



*Promoting the health of Coos County through enhancement of local public health services*

## Message from the CCFoPH President



In our county of 64,999, there are 29,000 people enrolled in the Oregon Health Plan (Medicaid). That is 45% of the county's population (not counting people who are on Medicare).

The House of Representatives recently passed a budget that is expected to include cuts to Medicaid to help pay for the proposed \$2 trillion tax cut. Some of our friends and relatives in Coos County could lose their health insurance, which would also have repercussions on our economy.

Not having health insurance can result in delaying medical treatment until it is too late for a cure, and unpaid medical bills can bankrupt families.

Let's not forget the drain on our local hospitals and health providers who won't get paid. (The low reimbursement rate from Medicaid is better than no payment).

What is the future of health care in Coos County? I'm worried.

*Frances Smith  
CCFoPH President*

### Join us!

CCFoPH Board meets monthly on the 3rd Tue of the month, 4:00 to 5:30 pm via the Zoom platform

### Contact Us!

Coos County Friends of Public Health  
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CCFoPH@gmail.com    www.ccfoph.org

## 2024 CCFoPH Annual Meeting

The Coos County Friends of Public Health held our Annual Meeting on December 17<sup>th</sup> to elect board members, approve our annual budget, and review our accomplishments in 2024.



*Left to right: Renee Menkens presents check to Dr. Tim Lynch, Holly Boardman.*

### Highlights of 2024:

- **Our total distribution to Coos Health and Wellness in 2024 was \$31,619** (Foundation grants \$21,900; Fundraising \$6,719; Individual donations \$3,000)
- **Recognition Lunch, April 18, 2024** honored 5 Superstars: Rick Hallmark, Renee Hacker, Lualhati Anderson, Statia Ryder, and Mark Mattecheck. Also honored was Advanced Health's Advocate of the Year, Renee Menkens.
- **Afternoon with Friends** membership event, October 6, 2024, presented featured local public health champions: Peter Cooley, Rick Hallmark, Lisa Hermann, Katrinka McReynolds, Cynthia Rodriguez, and Dr. Tim Lynch.

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*CCFoPH is proud to note that \$539,468 is the total distribution to Coos Health and Wellness since our inception in 2008.*

*This would not have been possible without the support of many foundations, businesses and friends in the community, and our members.  
Thank you!*

## 2024 Annual Meeting (con't)

An important part of our charitable mission is to help raise funds for public health programs and services. Here are the projects which CCFoPH helped to fund in 2024, through grants and fundraising efforts:

- **Safer Homes Project** provides families served in WIC and home visiting programs with safety items to protect children in the home: baby gates, smoke and carbon monoxide detectors, cabinet and window locks. Grants received for this project were from **The Barbara E. Knudson Charitable Foundation, South Coast Early Learning Hub, United Way of Southwestern Oregon and CCFoPH donations.**
- **Nurses' Purse Fund** is a discretionary fund that public health nurses and WIC staff at Coos Health and Wellness can use for clients in need (e.g., electric bills, transportation, immunizations and medical bills not covered by insurance, infant care, clothing). **\$7,377 was the value of items and services provided to families in 2024.** CCFoPH raised funds through Odyssey 2024 (\$6,219) and BottleDrop Give (\$500). Grants received for the Nurses' Purse were from the **Coquille Tribal Community Fund, the Eugene and Marlaina Johnston Foundation,** and the **Marie Lamfrom Charitable Foundation.**
- **Let's Get Cooking Project** provides WIC Families with their choice of equipment and recipes for preparing nutritious meals. Grants were received from **Roundhouse Foundation, and the Bandon Dunes Charitable Foundation.**
- **Compassion Bag Project,** a partnership with faith-based organizations and Coos Health and Wellness, assists the unhoused in our community with simple comfort items and also a referral list of resources for follow-up assistance towards a more stable life. A CHIP grant was received by CHW from **Advanced Health,** plus **CCFoPH also donated** to this project.

## 2025 CCFoPH Officers and Board Members

### Officers:

Frances Smith, President  
Tom Orsi, Vice President  
Secretary, Sam Baugh  
Treasurer, Reneé Menkens

### Board Members:

Cathy Salyers, Advocacy  
Molly Ford, Development  
Holly Boardman, Membership  
Open position, Communications

### Ex-Officio Board Members

Dr. Tim Lynch, Public Health Director  
Katrinka McReynolds, Health  
Promotion Coordinator

Outgoing board members  
**Alissa Pruess** (Communications Chair)  
and **Else Aung** (Secretary)  
were acknowledged for their service.

- The **Immunization Program** received funds from **the Roundhouse Foundation**
- Funding for the **WIC nutritionist** was contributed by **CCFoPH.**

Frances Smith



welcome

Sam Baugh is the newly elected Board Secretary for Coos County Friends of Public Health. Sam is the Community Engagement Manager for Advanced Health CCO, and is a dedicated community health leader with a passion for driving positive change in Coos County.

With a Masters Degree in Business Administration (MBA), Sam is an Oregon Certified Economic Developer, and has extensive experience in public health and community planning. He has played a key role in conducting the 2023 Community Health Assessment and developing the 2024-29 Community Health Improvement Plan (CHIP).

Sam's collaborative approach emphasizes community engagement, data-driven strategies, and sustainable

WELLNESS IS A CONNECTION OF PATHS:  
KNOWLEDGE AND ACTION.

~Joshua Holtz

solutions to improve health outcomes for all residents. His commitment to fostering equity and resilience ensures that the CHIP reflects the diverse needs and priorities of Coos County.

Sam, his wife Andrea, and their 3 children moved to Coos County in the summer of 2017. His children currently attend Marshfield High and Jr. High schools, where they participate in golf, swim, track and soccer.

When not working on health initiatives, Sam also serves on the Board of Directors for Oregon Coast Community Action (ORCCA) and The Dolphin Playhouse, in addition to the CCFoPH Board, and also serves on many other advisory committees throughout the community.



## WHAT CAN WE DO TO PREVENT CANCER?

### Cancer is the #1 cause of death in Coos County. (2024 data)

The premature death rate (before age 75) from cancer in Coos County is nearly twice that of Oregon's rate. There are likely multiple reasons why we have such high rates of cancer here in Coos County, such as tobacco and alcohol use and poor diet.

However, our focus today is on two important messages: **Prevention is key, and screening is essential.** Early detection leads to better outcomes and can save lives.

**Here are 8 ways to reduce your cancer risk and detect cancer early:**

#### 1. Know your family health history and get recommended cancer screenings

Share your family health history with your health care provider and discuss cancer screenings. Some tests can help detect cancer early, when treatment is more likely to be successful, and some can also detect precancerous conditions before they become cancer.

You can enroll in the **Healthy Oregon Project** if you are 18 or older, and get **free genetic screening** to determine your risk for many types of cancer. If you have a genetic risk, you may be advised to change how often you are screened for cancer. See website: <https://www.healthyoregonproject.com>.

#### 2. Avoid or limit alcohol

[Drinking alcohol is linked to several cancers](#), including breast, colorectal, esophageal, oral and liver cancers. To reduce your risk of cancer, it's best to avoid alcohol completely. If you do choose to drink, limit your drinking to no more than one drink a day if you are female, and no more than two drinks a day if you are male. The more you drink, the greater your risk of cancer. Even small amounts of alcohol might increase your risk.

#### 3. Don't use tobacco

Tobacco use (including cigarettes, cigars, hookah, chewing tobacco and more) has been linked to many types of cancer, including lung, colorectal, breast, throat, cervical, bladder, mouth and esophageal cancers. It is best to never start using tobacco, but if you do use tobacco products, it is never too late to quit.

Nonsmokers who are exposed to secondhand smoke are also at risk for lung and other types of cancer, as well as other diseases. E-cigarettes can also cause serious health risks and can lead to addiction or serve as a gateway to other tobacco products.

#### 4. Protect your skin from the sun

Skin cancer is the most common cancer diagnosis in the U.S. and is one of the most preventable cancers. Exposure to the sun's ultraviolet radiation causes most skin cancers. Be sure to use adequate sun protection year-round. Never use indoor tanning beds.

#### 5. Eat a plant-based diet

Eat plenty of fruits, vegetables, beans and whole grains, limit red meat and foods high in salt and cut out processed meats. Avoid drinks with added sugar. A large 2021 study found that three servings of non-starchy vegetables (broccoli, spinach, carrots, not potatoes) and two of fruit (not juice) every day resulted in a 10% lower risk of death from cancer.



#### 6. Maintain a healthy weight and be physically active

Obesity is linked to many cancers, including those of the endometrium, liver, kidney, pancreas, colon and breast (especially in post-menopausal women). Getting at least 30 minutes of physical activity at least 5 days a week can make a big difference in your general health and well-being and can help in maintaining a healthy weight.

If you spend most of your day sitting, find a way to get up and move around every hour. Physical activity is linked to a lower risk of colorectal, breast and endometrial cancers, and there is some evidence that also links it to reducing the risk of other cancers.

#### 7. Practice safer sex and avoid risky behaviors

Certain types of the human papillomavirus (HPV) can cause cervical cancer, oropharyngeal cancer (cancer of the back of the throat, including the base of the tongue and tonsils) and at least four other types of cancer. HPV is spread through vaginal, anal or oral sex.

*More on pg 4*



## Prevent Cancer (con't)

Using a condom the right way every time you have sex can help protect you, if you are not in a monogamous relationship. But it is not 100% protection. The hepatitis B and hepatitis C viruses can be spread from person to person through sex or blood (e.g. sharing needles and syringes for injection drug use). The hepatitis B and C viruses can cause long-term liver infection that can increase your chance of developing liver cancer.

### 8. Get vaccinated against HPV and hepatitis B

Getting vaccinated can protect you from HPV (see #7 above) and hepatitis B. All children should get vaccinated against HPV between ages 9-12, and older teens and young adults (ages 13- 26) who have not been vaccinated can get a “catch-up” vaccination series. In the U.S., most liver cancers are linked to hepatitis B or hepatitis C. The hepatitis B vaccination is recommended for all children and adults up to age 59, as well as adults age 60 and over who are at high risk for hepatitis B infection. Testing and treatment are available for both hepatitis B and hepatitis C.

This information is from the *Prevent Cancer Foundation*. Their website has more information about screening and an interactive tool for assessing one’s health and risk factors. <https://preventcancer.org>

Frances Smith

## Message from the CHW Public Health Director



In Coos County, public and behavioral health work hand in hand toward our mission of fostering a vibrant, healthy community.

The impact of mental health on an individual’s physical and social well-being makes it a crucial public health concern. Public health is dedicated to promoting healthy lifestyles and addressing diseases more proactively.

Mental health shapes how we connect with others, make decisions, and navigate life’s challenges. When mental health falters, it can hinder our ability to thrive. It can lead to significant physical and social challenges, and influence the onset and progression of physical illnesses. A 2023 study found those with severe mental illness are nearly twice as likely to face multiple physical health conditions. These conditions are often intertwined with high-risk behaviors such as substance misuse and physical inactivity.

By advocating for prevention and effective interventions, public health professionals inspire communities to confront mental health challenges, paving the way for a brighter future in Coos County.

Dr Tim Lynch

## Free Nutrition Presentations for March

From OSU Extension Family and Community Health

### Heart Health Series at Bandon Public Library 12-1 pm

1204 11th St, Bandon

- Wed Mar 5: **Lowering Cholesterol with Food**
- Wed Mar 12: **Lower Blood Pressure Naturally**

### Diabetes Series at North Bend Medical Center 12-1 pm

1900 Woodland Drive, Coos Bay

- Tue Mar 4: **Diabetes Reversed**
- Tue Mar 11: **Fueling for Energy**
- Tue Mar 18: **Plant Protein**
- Tue Mar 25: **Lowering Cholesterol with Food**

**Mon Mar 10: Fiber for Heart Health.** 1:30-2:30 pm.  
Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd.  
Come at 1 pm for a plant-based potluck

**Thu Mar 27: Diabetes Reversed.** 10-11 am webinar PST.  
Join here: [beav.es/Gvk](https://beav.es/Gvk)

### Curry County classes

**Thu Mar 6: Lowering Cholesterol with Food.** 11-12 Gold Beach Community Center, 29841 Airport Way, GB  
**Wed Mar 19: Lower Blood Pressure Naturally.** 12-1 pm. Chetco Public Library, 550 Chetco Lane, Brookings

To receive fliers for upcoming nutrition events, contact [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

Coos County Friends of Public Health 17th Annual

*Save THE Date*

**Apr 29, 2025**

*Recognition Luncheon*

Honoring Public Health Super Stars and Advanced Health Advocate of the Year

11:30-1 pm  
Black Market Gourmet  
495 Central Av, Coos Bay