



Summary

When Lane County Public Health first began partnering with Coordinated Care Organizations to deliver evidence-based primary prevention to the community, we knew it would be a number of years before the impact on health outcomes could realistically be measured. Now it has been a decade and some of those long-term impacts are beginning to be felt. This supplement to the Lane County Community Advisory Council's report on 10 years of Health Promotion and Prevention is just a brief snapshot of some of the long-term outcomes that we are already seeing for each of the three strategy areas. While many of these outcomes are attributable to factors beyond the scope of the CAC's health promotion and prevention strategies, the impact of our ten years of collaboration are certainly contributing to these health improvements.

Tobacco use reduction

- Rates of cigarette smoking among adults and pregnant people are decreasing
- Low birth weight and preterm birth rates have remained stable among Lane County OHP members while state and national rates have increased
- Tobacco-related mortality is decreasing

Mental health promotion

- Depression diagnosis among Lane County adults at or below the federal poverty level have not increased as much as those above the poverty level
- Rates of heavy drinking among adults at or below the poverty level have decreased while rates for those above the poverty level have increased

Empowering kids to be healthy

- Despite increases in the number of youth experiencing poor mental health, there has been a decline in tobacco and alcohol use
- Lane County 8th graders continue to report a high rate of "good to excellent" physical health



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Reducing tobacco use: current smokers



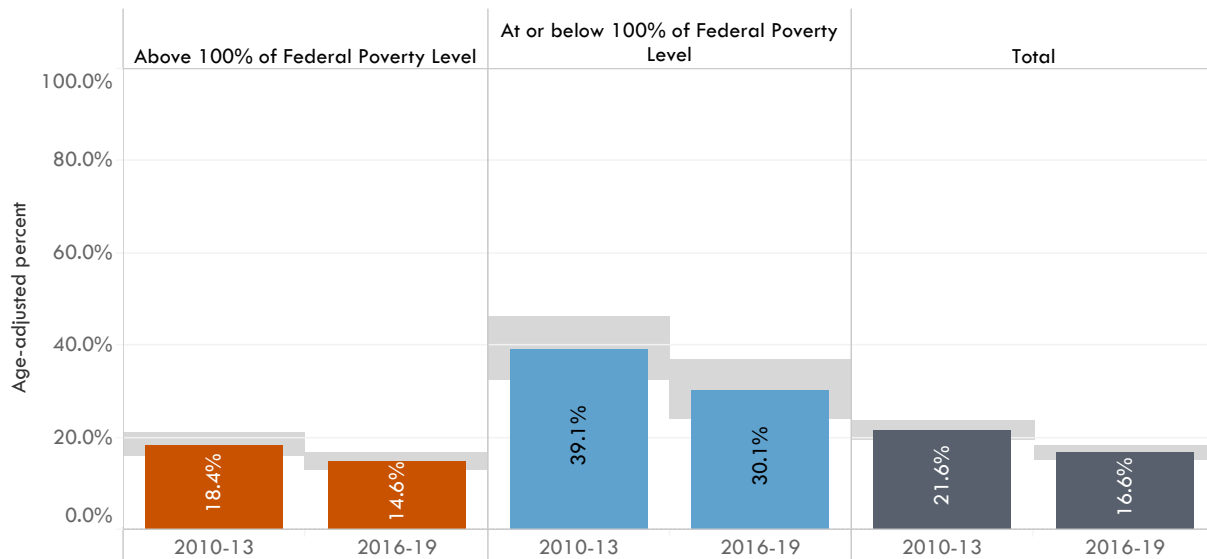
Overall, the percent of adults who reported being current smokers has declined from 22% in 2010-13 to 17% in 2016-19 in Lane County - a difference that is statistically significant.

While the difference among those living below 100% of the federal poverty level has not reached statistical significance, the decline is still notable.

The age-adjusted mortality from tobacco-related causes has also declined significantly since the 5-year period before the CCO's partnership with Lane County Public Health (2008-12).

