

Community Health Assessment (CHA)



Key Data Findings

March 2025





Agenda

- Overview
- Findings – 5 Key Areas
- Cross-Cutting Themes
- Small Groups
- Next Steps

Definitions

- CHA=Community Health Assessment
- CHIP=Community Health Improvement Plan
- PD16= Planning District 16
 - Caroline County
 - Fredericksburg
 - King George County
 - Spotsylvania County
 - Stafford County
- SDOH= Social Determinants of Health



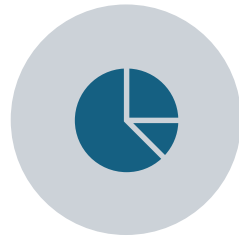
Data



QUALITATIVE
DATA



COMMUNITY
MEMBER
SURVEY



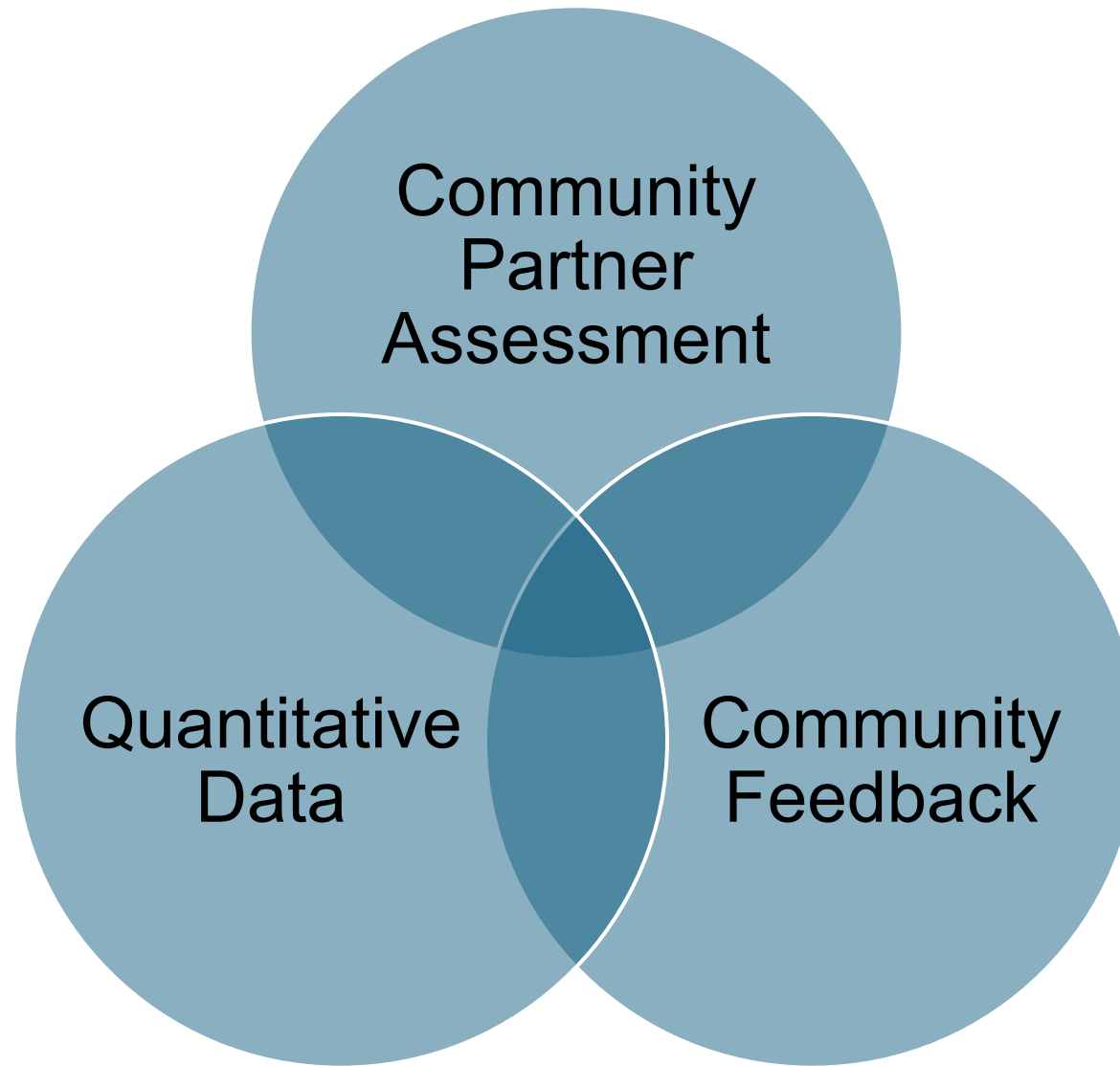
QUANTITATIVE,
SECONDARY
DATA



SDOH
SCREENING
DATA



COMMUNITY
PARTNER
SURVEY



5 Priority Health Needs (alphabetical)

Aging Related Concerns

Behavioral Health

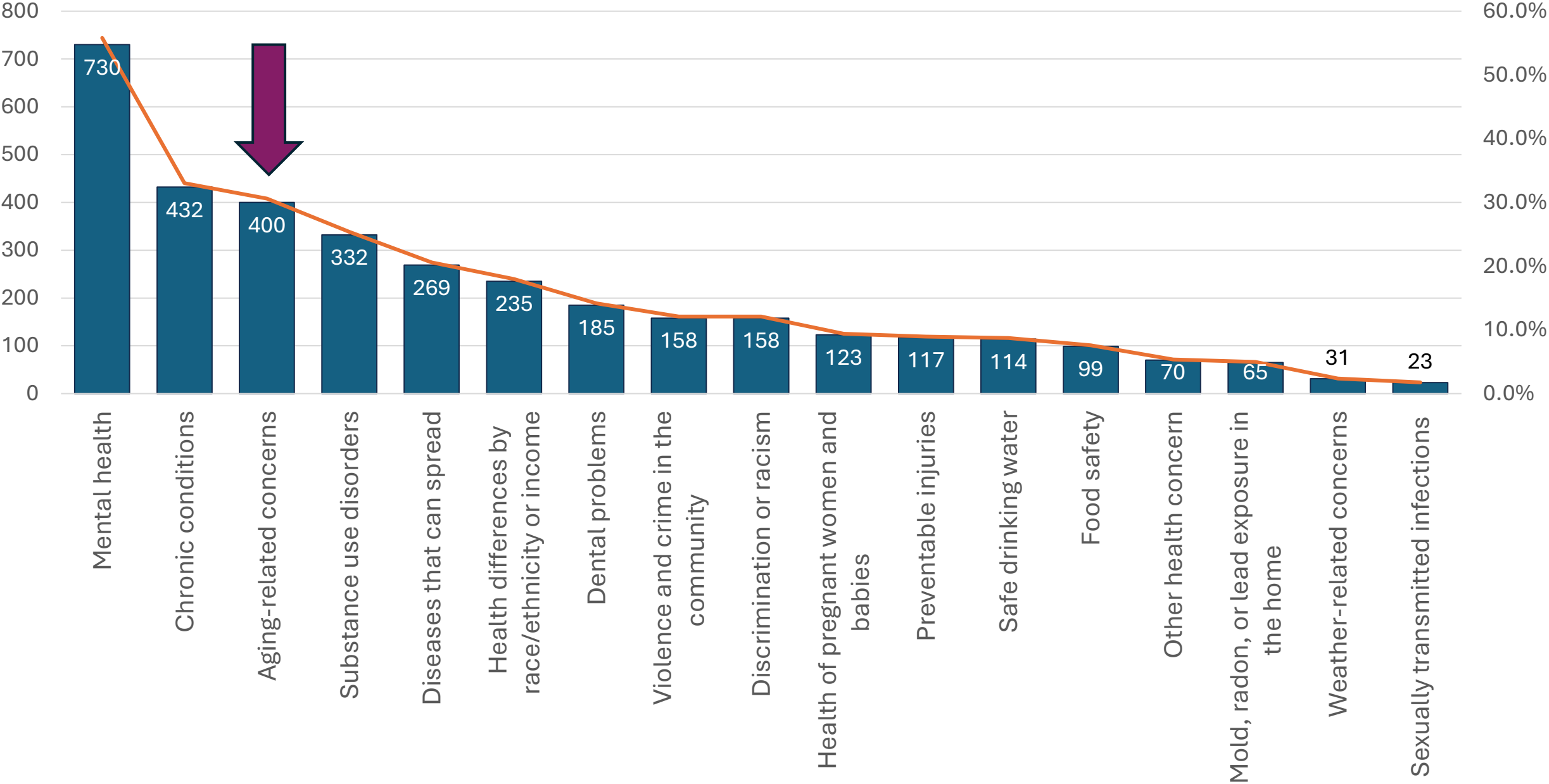
Healthcare Utilization and Access

Physical Activity and Healthy Eating

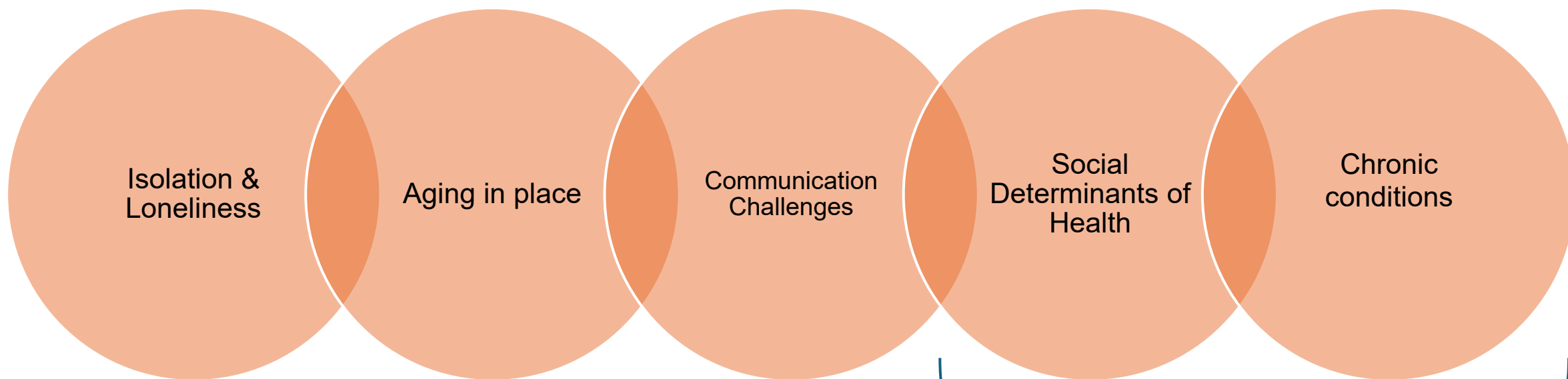
Social Determinants of Health

Aging Related Concerns

Biggest Health Concerns

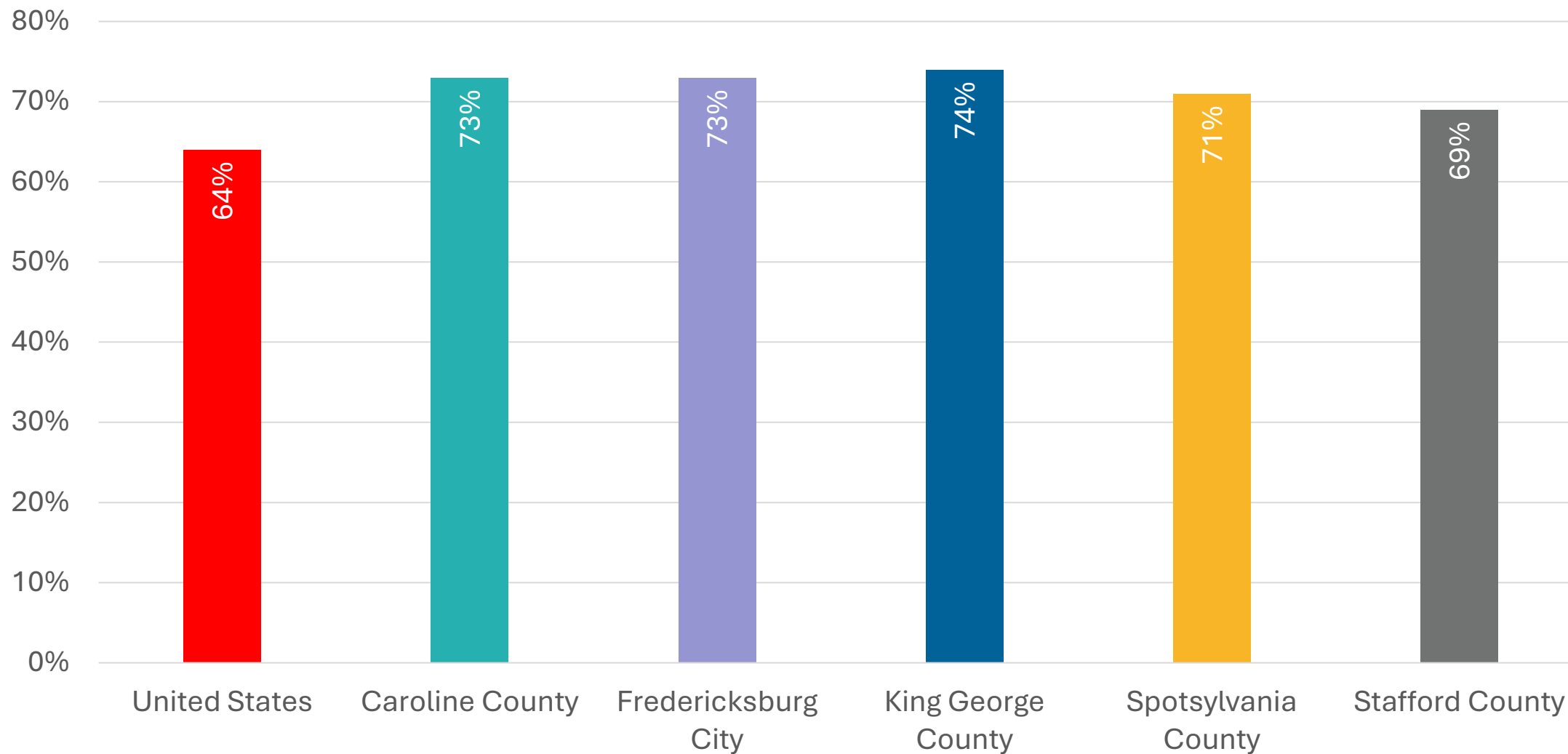


Focus groups and survey



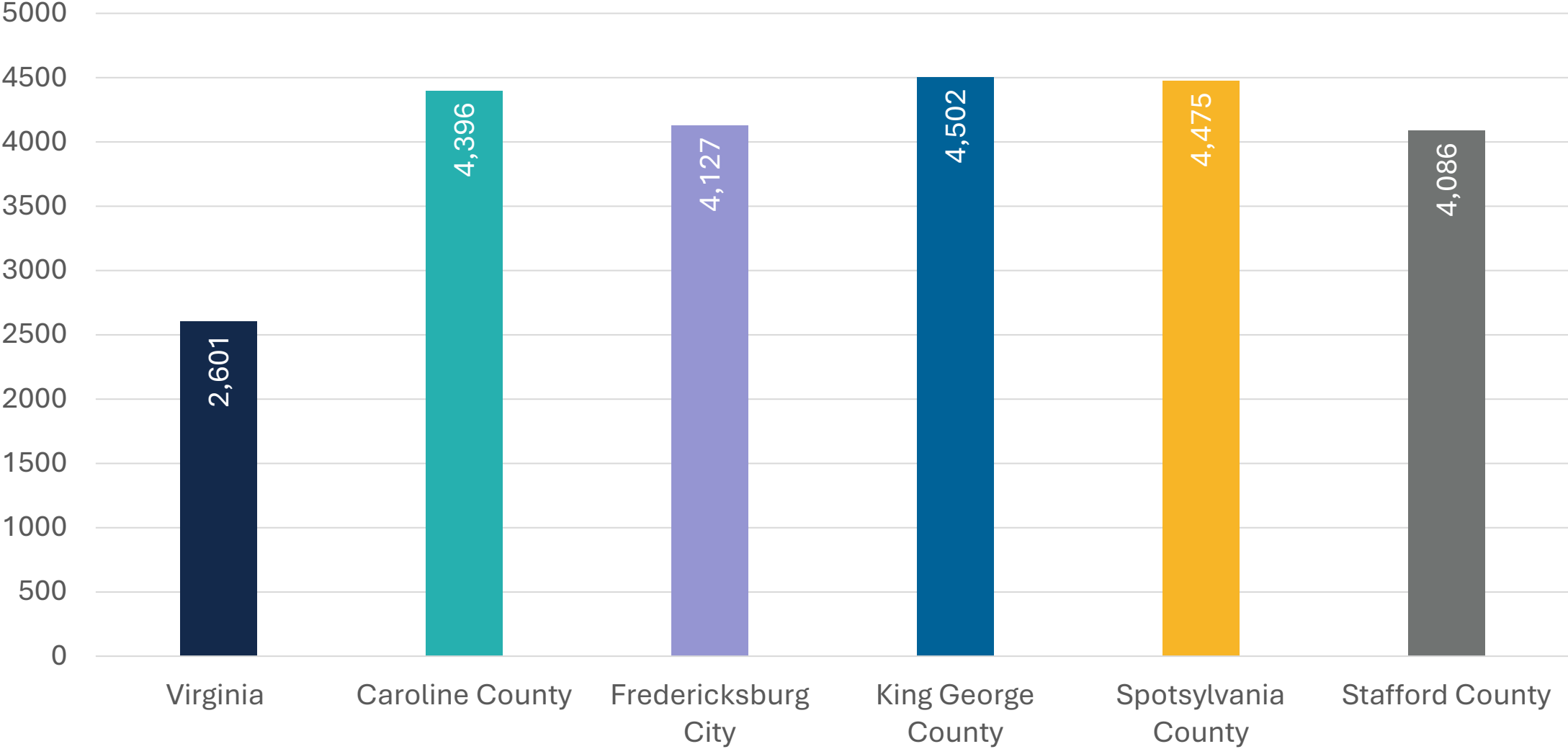
Quantitative Data

Percent of Medicare Beneficiaries treated for Hypertension



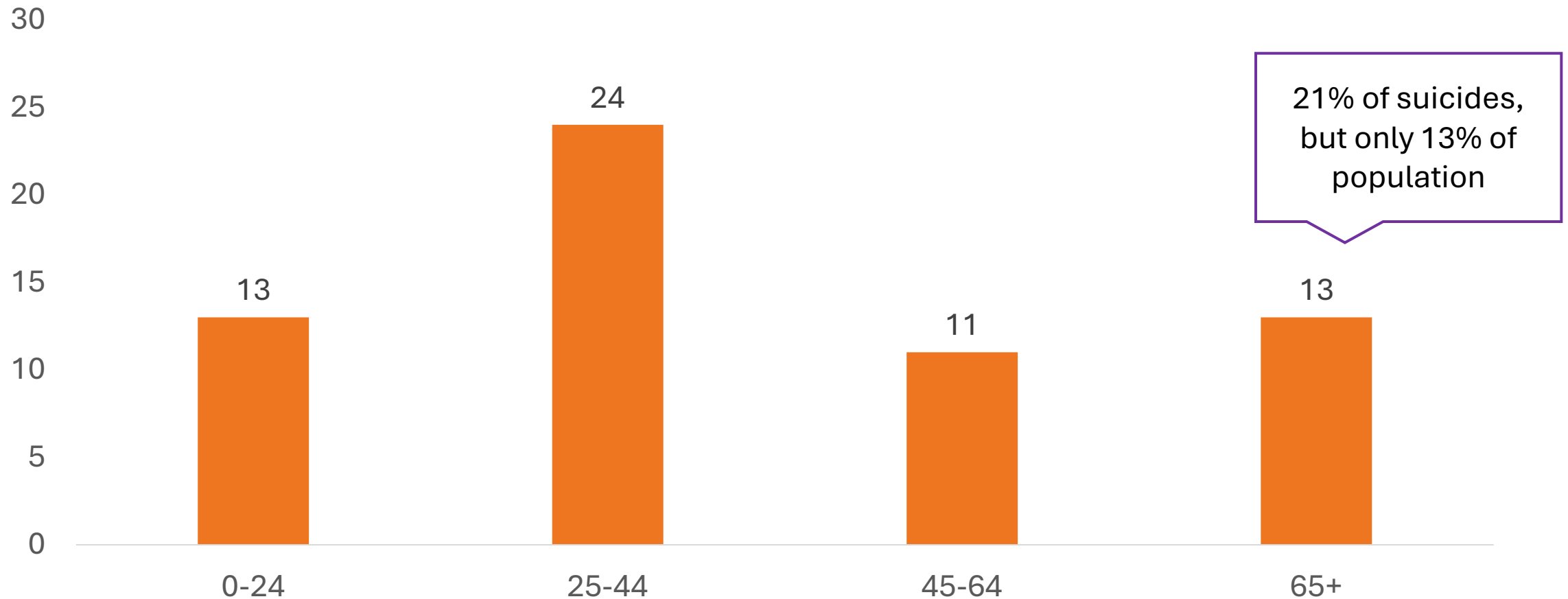
Source: Centers of Medicare & Medicaid Services, 2022

Medicare: Preventable Hospital Stays (Discharges per 100,000 Medicare Enrollees)



Source: Centers of Medicare & Medicaid Services, 2022

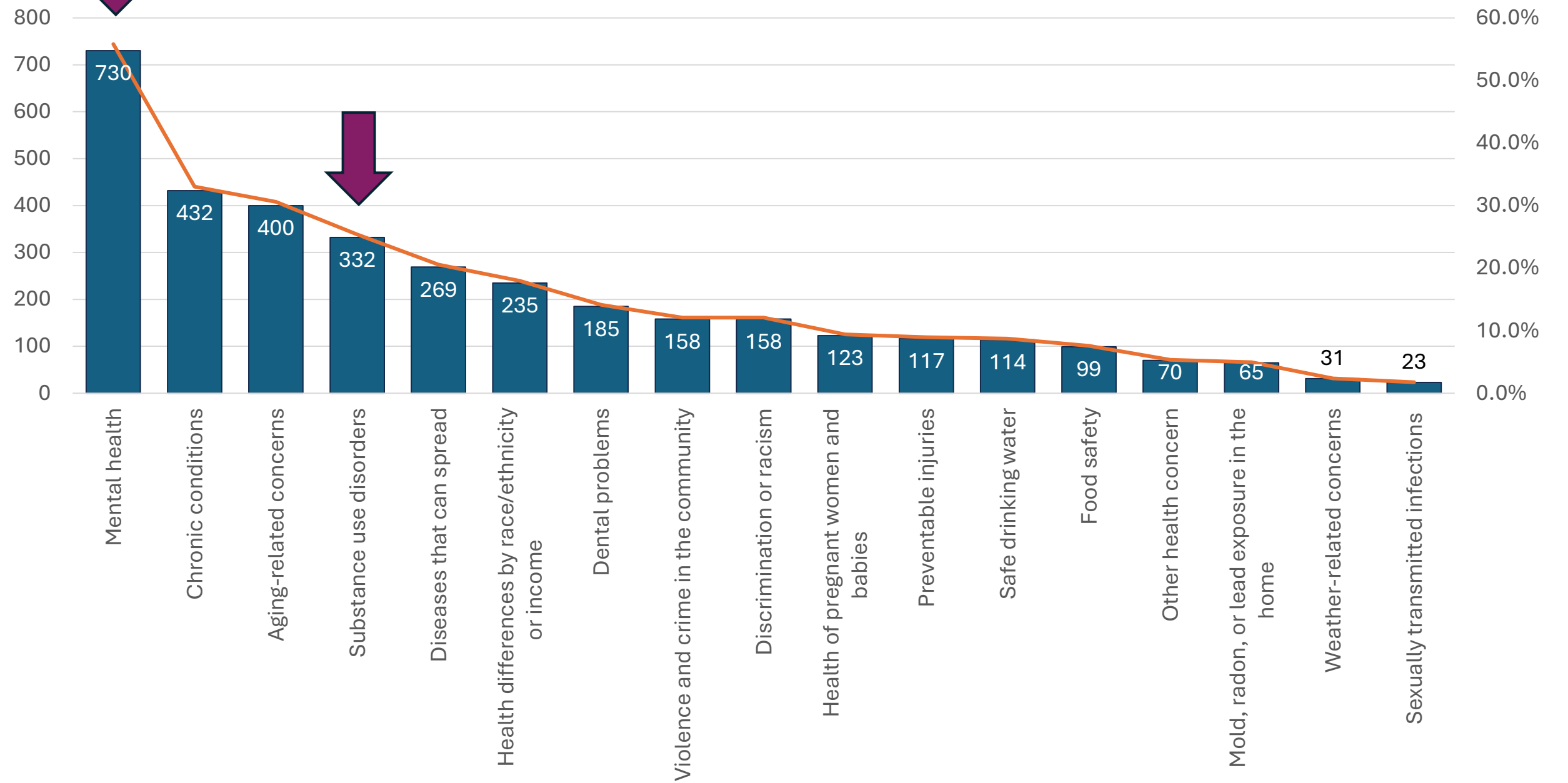
2023 Suicide Deaths by Age Group



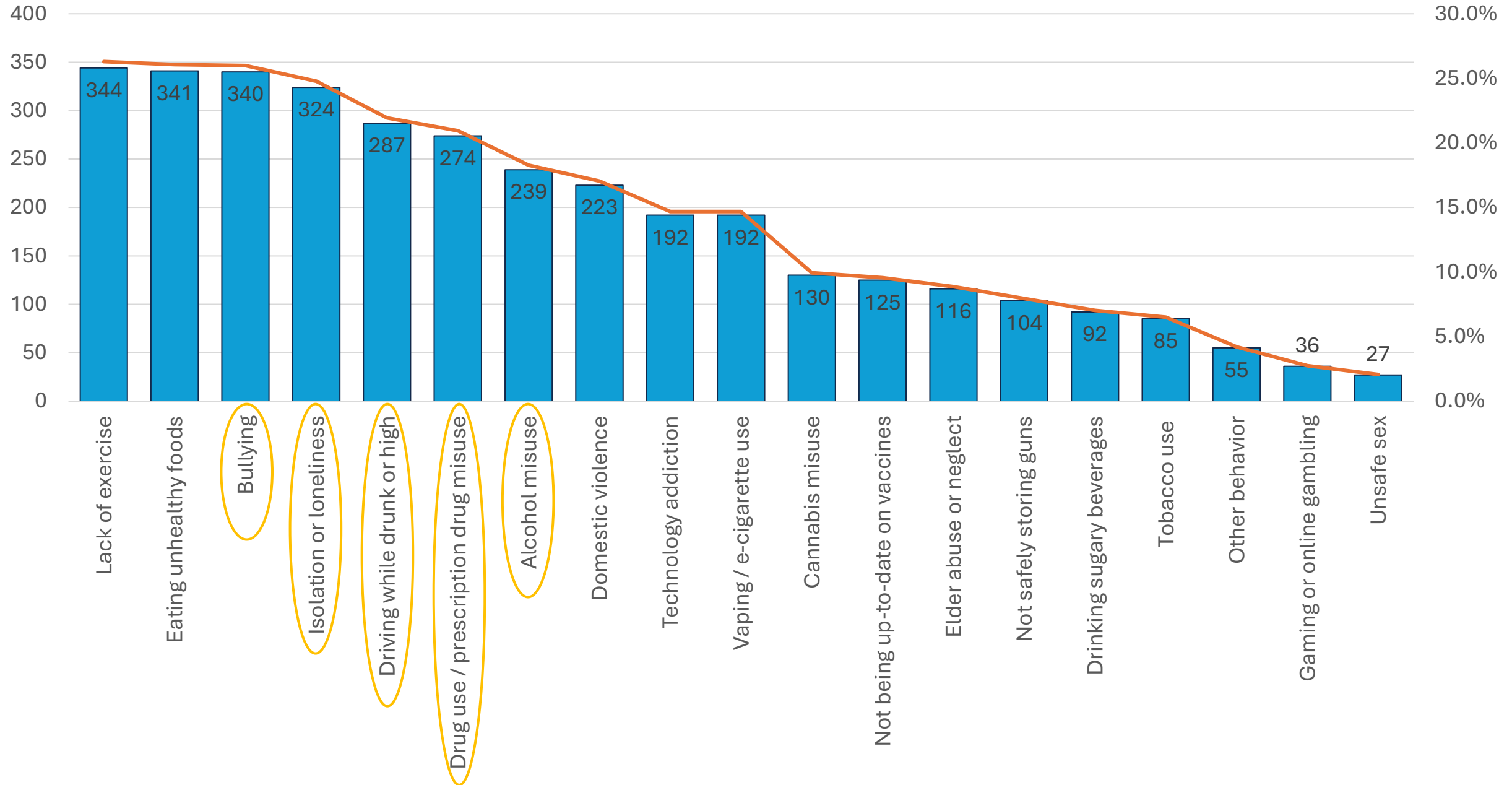
Behavioral Health

Mental health; substance abuse

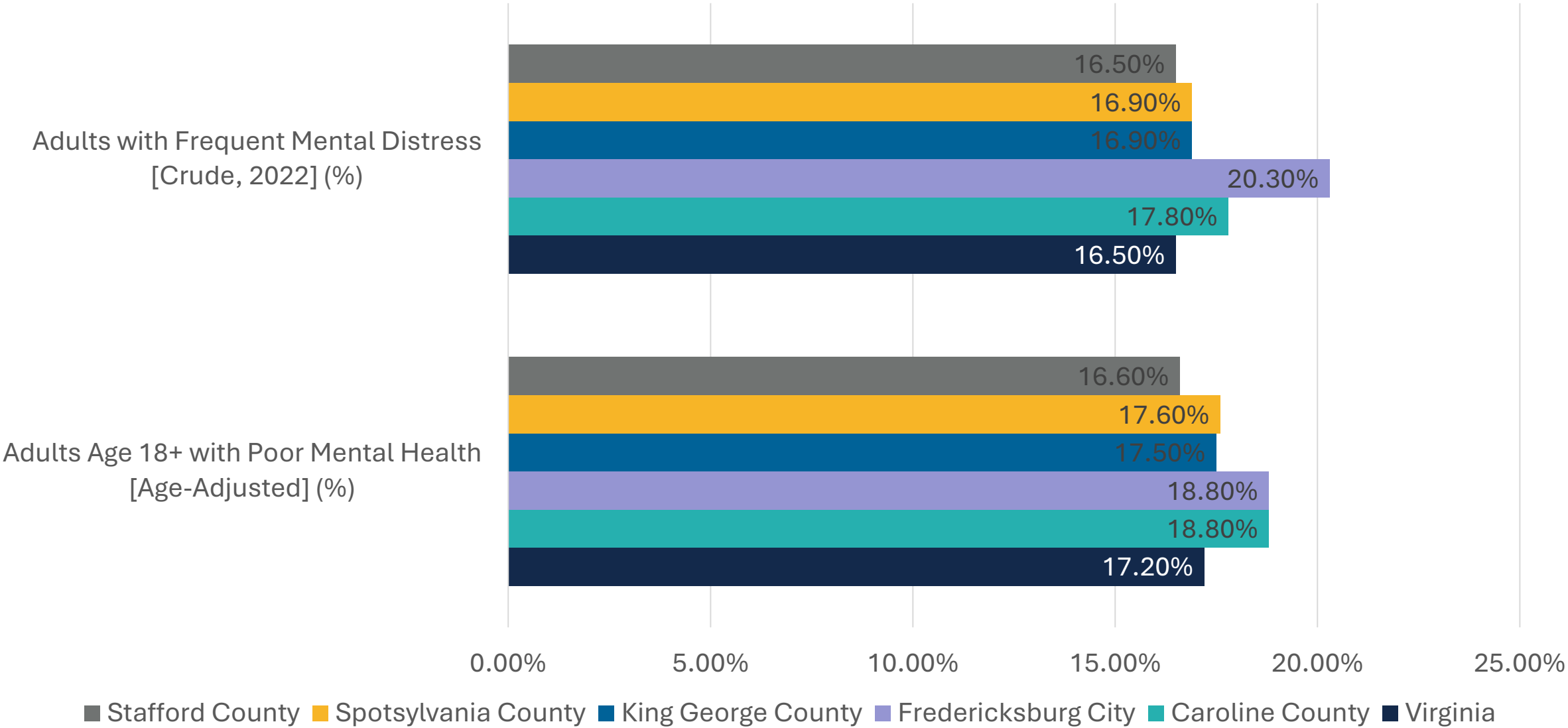
Biggest Health Concerns



Health behaviors to be addressed

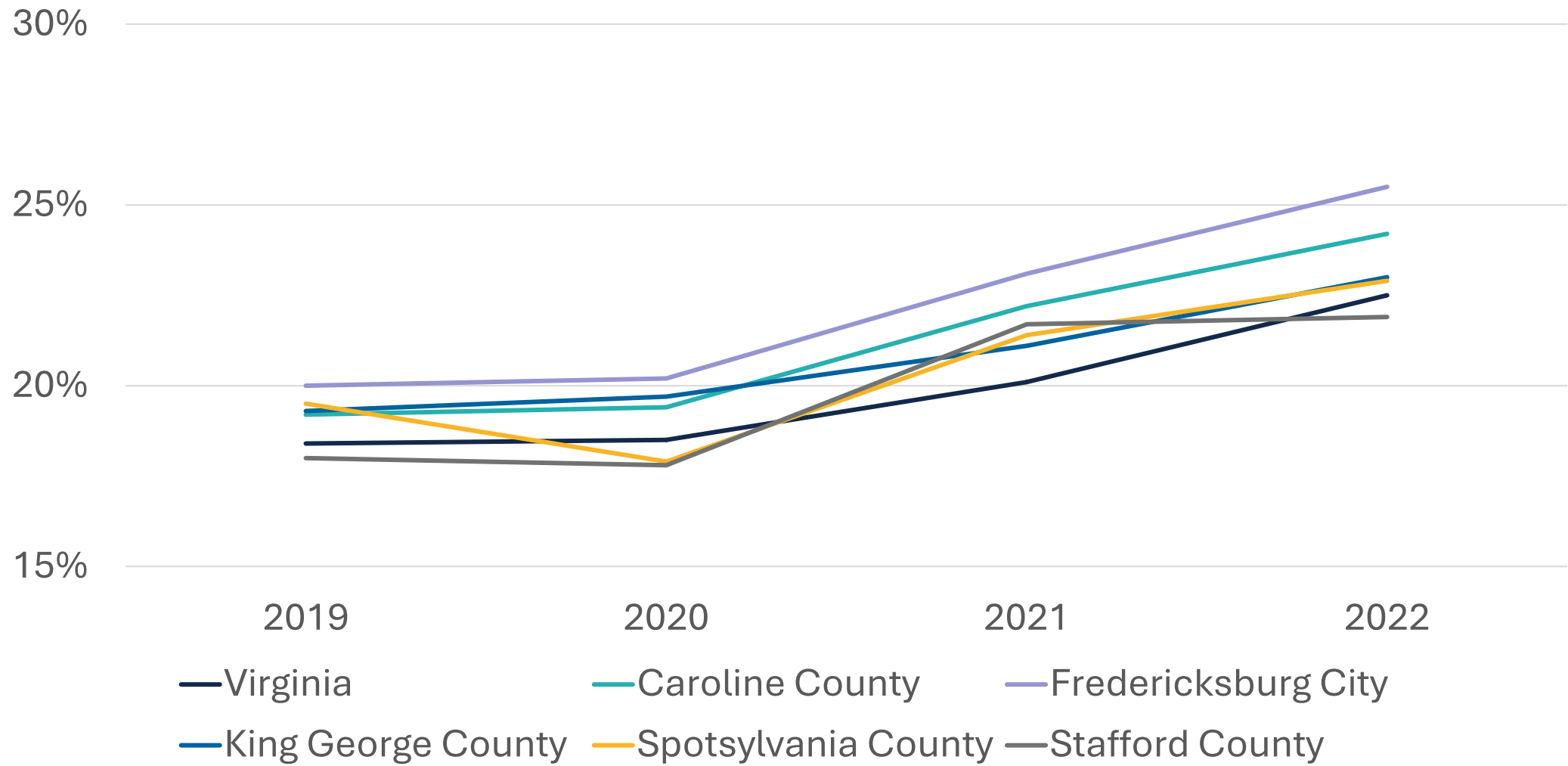


Adults with Poor Mental Health & Frequent Mental Distress



Source: VDH - Behavioral Risk Factor Surveillance Survey (BRFSS), 2022

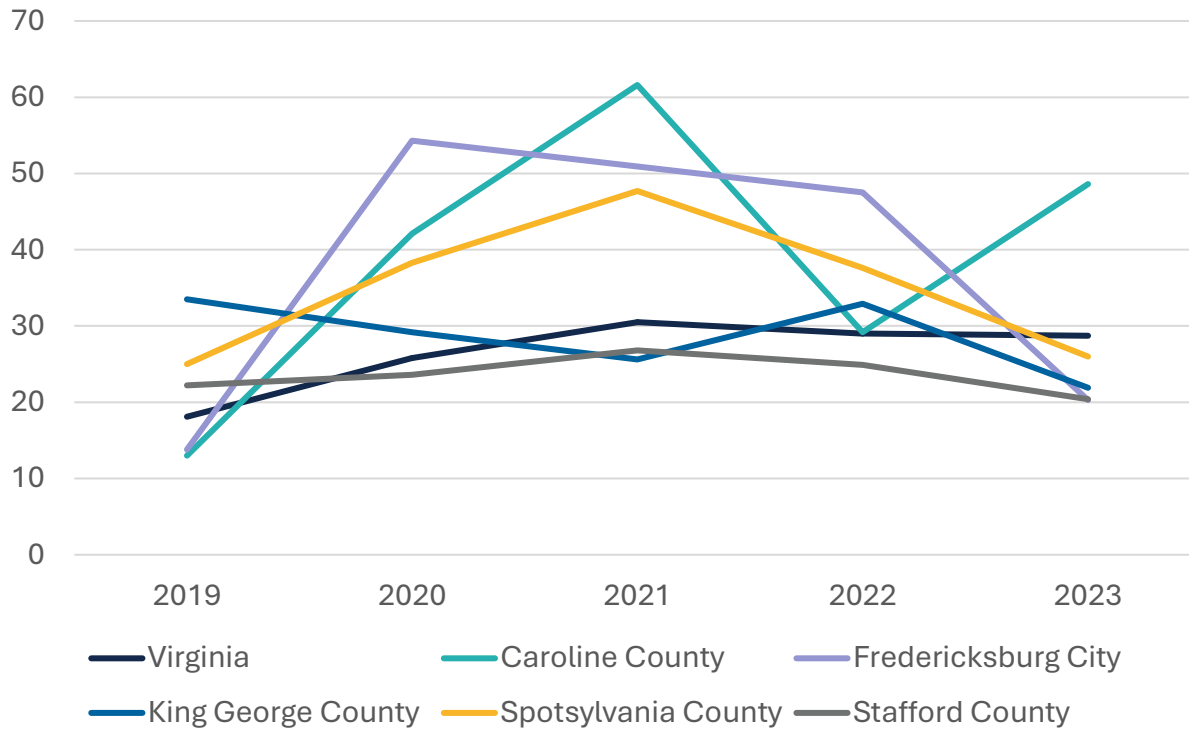
Depression



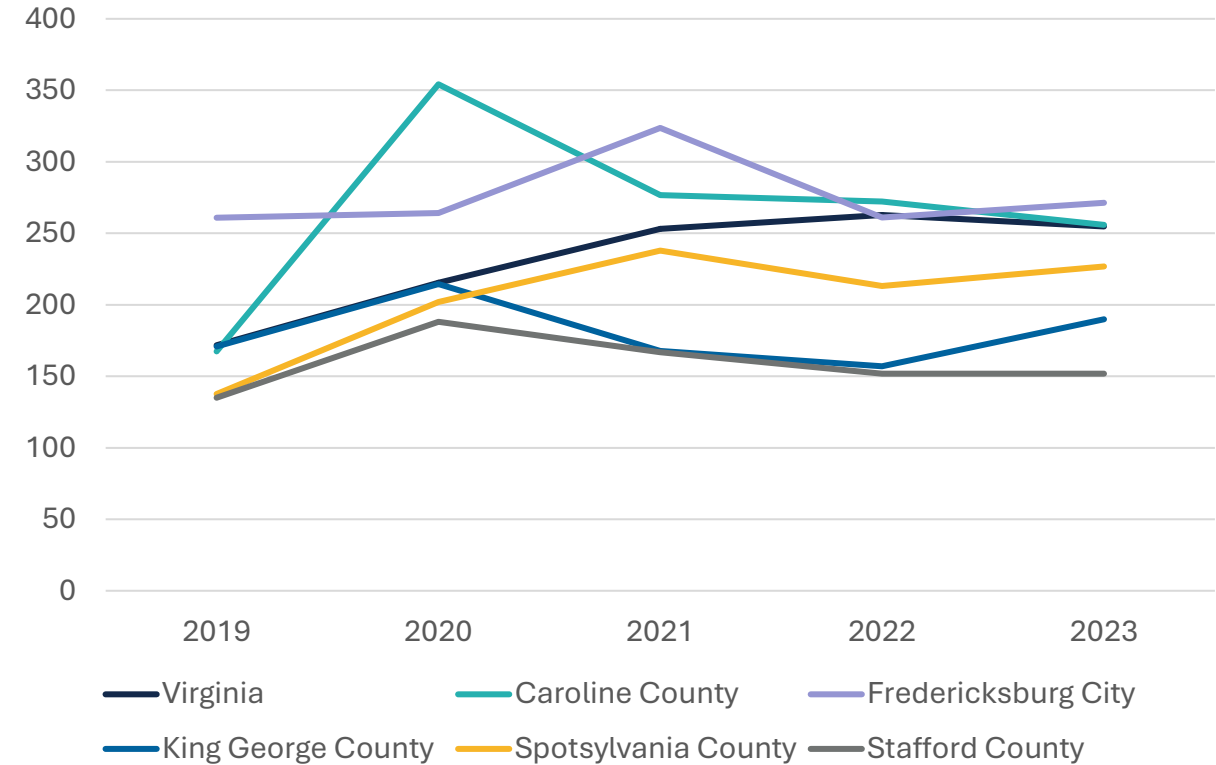
			RAHD (PD16)				
Indicator	Year	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
2023 Suicide Death Rates (per 100,000)	2023	14.3	21.9	17.4	32.3	15.0	11.0

Virginia Department of Health, 2019-2023. Data directly obtained via email.

All-Drug Overdose Deaths, Rates per 100,000 Population



All-Drug Overdose ED Visits, Rates per 100,000 population



Healthcare Utilization and Access

			RAHD (PD16)				
Indicator	United States	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Uninsured (%) ²⁰	10%	8%	9%	10%	6%	8%	6%
Primary Care Physicians (population per provider) ²¹	1,330	1,340	10,440	570	4,580	2,080	3,830
Dentists (population per provider) ²²	1,360	1,330	3,990	490	2,140	2,220	2,820
Mental Health Providers (population per provider) ²³	320	410	2,130	120	1,390	870	960

