



Fauquier Health, PATH Foundation and Rappahannock-
Rapidan Health District
Community Health Needs Assessment (CHNA)
Fauquier and Rappahannock Counties, VA
April, 2017





Community Health Town Hall Agenda

April 6, 2017

Breakfast		8:30 a.m.
Welcome	Chad Melton, Dr. Wade Kartchner, Christy Connolly	9:00 a.m.
Community Health Analysis, Surveys, Focus Groups	Lee Ann Lambdin	
Initiatives from Last CHNA	Donna Staton, Christy Connolly	
Prioritizing	All	
Break		
Exercise 2 - Brainstorming	Table Groups	
Report Out	Spokespeople	
Summary	Christy Connolly	
Adjourn		11:30 a.m.



Speaker Introduction

Christy Connolly, CEO

PATH Foundation

Dr. Wade Kartchner and Kathy Hatter

VA Department of Health

Chad Melton

President and CEO, Fauquier Health

Donna Staton

Chief Operating Officer, Fauquier Health

Lee Ann Lambdin

SVP Healthcare Strategy, Stratasan



Missions United



Mission: To protect the health and promote the well-being of all people in Virginia.

Vision: Become the healthiest state in the nation.

Goals:

- Foster healthy, connected, and resilient communities
- Be a trusted source of public health information and services
- Assure the conditions that improve health opportunity
- Maintain a competent and valued workforce



Mission:

Making Communities Healthier

Vision:

We want to create places where:

- People choose to come for healthcare
- Physicians want to practice, and
- Employees want to work

High Five Guiding Principles:

1. Delivering high quality patient care
2. Supporting physicians
3. Creating excellent workplaces for our employees
4. Taking a leadership role in our communities
5. Ensuring fiscal responsibility



PATH FOUNDATION

Our Mission

The PATH Foundation strives to enhance the health and vitality of our community.

We Value

Health - Healthy people and places to live, work and play

Community - Growing, economically vital communities

Partnership - Strong nonprofit organizational collaboration

Impact - Accountability for clear goals and measurable outcomes

Stewardship - Prudent fiscal management

Leadership – Setting the pace with innovation and integrity

Our Vision

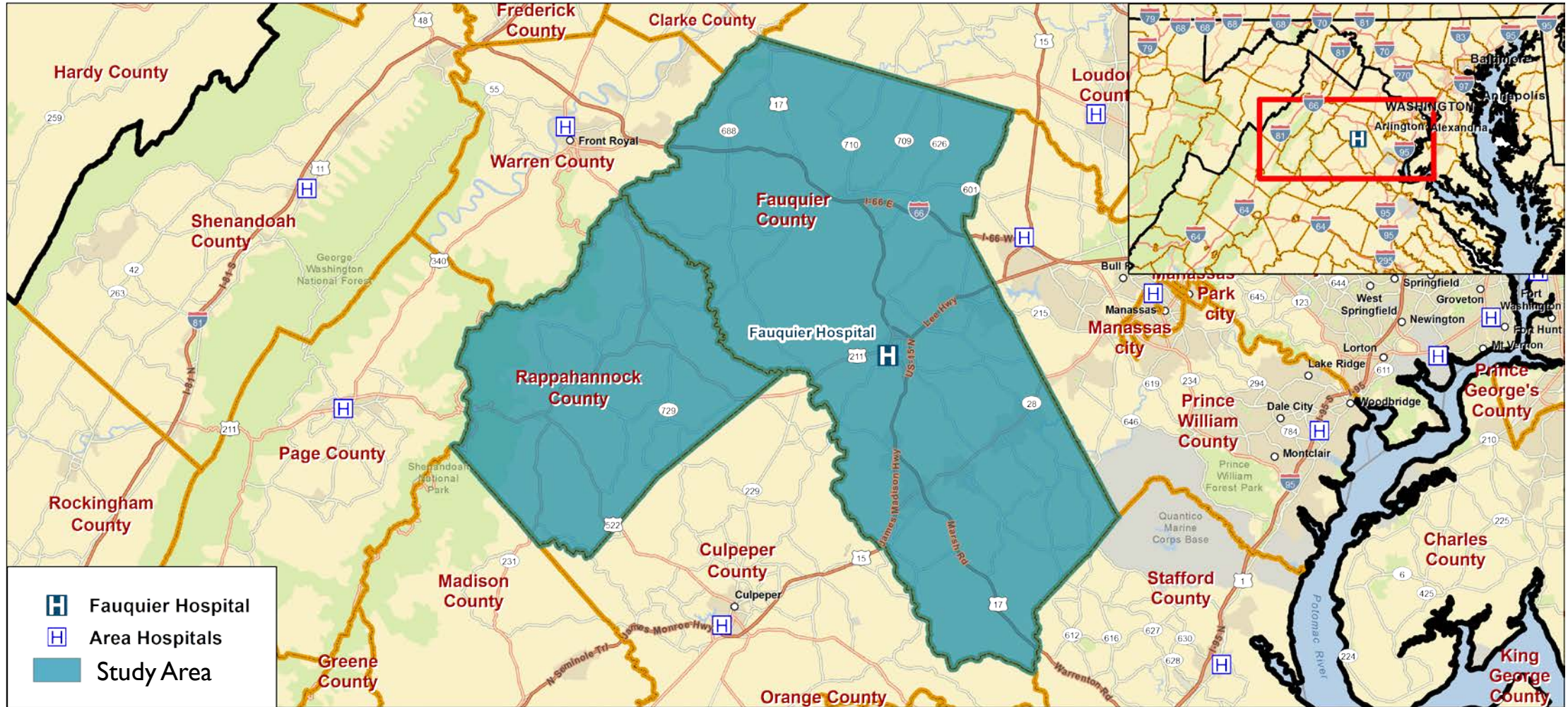
By the year 2025, the PATH Foundation's footprint will lead the state in overall health status improvement and private capital investment, with the goal of a 20% rise in Robert Wood Johnson Foundation County Health Rankings for each of our three counties.

Demographics

Fauquier and Rappahannock Counties CHNA

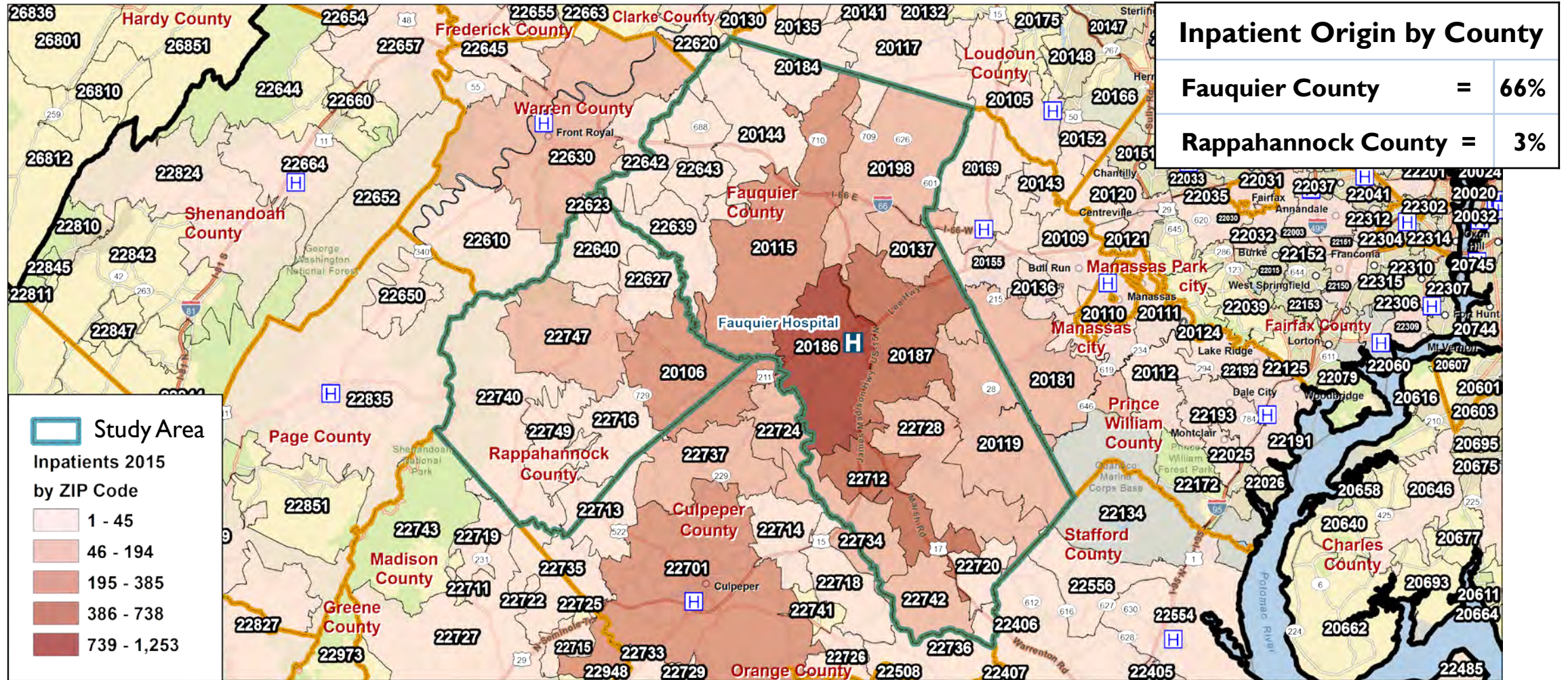


Fauquier Health CHNA Geography





Fauquier Health Inpatient Origin 2015





County Demographic Summary 2016

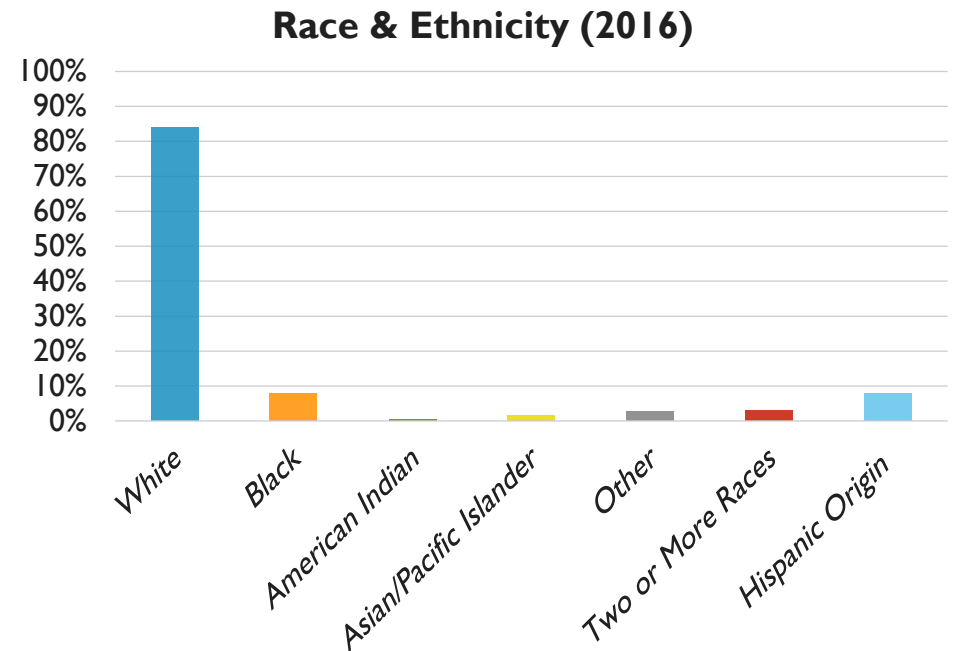
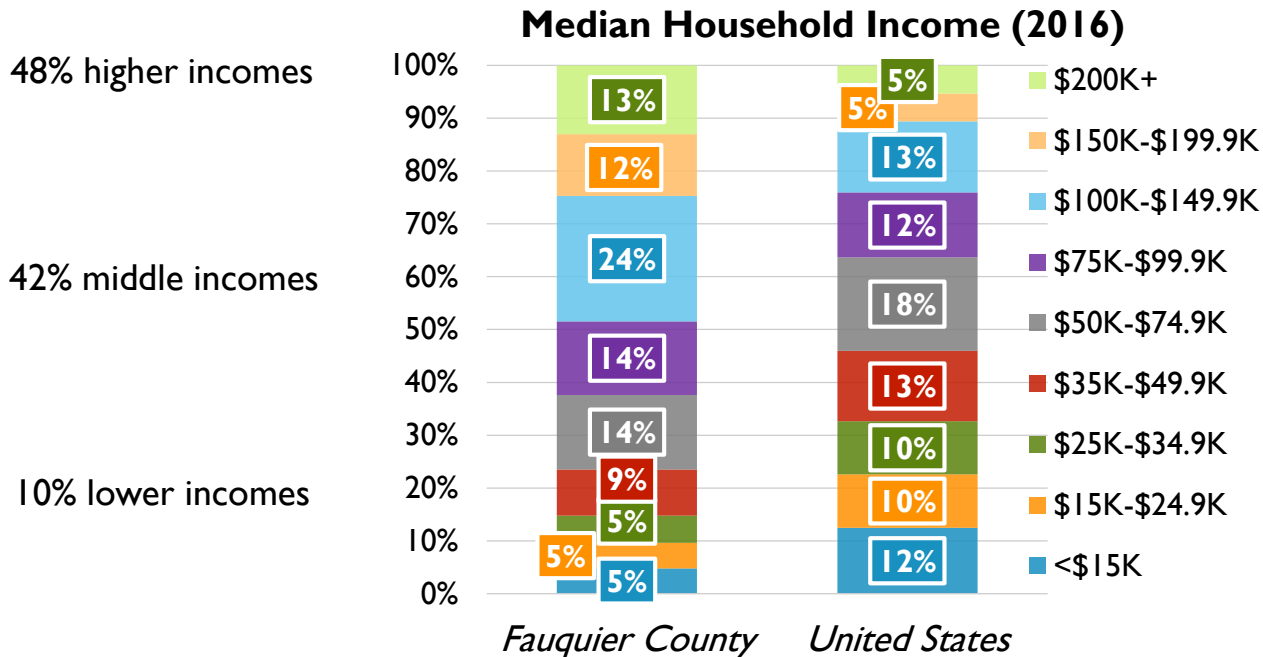
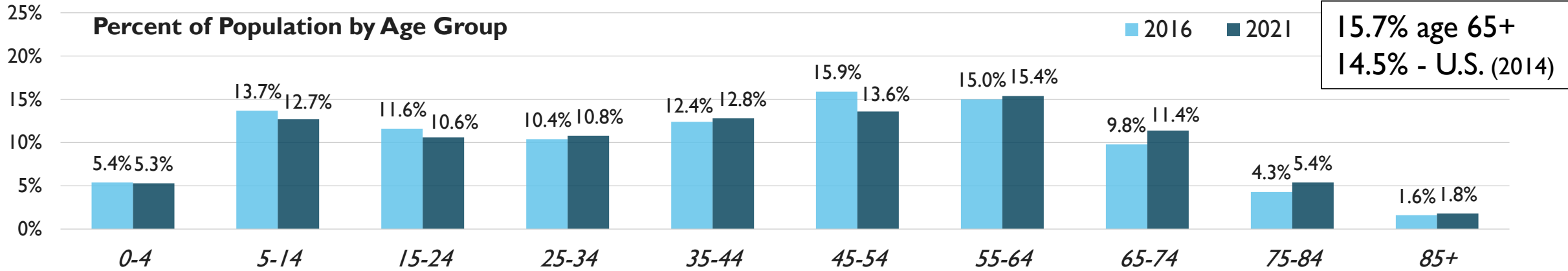


	Fauquier	Rappahannock	Virginia	USA
Population	69,449	7,637	8,462,749	323,580,626
Median Age	42.4	49.5	38.3	38.0
Median Household Income	\$96,283	\$60,274	\$64,929	\$54,149
Annual Pop. Growth (2016-21)	1.20%	0.23%	0.97%	0.84%
Household Population	25,321	3,230	3,219,468	121,786,233
Dominant Tapestry	Savvy Suburbanites (ID)	The Great Outdoors (6C)	Enterprising Professionals (2D)	Green Acres (6A)
Businesses	2,960	419	320,180	13,207,211
Employees	24,966	2,167	4,353,083	162,998,347
Medical Care Index*	146	127	117	100
Average Medical Expenditures	\$2,799	\$2,446	\$2,242	\$1,921
Total Medical Expenditures	\$70.9 M	\$7.9 M	\$7.2 B	\$234.0 B
Racial and Ethnic Make-up				
White	84%	92%	67%	71%
Black	8%	5%	19%	13%
American Indian	0%	0%	0%	1%
Asian/Pacific Islander	2%	1%	7%	5%
Mixed Race	3%	1%	4%	7%
Other	3%	2%	4%	3%
Hispanic Origin	8%	4%	9%	18%

*The Medical Care Index is household-based, and represents the amount spent out of pocket for medical services relative to a national index of 100.

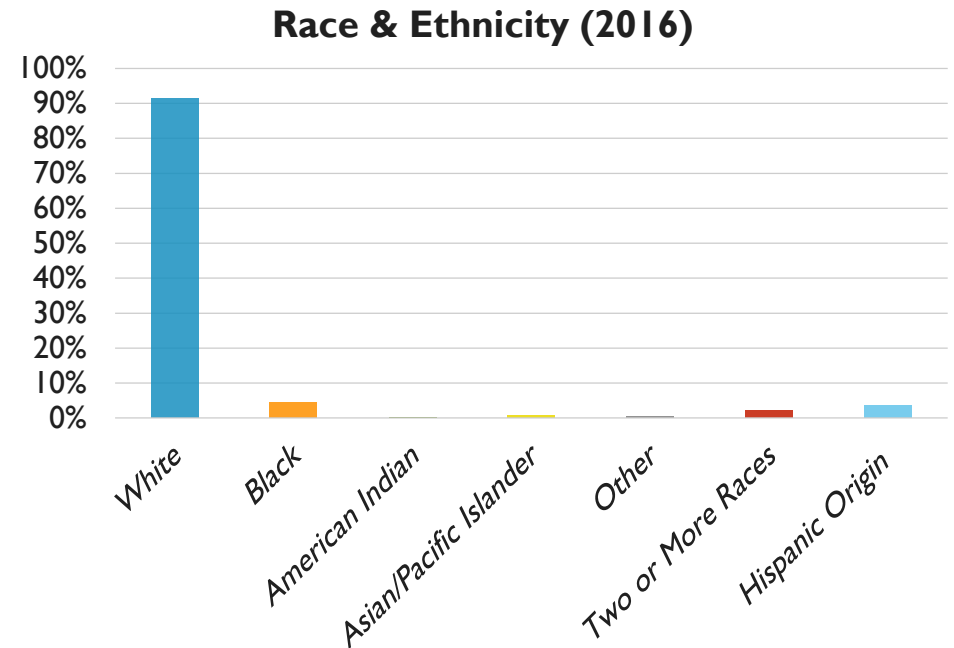
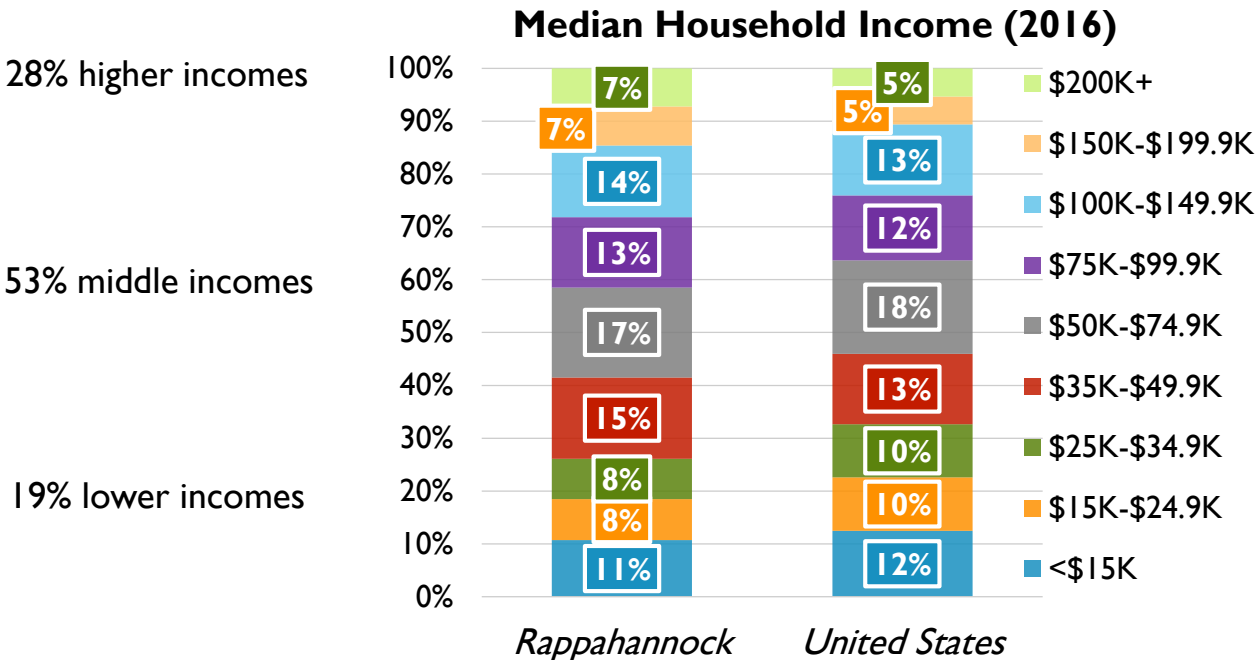
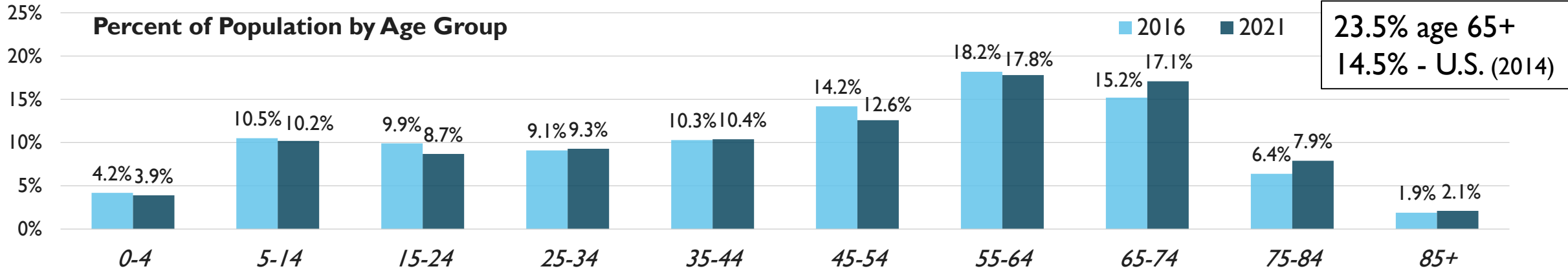


Fauquier County Demographics 2016





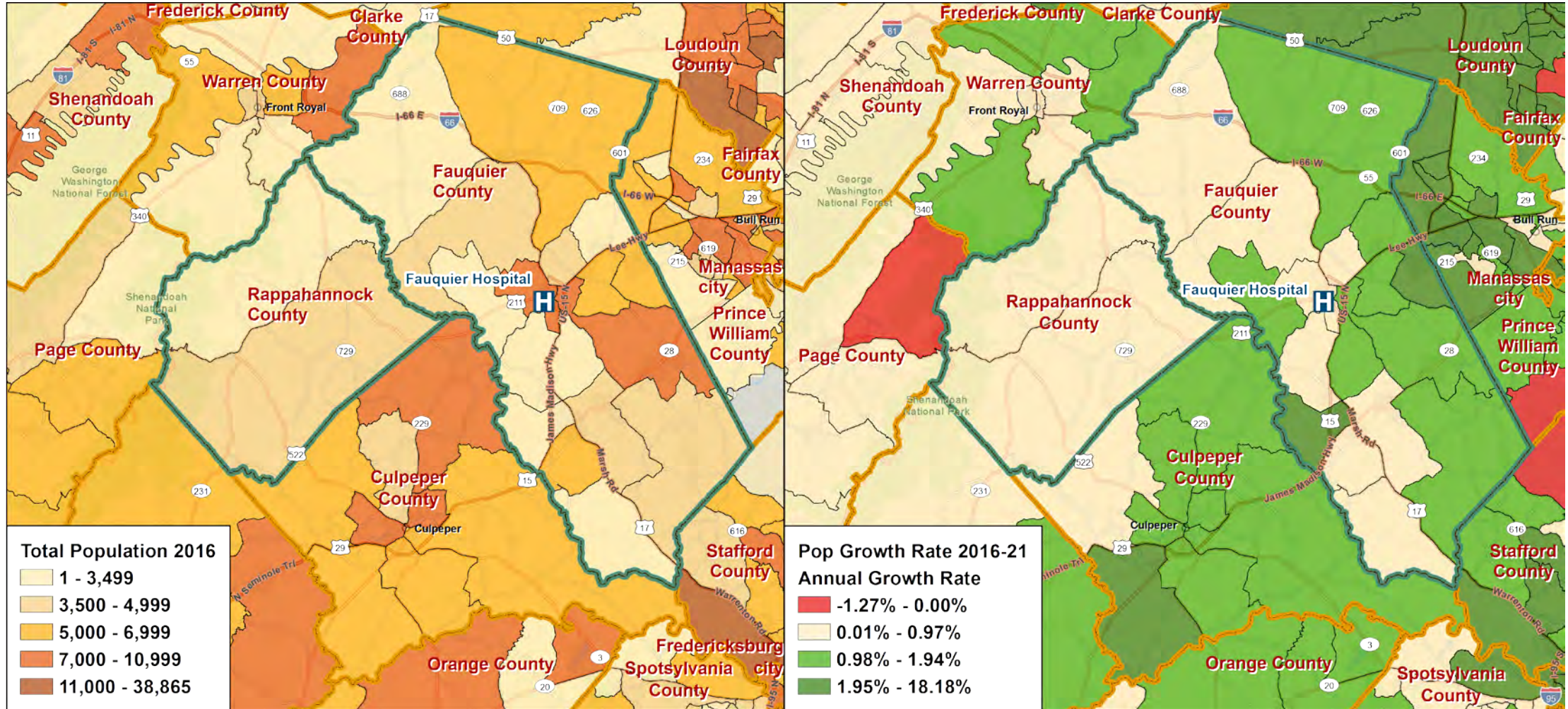
Rappahannock County Demographics 2016





Population by Census Tract

Population Change

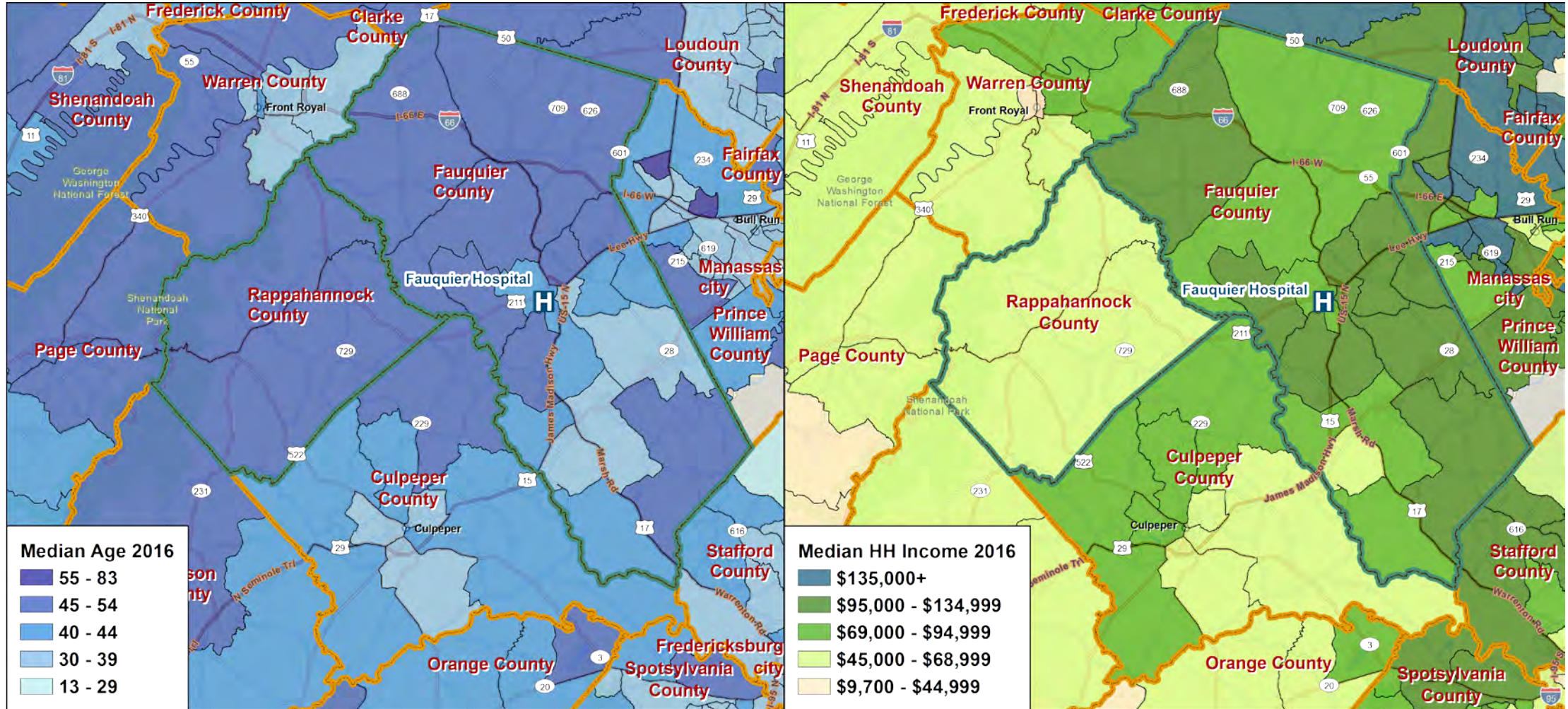


Yellow is positive up to the VA growth rate
 Green is greater than the VA growth rate
 Dark green is twice the VA growth rate



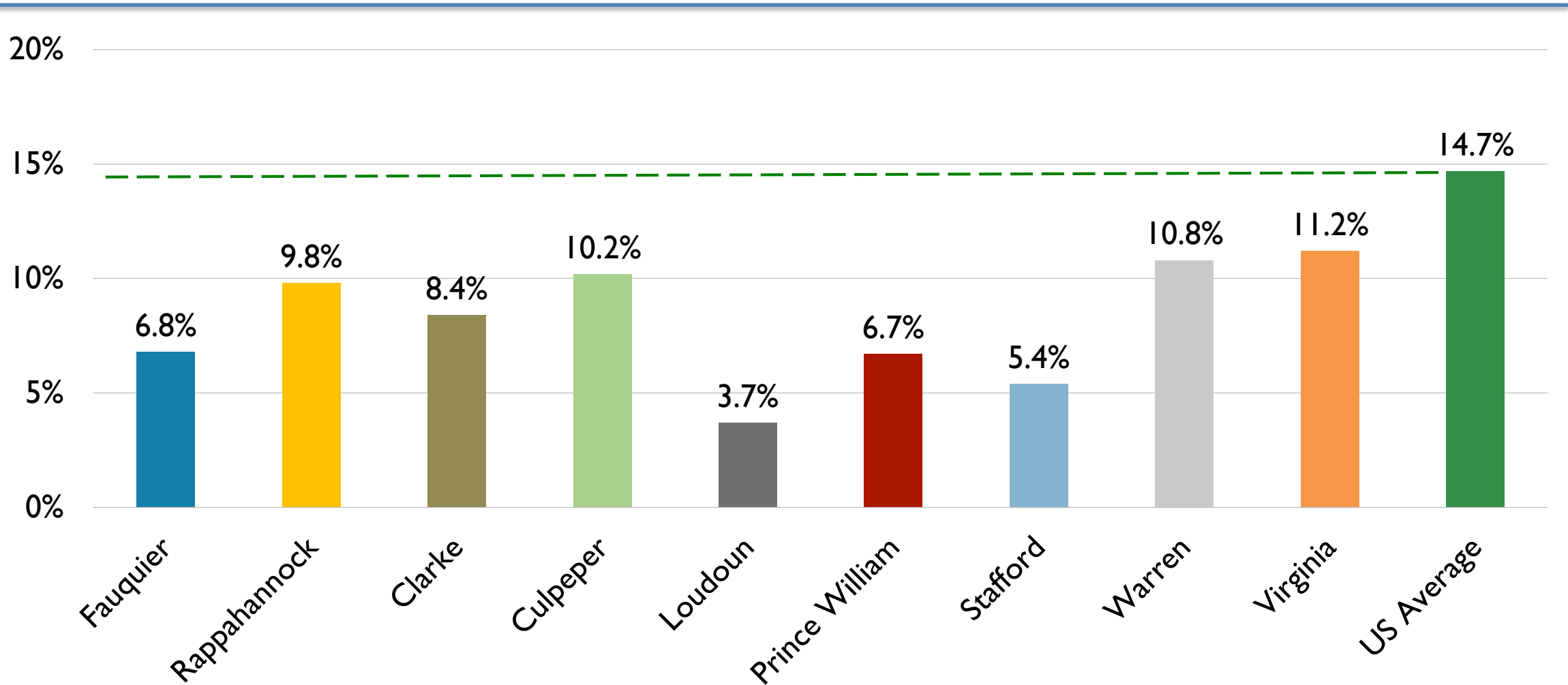
Median Age

Median Income





Poverty Estimates 2015 for Contiguous Counties, VA, and US

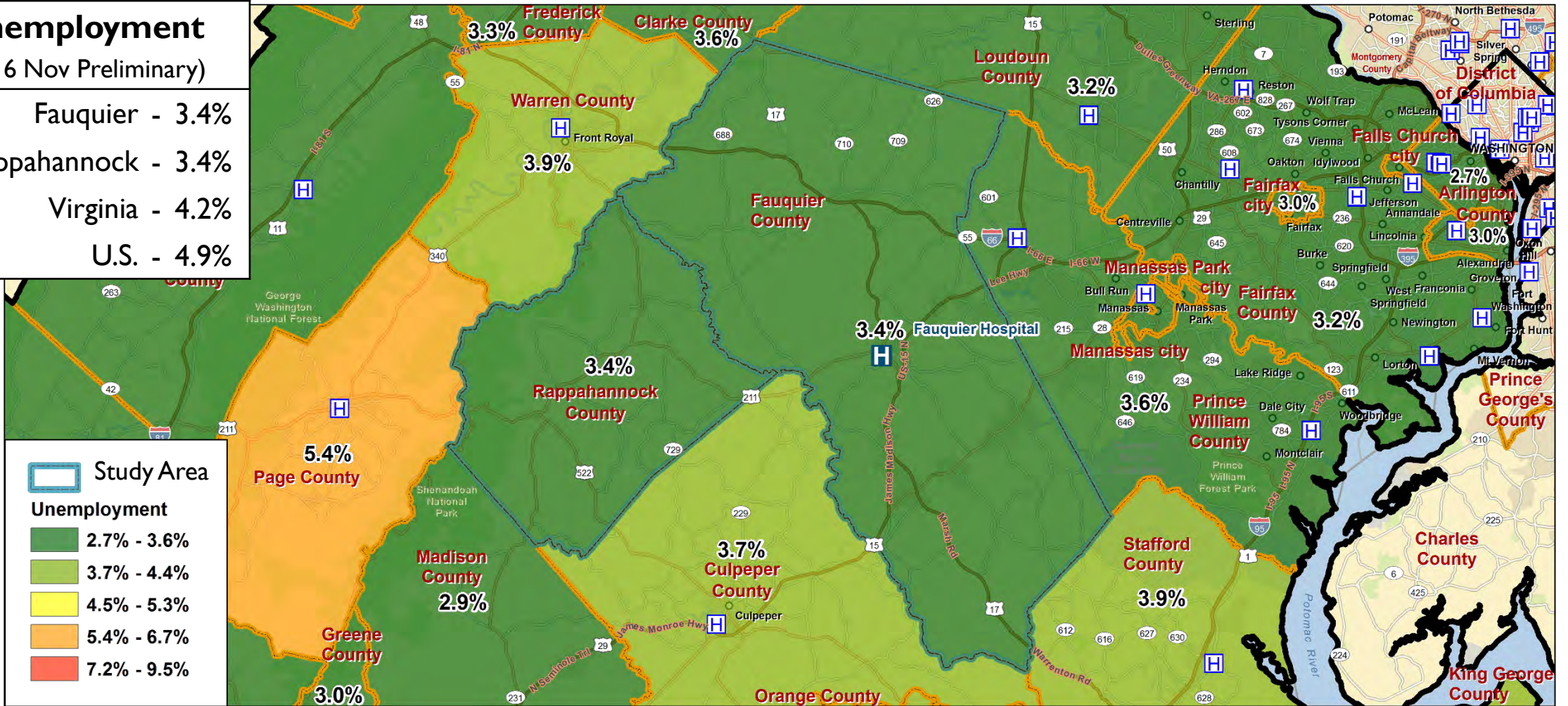


Business & Industry Environment
Fauquier and Rappahannock Counties CHNA



Unemployment by County

Unemployment (2016 Nov Preliminary)
Fauquier - 3.4%
Rappahannock - 3.4%
Virginia - 4.2%
U.S. - 4.9%

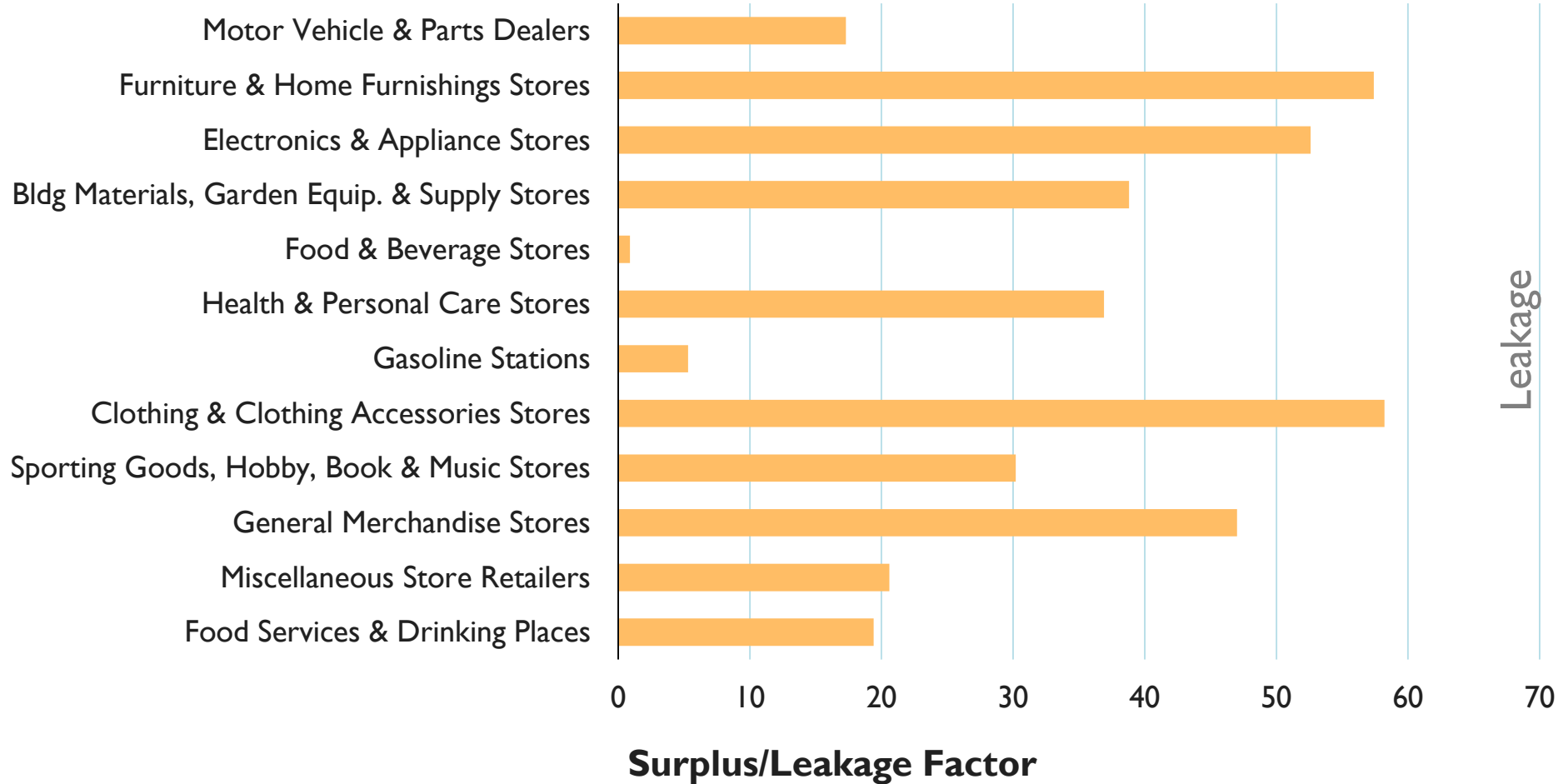




Fauquier County Retail Report 2016

Leakage: Demands for services/goods not being met within the Study Area (ex. Residents leave the Study Area for retail)

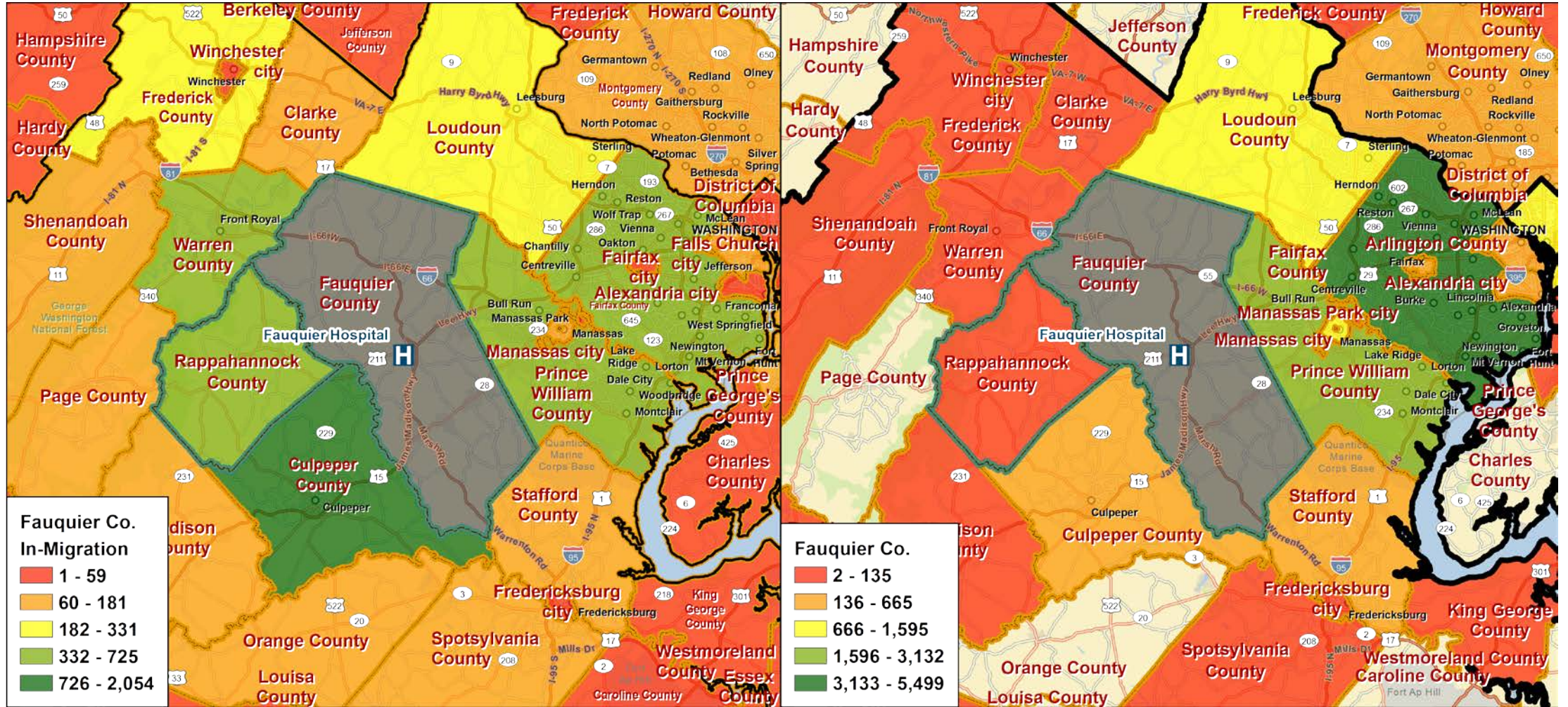
Surplus: Excess of services/goods being sold in the area (ex. The Study Area attracts shoppers from outside the Study Area)





Fauquier County Commuter In-migration

Fauquier County Commuter Out-migration



In Migration	Out Migration	Net Flux
6,904	16,402	-9,498

Psychographics

Fauquier and Rappahannock Counties CHNA



Tapestry Profile

Tapestry Profile –
Neighborhood classification
based on purchasing and
lifestyle behaviors

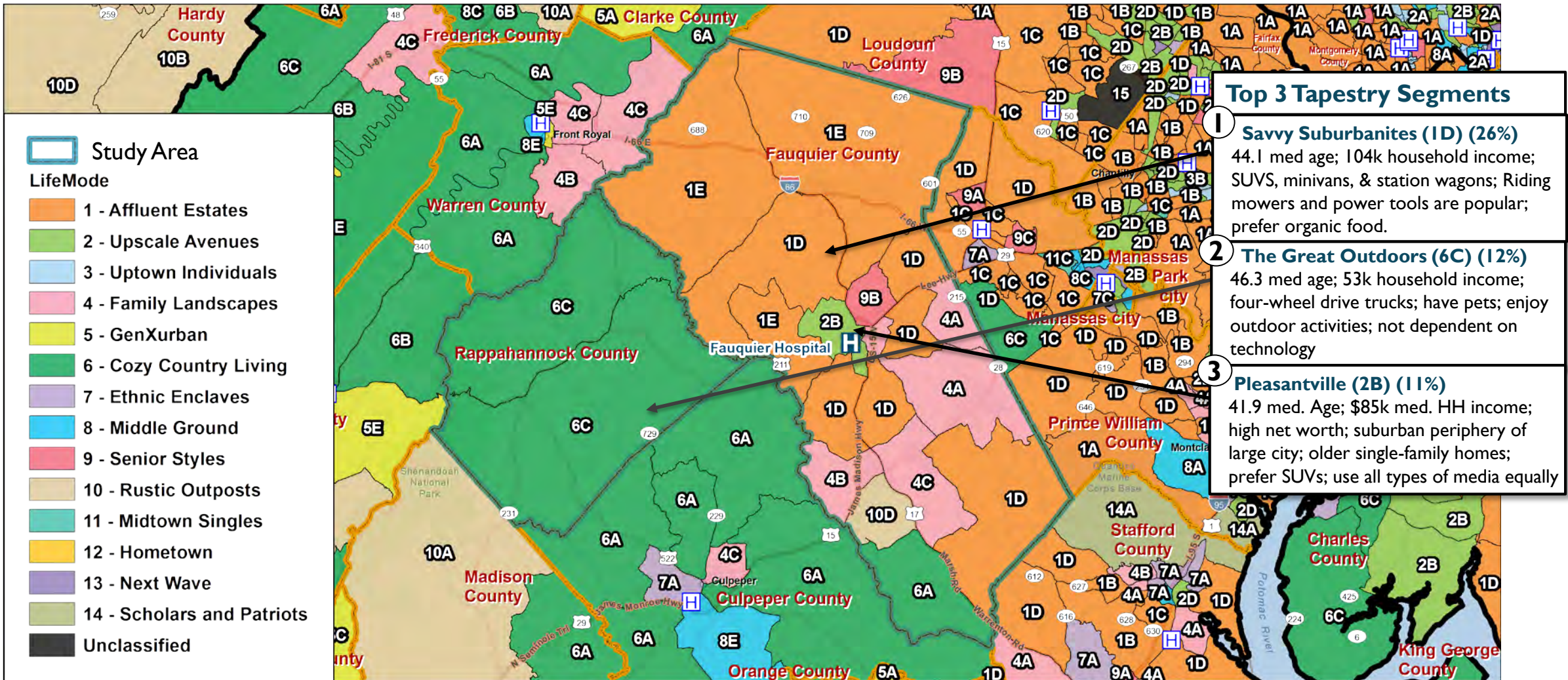
14 LifeModes
67 Tapestry Segments

L1 Affluent Estates 1A) Top Tier 1B) Professional Pride 1C) Boomburbs 1D) Savvy Suburbanites 1E) Exurbanites	L2 Upscale Avenues 2A) Urban Chic 2B) Pleasantville 2C) Pacific Heights 2D) Enterprising Individuals	L3 Uptown Individuals 3A) Laptops & Lattes 3B) Metro Renters 3C) Trendsetters	L4 Family Landscapes 4A) Soccer Moms 4B) Home Improvement 4C) Middleburg	L5 Gen X Urban 5A) Comfortable Empty Nesters 5B) In Style 5C) Parks & Rec 5D) Rustbelt Tradition 5E) Midlife Constants	L6 Cozy Country Living 6A) Green Acres 6B) Salt of the Earth 6C) The Great Outdoors 6D) Prairie Living 6E) Rural Resort Dwellers 6F) Heartland Communities	L7 Ethnic Enclaves 7A) Up & Coming Families 7B) Urban Villages 7C) American Dreamers 7D) Barrios Urbanos 7E) Valley Growers 7F) Southwestern Families
L8 Middle Ground 8A) City Lights 8B) Emerald City 8C) Bright Young Professionals 8D) Downtown Melting Pot 8E) Front Porches 8F) Old & Newcomers 8G) Hardscrabble Road	L9 Senior Styles 9A) Silver & Gold 9B) Golden Years 9C) The Elders 9D) Senior Escapes 9E) Retirement Communities 9F) Social Security Set	L10 Rustic Outposts 10A) Southern Satellites 10B) Rooted Rural 10C) Diners & Miners 10D) Down the Road 10E) Rural Bypasses	L11 Midtown Singles 11A) City Strivers 11B) Young & Restless 11C) Metro Fusion 11D) Set to Impress 11E) City Commons	L12 Hometown 12A) Family Foundations 12B) Traditional Living 12C) Small Town Simplicity 12D) Modest Income Homes	L13 Next Wave 13A) International Marketplace 13B) Las Casas 13C) NeWest Residents 13D) Fresh Ambitions 13E) High Rise Renters	L14 Scholars & Patriots 14A) Military Proximity 14B) College Towns 14C) Dorms to Diplomas

LifeMode Group	L2 Upscale Avenues
Tapestry, Segmentation, Number, and Name	2A) Urban Chic 2B) Pleasantville 2C) Pacific Heights 2D) Enterprising Individuals



Dominant Tapestry Segmentation by Census Tract





WHAT Report: Fauquier & Rappahannock Counties

Health and Behavior Habits

Health Habits of Your Community	More-Likely
Visited doctor in last 12 mo: internist	201
Spent \$150+ at beauty salons in last 6 months	196
Used Weight Watchers as diet method	192
Own elliptical	185
Used SPF 30-49 sunscreen product in last 12 months	185
Filled prescription/12 mo: by mail order	181
Own treadmill	180
Own weight lifting equipment	169
Exercise at club 2+ times per week	165
Visited a day spa in last 6 months	163
Spent on contact lenses in last 12 mo: \$200+	160
Visited doctor in last 12 mo: dermatologist	159
Used SPF 50+ sunscreen product in last 12 months	156

Behavior Habits of Your Community	More-Likely
Contributed to environmental org in last 12 months	202
Made contribution to PBS in last 12 months	197
Contributed to social services org in last 12 mo	196
Made contribution to NPR in last 12 months	192
Served on committee for local organization	189
Participated in environmental grp/cause last 12 mo	186
Contributed to educational org in last 12 months	185
Contributed to arts/cultural org in last 12 months	184
Wrote or called a politician in last 12 months	180
Contributed to political org in last 12 months	173
Contributed to health org in last 12 months	171
Volunteered for a charitable org in last 12 months	164
Attended public meeting on town or school affairs	156

Note: United States Index is 100



WHAT Report: Fauquier & Rappahannock Counties

Communication and Technology Habits

Communication Habits of Your Community	More-Likely
HH subscribes to fiber optic	291
Listen to radio: all news format	264
Listen to radio: classical format	239
Connect to Internet at home via fiber optic	239
Listen to radio: news/talk format	216
Watched last week: Golf Channel	211
Visited website in last 30 days: shutterfly.com	209
Internet last 30 days: traded/tracked investments	206
Listen to radio: sports format	201
Own wide angle lens	199
Household subscribes to SiriusXM satellite radio	195
Own telephoto/zoom lens	193
Visited website in last 30 days: linkedin.com	191

Technology Habits of Your Community	More-Likely
Connect to Internet at home via fiber optic	239
Visited website in last 30 days: shutterfly.com	209
Internet last 30 days: traded/tracked investments	206
Own wide angle lens	199
Own telephoto/zoom lens	193
Visited website in last 30 days: linkedin.com	191
Internet last 30 days: made travel plans	182
HH owns software: personal finance/tax prep	179
HH owns software: communications/fax	178
HH spent \$1500-\$1999 on most recent home computer	177
Own e-reader/tablet: iPad	174
Own Apple iPod nano	170
Own digital single-lens reflex (SLR) camera	169

