



Community Health Meeting

November 3, 2018

George Washington Middle School
1005 Mt. Vernon Ave., Alexandria, VA

AGENDA

- ❖ Welcome
- ❖ Introduction and Recap
- ❖ Survey Results Overview
- ❖ Group Activities
- ❖ Next Steps

**#AlexHealth
#HealthMatters**



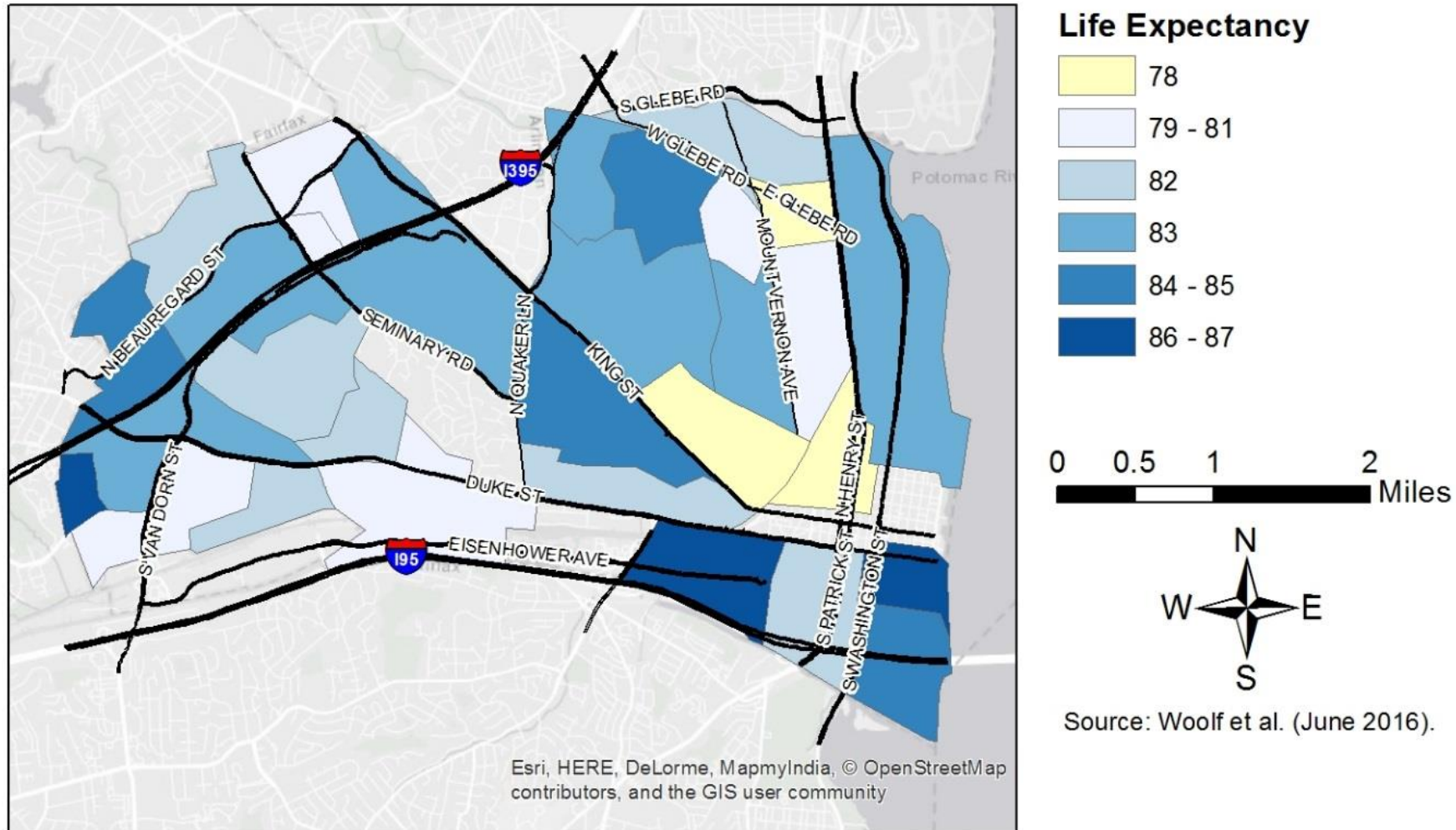
Why Are We Here?

Community Health Assessment:

A community-centered, data-driven effort to identify the key health issues affecting Alexandria



