
Public Health & Coordinated Care Organizations: Efforts on Tobacco-free Living, Healthy Eating, Active Living

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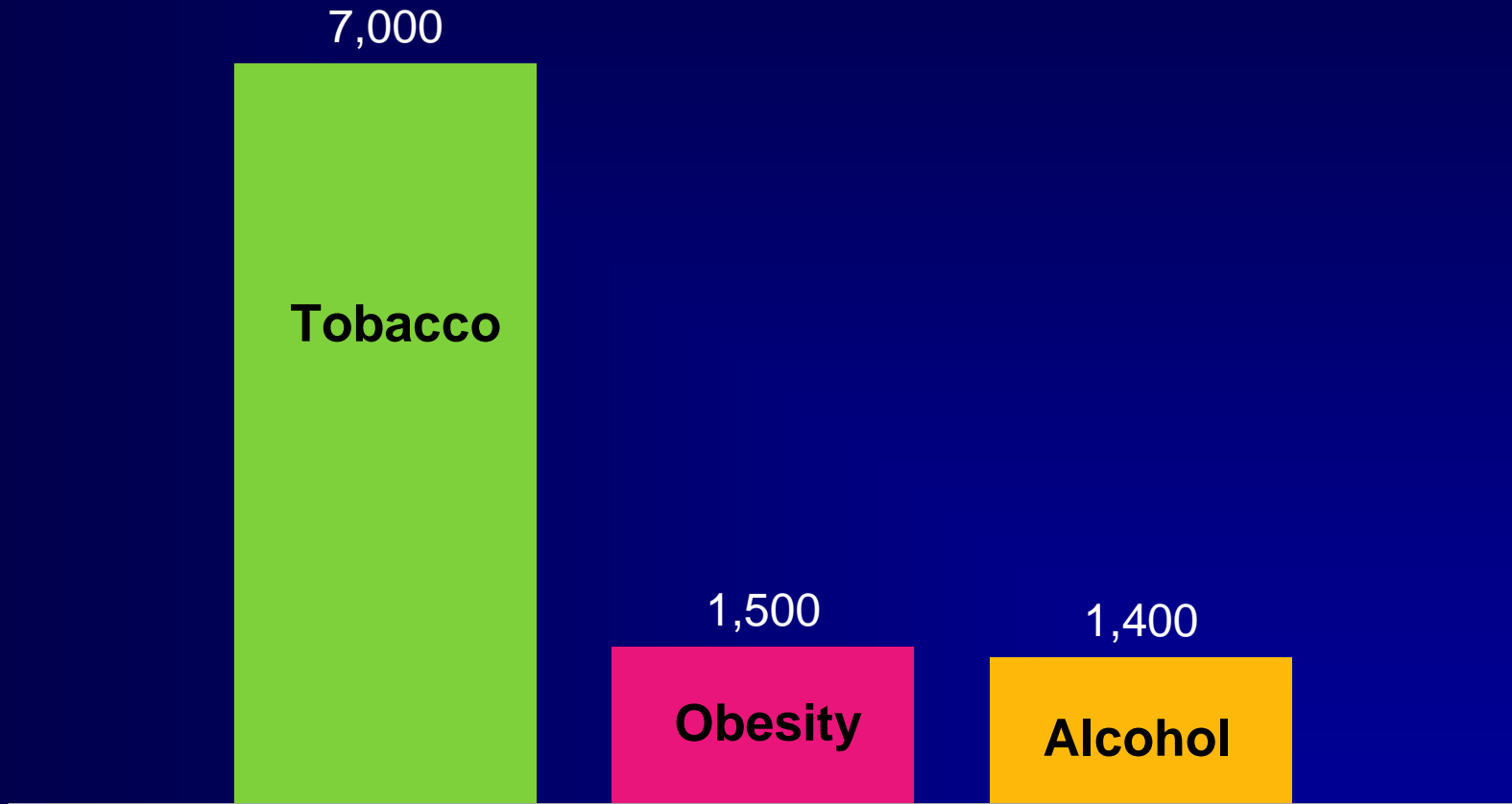


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Overview

- Data on tobacco and obesity in Oregon
- Public Health and CCO projects
- Opportunities for future work

