



Yellowhawk Tribal Health
Confederated Tribes of the Umatilla Indian Reservation
Cayuse • Walla Walla • Umatilla



Accredited by the

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



Our Vision

Our Tribal Community achieves optimal health through a culture of wellness.

Our Mission

Empower our Tribal Community with opportunities to learn and experience healthy lifestyles.

Twenty Years of Tribal Self-Governance



100%

OWNED AND GOVERNED
BY THE CTUIR

134

EMPLOYEES

68

AMERICAN INDIANS/ ALASKA
NATIVES EMPLOYED

41

BABIES BORN IN 2015

20+

LIFESTYLE/ HEALTH
EDUCATION PROGRAMS

48,354

VISITS

3,340

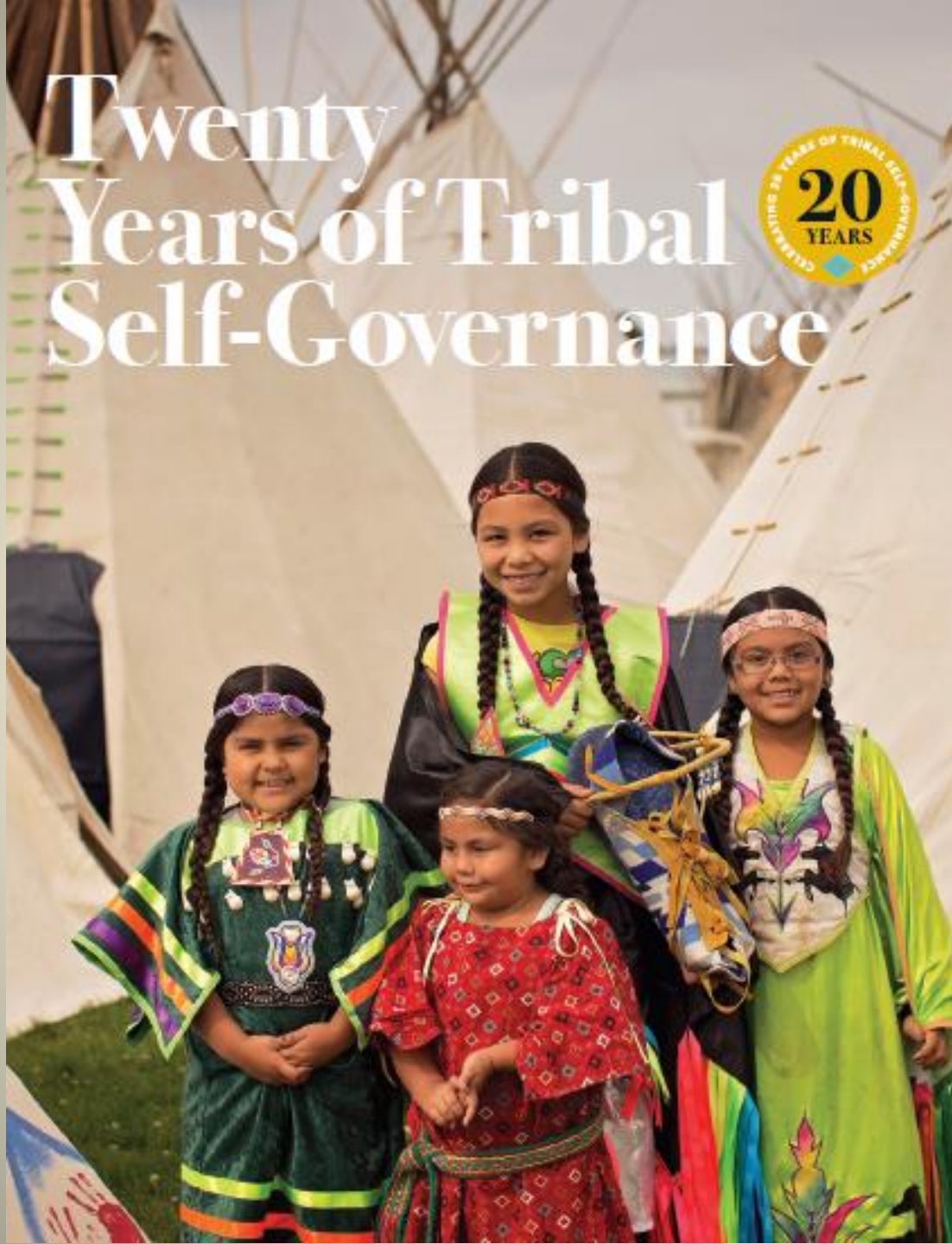
PATIENTS

69,566

PRESCRIPTIONS FILLED

22

ACTIVE GRANTS



Our Location

Yellowhawk is located 10 miles outside of Pendleton in the rural, northeast corner of Oregon. Our service area includes the Umatilla Reservation, Umatilla County, and Union County.



Umatilla Reservation
Umatilla County
Union County



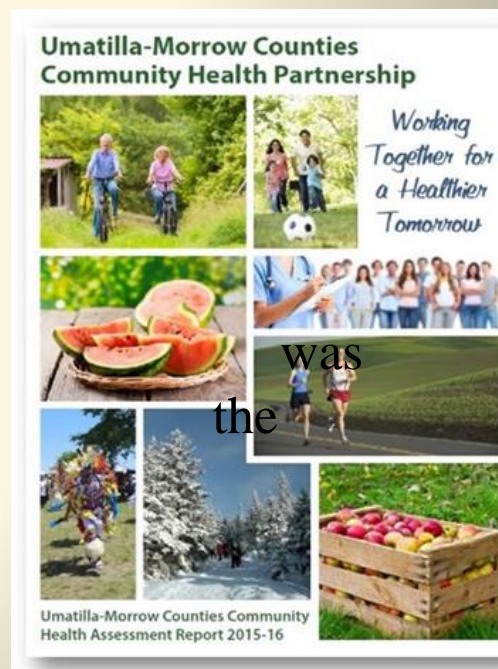
Confederated Tribes of the Umatilla Indian Reservation (CTUIR)

- The Confederated Tribes of the Umatilla Indian Reservation is a union of three tribes: Cayuse, Umatilla, and Walla Walla.
- The CTUIR has 2,965 tribal members.
 - Nearly half of those tribal members live on or near the Umatilla Reservation.
 - The Umatilla Reservation is also home to another 300 Indians who are members of other Tribes
 - 30% of our membership is composed of children under age 18
 - 15% are elders over age 55
- The Umatilla Indian Reservation is about 172,000 acres (about 273 square miles)



CTUIR 2015 Community Health Assessment

- Yellowhawk , in partnership Umatilla County Coordinated Healthcare Partnership (UCCHP) conducted the CHA in 2011 & 2015
- 115 health-related questions were administered to residents 18 & older within Umatilla County for reporting and comparison on county, state, and national levels
- American Indian/Alaska Native Data was collected and reported by Yellowhawk and the County Health Department
- A representative sample of 330 survey responses required for the CTUIR community to make data “generalizable” to the entire population
 - 2011 (139 responses) *
 - 2015 (427 responses)





CONFEDERATED TRIBES OF THE UMATILLA INDIAN RESERVATION COMMUNITY HEALTH AT-A-GLANCE



How is the health of American Indians living in the area?

In Nov-Dec 2015, Yellowhawk Tribal Health Center asked American Indian / Alaska Native patients 100+ questions about their personal lifestyle & health care needs. Here's what we found out about our People:

- Most feel like they are healthy – 28% rated their health as either fair, or poor; while (72%) rated themselves as either good, or excellent.
- Although 23% smoke tobacco, most of them are trying to quit.
- About 13% used marijuana in the past month.
- Most tribal members did not drink alcohol (62%) during the past month – but for those who did drink (38%), over half reported binge drinking at least once during the month.
 - Binge is defined as reaching, or exceeding 0.08 BAC
- Two thirds (2/3) are not getting the amount of exercise they should (CDC recommends an average of 30 minutes, 5 days a week)
 - however, 75% reported engaging in at least one (1) 30-minute physical activity during the last 7 days.
- 20% of people do not exercise because of pain/discomfort
 - 17% do not exercise because of fatigue, and
 - 17% reported laziness as a reason for not exercising.
- Only 3% are eating the recommended 5 servings of fruits and vegetables each day, however
 - 91% reported eating (1-4 servings) fruits and vegetables a day.
- 20% of tribal members say that high costs are a barrier to consuming fruits and vegetables.
- 81% are either overweight (28%) or obese (53%), based on BMI
- 20% have diabetes.
- 12% have had a stroke, heart attack, or are managing a heart disease.
 - Heart disease and diabetes are very serious – they are two of the most common causes of death for American Indians.

Demographics
4,343 Tribal members lived on the CTUIR during 2015.

Median age for Tribal members in this region was 29 years of age.

Median income was \$34,783 for AI/AN in Oregon during 2006-2010.

(Source: U.S. Census, 2010 and Confederated Tribes of the Umatilla Indian Reservation CHS&A Health Profile, 2015)



-Yellowhawk Adult I TREND SUMMARY

Adult Comparisons	Yellowhawk Service Area AI/AN Adults 2015**	Umatilla County 2015	Oregon 2014	U.S. 2014
Healthcare Access, Coverage and Utilization				
Rated health as excellent or very good	30%	36%	54%	53%
Rated health as fair or poor	28%	27%	16%	17%
Uninsured	7%	8%	11%	13%
Adults who have visited the dentist in the past year	69%	67%	66%	65%
Weight Status				
Overweight	28%	34%	34%	35%
Obese	53%	37%	28%	30%
Arthritis, Asthma and Diabetes				
Diagnosed with diabetes	26%	14%	10%	11%
Diagnosed with asthma	16%	24%	17%	14%
Diagnosed with arthritis	37%	36%	26%	26%
Alcohol Consumption				
Current drinker	38%	51%	59%	53%
Tobacco Use				
Current smoker	23%	15%	17%	18%
Cardiovascular Disease				
Had angina or coronary heart disease	8%	4%	4%	4%
Had a heart attack	8%	9%	5%	4%
Had a stroke	5%	1%	3%	3%
Has been diagnosed with high blood pressure	50%	30%	32%*	31%*
Has been diagnosed with high blood cholesterol	45%	36%	37%*	38%*
Had blood cholesterol checked within the past 5 years	83%	78%	74%*	76%*
Quality of Life and Safety				
Firearms kept in or around their home	49%	51%	N/A	N/A
Limited in some way because of a physical, mental, or emotional problem	42%	35%	26%	20%


* AI/AN is American Indian/Alaska Native

**Yellowhawk THC serves AI/ANs living in 3 nearby counties (Umatilla, Morrow and Union). (Source: 2011 Umatilla County Health Assessment, 2015 Umatilla-Morrow Counties Health Assessment, 2015 Union County Health Assessment, and 2014 BRFSS)

TREND SUMMARY

CHA Dissemination

- Developed Yellowhawk “Pamanaknuwi Team” through team project with the National Leadership Academy of the Public Health (NLAPH)
- Organized up to 25 Community Health Assessment (CHA) forums & focus groups to disseminate data to the community
- Organized 2 large community gatherings
 - Community Health Gathering 6/5/16 (NLAPH coach attended)
 - CTUIR Community Health Improvement Sessions 10/13/16
- Received CHA feedback from community members via Survey Monkey to identify the top 5 priorities for the Community Health Improvement Plan




YELLOWHAWK
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CENTER

Let Your Voice Be Heard
to Improve our Community's Health
Community Health Gathering

Review & Discuss the 2015 Community Health Assessment
Sunday, June 5th 2016, 5-7 pm
Mission Longhouse
Community members of the CTUIR should attend

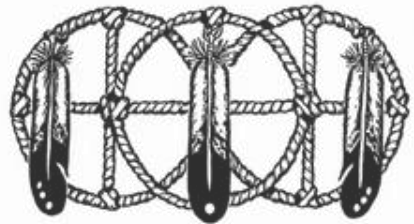
Food and Childcare will be Provided
Door Prizes & Raffle

Sponsored by YTHC Community Health Department, For questions call Carrie Sampson: 541-215-1975



Umatilla-Morrow Counties
Community Health Partnership
Working Together for a Healthier Tomorrow

CTUIR



COMMUNITY HEALTH IMPROVEMENT

Please share your voice with us!

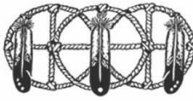
Top 5 CTUIR Health Priorities:

- 1) Obesity
- 2) Diabetes
- 3) Drug Use
- 4) Alcohol Use
- 5) Mental Health

Health Priority Discussion Session

- Facilitation assistance from the Northwest Portland Area Indian Health Board (NPAIHB)
- Over 50 individuals attended. Each participant chose which focus group they would participate on, lunch provided
- Each recorded session consisted of Root Cause Mapping, Brainstorming Solutions, Setting Priorities, and Quadrant Analysis

YELLOWHAWK TRIBAL HEALTH CENTER



CTUIR

COMMUNITY
HEALTH
IMPROVEMENT

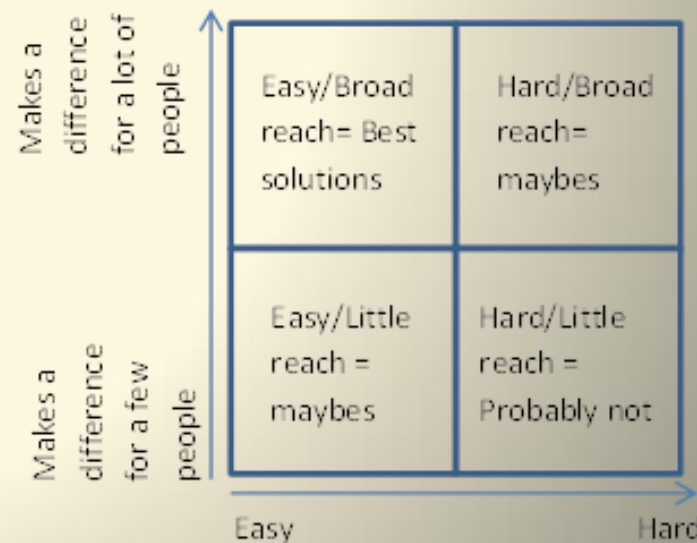
*Please share your voice with us!
All are welcome to attend!*

Join us for a *catered* lunch to
discuss solutions for the
**Top 5 CTUIR
Health Priorities:**

- 1) Obesity
- 2) Diabetes
- 3) Drug Use
- 4) Alcohol Use
- 5) Mental Health

When: Thursday, 10/13/16
11:30-1:30pm
Where: NGC Conference
Rooms

Please RSVP and choose 1 group to attend (i.e. diabetes) by visiting:
<https://doodle.com/poll/np5bam4dtykzrqsk> or Email: carriesampson@yellowhawk.org



Community Health Improvement Plan



Utilizing ASI funds to contract with the The Rede Group, Portland, OR

Step
1. Start-up consult
2. Review of Community Health Assessment <ul style="list-style-type: none">• Themes• Essential Services• Data• Assessment• Strategic Plan• CHA
3. Formulate goals, strategies, activities and performance measures for each priority area as determined by CHIP Advisory Group/Community <ul style="list-style-type: none">• Initiate and communicate with CHIP Advisory Group• Facilitated meetings (2-3 3-hour, including travel)• Ongoing communication with Yellowhawk staff to articulate performance measures
4. Match Strategic Plan design with CHIP
4. Finalize document for submission to PHAB <ul style="list-style-type: none">• Community Health Improvement Plan

Yellowhawk 2017-2019 Strategic Plan

- In June 2016, Yellowhawk management attended a strategic planning session: Integration of Social Determinants of Health Framework & Equity Lens, in Yellowhawk's Strategic Planning Process. Facilitated by NIHB
- Utilizing the SWOT exercise, 7 organization priorities were identified:
 1. Integration
 2. Workforce Development
 3. Community Engagement
 4. Quality
 5. Transition
 6. Healthy Community
 7. Sustainability
- SMARTE Objectives and annual action items were then developed to encompass the work for each priority



2017-2019 Yellowhawk Strategic Plan Summary



MISSION

Our Tribal Community achieves optimal health through a culture of wellness.

VISION

Empower our Tribal Community with opportunities to learn and experience healthy lifestyles.

CORE VALUES

Tamánwit Balance Compassion Integrity Equity Respect Excellence

PRIORITIES

Integration

Workforce Development

Community Engagement

Quality

Transition

Healthy Community

Sustainability

STRATEGIES

Integration of all direct care patient programs & services to create a patient centered medical home model that incorporates preventative & community health services to improve health outcomes.

Create a culturally competent, highly engaged & sustainable workforce.

Strengthen partnerships within the Tribal community & with external partners to promote & enhance healthy lifestyles & informed choices for the overall health of the community.

Deliver continued excellent & efficient quality care to improve the overall health of our Tribal Community.

Ensure the transition process to the new clinic is defined and communicated for patients, employees, and our Tribal community.

The health, safety, & well-being of all Confederated Tribes of the Umatilla Indian Reservation community members will be nurtured by enhancing opportunities for healthy living, health education, & health promotion guided by cultural values.

To fund a full spectrum of quality health care services for current & future generations.

Yellowhawk Mission & Vision:

Mission:

Our Tribal Community achieves optimal health through a culture of wellness.

Vision:

Empower our Tribal Community with opportunities to learn and experience healthy lifestyles.

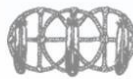


For More Information about Public Health Accreditation:

View the CTUIR Community Health
Assessment results:
www.yellowhawk.org

Learn more about Public Health
Accreditation nationally:
www.phab.org

Learn more about Public Health
Accreditation for Tribes:
www.nihb.org/tribalasi/



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Public Health Accreditation

*Why does
Yellowhawk
want to achieve
Public Health
Accreditation?*



3 Steps to Complete Before Applying for Public Health Accreditation:

- 1) CTUIR Community Health Assessment (CHA) - Completed in 2015 ✓
- 2) CTUIR Community Health Improvement Plan (CHIP) - In process ✓
- 3) Yellowhawk 2017-2019 Strategic Plan - Completed September 2016 ✓

♦ Why Complete an Assessment and Improvement Plan?

A CTUIR Community Health Assessment gives Yellowhawk comprehensive information about the community's current health status, needs, and issues. This information can help develop a CTUIR Community Health Improvement Plan by justifying how & where resources should go to best meet community needs.

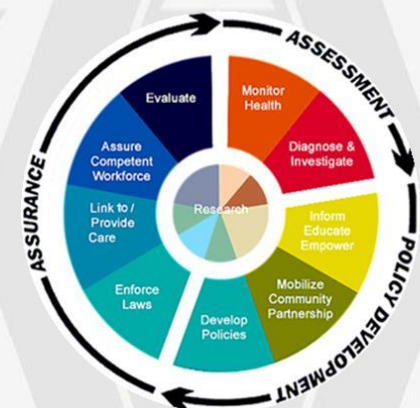


Yellowhawk 2017-2019 Strategic Priorities:

PRIORITIES	Integration	Workforce Development	Community Engagement
STRATEGIES	Integration of all direct care patient programs & services to create a patient centered medical home model that incorporates preventative & community health services to improve health outcomes.	Create a culturally competent, highly engaged & sustainable workforce.	Strengthen partnerships within the Tribal community & with external partners to promote & enhance healthy lifestyles & informed choices for the overall health of the community.
Quality	Transition	Healthy Community	Sustainability
Deliver continued excellent & efficient quality care to improve the overall health of our Tribal Community.	Ensure the transition process to the new clinic is defined and communicated for patients, employees, and our Tribal community.	The health, safety, & well-being of all Confederated Tribes of the Umatilla Indian Reservation community members will be nurtured by enhancing opportunities for healthy living, health education, & health promotion guided by cultural values.	To fund a full spectrum of quality health care services for current & future generations.

Benefits of Public Health Accreditation:

- Better identify health departments strengths and weaknesses
- Document the capacity to deliver the core functions and 10 Essential Public Health Services:



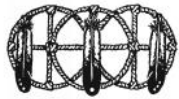
- Promote transparency
- Stimulate quality improvement and performance management
- Increase accountability to community members, stakeholders, and policy makers
- Improve communication with the BOT and Health Commission
- Be more competitive in funding opportunities

What's in store for 2017?

- Completion and implementation of CHIP – to include CTUIR Health in All Policies implementation
- Implementation of the 2017-2019 Strategic Plan
- Continued Public Health Accreditation community awareness and leadership buy-in
- Apply for the CDC Public Health Associate Program (PHAP)
- Completion of NIHB ASI work plan objectives
- Documentation, Documentation, Documentation...
- Application to PHAB by the end of 2017

YELLOWHAWK TRIBAL HEALTH CENTER

COMING FALL 2017



Yellowhawk Tribal Health



CONFEDERATED TRIBES OF THE UMATILLA INDIAN RESERVATION



THANK YOU!

Questions/Comments?



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www.yellowhawk.org