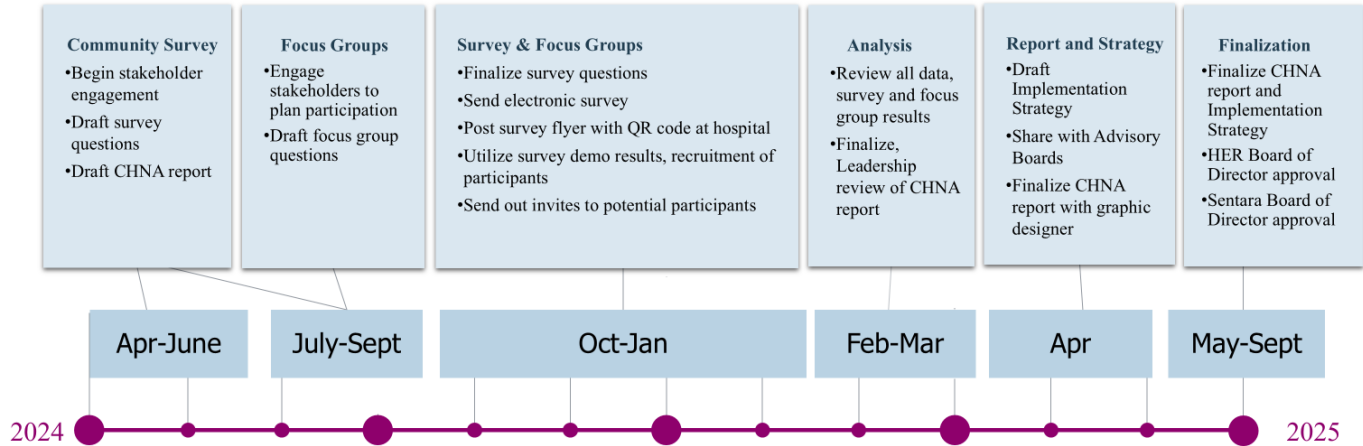


Sentara Norfolk General Hospital and Hospital for Extended Recovery Appendices

Appendices represent data and sources used in the Community Health Needs Assessment report.

CHNA Process and Timeline



[Appendix A: Community Demographics](#)

Demographics include geography, population change, age, gender, ethnicity, language, education, employment, poverty, and insurance.

[Appendix B: Community Health Indicators](#)

Indicators include county health rankings (health outcomes and health factors), access to health services, mortality, hospitalizations, risk factors, COVID-19, maternal and infant, aging adults, cancer, behavioral health, violent crimes, and gun violence.

[Appendix C: Community Input](#)

This includes the survey questions, survey answers, focus group demographics, questions and summary of results.

[Community and Stakeholder Responses](#)

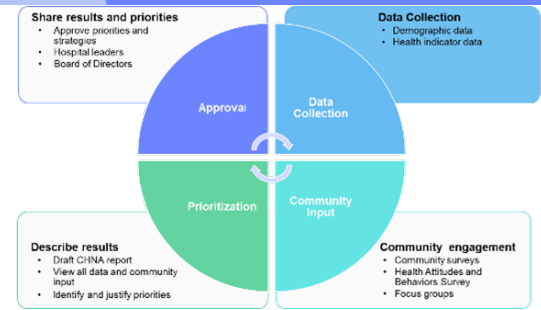
[Focus Groups](#)

[Appendix D: Prioritization Process](#)

Data Limitations

- The data presented represents a snapshot of the population, economic and leading health, and wellness issues in the service area.
- It includes primary data gathered from community surveys and secondary data from health and other sources.
- This information can be used as a guide for helping communities identify leading health issues in the service area.
- Other health issues, data and resources may be available that were not listed here that communities may wish to consider when establishing health priorities.

Appendix A: Demographics



Geography

2024 Population Density per Square Mile

	Virginia*	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Population Density/Sq Mile	218	737	4,448	2,924	238	1,871

Source: Accessed October 10, 2024

A total of 1,136,490 people live in the 1,068.92 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2018-22 5-year estimates. The population density for this area, estimated at 1,063 persons per square mile, is greater than the national average population density of 94 persons per square mile. (Virginia's Plan for Well-Being)

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2018-22.

Population Change

2020-2040 Population Projections

Demographics	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Population Estimates, 2023	8,715,698	1,135,917	253,886	230,930	96,793	100,659	453,649
Population, % change, 4/1/2020 to 07/1/2023	1.0%	4.9%	1.8%	-3.0%	-1.1%	6.7%	-1.3%
*Projected Population 2030	9,129,002	1,178,014	272,670	229,864	98,857	102,571	474,052
*Projected Population 2040	9,759,371	1,217,812	293,397	228,249	96,094	116,156	483,916
*Projected Population 2050	10,535,810	1,275,837	318,516	230,050	94,769	131,480	501,022
*Projected Population 2020-2030, %	4.5%	3.6%	6.9%	-0.5%	2.1%	1.9%	4.3%
*Projected Population 2030-2040, %	6.5%	3.3%	7.1%	-0.7%	-2.9%	11.7%	2.0%
*Projected Population 2040-2050, %	7.4%	4.5%	7.9%	0.8%	-1.4%	11.7%	3.4%

Sources: Accessed October 10, 2024

[United States Census Bureau: Quick Facts.](#)

*[Weldon Cooper Center for Public Services: Virginia Population Projections. August 2023](#)

Green=increase

Red=decrease

Population by Sex at Birth

Demographics	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Female	4,355,736	574,209	4,355,736	126,705	116,240	50,505	48,475
%	50.50%	50.52%	50.50%	50.81%	49.05%	51.86%	51.10%
Male	4,268,775	562,281	4,268,775	122,672	120,733	46,879	46,381
%	49.50%	49.48%	49.50%	49.19%	50.95%	48.14%	48.90%

Sources: Accessed October 10, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2018-22.

Population by Age

Demographics	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Age 0-4	5.73%	6.27%	6.11%	6.54%	7.10%	6.32%	6.02%
Age 5-17	16.03%	16.07%	17.99%	13.74%	15.95%	17.30%	16.01%
Age 18-24	9.61%	10.18%	8.44%	15.45%	9.61%	8.23%	8.92%
Age 25-34	13.57%	15.89%	13.82%	18.87%	16.53%	13.34%	15.88%
Age 35-44	13.28%	13.44%	14.45%	12.12%	12.49%	13.39%	13.79%
Age 45-54	12.79%	11.58%	12.42%	9.76%	10.92%	13.03%	11.91%
Age 55-64	12.99%	12.42%	12.98%	11.24%	12.30%	13.62%	12.51%
Age 65+	16.01%	14.14%	13.78%	12.29%	15.10%	14.77%	14.96%

Sources: Accessed October 10, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal, US Census Bureau, **American Community Survey**, 2018-22.

United States Census Bureau: [2023: ACS 1-Year Estimates](#)

The Aging Population: Growth Projections, 2023

Population Projections	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
2030 Age 65-74	11.1%	11.2%	11.7%	9.5%	11.5%	11.4%	11.6%
2030 Age 75-84	6.9%	6.4%	6.4%	5.0%	6.7%	6.0%	7.0%
2030 Age 85+	2.2%	1.9%	1.9%	1.3%	1.8%	1.9%	2.3%
2040 Age 65-74	9.5%	9.1%	9.1%	7.5%	8.8%	10.6%	9.5%
2040 Age 75-84	7.8%	7.9%	7.9%	6.3%	7.5%	8.1%	8.6%
2040 Age 85+	3.1%	2.8%	2.8%	1.9%	2.4%	2.7%	3.5%
2050 Age 65-74	8.4%	9.1%	9.0%	7.9%	10.2%	8.5%	9.7%
2050 Age 75-84	6.2%	6.2%	5.8%	5.0%	6.2%	6.0%	7.2%
2050 Age 85+	3.5%	3.6%	3.3%	2.4%	3.0%	3.0%	4.6%

Sources: Accessed October 10, 2024

[Weldon Cooper Center for Public Services: Virginia Population Projections, August 2023](#)

Racial Profile

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
White	63.47%	54.49%	57.28%	44.82%	37.67%	48.65%	62.77%
Black	18.90%	30.40%	29.29%	40.72%	51.44%	41.55%	18.89%
Asian	6.85%	4.76%	3.68%	3.81%	1.43%	1.89%	7.14%
American Indian or Alaska Native	0.28%	0.28%	0.17%	0.41%	0.41%	0.31%	0.24%
Native Hawaiian or Pacific Islander	0.07%	0.11%	0.06%	0.17%	0.06%	0.00%	0.13%
Some Other Race	3.52%	2.47%	2.40%	3.35%	1.99%	1.72%	2.32%
Multiple Races	6.91%	7.49%	7.13%	6.74%	7.00%	5.89%	8.51%
Hispanic or Latino Population, Percent	10.03%	7.73%	7.05%	8.73%	5.01%	4.82%	8.77%
Non-Hispanic Population, Percent	89.97%	92.27%	92.95%	91.27%	94.99%	95.18%	91.23%
*Foreign Born Persons	12.6%	7.20%	6.0%	7.4%	3.1%	3.9%	9.3%

Sources: Accessed October 10, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data, US Census Bureau, **American Community Survey**, 2018-22.

*United States Census Bureau: [Quick Facts](#).

Spoken Languages, Population with Limited English Proficiency							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Population with Limited English Proficiency, age 5+, by Ethnicity Alone							
Hispanic or Latino	29.85%	16.56%	17.90%	19.40%	20.40%	13.81%	14.39%
Not Hispanic or Latino	3.30%	2.09%	1.83%	1.78%	0.71%	1.11%	2.92%
Population with Limited English Proficiency, age 5+, by Race Alone							
White	2.39%	1.16%	0.93%	1.39%	0.46%	0.95%	1.30%
American Indian or Alaska Native	15.08%	4.72%	10.57%	4.94%	10.00%	1.02%	1.50%
Asian	26.60%	26.85%	26.87%	26.27%	23.07%	24.44%	27.29%
Native Hawaiian or Pacific Islander	3.81%	8.96%	0.00%	0.00%	0.00%	No data	17.56%
Some Other Race	37.23%	24.75%	27.92%	29.27%	30.13%	12.50%	20.42%
Multiple Race	11.67%	5.30%	4.96%	4.79%	6.11%	4.33%	5.66%
Population, Age 5+, with Limited English Proficiency by Language Spoken at Home							
Spanish	3.0%	1.4%	1.4%	1.7%	1.1%	0.8%	1.3%
Asian, Pacific Island	1.5%	1.2%	0.9%	0.9%	0.4%	0.5%	1.9%
Sentara Language Line Services Requested at SNGH							
*Spanish	-	84.9%	-	-	-	-	-
*Chinese (Mandarin)	-	2.2%	-	-	-	-	-
*ASL	-	1.7%	-	-	-	-	-
Sources: Accessed October 10, 2024							
Virginia's Plan For Well-Being , Virginia Community Health Improvement Data Portal, US Census Bureau, American Community Survey , 2018-22.							
*Sentara Language Line Usage Report, January 2024-September 2024							
(-) no data available							
Other Demographics, 2018-2022							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Veterans							
Veterans	7.58%	11.36%	11.43%	10.34%	9.22%	12.15%	12.14%
Persons Without Health Insurance, under age 65							
Persons without Insurance	7.6%	8.7%	7.7%	11.5%	9.0%	7.0%	8.0%
Education, age 25+							
High School Graduate or Higher	91.10%	92.45%	93.30%	89.30%	89.50%	91.20%	94.50%
Bachelor's Degree or Higher	41.00%	35.10%	35.80%	32.20%	21.20%	32.10%	39.80%
Labor Force, age 16+							
Civilian Labor Force	63.80%	61.55%	63.00%	56.90%	58.10%	63.00%	63.60%
Civilian Labor Force, Female	60.10%	60.16%	61.10%	58.80%	56.60%	59.70%	61.20%
Median Household Income							
Median Household Income	\$87,249	-	\$92,703	\$60,998	\$57,154	\$87,758	\$87,544
Owner-occupied Housing	66.9%	62.1%	73.3%	44.8%	56.1%	70.4%	64.6%
Computer and Broadband Internet Access							
Households with Computer	94.0%	95.5%	96.6%	93.7%	93.2%	93.7%	96.7%
Households with Broadband Internet	88.70%	90.54%	92.50%	86.10%	86.20%	86.70%	93.50%
Sources: Accessed October 10, 2024							
United States Census Bureau: Quick Facts .							

Persons Living with any Disability

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
*Persons with Disability	12.11%	12.68%	11.67%	14.79%	14.78%	12.58%	11.78%
Population with Any Disability by Race/Ethnicity Alone							
Hispanic or Latino	7.39%	9.78%	8.97%	11.07%	5.87%	7.97%	10.24%
Not Hispanic or Latino	12.63%	12.91%	11.87%	15.12%	15.22%	12.81%	11.92%
White	12.76%	12.69%	11.75%	13.99%	14.76%	12.74%	12.47%
Black	13.93%	13.84%	12.37%	16.14%	15.90%	13.12%	11.70%
American Indian or Alaska Native	15.73%	22.83%	17.83%	29.48%	5.98%	15.70%	28.01%
Asian	6.59%	9.72%	7.86%	12.68%	8.79%	8.28%	9.58%
Native Hawaiian or Pacific Islander	18.23%	19.71%	15.31%	24.38%	52.50%	No data	15.45%
Some Other Race	6.95%	11.30%	12.84%	13.22%	5.65%	8.55%	10.63%
Multiple Race	9.26%	9.63%	9.55%	12.18%	10.49%	9.79%	8.56%
Population with Any Disability-by-Disability Status							
Hearing	3.35%	3.03%	2.67%	3.28%	2.93%	3.08%	3.11%
Vision	2.23%	2.24%	1.92%	2.70%	2.16%	2.19%	2.22%
Cognitive	4.83%	5.29%	4.96%	6.29%	5.96%	4.89%	4.94%
Ambulatory	6.27%	6.63%	6.24%	8.09%	8.37%	6.30%	5.85%
Self-care	2.41%	2.51%	2.11%	3.04%	3.08%	2.09%	2.45%
Independent Living	5.42%	5.68%	5.15%	6.42%	8.06%	5.75%	5.08%

Sources: Accessed October 10, 2024

Virginia's Plan For Well-Being, Virginia Community Health Improvement Data Portal, US Census Bureau, **American Community Survey**, 2018-22.

