

THE STATE OF HEALTH IN ALEXANDRIA



From June 2024 - June 2025, Alexandria Health Department (AHD) conducted an extensive Community Health Assessment (CHA). We found there are large differences in health between our neighborhoods.

We did not get here overnight. Our health is a result of policies, systems, programs, and actions over decades. Those policies and systems—often grounded in structural racism and all forms of discrimination*—still impact access to necessary resources, services, and environments. As a result, different populations in our community have different health outcomes.

With assessment results to guide us, AHD and the Partnership for a Healthier Alexandria will support our city in facilitating a Community Health Improvement Plan. We will select priorities together and brainstorm practical, community-designed strategies over the next five years. Using this approach, our whole community can get to work and create an Alexandria that's healthier for all. Visit www.tinyurl.com/ALXCHA24 to learn how you can get involved!

*this includes a wide variety of forms of discrimination, such as ageism, ableism, sexism, etc.

CHECK OUT OUR
FULL 2025
STATE OF
HEALTH REPORT!



WHAT WE DID:

- * Analyzed 200+ data indicators, looking for sources that had demographic and geographic breakdowns.
- * Asked community members about our top health issues, community strengths, and improvement opportunities in a city-wide survey. Respondent demographics were similar to the city's overall population.
- * Held neighborhood "Walk and Talks" and built a citywide Community Photo Album to hear directly from residents about what impacts their daily health and well-being.

TOP SURVEY RESULTS

What are biggest health issues in your community?

Mental health	47%
Alcohol, drug, opiate use	30%
Obesity, physical activity, and nutrition	26%

What would improve your community's health?

Safe, healthy, and affordable housing	43%
Support for children, youth, and families	25%
Access to mental health and substance use services	25%

What are your community's greatest strengths?

Diversity of the community	37%
Opportunities to be involved in, and belong to, the community	30%
Educational opportunities	28%

WHAT WE FOUND

Community Conditions and Insurance

- Median income has increased 20% to \$113,600. However, about 1 in 12 Alexandrians live in poverty. This is closer to 1 in 5 Alexandrians in Arlandria and some West End neighborhoods.
- Walk and Talk participants noted inconsistent infrastructure upkeep and quality and unsafe pedestrian access in lower income areas in the Landmark and Parker Gray/Braddock Metro areas.
- 13% of children are food insecure, a slight increase from 2019 (11%). 1 in 4 Black children are food insecure, 4x the rate of White children.

Lifestyle and Health Related Access

- About 1 in 4 adults in Arlandria, Beaugard, and Landmark neighborhoods are not physically active in their free time.
- About 3 in 4 Alexandrians reported visiting a dentist or dental clinic in the past year. Arlandria, Beaugard, and Landmark neighborhoods were considerably lower than others.
- Most school violence rates, including physical fighting, electronic bullying, and carrying a weapon have decreased since the 2019 CHA according to Youth Risk Behavior Survey respondents.

Health Outcomes

- There is a seven- to nine-year age gap in life expectancy between Black Alexandrians and all other races and ethnicities.
- The Arlandria and Landmark neighborhoods have higher percentages of obesity rates, people experiencing poor mental health, and oral health issues.
- Alexandria's teen pregnancy rate and rates for several sexually transmitted infections (STIs) are higher than those for Virginia and other Northern Virginia localities.
- Alexandria's injury-related death rate (46.9 per 100,000 population) is nearly half the rate of Virginia (82.9) but has increased slightly since 2019 (43.3).

HOW CAN YOU USE THE REPORT?

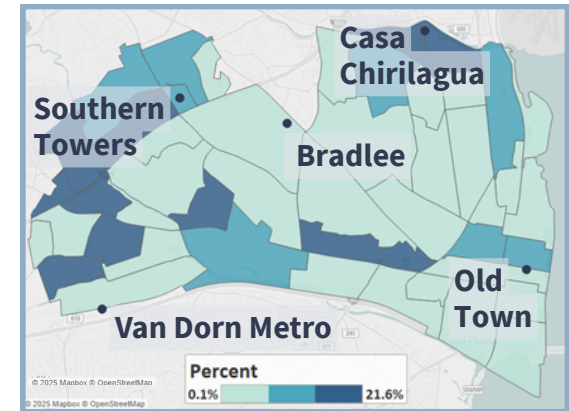
City Agencies: How can data sorted by age, race/ethnicity, and location help target programs where most needed and provide a baseline for programmatic metrics?

Community Organizations: How could data and health findings strengthen your grant writing, reporting, and strategic planning efforts?

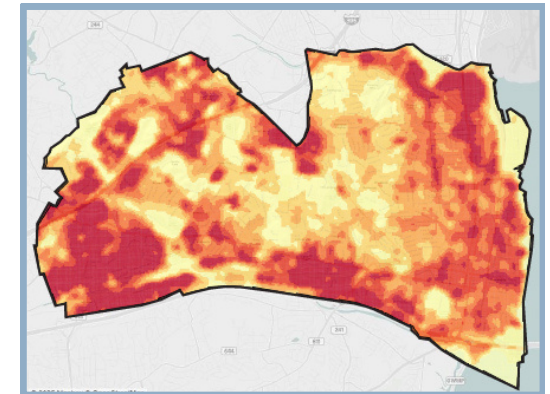
Elected Officials/City Leaders: How could CHA findings inform resource allocation, help set priorities, and spark questions about root causes that create these differences in outcomes?

Community Members, Faith Groups, and Businesses: What issues identified do you want to work on? What could you help improve?

Percent of Adults Living Below the Poverty Level, 2019-2023



Land Surface Temperature on a Hot Day, 2020 - 2021



Percent of Adults Ages 65+ Missing All Their Teeth, 2022

