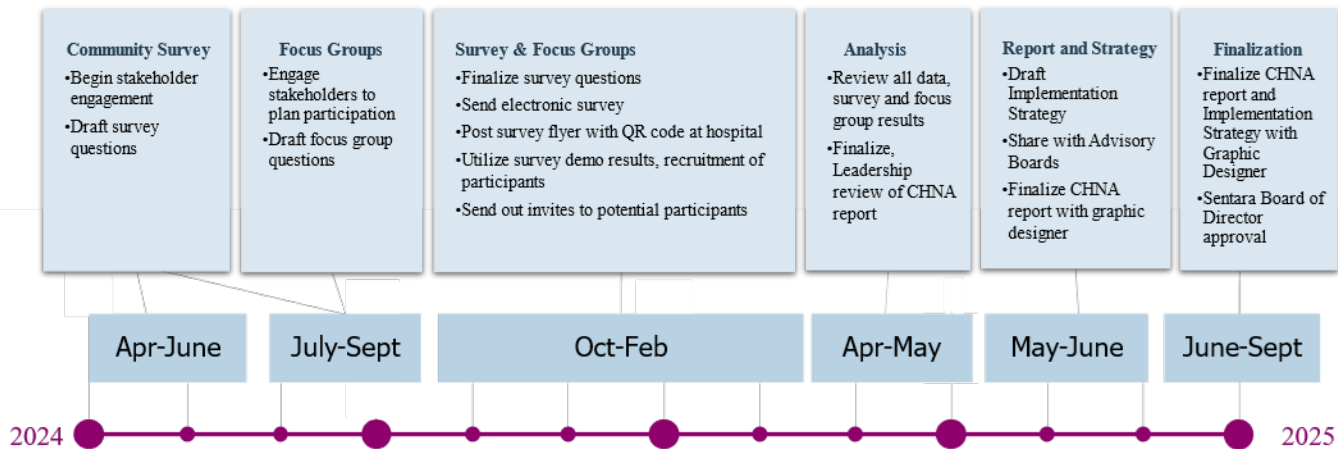


Appendices represent data and sources used in the Community Health Needs Assessment report.

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 brief summary of results.

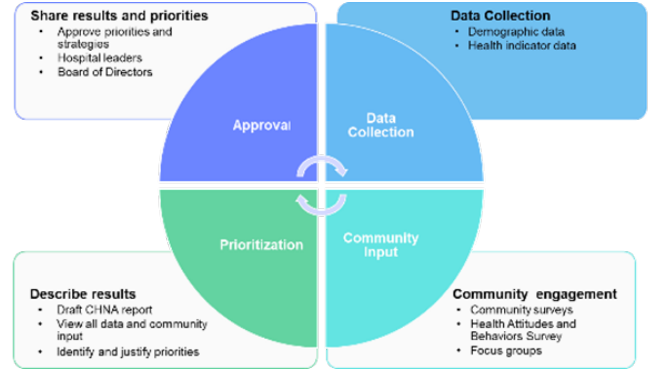
- [Community Responses](#)
- [Stakeholder Responses](#)
- [Focus Groups](#)

## [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

#### 2022 Population Density per Square Mile

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Population Density/Sq Mile	218	1,482	742	4,412	1,868

**Source: Accessed February 11, 2025**

A total of 943,256 people live in the 636.45 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2019-23 5-year estimates. The population density for this area, estimated at 1,482 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 Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

### Population Change

Population estimates, July 2023	8,715,698	938,465	253,886	230,930	453,649
Population, %change – 4/1/2020 to 7/1/2023	1.0%	-0.90%	1.80%	-3.00%	-1.30%

#### \*2023-2055 Population Projections

Projected Population 2023 - 2035	9,129,002	991,074	283,033	229,057	478,984
Projected Population 2035 - 2045	9,759,371	1,027,575	305,957	229,149	492,469
Projected Population 2045 - 2055	10,535,810	1,071,601	331,076	230,950	509,575
Projected Population Change 2023 - 2035	8.3%	5.31%	10.30%	-0.82%	5.29%
Projected Population Change 2035 - 2045	6.9%	3.55%	7.49%	0.04%	2.74%
Projected Population Change 2045 - 2055	7.1%	4.11%	7.59%	0.78%	3.36%

**Sources: Accessed February 13, 2025**

United States Census Bureau: [QuickFacts](#).

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

Green=increase

Red=decrease

### Population by Sex at Birth

<b>Female</b>	4,379,009	476,157	127,790	115,764	132,603
%	50.50%	50.48%	50.88%	49.25%	50.89%
<b>Male</b>	4,278,490	467,099	123,363	119,273	224,463
%	49.50%	49.52%	49.12%	50.75%	49.11%

**Source: Accessed February 13, 2025**

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

## Population Age

Demographics	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Age 0-4	5.72%	6.16%	6.17%	6.55%	5.96%
Age 5-17	16.16%	16.12%	18.16%	13.91%	16.14%
Age 18-24	9.29%	9.98%	8.04%	14.93%	8.50%
Age 25-34	13.55%	15.94%	13.70%	18.87%	15.66%
Age 35-44	13.45%	13.85%	14.80%	12.46%	14.06%
Age 45-54	12.61%	11.34%	12.22%	9.62%	11.75%
Age 55-64	12.94%	12.27%	12.84%	11.09%	12.57%
Age 65+	16.29%	14.33%	14.08%	12.58%	15.37%

Source: Accessed February 13, 2025

Virginia's Plan For Well-Being, Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

## The Aging Population: Projections

2030 Age 65-74	10.6%	13.2%	19.6%	9.5%	11.6%
2030 Age 75-84	6.5%	6.4%	6.4%	5.0%	7.0%
2030 Age 85+	2.1%	2.0%	1.9%	1.3%	2.3%
2040 Age 65-74	8.9%	9.3%	9.8%	7.4%	10.0%
2040 Age 75-84	7.3%	8.2%	8.5%	6.3%	9.0%
2040 Age 85+	2.9%	3.0%	3.0%	1.9%	3.6%
2050 Age 65-74	8.4%	10.2%	11.3%	7.9%	10.7%
2050 Age 75-84	6.2%	7.0%	7.3%	5.0%	7.9%
2050 Age 85+	3.5%	4.2%	4.2%	2.4%	5.1%

Source: Accessed February 13, 2025

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

## Racial and Ethnic Profile

White	61.73%	55.78%	56.16%	44.00%	61.62%
Black	18.75%	26.80%	29.02%	39.80%	39.80%
Asian	6.86%	5.42%	3.73%	3.66%	7.25%
American Indian or Alaska Native	0.31%	0.29%	0.21%	0.49%	0.23%
Some Other Race	4.06%	2.81%	2.56%	3.89%	2.40%
Multiple Races	8.23%	8.77%	8.28%	8.03%	9.42%
Hispanic or Latino Population, Percent	10.73%	8.76%	7.41%	9.87%	8.94%
Non-Hispanic Population, Percent	89.29%	91.24%	92.59%	90.13%	91.06%
*Foreign Born Persons	12.9%	-	6.1%	7.7%	9.1%

Source: Accessed February 13, 2025

Virginia's Plan For Well-Being, Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#), 2019-23.

\*United States Census Bureau: Quick Facts.

Spoken Languages, Population with Limited English Proficiency					
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Language Other than English Spoken at Home, 5+, 2019-2023					
	16.5%	-	8.3%	11.6%	12.4%
*Population with Limited English Proficiency, age 5+					
Total Population	6.14%	3.46%	2.89%	3.39%	3.81%
*Population with Limited English Proficiency, age 5+, by Ethnicity Alone					
Hispanic or Latino	29.98%	14.97%	17.85%	17.53%	12.24%
Not Hispanic or Latino	3.38%	2.40%	1.74%	1.91%	3.01%
*Population with Limited English Proficiency, age 5+, by Race Alone					
White	2.00%	1.07%	0.65%	1.31%	1.18%
Black	2.38%	0.65%	1.12%	0.86%	0.74%
Asian	26.78%	27.47%	26.92%	28.94%	27.24%
Some Other Race	37.27%	22.55%	28.82%	24.28%	17.45%
**Sentara Language Line Services Requested at SLH					
Spanish	-	77.8%	-	-	-
Vietnamese	-	3.6%	-	-	-
ASL	-	3.6%	-	-	-
Russian	-	2.2%	-	-	-
<b>Source: Accessed February 13, 2025</b>					
United States Census Bureau: <a href="#">QuickFacts</a> .					
*Virginia's Plan For Well-Being, Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, <a href="#">American Community Survey</a> , 2019-23.					
**Sentara Language Line Usage Report, January 2024-December 2024					
(-) no data available					
Other Demographics, 2019-2023					
Veterans					
Veterans	12.9%	11.0%	10.4%	10.1%	11.8%
Persons Without Health Insurance, under age 65					
Persons without Insurance	7.6%	8.3%	7.6%	10.5%	7.6%
Education, age 25+					
High School Graduate or Higher	91.3%	93.1%	93.4%	89.6%	94.7%
Bachelor's Degree or Higher	41.5%	37.4%	36.4%	32.7%	40.4%
Labor Force, age 16+					
Civilian Labor Force	63.7%	61.8%	62.8%	57.3%	63.5%
Civilian Labor Force, Female	60.2%	61.0%	61.5%	58.8%	61.8%
Median Household Income					
Median Household Income	\$90,974	-	\$94,189	\$64,017	\$90,685
Owner-occupied Housing	66.9%	-	73.8%	45.7%	64.9%
Computer and Broadband Internet Access					
Households with Computer	94.8%	96.3%	96.4%	94.5%	97.1%
Households with Broadband Internet	89.9%	91.9%	92.0%	87.3%	94.1%
<b>Source: February 13, 2025</b>					
United States Census Bureau: <a href="#">QuickFacts</a> .					

Persons Living with any Disability					
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Persons with Disability	12.3%	9.4%	9.1%	11.4%	8.5%
Population with Any Disability by Race/Ethnicity Alone					
Hispanic or Latino	7.73%	10.39%	9.26%	10.51%	10.86%
Not Hispanic or Latino	13.78%	12.85%	12.72%	15.20%	11.80%
White	13.02%	12.69%	12.15%	14.22%	12.46%
Black	13.98%	14.06%	14.43%	16.42%	11.24%
American Indian or Alaska Native	14.81%	23.09%	23.09%	14.05%	21.84%
Asian	6.89%	10.53%	9.29%	12.51%	10.40%
Some Other Race	7.67%	12.26%	13.30%	12.63%	11.53%
Multiple Race	9.18%	8.94%	8.89%	10.37%	8.38%
Population with Any Disability-by-Disability Status					
Hearing	3.37%	3.01%	2.74%	3.14%	3.09%
Vision	2.42%	2.40%	2.31%	2.74%	2.29%
Cognitive	4.96%	5.45%	5.61%	6.03%	5.08%
Ambulatory	6.17%	6.26%	6.31%	7.68%	5.55%
Self-care	2.36%	2.37%	2.28%	2.61%	2.31%
Independent Living	5.40%	5.59%	5.75%	6.36%	5.14%
<b>Sources: Accessed February 11, 2025</b>					
Virginia's Plan For Well-Being, Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, <a href="#">American Community Survey</a> , 2019-23.					
(-) data unavailable					
Poverty					
Poverty, all ages	864,394	96,167	21,444	37,182	37,541
Poverty %	10.2%	<b>11.47%</b>	8.7%	<b>17.3%</b>	8.4%
Poverty, under age 18	233,536	30,870	7,171	12,507	11,192
Poverty %	12.7%	<b>16.43%</b>	11.8%	<b>26.3%</b>	11.2%
<b>Sources: Accessed February 20, 2025</b>					
United States Census Bureau: <a href="#">Small Area Income and Poverty Estimates (SAIPE), 2023</a>					
<b>Red:</b> worse than state					
Poverty Status by Race/Ethnicity					
White	8.2%	7.13%	5.5%	<b>9.7%</b>	6.2%
Black	16.8%	<b>18.67%</b>	14.9%	<b>25.7%</b>	15.4%
Asian	6.6%	<b>8.23%</b>	<b>7.8%</b>	<b>11.2%</b>	5.7%
Some Other Race	14.5%	<b>17.10%</b>	11.9%	<b>26.8%</b>	12.6%
Hispanic or Latino	12.4%	<b>13.77%</b>	8.9%	<b>20.3%</b>	12.1%
<b>Sources: Accessed February 11, 2025</b>					
United States Census Bureau: American Community Survey, <a href="#">2023: ACS 5-Year Estimates</a>					
(-) no data available					
<b>Red:</b> worse than state					
Unemployment, population 16 years and over					
Unemployed	164,631	22,301	3,829	6,101	9,377
Unemployed, percent of population age 16 years+	2.90%	3.0%	1.90%	3.20%	2.60%
<b>Source: Accessed February 28, 2025</b>					
United States Census Bureau: American Community Survey, <a href="#">2023: ACS 5-Year Estimates</a>					

## Employment, population 16 years and over

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
In labor force	4,611,949	521,980	132,285	134,371	255,324
In labor force, percent	65.3%	67.67%	<b>63.3%</b>	70.2%	69.5%
Females, age 16+	3,607,923	385,090	101,585	94,476	189,029
In labor force, female	2,200,847	246,007	64,295	60,901	120,811
In labor force, female, percent	61.0%	63.90%	63.3%	64.5%	63.9%

Source: Accessed February 25, 2025

United States Census Bureau: American Community Survey, 2023: [ACS 5-Year Estimates](#)

Red: worse than state

## Education Attainment, population 25 years and over, 2019-2023

No High School Diploma	8.7%	6.86%	6.6%	<b>10.4%</b>	5.3%
High School Only	23.9%	22.93%	24.1%	24.9%	<b>21.3%</b>
Some College	18.2%	22.80%	22.9%	23.6%	22.4%
Associate's Degree	7.8%	9.91%	10.0%	8.5%	10.5%
Bachelor's Degree	23.3%	<b>22.95%</b>	<b>22.4%</b>	<b>19.3%</b>	25.0%
Graduate or Professional Degree	18.2%	<b>14.56%</b>	<b>14.0%</b>	<b>13.4%</b>	<b>15.4%</b>

## Education Attainment, by gender-Male

No High School Diploma	6.3%	7.3%	7.8%	10.5%	5.6%
High School Only	17.2%	24.7%	25.7%	27.2%	22.9%
Some College	12.1%	23.9%	23.9%	24.2%	23.7%
Associate's Degree	4.6%	9.0%	9.0%	7.4%	9.8%
Bachelor's Degree	15.2%	21.2%	20.4%	17.6%	23.5%
Graduate or Professional Degree	12.3%	13.9%	13.2%	13.1%	14.6%

## Education Attainment, by gender-Female

No High School Diploma	5.6%	6.4%	5.5%	10.3%	5.1%
High School Only	15.7%	21.3%	22.7%	22.7%	19.9%
Some College	13.0%	21.8%	21.9%	23.0%	21.2%
Associate's Degree	6.1%	10.7%	10.9%	9.5%	11.2%
Bachelor's Degree	16.9%	24.5%	24.3%	21.0%	26.4%
Graduate or Professional Degree	12.7%	15.2%	14.8%	13.6%	16.2%

Source: Accessed February 22, 2025

[Virginia's Plan For Well-Being](#), Virginia Community Health Improvement Data Portal. Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Red: worse than state