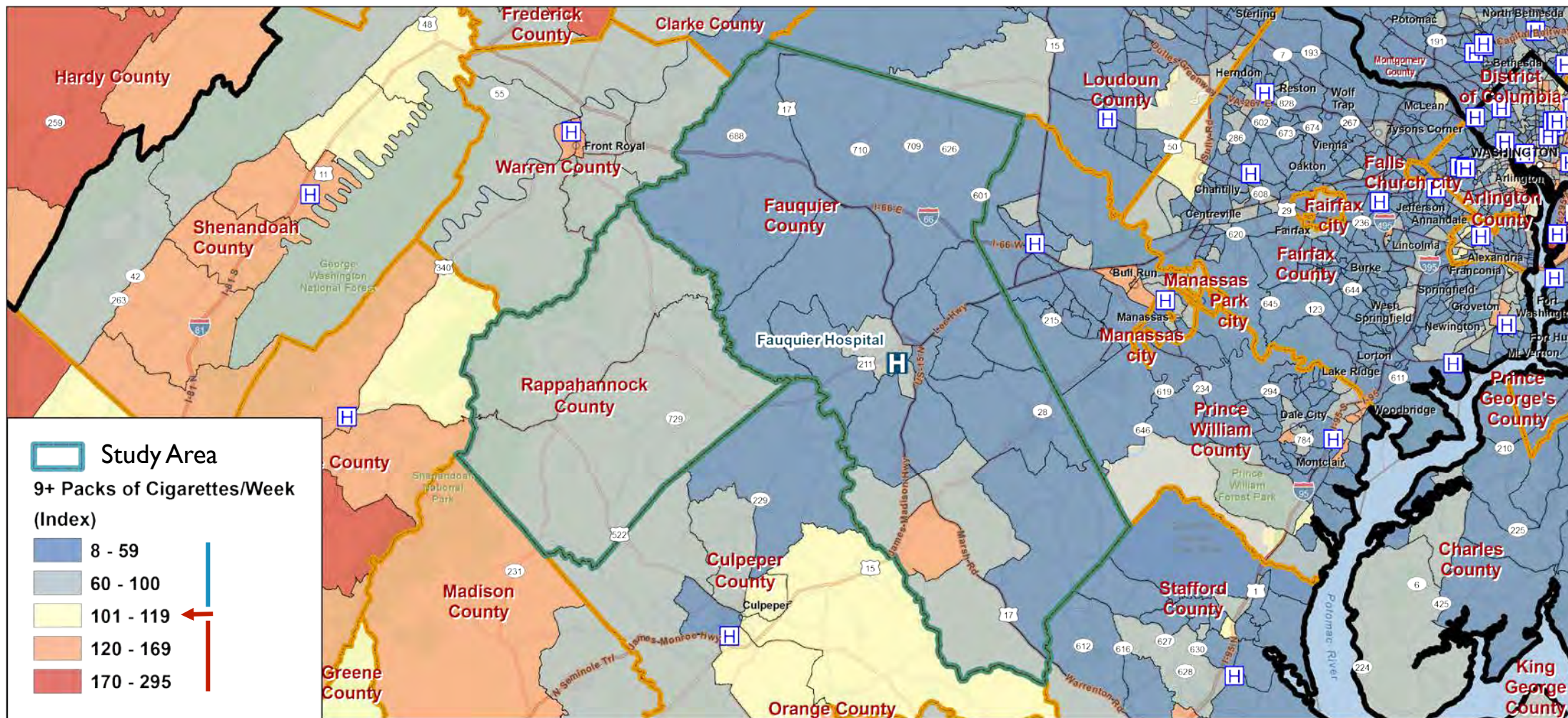
Note: United States Index is 100

Environment and Health Data

Fauquier and Rappahannock Counties CHNA

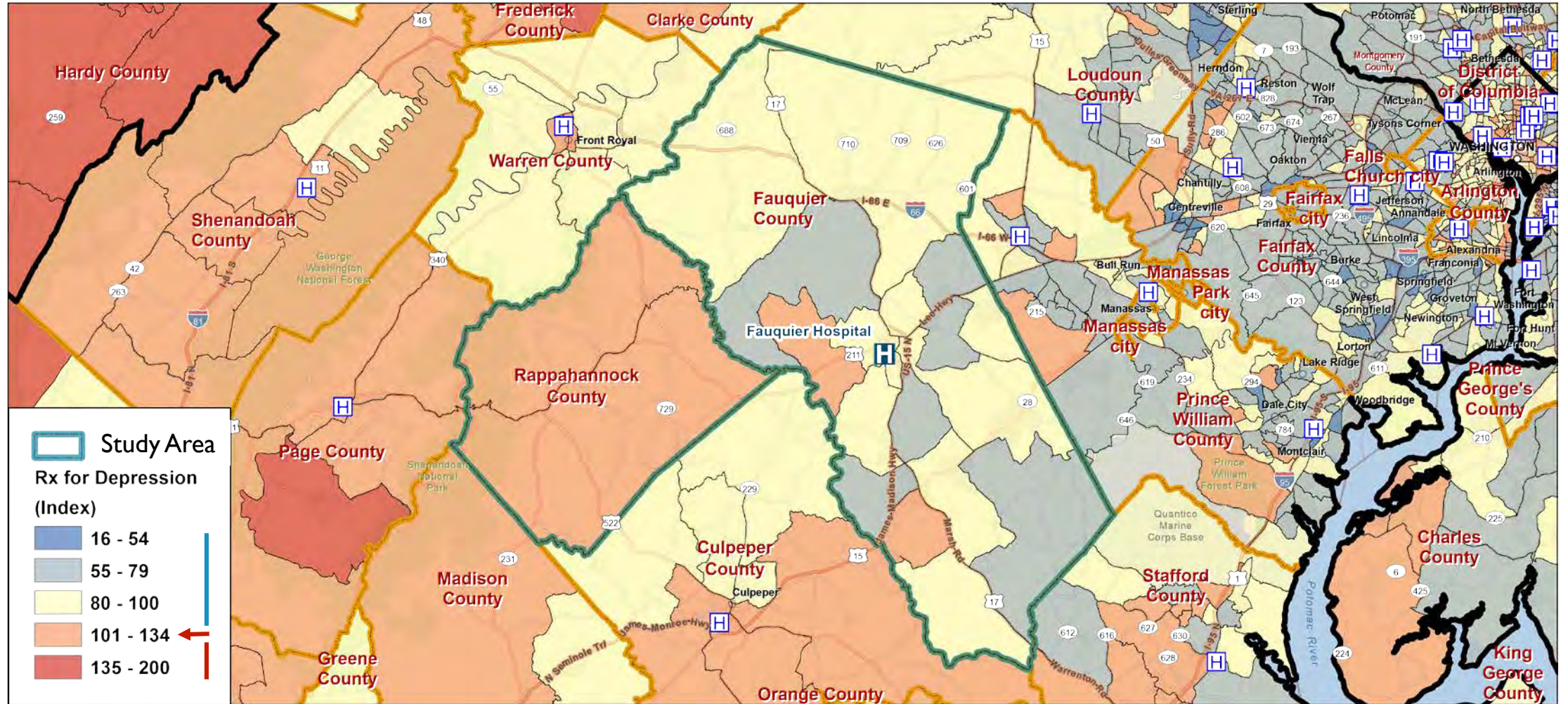


Smoke 9+ Packs of Cigarettes per Week by Census Tract



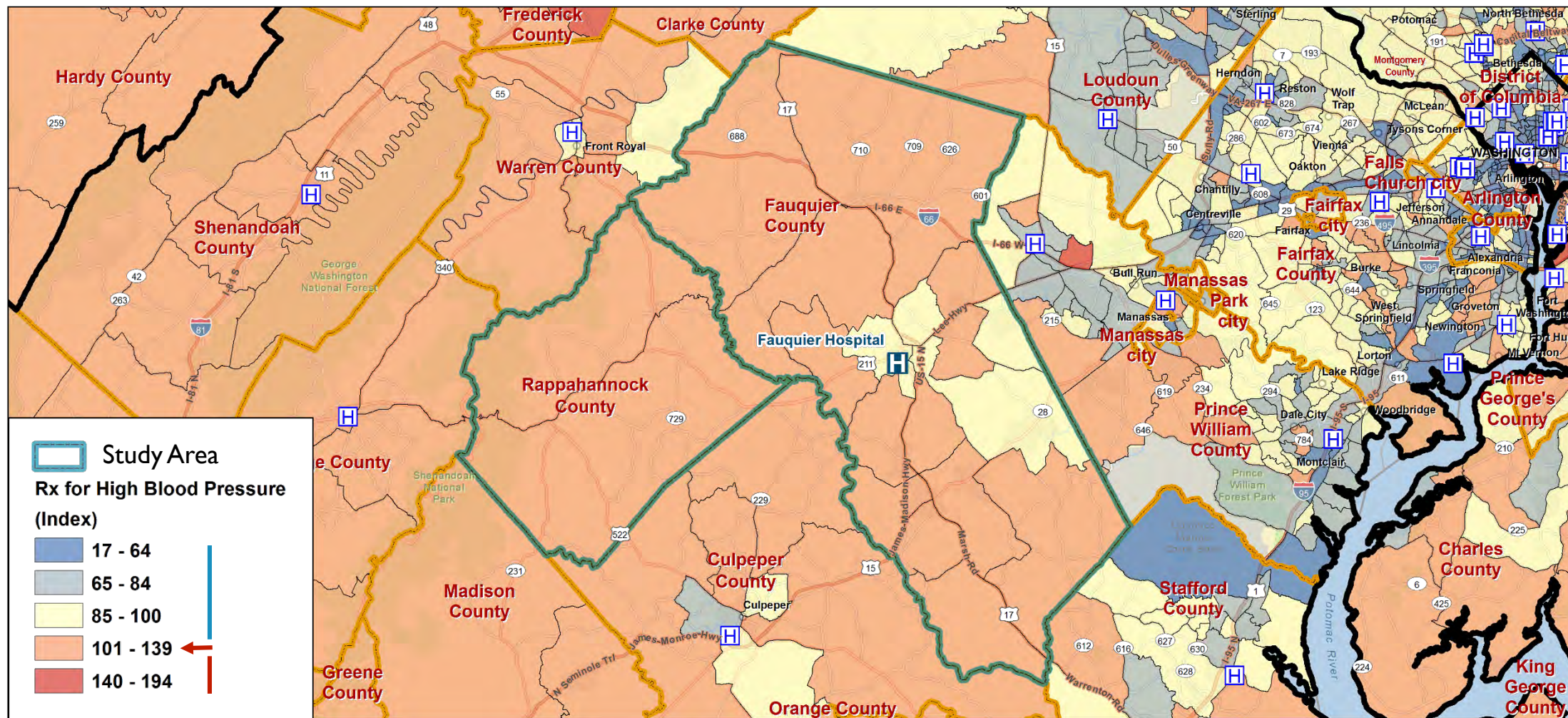


Use Prescription Drug for Depression



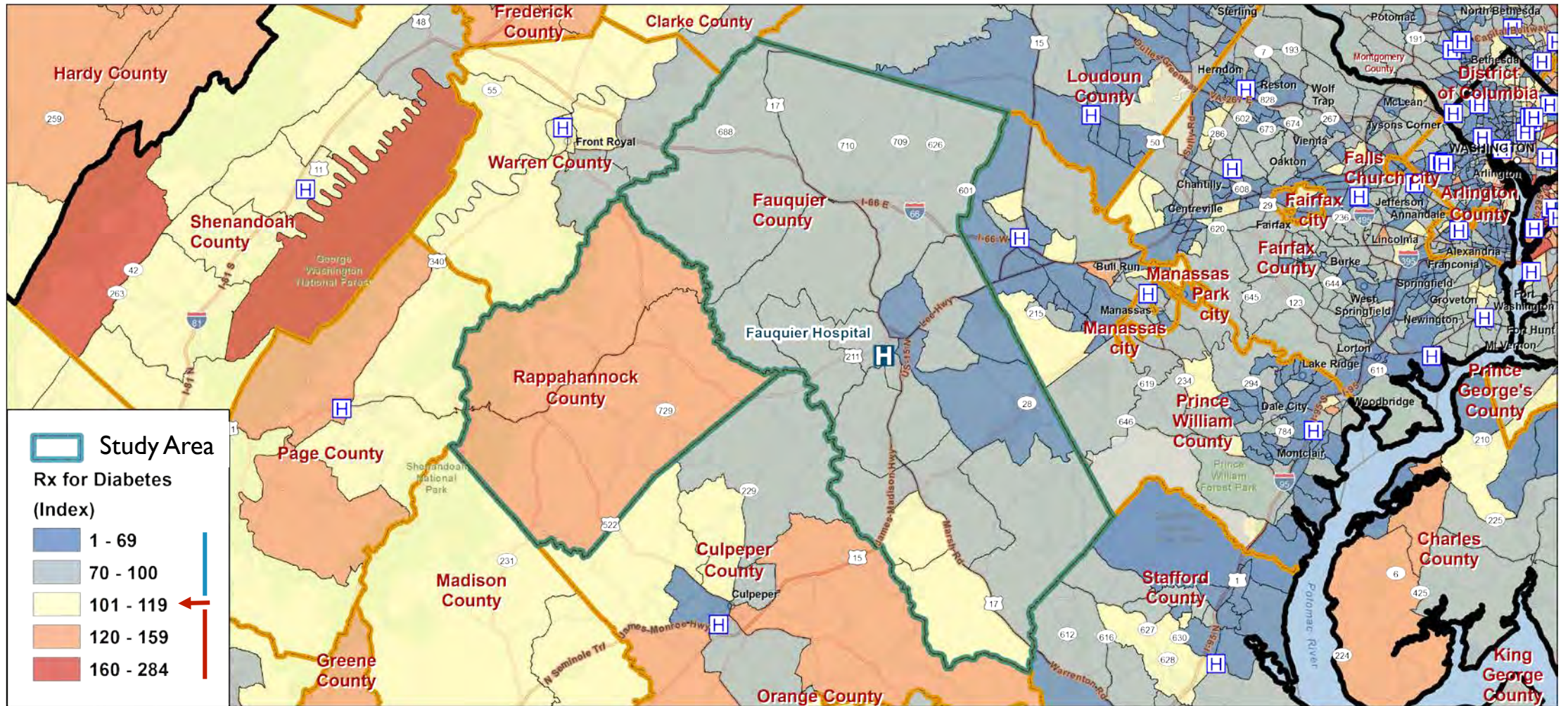


Use Prescription Drug for High Blood Pressure



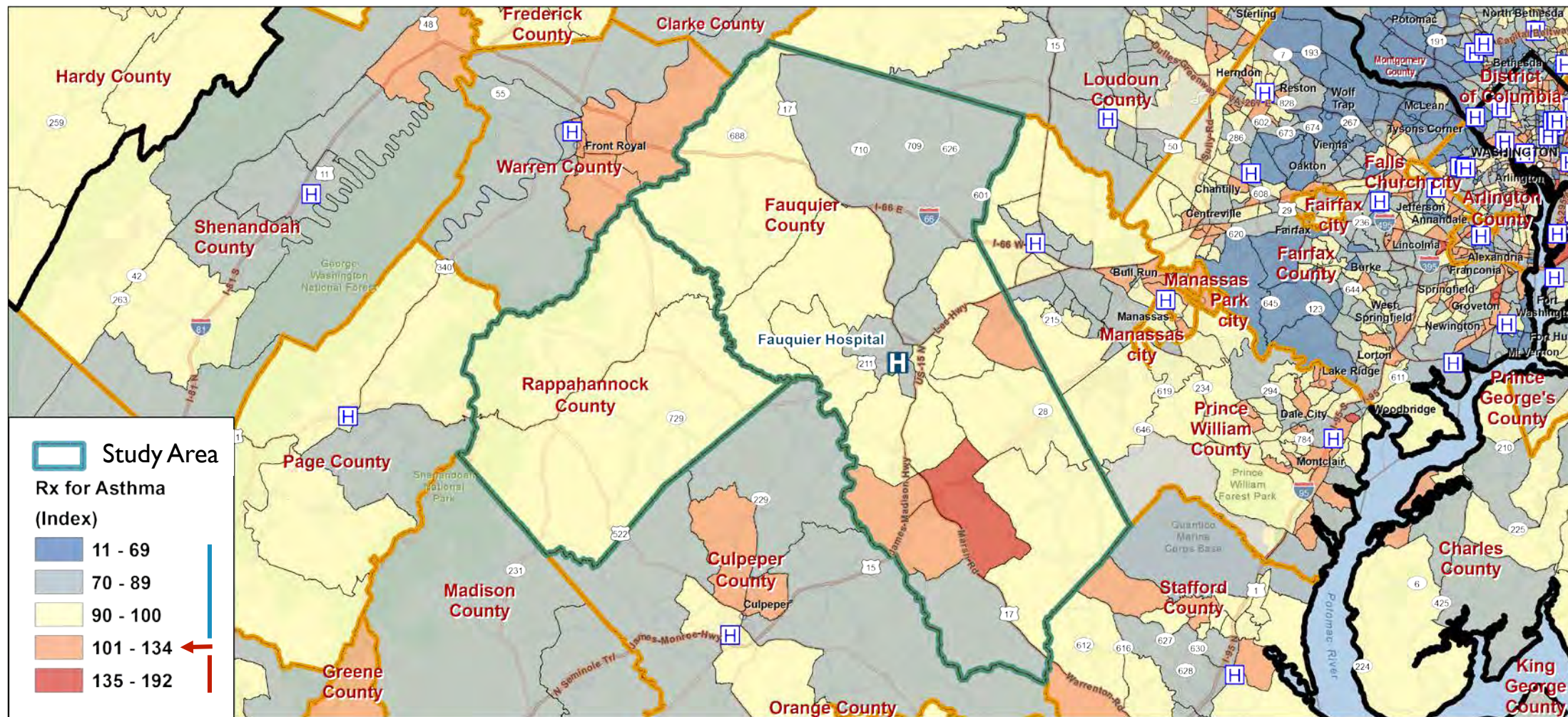


Use Prescription Drug for Diabetes (Insulin Dependent)



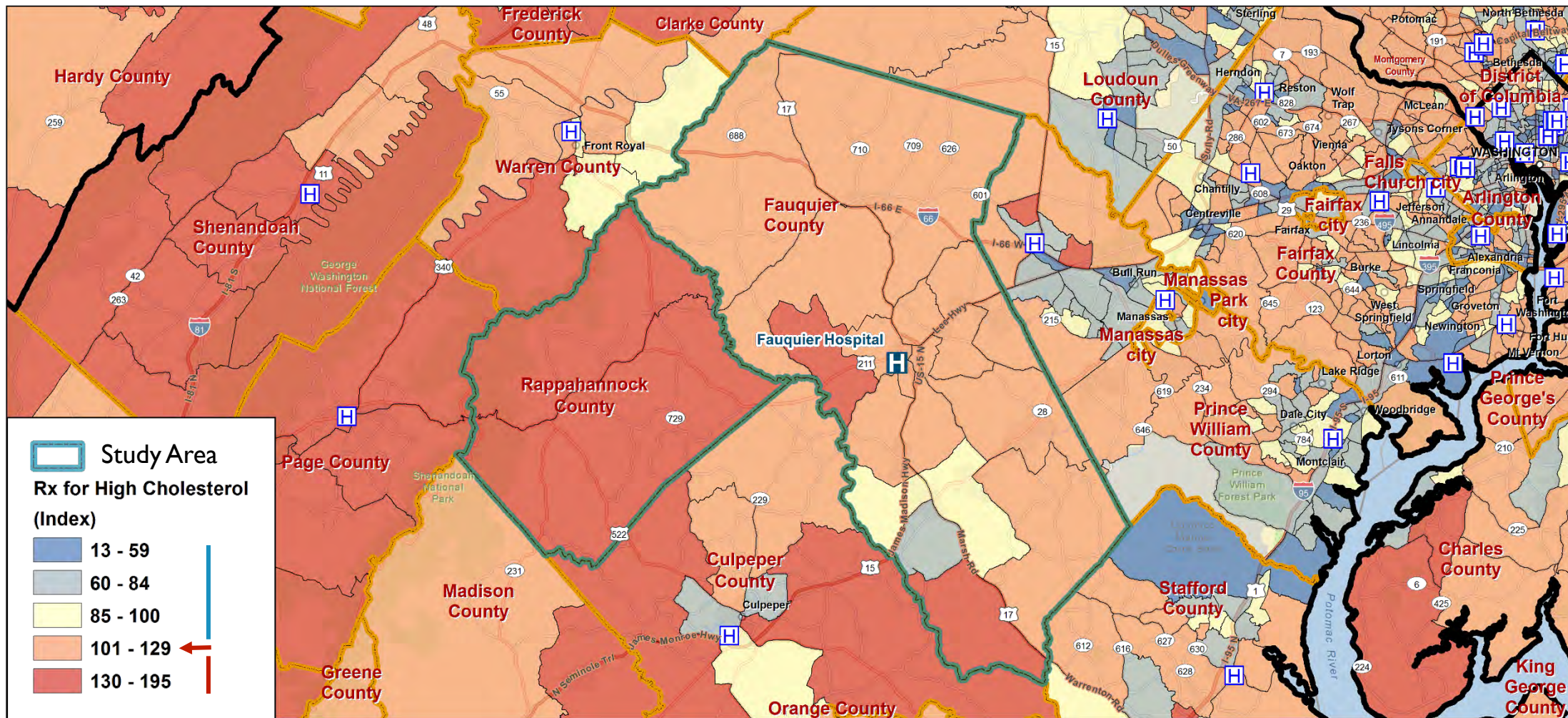


Use Prescription Drug for Asthma



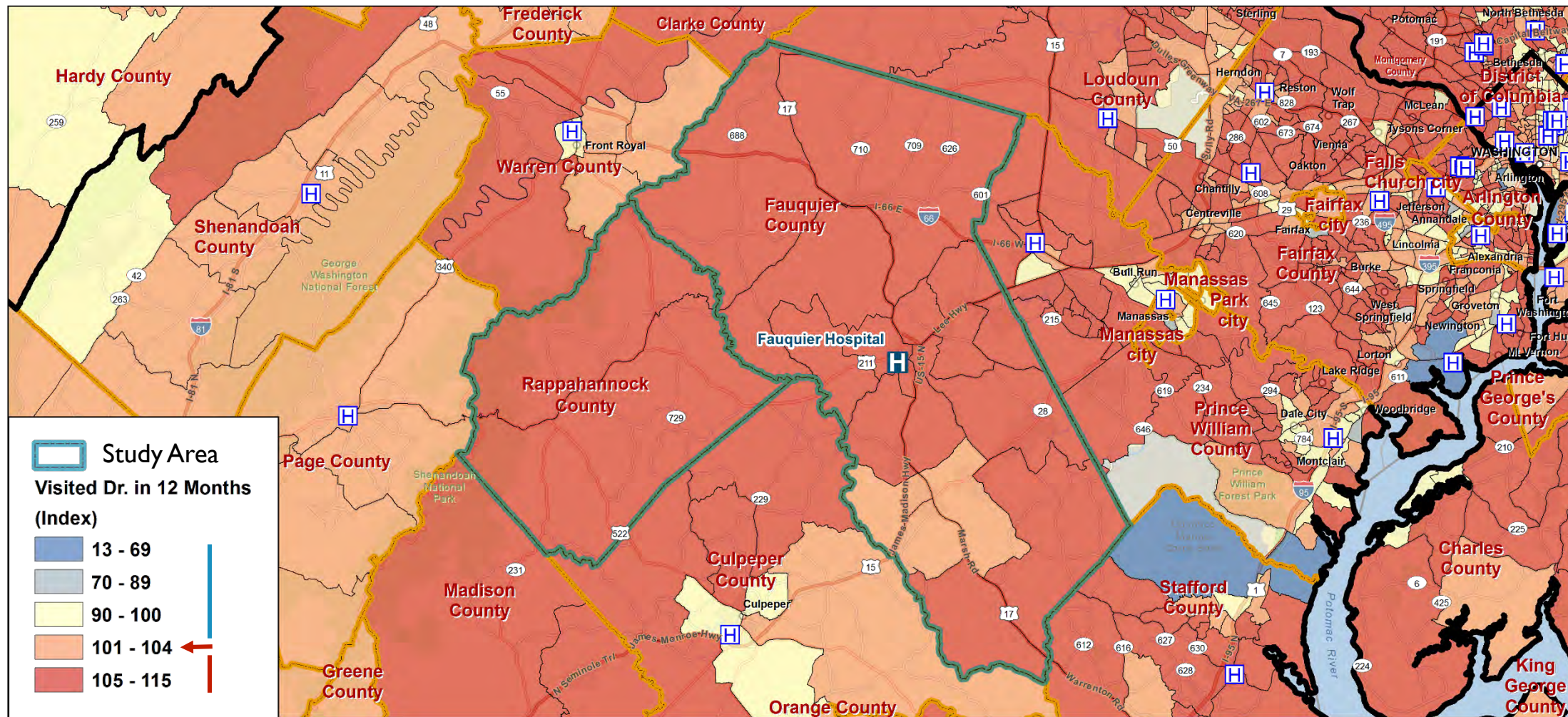


Use Prescription Drug for High Cholesterol



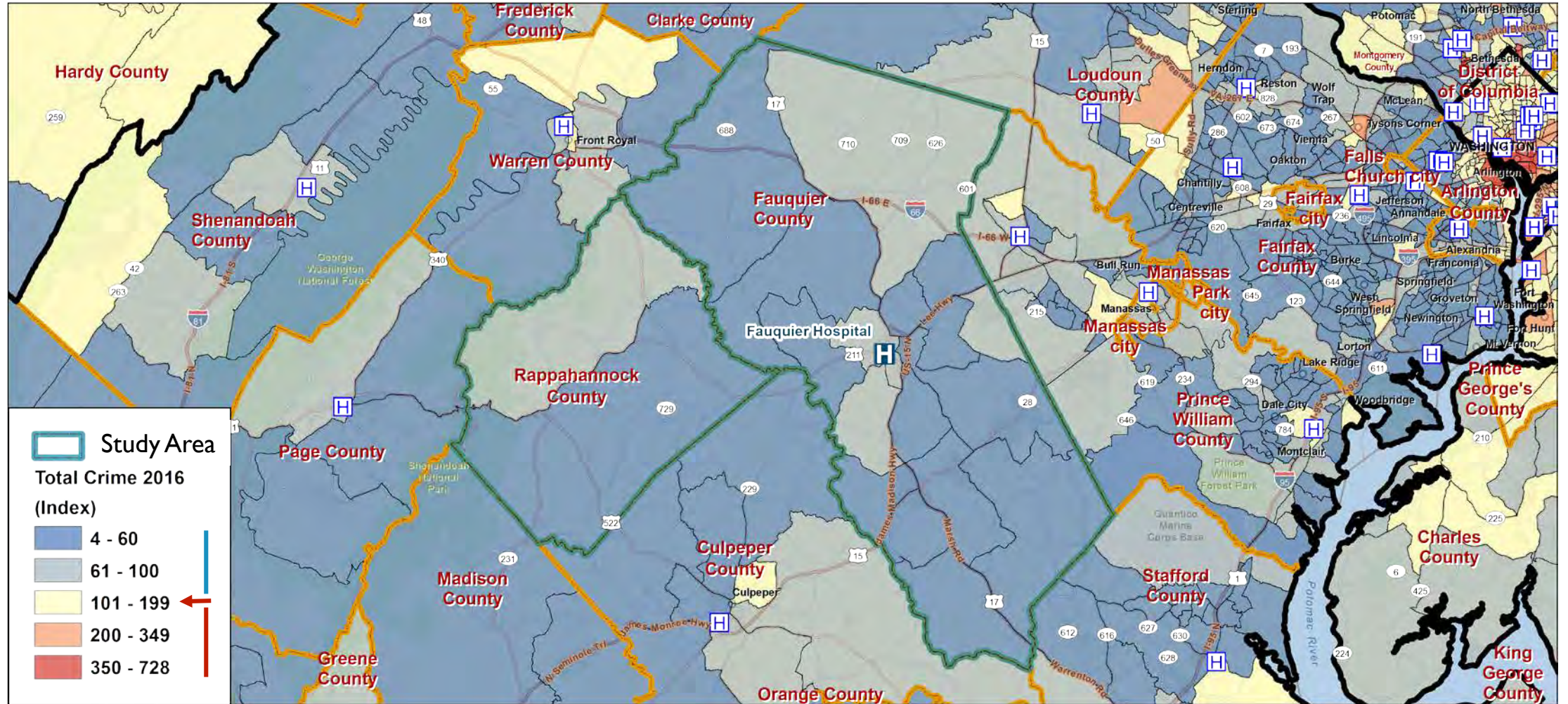


Visited a Doctor in the Last 12 Months





Crime Index Map





Community Focus Groups

Fauquier and Rappahannock Counties CHNA



Focus Group Participation

- On April 4 and 5th, 2017, 41 community members participated in three focus groups to share their opinions on community health needs.



How do you define health?

- Physical, mental, emotional and spiritual wellbeing
- Being able to do the things you enjoy
- Enjoying life, community and family, being satisfied
- Healthy lifestyle – healthy eating active living
- Health and wellness
- Community rich with resources and the capacity to meet the needs of the community
- Economic viability
- Only as healthy as the unhealthiest member of the community



Generally, how would you describe the community's health?

- There's a hole in the safety net, people who don't qualify for Medicaid and services, working poor
- Disparities based on socioeconomic; different for different people
- Elderly – have issues getting help
- Active, younger, recently retired population

What are the biggest health concerns for Fauquier and Rappahannock today?

- Mental health including depression– lack of services
- Substance abuse, including alcohol, tobacco, opioids, heroin
- Food insecurity
- Homeless or near homeless
- People with complicated illnesses having to leave the area
- Access to healthcare – transportation, doctors taking all insurance and uninsured
- Access to primary care – hard to recruit, long wait times
- Dental health
- People knowing what resources are available, including physicians and other agencies
- Affordable, quality housing
- Adult day care, affordable, quality child care
- Issues of aging – care at home
- Cost of care



What are the most important health issues facing various populations including, medically underserved, low-income and minorities?

- Dental care
- African-American community has health issues – diabetes
- Hispanic community is afraid to seek care or services
- Access for those who fall between the cracks
- Hospital is seeing more malnutrition
- NAACP has programs at the hospital – sensitivity to minority groups is important
- Rappahannock has one of the highest income disparities in the country



What are the most important health issues for children?

- Substance abuse – smoking, including e-cigarettes, alcohol, and drugs
- Mental health issues and few services
- Managing stress in a healthy way
- Activity – finding time and places to exercise, less screen time
- Healthy eating – how to cook fresh food, proper diet
- Food insecurity – feeding kids in the summertime
- Obesity
- Dental care
- Lack of recreational venues – no movie theater, bowling, mall, arcade
- Safe, affordable housing for kids



The community performed a CHNA in 2014 and identified priorities for health improvement:

- **Adult and childhood obesity**
- **Depression and mental health conditions**
- **Diabetes**
- **Substance Abuse**

What has changed the most related to health status in 3 years?

- More patients in the ED with mental health and drug addiction issues
- Increase in drug addicted babies
- Increase in mental health - issues with resilience, access to care and coverage still not solved
- Substance abuse is worse – opioid epidemic
- Obesity is still an issue
- Community coming together to work on these issues like never before
- The community is talking and working on these issues now
- Resources for diabetes are plentiful



What behaviors have the most negative impact on health?

- Inactivity
- Eating habits
- Tobacco use
- Social media
- Substance abuse – drugs and alcohol
- Managing stress in a healthy way
- Cultural issues – pride, fear



What environmental factors have the biggest issue on community health?

- Very few sidewalks or walkable communities
- Rural nature – great distances to resources, low density of population
- Long commutes – bedroom community of DC and northern VA
- Traffic on 29
- Lack of affordable, quality housing
- Narrow roads and fast cars
- Lack of tolerance for bikers
- Upper Goose Creek Watershed – clean-up underway, polluted with e-coli
- Bealeton has poor drinking water

What were the barriers to improving health in the last 3 years and going forward?

- Tremendous number of out-migrating commuters not involved in the community
- Lack of good, local jobs, industry
- Lack of Internet and broadband in particular
- Ignoring poverty and homelessness
- Lack of information about services available
- Dearth of Spanish-language services
- Fear of people to seek care – immigration status, distrust
- Poverty/socioeconomic status
- Lack of population to support services
- Communication between stakeholders and education
- Fear of walking to school
- Liability fear – fresh food preparation
- Lack of resources in Rappahannock – no grocery, pharmacy
- Lack of transportation



What community assets support health and well-being?

- PATH Foundation
- Not-for-profit community
- Parks System
- CADRE
- Food Pantries – mobile food pantry
- Lamp program
- Schools
- Social Services
- Churches
- Great trail system
- Wonderful parks
- The WARF
- Salvation Army
- Mental Health Association
- Free Clinic
- Community Resource Guide
- Fauquier Community Coalition
- Thrift store, supply closets
- Generous community
- Community works great together

Where do members of the community turn for basic healthcare needs?

- Free Clinic
- Local primary care physicians
- Primary care physicians outside the County
- Specialists outside the County
- Fauquier Health – emergency department
- School nurse
- 911
- Health Department
- Urgent Cares
- Drug Stores
- Parrish nurse program
- Don't go at all

What does the community need in order to manage health conditions or stay healthy?

- Resource Center – go to spot to get all information about healthcare and social services
- Mental Health services
- Coordinated care
- Transportation
- Senior services
- Substance abuse services
- Dementia and care giver care
- Feed kids in the summer
- How to cook healthy, fresh foods
- Deliver services where people are
- Timely prevention
- Affordable, quality housing



If you had the power you so richly deserve and a magic wand, what priority health improvement actions should we focus on?

- Improve the local economy to improve the socioeconomics which will improve health
- Mental health services – full continuum
- Substance abuse services – full continuum
- Primary care availability for all payors
- Child psychiatrist
- Resource Center – one stop shopping for all services, navigators
- Great transportation system
- Resources for Rappahannock County
- Access to physicians via e-mail
- Time to exercise and eat healthy
- More engagement from employers – workout at work
- Mindfulness and meditation as part of corporate culture
- Keep commuters connected to the community – video chat with doctors

Community Survey

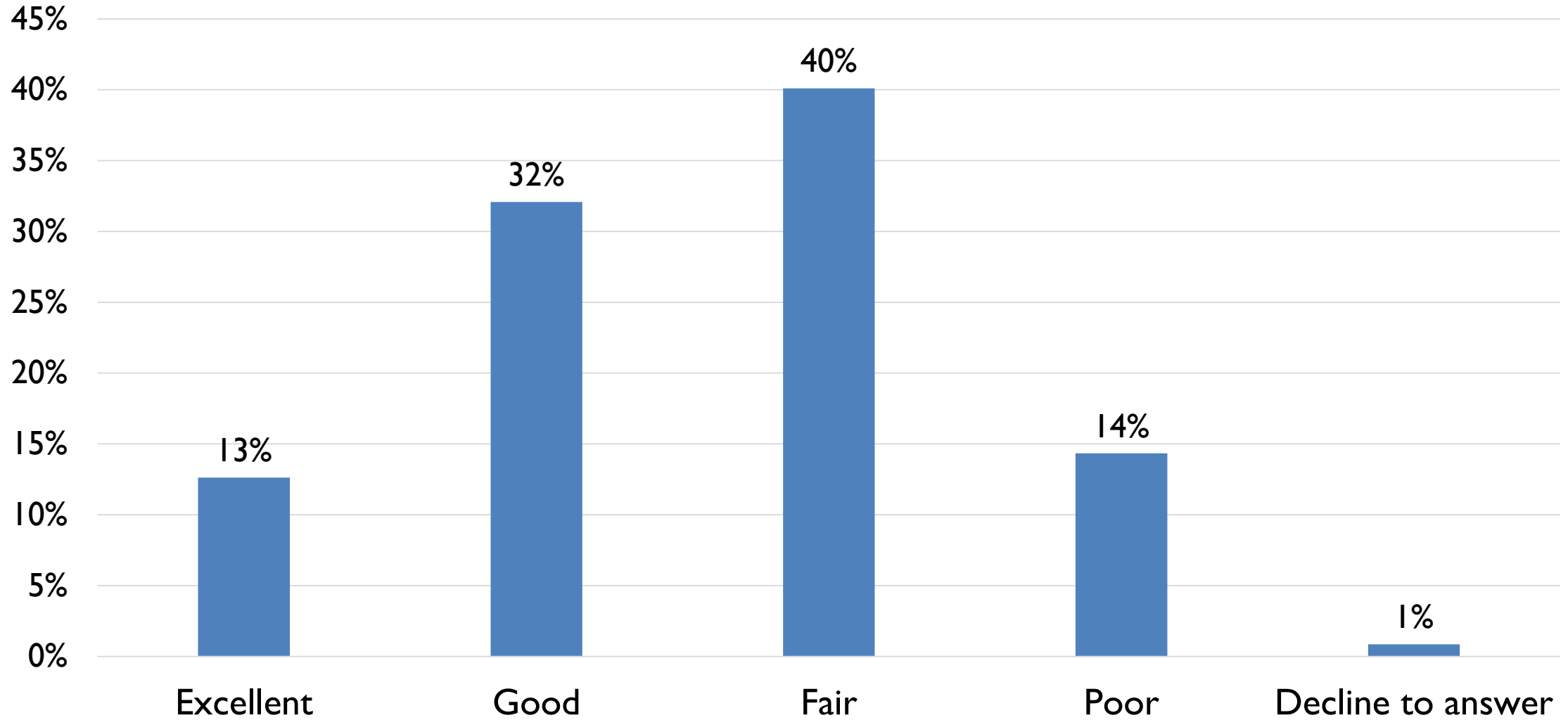
Fauquier and Rappahannock Counties CHNA



- The purpose of this research initiative is to identify specific health needs of Fauquier and Rappahannock Counties and obtain input from broad representation of the community regarding health needs of the counties.
- Fauquier Health worked closely with Stratasan to design a 32-question survey to validate the findings in the CHNA while capturing community attitudes on health and health issues.
- 586 total surveys were conducted between February 2016 and March 2016. Of those, 206 were by phone, 268 were by online survey, 124 were paper surveys in English and 6 paper surveys in Spanish.
- Once the questionnaire design was approved, Wilkins Research handled aspects of the surveying process – programming the survey, hosting, call center management, data collection, and tabulation. Stratasan analyzed and presented the data. The phone numbers used for dialing were purchased from Marketing Systems Group. The numbers were dialed at random. Both landline and cell phones were contacted.
- With a 95% confidence interval the error rate is +/-4.9%

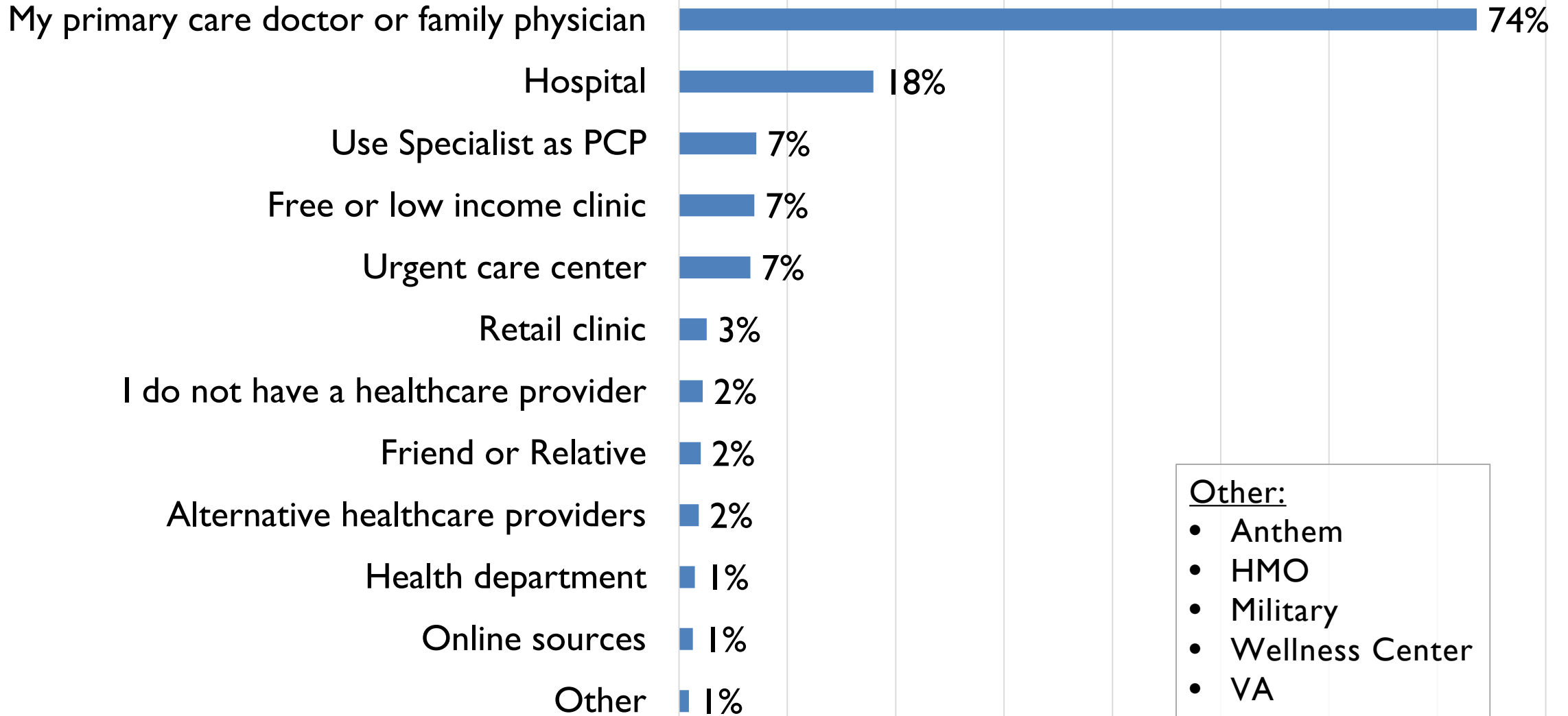


Generally, how would you describe your health?





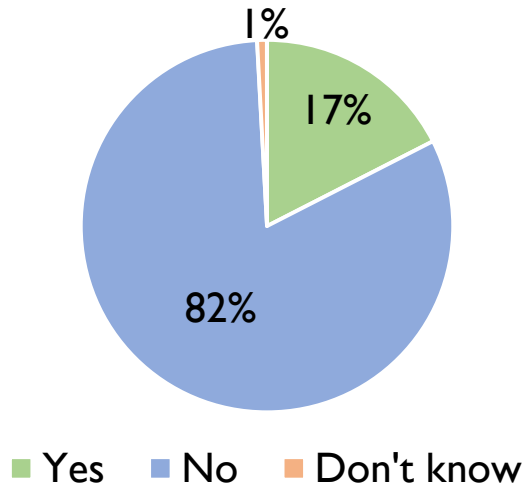
Where do you turn for your basic healthcare needs?



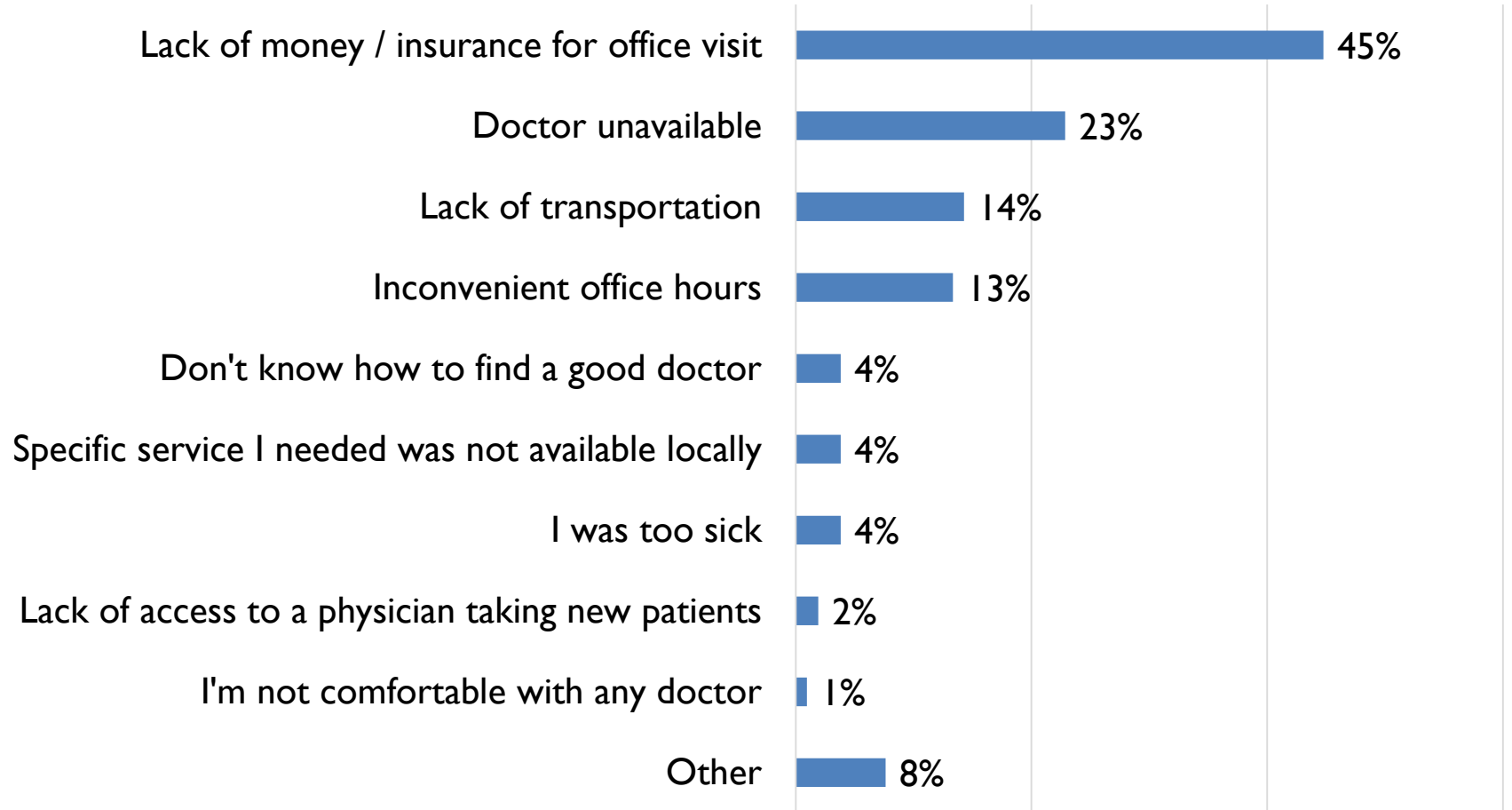


Was there a time in the past 12 months when you needed to see a doctor but could not?

Was there a time you couldn't see a doctor?



What are some reasons why you could not see a doctor?



Q7N=584, Q8N=105 'YES's

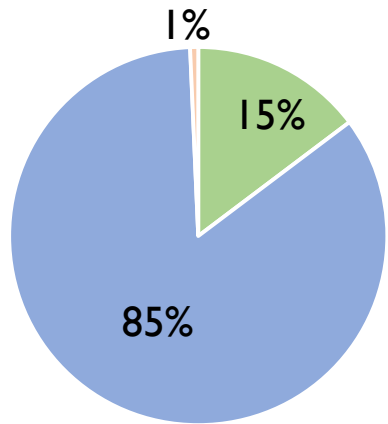
Q7: Was there a time in the past 12 months when you needed to see a doctor but could not?

Q8: What are some of the reasons why you could not see a doctor?



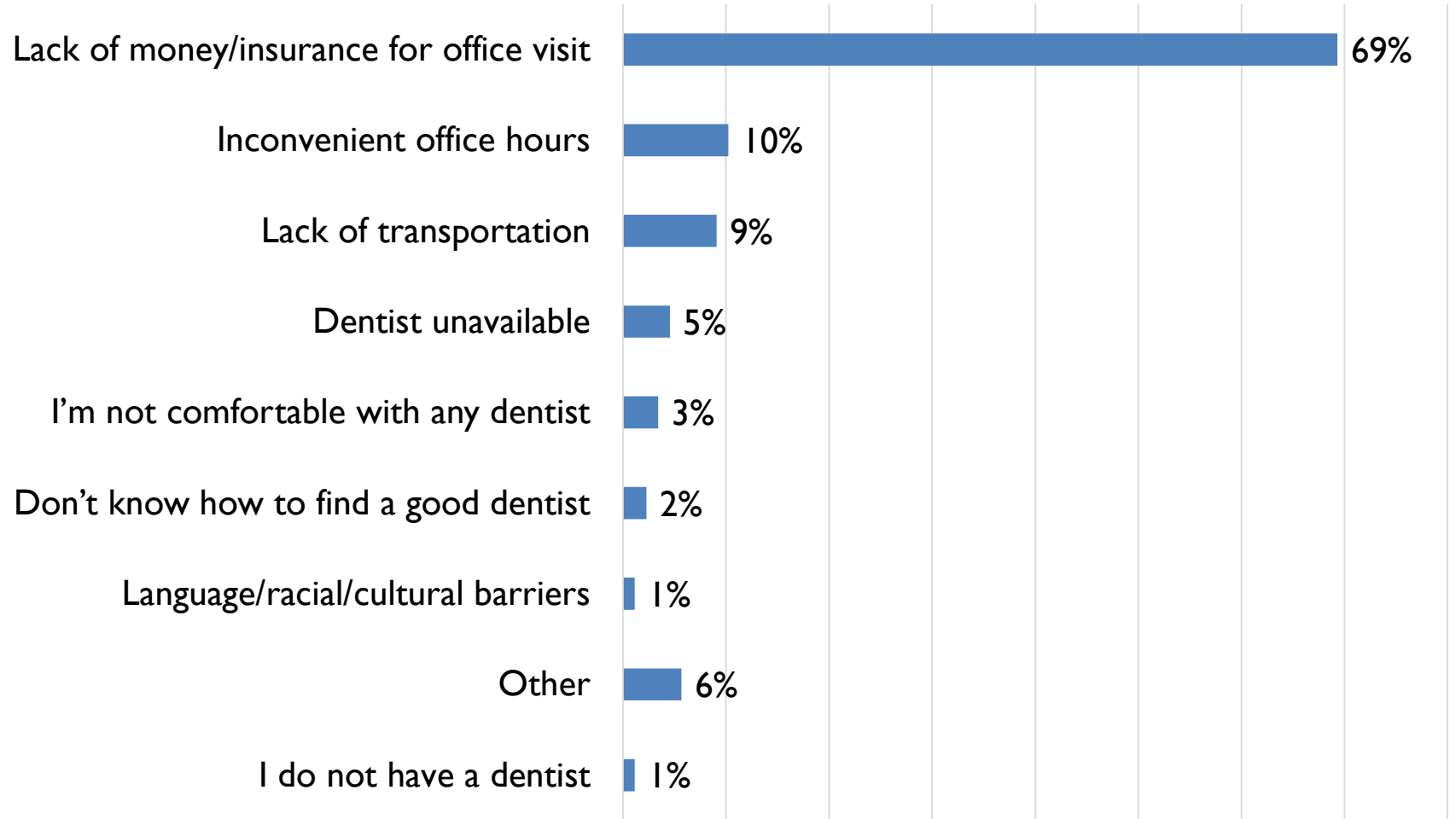
Was there a time in the past 12 months when you needed to see a dentist but could not?

Was there a time you couldn't see a dentist?



■ Yes ■ No ■ Don't know

What are some reasons why you could not?



Q9N= 577 , Q10N=88 'YES's

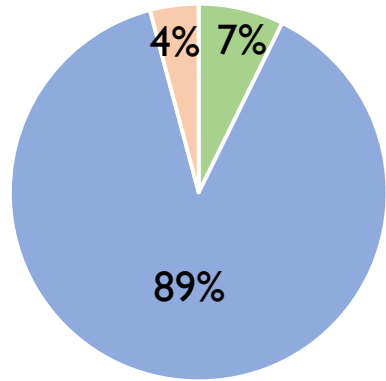
Q9: Was there a time in the past 12 months when you needed to see a dentist but could not?

Q10: What are some of the reasons why you could not see a dentist?



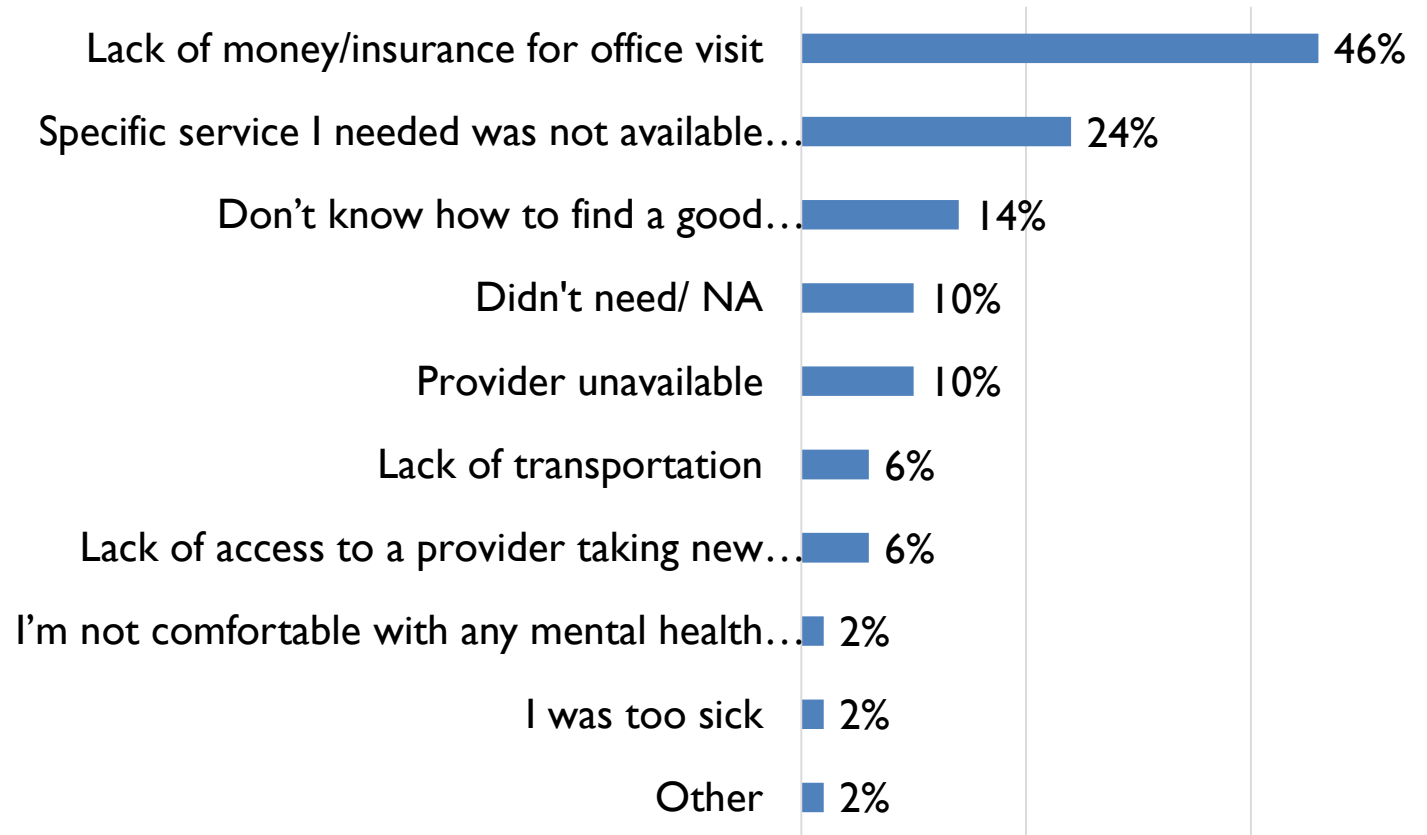
Was there a time in the past 12 months when you needed to see a mental health professional but could not?

