

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**

Funded by: Northwest Center for Public Health Practice,
University of Washington School of Public Health

Lilly L. Anderson, MPH

Veronica L. Irvin, PhD, MPH

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October 14, 2019



Image 1

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)

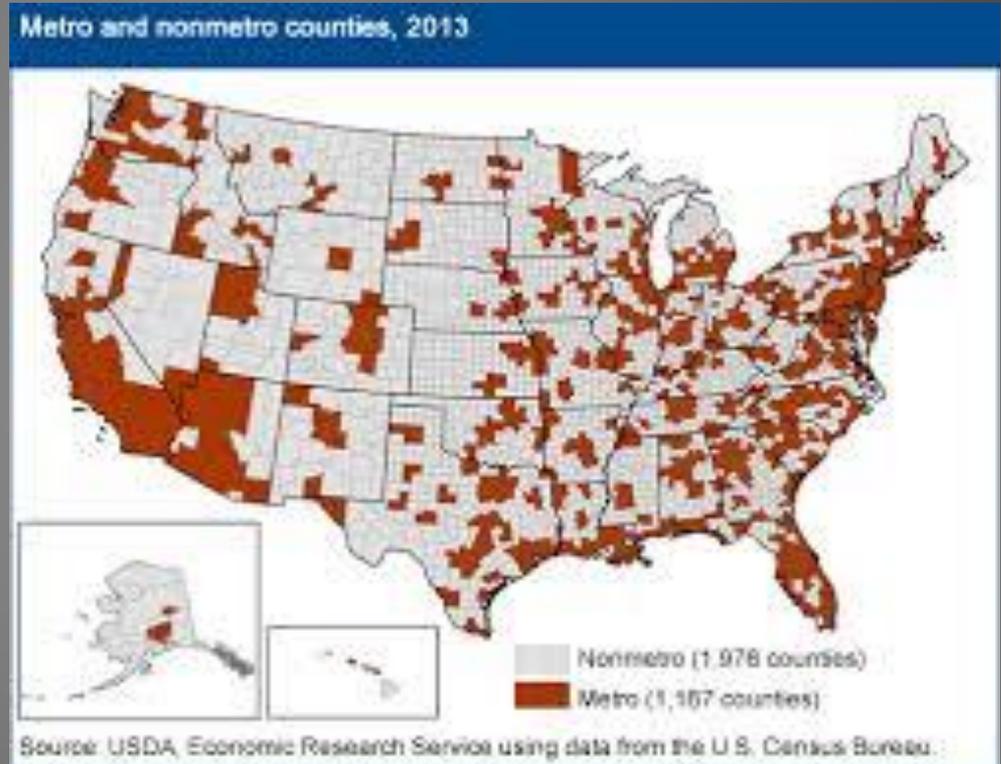


Image 2: USDA Economic Research Services Retrieved from: <https://www.rd.usda.gov/>

Excess mortality in rural areas due to:

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

(Duothit, N., et al., 2015)



Image 3



Image 4



Image 5

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)



Image 6: Willamette Grange #52

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



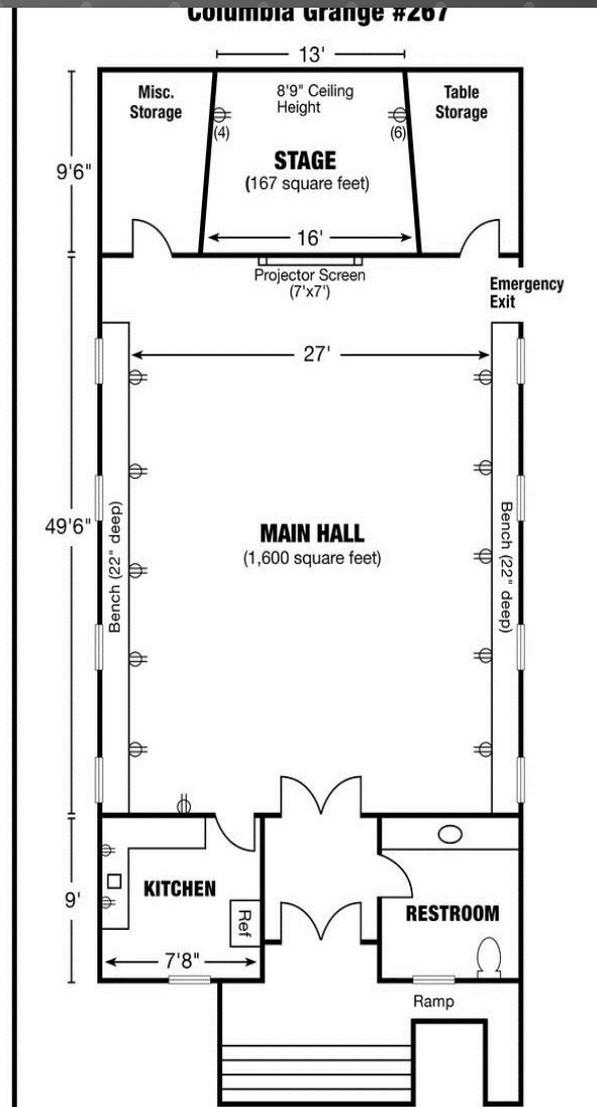
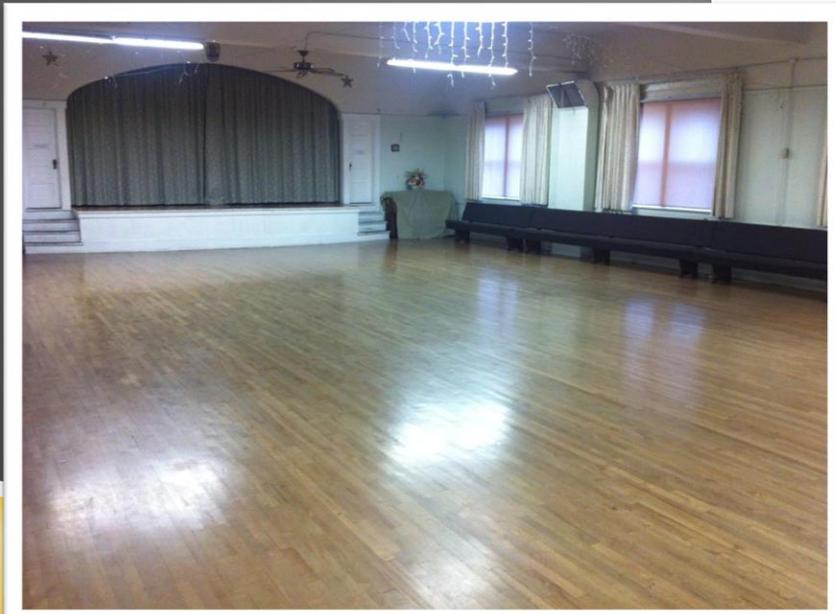
Image 7: Boring-Damascus Grange #260



Image 9: Marys River Grange #685

GRANGE HALLS PROVIDE:

- Meeting spaces
- Classrooms
- Kitchens
- Restrooms
- Garden education areas



Available for Use:

- (18) 6'x30" Folding Tables
- (100) Folding Chairs
- Microwave Oven

WHERE CAN WE FIND GRANGES IN OREGON?

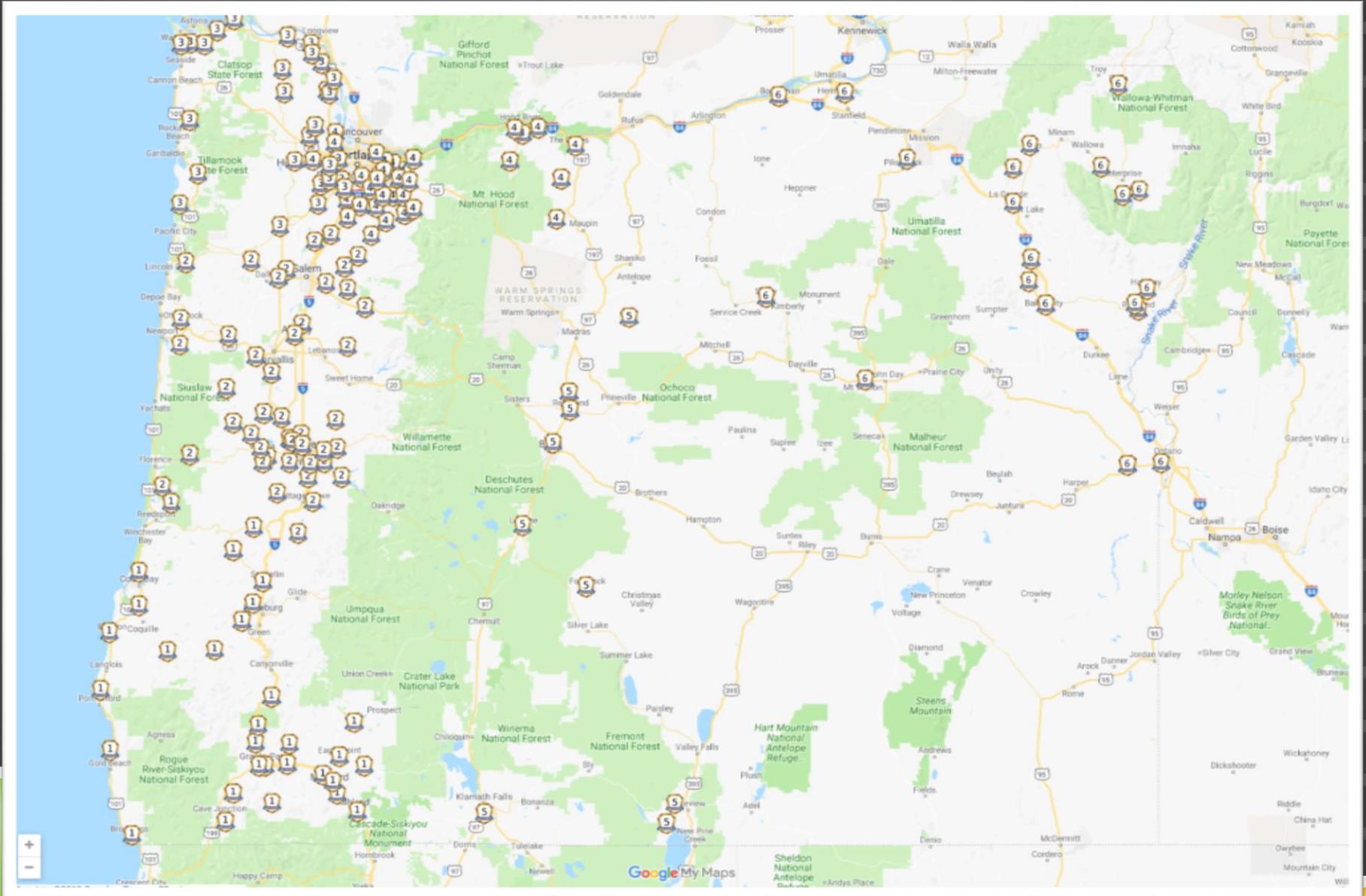


Image 12: Google Map Oregon Granges, (McBride, 2019)