## Government Programs

### Medicaid and FAMIS (Below 138% FPL) Enrollment January 1, 2025

	Virginia	*Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Medicaid/FAMIS Enrollment	1,994,822	214,696	51,192	77,257	86,247
Medicaid/FAMIS Percentage	<b>22.9%</b>	<b>22.9%</b>	<b>20.2%</b>	<b>33.5%</b>	<b>19.0%</b>
65+ Enrolled in Medicaid/FAMIS Enrollment	91,312	8,740	1,924	3,700	3,116
65+ Enrolled in Medicaid/FAMIS Percentage	<b>1.0%</b>	<b>0.9%</b>	<b>0.8%</b>	<b>1.6%</b>	<b>0.7%</b>
Children Enrolled in Medicaid/FAMIS	776,548	80,587	19,712	27,664	33,211
Children Enrolled in Medicaid/FAMIS Percentage	<b>8.9%</b>	<b>8.6%</b>	<b>7.8%</b>	<b>12.0%</b>	<b>7.3%</b>

Sources: Accessed February 15, 2025

Virginia Medicaid. Department of Medical Assistance Services (DMAS) Data

### Medicare Enrollment, 2022

65+ Medicare Percentage	65.4%	-	58.53%	55.00%	54.12%
65+ Medicare and Medicaid Percentage	4.8%	-	3.98%	8.28%	3.26%

Sources: Accessed February 28, 2025

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

\*Service area totals are estimates based on the data provided.

(-) data unavailable

## 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	Virginia Beach City
Life expectancy	78.1	<b>77.65</b>	<b>77.2</b>	<b>74.0</b>	79.2
*Length of Life: African Americans					
Life expectancy	-	-	<b>75.8</b>	<b>70.3</b>	<b>76.2</b>
*Length of Life: White					
Life expectancy	-	-	77.3	76.4	79.5
<b>Sources: Accessed February 12, 2025</b>					
<a href="#">Virginia's Plan For Well-Being</a> , Virginia Community Health Improvement Data Portal. Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, U.S. Small-Area Life Expectancy Estimates Project. 2010-15					
<a href="#">*2024 County Health Rankings &amp; Roadmaps</a>					
<b>Red:</b> worse than state and white populations					
(-) data unavailable					
Access to Care (rate per 100,000 population)					
Primary Care Physicians rate, 2021	74.94	79.98	78.00	99.11	71.23
*Primary Care Physician ratio, 2021	1340:1	-	1280:1	1010:1	<b>1400:1</b>
Dentist rate, 2022	75.3	78.1	51.9	102.1	80.3
*Dentist ratio, 2022	1330:1	-	<b>1930:1</b>	980:1	1240:1
Mental Health Provider rate, 2023	243.3	241.7	182.6	296.6	246.5
*Mental Health Provider ratio, 2023	410:1	-	550:1	340:1	410:1
Avoidable Hospitalizations, Rate	820.01	<b>1,089.05</b>	1,222.60	1,200.57	856.05
*Preventable hospital stays rate, 2021 (per 100,000 Medicare enrollees)					
Preventable hospital stays rate	2,601	-	<b>3,513</b>	<b>3,559</b>	<b>2,779</b>
Preventable hospital stays rate, (Black)	-	-	<b>4,128</b>	<b>5,569</b>	<b>4,317</b>
Preventable hospital stays rate, (White)	-	-	3,321	2,523	2,607
Mammography Screening, 2021					
<b>Sources: Accessed February 25, 2025</b>					
<a href="#">Virginia's Plan For Well-Being</a> , Virginia Community Health Improvement Data Portal. Data Source: Virginia Department of Health, <a href="#">Virginia Department of Health</a> , Office of Information Management, Division of Health Statistics. Data directly obtained via email from Virginia Department of Health 2020.					
<a href="#">*2024 County Health Rankings &amp; Roadmaps</a>					
(-) data unavailable					
<b>Red:</b> Worse than state					
Leading Causes of Death, Rate (Per 100,000 Population) 2022					
Heart/Cardiovascular Disease	174.96	<b>175.74</b>	173.54	<b>215.44</b>	153.11
Cancer	179.13	171.2	172.0	172.4	170.1
Stroke/Cerebrovascular Disease	44.89	<b>51.64</b>	<b>55.53</b>	<b>54.14</b>	<b>48.48</b>
Accidents	72.63	55.21	43.46	<b>75.86</b>	45.15
COVID-19	82.44	64.84	69.84	72.72	57.72
<b>Sources: Accessed February 12, 2025</b>					
<a href="#">Virginia's Plan For Well-Being</a> , Virginia Community Health Improvement Data Portal. Data Source: Centers for Disease Control and Prevention, <a href="#">CDC - National Vital Statistics System</a> . Accessed via <a href="#">CDC WONDER</a> . 2018-2021.					
<b>Red:</b> Worse than state					

## Substance Use

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
<b>Drug Overdose Crude Death, Rate (Per 100,000 Population), 2019-2023</b>					
Drug Overdose	26.4	27.5	23.7	40.0	23.0
<b>Drug Overdose Crude, Rate (Per 100,000 Population), Race and Sex</b>					
White	27.9	28.6	27.5	36.5	26.3
Black	38.7	35.2	23.8	53.0	25.4
Men	36.9	38.9	35.1	54.0	32.6
Women	41.0	16.2	12.7	25.1	13.7
<b>Hospitalizations, Rate (Per 100,000 Population), 2020</b>					
Drug Overdose Hospitalizations	89.92	<b>93.51</b>	101.21	97.61	87.10
Substance Use Disorder (SUD)	75.05	61.95	62.35	80.31	51.86
<b>Mortality Rate (Per 100,000 Population), 2018-2022</b>					
Alcohol-Impaired Driving Deaths	1.6	1.6	1.4	2.2	1.5
Liver Disease and Cirrhosis	13.5	13.5	13.8	14.3	12.9
<b>Substances, Crude Rate (Per 100,000 Population), 2022</b>					
Excessive Drinking, past 30 days, age 18+	18%	17%	16%	18%	18%
Smokers, age 18+	13%	<b>15%</b>	<b>14%</b>	<b>18%</b>	<b>14%</b>

Sources: Accessed February 19, 2025

[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. 2019-2023. Virginia Department of Health, [Virginia Department of Health](#). US Department of Transportation, National Highway Traffic Safety Administration, [Fatality Analysis Reporting System](#). 2019-2023. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the [PLACES Data Portal](#). 2022.

Red: Worse than state

(-) data unavailable

## Mental Health

<b>Suicide Crude Death Rate (Per 100,000 Population), 2019-2023</b>					
Suicide	13.9	14.3	13.4	14.2	14.8
<b>Self-harm, ED Visit Counts Rate (Per 100,000 Population, age 5+), 2023</b>					
Self-harm and Suicide	680.9	<b>820.5</b>	603.4	<b>1267.9</b>	590.3
Self-harm and Suicide (white)	685.8	-	-	-	-
Self-harm and Suicide (black)	<b>1,088.3</b>	-	-	-	-
<b>*Mental Health Days, Average (age-adjusted), 2021</b>					
Poor Mental Health Days	4.9	4.7	4.7	4.8	4.6
<b>Mental Health, Crude Rate (Per 100,000 Population), age 18+, 2022</b>					
Frequent Mental Distress	16.5%	<b>17.2%</b>	17.4%	19.6%	15.8%
<b>Depressive Disorder, Crude Rate (Per 100,000 Population), Health District</b>					
	Virginia	Chesapeake Health District	Norfolk Health District	Virginia Beach Health District	
Depressive Disorder	19.62%	16.8%	20.4%	19.8%	

Sources: Accessed February 12, 2025

[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. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the [PLACES Data Portal](#). 2022

\*2024 County Health Rankings & Roadmaps

(-) data unavailable

Red: Worse than state

## SLH Emergency Department Behavioral Health Visits, Top 4 Diagnosis, 2024

	Behavioral Health (Patient Frequency)	Suicidal Ideation	Anxiety Disorder	Generalized Anxiety Disorder	Schizophrenia
<b>Total</b>	<b>2,202</b>	<b>626</b>	<b>90</b>	<b>87</b>	<b>87</b>
<b>By Age</b>					
Age 0-18	5.4%	42.5%	2.5%	2.5%	0.0%
Age 19+	94.6%	27.6%	4.2%	4.0%	4.2%
<b>By Race</b>					
Black	50.6%	15.7%	1.6%	1.6%	3.0%
White	44.7%	11.5%	2.5%	2.4%	0.8%
<b>By Gender</b>					
Male	52.3%	15.2%	1.6%	1.4%	2.5%
Female	47.7%	13.2%	2.5%	2.5%	1.5%

Sources: Accessed February 12, 2025

Sentara Healthcare Behavioral Health Emergency Department Visits Summary, 2024 (January 1, 2023 through December 31, 2025)

## Cancer Incidence Rate: Annual Average Count / Rate Per 100,000, Age-adjusted 2017-2021

		Virginia	Chesapeake City	Norfolk City	Virginia Beach City
Breast (Female)	Prevalence Rate	129.0	144.7	138.4	134.6
	Average Annual Count	6,823	213	168	371
Prostate (Male)	Prevalence Rate	106.6	120.1	114.0	100.0
	Average Annual Count	5,571	165	129	254
Lung and Bronchus	Prevalence Rate	51.3	57.0	69.9	58.5
	Average Annual Count	5,561	155	165	306
Colon & Rectum	Prevalence Rate	33.8	34.3	32.3	32.6
	Average Annual Count	3,401	91	74	165
All Sites	Prevalence Rate	411.2	448.3	455.0	446.8
	Average Annual Count	42,411	1,225	1,060	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 2017-2021

Virginia		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 2018-2022					
		Virginia	Chesapeake City	Norfolk City	Virginia Beach City
Breast (Female)	Prevalence Rate	20.2	23.6	21.9	20.8
	Average Annual Count	1,133	35	28	59
Prostate (Male)	Prevalence Rate	20.4	21.9	30.9	22.5
	Average Annual Count	853	22	26	46
Lung and Bronchus	Prevalence Rate	33.2	35.7	42.6	33.7
	Average Annual Count	3,567	96	100	179
Colon & Rectum	Prevalence Rate	12.9	12.4	13.6	10.4
	Average Annual Count	1,335	33	31	55
All Sites	Prevalence Rate	147.4	164.0	178.0	144.9
	Average Annual Count	15,451	433	407	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 2018-2022					
Virginia		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 February 12, 2025

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

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

(-) 3 or fewer

Prevention: Cancer					
	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Cervical Cancer Screening Test, Crude Rate, females age 21-65, 2020					
Cervical Cancer	83.8%	83.8%	84.1%	81.9%	84.6%
Colorectal Cancer Screening Test, Crude Rate, men age 45-75, 2022					
Colorectal Cancer	67.3%	68.0%	68.3%	67.1%	68.2%
Adults with Cancer, Crude Rate, age 18+, 2022					
Cancer Diagnosis	8.1%	7.2%	7.5%	5.9%	7.8%
Mammography Screening, age 50-74					
Mammography screening, percent, 2022	78.6%	80.9%	80.2%	82.7%	80.3%

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
<b>*Mammography Screening, Medicare Enrollees age 65-74</b>					
Mammography screening	44%	-	47%	44%	50%
Mammography screening (White)	-	-	46%	46%	51%
Mammography screening (Black)	-	-	51%	42%	48%
<b>Sources: Accessed February 24, 2025</b>					
<a href="#">Virginia's Plan For Well-Being</a> , 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 .					
<b>*2024 County Health Rankings &amp; Roadmaps</b>					
<b>Red:</b> Worse than state					
<b>Diabetes</b>					
<b>Diabetes Prevalence (age-adjusted), age 20+, 2021</b>					
Diabetes	10%	-	<b>11%</b>	<b>12%</b>	10%
<b>Diabetes Diagnosis (crude), age 18+, 2022</b>					
*Diabetes Diagnosis	12.7%	12.7%	<b>13.4%</b>	<b>12.8%</b>	12.2%
<b>Diabetes Hospitalizations, Rate per 100,000 Population, age 18+, 2022</b>					
*Diabetes Hospitalizations	2,114.24	<b>2,212.65</b>	<b>2,448.88</b>	<b>2,453.43</b>	1,953.77
<b>Diabetes Mortality, Rate per 100,000 Population, 2022</b>					
*Diabetes Deaths	33.80	28.89	33.20	25.36	20.32
<b>Sources: Accessed February 24,2025</b>					
<b>2024 County Health Rankings &amp; Roadmaps</b>					
<b>*Virginia's Plan For Well-Being</b> , 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, <a href="#">Behavioral Risk Factor Surveillance System</a> . Accessed via the <a href="#">PLACES Data Portal</a> . 2022. Virginia Department of Health, <a href="#">Virginia Department of Health, Office of Information Management, Division of Health Statistics</a> . Data directly obtained via email from Virginia Department of Health 2022.					
<b>Red:</b> Worse than state					
<b>Chronic Conditions, Rate per 100,000 Population, 2021-2022</b>					
Asthma crude rate, age 18+	9.9%	<b>10.1%</b>	<b>10.6%</b>	<b>10.9%</b>	9.5%
Asthma Hospitalizations, rate	619.52	<b>724.41</b>	<b>707.26</b>	<b>875.20</b>	<b>652.66</b>
High Blood Pressure, crude rate, age 18+	34.0%	31.7%	33.7%	32.8%	30.0%
High Cholesterol, crude rate, 18+	36.7%	35.2%	34.4%	30.6%	<b>38.0%</b>
Deaths due to Hypertension and/or Renal Disease, rate	13.54	9.80	10.43	13.21	6.23
Hypertension Hospitalizations, rate	4,360.69	4,358.15	<b>4,805.45</b>	<b>4,838.90</b>	4,229.98
Stroke, crude rate age 18+	3.4%	3.3%	3.4%	<b>3.6%</b>	3.1%
Stroke Hospitalizations, rate	263.13	<b>277.8</b>	<b>321.04</b>	<b>282.53</b>	251.76
Deaths due to Stroke, rate	44.9	<b>51.64</b>	55.53	54.14	48.38
Coronary Heart Disease, crude rate, age 18+	6.3%	5.7%	5.9%	5.5%	5.7%
Deaths due to Diseases of the Heart, rate	174.96	<b>175.74</b>	173.54	<b>215.44</b>	153.11
Deaths due to Chronic Lower Respiratory Diseases, rate	39.52	31.92	33.79	39.45	25.81
<b>Sources: Accessed February 12,2025</b>					
<a href="#">Virginia's Plan For Well-Being</a> , Virginia Department of Health, <a href="#">Inpatient Discharge Dataset from Virginia Health Information (VHI)</a> and <a href="#">Virginia Department of Health, Office of Information Management, Division of Health Statistics</a> .. Data directly obtained via email from Virginia Department of Health 2022.					
<b>Red:</b> Worse than state					

## Medicare Primary Chronic Conditions, Primary Condition Prevalence Percentage, 2023

	Virginia	Total Service Area	Chesapeake City	Norfolk City	Virginia Beach City
Hypertension	66%	-	71%	67%	68%
Diabetes	25%	-	31%	29%	27%
Obesity	18%	-	24%	19%	20%
Depression	16%	-	19%	19%	20%
Kidney Disease	17%	-	19%	19%	19%
Ischemic Heart Disease	19%	-	18%	16%	18%
Heart Failure	11%	-	13%	13%	13%
Atrial Fibrillation	14%	-	13%	13%	15%
Obstructive Pulmonary Disease	10%	-	14%	15%	13%
Cancer	12%	-	13%	13%	13%
Asthma	7%	-	10%	9%	8%
Alzheimer's and Dementia	6%	-	7%	8%	7%

