

Building Livable Communities

Agenda



- Welcome and Introductions
- Why Are We Here?
- The Social Determinants of Health
- Upstream Factors
- Activity and Practice
- Resources
- Takeaways
- Question and Answer

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Welcome and Introductions



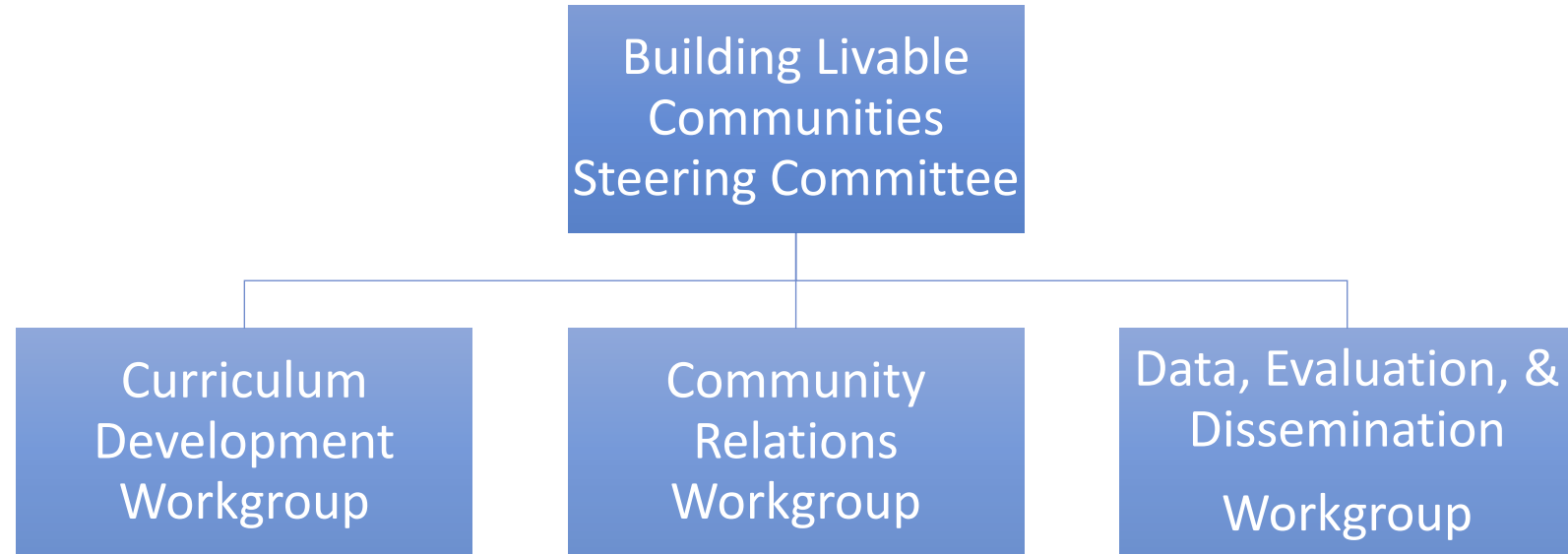
Why Are We Here?



Building Livable Communities

Gallatin Valley

- Western Transportation Institute
- City of Bozeman
- Gallatin County
- Gallatin Valley Land Trust
- Kilday & Stratton
- Community Health Partners
- Human Resource Development Clinic
- Streamline
- Eagle Mount
- Bozeman Health
- Mark and Robyn Jones College of Nursing
- Center for Health & Safety Culture





Western
Transportation
Institute



COMMUNITY
HEALTH PARTNERS



THE
BAXTER
HISTORIC HOTEL
Meetings & Events

Draw a Community

- Grab a piece of paper and a drawing tool
- Draw what your dream community would look like
- Take 5-10 minutes





Draw a Community

- Share out what you drew with the group at your table
- Make a list of some of the common themes that you have at your table as well as some that may be different/unique
- Share some common themes with the larger group



Community Sectors – Who is Here Today?



Why Community Collaboration?

What Impacts Our Health?

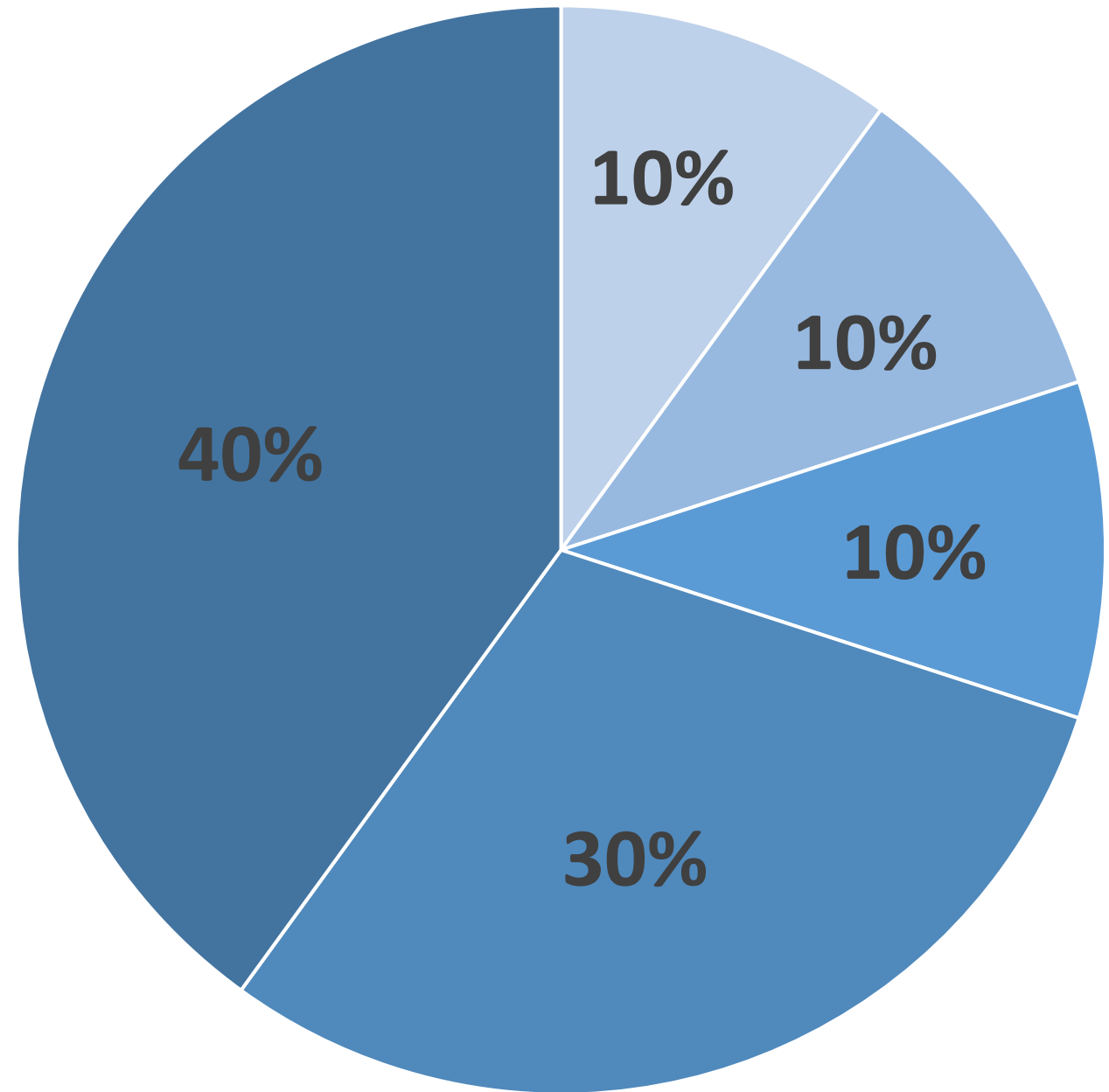
Genes & Biology

Social & Economic Factors

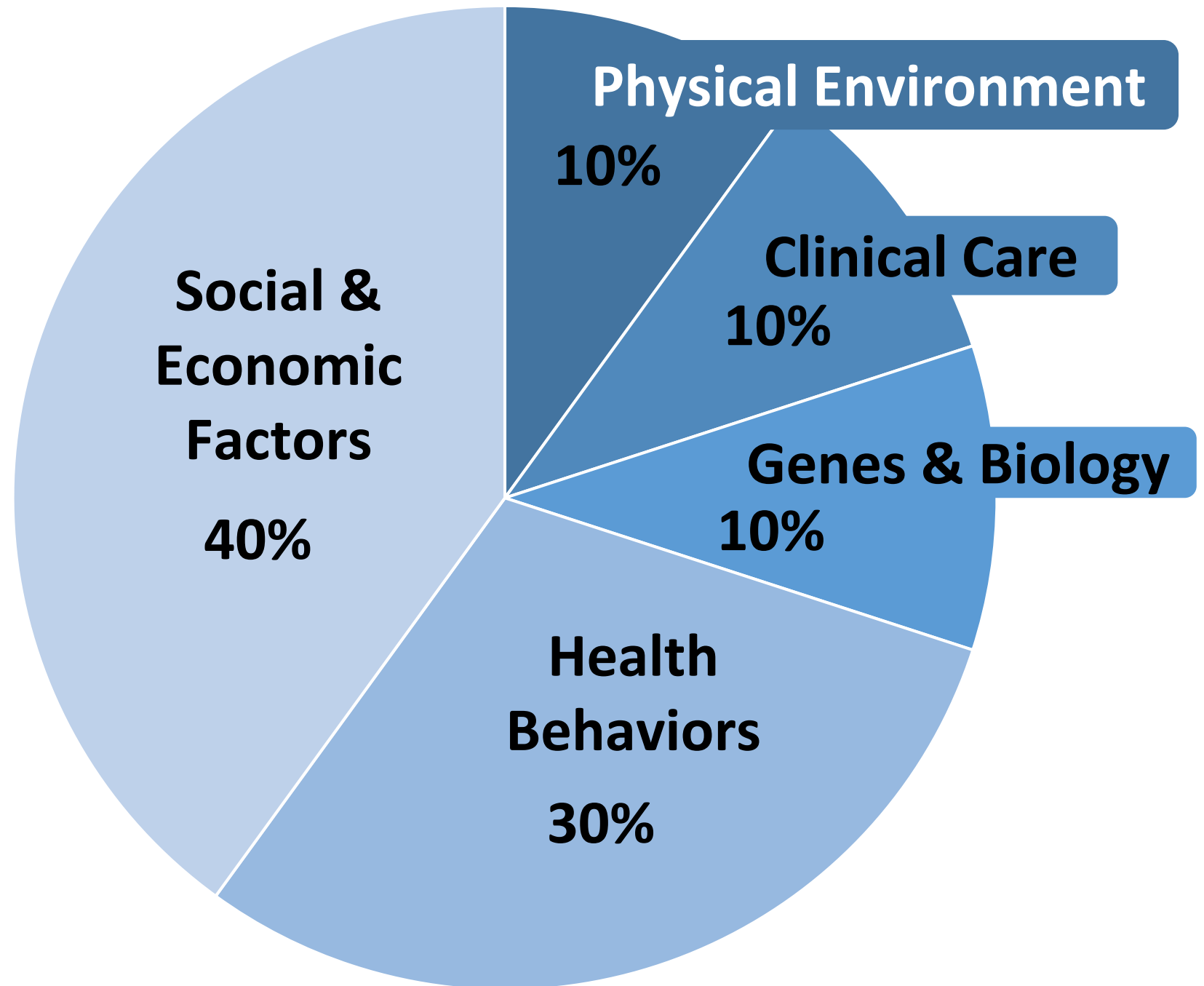
Health Behaviors

Clinical Care

Physical Environment



What Impacts Our Health?





