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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Welcome</td>
<td>Chad Melton, Dr. Wade Kartchner, Christy Connolly</td>
</tr>
<tr>
<td></td>
<td>Community Health Analysis, Surveys, Focus Groups</td>
<td>Lee Ann Lambdin</td>
</tr>
<tr>
<td></td>
<td>Initiatives from Last CHNA</td>
<td>Donna Staton, Christy Connolly</td>
</tr>
<tr>
<td></td>
<td>Prioritizing</td>
<td>All</td>
</tr>
<tr>
<td></td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Exercise 2 - Brainstorming</td>
<td>Table Groups</td>
</tr>
<tr>
<td></td>
<td>Report Out</td>
<td>Spokespeople</td>
</tr>
<tr>
<td></td>
<td>Summary</td>
<td>Christy Connolly</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Adjourn</td>
<td></td>
</tr>
</tbody>
</table>
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

**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

Source(s): Stratasan (2016)
Fauquier Health
Inpatient Origin 2015

Inpatient Origin by County
Fauquier County = 66%
Rappahannock County = 3%

Source(s): Stratasan (2017); Fauquier Health (2015)
# County Demographic Summary 2016

<table>
<thead>
<tr>
<th></th>
<th>Fauquier</th>
<th>Rappahannock</th>
<th>Virginia</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Population</strong></td>
<td>69,449</td>
<td>7,637</td>
<td>8,462,749</td>
<td>323,580,626</td>
</tr>
<tr>
<td><strong>Median Age</strong></td>
<td>42.4</td>
<td>49.5</td>
<td>38.3</td>
<td>38.0</td>
</tr>
<tr>
<td><strong>Median Household Income</strong></td>
<td>$96,283</td>
<td>$60,274</td>
<td>$64,929</td>
<td>$54,149</td>
</tr>
<tr>
<td><strong>Annual Pop. Growth (2016-21)</strong></td>
<td>1.20%</td>
<td>0.23%</td>
<td>0.97%</td>
<td>0.84%</td>
</tr>
<tr>
<td><strong>Household Population</strong></td>
<td>25,321</td>
<td>3,230</td>
<td>3,219,468</td>
<td>121,786,233</td>
</tr>
<tr>
<td><strong>Dominant Tapestry</strong></td>
<td>Savvy Suburbanites (1D)</td>
<td>The Great Outdoors (6C)</td>
<td>Enterprising Professionals (2D)</td>
<td>Green Acres (6A)</td>
</tr>
<tr>
<td><strong>Businesses</strong></td>
<td>2,960</td>
<td>419</td>
<td>320,180</td>
<td>13,207,211</td>
</tr>
<tr>
<td><strong>Employees</strong></td>
<td>24,966</td>
<td>2,167</td>
<td>4,353,083</td>
<td>162,998,347</td>
</tr>
<tr>
<td><strong>Medical Care Index</strong></td>
<td>146</td>
<td>127</td>
<td>117</td>
<td>100</td>
</tr>
<tr>
<td><strong>Average Medical Expenditures</strong></td>
<td>$2,799</td>
<td>$2,446</td>
<td>$2,242</td>
<td>$1,921</td>
</tr>
<tr>
<td><strong>Total Medical Expenditures</strong></td>
<td>$70.9 M</td>
<td>$7.9 M</td>
<td>$7.2 B</td>
<td>$234.0 B</td>
</tr>
</tbody>
</table>

| **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.*

Source(s): Stratasan (2016); Esri (2016); American Community Survey, 2014
Fauquier County Demographics 2016

Percent of Population by Age Group

- 0-4: 5.4% 5.3%
- 5-14: 13.7% 12.7%
- 15-24: 11.6% 10.6%
- 25-34: 10.4% 10.8%
- 35-44: 12.4% 12.8%
- 45-54: 15.9% 13.6%
- 55-64: 15.0% 15.4%
- 65-74: 9.8% 11.4%
- 75-84: 4.3% 5.4%
- 85+: 1.6% 1.8%

Median Household Income (2016)

- 48% higher incomes
  - $200K+: 5%
  - $150K-$199.9K: 13%
  - $100K-$149.9K: 12%
  - $75K-$99.9K: 24%
  - $50K-$74.9K: 14%
  - $35K-$49.9K: 14%
  - $25K-$34.9K: 14%
  - $15K-$24.9K: 9%
  - <$15K: 5%

- 42% middle incomes
  - $100K-$149.9K: 12%
  - $75K-$99.9K: 18%
  - $50K-$74.9K: 18%
  - $35K-$49.9K: 13%
  - $25K-$34.9K: 13%
  - $15K-$24.9K: 10%
  - <$15K: 10%

- 10% lower incomes
  - <$15K: 5%

Race & Ethnicity (2016)

- White: 15.0%
- Black: 9.8%
- Asian/Pacific Islander: 4.3%
- Other: 5.4%
- Hispanic Origin: 1.6%

Source(s): Stratasan (2016); Esri (2016)
Rappahannock County Demographics 2016

**Percent of Population by Age Group**

- **0-4**: 4.2% (Rappahannock), 3.9% (United States)
- **5-14**: 10.5% (Rappahannock), 10.2% (United States)
- **15-24**: 9.9% (Rappahannock), 8.7% (United States)
- **25-34**: 9.1% (Rappahannock), 9.3% (United States)
- **35-44**: 10.3% (Rappahannock), 10.4% (United States)
- **45-54**: 14.2% (Rappahannock), 12.6% (United States)
- **55-64**: 18.2% (Rappahannock), 17.8% (United States)
- **65-74**: 15.2% (Rappahannock), 17.1% (United States)
- **75-84**: 11% (Rappahannock), 12% (United States)
- **85+**: 6% (Rappahannock), 7% (United States)

