

2021 Apache County Community Health Needs Assessment



BALOO OUTDOOR PHOTOGRAPHY©

*Photo Credit: Riki Baloo,
Springerville, AZ Community Member*

Acknowledgements

Thank you to the following organizations and stakeholders for devoting their leadership and professional expertise in developing the 2021 Apache County Community Health Needs Assessment.

Apache County Public Health Services District



Little Colorado Behavioral Health Center



North Country Healthcare



Round Valley School District



Town of Springerville



White Mountain Regional Medical Center



Steering Committee Members

White Mountain Regional Medical Center would like express gratitude to the following Steering Committee Members for dedicating their time and support in collecting surveys and developing the Community Health Needs Assessment. Please note, this is the committee and roles that created the survey in July/August 2021.

Robin Agüero

Community Services Director, Town of Springerville

Wesley Babers, RSCP/BSHA

Chief Operating Officer & Cardiopulmonary Manager, White Mountain Regional Medical Center

Alicia Chavez

Care Manager, North Country Healthcare

Kimberly Cole

Assistant Health Director, Apache County Public Health Services District

Thia Ebert-Loomis, RN, BSN, MS.Psy

Chief Nursing Officer, White Mountain Regional Medical Center

Laura Garcia

Patient Navigator, North Country Healthcare Well Woman Program

Donna Hauser

Executive Director, CAREaz

Laura Logan

Marketing and Public Relations Manager, White Mountain Regional Medical Center

Tamara Middleton, MSN, RN, ACM

Program Manager Swing Bed, Case Management, Utilization Review, White Mountain Regional Medical Center

Scott Poche, MS, LMFT

Chief Executive Officer, Little Colorado Behavioral Health Center

Travis Trickey, BA, MA

Compliance & Safety Officer, Disaster Coordinator, White Mountain Regional Medical Center

Travis Udall

Superintendent, Round Valley School District

Greg Was, CPA, FHFMA

Chief Executive Officer, White Mountain Regional Medical Center

Holly Winters

Community Outreach Cooperative Extension-Apache County, AZ HEALTHZONE

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Executive Summary

This Community Health Needs Assessment (CHNA) was conducted in collaboration with the Apache County Public Health Services District, Little Colorado Behavioral Health Center, North Country Healthcare, Round Valley School District, the Town of Springerville and White Mountain Regional Medical Center.

The CHNA was conducted to identify the health needs, challenges and opportunities unique to our community, and to provide useful information to health care providers, collaborative groups, community groups and organizations, and consumers who are interested in improving healthcare in our communities. The results of the CHNA will enable us to strategically establish priorities, develop interventions and commit resources to improve the healthcare needs of Apache County. The results of the CHNA will also allow our communities to apply for the necessary grants and funding needed to improve and implement services for our community members.

As part of the process for evaluating the community's needs, a Steering Committee was formed. The Steering Committee provided guidance in all aspects of the CHNA process, including development of the process, prioritization of the significant health needs identified, and development of the implementation strategies.

Assessment Process

The research and data analysis of the 2021 Community Health Needs Assessment began in late September 2021. The primary service area was defined as Southern Apache County as well as a portion of Catron County, New Mexico. The Steering Committee reviewed the 2018 CHNA, the community health initiatives, and progress improvement. The Steering Committee then developed the community survey for the purpose of obtaining direct input regarding the health needs of residents living within the primary service area. The community survey was available in both English and Spanish and consisted of forty-three (43) questions related to health, status and behaviors.

The community survey was publicized and distributed throughout the primary service area. The CHNA survey was available to the community in paper form; electronically on White Mountain Regional Medical Center's website www.wmrmc.com, White Mountain Regional Medical Center Facebook Page <https://www.facebook.com/WMRMCSpringerville>; and on-line via Survey Monkey at www.surveymonkey.com. One hundred and eighty-two (182) residents completed the survey and provided input between September 2021 and November 2021.

Executive Summary (Continued)

Summary of Findings

Upon the completion of the CHNA, a summary of findings was presented to the White Mountain Regional Medical Center Board of Directors for review. A needs assessment was developed to determine the gaps in health-related services. Once the significant health needs were identified, the Steering Committee will work on making recommendations on how to best prioritize and address the health needs in the community.

Through the assessment and data collection process, the top health related priorities identified during the 2021 survey included:

- 1. Received Medical Services outside Apache County**
- 2. Mental Health Services: Depression, Anxiety and Substance Abuse**
- 3. High Blood Pressure and Allergies**
- 4. Women's Health Services**

It was noted in the comment section of the survey the need for local specialists and the Steering Committee will review this in conjunction with priority number one (1).

Introduction

Purpose of CHNA Report

The Patient Protection and Affordable Care Act (ACA), requires not-for-profit hospitals to conduct a Community Health Needs Assessment (CHNA) once every three (3) years. These assessments are designed to identify and prioritize the major health needs of the communities they serve. Healthcare related organizations utilize the results of the assessments to help make a positive impact on the health of residents and address the health needs of their community.

The purpose of the 2021 Apache County Community Health Needs Assessment was to complete a comprehensive assessment of the health status and health care needs of residents living in Apache County. The goal of the Community Health Needs Assessment is to improve the overall health of Apache County.

The Community Health Needs Assessment provides a framework of community action, engagement and accountability in addressing the health needs of residents living in Apache County. Its significance as a resource to community organizations is vital in prioritizing our health needs and initiatives.

This CHNA report is available to the public on White Mountain Regional Medical Center's web site www.wmrmc.com. A paper copy is available upon request by emailing the Marketing Department at marketing@wmrmc.com.

About White Mountain Regional Medical Center

White Mountain Regional Medical Center is a not-for-profit, twenty-one (21) bed Critical Access Hospital. The Hospital is located in Apache County, Arizona. The first Hospital (White Mountain Communities Hospital) was a fifteen (15) bed Medical Center and was located on land donated by the Town of Springerville. Between 1959 and 1965 the citizens of Southern Apache County launched an effort to raise funds for the construction of the current facility which was completed in 1965.

In 1971 the Board of Directors entered into a contractual agreement with Good Samaritan Hospital (later known as Samaritan Health System). In 1982, a one point five million dollar (\$1,500,000.00) expansion of the Medical Center was completed. Good Samaritan opened a long-term care facility adjoining the Hospital in 1987.

Introduction (Continued)

About White Mountain Regional Medical Center

In early 1995, Good Samaritan elected to end the relationship with the Hospital. The action created a crisis which could have left the community without vital medical services. The citizens in the service area responded and developed a “Save Our Services” campaign. Telethons, raffles and other fund raising events were held to provide funds to keep the Hospital open. Apache County, the Towns of Eagar and Springerville and local businesses also made contributions.

In July 1995, voters within the proposed tax district boundaries voted overwhelmingly to create the White Mountain Communities Special Health Care District. Funding for Emergency Medical Services was provided by a small secondary property tax through the Special Health Care District.

In August 1997, the Board of Directors voted to change the Hospital’s name to White Mountain Regional Medical Center. In August 2000, the long-term care facility was closed.

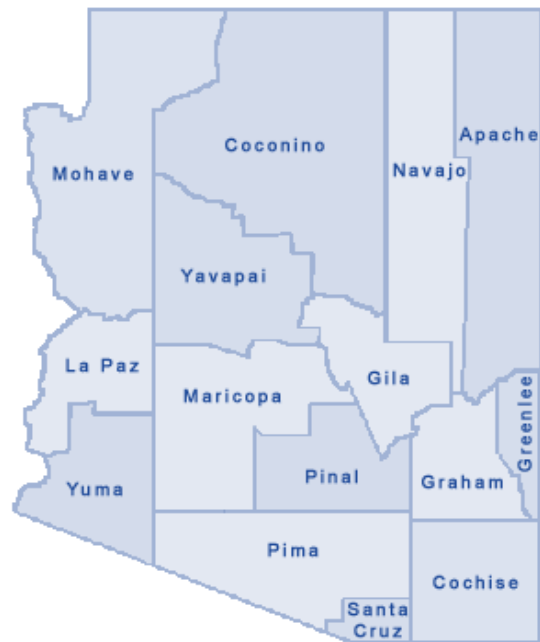
Today, White Mountain Regional Medical Center continues to provide vital medical services to Southern Apache County as well as a portion of Catron County, New Mexico. White Mountain Regional Medical Center is committed to providing a wide range of services to the community, including:

- Twenty-four (24) hour Emergency Services: Designated as a Level IV Trauma Center and certified as a Pediatric Prepared Care Emergency Department
- Inpatient and Outpatient Surgical Services
- Clinical Laboratory and Blood Bank Services
- Radiology Services: MRI, CT, Ultrasound, Nuclear Medicine, Echocardiography, Bone Densitometry and X-Ray
- Cardiopulmonary Services: Sleep Diagnostic Center, EKG, EEG, Pulmonary Function and Stress Testing
- Swing Bed Rehabilitation
- Outpatient IV Therapy
- Rehabilitation Services: Physical, and Occupational Therapies
- Jean V. Hall Wellness Center
- Specialty and Family Care Clinic

Apache County Geography and Demographics

On February 24, 1879 the Tenth Territorial Legislature created Apache County. The county encompassed all of the present day Navajo and Apache Counties as well as parts of Graham and Greenlee Counties. In 1881 a portion of the county was taken to form part of what is now Graham County. The county also lost significant territory when Navajo County was formed in 1895. Apache County is the longest county in the country.

Apache County is located in the northeast corner of Arizona covers a total of eleven thousand one hundred and ninety-five (11,195) square miles. Apache County is the third largest county in Arizona and the sixth largest in the United States. Apache County has the most land designated as Indian reservation of any county in the United States.



According to the 2020 United States Census Bureau there were sixty-six thousand and twenty-one (66,021) people residing in Apache County. The 2012-2016 American Community Survey estimates the population of Apache Country was seventy-two thousand, three hundred and forty-six (72,346). This is a seven point seven percent (7.7%) decrease from the 2010 United States Census.

Seventy-one point two percent (71.2%) of the population residing in Apache County are American Indian; twenty-two point five percent (22.5%) are White; three point six percent (3.6%) are from two or more races; one point nine percent (1.9%) are from other races; point five percent (0.5%) are Asian; point three percent (0.3%) are African American; and zero percent (0.0%) are Native Hawaiian. The 2020 United States Census did not have a separate category for Hispanic/Latino under race, but it is classified under ethnicity group.

Apache County, 2020 Census Information

Total Population: 66,021

Gender	Percentage
Male	49.4%
Female	50.6%
Age	Percentage
Under 5 years	6.7%
Under 18 years	27.0%
18 years to 64 years	50.5%
65 years and older	15.8%
Race and Hispanic Origin	Percentage
One Race	
White (14,873)	22.5%
Black or African American (185)	0.3%
American Indian and Alaska Native (47,016)	71.2%
Asian (312)	0.5%
Native Hawaiian and Other Pacific Islander (20)	0.0%
Other (1,225)	1.9%
Two or More Races (2,390)	3.6%
Hispanic Origin	
Hispanic or Latino (3,861)	6.6%
White [not Hispanic or Latino] (13,791)	18.0%

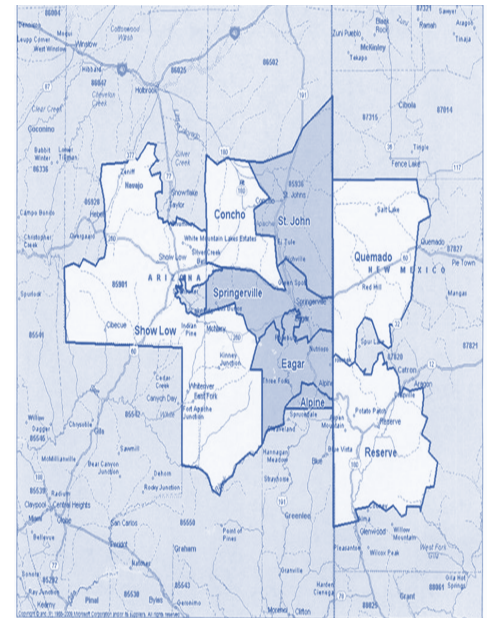
Housing	Amount	Percentage
Housing units, July 1, 2019	33,023	
Owner-occupied housing unit rate, 2015-2019		78.9%
Median value of owner-occupied housing units, 2015-2019	\$59,900	
Median selected monthly owner costs – with mortgage, 2015-2019	\$971	
Median selected monthly owner costs – without mortgage, 2015-2019	\$179	
Median gross rent, 2015-2019	\$506	
Families & Living Arrangements	Total	Percentage
Households, 2015-2019	20,867	
Persons per household, 2015-2019	3.37	
Living in same house 1 year ago, percent of persons age 1 year +, 2015-2019		93.8%
Language other than English spoken at home, percent of persons age 5 years +, 2015-2019		53.8%
Computer and Internet Use	Total	Percentage
Households with a computer		57.0%
Households with a broadband Internet subscription, 2015-2019		37.9%
Education	Total	Percentage
High school graduate or higher, persons age 25 years+, 2015-2019		80.4%
Bachelor’s degree or higher, persons age 25 years+, 2015-2019		12.3%
Health	Total	Percentage
With a disability, under age 65 years, 2015-2019		9.3%
Persons without health insurance, under age 65 years		21.0%
Economy	Total	Percentage
In civilian labor force, age 16 years+, 2015-2019		37.9%
In civilian labor force, female, age 16 years+, 2015-2019		38.0%

Income & Poverty (In 2019 dollars)	Total	Percentage
Median household income, 2015-2019	\$32,508	
Per capita income in past 12 months, 2015-2019	\$15,128	
Persons in poverty		32.4%

Service Area Definition

The service area was defined by considering the geographic location and population served by the Apache Country Public Health Services District, Little Colorado Behavioral Health Center, North Country Healthcare and White Mountain Regional Medical Center. The service area includes Southern Apache County and a portion of Catron County, New Mexico. The service area is comprised of twelve (12) Zip Codes. The estimated population of the defined service area is twelve thousand, three hundred and forty (12,340).

Zip Code	City/State	Population Estimates (2021)
85920	Alpine, AZ	154
85924	Concho, AZ	238
85925	Eagar, AZ	5,037
85927	Greer, AZ	39
85930	McNary, AZ	672
85932	Nutrioso, AZ	74
85936	St. Johns, AZ	3,512
85938	Springerville, AZ	1,974
85940	Vernon, AZ	163
87824	Luna, NM	27
87827	Quemado, NM	177
87830	Reserve, NM	273



Apache County Health Profile

Risk Factors and Health Rankings

A person's health is influenced by biological, social, economic and environmental health factors. People living in rural areas are at higher risk for poor health. Research indicates that social factors, including educational attainment and poverty, account for over one third (1/3) of the total deaths in the United States in a year.

Research further indicates the likelihood of premature death increases as a person's income decreases and lower education levels are directly connected to lower income and shorter life expectancy.

The *County Health Rankings and Roadmaps*, is a collaboration between the Robert Wood Johnson Foundation and the University Wisconsin Health Institute. The *County Health Rankings and Roadmaps* is based on a model of population health which emphasizes the many factors that help make communities healthier places to live. The *County Health Rankings and Roadmaps* measure the health of each county in the United States and rank them within each state. These measures are standardized and combined to provide an overview of a community's health.

According to the *County Health Rankings and Roadmaps*, seventy-four point one percent (74.1%) of Apache County residents live in a rural area compared to ten point two percent (10.2%) statewide. Therefore, Apache County has the most rural areas in the state of Arizona.

The United States Census Bureau indicates thirty-two point four percent (32.4%) of Apache County residents live in poverty. According to the *Small Area Income and Poverty Estimates (SAIPE)*, forty-four point four percent (44.4%) of children living in Apache County under the age of eighteen (18) live in poverty. Additionally, Apache County has the highest poverty rate as compared to all other counties in the state of Arizona

Fifty-five point two percent (55.2%) of Apache County residents are enrolled in Medicaid while twenty-five point one percent (25.1%) are uninsured.

According to the 2021 Arizona *County Health Rankings and Roadmaps*, Apache County ranked number one for least healthy for Health Outcomes and least healthy for Health Factors. (see illustration on page 14).

Apache County Health Profile (Continued)

Risk Factors and Health Rankings



Health Outcomes

Apache (AP) is ranked among the least healthy counties in Arizona (Lowest 0%-25%)



Health Factors

Apache (AP) is ranked among the least healthy counties in Arizona (Lowest 0%-25%)

2021 County Health Rankings for the 15 Ranked Counties in Arizona

County	Health Outcomes	Health Factors
Apache	15	15
Cochise	8	6
Coconino	9	1
Gila	13	10
Graham	10	7

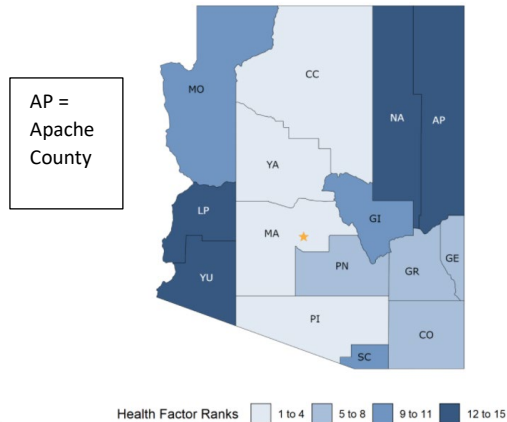
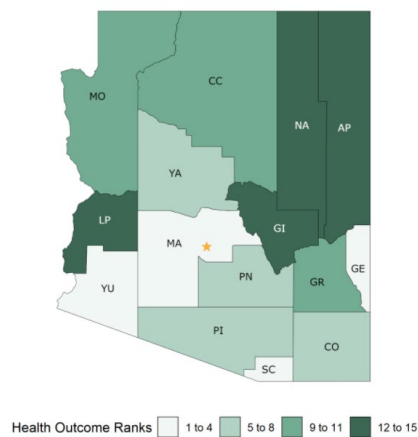
County	Health Outcomes	Health Factors
Greenlee	4	5
La Paz	12	14
Maricopa	2	3
Mohave	11	11
Navajo	14	12

County	Health Outcomes	Health Factors
Pima	6	4
Pinal	7	8
Santa Cruz	3	9
Yavapai	5	2
Yuma	1	13

For more information on how these ranks are calculated visit www.countyhealthrankings.org

2021 Health Outcomes - Arizona

2021 Health Factors - Arizona



AP =
Apache
County

Apache County Health Profile (Continued)

Leading Causes of Death

According to the Centers for Disease Control and Prevention, the top ten (10) leading causes of death in Arizona for 2017 were as follows (see illustration from the *Centers for Disease Control and Prevention* below):

AZ Leading Causes of Death, 2017	Deaths	Death Rate***	State Rank*	U.S. Rate**
1. Heart Disease	12,398	141.9	41 st	165.0
2. Cancer	12,008	138.9	47 th	135.8
3. Accidents	4,184	56.2	22 nd	49.4
4. Chronic Lower Respiratory Diseases	3,802	42.7	29 th	40.9
5. Alzheimer's Disease	3,058	35.1	21 st	31.0
6. Stroke	2,681	30.8	42 nd	37.6
7. Diabetes	2,054	23.7	16 th	21.5
8. Suicide	1,327	18.2	20 th	14.0
9. Chronic Liver Disease/Cirrhosis	1,137	14.3	6 th	10.9
10. Hypertension	1,019	11.7	4 th	9.0

In accordance with the Arizona Department of Health Services, the top leading causes of death in Apache County for 2019 were as follows:

Rank in 2019	Cause of death	Total Deaths
1	Diseases of heart	12,560
2	Malignant neoplasms	12,485
3	Accidents (unintentional injury)	4,522
4	Chronic lower respiratory diseases	3,678
5	Alzheimer's disease	3,045
6	Cerebrovascular diseases	2,848
7	Diabetes	2,170
8	Intentional self-harm (suicide)	1,411
9	Chronic liver disease and cirrhosis	1,211
10	Essential primary hypertension and hypertensive renal disease	1,009

Survey Results

One hundred and eighty-two (182) adult residents from the service area completed the 2021 Community Health Needs Assessment Survey. Whenever possible data from the current CHNA process is compared in this report to the results of the survey completed in 2018. The sample size of the 2021 survey was significantly lower as compared to the 2018 survey which had a sample size of four hundred and eighteen (418). All data in the **Figures** which follow are sourced directly from the survey results.

The majority of survey's received were from the Eagar, and Springerville areas. The responses by Zip Code of the 2021 survey are outlined in **Figure 1**.

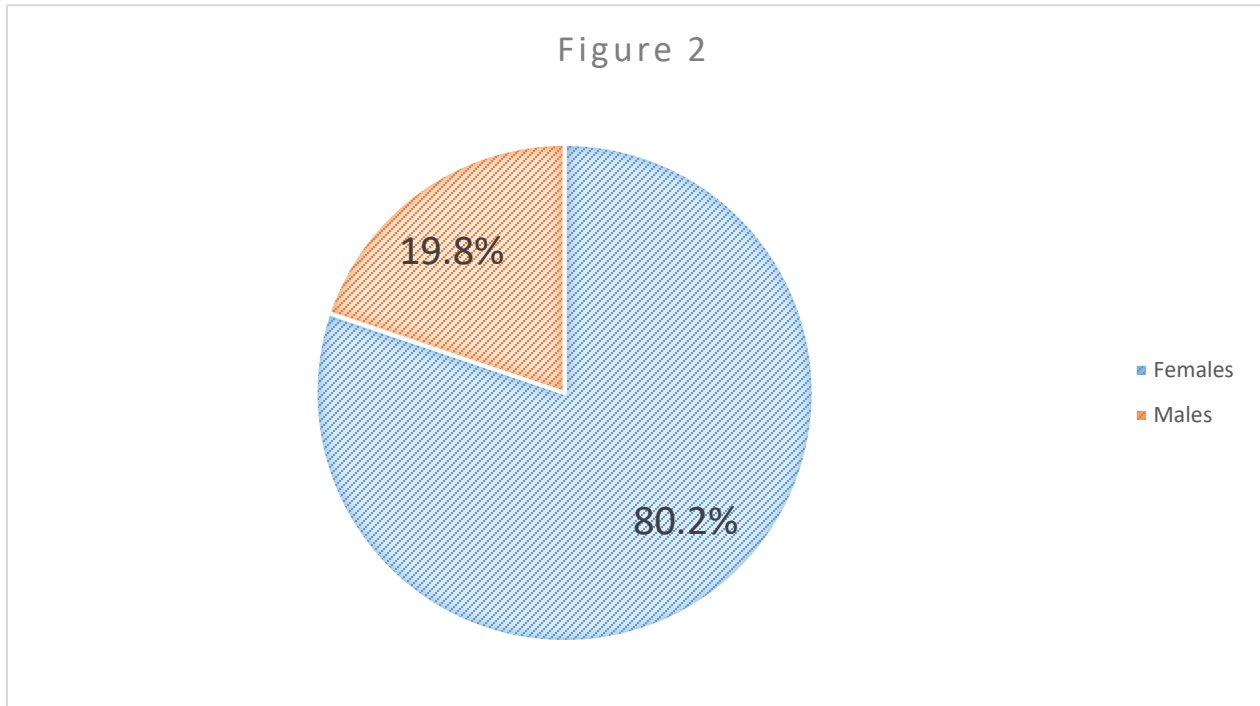
Figure 1: Question 1 - What is your zip code?

Figure 1		
Zip Code - City	2021 - Survey's Received	2018 - Survey's Received
85749 - Tucson	0	1
85901 - Show Low	0	3
85920 - Alpine	4	7
85922 - Blue	0	1
85924 - Concho	1	16
85925 - Eagar	105	184
85927 - Greer	0	1
85929 - Lakeside	0	4
85932 - Nutrioso	5	6
85936 - St. Johns	17	79
85938 - Springerville	48	92
85940 - Vernon	1	2
87824 - Luna	0	0
87829 - Quemado	1	9
87830 - Reserve	0	1
No Zip Code Listed	0	12
Total	182	418

Survey Results (Continued)

Eighty point two percent (80.2%) of the 2021 survey's were completed by female residents while nineteen point eight percent (19.8%) were completed by males. In 2018 seventy-six point one percent (76.1%) of the 2018 survey's were completed by female residents while twenty-three point nine percent (23.9%) were completed by males. See **Figure 2**.

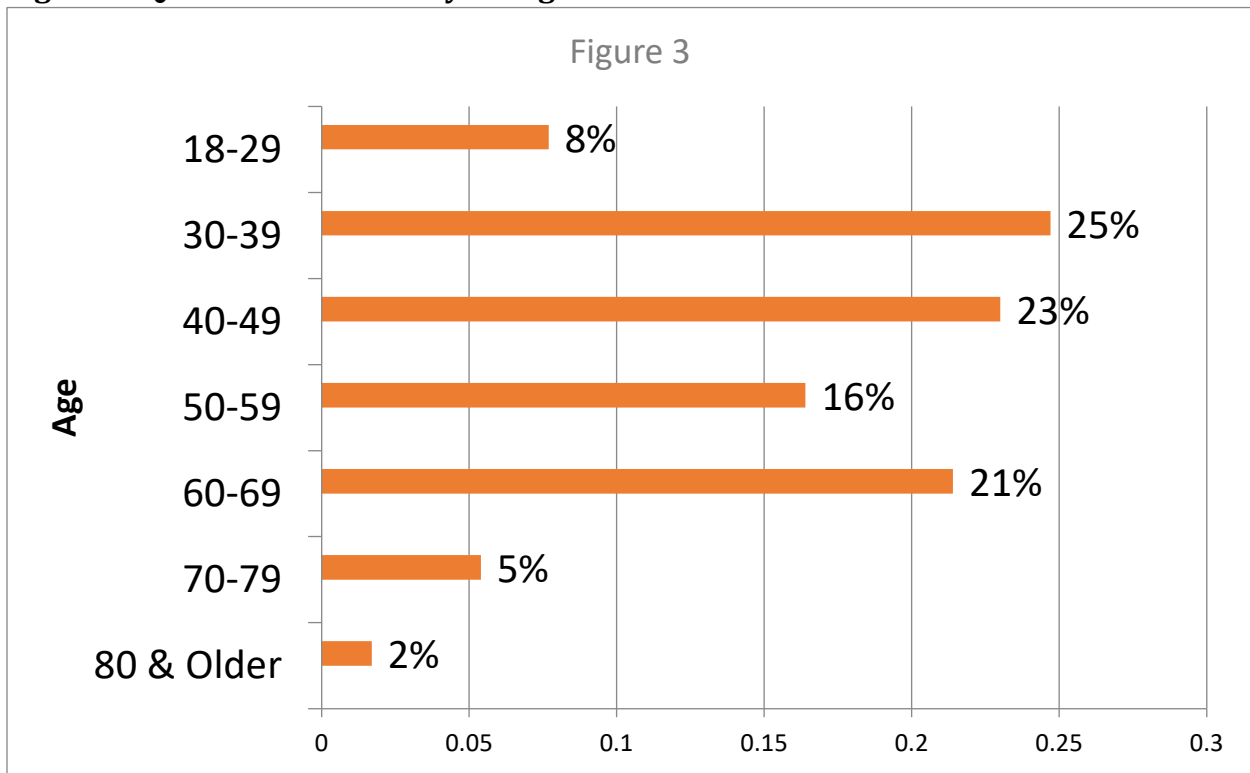
Figure 2: Question 2 - What is your gender?



It was determined the largest portion of 2021 responses were received from individuals aged thirty (30) to thirty-nine (39). Eighty-five point seven (85.7%) of the responses received were from individuals between the ages of thirty (30) to sixty-nine (69). In 2018 the largest portion of responses were received from individuals aged fifty (50) to fifty-nine (59). Seventy-one percent (71%) of the responses received were from individuals between the ages of thirty (30) to sixty-nine (69). See **Figure 3**.

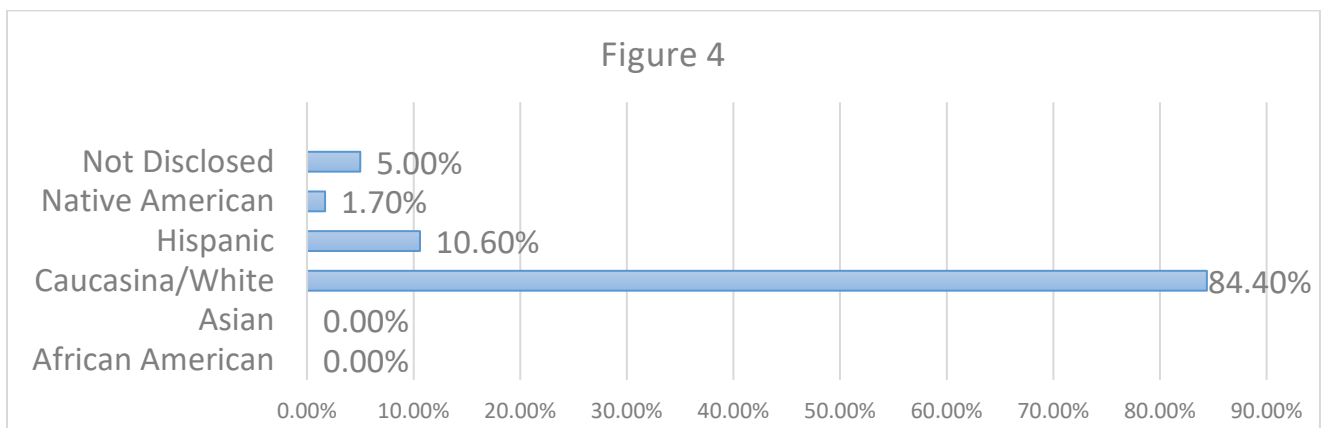
Survey Results (Continued)

Figure 3: Question 3 - What is your age?



Eighty-four point four percent (84.4%) of the 2021 survey's were completed by caucasian/white residents and ten point six (10.6%) were completed by hispanic residents. The results of the 2018 survey indicate seventy-six point one percent (76.1%) of the 2018 survey's were completed by caucasian/white residents and seventeen point three percent (17.3%) were completed by hispanic residents. See **Figure 4**.

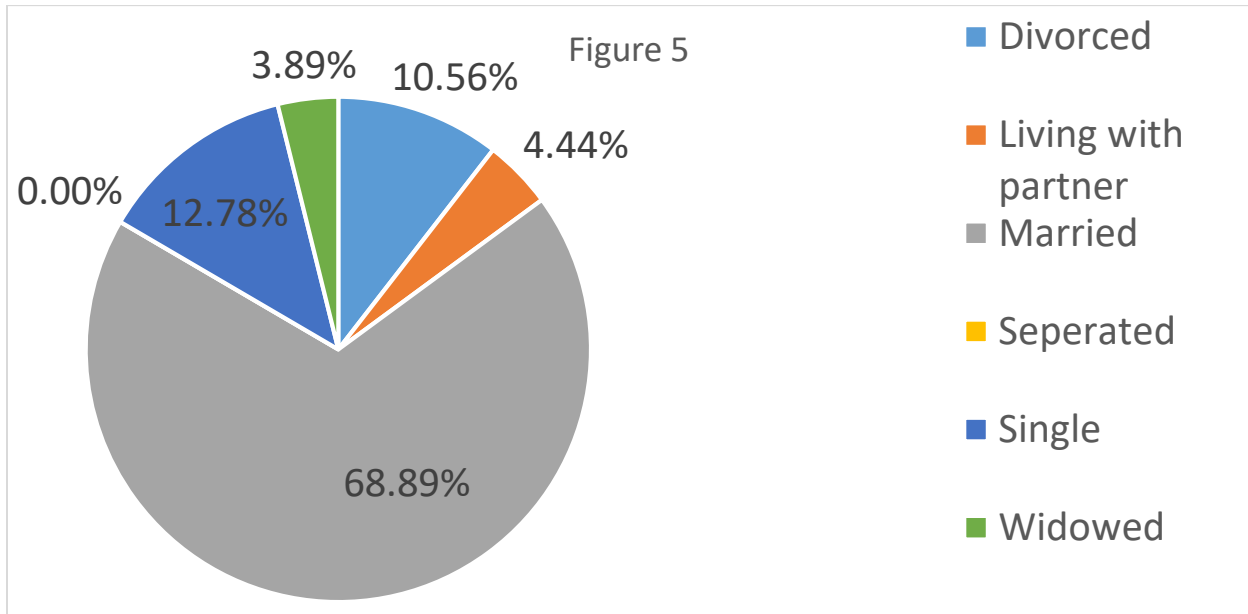
Figure 4: Question 4 - What is your ethnic background?



Survey Results (Continued)

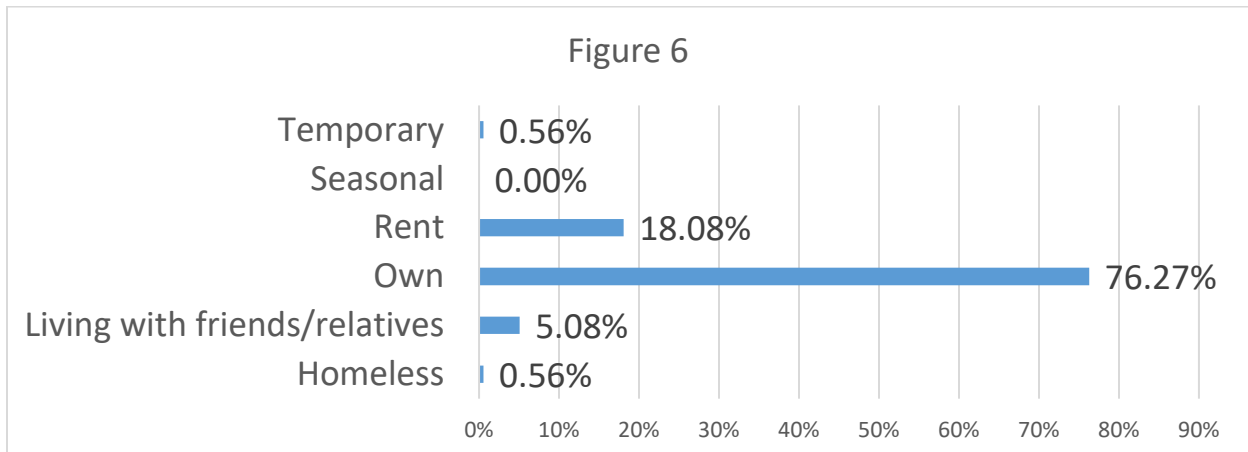
Of the 2021 survey's received it was determined that sixty-eight point eight percent (68.89%) were married while twelve point seven percent (12.78%) were single. The 2018 survey results indicate that fifty-nine point three percent (59.3%) were married while fifteen point eight percent (15.8%) were single. See **Figure 5**.

Figure 5: Question 5 - What is your marital status?



It was determined seventy-six point twenty-seven (76.27%) of those who completed the 2021 survey owned their home and eighteen point zero-eight percent (18.08%) rent homes. The 2018 survey findings indicate sixty-nine point six percent (69.6%) of those who completed the 2018 survey owned their home and twenty point one percent (20.1%) rent homes. See **Figure 6**.

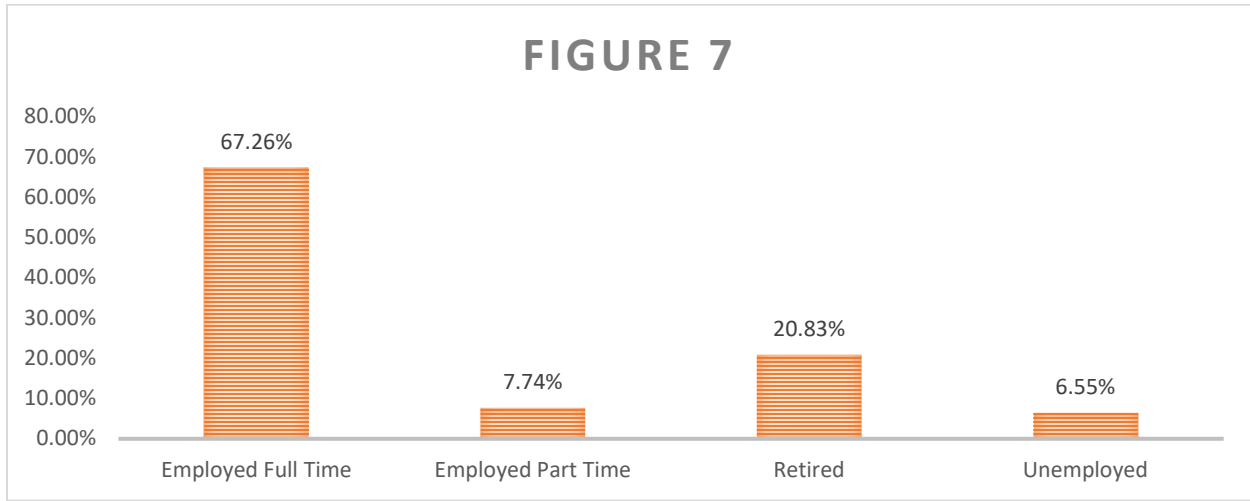
Figure 6: Question 6 - What is your housing status?



Survey Results (Continued)

It was determined sixty-seven point twenty-six percent (67.26%) of respondents of those who completed the 2021 survey were employed full time and twenty point eighty-three percent (20.83%) were retired. The 2018 survey results indicate fifty point one percent (50.1%) of those surveyed were employed full-time and twenty-nine point four percent (29.4%) are retired. See **Figure 7**.

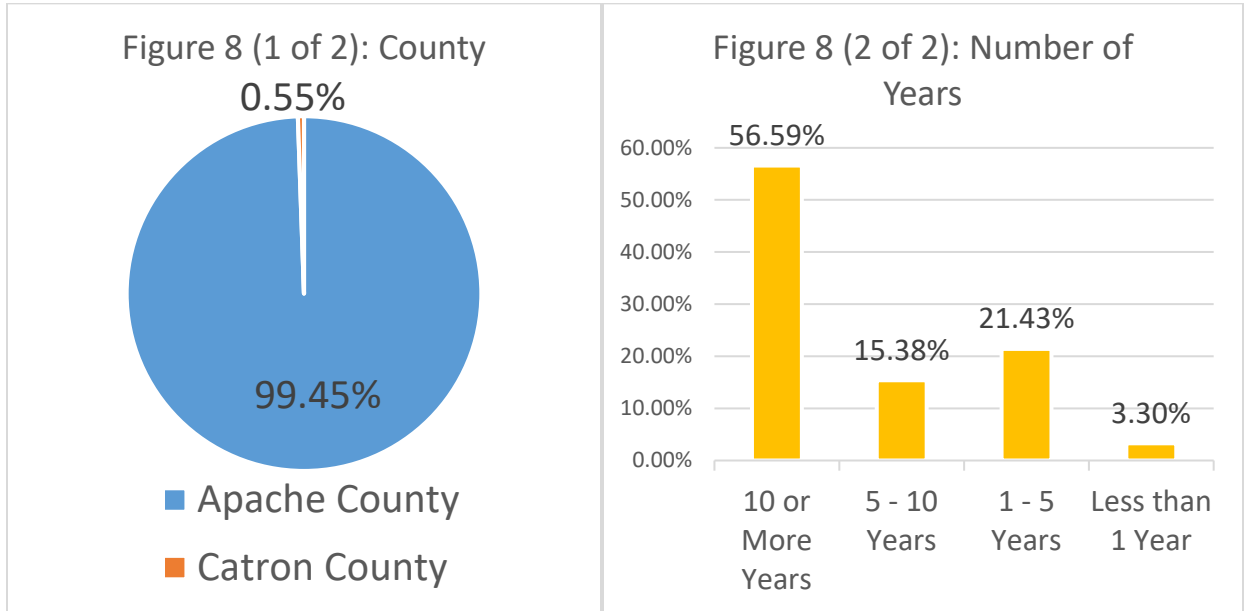
Figure 7: Question 7 - What is your employment status?



Ninety-nine point forty-five percent (99.45%) of respondents in 2021 indicated they reside in Apache County. Zero point fifty-five percent (0.55%) of respondents in 2021 indicated they reside in Catron County. Fifty-six point fifty-nine percent (56.59%) have resided in Apache and/or Catron County for ten (10) years or more. The 2018 survey results indicate ninety-six point four percent (96.4%) of respondents reside in Apache County. Three point five percent (3.5%) of respondents in 2018 indicated they reside in Catron County. Sixty-three point four percent (63.4%) have resided in Apache and/or Catron County for ten (10) years or more. See **Figure 8 (1 and 2)**.

Survey Results (Continued)

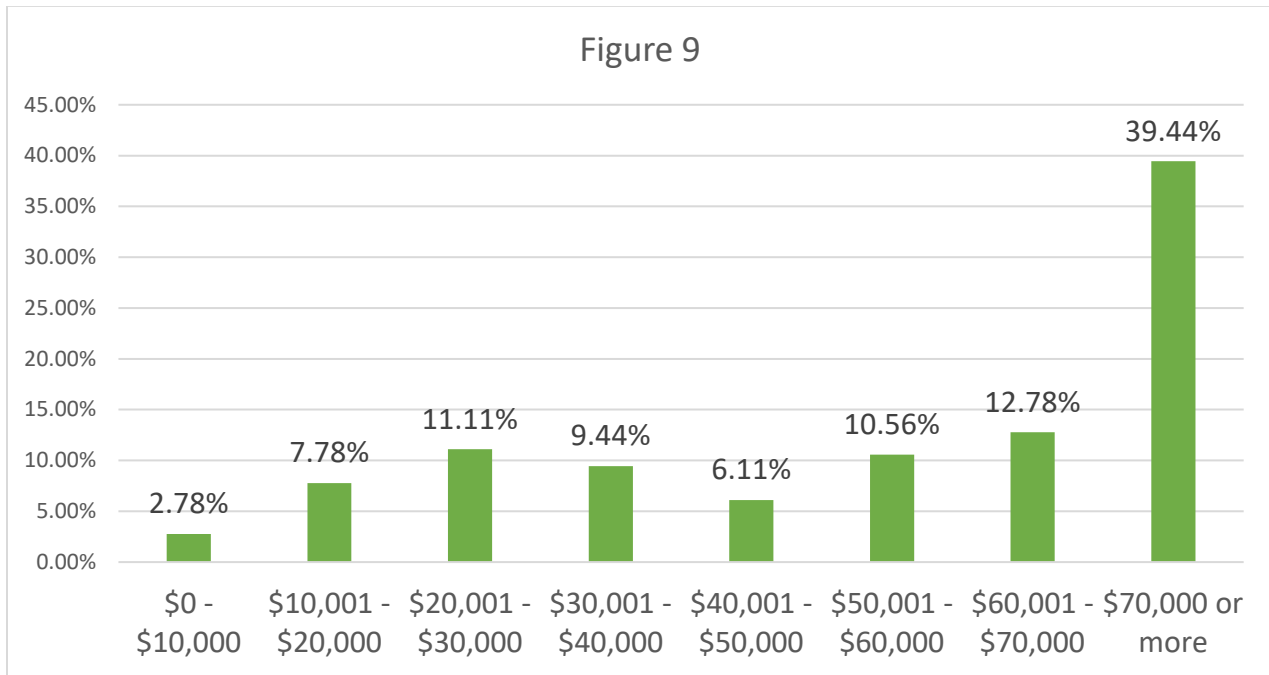
Figure 8: Question 8 - In which county do you reside, and how long have you lived there?



It was determined the annual income of thirty-nine point forty-four percent (39.44%) of those completing the 2021 survey was seventy thousand dollars (\$70,000) or more. Seven point seventy-eight percent (7.78%) reported an annual household income of ten thousand dollars (\$10,000) to twenty thousand dollars (\$20,000) in 2021. In 2018 it was determined the annual income of twenty-five point four percent (25.4%) of those completing the 2018 survey was seventy thousand dollars (\$70,000) or more. In 2018 fifteen point nine percent (15.9%) reported an annual household income of ten thousand dollars (\$10,000) to twenty thousand dollars (\$20,000). See **Figure 9**.

Survey Results (Continued)

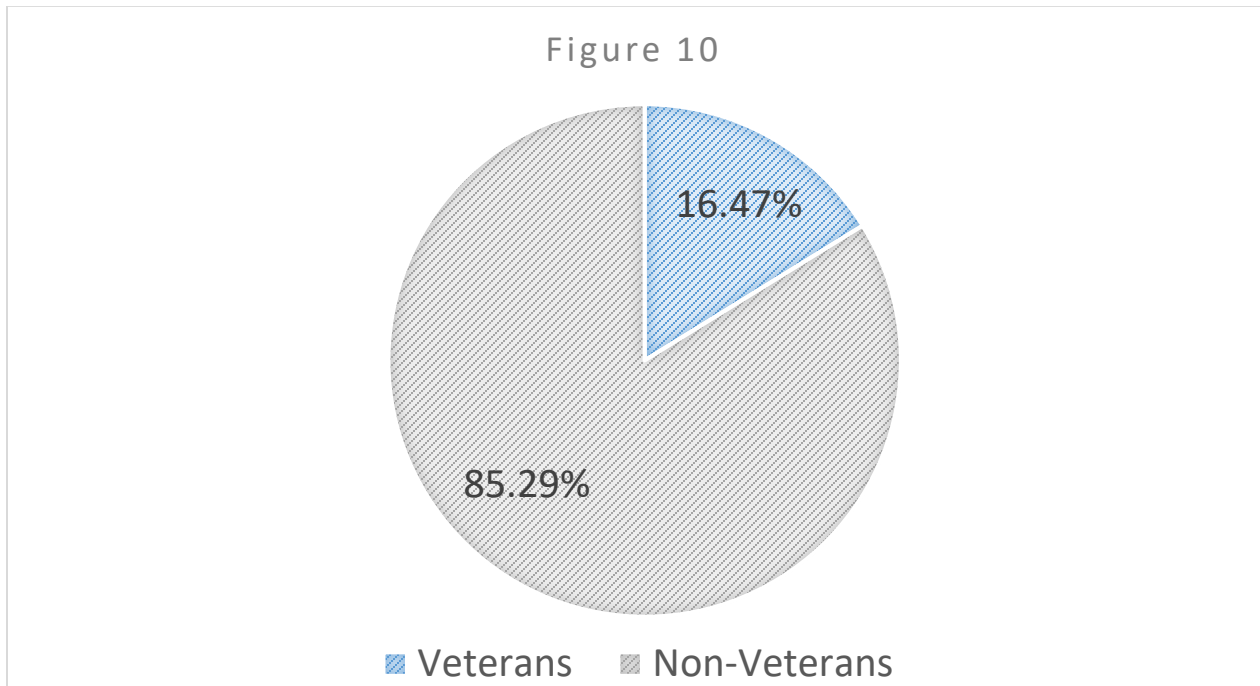
Figure 9: Question 9 - What is your annual household income?



Eighty-five point twenty-nine percent (85.29%) of individuals surveyed in 2021 indicated there were no veterans living in their home. Sixteen point forty-seven percent (16.47%) of individuals surveyed in 2021 indicated they or someone living in their home was a veteran. Twelve point thirty-five percent (12.35%) of veterans reported they receive medical services. Five percent (5%) of veterans indicated they receive their medical services locally, while four percent (4%) indicated they receive their medical services outside of our service area. Six point forty-seven (6.47%) of veterans indicated they receive mental health services. Three (3) reported they receive mental health services outside of our service area. Eighty-two percent (82%) of individuals surveyed in 2018 indicated there were no veterans living in their home. Eighteen percent (18%) of individuals surveyed in 2018 indicated they or someone living in their home was a veteran. Nine point nine percent (9.9%) of veterans reported they receive medical services. One point three percent (1.3%) of veterans reported they receive medical services at a VA Hospital. One point three percent (1.3%) reported they receive medical services in Apache County and one point two percent (1.2%) reported they receive medical services in Navajo County. Three point nine percent (3.9%) of veterans indicated they receive mental health services. One (1) person reported receiving mental health services in Apache County while three (3) reported they receive mental health services in Navajo County. See **Figure 10**.

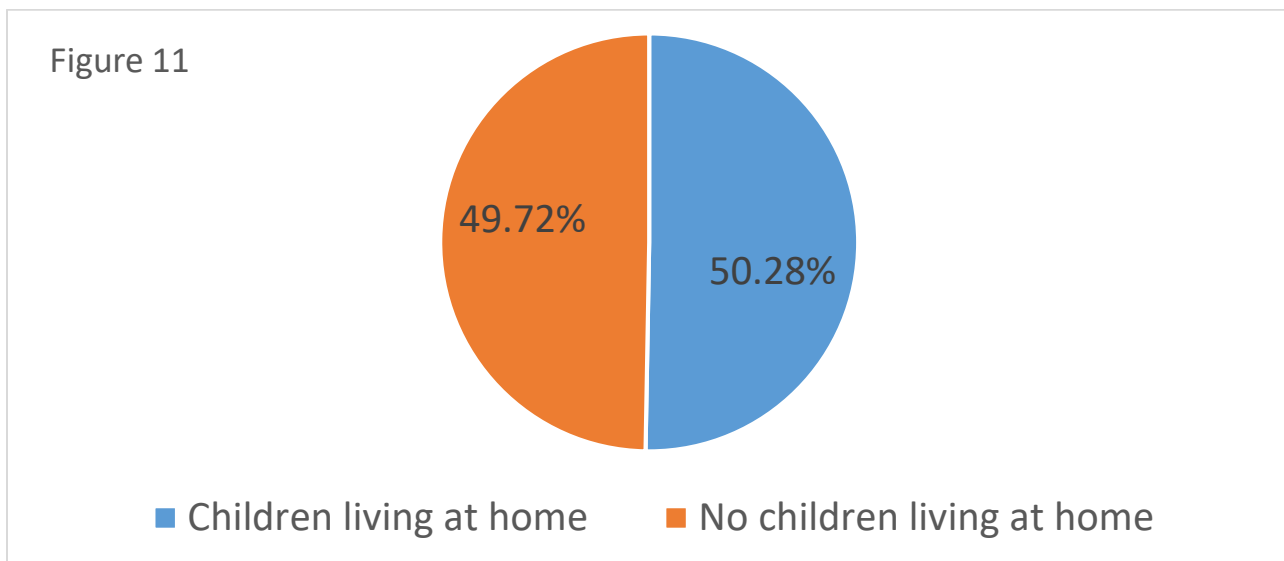
Survey Results (Continued)

Figure 10: Question 10 - Are you or anyone living in your home a veteran?



It was determined that forty-nine point seventy-two percent (49.72%) of those who completed the 2021 survey did not have any children living at home while fifty point twenty-eight percent (50.28%) had children living at home. According to the 2018 survey sixty-one point five percent (61.5%) did not have any children living at home while thirty-eight point five percent (38.5%) had children living at home. See **Figure 11**.

Figure 11: Question 11 - Do you have any children living at home?

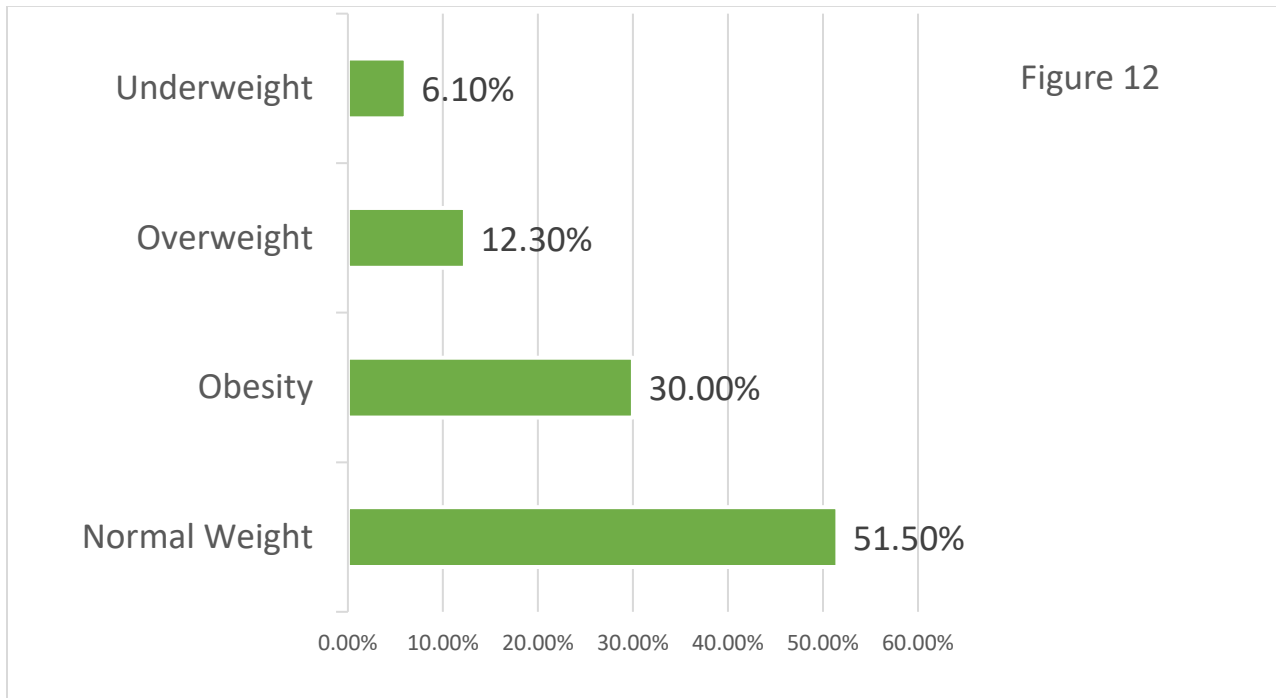


Survey Results (Continued)

During the 2021 survey process, data was collected for a total of two hundred and seven children (207) under the age of eighteen (18). Data could only be analyzed for sixty-two point eight percent (62.8%) as the information submitted for the remaining thirty five point eight percent (37.2%) was incomplete. Body Mass Index (BMI) was calculated on the sixty-two point eight percent (62.8%) of accepted results. It was determined that fifty-one point five percent (51.5%) of the children had a BMI within the normal weight range (Normal Weight = BMI 18.5 – 24.9), while six point one (6.1%) of the children were underweight (Underweight = BMI <18.5). Thirty percent (30%) of children were classified as obese (Obese = BMI of 30 or greater), and twelve point three (12.3%) of children were classified as overweight (Overweight = BMI 25-29.9)

During the 2018 survey process, data was collected for a total of one hundred and eighteen (118) children under the age of eighteen (18). Data could only be analyzed for sixty-four point four percent (64.4%) as the information submitted for the remaining thirty-five point five percent (35.5%) was incomplete. Body Mass Index (BMI) was calculated on the sixty-four point four percent (64.4%). It was determined that forty-two point one percent (42.1%) of the children had a BMI within the normal weight range (Normal Weight = BMI 18.5 – 24.9), while thirty-eight point one percent (38.1%) of the children were underweight (Underweight = BMI <18.5). Thirteen point one percent (13.1%) were classified as obese (Obesity = BMI of 30 or greater), and six point five percent (6.5%) were classified as overweight (Overweight = BMI 25 – 29.9). See **Figure 12**.

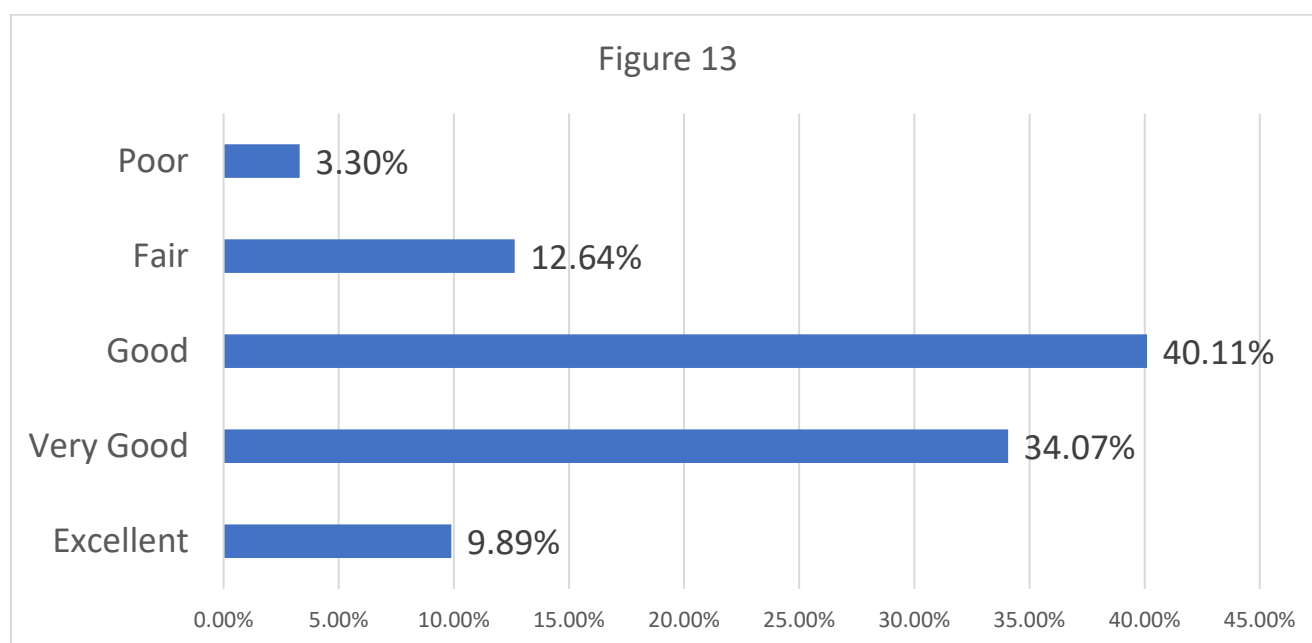
Figure 12: Body Mass Index of children under the age of eighteen (18)



Survey Results (Continued)

Forty point eleven percent (40.11%) of those surveyed in 2021 reported their overall health as good; thirty-four point zero-seven percent (34.07%) reported their overall health as very good; and, twelve point sixty-four percent (12.64%) reported their overall health as fair. Forty-seven point four percent (47.4%) of those surveyed in 2018 reported their overall health as fair; twenty-four point five percent (24.5%) reported their overall health as very good; and, twenty-two point eight percent (22.8%) reported their overall health as excellent. See **Figure 13**.

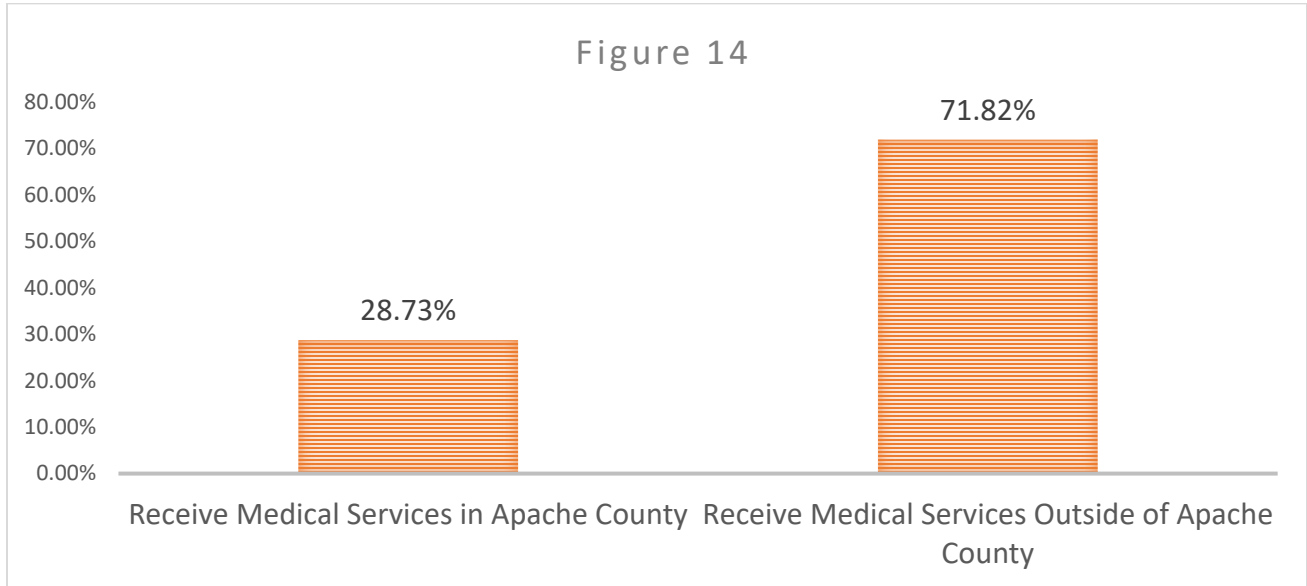
Figure 13: Question 12 - How would you describe your overall health?



The 2021 survey results indicate seventy-one point eighty-two percent (71.82%) of residents have received medical services in another County, while twenty-eight point seventy-three percent (28.73%) received medical services in Apache County. The 2018 survey results indicate sixty point one percent (60.1%) of residents have received medical services in another County, while forty point one percent (40.1%) received medical services in Apache County. See **Figure 14**.

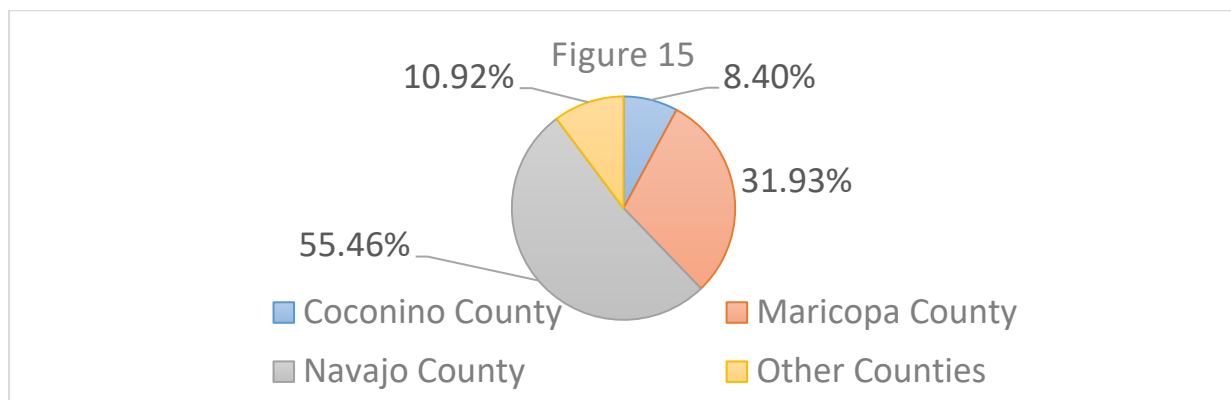
Survey Results (Continued)

Figure 14: Question 13 - Have you or anyone living in your home received medical services in a County other than Apache County?



During the 2021 survey process, additional data was collected from one hundred and nineteen (119) individuals regarding other counties in which they have received medical services, and the type of medical services they received. Fifty-five point forty-six percent (55.46%) of those surveyed reported they receive medical services in Navajo County, while thirty-one point ninety-three percent (31.93%) reported they receive medical services in Maricopa County. According to the 2018 survey, two hundred and thirty-nine (239) individuals regarding other counties in which they have received medical services, and the type of medical services they received. Fifty-eight point one percent (58.1%) of those surveyed reported they receive medical services in Navajo County, while thirty point nine percent (30.9%) reported they receive medical services in Maricopa County. See **Figure 15**.

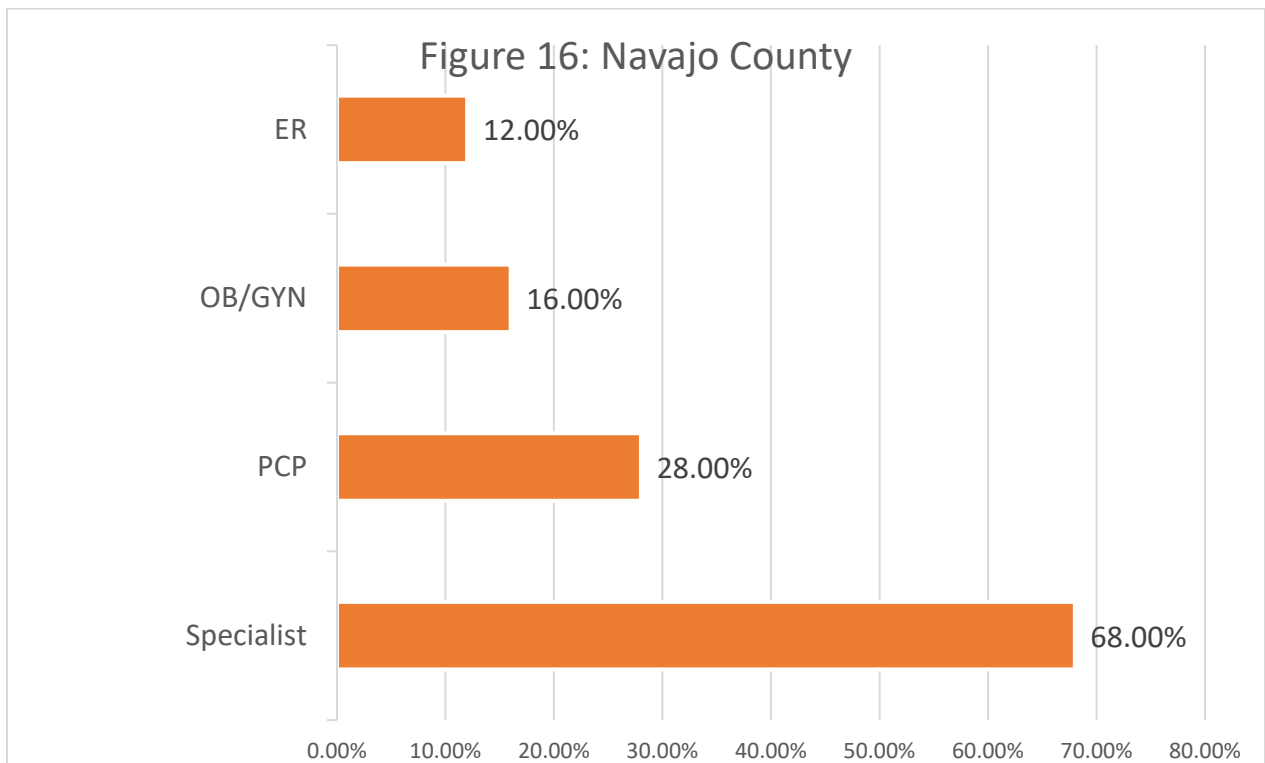
Figure 15: Other counties where individuals received medical services



Survey Results (Continued)

Survey results of 2021 indicate that of the fifty-five point forty-six percent (55.46%) of individuals who received medical services in Navajo County, thirty-seven point eighty-seven percent (37.87%) provided information regarding the types of medical services they received. Sixty-two point thirteen percent (62.13%) of those surveyed did not provide information concerning the type of medical services they received. Of the thirty-seven point eighty-seven percent (37.87%) who provided information regarding the type of services received, sixty-eight percent (68%) were specialist visits, twenty-eight percent (28%) were PCP visits, sixteen percent (16%) were OB/GYN visits, and twelve (12%) were emergency room visits. See **Figure 16**.

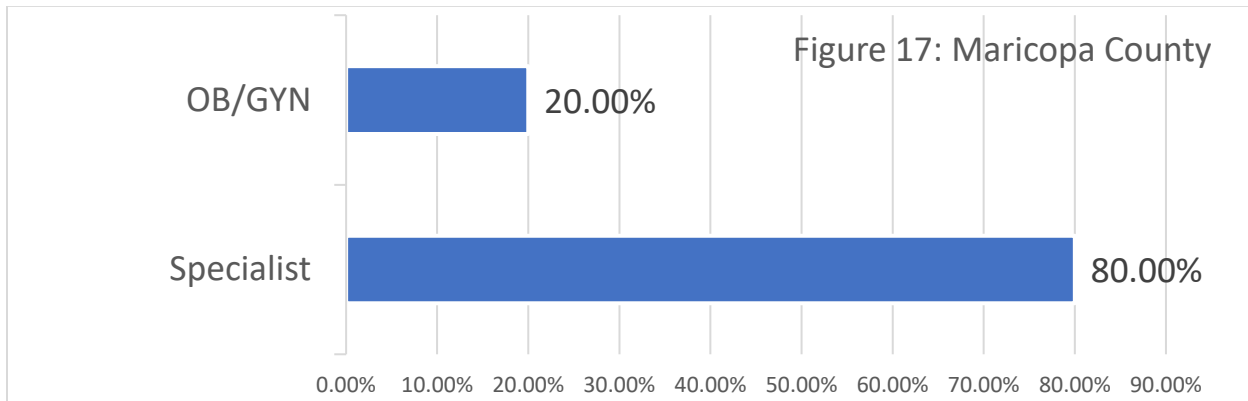
Figure 16: Types of medical services received in Navajo County



Survey results of 2021 indicate that of the thirty-one point ninety-three percent (31.93%) of individuals who received medical services in Maricopa County, twenty-six point thirty-two (26.32%) provided information regarding the types of medical services they received. Seventy-three point sixty-eight percent (73.68%) of those surveyed did not provide information concerning the type of medical services they received. Of the twenty-six point thirty-two (26.32%) who provided information regarding the type of services received, eighty percent (80%) were for specialists; twenty percent (20%) were for OB/GYN. See **Figure 17**.

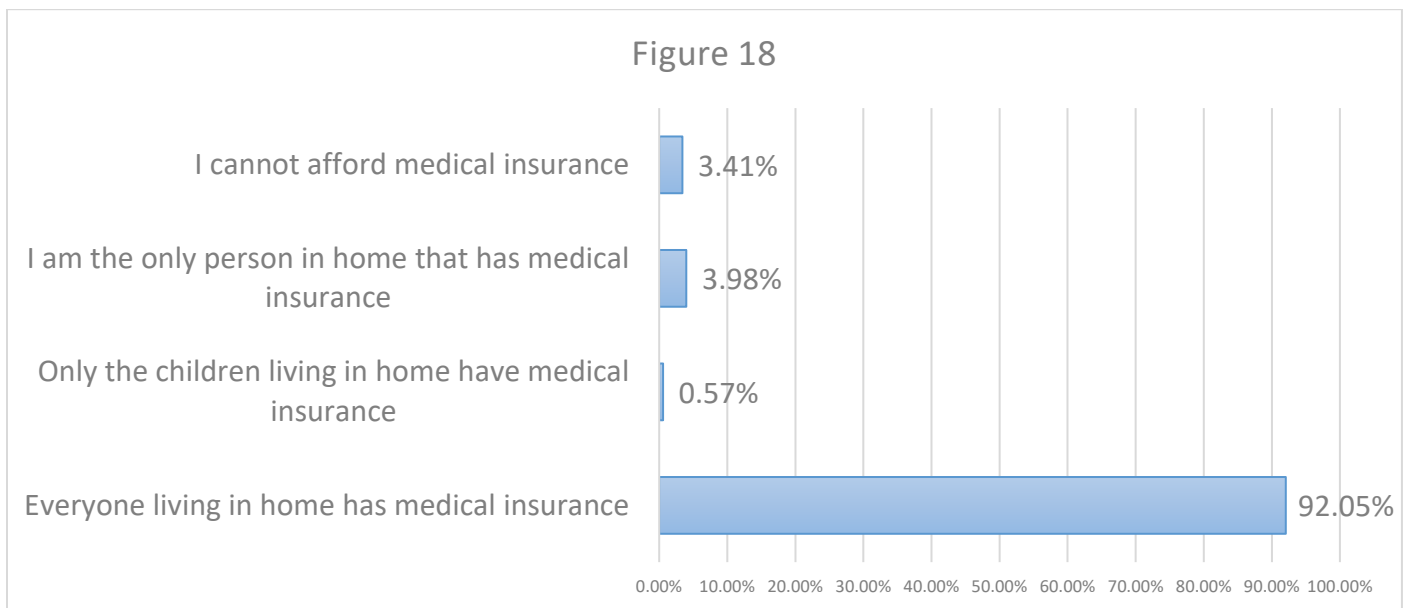
Survey Results (Continued)

Figure 17: Types of medical services received in Maricopa County



Ninety-two point zero-five percent (92.05%) of those surveyed in 2021 reported everyone living in their home has medical insurance. Three point ninety-eight percent (3.98%) indicated they were the only person in their home with medical insurance, while three point forty-one percent (3.41%) reported they could not afford medical insurance. Eighty-three point four percent (83.4%) of those surveyed in 2018 reported everyone living in their home has medical insurance. Eight point six percent (8.6%) indicated they were the only person in their home with medical insurance, while seven point one percent (7.1%) reported they could not afford medical insurance. See **Figure 18**.

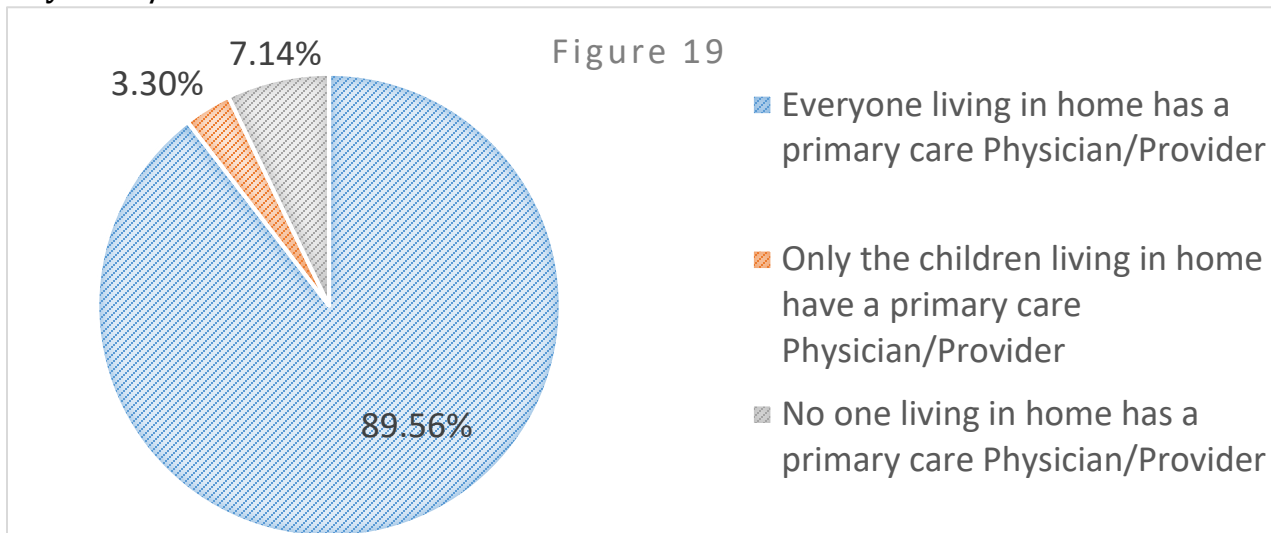
Figure 18: Question 14 - Do you or anyone living in your home have medical insurance?



Survey Results (Continued)

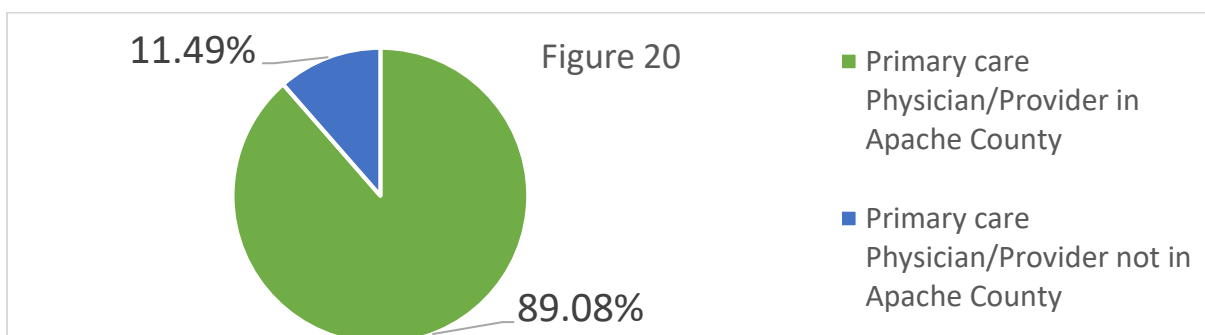
The 2021 survey results indicate eighty-nine point fifty-six percent (89.56%) of those completed the survey have a primary care Physician/Provider, while seven point fourteen percent (7.14%) do not have a primary care Physician/Provider. The 2018 survey results indicate eighty-seven point nine percent (87.9%) of those completed the survey have a primary care Physician/Provider, while nine point one percent (9.1%) do not have a primary care Physician/Provider. See **Figure 19**.

Figure 19: Question 15 - Do you or anyone living in your home have a primary care Physician/Provider?



Eighty-nine point zero-eight percent (89.08%) of those surveyed in 2021 reported their primary care Physician/Provider is located in Apache County. Eleven point forty-nine percent (11.49%) of those surveyed in 2021 reported their primary care Physician/Provider is not located in Apache County. Survey results indicated eighty point four percent (80.4%) of those surveyed in 2018 reported their primary care Physician/Provider is located in Apache County. Nineteen point seven percent (19.7%) of those surveyed in 2018 reported their primary care Physician/Provider is not located in Apache County. See **Figure 20**.

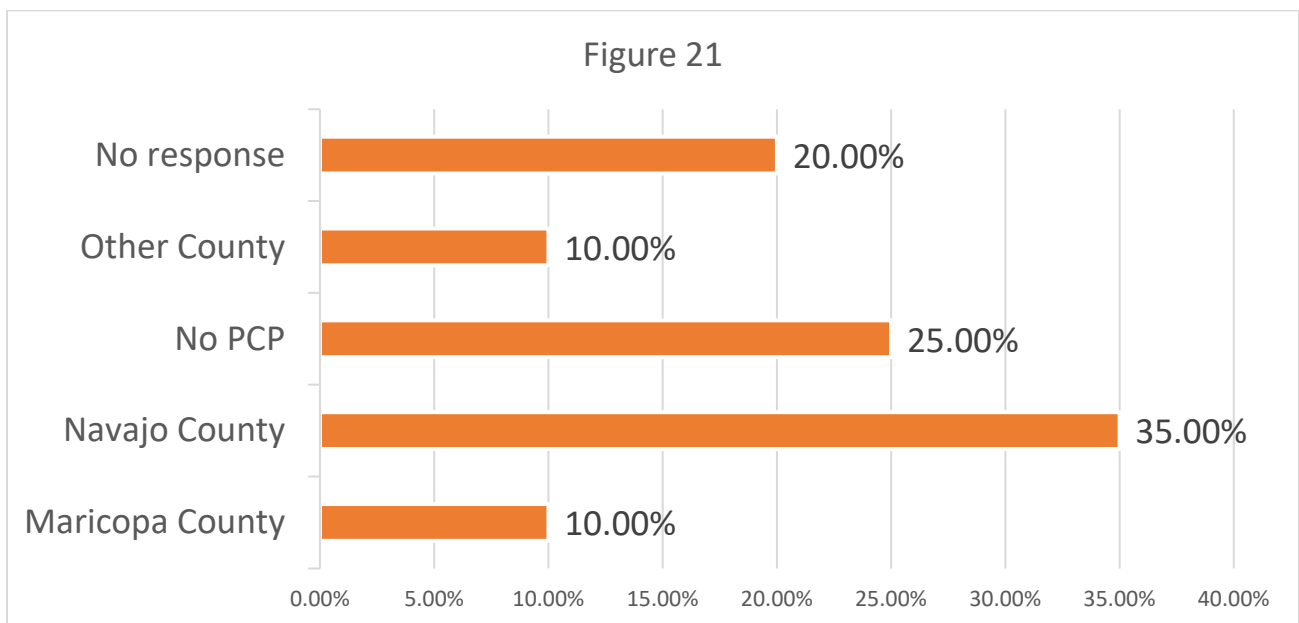
Figure 20: Question 16 - Is your primary care Physician/Provider in Apache County?



Survey Results (Continued)

The survey results of 2021 indicate that of the eleven point forty-nine percent (11.49%) who indicated their primary care Physician/Provider is not in Apache County, thirty-five percent (35%) reported their primary care Physician/Provider is located in Navajo County. Twenty-five percent (22%) reported they do not have a primary care Physician/Provider, and ten percent (10%) reported their primary care Physician/Provider is located in Maricopa County. The survey results of 2018 indicate that of the nineteen point seven percent (19.7%) who indicated their primary care Physician/Provider is not in Apache County, sixty-nine point two percent (69.2%) reported their primary care Physician/Provider is located in Navajo County. Twenty-one point five percent (21.5%) reported they do not have a primary care Physician/Provider, and six point one percent (6.1%) reported their primary care Physician/Provider is located in Maricopa County. See **Figure 21**.

Figure 21: Question 16 - If primary care Physician/Provider is not located in Apache County, which county is your PCP located in?

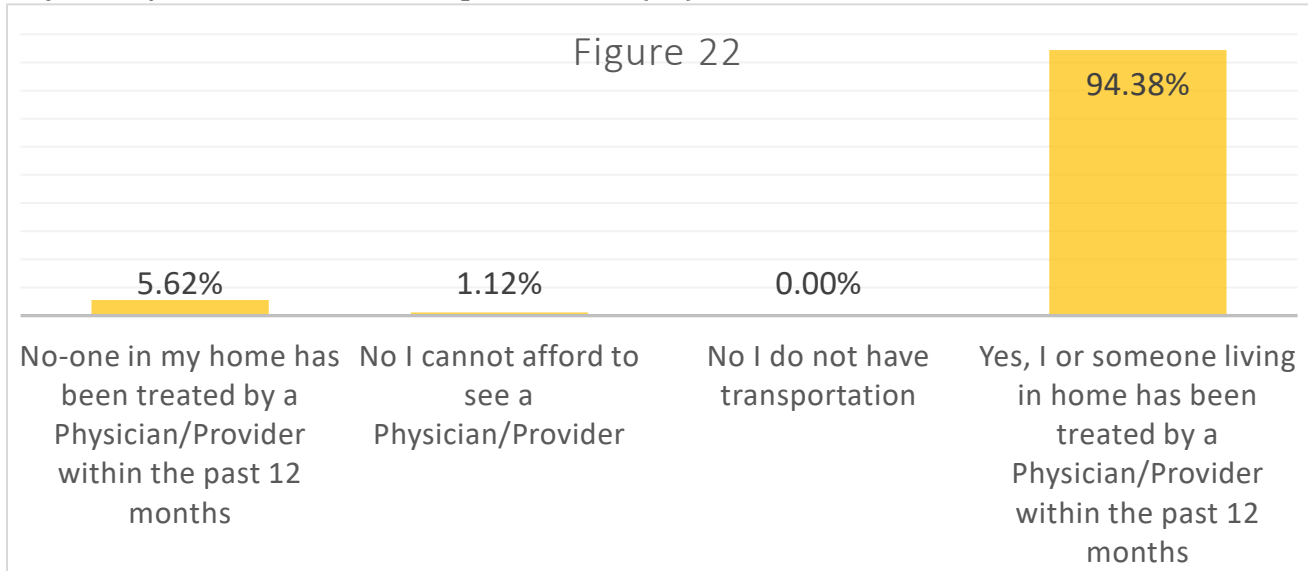


Ninety-four point thirty-eight percent (94.38%) of those surveyed in 2021 reported they were treated by a Physician/Provider within the past twelve (12) months. Five point sixty-two percent (5.62%) reported they have not been treated by a Physician/Provider within the past twelve (12) months. Eighty-seven point one percent (87.1%) of those surveyed in 2018 reported they were treated by a Physician/Provider within the past twelve (12)

Survey Results (Continued)

months. Eleven point four percent (11.4%) reported they have not been treated by a Physician/Provider within the past twelve (12) months. See **Figure 22**.

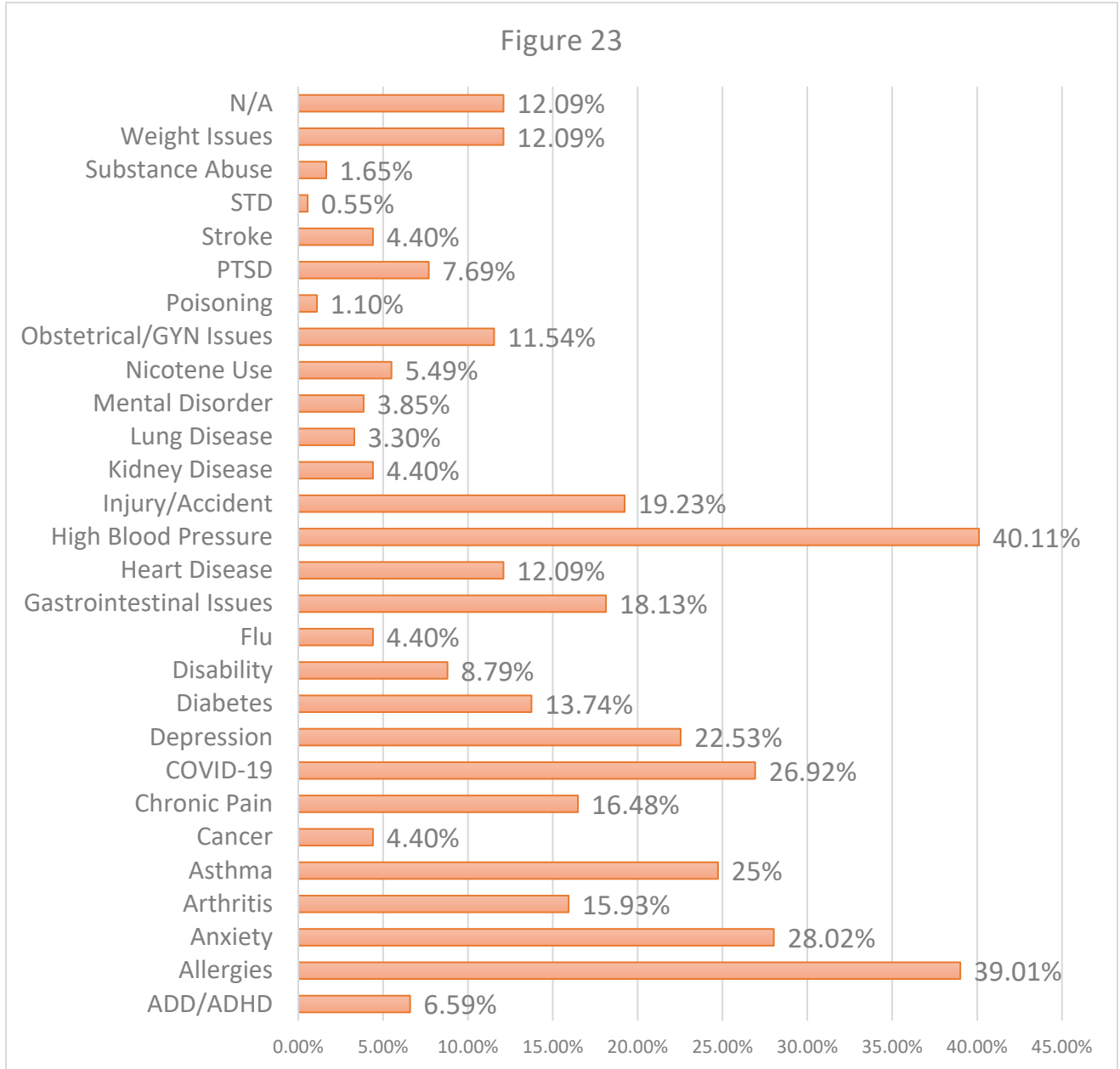
Figure 22: Question 17- Have you or anyone living in your home been treated by a Physician/Provider within the past twelve (12) months?



The 2021 survey indicates the top ten (10) diagnosis in which individuals reported they were treated for or diagnosed with were: High Blood Pressure; Allergies; Anxiety; COVID-19; Asthma; Depression; Injury/Accident; Gastrointestinal Issues; Chronic Pain; and Arthritis. The 2018 survey indicates the top ten (10) diagnosis in which individuals reported they were treated for or diagnosed with were: High Blood Pressure; Allergies; Anxiety; Depression; Asthma; Arthritis; Diabetes; Chronic Pain; Gastrointestinal Issues; and, Weight Issues. The 2015 survey indicates the top ten (10) diagnosis in which individuals were treated or diagnosed with were: High Blood Pressure; Asthma; Depression; High Cholesterol; Chronic Pain; Diabetes; Heart Disease; Arthritis; ADD/ADHD; and Anxiety. See **Figure 23**.

Survey Results (Continued)

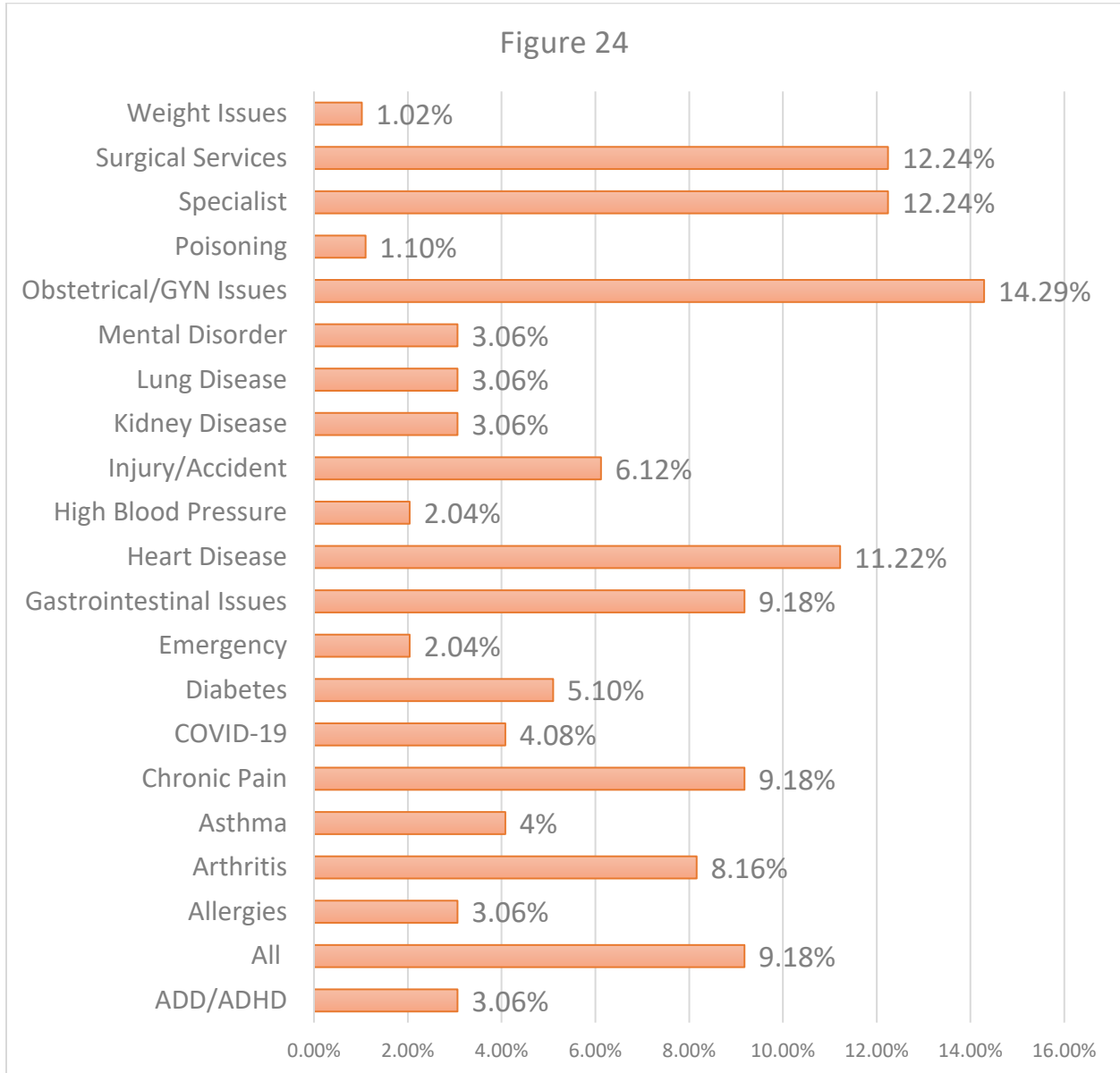
Figure 23: Question 18 - Have you or anyone living in your home been treated for or diagnosed with any of the following?



It was determined that fourteen point twenty-nine percent (14.29%) of individuals who responded to the 2021 survey were treated outside of Apache County for OB/GYN, twelve point twenty-four percent (12.24%) were treated for surgery, and another twelve point twenty-four percent (12.24%) went to a Specialist. See **Figure 24**.

Survey Results (Continued)

Figure 24: Question 19 – For which of the health issues listed above in Question 18, did you seek treatment outside of Apache County?

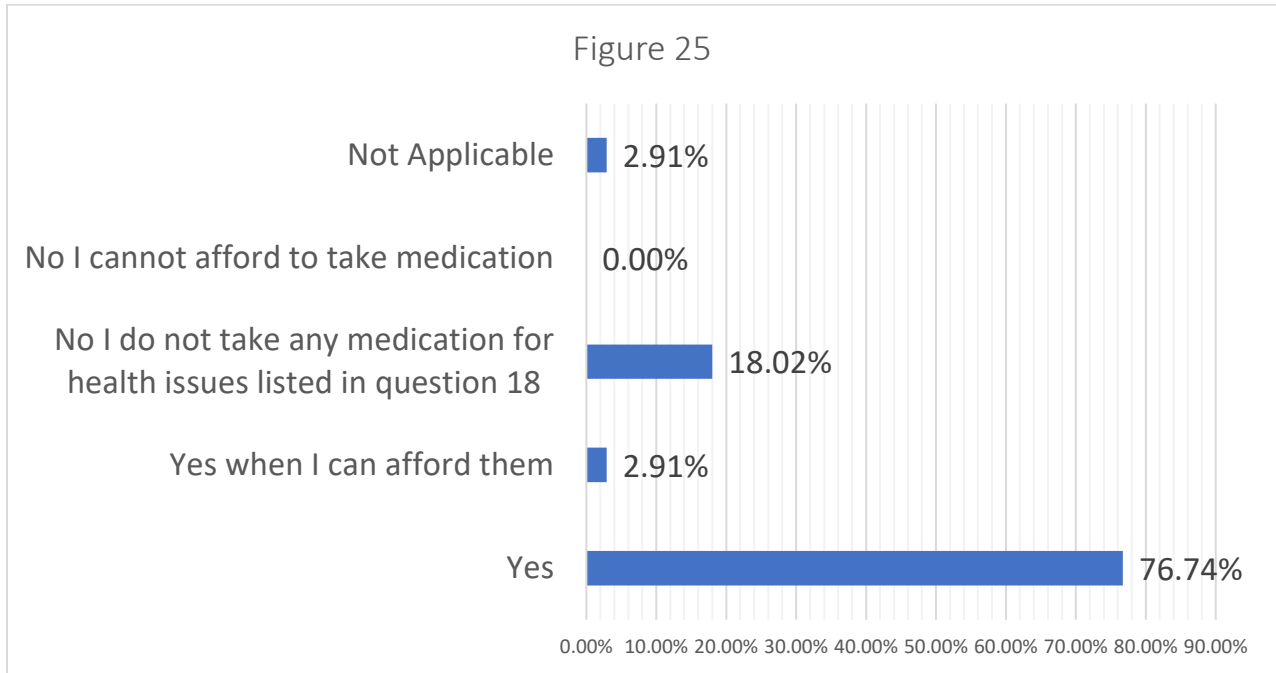


Seventy-six point seventy-four percent (76.74%) of those surveyed in 2021 reported they are taking prescription medications for health issues listed in **Figure 23**. Eighteen point zero-two percent (18.02%) reported they are not taking prescription medications for health issues listed in **Figure 23**. Sixty-nine point seven percent (69.7%) of those surveyed in 2018 reported they are taking prescription medications for health issues listed in **Figure**

Survey Results (Continued)

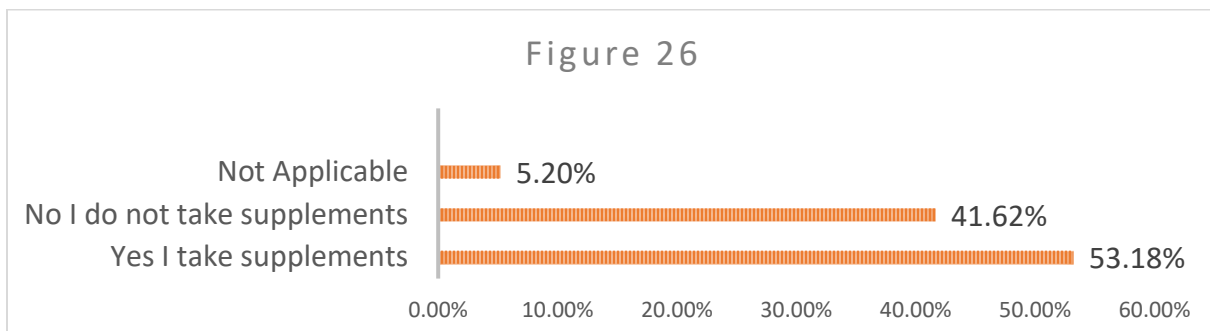
23. Twenty-four point seven percent (24.7%) reported they are not taking prescription medications for health issues listed in **Figure 23**. See **Figure 25**.

Figure 25: Question 20 - Are you or anyone living in your home taking prescription medications for any of the health issues listed in question #18?



The 2021 survey results indicate fifty-three point eighteen (53.18%) of individuals who completed the survey take supplements for health issues listed in **Figure 23**. Forty-one point sixty-two percent (41.62%) indicated they do not take supplements for health issues listed in **Figure 23**. The 2018 survey results indicated fifty point three percent (50.3%) of individuals who completed the survey take supplements for health issues listed in **Figure 23**. Forty-seven point five percent (47.5%) indicated they do not take supplements for health issues listed in **Figure 23**. See **Figure 26**.

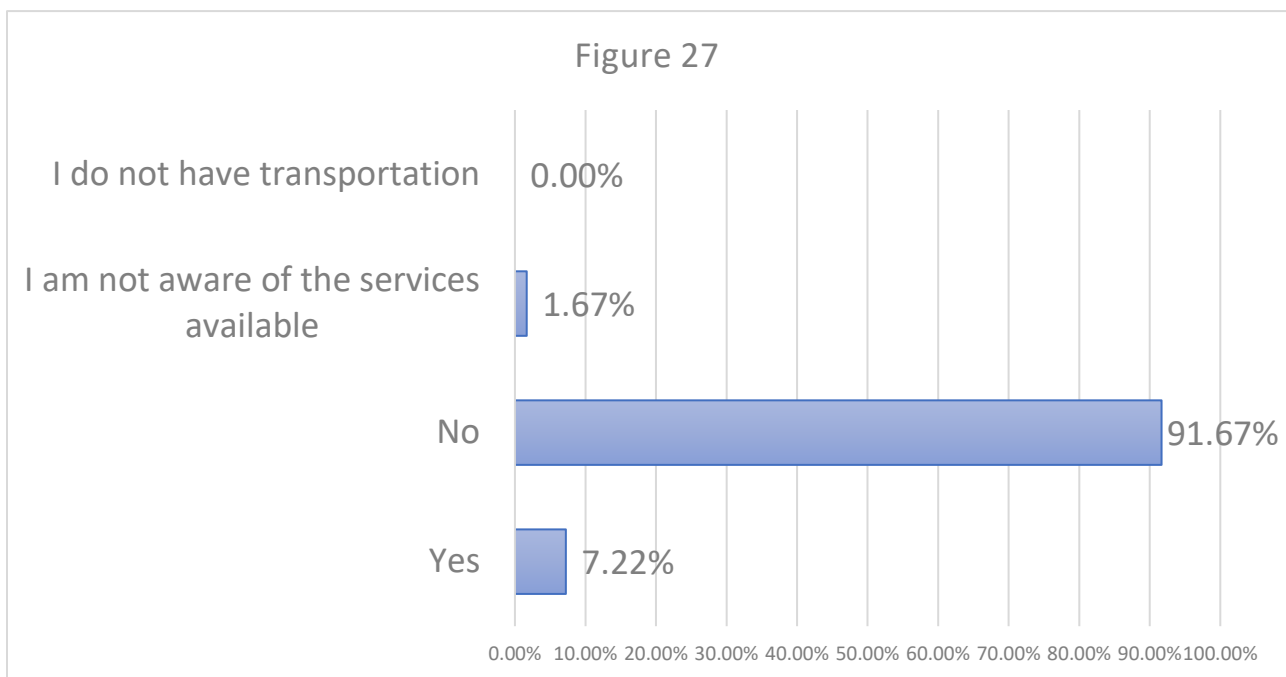
Figure 26: Question 21 - Are you or anyone living in your home taking supplements for any of the health issues listed in question #18?



Survey Results (Continued)

Ninety-one point sixty-seven percent (91.67%) of those surveyed in 2021 reported they do not receive mental health or substance abuse services in Apache County. Seven point twenty-two percent (7.22%) reported they do receive mental health or substance abuse services in Apache County. Eighty-six point two percent (86.2%) of those surveyed in 2018 reported they do not receive mental health or substance abuse services in Apache County. Eleven point five percent (11.5%) reported they do receive mental health or substance abuse services in Apache County. See **Figure 27**.

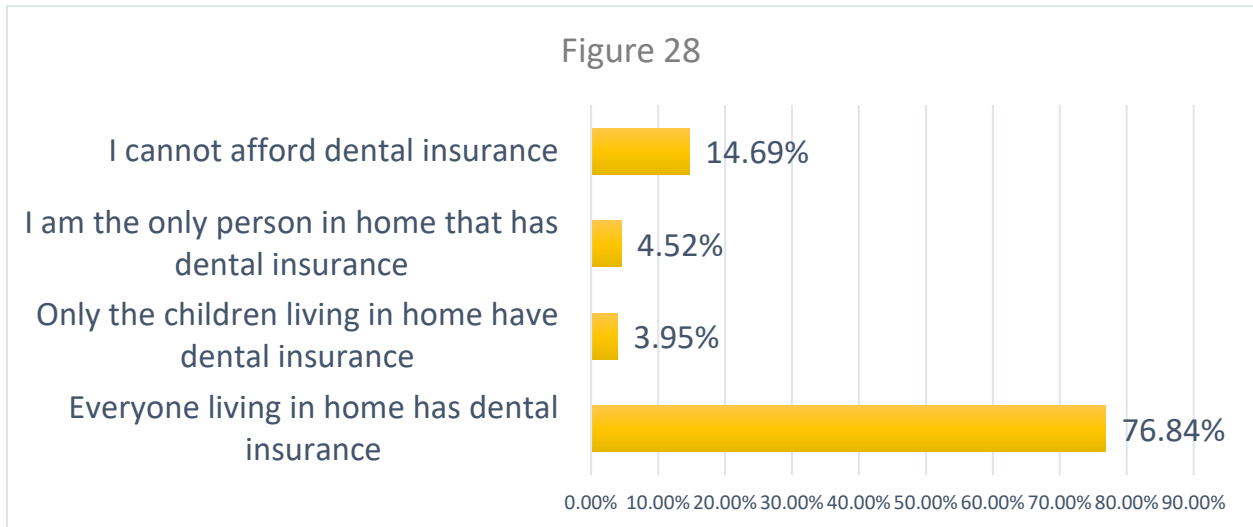
Figure 27: Question 22 - Do you or anyone living in your home receive mental health or substance abuse services in Apache County?



Seventy-six point eighty-four percent (76.84%) of those surveyed in 2021 reported everyone living in their home has dental insurance. Fourteen point sixty-nine percent (14.68%) reported they cannot afford dental insurance, while four point fifty-two percent (4.52%) indicated they were the only person in their home with dental insurance. Fifty-nine point two percent (59.2%) of those surveyed in 2018 reported everyone living in their home has dental insurance. Twenty-eight point six percent (28.6%) reported they cannot afford dental insurance, while seven point three percent (7.3%) indicated they were the only person in their home with dental insurance. See **Figure 28**.

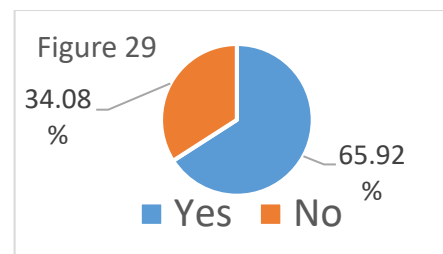
Survey Results (Continued)

Figure 28: Question 23 - Do you or anyone living in your home have dental insurance?



The 2021 survey results indicate sixty-five point ninety-two (65.92%) of individuals completing the survey receive routine preventative dental check-ups in Apache County. Thirty-four point zero-eight percent (34.08%) reported they do not receive routine preventative dental check-ups in Apache County. Of the thirty-four point zero-eight percent (34.08%) of individuals that do not receive routine preventative dental check-ups in Apache County, twenty-two point ninety-five percent (22.95%) reported they receive routine preventative dental check-ups in Navajo County. The 2018 survey results indicated sixty point five percent (60.5%) of individuals completing the survey receive routine preventative dental check-ups in Apache County. Thirty-nine point nine percent (39.9%) reported they do not receive routine preventative dental check-ups in Apache County. Of the thirty-nine point nine percent (39.9%) of individuals that do not receive routine preventative dental check-ups in Apache County, nineteen point six percent (19.6%) reported they receive routine preventative dental check-ups in Navajo County. See **Figure 29**.

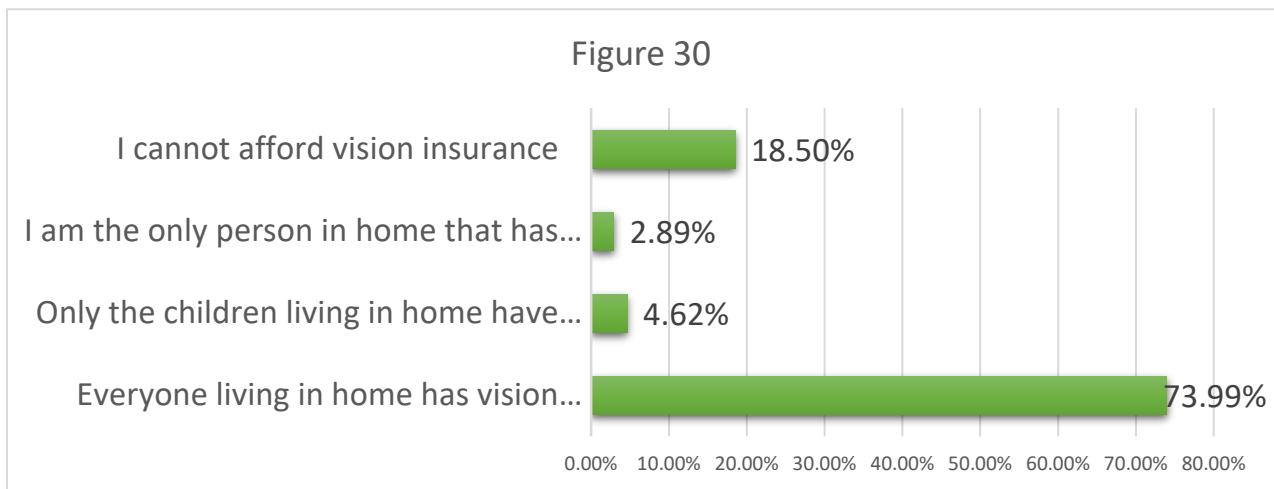
Figure 29: Question 24 - Do you or anyone living in your home receive routine preventative dental check-ups in Apache County?



Survey Results (Continued)

Seventy-three point ninety-nine percent (73.99%) of those surveyed in 2021 reported everyone living in their home has vision insurance. Eighteen point fifty percent (18.50%) report they could not afford vision insurance, while two point eighty-nine percent (2.89%) indicated they were the only person in their home with vision insurance. Fifty-four point nine percent (54.9%) of those surveyed in 2018 reported everyone living in their home has vision insurance. Thirty-two point nine percent (32.9%) reported they cannot afford vision insurance, while six point nine percent (6.9%) indicated they were the only person in their home with vision insurance. See **Figure 30**.

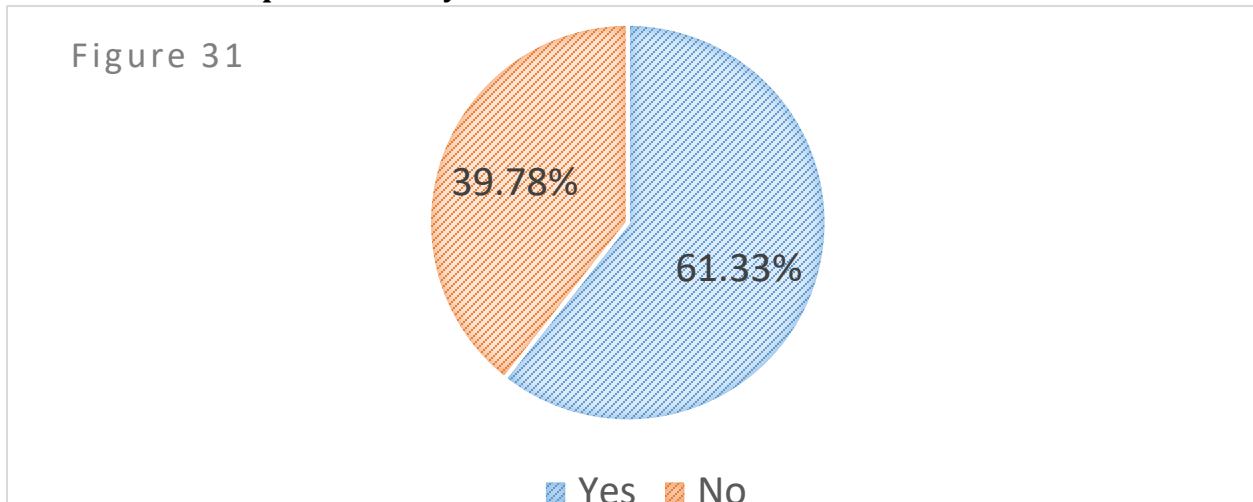
Figure 30: Question 25 - Do you or anyone living in your home have vision insurance?



The 2021 survey results indicate sixty-one point thirty-three percent (61.33%) of individuals completing the survey receive routine vision care services in Apache County. Thirty-nine point seventy-eight percent (39.78%) reported they do not receive routine vision care services in Apache County. Of the thirty-nine point seventy-eight percent (39.78%) of individuals that do not receive routine vision care services in Apache County, nineteen point forty-four (19.44%) reported they receive routine vision care services in Navajo County. The 2018 survey results indicated fifty-four point two percent (54.2%) of individuals completing the survey receive routine vision care services in Apache County. Forty-five point seven percent (45.7%) reported they do not receive routine vision care services in Apache County. Of the forty-five point seven percent (45.7%) of individuals that do not receive routine vision care services in Apache County, twenty point eight (20.8%) reported they receive routine vision care services in Navajo County. See **Figure 31**.

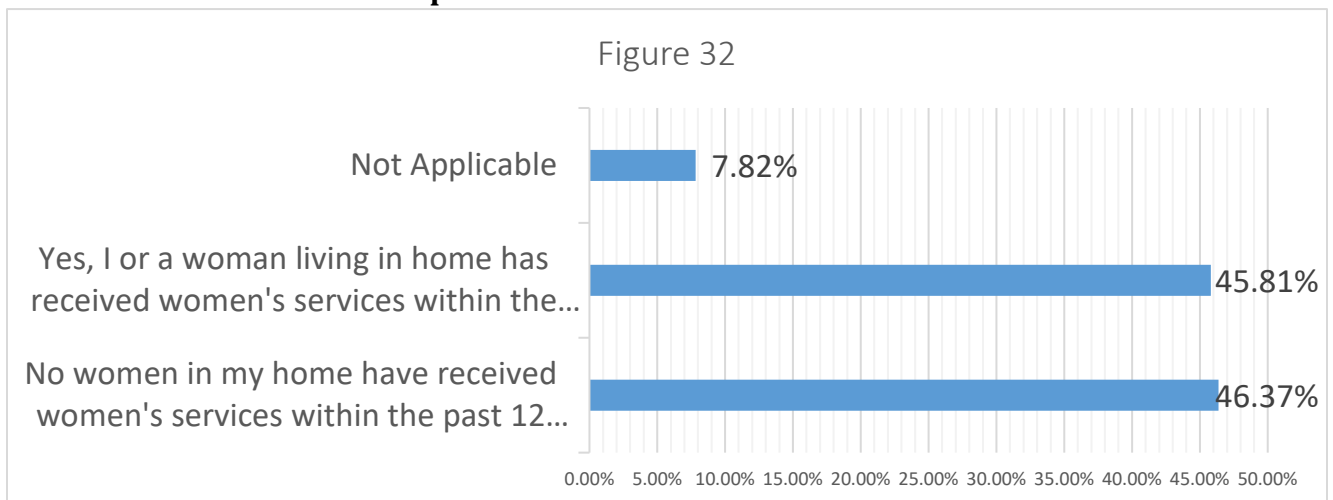
Survey Results (Continued)

Figure 31: Question 26 - Do you or anyone living in your home receive routine vision care services in Apache County?



The 2021 survey results indicate forty-six point thirty-seven percent (46.37%) of those completing the survey have not received women’s services within the past twelve (12) months. Forty-five point eighty-one percent (45.81%) reported they have received women’s services within the past twelve (12) months. The 2018 survey results indicated fifty-four point one percent (54.1%) of those completing the survey have not received women’s services within the past twelve (12) months. Thirty-five point two percent (35.2%) reported they have received women’s services within the past twelve (12) months. See **Figure 32**.

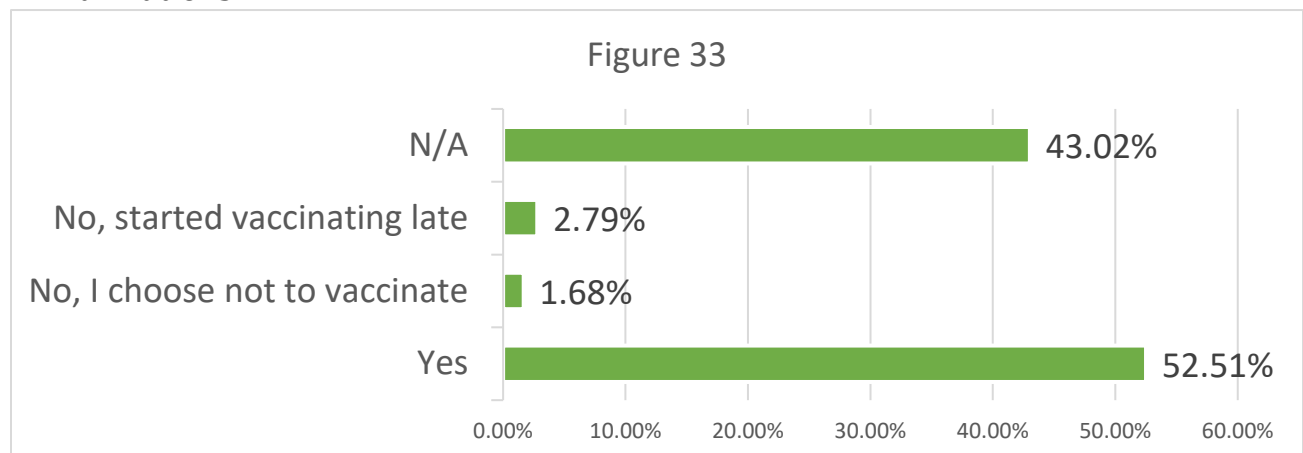
Figure 32: Question 27 - Have you or any women living in your home received women’s services within the past 12 months?



Survey Results (Continued)

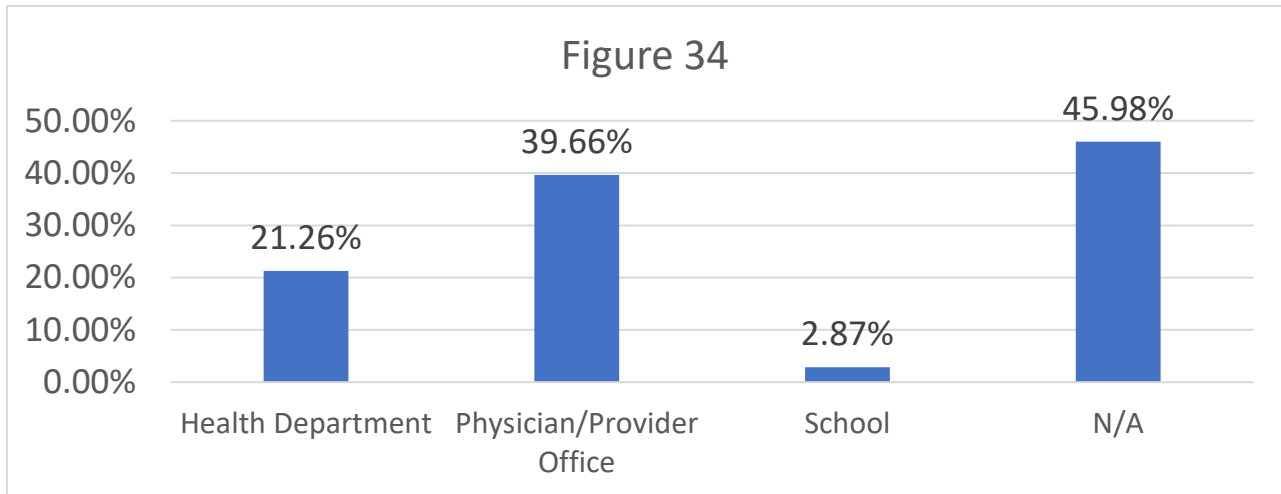
Of the total population surveyed fifty point twenty-eight percent (50.28%) indicated they had children living at home. The 2021 survey results indicate of those surveyed who had children living in their home, fifty-two point fifty-one percent (52.51%) reported children in home are up to date on their immunizations. One point sixty-eight percent (1.68%) choose not to vaccinate, while forty-three point zero-two percent (43.02%) listed N/A. The 2018 survey results indicate of those surveyed who had children living in their home, ninety-two point seven percent (92.7%) reported children in home are up to date on their immunizations. Two percent (2.0%) choose not to vaccinate, while one point five percent (1.5%) started vaccinating late. Three point eight percent (3.8%) did not answer the question. See **Figure 33**.

Figure 33: Question 28 - Are all the children living in your home up to date on their immunizations?



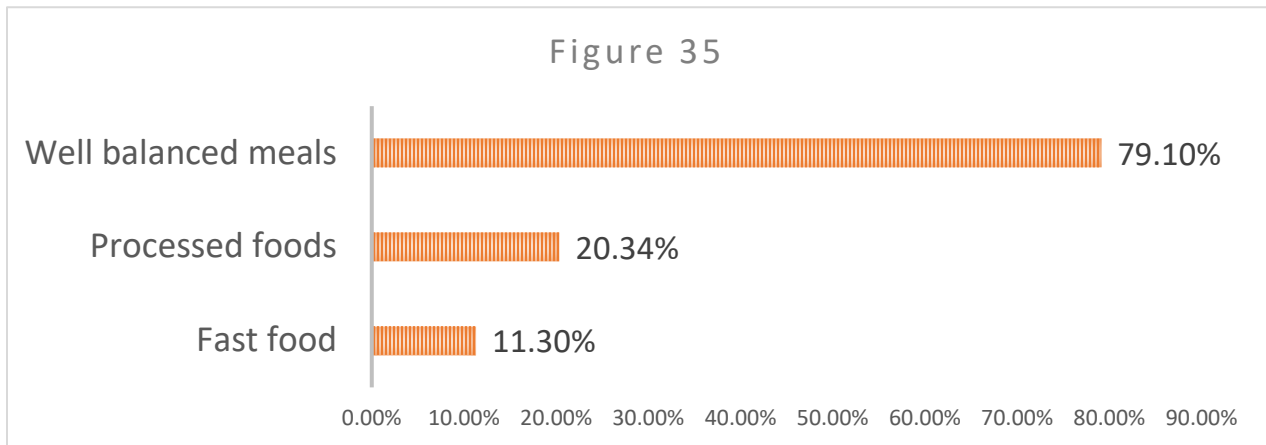
Of the total population surveyed fifty point twenty-eight percent (50.28%) indicated they had children living at home. The 2021 survey results indicate of those surveyed who had children living in their home, thirty-nine point sixty-six percent (39.66%) receive their immunizations from a Physician/Provider office, while twenty-one point twenty-six percent (21.26%) receive their immunizations at the Health Department. Forty-five point ninety-eight percent (45.98%) indicated N/A. The 2018 survey results indicate of those surveyed who had children living in their home, fifty-eight point two percent (58.2%) receive their immunizations from a Physician/Provider office, while thirty-two point eight percent (32.8%) receive their immunizations at the Health Department. See **Figure 34**.

Figure 34: Question 29 - Where do the children living in your home receive their immunizations?



Seventy-nine point ten percent (79.10%) of individuals that completed the 2021 survey reported the majority of meals served in their home were well balanced meals that were prepared in their homes. Twenty point thirty-four percent (20.34%) reported the majority of meals served in their home were processed foods, while eleven point thirty percent (11.30%) reported fast food was the majority of meals served in their home. Eighty-five percent (85.0%) of individuals completing the 2018 survey reported the majority of meals served in their home were well balanced meals that were prepared in their homes. Seventeen point four percent (17.4%) reported the majority of meals served in their home were processed foods, while six point nine percent (6.9%) reported fast food was the majority of meals served in their home. See **Figure 35**.

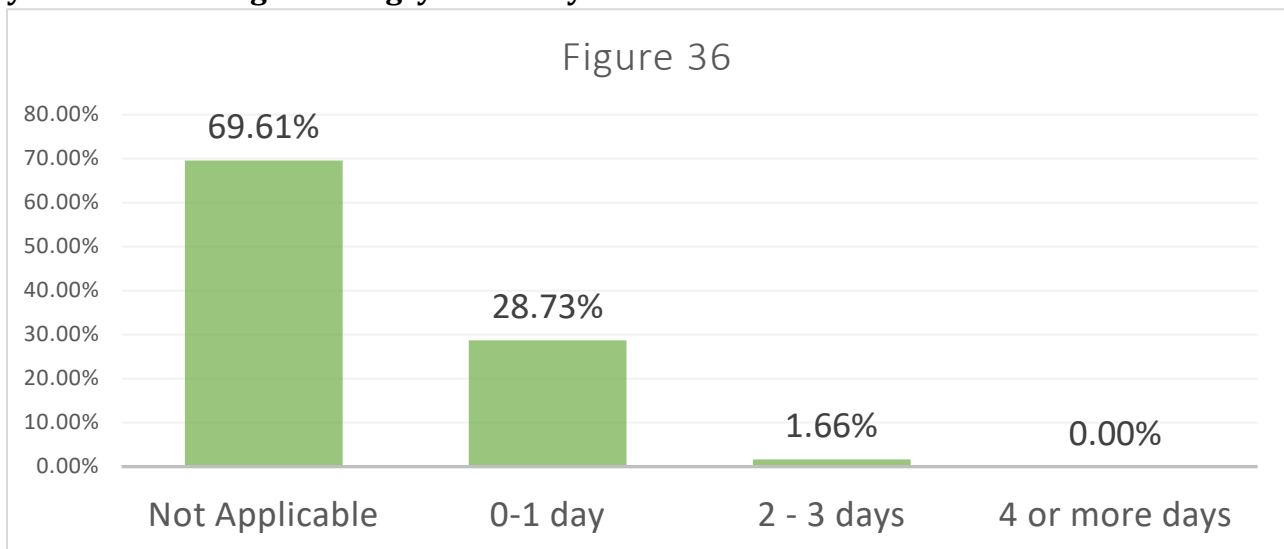
Figure 35: Question 30 - In the last month the majority of meals served in my home were:



Survey Results (Continued)

The 2021 survey results indicates twenty-eight point seventy-three percent (28.73%) of those completing the survey have gone hungry zero (0) to one (1) day, while one point sixty-six percent (1.66%) have gone hungry for two (2) to three (3) days. Sixty-nine point sixty-one percent (69.61%) indicated this was not applicable. The 2018 survey results indicates twenty-one point seven percent (21.7%) of those completing the survey have gone hungry for up to one (1) day, while two point two percent (2.2%) have gone hungry for two (2) to three (3) days. Seventy-six percent (76.0%) indicated this was not applicable. See **Figure 36**.

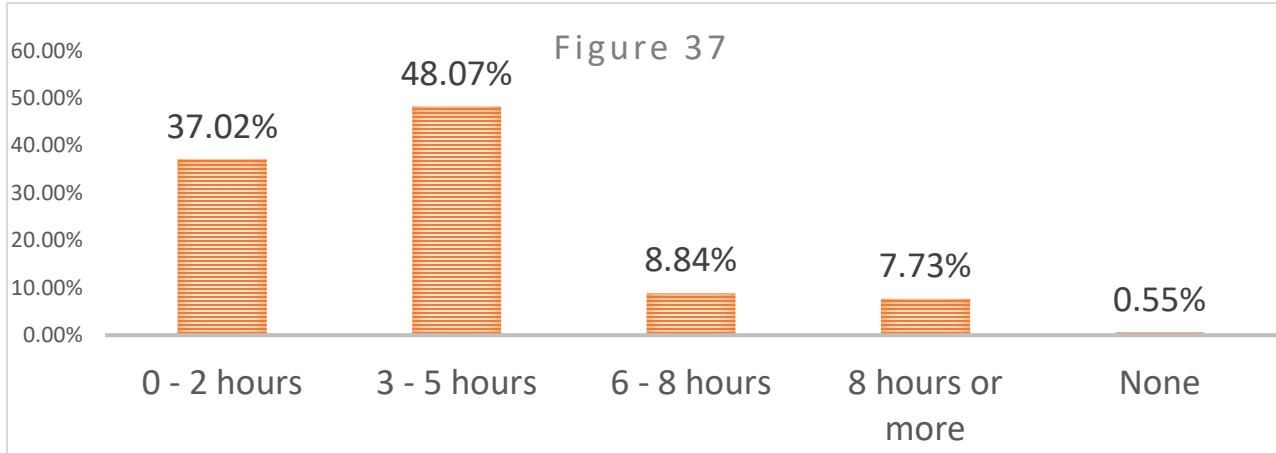
Figure 36: Question 31 - In the last week how many days have you or anyone living in your home have gone hungry because you could not afford food?



Forty-eight point zero-seven percent (48.07%) of those surveyed in 2021 reported they spend three (3) to five (5) recreational hours per day on electronic devices or watching television. Thirty-seven point zero-two percent (37.02%) reported they spend zero (0) to two (2) recreational hours per day on electronic devices or watching television. Forty-two point nine percent (42.9%) of those surveyed in 2018 reported they spend three (3) to five (5) recreational hours per day on electronic devices or watching television. Forty point four percent (40.4%) reported they spend zero (0) to two (2) recreational hours per day on electronic devices or watching television. See **Figure 37**.

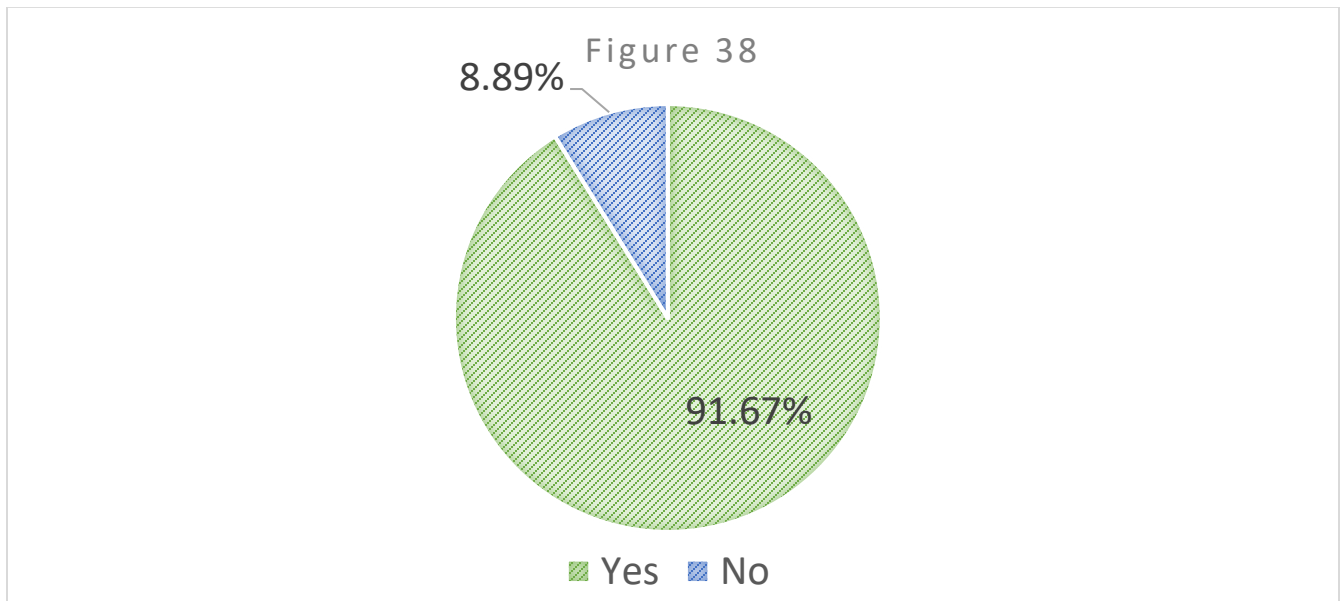
Survey Results (Continued)

Figure 37: Question 32 - On average how many recreational hours per day do you or those living in your home spend on electronic devices or watching television?



The 2021 survey results indicate ninety-one point sixty-seven percent (91.67%) of those completing the survey feel like they belong in their community, while eight point eighty-nine percent (8.89%) do not feel like they belong in their community. The 2018 survey results indicate eighty-four point four percent (84.4%) of those completing the survey feel like they belong in their community, while fifteen point seven percent (15.7%) do not feel like they belong in their community. See **Figure 38**.

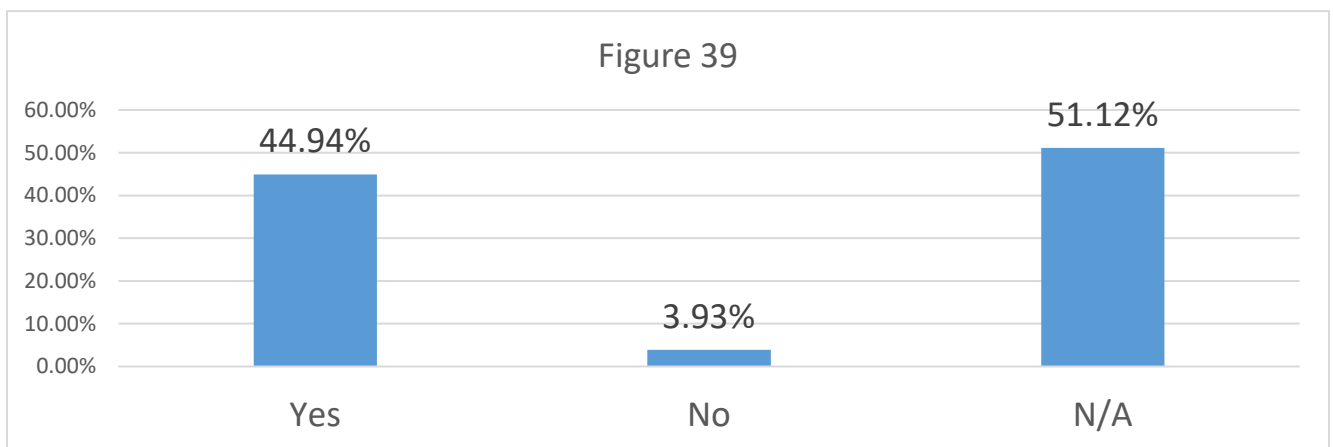
Figure 38: Question 33 - I feel like I belong in my community?



Survey Results (Continued)

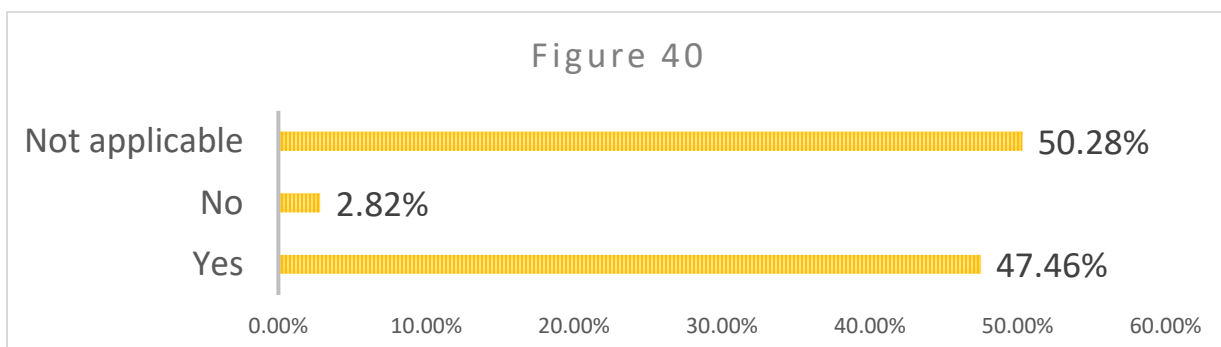
Of the total population surveyed fifty point twenty-eight percent (50.28%) reported they had children living at home. The 2021 survey results indicate of those surveyed, forty-four point ninety four percent (44.94%) reported their children feel they belong in their school, and three point ninety-three percent (3.93%) reported their children do not feel they belong in their school. Fifty-one point twelve percent (51.12%) listed N/A. The 2018 survey results indicate of those surveyed, ninety point six percent (90.6%) reported their children feel they belong in their school, and nine point four percent (9.4%) reported their children do not feel they belong in their school. See **Figure 39**.

Figure 39: Question 34 - My children feel they belong in their school?



Of the total population surveyed fifty point twenty-eight percent (50.28%) reported they had children living at home. The 2021 survey results indicate of those surveyed, forty-seven point forty-six percent (47.46%) reported their children feel safe at their school, and two point eighty-two percent (2.82%) reported their children do not feel safe at their school. Fifty point twenty-eight percent (50.28%) listed N/A. The 2018 survey results indicate of those surveyed, ninety-five percent (95.0%) reported their children feel safe at their school, and five percent (5.0%) reported their children do not feel safe at their school. See **Figure 40**.

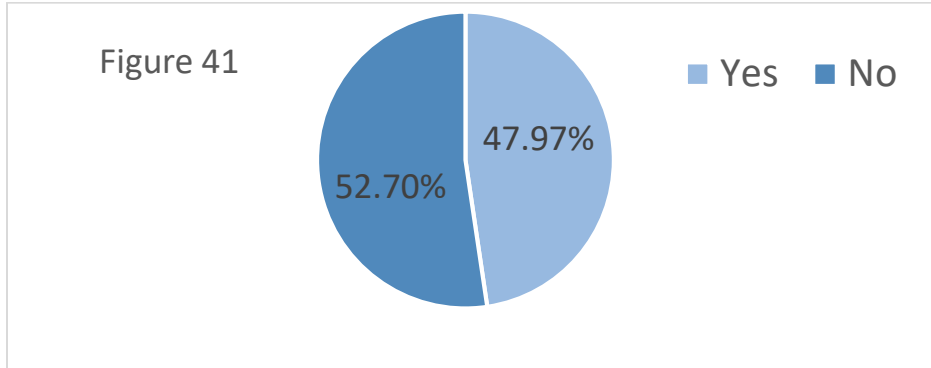
Figure 40: Question 35 - My children feel safe at their school?



Survey Results (Continued)

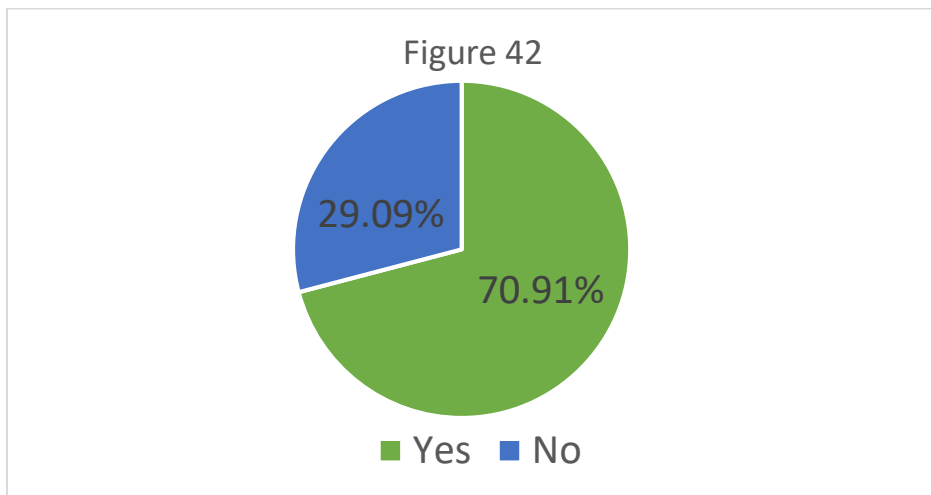
The 2021 survey results indicate forty-seven point ninety-seven percent (47.97%) of those surveyed are involved in community groups, while fifty-two point seventy percent (52.70%) are not involved in community groups. The 2018 survey results indicate fifty-one percent (51.0%) of those surveyed are involved in community groups, while forty-eight point nine percent (48.9%) are not involved in community groups. See **Figure 41**.

Figure 41: Question 36 - I am involved in community groups?



Seventy point ninety-one percent (70.91%) of those surveyed in 2021 reported they are prepared in the event of an emergency or evacuation. Twenty-nine point zero-nine percent (29.09%) reported they are not prepared in the event of an emergency or evacuation. Sixty-nine point eight percent (69.8%) of those surveyed in 2018 reported they are prepared in the event of an emergency or evacuation. Thirty point six percent (30.6%) reported they are not prepared in the event of an emergency or evacuation. See **Figure 42**.

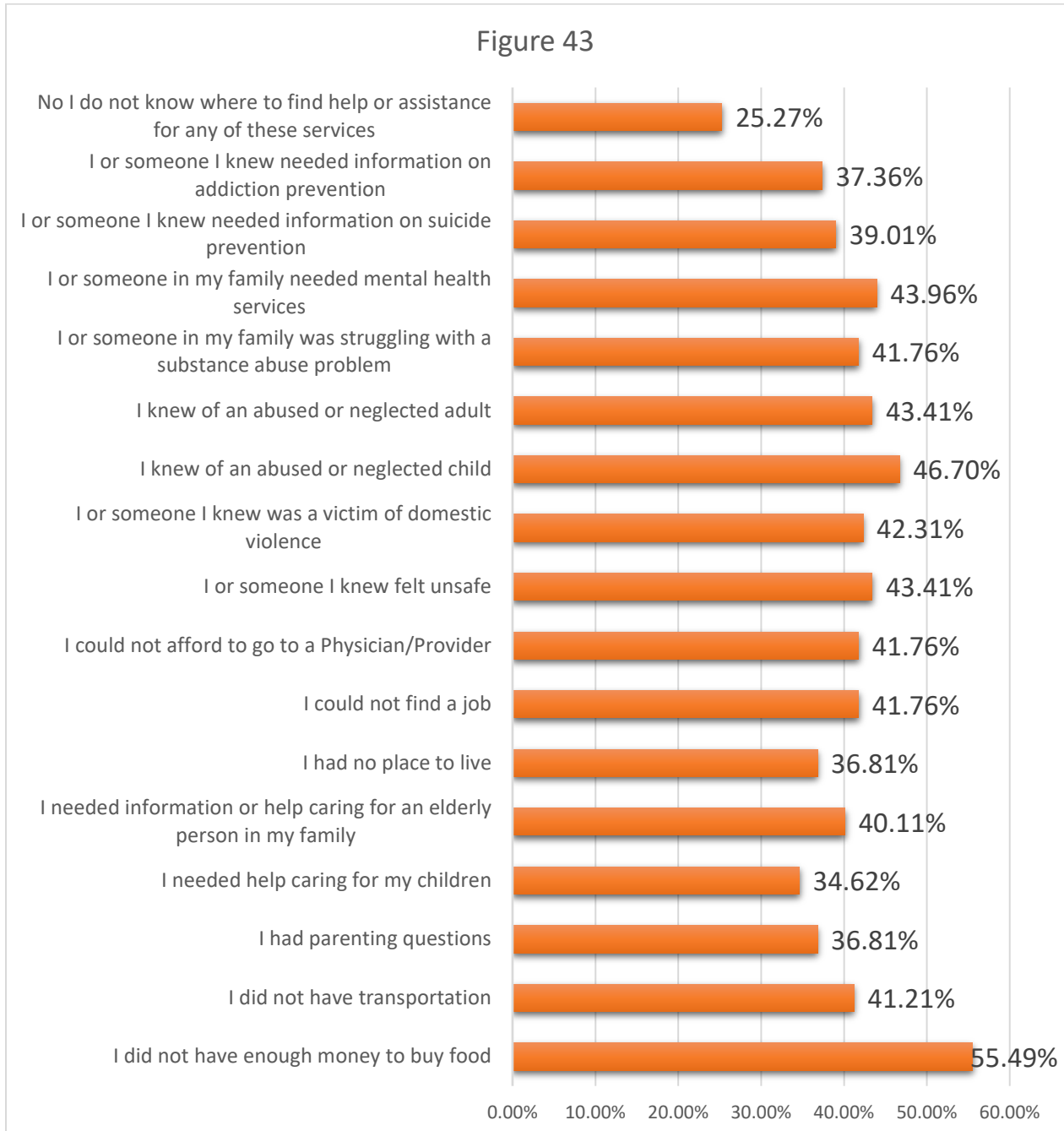
Figure 42: Question 37 - I am prepared in the event of an emergency or evacuation?



Survey Results (Continued)

The 2021 survey results indicate twenty-five point twenty seven percent (25.27%) of individuals completing the survey did not know where to find help or assistance for any of the services listed in question thirty-eight (38). This is an improvement from the 2018 survey which indicates thirty-four point nine percent (34.9%) of individuals surveyed did not know where to find help or assistance for the services. See **Figure 43**.

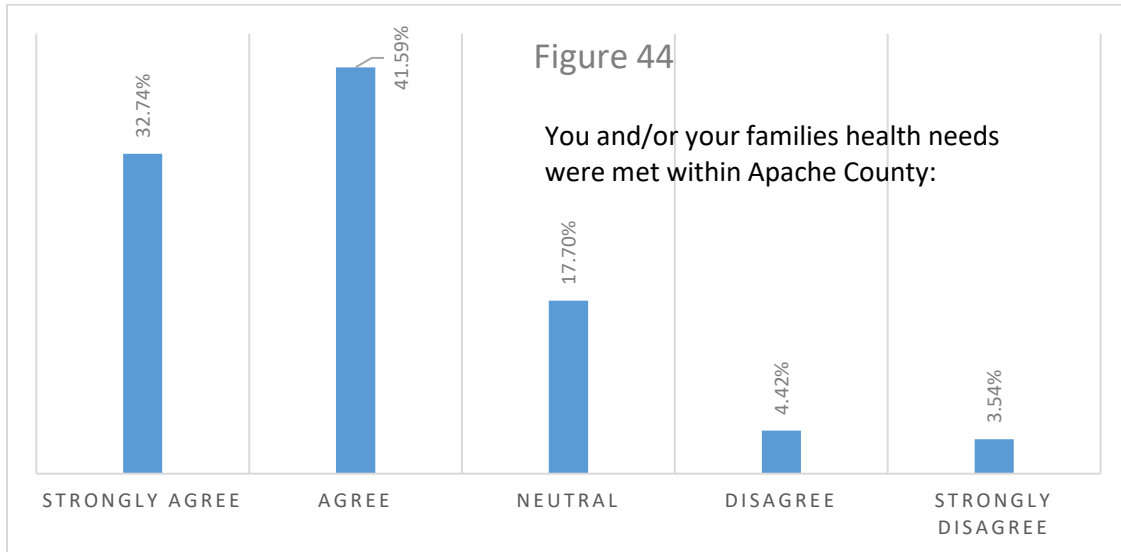
Figure 43: Question 38 – I would know where to find help or assistance if.....



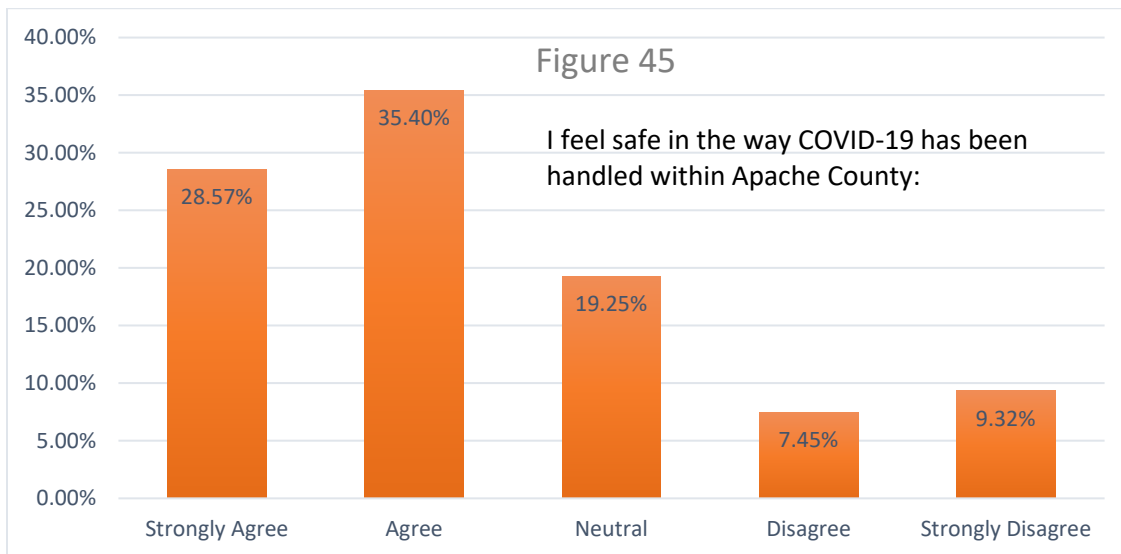
Survey Results (Continued)

The 2021 survey results indicate forty-one point fifty nine percent (41.59%) of individuals completing the survey agree their families health needs were met within Apache County, in light of the COVID-19 pandemic. Thirty-two point seventy-four percent (32.74%) strongly agree. See **Figure 44**.

Figure 44: Question 39 – In light of the COVID-19 Pandemic, how strongly do you agree or disagree with the following statements?:



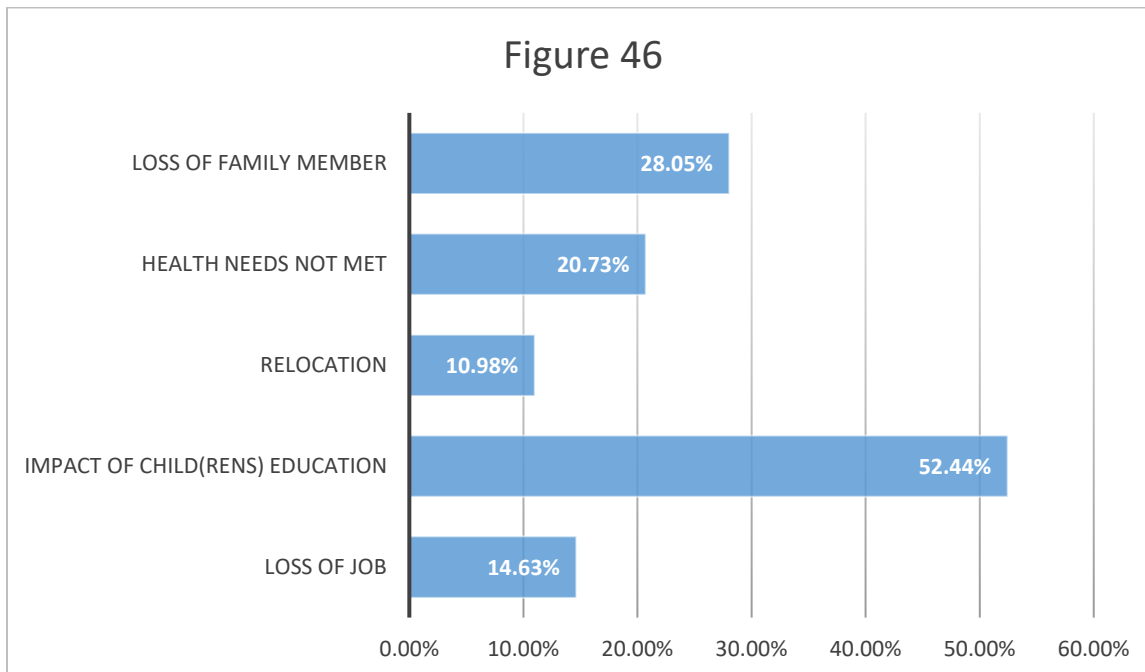
The 2021 survey results indicate thirty-five point forty percent (35.40%) of individuals completing the survey agree that they felt safe in the way COVID-19 has been handled within Apache County. Twenty-eight point fifty-seven percent (28.57%) strongly agree. See **Figure 45**.



Survey Results (Continued)

The 2021 survey results indicate fifty-two point forty-four percent (52.44%) of individuals completing the survey felt their child(rens) education was impacted by the COVID-19 pandemic. Twenty-eight point zero-five percent (28.05%) of individuals surveyed lost a family member during the COVID-19 pandemic. See **Figure 46**.

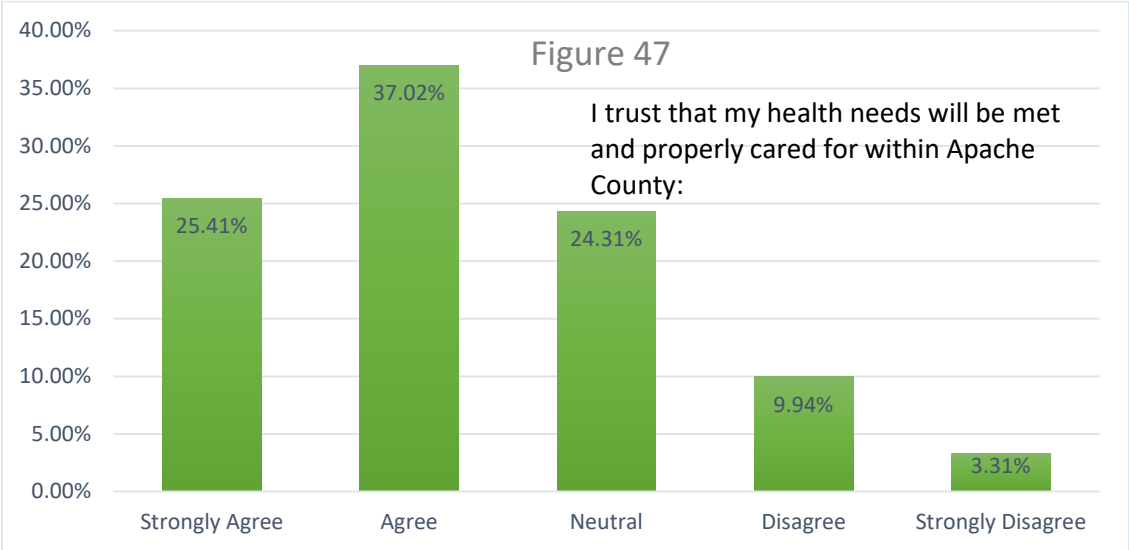
Figure 46: Question 40 – In what way has COVID-19 impacted you/your family members lives over the past year? (Please select all that apply):



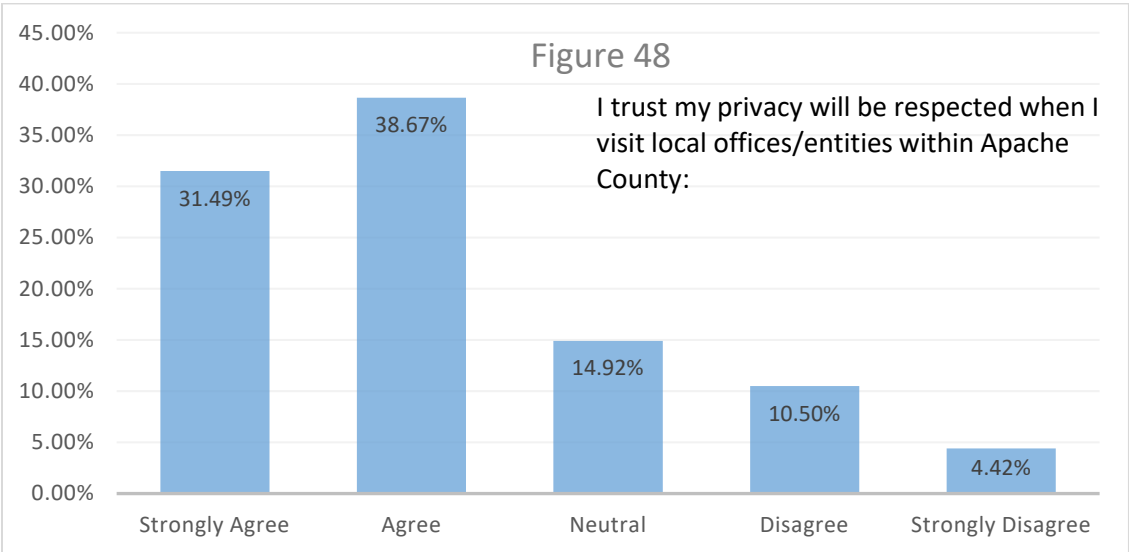
The 2021 survey results indicate thirty-seven point zero-two percent (37.02%) of individuals that completed the survey selected they agree that they trust their health needs will be met and properly cared for within Apache County. Twenty-five point forty-one percent (25.41%) of individuals surveyed strongly agree with this statement. See **Figure 47**.

Survey Results (Continued)

Figure 47: Question 41 – I trust that my health needs will be met and properly cared for within Apache County:

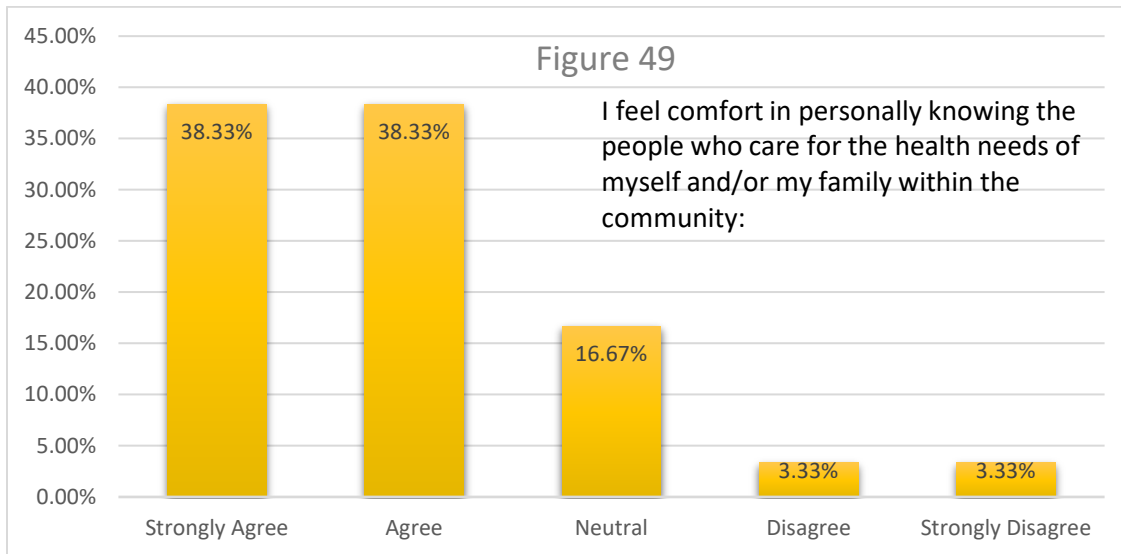


The 2021 survey results indicate thirty-eight point sixty seven percent (38.67%) of individuals that completed the survey selected they agree that they trust their privacy will be respected when they visit local offices/entities within Apache County. Thirty-one point forty-nine percent (31.49%) of individuals surveyed strongly agree with this statement. See **Figure 48**.

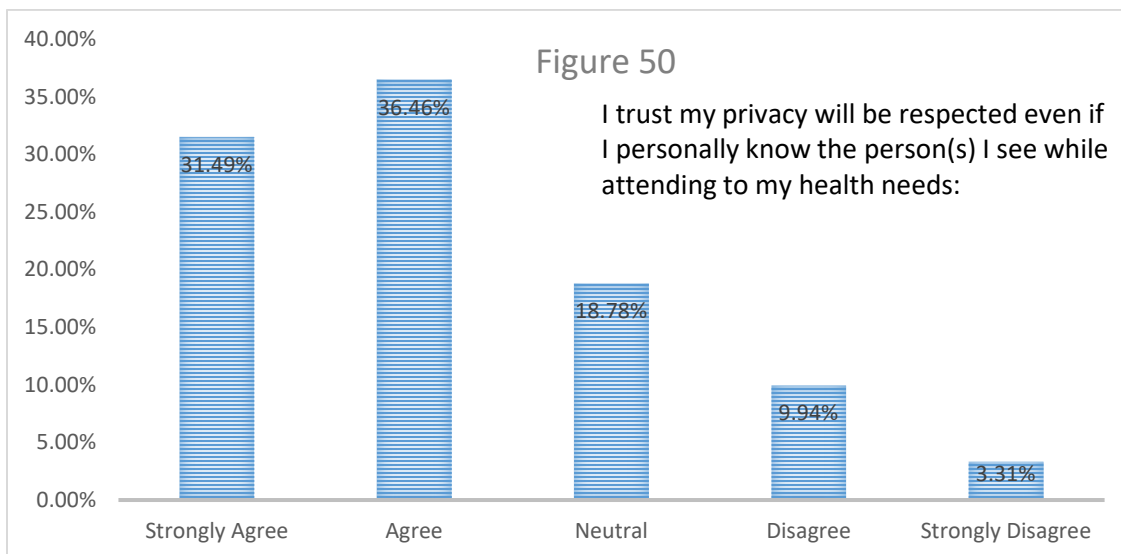


Survey Results (Continued)

The 2021 survey results indicate thirty-eight point thirty-three percent (38.33%) of individuals that completed the survey selected they agree that they feel comfort in personally knowing the people who care for the health needs of them and/or their families within the community. Thirty-eight point thirty-three percent (38.33%) of individuals surveyed strongly agree with this statement. See **Figure 49**.



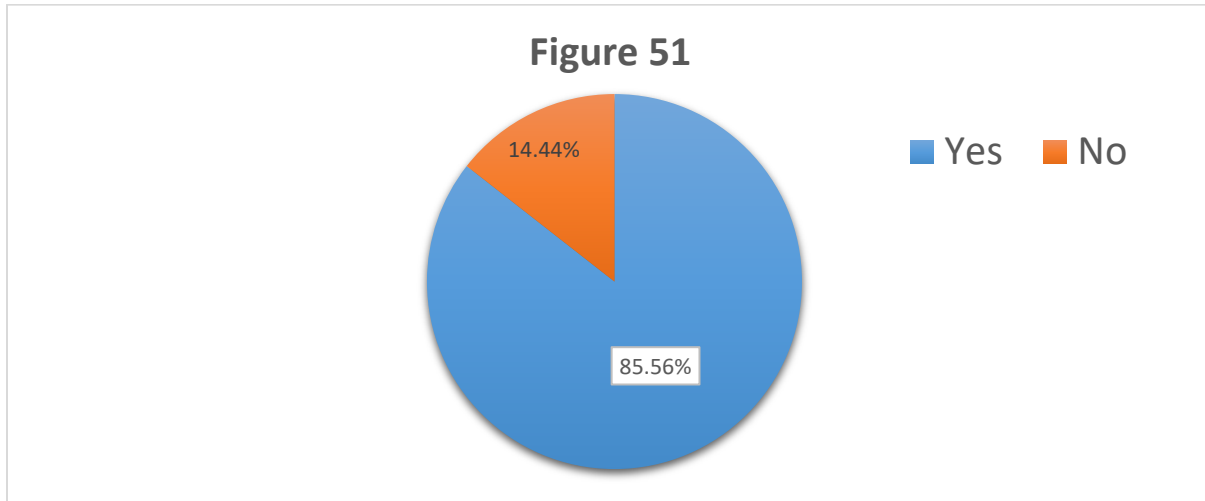
The 2021 survey results indicate thirty-six point forty-six percent (36.46%) of individuals that completed the survey selected they agree that they trust their privacy will be respected even if they personally know the person(s) they see while attending their health needs. Thirty-one point forty-nine percent (31.49%) of individuals surveyed strongly agree with this statement. See **Figure 50**.



Survey Results (Continued)

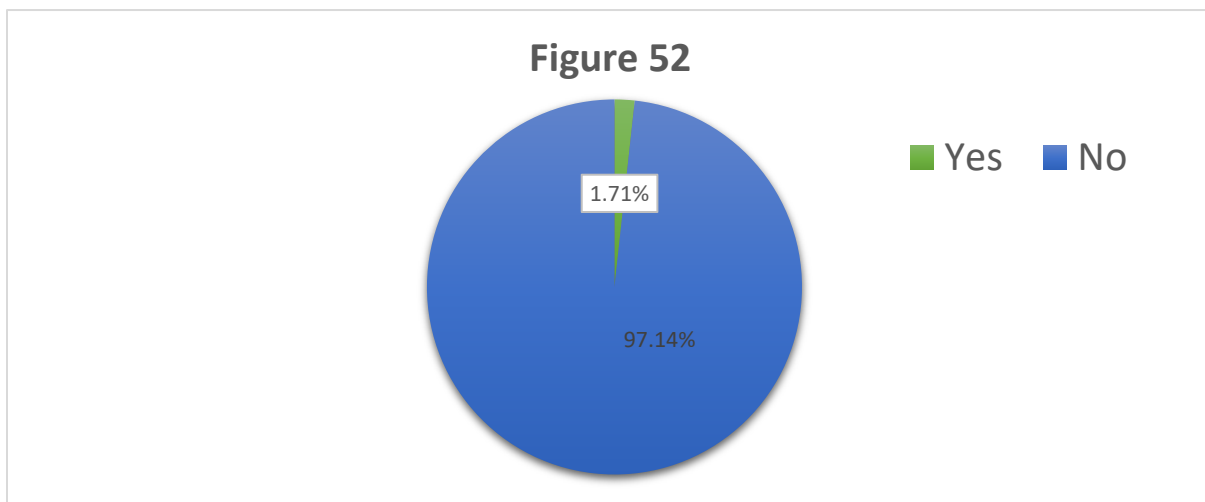
The 2021 survey results indicate eighty-five point fifty-six percent (85.56%) of individuals that completed the survey would utilize a public swimming pool for therapy and/or rehab services, while fourteen point forty-four percent (14.44%) indicated they would not utilize a public swimming pool for therapy and/or rehab services. See **Figure 51**.

Figure 51: Question 42 – Would you and/or your family members utilize a public swimming pool for therapy and/or rehab services?



The 2021 survey results indicate ninety-seven point fourteen percent (97.14%) answered no they do not receive dialysis services outside our service area, while one point seventy-one percent (1.71%) answered yes. See **Figure 52**.

Figure 52: Question 43 – Do you and/or family members receive dialysis services outside of our service area?



Community Health Needs Priorities

The Steering Committee developed a prioritization process and criteria in order to evaluate the significant health needs which were identified in the CHNA survey. The following summarizes each of the identified health needs priorities which is based on data and information gathered through the CHNA process. The Steering Committee will focus on the top three (3) priority needs (see below):

1. Access to Specialty Services in our Service Area
2. Access to Mental Health Services: Depression, Anxiety and Substance Abuse
3. Chronic Disease Management

Priority 1: Access to Specialty Services in our Service Area

During the 2021 CHNA survey it was identified that a majority of those surveyed received medical services outside of our service area. This includes Women's Health services. The Community Health Needs Coalition (CHNC) will form a sub-committee to begin reviewing this need to develop a strategy in early 2022, and have an implementation plan by May 2022. The sub-committee in conjunction with the CHNC will involve multiple community agencies and community leaders. Implementation planning will align with existing assets and programs, as well as, with the goals and objectives outlined in the CHNA. The coalition will additionally develop assessment measures to monitor whether or not goals and objectives are met.

- Implement telehealth specialty services at WMRMC Rural Health Clinic. The telehealth specialty services include cardiology, pulmonology, and behavioral and mental health.
- WMRMC Rural Health Clinic has implemented home visits that include the following specialty services: pulmonology and podiatry. Home visits allow patients to receive care in the comfort of their homes and do not require an in-office visit.
- Collaborate with other healthcare organizations, community organizations, and providers to seek other specialty services that will benefit our community.
- Collaborate with other health care clinics and providers to bring specialty services to our service area.

Priority 2: Mental Health Services: Depression, Anxiety and Substance Abuse

Mental Health continues to be a priority in Apache County. During the 2018 CHNA, this was a priority identified, and was identified during the 2021 CHNA as a continued priority need. COVID-19 has placed added stress, fear and worry, and has caused an increase in depression, anxiety and substance abuse. Establishing partnerships with local healthcare organizations, community organizations and community leaders is vital in increasing the

Community Health Needs Priorities (Continued)

health and wellness of the community. Currently, the CHNC has a sub-committee dedicated to Mental Health Services. The sub-committee will meet in early 2022 to develop a strategy to address this need, and have an implementation plan by May 2022. The sub-committee in conjunction with the CHNC will include multiple community agencies and community leaders. Implementation planning will align with existing assets and programs, as well as, with the goals and objectives outlined in the CHNA. The coalition will additionally develop assessment measures to monitor whether or not goals and objectives are met.

- Collaborate with Integrative Health Centers to bring in two (2) Nurse Practitioners to address behavioral and mental health needs. Integrative Health Centers focus on the following mental health needs: Psychiatry, Behavioral Health and Addiction Medicine.
- Explore partnerships with surrounding mental health providers to improve care, awareness, and management and promote the prevention of substance abuse and suicide.

Priority 3: Chronic Disease Management

An integrated care approach to the management of chronic diseases includes screenings, check-ups, monitoring and coordinating treatment, and patient education. Chronic disease management is a critical component of primary care that contributes to improving a patient's health and quality of life. This area was also identified as a priority during the 2018 CHNA survey. Currently, the Community Health Needs Coalition (CHNC) has a sub-committee dedicated to Chronic Disease Management. The sub-committee will meet in early 2022 to develop a strategy to address this need, and have an implementation strategy by May 2022. The sub-committee in conjunction with the CHNC will involve multiple community agencies and community leaders. Implementation planning will align with existing assets and programs, as well as, with the goals and objectives outlined in the CHNA. The coalition will additionally develop assessment measures to monitor whether or not goals and objectives are met.

- Partnered with Dave Johnson, a Strategic Health Care Risk and Financial Advisor, to support chronic care management.
- Provide and expand chronic disease self-management programs in collaboration with healthcare organizations, community organizations, and providers.
 - WMRMC offers discharge instructions to patients to help manage their medications and chronic disease information specific to their needs.
- Collaborate with healthcare organizations, community organizations, and providers to identify sub-specialties that are disparities in chronic care management.

Appendix A: Data Sources

The primary data sources utilized to compile information in the 2021 Community Health Needs Assessment report include the following:

- Apache County Community Health Needs Assessment (2018) Accessed data July 2021 - December 2021
- Arizona Department of Health Services (Population Health and Vital Statistics - Number of Deaths for the Leading Causes of Mortality by Year 2019) Accessed data December 2021: <https://pub.azdhs.gov/health-stats/menu/info/trend/index.php?pg=deaths>
- Census QuickFacts; Accessed data November 2021 - December 2021 <https://www.census.gov/quickfacts/fact/table/apachecountyarizona,US/PST045218>
- Centers for Disease Control and Prevention (2017) Accessed data December 2021: <https://www.cdc.gov/nchs/pressroom/states/arizona/arizona.htm>
- Center for Rural Health; Accessed data December 2021: <https://crh.arizona.edu/viz/arizona-marketplace-and-medicaid-enrollment>
- County Health Rankings and Roadmaps (2021) Accessed data December 2021: <https://www.countyhealthrankings.org/app/arizona/2021/rankings/apache/county/outcomes/overall/snapshot>
- Small Area Income and Poverty Estimates (2020) Accessed data December 2021: https://www.census.gov/data-tools/demo/saie/#/?map_geoSelector=u18_c&s_measures=u18_snc&s_year=2020&s_state=04&s_county=04001
- Survey Monkey (2021 Community Health Needs Assessment Survey Results) Accessed data November 2021 – December 2021: https://www.surveymonkey.com/analyze/F5C3r0Ez0_2FRFvxSy1Cg6bMjbJcn2betFkGTZHLUDowY_3D
- United State Census Bureau (2020); Accessed data December 2021: <https://data.census.gov/cedsci/profile?g=05000000US04001>
- World Population Review; Apache County, Arizona and Catron County, NM (2021) Accessed data December 2021: <https://worldpopulationreview.com/us-cities>