Poverty

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Poverty, all ages	893,559	135,686	21,696	39,741	18,630	11,279	44,340
Poverty %	10.6%	11.9%	8.7%	18.8%	19.8%	11.6%	9.9%
Poverty, under age 18	234,609	39,072	6,228	11,512	5,701	3,336	12,295
Poverty %	12.8%	15.8%	10.5%	25.1%	26.2%	14.7%	12.6%

Sources: Accessed October 10, 2024

United States Census Bureau: [Small Area Income and Poverty Estimates \(SAIPE\), 2022](#)

Poverty Status by Race/Ethnicity

White	8.20%	7.25%	7.30%	8.00%	13.30%	7.60%	5.50%
Black	16.80%	20.18%	20.40%	27.40%	22.60%	17.80%	16.60%
Asian	6.60%	4.75%	4.60%	-	-	-	9.20%
Some Other Race	14.50%	13.82%	-	33.60%	-	-	18.10%
Hispanic or Latino	12.40%	7.71%	6.30%	8.10%	-	-	11.70%

Sources: Accessed October 15, 2024

United States Census Bureau: [American Community Survey, 2023: ACS 1-Year Estimates](#)

(-) no data available

Unemployment, population 16 years and over

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Unemployed	164,631	24,235	3,829	6,101	2,672	2,256	9,377
Unemployed, percent	2.3%	2.7%	1.9%	3.2%	3.5%	2.8%	2.6%

Sources: Accessed November 10, 2024

United States Census Bureau: [American Community Survey, 2023: ACS 1-Year Estimates](#)

Employment, population 16 years and over

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
In labor force	4,611,949	618,961	132,040	132,372	51,717	52,536	250,296
In labor force, percent	65.3%	67.8%	66.1%	70.2%	67.0%	65.5%	68.2%
Females, age 16+	3,607,923	520,691	102,456	93,384	93,384	41,548	189,919
In labor force, female	2,200,847	291,708	65,106	55,720	24,424	26,342	120,116
In labor force, female, percent	61%	56%	63.5%	59.7%	61.2%	63.4%	63.2%

Sources: Accessed November 10, 2024

United States Census Bureau: [American Community Survey, 2023: ACS 1-Year Estimates](#)

Education Attainment, population 16 years and over, 2018-2022

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
No High School Diploma	8.90%	7.50%	6.70%	10.80%	10.50%	8.80%	5.50%
High School Only	23.90%	23.51%	23.50%	24.40%	32.00%	26.40%	20.80%
Some College	18.50%	24.01%	24.00%	24.20%	26.80%	23.70%	23.40%
Associate's Degree	7.80%	9.82%	10.10%	8.50%	9.50%	9.00%	10.60%
Bachelor's Degree	23.10%	21.67%	22.20%	19.20%	13.50%	19.70%	24.70%
Graduate or Professional Degree	17.90%	13.48%	13.60%	13.00%	7.70%	12.40%	15.10%

Education Attainment, by gender-Male

No High School Diploma	3.2%	2.5%	2.5%	3.5%	3.3%	2.7%	1.8%
High School Only	8.4%	8.3%	8.2%	8.3%	11.2%	9.5%	7.4%
Some College	6.0%	8.0%	8.0%	7.8%	8.1%	7.9%	8.1%
Associate's Degree	2.3%	2.9%	3.0%	2.4%	2.9%	2.5%	3.2%
Bachelor's Degree	7.4%	6.7%	6.7%	5.6%	4.1%	6.4%	7.9%
Graduate or Professional Degree	6.0%	4.2%	4.2%	4.1%	1.8%	3.6%	4.8%

Education Attainment, by gender-Female

No High School Diploma	2.9%	2.6%	2.0%	3.4%	3.8%	3.3%	2.0%
High School Only	7.9%	7.6%	7.6%	7.4%	10.4%	8.5%	6.9%
Some College	6.6%	8.2%	8.2%	7.8%	10.0%	8.3%	8.1%
Associate's Degree	3.1%	3.7%	3.8%	3.1%	3.4%	3.6%	4.1%
Bachelor's Degree	8.4%	7.9%	8.3%	6.7%	5.0%	7.0%	9.2%
Graduate or Professional Degree	6.3%	4.9%	5.0%	4.3%	3.4%	4.9%	5.6%

Sources: Accessed November 12, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2018-22.

Government Programs

Medicaid and FAMIS (Below 138% FPL) Enrollment November 1, 2024

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Medicaid/FAMIS Enrollment	2,007,215	281,005	51,654	78,298	40,356	23,822	86,875
Medicaid/FAMIS Percentage	23.0%	24.7%	20.3%	33.9%	41.7%	23.7%	19.2%
65+ Enrolled in Medicaid/FAMIS Enrollment	90,502	11407	1,905	3,653	1,625	1,119	3,105
65+ Enrolled in Medicaid/FAMIS Percentage	1.0%	1.0%	0.8%	1.6%	1.7%	1.1%	0.7%
Children Enrolled in Medicaid/FAMIS	783,852	106,307	19,893	28,147	15,362	9,370	33,535
Children Enrolled in Medicaid/FAMIS Percentage	9.0%	9.4%	7.8%	12.2%	15.9%	9.3%	7.4%

Sources: Accessed November 12, 2024

[Virginia Medicaid, Department of Medical Assistance Services \(DMAS\) Data](#)

Medicare Enrollment, 2022

65+ Medicare Percentage	65.4%	56.3%	58.5%	55.0%	61.2%	59.0%	54.1%
65+ Medicare and Medicaid Percentage	4.8%	4.8%	4.0%	8.3%	5.9%	4.9%	3.3%

Sources: Accessed November 12, 2024

Centers for Medicare & Medicaid Services Data (cms.gov), [Mapping Medicare Disparities by Population](#)

Appendix B: Community Health Indicators

Length of Life (Average number of years a person can expect to live)							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Life expectancy	78.1	75.7	77.2	74.0	72.1	76.0	79.2
Length of Life: African Americans							
Life expectancy	-	73.2	75.8	70.3	69.9	73.9	76.2
Length of Life: White							
Life expectancy	-	76.7	77.3	76.4	74.3	77.1	79.2
Length of Life: Hispanic (All Races)							
Life expectancy	-	83.4	83.2	86.5	81.9	82.6	82.7
Length of Life: Asian							
Life expectancy	-	87.9	84.4	85.3	-	93.0	88.8
Sources: Accessed November 12, 2024							
2024 County Health Rankings & Roadmaps							
(-) data unavailable							
Access to Care							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Primary Care Physicians, 2021	6443	-	196	233	59	74	326
Primary Care Physician ratio, 2021	1341:1	-	1282:1	1009:1	1658:1	1300:1	1404:1
Dentists, 2022	6535	-	131	238	170	49	366
Dentist ratio, 2022	1329:1	-	1927:1	979:1	571:1	2011:1	1245:1
Mental Health Providers, 2023	21124	-	461	691	321	160	1123
Mental Health Provider ratio, 2023	411:1	-	548:1	337:1	302:1	616:1	406:1
Preventable hospital stays rate, 2021 (per 100,000 Medicare enrollees)							
Preventable hospital stays rate	2601	3362	3513	3559	2655	4305	2779
Preventable hospital stays rate, (Black)	-	4668	4128	5569	3136	6191	4317
Preventable hospital stays rate, (White)	-	2844	3321	2523	2343	3427	2607
Mammography Screening, 2021							
Mammography screening, percent	44%	-	47%	44%	46%	46%	50%
Mammography screening (White)	-	-	46%	46%	45%	46%	51%
Mammography screening (Black)	-	-	51%	42%	47%	48%	48%
Mammography screening (Asian)	-	-	36%	30%	48%	-	42%
Mammography screening (Hispanic)	-	-	23%	23%	27%	-	43%
Sources: Accessed November 12, 2024							
2024 County Health Rankings & Roadmaps							
(-) data unavailable							
Red: Worse than state							

Top 5 Leading Causes of Death, Rate (Per 100,000 Population) 2022

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Heart/Cardiovascular Disease	174.96	184.73	173.54	215.44	236.76	194.55	153.11
Cancer	154.16	159.85	160.70	172.94	191.90	162.62	142.89
COVID-19	82.44	74.07	69.35	72.72	102.94	100.55	57.72
Injury	72.63	64.02	43.46	75.86	110.99	54.87	45.15
Stroke/Cerebrovascular Disease	44.89	51.85	55.53	54.14	54.16	51.23	48.38

Sources: Accessed November 21, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: Virginia Department of Health, [Virginia Department of Health](#), Office of Information Management, Division of Health Statistics.

Red: Worse than state

Substance Use

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
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Drug Overdose Crude Death, Rate (Per 100,000 Population), 2018-2022

Drug Overdose	24.1	27.0	21.7	33.9	58.7	23.7	20.3
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Drug Overdose Crude, Rate (Per 100,000 Population), Gender

Men	33.5	37.9	32.8	45.2	83.4	33.6	28.1
Women	14.9	16.3	11.1	21.7	35.8	14.4	12.8

Drug Overdose Crude Death, Rate (Per 100,000 Population), Race

Black	32.0	30.5	18.0	40.1	56.6	20.8	19.2
White	26.6	29.9	26.5	35.5	67.2	30.7	24.6

Hospitalizations, Rate (Per 100,000 Population), 2020

Drug Overdose Hospitalizations	89.92	94.95	101.21	97.61	109.37	94.77	87.10
Substance Use Disorder (SUD)	75.05	65.31	62.35	80.31	93.59	70.28	51.86

Mortality, Rate (Per 100,000 Population), 2018-2022

Alcohol-Impaired Driving Deaths	1.6	1.7	1.4	2.2	1.4	2.8	1.5
Liver Disease and Cirrhosis	15.2	13.0	12.7	13.7	17.9	9.1	12.5

Substances, Crude Rate (Per 100,000 Population), 2022

Binge Drinking, past 30 days, age 18+	16.6%	18.2%	16.5%	20.9%	15.1%	16.8%	18.7%
Smokers, age 18+	13.3%	13.8%	15.2%	15.4%	17.0%	13.7%	11.6%

Sources: Accessed November 21, 2024

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2018-2022. Virginia Department of Health, [Virginia Department of Health](#). US Department of Transportation, National Highway Traffic Safety Administration, [Fatality Analysis Reporting System](#). 2018-2022. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2022

Red: Worse than state

Mental Health

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Suicide Crude Death Rate (Per 100,000 Population), 2018-2022							
Suicide	13.9	14.4	13.5	14.5	15.9	12.7	15.0
Suicide Crude Death Rate (Per 100,000 Population), Gender							
Male	22.1	22.8	20.6	23.7	23.5	21.8	23.6
Female	5.9	6.4	6.7	4.7	8.8	-	6.7
Suicide Crude Death Rate (Per 100,000 Population), Rates							
White	18.1	19.7	18.3	20.5	24.5	18.4	19.7
Black	8.5	8.7	6.0	11.0	10.9	-	7.2
Self-harm, ED Visit Counts Rate (Per 100,000 Population, age 5+), 2023							
Self-harm and Suicide	680.9	-	603.4	1267.9	1096.9	788.9	590.3
Depression, Crude Rate (Per 100,000 Population), age 18+							
Depression	22.5%	23.3%	23.3%	24.5%	22.5%	21.6%	23.2%
Mental Health, Crude Rate (Per 100,000 Population), age 18+							
Poor Mental Health Days	16.5%	17.4%	17.4%	19.6%	19.3%	17.3%	15.8%
Depressive Disorder, Crude Rate (Per 100,000 Population), Health District							
	Virginia	Chesapeake Health District	Norfolk City Health District	Portsmouth Health District	Virginia Beach City Health District		
Depressive Disorder	19.62%	16.76%	20.36%	-	19.84%		

Sources: Accessed November 22, 2024

*[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2018-2022. Virginia Department of Health, [Syndromic Surveillance Data, Division of Surveillance and Investigation, Office of Epidemiology - Virginia Department of Health](#). Data directly obtained via email from Virginia Syndromic Surveillance 2023. Virginia Department of Health, [Behavioral Risk Factor Surveillance Survey](#). Data directly obtained via email from Virginia Department of Health. 2021.

