Summary

The data in this report can be viewed as a midpoint in Oregon Tribes' journey towards health and well-being for their communities. Tribes and tribal members have faced many historical injustices, and continue to experience inequities across many social and economic determinants of health. Despite these challenges, AI/AN in Oregon have made considerable progress on key health measures. Indian health clinics in Oregon continue to work toward improving patient care, and have shown improvements across many clinical screening and disease management indicators.

However, AI/AN in Oregon continue to face many health disparities. All-cause mortality rates for AI/AN are approximately 43% higher than the rates for NHW in the state. Heart disease, diabetes, and cancer pose heavy burdens for tribal communities. Unintentional injuries are also concerning, particularly among children and young adults. Motor vehicle crashes and accidental overdose are the leading contributors to unintentional injury deaths among AI/AN in Oregon. Rates of suicide, binge drinking, and drug and alcohol associated deaths are higher among AI/AN than NHW.

Many of these health conditions are preventable. Programs aimed at encouraging healthy lifestyles are the best approach for addressing many of the health disparities experienced by AI/AN in Oregon. Avoiding tobacco, getting regular physical exercise, eating a healthful diet, and maintaining a healthy body weight are key to preventing and managing heart disease and diabetes. These factors also protect against many types of cancer. Injury prevention efforts focused on motor vehicle safety and overdose prevention are particularly needed among youth. Mental health programs, including suicide prevention and campaigns targeting substance abuse, will have broad reaching effects across the spectrum of both community and personal health and well-being. Finally, being able to access affordable and quality healthcare close to home is key to maintaining good physical and mental health throughout life.

This report shows a baseline of where we stand today. It can also help Tribes plant the seeds for healthier AI/AN communities by showing the strong roots from which to grow, and uncovering the challenges that must be addressed.

Appendix I: Maps

The maps presented in this section show how mortality and hospitalization rates for AI/AN vary across the state of Oregon. Lighter color indicates a lower rate, and darker color higher rates. Rates are given for “health districts”, which are based on the healthcare/emergency preparedness regions designated by the state Office of Emergency Management, with some changes to better align with tribal areas.

Counties included in each district are:

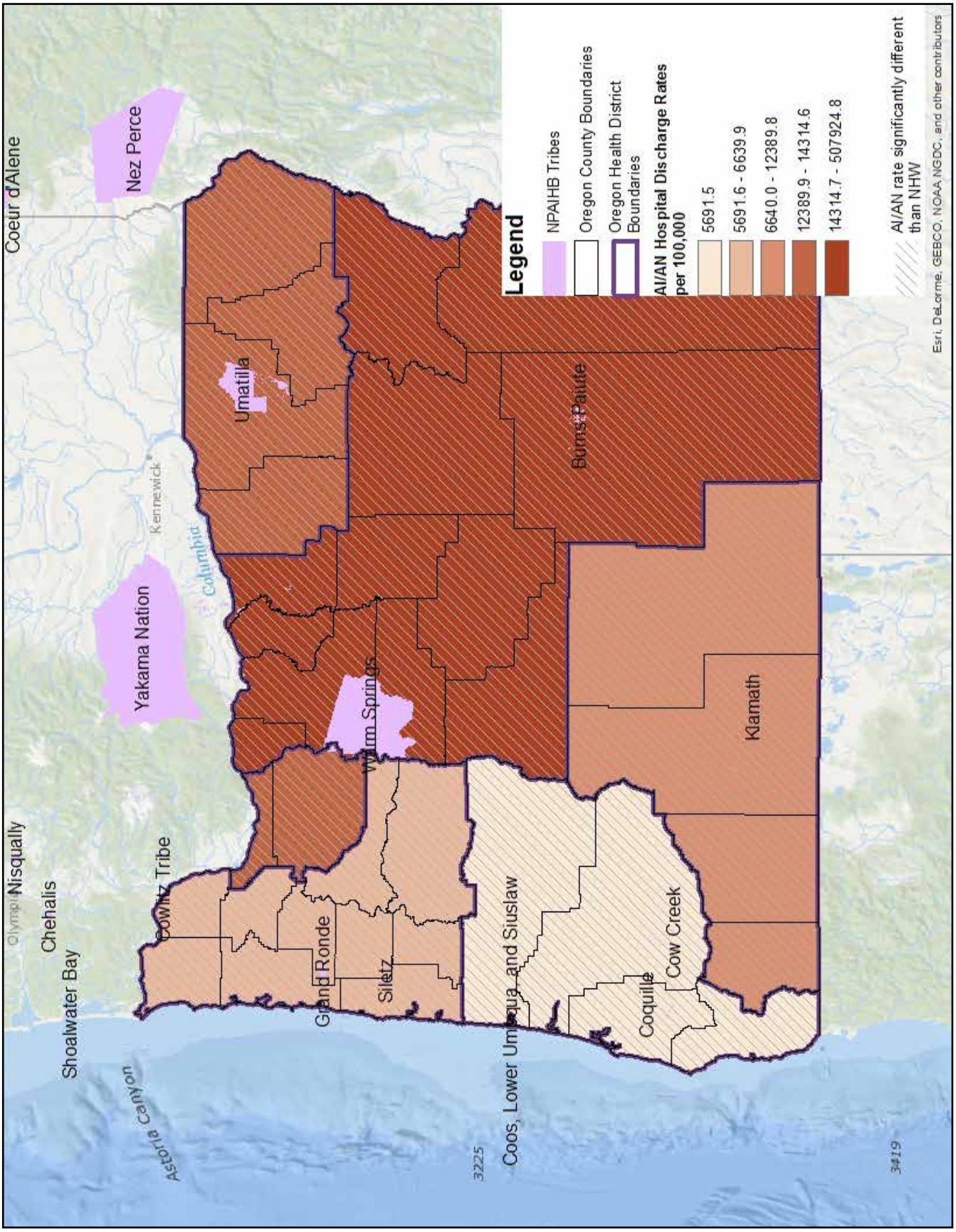
District 1 (Northwest): Clatsop, Tillamook, Yamhill, Polk, Marion, Lincoln, Benton, Linn, Columbia, Washington
District 2 (Portland): Multnomah, Clackamas
District 3 (Southwest): Lane, Douglas, Coos, Curry
District 4 (South): Josephine, Jackson, Klamath, Lake
District 5 (Central): Hood River, Wasco, Sherman, Gilliam, Wheeler, Grant, Jefferson, Crook, Deschutes, Harney, Baker, Malheur
District 6 (North East): Morrow, Umatilla, Union, Wallowa

Tribal lands are found in the following districts:

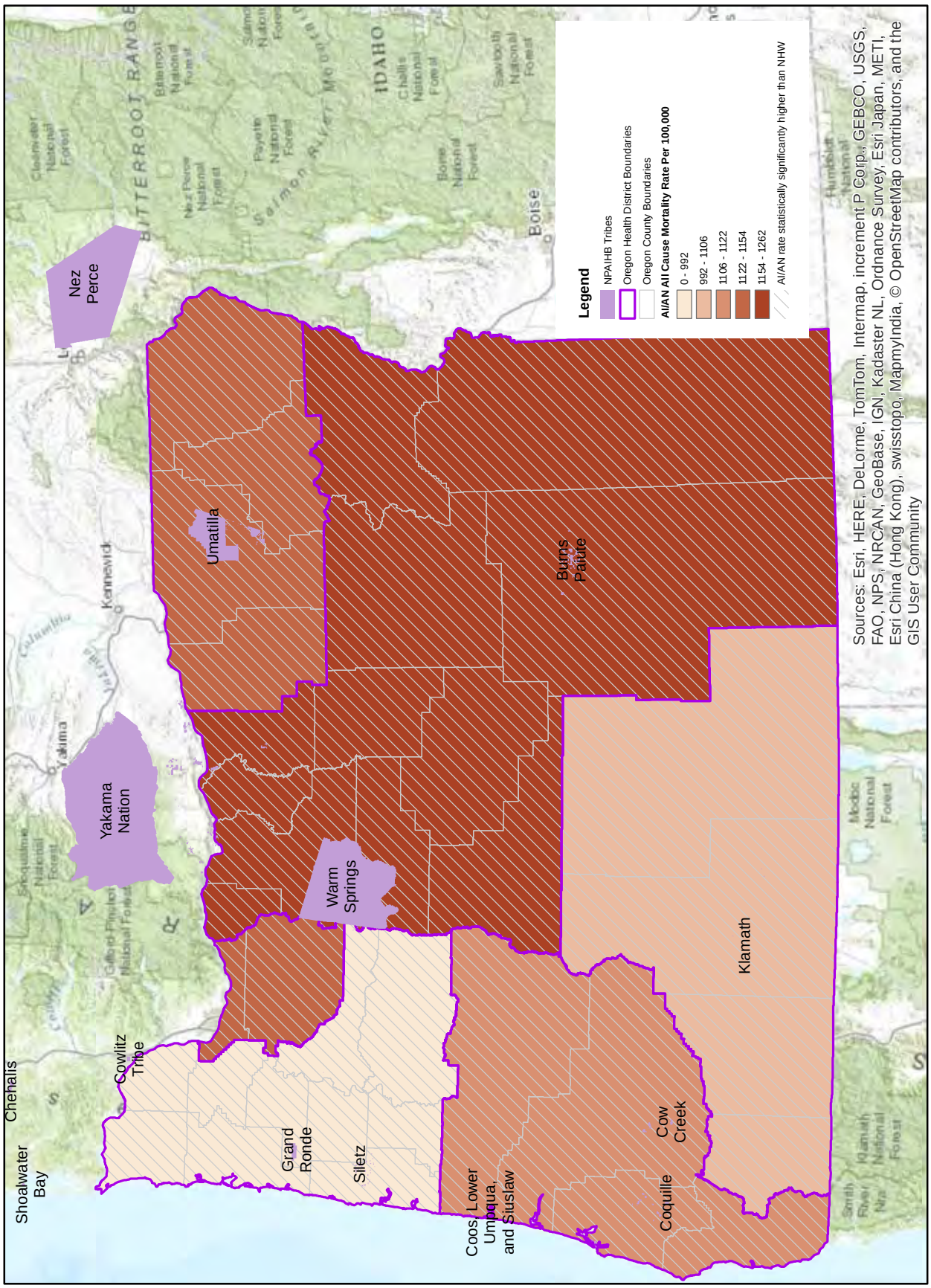
Confederated Tribes of Grand Ronde: District 1
Confederated Tribes of Siletz Indians: District 1
Coos, Lower Umpqua and Suislaw Tribes: District 3
Coquille Tribe: District 3
Cow Creek Band of Umpquas: District 3
Klamath Tribes: District 4
Confederated Tribes of Warm Springs: District 5
Burns Paiute Tribe: District 5
Confederated Tribes of the Umatilla Indian Reservation: District 6

Districts shown with diagonal lines across are those for which the AI/AN rate was statistically significantly higher than the NHW rate in the district. Districts show as plain white are those for which there were fewer than five AI/AN cases and thus the rates were not calculated.

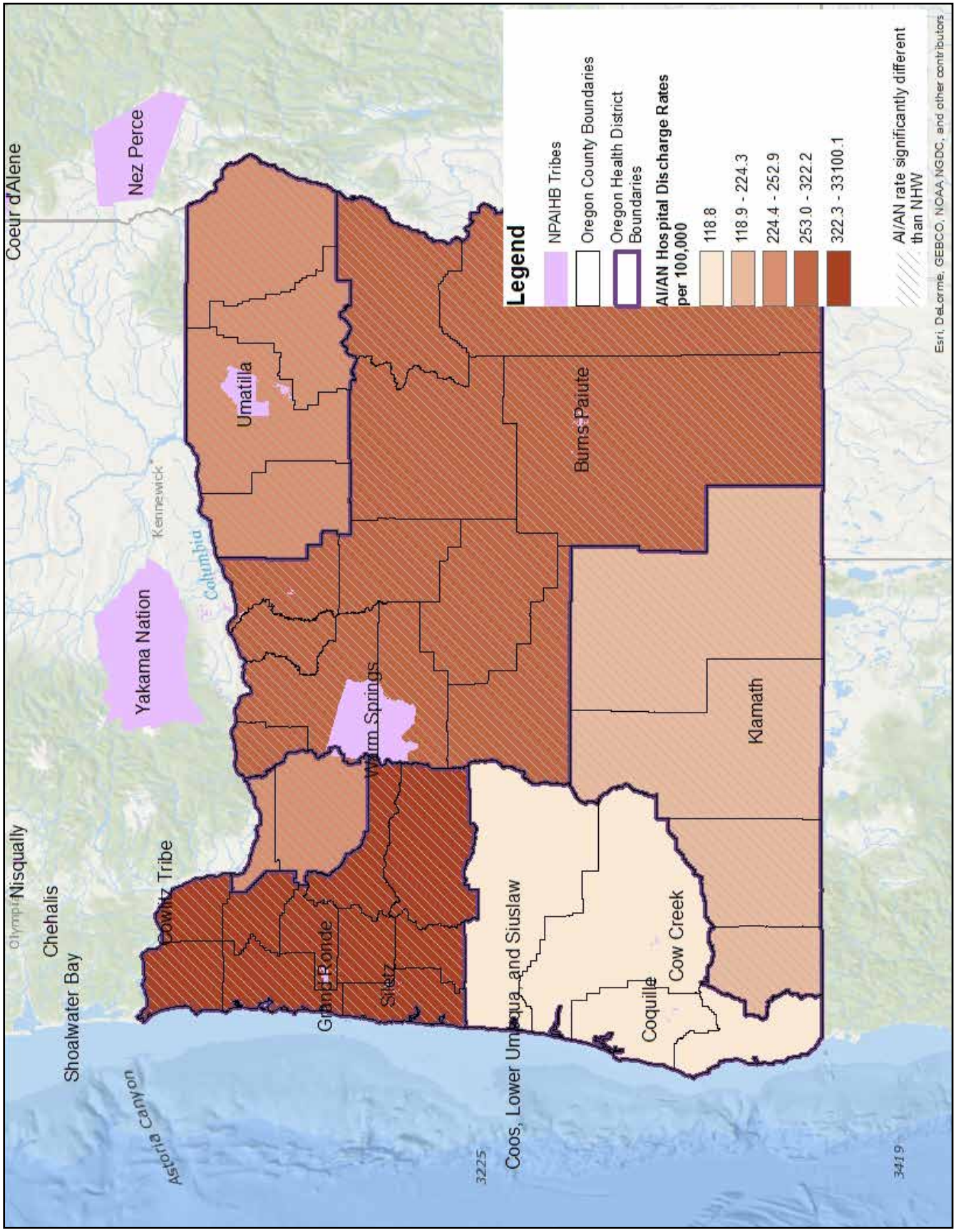
Map 1: AI/AN age-adjusted hospital discharge rates by health district, Oregon, 2010-2011.



