

# TABLE OF CONTENTS

INTRODUCTION		
Executive Summary & Director's Note	4	
County Demographics & Health Snapshot	5	
Strategic Goals & Priorities	6	
Services, Programs, & Budgets	7	
NURSING		
Childhood Immunizations	9	
Adult Immunizations	- 11	
Family Planning	12	
STI Prevention	13	
High Risk Perinatal	14	
NUITDITION & HEALTH DROMOTION		
NUTRITION & HEALTH PROMOTION	16	
Women, Infant, and Children (WIC) Breastfeeding Peer Counseling	17	
Senior Nutrition	18	
Tobacco Use Prevention	19	
Health In Arizona Policy Initiative	20	
Arizona Health Zone	21	
Overdose Data 2 Action	22	
Special Needs Advocacy Coalition	23	
ENVIRONMENTAL HEALTH		
Food Safety & Sanitation	25	
Sanitation	26	
Nuisance & Smoke-Free AZ	27	
Nuisance Investigation	28	
Mosquito Surveillance & Planning	29	
Retail Program Standards	30	
Cottage Food Law & Sanitarian Eligibility	31	
ADMINISTRATION  Behavioral Health	7.7	
Youth Mental Health First Aid	33 34	
Emergency Preparedness	35	
Public Health Improvement	36	
Vital Records	37	
Glossary	38	

# **EXECUTIVE SUMMARY**

#### WHAT WE DO

Our mission is to protect health, prevent disease, and empower every person in Mohave County to live a healthier life.

#### FISCAL YEAR 2024 HIGHLIGHTS

- 46,891 Mohave County residents were served through immunizations, WIC nutrition support, and health screenings.
- MCDPH programs promoted healthy living by providing prevention education to our community in a variety of innovative formats.
- Expanded mental health and substance use prevention, including suicide prevention training for schools and first responders.
- Supported emergency preparedness with stakeholder trainings, extreme heat safety and cooling center coordination, and assisted schools in their preparedness plans.

#### **WORKING TOGETHER**

We partnered with:

- Local hospitals & clinics
- Tribal nations
- Schools & libraries
- Nonprofits & faith groups

Our outreach included mobile services, plain-language health education, and community surveys to make sure every voice was heard.

#### STEWARDSHIP YOU CAN TRUST

Thanks to the responsible investment of tax dollars and grant funding, MCDPH programs deliver measurable results for local families. Together, we're building a healthier Mohave County for everyone.

At Mohave County Department of Public Health, we believe that prevention, collaboration, and innovation form the basis of a brighter future. Driven by our dedication to excellence and to each other, we work daily to provide every resident with the chance to enjoy a longer, healthier life. Alongside our partners, stakeholders, and community members, we are promoting a collective vision of healthy individuals in thriving communities, both now and for future generations.

-Melissa Palmer, Health Director

# COUNTY DEMOGRAPHICS & HEALTH SNAPSHOT

#### **COUNTY POPULATION**

**Population:** 226,479 residents (2024 estimate)

Age: Median age 53–54 years; seniors (65+) make up 32% of

the population.

Diversity: Majority Caucasian (75%), Hispanic/Latino (16%),

Native American (3%), Black, Asian, and

Pacific Islander populations (6%).

**Growth: Increase** of 2,797 residents.



Income: Median household income \$55,799, lower than Arizona's

\$81,000+.

**Poverty:** 16.8% overall poverty level.

Education: 88.2% of residents had a high school diploma, or higher with 18.6% holding a

bachelor's degree or higher.

**Insurance Coverage:** 81-84% insured.

Access to Care: Primary care provider ratio = 1:1,877; mental health provider ratio = 1:1,284.

#### MAJOR HEALTH CONCERNS

Chronic Disease: Cancer, heart disease, chronic lower respiratory disease, and Alzheimer's.

**Mental Health:** Suicide prevention is a growing priority, with higher rates among youth and first responders.

**Substance Use:** Opioid and methamphetamine use continue to drive health risks and community impact.

Life Expectancy: 73.8 years, nearly three years shorter than the Arizona average.

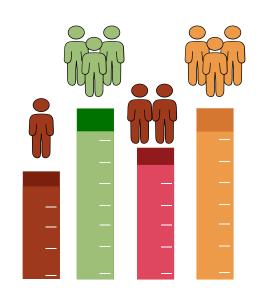
#### **KEY TAKEAWAY**

Mohave County is a fast-growing, aging community with strong rural and tribal identities. While most residents have insurance, economic hardship, provider shortages, and geographic barriers limit access to care. Chronic disease, behavioral health, and substance use remain top concerns. Public health efforts focus on prevention, equity, and emergency preparedness to improve health outcomes across the county.



#### Sources:

- U.S. Census Bureau (2020–2023 Estimates)
- Census Reporter Mohave County Profile (censusreporter.org)
- DataUSA Mohave County, AZ Profile (datausa.io)
- · Arizona Department of Health Services (ADHS)





## STRATEGIC GOALS & PRIORITIES

During the past year, we focused our efforts on key strategic priorities designed to improve health outcomes, build a stronger public health presence, and ensure that our limited resources make the greatest possible impact in our medically underserved county.

#### IMPROVING COMMUNITY HEALTH OUTCOMES

By focusing on prevention, education, and early intervention, we work to reduce the burden of disease and help individuals live healthier, meaningful lives. Much of our work centers around the four leading causes of death which are: heart disease, cancer, chronic lower respiratory disease, and Alzheimer's disease.

#### SUPPORTING MATERNAL & CHILD HEALTH

Healthy families are the foundation of a healthy community. This year, MCDPH strengthened maternal and child health programs that support healthy pregnancies, safe births, proper nutrition, and early childhood development. From breastfeeding support and prenatal education to childhood immunizations and family health resources, we focused on giving Mohave County's youngest residents the best possible start in life.

#### **EXPANDING PUBLIC HEALTH PRESENCE**

MCDPH expanded its presence across the county by increasing participation in community events, strengthening partnerships with schools and local organizations, and delivering more services directly in neighborhoods and rural areas. These efforts help build trust, increase awareness, and make public health a more visible, accessible part of everyday life.

#### MAXIMIZING TOOLS, RESOURCES, AND PARTNERSHIPS

With limited healthcare options and a large rural population, Mohave County faces unique challenges, and we meet them with innovation and collaboration. By leveraging technology, building partnerships, and pursuing funding opportunities, MCDPH worked to stretch every dollar further while maintaining fiscal responsibility. These efforts ensure that our programs and services continue to reach those who need them most.

#### PROMOTING AND PROTECTING PUBLIC HEALTH

Our team worked to identify and respond to public health threats, educate residents, and implement strategies that keep our county safe, resilient, and prepared for the future.

#### COMMITTING TO EXCELLENCE AND CONTINUOUS IMPROVEMENT

Maintaining our national accreditation through the Public Health Accreditation Board (PHAB) remains a cornerstone of our work. Accreditation not only holds us accountable to high standards but also drives continuous improvement, ensuring that we deliver effective, evidence-based programs and services that make a measurable difference in the lives of Mohave County residents.











# SERVICES, PROGRAMS, & BUDGETS

#### **PUBLIC HEALTH PROGRAMS**

- Accreditation
- Arizona Health Zone
- Behavioral Health
- Breastfeeding Peer Counselor Program
- Child Fatality, Suicide, & Overdose Review Boards
- Family Planning
- Food Safety & Sanitation
- Health in Arizona Policy Initiative (HAPI)
- Health Start
- High-Risk Perinatal (HRPP)
- HIV Prevention
- Immunization Program
- Medical Examiner's Office
- Nuisance Prevention & Control
- Occupational Health
- Overdose Data to Action (OD2A)
- Public Health Emergency
   Preparedness (PHEP)
- Senior Programs
- Smoke-Free Arizona
- Tobacco Prevention
- Tuberculosis Program
- Vital Records
- Women, Infant, & Children
   Supplemental Food Program

Programs are listed in alphabetical on this page, however they are organized by department throughout the remainder of the report.

