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Apr 4th, 11:38 AM

“Sense of Belonging”: Partnering with Central Oregon's Communities to Promote Health and Social Inclusion

Christina Jäderholm

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"Sense of Belonging": Partnering with Central Oregon's Communities to Promote Health and Social Connectedness

OHSU-PSU SPH Annual conference – April 4, 2024

Presenter: Christina M. Jäderholm, PhD-candidate, SPH

Authors: Christina M. Jäderholm, M.S., Kaitlin Greene, MPH, Camilla Dohlman, MPH, Brianne Kothari, PhD, Shannon Lipscomb, PhD, Beth Phelps, B.S., David Ngo, B.S., & Jackie Shannon, PhD.

COMMUNITY BELONGING

MEASUREMENT PROJECT

Central Oregon Health Council

OHSU

Oregon State University Cascades

Overview: Belonging and Health

Belonging is the feeling of **value and respect** one gains through sharing experiences or characteristics with others; this is fundamental to human experience and is linked to **better health and well-being.**

According to the U.S Surgeon General, **"Belonging to a group can help reduce stress, repair emotional damage, and promote meaning and purpose."** (Vivek Murthy, MD)

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Objectives

Overall project: Collaborate with local partners to develop and implement measures of belonging and community connectedness, and to recommend data-informed strategies to promote community connectedness and improve health outcomes in Central Oregon

This presentation: Describe our process to partners with Central Oregon's communities to tell a more accurate story of why people, places, and spaces promote or inhibit community belonging and social connectedness.

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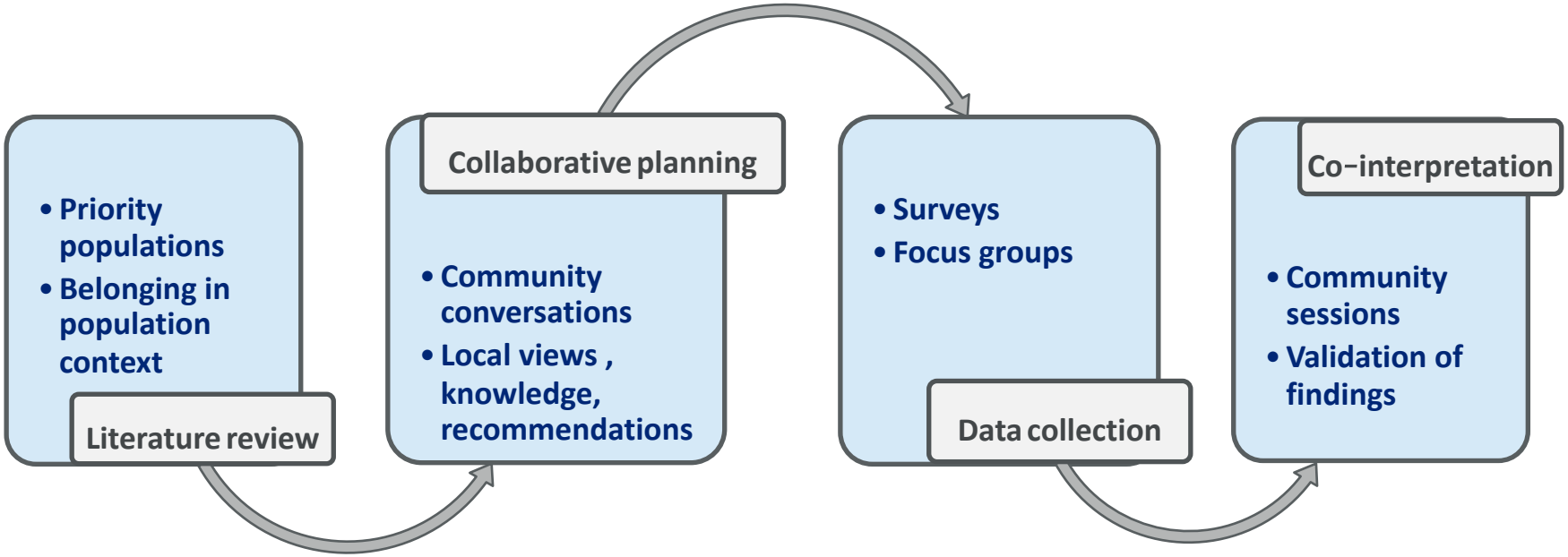
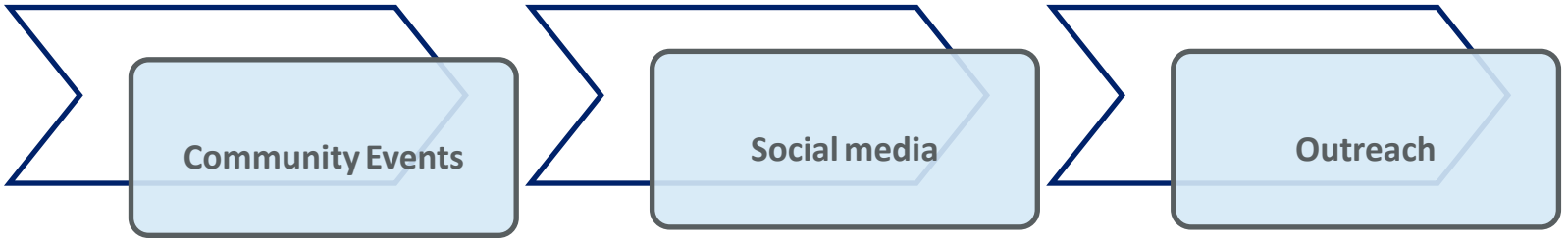
Community engagement process



Literature Review

Collaborative planning (I)

1. Identify community partners and organizations with time and capacity



Crook County School District

Jefferson County School District 509J
UNITE. ENGAGE. SOAR.

Est. 1883
BEND LAPINE Schools
EDUCATING THRIVING STUDENTS

CONFEDERATED TRIBES OF WARM SPRINGS 1855

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Collaborative planning (II)

Partners	# of groups
Local government	1
Education/ youth programming	7
Faith	1
Health care and social services	5
Non-profits/ community groups	3

Participants in conversations	# of indiv.
Black/African American	2
Latino/a/x	3
LGBTQIA+	1
Military/veteran	3
Native American/indigenous	2
Parent/caregiver or early childhood educator	2
Older adults/works with older adult	2
Rural	10
Total	**25**

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Collaborative planning (III)

2. Set up community conversations based on the lit. review to

- Adapt belonging constructs to Central Oregon
- Develop survey questions to capture constructs

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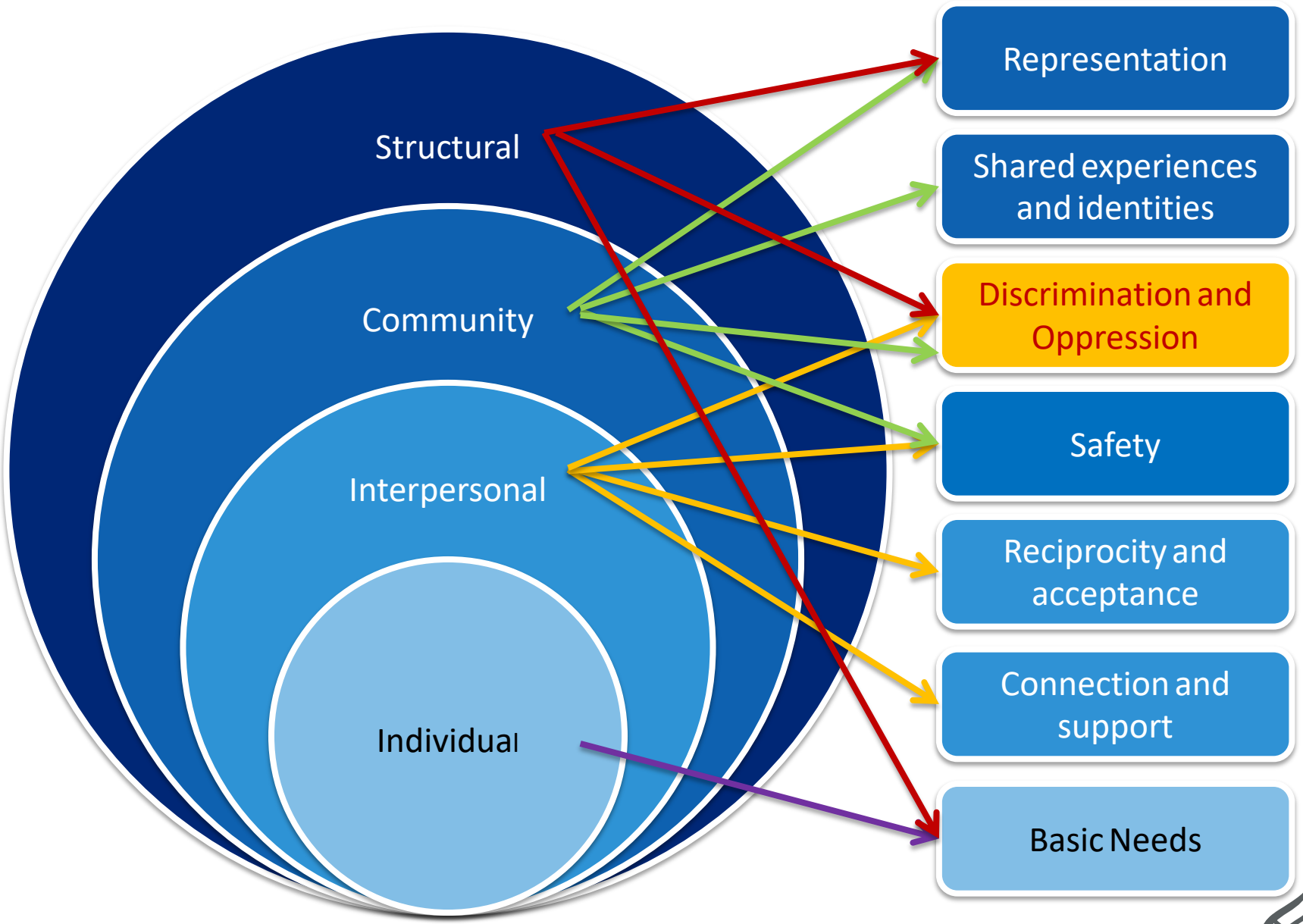
Structural
Community
Interpersonal
Individual
Representation
Shared experiences and identities
Discrimination and Oppression
Safety
Reciprocity and acceptance
Connection and support
Basic Needs

"there are seasons of life, in some you are a giver and in some a receiver. A true sense of belonging would reflect this reciprocity."

"If you want to be accepted [in Jefferson County] – you need to be white, a hick, a cowboy or a farmer, and need to have a family."

"Are there places in your community where you can go to learn about your culture or identity? Do you see your culture or identity represented in television or popular media?"

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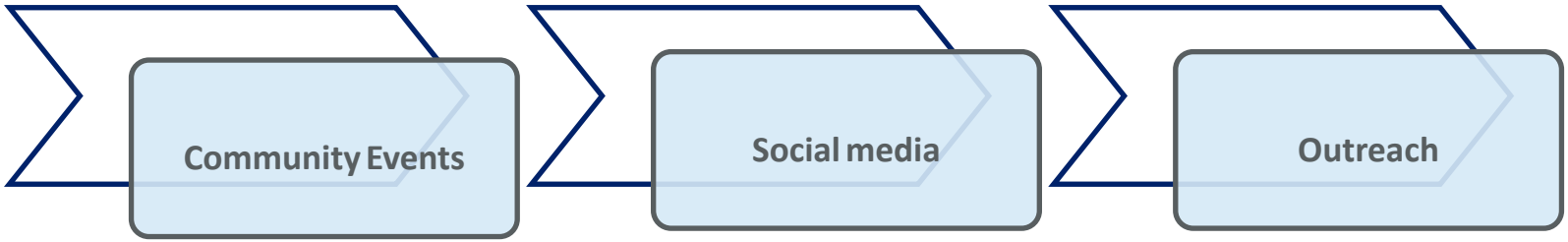
Collaborative planning (IV)

3. Identify priority populations

4. Plan data collection



Better Together

GENDER HIVE
TRANS HEALTH RESOURCE HUB

COUNCIL ON AGING
OF CENTRAL OREGON

RJE
Restorative & Justice Equity

FAMILY RESOURCE CENTER
of Central Oregon
Where Healthy Child Development Takes Root

CRESCENT / GILCHRIST COMMUNITY ACTION TEAM

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Data Collection

Address-based sampling

52%

48%

Survey

Community Partners

Focus groups

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Final sample, data & analysis

- **Survey (n=1,014)**
  - **Quantitative** data, priority population stratification
  - **Qualitative** data (open-ended questions), thematic analysis
- **Focus groups (7, n=41)**
  - **Qualitative** data (transcripts), thematic analysis

Focus groups		
	N	***Mode***
Parents/ caregivers	5	Virtual
Older adults	6	Virtual
Young adults	7	Virtual
LGBTQ+	4	Virtual
Spanish speakers	10	In-person
Men	5	Virtual
Rural	4	Virtual
Total	**41**	

Co-interpretation sessions (I)

We used community data **co-interpretation** to frame study findings within the **experiences of community members**

The research team and community partners **co-designed and co-facilitated** five (5) co-interpretation sessions:

- ✓ Black, Indigenous & people of color
- ✓ Older adults
- ✓ Parents/caregivers
- ✓ LGBTQIA+
- ✓ Spanish speakers

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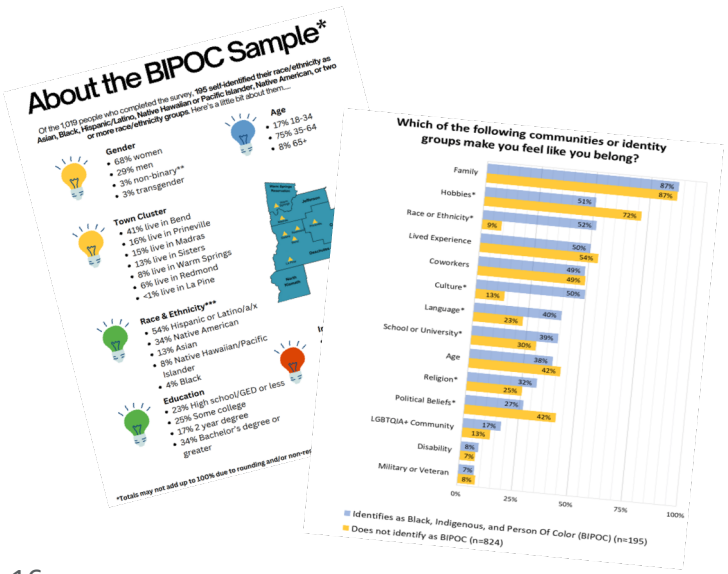
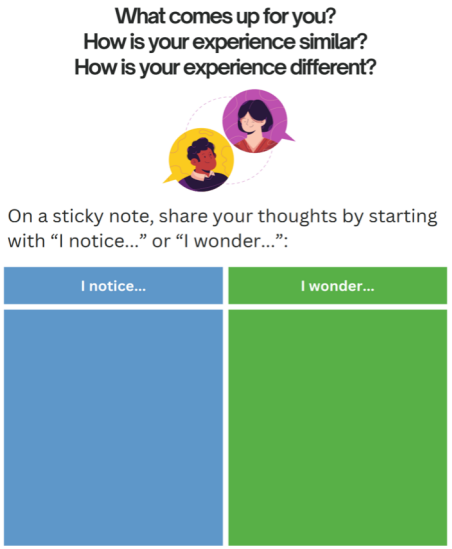
Co-interpretation sessions (II)

We created **poster-sized "data walk" panels** to visualize overall results and data points specific to each group.

We engage with **50+ community members** across groups





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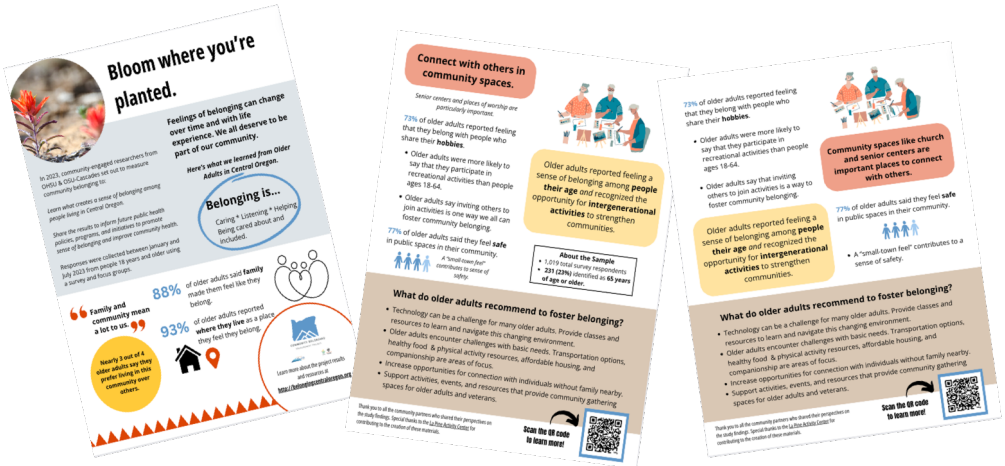
Co-interpretation sessions (III)

The co-interpretation sessions helped us:

- Understand the **findings within the context** of diverse communities
- Create **tailored dissemination materials**
- Make **informed data-driven recommendations** to the Central Orgon Health Council and beyond as they begin community investments



Questions?

Bonus slide: Survey demographics

Sample	%
Full Sample (n=1,016)	54.9%
Spanish Speakers (n=110)	50.9%
Parents/Caregivers (n=240)	57.5%
BIPOC* (n=195)	44.6%
LGBTQA+* (n=104)	34.0%
Older Adults* (n=229)	67.2%

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