

NAVAJO COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN 2023-2029



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CHIP Steering Committee and Additional Stakeholders

Navajo County Public Health Services District (NCPHSD) would like to thank all the members of the participating agencies and individual community members who worked on this project. Through strong collaborative relationships and high regard for teamwork and respect, those who participated in this process were able to identify health concerns in the community and positively impact Navajo County residents.

CHA/CHIP Steering Committee Members

Janelle Linn	Navajo County Public Health Services District
Chris Flake	Summit Healthcare
Greg Taylor	Care1st Health Plan Arizona
Lisa Grannis	AZ@WORK
Lonna Young	Community Bridges
Kim De Cross	ChangePoint Integrated Health
Christy Ross	Little Colorado Medical Center

Additional Stakeholders

Navajo County Board of Supervisors

Pamela Williams.....	RE:center
Dawn Wilson.....	Navajo County Criminal Justice Coordinator
Meredith Pickering.....	Summit Healthcare
Nicole Simmons.....	Summit Healthcare
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Jeremy Flowers.....	AZ@Work
Jeff Oaks.....	ChangePoint Integrated Health
Deb Stuart.....	Mental Health Advocate



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Executive Summary

Dear Navajo County Resident,

The 2023 Navajo County Community Health Improvement Plan (CHIP) is a collaborative effort with input from across Navajo County, including city and county government, educational institutions, faith-based organizations, healthcare entities, outreach programs, non-profit organizations, and individual community members. Navajo County Public Health Services District is honored to partner with our shareholders and the community to create this comprehensive and detailed report in the hopes that it positively impacts our community's health.

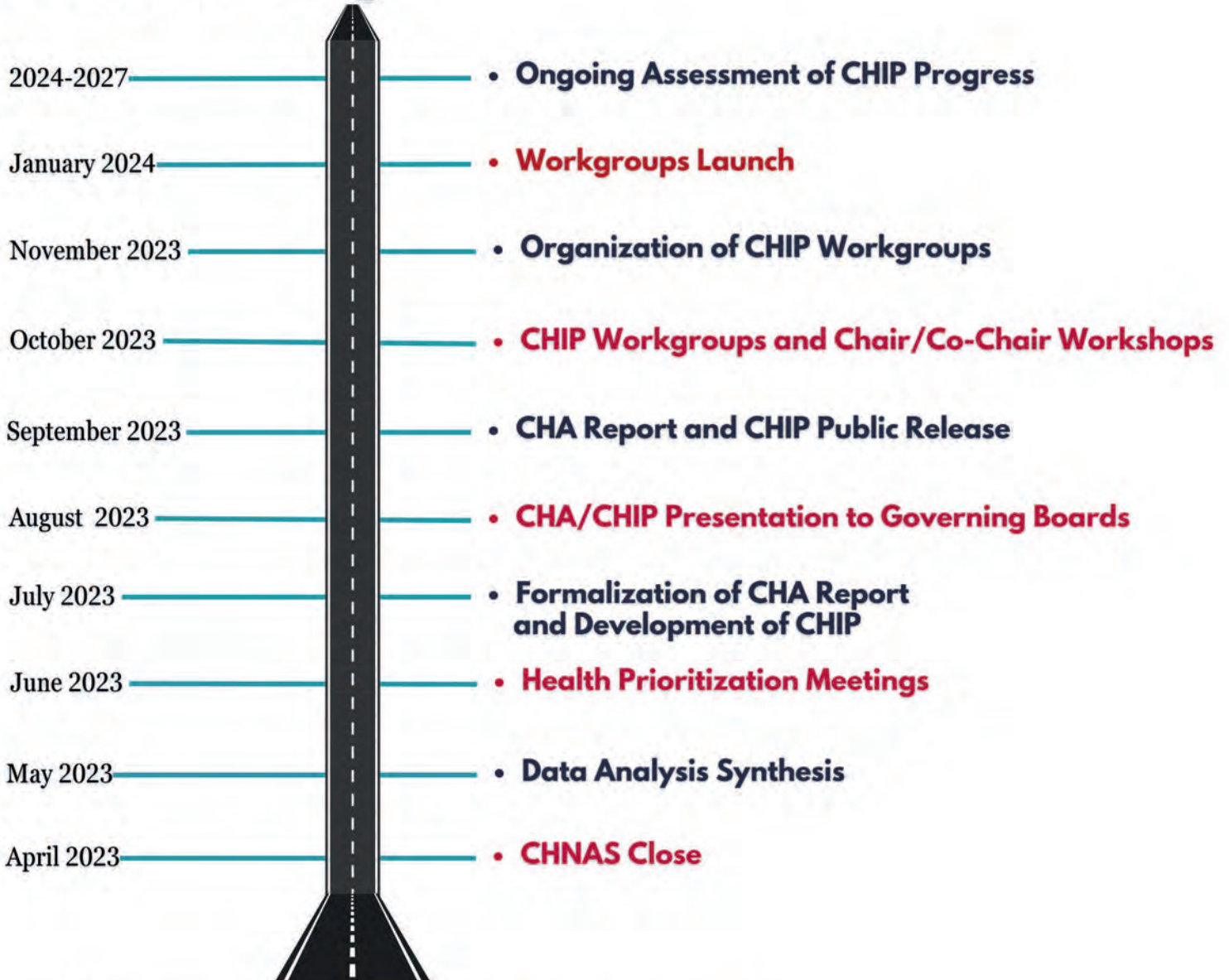
This document culminates countless hours of data collection, detailed analysis, workgroup meetings, community meetings, and teamwork. We recognize and appreciate the dedication and input of all those involved in this process. The CHIP is an essential tool for Navajo County to improve the overall health of our residents, implement positive community-focused strategies, and realistically plan for our community's future health and safety needs.

To ensure we focus on creating a healthy community, we commit to continued engagement with our citizens, hearing and recognizing their needs, and striving to eliminate barriers to healthcare, improving access to care, and improving health equity. We are excited to continue working with our partners and citizens to make Navajo County a healthier, safer place to live and improve health outcomes for generations. We challenge all Navajo County citizens to accept responsibility for their own health but also the health of their community.

Respectfully,

Janelle Linn – Health Director
Navajo County Public Health Services District

Roadmap



Affirmation Statement:
We will champion a healthier and safer community for Navajo County.



What is a CHIP?

A Community Health Improvement Plan (CHIP) is a strategic, ongoing project to address the health needs of a community. This plan is developed through a collaborative process that identifies a community's greatest health needs and then implements strategies to address those priorities.

One key component of a CHIP is the Community Health Assessment (CHA). A CHA is a data collection tool used to identify the health needs and concerns of the members of a community. The CHA also provides organizations with information to better understand the community's health needs, gaps, assets, and resources.

Data from the CHA, input from stakeholders and other members of the community, along with statistical data about a community, all contribute to the development of a CHIP.

Navajo County employs multiple methods as part of its CHIP process.

The basic framework includes the following steps:

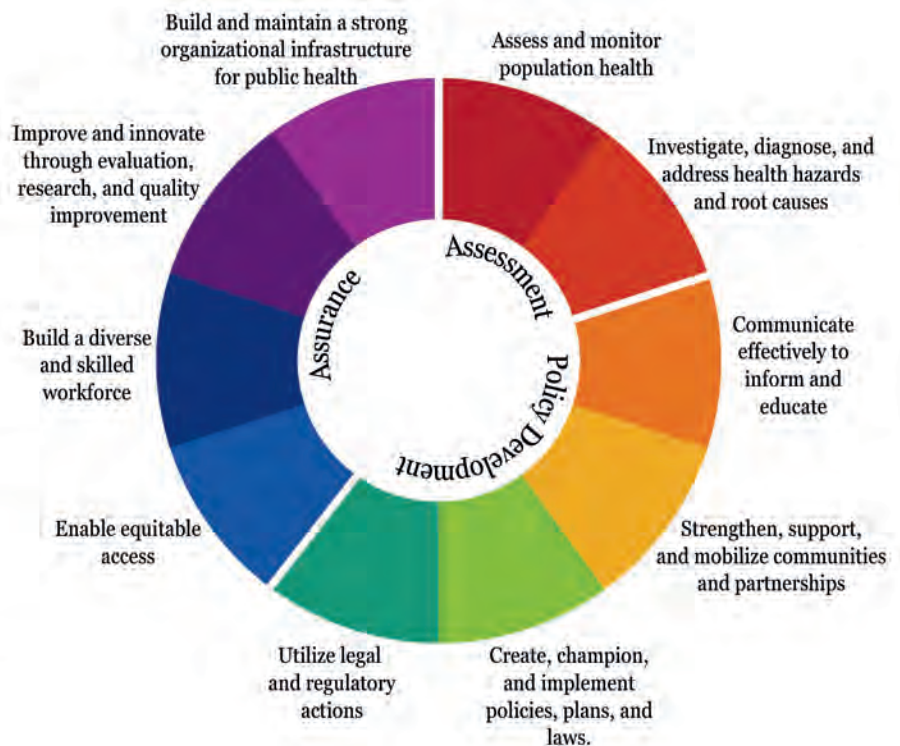
- 1) Assess
- 2) Prioritize
- 3) Plan
- 4) Implement
- 5) Evaluate

In addition, the **10 Essential Public Health Services** act as the foundation for all decisions and practices for Navajo County to ensure members of the community achieve good health and well-being.¹

The 10 Essential Public Health Services

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health entities to promote and protect the health of all people in all communities. To achieve optimal health for all people, the 10 Essential Public Health Services promotes policies, systems, and services that empower good health practices and seek to remove obstacles and systemic and structural barriers. Everyone should have a fair opportunity to achieve well-being and health.²



1. Minnesota Department of Health, 2023

2. CDC, 2023

Focus Areas

The top health priorities in the Navajo County 2018 CHIP were similar to those identified in the Navajo County 2023 CHIP. These are currently social determinants of health, substance use, mental health, sexually transmitted infections, and chronic diseases. This information was determined through an anonymous survey provided to the community, ongoing health department projects, reliable secondary data, and input from various public and private institutions within the community.

PRIORITY

1

Social Determinants of Health

Numerous social and environmental factors affect an individual's health. Many Navajo County citizens experience health inequities, including housing instability, food insecurity, and low income.

PRIORITY

2

Substance Use

Substance use disorder has become a significant problem in the United States. Due to substance use, Navajo County is experiencing adverse outcomes for its citizens and families.

PRIORITY

3

Mental Health

The United States and Navajo County have recently experienced many societal disruptions and rapid changes on many levels. These adverse conditions, among others, have increased anxiety, depression, and loneliness across all ages.

PRIORITY

4

Sexually Transmitted Infections

Sexually transmitted infections have significantly increased in Arizona, especially in Navajo County, and have become a health crisis. Due to the means of transmission and social customs, many individuals are unaware of these highly infectious diseases and how to prevent them, allowing their rampant spread and growth among a population. Social bias and denial are strong contributors to this growing problem.

PRIORITY

5

Chronic Diseases

Chronic diseases are a major health issue in America and dramatically affects an individual's quality of life. Healthy living behaviors and regular health screenings often prevent many chronic diseases.

Priority 1: Social Determinants of Health

Social determinants of health are environmental aspects that impact health outcomes. These include income, education, food insecurity, housing, and access to affordable health services. Social determinants of health can be more significant than lifestyle choices or healthcare in affecting health and account for 30-55% of health outcomes. Addressing social determinants of health is essential for improving the health of a community and decreasing health inequities. ¹

\$46,126

Navajo County Median Household Income (2021)²



16.7%

Food insecurity rate in Navajo County (2021)⁴



21.9%

Navajo County households received SNAP benefits (2021)⁵



Respondents Indicated³

- 27.5%** spend more than half of their income on rent.
- 15.4%** were worried about losing their current housing.
- 8.8%** never had enough money for healthcare services.
- 33.9%** sometimes didn't have enough money for healthcare services.
- 72.3%** have to travel more than 40 miles to get healthcare services.
- 38.9%** went without needed healthcare in the last year.

Federal Poverty Level 2023 Income Numbers⁶

Individual \$14,580
Family of four \$30,000

In Navajo County, 34% of people under 18 live in poverty.⁷

In Arizona, 18% of people under 18 live in poverty.⁷

58 individuals were identified in the Winter 2020 PIT count for Navajo County⁸

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.⁹

1. WHO, 2023
2. U.S. Census Bureau, 2022
3. Navajo County CHNAS, 2023

4. Feeding America, 2021
5. U.S. Census Bureau, 2021
6. HealthCare.gov, 2023

7. County Health Rankings & Roadmaps, 2023
8. Arizona Department of Housing, 2023
9. U.S. Interagency Council on Homelessness, 2022

Priority 1: Social Determinants of Health

Problem Statement

Social, physical, and economic environments are limiting Navajo County residents from attaining their full potential for health and well-being.

Goal

By 2029, decrease the rate of homelessness by 5%.



Strategy 1: Identify and link resources that meet individuals' needs.

Strategy 2: Increase the availability of housing options by partnering with local housing coalitions and agencies.

Strategy 3: Decrease food scarcity by working with local coalitions to increase the number of people receiving food boxes.

Priority 2: Substance Use

Substance use disorder has become an epidemic in the United States!¹ It is vital to understand its impact on the community and the scope of the issue to combat this health challenge.

Opioid fatality, 2022¹

Navajo County: 27.8 per 100,000
Arizona: 26.5 per 100,000

Non-fatal overdoses, 2022¹

Navajo County: 47.3 per 100,000
Arizona: 46.8 per 100,000

ER visits for suspected overdoses, 2022¹

Navajo County: 509.9 per 100,000
Arizona: 677.6 per 100,000

106,699 U.S. overdose deaths, 2021²

Navajo County CHNAS 2023 Respondent Substance Use³



Marijuana
436 per 100,000



Opioids
346 per 100,000



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

Drug Possession Arrests, 2020 ^{4,5}	Navajo County	Arizona
Opium, cocaine, derivatives	3.7%	53.3%
Marijuana	141.4%	83.5%
Synthetic Narcotics	19.7%	42.6%
Other dangerous non-narcotics	141.4%	81.9%

13 substance use facilities are in operation in Navajo County.

6 of them offer medications for treatment.⁶

1. AZDPS, 2021
2. CDC, 2022
3. Navajo County CHNAS, 2023

4. ADHS, 2020
5. ADHS, 2023
6. SAMSHA, 2023

Priority 2: Substance Use

Problem Statement

Substance use disorder is a primary concern of citizens of Navajo County. Substance use results in mental health conditions, crime, family dysfunction, social issues, and death due to a lack of acknowledgment, education, resources, willingness to seek care, and stigma.

Goal

By 2029, reduce the rate of drug-induced deaths by 5%, from 39.3 per 100,000 to 37.3 per 100,000.



Strategy 1: Increase the number of people engaged in MOUD/MAT services.

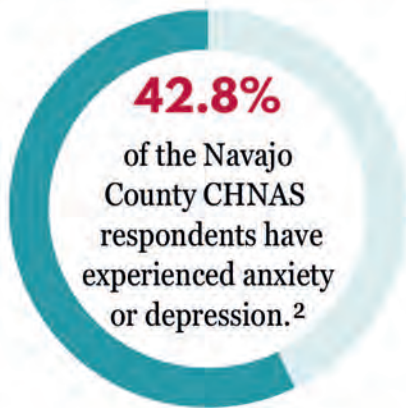
Strategy 2: Increase naloxone administration.

Strategy 3: Identify gaps in substance use services.

Strategy 4: Work with community members, local first responders, practitioners, and non-profit organizations to better understand local opioid and substance use disorders, address stigma, and implement prevention measures.

Priority 3: Mental Health

Mental health is our emotional, psychological, and social well-being. It affects our thoughts, feelings, and actions. 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 equally important to 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



9.7%
of Navajo County CHNAS respondents reported having attempted suicide or self-harm or having thoughts about self-harming or suicide.²

Loneliness is the #1 Social Concern for Navajo County Residents.²



#2 Intentional self-harm (suicide) has been the second leading cause of death in youth 15–19 years-old in Arizona since 2010.³

1 mental health provider per **2,806 people in Navajo County**⁴

1 mental health provider per **1,314 people in Arizona**⁴

701 Navajo County ER visits for suicide attempts and ideations⁵

1. CDC, 2023
2. Navajo County CHNAS, 2023
3. ADHS, 2023a

4. CMS, 2022
5. ADHS, 2023b

Priority 3: Mental Health

Problem Statement

Mental health is a significant and growing challenge in Navajo County due to stigma and lack of adequate mental health infrastructure.

Goal

By 2029, reduce the rate of suicide deaths by 5%, from 35.9 per 100,000 to 34.1 per 100,000.



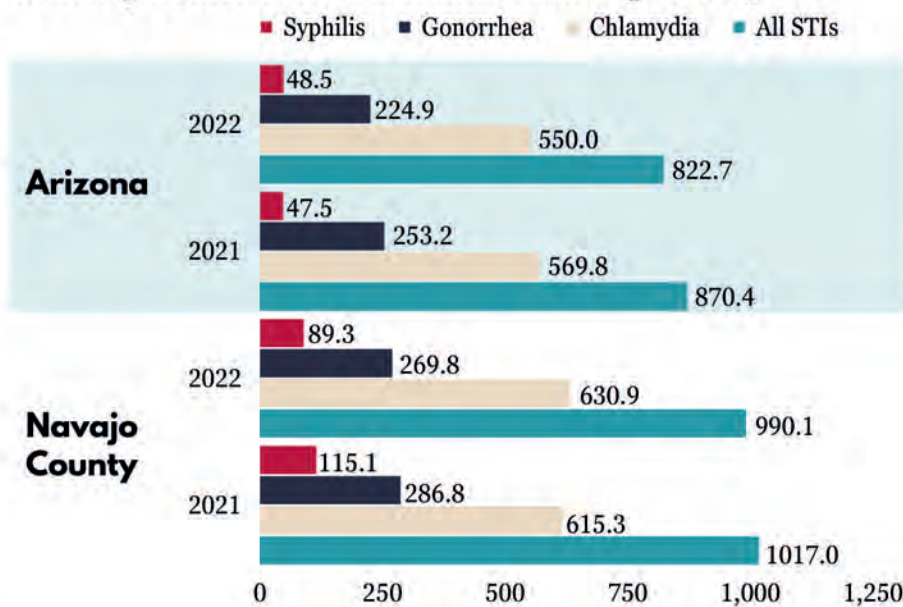
Strategy 1: Increase mental health awareness through targeted outreach efforts and education.

Strategy 2: Streamline coordination of mental healthcare, develop referral systems, and increase access to resources.

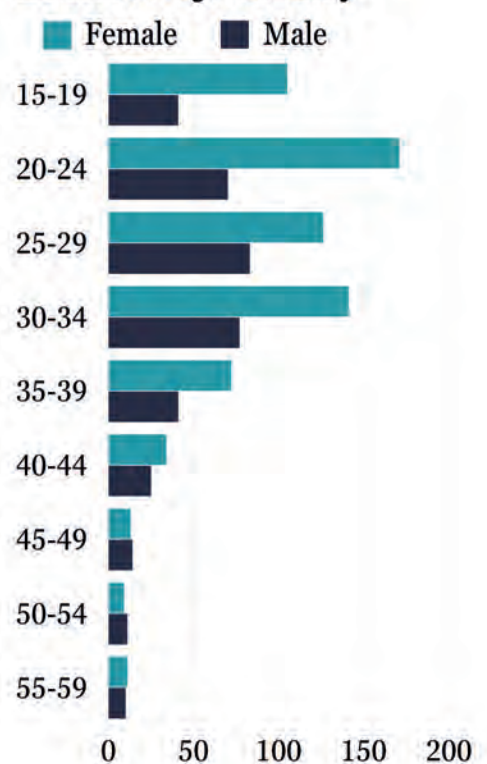
Priority 4: Sexually Transmitted Infections

Sexually transmitted diseases can lead to severe illness, infertility, disability, and death. Individuals can be infected multiple times with a sexually transmitted disease. These diseases are common in Navajo County and are at ever-increasing levels. Chlamydia is the most frequently reported STI, followed by gonorrhea and syphilis. Sadly, the highest rate of syphilis in Navajo County is among women of childbearing age.¹ If a woman has untreated syphilis while pregnant, it can pass to the baby and cause deafness, blindness, bone disorders, other congenital defects, and death.

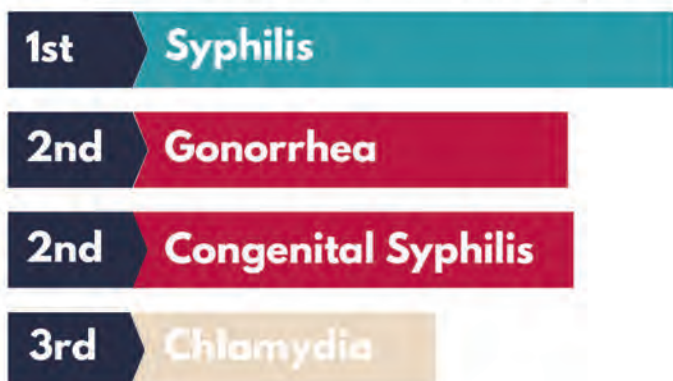
Sexually Transmitted Infections—Rates per 100,000¹



Cases by Age and Gender 2022 Navajo County¹



2020 Navajo County STI Rankings Among Arizona Counties (rates per 100,000)²



Congenital Syphilis Rate per 100,000 people in 2020²

U.S.	57
Arizona	150
Navajo County	886

1. ADHS, 2021
2. ADHS, 2022

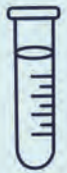
Priority 4: Sexually Transmitted Infections

Problem Statement

Sexually transmitted infections, particularly syphilis and congenital syphilis, are a growing epidemic in Navajo County.

Goal

Increase the identification and treatment of syphilis throughout the community as evidenced by syphilis and congenital syphilis rates.



Strategy 1: Increase STI testing and treatment.

Strategy 2: Lower the rates of congenital syphilis.

Strategy 3: Increase education.

Priority 5: Chronic Diseases

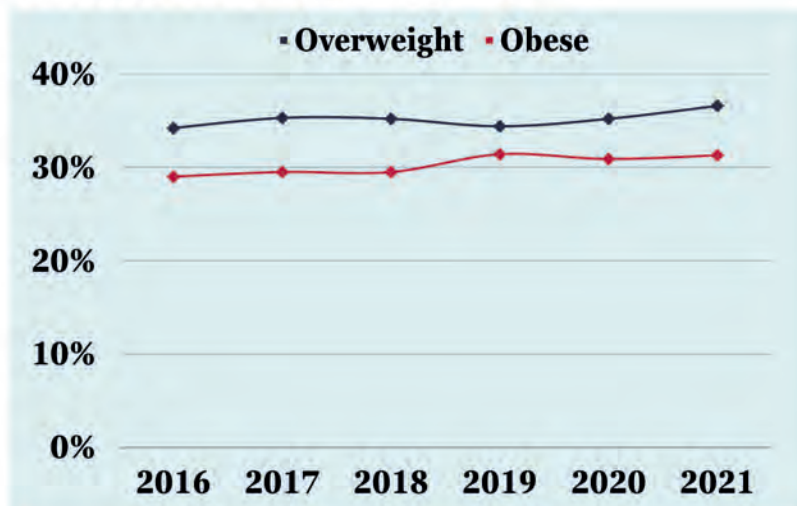


Chronic diseases are conditions that last one year or more, limit daily living activities, require a person to receive ongoing medical attention, or both. Six in ten Americans live with one or more chronic diseases, the leading cause of death and disability in America.¹ Proper nutrition, physical activity, and avoiding tobacco and excessive drinking can prevent most chronic diseases.²

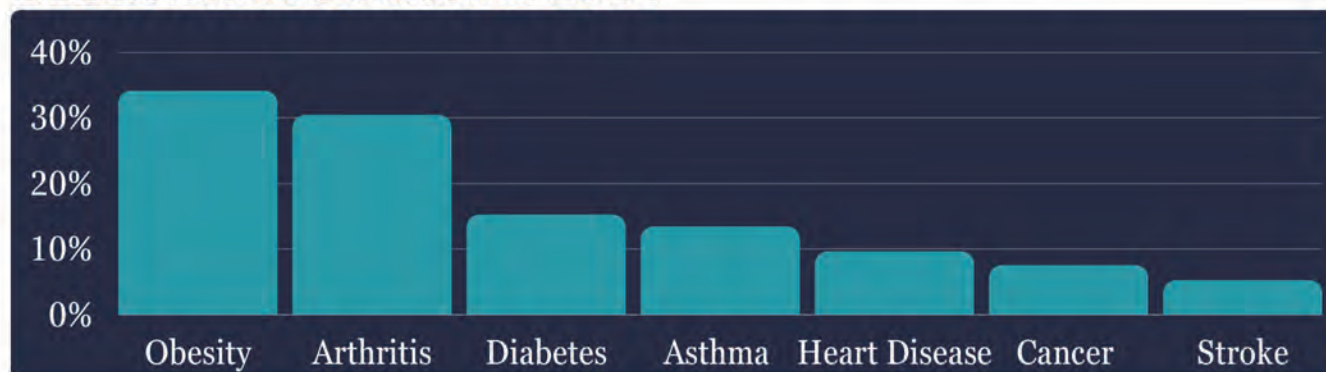
Top five chronic conditions that affect everyday life, according to 2023 Navajo County CHNAS³



Arizona Adults Who are Obese/Overweight Trend⁴



Percent of Navajo County Citizens Who Suffered With a Chronic Health Condition in 2022⁵



1. CDC, 2023a

2. CDC, 2023b

3. Navajo County CHNAS, 2023

4. CDC, n.d.

5. CDC, 2021

Priority 5: Chronic Diseases



Problem Statement

Navajo County has a high rate of chronic disease per capita related to access to care, limited education, and coordination of disease management.

Goal

By 2029, reduce the rate of hospital admissions due to chronic disease by 1%.



Strategy 1: Increase the number of recreational facilities that meet the community's fitness needs.

Strategy 2: Increase access to care.

Strategy 3: Increase opportunities for health education.



Next Steps

NCPHSD and our partners will continue to monitor the progression of the 2023 CHIP. Through a collaborative approach, the steering committee and workgroups will meet regularly and assess progress, make changes or adjustments as appropriate, and ensure strategic objectives are met. The teams will also meet to identify partnership opportunities toward achieving common project goals and the implementation of new ideas or practices for a healthier community.

Steps

- Published reports for the CHA and CHIP
- Presentations to governmental entities and private institutions
- Quarterly steering committee meetings
- Regular workgroup meetings
- Formal update and evaluation in 2026

Summary

Our goal is to focus on health equity for all Navajo County residents. We hope to achieve health equity by collaborating with our local partners, health sector colleagues, and community members. We will continue to engage and seek unique ideas to reach our goal. We can make significant and lasting changes in Navajo County by focusing on the five priorities listed below.

PRIORITY

1

Social Determinants of Health

Goal: By 2029, decrease the rate of homelessness by 5%.

PRIORITY

2

Substance Use

Goal: By 2029, reduce the rate of drug-induced deaths by 5% from 39.3 per 100,000 to 37.3 per 100,000.

PRIORITY

3

Mental Health

Goal: By 2029, decrease the rate of suicide deaths by 5% from 35.9 per 100,000 to 34.1 per 100,000.

PRIORITY

4

Sexually Transmitted Infections

Goal: Increase the identification and treatment of syphilis throughout the community as evidenced by syphilis and congenital syphilis rates.

PRIORITY

5

Chronic Diseases

Goal: By 2029, decrease the rate of hospital admissions due to chronic disease by 1%.

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What is a CHIP?

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Acknowledgments

Thank you for taking the time to review the Navajo County 2023 CHIP. We will continue to strive to make our community a healthier place to live and provide bias-free healthcare for all. We also encourage you to actively participate in these efforts by sharing your comments and insight. Below are contacts within NCPHSD that can help you or answer your questions.

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