**Median Household Income (2016)**

- **<15K**: 11% (Rappahannock), 12% (United States)
- **$15K-$24.9K**: 8% (Rappahannock), 12% (United States)
- **$25K-$34.9K**: 8% (Rappahannock), 10% (United States)
- **$35K-$49.9K**: 15% (Rappahannock), 13% (United States)
- **$50K-$74.9K**: 13% (Rappahannock), 18% (United States)
- **$75K-$99.9K**: 17% (Rappahannock), 12% (United States)
- **$100K-$149.9K**: 13% (Rappahannock), 12% (United States)
- **$150K-$199.9K**: 5% (Rappahannock), 10% (United States)
- **$200K+**: 7% (Rappahannock), 13% (United States)

**Race & Ethnicity (2016)**

- **White**: 23.5% (Rappahannock), 14.5% (United States)
- **Black**: 11% (Rappahannock), 10% (United States)
- **American Indian**: 8% (Rappahannock), 10% (United States)
- **Asian/Pacific Islander**: 11% (Rappahannock), 12% (United States)
- **Other**: 15% (Rappahannock), 13% (United States)
- **Two or More Races**: 11% (Rappahannock), 12% (United States)
- **Hispanic Origin**: 11% (Rappahannock), 12% (United States)

Source(s): Stratasan (2016); Esri (2016)
Population by Census Tract

Population Change

Total Population 2016
- 1 - 3,499
- 3,500 - 4,999
- 5,000 - 6,999
- 7,000 - 10,999
- 11,000 - 38,865

Pop Growth Rate 2016-21
- Annual Growth Rate
  - -1.27% - 0.00%
  - 0.01% - 0.97%
  - 0.98% - 1.94%
  - 1.95% - 18.18%

Source(s): Stratasan (2016); Esri (2016)

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
Poverty Estimates 2015 for Contiguous Counties, VA, and US

Source(s): Stratasan (2016); U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program (2016)
Business & Industry Environment
Fauquier and Rappahannock Counties CHNA
### Unemployment by County

#### Unemployment

(2016 Nov Preliminary)

<table>
<thead>
<tr>
<th>County</th>
<th>Unemployment Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fauquier</td>
<td>3.4%</td>
</tr>
<tr>
<td>Rappahannock</td>
<td>3.4%</td>
</tr>
<tr>
<td>Virginia</td>
<td>4.2%</td>
</tr>
<tr>
<td>U.S.</td>
<td>4.9%</td>
</tr>
</tbody>
</table>

Source(s): Stratasan (2017); Internet Bureau of Labor Statistics (November 2016 (P)) not seasonally adjusted
**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)

---

**Surplus/Leakage Factor**

- Motor Vehicle & Parts Dealers
- Furniture & Home Furnishings Stores
- Electronics & Appliance Stores
- Bldg Materials, Garden Equip. & Supply Stores
- Food & Beverage Stores
- Health & Personal Care Stores
- Gasoline Stations
- Clothing & Clothing Accessories Stores
- Sporting Goods, Hobby, Book & Music Stores
- General Merchandise Stores
- Miscellaneous Store Retailers
- Food Services & Drinking Places

---

Source(s): Stratasan (2016); Esri (2016)
Fauquier County
Commuter In-migration

Fauquier County
Commuter Out-migration

Source(s): Stratasan (2016); US Census Bureau (2010)

<table>
<thead>
<tr>
<th>In Migration</th>
<th>Out Migration</th>
<th>Net Flux</th>
</tr>
</thead>
<tbody>
<tr>
<td>6,904</td>
<td>16,402</td>
<td>-9,498</td>
</tr>
</tbody>
</table>

In-Migration Colors:
- 1 - 59
- 60 - 181
- 182 - 331
- 332 - 725
- 726 - 2,054

Out-Migration Colors:
- 2 - 135
- 136 - 665
- 666 - 1,595
- 1,596 - 3,132
- 3,133 - 5,499
Psychographics

Fauquier and Rappahannock Counties CHNA
# Tapestry Profile

**Tapestry Profile – Neighborhood classification based on purchasing and lifestyle behaviors**

14 LifeModes  
67 Tapestry Segments

<table>
<thead>
<tr>
<th>LifeMode Group</th>
<th>Tapestry, Segmentation, Number, and Name</th>
</tr>
</thead>
</table>
| 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 Satellite  
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 |

Source: Stratasan (2016); www.esri.com/tapestry
Dominant Tapestry Segmentation by Census Tract

**Study Area**

1. Affluent Estates
2. Upscale Avenues
3. Uptown Individuals
4. Family Landscapes
5. GenXurban
6. Cozy Country Living
7. Ethnic Enclaves
8. Middle Ground
9. Senior Styles
10. Rustic Outposts
11. Midtown Singles
12. Hometown
13. Next Wave
14. Scholars and Patriots
15. Unclassified

**Top 3 Tapestry Segments**

1. **Savvy Suburbanites (1D) (26%)**
   - 44.1 med age; 104k household income;
   - SUVs, minivans, & station wagons; Riding mowers and power tools are popular;
   - prefer organic food.