A Deeper Dive



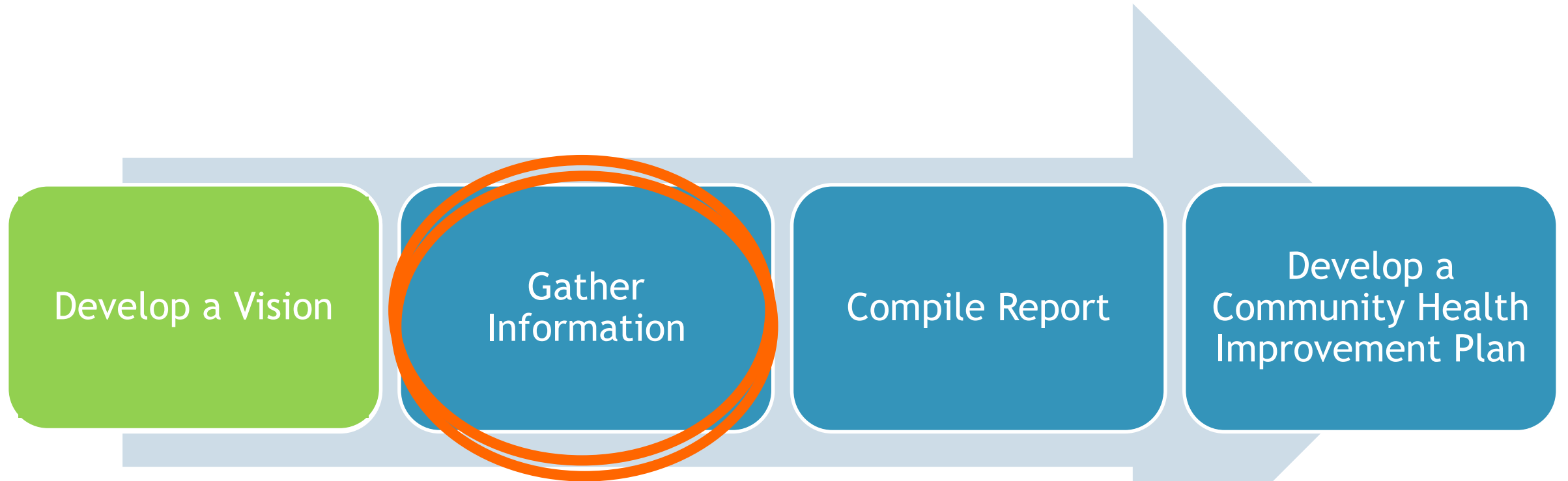
*Alexandria is a **safe**,
connected, **healthy**,
inclusive and **supportive**
community.*

All members of the community can access the knowledge, resources, and services they need, while actively engaging in and promoting opportunities to attain optimal physical, cultural, social, mental, and spiritual health.

Cultural Humility | Inclusion | Connectedness | Engagement | Transparency | Accountability | Equity



Where Are We Going?



Previous plan available: www.healthieralexandria.org



Your Voice: Amplified

- 73 photovoice submissions
- 26 public health pop-ups
- Dozens of community partners
- 1,600+ surveys



COMMUNITY HEALTH SURVEY RESULTS



What You'll Hear Today

Today's presentation is a brief overview of preliminary data of the Community Themes and Strengths Assessment (CTSA)

We'll cover a little bit about:

- What we asked
- Who answered
- What they said
 - Top 10 overall
 - Top 5 broken down by Alexandria zip code
 - Top 3 broken down by race/ethnicity

A full analysis of results with detailed breakdowns will be available on the website around December 2018.



Community Themes and Strengths Assessment (CTSA)

Survey in field September to October.

These results include 1,637 completed surveys collected for the City of Alexandria as of October 31.

Languages available on paper and online:

- English
- Spanish
- Amharic
- Arabic
- Farsi

Additional languages available online:

- Urdu
- Vietnamese
- Mandarin
- Korean



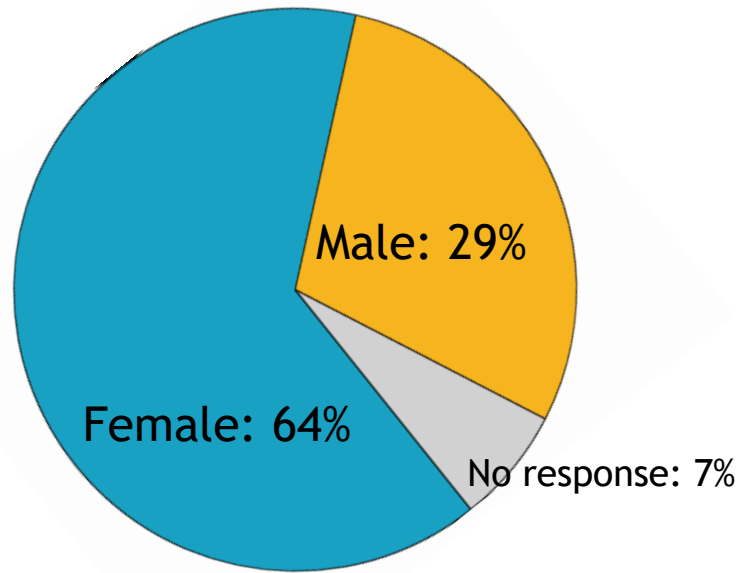
What Did We Ask?

1. What are the greatest strengths of our community?
(select 3 out of 19)
2. What are the most important health issues for our community? (select 3 out of 22)
3. What would most improve the quality of life for our community? (select 3 out of 17)
4. Demographic info: home zip, age, education, race/ethnicity, children at home, usual healthcare provider, sex, household income.



Who Answered?