(-) data unavailable

Red: Worse than state

SNGH Emergency Department Behavioral Health Visits, Top 4 Diagnosis, 2024

	Behavioral Health (Patient Frequency)	Suicidal Ideation	Schizophrenia, unspecified	Schizoaffective Disorder	Bipolar Disorder, unspecified
By Age					
Age 0-18	90	24.4%	2.2%	1.1%	3.3%
Age 19+	4,189	20.8%	6.1%	3.3%	3.1%
By Race					
Black	2,499	13.0%	4.9%	1.9%	1.5%
White	1,605	7.5%	1.4%	1.3%	1.5%
By Gender					
Male	2,577	13.6%	4.2%	2.1%	1.7%
Female	1,702	7.7%	1.9%	1.3%	1.5%

Sources: Accessed January 20, 2025

Sentara Healthcare Behavioral Health Emergency Department Visits Summary, 2024 (January 1, 2024 through December 31, 2024)

Cancer Incidence Rate: Annual Average Count / Rate Per 100,000, Age-adjusted 2017-2020							
		Virginia	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Breast (female)	Prevalence Rate	129.0	144.7	138.4	123.6	128.2	134.6
	Average Annual Count	6,823	213	168	74	72	371
Prostate (male)	Prevalence Rate	106.6	100.8	114.0	119.2	128.3	100.0
	Average Annual Count	5,571	22	129	62	72	254
Lung and Bronchus	Prevalence Rate	51.3	57.0	69.9	66.2	55.2	58.5
	Average Annual Count	5,461	155	165	75	61	306
Colon & Rectum	Prevalence Rate	33.8	34.4	32.3	36.3	38.6	32.6
	Average Annual Count	3,401	91	74	40	40	165
All Sites	Prevalence Rate	411.2	448.3	455.0	449.3	464.4	446.8
	Average Annual Count	42,411	1,225	1,060	499	507	2,316
Trend: Falling	Trend: Rising	Trends compare to previous 5-year period					
Virginia Cancer Incidence Rate by Race: Annual Average Count / Rate Per 100,000, Age-adjusted 2017-2020							
		Prostate (Male)	Breast (Female)	Lung and Bronchus	Colon and Rectum		
White	Prevalence Rate	93.0	131.9	53.5	33.6		
	Average Annual Count	3,572	4,810	4,175	2,392		
Black	Prevalence Rate	173.4	133.7	54.3	38.1		
	Average Annual Count	1,533	1,325	988	678		
Hispanic	Prevalence Rate	71.4	85.8	21.2	22.1		
	Average Annual Count	146	251	86	110		
Asian	Prevalence Rate	54.2	86.2	26.5	22.2		
	Average Annual Count	140	304	149	133		
Trend: Falling	Trend: Rising	Trends compare to previous 5-year period					
Cancer Death Rate: Annual Average Count / Rate Per 100,000, Age-adjusted 2017-2020							
		Virginia	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Breast (female)	Prevalence Rate	20.2	23.6	21.9	23.0	23.6	20.8
	Average Annual Count	1,133	35	28	14	13	59
Prostate (male)	Prevalence Rate	20.4	21.9	30.9	38.3	22.7	22.5
	Average Annual Count	853	22	12	16	10	46
Lung and Bronchus	Prevalence Rate	33.2	60.9	42.6	43.9	36.2	33.7
	Average Annual Count	3,567	12	100	50	41	179
Colon & Rectum	Prevalence Rate	12.9	12.4	13.6	16.4	14.5	10.4
	Average Annual Count	1,335	33	31	18	16	55
All Sites	Prevalence Rate	147.4	164.0	178.0	186.1	167.4	144.9
	Average Annual Count	15,451	433	407	208	183	757
Trend: Falling	Trend: Rising	Trends compare to previous 5-year period					

Virginia Cancer Death Rate by Race: Annual Average Count / Rate Per 100,000, Age-adjusted 2017-2020					
		Prostate (Male)	Breast (Female)	Lung and Bronchus	Colon and Rectum
White	Prevalence Rate	18.3	19.5	35.0	12.8
	Average Annual Count	582	782	2,768	955
Black	Prevalence Rate	38.1	27.0	36.0	16.9
	Average Annual Count	234	273	645	296
Hispanic	Prevalence Rate	11.4	11.8	11.0	6.5
	Average Annual Count	15	33	43	29
Asian	Prevalence Rate	9.8	12.0	17.0	8.4
	Average Annual Count	20	42	95	48
Trend: Falling	Trend: Rising	Trends compare to previous 5-year period			

Sources: Accessed November 25, 2024

[National Cancer Institute, State Cancer Profiles: Incident Rates Table](#)

[National Cancer Institute, State Cancer Profiles: Mortality Rates Table](#)

Prevention: Cancer							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Cervical Cancer Screening Test, Crude Rate, females age 21-65, 2020							
Cervical Cancer	83.8%	83.9%	84.1%	81.9%	83.5%	85.7%	84.6%
Mammography Screening, Crude Rate, females age 50-74, 2022							
Mammography	78.6%	80.5%	80.2%	82.7%	75.8%	81.3%	80.3%
Colorectal Cancer Screening Test, Crude Rate, men age 45-75, 2022							
Colorectal Cancer	67.3%	68.0%	68.3%	67.1%	66.6%	70.2%	68.2%
Adults with Cancer, Crude Rate, age 18+, 2022							
Cancer Diagnosis	8.1%	7.2%	7.5%	5.9%	6.6%	7.4%	7.8%

Sources: Accessed November 25, 2024

[Virginia's Plan For Well-Being](#), Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal, 2020 and Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal, 2022 .

Diabetes							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Adults Diagnosed with Diabetes, Crude Rate, age 18+, 2022							
Diabetes Diagnosis	12.0%	13.0%	13.4%	12.8%	15.4%	13.6%	12.2%
Diabetes Hospitalizations, Rate per 100,000 Population, age 18+, 2022							
Diabetes Hospitalizations	2,114.24	2,367.24	2,448.88	2,453.43	3,374.56	2,896.30	1,953.77
Diabetes Mortality, Rate per 100,000 Population, 2022							
Diabetes Deaths	33.80	31.07	33.20	35.36	44.88	29.08	20.32

Sources: Accessed November 25, 2024

[Virginia's Plan For Well-Being](#), Virginia Department of Health, Inpatient Discharge Dataset from Virginia Health Information (VHI). Data directly obtained via email from Virginia Department of Health 2022. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal, 2022. Virginia Department of Health, Virginia Department of Health, Office of Information Management, Division of Health Statistics. Data directly obtained via email from Virginia Department of Health 2022.

Red: Worse than state

Chronic Conditions, Rate per 100,000 Population, 2022

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Asthma Hospitalizations, rate	619.52	756.16	707.26	875.20	1,027.40	799.68	652.66
Hypertension Hospitalizations, rate	4,360.69	4,794.65	4,805.45	4,838.90	6,350.56	5,789.40	4,229.98
Stroke Hospitalizations, rate	263.13	290.96	321.04	282.53	358.59	353.52	251.76
Deaths due to Diseases of the Heart, rate	174.96	184.73	173.54	215.44	236.76	194.55	153.11
Deaths due to Chronic Lower Respiratory Diseases, rate	39.52	32.96	33.79	39.45	40.40	32.50	25.81

Sources: Accessed November 25, 2024

[Virginia's Plan For Well-Being](#), Virginia Department of Health, [Inpatient Discharge Dataset from Virginia Health Information \(VHI\)](#) and [Virginia Department of Health, Office of Information Management, Division of Health Statistics](#). Data directly obtained via email from Virginia Department of Health 2022.

Red: Worse than state

Medicare Primary Chronic Conditions, Primary Condition Prevalence Percentage, 2022

	Virginia	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Hypertension	66%	71%	68%	74%	74%	69%
Diabetes	25%	31%	28%	35%	32%	27%
Obesity	18%	23%	19%	30%	23%	19%
Depression	16%	18%	18%	17%	16%	19%
Kidney Disease	17%	18%	18%	22%	18%	18%
Ischemic Heart Disease	19%	18%	17%	19%	19%	18%
Heart Failure	11%	13%	13%	15%	15%	13%
Atrial Fibrillation	14%	13%	13%	13%	14%	14%
Obstructive Pulmonary Disease	10%	14%	15%	14%	13%	13%
Cancer (Colorectal, Breast, Prostate, Lung)	12%	13%	13%	13%	13%	14%
Asthma	7%	9%	9%	9%	7%	8%
Alzheimer's and Dementia	6%	7%	7%	7%	7%	7%

Sources: Accessed November 25, 2024

[Centers for Medicare & Medicaid Services Data, Mapping Medicare Disparities by Population \(cms.gov\)](#)

Red: Worse than state

Births, Birthweight and Infant Death by Locality of Residence 2020-2022

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Total Live Births to Residents	95,615	13,608	2,867	3,067	1,321	1,263	5,090
Teen Pregnancies, Ages 15-19	4,166	589	129	183	70	55	152
Teen Pregnancies Rate, Ages 15-19	15.26	17.59	16.21	25.41	26.88	18.76	11.89
Preterm Births, percentage, 2022	9.55%	11.15%	11.06%	11.71%	13.93%	11.64%	11.64%
Mothers with Late or No Prenatal Care, Percent of Total Live Births	5.1%	28.22%	20.58%	39.13%	24.22%	45.92%	22.59%

Low Birthweight Birth Rates (birth weight less than 5 pounds 8 ounces)							
Low Birth Weight	8,088	1,361	281	333	174	128	445
Low Birth Weight, percent	8.46%	10.00%	9.80%	10.86%	13.17%	10.13%	8.74%
Infant Death Rates							
Total Infant Deaths / Rate per 1,000 Births	5.98	7.01	5.42	9.23	11.49	7.29	5.38
Total Infant Deaths	1,711	290	47	86	46	26	85
Total Infant Death Rate (White)	4.93	-	-	-	-	-	-
Total Infant Death Rate (Black)	12.09	-	-	-	-	-	-
Total Infant Death Rate (Hispanic)	6.12	-	-	-	-	-	-
Substance Use, Birth Hospitalizations, Rate per 1,000 Birth Hospitalizations							
Neonatal Abstinence Syndrome (NAS), Rate	5.7	-	4.8	4.3	7.2	4.2	4.0
Maternal Opioid Use Disorder (OUD), Rate	4.72	-	3.85	3.80	5.43	6.20	2.82
Smoking during Pregnancy, Percent of Total Live Births	3.21%	2.18%	2.02%	2.41%	3.03%	1.82%	2.00%
Sources: Accessed November 25, 2024							
Virginia's Plan For Well-Being , Virginia Department of Health, VDH - Maternal & Child Health . Data directly obtained via email from Virginia Department of Health 2022. Virginia Department of Health, Virginia Department of Health, Office of Information Management, Division of Health Statistics . Data directly obtained via email from Virginia Department of Health 2020.							
(-) data unavailable							
Red: Worse than State and White population rates							
Quality of Life							
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Food insecure, 2021	8%	-	6%	11%	10%	6%	7%
Limited access to health foods, 2019	4%	-	5%	8%	6%	4%	3%
Physical inactivity, 2021	20%	-	21%	24%	28%	24%	19%
Access to exercise opportunities, 2023	84%	-	91%	91%	94%	82%	97%
Adults with obesity, 2021	34%	-	36%	41%	48%	42%	32%
*Poor or fair health, 2022	16.7%	16.7%	16.8%	18.7%	21.5%	18.0%	14.4%
*Poor physical health days, age 18+, crude, 2022	12.4%	12.4%	12.6%	13.0%	14.4%	12.6%	11.4%
Frequent physical distress, 2020	10%	-	10%	11%	12%	11%	9%
*Insufficient sleep, age 18+, 2022	36.8%	39.1%	39.4%	41.1%	42.9%	40.1%	37.0%
Firearm fatality rate, per 100,000 population, 2017-2021	13	-	14	23	28	12	13
*Injury death rate, per 100,000 population, 2020-2022	72.63	64.02	43.46	75.86	110.99	54.87	45.15
Sources: Accessed November 12, 2024							
2024 County Health Rankings & Roadmaps							
*Virginia's Plan For Well-Being , Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System . Accessed via the PLACES Data Portal . 2022. Virginia Department of Health, Virginia Department of Health, Office of Information Management, Division of Health Statistics .							
(-) data unavailable							
Red: Worse than State rates							

Transportation Profile, 2018-22

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Portsmouth City	Suffolk City	Virginia Beach City
Workers age 16+	4,290,610	582,420	123,540	125,430	45,028	45,875	242,547
Drive alone, percent	70.9%	76.9%	79.2%	72.7%	75.4%	83.0%	77.1%
Carpool, percent	8.3%	8.1%	8.0%	9.0%	10.3%	6.5%	7.5%
Public transportation, percent	3.0%	1.3%	0.6%	3.0%	1.6%	0.3%	0.9%
Bicycle or walk, percent	2.4%	2.9%	1.2%	6.3%	3.4%	1.3%	2.2%
Taxi or other, percent	1.4%	1.6%	1.2%	1.8%	2.7%	1.0%	1.5%
Work at home, percent	14.0%	9.3%	9.8%	7.3%	6.6%	7.9%	10.7%
No motor vehicle, percent	6.07%	6.70%	4.44%	11.76%	11.42%	5.97%	4.32%
Sources: Accessed November 26, 2024							
Virginia's Plan For Well-Being , US Census Bureau, American Community Survey. 2018-22.							
Red: Worse than State rates							

Appendix C: Community Input



Community Survey Responses

The survey was conducted with a broad-based group of community stakeholders and community members in Eastern Shore, Middle Peninsula, Peninsula, South Hampton Roads, Western Tidewater, and Northern East region of North Carolina. Surveys were available online and in English and Spanish by paper submission. The survey asked participants details about themselves, such as gender, race, diversity, equity, and inclusion (DEI), income, and zip code, as well as their opinion about important health concerns in the community for adults and for children.

The surveys were made available to the public from October 1, 2024 – November 30, 2024, in paper format and electronically using SurveyMonkey. A community stakeholder list of more than 1,500 unduplicated stakeholders was used to email the survey to request participation and included representatives from public health, education, social services, business, local government, and local civic organizations, among others. Feedback was received throughout the survey period on the age, gender, race/ethnicity, and language of survey respondents to assist in promoting the surveys to various community members.

The survey allowed responses from both community members and stakeholders:

Let Your Voice Be Heard

Please complete the survey below.

Thank you!

Bon Secours Hampton Roads, Children's Hospital of The King's Daughters, Riverside Health, Sentara Health, and the Hampton and Peninsula Health Districts are jointly conducting this survey.

The survey will take 5-10 minutes to complete and the results will help us identify and prioritize your community's health concerns. It will also assist in finding ways to make positive changes in your community's overall health and well-being. We know your time is valuable and thank you in advanced for completing this survey.

I am taking this survey:

- As a community member answering for myself and my family
- On behalf of a community organization or business

Community Member: Your Community

1) Below is a list of Virginia and North Carolina communities. In which locality listed below do you live?