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



Image 13

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



Image 14

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

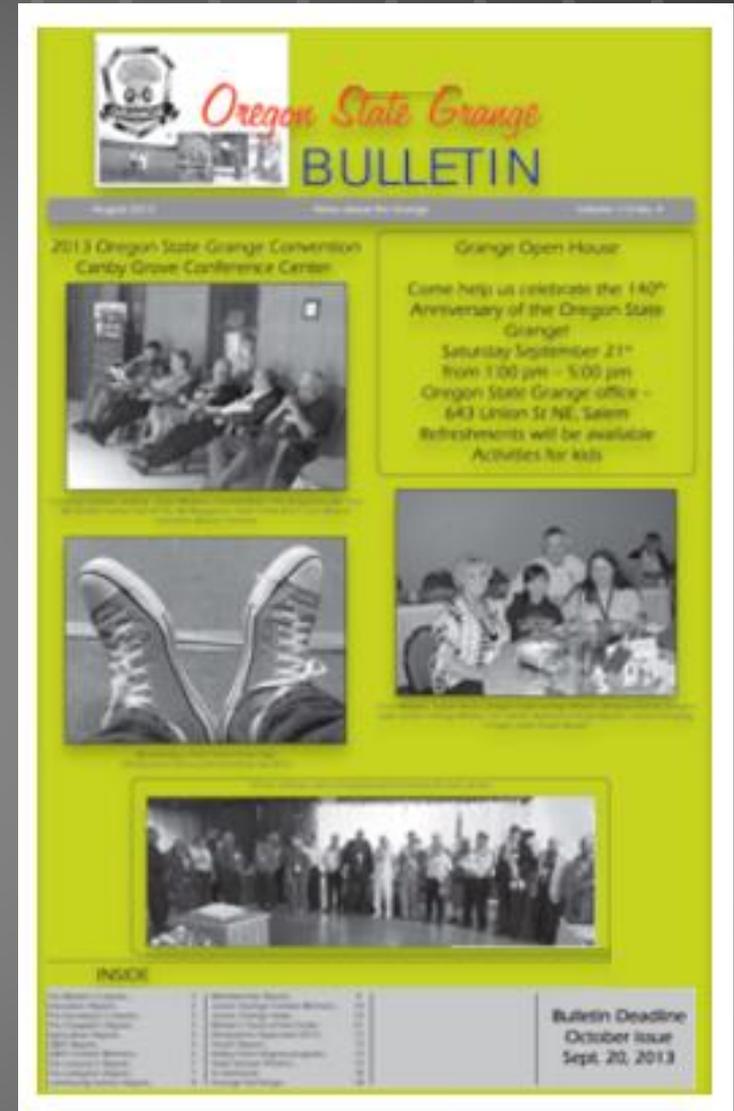


Image 15

Healthy People 2020 Five Determinant Areas of the SDOH

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



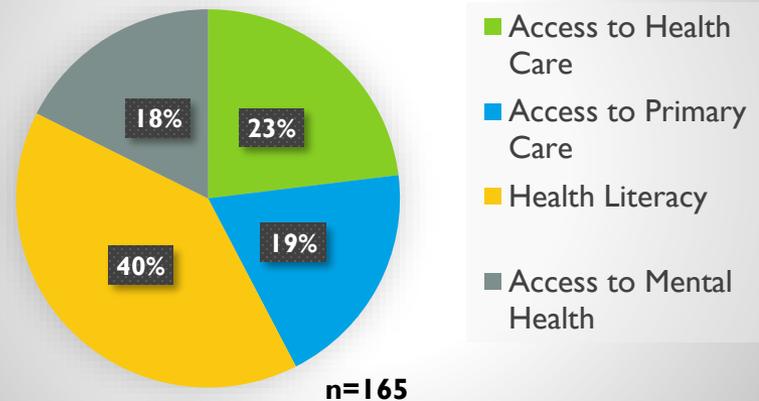
Image 16 Healthy People 2020 Five Determinant Areas

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

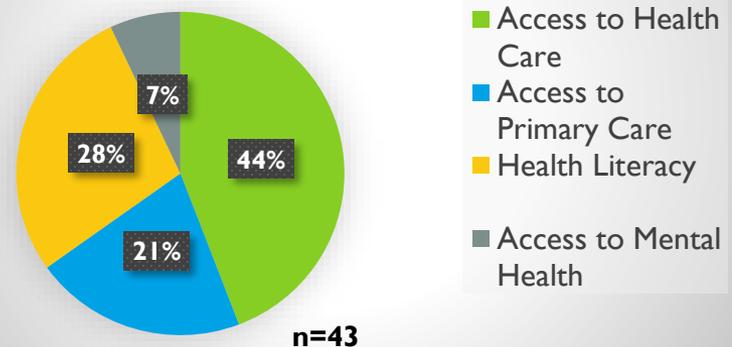
HEALTH & HEALTH CARE

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

Oregon: Health & Health Care



National: Health & Health Care



HEALTH & HEALTH CARE

MENU ALBANY Democrat-Herald News Obituaries Sports E-edition Buy & Sell 63°

Marys River Grange earns national award for 2nd straight year

Philomath Express Sep 12, 2019

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.

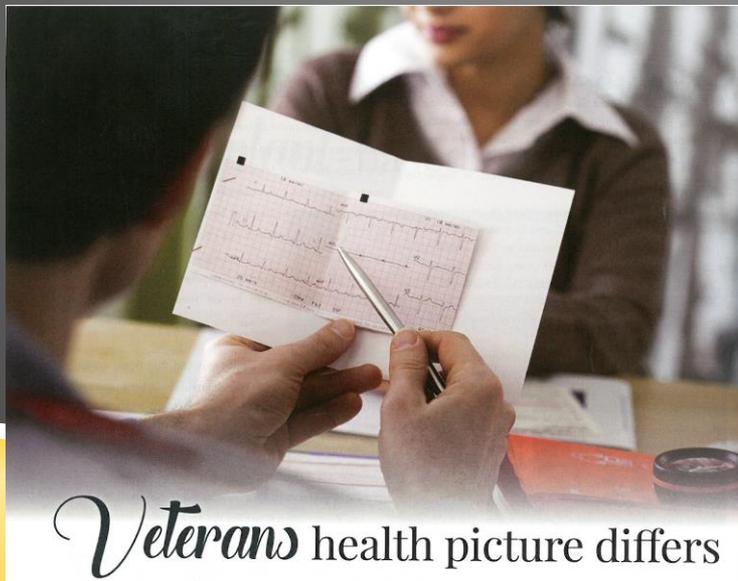


Image 19: Good Day Fall 2018

Clarks Grange Raises Funds for Cuddle Cot

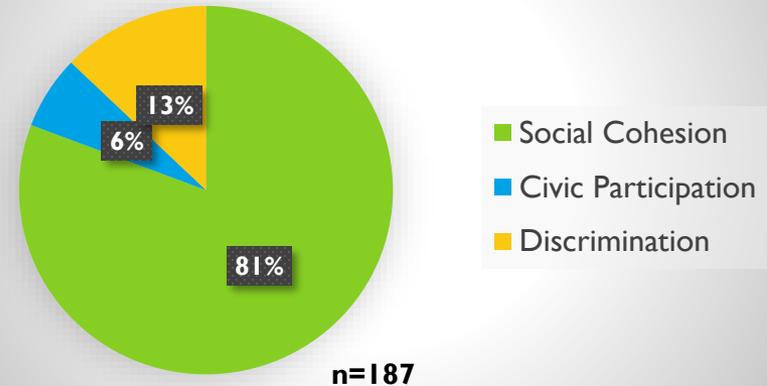
A photograph of a Cuddle Cot, which is a temperature-controlled baby bed. It consists of a white, oval-shaped basket-like bed with a canopy, and a blue rectangular control unit with a digital display and buttons, connected to the bed by a white cord.