#### BUDGET JULY 1, 2023 - JUNE 30, 2024

#### Revenues

Total Revenues	\$8,050,867
Rent	\$1,917
Miscellaneous & Donations	\$184,261
Miscellaneous Transfers In	\$1,056,582
County General Funds	\$1,223,680
State Grants & Contracts	\$896,292
Fees from Services	\$1,601,590
AHCCCS & Insurance Revenue	\$183,390
Federal Grants	\$2,903,155

#### **Expenditures**

Personnel Services	\$5,386,223
Operating Supplies	\$555,815
Other Charges/Services	\$2,093,346
Capital Outlay	\$15,483

Total Expenditures \$8,050,867

# NURSING





# CHILDHOOD IMMUNIZATIONS

#### **OVERVIEW**

The Childhood Immunizations Program plays a critical role in protecting the health of Mohave County's youngest residents. By providing vaccines recommended by the Centers for Disease Control and Prevention (CDC) to children ages 0–18, the program helps prevent the spread of vaccine-preventable diseases. Through public health clinics, school-based vaccination events, and outreach in underserved communities, the program works to increase vaccination rates, reduce exemption rates, and ensure families have the information they need



to make informed decisions about their children's health. Each vaccine administered not only protects an individual child but also strengthens herd immunity, safeguarding schools, families, and the broader community.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Delivered 2,082 vaccines to children and adolescents through routine immunization clinics and back-to-school events.
- Partnered with schools to provide education, technical support, and vaccination compliance assistance.
- Participated in community outreach events across the county, increasing vaccine access in remote and underserved areas.
- Supported statewide disease prevention efforts by contributing data to the Arizona State Immunization Information System (ASIIS).
- Provided individualized education and counseling to families to address concerns and reduce vaccine hesitancy.

#### **CHALLENGES & OPPORTUNITIES**

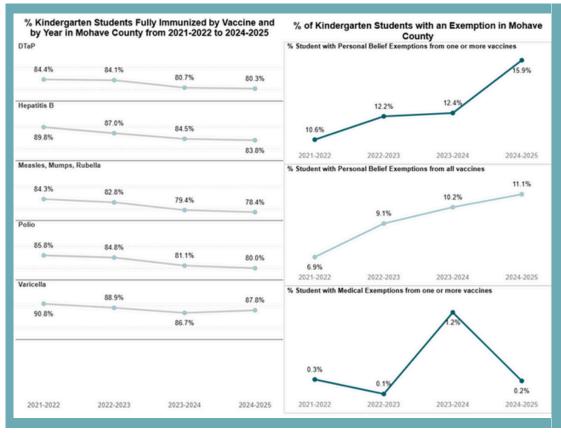
- Vaccine hesitancy remains a major barrier, fueled by misinformation and declining public trust in science.
- Access limitations including transportation barriers and clinic hours reduce vaccination opportunities for some families.
- Funding constraints and staffing shortages impact outreach capacity and program expansion.
- Continued collaboration with schools, healthcare providers, and community partners offers
  opportunities to improve vaccination coverage and increase public confidence.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Vaccination is one of the most effective public health tools for preventing disease and saving lives. It protects children from serious illnesses like measles, pertussis, and polio. It also protects the community as a whole by preventing outbreaks and safeguarding those who cannot be vaccinated. By making vaccines accessible, building trust through education, and supporting informed decision-making, the Childhood Immunizations Program is laying the foundation for a healthier future and advancing our vision of Healthy People in Healthy Communities.

(Cont'd)

#### MOHAVE COUNTY KINDERGARTEN IMMUNIZATION DATA



COMPARED TO THE ENTIRE
STATE OF ARIZONA

2023-2024 Personal Belief Exemptions:

- From one or more vaccines: 8.1%
- From all vaccinations: 4.8%

Students with Medical Exemptions from one ore more vaccines: .05%

#### MOHAVE COUNTY 6TH GRADE IMMUNIZATION DATA

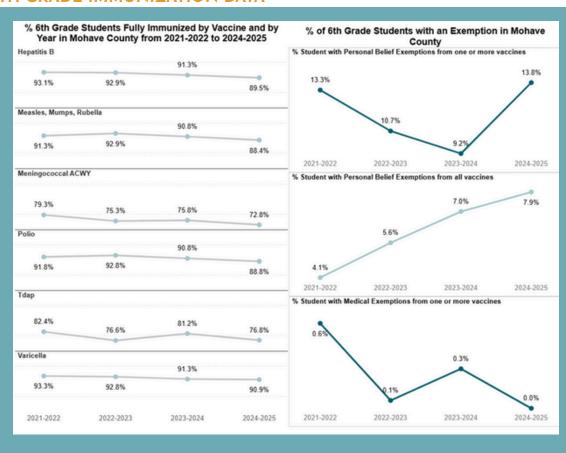
# ENTIRE STATE OF ARIZONA

2023-2024 Personal Belief Exemptions:

From one or more vaccines: 7.8%

From all vaccinations: 3.2%

Students with Medical Exemptions from one or more vaccines: .05%



Mohave County's childhood immunization rates remain significantly lower than other counties across Arizona. As illustrated above, personal belief exemptions far exceed medical exemptions, highlighting a critical gap in understanding. Our mission is to close that gap by providing accurate information, dispelling myths, and building trust so that every family can make informed decisions that support a healthier, more resilient Mohave County.

# **ADULT IMMUNIZATIONS**

#### **OVERVIEW**

In conjunction with childhood vaccinations, our Nursing Division provides essential vaccines for adults aged 19 and older to protect against preventable diseases and strengthen community health. Most insurance plans are accepted for payment, and for those without coverage, the Vaccine for Adults (VFA) program ensures that cost is never a barrier. In addition to routine vaccinations, MCDPH partners with local employers, particularly those in healthcare and dental fields to offer recommended vaccines directly to their workforce. Vaccinations for college students



are also available by request, either through their insurance plans or the VFA program.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Administered 442 adult vaccines through county clinics and targeted outreach events.
- Expanded community vaccination opportunities by participating in health fairs, mobile unit visits, and collaborative public health initiatives.
- Provided education and counseling to address misconceptions about adult vaccines, emphasizing their role in preventing severe disease and complications.
- Supported public health response efforts by administering seasonal flu and COVID-19 vaccines to vulnerable populations and high-risk groups.
- Partnered with healthcare providers and pharmacies to improve coordination, referrals, and vaccination tracking.

#### **CHALLENGES & OPPORTUNITIES**

- Low awareness of adult vaccine recommendations continues to limit coverage rates, particularly among older adults and those with chronic conditions.
- Misinformation and vaccine hesitancy remain significant barriers, often fueled by online sources and social media.
- Access barriers including cost, transportation, and scheduling which can prevent adults from receiving recommended vaccines.
- Opportunities exist to expand outreach through employer partnerships, provider education, and targeted campaigns focused on high-risk populations.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Vaccine-preventable diseases continue to impose a substantial burden on public health and the economy costing billions of dollars annually in the United States through medical expenses, lost wages, and long-term disability. Many of these illnesses, from influenza to shingles, are easily preventable through vaccination. By providing cost-effective and affordable vaccines to Mohave County residents, we can lessen the burden of vaccine-preventable diseases in Mohave County. In essence, providing evidence-based immunization services and empowering adults with the knowledge to protect themselves and their loved ones, the Adult Immunizations Program helps reduce disease, lower healthcare costs, and build a stronger, healthier community.

# **FAMILY PLANNING**

#### **OVERVIEW**

The Family Planning & Reproductive Health Program provides comprehensive, confidential reproductive healthcare services to low-income, uninsured, and underinsured individuals in Mohave County. The program is designed to empower individuals and families to make informed decisions about their reproductive health, support healthy pregnancies, and enhance overall well-being. Services include annual wellness exams, a full range of contraceptive options, cancer and sexually transmitted infection (STI) screenings, pregnancy testing, and personalized counseling. Education and referrals are also provided to connect clients with additional medical, social, and educational resources. By reducing barriers to care and providing accurate information, the program helps individuals exercise personal choice and plan for their futures.

#### **CHALLENGES & OPPORTUNITIES**

- Our nurse practitioner resigned in October of 2023. We were actively recruiting throughout
  the year on LinkedIn, Facebook, made announcements in community coalitions, promoted
  through the local hospitals and through our job development program.
- Access barriers are always an issue in rural Arizona, issues as identified in our Community
  Health Needs Assessments included transportation, cost, and stigma, which continues to
  prevent some residents from seeking reproductive healthcare services.
- Opportunities exist to expand outreach in rural areas, integrate reproductive health education into school and community programs, and enhance partnerships to improve care coordination.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Access to reproductive healthcare is essential for individual autonomy, family well-being, and public health. Comprehensive family planning services help reduce unintended pregnancies, lower STI transmission, improve maternal and infant health outcomes, and empower people to make informed choices about their lives and futures. By meeting residents where they are and providing judgment-free, evidence-based care, the Family Planning Program supports healthier families, stronger communities, and the overarching vision of Healthy People in Healthy Communities.