Maternal and infant health

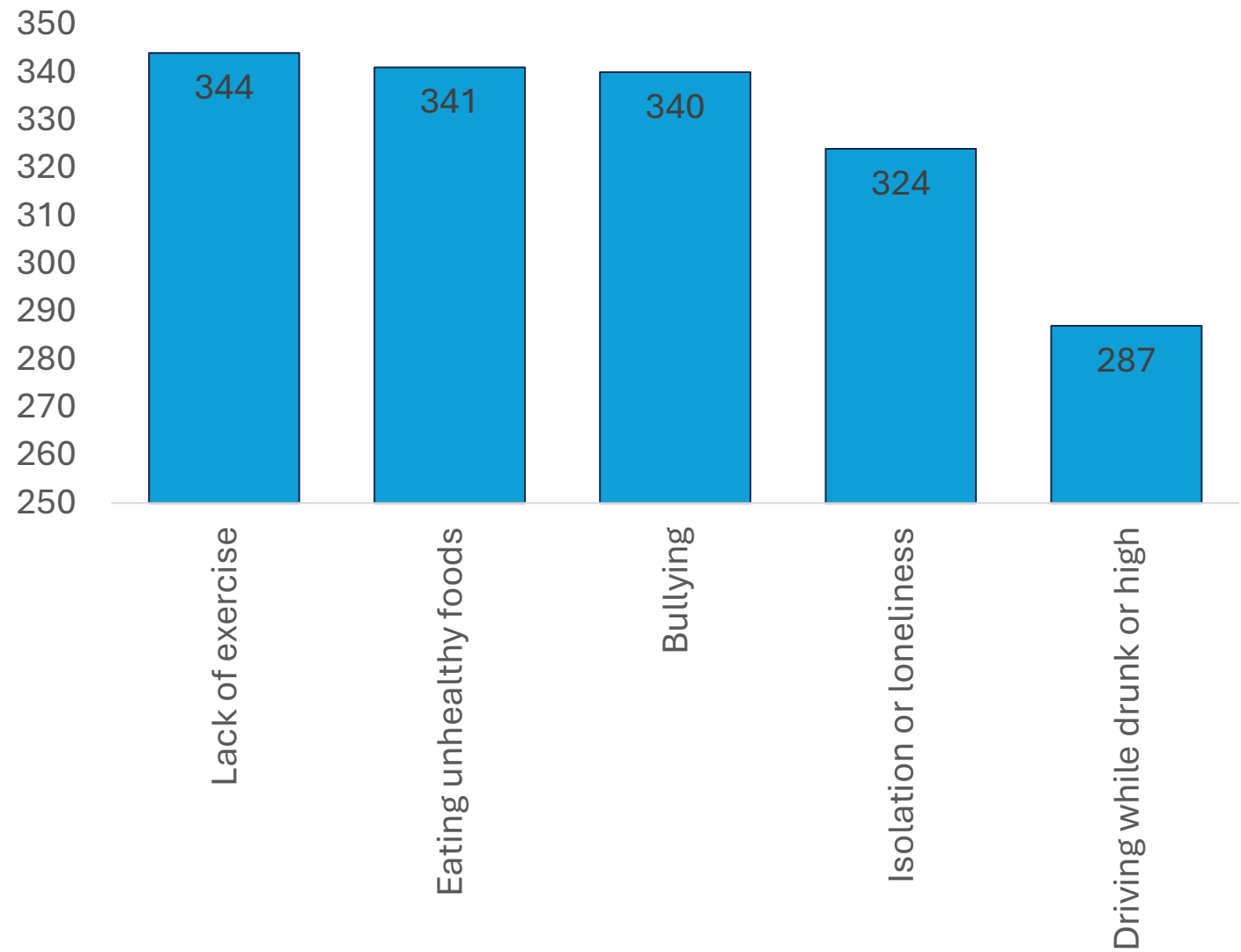
Indicator	Virginia	RAHD (PD16)				
		Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Infant Mortality Rate (Per 1,000 Live Births)	6.20	8.70	8.00	7.20	9.30	5.40
Low Birthweight Deliveries (%)	8.50%	10.10%	11.50%	9.40%	7.90%	8.50%
Teen Pregnancy Rate (Per 1,000 Females Ages 15-19)	15.60	21.00	33.30	8.10	10.70	7.20
Preterm Births (%)	9.60%	12.50%	12.00%	10.50%	10.60%	9.80%
Late or No Prenatal Care (%)	5.10%	5.70%	3.70%	3.00%	4.60%	4.40%
Maternal Smoking (%)	3.20%	7.20%	1.90%	5.40%	3.80%	2.30%

Additional healthcare findings

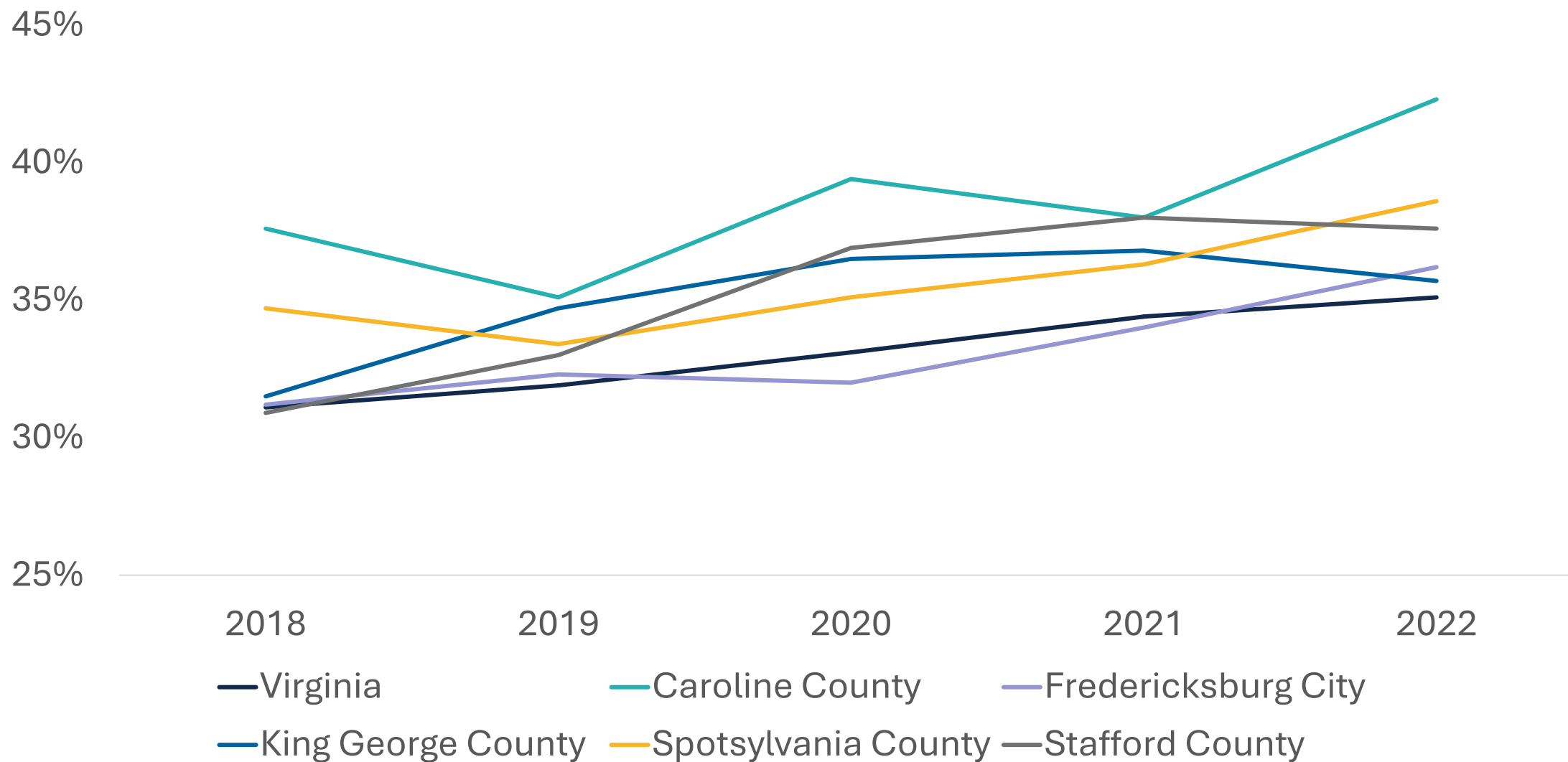
- Dental concerns
- Long wait times to see a provider
- Long driving distances for rural residents and specialty care
- Discussion of provider shortages, workforce pipeline

Physical Activity and Healthy Eating

Health behaviors to be addressed



Obesity Prevalence (adults)



Chronic conditions

		RAHD (PD16)				
Health Outcomes	State of Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Cancer	7.00%	6.70%	6.90%	7.30%	7.20%	7.00%
Chronic Kidney Disease	2.70%	2.90%	2.80%	2.70%	2.70%	2.60%
Chronic Obstructive Pulmonary Disease*	6.00%	7.40%	7.20%	6.30%	6.00%	4.90%
Coronary Heart Disease	5.40%	6.10%	6.10%	5.60%	5.40%	5.00%
Current Asthma	10.00%	11.00%	10.70%	10.20%	10.20%	9.90%
Depression	23.00%	24.90%	24.40%	23.30%	23.40%	21.90%
Diabetes	11.40%	12.40%	12.90%	10.90%	11.60%	11.00%
High Blood Pressure *	31.50%	33.20%	32.40%	32.20%	32.30%	31.80%
High Cholesterol	32.80%	31.90%	30.70%	31.60%	34.00%	33.20%
Obesity	35.30%	41.60%	38.20%	35.20%	38.30%	37.00%
Stroke	3.00%	3.60%	3.50%	3.00%	2.90%	2.60%
Alzheimer's Disease (65+)	11.7%	12.9%	12.0%	11.3%	11.1%	10.5%

1 CDC BRFSS, 2022. Accessed via the PLACES Data Portal. 52 Dhana et al., Alzheimer's & Dementia, 2023.

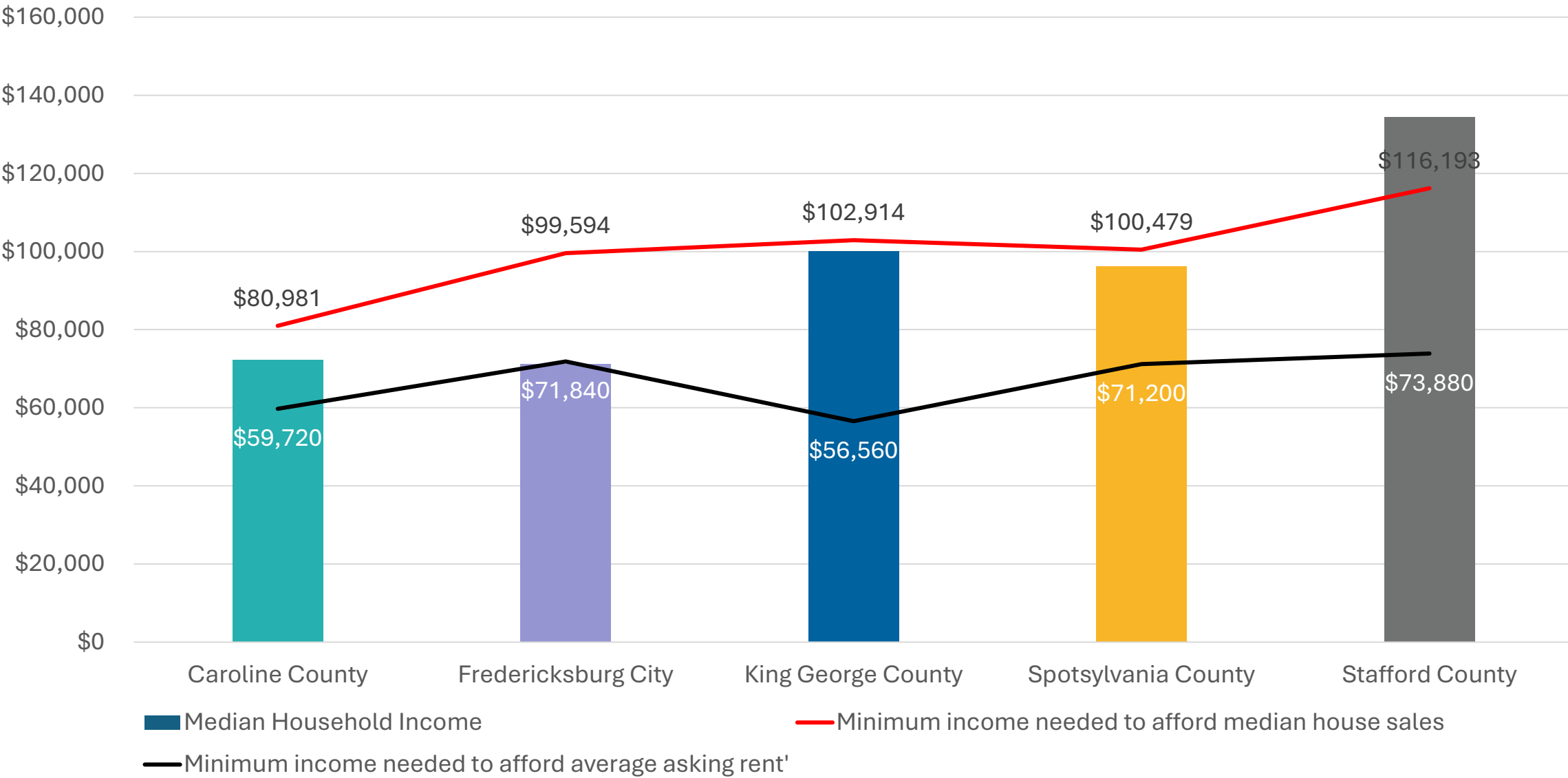
Social Determinants of Health

Housing, economic factors, transportation

What would most improve health

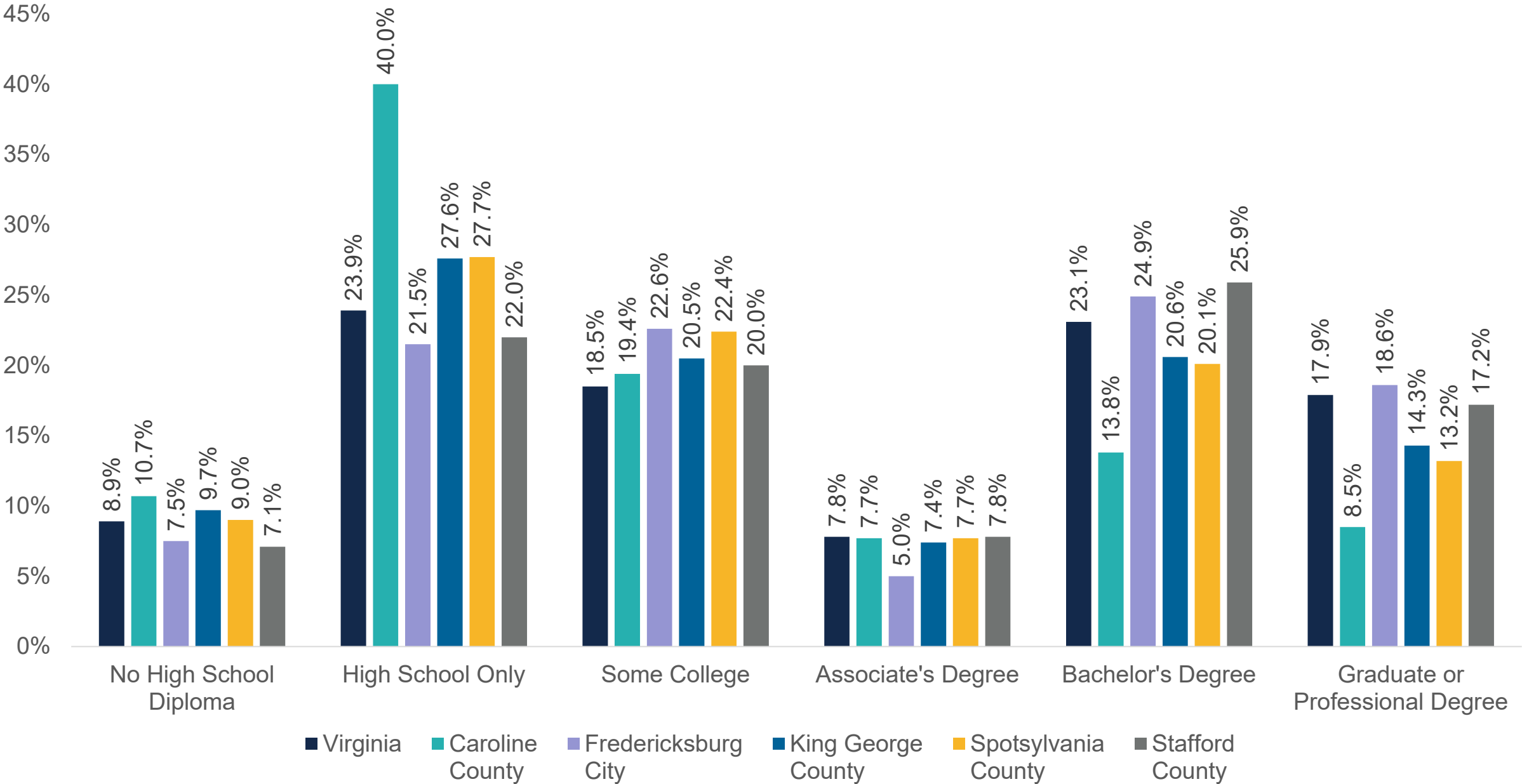


Median Income vs Housing Cost



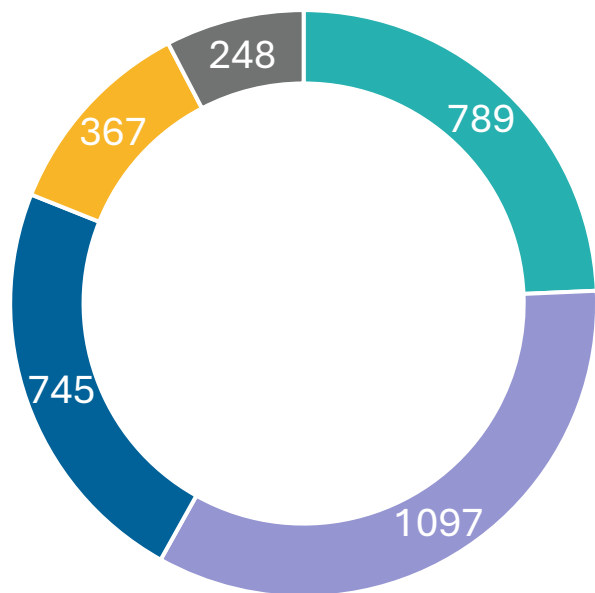
		RAHD (PD16)				
Indicator	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Households with No Motor Vehicle (%)	6.07%	5.01%	9.24%	1.78%	3.09%	1.92%
Population Below 100% FPL (%)	9.98%	11.57%	18.03%	6.93%	7.35%	5.38%
Children in Poverty (% < Age 18)	12.81%	18.23%	31.61%	8.52%	10.22%	6.42%
Cost-burdened Households (%) [Housing is 30% or more of total household income]	30.51%	24.55%	33.19%	23.85%	25.96%	23.65%
Social Vulnerability Index	0.39	0.40	0.76	0.05	0.27	0.24
Food Insecurity	11.1%	9.8%	14.5%	8.6%	8.8%	7.3%