Sources: Accessed February 12, 2025

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

Total Live Births to Residents	285,956	33,786	8,666	9,315	15,805
Teen Pregnancies, Ages 15-19, 2022	4,166	464	129	183	152
Teen Pregnancies Rate, Ages 15-19, 2022	15.26	16.60	16.21	25.41	11.89
Preterm Births, percentage, 2022	9.5%	10.8%	11.1%	11.7%	10.0%
Mothers with Late or No Prenatal Care, Percent of Total Live Births	5.1%	2.7%	2.1%	3.9%	2.3%

## Low Birthweight Birth Rates (birth weight less than 5 pounds 8 ounces), 2022

Total Live Births	95,615	11,024	2,867	3,067	5,090
Low Birth Weight	8,088	1,059	281	333	445
Low Birth Weight, percent	8.46%	9.61%	9.80%	10.86%	8.74%

## Infant Death Rates

Total Infant Deaths / Rate per 1,000 Births	6.20	6.35	3.84	10.76	5.11
Total Infant Deaths	1,711	218	47	86	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

Maternal Opioid Use Disorder (OUD), Rate, 2020	4.72	-	3.85	3.80	2.82
Smoking during Pregnancy, 2022	3.21%	2.12%	2.-2%	2.41%	2.00%

Sources: Accessed February 12, 2025

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	Virginia Beach City
Food insecure, 2021	8%	-	6%	<b>11%</b>	7%
Limited access to health foods, 2019	4%	-	5%	<b>8%</b>	3%
Physical inactivity, 2021	20%	-	21%	<b>24%</b>	19%
Access to exercise opportunities, 2023	84%	-	91%	91%	97%
Adults with obesity, 2021	34%	-	36%	<b>41%</b>	32%
Frequent physical distress, 2020	10%	-	10%	<b>11%</b>	<b>13%</b>
Firearm fatality rate, per 100,000 population, 2017-2021	13	-	<b>14</b>	<b>23</b>	13
*Poor or fair health, 2022	16.7%	15.8%	16.4%	<b>19.3%</b>	13.6%
*Poor physical health days, age 18+, 2022	12.4%	12.1%	<b>12.6%</b>	<b>13.0%</b>	11.4%
*Insufficient sleep, age 18+, 2022	36.0%	<b>38.7%</b>	39.4%	41.1%	37.0%
*Unintentional Injury death rate, per 100,000 population, 2019-2023	56.8	51.5	45.2	<b>67.6</b>	46.6

Sources: Accessed February 28, 2025

### 2024 County Health Rankings & Roadmaps

\*Virginia's Plan For Well-Being, Data Source: 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. Centers for Disease Control and Prevention, CDC - National Vital Statistics System. Accessed via CDC WONDER. 2018-2022.

(-) data unavailable

**Red:** Worse than State rates

## Transportation Profile, 2019-2023

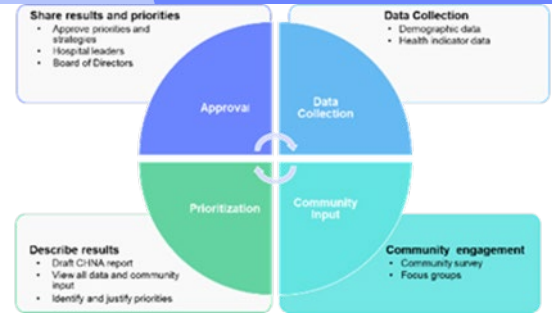
Workers age 16+	4,377,734	490,665	123,535	125,216	241,914
Drive alone, percent	68.4%	74.80%	<b>77.4%</b>	<b>71.7%</b>	<b>75.3%</b>
Carpool, percent	8.6%	8.33%	<b>8.1%</b>	9.4%	<b>7.5%</b>
Public transportation, percent	2.5%	1.4%	<b>0.6%</b>	2.8%	<b>0.8%</b>
Bicycle or walk, percent	2.3%	3.00%	<b>1%</b>	5.8%	<b>2.2%</b>
Taxi or other, percent	1.5%	1.63%	<b>1.5%</b>	<b>1.8%</b>	<b>1.6%</b>
Work at home, percent	16.7%	10.93%	11.5%	8.6%	12.7%
No motor vehicle, percent	3.00%	3.33%	2.3%	5.7%	2.0%

Sources: Accessed February 22, 2025

Virginia's Plan For Well-Being, Data Source: US Census Bureau, American Community Survey. 2019-23.

**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 – February 28, 2025, in paper format and electronically using REDCap. 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"/> Lorton (City of), VA       | <input type="checkbox"/> Virginia Beach (City of), VA |
| <input type="checkbox"/> Charles City County, VA       | <input type="checkbox"/> Louisa County, VA          | <input type="checkbox"/> Williamsburg (City of), VA   |
| <input type="checkbox"/> Charlottesville (City of), VA | <input type="checkbox"/> Mathews County, VA         | <input type="checkbox"/> York County, VA              |
| <input type="checkbox"/> Chesapeake (City of), VA      | <input type="checkbox"/> Middlesex County, VA       | <input type="checkbox"/> Albemarle County, NC         |
| <input type="checkbox"/> Dumfries (Town of), VA        | <input type="checkbox"/> Nelson County, VA          | <input type="checkbox"/> Bertie County, NC            |
| <input type="checkbox"/> Fluvanna County, VA           | <input type="checkbox"/> New Kent County, VA        | <input type="checkbox"/> Camden County, NC            |
| <input type="checkbox"/> Franklin (City of), VA        | <input type="checkbox"/> Newport News (City of), VA | <input type="checkbox"/> Chowan County, NC            |
| <input type="checkbox"/> Gloucester County, VA         | <input type="checkbox"/> Norfolk (City of), VA      | <input type="checkbox"/> Currituck County, NC         |
| <input type="checkbox"/> Greene County, VA             | <input type="checkbox"/> Northampton County, VA     | <input type="checkbox"/> Dare County, NC              |
| <input type="checkbox"/> Hampton (City of), VA         | <input type="checkbox"/> Poquoson (City of), VA     | <input type="checkbox"/> Gates County, NC             |
| <input type="checkbox"/> Isle of Wight County, VA      | <input type="checkbox"/> Portsmouth (City of), VA   | <input type="checkbox"/> Hertford County, NC          |
| <input type="checkbox"/> James City County, VA         | <input type="checkbox"/> Southampton County, VA     | <input type="checkbox"/> Pasquotank County, NC        |
| <input type="checkbox"/> King and Queen County, VA     | <input type="checkbox"/> Suffolk (City of), VA      | <input type="checkbox"/> Perquimans County, NC        |
| <input type="checkbox"/> King William County, VA       | <input type="checkbox"/> Surry County, VA           |   |
| <input type="checkbox"/> Lancaster County, VA          | <input type="checkbox"/> Sussex 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.).

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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"/> 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      |

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"/> Rabies            | <input type="checkbox"/> Mosquitoes        |
| <input type="checkbox"/> Beach water quality                 | <input type="checkbox"/> Foodborne illness | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Air quality                         | <input type="checkbox"/> Lead              |  |
|  | <input type="checkbox"/> Mold              |  |

12) Gender: How do you identify?

