



Voices of Arizona: Results of Community Listening Sessions

Arizona Rural Health Conference

**Presented by:
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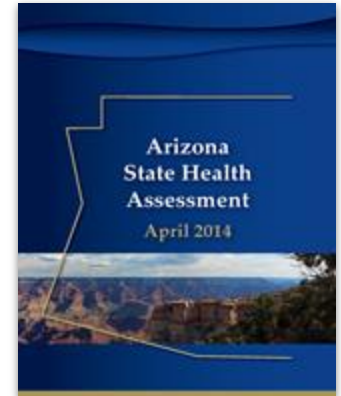




2024 Arizona State Health Assessment

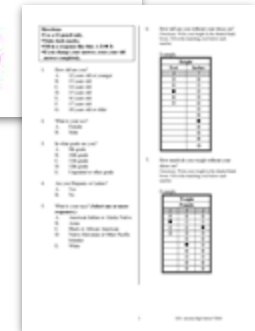
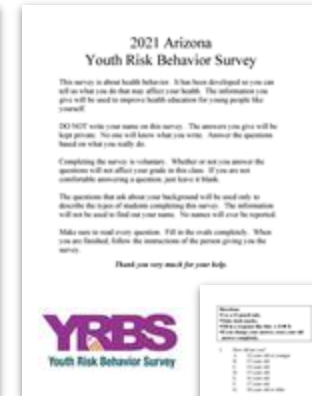
What is a State Health Assessment (SHA)?

- Accredited health departments must complete a health assessment every five years
- Tells the story of the state's health using primary & secondary data
- Provides a foundation to improve community health and wellness



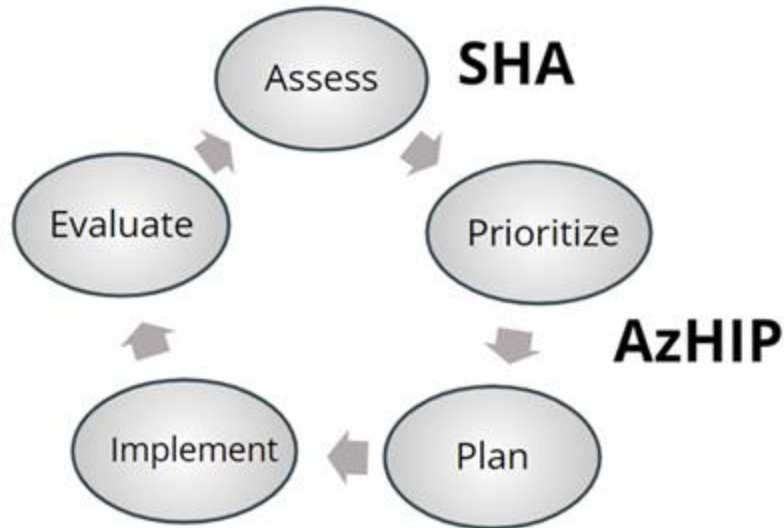
Gathering data

- **Primary & secondary data**
 - Arizona Health Status and Vital Statistics
 - Behavior Risk Factor Surveillance System (BRFSS)
 - American Community Survey
- **Demographic data**
- **County profiles**





State Health Assessment (SHA) & State Health Improvement Plan (AzHIP)



AzHIP Background

- Sets statewide health priorities
- 5-year community and data-driven
- 5 Priority Areas
- Actions plans written for 2 years
- Multi-sector approach
- Community Engagement
 - Steering Committee
 - Community Forum Participants
 - Action Item Leads
 - Implementation Teams
 - Quarterly newsletter



azhealth.gov/azhip

AzHIP 2021 - 2025 Priorities

**Mental
Well-being**

**Health in All
Policies /
Social
Determinants
of Health**

**Rural &
Urban
Underserve
d Health**

**Pandemic
Recovery &
Resiliency**

Health Equity

Rural & Urban Underserved Health



Address Health Professional Shortage by building a diverse healthcare workforce



Maximize utilization of CHW's/CHR's in clinical settings



Improve Indian (IHS/Tribal/ Urban) Health by increasing access to care, reducing systems barriers, and strengthening infrastructure



Improve maternal health outcomes



Enhanced access to general healthcare

Next steps

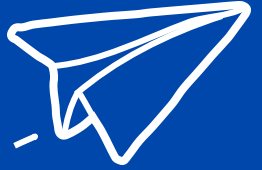
**Draft, review,
and finalize SHA**

**2024 SHA
roadshow**

**Publish
2024 SHA**

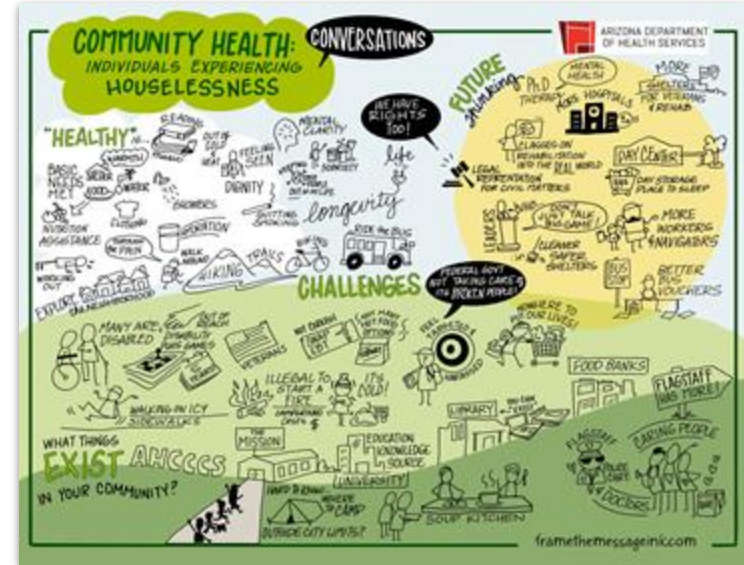
**Use SHA to inform
2026-2030 AzHIP**

**Publish
2026-2030 AzHIP**



Laying the groundwork for the 2024 SHA

- Utilized a community-based participatory research (CBPR) method
- Conducted 22 community health conversations statewide and engaged 224 individuals
- Facilitation was offered in English, Spanish, Dari/Farsi, and Ukrainian



CONVERSATIONS



COMMUNITY HEALTH: ADOLESCENTS

FUTURE thinking

PARENTAL PRESSURES & SOCIAL STATUS IT'S ALOT.

"HEALTH IS..."

- EATING WELL
- GOOD HYGIENE
- EXERCISE
- NOT FAST FOOD
- NATURAL NOT PROCESSED
- feeling happy
- BEING BUSY IN THE COMMUNITY & SPORTS
- fresh air

"STRESSORS" CHALLENGES

- homework
- TESTS
- COLLEGE PREP
- HEARING
- DIFFERENT PERSPECTIVES!
- TRANSPORTATION SLOW & UNRELIABLE
- BETTER LIGHTED STREETS
- BETTER PAVED ROADS
- SIDEWALKS
- DESERT Beauty
- WALKING RIVER PATHS
- pressure to be perfect in & out
- limit screen time!
- beneficial or negative?
- or toxic & addictive
- it's a mental break!
- my friends are out!
- it's not & connect to the world

PROGRAMS LIKE TREE PLANTING

COMMUNITY

CENTERS TO HELP UNHOUSED & addicts

AFORDABLE INSURANCE ACCESSIBLE

PRIORITIZE MENTAL HEALTH

PROFESSIONALS TO TALK TO

awareness

EMPOWERING PEOPLE TO HELP THEMSELVES

SCHEDULING MORE TIMELY

NOT JUST ABOUT SCHOOL RELATED issues...

places to GATHER

STUDY

& SIT COMFORTABLY!

EXIST PLACES TO BE WITH FRIENDS



HEALTH CLASS EDUCATION

MAINTAINED FIELDS & FACILITIES

ACCESS to clean WATER

SUNSETS

WALKING RIVER PATHS



COMMUNITY HEALTH: AGING ADULTS CONVERSATIONS

WHAT DOES "HEALTHY" MEAN TO YOU?

WHEN YOU ARE WELL, YOU ARE AT PEACE

EATING RIGHT MODERATION FOOD

NOT STAYING INSIDE EXERCISE

GETTING GOOD SLEEP

GOING PLACES

LONG WALKS

TAKING CARE OF MYSELF JOYFUL RELIEVED!

WHAT CHALLENGES YOU?

WHEN YOU GET OLDER, YOU ARE FORGOTTEN

FEWER SOCIAL & PHYSICAL GATHERINGS

DANCE CLASSES CANCELLED!

CLOSED AFTER COVID ACTIVITIES & FACILITIES SENIOR CENTER

FEAR SUBSTANCE MIGHT BE NEAR BARRIO VIEJO

UNHOUSED SEEK SHELTER

HEAT

RISKS OF FALLING

UNEVEN SIDEWALKS

WILDLIFE

FUTURE thinking

EXERCISE EQUIPMENT

INTER-GENERATIONAL CONNECTION

UP-TO-DATE NUTRITION EDUCATION

FOOD BRINGS PEOPLE TOGETHER

Cultural CELEBRATIONS

RETURN OF SHARED GATHERING SPACES

WHAT THINGS EXIST TO HELP YOU STAY HEALTHY?

FRIENDS CONNECTION

WHAT ALLOWS US TO HAVE PEACE & TRANQUILITY IS HAVING COMMUNICATION & TRUST WITH NEIGHBORS!

CAFECTO! HAPPY HOUR!

GOOD NEARBY RESTAURANTS

DISCOUNTED INTERNET

SAFE! TRANSPORTATION

NEARBY CHURCHES

TRANSPORTATION SERVICES

SUNVAN

BARRIO VIEJO

CATHOLIC COMMUNITY

KNOWING OUR NEIGHBORS

WE AS RESIDENTS NEED TO TAKE OWNERSHIP INTEGRATE OUR ACTIVITIES

COMMUNITY HEALTH: BLACK/AFRICAN AMERICAN

"HEALTHY" IS...

FOOD WE EAT (41) AMOUNT TYPE EATING LATE

CLEAN AIR

Spirituality

REGULAR CHECKUPS

LISTENING to your BODY

HIKE HUNT

WALK

STAIRS

YOGA

CHASE OUR NEW DUFFY

MENTAL EMOTIONAL STATE

DOING SOMETHING YOU ENJOY!

WORK OUT

GET AWAY TO SEDONA

INSURANCE INCENTIVES

WHAT THINGS EXIST

LOW IMPACT

ENGAGING SENIORS

HINDS

EMPLOYER INCENTIVES

LUNCH & LEARN

MURDOCH COMMUNITY CENTER

WHEELER & BUFFALO PARK

FREE! SUBSIDIZED HOUSING

AZ TRAILS & BIKE PATHS

SILVER SNEAKERS WALKING CLUBS

AEROBICS

DENTAL PROGRAMS

NO COST USE!

BASKETBALL COURTS

FOR MEDICAL HOMELESS USE

ARIZONA DEPARTMENT OF HEALTH SERVICES

CONVERSATIONS

NO TIME ALWAYS WORKING NO TIME TO EXERCISE

NO FAMILY OR FRIENDS NO SUPPORT network

WHAT CHALLENGES YOU?

ISOLATION

CITY OR COUNTY?

IMMIGRANTS FAR FROM HOME

WE HAVE WINTER TOO!

CHARGE BY THE HOUR

INDOOR

NO ONE TO TALK TO ABOUT MENTAL HEALTH

MOST SPECIALISTS IN...

PHOENIX

CHANDLER

SEDONA

FLAGSTAFF

PASSING OF RIP

FINANCIAL BURDENS

GYM IS EXPENSIVE

STATE OF POLITICS TODAY

FUTURE thinking

WHOLE PERSON... WHOLE HEALTH!

INDOOR RECREATION OPTIONS

IMPROVE POLICIES AROUND MENTAL HEALTH

LOW COST OPTIONS FOR OUR CHILDREN TO LEARN SPORTS

HIGHER WAGES

SUPPORT for SINGLE- INCOME FI

...FOR ALL HELP FOR THOSE WHO FALL HERE

BETTER COVERAGE MAJOR SURGERIES & DISEASES LIKE CANCER

MENTAL HEALTH DEALING WITH STRESS (NOT JUST WHEN THEY GET IN TROUBLE)

SCHOOLS?

UNIFYING & ACCEPTANCE REGARDLESS OF RACE OF RELIGION

A BETTER FUTURE

GROWTH & OPPORTUNITY

SHOULDN'T HAVE TO CHOOSE BETWEEN HEALTHCARE OR HOUSING!

AFFORDABLE HOUSING

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CONVERSATIONS

COMMUNITY HEALTH: INDIGENOUS PEOPLE



COMMUNITY HEALTH: INDIVIDUALS EXPERIENCING HOUSELESSNESS

CONVERSATIONS



WE HAVE RIGHTS TOO!



CHALLENGES



COMMUNITY HEALTH: LATINO/LATINA/LATINX

"HEALTHY" is...

LOW AIC
GOOD FOOD
PEACE
WELL RESTED
ENERGETIC
ACTIVE Lifestyle
HAPPINESS
BREAK TRADITIONS OF UNHEALTHY EATING
SEEK CLASSES & ACTIVITIES
MENTAL PHYSICAL EMOTIONAL
EXERCISE

STRESSORS

CARING for AGING or DISABLED ADULTS
DISCONNECTED from...
MANY LIMITATIONS
ADAPTING TO A NEW COUNTRY
HEALTHCARE
BALANCING family AND TIME
LONG HOURS
UNIVERSITY
NOT CLOSE TO HOME
COMMUNITY EVENTS

CONVERSATIONS

SAFETY SECURITY

WHICH PARKS ARE SAFE?
MAINTAINED WELL?

WOMEN IN FAMILIES DO IT ALL!

SPEED LIMIT 25

FUTURE thinking

AFTERSCHOOL
SAFE & INEXPENSIVE THINGS FOR KIDS TO DO!
LIVE & WORK WITHOUT FEAR!
CITIZENSHIP MORE ACCESSIBLE
UNDOCUMENTED
AFFORDABLE MEDICAL DEVICES FOR HOME USE
CLINICS
WHAT TIME & DO PROVIDERS CONSULTING FEES? COPIES
TIME SLOTS
PROMPT PLANS
WALK-IN SERVICES

RESOURCES

LEGAL HELP

TRANSLATORS

SAFER PARKS
CRASH PADS
CELL LIT PATHS

WHAT IN THE COMMUNITY HELPS YOU STAY HEALTHY?

DOCTORS for CHECK UPS
ACCESS to MENTAL HEALTH
TRAILS & PATHS
OUTDOOR CLIMATE
FREE activities
EXTENDED HOURS
COMMUNITY PARKS
VOLUNTEER OPPORTUNITIES
MENLO ANNEX
SAFE TO CROSS HIGH SCHOOL
KIDS GROUPS

COMMUNITY HEALTH: CONVERSATIONS LGBTQIA+

WHAT DOES "HEALTHY" MEAN TO YOU?

EMOTIONAL WELL-BEING
LOOKS DIFFERENT FOR ALL
PREPARED FOR ADVERSITY
PAIN FREE
GARDENING
CALMNESS
WATER
PETS

SELF-CARE
PROUD
+
BODY IMAGE
FEEL GOOD ABOUT MYSELF

ENDURANCE
ENERGY
CYCLING
ROLLERBLATES
MOVEMENT EXERCISE
STRENGTH
DANCE
MUSIC

WHAT CHALLENGES YOU?

ACCESS, EQUITY & QUALITY CARE, INCLUSIVE, AFFORDABLE AND CULTURALLY RESPONSIVE

HAVING BABIES
IVF
COVERAGE
BARRIERS
HRT
COVERAGE
SLIPS
AGGRESSION
PUBLIC SCRUTINY

WANTS
LESS QUALIFIED THERAPISTS
GRIEF SUPPORT
LACK OF SEX EDUCATION
SCHOOL

LEGAL REPRESENTATION COST & QUALITY
NOT INCLUSIVE!
INSURANCE
FOOD STAMPS
NOT FLYING WITH COST OF FOOD!

STABILITY WITH HOUSING
IN-SECURITY
JOB
LANGUAGE OF POLITICS

I CAN'T DREAM LIKE A STRAIGHT WHITE MAN

FUTURE thinking

HEALTHCARE
PERSON
DOCTORS WITH TRANS-FLUENCY
INVEST MORE IN AHCCCS
ELIMINATE! BIAS DISCRIMINATION
RESPECTFUL & AFFIRMING LANGUAGE!

A PLACE TO CALL HOME BASE OF BUILDING A FUTURE!

