

# Community HealthLink



Coos Healthier Together  
empowering  
Coos County  
residents  
to live  
healthy  
lives

Coos Healthier Together is a coalition of community organizations and advocates who promote healthy behaviors and work toward a healthier Coos County community through the development and implementation of the Community Health Improvement Plan.

## Meet Coos Healthier Together



Coos Healthier Together (CHT) is a coalition of community organizations and advocates who promote healthy behaviors and work toward a healthier Coos County. The coalition was created to implement the 2019-2022 [Coos County Community Health Improvement Plan](#) (CHIP).

The CHIP is a community-level plan to improve the health of individuals, families and the community at large. It is based on, and compliments, the 2018 [Community Health Assessment](#) (CHA) which identified significant health needs facing the community.

In the fall of 2019, CHT collaborators reviewed CHA data and established 4 focus areas that reflected 9 prioritized areas of concern.

Recognizing that significant work is already being done in many of the priority areas, CHT opted to focus on 2 priority areas annually. This gives the coalition a narrow focus on which to make a significant impact.

For 2020, the 2 priority areas for CHT focus include Food & Nutrition and Coordination, Collaboration & Communication (C3).

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### FOR MORE INFORMATION

For more information or to get involved: Contact Laura Williams [laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com)  
Community Health Link editor Stephanie Polizzi [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

- Coos Healthier Together Partners
- Meet CHT (con't)
- CHIP Funding
- Join Our C3 Team

## CHT Partners

Adapt  
Advanced Health  
Advanced Health Consumer  
Advisory Council (CAC)  
Coast Community Health Center  
Coos Head Food Co-Op  
Coos County Friends of Public  
Health  
Coos Health & Wellness  
Department of Human Services  
OHSU Campus for Rural Health  
Oregon State University Extension  
South Coast Education Service  
District  
South Coast Food Share  
South Coast Head Start  
South Coast Regional Early  
Learning Hub  
United Way of Southwestern  
Oregon  
Waterfall Community Health  
Center

## Meet Coos Healthier Together (con't)

The Coos County Community Health Improvement Plan is divided into 4 Focus Areas with 9 Priorities, 2 of which are included in the first year of the plan. (See those in orange below).

| Individuals & Families                                                          | Health Equity                                                                                 | Access & Capacity                                                            | Outreach & Engagement                                  |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------|
| Support resilience from adversity, trauma & toxic stress<br>Prevention services | Housing & homelessness<br><b>Food &amp; nutrition</b><br>Transportation<br>Economic stability | Access & integration of healthcare services<br>Behavioral health & addiction | <b>Coordination, collaboration &amp; communication</b> |

- **C3: Coordination, Collaboration, Communication**  
Working to link partners, highlight , accomplishments, share resources and engage citizens to work synergistically in creating a healthy Coos County
- The **Community Health Link** newsletter is one of the C3 initiatives
- **FNG: Food & Nutrition Group**  
Supporting efforts to improve access and availability of healthy, nutritious food with a focus on youth and food deserts
- Encouraging intake of vegetables, fruits and whole grains, while also discouraging intake of sweetened beverages through education and empowerment

## Advanced Health Community Health Funding

Advanced Health is excited to announce funding applications are being accepted for community benefit initiatives that improve population health, health care quality and equity. Projects should align with the Coos County Community Health Improvement Plan (CHIP) Focus Areas: 1) Individuals & Families; 2) Health Equity; 3) Healthcare Access & Capacity; and 4) Community Outreach & Engagement. There are 3 review cycles scheduled from August to December as long as funds remain. The application can be found at <http://advancedhealth.com/wp-content/uploads/2020/07/2020-Coos-CHIP-Application-FINAL.pdf>. Submit applications and questions by email to Laura at [laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com).

The Coos County Community Health Improvement Plan (CHIP) with our 9 specific priorities can be found at <http://advancedhealth.com/wp-content/uploads/2019/08/Coos-County-CHIP-2019.2022.pdf>.

### MEETING TIMES

**Coos Healthier Together** meets virtually every other month on the 1st Thu at 2 pm

**Food & Nutrition Group** meets virtually monthly on the 2nd Thu at 2 pm

**C3** meets virtually monthly on the 3rd Thu at 2 pm



## Join Our C3 Team!

The Coordination, Collaboration, and Communication (C3) team of Coos Healthier Together is looking for people interested in community outreach, planning quarterly Coos Healthier Together coalition meetings, writing newsletter articles, keeping our webpages updated, and other important tasks. Please contact Laura at [laura.williams@advancedhealth.com](mailto:laura.williams@advancedhealth.com) if you are interested or have questions.

