

GREENLEE COUNTY

Community Health Improvement Plan



CHIP Committee Member Organizations

- ❖ Arizona At Work
- ❖ Canyonlands Community Health Care
- ❖ Duncan Unified School District
- ❖ Freeport-McMoran Copper & Gold, Inc. (FMI)
- ❖ Gila Health Resources
- ❖ Graham & Greenlee Counseling Services
- ❖ Greenlee County
- ❖ Greenlee County Community Gardens
- ❖ Greenlee County Health Department
- ❖ Morenci Townsite Parks and Recreation
- ❖ Morenci Unified School District
- ❖ Southeastern Arizona Behavioral Health (SEABHS)
- ❖ Southeastern Arizona Community Action Program (SEACAP)
- ❖ SouthEastern Arizona Governments Organization (SEAGO)
- ❖ Town of Clifton
- ❖ Town of Duncan
- ❖ University of Arizona Extension Office

Table of Contents

CHIP Committee Member Organizations	1
The CHIP Committee of Greenlee County	3
Vision and Values	3
Executive Summary.....	4
The Framework: A Strategic Planning Model.....	5
Public Health Priorities Issues and Strategies.....	6
Issue One: Obesity – Nutrition and Physical Activity.....	6
Issue Two: Alcohol and Drug Use.....	9
Issue Three: Mental Health	11
The Path Ahead.....	13

The CHIP Committee of Greenlee County embraces the following Vision and Values

A Vision for a Safe and Healthy Community

We will improve the quality of living by instilling a healthier way of life, one person at a time. We will nourish our community by increasing knowledge and access to health information and services. We have an obligation to strive for better conditions and standards for our community.

A healthier future for Greenlee County, starting now!

Values

- ▶ Safe, happy and healthy environment for our community
- ▶ Collaborative working climate
- ▶ Knowledgeable and Engaged Community
- ▶ Access to Health Information and Services
- ▶ Economic Viability

Executive Summary

The Greenlee County Community Health Improvement Plan Team is pleased to present the updated 2017 Community Health Improvement Plan (CHIP) to the county residents, community organizations, and local public health system partners.

Greenlee County Health Department has conducted this comprehensive strategic planning process following the “Mobilizing for Action through Planning and Partnerships (MAPP)” model. The first step in this process was to conduct a Community Health Assessment (CHA), which collected both qualitative and quantitative data. Input on health status and quality of life was gathered from residents through community meetings and an online survey. Other assessments involved gathering data on the health status of the community and the workings of the local public health system, as well as an assessment of forces likely to impact the health of the community in the future.

The Community Health Improvement Plan development began with a comprehensive review of the Community Health Assessment and related data. The CHIP Team then identified three issues as health priorities for Greenlee County. They are:

- Obesity – Nutrition and Physical Activity
- Alcohol and Drug Use/Abuse
- Mental Health

Goals and objectives relating to these issues as well as suggested strategies, barriers, and community resources comprise the health improvement plan. The Greenlee County CHIP team has identified a partnership of individuals and organizations to take responsibility and become involved in the implementation of strategies outlined in the CHIP. The CHIP Team has also identified measurable health outcomes to monitor the progress of implementing the proposed strategies.

The next steps are to continually monitor the progress in implementing the Community Health Improvement Plan in collaboration with stakeholders and partners. The document shall remain fluid document, with ongoing revisions based on evaluation results, newly developing or identified health issues, and changing resources.

Residents and community groups are encouraged to join the CHIP process as it enters the Action Phase. For more information, please refer to The Path Ahead on page 25 of this document. By collaborating on priority health issues, local residents and community organizations will exhibit their deep commitment to maintaining Greenlee County as a healthy place to live and work.

The Framework: A Strategic Planning Model

In the spring of 2017, Greenlee County Health Department coordinated the organization of a CHA/CHIP Steering Committee to oversee the review and revision of the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). Greenlee first developed a CHA and CHIP in 2012-2013.

