

Building a Healthier Alexandria: Let's make a difference together

Alexandria Health Department
Partnership for a Healthier Alexandria



Fall 2025

Housekeeping

- Restrooms
- Refreshments
- Emergency Exits
- Wifi
- Resource Table
- Community Announcements

For Today

- Meet your neighbors
- What is a CHIP? Why are we here?
- What's our dream neighborhood?
- Timeline and your role
- What's next?

Introductions

- **Alexandria Health Department** - your local health department. The Population Health Division focuses on community-based and community-driven initiatives and programs to improve health for everyone in our city.
- **Partnership for a Healthier Alexandria** – our goal is to improve the health and wellbeing of everyone who lives, works, and plays in Alexandria. This goal is achieved by facilitating and supporting community action to address Alexandria's Community Health Improvement Plan's priorities.



**Please select the option(s) that
describe you (select all that apply).
I am a(n):**

Meet your neighbors

1. Listen for your unique question to answer
2. Then, share who you are and why you came to this meeting
3. Go to your left around the table



An aerial photograph of a city, likely Boston, showing a dense urban area with numerous buildings and a large body of water in the foreground. A prominent waterfront area with a marina and several boats is visible. The text "What is a CHIP?" is overlaid in the center of the image.

What is a CHIP?

Fall 2025

Community Health Improvement Plan (CHIP)

A community-centered and data-driven blueprint for better health.

Process regularly completed by local health departments – this is our 3rd time doing it in the city!

Current [CHIP](#) has led to better opportunities for health:

- Increased Social and Emotional Learning activities
- More physical activity opportunities inside and outside the classroom
- Expanded mental health support for prenatal and postpartum mothers
- Healthy Homes Action Plan
- Free DASH bus to remove barriers to transit
- Expanded support for college readiness focused on middle school students

Community Health Improvement Plan (CHIP)

What it is:

- Addresses root causes of issues
- Community-driven, collaborative process
- Uses data from Community Health Assessment (CHA) to inform plan
- Action-oriented – what are we going to do and who is going to work on it
- Monitored over time in a systematic way

Community Health Improvement Plan (CHIP)

What it isn't:

- Relies on just surface-level interventions
- A government only, siloed process
- A plan that relies on "this is how it's always been done"
- Recommendations, just big picture, something that collects dust
- Relies on feeling of progress without data to back it up

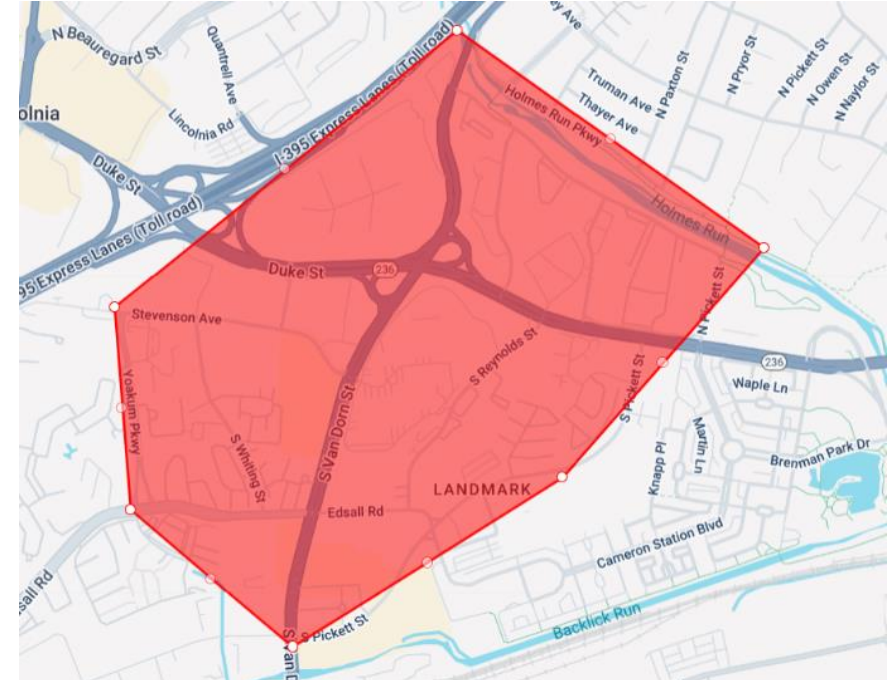
What we're doing

Community Health Assessment (CHA) data show that the best opportunity to improve health is to focus on:

- Arlandria neighborhood
- Landmark/Van Dorn neighborhood
- City-wide mental wellness

Did you know?

