A REVIEW OF THE NATIONAL GRANGE

A Community Resource with the Capacity to Increase the Reach of Public Health Promotion and Prevention Efforts in Rural Areas

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THE UNITED STATES HAS SOME OF THE LARGEST HEALTH DISPARITIES WORLDWIDE

Rural America

- Large and diverse
- Covers 75% of the United States
- Houses over 50 million people.

(Henning-Smith, C. et al., 2019)

Excess mortality in rural areas due to:

- Differences in health related behaviors
- Access to healthcare services
- Environmental conditions.

(Duothit, N., et al., 2015)
THE OREGON STATE GRANGE:
An affiliate of the National Grange of the Patrons of Husbandry

- National organization established in 1867
- Their mission “to educate farmers and their families and put an end to their extreme isolation”

(Finneran, H.T., 1964)
HOW CLOSELY DO OUR MISSIONS ALIGN?

American Public Health Association
(American Public Health Association, 2019)
- Works to advance the health of all people and all communities
- Seeks to improve the health of the public and achieve equity in health status
- Provides a science-based voice in policy debate and change

National Grange of the Patrons of Husbandry
(National Grange, 2019)
- Seeks the greatest good for the greatest number
- Provides resources to individuals in crisis
- Strives to advance the cause of education by all just means
WHAT GRANGES ‘BRING TO THE TABLE’

Image 8: Warner Grange #117

Image 7: Boring-Damascus Grange #260

Image 9: Marys River Grange #685
GRANGE HALLS PROVIDE:

➢ Meeting spaces
➢ Classrooms
➢ Kitchens
➢ Restrooms
➢ Garden education areas
WHERE CAN WE FIND GRANGES IN OREGON?

Image 12: Google Map Oregon Granges, McBride, 2019)
PURPOSE OF OUR RESEARCH

➢ To conduct a scoping study

A SCOPING STUDY DEFINED

➢ Preliminary assessment of potential size and scope of research literature (Grant et al., 2009)

➢ Contextualize knowledge by identifying what we know and do not know, and then setting this within policy and practice contexts (Anderson et al., 2008)
THEORETICAL FRAMEWORK AND METHODS

Our theoretical framework has three foundations:

➢ The social ecological model
➢ Healthy People 2020 SDOH
➢ Place-based disparities
METHODS

- Searched PubMed, Sociological Abstracts, Web of Science and PAIS databases

RESULTS REJECTED (Grange establishment and early history)

- Met with state Grange officers to gauge interest
- Searched gray literature made accessible by Oregon State Grange
Good Day Magazine (National Grange Publication)

- Published quarterly
- Each issue ~ 80 content pieces (editorials, articles and advertisements)
- We examined 7 issues from Jan 2017 to April 2019 (560 content pieces)
- Approximately 54% focused on issues of public health
The Bulletin
(Oregon State Grange Newsletter)

- Published six times per year
- Each issue ~ 60 content pieces
- We examined 47 issues from February 2012 to May 2019 (2460 content pieces)
- Approximately 29% focused on issues of public health
Healthy People 2020
Five Determinant Areas of the SDOH

- Health & Health Care
- Social & Community Context
- Education
- Economic Stability
- Neighborhood & Built Environment

(Each content piece with a public health theme was coded into one of the five determinant areas.)
HEALTH & HEALTH CARE

- Access to Health Care
- Access to Primary Care
- Health Literacy
- Access to Mental Health

Oregon: Health & Health Care
- Access to Health Care: 18%
- Access to Primary Care: 23%
- Health Literacy: 40%
- Access to Mental Health: 19%

n=165

National: Health & Health Care
- Access to Health Care: 7%
- Access to Primary Care: 28%
- Health Literacy: 44%
- Access to Mental Health: 21%

n=43
Marys River Grange earns national award for 2nd straight year

Marys River Grange submitted for national review a recap of activities from July 2018 through June 2019, including hosting a low-cost medical clinic for farm workers, hosting several Oregon low-cost medical clinic for farm workers, hosting several Oregon Humanities Conversation Project events, conducting a plant sale and seed swap to benefit Philomath Community Services, conducting a Harvest Festival, community game and movie nights and cleanup of an adopted stretch of Highway 34.

Image 17: Marys River Grange hosts low-cost medical clinics for farm workers.

Image 18: Cuddle Cots temperature controlled beds maintain body temperatures of still born infants.