After reviewing the models/guidance available from the National Association of County & City Health Officials (NACCHO) and the Public Health Accreditation Board (PHAB), it was determined that the most comprehensive model available at the time was the Mobilizing for Action through Planning and Partnerships (MAPP). The MAPP is a strategic approach to community health improvement. This tool helps communities improve health and quality of life through community-wide and community-driven strategic planning. Through MAPP, communities seek to achieve optimal health by identifying and using their resources wisely, taking into account their unique circumstances and needs, and forming effective partnerships for strategic action. This model has been useful to Greenlee County due to the small population, resources, and community groups that operate within the county. The MAPP tools can be easily adaptable to the needs of the County in the development and implementation of a Community Health Assessment and Community Health Improvement Plan.

The Steering Committee followed the MAPP structure to engage collaboration with individuals, local partners and organizations, and the local public health system. A community health assessment is a collaborative process of collecting and analyzing data and information for use in educating and mobilizing communities, developing priorities, garnering resources, and planning actions to improve the population's health.

The MAPP framework identified the following assessments:

- Community Themes and Strengths
- Local Public Health System Assessment
- Community Health Status Assessment
- Forces of Change Assessment

GCHD used a mixed methods approach to collecting data for the CHA. A combination of primary and secondary data, surveys, and group discussions were used. All of the data was compiled into the Community Health Assessment, which was then shared with the entire community.

After publishing the CHA, the CHA/CHIP Steering Committee reviewed the findings of the CHA and engaged community and local public health system (LPHS) partners in the process. The community health improvement plan addresses the needs of the citizens within the county. This plan should be used by health and other governmental education and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A community health improvement plan is critical for developing policies and defining actions to target efforts that promote health. The Greenlee County CHA/CHIP Steering Committee also ensured that health priorities were closely aligned with state and national goals, standards, and priorities.

The CHA/CHIP Steering Committee determined draft health priorities based on the CHA findings, and community and LPHS partner input. Goals and measurable objectives were identified, along with strategies for implementation, related resources, and potential barriers.

In Spring 2017, the CHA/CHIP Steering Committee presented the draft health priorities to a variety of committees, coalitions, and community partnerships. A Community Health Forum was conducted on May 10, 2017 to provide community members with an opportunity to vote on priority issues and provide feedback on why the issues were important to them. Issues that received a critical mass of support were to be included in the CHIP.

With the presentation of the CHIP to the community, the Action Phase of the MAPP process begins. Interventions are likely to be multi-level, reaching the population through multiple channels, as well as multi-faceted, with behavioral, social and environmental aspects addressed for greater effectiveness.

Greenlee County is unique in its small size, minimal resources, but strong sense of community. Identified priorities must be embraced by the community, because each individual and organization must contribute and shoulder some responsibility for the change. The Action Phase is projected to last three years, at which time progress toward objectives will be reported to the community. Since health needs are constantly emerging, the cyclical nature of the MAPP process allows the periodic identification of new priorities and the realignment of activities and resources to address them.