Was there a time you couldn't see a mental health professional?



■ Yes ■ No ■ Don't know

What are some reasons why you could not?



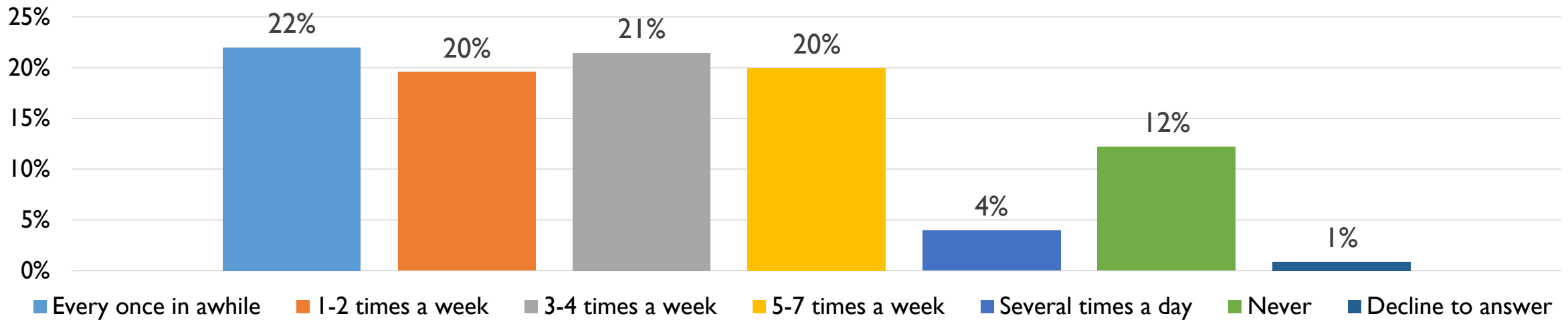
Q11N= 577, Q12N= 50 'YES's

Q11: Was there a time in the past 12 months when you needed to see a mental health professional but could not?

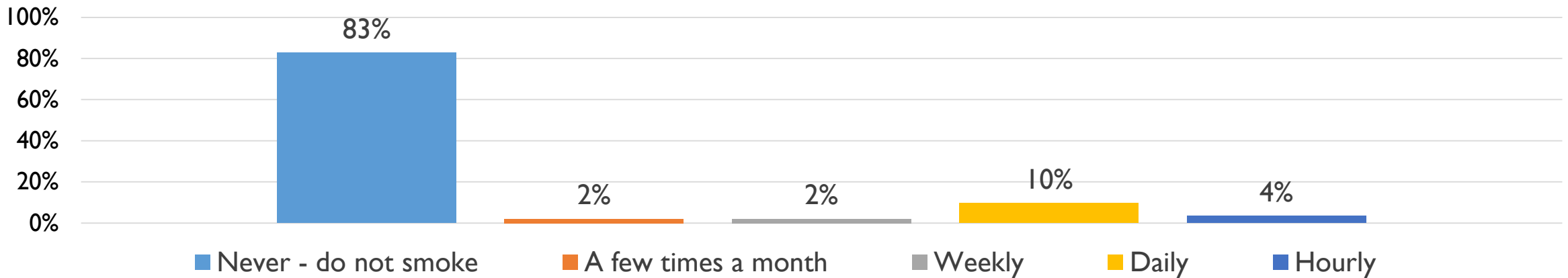
Q12: What are some of the reasons why you could not see a mental health professional?



How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?

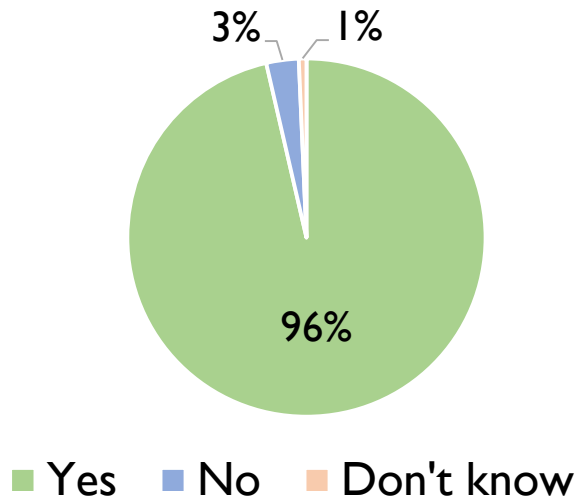


How often do you smoke, if you do?

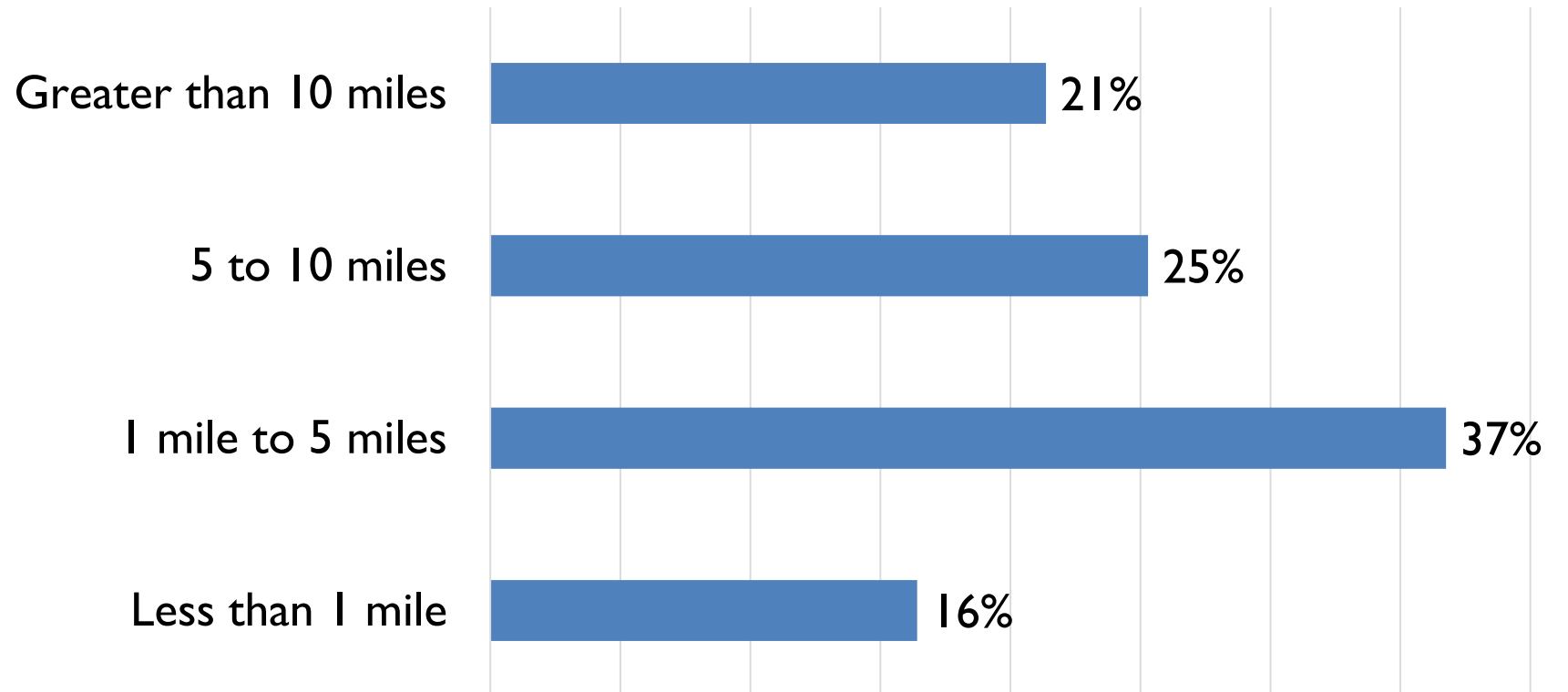


N=582 Q13: During the past month, other than on your regular job, about how often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?
 N=570 Q14: How often do you smoke, if you do?

Do you have access to healthy food?



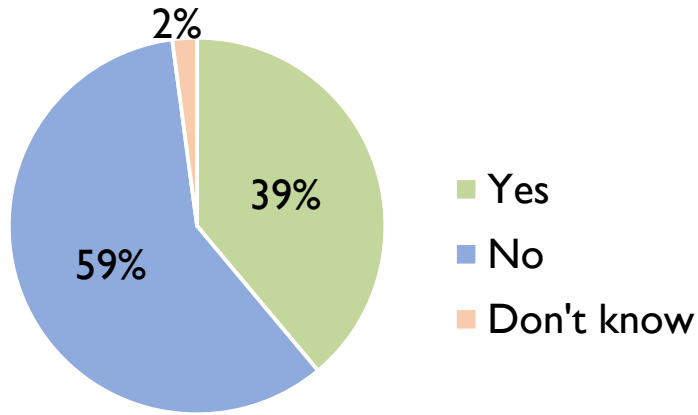
How close in distance is the nearest grocery store that offers fresh fruits and vegetables?



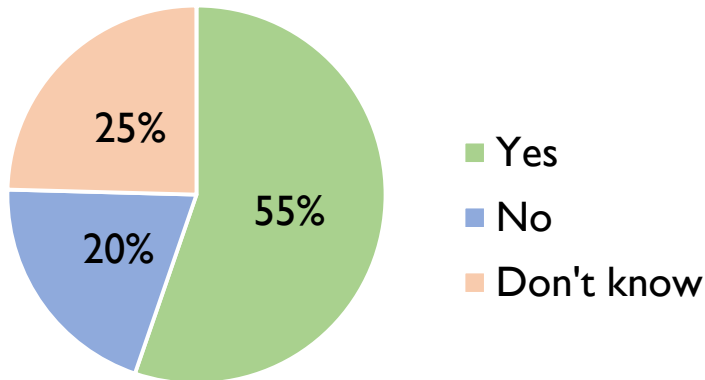


Substance Abuse

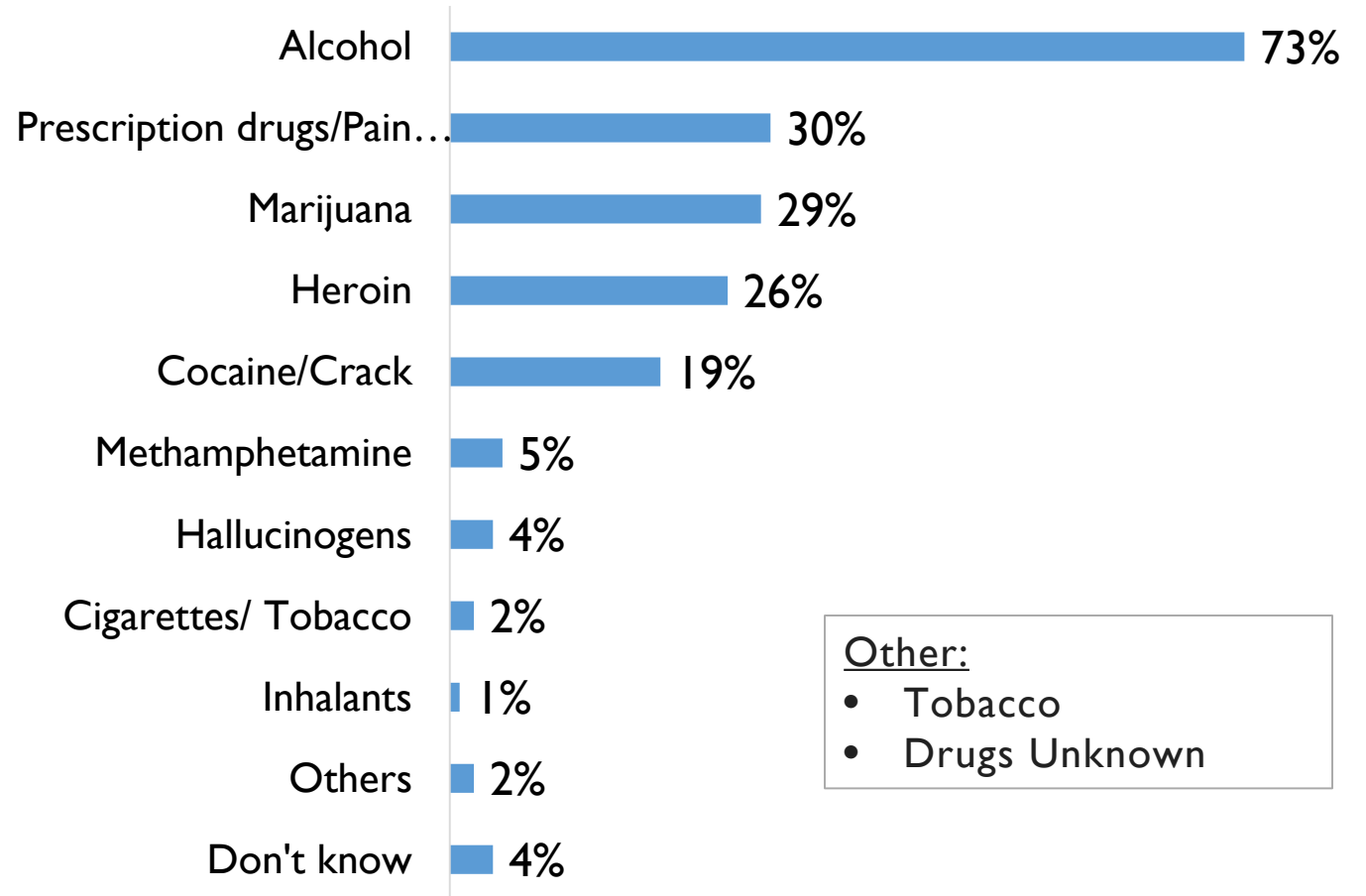
Have you, a relative or close friend experienced substance abuse or addiction?



Was there treatment available?



What was the substance involved?



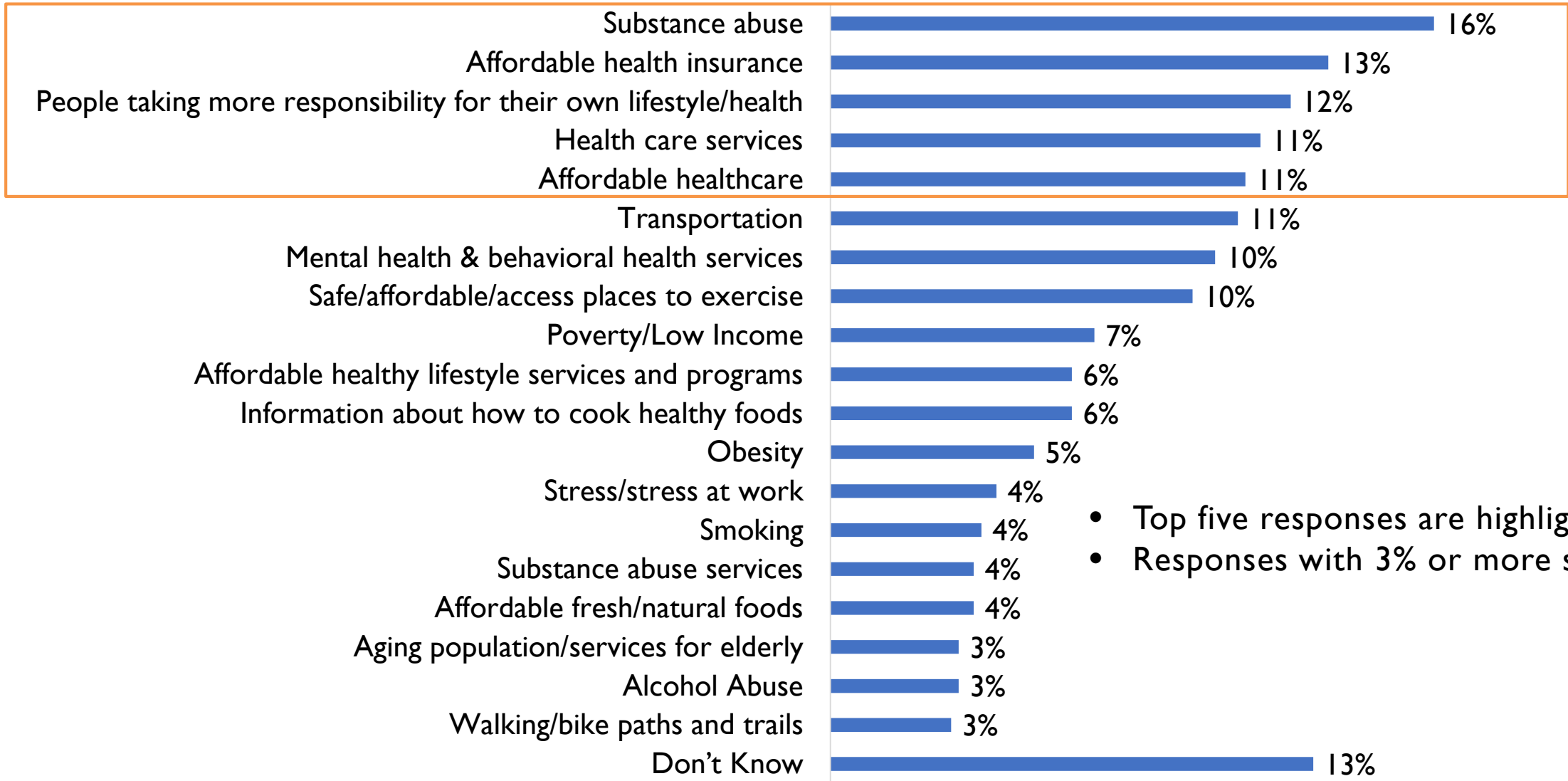
Other:

- Tobacco
- Drugs Unknown

N=568 Q17: Have you, a relative or close friend experienced substance abuse or addiction?
 N= 227 "YES's" Q18: What was the substance involved?
 N= 228 "YES's" Q19: Was addiction treatment available?



What are the top 3 issues in your community that impact people's health?

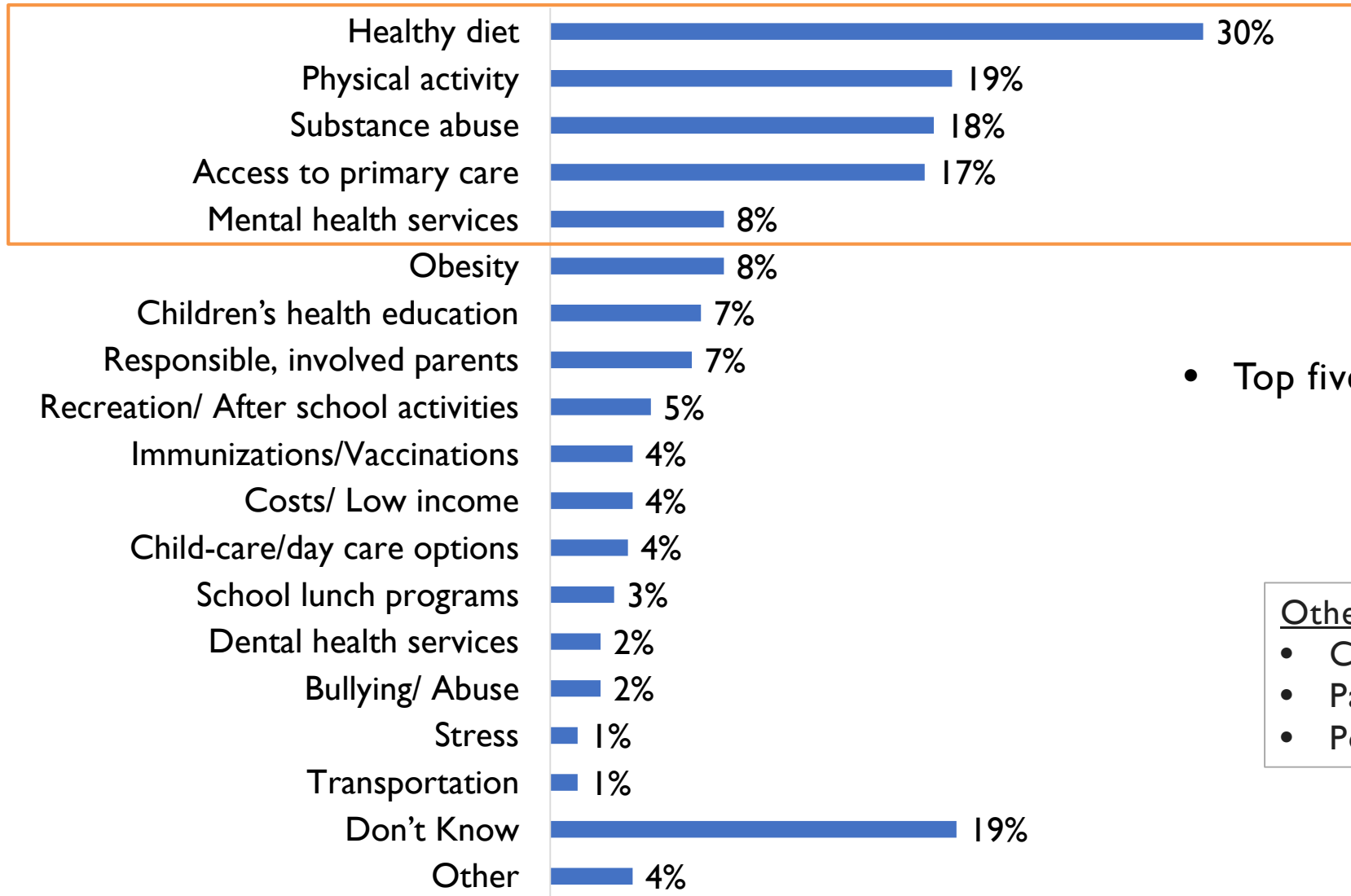


- Top five responses are highlighted
- Responses with 3% or more shown

N= 500 Q20: What are the top 2 or 3 issues in your community that impact people's health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issue you can think of. What are the top 2 or 3 issues that you can think of that impact people's health?



In your opinion, what are the top 2 or 3 health concerns for children in your community?

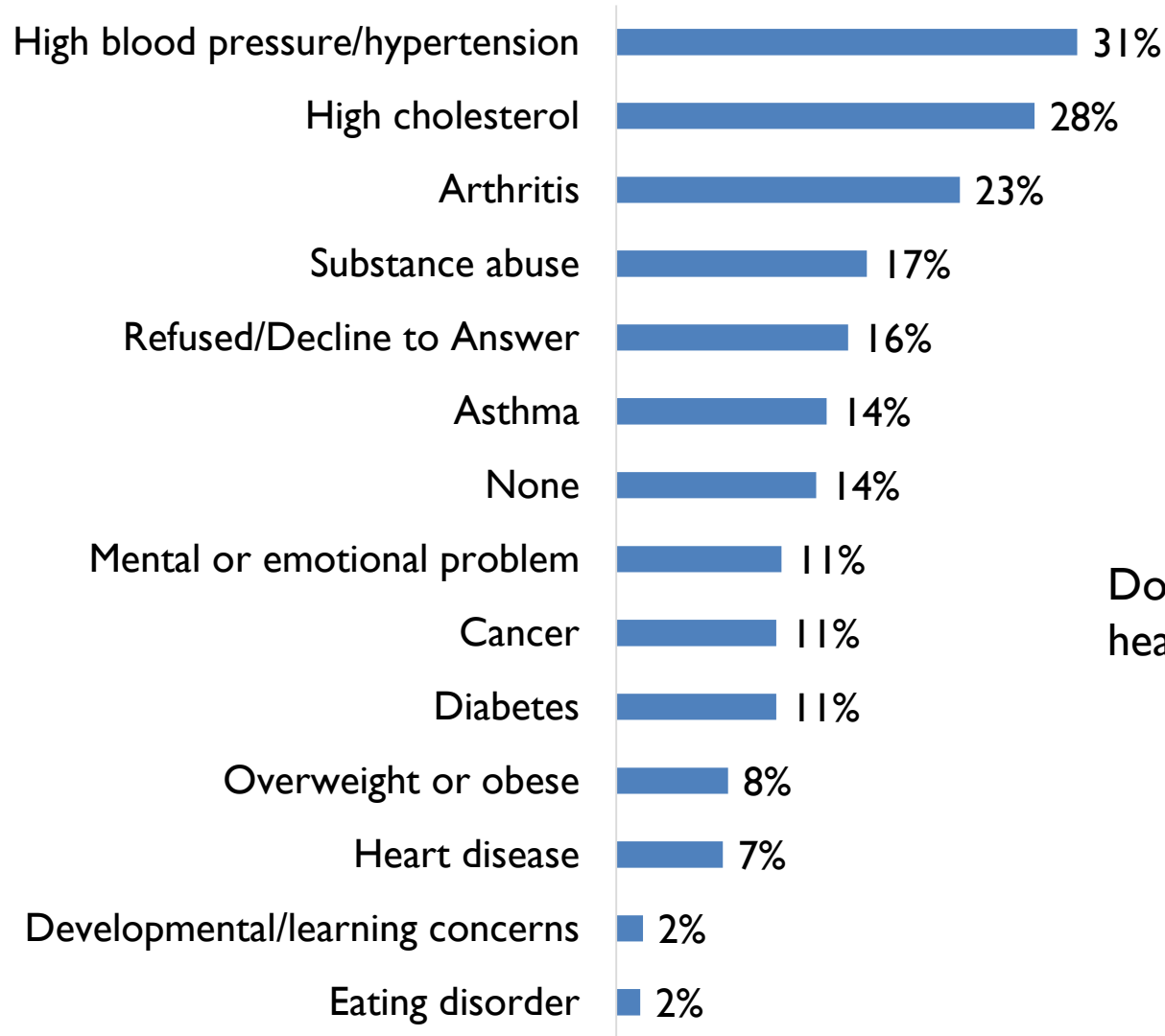


- Top five responses are highlighted

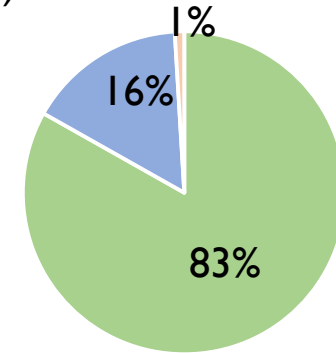
- Other:
- Child abuse
 - Parental education
 - Poor education system



Have you ever been told by a doctor you have any of these conditions, diseases or challenges?

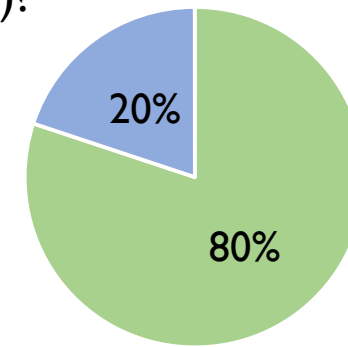


Did you receive treatment for your health condition(s)?



■ Yes ■ No ■ Decline to answer

Do you feel you have all that you need to manage your health condition(s)?



■ Yes ■ No

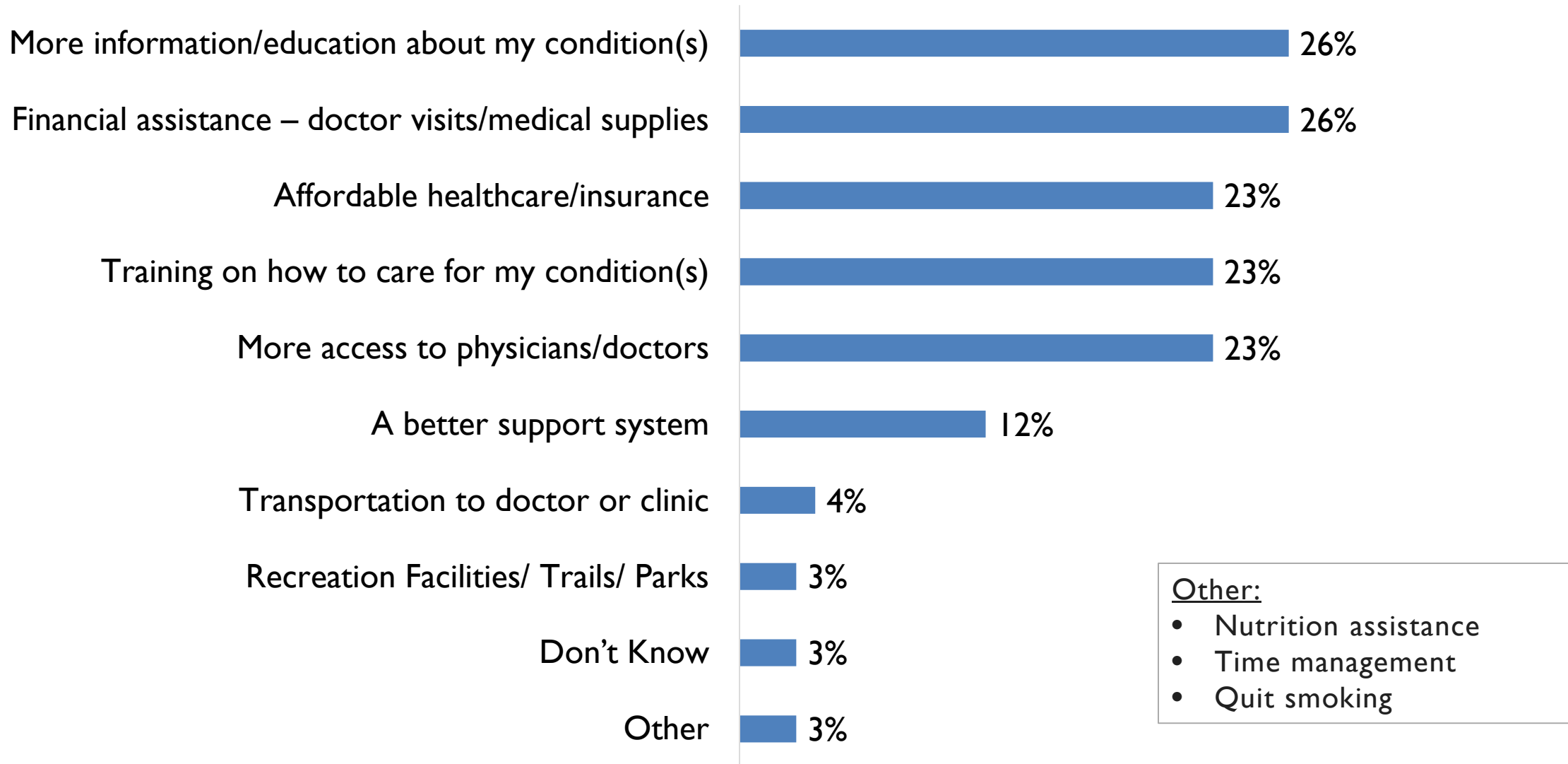
Q22N= 553 Q23N= 422 "YES's"

Q22: Have you ever been told by a doctor you have any of these conditions, diseases or challenges?

Q23: Do you feel you have all that you need to manage your health condition(s)?



What do you need in order to manage your health condition(s)?

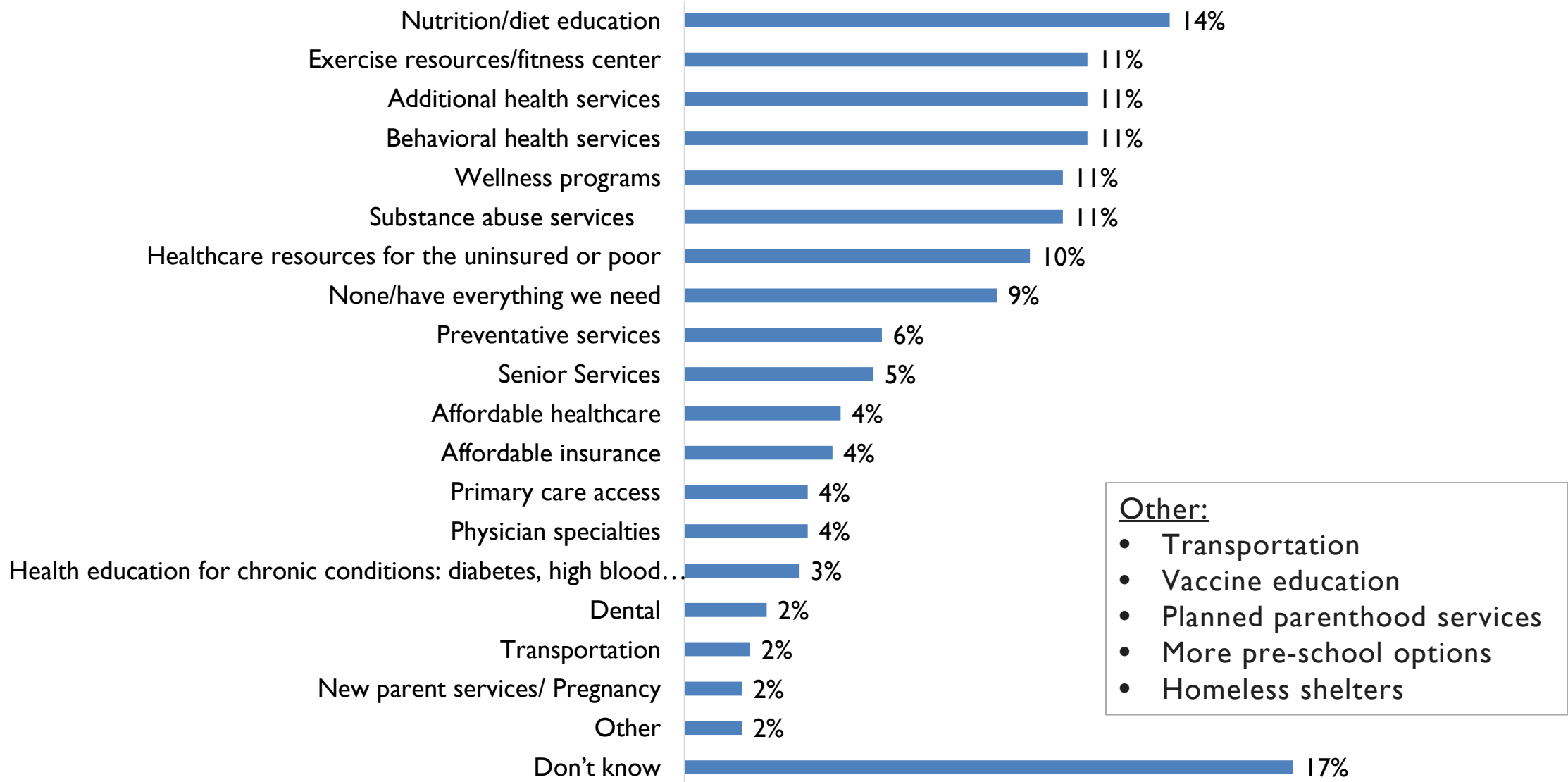


N= 111 "NO's" from Q23

Q25: What do you need in order to manage your health condition(s)?

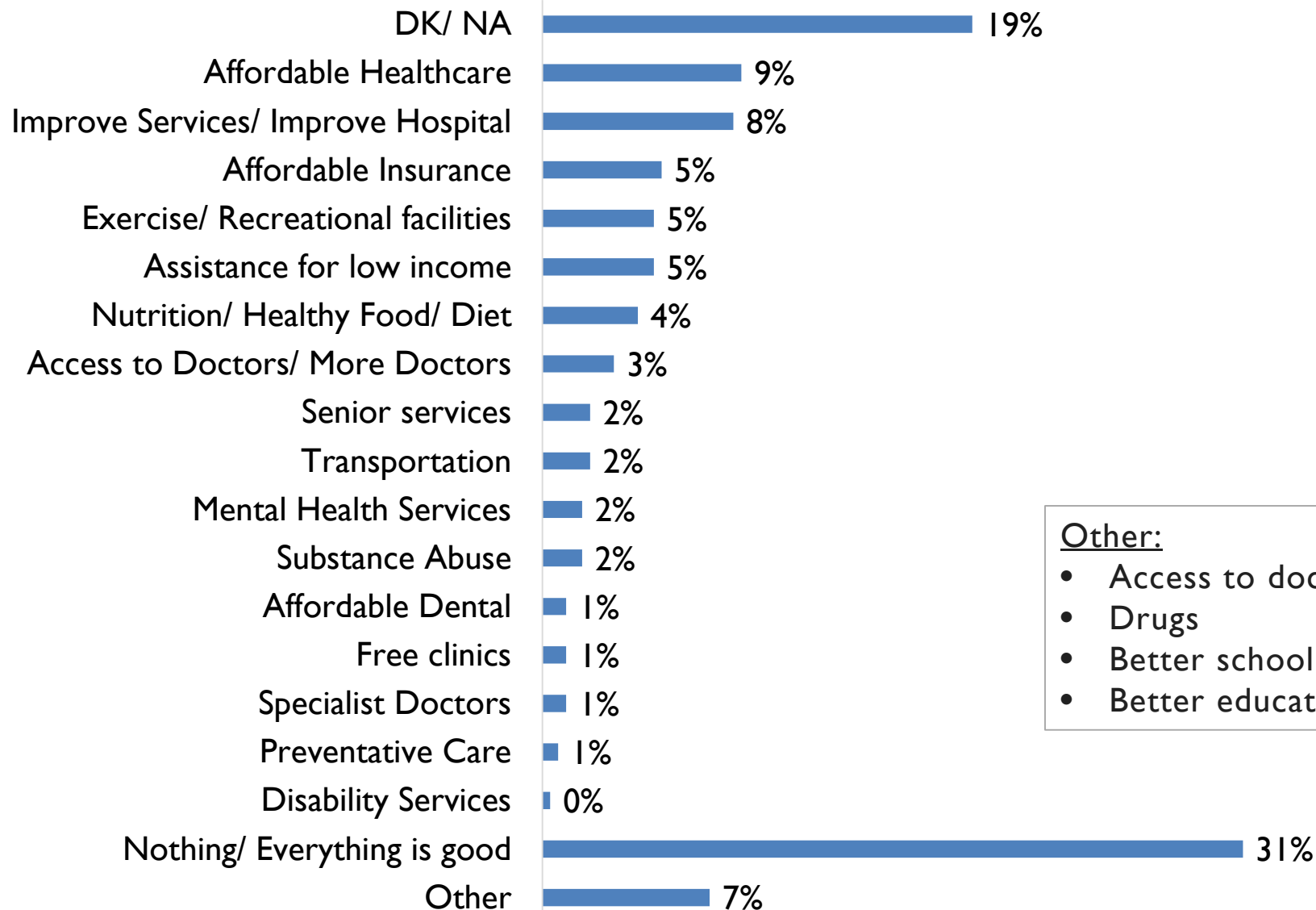


What healthcare, health education, or public health services or programs would you like to see offered in your community?





In your opinion, which are the top 3 health needs in your community?



- Other:
- Access to doctors
 - Drugs
 - Better school lunches
 - Better educations for children

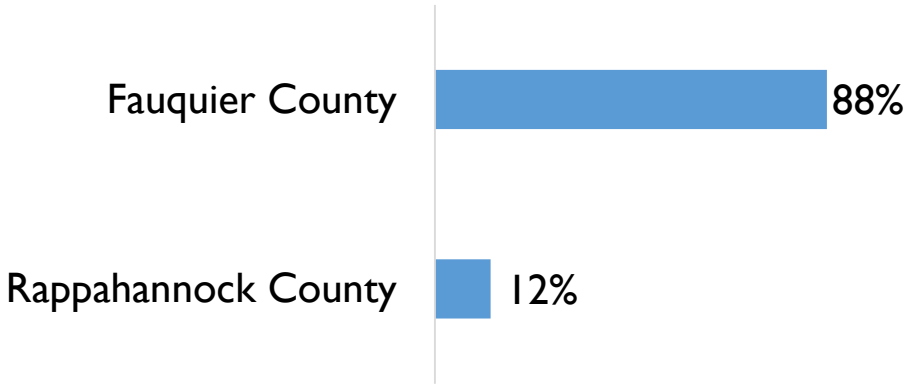
N= 287

Q28: What additional comments would you like to share regarding the health needs in the community?

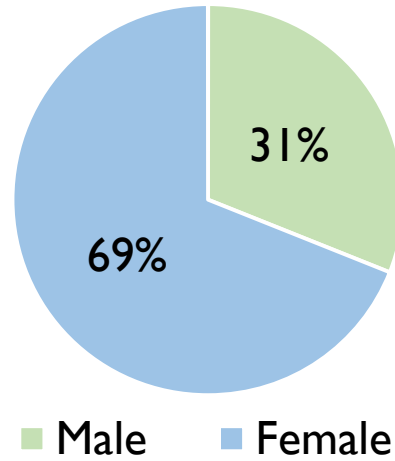


Age, gender, race, and location

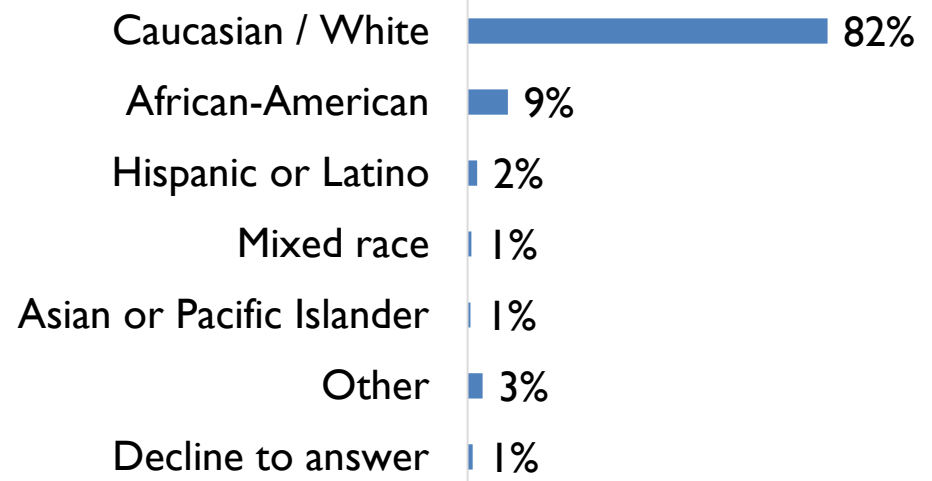
What county do you live in?



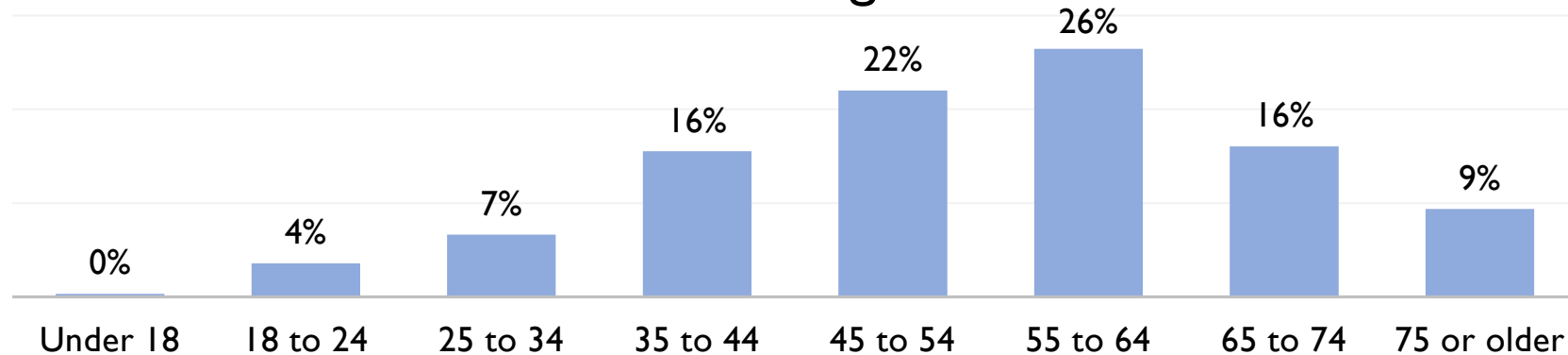
Gender



Race



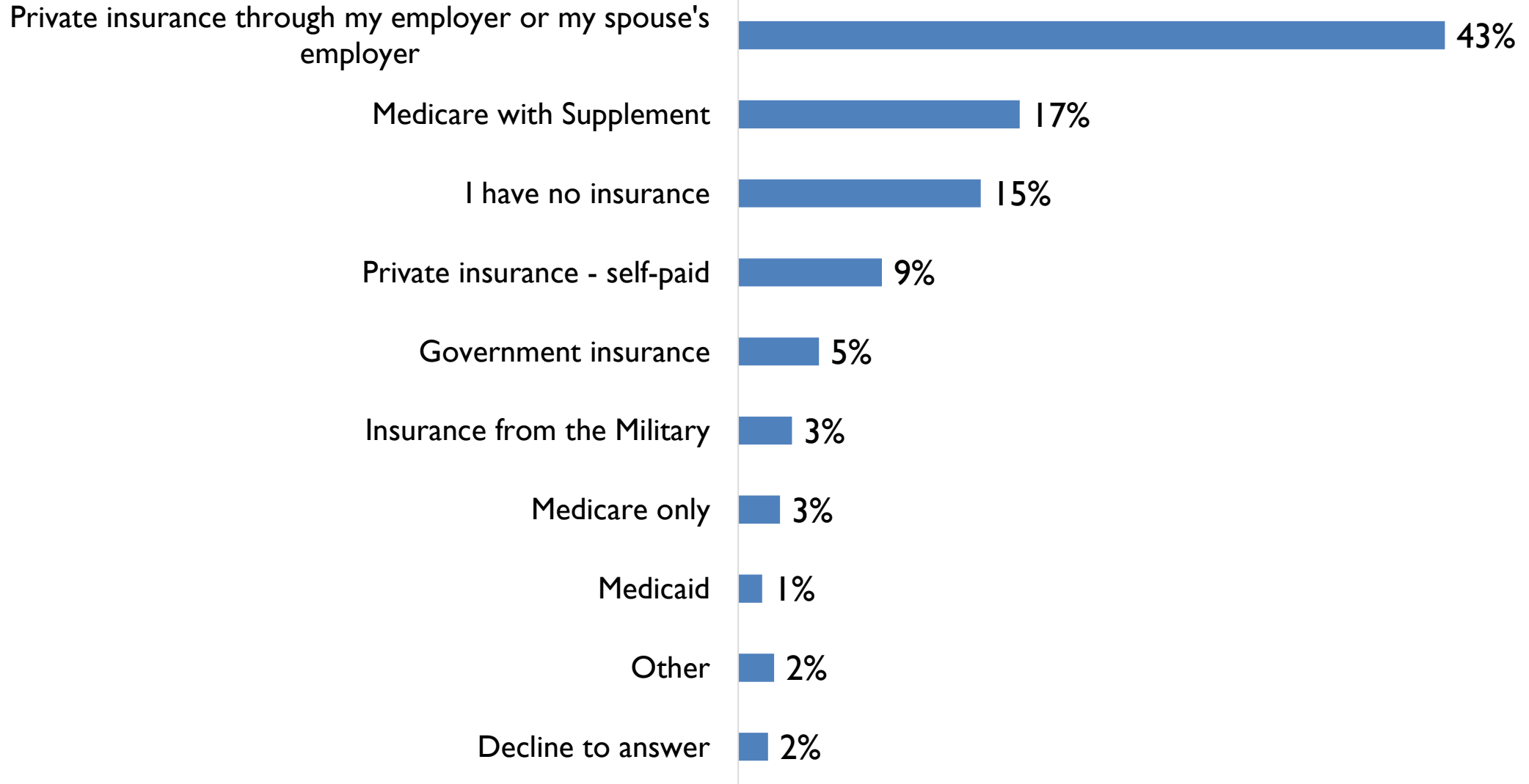
Age



N= 586 Q1: What is your gender?
 Q2: Which of the following ranges includes your age? Q3: What ZIP code do you live in?
 Q4: What is your race or ethnic background?



Health insurance



N= 548

Q29: Which of the following best describes your health insurance situation?



Employee and Provider Survey

Fauquier and Rappahannock Counties CHNA

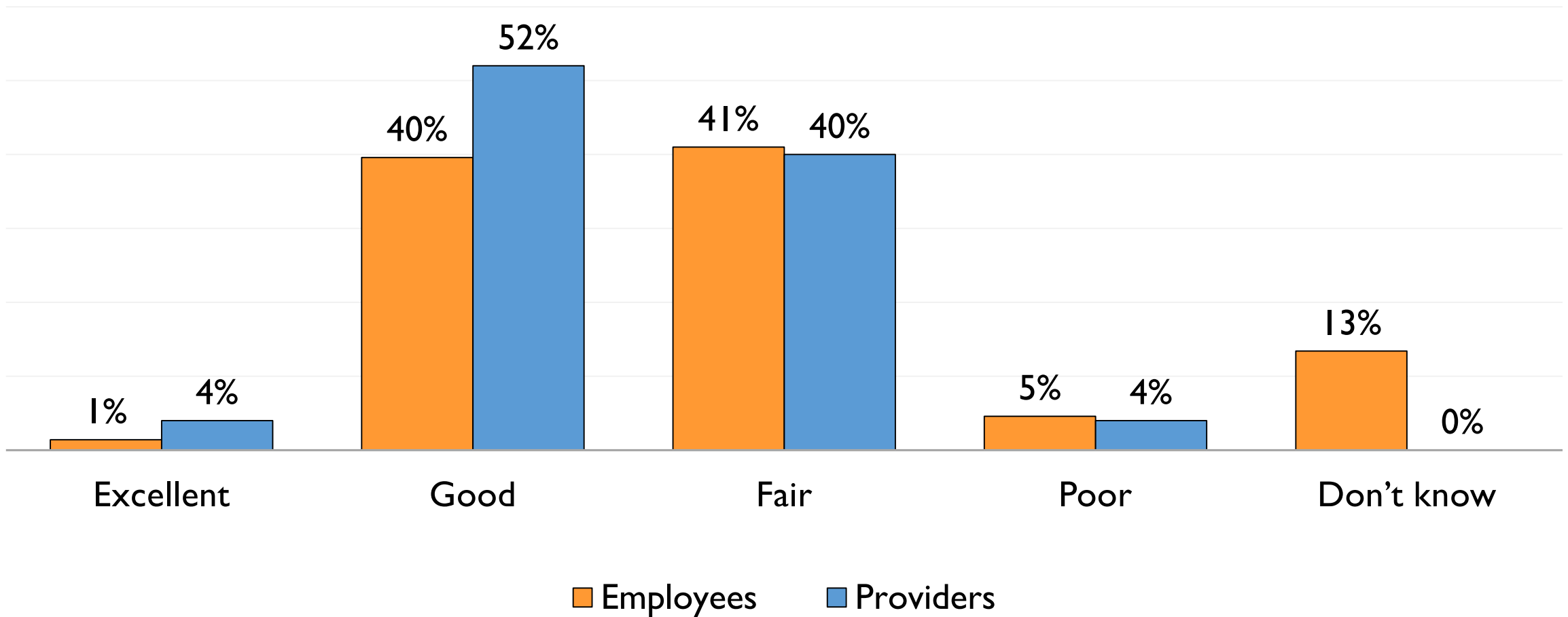


Methodology

- 217 employees of Fauquier Health and 25 community providers completed an on-line survey about the health of Fauquier and Rappahannock Counties.
- The surveys were conducted between March 3 through March 27, 2017.

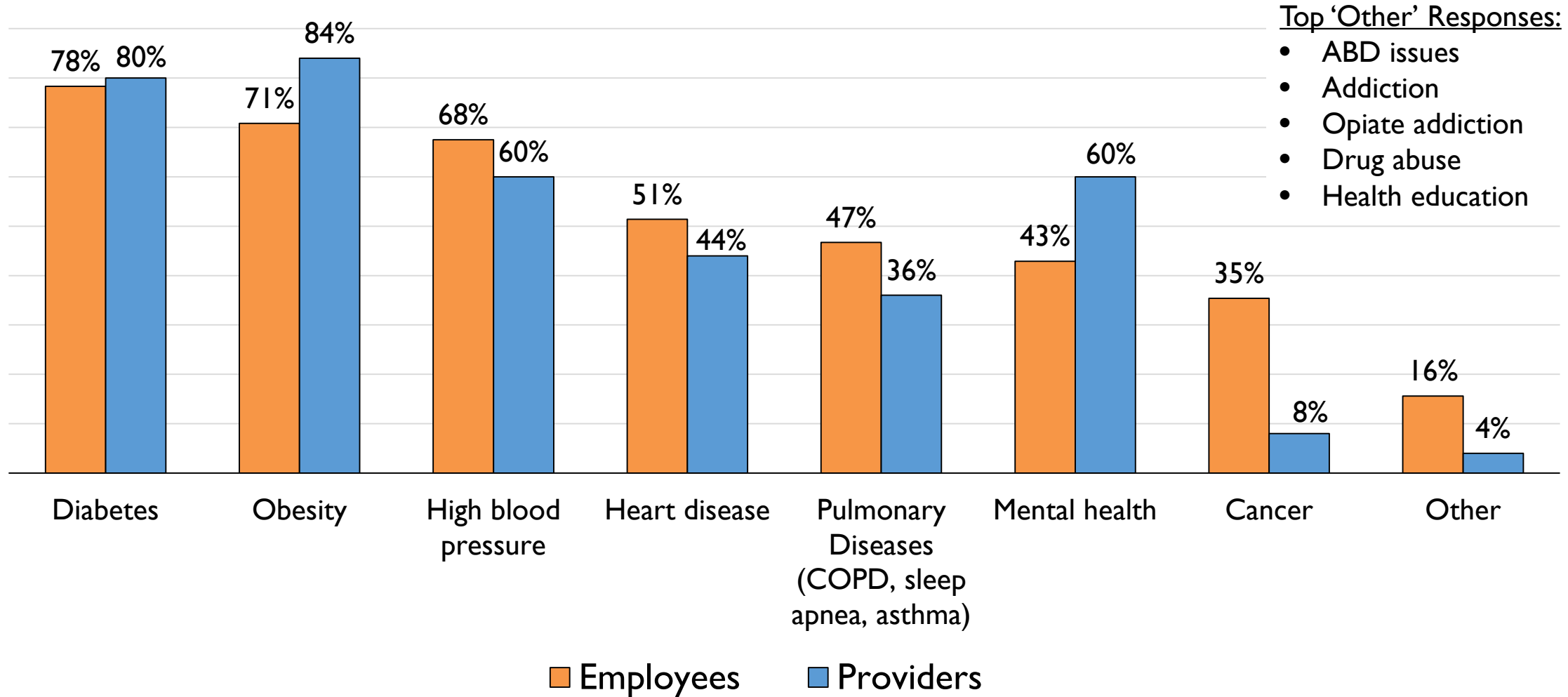


How would you describe the overall health status of the citizens of Fauquier and Rappahannock Counties?