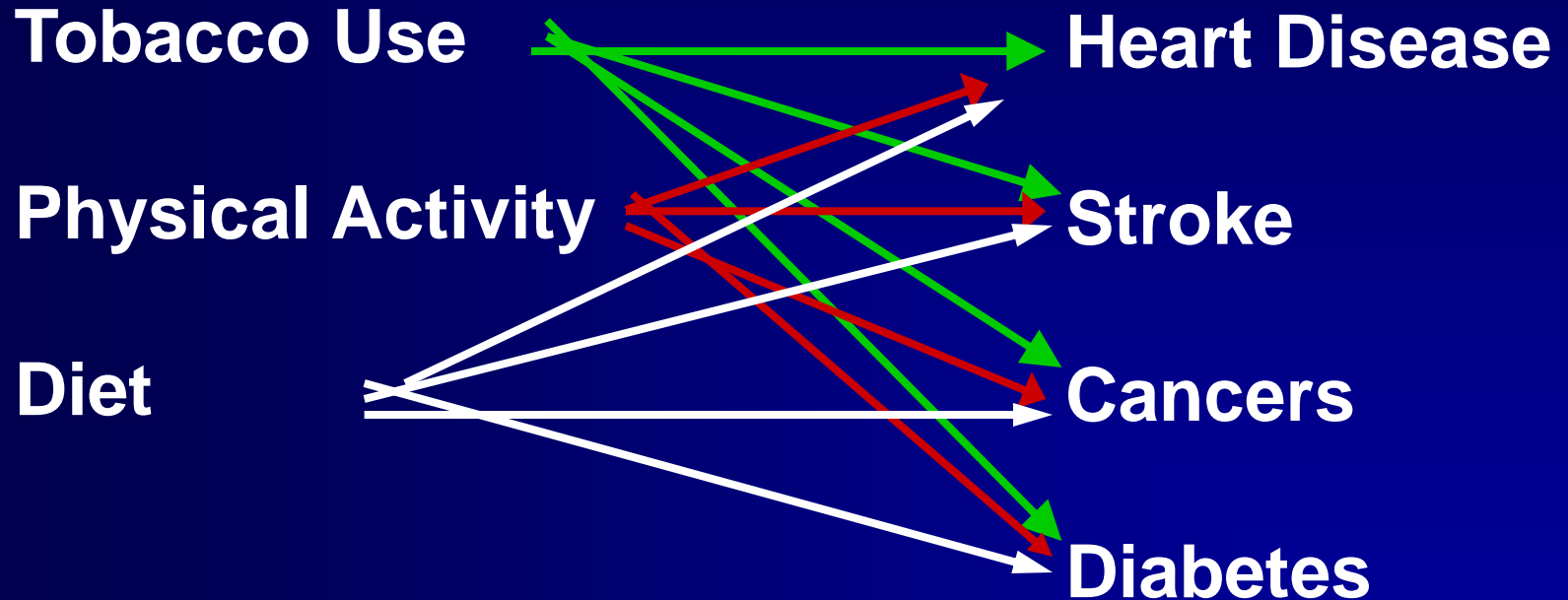
What is Killing Oregonians



Source: Oregon Vital Records

Behavior

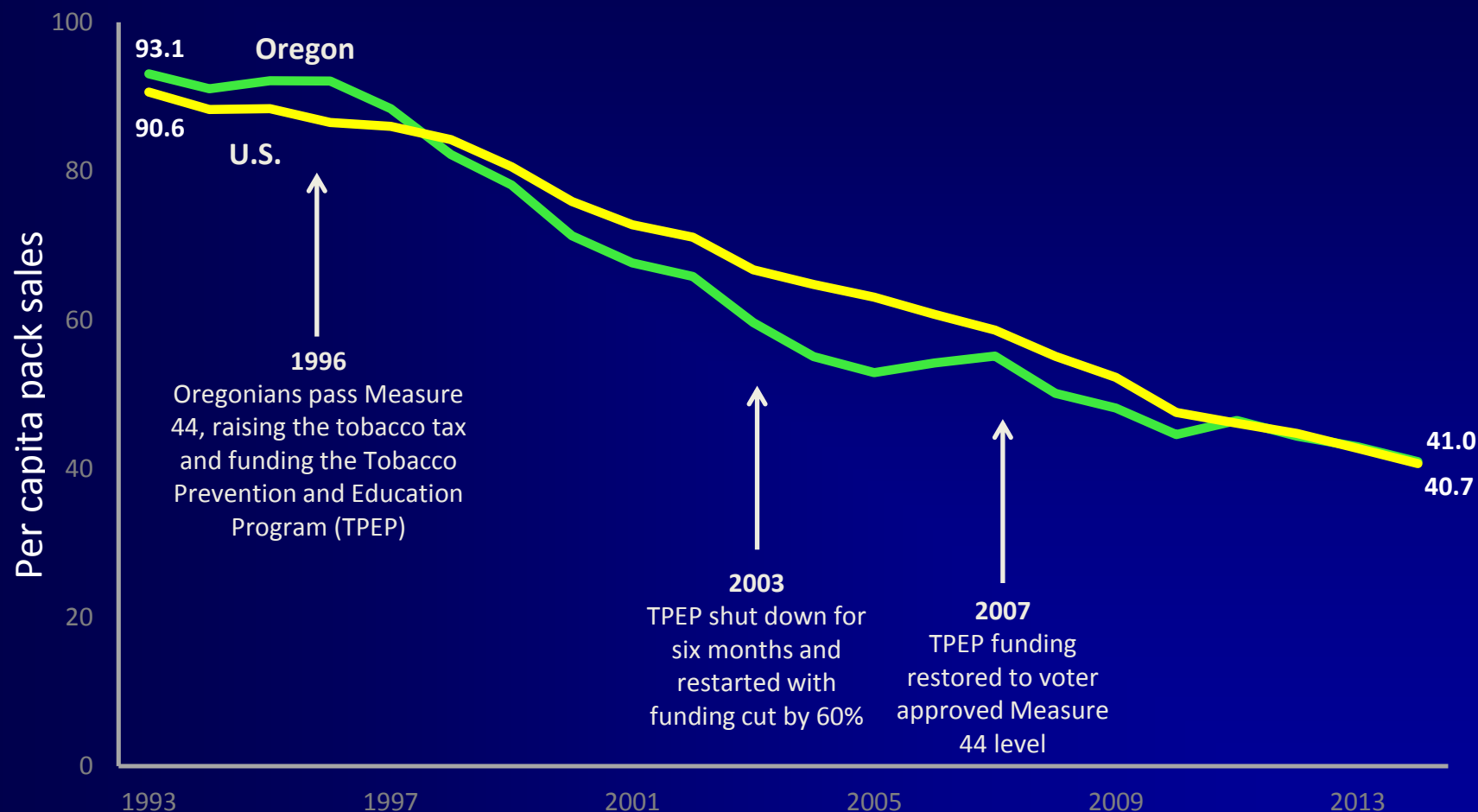
Disease



Oregon Compared to U.S.: America's Health Rankings

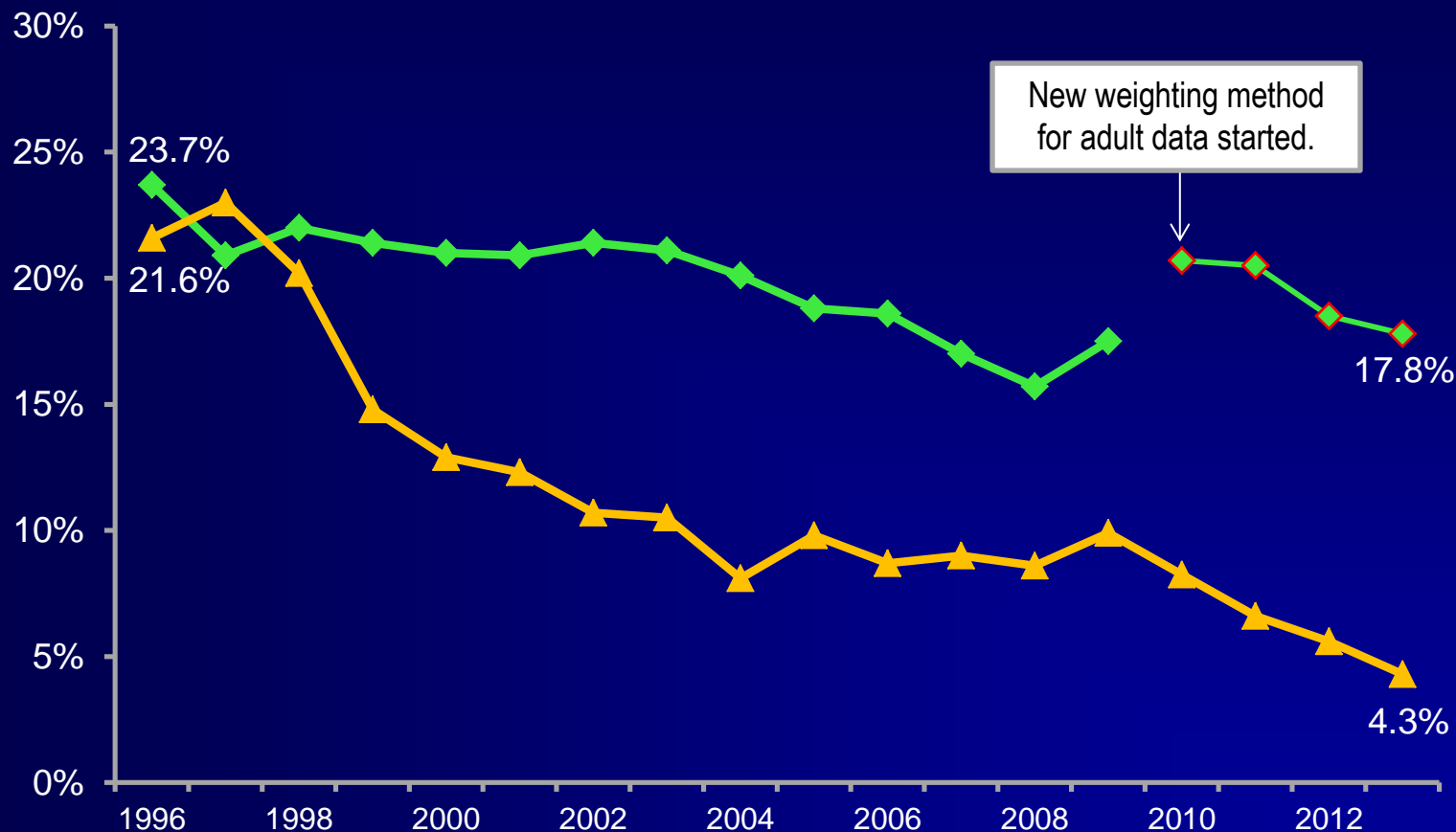
- Overall Health Ranking: 12th best in US
