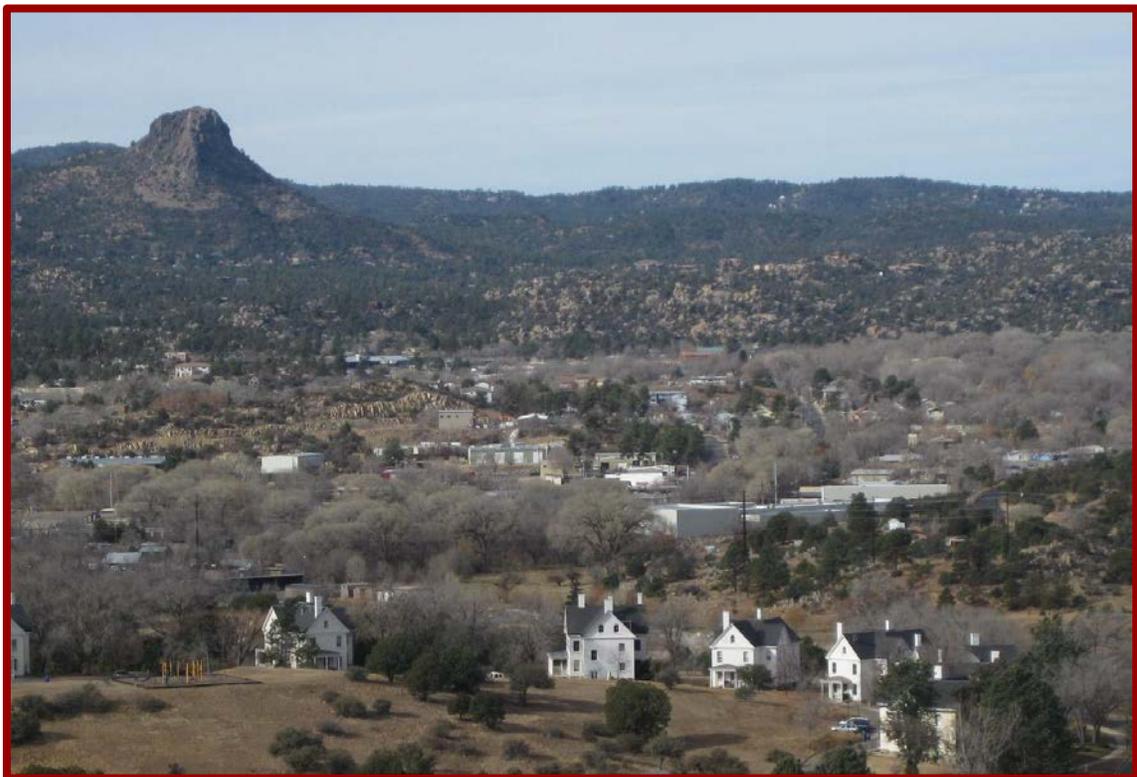


# **Yavapai County, Arizona**

## **Community Health Assessment**

Full Version



December 2012



*Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents.*



### **Yavapai County Board of Supervisors**

*Carol Springer, District 1 Supervisor*  
*Thomas Thurman, District 2 Supervisor*  
*Chip Davis, District 3 Supervisor*

*Phil Bourdon, Interim Director*  
*Yavapai County Community Health Services*

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# **Yavapai County, Arizona**

# **Community Health Assessment**

by

Stephen Everett, MPH, Yavapai County Epidemiologist

Pam Montgomery, Special Projects Coordinator

## **December 2012**



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**Message from  
Yavapai County Community Health Services  
and  
Board of Health**

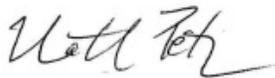
Yavapai County Community Health Services conducted a Community Health Assessment (CHA) survey for six weeks between August 21, and October 7, 2012. We have participated in the CHA process including the survey and analysis phases. In this CHA report, you will find a comprehensive assessment of the health of the residents of Yavapai County, detailed data, analysis, and input from members of our community.

We have listened to input from members of our community and, because of this collaboration have identified a number of focus areas for improving the health of residents of Yavapai County, including but not limited to:

1. Access to Affordable Health Care
2. Mental Health
3. Substance Abuse

In January 2013, we will begin the Community Health Improvement Plan (CHIP). This process will help the residents and organizations of Yavapai County to move forward with our goal to improve the health of our residents. The CHIP is a long-term, systematic effort, based on the results of CHA activities. The CHIP is a process for setting priorities, targeting resources, and addressing public health issues in collaboration with other governmental agencies and community partners. The CHIP will describe how public health stakeholders will collaborate with community partners to improve the health of the community. Carrying-out the CHIP will take three years, starting in 2013.

We welcome your ideas and suggestions to help us meet these goals.



Nathan Peterson  
Assistant Director, Public Health  
Yavapai County Community Health Services



Judy Kline  
President  
Yavapai County Board of Health

## Acknowledgements

We would like to acknowledge the following members of our community for their assistance with this CHA survey and the focus groups. Our CHA was successful because these community partners shared the link to the Yavapai County Community Health Assessment survey with their staff, members, sent it on to their families, friends, and other partners in the community. Many of these members also participated in our focus groups. We look forward to future collaborations on our Community Health Improvement Plan in 2013.

Adult Center of Prescott	Prescott Area Leadership
Alzheimer's Association	Prescott College
Arizona Association of University Women	Prescott Free Clinic, Board of Directors
Arizona Department of Economic Security	Prescott Meals on Wheels
Catholic Charities, Prescott and Cottonwood	Prescott Valley Chamber of Commerce
City of Cottonwood	Sedona Chamber of Commerce
City of Prescott	Senior Connection
City of Sedona	Town of Camp Verde
Coalition for Compassion and Justice	Town of Chino Valley
Community Health Center of Yavapai	Town of Prescott Valley
Cornucopia Community Advocates	United Way of Yavapai County
Cottonwood Chamber of Commerce	Verde Valley Guidance Clinic
The Daily Courier (Prescott Newspapers, Inc.)	Verde Valley Medical Center
Embry-Riddle Aeronautical University	Verde Valley Senior Center
Employees of Yavapai County	West Yavapai Guidance Clinic
Harmony Community of Sedona	Yavapai Apache Nation
Head Start	Yavapai Big Brothers Big Sisters
KYCA 1490 AM, Prescott	Yavapai College
League of Women Voters	Yavapai County Board of Health
MATFORCE	Yavapai County Board of Supervisors
Neighbor to Neighbor	Yavapai County Education Service Agency
North Country Community Health Center	Yavapai County Free Library District
Northern Arizona Council of Governments	Yavapai County Medical Reserve Corps
Northern Arizona VA Health Care System	Yavapai Exceptional Industries
Northland Cares	Yavapai Gaming Agency
Old Towne Mission, Cottonwood	Yavapai Prescott Indian Tribe
People Who Care	Yavapai Regional Medical Center

# Yavapai County, Arizona - Introduction

Map 1



## History & Geography

Yavapai County is located in central Arizona, just northwest and about 125 miles from the state capital of Phoenix. The county is named after the Yavapai people, who were indigenous to the area. Originally founded in 1864, the county seat of Prescott was the original capital of the Arizona Territory.

The county has a total area of 8,128 square miles, approximately the same size as the state of Massachusetts. The terrain varies from an elevation of 1,900 feet at its lowest point, to just under 8,000 feet at its highest point, the peak of Mount Union. The diverse topography ranges from the lower Sonoran Desert in the south to the Coconino Plateau in the north and the Mogollon Rim in the east. The major vegetation types in the county are grasslands, piñon-juniper woodland, chaparral, desert grassland and desert scrub. The county lies in the center of a strip of Ponderosa pine forests, which crosses the state from the northwest corner to the eastern boundary. The Prescott National Forest and portions of the Coconino and Tonto National Forests are within county boundaries.

Only 26 percent of the land in the county is in private hands (individuals or corporations). Thirty-eight percent of the land is administered by the U. S. Forest Service, 9 percent by the U.S. Bureau of Land Management, 27 percent by the State of Arizona, and less than 0.5 percent is held in trust as Indian reservations.

There are two Indian nations located in the county: the Yavapai Prescott Indian Tribe in Prescott and the Yavapai-Apache Nation in Camp Verde.

## Population and Growth

Yavapai County saw massive population growth from 1970-2000. With a population of just under 23,000 between 1900 and 1970, the population expanded by over 30,000 through the seventies, 40,000 through the eighties, and 60,000 through the nineties. The 2011 Census recorded the population of Yavapai County to be 211,033, a 26.0% growth from the 2000 Census population of 167,516\*. In 2006, the Arizona Department of Economic Security predicted that if growth remains relatively unchanged over the next fifty years, the county population would be over 400,000 by 2050.

\* Note the prediction occurred before the economic downturn that started in 2008.

Population in Yavapai County is concentrated primarily in the Verde Valley in the east and in the central Quad-Cities area that stretches from Paulden to Prescott then along Highway 69 to Cordes Lakes.

**Table 1. Demographics of Arizona**

	Census 2011 Estimate
Population of Arizona	6,482,505
Population of Yavapai County	211,888, 3.3% of the state
Persons per square mile	26
Unemployed	8.5% as of Nov. 2012
Individuals below poverty level	13.7% (2006-2010)
Persons 65 years and over	51,347 (24.3%)
Persons under 18 years	40,100 (19.0%)

Source: 2010 Census, US Census Bureau.

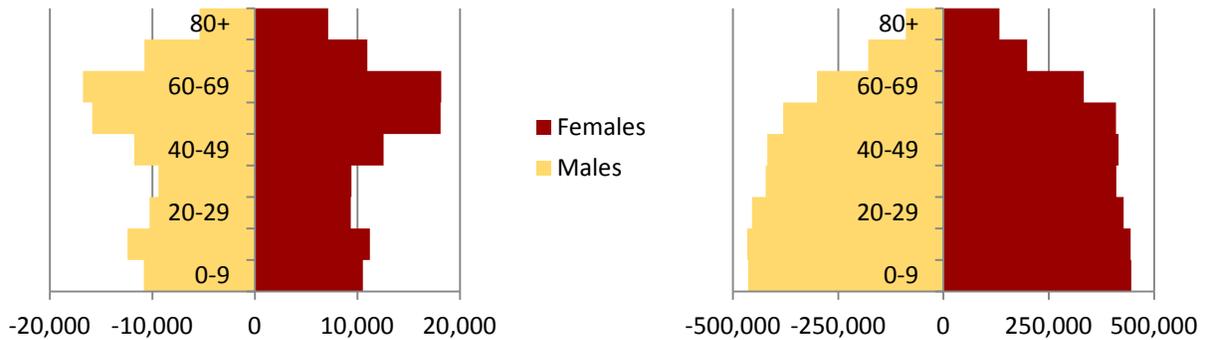
## Climate

Yavapai County gets 16 inches of rain per year. The U.S. average is 37 inches. Snowfall is 11 inches. The average U.S. city gets 25 inches of snow per year. The number of days with any measurable precipitation is 54. On average, there are 272 sunny days per year in Yavapai County, AZ. The July high is around 94 degrees and the January low is around 26 degrees.

## Residents

The population of Yavapai County is older on average than the rest of Arizona or the nation as a whole, primarily due to the county being a popular location for retirees to settle. The median age for Yavapai County, for 2010 was 49.5, versus 35.9 for Arizona and 37.2 for the United States. The proportion of persons 65 and older was 24.3%, versus 13.8% and 13.1% respectively.

Figure 1. Age distribution of Yavapai (left) and Arizona (right) populations, 2010



Source: 2010 Census, US Census Bureau.

Yavapai County is predominantly White, estimated to be almost 90% of the county population. The largest minority racial group is American Indian and Alaska Native (1.7%), followed by Asian/Pacific Islander (0.9%) and African American (0.6%). The category ‘Some Other Race’ is over 98% Hispanic and may be the result of confusion between race and ethnicity. Ethnically, Yavapai County is estimated to be 13.7% Hispanic.

Table 2. Race and ethnicity distribution in Yavapai County, 2010

Race	Non-Hispanic	Hispanic	Total	Percent
White	172,968	15,547	188,515	89.3%
American Indian/Alaska Native	2,799	750	3,549	1.7%
Black	1,104	163	1,267	0.6%
Asian/Pacific Islander	1,703	295	1,998	0.9%
Some other race	188	10,158	10,346	4.9%
Two or more races	3,361	1,997	5,358	2.5%
Total	182,123	28,910	211,033	100.0%
Percent	86.3%	13.7%	100.0%	--

Source: 2010 Census, US Census Bureau.

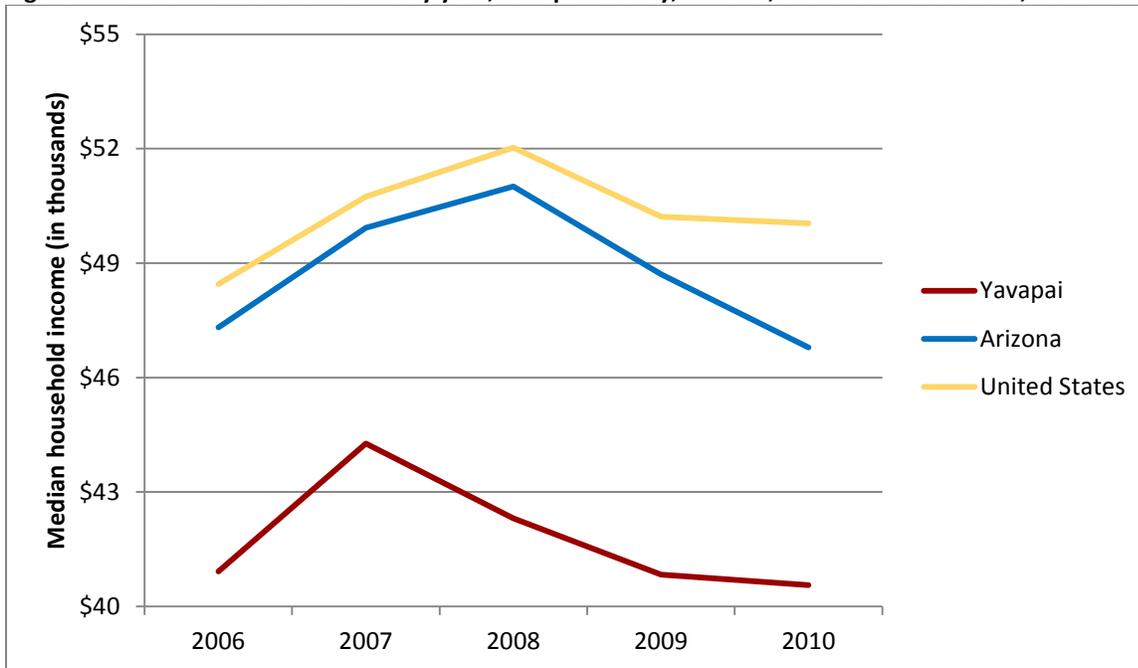
## Yavapai County Community Health Assessment 2012

An estimated 89.4% of county residents age 25 years and older have at least a high school diploma or equivalent, a higher percentage than in Arizona or in the US (both 85.0%). The converse is true for college degrees, with only 23.7% of Yavapai residents having at least a bachelor's degree versus 26.3% for Arizona and 27.9% for the US.

### Economics

The average median household income in Yavapai County between 2006 and 2010 was \$43,290, less than the median for Arizona and for the United States. For county households under 65, median household income lags behind the state and national levels, while for those 65 and older, income is slightly less than that of the state but higher than the national median. The severity of the recession in Arizona is reflected in the changes in median household income between 2006 and 2010; after peaking in 2007, median incomes dropped to a point where the median household income in 2010 was less than it was four years earlier.

**Figure 2. Median household income by year, Yavapai County, Arizona, and the United States, 2006-2010.**



*Source: 2006-2010 Small Area Income and Poverty Estimates, US Census Bureau.*

The poverty threshold is the minimum level of income deemed necessary to achieve an adequate standard of living and based largely on estimates of the minimal cost of food needs. Between 2006 and 2010, Yavapai showed a dramatic increase in the number of residents who live in poverty. In 2010, over one in four Yavapai County residents under 18 were living below the poverty rate.

## Health Care Resources in Yavapai County

### Yavapai County Board of Health

The Board of Health is a requirement of all county health departments per Arizona State Law. The responsibilities of the board, per Arizona Revised Statutes, are as follows:

- To advise the director as necessary
- To request information from the director as necessary
- To make rules and regulations, not inconsistent with the rules and regulations of the Arizona Department of Health Services, for the protection and preservation of public health
- To recommend rules and regulations to the Yavapai County Board of Supervisors (YCBOS) for adoption and enforcement in the county
- To advise the YCBOS regarding suitable offices, facilities and equipment for the county health department

As of January 2013, Yavapai County will have five supervisorial districts and the Board of Health will increase to 11 members:

- 1 member of the YCBOS
- 1 licensed physician
- 5 citizens selected for their interest in public health and who are residents of each of the 5 supervisorial districts, so that all five supervisorial districts in the county have representatives on the board
- 4 citizen members from the county at large

The director of the county health department serves as secretary of the board and serves, without vote, as an *ex officio* (by right of office) member of the board. Citizen members appointed to the board cannot be county health department employees.

### Yavapai County Community Health Services

The leadership of Yavapai County Community Health Services (YCCHS) includes the County Health Officer, the Assistant Director of Public Health, and the Assistant Director of the Community Health Center of Yavapai. The County Health Officer reports to the YCBOS and is a member of the Yavapai County Board of Health.

YCCHS is split in to two main divisions.

#### **Public Health**

- **Nutrition Services:** Women, Infants & Children (WIC) supplemental nutrition program, the Breastfeeding Peer Counseling program, and Food Plus for Seniors.
- **Family Health & Wellness:** Health Start, Immunizations, In-Home Services, Nurse-Family Partnership, Public Health Nursing, Home Visiting Programs, Tuberculosis Control, and Communicable Disease Control.

## Yavapai County Community Health Assessment 2012

- **Health Education:** Chronic Disease Self-Management program, HIV Prevention and Control, Preconception Health, Smoke Free Arizona, Tobacco Education and Cessation. School-based programs include Healthy Lifestyles, Safe Dates, Sexual Health, Injury Prevention, Safe Routes to School, Tobacco Prevention, Self-Esteem, and Anti-Bullying.
- **Environmental Health:** Food Facility Inspections, Food Handlers Permits, Public Health Nuisances, Emergency Preparedness, and the Medical Reserve Corps.
- **Other Public Health Services:** Vital Records, Prescription Discount Card Program.

### ***Community Health Center of Yavapai***

The Community Health Center of Yavapai (CHCY) is a Federally Qualified Health Center (FQHC). In 2011, we saw 11,128 unique patients for a total of 35,323 individual visits or 3.17 visits per patient, per year.

CHCY provides the following services:

- **Primary Medical Care** services include preventative care, health screenings, well child exam, well adult exams, non-emergency medical treatment for both acute and chronic illnesses, diagnostic testing, and medications.
- **Dental Care** services include initial exams, x-rays, cleaning, fillings, anterior root canals, crown, bridges, dentures, extractions, and other minor dental procedures.
- **Reproductive Health Care** services include initial and annual gynecological exams, family planning, the prevention and treatment of sexually transmitted infections, screening for breast and cervical cancer, and HIV testing and counseling.
- Coordinated Care



### ***Operations/Support***

This division includes Administration, Accounting, Billing, and Operations

### ***Health Department Staff***

YCCHS has 167 employees as of November 2012:

- 128 full time, 19 part time, 20 temporary/hourly
- 87 in Prescott, 37 in Prescott Valley, 42 in Cottonwood and 1 in Chino Valley
- 76 in Public Health, 67 in the Community Health Center, 24 in Operations/Support

***Health Department Locations***



**Prescott, 1090 Commerce Drive**



**Cottonwood, 51 Brian Mickelsen Parkway**



**Prescott Valley, 3212 N. Windsong Dr., 2<sup>nd</sup> Floor**

## Community Health Resources

Yavapai County has several Federally Qualified Health Centers (FQHCs).

- Community Health Center of Yavapai has clinics in Cottonwood, Prescott, and Prescott Valley.
- North Country Community Health Center, based in Flagstaff, Arizona, has clinics in Ash Fork and Seligman along Interstate 40.

### Physicians

Based on addresses appearing on medical licenses, in 2011 Yavapai County had 420 physicians (Table 3). This number may include licensed physicians without an active practice or who practice outside the county and may exclude out-of-county physicians practicing in county.

**Table 3. Physicians by city listed on medical license, Yavapai County, 2011**

Town	Count
Ash Fork	1
Bagdad	1
Black Canyon City	2
Camp Verde	4
Chino Valley	3
Cornville	1
Cottonwood	89
Dewey	2
Prescott	242
Prescott Valley	35
Sedona	39
Spring Valley	1
<b>Total</b>	<b>420</b>

Source: Arizona Medical Board, 2011 license database.

The rate of physicians per 100,000 residents (2010 Census) was 199.0. Arizona had 229.6 physicians per 100,000 residents.



### Dentists

Table 4. Dentists by city on medical license, Yavapai County, 2011

Town	Count
Camp Verde	4
Chino Valley	5
Cornville	2
Cottonwood	12
Dewey	2
Prescott	66
Prescott Valley	20
Sedona	25
<b>Total</b>	<b>136</b>

Source: Arizona State Board of Dental Examiners, 2011 license database.

Yavapai County had 136 dentists in 2011, a rate of 64.4 dentists per 100,000 residents (2010 Census). The state rate for dentists was 57.1 per 100,000 residents.

### Hospitals

Yavapai has six hospital facilities: three acute care (one with a psychiatric department), one rehabilitation, one psychiatric, and a Veterans Administration medical center. All except one acute care hospital is located in the Quad Cities area.

Table 5. Hospitals, Yavapai County, 2010

Hospital	Type	Beds	Town
Bob Stump VA Medical Center	Veterans	25	Prescott
Mountain Valley Regional Rehabilitation Hospital	Rehabilitation	40	Prescott Valley
Verde Valley Medical Center	Acute care Psychiatric	99 acute 11 psychiatric	Cottonwood
Windhaven Psychiatric Hospital	Psychiatric	16	Prescott Valley
Yavapai Regional Medical Center-East Campus	Acute care	72	Prescott Valley
Yavapai Regional Medical Center-West Campus	Acute care	135	Prescott

Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.

### Ambulatory Surgical Centers

Table 6. Ambulatory surgical centers by town, Yavapai County, 2011

Town	Count
Cottonwood	3
Prescott	9
Prescott Valley	1
<b>Total</b>	<b>13</b>

Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.

### Dialysis

There are three dialysis centers in Yavapai: two in Prescott and one in Cottonwood.

***Assisted Living***

Assisted living facilities are health care institutions other than hospitals or skilled nursing facilities that provide for persons who do not need skilled nursing in a long-term care facility.

Assisted Living Homes provide care to 10 or less residents and Assisted Living Centers provide care to 11 or more residents. ADHS also defines assisted living facilities by the level of services they provide as detailed below. Another type of assisted living facility is the adult day health care facility, which only provides adult day health services during a portion of the day on a regular basis. These are licensed for facilities caring for five or more adults not related to the proprietor.

**Table 7. Assisted living facilities by type, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Adult day health care	2
Assisted living center (total)	15
Directed care services	9
Personal care services	5
Supervisory care services	1
Assisted living home (total)	40
Directed care services	38
Personal care services	2
Supervisory care services	0

*Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.*

**Table 8. Assisted living facilities by town, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Camp Verde	4
Chino Valley	1
Cornville	1
Cottonwood	11
Prescott	18
Prescott Valley	20
Rimrock	1
Skull Valley	1
<b>Total</b>	<b>57</b>

*Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.*

### **Long-Term Care**

Long-term care facilities provide long-term care services to the chronically ill (including chronic mental illness) who require continuous medical and nursing care and supervision due to disability.

**Table 9. Number of long-term care facilities by town, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Camp Verde	1
Cottonwood	1
Prescott	5
Prescott Valley	1
<b>Total</b>	<b>8</b>

Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.

### **Hospice**

**Table 10. Hospices by town, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Cottonwood	2
Prescott	4
Prescott Valley	2
<b>Total</b>	<b>8</b>

Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.

### **Behavioral Health**

Behavioral health facilities are health care institutions that treat conditions related to mental disorder, personality disorder, substance abuse, or a significant psychological or behavioral response to an identifiable stressor or stressors. Facilities are licensed based on the level of behavioral treatment services they provide:

**Table 11. Number of behavioral health facilities by type, Yavapai County, 2011**

<b>Type</b>	<b>Count</b>
Juvenile group home	4
Level 1 psychiatric acute hospital / outpatient clinic	1
Level 1 residential treatment center	1
Level 1 specialized transitional agency	0
Level 1 sub-acute agency	1
Level 1 sub-acute / level 2 residential	1
Level 2 behavioral health residential agency	3
Level 2 residential / outpatient clinic	1
Level 3 behavioral health residential agency	2
Level 4 transitional agency	1
Outpatient clinic	28

Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.

## Yavapai County Community Health Assessment 2012

**Table 12. Number of behavioral health facilities by town, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Camp Verde	2
Cottonwood	6
Dewey	3
Lake Montezuma	1
Mayer	1
Prescott	17
Prescott Valley	11
Sedona	2
<b>Total</b>	<b>43</b>

*Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.*

### ***Developmentally Disabled***

A group home is a residential setting that provides, in a shared living environment, room and board and daily habilitation for not more than six persons with developmental disabilities.

**Table 13. Number of developmentally disabled group homes by town, Yavapai County, 2011**

<b>Town</b>	<b>Count</b>
Chino Valley	8
Clarkdale	2
Cornville	2
Cottonwood	8
Dewey	1
Prescott	25
Prescott Valley	14
<b>Total</b>	<b>60</b>

*Source: Arizona Department of Health Services Division of Licensing Services database, 11/30/2011.*

## Community Health Assessment

### Introduction

#### *What is a Community Health Assessment (CHA)?*

A Community Health Assessment (CHA) is a process for asking these questions.

- What are the health problems or challenges in our community?
- What are the factors that create the health problems?
- What are our available resources?
- What are the needs of the community?
- Why do health issues exist in the community?

#### *Why did we do a CHA?*

The primary function of a community health assessment is to better understand and respond to the health issues of Yavapai County. By conducting the assessment, we can make data-driven decisions about local issues and identify the local resources to address them. The assessment will allow us to target our limited resources to the areas where we need them the most.

The Community Health Assessment is also the foundation for taking the next steps in moving our community forward to actively address its health issues. By establishing a baseline, we can measure how the health of Yavapai County changes over time and how effective our health interventions are in mitigating identified health problems.

#### *Healthy People 2020 – What are we going to measure?*

As part of the planning process, we defined what we were going to measure as part of assessing the health of our community. Healthy People is a Department of Health and Human Services program for nationwide health promotion and disease prevention. For the last thirty years, this program has been making improvements in areas such as increasing life expectancy at birth, and decreasing the rates of death from coronary heart disease and stroke. We selected some of the Healthy People 2020 (HP2020) Leading Health Indicators as a guide for determining what we wanted to measure.

##### **Access to Health Services:**

- Increase the proportion of persons, under age 65, with medical insurance

##### **Clinical Preventive Services**

- Increase the proportion of adults with hypertension whose blood pressure is under control
- Increase the proportion of children aged 19-35 months who receive the recommended doses of diphtheria, tetanus, and pertussis (DTaP); polio; measles, mumps, and rubella (MMR); *Haemophilus influenzae* type b (Hib); hepatitis B; varicella; and pneumococcal conjugate (PCV) vaccines

##### **Injury and Violence**

- Decrease the proportion of fatal injuries and homicides

### **Maternal, Infant, and Child Health**

- Decrease infant deaths
- Decrease preterm births

### **Mental Health**

- Decrease suicides
- Decrease the proportion of adolescents who experience major depressive episodes (MDEs)

### **Nutrition, Physical Activity, and Obesity**

- Increase proportion of adults who meet current federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity
- Reduce the proportion of adults who are obese
- Reduce the proportion of children and adolescents who are considered obese

### **Oral / Dental Health**

- Increase the proportion of children, adolescents and adults who used the oral health care system in the past 12 months.

### **Tobacco**

- Decrease the proportion of adults who are current cigarette smokers
- Decrease the proportion of adolescents who smoked cigarettes in the past 30 days



[healthypeople.gov](http://healthypeople.gov)

## Methodology

### *Developing the Survey*

We developed the survey over the summer of 2012 by reviewing many similar surveys conducted on a nationwide basis. We designed the survey to gather information in these areas:

- Basic demographic and descriptive data
- General health and health behaviors
- Medical, dental, and pharmaceutical services utilization and payment
- Participant ratings and opinions on community health, medical, and mental health issues

Also, since we were using the Healthy People 2020 (HP2020) leading health indicators, we wrote survey questions to measure these issues.

We utilized a web-based survey tool called SurveyMonkey. This is a popular survey tool, used by many major corporations, organizations, retail stores, government agencies, etc. We tested the survey on various levels at the health department and with input from members of our community before the final version was released to the public.

### *Marketing & Conducting the Survey*

We released the web-based survey to the public on August 21, and closed it on October 7, 2012. We used the following methods to market our CHA survey to residents of Yavapai.

- Posted links on three public websites:
  - Yavapai County Government [yavapai.us](http://yavapai.us)
  - Yavapai County Community Health Services [yavapaihealth.com](http://yavapaihealth.com)
  - Community Health Center of Yavapai [chcy.info](http://chcy.info)
- Issued a press release to county news organizations (Figure 3 on page 18)
- Conducted radio interviews with local news radio station KYCA 1490 Prescott
- Sent the link by e-mail to all our community partners: See Acknowledgements
- Utilized social media, including Facebook and Twitter
- Printed business cards for health department employees to hand out to members of the community, family, friends, neighbors, organizations, etc.
- Posted links on two internal intranet sites: *CountyNet* for Yavapai County Government employees and *HealthNet* for county health department employees. We also sent an e-mail message to employees to take the survey and share it with their family, friends, etc.

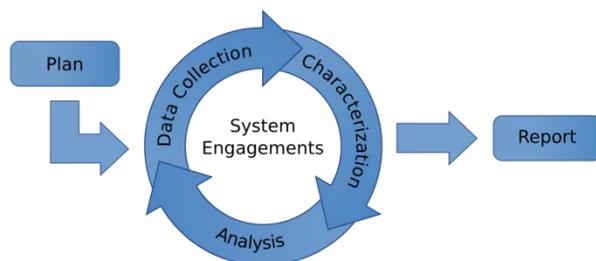


Figure 3. *Daily Courier* article about the Community Health Assessment



### ***Paper Surveys in English & Spanish***

In order to reach residents who either could not or would not complete the online survey, we also made paper copies of the survey available in both English and Spanish. Completed paper surveys comprised 209 of the total number of surveys, or 19.4%. Of those, 59 were in Spanish.

### ***Focus Groups***

After the survey period closed on October 7, we produced a preliminary report of the results and presented them to the following focus groups:

- Yavapai County Board of Health on October 2, 2012 (preliminary results through September 30)
- Prescott Free Clinic, Inc., Board of Directors meeting on October 23, 2012
- Verde Valley Focus Group on October 26, 2012
- Quad-Cities Focus Group on November 2, 2012

## Yavapai County Community Health Assessment 2012

We invited local health experts and community stakeholders to these meetings. Participants reviewed the results and discussed how the survey results compared to their knowledge and experience of county health issues.

### **Limitations**

Due to time and budget constraints, we chose to conduct a convenience sample over a more rigorous random sample. This limited survey participants to those who were aware of the survey's existence, had access to a computer or a paper survey, and -- most importantly -- had a desire to participate. We marketed the survey extensively to minimize the first two limitations.

We also developed the survey to be qualitative. We were more interested in getting ideas and perceptions of what residents considered important health issues in the county rather than quantitatively measure the prevalence of problems. Quantitative measures were instead drawn from secondary data sources such as the US Census Bureau, the US Department of Health and Human Services, the Arizona Department of Health Services (ADHS), and the Arizona Department of Education (ADE). See *Secondary Data* below for a discussion on these data.

## **Survey Results**

### **Response Rate**

Surveys were completed by 1,077 respondents.

- 868 respondents (80.6%) completed the online survey.
- 209 respondents (19.4%) completed paper surveys. Of the paper surveys, 59 (5.5% of all completed surveys) were completed in Spanish.

Groups that were over/under-represented in the survey compared to county demographics from the 2010 US Census results were:

**Table 14. Groups Over/Under-represented**

Group	CHA Survey	2010 US Census
Women	73.3	51.0
Age 55-64	29.5	21.2
Aged 18-24 or 75 and older	11.1	21.5
Married	63.4	54.4
Never married or unmarried couple	16.5	21.3
Live in unincorporated areas of the county	6.8	19.5
High school education or less	16.8	36.7
Bachelor's degree or more	36.3	21.6
In labor force	65.9	50.2
One-person household	18.4	30.3

*Source: 2012 Yavapai County Community Health Assessment Survey, Yavapai County Community Health Services.*

Since there is significant correlation between certain groups (e.g., incomes rise with age and education) we chose household income to further analyze the collected data. We found that while income differences affected answers regarding personal information, the concerns and opinions of respondents

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varied little between groups. In spite of differences, respondents were generally united on what they saw as health challenges in Yavapai County.

When referring to household income groups, this study will refer to *Lower Income* (reported household income at or below poverty level), *Middle Income* (101-200% of poverty level), and *Upper Income* (greater than 200% of poverty level). The percent of respondents who reported having a household income at or below the federal poverty level compares favorably with the US Census Bureau's 2010 Small Area Income and Poverty Estimate of 15.8% for the county (Table 15).

**Table 15. Survey respondents by reported household income**

Reported Household Income	Income Group	Number of Respondents	Percent of Respondents
At or below poverty level	Lower Income	156	15.5
101-200% poverty level	Middle Income	163	16.3
>200% poverty level	Upper income	687	68.3

Source: 2012 Yavapai County Community Health Assessment Survey, Yavapai County Community Health Services.

### ***Affordability***

Insurance coverage among respondents was 81.7%. The US Census Bureau's 2010 Small Area Health Insurance Estimate for Yavapai County was 80.0% while the 2010 Arizona Behavioral Risk Factor Survey (AZBRFS; see *Behavior* below) result was 85.0%. The Healthy People 2020 (HP2020) goal is 100%. Coverage by income varied widely; 95.3% of Upper Income, 60.9% of Middle, and only 46.4% of Lower Income respondents stated they had insurance.

For respondents with insurance, 63.6% stated they had private insurance, 33.6% with Medicare, 12.0% with AHCCCS, and 8.0% with veteran benefits. For those with private insurance, 30.8% stated they pay the full premium, 44.3% shared the cost with their employer, and 24.4% had an employer who paid the full cost.

While 34.4% of respondents stated they delayed medical care due to cost, just over a quarter of Upper Income stated they did versus approximately half of both Lower and Middle Income respondents. When asked if they tried to get medical care and were not able to do, 6.6% of Upper Income answered yes versus approximately 26% of Middle and Lower. For those who answered yes, inability to pay was the primary reason.

For prescriptions, 72.4% stated they have insurance that covers all or part of the cost; 84.8% for Upper Income, 52.8% for Middle, and 41.9% for Lower. Of those who didn't have prescription coverage, 27.9% stated it affected how they take their medicine; they either took their medicine less often, don't fill the prescription, or do not seek out a prescription for their condition due to inability to pay.

Just over half of respondents said they had dental insurance for themselves or their family; 84.3% of Upper Income, 9.7% of Middle, and only 6.1% of Lower. Delaying dental care due to inability to pay was a problem for 45.6%, including 36.1% of those with insurance. Dental insurance was much more prevalent among Upper Income respondents; 84.3% versus 9.7% for Middle Income and 6.1% for Lower.

### ***Accessibility***

Respondents were generally happy with the overall quality of health care they receive, over three-quarters rating it as either Good or Very Good. In instances when they needed an urgent “as soon as possible” appointment, almost three-quarters said they were able to get an appointment within two days of calling.

The number of respondents who stated they had a regular doctor for themselves and their family was 75.6%, which mirrors the Healthy People 2020 baseline of 76.3%. The goal is to increase the proportion of people with a usual primary care provider by 10% to 83.9%. The response differed significantly by income; 86.2% of the Upper Income group answered yes, while only 57.7% of Middle Income and 48.4% of Lower Income stated they had a regular provider.

While only 13.7% of respondents stated they had used a hospital’s Emergency Department (ED) in the prior year, those with no insurance were twice as likely to have used the ED as those with insurance and 44.7% had no regular doctor. ED utilization decreased as income increased; 31.6% of Lower Income respondents, 22.4% of Middle Income, and only 7.8% of Upper Income used the ED in the prior year. Factoring in both insurance and income, about half of Lower and Middle Income respondents who used the ED had insurance versus 84.0% of Upper Income respondents.

### ***Health and Limitations***

The majority of respondents considered themselves in good health; 79.3% rated their overall health as either *Good* or *Very Good*. Conversely, only 2.2% rated their health as *Poor* or *Very Poor*. The percentage of Yavapai respondents to the 2010 Arizona Behavioral Risk Factor Survey (AZBRFS) who rated their health as *Good* or *Excellent* was 81.4% while 18.6% stated their health was *Fair* or *Poor*, significantly higher than the CHA result.

The most common health impairments or challenges were back or neck pain (26.2%), hypertension (21.9%), and arthritis or rheumatism (21.2%).

A third of respondents stated they had at some time in their life been told by a doctor they had high blood pressure, similar to the 2010 AZBRFS result of 33.9%. Of the group, those who were prescribed blood pressure medication were 84.3%. Those currently taking medication were 70.7%, slightly higher in number than those who stated above they had hypertension (246 vs. 235). The difference may be due to a different interpretation of the question regarding impairments; the hypertension is being controlled so it’s not considered a health challenge.

Just over 10% of respondents stated they had seen a behavioral or mental health provider in the prior year. Lower Income respondents were almost twice as likely to utilize behavioral health services as Higher Income (18.7% vs. 9.5%).

Respondents who smoked were lower in the CHA survey than among Yavapai respondents in the 2010 Arizona Behavioral Risk Factor Survey (13.3% vs. 17.7%). Over two-thirds of smokers had been smoking for more than ten years. The percentage of smokers among Lower Income respondents was almost twice that of Higher Income (20.9% vs. 11.7%).

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Only 9.4% of respondents stated they had children under three years of age in their household, likely due in part to the survey skewing older than in the general population of the county. When asked if these children had been immunized, 12.2% stated they had not. The most common reason stated was lack of affordability (50.0%).

### ***Weight and Exercise***

A slight majority of respondents stated they were either overweight (50.3%) or obese (8.5%), with 35.7% feeling their weight was *Just Right*. This is lower than what was seen in the 2010 AZBRFS, in which respondents reported their height and weight from which their *Body Mass Index* (BMI) was calculated. The AZBRFS reported 23.9% of their Yavapai respondents were obese (BMI  $\geq$  30), almost three times higher than the CHA survey. This suggests that respondents may not understand how overweight they may be. Supporting this is that only 29.4% of respondents stated they knew what their BMI number was.

Over 90% of respondents reported doing at least light physical activity regularly. This is higher than the 2010 AZBRFS, which reported only 64.1 of Yavapai respondents reported that they engaged in regular physical exercise. There was a pattern of difference by income in those who stated they did no exercise; 8.7% of Upper Income respondents did no exercise versus 17.5% of Middle and 20.3% of Lower Income. Most respondents exercised 3-5 times per week (52.2%) and for either 16-30 minutes (33.5%) or 31-60 minutes (36.7%). Times per week and minutes per session tended to increase with respondents' age and income.

### ***County Health Concerns***

Respondents were asked to select two behavioral health concerns, from a list, to prioritize what they considered the most important issues affecting Yavapai County. The leading behavioral issue was drug abuse (67.6%), followed by alcohol abuse (47.1%). Depression was the third highest rated mental health issue (33.7%), though access to behavioral/mental health services (32.4%) was more important for Lower Income respondents than Higher (25.7% vs. 15.6%).

On the social spectrum, abuse was the leading concern; Child Abuse (52.6%), Bullying (37.1%), and Elder Abuse (27.6%) dominated the top three spots. There was little difference of opinion due to age or income.

Lastly, respondents were asked which three Healthy People 2020 issues were important to themselves personally and to the county as a whole. In both cases, access to both affordable insurance and to a regular doctor was most often cited (Table 16). Physical activity was the third-most cited for personal importance, but dropped to fifth for countywide importance behind access to dental care and obesity. The personal importance of physical activity was driven mainly by older and Upper Income respondents; younger and Lower/Middle Income respondents rated access to dental care higher. There were no significant differences between age and income for issues important for the county.

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**Table 16. Which three (3) of these Healthy People 2020 issues do you feel are the most important?**

Issue	To you personally	In Yavapai County
Access to affordable insurance	63.6	71.4
Access to a regular doctor	55.1	59.7
Physical activity	45.3	25.3
Access to dental care	40.1	40.6
Obesity	22.6	27.1

*Source: 2012 Yavapai County Community Health Assessment Survey, Yavapai County Community Health Services.*

### ***Secondary Data***

In addition to the Community Health Survey, we examined other sources of data regarding the general health of Yavapai County and its residents. The sources included data from the US Census Bureau, the US Department of Health and Human Services, the Arizona Department of Health Services (ADHS), the Arizona Department of Education, and Arizona Criminal Justice Commission.

### ***Availability & Quality***

To assess the availability and quality of health care in Arizona, ADHS looks at Primary Care Areas (PCA), geographic areas in which most residents from the same place seek primary health services. Yavapai County is divided into eight rural and three frontier PCAs, the designation of which is based on population density (Map 2 on page 25). Each PCA receives a Primary Care Score (PCS) based on the relative lack of medical service; the higher the score, the more underserved the area. Geographic barriers and availability of providers for certain populations are the primary sources for shortages.



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### Primary Care Areas

**Table 17. Primary care areas, Yavapai County, 2011**

Primary Care Area (PCA)	Primary Care Health Professional Shortage Area (HPSA)	Dental HPSA	Mental Health HPSA
Ash Fork	Yes-Geographic barriers	Yes-Geographic barriers**	Yes – Geographic barriers (all of Yavapai County is part of the Northern Arizona Mental Health HPSA)
Bagdad	No	Yes-Geographic barriers	
Chino Valley	Yes-Geographic barriers	Yes-Low income	
Cordes Junction	Yes-Geographic barriers	Yes-Geographic barriers	
Prescott	No	No	
Prescott Valley	Yes-Geographic barriers	No	
Sedona*	No	Yes-Low income†	
Yavapai – Northeast*	Yes-Low Income	Yes-Low Income	
Yavapai - South	Yes-Geographic barriers	Yes-Geographic barriers	
Yavapai Apache Tribe	Yes-Native American	Yes-Native American	
Yavapai-Prescott Indian Tribe	Yes-Native American	Yes-Native American	Yes-Native American

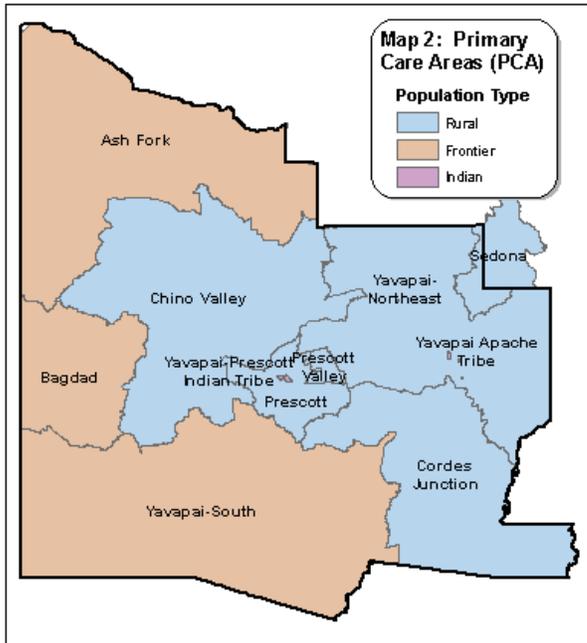
\* The Sedona PCA contains portions of both Yavapai and Coconino counties

\*\* Part of Hualapai Tribe Rational Service Area dental HPSA

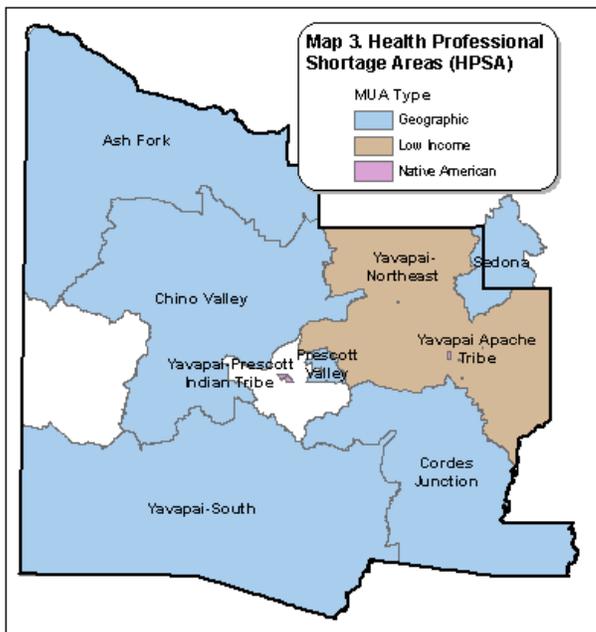
† Part of Yavapai-Northeast dental HPSA

Source: ADHS Bureau of Health Services Development and US HRSA, 09/01/2011.

*Primary Care Areas and Health Professional Shortage Areas*



Health Professional Shortage Areas (HPSA) and Medically Underserved Areas/Populations (MUA/P) are areas, population groups, and facilities designated by the US Department of Health and Human Services as having met criteria indicating a significant need for additional primary health care resources. The purpose of these designations is to identify areas of greatest unmet primary health care need, such that limited resources can be prioritized and directed to those areas to assist in addressing that need.

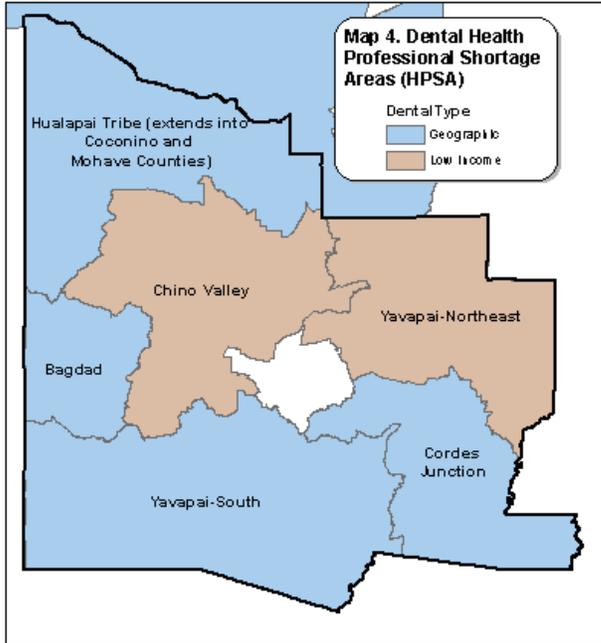


HPSA designations are granted in three disciplines: primary medical care, dental care, and mental health care. HPSAs are designated if there is an established shortage of health professionals in the respective field. (Table 17, Map 3).

Yavapai County as a whole scored 56.8 for low-income residents, qualifying it as having a medically underserved population.

In Yavapai County, only the Prescott area has no shortage of medical or dental providers. All other areas are considered underserved due to geographic distance or underserved populations (Table 17, Map 4).

*Dental Professional Shortage Areas*



The entire county is designated a Mental Health Provider Shortage Area as part of the Northern Arizona Mental Health HPSA (not shown).

Health Resources and Services Administration (HRSA)-designated MUA/Ps can qualify for Community and Migrant Health Center or Federally Qualified Health Center status (Map 4). Designation is a weighted score based on the area's:

- ratio of primary medical care physicians per 1,000 population;
- infant mortality rate;
- percentage of population below the federal poverty level; and
- percentage of the population 65 years and older.

**Maternity and Birth**

The birth rate in Yavapai County is lower than in Arizona as a whole and in the United States (Table 18). This is an effect of the county population being older on average.

**Table 18. Rate of pregnancies by outcome in Yavapai County, per 1,000 female residents aged 14-44, 2006-2010**

Outcome	2006	2007	2008	2009	2010	2006-2010	AZ 2006-2010
Live births	77.5	77.8	72.1	68.0	60.8	68.6	75.9
Abortions	8.3	8.1	7.6	6.0	6.8	7.2	8.2
Fetal deaths**	0.3*	0.5*	0.1*	0.5*	0.3*	0.3	0.4
Total pregnancies	86.2	86.4	79.8	74.6	68.0	76.1	84.5
Percent of pregnancies ending in abortion	9.9	9.4	9.5	8.1	10.0	9.4	9.7

\* Rate unstable due to a small numerator

\*\* A fetal death certificate is filed whenever a fetus dies before birth and either the fetus is more than 20 weeks of gestational age or, if the gestational age is unknown, weighs at least 350 grams.

Source: 2006-10 Arizona Health Status and Vital Statistics, Arizona Department of Health Services.

Pregnancies to Yavapai teens has mixed success; the pregnancy rate of women 15 to 17 years old is 26.9 pregnancies per 1,000 women of that age group, lower than the AZ rate of 33.4 pregnancies and the HP2020 target of 36.2 pregnancies. On the other hand, pregnancies to women 18 to 19 are slightly higher; 111.4 pregnancies for Yavapai versus an AZ rate of 109.1 and the HP2020 target of 105.9.

Women are encouraged to start prenatal care in the first trimester of pregnancy to lower the risk of poor birth outcomes. HP2020 established an objective of 77.9% of all pregnant women receiving prenatal care by the first trimester. Yavapai County averaged only 72.8% between 2006 and 2010.

**Table 19. Percent of births by start of prenatal care, Yavapai County, 2006-2010**

Trimester prenatal care began	2006	2007	2008	2009	2010	2006-2010	AZ 2006-2010
No care	1.9	1.2	1.9	1.2	1.9	1.4	2.0
First	70.3	72.3	70.0	73.9	70.3	72.8	79.3
Second	22.3	21.7	22.6	19.1	22.3	20.7	15.1
Third	5.5	4.7	5.5	5.6	5.5	5.0	3.5
Unknown	<0.1*	0.1*	<0.1*	0.2*	<0.1*	0.1	0.1

\* Rate unstable due to a small numerator

Source: 2006-10 Arizona birth certificate data.

The recommended number of prenatal visits can vary due to factors such as the age and health of the mother, the progress of the pregnancy, etc. There is some lack of consensus as to what is considered the recommended number of visits for healthy pregnant women; the American College of Obstetricians and Gynecologists recommends at least thirteen visits while some organizations like the Kaiser Permanente medical group recommends at least nine. Over three-quarters of pregnant Yavapai women had at least nine prenatal visits and over a quarter had thirteen or more visits.

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Babies who are carried to term and have a healthy birth weight ( $\geq 2,500$  grams) have better health outcomes overall. HP2020 set an objective of no more than 11.4% of all births being preterm ( $< 37$  weeks gestation). Yavapai County achieved this objective among all births with a rate of 9.3%. The HP2020 objective for low birth-weight infants is 7.8%. Yavapai County averaged 6.8% between 2006 and 2010.

**Table 20. Percent of births by term, Yavapai County, 2006-2010**

Term	2006	2007	2008	2009	2010	2006-2010	AZ 2006-2010
Preterm ( $< 37$ weeks gestation)	9.7	10.2	10.1	8.3	7.8	9.3	10.2
Term ( $\geq 37$ weeks gestation)	90.2	89.7	89.8	91.5	92.2	90.6	89.8
Unknown	0.1*	$< 0.1^*$	$< 0.1^*$	0.1*	0.0	$< 0.1$	$< 0.1$

\* Rate unstable due to a small numerator

Source: 2006-10 Arizona birth certificate data.

**Table 21. Rate of births by birth weight, per 100 births, Yavapai County, 2006-2010**

Prenatal Visits	2006	2007	2008	2009	2010	2006-2010	AZ 2006-2010
Normal ( $\geq 2,500$ grams)	93.1	92.7	93.7	92.8	93.9	93.2	93.2
Low birth weight (1,500-2,500 g)	5.5	5.7	5.1	5.9	5.1	5.5	5.6
Very low birth weight ( $< 1,500$ g)	1.4	1.5	1.2	1.2	0.9	1.3	1.2

Source: 2006-10 Arizona birth certificate data.

Healthy People 2020's benchmark for women giving birth for the first time and with low-risk labor (full-term, singleton, vertex presentation) is 23.9%. Yavapai County had an average rate of 27.2%, slightly higher than the target.

Healthy People 2020 established an objective of 98.3% of women abstaining from drinking alcohol during pregnancy. Yavapai averaged 99.0%. The objective for abstaining from smoking tobacco was 98.6%. Yavapai averaged only 87.7% while Arizona was much closer at 95.0%. The national rate in 2007 was 89.6%.

### **Hospitalization**

Hospitalizations are divided into Emergency Department (ED) visits and hospital inpatient stays. Counts are by the visit/stay and not by the individual patient. Counts are by county residents seen in any Arizona hospital; counts do not include county residents seen in out-of-state hospitals nor non-county residents seen in county-located hospitals.

Over 90% of the 80,617 ED visits by Yavapai residents in 2010 were to in-county hospitals (Table 22). The top five most-visited hospitals accounted for 95.7% of all ED visits, the top ten accounted for 97.5%. County residents that lived along the county line were more likely to use out-of-county hospitals since those were generally closer to their home than in-county facilities.

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**Table 22. Ten most visited hospital emergency departments by Yavapai County residents, 2010**

Hospitals	Visits
Yavapai Regional Medical Center – East Campus, Prescott Valley	26,621
Yavapai Regional Medical Center – West Campus, Prescott	25,926
Verde Valley Medical Center, Cottonwood	22,646
Flagstaff Medical Center	1,008
John C. Lincoln Hospital Deer Valley, North Phoenix	910
Wickenburg Community Hospital	710
St Joseph’s Hospital, Phoenix	221
Banner Del E Webb Medical Center, Phoenix	189
Mayo Clinic Hospital, Phoenix	181
Arrowhead Hospital, Northwest Phoenix	147

*Source: 2010 hospital emergency department discharge data.*

Unlike Emergency Department (ED) room visits, in-county hospitals accounted for only 70.5% of the 23,478 inpatient stays (Table 23). The top five hospitals accounted for 78.1% of all inpatients, the top ten 89.1%.

**Table 23. Ten most utilized hospitals for inpatient stays by Yavapai County residents, 2010**

Hospitals	Visits
Yavapai Regional Medical Center – West Campus, Prescott	7,556
Verde Valley Medical Center, Cottonwood	4,644
Yavapai Regional Medical Center – East Campus, Prescott Valley	3,702
Flagstaff Medical Center	1,649
Banner Good Samaritan Medical Center, Phoenix	780
St Joseph’s Hospital, Phoenix	674
Mountain Valley Regional Rehabilitation Hospital, Prescott Valley	660
Mayo Clinic Hospital, Phoenix	466
John C Lincoln Hospital Deer Valley, North Phoenix	443
Phoenix Children’s Hospital, Phoenix	349

*Source: 2010 hospital inpatient discharge data.*

The most common reason for visiting the ED was for traumatic injury and poisoning (Table 24). The ranking of disease categories are similar for both Yavapai and the state as a whole, though Yavapai’s rates are much higher than Arizona’s in most categories. In contrast, the rates for inpatient stays have Yavapai comparable or slightly lower to those of the state as a whole (Table 25). Differences between count and rate can be attributed primarily to the effect of adjusting for age.

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**Table 24. Top eleven leading causes of emergency department visits by first-listed diagnosis, by count and age-adjusted rate (stays per 1,000 residents) for Yavapai County and Arizona residents, 2006-10**

Cause of Visit	Count	Count Rank	Rate	Rate Rank	AZ Rate	AZ Rank
Injury & poisoning	91,651	1	96.6	1	66.8	1
Respiratory	43,035	2	47.9	2	29.9	2
Musculoskeletal & connective tissue	27,344	3	27.1	3	18.9	3
Digestive	23,118	4	24.7	5	16.0	6
Nervous system & sense organs	22,694	5	25.5	4	16.9	4 (tie)
Genitourinary	20,017	6	21.1	6	16.9	4 (tie)
Skin & subcutaneous tissue	16,893	7	18.3	7	11.3	7
Mental disorders	12,403	8	13.4	8	9.4	8
Cardiovascular	10,511	9	7.2	11	6.1	11
Infectious & parasitic diseases	8,286	10	9.6	10	6.7	10
Conditions of pregnancy & childbirth	5,940	11	7.9	9	7.5	9

*Source: 2006-2010 hospital emergency department discharge data.*

Yavapai's population skewing older is reflective in the difference between the ranking of Conditions of Pregnancy & Birth by count and by age-adjusted rate (Table 25).

**Table 25. Top ten leading discharge categories by first-listed diagnosis for inpatient stays by age-adjusted rate (stays per 1,000 residents) for Yavapai County residents, 2006-2010**

Disease Category	Count	Count Rank	Rate	Rate Rank	AZ Rate	AZ Rank
Cardiovascular	21,272	1	12.5	2	15.8	2
Digestive	12,832	2	9.8	3	11.4	3
Injury & poisoning	11,652	3	8.8	4	10.2	4
Conditions of pregnancy & childbirth	11,387	4	15.4	1	16.5	1
Musculoskeletal & connective tissue	10,611	5	6.7	6	6.1	6
Respiratory	10,454	6	8.0	5	10.1	5
Neoplasms (i.e. cancer)	6,128	7	4.1	8	4.5	8
Genitourinary	5,993	8	4.8	7	5.9	7
Endocrine, nutritional, metabolic, & immunity	4,087	9	3.3	9	3.8	9
Infectious & parasitic diseases	3,882	10	2.7	10	3.7	10

*Source: 2006-2010 hospital inpatient discharge data.*

**Infectious Disease**

There are currently 85 infectious diseases that are reportable to Yavapai County Community Health Services. One of the ten essential services of public health is the protection of the community from the threat of infectious or communicable diseases. In Yavapai County, surveillance and timely intervention have contributed to a lower rate of incidence when compared to the state as a whole.

The most common reportable disease in Yavapai County is chlamydia, a sexually transmitted infection. The high rates of infection are partly due to the high rate of asymptomatic carriage; up to 25% of sexually active men and up to 70% in sexually active women will show no or mild symptoms and are therefore unlikely to seek treatment. The rate of chlamydia infection is over ten times the rate of the second most commonly reported disease (coccidioidomycosis, also known as valley fever) in any given year.

**Table 26. Leading reportable infectious diseases (rate per 100,000 residents) in Yavapai County, 2006-10**

2006	2007	2008	2009	2010	2006-10
Chlamydia (147.6)	Chlamydia (141.7)	Chlamydia (153.6)	Chlamydia (149.0)	Chlamydia (114.1)	Chlamydia (141.2)
Gonorrhea (17.4)	Valley fever (13.7)	Salmonella (13.5)	Valley fever (19.9)	Valley fever (19.4)	Valley fever (15.6)
Valley fever (15.0)	Salmonella (10.8)	S.pneumoniae (11.6)	S.pneumoniae (13.4)	Pertussis (19.0)	S.pneumoniae (11.3)
Salmonella (10.6)	Gonorrhea (10.0)	Valley fever (9.8)	Salmonella (8.8)	S.pneumoniae (14.7)	Salmonella (11.2)
S.pneumoniae (7.7)	S.pneumoniae (9.0)	Gonorrhea (9.8)	Genital herpes (5.3)	Salmonella (12.3)	Gonorrhea (9.9)

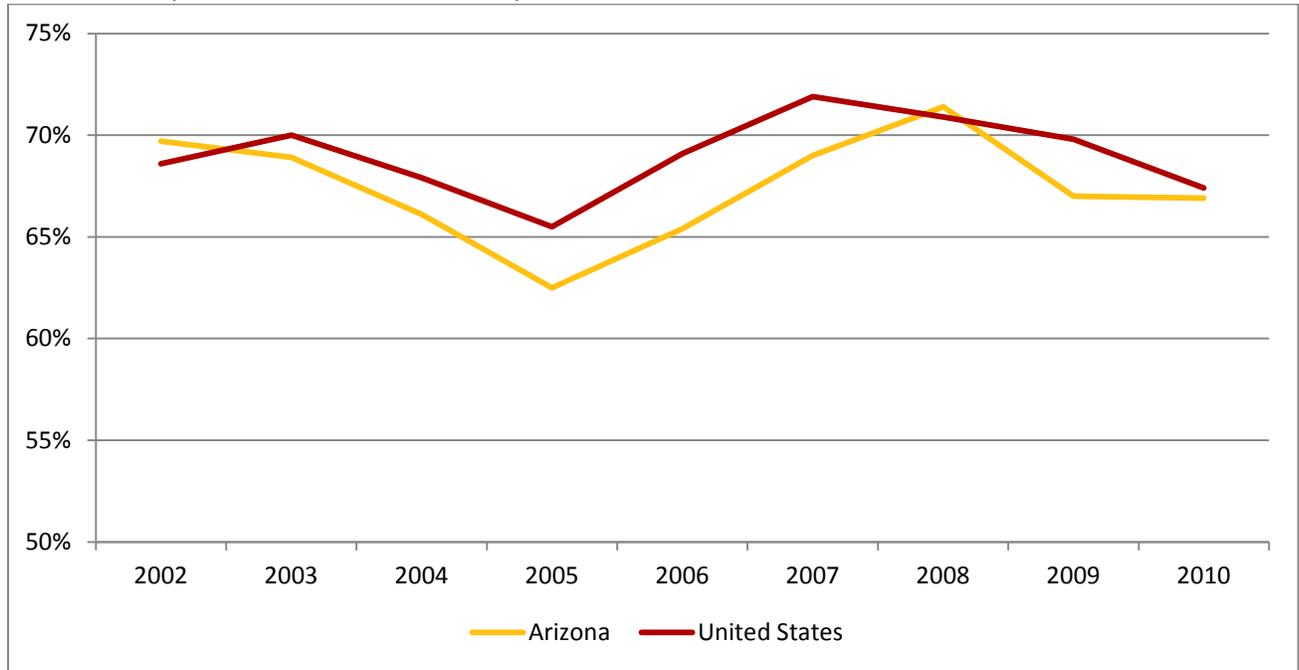
*Source: 2006-10 Arizona Health Status and Vital Statistics, Arizona Department of Health Services.*

Due to high levels of immunization, cases of most vaccine-preventable diseases are few and far between. The exception is pertussis (whooping cough), immunity to which wanes over time. Only recently did medical researchers discover that adolescents and adults, even those vaccinated as children, can contract pertussis, though symptomatically it can be milder than cases seen in infants and small children. In 2005, a pertussis vaccine was licensed for use in adolescents and adults. Pertussis outbreaks are also cyclical, happening every 3-6 years; the spike seen in 2005 was preceded by a spike in 2002 and followed by another in 2010.

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Arizona residents aged 65 and older were asked about influenza vaccination in the Arizona Behavioral Risk Factor Survey (AZBRFS) surveys between 2002 and 2009. Results for Arizona ranged between a low of 62.5% in 2005 to a high of 71.4% in 2008 (Figure 4).

**Figure 4. Respondents aged 65 years and older who stated they had received an influenza vaccine in the past twelve months, Arizona and the United States, 2002-2009.**



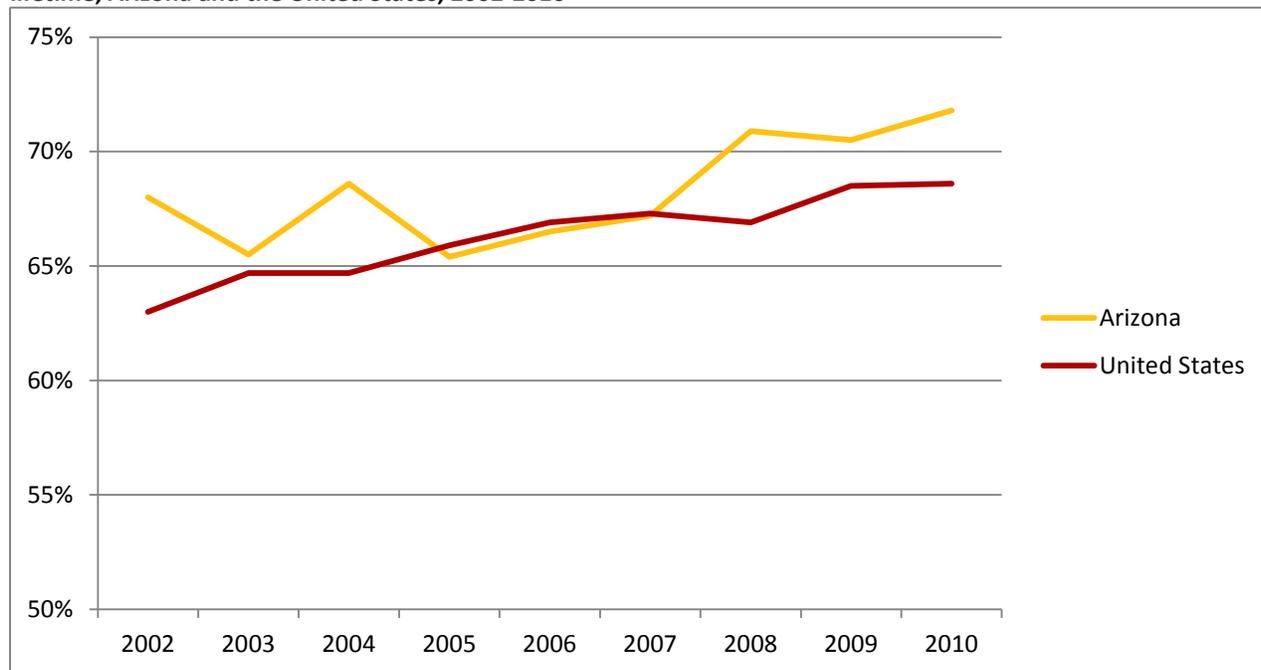
Source: 2002-2009 Arizona Behavioral Risk Factor Surveillance System, Arizona Department of Health Services.

In 2009, county-level data was first available. Yavapai’s rate was lower than the state as a whole (61.4% vs. 67.0%) but within the margin of error. The Healthy People 2020 target for the percentage of adults 65 and older vaccinated against seasonal influenza is 90.0%.

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Arizona residents aged 65 and older were asked if they ever received a vaccination in the annual AZBRFS between 2002 and 2009; the question was not asked as part of the 2010 survey. Results for Arizona ranged between a low of 65.4% in 2005 to a high of 70.9% in 2008 (Figure 5). The Healthy People 2020 target for the percentage of adults 65 and older vaccinated against pneumococcal disease is 90.0%.

**Figure 5. Respondents aged 65 years and older who stated they had received a pneumococcal vaccine in their lifetime, Arizona and the United States, 2002-2010**



Source: 2002-2009 Arizona Behavioral Risk Factor Surveillance System, Arizona Department of Health Services.

Shingles is an infectious disease caused by the varicella zoster virus, the same virus that causes chickenpox. A vaccine against shingles was licensed in 2006. Arizona residents aged 50 and older were first asked about shingles vaccination in the 2010 AZBRFS. According to the survey, a larger proportion of Yavapai respondents received the vaccination than in the state as a whole (13.5% vs. 9.7%), though within the margin of error. It should be noted though that the level of vaccination may have been suppressed since the supply of shingles vaccine was limited at the time, so only a limited amount of people wanting the vaccine could get it. The HP2020 target is 30% of all adults 60 and older.

### **Behavior**

In addition to the Arizona Behavioral Risk Factor Survey (AZBRFS) mentioned above, Arizona also conducts risk behavior surveys on youths. The first is the Arizona Youth Survey (AYS), a biennial survey of eighth, tenth, and twelfth graders that measures students' behavior with regards to school safety, substance abuse, and their respective risk and protective factors to those behaviors. For the purpose of this profile, we will only include data on substance abuse.

Lifetime use is a measure of students' use at least once in their lifetime. Thirty-day use measures students' use in the month prior to taking the survey and is more sensitive in measuring students' current use patterns.

## Yavapai County Community Health Assessment 2012

**Table 27. Self-reported use of alcohol, tobacco, or other drugs in their lifetime, Yavapai County and Arizona, 2006-2010**

Students who in their lifetime ever used:	Yavapai			Arizona
	2006	2008	2010	2010
Alcohol	68.9	63.4	59.6	58.2
Cigarettes	42.5	38.4	35.6	34.0
Chewing tobacco	18.9	18.3	18.2*	11.7
Marijuana	32.1	27.3	29.4	29.9
Hallucinogens	4.0	4.7	6.1*	5.1
Cocaine	5.8	5.8	3.5*	5.0
Inhalants	13.6	14.4	11.8	12.3
Methamphetamines	3.9	2.3	1.2	1.5
Heroin or other opiates	1.8	2.1	2.2	2.1
Ecstasy	2.8	3.9	7.7	7.0
Steroids	2.8	2.6	1.8	1.7
Prescription pain relievers	--	20.6	19.7*	16.8
Prescription stimulants	5.8	6.0	5.2	5.7
Prescription sedatives	15.0	12.8	11.2	10.8
Prescription drugs (total of above three)	20.9	26.1	23.7*	21.5
Over-the-counter drugs	--	11.9	12.3	11.8

\* The 2010 Yavapai rate is significantly different from the 2010 Arizona rate.

--: question not asked on that year's survey.

Source: AZ Criminal Justice Commission, 2010 Arizona Youth Survey, Yavapai County.

With the caveat that there is not yet enough data to positively identify trends in lifetime exposure, data suggest that while some drug experimentation is increasing (Ecstasy) or decreasing (steroids), others are fairly stable (marijuana).

Comparing Yavapai with the state as a whole, experimentation with chewing tobacco is more prevalent while cocaine is less.

## Yavapai County Community Health Assessment 2012

**Table 28. Self-reported use of alcohol, tobacco, or other drugs in the thirty days prior to taking the survey, Yavapai County and Arizona, 2006-2010**

Students who in the thirty days prior used:	Yavapai			Arizona
	2006	2008	2010	2010
Alcohol	41.3	35.0	30.7	31.9
Cigarettes	17.1	15.0	16.3*	14.7
-- ½ pack or more cigarettes per day	25.2	20.9	18.6	19.5
Chewing tobacco	6.8	7.4	8.0*	5.1
Marijuana	13.8	12.0	14.3	14.8
Hallucinogens	1.3	1.2	1.7	1.6
Cocaine	1.6	1.2	0.6*	1.4
Inhalants	4.4	3.6	3.0	3.7
Methamphetamines	1.3	0.5	0.3	0.4
Heroin or other opiates	0.7	0.7	0.9	0.8
Ecstasy	1.1	0.8	2.1	2.5
Steroids	1.3	0.9	0.7	0.6
Prescription pain relievers	--	9.2	9.2*	7.7
Prescription stimulants	2.2	2.0	1.9	2.1
Prescription sedatives	6.4	4.9	4.4	4.2
Prescription drugs (total of above three)	10.0	12.1	11.5*	10.4
Over-the-counter drugs (not asked in 2006)	--	6.0	6.0	5.9

\* The 2010 Yavapai rate is significantly different from the 2010 Arizona rate.

--: question not asked on that year's survey.

Source: AZ Criminal Justice Commission, 2010 Arizona Youth Survey, Yavapai County.

Current use of drugs also suggests some trends: alcohol and methamphetamines seem to be dropping while Ecstasy may be increasing. Comparing county and state, chewing tobacco use occurs at a rate over 50% higher in Yavapai and cocaine over 50% lower.

**Table 29. Alcohol and behavior, Yavapai County and Arizona, 2006-2010**

Students who:	Yavapai			Arizona
	2006	2008	2010	2010
Engaged in binge drinking in the prior two weeks	41.3	35.0	30.7	31.9
Drove a car after drinking in the prior 30 days	17.1	15.0	16.3*	14.7
Rode in a car driven by someone who had been drinking in the prior 30 days	25.2	20.9	18.6	19.5

\* The 2010 Yavapai rate is significantly different from the 2010 Arizona rate.

Source: AZ Criminal Justice Commission, 2010 Arizona Youth Survey, Yavapai County.

The *Arizona Youth Risk Behavior Survey (AZYRBS)* is similar to the *AZBRFS*; it's a federally funded survey administered by the state. Like the *AZ Youth Survey*, it targets adolescent students, though this survey is for 9th-12th graders. The survey is administered biennially. For the 2009 survey, 2,596 students participated statewide. Due to the small survey population, only state-level data is available.

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Students were asked questions on the topics of Injury and Violence, Tobacco Use, Alcohol and Other Drug Use, Sexual Behavior, Weight Management and Dietary Behaviors, and Physical Activity, as well as two questions on asthma. For the purposes of this profile, AZYRBS data on substance abuse will not be presented; the Arizona Youth Survey (below) provides county-level measures on this topic.

**Table 30. Violence among high school students, Arizona and United States, 2003-2009**

Students who:	Arizona				US
	2003	2005	2007	2009	2009
Did not go to school at least 1 day in the prior 30 days because they felt unsafe at or on their way to and from school	5.5	7.3	8.1	7.4*	5.0
Had been threatened or injured with a weapon on school property in the prior 12 months	9.7	10.7	11.2	9.3	7.7
Were in a physical fight in the prior 12 months	32.4	32.4	31.3	35.9	--
Were in a physical fight on school property in the prior 12 months	11.4	11.7	11.3	12.0*	11.1
Were ever hit, slapped, or physically hurt on purpose by their boy- or girlfriend in the prior 12 months	8.5	10.5	12.2	11.8	9.8
Had ever been physically forced to have sexual intercourse when they did not want to	8.0	10.9	10.0	11.0*	7.4

\* The 2009 Arizona rate is significantly different from the 2009 US rate.

Source: AZ Department of Education, 2009 Youth Risk Behavior Survey Results.

Three measures of physical violence are significantly higher among Arizonan students than among students nationwide: feeling unsafe at school, physical fights on school grounds, and rape, the last of which is almost 50% higher than the national rate in 2009. Intimate partner violence has also trended upward over the last decade.

## Yavapai County Community Health Assessment 2012

**Table 31. Depression and suicide thoughts among high school students, Arizona and United States, 2003-2009**

Students who:	Arizona				US
	2003	2005	2007	2009	2009
Felt so sad or hopeless almost every day for two weeks or more in a row in the prior 12 months that they stopped doing some usual activities	31.3	34.3	32.5	34.9*	26.1
Seriously considered suicide in the prior 12 months	18.5	20.7	16.1	17.3*	13.8
Made a plan how to attempt suicide in the prior 12 months	13.1	16.1	12.3	12.1	10.9
Actually attempted suicide in the prior 12 months	8.7	11.6	7.8	9.5*	6.3
Made a suicide attempt in the prior 12 months that resulted in an injury that had to be treated by a health care provider	2.9	3.1	3.2	3.6*	1.9

\* The 2009 Arizona rate is significantly different from the 2009 US rate.

Source: AZ Department of Education, 2009 Youth Risk Behavior Survey Results.

Depression and suicide rates are significantly higher in five out of six categories when compared to national rates. The rate of attempted suicide was over 50% higher than the national rate in 2009 while suicide attempts causing physical injury that required medical care was 90% higher than the national rate.

**Table 32. Sexual intercourse among high school students, Arizona and United States, 2003-2009**

Students who had sexual intercourse:	Arizona				US
	2003	2005	2007	2009	2009
Ever	46.1	42.8	46.1	48.6	46.0
Before age 13 years	5.1	5.7	5.7	5.5	5.9
With four or more people during their life	13.0	13.5	15.4	14.1	13.8
With one or more people in the past 3 months	33.2	30.2	33.6	34.5	34.2

Source: AZ Department of Education, 2009 Youth Risk Behavior Survey Results.

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**Table 33. Behaviors of sexually active (one or more partners in the prior three months) high school students, Arizona and United States, 2003-2009**

Sexually active students who:	Arizona				US
	2003	2005	2007	2009	2009
Drank alcohol or used drugs before last sexual intercourse	31.3	23.4	27.6	22.4	21.6
Used a condom during last sexual intercourse	56.7	55.1	55.5	59.7	61.1
Used birth control pills to prevent pregnancy during the last sexual intercourse	17.3	15.3	13.9	16.7	19.8

Source: AZ Department of Education, 2009 Youth Risk Behavior Survey Results.

Sexual behavior among Arizonan students is comparable to the national rates. Alcohol or drug use before sex has trended downward over the decade while the other measures have remained fairly stable.

**Table 34. Weight management and dietary behaviors among high school students, Arizona and United States, 2003-2009**

Students who:	Arizona				US
	2003	2005	2007	2009	2009
Were overweight (85 <sup>th</sup> -95 <sup>th</sup> percentile of BMI by age and sex)	13.8	13.6	14.2	14.6	15.8
Were obese (>95 <sup>th</sup> percentile of BMI by age and sex)	11.2	11.9	11.7	13.1	12.0
Described themselves as slightly or very overweight	32.0	32.0	28.8	30.1	27.7
Difference between percent perceived overweight and percent actually overweight (row 3 minus rows 1 & 2)	7.0	6.5	2.9	2.4	-0.1

Source: AZ Department of Education, 2009 Youth Risk Behavior Survey Results.

Though Arizona's rates of obesity are similar to those nationally, it's interesting to note that the percentage of students who consider themselves overweight has been consistently higher than the actual number of those overweight (30.1% perceived vs. 27.7% actual in 2009). The difference has trended downward over the last decade, but it will be something to watch for in the 2011 survey.

### **Death**

Yavapai County averaged 2,368 deaths annually between 2006 and 2010. During the same period, Yavapai saw an average of 2,177 births. Therefore, the county's growth during this period has been due entirely to in-migration of new residents.

Cardiovascular disease (not including stroke) and malignant cancers account for over half of all deaths in Yavapai County between 2006 and 2010 (Table 35). The top five leading causes of death account for 75% of all deaths, the top ten for 90%.

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Chronic Obstructive Pulmonary Disease (COPD) encompasses chronic diseases where breathing becomes slowed or forced, such as asthma, emphysema, and bronchitis.

**Table 35. Leading causes of death in Yavapai County by count, 2006-10**

	2006	2007	2008	2009	2010	2006-2010
1	Cardiovascular disease, malignant neoplasm (tie)	Malignant neoplasm	Cardiovascular disease	Cardiovascular disease	Malignant neoplasm	Malignant neoplasm
2		Cardiovascular disease	Malignant neoplasm	Malignant neoplasm	Cardiovascular disease	Cardiovascular disease
3	COPD	COPD	COPD	COPD	COPD	COPD
4	Unintentional injury	Unintentional injury	Unintentional injury	Stroke	Unintentional injury	Unintentional injury
5	Stroke	Stroke	Stroke	Unintentional injury	Alzheimer's disease	Stroke
6	Alzheimer's disease	Alzheimer's disease	Alzheimer's disease	Alzheimer's disease	Stroke	Alzheimer's disease
7	Influenza & pneumonia	Suicide	Influenza & pneumonia	Suicide	Suicide	Influenza & pneumonia
8	Suicide	Influenza & pneumonia	Suicide	Influenza & pneumonia	Influenza & pneumonia	Suicide
9	Diabetes	Diabetes	Diabetes	Liver disease, nephritis (tie)	Diabetes	Diabetes
10	Liver disease	Liver disease	Nephritis		Nephritis	Liver disease

Source: 2006-10 death certificate data.

Due to the county population being older on average than the state and country as a whole, the ranking changes slightly when the rate of specific causes of death are adjusted for age. Primarily, unintentional injury and suicide – two causes of death more common in the young – move upward in the rankings, indicating the smaller counts are more an artifact of the older population.

Deaths from Influenza/pneumonia and suicide are both significantly higher in Yavapai than in Arizona over the period of 2005 to 2009, while deaths from Alzheimer's disease and diabetes were significantly lower.

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**Table 36. Top ten leading causes of death in Yavapai County by age-adjusted rate (deaths per 100,000 residents), 2006-10**

Cause of Visit	Count	Count Rank	Rate	Rate Rank	AZ Rate	AZ Rank
Malignant neoplasm	2,797	1	155.1	1	149.1	2
Cardiovascular disease	2,693	2	150.0	2	149.8	1
COPD	831	3	44.8	4	41.7	4
Unintentional injury	618	4	49.6	3	45.9	3
Stroke	600	5	32.6	5	30.8	6
Alzheimer's disease	494	6	26.4	7	31.1	5
Influenza & pneumonia	315	7	18.0	8	14.4	9
Suicide	313	8	27.5	6	15.9	8
Diabetes	210	9	12.3	10	17.7	7
Liver disease	190	10	13.0	9	11.8	10

*Source: 2006-10 death certificate data.*

Deaths from external causes (suicide, homicide, and unintentional injury) are the leading causes of death for Yavapai residents between 1 and 44 years of age. Though cardiovascular disease is the overall leading cause of death in the county, malignant neoplasm is the leading cause of death for residents between 45 and 84 years of age.

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**Table 37. Top five leading causes of death by age group, Yavapai County, 2005-2009**

Age	Rank				
	1	2	3	4	5
<1	Congenital anomalies	Short gestation	Abnormalities of the placenta, cord, or membranes	Influenza and pneumonia	<5 deaths per cause
01-14	Unintentional injury	<5 deaths per cause			
15-24	Unintentional injury	Suicide	Malignant neoplasm	Homicide	<5 deaths per cause
25-34	Unintentional injury	Suicide	Homicide	Malignant neoplasm	Cardiovascular disease
35-44	Unintentional injury	Suicide	Malignant neoplasm	Cardiovascular disease	Liver disease
45-54	Malignant neoplasm	Cardiovascular disease	Unintentional injury	Suicide	Liver disease
55-64	Malignant neoplasm	Cardiovascular disease	Unintentional injury	COPD	Liver disease, suicide (tie)
65-74	Malignant neoplasm	Cardiovascular disease	COPD	Stroke	Unintentional injury
75-84	Malignant neoplasm	Cardiovascular disease	COPD	Stroke	Alzheimer's disease
85+	Cardiovascular disease	Malignant neoplasm	Alzheimer's disease	Stroke	COPD

Source: 2006-10 death certificate data.

Deaths from unintentional injury and suicide are more common in men than in women, ranking fourth versus sixth and sixth versus eighth, respectively. Women were more likely to die from Alzheimer's disease, which is likely due to the fact that women in general live longer than men.

Malignant neoplasm, better known as cancer, is the leading cause of death in Yavapai County. The age-adjusted mortality rate for all cancers in Yavapai County between the years 2005 and 2009 was 155.1 deaths per 100,000 residents, lower than the Healthy People 2020 goal of 160.6 deaths per 100,000. The 2007 baseline for the United States was 178.4 deaths per 100,000.

The average age at death for all cancers was 73, with 90% of all cases being between the ages of 52 and 90.

Cancers of the trachea, bronchus, or lung is the only specific cancer mortality rate that is below the Healthy People 2020 goal (Table 38). All others compare favorably to the 2007 US baseline, including uterine cancer and melanomas, whose margins of error are within the baseline rate.

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**Table 38. Age adjusted rates (per 100,000 residents) for select cancer deaths, Yavapai County and Arizona, 2006-10, and their respective Healthy People 2020 baselines and goals**

Cancer	Yavapai	Arizona	2007 US Baseline	Healthy People 2020 Goal
All cancers	155.1	149.1	178.4	160.6
Trachea, bronchus, or lung	41.4	39.3	50.6	45.5
Breast (females only)	21.9	20.0	22.9	20.6
Prostate	21.0	18.9	23.5	21.2
Colon, rectum, or anus	15.6	13.7	17.0	14.5
Melanomas of skin	3.6	2.8	2.7	2.4
Uterine	2.9	3.0	2.4	2.2
Lip, oral cavity, or pharynx	2.6	1.9	2.5	2.3

Source: 2006-10 death certificate data and USHHS, Healthy People 2020.

Cardiovascular disease (CVD) is the second leading cause of death in Yavapai County. Death due to CVD affects older residents primarily; the average age at death was 77, with 90% of all cases being between 52 and 95 years of age. Coronary artery disease is the most common type, responsible for 69% of all CVD deaths.

Death due to stroke (cerebrovascular disease) also affects older residents, with 82 as the average age at death and 90% of all cases between 59 and 95 years of age.

Motor vehicle crashes were the leading cause of unintentional injury deaths, followed closely by falls (Table 39). Motor vehicles, falls, and alcohol and drug poisonings made up almost 87% of all deaths due to unintentional injury.

**Table 39. Top ten leading causes of unintentional injury death in Yavapai County by gender, 2006-10**

Rank	Males (count)	Females (count)	Total (count)
1	Motor vehicle (149)	Falls (103)	Motor Vehicle (210)
2	Falls (106)	Motor Vehicle (61)	Falls (209)
3	Poisoning, drugs & alcohol (75)	Poisoning, drugs & alcohol (42)	Poisoning, drugs & alcohol (117)
4	Drowning (7)	Drowning & Fire/burns	Drowning (<12)
5	Poisoning, other (5)	(tied; <5 each)	Fire/burns (<9)

Source: 2006-10 death certificate data.

When adjusted for age, the rate of fall-related deaths was higher (19.7 vs. 19.1 deaths per 10,000 residents; Table 40). The fatality rate for motor vehicle crashes was fairly consistent for residents between the ages of 15 and 64 while fall-related deaths were confined mostly to seniors (Figure 6, right axis).

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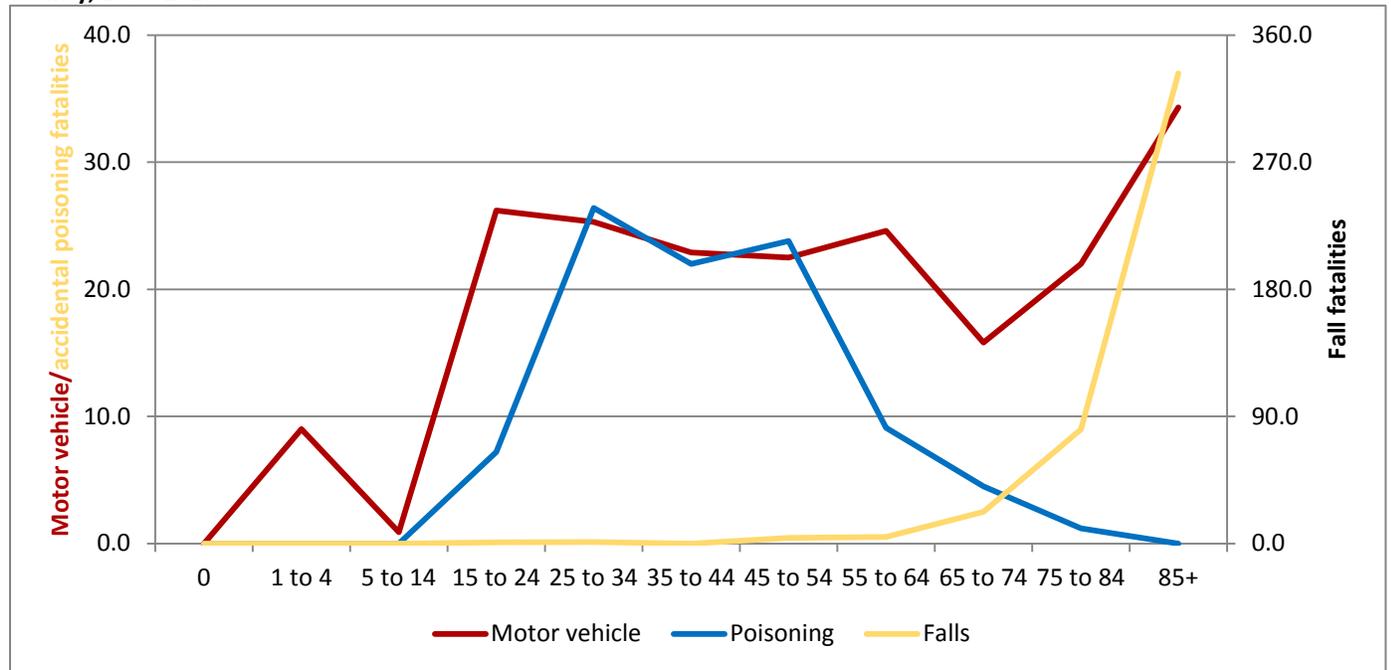
**Table 40. Age adjusted rates (per 100,000 residents) for select unintentional injury deaths, Yavapai County and Arizona, 2006-10, and their respective Healthy People 2020 baselines and goals**

Injury	Yavapai	Arizona	2007 US Baseline	Healthy People 2020 Goal
All unintentional injuries	49.6	45.9	40.0	36.0
Motor vehicle	19.1	15.3	13.8	12.4
Falls	19.7	10.8	7.0	7.0
Poisoning: drugs & alcohol	12.5	12.3	13.1	13.1

Source: 2006-10 death certificate data and USHHS, Healthy People 2020.

Half of all accidental poisoning deaths were attributed to narcotics. Acute alcohol poisoning was responsible for 6% of accidental poisoning deaths. The highest rates of accidental poisonings were seen between the ages of 25 and 54, peaking at 26.4 deaths per 100,000 residents aged 25-34.

**Figure 6. Age-specific rates (per 100,000 residents) for motor vehicle, fall, and poison-related deaths in Yavapai County, 2006-2010**



Source: 2006-10 death certificate data.

Rates for motor vehicle crashes and falls in both Yavapai County and in Arizona are higher than both the national baseline and the Healthy People 2020 goals. Unintentional poisonings from alcohol and drugs are both lower.

Over 95% of all suicides in Yavapai County are committed with a firearm, by hanging/suffocation, or by poisoning (Table 41). Firearms are the overwhelming choice for men, accounting for over 65% of suicides, while women are almost evenly split between firearms and poisoning. The highest rate by age was 2.9 suicides per 100,000 residents between 75 and 84 years.

**Table 41. Top three leading methods of suicide death in Yavapai County by gender, 2006-10**

Rank	Males (count)	Females (count)	Total (count)
1st	Firearms (169)	Poisoning (39)	Firearms (206)
2nd	Hanging/suffocation (28)	Firearm (37)	Poisoning (58)
3rd	Poisoning (19)	Hanging/suffocation (6)	Hanging/suffocation (34)

Source: 2006-10 death certificate data.

The county rate for 2006-10 was 27.4 suicides per 100,000 residents, significantly higher than the state rate of 15.8. Healthy People 2020 set a goal of reducing the suicide rate to 10.2 suicides per 100,000 people from a 2007 national baseline of 11.3 suicides.

There were 34 homicides in Yavapai County between 2006 and 2010, an age-adjusted rate of 3.8 homicides per 100,000 residents. In contrast, the rate for Arizona is 7.0 homicides over the same period. The Yavapai rate beats the Healthy People 2020 target of 5.5 homicides.

## Conclusion

The data identifies several areas of need for health improvement in Yavapai County. A healthier Yavapai County will require a systems-based approach with community partners to ensure the proper balance of traditional and healthy lifestyle-related programs. It requires the development of data-driven public health priorities that includes the creation of a culture of health in Yavapai, the elimination of health disparities, and mitigating the effect of chronic disease through both prevention and care.

### Healthy Lifestyles

Personal behaviors account for 40% of our health status (New England Journal of Medicine, 2007). Preventable chronic diseases, sexually transmitted diseases, and infectious diseases are directly related to our personal behaviors and social circumstances. Survey respondents’ recognition of both the need and desire for exercise and the problem of obesity are two examples illustrating there is a desire for leading a healthy lifestyle but there are still significant barriers to achieving it. Not just public health but health care, schools, worksites, and community groups have a stake in promoting healthy lifestyles. Together these groups must demonstrate leadership and action to encourage a culture of health in Yavapai County.

### Chronic Disease Prevention

Preventable chronic diseases such as cancer, cardiovascular disease, stroke, and diabetes are the leading causes of morbidity and mortality in Yavapai County. The high proportion of older residents in the county only increases the importance of tackling this problem. Yavapai County Community Health Services, our local hospitals, and many of our community-based organizations who deal with seniors have programs that address chronic diseases. Unfortunately, many of these activities work in isolation from one another. Integrating these primary prevention and disease management programs into a comprehensive community action plan will deliver better health outcomes more economically.

### Improved Access to Care

Although access to care is not as significant a contributor to the overall health status of the population as personal behaviors/lifestyle choices, linking individuals with a physician is integral to early disease detection and treatment and optimal health. Changes coming with the Patient Protection and

Affordable Care Act (“Obamacare”) will create solutions but also unforeseen difficulties as it is implemented. YCCHS and local medical stakeholders should work together to develop a master plan to manage the transition. Focus areas should include expanded health services including dental, behavioral, and specialty care within the scope of limited health resources.

### **Community Health Improvement Plan**

In January 2013, YCCHS and its community partners will begin the development of the Community Health Improvement Plan (CHIP). This process will help the residents and organizations of Yavapai County to move forward with our goal to improve the health of our residents. The CHIP will be a collaborative process that, based on results from the CHA, will set priorities, target resources, and address the important public health issues of Yavapai County.



## Community Health Assessment – Survey Results

This appendix reflects the results of the Yavapai County Community Health Assessment Survey.

### Demographic Questions

This section of survey responses has demographic questions that we can compare to U.S. Census Data from 2010.

	Number of Respondents to Survey	Percent of Respondents to Survey	COMPARISON TO U.S. CENSUS 2010
<b>1. What is your gender?</b>			
Male	285	26.7 %	49.0 %
Female	783	73.3 %	51.0 %
Not answered	9		
<b>2. What is your age? (percent only for those 18 and over)</b>			
17 or younger	9		
18-24	43	4.1 %	8.7 %
25-34	95	9.0 %	10.9 %
35-44	132	12.4 %	12.0 %
45-54	206	19.4 %	17.5 %
55-64	313	29.5 %	21.2 %
65-74	198	18.7 %	16.9 %
75 and older	74	7.0 %	12.8 %
Not answered	7		
<b>3. What is your current marital status?</b>			
US Census Bureau for marital status figures are for residents 15 and older, increasing the number of 'Unmarried.' They also do not include the categories 'Unmarried couple' and 'Other.'			
Single, never married	112	10.5 %	21.3 %
Unmarried couple	64	6.0 %	no data
Married	679	63.4 %	54.4 %
Separated	22	2.1 %	1.7 %
Divorced	139	13.0 %	15.1 %
Widowed	53	5.0 %	7.4 %
Other	2	0.2 %	no data
Not answered	6		
<b>4. Are you of Hispanic, Latino, or Spanish origin?</b>			
Yes, I am of Hispanic, Latino, or Spanish origin	159	15.1 %	13.7 %
No, I am not of Hispanic, Latino or Spanish origin	896	84.9 %	86.3 %
Not answered	22		

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	Number of Respondents to Survey	Percent of Respondents to Survey	COMPARISON TO U.S. CENSUS 2010
<b>5. What is your race?</b>			
White	1005	95.7 %	89.3 %
American Indian or Alaska Native	10	1.0 %	1.7 %
Black, African American	12	1.1 %	0.6 %
Asian, Native Hawaiian, Pacific Islander	18	1.7 %	0.9 %
Other	5	0.5 %	7.4 %
Not answered	27		
<b>6. What language do you and your family speak most often at home?</b>			
English	974	91.6 %	88.5 %
Spanish	68	6.4 %	8.7 %
Both English and Spanish	14	1.3 %	no data
Other	7	0.7 %	2.8 %
Not answered	14		
<b>7. In what town or city do you live?</b>			
Ash Fork	10	1.0 %	0.2 %
Bagdad	8	0.7 %	0.9 %
Black Canyon City	9	0.9 %	1.3 %
Camp Verde	40	3.8 %	5.2 %
Cherry	2	0.2* %	no data
Chino Valley	46	4.4 %	5.1 %
Clarkdale	23	2.2 %	1.9 %
Congress	7	0.7 %	0.9 %
Cordes Lakes	4	0.4 %	1.2 %
Cornville	29	2.8 %	1.6 %
Cottonwood	128	12.2 %	5.6 %
Crown King	1	0.1* %	no data
Dewey-Humboldt	26	2.5 %	1.8 %
Jerome	11	1.1 %	0.2 %
Kirkland	2	0.2* %	no data
Lake Montezuma/Rimrock	16	1.6 %	2.2 %
Mayer	4	0.4 %	0.7 %
Paulden	2	0.2	2.5 %
People's Valley	2	0.2 %	0.2 %
Prescott	297	28.4 %	18.9 %
Prescott Valley	153	14.6	18.4
Sedona	117	11.2 %	4.8 %
Seligman	3	0.3 % %	0.2 %
Skull Valley	2	0.2* %	no data
Spring Valley	2	0.2 %	0.5 %
Wilhoit	3	0.3 %	0.4 %
Yarnell	5	0.5 %	0.3 %
Village of Oak Creek	27	2.6 %	2.9 %
Unincorporated Areas*	62	5.9 (6.6*) %	8.4 %

## Yavapai County Community Health Assessment 2012

	Number of Respondents to Survey	Percent of Respondents to Survey	COMPARISON TO U.S. CENSUS 2010
Other	6	0.6 %	
Not answered	30		
* Starred Yavapai communities are not identified as a designated population center by the US Census Bureau and are counted as of Yavapai's unincorporated area. The number in parentheses under Unincorporated Area included these areas in its total.			
<b>8. How long have you lived in Yavapai County?</b>			
Less than one year	46	4.4 %	not applicable
1-5 years	170	16.1 %	not applicable
6-10 years	249	23.5 %	not applicable
11-20 years	330	31.2 %	not applicable
21 years or more	263	24.9	
Not answered	19		
<b>9. What is your highest level of education and/or training?</b>			
12th grade or less, did not graduate, no GED	75	7.1 %	11.0 %
Graduated from high school or GED	102	9.7 %	25.7 %
Some college, no degree	266	25.2 %	32.5 %
Associate's degree or Vocational/Trade School graduate	124	11.7 %	9.2 %
Bachelor's degree (BA, BS)	272	25.7 %	13.9 %
Master's or doctorate degree	218	20.6 %	7.7 %
Not answered	20		
<b>10. Choose the answer that best represents your current employment status.</b>			
<b>In labor force (% in labor force)</b>	<b>696</b>	<b>65.9 (100.0) %</b>	<b>50.2 % (16 and over)</b>
Self-employed	95	9.0 (13.6) %	(7.9) %
Employed, full time	433	41.0 (62.2) %	(81.9) %
Employed, part time	98	9.3 (14.1) %	
Unemployed at this time	70	6.6 (10.1) %	(9.9) %
<b>Not in labor force</b>	<b>402</b>	<b>34.1 %</b>	<b>49.8 %</b>
Homemaker	45	4.3 %	no data
Student	18	1.7 %	no data
Retired	286	27.1 %	no data
Disabled	11	1.0 %	no data
Not answered	21		
<b>11. How many people, including yourself, currently live in your household?</b>			
1 person	192	18.4 %	30.3 %
2 persons	520	49.9 %	43.0 %
3 persons	148	14.2 %	11.4 %
4 or more persons	183	17.6 %	15.3 %
Not answered	34		

Yavapai County Community Health Assessment 2012

	Number of Respondents to Survey	Percent of Respondents to Survey	COMPARISON TO U.S. CENSUS 2010
<b>12. For a family of 1, what is your approximate or average household income for the last 12 months?</b>			
\$0 – 11,169	48	25.1 %	not applicable
\$11,170 – 16,759	27	14.1 %	not applicable
\$16,760 – 19,549	5	2.6 %	not applicable
\$19,550 – 22,339	7	3.7 %	not applicable
\$22,340 – 27,929	17	8.9 %	not applicable
\$27,930 – 49,999	54	28.3 %	not applicable
\$50,000 – 74,999	20	10.5 %	not applicable
\$75,000 – 99,999	8	4.2 %	not applicable
\$100,000 or more	5	2.6 %	not applicable
Not answered	1		
<b>13. For a family of 2, what is your approximate or average household income for the last 12 months?</b>			
\$0 – 15,129	28	5.7 %	not applicable
\$15,130 – 22,639	18	3.7 %	not applicable
\$22,640 – 26,479	25	5.1 %	not applicable
\$26,480 – 30,259	11	2.3 %	not applicable
\$30,260 – 37,829	33	6.8 %	not applicable
\$37,830 – 49,999	55	11.3 %	not applicable
\$50,000 – 74,999	133	27.2 %	not applicable
\$75,000 – 99,999	88	18.0 %	not applicable
\$100,000 or more	98	20.0 %	not applicable
Not answered	31		
<b>14. For a family of 3, what is your approximate or average household income for the last 12 months?</b>			
\$0 – 19,089	24	16.7 %	not applicable
\$19,090 – 28,339	12	8.3 %	not applicable
\$28,340 – 33,409	10	6.9 %	not applicable
\$33,410 – 38,179	9	6.3 %	not applicable
\$38,180 – 47,729	12	8.3 %	not applicable
\$47,730 – 74,999	31	21.5 %	not applicable
\$75,000 – 99,999	23	16.0 %	not applicable
\$100,000 or more	23	16.0 %	not applicable
Not answered	4		
<b>15. For a family of 4, what is your approximate or average household income for the last 12 months?</b>			
\$0 – 23,049	56	31.3 %	not applicable
\$23,050 – 34,579	24	13.4 %	not applicable
\$34,580 – 40,339	5	2.8 %	not applicable
\$40,340 – 46,099	11	6.2 %	not applicable
\$46,100 – 57,629	14	7.8 %	not applicable
\$57,630 – 74,999	33	18.4 %	not applicable
\$75,000 – 99,999	18	10.1 %	not applicable
\$100,000 or more	18	10.1 %	not applicable
Not answered	4		

## Yavapai County Community Health Assessment 2012

	Number of Respondents to Survey	Percent of Respondents to Survey	COMPARISON TO U.S. CENSUS 2010
<b>What is your approximate or average household income for the last 12 months? This information is compiled from the responses regarding family size and income.</b>			
At or below poverty level	156	15.5 %	15.8 %
101-150% poverty	81	8.1 %	no data
151-175% poverty	44	4.4 %	no data
176-200% poverty	38	3.8 %	no data
201-250% poverty	76	7.6 %	no data
>250% poverty	611	60.7 %	no data

### Subjective Questions

This section of survey responses has subjective questions that we **cannot** compare to U.S. Census Data from 2010.

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>16 Do you have a regular doctor for yourself and your family?</b>		
Yes	786	75.6%
No	254	24.4%
Not answered	37	
<b>17. How far do you travel to receive medical care in general?</b>		
Less than 5 miles	341	32.8%
6-10 miles	299	28.8%
11-20 miles	213	20.5%
21-30 miles	106	10.2%
31-40 miles	19	1.8%
41-50 miles	8	0.8%
50 miles or more	43	4.2%
Other	1	0.1%
Not Answered	37	
<b>18. How would you rate the overall quality of health care you have received, in general, in the last 12 months?</b>		
Very Good	394	37.7%
Good	424	40.6%
Fair	147	14.1%
Poor	23	2.2%
Very Poor	6	0.6%
Not Applicable	49	4.7%
Not Answered	34	

Yavapai County Community Health Assessment 2012

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>19. The last time you needed to see your regular doctor “as soon as possible,” how soon were you able to get an appointment?</b>		
Not applicable	192	18.6%
0-2 days	534	51.6%
3-5 days	196	19.0%
I don't remember	112	10.8%
Not Answered	43	
<b>20. In the last 12 months, <u>where</u> have you gone to get medical care for yourself and your family?</b>		
Doctor's office	777	72.5%
Hospital (emergency room, outpatient, inpatient, labor and delivery)	288	26.9%
Urgent Care	208	19.4%
Community Health Center of Yavapai	221	20.6%
<i>Alternative</i>	14	1.3%
Other	0	
<b>21. Wherever you receive medical care, what is the <u>usual</u> wait time from check-in until you see a medical provider?</b>		
Not applicable	36	3.5%
About 15 minutes	591	57.3%
About 30 minutes	318	30.8%
Over 1 hour	66	6.4%
Not sure	21	2.0%
Not answered	45	
<b>22. Have you delayed medical care because you were not able to pay for it?</b>		
Yes	354	34.4%
No	657	63.9%
Not sure	18	1.8%
Not answered	48	
<b>23. In the last 12 months, have you tried to get medical care and were <u>not</u> able to?</b>		
Yes	130	12.6%
No	876	84.7%
Not sure	28	2.7%
Not Answered	43	
<b>24. Please tell us why you believe you were you <u>not</u> able to get medical care?</b>		
I could not find a provider that was taking new patients	26	20.0%
The provider was not accepting Medicare patients or my Medicare plan	9	6.9%
The provider was not participating in my insurance plan	17	13.1%
I was not able to pay for care	87	66.9%
The office didn't have any appointments available as soon as I needed	38	29.2%
Not Answered	956	

Yavapai County Community Health Assessment 2012

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>25. In the last 12 months, have you gone to a <u>hospital emergency room</u> to get medical care for yourself or a member of your family because you did not have a regular doctor?</b>		
Yes	141	13.6%
No	888	85.6%
Not Sure	8	0.8%
Not answered	40	
<b>26. In the last 12 months, how many times did you go to a hospital emergency room?</b>		
1 time	77	55.6%
2-3 times	52	38.2%
4 or more times	7	5.1%
Not Answered	941	
<b>27. Do you have medical insurance for yourself and/or your family?</b>		
Yes	846	81.8%
No	184	17.8%
Not sure	4	0.4%
Not Answered	43	
<b>28. What type of medical insurance do you have?</b>		
AHCCCS (Evercare, Bridgeway, Phoenix Health Plan)	102	9.5%
Private Medical Insurance	613	57.2%
Medicare/supplemental	288	26.9%
Veterans benefits	74	6.9%
Other (please specify)	0	0.0%
Not answered	230	
<b>29. For your <u>private medical insurance</u>, who pays the premium?</b>		
I pay the premium	160	30.8%
I share the cost of the premium with my employer	230	44.3%
My employers pays the premium	127	24.5%
Other (please specify)	2	0.4%
Not Answered	558	
<b>30. How do you pay for prescription medications? Check the answer that best describes your situation.</b>		
I have insurance that covers all or part of the prescription medications	743	72.4%
I don't have insurance, I take prescription medications less often	23	2.2%
I don't have insurance, I do not fill the prescription	10	1.0%
I don't have insurance, I pay for prescription medications myself	144	14.0%
I can't afford the cost so I don't take prescription medications	17	1.7%
Not applicable, I am not taking any prescription medications	89	8.7%
Other (please specify)	1	0.1%
Not Answered	50	

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	Number of Respondents to Survey	Percent of Respondents to Survey
<b>31. Have you seen a dentist in the last 12 months?</b>		
Yes	716	69.2%
No	317	30.6%
Not Sure	2	0.2%
Not Answered	42	
<b>32. Do you have dental insurance for yourself and/or your family?</b>		
Yes	529	51.1%
No	493	47.6%
Not sure	14	1.4%
Not Answered	41	
<b>33. Have you delayed dental care because you were not able to pay for it?</b>		
Yes	471	45.5%
No	549	53.0%
Not sure	15	1.4%
Not Answered	42	

### ***Rate Your Overall health***

<b>34. How would you rate your overall health?</b>		
Very good	298	28.9 %
Good	519	50.4 %
Fair	190	18.5 %
Poor	19	1.8 %
Very poor	4	0.4 %
Not answered	47	

### **35. Please tell us why you rated your health the way you did above.**

#### *Very Good*

**We received 230 comments from people that rated their health as “Very Good.”**

**Here is a sample of these comments.**

1. Because I am in very good health.
2. Because I am proactive with my health. I eat healthy foods, exercise regularly and take the highest quality nutritional supplements.
3. Healthy active senior. Not on medications. No disease or chronic illness.
4. I am 74 years old and still work harder than many men half my age.
5. I am a naturally healthy person, very rarely ill.
6. I am basically healthy. Only go to doctor for annual check-up and the occasional bronchitis.
7. I am healthy and take care of myself and my family with good nutrition and exercise.
8. I am very active, have no chronic health problems and I am not on any prescription medications.
9. I do not have high blood pressure, high cholesterol and I am not overweight.
10. I don't drink or smoke, do not have heart problems or high blood pressure, I am not overweight, I am athletic (ride horses, hike) and have a happy outlook on life.
11. I exercise, don't smoke, no disease.

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12. I feel good, am active, eat well, sleep well.
13. I have never had any serious medical problems.
14. I have not had a cold or been sick in four years.
15. I never get sick, my kids don't get sick nor does my husband.
16. I said "very good" simply because I am too happy to be sick. I've been well and happy for most of my life!
17. I've recently lost a lot of weight through a weight loss program and I exercise 6-7 days a week.
18. Mild hypertension, well controlled for 40 years.
19. Minor medication needs, very good mobility, minor aches and pains.
20. My yearly physical shows me to be in better than average health for my age and I'm very active (both mentally and physically).
21. Not taking any medications and all blood tests are very good.
22. Overall healthy, very physically active, healthy diet.
23. Very few medical problems, those I have are well managed. My health does not interfere with my quality of life.

### *Good*

**We received 325 comments from people that rated their health as " Good."**

**Here is a sample of these comments.**

1. A few conditions re heart and health that cause me to say good instead of very good but i feel well, walk daily, and generally cook at home.
2. Able to conduct usual activities of daily life without too much interference from health issues.
3. At age 75, I am active with a few aches and pains and able to do all things that I wish.
4. Because I don't have any chronic medical problems, I exercise and try to eat healthy.
5. Because with the exception of high blood pressure, controlled by meds, I am healthy for my age.
6. Could be better with life management issues (diet, exercise, stress).
7. Eat well, don't smoke, and exercise regularly.
8. For being 80 years old, I feel that I am in good health I walk a mile every day without any problems.
9. Getting older and feeling more of aches and pains.
10. Had cancer and chemo, just getting over it.
11. Have a chronic disease but, for the most part, it is well controlled.
12. Have no chronic health issues, only occasional illness.
13. Healthy Living philosophy and I have the means to see a doctor when necessary.
14. I am 66 and feel fortunate to be as healthy as I am; however, I do have problems with back, left shoulder, left hip and left ankle...injuries that flare up if I overdo activities...and I am very active.
15. I am 82 years old, take no prescription medication, and feel pretty good most of the time. My lab tests usually are in the normal range.
16. I do not have any health concerns. I only see the doctor for check-ups and when I am sick (which is maybe once per year).
17. I eat organic and avoid most medicines. I also hike a lot.
18. I have diabetes and hypertension, but see doctors regularly to treat them. Other than the usual problems because of age, I am active.
19. I have osteopenia and arthritis.
20. I have thyroid problems and arthritis.
21. I'm 72 and have had quadruple by-pass surgery, so I didn't choose ""very good"" or I would have to be 65.
22. In the last 12 months, I was quite sick, but I finally went to the doctor and the dentist. After some procedures, I am feeling much better.

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23. Mostly pretty strong. I mow my own grass and take care of livestock and dog.
24. My problems are minor, and it's important that I stay well and mobile because my husband has cancer.
25. Neck problems, high blood pressure.
26. Overall I am in good health, although I take meds for high blood pressure and high cholesterol.
27. Overall, my general health is very good; however, the pain of arthritis causes me to be uncomfortable and limits some of my desired activities such as hiking.
28. Rare acute illness and am working with my doctor to maintain long term illnesses.
29. So far, I have not had too many medical issues. I have very common health related problems such as high cholesterol etc.
30. Take medications to control high blood pressure, cholesterol, and currently taking cancer prevention medicine after breast cancer.
31. We are active; we watch our weight and are not over weight, we have minor aches and pains.
32. While my health is good, my ability to function well is not. This is related to my partial disability. I cannot get adequate physical therapy or chiropractic services so I cannot work.

### *Fair*

**We received 130 comments from people that rated their health as "Fair."**

**Here is a sample of these comments.**

1. Age and depression.
2. Arthritis in increasing number of joints.
3. Autoimmune disease, Heart disorder.
4. Because I don't control my diabetes the way I should.
5. High blood pressure, hypothyroidism, heart murmur, arthritis.
6. I have a chronic condition, fibromyalgia and rheumatoid arthritis since 1989, and therefore have issues with my feet and even my teeth due to side effects of medications.
7. I have a heart condition that is currently compromising my overall health. Hope to be get this resolved and upgrade my overall health.
8. I have cancer and I need to keep check on it to make sure it doesn't spread.
9. I have chronic pain, spasticity and muscle cramps. I have overall pain that is not due to activity, burning pain due to post herpetic neuralgia.
10. I have had to receive shoulder surgery due to an immunization mandated by the state and administered by the county.
11. I have Hepatitis C, Rheumatoid Arthritis and suffer symptoms from them.
12. I have respiratory and female abdominal issues.
13. I need a knee replacement.
14. I'm over weight, and I have tried dieting and exercising but it is not helping. I may need to do something more permanent.
15. If I took better care of myself (nutrition and exercise), I know I'd have more energy.
16. I'm 85 years old--how can my health be good?
17. I'm almost 78 years old, have had serious problems in the past, but at present things are going along fairly well.
18. I'm an overweight smoker and have Type II Diabetes.
19. Obesity, diabetic, high blood pressure, sad, varicose veins.
20. Psychiatric issues; depression and anxiety. Dizziness and balance current issues. Arthritis and COPD under control.
21. Rheumatoid arthritis, stroke.
22. Systemic lupus has caused various problems.

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23. Type 2 diabetes, high blood pressure, high cholesterol.....all treatable with medication.

### *Poor*

**We received 15 comments from people that rated their health as “Poor.”**

**Here is a sample of these comments.**

1. Back problems for more than 20 years.
2. Diabetes - can't afford diabetes testing supplies.
3. Diabetes out of control, Alzheimer's, Bi-Polar.

### *Very Poor*

**We received 4 comments from people that rated their health as “Very Poor.”**

**Here is a sample of these comments.**

1. Dementia, anemia, old age.
2. I have had two strokes, high blood pressure and a hernia.

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>36. Do you have any of the following impairments or health challenges? Check all that apply.</b>		
None	347	32.4 %
Arthritis, rheumatism	227	21.2 %
Back or neck pain	281	26.2 %
Bone or joint injury	121	11.3 %
Cancer	20	1.9 %
Mental illness	53	4.9 %
Diabetes	82	7.6 %
Heart disease	43	4.0 %
Hypertension or high blood pressure	235	21.9 %
Lung or breathing challenges (Asthma, COPD)	71	6.6 %
Stroke	8	0.7 %
Walking, mobility	58	5.4 %
<i>Fibromyalgia</i>	6	0.6 %
<i>Thyroid</i>	9	0.8 %
<i>GI disease</i>	3	0.3 %
<i>Parkinson's</i>	3	0.3 %
Other	78	7.3 %
<b>37. Describe your current level of physical activity or exercise.</b>		
Light to moderate (light sweating, slight increase in heart rate)	651	63.5 %
Vigorous (heavy sweating, large increase in heart rate)	253	24.7 %
None	121	11.8 %
Not answered	52	
<b>38. How many times per week do you do physical activity or exercise?</b>		
1-2 times per week	286	31.9 %
3-5 times per week	469	52.2 %
6 or more times per week	143	15.9 %
Not answered	58	

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	Number of Respondents to Survey	Percent of Respondents to Survey
<b>39. For how many minutes, on average, do you exercise?</b>		
0-15 minutes	134	14.9 %
16-30 minutes	301	33.5 %
31-60 minutes	330	36.7 %
More than 60 minutes	134	14.9 %
Not answered	57	
<b>40. Tell us how you feel about your weight?</b>		
I believe my weight is just right	364	35.7 %
I believe I am underweight	34	3.3 %
I believe I am overweight	513	50.3 %
I believe I am obese	87	8.5 %
I don't know	22	2.2 %
Not answered	57	
<b>41. Do you know your Body Mass Index (BMI) number?</b>		
Yes	299	29.4 %
No	648	63.7 %
I don't know	70	6.9 %
Not answered	60	
<b>42. Do you currently smoke or use smokeless tobacco?</b>		
Yes	137	13.3 %
No	890	86.7 %
Not answered	50	
<b>43. For how long have you smoked or used smokeless/chewing tobacco?</b>		
Less than 1 year	7	5.2 %
1-5 years	20	14.9 %
6-10 years	13	9.7 %
More than 10 years	94	70.2 %
Not answered	3	
<b>44. Have you ever been told by a doctor that you have high blood pressure?</b>		
Yes	344	33.56 %
No	666	64.98 %
Not sure	15	1.46 %
Not answered	52	
<b>45. Did a doctor ever prescribe medication for high blood pressure?</b>		
Yes	289	84.26 %
No	53	15.45 %
Not sure	1	0.29 %
Not answered	1	
<b>46. Are you currently taking a prescription medication for high blood pressure?</b>		
Yes	246	70.69 %
No	102	29.31 %
Not answered	0	

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	Number of Respondents to Survey	Percent of Respondents to Survey
<b>47. Do you have any children (yours or those in your care, such as grandchildren) under 3 years of age in your home?</b>		
Yes	97	9.44 %
No	930	90.56 %
Not answered	50	
<b>48. Have these children been immunized?</b>		
Yes	86	87.76 %
No	12	12.24 %
Not answered	0	
<b>49. Please tell us why these children have not been immunized? Check all that apply.</b>		
I don't believe in immunizations	1	12.5 %
I can't afford it	4	50.0 %
I can't get a convenient appointment	1	12.5 %
Personal reasons	2	25.0 %
Religious reasons	0	0.0 %
Medical reasons	0	0.0 %
Not answered	4	

### ***Behavioral / Mental Health Issues***

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>50. Have you seen a behavioral or mental health provider in the last 12 months?</b>		
Yes	115	11.3 %
No	907	88.8 %
Not answered	55	
<b>51. Please tell us which two (2) of the following behavioral or mental health issues are concerns in Yavapai County.</b>		
Access to behavioral/mental health care	309	28.8 %
Alcohol abuse	450	42.0 %
Depression	324	30.2 %
Drug abuse	645	60.2 %
Suicide prevention	82	7.6 %
Obesity	3	0.3 %
Relationship counseling	3	0.3 %
Other	29	2.7 %

**We received the following comments from people that checked "other" in answer to this question.**

1. Agoraphobia
2. Alzheimer's
3. Anger, anxiety, resentment
4. Asperger's care
5. Battered women

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6. Bullying in the schools
7. Dealing with stress at work and an abusive supervisor
8. Dementia
9. Domestic violence
10. Grief, death
11. Homelessness
12. Involuntary mental health care
13. Prescription medication abuse
14. Seriously mentally ill people in the criminal justice system

### ***Social Issues***

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>52. Please tell us which two (2) of the following social issues are concerns in Yavapai County.</b>		
Bullying	398	37.1 %
Child abuse	564	52.6 %
Elder abuse	296	27.6 %
Homicide, Assault	130	12.1 %
Sexual assault, rape	177	16.5 %
Homelessness	16	1.5 %
Transportation for seniors	4	0.4 %
Poverty	5	0.5 %
Gun rights	3	0.3 %
Teen pregnancy	3	0.3 %
Drug-related issues	13	1.2 %
Domestic violence	6	0.6 %
Theft	5	0.5 %
Discrimination	3	0.3 %
Political bias/polarization	5	0.5 %
Other	32	3.0 %

**We received the following comments from people that checked “other” in answer to this question.**

1. Abuse – emotional, verbal, physical.
2. Access to mental health care for those without comprehensive health insurance plans.
3. Addicted family situations with children.
4. Adequate childcare for working parents.
5. Animal cruelty.
6. Burglary or robbery.
7. Child neglect; parents preoccupied with their own lives.
8. Child support for mothers.
9. Delinquent parents.
10. Dependency on the government, high unemployment.
11. Depression.
12. Discrimination.
13. Divorce.
14. High school dropouts.

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15. Hungry children.
16. Kid's behavior problems.
17. Lack of a strong family unit.
18. Lack of concern for those less fortunate.
19. Lack of education, Lack of health insurance, parental responsibility.
20. Lack of understanding and caring for those in need.
21. Low-income persons.
22. Racial Profiling.
23. Robbery, financial crimes.
24. Rudeness and inconsideration.
25. Self-hatred and hatred of others.
26. Stigma of mental health issues resulting in people not seeking treatment.
27. Substance abuse.
28. Suicide prevention.
29. Theft of prescription medications.
30. Too many children being raised by single moms.
31. Unemployment.
32. Youth offenders.

### *Healthy People 2020*

	Number of Respondents to Survey	Percent of Respondents to Survey
<b>53. Which three (3) of these Healthy People 2020 issues do you feel are the most important to you personally?</b>		
Access to a regular doctor	591	55.1 %
Access to affordable medical insurance	682	63.6 %
Access to dental care	430	40.1 %
Obesity	242	22.6 %
Blood pressure/heart disease	235	21.9 %
Tobacco use	76	7.1 %
Physical activity / exercise	486	45.3 %
Immunization rates for children	72	6.7 %
<b>54. Which three (3) of these Healthy People 2020 issues do you feel are most important in Yavapai County?</b>		
Access to a regular doctor	640	59.7 %
Access to affordable medical insurance	765	71.4 %
Access to dental care	435	40.6 %
Obesity	290	27.1 %
Blood pressure/heart disease	145	13.5 %
Tobacco use	121	11.3 %
Physical activity / exercise	271	25.3 %
Immunization rates for children	169	15.8 %

### ***Other Health Issues***

#### **55. Are there any other health issues in Yavapai County that we did not include in this survey that are very important to you?**

We received over 250 comments to this question. Here is a sample of the various categories and responses.

##### **Access to care**

- The public needs more education and information regarding where to go and what to do when they have health and mental health issues to deal with in their family. It's very confusing to know how to access services, especially for those community members who have no insurance or prescription plans.
- Medical, dental and mental health care for the growing population of street and forest people in our community. Few in these groups have money or access to transportation to go to the VA,
- There may be family practice doctors however, a large percentage of them are not accepting new patients or Medicare. Therefore, we have to travel outside of Yavapai County for general health care such as annual exams.

##### **Affordable care**

- Access to low cost financial assistance to care not covered by Yavapai County health, such as hospital care, imaging scans.
- Health care availability for the working poor. They make too much for AHCCS but not enough to pay for medical insurance and doctor bills. Dental care is costly and impossible to find.
- My son and grandson basically have no medical coverage. My son is in a low paying job, gets health care through the state, but makes just enough that the State/County (AHCCCS) will not cover my grandson so any medical care he gets comes by going to the Emergency Room.

##### **AHCCCS**

- AHCCCS limitations, particularly for adults living in poverty.
- Make doctors accept AHCCCS. A lot of doctors don't accept any more patients up here.

##### **Behavioral Health**

- It appears that there is no overnight mental health care facility for those in crisis. I have friends affected by this.
- Suicide Rate among teens and the elderly.
- We need better mental health inpatient services in Yavapai County. Many people are untreated and cannot access services for many months when their conditions are critical.

##### **Chronic Disease**

- Fibromyalgia care. I have spoken to many individuals whom suffer as I do. We feel lost, uncertain, and often go without care.
- Kidney Dialysis.
- I am a Lupus patient, long-term. I believe long-term assistance could work better with less cost with in-home care, prior to hospice care.

## Yavapai County Community Health Assessment 2012

### Dental

- Affordable oral surgery.
- Dental insurance for adults and children.

### Elder care

- Dealing with dementia and how dementia impacts their quality of life.
- Elder care issues including over medicating and inappropriate operations.
- Elder care assistance, in-home hospice and long term care.

### General Comments

- Finding a family physician that is not overly rushed and somewhat indifferent is a primary concern.
- Preventative health care should be the target. Prevent the problem, don't just treat the symptoms. Educate people on healthy life choices, food and exercise. The majority of medical problems will disappear.
- PTSD issues. We are getting many veterans coming home. The issues are just now really starting to emerge as they settle back in to civilian life.

### Hunger

- Hunger for children is a major concern. If kids can't have the quality and quantity of good nutrition they need, their health will suffer in the end.
- Hunger involving children and adults, especially the elderly.

### Medicare

- Finding doctors who take Medicare in Yavapai County.
- Understanding Medicare benefits – Part A, Part B, part D, etc.
- Having to go to Phoenix for specialists who accept Medicare.

### Multiple Issues

- Access to occupational medicine and physical therapy.
- Access to narcotic pain management for the uninsured or underinsured.
- Diabetes and drug abuse. The use of "designer drugs" is having a major impact on my community.
- Health education, access to care for teens in high school, drug problems, mental health care, counseling, pregnancy prevention, risk taking, drug issues. There is a lot of talk about it but no access for care, no school clinics, even once a week.
- It is difficult to find doctors who take insurance and who are accepting new patients; difficult to find specialists for certain medical conditions; some doctors need customer service training and disability awareness training on how to treat vulnerable patients with kindness, tact and respect.
- Issues relating to the large numbers of Rehab facilities in Prescott and how to provide for those folks once they are released. Issues relating to the homeless population.
- Lack of information on birth control and contraceptives. Lack of medical care for those people without insurance who cannot qualify for AHCCCS and who need care desperately but can't afford it. This is including regular medical care, dental care, and substance abuse treatment.
- We need more help in the remote areas of the county: in-home elder care, transportation to doctor appointments, shopping, social activities, help with cleaning, home cooked meals for special diet, etc.

## Yavapai County Community Health Assessment 2012

- Transportation for those who cannot drive to medical appointments and without funds for multiple appointments per week. NACOG has a great but limited voucher program which is funded by some towns. We need more preventive health services, foot doctor coverage, and an AHCCCS plan that is not interested in their profit, glossy mailings, etc., which cuts into needed medical services for members.
- We need more major medical facilities for overall care and more Urgent Care facilities for people without health insurance who clog our emergency rooms in Northern Arizona.

### **Nutrition**

- Feed children healthy food at school that isn't pre-packaged and processed foods. The school cafeterias need to offer more fresh foods and foods that don't have such heavy doses of preservatives.
- I see poor diet/food choices being made very frequently, as evidenced by what grocery shoppers in are filling their carts with.
- Eliminate access to unhealthy fast foods.

### **Positive Comments**

- I believe this survey was inclusive. I believe education and access to specific health care needs would benefit across our demographic. Thank you for the opportunity to participate in this survey.
- I have found everything that I need, for my family including a 100+ mother in law, in our county.
- I think Yavapai County Community Health Services does an amazing job.

### **Reproductive Health**

- Access to Sexually Transmitted Infection testing. In particular HPV.
- I think knowing that STI testing is available, and to whom, is important. Many STIs that used to be treatable with antibiotics are becoming antibiotic-resistant.
- Overall safety and protection for youth who are sexually active. We have a very high rate of teen pregnancy and I know that HIV and HepC rates are above average. Let's do more to keep our teens safe with good education.

### **Specialists**

- Access to qualified children's specialists, such as pediatric gastroenterologists, etc.
- Lack of medical specialists. People have to travel to Phoenix to obtain specialist care. Why are so many patients airlifted to Flagstaff or Phoenix?

### **Substance Abuse**

- Prescription drug abuse amongst youth and adults.
- Require pharmacists to check refills of potential abusers.
- The amount of prescription painkillers prescribed by physicians. People illegally being able to acquire them or kids ending up with left over pills not used by the individuals they were prescribed to.

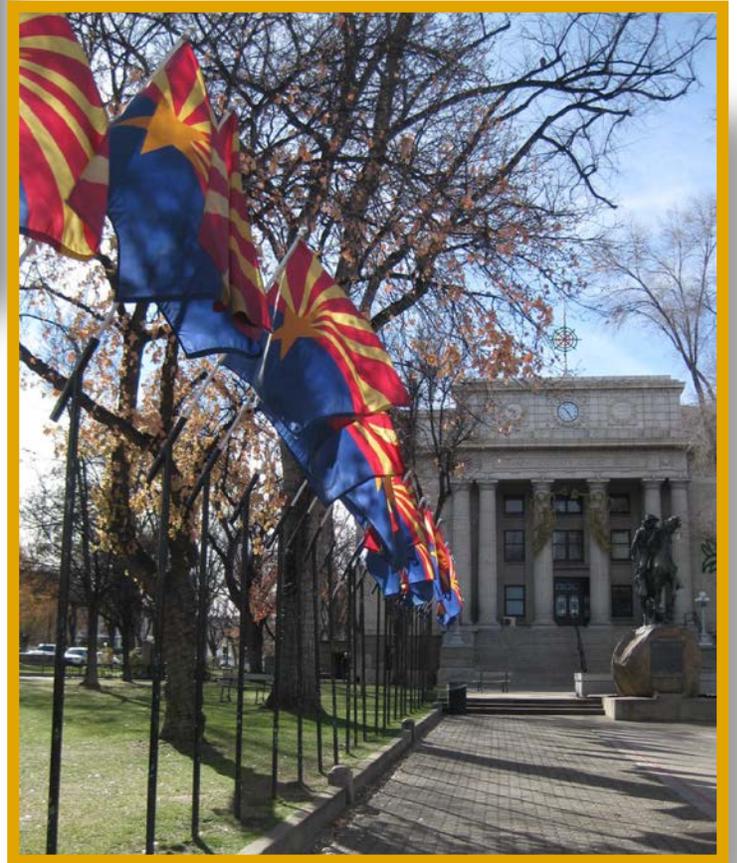
### **Transportation**

- Transportation issues for low income families for all types of medical care.
- We need more free/better transportation to help people make their appointments.



## List of Acronyms

ADE	Arizona Department of Education
ADHS	Arizona Department of Health Services
AYS	Arizona Youth Survey
AZBRFS	Arizona Behavioral Risk Factor Survey
AZYRBS	Arizona Youth Risk Behavior Survey
BMI	Body Mass Index
CHA	Community Health Assessment
CHCY	Community Health Center of Yavapai
CHIP	Community Health Improvement Plan
COPD	Chronic Obstructive Pulmonary Disease
DO	Doctor of Osteopathy
DTaP	Diphtheria, Tetanus and Pertussis (vaccination against these diseases)
ED	Emergency Department
FQHC	Federally Qualified Health Center
HP2020	Healthy People 2020
HPSA	Health Professional Shortage Area
HRSA	Health Resources and Services Administration
MD	Medical Doctor
MDE	Major Depressive Episode
MMR	Measles, Mumps, and Rubella (vaccination against these diseases)
MUA/P	Medically Underserved Areas/Population
PCA	Primary Care Area
PCS	Primary Care Score
WIC	Women, Infants and Children (a supplemental nutrition program)
YCBOS	Yavapai County Board of Supervisors
YCCHS	Yavapai County Community Health Services



## Yavapai County Community Health Services

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