What are Upstream Factors?^{9,11}

Upstream factors are established conditions related to economic, social, and physical environments that occur outside the health care system

Health Outcomes

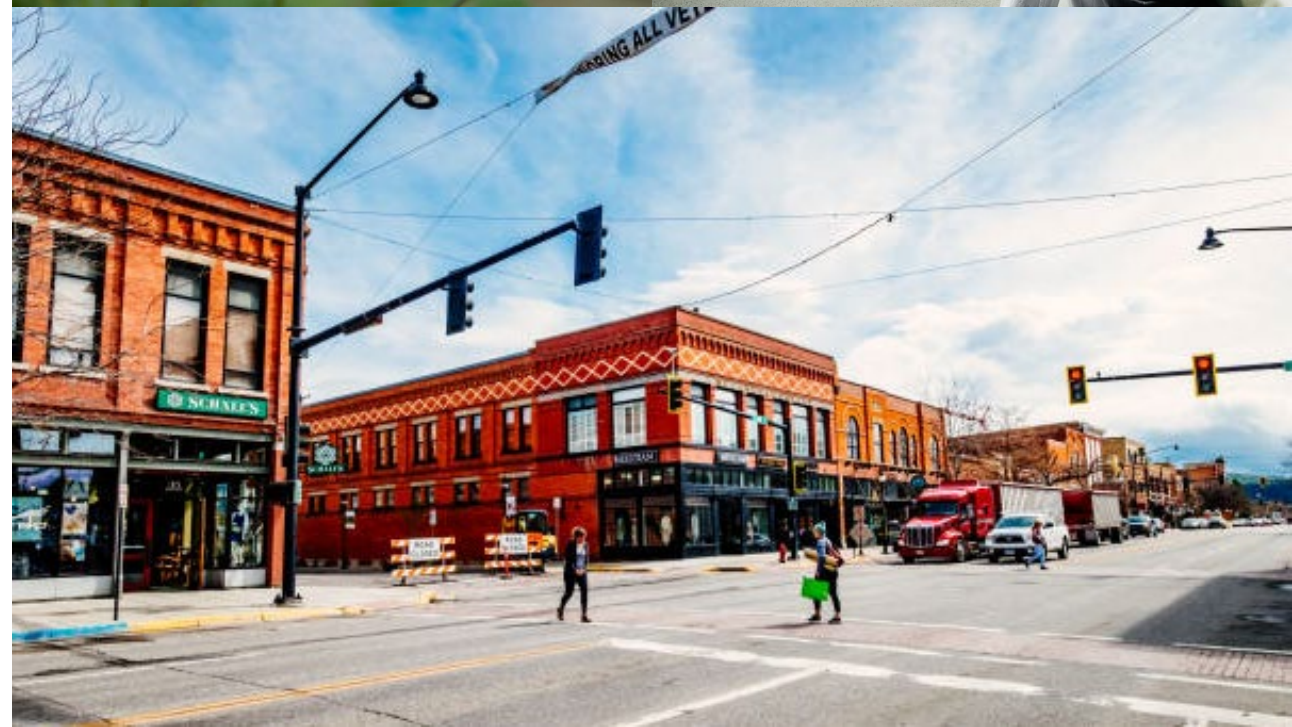
Health Outcomes tell us how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive

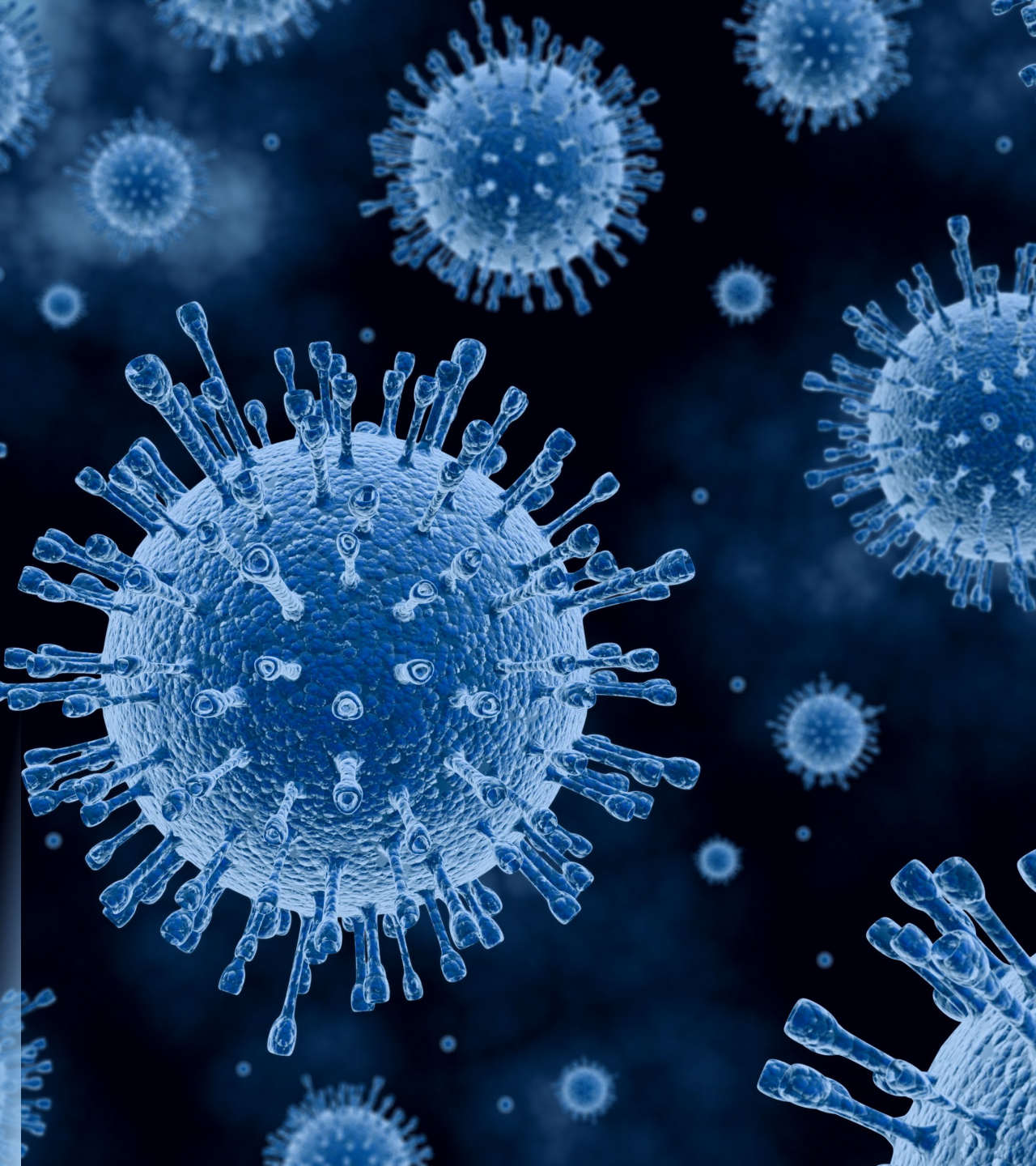
(County Health Rankings)⁶



Chronic Disease Health Outcomes^{1,3,4,6,7,9,10,12}

- Cancer
- Heart Disease
- Type II Diabetes
- Arthritis
- Lupus
- Asthma
- Stroke
- Chronic Obstructive Pulmonary Disease
- Birth Complications
- Obesity
- Poor Oral Health
- Infant Mortality
- Life Expectancy
- Chronic Pain
- Alzheimer's





Infectious Disease Health Outcomes^{1,3,4,6,7,9,10}

- Influenza
- COVID-19
- Sexually Transmitted Infections (STIs)
- Pneumonia
- Water Borne Illness (Giardia, E.Coli, etc.)
- HIV/AIDS
- Chickenpox
- Seasonal Allergies

Mental Health Outcomes^{1,2,3,4,6,7,9,10}

- Stress
- Anxiety
- Depression
- Substance Use Disorders
- Suicide
- Eating Disorders
- Injury & Violence



The Social Determinants of Health (SDoH)

Social Determinants of Health



“Social determinants of health (SDoH) are the conditions in the environments where people are born, live, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.”

(Healthy People 2023)⁹

Healthcare Access and Quality





Healthcare Access and Quality

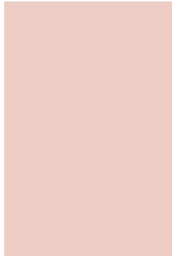
Many people in the United States don't get the health care services they need^{1,6,7,9,11}.



1 in 10 Do Not Have Health Insurance



Distance from Care



Lack of Primary Care Provider (PCP)



Lack of Transportation



Upstream Factors in Gallatin County

Access to Primary Care

Health Literacy

Insurance Status



Upstream Factor



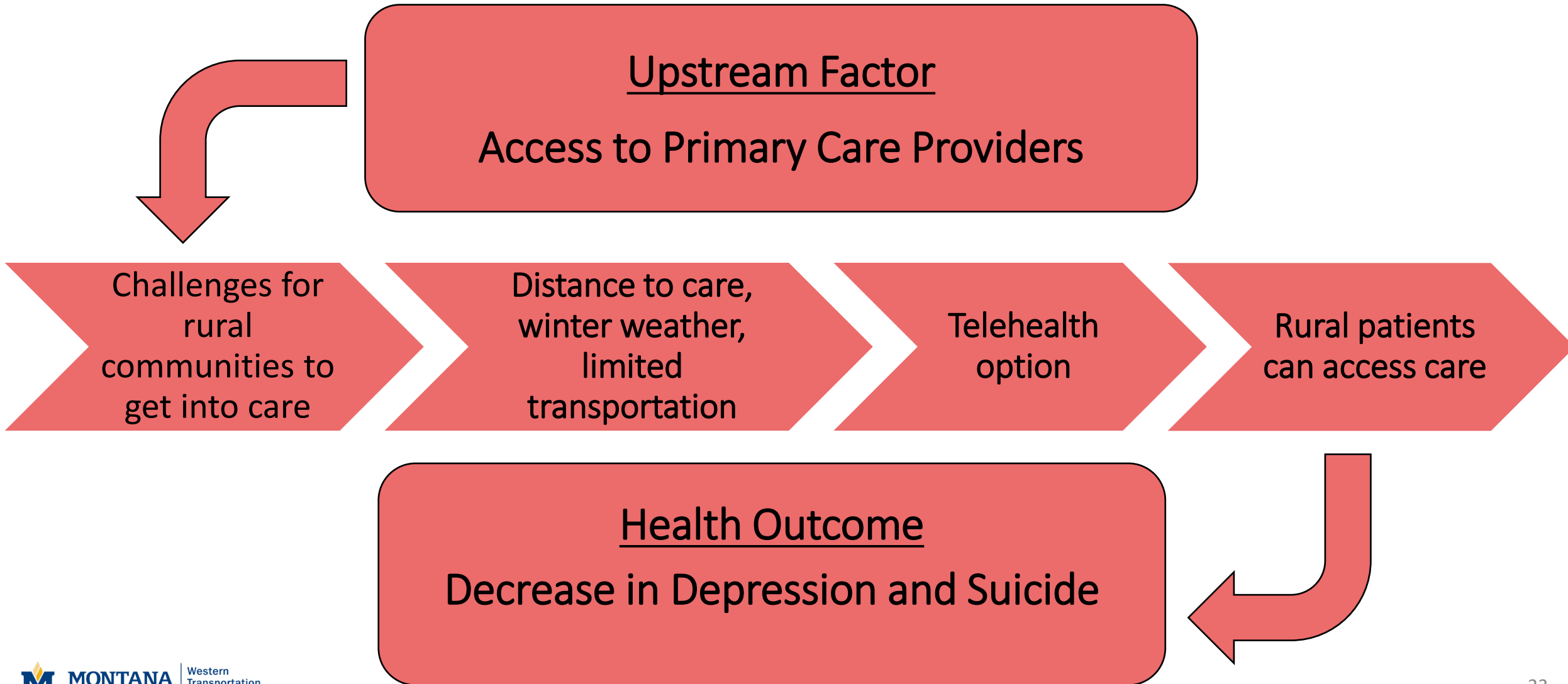
Access to Primary Care

**“Telemedicine Boosts Access,
Decreases Inequities in Montana”**

**Reported by Healthcare IT News on
10/10/2022**



Gallatin County





Upstream Factor



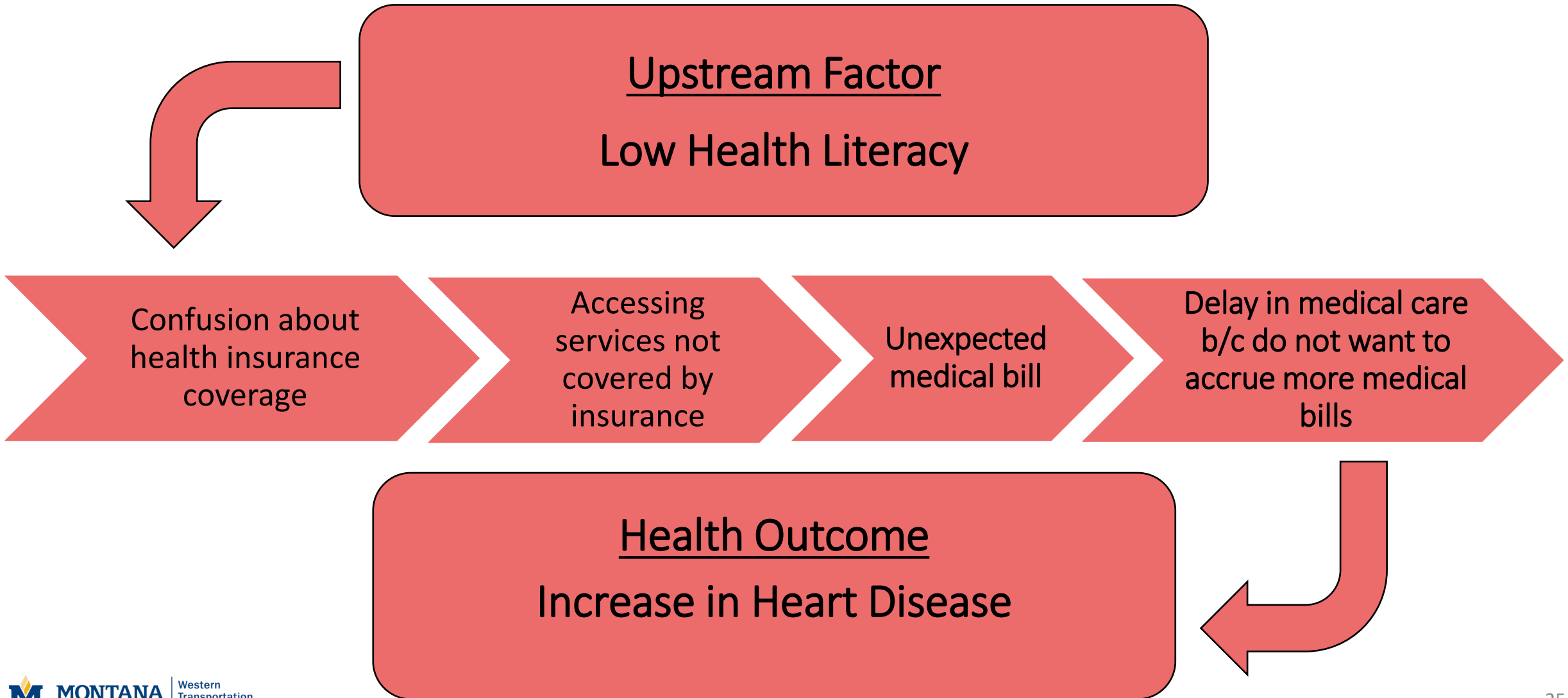
Health Literacy

“For Montanans, Health Literacy More Important Than Ever”

**Reported by the Missoula Current on
10/26/2021**



Gallatin County



Upstream Factor



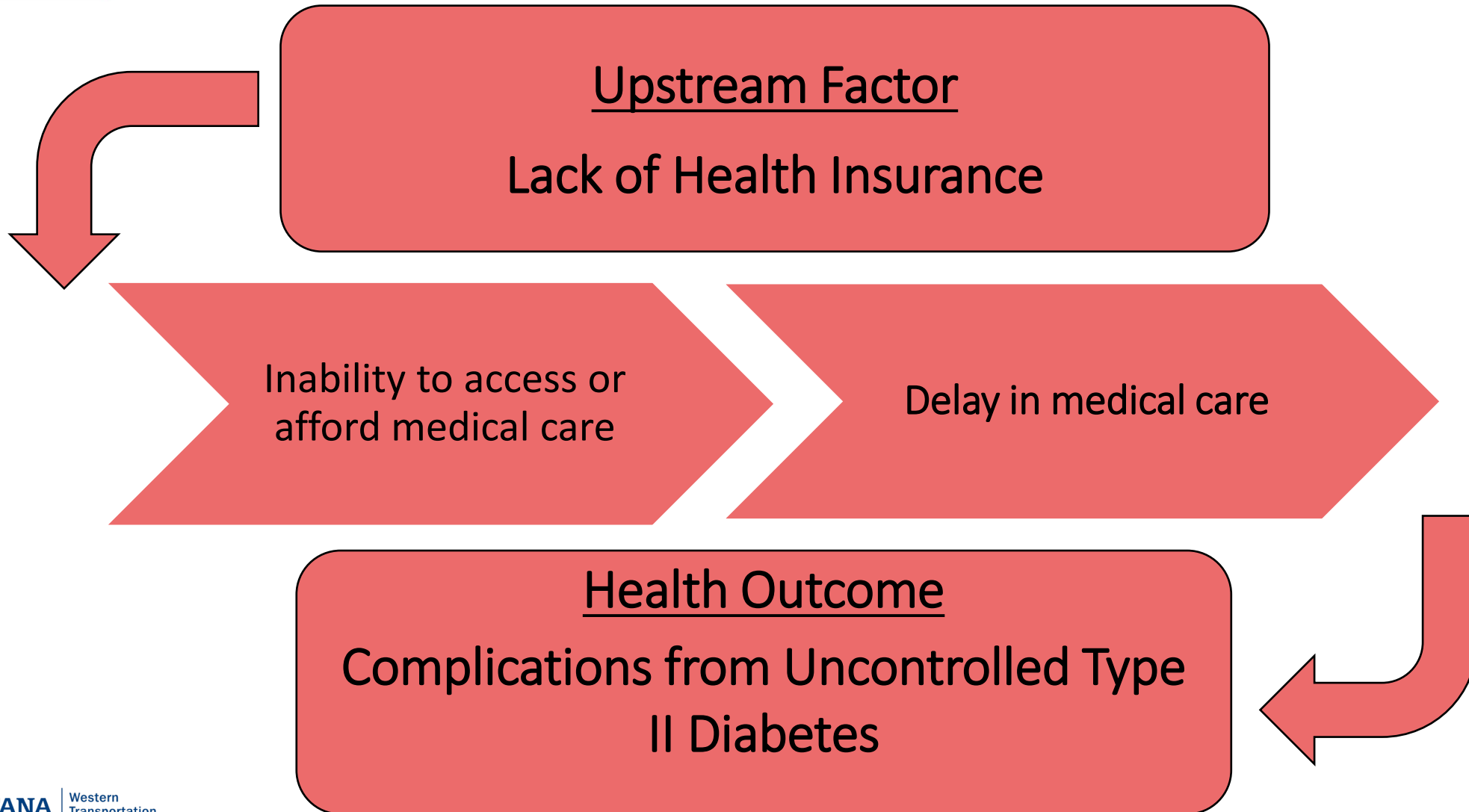
Insurance Status

“More than 100K Montanans Lose Coverage as Medicaid Review Continues”

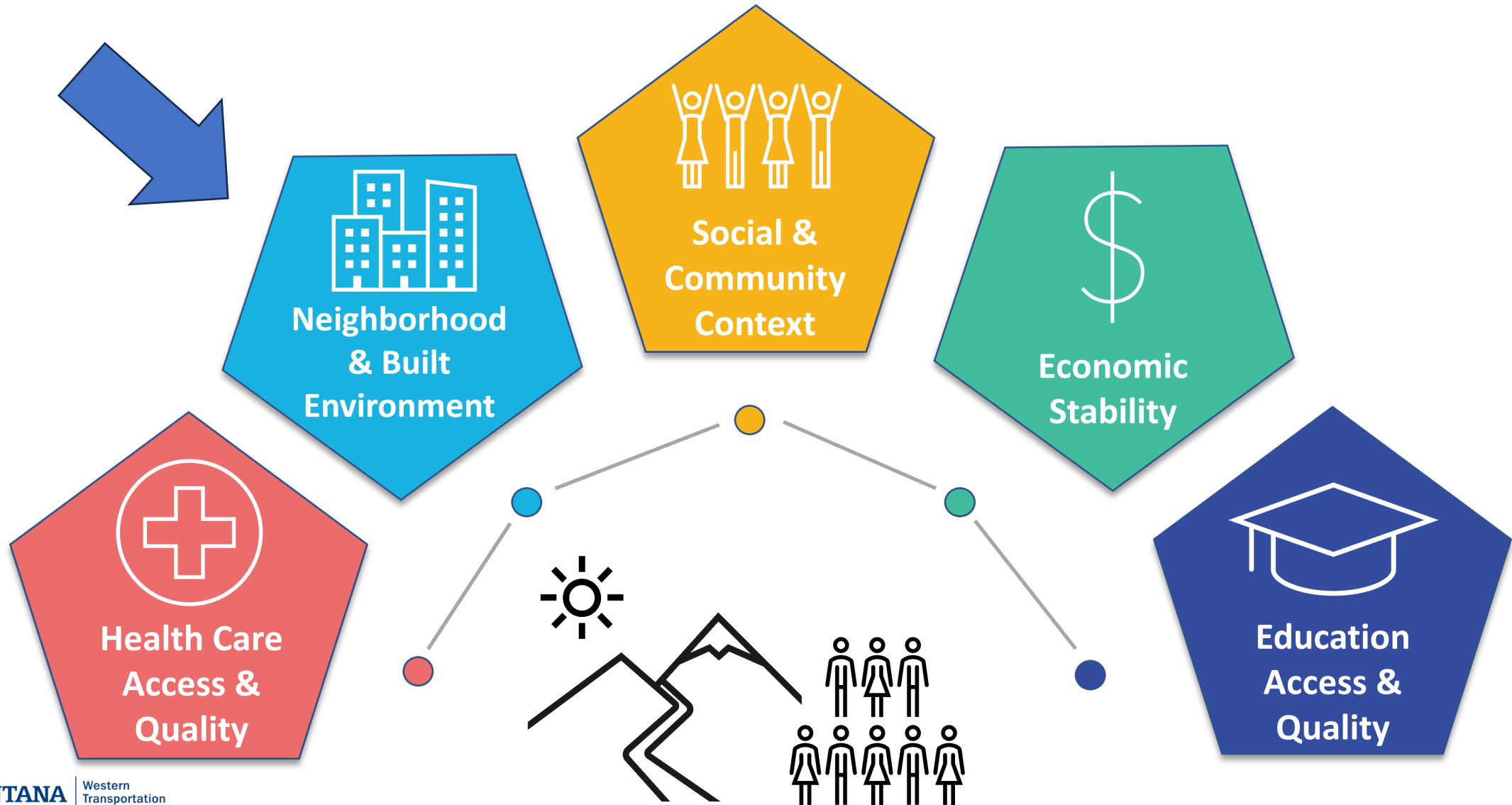
Reported by KBZK on 11/28/2023



Insurance Status in Gallatin County



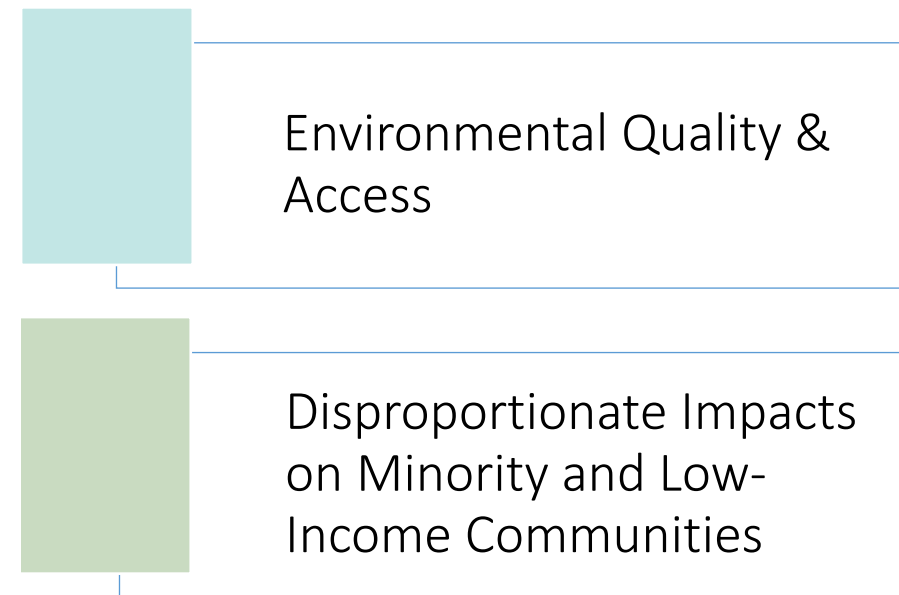
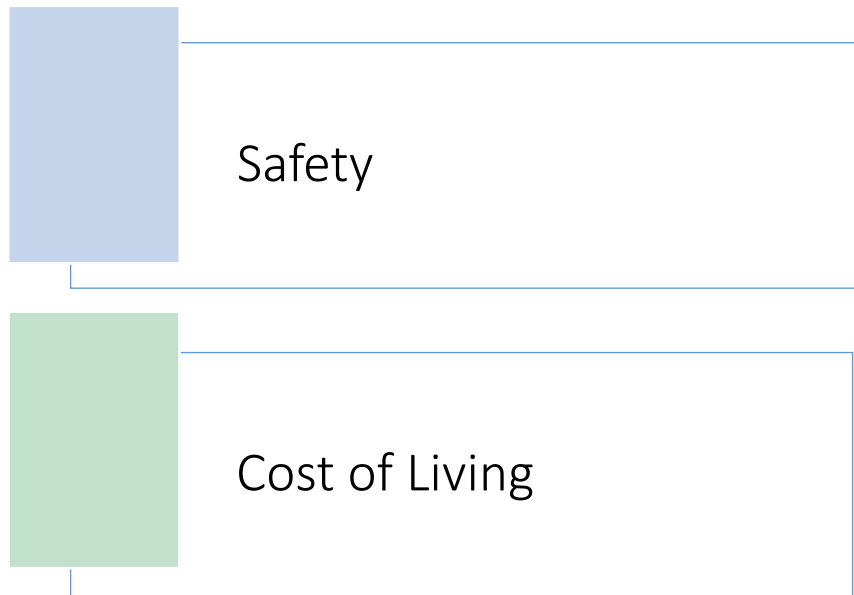
Neighborhood and Built Environment





Neighborhood and Built Environment

The places where people are born, live, learn, work, play, worship, and age, have a major impact on their health and well-being^{1,6,7,9,11}.





Upstream Factors in Gallatin County

Environmental Conditions

Access to Care

Safety

Land Use



Upstream Factor



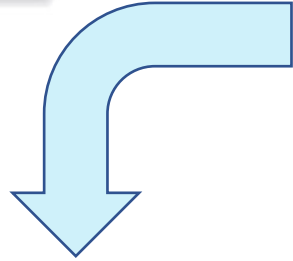
Environmental Conditions

**“Train Derailment Leaves Mess in
Yellowstone River”**

**Reported by USA Today on 8/24/2023
and by the New York Times on
6/24/2023**



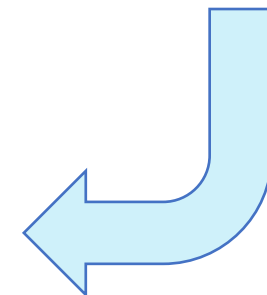
Neighborhood
and Built
Environment



Upstream Factor
Environmental Conditions



Health Outcome
Increase in Gastrointestinal Illnesses,
Nervous System, Reproductive Effects,
and Chronic Diseases such as Cancer





Upstream Factor

Access to Care



“A Majority of Montana Counties Face Primary Care Shortages:

The gap in health care access is particularly acute in rural areas”

**Reported by Montana PBS on
1/11/2018**



Upstream Factor
Access to Medical Care



Health Outcome
Decrease in Life Expectancy



Upstream Factor



Safety

“Bozeman Among the Safest Small Cities in Montana Despite Increase in Crime”

Reported by KBZK on 2/20/2023



Upstream Factor
Community Safety



Health Outcome
Lower Injury and Fatality Rates from Motor Vehicle Accidents



Upstream Factor

Land Use

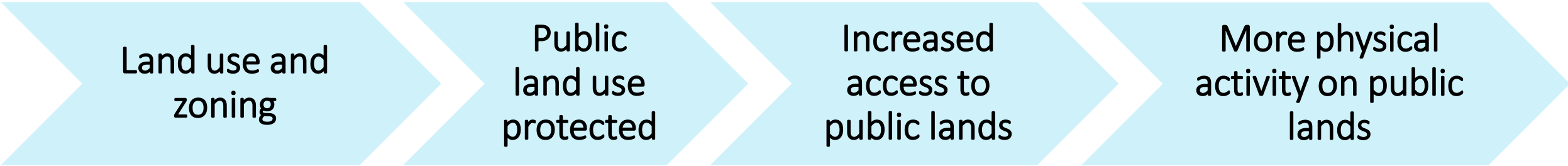


“Safe Routes Partnership Selects HRDC to Help Improve Local Park Access”

**Reported by Bozeman Magazine on
5/30/2021**

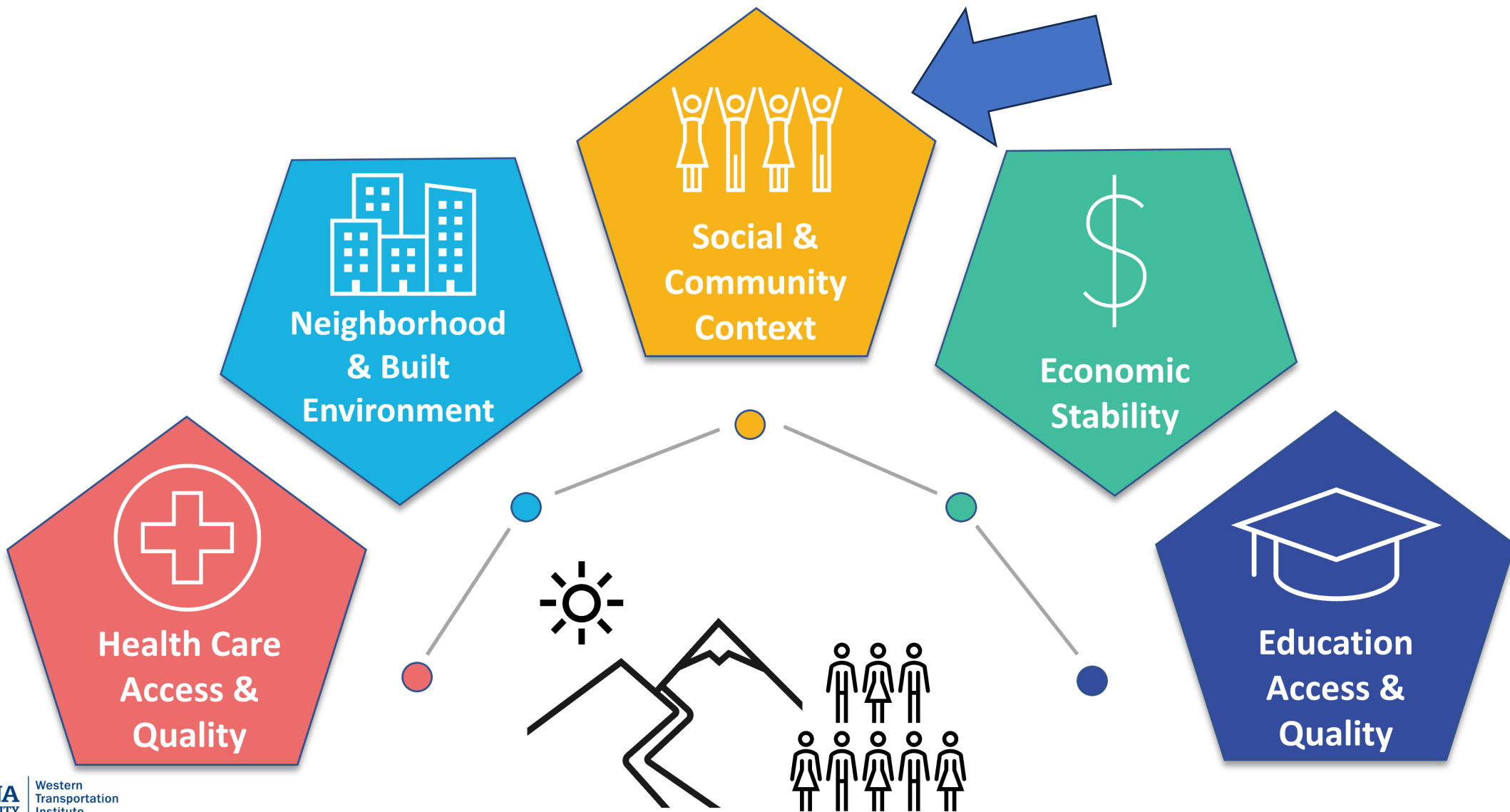


Upstream Factor
Land Use



Health Outcome
Decreased Risk of Stroke

Social and Community Context





Social and Community Context

People's relationships and interactions with community can have major impact on health^{1,6,7,9,11}.

Challenges and Dangers They Can't Control Negatively Impact Social Connection

Positive Relationships and Community Connection Can Help Reduce Negative Impacts



Lack of Support from Loved Ones

Community Resources



Upstream Factors in Gallatin County

Land Use

**Accessibility &
Inclusion**

Policy & Legislation

Civic Participation



Upstream Factor

Land Use

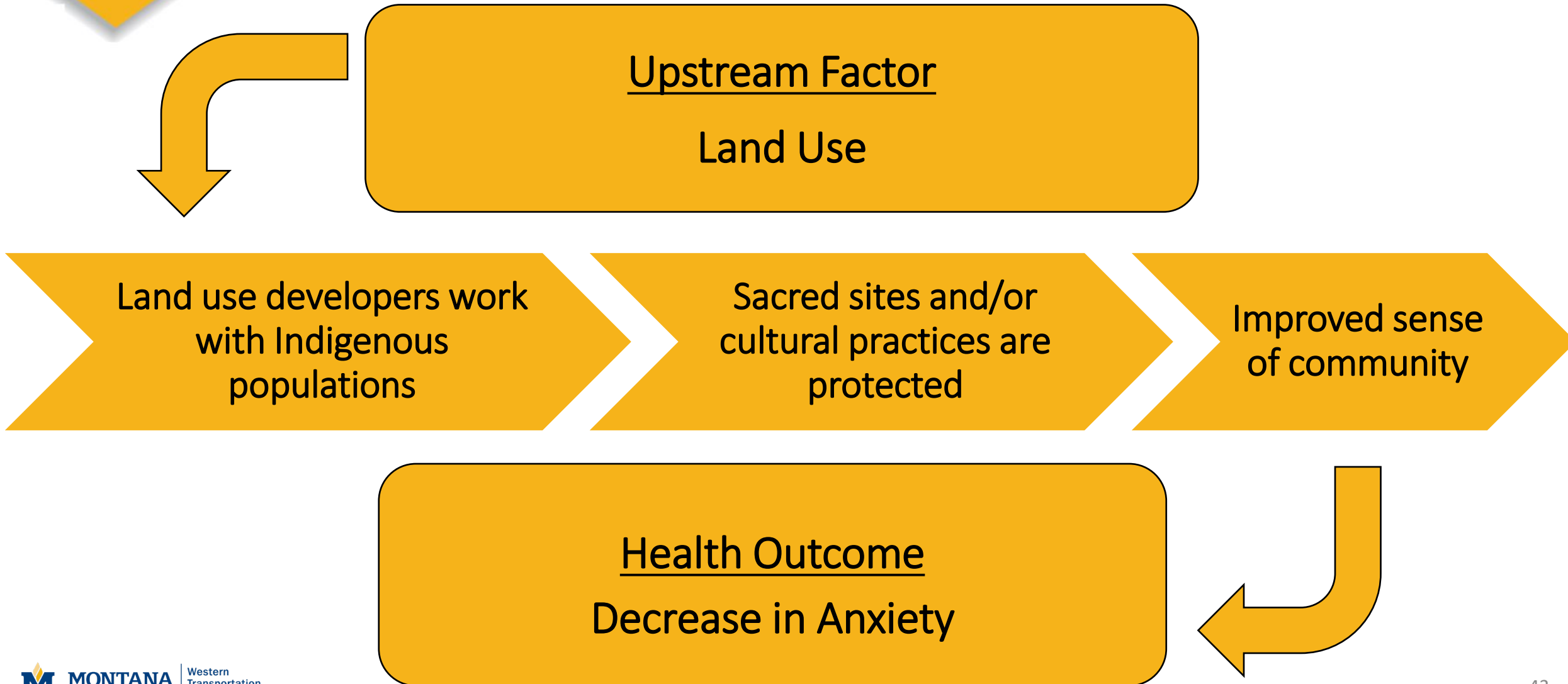


“Crow Tribe Strives to Protect the Crazy Mountains”

Reported by KBZK on 6/10/2019



Gallatin County





Upstream Factor



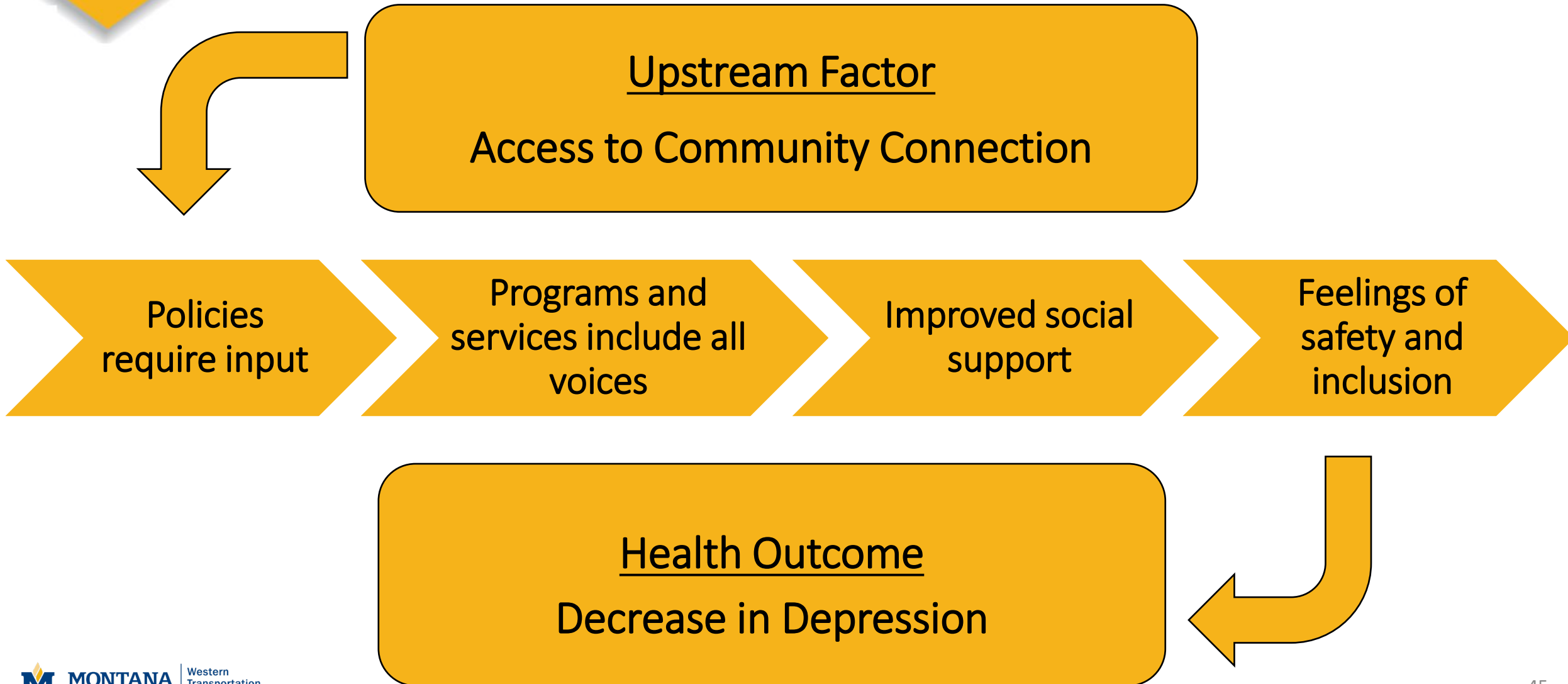
Accessibility & Inclusion

Belonging in Bozeman Plan

Adopted by the City of Bozeman, January 2024



Social and Community Context





Upstream Factor

Policy & Legislation



“Helena Creates New Planning Commission as State Land-Use Law Moves Forward”

Reported by KTVH on 10/31/2023



Upstream Factor
Community Engagement in Policy and Legislation

Community members participate in local government

Ideas are heard and incorporated

Community members feel heard and part of their community

Health Outcome
Decrease in Anxiety



Upstream Factor

Civic Participation



“Climate Change Impacts Could Lead to More Severe Drought in Montana”

Reported by KBZK on 12/26/2023

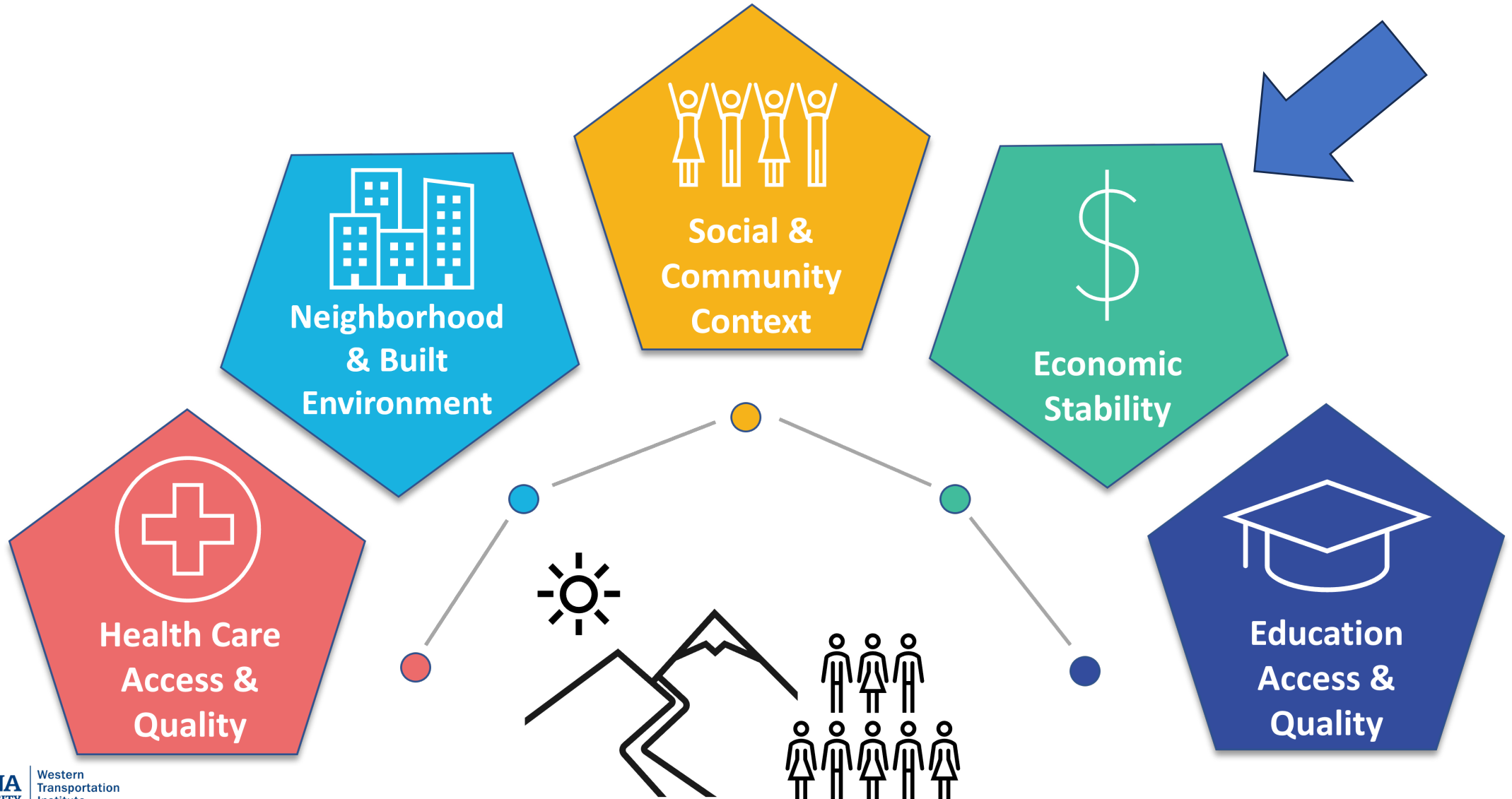


Upstream Factor
Community Engagement in Policy and Legislation



Health Outcome
Decrease in Anxiety

Economic Stability





Economic Stability

In the United States, 1 in 10 people live in poverty, and many people can't afford things like healthy foods, health care, and housing^{1,2,7,9,10,11}.

Financial Literacy

Living Costs Including
Housing, Food,
Transportation, Childcare

Generational Wealth and
the Ability to Save, Build,
and Pass On

Dollar doesn't go as far -
Longer Hours, Multiple
Jobs, Difficult Trade Offs



Upstream Factors in Gallatin County

Salary/Hourly Rates

Cost of Living

Income Disparities

Programmatic Funding



Upstream Factor in Gallatin County



Salary/Hourly Rates

“HRDC Opens Brand New Food Bank Facility in Bozeman”

Reported by KBZK on 12/18/2023



Upstream Factor
Low Hourly/Salary Rates

Majority of
income spent on
housing

Other costs are
deprioritized

Medical care is
delayed

Disease
progresses
without medical
intervention

Health Outcome
Increase in Type II Diabetes



Upstream Factor in Gallatin County



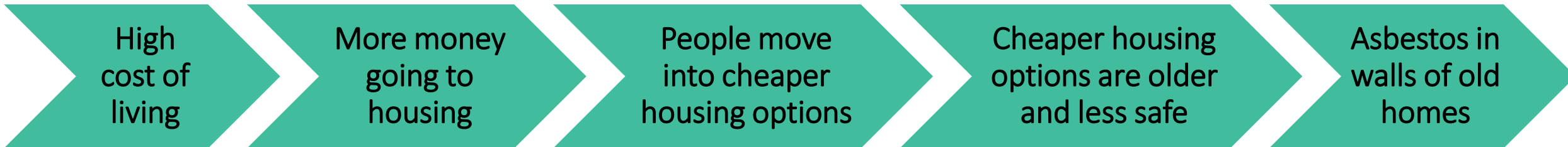
Cost of Living

**“Great Falls Has a Lower Cost of Living
Than Much of Montana”**

Reported by KRTV on 3/29/2023



Upstream Factor
Cost of Living



Health Outcome
Asthma



Upstream Factor in Gallatin County



Income Disparities

“Montana’s Income Inequality is Growing Faster Than Any Other State”

Reported by the Montana Budget and Policy Center on 3/18/2018



Upstream Factor
Income Disparities

State policies do not meet local needs

Failure to meet trust and treaty obligations

Insufficient safety net spending

Unequal revenue generation

Health Outcome
Higher Morbidity (illness) & Higher Mortality (death)



Upstream Factor in Gallatin County



Programmatic Funding

“LOST Ground: Local Option Sales Tax Leaves Many Communities Behind”

Reported by the MT Budget & Policy Center on 7/20/20



Upstream Factor
Programmatic Funding & Generating Revenue

Matt is going to think about this one! 😊

More money going to housing

Fewer people are paying for healthcare and medication

Medical Care is Delayed

Health Outcome
Higher Morbidity (illness) & Higher Mortality (death)

Education Access and Quality





Education Access and Quality

People with higher levels of education are more likely to be healthier and live longer^{1,2,4,6,7,9,11}.

Lack of Education

Graduation Rates

Social Discrimination

School Performance



Upstream Factors

**Poverty/Economic
Instability**

**Recruiting and Retention
Challenges**

Food Insecurity

Access to school



Upstream Factor



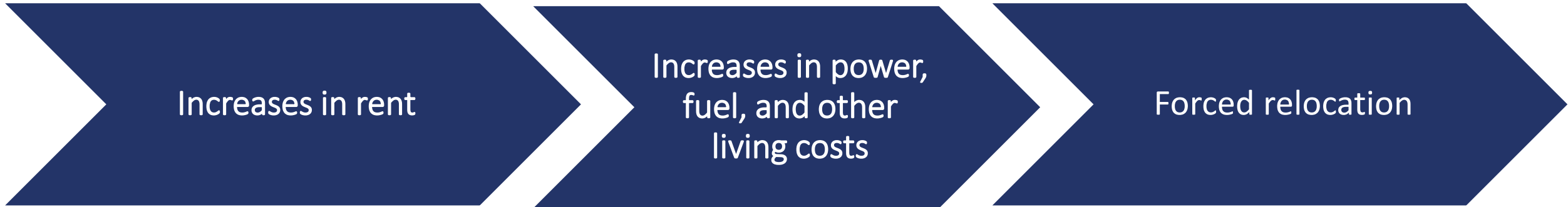
Poverty/Economic Instability

“Bozeman School District Seeing an Increase in Homeless Students”

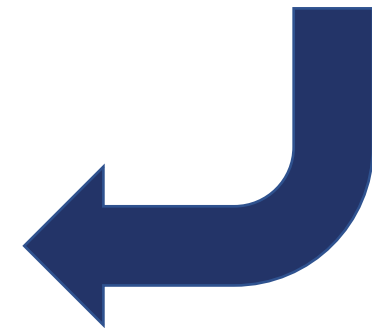
Reported by KBZK on 12/20/2023



Upstream Factor
Increase in Cost of Living



Health Outcome
Child Homelessness





Upstream Factor

Recruiting and Retention Challenges



“Montana Schools Address Teacher Shortage by Adopting Four-Day Weeks to Better Recruit and Retain Educators”

**Reported by Montana Free Press on
12/28/2023**



Gallatin County

Upstream Factor
Access to High Quality Educators

Local school districts
are able to hire quality
educators

Educators can
afford to live in
their community

Smaller
class sizes

Students get
individualized
education and
attention

Health Outcome
Decrease in Anxiety and Depression



Upstream Factor

Food Insecurity



“Bozeman School District Sees More Students with Lunch Debt, Officials Now Looking to Ease Debt”

Reported by KBZK on 12/18/2023

Gallatin County



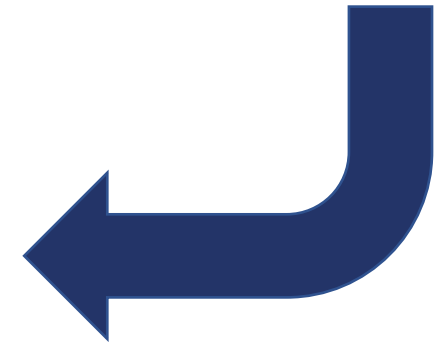
Upstream Factor
Food Insecurity

More money going to housing

Less money to spend on healthy food and produce

Consumption of food with higher sugar content

Health Outcome
Poor Oral Health Outcomes for Youth





Upstream Factor

Access to School



“Nonresident enrollment application window now open for Bozeman Public Schools”

Reported by KZBK on 12/29/23



Gallatin County

Upstream Factor
Access to School

Safe routes to school and
connected infrastructure

More students can
walk, bike, and roll to
class

More ways for
students to actively get
to school

Health Outcome
Increased Physical Activity

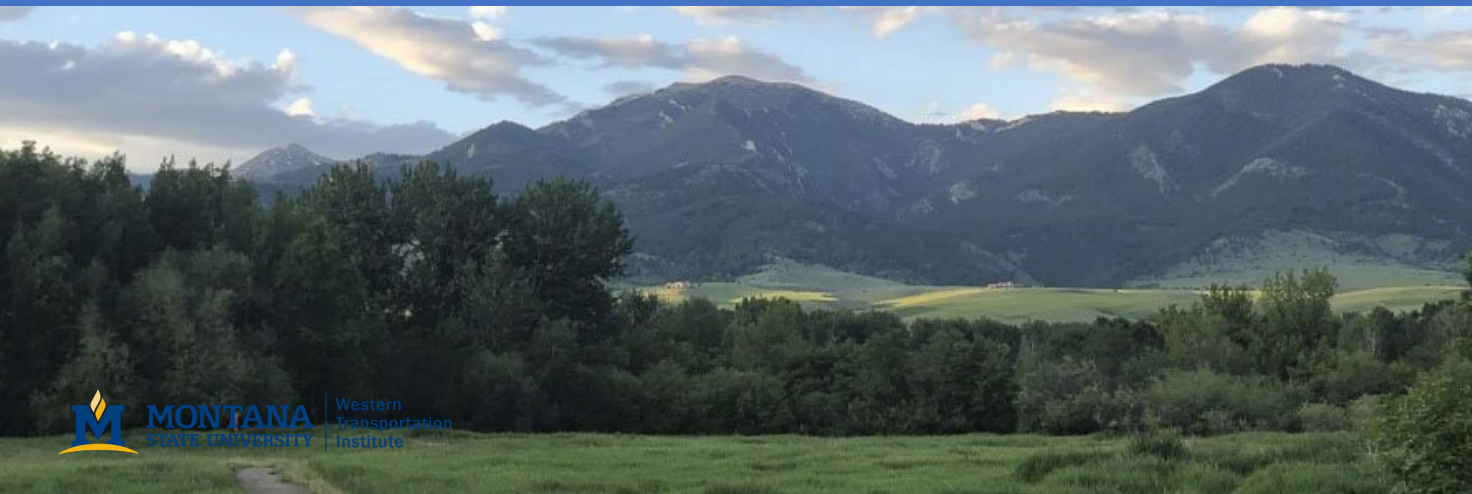
Social Determinants of Health





Break!

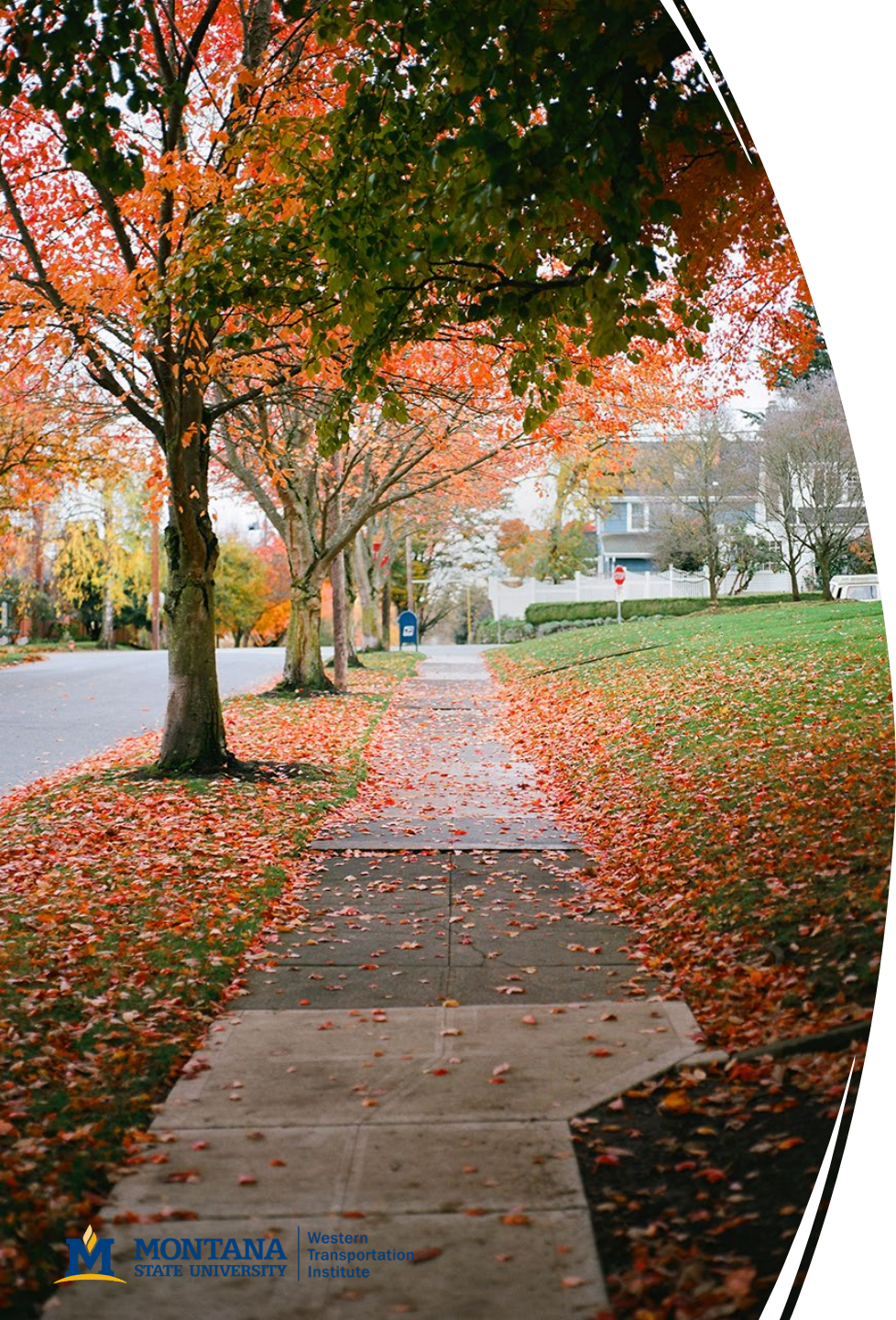
SDoH Activity



Directions

- We will break into small groups
- Each group will pick a SDoH
- Work as a group to go through and complete the links in the chain
- Questions?

Use your own community, professional, and personal experiences to help!



Directions

- Determine how communities and individuals can impact or “break” the chain

Healthcare Access and Quality


Neighborhood and Built Environment

Social and Community Context

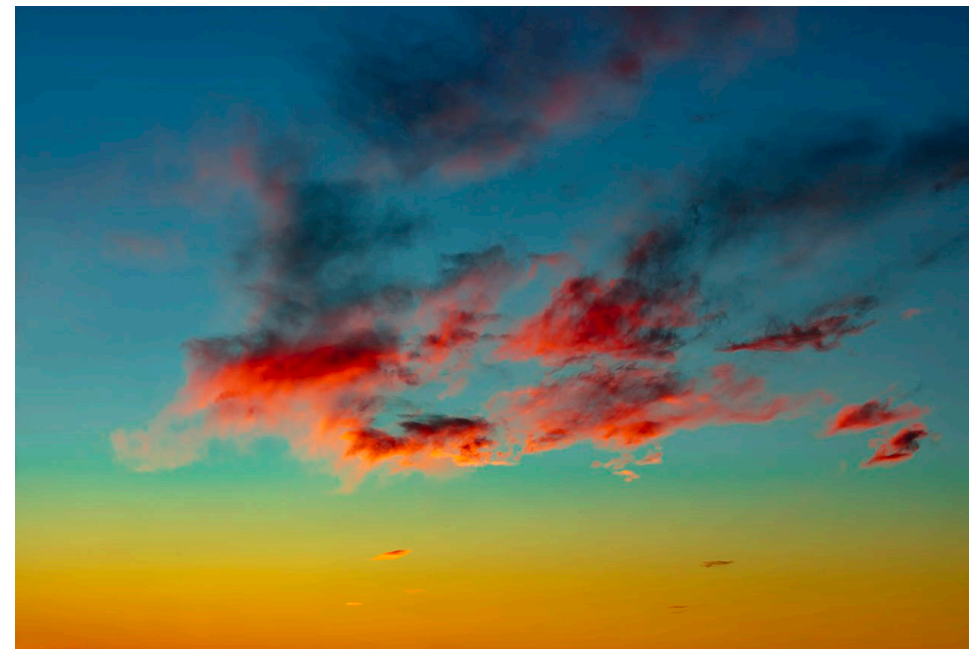
Economic Stability

Education Access and Quality

Possible Community Solutions^{1,9,11}



Let's hear what you
have to say!

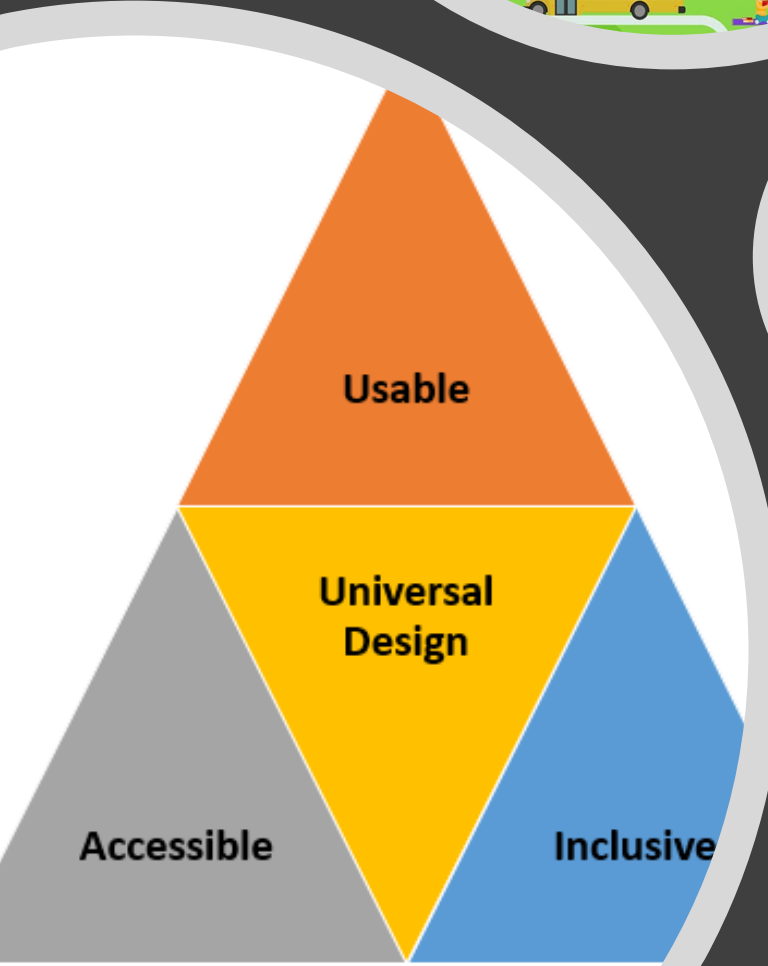


The sky is the limit...



Community Resources

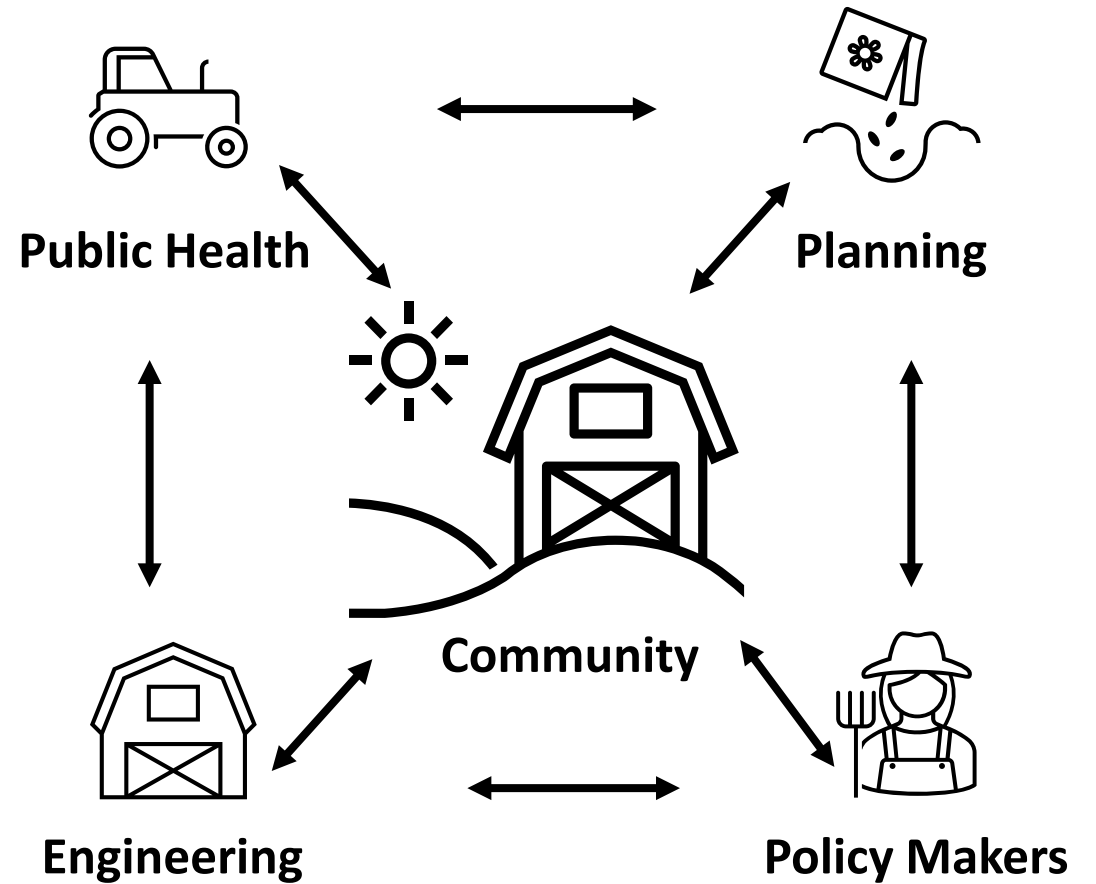
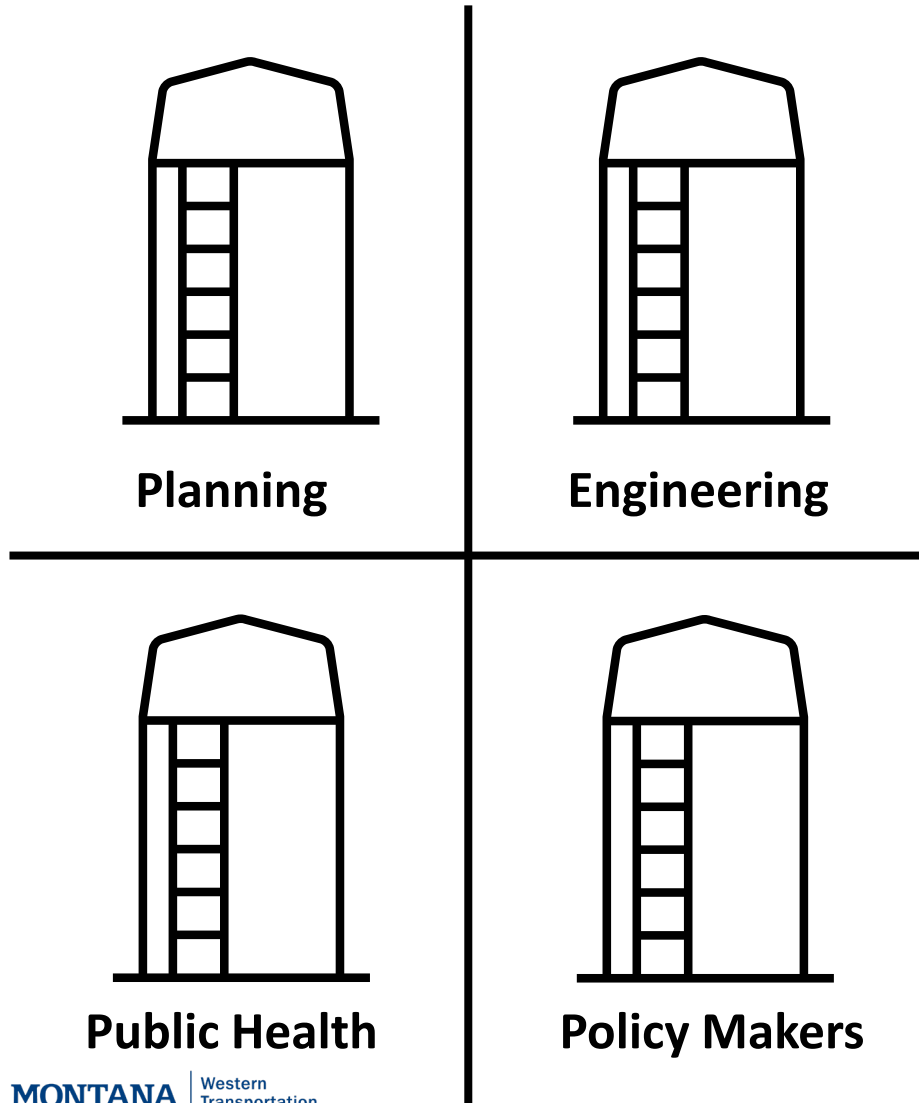
1. [2020 Community Health Needs Assessment](#) (Bozeman Health, Gallatin City-County Health Department, and Community Health Partners)
2. Human Resource Development Center [Community Needs Assessment & Impact Report](#)
3. [MSU Extension Statewide Needs Assessment](#)
4. [Montana Prevention Needs Assessment](#)
5. [Sensitive Lands Protection Planning](#)
6. [County Health Rankings](#)
7. Centers for Disease Control and Prevention – [Behavioral Risk Factor Surveillance System](#)
8. [U.S. Census Bureau](#)
9. [Healthy People 2030](#)
10. [Montana Office of Rural Health Equity](#)
11. [Public Health Institute](#)
12. [Blue Zones](#)
13. Rural Health Information Hub – [Socioecological Model](#)
14. [Center for Universal Design](#)



Additional Resources



Community Collaboration



Look at Your Community Drawing...

- Is there anything that you would like to add after sitting through this presentation?
- Grab a different color marker and add on to the original drawing
- You may also add words if that works better
- Share out



Questions & Takeaways

