

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

Alexandria Health Department  
Partnership for a Healthier Alexandria



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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?
- Envisioning our future
- 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 many buildings and green spaces. In the foreground, there is a waterfront area with a marina filled with boats and a large building complex. The text "What is a CHIP?" is overlaid in the center of the image.

# What is a CHIP?

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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

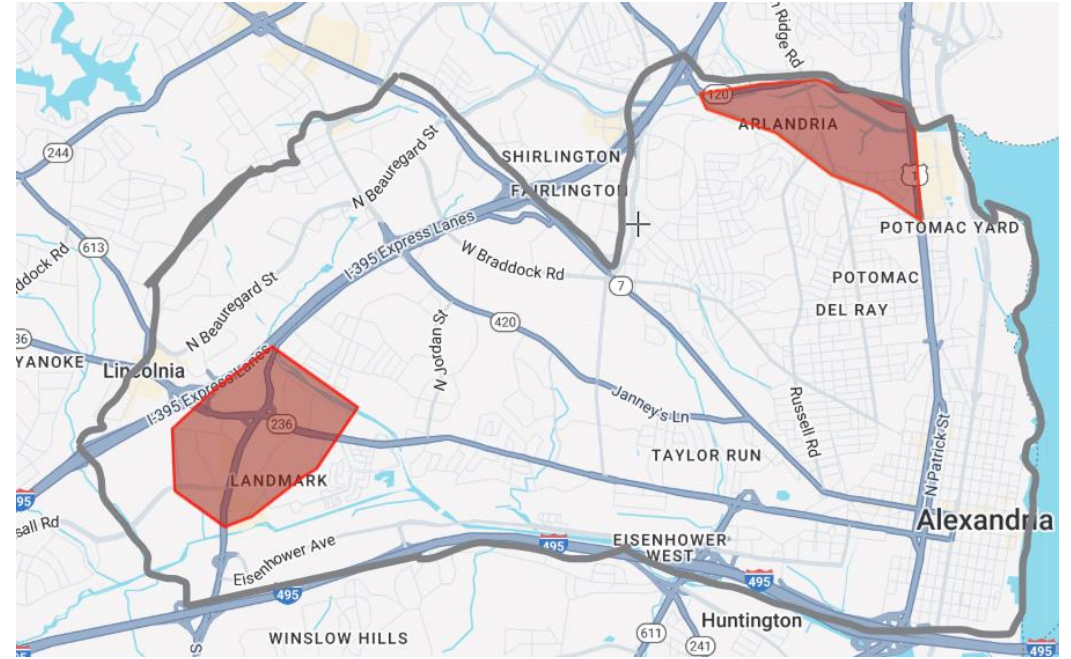
# Community Health Improvement Plan (CHIP)

## **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...
  - Mental health top health issue in CHA survey and across most demographic groups
  - "Alcohol, drug, and opiate use" 2nd highest health issue and a top selection across most demographic groups
  - "Access to mental health and substance use services" top selection for health improvements and across most demographic groups
  - Mental health a priority area in the 2020-2025 Community Health Improvement Plan.



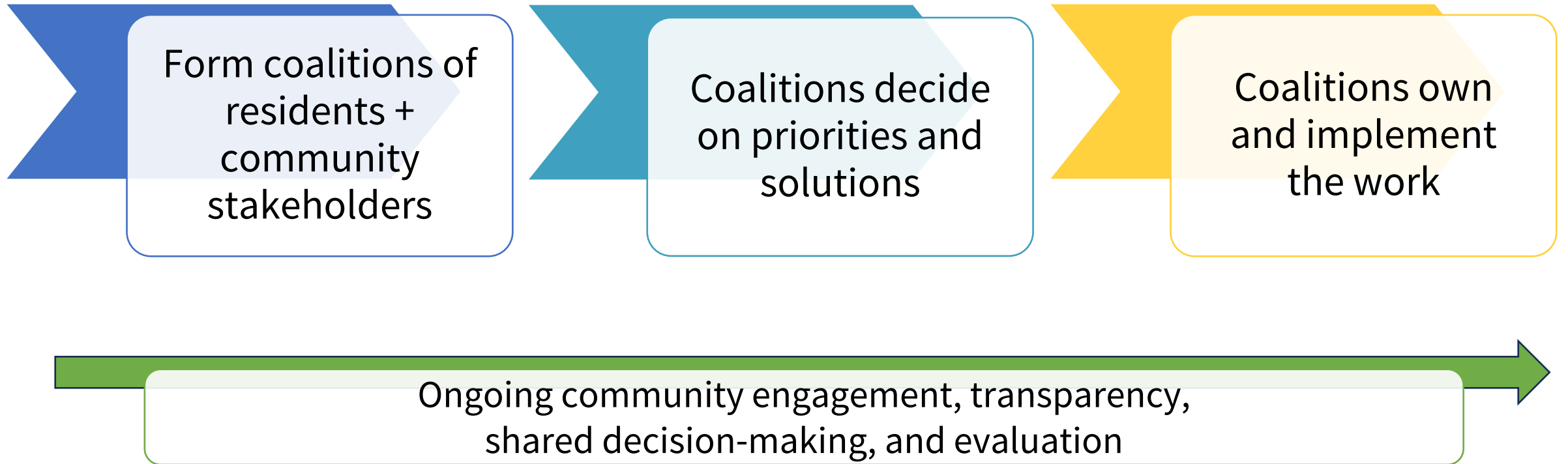
# Why Mental Wellness?

- One in five adults in Alexandria have depression.
- Males commit suicide at over double the rate (12.1/100,000 people) than females (5.9).
  - Males are hospitalized for opioid overdoses at much higher rates than females, especially among younger age groups.
- Alexandria has (all per 100,000 people):
  - State's lowest hospitalization rates due to self-harm (12.6), less than half the statewide rate (28.7).
  - Lower suicide rate (8.9) compared to Virginia (13.9) and the U.S. (14.5).
  - Lower drug overdose death rate (13.2) than state (28.7). But, African Americans (31.2) 3x more likely to die of drug overdose than other demographics

# Why Mental Wellness?

- Of ACPS' Youth Risk Behavior Survey respondents, nearly half (47.6%) of 10th and 12th graders and 41.4% of 8th graders reported problems with anxiety - a slight increase from 2019. Females (54.2% 8th grade; 60.3% 10th & 12th grade) report at much higher rates than males (30% 8th grade; 34.2% 10th & 12th grade).
  - LGBTQIA+ respondents report higher rates of anxiety, depression and attempting suicide. 6x as likely (8th graders) and 3x as likely (10th and 12th graders) to attempt suicide.
- Check out all the data on our [Health Data Dashboard!](#)

# 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 harbor area is visible with a marina filled with boats and a large ferry. The text "Imagining Our Future" is overlaid in the center in a large, white, sans-serif font.

# Imagining Our Future

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# Activity Time!

Imagine it's 2030. In our community, everyone has the opportunity to have their best mental health and wellness

Thinking about what promotes mental wellness, what do you see, hear, feel, taste, and smell where you spend your time? What's in your neighborhood that promotes mental wellness?

**Take 5 minutes to write down your thoughts on your own on sticky notes**

# Activity Time!

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

- What are the common themes you are seeing?
- Post sticky notes on your large page, grouping similar items.
- 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
- 2-3 minutes at each group

# 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**



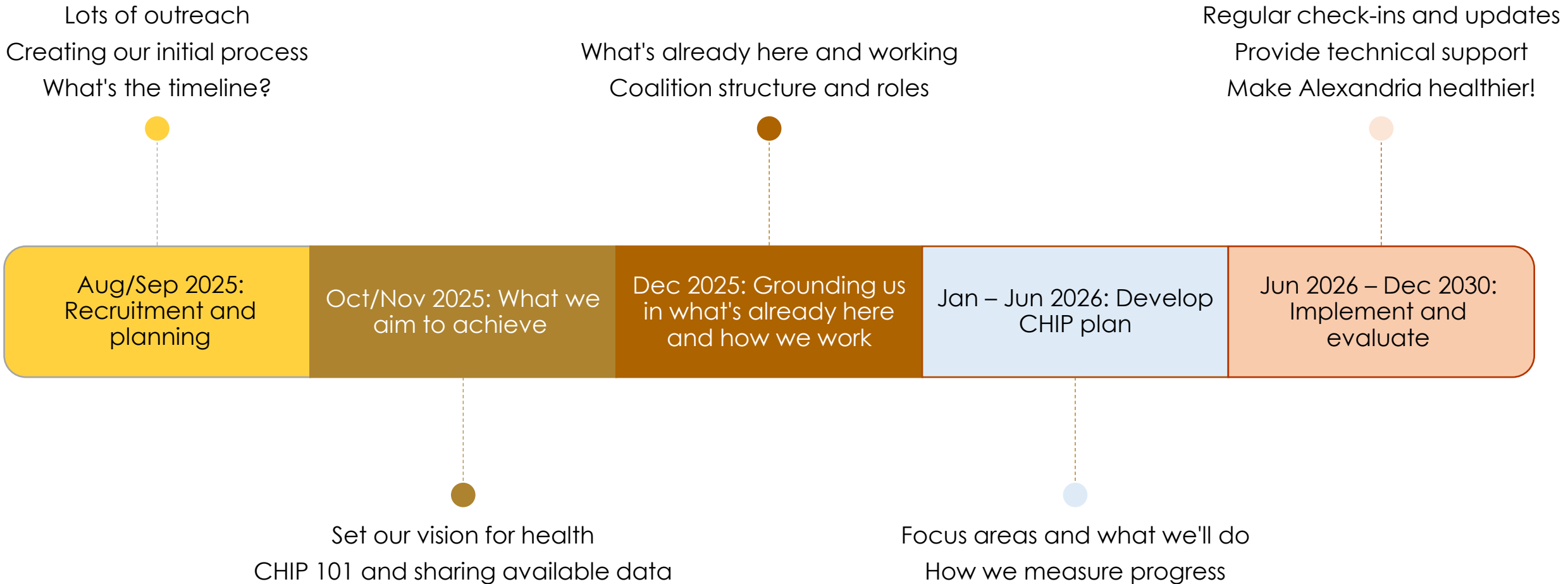
An aerial photograph of a city, likely Boston, showing a dense urban landscape with numerous buildings and green spaces. In the foreground, there is a large body of water, possibly a harbor or bay, with several docks and boats. The city extends into the background, with a prominent church spire visible in the distance. The overall scene is captured in a slightly desaturated, blue-toned style.

# Coalition Timeline and Your Role

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# 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: Early December
  - Deciding how we'll work together
  - Identifying what we already have in our community
- Review the Mental Wellness [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 Boston, showing a dense urban area with numerous buildings and a large harbor area with many boats docked at piers. The image is overlaid with a semi-transparent dark blue filter.

# Community Announcements

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



**What would motivate you to stay involved in this coalition?**