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

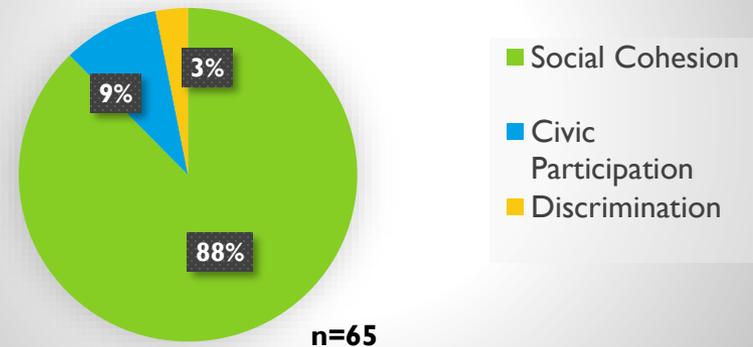
SOCIAL & COMMUNITY CONTEXT

- Social Cohesion
- Civic Participation
- Discrimination

Oregon: Social & Community Context



National: Social & Community Context



SOCIAL & COMMUNITY CONTEXT

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.



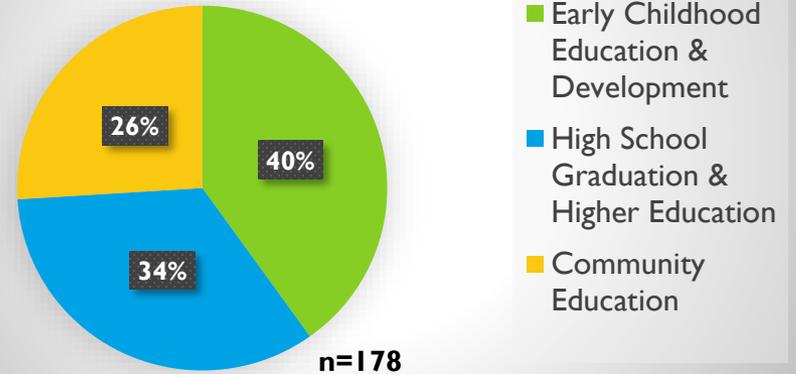
Image 21: Keep Oregon Warm Project

Image 20: Buell Grange #637 Urban Rural Discussion

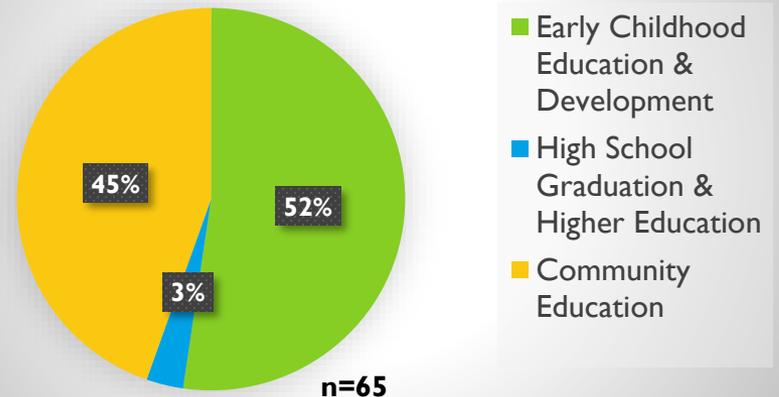
EDUCATION

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

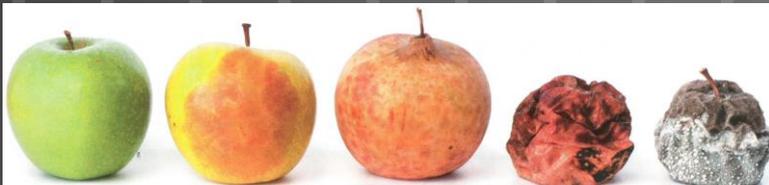
Oregon: Education



National: Education



EDUCATION



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 back onto the plate and often finds its way to the garbage instead. You may even see more food, you'll also have to assess if you are still hungry, and it could be a waste.

SHARE, REPURPOSE OR STORE

Have food left even after preparing lunch leftovers for your family? Consider sharing with a neighbor or asking a coworker if they'd like a homecooked leftover. If you have a meal already prepared, add it as another side option or freeze it for a later meal. Freeze or store food that won't be eaten before it makes its way to where it should be - into someone'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 be tempted to let it go. Instead, try to avoid the slope 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.