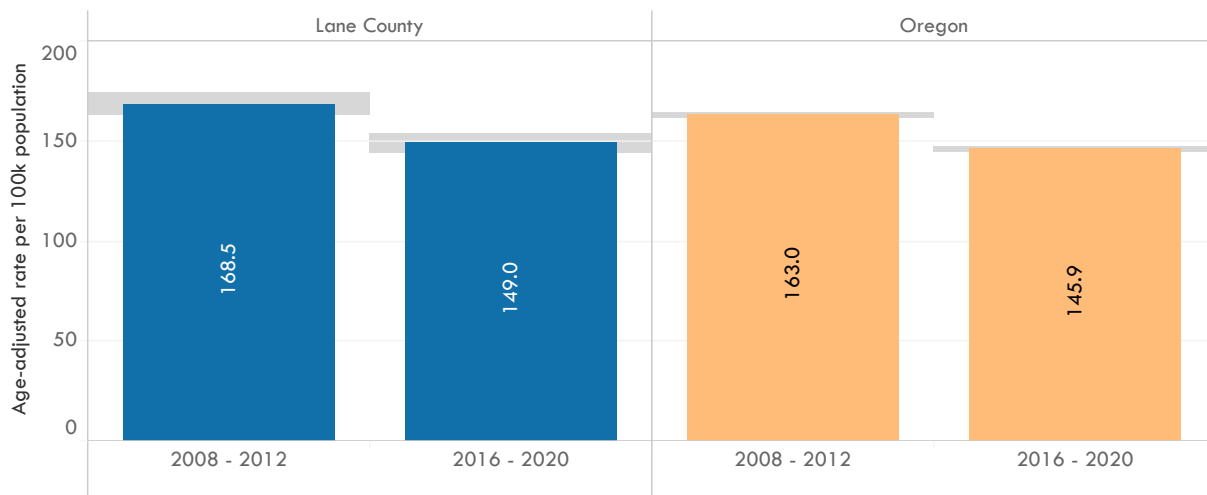
Age adjusted percent of Lane County respondents who indicated they were a **Current cigarette smoker**

Data source: ORBRFSS via OPHAT



Age-adjusted mortality rate for tobacco related causes, 2008-2020

Data source: ORCHS: Death certificates



Reducing tobacco use: during pregnancy



Tobacco use during pregnancy, especially during the third trimester has declined since 2012, and notably since 2016 when the Quit Tobacco in Pregnancy program was started in WIC.

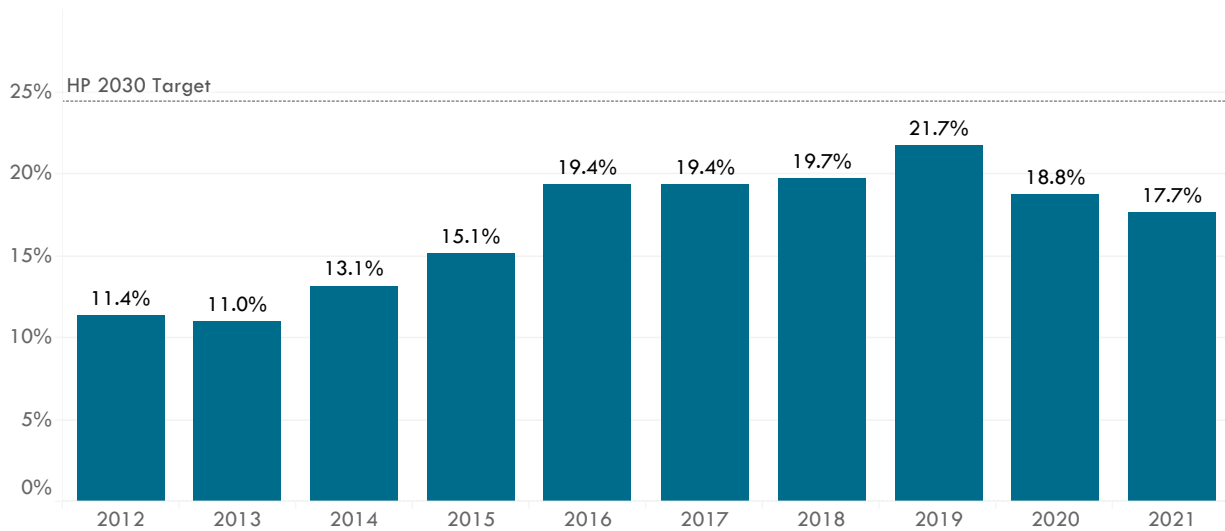
Birth outcomes associated with tobacco use during pregnancy - low birth weight and preterm birth - have been increasing nationally and statewide. While OHP members in Lane County are also trending upward, the trend does not appear as steep as it is for OHP members in Oregon.

Nationally, about 20% of pregnant tobacco users quit by their third trimester in 2019 and Healthy People 2030 has set a target of 24%. In 2020, the US rate of preterm birth was 10% and Healthy People 2030 has set a target of 9.4% of births being preterm (<37 weeks).

Percent of pregnant OHP members who smoked in 1st or 2nd trimester but not in 3rd

Lane County, singleton births

Data source: ORCHS: Birth certificates

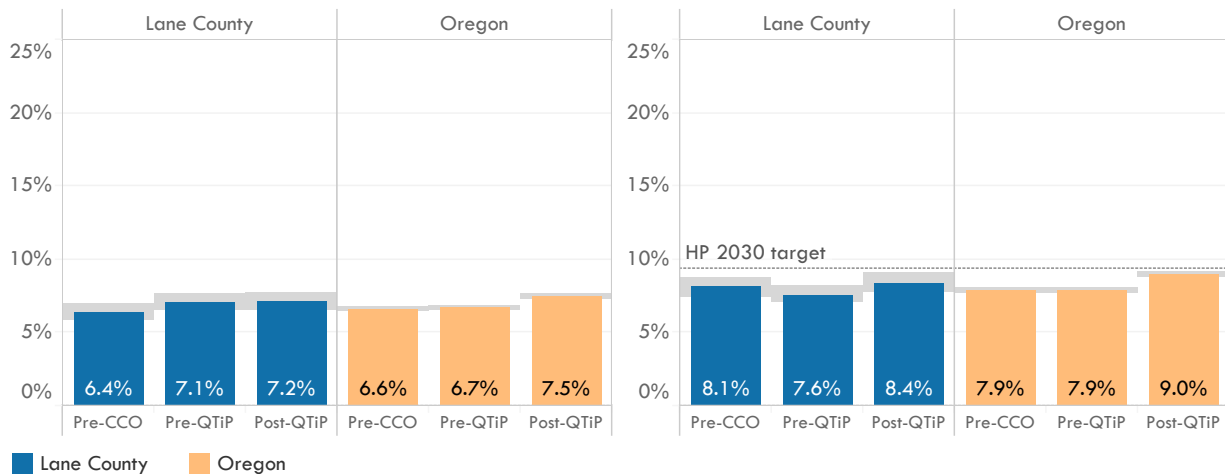


Percent of births to OHP members that were **Low Birth Weight (< 2500 grams)**

Data source: ORCHS birth records via OPHAT

Percent of births to OHP members that were **Preterm (< 37 weeks)**

Data source: ORCHS birth records via OPHAT



Data sources: Oregon Center for Health Statistics, data from birth certificates, 2012-2021, ORCHS via OPHAT 2008-2020

Notes on data: Grey bars indicate 95% confidence intervals, where available; Healthy People 2030 targets included where available; for tobacco cessation higher is better, for preterm birth, lower is better, 2008-2012 is pre-CCO, 2011-2015 is pre-QTiP, 2016-2020 is post-QTiP