2. **The Great Outdoors (6C) (12%)**
   - 46.3 med age; 53k household income;
   - four-wheel drive trucks; have pets; enjoy outdoor activities; not dependent on technology

3. **Pleasantville (2B) (11%)**
   - 41.9 med. Age; $85k med. HH income;
   - high net worth; suburban periphery of large city; older single-family homes;
   - prefer SUVs; use all types of media equally

Source(s): Stratasan (2016); Esri (2016)
### Health Habits of Your Community

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

### Behavior Habits of Your Community

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

Note: United States Index is 100
## Communication Habits of Your Community

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

## Technology Habits of Your Community

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

Note: United States Index is 100

Source(s): Stratasan (2016); Esri (2016)
Environment and Health Data

Fauquier and Rappahannock Counties CHNA
Smoke 9+ Packs of Cigarettes per Week by Census Tract

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Use Prescription Drug for Depression

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Use Prescription Drug for High Blood Pressure

Study Area

Rx for High Blood Pressure (Index)

- 17 - 64
- 65 - 84
- 85 - 100
- 101 - 139
- 140 - 194

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Use Prescription Drug for Diabetes (Insulin Dependent)

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Use Prescription Drug for Asthma

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Use Prescription Drug for High Cholesterol

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Visited a Doctor in the Last 12 Months

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Crime Index Map

Source(s): Stratasan (2016); Esri (2016) based on Tapestry Segmentation and spending behaviors
Community Focus Groups

Fauquier and Rappahannock Counties CHNA
Focus Group Participation

• On April 4 and 5\textsuperscript{th}, 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 socioeconomics; 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
Methodology

• 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?

- Excellent: 13%
- Good: 32%
- Fair: 40%
- Poor: 14%
- Decline to answer: 1%

N = 586
Q5: Generally, how would you describe your health? Would you say it is…
# Where do you turn for your basic healthcare needs?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>My primary care doctor or family physician</td>
<td>74%</td>
</tr>
<tr>
<td>Hospital</td>
<td>18%</td>
</tr>
<tr>
<td>Use Specialist as PCP</td>
<td>7%</td>
</tr>
<tr>
<td>Free or low income clinic</td>
<td>7%</td>
</tr>
<tr>
<td>Urgent care center</td>
<td>7%</td>
</tr>
<tr>
<td>Retail clinic</td>
<td>3%</td>
</tr>
<tr>
<td>I do not have a healthcare provider</td>
<td>2%</td>
</tr>
<tr>
<td>Friend or Relative</td>
<td>2%</td>
</tr>
<tr>
<td>Alternative healthcare providers</td>
<td>2%</td>
</tr>
<tr>
<td>Health department</td>
<td>1%</td>
</tr>
<tr>
<td>Online sources</td>
<td>1%</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td>• Anthem</td>
<td></td>
</tr>
<tr>
<td>• HMO</td>
<td></td>
</tr>
<tr>
<td>• Military</td>
<td></td>
</tr>
<tr>
<td>• Wellness Center</td>
<td></td>
</tr>
<tr>
<td>• VA</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
</tr>
</tbody>
</table>

N=546

Q6: If you have one person or group you turn to for basic healthcare needs, where do you go most often!
## Was there a time you couldn’t see a doctor?

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of money / insurance for office visit</td>
<td>45%</td>
</tr>
<tr>
<td>Doctor unavailable</td>
<td>23%</td>
</tr>
<tr>
<td>Lack of transportation</td>
<td>14%</td>
</tr>
<tr>
<td>Inconvenient office hours</td>
<td>13%</td>
</tr>
<tr>
<td>Don’t know how to find a good doctor</td>
<td>4%</td>
</tr>
<tr>
<td>Specific service I needed was not available locally</td>
<td>4%</td>
</tr>
<tr>
<td>I was too sick</td>
<td>4%</td>
</tr>
<tr>
<td>Lack of access to a physician taking new patients</td>
<td>2%</td>
</tr>
<tr>
<td>I’m not comfortable with any doctor</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>8%</td>
</tr>
</tbody>
</table>

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?

Yes: 85%
No: 15%
Don’t know: 1%

What are some reasons why you could not?

- Lack of money/insurance for office visit: 69%
- Inconvenient office hours: 10%
- Lack of transportation: 9%
- Dentist unavailable: 5%
- I’m not comfortable with any dentist: 3%
- Don’t know how to find a good dentist: 2%
- Language/racial/cultural barriers: 1%
- Other: 6%
- I do not have a dentist: 1%
Was there a time in the past 12 months when you needed to see a mental health professional but could not?

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?

- Lack of money/insurance for office visit: 46%
- Specific service I needed was not available: 24%
- Don’t know how to find a good…: 14%
- Didn’t need/NA: 10%
- Provider unavailable: 10%
- Lack of transportation: 6%
- Lack of access to a provider taking new…: 6%
- I'm not comfortable with any mental health…: 2%
- I was too sick: 2%
- Other: 2%

Q11N= 577, Q12N= 50 ‘YES’s
How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?

- Every once in awhile: 22%
- 1-2 times a week: 20%
- 3-4 times a week: 21%
- 5-7 times a week: 20%
- Several times a day: 4%
- Never: 12%
- Decline to answer: 1%

How often do you smoke, if you do?

- Never - do not smoke: 83%
- A few times a month: 2%
- Weekly: 2%
- Daily: 10%
- Hourly: 4%
Access to Healthy Foods

Do you have access to healthy food?

- Yes: 96%
- No: 3%
- Don't know: 1%

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

- Greater than 10 miles: 21%
- 5 to 10 miles: 25%
- 1 mile to 5 miles: 37%
- Less than 1 mile: 16%

N=583  Q15: Do you have access to healthy food?
N=585  Q16: How close in distance is the nearest grocery store that offers fresh fruits and vegetables?
Have you, a relative or close friend experienced substance abuse or addiction?

- Yes: 59%
- No: 20%
- Don't know: 2%

Was there treatment available?

- Yes: 55%
- No: 25%
- Don't know: 20%

What was the substance involved?

- Alcohol: 73%
- Prescription drugs/Pain...: 30%
- Marijuana: 29%
- Heroin: 26%
- Cocaine/Crack: 19%
- Methamphetamine: 5%
- Hallucinogens: 4%
- Cigarettes/ Tobacco: 2%
- Inhalants: 1%
- Others: 2%
- Don't know: 4%

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?

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance abuse</td>
<td>16%</td>
</tr>
<tr>
<td>Affordable health insurance</td>
<td>13%</td>
</tr>
<tr>
<td>People taking more responsibility for their own lifestyle/health</td>
<td>12%</td>
</tr>
<tr>
<td>Health care services</td>
<td>11%</td>
</tr>
<tr>
<td>Affordable healthcare</td>
<td>11%</td>
</tr>
<tr>
<td>Transportation</td>
<td>11%</td>
</tr>
<tr>
<td>Mental health &amp; behavioral health services</td>
<td>10%</td>
</tr>
<tr>
<td>Safe/affordable/access places to exercise</td>
<td>10%</td>
</tr>
<tr>
<td>Poverty/Low Income</td>
<td>7%</td>
</tr>
<tr>
<td>Affordable healthy lifestyle services and programs</td>
<td>6%</td>
</tr>
<tr>
<td>Information about how to cook healthy foods</td>
<td>6%</td>
</tr>
<tr>
<td>Obesity</td>
<td>5%</td>
</tr>
<tr>
<td>Stress/stress at work</td>
<td>4%</td>
</tr>
<tr>
<td>Smoking</td>
<td>4%</td>
</tr>
<tr>
<td>Substance abuse services</td>
<td>4%</td>
</tr>
<tr>
<td>Affordable fresh/natural foods</td>
<td>4%</td>
</tr>
<tr>
<td>Aging population/services for elderly</td>
<td>3%</td>
</tr>
<tr>
<td>Alcohol Abuse</td>
<td>3%</td>
</tr>
<tr>
<td>Walking/bike paths and trails</td>
<td>3%</td>
</tr>
<tr>
<td>Don’t Know</td>
<td>13%</td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>Health Concern</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy diet</td>
<td>30%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>19%</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>18%</td>
</tr>
<tr>
<td>Access to primary care</td>
<td>17%</td>
</tr>
<tr>
<td>Mental health services</td>
<td>8%</td>
</tr>
<tr>
<td>Obesity</td>
<td>8%</td>
</tr>
<tr>
<td>Children’s health education</td>
<td>7%</td>
</tr>
<tr>
<td>Responsible, involved parents</td>
<td>7%</td>
</tr>
<tr>
<td>Recreation/ After school activities</td>
<td>5%</td>
</tr>
<tr>
<td>Immunizations/Vaccinations</td>
<td>4%</td>
</tr>
<tr>
<td>Costs/ Low income</td>
<td>4%</td>
</tr>
<tr>
<td>Child-care/day care options</td>
<td>4%</td>
</tr>
<tr>
<td>School lunch programs</td>
<td>3%</td>
</tr>
<tr>
<td>Dental health services</td>
<td>2%</td>
</tr>
<tr>
<td>Bullying/ Abuse</td>
<td>2%</td>
</tr>
<tr>
<td>Stress</td>
<td>1%</td>
</tr>
<tr>
<td>Transportation</td>
<td>1%</td>
</tr>
<tr>
<td>Don’t Know</td>
<td>19%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
</tbody>
</table>

Top five responses are highlighted:

- Healthy diet
- Physical activity
- Substance abuse
- Access to primary care
- Mental health services

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

N= 473

Q21: In your opinion, what are the top 2 or 3 health concerns for children in your community?
Have you ever been told by a doctor you have any of these conditions, diseases or challenges?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
<th>Decline to Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure/hypertension</td>
<td>31%</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>28%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arthritis</td>
<td>23%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Substance abuse</td>
<td>17%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refused/Decline to Answer</td>
<td>16%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td>14%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>14%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental or emotional problem</td>
<td>11%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>11%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>11%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight or obese</td>
<td>8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart disease</td>
<td>7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Developmental/learning concerns</td>
<td>2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating disorder</td>
<td>2%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

- Yes: 83%
- No: 16%
- Decline to answer: 1%

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

- Yes: 80%
- No: 20%

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)?

<table>
<thead>
<tr>
<th>Need</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>More information/education about my condition(s)</td>
<td>26%</td>
</tr>
<tr>
<td>Financial assistance – doctor visits/medical supplies</td>
<td>26%</td>
</tr>
<tr>
<td>Affordable healthcare/insurance</td>
<td>23%</td>
</tr>
<tr>
<td>Training on how to care for my condition(s)</td>
<td>23%</td>
</tr>
<tr>
<td>More access to physicians/doctors</td>
<td>23%</td>
</tr>
<tr>
<td>A better support system</td>
<td>12%</td>
</tr>
<tr>
<td>Transportation to doctor or clinic</td>
<td>4%</td>
</tr>
<tr>
<td>Recreation Facilities/ Trails/ Parks</td>
<td>3%</td>
</tr>
<tr>
<td>Don’t Know</td>
<td>3%</td>
</tr>
<tr>
<td>Other</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Other:**
- Nutrition assistance
- Time management
- Quit smoking

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?

<table>
<thead>
<tr>
<th>Service/Program</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition/diet education</td>
<td>14%</td>
</tr>
<tr>
<td>Exercise resources/fitness center</td>
<td>11%</td>
</tr>
<tr>
<td>Additional health services</td>
<td>11%</td>
</tr>
<tr>
<td>Behavioral health services</td>
<td>11%</td>
</tr>
<tr>
<td>Wellness programs</td>
<td>11%</td>
</tr>
<tr>
<td>Substance abuse services</td>
<td>11%</td>
</tr>
<tr>
<td>Healthcare resources for the uninsured or poor</td>
<td>10%</td>
</tr>
<tr>
<td>None/have everything we need</td>
<td>9%</td>
</tr>
<tr>
<td>Preventative services</td>
<td>6%</td>
</tr>
<tr>
<td>Senior Services</td>
<td>5%</td>
</tr>
<tr>
<td>Affordable healthcare</td>
<td>4%</td>
</tr>
<tr>
<td>Affordable insurance</td>
<td>4%</td>
</tr>
<tr>
<td>Primary care access</td>
<td>4%</td>
</tr>
<tr>
<td>Physician specialties</td>
<td>4%</td>
</tr>
<tr>
<td>Health education for chronic conditions: diabetes, high blood...</td>
<td>3%</td>
</tr>
<tr>
<td>Dental</td>
<td>2%</td>
</tr>
<tr>
<td>Transportation</td>
<td>2%</td>
</tr>
<tr>
<td>New parent services/Pregnancy</td>
<td>2%</td>
</tr>
<tr>
<td>Affordable healthcare</td>
<td>4%</td>
</tr>
<tr>
<td>Primary care access</td>
<td>4%</td>
</tr>
<tr>
<td>Physician specialties</td>
<td>4%</td>
</tr>
<tr>
<td>Don't know</td>
<td>17%</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
</tr>
<tr>
<td>Vaccine education</td>
<td></td>
</tr>
<tr>
<td>Planned parenthood services</td>
<td></td>
</tr>
<tr>
<td>More pre-school options</td>
<td></td>
</tr>
<tr>
<td>Homeless shelters</td>
<td></td>
</tr>
</tbody>
</table>

N= 428
Q26: 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?

DK/ NA: 19%
Affordable Healthcare: 9%
Improve Services/ Improve Hospital: 8%
Affordable Insurance: 5%
Exercise/ Recreational facilities: 5%
Assistance for low income: 5%
Nutrition/ Healthy Food/ Diet: 4%
Access to Doctors/ More Doctors: 3%
Senior services: 2%
Transportation: 2%
Mental Health Services: 2%
Substance Abuse: 2%
Affordable Dental: 1%
Free clinics: 1%
Specialist Doctors: 1%
Preventative Care: 1%
Disability Services: 0%
Nothing/ Everything is good: 31%
Other: 7%

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

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

- Fauquier County: 88%
- Rappahannock County: 12%

What is your gender?

- Male: 31%
- Female: 69%

What age range includes your age?

- Under 18: 88%
- 18 to 24: 7%
- 25 to 34: 22%
- 35 to 44: 26%
- 45 to 54: 16%
- 55 to 64: 16%
- 65 to 74: 9%
- 75 or older: 4%

What ZIP code do you live in?

- Fauquier County: 88%
- Rappahannock County: 12%

What is your race or ethnic background?

- Caucasian / White: 82%
- African-American: 9%
- Hispanic or Latino: 2%
- Mixed race: 1%
- Asian or Pacific Islander: 1%
- Other: 3%
- Decline to answer: 1%
Q29: Which of the following best describes your health insurance situation?

- Private insurance through my employer or my spouse's employer (43%)
- Medicare with Supplement (17%)
- I have no insurance (15%)
- Private insurance - self-paid (9%)
- Government insurance (5%)
- Insurance from the Military (3%)
- Medicare only (3%)
- Medicaid (1%)
- Other (2%)
- Decline to answer (2%)

N= 548
Employee and Provider Survey

Fauquier and Rappahannock Counties CHNA
Methodology

• 217 employees of Fauquier Health and 25 community providers completed an online 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?

- **Excellent**: 1% (Employees), 4% (Providers)
- **Good**: 52% (Employees), 41% (Providers)
- **Fair**: 40% (Employees), 40% (Providers)
- **Poor**: 4% (Employees), 5% (Providers)
- **Don’t know**: 13% (Employees), 0% (Providers)

N=217, 25
What are the most prevalent chronic diseases in your community?

N=212, 25
Q2: What are the most prevalent chronic diseases in your community? (You may select more than one)

Top ‘Other’ Responses:
- ABD issues
- Addiction
- Opiate addiction
- Drug abuse
- Health education