# STI PREVENTION

#### **OVERVIEW**

The STI Prevention & Control Program works to reduce the spread of sexually transmitted infections, prevent complications, and protect the sexual health of Mohave County residents. Through timely case investigation, treatment coordination, education, and community outreach, the program aims to stop transmission chains and connect individuals to essential care and resources. The program's top priorities include reducing STI morbidity, preventing congenital syphilis, and ensuring early detection and treatment to reduce long-term health impacts. Efforts

are guided by data, collaboration with healthcare providers, and public health surveillance, all with the goal of protecting individual and community health.

# PROGRAM ACHIEVEMENTS & MILESTONES

- Investigated 100% of reported STI cases, ensuring contact tracing, patient interviews, and treatment coordination.
- Conducted timely follow-ups to close the majority of cases within 30 days of initiation, improving outbreak control.
- Distributed informational toolkits to healthcare providers to support accurate testing, reporting, and treatment practices.
- Participated in statewide trainings and updates to align with the latest testing, treatment, and prevention recommendations.
- Engaged in community outreach events to increase public awareness about STI prevention, testing, and treatment services.

#### **CHALLENGES & OPPORTUNITIES**

- Arizona continues to experience a statewide syphilis outbreak, and Mohave County remains among the highest in congenital, primary, and secondary syphilis rates.
- Stigma and misinformation surrounding sexual health often discourage individuals from seeking testing or treatment.
- Contact tracing challenges and incomplete partner information can limit investigation effectiveness.
- Opportunities exist to expand outreach, improve education for at-risk populations, and strengthen partnerships with local clinics, schools, and community organizations.

#### WHY IT MATTERS FOR MOHAVE COUNTY

STIs remain a significant public health threat, causing long-term complications such as infertility, cancer, and increased HIV risk if left untreated. Congenital syphilis is particularly devastating, leading to stillbirth, infant death, or severe lifelong health conditions. Through early detection, timely treatment, and community education, the STI Prevention & Control Program not only protects individuals but also strengthens the overall health of Mohave County.



# HIGH RISK PERINATAL

#### **OVERVIEW**

The High-Risk Perinatal Program (HRPP) provides specialized, in-home community health nursing services to families with infants who required intensive care at birth. Designed to ease the transition from the Neonatal Intensive Care Unit (NICU) to home, HRPP offers up to three years of individualized support, education, and monitoring to help high-risk infants thrive. Community Health Nurses (CHNs) work closely with families to track developmental milestones, ensure medical follow-up, teach caregiving skills,



and connect families with essential resources and services. By supporting parents and caregivers during the most critical early years, HRPP reduces infant morbidity and mortality, improving long-term health outcomes, and strengthening family confidence and resilience.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- In 2024, the HRPP served 8,553 infants, with 4,231 receiving ongoing services and 4,322 newly
  enrolled in the program.
- HRPP CHNs completed 620 surveys for the National Survey of Children's Health (NSCH), which is
  utilized to improve referrals for children identified as having special health care needs.
- The CHNs also completed 1,474 initial Ages and Stages Questionnaires (ASQ) and 1,764
   Edinburgh Postnatal Depression Screenings (EPDS). Of these EPDS, of the people screened, 185
   had a score greater than nine, leading them to be referred to mental health services.
- Infants diagnosed with Neonatal Abstinence Syndrome (NAS) are automatically eligible for HRPP home-visiting follow-up services. Of the 8,553 infants enrolled in 2024, 649 (7.6%) were diagnosed with NAS, and 876 home visits were provided to these infants over the course of the year.

#### **CHALLENGES & OPPORTUNITIES**

 Families in Colorado City face significant geographic barriers to care, as there is no nearby Neonatal Intensive Care Unit (NICU). Expanding outreach and education about the High-Risk Perinatal Program (HRPP) within the community can help bridge this gap.

#### WHY IT MATTERS FOR MOHAVE COUNTY

The earliest months and years of life are critical for long-term health and development and families with medically fragile infants often need extra support to navigate this challenging period. By providing expert guidance, close monitoring, and compassionate care, HRPP helps babies reach their developmental potential, reduces preventable complications, and gives families the tools they need to build healthy futures.

# NUTRITION & HEALTH PROMOTION







# WOMEN, INFANT, AND CHILDREN

#### **OVERVIEW**

The Women, Infants & Children (WIC)
Program is a vital public health service that improves maternal and child health by providing nutrition education, breastfeeding support, and access to healthy foods for pregnant women, new mothers, infants, and children under age five. The program supports healthy pregnancies, optimal growth and development, and improved long-term health outcomes during the most critical stages of life. In addition to providing supplemental nutritious



foods, WIC staff deliver individualized nutrition counseling, support breastfeeding success, and connected families to healthcare and social services. By addressing food insecurity and promoting healthy lifestyle behaviors, WIC strengthens family well-being and sets the foundation for lifelong health.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Served 40,956 participants across Mohave County through in-person and remote WIC services.
- Provided nutrition education and counseling tailored to each family's needs, including guidance on healthy eating, infant feeding, and chronic disease prevention.
- Offered breastfeeding support services, including peer counseling, lactation consultation, and postpartum education.
- Partnered with healthcare providers and social service agencies to connect families with prenatal care, immunizations, and early intervention services.

#### **CHALLENGES & OPPORTUNITIES**

- Rising food costs and economic pressures continue to impact family food security and increase demand for services.
- Transportation and access barriers in rural and remote areas limit participation for some eligible families.
- Opportunities exist to expand outreach, strengthen provider partnerships, and integrate additional community-based nutrition and wellness initiatives.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Access to nutritious food and education in the earliest years of life has a lasting impact on health, development, and quality of life. WIC helps reduce disparities in birth outcomes, improves childhood nutrition, and supports healthier pregnancies and parenting. By empowering families with the resources, knowledge, and support they need, the WIC Program builds a foundation for stronger families, healthier children, and a healthier future advancing our vision of Healthy People in Healthy Communities.

# **BREASTFEEDING PEER COUNSELING**

The Breastfeeding Peer Counseling Program empowers new and expectant mothers with the knowledge, encouragement, and support they need to successfully breastfeed their infants. Because breastfeeding provides optimal nutrition, strengthens the immune system, and fosters lifelong health benefits, the program focuses on building confidence, overcoming barriers, and creating supportive environments for families. Peer counselors are mothers with personal breastfeeding experience; they provide individualized support through one-on-one consultations, phone calls, classes, and community events. They offer guidance on topics such as latching, milk supply, pumping, and returning to work, and they connect families with lactation specialists and healthcare providers when needed. This peer-to-peer model is proven to increase breastfeeding initiation, duration, and exclusivity, improving health outcomes for both babies and mothers.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Provided 2,496 personalized breastfeeding support sessions to WIC participants through one-on-one sessions, phone consultations, and follow-up calls.
- Delivered prenatal breastfeeding education classes to help mothers prepare before delivery and increase initiation
- Supported postpartum clients in overcoming common challenges such as latching difficulties, milk supply concerns, and pumping techniques.
- Partnered with healthcare providers, hospitals, and lactation consultants to ensure comprehensive support for families.
- Participated in community outreach and education events, promoting the health benefits of breastfeeding and available WIC services.



#### **CHALLENGES & OPPORTUNITIES**

- Returning to work or school remains a major factor contributing to early weaning.
- Opportunities exist to expand education for partners and family members, collaborate with employers to support breastfeeding-friendly workplaces, and integrate virtual counseling to reach more clients.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Breastfeeding is one of the most effective ways to support an infant's health and development reducing the risk of infections, chronic diseases, and obesity while strengthening the maternalchild bond. Mothers also benefit from reduced risks of certain cancers and improved postpartum recovery. By offering peer-based, culturally sensitive support, the Breastfeeding Peer Counseling Program empowers families to make informed feeding choices and sets the foundation for a lifetime of health.



# **SENIOR NUTRITION**

#### **OVERVIEW**

The Senior Nutrition Program plays a vital role in promoting the health, independence, and quality of life of older adults across Mohave County. Through a combination of congregate meal services at senior centers and home-delivered meals (Meals on Wheels) for homebound residents, the program ensures that seniors have consistent access to nutritious food, wellness checks, and meaningful social connections. In addition to nutrition support, the program integrates education on healthy eating, chronic disease



management, and food safety, while also coordinating with healthcare providers, long-term care services, and volunteers to support aging in place. For many participants, each meal is more than food, it's a lifeline to health, dignity, and community.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Provided 29,182 nutritious congregate meals at senior centers in Kingman, Lake Havasu City, and Golden Shores, supporting social engagement and wellness.
- Delivered 77,465 home-delivered meals to homebound seniors in Golden Shores, Kingman, and Lake Havasu.
- Integrated nutrition education workshops focused on healthy eating, disease prevention, and chronic condition management.
- Offered post-hospital meal support to assist seniors recovering at home and reduce hospital readmissions.
- Partnered with WACOG, AHCCCS, and ALTCS to enhance service coordination and eligibility assessments.
- Expanded volunteer engagement, providing critical delivery support and strengthening neighborhood connections.