Respondent* Sex:



Respondent Language:

English	Spanish	Arabic	Amharic	Farsi
1,494	114	17	10	2
91.3%	7.0%	1.0%	0.6%	0.1%

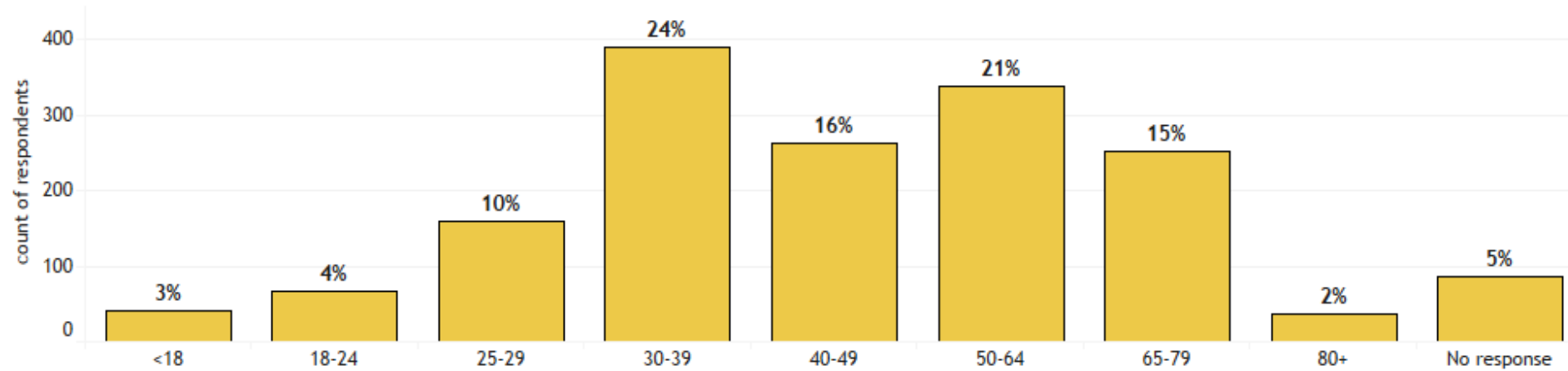
Race	# of Respondents	% of Total Respondents
White or Caucasian	833	51%
Black or African American	404	25%
Asian	77	5%
American Indian/Alaskan Native (AI/AN)	34	2%
Native Hawaiian or Other Pacific Islander (NHOPI)	10	1%
Two or more races	41	3%
No response	238	15%

Hispanic/Latino Ethnicity	# of Respondents	% of Total Respondents
Not Hispanic or Latino	1,299	79%
Hispanic or Latino	216	13%
No response	122	7%

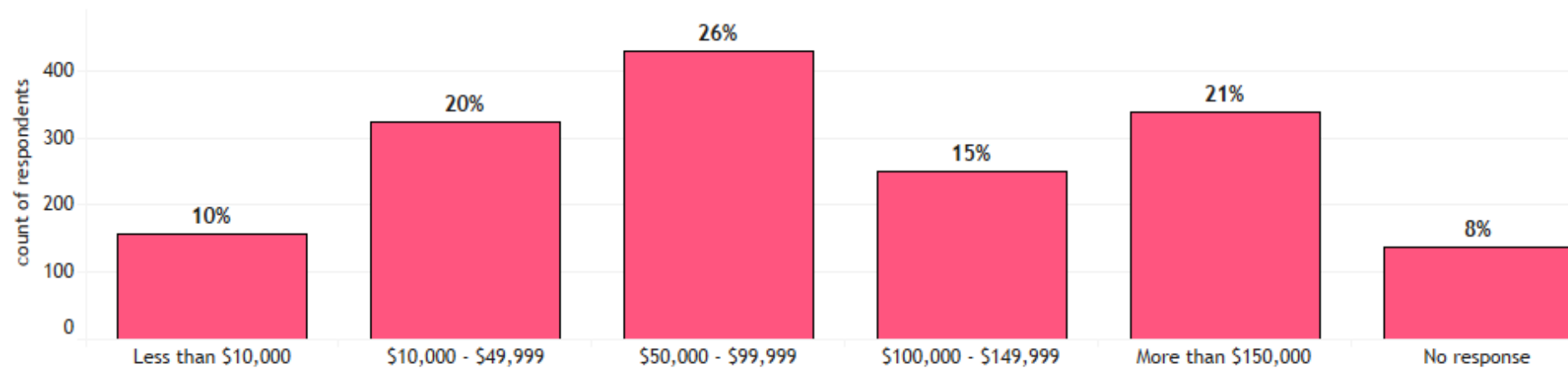


Who Answered?