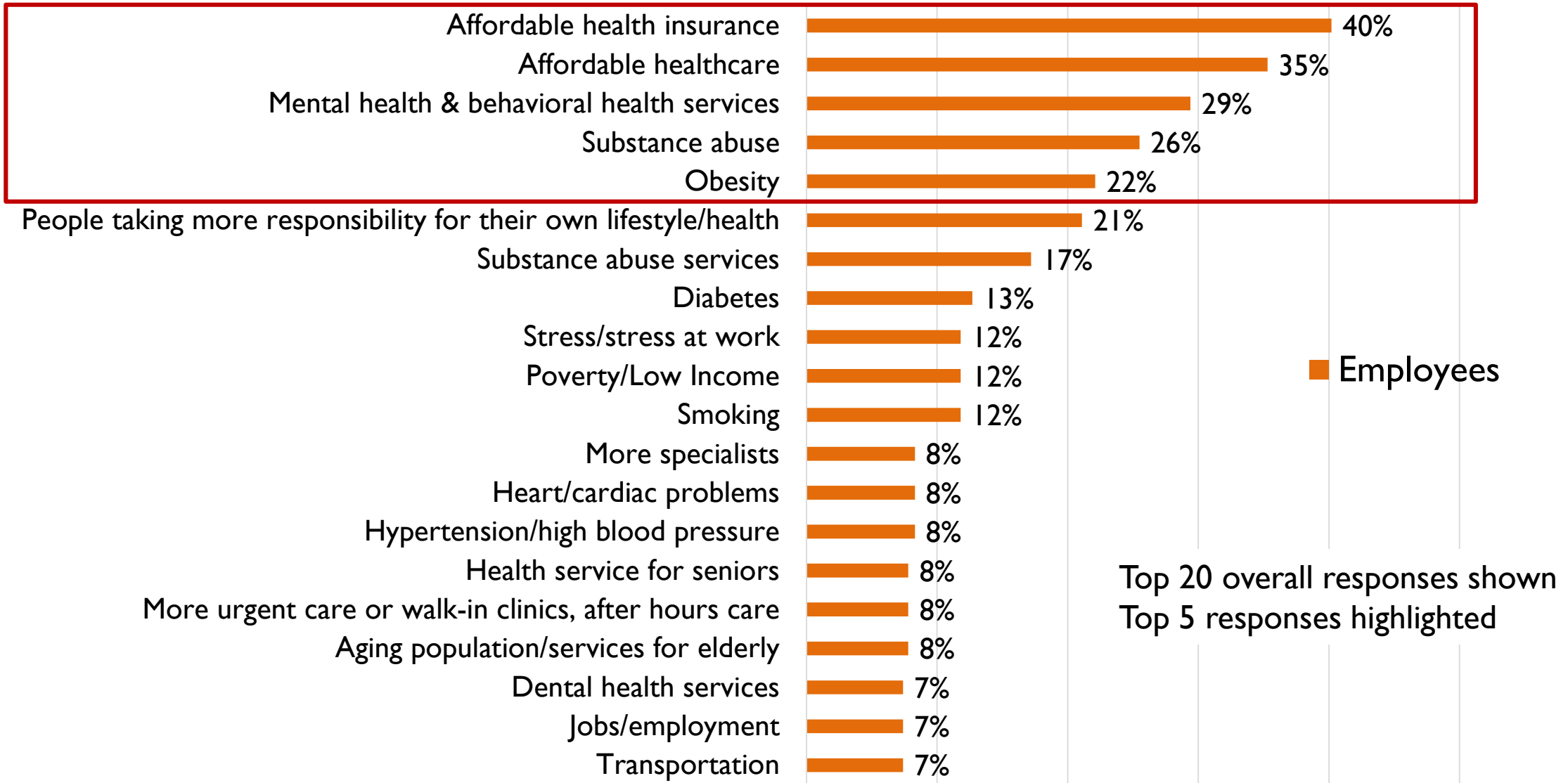


What are the most prevalent chronic diseases in your community?



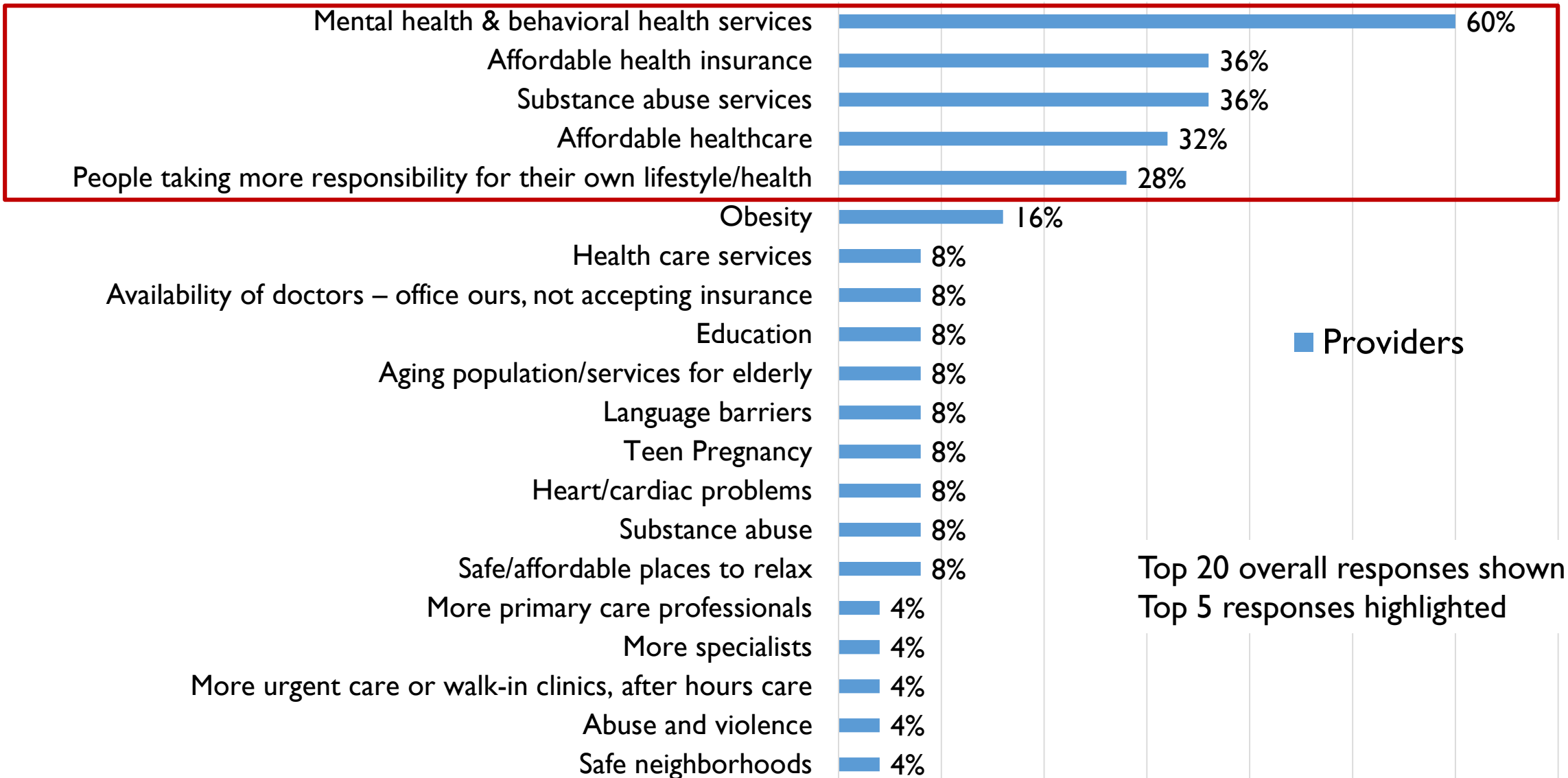


(Employees) What are the top 3 issues that need to be addressed in your community that impact people's health?



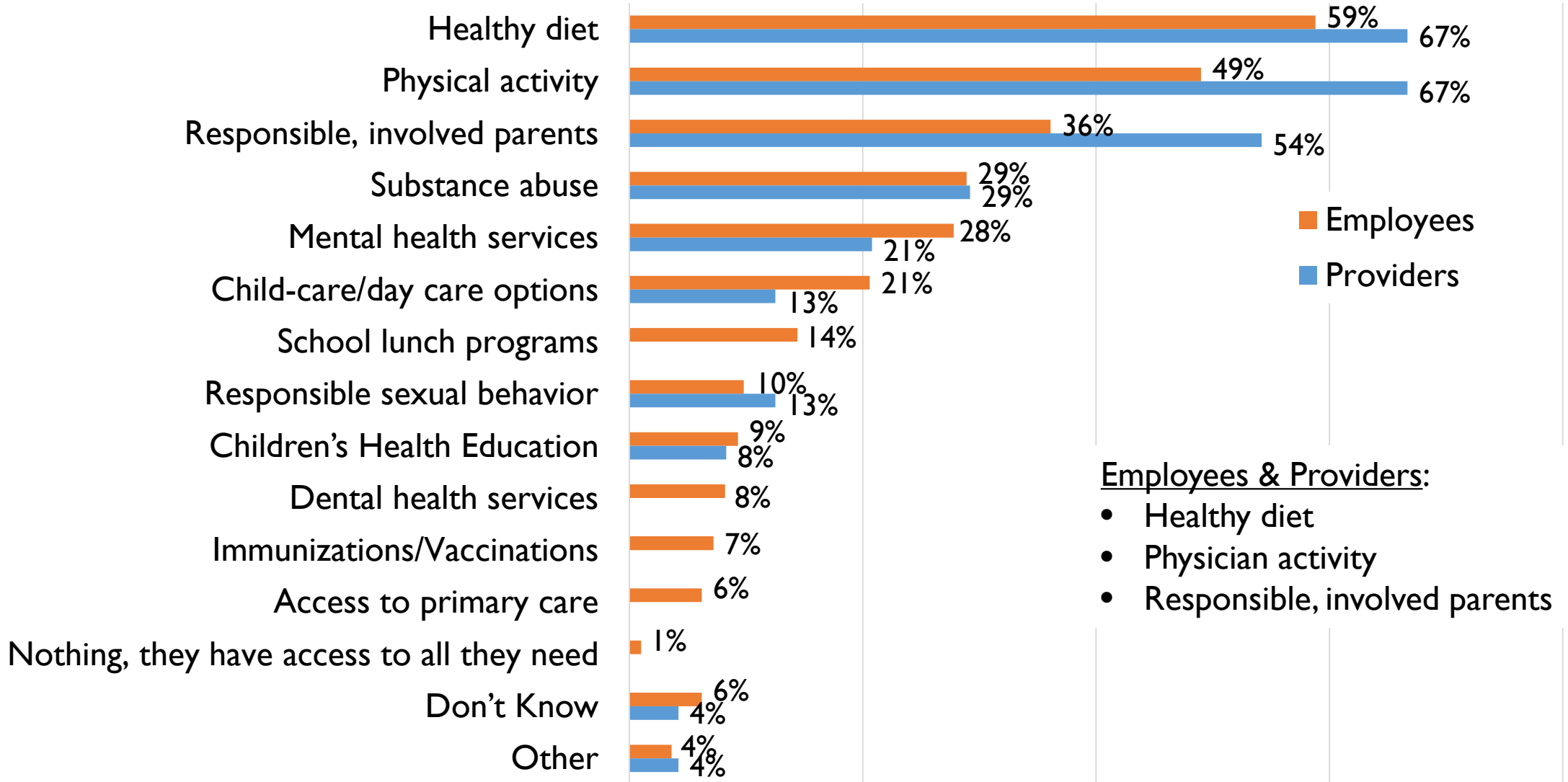


(Providers) What are the top 3 issues that need to be addressed in your community that impact people's health?



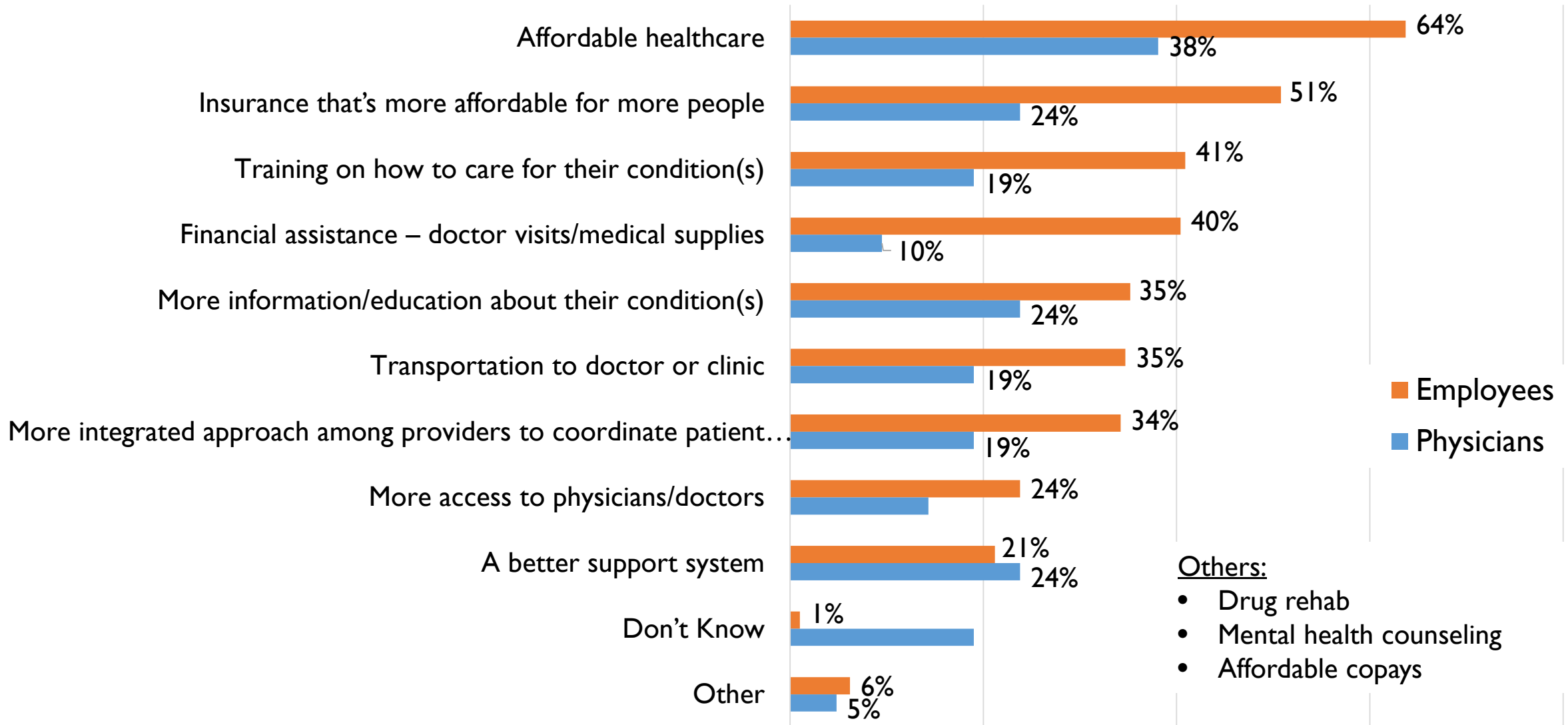


What the top three health concerns for children (age 0-18) in your community?





What, if anything, do you think the people in the county need in order to manage their health more effectively?



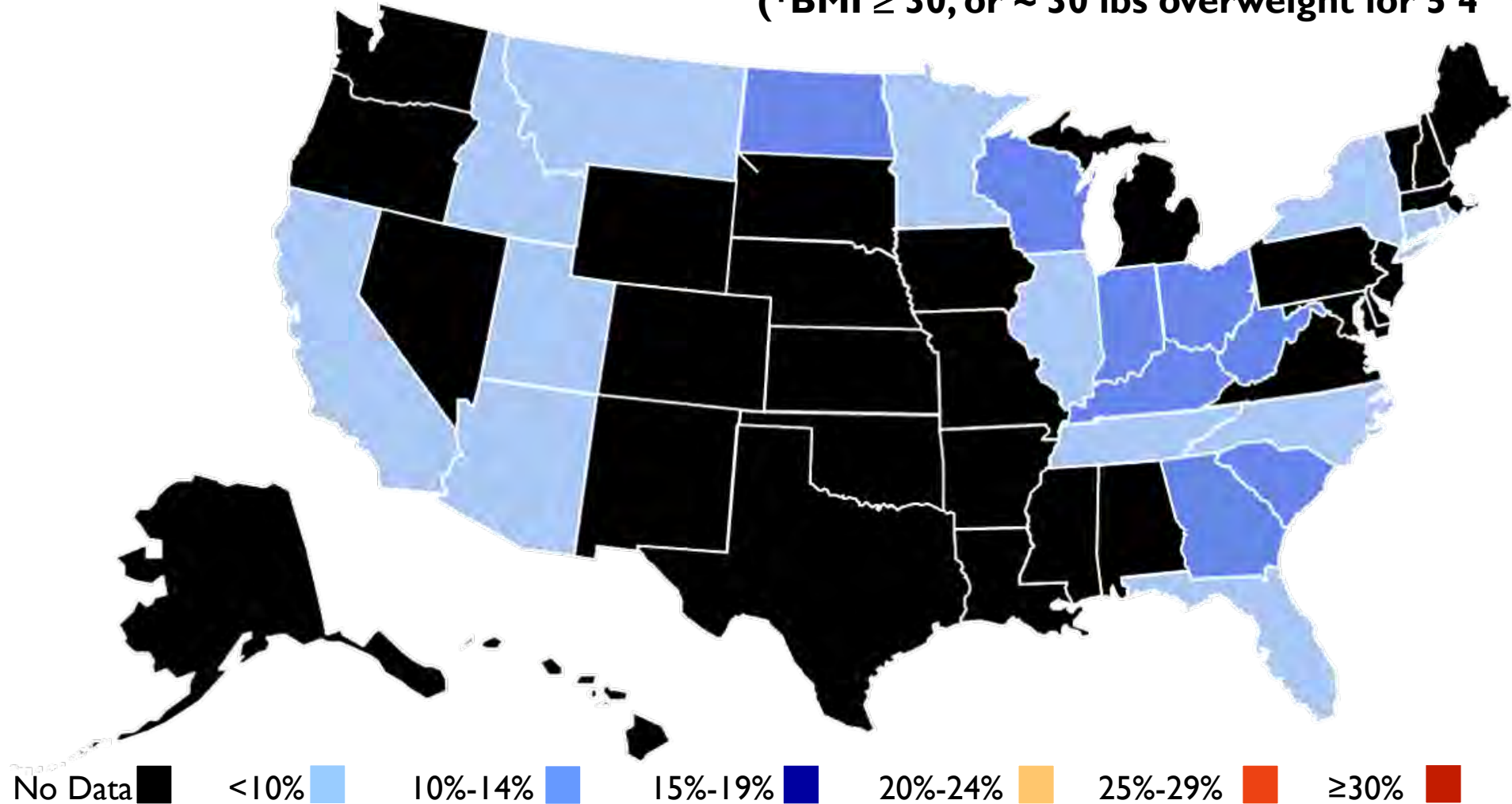
Health of the Community

Fauquier and Rappahannock Counties CHNA



Obesity Trends Among U.S. Adults 1985

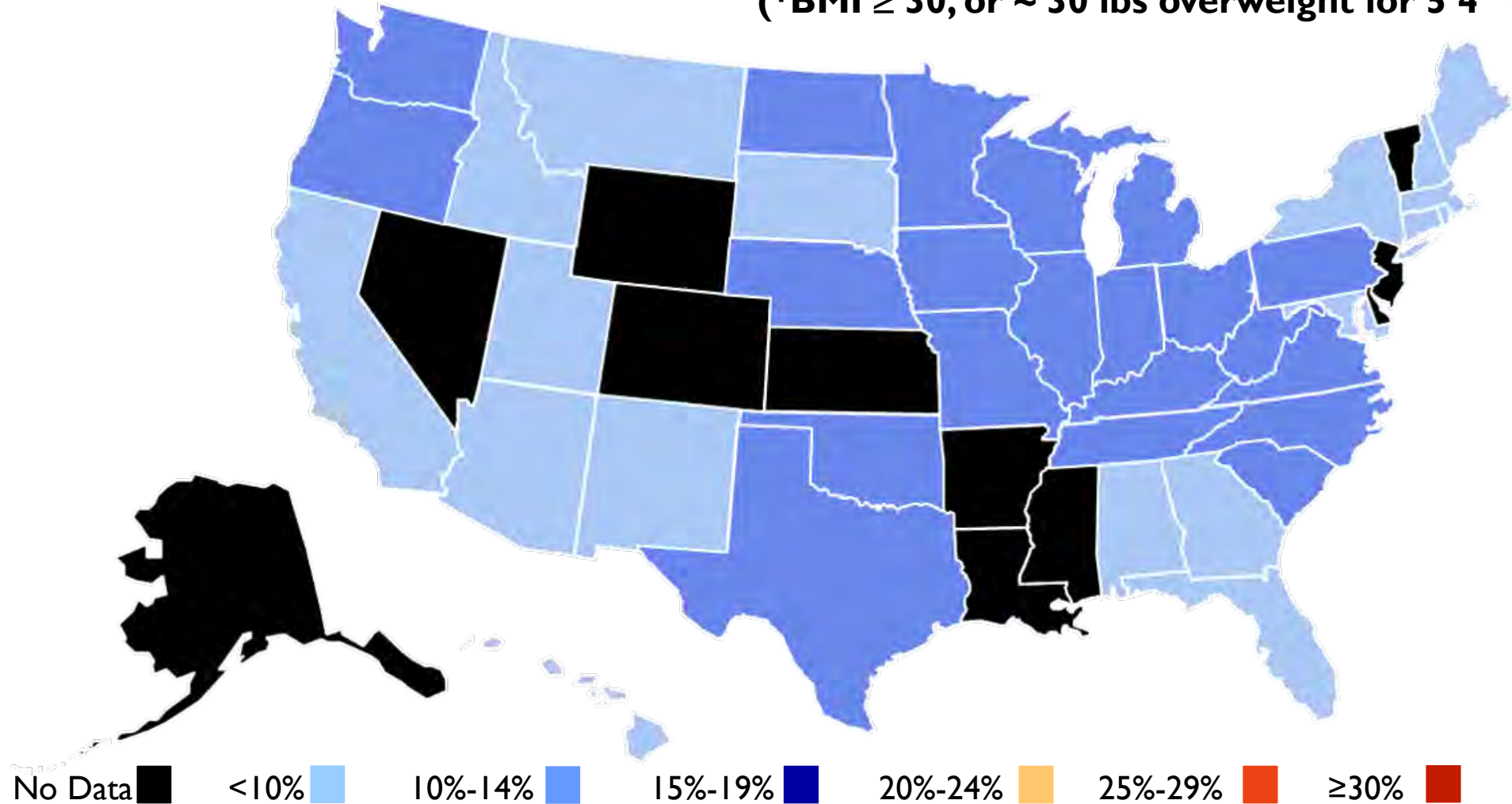
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 1989

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

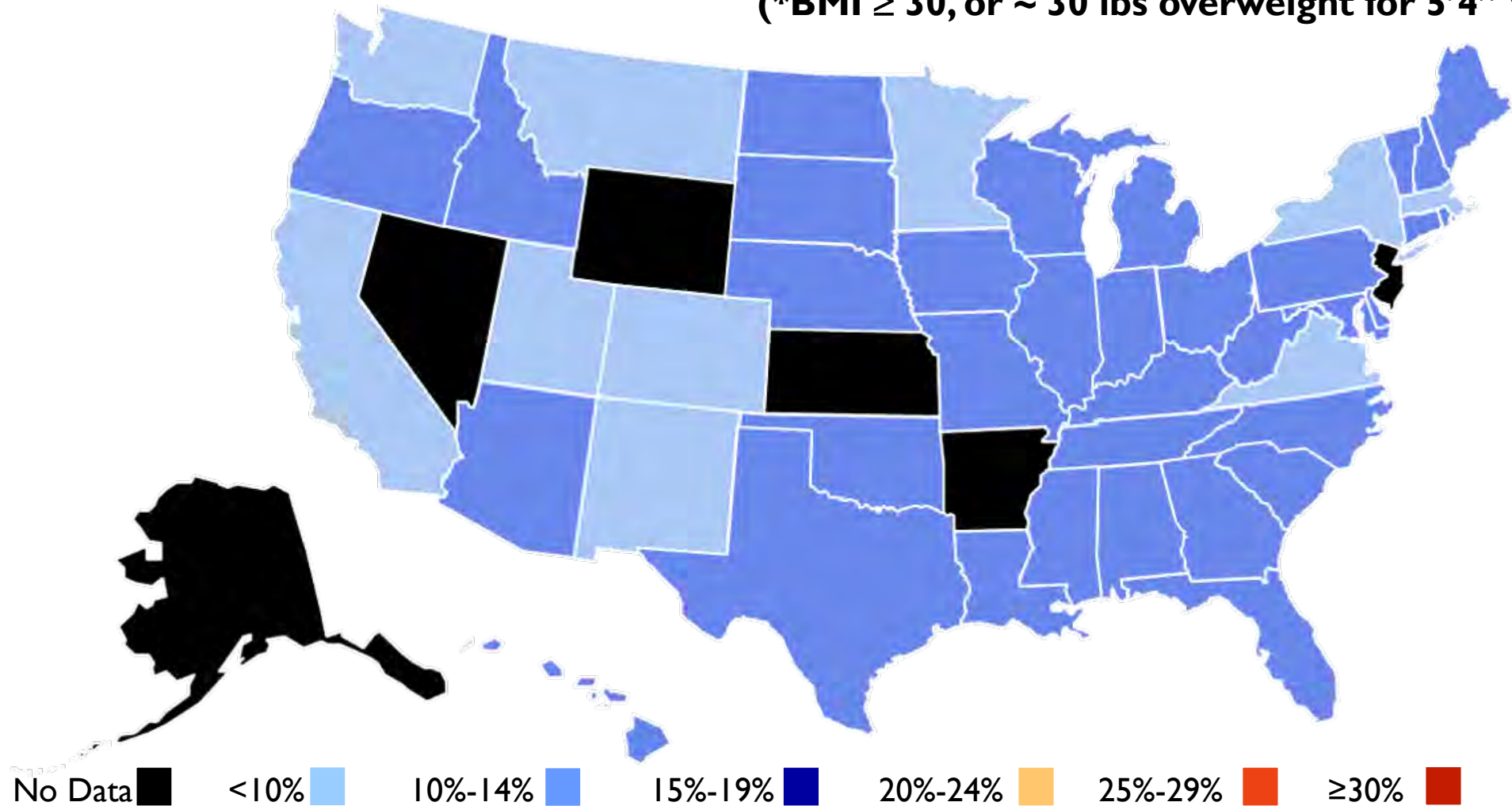




Obesity Trends Among U.S. Adults

1990

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

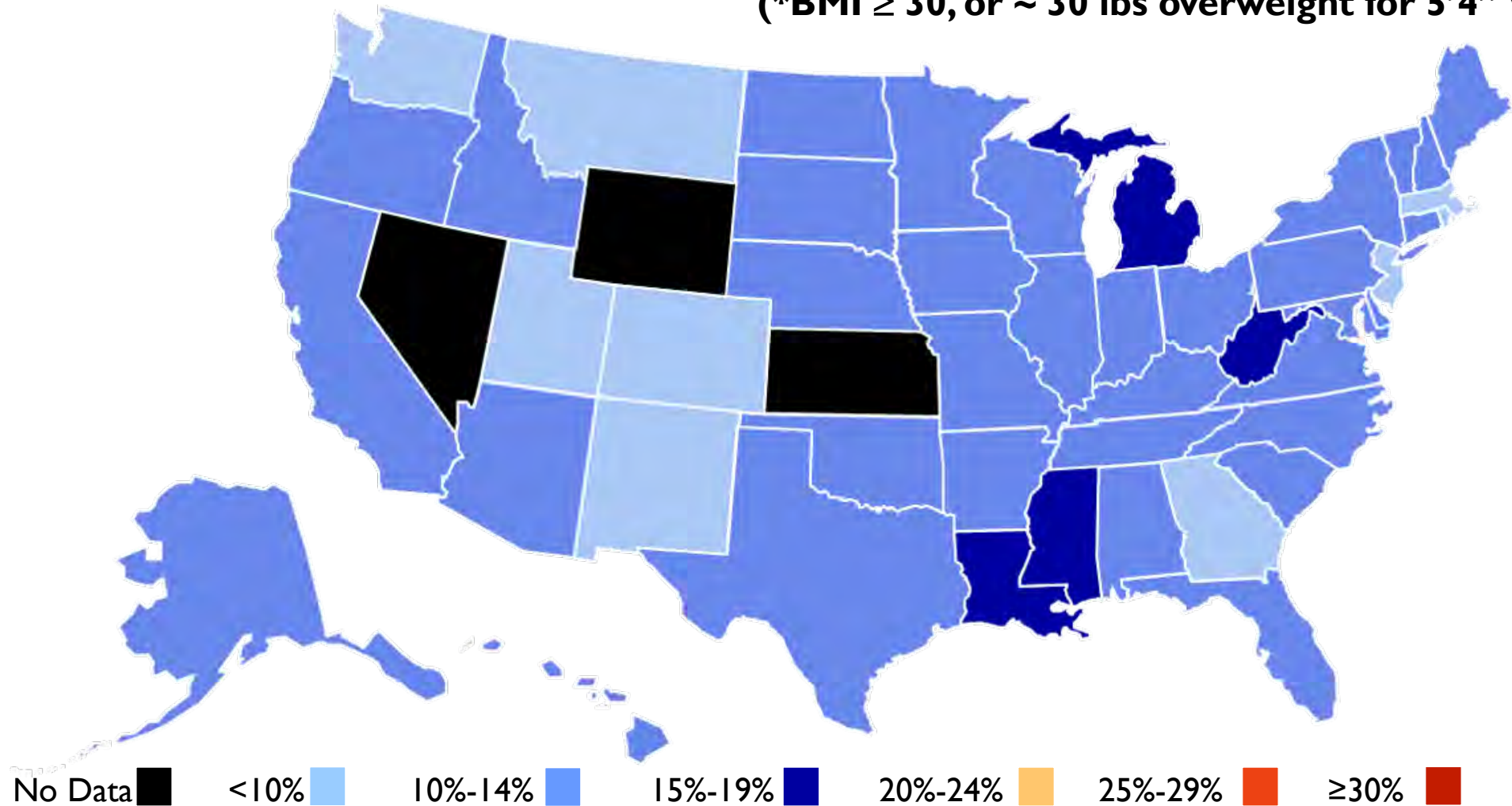




Obesity Trends Among U.S. Adults

1991

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

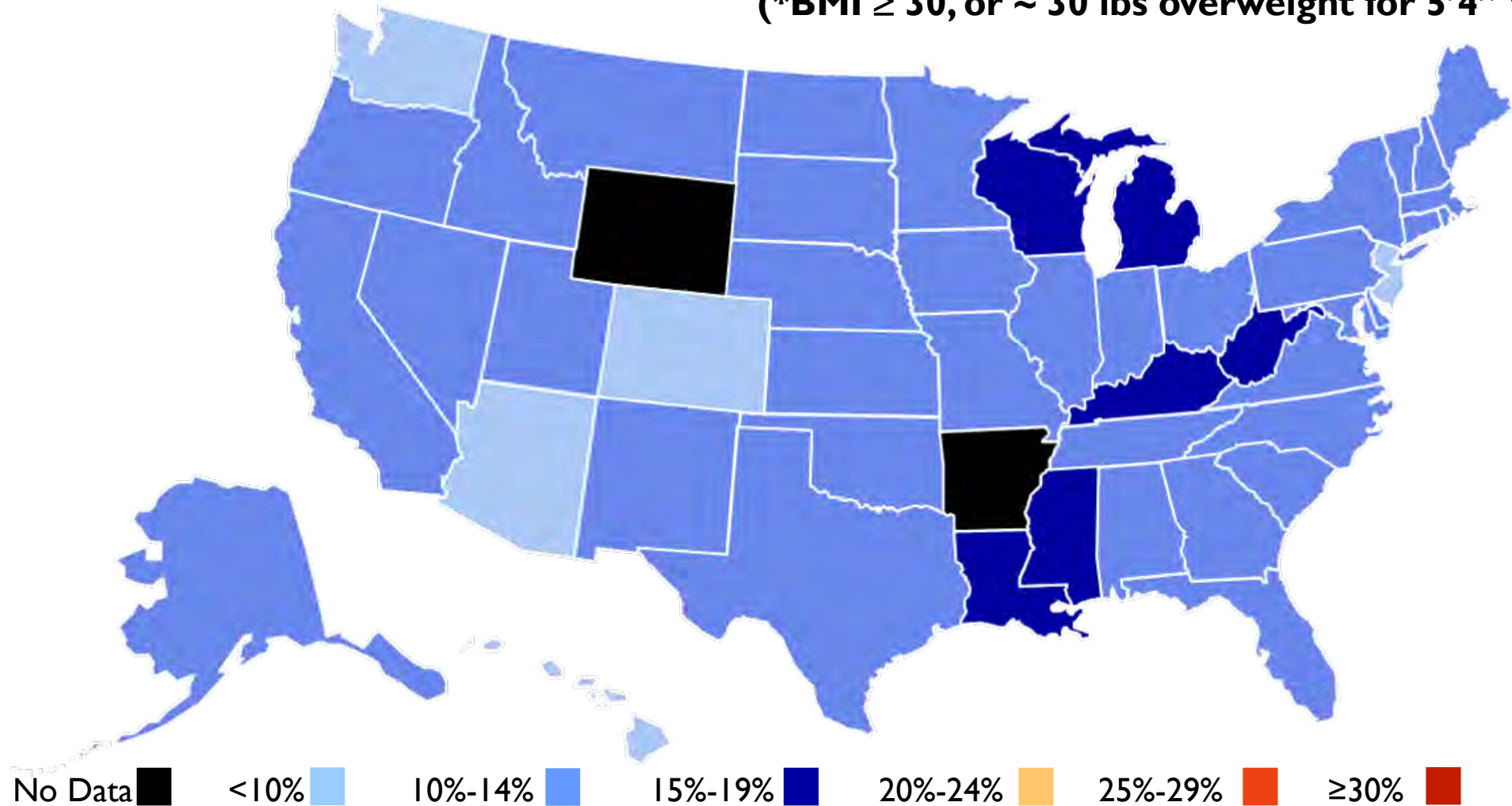




Obesity Trends Among U.S. Adults

1992

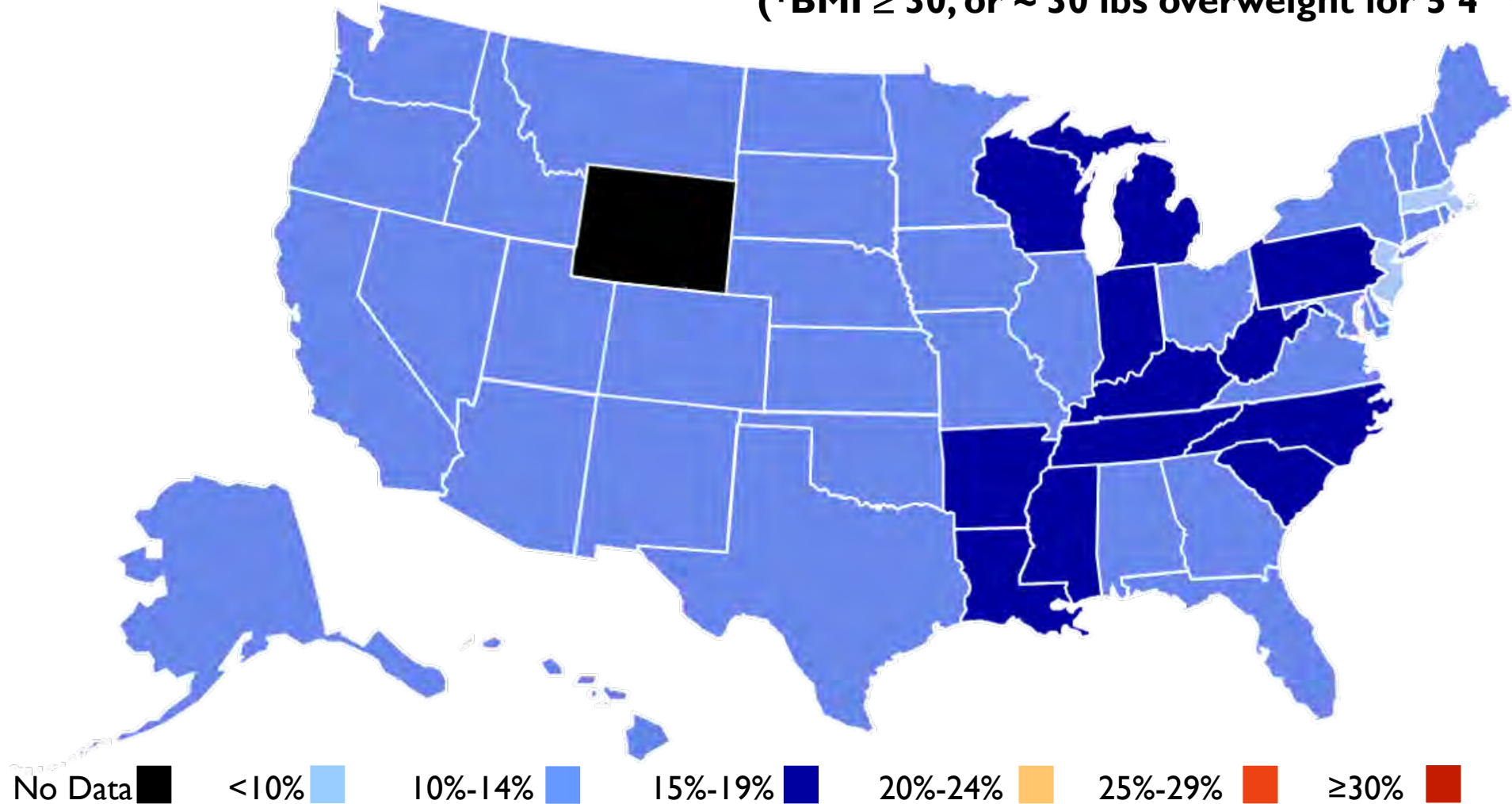
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 1993

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

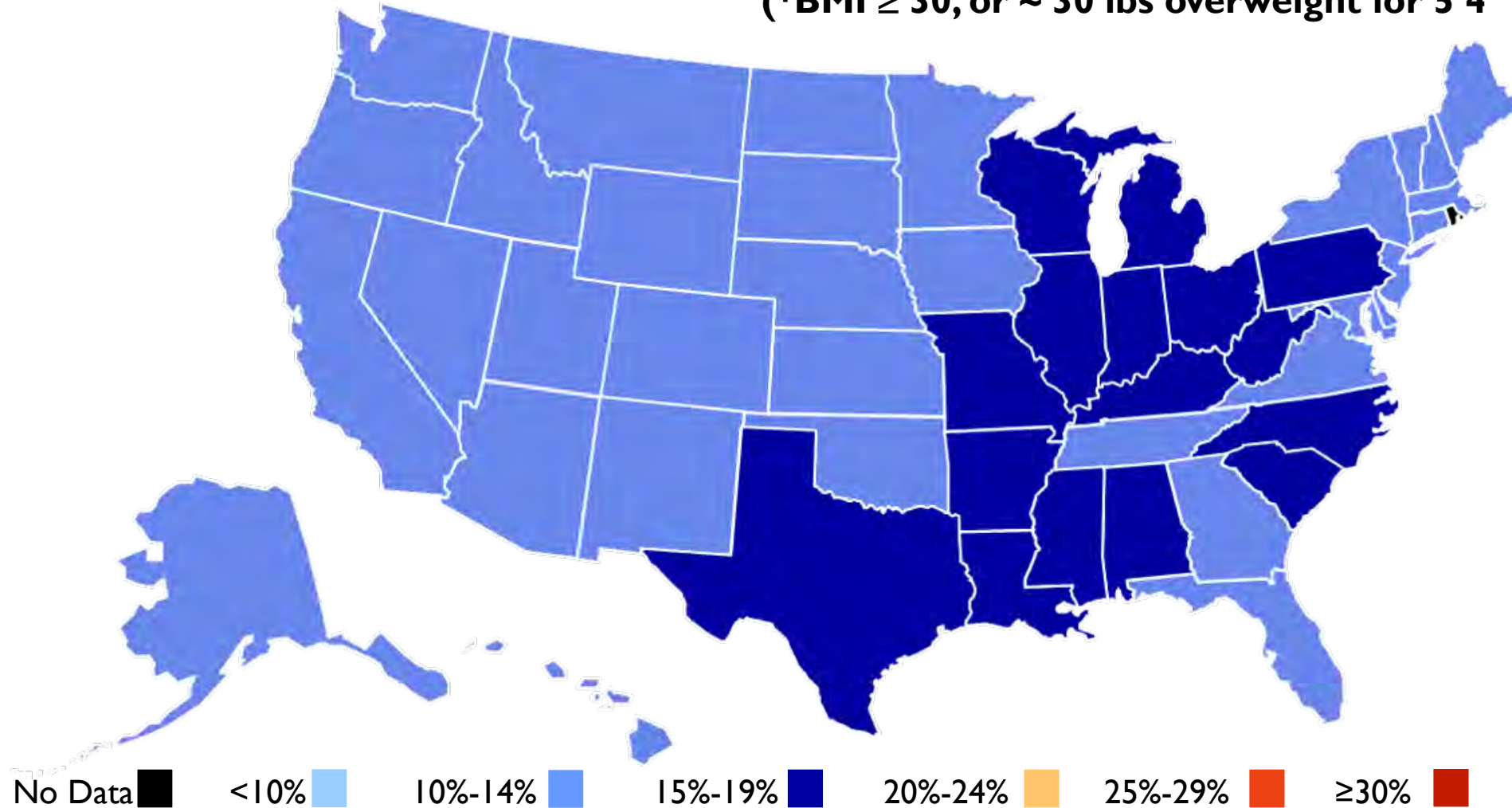




Obesity Trends Among U.S. Adults

1994

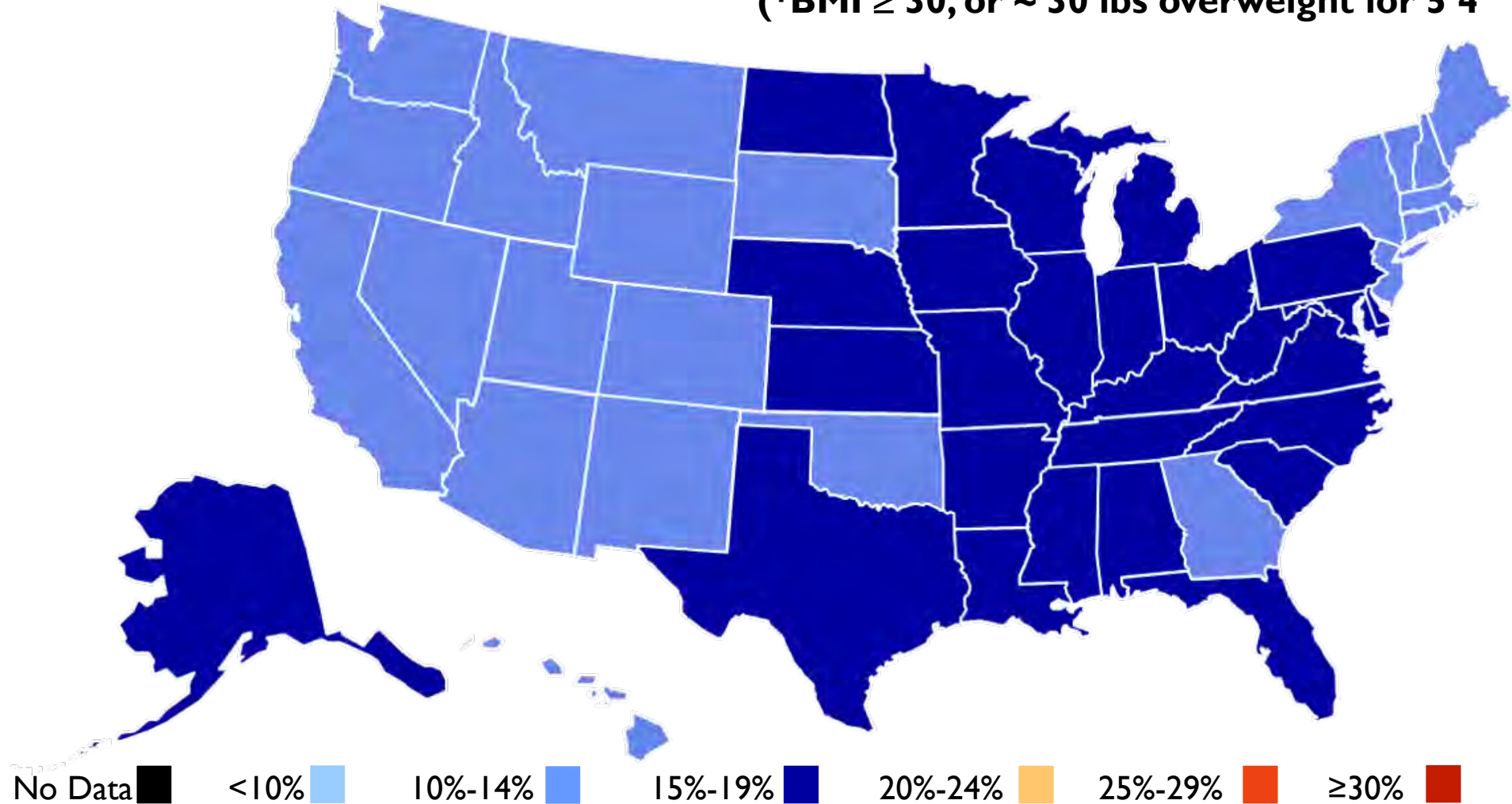
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 1995

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

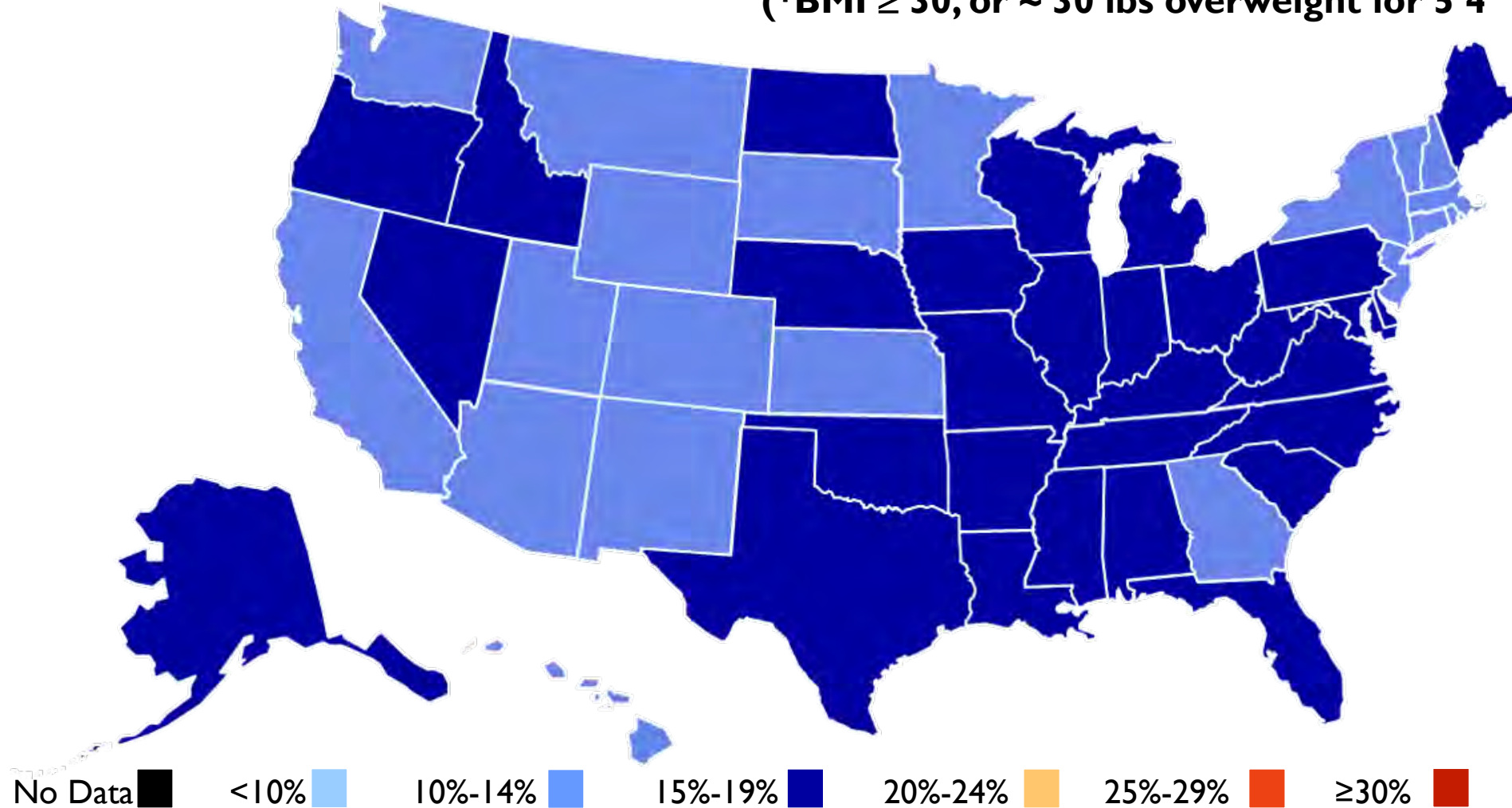




Obesity Trends Among U.S. Adults

1996

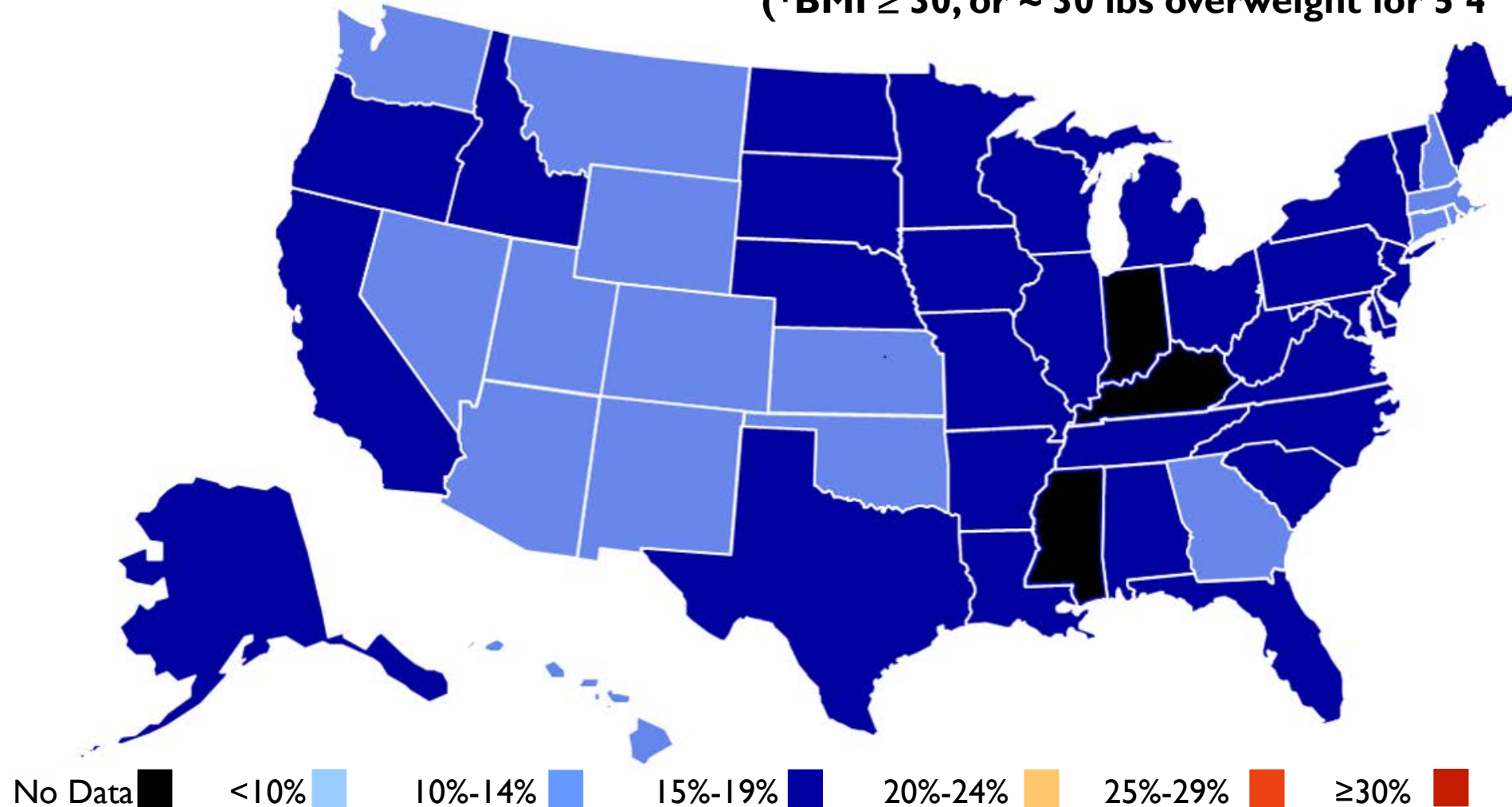
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 1997

