

Central Oregon includes Crook, Deschutes, Jefferson and Klamath counties, unless otherwise indicated. BRFSS data are aggregated from 2018-2021 unless otherwise indicated. **Binge alcohol use** is defined as drinking four (for females) to five (for males) or more drinks on the same occasion. **Heavy drinking** is defined as consuming 8 (for females) to 15 (for males) or more drinks per week. **Food Insecurity** is the lack of access, at times, to enough food for an active, healthy life or with uncertain availability of nutritionally adequate foods. "People" refers to someone aged 12 or older, "youth" refers to someone aged 12 to 18, and "adult" refers to someone aged 18 or older. **Exercise Opportunities** is having access to places for physical activity (i.e., recreation facilities and parks). County-level BRFSS data are age-adjusted; regional-level BRFSS data are unadjusted. Being **obese** is defined as having a body mass index (BMI) of 30-99.8. **Adequate prenatal care** is defined as receiving care beginning in the first or second trimester and having at least 5 prenatal visits. **Independent living difficulty** is defined as having challenges performing instrumental activities of daily living (IADLs) due to a physical, mental, or emotional condition. **Sheltered** is defined as living in emergency shelter, transitional housing, or a hotel/motel paid for with a voucher/by an agency. The **food environment index** combines two measures of food access: the percentage of the population that is low-income and has low access to a grocery store, and the percentage of the population that did not have access to a reliable source of food during the past year (food insecurity). The index ranges from 0 (worst) to 10 (best) and equally weights the two measures. **Illicit drug use** includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. **Misuse of prescription psychotherapeutics** is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. **Prescription psychotherapeutics** do not include over-the-counter drugs. Regional designations in the regional report are defined by the National Survey on Drug Use and Health and include: **Multnomah** (Multnomah County), **Clackamas and Washington** (Clackamas and Washington Counties), **Northwest** (Clatsop, Columbia, Tillamook, Yamhill, Polk, Marion, Lincoln, Benton, Linn, and Lane Counties); **Southwest** (Douglas, Coos, Curry, Josephine, Jackson, and Klamath Counties), **Central** (Jefferson, Crook, and Deschutes Counties), and **Eastern** (Lake, Harney, Malheur, Grant, Baker, Wheeler, Wallowa, Union, Umatilla, Morrow, Gilliam, Sherman, Wasco, and Hood River Counties

*Indicates when "Central Oregon" does not include Klamath County.

¹Central Oregon Health Council, Community Health Survey

²Oregon Health Authority, Center for Health Statistics, County Injury Dashboard, 2021

³Oregon Health Authority, Center for Health Statistics, Table 7. Tobacco-linked deaths by county of residence, Oregon residents, 2021

⁴Oregon Health Authority, Public Health Division, Behavioral Risk Factor Surveillance Survey, 2021

⁵Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, 2018

⁶Wyoming Survey & Analysis Center, University of Wyoming. Qualitative Data Findings: Central Oregon Health Council Regional Health Assessment.

⁷U.S. Census Bureau. "Commuting Characteristics by Sex." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S0801, 2022.

⁸Central Oregon Health Data. Access to Parks, 2020.

⁹Central Oregon Health Data. Point in Time Count (Homelessness), 2023.

¹⁰U.S. Census Bureau. "Poverty Status in the Past 12 Months." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S1701, 2022.

¹¹Central Oregon Health Data. Children Enrolled in Temporary Assistance for Needy Families, 2019

¹²Central Oregon Health Data. Primary Care Provider Rate, 2020.

¹³Central Oregon Health Data. Mental Health Provider Rate, 2022.

¹⁴Central Oregon Health Data. Dentist Rate, 2021.

¹⁵Central Oregon Health Data. Age Adjusted Death Rate due to Alcohol Consumption, 2017-2020.

¹⁶Oregon Health Authority, Prescribing and Overdose Data for Oregon, Oregon EMS Naloxone Administration per 100,000 residents, 2020 Q1.

¹⁷Central Oregon Health Data. Mental Health/Substance Abuse Emergency Department Visit Rate, 2014-2020.

¹⁸Central Oregon Health Data. Adults Ever Diagnosed with Depression, 2021.

¹⁹Oregon Health Authority, Center for Health Statistics, Leading Causes of Death Dashboard 2022

²⁰Feeding America, Map the Meal Gap Dashboard 2021

²¹Centers for Medicare & Medicaid Services, Medicare Chronic Conditions Dashboard 2018

²²Central Oregon Health Data. Renters Spending 30% or More of Household Income on Rent, 2017-2021.

²³Central Oregon Health Data. People 65+ Living Alone, 2017-2021.

²⁴U.S. Census Bureau. "Educational Attainment." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S1501, 2022.

²⁵U.S. Census Bureau. "Selected Housing Characteristics." American Community Survey, ACS 5-Year Estimates Subject Tables, Table DP04, 2022.

²⁶Central Oregon Health Data. Households that are Asset Limited, Income Constrained, Employed (ALICE), 2021.

²⁷Central Oregon Health Data. Children Living Below Poverty Level, 2017-2021.

²⁸Central Oregon Health Data. Unemployed Workers in Civilian Labor Force, September 2023.

²⁹Central Oregon Health Data. Solo Drivers with a Long Commute, 2017-2021

³⁰County Health Rankings. Klamath, OR, Jefferson, OR, Deschutes, OR, Crook, OR, 2023.

³¹Central Oregon Health Data. Adults 20+ who are Sedentary, 2021

³²Central Oregon Health Data. Adults Without Health Insurance, 2018-2021.

³³Central Oregon Health Data. Mothers Who Receive Adequate Prenatal Care: 5+ Visits, 2021

³⁴Center for Health Statistics. Oregon Births & Pregnancies by County, 2010-2022

³⁵Jefferson County Public Health. Prenatal Care and Physical Activity in Jefferson County, Oregon, Updated January 29, 2024. PowerPoint Presentation

³⁶Central Oregon Health Data. 11th Grade Students with at Least 60 Minutes of Physical Activity: Past 7 Days, 2020

³⁷Central Oregon Health Data. 8th Grade Students with at Least 60 Minutes of Physical Activity: Past 7 Days, 2020

³⁸Central Oregon Health Data. Adults 20+ with Diabetes, 2021

³⁹Central Oregon Health Data. Adults 65+ with an Independent Living Difficulty, 2017-2021