- Smoking: 16th best in US
- Obesity: 15th best in US
- Physical activity: 2nd best in US

Per Capita Cigarette Pack Sales in Oregon & U.S.



Source: Orzechowski and Walker (2014). The Tax Burden on Tobacco.

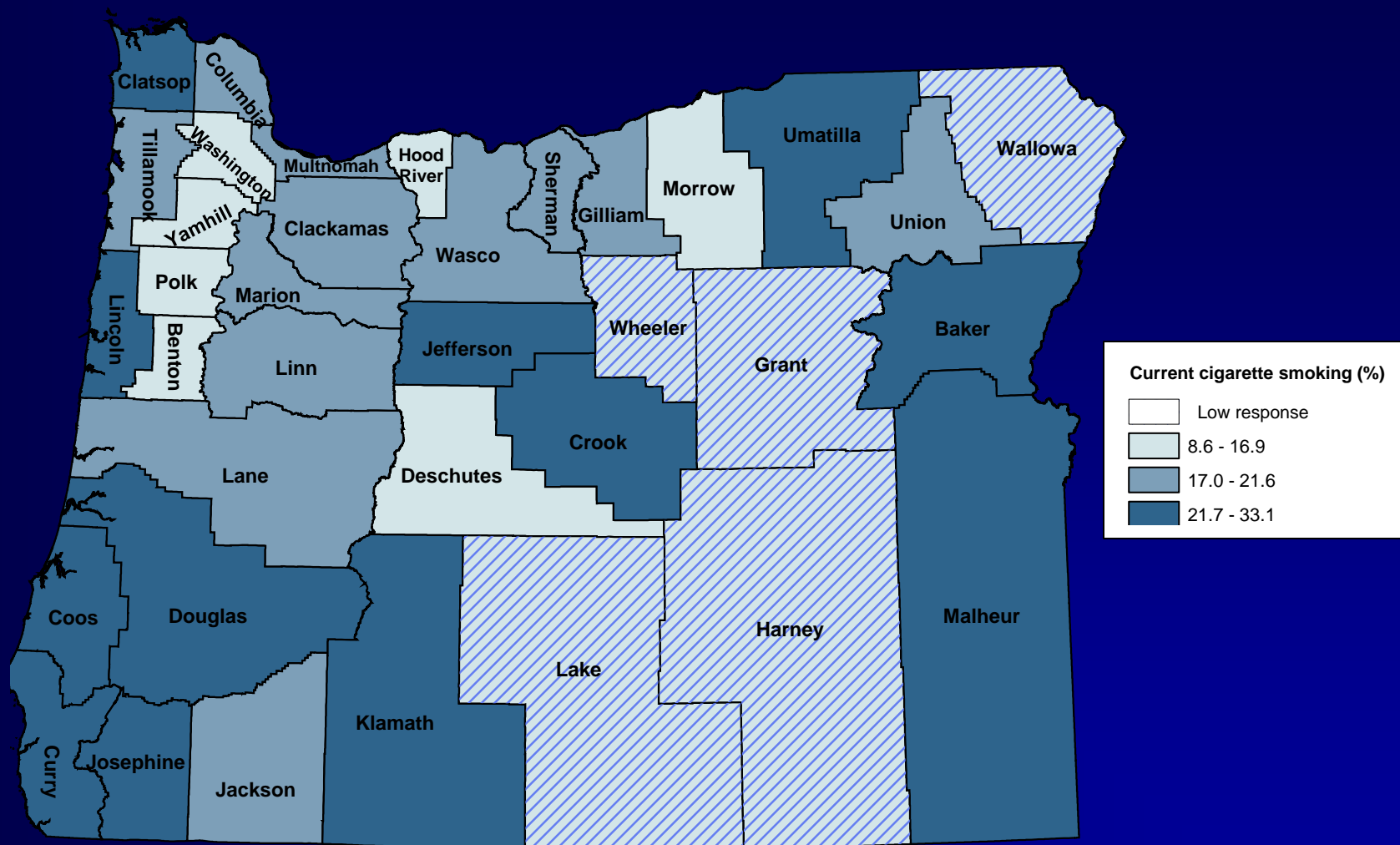
Cigarette Smoking: Oregon Adults & 8th Graders



