
Plain Language Summary

The Umpqua Health Alliance (UHA) wants to make Douglas County a happy, healthy place. They want everyone to have what they need to feel good. People in Douglas County are working together to make this happen. They want everyone to have the same chance to be healthy. They are listening to what people say. They are working with friends who can help. They are using plans that work well.

In 2023, UHA worked with many people to make a report. This report looks at how healthy people are right now. It shows what health problems need the most help. You can learn more about this report online.

They picked the most important health issues by looking at:

- What people in the community worry about
- What numbers show about Douglas County

They also asked:

- Can we help fix this problem?
- Are people ready to work on this problem?
- Can we see a change in five years?

The report says it is important to keep working on four things:

- Things that help people be healthy (like having a home and food)
- Helping people feel happy and not use bad drugs
- Helping families and children
- Helping people live in healthy ways

After the report was done, they asked many people for ideas. These people included:

- Regular people in the community
- Groups that help the community
- People who work to keep everyone healthy
- Teachers and school leaders
- Hospitals

This plan is very important. It is like a map that shows everyone how to help with big health problems. It helps Douglas County see how they are doing. They can be happy when things go well. They can change plans if something is not working.

The main things in this plan came from two big community meetings. They also got ideas from a group that helps guide the plan. They looked at what the Governor wants to make better. They also thought about plans from other big groups that help keep people healthy.

By working together, people from all parts of the county hope to make things better.