

# 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

*All images in this presentation are property of the Western Transportation Institute, Montana State University or stock images and Getty Images*

# Welcome and Introductions



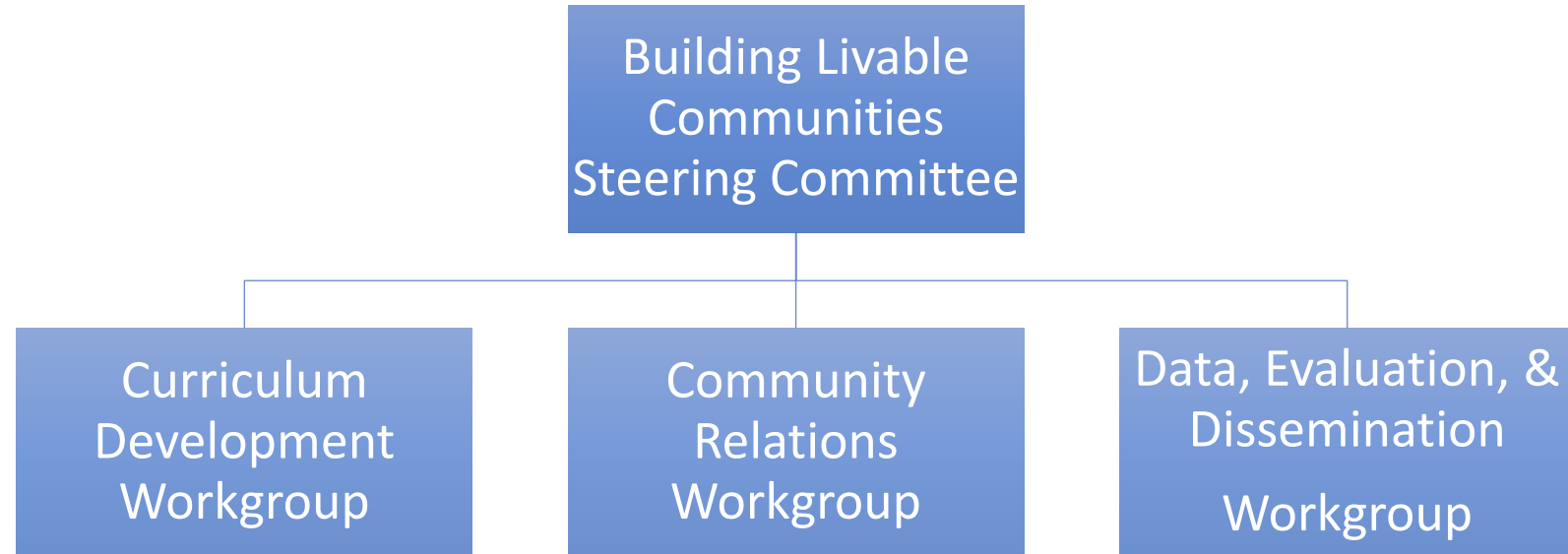
# Why Are We Here?



# 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





**MONTANA**  
STATE UNIVERSITY

Western  
Transportation  
Institute



*Kilday & Stratton* INC.



**Gallatin County**  
MONTANA



**HRDC**  
BUILDING A BETTER COMMUNITY



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?