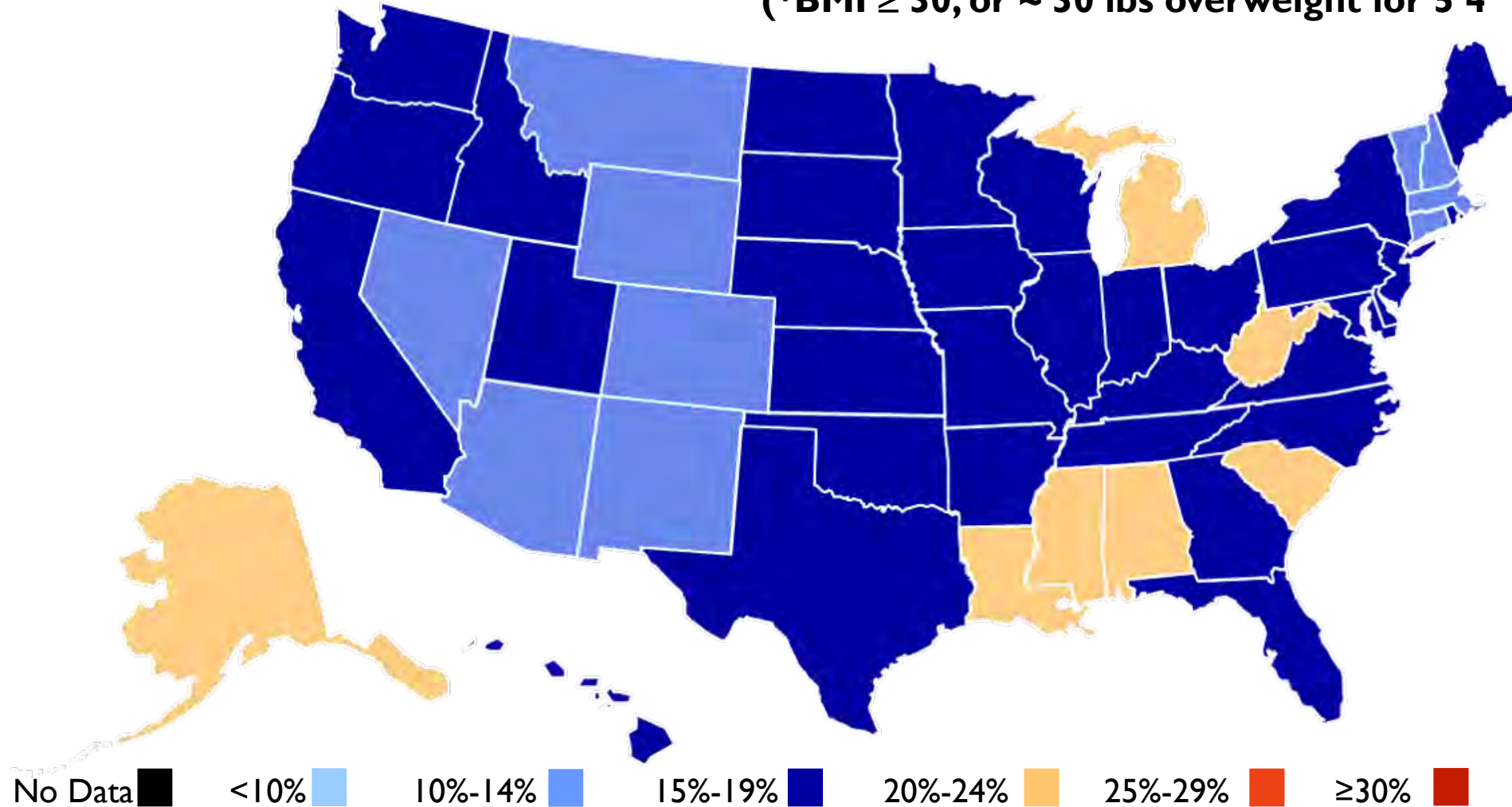
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 1998

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

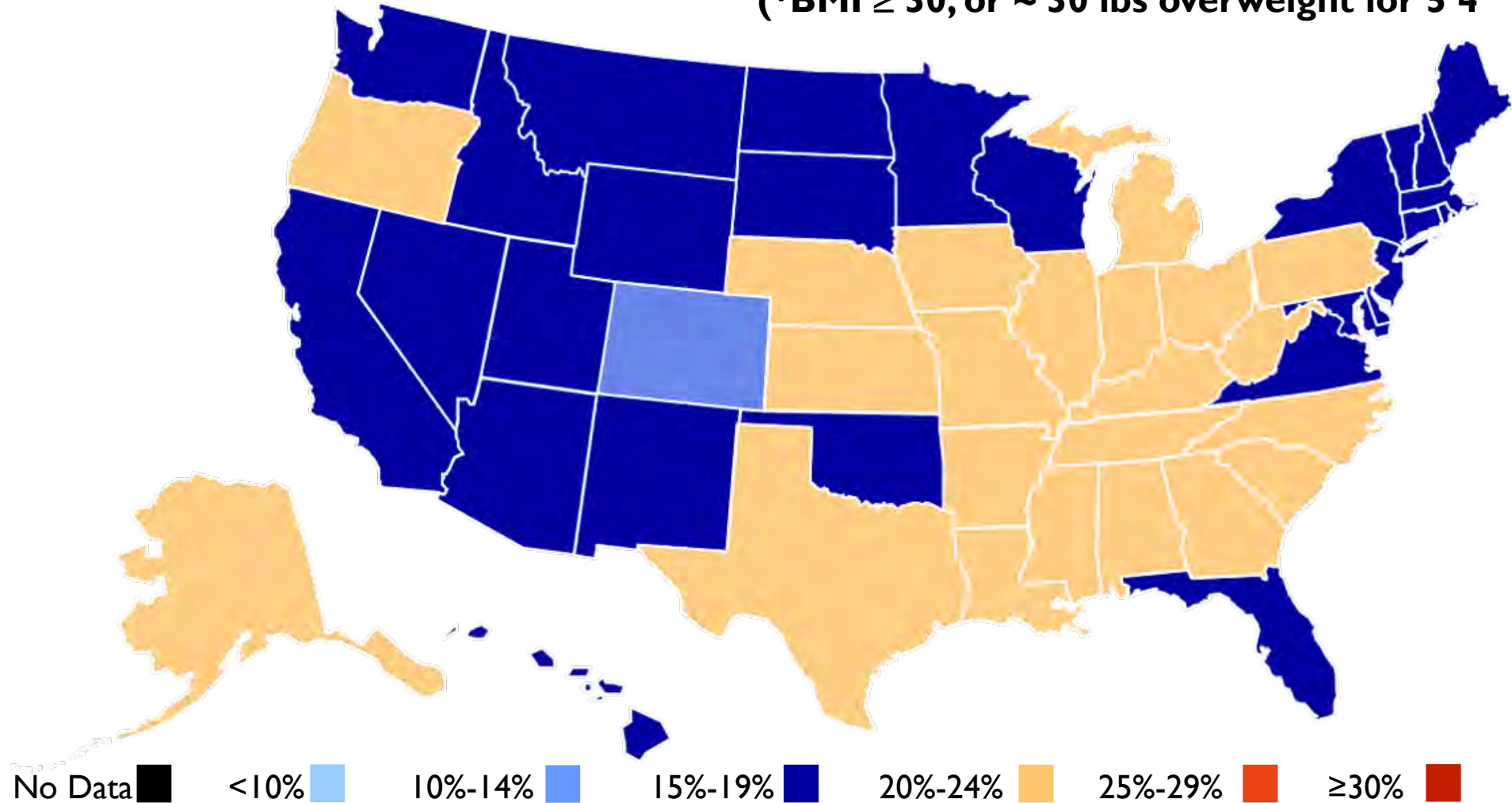




Obesity Trends Among U.S. Adults

2000

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

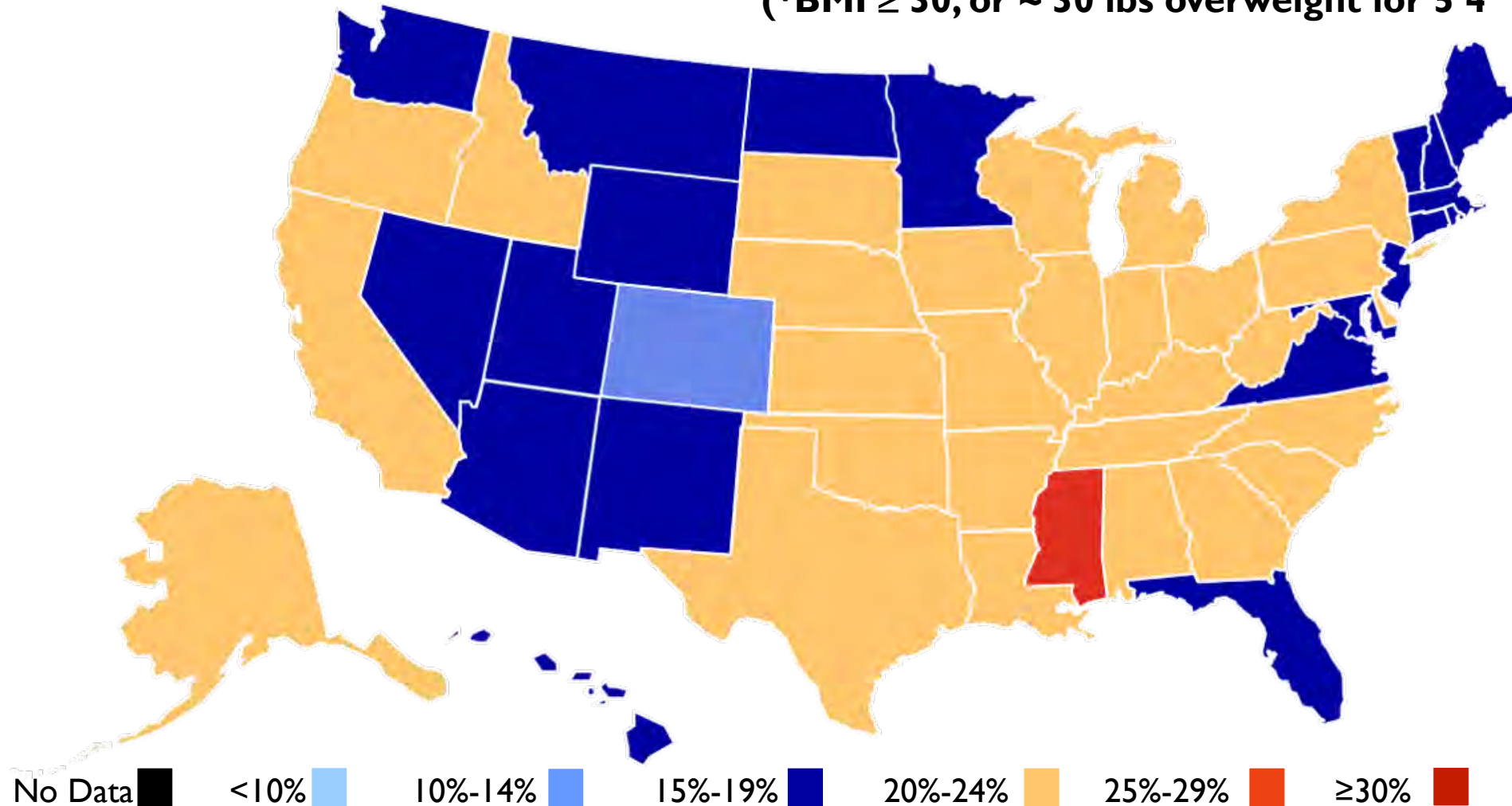




Obesity Trends Among U.S. Adults

2001

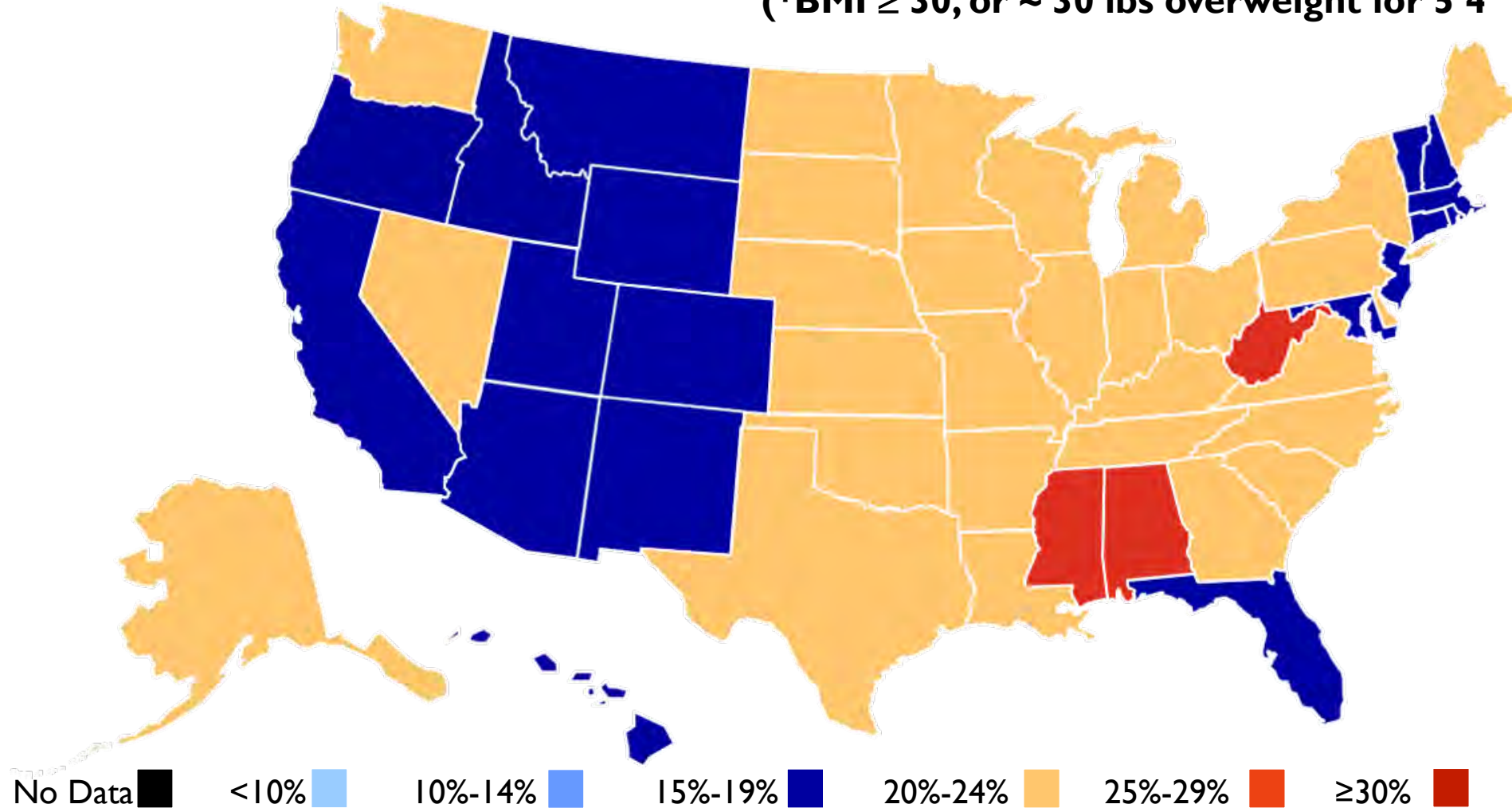
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 2002

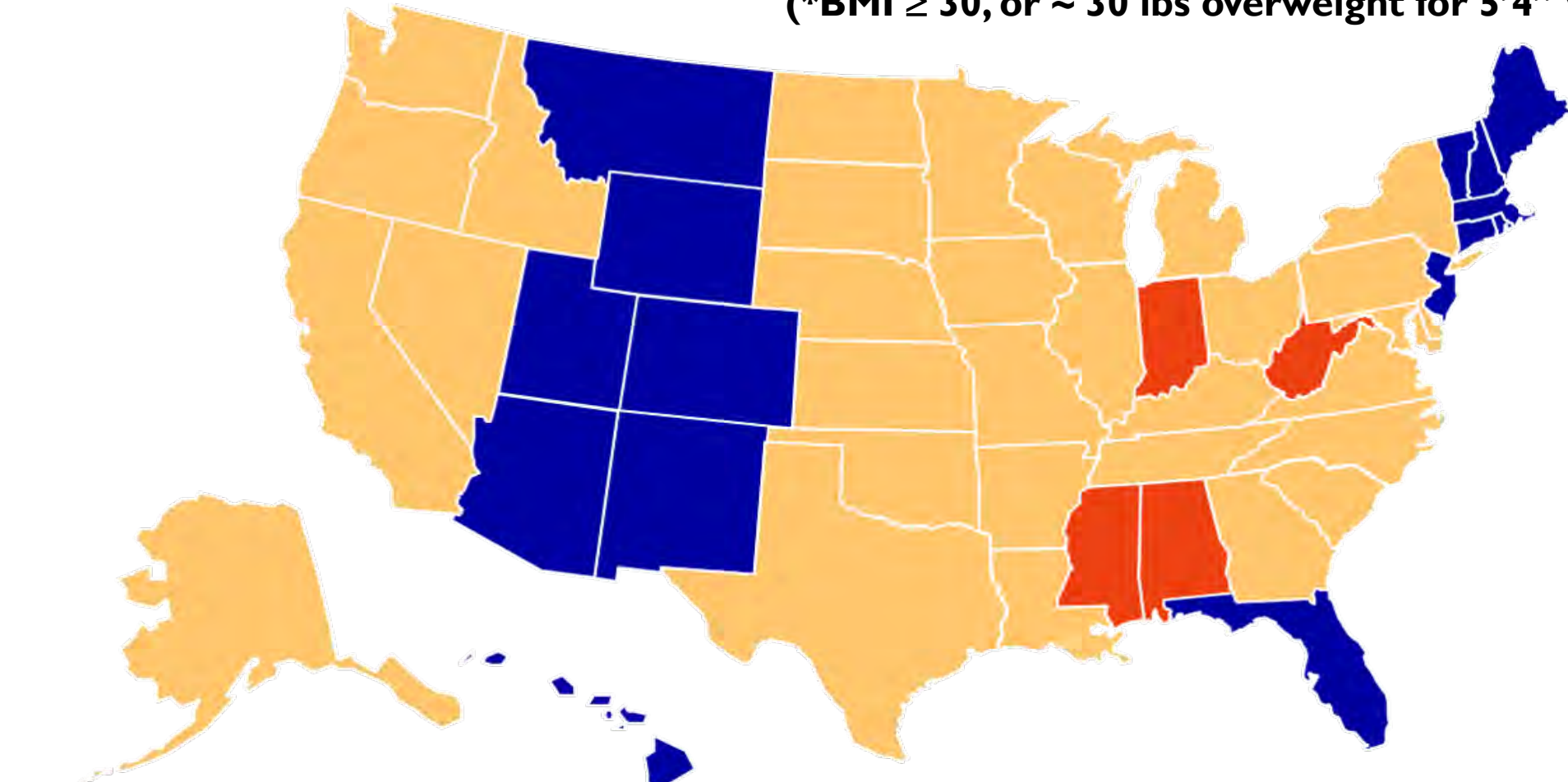
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 2003

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

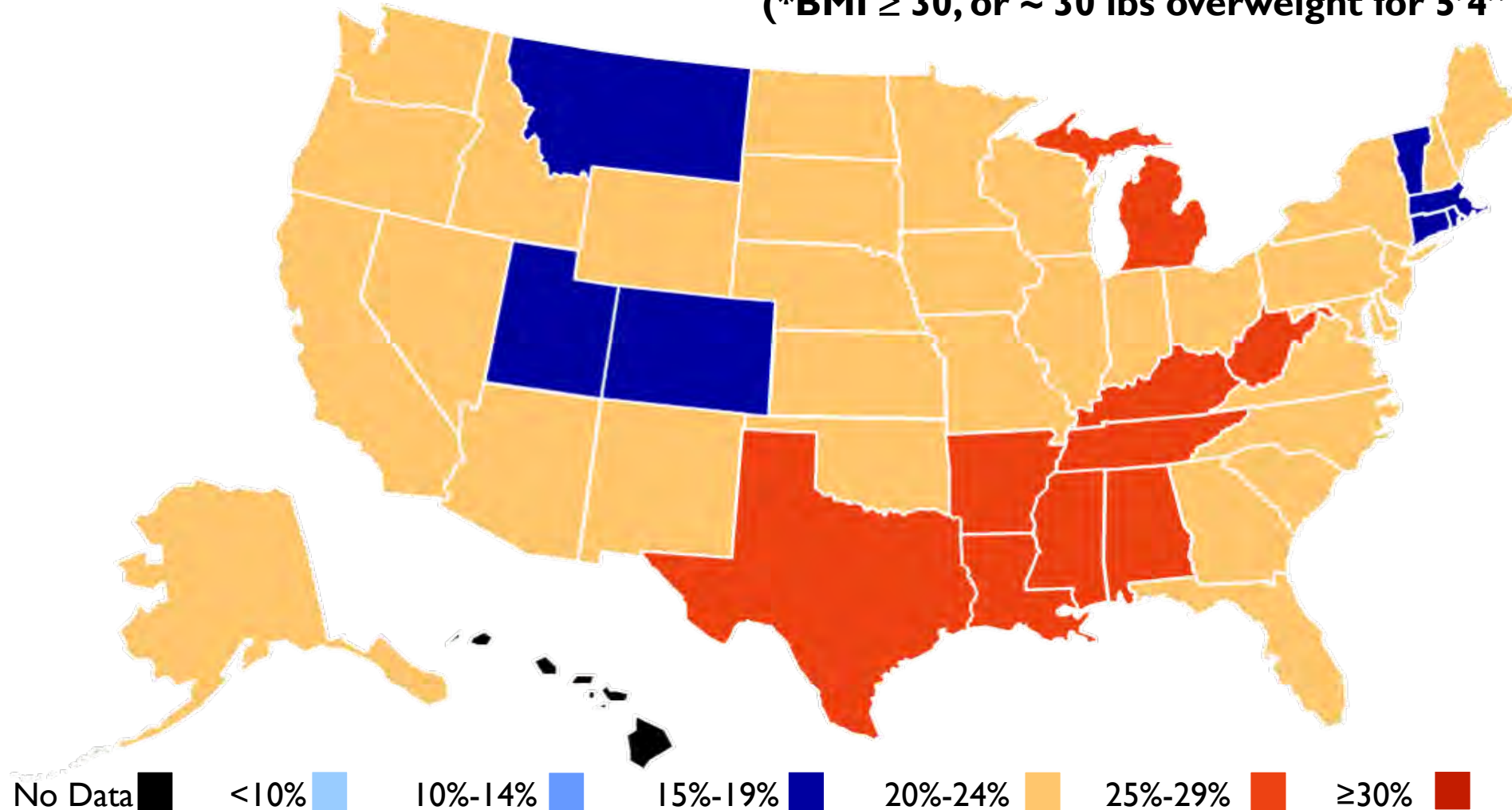


No Data ■ <10% ■ 10%-14% ■ 15%-19% ■ 20%-24% ■ 25%-29% ■ ≥30% ■



Obesity Trends Among U.S. Adults 2004

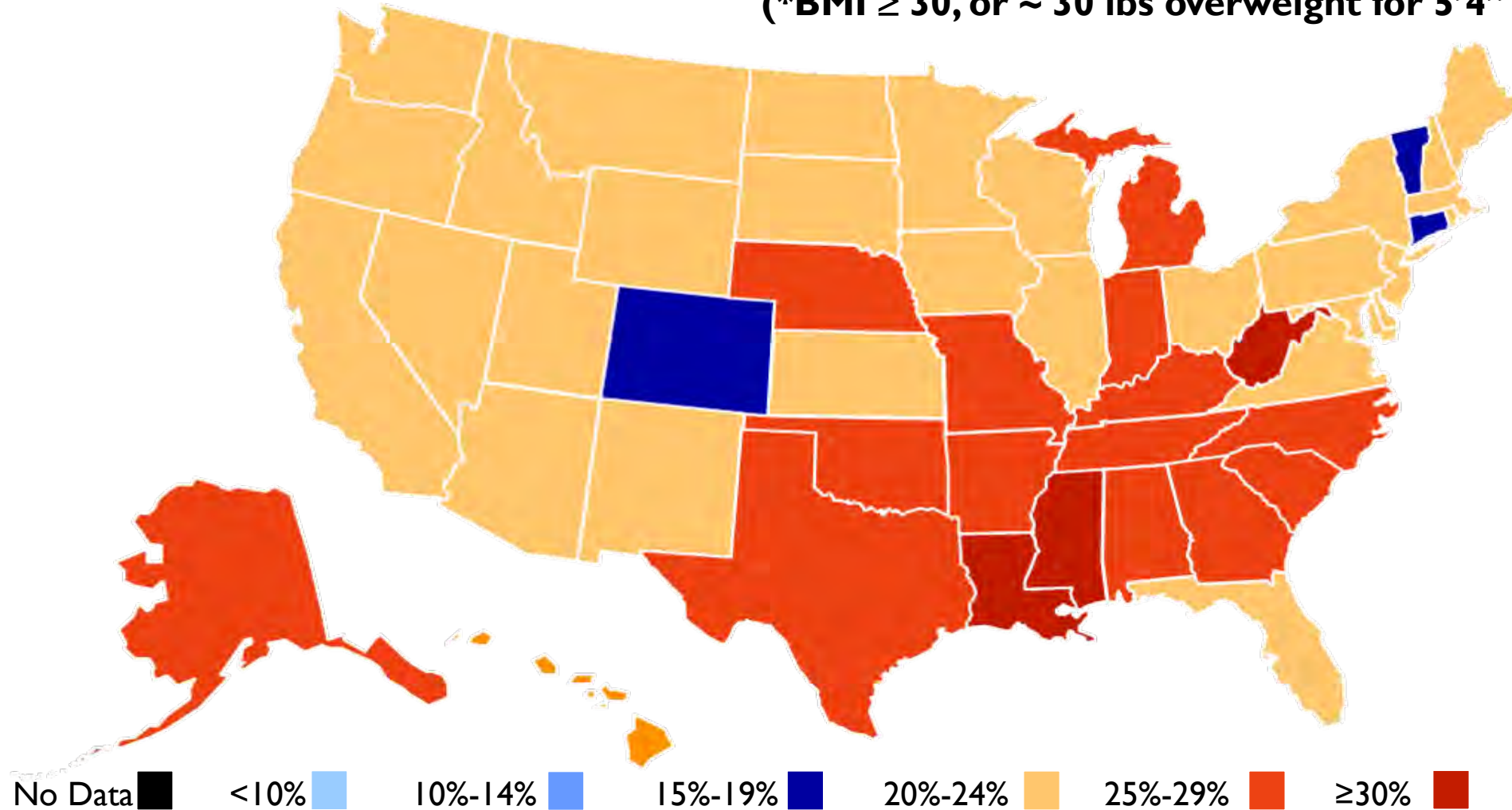
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 2005

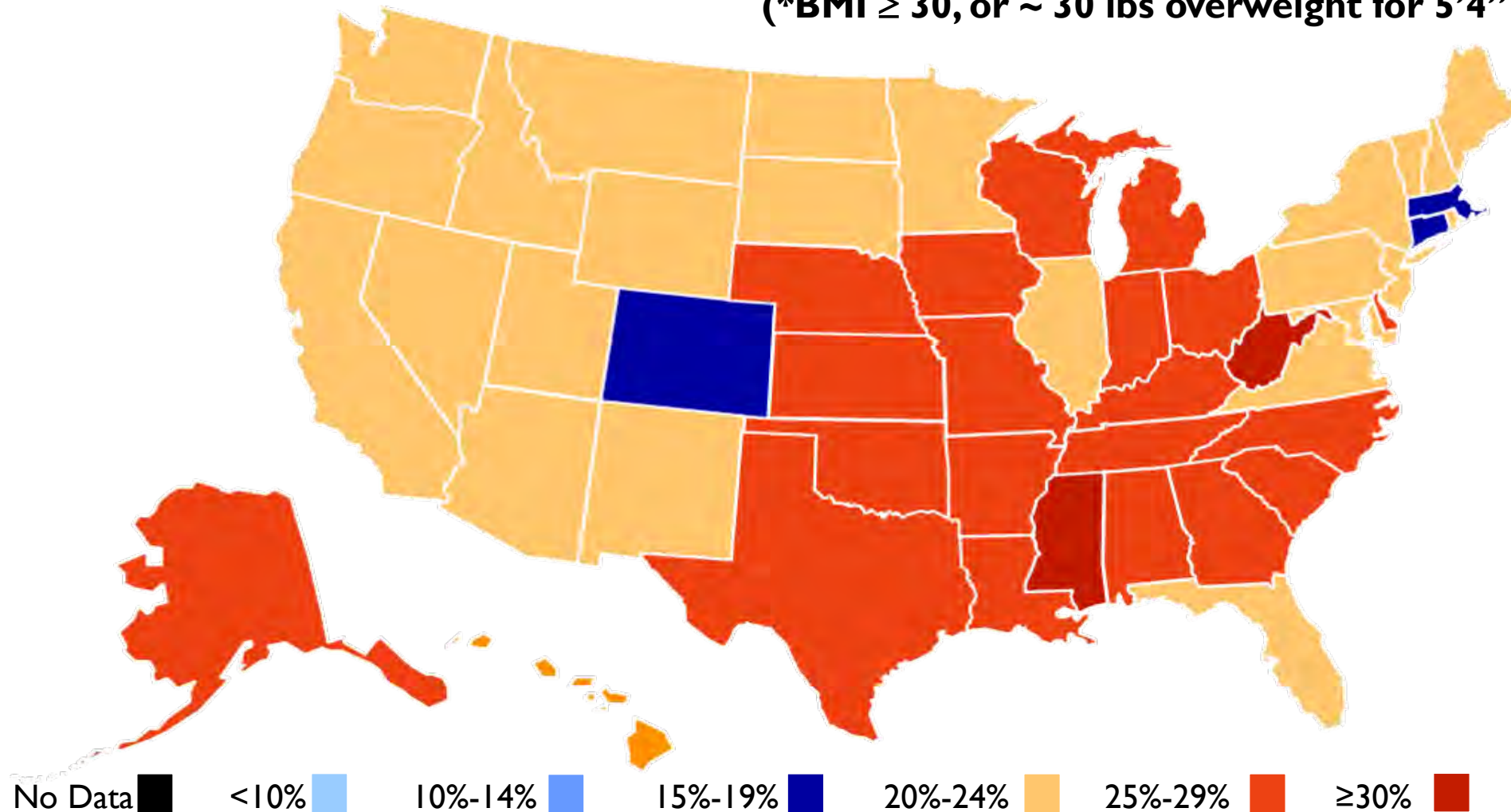
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends Among U.S. Adults

2006

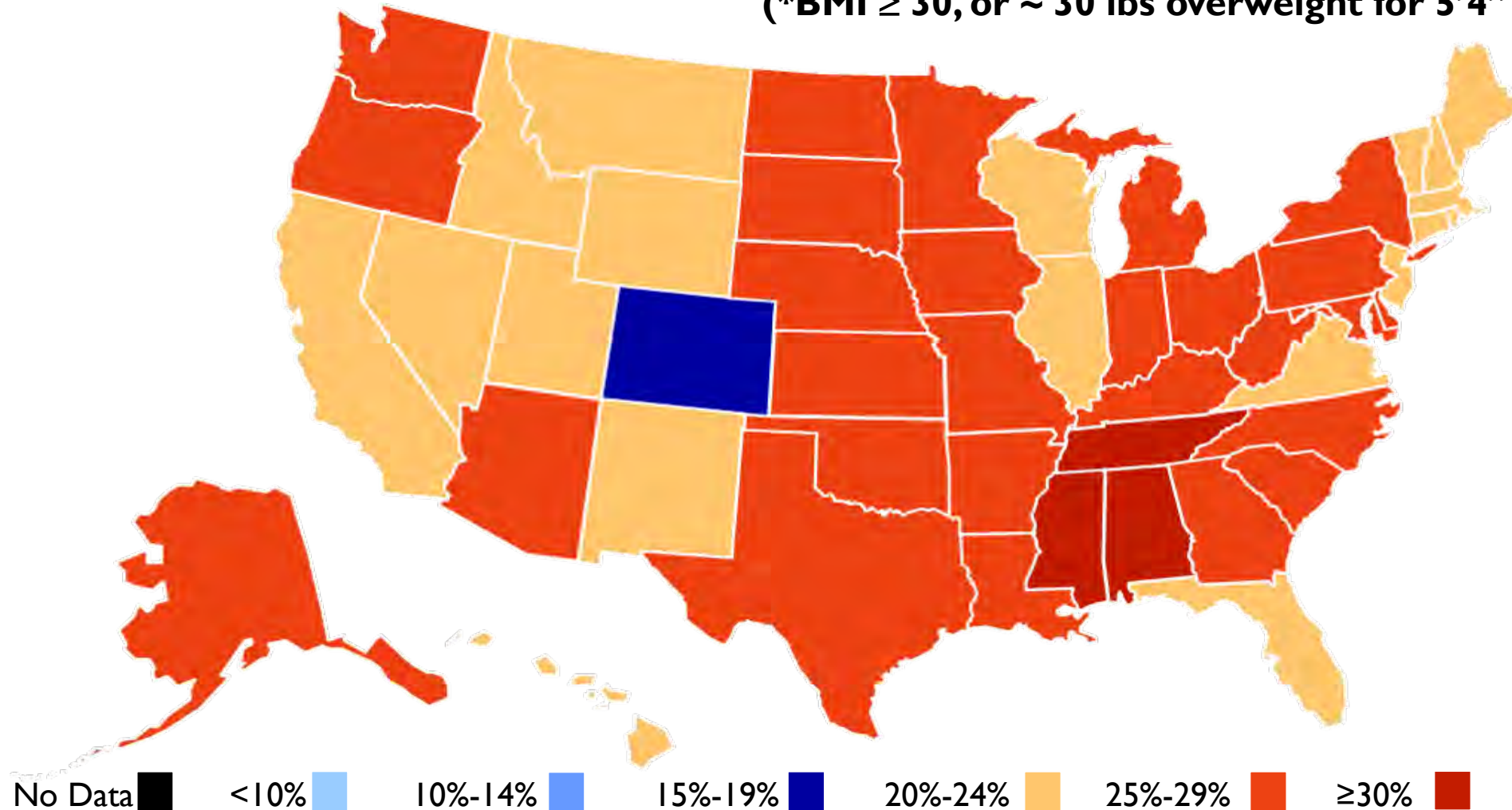
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 2007

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)

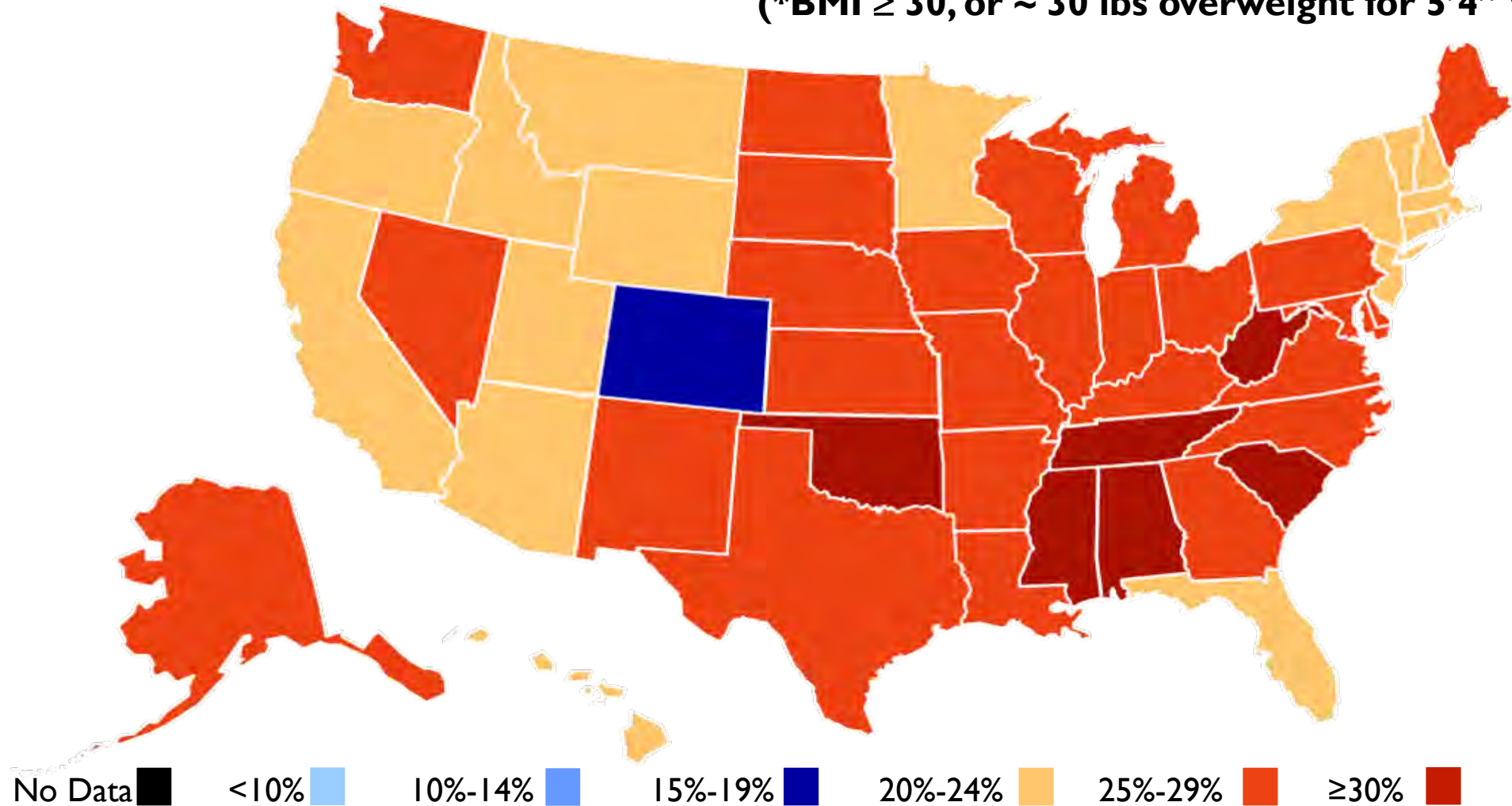


No Data ■ <10% ■ 10%-14% ■ 15%-19% ■ 20%-24% ■ 25%-29% ■ ≥30% ■



Obesity Trends Among U.S. Adults 2008

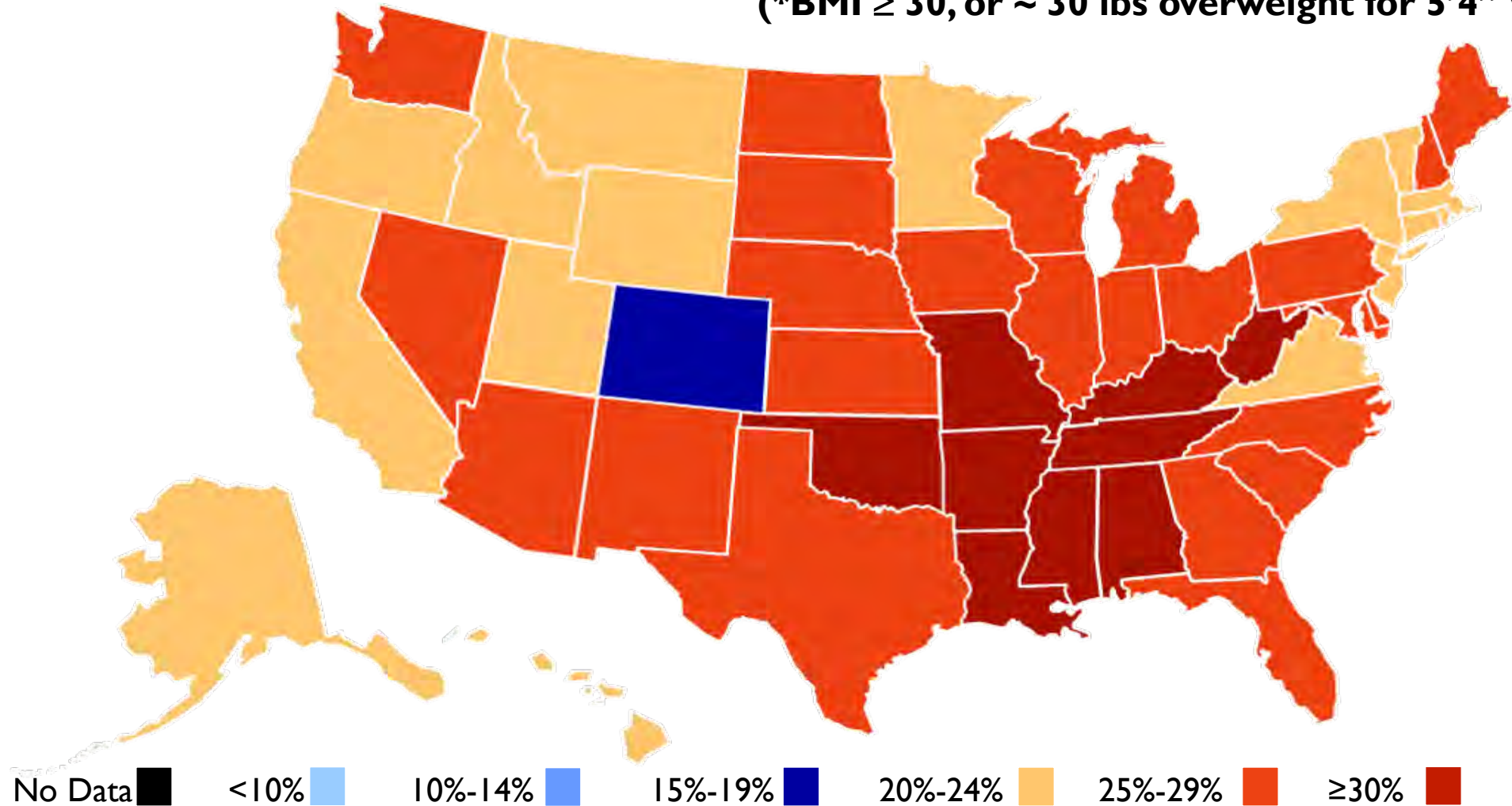
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





Obesity Trends Among U.S. Adults 2009

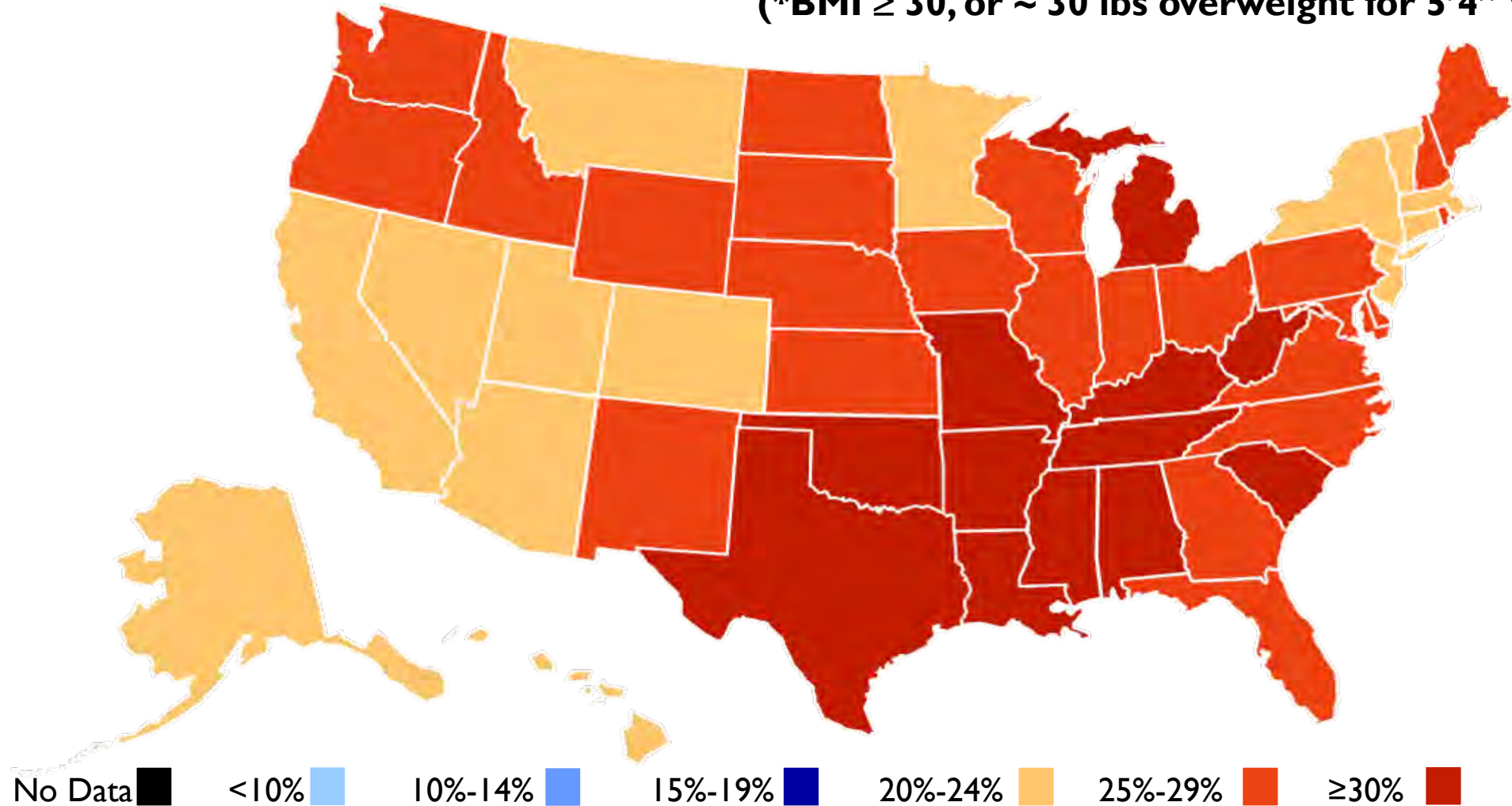
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)





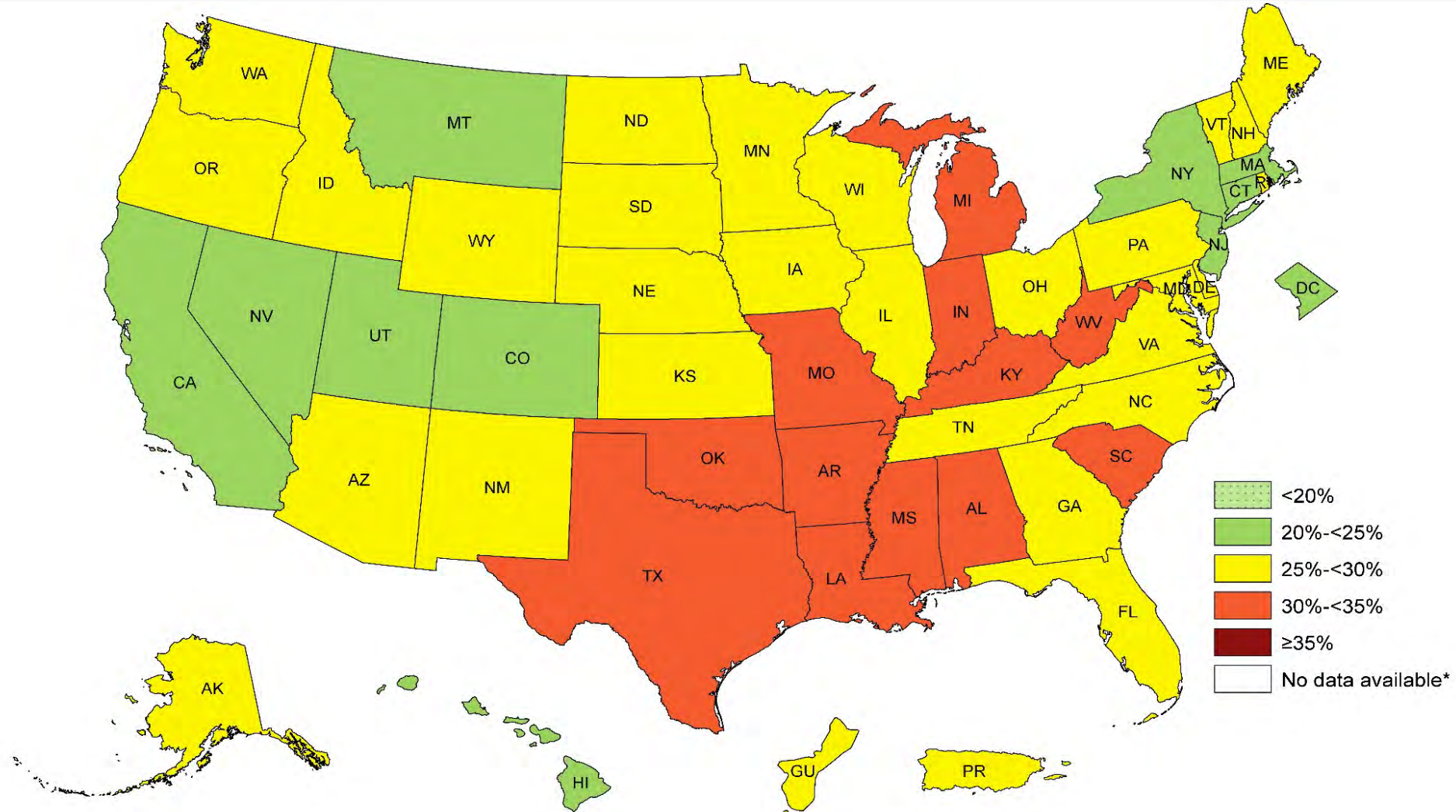
Obesity Trends Among U.S. Adults 2010

(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" woman)



