



# Mohave AZ Health Zone



HEALTHY STARTS HERE  
COOPERATIVE EXTENSION  
MOHAVE COUNTY

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The AZ Health Zone supports families and communities across Mohave County to make healthy changes in homes and neighborhoods. From local gardens in your community, to working with your kids' schools to create healthy environments, the AZ Health Zone provides your family opportunities to be active and healthy your way.

You can find more information about the AZ Health Zone program and many other resources at [www.azhealthzone.org](http://www.azhealthzone.org)

## What We Do

### FOOD SYSTEMS & GARDENS

Enabling equitable food access for our communities.

- We support school, community, and home gardens.
- We provide gardening classes, technical assistance, and resources to qualifying sites.
- We provide nutrition and cooking classes.

### CHILDHOOD ENVIRONMENTS

Empowering schools, early childhood, and youth sites in developing, implementing, and sustaining policy, systems, and environmental improvements to provide a healthy environment.

- We provide staff development and technical assistance.
- Direct education for youth.

### ACTIVE LIVING

Everyone should have access to a safe environment. We support efforts focused on increasing access to and usage of safe physical activity resources.

- We facilitate physical activity clubs, walking groups, and activities that support an active lifestyle.