- | | | |
|--|---|---|
| <input type="checkbox"/> Accomack County, VA | <input type="checkbox"/> Lancaster County, VA | <input type="checkbox"/> Sussex County, VA |
| <input type="checkbox"/> Charles City County, VA | <input type="checkbox"/> Lorton (City of), VA | <input type="checkbox"/> Virginia Beach (City of), VA |
| <input type="checkbox"/> Charlottesville (City of), VA | <input type="checkbox"/> Louisa County, VA | <input type="checkbox"/> Williamsburg (City of), VA |
| <input type="checkbox"/> Chesapeake (City of), VA | <input type="checkbox"/> Mathews County, VA | <input type="checkbox"/> York County, VA |
| <input type="checkbox"/> Dumfries (Town of), VA | <input type="checkbox"/> Middlesex County, VA | <input type="checkbox"/> Albemarle County, NC |
| <input type="checkbox"/> Fluvanna County, VA | <input type="checkbox"/> Nelson County, VA | <input type="checkbox"/> Bertie County, NC |
| <input type="checkbox"/> Franklin (City of), VA | <input type="checkbox"/> New Kent County, VA | <input type="checkbox"/> Camden County, NC |
| <input type="checkbox"/> Gloucester County, VA | <input type="checkbox"/> Newport News (City of), VA | <input type="checkbox"/> Chowan County, NC |
| <input type="checkbox"/> Greene County, VA | <input type="checkbox"/> Norfolk (City of), VA | <input type="checkbox"/> Currituck County, NC |
| <input type="checkbox"/> Hampton (City of), VA | <input type="checkbox"/> Northampton County, VA | <input type="checkbox"/> Dare County, NC |
| <input type="checkbox"/> Isle of Wight County, VA | <input type="checkbox"/> Poquoson (City of), VA | <input type="checkbox"/> Gates County, NC |
| <input type="checkbox"/> James City County, VA | <input type="checkbox"/> Portsmouth (City of), VA | <input type="checkbox"/> Hertford County, NC |
| <input type="checkbox"/> King and Queen County, VA | <input type="checkbox"/> Southampton County, VA | <input type="checkbox"/> Pasquotank County, NC |
| <input type="checkbox"/> King William County, VA | <input type="checkbox"/> Suffolk (City of), VA | <input type="checkbox"/> Perquimans County, NC |
| | <input type="checkbox"/> Surry County, VA | |

2) Please share your ZIP code. _____

3) Please check the top 3 most important health concerns for CHILDREN/YOUTH (ages 0-17) and the top 3 concerns for ADULTS, in your community.

	Children	Adults
Asthma/Allergies		
Cancer		
Dental/Oral health		
Diabetes		
Heart conditions		
High blood pressure		
Maternal health (pregnancy and postpartum care)		
Mental health (anxiety, depression, bipolar disorder, isolation)		
Neonatal/newborn health		
Neurological disorders (MS, stroke, Alzheimer's/dementia, concussions, autism)		
Obesity		
Sexual transmitted infections (STI)		

4) Please share any specific information about your top 3 concerns for children or adults (e.g., types of cancer, mental health conditions, etc.). _____

5) Please check the top 3 barriers to accessing healthcare resources and services, for CHILDREN/YOUTH (ages 0-17) and the top 3 barriers for ADULTS, in your community.

	Children	Adults
Cost		
Did not know where to go or how to find a doctor		
Language		
Limited or no internet access		
Limited or no insurance		
Long wait for a scheduled appointment		
No appointments available for new patients		
No appointments available after 5 pm or on weekends		
No local medical care available within one hour's drive from my home		
Responsibility as a caregiver for another person (child or adult)		
Transportation		
Work-related issues (time off/leave)		
Not listed		
None of the above		

6) Which of the following is the greatest concern for CHILDREN/YOUTH (ages 0-17)?

- | | |
|--|---|
| <input type="checkbox"/> Alcohol use | <input type="checkbox"/> Prescription medication misuse |
| <input type="checkbox"/> Bullying and cyberbullying | <input type="checkbox"/> Sex trafficking |
| <input type="checkbox"/> Gambling online | <input type="checkbox"/> Tobacco and vaping use |
| <input type="checkbox"/> Gang involvement | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Gun access/safety | <input type="checkbox"/> Not listed |
| <input type="checkbox"/> Illegal drug use (fentanyl and cocaine) | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Marijuana use | |

7) Which of the following is the greatest concern for ADULTS in your community?

- | | |
|--|---|
| <input type="checkbox"/> Addiction to alcohol | <input type="checkbox"/> Marijuana use |
| <input type="checkbox"/> Gambling | <input type="checkbox"/> Prescription medication misuse |
| <input type="checkbox"/> Gang involvement | <input type="checkbox"/> Sex trafficking |
| <input type="checkbox"/> Gun access/safety | <input type="checkbox"/> Tobacco and vaping use |
| <input type="checkbox"/> Illegal drugs use (e.g., fentanyl, cocaine, etc.) | <input type="checkbox"/> Not listed |
| | <input type="checkbox"/> None of the above |

8) Please check the top 3 social concerns impacting health for CHILDREN/YOUTH (ages 0-17) and the top 3 concerns for ADULTS, in your community.

	Children	Adults
Homelessness		
Lack of available healthy food		
Lack of affordable housing		
Lack of available housing		
Lack of parenting support/education services		

Lack of quality schools		
Lack of a safe place to play or exercise		
Loneliness/Isolation		
Violence in homes (adult partner, child, and elderly abuse)		
Violence in the community (gun and/or gang)		
Not listed		

9. Please select the top 3 personal factors that impact the quality of healthcare that CHILDREN/YOUTH and/or ADULTS receive?

- | | | |
|---|---|---|
| <input type="checkbox"/> Age | <input type="checkbox"/> Gender | <input type="checkbox"/> Religious beliefs |
| <input type="checkbox"/> Race | <input type="checkbox"/> Level of education | <input type="checkbox"/> Sexual orientation |
| <input type="checkbox"/> Ethnicity | <input type="checkbox"/> Intellectual disabilities | <input type="checkbox"/> Type of health insurance/How I pay for health services |
| <input type="checkbox"/> Immigration status | <input type="checkbox"/> Physical disabilities | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Language | <input type="checkbox"/> Relationship with medical provider | |
| <input type="checkbox"/> Sex | | |

11) Which of the following do you consider to be your most trusted source of health information?

- | | |
|--|---|
| <input type="checkbox"/> Faith-based organization | <input type="checkbox"/> Local health systems website (hospital, free clinics, etc.) |
| <input type="checkbox"/> Friends/Family | <input type="checkbox"/> My healthcare provider (doctor, pediatrician, physician assistant, nurse) |
| <input type="checkbox"/> Internet | <input type="checkbox"/> My military or VA healthcare provider (doctor, pediatrician, physician assistant, nurse) |
| <input type="checkbox"/> Social media (Instagram, X, Facebook) | <input type="checkbox"/> Federal government (CDC) |
| <input type="checkbox"/> Local or national news sources, newspaper | |
| <input type="checkbox"/> State/local government (health department, mayor, governor) | |

10) Please check the top 3 environmental health safety concerns in the community where you live.

- | | |
|--|--|
| <input type="checkbox"/> Quality drinking water in your home | <input type="checkbox"/> Lead |
| <input type="checkbox"/> Beach water quality | <input type="checkbox"/> Mold |
| <input type="checkbox"/> Air quality | <input type="checkbox"/> Mosquitoes |
| <input type="checkbox"/> Rabies | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Foodborne illness | |

12) Gender: How do you identify?

- Male
- Female
- Non-binary
- Prefer to self-describe

13) Race (limit two selections)

- African American/Black
- Asian/Pacific Islander
- Hispanic/Latino
- Indigenous Populations
- Middle Eastern
- White/Caucasian
- Not listed

14) Age (years)

- 18-25
- 26-39
- 40-54
- 55-64
- 65+

16) Medical Insurance- check all that apply

- Indian Health Services
- Medicaid
- Medicare
- Private insurance (e.g., individual, exchange plan, employer sponsored, etc.)

17) Primary Language Spoken in Your Home

- | | | |
|--|---|--|
| <input type="checkbox"/> Arabic | <input type="checkbox"/> Hindi | <input type="checkbox"/> Sign language |
| <input type="checkbox"/> English | <input type="checkbox"/> Japanese | <input type="checkbox"/> Spanish |
| <input type="checkbox"/> Farsi/Persian | <input type="checkbox"/> Korean | <input type="checkbox"/> Tagalog |
| <input type="checkbox"/> German | <input type="checkbox"/> Mandarin | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Gujarati | <input type="checkbox"/> Mon-Khmer, Cambodian | <input type="checkbox"/> Not listed |
| <input type="checkbox"/> Haitian/French Creole | <input type="checkbox"/> Russian | |

18) Housing

- Homeless
- Own
- Rent
- Temporary housing

Members in Household

19) Number of Adults Living in the Home _____

20) Number of Children (0-17) Living in the Home _____

21) Age Range of Children

- Newborn - 4 years old
- 5-11
- 12-17
- No children live in my home

Stakeholder: Your Community

Below is a list of Virginia and North Carolina communities. Please tell us which localities you view as the community your serve. (Check all that apply even if your perspective only includes one part of a city or county).

- | | | |
|--|---|---|
| <input type="checkbox"/> Accomack County, VA | <input type="checkbox"/> Lancaster County, VA | <input type="checkbox"/> Sussex County, VA |
| <input type="checkbox"/> Charles City County, VA | <input type="checkbox"/> Lorton (City of), VA | <input type="checkbox"/> Virginia Beach (City of), VA |
| <input type="checkbox"/> Charlottesville (City of), VA | <input type="checkbox"/> Louisa County, VA | <input type="checkbox"/> Williamsburg (City of), VA |
| <input type="checkbox"/> Chesapeake (City of), VA | <input type="checkbox"/> Mathews County, VA | <input type="checkbox"/> York County, VA |
| <input type="checkbox"/> Dumfries (Town of), VA | <input type="checkbox"/> Middlesex County, VA | <input type="checkbox"/> Albemarle County, NC |
| <input type="checkbox"/> Fluvanna County, VA | <input type="checkbox"/> Nelson County, VA | <input type="checkbox"/> Bertie County, NC |
| <input type="checkbox"/> Franklin (City of), VA | <input type="checkbox"/> New Kent County, VA | <input type="checkbox"/> Camden County, NC |
| <input type="checkbox"/> Gloucester County, VA | <input type="checkbox"/> Newport News (City of), VA | <input type="checkbox"/> Chowan County, NC |
| <input type="checkbox"/> Greene County, VA | <input type="checkbox"/> Norfolk (City of), VA | <input type="checkbox"/> Currituck County, NC |
| <input type="checkbox"/> Hampton (City of), VA | <input type="checkbox"/> Northampton County, VA | <input type="checkbox"/> Dare County, NC |
| <input type="checkbox"/> Isle of Wight County, VA | <input type="checkbox"/> Poquoson (City of), VA | <input type="checkbox"/> Gates County, NC |
| <input type="checkbox"/> James City County, VA | <input type="checkbox"/> Portsmouth (City of), VA | <input type="checkbox"/> Hertford County, NC |
| <input type="checkbox"/> King and Queen County, VA | <input type="checkbox"/> Southampton County, VA | <input type="checkbox"/> Pasquotank County, NC |
| <input type="checkbox"/> King William County, VA | <input type="checkbox"/> Surry County, VA | <input type="checkbox"/> Perquimans County, NC |
| | <input type="checkbox"/> Suffolk (City of), VA | |

Please select from the list below the type of employer or organization you most identify with as you complete this survey.

- | | |
|---|--|
| <input type="checkbox"/> State, local or regional health departments | <input type="checkbox"/> Local school districts |
| <input type="checkbox"/> Members of the medically underserved, low-income and minority populations or organizations representing medically underserved, low-income and minority populations | <input type="checkbox"/> Healthcare providers and community health centers |
| <input type="checkbox"/> Healthcare consumers and consumer advocates | <input type="checkbox"/> Academic experts |
| <input type="checkbox"/> Nonprofit and community-based organizations | <input type="checkbox"/> Health insurance and managed care organizations |
| <input type="checkbox"/> Local government officials | <input type="checkbox"/> Private businesses |
| | <input type="checkbox"/> Labor and workforce representatives |
| | <input type="checkbox"/> Military representatives |
| | <input type="checkbox"/> Civic organizations |

Please share your organization's name. _____

Please share your role in your organization. _____

Stakeholder: Community Priorities

Please check the top 3 most important health concerns for CHILDREN and ADULTS in the community you serve.

	Children	Adults
Asthma/Allergies		
Cancer		
Dental/Oral health		
Diabetes		
Heart conditions		
High blood pressure		
Maternal health (pregnancy and postpartum care)		
Mental health (anxiety, depression, bipolar disorder, isolation)		
Neonatal/newborn health		
Neurological disorders (MS, stroke, Alzheimer's/dementia, concussions, autism)		
Obesity		
Sexual transmitted infections (STI)		

Please share any specific information about your top 3 concerns (i.e. types of cancer, mental health conditions, etc.) _____

Stakeholder: Barriers

Please check the top 3 barriers to accessing healthcare resources and services for CHILDREN and ADULTS in the community you serve.

	Children	Adults
Cost		
Did not know where to go or how to find a doctor		
Language		
Limited or no internet access		
Limited or no insurance		
Long wait for a scheduled appointment		
No appointments available for new patients		
No appointments available after 5 pm or on weekends		
No local medical care available within one hour's drive from my home		
Responsibility as a caregiver for another person (child or adult)		
Transportation		
Work-related issues (time off/leave)		
Not listed		
None of the above		

6) Which of the following is the greatest concern for CHILDREN/YOUTH (ages 0-17)?

