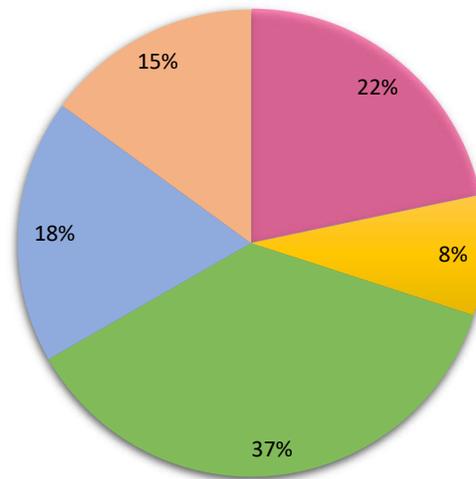


# FOCUS GROUP RESULTS SUMMARY OF THE LORD FAIRFAX HEALTH DISTRICT

## Overview

With a total of 66 participants, 9 focus group sessions were held in the Lord Fairfax Health District to better understand the concerns, goals, and health needs of the community and its members. A variety of topics were discussed including health needs, transportation, cost/insurance, a mobile health unit, mental health, substance use disorder, smoking, maternal, and child health.

Focus groups were conducted in all localities of the Lord Fairfax Health District; Frederick/Winchester, Warren County, Page County, Shenandoah County, and Clarke County. This allowed us to hear the thoughts, opinions, and needs of those across all localities. The results of these focus groups are divided into overall district results and results of each specific locality.



*Percentage of participants by locality*

■ Frederick/Winchester ■ Warren ■ Page ■ Shenandoah ■ Clarke

The information received will allow us to better guide our efforts toward the specific issues that community members view as the 'problem areas' of their specific communities. Each locality has different priorities and needs, and those should be addressed with this in mind to have the most substantial impact on the locality. The grant funding (ARPA Targeted Community Outreach) that allowed us to conduct these focus groups, will continue to be used to address these specific concerns.

**We hear you and we thank you for your participation.**

## Overall District Results

### District-Wide Highlights:

All localities see a need for more supportive resources and face barriers towards accessing services.

**These barriers primarily impact the most vulnerable members of the community.** All localities feel a lack of medical providers, appointments, and mental health resources. Similarly, the cost of health care and insurance is expensive which causes many people delay or avoid going to the doctor if they can't afford the services. Needs regarding public transportation with expansive routes is clearly needed and would significantly improve people's access to available services. Many individuals state a major concern towards vaping among teens with a need for more education to teens and parents.

### Transportation:

There are very few public transportation options in the district. Current bus and trolley routes don't go into rural areas/neighborhoods. If services are available, vehicles may not be ADA compliant or may have long walks to bus stops due to inconvenient placing.

### Cost/Insurance:

The cost of health insurance is high and healthcare costs are high regardless of insurance status. If people can't afford it, people delay seeking care, which can cause a condition to worsen. The lack of providers impacts people's ability to access preventative healthcare.

### Mobile Health Unit:

Participants agree a mobile health unit would benefit the district. They believe that it can address issues like transportation and access to healthcare services. It would also be beneficial to work in collaboration and alongside other organizations to provide services.

### Mental Health and Substance Use Disorders:

There are very few services available in the area for treatment and medications. The services that are present have very limited scope of practice or have very long wait times. There are few support systems for those in treatment as well. More detox centers, transitional housing, and support for families are needed. Stigma is present in the district which discourages people seeking help.

### Smoking and Tobacco Use:

Tobacco use is common within the district. Vaping is a major issue amongst the youth while cigarettes are more common with older generations. Many see it as a generational habit that they pick up from their parents. Education is needed to combat misinformation about vaping to youth and adults alike.

### Maternal and Child Health:

Few localities have sufficient OBGYN care for its population's need. Many people drive to Winchester or Front Royal for OBGYN care. More robust pediatric healthcare services are needed in the localities.

- Many areas need better access to birth control & family planning resources
- There are few pediatric practitioners and daycare facilities/childcare facilities
- WIC appointments are difficult to get, despite the need for services

## Clarke County

### Highlights:

Clarke County has difficulties accessing services for its most vulnerable populations. There is a lack of public transportation and few healthcare resources in the area, so many people must travel to access care. The lack of healthcare extends from basic care to specialty services. There is a stigma around mental health and substance use disorders with very few resources for recovery in the area.

### Transportation:

There is no public transportation and a great need for services, particularly for medical appointments. Medicaid transportation is very unreliable and is not a solution to the transportation issues.

### Cost/Insurance:

Insurance and healthcare don't feel obtainable to many people. Insurance though an employer can also be a huge issue because its often the second biggest bill in a family's expenses. Many people take the gamble to not have insurance to save costs, but then risk needing to access healthcare and receiving big medical bills.

### Mobile Health Unit:

Participants believe a MHU would be convenient since everything is so limited in Clarke County. The senior center and other organizations could see collaborations so that people do not need to travel outside of the locality to access certain types of care.

### Mental Health and Substance Use Disorders:

There are a lot of SUD and stigma in the community.

- There are resources for very severe mental health needs, but fewer for less severe issues or people make too much money to qualify for benefits
- Children and adolescents have the least amounts of options for treatment
- There is a need for more providers and long-term recovery programs

### Smoking and Tobacco Use:

Vaping is a major issue, especially amongst youth. Parents and coaches need to model habits and behaviors to the children.

### Maternal and Child Health:

There is a lack of services and initiatives within prenatal care. Patients have to travel out of town for basic and specialty healthcare services.

## Moving Forward

The Lord Fairfax Health District has received so many wonderful ideas and valuable feedback during these sessions. The health district will take this feedback and use it to advocate for our community members. We are dedicated to protecting and promoting your well-being, and to create a healthier Virginia.

This information will be used to know what the most pressing issues in the community are and be used to specifically address these issues. Outreach events encouraging healthy habits in youth and adults alike, creating target marketing towards educating community members, and providing better avenues for accessing opportunities for healthy living are among some plans to engage community members throughout the district with health as a priority. **Our goal is to find solutions that work for each community, because each communities' needs are different.**

The Lord Fairfax Health District has great hopes of obtaining a mobile unit. We hope to be able to use this funding to acquire a mobile health unit this year to address transportation disparities in our more rural areas. Our goal is to provide health department services in areas farther from the health departments, with a focus on those who have difficulty accessing care or experience barriers to transportation and to our more vulnerable populations.

Please reach out to Katherine Schroeder ([Katherine.Schroeder@vdh.virginia.gov](mailto:Katherine.Schroeder@vdh.virginia.gov) / 540-722-3470) with any questions you may have about these focus groups or the plans to address community health issues. [Find us on Facebook](#) to stay up to date with LFHD! Thank you again for your participation in our focus groups!