Image 19: Good Day Fall 2018
SOCIAL & COMMUNITY CONTEXT

- Social Cohesion
- Civic Participation
- Discrimination

**Oregon: Social & Community Context**

- Social Cohesion: 81%
- Civic Participation: 6%
- Discrimination: 13%

**National: Social & Community Context**

- Social Cohesion: 88%
- Civic Participation: 9%
- Discrimination: 3%

Sample Size:
- Oregon: n=187
- National: n=65
Buell Grange #637 To Host Free Discussion About Urban – Rural Tensions In Oregon

Every state has a legacy of truths—stories residents tell to explain why things are how they are. When those truths conflict, as they inevitably do, the result is political, social, and cultural tension. In Oregon, tensions manifest themselves as wet versus dry, the valley versus the east side, and, perhaps most fundamental, urban versus rural. What are the ties that bind, or could bind, urban and rural communities to a common future?

This is the focus of “Toward One Oregon: Bridging Oregon’s Urban and Rural Communities,” a free conversation with Ethan Seltzer and Bruce Weber on Saturday, April 11, 2015 at 4:30 p.m. at Buell Grange, located at 5970 Mill Creek Road, just north of Highway 22 between Mile Post 4 and Mile Post 5, in Polk County, Oregon. This program is hosted by Buell Grange and sponsored by Oregon Humanities.
EDUCATION

➢ Early Childhood Education & Development
➢ High School Graduation & Higher Educational Attainment
➢ Community Education

Oregon: Education

- Early Childhood Education & Development: 26%
- High School Graduation & Higher Education: 40%
- Community Education: 34%

n=178

National: Education

- Early Childhood Education & Development: 45%
- High School Graduation & Higher Education: 52%
- Community Education: 3%

n=65
IT'S IN YOUR POWER. HELP REDUCE FOOD WASTE.

PLAN YOUR MENU & MAKE A STORE LIST
Take a minute to think through your week - will you cook each day? Will there be a night for leftovers? What will be served with each meal? Planning helps to curb purchasing excess items that just become waste. With a list, you’re also less likely to impulse buy (saving money and the potential for items that will end up in your trash).

CHECK YOUR RECIPES & YOUR CUPBOARDS
Know how much of each item your recipes call for and see if you have something already on hand that you can use or substitute (you never know what a little tweak of ingredients may add to your beloved dishes). If you can, cross unnecessary items off your grocery list. You may also be able to avoid the dreaded half-used container by choosing a second recipe for the week that will allow you to use the rest of the product or buy a more appropriate size.

BE SELECTIVE AT THE STORE
If you’re going to use produce right away, a bump or ding may be OK, and you may be the only one to see the product’s value and save it from becoming waste. But, if it is for use later in the week, that bruise may lead to rot, and you’ll end up throwing it away. If you think you may not use all of the product or may not get to make the meal you’re planning, choose a product with an expiration date farther in the future.

START WITH SMALL HELPINGS
You can always add more to your plate, but scraping uneaten food upon and often finds its way to the garbage instead. You may even save more food, you’ll also have to assess if you are still hungry, and it could be less leftovers.

SHARE, REPURPOSE OR STORE
Have food left over after preparing lunch leftovers for your family? Consider asking a coworker if they’d like a homecooked leftover or open from a meal already prepared, add it as another side option or even share. Freeze or store food that won’t be eaten before it matures for someone else’s diet, not someone’s trash.

STICK TO YOUR MEAL PLAN
If you purchased food for six dinners but decide to skip one, you may risk the risk of letting food spoil.

TALK TO YOUR HOUSEHOLD
Don’t stock up on items that no one will eat. Know what people in your household will eat and avoid purchasing perishable items at times when they won’t be used.

Sticky harvest from rooftop hives

Tigard Grange Delivers Dictionaries
On December 1 Tigard Grange #148, Washington County, delivers Dictionary to several third grade students at Metzger Elementary School in the Tigard-Tualatin School District as part of the “Words for Thirdders” program. After receiving their dictionaries, the students wrote personal handwritten thank you notes to the Grange.
ECONOMIC STABILITY

➢ Housing Stability
➢ Food Stability
➢ Energy
➢ Internet Connectivity
➢ Poverty & Employment
ECONOMIC STABILITY

HOW ARE YOUR NEIGHBORS DOING?

6.9 MILLION RURAL AMERICANS LIVE BELOW THE POVERTY LINE
15% OF RURAL HOUSEHOLDS STRUGGLE WITH FOOD SECURITY

Image 25: Good Day Spring 2017

Image 26: Good Day Spring 2017

Image 27: Clarkes Grange Aid Habitat for Humanity
NEIGHBORHOOD & THE BUILT ENVIRONMENT

- Environmental Conditions
- Water
- Access to Areas for Healthy Behavior
- Public Safety
- Reduced Rural Services
NEIGHBORHOOD & THE BUILT ENVIRONMENT

FOCUS: HONEY BEES

Image 28 & 29: The Bulletin Aug 2018
Bailey Barks!

How are your New Year resolutions going? Did you resolve to walk the Dog more? You do know you should have, right? Getting more exercise should be at the top of everyone’s list and what better way to do that than by walking with your best furry friend!