- |                               |                                 |                                     |  |
|-------------------------------|---------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female | <input type="checkbox"/> Non-binary | <input type="checkbox"/> Prefer to self-describe |
|-------------------------------|---------------------------------|-------------------------------------|--|

13) Race (limit two selections)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> African American/Black | <input type="checkbox"/> Hispanic/Latino        | <input type="checkbox"/> Middle Eastern  |
| <input type="checkbox"/> Asian/Pacific Islander | <input type="checkbox"/> Indigenous Populations | <input type="checkbox"/> White/Caucasian |
|   |   | <input type="checkbox"/> Not listed      |

14) Age (years)

- |                                |                                |                                |                                |                              |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|
| <input type="checkbox"/> 18-25 | <input type="checkbox"/> 26-39 | <input type="checkbox"/> 40-54 | <input type="checkbox"/> 55-64 | <input type="checkbox"/> 65+ |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|

15) Highest Level of Education Completed

- |   |  |
|---|--|
| <input type="checkbox"/> High school diploma or GED | <input type="checkbox"/> Trade certification |
| <input type="checkbox"/> Some college               | <input type="checkbox"/> None of the above   |
| <input type="checkbox"/> College degree or higher   |  |

16) Medical Insurance- check all that apply

- |   |   |
|---|---|
| <input type="checkbox"/> Indian Health Services | <input type="checkbox"/> Private insurance              |
| <input type="checkbox"/> Medicaid               | <input type="checkbox"/> Military (Tricare/VA benefits) |
| <input type="checkbox"/> Medicare               | <input type="checkbox"/> Uninsured/Self-pay             |

## 17) Primary Language Spoken in Your Home

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

## 18) Housing

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> Homeless | <input type="checkbox"/> Rent              |
| <input type="checkbox"/> Own      | <input type="checkbox"/> 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

- |  |  |
|--|--|
| <input type="checkbox"/> Newborn - 4 years old | <input type="checkbox"/> 12-17                       |
| <input type="checkbox"/> 5-11                  | <input type="checkbox"/> 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.

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

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

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

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

## Community Responses

	Total	Chesapeake City	Norfolk City	Virginia Beach City
Responses	1,550	397	377	795
%		25.6%	24.3%	51.1%
Zip Codes				
Chesapeake City	23321, 23322, 23320, 23323, 23325			
Norfolk City	23502, 23503, 23505, 23510, 23509, 23518, 24266, 23508			
Virginia Beach City	23456, 23454, 23452, 23451, 23464, 23188, 23455			
Gender				
Female %	<b>81.4%</b>	84.5%	79.7%	80.7%
Total	1270	334	300	636
Male %	<b>17.8%</b>	15.2%	19.2%	18.4%
Total	282	61	72	149
Non-binary %	<b>0.3%</b>	0.0%	0.8%	0.3%
Total	5	0	3	2
Prefer not to answer %	<b>0.8%</b>	0.3%	0.5%	1.2%
Total	12	1	2	9
Race/Ethnicity				
White %	<b>69.1%</b>	68.5%	58.9%	74.1%
Total	1083	272	223	588
Black %	<b>19.6%</b>	21.6%	27.6%	14.7%
Total	306	86	103	117
Asian %	<b>4.5%</b>	3.8%	3.5%	5.4%
Total	70	15	13	42
Indigenous Population %	<b>1.4%</b>	0.3%	2.2%	1.7%
Total	118	1	8	13
Middle Eastern %	<b>0.2%</b>	0.3%	0.0%	2.6%
Total	22	1	0	2
Not Listed %	<b>2.0%</b>	0.8%	2.2%	2.6%
Total	31	3	8	20
Hispanic %	<b>7.6%</b>	7.9%	10.8%	6.0%
Total	118	31	40	47
Ages				
18-25 %	<b>1.5%</b>	1.8%	3.0%	0.8%
Total	24	7	11	6
26-39 %	<b>22.8%</b>	23.5%	26.7%	20.6%
Total	353	93	99	161
40-54 %	<b>29.3%</b>	35.7%	23.5%	28.9%
Total	455	141	88	226
55-64 %	<b>17.0%</b>	17.2%	15.1%	17.7%
Total	265	69	58	138
65+ %	<b>29.4%</b>	21.8%	31.8%	32.0%
Total	469	87	121	261

Please check the top 3 most important health concerns:				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
<b>For children/youth (ages 0-17).</b>				
<b>Asthma/Allergies</b>	<b>50.0%</b>	<b>55.7%</b>	<b>47.7%</b>	<b>48.3%</b>
Cancer	14.3%	15.9%	11.9%	14.6%
Dental/Oral health	31.4%	31.0%	33.7%	30.4%
Diabetes	12.4%	13.9%	11.4%	12.2%
Heart conditions	6.4%	7.6%	7.7%	5.2%
High blood pressure	3.3%	2.8%	3.4%	3.4%
Maternal health	5.9%	5.0%	7.4%	5.7%
<b>Mental health</b>	<b>62.7%</b>	<b>67.8%</b>	<b>61.0%</b>	<b>61.0%</b>
Neonatal/newborn health	17.1%	15.4%	18.3%	17.4%
Neurological disorders	11.7%	13.4%	7.7%	12.8%
<b>Obesity</b>	<b>41.1%</b>	<b>40.8%</b>	<b>37.9%</b>	<b>42.8%</b>
Sexual transmitted infections	5.5%	5.5%	6.6%	4.9%
Please check the top 3 most important health concerns:				
<b>For adults.</b>				
Asthma/Allergies	12.0%	11.8%	13.0%	11.7%
<b>Cancer</b>	<b>41.8%</b>	<b>39.5%</b>	<b>40.6%</b>	<b>43.5%</b>
Dental/Oral health	15.6%	15.6%	20.4%	13.2%
<b>Diabetes</b>	<b>35.1%</b>	<b>35.5%</b>	<b>38.7%</b>	<b>33.2%</b>
Heart conditions	29.6%	28.0%	28.4%	31.1%
High blood pressure	32.0%	30.2%	32.9%	32.5%
Maternal health	16.7%	15.1%	16.2%	17.7%
<b>Mental health</b>	<b>50.0%</b>	<b>51.9%</b>	<b>48.5%</b>	<b>49.7%</b>
Neonatal/newborn health	1.1%	1.5%	1.1%	1.0%
Neurological disorders	25.1%	23.9%	19.6%	28.3%
Obesity	33.8%	34.5%	32.1%	34.3%
Sexual transmitted infections	3.9%	4.0%	5.3%	3.1%
Please check the top 3 barriers to accessing healthcare resources and services:				
<b>For children/youth (ages 0-17).</b>				
<b>Cost</b>	<b>38.2%</b>	<b>39.8%</b>	<b>33.7%</b>	<b>39.6%</b>
Did not know where to go or how to find doctor	15.1%	12.3%	18.3%	15.0%
Language	3.4%	3.0%	5.0%	2.8%
Limited or no internet access	4.1%	3.8%	6.6%	3.1%
Limited or no insurance	31.2%	28.7%	32.4%	31.8%
<b>Long wait for a scheduled appointment</b>	<b>48.9%</b>	<b>51.4%</b>	<b>43.8%</b>	<b>50.2%</b>
<b>No appointments available for new patients</b>	<b>32.2%</b>	<b>34.8%</b>	<b>31.0%</b>	<b>31.4%</b>
No appointments available after 5pm or weekends	29.7%	35.0%	28.4%	27.7%
No local medical care available within one hour's drive from my home	1.8%	2.3%	2.4%	1.4%
Responsibility as a caregiver for another person	5.6%	5.3%	6.4%	5.4%
Transportation	10.8%	9.8%	16.2%	8.7%
Work-related issues (time off/leave)	10.8%	12.3%	11.9%	9.6%
Not Listed	2.9%	2.3%	1.6%	3.8%
None of the above	5.0%	4.8%	4.2%	5.4%