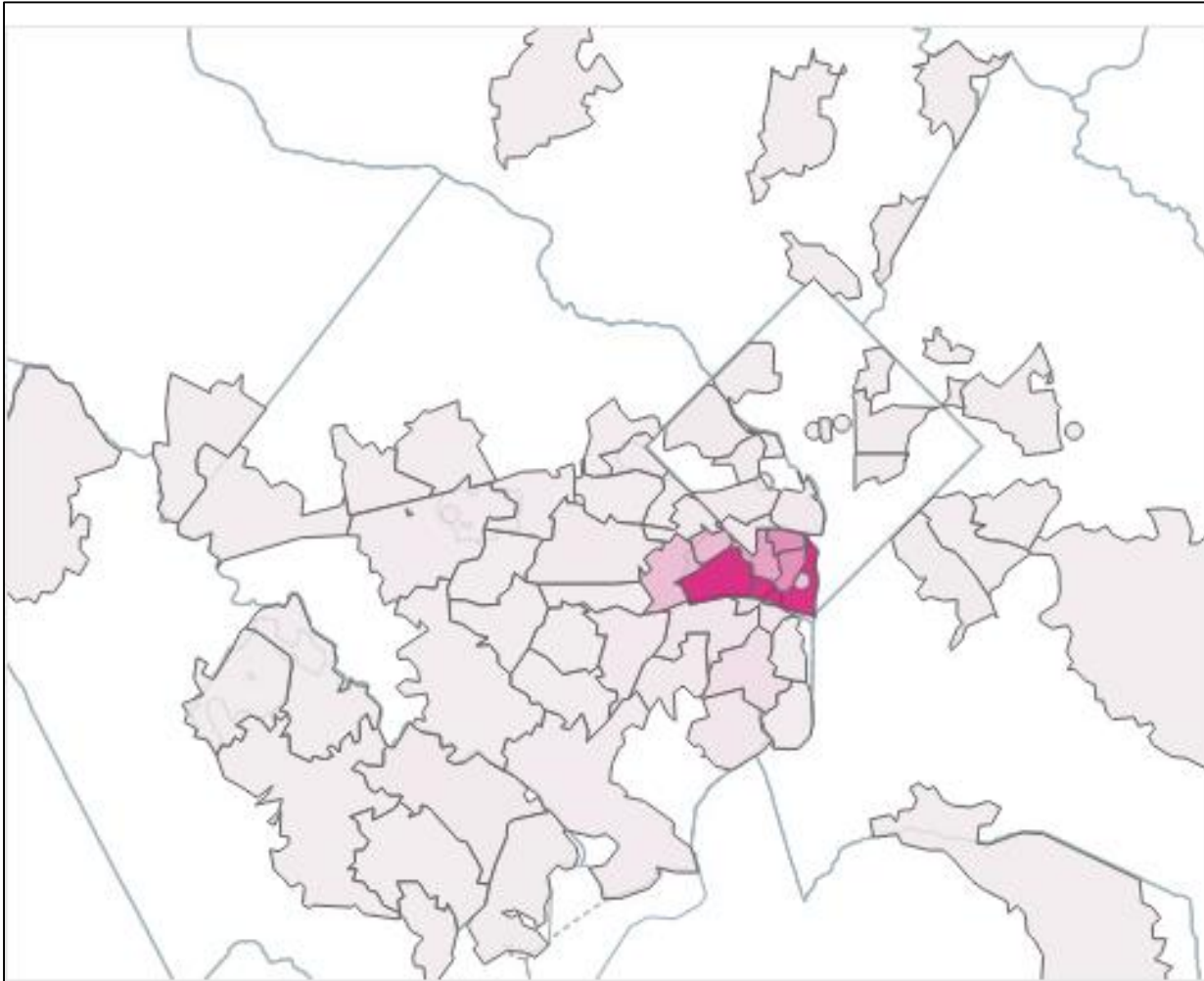
Respondent age



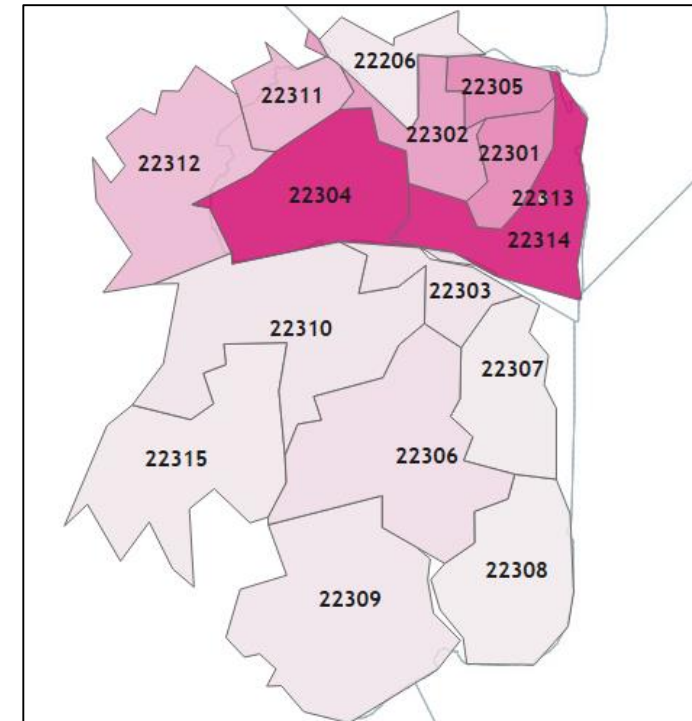
Respondent income



Who Answered?



Area	# of respondents	% of total respondents
Alexandria Zip Code	1,235	86%
Non-Alexandria Zip Code	126	9%
Shared Zip Code	67	5%



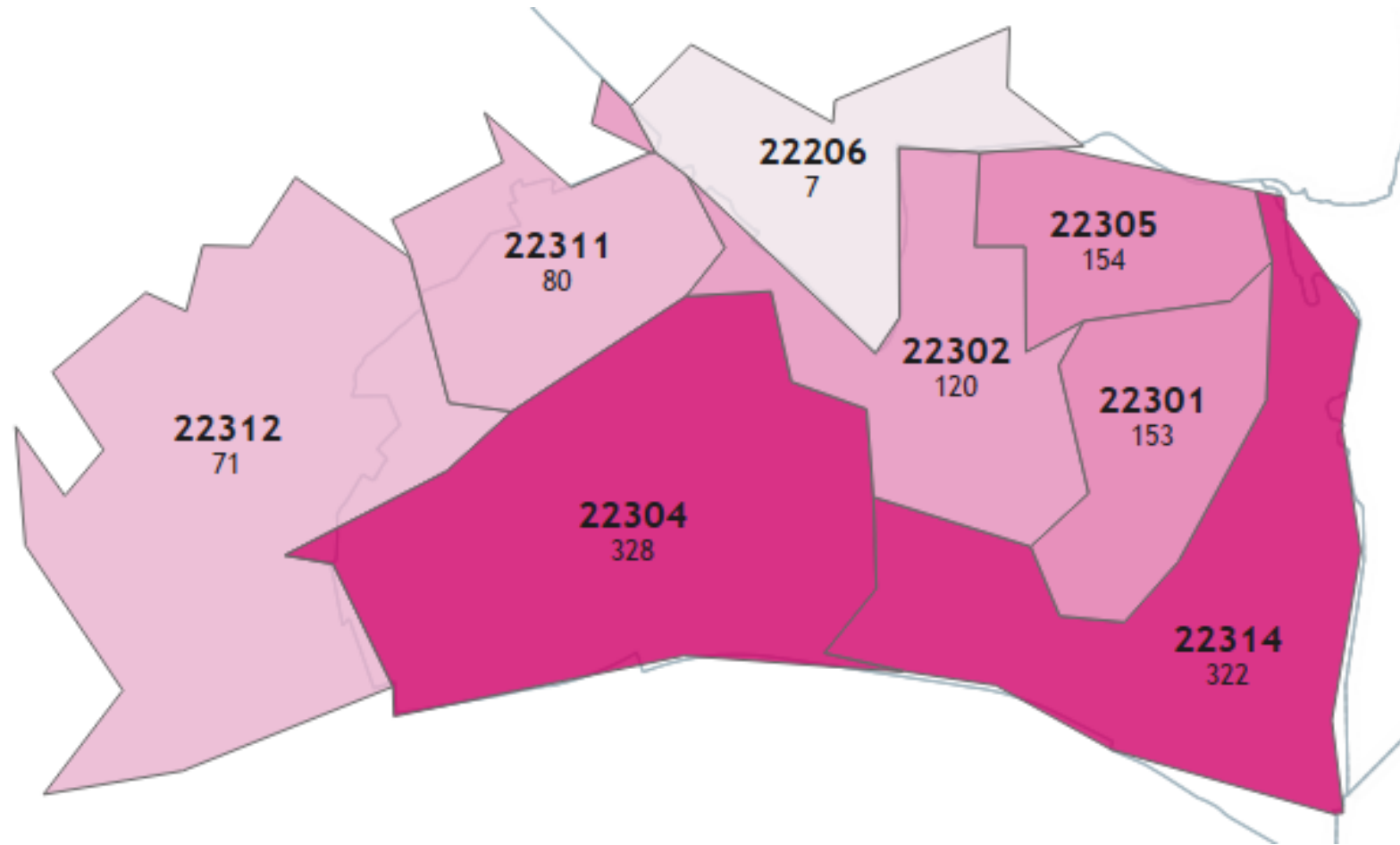
*about 209 respondents did not provide zip code info



Who Answered?

Respondents by Zip (City of Alexandria)

Zip Code	# of Respondents	% of Total Respondents
22304	328	27%
22314	322	26%
22305	154	12%
22301	153	12%
22302	120	10%
22311	80	6%
22312	71	6%
22206	7	1%



What Did You Say?

1. What are the greatest strengths of our community?

Rank	Response	# of respondents	% of total respondents
1	Diversity of the community (social, cultural, faith, economic)	618	38%
2	Opportunities to be involved in the community	389	24%
3	Safe place to live	356	22%
4	Educational opportunities (schools, libraries, vocational programs, universities)	333	21%
5	Walk-able, bike-able community	324	20%
6	Access to healthy food (fresh fruits and vegetables)	313	19%
7	Transportation options	289	18%
8	Jobs and a healthy economy	247	15%
9	A good place for children	244	15%
10	Access to health care	234	14%



- 22311**
1. Diversity of community
 2. Opportunities to be involved
 3. Access to healthy food; educational opportunities
 4. Access to healthcare; jobs and economy; first responders; safe place; transportation options
 5. Affordable housing

- 22206 and 22302**
1. Diversity of community
 2. Safe place to live
 3. Educational opportunities; walkable/bike-able
 4. Opportunity to be involved
 5. Jobs and economy

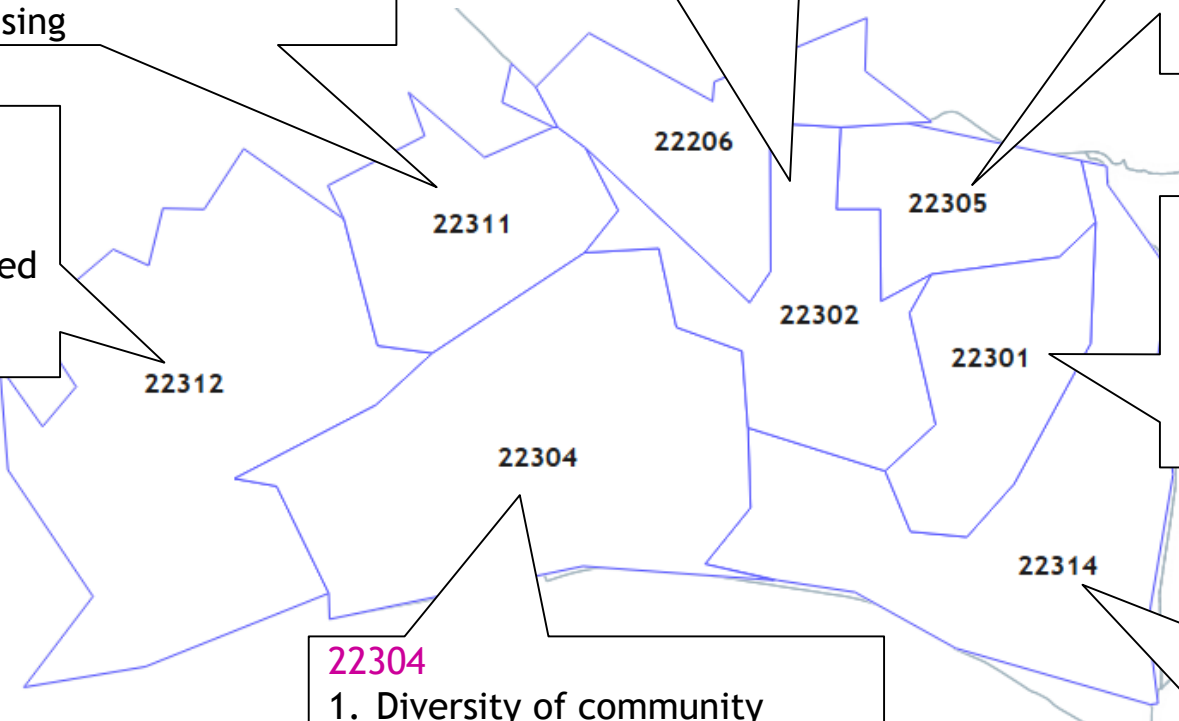
- 22305**
1. Diversity of community
 2. Opportunity to be involved; walkable/bike-able
 3. Safe place to live
 4. Good place for children
 5. Educational opportunities; transportation options

- 22312**
1. Diversity of community
 2. Access to healthy food
 3. Opportunities to be involved
 4. Educational opportunity
 5. Affordable housing

- 22301**
1. Diversity of community
 2. Walkable/bike-able
 3. Opportunity to be involved
 4. Safe place to live
 5. Transportation options

- 22304**
1. Diversity of community
 2. Educational opportunities
 3. Safe place to live
 4. Opportunities to be involved
 5. Access to healthcare

- 22314**
1. Walk-able/bike-able
 2. Diversity of community
 3. Safe place to live
 4. Transportation options
 5. Opportunities to be involved



1. What are the greatest strengths of our community?



What Did You Say?

2. What are the most important health issues for our community?

Rank	Response	# of respondents	% of total respondents
1	Mental health problems (depression, anxiety, stress, suicide)	559	35%
2	Alcohol, drug, and/or opiate abuse	422	27%
3	Differences in health outcomes for different groups of people	414	26%
4	Violence and abuse	324	20%
5	Obesity	307	19%
6	Aging-related health concerns	303	19%
7	Preventable injuries (car or bicycle crashes, falls)	286	18%
8	Other chronic health conditions (asthma, cancers, diabetes, heart disease, stroke)	222	14%
9	Dental problems	218	14%
10	Maternal, infant and child health	214	14%



- 22311
1. Mental health problems
 2. Substance abuse
 3. Aging related health issues; violence and abuse
 4. Obesity, teen pregnancy
 5. Dental problems

- 22206 and 22302
1. Mental health problems
 2. Health disparities*
 3. Obesity
 4. Preventable injury
 5. Substance abuse

- 22305
1. Health disparities
 2. Substance abuse
 3. Mental health problems
 4. Preventable injuries
 5. Obesity

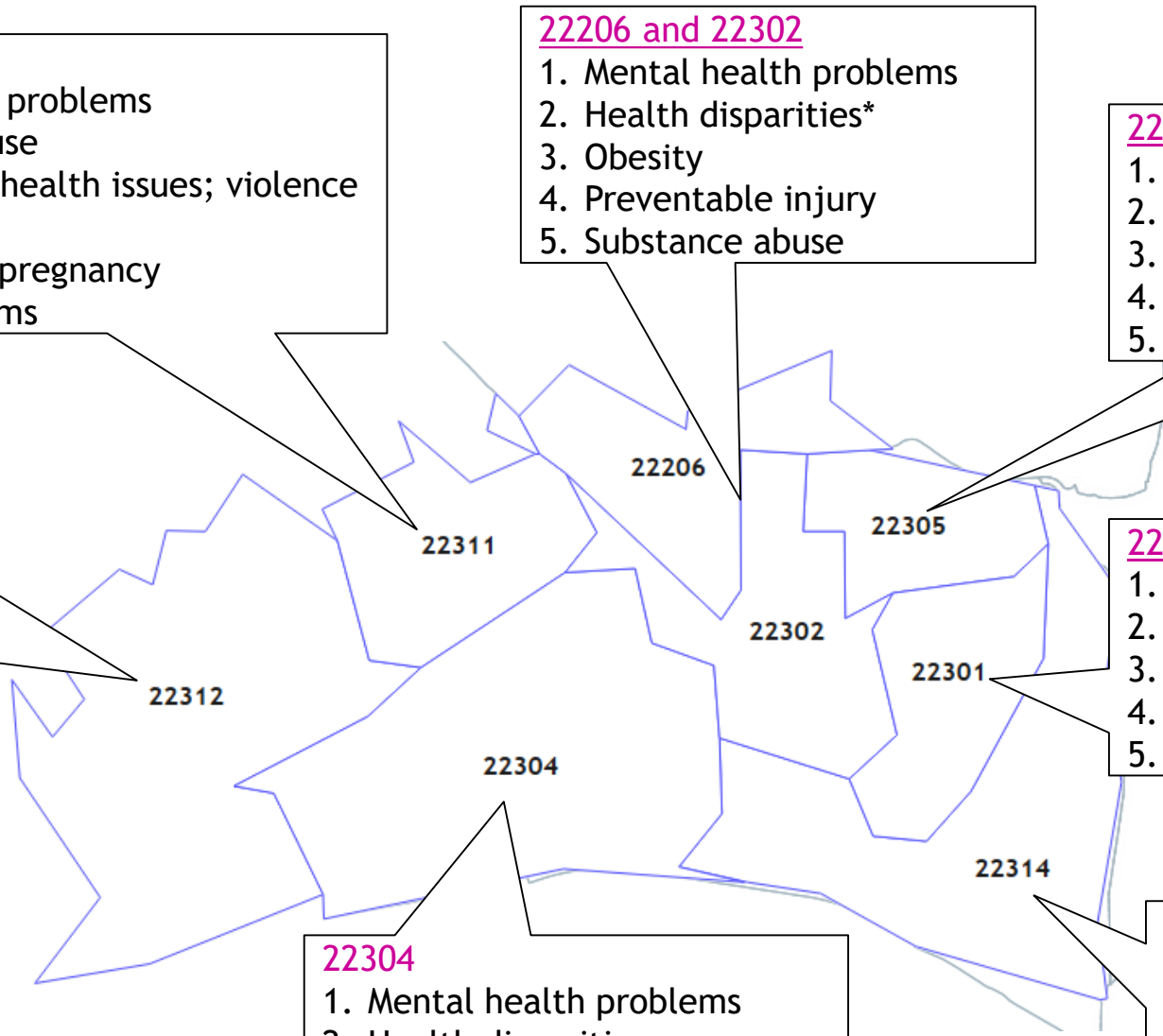
- 22312
1. Dental problems
 2. Substance abuse; mental health problems
 3. Teen pregnancy
 4. Violence and abuse
 5. Obesity

- 22301
1. Health disparities
 2. Mental health problems
 3. Substance abuse
 4. Preventable injuries
 5. Obesity

- 22304
1. Mental health problems
 2. Health disparities
 3. Substance abuse
 4. Obesity
 5. Age related health issues

- 22314
1. Mental health problems
 2. Health disparities
 3. Substance abuse
 4. Preventable injuries
 5. Violence and abuse

2. What are the most important health issues for our community?



What Did You Say?

3. What would most improve the quality of life for our community?

Rank	Response	# of respondents	% of total respondents
1	Housing that is affordable	797	51%
2	Access to health care	404	26%
3	Educational opportunities (schools, libraries, vocational programs, universities)	305	20%
4	Welcoming of diversity (social, cultural, faith, economic)	298	19%
5	Access to healthy food (fresh fruits and vegetables)	282	18%
6	Services that support basic needs (food, clothing, temporary cash assistance)	276	18%
7	Mental health and substance abuse services	258	17%
8	Working to end homelessness	222	14%
9	Jobs and a healthier economy	216	14%
10	Opportunities to be involved in the community	189	12%



3. What would most improve the quality of life for our community?

- 22311
1. Affordable housing
 2. Access to healthcare
 3. Educational opportunities
 4. Welcoming diversity
 5. More opportunities to be involved

- 22206 and 22302
1. Affordable housing
 2. Access to healthcare
 3. Educational opportunities
 4. Access to health food and MH/SA services
 5. Clean environment, and end homelessness

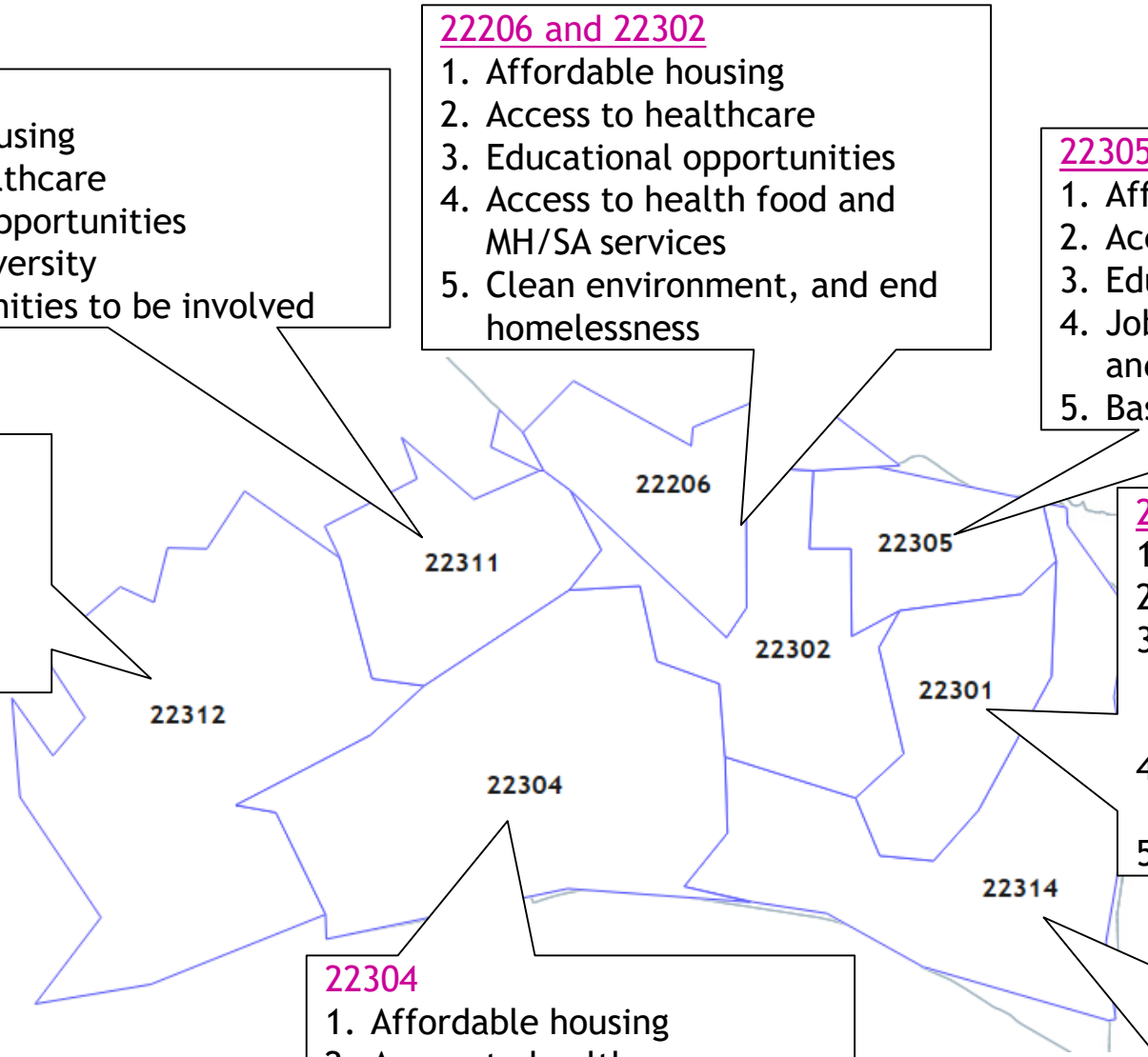
- 22305
1. Affordable housing
 2. Access to healthcare
 3. Educational opportunities
 4. Jobs and healthier economy, and MH/SA services
 5. Basic support services

- 22312
1. Affordable housing
 2. Access to healthcare
 3. Welcome diversity
 4. Access to healthy food
 5. Basic support services*

- 22301
1. Affordable housing
 2. Access to healthcare
 3. MH/SA services; basic support services; welcoming diversity
 4. Walk-able/Bike-able community
 5. Access to healthy food

- 22304
1. Affordable housing
 2. Access to healthcare
 3. Educational opportunities
 4. Access to health food
 5. Welcoming diversity

- 22314
1. Affordable housing
 2. Access to healthcare; welcoming diversity
 3. End homelessness
 4. MH/SA services
 5. Walk-able/bike-able community



What Did You Say?

What are the most important health issues for our community?							
Rank	AIAN	Asian	Black or African American	Hispanic/Latino	NHOPI	Two or more races	White, not Hispanic/Latino
1	Substance abuse	Mental health problems	Mental health problems	Substance abuse	Mental health problems	Mental health problems	Mental health problems
2	Mental health problems	Substance abuse; violence and abuse	Violence and abuse	Violence and abuse	Aging related health issues	Obesity	Health disparities
3	Dental problems	Health disparities; maternal/ child health	Substance abuse	Teen pregnancy	Substance abuse; illness spread insects/animal; maternal/child health; preventable injuries; tobacco use	Health disparities	Substance abuse



What Did You Say?

What would most improve the quality of life for our community?							
Rank	AI/AN	Asian	Black or African American	Hispanic/Latino	NHOPI	Two or more races	White, not Hispanic/Latino
1	Affordable housing	Affordable housing	Affordable housing	Affordable housing	Affordable housing	Affordable housing	Affordable housing
2	Jobs and healthy economy	Welcoming diversity	Welcoming diversity	Access to healthcare	Basic support services	Educational opportunities	Access to healthcare
3	Access to healthcare	Educational opportunities	Access to healthcare	Access to healthy food	Welcoming diversity	Welcoming diversity	MH/SA services



This was a brief overview of some of the feedback provided through our Community Themes and Strengths Assessment (CTSA), as of Oct 31.

A full analysis will be available on our website sometime in December 2018.

alexandriava.gov/Health



Group Activity - Part 1



SWAP SEATS!



Group Activity - Part 2

Looking at the selected health issues...

1. How can quality of life changes impact those issues?
2. How can we use our existing strengths to address the health issues?



NEXT STEPS

- ❖ February: Community Meeting
- ❖ June: Report Release
- ❖ December: Community Health Improvement Plan

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