- | | | |
|---|--|---|
| <input type="checkbox"/> Alcohol use | <input type="checkbox"/> Illegal drug use (fentanyl and cocaine) | <input type="checkbox"/> Sex trafficking |
| <input type="checkbox"/> Bullying and cyberbullying | <input type="checkbox"/> Marijuana use | <input type="checkbox"/> Tobacco and vaping use |
| <input type="checkbox"/> Gambling online | <input type="checkbox"/> Prescription medication misuse | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Gang involvement | | <input type="checkbox"/> Not listed |
| <input type="checkbox"/> Gun access/safety | | <input type="checkbox"/> None of the above |

7) Which of the following is the greatest concern for ADULTS in your community?

- | | | |
|---|--|---|
| <input type="checkbox"/> Addiction to alcohol | <input type="checkbox"/> Illegal drugs use (e.g., fentanyl, cocaine, etc.) | <input type="checkbox"/> Sex trafficking |
| <input type="checkbox"/> Gambling | <input type="checkbox"/> Marijuana use | <input type="checkbox"/> Tobacco and vaping use |
| <input type="checkbox"/> Gang involvement | <input type="checkbox"/> Prescription medication misuse | <input type="checkbox"/> Not listed |
| <input type="checkbox"/> Gun access/safety | | <input type="checkbox"/> None of the above |

Please check the top 3 social concerns impacting health for CHILDREN/YOUTH (ages 0-17) and the top 3 concerns for ADULTS, in your community.

	Children	Adults
Homelessness		
Lack of available healthy food		
Lack of affordable housing		
Lack of available housing		
Lack of parenting support/education services		
Lack of quality schools		
Lack of a safe place to play or exercise		
Loneliness/Isolation		
Violence in homes (adult partner, child, and elderly abuse)		
Violence in the community (gun and/or gang)		
Not listed		

Please share any specific information about your top 3 concerns selected (i.e. violence in the community, quality of schools, homelessness, environmental safety, etc.)

Please select the top 3 personal factors that impact the quality of healthcare that CHILDREN/YOUTH and/or ADULTS receive?

- | | | |
|---|---|---|
| <input type="checkbox"/> Age | <input type="checkbox"/> Gender | <input type="checkbox"/> Religious beliefs |
| <input type="checkbox"/> Race | <input type="checkbox"/> Level of education | <input type="checkbox"/> Sexual orientation |
| <input type="checkbox"/> Ethnicity | <input type="checkbox"/> Intellectual disabilities | <input type="checkbox"/> Type of health insurance/How I pay for health services |
| <input type="checkbox"/> Immigration status | <input type="checkbox"/> Physical disabilities | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Language | <input type="checkbox"/> Relationship with medical provider | |
| <input type="checkbox"/> Sex | | |

Which of the following do you feel your clients consider to be the most trusted source of health information?

- Faith based organization
- Friends/family
- Internet/social media
- Local or national news sources, newspaper
- State/local government (health department, mayor, governor)
- Local health systems website (hospital, free clinics, etc.)
- My healthcare provider (doctor, pediatrician, physician assistant, nurse)
- My military or VA healthcare provider (doctor, pediatrician, physician assistant, nurse)
- National government (CDC)

Community and Stakeholder Responses

Stakeholders			
360 Behavior Consulting	Consortium for Infant and Child Health	Lake Taylor Transitional Care Hospital	Sentara Leigh Hospital
Alternatives, Inc.	CSG	LEPC	Sentara Princess Anne Hospital
Armed Services YMCA of Hampton Roads	Dialysis	LGBT Life Center	Slyver Strategies
Bon Secours	Dianne McNeill, MD, PLLC	Mediation Center	SupportWorks Housing formerly Virginia Supportive Housing
Cancer Action Coalition of Virginia	Dream Hunt & Fishing Program	New Hope Church	T2 Fitness Foundation
Catholic Charities of EVA	Eastern Virginia Medical School Medical Group	Next Step To Success	TCA
CDR, Child Development Resources	Educational Services of Hampton Roads, Inc.	Norfolk Public schools	Teens With a Purpose
Chesapeake Bay Academy	EMV-ODU	Oasis Social Ministry	The AFYA Effect Family Healthcare Services
Chesapeake Care Clinic	EVMS	ODU	The River Ellis Foundation
Chesapeake Health Department	Family in Focus®	Patient Advocate Foundation	TheUpcenter
Chesapeake Integrated Behavioral Healthcare	FDCC	Pediatric Affiliates of Hampton Roads	Tidewater Arts Outreach
Child Development Resources	FEAST Virginia	Portsmouth Community Health Center, Inc.	Tidewater Children's Associates
Children's Adaptability Network	ForKids	Private	TTD
Children's Harbor	FullSTEAM	Project Nana, Inc.	US Fitness Holdings, LLC
Children's Health Investment Program of Southampton Roads	Getting Healthy With Zi, LLC	Regina enterprises	Village Family
Children's Health System	Girls with Goals Alliance	Renaissance Pediatrics	Virginia Health Catalyst
Children's Hospital of The King's Daughters	Jewish Family Service of Tidewater, Inc.	Safe House Project	Vision Driven 757
Children's Medical Group CHKD	K.U.S.P.(Keeping Us Secure & Prosperous)	Seapointe College	VOA Chesapeake and Carolinas
CIVIC Leadership Institute	Kaleidoscope Counseling & Case Management, LLC	Senior Services	WC
Coastal Roots Hair Salon	Lackey Clinic	Sentara Health and Sentara Health Plans	Young Life

Total Responses for SNGH and HER Service Area Cities						
	Total	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
Responses	1,218	286	218	99	121	494
%	100%	23.5%	17.9%	8.1%	9.9%	40.6%
Zip Codes						
Chesapeake City	23320	23321	23322	23323	23324	23325
Norfolk City	23502	23503	23504	23505	23507	23508
	23509	23510	23511	23513	23517	
Portsmouth City	23701	23702	23703	23704	23707	
Suffolk City	23432	23433	23434	23435	23436	23437
Virginia Beach City	23451	23452	23453	23454	23455	23456
	23457	23462	23464			
Gender						
Female	85.2%	89.2%	81.7%	87.9%	78.5%	85.6%
Male	13.6%	10.5%	16.5%	9.1%	20.7%	13.4%
Non-binary	0.5%	0.0%	0.9%	2.0%	0.8%	0.2%
Prefer not to answer	0.7%	0.7%	0.3%	0.9%	1.0%	0.0%
Race/Ethnicity						
White	64.1%	70.6%	66.5%	42.4%	67.8%	62.8%
Black	22.8%	22.4%	27.5%	46.5%	29.8%	14.6%
Asian	5.0%	4.9%	3.7%	2.0%	1.7%	7.1%
Indigenous Population	1.6%	0.0%	3.2%	3.0%	2.5%	1.2%
Middle Eastern	0.1%	0.0%	0.0%	0.0%	0.0%	0.2%
Not Listed	0.8%	0.7%	1.4%	1.0%	0.8%	0.6%
		Arabic	Mixed	Scotch-Irish		Bangladeshi
Hispanic	5.0%	5.2%	4.1%	8.1%	3.3%	4.5%
Ages						
18+25	1.9%	1.7%	3.2%	3.0%	2.5%	0.8%
26-39	28.0%	27.3%	32.6%	27.3%	20.7%	27.3%
40-54	36.9%	43.4%	26.6%	33.3%	37.2%	35.2%
55-64	16.3%	14.3%	17.4%	21.2%	18.2%	12.3%
65+	16.9%	13.3%	20.2%	15.2%	21.5%	10.1%
Please check the top 3 most important health concerns:						
For children/youth (ages 0-17).						
Asthma/Allergies	50.2%	59.1%	47.7%	50.5%	40.5%	48.6%
Cancer	14.4%	16.4%	12.4%	9.1%	13.2%	15.4%
Dental/Oral health	29.6%	29.0%	30.3%	41.4%	25.6%	28.3%
Diabetes	11.7%	13.3%	10.1%	15.2%	13.2%	10.3%
Heart conditions	5.5%	7.3%	5.0%	4.0%	5.8%	4.9%
High blood pressure	1.3%	1.4%	2.8%	1.0%	0.0%	1.0%
Maternal health	4.8%	4.5%	8.7%	3.0%	4.1%	3.8%
Mental health	67.3%	73.8%	70.2%	70.7%	67.8%	61.5%
Neonatal/newborn health	15.9%	15.0%	18.8%	11.1%	20.7%	15.0%
Neurological disorders	14.3%	15.4%	9.2%	14.1%	14.9%	15.8%
Obesity	39.0%	43.0%	37.6%	41.4%	42.1%	36.0%
Sexual transmitted infections	6.6%	5.9%	7.8%	10.1%	9.1%	5.1%

Please check the top 3 most important health concerns:						
	Total	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
For adults.						
Asthma/Allergies	9.9%	10.5%	9.6%	9.1%	8.3%	10.1%
Cancer	37.8%	38.5%	40.8%	36.4%	43.0%	35.2%
Dental/Oral health	11.7%	13.3%	16.5%	10.1%	9.9%	9.3%
Diabetes	30.3%	34.6%	32.6%	33.3%	36.4%	24.7%
Heart conditions	24.4%	25.9%	22.9%	24.2%	31.4%	22.5%
High blood pressure	29.2%	28.7%	29.8%	44.4%	39.7%	23.7%
Maternal health	20.2%	16.8%	20.2%	19.2%	18.2%	22.9%
Mental health	54.4%	57.3%	55.5%	60.6%	47.9%	52.4%
Neonatal/newborn health	0.7%	1.4%	0.9%	0.0%	0.0%	0.4%
Neurological disorders	21.4%	20.3%	22.0%	20.2%	21.5%	22.1%
Obesity	32.8%	34.6%	37.6%	30.3%	38.8%	28.5%
Sexual transmitted infections	4.3%	3.5%	5.5%	10.1%	4.1%	3.0%
Please check the top 3 barriers to accessing healthcare resources and services:						
For children/youth (ages 0-17).						
Cost	42.2%	44.1%	34.9%	43.4%	45.5%	43.3%
Did not know where to go or how to find doctor	15.3%	13.3%	16.5%	15.2%	14.9%	16.0%
Language	1.9%	2.1%	1.8%	4.0%	1.7%	1.4%
Limited or no internet access	3.7%	3.1%	5.5%	6.1%	4.1%	2.6%
Limited or no insurance	30.7%	26.9%	29.8%	40.4%	32.2%	31.0%
Long wait for a scheduled appointment	56.5%	58.4%	50.0%	44.4%	56.2%	60.7%
No appointments available for new patients	35.7%	38.5%	36.2%	30.3%	33.1%	35.6%
No appointments available after 5pm or weekends	33.5%	36.4%	31.2%	37.4%	32.2%	32.4%
No local medical care available within one hour's drive from my home	2.1%	2.8%	1.8%	3.0%	4.1%	1.0%
Responsibility as a caregiver for another person	6.4%	6.3%	8.3%	8.1%	5.0%	5.7%
Transportation	11.1%	8.0%	16.1%	24.2%	9.9%	8.3%
Work-related issues (time off/leave)	12.2%	14.0%	14.7%	10.1%	15.7%	9.5%
Not Listed	3.3%	2.8%	1.8%	2.0%	3.3%	4.5%
None of the above	5.3%	4.9%	6.4%	5.1%	5.8%	5.1%

Please check the top 3 barriers to accessing healthcare resources and services:						
	Total	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
For adults.						
Cost	52.0%	49.3%	45.0%	54.5%	65.3%	52.8%
Did not know where to go or how to find doctor	13.9%	11.5%	17.9%	15.2%	14.9%	13.0%
Language	3.0%	1.7%	4.1%	4.0%	2.5%	3.0%
Limited or no internet access	3.6%	31.5%	4.1%	5.1%	5.0%	2.8%
Limited or no insurance	35.8%	31.5%	39.0%	47.5%	40.5%	33.4%
Long wait for a scheduled appointment	56.9%	59.8%	56.9%	43.4%	56.2%	58.1%
No appointments available for new patients	41.5%	41.3%	40.8%	31.3%	34.7%	45.5%
No appointments available after 5pm or weekends	28.3%	31.5%	25.2%	31.3%	28.1%	27.3%
Transportation	9.7%	8.4%	12.4%	18.2%	9.1%	7.7%
No local medical care available within one hour's drive from my home	1.7%	1.7%	1.4%	5.1%	2.5%	0.8%
Responsibility as a caregiver for another person	9.6%	10.1%	8.7%	6.1%	9.1%	10.5%
Work-related issues (time off/leave)	21.8%	22.7%	21.1%	27.3%	21.5%	20.4%
Not Listed	2.8%	2.8%	2.8%	3.0%	0.8%	3.2%
Which of the following is the greatest concern:						
For children/youth (ages 0-17).						
Alcohol use	2.1%	1.4%	2.8%	3.0%	3.3%	1.8%
Bullying and cyberbullying	43.2%	47.9%	36.2%	42.4%	42.1%	43.9%
Gambling online	0.2%	0.0%	0.5%	0.0%	0.0%	0.2%
Gang involvement	2.4%	1.0%	3.2%	9.1%	2.5%	1.4%
Gun access/safety	13.1%	9.8%	15.1%	19.2%	10.7%	13.4%
Illegal drug use (fentanyl and cocaine)	9.0%	7.3%	9.2%	5.1%	9.1%	10.7%
Marijuana use	3.2%	2.1%	5.0%	4.0%	2.5%	3.0%
Prescription medication misuse	1.1%	1.4%	0.5%	3.0%	0.8%	0.8%
Sex trafficking	3.0%	3.1%	2.8%	1.0%	5.0%	2.8%
Tobacco and vaping use	7.1%	7.7%	6.4%	3.0%	9.1%	7.3%
Teen pregnancy	1.1%	1.7%	0.5%	0.0%	1.7%	1.0%
Not listed	7.1%	8.0%	8.7%	3.0%	4.1%	7.3%
None of the above	7.6%	8.4%	9.2%	7.1%	9.1%	6.3%
Which of the following is the greatest concern:						
For adults.						
Alcohol use	16.3%	15.0%	13.3%	3.0%	20.7%	19.8%
Gambling online	0.5%	0.3%	0.9%	2.0%	0.8%	0.0%
Gang involvement	1.5%	2.1%	1.8%	4.0%	0.0%	0.8%
Gun access/safety	16.0%	10.8%	19.3%	25.3%	14.9%	16.0%
Illegal drug use (fentanyl and cocaine)	25.0%	22.0%	29.8%	33.3%	28.1%	22.3%
Marijuana use	3.4%	2.8%	1.8%	6.1%	5.0%	3.6%
Prescription medication misuse	8.5%	10.1%	7.8%	5.1%	9.9%	8.3%
Sex trafficking	1.4%	1.4%	1.4%	1.0%	0.8%	1.6%
Tobacco and vaping use	5.4%	8.0%	3.2%	2.0%	5.0%	5.7%
Not listed	8.3%	7.0%	8.7%	10.1%	5.8%	9.1%
None of the above	13.5%	20.3%	11.9%	8.1%	9.1%	12.6%

