

FORCES OF CHANGE



The Forces of Change assessment uses community feedback and participation to determine what supports and barriers exist for improving community health.

Oklahoma City-County Health Department (OCCHD) held Town Hall events in two regions of the Oklahoma City-County jurisdiction in November 2019. Discussion at the town halls focused on the following four questions.

1. What does a healthy Oklahoma City mean to you?
2. What do you see are the top health related needs for Oklahoma City-County?
3. What are the barriers to this area of OKC becoming the healthiest community in the state?
4. What types of programs or services should we explore launching or improving?

During the discussion, forces, threats and opportunities were identified. Forces include trends, factors and events discussed at the town halls. A trend is a pattern over time that the community identified, a factor is a discrete element, such as community setting or population, and an event is a one-time occurrence. Discussion topics and suggestions were noted on individual cards and categorized according to major themes. This report contains data collected at all Town Hall events.

Forces (Trends, Events, Factors)

Maternity Leave	Obesity	Mental Health
<p>Opportunities</p> <ul style="list-style-type: none"> • Paid maternity leave • Better quality daycares • Cheaper daycares  <p>Threats</p> <ul style="list-style-type: none"> • Overpriced daycare • Low quality daycare • Unpaid maternity leave 	 <p>Opportunities</p> <ul style="list-style-type: none"> • Million pound challenge would help with interaction motivation • More education on obesity • More physical activity opportunities for low- income families <p>Threats</p> <ul style="list-style-type: none"> • Living an unhealthy lifestyle • On medication for the rest of their lives 	<p>Opportunities</p> <ul style="list-style-type: none"> • Better access to treatment and counseling • More behavioral health support <p>Threats</p> <ul style="list-style-type: none"> • No beds in mental health facilities • Long wait times to get mental health help • Some health insurance will not cover mental health • Urgent cares refuse to treat mental health patients 

Cost of Living



Opportunities

- Lowering the cost of living
- Raising wages

Threats

- Cost of living is too high
- Cost of living increasing each year
- Couponing and shopping cheap not going far enough
- People on disability have a difficult time paying for medication and food

Incarcerations

Threats

- Oklahoma has more incarcerated parents per population index than other states
- Children and elders are left without stable caregivers

Environment

Opportunities

- More biking trails to reduce car use and pollution

Threats

- Sick, inedible fish in our lakes and rivers
- Homes next to junkyards cause rodent infestations
- Trash in cities
- Dirty water

Access to Health Insurance

Opportunities

- Medicaid expansion (as of July 1, 2021)
- Universal healthcare

Threats

- Some people with disabilities have jobs and can't get on Medicaid
- People begin to self-medicate when they do not have access
- Unaffordable



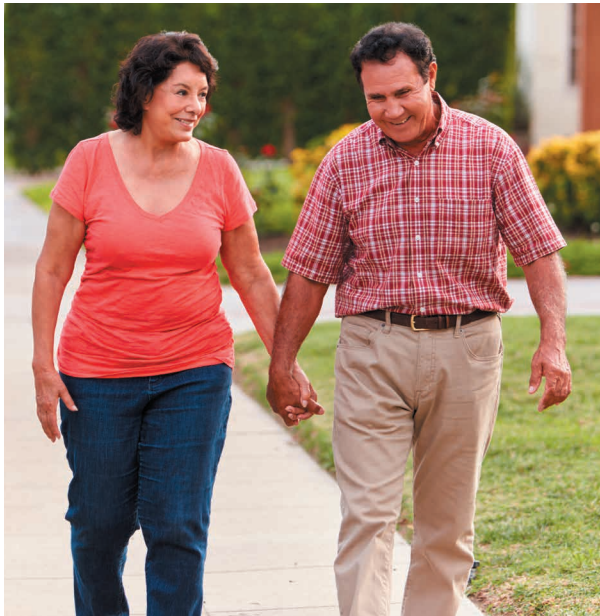
Parks & Neighbors

Opportunities

- More fountains, plants, and art in parks to promote walking
- Parks without restrictions on bikes, skating, skateboarding, running, etc.
- More parks such as Scissortail to bring communities together and promote physical activity
- More sidewalks, bike trails, buses to improve navigation
- More calisthenics parks
- More community events
- More public transport to improve quality

Threats

- Not enough walking and biking trails
- Lack of walkways threaten pedestrian safety
- Many parks have restrictions on bikes, skating, skateboarding, running, etc.



Safety

Opportunities

- Add more sidewalks in neighborhoods to prevent people getting hit by cars
- Improved animal control for stray and violent dogs

Threats

- Numerous shootings
- People being hit by cars
- Permitless carry could lead to additional self-harm or harm to others
- People being beat up

Homeless

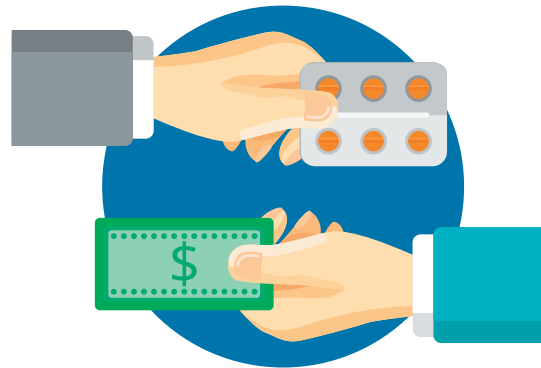
Opportunities

- Welfare reform
- More social service agencies to help combat poverty
- Making sure people maintain skills to not regress back into homelessness

Threats

- Limited access to groceries
- People living on the streets
- Inability to find job that pays for food, housing, and insurance
- Too much money spent on cosmetic improvements

Medications Costs



Opportunities

- Regulating pharmaceutical companies

Threats

- Too expensive for certain minorities
- Too expensive for people on disability
- Prescription costs too high for people needing medical equipment

Healthy Lifestyle

Opportunities

- Promoting fruits and vegetables instead of cannabis
- Reduce smoking and vaping by kids and teens
- More places to exercise for free for all ages and open late
- Increase walkability in the county
- More healthy food options
- If parents cannot afford extra-curricular classes (club sports, etc.), children stay home and play video games

Threats

- Prevalence of fast food establishments
- Enabling drug problem through cannabis shops
- People discouraged from walking due to lack of sidewalks

Access to Healthcare

Threats

- Must book months in advance to see a physician
- Physicians leaving for other states
- Cannot afford visits to get a doctor's note for work

Senior Population

Opportunities

- More affordable housing options for seniors such as Section 9 approved assisted living

Education

Opportunities

- Invest more in education
- Better sex education to prevent teen pregnancies
- Improper sex education puts disabled students at a higher risk for sexual abuse
- More hands-on programs for children
- Better fitness programs in schools
- Emphasize the importance of working

Threats

- Children made to sit for long periods of time without talking
- Minimal education on growing your own food, doing taxes, repairing cars, etc.

