

2026

COMMUNITY HEALTH ASSESSMENT

Navajo County

CONTENTS

3 LETTER FROM THE DIRECTOR
4 ACKNOWLEDGEMENTS
6 INTRODUCTION
8 METHODOLOGY
12 NAVAJO COUNTY PROFILE
14 HEALTH ISSUES
15 CHILD & FAMILY
15 Maternal & Child Health
15 Perinatal
17 Congenital Syphilis
18 Breastfeeding
19 Adolescent Health
20 AGING ADULTS
21 Falls
22 Alzheimer's & Dementia
23 CHRONIC CONDITIONS
23 Chronic Lower Respiratory Disease
24 Cerebrovascular Disease
24 Cancer
26 Diabetes
27 Heart Disease
28 Obesity
29 Chronic Pain
29 Substance Use Disorder
30 Opioid
32 Alcohol
33 Tobacco
34 PROTECTIVE FACTORS
34 Nutrition
36 Physical Activity
36 Oral Health
37 ENVIRONMENTAL HEALTH
37 Lead Poisoning
37 Radon
37 Air Quality
37 Water
38 MENTAL HEALTH
40 INJURY & VIOLENCE
40 Unintentional Injuries
41 Sexual Violence
42 Suicide
44 INFECTIOUS DISEASE
44 Immunizations
45 Human Immunodeficiency Virus (HIV)
45 Hepatitis C
45 Tuberculosis
45 Vaccine-Preventable & Respiratory Disease
47 Sexually Transmitted Infections (STIs)
50 SOCIAL DETERMINANTS OF HEALTH
51 Economic Instability
54 Education Access & Quality
55 Healthcare Access
57 Neighborhood & Built Environment
57 Social & Community Context
60 MOVING FORWARD

LETTER FROM THE DIRECTOR

Dear Navajo County Residents,

The health of a community is best understood when it is shaped by the voices, experiences, and collaboration of those who live and work within it. The 2026 Navajo County Community Health Assessment (CHA) reflects that collaborative spirit and represents the dedication of many individuals and organizations committed to improving the health and well-being of our residents.

This assessment is the result of countless hours of data collection, research, community engagement, stakeholder meetings, and thoughtful analysis. I would like to extend my sincere appreciation to our Deputy Director, Ciera Hensley, and our Project Services Manager, Sherry Fish, whose leadership, commitment, and countless hours of work guided this process from beginning to end. I also extend my gratitude to the many community partners, healthcare providers, educators, local governments, tribal partners, nonprofit organizations, businesses, faith-based organizations, and residents who generously shared their time, expertise, and perspectives. This assessment would not have been possible without your collaboration.

As our communities continue to grow and change, so do the health needs of our residents. This Community Health Assessment identified several emerging priorities that were not recognized in our previous two assessments, reflecting evolving health trends, changing demographics, and the valuable input we received from our community. While many longstanding health challenges remain, these newly identified priorities will help shape our future efforts and ensure we continue to address the issues that matter most to Navajo County.

The Community Health Assessment serves as the foundation for our Community Health Improvement Plan (CHIP), which will unite organizations and community partners around shared goals, evidence-based strategies, and measurable actions to improve health outcomes across Navajo County. Together, we have an opportunity to build on our strengths, address our challenges, and create healthier communities for current and future generations.

On behalf of Navajo County Public Health Services District, thank you to everyone who contributed to this important work. Improving community health is a shared responsibility, and the partnerships reflected throughout this assessment demonstrate what we can accomplish when we work together toward a common purpose. We look forward to continuing this important work alongside our community as we strive to make Navajo County a healthier, safer, and more resilient place to live.

Respectfully,

Janelle Linn, BSN, RN
Health Director
Navajo County Public Health Services District

NAVAJO COUNTY AZ
Public Health Services District

ACKNOWLEDGEMENTS

Navajo County Public Health Services District (NCPHSD) would like to thank Navajo County residents for completing our 2026 Community Health Needs Assessment Survey (CHNAS) and the many businesses and individuals who helped make the Community Health Improvement (CHI) process a success.

NCPHSD CHI TEAM

Ciera Hensley - Deputy Health Director
Sherry Fish - Project Services Manager

CHI PARTNERS

Summit Healthcare
Little Colorado Medical Center
Navajo County Public Health Services District

Thank you to our CHI partners for their vital contributions!



INTRODUCTION



Photographed by: Ashley Martell

INTRODUCTION

NCPHSD is dedicated to promoting, protecting, and improving the health and safety of our community. The CHA helps us understand the strengths and challenges affecting health in Navajo County so that, together, we can build a healthier future for all.

NCPHSD CORE VALUES

EXCELLENCE

We strive to meet the needs and exceed the expectations of our community

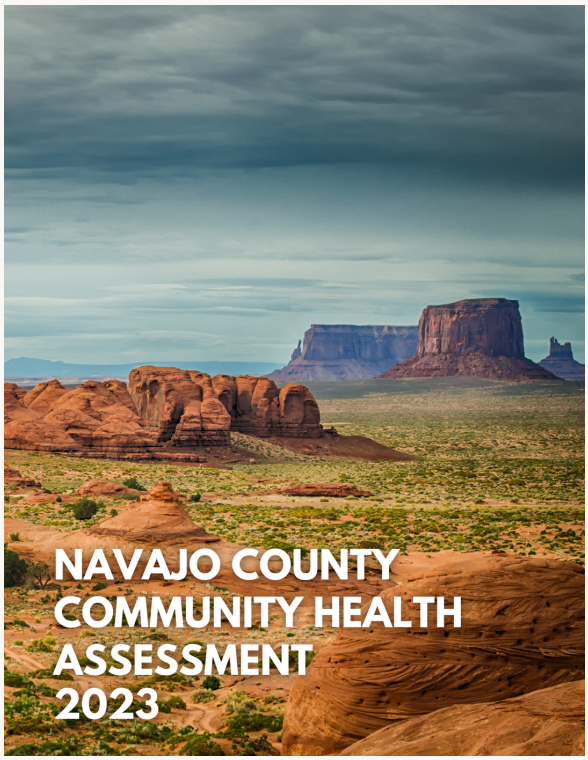
INTEGRITY

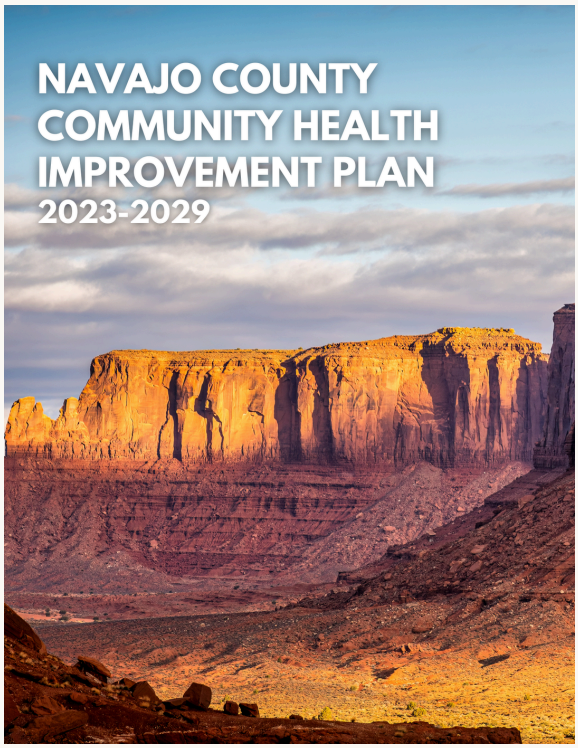
We hold ourselves accountable to the community by adhering to ethical and trustworthy practices

EQUITY

We promote and advocate wellness for everyone through fair and accessible services

To help build a healthier and safer Navajo County, NCPHSD partners with local hospitals to assess the health needs of our residents. As part of this process, nonprofit hospitals are required by the Affordable Care Act to conduct a Community Health Needs Assessment every three years and develop strategies to address identified needs. These assessments provide valuable information about the community's health, challenges, and priorities. Click below to view Navajo County's 2023 Community Health Assessment and Community Health Improvement Plan.





METHODOLOGY

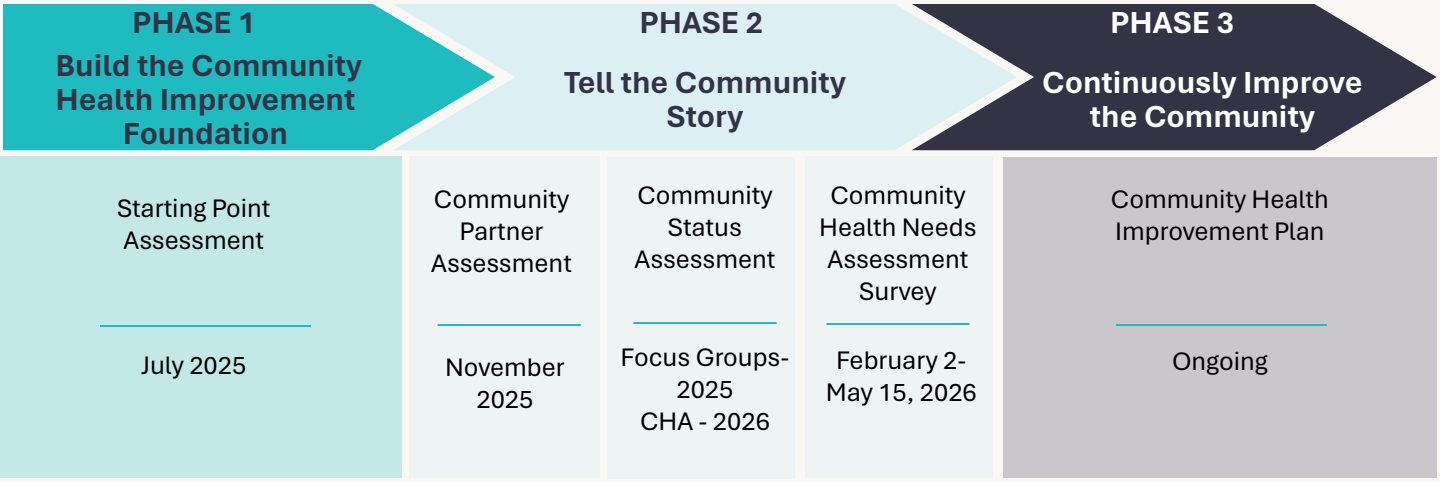


Photographed by: Jason Begley

METHODOLOGY

The Community Health Assessment was guided by Mobilizing for Action through Planning and Partnerships (MAPP) 2.0, a community-driven framework developed by the National Association of County and City Health Officials (NACCHO). MAPP 2.0 brings together community members and partners to examine health data, lived experiences, community conditions, strengths, and resources. Through a collaborative process, findings are used to identify priority health issues and guide strategies for improving community health and advancing health equity. The framework consists of three phases: Build the Community Health Improvement Foundation, Tell the Community Story, and Continuously Improve the Community.

Source: NACCHO



The Community Health Needs Assessment Survey was available online and on paper to any Navajo County resident 18 years or older. The survey collected input on a wide range of topics to better understand the health needs and challenges in our community.

THE SURVEY INCLUDED QUESTIONS ON:

Health services
Substance use
Personal health conditions
Health care coverage
Economic hardship experienced

AVAILABLE IN TWO FORMATS

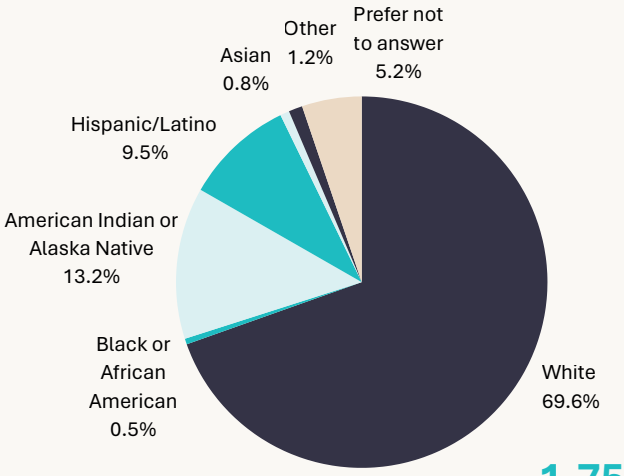
Online and paper

WHO COULD PARTICIPATE

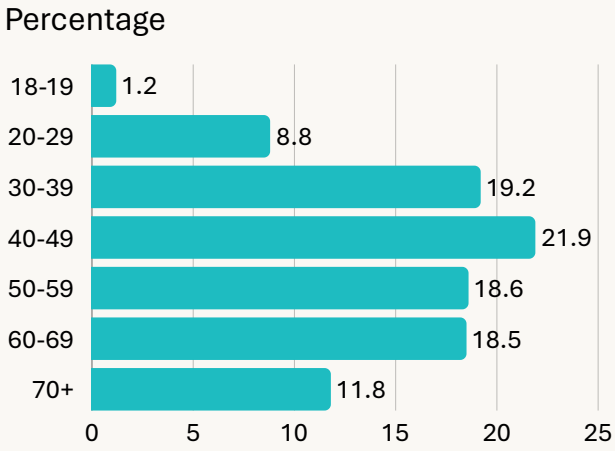
Any Navajo County resident 18 years or older

DEMOGRAPHICS OF CHNAS RESPONDENTS

RACE OF CHNAS RESPONDENTS



AGES OF CHNAS RESPONDENTS



1,750 Responses

COMMUNITY VOICES

Three focus groups were conducted, with 11 participants, to gather more detailed information about residents' experiences, concerns, and perceptions of health in Navajo County. Participants were asked open-ended questions about community strengths, health needs, barriers to services, and opportunities for improvement. Responses were reviewed to identify recurring themes and provide context for the quantitative data presented in the assessment. Focus-group findings reflect the experiences of participants and are not intended to represent the views of all Navajo County residents. Focus groups were offered in six cities throughout the county, in-person and virtual, and participants were offered a light dinner and gift card.

Throughout this report, quotes gathered from focus-group participants and survey respondents are included to highlight lived experiences and community perspectives. Quotes may have been lightly edited for clarity and readability, including minor changes to grammar or wording. Care was taken to preserve the original meaning, tone, and intent of each response.

DATA ANALYSIS

Survey responses were analyzed using descriptive statistics generated through Qualtrics. Frequencies and percentages were calculated separately for each question. Percentages were based on the number of respondents who answered that specific question rather than the total number of survey participants; therefore, denominators varied across questions because respondents could skip questions. For questions allowing multiple responses, percentages may total more than 100%. Open-ended responses were reviewed to identify recurring themes and community perspectives.

The CHNAS used a voluntary, nonprobability sampling approach. Findings reflect the experiences and perspectives of participating residents and should not be interpreted as population prevalence estimates for all Navajo County residents. Secondary data were collected from reputable local, state, and national sources, including government agencies and established public health databases, using the most recent Navajo County data available at the time of the assessment.

NAVAJO COUNTY PROFILE



Photographed by: Elyse Mays

NAVAJO COUNTY PROFILE

Tribal Nations

- Navajo Nation
- Hopi Tribe
- White Mountain Apache Tribe

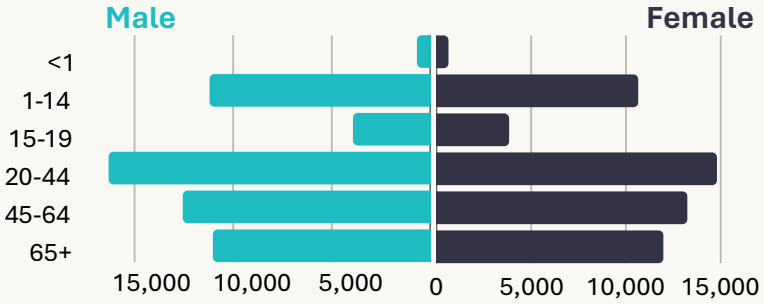
Cities/Towns		Population
1	Show Low	12,647
2	Winslow	8,568
3	Snowflake	7,014
4	Holbrook	4,935
5	Kayenta	4,670
6	Whiteriver	4,520
7	Taylor	4,468
8	Pinetop-Lakeside	4,189
9	Heber-Overgaard	2,898

Source: AZ OEO July 2025;US Census Bureau

111,365 RESIDENTS	**9,949** SQUARE MILES
4th LARGEST COUNTY IN ARIZONA BY AREA	**11** RESIDENTS PER SQUARE MILE
21% AGE 65 AND OLDER	**3** TRIBAL NATIONS

Source: US Census Bureau

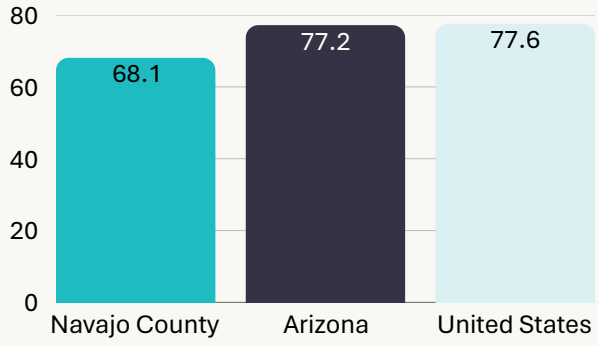
AGE & GENDER DISTRIBUTION



Source: ADHS Advance Vital Statistics

LIFE EXPECTANCY

Average number of years people are expected to live



Source: County Health Rankings

LEADING CAUSES OF DEATH 2024

1	Heart Disease	25%
2	Malignant Neoplasms	15%
3	Accidents	10%
4	Chronic Lower Respiratory Disease	7%
5	Cerebrovascular Disease	5%
6	Diabetes	4%

Source: ADHS Advance Vital Statistics

$52,393 Median Household Income	**$25,210** Per Capita Income	**23.8%** Persons in Poverty	**47.7%** Households Earning Less Than $50,000

Source: US Census Bureau

HEALTH ISSUES



Photographed by: Sherry Palmer

CHILD & FAMILY HEALTH

MATERNAL & CHILD HEALTH

Pregnancy-associated and infant deaths can have lasting impacts on families and communities. Many of these deaths are preventable, making it important to understand local trends and invest in programs and services that support maternal and infant health.

127.5

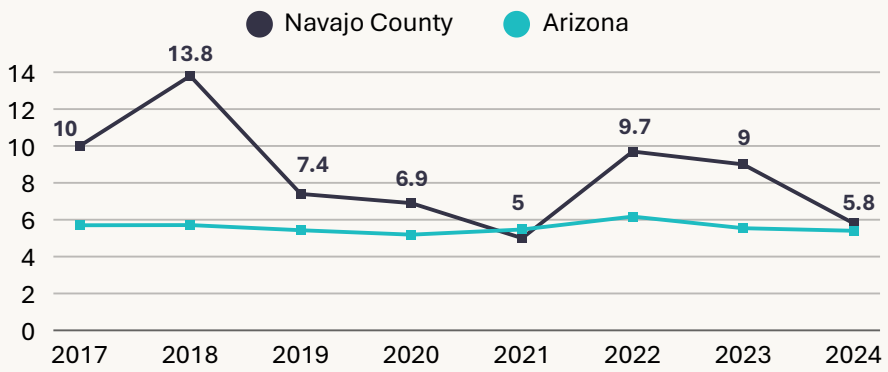
Pregnancy-Associated Deaths per 100,000 live births

Northern Arizona 2018-2019

Source: ADHS Maternal Mortality Review Committee

INFANT MORTALITY RATE

Number of infant deaths per 1,000 live births



Source: ADHS Advance Vital Statistics; CDC

90% **of pregnancy-associated deaths in Arizona were considered PREVENTABLE.**

Source: ADHS Maternal Mortality Review Committee

PERINATAL

Perinatal care helps keep mothers and babies healthy throughout pregnancy. Regular checkups allow healthcare providers to monitor development, address concerns early, and provide guidance on nutrition, health, and wellness. Early and consistent perinatal care can lead to healthier pregnancies and better birth outcomes.

PERINATAL CARE INITIATION AMONG BIRTHS IN NAVAJO COUNTY

61%	26%	8%	5%
1st TRIMESTER	2nd TRIMESTER	3rd TRIMESTER	NO CARE

Source: ADHS Advance Vital Statistics 2024

COMMUNITY PERSPECTIVE

37.4%

of CHNAS respondents who needed pregnancy care did not receive it

Maternal health data in Navajo County indicate that most mothers access perinatal care early in their pregnancies, with nearly two-thirds beginning care during the first trimester and receiving adequate care.

9.5

LOW WEIGHT AT BIRTH RATE
per 100 births

2nd HIGHEST IN ARIZONA IN 2024

Source: ADHS Advance Vital Statistics 2024

HOW NAVAJO COUNTY COMPARES

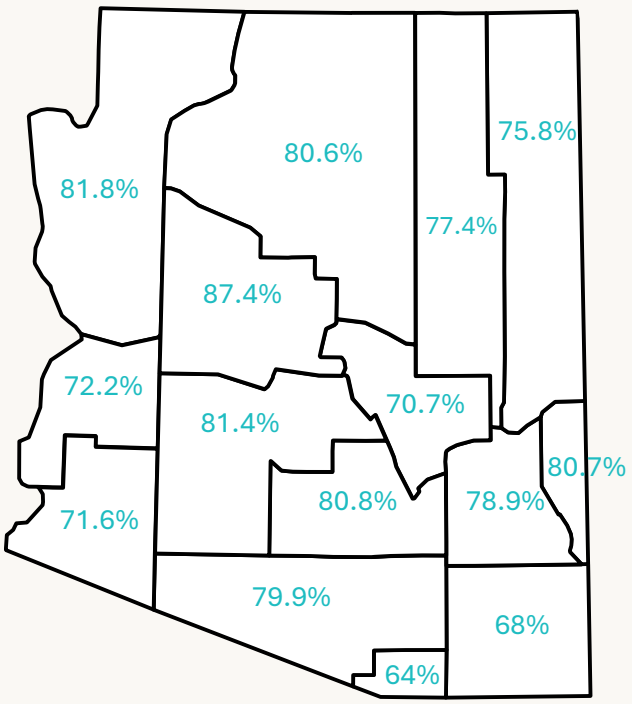
Low weight at birth rate (per 100 births)

ARIZONA	NAVAJO COUNTY	U.S.
7.9	9.5	8.5

Source: ADHS Advance Vital Statistics 2024; NCHS 2024

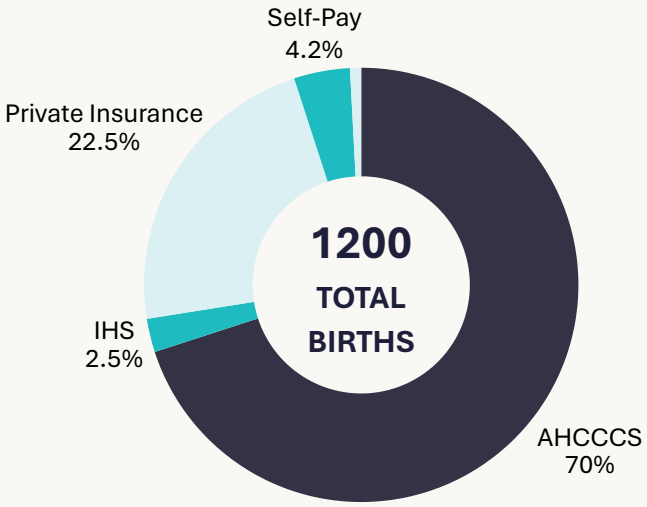
2022 ADEQUATE PRENATAL CARE

Adequacy of Prenatal Care Utilization (APNCU) Index



Source: ADHS 2024 State Health Assessment

PAYER FOR BIRTHS IN NAVAJO COUNTY



Sources: ADHS Advance Vital Statistics 2024

AHCCCS was the payer for approximately 70% of births in Navajo County, highlighting the important role of publicly funded healthcare coverage in supporting maternal and infant health services.

COMMUNITY PERSPECTIVE

"I feel that health is very important. You can have all the money in the world, but if you don't have your health, you really don't have anything."

FOCUS GROUP PARTICIPANT

75.8% **OF WOMEN WHO GAVE BIRTH in 2024 WERE AGES 20-34**

Source: ADHS Advance Vital Statistics 2024

CONGENITAL SYPHILIS

Navajo County's congenital syphilis rate has declined substantially since the 2022 peak, reflecting the impact of expanded disease intervention efforts. However, the burden remains disproportionately high compared to Arizona and the United States.

INTERPRETING THE DATA

Because Navajo County has relatively few births, one additional case can substantially change the annual rate.

CONGENITAL SYPHILIS RATES IN NAVAJO COUNTY

2020
886
per 100,000 live births

→

2022 - PEAK
1240
per 100,000 live births

→

2024
500
per 100,000 live births

→

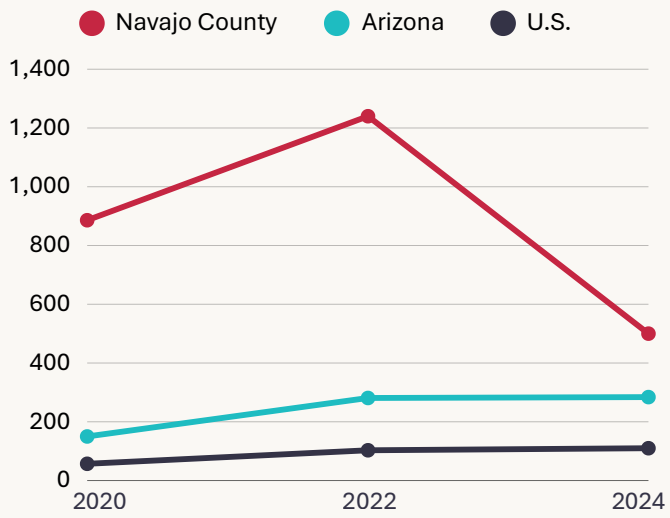
60%
DECREASE SINCE 2022 PEAK

Source: ADHS STI Annual Report 2022; 2024 Available Upon Request

Although congenital syphilis declined by 60% from 2022, Navajo County's rate remains nearly twice the Arizona rate and more than four times the national rate. Continued efforts are needed to ensure prenatal care, routine screening, timely treatment, and linkage to care and support.

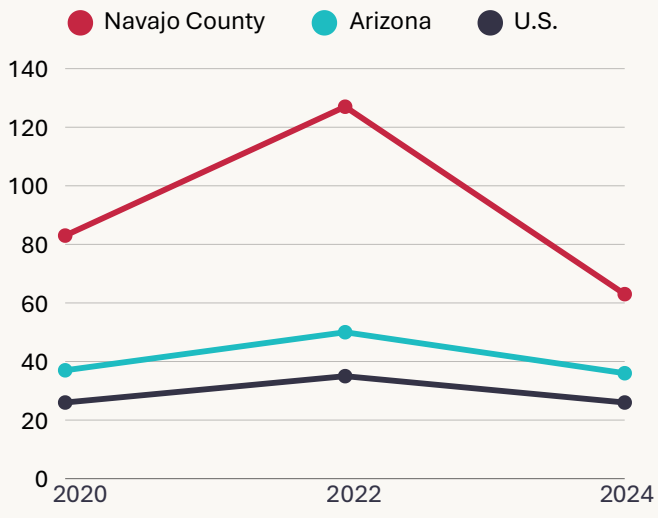
CONGENITAL SYPHILIS RATES

per 100,000 live births



SYPHILIS RATES

per 100,000



Source: ADHS STI Annual Report 2022; 2024 Available Upon Request

BREASTFEEDING

Breastfeeding provides nutrition for infants and important health benefits for babies and mothers. Navajo County has a high breastfeeding initiation rate, reflecting strong family and community support for breastfeeding.

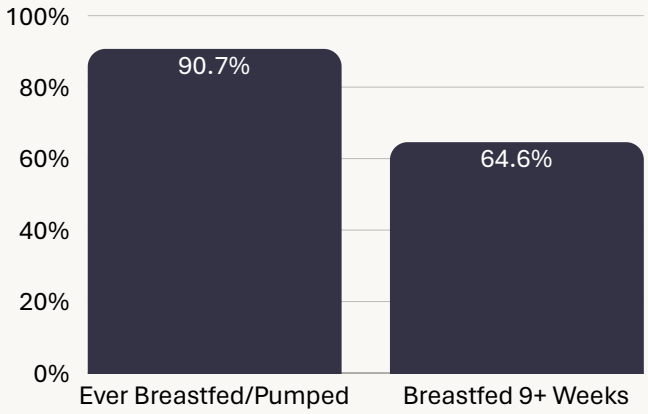
BREASTFEEDING INITIATION RATE

86.2%

of infants in Navajo County were breastfed at least once after birth

Source: CDC Breastfeeding Data 2023-2024

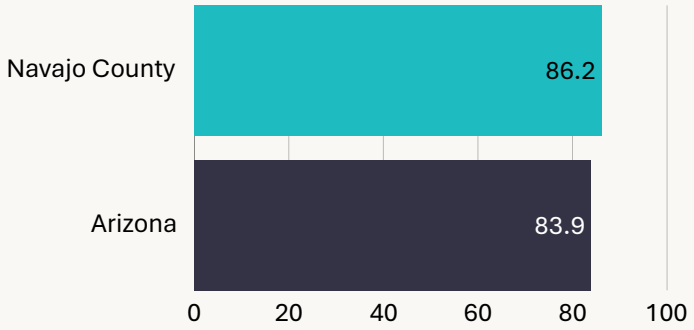
BREASTFEEDING IN ARIZONA



Source: Pregnancy Risk Assessment Monitoring System 2021

BREASTFEEDING INITIATION RATE COMPARISON

Percent of infants breastfed at initiation



Source: CDC Breastfeeding Data 2023-2024

NAVAJO COUNTY WIC PROGRAM BREASTFEEDING DATA

PARTICIPATION DATA					STATISTICAL DATA			
Fully Breastfed	Partially Breastfed	Total Breastfed	Fully Formula-Fed	Total Infants	Fully Breastfed	Partially Breastfed	Total Breastfed	Fully Formula-Fed
89	64	153	198	351	25%	18%	44%	56%

Source: FY 2023 WIC Breastfeeding Data Local Agency Report

COMMUNITY PERSPECTIVE

"I usually call the WIC office. They're amazing."

FOCUS GROUP PARTICIPANT

ARIZONA BREASTFEEDING HOTLINE

1-800-833-4642

Free - Confidential - Available 24/7

ADOLESCENT HEALTH

Every young person lost to a preventable cause represents a family, a classroom, and a community changed forever. Understanding what is putting our youth at risk is the first step toward protecting them.

2024 LEADING CAUSE OF DEATH AMONG ARIZONA YOUTH

AGES 1-14

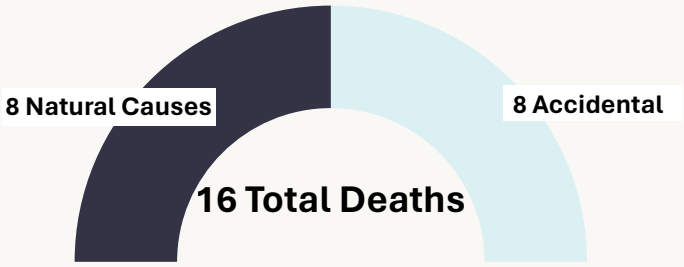
1	Accident	220 Total Deaths
2	Malignant Neoplasm	
3	Congenital Malformations	

AGES 15-19

1	Accident	300 Total Deaths
2	Intentional Self-Harm	
3	Assault	

Source: ADHS Advance Vital Statistics 2024

2024 NAVAJO COUNTY DEATHS <1-19 YEARS



Source: National CFRP

Accidents are a leading cause of death for youth in Navajo County. Continued prevention and safety education are essential to protect our youth.

NAVAJO COUNTY TEEN PREGNANCIES AND BIRTHS 2024

TEEN PREGNANCIES

15-17 year old: 30

18-19 year old: 70

100 TOTAL

TEEN BIRTHS

15-17 year old: 28

18-19 year old: 67

95 TOTAL

Source: ADHS Advance Vital Statistics 2024

Teen Lifeline - Crisis Line/Peer Counseling

Call or Text

602-248-8336

Free - Confidential - Available 24/7

AGING ADULTS

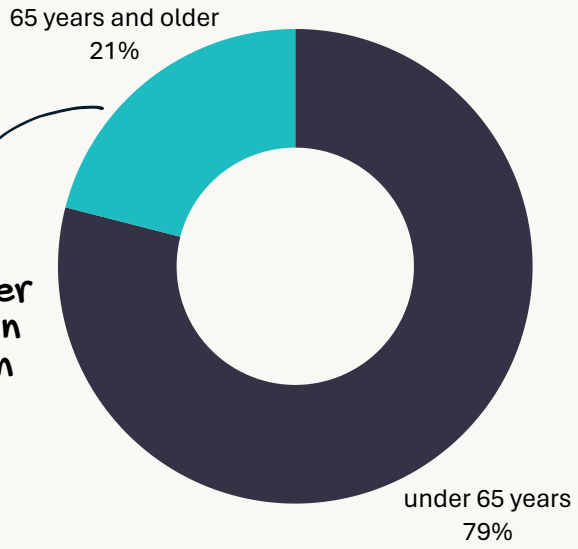
Older adults are an important part of Navajo County's community and may face unique health and social challenges. They are more likely to experience chronic conditions, mobility limitations, cognitive decline, and social isolation, highlighting the need for accessible healthcare, supportive services, and preventive programs.

A TOP HEALTH PRIORITY

SENIOR HEALTH & AGING SERVICES

Identified by CHNAS respondents as a top health priority in our community

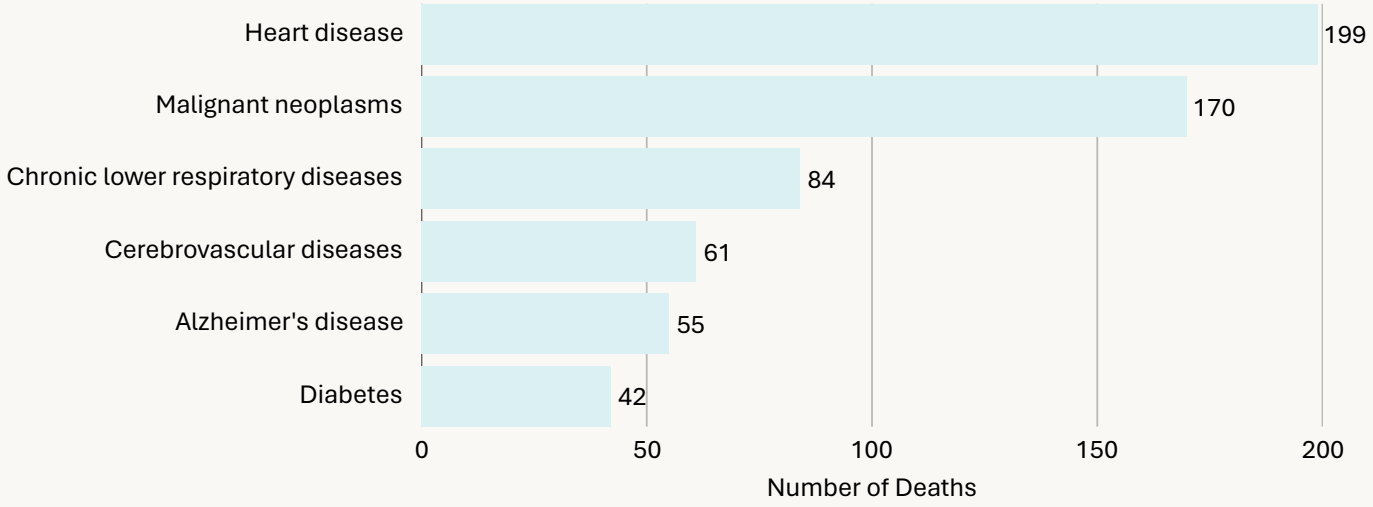
NAVAJO COUNTY POPULATION



23,004 adults over 65 years of age in Navajo County in 2024

Source: ADHS Advance Vital Statistics 2024

LEADING CAUSES OF DEATH AMONG ELDERLY (65 YEARS AND OLDER) IN NAVAJO COUNTY, 2024



Source: ADHS Advance Vital Statistics 2024

AGE ADJUSTED DEATH RATE (65+) NAVAJO COUNTY, 2019-2023

Source: NIH HD Pulse

5,482.94

Deaths per 100,000 population

FALLS

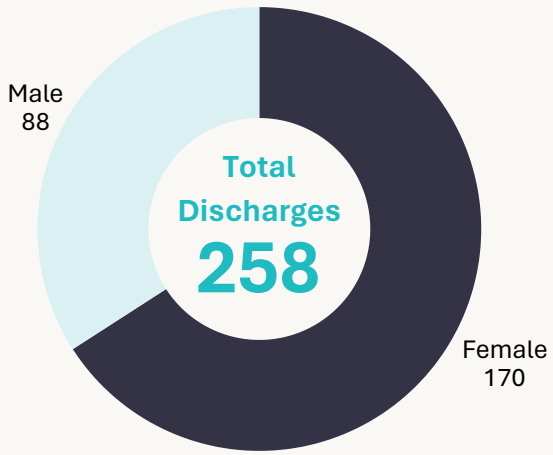
Falls are a major public health concern among older adults and are one of the leading causes of injury, hospitalization, and loss of independence in the elderly population. Age-related changes such as reduced muscle strength, poor balance, vision impairment, chronic health conditions, and medication use increase the risk of falling.

Falls are the LEADING CAUSE OF ACCIDENTAL DEATH in Navajo County for those 65 and older

Source: ADHS Advance Vital Statistics 2024

NAVAJO COUNTY INPATIENT DISCHARGES WITH FALL INJURIES 65+

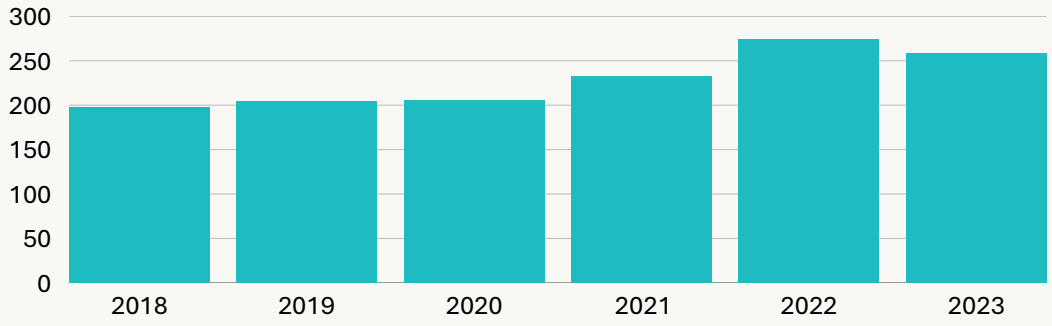
2023



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

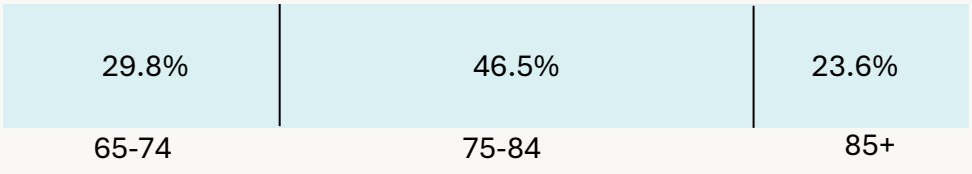
NAVAJO COUNTY HOSPITAL DISCHARGES OF INPATIENTS WITH FALL INJURIES

Among 65+ Population



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

258 FALLS DISCHARGES BY AGE



Source: ADHS Advance Vital Statistics 2024

2024

19

Adults 65 years or older lost their lives due to FALLS in Navajo County

Source: ADHS Advance Vital Statistics 2024

ALZHEIMER'S & DEMENTIA

Alzheimer's disease and dementia are progressive conditions that affect memory, thinking, behavior, and the ability to perform daily activities. Dementia is a general term for a decline in cognitive function, while alzheimer's disease is the most common cause of dementia. Although aging is the greatest risk factor, dementia is not a normal part of aging. Early diagnosis, appropriate medical care, and support services can help individuals maintain their quality of life and assist caregivers in managing the challenges associated with the disease.

Alzheimer's Disease is

THE MOST COMMON CAUSE OF DEMENTIA

Source: CDC

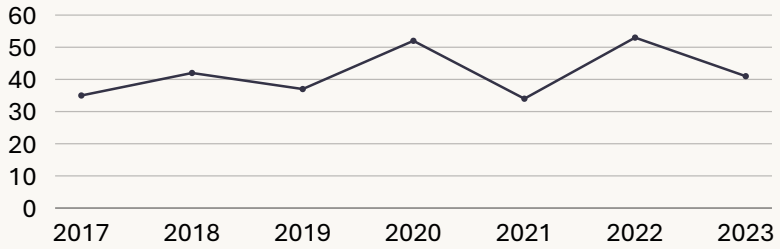
5% of survey respondents said that dementia/alzheimer's impacts their daily lives or the daily lives of someone in their family

COMMUNITY PERSPECTIVE

54%

of CHNAS respondents who needed alzheimer's care did not receive it

NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE IN NAVAJO COUNTY



Source: ADHS Mortality From Alzheimer's Disease Among Arizona Residents 2013-2023

ALZHEIMER'S PREVALENCE 65+ POPULATION 2020

LOCATION	PREVALENCE
U.S.	11%
Arizona	11%
Navajo County	**9.6%**

Source: Alzheimer's Association

ALZHEIMER'S IN ARIZONA AT A GLANCE

152,000
people aged 65 and older are living with alzheimer's

15.2%
of people aged 45 and older have subjective cognitive decline

379M
hours of unpaid care are provided by dementia caregivers

242,000
family caregivers provide essential support to people living with dementia

$617M
is the cost of alzheimer's to state Medicaid program

$9.7B
is the value of unpaid care provided

Source: Alzheimer's Association

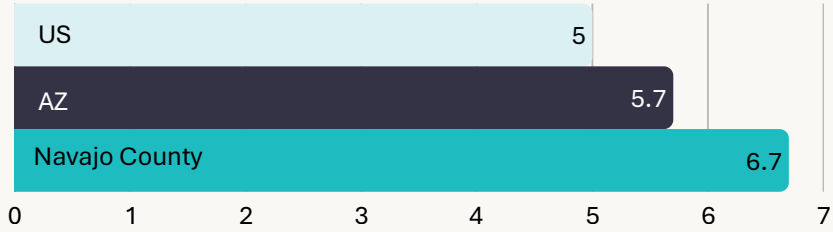
CHRONIC CONDITIONS

CHRONIC LOWER RESPIRATORY DISEASE

Chronic lower respiratory disease (CLRD) refers to a group of long-term lung conditions, including chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, asthma, and bronchiectasis. The most common are COPD and asthma.

2021 COPD PREVALENCE AMONG ADULTS 18+

Percentage



Source: American Lung Association

COMMUNITY PERSPECTIVE

22.8%

of CHNAS respondents said lung disease and other lung factors impact their daily lives or the daily lives of someone in their family

Asthma is a chronic condition that affects the airways and can cause wheezing, coughing, chest tightness, and shortness of breath. Access to care and effective management can help prevent asthma attacks and improve quality of life.

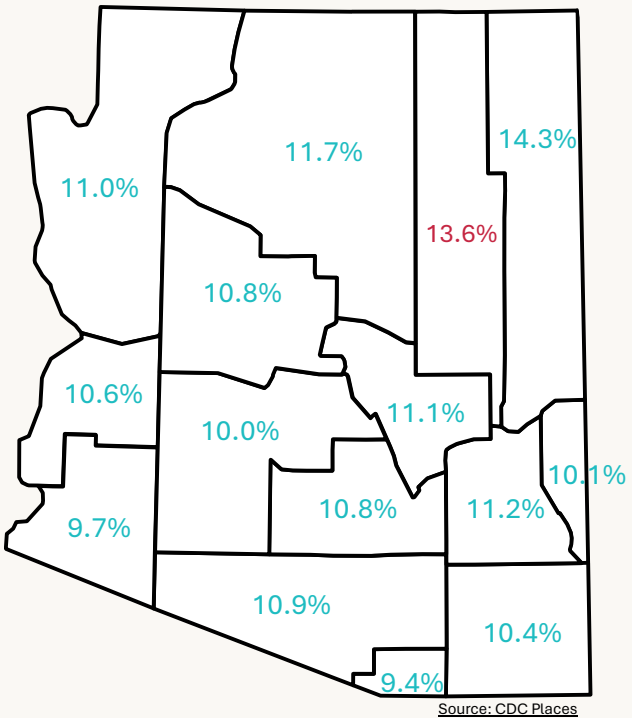
COMMUNITY PERSPECTIVE

71.3%

of CHNAS respondents who needed healthcare services for asthma, COPD, and other respiratory diseases, received them

PREVALENCE OF ASTHMA AMONG ADULTS 18 YEARS AND OLDER

2023



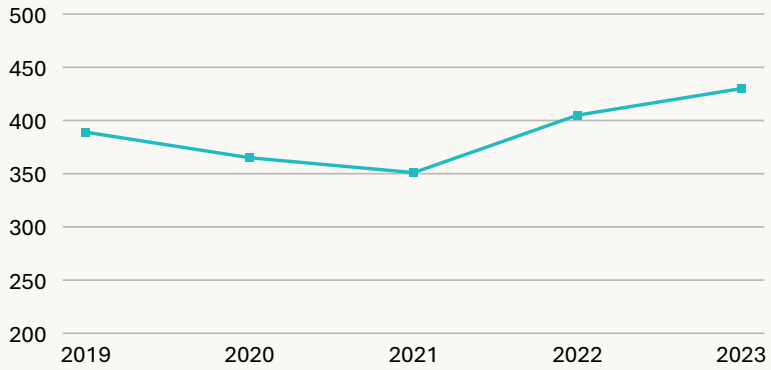
Source: CDC Places

CEREBROVASCULAR DISEASE

Cerebrovascular disease occurs when blood vessels that supply the brain become blocked or damaged, reducing blood flow. This can increase the risk of stroke, memory problems, and other changes in brain function. **Cerebrovascular disease is the 5th leading cause of death in Navajo County.**

Source: ADHS Vital Statistics

NUMBER OF NAVAJO COUNTY HOSPITAL DISCHARGES FOR CEREBROVASCULAR DISEASE



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

COMMUNITY PERSPECTIVE

51.9%

of CHNAS respondents who needed services for stroke or other neurological disorders did not receive them.

In 2023, 5.2% of adults in Navajo County had experienced a stroke.

3rd highest rate in Arizona

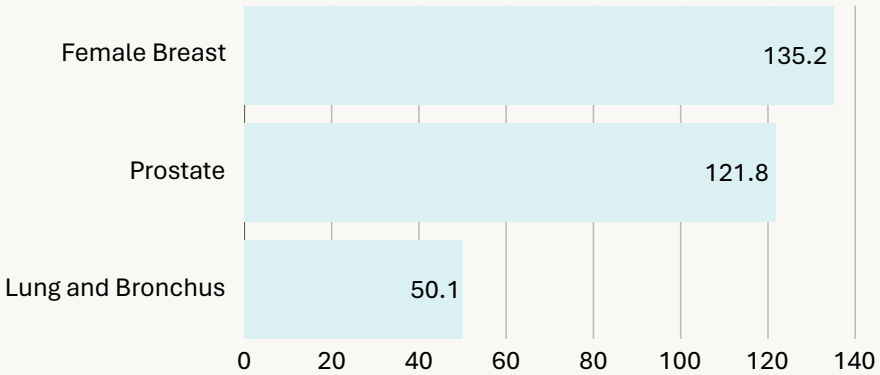
Source: CDC Places

CANCER

Cancer remains one of the leading causes of illness and death in Navajo County and across Arizona. While advances in prevention, screening, and treatment have improved outcomes over time, cancer continues to place a significant burden on individuals, families, and healthcare systems. Early detection through recommended screenings and timely access to treatment can improve survival and quality of life.

2023 RANKS OF NEW CANCERS BY RATES IN US

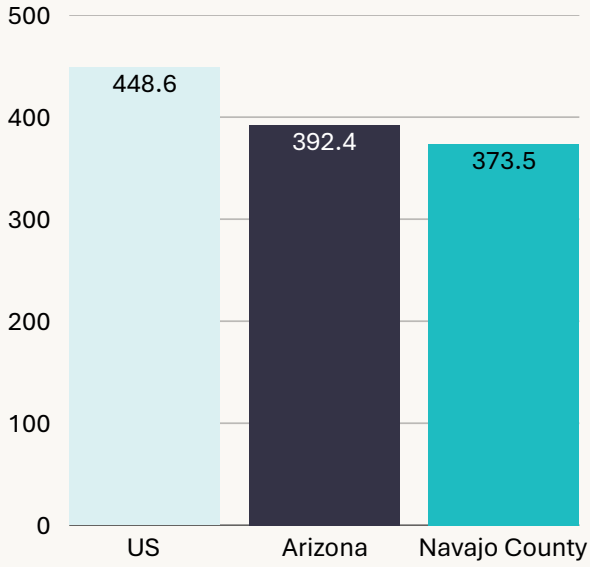
Rate per 100,000 people



Source: CDC United States Cancer Statistics

ALL CANCERS INCIDENCE RATE

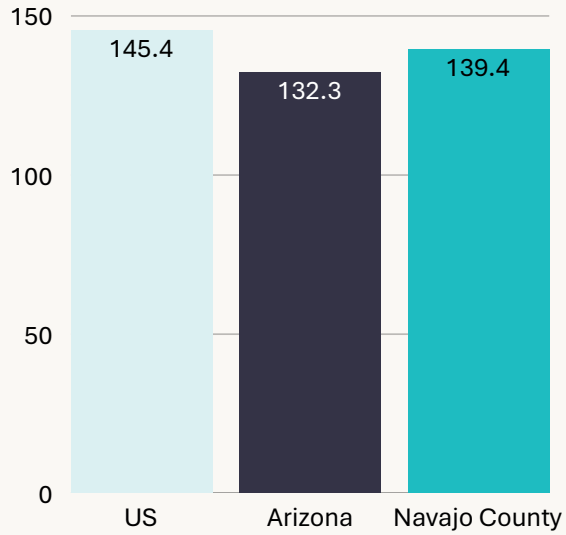
2018-2022 Cases per 100,000



Source: NIH State Cancer Profiles

ALL CANCERS MORTALITY RATE

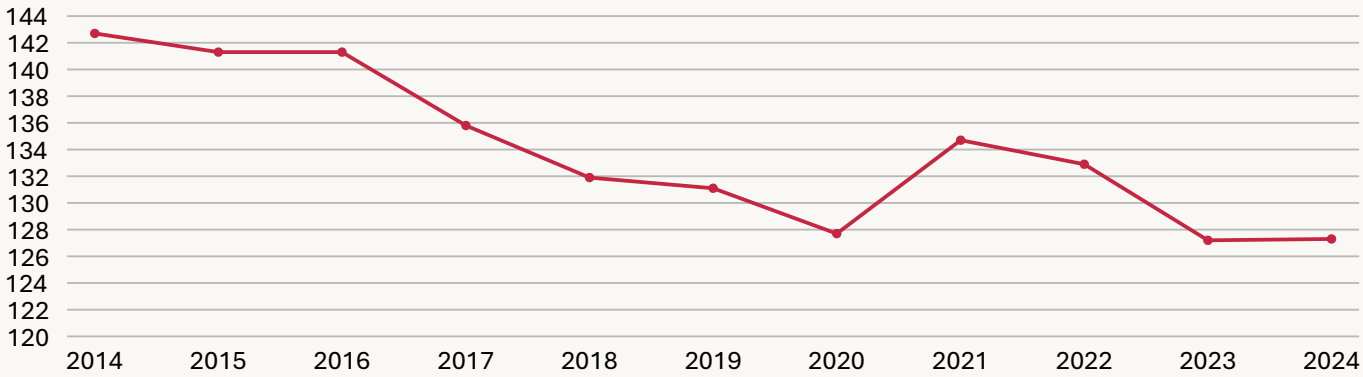
2019-2023 Deaths per 100,000



Source: NIH HD Pulse

CANCER DEATH RATES FOR ARIZONA

Deaths per 100,000 residents



CDC Stats of the States

COMMUNITY PERSPECTIVE

"Having been diagnosed with cancer 2 years ago, I am so extremely grateful for our wonderful cancer center. Having to travel for care would be overwhelming, both financially and mentally."

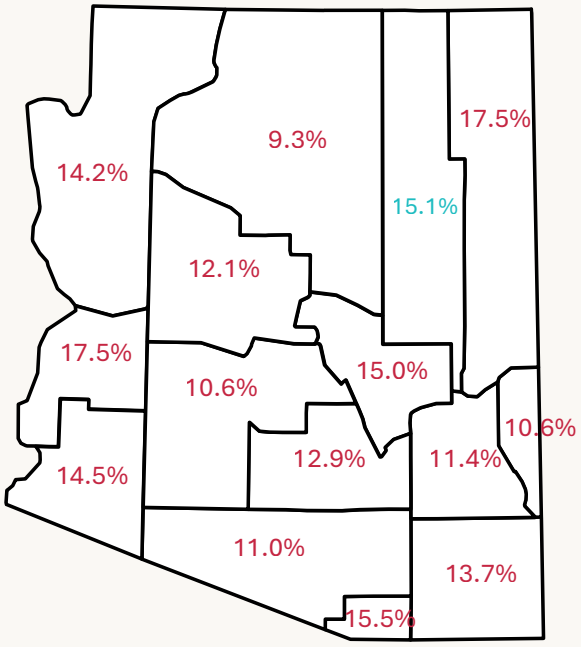
CHNAS RESPONDENT

DIABETES

Diabetes is a chronic disease that affects how your body uses blood sugar. Over time, it can lead to serious health complications, including heart disease, stroke, kidney disease, vision loss, and nerve damage. Managing diabetes through healthy eating, physical activity, medications, and regular check-ups can help prevent complications and improve quality of life.

PREVALENCE OF DIABETES AMONG ADULTS IN ARIZONA

2023



Source: CDC Places

COMMUNITY PERSPECTIVE

26.6%

of CHNAS respondents said diabetes impacts their daily lives or the daily lives of someone in their family

DIABETES IN ARIZONA

1 in 10 Arizonans has diabetes

95% of Arizona diabetes cases are **type 2 diabetes**

$6.7 billion in diabetes-related costs

11.5% of Arizona women giving birth were diagnosed with **gestational diabetes**

Source: ADHS Diabetes Action Plan & Report 2025

NAVAJO COUNTY DIABETES MORTALITY RATE 2023

RACE	RATE (PER 100,000)
White	28.2
Black or African American	N/A
American Indian or Alaska Native	87.7
Asian	N/A
Hispanic or Latino	40.0

Source: NIH HD Pulse Arizona Mortality Diabetes Mellitus

HEART DISEASE

Heart disease remains a significant health concern in Navajo County. In 2023, the average heart disease death rate in Navajo County was **180.4 deaths per 100,000** population, substantially higher than both the Arizona rate and the U.S. rate. This disparity highlights the continued burden of cardiovascular disease in the county and underscores the importance of prevention, early detection, and access to quality cardiovascular care.

168.9

149.6

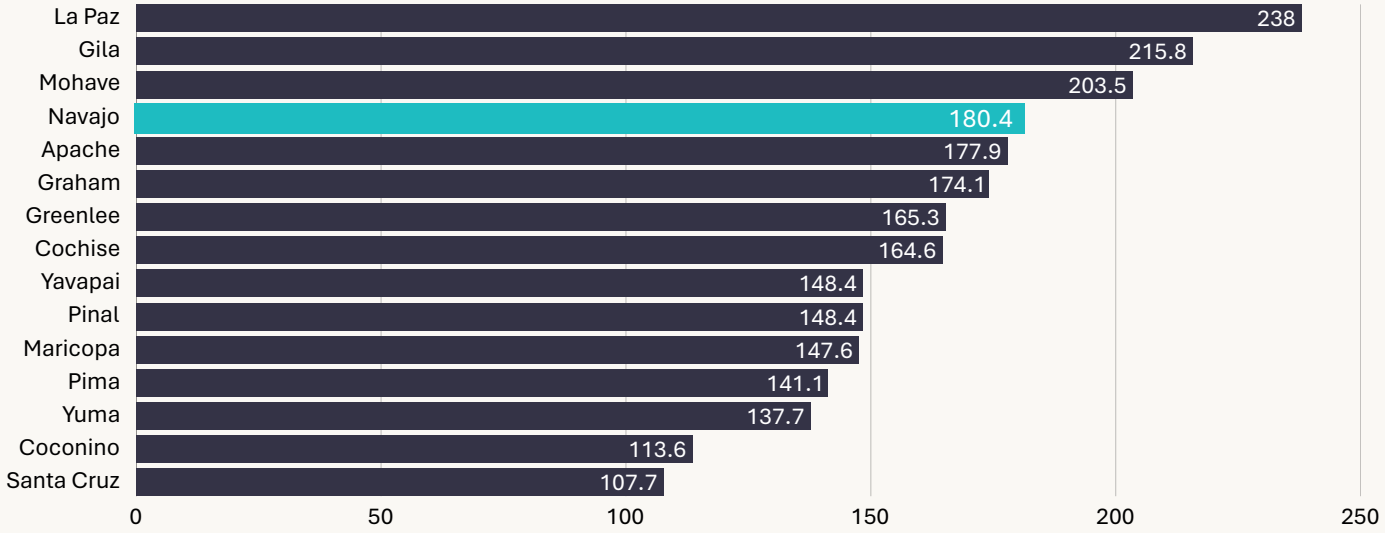
COMMUNITY PERSPECTIVE

45.6%

of CHNAS respondents said heart disease impacted their daily lives or the daily lives of someone in their family

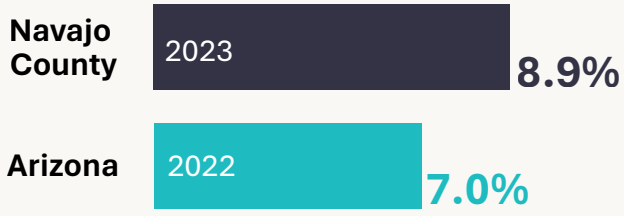
2019-2023 ARIZONA HEART DISEASE DEATH RATES BY COUNTY

Deaths per 100,000 people



Source: NIH HD Pulse Arizona Mortality Heart Disease

8.9% of adults in Navajo County reported having coronary heart disease, compared with **7.0%** of adults statewide.



Source: CDC Places ADHS Heart Disease Report

#1 HEART DISEASE IS THE LEADING CAUSE OF DEATH GLOBALLY

ONE PERSON DIES EVERY **34 SECONDS** from cardiovascular disease

1 IN 3 deaths is from cardiovascular disease

NEARLY **50%** of all US adults live with some form of cardiovascular disease

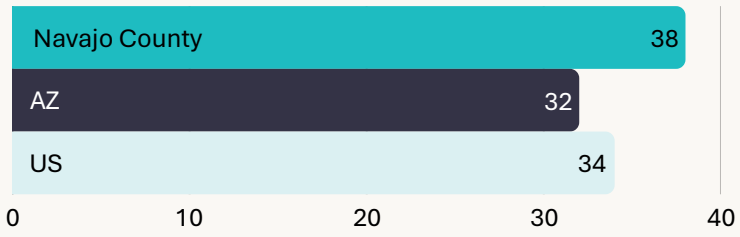
Source: CDC Heart Disease Facts

OBESITY

Obesity is a chronic condition in which excess body fat can negatively affect health. Adults with a Body Mass Index (BMI) of 30 or higher are considered obese. Obesity increases the risk of many chronic diseases, including heart disease, stroke, diabetes, and certain cancers, making it an important public health issue.

PERCENTAGE OF ADULT POPULATION REPORTING A BMI 30+

2024



Source: County Health Rankings

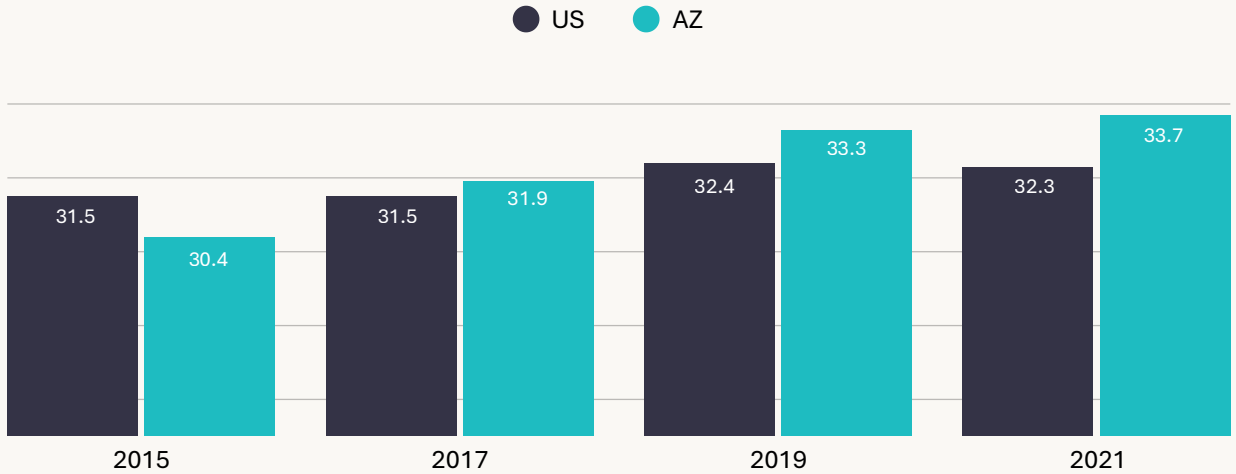
38%

of adults in Navajo County reported a BMI of 30 or higher

2026 NAVAJO COUNTY CHNAS RESPONSES FOR SELF OR A FAMILY MEMBER

Obesity impacts day-to-day life	**59.5%**
Received needed healthcare services for obesity	**49.4%**
Experienced healthcare discrimination due to obesity	**4.9%**

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO DESCRIBED THEMSELVES AS SLIGHTLY OR VERY OVERWEIGHT



Source: CDC YRBS

CHRONIC PAIN

Chronic pain is a persistent pain condition that lasts three months or longer and can interfere with daily activities, work, sleep, and overall quality of life. It is a common health concern associated with conditions such as arthritis, back pain, and nerve disorders. Chronic pain can affect both physical and mental health, making access to appropriate treatment and support services essential for improving health outcomes and well-being.

COMMUNITY PERSPECTIVE

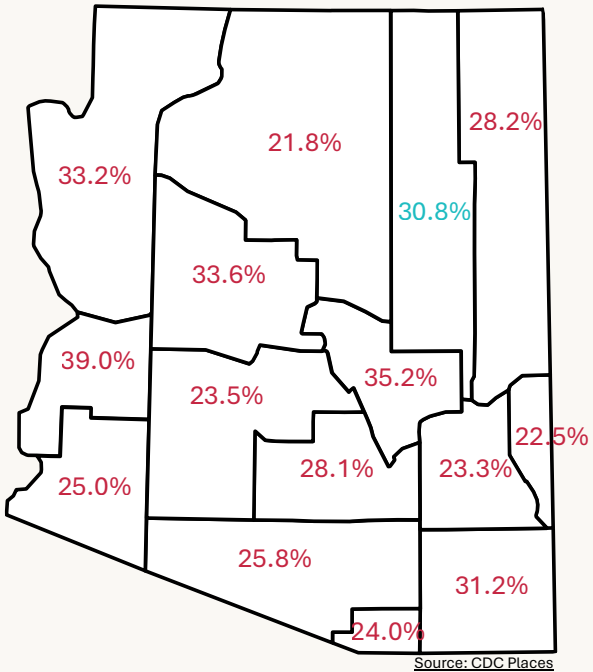
56.8%

of CHNAS respondents said chronic pain impacts their daily lives or the daily lives of someone in their family

1 IN 20 US adults have a combination of chronic pain and symptoms of anxiety or depression

Source: University of Arizona Health Sciences 2024

PREVALENCE OF ARTHRITIS AMONG ADULTS IN ARIZONA



Source: CDC Places

SUBSTANCE USE DISORDER

Substance use disorder (SUD) is a medical condition characterized by the continued use of alcohol or other drugs despite negative consequences. It affects a person's ability to control their substance use and can interfere with their health, daily functioning, relationships, and responsibilities.

alcohol use disorder	11.4%
marijuana use	17.7%
opioid use	7.2%
nicotine use	26.3%
other substance	6.2%

% of CHNAS Respondents Who Said Substance Use Impacts/Influences Their or Their Family's Day-to-Day Life

OPIOID

Opioid use in Navajo County continues to affect families and individuals. While opioid prescribing has declined over the past several years, fentanyl is involved in a majority of non-fatal overdoses, underscoring the need for risk reduction, treatment, and prevention.

COMMON OPIOIDS

Hydrocodone
Oxycodone
Morphine
Codeine
Fentanyl
Tramadol
Heroin

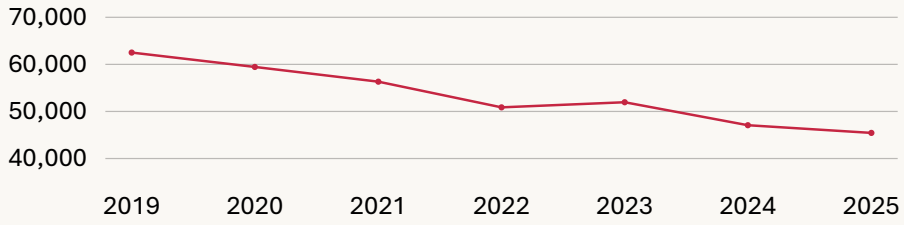
COMMUNITY PERSPECTIVE

"My quality of life is significantly better in the last year because I'm almost ten months sober. So within the last year, I went from being homeless, never eating, and being really skinny, and then I got sober, and I'm feeling a lot healthier and a lot happier with everything."

FOCUS GROUP PARTICIPANT

OPIOID PRESCRIPTIONS IN NAVAJO COUNTY

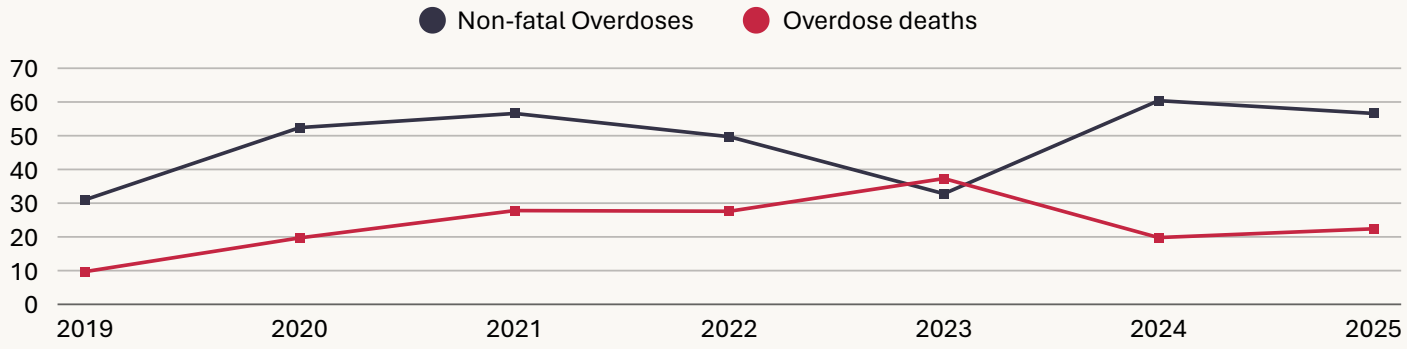
Rates per 100,000 residents



Source: ADHS Opioid Dashboards

OPIOID EPISODES IN NAVAJO COUNTY

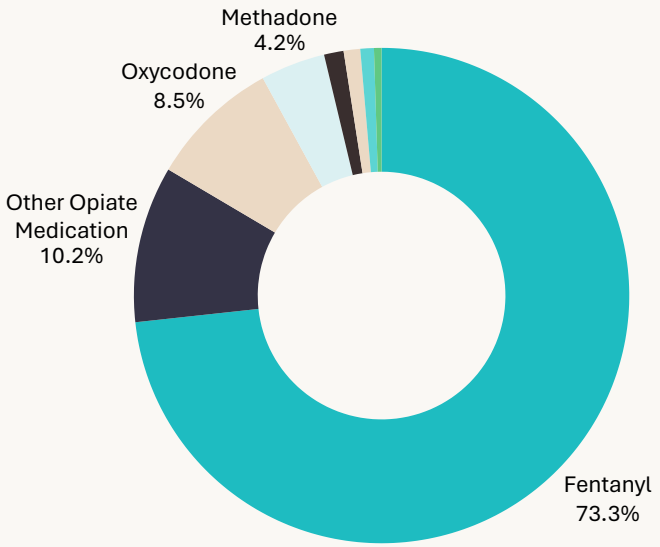
Rates per 100,000 residents



Source: ADHS Opioid Dashboards

PROPORTION OF DRUGS IN NON-FATAL OVERDOSES

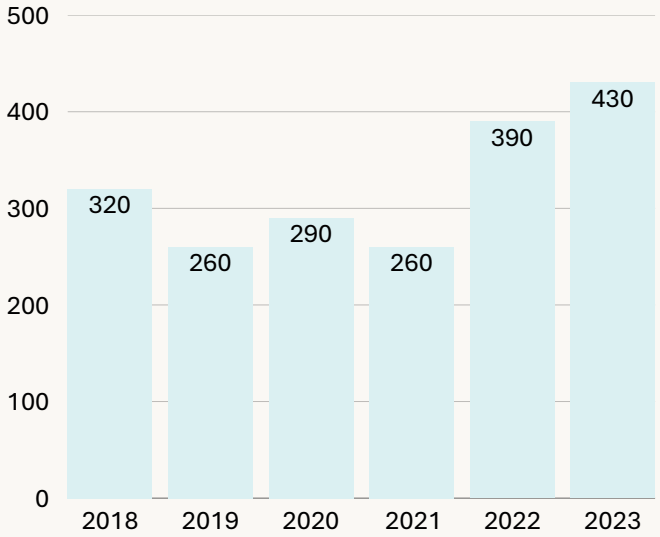
Arizona 2025



Source: ADHS Opioid Dashboard

NAVAJO COUNTY HOSPITAL DISCHARGES RELATED TO OPIATES

Both Inpatient and Emergency Room Visits



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

2023 NAVAJO COUNTY REVIEWED OVERDOSE DEATHS BY THE NUMBERS

81% Had at least one chronic medical condition

71% Had a history of incarceration

86% Had at least one behavioral or mental health diagnosis

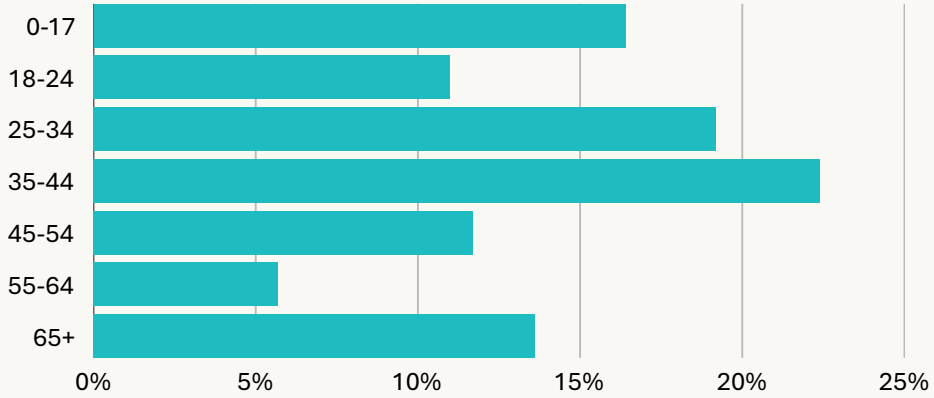
48% Had experienced homelessness in their lifetime

86% Had at least one Adverse Childhood Experience (ACEs)

Source: Navajo County OFR Report (available upon request)

AGES FOR ALL HOSPITAL VISITS FOR SUSPECTED DRUG OVERDOSE

Navajo County 2025



Source: ADHS Opioid Dashboards

317

Total hospital visits for suspected drug overdose in Navajo County 2025

ALCOHOL

Alcohol use among youth and adults in Navajo County contributes to preventable injuries, impaired driving, and other health harms. These data highlight the importance of prevention efforts and support for healthy, safe communities.

2022 NAVAJO COUNTY YOUTH ALCOHOL USE

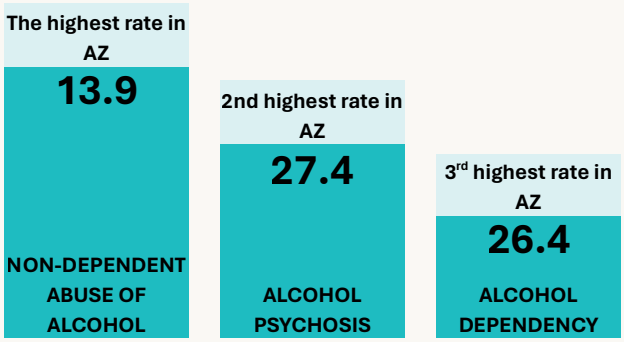
Reported drinking alcohol in the past 30-days

Grade	30-Day Alcohol Use
8th Grade	7.6%
10th Grade	13.2%
12th Grade	15.9%

Source: AZ CJC AZ Youth Survey

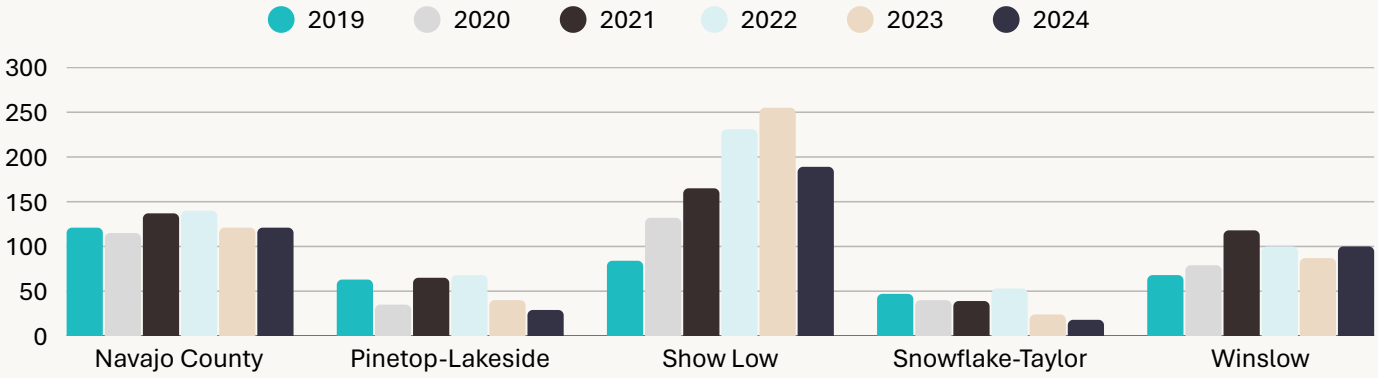
2023 EMERGENCY ROOM VISITS IN NAVAJO COUNTY RELATED TO ALCOHOL USE

Per 100,000 Residents



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

NAVAJO COUNTY DUI ARRESTS BY LAW ENFORCEMENT AGENCY



Source: AZ GOHS

CAR CRASHES IN NAVAJO COUNTY



Although alcohol-related crashes represent a small portion of all crashes, they account for a significant share of fatal crashes.

Source: ADOT 2024 Motor Vehicle Crash Facts

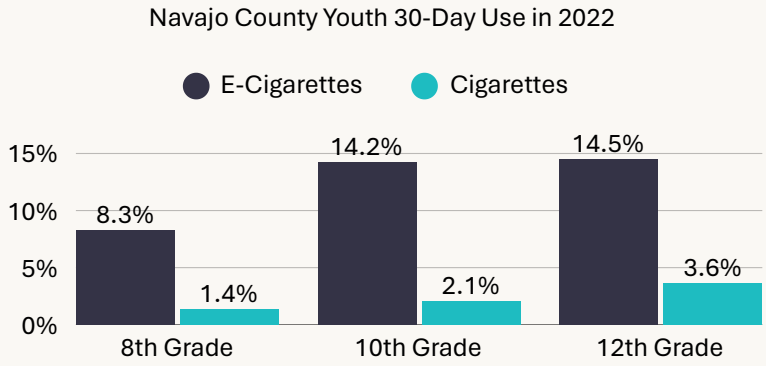
11.9%

Prevalence of BINGE DRINKING among adults in Navajo County

Source: CDC Places

TOBACCO

E-CIGARETTES MORE POPULAR THAN CIGARETTES AMONG YOUTH



Source: AZ CJC AZ Youth Survey

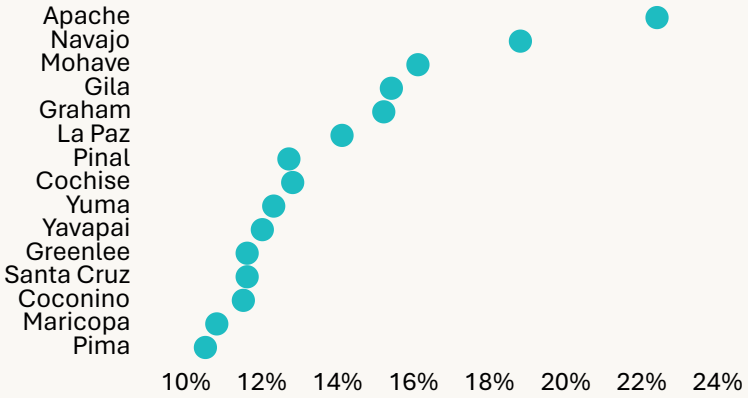
COMMUNITY PERSPECTIVE

26.3%

Nicotine use was the highest reported substance use among CHNAS respondents

PREVALENCE OF CURRENT SMOKING AMONG ADULTS 18+

2023



Source: CDC Places

TOBACCO: KEY FACTS

Tobacco use is a leading cause of **preventable** cancer

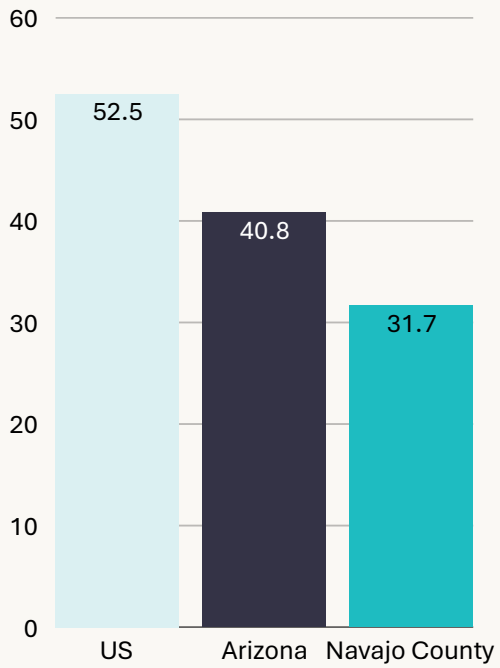
Lung and bronchus cancer is the **leading cause** of cancer deaths in the United States

80%-90% of lung cancer cases are linked to cigarette smoking

Source: American Cancer Society

2018-2022 LUNG AND BRONCHUS CANCER INCIDENCE RATE

Cases per 100,000

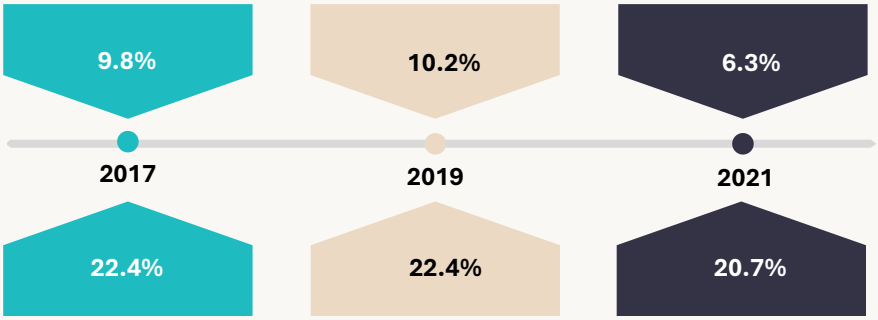


Source: NIH State Cancer Profiles

PROTECTIVE FACTORS

NUTRITION

PERCENTAGE OF ARIZONA *ADULTS* WHO REPORTED CONSUMING TWO OR MORE FRUITS AND THREE OR MORE VEGETABLES DAILY Source: America's Health Rankings



PERCENTAGE OF ARIZONA *HIGH SCHOOL STUDENTS* WHO ATE VEGETABLES TWO OR MORE TIMES PER DAY Source: CDC YRBS

COMMUNITY PERSPECTIVE

30.7%

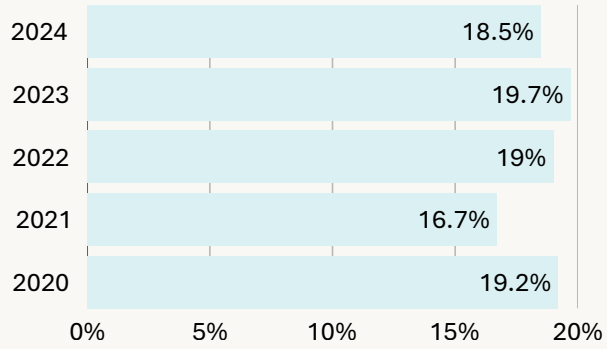
of CHNAS respondents said they sometimes or never have enough money for food

HUNGER IN ARIZONA



Source: Feeding America

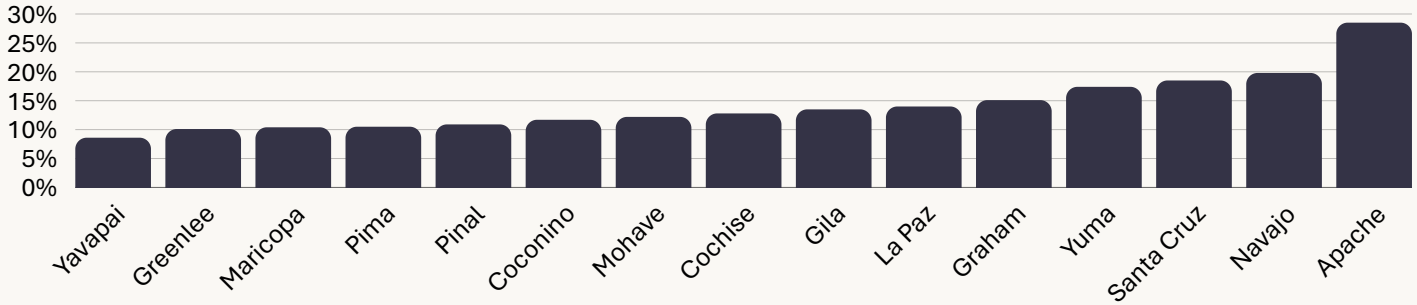
FOOD INSECURITY RATE IN NAVAJO COUNTY



Source: Feeding America

PREVALENCE OF RECEIVED FOOD STAMPS IN PAST TWELVE MONTHS

Adults 18+ 2023

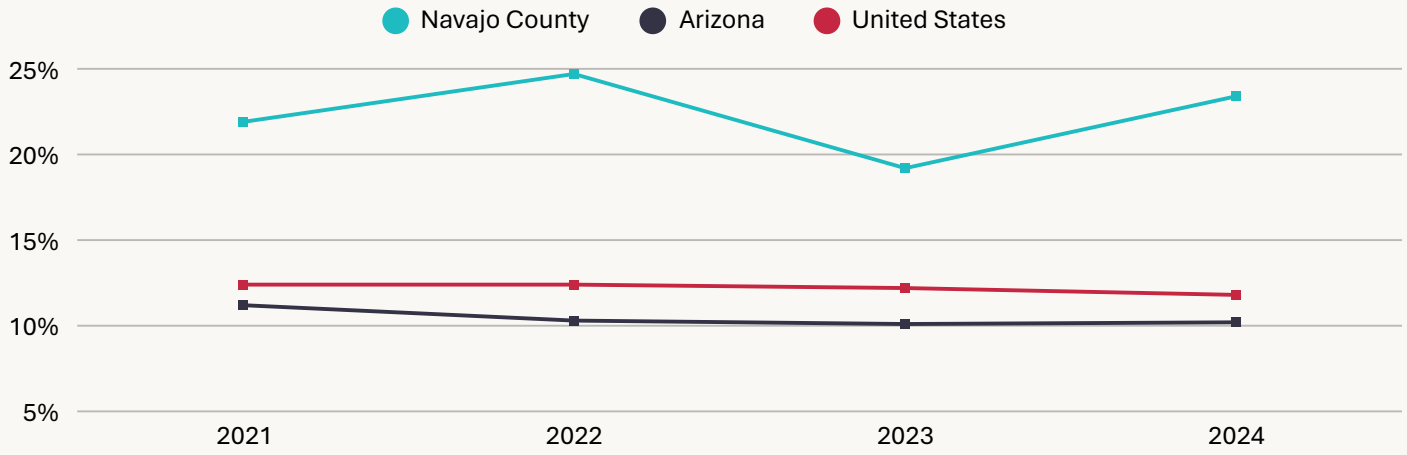


Source: CDC Places

LOCATION	LIMITED ACCESS TO HEALTHY FOOD percentage of population who are low-income and do not live close to a grocery store	FOOD ENVIRONMENT INDEX index of factors that contribute to a healthy environment, from 0 (worst) to 10 (best)	FOOD INSECURITY percentage of population who lack adequate access to food
NAVAJO COUNTY	26%	4.8	19.7%
ARIZONA	9%	6.8	14%
UNITED STATES	6%	7.6	14%

Source: County Health Rankings

PERCENTAGE OF HOUSEHOLDS RECEIVING FOOD STAMPS/SNAP



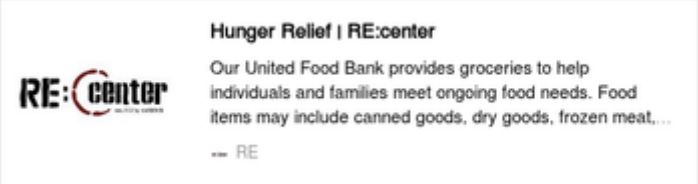
Source: US Census Bureau S2201

RE:center IMPACT IN 2025

$29,000
IN FINANCIAL AID GIVEN

5,627
FOOD BOXES DISTRIBUTED

31,000
MEALS SERVED



RE:center RESOURCES

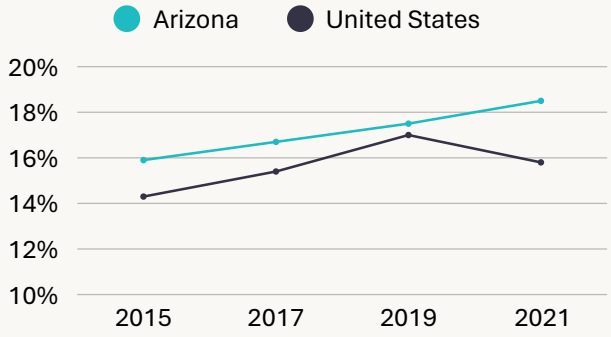
The RE:center helps individuals and families meet immediate needs and build long term stability.

RE:center
814 E. White Mountain Blvd
Pinetop, AZ

928-457-1707
rcaz.us

PHYSICAL ACTIVITY

HIGH SCHOOL STUDENTS WHO WERE NOT PHYSICALLY ACTIVE FOR AT LEAST 60 MINUTES ON AT LEAST 1 DAY



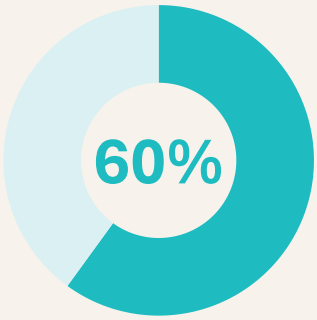
Source: CDC YRBS

PHYSICAL INACTIVITY



of adults in Navajo County reported participating in **NO** physical activity outside of work

ACCESS TO EXERCISE OPPORTUNITIES

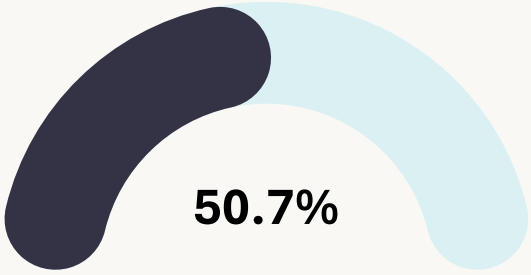


of people in Navajo County have **adequate access** to exercise opportunities

Source: County Health Rankings

ORAL HEALTH

Oral health is closely connected to overall health because the mouth serves as the gateway to the body. Regular dental care and good oral hygiene help reduce the risk of oral disease while supporting overall well-being. Research has shown that poor oral health is associated with chronic conditions, including heart disease and diabetes, making access to preventive dental care an important part of improving community health.



Adults aged 18 and older in Navajo County reported having a dental visit in 2022.

Source: CDC Places

ACCESS TO DENTAL CARE IN NAVAJO COUNTY

There is 1 dentist for every 1,902 people

1 DENTIST = **1,902** PEOPLE

Source: NPPES NPI 2025

Nearly

1 in 4

Navajo County adults 65+ have lost all their natural teeth

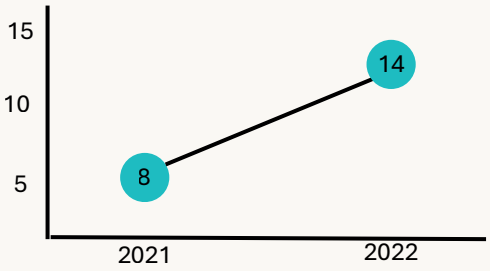
Source: CDC Places

ENVIRONMENTAL HEALTH

LEAD POISONING

NUMBER OF CHILDREN WITH A VENOUS BLOOD LEAD LEVEL > 3.5 µg/ dL _

Navajo County



Source: ADHS 2022 Annual Blood Lead Report

RADON

There is no known safe level of radon, as any exposure carries some cancer risk. The EPA recommends taking action to reduce radon if your home tests at or above 4.0 pCi/L.

AVERAGE INDOOR RADON LEVELS

picocuries per liter

Navajo County Average

1.1 pCi/L

Source: County Radon

VS.

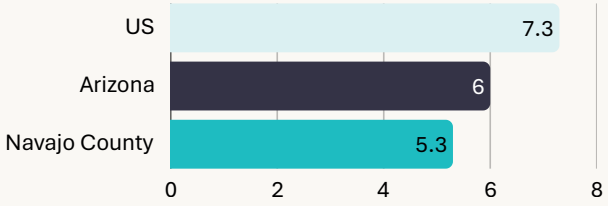
National Average

1.3 pCi/L

AIR QUALITY

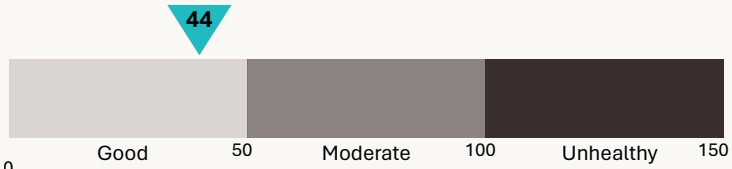
2020 AIR POLLUTION PARTICULATE MATTER

Micrograms per cubic meter



Source: HD Pulse Air Pollution

NAVAJO COUNTY AIR QUALITY AVERAGE



Good
Air quality is satisfactory, and air pollution poses little or no health risk.

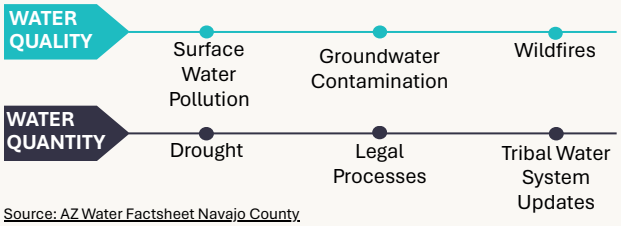
Moderate
Air quality is acceptable, though unusually sensitive people may experience minor effects.

Unhealthy
Some individuals, such as children, older adults, and people with heart or lung disease, may be affected.

Source: Air History

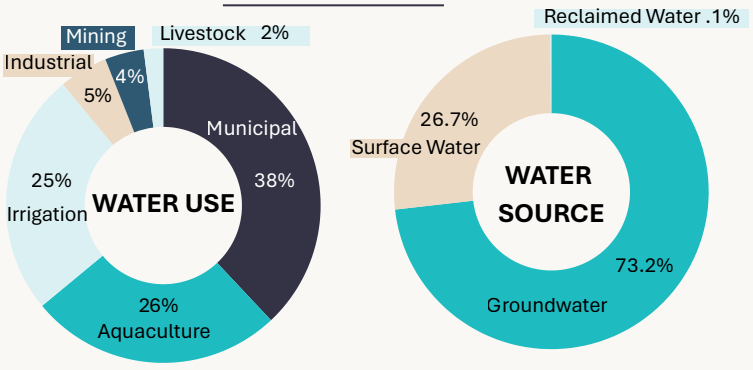
WATER

NAVAJO COUNTY WATER CHALLENGES



Source: AZ Water Factsheet Navajo County

WATER IN NAVAJO COUNTY



Source: AZ Water Factsheet Navajo County

MENTAL HEALTH

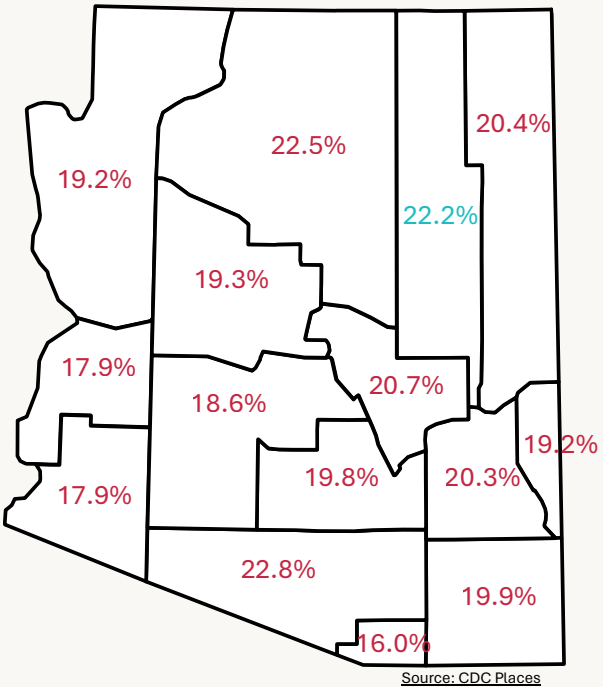
Mental health is an important part of overall health and well-being, influencing how people cope with stress, maintain relationships, and participate in their communities. In Navajo County, residents identified mental health as a significant community concern, with challenges related to anxiety, depression, loneliness, and access to timely behavioral health services. Improving access to care, strengthening social connection, and reducing barriers to seeking support are important components of improving mental well-being across the county.

COMMUNITY PERSPECTIVE

73%

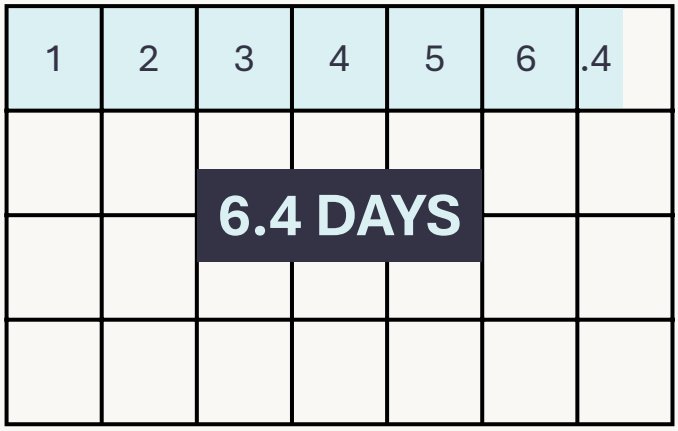
of CHNAS respondents said anxiety or depression affects their daily lives or the daily lives of someone in their family

PREVALENCE OF DEPRESSION AMONG ADULTS IN ARIZONA 2023



Source: CDC Places

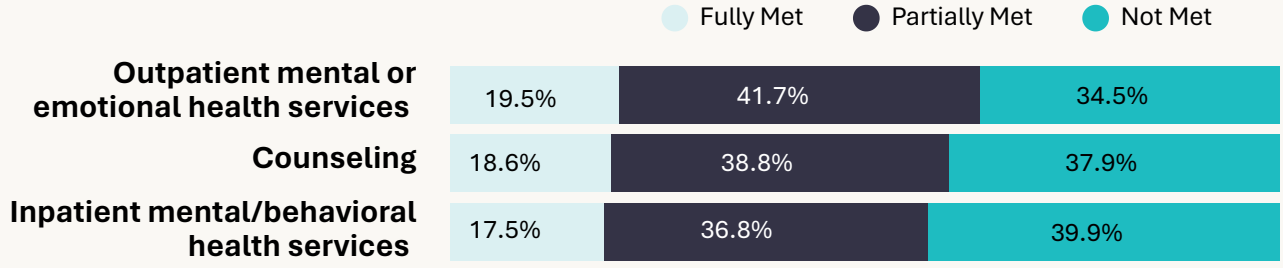
NEARLY ONE WEEK EACH MONTH OF POOR MENTAL HEALTH DAYS



Adults in Navajo County reported that their mental health was not good on 6.4 days out of 30 days in 2023

Source: County Health Rankings

SURVEY RESPONDENTS: MENTAL HEALTHCARE NEEDS BEING MET



MENTAL HEALTH

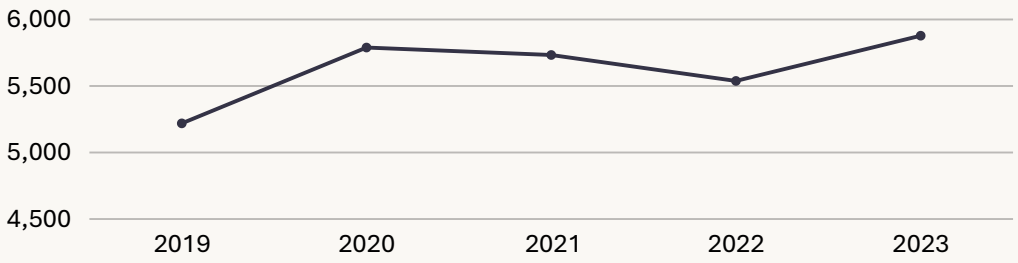
Ranked

#3

among health priorities

by survey respondents

NAVAJO COUNTY DISCHARGES OF INPATIENTS WITH MENTAL DISORDERS



Source: ADHS Hospital Inpatient Discharges & Emergency Room Visits Statistics

COMMUNITY PERSPECTIVE

"Trying to find a consistent Pediatric counselor has been the ongoing challenge. I feel like they had to build a level of resilience, not just coping with life, but coping with the constant shuffle of counselors."

FOCUS GROUP PARTICIPANT

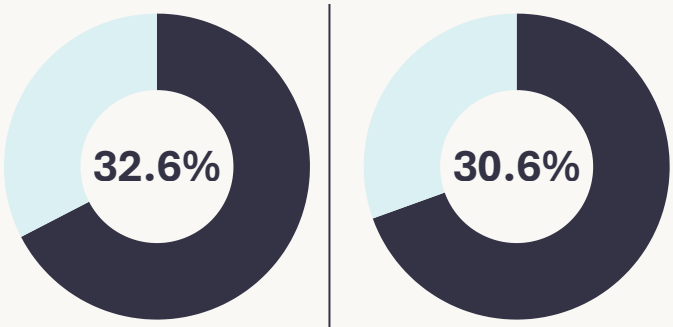
TOP SOCIAL CONCERN

LONELINESS

Identified by survey respondents

NAVAJO COUNTY: SOCIAL CONNECTION & SUPPORT

Among Adults 18+ 2023



Prevalence of LONELINESS

Lack of SOCIAL & EMOTIONAL SUPPORT

Source: CDC Places

1 MENTAL HEALTH PROVIDER

PER

2,085

PEOPLE
in Navajo County

This is an improvement from three years ago, which was 1 per 2,806 people

Source: NPPES NPI 2025

COMMUNITY PERSPECTIVE

"If someone is going through a crisis, six months is a really long time to wait to be able to get resources, especially if you want to see an in person mental health provider."

FOCUS GROUP PARTICIPANT

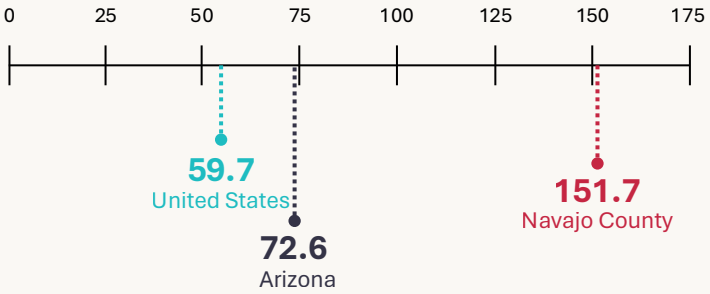
INJURY & VIOLENCE

UNINTENTIONAL INJURIES

Years of Potential Life Lost (YPLL) measures premature death by estimating the number of years a person would have lived if they had reached a selected reference age, such as 75 years.

ACCIDENTS AND ADVERSE EFFECTS DEATH RATE

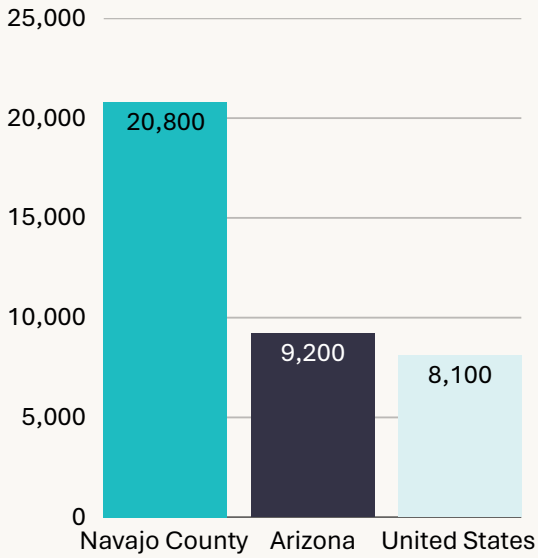
2019-2023
Deaths per 100,000



Source: NIH HD Pulse Mortality Accidents and Adverse Effects

YEARS OF POTENTIAL LIFE LOST

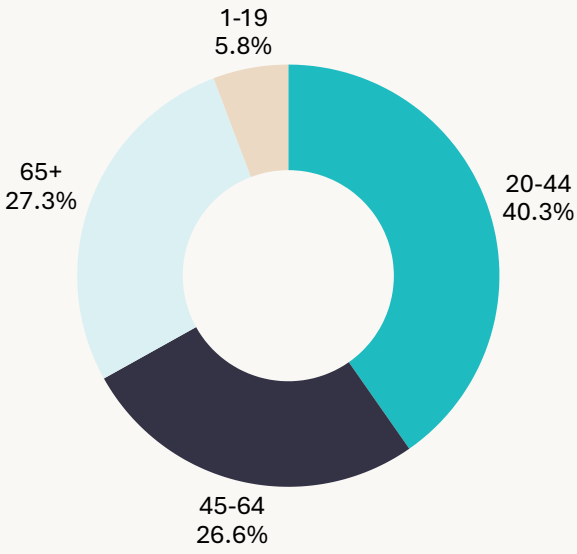
Per 100,000 people



Source: County Health Rankings

UNINTENTIONAL INJURY DEATHS BY AGE GROUP

Navajo County 2024



Unintentional injury was the leading cause of death among young adults (20-44 years)

74% of all unintentional injury deaths were male

Source: ADHS Advance Vital Statistics 2024; CFRP

1,192
TOTAL CRASHES NAVAJO COUNTY 2024

30
FATAL CRASHES

367
INJURY CRASHES

PEOPLE IMPACTED

35
PEOPLE KILLED

555
PEOPLE INJURED

Source: ADOT 2024 Motor Vehicle Crash Facts

SEXUAL VIOLENCE

Sexual violence includes any sexual activity or contact that occurs without freely given consent. It affects individuals across all communities and can have lasting physical, emotional, and psychological impacts.

2025 NAVAJO COUNTY SEX CRIMES

32
CASES

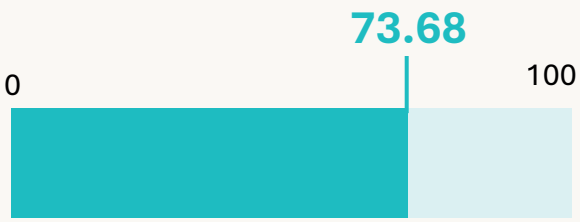
65.6%
of victims were children

71.9%
of cases involved delayed reporting/disclosure

Source: 2025 Navajo County Sex Crimes Annual Report (Available upon request)

2022 NAVAJO COUNTY SEXUAL ASSAULT VICTIMS

Per 100,000



Source: ADHS Arizona Sexual Violence Surveillance Report 2022

2021 ARIZONA HIGH SCHOOL STUDENTS

13.9% Experienced sexual violence by anyone

11.7% Experienced sexual dating violence

9.5% Were ever physically forced to have sexual intercourse

Source: CDC YRBSS

NAVAJO COUNTY FAMILY ADVOCACY CENTER

Mission: Empower sexually, physically abused, neglected individuals, children, and non-offending family members. Our goal is to aid them in healing from trauma and help them receive justice.

Locations

SHOW LOW OFFICE
902 E. Deuce of Clubs
Show Low, AZ 85901

HOLBROOK OFFICE
121 W Buffalo Street
Holbrook, AZ 86025

(928) 532-6047
https://www.ncfac.org

SUICIDE

Suicide is a complex and preventable public health issue that affects individuals, families, and entire communities. Understanding the scope of suicide in Navajo County is a critical step toward prevention. By examining local data, we can better strengthen supports that promote emotional well-being, connection, and hope.

2025 NAVAJO COUNTY SUICIDE-RELATED HOSPITAL VISITS

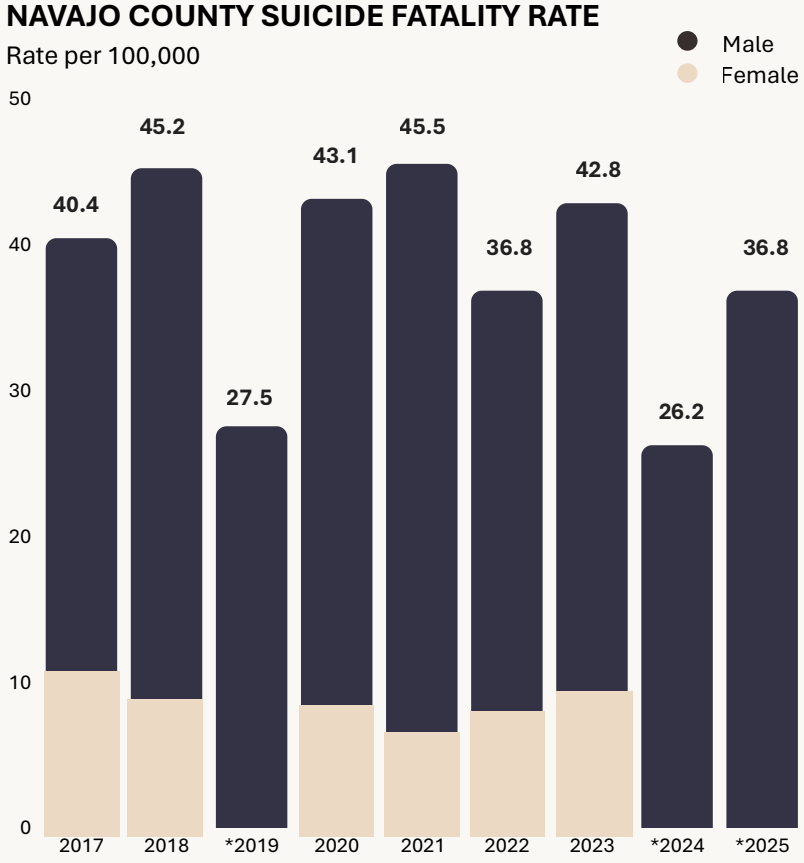
927
Total Visits

2ND
Highest Rate in the State

Source: ADHS Suicide Data

NAVAJO COUNTY SUICIDE FATALITY RATE

Rate per 100,000



Source: ADHS Suicide Data

INTERPRETING THE DATA

*To prevent the public disclosure of information, data points based on fewer than 6 counts are not displayed

COMMUNITY PERSPECTIVE

12.4%

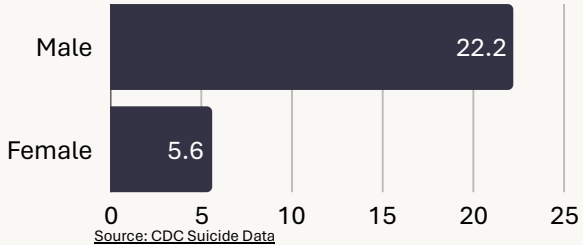
of CHNAS respondents or their family members attempted/thought of self-harm/suicide

ARIZONA
suicide rate 2023
19.22
per 100,000

United States
suicide rate 2023
14.0
per 100,000

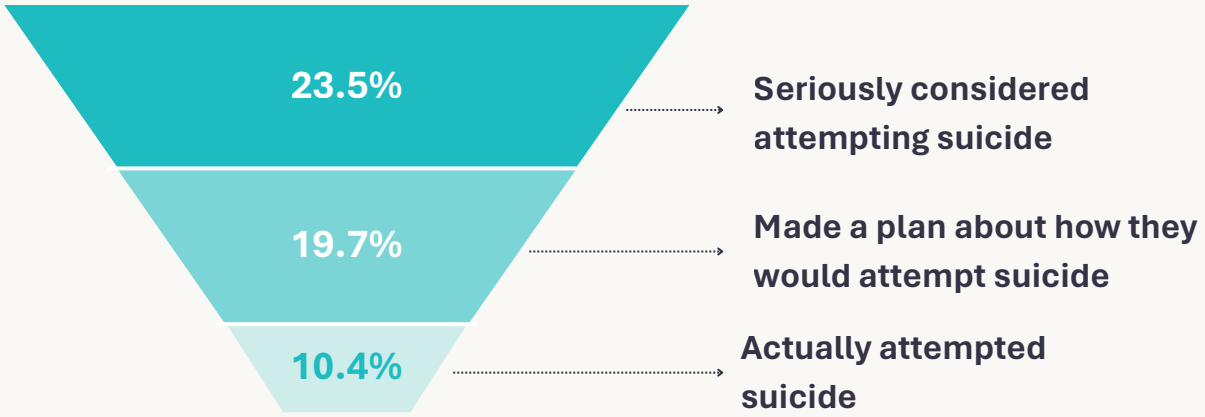
Source: CDC Suicide Data

2024 US SUICIDE RATE BY SEX



Source: CDC Suicide Data

2021 ARIZONA HIGH SCHOOL STUDENTS



Source: CDC YRBSS

2022 NAVAJO COUNTY REVIEWED SUICIDE FATALITY COMMONALITIES



Source: Navajo County Suicide Fatality Review Annual Report 2022-2023

988
SUICIDE AND CRISIS LIFELINE

Help is available. You are not alone.
If you or someone you know is thinking about suicide, support is available 24/7.
Call or text 988 or chat online at 988lifeline.org
Free confidential support is available to anyone in need.

INFECTIOUS DISEASE

IMMUNIZATIONS

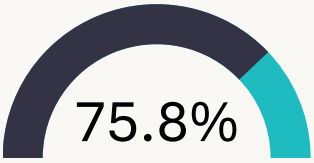
NAVAJO COUNTY KINDERGARTEN IMMUNIZATION PERCENTAGE RATES

	2022-2023	2023-2024	2024-2025	2025-2026
DTaP	79.9	83.8	79.2	86.1
Hepatitis B	86.3	88.8	87.3	89.5
Measles, Mumps, Rubella	80.5	83.1	80.0	87.0
Polio	78.5	84.8	81.0	87.6
Varicella	86.6	89.1	89.2	89.6

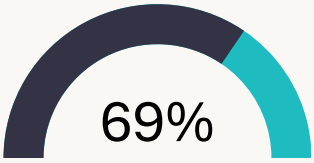
Source: ADHS Immunization Coverage Data

VACCINATION RATES

Combined 7-Vaccine Series Rates in Children 24 Months Old



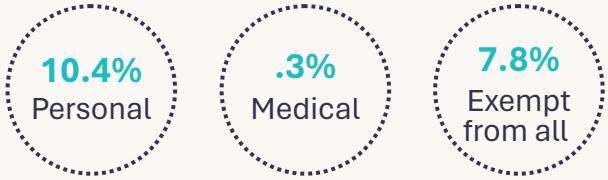
ARIZONA



UNITED STATES

Source: AAP Immunizations

NAVAJO COUNTY EXEMPTION RATES



Source: ADHS Immunization Coverage Data

COMMUNITY PERSPECTIVE

"I also worry sometimes about herd immunity in our communities and younger kids. Like... what if we're trending toward not vaccinating, not utilizing medication, or even doctor services when people are sick, what does that do to overall population health?"

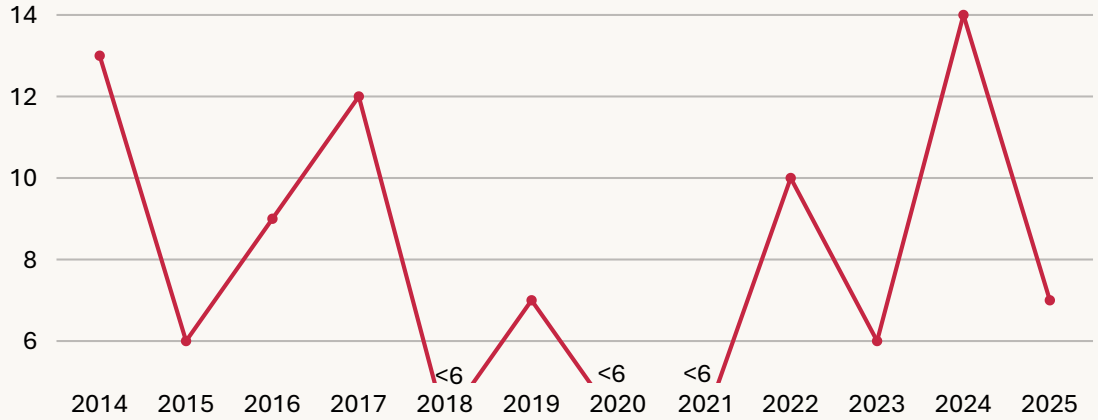
FOCUS GROUP PARTICIPANT

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

HIV (human immunodeficiency virus) remains an important public health concern, but advances in prevention, testing, and treatment have significantly changed what it means to live with HIV. HIV attacks the body's immune system and, without treatment, can progress to AIDS. Today, effective treatment allows people with HIV to live long, healthy lives.

NAVAJO COUNTY HIV/AIDS INCIDENCE TREND OVER TIME

Number of Cases



Source: ADHS HIV Surveillance - Incidence Data Dashboard

HEPATITIS C

Hepatitis C is a liver infection caused by a virus that spreads through contact with infected blood.

10,000
estimated number of new cases reported each year in Arizona

90,000
estimated number of people in Arizona living with hepatitis C

Source: ADHS 2022

TUBERCULOSIS

2025 Tuberculosis in Navajo County

2.69	3
Rate per 100,000	Reported Cases

Source: ADHS TB Control

VACCINE-PREVENTABLE & RESPIRATORY DISEASE

Vaccine-preventable diseases are infectious illnesses that can be averted through vaccination, which trains the immune system to recognize and fight specific pathogens. Respiratory diseases are conditions affecting the airways and lungs. Many of the most common and dangerous respiratory diseases are vaccine-preventable

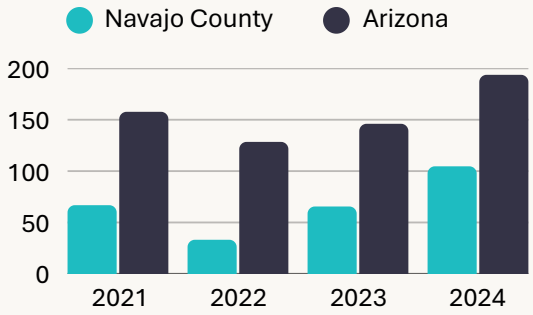
INFECTIOUS DISEASE STATS

Rates per 100,000 population

Source: ADHS Disease Data

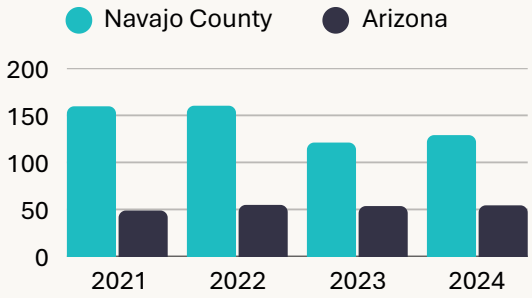
COCCI (VALLEY FEVER)

a fungal disease caused by inhaling spores that live in the ground



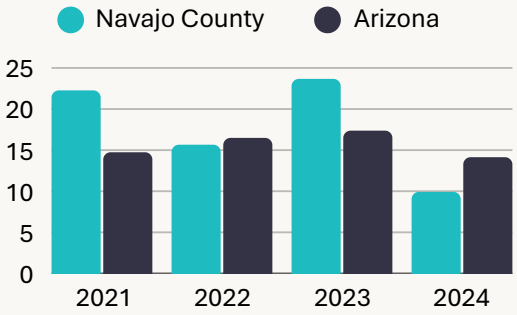
ENTERIC

diseases characterized by diarrhea, stomach ache, nausea, and vomiting. They are often spread by contaminated food or water, but may also be spread by other methods.



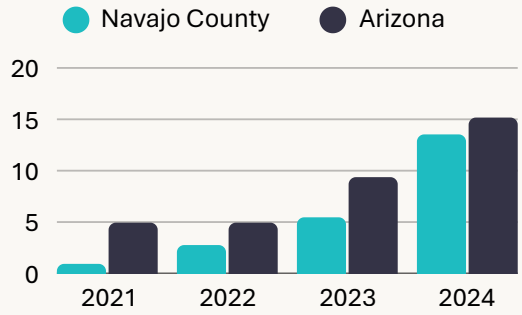
HEPATITIS

includes all hepatitis (acute, chronic, or perinatal), except hepatitis C



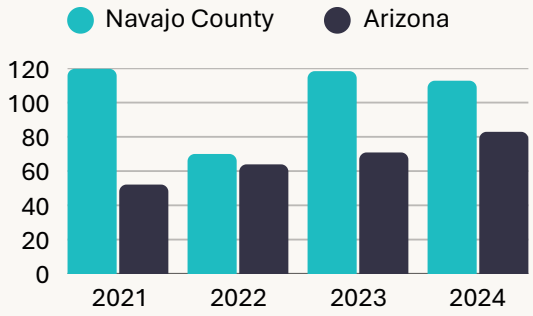
VACCINE-PREVENTABLE

diseases with an effective vaccine routinely administered in the US



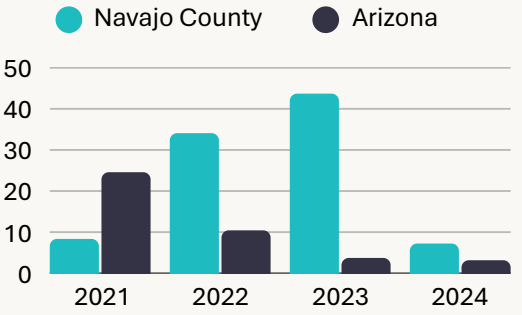
INVASIVE OR HEALTHCARE-ASSOCIATED

diseases caused when bacteria infect normally sterile parts of the body like blood (invasive) or that are often related to receiving healthcare for another illness (healthcare associated)



VECTOR/ZOONOTIC

diseases spread to other people by animals (zoonotic) or by invertebrates like mosquitoes, ticks, or fleas (vector-borne)

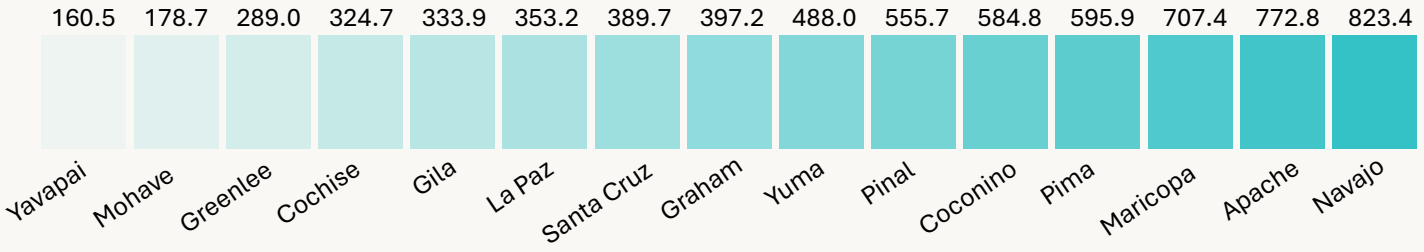


SEXUALLY TRANSMITTED INFECTIONS (STIs)

Sexually transmitted infections (STIs) are widespread illnesses passed through sexual contact. While some are curable with medication, others require lifelong management. Many STIs may have few or no noticeable symptoms, making routine testing, early diagnosis, and timely treatment important for preventing transmission and reducing long-term health complications. STIs remain a significant public health concern in Navajo County. **Navajo County had the highest STI incidence rate in Arizona in 2025**, with particularly elevated rates of chlamydia, gonorrhea, and syphilis. Reducing the burden of STIs requires accessible testing and treatment, prevention education, partner services, and efforts to reduce stigma surrounding sexual health.

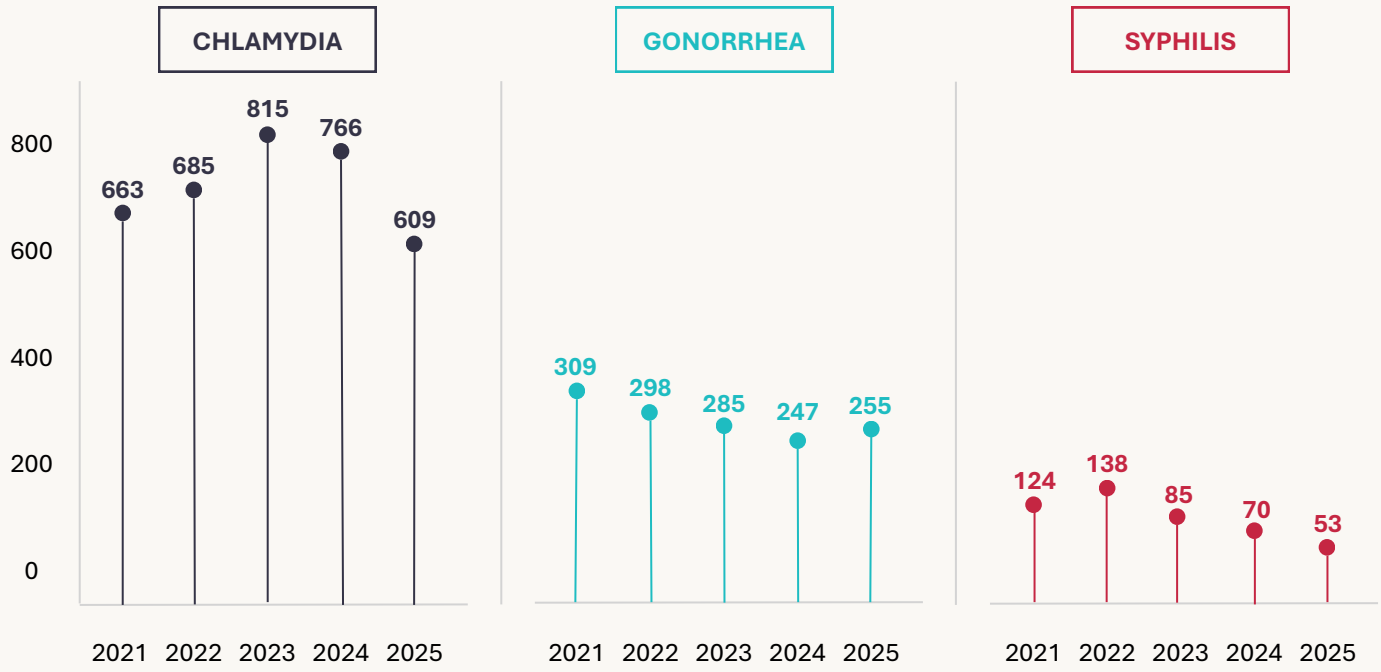
2025 STI INCIDENCE RATE ACROSS ARIZONA

Rate per 100,000 people



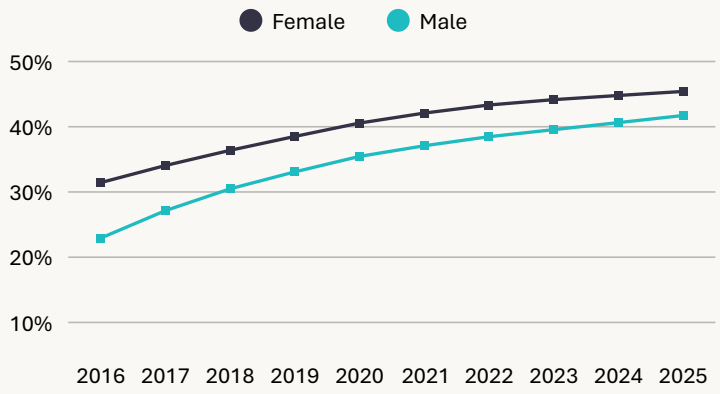
Source: ADHS STI Data

NUMBER OF REPORTED STI CASES IN NAVAJO COUNTY



Source: ADHS STI Data

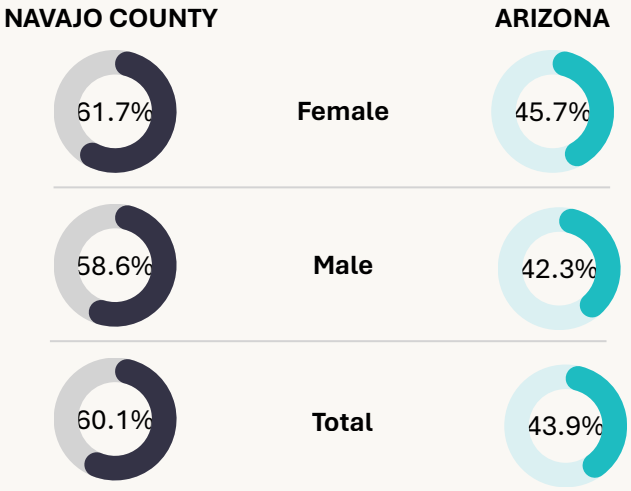
ARIZONA HUMAN PAPILLOMAVIRUS VACCINE COVERAGE TREND AMONG ADOLESCENTS 11-18 YEARS



Source: ADHS HPV Vaccination Dashboard

HPV VACCINE COVERAGE AMONG 11-18 YEAR OLDS

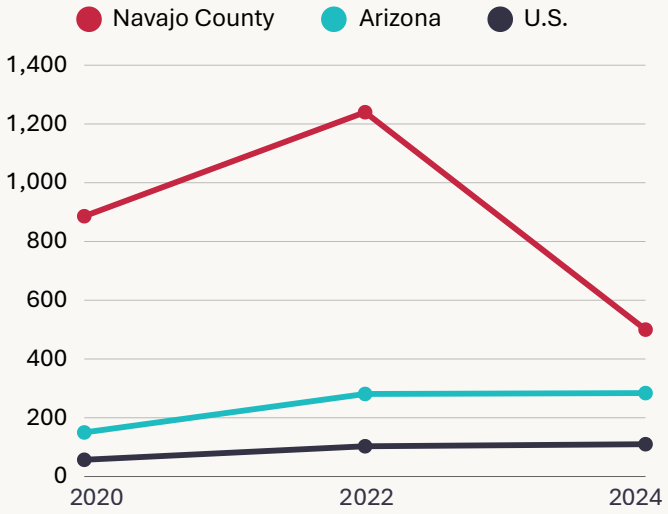
As of June 30, 2026



Source: ADHS HPV Vaccination Dashboard

CONGENITAL SYPHILIS RATES

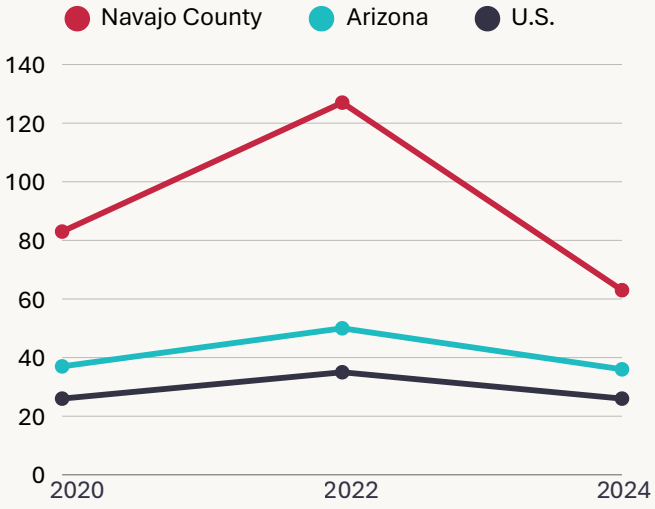
per 100,000 live births



Source: ADHS STI Annual Report 2022; 2024 Available Upon Request

SYPHILIS RATES

per 100,000



Get Tested

Navajo County Public Health Services District

600 N 9th Place, Show Low, AZ 85901
928-532-6050

Or call your primary care provider

SOCIAL DETERMINANTS OF HEALTH



Photographed by: Ashley Martell

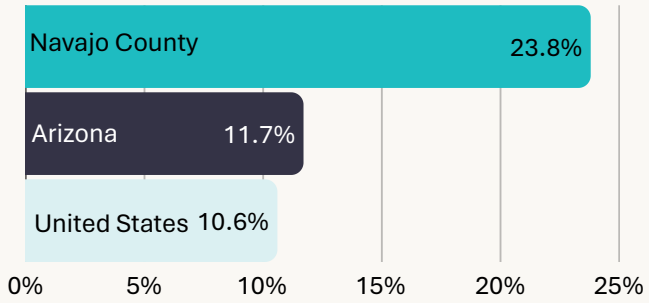
SOCIAL DETERMINANTS OF HEALTH

ECONOMIC INSTABILITY

A living wage is the hourly income a full-time worker needs to earn to cover basic living expenses, such as housing, food, transportation, healthcare, and other necessities, without relying on public assistance. Living wage estimates vary based on family size and the number of children in a home.

PERCENT OF PERSONS IN POVERTY

2024



Source: US Census Bureau

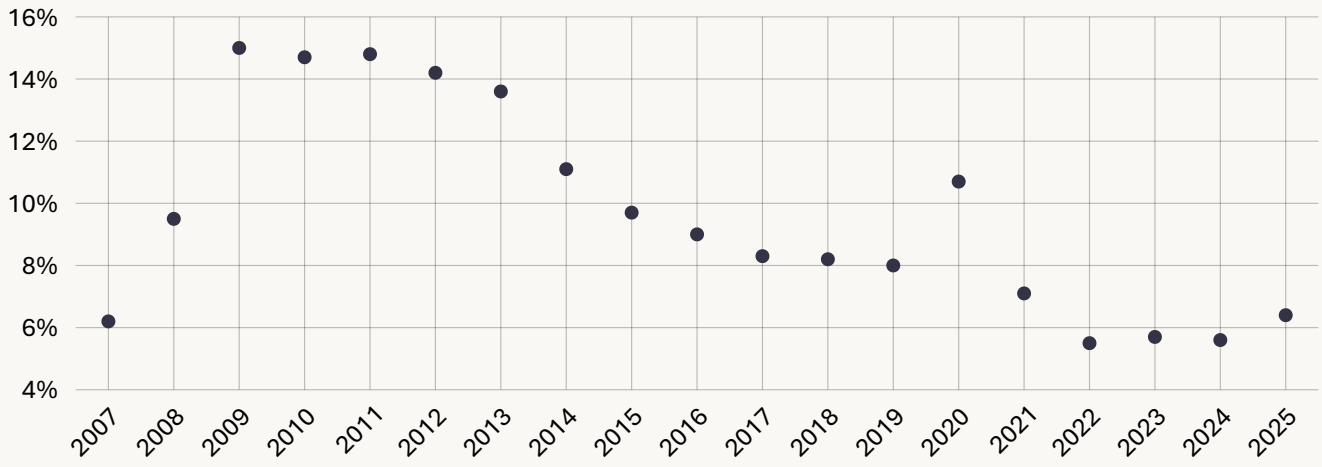
NAVAJO COUNTY LIVING WAGE FOR 1 ADULT

Per Hour

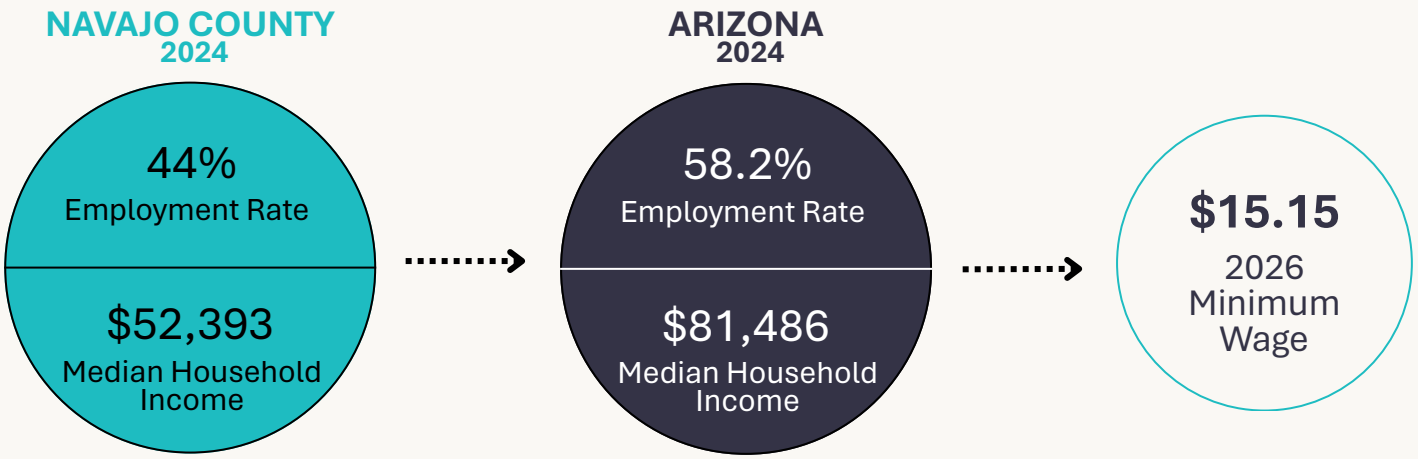
	2023	2026
0 Children	$15.79	$22.26
1 Child	$33.59	$38.85
2 Children	$42.66	$49.92
3 Children	$55.63	$61.62

Source: Living Wage Calculator

NAVAJO COUNTY UNEMPLOYMENT RATE



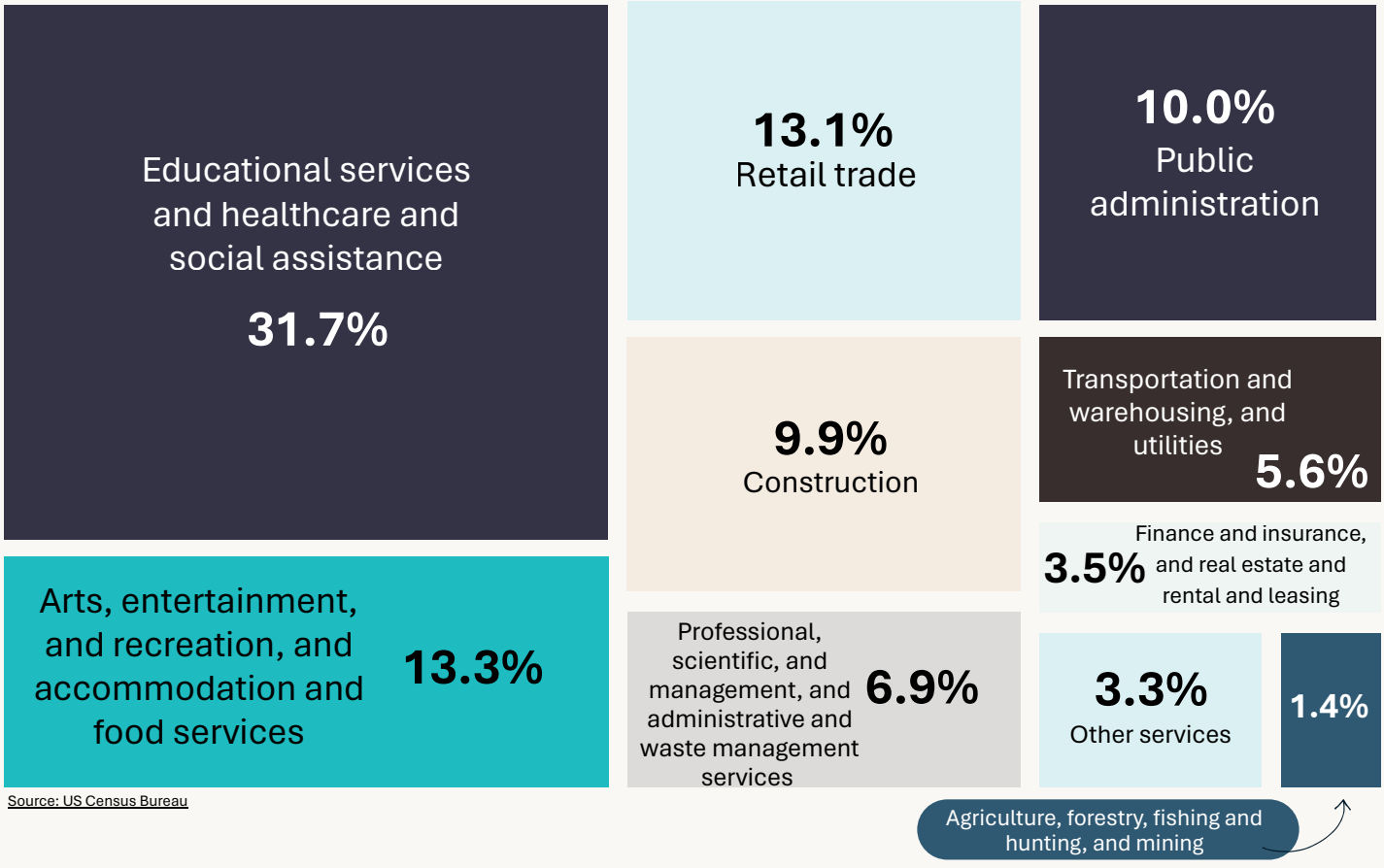
Source: US Bureau of Labor Statistics via FRED



Source: US Census Bureau

Source: US DOL

NAVAJO COUNTY EMPLOYMENT INDUSTRY FOR RESIDENTS 16+



Source: US Census Bureau

COMMUNITY PERSPECTIVE

14%

of CHNAS respondents said lack of childcare was a top barrier to accessing community health resources

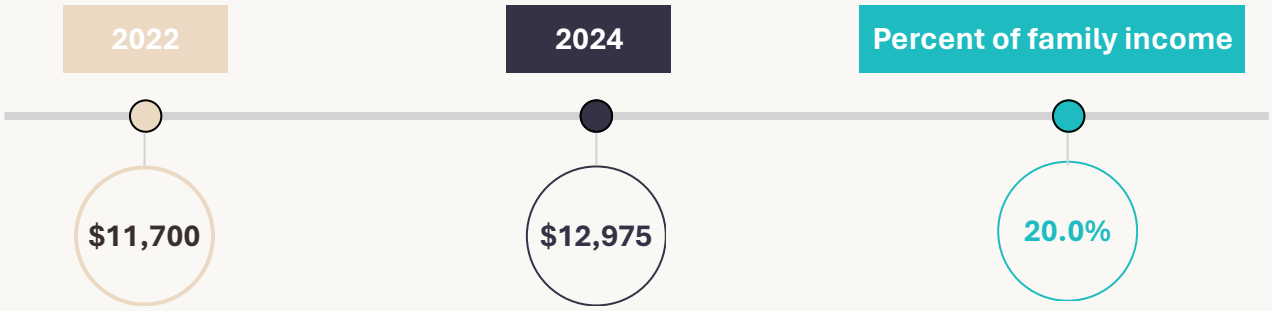
2025 NAVAJO COUNTY FAIR MARKET RENT PER MONTH

Studio	1-Bedroom	2-Bedroom	3-Bedroom	4-Bedroom
Navajo County				
$999	$1,055	$1,384	$1,711	$1,835

Source: Rent Data

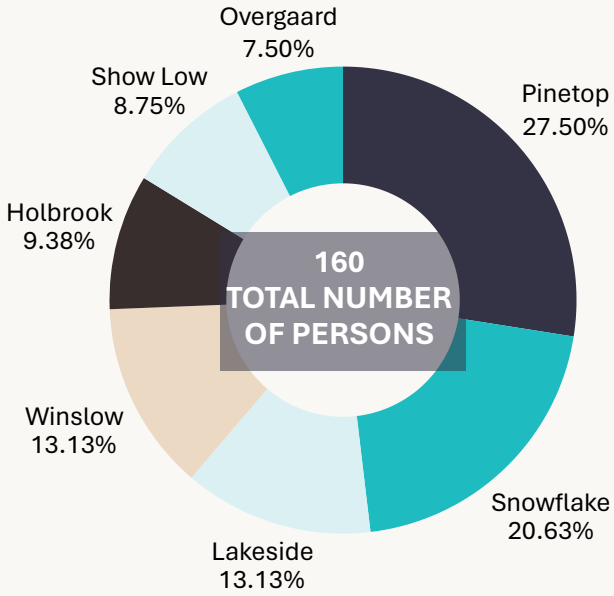
NAVAJO COUNTY CHILDCARE COSTS

Infant Center-Based

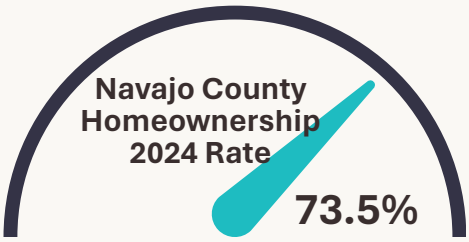


Source: US Dept of Labor Women's Bureau

2025 NAVAJO COUNTY UNSHELTERED PIT (POINT-IN-TIME) COUNT



Source: ADOH





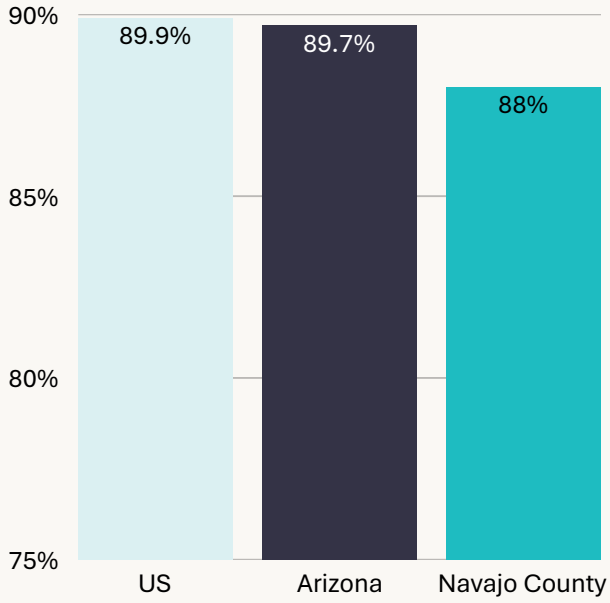
Source: US Census Bureau

EDUCATION ACCESS & QUALITY

EDUCATIONAL ATTAINMENT

HIGH SCHOOL GRADUATE OR HIGHER

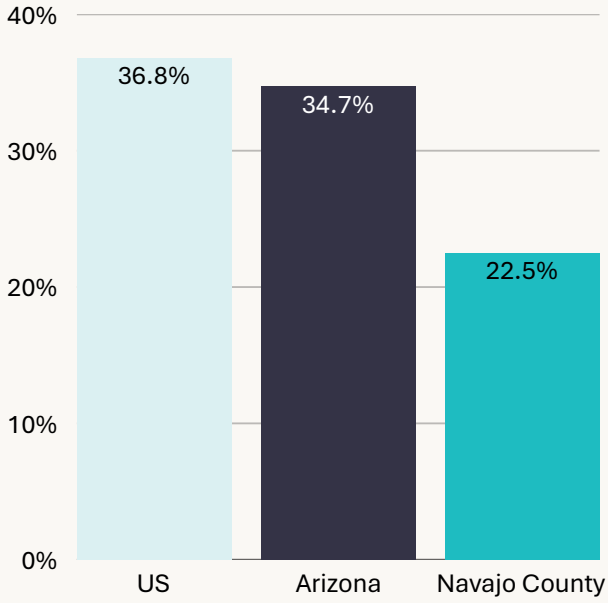
Population 25 years and older



Source: US Census Bureau

BACHELOR'S DEGREE OR HIGHER

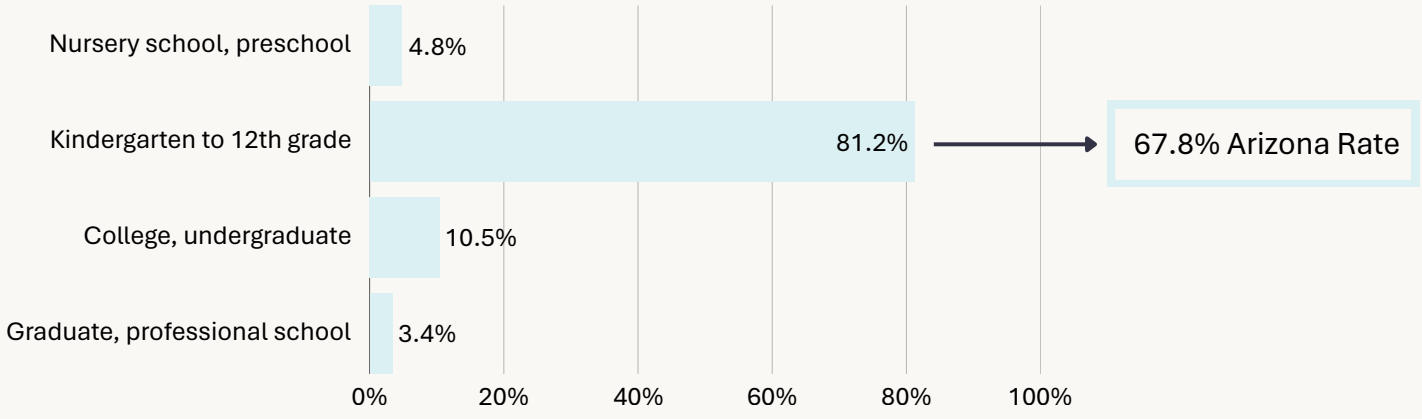
Population 25 years and older



Source: US Census Bureau

2024 NAVAJO COUNTY SCHOOL ENROLLMENT

Population 3 Years and Over Enrolled in School



Source: US Census Bureau

HEALTHCARE ACCESS

Access to timely, affordable healthcare plays an important role in preventing illness, managing chronic conditions, and improving quality of life. In rural communities like Navajo County, residents may face additional barriers to care, including provider shortages, long travel distances, transportation challenges, cost, and limited availability of specialty services. Understanding these barriers helps identify opportunities to strengthen the local healthcare system and connect residents with the care they need.

ACCESS TO CARE

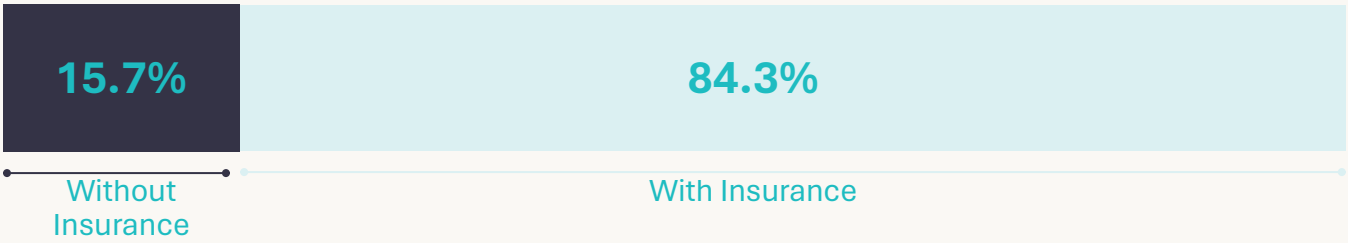
Ranked

#1

health priority by survey respondents

NAVAJO COUNTY HEALTH INSURANCE STATUS

Persons Under 65 Years



Source: US Census Bureau Quick Facts

102

Estimate # of CHWs in Navajo County

VS.

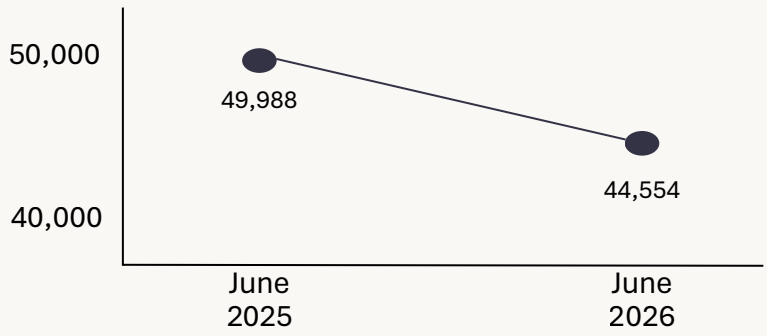
21

ADHS registry of certified CHWs

A Community Health Worker (CHW) is a trained public health professional who serves as a trusted connection between healthcare providers and the community.

Source: CHW Voluntary Certification Evaluation

AHCCCS POPULATION NAVAJO COUNTY



Decrease of **5,434** from 2025 to 2026

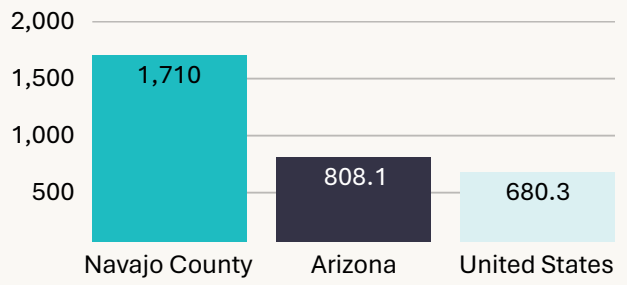
Source: AHCCCS 2025 County Reports

NAVAJO COUNTY HEALTHCARE PROVIDER RATIOS IN 2025

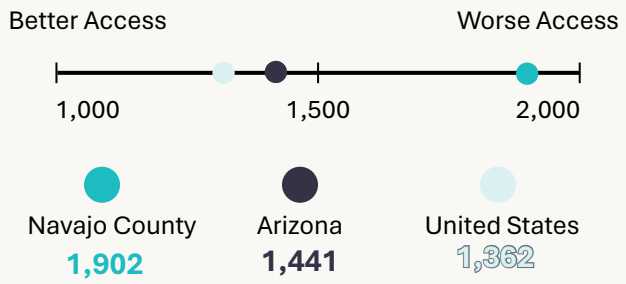
PEOPLE PER 1 PROVIDER
A higher ratio means fewer providers per resident

Source: NPPES NPI 2025

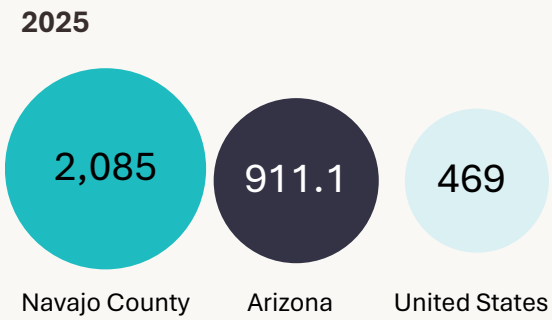
PEDIATRICIAN PROVIDER RATIO

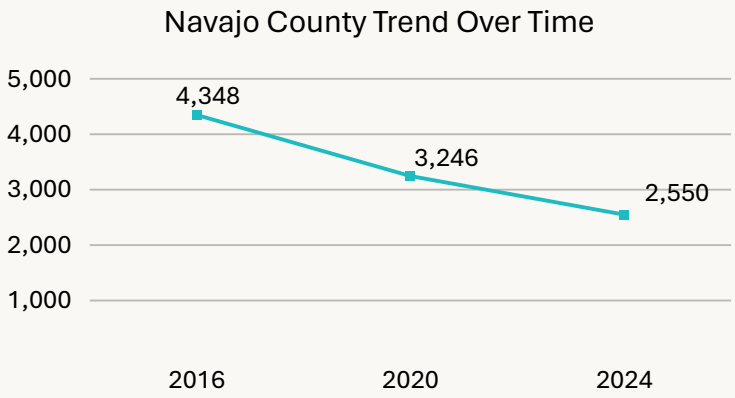


DENTIST PROVIDER RATIO

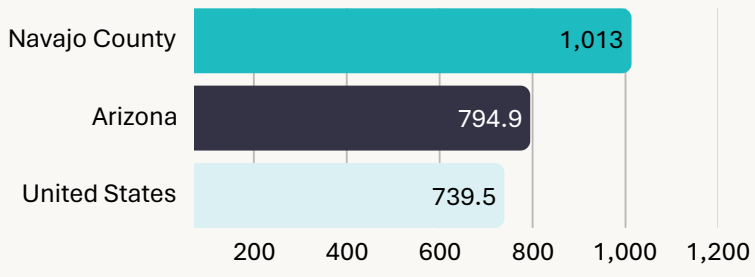


MENTAL HEALTH PROVIDER RATIO





PRIMARY CARE PROVIDER RATIO



BARRIERS TO ACCESSING HEALTHCARE according to CHNAS respondents

27% said lack of providers accepting new patients was a reason that prevented them from getting needed healthcare services

68% said they have to travel more than 40 miles for needed healthcare services

69% said that shortage of specialists was the top barrier to accessing community health resources

NEIGHBORHOOD & BUILT ENVIRONMENT

The places where people live, work, learn, and spend time can have a significant influence on health and well-being. Housing quality, transportation, access to healthy foods, safe places for physical activity, and environmental conditions can either support or create barriers to healthy living. In Navajo County, the county's large geographic area and rural communities make the built environment especially important when considering access to essential services, resources, and opportunities that support health.

2nd HIGHEST SOCIAL CONCERN

TRANSPORTATION

Identified by survey respondents

TRANSPORTATION: KEY FACTS

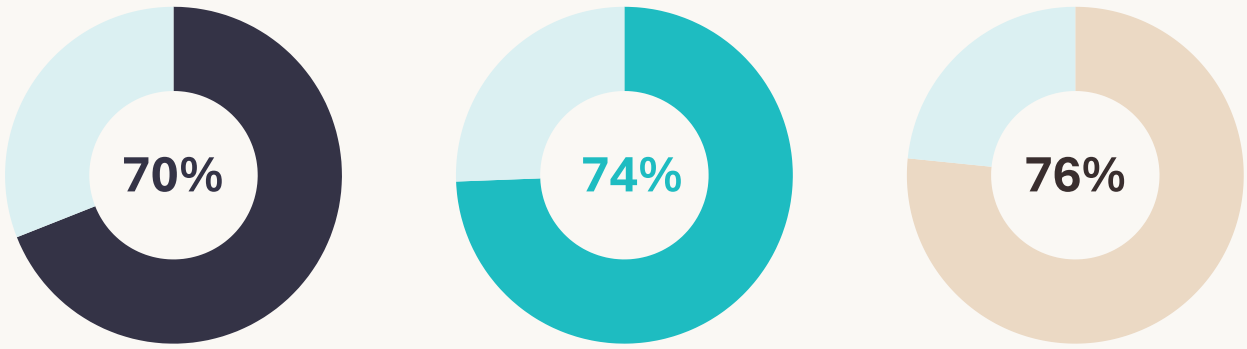
7.2% of occupied housing units had no vehicle available

Mean travel time to work in Navajo County is 25 minutes

Source: US Census Bureau

SOCIAL & COMMUNITY CONTEXT

PERCENTAGE OF CHNAS RESPONDENTS WHO RATED THEIR HEALTH EXCELLENT OR GOOD



COMMUNITY PERSPECTIVE

"My community is vital to my wellness. I work with some people that are just amazing and my days turn out pretty good, but I think, the community and the people I hang around, surround myself with have everything to do with it."

FOCUS GROUP PARTICIPANT

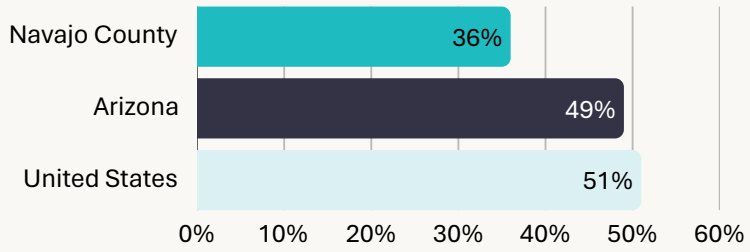
COMMUNITY ACCESS & CONNECTIONS

Comparing Navajo County, Arizona, and the United States (2023)

Source: County Health Rankings

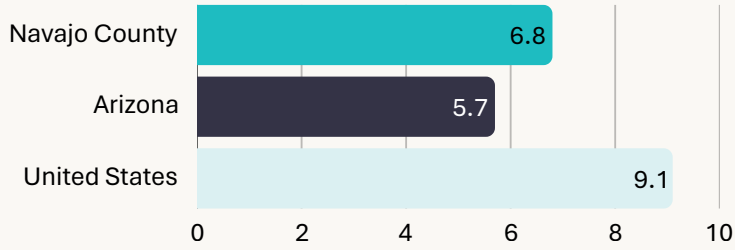
1 ACCESS TO PARKS

Percentage of population living within a half mile of a park



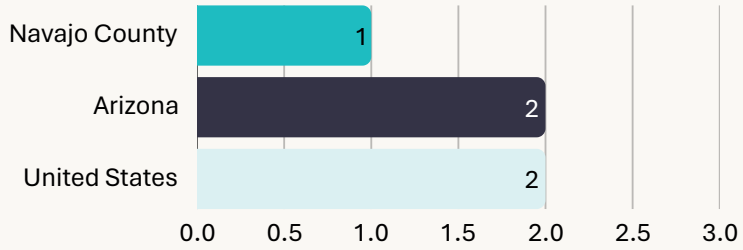
2 ACCESS TO SOCIAL ASSOCIATIONS

Number of membership organizations per 10,000 people. These include civic, political, religious, sports and professional organizations: social associations



3 LIBRARY ACCESS

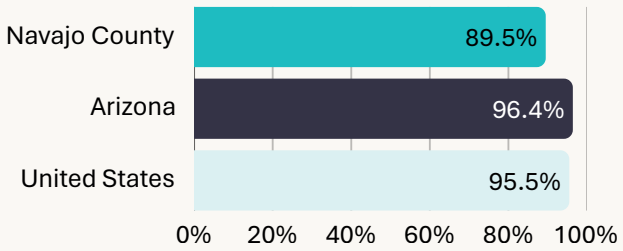
Library visits per person living within the library service area per year



4 COMPUTER ACCESS

Percent of households

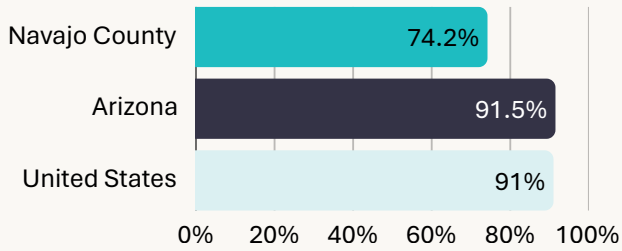
Households with a computer



Source: US Census Bureau Quick Facts

92% of CHNAS respondents said they have reliable internet access

Households with broadband internet



Adverse Childhood Experiences (ACEs) are stressful or traumatic events that occur during childhood and can have lasting effects on health and development. Research has shown that ACEs increase the likelihood of poor physical and mental health throughout adulthood, making early support and prevention important for improving lifelong well-being.

The unhealthy stress ACEs bring can have devastating consequences later in life.

Out of 100 people...

With 0 ACEs	With 3 ACEs	With 7+ ACEs
1 in 16 smokes	1 in 9 smokes	1 in 6 smokes
1 in 69 is alcoholic	1 in 9 is alcoholic	1 in 6 is alcoholic
1 in 480 uses IV drugs	1 in 43 uses IV drugs	1 in 30 uses IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

1,191 CHILDREN Children with 5 or more ACEs in Navajo County

3.73% of total child population

3rd Lowest County in AZ

Source: ACEs in Arizona

NAVAJO COUNTY JUSTICE SYSTEM DATA 2020



Source: Justice Reinvestment Data Summary 2022

COMMUNITY PERSPECTIVE

87%

of CHNAS respondents said they feel safe in their community

VOTER TURNOUT 2020 ELECTIONS

% of eligible population who voted

Navajo County	64.9%
Arizona	67.1%
United States	67.9%

Source: County Health Rankings

MOVING FORWARD



Photographed by: Kirk Webb

MOVING FORWARD

FROM ASSESSMENT TO ACTION

This assessment is a beginning, not an end. The data and community voices gathered here now guide the next phase of the Community Health Improvement process: working alongside residents, tribal partners, hospitals, schools, and local organizations to choose shared priorities, set measurable goals, and act on them together.

1 → 2 → 3

2025-2026

ASSESS

Community Health Assessment: surveys, focus groups, and data from 1,750 resident voices

YOU ARE HERE

2026-2027

PRIORITIZE & PLAN

Community Health Improvement Plan (CHIP): partners select priorities and evidence-based strategies

2027 & BEYOND

ACT & MEASURE

Implement together, track progress with the community, and adjust each year

WHAT WE HEARD LOUDEST

Priorities identified by CHNAS respondents - final CHIP priorities will be selected with community partners.

#1 HEALTH PRIORITY

ACCESS TO CARE

TOP HEALTH PRIORITY

MENTAL HEALTH

TOP HEALTH PRIORITY

SENIOR HEALTH & AGING SERVICES

HOW TO GET INVOLVED

- **Join the CHIP Process** - community members and organizations are invited to participate in community health improvement
- **Share this report** - with your neighbors, your board, and anyone working to make Navajo County a healthier place to live

THANK YOU, NAVAJO COUNTY

1,750

Residents shared their time, stories, and hopes to build this assessment. This report belongs to you - and so does what comes next.

-NCPHSD CHI TEAM