Please check the top 3 social concerns impacting health:						
	Total	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
For children/youth (ages 0-17).						
Homelessness	11.1%	9.1%	9.2%	22.2%	9.1%	11.3%
Lack of available healthy food	45.8%	46.9%	48.2%	35.4%	43.8%	46.8%
Lack of affordable housing	30.5%	36.0%	28.4%	34.3%	27.3%	28.1%
Lack of available housing	7.2%	7.3%	9.2%	9.1%	6.6%	6.1%
Lack of parenting support/education services	38.4%	33.9%	40.4%	34.3%	38.0%	41.1%
Lack of quality schools	29.1%	20.6%	41.3%	43.4%	32.2%	25.1%
Lack of a safe place to play or exercise	27.3%	26.2%	31.2%	41.4%	23.1%	24.3%
Loneliness/Isolation	27.1%	31.5%	16.5%	11.1%	21.5%	33.8%
Violence in homes (adult partner, child, and elderly abuse)	21.9%	18.9%	25.7%	15.2%	26.4%	22.3%
Violence in the community (gun and/or gang)	29.5%	23.4%	30.7%	48.5%	30.6%	28.3%
Not Listed	7.1%	11.2%	6.4%	3.0%	8.3%	5.5%
Please check the top 3 social concerns impacting health:						
For adults.						
Homelessness	27.8%	21.0%	33.0%	39.4%	24.0%	28.1%
Lack of available healthy food	29.0%	31.8%	30.7%	20.2%	25.6%	29.1%
Lack of affordable housing	67.3%	64.7%	70.2%	64.6%	66.9%	68.2%
Lack of available housing	18.6%	15.0%	20.2%	24.2%	18.2%	19.0%
Lack of parenting support/education services	18.6%	21.0%	17.9%	15.2%	18.2%	18.4%
Lack of quality schools	4.7%	4.2%	5.0%	10.1%	7.4%	3.0%
Lack of a safe place to play or exercise	6.1%	6.3%	6.9%	8.1%	7.4%	4.9%
Loneliness/Isolation	38.3%	35.7%	35.3%	27.3%	33.9%	44.3%
Violence in homes (adult partner, child, and elderly abuse)	20.1%	17.5%	22.9%	20.2%	25.6%	19.0%
Violence in the community (gun and/or gang)	27.2%	22.4%	33.0%	42.4%	28.9%	23.9%
Not Listed	8.5%	11.5%	6.9%	3.0%	12.4%	7.7%
Please select the top 3 personal factors that impact the quality of healthcare that children/youth and/or adults receive.						
Age	18.0%	20.3%	20.6%	19.2%	19.0%	15.0%
Race	27.5%	25.2%	29.4%	40.4%	22.3%	26.7%
Ethnicity	11.1%	10.5%	11.9%	16.2%	12.4%	9.7%
Immigration status	8.2%	9.1%	7.8%	9.1%	5.8%	8.3%
Language	9.9%	9.1%	8.7%	7.1%	6.6%	12.1%
Sex	3.2%	3.1%	3.7%	6.1%	0.0%	3.2%
Gender	7.6%	6.3%	7.3%	8.1%	9.1%	7.9%
Level of education	28.4%	25.9%	32.6%	31.3%	28.1%	27.5%
Intellectual disabilities	18.0%	21.0%	22.0%	24.2%	13.2%	14.4%
Physical disabilities	13.1%	12.9%	14.2%	11.1%	13.2%	13.0%
Relationship with medical provider	31.1%	30.1%	26.6%	24.2%	28.9%	35.6%
Religious beliefs	2.1%	2.1%	2.3%	1.0%	2.5%	2.2%
Sexual orientation	3.4%	3.5%	2.8%	3.0%	3.3%	3.8%

Type of health insurance/how I pay for health services	67.2%	65.0%	68.8%	68.7%	64.5%	68.2%
None of the above	9.5%	10.5%	7.3%	4.0%	13.2%	10.1%
Please check the top 3 environmental health safety concerns in the community where you live.						
	Total	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
Quality drinking water in your home	30.3%	29.7%	28.4%	32.3%	25.6%	32.2%
Beach water quality	18.2%	12.9%	19.3%	10.1%	9.9%	24.5%
Air quality	40.1%	41.6%	40.8%	39.4%	31.4%	41.3%
Rabies	1.7%	1.0%	2.3%	2.0%	5.0%	1.0%
Foodborne illness	19.8%	17.8%	14.7%	19.2%	26.4%	21.7%
Lead	10.4%	5.9%	17.4%	13.1%	9.1%	9.7%
Mold	43.6%	39.5%	44.0%	41.4%	42.1%	46.6%
Mosquitoes	52.9%	57.0%	44.5%	57.6%	57.9%	52.0%
None of the above	18.4%	18.9%	22.5%	15.2%	23.1%	15.8%
Which of the following do you consider to be your most trusted source of health information?						
Faith-based organization	2.6%	5.2%	2.8%	2.0%	3.3%	1.0%
Friends/Family	6.0%	7.3%	3.7%	12.1%	6.6%	4.9%
Internet	9.1%	8.0%	7.8%	9.1%	9.9%	10.1%
Social media (Instagram, X, Facebook)	1.6%	0.7%	3.2%	2.0%	0.8%	1.6%
Local or national news sources, newspaper	3.3%	2.4%	3.7%	6.1%	2.5%	3.2%
State/local government (health department, mayor, governor)	4.8%	6.3%	5.0%	5.1%	3.3%	4.0%
Local health systems website (hospital, free clinics, etc.)	7.7%	7.3%	7.3%	10.1%	2.5%	8.9%
My healthcare provider (doctor, pediatrician, physician assistant, nurse)	56.2%	55.6%	56.4%	48.5%	58.7%	57.5%
My military or VA healthcare provider (doctor, pediatrician, physician assistant, nurse)	1.5%	0.7%	2.8%	1.0%	0.8%	1.6%
Federal government (CDC)	7.1%	6.3%	7.3%	4.0%	11.6%	7.1%

Focus Groups

Focus Group Demographics					
9 Total Focus Groups: 79 Participants					
Sex of participants (gender identified)	Female	68		Male	11
Age range of participants	18-25	26-39	40-54	55-64	65+
	2	20	18	11	28
Race/ethnicity of participants	White	Black	Asian	Hispanic	Native American
	19	48	10	1	1
Zip codes of participants	23185	23320 (3)	23321 (2)	23324 (2)	23320 (3)
	23425 (2)	23451	23452 (3)	23454	23455 (3)
	23456 (4)	23457 (2)	23462 (2)	23464 (8)	23502
	23503 (2)	23504 (2)	23505	23507	23508
	23509	23510 (10)	23513 (2)	23518 (5)	23701
	23703	23704			
Prefer not to say	5				
Summary of Key Findings (CHATGPT was used to summarize notes)					
(Complete notes upon request through our Feedback Form)					
Topic 1: What serious health problems are in your community for children (0-17) and for adults (18+)?					
Key issues identified for children					
1. Mental Health Concerns					
<ul style="list-style-type: none"> Anxiety, ADHD, autism, and depression are prevalent among children, teens, and young adults. Lack of coping skills, emotional regulation, and social interaction due to technology overuse and limited physical activity. Long wait times (6+ months) for mental health services and limited access to specialists. Insufficient mental health resources in schools; too few social workers and support systems. Early exposure to social media exacerbates mental health issues and emotional struggles. Mental health challenges viewed as a "pandemic" impacting all age groups. 					
2. Access to Care					
<ul style="list-style-type: none"> Long referral processes and limited availability of specialists like OT, PT, and speech therapy. High costs for services outside insurance coverage. Transportation challenges for those needing specialized care (e.g., cancer, asthma). School nurses overwhelmed by the number of children needing mental and emotional support. 					
3. Community Challenges					
<ul style="list-style-type: none"> Obesity and lack of physical activity among children due to technology and sedentary lifestyles. Food insecurity and limited access to healthy, affordable food options. Poor air quality in certain housing complexes, contributing to asthma and other lung issues. Safety concerns due to neighborhood changes, violence, and inadequate security (e.g., lack of cameras). 					
4. Social Issues					
<ul style="list-style-type: none"> Children and teens lack structured activities, recreation spaces, and role models, especially for young males. Parents struggle to balance work and provide support, leading to "latch-key kids" without supervision. Difficulty finding and attending parenting support resources due to time constraints. 					
5. Health-Specific Concerns					
<ul style="list-style-type: none"> Increased cases of asthma, bronchitis, and walking pneumonia in children. Rise in chronic conditions like diabetes linked to poor nutrition and physical inactivity. 					

Key issues identified for adults

1. Health and Care Access Challenges

- **Chronic Conditions:**
 - Diabetes, high blood pressure, heart issues, kidney disease, gout, arthritis, and obesity are prevalent in aging adults and caregivers. Early deaths in their 50s from chronic diseases are increasingly common.
- **Access to Care:**
 - Long wait times, food deserts, unaffordable healthcare, and aging out of insurance create barriers. Seniors and caregivers need more education on managing chronic conditions and navigating healthcare systems.
- **Caregiver Burdens:**
 - Non-medical caregivers struggle with care coordination, communicating with doctors, and managing parents' chronic illnesses. Caregivers face stress, loneliness, and a lack of resources.
- **Mental Health:**
 - Anxiety, depression, and substance abuse affect both adults and children. Caregivers' stress often impacts children, creating a cycle of mental health challenges.
- **Substance Abuse:**
 - Addiction, vaping, and alcoholism affect both teens and adults, with adverse effects spilling into family dynamics.

2. Mental and Social Health

- **Generational Gaps:**
 - Parents feel disconnected from their children, often afraid to approach them or unsure of how to guide them effectively.
 - Intergenerational communication training and role modeling are needed to bridge gaps.
- **Community Violence:** Gun violence, unsafe neighborhoods, and lack of security measures (e.g., cameras) exacerbate stress and fear among residents.

3. Nutrition and Lifestyle Concerns

- **Food Deserts and Insecurity:**
 - Limited access to affordable, healthy foods contributes to obesity, diabetes, and poor nutrition, especially in underserved neighborhoods.
 - Seniors often share limited food resources with neighbors, highlighting the importance of communal support.
- **Sedentary Lifestyles:**
 - Technology overuse and lack of physical activity are prevalent among youth and adults, leading to health issues like obesity and poor mental health.
 - Education on nutrition and physical health is needed, particularly in lower-income communities.

4. Education and Resource Gaps

- **Health Literacy:**
 - Many families lack the knowledge or resources to advocate for proper care or understand medical conditions.
- **School and Youth Resources:**
 - Insufficient social workers, counselors, and after-school programs in schools.
 - Children often face undiagnosed or unsupported conditions, such as ADHD or autism.
- **Community Solutions:**
 - Town halls and "rap sessions" with youth and adults to facilitate open communication.
 - Activities like sports, chess, and job fairs to engage youth and reduce risky behaviors.
 - Support for caregivers through community partnerships and educational initiatives.

Suggestions and Needs
<p>Children:</p> <ul style="list-style-type: none"> • Raise awareness about mental and physical health in households. • Provide more accessible and affordable mental health services. • Provide structured activities and recreation centers for youth, focusing on mentorship and engagement. • Increase support staff in schools (e.g., social workers, counselors). • Encourage physical activity and balanced nutrition to combat obesity and related health issues. • Expand recreational and structured activities for youth to prevent negative behaviors. • Improve food access in underserved communities through local grocery stores or better transportation. • Enhance safety measures in neighborhoods and schools. <p>Adults:</p> <ul style="list-style-type: none"> • Increase care coordination between doctors, caregivers, and support groups to manage chronic conditions. • Improve safety measures in communities (e.g., street cameras, neighborhood programs). • Expand access to affordable, nutritious food in underserved areas. • Educate parents and caregivers on health literacy, mental health, and the importance of role modeling. • Advocate for mental health resources in schools and accessible counseling services for families.
<p>Topic 2: What are some of the environmental and social conditions that affect quality of life for children and adults living in your community?</p>
Key issues identified for children
<p>1. Cost of Living and Economic Struggles</p> <ul style="list-style-type: none"> • Housing Costs: Rising costs lead to housing insecurity, affecting both children and adults. The ripple effect creates stress and impacts health and well-being. • Poverty: A cyclical issue impacting access to basic needs, education, and healthcare. The middle-income group often earns too much to qualify for assistance but too little to thrive, worsening disparities. • Transportation: Lack of accessible and affordable transportation limits access to jobs, healthcare, and education, especially in cities like Norfolk. • Childcare Costs: High costs prevent many parents from working, leading to economic stagnation and increased reliance on public assistance.
<p>2. Violence and Safety Concerns</p> <ul style="list-style-type: none"> • Gun Violence: Increases trauma in children and adults. Lockdowns and shootings in neighborhoods are creating lasting mental health impacts. • Unsafe Communities: Fear of crime keeps children indoors, preventing outdoor play and socialization. • Unsupervised children face higher risks of abuse. • Bullying: A pervasive issue, particularly for children in military families who frequently move and struggle to form lasting relationships. Access to therapists is limited, leaving children without adequate support. • School Environment: Schools in underserved areas (e.g., Norfolk) often lack resources, face high teacher turnover, and struggle with behavior issues. Teachers feel unsupported, taking on roles beyond their expertise (e.g., social workers, counselors).
<p>3. Social Isolation and Lack of Community</p> <ul style="list-style-type: none"> • Neighborhood Challenges: The erosion of community ties leads to increased social isolation for children and adults. Children lack opportunities for socialization, play, and learning how to share or participate in community activities. • Technology Overuse: Excessive screen time and social media use hinder healthy development, sleep, and social interactions. Children are increasingly detached from real-life experiences and relationships.
<p>4. Education and Resource Disparities</p> <ul style="list-style-type: none"> • School Quality: <ul style="list-style-type: none"> ○ Norfolk schools struggle with overcrowding, mixing age groups, and segregation by race and income, leading to inequitable educational experiences. ○ Virginia Beach schools are viewed as better-resourced and more supportive, attracting families seeking better opportunities. • Nutrition and Basic Needs: <ul style="list-style-type: none"> ○ School lunches are often the only meal for many children. ○ Families lack resources to provide healthy meals, further impacted by food deserts and rising costs. • Support Services: Limited access to mental health professionals in schools and the community, especially for military families and underserved populations.

5. Health and Mental Health Concerns

- Children’s Mental Health: Bullying, social isolation, and exposure to violence contribute to rising anxiety and depression in children.
- Latch-Key Children: With parents working or unable to afford childcare, children are left unsupervised, increasing risks of negative influences and unsafe situations.
- Adult Mental Health: Economic pressures, safety concerns, and caregiving responsibilities contribute to widespread stress and mental health challenges among adults.
- Healthcare Navigation: Families find it difficult to navigate complex healthcare systems, particularly in underserved areas like Norfolk.

Key issues identified for adults

1. Economic Pressures and Cost of Living

- Housing and Rent Increases: Escalating housing costs strain family budgets, pushing families into unsafe or less desirable neighborhoods.
- Grocery Prices: Families are forced to compromise on nutrition, buying less healthy food because of affordability.
- Military Families: Deployment pay fluctuation adds stress, especially for stay-at-home spouses managing children and household needs alone.
- Healthcare Costs: Even insured families face challenges with affordability, creating barriers to preventative care and necessary treatments.
- Childcare Costs: Prohibitively expensive childcare prevents parents, especially single or stay-at-home parents, from working.
- The "Middle Income Trap": Families earning above poverty thresholds struggle to qualify for assistance but cannot sustain their needs on their incomes, perpetuating economic instability.

2. Health and Healthcare Access

- Health Literacy: Challenges navigating healthcare systems (e.g., MyChart apps, appointment scheduling) are exacerbated by technical barriers and long wait times.
- Aging Populations and Cultural Barriers:
 - Elderly, particularly in the Filipino community, resist seeking care to avoid being a burden, leading to preventable emergencies.
 - Medical mistrust and difficulty connecting with younger healthcare professionals create communication gaps.
 - Language barriers further alienate non-English speakers, with technology-based services often inadequate.
- Mental Health Stigma and Access: Loneliness, depression, and unresolved grief are widespread, compounded by stigma and insufficient mental health services.
- Transportation: Lack of affordable or reliable transportation prevents access to appointments and medication, especially for seniors and underserved communities.

3. Social and Community Challenges

- Isolation: Widows, seniors, and non-English-speaking populations experience deep isolation due to cultural and social disconnects.
- Violence and Safety Concerns:
 - Street violence, drug dealing, and inadequate policing create unsafe neighborhoods, leaving children exposed to trauma and high-risk behaviors.
- Breakdown of Community Ties: Families no longer feel a sense of belonging or connection in their neighborhoods, increasing social isolation and decreasing collective safety.
- Generational Poverty and Risk Behaviors:
 - Economic instability fosters exposure to drugs, violence, and other high-risk behaviors among youth.
 - Children witness and normalize unsafe or illegal activities, creating a vicious cycle of poverty and violence.

4. Education and Youth Development

- Limited Resources in Schools:
 - Underserved schools struggle with resource allocation, impacting student well-being and academic performance. Lack of structured youth activities leads to risky behaviors in unstructured environments.
- Food Insecurity: School-provided meals are often a child’s only substantial meal, highlighting broader family-level food insecurity.
- Bullying and Trauma: Children face bullying tied to economic disparities and exposure to violence, compounded by limited access to counseling.

Suggestions and Needs

Children

- **Affordable Housing and Transportation:**
 - Advocate for rent subsidies, affordable housing initiatives, and reliable public transportation systems.
- **Community Safety and Engagement:**
 - Increase community policing, install neighborhood cameras, and create safe spaces for children to play.
 - Develop intergenerational programs to foster community and reduce social isolation.
- **Education and School Support:**
 - Allocate resources to underserved schools, focusing on smaller class sizes, mental health counselors, and after-school programs.
 - Provide training and support for teachers dealing with socioeconomic challenges.
- **Mental Health Access:**
 - Expand availability of therapists and counselors in schools and communities, with a focus on military families and underserved populations.
 - Introduce school-based anti-bullying programs and peer support networks.
- **Nutrition and Health Services:**
 - Address food insecurity by expanding school meal programs and improving access to fresh produce in food deserts.
 - Create mobile health clinics to provide accessible care in underserved neighborhoods.

Adults

- **Affordable Housing and Economic Supports:**
 - Rent control and assistance programs for middle-income earners.
 - Expansion of food stamps and subsidies to families ineligible due to income thresholds.
- **Improved Healthcare Accessibility:**
 - Increased availability of mobile clinics for underserved areas.
 - Enhanced training for medical professionals to understand cultural nuances and improve patient communication.
 - One-on-one live support for navigating health systems like MyChart.
- **Transportation Solutions:**
 - Subsidized or free transport options for medical appointments and essential errands.
 - More accessible community-based transport services for seniors and low-income families.
- **Safety and Crime Prevention:**
 - Improved lighting in neighborhoods.
 - Increased community policing and quicker response times.
 - Initiatives to combat drug and gun violence, focusing on community education and youth programs.
- **Mental Health and Social Connection:**
 - Peer support groups for widows, seniors, and caregivers to reduce isolation.
 - Cultural and language-specific programs to address barriers in communities like the Filipino population.
- **Youth-Focused Interventions:**
 - Creation of structured after-school and youth activities in high-risk areas.
 - Expansion of mental health resources and anti-bullying programs in schools.

Topic 3: What do you think about the health-related services that are available in your community, including medical care, dental care, and mental healthcare for children and adults?

Key issues identified for children

1. Access to Healthcare Services

- **Clinic and Provider Shortages:**
 - Long wait times for wellness visits and specialty appointments due to provider shortages.
 - Overwhelmed healthcare systems in densely populated military areas.
 - Limited pediatric options, such as Children’s Hospital of The King’s Daughters (CHKD), resulting in long waitlists and increased emergency department (ED) visits.
- **Urgent Care Reliance:**
 - Lack of timely access to primary care forces families to use urgent care or ED for non-emergency needs.
 - Billing errors during PCS (Permanent Change of Station) lead to high out-of-pocket costs.
- **Insurance Challenges:**
 - Military families face issues with transferring insurance coverage, finding in-network providers, and supplemental dental insurance limited by enrollment periods.
 - Families on Medicaid struggle with limited provider availability and access to second opinions.

2. Mental Health Accessibility

- **Stigma and Awareness:**
 - Mental health care, though more accepted for children, still carries stigma, particularly for adults.
 - Limited knowledge and resources for addressing mental health concerns while raising children.
- **Barriers to Care:**
 - Shortage of child psychiatrists and therapists; CHKD’s mental health services remain overburdened despite recent expansions.
 - Long waitlists and limited telehealth options for mental health care exacerbate accessibility challenges.
 - Lack of dedicated mental health facilities and safe spaces for children to discuss concerns.
- **Advocacy Needs:**
 - Parents must consistently advocate to secure appropriate mental health and general health care for children.
 - Families without case managers or other navigational support struggle to access available mental health resources.

3. Pediatric and Preventative Care Issues

- **Immunization Barriers:**
 - Strict vaccination requirements for accessing care pose challenges for families with hesitancy or those transitioning during PCS.
 - Some families report doctors refusing to see unvaccinated or partially vaccinated children.
- **Specialty Care Access:**
 - Specialty care options are limited, particularly for Medicaid patients, resulting in delayed treatment and poor health outcomes.
 - Rural and underserved areas face compounded barriers with fewer providers and transportation challenges.
- **Preventative Care Shortfalls:**
 - Limited access to clinics and preventive services increases reliance on ED, creating a reactive rather than proactive care model.

4. Transportation Barriers

- **Getting to Appointments:**
 - Transportation difficulties prevent families from reaching appointments, particularly for specialty care or when multiple visits are needed.
 - Rural residents face the longest travel times, with few nearby clinics or facilities.
- **Missed Opportunities for Care:**
 - Parents without reliable transportation miss critical wellness checks, vaccinations, and mental health appointments.

Key issues identified for adults
<p>Provider Shortages:</p> <ul style="list-style-type: none"> • Insufficient number of primary care and specialist providers leads to long wait times (1-6 months). • High provider turnover and limited availability in rural or underserved areas. • Specialty care (e.g., pain management, orthodontics) is often unavailable locally, requiring travel to other cities.
<p>Insurance Barriers:</p> <ul style="list-style-type: none"> • Medicaid recipients face limited access to providers who accept their insurance. • Out-of-pocket costs for treatments like infertility care are unaffordable for many (\$30,000+). • Navigating insurance requirements and documentation is burdensome, especially for seniors and underserved populations.
<p>Mental Health Access:</p> <ul style="list-style-type: none"> • Stigma, particularly in the Black community, prevents many from seeking care. • Shortage of therapists and long wait times for appointments hinder timely intervention. • Churches increasingly support mental health awareness, but more accessible resources are needed.
<p>Transportation Issues:</p> <ul style="list-style-type: none"> • Seniors and low-income families struggle with transportation to appointments. • Current transportation services are unreliable and limited, especially on weekends or for non-healthcare needs (e.g., grocery shopping).
<p>Dental and Preventive Care:</p> <ul style="list-style-type: none"> • Few dental providers accept Medicaid, leading to untreated dental issues that impact overall health. • Lack of comprehensive preventive care forces reliance on emergency departments.
<p>Health Disparities:</p> <ul style="list-style-type: none"> • Black individuals often report being dismissed or treated poorly by healthcare providers. • Maternal health disparities, particularly for Black mothers, result in delayed diagnoses and substandard care. • Perceived bias against Medicaid recipients impacts the quality of care.
<p>Systemic Barriers</p> <ul style="list-style-type: none"> • Overwhelmed healthcare systems lead to rushed appointments and poor provider-patient relationships. • Navigation of the healthcare system is challenging due to confusing paperwork and inadequate communication from providers. • Reduced funding has led to the closure of community centers offering health and social services.
Suggestions and Needs
<p>Children</p> <ul style="list-style-type: none"> • Expand Healthcare Access: <ul style="list-style-type: none"> ○ Recruit and retain more healthcare providers in military-dense areas to meet demand. ○ Establish additional community clinics and mobile health units for rural and underserved populations. ○ Streamline the process for transferring insurance during PCS and include broader supplemental dental coverage for military families. • Mental Health Resources: <ul style="list-style-type: none"> ○ Increase telehealth and app-based mental health care options for immediate access to counselors and resources. ○ Build safe spaces and youth-focused mental health facilities to reduce stigma and encourage early intervention. ○ Offer workshops for parents on recognizing and addressing mental health needs in children. • Transportation and Outreach: <ul style="list-style-type: none"> ○ Provide free or low-cost transportation services for medical appointments, especially in rural or underserved areas. ○ Partner with local organizations to offer medical transport solutions for low-income and Medicaid families. • Education and Support: <ul style="list-style-type: none"> ○ Create clear, accessible guides for navigating military healthcare systems and insurance processes. ○ Provide advocacy and case management services to support families in accessing care, particularly for mental health and Medicaid patients. • Policy Improvements: <ul style="list-style-type: none"> ○ Address systemic issues with provider shortages and insurance limitations through federal and state-level healthcare reforms.

Adults

- Expand Healthcare Infrastructure
 - Increase the number of providers, clinics, and mobile health units in underserved areas.
 - Improve provider retention through incentives, particularly in high-need areas like Portsmouth and rural communities.
- Enhance Insurance Accessibility
 - Broaden the range of services covered by Medicaid and other insurance, including infertility treatments.
 - Simplify insurance processes to reduce the burden of documentation for families and seniors.
- Mental Health Support
 - Address stigma through faith-based and community-driven initiatives.
 - Expand access to telehealth for mental health services to reduce wait times.
 - Increase the number of culturally competent therapists and create safe spaces for discussing mental health.
- Improve Transportation Solutions
 - Partner with local organizations to offer reliable transportation options for medical and non-medical needs.
 - Establish more senior-specific transportation services to increase independence and access.
- Address Health Disparities
 - Provide cultural competency training for healthcare providers to reduce implicit bias.
 - Develop targeted maternal health programs for Black mothers to ensure comprehensive, respectful care.
 - Strengthen advocacy and case management support to assist underserved populations in navigating the system.
- Community Engagement and Education
 - Offer health literacy programs to help patients understand disease processes and treatment plans.
 - Publicize resources and services through accessible means, including churches and community centers.
 - Conduct wraparound health and education sessions that combine screenings with resource referrals.
- Streamline Services
 - Centralize services in multipurpose centers to reduce travel and complexity.
 - Improve coordination between providers to minimize redundant visits and ensure holistic care.
- Advocate for Policy Changes
 - Advocate for national and local policies to increase funding for healthcare services, especially in underserved areas.
 - Support paid parental leave policies to reduce financial stress for families.

Topic 4: Do you feel like it is hard to access healthy, fresh food in your community?
 What keeps you from trying new fresh fruits and/or vegetables?

Key issues identified for children and adults

Cost of Healthy Food:

- Healthy food, especially organic and fresh produce, is often perceived as and is actually more expensive than processed foods or fast food.
- Limited budget leads people to prioritize food quantity over quality.

Transportation Barriers:

- Many areas lack accessible grocery stores, especially neighborhoods with low property values.
- Transportation challenges, such as lack of public transit, make it hard for people to reach stores with affordable, fresh food.

Educational Gaps:

- Many people lack knowledge about selecting, storing, and preparing healthy foods.
- There's a stigma and misconception that healthy eating is complicated or unaffordable.

Cultural and Generational Influence:

- Dietary habits are often influenced by upbringing, and trying new foods can be intimidating or unfamiliar.
- Generational food preferences may limit the willingness to explore healthier options.

Fast Food Dominance:

- Fast food is often cheaper, more convenient, and more accessible, leading to increased consumption over healthier home-cooked meals.

Food Shelf Life and Storage:

- Fresh fruits and vegetables spoil quickly, discouraging purchase, especially without proper storage or preparation knowledge.

Access to Food Resources:

- Despite food banks and pantries offering fresh food, barriers such as limited operating hours, stigma, and eligibility restrictions deter usage.

Addiction to Processed Foods:

- Sugar and chemical additives in processed foods create habitual cravings, making it harder for individuals to transition to fresh, whole foods.

Suggestions and Needs

- **Community Education and Skill-Building:**
 - Host cooking classes at local community centers or libraries to teach food preparation and storage techniques.
 - Create workshops on reading nutrition labels, understanding portion sizes, and debunking myths about healthy eating.
- **Community Gardens and Farmers Markets:**
 - Encourage the development of community gardens to provide local access to affordable produce.
 - Partner with farmers markets to accept subsidies like SNAP and offer affordable pricing for local produce.
- **Improved Access to Grocery Stores:**
 - Advocate for grocery stores in underserved areas with affordable healthy food options.
 - Develop mobile grocery stores or food trucks that bring fresh food to neighborhoods.
- **Affordable Meal Prep Services:**
 - Support initiatives like "Meals on Wheels" or nonprofit meal kits that focus on healthy, affordable options.
- **Transportation Solutions:**
 - Offer free or subsidized transportation to grocery stores or food pantries.
 - Create partnerships with rideshare companies to make transportation more affordable for grocery trips.
- **Cultural and Generational Engagement:**
 - Create programs that blend traditional dishes with healthier ingredient swaps to honor cultural preferences while promoting health.
 - Engage youth with hands-on cooking classes to inspire generational change.
- **Policy Advocacy:**
 - Advocate for subsidies on fresh produce to lower costs.
 - Push for zoning changes that incentivize grocery stores to open in underserved areas.
- **Healthy Fast Food Options:**
 - Work with local fast food establishments to include affordable, nutritious options on their menus.
 - Implement clear labeling to highlight healthier options in restaurants and stores.
- **Collaborations with Local Organizations:**
 - Partner with churches and community centers to provide access to fresh food without stigma.
 - Ensure food pantries have streamlined processes for accessibility.

Topic 5: What is working in your community that can help residents live healthier lives?
Key strengths identified for children and adults
<p>Affordable and Accessible Recreation:</p> <ul style="list-style-type: none"> • Recreation Centers and YMCA: Affordable options for families with a range of activities promoting physical and social health. • Parks, playgrounds, and walking/biking paths encourage outdoor movement and activity.
<p>Community-Based Healthcare Support:</p> <ul style="list-style-type: none"> • Advanced Medical Care: Facilities like Sentara Heart Center and Norfolk General Hospital are praised for their advanced services and care. • Technology Integration: Follow My Health App and interconnected electronic medical records improve accessibility. • Mobile Clinics: Offer free check-ups, expanding healthcare access.
<p>Senior Programs and Activities:</p> <ul style="list-style-type: none"> • Chair exercises, line dancing, virtual bingo, and AARP initiatives keep seniors active and socially engaged. • Programs like Senior Companions and Senior Services Southeastern combat isolation and assist with light caregiving.
<p>School and Workplace Wellness Programs:</p> <ul style="list-style-type: none"> • Walking challenges, "Be Well" incentives, and wellness promotions encourage healthy habits. • Schools as hubs provide resources like food pantry information and job-finding assistance for families.
<p>Grassroots and Faith-Based Partnerships:</p> <ul style="list-style-type: none"> • Organizations like Lee's Friends, Urban Discovery Ministries, and local churches are key in providing transportation, mental health services, and food pantries. • Collaboration with community members builds trust and accessibility.
<p>Food Resources:</p> <ul style="list-style-type: none"> • Churches and food banks are stepping up to meet community needs. • Farmers markets and mobile food pantries are increasing access to fresh food.
<p>Community Engagement:</p> <ul style="list-style-type: none"> • Programs like Urban Discovery Ministries foster partnerships and provide trauma support, especially for youth and families. • Community events and diverse activities in Norfolk are promoting inclusivity and wellness.
Challenges and Opportunities
<ul style="list-style-type: none"> • Healthcare Continuity Gaps: <ul style="list-style-type: none"> ○ Transition challenges for patients aging out of pediatric care (e.g., sickle cell patients). ○ Limited awareness or availability of certain healthcare programs for marginalized groups. • Access to Resources for Seniors: <ul style="list-style-type: none"> ○ Seniors face barriers like transportation and lack of programs tailored to their needs compared to those for younger people. • Community Awareness and Utilization: <ul style="list-style-type: none"> ○ Despite the availability of resources, many community members remain unaware or lack the confidence to access them. • Diversity in Programs: <ul style="list-style-type: none"> ○ Expansion of activities catering to diverse age groups and interests could further engage communities (e.g., more programs for seniors or specialized youth initiatives).

Suggestions and Needs

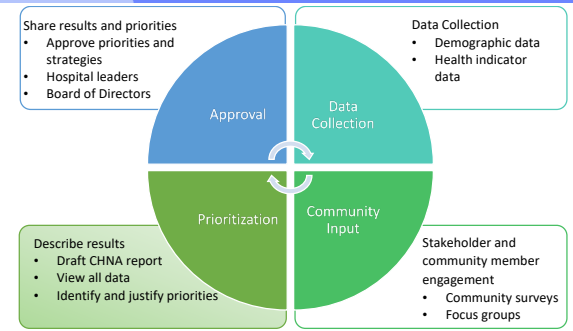
- Strengthen Outreach and Awareness:
 - Centralize information on community resources through an easily accessible platform or app.
 - Conduct targeted outreach campaigns to educate the community about available programs and services.
- Expand Senior Support Services:
 - Reinstate programs like Senior Companions to combat isolation and assist with daily activities.
 - Develop more mobile and home-based services to support seniors unable to travel.
- Improve Healthcare Transition Services:
 - Partner with hospitals and clinics to create programs ensuring continuity of care for patients transitioning from pediatric to adult care.
- Enhance Community Collaboration:
 - Expand partnerships between grassroots organizations and larger institutions like hospitals, schools, and churches.
 - Foster intergenerational programs where youth can assist and learn from seniors, creating mutual benefits.
- Boost Accessibility of Resources:
 - Increase the frequency and locations of mobile food pantries and clinics.
 - Provide transportation subsidies or volunteer-based ride services for seniors and low-income families.
- Encourage Health and Wellness Participation:
 - Incentivize participation in fitness and wellness programs through local rewards or discounts.
 - Introduce programs focusing on culturally relevant and enjoyable activities for different demographics.

Topic 6: What do you think your local health systems (hospitals and primary care) and health departments can do to improve the health and wellness in your community?

Recommendations

- Expand Workforce and Training:
 - Hire more doctors, nurses, and specialists, focusing on diversity and passion for care.
 - Provide burnout prevention programs for healthcare workers.
 - Introduce mandatory cultural competence and diversity training for staff.
- Enhance Community Health Outreach:
 - Host mobile clinics in underserved areas, including schools and churches.
 - Increase educational efforts with culturally relevant, accessible materials on preventive care, vaccinations, and healthcare navigation.
- Reinstate and Expand Programs for Seniors:
 - Relaunch Senior Companion programs to combat isolation and provide basic support.
 - Develop intergenerational activities that engage both youth and seniors.
- Increase Telehealth and Local Access:
 - Expand telehealth services and provide training for users unfamiliar with the technology.
 - Increase the number of clinics in underserved neighborhoods to reduce travel barriers.
- Improve Patient Education and Advocacy:
 - Hire health coaches and patient navigators, particularly for cancer and chronic illness patients.
 - Create workshops and conferences on hospice, palliative care, and end-of-life planning.
- Build Trust in Underserved Communities:
 - Employ more health professionals from black and brown communities to improve representation.
 - Launch transparency initiatives to address historical mistrust and focus on disparities like maternal mortality.
- Focus on Emergency Preparedness:
 - Develop a robust emergency response plan that includes food delivery, healthcare access, and clear communication channels for future pandemics.
- Increase Accessibility and Affordability:
 - Advocate for policies ensuring all specialists accept a wider range of insurance plans.
 - Partner with local businesses, such as grocery stores, to provide affordable healthy food options.

Appendix D: Prioritization Process



The process to determine whether each health issue qualified as a CHNA health need drew upon both secondary and primary data, as follows:

1. A health need category was identified as high need based on secondary data collected if it met any of the following conditions:
 - Overall severity: at least one health indicator need was much worse or worse than the state.
 - Disparities: at least one health indicator need was much worse or worse than the state for any defined racial/ethnic group.
 - External benchmark: health indicator data showed worse than an external goal (e.g., state average, county data, and Healthy People 2030).
2. A health need category was identified as high need based on primary data if it was identified as a theme in a majority of community survey responses and focus groups.
3. Classification of primary and secondary data was combined into the final health need category using the following criteria:
 - True Health Need Priority: High need indicated in both secondary and across all types of primary data. Sentara and CHNA partners confirm these health needs.
 - Possible Health Need: High need indicated only in secondary data and/or some primary data. These health issues were further discussed with Sentara and CHNA partners to determine final status.
 - Not a High Priority: High need indicated in only one or fewer sources.

Description of the Community Needs Identified

For each priority concern that has been identified, the related threats and opportunities are listed.



Behavioral Health	
<p>Strengths within the community</p> <ul style="list-style-type: none"> • Range of treatment levels (inpatient, partial) • Behavioral health navigators for coordination and referrals • ED referral pathways • Telepsych for admitted patients • Group and peer support options • Growing collaboration with local hospitals and health systems • Trained crisis response teams • Strong local academic/medical partnerships (e.g., EVMS, ODU) 	<p>Limitations to achieving improvement within community</p> <ul style="list-style-type: none"> • Appointment/response times • Inpatient capacity • Diagnoses stigma • Transitions of care/ Follow-up access • Outcome tracking
<p>Opportunities created for community</p> <ul style="list-style-type: none"> • Expand telehealth access • Strengthen community partnerships • Cross-train staff for crisis support • Leverage EHR data to target needs • Collaborate with first responders • Leverage state investments in crisis stabilization and 988 rollout • Expand mobile crisis units and community-based response • Build community trust through culturally rooted outreach • Partner with schools and youth-serving organizations for early intervention 	<p>Risks posed to the community</p> <ul style="list-style-type: none"> • Rising youth and adolescent behavioral health needs • Increased substance use • Disparities in access and outcomes • Funding • Increase care demand • Provider access • Digital access barriers
Chronic Disease	
<p>Strengths within the community</p> <ul style="list-style-type: none"> • Sentara Cares mobile clinic • Mobile mammography services • Diabetes education and fitness programs • Strong local hospital and health system infrastructure • Pilot programs for food access and chronic disease prevention • Established partnerships with community organizations, clinics, and FQHCs 	<p>Limitations to achieving improvement within community</p> <ul style="list-style-type: none"> • Underutilization of existing preventive programs • Transitions of care/ Follow-up access
<p>Opportunities Created for Community</p> <ul style="list-style-type: none"> • Build referral networks across hospitals, CBOs, and local health departments • Expand neighborhood-based wellness and screening programs • Increase mobile and pop-up clinic availability in high-need areas • Strengthen collaborations with CHWs, lay health workers, and faith-based partners • Use telehealth and remote monitoring for self-management 	<p>Risks Posed to the Community</p> <ul style="list-style-type: none"> • Increase in comorbid conditions (e.g., diabetes + hypertension) • Widening community health disparities • Climate-related impacts (e.g., heat exposure for heart/lung conditions) • Public health funding reductions • Aging population with medical complexity • Provider access

Social Drivers of Health	
<p>Strengths within the community</p> <ul style="list-style-type: none"> • Established social work and care coordination teams • Access to closed-loop referral platforms • Community benefit investments targeting social needs • Partnerships with local food, housing, and legal aid agencies • Patient financial navigation services • Behavioral health integration addressing social stressors • Increasing internal awareness of SDOH impacts on health outcomes 	<p>Limitations to achieving improvement within community</p> <ul style="list-style-type: none"> • Inconsistent screening referrals, and support across health systems • Community program awareness
<p>Opportunities Created for Community</p> <ul style="list-style-type: none"> • Embed universal SDOH screening and referrals in EHR workflows • Build stronger cross-sector coalitions (health, housing, workforce, education) • Increase investment in CHW programs and peer navigation • Expand culturally relevant outreach and trusted messenger initiatives • Collaborate with employers and anchor institutions on upstream needs • Integrate transportation, housing, and food access into care coordination • Utilize public data to target resource deployment more effectively 	<p>Risks Posed to the Community</p> <ul style="list-style-type: none"> • Housing shortages and rising rental costs • Food insecurity • Public transit limitations • Inequalities in digital access affecting telehealth and service navigation • Cost of living impacting access to basic needs • Community-based organization reductions