

CERE
SCHOLARS
AN ARIZONA AHEC PROGRAM

Identifying Gaps in Rural Healthcare

Payson, Arizona

Center for Excellence in Rural Education (CERE) AHEC Scholars 2024-2026: Emily Burrows, Sonia Fatahi, Bailey Fowler, Mirna Munoz Garcia, Faith Gonzales, Jesse Higgins, Ryan Kanvel, Yra Luc, Ramsey Christopher Martz, Maci Nalbe, Logan Peery, Jenna Pugliese, Gio Quintero, Jennifer Sanchez, Tyler Sedig, Alia Touaoujine, McKayla Vasquez, Emma Walther, Mandi Whitaker, and Lauren Zanotti. University Affiliations: Arizona State University, Northern Arizona University, and The University of Arizona. Faculty Mentor: LURA RYDEN, RNCHQ.

Belonging + Civic Muscle	Reliable Transportation	Thriving Natural World	Basic Needs for Health + Safety	Humane Housing	Meaningful Work + Health	Lifelong Learning
<p>Strengths</p> <ul style="list-style-type: none"> Sparklight Fiber ensures access to fast, reliable internet NMHA Foundation raises money, develops strategic partnerships, and secures grant funding for community projects Residents report feeling as though they "know everyone" Local newspaper: Payson Roundup Citation: <i>Town of Payson, (n.d.). Community. Retrieved November 28, 2024 from paysonaz.gov/government</i> Three local radio stations: <i>Citation: Town of Payson, (n.d.). Community. Retrieved November 28, 2024 from paysonaz.gov/government</i> Community Facebook page Local businesses reflect local culture 	<p>Strengths</p> <ul style="list-style-type: none"> Beeline Bus Payson Airport Residents report neighbors are happy to offer rides and carpool <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Extend public transportation to outlying areas, which have decreased access to vehicles and an increased need for transportation <i>Citation: United States Department of Agriculture, Economic Research Service. (2024). Food access research. orcas.ers.usda.gov/data-products/food-access-research-atlas-go-to-the-atlas/</i> Build safe pedestrian walkways along all streets Reliable transportation to Phoenix 	<p>Strengths</p> <ul style="list-style-type: none"> 4 parks Rodeo 57 scenic trails Community Garden Avg. temp 72.5 °F Camping, Fishing Tonto National Forest Granite Aquifer Groundwater Good average air quality Average air temperature 72.5 degrees Fahrenheit <i>Citation: United States Climate Data. (2024). Climate: Payson, Arizona. Retrieved November 22, 2024 from www.usclimatedata.com/climate/payson/arizona/united-states/usaz0359</i> <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Increase access to healthy, fresh, affordable food in Payson and outlying areas <i>Citation: United States Department of Agriculture, Economic Research Service. (2024). Increase Healthcare Access</i> Increase access to specialized and primary healthcare services Provider shortage area Improve pedestrian safety and access to care by adding sidewalks to all streets <i>Citation: Health Resources and Services Administration, (n.d.) Find shortage areas. Retrieved December 3, 2024 from data.hrsa.gov/tools/shortage-area</i> 	<p>Strengths</p> <ul style="list-style-type: none"> One critical access hospital w/ 25 beds NMHA Foundation recruits healthcare workers through CERE-AHEC The Christian Clinic offers free and low-cost healthcare <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Increase access to healthy, fresh, affordable food in Payson and outlying areas <i>Citation: United States Department of Agriculture, Economic Research Service. (2024). Increase Healthcare Access</i> Increase access to specialized and primary healthcare services Provider shortage area Improve pedestrian safety and access to care by adding sidewalks to all streets <i>Citation: Health Resources and Services Administration, (n.d.) Find shortage areas. Retrieved December 3, 2024 from data.hrsa.gov/tools/shortage-area</i> 	<p>Strengths</p> <ul style="list-style-type: none"> Warming Shelter Seasonal overnight shelter Newer homes in gated communities Historical houses <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Homeless population Shelter Availability Newer homes tend to be in gated communities and historical houses High rent and housing costs relative to median income <i>Citation: United States Census Bureau. (2022). Payson town, Arizona. data.census.gov/profile/Payson_town, Arizona?g=560X00US0453700</i> 	<p>Strengths</p> <ul style="list-style-type: none"> Many successful, local, small businesses Senior Center offers recreation and social activities for retirees Volunteer opportunities at schools, hospital, and library Hospital and community actively recruits new healthcare providers by offering clinical rotations, residencies, and internships <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Recruit and retain professionals to fill vacancies in schools and the hospital 50% of population below 200% of Federal Poverty Line <i>Citation: Arizona Department of Health Services. (2021). Payson primary care area. www.azdhs.gov/documents/prevention/health-systems-development/data-reports-maps/primary-care/gila/23.pdf</i> 	<p>Strengths</p> <ul style="list-style-type: none"> Lifelong Learning Resources: <ul style="list-style-type: none"> Public library History museum Eastern Arizona College for continued education (Payson campus) Aspire Arizona Foundation enables students to earn dual credit and graduate from high school with an associate's degree <i>Citation: aspirearizona.com</i> <p>Opportunities for Improvement</p> <ul style="list-style-type: none"> Schools centrally located in Town of Payson, but cover 525 square miles <i>Citation: United States Census Bureau. (2021). American Community Survey 5-year estimates. Retrieved from Census Reporter Profile page for PUSD</i> Minimize barriers to attending school, especially for students located in outlying areas (up to 45 miles away from school)

This has informed the development of a service-based project aimed to address the needs outlined in this presentation with the goal to improve the overall health and well-being amongst the communities of Payson, AZ

A mixed-methods approach was used to assess the community of Payson, Arizona. Data collection included a windshield survey conducted in October 2024, where inter-professional teams visited key locations such as clinics, schools, and community hubs to gather observational insights.

This has informed the development of a service-based project aimed to address the needs outlined in this presentation with the goal to improve the overall health and well-being amongst the communities of Payson, AZ.

Over
80%
of Maternal
Deaths are
Preventable

Rural Arizona	156
Urban Arizona	115
Urban Arizona	119

Rural Arizona	94
Urban Arizona	76
Urban Arizona	79

Scholars listened to and engaged with a group of young mothers who delivered babies in Payson. Scholars identified several themes from these conversations:

- Moms and families caring for new babies experienced hardships that are unique to living in a rural area like Payson
- No neonatal specialists
- No home visit within 48 hours of discharge
- Resources given at hospital discharge seemed inaccessible during a crisis
- Information from educational videos watched while in the hospital was not retained after discharge home
- Felt alone and didn't know what to do
- Taking a newborn to Phoenix for specialty care was expensive and time-consuming, and often required finding care for other kids, renting a hotel, minimum 3 hours of driving

Population:
Mothers & Newborns

Timeframe:
First 3 Months
at Home

Issue:
Access to Care
& Specialists

1 Lewandowski, K. S., Baer, C. E., Schoustra, R., Indatwa, A., Celaya, M. F., & Tarango, P. (2020). Annual report on maternal fatalities and morbidities in Arizona. Arizona Department of Health Services. <https://www.azdhs.gov/documents/director/agency-reports/sb-1040-report-on-mmm-in-az.pdf>

2 Adapted from Seven Vital Conditions for Health and Well-Being [Framework] by Community Commons, n.d. <https://www.communitycommons.org/collections/Seven-Vital-Conditions-for-Health-and-Well-Being>