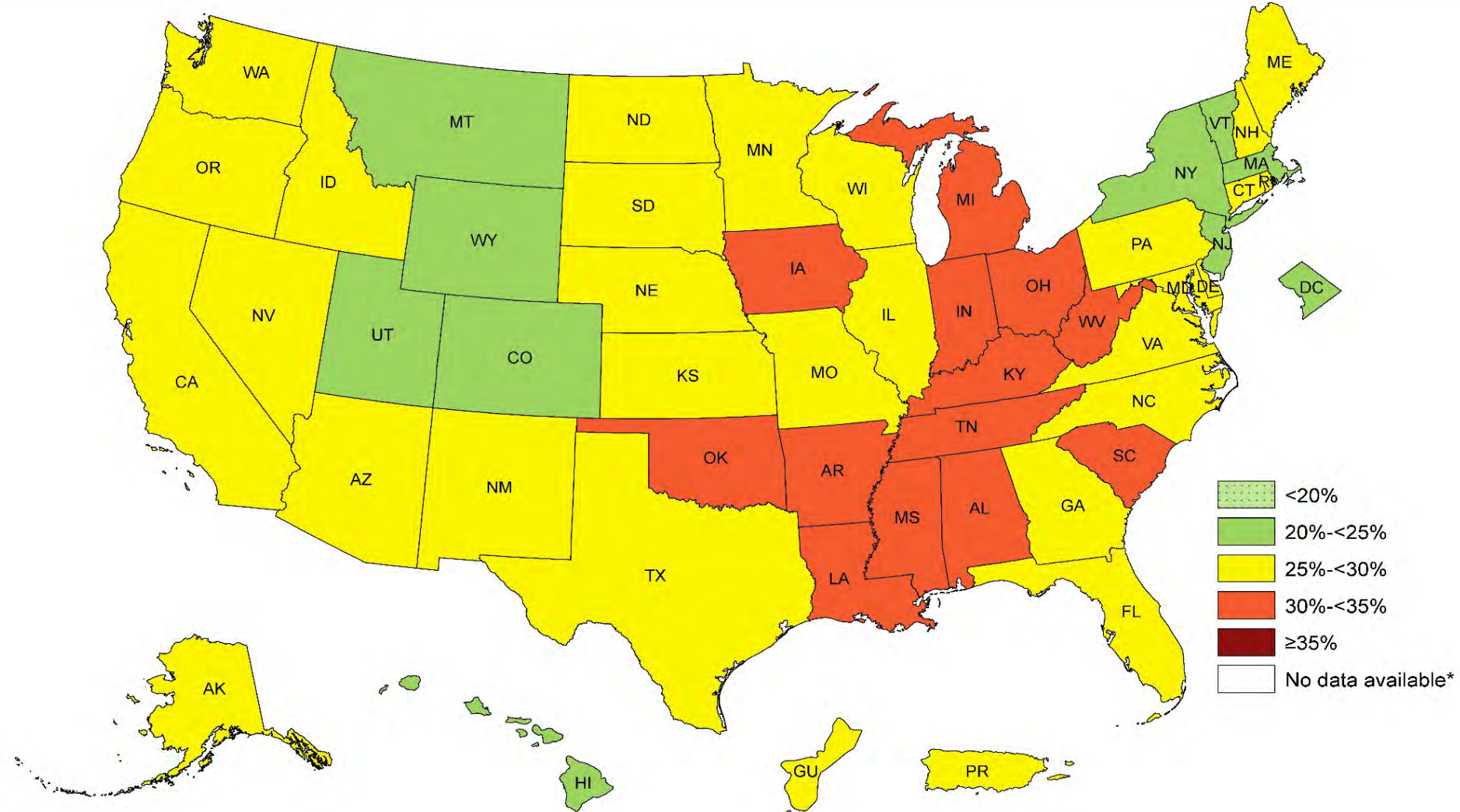


Obesity Trends Among U.S. Adults 2011



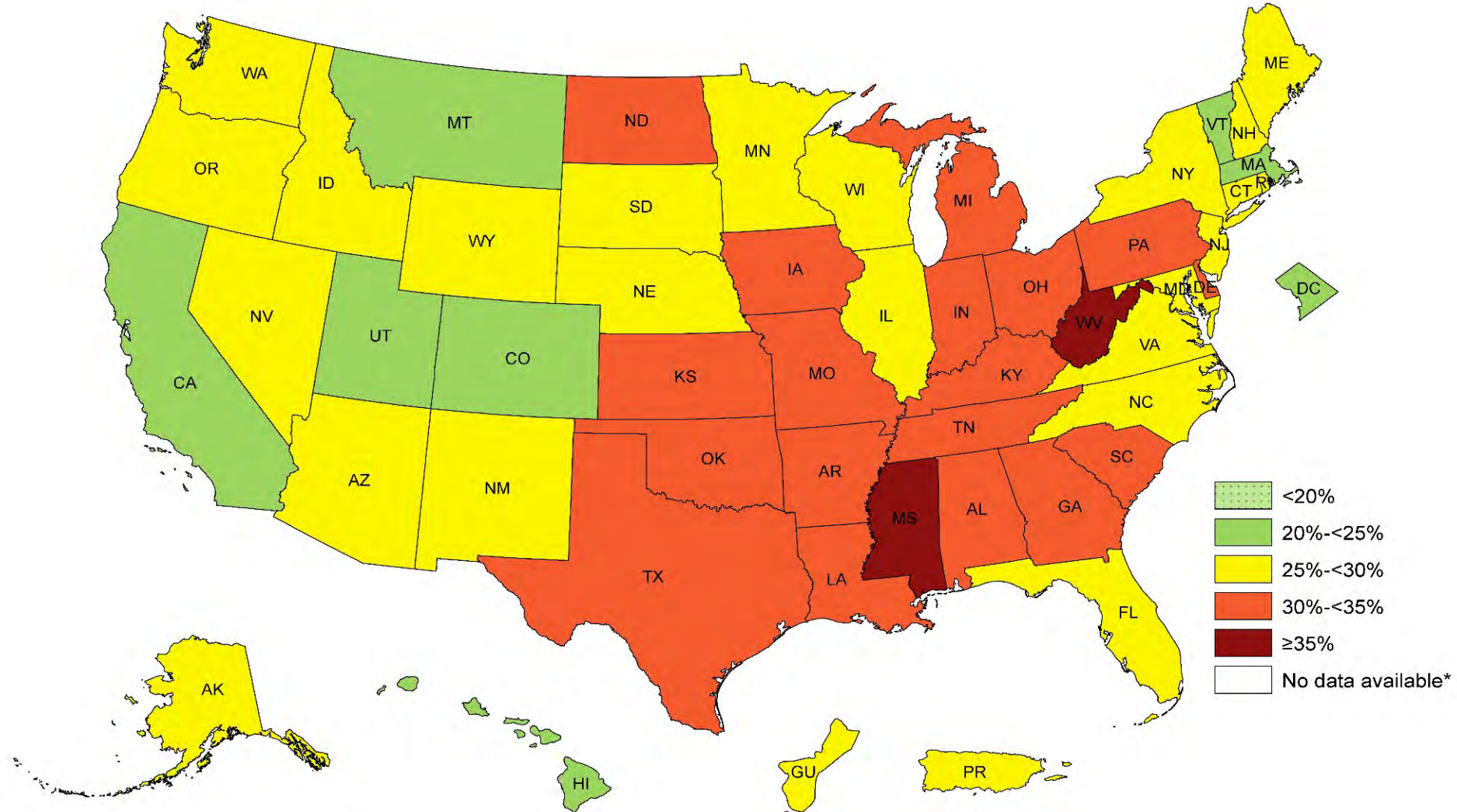


Obesity Trends Among U.S. Adults 2012



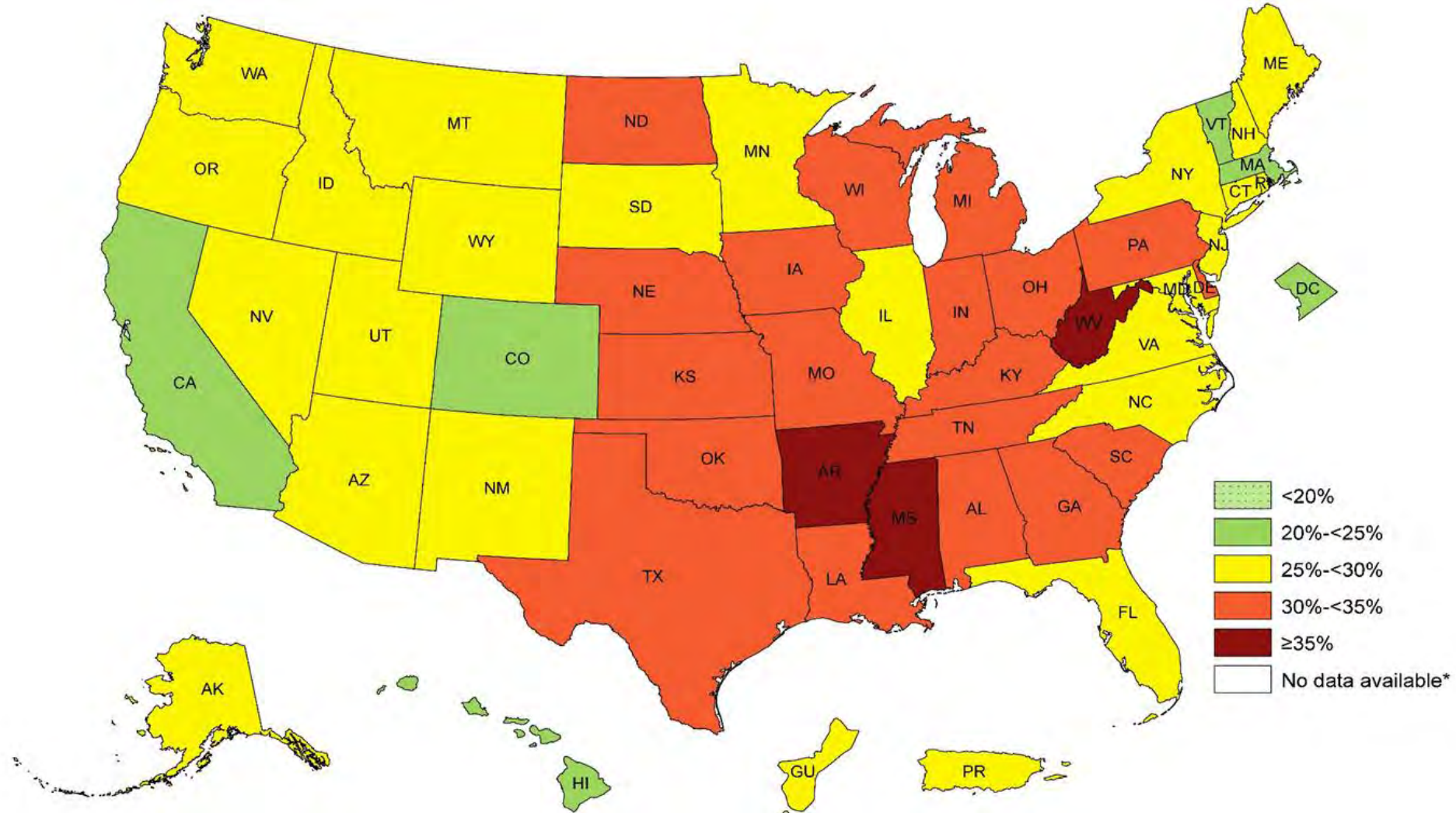
Obesity Trends Among U.S. Adults

2013



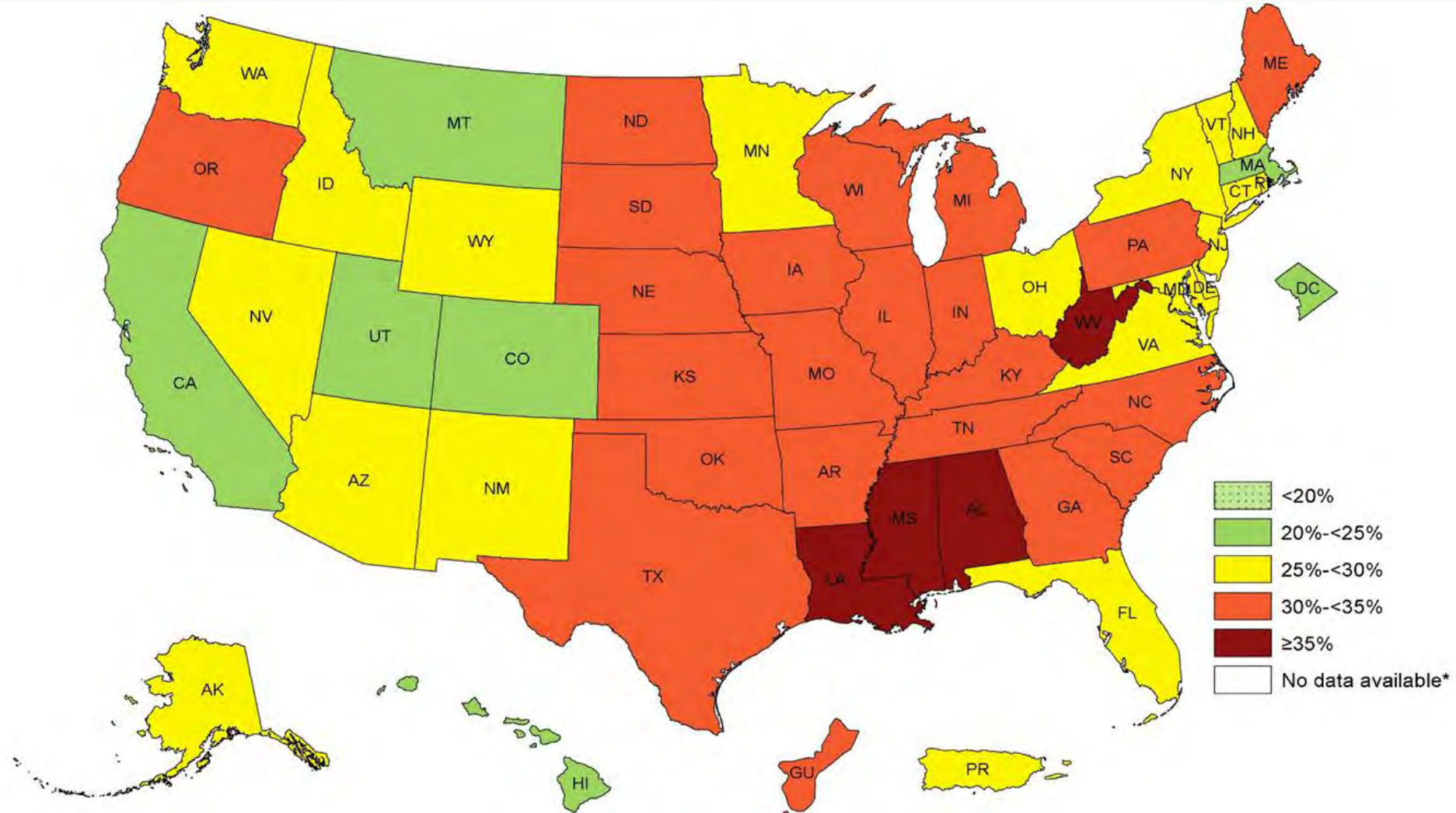


Obesity Trends Among U.S. Adults 2014



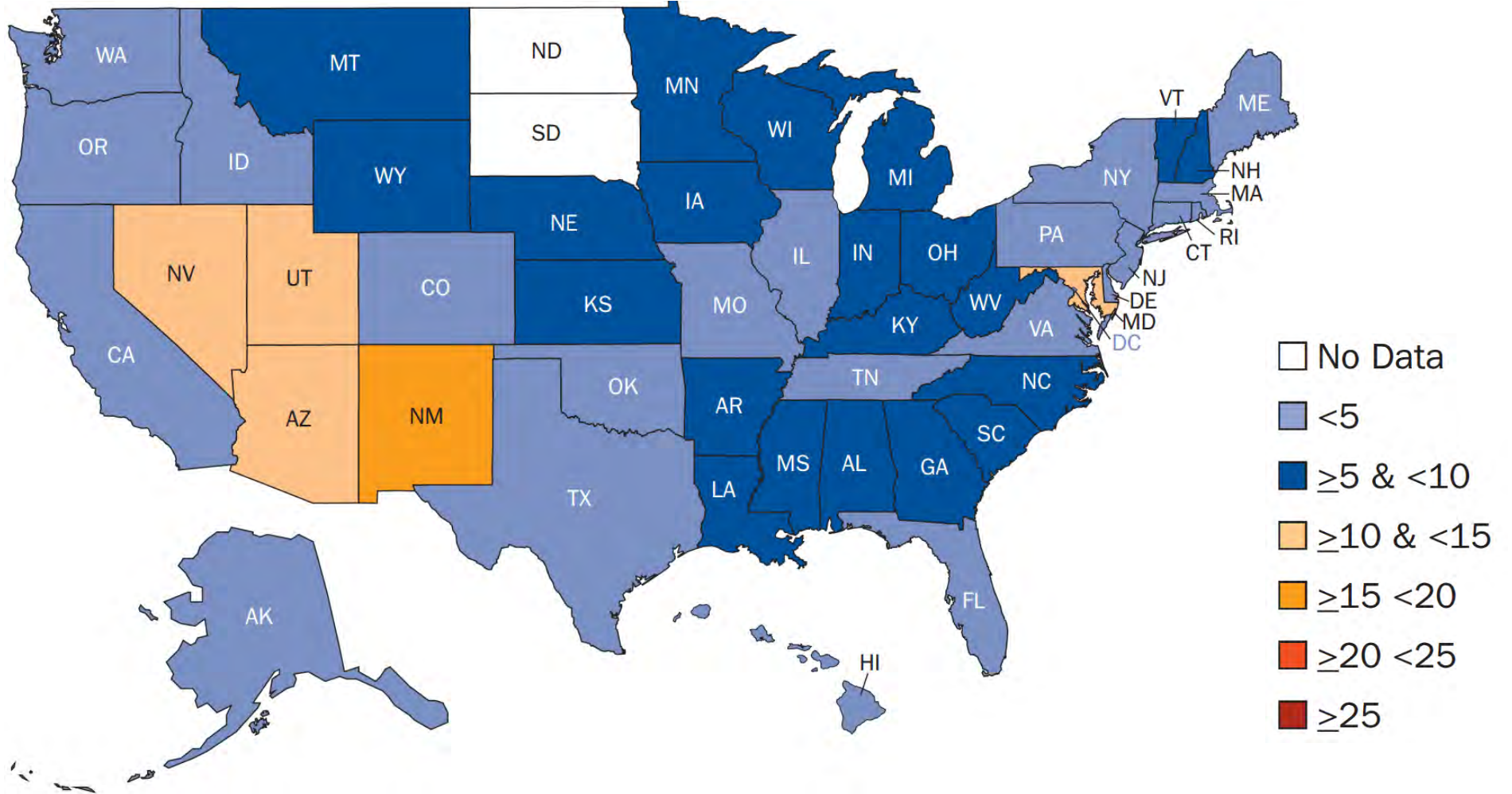


Obesity Trends Among U.S. Adults 2015



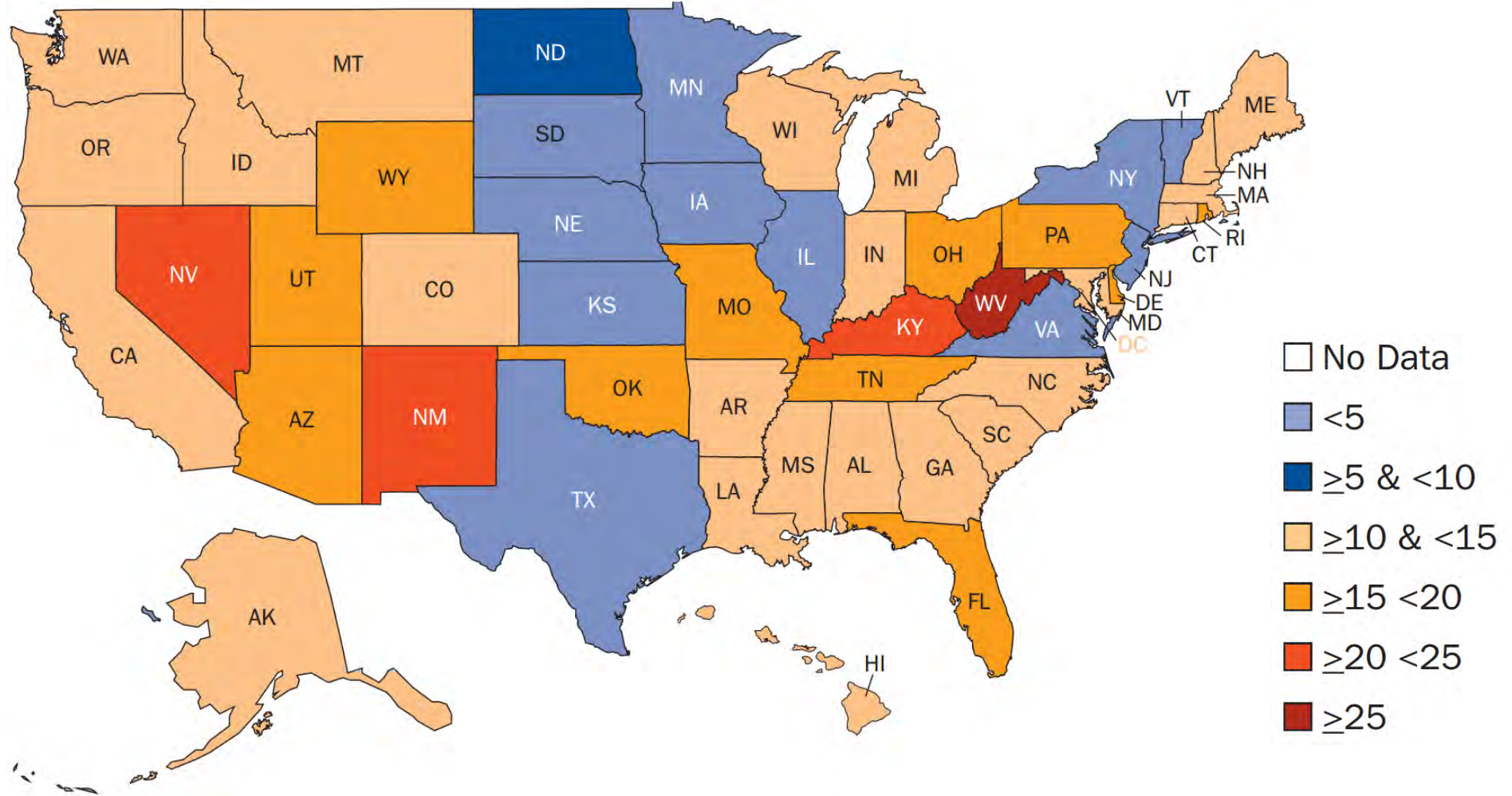


Drug Overdose Mortality Rates 1999 (per 100,000 people)





Drug Overdose Mortality Rates 2010 (per 100,000 people)

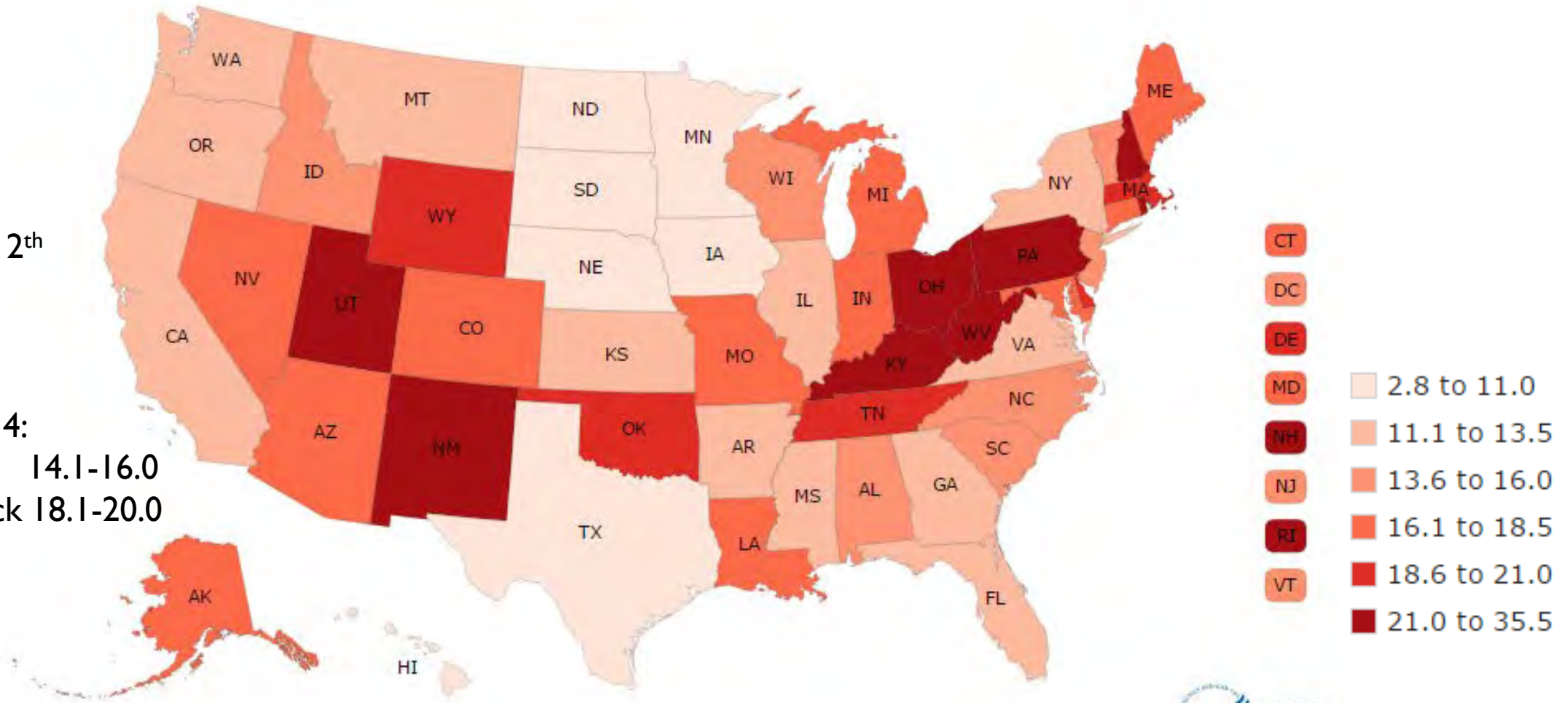




Drug Overdose Mortality Rates 2014 (per 100,000 people)

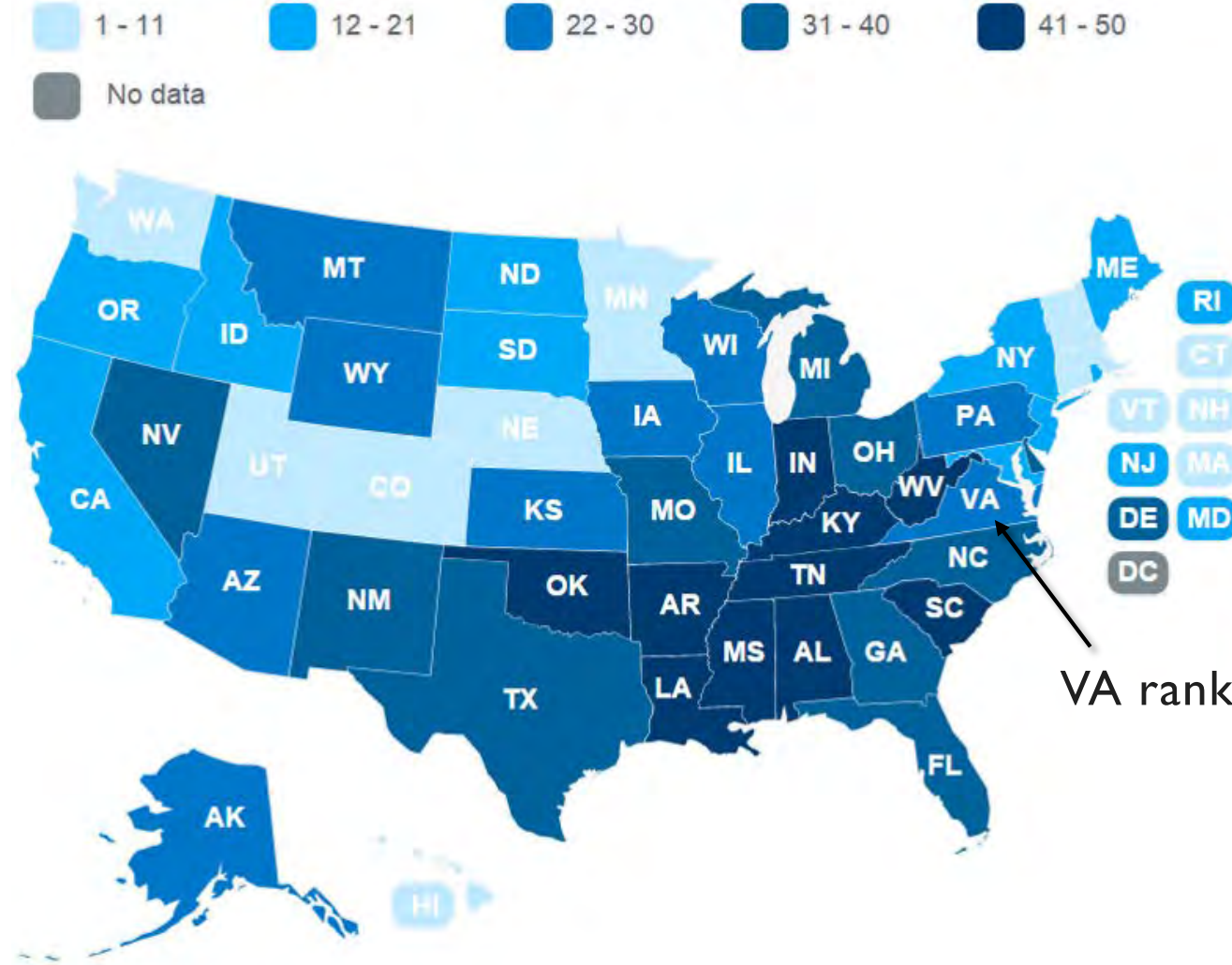
Virginia ranked 12th in the U.S.
(lower is better)

- County Rates 2014:
- Fauquier 14.1-16.0
 - Rappahannock 18.1-20.0





Overall State Rankings



VA ranks 19th



Virginia State Health Rankings – 19th

• Strengths

- Low incidence of infectious disease
- Low percentage of children in poverty
- Low violent crime rate

• Challenges

- Large disparity in health status by education level
- High prevalence of smoking
- Low per capita public health funding

• Highlights

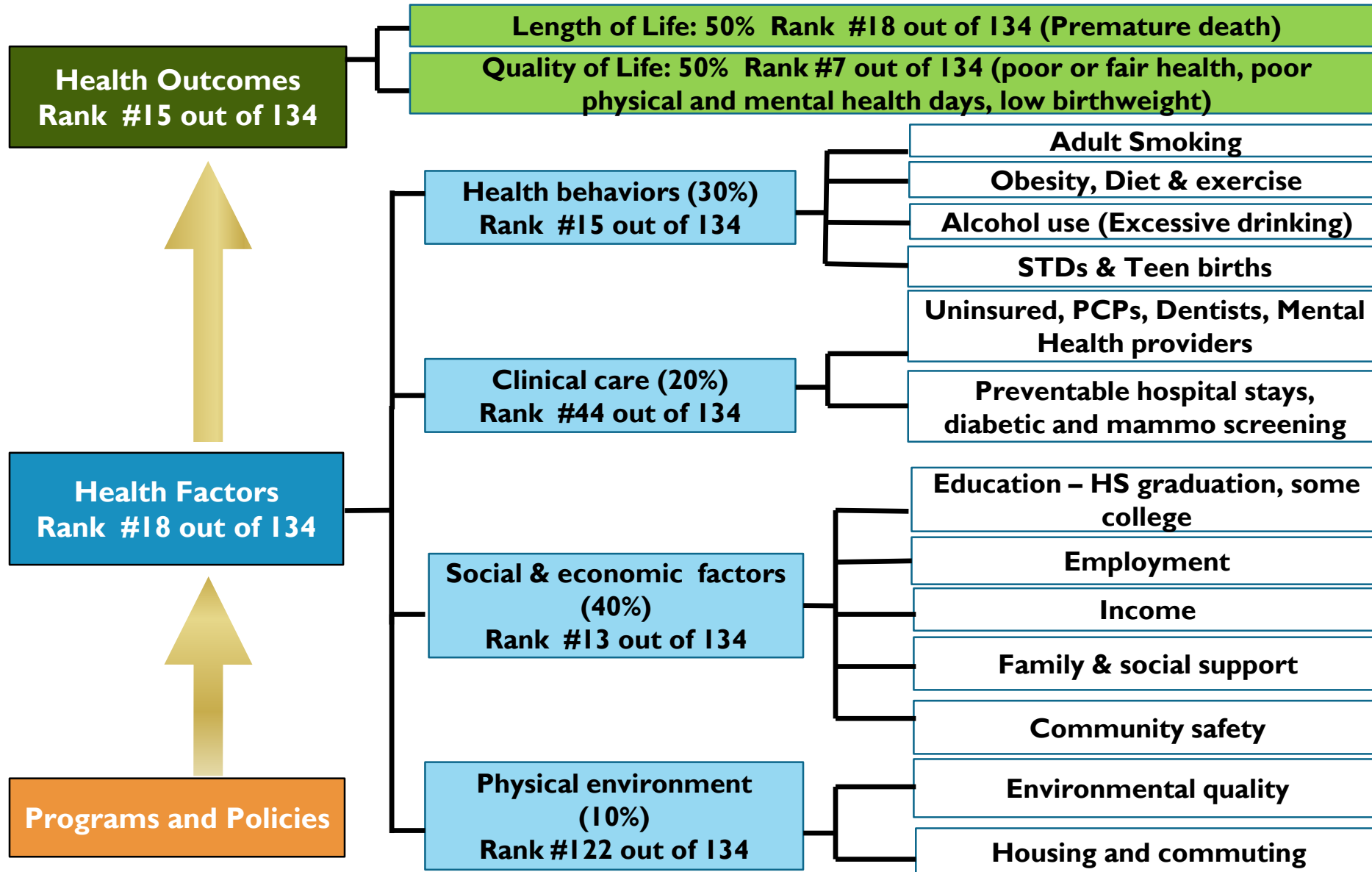
- In the past year, drug deaths **increased** 13% from 8.4 to 9.5 per 100,000 population.
- In the past 2 years, smoking **increased** 3% from 19.0% to 19.5% of adults.
- In the past 10 years, preventable hospitalizations **decreased** 34% from 74.0 to 49.0 per 1,000 Medicare beneficiaries.
- In the past 20 years, cancer deaths **decreased** 11% from 212.8 to 189.2 per 100,000 population.
- Since 1990, cardiovascular deaths **decreased** 42% from 413.2 to 239.1 per 100,000 population.

Select Rankings

- 3 Violent crime rate
- 7 Drug deaths
- 8 Children in poverty
- 14 Infectious disease
- 15 Preventable hospitalizations
- 20 Smoking
- 23 Cancer deaths
- 25 Cardiovascular deaths
- 29 Disparity in health status
- 30 Public health funding



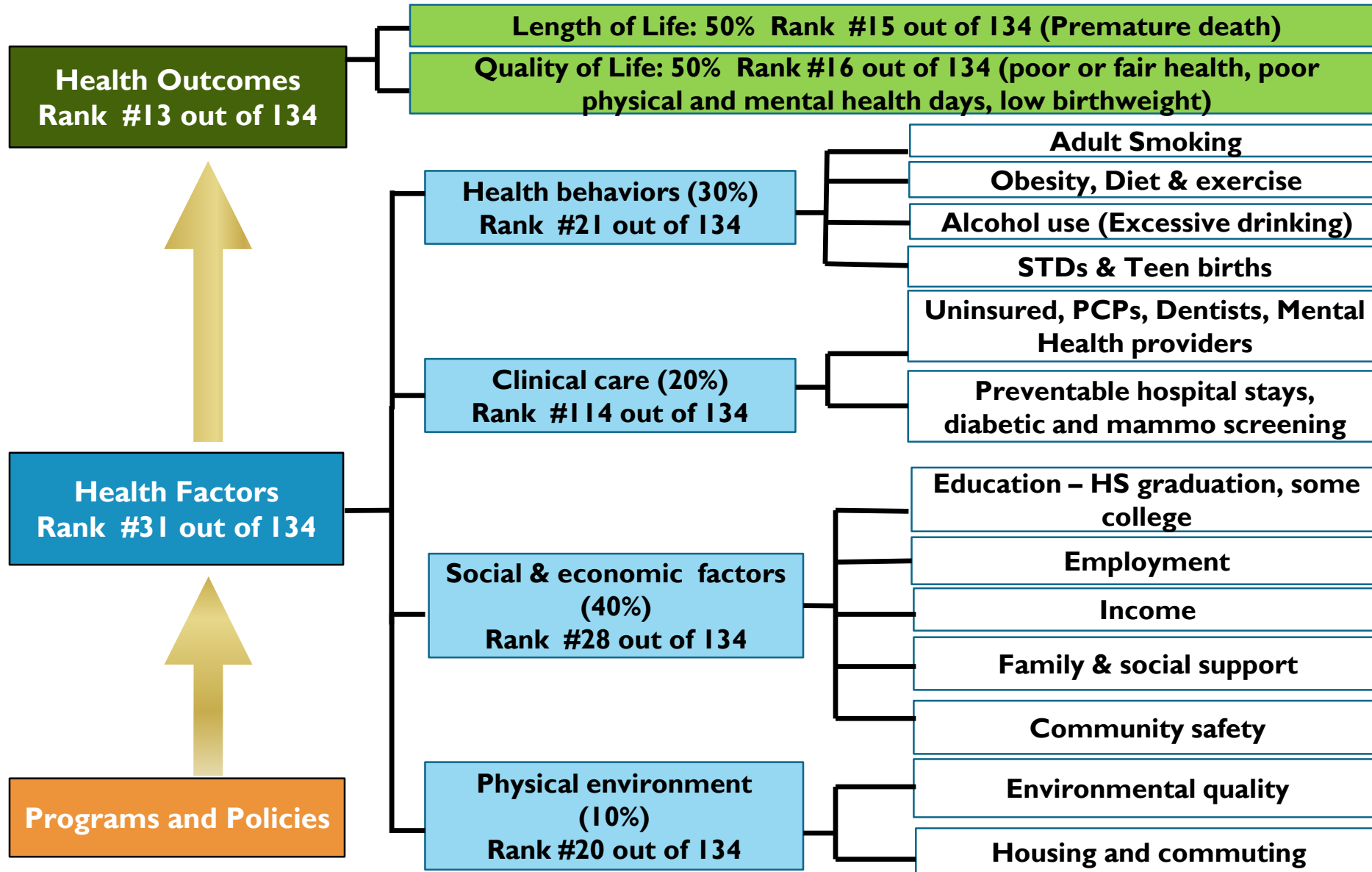
Fauquier County, VA Health Rankings



VA county rankings based on 134 counties.



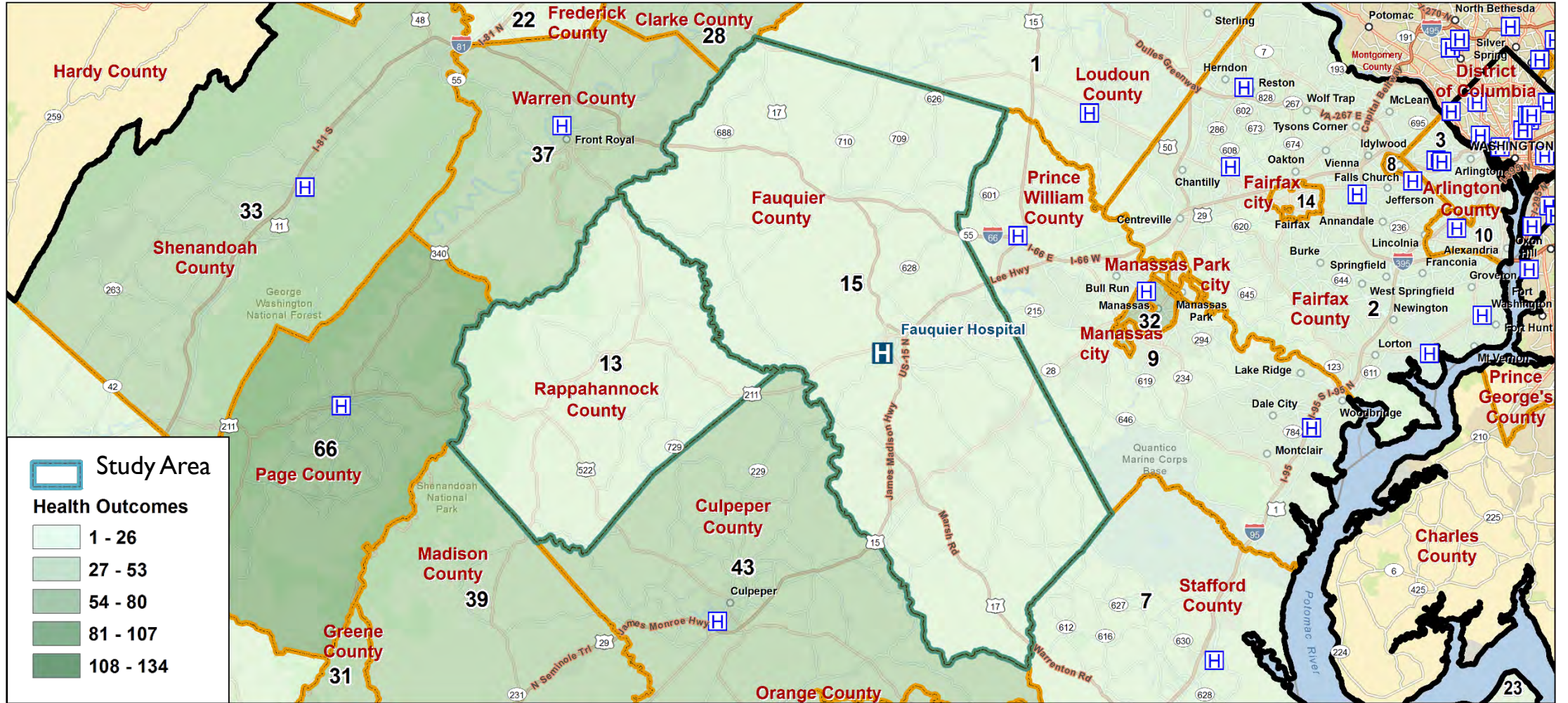
Rappahannock County, VA Health Rankings



VA county rankings based on 134 counties.



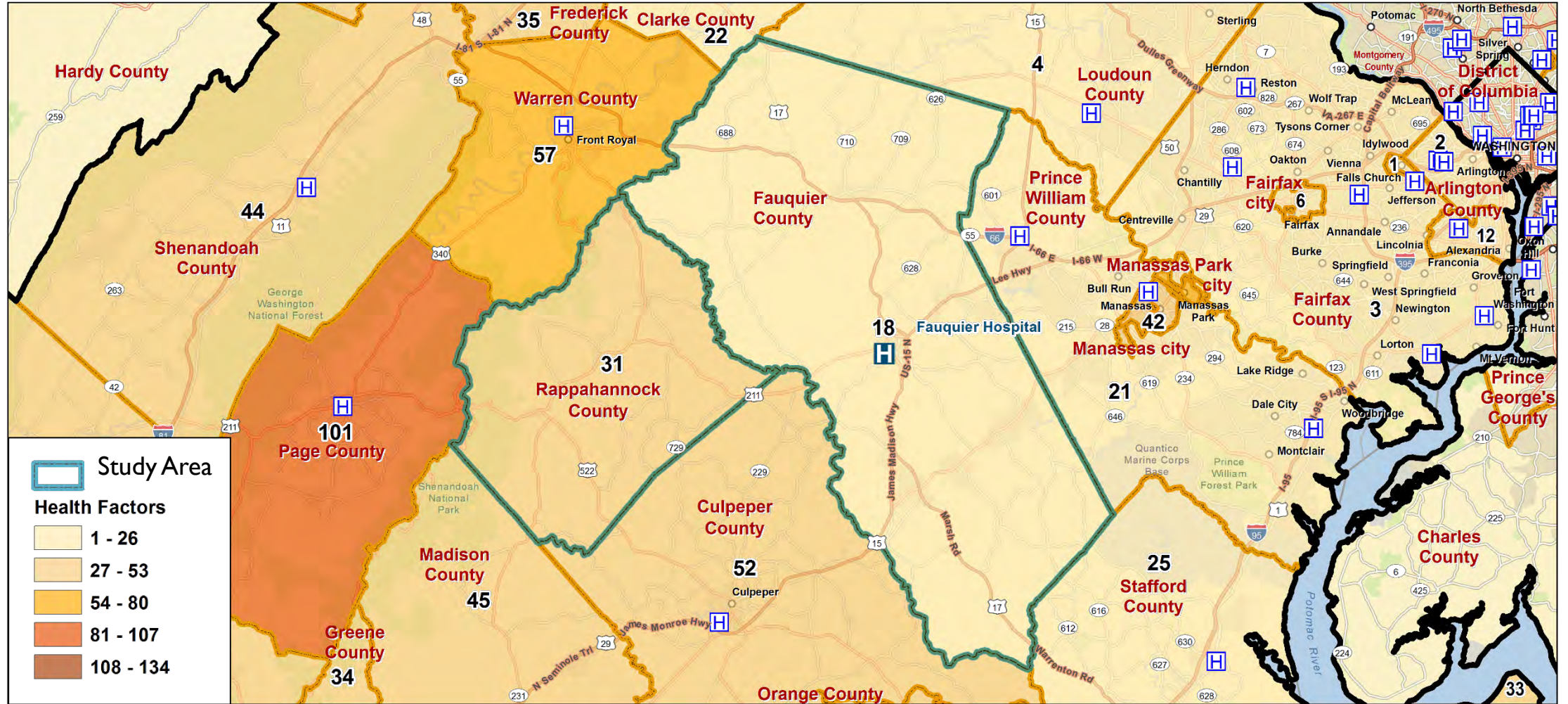
Health Outcome Rankings - Virginia



VA county rankings based on 134 counties.



Health Factors Rankings - Virginia



VA county rankings based on 134 counties.



Contiguous Counties Health Rankings & Measures

	Fauquier	Rappahannock	Culpeper	Prince William	Clarke	Stafford	Warren
Overall Rank	16	22	47	15	25	16	47
Health Outcomes	15	13	43	9	28	7	37
Length of Life	18	15	52	10	39	12	56
Quality of Life	7	16	37	12	22	5	26
Health Factors	18	31	52	21	22	25	57
Health Behaviors	15	21	51	10	20	32	48
Clinical Care	44	114	63	72	39	70	110
Social & Economic Factors	13	28	45	20	9	15	48
Physical Environment	122	20	131	53	128	15	71
Adult Smoking	16%	16%	18%	15%	16%	16%	18%
Adult Obesity	26%	26%	30%	25%	28%	33%	28%
Physical Inactivity	24%	25%	25%	18%	23%	22%	20%
Diabetes	9%	11%	9%	8%	9%	8%	9%
Uninsured	12%	19%	16%	15%	12%	10%	16%
Pop per Primary Care Physicians	1 : 1,977	1 : 2,493	1 : 2,205	1 : 2,345	1 : 2,050	1 : 3,336	1 : 1,759
Alcohol Impaired Driving Deaths	26%	40%	15%	22%	44%	29%	29%
Excessive Drinking %	17%	16%	17%	18%	18%	18%	18%

Ranks out of 134 counties

Red = Concern

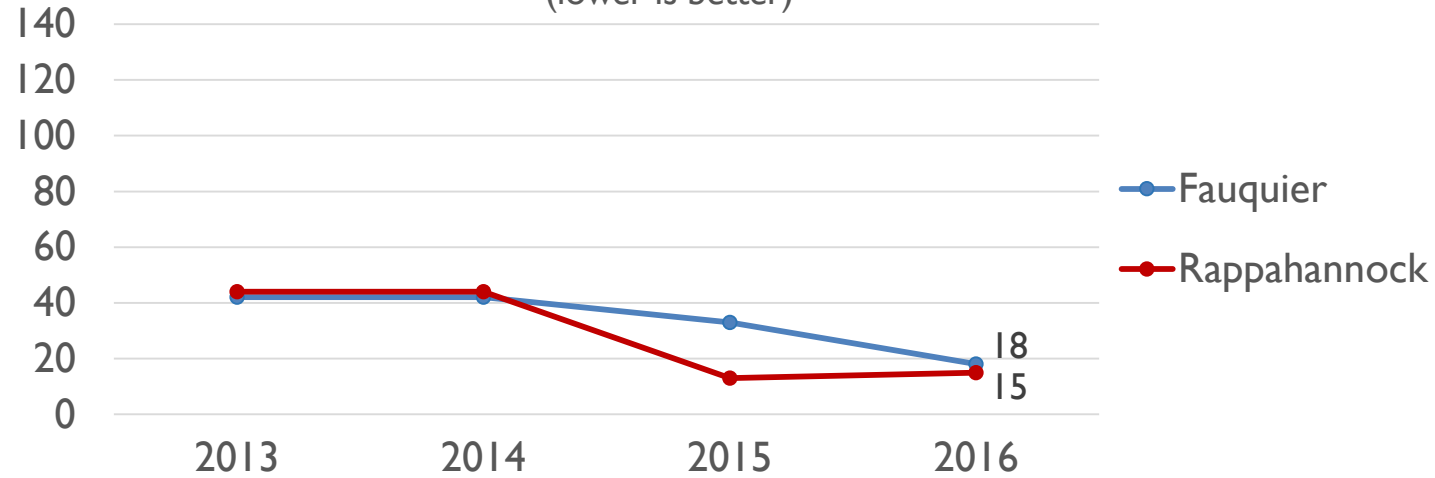
Health Outcomes: how long people live and how healthy people feel and low birth weight babies.

Health Factors: health behaviors, clinical care, social and economic, and the physical environment.



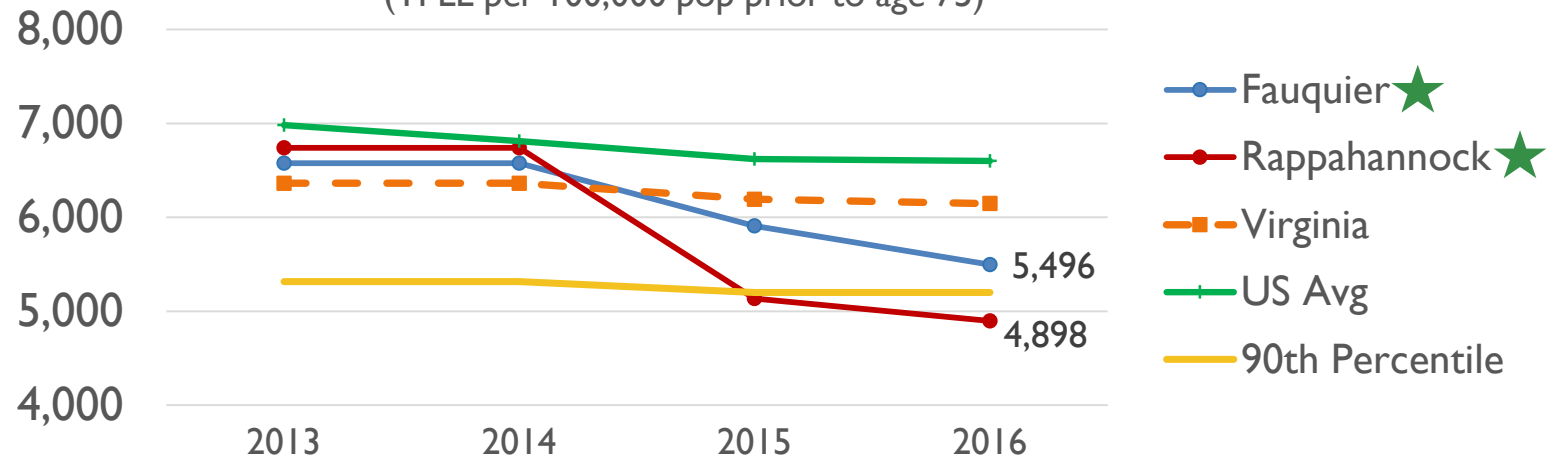
Length of Life Rank

Length of Life Ranking (lower is better)



Premature Death

(YPLL per 100,000 pop prior to age 75)



VA county rankings based on 134 counties.



Leading Causes of Death per 100,000 Population

Cause of Death	Fauquier County	Rappahannock County	Virginia	US
	2013	2013	2013	2014
Heart Disease	141.1	140.8	155.9	169.8
Cancer	123.3	173.9	161.3	163.2
Chronic Lower Respiratory Disease	53.3	42.1	37.2	42.1
Accidents	40.4	2.0	33.0	39.4
Stroke	46.8	31.0	38.5	36.2
Alzheimer's Disease	29.4	19.7	19.6	23.5
Diabetes	11.7	9.9	18.3	21.2
Influenza and Pneumonia	17.2	8.6	16.8	15.9
Suicide	20.6	0.0	12.2	12.6
Liver Disease	11.6	0.0	8.9	10.2

Rates Per 100,000

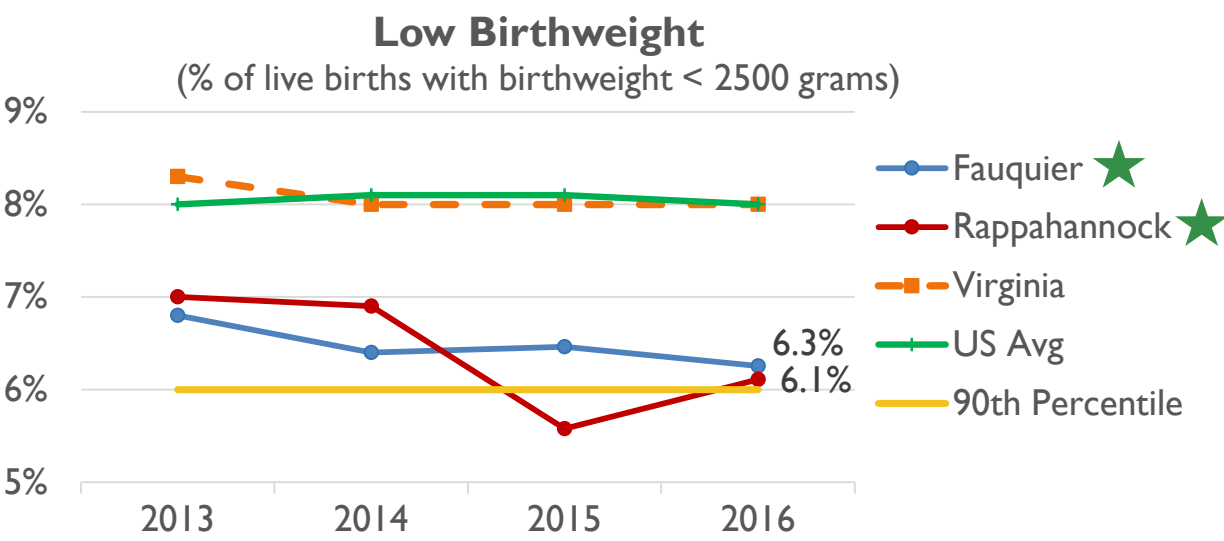
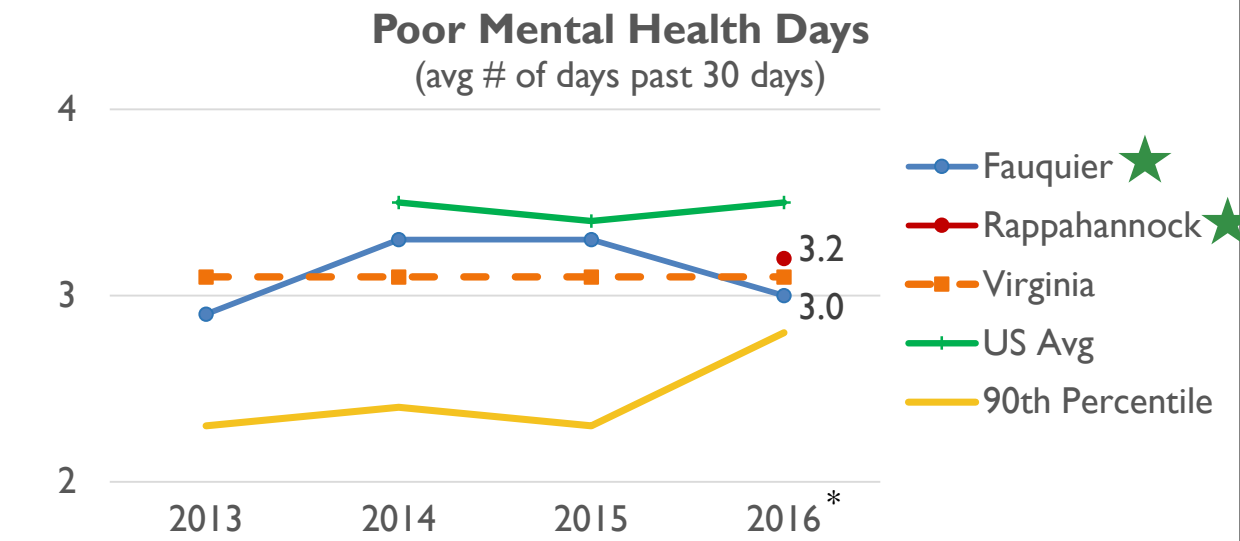
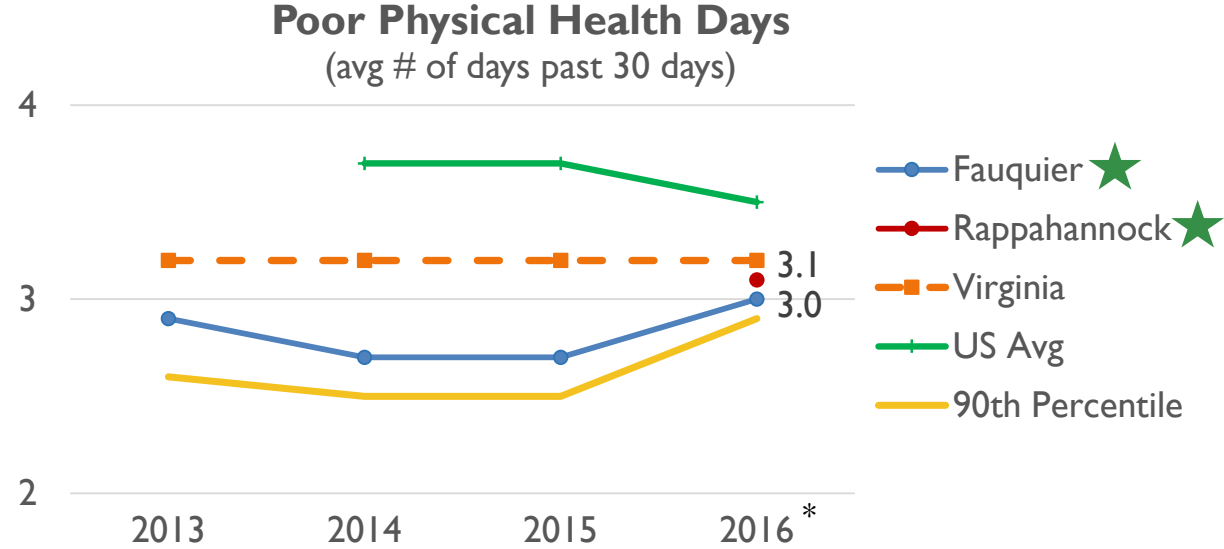
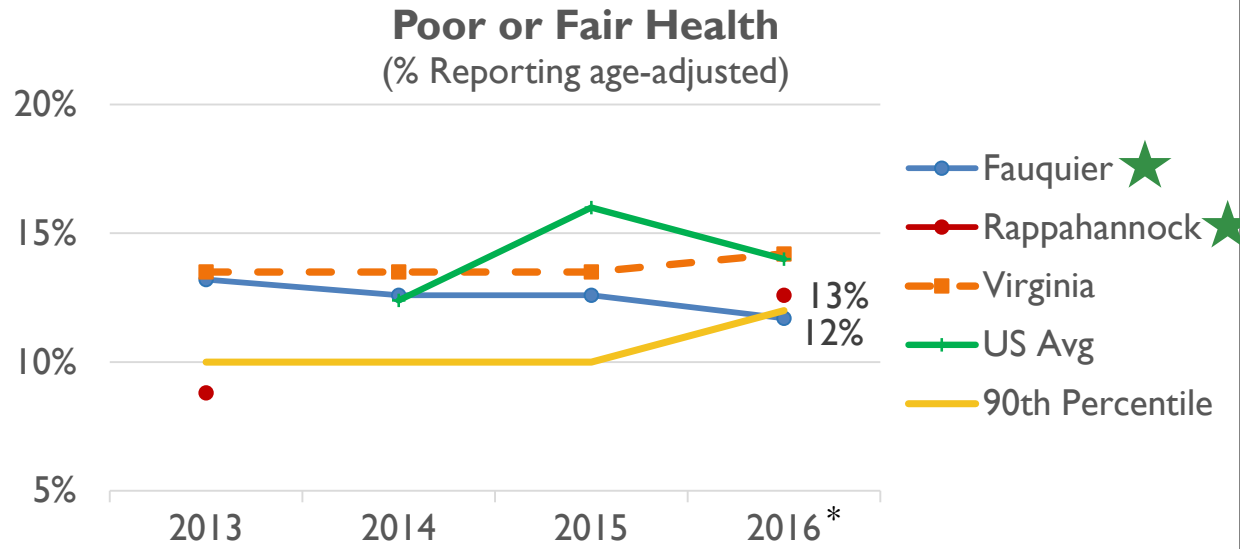
** indicates numerator too small for rate calculation

Age Adjustment Uses 2000 Standard Population

Note: Rates that appear in red for a county denote a higher value compared to state data



Quality of Life Rank



* Changes to the definition or methods of calculating the 2016 data

Source(s): Stratasan (2016); County Health Rankings (2016); America's Health Rankings (2015)

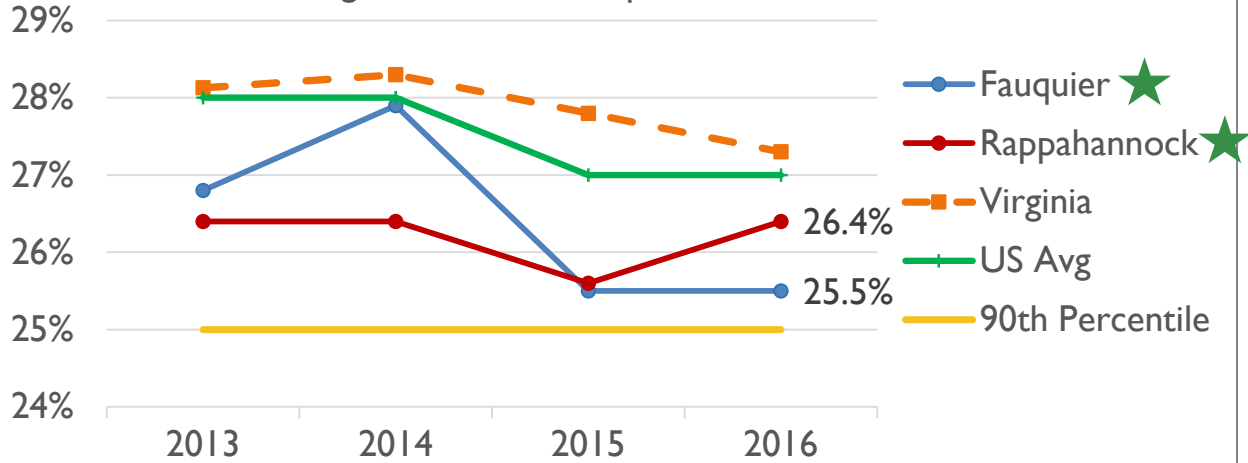


Health Behaviors



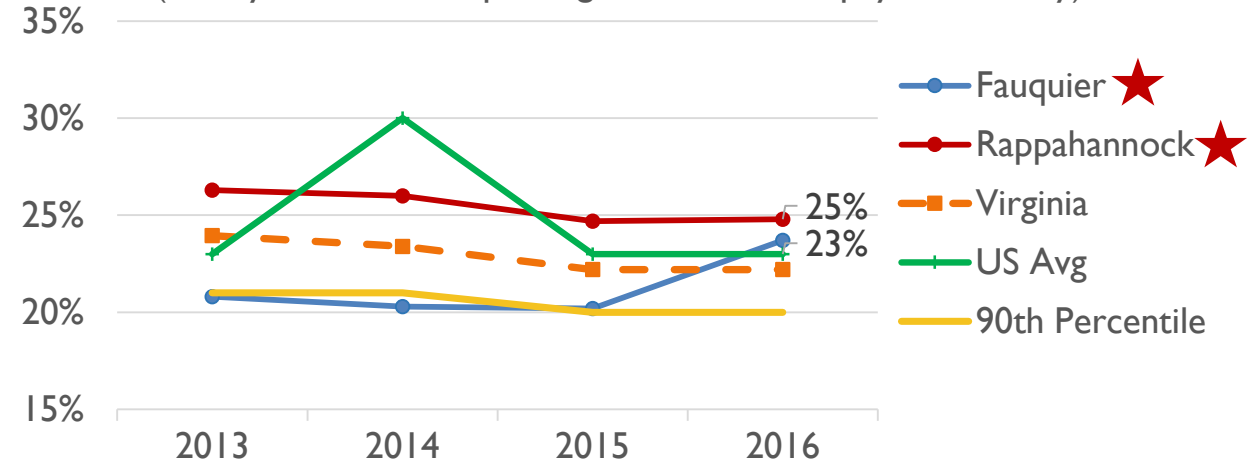
Adult Obesity

Percentage of adults that report a BMI of 30 or more



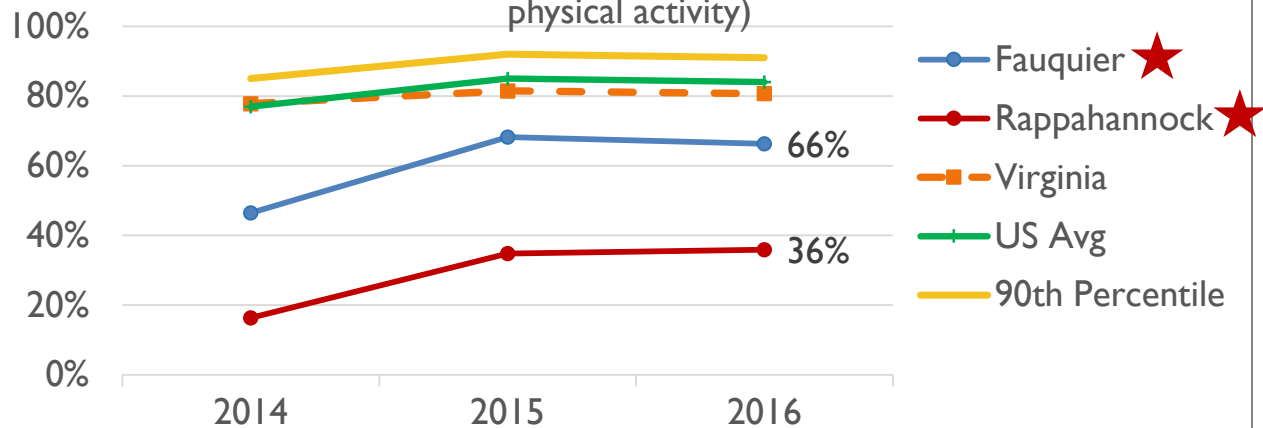
Physical Inactivity

(% 20 yo and older reporting no leisure time physical activity)



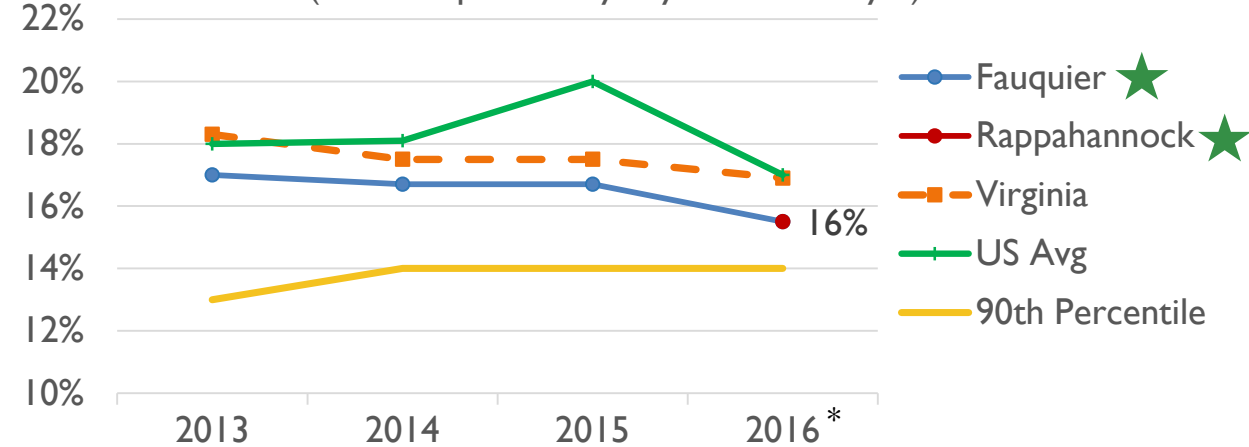
Access to Exercise Opportunities

(percentage of population with adequate access to locations for physical activity)



Adult Smoking

(% that report every day or "most days")



* Changes to the definition or methods of calculating the 2016 data

Source(s): Stratasan (2016); County Health Rankings (2016); America's Health Rankings (2015)

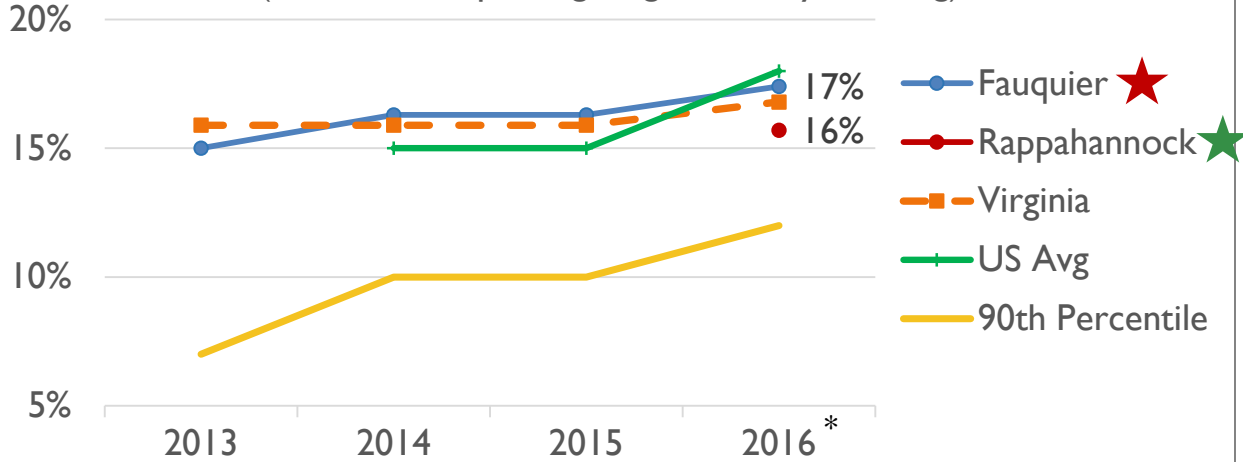


Health Behaviors



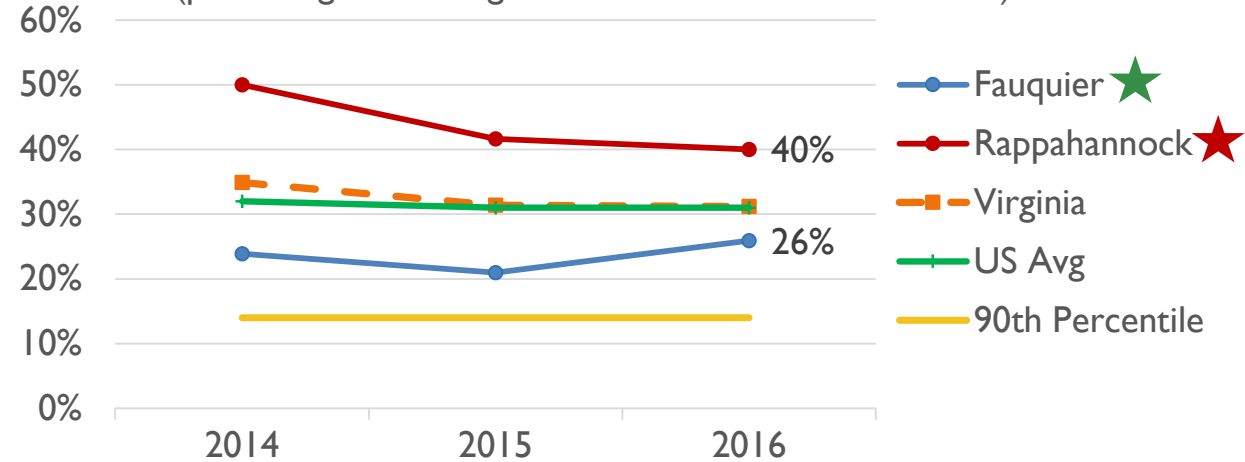
Excessive Drinking

(% of adults reporting binge or heavy drinking)



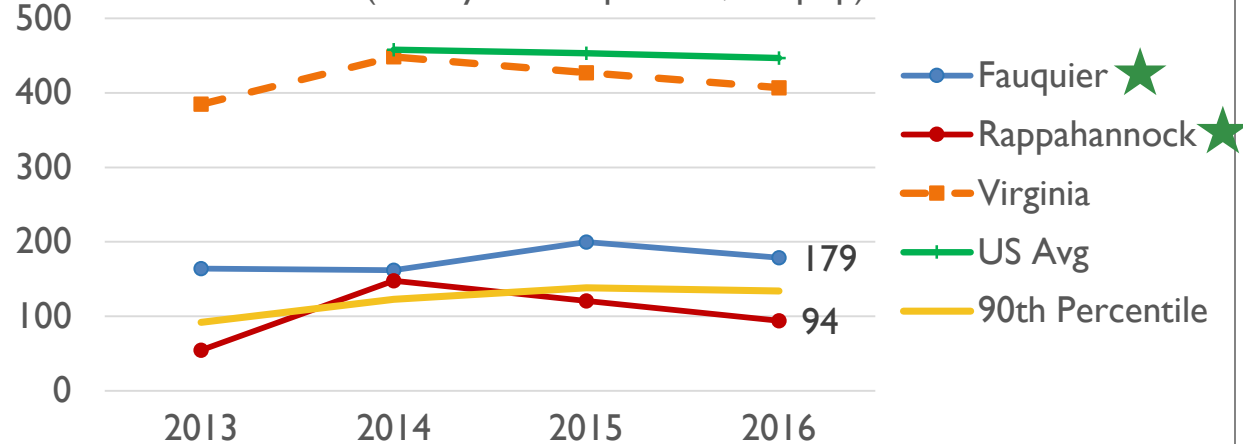
Alcohol Impaired Driving Deaths

(percentage of driving deaths with alcohol involvement)



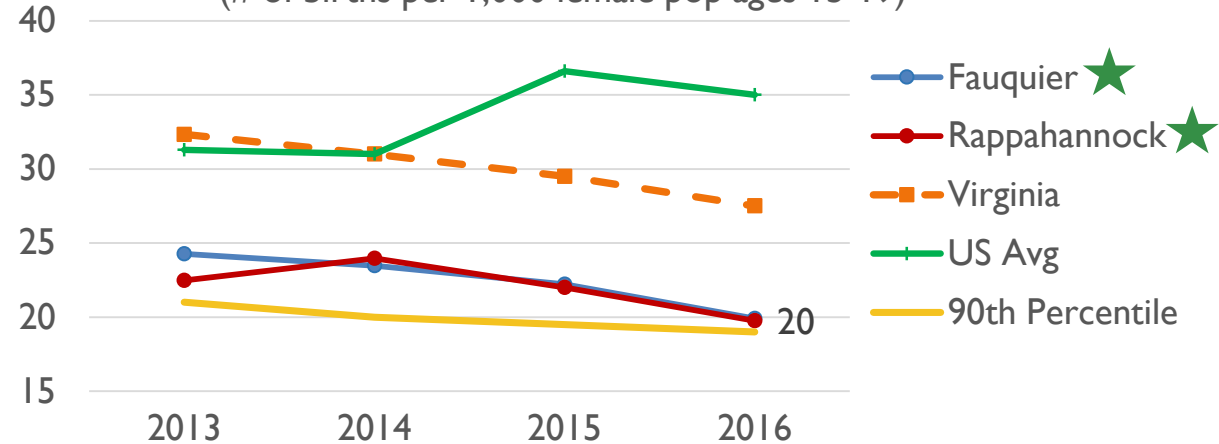
Sexually Transmitted Infections

(chlamydia rate per 100,000 pop)



Teen Birth Rate

(# of births per 1,000 female pop ages 15-19)



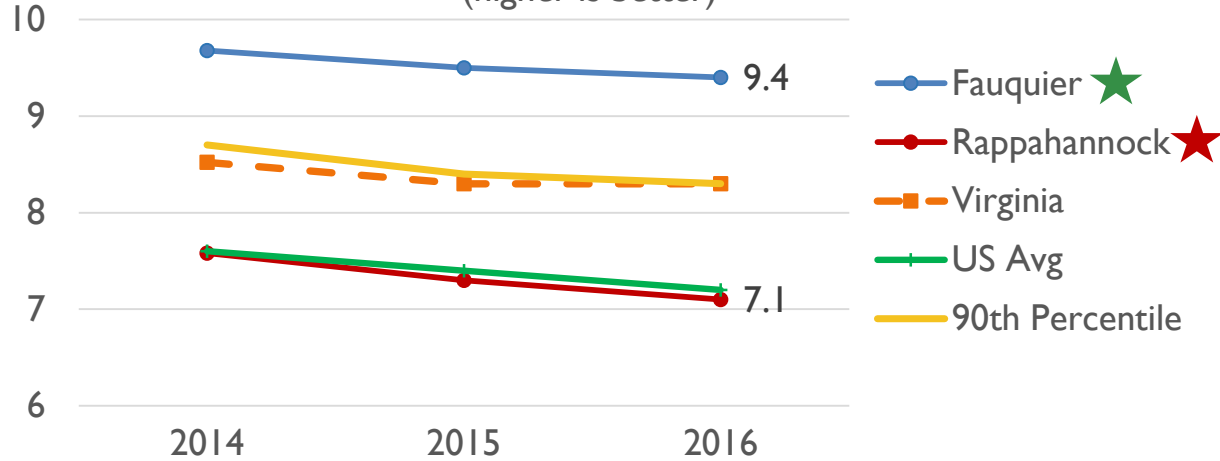
* Changes to the definition or methods of calculating the 2016 data

Source(s): Stratasan (2016); County Health Rankings (2016); America's Health Rankings (2015)



Health Behaviors

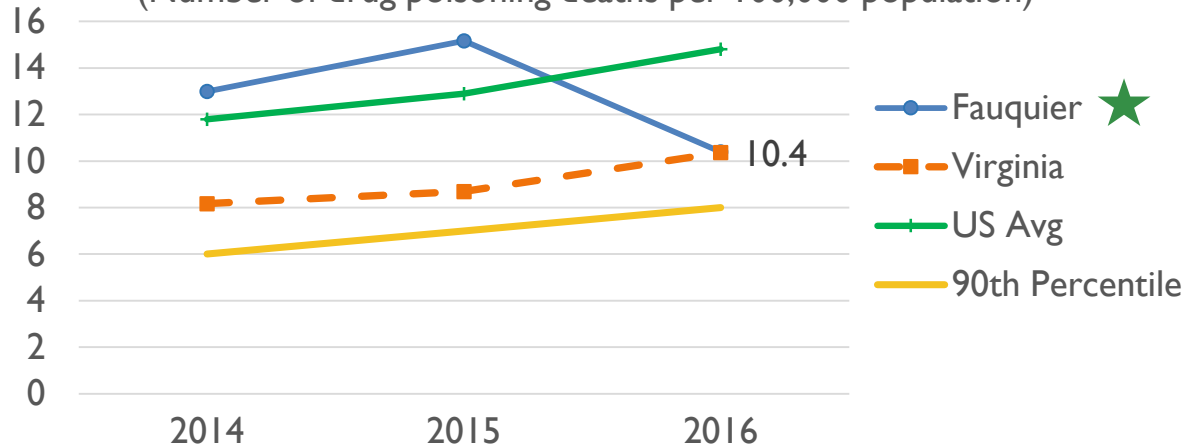
Food Environment Index (higher is better)



The food environment index is comprised of % of the population with limited access to healthy foods and % of the population with food insecurity. Limited access to foods estimates the % of the population who are low income and do not live close to a grocery store. Food insecurity is the % of the population who did not have access to a reliable source of food during the past year.

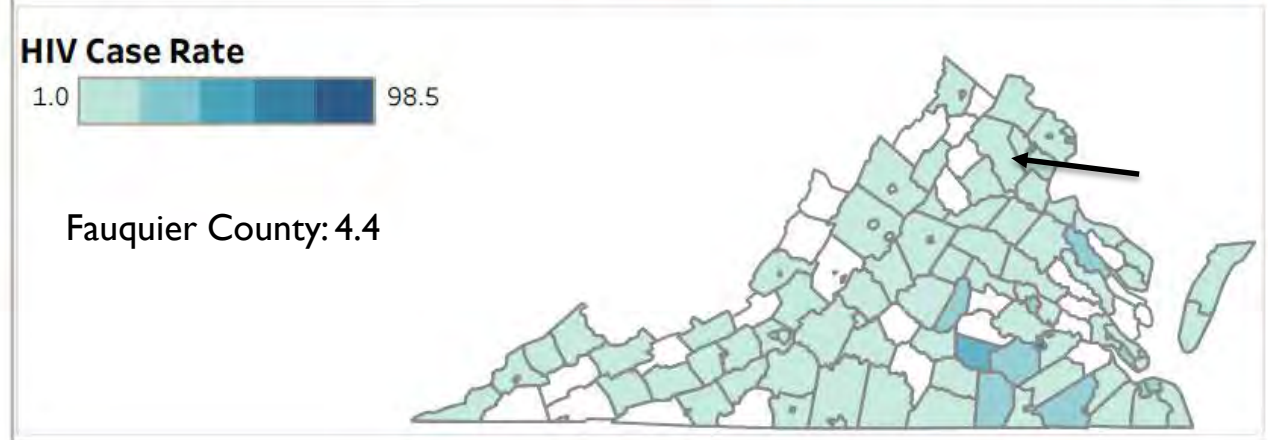
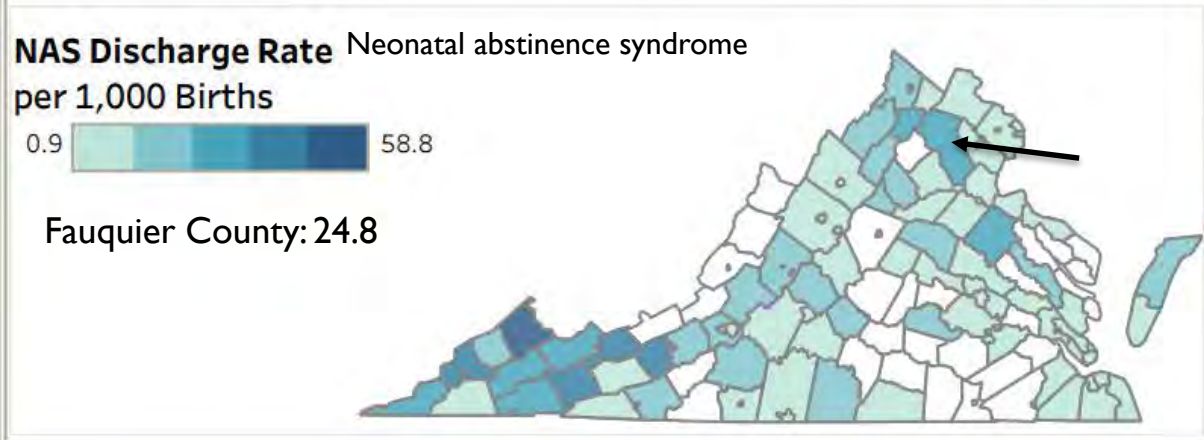
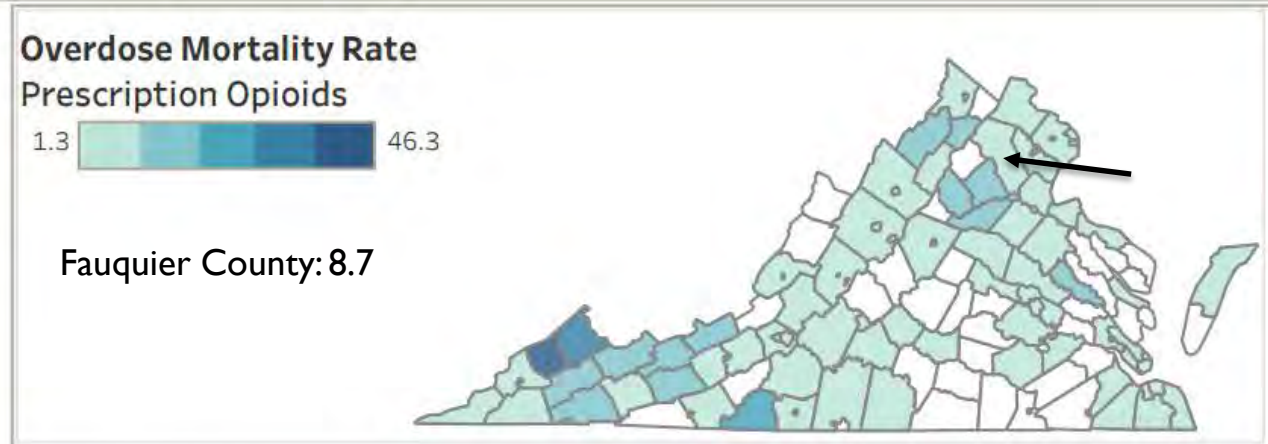
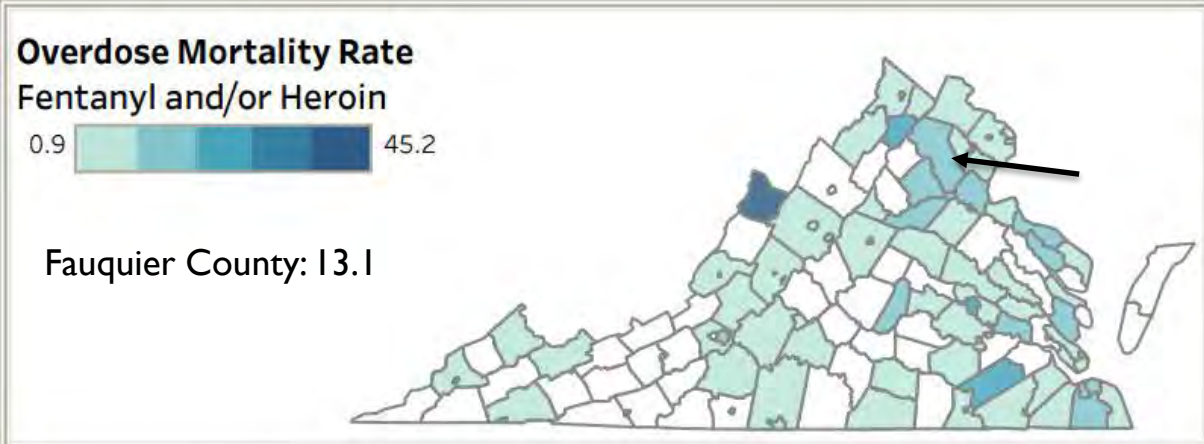
Drug Overdose Mortality Rate

(Number of drug poisoning deaths per 100,000 population)





Virginia Opioid Addiction Indicators (2015)

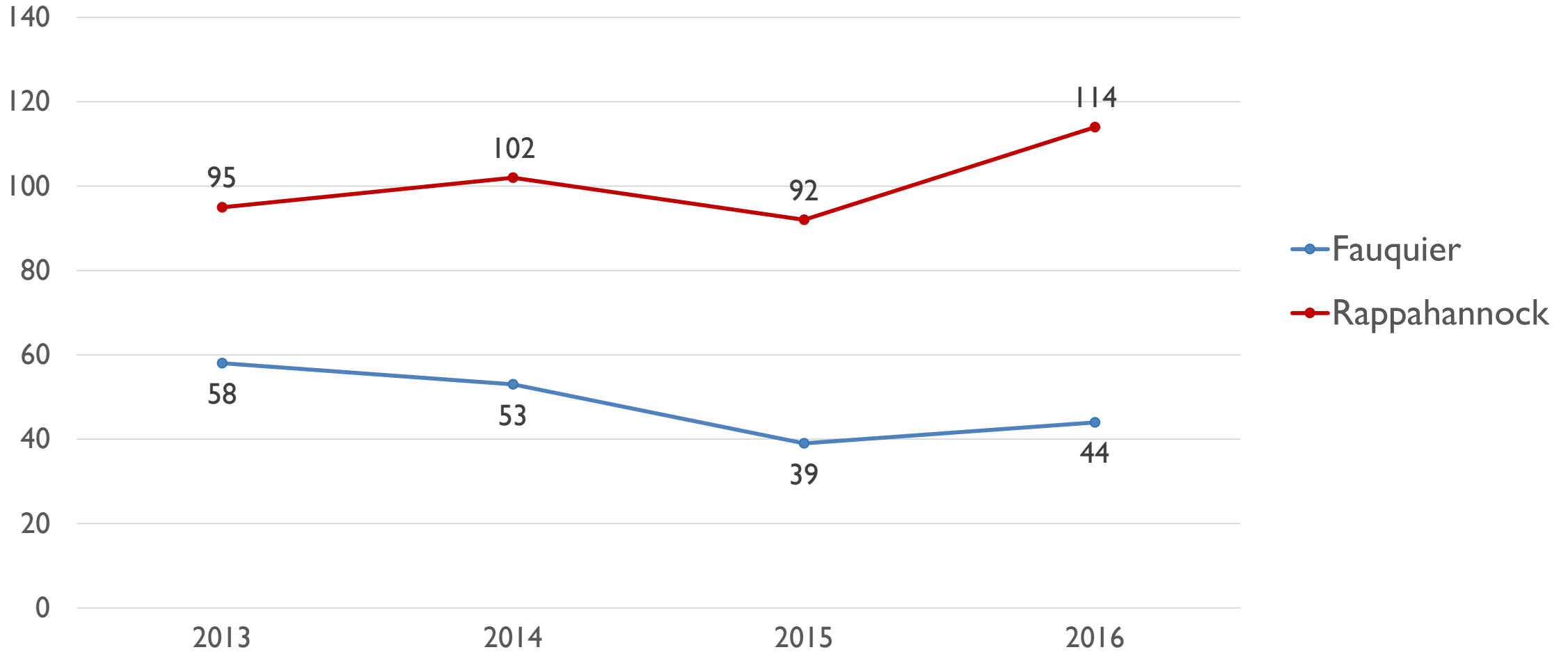


Not enough data for Rappahannock County

Note: Data sources included in this dashboard vary in availability by year. An “N/A” indicates a data source is currently not available for the selected year. Use caution when interpreting rates for localities with small populations. For questions contact VDH_EPI_Comments@vdh.virginia.gov

Clinical Care Rank

Clinical Care Rank
(lower is better)



VA county rankings based on 134 counties.

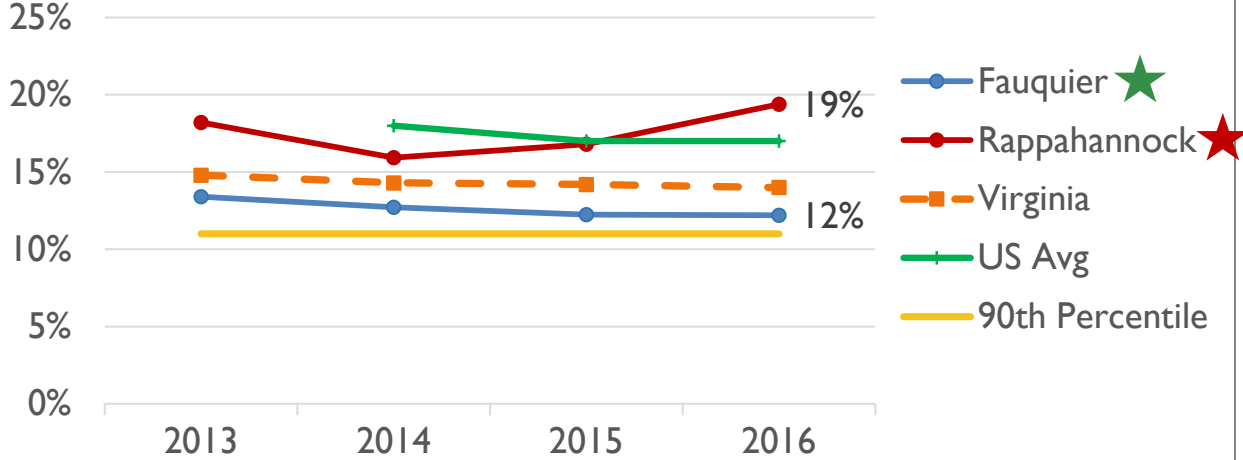


Clinical Care



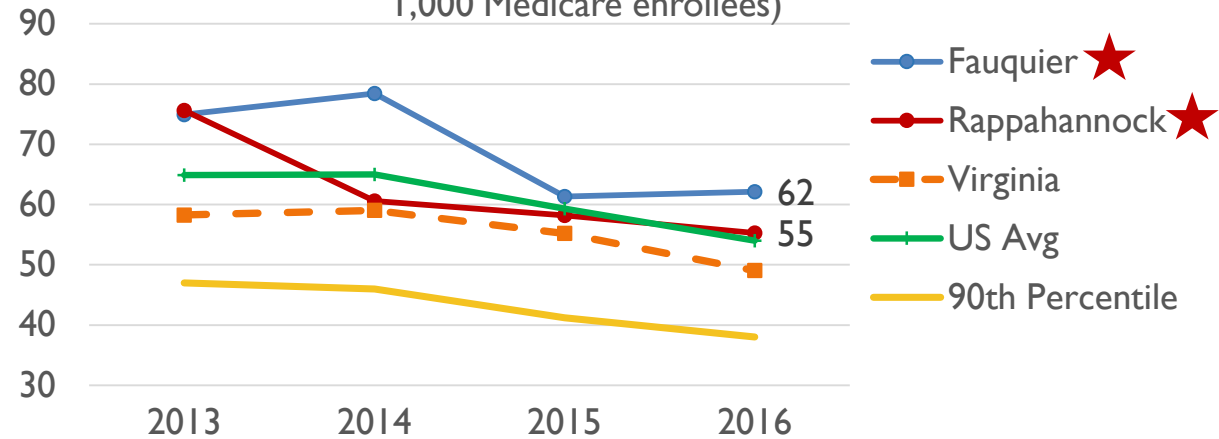
Uninsured

(% < 65 without health insurance)



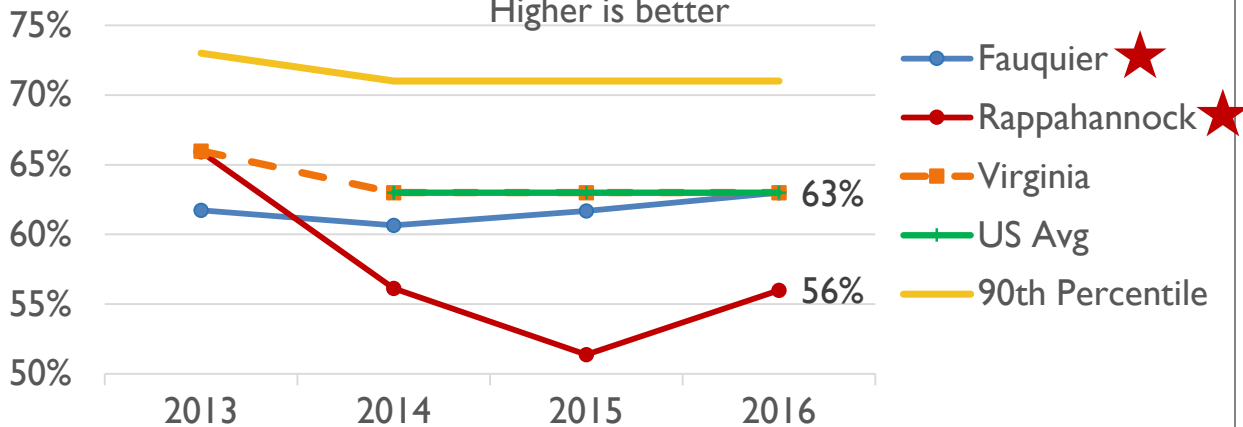
Preventable Hospital Stays

(hospitalization rate for ambulatory-sensitive conditions per 1,000 Medicare enrollees)



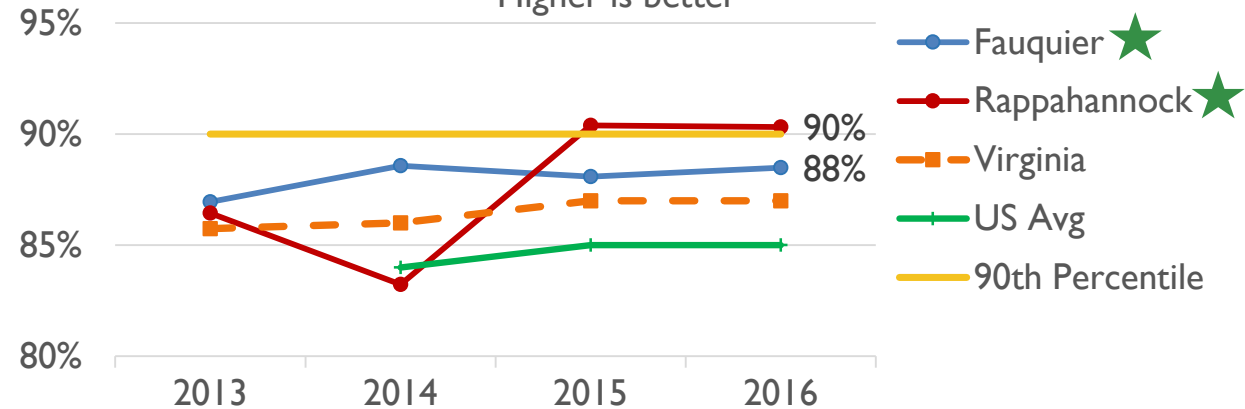
Mammography Screening

(% female Medicare enrollees receiving mammo screening)
Higher is better



Diabetic Screening

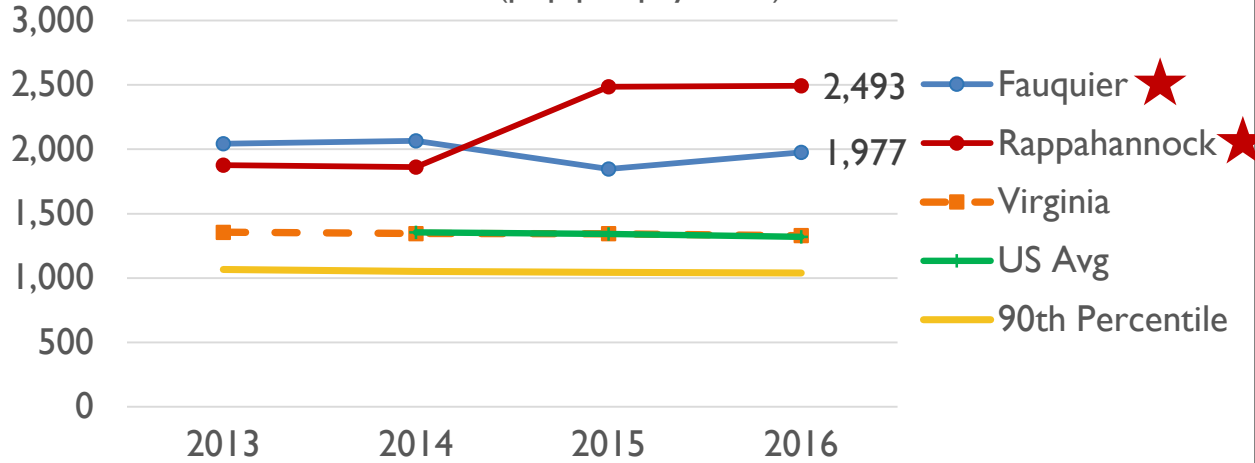
(% diabetic Medicare enrollees receiving HbA1c screening)
Higher is better



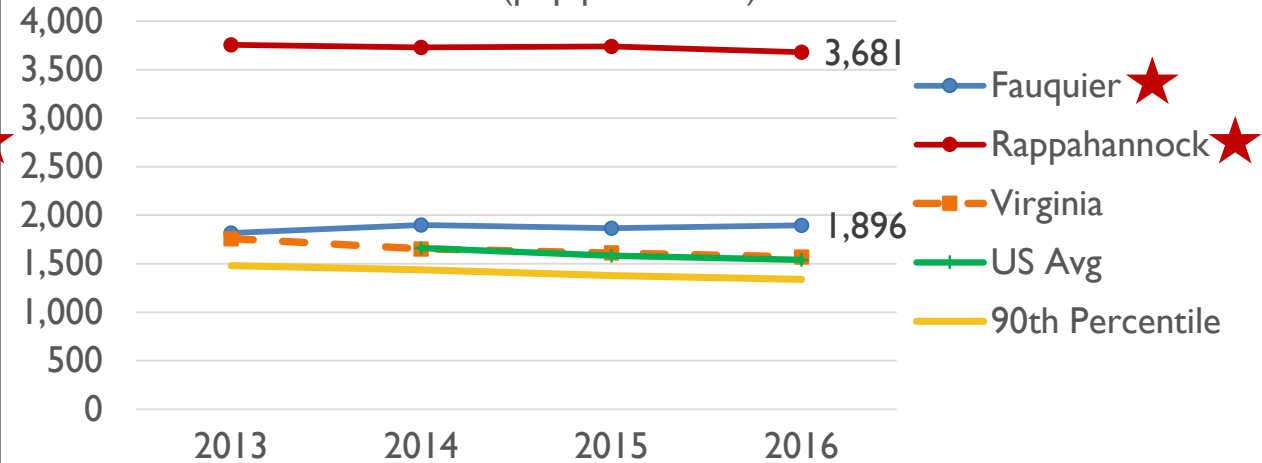


Clinical Care

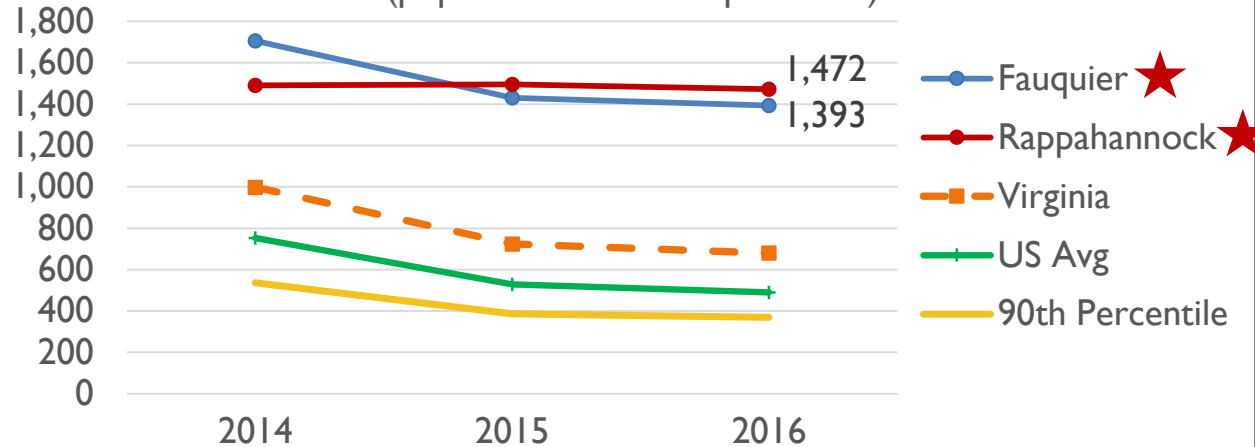
Primary Care Physicians (pop per physician)



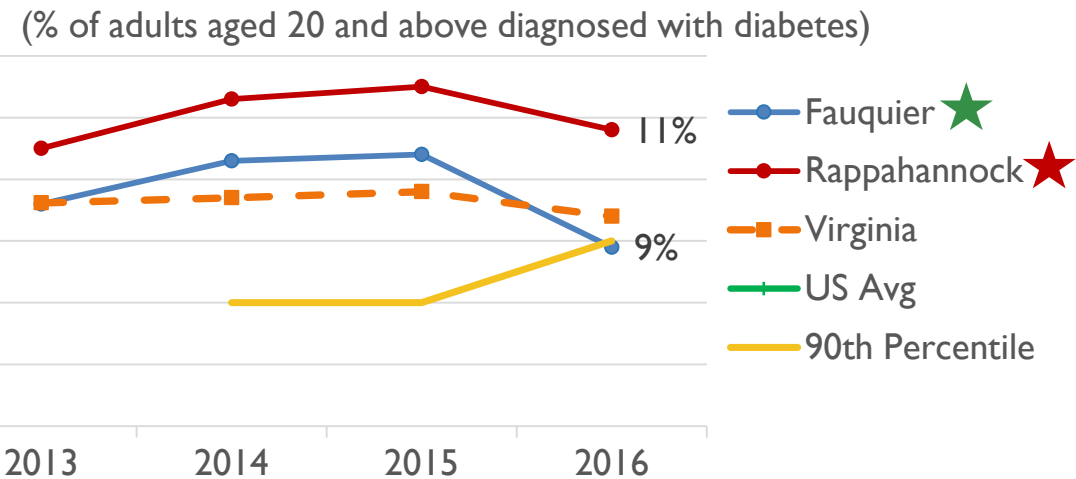
Dentists (pop per dentist)



Mental Health Providers (pop to mental health providers)



Diabetes



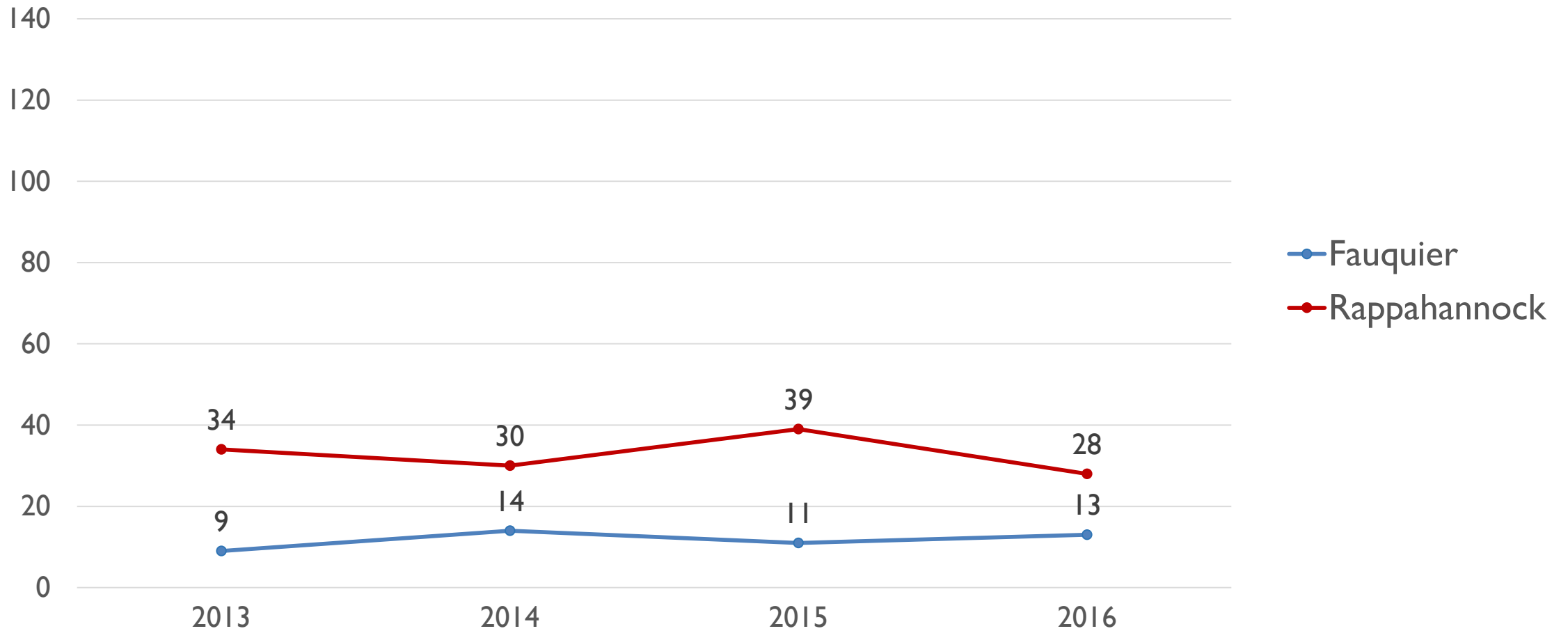
*Mental health providers include psychiatrists, psychologists, licensed clinical social workers, counselors, and advanced practice nurses specializing in mental health care.

Source(s): Stratasan (2016); County Health Rankings (2016); America's Health Rankings (2015)



Social & Economic Factors Rank

Social and Economic Factors Ranking (lower is better)



VA county rankings based on 134 counties.

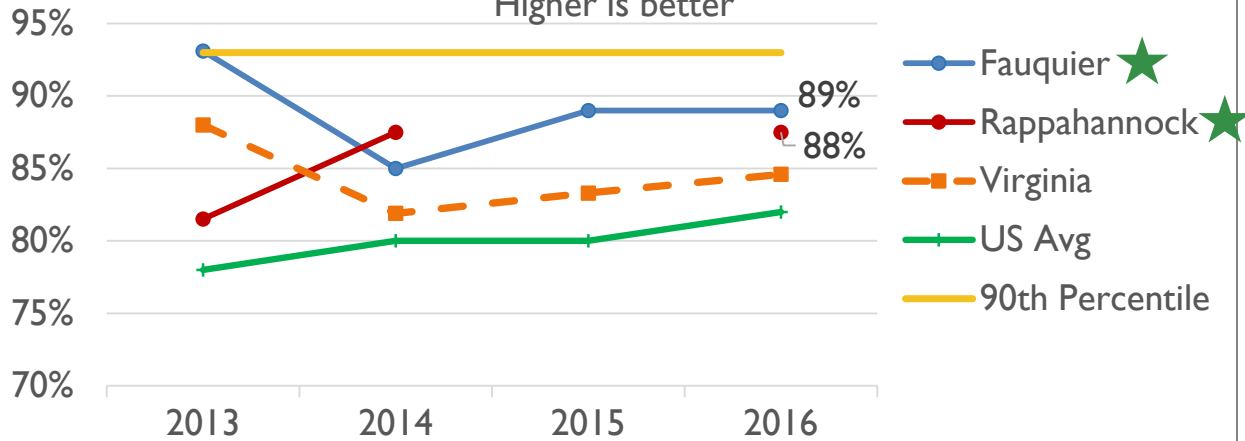


Social & Economic Factors



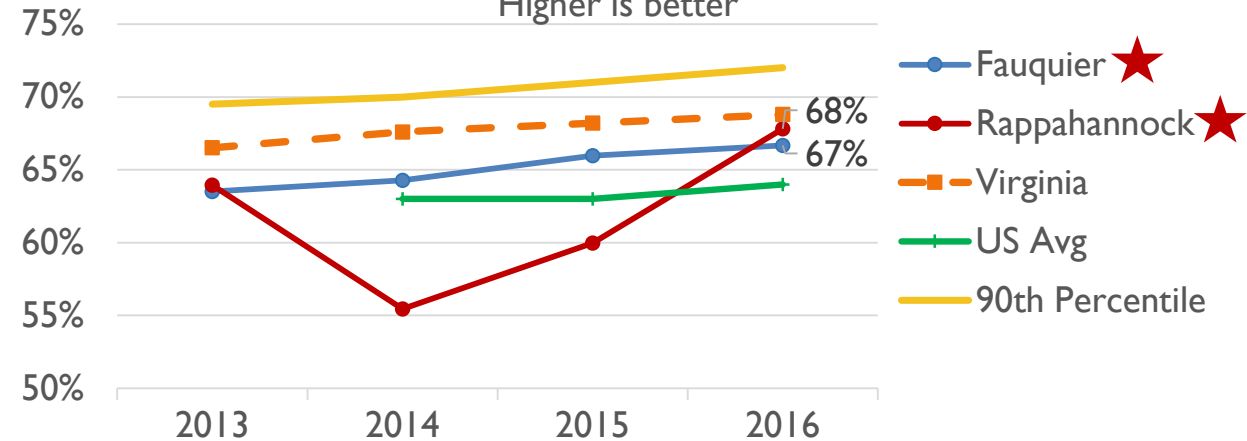
High School Graduation

(% of 9th grade cohort graduating in 4 yrs)
Higher is better



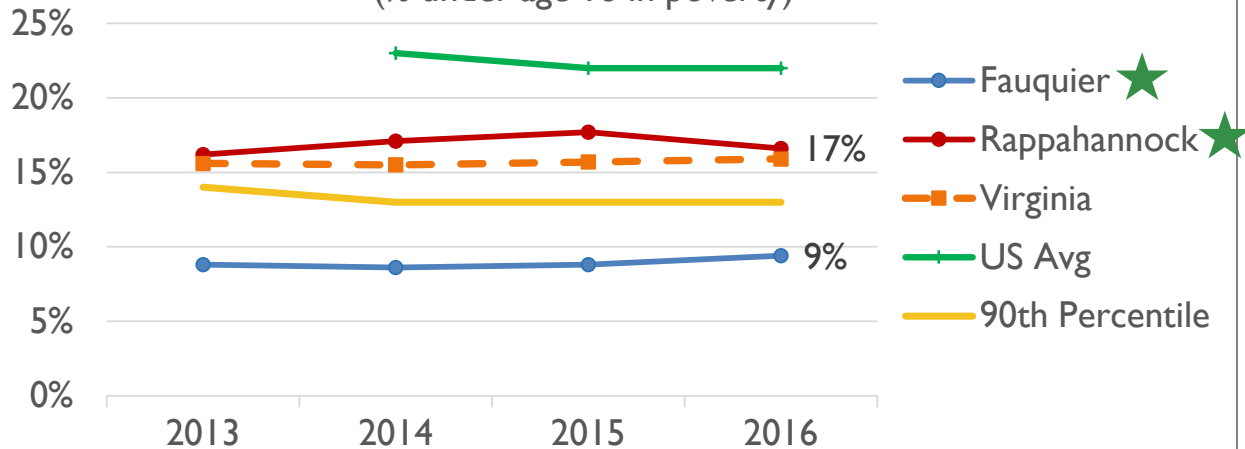
Some College

(% of adults 35-44 with some postsecondary ed)
Higher is better



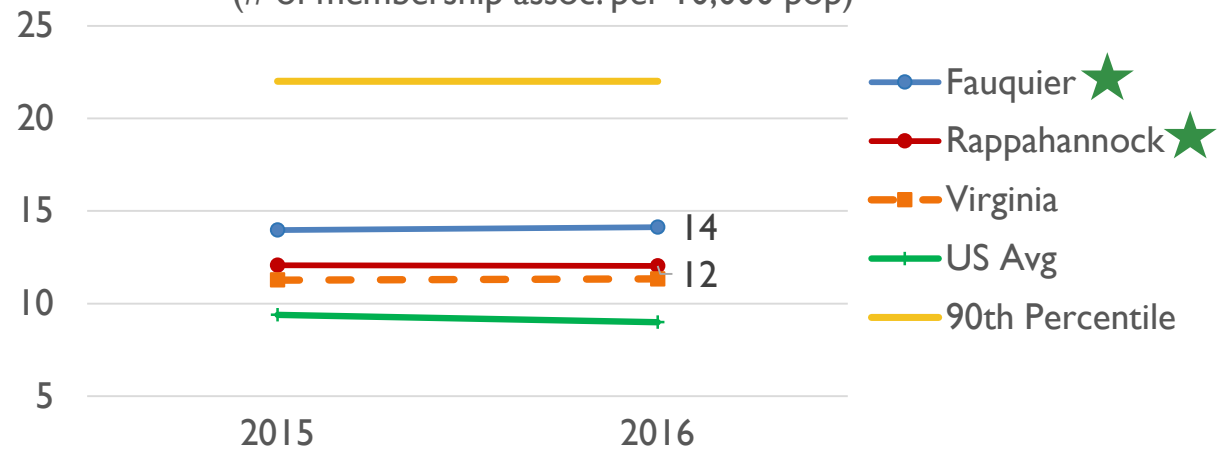
Children in Poverty

(% under age 18 in poverty)



Social Associations

(# of membership assoc. per 10,000 pop)

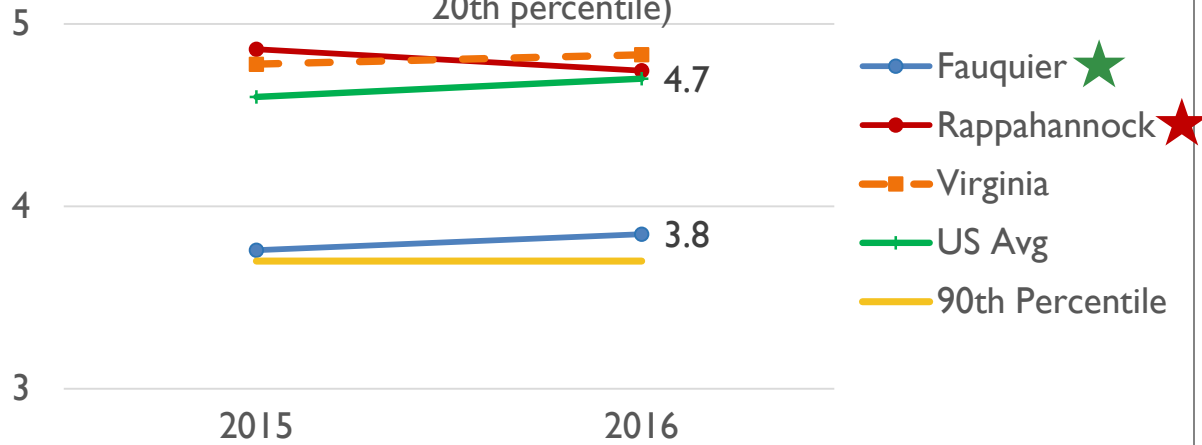




Social & Economic Factors

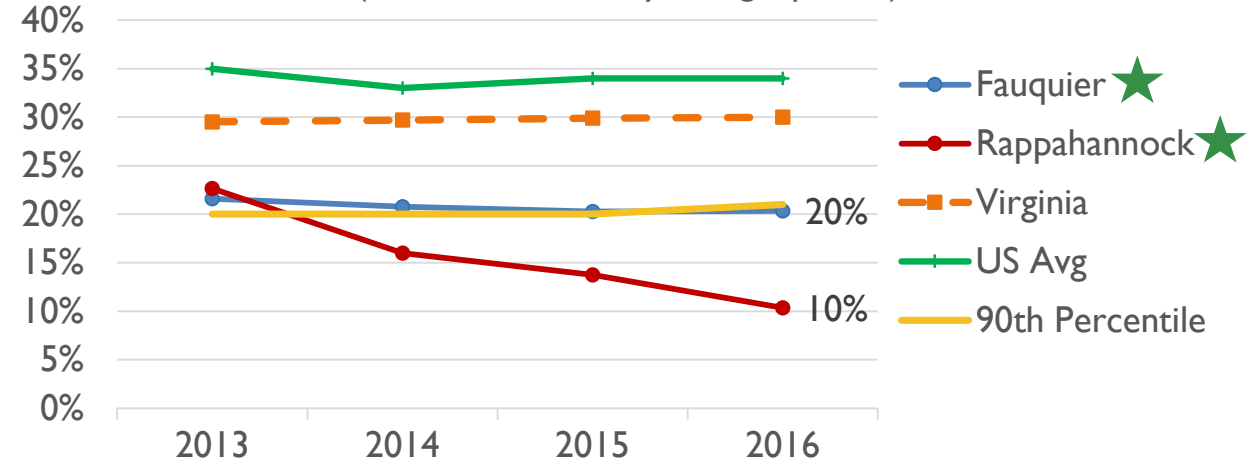
Income Inequality

(ratio of HH income at the 80th percentile to income at the 20th percentile)



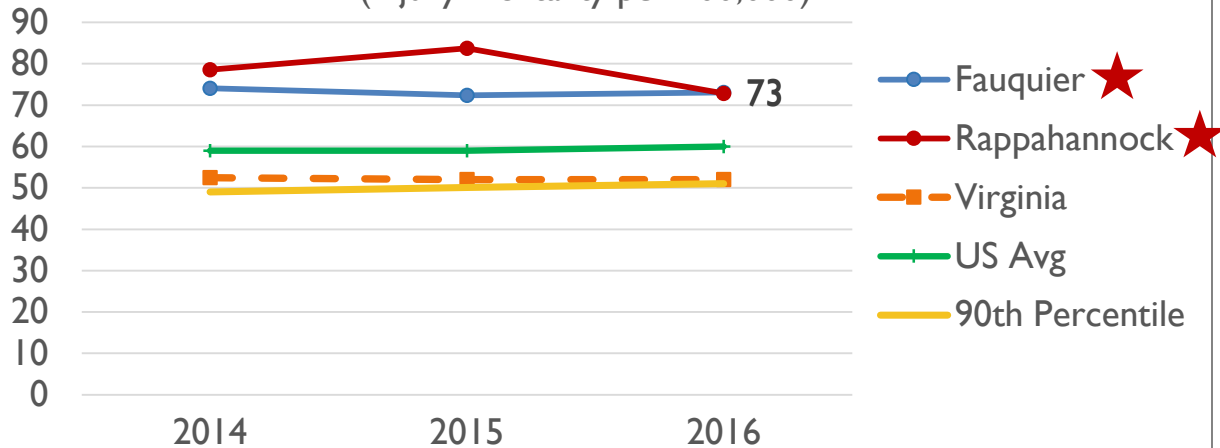
Children in Single-parent Households

(% of HH headed by a single parent)



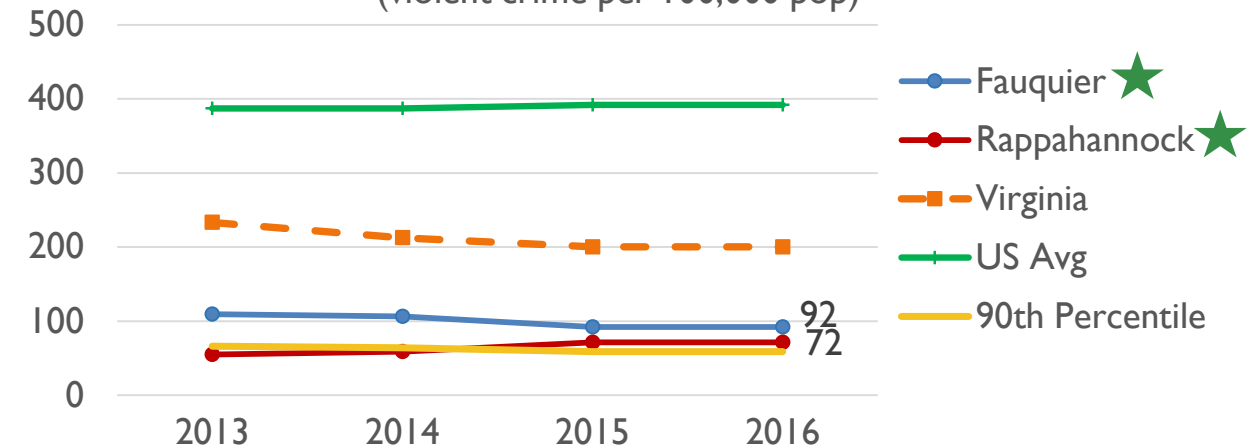
Injury Deaths

(Injury mortality per 100,000)



Violent Crime Rate

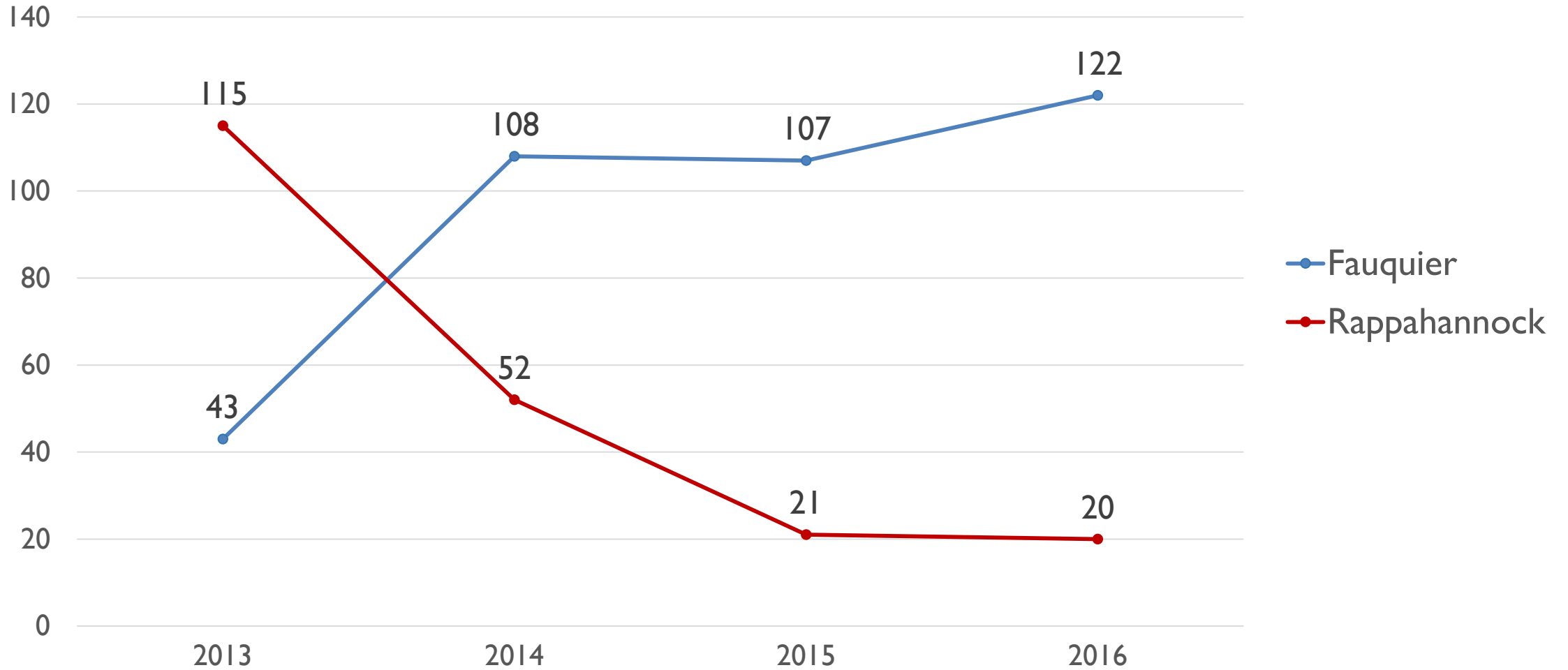
(violent crime per 100,000 pop)





Physical Environment Rank

Physical Environment Ranking (lower is better)



VA county rankings based on 134 counties.

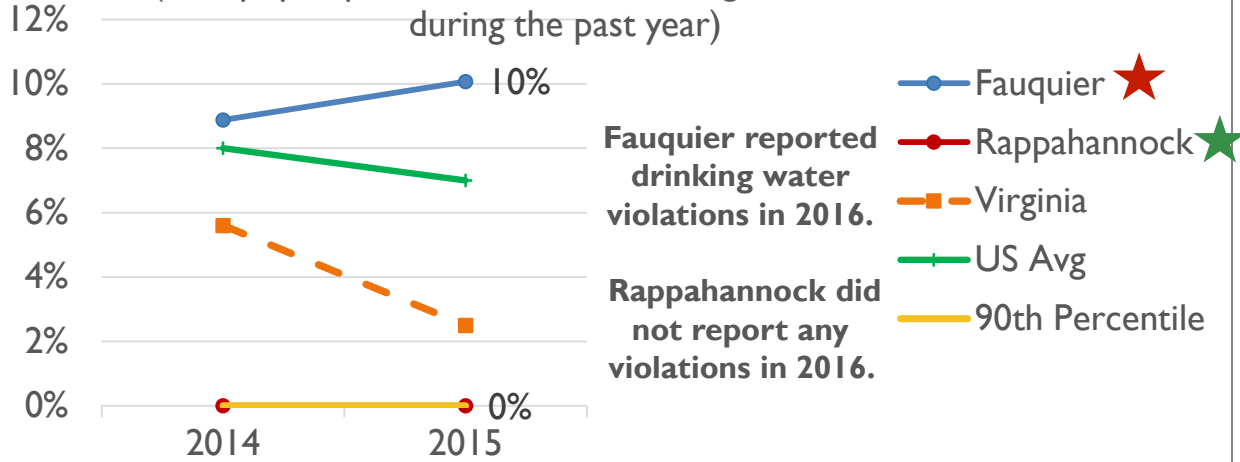


Physical Environment



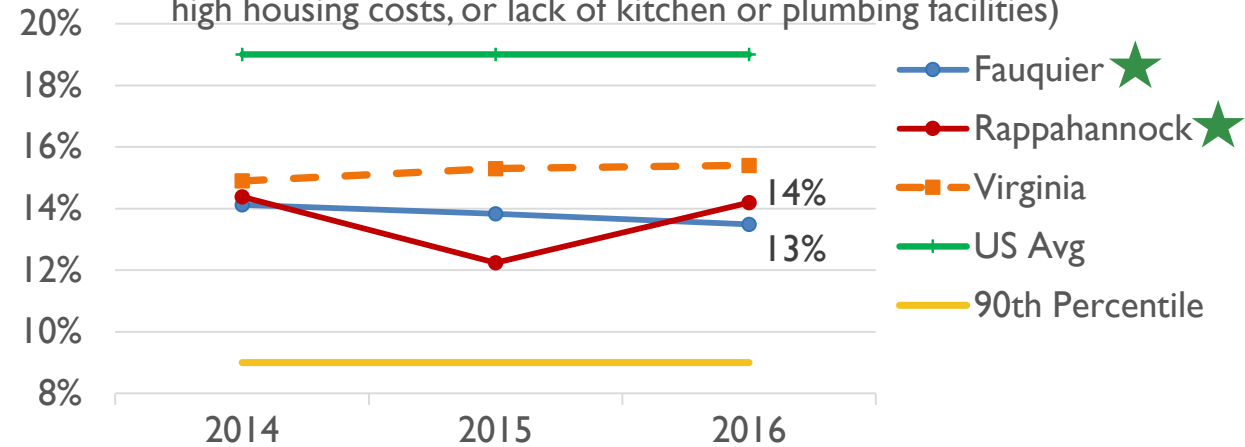
Drinking Water Violations

(% of pop exposed to water exceeding a violation limit during the past year)

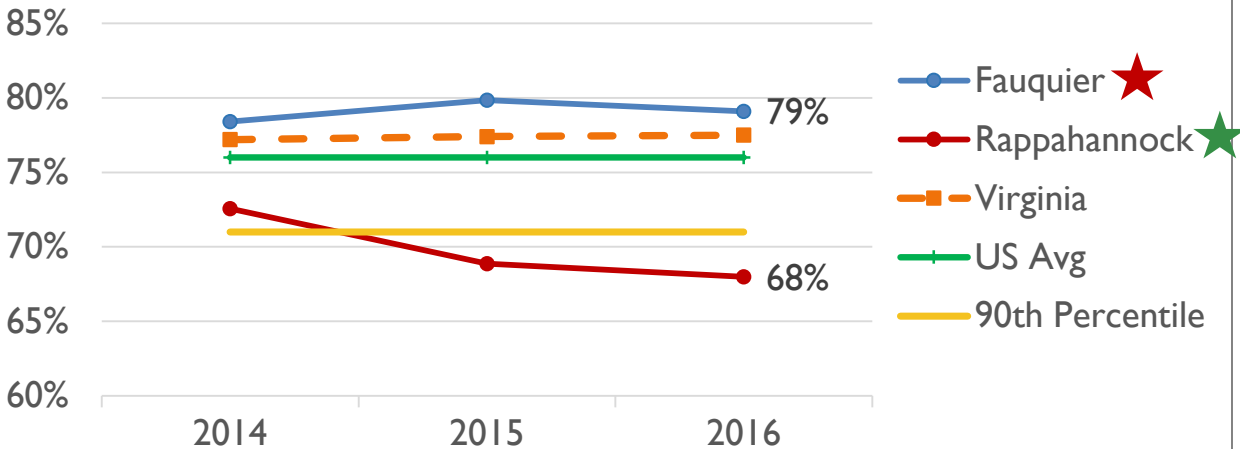


Severe Housing Problems

(% of hh with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities)

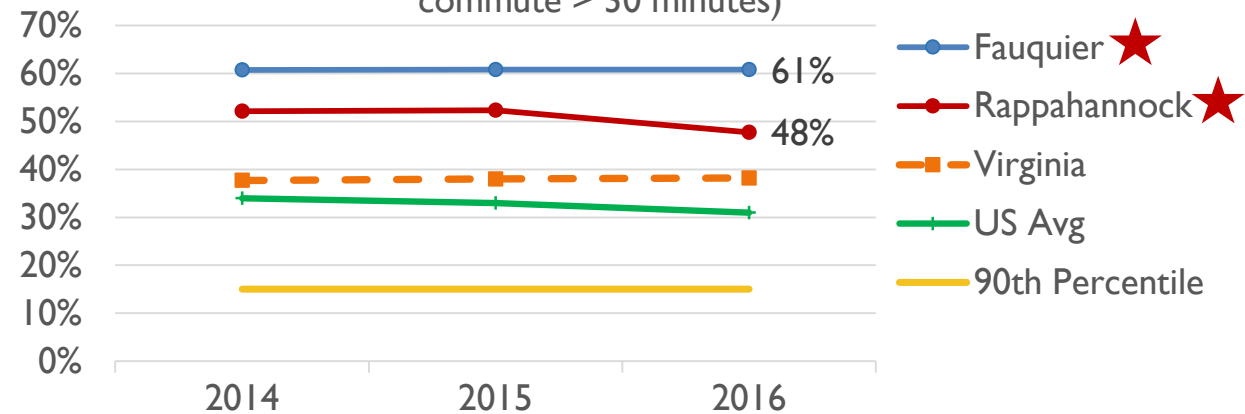


Driving Alone to Work



Long Commute- Driving Alone

(among workers who commute alone, the % that commute > 30 minutes)



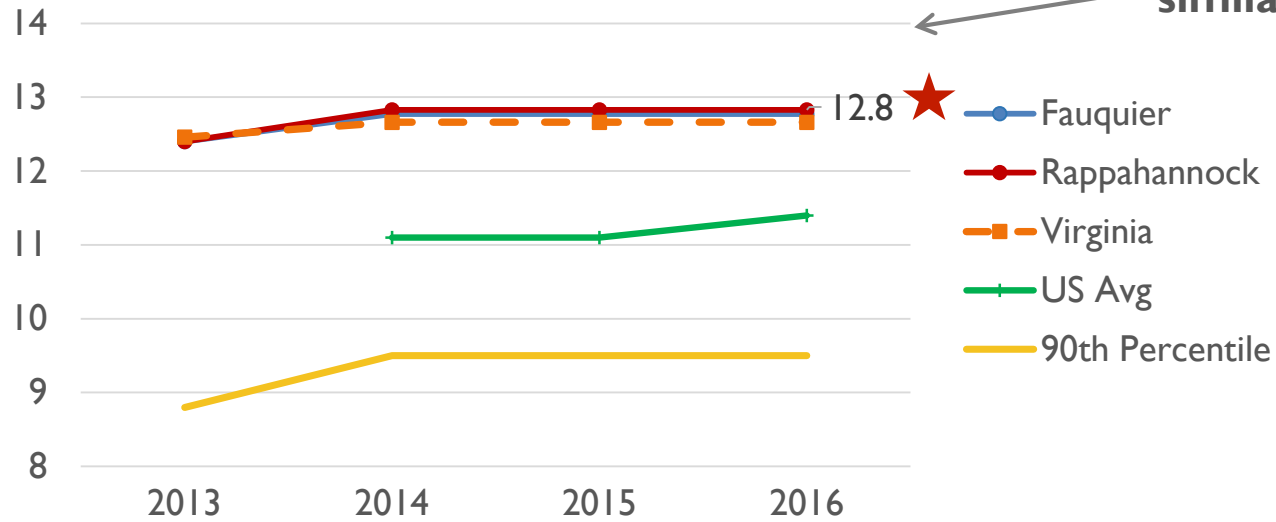


Physical Environment

Air Pollution – Particulate matter

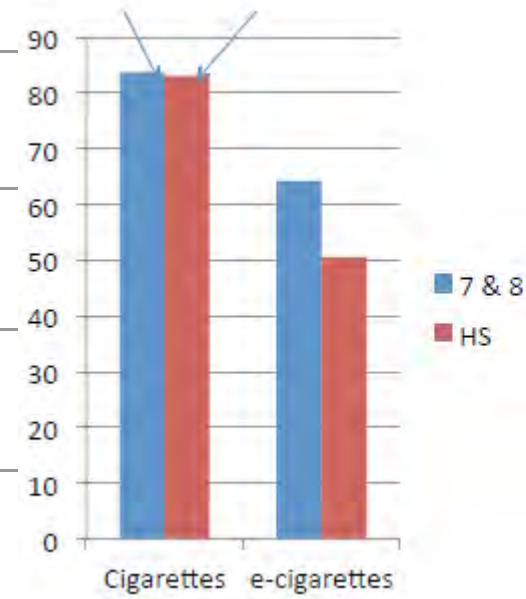
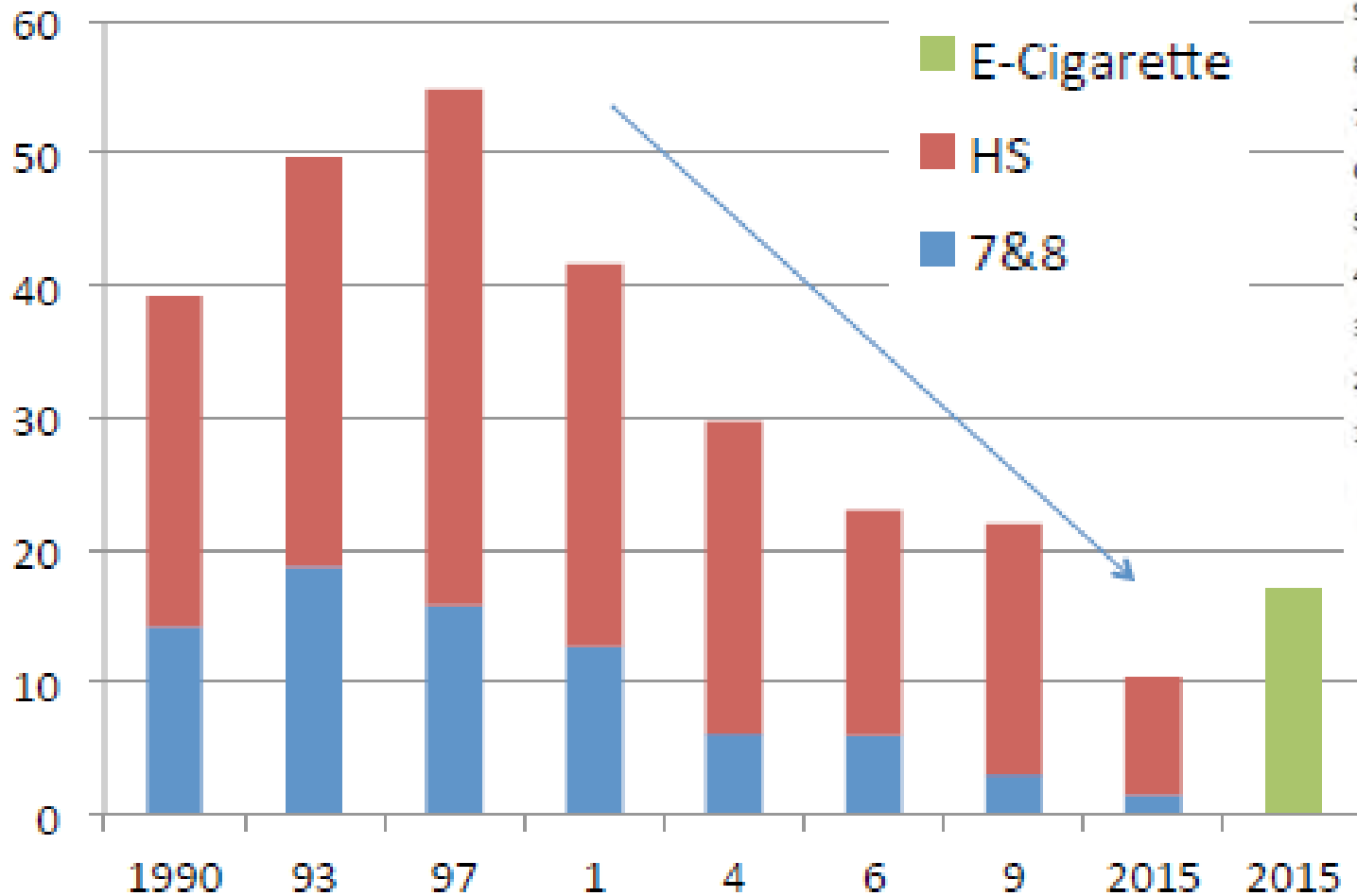
(avg daily measure of matter in micrograms per cubic meter)

Fauquier & Rappahannock have similar particulate measures





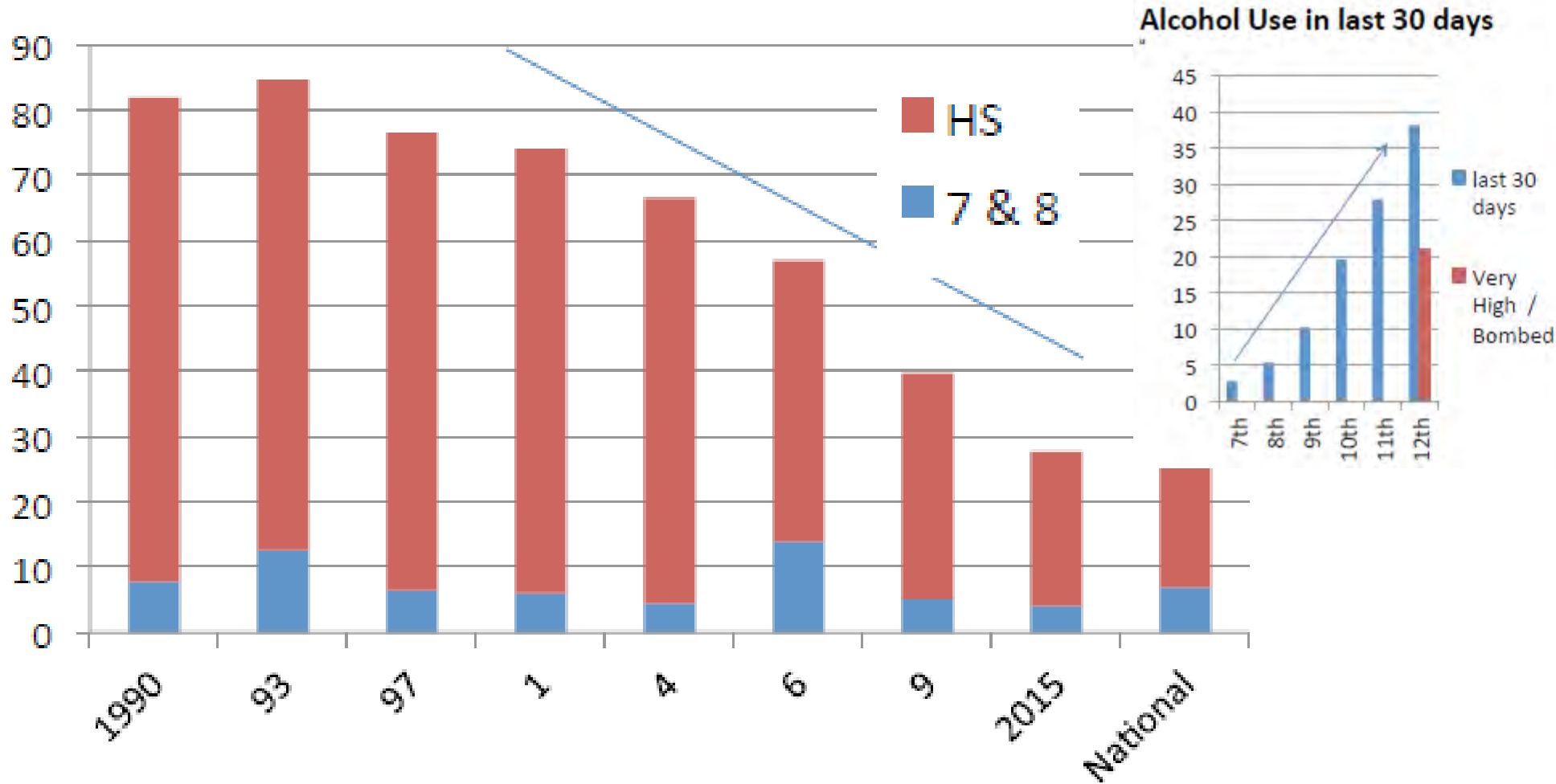
PRIDE Survey: Monthly Cigarette Usage



- Both Middle and High School students agree that cigarettes are harmful to your health.
- E-cigarettes are not seen as harmful - thus higher use.
- Research indicates that e-cigarettes are not highly effective means of quitting.



PRIDE Survey: Monthly Alcohol Usage



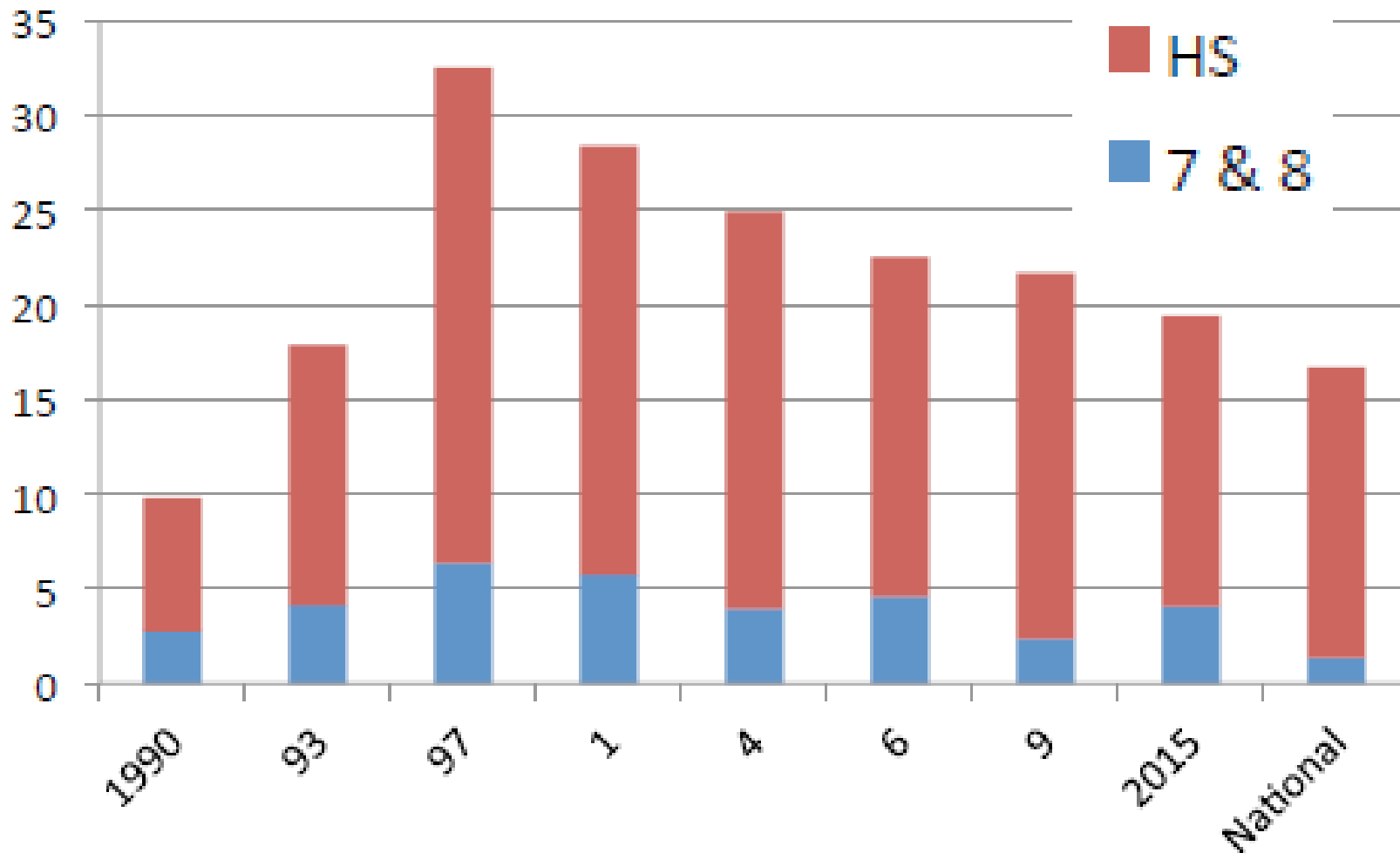
Drinking to Excess

- Youth more likely to binge drink than adults.
- **Over half of the senior class who drink, drink to excess.**
- An average of 6 people die of alcohol poisoning each day in US.
- ¼ of deaths to alcohol poisoning are young adults
- About 76% that die are male and 68% are white

(National Council on Behavioral Health)



PRIDE Survey: Monthly Marijuana Usage



Everybody is smoking and/or Consuming Weed

It's safer than alcohol and tobacco

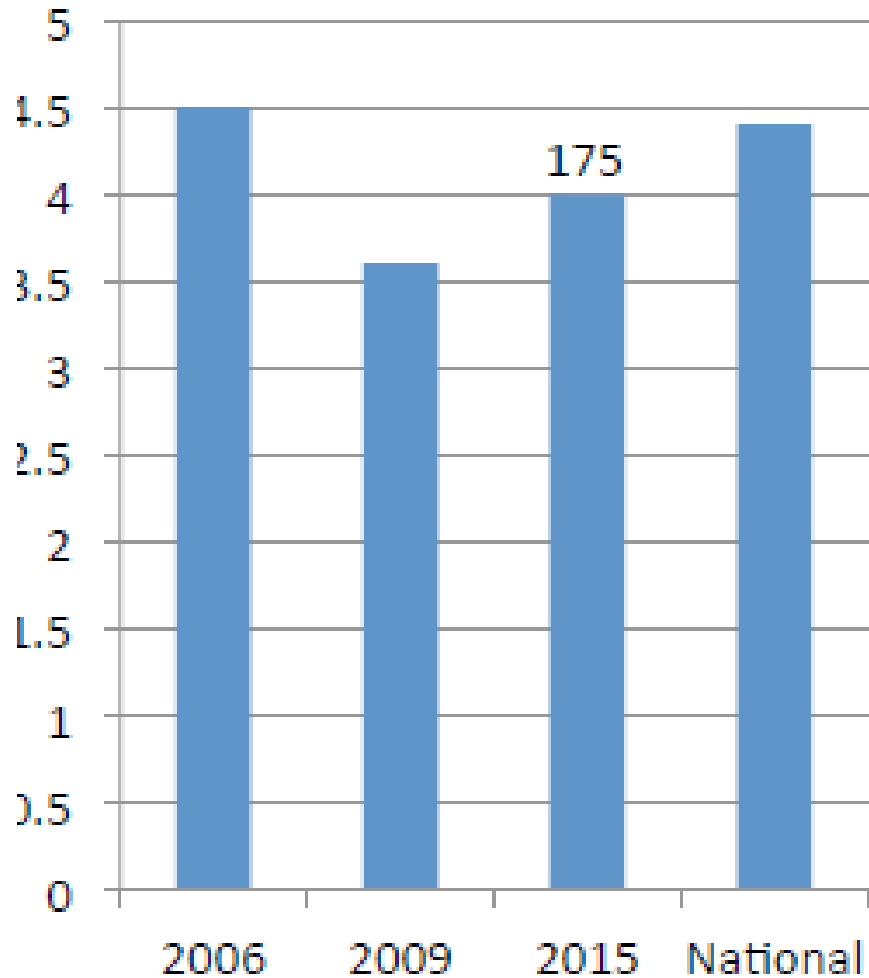
It's not addictive

Driving is not a problem

Legalization means it must be O.K.



PRIDE Survey: Monthly Prescription Drug Use

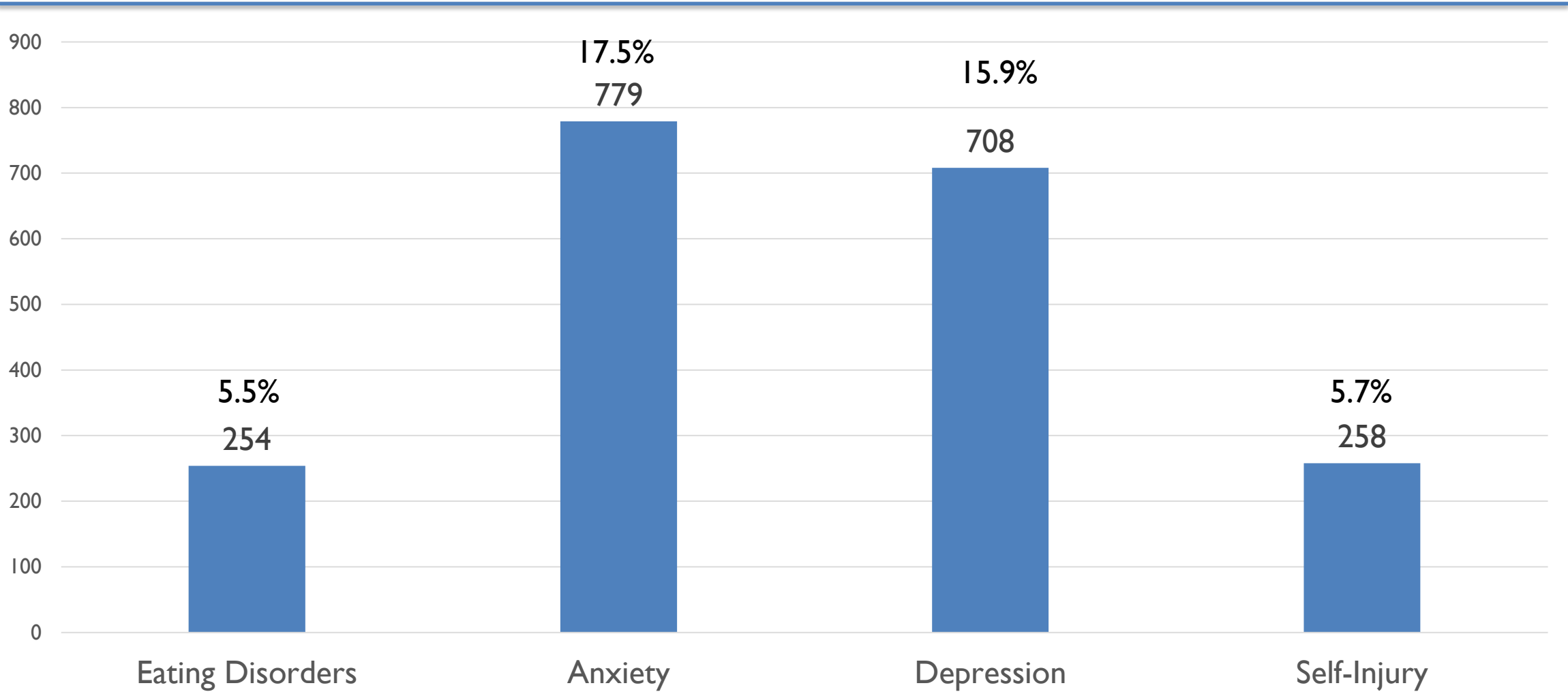


- 175 youth abused prescription drugs in the last 30 days in Fauquier County
- 25% of youth who start using prescription drugs by age 13 develop a Substance Use Disorder
- After Marijuana, prescription drugs and over the counter drugs account for the top illicit drugs abused by 12th graders nationally.
- Prescription drug abuse is a major reason for the Heroin epidemic nationally.



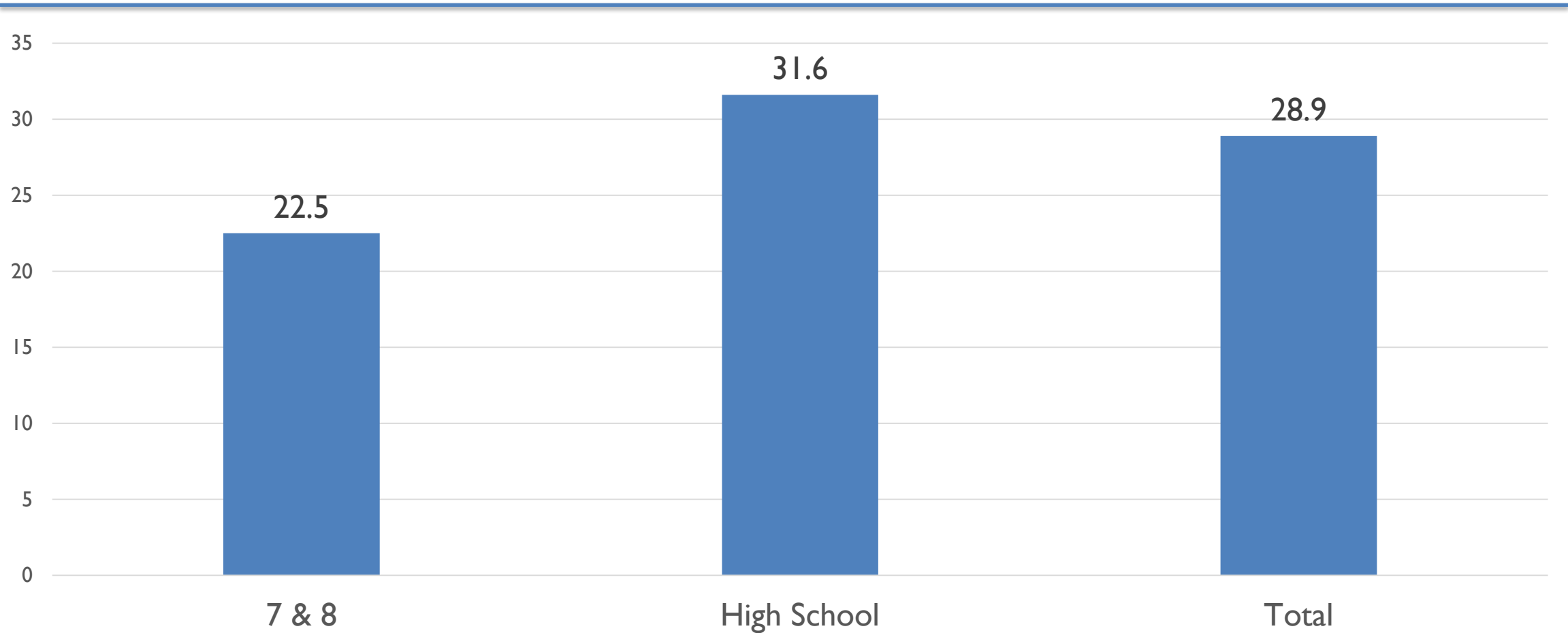
PRIDE Survey: Fauquier Youth Struggling with Mental Health

Issues in Past 6 Months





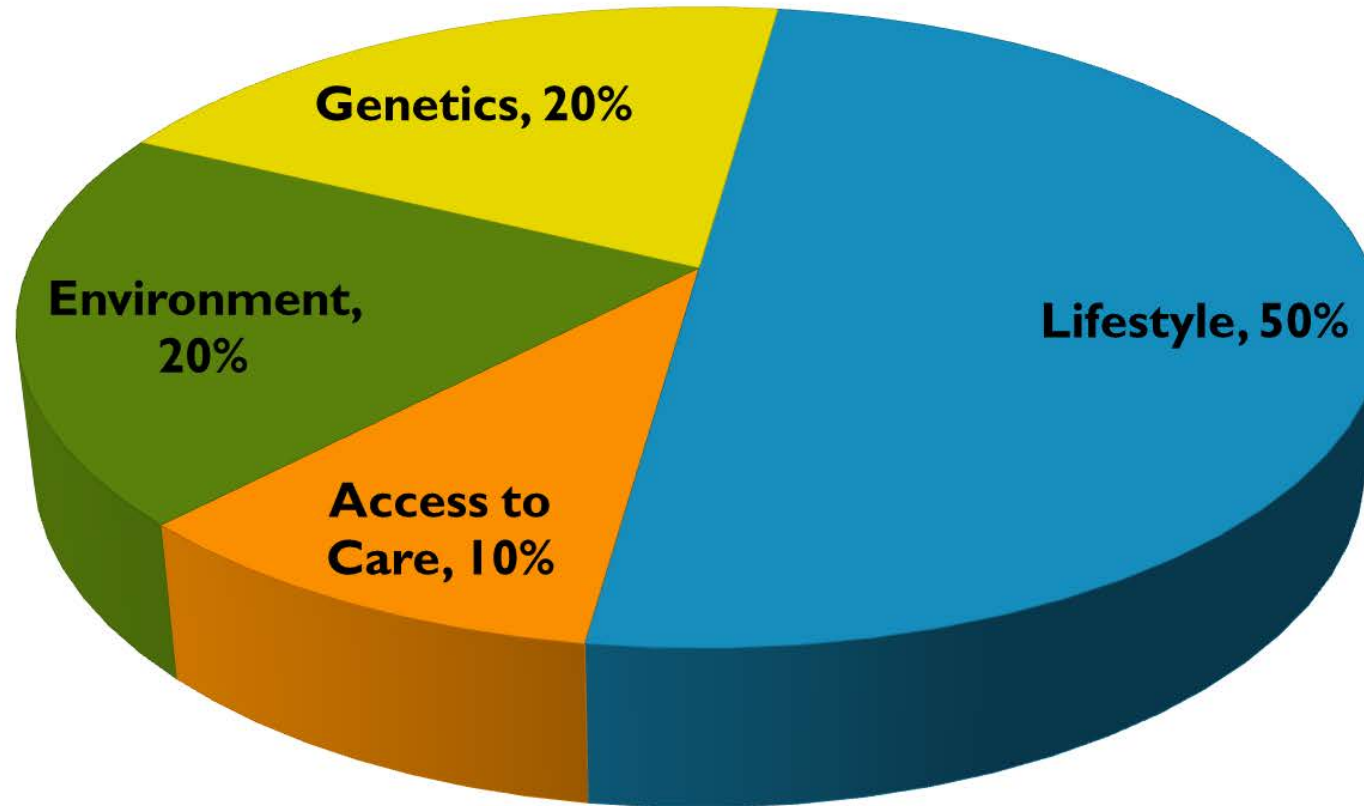
PRIDE Survey: Depression



During the past year, did you ever feel sad or hopeless almost every day for two weeks or more?

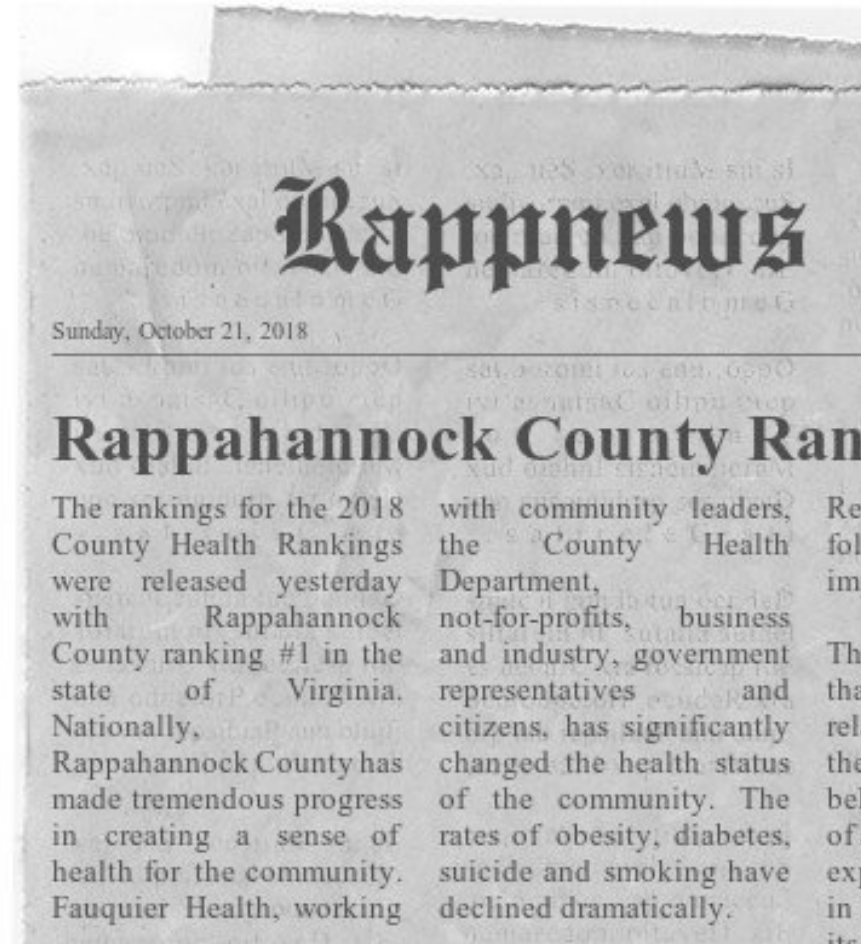


Major Impacts on Healthiness





Creating a Culture of Health





“If there is hope in the future,
there is power in the present.” – John Maxwell



Top Issues from Focus Groups, Surveys, Data

- Substance abuse – including alcohol, tobacco, drugs
- Mental Health services
- Healthy eating/Active living – addresses general health and obesity
- Socioeconomics
- Access to care – Uninsured, cost of insurance and care, catching people in the gap
- Childhood wellness – mental health, nutrition, physical activity
- Senior – home care, wellness, chronic diseases

Update from 2014 CHNA

Fauquier and Rappahannock Counties CHNA



2014 CHNA – Top Health Needs

- Adult Obesity
- Depression and Mental Health Conditions
- Diabetes
- Childhood Obesity
- Substance Abuse



Break

10 Minutes

Exercise Instructions

Fauquier and Rappahannock Counties CHNA



Exercise 2

- You will be working with your table.
- On your table is a worksheet. We need three volunteers:
 1. Scribe – official record keeper
 2. Reporter – will report the group's discussion
 3. Facilitator – keep the group on track and on time



Exercise 2

- Significant Community Health Need
- Top 3 goals and 2 actions relative to the issue
- Create an action plan with resources needed for each goal



Thank you!

- Next Steps
 - Implementation Plan
 - Community Health Report