Mental health promotion - adults of parenting age

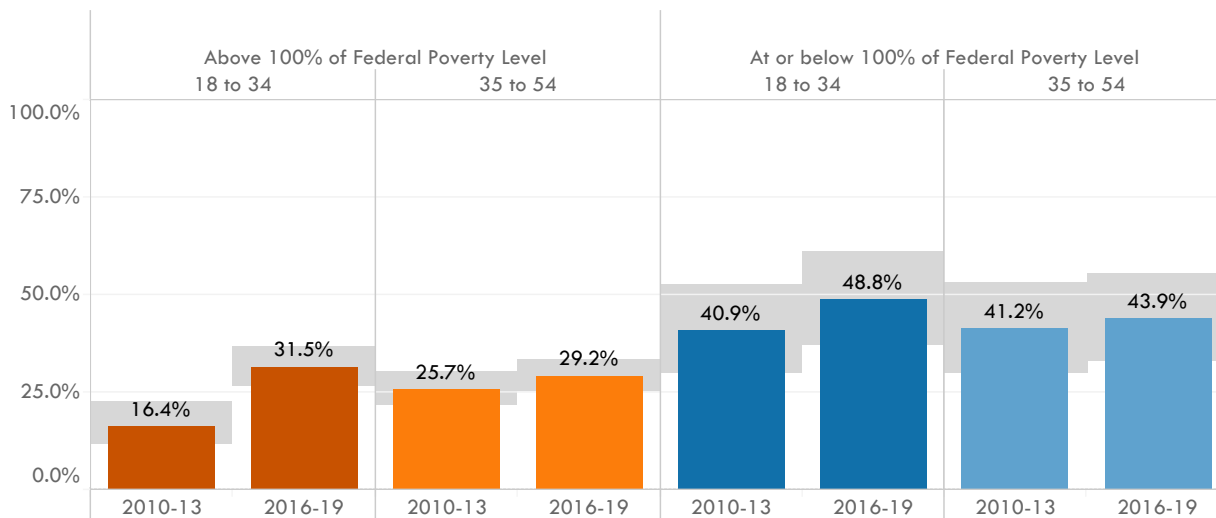


Poor mental health outcomes have been on the rise in Lane County and Oregon since 2015. The rate of depression diagnosis among 18-34 year olds above the federal poverty level has almost doubled since 2010-13. This dramatic increase is not seen in the same age group at or below the federal poverty level. It is possible that some of the increase seen in this group could be due to increased access to care since Medicaid expansion in 2014.

Parenting-age adults below the poverty level are also showing improvement in rates of heavy drinking. This improvement is not seen in the same age groups above the poverty level. In fact, there is an increase in heavy drinking reported overall by Lane County adults.

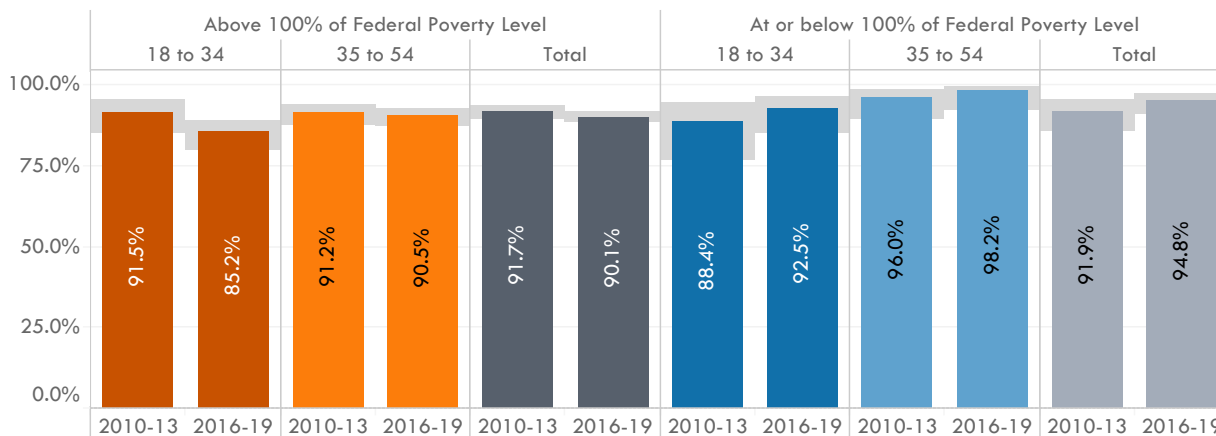
Percent of Lane County respondents who reported they have been diagnosed with depression by age and poverty status