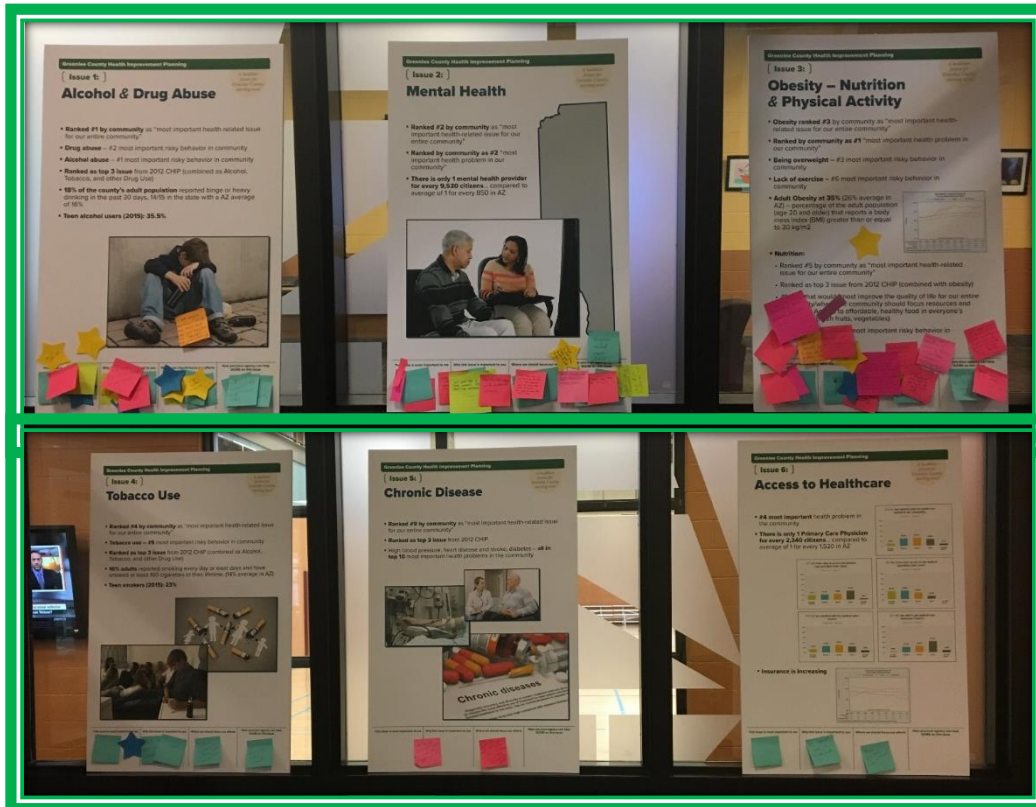
Greenlee County Community Health Forum

Greenlee County Health Department held a Community Health Forum at the Morenci Community Center on May 10, 2017. There were 28 attendees from the community, and the Health Department staff were represented on site to discuss issues. During this Community Health Forum, a poster event was featured where participants were invited to review related data, vote on the issue most important to them, and provide anecdotes on why.



Top Issues presented, based on data from the Community Health Assessment, were:

- Alcohol & Drug Abuse
- Mental Health
- Obesity – Nutrition & Physical Activity
- Tobacco Use
- Chronic Disease
- Access to Healthcare



Additionally, paper surveys were collected to gather participant feedback. Attendees also selected Obesity, Alcohol and Drug Abuse, and Mental Health as the top three priority issues, with tobacco use, chronic disease, and access to healthcare noted as significant issues but not the highest ranking. A summary of participant responses is below.

Obesity (16 ranked as top issue):

What are some realistic ways we can make changes to improve these issues as a community:

- Better food options at restaurants (2)
- Better produce at Basha's
- Local restaurants can put calorie amounts next to the meal in the menu
- Healthy food is expensive; [provide] free nutrition for those that want it
- Free group workouts in the park (2)
- More fairs geared towards kid and family
- Access to better/healthy menu planning (2)
- More information
- Ways to lose weight, eat healthy
- More whole grain options at grocery store
- Make it affordable
- More classes in nutrition at the community center
- Encourage workouts to relieve stress
- Exercise/healthy diet

Where/how should GCHD focus efforts towards this issue:

- More vegetarian and low-calorie meals needed in local restaurants
- Schools, workplaces, social media
- Free workout day in the park where they can take children
- FMI

How can you as a citizen or agency within Greenlee County contribute?

- Help make it possible for others to lose weight; give others motivation
- Volunteer at fairs/events (2)
- Give encouraging feedback
- Post info on Facebook

Alcohol and Drug Use/ Abuse (15 ranked as top issue):

What are some realistic ways we can make changes to improve these issues as a community:

- Healthy community activities

- Educational programs at workplace and schools
- Advertise ways to get help
- Drug free groups
- More communication in schools
- Drug awareness events
- More family/teen activities that focus on awareness
- More information
- Education (2)
- Explain consequence
- Support groups

Where/how should GCHD focus efforts towards this issue:

- High Schools – DARE and drug free events (2)

How can you as a citizen or agency within Greenlee County contribute?

- Inform friends and family they can get help
- Teach my kids
- Volunteer

Mental Health (9 ranked as top issue):

What are some realistic ways we can make changes to improve these issues as a community:

- Get more help in this community
- Have more places for help
- Better access to good counselors in our area
- Information – many people don't understand mental health issues
- Prevention

Where/how should GCHD focus efforts towards this issue:

- Free screening for mental health

How can you as a citizen or agency within Greenlee County contribute?

- Support the ones you know to get help
- Volunteer

Chronic Disease (2 ranked as top issue):

Access to Healthcare (2 ranked as top issue):

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

Obesity – Nutrition and Physical Activity

Obesity was identified as one of top three health issues facing Greenlee County. The Center for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity, and Obesity (DNPAO) utilizes Body Mass Index (BMI), which is a number calculated from a person's weight and height, as a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. In adults, a BMI score of 25.0-29.9 is deemed overweight, and 30.0 and above is obese. From County Health Rankings in 2017, 35% of adults were obese, surpassing the State of Arizona which reported 26%.

In the online Community Survey conducted for the Community Health Assessment, Obesity was identified as the most important health-related issue for the entire community. In response to the question regarding “the most important risky behaviors” in the community, “being overweight,” “lack of exercise,” and “poor eating habits” were ranked in the top 10. Obesity is highly correlated to nutrition and physical activity. From County Health Rankings in 2017, 22% of Greenlee County adults aged 20 and over reported they were physically inactive (spent no leisure time conducting physical activity).

Greenlee County would like to focus on the priority health issue of obesity, which also correlates to many other health issues. By focusing on improving nutrition and increasing physical activity, the county may reduce overweight and obesity, and improve the overall health of the community.

The issue of obesity, focusing on nutrition and physical activity, is aligned with both state and national priorities. One of the health outcomes listed in the “Arizona’s Winnable Battles” from the Arizona Department of Health Services Strategic Map: 2014-2018 is to “Promote Nutrition and Physical Activity to Reduce Obesity.”

In the Health People 2020 Report released by the U.S. Department of Health and Human Services, two of the key topic areas are: Nutrition and Weight Status, and Physical Activity.

Healthy People 2020: Nutrition and Weight Status

The Nutrition and Weight Status objectives for Healthy People 2020 reflect strong science supporting the health benefits of eating a healthful diet and maintaining a healthy body weight. The objectives also emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, health care organizations, and communities.

Americans with a healthful diet:

- Consume a variety of nutrient-dense foods within and across the food groups, especially whole grains, fruits, vegetables, low-fat or fat-free milk or milk products, and lean meats and other protein sources

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

- Limit the intake of saturated and *trans* fats, cholesterol, added sugars, sodium (salt), and alcohol
- Limit caloric intake to meet caloric needs

Why Are Nutrition and Weight Status Important?

Diet and body weight are related to health status. Good nutrition is important to the growth and development of children. A healthful diet also helps Americans reduce their risks for many health conditions, including:

- Overweight and obesity
- Malnutrition
- Iron-deficiency anemia
- Heart disease
- High blood pressure
- Dyslipidemia (poor lipid profiles)
- Type 2 diabetes
- Osteoporosis
- Oral disease
- Constipation
- Diverticular disease
- Some cancers

Individuals who are at a healthy weight are less likely to:

- Develop chronic disease risk factors, such as high blood pressure and dyslipidemia
- Develop chronic diseases, such as type 2 diabetes, heart disease, osteoarthritis, and some cancers
- Experience complications during pregnancy
- Die at an earlier age