Image 22: Good Day Fall 2018

Sticky harvest from *rooftop* hives



Image 23: Good Day Fall 2018

Tigard Grange Delivers Dictionaries

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

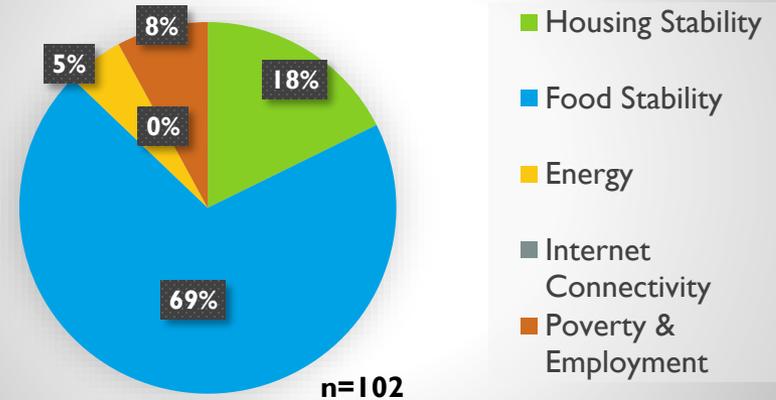


Image 24: Tigard Grange Words for Thirds

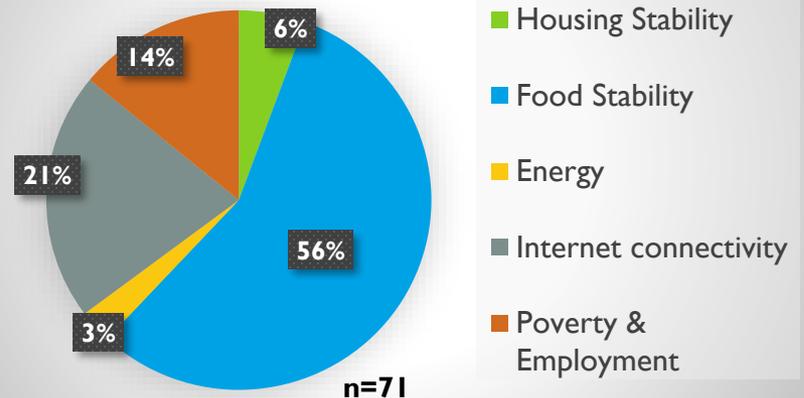
ECONOMIC STABILITY

- Housing Stability
- Food Stability
- Energy
- Internet Connectivity
- Poverty & Employment

Oregon: Economic Stability



National: Economic Stability



ECONOMIC STABILITY



Image 25: Good Day Spring 2017



Image 26: Good Day Spring 2017

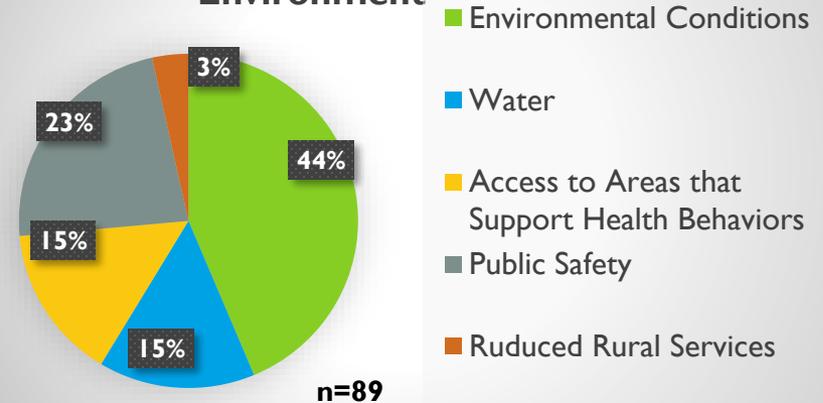


Image 27: Clarkes Grange Aid Habitat for Humanity

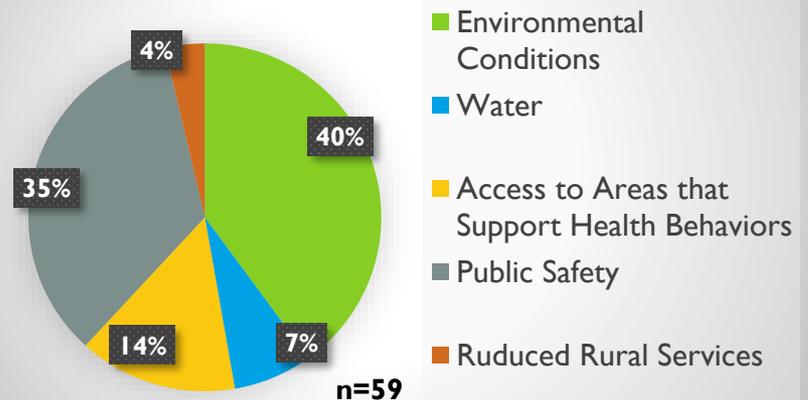
NEIGHBORHOOD & THE BUILT ENVIRONMENT

- ▶ Environmental Conditions
- ▶ Water
- ▶ Access to Areas for Healthy Behavior
- ▶ Public Safety
- ▶ Reduced Rural Services