Data source: ORBRFSS via OPHAT



Percent of Lane County respondents who reported not drinking heavily (they did not have more than two drinks per day (men) or more than one drink per day (women) in the past 30 days) by age group and poverty level

Data source: ORBRFSS via OPHAT



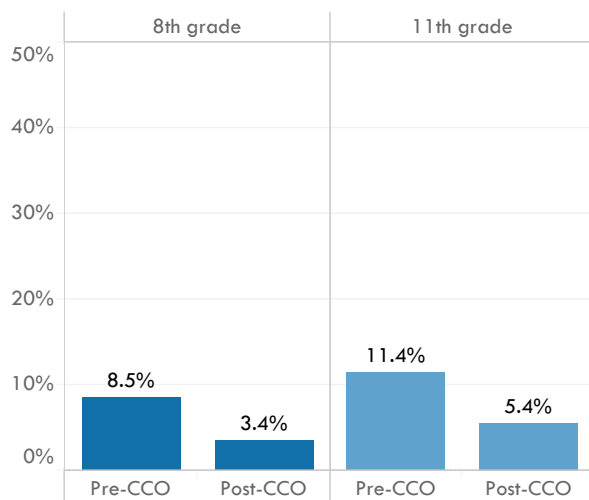


Substance use is often initiated as a response to trauma. It is notable that even while - similar to the adult population - there has been an trend of declining mental health in Lane County youth, both alcohol and tobacco use have declined in this population.

It is also noteworthy that although the percent of youth reporting that their general physical health is "fair or poor" has increased for both 8th and 11th graders, the increase among 11th graders has almost doubled while the increase among 8th graders is very slight. Since most of the CCO-supported health promotion programs focused on youth started around 2015 and were directed at elementary school-aged youth, outcomes for 8th graders are more likely to be impacted at this point in time.

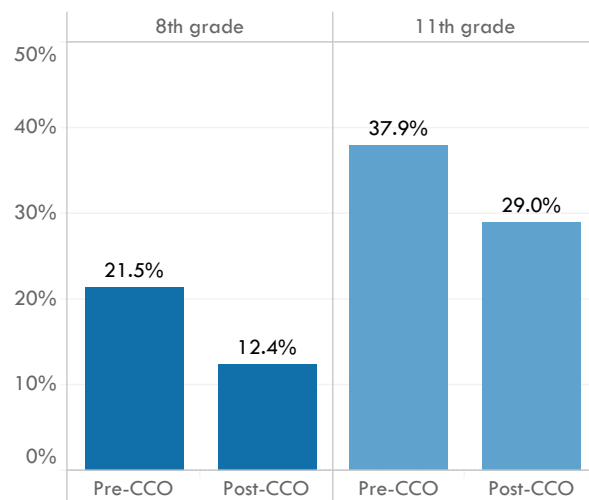
Percent reported **smoking cigarettes** in the past 30 days

Oregon Healthy Teens, 2009, 2011, & 2019



Percent reported **having drank alcohol** in the past 30 days

Oregon Healthy Teens, 2009, 2011, & 2019



Percent of Lane County 8th and 11th graders who reported that, in general, their physical health was **"good to excellent"** or **"fair or poor"**

Data source: Oregon Healthy Teens, 2009, 2011, & 2019

