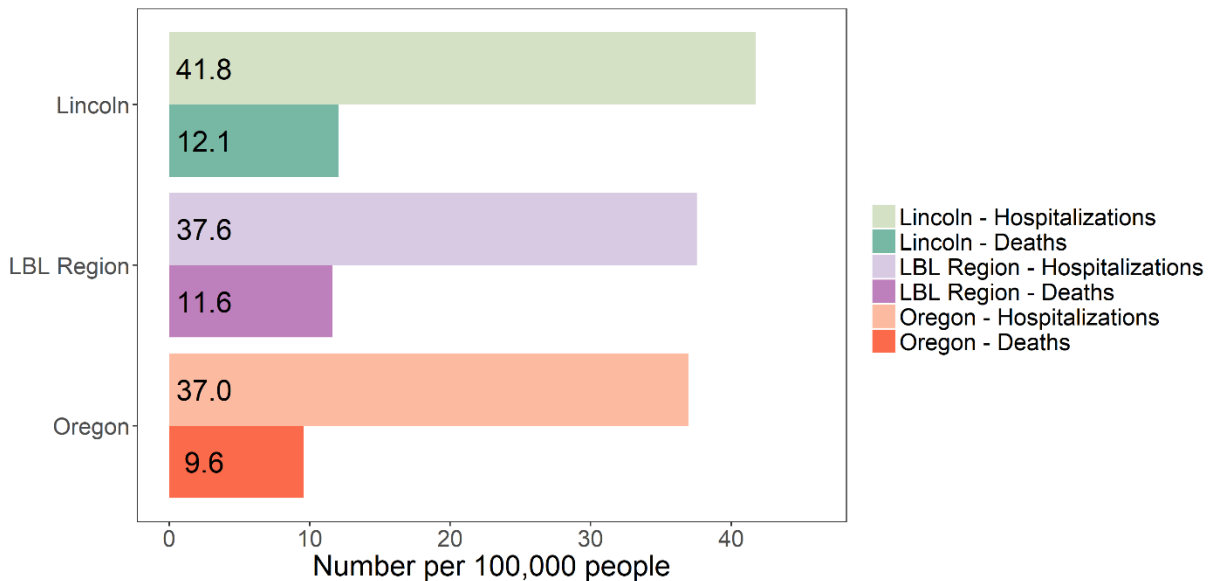
Source: Oregon Prescription Drug Dashboard

**Table 7.13: Prescription rates per 1,000 residents by drug class in the LBL Region, 4<sup>th</sup> quarter of 2016 and 4<sup>th</sup> quarter of 2017.**

	2016	2017
All opioids	244	218
Sedatives (including Benzodiazepine)	115	100
Stimulants and pseudoephedrine	64	65
Methadone and muscle relaxants	7	7

In Lincoln County, the LBL Region, and Oregon, high prescription rates are associated with higher rates of hospitalization and death due to drug overdose. Lincoln County had an annual rate of about 42 hospitalizations per 100,000 residents due to drug overdose between 2012 and 2014 and a rate of 12 deaths per 100,000 residents due to drug overdose between 2014 and 2016.<sup>481</sup> This equates to one hospitalization for every 1,200 prescriptions and one death for every 4,400 prescriptions. A comparison of hospitalizations and deaths in Lincoln County, the LBL Region, and Oregon is shown in Figure 7.13 below.

**Figure 7.13: Annual drug overdose hospitalizations and deaths in Lincoln County, the LBL Region, and Oregon, 2012-2014 and 2014-2016.**



*Figure notes: Data are 3-year averages of annual rates for both drug overdose hospitalizations (2012-2014) and deaths (2014-2016)*

*Source: Oregon Prescription Drug Dashboard*

In Lincoln County, approximately one third of drug-related hospitalizations and three quarters of the deaths were due to opioids. Most of the others were due to other prescription drugs, with a very limited number due to illegal drugs.<sup>482</sup>

## Illicit Drug Use and Prescription Drug Misuse among Oregon Health Plan Members

A very small percentage (1 percent) of adult OHP members report having used meth, heroin, cocaine, crack, or ecstasy in the previous 30 days, and there are no equivalent data for the state in general. Similarly low values across races and regions for Medicaid members make it difficult to conclude any significant differences.

Similarly, about 1.4 percent of adult OHP members report misusing prescription pain relievers in the previous 30 days. Again, there are no data for the general state population. Hispanic members represent the low end of the range at 0.7 percent, while African Americans reported the high end at 3 percent. The region served by IHN reports a rate of 1.8 percent for misusing prescription pain relievers.<sup>483</sup>

### Age Differences in Opioid Use and Overdose

Drug use is more prevalent among young adults. National Survey on Drug Use and Health (NSDUH) data indicate that approximately 10 percent of Oregonians age 18-25 have used prescription drugs for non-medical purposes within the last 30 days. This is about twice the rate of both children age 12-17 (5 percent) and adults age 25 and older (4 percent).<sup>484</sup>

According to the Oregon Prescription Drug Dashboard, drug overdoses are more common among older adults than children or young adults. The age groups are not strictly comparable with data from the NSDUH, but the rate of hospitalization in Oregon among adults age 45 and older is twice the rate of adults age 18-44. In the LBL Region, there were no recorded hospitalizations of adults over age 65, but the hospitalization rate was twice as high among adults age 45-64 as among young adults.

However, this trend is reversed for death rates, with the death rate among adults age 18-64 being four times as high as the rate among adults age 65 and older in both the LBL Region and Oregon. Table 7.13 displays these figures.

**Table 7.13: Hospitalization and death rates per 100,000 people due to opioid overdose among adults in the LBL Region and Oregon, by age, 2012-2016**

	Age group	LBL Region	Oregon
Hospitalization rate per 100,000 people	Less than 18	0	1.4
	18 – 44	7.9	7.9
	45 – 64	17.6	17.9
	65 – 74	0	17.9
	75 and older	0	15.0
Death rate per 100,000 people	Less than 18	0	< 1
	18 – 44	7.9	10.0
	45 – 64	15.0	10.4
	65 – 74	5.2	2.6
	75 and older	0	< 1

Source: Oregon Prescription Drug Dashboard

## Conclusion

Mental health disorders and illnesses can be addressed and treated effectively, with prevention and early diagnosis and treatment the surest method to reduce the disease burden of mental health illnesses and any of their associated chronic physical illnesses. A number of social, environmental, and economic circumstances, such as those described in previous chapters, can influence an individual's mental health as well as their physical health. These multifaceted inputs to poor mental health make it necessary to take a thoughtful, informed approach to address the root causes of mental illness.



# Chapter 8

## Health through an Equity Lens

This summary, taken from Healthy People 2020, is a good introduction to the concept of health equity:

Healthy People 2020 defines *health equity* as the “attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.”

Healthy People 2020 defines a *health disparity* as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”<sup>485</sup>

There are many challenges in describing the key health equity issues in Lincoln County and its communities. First and foremost, to describe inequities, we need data that both encompasses populations facing inequities and the health inputs or outcomes that embody those inequities. Populations and communities experiencing inequities tend to be small, marginalized, or underrepresented. In contrast, data collection efforts tend to focus on large, privileged, and well-represented groups. Therefore, health equity data frequently suffers from large margins of error, poor specificity, and sometimes the complete absence of information that truly reflects marginalized communities. These factors greatly restrict which health equities can be presented from a data perspective.

Another challenge to describing health inequities is the interconnected nature of health equity. As an example, experiencing homelessness is a major inequity. It arises from “historical and contemporary injustices”, lack of access to services, and marginalization. In addition, being homeless is a major cause of health inequities. People who experience homelessness have much worse health outcomes as a direct result of not having a home.

Different groups and communities often define health in different ways. This can make it challenging both to measure and to describe health inequities in different populations. As an example, if one community’s measure of health is to have a large household with many generations, while another community’s measure is the ability to live independently, the same question asked of people sixty-five and older (“Do you live alone?”) could provide evidence of a healthy or an unhealthy community. Even more straightforward measures of health, such as disparate cancer diagnosis rates, could represent either an inequity in outcomes or better

access to care. If cancer diagnosis rates in a community rise, it could be because cancer is an inequitable burden on that community, or it could be because access to cancer screening has improved.

The standard approach to health equity (listing distinct groups or topics), is also limited by the intersectionality of individuals and communities. Lisa Bowleg of Drexel University describes intersectionality as "... a theoretical framework that posits that multiple social categories (e.g., race, ethnicity, gender, sexual orientation, socioeconomic status) intersect at the micro level of individual experience to reflect multiple interlocking systems of privilege and oppression at the macro, social-structural level (e.g., racism, sexism, heterosexism)...Public health studies that reflect intersectionality in their theoretical frameworks, designs, analyses, or interpretations are rare."<sup>486</sup> Every topic presented in this chapter is a part of the health equity landscape of Lincoln County and cannot be considered alone.

Regardless of the challenges of describing health equity in Lincoln County, it is a critical measure of our community's health. In this chapter, different populations are described that have generally faced inequities in their health.

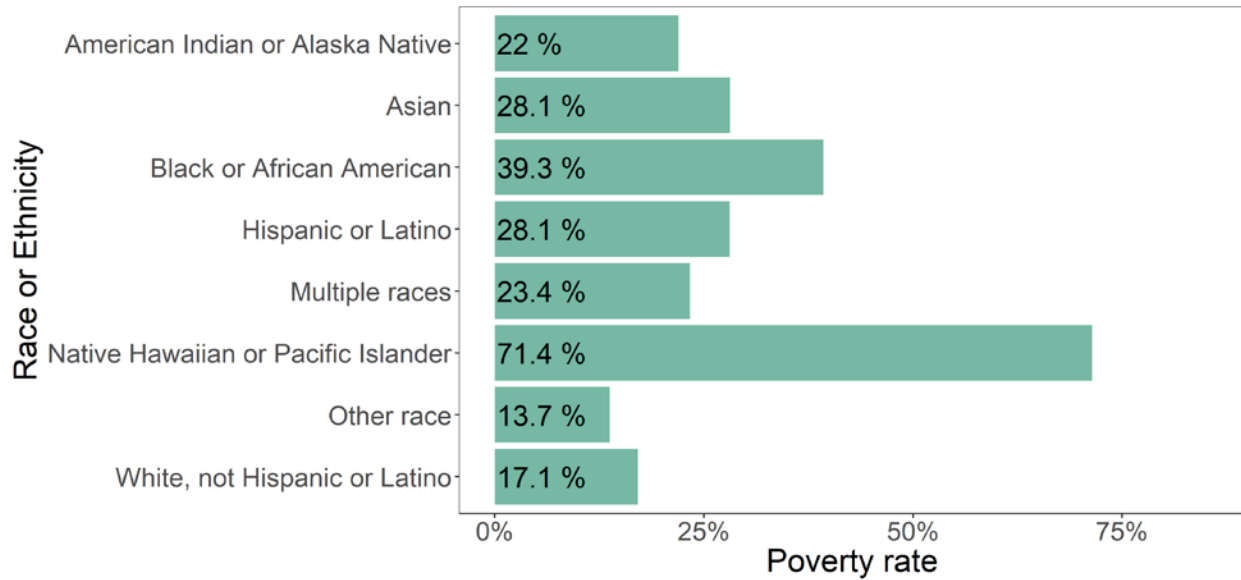
## **Race and Ethnicity**

About eighty-three percent of Lincoln County residents are white, non-Hispanic, according to the U.S. Census Bureau. It should be noted that residents without fixed addresses are frequently overlooked by Census Bureau surveys. These populations include migrant farmworkers and people experiencing homelessness. Nevertheless, the long history of Oregon and Lincoln County as communities that excluded or discouraged non-white immigration has led to many "historical and contemporary injustices" that contribute to inequities in health factors and outcomes.

## **Poverty and Income**

Poverty rates in Lincoln County are much higher for non-white populations. The poverty rate among white, non-Hispanic Lincoln County residents is approximately 17 percent. Most other races and ethnicities have higher rates of poverty, as is shown in Figure 8.1, below. It should be noted that due to very small populations of Asian, Black or African American, and Native Hawaiian or Pacific Islander groups, the error in those estimates are quite large and the data should be interpreted with caution.

**Figure 8.1. Poverty rates, stratified by race and ethnicity. Lincoln County, 2012-2016**



*Figure notes: Due to very small populations of Asian, Black or African American, and Native Hawaiian or Pacific Islander groups, the error in those estimates are quite large and the data should be interpreted with caution.  
Source: U.S. Census Bureau American Community Survey*

Median incomes in Lincoln County tend to be lower for non-white populations. The median income among white, non-Hispanic Lincoln County residents is approximately \$41,800. Most other groups have a median income between \$31,000 and \$37,000. Due to small representative populations, data for Black or African American and Native Hawaiian and Pacific Islander populations is unavailable. The error for Asian and “Other race” populations are also high, so results should be interpreted with caution.

**Figure 8.2. Median income, stratified by race and ethnicity. Lincoln County, 2012-2016**

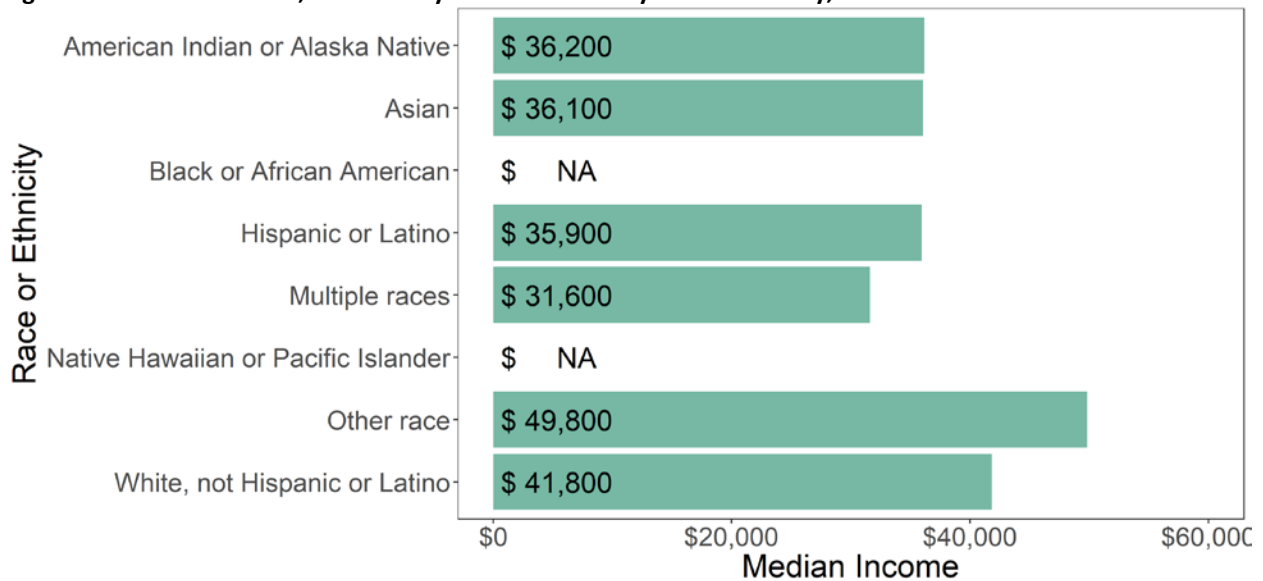


Figure notes: Due to very small populations of Asians and “Other race”, the error is large and the data should be interpreted with caution. Data for Black or African American and Native Hawaiian or Pacific Islander groups have been suppressed.

Source: U.S. Census Bureau American Community Survey

## Home Ownership

Home ownership is the most reliable way to build wealth in the United States. Furthermore, home ownership usually creates stability for families if they don’t have to worry about rents rising, evictions, or inability to maintain the health of their living space since they are renters, not owners.

It is important to note the term “household” in the context of race or ethnicity. Any group of people living together in a housing unit, whether as a family or not, has the potential to include individuals of different racial backgrounds. Historically, the census used the term “head of house” and this position was assumed to be the adult male in a family when one was present. Although this practice was discontinued decades ago, the U.S. Census Bureau must still identify a “householder” in any occupied housing unit with more than one resident. This is true even in cases where title or rental agreement include more than one adult. When households (instead of individuals) are described in terms of race or ethnicity, it means the race or ethnicity of the designated householder.<sup>487</sup>

Data on home ownership in Lincoln County are difficult to stratify by race due to small numbers of non-white households, but it is possible to draw a comparison between home ownership among white, non-Hispanic households and Hispanic households (Figure 8.3). Overall, about 63 percent of housing units in Lincoln County are occupied by owners (with or without a mortgage), as opposed to renters. Among white, non-Hispanic households, the ownership rises to 66 percent. However, only 34 percent of Hispanic or Latino households own the home they live in.

**Figure 8.3. Housing tenure type by ethnicity of householder, Lincoln County, 2012-2016**

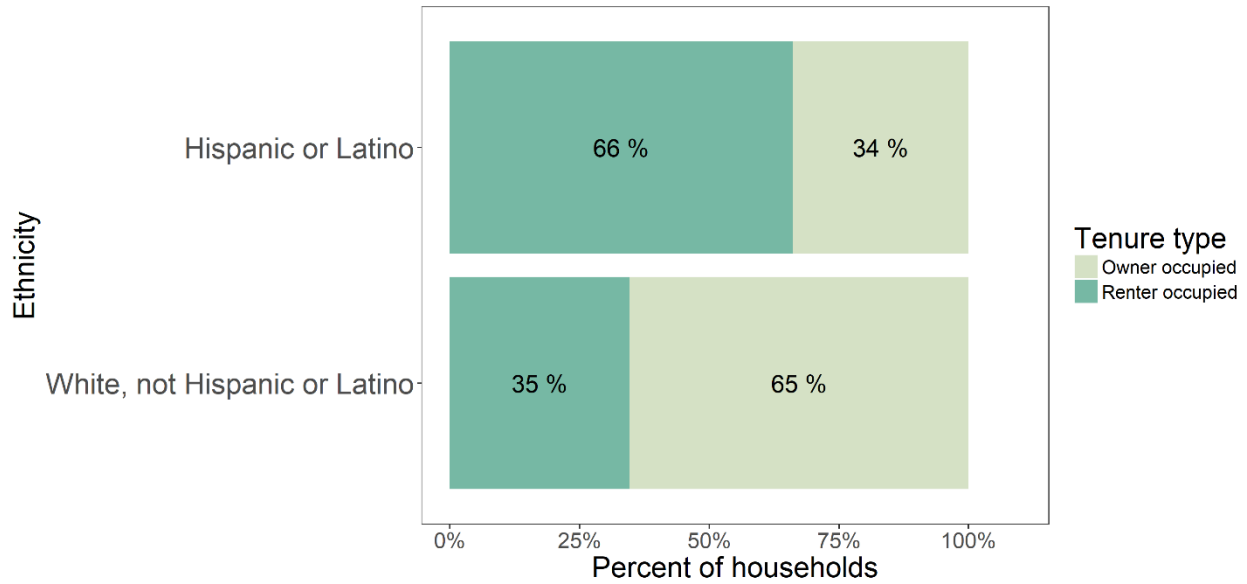


Figure notes: There are approximately 940 Hispanic households in Lincoln County and approximately 18,170 white, non-Hispanic households in Lincoln County.

Source: U.S. Census Bureau American Community Survey, Tables B25003H and B25003I

## Early learning

A good education and opportunities to learn are key components of building a healthy life. Learning and development begins before school. The Oregon Department of Education produces a report each year on kindergarten readiness in Oregon counties and CCO regions. The Early Learning Hub of Linn, Benton, and Lincoln Counties analyzed the data and identified disparities in readiness among non-white children. Children who identify as a minority were 24 percent more likely to score below average readiness in early literacy and 13 percent more likely to score below average readiness in early math. The largest non-white race or ethnicity represented among kindergartners in the LBL Region are Hispanic or Latino children. They had a 50 percent increased risk of scoring below average on early reading and a 26 percent increased risk for scoring below average on early math.<sup>488</sup>

## Maternal health and teen pregnancy

Access to health care during and following pregnancy is an area where significant health equity issues exist. In Lincoln County, 14 percent of white, non-Hispanic pregnant women had inadequate medical care or did not have any medical care during their pregnancies. In contrast, over 18 percent of Hispanic or Latino pregnant women lacked adequate care. See Figure 8.4 below.

**Figure 8.4. Inadequate or no prenatal care among pregnant women, by race and ethnicity. Lincoln County, 2009-2016.**

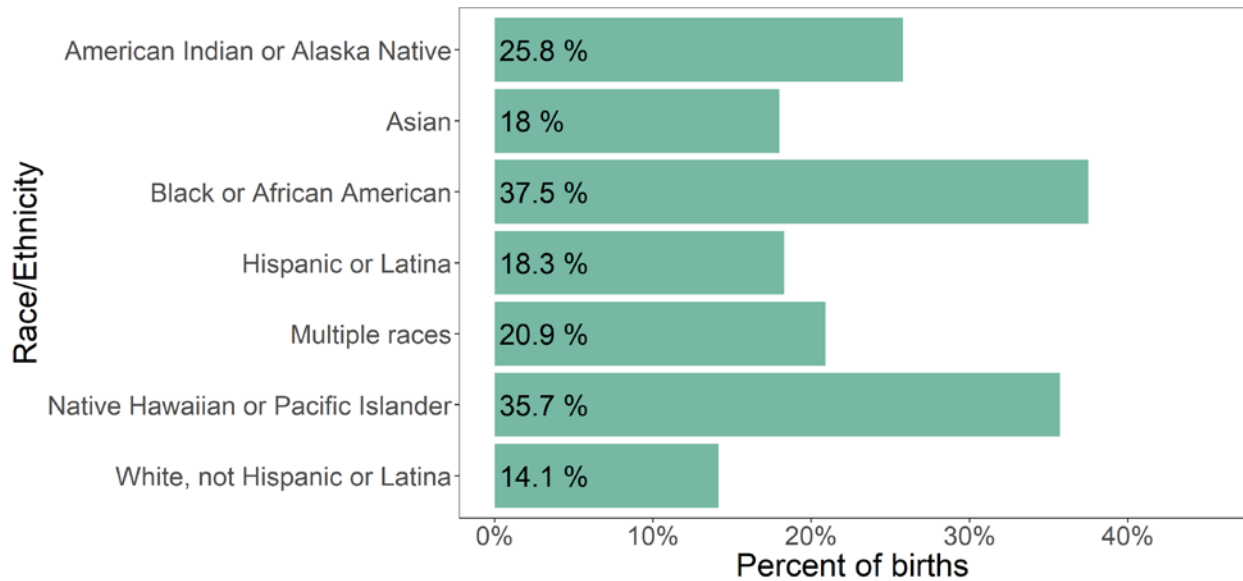


Figure notes: Proportions for groups other than American Indian or Alaska Native, Hispanic or Latina, and White, non-Hispanic should be interpreted with caution due to a small number of births.

Source: Oregon Public Health Assessment Tool

A number of other birth risk factors also display racial inequities. These data are presented in the table below.

**Table 8.1. Percent of births where the mother had a birth risk factor, by race and ethnicity. Lincoln County, 2009-2016**

Race or ethnicity	Maternal smoking	Gestational diabetes	Unhealthy weight gain during pregnancy
<b>American Indian or Alaska Native</b>	31 %	5 %	65 %
<b>Asian</b>	6 %	24 %	42 %
<b>Black or African American</b>	13 %	0 %	38 %
<b>Hispanic</b>	7 %	11 %	41 %
<b>Pacific Islander</b>	21 %	7 %	57 %
<b>Two or more races</b>	27 %	11 %	62 %
<b>White, non-Hispanic</b>	24 %	9 %	56 %

Figure notes: Proportions for groups other than American Indian or Alaska Native, Hispanic or Latina, and White, non-Hispanic should be interpreted with caution due to a small number of births.

Source: Oregon Public Health Assessment Tool

Teen pregnancy is another area where racial and ethnic inequities exist. While the teen pregnancy rate among Hispanics and Latinas has decreased in both Lincoln County and the LBL Region overall, those rates still remain higher than the corresponding rates for all teens. During

2013-2015, the teen pregnancy rate in Lincoln County among Hispanic and Latina women was 27.5 births per 1,000 teenage women, compared to 17.1 births per 1,000 teenage women in general region. Figure 8.5 demonstrates how most of these rates have declined over time.

**Figure 8.5. Pregnancy rates among teenagers age 15-19, Lincoln County and the LBL Region, 2009 - 2016**

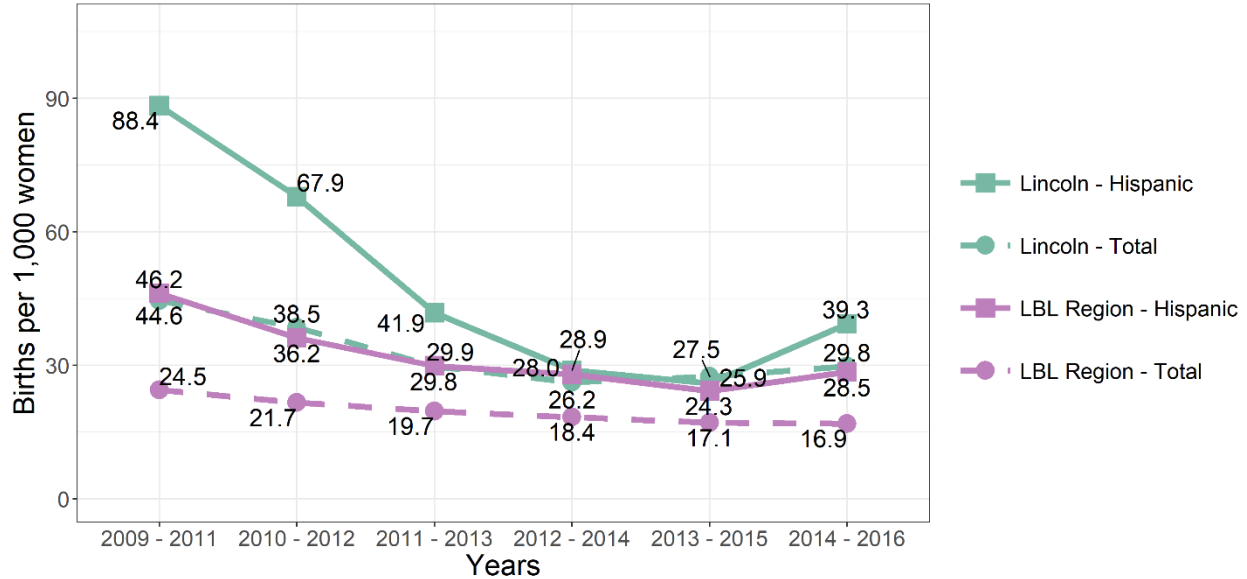


Figure notes: Pregnancy rates are aggregated across 3 years.  
Source: Oregon Public Health Assessment Tool

## Oregon Health Plan members and racial and ethnic inequities

When surveyed by the Oregon Health Authority, close to eight percent of IHN-CCO members said that they feel their experiences with health care are worse than other races and ethnicities (these data include respondents who identified as white). Statewide, Black or African American respondents were most likely to feel this way (16 percent), compared to an average of 6.4 percent of all respondents. Statewide, non-white Oregon Health Plan members were much more likely to experience physical or emotional symptoms due to treatment based on race, compared white Oregon Health Plan members.<sup>489</sup>

## Sex and gender

There are many health disparities that exist between men and women based on biology. Women are much more likely to be diagnosed with breast cancer than men, while other cancers (such as prostate cancer) only occur in men. Maternal health risks such as preeclampsia only affect women. However, other health disparities that exist between men and women are not due to intrinsic difference, but to inequities. One challenge in reporting equity issues at the county level is the scarcity of county-level data that both addresses equity and stratifies by sex. Count Her In, a report of the Women’s Foundation of Oregon, identifies 8 major topics that affect women’s health and wellbeing. These are:

1. Violence against women,
2. Cost of caregiving,
3. Gaps in reproductive health access,
4. Wage/wealth gap,
5. Economic fragility,
6. Mental health challenges,
7. Public/private glass ceiling, and
8. Systemic racism.<sup>490</sup>

## Sexual and domestic violence

As discussed in the Injury and Violence section of Chapter 6 (Physical Health), My Sisters' Place responded to nearly 1,000 contacts related to sexual or domestic violence from Lincoln County in 2017. The organization provided emergency shelter and other services, including 2,004 bed-nights.

This topic was also approached by several questions in the Oregon Healthy Teens Survey for 11<sup>th</sup> graders, but the results from the surveys at the county level are not given in terms of gender breakdown. The state results, however, may be able to shed some light in this regard. For example, Oregon's statewide "yes" response rate to the question, "Have you ever been physically forced to have sexual intercourse when you did not want to?" was 6.1 percent. When observing separate rates for 11<sup>th</sup> grade girls and boys, though, girls answered "yes" at a rate of 9.6 percent and boys answered "yes" 1.7 percent of the time. In other words, girls acknowledged this had happened 6 times more often than boys did.

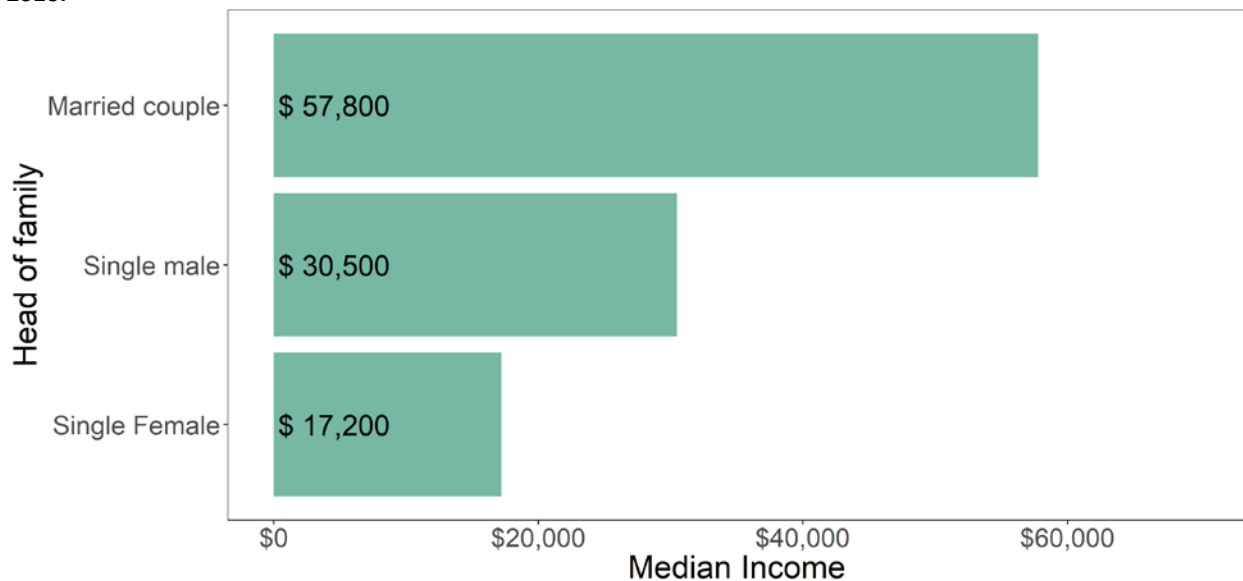
It should not be taken for granted that the same relative difference in response rates between genders exists in Lincoln County. The actual results could demonstrate a lower or higher difference. It is worth noting, however, that Lincoln County's overall rate was higher than Oregon's at 8.3 percent. If a similar difference between genders existed in the county as in the state, then 13.1 percent of 11<sup>th</sup> grade girls and 2.3 percent of 11<sup>th</sup> grade boys responded that they had been physically forced to have sexual intercourse in their lifetime. That is a rate of more than 1 in 8 girls in the 11<sup>th</sup> grade.

Applying a similar method, 16.8 percent of girls (about 1 in 6) said that an adult had had sexual contact with them compared to 4.1 percent of boys; 27.4 percent of girls (more than 1 in 4) said that an adult had physically hit or hurt them on purpose, compared to 23.5 percent of boys; and 26.3 percent (more than 1 in 4) of girls said that they had been pressured into sex when they didn't want to, compared to 4.4 percent of boys.

## Poverty and economic instability

Single women with children are at a much higher risk of poverty and economic instability compared to married women or single men with children. The median household income for a married couple with children is \$57,900, but there is a stark difference in median income between single men with children and single women with children. Single-woman families make just over half of what single-men make (see Figure 8.6). This corresponds to 56 percent of single women with children living below the federal poverty line in Lincoln County, more than double the 25 percent rate of single men with children.<sup>491</sup>

**Figure 8.6. Median incomes of families with children, stratified by head of household, Lincoln County, 2012-2016.**



*Figure notes: There are approximately 2,250 married couples with children, 1,110 single women with children, and 710 single men with children in Lincoln County.*

*Source: U.S. Census Bureau, American Community Survey, Table B19126*

For single women with children, the cost of child care can be completely out of reach. The median annual cost of child care in Lincoln County was \$6,000 in 2014, over one-third of the median single mother's income.<sup>492</sup> This may in fact be one of the reasons that the median income of single mothers is low – child care may be too expensive for them to afford to work. However, it doesn't explain the gap between men and women. Median annual rent in Lincoln County is \$9,900, more than half of the median income among single mothers.<sup>493</sup>

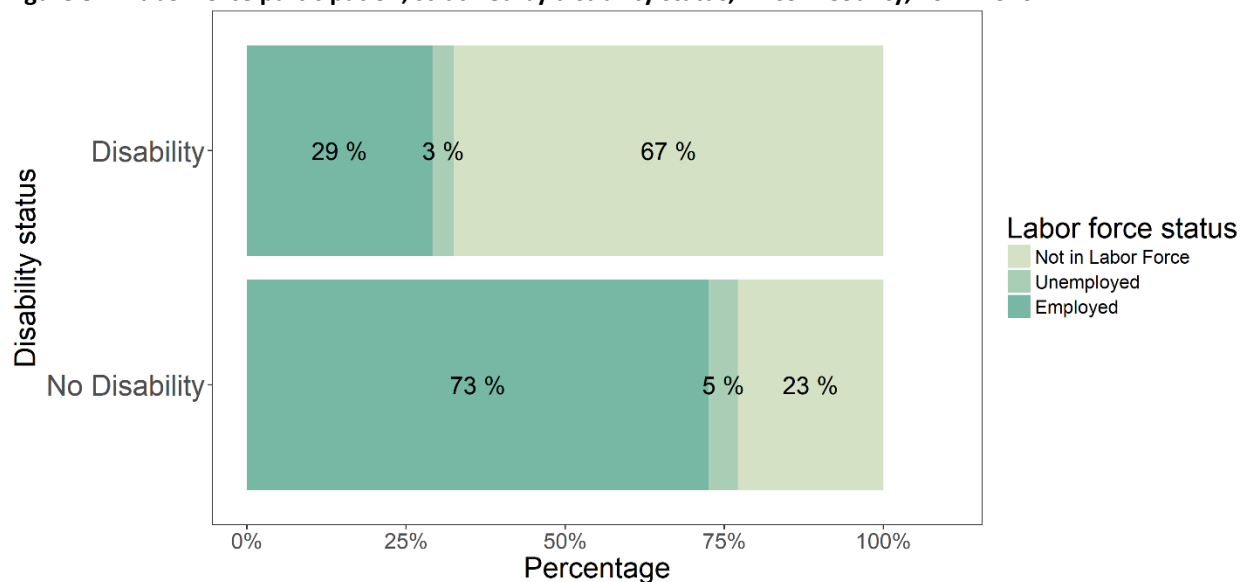
Sixty-six percent of households headed by single women in Lincoln County receive SNAP benefits (food stamps), compared with 38 percent of households with children headed by single men and 24 percent of married couple families with children.

## Disability status

Individuals with disabilities are not inherently less healthy than able individuals. However, many individuals with disabilities encounter barriers to achieving health which create inequities. As with many groups, specific data on health equity issues facing individuals with disabilities are scarce. According to the American Community Survey, 22 percent of Lincoln County residents have disabilities. As discussed in Chapter 2, this figure may underestimate the true proportion.

Employment is the major source of income for most individuals in the United States, especially for individuals who do not have significant wealth. Therefore the ability to find and hold a job is a powerful socioeconomic determinant of health. In addition, steady work generally contributes to an increased sense of self-worth, independence, and integration with the community. Individuals with disabilities are far less likely to work than individuals without disabilities. Only 29 percent of individuals with disabilities ages 18-64 in Lincoln County are employed, compared with 73 percent of residents the same age and without disabilities.

**Figure 8.7. Labor force participation, stratified by disability status, Lincoln County, 2012-2016**



Source: U.S. Census Bureau American Community Survey, Table C18120

The Oregon Department of Human Services tracks reports of abuse against vulnerable adults, including adults with self-care and cognitive disabilities. There is no comparable data to definitively point to an increased rate of abuses against these vulnerable adults compared to the general population. The Department of Human Services Office of Adult Abuse Prevention and Investigations reported that for 2015, there were 98 investigated allegations of abuse against adults with intellectual and/or developmental disabilities, of which 53 were substantiated. Of the substantiated claims, 26 occurred in care facilities and 27 took place in community settings.<sup>494</sup>

## Age

Everyone has different health issues and health needs at different ages. Age is an intrinsic quality as opposed to a social construct, and everyone experiences different ages throughout their lifetimes. However, the society in which we live privileges some age groups and disadvantages others. In general, adults age 25 to 50 experience fewer health equity issues because they are young enough to avoid age-associated illness and old enough to work, drive, and make their own healthy decisions.

## Children

### **Socioeconomic determinants of health**

Children are at increased risk of food insecurity compared to the general population. According to the Oregon Department of Education, 58 percent of Lincoln County children in public schools qualify for free or reduced-price lunches.<sup>495</sup> Another measure produced by Feeding America estimates that 24 percent of children under 18 in Lincoln County are estimated to be food insecure, compared to 15 percent of the general population.<sup>496</sup>

While it is difficult to accurately measure the number of residents who experience homelessness, the data suggest that Lincoln County children are at increased risk for housing instability compared to the general population. According to the Oregon Department of Education, 11.9 percent of the Lincoln County School District students were homeless at some point in the 2016-2017 academic school year.<sup>497</sup> The best estimate of homelessness in the general population suggests that less than 1 percent of the general population experienced homelessness in 2015.<sup>498</sup>

### **Abuse**

In 2017, there were a total of 1,292 reports of suspected child abuse or neglect in Lincoln County. As a result of these reports, 203 victims of child abuse or neglect were identified.<sup>499</sup> The types of abuse/neglect include mental injury, physical/medical neglect, physical abuse, sexual abuse, sexual exploitation, or threat of harm. Most often, the perpetrators of child abuse and neglect are family members (94.1 percent of reports in Oregon); parents account for 77.5 percent of all perpetrators.<sup>500</sup> Child abuse rates in Lincoln County have remained significantly higher than Oregon and the region (see Figure 8.8).<sup>501,502,503,504</sup>

**Figure 8.8: Child abuse rate per 1,000 for children under 18 years of age in Lincoln County, the LBL Region, and Oregon, 2013-2017**

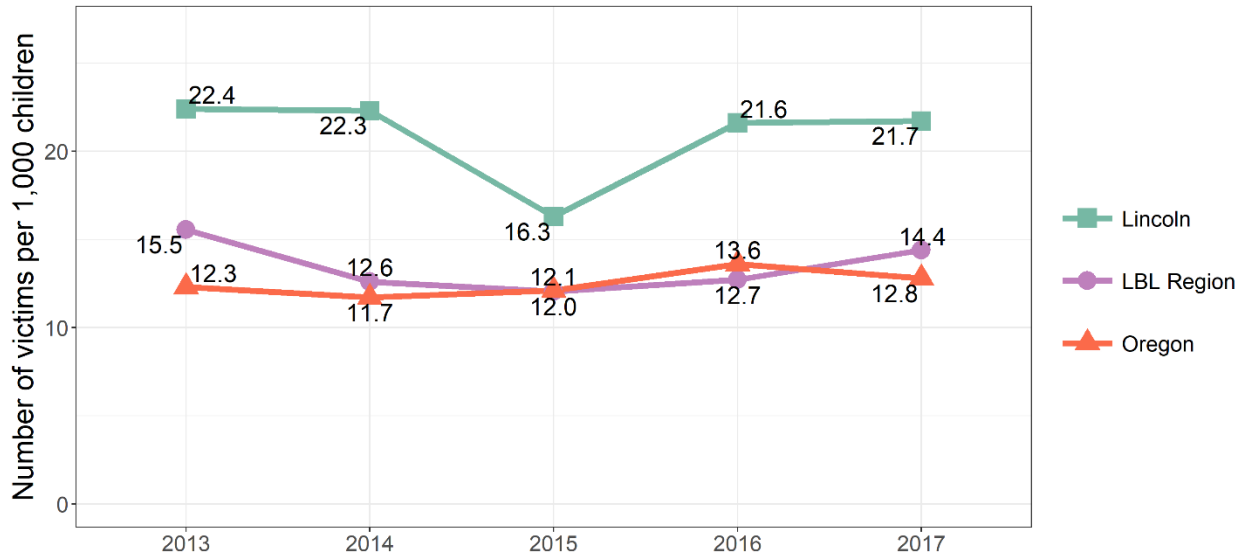


Figure notes: Rates include neglect, physical abuse, sexual abuse, threat of harm, and mental injury. Population data used by Oregon DHS are one year behind the year shown and is from the Office of Juvenile Justice and Delinquency Prevention

Source: Oregon Department of Human Services, Child Welfare Data Books

## Behavioral health

Data on suicidal ideation suggests that teenagers are nearly twice as likely to seriously consider suicide as young adults and more than four times as likely as other adults. Eighteen percent of eighth graders reported suicidal ideation, compared to 9 percent of young adults age 18-25 and less than 4 percent of adults age 26 and older.<sup>505</sup>

## Older adults

Many health equity issues for older adults are related to an environment that is not supportive of older adults with mobility limitations. Older adults who do not drive and do not live near public transport systems are at risk for poorer access to health care, food insecurity, and social isolation. The driving time to a primary care medical clinic in Lincoln County can be close to an hour for some parts of Lincoln County, and there are no regularly scheduled public transportation systems that serve the outlying part of the county. There is limited access in the county to programs such as Dial-A-Ride that provide reduced-cost services to seniors in Newport and Lincoln City.

Food insecurity is a major concern among older adults, particularly when considering mobility or transportation barriers. In 2016, Meals on Wheels provided 232,000 meals to older adults in Lincoln, Benton, and Linn counties who are unable to leave their homes to get food.<sup>506</sup>

Suicide rates among men age 65 and older are the highest of any other age group in the LBL Region; there were over 44 suicides per 100,000 men age 65 and older between 2012 and 2016, compared to 28 suicides per 100,000 men overall and about 19 suicides per 100,000 residents (men and women).<sup>507</sup>

## Immigration and documentation status

### Access to health care

Immigrants without documentation are excluded from receiving insurance through the Affordable Care Act.<sup>508</sup> This means they cannot get Medicaid insurance through the Oregon Health Plan or Medicare if they are over 65. Historically, undocumented children were ineligible for insurance through the Children's Health Insurance Plan (CHIP). Furthermore, undocumented immigrants are not able to enter into formal employment, preventing them from having employer-provided health insurance. In order to seek medical care, most undocumented immigrants turn to safety net clinics, emergency rooms, and social service agencies.

In 2017, the Lincoln Community Health Center provided care to 37 patients who were classified as agricultural workers (less than 1 percent of their total patients). There is no data specifically about immigrants without documentation.<sup>509</sup>

Since immigrants without documentation do not have legal access to most government services, there is very little data collected about their health. This is a major challenge in describing their health inequities.

Other potential sources of health inequities are supported by state or national data but lack local data:

- Many immigrants without documentation work in agricultural industries, which have higher rates of injury and exposures to pesticides than other industries, or construction, which has higher rates of injury than many other industries.<sup>510</sup>
- Immigrants without documentation are excluded from government services such as Medicaid and housing vouchers. This exacerbates poverty among this group.<sup>511</sup>
- Immigrants without documentation frequently have limited English ability, raising barriers to accessing care and services if those services are not provided in the immigrants' languages.
- Many immigrants without documentation are at risk of deportation if they encounter immigration authorities. As a result, many immigrants avoid seeking services, and many immigrants are at higher risk of abuse due to fear of reporting abuse to authorities.

## **Cover All Kids**

One major step to improving access to care for immigrants without documentation was taken by the Oregon Legislature when it passed the “Cover All Kids” legislation, which extends eligibility for the Oregon Health Plan to all children in Oregon living in households up to 300 percent of the Federal Poverty Level, regardless of residency status.<sup>512</sup> Cover All Kids went into effect on January 1<sup>st</sup>, 2018.

## **Veteran status**

There are approximately 5,614 veterans who live in Lincoln County, almost 15 percent of the population who are age 18 or older.<sup>513</sup>

## **Mental health**

There are no available local data detailing disparities in mental health status between veterans and non-veterans. National data indicate that combat veterans are two to four times as likely to have post-traumatic stress disorder (PTSD) as non-veterans. Reported PTSD rates among combat veterans at Veterans Affairs primary care clinics average 12 percent, compared to an estimated 6 percent among non-veterans.<sup>514</sup> Another study found that the diagnosis rate of PTSD in veterans was 36 per 100,000 veterans each year between 2001 and 2014. Veterans were diagnosed with major depressive disorder at a rate of 9 diagnoses per 100,000 veterans over the same time period.<sup>515</sup>

## **Suicide among veterans**

Veterans are twice as likely as nonveterans to die by suicide. Male veterans in Oregon had a much higher suicide rate than non-veteran males (46 per 100,000 male veterans versus 28 per 100,000 male non-veterans).<sup>516</sup> The ratio between female veterans and female non-veterans was even higher (21 per 100,000 female veterans versus 9 per 100,000 female non-veterans). Between 2008 and 2012, 15 veterans in Lincoln County died by suicide.<sup>517</sup>

## **Disability status**

In Lincoln County, veterans are nearly twice as likely to have a disability as non-veterans. According to American Community Survey data, 44 percent of the county’s veterans have a disability, compared to 22 percent of non-veterans.<sup>518</sup>

## **Lesbian, Gay, Bisexual, and Transgender populations**

There is a scarcity of data indicating health inequities among the lesbian, gay, bisexual, and transgender (LGBT) population in Lincoln County and in Oregon.

National data indicates that LGBT adults are more likely to smoke cigarettes or binge drink than adults in the general population. Bisexual adults are much more likely to report experienced psychological distress than either straight, gay, or lesbian adults.<sup>519</sup>

The Centers for Disease Control reports that “Gay, bisexual, and other men who have sex with men made up an estimated 2 percent of the population but 55 percent of people living with HIV in the United States in 2013”.<sup>520</sup> Men who have sex with men are also more likely to contract other sexually transmitted infections such as gonorrhea. Approximately 5 percent of Oregon men are gay, but 42 percent of men who have been diagnosed with gonorrhea report sex with other men.<sup>521</sup>

## Income and poverty

Income is the largest single determinant of health in the United States. Individuals in poverty or with low incomes are more likely to have unstable housing, have unreliable transportation, food insecurity, poor access to health care, and live in less healthy environments. All of these trends hold in Lincoln County to various degrees.

In addition to social determinants of health, income is closely linked with health behaviors and health outcomes. A comparison of the Oregon Behavioral Risk Factors Surveillance System and its Medicaid counterpart demonstrate this very clearly:

- Out of fourteen healthy and risky behaviors, IHN-CCO (Medicaid) members scored worse on eight of them than Lincoln County as a whole. IHN-CCO members scored better in regards to tobacco use, secondhand smoke, trying to quit, and eating fruits and vegetables. Given the county’s serious challenges with tobacco use (described earlier), it is not surprising that Medicaid participants in the region scored better in these areas.
- Out of nine chronic diseases, IHN-CCO (Medicaid) members scored worse in six of them than Lincoln County as a whole (IHN-CCO members scored better on angina, arthritis, and cancer).
- IHN-CCO (Medicaid) members scored worse on all of six measures of recommended preventive health screenings and services (such as mammograms and testing for high blood sugar) when compared to the general population of Lincoln County.<sup>522</sup>



# Conclusion

## Meeting Challenges Together

As highlighted throughout this Community Health Assessment (CHA) report, there are many factors that influence and affect health outcomes both positively and negatively in Lincoln County. The CHA provides an opportunity to identify the many health concerns, disparities and impacts that residents face in their daily lives.

A health assessment is truly important to help identify needs and opportunities for improvement. At the same time, it is important to highlight the various strengths and assets that are alive and well within our communities. These strengths and assets refer to the many types of human, social, and economic resources that our region can offer to address problems. Organizations, agencies, and partners within and across the three counties can collaborate to improve the health and quality of life for residents. Together we can build a road to better health for the region.

### General Health Status

In 2018 Lincoln County was ranked 34 out of 36 Oregon counties for health outcomes, and 29 out of 34 for health factors.<sup>523</sup> It is clear in these numbers that the county has a lot of opportunity ahead to work on improving overall health status for the residents who live here. The County Health Rankings look at the different factors and conditions that affect the health and well-being of county residents, and are made up of four categories: health behavior, clinical care, social and economic factors, and physical environment.

Lincoln, Benton, and Linn counties have several rich community resources that can help meet the identified challenges and needs in the region. A few highlights of the many resources are summarized here.

### Knowledge and Skills in Caring for and Promoting Health

The three-county region shares a long history of collaboration and partnership among various organizations and agencies to improve and promote health.

- Across the three counties, a unified Tobacco Prevention & Education Program aims to reduce tobacco-related illness and death. There also exist other population-based prevention and chronic disease programs that reduce the onset and incidence of many chronic conditions and help residents in the region take control of their health.
- The county is home to a variety of medical care, dental care, vision care, elder care, medical clinics, doctors, nurse practitioners, and alternative medicine which can be expanded upon to meet the needs of all residents.

- The county is part of a single Coordinated Care Organization (InterCommunity Health Network CCO) which unifies services and systems for Oregon Health Plan (Medicaid) patients within the Linn-Benton-Lincoln region. This includes a broad partnership and a number of collective projects, committees, and initiatives.
- The Lincoln County health department works in close collaboration with the Benton and Lincoln County health departments. Information and surveillance is shared, resources are pooled, and expertise is lent as needed between the counties.

## Social Support Networks

- Lincoln County shares a comprehensive network of social support and opportunity for the aging population with Benton and Linn counties.
- The region offers specialized support for people with mental illness, addictions, disabilities, and children with behavioral or emotional problems.
- The region shares a strong commitment to the health and wellbeing of children and youth. This commitment includes a focus on issues such as increasing family stability, kindergarten readiness, and equitable service coordination. Numerous organizations exist to address education, nutrition, and social support for children and families.

Without being able to call out every organization and project that supports the health of the region, what is shown above only highlights a few examples; each example is the result of efforts by countless community partners. A wealth of collective action and resources exists within and across the Lincoln, Benton, and Linn counties region. Overcoming the many health challenges facing residents depends on this collective action and the vitally important part that each of our community partners play.

## Acronyms used throughout the Regional Health Assessment document

ACA	Affordable Care Act
ACS	American Community Survey
AHRQ	Agency for Healthcare Research and Quality
AIDS	Acquired Immune Deficiency Syndrome
BMI	Body Mass Index
BRFSS	Behavioral Risk Factor Surveillance System
CARDV	Center Against Rape and Domestic Violence
CCO	Coordinated Care Organization
CDC	Centers for Disease Control and Prevention
CHA	Community Health Assessments
CHIP	Community Health Improvement Plan
CLAS	Culturally and Linguistically Appropriate Services
CLCCHC	Cultural Competency in Health Care
DEQ	Department of Environmental Quality
DMAP	Division of Medical Assistance Programs
DSM	Diagnostic and Statistical Manual
ECD	Early Childhood Development
EDs	Emergency Departments
EHS	Early Head Start
EMS	Emergency Medical Services
EPA	Environmental Protection Agency
FASDs	Fetal Alcohol Spectrum Disorders
FPL	Federal Poverty Level
FOBT	Fecal Occult Blood Test
FQHC	Federally Qualified Health Centers
GED	General Education Development
GFR	General Fertility Rate
HIV	Human Immuno-Deficiency Virus
HPSA	Health Professional Shortage Areas
IHN-CCO	InterCommunity Health Network Coordinated Care Organization
IOM	Institute of Medicine
LEA	Law Enforcement Agencies
LGBTQ	Lesbian, Gay, Bi-sexual, Transgender, Queer
MDE	Major Depressive Episode
MSFW	Migrant Seasonal Farmworkers
MSP	My Sisters' Place
NHDR	National Healthcare Disparities Report
NOAA	National Oceanic and Atmospheric Administration
OCCC	Oregon Coast Community College

ODF	Oregon Department of Forestry
OHP	Oregon Health Plan
OHS	Oregon Head Start
OSHA	Occupational Safety and Health Administration
OSU	Oregon State University
PCP	Primary Care Provider
PDMP	Prescription Drug Monitoring Program
PM <sub>2.5</sub>	Particulate Matter
PPD	Postpartum Depression
PRAMS	Pregnancy Risk Assessment Monitoring System
SIDS	Sudden Infant Death Syndrome
SNAP	Supplemental Nutrition Assistance Program
STD	Sexually Transmitted Diseases
STI	Sexually Transmitted Infections
TFR	Total Fertility Rate
USDA	US Department of Agriculture
WHO	World Health Organization
WIC	Women, infants, and children

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# Appendix A

## Maps of Lincoln County health indicators

This appendix presents 17 maps of Lincoln County. The first eight maps (A.1 through A.8) show Lincoln County demographics and social determinants of health. The other nine maps (A.9 through A.17) show estimates of chronic disease and health risk factors, organized alphabetically. Each map is preceded by a description on the facing page.

### Contents

- A.1 Population density
- A.2 Median age by block group
- A.3 Proportion of residents who do not identify as white, non-Hispanic by block group
- A.4 Household poverty rate by block group
- A.5 Proportion of households with a housing cost burden by block group
- A.6 Proportion of households that are renters by block group
- A.7 Proportion of households that receive SNAP benefits by block group
- A.8 Estimated disability prevalence by census tract
- A.9 Estimated arthritis diagnosis rate by census tract
- A.10 Estimated asthma diagnosis rate by census tract
- A.11 Estimated binge drinking prevalence by census tract
- A.12 Estimated cancer diagnosis rate by census tract
- A.13 Estimated depression diagnosis rate by census tract
- A.14 Estimated diabetes diagnosis rate by census tract
- A.15 Estimated heart disease diagnosis rate by census tract
- A.16 Estimated obesity prevalence by census tract
- A.17 Estimated smoking prevalence by census tract

### Definition of a census tract and census block group.

According to the U.S. Census Bureau, census tracts are small, relatively permanent statistical subdivisions of a county or equivalent entity that generally have a population size between 1,200 and 8,000 people, with an optimum size of 4,000 people. A census tract usually covers a contiguous area; however, the spatial size of census tracts varies widely depending on the density of settlement. A census block group is a subdivision of a census tract, generally containing between 600 and 3,000 people.

All demographic maps in this appendix are based on data aggregated at the block group level. All chronic disease and risk factor maps are based on data aggregated at the census tract level.

Since data is aggregated, estimated numbers may change from one side of a census border to another. This does not represent the reality on the ground, but is generally a reasonable approximation.

### **Health indicator shading and dot density**

One challenge in overlaying health data on census tracts (or block groups) is that rural census tracts are larger but have fewer people than urban census tracts. Shading a whole rural census tract will therefore overstate the on-the-ground reality of the data, since the human eye equates larger areas with larger numbers.

In order to avoid this visual illusion, these maps illustrate population density and health indicators by using a combination of shading and dot density. The shading of the dots indicates the probability of the indicator in question. A darker shade means a higher probability. The density of the dots indicate the population density. These dots are not individuals or individual addresses. They are randomly placed in accordance with population densities calculated from census block populations. Rural census tracts have many fewer dots than urban tracts, thereby giving more appropriate weight to the smaller urban census tracts.

Throughout this appendix, all but two maps use a brown color palette for better contrast. There are two exceptions. The population density map uses blue dots across the whole county to illustrate population density. The racial and ethnic diversity map uses shades of blue to avoid creating a visual connection between more diversity and darker brown shades. Darker shading corresponds to higher numbers (probabilities). This convention is used consistently in these maps. However, higher numbers do not necessarily indicate worse (or better) indicators. For example, there is no better or worse median age from a health standpoint, just different median ages.

### **Siletz Tribal Lands**

The Confederated Tribes of Siletz Indians owns approximately 15,000 acres of land in Lincoln County. These lands are indicated on all seventeen maps.

[Maps begin on the following page]

## **A.1 Population density in Lincoln County**

Lincoln County, 2010

Map notes:

The population density in Lincoln County is estimated from the population counts completed during the 2010 Census. The dots do not correspond to any specific address. Each dot represents approximately 10 households in the vicinity. No actual addresses are identified in this map.

Certain, isolated addresses may exist in the unpopulated areas of Lincoln County; these addresses have been excluded in order to preserve anonymity.

Data source:

U.S. Census Bureau 2010 Census.

# Population density

Lincoln County  
2012-2016

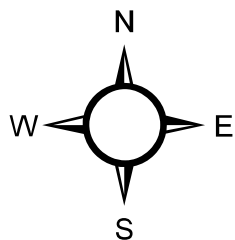
Lincoln City

Siletz Tribal Lands



State Highways

Dots indicate population density. Each dot represents approximately 10 people.



0 2.25 4.5 9 Miles

American Community Survey 2012-2016 data

Newport

Toledo

Waldport

Siletz

20

34

## **A.2 Median age of the population, by census block group**

Lincoln County, 2012-2016

Map notes:

The median age by census block group is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. Median age estimates at the census block group level are reliable.

A darker shading corresponds to a higher median age.

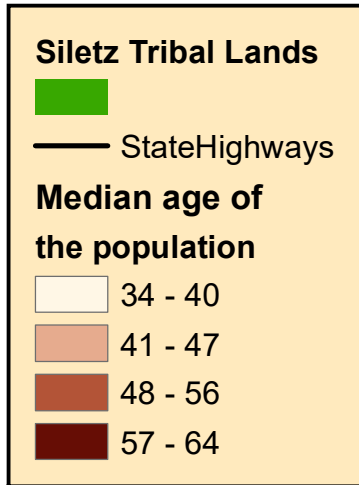
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

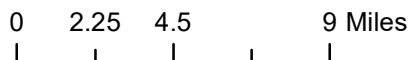
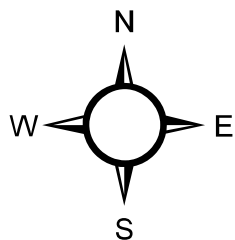
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Median age of the population

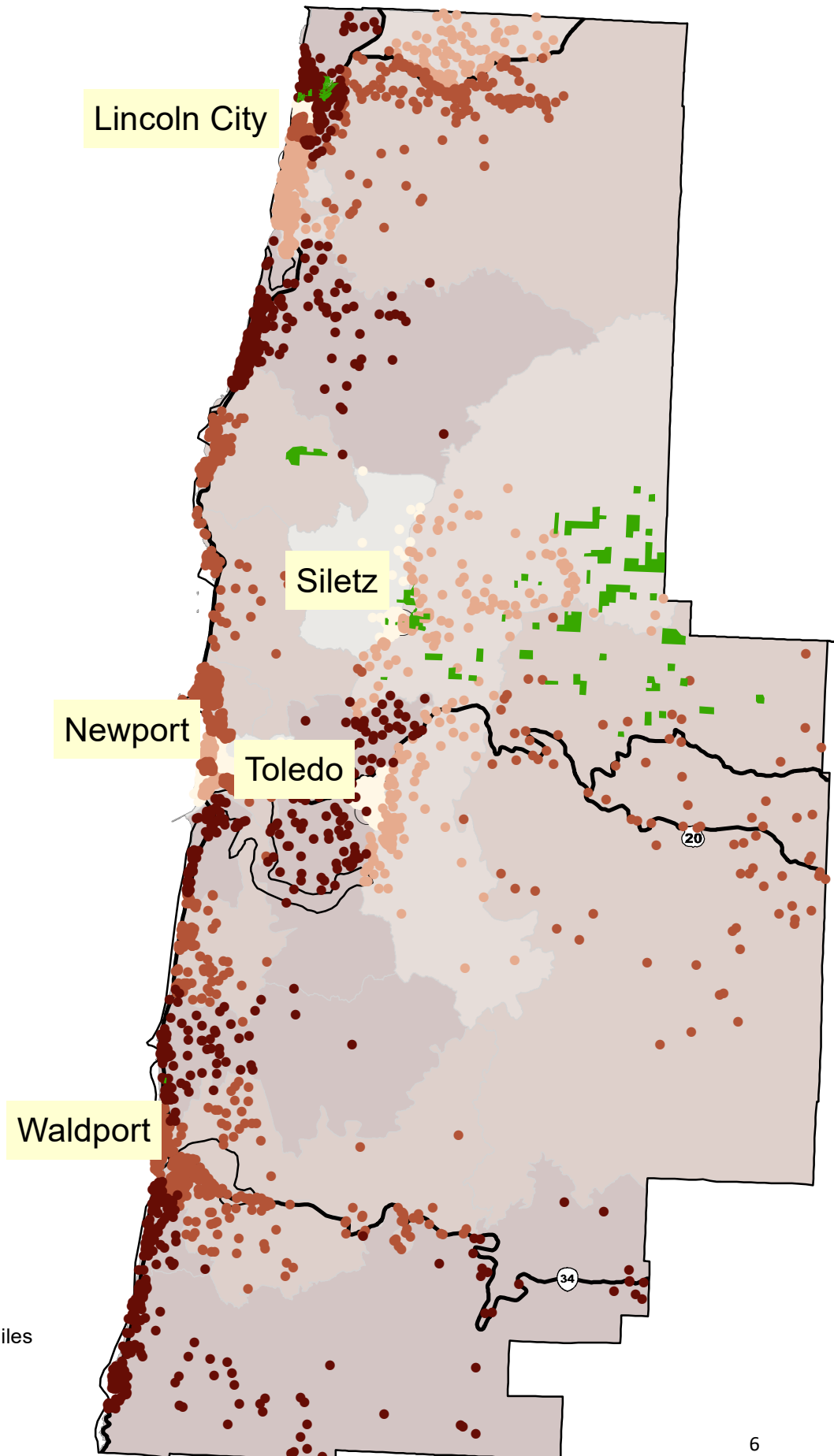
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



### **A.3 Racial and ethnic diversity, by census block group**

Lincoln County, 2012-2016

Map notes:

Racial and ethnic diversity is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. The specific data used is the proportion of residents who do not identify as “White, not Hispanic or Latino”, according to the U.S. Census Bureau definition. Race and ethnicity estimates at the census block group level are generally reliable, but the U.S. Census Bureau does not survey individuals without fixed addresses, such as migrant workers. Therefore these data should be interpreted to refer only to residents with fixed addresses.

The blue color palette is used here to avoid creating a visual connection between more diversity and darker shades of brown.

The palette does align with the convention in this appendix that larger numbers correspond with darker shades. There is no “better” or “worse” proportion of non-white community members, just different proportions.

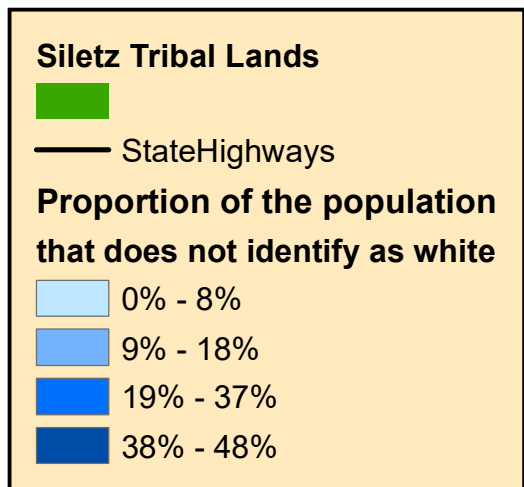
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

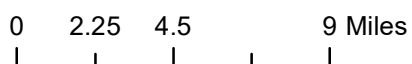
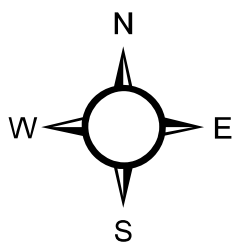
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Racial and Ethnic Diversity

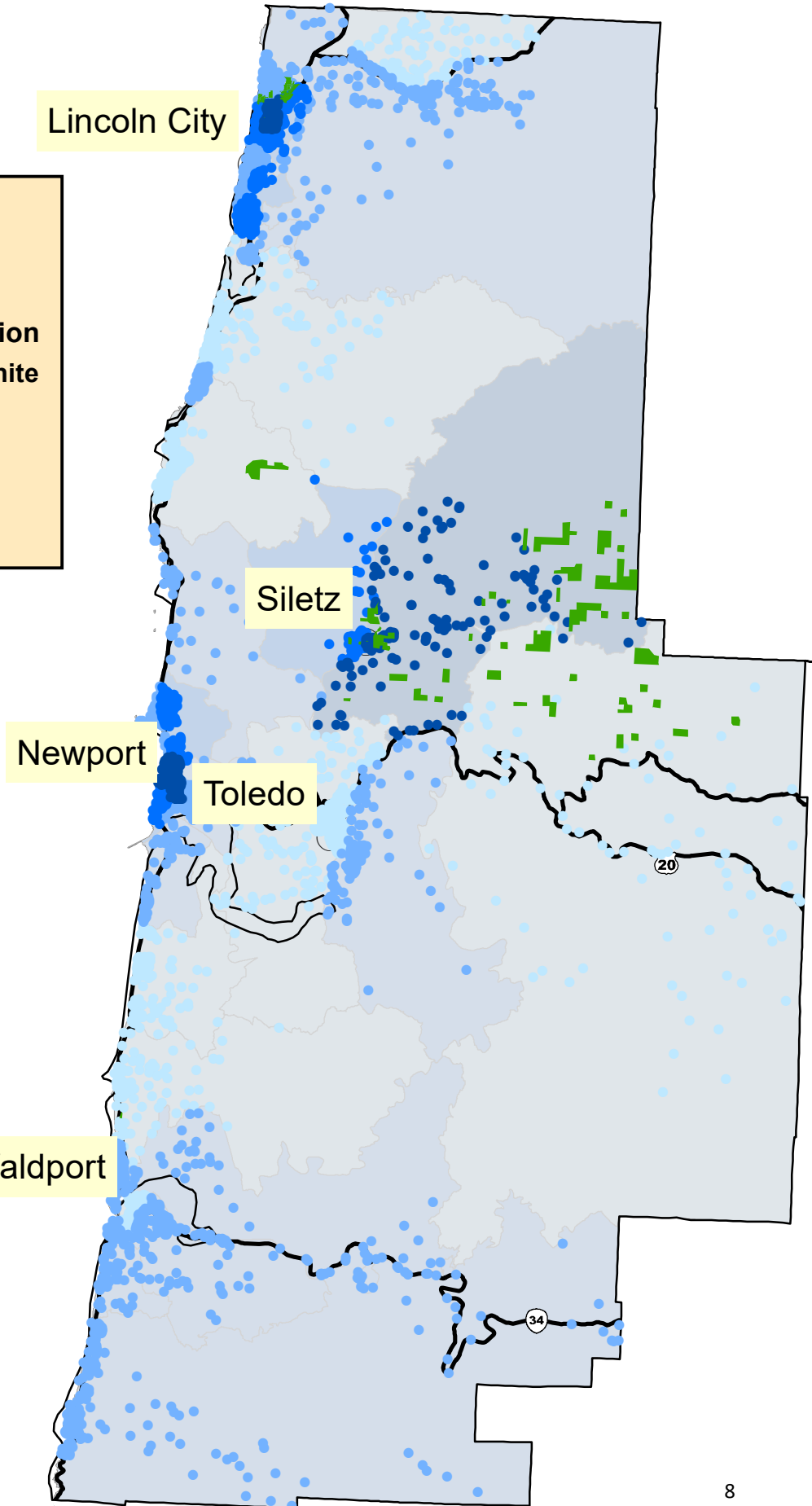
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



#### **A.4 Household incomes below the federal poverty level, by census block group**

Lincoln County, 2012-2016

Map notes:

The household poverty rate by census block group is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. The household poverty rate is the proportion of households in the block group that are below the federal poverty level. A household is defined as one or more people who occupy a housing unit. Households generally do not include shared living facilities such as dormitories, barracks, and assisted living facilities. The federal poverty level is actually many different poverty levels, one for each household size. Household poverty rate estimates at the census block group level are reliable.

A darker shading corresponds to a higher poverty rate.

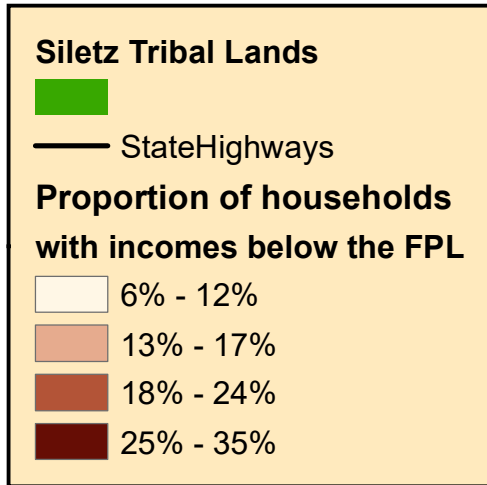
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

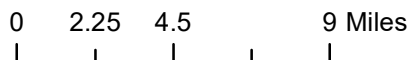
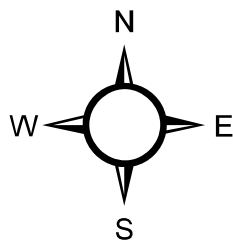
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Household incomes below the federal poverty level (FPL)

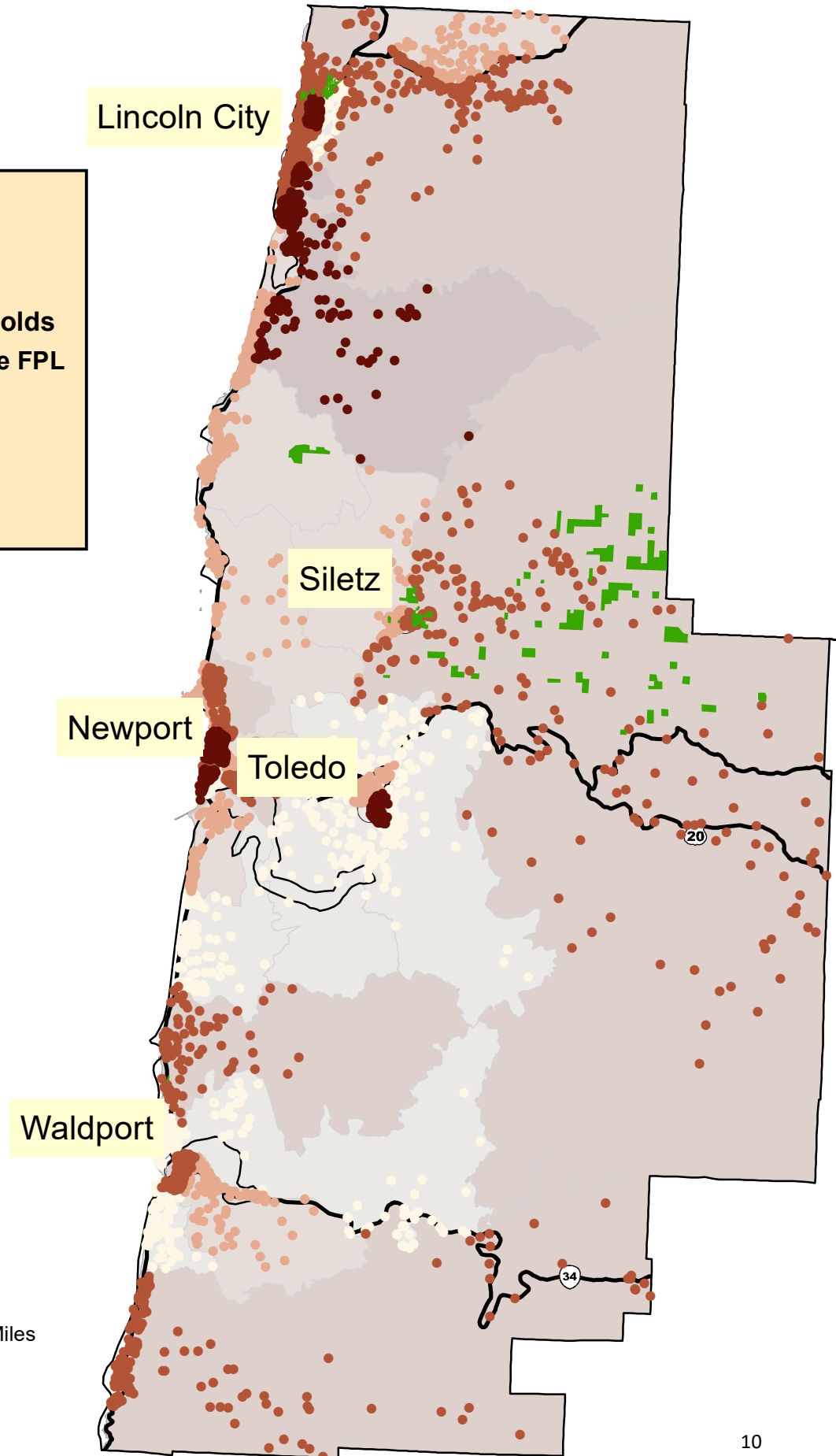
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.5 Households with a housing cost burden, by census block group**

Lincoln County, 2012-2016

Map notes:

The proportion of households with a housing cost burden is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. A household has a housing cost burden if 30 percent or more of annual household income is spent on housing costs (rent for renters, mortgage and taxes for owners). Housing cost burden estimates at the census block group level are reliable.

A darker shading corresponds to a higher proportion of households with a cost burden (not a higher dollar cost burden).

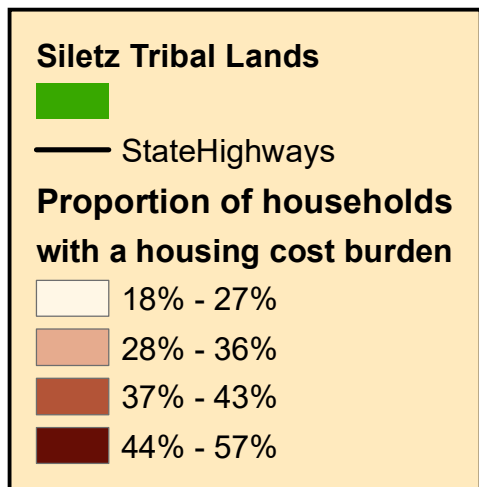
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

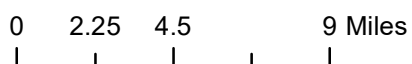
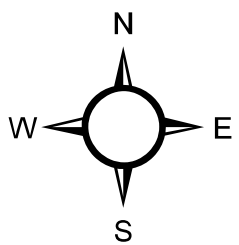
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Households with a housing cost burden

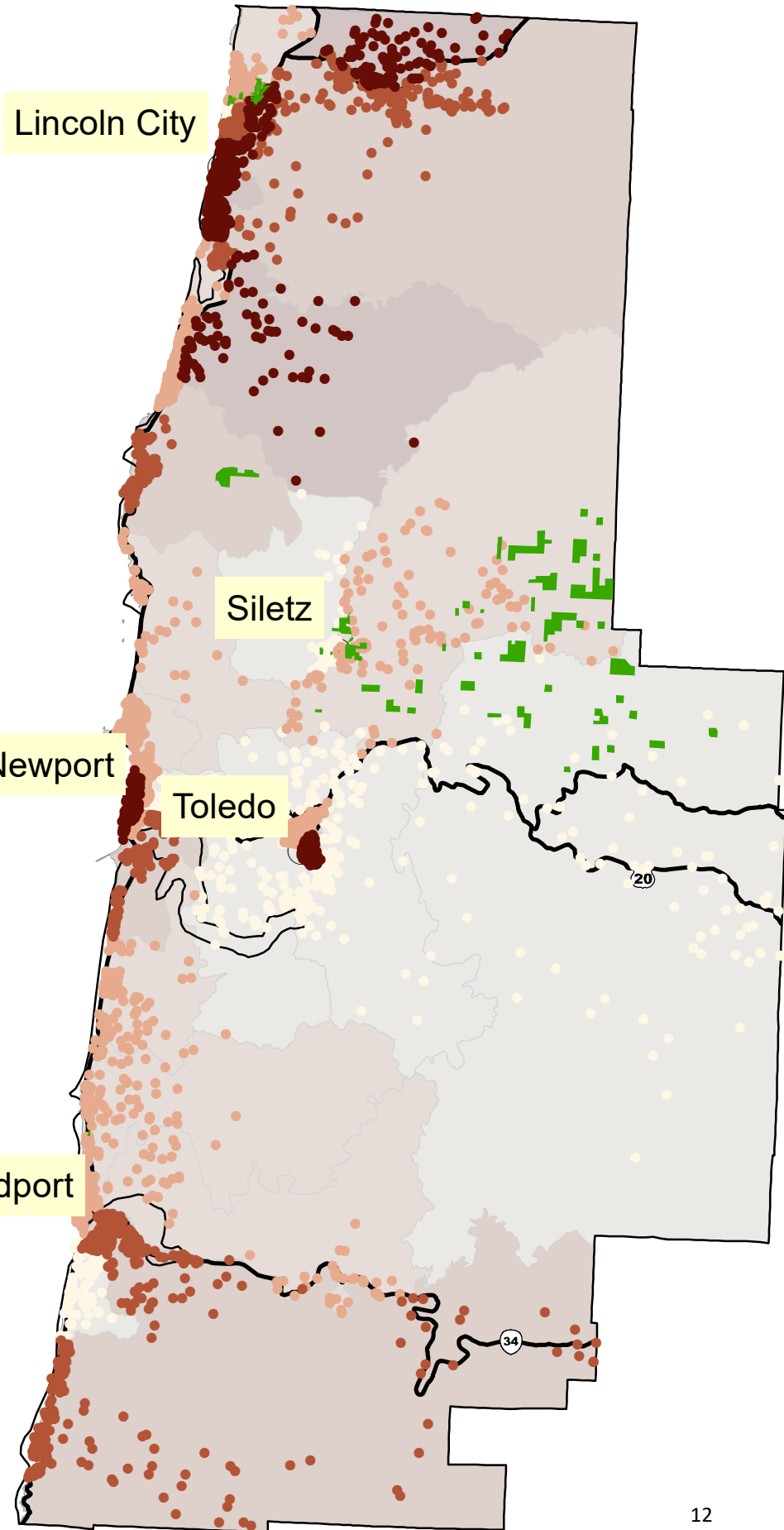
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.6 Households occupied by renters, by census block group**

Lincoln County, 2012-2016

Map notes:

The proportion of households that are renters is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. Renter-occupied housing estimates at the census tract block group are reliable.

A darker shading corresponds to a higher proportion of renters.

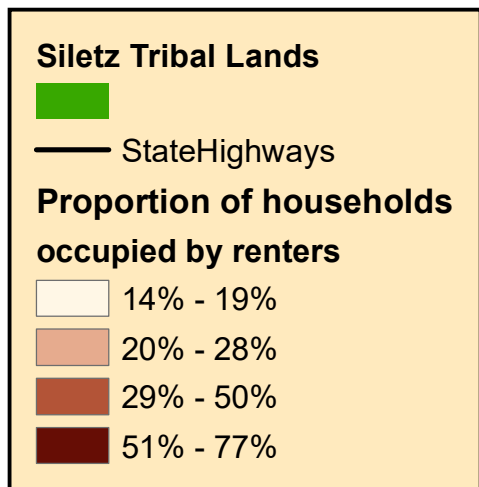
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

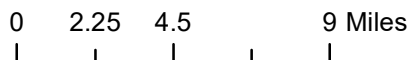
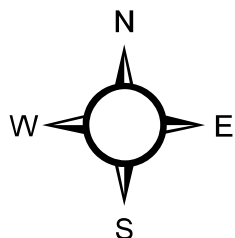
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Households occupied by renters

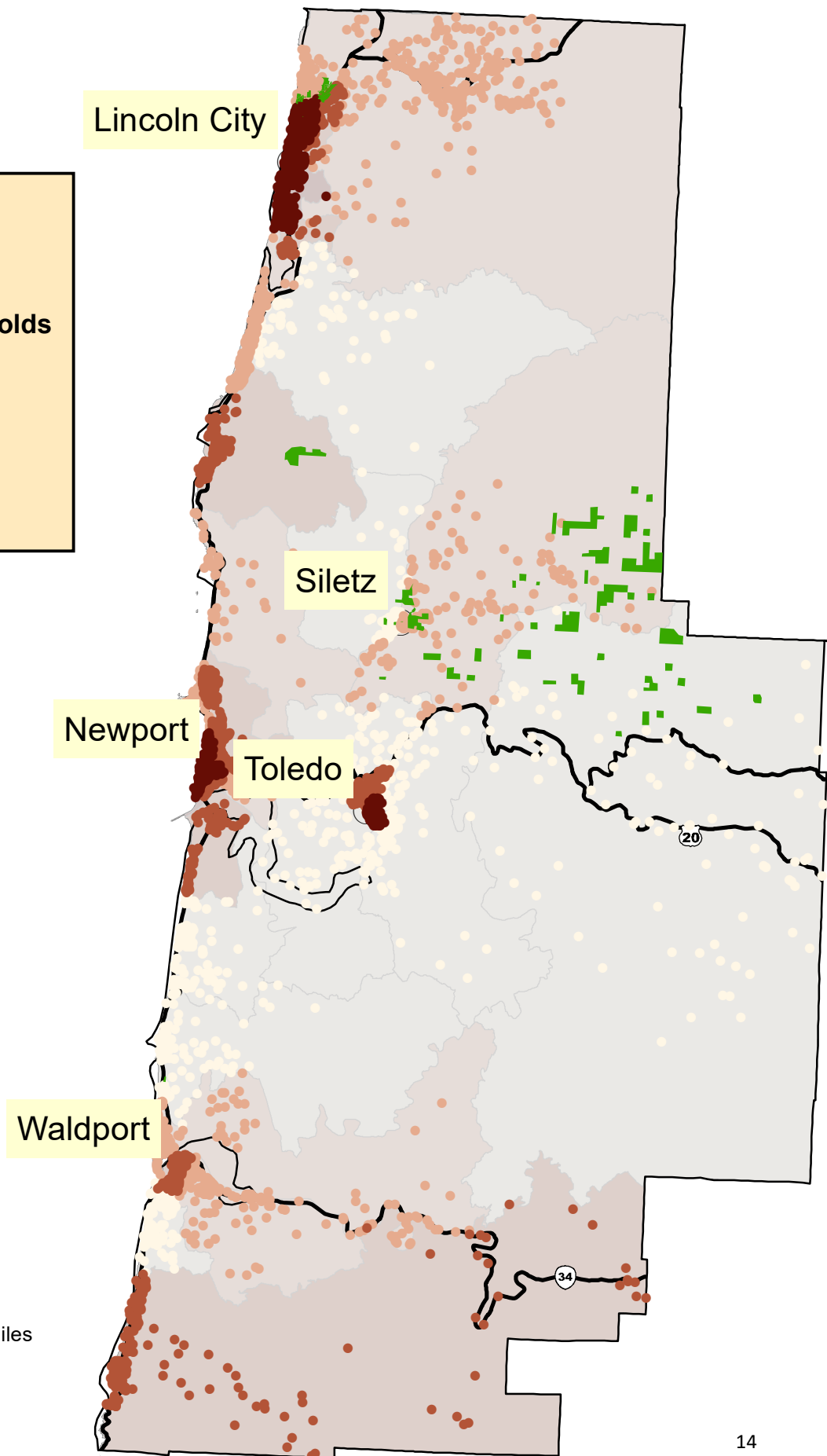
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.7 Households receiving SNAP benefits, by census block group**

Lincoln County, 2012-2016

Map notes:

The proportion of households that receive SNAP benefits (Food Stamps) is estimated using U.S. Census Bureau American Community Survey data. This survey contacts a subset of households in each census block group. The estimates are computed from 5 years of survey data, 2012-2016. Estimates of households receiving SNAP benefits at the census block group level are reliable.

A darker shading corresponds to a higher proportion of households receiving SNAP benefits.

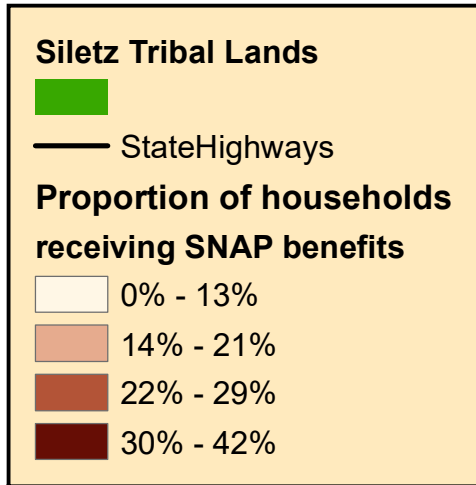
The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Data source:

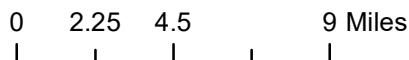
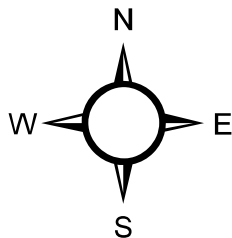
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Households receiving SNAP benefits

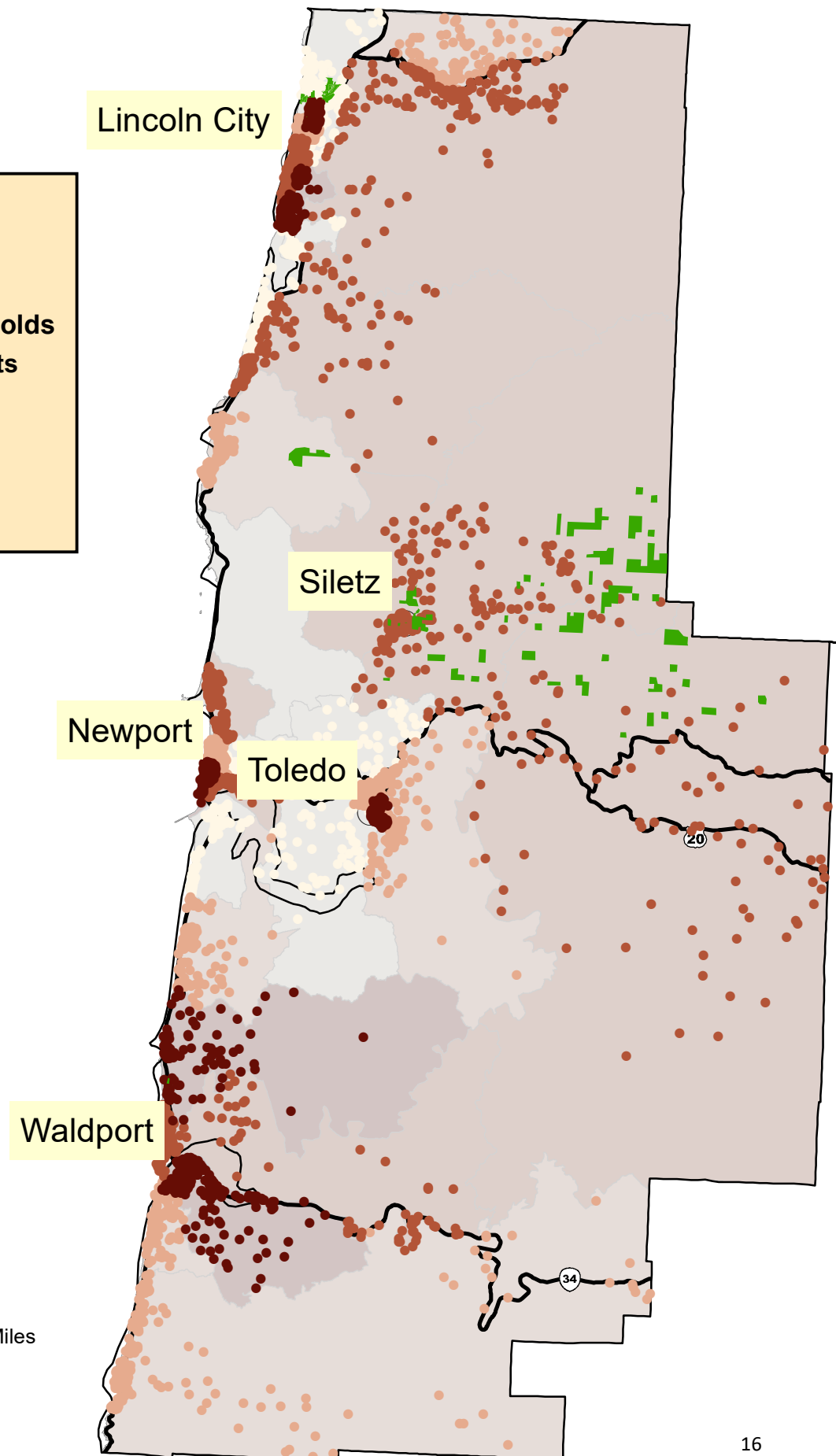
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.8 Proportion of population with a disability, by census tract**

Lincoln County, 2014-2016

Map notes:

The estimates of disability prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has any disability. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the probability of disability for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of disability prevalence. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

A darker shading corresponds to a higher estimated proportion of individuals with disabilities.

The density of the dots indicate the population density. Each dot represents approximately 10 people, but does not represent any single individual or address.

Limitations and suggested interpretation:

Disability prevalence is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher disability prevalence, ranging between approximately 32 and 49 percent.

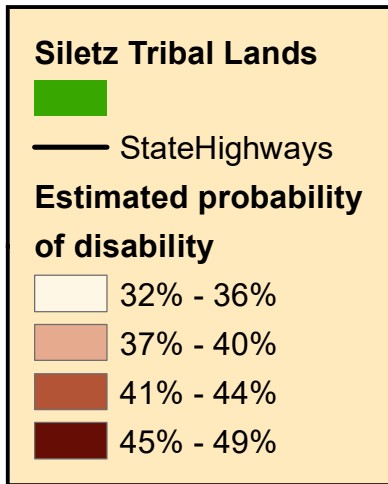
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

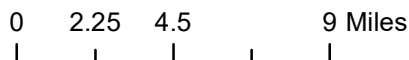
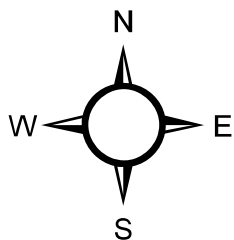
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Disability Prevalence

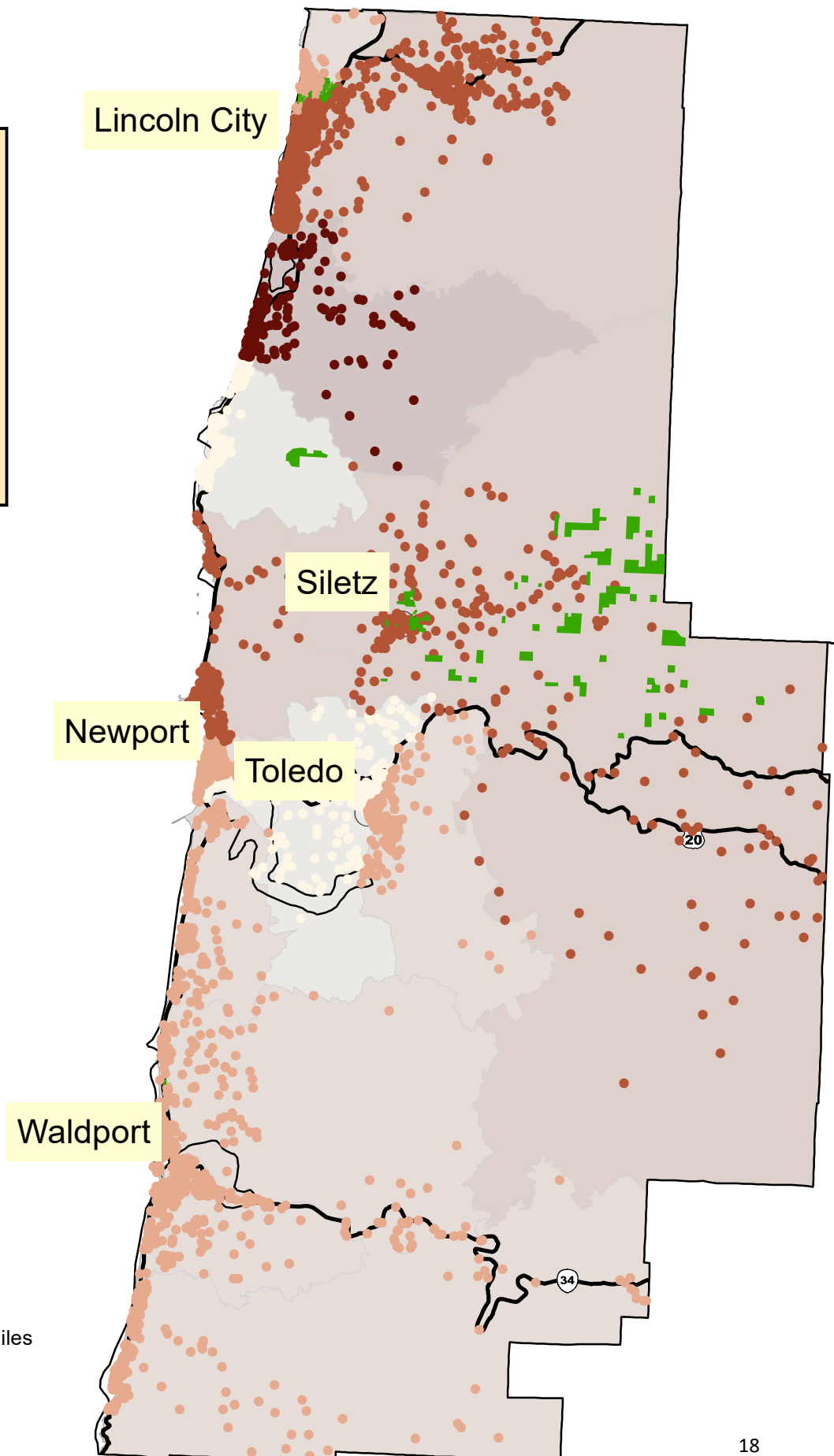
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.9 Estimated arthritis prevalence, by census tract**

Lincoln County, 2014-2016

Map notes:

The estimates of arthritis prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with arthritis. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of arthritis for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of the arthritis diagnosis rate. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The arthritis diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher arthritis diagnosis rates, ranging between approximately 27 and 42 percent.

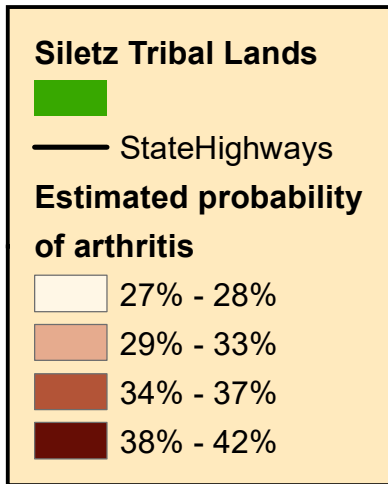
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

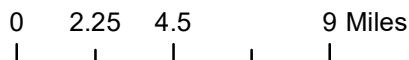
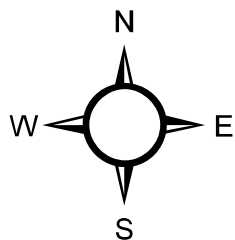
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Arthritis Prevalence

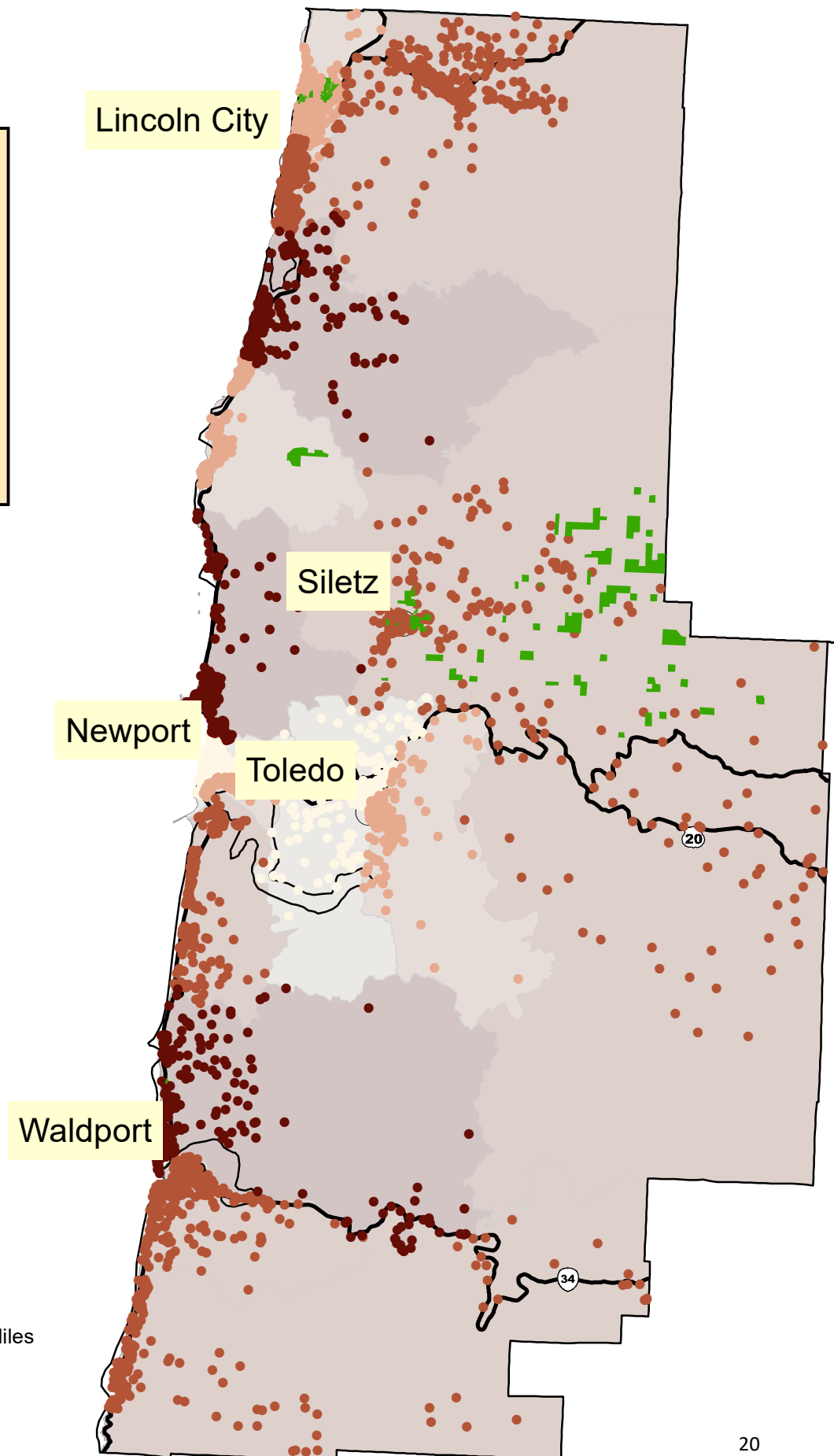
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.10 Estimated asthma prevalence, by census tract**

Lincoln County, 2014-2016

Map notes:

The estimates of asthma prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with asthma. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of asthma for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of the asthma diagnosis rate. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The asthma diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher asthma diagnosis rates, ranging between approximately 10 and 12 percent.

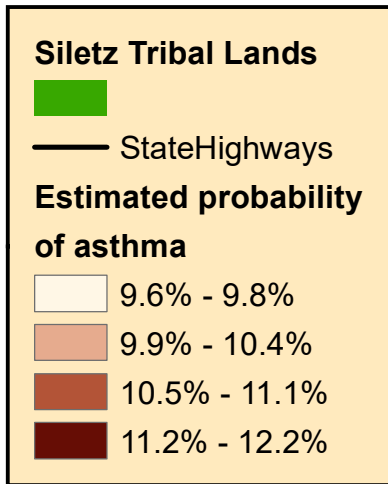
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

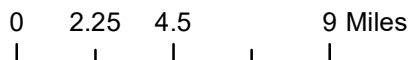
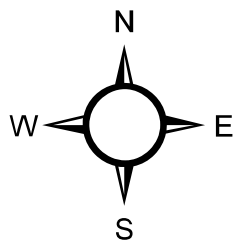
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Asthma Prevalence

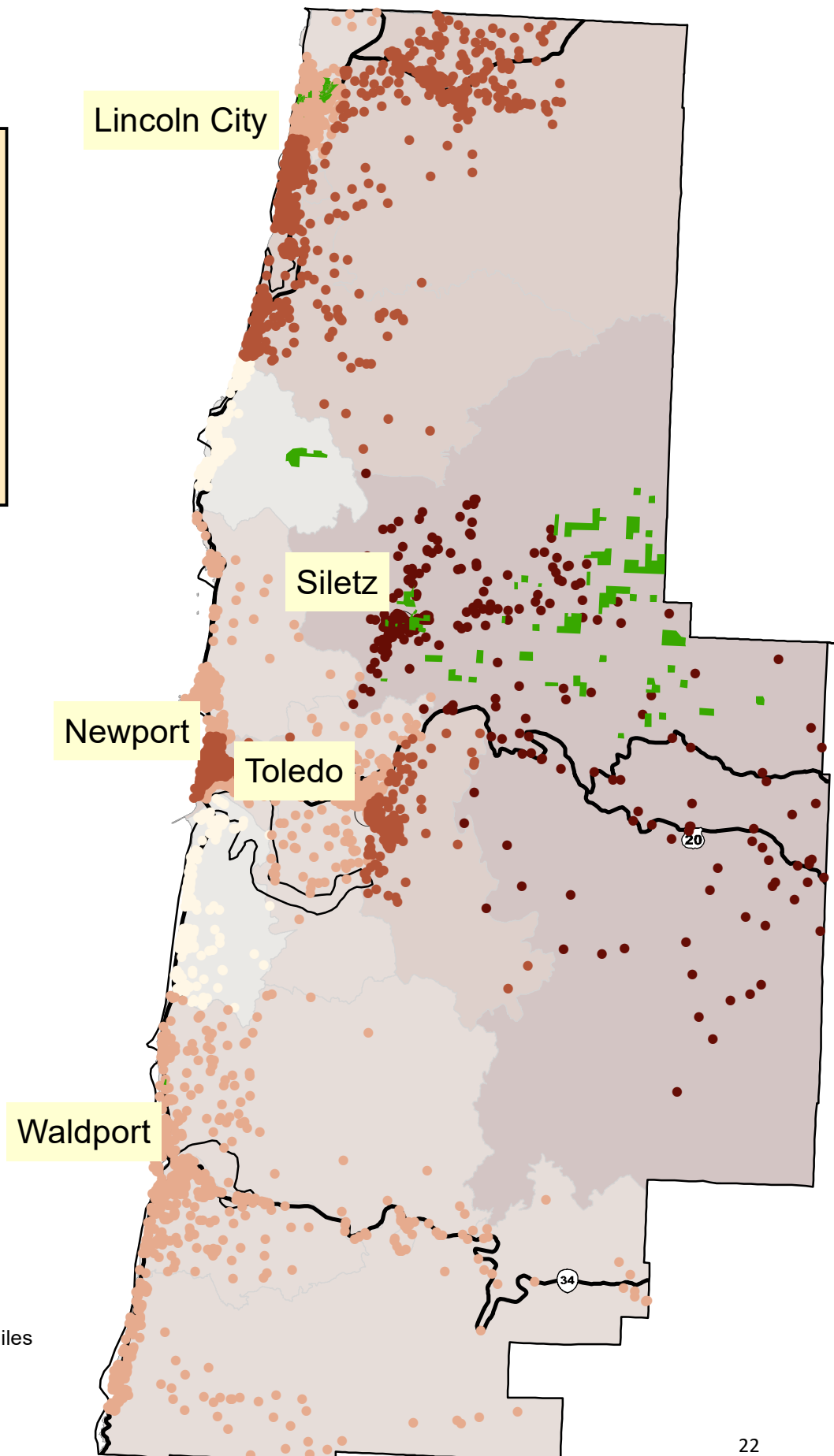
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.11 Estimated binge drinking prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of binge drinking prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks: "How many times during the past 30 days did you have 4 (women) or 5 (men) drinks on one occasion?" Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of binge drinking for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of binge drinking prevalence. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

Binge drinking prevalence is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher binge drinking prevalence, ranging between approximately 12 and 19 percent.

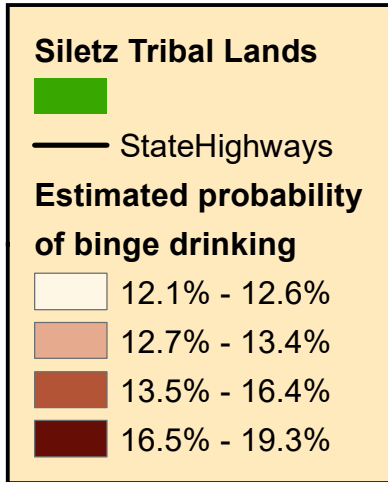
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

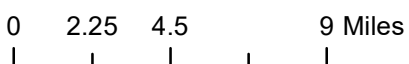
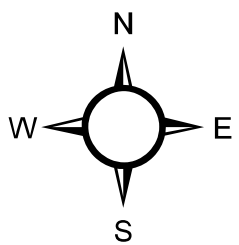
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Binge Drinking Prevalence

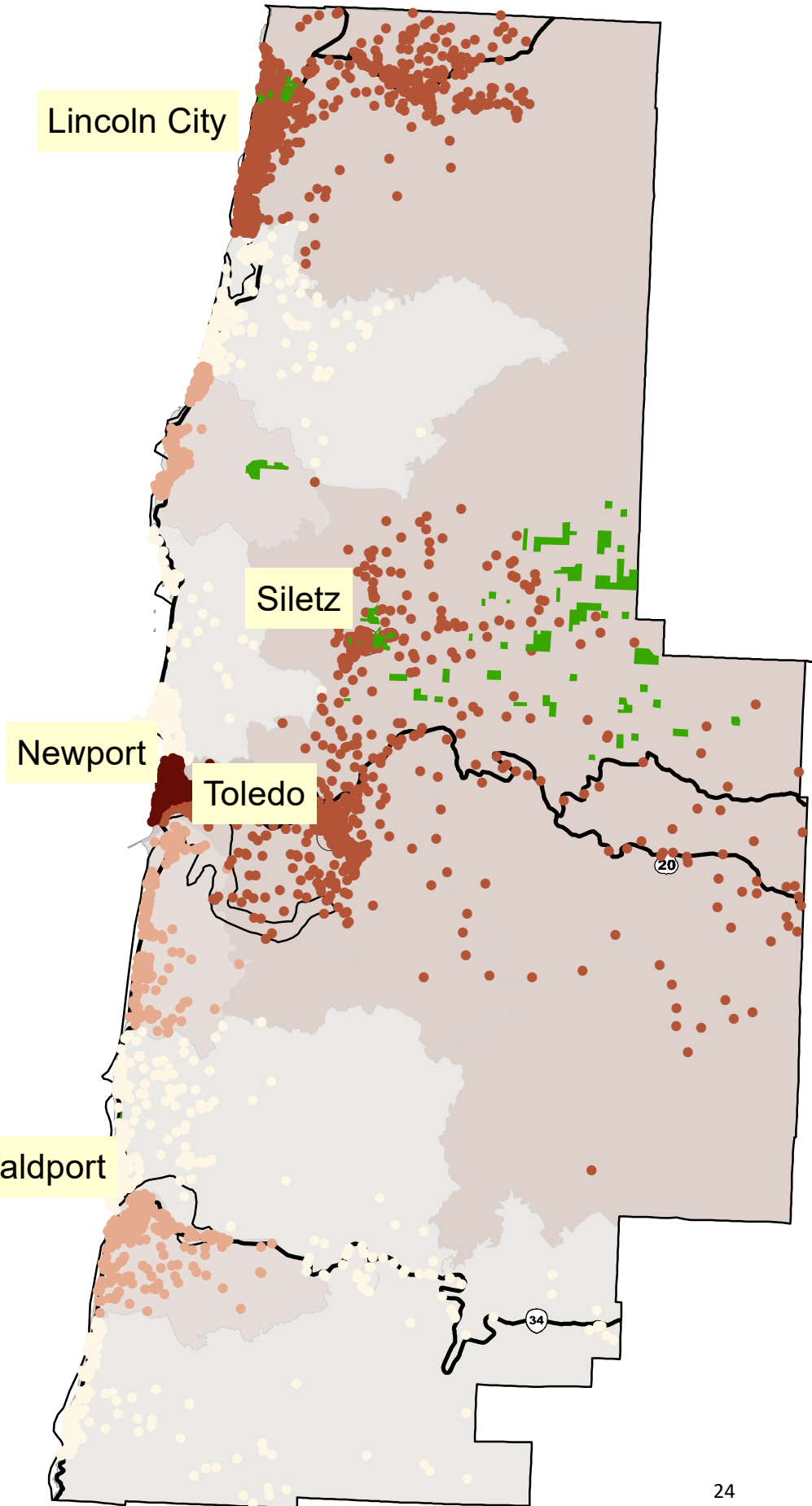
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.12 Estimated cancer prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of cancer prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with cancer. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of cancer for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of the cancer diagnosis rate. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The cancer diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher cancer diagnosis rates, ranging between approximately 12 and 20 percent.

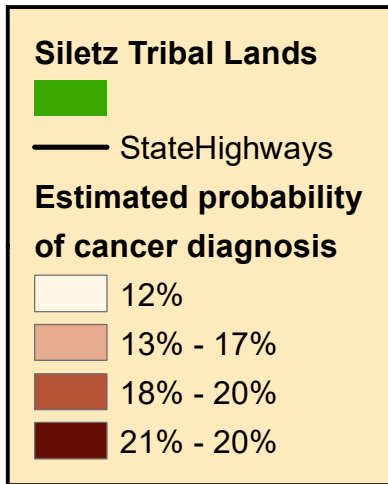
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

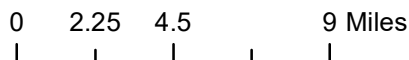
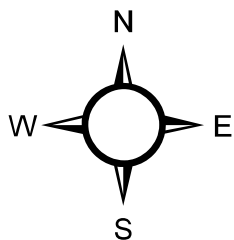
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Cancer Prevalence

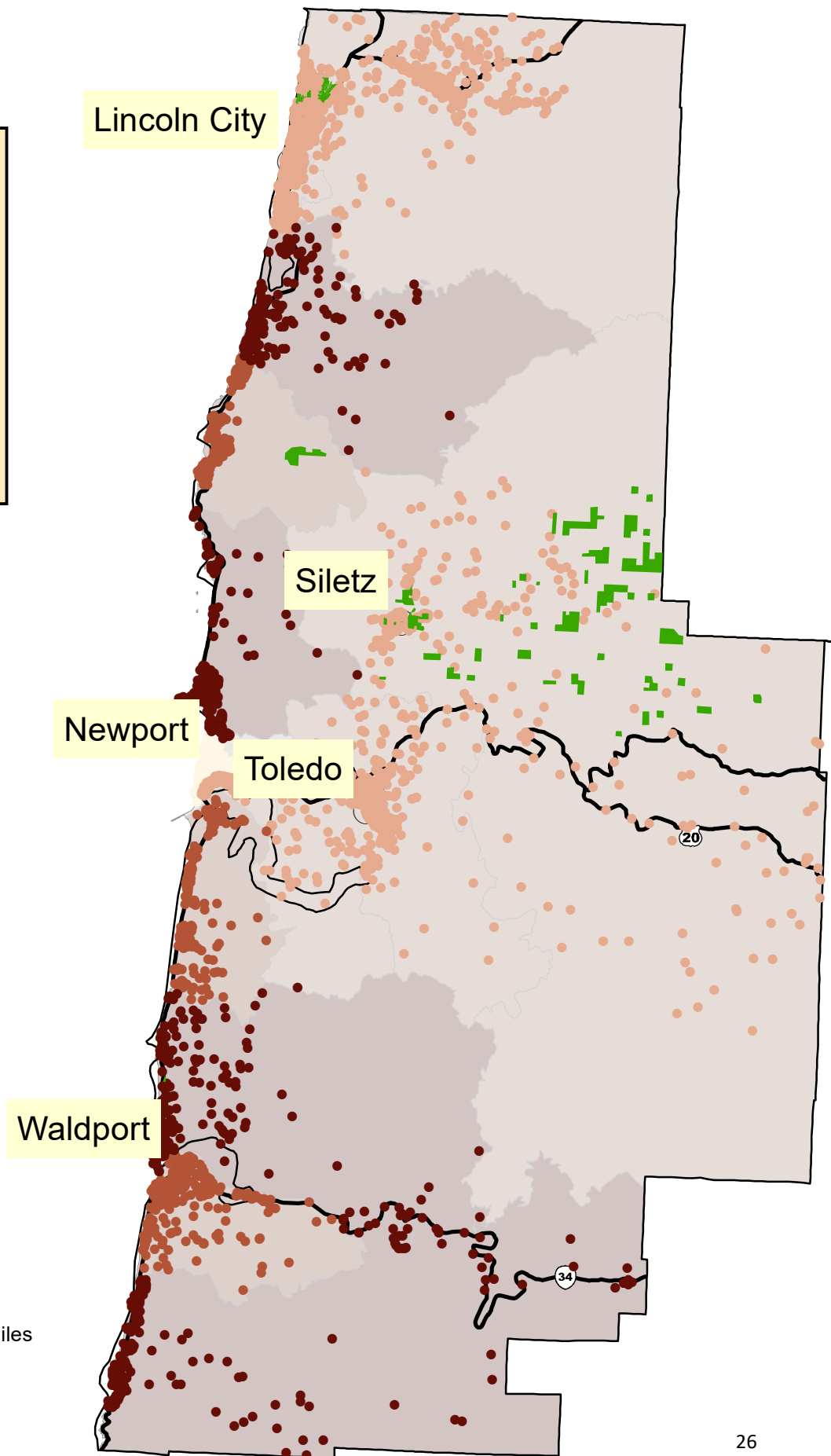
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



### **A.13 Estimated depression prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of depression diagnosis rate by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with depression. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of asthma for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of the depression diagnosis rate. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The depression diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher depression diagnosis rates, ranging between approximately 23 and 30 percent.

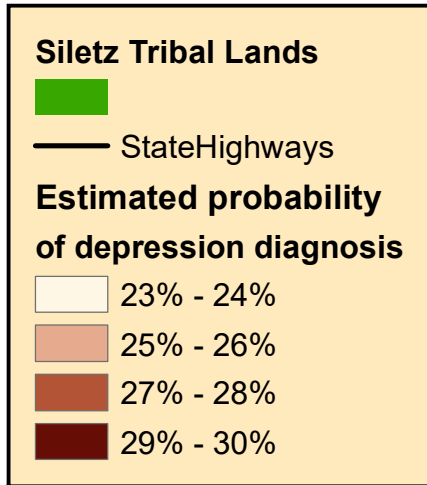
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

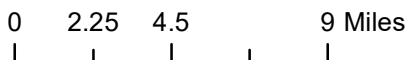
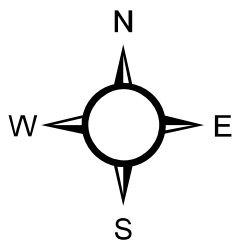
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Depression Prevalence

Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data

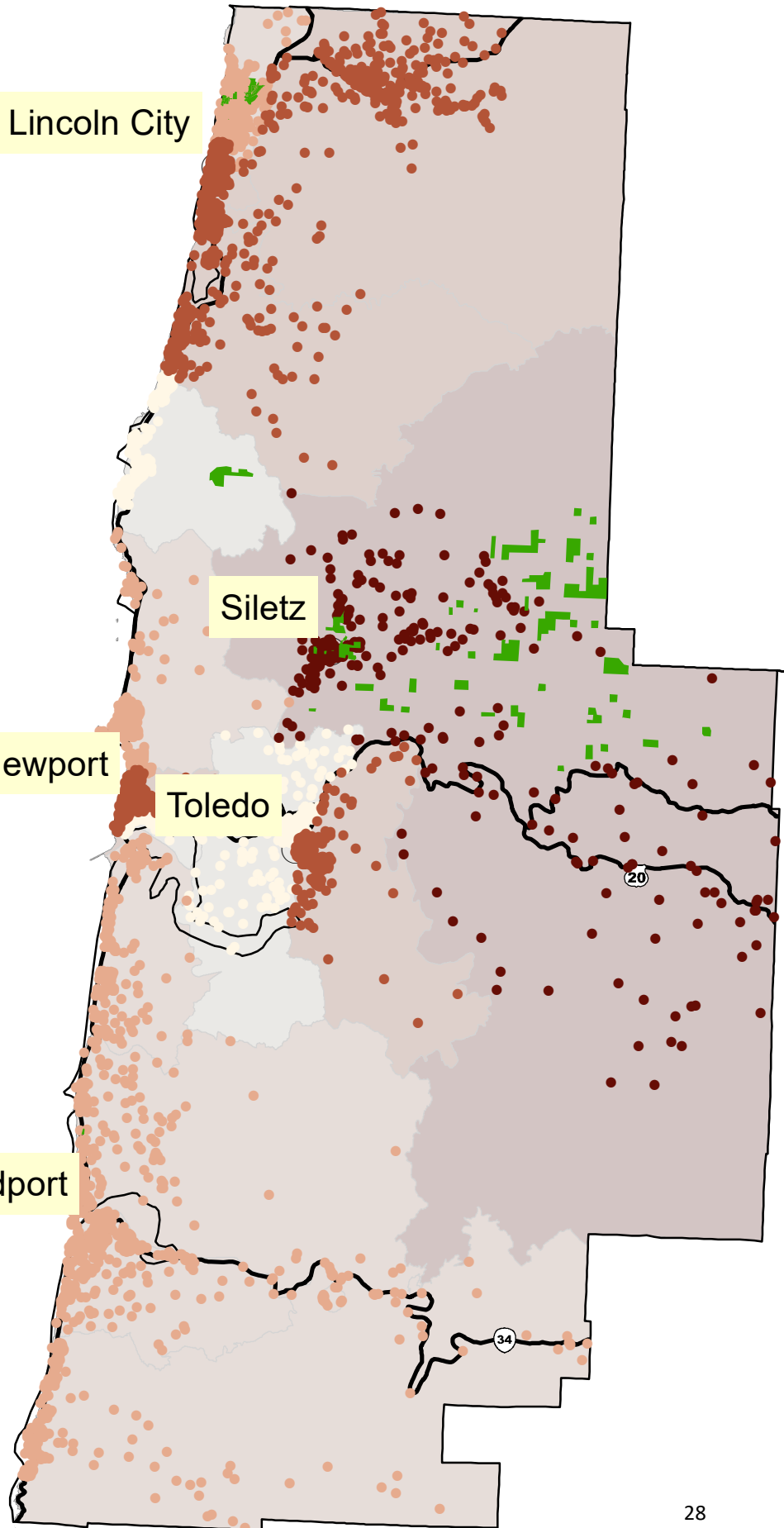
Lincoln City

Siletz

Newport

Toledo

Waldport



#### **A.14 Estimated diabetes prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of diabetes prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with diabetes. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the rates of diabetes for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of the diabetes diagnosis rate. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The diabetes diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher diabetes diagnosis rates, ranging between approximately 10 and 17 percent.