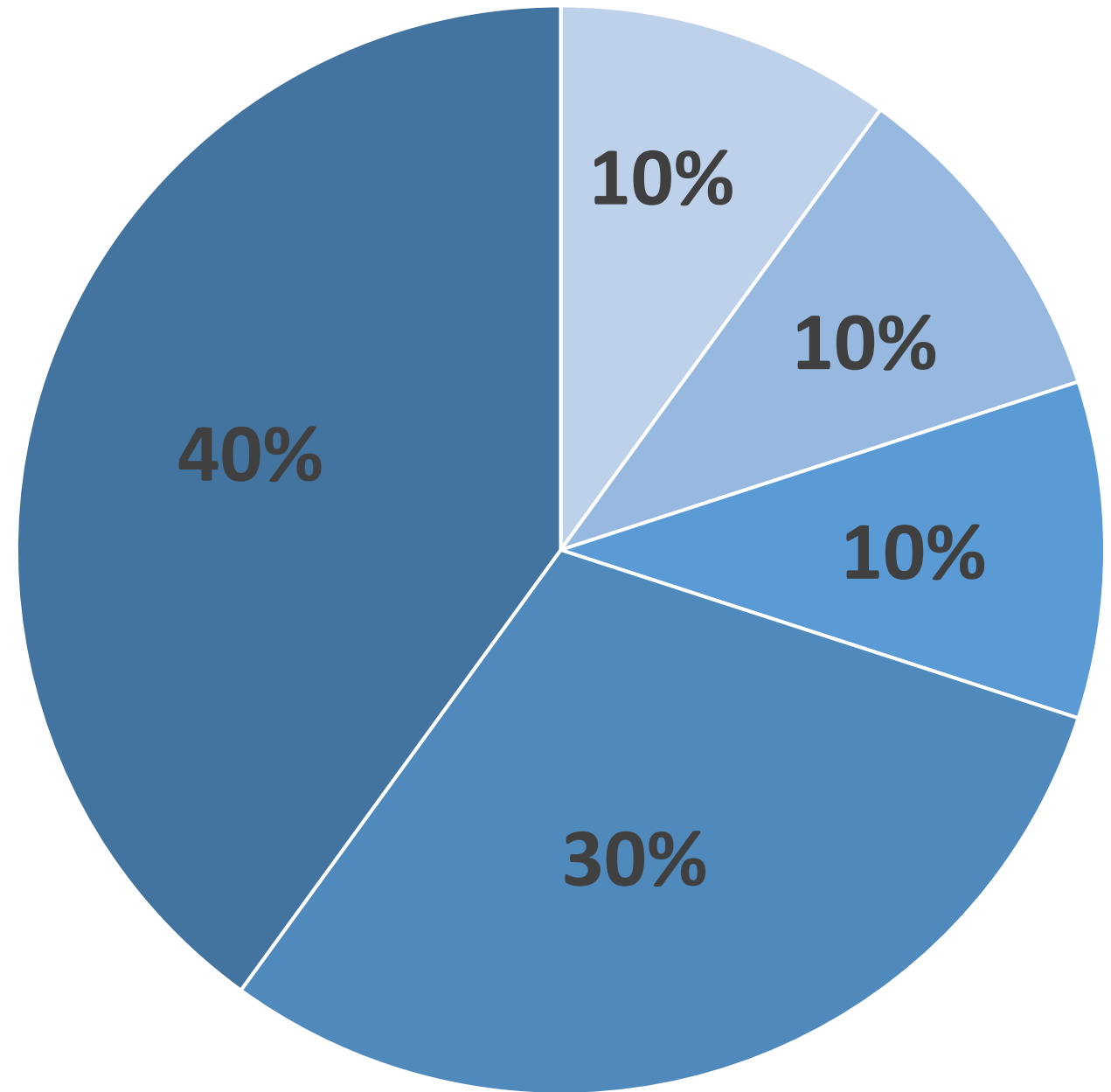
Genes & Biology

Social & Economic Factors

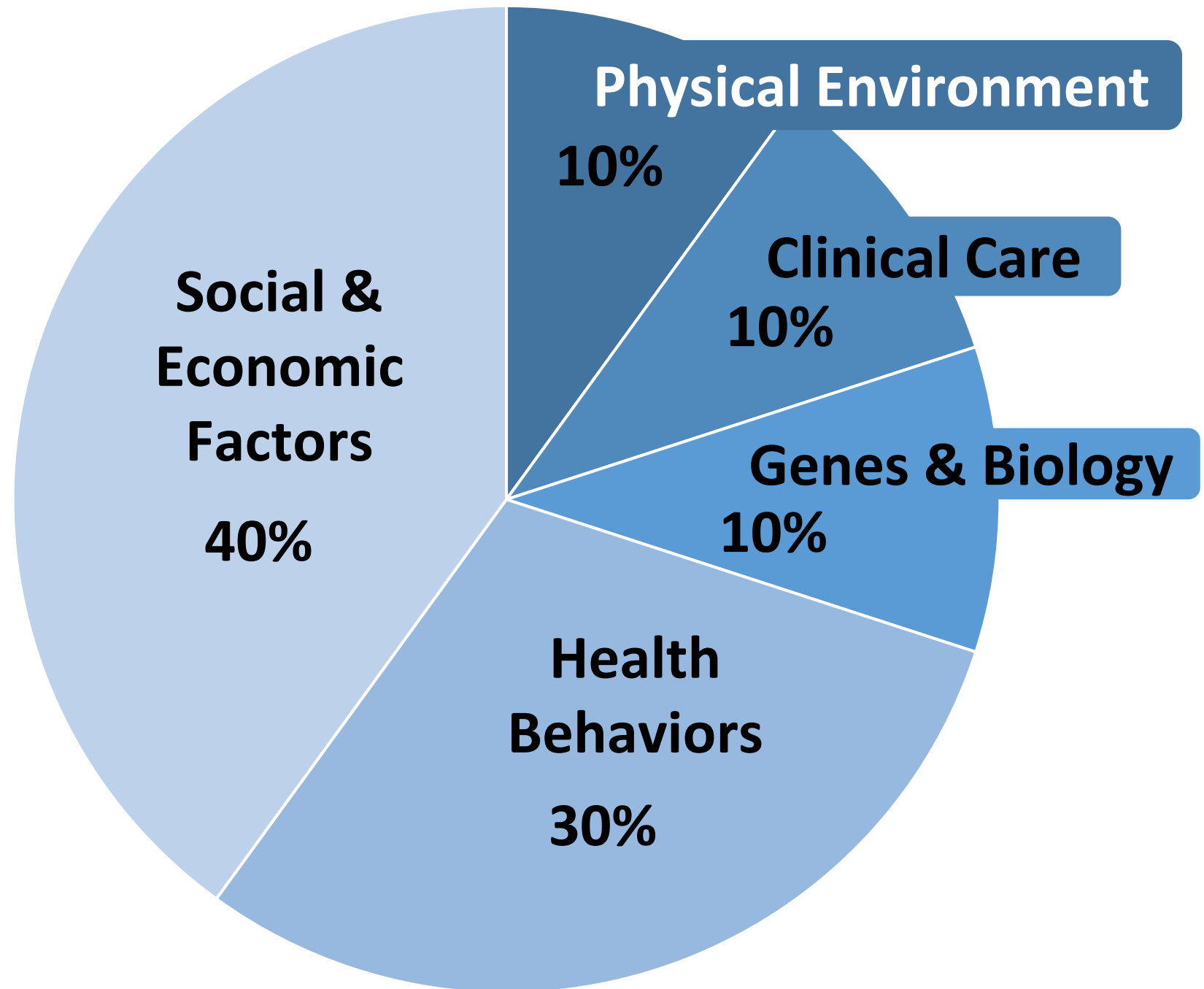
Health Behaviors

Clinical Care

Physical Environment



# What Impacts Our Health?





# What are Upstream Factors?<sup>9,11</sup>

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

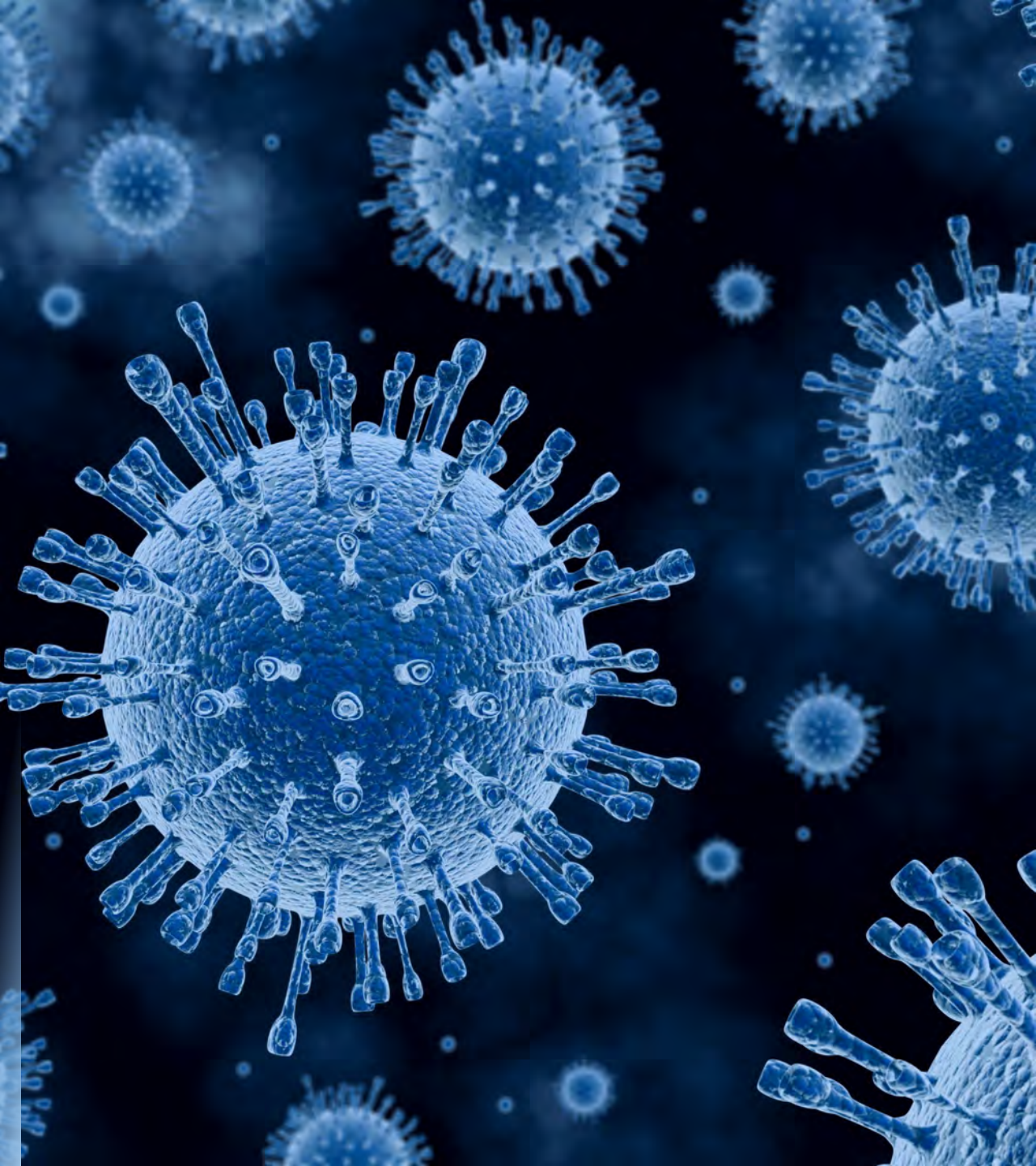
(County Health Rankings)<sup>6</sup>



# Chronic Disease Health Outcomes<sup>1,3,4,6,7,9,10,12</sup>

- 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<sup>1,3,4,6,7,9,10</sup>

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

# Mental Health Outcomes<sup>1,2,3,4,6,7,9,10</sup>

- 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)<sup>9</sup>

# Healthcare Access and Quality





# Healthcare Access and Quality

**Many people in the United States don't get the health care services they need<sup>1,6,7,9,11</sup>.**

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



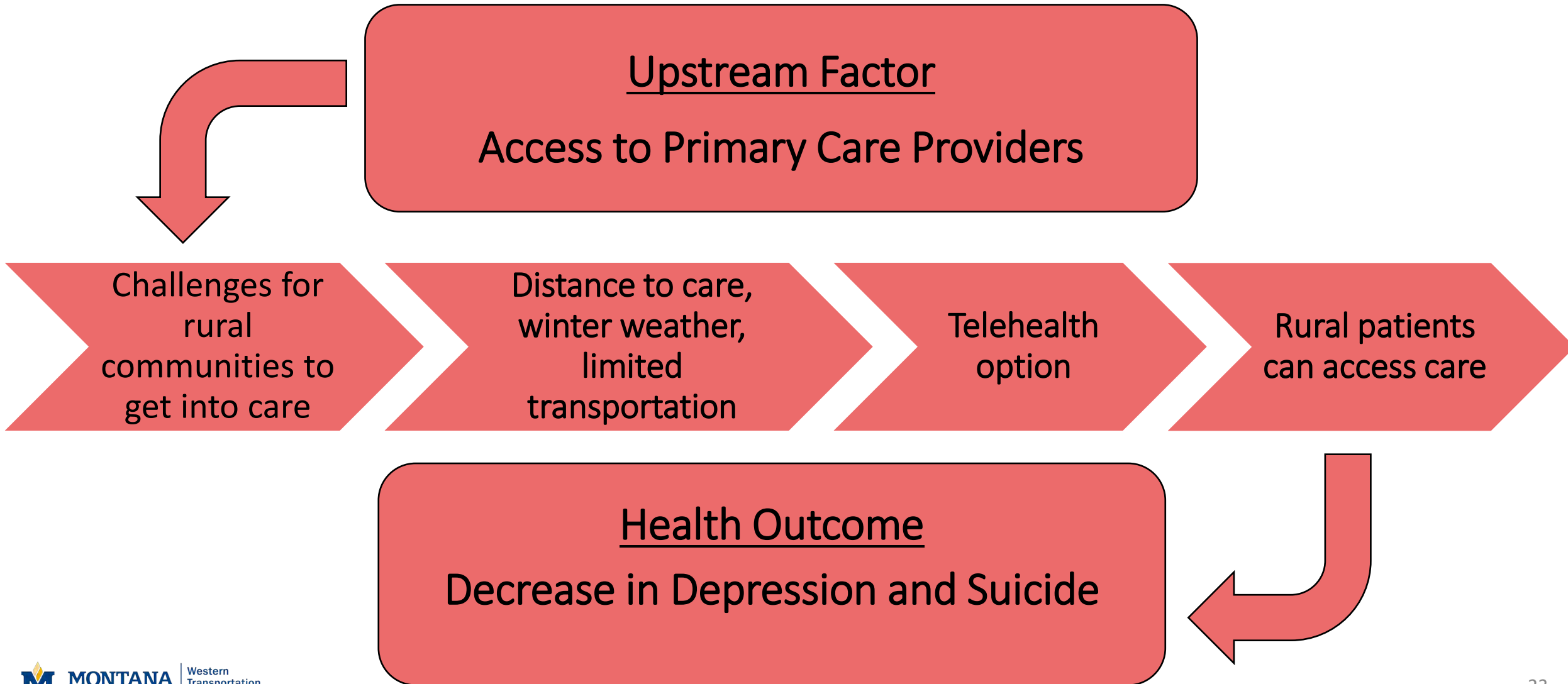
## Access to Primary Care

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

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



# Gallatin County





# Upstream Factor



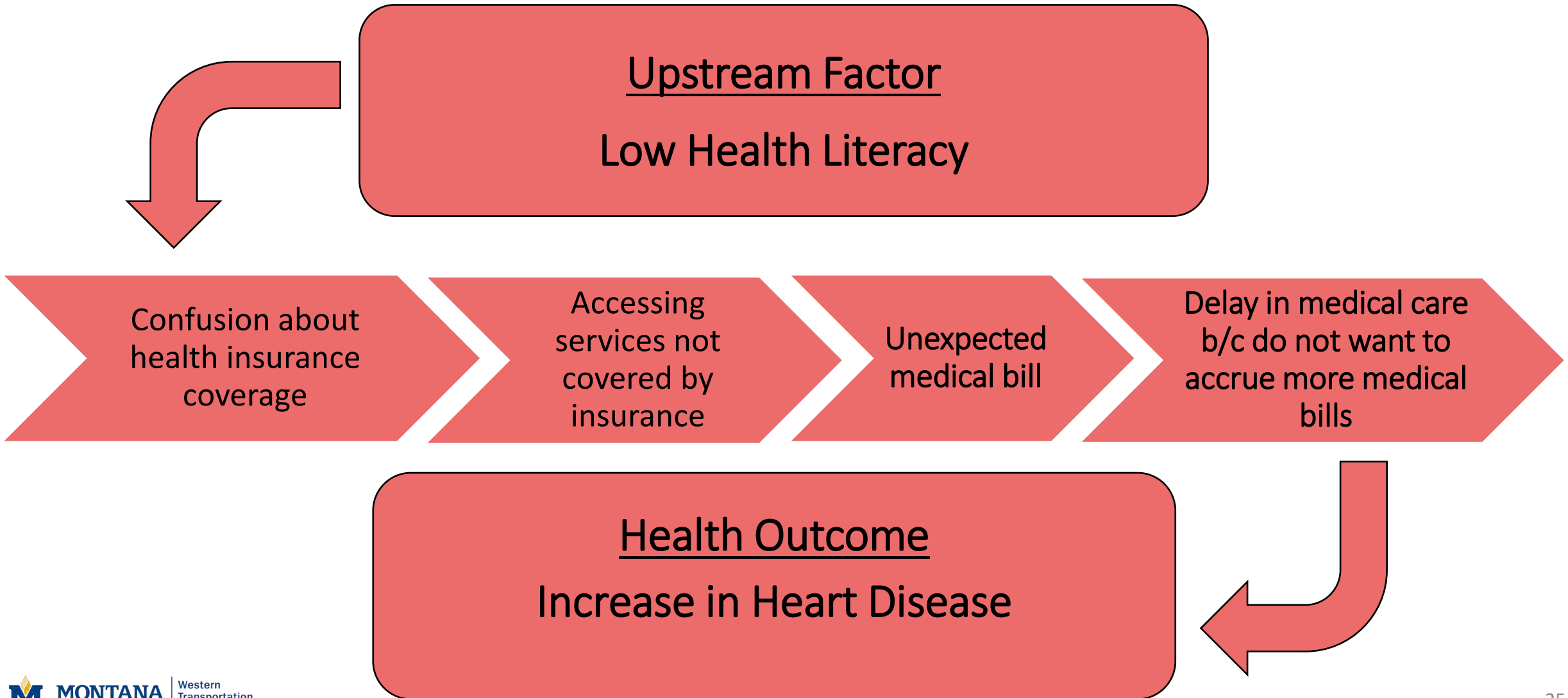
## Health Literacy

**“For Montanans, Health Literacy More Important Than Ever”**

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



# Gallatin County



# Upstream Factor



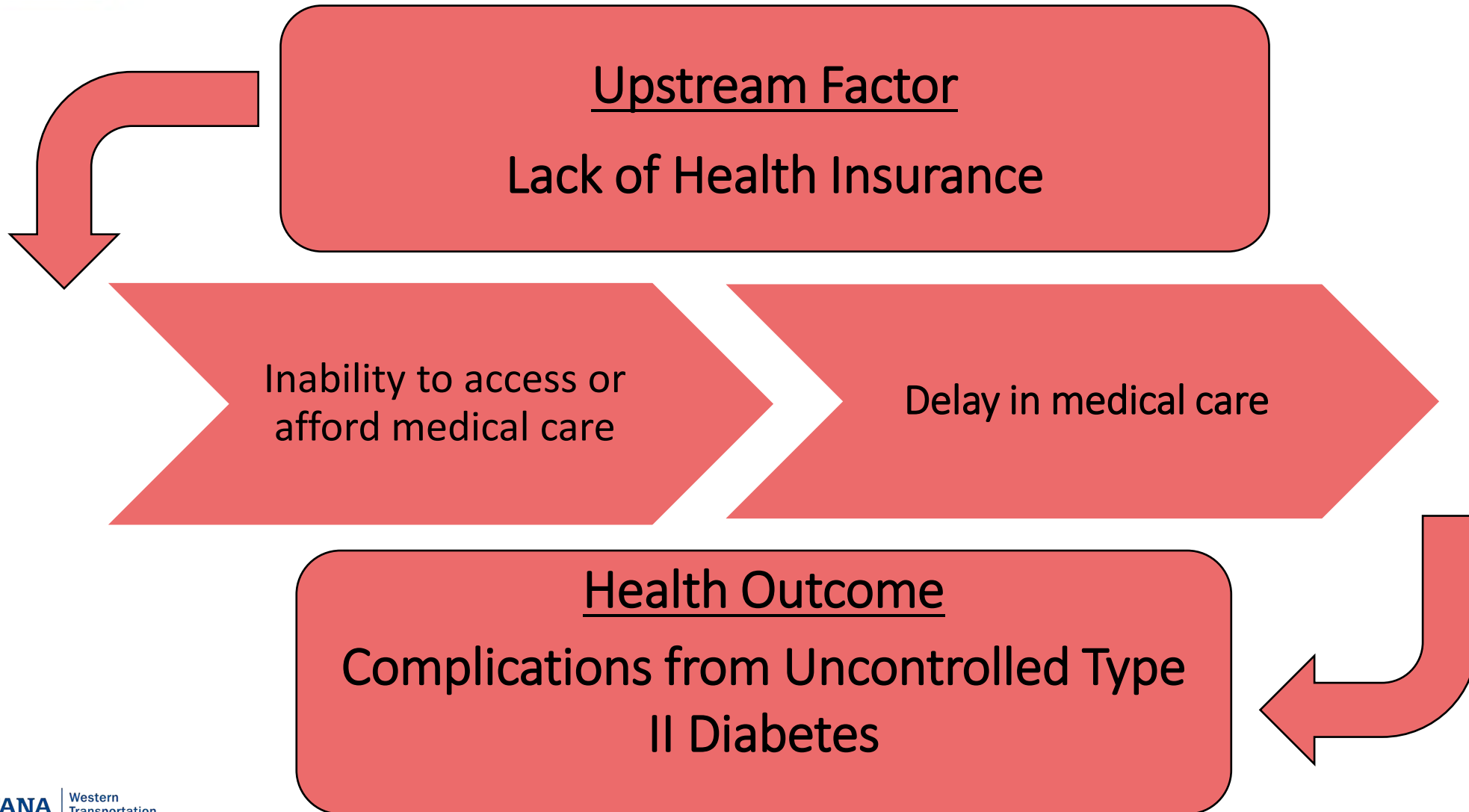