<table>
<thead>
<tr>
<th>Disease</th>
<th>Employees</th>
<th>Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>78%</td>
<td>80%</td>
</tr>
<tr>
<td>Obesity</td>
<td>71%</td>
<td>84%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>68%</td>
<td>60%</td>
</tr>
<tr>
<td>Heart disease</td>
<td>51%</td>
<td>44%</td>
</tr>
<tr>
<td>Pulmonary Diseases (COPD, sleep apnea, asthma)</td>
<td>47%</td>
<td>36%</td>
</tr>
<tr>
<td>Mental health</td>
<td>43%</td>
<td>60%</td>
</tr>
<tr>
<td>Cancer</td>
<td>35%</td>
<td>8%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
<td>16%</td>
</tr>
</tbody>
</table>
Q3: In your opinion, what are the top 3 issues that need to be addressed in your community that impact people's health? (Select up to 3)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable health insurance</td>
<td>40%</td>
</tr>
<tr>
<td>Affordable healthcare</td>
<td>35%</td>
</tr>
<tr>
<td>Mental health &amp; behavioral health services</td>
<td>29%</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>26%</td>
</tr>
<tr>
<td>Obesity</td>
<td>22%</td>
</tr>
<tr>
<td>People taking more responsibility for their own lifestyle/health</td>
<td>21%</td>
</tr>
<tr>
<td>Substance abuse services</td>
<td>17%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>13%</td>
</tr>
<tr>
<td>Stress/stress at work</td>
<td>12%</td>
</tr>
<tr>
<td>Poverty/Low Income</td>
<td>12%</td>
</tr>
<tr>
<td>Smoking</td>
<td>12%</td>
</tr>
<tr>
<td>More specialists</td>
<td>8%</td>
</tr>
<tr>
<td>Heart/cardiac problems</td>
<td>8%</td>
</tr>
<tr>
<td>Hypertension/high blood pressure</td>
<td>8%</td>
</tr>
<tr>
<td>Health service for seniors</td>
<td>8%</td>
</tr>
<tr>
<td>More urgent care or walk-in clinics, after hours care</td>
<td>8%</td>
</tr>
<tr>
<td>Aging population/services for elderly</td>
<td>8%</td>
</tr>
<tr>
<td>Dental health services</td>
<td>7%</td>
</tr>
<tr>
<td>Jobs/employment</td>
<td>7%</td>
</tr>
<tr>
<td>Transportation</td>
<td>7%</td>
</tr>
</tbody>
</table>

Employees N=204

Top 20 overall responses shown
Top 5 responses highlighted
(Providers) What are the top 3 issues that need to be addressed in your community that impact people's health?

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health &amp; behavioral health services</td>
<td>60%</td>
</tr>
<tr>
<td>Affordable health insurance</td>
<td>36%</td>
</tr>
<tr>
<td>Substance abuse services</td>
<td>36%</td>
</tr>
<tr>
<td>Affordable healthcare</td>
<td>32%</td>
</tr>
<tr>
<td>People taking more responsibility for their own lifestyle/health</td>
<td>28%</td>
</tr>
<tr>
<td>Obesity</td>
<td>16%</td>
</tr>
<tr>
<td>Health care services</td>
<td>8%</td>
</tr>
<tr>
<td>Availability of doctors – office ours, not accepting insurance</td>
<td>8%</td>
</tr>
<tr>
<td>Education</td>
<td>8%</td>
</tr>
<tr>
<td>Aging population/services for elderly</td>
<td>8%</td>
</tr>
<tr>
<td>Language barriers</td>
<td>8%</td>
</tr>
<tr>
<td>Teen Pregnancy</td>
<td>8%</td>
</tr>
<tr>
<td>Heart/cardiac problems</td>
<td>8%</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>8%</td>
</tr>
<tr>
<td>Safe/affordable places to relax</td>
<td>8%</td>
</tr>
<tr>
<td>More primary care professionals</td>
<td>4%</td>
</tr>
<tr>
<td>More specialists</td>
<td>4%</td>
</tr>
<tr>
<td>More urgent care or walk-in clinics, after hours care</td>
<td>4%</td>
</tr>
<tr>
<td>Abuse and violence</td>
<td>4%</td>
</tr>
<tr>
<td>Safe neighborhoods</td>
<td>4%</td>
</tr>
</tbody>
</table>

Providers N=25

Q3: In your opinion, what are the top 3 issues that need to be addressed in your community that impact people's health? (Select up to 3)
### Top Health Concerns for Children (Age 0-18) in Your Community

<table>
<thead>
<tr>
<th>Concern</th>
<th>Employees</th>
<th>Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy diet</td>
<td>59%</td>
<td>67%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>49%</td>
<td>67%</td>
</tr>
<tr>
<td>Responsible, involved parents</td>
<td>36%</td>
<td>54%</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Mental health services</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Child-care/day care options</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>School lunch programs</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>Responsible sexual behavior</td>
<td>10%</td>
<td>13%</td>
</tr>
<tr>
<td>Children’s Health Education</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Dental health services</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Immunizations/Vaccinations</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Access to primary care</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Nothing, they have access to all they need</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Don’t Know</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
<td></td>
</tr>
</tbody>
</table>

**Employees & Providers:**
- Healthy diet
- Physician activity
- Responsible, involved parents

Q4: In your opinion, what are the top 3 health concerns for children in your community? (Select up to 3 responses)
What, if anything, do you think the people in the county need in order to manage their health more effectively?

<table>
<thead>
<tr>
<th>Service</th>
<th>Employees</th>
<th>Physicians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable healthcare</td>
<td>38%</td>
<td>64%</td>
</tr>
<tr>
<td>Insurance that’s more affordable for more people</td>
<td>24%</td>
<td>51%</td>
</tr>
<tr>
<td>Training on how to care for their condition(s)</td>
<td>19%</td>
<td>41%</td>
</tr>
<tr>
<td>Financial assistance – doctor visits/medical supplies</td>
<td>10%</td>
<td>40%</td>
</tr>
<tr>
<td>More information/education about their condition(s)</td>
<td>24%</td>
<td>35%</td>
</tr>
<tr>
<td>Transportation to doctor or clinic</td>
<td>19%</td>
<td>35%</td>
</tr>
<tr>
<td>More integrated approach among providers to coordinate patient…</td>
<td>19%</td>
<td>34%</td>
</tr>
<tr>
<td>More access to physicians/doctors</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>A better support system</td>
<td>21%</td>
<td>24%</td>
</tr>
<tr>
<td>Don’t Know</td>
<td>1%</td>
<td>24%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Others:
- Drug rehab
- Mental health counseling
- Affordable copays

N=193, 21
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)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 1989

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 1990

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults

1991

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
1992

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 1993

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
1994

(*BMI \geq 30, or \sim 30 lbs overweight for 5'4'' woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 1995

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults

1996

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
1997

(*BMI \geq 30, or \sim 30 lbs overweight for 5’4” woman)
Obesity Trends Among U.S. Adults 1998

(*BMI \geq 30, or \sim 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2000

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2001

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2002

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2003

(*BMI \geq 30, or \sim 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2004

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

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

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2005

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2006

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2007

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2008

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2009

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2010

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” woman)

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

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2011

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2012

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults 2013

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2014

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends Among U.S. Adults
2015

Source: Behavioral Risk Factor Surveillance System, CDC
Drug Overdose Mortality Rates 1999
(per 100,000 people)

Source: healthyamericans.org, Centers for Disease Control and Prevention, National Center for Health Statistics (last updated 2016)
Drug Overdose Mortality Rates 2010 (per 100,000 people)

Source: healthyamericans.org, Centers for Disease Control and Prevention, National Center for Health Statistics (last updated 2016)
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

Source: Centers for Disease Control and Prevention, National Center for Health Statistics (last updated 2016); County Rates – County Health Rankings, National Center for Health Statistics - Data.CDC.gov
Overall State Rankings

VA ranks 19th

Source(s): Stratasan (2016); America’s Health Rankings – United Health Foundation (2016)
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.

Source(s): Americas Health Rankings (2015)
Fauquier County, VA Health Rankings

Health Factors
Rank #18 out of 134

Health Outcomes
Rank #15 out of 134

Length of Life: 50%  Rank #18 out of 134 (Premature death)

Quality of Life: 50%  Rank #7 out of 134 (poor or fair health, poor physical and mental health days, low birthweight)

Health behaviors (30%)
Rank #15 out of 134

Clinical care (20%)
Rank #44 out of 134

Social & economic factors (40%)
Rank #13 out of 134

Physical environment (10%)
Rank #122 out of 134

- Adult Smoking
- Obesity, Diet & exercise
- Alcohol use (Excessive drinking)
- STDs & Teen births
- Uninsured, PCPs, Dentists, Mental Health providers
- Preventable hospital stays, diabetic and mammo screening
- Education – HS graduation, some college
- Employment
- Income
- Family & social support
- Community safety
- Environmental quality
- Housing and commuting

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.
Rappahannock County, VA Health Rankings

Estimated Length of Life: 50% Rank #15 out of 134 (Premature death)

Estimated Quality of Life: 50% Rank #16 out of 134 (poor or fair health, poor physical and mental health days, low birthweight)

- Adult Smoking
- Obesity, Diet & exercise
- Alcohol use (Excessive drinking)
- STDs & Teen births
- Uninsured, PCPs, Dentists, Mental Health providers
- Preventable hospital stays, diabetic and mammo screening

Health behaviors (30%) Rank #21 out of 134

- Education – HS graduation, some college
- Employment
- Income
- Family & social support
- Community safety
- Environmental quality
- Housing and commuting

Clinical care (20%) Rank #114 out of 134

- Social & economic factors (40%) Rank #28 out of 134
- Physical environment (10%) Rank #20 out of 134

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.
Health Outcome Rankings - Virginia

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.
Health Factors Rankings - Virginia

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.
### Contiguous Counties Health Rankings & Measures

<table>
<thead>
<tr>
<th>Source(s): Stratasan (2016); County Health Rankings (2016)</th>
</tr>
</thead>
</table>

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

**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.

Red = Concern

Ranks out of 134 counties
Length of Life Rank

Length of Life Ranking
(lower is better)

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

Fauquier
Rappahannock

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

Source(s): Stratasan (2016); County Health Rankings (2016); America's Health Rankings (2015)
# Leading Causes of Death per 100,000 Population

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

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

Source(s): Virginia Department of Health: Health Profile (viewed Feb 2017)

Rates Per 100,000

** indicates numerator too small for rate calculation

Age Adjustment Uses 2000 Standard Population
Quality of Life Rank

Poor or Fair Health (% Reporting age-adjusted)
- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Poor Physical Health Days (avg # of days past 30 days)
- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Poor Mental Health Days (avg # of days past 30 days)
- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Low Birthweight (% of live births with birthweight < 2500 grams)
- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

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

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

**Adult Obesity**
Percentage of adults that report a BMI of 30 or more

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

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

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

**Access to Exercise Opportunities**
(percentage of population with adequate access to locations for physical activity)

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

**Adult Smoking**
(% that report every day or "most days")

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

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

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

Excessive Drinking
(% of adults reporting binge or heavy drinking)

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

2013 2014 2015 2016*

Alcohol Impaired Driving Deaths
(percentage of driving deaths with alcohol involvement)

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

2014 2015 2016

Sexually Transmitted Infections
(chlamydia rate per 100,000 pop)

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

2013 2014 2015 2016

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

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

2013 2014 2015 2016

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

* Changes to the definition or methods of calculating the 2016 data
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.
Virginia Opioid Addiction Indicators (2015)

Overdose Mortality Rate
Fentanyl and/or Heroin
0.9

Overdose Mortality Rate
Prescription Opioids
1.3

NAS Discharge Rate
Neonatal abstinence syndrome
per 1,000 Births
0.9

HIV Case Rate
1.0

Fauquier County: 13.1
Fauquier County: 8.7
Fauquier County: 24.8
Fauquier County: 4.4

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

Source(s): Stratasan (2016); Virginia Department of Health (2016); http://www.vdh.virginia.gov/
Clinical Care Rank

Clinical Care Rank
(lower is better)

VA county rankings based on 134 counties.

Source(s): Stratasan (2016); County Health Rankings (2016)
Clinical Care

Uninsured (%<65 without health insurance)

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

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

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Mammography Screening (% female Medicare enrollees receiving mammo screening)

- Higher is better

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Diabetic Screening (% diabetic Medicare enrollees receiving HbA1c screening)

- Higher is better

- Fauquier
- Rappahannock
- Virginia
- US Avg
- 90th Percentile

Source(s): Stratasan (2016); County Health Rankings (2016); America’s Health Rankings (2015)
Clinical Care

**Primary Care Physicians**
(pop per physician)

- Fauquier: 2,493, 2,493
- Rappahannock: 1,977, 1,977
- Virginia: 0, 0
- US Avg: 1,393, 1,393
- 90th Percentile: 1,472, 1,472

**Dentists**
(pop per dentist)

- Fauquier: 3,681, 3,681
- Rappahannock: 1,896, 1,896
- Virginia: 0, 0
- US Avg: 1,896, 1,896
- 90th Percentile: 2,070, 2,070

**Mental Health Providers**
(pop to mental health providers)

- Fauquier: 1,472, 1,472
- Rappahannock: 1,393, 1,393
- Virginia: 0, 0
- US Avg: 1,472, 1,472
- 90th Percentile: 1,610, 1,610

**Diabetes**
(% of adults aged 20 and above diagnosed with diabetes)

- Fauquier: 11%, 11%
- Rappahannock: 9%, 9%
- Virginia: 0%, 0%
- US Avg: 11%, 11%
- 90th Percentile: 11%, 11%

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

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

Social and Economic Factors Ranking
(lower is better)

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.
Social & Economic Factors

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Fauquier</th>
<th>Rappahannock</th>
<th>Virginia</th>
<th>US Avg</th>
<th>90th Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>4.7</td>
<td>3.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Children in Single-parent Households
(% of HH headed by a single parent)

<table>
<thead>
<tr>
<th>Year</th>
<th>Fauquier</th>
<th>Rappahannock</th>
<th>Virginia</th>
<th>US Avg</th>
<th>90th Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>20%</td>
<td>10%</td>
<td>0%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>15%</td>
<td>10%</td>
<td>0%</td>
<td>5%</td>
<td>20%</td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Injury Deaths
(Injury mortality per 100,000)

<table>
<thead>
<tr>
<th>Year</th>
<th>Fauquier</th>
<th>Rappahannock</th>
<th>Virginia</th>
<th>US Avg</th>
<th>90th Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>73</td>
<td>40</td>
<td>20</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Violent Crime Rate
(violent crime per 100,000 pop)

<table>
<thead>
<tr>
<th>Year</th>
<th>Fauquier</th>
<th>Rappahannock</th>
<th>Virginia</th>
<th>US Avg</th>
<th>90th Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>92</td>
<td>92</td>
<td>92</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>92</td>
<td>92</td>
<td>92</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source(s): Stratasan (2016); County Health Rankings (2016); America’s Health Rankings (2015)
Physical Environment Rank

Physical Environment Ranking
(lower is better)

Source(s): Stratasan (2016); County Health Rankings (2016)

VA county rankings based on 134 counties.

Source(s): Stratasan (2016); County Health Rankings (2016)
Physical Environment

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

- Fauquier reported drinking water violations in 2016.
- Rappahannock did not report any violations in 2016.

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

Long Commute - Driving Alone

Source(s): Stratasan (2016); County Health Rankings (2016); America’s Health Rankings (2015)
Air Pollution – Particulate matter
(avg daily measure of matter in micrograms per cubic meter)

Fauquier & Rappahannock have similar particulate measures

Source(s): Stratasan (2016); County Health Rankings (2016)
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.

Source(s): Fauquier CADRE, Mental Health Association of Fauquier, Fauquier County Public Schools, 2015; N=4,450 grades 7-12
PRIDE Survey: Monthly Alcohol Usage

Source(s): Fauquier CADRE, Mental Health Association of Fauquier, Fauquier County Public Schools, 2015; N=4,450 grades 7-12

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.
• 3% 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

Source(s): Fauquier CADRE, Mental Health Association of Fauquier, Fauquier County Public Schools, 2015; N=4,450 grades 7-12

- 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

Source(s): Fauquier CADRE, Mental Health Association of Fauquier, Fauquier County Public Schools, 2015; N=4,450 grades 7-12
During the past year, did you ever feel sad or hopeless almost every day for two weeks or more?

Source(s): Fauquier CADRE, Mental Health Association of Fauquier, Fauquier County Public Schools, 2015; N=4,450 grades 7-12
Major Impacts on Healthiness

- Genetics, 20%
- Environment, 20%
- Access to Care, 10%
- Lifestyle, 50%

Source: Lantz, Social Determinants and Lifestyles
Creating a Culture of Health

Fauquier County Ranks #1

The rankings for the 2018 County Health Rankings were released yesterday with Fauquier County ranking #1 in the state of Virginia. Nationally, Fauquier County has made tremendous progress in creating a sense of health for the community. Fauquier Health, working with community leaders, the County Health Department, not-for-profits, business and industry, government representatives and The citizens, has significantly changed the health status of the community. The rates of obesity, diabetes, smoking and suicide have declined dramatically.

Rappahannock County Ranks #1

The rankings for the 2018 County Health Rankings were released yesterday with Rappahannock County ranking #1 in the state of Virginia. Nationally, Rappahannock County has made tremendous progress in creating a sense of health for the community. Rappahannock Health, working with community leaders, the County Health Department, not-for-profits, business and industry, government representatives and The citizens, has significantly changed the health status of the community. The rates of obesity, diabetes, smoking and suicide have declined dramatically.
“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