Educational Attainment



Social Determinants of Health Screening

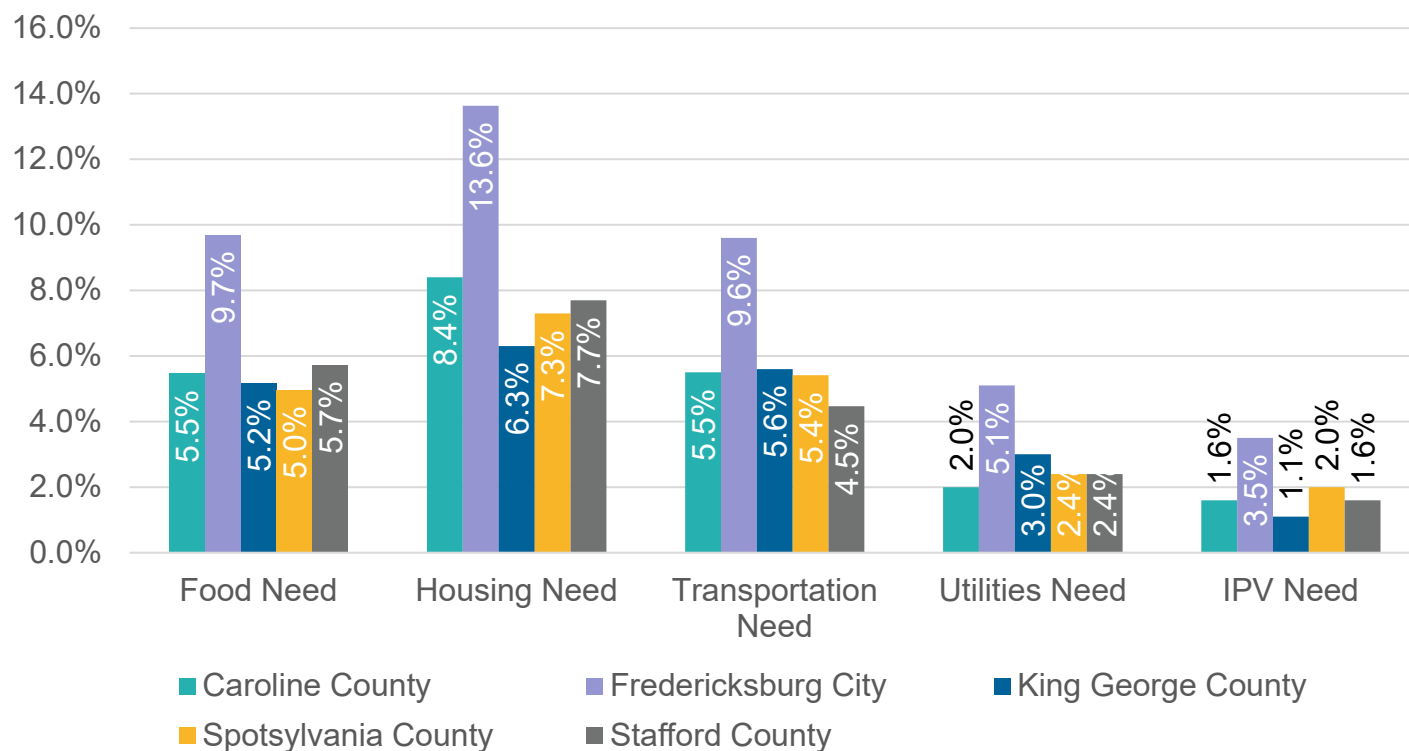
MWHC SDOH Need (Count)



■ Food Need (Y) ■ Housing Need (Y)
■ Transportation Need (Y) ■ Utilities Need (Y)
■ IPV Need (Y)

Source: Epic

MWHC Percent of Inpatient w/SDOH Positive Screening



Cross Cutting Findings

Cross-cutting Findings

Communication

Resource Navigation

Aligning
Resources/Collaboration

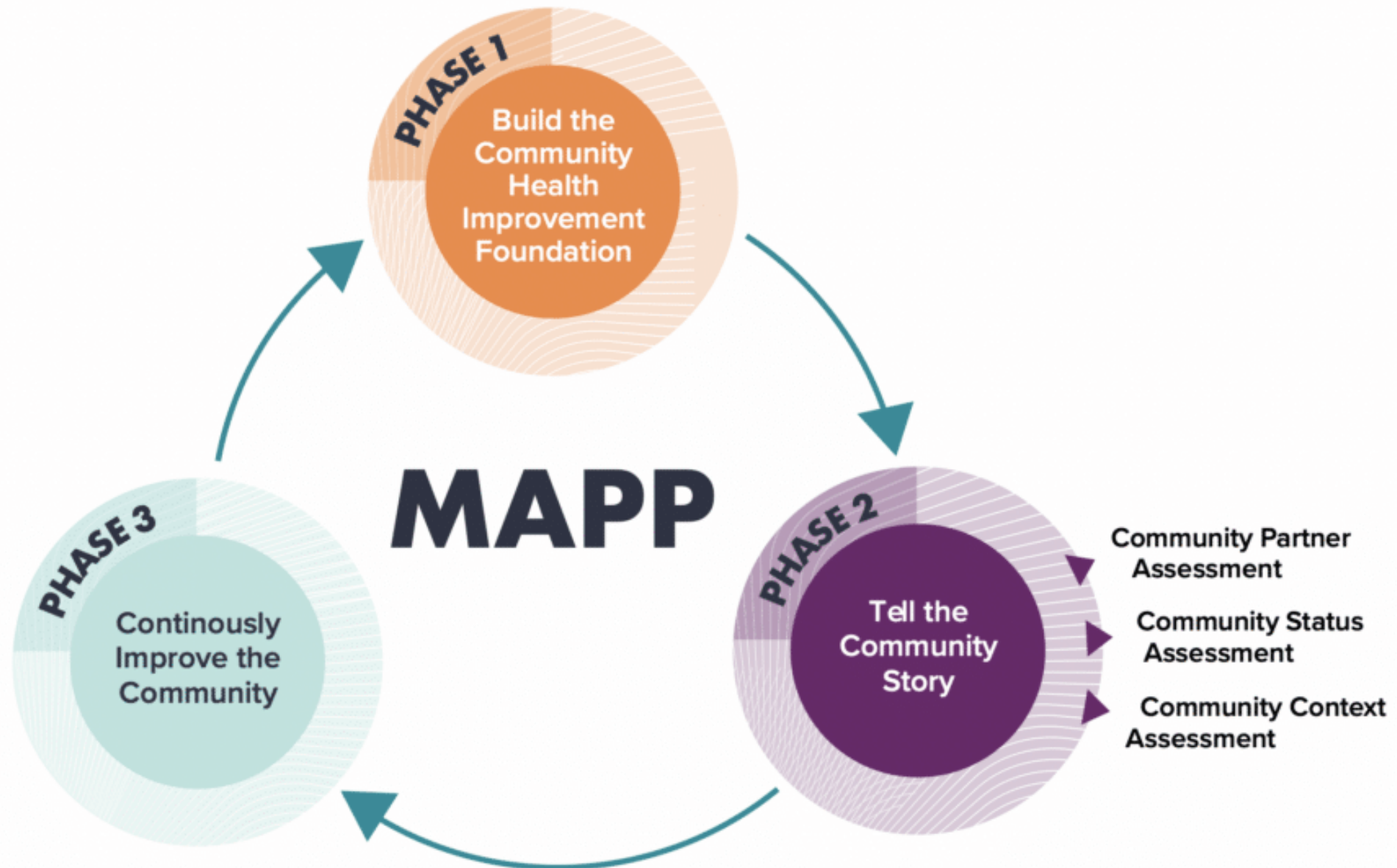
Population Growth and
Changes/Strained Resources



Community Partner Survey

Why are
partners
interested in
participating
in the
CHA/CHIP?

- To deliver programs effectively and efficiently/avoid duplicated efforts
- To create long-term, permanent social change
- To plan and launch community-wide initiatives



Next Steps

[illegible]

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