## Insurance Status

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

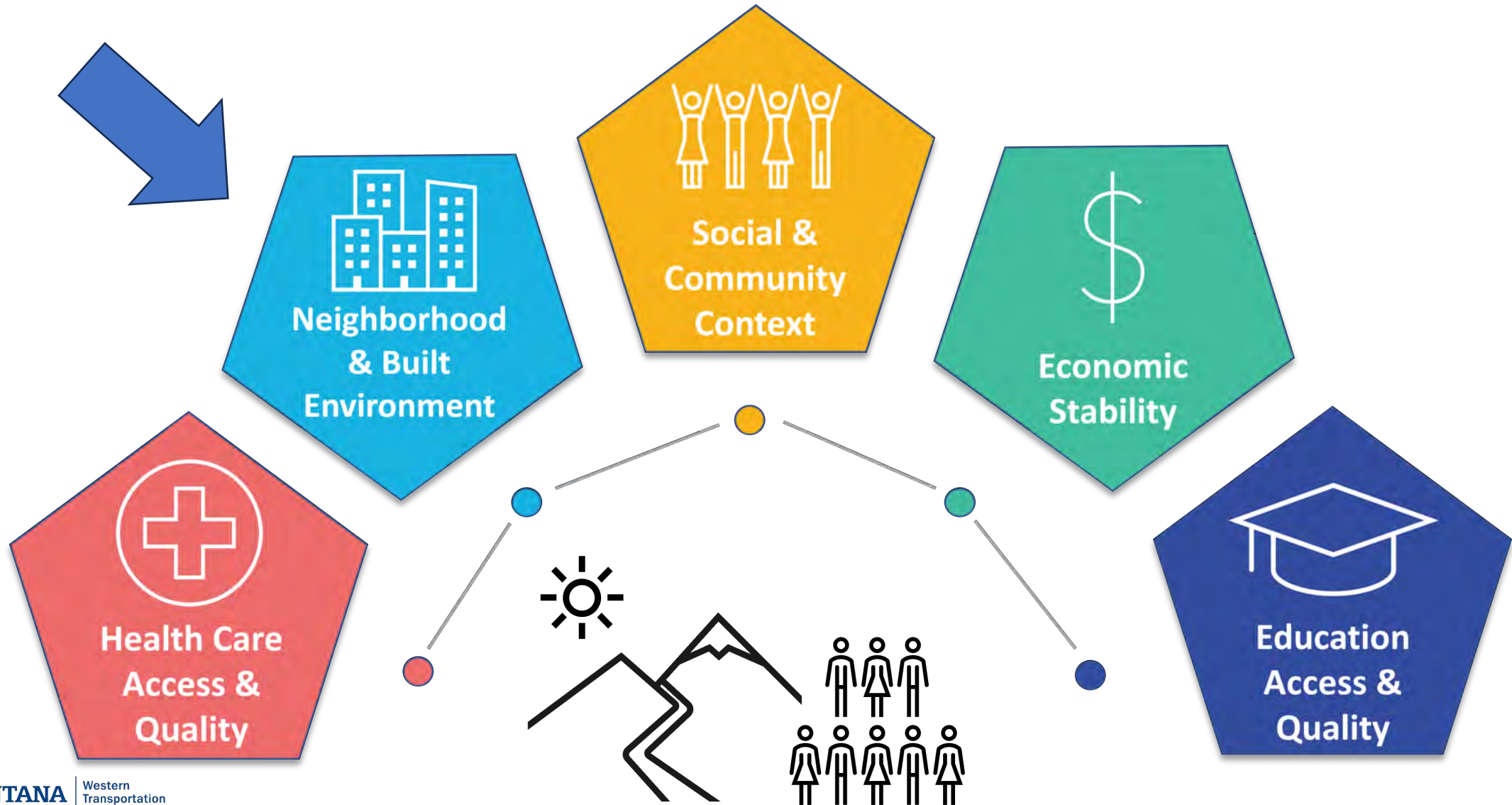
**Reported by KBZK on 11/28/2023**



# Insurance Status in Gallatin County



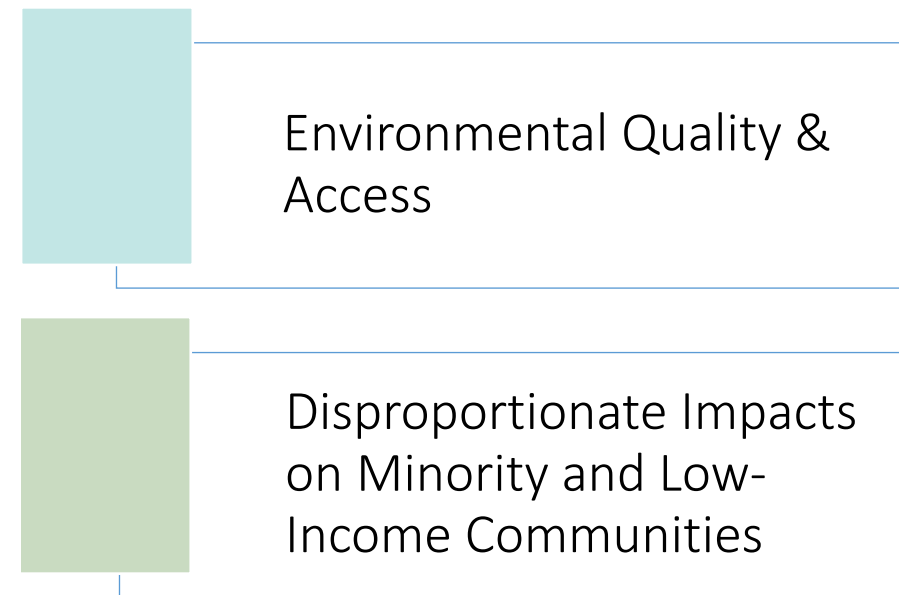
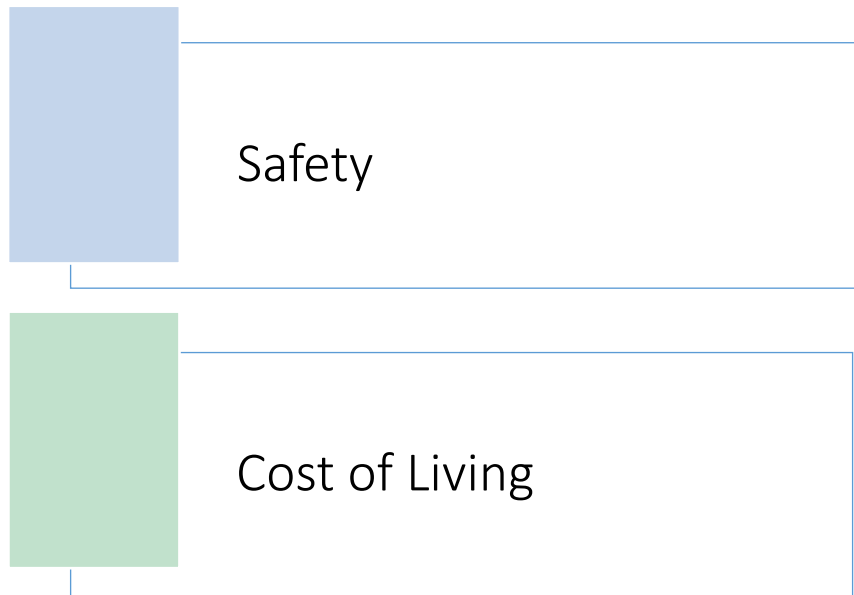
# Neighborhood and Built Environment





# 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<sup>1,6,7,9,11</sup>.**





# Upstream Factors in Gallatin County

**Environmental Conditions**

**Access to Care**

**Safety**

**Land Use**



# Upstream Factor



## Environmental Conditions

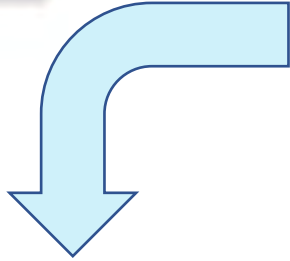
**“Train Derailment Leaves Mess in  
Yellowstone River”**

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



Neighborhood  
and Built  
Environment

# Gallatin County



Upstream Factor  
Environmental Conditions

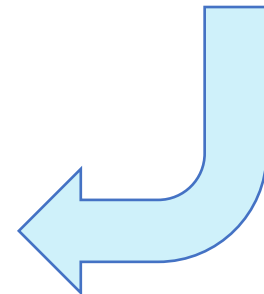
Train derailed  
carrying  
chemicals

Asphalt and molten  
sulfur spill into river  
water

Drinking water  
may contain  
unsafe levels of  
contaminant

Communities  
unwillingly consume  
contaminated water

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

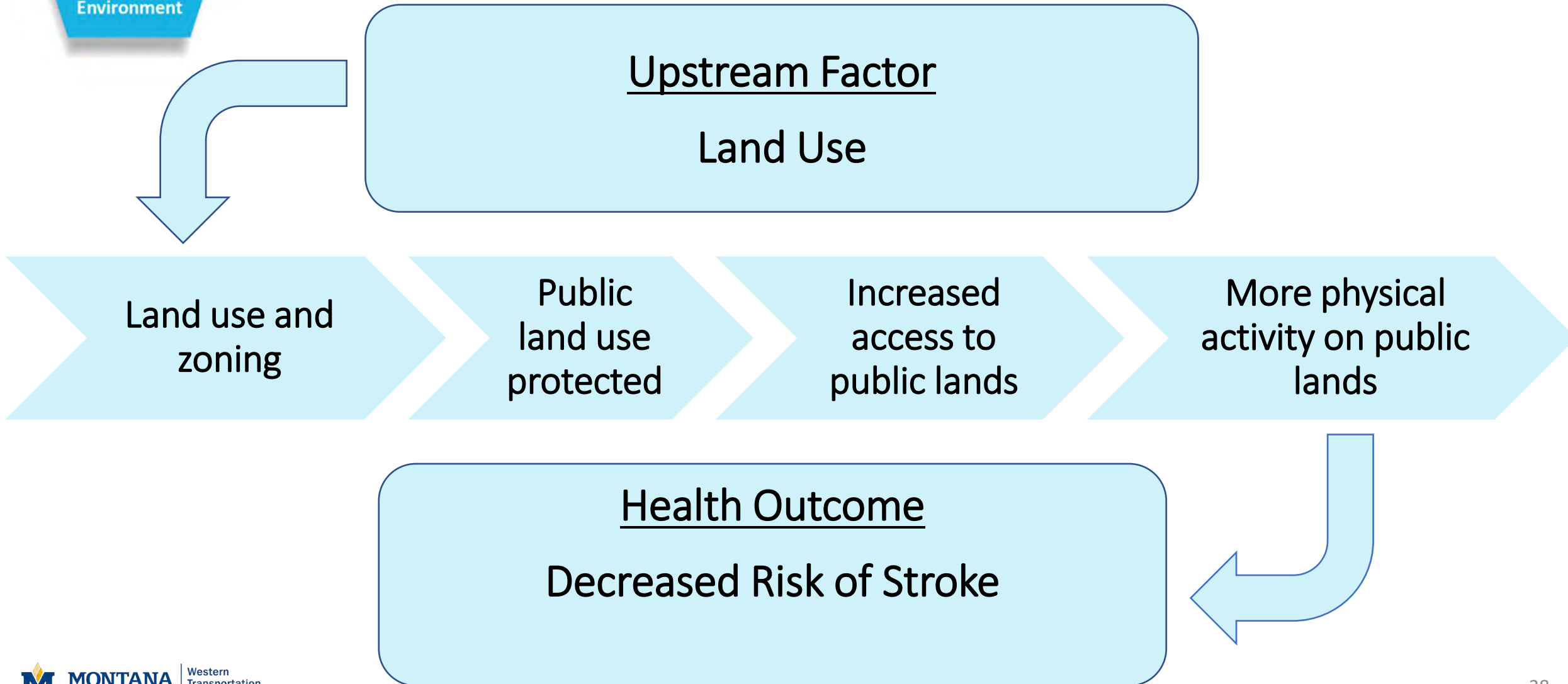


**“Safe Routes Partnership Selects HRDC to Help Improve Local Park Access”**

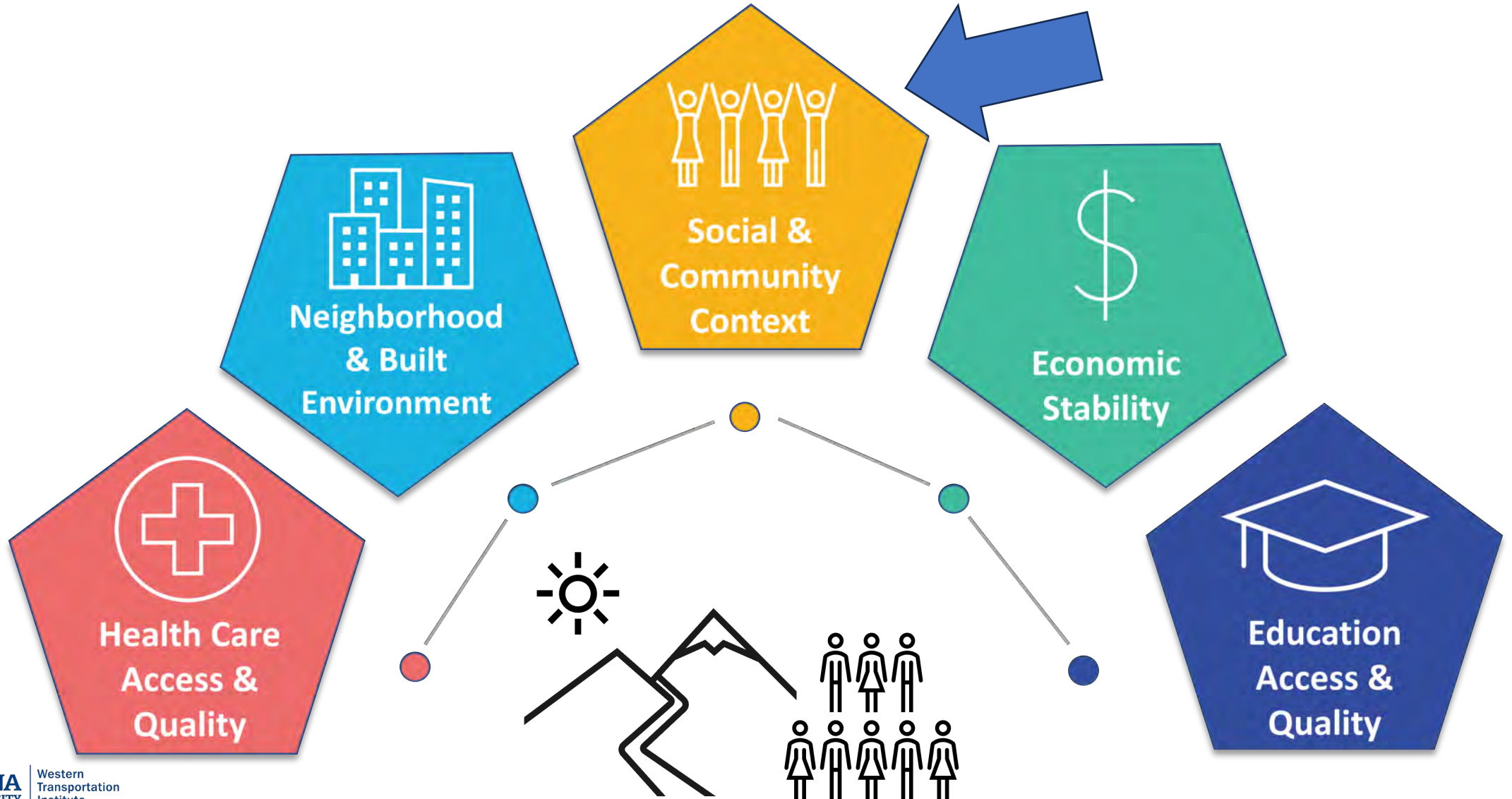
**Reported by Bozeman Magazine on  
5/30/2021**



