

Oregon Business Council
1100 SW Sixth Avenue
Suite 1608
Portland, OR 97204

August 26, 2016

Dear Members of the Oregon Business Council:

On behalf of the Tigard-Tualatin community, we are pleased to submit our Statement of Interest and supporting materials for the opportunity to be named Oregon's second Blue Zones Demonstration Community. Our two cities have come together, along with dozens of community partners, on a mission to become a healthier, happier community. Tigard and Tualatin elected officials and staff have endorsed this application as you will see in the attached Resolutions adopted by our City Councils this past month; however, we see this as a "Community" initiative and not a City project. Enclosed with our application, are the endorsements from organizations and community partners who are excited and ready to embrace the Blue Zones philosophies and practices.

While the Tigard/Tualatin community is relatively affluent and has initiatives in place to continually strengthen livability for all, we recognize that additional challenges remain. While the median household income in our community is relatively high, about 20% of families earn income at or below \$35,000 (living wage threshold). In Washington County, from 1970 to 2010, the total population more than tripled – growing four times faster than the U.S. and nearly three times as fast as the state of Oregon. During this time period, individuals living below the federal poverty level has grown 500%, three times faster than the state of Oregon. The burden of poverty is disproportionately borne by families with children, people of color, people with disabilities and adults with less than a high school education.

The impact of poverty is most significant in the Hispanic population. Nationally, between 2000 and 2010, there was a 43% increase in the Hispanic population, and during this same time period the Hispanic population in Washington County increased by 67%. This is most evident in our schools. In the Tigard-Tualatin School District, 37% of students are eligible for free or reduced lunch; however, in schools like Bridgeport Elementary in Tualatin and Metzger Elementary in Tigard, that number is over 50%. The Virginia Garcia Memorial Health Center operates school based health clinics in Tigard and Tualatin High Schools, and the number of visits in the clinics in 2015-16 for primary care was over 1,300 and for mental health was almost 1,000. Over 50% of the primary care visits in were from the Hispanic/Latino students, and many of them were uninsured.

Our cities have adopted community visions that support healthy, active communities. In Tualatin Tomorrow, the community vision includes a goal to promote and facilitate community health and wellness with eight community-identified actions which support achieving this goal. In Tigard, the vision is to be the most walkable community in the Pacific Northwest where people of all ages and abilities enjoy healthy and interconnected lives. Both Tigard and Tualatin participate in the Healthy Eating Active Living (HEAL) Cities campaign sponsored by the League of Oregon Cities, Oregon Public Health Institute and Kaiser Permanente; but, we are committed to taking this effort to the next level and broadly engaging all stakeholders in our community to raise awareness about community health and implement change to become a healthier and happier community, where all people enjoy a higher quality of life and well-being.

We have already started the engagement process to build support for this effort, and our community is ready and excited to welcome Blue Zones. Our support comes from individuals, non-profits, the business community, and regional partners including

Washington and Clackamas Counties, TriMet, Metro, Tualatin Valley Fire & Rescue and our local, state and federal elected leaders. Our broad community support includes youth, seniors and cultural groups.

The enclosed materials share our story and provide the data and information requested in the statement of interest form. Thank you for your consideration of our application. We look forward to the next steps in the process, and we hope to welcome you to our community during your fall site visits, so we can share more information about how the Blue Zones project could change the lives of the people in our community and serve as an example to others across the state and country for increasing community health and well-being.

In good health,



Mayor Lou Ogden
City of Tualatin



Mayor John Cook
City of Tigard

TABLE OF CONTENTS

Statement of Interest

Community Map

Endorsements

Community Health Needs Assessments

Washington County

Legacy Meridian Park Medical Center

Providence

Kaiser Permanente - Westside

STATEMENT OF INTEREST FOR DEMONSTRATION COMMUNITY

Blue Zones Project® is a community-wide, community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to environments, policies, and social networks. Through this work, communities can lower healthcare costs, improve productivity, increase civic engagement and boost their national recognition as a great place to live, learn, work, and play.

In 2015, Cambia Health Foundation brought the Blue Zones Project to Oregon in support of the Oregon Healthiest State Initiative in partnership with Healthways Inc. and Blue Zones LLC.

Last year, Klamath Falls became Oregon's first demonstration community. After six months of assessment and planning, Blue Zones Project Klamath Falls launched the public phase of its initiative at a widely attended community event.

As a part of our shared commitment to improve the well-being of the state of Oregon, Blue Zones Project in Oregon is now in the process of selecting a second demonstration community. Blue Zones Project Demonstration Communities receive many benefits, such as:

- Full funding for a local team directing the work taking place in the community
- Access to national experts and a state team for additional support
- A guided assessment and planning process
- A full program of community engagement

If your community is interested in being considered for this opportunity, please review and complete the information included in this Statement of Interest to begin the application process.

STEP 1

Complete the Statement of Interest form below.

STEP 2

Submit your Statement of Interest, your local Community Health Needs Assessment (if available), and any attachments via email to bluezonesprojectoregon@healthways.com.

Submissions must be received by 5 pm PDT on August 26, 2016.

CRITERIA FOR SELECTION

Eligible applicants will be scored on four elements: Community Need, Population Size, Community Readiness, and Funding. Below is an overview of the scoring criteria as well as the weight each element carries in an applicant's total score:

1. Community Need (40%)

The successful applicant will be able to demonstrate the extent to which a health transformation initiative will improve the health and well-being of their entire community, including those populations experiencing health disparities and low income and educational attainment.

2. Population Size (10%)

Population size will be a factor when we evaluate need and potential impact. Communities must have no fewer than 10,000 and no more than 175,000 residents.

- ✓ Communities with fewer than 10,000 residents have the option to apply in conjunction with adjacent communities in order to meet the minimum population requirements.
- ✓ This arrangement requires that the area has a minimum of at least one municipal body with policy jurisdiction over the entire geography.

3. Community Readiness (40%)

The successful applicant will be able to provide early commitment of participation from stakeholders, including:

- ✓ Elected officials and other local government leaders (city and county)
- ✓ Representatives from communities of color
- ✓ An organizing entity or coalition willing to help coordinate the application process and establish the project
- ✓ Connections to all sectors in the community including business, civic, media, faith, schools, grocery stores, restaurants, and nonprofits

4. Funding (10%)

Cambia Health Foundation has provided leadership funding to the Oregon Business Council Charitable Institute to bring the Blue Zones Project to Oregon in support of the Oregon Healthiest State Initiative. Communities are encouraged to make a financial commitment to support the leadership funding from the Cambia Health Foundation. The preferred commitment from communities is between \$200,000 and \$400,000 per year for three years. Funding does not have to be provided in full at the time the application is submitted and can be from multiple funding sources.

Communities seeking assistance in developing a fundraising strategy or with questions regarding the program funding are asked to contact the Oregon Business Council Charitable Institute at sfoster@orbusinesscouncil.org.

Note: If you do not meet one or more of the above criteria, there are still ways the Blue Zones Project can support your well-being efforts. Contact bluezonesprojectoregon@healthways.com to learn more.

TIMELINE

- **AUGUST 26, 2016:** Complete and submit the Statement of Interest along with your local Community Health Needs Assessment (if available), and any other attachments via email to bluezonesprojectoregon@healthways.com, no later than August 26, 2016 at 5 pm PDT.
- **EARLY SEPTEMBER 2016:** Once we have reviewed all applications, our internal selection committee will identify the finalists.
- **LATE SEPTEMBER / EARLY OCTOBER 2016:** Our selection team will conduct site visits with each finalist. Local community and business leaders, project stakeholders, and other key members of the community will be given the opportunity to make the case for their community's selection.
- **LATE FALL 2016:** Upon completion of the site visits and the final selection process, Blue Zones Project Oregon will announce the selected community and begin preparations to hire local staff, recruit broad volunteer leadership and conduct a discovery process to support initiative planning.

SECTION 1: APPLICANT INFORMATION

Community Name	Cities of Tigard and Tualatin
Primary Contact Name	Lou Ogden
Title	Mayor
Organization	City of Tualatin
Mailing Address	18880 SW Martinazzi Avenue Tualatin, Oregon 97062
Email Address	logden@ci.tualatin.or.us
Phone Number	503.692.0163

SECTION 2: COMMUNITY INFORMATION

A. In the table below, please tell us about your community. For each question, please provide as much information as you can and indicate the data source where you found the information. You may use U.S. Census “American Community Survey” data from <http://www.census.gov/acs/www/> or other sources of data. When using the American Community Survey data, simply enter your community name or zip codes in the search bar at the top right of the screen. Doing so will provide you with a snapshot of most of the information needed.

QUESTION	ANSWER	DATA SOURCE
Community Name	Cities of Tigard and Tualatin (Both Cities are located in Washington County, and a portion of Tualatin is also located in Clackamas County. Countywide information is provided for both counties where available.)	
ZIP Codes (refer to the attached map)	Tigard: 97223, 97224, 97035 Tualatin: 97062, 97224, 97035	See Attachment E
Community Population Size	Tigard: 49,280 Tualatin: 26,590 Total: 75,870	Portland State University Certified Population Estimates 2015: https://www.pdx.edu/prc/population-reports-estimates
Median Age of Residents	Tigard: 38.8 Tualatin: 37.2	US Census Bureau American Community Survey
Percentages of race/ethnicity among your population	% of Asian: Tigard: 6.2% Tualatin: 2.2%	US Census Bureau American Community Survey
	% of Native Hawaiian/Other Pacific Islander: Tigard: 0.5% Tualatin: 0.4%	
	% of White: Tigard: 76.6% Tualatin: 73.3%	
	% of Hispanic or Latino: Tigard: 11.3% Tualatin: 18.5%	
	% of Black or African American (non-Hispanic): Tigard: 1.3% Tualatin: 1.4%	
	% of Native American, American Indian, or Alaskan Native: Tigard: 0.5% Tualatin: 0.6%	
	% of Other: Tigard: 3.6% Tualatin: 3.7%	

SECTION 2: COMMUNITY INFORMATION (CONT.)

QUESTION	ANSWER	DATA SOURCE
Percentage and description of populations that are non-permanent residents (i.e. students, summer vacationers, migrant workers)	There is not a significant population in Tigard or Tualatin of students, summer vacationers or migrant workers.	
Median Household Income	Tigard: \$60,849 Tualatin: \$65,903	US Census Bureau American Community Survey
Average Household Size	Tigard: 2.5 Tualatin: 2.48	US Census Bureau American Community Survey
Unemployment Rate	As of August 2016, Tigard's unemployment rate was 4.4%, and Tualatin's was 4.6%	State of Oregon Employment Department
Percent Uninsured	Tigard: 14.2% Tualatin: 14.3%	US Census Bureau American Community Survey
School Districts	Number of School Districts: 1	
	Names of School Districts: Tigard-Tualatin School District	
Percent of students participating in National School Lunch Program (by district)	District wide is 33.4% Out of 12,799 students, 3,540 are eligible for FREE lunch and 735 are eligible for REDUCED lunch	Oregon Department of Education - Tigard Tualatin School District
Percentage of population participating in SNAP and WIC	SNAP: Tualatin 13% Tigard 11% Tigard/Tualatin combined: 11%	ACS 2010-2014 5 Year Estimate
	WIC: Tualatin: 14% Tigard: 16% Tigard/Tualatin Combined: 15%	Oregon Health Authority and ACS 2010-2014 5 Year Estimate

QUESTION	ANSWER	DATA SOURCE
Percentage of adults who work in your community but commute in from outside the community	Tualatin: 20,707 employees commute to work in Tualatin Tigard: 40,731 employees commute to work in Tigard	US Census and American Community Survey
Percentage of adults who live in your city and commute to other cities for work	Tualatin: 9,356 residents commute to work outside of Tualatin Tigard: 20,965 residents commute to work outside of Tigard	US Census and American Community Survey
Walkscore by City (visit www.walkscore.com)	Tigard Walkscore 42 Tualatin Walkscore 29	Walkscore.com

B. Please list and briefly describe the areas in the community that are in the greatest need of improvement in health and well-being. Well-being includes a person's physical, social, emotional, and financial health as well as his or her satisfaction with his or her community.

1. Access to health care has been identified as a top priority in Washington County, and it includes access for low-income families and for aging adults.
2. Improving the physical environment through active transportation connections. These improvements include sidewalk connections, trails, safe bike lanes, crosswalks and ways for people to safely move around without the use of a car.
3. Access to mental health services and emotional support systems is a top priority for the community. In Washington County's Community Health Assessment, death due to suicide was the highest ranked health issue. There are significant disparities along racial, ethnic and sex lines for the suicide rates. Over 80% of the community stakeholders interviewed for the assessment cited mental health as a top priority.
4. Education about healthy lifestyles and health literacy is a top priority. There is a significant need to educate ALL people in the community on basic health information and how to make better decisions around health, nutrition and overall well-being.
5. Access to healthy food (access and affordability) is a major priority. Many of the grocery stores in Tigard and Tualatin offer plenty of fresh, healthy produce; however, many people who live in the low-income neighborhoods have a challenge accessing these healthy options due to transportation or income. It is often cheaper to buy processed foods from the store and convenience marts selling highly processed, sugary foods are more accessible in low income neighborhoods.

C. Please list and briefly describe the greatest barriers to health and well-being in your community.

1. Suburban land use patterns, traffic, and physical barriers to connectivity (I-5, 217, 99W Tualatin-Sherwood Road). The network of roads filled with congestion and traffic make it challenging for people to bike or walk as an alternative to driving everywhere. There are also concerns regarding safety for cyclists and pedestrians.
2. Little access to quick healthy food, and too much access to unhealthy fast food options. In most of the grocery stores in the community, the quick, easy options that people often shop for are often not the healthy options. Restaurants also offer few (if any) healthy options or portion sizes on their menus, making it difficult to make a healthy choice when dining out.
3. Commuting times is an issue identified for many people in the community as a barrier to health and well-being. Traffic around the Portland metro is a major issue, and Tigard and Tualatin are consistently working to improve infrastructure to alleviate traffic or prevent it from getting worse. As noted in the data in Section A, over 30,000 people commute out of the Tigard-Tualatin community for work each day. These commute times often impact people's ability to exercise or prepare healthy meals because they feel time is limited and opt for easier, faster, and often healthier choices.
4. Health Literacy has been identified by the Counties, local health providers and community partners as a top priority. There is a significant need to educate ALL people in the community on basic health information and how to make better decisions around health, nutrition and overall well-being.

D. Please list and describe the community's greatest assets for supporting health and well-being.

1. Volunteerism is very strong throughout Tigard and Tualatin. The community has strong volunteer programs through the cities, non-profits and faith community, and people are enthusiastic about giving back to their community.
2. Support and commitment from the school district and their partners for strong, vibrant communities. The Tigard Tualatin School District is a major community partner, and is supportive of a healthy community where youth can thrive. They serve as a lead partner in the community on many initiatives impacting youth.
3. The community engagement network in Tigard/Tualatin is very strong as evidenced by the level of support and endorsements for this application. The community members are committed to improving their community for all, people are very civic-minded, partners are very engaged, the community has a vision and the leadership and partnerships to achieve the vision.
4. Physical community assets including parks, libraries, trail systems, athletic fields and senior centers set these communities apart and provide spaces for recreational and learning opportunities for all people. The community takes great pride in maintaining these physical assets for all in the community and the region to enjoy.

E. Please list the primary organizations in your community that are leading current community health improvement efforts.

ORGANIZATION NAME	ORGANIZATION'S ROLE IN COMMUNITY HEALTH-IMPROVEMENT EFFORTS	What is Your History of Collaborating with Other Public Health Initiatives/ Groups?
Legacy Meridian Park Hospital	<p>The mission of Legacy Health, the parent of Legacy Meridian Park Medical Center, is to '...improve the health of.... our community...' With this, Legacy Meridian Park has had a long-standing commitment to meet community health needs for vulnerable populations beyond the health care environment. Legacy Meridian Park adheres to the philosophy that multi-year sustainable partnerships with the community have greater impact on long-term improved health status. Thus, the Legacy Meridian Park CHIP (See Attachment D) includes both the continuation of current effective strategies as well as new strategies.</p> <p>Legacy Meridian Park Medical Center's priority focus issues, with a lens addressing racial and ethnic equity, are as follows: access to health care; chronic disease; mental health; substance abuse use disorder; health literacy; education and youth.</p>	<p>Legacy partners with many other agencies to address community health issues including: Community Action Organization of Washington County, Tigard and Tualatin's Virginia Garcia School Based Health Clinics, Familias en Accion, Clackamas County Health Department, Washington County Health Department, City of Tigard, City of Tualatin, American Diabetes Association, Oregon Lions Sight and Hearing Foundation, Faith Based organizations, Tualatin Chamber of Commerce, Tigard Turns the Tide, Tualatin Together, Tualatin Tomorrow and others.</p> <p>Legacy is also a major sponsor of many community events related to physical activity and recreation, as well as events which bring communities together such as the Tualatin Crawfish Festival or the Annual State of the City Celebration.</p>

Kaiser	<p>For more than 65 years, Kaiser Permanente has been dedicated to providing high quality, affordable health care services and to improving the health of their members and the communities they serve. Kaiser believes good health is a fundamental right shared by all and they recognize that good health extends beyond the doctor's office and the hospital. It begins with healthy environments: fresh fruits and vegetables in neighborhood stores, successful schools, clean air, accessible parks, and safe playgrounds. These are the vital signs of healthy communities. Good health for the entire community, which they call "Total Community Health", requires equity and social and economic well-being. Like their approach to medicine, their work in the community takes a prevention-focused, evidence-based approach. They go beyond traditional corporate philanthropy or grant making to pair financial resources with medical research, physician expertise, and clinical practices. Historically, they have focused our investments in four areas—Health Access, Healthy Communities, Health Knowledge, and Civic Engagement—to address critical health issues in our communities.</p> <p>Through Kaiser's Westside Community Health Needs Assessment (Attachment B), the following community health issues were prioritized as follows: Mental Health and Mental Health Services; Chronic Disease and Related Health Behaviors; Substance Abuse; Access to Affordable Health Care; and, Oral Health and Access to Oral Health Services.</p> <p>Examples of their current community health initiatives include:</p> <ul style="list-style-type: none"> • HEAL (Healthy Eating Active Living) Cities Campaign is a partnership with the Oregon Public Health Institute to encourage and support civic leaders to adopt policies that create healthy and safe communities for all residents. • HEAL (Healthy Eating Active Living) Communities Grant Initiative supports coalitions working to improve obesity-related chronic disease outcomes. • Childhood Hunger Coalition is dedicated to providing ongoing education and outreach tools for clinicians in an effort to reduce childhood hunger and improve the health of children and families. The Coalition is a program of the Oregon Food Bank and Kaiser Permanente serves on the steering committee 	<p>Kaiser partners with a number of groups and agencies on their community health initiatives including: schools, cities, neighborhoods, workplaces, community centers and faith based communities.</p> <p>Their work in community health includes the following strategies: partnerships and collaboration; advocacy and public policy; community clinic integration; capacity building; place-based initiatives; and grant making.</p>
Providence	<p>Caring for the communities we serve lies at the heart of the Providence organization. The "Providence Cares" campaign is about giving back to the communities where their facilities are located through programs, donations, health education, free care, medical research and more. Providence's community benefit investments not only support the health and well-being of each person served, but the whole community</p> <p>Every three years, Providence Health & Services conducts a Community Health Needs Assessment to determine the greatest unmet needs in the communities they serve. Their Mission is to provide high-quality health care to the citizens of Oregon, with special emphasis on serving the poor and vulnerable.</p> <p>Their community health priorities include: access to care, mental health/substance abuse, chronic conditions, oral health and others. They also work closely on addressing needs related to unstable housing, food insecurity and transportation.</p>	<p>For generations, Providence has partnered with people of goodwill to offer a caring hand of compassion. They collaborate with social service and government agencies, charitable foundations, community organizations, universities and many other partners to identify the greatest needs through community health needs assessments.</p> <p>Their solutions are documented in the Community Health Improvement Plan (See Attachment E)</p>

Washington County	<p>The Washington County Public Health Division (WCPH) coordinates the Live Well Washington County Community Health Improvement Planning (CHIP) process. Through this process multi-sector committees, comprised of over sixty community organizations, are working together to develop, implement and track measurable goals and strategies around the issues of access to care, chronic disease prevention and suicide prevention. These issues emerged out of the county's community health assessment. WCPH staff provide the coordination of these committees and oversee tracking of committee strategies.</p>	<p>As the local public health authority in Washington County, Oregon, Washington County Public Health (WCPH) recognizes the value in strengthening community capacity beyond the local health department to improve the health of all residents. WCPH has collaborated with Tigard and Tualatin on a variety of public health initiatives.</p> <p>Tigard and Tualatin are both very committed to prevention efforts. In 2016, WCPH provided technical assistance to the city councils of Tigard and Tualatin on adopting 100% smoke free and tobacco free city properties and events policies which include all city operated parks. Washington County staff are also active participants in both communities' drug and alcohol prevention coalitions. Additionally, the Tigard-Tualatin School District has worked very closely with WCPH on suicide prevention efforts and providing school based health center services.</p> <p>Both communities have shown commitment to policy and environmental change for health. In 2014, Washington County Public Health partnered with the City of Tigard to engage residents and other community stakeholders in a meaningful dialogue and process about brownfields redevelopment. This process helped identify strengths and opportunities throughout Downtown Tigard to create a healthier community for all.</p> <p>Lou Ogden, Mayor of Tualatin, serves as the elected representative on Washington County's Public Health Advisory Council. Facilitated by WCPH staff and appointed by the Board of Commissioners, this council makes recommendations to the Board and the Public Health division manager on matters relating to public health.</p>
Marquis	<p>Marquis recently constructed a new facility in Tualatin offering independent living cottages, post-acute rehab, rehabilitation, long term care and assisted living services to the aging population in the area. Their mission is to enable their residents to live life to its fullest, whatever their age or health.</p> <p>Marquis has partnered with the National University of Natural Medicine's (NUNM) Aging Institute to implement their "Geezer Gallery" program at several of their facilities including the Tualatin location. The Geezer Gallery has been instrumental in empowering older adults through the arts. The program provides professional art therapy for seniors. This program has been awarded several grants to continue its expansion and research to study how art therapy programs effect significant change in mood, social engagement and cognition in older people and increases overall activity levels and socialization. This program has also been made available at Tualatin's Juanita Pohl Center.</p>	<p>Marquis partners with the local community through the City, Chamber of Commerce, Tualatin Historical Society, Juanita Pohl Center, NUNM Aging Institute (Geezer Gallery Program) and others to provide the aging population with services.</p>
Tigard Turns the Tide	<p>Tigard Turns the Tide is a community coalition working together to prevent drug and alcohol use among Tigard's youth. The coalition uses strategies such as youth and adult education, social norms marketing, advocacy, and increased law enforcement, the Coalition has successfully worked to significantly bring down alcohol use by Tigard youth. The Coalition also works to affect local, State, and Federal policy and provide many alternative safe activities for young adults and their families.</p>	<p>This group partners closely with the City of Tigard, local law enforcement, local faith communities, the Tigard Tualatin School District and many others.</p>

Tualatin Together	Tualatin Together is an organization working to engage, educate and advocate for Tualatin's youth and families to make healthy decisions. Through collaboration with their partners, they work to enhance and support a community environment that discourages and reduces substance abuse and promotes factors that protect Tualatin's youth.	Tualatin Together partners with the City, Tualatin Tomorrow, faith based communities, the Tualatin Chamber of Commerce, Tualatin Valley Fire and Rescue, local law enforcement and others to advance their mission.
Fit City Tualatin	Fit City Tualatin was founded by health and fitness minded businesses serving the Tualatin community through the Tualatin Chamber of Commerce. They provide wellness programs and events including: The Times Trail Trekker 5K, Regatta Run, and a Worksite Wellness Tool Kit. Their mission is to engage the greater Tualatin Community in pursuing incremental and achievable changes in lifestyle that advance personal and community goals of improved health and wellness.	Fit City partners with the City of Tualatin, the Chamber of Commerce, local health care providers, Active Life Chiropractic, Get Together Media, Pamplin Media, Forge Fitness, Road Runner Sports, Hale Health, 24 Hour Fitness, Legacy Meridian Park Medical Center and others to advance their mission.
Neighbors Nourishing Communities	<p>Neighbors Nourishing Communities (NNC) is a non-profit based in Tualatin supports gardeners with seeds, plants, and education in exchange for fresh nutritious produce for low-income families. In just a few short years since they formed, there are now four community gardens where residents can grow their own produce in private beds. Additionally, there are businesses which have agreed to host gardeners in open spaces such as Tualatin Animal Clinic and Frontier Communications (MITCH Charter School).</p> <p>Neighbors Nourishing Communities helps facilitate garden plots for needy residents and sponsors workshops and celebrations, sometimes in collaboration with Winona Grange. Last year they raised over 2,000 lbs. of fresh produce to donate to the Tualatin Schoolhouse Pantry. They support 14 low income families with their own gardens, plants, seeds, and tools to feed their families, and they supported 27 home gardeners who donated the 2,000 lbs. of produce. NNC developed an extensive seed library with the help of Victory and Territorial Seed Companies in 2015. That has expanded this year so that families can get access to free seeds for their gardens.</p> <p>NNC purchased materials and are building 4 large mobile seed germinating stations that local students at MITCH Charter School will use for education as well as raising the plant starts for NNC. They will be able to raise 600 plants at a time right in their classrooms and use the stations most of the year to conduct agricultural and biological learning.</p>	NNC has been thriving due to the partnerships they have established with the City of Tualatin, local churches, the Tualatin School House Pantry, Seed Companies, the Tigard Tualatin School District, New Seasons, MITCH Charter School, local neighborhoods and others.
Community Action	Community Action is an organization providing a variety of services to eliminate conditions of poverty and create opportunities for people and communities to thrive in Washington County. Community Action's programs include the following: Housing and Homeless Services; Energy Assistance; Emergency Rent Assistance; Energy Conservation; Head Start & Early Head Start; Child Care Resource & Referral; Healthy Families – Prenatal & Parenting Support; and, 211 Info – Help Information & Referral Services.	Community Action serves all of Washington County, and they have been a strong community partner in Tigard and Tualatin to ensure the residents in need in these communities have access to services.

Tualatin Valley Fire & Rescue	<p>Tualatin Valley Fire and Rescue (TVF&R) provides emergency response services to accidents and medical emergencies, and they take their role in Emergency Medical Services (EMS) as seriously as their commitment to fire prevention. Every uniformed member of their department is a certified EMT and nearly 60% are certified paramedics. Every apparatus is equipped with additional equipment and every station is assigned an EMT/paramedic to ensure every crew can deliver advanced life support.</p> <p>Additionally, the TVF&R team partners with local health providers and other agencies to offer health and medical education and prevention services. They offer educational courses around: cardiac arrest and heart attacks, CPR/First Aid/AED's, Emergency Medical Cards, Influenza, Diabetes Awareness, Motor Vehicle Safety, Fall Prevention and Safety and more.</p> <p>TVF&R also has an outreach program to target the Spanish-speaking populations in the communities they serve and works closely with the apartment managers in communities to ensure the safety of populations in multi-family dwellings.</p> <p>TVF&R conducted a pilot program with Providence's St. Vincent's Hospital and Legacy Meridian Park Hospital. They provided follow up visits to patients within 30 days of being discharged from the system when patients are most vulnerable. They found that it helps reduce costs for the hospital and helps to reduce the number of 911 calls. This was a pilot study, and now they are working on the full implementation of the program,</p>	<p>TVF&R partners with many groups in the community including Legacy Meridian Park Medical Center, Providence St. Vincent Hospital, local law enforcement agencies, Tualatin Together, Tigard Turns the Tide, Tigard-Tualatin School District, local neighborhoods, City of Tualatin, City of Tigard, Hispanic/Latino communities, Apartment Managers, Washington and Clackamas Counties and more.</p> <p>TVF&R has a presence at nearly every community event and seeks to partner to improve the health and safety of the communities they serve.</p>
Meals on Wheels	<p>The Meals on Wheels program provides services for the community's aging population at locations in Tigard and Tualatin. Meals on Wheels oversees the daily meal service offered Monday-Friday at lunch. Tigard's services are offered at the Tigard Senior Center and Tualatin's services are provided at the Juanita Pohl Center. Both centers also offer other activities for seniors including fitness classes, educational programing, social activities and more.</p>	<p>Meals on Wheels is supported by partnerships through their volunteer programs to partnerships with local companies. In Tigard and Tualatin, they work closely with the cities, the JPC and Tigard Senior Centers and other agencies to provide services and support to the community's aging population.</p>

F. Please describe the local healthcare delivery system, including major hospitals (indicating whether they are non-profit or for-profit), secondary/tertiary care providers, and Accountable Care Organizations.

Listed below are the major healthcare providers in Tigard and Tualatin; however, there are a number of other smaller clinics and care providers in the community.

Legacy Meridian Park Medical Center; Legacy Health is a not-for-profit, locally owned organization based in Portland. Legacy Meridian Park Medical Center is a full-service hospital with nationally known stroke care and expertise in neurology; orthopedic surgery; breast health center, heart and cancer care, surgical care, emergency care, imaging and diagnostic technology, women's health services and more.

Kaiser Permanente; Kaiser Permanente is a not-for-profit health plan with a location in Tualatin which provides the following services: Primary care, addiction medicine, allergy, dietician, imaging services, mental health, occupational therapy/physical therapy, sleep lab, social services, and speech pathology.

Providence Bridgeport Health Center; Providence Health & Services in Oregon is a not-for-profit network of hospitals, health plans, physicians, clinics, home health services, and affiliated health services. The Providence Bridgeport Health Center in Tualatin offers the following services: family medicine, immediate care, specialty care, medical imaging, laboratory services, rehabilitation therapy, outpatient surgery and, specialty care.

Virginia Garcia; Virginia Garcia Memorial Health Center has grown from a grassroots volunteer-run clinic to a full-service health care home. In addition to comprehensive primary and dental care, Virginia Garcia offers pharmacy, vision and mental health services as well as wellness and outreach programs to 45,000 patients in Washington and Yamhill counties. About 98 percent of our patients are low income, 24 percent are uninsured and 42 percent are children. In particular, Virginia Garcia partners with the Tigard-Tualatin School District to operate two School Based Health Clinics (SBHC), located in Tigard High School and Tualatin High School, respectively. SBHCs offer on-site preventive care for children, providing youth access to critical services that keep them healthy, in school, and ready to learn. Their services help promote health literacy and healthy behaviors through info sessions, hands-on nutrition education, exercise classes, student health advocacy, and more.

The Virginia Garcia Memorial health center has locations in Beaverton and Hillsboro which provides primary care, women's health, men's health, family planning, STD testing and vaccines services.

G. Please list the academic institutions that serve your community. Academic institutions do not need to be located within your community but should be located close enough that community members attend the institution. Indicate whether the academic institution has a history of collaborating with the government or outside organizations on community improvement efforts.

1. Portland Community College (PCC): PCC offers a variety of programs through their Sylvania Campus and some programming locally at the Tualatin Library. PCC has endorsed this application and has identified a number of programs through the college that are aligned with the Blue Zones efforts and could help to support the implementation as needed. PCC has been a community partner in Tualatin's Community Vision "Tualatin Tomorrow" and is also supporting the America's Best Communities (ABC) Revitalization Plan implementation.

2. Oregon Institute of Technology (OIT): OIT is located just south of the community in Wilsonville, and serves students in the community. They have partnered on efforts such as participation in the Tualatin Tomorrow Visioning activities, and the South Metro Salem STEM Partnership is housed at OIT and has been a primary partner in the development of the ABC Community Revitalization Plan.

3. PCC CLIMB Center for Advancement: The PCC CLIMB Center offers many continuing education and certificate programs for local companies in Tigard and Tualatin and through their campus. CLIMB has endorsed this application and has identified programs and instructors in their organization which are aligned with the Blue Zones principles. They have partnered on the Tualatin Tomorrow Visioning efforts in the past, and have been involved with the Chamber and other community organizations.

4. National University of Natural Medicine (NUNM): NUNM is the oldest accredited naturopathic medical university in North America, and is located in downtown Portland. NUNM offers several programs including the College of Naturopathic Medicine, the College of Chinese Medicine, School of Graduate Studies, School of Undergraduate Studies and Institutes. Their Institutes include programs such as Age Wise, Traditional Roots, Food as Medicine, and Women in Balance. The Age Wise Institute has offered programs at Tualatin's Juanita Pohl Center and has recently partnered with Marquis as mentioned in Section E of this application. Our application team has met with several representatives as part of this application process, and they are excited to partner with the community on the Blue Zones initiative.

5. Portland State University (PSU): PSU is located in downtown Portland and is a public, nonprofit coeducational research university.

6. George Fox University: George Fox University has a satellite campus in Tigard, and their larger campus is located in Newberg. GF is a Christian university, offering traditional undergraduate and graduate programs.

I. In the space below, please tell us about the county/counties your community falls within. You may use county-level data from the [Robert Wood Johnson Foundation County Health Rankings](#) when available or other sources of data to which you have access. For each question, please indicate the data source where you found the information.

TOPIC	ANSWER	DATA SOURCE
County name	Washington and Clackamas Counties	
County population	Washington County 562,998 Clackamas County 394,972	www.countyhealthrankings.org
Quality of Life County Ranking (out of 36 counties in Oregon)	Washington – 1/36 Clackamas – 2/36	www.countyhealthrankings.org
Percentage of Adults Reporting Poor or Fair Health	Washington County 11% Clackamas County 11%	www.countyhealthrankings.org
Percentage of Adults with Poor Physical Health	Washington County: 10% Clackamas County: 10%	www.countyhealthrankings.org
Average Number of Mentally Unhealthy Days	Washington County: 3.3 days Clackamas County: 3.5 days	www.countyhealthrankings.org
Health Behaviors County Ranking (out of 36 counties in Oregon)	Washington County: 1/36 Clackamas County: 2/36	www.countyhealthrankings.org
Percent of adults that report smoking ≥ 100 cigarettes and currently smoking	Washington County: 12% Clackamas County: 13%	www.countyhealthrankings.org
Percent of adults that report a BMI ≥ 30	Washington County: 24% Clackamas County: 26%	www.countyhealthrankings.org

Continues on next page >>

TOPIC	ANSWER	DATA SOURCE
Food Environment Index	Washington County: 8.2 Clackamas County: 8	www.countyhealthrankings.org
Percent of adults aged 20 and over reporting no leisure-time physical activity	Washington County: 14% Clackamas County: 15%	www.countyhealthrankings.org
Percent of the population with adequate access to locations for physical activity	Washington County: 97% Clackamas County: 92%	www.countyhealthrankings.org
Clinical Care County Ranking (out of 36 counties in Oregon)	Washington County: 3/36 Clackamas County: 4/36	www.countyhealthrankings.org
Hospitalization rate for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (preventable hospitalizations)	Washington County: 29 per 1,000 Clackamas County: 32 per 1,000	www.countyhealthrankings.org
Social and Economic Factors County Ranking (out of 36 counties in Oregon)	Washington County: 2/36 Clackamas County: 3/36	www.countyhealthrankings.org
Percent of 9th grade cohort that graduates in 4 years	Washington County: 80% Clackamas County: 74% In Tigard/Tualatin combined, 63% of the Hispanic/Latino population has a high school diploma or greater compared to 96% of Non-Hispanic whites.	www.countyhealthrankings.org
Percent of population aged 16+ unemployed but seeking work	Washington County: 6.3% Clackamas County: 6.8%	Community Health Status Indicators (CHSI) wwwn.cdc.gov/CommunityHealth/home
Percent of children under 18 in poverty	Tigard: 14% below poverty level Tualatin: 18% below poverty level Tigard/Tualatin combined: 15% Washington County: 16% below poverty level Clackamas County: 12.1% below poverty level	US Census and American Community Survey
Percent of adults without social/emotional support	Washington County: 14% Clackamas County: 12.4%	Community Health Status Indicators (CHSI) wwwn.cdc.gov/CommunityHealth/home

TOPIC	ANSWER	DATA SOURCE
Physical Environment County Ranking (out of 36 counties in Oregon)	Washington County: 29/36 Clackamas County: 36/36	www.countyhealthrankings.org
Percent of the workforce that drives alone to work	Tigard: 75% Tualatin: 77% Tigard/Tualatin Combined: 76%	US Census and American Community Survey
Among workers that commute in their car alone, the percentage that commute more than 30 minutes	Tigard: 29% Tualatin: 29% Tigard/Tualatin Combined: 29% Washington County: 30% Clackamas County: 42%	US Census and American Community Survey

SECTION 3: COMMUNITY LEADERSHIP SUPPORT AND INDICATION OF COMMUNITY READINESS

A. Please share a brief description of a recent community benefit, project, or initiative that required cross-community collaboration and leadership. The project does not have to have been related to health and wellbeing, but must have addressed a significant community need.

Please keep answers for each topic to approximately 100 words.

Bridgeport Elementary Community Track	ANSWER
What was the challenge you were addressing?	<p>Bridgeport Elementary School is Tualatin and serves a diverse population of 500 students. The Bridgeport Bulldogs are committed to a well-rounded rigorous education while providing balance with “brain breaks,” where students have a chance to exercise through PE curriculum and running. Setting physical goals is as important to students learning development as setting goals in the classroom. The students had worn a path in the grass around their playground and soccer field with their commitment to year-round running and fitness. Their current facility has a field that is in poor condition. It has a slope with several potholes/puddles.</p> <p>A team of volunteers, led by Bridgeport Elementary parent and avid runner, Leah Findtner, set out to construct a running/walking track through building community support and fundraising.</p>
What were the goals of the initiative or project?	<p>This project is a counterattack to childhood obesity and sedentary lifestyles. Through this effort, the Bridgeport School community hopes to instill a lifelong love for physical activity (specifically running and walking) into the lives of the children who attend the school and use the track. Bridgeport Elementary is a very diverse school with about 50% of the school’s students identifying as Hispanic/Latino, and through running, the school hopes to bridge cultural and language gaps through the language of physical activity. Many of the students come from low-income backgrounds with 53% of students eligible for free or reduced lunch, and these students rely on school programs for both physical activity and nutrition. The sport of running does not require expensive equipment or enrollment costs, so it is a great opportunity to provide opportunities to kids from all socioeconomic backgrounds. This project will teach students how to set and achieve measurable “personal best” goals for running and fitness, and it will also be available for wider community use and serve as a community gathering space.</p>
What community leaders and/or institutions came together to lead the effort?	<p>There were many volunteers and parents who contributed to the effort of building the track, but some of the key organizations and individuals included the Tigard Tualatin School District, the Bridgeport PTO, SERA Architects, Reser Family Foundation, the Tualatin Rotary Club, Nike, Lee Farms, Leah Findtner (Bridgeport Parent) and Bridgeport Principal Debbie Ebert.</p>
What were the significant learnings from the collaborative effort?	<p>This effort is an example of how a mission for health and wellness can bridge the gap across all groups within a community. This is a mission which inspires people to action, and because of their collective actions and support, we were able to raise the funds, labor and resources necessary to bring our vision to life.</p>

	It is amazing what a community can achieve when working together and engaging diverse stakeholders. The Bridgeport community has not only built a track, but their run club continues to grow in popularity (even before the track was completed). In three years, the run club has more than doubled in size and is now almost 100 students.
How did you ensure that this effort reached all members of your community?	We worked through the school networks, the PTO, the school district, social media and enlisted many volunteers to help with our efforts. These volunteers connected us to other community groups and business in the region, where we could apply for funding and solicit donations. This fundraising helped to build awareness for our cause and enlisted interest and resources to bring the plan to life.
What were the outcomes of the effort?	The group has raised almost \$100,000 from individuals and businesses, and through grants from Nike, the Reser Family Foundation, and the Rotary Club of Tualatin. The track broke ground in May 2016, and it will be completed by September in time for school to begin. The group of dedicated volunteers and supporters is planning for phase II of their project which will include partnering with another local non-profit, Neighbors Nourishing Communities, to build a community garden to help feed low-income families in the school community.

Tualatin – America’s Best Community Finalist	ANSWER
What was the challenge you were addressing?	<p>As part of the America’s Best Communities (ABC) Competition, a team of Tualatin residents, businesses, the City, Chamber, School District and others developed an application, and succeeded to the finalist round as one of eight communities competing for the grand prizes of \$1, \$2, and \$3 million to be awarded in April 2017. Tualatin faces a new challenge of severe economic disparities within the community. Nearly a third of Tualatin’s families struggle in poverty. Industry in Tualatin also has a serious problem with employers lacking skilled personnel, while people need quality jobs. This creates an ironic dichotomy of jobs going unfilled while many people are left under and unemployed. The impacts of this mismatch are most dramatic among Tualatin’s minority population. How can Tualatin develop the work force of tomorrow and improve the quality of life for all people in the community?</p>
What were the goals of the initiative or project?	<p>Tualatin’s Community Revitalization Plan focuses on increasing opportunity and the standard of living for everyone in the community through advancing STEAM (science, technology, engineering, arts and math) education. While Tualatin continues to seek solutions to all community-defined needs and priorities described in the Tualatin Tomorrow Vision, the ABC initiative is hyper-focused on one specific target: connecting youth and underserved populations to STEAM education and CTE training that align with Tualatin’s advanced manufacturing industry base. In addition to providing jobs and personal growth opportunities for residents, the plan will help the community begin to develop a workforce pipeline for a large cross-section of employers.</p> <p>In the short-term Tualatin plans to build a mobile makerspace enabling students to create, build, and enjoy hands-on learning. Makerspaces are interdisciplinary innovation spaces dedicated to the art and science of manufacturing goods. The mobile makerspace will be scaled to serve students K-12 with special emphasis on elementary and middle school, girls, and minorities. Its unique attribute is mobility. It will literally roll to wherever the kids are; schools, neighborhoods, and community events, to maximize utilization. The team is working with employers to acquire equipment to outfit a trailer with computers for multimedia and CAD, 3D printers, various tools and equipment that will connect kids to the latest technology. Initial funding will be from the ABC award and local commitments.</p> <p>Longer-term, Tualatin intends to supplement the mobile maker space with a permanent Community Career and Creative Center. The Center would provide space to add larger maker equipment, conduct classes and workshops and integrate performing arts.</p>
What community leaders and/or institutions came together to lead the effort?	<p>Tualatin’s Team includes the City, the Tualatin Chamber, Mask & Mirror Community Theatre, the Tigard-Tualatin School District, Tualatin Tomorrow Visioning Committee, South Metro-Salem STEM Partnership and other businesses and community members who developed a community revitalization plan focusing on long-term and short-term goals and have raised matching funds to continue in the competition.</p>
What were the significant learnings from the collaborative effort?	<p>The development of the Community Revitalization Plan has mobilized hundreds of partners, raised thousands of dollars for implementation, and the short-term strategy is in the implementation phase and will launch in Fall 2016, just months after completion of the plan. The most important lesson learned through these efforts was the value of partnerships and engagement of diverse stakeholders. Many businesses had never engaged in a community effort similar to this one, and now the new relationships have been beneficial not only to this project, but to raising awareness for other important community initiatives through increased engagement.</p>
How did you ensure that this effort reached all members of your community?	<p>Individual interviews were conducted with leaders from the business community in advanced manufacturing, several focus groups with students and educators were held, the Latino community was engaged through focus groups held in Spanish, the community participated in an online survey, a social media campaign was conducted over the course of the project, and outreach at several large community events reached thousands of people</p>

	across Tualatin.
What were the outcomes of the effort?	<p>As a result of the outreach conducted, dozens of companies donated funds to help with the implementation of the program. To date, over \$200,000 in funding has been secured to develop and implement this plan. A Community Revitalization Plan has been prepared with a short-term and long-term plan for developing the workforce of the future. A Steering Committee has been identified and recruited, and several partner organizations including the City of Tualatin, the Tigard-Tualatin School District, the Tualatin Chamber of Commerce, and the Tualatin Tomorrow Advisory Committee are working to implement the short-term strategy and raise additional funding for future implementation of the long-term strategy. The team is preparing to launch the mobile makerspace and compete for one of the grand prizes to accelerate the implementation of the long term strategy. Additionally, others have learned about the project, and the increased community awareness has helped to engage new partners and supporters.</p>

Building Tigard's Parks – A Community Effort	ANSWER
What was the challenge you were addressing?	<p>With more than 50,000 residents, the City of Tigard has a vision to become the most walkable community in the Pacific Northwest where people of all ages and abilities enjoy healthy and interconnected lives.</p> <p>In 2009, Tigard voters defeated a ballot measure to acquire, preserve and protect parks and open spaces despite the city's park land deficit. Low voter turnout and lack of specifics were partially blamed for the result. City elected officials, staff, and volunteers became determined to craft an improved version for 2010.</p> <p>The coalition of groups worked together to place on the ballot a \$17 million Parks & Open Space (a decrease of 15% from the 2009 measure). In November 2010, voters overwhelmingly approved the revised, less expensive measure to fund future park land and open space.</p>
What were the goals of the initiative or project?	<p>The measure sought to obtain funds for the City of Tigard, or to purchase land that is currently available and transform it into parks and open space.</p> <p>Through the measure, the City sought to ensure future park land purchases were equitable and served every resident. The demographics and interests of residents was an important consideration as the city wanted to meet residents' demand for active and passive park lands and open space.</p> <p>Ultimately, the goal was to preserve park land and open space for future definitions, and to challenge our utility and resource providers, and draw as wide of participation by city and local islands.</p>
What community leaders and/or institutions came together to lead the effort?	<p>The City Council and the Parks and Recreation Advisory Board (PRAB) lead the effort in developing the bond proposal and scoping the voter-approved measure.</p> <p>The two groups took the following approach:</p> <ul style="list-style-type: none"> • The City Council established and communicated "opportunity areas" geographically throughout the city where park lands would be acquired, and • The Council delegated the decision making authority for selection and acquisition of specific properties to the PRAB. • PRAB used the 2009 Park System Master Plan as a guide to help develop areas of need for neighborhood parks. (The PSMP was a huge citizen outreach effort.) • The PRAB took field trips and visited over 65 properties as they considered acquisitions. • PRAB developed a list of the priority properties, and investigated acquiring the properties – if they were available (not all were for sale). • The PRAB spent over a year developing criteria, designating areas of need for neighborhood parks, and taking suggestions from citizens.
What were the significant learnings from the collaborative effort?	<p>The creation of Bull Mountain Park is a shining example of how the City learned and benefitted from the collaborative effort.</p> <p>The Bull Mountain neighborhood had recommended a number of sites for the city to consider purchasing, including one large parcel. The neighborhood demonstrated solitary for these sites by collecting signatures and submitting them to council as a show of support. The council agreed with the Bull Mountain neighbors and authorized the purchase of the park land.</p> <p>The neighborhood was involved throughout by:</p> <ul style="list-style-type: none"> • Participating in the development of park concept plan, • Donating thousands of hours to build trails, • Managing volunteer student groups and scout troops, • Meeting with city staff to work through the park development,

	<ul style="list-style-type: none"> • Becoming involved and, in some case, joining PRAB, • Applying for a grant from the regional government, • Hosting five events at the park throughout the year, and • Participating in volunteer events twice a month.
How did you ensure that this effort reached all members of your community?	<p>The PRAB held numerous meetings to gain input from neighborhood and community members about their opinion of how the city should invest in parks and open space.</p> <p>The dialogue included PRAB asking community members about where (geographically) to invest in each opportunity, to ask people where they believed the best chances for park acquisitions and development would exist. Word of mouth in neighborhoods helped the city to gain the widest possible input about potential land purchases in each opportunity area.</p>
What were the outcomes of the effort?	<p>Using bond dollars and six million in contributions and grants from Metro, Oregon Watershed Enhancement Board, Washington County and Clean Water Services, more than 130 acres of park land and open space have been preserved.</p> <p>The city has begun development on 14 projects – from master plans (Dirksen Nature Park, Bull Mountain, Tigard Street Trail) to complete park development (East Butte Heritage, Jack Park addition). The development has increased the acres of parkland per thousand/population from less than nine acres to more than 10 acres per thousand.</p> <p>The City has leveraged the parks bond to acquire regional and state grant funding. Most recently, the Oregon Transportation Commission announced a \$700,000 grant to the City of Tigard to upgrade a temporary trail into a path to employment linking one of the city's manufacturing corridors and downtown commercial district to workers in surrounding neighborhoods.</p>

B. Please list the names of each key community leader who has expressed verbal or written support for the project. When written support is available, please provide it as an attachment to this Statement of Interest. You may contact the Blue Zones Project team to request a sample leadership commitment. Individuals are encouraged to submit their own letters of support.

Please provide names next to each row.

Positions	Names
Tualatin Mayor	Mayor Lou Ogden
Tigard Mayor	Mayor John Cook
Tigard City Councilor	Councilor John Goodhouse
Washington County	Commissioner Roy Rogers
Washington County	Commission Chair Andy Duyck
Clackamas County	Commission Chair John Ludlow
TTSD Board Member	Jill Zurschmeide
TTSD Board Member	Dana Terhune
Senate Majority Leader, District 18	Senator Ginny Burdick
Oregon State Representative	Representative Julie Parrish
Oregon State Representative	Representative Margaret Doherty
Oregon State Senator	Senator Richard Devlin
Tualatin City Manager	Sherilyn Lombos
Tigard City Manager	Marty Wine
County Administrator	Washington County Bob Davis Clackamas County Don Krupp
Public Works Director	Tualatin, Jerald Postema Tigard, Brian Rager
Community Development Director	Tualatin, Alice Cannon, Assistant City Manager Tigard, Kenny Asher
TTSD School Superintendent	Ernie Brown
Tualatin Chamber of Commerce CEO	Linda Moholt
Tigard Chamber of Commerce CEO	Debi Mollahan
Parent-Teacher Organization Members	Leah Findtner, Bridgeport Elementary
CEOs of largest community employers	Fred Bruning, CenterCal
Business Leader	Robert Knight, Express Employment Professionals/Tualatin Chamber President
Business Leader	Mike Snell, LAM Research
Business Leader	Conrad Pearson, Pearson Financial Group
Faith Community Leader	Marc Huchette, Rolling Hills Church
Faith Community Leader	Stan Russell, Horizon Church
Faith Community Leader	Fr. John Henderson, St. Anthony Catholic Church
Faith Community Leader	Monte McCutcheon, Abundant Life Family Church
Community Leader	Chad Darby, Neighbors Nourishing Communities
Leader representing the interests of a community of color	Pastor Armando Juarez
Local Restaurant/Hotel Manager	Charlie Sitton, Haydens/Century Hotel
Grocery store manager	Melinda Merrill, Fred Meyer
Representatives from media outlets (radio, local television, or print)	Christine Moore, Pamplin Media (Tigard- Tualatin Times)
ED or CEO of Senior serving organization	Susan Noack, Chair of Aging Task Force

ED or CEO of Senior serving organization	Candice Kelly, Chair of Juanita Pohl Center Advisory Committee
ED or CEO of Youth serving organization	Julie Ludemann, Youth Advisory Council Coordinator

SECTION 4: FUNDING COMMITMENT

Communities are encouraged to make a financial commitment to support the leadership funding from the Cambia Health Foundation. The preferred commitment from communities is between \$200,000 and \$400,000 per year for three years. In-kind donations in the form of office space will be accepted as part of that commitment. So we can better understand the ability of your community to meet the financial commitment, please select one of the statements below.

- ☐ My community is able to meet the funding commitment.
- What how much funding can you commit to this effort?
 - When will your funds be available?
 - What is your funding source(s)?
 - To be eligible for consideration, you do not need to transfer funds at the start of the project.

- ☒ My community can provide some of the funding commitment.
- What how much funding can you commit to this effort?
- Our team has reached out to Providence and Legacy regarding financial contributions to support this effort, and both healthcare providers have expressed a commitment to financially supporting the effort. The exact dollar amounts are still being discussed, but our team is confident the resources will be available to fully support the Blue Zones effort.

When will your funds be available? This timeline will be determined and is currently under discussion with the executive team at both Providence and Legacy.

What is your funding source(s)? Providence and Legacy

- ☐ My community is unable to meet the financial commitment.
- The Oregon Business Council Charitable Institute can help your community fundraise for this effort. If you are interested in receiving assistance in fundraising and capacity building, please contact Sarah Foster at the Oregon Business Council Charitable Institute, sfoster@orbusinesscouncil.org.

Note: If you do not meet any of the above criteria, there are still ways Oregon's Blue Zones Project can support your well-being efforts. Contact bluezonesprojectoregon@healthways.com to learn more.