Sources: Oregon Behavioral Risk Factor Surveillance System;
Oregon Healthy Teens Survey

◆ Adults ▲ 8th Graders

Cigarette Smoking among Oregon Adults

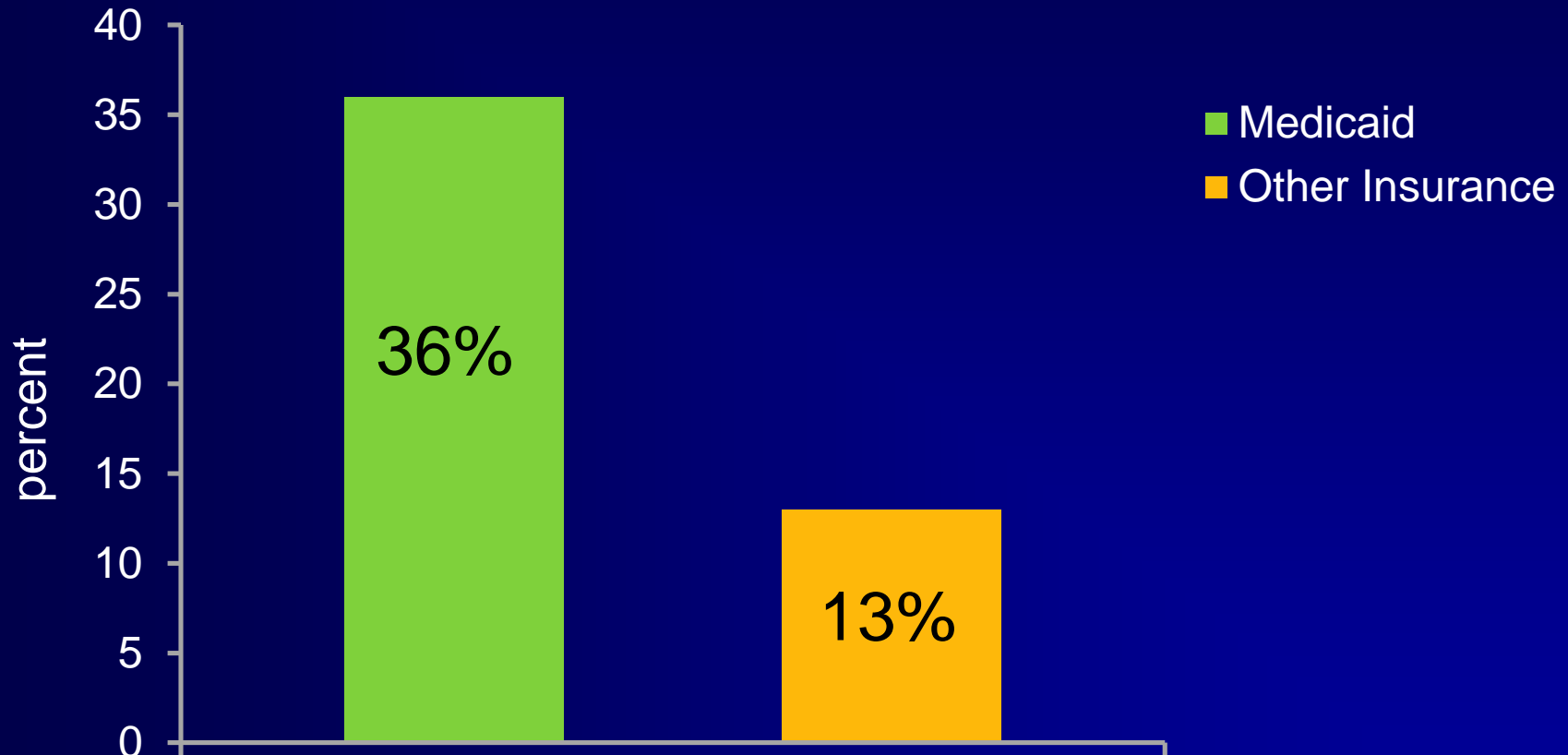


Source: 2010-2013 Oregon County Combined BRFSS

Public Health Division

Oregon
Health
Authority

Cigarette Smoking among Adults by Insurance: Oregon, 2012



Source: Oregon Behavioral Risk Factor Surveillance System

Costs of Tobacco Use

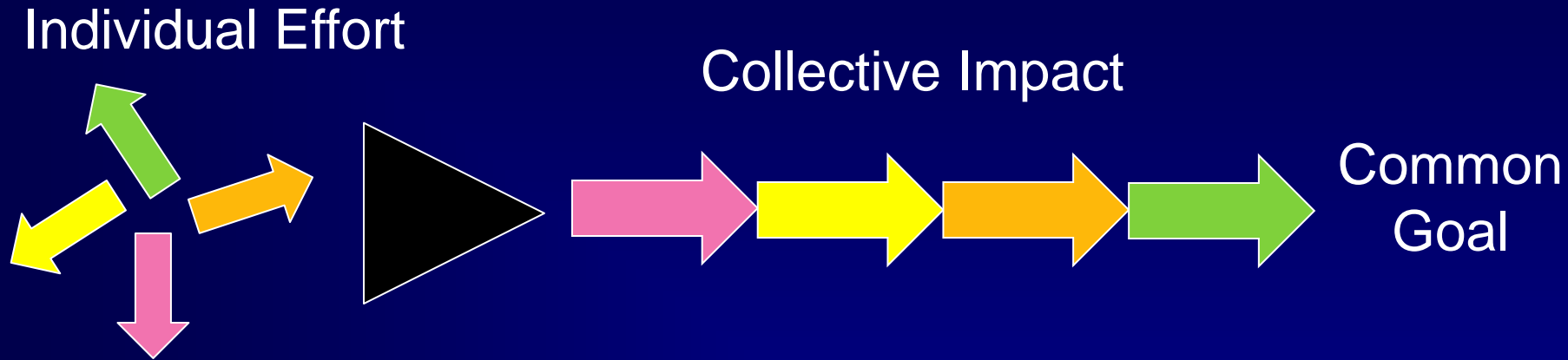
- Medicaid patients >2.5 times more likely to smoke
- Each year smoking costs Oregon:
 - \$1.3 billion overall in medical costs
 - \$374 million for Medicaid medical costs
- Each year smoking costs Oregon:
 - \$1.1 billion overall from premature death (lost productivity)

Sources: Oregon Behavioral Risk Factor Surveillance System;
Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC)

Smokers Want to Quit

- Most cigarette smokers want to quit
 - About 3 out of 4 smokers (77%) want to quit
 - Nearly 1 out of 3 smokers (31%) is preparing to quit
 - About 1 out of 2 smokers (53%) has made a quit attempt in the past year
- Adults on Medicaid want to quit, prepare to quit and attempt to quit as much as general adult population.

Comprehensive Tobacco Control



- State initiatives and Community Programs
- Helping people quit
- Public awareness and education
- Data collection and accountability

Current Efforts: Tobacco Prevention

- Cessation Benefits and Trainings
 - Oregon Quit Line available 24/7
 - CCOs, PEBB/OEBB, Private Employers/Payers
 - Maternal and Child Health: Improvement and Innovation Network to reduce Infant Mortality by helping pregnant moms quit tobacco
- Tobacco Prevention and Education Programs
 - All 34 local public health authorities; all 9 tribes
- SPArC Grantees
 - 9 local public health dept collaborations with CCOs

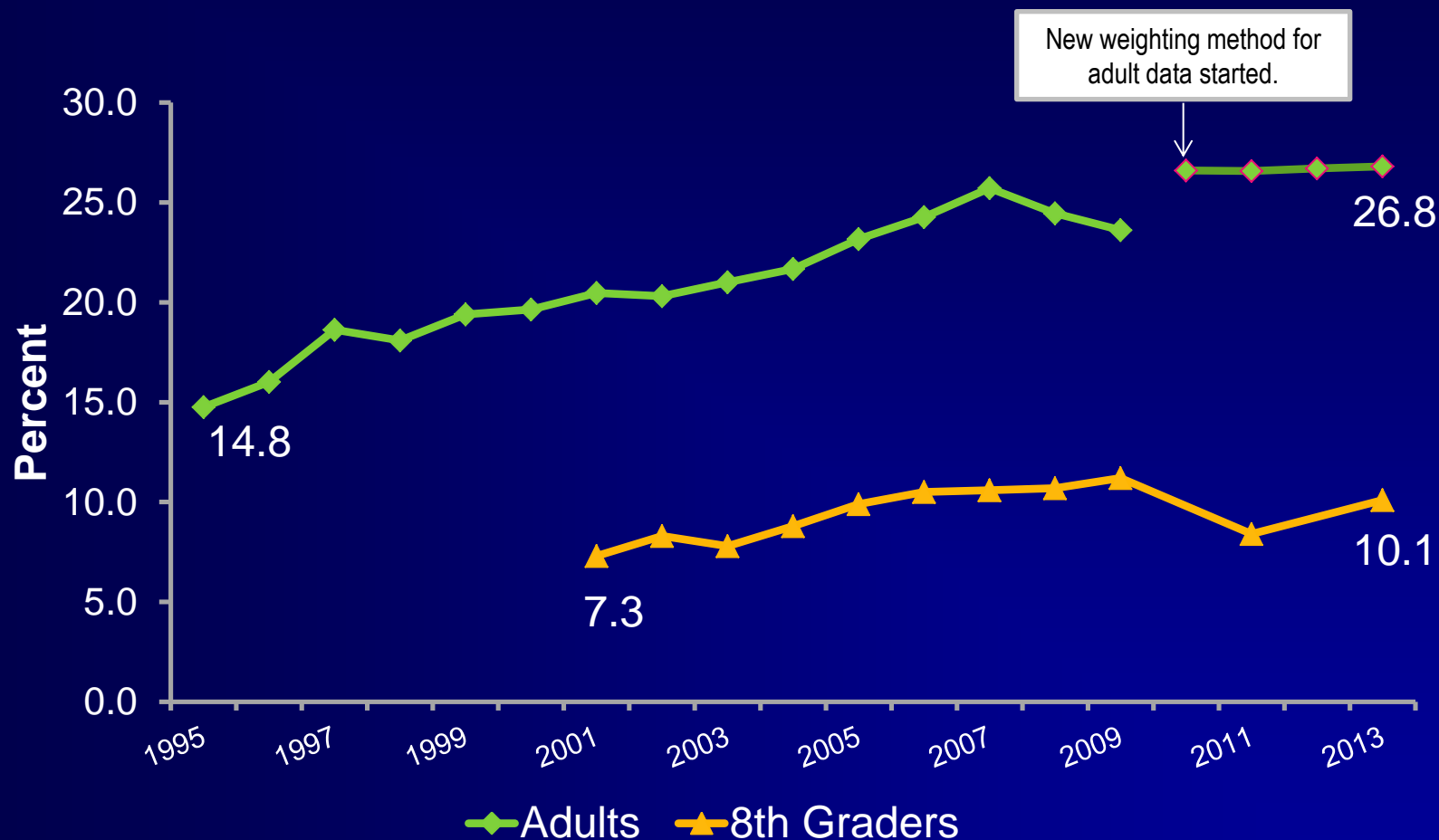
Current Efforts: Tobacco Prevention

- Environmental Strategies
 - Indoor Clean Air Act
 - Tobacco Free K-12 public schools
 - Gov's Executive Order: Tobacco-Free State Properties
 - Tobacco-free housing, community colleges, local government worksites
- Prevention education - Smokefree Oregon
- Data collection to measure health inequities

Obesity in Oregon

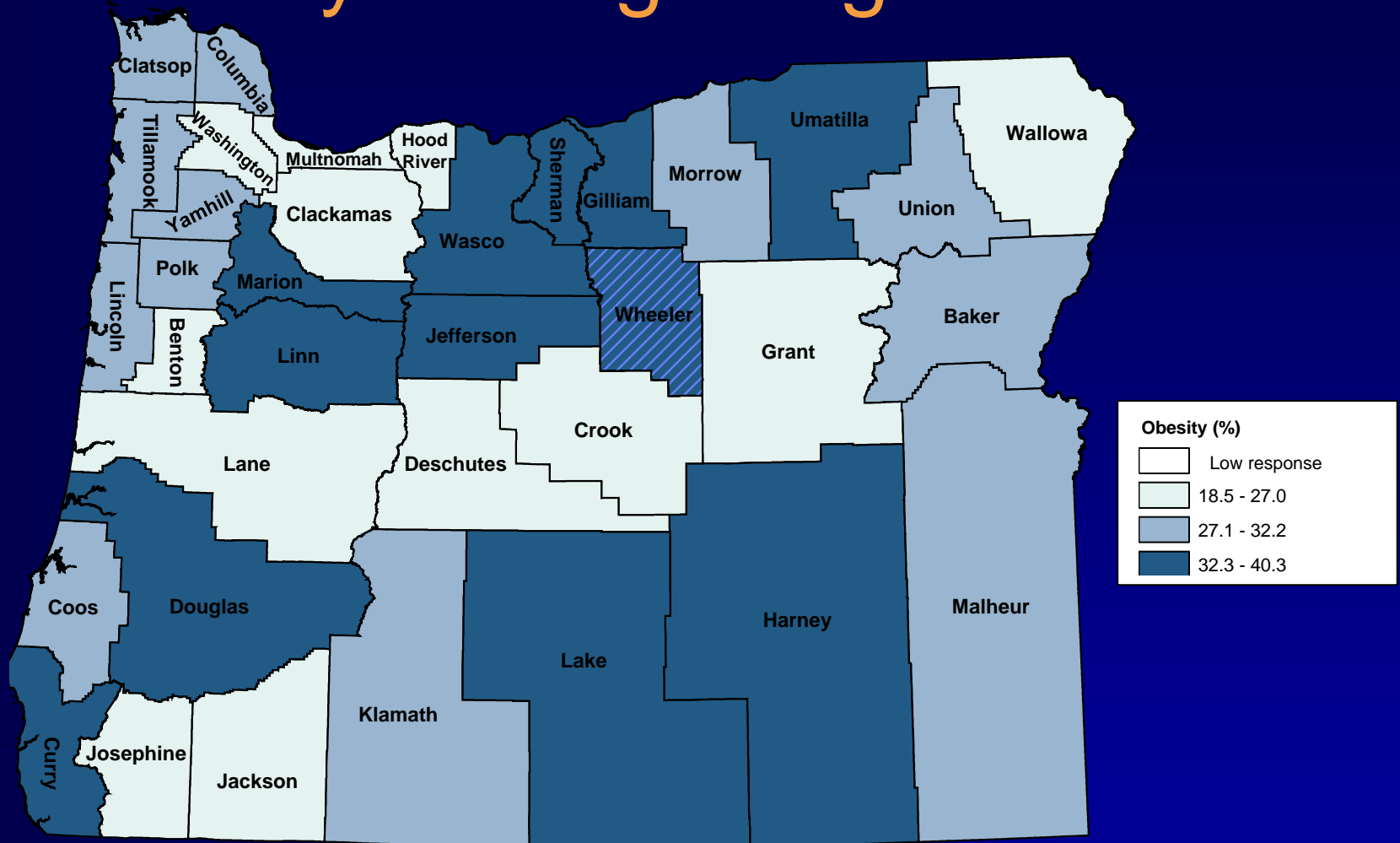
- Definition: Body Mass Index ≥ 30 (calculated from height & weight)
- Reducing obesity means addressing calories-in (healthy eating) and calories-out (active living)

Obesity among Oregon Adults & 8th Graders



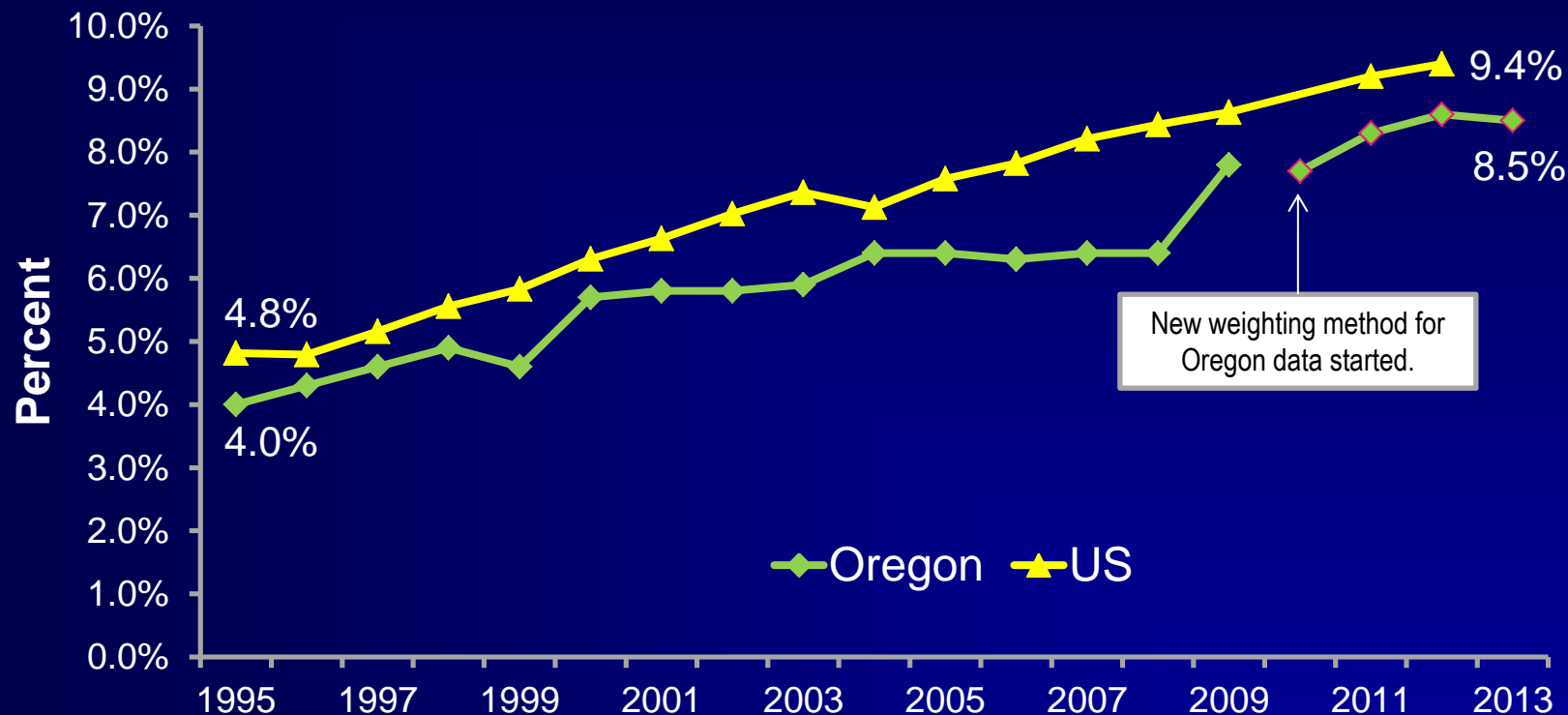
Source: Oregon Behavioral Risk Factor Surveillance System; Oregon Healthy Teens Survey

Obesity among Oregon adults



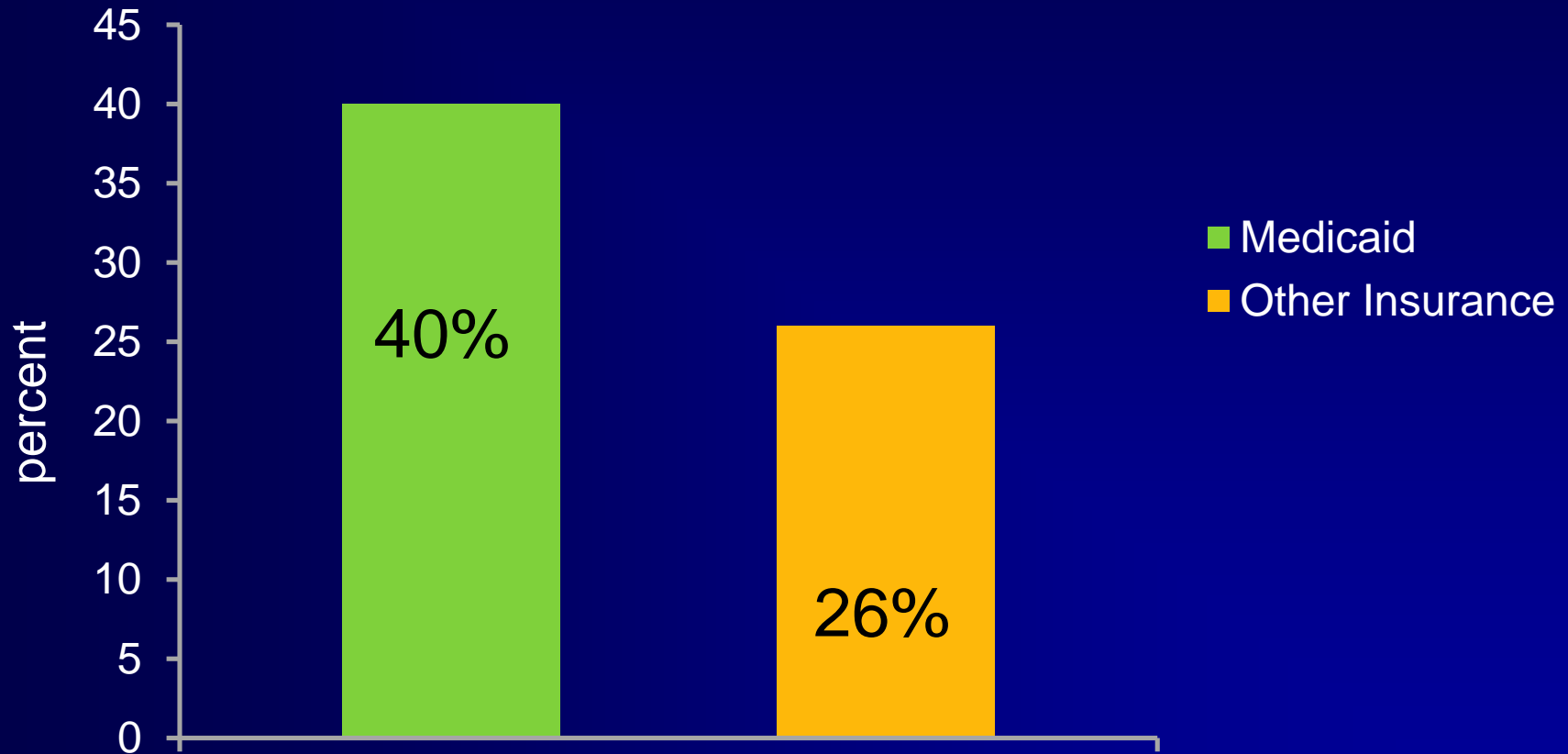
Source: 2010-2013 Oregon County Combined BRFSS

Diabetes among Adults, Oregon and U.S.



Source: Oregon Behavioral Risk Factor Surveillance System

Obesity among Adults by Insurance; Oregon, 2012



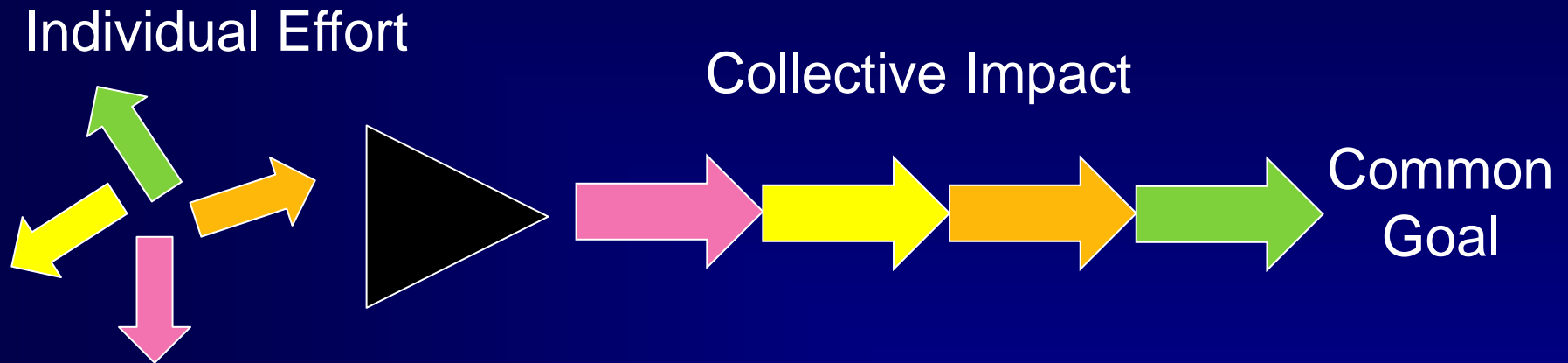
Source: Oregon Behavioral Risk Factor Surveillance System

Costs of Obesity

- Medicaid patients >1.5 times more likely to be obese
- Each year Oregon spends:
 - \$1.6 billion for medical care overall
 - \$333 million for Medicaid medical care

Source: Oregon Overweight, Obesity, Physical Activity and Nutrition Facts

Comprehensive Chronic Disease Prevention & Education Program

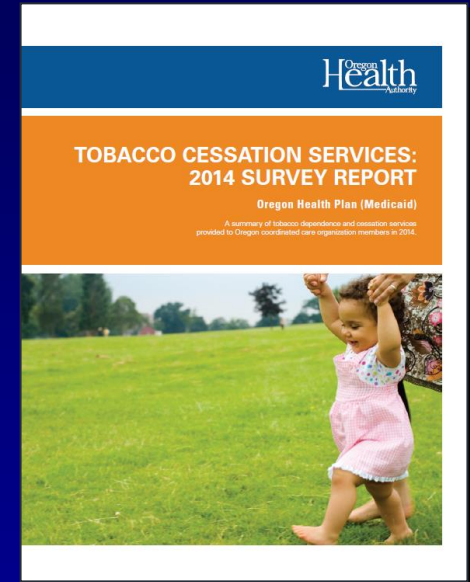
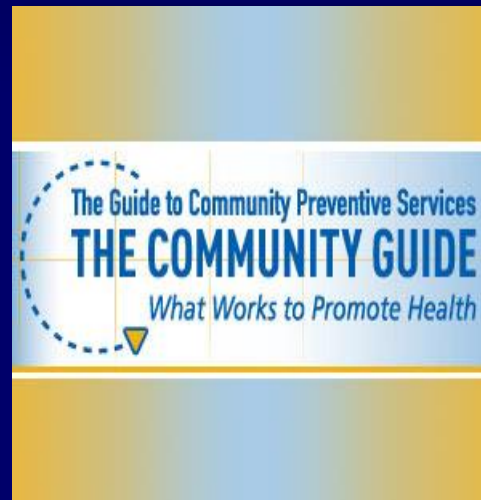


- State Initiatives and Community Programs
- Helping people take control of their health
- Public awareness and education
- Data collection and accountability

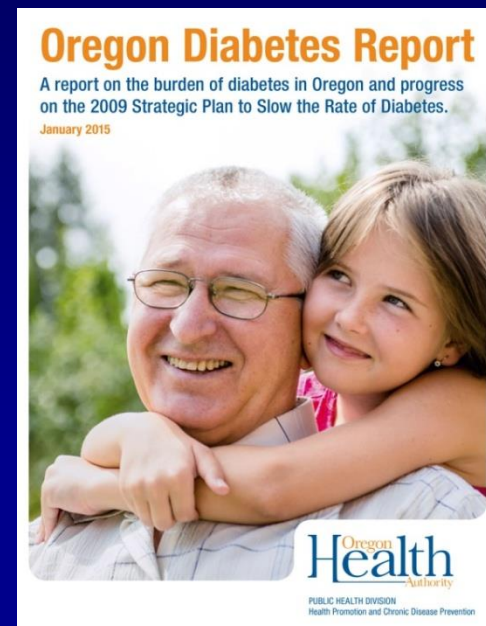
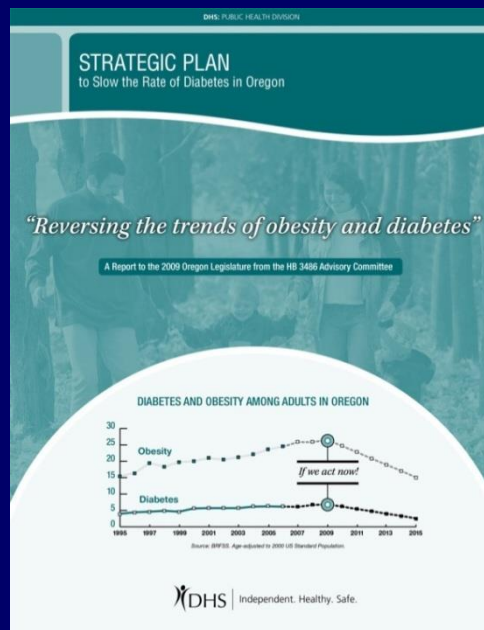
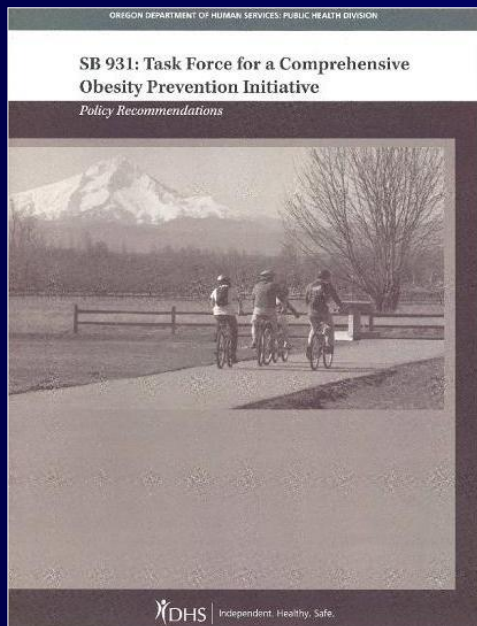
Current Efforts: Healthy Eating & Active Living

- OHA-DHS Cross Agency Health Improvement Project
- Healthy Communities
 - 9 Local public health depts; 1 tribe
- Environmental Strategies
 - Healthy Foods for Healthy Students Act
 - Oregon Farm to School
 - Nutrition standards in government worksites
- Promotion/ Access to healthy foods and active living
 - WIC Farmers Market Voucher Programs
 - Oregon's Menu Labeling Act

Moving Forward: Tobacco



Moving Forward: Obesity & Diabetes



Questions?