Please check the top 3 barriers to accessing healthcare resources and services:				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
<b>For adults.</b>				
<b>Cost</b>	<b>47.4%</b>	<b>47.6%</b>	<b>44.3%</b>	<b>48.7%</b>
Did not know where to go or how to find doctor	15.4%	13.4%	19.6%	14.3%
Language	4.3%	3.5%	6.4%	3.6%
Limited or no internet access	5.8%	31.2%	8.2%	4.8%
Limited or no insurance	33.1%	31.2%	36.1%	32.6%
<b>Long wait for a scheduled appointment</b>	<b>56.7%</b>	<b>57.9%</b>	<b>54.4%</b>	<b>57.1%</b>
<b>No appointments available for new patients</b>	<b>41.4%</b>	<b>40.6%</b>	<b>37.4%</b>	<b>43.6%</b>
No appointments available after 5pm or weekends	26.1%	30.7%	26.3%	23.8%
Transportation	1.9%	2.3%	2.1%	1.6%
No local medical care available within one hour's drive from my home	9.6%	9.6%	8.2%	10.2%
Responsibility as a caregiver for another person	11.3%	10.3%	15.1%	9.9%
Work-related issues (time off/leave)	18.5%	20.7%	19.6%	16.9%
Not Listed	3.3%	3.5%	2.7%	3.4%
<b>Which of the following is the greatest concern:</b>				
<b>For children/youth (ages 0-17).</b>				
Alcohol use	3.2%	2.0%	5.3%	2.8%
<b>Bullying and cyberbullying</b>	<b>42.0%</b>	<b>44.8%</b>	<b>34.7%</b>	<b>44.0%</b>
Gambling online	0.2%	0.0%	0.5%	0.1%
Gang involvement	2.2%	2.0%	2.9%	1.9%
<b>Gun access/safety</b>	<b>12.1%</b>	<b>9.8%</b>	<b>14.1%</b>	<b>12.3%</b>
<b>Illegal drug use (fentanyl and cocaine)</b>	<b>8.9%</b>	<b>8.3%</b>	<b>7.4%</b>	<b>9.8%</b>
Marijuana use	3.8%	2.8%	5.3%	3.5%
Prescription medication misuse	0.8%	1.3%	0.5%	0.8%
Sex trafficking	2.4%	2.5%	2.7%	2.1%
Tobacco and vaping use	6.7%	6.5%	7.4%	6.4%
Teen pregnancy	1.3%	2.5%	0.8%	1.0%
Not listed	6.6%	6.8%	7.7%	5.9%
None of the above	8.7%	10.1%	9.0%	7.8%
<b>Which of the following is the greatest concern:</b>				
<b>For adults.</b>				
Alcohol use	<b>17.2%</b>	14.9%	15.9%	19.0%
Gambling online	0.7%	1.0%	0.8%	0.5%
Gang involvement	1.5%	2.0%	1.9%	1.1%
<b>Gun access/safety</b>	<b>14.0%</b>	12.3%	17.2%	13.3%
<b>Illegal drug use (fentanyl and cocaine)</b>	<b>21.5%</b>	21.2%	24.1%	20.4%
Marijuana use	3.0%	3.3%	2.4%	3.1%
Prescription medication misuse	8.9%	9.1%	8.8%	8.8%
Sex trafficking	1.3%	1.0%	1.6%	1.4%
Tobacco and vaping use	6.7%	8.8%	6.6%	5.7%
Not listed	8.0%	7.3%	8.8%	8.1%
None of the above	15.9%	17.9%	11.4%	17.1%

Please check the top 3 social concerns impacting health:				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
<b>For children/youth (ages 0-17).</b>				
Homelessness	12.2%	10.3%	11.4%	13.5%
<b>Lack of available healthy food</b>	<b>42.2%</b>	<b>24.4%</b>	<b>45.4%</b>	<b>40.6%</b>
<b>Lack of affordable housing</b>	<b>29.6%</b>	<b>33.5%</b>	<b>27.9%</b>	<b>28.4%</b>
Lack of available housing	8.2%	8.8%	8.8%	7.7%
<b>Lack of parenting support/education services</b>	<b>35.9%</b>	<b>32.0%</b>	<b>35.3%</b>	<b>38.1%</b>
Lack of quality schools	23.3%	18.9%	35.5%	19.6%
Lack of a safe place to play or exercise	25.0%	25.7%	28.6%	22.9%
Loneliness/Isolation	25.6%	27.0%	16.2%	29.3%
Violence in homes (adult partner, child, and elderly abuse)	22.4%	20.7%	23.6%	22.8%
Violence in the community (gun and/or gang)	27.0%	24.7%	31.0%	26.2%
Not Listed	7.7%	10.6%	7.2%	6.5%
Please check the top 3 social concerns impacting health:				
<b>For adults.</b>				
Homelessness	28.7%	24.4%	31.6%	29.6%
<b>Lack of available healthy food</b>	<b>29.3%</b>	<b>28.7%</b>	<b>32.1%</b>	<b>28.2%</b>
<b>Lack of affordable housing</b>	<b>63.4%</b>	<b>63.7%</b>	<b>64.2%</b>	<b>62.9%</b>
Lack of available housing	19.8%	18.9%	20.7%	19.9%
Lack of parenting support/education services	17.0%	19.9%	16.7%	15.7%
Lack of quality schools	3.7%	4.5%	4.8%	2.8%
Lack of a safe place to play or exercise	5.7%	7.1%	7.4%	4.2%
<b>Loneliness/Isolation</b>	<b>41.1%</b>	<b>37.8%</b>	<b>37.4%</b>	<b>44.5%</b>
Violence in homes (adult partner, child, and elderly abuse)	19.5%	17.6%	21.0%	19.7%
Violence in the community (gun and/or gang)	24.5%	22.4%	30.5%	22.6%
Not Listed	9.9%	11.1%	9.0%	9.7%
Please select the top 3 personal factors that impact the quality of healthcare that children/youth and/or adults receive.				
Age	20.9%	22.9%	22.3%	19.2%
Race	25.4%	24.2%	29.7%	23.9%
Ethnicity	11.0%	10.3%	9.8%	11.9%
Immigration status	10.3%	10.6%	13.5%	8.6%
Language	11.5%	9.8%	13.5%	11.4%
Sex	3.5%	3.0%	3.7%	3.6%
Gender	6.9%	6.5%	7.2%	6.9%
<b>Level of education</b>	<b>26.6%</b>	<b>27.2%</b>	<b>30.0%</b>	<b>24.8%</b>
Intellectual disabilities	16.8%	19.6%	17.5%	15.1%
Physical disabilities	13.6%	13.4%	13.8%	13.6%
<b>Relationship with medical provider</b>	<b>30.9%</b>	<b>30.0%</b>	<b>23.3%</b>	<b>35.0%</b>
Religious beliefs	2.5%	2.3%	3.4%	2.3%
Sexual orientation	3.6%	4.0%	3.4%	3.5%
<b>Type of health insurance/how I pay for health services</b>	<b>64.9%</b>	<b>63.5%</b>	<b>66.0%</b>	<b>65.2%</b>
None of the above	9.9%	10.3%	7.7%	10.7%

	Total	Chesapeake City	Norfolk City	Virginia Beach City
<b>Please check the top 3 environmental health safety concerns in the community where you live.</b>				
Quality drinking water in your home	29.1%	30.2%	29.7%	28.2%
Beach water quality	19.1%	11.6%	16.7%	23.9%
<b>Air quality</b>	<b>39.7%</b>	<b>39.0%</b>	<b>42.4%</b>	<b>38.7%</b>
Rabies	1.2%	1.3%	1.3%	1.1%
Foodborne illness	20.7%	19.4%	17.8%	22.8%
Lead	10.6%	8.1%	17.2%	8.8%
<b>Mold</b>	<b>41.4%</b>	<b>39.3%</b>	<b>40.3%</b>	<b>42.9%</b>
<b>Mosquitoes</b>	<b>46.5%</b>	<b>54.2%</b>	<b>38.7%</b>	<b>46.4%</b>
None of the above	21.7%	21.7%	24.7%	20.3%
<b>Which of the following do you consider to be your most trusted source of health information?</b>				
Faith-based organization	3.4%	5.8%	4.0%	2.0%
Friends/Family	7.5%	8.8%	7.2%	6.9%
Internet	8.5%	8.1%	7.2%	9.3%
Social media (Instagram, X, Facebook)	2.0%	0.8%	3.7%	1.9%
Local or national news sources, newspaper	3.1%	2.3%	4.2%	3.0%
State/local government (health department, mayor, governor)	5.3%	6.5%	6.1%	4.3%
Local health systems website (hospital, free clinics, etc.)	7.5%	7.3%	6.9%	7.9%
<b>My healthcare provider (doctor, pediatrician, physician assistant, nurse)</b>	<b>54.8%</b>	<b>53.1%</b>	<b>53.8%</b>	<b>56.1%</b>
My military or VA healthcare provider (doctor, pediatrician, physician assistant, nurse)	1.5%	0.8%	1.6%	1.9%
Federal government (CDC)	5.9%	6.0%	5.3%	6.2%

