

WARBIXINTA 2022

Xasiloonida Shaqaalaha Xirfadlayaasha ah ee Taageerada Tooska ah ee Siinaya Taageerada Goobta Deganaanshaha Dadka Qaangaarka ah ee qaba Naafonimada Garaadka iyo Korriinka ee Oregon ee sanadka 2020



Guudmarka Warbixinta

Heerarka sare ee shaqo-ka-tagista Xirfadlayaasha Taageerada Tooska ah (DSP-yada) ee daryeelka siiyo dadka qaangaarka ah ee Oregon ee qaba naafonimada garaadka iyo korriinka (I/DD) ayaa waxay saameeyaan tayada daryeelka waxayna gacan ka geystaan in kharashaadka adeegga ay kor u kacaan. Warbixintani waxay isticmaalaysaa xog ka socota Tusayaasha Muhiimka ah ee Qaranka ee Sahanada Xasiloonida Shaqaalaha ee 2018 - 2020 si ay u baarto isbeddelada mushaarka iyo shaqo-ka-tagista DSP-yada u shaqeeyaan wakaaladaha Oregon kuwaasi oo adeegyo ku aadan taagerada goobta xanaanada 24-saac siiyo dadka qaangaarka ee qaba I/DD ee ku nool guryo-kooxeedyada, iyo si loo qiimeeyo arrimaha la xiriiira heerarka sare shaqo-ka-tagista.

Sannadkii 2020, 155 ka mid ah 159-ka wakaaladood ee bixiya adeegyada goobta xanaanada ee I/DD ee joogo Oregon ayaa ka qaybqaatay Sahanka Xasiloonida Shaqaalaha ee NCI. Wakaaladahani waxa ay shaqaalaysiiyeen wadar ahaan 8,732 DSP-yo, kuwaas oo asaasiyan ahaa shaqaale wakhti buuxa shaqeeyo. Mushaarka bilowga ah ee DSP-yada bixiya daryeelka goobta xanaanada wuxuu u dhaxeeyay \$11.00 ilaa \$20.00 saacadiiba (dhexdhexaadka = \$13.82) halka celceliska mushaarada uu u dhaxeeyay \$11.32 ilaa \$21.21 saacadiiba (dhexdhexaadka = \$15.00). Mushaarada DSP-yada aad ayuu guud ahaan uga hooseeyay kuwa shaqaalaha Oregon, isla markaana mushaarka dhexdhexaadka ah ee DSP-yada kuma filneyn in loo tixgeliyo mushaar nololeed ku filan hal qof oo qaangaar ah oo jooga Oregon sanadkii 2020. Intaa waxaa dheer, DSP-yada inta badan ma helaan faa'iidooyinka goobta shaqada oo ku filan ama la awoodi karo.

Inta badan DSP-yadu waxay wakaaladahoodu uga baxaan sababo ikhtiyaari ah. Heerarka shaqo-ka-tagista ee wakaaladaha ee 2020 waxay u dhaxeeyeen 0 ilaa 285% (dhexdhexaadka = 48%), taasi oo la mid ah heerarka shaqo-ka-tagista ee 2018 iyo 2019. Shaqo-ka-tagista ugu sarreeyso waxay ahaayeen kuwa ay muddadooda shaqada ka yareyd 6 bilood. Shaqo-ka-tagista ayaa hoos u dhacday markii ay kor u kacday muddada shaqada ee shaqaaluhu. Shaqo-ka-tagista heerka sare ah waxay kordhineysaa suurtagalnimada ah in boosaska aan la buuxin in muddo ah, taasoo keeneysa suurtagalnimada nusqaamo ku yimaado daryeelka. Laga soo bilaabo Diseembar 31, 2020, 11.3% jagooyinka DSP-yada ayaa ka banaanaayeen gobolka oo dhan. **Waxaan ogaanay in wakaaladaha leh celceliska sare ee mushaarka saacadiiba ay lahaayeen heerarka shaqo-ka-tagista shaqaalaha oo aad u hooseeyo.** Wakaaladaha bixiya shaqo-dallacin loogu talagalay DSP-yada iyo kaalmo dhaqaale oo ku aadan tacliinta sare ayaa sidoo lahaa heerarka shaqo-ka-tagista shaqaalaha oo aad u hooseeyo.

Aafada Covid-19 ayaa uga sii dartay xaalad horeba u adkeyd. Isbeddelo la xiriiira aafada cudurka oo ku aadan hawlgallada iyo borotokoolo ku aadan caafimaadka iyo badqabka ayaa laga hirgeliyay gudaha Oregon iyadoo si gooni loogu saleynayo wakaaladaha kala duwan. Marka la barbardhigo 2018, heerarka shaqo-ka-tagista ee 2020 ayaa kordhay marka la eego DSP-yada shaqaynayey in ka badan 12 bilood, taasi oo soojeedinaysa inay dhici karto in heerarka shaqo-ka-tagista ee shaqaalaha muddada dheer ay saameyn soo gaartay sanadkii ugu horreeyay ee aafada COVID-19. Si loo baaro daldaloolada iyo awoodaha ka jira jawaabta degdega ah oo loo helo faham wanaagsan oo ku saabsan sida DSP-yada ay ula kulmeen oo ay u saamaysay aafada cudurka, Oregon waxay dooratay inay sahan kaab ah oo ku saabsan Covid-19 ku darto Sahanka Xasiloonida Shaqaalaha ee 2020. In kasta oo isbeddellada hawlgallada intooda badan aysan lala xiriiirin heerarka shaqo-ka-tagista, **wakaaladaha si guud u kordhiyey mushaarka sanadkii 2020 ayaa lahaa heerarka shaqo-ka-tagista shaqaalaha oo aad u hooseeyo.**

Iyada oo ku saleysan natiijooyinka falanqayntayada, waxaan rumeysanahay in kordhinta mushaarka ay aalad muhiim ah u tahay yareynta shaqo-ka-tagista DSP-yada. Intaa waxaa dheer, waxaan ku talineynaa xeeladaha soo socda si ay gacan uga geystaan in la sii yareeyo shaqo-ka-tagista:

- Bixi faa'iidooyinka muhiimka ah iyo fursadaha shaqo-kobcinta ee loogu talagalay DSP-yada
- Kordhi dadaallada socda ee lagu aqoonsanayo qiimaha DSP-yada iyo muhiimada shaqadooda
- Xaqiiji in mushaarka shaqaalaha DSP iyo noocyada kale ee shaqaalaha xirfada leh ee gobolka ay siman yihiin

Marka laga soo tago xeeladaha kor ku xusan ee loogu talagalay in si degdeg ah tallaabo loogu qaabo, waxaanu bixinaa tallooyinka soo socda ee ku aadan helitaanka iyo falanqaynta xogta mustaqbalka si loo bixiyo macluumaad faahfaahsan oo markaa jiro:

- Sii wad dib u-eegista xilliyeed ee shaqo-ka-tagista iyo mushaarka DSP-yada si aad u qiimeeyso isbeddelada ku yimaada shaqo-ka-tagista kadib kordhinta mushaarka iyo isbeddelada kale ee siyaasadeed ee haboon
- Samee tijaabo ah ururinta xogta celceliska mushaarka ee qaybaha kala duwan ee shaqada, taasi oo ku siin doonta fikrado ku saabsan isticmaalka kordhinta mushaarka si kor loogu qaado reebashada shaqaalaha leh khibrada iyo xirfada
- Tixgeli sameynta daraasad ku saabsan xiriirka u dhaxeeya shaqo-ka-tagista shaqaalaha iyo ku xadgudubka degganayaasha qaba I/DD si loo sii fahmo khasaaraha dadka soo gaarayo ee ka imanayo shaqo-ka-tagista heerka sare ah ee shaqaalaha DSP
- Tixgeli ku darida xogta kharashyada ka dhalanayo shaqo-ka-tagista ee gaarka u ah wakaaladaha kala duwan (tusaale ahaan, kharashyada qorista iyo tababarida shaqaalaha cusub)
- Ballaari warbixinta si lagu daro DSP-yada taageera carruurta, iyo sidoo kale dadka qaangaarka ah ee ku nool meelo ka baxsan guryo-kooxeedka

Hordhaca

Dad badan oo qaangaar ah oo qaba naafonimada garaadka iyo korriinka (I/DD) ayaa ku tiirsan Xirfadlayaasha Taageerada Tooska ah (DSP-yada) si ay taageero tayo leh uga helaan maalin kasta. Taageerada DSP-yada ayaa muhiim u ah caawinta dadka qaangaarka ah ee qaba I/DD si ay ugu noolaadaan goobaha bulshada, u joogteeyaan caafimaadkooda iyo fayo-qabkooda, u helaan nolol shaqo iyo mid bulsheed oo leh, iyo si ay u yeeshaan una joogteeyaan xirfado nololeed oo madax banaan. Ku guuleysashada bixinta taageerooyinkan waxay u baahan tahay in DSP-yada ay noqdaan kuwa leh xirfado isku dhafan oo ay shaqadooda kusoo kordhiyaan xirfado iyo aqoon ballaaran.¹ Si kastaba ha ahaatee, jagooyinka DSP waa kuwo adag waxayna badanaa la yimaadaan mushaar yar, faa'iidooyin xaddidan, iyo magac bulsheed oo hooseeyo ama aqoonsiga muhiimadda doorka DSP oo hooseeyo.² Shaqo-ka-tagis badan ayaa badanaa dhacdo, waana mid kharash badan, oo khatar ah.

Shaqo-ka-tagista badan waxay saameeysaa sii wadida iyo tayada daryeelka ay heli karaan dadka qaangaarka ah ee qaba I/DD, waxay culays ku kordhisaa shaqaalaha haray, waxayna gacan ka geysataa in liisaska dadka sugayo adeegyada ay dheeraadaan.² Arrimahani waxay kordhin karaan halista khaladaadka daawaynta, dhaawacyada, iyo ku xadgudubka iyo dayaca dadka qaangaarka ah ee qaba I/DD.³ Shaqo-ka-tagista badan ayaa sidoo kale saameyn miisaaniyadeed oo la taaban karo ku leh wakaaladaha ay tahay inay si joogto ah u qoraan oo u tababaraan shaqaale cusub. Qiyaasta kharashka beddelka hal DSP waxay u dhaxaysaa \$2,413 ilaa \$5,200.² Maadaama jagooyinka DSP-ka oo aad u badan loo baahan yahay in dib loo buuxiyo wadarta kharashka ayaa ah mid aad u badan, oo qaran ahaan gaarayso qiyaastii \$2,338,716,600 sannadkiiba.² Sidaa awgeed, shaqo-ka-tagista DSP-yada waa arin muhiim ah in la fahmo waxna laga qabto.

Tani waa warbixintii labaad ee ku saabsan xasilloonida shaqaalaha DSP ee Oregon. Tan iyo warbixintii ugu horreysay, taasi oo adeegsatay xogta 2018, aafada COVID-19 ayaa uga sii dartay xaalad horeba u adkeyd waxayna muujisay doorka muhiimka ah ee DSP-yada ay ku leeyihiin bulshadeena. Marka laga soo tago adkeynta shaqaalaynta, aafada cudurka ayaa kordhisay istireeska, filashooyinka, iyo halista DSP-yada iyo dadka qaangaarka ee ay la shaqeeyaan labadaba.⁴ Dadka qaangaarka ah ee qaba I/DD ayaa aad ugu dhow inay qaadaan COVID-19 waxayna leeyihiin heerar sare oo ah dhimashada la xiriirta COVID-19.⁵ DSP-yada ayaa inta badan ah taageeradooda aasaasiga ah. Ujeedada warbixintan la cusboonaysiiyay waa in la baaro shaqo-ka-tagista DSP-yada Oregon intii lagu gudajiray sannadkii ugu horreeyay ee aafada cudurka, in la falanqeeyo arrimaha la xiriira shaqo-ka-tagista badan iyo mida hooseeysa (oo ay ku jiraan kuwa la xiriira aafada COVID-19), iyo in la soojeediyo xeelado lagu yareynayo shaqo-ka-tagista.



Xigashada Xogta

Warbixintani waxay inta badan isticmaaleysaa xogta 2020 ee laga helay Tusayaasha Muhiimka ah ee Qaran ee Sahanka Xasilloonida Shaqaalaha. Inkastoo xogta ku jirta warbixintan ay ka tarjumayso muddada Janaayo ilaa Disembar 2020, xog ururintu waxay dhacday Janaayo ilaa Sebtembar 2021. Tusayaasha Muhiimka ah ee Qaran (NCI) waa iskaashi ka dhexeeya Ururka Qaran ee Agaasimayaasha Adeegyada Naafonimada Korriinka, Machadka Cilmi-baarista Adeegyada Aadanaha iyo wakaaladaha naafonimada korriinka ee gobolka ee kaqaybqaadanayo. Sahanka Xasilloonida Shaqaalaha ee NCI wuxuu ururiyaa xog ku saabsan shaqaalaha DSP ee taageero toos ah siiyo dadka qaangaarka ah ee qaba I/DD. Natiijooyinka sahanka waxay gobolada kaqaybgalaya siinayaan xog muhiim ah oo ku saabsan caqabadaha wajahayo shaqaalaha, jaangooyooyin ay ku qiimeeyn karaan waxqabadka gobolkooda marka la barbardhigo waxqabadka gobolada kale ee kaqaybgalaya, iyo hab lagu qiimeeyo isbeddelada markii la sameeyo barnaamij ku aadan siyaasad ama hindiso saameeya shaqaalaha DSP.⁶ Marka la eego xog sanadeedka 2020, 26 gobol iyo Degmada Columbia ayaa kaqaybqaateen Sahanka Xasilloonida Shaqaalaha ee NCI. Warbixintani waxay si gaar ah diiradda u saareysaa xogta wakaaladaha Oregon ee taagerada goobta xanaanada 24-saac siiyo dadka qaangaarka ee qaba I/DD ee ku nool guryo-kooxeedyada. Xogta Tusayaasha Muhiimka ah ee Qaran ee Sahanka Xasilloonida Shaqaalaha ee 2018 iyo mida 2019 ayaa lagu daray warbixintan si loo falanqeeyo isbeddellada. Sharaxaada ereyada tirakoobka ee lagu isticmaalay gudaha warbixintan ayaa laga heli karaa Lifaafa.

Sharaxaada Shaqaalaha DSP

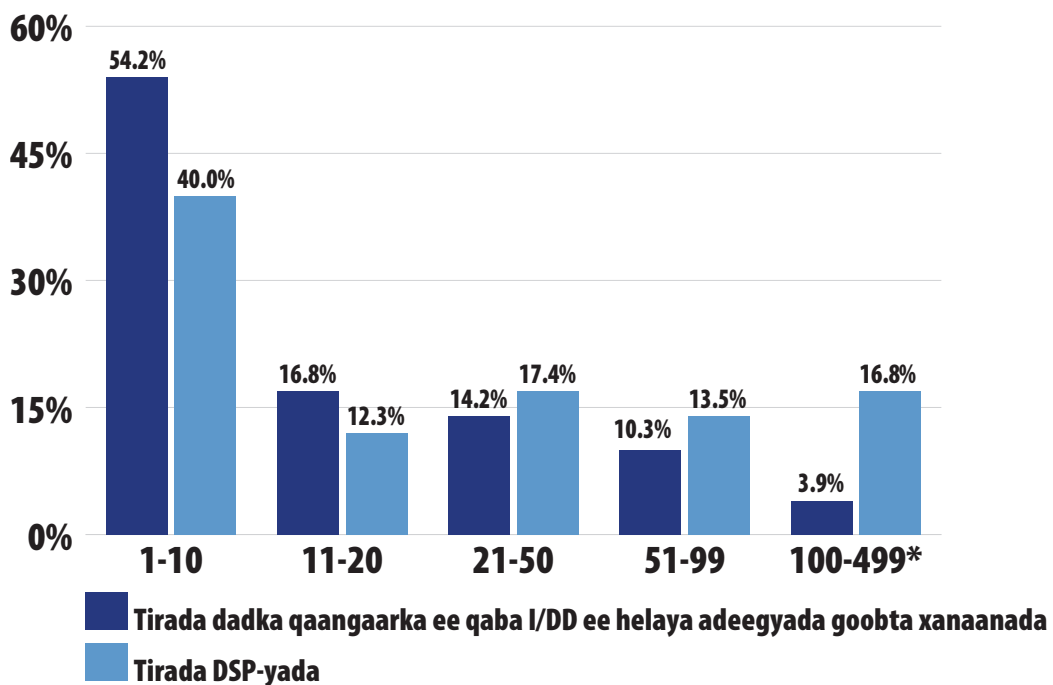
Doorarka iyo Hawlaha DSP

Celcelis ahaan, guryo-kooxeedyada Oregon waxaa ku nool 3-4 deganeyaal. DSP-yada guryo-kooxeedyada ayaa daryeel joogto ah oo la bixiyo 24-saac siiyo deganayaashan. Hawlaha DSP aad bay u kala duwanaa karaan waxaana inta badan ka mid ah bixinta daryeelka shakhsiyeed, bixinta daawooyinka, la socodka habdhaqanada iyo badqabka shakhsiyeed, barida xirfado nololeedka madaxbanaanida, qabashada ballamaha, iyo u qaadida shakhsiyaadka meelo ka baxsan guriga.

Baaxadda Shaqaalaha DSP ee Oregon

Wakaaladaha bixiya adeegyada goobta xanaanada ee Oregon waxay u dhexeeyaan kuwa u adeegaya 1-10 qaangaar ah oo qaba I/DD ilaa kuwa u adeegaya 100-499 qaangaar ah. Inta badan wakaaladaha Oregon waa kuwa yaryar, waxayna in ka badan kala badh u adeegaan 10 qaangaar ama in ka yar oo ad dadka qaba I/DD. Keliya todobo kamid ah wakaaladaha Oregon ayaa adeegyada goobta xanaanada siiyo in ka badan 100 qof oo qaangaar ah (wakaalad kasta) oo qaba I/DD (eeg Jantuuska 1-aad). Sannadkii 2020, 155 ka mid ah 159-ka (97.5%) wakaaladood ee bixiya adeegyada goobta xanaanada ee I/DD ee joogo Oregon ayaa ka qaybqaatay Sahanka Xasiloonida Shaqaalaha ee NCI. Wakaaladahan waxay shaqaalaysiiyeen wadar ahaan 8,732 DSP. DSP-yadan, 18% waxay ahaayeen shaqaale shaqeeyo wakhti-bar ah halka 61% ay ahaayeen shaqaale shaqeeyo wakhti-buuxa; 21% soo haray waxay ka shaqaynayeen wakaaladaha aan kala saarin jagooyinka DSP ee wakhtiga buuxa iyo kuwa wakhtiga-barka ah. Tirada DSP-yada wakaalad kasta waxay u dhaxaysay 1 ilaa 644 (Jaantuska 1-aad). Celceliska tirada DSP-yada ee wakaalad kasta wuxuu ahaa 56 halka tirada dhexdhexaadka ahna ay ahayd 19.

JAANTUUSKA 1-AAD: Baaxadda Wakaaladaha Oregon ee Adeegyada Goobta Xanaanada Siinayo Dadka Qaangaarka ee qaba I/DD



*Waxaa ku jira hal wakaalad oo u adeegta > 499 qof oo qaangaar ah

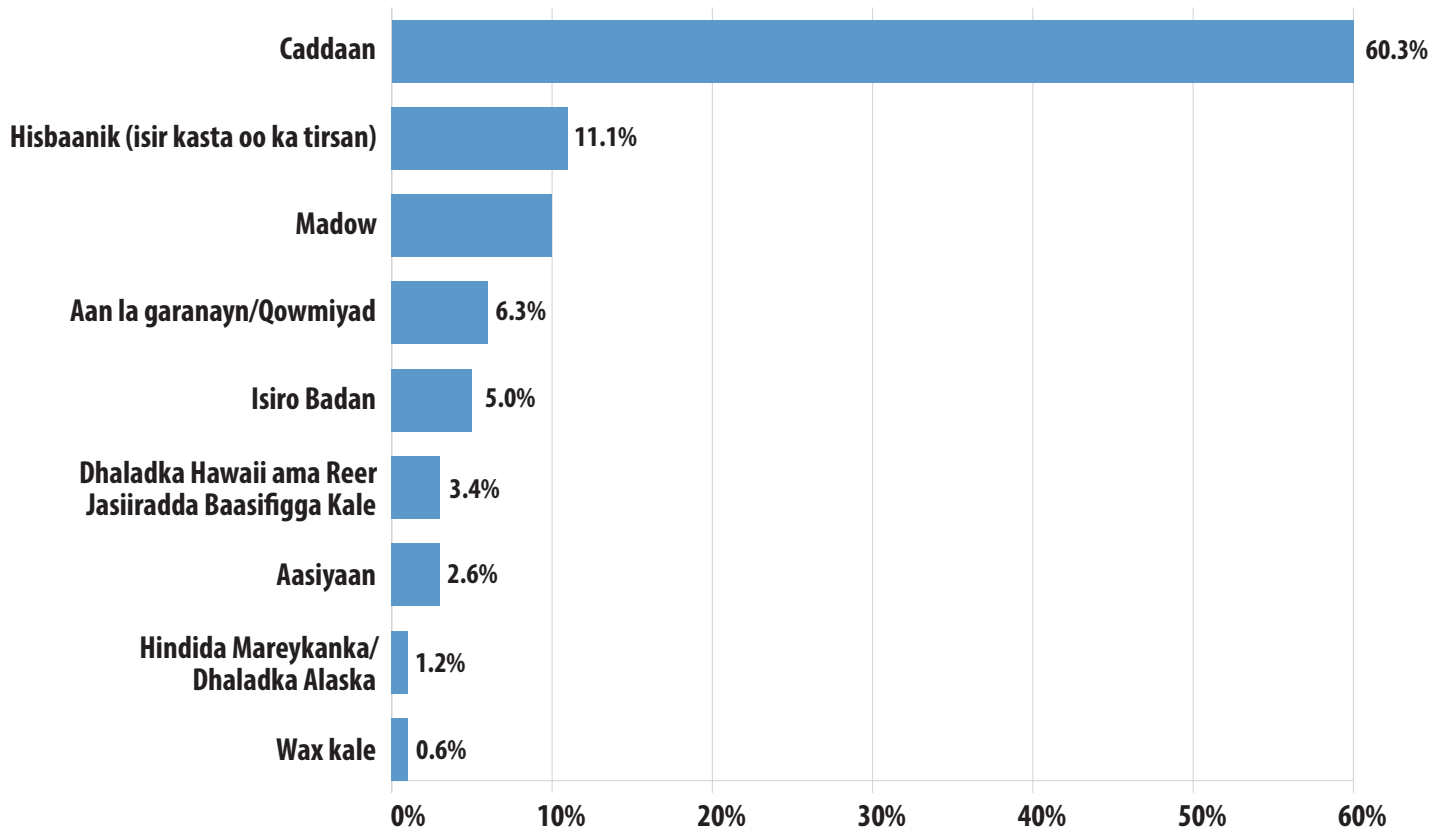
Sannadkii 2020, 51 ah wakaaladaha aan faa'iido doon ahayn, 103 ah kuwa faa'iido doon ah, iyo hal wakaalad oo ay dawladdu maalgeliso ayaa ka jawaabay sahanka. Celcelis ahaan, wakaaladaha aan faa'iido doonka ahayn ayaa ka weynaa kuwa kale. Tirada dhexdhexaadka ah ee shaqaalaha ka shaqeeya wakaaladaha aan faa'iido doonka ahayn waxay ahayd 83 (qiyaastii 4 – 644), halka tirada dhexdhexaadka ah ee kuwa ka shaqeeya wakaaladaha faa'iido doonka ah ay ahayd 8 (qiyaastii 1 – 540). Wakaaladaha faa'iido doonka ah intooda badan waxay u adeegayeen 1-10 qof oo qaangaar ah wakaaladiiba, halka wakaaladaha aan faa'iido doonka ahayn intooda badan ay u adeegayeen 21-50 qof oo qaangaar ah.

Sharaxaada Shaqaalaha DSP

Astaamaha Shaqaalaha DSP

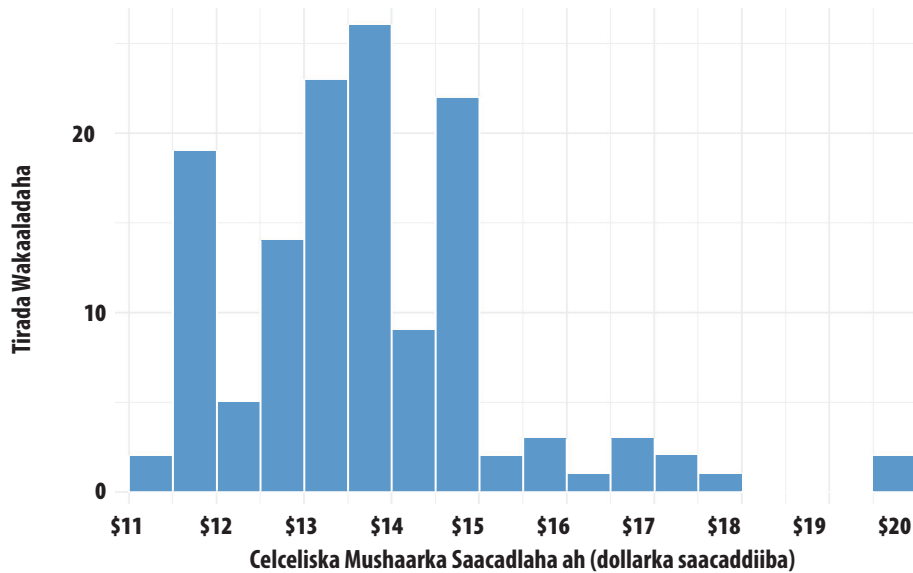
Macluumaad xadidan oo ku saabsan dadka ayaa lagu uruuriyaa Sahanka Xasiloonaada Shaqaalaha ee NCI. Marka la eego wakaaladaha kaqaybqaadanaya sahankan, 130 wakaaladood ayaa shaqaalaysiiyay wadar ahaan 8,456 shaqaale ayaa ka soo warbixiyey jinsiga DSP-yada. Marka la eego wakaaladahaas, 62% DSP-yada waxay ahaayeen dhedig, 31% waxay ahaayeen lab, 1% waxay ahaayeen jinsi kale oo aan waafaqsanayn jinsiga labka dhedga, isla markaana jinsiga 7% soo hartay lama aqoonin. Xogta ku saabsan isirka iyo qowmiyadda DSP-yada waxaa ka soo jawaabay 115 wakaaladood oo shaqaaleysiiyay wadar ahaan 7,238 DSP-yo. Marka la eego wakaaladahaas, 60% DSP-yada waxay ahaayeen Cadaan, 11% waxay ahaayeen Hisbaanik, 10% waxay ahaayeen Madow, 13% waxay ahaayeen isir kale ama isiro badan oo isku jir ah, isla markaana isirka iyo qowmiyadda 6% soo hartay lama aqoonin (Jaantuska 2-aad). Qaran ahaan, inta ugu badan (71%) DSP-yada waa dhedig, halka 62% ay yihiin dadka midabka leh.¹

JAANTUUSKA 2-AAD: Isirka iyo qowmiyadda shaqaalaha DSP ee Oregon



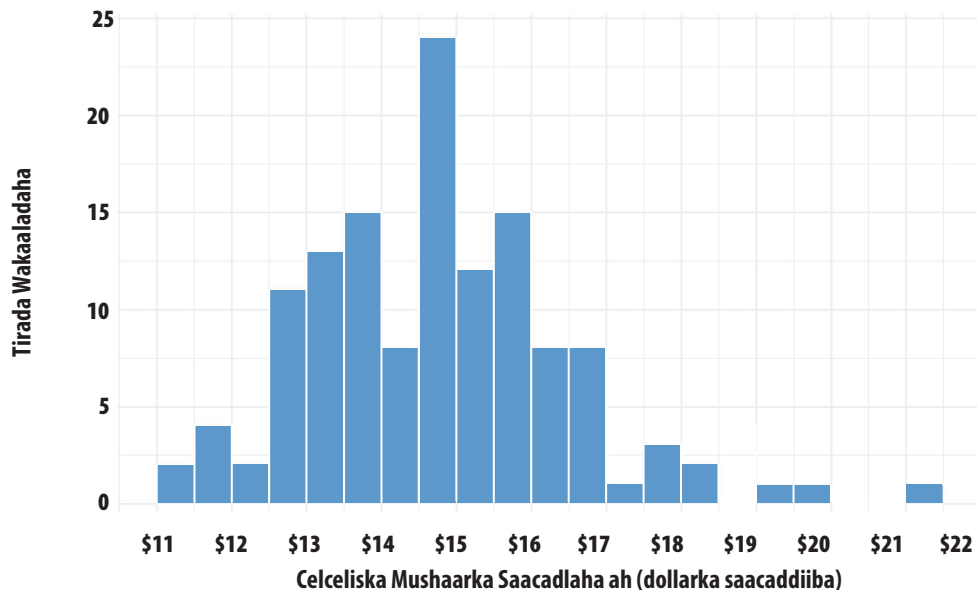
Mushaarada

JAANTUUSKA 3-AAD: Mushaarka Bilowga ah ee DSP-yada Oregon ee Bixiya Daryeelka Goobta Xanaanada



Sanadkii 2020, bilowga mushaarka DSP-yada bixiya daryeelka goobta xanaanada wuxuu u dhaxeeyay \$11.00 ilaa \$20.00 saacadiiba, iyadoo ku xiran wakaalada (Jaantuska 3-aad). Celceliska mushaarka bilowga ah ee DSP-yada Oregon wuxuu ahaa \$13.87 saacaddiiba, halka dhexdhexaadkuna uu ahaa \$13.82. Celceliska mushaarka ee dhammaan kooxaha shaqaalaha ee muddooyinka kala duwan ayaa waxyar uun ka sarreeyay mushaarka bilowga ah. Celceliska mushaarka ee wakaaladaha kala duwan ayaa u dhexeeyay \$11.32 ilaa \$21.21 saacadiiba (Jaantuska 4-aad). Celceliska gobolka oo dhan wuxuu ahaa \$14.86 saacaddiiba, halka dhexdhexaadkuna uu ahaa \$15.00. Mushaarka bilowga ah iyo celceliska mushaarka uma kala duwana wakaaladaha faa'iido doonka ah iyo kuwa aan faa'iido doonka ahayn. Inkastoo mushaarka bilowga ah uusan ku kala duwanayn tirada dadka deeganayaasha ee loo adeegayo, wakaaladaha u adeegayo deganeyaal badan ayaa bixinayay sicirka celceliska saacadiiba oo heer sare ah ($t = 3.21$; $p = 0.002$).

JAANTUUSKA 4-AAD: Mushaarada Celceliska ah ee DSP-yada Oregon ee Bixiya Daryeelka Goobta Xanaanada

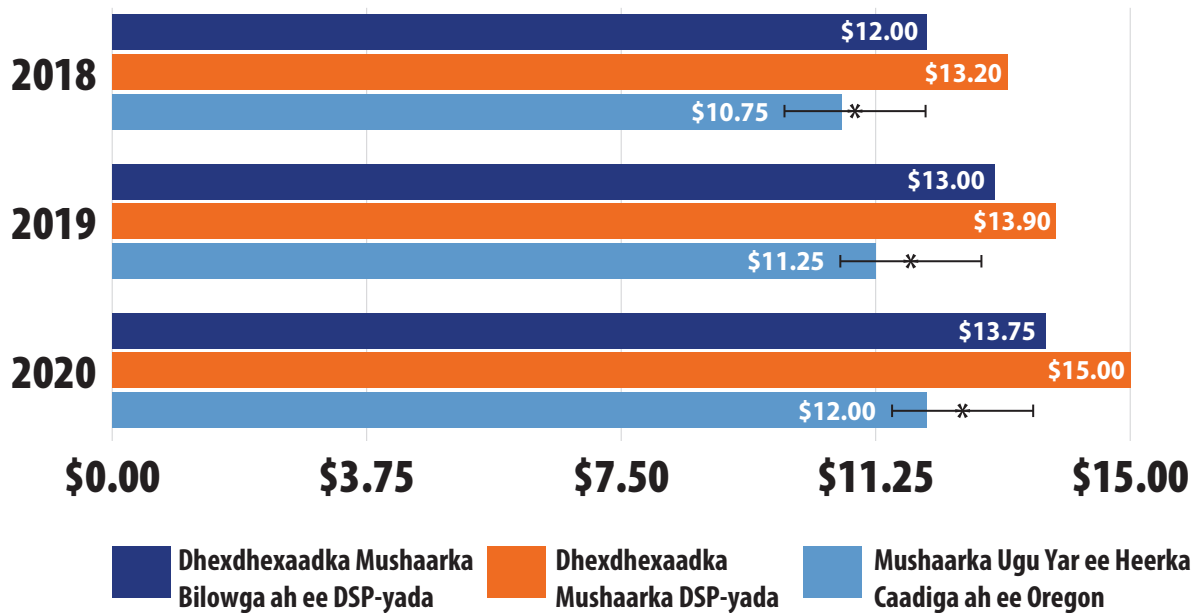


Mushaarada iyo Dheefaha DSP

Isbeddelada Mushaarada

Guud ahaan, dhexdhexaadka mushaarka bilowga ah waxaa ku kordhay \$1.75 saacaddiiba intii u dhaxaysay sanadahii 2018 iyo 2020 ($p < 0.001$), halka dhexdhexaadka mushaarka celceliska ah uu ku kordhay \$1.80 saacaddiiba ($p < 0.001$) (Jaantuska 5-aad). Inkastoo tani loo arki karo horumar, mushaarada DSP-yada ayaa guud ahaan wali aad uga hooseeya kuwa shaqaalaha Oregon. Marka loo eego xogta 2020 ee Xafiiska Xogta Shaqaalaha, celceliska mushaarka saacadiiba ee guud ahaan shaqaalaha Oregon ee sanadkii 2020 wuxuu ahaa \$27.34 dhexdhexaadkuna wuxuu ahaa \$21.04.⁷ Dhexdhexaadka (boqolkiiba 50) mushaarka saacadiiba ee DSP-yada (\$15.00) waxaa uu la mid ahaa boqolkiiba 25 ee sicirada mushaarka saacadiiba ee shaqaale guud ee Oregon (\$15.08).⁸ Qaran ahaan, mushaarada DSP-yada ayaa sidoo kale si joogto ah uga hooseeya kuwa xirfadlayaasha kale ee daryeelka tooska ah.¹

JAANTUUSKA 5-AAD: Mushaarada Dhexdhexaadka ah ee Sanadkiiba



* Dhammaadka hoose ee khadka ayaa ka dhigan Mushaarka Ugu Yar ee Degmooyinka Aan Magaalo weyn ahayn; Geeska sare waxau uu ka dhigan yahay Mushaarka Ugu Yar ee Portland Metro

Mushaarka dhexdhexaadka ah ee DSP-yada ee Oregon kuma uusan filneyn in loo tixgeliyo mushaar nololeed ee ku filan hal qof oo qaangaar ah oo ku nool gudaha Oregon sanadkii 2020.⁵ Aad buu uga hoosaysay waxa loo baahan yahay si loo taageero hal qof oo qaangaar iyo hal cunug, ama qoys katirsan laba qof oo qaangaar ah iyo laba carruur ah xitaa haddii qofka kale ee qaangaarka ah uu isaguna shaqaynayo.⁵ Geeska hoose ee kala duwanaanshaha mushaarka DSP-yada waxaa uu ahaa mid waafaqsan heerka Oregon (\$12.00) iyo mushaarka ugu yar ee saacadiiba ee goobaha aan magaalo weyn ahayn (\$11.50) marka la eego sanad xisaabeedka Luulyo 1, 2019 ilaa Juun 30, 2020, wuxuuna aad uga yaraa mushaarka ugu yar ee Portland Metro isla wakhtigaas (\$13.25 saacadiiba).⁸ Marka la eego mushaaradan, DSP shaqaynaya wakhti buuxa ayaa wuxuu helayay wax ka yar 138% Heerka Saboolnimada Federaalka ee qoys ka kooban laba qof.⁹ Markaa, DSP-yo badan oo shaqeeyo wakhti-buuxa ayaa buuxiyey shuruudaha u-qalmida dakhliga ee caymiska marka la eego Qorshaha Caafimaadka Oregon.

Mushaarada iyo Dheefaha DSP

Faa'idooyinka

Mushaarada hooeeyo ka sokow, DSP-yada intooda badan ma helaan faa'idooyinka goobta shaqada oo ku filan ama la awoodi karo. Sahanka Xasiloona Shaqaalaha wuxuu wakaaladaha waydiiyay in ay bixiyaan mid kasta oo ka mid ah faa'idooyinka soo socda iyo in kale:

- Lacagta wakhtiga fasaxa—ha noqoto qaab ah wakhtiyada fasaxa oo la iskuugu daray ama bixinta fasax lacag leh, wakhti xanuunka oo lacag leh, iyo/ama wakhtiga shakhsiyeed oo lacag leh
- Daboolista caymiska caafimaadka
- Daboolista caymiska ilkaha
- Daboolista caymiska aragga
- Qorshaha hawlgabka
- Lacag celin ama taageero kale (tusaale, kaalmada waxbarashada) ee loogu talagalay waxbarashada dugsiga sare kadib
- Tababar shaqada la xiriira oo uu loo-shaqeeyuhu bixinayo lacagta
- Caymiska naafonimada uu loo-shaqeeyaha kafaalo qaadayo
- Koontooyinka Kharash-bixinta Dabacsan
- Barnaamijyada dhiirigelinta caafimaadka (tusaale ahaan, jimicsiga, yoga, joojinta sigaarka)
- Caymiska nolosha

Dhowr wakaaladood ayaa bixinin wax kamid faa'idooyinkan. (Gobolka Oregon wuxuu u baahan yahay in loo-shaqeeyayaasha leh 50 shaqaale ama ka badan ay bixiyaan caymiska caafimaadka; wakaaladaha intooda badan way ka hooseeyeen heerkaas.10) Kaliya 3 wakaaladood ayaa bixinayay dhammaan 11-ka nooc ee faa'idooyinka. Celcelis ahaan, wakaaladuhu waxay bixinayeen 4 – 5 faa'idooyin. Waxaa jiray xiriir togan oo xooggan oo u dhexeeya baaxadda wakaaladda iyo tirada faa'idooyinka la bixiyo ($r= 0.79, p<0.001$); wakaaladaha waaweyn waxay bixinayeen faa'idooyin badan. Waxaa sidoo kale jiray xiriir xooggan oo u dhexeeya nooca wakaaladda iyo tirada faa'idooyinka la bixiyo ($t=10.2, p<0.001$); wakaaladaha aan faa'iido doonka ahayn waxay bixinayeen faa'idooyin aad uga badan (celcelis ahaan 7 - 8) kuwa ay bixinayeen wakaaladaha faa'iido doonka ah (celcelis ahaan 2 - 3).

Xitaa haddii faa'idooyinka la bixiyo, waxaa laga yaabaa inay DSP-yada qaarkood aysan heli karin. Keliya 59% DSP-yada u-qalma ayaa laga diiwaan galiyay faa'iidada caymiska caafimaadka, inkastoo la bixinayay.

Wakaaladaha ayaa sidoo kale la waydiiyay inay adeegsadeen xeeladaha reebashada shaqaalaha ee soo socda:

- Hore u-eegida shaqada oo macquul ah (85.1% ayaa isticmaalayay)
- Tababarka xeerka anshaxa (82.5% ayaa isticmaalayay)
- Shaqo-dallicinta DSP-yada si loola hara shaqaale xirfad asare leh (37.7% ayaa isticmaalayay)
- Taageero shahaadooyin aqoonsi looga helayo ururada xirfadeed ee gobol ahaan ama qaran ahaan la aqoonsan yahay (26.0% ayaa isticmaalayay)
- Sahanada ka-warqabida shaqaalaha ama dadaallada kale ee loogu talagalay in lagu qiimeeyo qanacaada DSP-yada iyo mahadhada u shaqaynta wakaaladda (40.3% ayaa isticmaalayay)

Kaliya 3 wakaaladood ayaa adeegsanin wax kamid ah xeeladahan, halka 18 wakaaladoodna ay adeegsadeen dhammaan 5-ta xeeladood. Tirada dhexdhexaadka ah ee xeeladaha reebashada ee wakaaladiiba waxay ahayd 3. Tirada xeeladaha reebashada shaqaalaha ee la adeegsaday waxay ay si togan ula xiriirtay baaxadda wakaaladda ($t = 3.31; p = 0.001$). Ma aanan arkin farqi weyn oo ku saabsan nooca wakaalad markay timaado tirada xeeladaha reebashada ee la adeegsanayay.

SHAXDA 1-AAD: Faa'idooyinka marka lagu kala sooco Nooca Wakaalada

Nooca Faa'iidada	Aan faa'iido doon ahayn (n = 51) % La bixiyo	Faa'iido doon ah (n = 103) % La bixiyo
Wakhtiga Fasaxa oo Lacag leh	98.0	71.1
Caymiska Caafimaadka	94.1	34.3
Caymiska Caafimaadka Ilkaha	92.2	30.3
Caymiska Caafimaadka Aragga	78.0	23.5
Qorshaha Hawlgabka	78.4	28.6
Lacag celinta loogu talagalay waxbarashada dugsiga sare kadib	17.7	4.9
Tababar shaqada la xiriira oo uu loo-shaqeeyuhu bixinayo lacagta	68.6	64.7
Caymiska naafonimada ee uu loo-shaqeeyaha kafaalo qaadayo	49.0	6.9
Koontooyinka Kharash-bixinta Dabacsan	41.2	5.9
Barnaamijyada dhiirigelinta ee caafimaadka	29.4	8.8
Caymiska nolosha	72.6	15.7

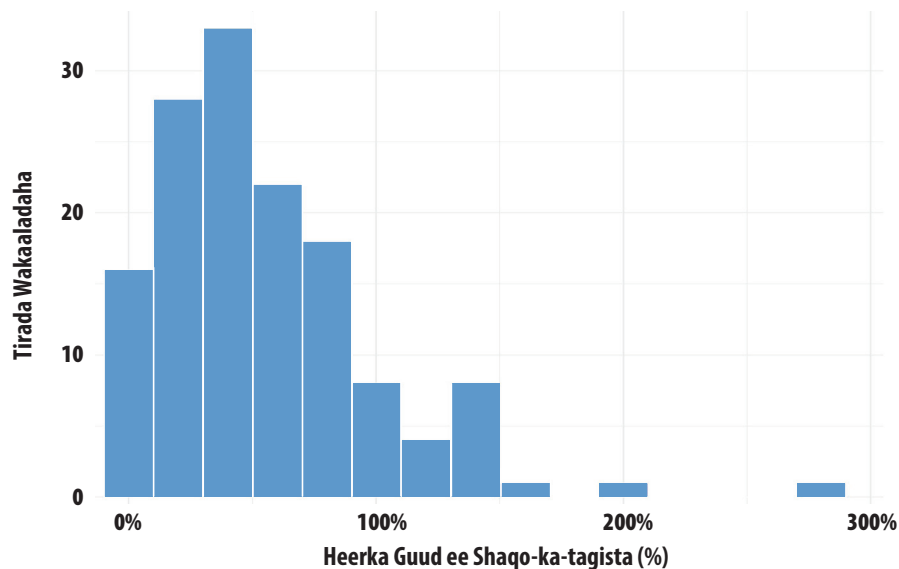
Shaqo-ka-tagista DSP-yada, Muddada Shaqada, iyo Heerarka Boosaska Shaqo ee Banaan

Heerka Guud ee Shaqo-ka-tagista

Heerka guud ee shaqo-ka-tagista ayaa la xisaabiyay iyadoo tirada guud ee DSP-yada taageeraya dadka qaangaarka ah ee qaba I/DD ee ku jira liiska mushaarka wakaalad kasta laga bilaabo 31-da Disembar, 2020 loo qaybinayo tirada DSP-yada ka tagay wakaalada intii u dhaxaysay Janaayo 1, 2020 iyo Diseembar 31,, 2020⁵ Shaqo-ka-tagista ayaa si weyn ugu kala duwaneyd wakaaladaha, waxayna u dhaxaysay 0% ilaa 285%, in kasta oo dhammaan wakaaladaha marka laga reebo 22 wakaaladood ay lahaayeen heerar shaqo-ka-tagis oo ka hooseeya 100% (Jaantuska 6-aad).

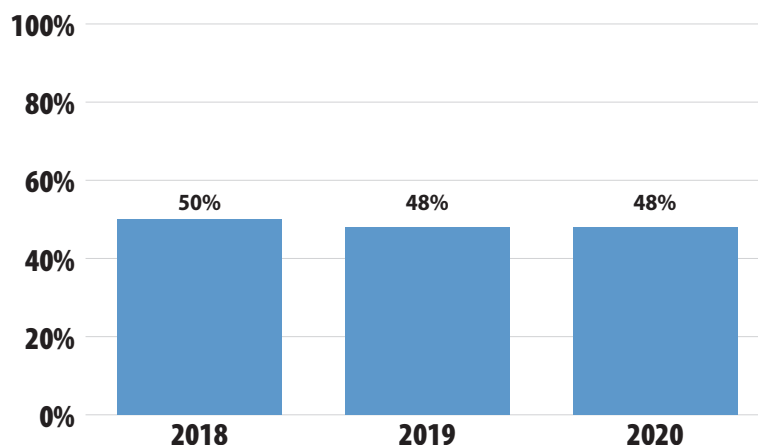
Heerka shaqo-ka-tagista ee dhexdhexaadka ah ee Oregon ee sanadkii 2020 wuxuu ahaa 48% halka heerka shaqo-ka-tagista ee celceliska ah uu ahaa 55%. Dhexdhexaadka Oregon ayaa dhaafay 22 ka mid ah 27-da gobol ee kale ee ka qaybqaadanaya Sahanka Xasiloona Shaqaalaha ee 2020, taasoo gelineysa Oregon 19% gobol ee ugu sarreeya ee leh shaqo-ka-tagista ugu badan.⁵ Baaxadda wakaaladda iyo nooca wakaalada (kuwa ah faa'iido doonka iyo kuwa aan faa'iido doonka ahayn) si weyn ulama xiriirin heerarka shaqo-ka-tagista.

JAANTUUSKA 6-AAD: Heerka Guud Shaqo-ka-tagista DSP-yada ee Oregon



Heerka shaqo-ka-tagista ee dhexdhexaadka ah ee 2020 wuxuu la mid ahaa heerka shaqo-ka-tagista ee dhexdhexaadka ah ee 2019. Heerku ayaa wax yar koreeyay sanadkii 2018, laakiin hoos u dhaca yar ee udhaxeeya 2018 ilaa 2020 ma ahayn mid tirakoob ahaan muhiim ah (Jaantuska 7-aad).

JAANTUUSKA 7-AAD: Heerka Shaqo-ka-tagista ee Dhexdhexaadka ah (%) ee Sannad Kasta



Shaqo-ka-tagista DSP-yada, Muddada Shaqada, iyo Heerarka Boosaska Shaqo ee Banaan

Heerka Shaqo-ka-tagista marka la eego Muddada Shaqada ee Shaqaalaha

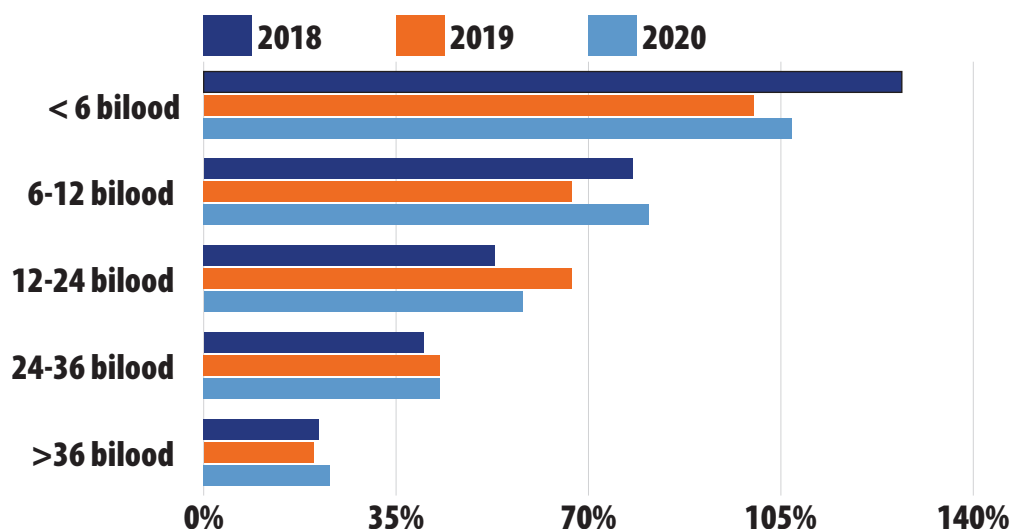
Waxaan si kala gooni ah u kala xisaabinay heerka shaqo-ka-tagista ee DSP-yada la shaqaaleysiiyay in ka yar 6 bilood, kuwa la shaqaaleysiiyay in u dhaxaysa 6 iyo 12 bilood, kuwa la shaqaaleysiiyay in u dhaxaysa 12 iyo 24 bilood, kuwa la shaqaaleysiiyay in u dhaxaysa 24 iyo 36 bilood, iyo kuwa la shaqaaleysiiyay in ka badan 36 bilood. Shaqo-ka-tagista ugu sarreeyo waxay ahaayeen kuwa ay muddadooda shaqada ka yareyd 6 bilood. Shaqo-ka-tagista ayaa hoos u dhacday markii ay kor u kacday muddada shaqada ee shaqaaluhu. Si kastaba ha ahaatee, celceliska heerka shaqo-ka-tagista ayaa ka sarreeyay 50% marka la eego dhammaan kooxaha muddada shaqada marka laga reebo kuwa hayay shaqada DSP-yada in ka badan 3 sano. Heerarka shaqo-ka-tagista ee dhexdhexaadka ah ayaa ka koreeyay 50% marka la eego dhammaan kooxaha ay muddadooda shaqada ka yareyd 2 sano (Shaxda 2-aad).

SHAXDA 2-AAD: Shaqo-ka-tagista marka la eego Qaybaha kala duwan ee Muddada Shaqada DSP-yada, 2020

Qaybta Muddada Shaqada	Qiyaasta Heerarka Shaqo-ka-tagista	Heerka Shaqo-ka-tagista ee Dhexdhexaadka ah	Heerka Shaqo-ka-tagis-tae Celceliska ah
ka yar (<) 6 bilood	0-1400%	107%	178%
6-12 bilood	0-750%	81%	111%
12-24 bilood	0-900%	58%	81%
24-36 bilood	0-200%	43%	51%
ka badan (>) 36 bilood	0-300%	23%	32%

Marka la barbardhigo sanadkii 2018, shaqo-ka-tagista 2020 ayaa ku korortay DSP-yada shaqaynayey in ka badan 6 bilood (Jaantuska 8-aad).

JAANTUUSKA 8-AAD: Heerka Shaqo-ka-tagista ee Dhexdhexaadka ah marka la eego Qaybaha kala duwan ee Muddada Shaqada DSP-yada, 2018 – 2020

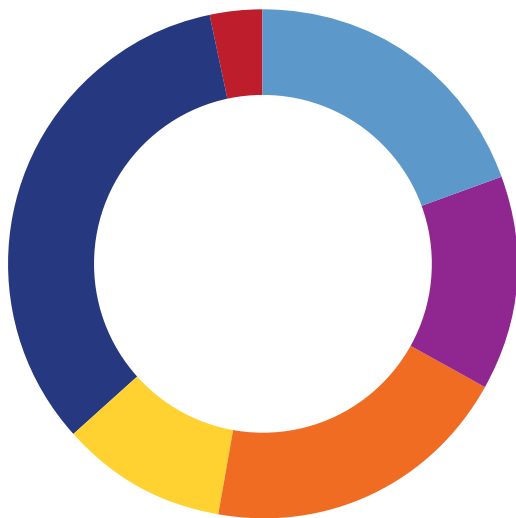


Shaqo-ka-tagista DSP-yada, Muddada Shaqada, iyo Heerarka Boosaska Shaqo ee Banaan

Muddada Shaqada ee Shaqaalaha Hadda Joogo

Heerarka sare ee shaqo-ka-tagista waxay ka dhigan yihiin in tiro yar oo DSP-yada kamid ah ay haystaan muddo shaqo oo dheer. Sidaa darteed, qayb la taaban karo oo ka mid ah shaqaalaha DSP ayaa waxay ka kooban yihiin shaqaale khibrad yar. Sanadkii 2020, in ka yar kala-bar DSP-yada ayaa shaqada ku jiray in ka badan laba sano, halka kaliya saddex meelood meel ay shaqada ku jireen in ka badan 3 sano. Ku dhawaad saddex meelood meel waxay lahaayeen wax ka yar hal sano oo khibrad shaqo ah (Jaantuska 9-aad).

JAANTUUSKA 9-AAD: Muddada Shaqada ee DSP-yada Hadda Joogo



- < 6 bilood [19.4%]
- 6–12 bilood [13.6%]
- 12–24 bilood [19.5%]
- 24–36 bilood [10.6%]
- >36 bilood [33.8%]
- xogta lama heli kara [3.2%]

Bosaska Shaqo ee Banaan

Shaqo-ka-tagista heerka sare ah waxay sidoo kale kordhineysaa suurtagalnimada ah in boosaska aan la buuxin in muddo ah, taasoo keeneyso suurtagal ah in nusqaamo ku yimaadaan daryeelka. Laga bilaabo 31-da Disembar, 2020, 11.3% dhammaan jagooyinka ayaa ka banaanaa gobolka oo dhan, oo ay ku jiraan 11.6% jagooyinka DSP-yada shaqeeyo waqti-buuxa iyo 10.7% jagooyinka DSP-yada shaqeeyo waqti-bar ah. Heerarkani waxay ka sarreeyaan heerarka 44% gobollada kale ee bixiyay xogta boosaska shaqo ee banaan taasi oo qayb ka ah sahanka xasilloonida shaqaalaha ee NCI.⁵

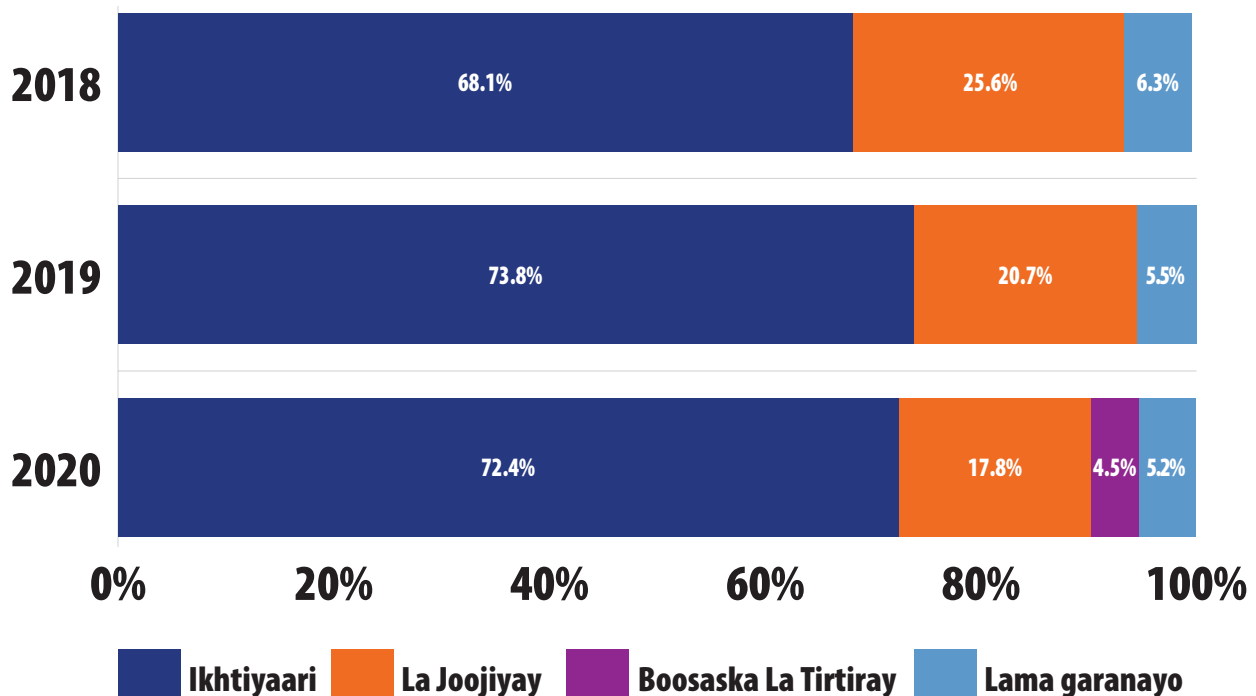
Ma aanan arkin xiriir muhiim ah oo u dhexeeya baaxada wakaaladda iyo heerarka boosaska shaqo ee bannaan, ama mid u dhexeeya nooca wakaaladda (kuwa faa'iido doonka ah ama aan faa'iido doonka ahayn) iyo heerarka boosaska shaqo ee bannaan.

Shaqo-ka-tagista DSP-yada, Muddada Shaqada, iyo Heerarka Boosaska Shaqo ee Banaan

Sababaha Tagista

Sanadkii 2020, 5,438 DSP ayaa ka tagay shaqooyinkoodii. DSP-yada ugu badan (72%) ee shaqadoodii ka tagay waxay uga tageen si ikhtiyaari ah, 18% waxaa laga joojiyay shaqada halka 5% ay ahaayeen kuwa boosaskoodii la tirtiray (Jaantuska 10-aad). Sababta tagista ee boqolkiiba 5% DSP-yo ee soo hartay lama aqoonin. Sanadihii 2018 iyo 2019, ma jirin DSP-yo uga tagay shaqadoodii sabab ah in boosaskoodii la tirtiray. Ma jirin isbeddelo kale oo la taaban karo oo ku yimid sababaha tagista intii u dhaxaysay 2018 iyo 2020.

JAANTUUSKA 10-AAD: Sababaha Tagista, marka la eego Sanad Kasta



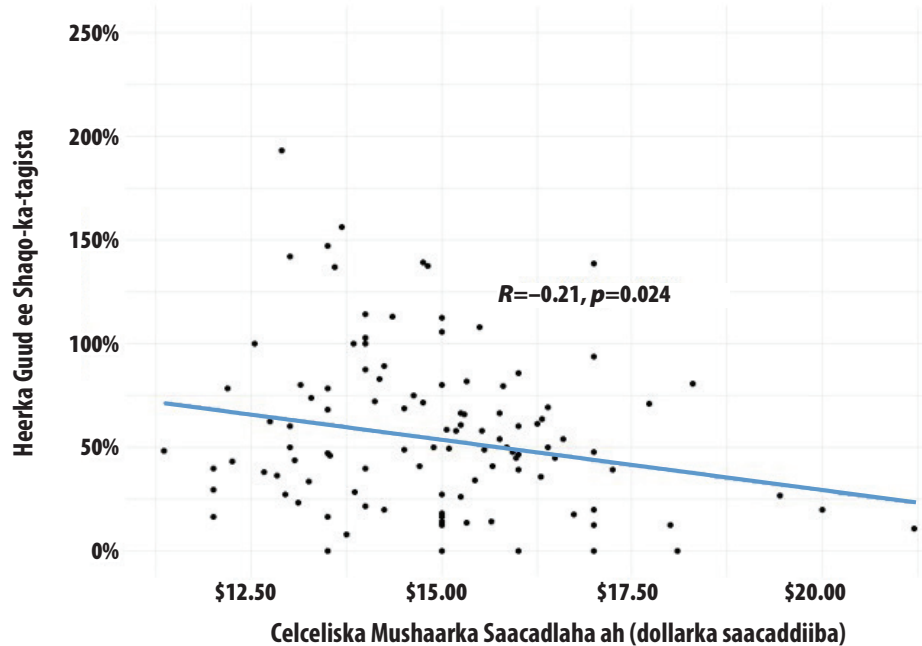
Sahanka Xasiloona Shaqaalaha ee NCI wuxuu xogta ka uruuriyaa wakaaladaha oo kama uruuriyo shakhsiyada shaqaalaha ah. Sidaa darteed, ma hayno xog qaas ah oo ku saabsan sababta ay DSP-yada si ikhtiyaari ah uga tagay shaqada ay u doorteen inay tagaan. Fikrad ahaan, DSP-yada waxay sheegeen in shaqadu ay tahay mid adag oo mushaarkuna uu ka yar yahay inta ay ka heli karaan meelo kale iyagoo qabanayo shaqo fudud. Daraasad qaran oo la sameeyay sanadkii 2021 ayaa lagu ogaaday in DSP-yada intooda badan ee ka tagay booskooda ay sidaas u sameeyeen sababo la xiriira COVID-19, oo ay kamid noqon karaan in laga helay cudurka ama ay u baahdeen inay is-karantiilaan, cabsi ay ka qabeen in uu cudurka ku dhaco ama dadka kale ku daartaan, ama la'aanta daryeelka caruurta awgeed ama inay u baahdeen inay daryeelaan xubin qoyska ka tirsan.³ Inta lagu gudajira qaybaha soo socda, waxaanu baaraynaa xiriirka udhaxeeya magdhowga, faa'iidooyinka, iyo isbeddelada la xiriira aafada cudurka iyo heerarka shaqo-ka-tagista iyo boosaska shaqo ee banaana.

Xiriirka Udhaxeeya Magdhawga leh Heerarka Shaqo-ka-tagista iyo Boosaska Shaqo ee Banaan

Xiriirka Udhaxeeya Mushaarada iyo Heerarka Shaqo-ka-tagista iyo Boosaska Shaqo ee Banaan

Waxaan aragnay xiriir taban oo weyn oo u dhaxeeya celceliska mushaarada saacadiiba ee DSP-yada ka shaqeeya goobaha xanaanada iyo heerka guud ahaan ee shaqo-ka-tagista ($r = -0.21$; $p = 0.02$). Marka uu celceliska mushaarka saacaddiiba uu kordhay, heerka shaqo-ka-tagista ayaa hoos u dhacay (Jaantuska 11-aad).

JAANTUUSKA 11-AAD: Xiriirka udhaxeeya celceliska mushaarka saacaddiiba iyo heerka guud ee shaqo-ka-tagista shaqaalaha



Xiriir sidoo kale taban oo u dhaxeeya celceliska mushaarka saacaddiiba iyo shaqo-ka-tagista shaqaalaha ayaa jiray 2018 iyo 2019 (Shaxda 3-aad).

SHAXDA 3-AAD: Xiriirka udhaxeeya celceliska mushaarka saacaddiiba iyo heerka shaqo-ka-tagista shaqaalaha markii la eego sandakiiba

Sanadka	Lambarka Joogtada ah ee lagu Dhufto Xiriirka (R)	P-Value (Qiimaha P)
2018	-0.25	0.013
2019	-0.18	0.060
2020	-0.21	0.024

Waxaan sidoo kale isbarbardhignay celceliska mushaarka wakaaladaha leh heerarka ugu hooseeya ee shaqo-ka-tagista iyo kuwa leh ugu sarreeya ee shaqo-ka-tagista. Wakaaladaha leh heerarka ugu yar ee shaqo-ka-tagista ayaa ahaa kuwa kujiray boqolkiiba shanta ugu hooseeya (20% ugu hoose) ee heerarka shaqo-ka-tagista. Wakaaladaha leh shaqo-ka-tagista ugu badnaan waxay ahaayeen kuwa jira boqolkiiba shanta ugu sare (20% ugu sare) ee shaqo-ka-tagista. Waxaan ogaanay in wakaaladaha lahaa shaqo-ka-tagista ugu yar ay lahaayeen mushaar celcelis ahaan aad u sareeya (\$15.45 saacadiiba) kuwa wakaaladaha lahaa shaqo-ka-tagista ugu badan (\$14.33 saacadiiba) ($t=2.19$, $p=0.01$).

Sida ku xusan xogta 2018, ma aannu arkin xidhiidh muhiim ah oo u dhaxeeya mushaarka iyo boqolleyda boosaska shaqo ee bannaan.

Xiriirka Udhaxeeya Magdhawga leh Heerarka Shaqo-ka-tagista iyo Boosaska Shaqo ee Banaan

Xiriirka Udhaxeeya Faa'iidooyinka iyo Heerarka Shaqo-ka-tagista iyo Boosaska Shaqo ee Banaan

Inta badan faa'iidooyinka shakhsiyeed iyo xeeladaha reebashada shaqaalaha ee lagu weydiiyay Sahanka Xasiloonida Shaqaalaha waxay la xidhiidheen shaqo-ka-tagista hoose, laakiin qaar yar oo ka mid ah xiriirada ayaa ahaa kuwo tirokoob ahaan muhiim ah. Intaa waxaa dheer, xidhiidhka udhaxeeyay tirada faa'iidooyinka la bixiyo iyo heerka shaqo-ka-tagista ma ahayn mid tirokoob ahaan muhiim ah. Si kastaba ha ahaatee, faa'iidooyinka qaaska ah ee soo socda iyo xeeladaha reebashada shaqaalaha ayaa si weyn ula xiriiriyay heerarka shaqo-ka-tagista oo hooseeyo:

- Kaalmada dhaqaale ee loogu talagalay waxbarashada dugsiga sare kadib ($t=2.84$, $p=0.03$). Wakaaladaha bixinayay faa'iidadan ayaa lahaa celcelis shaqo-ka-tagis oo boqolkiiba 6.0 dhibcood ka hooseeya wakaaladaha aan bixin kaalmada dhaqaale ee loogu talagalay waxbarashada. Xeeladan ayaa sidoo kale si weyn ula xiriirtay hoos u dhaca heerarka shaqo-ka-tagista ee 2018.
- Shaqo-dallicinta DSP-yada ($t = 1.81$, $p = 0.07$). Wakaaladaha leh shaqo-dallicinta DSP-yada si ay u reebtaan shaqaalaha xirfada sare leh ayaa waxay lahaayeen heer shaqo-ka-tagis oo celcelis ahaan 14.1 dhibcood ka hooseeya wakaaladaha aan lahayn shaqo-dallicinta.

Si kastaba ha ahaatee, bixinta qorshaha hawlgabka ee uu loo-shaqeeyaha kafaala qaadayo (401K, 403b, ama qorshe kale) oo la siinayo qaar kamid ah ama dhammaan DSP-yada ayaa lala xiriiriyay heerka sare ee shaqo-ka-tagista ee 2020 ($t = -2.19$, $p = 0.03$). Wakaaladaha bixinayay faa'iidadan ayaa waxay lahaayeen heer shaqo-ka-tagis oo celcelis ahaan boqolkiiba 16.4 dhibcood ka sareeya wakaaladaha aan bixin qorshaha hawlgabka. Maanu arag xiriir ka dhaxeeya qorshooyinka hawlgabka iyo xogta shaqo-ka-tagista ee 2018 ama 2019. Waxaa suurto ah in xiriirka la arkay sanadkii 2020 ay sabab u noqon karaan shaqaalaha fursad u helay inay ka fariistaan shaqada sanadkii ugu horreeyay ee aafada cudurka kuwaasi oo ay u badneyd inay sidaas sameeyaan. Si kastaba ha ahaatee, ma hayno xog ku saabsan da'da DSP-yada, faahfaahin ku saabsan faa'iidooyinka iyo dhiirigelinada hawlgabka, ama sababo qaas ah oo keenay tagista ikhtiyaariga ah. Macluumaadkaas la'aantii, ma baari karno sababaha suurtagalka ah ee wakaaladaha leh qorshooyinka hawlgabku ay u lahaayeen heer shaqo-ka-tagis oo sareeya sanadkii 2020.

Maanu arag xiriir weyn oo u dhaxeeya faa'iidooyinka shakhsiyeed iyo heerarka boosaska shaqo ee bannaan ama mid u dhaxeeya tirada faa'iidooyinka la bixiyo iyo heerarka boosaska shaqo ee bannaan.

Kaabka COVID-19

Macluumaad Taariikh

Aafada cudurka ayaa waxay kaliftay in ganacsiyo iyo dugsiyo badan ay u guuraan shaqaale onlayn ku shaqeeyo, iyadoo raacaya nidaamka badqabka ee lagu taliyay. Si kastaba ha ahaatee, DSP-yada adeegyada goobta xanaanada siiyo dadka qaangaarka ah ee qaba I/DD ee ku nool guryo-kooxeedyada, ku shaqeynta onlayn ma aysan u ahayn ikhtiyaar. Taa baddalkeeda, isbeddelo isku dhafan oo la xiriira aafada cudurka kuna lug leh hawlgallada iyo borotokoolada caafimaadka iyo badqabka ayaa lagu hirgeliyay qaab qaas u ah wakaaladaha kala duwan. DSP-yadu waxay wajaheen shaqaale yaraan, carqaladeyn ku timaada jadwalada, iyo sahayda qalabka is-ilaalinta shaqsiyeed oo aan ku filnayn.¹ Sahan heer qaran ah oo la sameeyay si loo fahmo saamaynta Covid-19 uu ku leeyahay shaqaalaha DSP ayaa lagu ogaaday in 62% ka mid ah jawaab-bixiyaasha ay sheegeen in ay shaqeeyaan saacado dheeraad ah si ay uga jawaabaan yaraanta shaqaalaha iyo in 50% ay la kulmeen dal jireed iyo/ama mid shucuureed.¹

Si loo baaro daldaloolada iyo awoodaha ka jira jawaabta degdega ah oo loo helo faham wanaagsan oo ku saabsan sida DSP-yada ay ula kulmeen oo ay u saamaysay aafada cudurka, Oregon waxay dooratay inay sahan kaab ah oo ku saabsan Covid-19 ku darto Sahanka Xasiloonaada Shaqaalaha ee 2020. Waxaanu qaybtan ku wadaagaynaa natiijooyin xul ah oo laga helay sahanka kaabka ah ee Covid-19, oo ay ku jiraan isbeddelada hawlgallada, borotokoolka caafimaadka iyo badqabka ee la fuliyay, iyo wax-ka-beddelada mushaarka. Waxaan sidoo kale qiimaynay in mid ka mid ah isbeddelladan hawlgala ay xiriir la lahaayeen shaqo-ka-tagista shaqaalaha. Haddii aanu xusno, sahan waxaa la sameeyay sanadkii 2021 wuxuuna matalayaa kaliya isbeddelada la sameeyay intii lagu gudajiray sanadkii 2020. Siyaasadaha iyo hab-raacyada ku saabsan tallaalka ama kordhinta mushaarka ee dhacay sanadkii 2021 kuma jiraan.

Isbeddellada la xiriira aafada cudurka ee ku lug leh hawlgallada

Ka jawaabista aafada cudurka ayaa keentay isbeddelo ballaadhan oo ku aadan hawlgallada dhammaan wakaaladaha. Isbeddeladani waxaa ka mid ahaa xiritaanka aaggaga ama goobaha, wax-ka-beddelida sida taageerooyinka qaarkood loo bixiyo, joojinta bixinta taageerooyinka qaarkood oo ahayd mid ku-meelgaar ah ama mid joogto ah, xaddidda tirada goobaha uu DSP-ga ka shaqayn karo, furitaanka goobo nasasho oo ku-meelgaar ah, iyo laasiminta in DSP-yadu aanay u shaqayn wax ka badan hal wakaalad (Shaxda 4-aad).

SHAXDA 4-AAD: Isbeddellada la xiriira aafada cudurka ee ku aadan hawlgallada la sameeyay sanadkii 2020, oo lagu kala qeexay baaxadda wakaaladda

	Guud ahaan (N = 153)		Wakaaladaha Waaweyn (N = 48)		Wakaaladaha Yaryar (N = 105)	
	N	%	N	%	N	%
Aaggaga/goobaha la xiray	33	21.6	23	47.9	10	9.5
Xaddiday tirada DSP-yada ee ku kala wareegaya goobta iyadoo la kordhinayo saacadaha shaqada	42	27.5	17	35.4	25	23.8
Bilaabay adeegyada ku noolaanshaha gudaha	7	4.6	2	4.2	5	4.8
Wax-ka-beddelay sida taageerooyinka qaar loo bixiyo	49	32	26	54.2	23	21.9
Joojiyay bixinta qaar kamid ah taageerooyinka iyadoo ah si ku meel gaar ah ama si joogto ah	50	32.7	29	60.4	21	20.0
Xaddiday tirada goobaha/aaggaga/cinwaannada ay DSP-yadu ka shaqayn karaan	44	28.8	22	45.8	22	20.9
Furay goobo nasasho oo ku-meelgaar ah	3	2	3	6.3	0	0
Laasimay in DSP-yadu aanay u shaqayn in ka badan hal wakaalad	13	8.5	4	8.3	9	8.6
Raad-raacay DSP-yada u shaqaynayay in ka badan hal wakaalad	21	13.7	6	12.5	15	14.3
Lacag ku siinayay xubnaha goyska inay noqdaan daryeelayaal intii lagu gudajiray gurmadda	5	3.3	2	4.2	3	2.9

Wakaaladaha waaweyn waa kuwa u adeega in ka badan 20 shakhsi oo qaba I/DD; Wakaaladaha yaryar waxay u adeegaan 20 shakhsiyaad ama ka yar oo qaba I/DD; **Qoraalka ballaaran** wuxuu muujinayaa farqiga weyn ee saamiga udhaxeeya wakaaladaha waaweyn iyo kuwa yaryar ee hirgeliyay isbeddelkan.

Wakaaladaha waaweyn (kuwa u adeega in ka badan 20 shakhsi oo qaba I/DD) ayaa waxay aad ugu dhowaayeen inay hirgeliyaan isbeddelo lagu sameeyo hawlgallada intii lagu gudajiray aafada cudurka, marka la barbardhigo wakaaladaha yaryar ee u adeega 20 shakhsiyaad ama ka yar ($p < 0.01$). Wadar ahaan 62 wakaaladood (40.3%) ma aysan soo sheegin inay fuliyeen wax isbeddelo ah oo dhanka hawlgallada ah. Kuwani waxaa ku jiray 11 wakaaladood oo aan faa'iido doon ahayn (21.6%) iyo 51 wakaaladood oo faa'iido doon ah (50.0%). Qiyaasta isbeddelada la hirgaliyay waxay ahayd 1 – 7.

Inta badan isbeddeladda ah dhanka hawlgalka xiriir lama aysan lahayn shaqo-ka-tagista DSP-yada ee 2020. Si kastaba ha ahaatee, wakaaladaha soo sheegay inay aaggag ama goobo xireen ayaa lahaa celceliska heerka shaqo-ka-tagista oo boqolkiiba 20 dhibcood ka sareeya wakaaladaha aan sidaa samayn ($t = -2.2, p = 0.03$).

Kaabka COVID-19

Hirgelinada borotokoolka caafimaadka iyo badqabka ee la xidhiidha aafada cudurka

Iyada oo laga jawaabay aafada Covid-19, wakaaladaha intooda badani waxay hirgeliyeen isbeddello ku aadan borotokoolka caafimaadka iyo badqabka intii lagu jiray sanadkii 2020. Guud ahaan, wakaaladaha waaweyn waxay aad ugu dhowaayeen inay hirgeliyaan isbeddello badan, oo ay ku jiraan tababbarka DSP-yada ee ku saabsan caafimaadka iyo badqabka, laasiminta in DPS-yada ay xidhaan maaskarooyin, iyo qasbida nadiifin dheeri ah oo lagu sameeyo goobaha (Shaxda 5-aad).

Wakaaladaha intooda badan (81.7%) waxay hirgeliyeen ugu yaraan hal ah borotokoolada caafimaadka iyo badqabka ee la xidhiidha Covid-19 ee 2020, halka 32 wakaaladood (20.9%) ayaa hirgeliyeen dhammaan 12-kaba. Ma jirin wax xidhiidh ah oo udhaxeeya tirada borotokoolada caafimaadka iyo badqabka ee la hirgeliyay iyo heerka shaqo-ka-tagista shaqaalaha, ama mid udhaxeeya isbeddellada borotokoolada shakhsiyeed intooda badan ah iyo shaqo-ka-tagista. Si kastaba ha ahaatee, wakaaladaha laasimay nadiifinta dheeriga ah ee goobaha waxay lahaayeen heer shaqo-ka-tagis oo boqolkiiba 18.8 ka sareeya kuwa aan laasimin shuruudan ($t = -2.66, p = 0.001$). Sahanku ma bixinayo macluumaadka ku saabsan cidda samayneysay nadiifinta dheeriga ah (DSP-yada ama dad kale) ama sababta ay ula xiriiri karto shaqo-ka-tagista heerka sare ah.

SHAXDA 5-AAD: Tallaabooyinka/isbeddellada ku aadan borotokoolada caafimaadka iyo badqabka ee la hirgeliyay sanadii 2020, lagu kala qeexay baaxadda wakaalada

	Guud ahaan (N = 153)		Waakaladaha Waaweyn (N = 48)		Wakaaladaha Yaryar (N = 105)	
	N	%	N	%	N	%
Heerkulka la tijaabiyay ee dhammaan dadka marka la soo galayo xarumaha	108	79.1	38	79.2	70	66.7
Siyaasadda/borotokoolka boodaha ee dib loo eegay	121	79.1	42	87.5	79	75.2
Hirgelinta tababbarka DSP-yada ee la xiriira COVID-19 kuna saabsan caafimaadka iyo badqabka	122	79.7	43	89.6	79	75.2
Tilmaamaha la is-gaarsiiyay ee ku saabsan gacmo-dhaqida saxda ah ee shaqaalaha iyo dadka helaya adeegyada	121	78.6	46	90.2	74	72.6
Tilmaamaha la is-gaarsiiyay ee ku saabsan kala fogaanshaha shaqaalaha iyo dadka helaya adeegyada	119	77.8	46	90.2	78	73.3
Isbeddel ku sameeyeen goobaha si sare loogu qaado kala fogaanshaha dadka iyo/ama shuruudaha karantiilka	77	50.3	33	68.8	44	41.9
Ku laasimay DSP-yada inay xirtaan maaskarooyin/PPE-yada kale	122	79.7	43	89.6	79	75.2
Laasimay nadiifinta goobaha oo dheeri ah	118	77.1	42	87.5	76	72.4
Wada-xiriirka gudaha ah (loogu talagalay shaqaalaha wakaalada) ee la xidhiidha COVID-19 oo loo dira dadka helaya adeegyada iyo qoysaskooda	93	60.8	38	79.2	55	52.4
Sameeyay sahano/xog-uruurino ku saabsan caafimaadka/astamaha shaqaalaha	73	47.7	29	60.4	44	41.9
Si joogto ah u qaaday cabbirka heerkulka	106	69.3	36	75.0	70	66.7
Laasimay in baaritaanka COVID-19 ay maraan qaar ama dhammaan DSP-yada	70	45.7	28	58.3	42	40.0

Wakaaladaha waaweyn waa kuwa u adeega in ka badan 20 shakhsi oo qaba I/DD; Wakaaladaha yaryar waxay u adeegaan 20 shakhsiyaad ama ka yar oo qaba I/DD; **Qoraalka ballaaran** wuxuu muujinayaa farqiga weyn ee saamiga udhaxeeya waakaladaha waaweyn iyo kuwa yaryar ee hirgeliyay isbeddelkan ($P \leq 0.05$).

Kaabka COVID-19

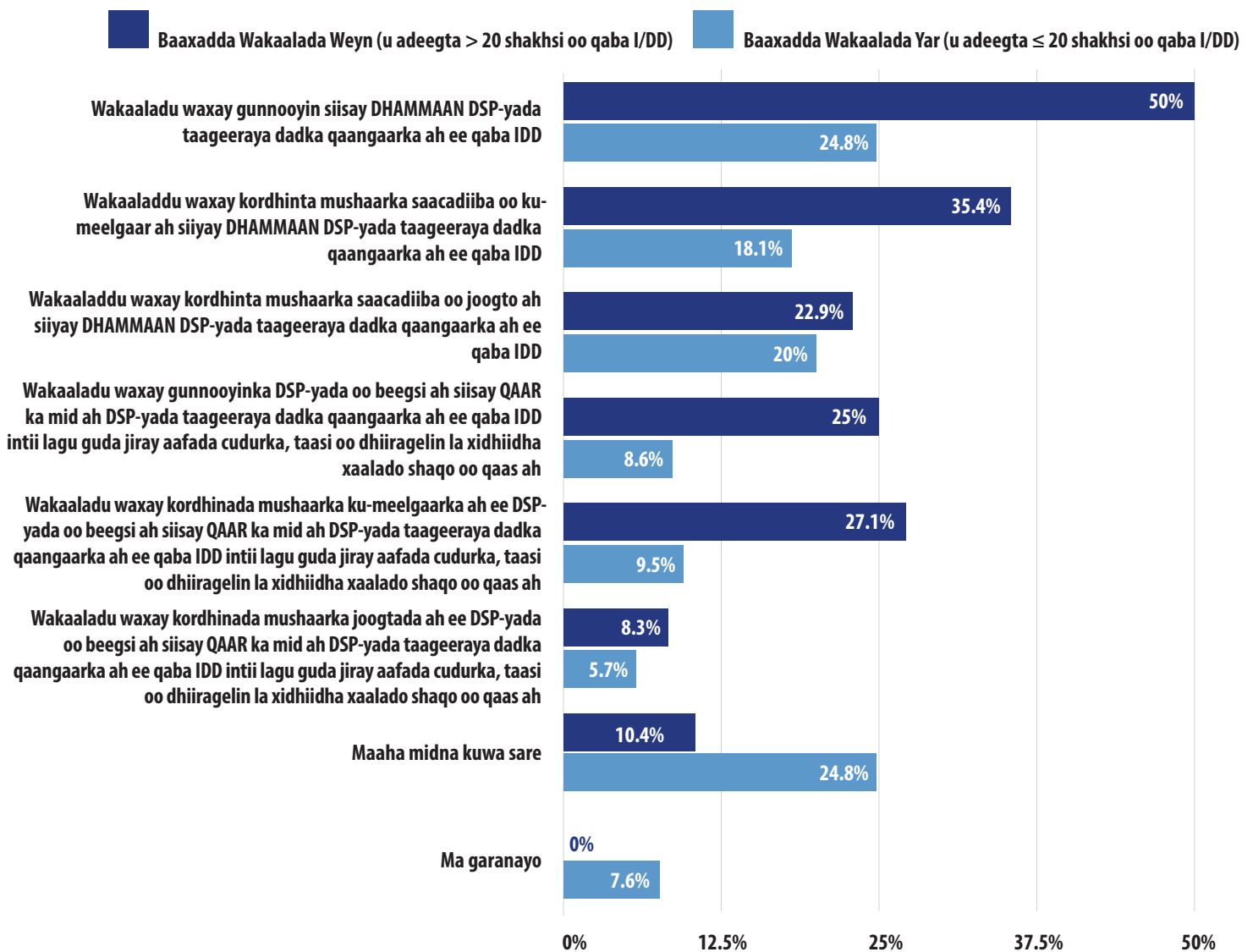
Wax-ka-beddelada mushaarka ee la xiriira aafada cudurka

Wakaaladaha ku yaalo Oregon badankood waxa ay hirgeliyeen ugu yaraan hal nooc oo ah wax-ka-beddelka mushaarka iyaga oo ka jawaabaya aafada Covid-19 (Jaantuska 12-aad). Si kastaba ha ahaatee, qaddarka iyo muddada wax-ka-beddeladan mushaarka laguma caddaynin sahanka xasilloonida shaqaalaha.

Marka laga reebo kordhinta mushaarka saacadlaha ee joogtada ah ee DHAMMAAN DSP-yada taageeraya dadka qaangaarka ah ee qaba I/DD, wakaaladaha waaweyn ayaa aad ugu dhowaayeen inay hirgeliyaan nooc kasta oo ah mushaar kordhinta, marka la barbardhigo wakaaladaha yaryar ($p \leq 0.05$). Wakaaladaha faa'iido doonka ah ayay u badneyd in aysan hirgelinin wax-ka-beddelada mushaarka inta lagu guda jiray 2020, marka la barbardhigo wakaaladaha aan faa'iido doonka ahayn ($x2 = 5.12, p = 0.02$).

Wakaaladaha kordhinta mushaarka saacadlaha ee joogtada ah siiyay DHAMMAAN DSP-yada taageeraya dadka qaangaarka ah ee qaba I/DD waxay lahaayeen celcelis shaqo-ka-tagis oo boqolkiiba 14.6 ka hooseeya kuwa aan hirgalinin mushaar kordhinta ($t = 1.92, p = 0.06$). Ma jiro wax-ka-beddel kale oo ku lug leh mushaarka oo lala xidhiidhiyay celceliska heerka shaqo-ka-tagista.

JAANTUUSKA 12-AAD: Wax-ka-beddelada mushaarka ee ay wakaaladu si qaas ah ugu hirgelisay ujeeddooyinka reebashada DSP-yada (aan ahayn mid labada dhinac u gaar ah), iyadoo lagu kala qeexayo baaxadda wakaalada



Guudmarka iyo Tallooyinka

Xaalka shaqaalaha DSP ee Oregon waa mid aad u xun waxaana uga sii daray cudurka aafada ah ee COVID-19. Qaran ahaan, yaraanta shaqaalaha iyo heerarka sare ee shaqo-ka-tagista DSP-yada ayaa lagu tilmaamay inay yihiin dhibaato. 2 Shaqo-ka-tagista Oregon xitaa waxay ka sarreeysaa celceliska mida qaran. Dhab ahaantii, marka la eego heerka dhexdhexaadka ah ee shaqo-ka-tagista ee ah 55% ee qusseyo DSP-yada xanaanada goobta siiya dadka qaangaarka ah ee qaba I/DD, shaqo-ka-tagista gobolka Oregon wuu ka sareeyaa dhammaan marka laga reebo 5 kamid ah 27-ka gobol ee kale ee ka qaybqaatay Sahanka Xasiloonida Shaqaalaha ee NCI 2020. Tallaabo degdeg ah ayaa loo baahan yahay si loo yareeyo shaqo-ka-tagista loona wanaajiyo sii wadida daryeelka dadka qaangaarka ah ee qaba I/DD.

Inagoo ku saleyneyno natiijooyinka falanqayntayada, waxaan ku talineynaa xeeladaha soo socda si loo yareeyo shaqo-ka-tagista:

- 1. Kordhi mushaarka saacadlaha ah.** Falanqayntayada, mushaarka sare ayaa xiriir la leh shaqo-ka-tagista hoose. Natiijooyinkaasi ayaa waxay xaqiijiyayaan xog hore oo qaran oo muujinaysa xiriir udhaxeeya kuwani, ¹¹ waxayna sidoo kale xaqiijineysaa natiijooyinkeenii hore ee Oregon ee aan helnay markaan falanqeynay xogta Sahanka Xasiloonida Shaqaalaha ee NCI ee 2018.¹² Waxaa intaa dheer, wakaaladaha Oregon oo si joogta ah mushaarka saacadiiba ugu kordhiyey dhammaan DSP-yada sanadkii 2020 iyagoo ka jawaabay aafada COVID-19 ayay shaqo-ka-tagistooda si weyn uga hooseeysay kuwa wakaaladaha aan kordhinin mushaarka. Natiijadan cusubi waxay bixinaysaa caddayn dheeraad ah oo muujinaysa in shaqo-ka-tagista lagu yarayn karo kordhinta mushaarka. (Xusuusnow: DSP-yada Oregon waxay heleen mushaar kordhin dheeri ah tan iyo 2020. Weli lama heli karo xogta ku saabsan heerka shaqo-ka-tagista tan iyo markii mushaar kordhintaas la hirgaliyay.)
- 2. Bixi faa'iidooyinka muhiimka ah iyo fursadaha shaqo-kobcinta.** Bixinta wakhtiga fasaxa ee klacagta leh, caymiska caafimaadka (gaar ahaan caymiska ka baxsan waxa lagu daray Qorshaha Caafimaadka Oregon), iyo faa'iidooyinka kale ayaa gacan ka geysan kara yareynta shaqo-ka-tagista. Gaar ahaan, waxaan ogaanay in kaalmada dhaqaale ee loogu talagalay waxbarashada dugsiga sare kadib ah, iyo shaqo-dallicinta ku aadan reebashada iyo horumarinta shaqaalaha xirfadda sare leh ay mid kasta si weyn ula xiriirto shaqo-ka-tagista hoose. Wakaaladuhu waxay u baahan yihiin khayraadyo ku filan si ay u bixiyaan faa'iidooyinkan iyo fursadahan.
- 3. Adeegso oo kordhi dadaallada socda ee lagu aqoonsanayo qiimaha DSP-yada.** Shaqada DSP-yada waxaa guud ahaan loo arkaa inay tahay mid hooseyso, haddana aad bay muhiim ugu tahay caafimaadka, badqabka, iyo fayo-qabka dadka qaangaarka ah ee qaba I/DD. 2 Doorarka DSP-yada wuxuu u baahan yahay dadaal, xirfad, iyo u-heelanaan; sifooyinkaas waa in la aqoonsadaa lana abaalmariyaa. ODDS ayaa wax ka qabanaysay dhibaataada shaqaalaha iyada oo dhisaysa iskaashi ay la leedahay hay'adaha maareynta kiisaska iyo wakaaladaha shaqada ee gobolka Oregon iyo kuwa dalka oo dhan; iyadoo bixneysa deeqaha shaqo qorista iyo reebashada shaqaalaha; iyo iyadoo taageereyso hal-abuurnimada sinnaanta adeegga. Inkastoo kuwani iyo dadaallada kale ee ODDS ay kordhiyeen shaqaalaha taageerada tooska ah ee Oregon, yaraanta shaqaalaha ayaa weli jirta. Xeelado mustaqbalka la adeegsan karo oo muddo-dheer soconayo, ficilo iyo dhaqaale ayaa loo baahan yahay. Maadaama ay tani tahay arin ku saabsan sinnaanta caafimaadka, Oregon waa in ay mudnaanta siiso fayowabka muwaadiniintayada qaba I/DD iyo xirfadlayaasha iyaga taageera.
- 4. Xaqiiji sinnaanta mushaarka.** Qiimaha hoose ee hadda laga soo qaado shaqada DSP-yada waxay la jaanqaadeysaa sifooyinka shaqaalaha DSP. Inta badan DSP-yada waa haween isla markaana in badan oo kamid ah iyaga waa dad midab leh—kuwaasi oo kooxo si joogta ah u qaata mushaar hoose marka la eego gudaha Maraykanka. Sida hal warbixin lagu sheegay, DSP-yada waxay helaan mushaarka jinsiyeed maadaama ay qabtaan shaqo jinsiyeed¹³ taasi oo muujinaysa sinnaan la'aanta ka jirta qaab-dhismeedka mushaarka kaasi oo doorarka daryeelka siiyo qiimo ka yar noocyada kale ee shaqada. Oregon waxay haysataa fursad ay ku hoggaamiso xaqiijinta sinnaanta mushaarka shaqaalaha DSP iyo sidoo kale kor u qaadida miisaanka mushaarka DSP-yada iyadoo gaarsiineyso heer la siman heerarka mushaarka ee noocyada kale ee shaqaalaha xirfadda leh ee gobolka.

Guudmarka iyo Tallooyinka

Marka laga soo tago xeeladaha kor ku xusan ee loogu talagalay in si degdeg ah tallaabo loogu qaabo, waxaanu bixinaa tallooyinka soo socda ee ku aadan helitaanka iyo falanqaynta xogta mustaqbalka si loo bixiyo macluumaad faahfaahsan oo markaa jiro:

- 1. Sii wad dib u-eegista xilliyeed ah ee ku saabsan shaqo-ka-tagista iyo mushaarka DSP-yada.** Falanqeyn joogto ah ayaa loo baahan yahay si loola socda shaqo-ka-tagista DSP-yada loona qiimeeyo isbeddelada ku yimaada shaqo-ka-tagista kadib kordhinta mushaarka iyo isbeddelada kale ee siyaasadeed ee habboon. Falanqaynta noocan ah ayaa lagu saleyn doonaa dadaalka mustaqbalka ah ee lagu yareynayo shaqo-ka-tagista laguna joogteynayo shaqaalaha DSP ee Oregon.
- 2. Samee tijaabada uruurinta xog ku saabsan celceliska mushaarka oo la barbardhigayo muddooyinka kala duwan ee shaqada.** Xaddidaada kajirta xogta Sahanka Xasiloonida Shaqaalaha ee qaran ee haddeer ayaa ah in aanay ku jirin xog ku saabsan kala-duwanaanshaha/qiyaasaha mushaarka DSP-yada ee wakaaladaha kal duwan (tusaale, ku salaysan muddada shaqada). Xogtu waxay bixineysaa kaliya celceliska mushaarka bilowga ah iyo celceliska guud ee mushaarka saacadiiba ee qof kasta oo ka tirsan wakaalada. Oregon waxay noqon kartaa goob tijaabo ah oo lagu uruuriyo macluumaad faahfaahsan oo ku saabsan mushaarka iyada oo la adeegsanayo Sahanka Xasiloonida Shaqaalaha ee NCI. Kala soocida xogta mushaarka iyadoo lagu saleynayo muddada shaqada ayaa saamixi lahayd in si fiican loo falanqeeyo xidhiidhka ka dhexeeya xajmiga korodhka mushaarka iyo heerka shaqo-ka-tagista. Falanqaynta noocan ah waxay soo saari kartaa tallooyin dheeraad ah oo ku saabsan miisaannada mushaarka ee la kordhiyay si kor loogu qaado reebashada shaqaalaha khibrada leh iyo kuwa xirfadda leh.
- 3. Tixgeli daraasad ku saabsan xiriirka udhaxeeya shaqo-ka-tagista shaqaalaha iyo ku xadgudubka degganeyaasha qaba I/DD.** Xafiiska Oregon ee Adeegyada Naafada Korriinka ayaa si gooni ah u joogteeyo xogta ku saabsan tirada eedeymaha iyo warbixinada la xaqiijiyay ee ku xadgudubka iyo dayaca quseeyo wakaalad kasta. Xogtani ayaa la falanqeyn karaa iyadoo lala kaashanayo xogta Sahanka Xasiloonida Shaqaalaha ee NCI ee ku saabsan shaqo-ka-tagista shaqaalaha si loo tijaabiyo mala-awaalka ah in shaqo-ka-tagista weyn ay gacan ka geysto xad-gudubyo iyo dayac badan oo loo geysto dadka qaangaarka ah ee qaba I/DD. Natijjooyinka ayaa si weyn gacan uga geysan lahaa dhisidda caddayn ku aadan khasaaraha soo gaarayo dadka ee ka dhasho heerarka sare ee shaqo-ka-tagista shaqaalaha DSP.
- 4. Tixgeli inaad ku darto xogta ku saabsan kharashyada ka dhasho shaqo-ka-tagista ee qaaska u ah wakaaladaha kala duwan.** Kharashyadan noocan ah waxaa ka mid ah mushaarka saacadaha dheeriga ah si loo buuxiyo daldaloolada boosaska shaqaalaha baxay, iyo sidoo kale kharashyada la xiriira qorista iyo tababarka shaqaale cusub. Xogtani waxay saamixi lahayd in si rasmi ah loo falanqeeyo khasaaraha iyo faa'iidada ay leeyihiin kaydka dhaqaale ee la heli karo haddii la kordhiyo mushaarka si loo yareeyo shaqo-ka-tagista.
- 5. Caddee xulashooyinka jawaab-bixinta.** Marka la isticmaalayo su'aalaha sahanka ee isticmaala qaabka "calaamadee dhammaan kuwa khuseeya", macquul maaha in la ogaado in sanduuqa aan la calaamadeyn uu runtii ka dhigan yahay in shaygu uusan khusayn, ama in jawaab-bixiyaha sahanka uu ka booday shaygaas. Tani waxay ahayd arrin qabsatay qaar ka mid ah su'aalihii ku saabsanaa isbeddellada la xiriira aafada cudurka. U beddelashada isticmaalka sanduuqyada calaamadaynta haa ama maya marka laga hadlayo shay kasta ayaa falanqeeyayaasha xogta u saamixi karta inay kala soocan xogta maqan iyo jawaabta "maya" ah. Oregon waxay HSRI siin kartaa jawaab-celin ku saabsan qaababka jawaab-bixinta si loo fududeeyo falanqaynta mustaqbalka ah.
- 6. Ballaari warbixinta si loogu daro DSP-yada taageera carruurta, iyo sidoo kale dadka qaangaarka ah ee ku nool meelo ka baxsan guryo-kooxeedka.** Warbixinta haddeer waxay ku kooban tahay DSP-yada u shaqeeya wakaaladaha adeegyada goobta xanaanada siiya dadka qaangaarka ah ee qaba I/DD. Si kastaba ha ahaatee, DSP-yada waxay sidoo kale adeegyo muhiim ah siiyaan dad qaangaar ah oo ku nool goobo kale (tusaale, gurigooda ama guriga xubin qoyskooda ah) iyo carruur qaba I/DD. Xafiiska Adeegyada Naafada Korriinka wuxuu hadda la shaqaynayaa kooxda Tusayaasha Qaran ee Muhiimka ah si loo ballaariyo sahanka oo loo matalo dhammaan DSP-yada. Ururinta iyo falanqaynta xog buuxda oo ku saabsan dhammaan shaqaalaha DSP-yada waxay bixin doontaa macluumaad dheeri ah oo ku saabsan caqabadaha shaqo-ka-tagista iyo xeeladaha suurtagalka ah ee lagu yareynayo shaqo-ka-tagista.

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Qirashooyinka

Warbixintan waxaa taageeray qandaraas ka yimid Waaxda Adeegyada Aadanaha ee Oregon oo ay siisay Jaamacadda Xarunta Heerka Sare ee Naafonimada Korriinka (UCEDD) ee OHSU. Shaqaalaha UCEDD ee soo socda ayaa kaqaybqaatay falanqaynta xogta iyo/ama diyaarinta warbixinta: Willi Horner-Johnson, PhD; Abigail Newby-Kew, MPH; Kira Norton, MPH; Rhonda Eppelsheimer, MSW.

Lifaaqa: Erayada Tirakoobka/Xogta Dadka

Waxaa jira dhowr eray oo ah kuwa tirakoobka oo lagu daray warbixintan. Sharaxaad kooban oo ku saabsan ereyadan ayaa hoos lagu bixiyay.

MEAN (CELCELISKA) – Celceliska (oo mararka qaarkood loo yaqaan xisaab-dhexaadka) ayaa ah wadarta xisaabaadka xogta oo loo qaybiyay tirada xisaabaadka xogta. Tusaale ahaan, si loo xisaabiyo celceliska roobka maalinlaha ah ee bisha, waxaan isku dareynaa roobabka dhammaan maalmaha bishaas ka dibna waxaan u qaybineynaa tirada maalmaha bisha.

MEDIAN (DHEXDHEXAADKA) – Dhexdhexaadku waa qiimaha "dhexe" ee udhaxeeya barka kore iyo barka hoose ee xogta. Maadaama uu ka duwan yahay celceliska, dhexdhexaadka ayaysan badanaa saameyn karin xisaabaadka xad dhaafka ah ee si weyn uga duwan xogta inteeda kale.

PERCENTILE (BOQOLEYDA) – Boqolleyda ayaa ah xisaab taasi oo boqolkiiba qayb ka mid xogta ay hoos timaado. Marka la joogo boqolleyda 10-aad, 10% xisaabaadka kala duwan ee xogta waxay ka hooseeyaan boqolleyda 10-aad. Marka la joogo boqolleyda 25-aad, 25% xisaabaadka ayaa ka hooseeya bartaas. (Dhexdhexaadku waa boqolleyda 50-aad.)

QUINTILE (RUBUCLEYDA) – Rubucleyda waxay xogta u qaybisaa shan qaybood oo siman. Qayb kasta waxay ka kooban tahay 20% qaybka xogta. Marka aan soo bandhigeyno xogta ku saabsan shaqo-ka-tagista, waxaan eegi doonaa kala duwanaanshaha u dhexeeya wakaaladaha kujira rubucleyda ugu sare (wakaaladaha leh 20% shaqo-ka-tagusta ugu sareeysa) iyo kuwa ku jira rubucleyda hoose (wakaaladaha leh 20% shaqo-ka-tagusta ugu hooseysa).

CORRELATION (XIRIIRKA) – Xiriirka waxaa uu cabbiraa qiyaasta ay labada doorsoome isku xidhan yihiin. Haddii doorsoomayaashu ay si togan isugu xidhan yihiin, marka hal doorsoome uu bato kan kalena wuu badan. Haddii doorsoomayaashu ay si taban isugu xidhan yihiin, marka hal doorsoome uu bato kan kalena wuu yaraan.

T-TEST (TIJAABADA T) – Tijaabada T waa tijaabo tirokoob oo loo isticmaalo isbarbardhigga celceliska laba kooxood oo xog ah si loo go'aamiyo inay isku mid yihiin ama inay kala duwan yihiin.

TEST FOR TREND (TIJAABADA ISBEDDELKA) – Tijaabada isbeddelka waxa loo isticmaalaa in lagu go'aamiyo in kooxda xisaabaadka ah ay kordhayaan ama ay hoos u dhacayaan wakhti ka dib, ama in kooxda xisaabaadka ah ay yihiin kuwa joogto ah wakhti ka dib.

P-VALUE (QIIMAHA P) – Marka la samaynayo tijaabada tirakoobka, qiimaha P ayaa ah suurtagalnimada in la helo natiijooyinka tijaabada oo ugu yaraan ah kuwa aad xad-dhaaf u ah sida natiijooyinka dhabta ah ee la arkay, waxayna gebi ahaanba ku saleysan tahay nasiib. Qiimaha P ee sida caadiga ah la isticmaalo waa 0.05, taasoo ka dhigan in kaliya 5% ay jirto suurtagalnimo ah in xiriirka la arkay uu ka dhashay fursad aan caadi ahayn oo nasiib ah.

SIGNIFICANT (MUHIIM AH) – Muhiimadda tirakoobka macnaheedu waa in xiriirka la arkay ee ka dhexeeya doorsoomayaasha ay u badan tahay inuu ka dhashay wax aan nasiib ahayn. Marka la eego warbixintan, marka qiimaha P ee tijaabada tirakoobku ay ka yar tahay 0.05, waxaanu natiijada tijaabada ku sifeyneynaa inay tahay mid muhiim ah. Haddii qiimaha P u dhexeeya 0.05 iyo 0.10, waxaan xusnaa in uu jiro isbeddel muujinayo xiriir muhiim ah.

WAXAA SOO SAARAY:

