

# FORCES OF CHANGE

The purpose of the Forces of Change Assessment is to determine, through community feedback and participation, what barriers and supports exist for improving community health. Town Hall events were held in four regions of the Oklahoma City-County jurisdiction in November 2016. Discussion at the town halls was focused on the following four questions: What does a healthy Oklahoma City mean to

you? What do you see are the top health-related needs for Oklahoma City-County? What are the barriers to this area of Oklahoma City becoming the healthiest community in the state? And 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 captured on individual cards and categorized according to major themes. This report contains data collected at all town hall events.

## ENVIRONMENT

### FORCES

- Walkability
- Healthcare access
- Safety
- Physical activity spaces
- Food deserts
- Vapor smoking availability



### OPPORTUNITIES

- Growing awareness for a health-focused culture
- First-responder and community-member engagement towards community wholeness
- Increase spaces for physical activity like youth sports fields and features in parks
- Health services navigators in the community

### THREATS

- Pedestrians/bikers do not feel safe
- Overuse of emergency departments
- Long waits at providers
- Lack of understanding how to navigate healthcare system
- Fewer people exercising outside
- Difficulty accessing wellness locations
- Negative health outcomes, such as obesity and increased use of vapor smoking products

## ECONOMIC

### FORCES

- Budget cuts
- Employment (unemployment/underemployment)
- Medication cost



### OPPORTUNITIES

- Leverage healthcare, pharmaceutical, education and business partnerships
- Increase services and health education class availability
- Culture of co-investment and resource sharing



### THREATS

- Public health and education funding
- Unaffordable health care
- Negative health outcomes including stress
- Longer work schedules/double shifts
- Poor medication adherence



## POLITICAL

### FORCES

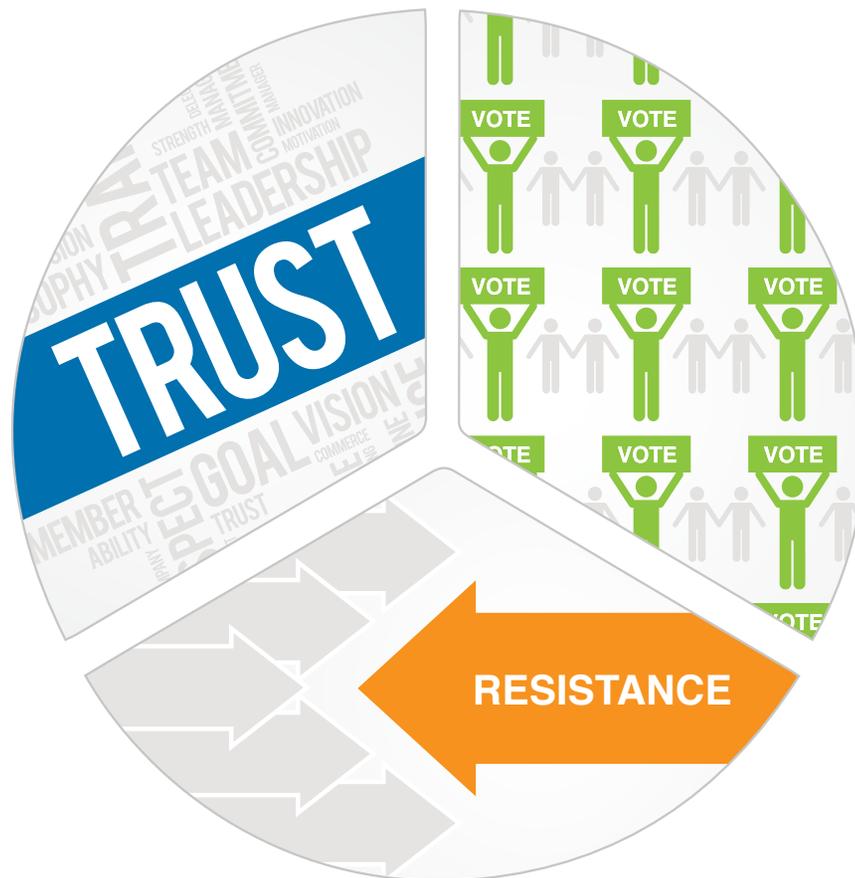
- Trust
- Communication

### OPPORTUNITIES

- Readily available health data
- Partner with local trusted faces in community
- Culture of continuous feedback including town halls and community forums
- Promote voting in community

### THREATS

- Members are reluctant to follow recommendations
- Resistances towards activity engagement promoted by government



## SOCIAL

### FORCES

- Growing senior population
- Vaccine resistance
- Healthy lifestyle seems to be a low priority
- “Crisis oriented” not “Prevention minded”
- Silos of groups and neighborhoods
- Increased obesity, heart disease and diabetes risk
- Teen pregnancy rate
- Implementation of sex education programs
- Lack of understanding about mental health

### OPPORTUNITIES

- Growing need for senior services and centers
- Increasing desire for a health-driven, vibrant community
- Early-stage health education
- Integrated community events
- Literacy programs in communities with high need
- Expand education and support services for mental health

### THREATS

- High cost of senior care
- Disease outbreaks
- Children growing up without healthy behaviors
- Underutilization of available services
- Growing population that does not speak English
- Long-term cost associated with chronic disease
- Teen pregnancy
- Necessity for substance abuse and mental health services