# Gallatin County



# Social and Community Context





# Social and Community Context

**People's relationships and interactions with community can have major impact on health<sup>1,6,7,9,11</sup>.**

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

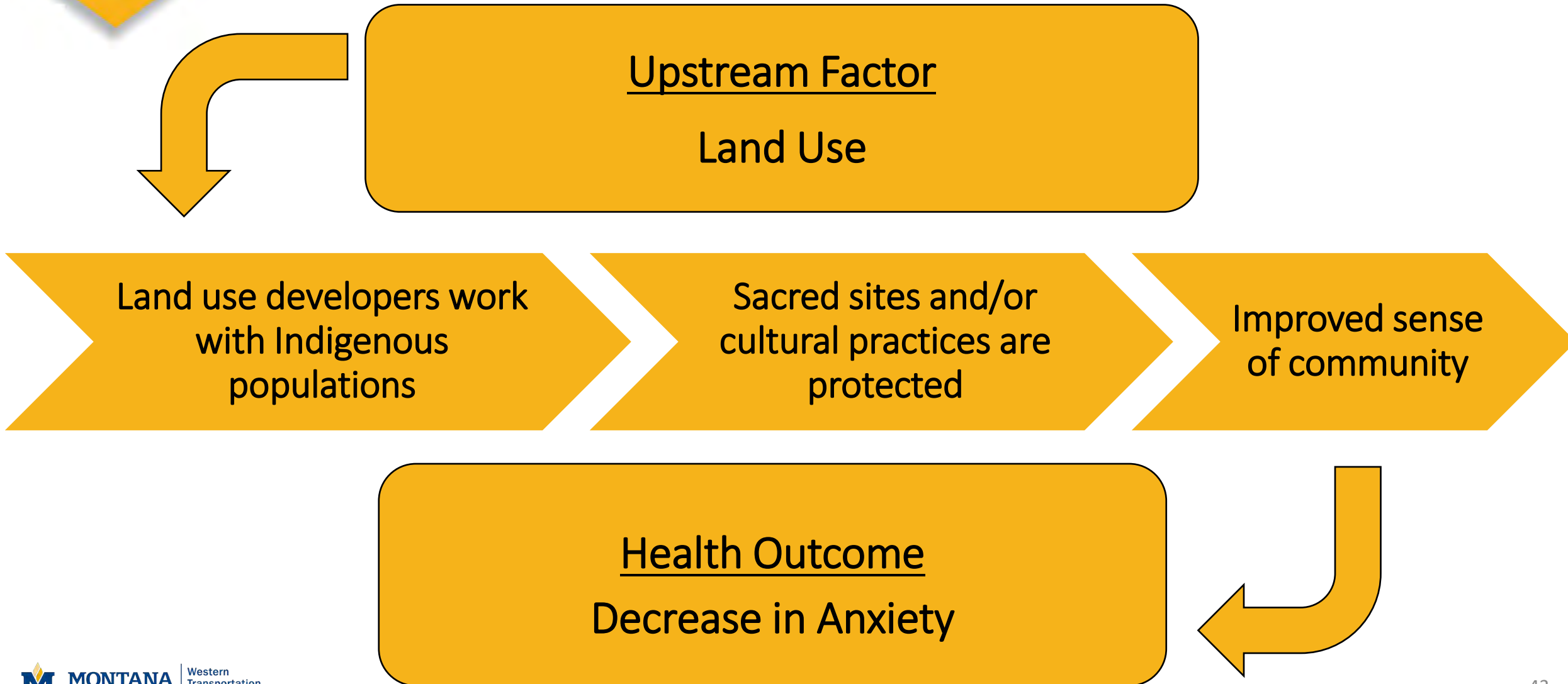


**“Crow Tribe Strives to Protect the Crazy Mountains”**

**Reported by KBZK on 6/10/2019**



# Gallatin County





# Upstream Factor



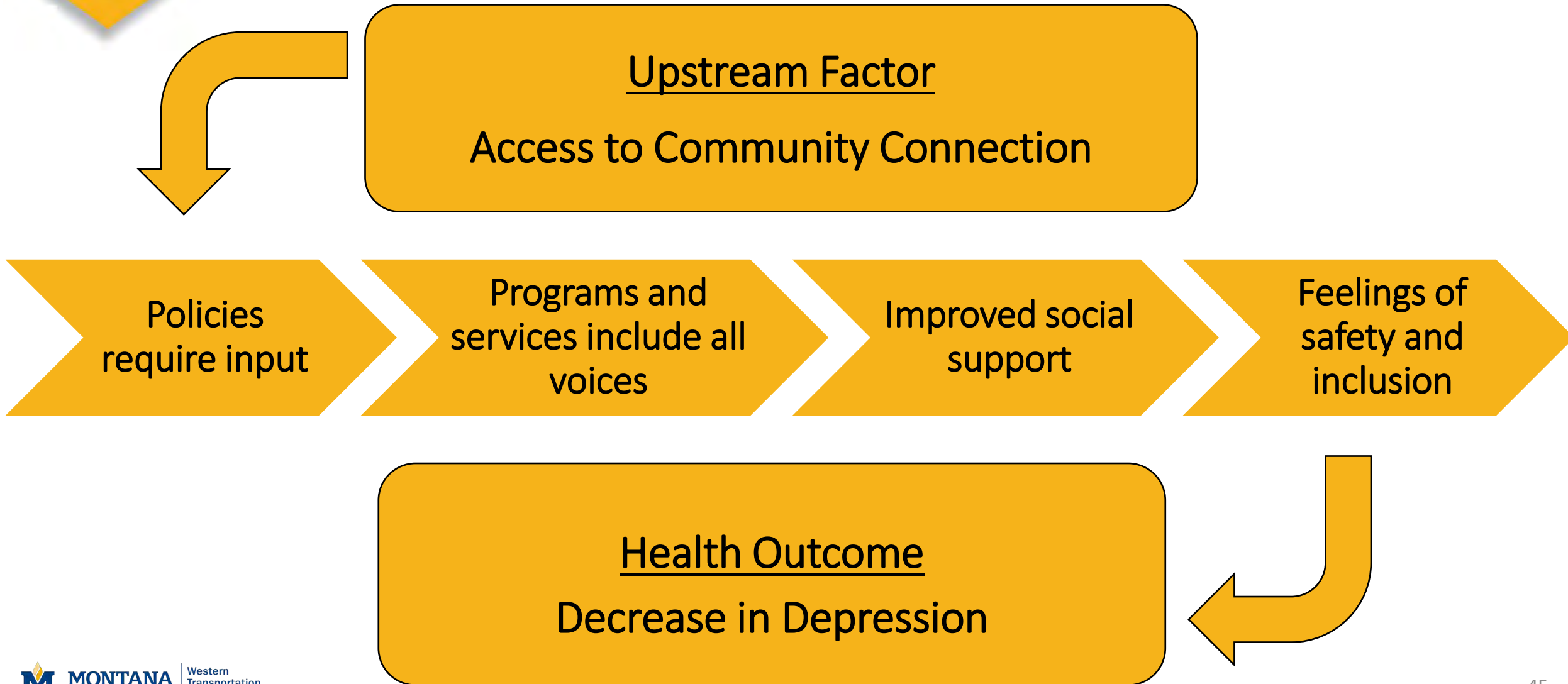
**Accessibility & Inclusion**

**Belonging in Bozeman Plan**

**Adopted by the City of Bozeman, January 2024**



# Social and Community Context





# Upstream Factor

## Policy & Legislation

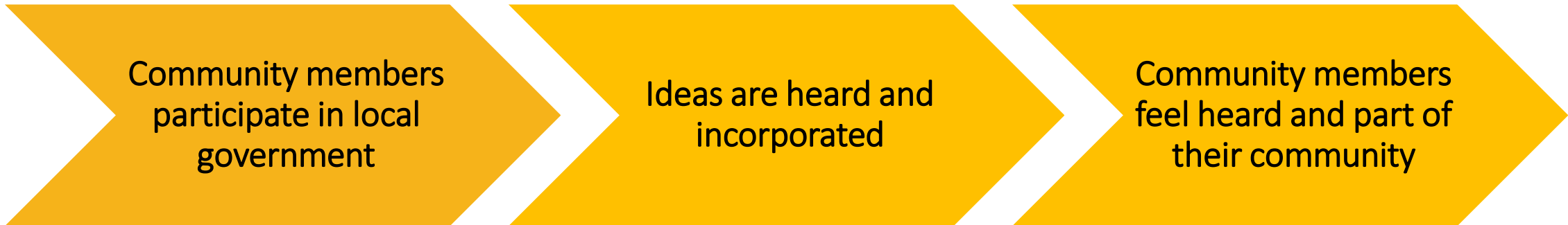


**“Helena Creates New Planning Commission as State Land-Use Law Moves Forward”**

**Reported by KTVH on 10/31/2023**



Upstream Factor  
Community Engagement in Policy and Legislation



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**

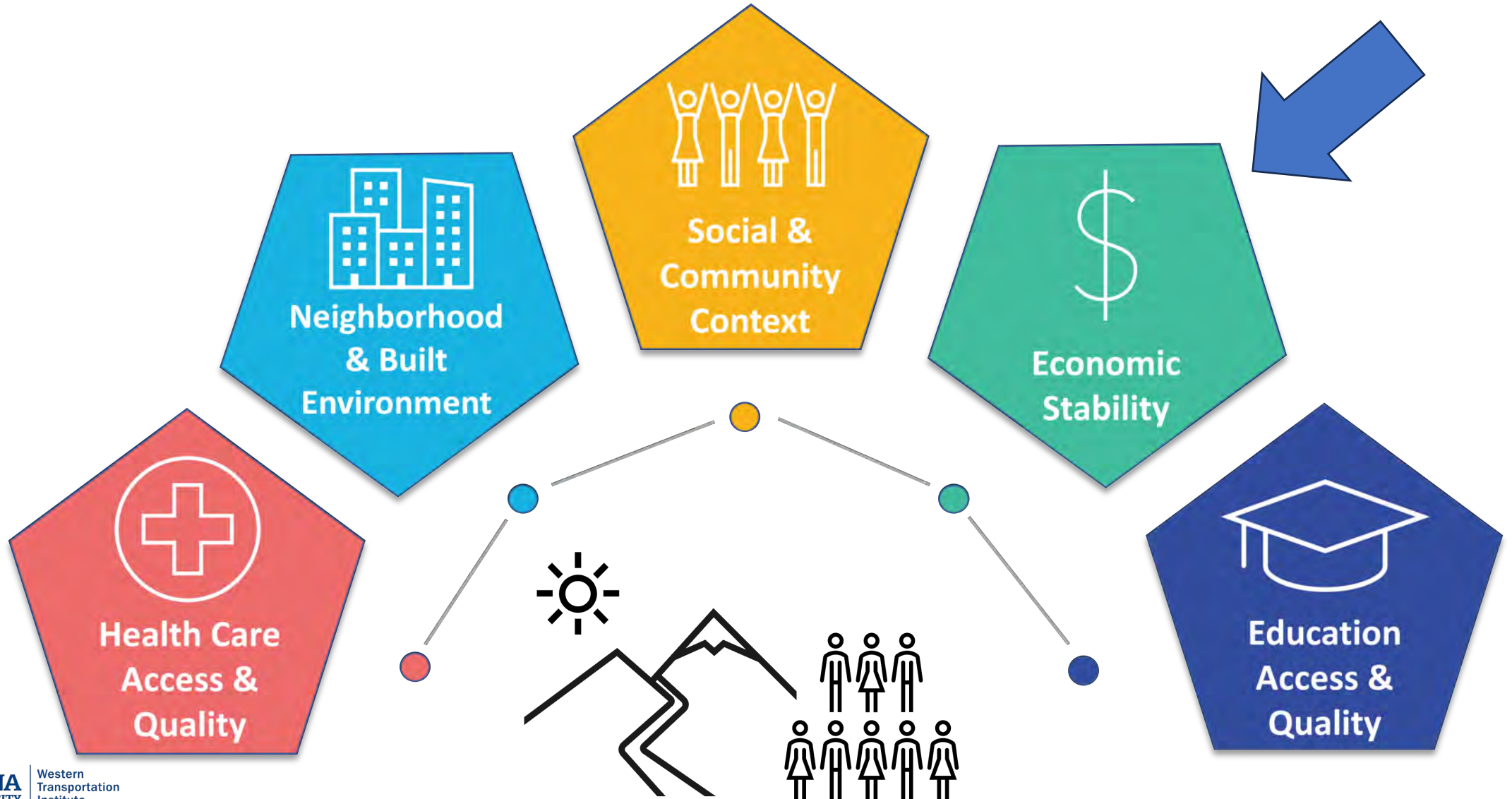


Upstream Factor  
Community Engagement in Policy and Legislation



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<sup>1,2,7,9,10,11</sup>.**

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



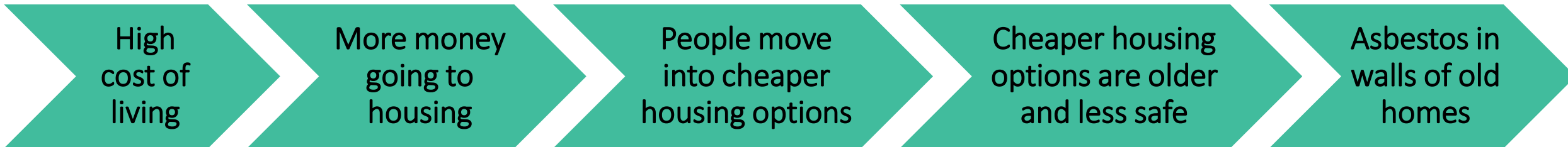
**Cost of Living**

**“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<sup>1,2,4,6,7,9,11</sup>.**

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



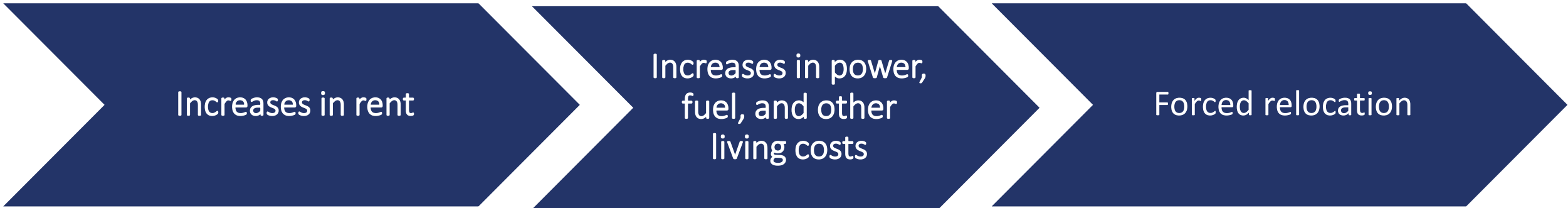
## Poverty/Economic Instability

**“Bozeman School District Seeing an Increase in Homeless Students”**

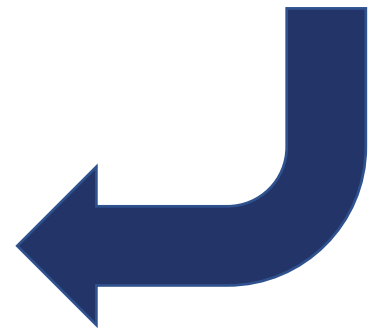
**Reported by KBZK on 12/20/2023**



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**



Upstream Factor  
Access to High Quality Educators



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



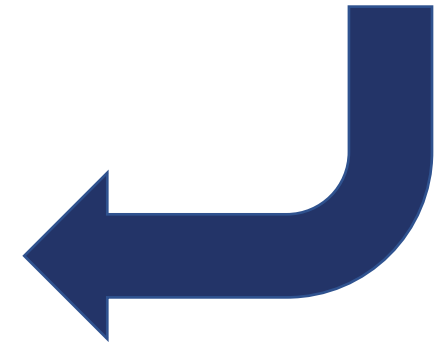
Upstream Factor  
Food Insecurity

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**



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

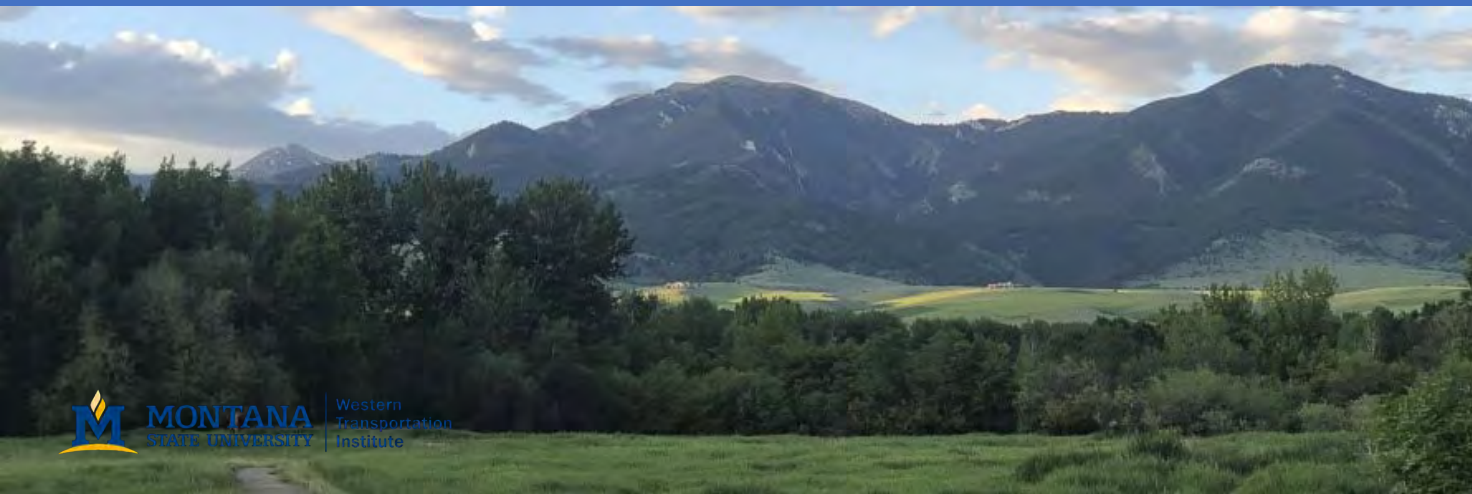
# Social Determinants of Health





Break!

# SDoH Activity

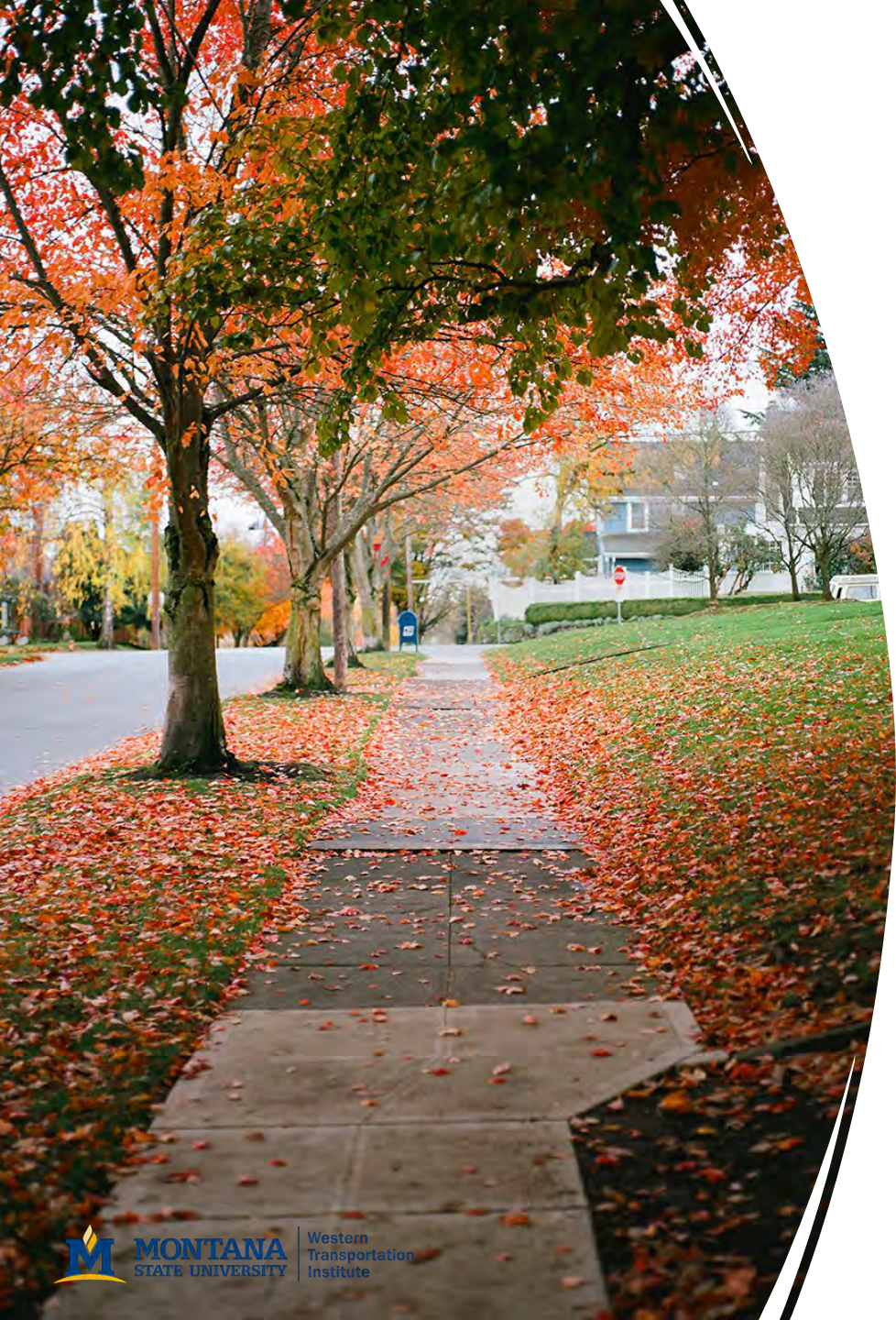


# Directions

---

- 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

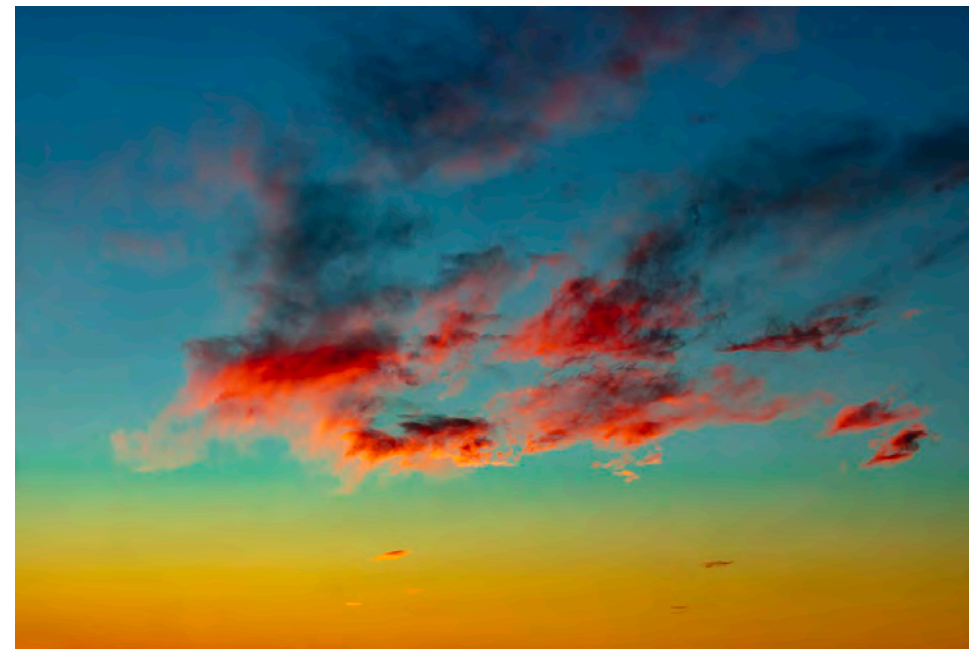
# Economic Stability

# Education Access and Quality

# Possible Community Solutions<sup>1,9,11</sup>



Let's hear what you  
have to say!