HOUSING

SUPPORT BASIC NEEDS
SHELTER
SAFETY
TEARING DOWN TEMPORARY SHELTERS
PROMISING AFFORDABLE HOMES... THEN
VOUCHERS

EDUCATION

TRUE SAFETY NET
NOT CONDITIONAL ON
SOBRIETY
GENDER EXPRESSION
SEXUALITY
CONFORMING TO DOMINANT CULTURE
NORMATIVE VIEWS
RECRUIT FROM OUR COMMUNITIES

CREATE A WORLD WE WANT TO LIVE IN!

POLITICS

HAVE CONVERSATIONS WITH PEOPLE!
STOP! MAKING DECISIONS BASED ON RELIGION
IMPROVE THE INCARCERATION SYSTEM
STIMULUS CHECKS

WHAT THINGS EXIST TO HELP YOU STAY HEALTHY?

SAFE PLACES
NATURE
PUBLIC PARKS
BIKE LANES
ARTS
KARAOKE
CONCERTS
OPEN MICS
POETRY NIGHTS
FARMERS' MARKETS
COMMUNITY SPACES
LIBRARY
QUIET SPACES
SPORTS FACILITIES
YAGUI LANDS
CULTURAL CONNECTIONS

CONVERSATIONS

COMMUNITY HEALTH: PEOPLE LIVING WITH DISABILITIES & CAREGIVERS OF CHILDREN WITH SPECIAL HEALTHCARE NEEDS

DEFINE "HEALTHY"

WALKING
HOBBIES
PROGRESSING FASTER
FEELINGS
NATURE
ARSENCE OF PAIN & DISEASE
HOW YOU FEEL... NOT HOW YOU LOOK
PHYSICAL
MENTAL
SPIRITUAL
EMOTIONAL
WELL-BEING
DIET
BALANCE
DANCING FAITH
HELPING & EXPRESSING MYSELF
COMMUNITY

SOCIAL ANXIETY
TIME IN MY SCHEDULE
SCHOOL TESTS
COLLEGE APPS... CREDITS...
FREE OR CHEAPER!
PUBLIC TRANSPORTATION
RACISM
HOMOPHOBIA
SEXISM
NOT SAFE!
MISINFORMED
RESTRICTED
DISCRIMINATION
SAY IT'S INCLUSIVE
EDUCATION LEGISLATION
CHALLENGES & BARRIERS WE FACE

EXIST IN OUR COMMUNITY

SCHOOL FREE MEALS
GROCERY STORES
DANCE COMMUNITY
SKATE PARKS
GYMS
BLEACHERS
TRACK
ANIMAL SHELTERS
PUBLIC LIBRARY
INCLUSIVE SCHOOL
FUNDRAISERS LGBTQ+ DRAG
COMMUNITY GARDEN
PARKS
TUCSON'S NATURE TRAILS AND PATHWAYS

FUTURE thinking

- EDUCATE TEACHERS/STAFF
- FREE RESOURCES
- INCLUSIVE SPACES
- REDUCED HEALTHCARE
- NON-SHELTERED CARE
- FREE ADDICTION HELP
- CLEAN WATER STATIONS
- CHARITY SERVICES
- RECREATION SPACES
- BATHROOMS FREE ACCESS
- AFFORDABLE HOUSING
- SENSORY FRIENDLY EVENTS
- MENTAL HEALTH COVERAGE
- PROVIDERS WHO SHOW COMPASSION!

IT'S FRUSTRATING NOT FEELING HEARD!

COMMUNITY HEALTH:

CONVERSATIONS

REFUGEES

IS THE AMERICAN DREAM REALLY ATTAINABLE?

STRESSORS



TRANS LATORS



"HEALTHY" IS...



WEATHER



FEWER CARS BETTER AIR QUALITY



WHAT EXISTS IN YOUR **COMMUNITY** TO HELP YOU FEEL HEALTHY?

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Shared Themes



How community defines health

- Health is viewed as comprehensive (whole-person: mental, emotional, spiritual, and physical)

Health Assets

- The outdoor Arizona environment is viewed as a strong asset that supports health.
- Safe community spaces are valued as supporting overall wellbeing, such as at libraries, gardens, and trusted community sites led by individuals with shared life experiences.

Health Challenges

- Safety is important for meeting personal health needs.
- Case managers, assistors, and navigators are valued – but not accessible.



Your Voice Matters



- What do you consider the top assets of rural Arizona?
- What are the biggest unmet needs of rural Arizona?
- To improve the health of rural Arizonans, what should be prioritized? Name up to three.

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Thank you!

Contact us at azhip@azdhs.gov



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