Oregon: Neighborhood & Built Environment



National: Neighborhood & Built Environment

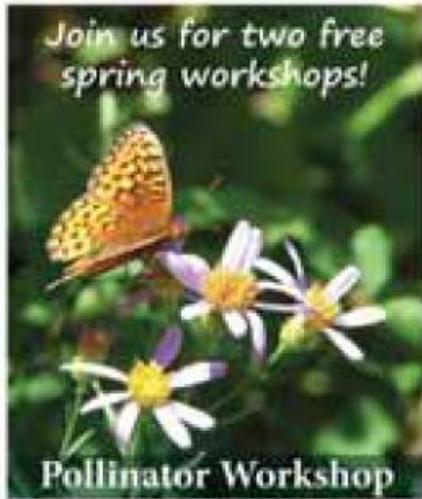


NEIGHBORHOOD & THE BUILT ENVIRONMENT

FOCUS: HONEY BEES



Join us for two free spring workshops!



Pollinator Workshop

Wednesday, March 29, 2017 6:00 - 8:30pm
Presented by Celeste Mazzacano



Weeds Workshop

Wednesday, April 12, 2017 6:00 - 7:30pm
Presented by Jim Wagner



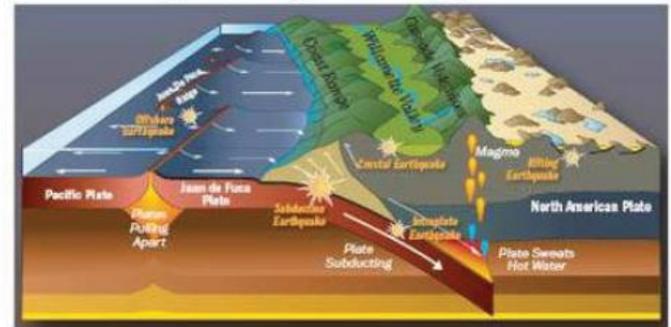
Sign up today!
emswcd.org/workshops
(503) 835-5376



Both workshops hosted at:
COLUMBIA GRANGE #267
21999 Grange Hall Rd., Clatskanie, OR

Columbia Grange #267 Presents

Earthquake Emergency Preparation



Part 1: Will you be prepared when the “BIG ONE” hits?

Some things are obvious, many are not. Our 72 hour kit demo will show you what you need to survive and thrive.

**Tuesday, June 7th
6:30-8:00pm**

Columbia Grange Hall • 37493 Grange Hall Road • Corbett, Oregon • 503-695-2200



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.

Hippo
best m
along
friend
and ha
friend!

Woof,

Mom
inform
websit
more c

check with your own doctor before starting any new exercise routine, no matter what Bailey says!



CONCLUSION



Image 31

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.

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Henning-Smith, C., et al. (2019). Differences in Social Isolation and Its Relationship to Health by Rurality. *Journal of Rural Health*, 34(4): 540-549.

IMAGES

Image 1: Oregon State Grange Website, <http://orgrange.org/>

Image 2: USDA Economic Research Service, Retrieved from: <https://www.rd.usda.gov/>

Image 3: Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=1080&bih=533&tbm=isch&sa=I&ei=-qZtXeyXLNS40PEPksqEmAU&q=graphic+image+for+health+access&oq=graphic+image+for+health+access&gs_l=img.3...9963.18846..19130...0.0..0.117.1460.16j2.....0....1..gws-wiz-img.....35i39j0i0i30j0i8i30j0i24.q4-h_X4VBkU&ved=0ahUKEwjs_jzjprPkAhVUHDQIHRIIAVMQ4dUDCAY&uact=5

Image 4: Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=1080&bih=533&tbm=isch&sa=I&ei=eKZtXZvlOdyT0PEPke-JyA0&q=graphic+image+for+health+related+behavior&oq=gra&gs_l=img.1.0.35i39i2j0i67i8.117630.125352..128529...2.0..0.68.384.7.....0....1..gws-wiz-img.....0..0j0i10.YVlP8uIFogE

Image 5: Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=1080&bih=533&tbm=isch&sa=I&ei=-qZtXeyXLNS40PEPksqEmAU&q=graphic+image+for+environmental+conditions&oq=graphic+image+for+envi&gs_l=img.1.0.35i39.356305.356936..358405...0.0..0.108.341.3j1.....0....1..gws-wiz-img._EjtQw6-T4c#imgrc=dGcPOCrmAQjRiM:

Image 6: Willamette Grange #52 Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=2144&bih=1123&tbm=isch&sxsr=ACYBGNRDSmL8FmKpUwORdQaPlkRqPAjR8A%3A1570993366813&sa=1&ei=lnSjXdOHMem50PEP4fW9SA&q=willamette+grange&oq=willamette+grange&gs_l=img.3...2884.6518..6769...1.0..0.74.1159.18.....0....1..gws-wiz-img.....35i39j0i67j0i0i24j0i24j0i8i30.OCDhkErMOoo&ved=0ahUKEwjTysqs9pnlAhXpHDQIHeF6DwkQ4dUDCAY&uact=5#imgrc=emGOCR3d09M7ZM:

Image 7: Warner Grange #117 Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=2144&bih=1123&tbm=isch&sxsr=ACYBGNQeB6eHl6bbmk4AxmQYx0MZIGtSoA%3A1570993831427&sa=1&ei=p3ajXeXXGZC9-gS_yLPICw&q=warner+grange&oq=warner+grange&gs_l=img.3..0j0i7i30j0i24i3.46907.50004..51501...3.0..0.76.576.9.....0....1..gws-wiz-img.....0i7i5i30j0i8i7i30.lOYchTAKFjM&ved=0ahUKEwilx5CK-JnlAhWQnp4KHT_kDLkQ4dUDCAY&uact=5#imgrc=z6RlednlR7IYpM:

Image 8: Boring-Damascus Grange #260 Retrieved from: https://www.google.com/search?client=firefox-b-l-d&biw=2144&bih=1123&tbm=isch&sxsr=ACYBGNQgHz0QCmYQDwjRysmFZN6KuDG7Ug%3A1570993883751&sa=1&ei=23ajXeioLYL_-gSLi7mgDQ&q=boring+damascus+grange&oq=boring+damasc&gs_l=img.1.0.0i24i3.24514.26911..28957...0.0..0.125.874.12j1.....0....1..gws-wiz-img.....35i39j0i67._o3xOoM8i0#imgrc=zedAtMmGsq73eM:

Images 9 & 10: Columbia Grange #260 Retrieved from: https://www.google.com/search?client=firefox-b-l-d&biw=2144&bih=1123&tbm=isch&sxsr=ACYBGNRRlmqQwlXHXj3lCCir5jDf6FxeXg%3A1570993981263&sa=1&ei=PXejXY7OD9bZ-gTjhZeQCg&q=columbia+grange+floorplan&oq=columbia+grange+floorplan&gs_l=img.3...16076.19599..19843..0.0..0.68.740.12.....0....1..gws-wiz-img.....35i39j0i24.bDhGTRi3hC4&ved=0ahUKEwjO4MnR-JnlAhXWtrj-kHePCBaIQ4dUDCAY&uact=5#imgrc=oWaUhy6H7m_0CM:

Image 11: Interactive Grange Google Map <http://orgrange.org/>

Image 12: Community Development Retrieved from: https://www.google.com/search?client=firefox-b-l-d&biw=1080&bih=533&tbm=isch&sa=1&ei=lahtXZQM8rzQ8Q_S5Z74Aw&q=graphic+image+for+community+development&oq=graphic+image+for+comm&gs_l=img.1.0.35i39.276329.278809..280195...3.0..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-l-d&sxsrf=ACYBGnQKTIcQbfcP3k403gvyAnEbrS4z4g:1570994309883&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjelaPu-ZnlAhURuZ4KHeeDDHcQ_AUIESgB&biw=2144&bih=1123#imgrc=Eeyda_Plse7PoM:

Image 14: Oregon State Grange Bulletin Retrieved from: https://www.google.com/search?client=firefox-b-l-d&biw=2144&bih=1123&tbm=isch&sxsrf=ACYBGnRiLSCObohGrHVc3gUnUHGFhmHL-w%3A1570994312193&sa=1&ei=iHijXa6wC4Pi-gTPoJDADQ&q=oregon+state+grange+bulletin&oq=Oregon+state+grange+bull&gs_l=img.1.0.35i39.53234.57164..59447...0.0..1.335.2137.21j1j1j1.....0....1..gws-wiz-img.....0j0i67j0i24.E5n7MDv-Wdc#imgrc=upiWVdmQWQqtVM:

Image 15: Healthy People 2020 Five Determinant Areas of SDOH Retrieved from https://www.google.com/search?client=firefox-b-l-d&biw=1080&bih=533&tbm=isch&sa=1&ei=-qZtXeyXLNS40PEPksqEmAU&q=graphic+image+for+social+determinant+areas&oq=graphic+image+for+social+determinant+areas&gs_l=img.3...18564.23205..23458...1.0..0.81.1455.25.....0....1..gws-wiz-img.m...goHFG_6A&ved=0ahUKEwjs_JzJprPkAhVUHDQIHRIIAVMQ4dUDCAY&uact=5#imgrc=jDm7rUbH2fyprM: