

# Mohave County Community Health Improvement Plan 2022-2025 SUMMARY



## LIVE WELL MOHAVE

The work to create two key health assessment and planning documents for Mohave County was done in 2021 and 2022 through a community health improvement initiative called Live Well Mohave (LWM).

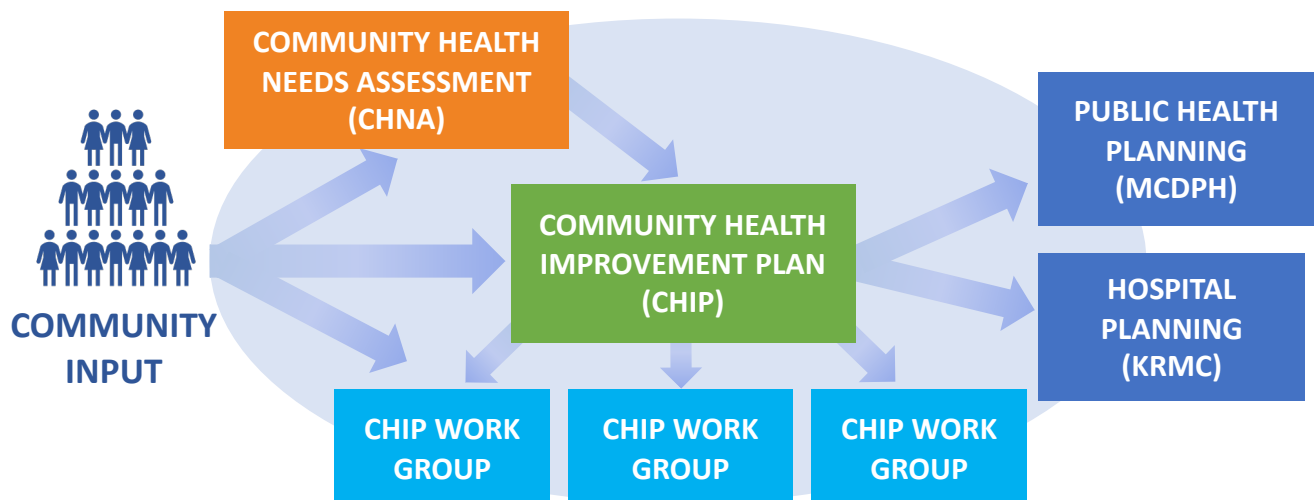
## THE RESULTS

The successful results are the 2022 Community Health Needs Assessment (CHNA) and the 2022-2025 Community Health Improvement Plan (CHIP). Kingman Regional Medical Center (KRMCC) and Mohave County Department of Public Health (MCDPH) have provided important leadership, organizational strength, communications, and expertise to support the process.

## HOW IT WORKS

An essential part of the LWM project is to build self-sufficiency so local CHIP work groups can improve their own community health, now and in the future. The CHIP work groups are intended to be self-directed and will act on health priorities identified in their own communities. Each meeting was guided by a consultant using the same agenda outline. Participants discussed local community health assets, CHIP health priorities, future needs, ways to measure success, and next steps for action.

## Live Well Mohave: A Community-Driven Effort



Examples of CHIP Work Groups: Mental Health Resource Team (MHRT), Mohave Substance Treatment Education & Prevention Partnership (MSTEPP)

# MOHAVE HEALTH NEEDS AND CONCERNS

The top health needs and concerns identified in the community meetings are shown in the table below (see Section VI of the 2022-2025 CHIP for more details).

**Note:** Many of these health needs and concerns are similar, and many (such as housing and transportation) were mentioned at all the Live Well Mohave community meetings as very important. The list of issues below are an effort to summarize the stated CHIP goals or future CHIP priorities. The number shows an issue that was ranked as a priority by the community group. For example, the group in Kingman selected mental health as its #1 priority. An “X” shows a health issue that was mentioned but was not prioritized. Two groups – those in Colorado City and Golden Shores/Topock – did not set priorities among the health issues mentioned. These groups “brainstormed” numerous ideas, which are listed in the full CHIP 2022-2025 report.

Health Issues Mentioned in Community Meetings

	Kingman	Bullhead City	Lake Havasu City	Dolan Springs/ Chloride	Colorado City	Golden Shores/ Topock
Mental health	1		1	3		
Substance use disorders	2	1	2			
Healthy Living	3	2		X		
Teen pregnancy prevention		3				
Access to health care and social services			3	1		X
Save/strengthen Fire Dept.				2		X
Transportation				2		
Food access, food insecurity	X	X		2	X	
Exercise opportunities		X		3		
Cooling center for emergencies				3		X
Health impacts of population increase				3		
Mobile healthcare van				X		X
Housing			X	X	X	
Services for seniors	X	X	X	X	X	X
Services for veterans	X	X	X	X	X	X

## THE PLANS

During the LWM community meetings, the three urban cities (Kingman, Bullhead City and Lake Havasu City) updated their prior formal CHIPs (2018-2020). The four rural cluster areas did not have formal CHIPs, so they identified a list of priority health needs as a starting point for a future CHIP. LWM participants were encouraged to choose health goals and action steps that were clear, practical, and sustainable with minimal outside support. Future work groups formed in rural areas can set formal goals and objectives in subsequent meetings.



## PUTTING PLANS INTO ACTION

The Live Well Mohave project is now entering the “Action Cycle” to implement the local health priorities outlined in the new 2022-2025 CHIP. Future action by CHIP work groups will be self-directed and supported as appropriate by Mohave County Department of Public Health (MCDPH) and the Kingman Regional Medical Center (KRMC). LWM participants can choose to join with one of the two county-wide CHIP work groups (see Appendix 1) or they can form their own local groups. Resources are scarce and over-stretched for all groups, especially during a pandemic. Collaboration and partnerships make progress more achievable.

Going forward, frequent communications among KRMC, MCDPH, and all the LWM partners, organizations and individuals involved will help promote efficiency, encourage cooperation, diminish work in “silos” and yield the best CHIP action results.

Periodic monitoring, reporting, and evaluation of progress toward the health goals is recommended since it can take time to see measurable progress. LWM participants are encouraged to celebrate small steps, revise goals as needed, and communicate achievements.