#### **CHALLENGES & OPPORTUNITIES**

- Rising food costs, increased demand, and funding fluctuations create ongoing program sustainability challenges.
- Transportation barriers and geographic isolation make meal delivery and outreach difficult in remote rural areas.
- Continued opportunities exist to expand partnerships, increase volunteer capacity, and integrate additional health and wellness services into meal delivery programs.

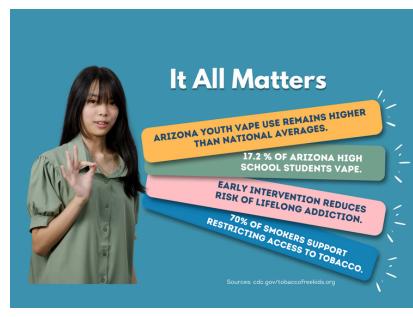
#### WHY IT MATTERS FOR MOHAVE COUNTY

Access to nutritious meals is essential for healthy aging, reducing the risk of chronic disease, preventing malnutrition, and supporting physical and mental well-being. The Senior Nutrition Program not only fills nutritional gaps but also combats social isolation, promotes independence, and helps older adults remain in their homes and communities longer. By supporting our aging population, we are investing in a healthier, more connected Mohave County.

## **TOBACCO USE PREVENTION**

#### **OVERVIEW**

Tobacco use has devastating health and economic consequences. In Arizona, smoking-related healthcare expenses total more than \$2.76 billion<sup>2</sup> annually, including \$411.4 million in Medicaid costs. Additionally, 25.9% of all cancer deaths in the state are attributed to smoking. Early intervention, youth education, and cessation support are essential to reversing these trends and reducing preventable deaths. Locally, Mohave County Tobacco Use Prevention Program (MCTUPP) is seeing measurable progress: youth vaping



rates among high school seniors declined from 19.2% in 2022 to 15.5% in 2024, and experimentation with e-cigarettes dropped from 34% to 25% over the same period. These shifts demonstrate the powerful impact of education, policy enforcement, and community collaboration.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Reached more than 2,300 students through school-based prevention programs.
- Expanded diversion programs through youth court, reducing repeat offenses to 0% this year.
- Conducted tobacco retailer compliance checks, maintaining a <10% violation rate for the first half of 2024.
- Strengthened parent engagement by requiring participation in youth diversion education sessions.
- Provided additional compliance support and training to retailers following a slight rise in violation rates in late 2024.

#### CHALLENGES & OPPORTUNITIES

- Continued exposure to youth-targeted marketing increases the likelihood of experimentation.
- Retailer compliance rates, while strong, require sustained enforcement and education efforts.
- Expanding parent education and culturally responsive messaging presents an opportunity for deeper community impact.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Preventing nicotine addiction before it starts is one of the most impactful public health investments we can make. By educating youth, supporting families, enforcing retailer compliance, and empowering individuals to quit, MCTUPP helps build a healthier future for Mohave County, one free from the preventable diseases, healthcare costs, and lifelong consequences of tobacco use.

# **HEALTH IN ARIZONA POLICY INITIATIVE**

#### **OVERVIEW**

The Health in Arizona Policy Initiative (HAPI) addresses four of Mohave County's leading causes of death: heart disease, cancer, chronic lower respiratory disease (CLRD), and Alzheimer's disease, through prevention, early detection, and community-based education. By promoting healthier lifestyles, improving access to screenings, and partnering with local organizations, HAPI helps residents reduce their risk, detect disease earlier, and manage chronic conditions more effectively. HAPI's work includes risk-reduction education, workplace wellness programs, nutrition support through WIC collaborations and initiatives like cooking demonstrations, and breastfeeding support to improve food security and healthy eating behaviors. These efforts are especially vital in a county where chronic disease rates significantly exceed state averages.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Delivered evidence-based classes including Chronic Disease Self-Management and Tai Chi for Arthritis and Falls Prevention.
- Launched a self-measured blood pressure monitoring pilot to support early detection and intervention.
- Conducted a countywide sun safety campaign and chronic disease risk reduction workshops.
- Supported school and community gardens to expand access to fresh produce and nutrition education.
- Collaborated with WIC to provide nutrition education and breastfeeding support, improving food security and dietary habits.

#### **CHALLENGES & OPPORTUNITIES**

- Chronic disease rates in Mohave County remain significantly higher than state averages, with cardiovascular disease mortality nearly double and CLRD rates the highest in Arizona.
- Geographic barriers and workforce shortages limit access to screenings and education, particularly in rural areas.
- Expanding program reach, enhancing collaboration with healthcare providers, and increasing culturally responsive education present opportunities for deeper community impact.



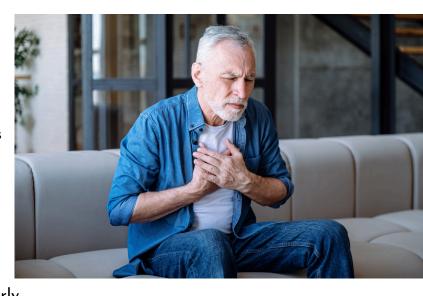
#### WHY IT MATTERS FOR MOHAVE COUNTY

Chronic disease is one of the most pressing public health challenges facing our community, but it's also one of the most preventable. By empowering residents with knowledge, tools, and resources, HAPI helps reduce the burden of disease, lower healthcare costs, and improve quality of life. Each class taught, screening delivered, and partnership formed moves Mohave County closer to our vision of Healthy People in Healthy Communities, where prevention is prioritized and every resident has the chance to live a longer, healthier life.

## ARIZONA HEALTH ZONE

#### **OVERVIEW**

The Arizona Health Zone (AZHZ) works to prevent chronic disease and improve overall wellness by promoting nutrition, physical activity, and healthy lifestyle behaviors across Mohave County. Through education, policy, systems, and environmental (PSE) strategies, AZHZ empowers individuals and families to make lasting changes that support long-term health. The program focuses on reducing obesity, improving dietary quality, and increasing access to nutritious foods particularly



among children, older adults, and underserved populations. By combining direct education with community-based initiatives such as school gardens, nutrition classes, and coalition partnerships, AZHZ builds healthier environments where the healthy choice becomes the easy choice.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Supported school and community gardens at Desert Willow Elementary, Hualapai Elementary, Veterans Villas, and Mt. Tipton Elementary, providing hands-on nutrition education and access to fresh produce.
- Delivered nutrition education at early childhood centers, senior centers, libraries, city buildings, and schools, reaching residents of all ages.
- Expanded community engagement through health fairs, coalition participation, and public outreach events.
- Implemented policy and systems changes that support healthier food environments and increase opportunities for physical activity.
- Strengthened partnerships with local organizations to increase program reach and sustain longterm health initiatives.

#### **CHALLENGES & OPPORTUNITIES**

- Staff turnover briefly limited program reach.
- Persistent food insecurity and limited access to fresh, affordable foods remain significant barriers for many residents.
- Continued collaboration with schools, community organizations, and local governments offers
  opportunities to scale PSE strategies and expand program impact.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Access to nutritious food and opportunities for physical activity are essential to preventing chronic disease and improving quality of life. AZHZ helps bridge gaps in food access, builds healthier food environments, and equips residents with the knowledge and skills they need to make informed choices. By fostering healthier habits early and supporting them throughout life, AZHZ contributes to a stronger, more resilient Mohave County.

# **OVERDOSE DATA 2 ACTION**

#### **OVERVIEW**

The Overdose Data to Action (OD2A) program focuses on reducing overdose deaths, preventing opioid misuse, and building a safer, healthier community through education, partnerships, and data-driven action. The program integrates prevention, intervention, and response strategies, from distributing naloxone and conducting public education campaigns to collaborating with the justice system and reviewing overdose fatalities to guide policy and practice. Despite significant staffing changes — from a team of four to two — the program has continued to deliver impactful services, including school-based education, court diversion programs, and overdose prevention workshops. OD2A remains a cornerstone of the county's response to the opioid crisis, bringing life-saving resources and education directly to where they are needed most.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- **Prevention & Educatio**n: Provided year-round youth programming in schools and education sessions for Lake Havasu City Justice Court participants. Conducted multiple one-on-one life skills and prevention sessions with specialty court participants.
- Diversion & Justice Partnerships: Maintained a strong presence in the Project IMPACT diversion program across Kingman, Bullhead City, and Lake Havasu City. Expanded services in collaboration with Specialty Courts, integrating overdose prevention education and support into justice settings.
- Community Outreach: Attended health and resource fairs each month, distributed resources and educated residents about opioid risks and delivered a community-wide education session for the general.
- **Hope Garden Program:** Completed a cohort with the Juvenile Detention Center integrating wellness, prevention, and recovery support into youth rehabilitation.
- Overdose Fatality Review: Completed a comprehensive review of 2022 overdose deaths, generating data-driven recommendations to prevent future fatalities.
- Naloxone Distribution: MCDPH distributed 784 naloxone kits directly while supporting community partners who provided 3,236 kits to community members throughout Mohave County providing a total of 4,020 life-saving opportunities.

#### **CHALLENGES & OPPORTUNITIES**

- Staffing reductions limited program capacity but highlighted the need for sustainable funding and workforce investment.
- Persistent stigma surrounding substance use continues to impact prevention and treatment engagement.
- Geographic disparities in access to services pose barriers to equitable distribution and outreach.
- Opportunities exist to expand harm reduction training, increase distribution sites, and strengthen cross-sector collaboration with healthcare providers, schools, and community organizations.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Opioid overdoses remain a leading cause of preventable death, devastating families and communities across Mohave County. Every naloxone kit distributed, prevention class delivered, and fatality review conducted saves lives and informs smarter public health strategies. By combining education, data, and action, OD2A is not only preventing overdoses it's fostering recovery, resilience, and hope.

# SPECIAL NEEDS ADVOCACY COALITION

#### **OVERVIEW**

The Special Needs Advocacy Coalition (SNAC) is a community-driven initiative dedicated to supporting youth and young adults with special health care needs and their families. These individuals often face unique challenges from accessing medical care and education services to navigating transitions into adulthood and require resources and advocacy that go beyond standard supports. SNAC works collaboratively with families, schools, healthcare providers, and local agencies to improve access to critical services, strengthen advocacy efforts, and create more inclusive environments. By building partnerships and empowering caregivers with knowledge and tools, SNAC helps ensure that every young person, regardless of ability, can reach their fullest potential.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Expanded advocacy coalition membership to better reflect the needs of families across Mohave County.
- Provided ADA accessibility recommendations to Lake Havasu City and Kingman Parks & Recreation to improve inclusivity in public spaces.
- Delivered targeted parent education sessions on navigating Individualized Education Programs (IEPs), 504 plans, child safety restraints, and financial planning for the transition to adulthood.
- Launched a monthly online support group
   connecting families and stakeholders across
   the county to share resources, build near networks.

the county to share resources, build peer networks, and collaborate on solutions.



#### **CHALLENGES & OPPORTUNITIES**

- Youth with special health care needs continue to face significant disparities in accessing medical care, education accommodations, transportation, and social inclusion.
- Limited community awareness and understanding of available services create barriers to care and advocacy.
- Opportunities exist to expand partnerships, increase outreach in rural areas, and advocate for broader systemic changes that support accessibility and inclusion.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Every child deserves the opportunity to thrive and that begins with access to care, education, and community participation. SNAC plays a vital role in breaking down barriers, strengthening support systems, and empowering families to advocate for their children's needs. By fostering inclusion and collaboration, SNAC is helping to build a community where all residents, regardless of ability, are valued, supported, and given the chance to live their healthiest lives.

# ENVIRONMENTAL HEALTH







The Environmental Health Division (EHD) administers two primary programs for the purpose of reducing the risk of injury, illness, and disease related to environmental factors. These programs operate primarily under delegation from the State of Arizona. One delegation agreement is held with the Arizona Department of Health Services (ADHS) and a second with the Arizona Department of Environmental Quality (ADEQ). These agreements outline the duties of the local health department and give the county authority to carry out the assigned functions. These functions include licensure and inspection of designated establishments and public places and the investigation and/or remediation of public health nuisances, whether public or private.

#### **FOOD SAFETY & SANITATION PROGRAM**

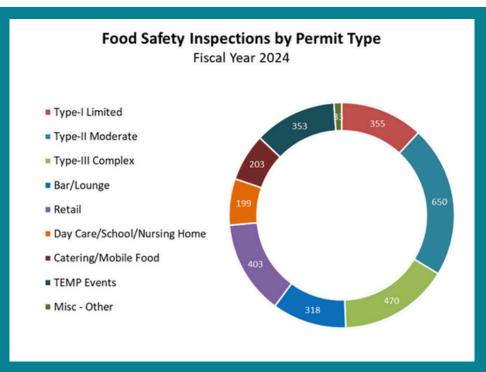
#### **FOOD SAFETY**

The Food Safety program is aligned with the U.S. Food and Drug Administration's (FDA) Food Code and as adopted by the State of Arizona and Mohave County. The FDA updates the Food Code every four years with the most recent update in 2022. ADHS adopted the 2017 Food Code in 2019 though the county is still working under the 2009 Food Code. Industry best practices, such as those in the Voluntary National Retail Program Standards, are used to reduce the risk of illness or injury from foodborne pathogens and chemical or physical contaminants.

The EHD licenses and inspects establishments or operators selling or serving food to the public. The EHD works with the food establishment or operator to address the primary risk factors of proper food temperatures and storage, approved food sources, sanitary equipment and tools, and employee health and hygiene.

Inspections are not scheduled and occur at regular intervals based upon their risk category. Establishments with moderate to complex processes or those serving highly susceptible populations receive two or more inspections per year. Establishments with limited processes, retail stores, bars and lounges, and temporary event vendors receive one inspection per year.

Licensing and Inspection: In FY24, the EHD issued 1,889 food licenses and conducted a combined 2,701 regular and opening inspections,

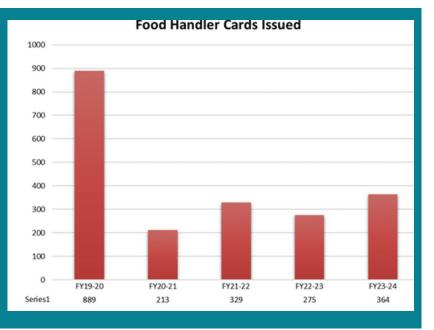


221 follow-up inspections, and 134 complaint investigations. Ninety-five more food licenses were issued in FY24 than FY23 though there were 51 fewer regular inspections due to understaffing with the vacancy of three EHS positions. A primary challenge in the recruitment and retention of EHS' are the eligibility requirements of the Sanitarian exam. A proposed solution is discussed in the Development and Planning section below.

(Cont'd)

Foodborne Illness: In the Fall of 2023, a foodborne illness investigation was conducted for a Salmonella outbreak with confirmed cases in Mohave County. Four staff conducted environmental sampling at two food service establishments identified as potential sources. Approximately 30 samples were collected at each location and transported to the Arizona Department of Health Services laboratory for testing. All samples returned a negative result.



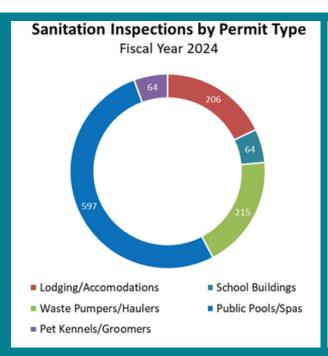


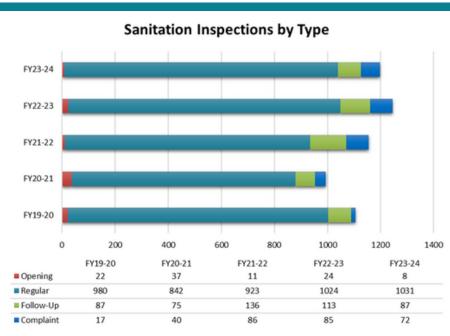
Food Handler Cards: Any person preparing or serving food to the public must possess a valid food handler card or certificate from an accredited training provider. In 2020, online food handler training programs became an approved method of certification. The EHD has historically offered in-person classes once a month at each office location. Due to declining class sizes and limited staffing resources, classes are offered monthly only at the Kingman location as of April 2024. The EHD continues to provide special sessions at Lee Williams and Kingman High Schools annually.

#### SANITATION

Public Health sanitation services are administered to ensure the sanitary conditions of designated establishments, operators, and spaces available to the public. Sanitation involves the management of factors such as cleanliness, waste, and pests to reduce the risk of exposure to pathogens harmful to human health. As with food safety, inspections are not scheduled and occur at regular intervals depending upon risk category. Lodging and accommodations, pet kennels and groomers, and waste pumpers and haulers are inspected annually. School buildings are inspected twice annually during each school year. Semipublic pools/spas, such as those as part of a lodging facility, are inspected once per year while public pools/spas are inspected each month in operation.

**Licensing and Inspection**: In FY24, the EHD issued 789 licenses and conducted a combined 1,126 inspections and 72 complaint investigations. Just over 100 more operational licenses were issued in FY24 than FY23 with 35 fewer regular inspections due to understaffing and the vacancy of three EHS positions.



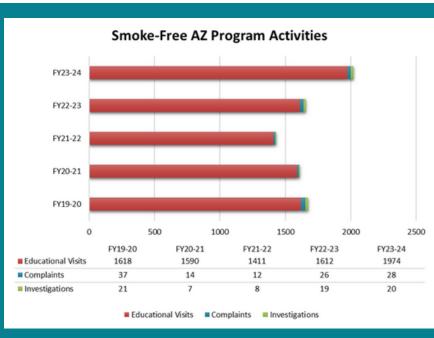


#### **NUISANCE PROGRAM**

The nuisance program is conducted to reduce the risk of injury, illness, and disease from environmental nuisances. Environmental nuisances are conditions of land, water, or air that threaten or cause harm to the health of persons or environment. The three primary components to this program are the Smoke-Free Arizona Act, nuisance investigation, and mosquito surveillance and prevention.

#### **SMOKE-FREE ARIZONA**

The Smoke-Free Arizona Act (the Act) was passed under Proposition 201 by the voters of Arizona in November 2006. The Act prohibits smoking inside and within 20 feet of entrances, open windows, and ventilation systems of an establishment open to the public or as a place of employment. The EHD provides educational visits to businesses and conducts complaint investigations of potential smoking violations.



# **ENVIRONMENTAL HEALTH**

(Cont'd)

Educational visits occur as part of regular inspections of county permitted business and as courtesy visits to establishments not permitted by the EHD. This program operates under delegation from ADHS and is reimbursed a flat rate for each inspection based on type, being a permitted or un-permitted establishment. The Smoke-Free Arizona Intergovernmental Agreement between Mohave county and ADHS, Contract No. CTR063290, was extended through June 30, 2027, as submitted and approved at the December 13, 2022, Board of Supervisors meeting.

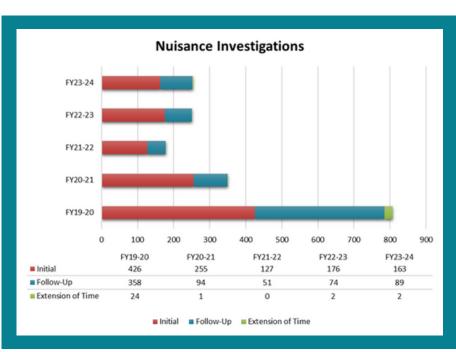
Educational Visits and Complaint Investigations: During FY24, the EHD conducted 1,974 educational visits and received 28 complaints, with 20 investigated. Two complaints were for private residences and outside the parameters of the Act while six were duplicative of other reported violations. Of the investigated complaints, six were evidenced to be in violation and were corrected at the time of investigation. All complaints were closed without further action.

#### **NUISANCE INVESTIGATION**

Nuisance investigations are complaint driven as reported by members of the public. Unlike complaint investigations under the Food Safety & Sanitation Program, nuisance complaints under this program may be conducted for any public or private property within the county. The focus of this program is on conditions that provide harborage or sustenance for vectors or pests. Vectors and pests of primary concern under this program include rodents, pigeons,

mosquitos, flies, and feral bees.

Complaint Investigations: In FY24, the EHD conducted 163 complaint investigations with 89 complaints deemed to be valid and received follow-up investigations. When a complaint investigation confirms a violation, a Notice of Violation (NOV) is issued and a follow-up investigation conducted within 15-days. In most instances, the respondent is able to remediate the condition of concern and the complaint is closed.

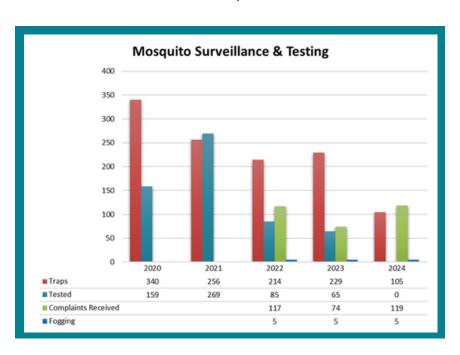


On rare occasion, the condition is not able to be remediated and the EHD must coordinate abatement. Most commonly, complaint investigations involve suspected pigeon feeding, green pool or standing water, animal manure, and household waste. In FY24, one abatement was conducted for deceased livestock on a private residence.

#### MOSQUITO SURVEILLANCE

The EHD conducts routine and complaint driven surveillance of mosquito populations in the county. The objectives of mosquito surveillance are to determine abundance and species. Abundance helps determine whether adulticide (fogging) treatments should be applied and follows the threshold set by the Centers for Disease Control and Prevention (CDC), currently at a collection of 1,000 or more mosquitos per trap. In the 2024 mosquito season, from April to October, fogging was conducted five (5) times in the Mohave Valley area.

Since not all mosquito species carry disease, and only females bite, identifying the species allows for female species of concern to be tested for disease. In the 2024 season, the EHD was without the resources necessary for species identification and testing. Data from previous years illustrates the preponderance of mosquitos found in the most active areas of Mohave County are floodwater mosquitoes, which do not carry disease.



#### **DEVELOPMENTS AND PLANNING**

#### ADOPTED FEE SCHEDULE

A public hearing was set for August 1, 2023 to adopt a revised Fee Schedule and was approved with an effective date of September 1, 2023. The fee schedule for the Environmental Health Division had last been revised July 1, 2014, with only minor alteration, and largely unchanged since July 2009. A review of the fee types, their quantity and frequency, and the associated costs of each aided the Finance Department in calculating proposed fees that would allow the Environmental Health division to recover expended costs more appropriately and fully. The requested revisions included:

- Increase of 55 fee type amounts, twenty-four (24) remained unchanged
- Decrease of seventeen (17) fee type amounts
- Removal of three (3) fee types:
  - Temporary Food Service "Each additional day", traditional vendors
  - Temporary Food Service "Each additional day", Non-profit/Tax-exempt vendors
  - Children's camps, no longer delegated
- · Addition of two (2) fee types:
  - Annual Temporary Food Service, traditional vendors
  - Annual Temporary Food Service, Non-profit/Tax-exempt vendors







#### NEHA-FDA RFFM GRANT & RETAIL PROGRAM STANDARDS

In January 2024, the EHD received a modest Retail Flexible Funding Model (RFFM) grant award funded by the National Environmental Health Association (NEHA) and U.S. Food and Drug Administration (FDA). The RFFM Grant program provides funding to State, Local, Tribal, and Territorial (SLTT) retail food regulatory agencies to advance practices toward the Voluntary National Retail Food Regulatory Program Standards (Retail Program Standards). The Retail Program Standards are a set of criteria developed by the FDA to help jurisdictions establish best practices for licensing and inspecting food service establishments and improve program management.

Obligations of the RFFM grant award include and are limited to:

- Self-Assessment of alignment with nine Retail Program Standards (SA9) to identify opportunities for program improvement
- Completion of a Comprehensive Strategic Improvement Plan (CSIP) to develop steps and timeframes for targeted improvement activities
- Partial Achievement of:
  - **Standard 1**: Regulatory Foundation, to develop administrative policy & procedures in alignment with one of two of the most recent Food Code editions
  - Standard 2: Trained Regulatory Staff, to achieve the required level of competency among all inspection personnel
  - **Standard 5**: Foodborne Illness and Food Defense Preparedness and Response; to develop a system for the detection, collection, investigation, and response to complaints and emergencies involving potential foodborne illness or injury

- Fully meet and audit:
  - Standard 3: Inspection Program Based on HACCP Principles; to develop an inspection system using Hazard Analysis Critical Control Point (HACCP) principles, to obtain immediate- and long-term corrective action for recurring risk factors
- Interim and End-of-Year progress reports
- Travel: the Mentee Add-on provides \$14,000 of the award and required the following:
  - Mentor site visit
  - End-of-Year Mentorship Conference

#### **HB2042 COTTAGE FOOD**

In March 2024, the Governor signed into law House Bill 2042 which expanded foods exempt from licensing and inspection under the Cottage Food program. Cottage Foods are those prepared and packaged in a home kitchen for resale to the public. The Cottage Food program is regulated by the Arizona Department of Health

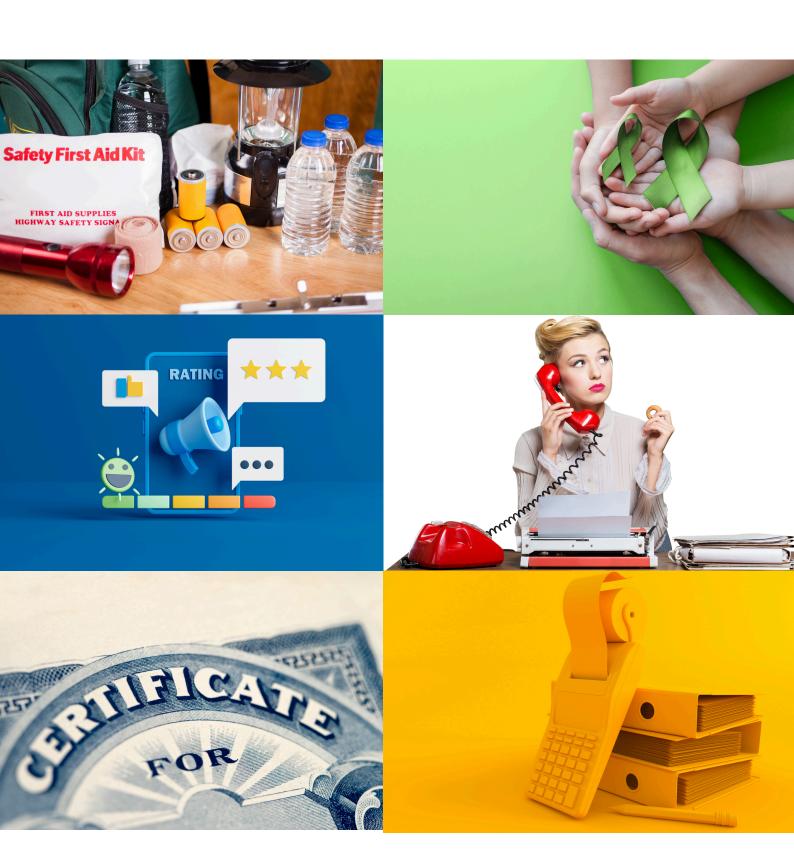


Services (ADHS) and does not currently delegate authority to county jurisdictions. While the EHD does not have an active role in the Cottage Food program, the anticipated impact is increased complaints of potential unpermitted vendors and reports of foodborne illness.

#### SANITARIAN ELIGIBILITY

In June 2024, Mohave County agreed to become the sponsoring county for a legislative proposal to modify the eligibility requirements to sit for the Sanitarian examination. Delegation Agreements with ADHS and ADEQ require that food safety, sanitation, and public health nuisance program services are conducted or directly overseen by Environmental Health Specialists. An Environmental Health Specialist (EHS) is required to be registered with the State of Arizona as a Sanitarian and complete a minimum of 12-hours of continuing education each year. Registration as a Sanitarian is obtained through passing a written exam or by reciprocity with another state. To be eligible for the exam, an individual must have a minimum of 30 college credits in natural sciences or 5-years of experience as a Sanitarian Aide. The legislative proposal recommends expanding the college credit requirement to include other applicable coursework, as determined by the Sanitarian Council, and reducing the years of experience from five to three. These recommendations derived from evolving conversations among Environmental Health leadership from Arizona's fifteen counties to address the persistent challenge of recruitment and retention of Sanitarians. As the sponsor, Mohave County will present this proposal at the County Supervisors Association Legislative Summit in October 2024. 31

# **ADMINISTRATION**





# BEHAVIORAL HEALTH

#### **OVERVIEW**

The Behavioral Health Program works to improve mental wellness, reduce stigma, and expand access to support services for individuals and families across Mohave County. With suicide rates significantly higher than the national average and one in four Arizona youth experiencing a major depressive episode, mental health remains one of the county's most pressing public health challenges. Through prevention education, skills-based workshops, suicide prevention training, and collaborative community partnerships, the program addresses behavioral health from multiple angles. Efforts focus on early intervention, community awareness, systems-level change, and building a network of support that meets people where they are, reducing barriers to care and improving overall quality of life.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Conducted eight Suicide Mortality Review meetings reviewing 115 cases, generating datadriven recommendations for prevention strategies.
- Hosted two countywide mental health symposiums, connecting experts, advocates, and community members to share knowledge and resources.
- Delivered QPR (Question, Persuade, Refer) suicide prevention training and Adverse Childhood Experiences (ACEs) education to schools, service providers, and community organizations.
- Facilitated communication and anger management workshops, trauma education, and life skills classes to strengthen coping strategies and resilience.
- Participated in 10+ community events and five Street Team outreach initiatives distributing educational resources.
- Completed a DUI prevention course for 15 incarcerated individuals, integrating behavioral health education into the justice system.
- Led 14 Hope Garden sessions focused on emotional well-being, coping skills, and community connection.

#### **CHALLENGES & OPPORTUNITIES**

- Provider shortages and high demand for behavioral health services continue to limit access, especially in rural and underserved areas.
- Stigma, misinformation, and cultural barriers still prevent many individuals from seeking help.
- Transportation and geographic isolation pose significant challenges to service delivery.
- Opportunities exist to expand training programs, strengthen referral networks, and enhance collaboration with healthcare, education, and law enforcement partners.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Mental health is foundational to individual and community well-being, influencing physical health, economic stability, education, and public safety. Every life saved, every conversation started, and every barrier removed brings Mohave County closer to a healthier, more resilient future. By investing in prevention, education, and collaboration, the Behavioral Health Program is working to build a community where mental health is valued, stigma is reduced, and Healthy People in Healthy Communities is not just a vision, it's a reality.

# YOUTH MENTAL HEALTH FIRST AID

#### **OVERVIEW**

The Youth Mental Health First Aid (YMHFA) program equips adults with the knowledge, confidence, and skills needed to recognize and respond to signs of mental health challenges in adolescents ages 12–18. Much like CPR provides critical support until medical help arrives, YMHFA teaches everyday community members, including teachers, parents, coaches, and youth mentors, how to identify warning signs, offer initial assistance, and connect young people to professional care when needed.

With most mental health conditions beginning before age 25, early intervention is critical. YMHFA helps break down stigma, builds supportive environments, and strengthens the safety net around young people empowering trusted adults to play a vital role in preventing crises and promoting long-term wellness.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Trained 69 adults across Mohave County including educators, caregivers, and youth service providers to identify and respond to youth mental health concerns.
- Delivered YMHFA training in schools, nonprofit organizations, and community settings, expanding awareness and early intervention capacity.
- Increased participants' confidence in recognizing signs of depression, anxiety, substance use, and suicidal ideation.
- Strengthened referral pathways between schools, families, behavioral health providers, and crisis response services.
- Provided post-training toolkits and ongoing resource support to help participants sustain their skills and knowledge.



#### **CHALLENGES & OPPORTUNITIES**

- Instructor capacity remains limited, reducing the number of trainings offered despite strong demand from schools and youth-serving organizations.
- Geographic barriers and scheduling conflicts continue to impact participation, particularly in rural areas.
- Opportunities exist to expand training delivery through virtual options, community partnerships, and "train-the-trainer" models to build local capacity.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Early intervention can change, and even save lives. YMHFA empowers adults to act when a young person shows signs of distress, bridging the gap between struggle and support. By creating more informed, compassionate adults across our schools, families, and communities, the program strengthens the protective network around youth and builds a foundation for lifelong mental health.

# PUBLIC HEALTH EMERGENCY PREPAREDNESS

#### **OVERVIEW**

The Public Health Emergency Preparedness (PHEP) program is dedicated to protecting the health and safety of Mohave County residents before, during, and after public health emergencies. From disease outbreaks and pandemics to natural disasters, chemical exposures, and bioterrorism threats, PHEP ensures the county is ready to respond quickly and effectively when it matters most. Through coordination with hospitals, schools, tribal partners, emergency management, and public safety agencies, PHEP builds a comprehensive readiness infrastructure. This includes ongoing training, emergency planning, disease surveillance, and volunteer mobilization through the Medical Reserve Corps (MRC), a network of medical and non-medical volunteers who strengthen community resilience and support emergency operations.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Delivered CPR and "Stop the Bleed" training to county employees, community members, and service organizations to improve emergency response capacity.
- Supported neighboring jurisdictions by providing CPR instructor and administrative training to La Paz and Yuma County health departments and the Colorado River Indian Tribe Emergency Management.
- Assisted local schools with Emergency Operations Plan development and compliance, creating a countywide EOP database to strengthen preparedness.
- Facilitated a full-scale emergency exercise with a local correctional facility and Kingman Regional Medical Center (KRMC) to test coordination and response systems.
- Led joint heat response initiatives with Mohave County Emergency Management team to mitigate extreme heat risks and prevent related illnesses.
- Conducted continuous disease monitoring and outbreak investigations for threats including tuberculosis, measles, and pertussis.

#### **CHALLENGES & OPPORTUNITIES**

- Decreased funding has impacted disease surveillance, mobile health services, and vaccination outreach, limiting emergency response capacity.
- Geographic isolation and infrastructure challenges complicate disaster response and resource deployment in remote areas.
- Increasing frequency of extreme weather events and heat-related illnesses requires expanded planning, public education, and cross-sector collaboration.
- Opportunities exist to grow the Medical Reserve Corps, enhance regional partnerships, and strengthen readiness through technology and training.

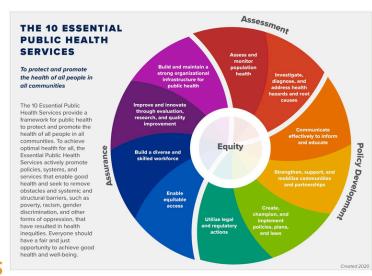
#### WHY IT MATTERS FOR MOHAVE COUNTY

Public health preparedness is more than emergency response. It's about safeguarding lives, protecting the economy, and preserving our way of life. Effective preparedness ensures the county can respond rapidly to crises, reduce the spread of disease, protect vulnerable populations, and recover quickly from disasters. By building a resilient infrastructure and a culture of readiness, PHEP helps ensure Mohave County is prepared for whatever challenges lie ahead.

# PUBLIC HEALTH IMPROVEMENT

#### **OVERVIEW**

Public Health Improvement starts with the Public Health Accreditation process which is a rigorous, evidence-based evaluation of a health department's performance, capacity, and commitment to continuous improvement. Led by the Public Health Accreditation Board (PHAB), accreditation ensures that local health departments meet nationally recognized standards for delivering essential public health services.



#### PROGRAM ACHIEVEMENTS & MILESTONES

- Conducted a comprehensive organizational assessment to align all programs, policies, and procedures with the 2016 and 2022 PHAB accreditation standards.
- Partnered with Kingman Regional Medical Center (KRMC) to distribute the 2024 Community Health Needs Assessment (CHNA) survey across Mohave County.
- Participated in 24 community events in less than two months to promote survey participation, providing both printed surveys and QR code access cards.
- Joined the Mobile Health Unit to reach remote areas, distributing surveys and QR cards at rural food drop sites, libraries, and community centers.
- Facilitated seven focus groups and multiple Community Health Improvement Plan (CHIP)
  workgroups to develop initiatives and programs addressing identified gaps in community services
  based on public input.

#### **CHALLENGES & OPPORTUNITIES**

- The updated 2022 PHAB standards require more robust documentation, outcome measurement, and cross-sector collaboration, increasing the complexity of the reaccreditation process.
- Staff capacity and competing program priorities present challenges in maintaining documentation and evidence collection.
- Opportunities exist to strengthen interdepartmental communication, expand stakeholder engagement, and leverage reaccreditation as a tool to advocate for additional resources and support.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Accreditation demonstrates MCDPH's dedication to excellence, accountability, and continuous improvement. It builds public trust, enhances credibility, and ensures that every program meets the highest national standards. Most importantly, reaccreditation is a commitment to the people of Mohave County: a promise that their public health system will remain strong, responsive, and focused on creating Healthy People in Healthy Communities for years to come.











# VITAL RECORDS

#### **OVERVIEW**

The Vital Records Program is responsible for safeguarding and issuing some of the most important documents in a person's life including birth and death certificates, while maintaining the integrity, security, and accuracy of vital statistics data for Mohave County. These records serve as the foundation for legal identity, access to services, public health surveillance, and policy planning.

In addition to issuing certified copies of vital records, the program works closely with hospitals, funeral homes, and the Arizona Department of Health Services (ADHS) to ensure accurate and timely registration of all births and deaths occurring in the county. By maintaining secure, high-quality records, Vital Records supports individual rights, community health planning, and state and national reporting systems.

#### PROGRAM ACHIEVEMENTS & MILESTONES

- Issued 2,689 birth certificates and 21,689 death certificates to residents and agencies across Mohave County.
- Provided secure and efficient customer service through in-person, mail-in, and online request options.
- Conducted quality assurance and data verification activities to maintain the integrity of vital records.
- Supported public health surveillance efforts by contributing vital statistics data to state and federal health agencies.

#### **CHALLENGES & OPPORTUNITIES**

- Staffing and training needs continue to grow as demand for services increases and regulatory requirements evolve.
- Removed "same day" service due to increased demand and limited staffing.
- Data accuracy and security remain top priorities amid growing cybersecurity risks and the need for continuous technology upgrades.
- Opportunities exist to expand online and digital service capabilities, improve system
  interoperability, and strengthen public education about the importance of accurate vital records.

#### WHY IT MATTERS FOR MOHAVE COUNTY

Vital records are more than documents, they are the legal foundation for identity, citizenship, and access to essential services like healthcare, education, and social support. They also provide critical data that guide public health decision-making, emergency response, and resource allocation. By maintaining secure, accurate, and accessible records, the Vital Records Program supports both individual well-being and community health.







### **GLOSSARY OF KEY TERMS & ACRONYMS**

#### **PUBLIC HEALTH & ACCREDITATION**

**PHAB (Public Health Accreditation Board)**: The national organization that accredits health departments to ensure they meet high standards for quality and performance.

**Accreditation**: A process that shows the health department meets national standards and is continuously improving services.

#### **COMMUNITY HEALTH TOOLS**

**CHNA (Community Health Needs Assessment):** A comprehensive report that looks at health needs, strengths, and challenges across Mohave County.

**CHIP (Community Health Improvement Plan)**: A community-driven plan that sets goals and strategies to address the top health priorities identified in the CHNA.

**Strategic Plan:** The health department's internal roadmap that outlines goals, priorities, and measurable objectives over several years.

#### **PROGRAMS & SERVICES**

WIC (Women, Infants, and Children Program): Provides nutrition education, breastfeeding support, and healthy food benefits to pregnant women, new mothers, and children under five.

**HRPP (High Risk Perinatal Program)**: Health Start / Healthy Families Home Visiting and Reproductive Health Promotion Program

- ASQ-3: 21 age-specific, parent-completed questionnaires (one month to 5.5 years) covering five
  domains. The domains include communication, gross motor, fine motor, problem solving, and personalsocial to flag potential developmental delays.
- ASQ:SE: Parent-completed tool focused on social-emotional development (i.e., self-regulation, compliance, communication, autonomy, affect, interaction).
- Edinburgh Postnatal Depression Scale (EPDS): a 10-item self-report screen of mood symptoms over the past seven days to identify risk for perinatal/postnatal depression (and includes an item on self-harm thoughts).

MCTUPP (Mohave County Tobacco Use Prevention Program): Local efforts to reduce tobacco and vaping use through education, youth engagement, and community outreach.

**Health Literacy**: Making health information clear and easy to understand so residents can make informed decisions about their health.

#### **COMMUNICABLE DISEASES & PREVENTION**

**RSV (Respiratory Syncytial Virus):** A common virus that can cause severe respiratory illness, especially in infants and older adults.

Immunization: A vaccine that protects people from getting certain diseases.

Surveillance: Monitoring the spread of diseases to detect outbreaks and respond quickly.

#### **EMERGENCY PREPAREDNESS**

**Emergency Operations Plan (EOP):** The health department's plan for responding to natural disasters, disease outbreaks, and other emergencies.

**Preparedness Drills/Exercises:** Practice events that help staff and community partners get ready for real emergencies.

#### **EQUITY & ACCESS**

**Health Equity:** Ensuring everyone has a fair opportunity to achieve their best health, regardless of where they live, income, race, or other barriers.

**Underserved Populations**: Groups that may not have regular access to health care or information, often in rural or remote areas.