Nutrition and Weight Status in Greenlee County

Discussions about the root causes of obesity in Greenlee County pertained to access to fruits, vegetables, and healthy food options. During the Greenlee County Community Health Forum, participants commented on the need for “better food options” at restaurants and the grocery store,

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

including affordable, whole grain, and health-conscious options. Participants wished to have more information about healthy eating and meal planning. The County Health Rankings scored the Greenlee County Food Environment Index at 5.3, on a range from 0 (worst) to 10 (best). Arizona ranked at 6.9. The Food Environment Index relies on two indicators: first, limited access to healthy food, which estimates the percentage of the population that is low income and does not live close to a grocery store. Living close to a grocery store is defined differently in rural and nonrural areas; in rural areas, it means living less than 10 miles from a grocery store whereas in nonrural areas, it means less than 1 mile. Greenlee had 26% of the population with limited access to healthy food, significantly higher than in the State of Arizona at 7%. Although there may be access, many of the community members commented about the affordability of healthy options. Additionally, the restaurants in town have few healthy options and do not include calorie information. "Low income" is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size. The other indicator, food insecurity, estimates the percentage of the population who did not have access to a reliable source of food during the past year. A two-stage fixed effects model was created using information from the Community Population Survey, Bureau of Labor Statistics, and American Community Survey. 14% of the population in Greenlee County was reportedly food insecure, compared with 17% in the State of Arizona.

What Greenlee County is currently doing:

- Beginning October 2016, the GCHD Registered Dietician has free appointments available to the public. Previously, these were only offered to WIC clients. There is not a high utilization of these appointments. Greenlee County Health Department should work towards increasing public education and utilization of these services.
- GCHD offers monthly healthy cooking classes for free to the community at locations in Clifton, Duncan, and Morenci. These are well attended.
- GCHD conducts community education on nutrition and physical activity at events including the County Health Fair (annually in June) and during National Nutrition Month (annually in March)
- There is a Farmers Market in Clifton on Wednesdays. The days and times have changed. The Health Department should work with the Farmers Market when possible. The Markets accepts WIC.
- GCHD is working with school districts to review menu options and adopt USDA MyPlate recommendations <https://www.choosemyplate.gov/>
- GCHD is working with Morenci and Duncan schools to develop school gardens/school greenhouses and reinforce the importance of healthy diets, including fruits and vegetables.
- Greenlee County Community Gardens offers free garden plots to community members.

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity



PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

Healthy People 2020: Physical Activity

The Physical Activity objectives for Healthy People 2020 reflect the strong state of the science supporting the health benefits of regular physical activity among youth and adults. Regular physical activity includes participation in moderate and vigorous physical activities and muscle-strengthening activities.

More than 80 percent of adults do not meet the guidelines for both aerobic and muscle-strengthening activities. Similarly, more than 80 percent of adolescents do not do enough aerobic physical activity to meet the guidelines for youth. Working together to meet Healthy People 2020 targets via a multidisciplinary approach is critical to increasing the levels of physical activity and improving health in the United States.

The Physical Activity objectives for 2020 highlight how physical activity levels are positively affected by:

- Structural environments, such as the availability of sidewalks, bike lanes, trails, and parks
- Legislative policies that improve access to facilities that support physical activity

Why Is Physical Activity Important?

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health.
- Improve cardiorespiratory and muscular fitness.
- Decrease levels of body fat.
- Reduce symptoms of depression.

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

For people who are inactive, even small increases in physical activity are associated with health benefits.

Please see below for heart recommendations from the American Heart Association.

American Heart Association | **American Stroke Association**
life is why

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **OR** At least **5** days per week for a total of **150** minutes

At least **25** minutes of vigorous aerobic activity **OR** At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week

© 2016 Learn more at heart.org/ActivityRecommendations.

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

Physical Activity in Greenlee County

Due to the rural setting, driving is a necessity of life. The primary industry, mining, is conducive to long shifts and long travel times to work. The rural setting does not offer many exercise opportunities. Only



43% of the population reported having access to exercise opportunities, compared to 86% in the State of Arizona. The Morenci Townsite Parks and Recreation provide a fitness center and a wealth of activities, but not all community members can afford membership. Greenlee County, in coordination with Freeport McMoran have been developing local parks and fitness opportunities. Continue to invest in free group workouts in the park and fitness events to provide affordable physical activity opportunities.

What Greenlee County is currently doing:

- Greenlee County maintains a strong working relationship with FMI and the Morenci Townsite Parks and Recreation programs. Continue to partner for events and activities that promote exercise and physical activity.
- GCHD organizes and partners for 5K fun runs and community events to cultivate an emphasis on exercise, such as the Jingle Jog.
- GCHD works with the school districts to promote physical activity opportunities.

PUBLIC HEALTH PRIORITY ISSUES

ISSUE ONE: Obesity – Nutrition and Physical Activity

Health Improvement Plan for Issue 1: Obesity - Nutrition and Physical Activity

- ❖ Goal 1: Reduce adult obesity (Percentage of adults that report a BMI of 30 or more) in Greenlee County, based on data from the RWJF County Health Rankings
 - Strategy: continue to provide health education and free events to promote nutrition for the Greenlee Community
 - Measure: track number of attendees at cooking classes and other events
 - Measure: track educational materials provided at fairs and events in the community
 - Measure: track community Registered Dietician appointments; increase public education and attendance
 - Strategy: continue to partner with the school districts on healthy nutrition initiatives including MyPlate, school gardens, and other educational opportunities
 - Measure: track number of programs GCHD participates in with the schools

- ❖ Goal 2: Reduce physical inactivity (Percentage of adults age 20 and over reporting no leisure-time physical activity) in Greenlee County, based on data from the RWJF County Health Rankings
 - Strategy: continue to provide and promote physical activity opportunities in the community
 - Measure: track number of events and attendees at community events that promote physical activity

PUBLIC HEALTH PRIORITY ISSUES

ISSUE TWO: Alcohol and Drug Abuse

Alcohol and Drug Abuse

Local data and community member feedback ranked Alcohol and Drug Abuse as a primary issue in Greenlee County. In the online community survey, alcohol and drug abuse was ranked as the “most important health-related issue for our entire community.” Alcohol abuse and drug abuse were ranked first and second as “most important risky behavior in the community.”

In the 2012 Community Health Assessment, tobacco was included in the priority issue of “Alcohol, Tobacco, and other Drug Use.” While tobacco use remains of great concern for Greenlee County, with 16% adults reported smoking every day or most days and have smoked at least 100 cigarettes in their lifetime (compared with 14% average in AZ), the decision was made to separate the issue from alcohol and drug use/abuse. 18% of adults reported excessive drinking, which is binge or heavy drinking in the past 30 days.

Binge drinking is defined as a woman consuming more than four alcoholic drinks during a single occasion or a man consuming more than five alcoholic drinks during a single occasion. Heavy drinking is defined as a woman drinking more than one drink on average per day or a man drinking more than two drinks on average per day.

Alcohol Abuse

In the 2017 County Health Rankings, 18% reported “excessive drinking” higher than the state average of 16%.

Excessive Drinking measures the percentage of a county’s adult population that reports binge or heavy drinking in the past 30 days. Binge drinking is defined as a woman consuming more than four alcoholic drinks during a single occasion or a man consuming more than five alcoholic drinks during a single occasion. Heavy drinking is defined as a woman drinking more than one drink on average per day or a man drinking more than two drinks on average per day.

Additionally, 29% motor vehicle crash deaths that occurred in Greenlee County between 2011-2015 had alcohol involvement. Approximately 17,000 Americans are killed annually in alcohol-related motor vehicle crashes. Binge/heavy drinkers account for most episodes of alcohol-impaired driving. Which in turn reinforces the importance of this priority issue.

Drug Abuse

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Survey on Drug Use and Health for years 2014-2015, reported illicit drug use in aged 12 years and older averaged: Marijuana

PUBLIC HEALTH PRIORITY ISSUES

ISSUE TWO: Alcohol and Drug Abuse

(734,000), Cocaine (128,000), and Heroin (31,000)¹. In 2016, there were 1497 drug overdose deaths in Arizona.

According to Healthy People 2020:

Almost 95 percent of people with substance use problems are considered unaware of their problem. Of those who recognize their problem, 273,000 have made an unsuccessful effort to obtain treatment. These estimates highlight the importance of increasing prevention efforts and improving access to treatment for substance abuse and co-occurring disorders.

Why Is Substance Abuse Important?

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include:

- Teenage pregnancy
- Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS)
- Other sexually transmitted diseases (STDs)
- Domestic violence
- Child abuse
- Motor vehicle crashes
- Physical fights
- Crime
- Homicide
- Suicide

¹ <https://www.samhsa.gov/data/sites/default/files/NSDUHsaeStateTabs2015B/NSDUHsaeArizona2015.pdf>

PUBLIC HEALTH PRIORITY ISSUES

ISSUE TWO: Alcohol and Drug Abuse

Opioid Drug Misuse and Abuse

At the time of the development of this CHIP, Arizona, along with the rest of the United States is battling an unprecedented opioid epidemic. Opioids are powerful painkillers that can be highly addictive. In 2016, 790 Arizonans died from opioid overdoses. This is an average of more than 2 Arizonans per day. The trend shows a startling increase of 74 percent over the past four years. Data shows that 4 of 5 new heroin users start by misusing prescription painkillers². On June 5, 2017, the Governor declared that a State of Emergency exists in Arizona due to the Opioid Overdose Epidemic. This enabled the Arizona Attorney General's Office to develop rules for opioid prescribing and treatment within health care institutions, the Arizona Department of Health Services to develop guidelines to educate providers on responsible prescribing practices, and Provide training to local law enforcement agencies on proper protocols for administering naloxone in overdose situations, among other deliverables.



The use and abuse of alcohol and other drugs clearly has an effect on the health of the community, and reinforces the importance of this priority issue

Alcohol and Drug Abuse in Greenlee County

There are limited resources available to address alcohol and drug use and abuse in Greenlee County. There is not a rehabilitation center, nor are there counseling or intervention services. With such limited resources to treat substance abuse, the Greenlee Community comes together to target prevention, specifically in youth. The Health Department and schools work together to provide drug-free programs such as DARE. Faith-based organizations also work with the community to provide alcohol and drug education and prevention activities. The Morenci First Assembly reports holding "OMG Junior Youth Group" every Friday for 7-12 years of age.

What Greenlee County is currently doing:

- Providing drug and alcohol classes through Juvenile and Adult Probation
- Participation in the National Red Ribbon Campaign, the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, October 23-31 each year.
- Healthy Family, Healthy Youth is a program for 7th graders provided every year in September

² www.azdhs.gov/prevention/womens-childrens-health/injury-prevention/opioid-prevention

PUBLIC HEALTH PRIORITY ISSUES

ISSUE TWO: Alcohol and Drug Abuse

- The Morenci Recreational Center is aware of school half days, and provides activities for youth on those days
- There are medication disposal sites at the Morenci Pharmacy, at Gila Health Resources, and at the Clifton Police Department
- There is a sharps container at the Health Department
- Alcoholics Anonymous meetings take place in Clifton, Duncan, and Morenci
- Support the development of the Drug and Alcohol Coalition within Greenlee County

Health Improvement Plan for Issue 2: Alcohol and Drug Abuse

- ❖ Goal 1: Evaluate opportunities to provide drug and alcohol education
 - Strategy: Partner with schools and other providers on drug and alcohol prevention and education
- ❖ Goal 2: Evaluate opportunities to provide drug and alcohol resources in the community
 - Strategy: Coordinate with Sonoran Prevention and other organizations on naloxone distribution for the community to prevent opioid overdoses
 - Goal: develop policies and training for managing a program for naloxone distribution
 - Strategy: Promote medication disposal services, intervention programs, and other resources to assist community members affected by drug and alcohol misuse or abuse

PUBLIC HEALTH PRIORITY ISSUES

ISSUE THREE: Mental Health

Mental Health



Mental Health emerged as a priority issue, mostly self-reported and brought up in Community Forum Discussions.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

In 2014³:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs⁴.

³ <https://www.mentalhealth.gov/basics/myths-facts/index.html>

⁴ <https://www.samhsa.gov/data/>

PUBLIC HEALTH PRIORITY ISSUES

ISSUE THREE: Mental Health

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism
- Decreased disability costs

Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

According to the [National Survey of Substance Abuse Treatment Services \(N-SSATS\)](#), about 45% of Americans seeking substance use disorder treatment have been diagnosed as having a co-occurring mental and substance use disorder.

For instance, data from SAMHSA's [National Survey on Drug Use and Health \(NSDUH\) — 2014 \(PDF | 3.4 MB\)](#) show that in 2014, 15.7 million adults reported having a major depressive episode (MDE) in the past 12 months. Of those, about one-third of adults (33.2%) did not seek professional help during the previous 12 months.

Behavioral health is a key part of a person's overall health, and includes emotional, psychological, and social well-being. Behavioral health conditions include mental and substance use disorders.

Many Americans go without needed behavioral health treatment. People with a mental disorder are more likely to experience a substance use disorder and people with a substance use disorder are more likely to have a mental disorder when compared with the general population. According to the [National Survey of Substance Abuse Treatment Services \(N-SSATS\)](#), about 45% of Americans seeking substance use disorder treatment have been diagnosed as having a co-occurring mental and substance use disorder.

Integrated treatment or treatment that addresses mental and substance use conditions at the same time is associated with lower costs and better outcomes such as:

- Reduced substance use
- Improved psychiatric symptoms and functioning
- Decreased hospitalization
- Increased housing stability

PUBLIC HEALTH PRIORITY ISSUES

ISSUE THREE: Mental Health

- Fewer arrests
- Improved quality of life

What Greenlee County is currently doing:

- GCHD recently launched an annual Suicide Awareness Walk
- Greenlee County employees have mental health resources available to them

Health Improvement Plan for Issue 3: Mental Health

- ❖ Goal 1: Provide educational resources to the community
 - Strategy: Coordinate with SEABHS to get materials and posters for GCHD clinics regarding resources and hotlines
 - Strategy: Promote free online educational resources, such as “A Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services”
<https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/Coverage-to-Care-Behavioral-Roadmap.pdf>
 - Strategy: Provide Mental Health First Aid training opportunities to community representatives (e.g. Law Enforcement, Dispatch, Gila Health Resources, Canyonlands, School Nurses, GCHD, and faith based organizations) <https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/>



The Path Ahead

By definition, the CHIP process is a cyclical progression toward community health improvement. With the completion of the Community Health Improvement Plan, participants will move to the Action Phase. This part of the cycle consists of monitoring performance measures and progress related to health improvement indicators. The CHA/CHIP Steering Committee's next step will be to bring more community members "to the table" who will help set measurable objectives, select strategies to reach them, and identify existing and new resources needed. Evaluation will remain foremost so that progress toward goals can be quantified. The level of achievement will result from the commitment of the task force members. All residents and community and civic organizations are invited to join the effort. To become involved or for more information, contact the CHIP Initiative at the:

Greenlee County Health Department
253 Fifth Street
Clifton, AZ 85533
Phone: (928) 865-2601
www.co.greenlee.az.us/health

Greenlee County Health Department (GCHD) is working to reach all members of the community through multiple communication modes. GCHD is currently updating the website to be more comprehensive and provide better information and services to the community. Hard copies of the CHA and CHIP will be available at the Health Department.