According to MedicineNet.com (yes, Mom helped with the computer stuff) the top ten reasons to walk are:

1. Walking prevents type 2 Diabetes – just walking 2-1/2 hours each week can reduce your risk by 58%.
2. Walking strengthens your heart if you are male.
3. Walking strengthens your heart if you are female.
4. Walking is good for your brain.
5. Walking is good for your bones.
6. Walking helps alleviate symptoms of depression.
7. Walking reduces the risk of breast and colon cancer.
8. Walking improves fitness.
9. Walking in short bouts improves fitness too!
10. Walking improves physical function.

Hippocampus says you’ll need a best mate to walk, along with your furry friend! Woof, woof!

Mom’s information website provides more details. Check with your own doctor before starting any new exercise routine, no matter what Bailey says!
Lookingglass Grange Farmers’ Market Selected to Participate in OSU Food Hero Program

The Lookingglass Grange #927, Douglas County, Farmers’ Market is participating in the free, Food Hero Passport Program for Kids. Children ages 3 and up get a Food Hero Passport to receive stamps each week. They get a $2 voucher each week to spend on fruits and vegetables. There are activities and prizes, too!

Food Hero is a state-wide program through Oregon State University to get kids up to age eighteen to try fresh fruits and vegetables, enjoy an activity, and get a voucher that they can spend on fresh items or plants that produce fruits and veggies.
REFERENCES


**IMAGES**


Image 3: Retrieved from https://www.google.com/search?client=firefox-b-1-d&biw=1080&bih=533&tbm=isch&sa=1&ei=-qZtXeyXLNS40PEPksqEmAU&q=graphic+image+for+health+access&oq=graphic+image+for+health+access&gs_l=img.3...9963.18846..19130...0.0.117.1460.16j2......0....1.gws-wiz-img.......35i39j0i30j0i8i30j0i24.q4-h_X4VBkU&ved=0ahUKEwjs_IzjprPkAhVUHDQIHRIIAVMQ4dUDCAY&uact=5

Image 4: Retrieved from https://www.google.com/search?client=firefox-b-1-d&biw=1080&bih=533&tbm=isch&sa=1&ei=eKZtXZvlOdyT0PEPke-JyA0&q=graphic+image+for+health+related+behavior&oq=graphic+image+for+health+related+behavior&gs_l=img.1.0.35i39j12j0i6718.117630.125352.128529.2.0.0.68.384.7......0....1.gws-wiz-img......0.0j0i10.YV1P8u1FogE

Image 5: Retrieved from https://www.google.com/search?client=firefox-b-1-d&biw=1080&bih=533&tbm=isch&sa=1&ei=-qZtXeyXLNS40PEPksqEmAU&q=graphic+image+for+environmental+conditions&oq=graphic+image+for+environmental+conditions&gs_l=img.1.0.35i39.356305.356936.358405...0.0.108.341.3j1......0....1.gws-wiz-img._EjtQw6-T4c#imgref=dGcPOCrmAQjRiM:
Image 11: Interactive Grange Google Map http://orgrange.org/

Image 12: Community Development Retrieved from: https://www.google.com/search?client=firefox-b-1-d&biw=1080&bih=533&tbm=isch&sa=l&ei=lahtXZQM8rzQ8Q_S5Z74Aw&q=graphic+image+for+community+development&oq=graphic+image+for+community+development&gs_l=img.1.0.35i39.276329.278809.280195...3.0..82.805.13......0....1..gws-wiz-img......0j0i8i30j0i24j0i30.wuVsyd7BT5o#imgrc=H-HRA19AbNj8eM:

Image 13: Good Day Magazine Retrieved from: https://www.google.com/search?q=good+day+magazine&client=firefox-b-1-d&sxsrf=ACYBGNQKT1cQbfcp3k403gvyAnEbrS4z4g:l570994309883&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjelaPu-ZnlAhURuZ4KHeeDDHcQ_AUIEsg8&biw=2144&bih=1123#imgrc=Eeyda Plse7PoM:

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Image 15: Healthy People 2020 Five Determinant Areas of SDOH Retrieved from https://www.google.com/search?client=firefox-b-1-d&biw=1080&bih=533&tbm=isch&sa=l&ei=qZtXeyXLNS40PEPkqEmAU&q=graphic+image+for+social+determinant+areas&oq=graphic+image+for+social+determinant+areas&gs_l=img.3...18564.23205.23458...1.0..81.1455.25.....0....1..gws-wiz-img.img.im.1esoHFG_6A&ved=0ahUKEwjs_LjZprPkJrVuHDOQ1HRlIAVMQ4dUDCAY&uact=5#imgrc=jDm7rU_bH2fyprM: