

**NAVAJO COUNTY
COMMUNITY HEALTH
ASSESSMENT
2023**

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Executive Summary

The Community Health Assessment (CHA) is a data collection tool used by Navajo County to identify the health needs and concerns of the members of our community. This CHA report can provide organizations with information to better understand our community's specific health needs, gaps, assets, and resources. It can also help make data-informed decisions that will effectively address and improve the health of our community.

This report is prepared by Navajo County Public Health Services District (NCPHSD) and gives a detailed analysis of the health of Navajo County's residents through both quantitative and qualitative data. The data includes the Navajo Community Health Needs Assessment Survey (CHNAS) results and secondary statistical sources.

Five health concerns for members of our community emerged from these data points. These include social determinants of health (SDOH), substance use, mental health, sexually transmitted infections (STIs), and chronic diseases.

These health priorities will comprise the five focus areas for Navajo County's Community Health Improvement Plan (CHIP). The CHIP aims to make lasting changes in the lives of community members through strategic planning and goal setting.

—Navajo County Public Health Services District



1 Social Determinants

33.9% went without needed healthcare services in the past 12 months.

2 Substance Use

#1 North and South County: **Nicotine**
#1 Tribal Regions: **Alcohol**

3 Mental Health

42.8% of adults reported having anxiety and/or depression.

4 STIs

In 2022, Navajo County had an incidence rate of 990.1 per 100,000 people.²

5 Chronic Diseases

48.1% of adults reported being overweight/obese.

1. Navajo County CHNAS, 2023
2. ADHS, 2022

Acknowledgments

NCPHSD would like to thank Navajo County residents for completing our 2023 CHNAS. We would also like to thank the following entities for their vital contributions.

NCPHSD Team

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Rochelle Hubbell-Spencer
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Lonna Young
Darren Fry

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Kim DeCross



Promoting Quality Health through Community Education, Planning and Partnerships



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THANK YOU

Many businesses and individuals helped make this CHA process a success, including our workgroup chairs and co-chairs.

Our Approach

What is the CHA?

The Affordable Care Act requires charitable hospital organizations to perform a Community Health Needs Assessment (CHNA) every three years and implement strategies to meet the community health needs identified.¹ NCPHSD develops its own CHA/CHIP every six years. A CHA provides organizations with comprehensive information about the community's health needs, issues, and status.

CHA Phases

Phase 1	Data Collection	February 1 - April 3, 2023
Phase 2	Data Analysis	April 4 - June 8, 2023
Phase 3	CHA Development	June - July 2023
Phase 4	CHA Report	August 2023

Timeline of our CHA

September 2022	CHA Planning Meetings Begin
January 2023	Stakeholder Selection and Planning Meetings
February 2023	CHNAS Launch
April 2023	CHNAS Close
May 2023	Data Analysis Synthesis
June 2023	Health Prioritization Meetings with Steering Committee
July 2023	Formalization of CHA Report and Development of CHIP
August 2023	CHA/CHIP Presentation to Governing Boards
September 2023	CHA Report and CHIP Public Release
October 2023	CHIP Workgroups Chair and Co-Chair Workshop
November 2023	Organization of CHIP Workgroups
January 2024	Workgroups Launch

¹ IRS, 2023

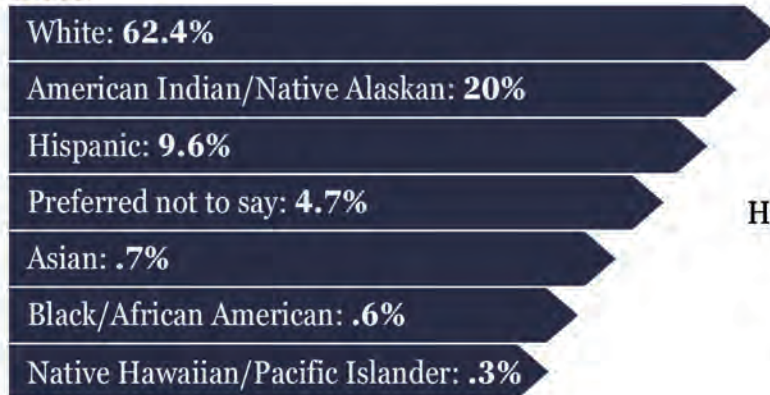
CHA Process

Data Collection: Primary and Secondary Data

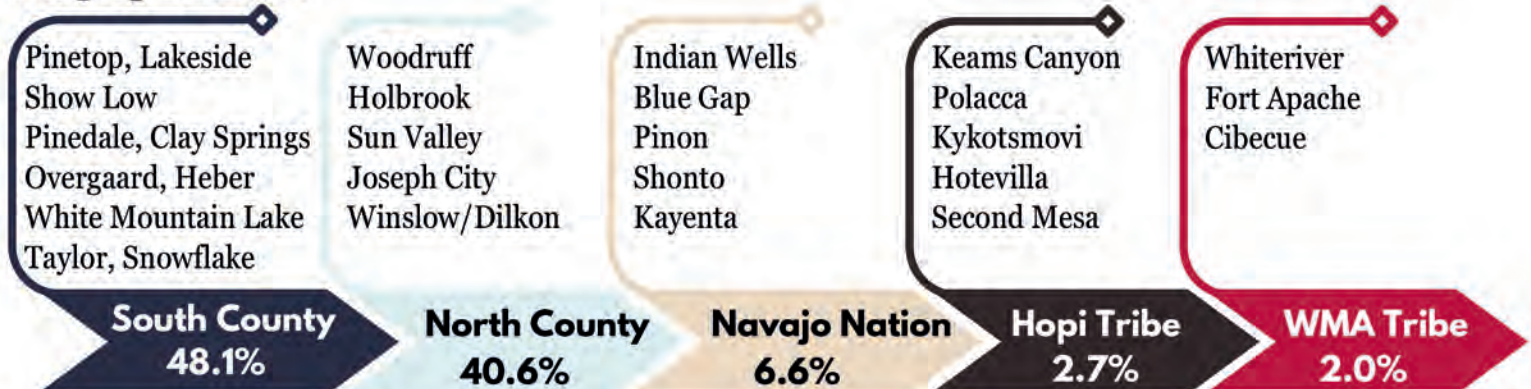
Primary data is information collected directly from a source. Concerning the CHA, the primary data sources consist of citizens of Navajo County through the CHNAS. The CHA process centers around the community's experiences and opinions. The following data points detail the demographics of those who completed the 2023 Navajo County CHNAS.¹

Completed surveys **2393** The survey utilized Qualtrics and was conducted from February 1 to April 3, 2023. It was open to any Navajo County resident 18 years or older. The survey was available through a QR code, URL link, and by paper. CHA committee members distributed flyers and posters throughout the county and promoted the survey on social media. Surveyors answered questions about health services, substance use, personal health conditions, health care coverage, and economic hardship experienced in Navajo County. This perception survey focused on health experiences and attitudes around Navajo County.

Race



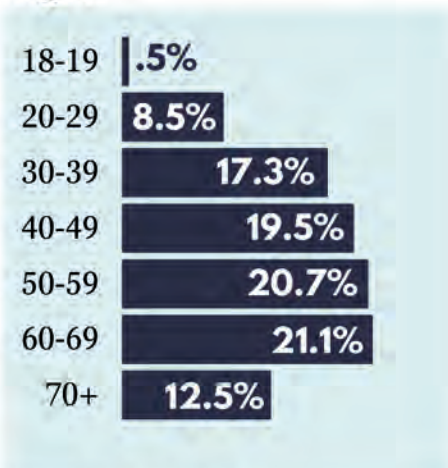
Geographic Areas



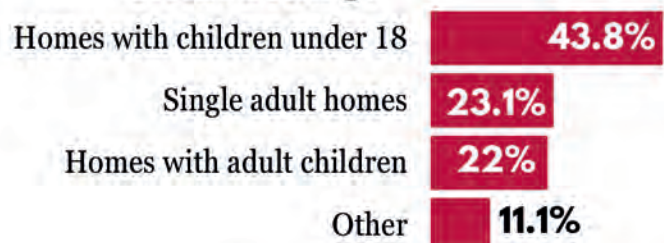
Gender



Ages



Home Settings

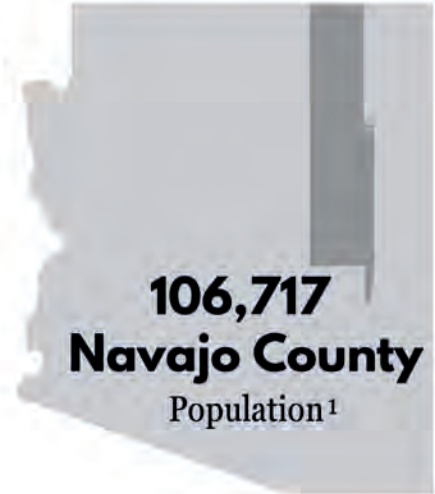


Secondary data is data that has already been gathered and collected by researchers. NCPHSD ascertained secondary data from existing national, state, and local sources. Many of these statistics and data points provide insight into trends over several years that serve as improvement or deterioration indicators in Navajo County's health.

Navajo County Profile

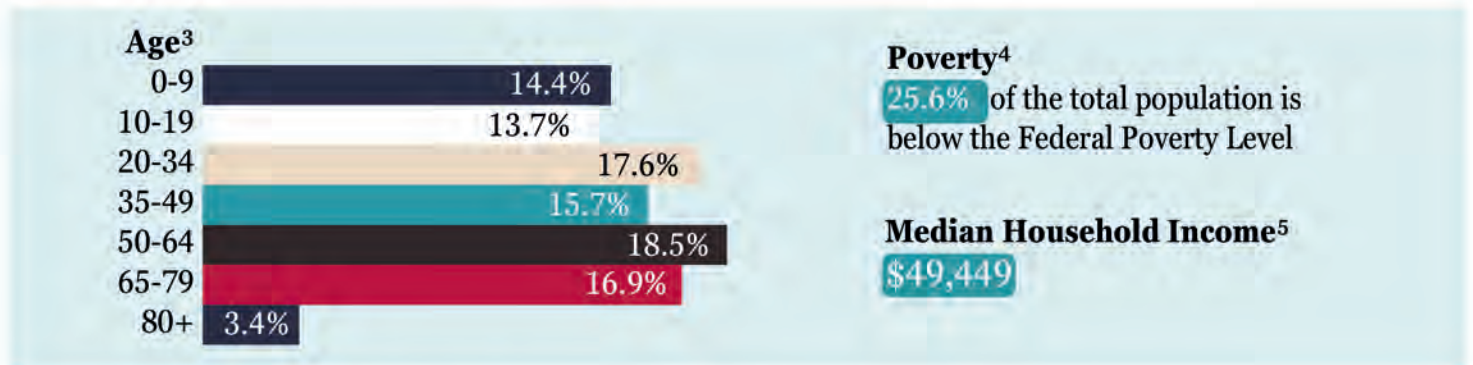
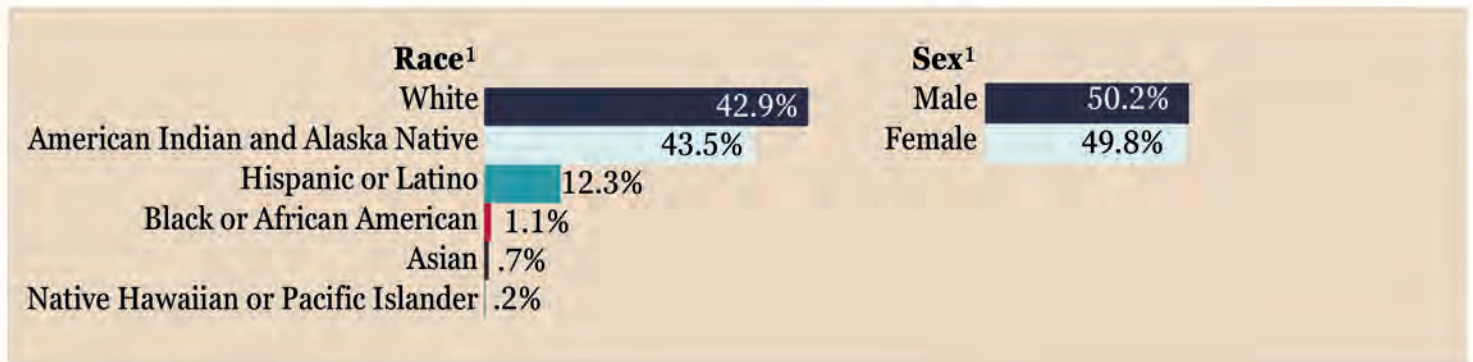
About Our Community

Navajo County encompasses 9,949.9 square miles of land and is bordered by San Juan County, Utah; Gila County, Arizona; Graham County, Arizona; Coconino County, Arizona; and Apache County, Arizona.¹

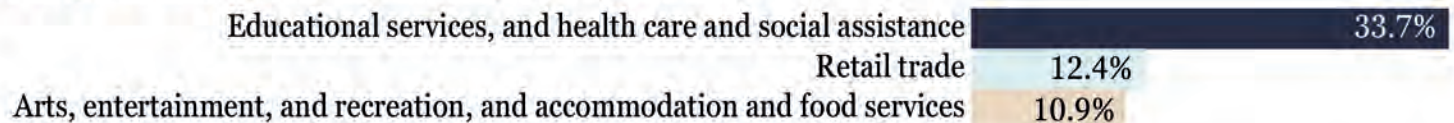


Towns and Cities

Our incorporated communities consist of the cities of Show Low, Pinetop-Lakeside, Snowflake, Taylor, Holbrook, Winslow and the unincorporated community of Heber-Overgaard, AZ. Navajo County also has the distinction of having three Native American communities in our county which include the Navajo Nation, the Hopi Tribe, and the White Mountain Apache Tribe.²



Navajo County's predominant employment industry⁶



1. U.S. Census Bureau, 2021a
2. Navajo County, 2023
3. U.S. Census Bureau, 2021b

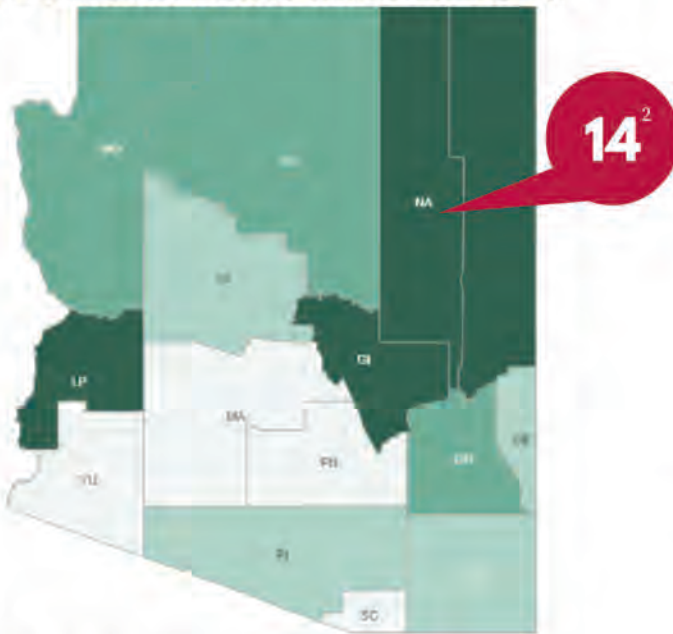
4. U.S. Census Bureau, 2021c
5. U.S. Census Bureau, 2021d
6. U.S. Census Bureau, 2021e

Navajo County Health Scores

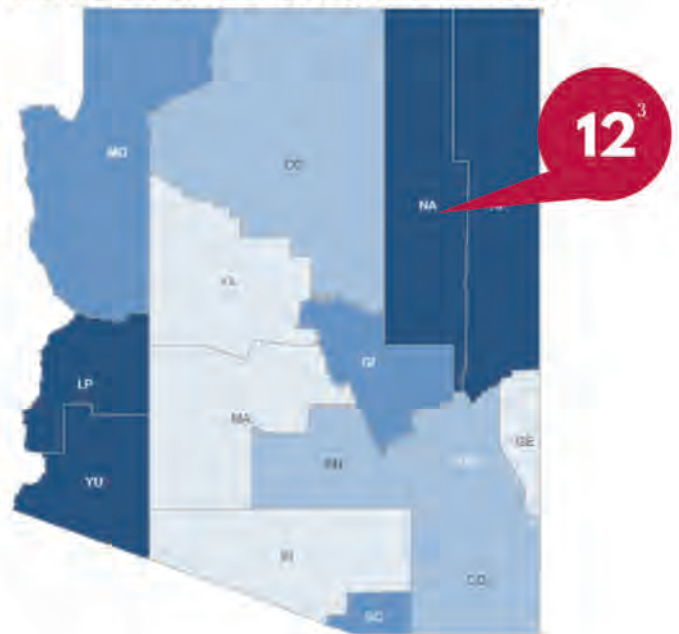
2023 County Health Rankings

County Health Rankings & Roadmaps develops health rankings for every county in the state. These rankings are formulated from a variety of health indicators.¹ Each county is given two rankings, one for Health Outcomes and one for Health Factors. Arizona's rankings are from 1 to 15, with 1 being the best and 15 being the worst.

2023 Health Outcomes-Arizona



2023 Health Factors-Arizona



Social Vulnerability Index

Social vulnerability is the potential adverse effects on communities caused by outside stresses on human health and the local economy. Those stresses include disease outbreaks, human-caused disasters, and natural disasters. Sixteen U.S. census variables are used to create the SVI score for a community. Possible Scores range from **zero** (lowest vulnerability) to **one** (highest vulnerability).⁴

Navajo County SVI for 2020⁵



1. County Health Rankings & Roadmaps, 2023a
2. County Health Rankings & Roadmaps, 2023b
3. County Health Rankings & Roadmaps, 2023c

4. CDC, 2023
5. CDC, 2022

Social Determinants of Health



Childcare



Education



**Employment and
Income**



Food Access



Housing



Why is Child Care Relevant?

Child care is key for both early childhood development and working parents with young children. Access to child care enables parents to enter, re-enter, or remain in the workforce, as well as pursue higher education.



Child Care Centers¹

There are **27** child care facilities (centers and small group homes) in Navajo County.

26% are located in Winslow

22% are located in Show Low

15% are located in Lakeside

Child Care Barriers

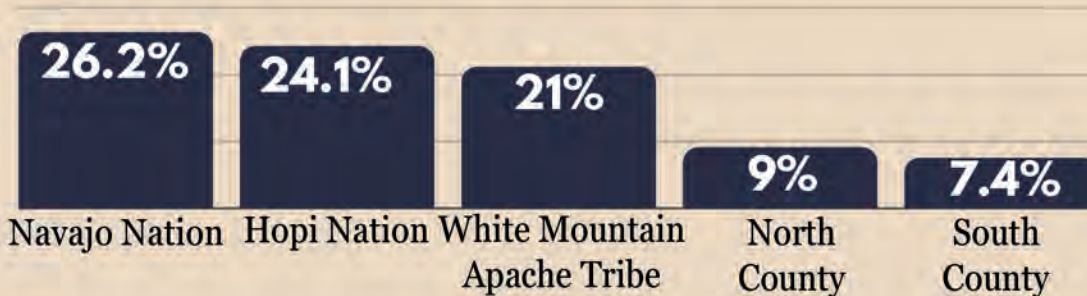
Access to affordable, quality child care is often a significant barrier for many.



6.4%

In the past year, 6.4% of Navajo County CHNAS respondents reported they **NEVER** had enough money for child care.²

Navajo County CHNAS Respondents Who Sometimes or Never Had Enough Money for Child Care in the Last 12 Months²



¹ ADHS, 2023
² Navajo County CHNAS, 2023



Why is Education Important?

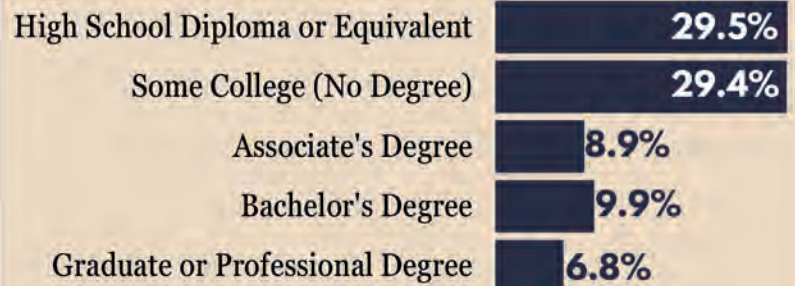
Education plays a vital role in promoting the health and safety of young people. Those who receive quality education are more likely to have safe, high-paying jobs and less likely to have health problems like heart disease, diabetes, and depression.¹

Percent of Individuals Enrolled in School in Navajo County in 2021 by Age Group²



Navajo County Education Attainment 2021³

Population 25 Years and Older



High School Graduation Rates⁴

Navajo County: **84.5%**
Arizona: **88.3%**

Our Schools⁵

- 9** Private Schools⁶
- 10** Public High Schools
- 19** Public Elementary Schools
- 1** College (with several campuses)
- 13** Public Middle Schools
- 5** Charter Schools⁷

Youth Risk Behavior Survey⁸

The Youth Risk Behavior Survey (YRBS) is part of the Youth Risk Behavior Surveillance System (YRBSS), which the CDC developed in collaboration with state and local health and education departments, as well as other federal agencies and organizations. The YRBSS was designed to help the nation focus on youth behaviors related to the leading causes of mortality and morbidity among both youth and adults, as well as to assess how these risk behaviors change over time. 1,181 students completed the 2021 YRBS in 22 public and charter high schools in Arizona during the fall of 2021.

- 44.8%** of students were physically active at least 60 minutes a day for 5 or more days in a week.
- 77.5%** of students spent 3 or more hours using screens in a day.
- 20.7%** of students got 8 or more hours of sleep on an average school night.

1. Office of Disease Prevention and Health Promotion, n.d.
 2. U.S. Census Bureau, 2021a
 3. U.S. Census Bureau, 2021b

4. U.S. Census Bureau, 2021c
 5. Navajo County, 2023
 6. County Office, n.d.

7. Niche, n.d.
 8. AZDHS, 2021



Employment and Income



Why are Employment and Income Relevant?

Employment can impact health through many factors, including job security, work environment, financial compensation, and job demands. Additionally, some employers offer health insurance, providing employees with access to affordable medical care.¹

Unemployment Rate

In May 2023, Navajo County's Unemployment Rate was

5.1%²

Unemployment can lead to negative health effects, such as feelings of depression and anxiety, and stress-related illnesses, including high blood pressure, heart disease, and stroke.¹

Over the Age of 16 and Unemployed³

6.5% in Navajo County

4.9% in Arizona



Commuting⁴

75% of workers drive alone



31% of these drive over 30 minutes daily

Poverty

Federal Poverty Level 2023 Income Numbers⁵

Individual \$14,580

Family of four \$30,000

In Navajo County, **34% of people under 18 live in poverty.**⁶

In Arizona, **18% of people under 18 live in poverty.**⁶

Living Wage⁷

The minimum wage shown is the hourly rate that an individual in a household in Navajo County must earn to support themselves and their family. The minimum wage in Arizona is currently \$13.85.

	1 Adult				2 Adults (Both Working)			
Children	0	1	2	3	0	1	2	3
Living Wage	\$15.79	\$33.59	\$42.66	\$55.63	\$13.12	\$18.90	\$23.71	\$28.13

1. Office of Disease Prevention and Health Promotion, n.d.
2. U.S. Bureau of Labor Statistics, 2023
3. County Health Rankings & Roadmaps, 2023a

4. County Health Rankings & Roadmaps, 2023b
5. HealthCare.gov, 2023
6. County Health Rankings & Roadmaps, 2023c

7. Glasmeier, A.K., Living Wage Calculator, 2023



Food Access



Why is Food Access Important?

Eating a healthy diet can be difficult without convenient access to nutritious foods, causing people to settle for foods that are lower in nutritional value. Poor diets can lead to heart disease, type 2 diabetes, obesity, and other chronic illnesses. Low-income and minority communities often lack affordable healthy food options.¹

Food Insecurity in Navajo County, 2021

Adults ²	16.7%
Minors ³	21.7%

26%

of the Navajo County population do not live close to a grocery store and have low income.⁴

\$11,103,000

is needed to cover the annual food budget shortfall in Navajo County.²

In the 2023 Navajo County CHNAS, **26.5%** of respondents reported they sometimes do not have enough money for food.⁵

Food Insecurity

The federal government works to end hunger and obesity through resources such as the Supplemental Nutrition Assistance Program (SNAP) and the Women, Infants, and Children Nutrition Program (WIC).⁶

8,769 Navajo County households received SNAP benefits in 2021⁷

78.4% of Navajo County children were eligible for WIC, 2018 - 2020⁸

\$3.53 is the average meal cost per person in Navajo County²

Re:Center Impact in 2021:⁹



17,009
food boxes distributed



2,221
meals served



Food Pantries

- White Mountain Catholic Charities
- Cibecue Mobile Pantry
- Faith With Action
- Re:Center
- First Baptist Church of Show Low
- Old Concho Community Assistance
- Our Lady of the Snow Catholic Church
- Holbrook Emergency Food Bank
- Bread of Life Mission

1. CDC, 2020
 2. Feeding America, 2021a
 3. Feeding America, 2021b

4. County Health Rankings & Roadmaps, 2019
 5. Navajo County CHNAS, 2023
 6. Nutrition.gov, n.d.

7. U.S. Census Bureau, 2021
 8. ADHS, 2023
 9. Re:Center, n.d.



Housing



How Does Housing Affect Health?

An individual's housing unit and neighborhood have major influences on their health. Housing location can impact exercise levels, healthy food accessibility, and transportation opportunities.¹ Housing instability can cause stress for families, which negatively affects health and makes it harder to access quality health care. Individuals with low incomes may be forced to rent unsafe housing with additional health risks, such as mold and inadequate heating or cooling systems.²

Homelessness

58 individuals were identified in the Winter 2020 PIT count for Navajo County³

Point-In-Time (PIT) counts identify individuals experiencing homelessness in local areas. PIT counts may be an underestimation due to limitations such as the exclusion of individuals who are couch-surfing or reside in Navajo County seasonally.⁴

Shelters in Navajo County

- Hope House—women's maternity home
- White Mountain SAFE House—domestic violence shelter
- Bread of Life Mission—emergency shelter

The Re:Center offers housing support. Make an appointment today at <https://www.rcaz.us/help/>

Housing

According to the 2023 Navajo County CHNAS

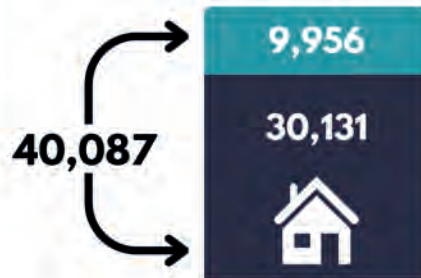
- 27.5%** reported they spend more than half of their income on housing.
- 15.4%** reported they worry about losing their current housing.
- 25.2%** reported they sometimes do not have enough money for utilities.⁵



24% of Navajo County households experience at least one of the following housing problems:⁶

- Overcrowding**
- High Housing Costs**
- Lack of Kitchen Facilities**
- Lack of Plumbing Facilities**

\$649 is the median gross rent in Navajo County.⁷



In 2021, there were **40,087** occupied housing units in Navajo County.

- 24.8%** were renter-occupied.
- 75.2%** were owner-occupied.⁸

1. CDC, 2009
 2. Office of Disease Prevention and Health Promotion, n.d.
 3. Arizona Department of Housing, 2023

4. U.S. Interagency Council on Homelessness, 2022
 5. Navajo County CHNAS, 2023
 6. County Health Rankings & Roadmaps, 2019

7. U.S. Census Bureau, 2021a
 8. U.S. Census Bureau, 2021b

Health Behaviors and Outcomes



Alcohol Use



Drug Use



Tobacco Use



Mental Health



**Nutrition and
Physical Activity**



Injury and Mortality



Alcohol Use



Why is Alcohol Use Relevant?

Excessive alcohol use is associated with immediate and long-lasting detriments to health and behavior, including poor judgment and decision making, injury, obesity, and death.

In Navajo County¹

346

out of 100,000 Navajo County citizens reported that they suffer with alcohol use disorder.

#1

Substance Use Disorder was the #1 behavioral health concern in the Navajo Nation, Hopi Nation, and White Mountain Apache Nation regions.

#3

Substance Use Disorder was the #3 behavioral health concern in the South and North County regions.

Risks³

Short Term

- Violence
- Accidental injuries
- Alcohol poisoning
- Risky sexual behaviors
- Miscarriage
- Stillbirth

Long Term

- Mental health problems
- Social and family problems
- Learning and memory problems
- Liver disease
- Digestive problems
- Cancer
- Weakened immune system
- Alcohol use disorders
- Chronic illnesses

Excessive Drinking²

Alcohol consumption while pregnant, heavy drinking, and binge drinking are all considered excessive drinking.

Moderate drinking

Men 2 a day
Women 1 a day



Heavy drinking

(Drinks per week)

Men 15 or more
Women 8 or more

Binge drinking

(Drinks per occasion)

Men ~5 or more
Women ~4 or more

Results in a blood-alcohol concentration level of .08 or higher. These numbers are approximate and may vary from individual to individual.



of Navajo County adults reported binge drinking in 2021.⁴

1. Navajo County CHNAS, 2023

2. CDC, 2022a

3. CDC, 2022b

4. CDC, 2022c



Alcohol Use

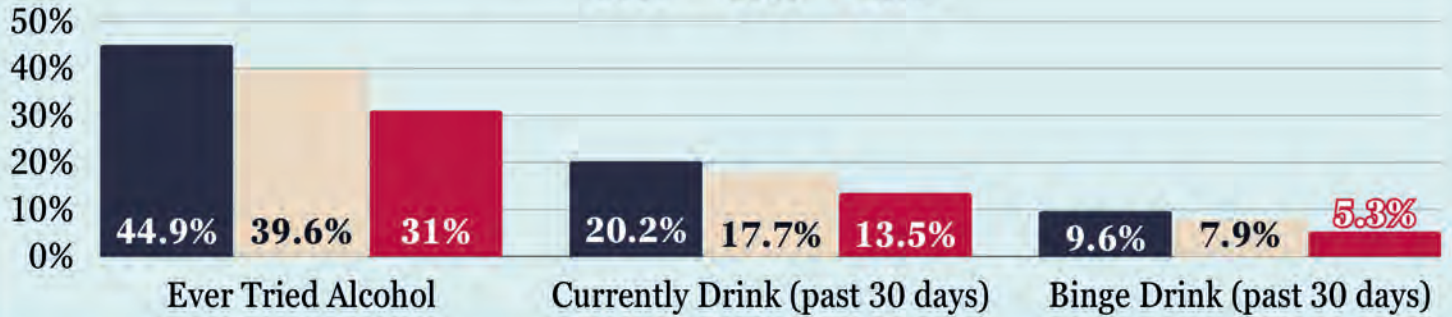


Underage Alcohol Use

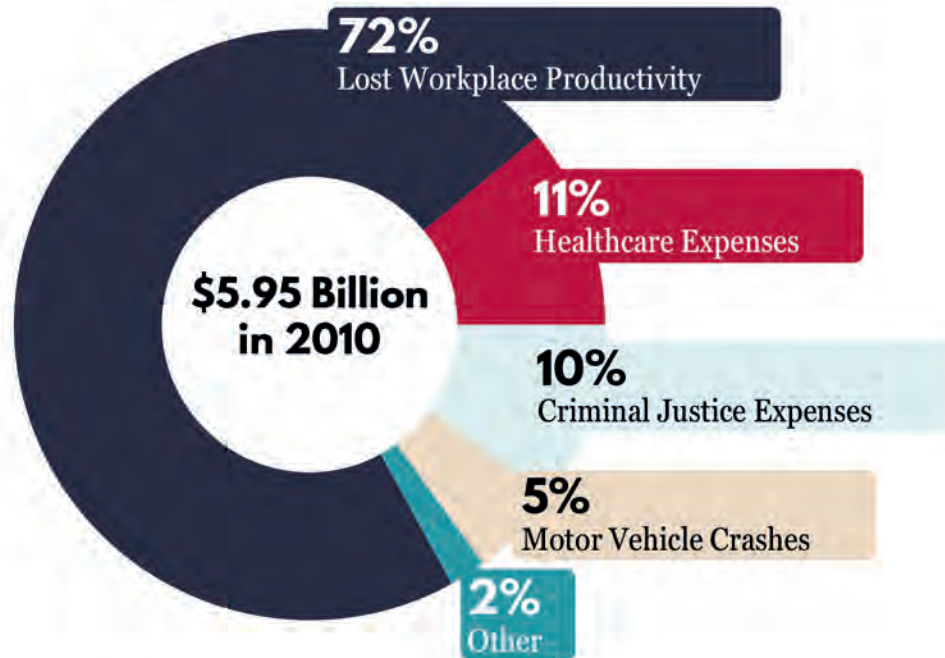
In Arizona, possession, purchase, and consumption of alcoholic beverages are all prohibited for individuals under the age of 21. Youth as young as 16 may sell alcohol at retail establishments, and at age 19 youth may serve alcohol in restaurants and bars.⁵

Arizona Alcohol Use by 8th–12th Graders⁶

■ 2018 ■ 2020 ■ 2022



Estimated Annual Cost of Excessive Alcohol Use In Arizona⁷



\$930
per resident



6,896 years of potential life from individuals under the age of 21 were lost to alcohol-attributable deaths in 2018.

5. SAMHSA, 2018

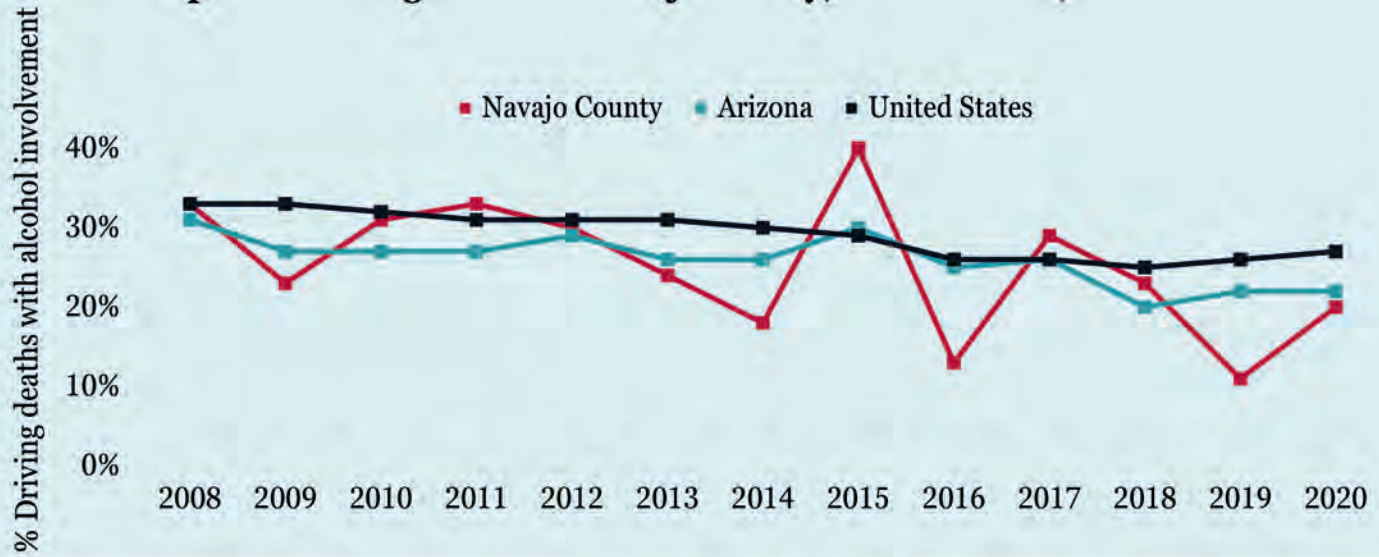
6. Arizona Criminal Justice Commission, 2022

7. CDC, 2022

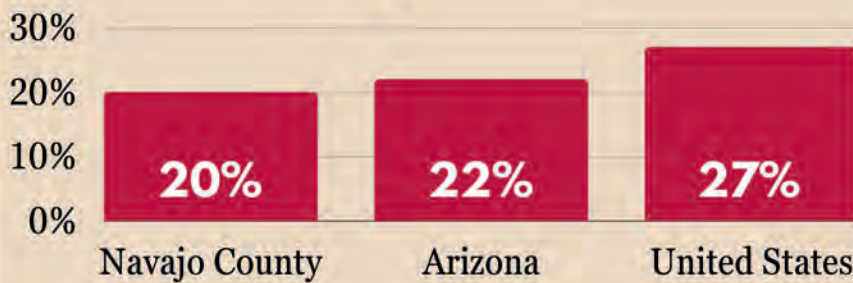


Alcohol-Related Outcomes

Alcohol-Impaired Driving Deaths in Navajo County, Arizona State, and National Trends ⁸



Crash Deaths Involving Alcohol 2020 ⁸



344
DUI arrests
Navajo County 2020 ⁹



Hospitalizations with Alcohol Abuse as First Diagnosis, 2020 ¹⁰

780+
Emergency room
visits in Navajo
County

11,784
Emergency room
visits in Arizona

330+
Total
hospitalizations in
Navajo County

9260+
Total
hospitalizations
in Arizona

Vehicle Crashes in Navajo County, 2020 ¹¹

66
Total alcohol related crashes

5.7%
Of all crashes were alcohol related (4.6% for the state)

8. County Health Rankings & Roadmaps, 2023b
9. Arizona Department of Public Safety, 2021
10. ADHS, 2020

11. ADOT, 2021



Drug Use



Why is Drug Use Relevant?

Drug use can lead to increased risk of HIV/AIDS, hepatitis C, chronic illness, heart disease, and mental illness.¹ The increasing number of people who use drugs or illegal substances has led to a rise in issues surrounding drug-related violence and crimes, strain on legal-system capacity, increased healthcare needs, decreased workforce productivity, and increased social service needs.²

2023 Navajo County CHNAS Respondent Substance Use³



Marijuana
436 per 100,000

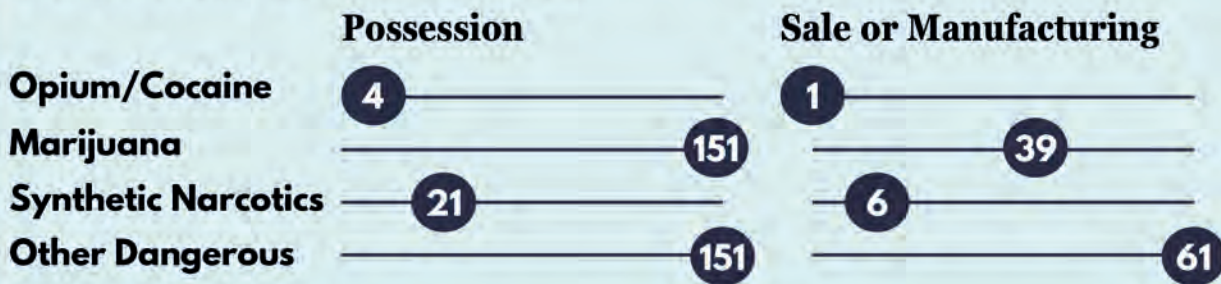


Opioids
346 per 100,000



Other substances, excluding alcohol and nicotine
149 per 100,000

Navajo County Drug Arrests, 2020⁴



Opioid Related Outcomes

Navajo County 2020, Inpatient Discharges and ER Visits Related to⁵

Amphetamines	Cocaine	Opiates
560+	20+	290+



Drug Overdose Incidence Rates (per 100,000), 2022⁶

	Suspected	Non-Fatal	Opioid Fatality
Navajo County:	509.9	47.3	27.8
Arizona:	677.6	46.8 64.7% caused by Fentanyl	26.5 27.8% between 25-34 years old



Naloxone was administered in 94.4% of suspected non-fatal opioid overdose responses in Navajo County.⁶

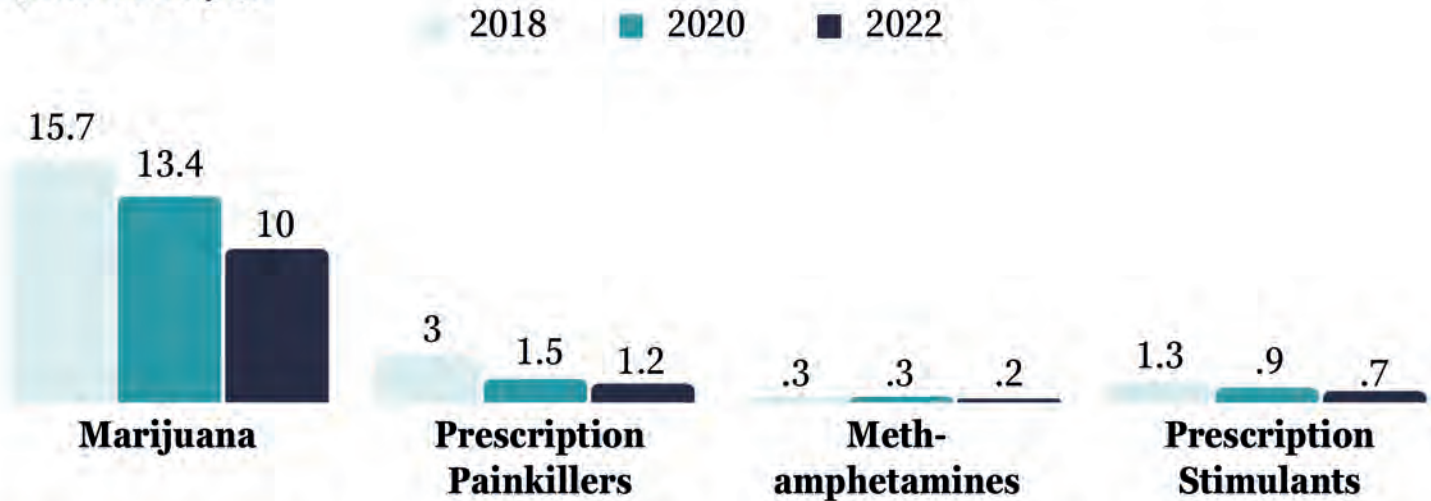
1. National Institute on Drug Abuse, 2022
2. Lo et al., 2020
3. Navajo County CHNAS, 2023

4. Arizona Department of Public Safety, 2021
5. ADHS, 2020
6. ADHS, 2022



Youth Drug Use

Percent of Arizona Students in 8th—12th Grade Who Self-Reported Drug Use (Last 30 Days)⁷



Additional Facts

Of Arizona Adults⁸

41.8% know someone who has been addicted to prescription painkillers.

45% know someone who has taken a prescription painkiller that wasn't their prescription.



13 substance use facilities are in operation in Navajo County.⁹

6 of them offer medications for treatment.



Unused and expired prescription drugs may be disposed of in the permanent drug disposal box at your local police department.

7. Arizona Criminal Justice Commission, 2022

8. Morrison Institute for Public Policy, 2017

9. SAMSHA, 2023



Why is Tobacco Use Relevant?

Almost every organ of the body is harmed by cigarette smoking. Disease, disability, or death can occur from tobacco use. Cigarette smoking causes nearly one in every five deaths in the U.S. each year.¹

Health Effects



Cigarette smoke has over 7,000 toxic chemicals that adversely affect health when inhaled. Smoking risks include²

- cancer
- cardiovascular disease
- chronic obstructive pulmonary disease
- stroke
- linked to many other conditions

5-Year Average Incidence Rates³

Oral Cavity and Pharynx Cancer

8.7 out of 100,000 in Navajo County

9.1 out of 100,000 in Arizona

12.0 out of 100,000 in the U.S.

Lung and Bronchus Cancer

31.0 out of 100,000 in Navajo County

43.6 out of 100,000 in Arizona

56.3 out of 100,000 in the U.S.



1. CDC, 2021
 2. FDA, 2022a
 3. National Cancer Institute, 2019



Tobacco Use



Tobacco Products⁴



Most tobacco products contain nicotine, an extremely addictive substance.

Products include:

- Cigarettes
- Dissolvables
- Cigars
- Nicotine gels
- Smokeless tobacco
- Roll-your-own tobacco
- Pipe tobacco
- Hookah tobacco
- Vapes
- E-cigarettes



Tobacco Prevalence

According to 2023 Navajo County CHNAS⁵

473 out of 100,000 Navajo County residents use nicotine.

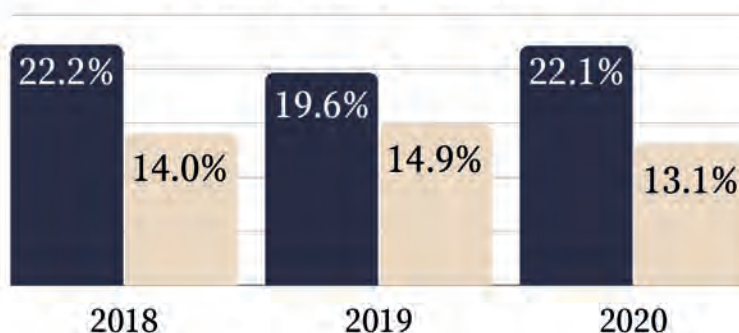
#1 Nicotine was the most used substance in both North and South County regions.

#3 Nicotine was the third most used substance in the Navajo Nation, Hopi Nation, and White Mountain Apache Nation regions.

Twice as many Arizona kids vape than smoke cigarettes.⁸

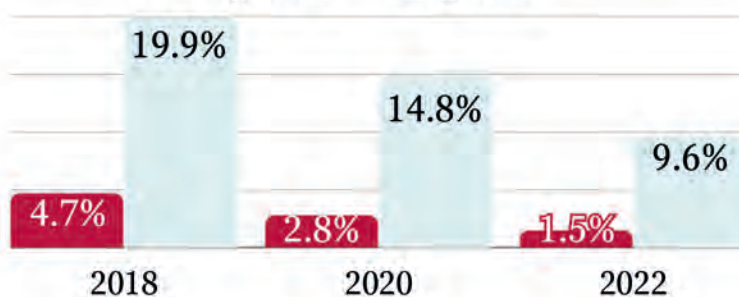
Smoking in Adults (18+)⁶

■ Navajo County ■ Arizona



Arizona 8th-12th Grader Self-Reported Smoking⁷

■ Cigarettes ■ E-cigarettes



4. FDA, 2022b

5. Navajo County CHNA, 2023

6. CDC, 2020

7. Arizona Criminal Justice Commission, 2022

8. ADHS, 2022



Why is Mental Health Relevant?

Mental health is our emotional, psychological, and social well-being. It affects our thoughts, feelings, and actions, and it is important at every stage of life because it determines how we handle stress, relate to others, and make health choices. Mental health is as important as physical health when it comes to our well-being, and it can change over time depending on resources and coping abilities. Conditions like depression can increase the risk of many physical health problems, such as diabetes, heart disease, and stroke.¹ Mental Health is a top health priority for Navajo County.

Depression



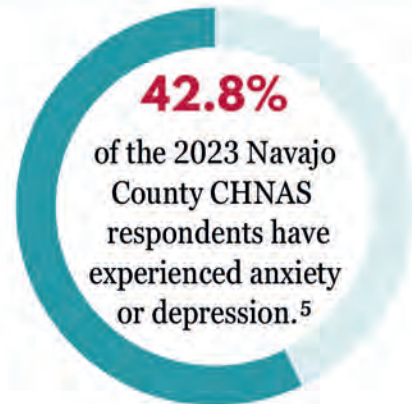
The estimated prevalence of depression among Navajo County adults (18 and older) is **23.2 percent**.²



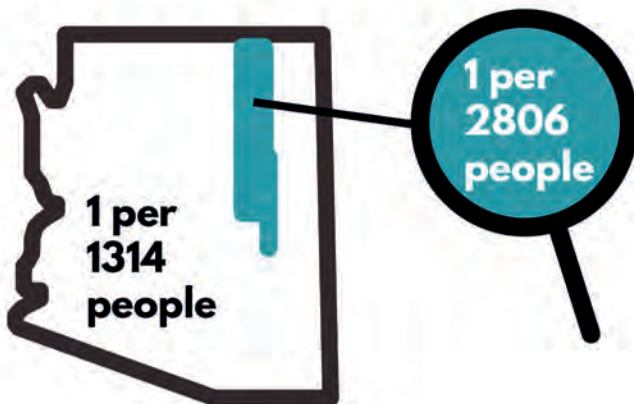
15.2 percent of Arizona mothers report experiencing depression during pregnancy.³



a month is the average number of poor mental health days for Navajo County adults.⁴



Mental Health Providers⁶



1 in 5 U.S. adults live with a mental health condition¹

1. CDC, 2023a
 2. CDC, 2022a
 3. CDC, 2022b

4. County Health Rankings & Roadmaps, 2023
 5. Navajo County CHNAS, 2023
 6. CMS, 2022



Mental Health



Loneliness

Loneliness heightens health risks as much as **smoking 15 cigarettes a day** or **having alcohol use disorder** and is **2X** as harmful to physical and mental health as obesity⁷



Loneliness is the #1 Social Concern for Navajo County Residents.⁸

Suicide

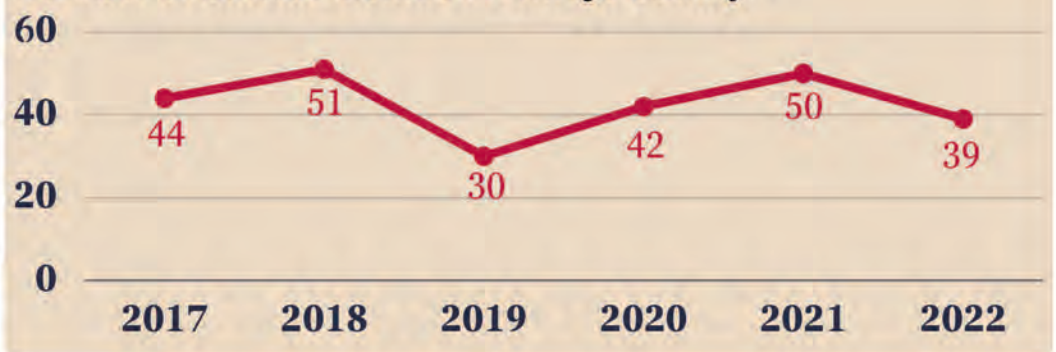
1599 Arizona deaths by suicide (2022)⁹

1479 Arizona deaths by suicide (2021)⁹

44 were children¹⁰

9.7% of Navajo County CHNAS respondents reported having attempted suicide or self-harm, or having thoughts about self-harming or suicide.⁸

Number of Suicide Deaths in Navajo County⁹



701 emergency facility visits for suicide attempts and/or ideations in 2022 in Navajo County.¹¹

Rural Arizonans died by suicide nearly **2X** more than their urban counterparts and rural males experienced higher rates of suicide.¹²

#2 In 2020, intentional self-harm (suicide) was the second leading cause of death in Arizona for adolescents aged 15-19.¹³

7. Holt-Lunstad et al., 2015
8. Navajo County CHNAS, 2023
9. ADHS, 2023a

10. ADHS, 2022a
11. ADHS, 2023b
12. ADHS, 2022b

13. ADHS, 2022c



Help Prevent Suicide¹⁴

We can all take action to prevent suicide.

Ask

Asking someone if they are thinking about suicide in a non-judgmental and supportive way may reduce suicidal ideation.



Be there

Being present for someone with suicidal thoughts is lifesaving and increases connectedness.



Help them connect

Refer them to support like a mental health professional or the suicide hotline.



Follow up

Following a discussion about suicide, check in with that person through a call, a visit, or a card to see how they are doing and to increase connectedness.



Youth Mental Health

1/5 youth will experience a mental health challenge at some point in their lives.¹⁵

2021 YRBS Results¹⁶

Reached 1181 9th to 12th graders in Arizona

Considered suicide	23.5%
Attempted suicide	10.4%
Made a suicide plan	19.7%
Mental health was poor most of the time or always	35.9%

Bullying

Bullying can increase a young person's risk for depression, anxiety, lower academic achievement, sleep difficulties, and dropping out of school.¹⁷

2021 YRBS Results¹⁷

Were electronically bullied	19.9%
Were bullied on school property	17.8%
Did not go to school because they felt unsafe at school or on their way to or from school	11.6%



14. 988 Suicide and Crisis Lifeline, 2022

15. CDC, 2023a

16. CDC, 2021a

17. CDC, 2021b

18. SAMHSA, 2023



Mental Health



Improving Your Mental Health¹⁹



Move your body more.
Even 20 minutes a day helps!



Get 7+ hours of sleep per night



Eat what makes you feel good



Connect with others



Ask for help if you need it



Limit alcohol intake



Take time to unwind by breathing,
journaling, meditating, or doing
activities you enjoy



Take a media break



Nutrition and Physical Activity

How do Nutrition and Physical Activity Affect Health?

Good nutrition and regular physical activity are crucial elements for healthy weight maintenance and risk reduction of chronic disease. Following CDC guidelines for breastfeeding, nutrition, and physical activity is recommended for optimal health.¹

Nutrition Guidelines

The foods and beverages you consume have a direct impact on your health. Diet-related chronic diseases—including obesity, diabetes, and depression—have increased dramatically in recent decades. The *2020-2025 Dietary Guidelines for Americans* was created to help the public consume a nutritious diet.²

The Guidelines Recommend Eating and Drinking

MORE



Fruits and Vegetables



Whole Grains



Dairy



Protein

FEWER



Added Sugars



Saturated Fats



Alcoholic Beverages

Breastfeeding



Breastfeeding is the best source of nutrition for most infants. It provides essential nutrients and reduces the risk of various health conditions for both the infant and the mother.¹ The World Health Organization recommends exclusive breastfeeding for six months with continued breastfeeding up to two years of age or older.³

Breastfeeding Initiation Rates, 2018-2019⁴

Navajo County 87.0% of babies began breastfeeding before leaving the hospital.

Arizona 88.9% of babies began breastfeeding before leaving the hospital.

1. CDC, 2023a
2. USDA, 2021
3. CDC, 2023b

4. CDC, 2021



Nutrition and Physical Activity

Physical Activity Guidelines

Physically active individuals experience both short and long-term benefits, including improved mood and longer life span.⁵ Physical activity recommendations depend on your age group. Aim for the recommended level, but some exercise is always better than none!

The CDC Recommends Moderate Physical Activity

Adults

150 minutes weekly⁶

Adolescents

60 minutes daily⁷



In Navajo County

27% of adults reported doing no physical activity outside of work.⁸

60% of individuals have adequate access to locations for physical activity.⁹

There are **57** parks in Navajo County, including Petrified Forest National Park, Monument Valley Navajo Tribal Park, and various scenic hiking areas.¹⁰

Obesity

Poor nutrition and physical inactivity are leading contributors to obesity. Obesity is a serious chronic disease that impacts our nation's health and economy. More than one in three adults in the United States struggle with obesity. It is estimated that the United States spends 147 billion dollars annually on obesity-related healthcare.¹¹

#1

Obesity ranked as the highest chronic illness concern for all regions in the 2023 Navajo County CHNAS.¹²

48.1%

of 2023 Navajo County CHNAS respondents reported obesity as an individual concern.¹²



5. CDC, 2023c
6. CDC, 2022a
7. CDC, 2023d

8. County Health Rankings & Roadmaps, 2023a
9. County Health Rankings & Roadmaps, 2023b
10. Clark et al., 2018

11. CDC, 2022b.
12. Navajo County CHNAS, 2023



Injury and Mortality

Why is Injury and Mortality Relevant?

In the United States, unintentional injuries are the leading cause of death for those under 45. Understanding the cause of injuries and the length of life for our population helps us understand our community's health and whether our residents live long and healthy lives.¹ Navajo County is ranked 14 out of 15 for health outcomes, with 1 being the best and 15 being the worst.²

Injury

Top 3 causes of accidental death in Navajo County are ³



Car related accidents



Poisoning by drugs



Falling

117 Navajo County residents died from accidental injury in 2019³

#1 Falling is the leading cause of accidental death in Arizona for those 65 and older⁴

Top Causes for Emergency Room Visits, AZ 2020⁵

1 Mental Disorders

2 Abdominal Pain

3 Chest Pain

4 Superficial Injuries

5 Acute upper respiratory infection, excluding pharyngitis

Mortality

Life Expectancy

72 Years

Navajo County (2019)⁶

76.3 Years

Arizona (2020)⁷

77 Years

US (2020)⁷

Premature Death: Years of potential life lost before the age of 75 per 100,000 people in a population. This data is from 2018-2020.⁸

16,600
Years of life

Navajo County

7,700
Years of life

Arizona

7,300
Years of life

US

1. Office of Disease Prevention and Health Promotion, n.d.
2. County Health Rankings & Roadmaps, 2023a
3. ADHS, 2019a

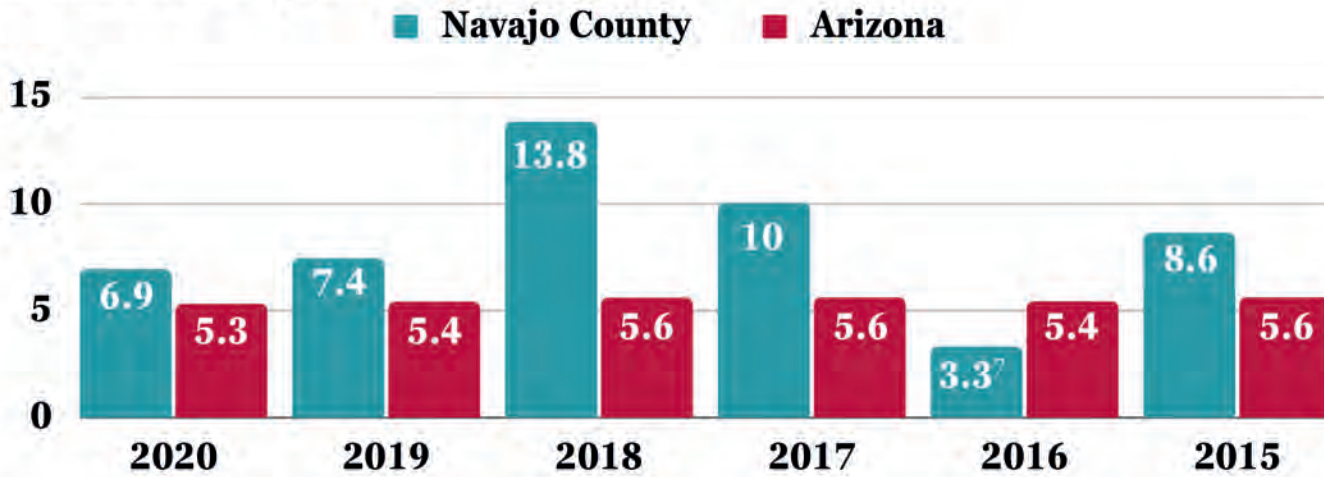
4. ADHS, 2019b
5. ADHS, 2020a
6. ADHS, 2019c

7. ADHS, 2022
8. County Health Rankings & Roadmaps, 2023b



Injury and Mortality

Infant Mortality per 1000 Live Births⁹



Leading Causes of Death in Navajo County, 2019¹⁰

Cases per 100,000

159.2	Heart Disease	49.6	Chronic Liver Disease
141.4	Cancer	43.8	Stroke
114.0	Accidents	34.1	Drug-Induced Deaths
54.6	Diabetes	31.6	Alzheimer's Disease
53.5	Chronic Lower Respiratory Disease	29.9	Intentional Self-Harm (Suicide)

Leading Causes of Death in Arizona, 2021¹¹

Cases per 100,000

158.3	Heart Disease*	36.1	Cerebrovascular Disease
134.7	Cancer*	30.5	Alzheimer's Disease
139.5	COVID-19	27.3	Diabetes
78.6	Unintentional Injury**	21.5	Chronic Liver Disease & Cirrhosis
36.7	Chronic Lower Respiratory Disease	19.5	Suicide

*Leading causes for older adults

** Leading cause for children and adults up to 44

9. ADHS, 2020b
 10. ADHS, 2019d
 11. CDC, 2021

Healthcare



**Communicable
Diseases**



Chronic Diseases



Healthcare Access



Preventive Care



Communicable Diseases



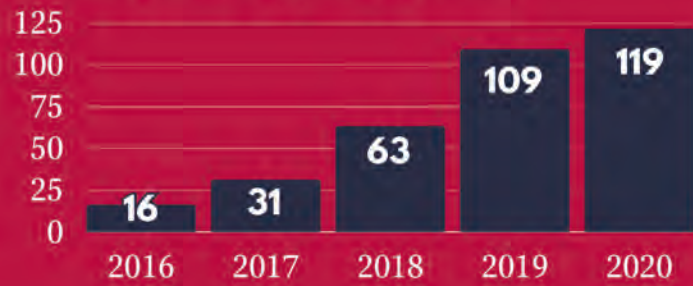
Congenital Syphilis

Pregnant women with untreated syphilis can pass the infection to their developing baby at any time, causing bone disorders, deafness, other congenital defects, or even death.



In Arizona, syphilis is increasing in babies.

Arizona Cases of Syphilis in Babies³



2021 Navajo County Communicable Disease Rates Per 100,000 People⁴

Enteric Diseases

Enteric diseases are usually caused by consuming substances contaminated with micro-organisms that cause intestinal illness.

All: **159.6**

Campylobacteriosis: **102.1**

E. Coli Shiga Toxin Producing: **4.6**

Salmonellosis: **43.6**

Shigellosis: **3.7**

Vector and Zoonotic Disease

Vectorborne diseases are infections that are transmitted to humans by blood-feeding arthropods such as ticks, fleas, and mosquitoes. Zoonotic diseases are infections spread between people and animals, such as rabies.

All: **8.4**

Rocky Mountain Spotted Fever: **7.4**

West Nile Virus: **.9**

Vaccine Preventable Diseases

Diseases that vaccines can prevent.

All: **23.2**

Haemophilus Influenzae: **.93**

Hepatitis A: **.93**

Chronic Hepatitis B: **20.42**

Invasive or Healthcare Associated Disease

These diseases are caused by bacteria that infect a normally sterile part of the body, like the blood, or are related to receiving healthcare for another illness.

All: **111.4**

Invasive MRSA: **46.4**

Streptococcal Pneumoniae **30.63**

3. ADHS, 2022c
4. ADHS, 2021



Communicable Diseases



Why are Communicable Diseases Relevant?

Communicable diseases are transmissible and infectious. Most communicable disease infections are considered minor, such as the common cold. Some communicable disease infections can lead to severe illness, disability, or death. Public health conducts surveillance of more dangerous infectious diseases in order to mitigate widespread outbreaks and protect the public's health.

Sexually Transmitted Infections (STIs)

STIs in Navajo County were some of the highest reportable incidences of disease in 2022 and indicate a real concern.

Cases per 100,000 People in 2022¹

Arizona, All STIs: 822.7

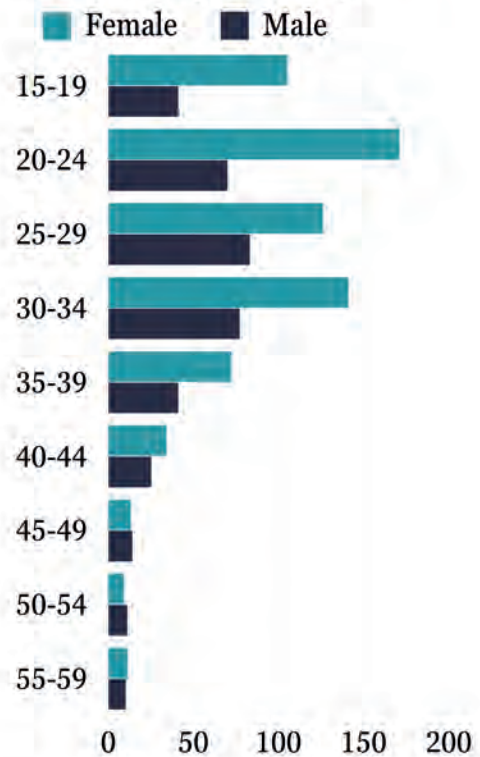


Navajo County	
All STIs:	990.1
Chlamydia:	630.9
Gonorrhea:	269.8
Syphilis:	89.34

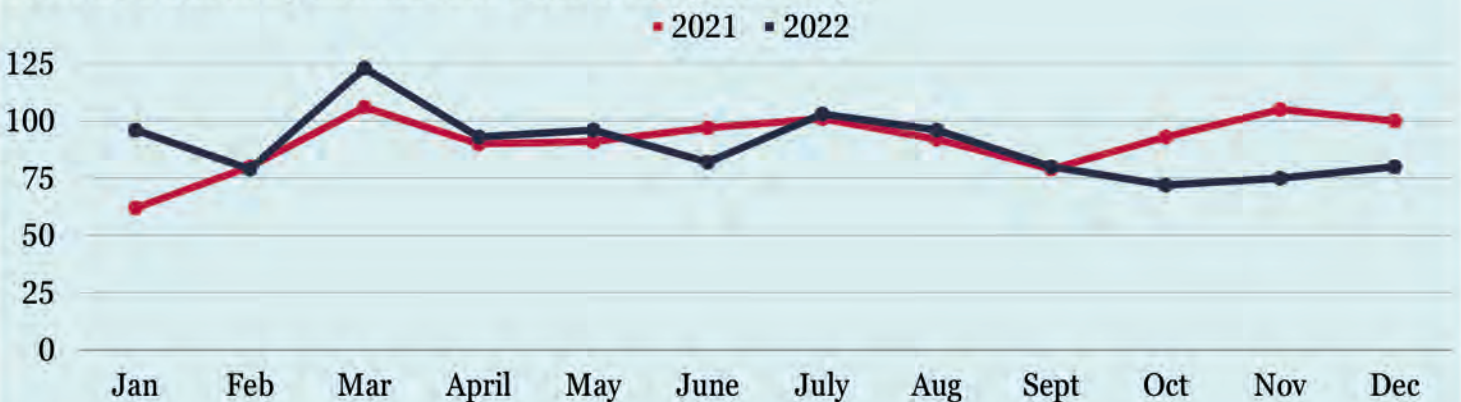
Congenital Syphilis Rate per 100,000 people in 2020²

U.S.	57
Arizona	150
Navajo County	886

Cases by Age and Gender 2022 Navajo County¹



New STI Cases by Month and Year (Navajo County)¹



1. ADHS, 2022a
2. ADHS, 2022b



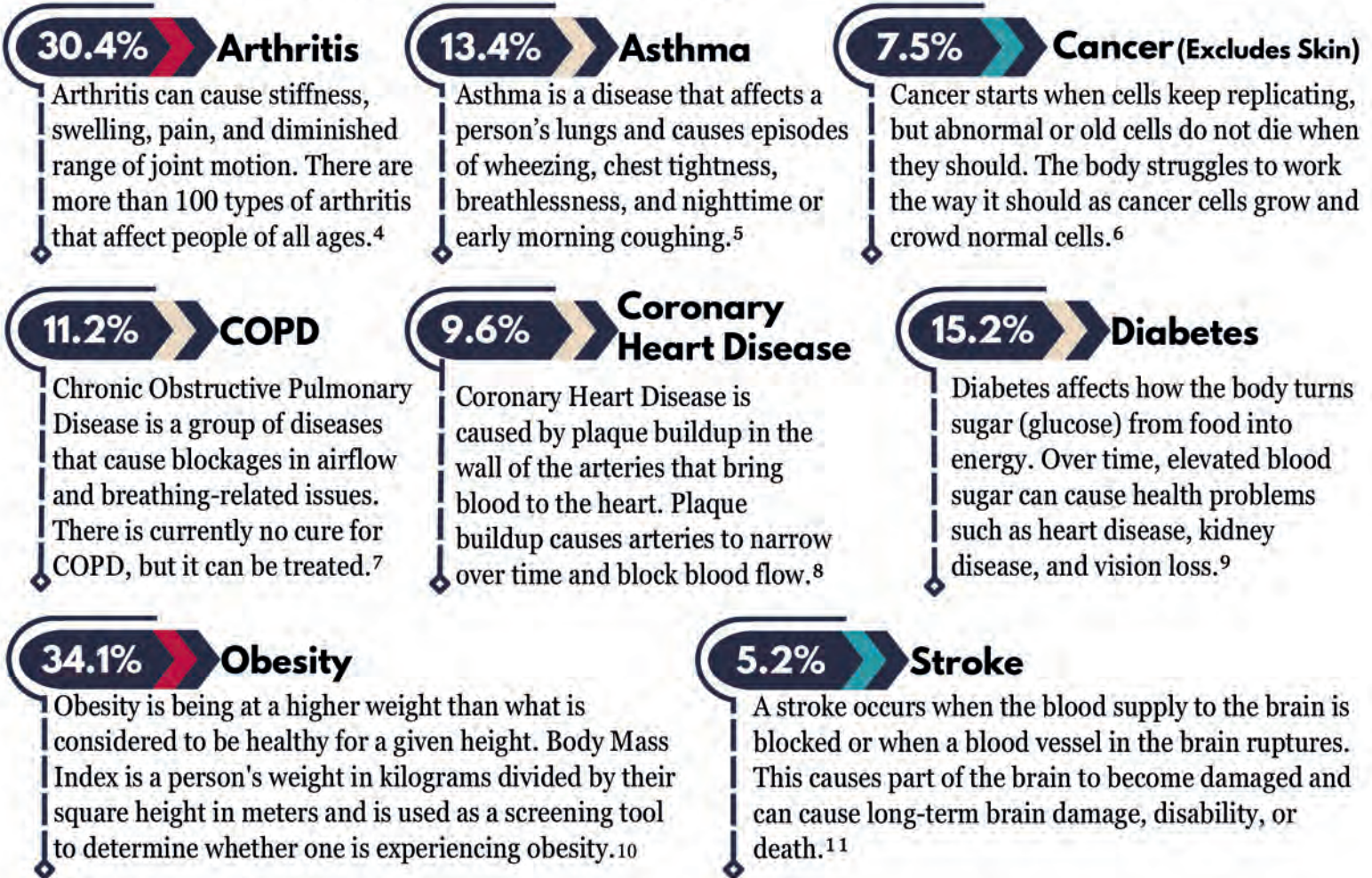
Chronic Diseases



Why is Chronic Disease Relevant?

Chronic diseases are conditions that limit daily living activities, require a person to receive ongoing medical attention, or both, and last a year or more. About 6 in 10 Americans live with one or more chronic diseases, making them the leading cause of death and disability in America.¹ A majority of chronic diseases can be prevented through proper nutrition, physical activity, and avoiding tobacco and excessive drinking.²

Chronic Disease Rates in Navajo County³



Major Adult Risk Factors in Navajo County²



1. CDC, 2023a
2. CDC, 2023b
3. CDC, 2022a

4. Arthritis Foundation, 2022
5. CDC, 2023e
6. American Cancer Society, 2022

7. CDC, 2023d
8. CDC, 2021
9. CDC, 2023c

10. CDC, 2022b
11. CDC, 2023f



Healthcare Access



Why is Healthcare Access Important?

Access to affordable healthcare is a crucial component of a healthy community. Health insurance and programs for the uninsured allow individuals to receive and access healthcare at lower costs.

Healthcare Providers

Provider ratios indicate the number of people who would need to be served by one provider in order to cover the entire population of Navajo County. A high ratio implies underserved populations and difficulties accessing care.

Number of People per One Provider¹

 = Navajo County

 = Arizona

Primary Care Provider

1240 **1047**

Mental Health Provider

2806 **1314**

Dental Care Provider

2011 **1774**

Pediatric Provider

2363 **1073**



6

Number of Hospitals in Navajo County
1 Hospital per 17,983 people²

1. CMS, 2022
2. County Office, n.d.

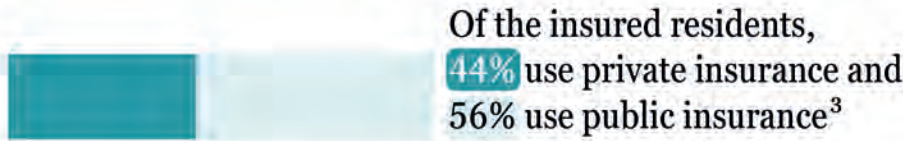
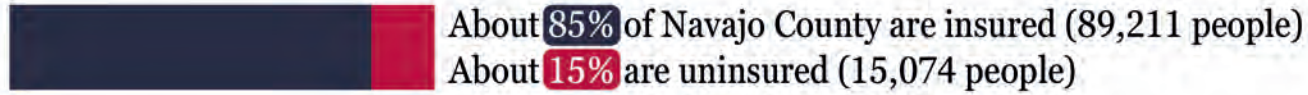


Healthcare Access

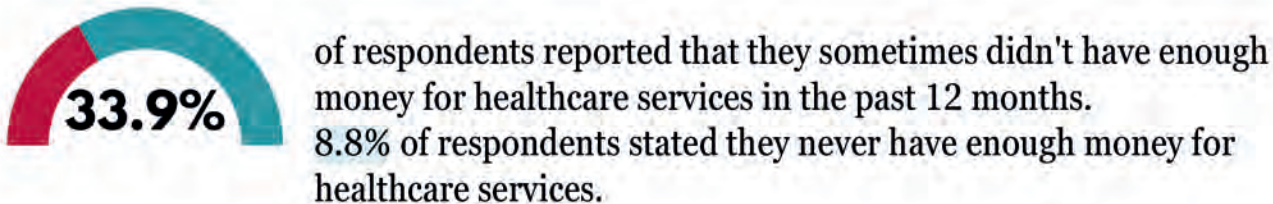
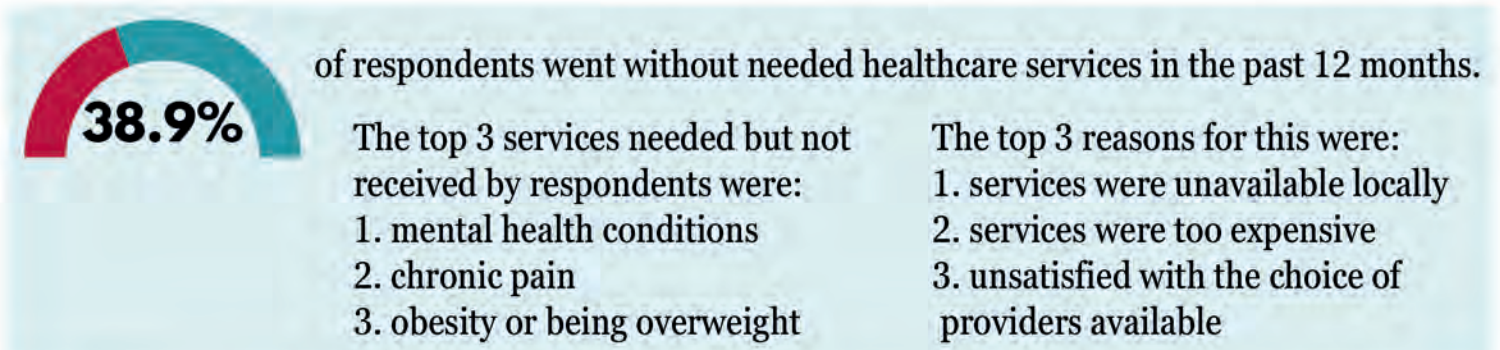
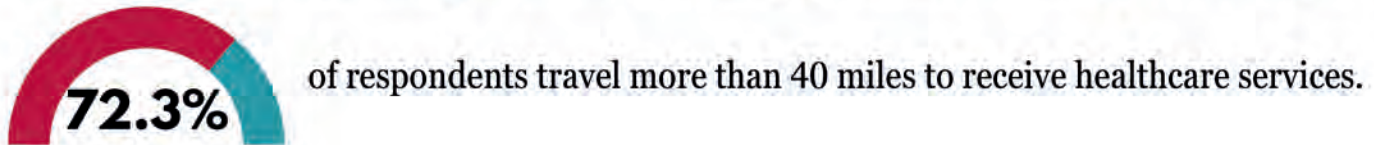


Health Insurance Coverage

Without health insurance or resources to access healthcare, uninsured individuals may avoid receiving care, resulting in life-threatening illnesses or chronic health issues. Some may be unable to pay medical bills and go into debt to obtain appropriate healthcare.



Difficulties in Accessing Care According to 2023 Navajo County CHNAS⁴



³ U.S. Census Bureau, 2022
⁴ Navajo County CHNAS, 2023



Preventive Care

Why is Preventive Care Important?

Routine preventive care is an important component of good health. Screenings, vaccinations, and checkups can help to reduce the risk of disabilities, diseases, and death through early detection and other preventive measures.

Vaccinations

Vaccinations are a safe and effective way to protect against disease. They work by using the body's own natural defenses to build resistance. This protection helps both the individual receiving the vaccine and those who come in contact with the individual.

Early childhood vaccinations are especially important to protect children from many life-threatening diseases. The state of Arizona requires children to receive vaccines before enrolling in school.

Navajo County Vaccination Rates 2022-2023 School Year ¹

	Preschool	Kindergarten	Sixth
Exempt	4%	9.3%	9.1%
Polio	94.2%	78.5%	90.8%
MMR	94.4%	80.5%	91.4%
HIB	93.9%		
Hepatitis A	82.8%		
Hepatitis B	94.7%	86.3%	93.1%
Varicella	94.2%	86.6%	93.4%
Dtap	91.8%	79.9%	80.7%

Routine Screenings	Navajo County ²	Arizona
Adults (18+) Annual Checkup	68.8%	70.0% ³
Cervical Cancer Screening (Women, age 21–65)	74.7%	74.4% ⁴
Colorectal Cancer Screening (age 50-75)	59.9%	69.5% ⁵
Mammography (Women, age 50-74)	57.4%	75.1% ⁴



Prenatal Care



Prenatal care is essential for both baby and mother. Early and regular care while pregnant can ensure that problems are detected and addressed to provide the best possible start to a baby's life.⁶

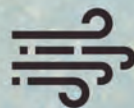
65.8% of pregnant women in Navajo County had received prenatal care during the first trimester in 2020.⁷

1. ADHS, 2022
2. CDC, 2022
3. CDC, 2021

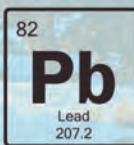
4. CDC, 2020
5. America's Health Rankings, 2023
6. Office on Women's Health, 2021

7. ADHS, 2023

Physical Environment



Air Quality



Lead



Water

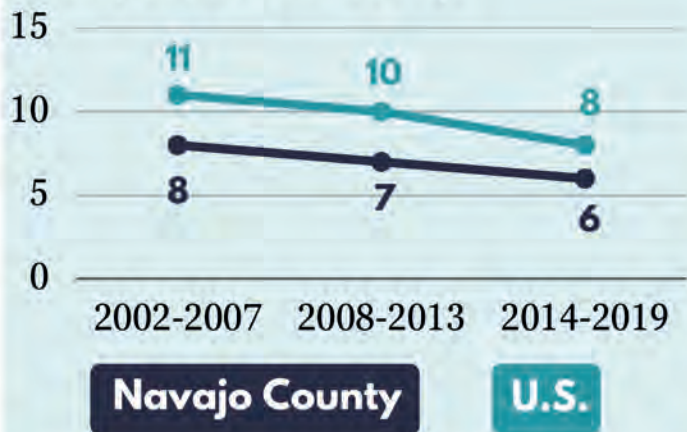
Why is Air Quality Important?

Clean air is critical for health. Following the Clean Air Act of 1970, levels of the six common pollutants (particulate matter, ozone, lead, carbon monoxide, nitrogen dioxide, and sulfur dioxide) have decreased. Lower air pollution levels mean less damage to our ecosystems, as well as lower risks of premature death and various health conditions for humans.¹

Particulate Matter (PM)

Particles, tiny pieces of solids or liquids in the air, can irritate one's eyes, nose, throat and lungs. Examples of PM include dust, dirt, and smoke.² Protect your health by checking your local Air Quality Index (AQI) before spending prolonged periods of time outdoors.³

Air Pollution—Particulate Matter in Navajo County and the U.S. (Average Daily Density Over 6 Year Periods)⁴



Why is Clean Water Important?

The United States has one of the safest drinking water systems in the world. Water contaminants, such as chemicals, minerals, lead and fertilizers, can cause gastrointestinal issues, weakened immune systems, and neurological disorders.⁵

What are the Health Effects of Lead Exposure?

Lead is a naturally occurring element that can cause negative health effects for humans. For children, even low levels of lead in the blood can result in developmental delays, learning difficulties, behavioral issues, and brain damage.⁶

The Centers for Disease Control and Prevention uses a blood lead reference value of 3.5 micrograms per deciliter ($\mu\text{g}/\text{dL}$) to identify and protect children who have been exposed to lead.⁶

8 The blood lead levels of 8 out of 587 children tested in Navajo County had blood lead levels of at least $5 \mu\text{g}/\text{dL}$ in 2020.⁷

1978 Houses built before 1978 are at risk of having harmful, lead-based paint.

33.24% of housing units in Navajo County predate 1980.⁸



The major water systems in Navajo County are non-fluoridated. Their natural fluoride levels are below 0.7 mg per liter, the level the CDC recommends for tooth-decay prevention.⁹

5,462 domestic wells in Navajo County.¹⁰



The Environmental Protection Agency does not monitor private well water and recommends well owners test their water supply for contaminants at least once per year.⁵

42 community water systems in Navajo County.¹¹

89,788 individuals served by these systems.¹²

1. EPA, 2023a
2. CDC, 2023a
3. CDC, 2019

4. County Health Rankings & Roadmaps, 2023
5. CDC, 2023b
6. CDC, 2023c

7. ADHS, 2022
8. CDC, 2020
9. CDC, 2023d

10. Arizona Department of Water Resources, 2023
11. EPA, 2023b
12. ADHS, 2021

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4. Centers for Disease Control and Prevention. (2023, July 12). CDC/ATSDR Social Vulnerability Index (SVI). <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>
5. Centers for Disease Control and Prevention. (2022, December 1). Overall SVI United States Nationwide Comparison. By County 2020. https://www.atsdr.cdc.gov/placeandhealth/svi/interactive_map.html

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