- Food and Nutrition Group Goals
- Coos Head Co-Op Supports COVID Food Efforts
- Get involved

## Food and Nutrition Group Goals

In December, 2019, Coos Healthier Together selected the area of food and nutrition on which to focus our community improvement efforts. This area was identified in our 2018 Community Health Assessment (CHA) using 3 sets of data:

1. **Food Environment:** Data revealed that Coos County suffers from food deserts, where healthy food options are scarce or unavailable. The measurement of this is called the Food Environment Index and Coos County ranking is 6.9. Our goal is to improve that score to 7.2 by increasing food availability in remote areas. We will do this by focusing on 2 problems identified by the CHA.
2. **Youth food insecurity:** One in 4 children under 18 experiences food insecurity and 20% of 8th & 11th graders noted they ate less than they should due to financial reasons. FNG is working with partners to find ways to make healthy foods accessible to youth and support farm to table, and school or community garden programs.
3. **Adult over-intake of sodas, under-intake of vegetables and fruits:** At least 20% of adults drink 7 or more sodas per week. Sodas are not only devoid of nutrients, they are linked to rising obesity levels. Less than 15% of local residents eat a minimum of 5 fruits and vegetables per day which results in a diet low in protective nutrients. Both behaviors are associated with increased risk of chronic diseases like cancer, heart disease and diabetes. FNG hopes to work with organizations to create policies and initiate programs like *Veggie Rx* or *Farmacy*.

For both youth and adult initiatives, FNG will make efforts to educate and empower residents to improve their intake of fruits and vegetables. Moving the needle will require all of us working together. You can make an impact. Please join us by documenting your efforts. Share the work you are doing or that you see being done across the county. (see blue box below).

The Food and Nutrition Group (FNG) is made up of local and regional representatives from businesses, education, government organizations and private citizens like you!



7 Devils provides meals for delivery to Bandon foster families. Pictured: Melissa Hart (Every Child Coos) and Salena Minkler (EC volunteer).

## Coos Head Co-Op Supports COVID Food Efforts

During COVID-19, Coos Head Food Co-Op has been working to support local food initiatives spearheaded by projects like *Growing Through It* and the *Coos Waffle Project*. We also support organizations and small businesses providing food to families impacted by COVID-19. These include *His Walk Ministries*, *7 Devils Brewing Co*, *South Coast Food Share*, *Kaffe 101*, and *Waterfall Community Health Center*.

Recently, we had a "round up" fundraiser for South Coast Food Share in which shoppers and members of the Co-Op raised \$672.09. Coos Head Food Co-Op matched the amount raised bringing the grand total to \$1344.18!



*Continued on page 4*



### GET INVOLVED

FNG is asking for community partners to share their efforts in increasing access to, and intake of, healthy foods for Coos County residents. Our short reporting form is an easy way to document your efforts and keep the committee informed. It is also a way to request assistance or support for your project. To request a form, please email [renee.menkens@gmail.com](mailto:renee.menkens@gmail.com).



## Growing Together Project

The Growing Together project mission is to encourage children to grow small vegetable box gardens to encourage them to eat more vegetables. During the 2020 growing season, the primary goal was to study this effect within a local first grade classroom.

The project was poised to build 60 boxes with family interaction, fill the boxes with special soil mix, provide seeds and seedlings, and deliver the boxes into local children's homes. The lumber, hardware, soil ingredients, seeds and seedlings were purchased, with many in-kind donations to ensure no cost to participating families.

The Growing Together study was abruptly curtailed by the Covid-19 pandemic when all schools closed. Not only were there no school classes, but also we could not involve kids and their families with the box building safely while maintaining social distancing.

Fortunately, one of our volunteers single-handedly built all 60 boxes. We filled the boxes with soil and delivered them to children's homes throughout the twin cities and across Coos County. Twenty-four boxes went to children in foster care, 15 boxes went to families within North Bend Medical Center, 10 boxes went to families at the Boys and Girls Club, 5 boxes went to families from the study classroom at Blossom Gulch and 5 boxes went to other area families. Families picked up seeds and seedlings at the greenhouse at SWOCC.

We plan to resume our study next year if schools reopen. In this time of social and economic upheaval, growing food close to home has many advantages for nutrition, frugality, and social distancing.

*Dr Shimotakahara, NBMC  
Linda Martin-Stengler, OHSU Campus for Rural Health*





Coos Bay Library & Coos Head Food Co-op present

# COMMUNITY COOKING WITH THE CO-OP

FREE! FUN!

## STARRING JAMAR!

**MONTHLY EVENT:**  
EVERY 4TH THURSDAY!

Coos Bay Library has teamed up with Coos Head's Outreach Coordinator, Jamar, to provide safe, easy, and healthy recipes to create at home. Join us virtually on Zoom for this fun community event!



**Event Recipe:**  
Jackfruit BBQ Sliders

**Thursday**  
**July 23**  
**5:30pm**

Register for this virtual event @ <https://is.gd/oPTIGU>



COOS BAY PUBLIC LIBRARY  
(541) 269-1101  
<http://coosbaylibrary.org>



COOS HEAD FOOD CO-OP

## Coos Head Co-Op (con't)

We currently have a partnership with Coos Bay Public Library to kick off our monthly cooking segment titled **Community Cooking with the Co-Op!**

Every 4th Thursday of the month we host a cook-along showcasing recipes using organic shelf staples and local produce. Our goal is to engage the community in the midst of a quarantine by inviting community members into our kitchen to prepare simple, delicious meals with us.

Coos Head Food Co-Op is governed by 7 principles of a cooperative. The 7th principle states Co-Op's are community-minded and contribute to the sustainable development of their communities by sourcing and investing locally.

*Jamar Ruff, Coos Head Food Co-op*

- Resource Spotlight
- Local Resources
- What's Cooking?
- Need Volunteers?

## Local Resources



## Resource Spotlight



### ZENTANGLES

STARTING THIS WEEK, GET YOUR

**FREE ART KITS**  
FOR KIDS DURING  
THE FREE LUNCH PROGRAM.

EACH KITS CONTAINS  
INSTRUCTIONS AND SUPPLIES  
TO CREATE AN ART PROJECT!

**MONDAY:**  
OAK STREET PARK  
12:15-12:45

**TUESDAY:**  
MADISON SCHOOL  
12:00-12:30

**THURSDAY:**  
BLOSSOM GULCH  
SCHOOL  
12:00-12:30

FOR MORE INFORMATION: CONTACT THE COOS ART MUSEUM 541-267-3901

The free grab-n-go meals will be offered at the following dates for the school districts:

**Coos Bay:** June 15<sup>th</sup> – August 21<sup>st</sup>

**North Bend:** June 15<sup>th</sup> – August 14<sup>th</sup>

**Coquille and Powers:** April 13<sup>th</sup> – End of August

**Bandon:** Now – August 14<sup>th</sup>

(Consult Bandon District Facebook or District Webpage for additional information)

### COVID

Coos Health & Wellness COVID-19 Updates - <https://cooshealthandwellness.org/public-health/novel-coronavirus-2019-covid-19/>

Additional COVID-19 Resources - <https://southcoastconnects.org/covid-19-information/>

Oregon Coast Community Action Resources - <https://www.orcca.us/covid-19-resources>

To report a communicable disease, please call: 541-266-6700

### FOOD

Coos County Food Resources - [https://89066abf-ee61-4039-990e-29fd6d464398.filesusr.com/ugd/d6707a\\_86307ac8804745b2a93d326d3a525f1a.pdf](https://89066abf-ee61-4039-990e-29fd6d464398.filesusr.com/ugd/d6707a_86307ac8804745b2a93d326d3a525f1a.pdf)

OSU Extension Nutrition Seminars: Held virtually on the first Tue of the month at noon <https://oregonstate.zoom.us/j/229803250>. Seminars are also recorded and archived on the Coos Co Extension site <https://extension.oregonstate.edu/coos/health6hy-families-communities>

Coos Head Food Co-Op virtual cooking classes every 4th Thu of the month <https://is.gd/oPTIGU> (the o = zero) 541-269-1101

### OTHER

Small Business Resources During COVID-19 - [http://www.oregon4biz.com/Coronavirus-Information/?fbclid=IwARoKQLVYYDtbmt3p-lFIAOqBwJ8gnbC4bv3bdEaRLEj-QzTL\\_c3DmAllivTo](http://www.oregon4biz.com/Coronavirus-Information/?fbclid=IwARoKQLVYYDtbmt3p-lFIAOqBwJ8gnbC4bv3bdEaRLEj-QzTL_c3DmAllivTo)



What's

## Cooking?

### Mango Salsa

Adapted from *Mango.org*

Mango is the *Healthy Bytes Initiative* July Food of the Month

#### Ingredients:

2 large mangos, diced

1 jalapeno, finely diced

1/3 cup red onion, finely diced

Combine all ingredients together and serve immediately or store in airtight container in the refrigerator 3-5 days.

To enroll in the Healthy Bytes Initiative, contact [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)

**NEED  
VOLUNTEERS?**

Check out Southwestern Oregon Workforce Investment Board's new volunteer matchmaking system. it takes just a minute to register your nonprofit and get connected with local community members who are here to help! <https://www.sowib.org/volunteers>