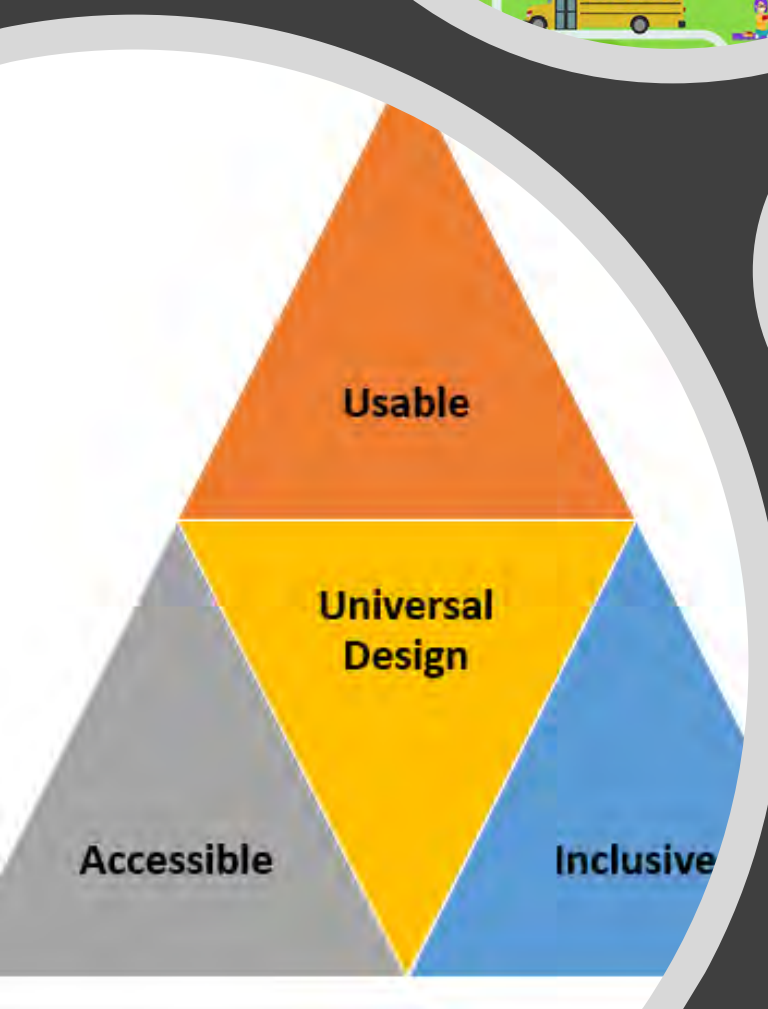


The sky is the limit...



# Community Resources

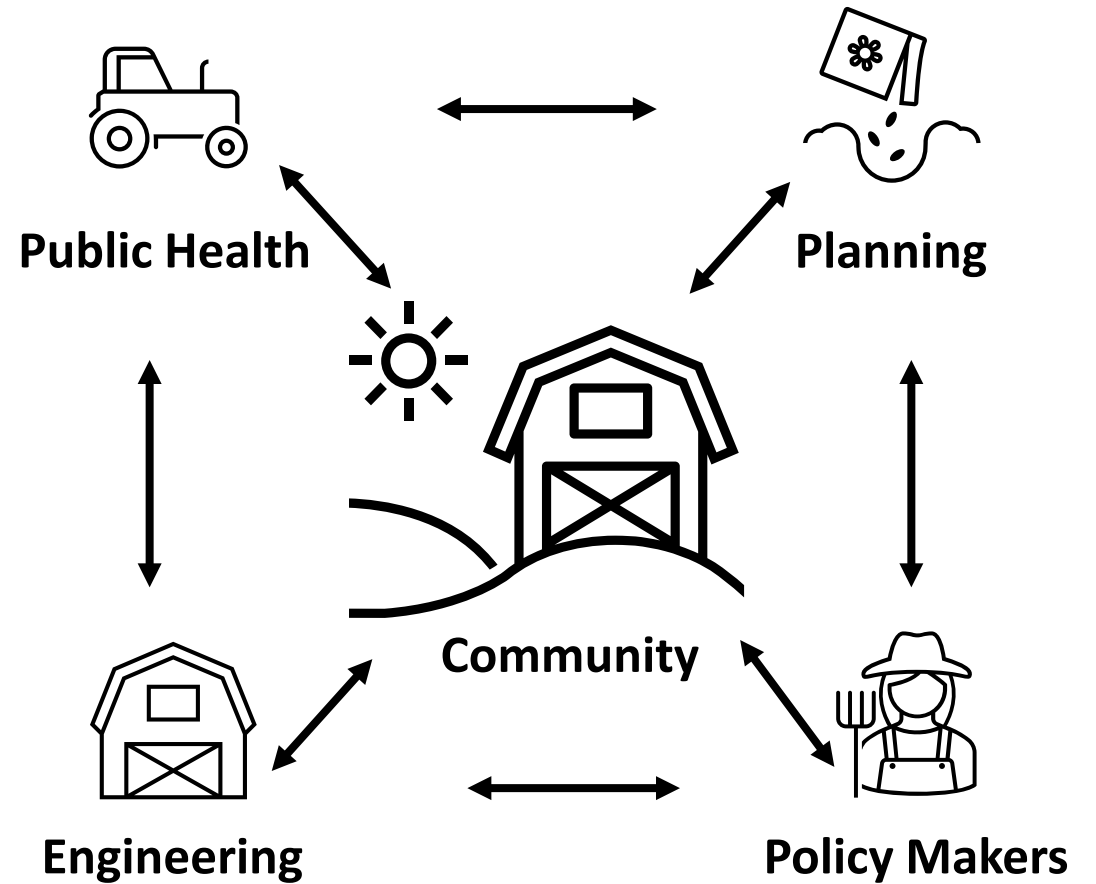
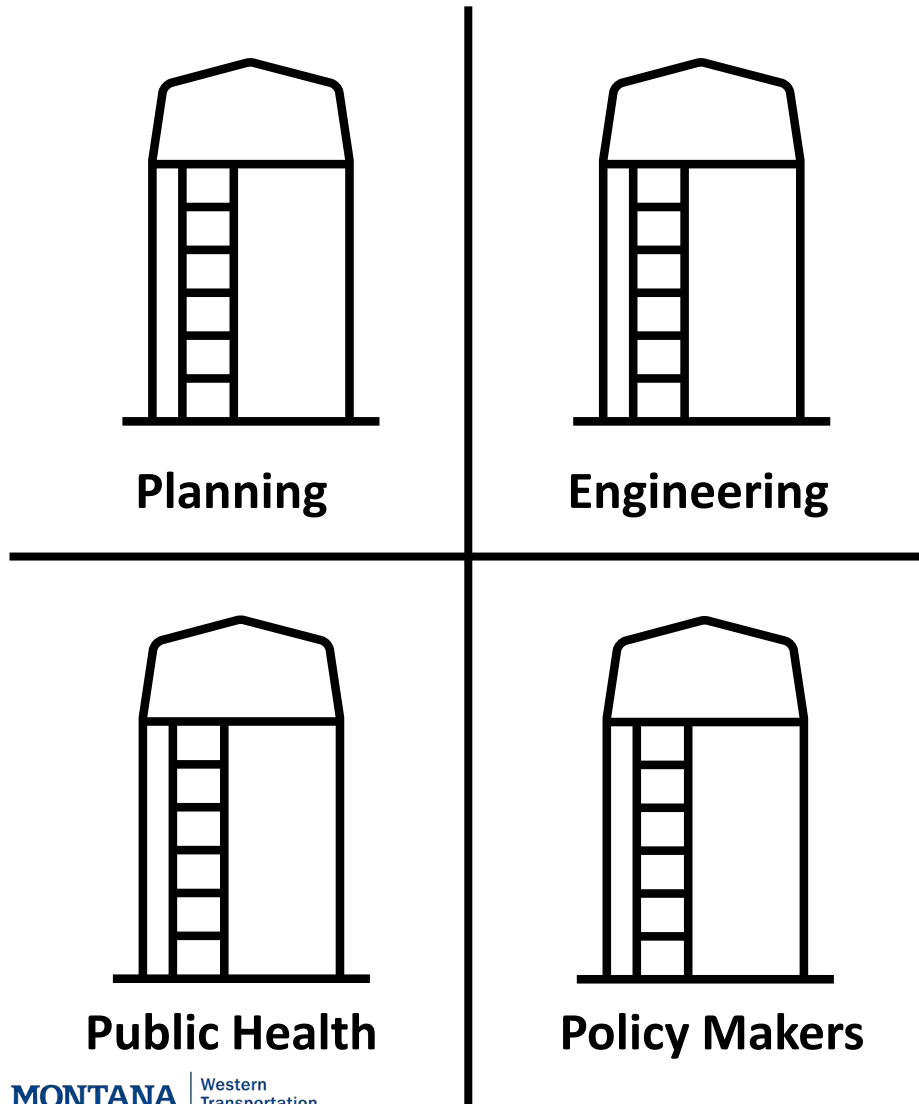
1. [2020 Community Health Needs Assessment](#) (Bozeman Health, Gallatin City-County Health Department, and Community Health Partners)
2. Human Resource Development Center [Community Needs Assessment & Impact Report](#)
3. [MSU Extension Statewide Needs Assessment](#)
4. [Montana Prevention Needs Assessment](#)
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