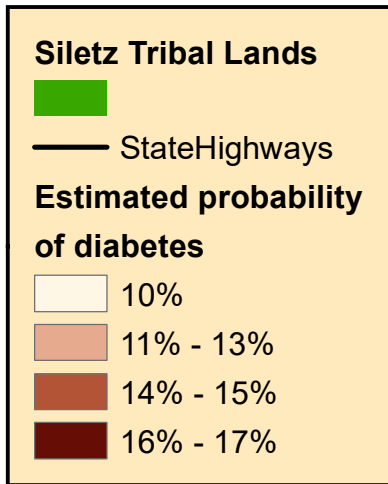
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

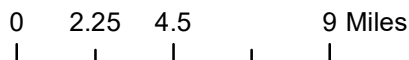
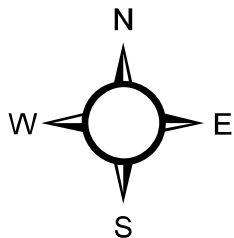
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Diabetes Prevalence

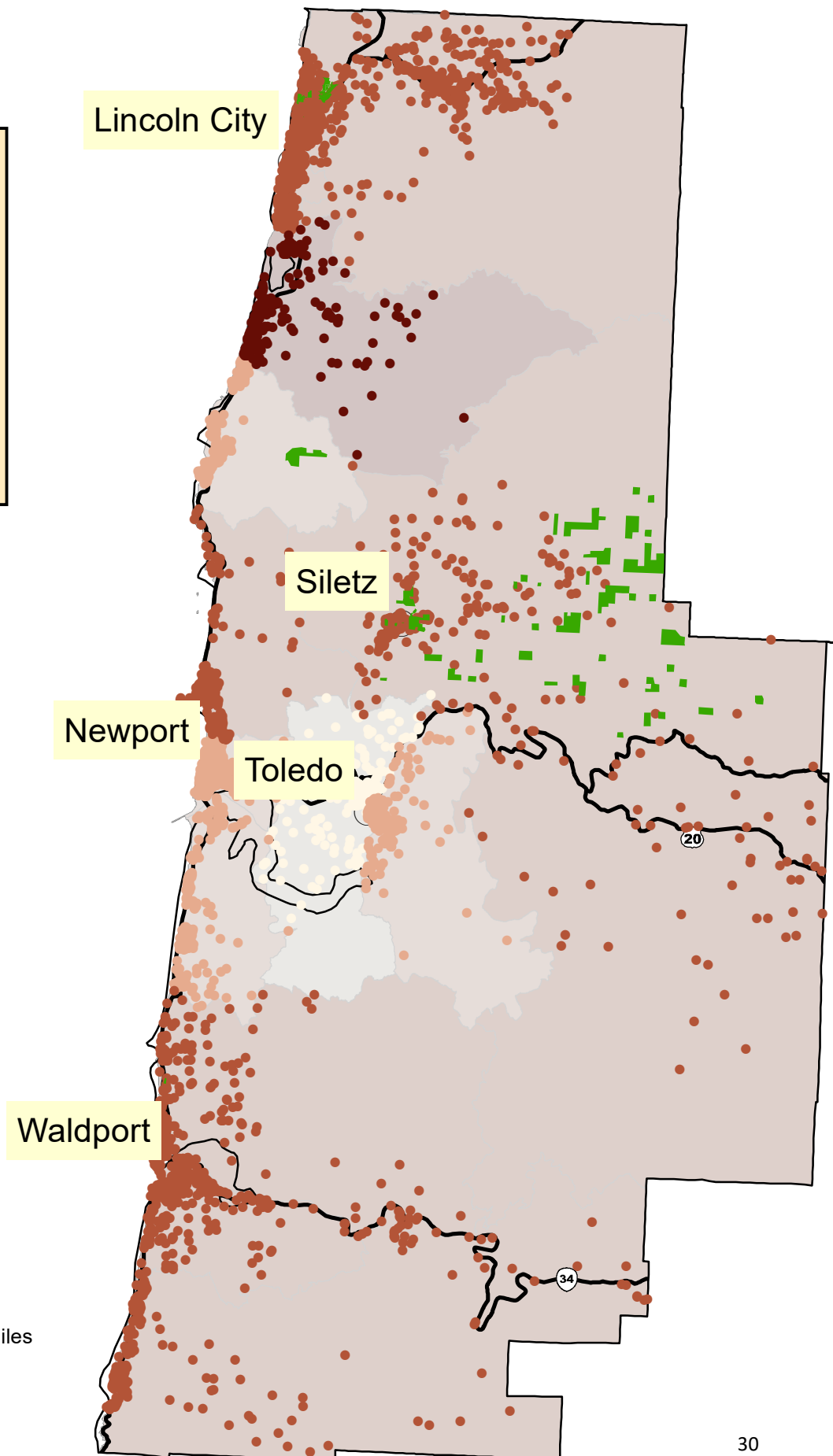
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.15 Estimated heart disease prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of heart disease prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has ever been diagnosed with heart disease. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates heart disease diagnosis rates for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of heart disease diagnosis rates. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

The heart disease diagnosis rate is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher heart disease diagnosis rates, ranging between approximately 3 and 7 percent.

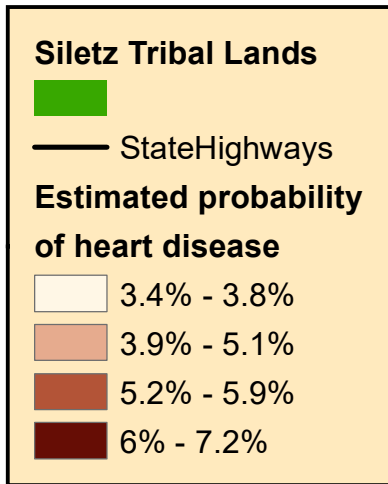
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

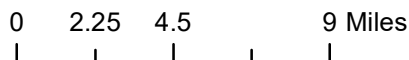
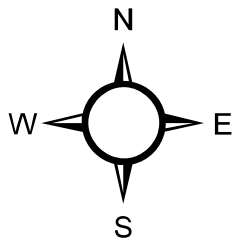
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Heart Disease Prevalence

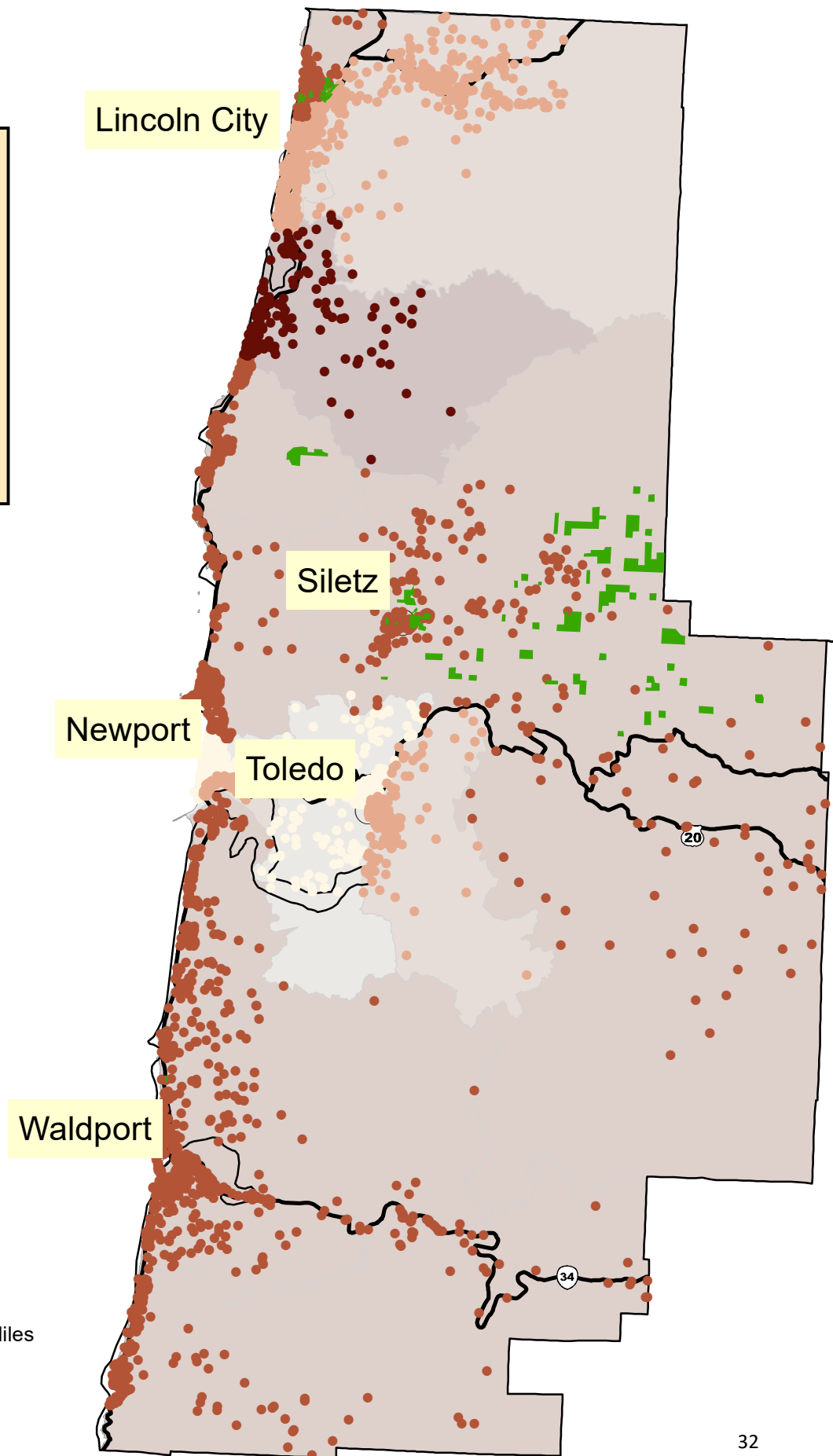
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.16 Estimated obesity prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of obesity prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks the height and weight of the respondent. These values are used to calculate the body mass index (BMI) of the person, with a BMI over 30 recorded as “obese”. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the probability of obesity for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of obesity prevalence. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

Obesity prevalence is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher obesity prevalence, ranging between approximately 27 and 37 percent.

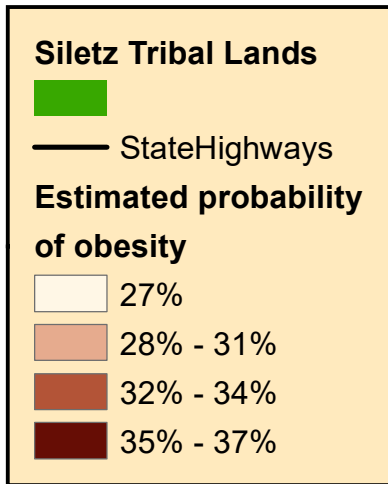
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

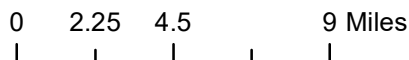
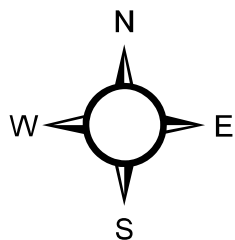
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Obesity Prevalence

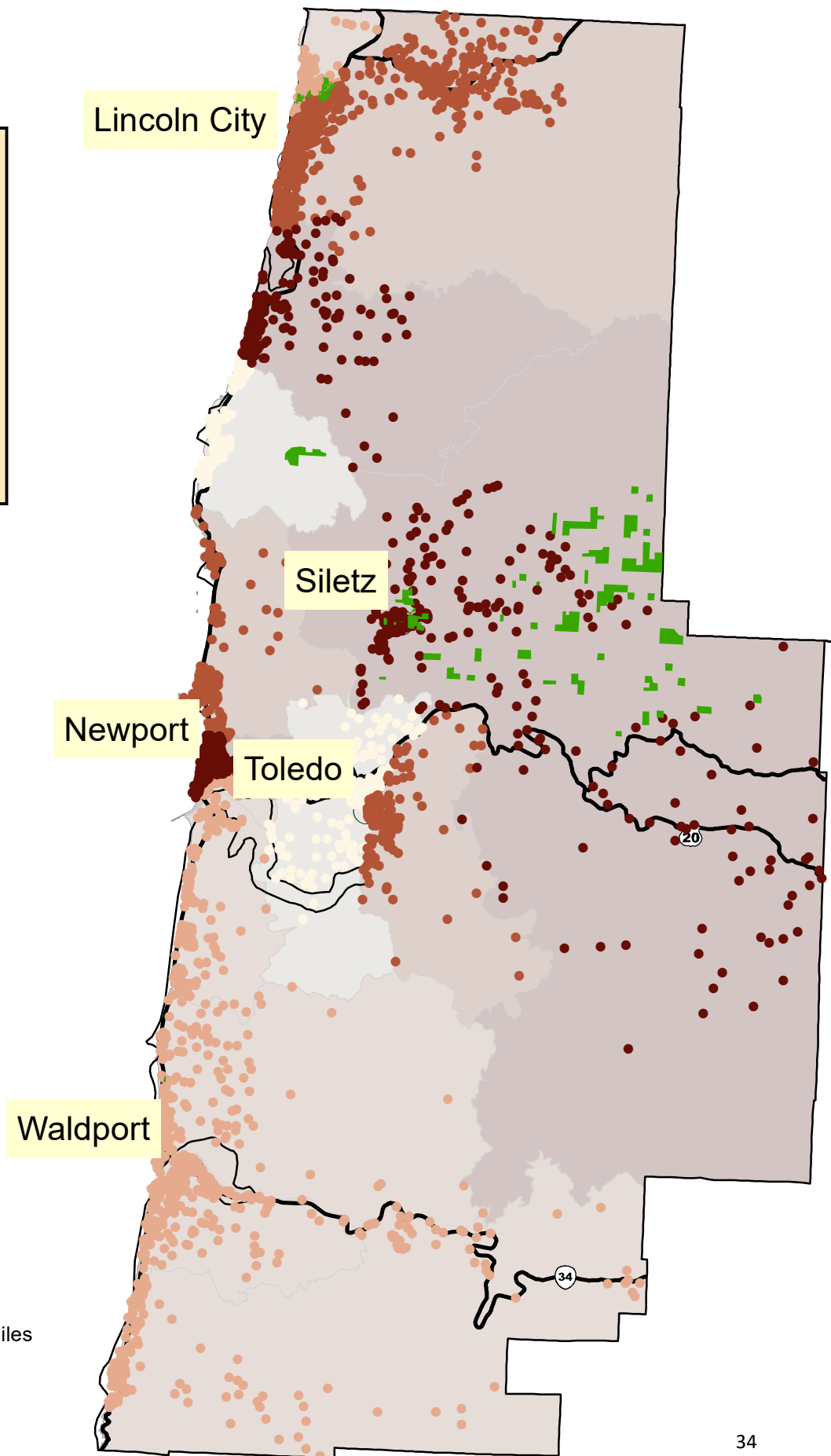
Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data



## **A.17 Estimated smoking prevalence by census tract**

Lincoln County, 2015

Map notes:

The estimates of smoking prevalence by census tract are produced by statistical modeling. The Oregon Behavioral Risk Factors Surveillance System (BRFSS) conducts a phone survey of Oregonians throughout the state. BRFSS questions include age, sex, race/ethnicity, and county of residence. The BRFSS survey also asks if the respondent has smoked cigarettes in the previous 30 days. Data from 2014 and 2015 are combined to create a larger sample. The statistical modeling process then estimates the probability of smoking for different age, sex, and race/ethnicity throughout Oregon. These estimates are averaged according to the demographics of the census tract to produce a local estimate of smoking prevalence. The census tract demographics are obtained from the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates.

Limitations and suggested interpretation:

Smoking prevalence is an estimate produced by statistical modeling. The accuracy of the estimates depends on the reliability of the survey data from BRFSS and the American Community Survey, and also the precision of the model parameters used to generate the estimates. Estimated values should not be interpreted as precisely accurate. Instead, this map should be interpreted as displaying areas of expected lower and higher smoking prevalence, ranging between approximately 15 and 29 percent.

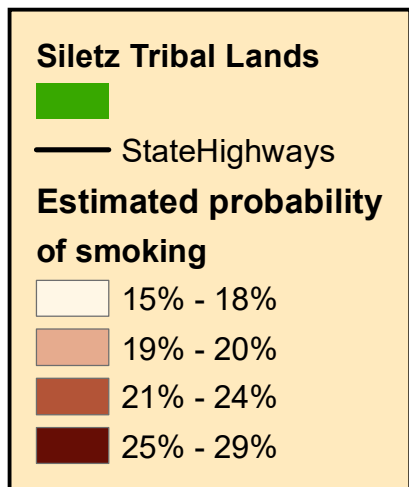
Data sources:

Oregon Behavioral Risk Factors Surveillance System, 2014 and 2015 data.

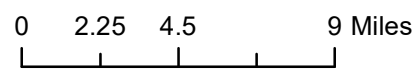
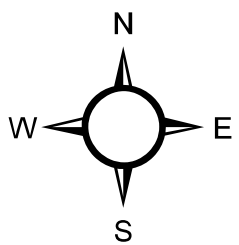
U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. Retrieved from <https://factfinder.census.gov>

# Estimated Smoking Rate

Lincoln County  
2012-2016



Dots indicate population density. Each dot represents approximately 10 people.



American Community Survey 2012-2016 data  
BRFSS 2014-2015 data

