

# COMMUNITY HEALTH ASSESSMENT - SHOW LOW, AZ



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## FIVE CORE COMMUNITY STRENGTHS AND OPPORTUNITIES

### INTRODUCTION

Show Low is a city located in southern Navajo County at the base of the White Mountains of Arizona. This medically underserved population falls within the Colorado Plateau region of the Arizona Health Education Program (AHEC). This program supports a wide range of educational programs, as well as aiding students in professional roles to commit to working with these populations struggling for healthcare access. These programs reinforce the strength Show Low has in pursuing collaborative efforts to enhance their citizens quality of life and care.

The purpose of this presentation is to report the results of a team-based field experience in a rural community.

### HISTORY & CULTURE

Show Low was established in 1876 by local rancher Corydon Cooley. As the result of winning an intense poker game, the town was named after Cooley's success by showing the lowest card. The town slogan goes, "The City Named by the Turn of a Card", and several town memorials commemorate Cooley's victory. Show Low was incorporated in 1953, and since has seen many changes—enduring a lot of growth. Prided by its "small town feel", the community is very close knit—especially the Church communities. While 56.4% of the community does not practice a religion, 22.6% of the population practice Mormonism, followed by members of the Protestant (14.5%), Catholic (6.1%), Christian (0.2%), and other (0.2%) churches. Although Show Low is a small town, the residents welcome entrepreneurship. The growing number of small businesses are pushing to think outside the box, are hardworking, willing to take risks, and see rewards. The area is often frequented by tourists, especially in the summer. With its proximity to a plethora of natural attractions, hiking, kayaking, fishing, and hunting activities are enjoyed throughout most of the year. During winter months, snow sports are available just thirty minutes away from the city.



<https://townsquarepublications.com/history-of-show-low-az/>

### METHOD:

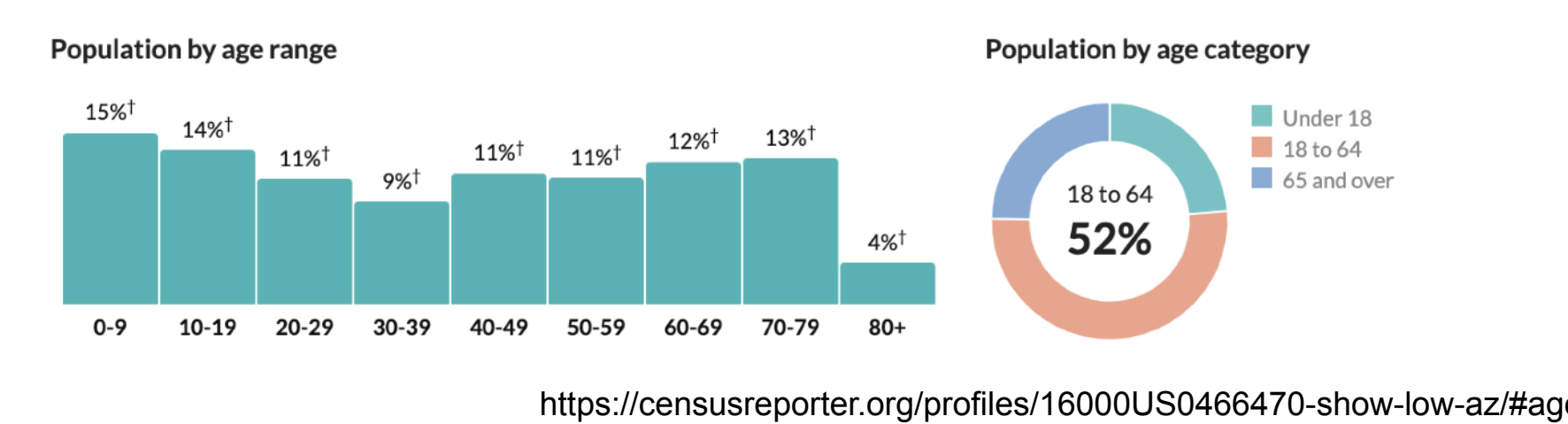
This community health assessment was accomplished and produced by the CPHCP AHEC Scholars. Our group gathered in Show Low on two separate weekends during the '22-23 academic year to survey, analyze, and collaborate on the health condition of community. Supplemental information in the city was provided by the ShowLow and Arizona Census Bureaus.

### DEMOGRAPHICS - 11,623 residents

Show Low is a predominantly White (88.85%) community that has a current annual growth rate of 0.90%. The average household income in the city is \$62,377 with a poverty rate of 19.29%.

The majority of the community has been born and raised in Show Low and raised *their own* families there. This community enjoys the small-town feel, strong family values, and a safe place where everyone supports one another in times of need.

The median age of Show Low is 41.3 years, with almost half of the population being younger than 18, or over 65 years. Both child and geriatric care facilities presents one of Show Low's biggest opportunities for improvement, as a significant portion of the community is likely to need support.



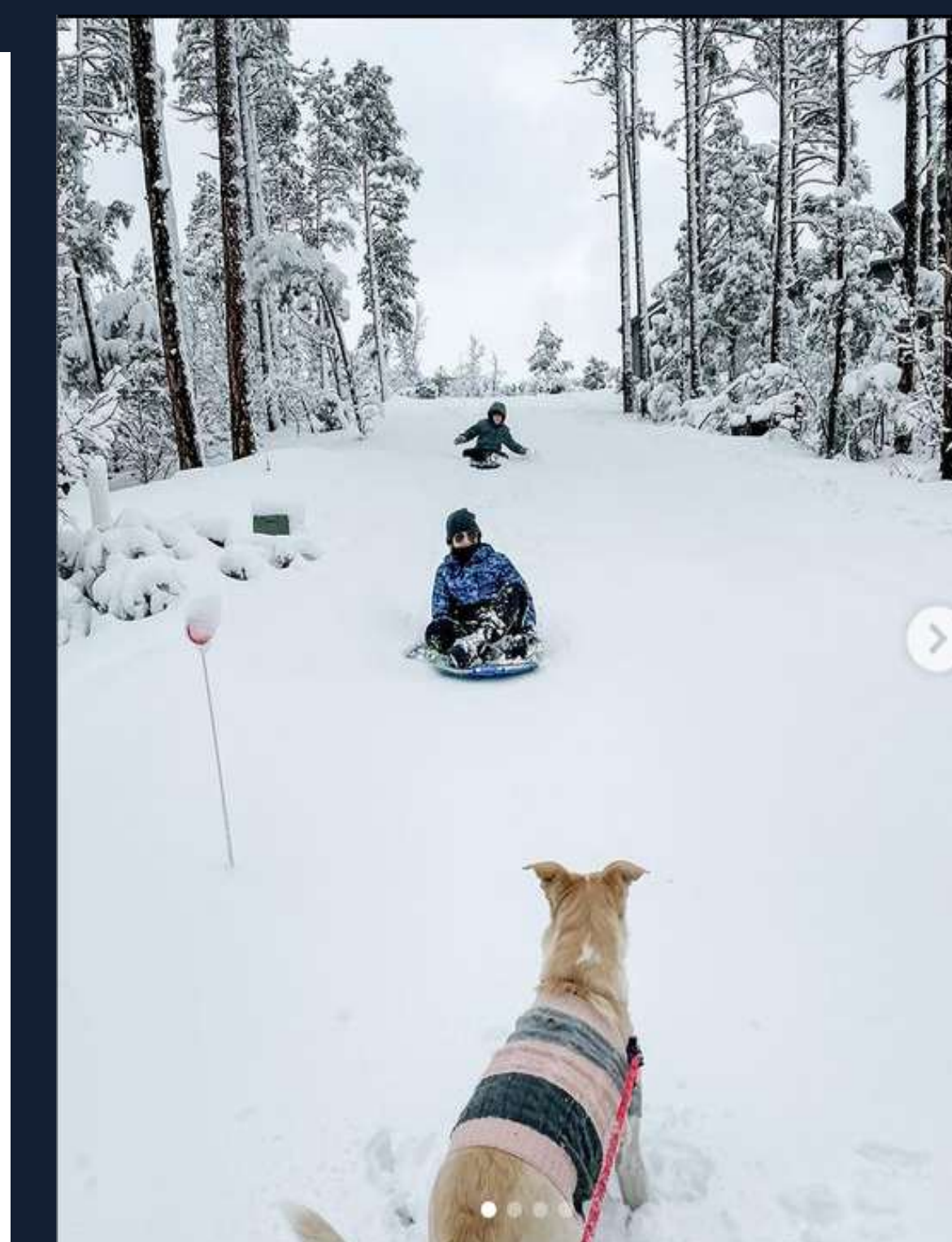
### ENVIRONMENT

- Show Low is the largest city in the White Mountains, and sits at an elevation of 6,400 ft.
- The seasons are distinct in Show Low. The average annual rainfall is 17 inches. The average annual snowfall is 25 inches. There are 265 average annual days of sunshine
- There is a lot of greenery and natural beauty in Show Low. However the flora is overrun in some places and well kept in others. In the more affluent communities, the flora was more maintained.
- The government buildings and hospitals are updated and taken care of whereas the public areas such as schools, parks, and wellness facilities are less supported.



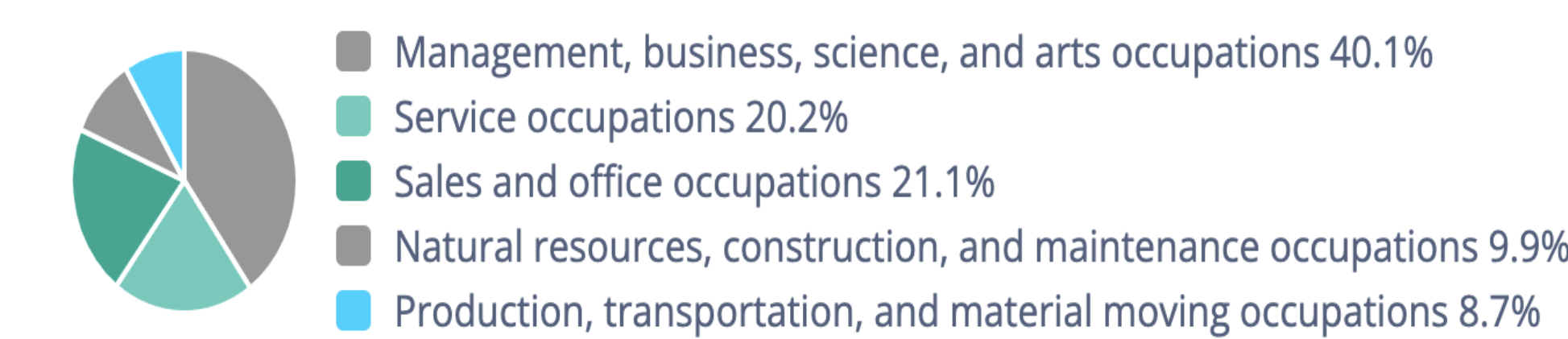
### AVAILABLE HEALTH PROGRAMS

- North Country Health Care - They have recently been expanding and renovating their facilities and resources. They have many resources and links on their website including a form to match patients to programs they qualify for.
- Child Care Administration - There is an office for the DES to work directly in the community, and provide childcare for a portion of the day. Some parts of the program require income eligibility requirements, or require that the guardians pay some of the costs.
- White Mountain Association For Victims of Domestic Violence Inc. - A S.A.F.E House program which provides shelter, care, and advocate for victims of domestic violence.
- Any many more!



### ECONOMICS

- In Show Low the civilian labor force (16+ years) is at 52.8%.
- The top industry present is **educational services, health care, and social assistance**. 40.1 % of residents work in **management, business, science, and arts occupations**, while only 8.7% work in **production, transportation, and material moving occupations**.  
→ The Occupational diversity of Show is relatively low, as shown in the chart below:



<https://dwellics.com/arizona/community-in-show-low>

### COMMUNICATION

- Internet usage is less utilized as compared to bigger cities due to less access to internet and providers available on public databases.
- The public library, city council, and health department are major sources of communication within Show Low; these places will have local postings that have information about local sports teams, health information, etc.
- The local board of education meets every second Thursday of the month and broadcasts the meeting to a local TV channel.
- The Church community is also very strong in Show Low, thus a lot of communication is passed during church activities.

### SUMMARY

#### Strengths:

- Strong sense of Community
- High Tourism that supports the economy
- Access to Outdoor areas and activities
- Many assistance programs available for various areas of need
- Many healthcare options and facilities are available
- Safe Drinking Water
- Women's health support
- Children's after school education programs

#### Areas of opportunity:

- No official Homeless Shelters
- Expand transportation access to further areas surrounding Show Low, as accessibility to Healthcare can be difficult when living far away from town.
- Add bus services on weekends.
- Increase number of Grocery Stores
- Increase the number of Providers for Geriatric and Pediatric patients.
- Limited number of day care centers offered in the area
- Broadband Internet Expansion

### CONCLUSIONS

Show Low is located in a beautiful area that is able to satisfy the majority of its residential needs. Its small town culture dually promotes and protects a strong sense of communal support that the residents enjoy. In recent years, the city has continued to grow rapidly, which has challenged the services sector to keep up. In regards to our AHEC mission, we have strived to identify and build initiatives that promote more access and quality of care to Show Low and the people who live there.

### REFERENCES:

