One in five adults experience five or more days of poor mental health.

None of the factors here exist in a vacuum. Individuals, institutions, culture, policy, and historical context shape each factor over generations. Discrimination such as racism, homophobia, sexism, and ableism—among others—have led to inequities throughout these topic areas. Solutions must address these inequities directly for an Alexandria that works for all residents. Highlighted factors were raised by community members during a 10/5 public meeting.