

LIVING WELL IN MOHAVE

A Quarterly Health Newsletter Keeping Our Community Healthy & Informed

January 2026

Volume 2

In This Issue:

- Public Health: *Understanding the big picture.*
- Translation Station
- Public Health in every day life
- Why Prevention Matters
- Quick Tips
- How to get involved



PUBLIC HEALTH: THE BIG PICTURE

Public health is the work that helps communities stay healthy and reduce preventable problems. While doctors and hospitals care for people when they are sick or injured, public health focuses on prevention, safety, and access to resources that support everyday life.

This includes things like safe food, disease prevention, emergency readiness, and access to care.

It is Healthy People, in Healthy Communities.

TRANSLATION STATION

Health jargon, simplified so it actually makes sense.

Chronic Disease

A long-term health condition that usually doesn't go away and needs ongoing care.

(Examples: diabetes, heart disease, asthma.)

Co-Morbidity

When a person has two or more health conditions at the same time.

(Example: Diabetes and high blood pressure.)

High-Risk Population

People more likely to have serious health problems because of age, health, or life situation.

Vulnerable Population

People who may need extra support because of barriers like income, access to care, housing, or transportation.

How MCDPH Supports Mohave County Residents in Every Day Life



From Kingman to Bullhead City, Lake Havasu to Colorado City, and all of our beautiful cities in between, our teams work every day to support the health and safety of our communities. This includes helping families access services like WIC and immunizations, supporting seniors with nutrition and fall prevention programs, bringing our mobile health unit to extreme remote areas, monitoring illness trends, responding to environmental health concerns, and coordinating with schools, hospitals, and first responders regarding health and wellness issues that are impacting the lives of our neighbors. MCDPH helps connect people to the resources they need to stay well.

Why Prevention Matters

Preventing a problem is almost always easier, less expensive, and less stressful than treating it after it happens. Simple steps like vaccines, early screenings, behavioral health screenings, and healthy living can reduce hospital visits, missed work, and long-term health issues.



HOW TO GET INVOLVED

Community members can support public health by:

- Attending community events and meetings.
- Providing feedback on community health surveys.
- Volunteer with the Senior Center “Meals on Wheels” program.
- Participate in preparedness training and response teams.
- Share accurate information.
- Follow local health updates.

To learn more or to receive an email version of this newsletter contact Dani at lagand@mohave.gov.



QUICK TIPS!

When reading health information:

- Look for trusted sources, websites typically ending in: .gov, .edu, or other reputable sources.
- Be cautious of headlines that sound extreme or emotional
- Avoid “miracle cure” claims

Where to find trustworthy information:

- Mohave County Department of Public Health: health.mohave.gov
- Centers for Disease Control: CDC.gov
- Arizona Department of Health: AZDHS.gov
- Mayo Clinic: mayoclinic.org
- Johns Hopkins: hopkinsmedicine.org

COMMON MISUNDERSTANDINGS

MYTHS VS FACTS



MYTH:

Public health is the same as healthcare.



MYTH:

Prevention is optional



MYTH:

Community health means “community problems”.



FACT:

Healthcare is individual treatment.
Public health focuses on prevention, protection, and community-wide well-being.



FACT:

Prevention reduces emergency response costs, hospital utilization, and long-term public expense.



FACT:

Community health means community strengths, resources, and solutions. It's about what's working and how to build on it.