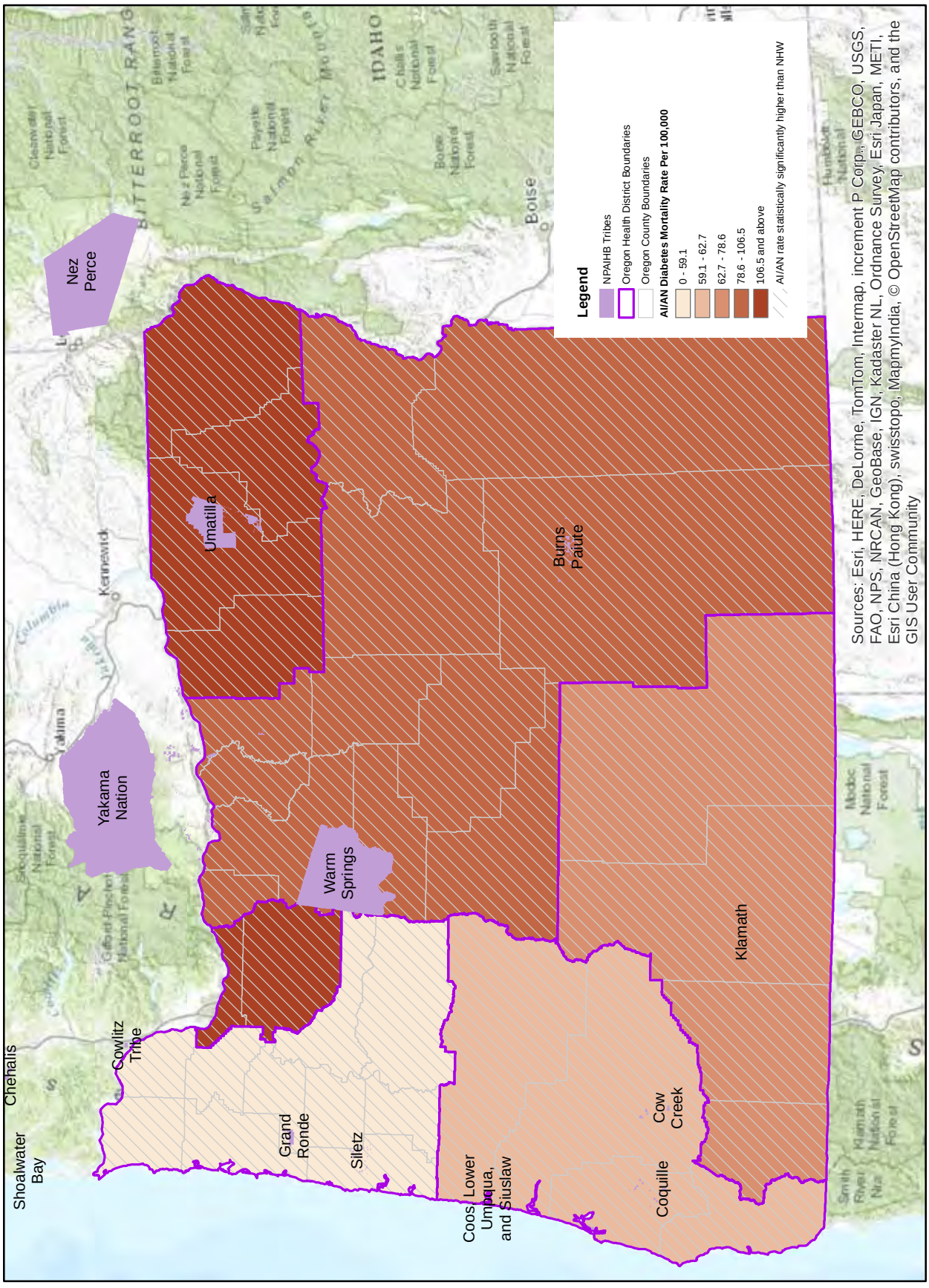
Map 2: AI/AN age-adjusted all-cause mortality rates by health district, Oregon, 2006-2010.



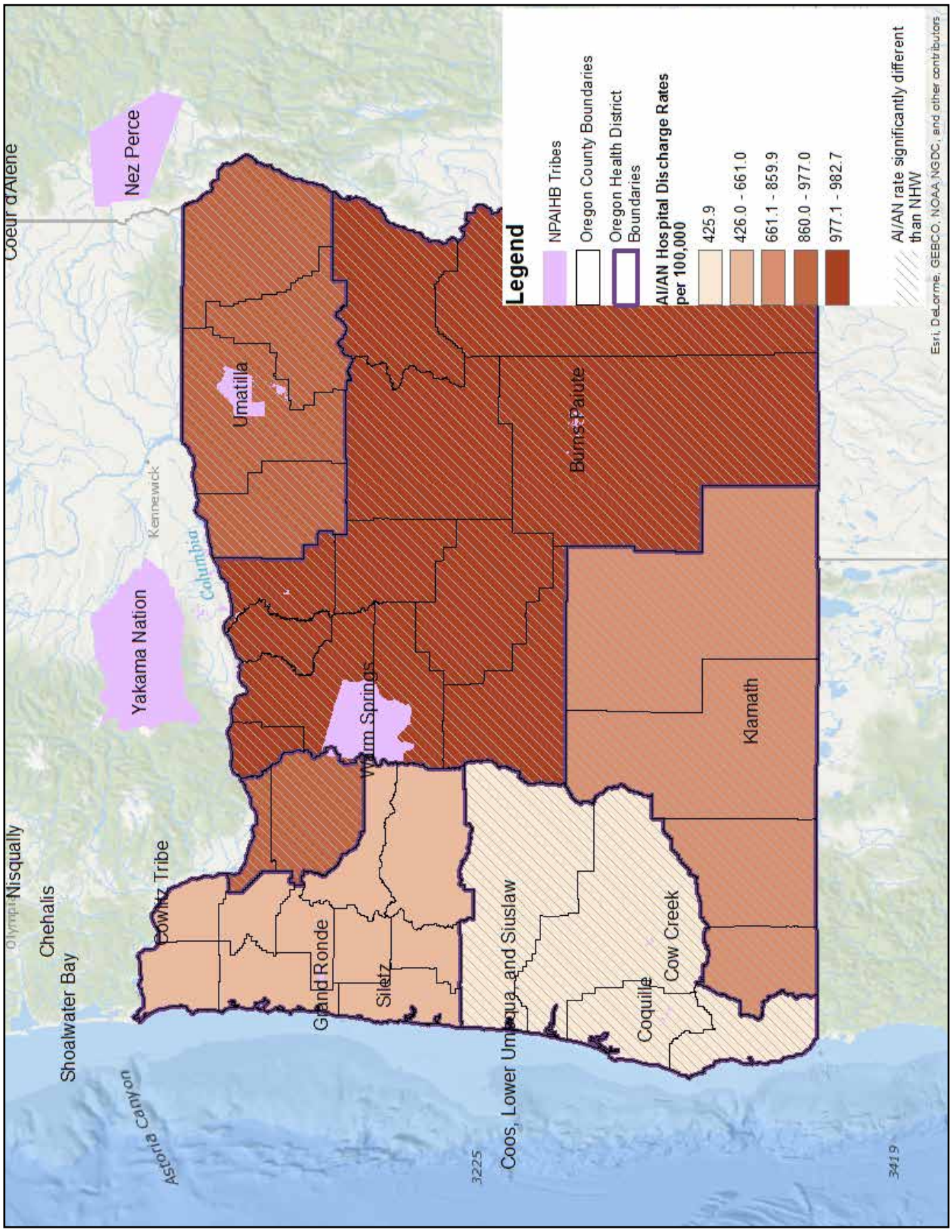
Map 3: AI/AN age-adjusted diabetes hospital discharge rates by health district, Oregon, 2010-2011.



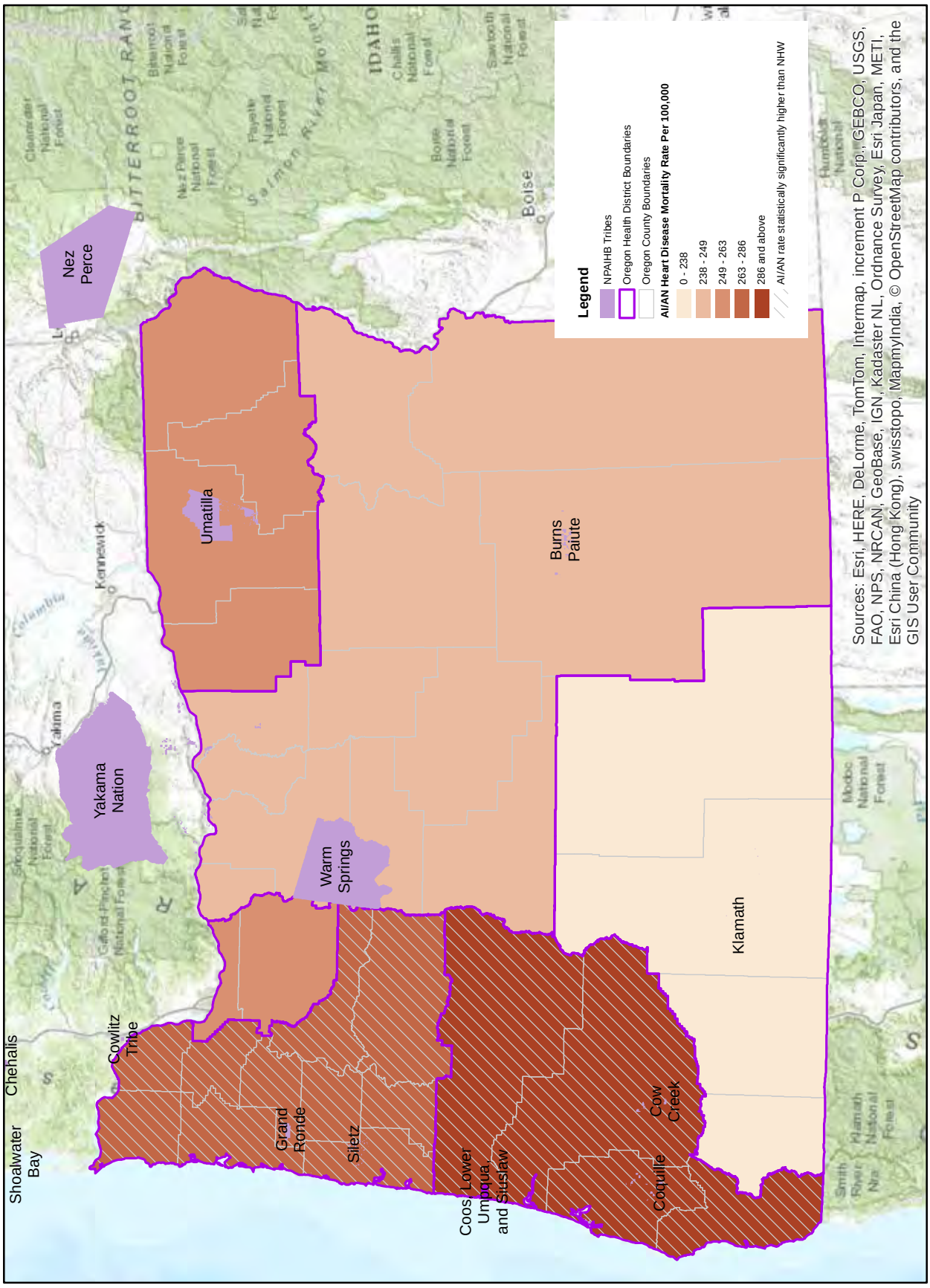
Map 4: AI/AN age-adjusted diabetes mortality rates by health district, Oregon, 2006-2010.



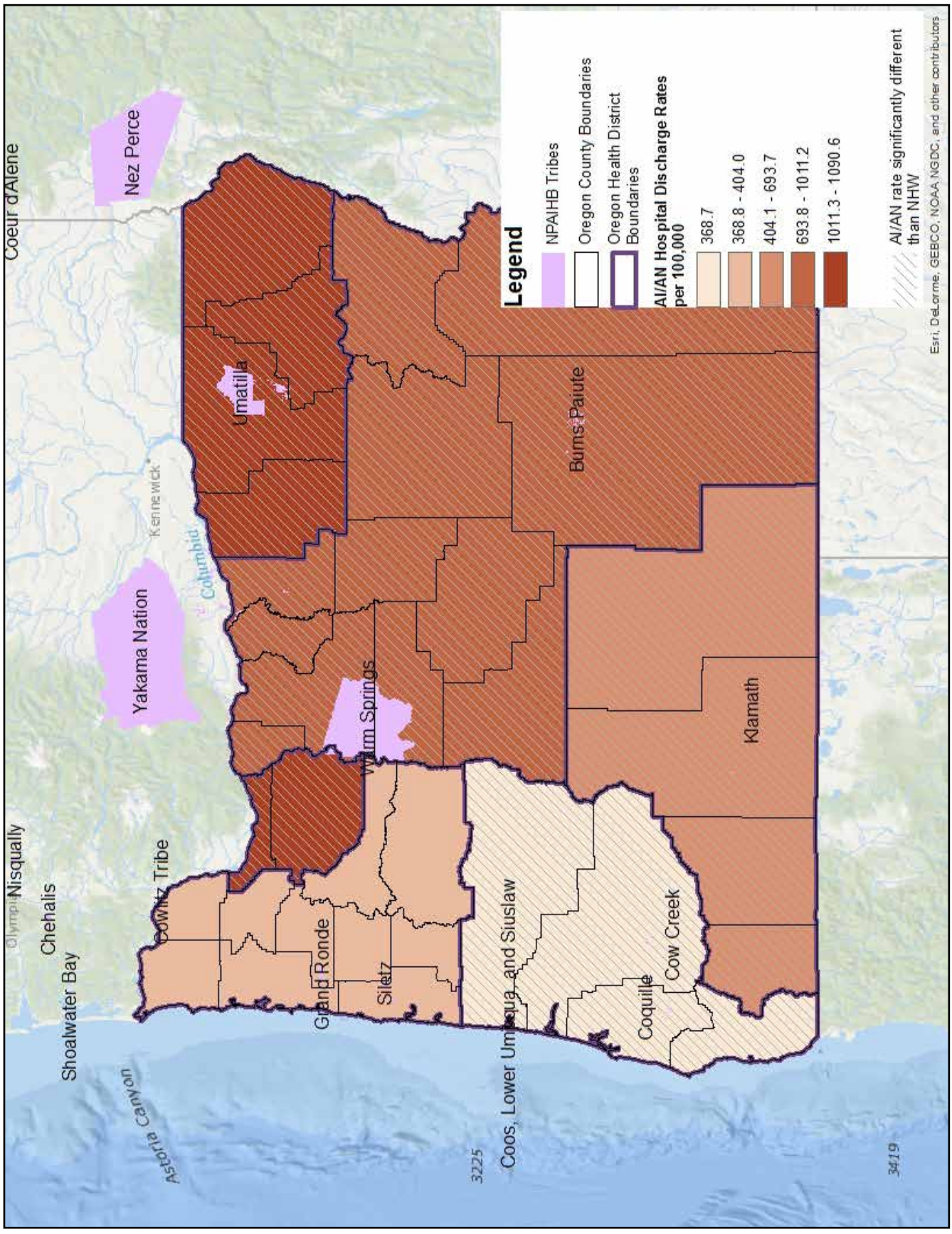
Map 5: AI/AN age-adjusted heart disease hospital discharge rates by health district, Oregon, 2010-2011.



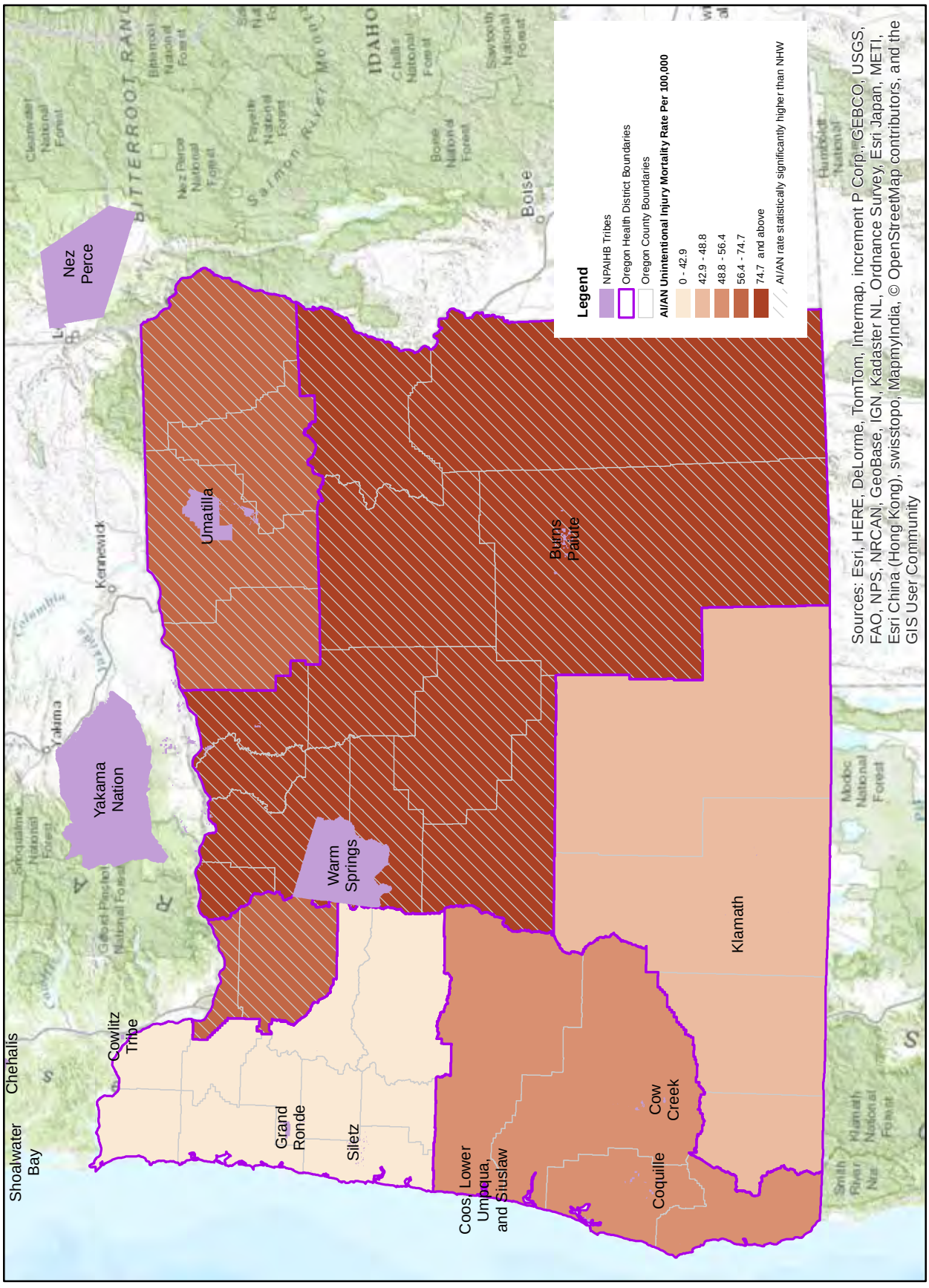
Map 6: AI/AN age-adjusted heart disease mortality rates by health district, Oregon, 2006-2010.



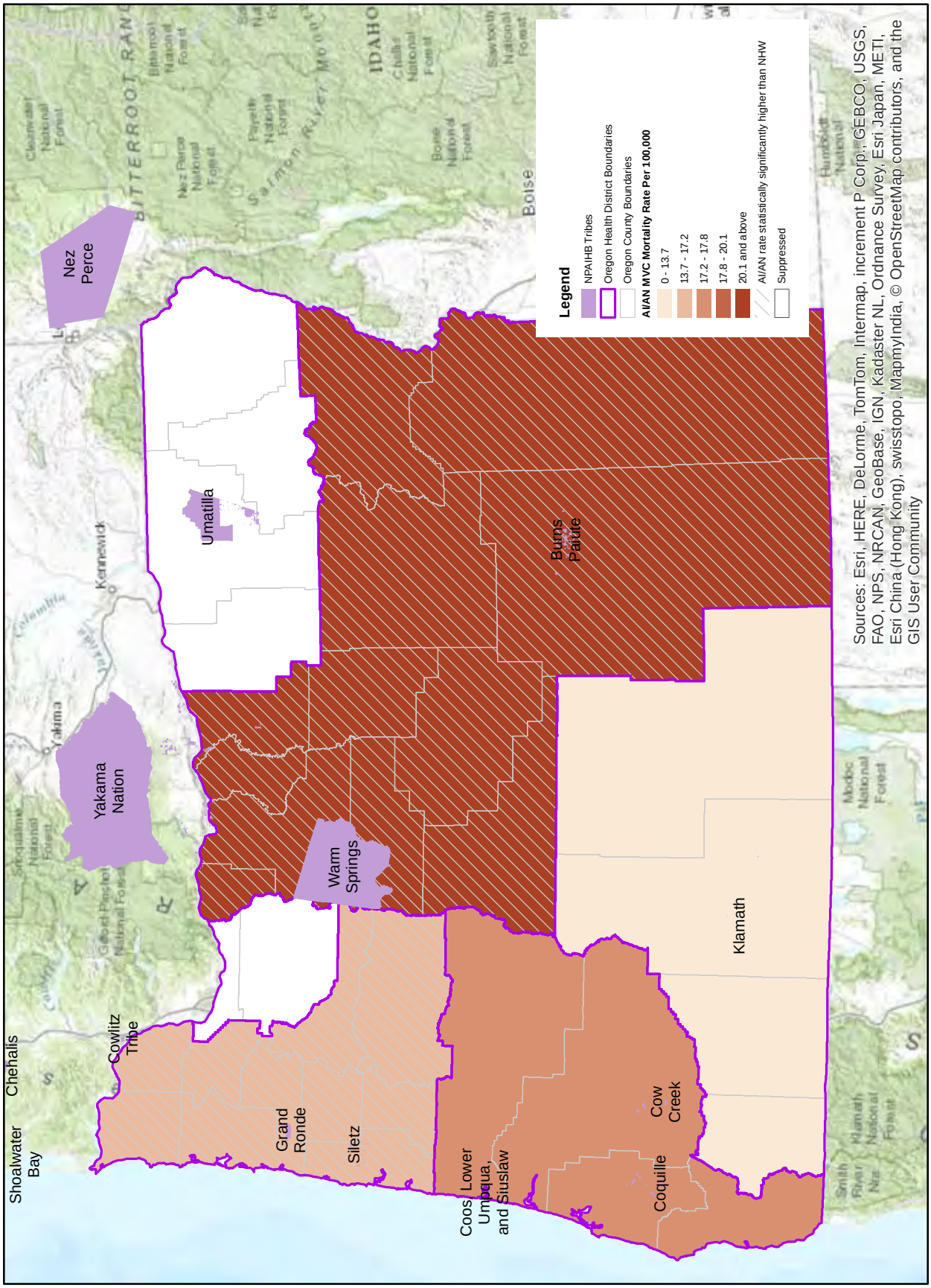
Map 7: AI/AN age-adjusted unintentional injury hospital discharge rates by health district, Oregon, 2010-2011.



Map 8: AI/AN age-adjusted unintentional injury mortality rates by health district, Oregon, 2006-2010.



Map 9: AI/AN age-adjusted motor vehicle crash (MVC) mortality rates by health district, Oregon, 2006-2010.



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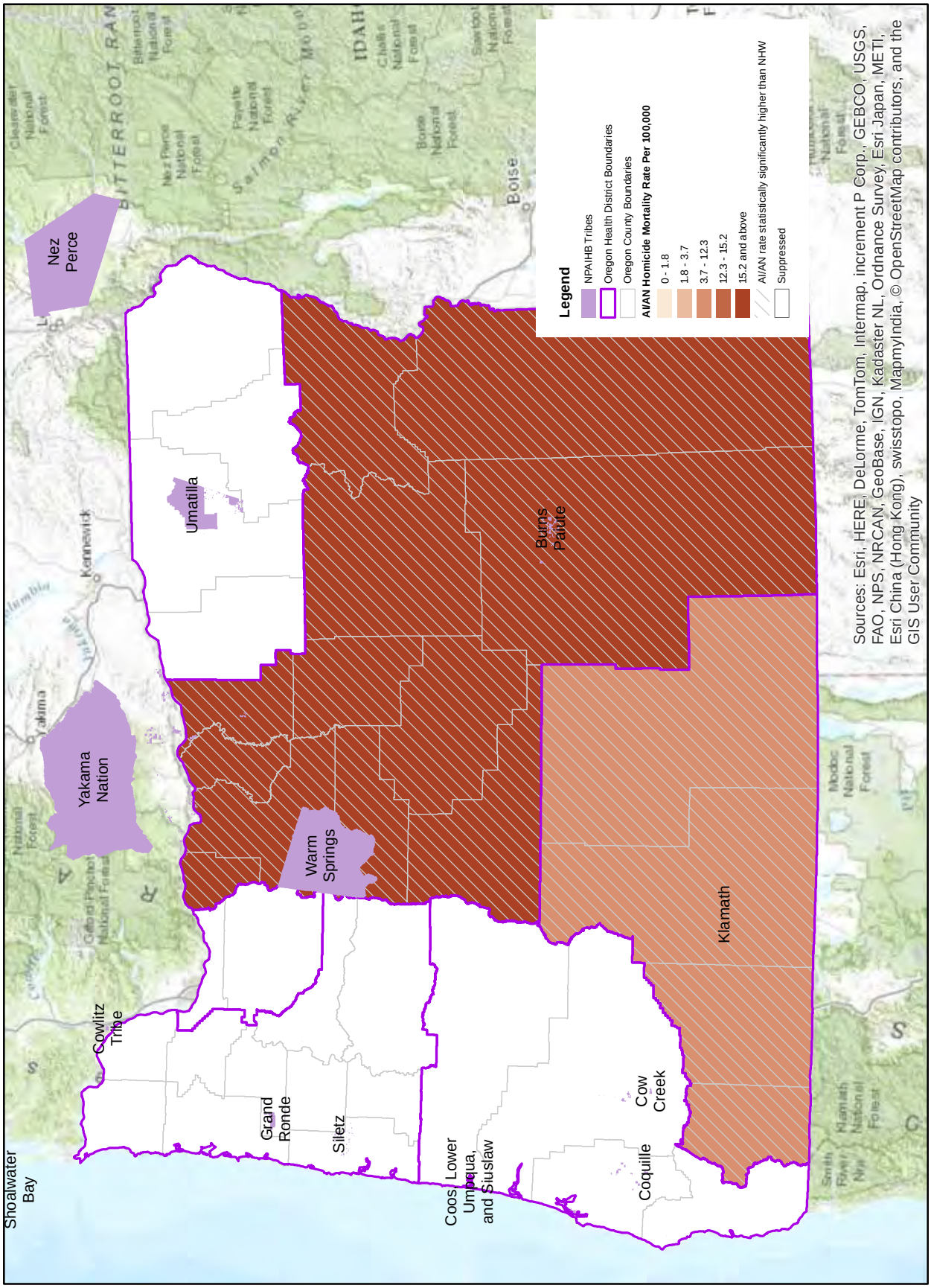
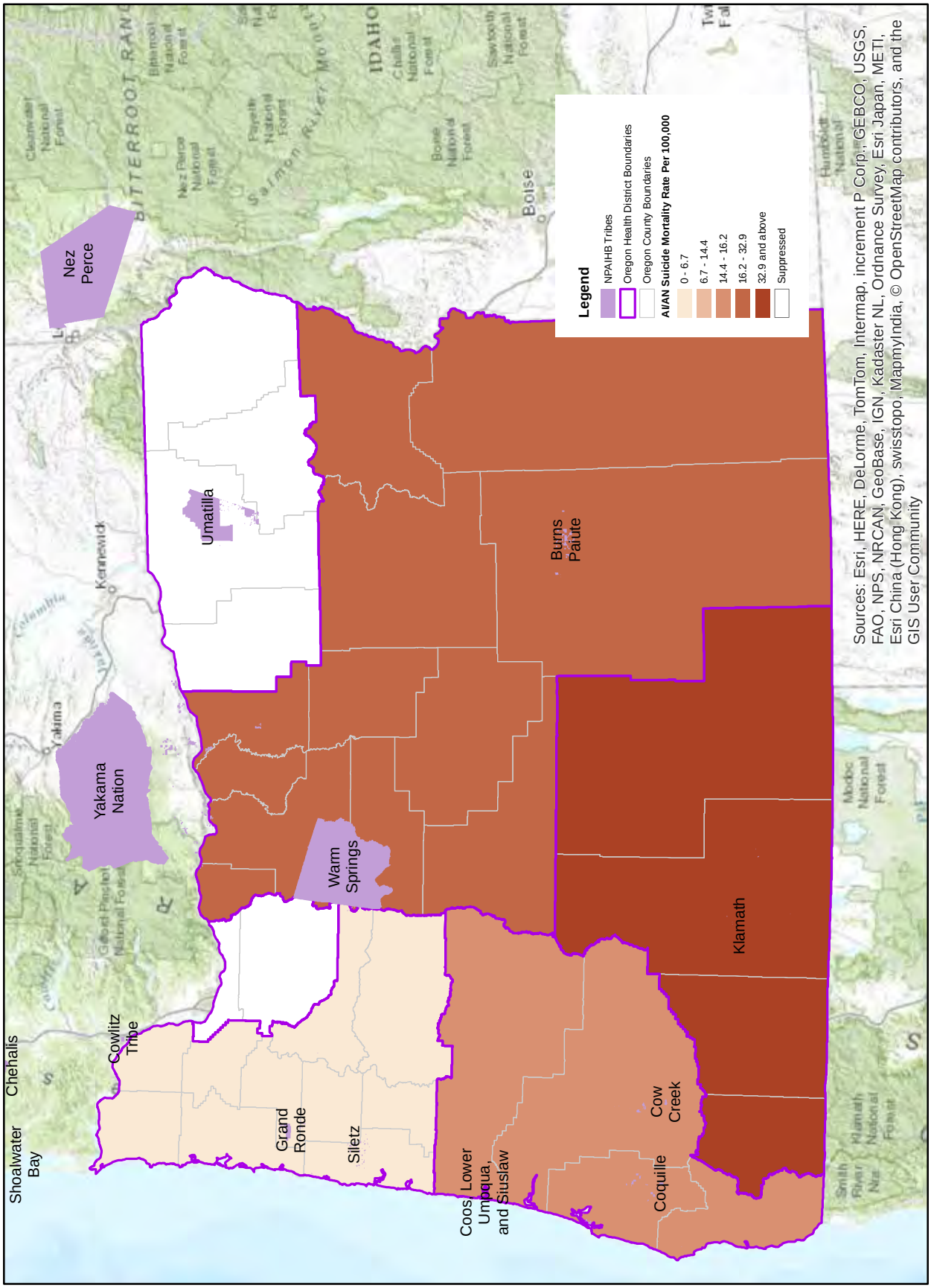


Map 11: AI/AN age-adjusted suicide mortality rates by health district, Oregon, 2006-2010.



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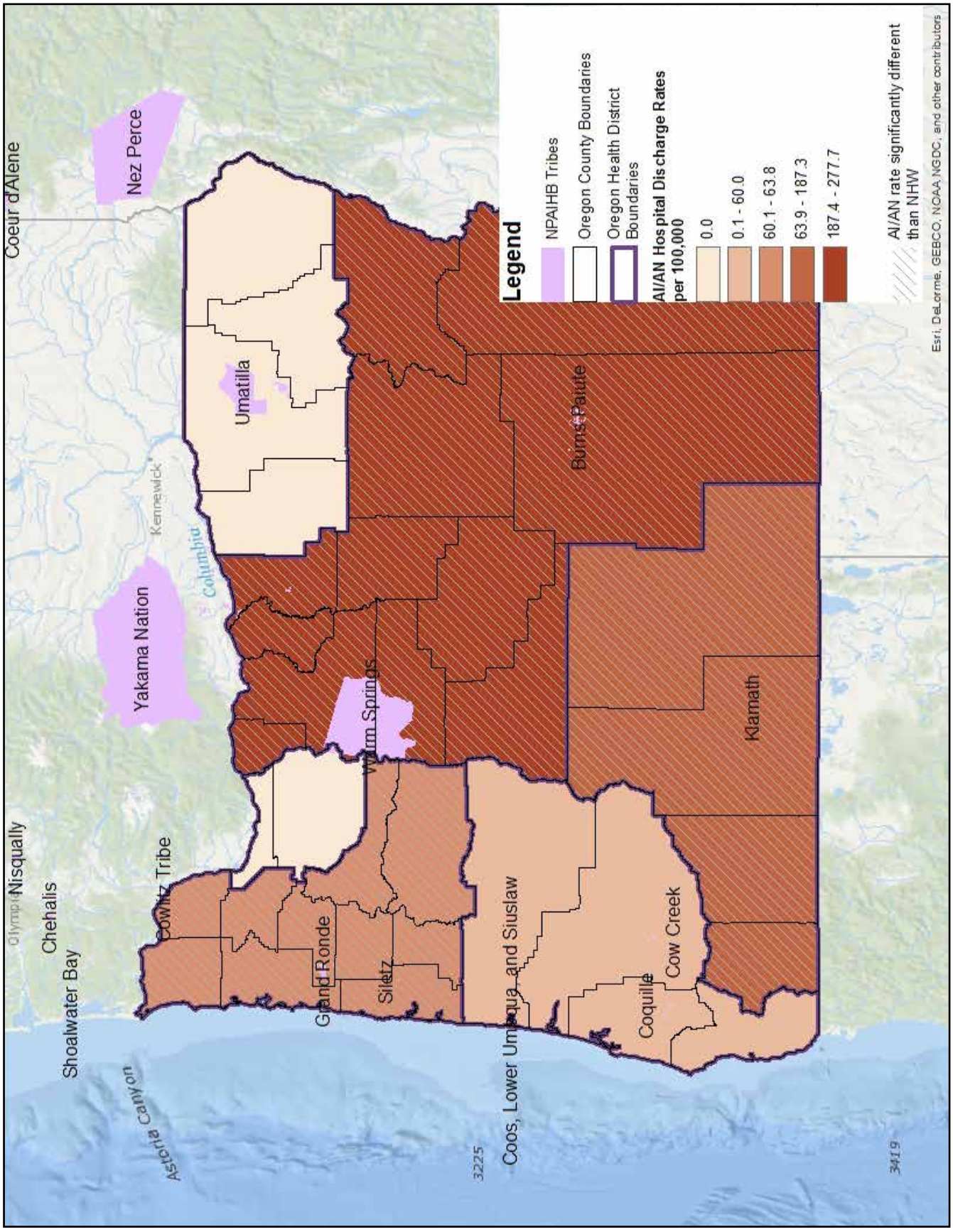

Abridged Life Tables for American Indians and Alaska Natives of Oregon, 2008-2010 (Both Sexes)

Age Interval	Mortality rate per 1,000 for x to x+n	Probablity of dying between ages x to x+n	Number surviving to age x	Number dying between ages x to x+n	Person-years lived between ages x to x+n	Total number of person-years lived above age x	Expectation of life at age x	Lower CI	Upper CI
x to x+n	**m\\x**	**q\\x**	**l\\x**	**d\\x**	**L\\x**	**T\\x**	**e\\x**		
Both Sexes, Oregon									
Birth to 1 year	4.76	0.0036	100,000	355	99,718	7,476,847	74.77	74.06	75.48
1-4	0.50	0.0020	99,645	196	398,040	7,377,129	74.03	73.34	74.73
5-9	0.24	0.0012	99,449	117	496,813	6,979,089	70.18	69.49	70.87
10-14	0.09	0.0005	99,331	47	496,611	6,482,276	65.26	64.57	65.94
15-19	0.85	0.0042	99,285	419	495,650	5,985,665	60.29	59.60	60.97
20-24	1.22	0.0062	98,866	610	493,046	5,490,015	55.53	54.85	56.21
25-29	1.25	0.0062	98,255	610	489,391	4,996,969	50.86	50.19	51.52
30-34	1.47	0.0073	97,646	711	486,463	4,507,578	46.16	45.51	46.81
35-39	2.21	0.0110	96,935	1,066	481,881	4,021,115	41.48	40.84	42.12
40-44	3.08	0.0153	95,869	1,470	475,900	3,539,233	36.92	36.29	37.54
45-49	4.44	0.0221	94,399	2,088	467,283	3,063,333	32.45	31.84	33.06
50-54	7.79	0.0384	92,311	3,548	453,448	2,596,050	28.12	27.53	28.72
55-59	10.78	0.0522	88,763	4,635	431,782	2,142,602	24.14	23.57	24.71
60-64	14.44	0.0714	84,128	6,003	407,057	1,710,820	20.34	19.80	20.87
65-59	19.14	0.0921	78,125	7,194	373,521	1,303,763	16.69	16.18	17.19
70-74	36.95	0.1726	70,931	12,243	326,657	930,242	13.11	12.65	13.58
75-79	57.96	0.2544	58,688	14,932	257,680	603,585	10.28	9.89	10.68
80-84	89.13	0.3685	43,756	16,123	180,270	345,905	7.91	7.59	8.22
85+	166.83	1.0000	27,633	27,633	165,635	165,635	5.99	5.75	6.24

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

Abridged Life Tables for American Indians and Alaska Natives of Oregon 2008-2010 (Male)

Age Interval	Mortality rate per 1,000 for x to x+n	Probablity of dying between ages x to x+n	Number surviving to age x	Number dying between ages x to x+n	Person-years lived between ages x to x+n	Total number of person-years lived above age x	Expectation of life at age x	Lower CI	Upper CI
x to x+n	**m\\x**	**q\\x**	**l\\x**	**d\\x**	**L\\x**	**T\\x**	**e\\x**		
Male AI/AN, Oregon									
Birth to 1 year	6.52	0.004	100,000	355	99,718	7,301,225	73.01	72.05	73.97
1-4	0.60	0.002	99,645	235	397,906	7,201,507	72.27	71.34	73.20
5-9	0.29	0.001	99,410	140	496,516	6,803,601	68.44	67.52	69.36
10-14	0.09	0.000	99,270	47	496,327	6,307,085	63.53	62.62	64.45
15-19	1.29	0.006	99,223	623	495,288	5,810,758	58.56	57.65	59.47
20-24	1.88	0.009	98,600	925	490,975	5,315,470	53.91	53.02	54.80
25-29	1.36	0.007	97,675	661	486,375	4,824,495	49.39	48.53	50.26
30-34	2.06	0.010	97,014	995	482,419	4,338,121	44.72	43.87	45.57
35-39	2.66	0.013	96,019	1,277	476,899	3,855,701	40.16	39.33	40.98
40-44	3.14	0.016	94,741	1,493	470,360	3,378,802	35.66	34.86	36.47
45-49	4.16	0.021	93,249	1,950	461,201	2,908,443	31.19	30.41	31.97
50-54	8.59	0.043	91,299	3,882	448,210	2,447,242	26.80	26.05	27.56
55-59	13.24	0.064	87,417	5,577	422,085	1,999,031	22.87	22.15	23.59
60-64	15.33	0.076	81,840	6,218	395,994	1,576,947	19.27	18.60	19.94
65-59	21.45	0.103	75,621	7,806	360,671	1,180,953	15.62	15.00	16.24
70-74	39.33	0.187	67,816	12,678	311,741	820,282	12.10	11.54	12.65
75-79	68.30	0.307	55,138	16,902	239,702	508,541	9.22	8.76	9.69
80-84	103.45	0.425	38,236	16,246	154,177	268,839	7.03	6.67	7.39
85+	191.78	1.000	21,990	21,990	114,662	114,662	5.21	4.95	5.48

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

Abridged Life Tables for American Indians and Alaska Natives of Oregon 2008-2010 (Female)

Age Interval	Mortality rate per 1,000 for x to x+n	Probablity of dying between ages x to x+n	Number surviving to age x	Number dying between ages x to x+n	Person-years lived between ages x to x+n	Total number of person-years lived above age x	Expectation of life at age x	Lower CI	Upper CI
x to x+n	**m\\x**	**q\\x**	**l\\x**	**d\\x**	**L\\x**	**T\\x**	**e\\x**		
Female AI/AN, Oregon									
Birth to 1 year	2.92	0.004	100,000	355	99,718	7,651,272	76.51	75.48	77.55
1-4	0.38	0.002	99,645	155	398,185	7,551,554	75.78	74.77	76.80
5-9	0.20	0.001	99,490	94	497,124	7,153,369	71.90	70.89	72.91
10-14	0.09	0.000	99,395	46	496,909	6,656,245	66.97	65.96	67.97
15-19	0.38	0.002	99,350	196	496,014	6,159,337	62.00	60.99	63.00
20-24	0.51	0.003	99,154	263	495,279	5,663,322	57.12	56.12	58.11
25-29	1.13	0.006	98,891	556	492,690	5,168,043	52.26	51.27	53.25
30-34	0.82	0.004	98,335	407	490,848	4,675,353	47.55	46.57	48.52
35-39	1.71	0.009	97,928	851	487,234	4,184,504	42.73	41.76	43.70
40-44	3.01	0.015	97,077	1,455	481,830	3,697,271	38.09	37.14	39.04
45-49	4.70	0.023	95,622	2,210	473,751	3,215,440	33.63	32.70	34.55
50-54	7.06	0.035	93,413	3,233	459,112	2,741,689	29.35	28.45	30.25
55-59	8.46	0.042	90,180	3,771	441,671	2,282,577	25.31	24.45	26.18
60-64	13.55	0.066	86,409	5,723	418,142	1,840,906	21.30	20.47	22.14
65-59	16.86	0.080	80,686	6,484	386,771	1,422,764	17.63	16.85	18.42
70-74	34.68	0.160	74,202	11,871	342,245	1,035,993	13.96	13.24	14.69
75-79	49.08	0.216	62,331	13,494	275,463	693,748	11.13	10.50	11.76
80-84	78.46	0.329	48,837	16,084	204,080	418,284	8.56	8.04	9.09
85+	152.91	1.000	32,753	32,753	214,204	214,204	6.54	6.12	6.96

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

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Community Health Profile Feedback Questionnaire

We hope you found this report useful, but we know it isn't perfect! Your feedback is important to make sure future versions better meet your community's needs. Please take a moment to complete the following questionnaire. If you prefer, you can also complete the same survey online at www.surveymonkey.com/s/D38NS9G

To return the form you can mail it to NPAIHB at 2121 SW Broadway, Suite 300 Portland OR 97201. You can also fax it to 503-416-3265 or scan and email to ideanw@npaihb.org

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Q2. Which best describes your position or role?
☐ Tribal council member or other tribal leader
☐ Tribal health director
☐ Clinic staff
☐ Grant writer
☐ Researcher
☐ Other (please specify):_____

Q3. Overall, how useful did you find this report?
☐ Not at all useful
☐ Somewhat useful
☐ Very useful
☐ Extremely useful

Q4. Which section did you find **the most** useful?
☐ Demographics
☐ Maternal & Child Health
☐ Mortality
☐ Diabetes
☐ Cardiovascular Disease & Stroke
☐ Cancer
☐ Injury & Violence
☐ Mental Health & Suicide
☐ Substance Abuse
☐ Communicable Diseases
☐ Healthy Lifestyles, Healthy Environments
☐ Access to Care

Q5. How easy or difficult was it for you to understand this report?
☐ Extremely difficult to understand
☐ Somewhat difficult to understand
☐ Somewhat easy to understand
☐ Extremely easy to understand

Q6. What would have made it easier to understand?
_____
_____
_____

Q7. How will you use the information in this report?
☐ Grants
☐ Program planning
☐ Financial allocation planning
☐ Presentations
☐ Manuscripts
☐ Advocacy
☐ Not sure
☐ Other (please specify):_____

Q8. Do you have any other comments or questions?
_____
_____
_____

If you would like a staff person to respond to your questions or comments, please share your contact information below:

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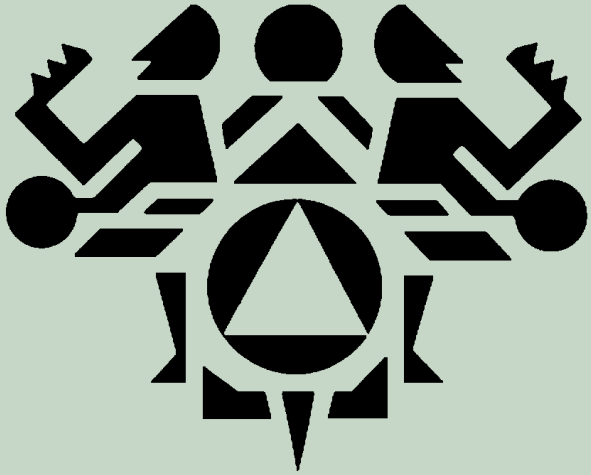

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