- Landmark/Van Dorn residents value **diversity** and **opportunities** to be involved.
- Top health issues included **mental health** and **substance use** in their community and identified community health improvement opportunities like more **job opportunities, support for families, and additional communal and green spaces.**



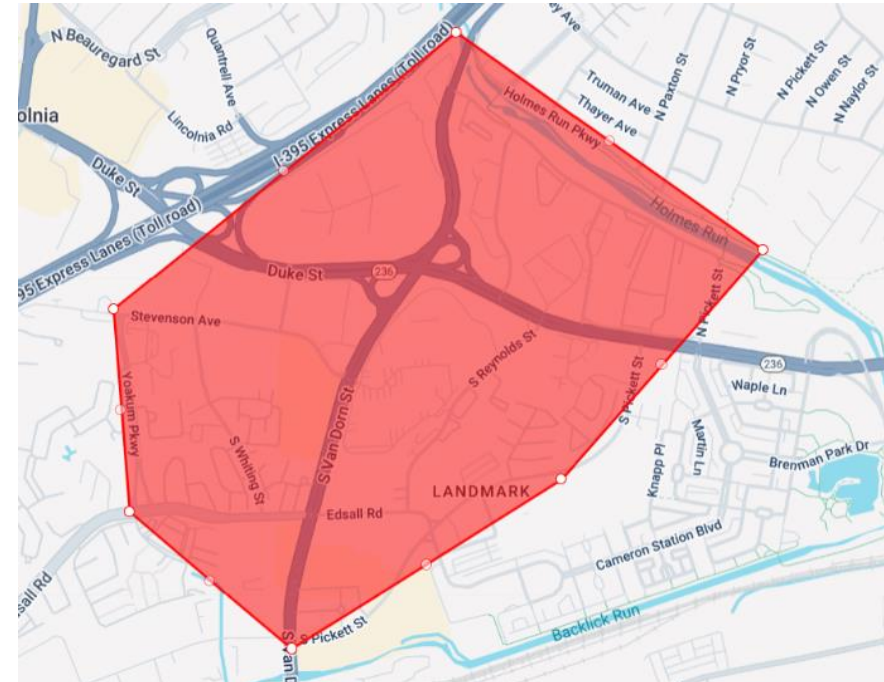
Did you know?

According to Landmark/Van Dorn residents who responded to the 2024 CHA Survey:

“Mental health,” “Alcohol, drug, opiate use,” and “Dental problems” were the top health issues.

“Safe, healthy, affordable housing,” “Support for children, youth, and families,” and “Job opportunities” were the top health **improvements**.

“Educational opportunities,” “Diversity of the community,” and “Opportunities to be involved in the community” were the top health **strengths**.



Why our neighborhood?

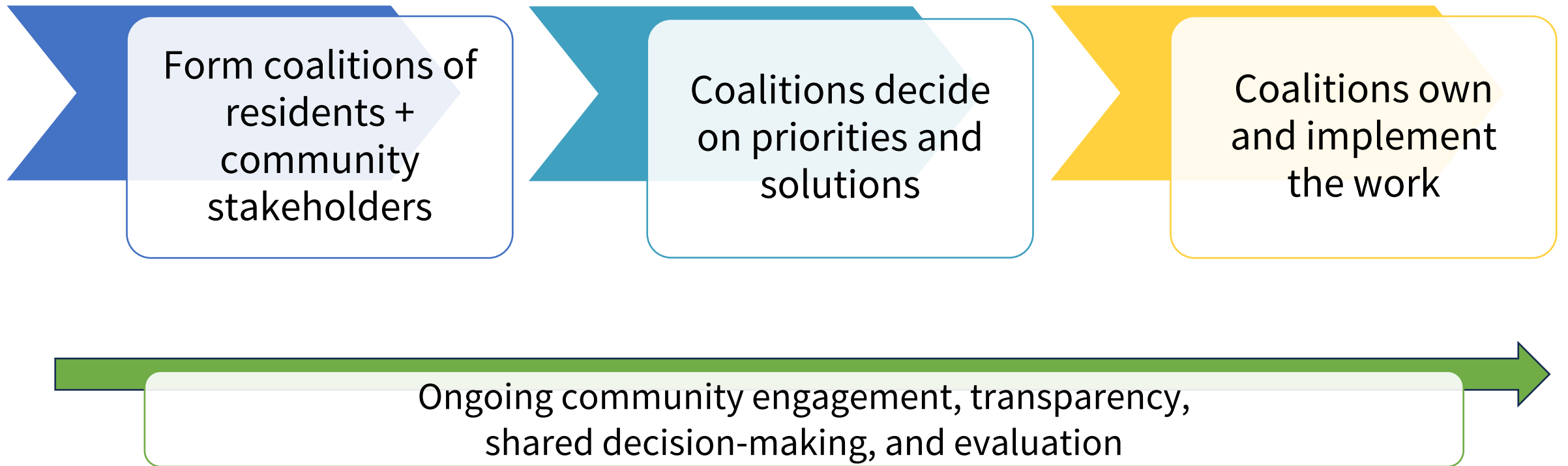
Overall, adults living in Landmark/Van Dorn have higher rates of several health conditions compared to the city averages. Activities that promote health, such as not smoking, regular screenings, and regular physical activity, tend to happen less often in this neighborhood, possibly due to difficulties accessing these activities.

- About 1 in 6 adults are in “fair” or “poor” health, 35-50% more often than the city.
- Adults in this neighborhood experience frequent mental and physical distress about 15-20% more often compared to the city.
- 14% of adults in this neighborhood have diabetes, one of the highest rates in Alexandria
- 1 in 10 adults have asthma in this neighborhood

Why our neighborhood?

- More than 1 in 3 adults have high blood pressure
- Adults visited the dentist in the past year 13% less often here than compared to the city.
- Adults are physically inactive at a 25-40% higher rate compared to the city (about 1 in 5).
- 12% of adults are smokers in this neighborhood
- 1 in 4 women are **not** getting regular mammograms, putting them at risk of undetected breast cancer

Our approach



We Need You!



- **Knowledge:** You know more about your community than we do
- **Impact:** You will be directly impacted by the work and the results
- **Outreach:** You can help get your neighbors involved

***Be a part of the work that's impacting your daily life –
you're a community leader!***

An aerial photograph of a city, likely Boston, showing a dense urban landscape with numerous buildings and green spaces. In the foreground, a large body of water (the harbor) is visible, with a marina containing many docked boats and a large ferry. The city extends into the background, with a prominent church spire visible in the distance. The image is overlaid with a semi-transparent dark blue filter.

Imagining Our Future

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Activity Time!

Imagine it's 2030. In our community, everyone has the opportunity to achieve their best health.

What do you see, hear, feel, smell, and/or taste in your neighborhood, schools, businesses, parks, homes, and clinics?

Take 5 minutes to write down your thoughts on your own. One point per post it.

Activity Time!

Now, let's share with your group! (15 minutes)

- What are the common themes you are seeing?
- Discuss any differing points with one another

Activity Time!

Let's look at what other groups said

- Start with group to your left. Look at their responses and note similarities and differences
- 3 minutes at each

Activity Time!

Let's Discuss (10 minutes)

- What similarities did you notice?
- Anything come up you hadn't thought of?
- Where are we now compared to where we want to be?

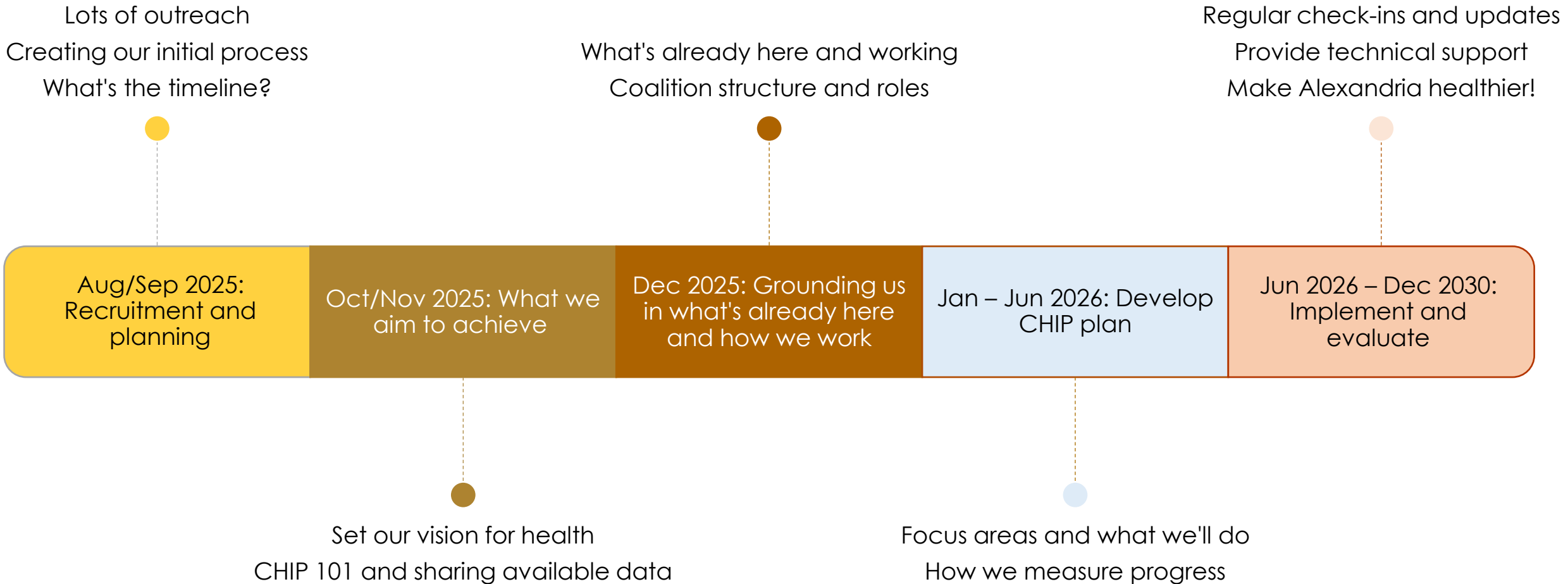
Full results will be shared with everyone after the meeting

An aerial photograph of a city, likely Boston, showing a dense urban landscape with numerous buildings and green spaces. In the foreground, there is a large body of water, possibly a harbor or bay, with several docks and boats. The text "Coalition Timeline and Your Role" is overlaid in white, bold, sans-serif font across the center of the image.

Coalition Timeline and Your Role

Fall 2025

Roadmap



Your Role

- You know your community best – take part in the decision-making process, decide on the plan focus, and how work is done
 - This is shared ownership!
- Regularly participate in coalition meetings and activities
- Talk about coalition work with your neighbors – get their input and amplify their voice in this work
- Take ownership of relevant implementation activities

Alexandria Health Department/Partnership for a Healthier Alexandria Role

Communicate

Convene/Facilitate

Evaluate

Technical
Assistance

Produce Report
and Updates

Amplify Your
Voices

Next Steps

- Next Meeting: December 3, Beatley Library
 - Deciding how we'll work together
 - Identifying what we already have in our community
- Review the Landmark/Van Dorn [Landscape](#).
 - What are your takeaways?
 - Are we missing anything?
- Who should be in these meetings that is not now? Invite them!

Alexandria's Community Health Improvement Plan

Mental Wellness | Landmark/Van Dorn | Arlandria



An aerial photograph of a city, likely Portland, Maine, showing a dense urban area with numerous buildings, streets, and green spaces. In the foreground, a large body of water (the harbor) is visible, with a marina containing many docked boats and a large ferry. The city extends to the water's edge, with various commercial and residential buildings. The text "Community Announcements" is overlaid in the center of the image.

Community Announcements

Fall 2025



How easy was it for you to be involved in the activities today?



What would motivate you to stay involved in this coalition?