## Stakeholder Responses

Stakeholders			
360 Behavior Consulting	Children's Health System	Lackey Clinic	The AFYA Effect Family Healthcare Services
Alternatives, Inc.	CIVIC Leadership Institute	LGBT Life Center	The River Ellis Foundation
Armed Services YMCA of Hampton Roads	CSG	Mediation Center	Tidewater Arts Outreach
Bon Secours	Dream Hunt & Fishing Program	Patient Advocate Foundation	Tidewater Children's Associates
Cancer Action Coalition of Virginia	EMV-ODU	Pediatric Affiliates	TTD
Catholic Charities of EVA	Family in Focus®	Project Nana, Inc.	US Fitness Holdings, LLC
CDR, Child Development Resources	FDCC	Regina enterprises	Virginia Health Catalyst
Child Development Resources	FEAST Virginia	Safe House Project	VOA Chesapeake and Carolinas
Children's Adaptability Network	Jewish Family Service of Tidewater, Inc.	Seapointe College	WC
Children's Harbor	K.U.S.P.(Keeping Us Secure & Prosperous)	Sylver Strategies	Young Life

Organizational Perspective				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
Responses	156	91	115	116
State, local, or regional department (health, social services)	1.3%	1.1%	0.0%	0.9%
Organization representing medically underserved, low income, and minority populations	5.8%	7.7%	7.8%	6.1%
Health system	21.3%	16.5%	20.0%	22.6%
Nonprofit and community-based organization	32.9%	35.2%	35.7%	35.7%
Academic expert	0.6%	0.0%	0.0%	0.9%
Local government official	0.6%	0.0%	0.0%	0.9%
Local school district	4.5%	0.0%	0.9%	5.2%
Healthcare provider	22.6%	27.5%	26.1%	20.9%
Community health center	3.2%	3.3%	2.6%	0.9%
Health insurance and managed care organization	0.6%	1.1%	0.9%	0.0%
Private business	5.2%	6.6%	5.2%	4.3%
Labor and workforce representative	0.0%	0.0%	0.0%	0.0%
Military representative	1.3%	1.1%	0.9%	1.7%
Civic organization	0.0%	0.0%	0.0%	0.0%
<b>Please check the top 3 most important health concerns:</b>				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
<b>For children/youth (ages 0-17).</b>				
Asthma/Allergies	98.5%	97.1%	100.0%	100.0%
Cancer	26.8%	33.3%	35.5%	25.0%
Dental/Oral health	87.5%	88.0%	93.3%	96.4%
Diabetes	35.4%	30.4%	36.1%	34.5%
Heart conditions	25.7%	38.9%	29.6%	29.6%
High blood pressure	15.7%	15.6%	20.0%	21.2%
Maternal health	36.8%	37.0%	36.7%	39.3%
Mental health	88.2%	89.7%	89.1%	87.5%
Neonatal/newborn health	90.9%	85.7%	90.0%	92.0%
Neurological disorders	67.6%	81.0%	76.0%	75.9%
Obesity	79.1%	83.6%	80.3%	76.9%
Sexual transmitted infections	86.7%	80.0%	84.6%	80.0%
<b>Please check the top 3 most important health concerns:</b>				
<b>For adults.</b>				
Asthma/Allergies	8.8%	14.7%	9.1%	5.9%
Cancer	92.7%	95.8%	90.3%	96.9%
Dental/Oral health	35.0%	40.0%	33.3%	25.0%
Diabetes	82.9%	89.1%	85.2%	86.2%
Heart conditions	94.3%	100.0%	96.3%	96.3%
High blood pressure	96.1%	100.0%	95.5%	97.0%
Maternal health	78.9%	81.5%	76.7%	78.6%
Mental health	64.6%	71.8%	68.5%	63.5%
Neonatal/newborn health	12.1%	19.0%	15.0%	12.0%
Neurological disorders	61.8%	57.1%	56.0%	55.2%
Obesity	69.2%	69.1%	71.2%	72.3%
Sexual transmitted infections	26.7%	40.0%	30.8%	40.0%

Please check the top 3 barriers to accessing healthcare resources and services:				
For children/youth (ages 0-17).				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
Cost	68.3%	70.3%	70.5%	72.5%
Did not know where to go or how to find doctor	73.1%	77.4%	69.4%	75.0%
Language	59.3%	40.0%	63.2%	61.1%
Limited or no internet access	50.0%	60.0%	55.6%	44.4%
Limited or no insurance	62.2%	65.4%	65.7%	59.4%
Long wait for a scheduled appointment	75.5%	78.9%	72.9%	75.7%
No appointments available for new patients	73.4%	68.6%	64.4%	77.8%
No local medical care available within one hour's drive from my home	85.7%	88.9%	83.3%	83.3%
Responsibility as a caregiver for another person	72.2%	80.0%	76.9%	76.9%
Transportation	76.6%	81.4%	82.7%	81.3%
Work-related issues (time off/leave)	44.4%	50.0%	45.5%	46.3%
Not Listed	64.3%	75.5%	80.0%	70.0%
None of the above	83.3%	75.5%	83.3%	66.7%
Please check the top 3 barriers to accessing healthcare resources and services:				
For adults.				
Cost	82.5%	81.1%	81.8%	84.3%
Did not know where to go or how to find doctor	73.1%	80.6%	75.0%	75.0%
Language	70.4%	80.0%	63.2%	72.2%
Limited or no internet access	83.3%	100.0%	88.9%	88.9%
Limited or no insurance	73.3%	76.9%	73.1%	71.0%
Long wait for a scheduled appointment	70.2%	68.4%	71.4%	70.3%
No appointments available for new patients	71.9%	80.0%	77.8%	68.9%
Transportation	68.8%	72.1%	65.4%	66.7%
No local medical care available within one hour's drive from my home	57.1%	55.6%	66.7%	50.0%
Responsibility as a caregiver for another person	36.1%	35.0%	30.8%	30.8%
Work-related issues (time off/leave)	84.4%	80.8%	84.8%	82.9%
Not Listed	78.6%	87.5%	80.0%	80.0%
Which of the following is the greatest concern:				
For children/youth (ages 0-17).				
Alcohol use	1.9%	1.1%	0.9%	1.7%
Bullying and cyberbullying	27.9%	25.6%	28.7%	27.0%
Gambling online	0.6%	1.1%	0.9%	0.9%
Gang involvement	5.2%	6.7%	6.1%	4.3%
Gun access/safety	14.9%	16.7%	17.4%	15.7%
Illegal drug use (fentanyl and cocaine)	7.1%	4.4%	7.0%	7.8%
Marijuana use	3.9%	3.3%	0.9%	2.6%
Prescription medication misuse	1.9%	2.2%	2.6%	2.6%
Sex trafficking	1.9%	3.3%	2.6%	2.6%
Tobacco and vaping use	9.7%	6.7%	8.7%	10.4%
Teen pregnancy	3.2%	3.3%	2.6%	1.7%
Not listed	21.4%	25.6%	21.7%	22.6%

Which of the following is the greatest concern:				
For adults.				
	Total	Chesapeake City	Norfolk City	Virginia Beach City
Alcohol use	14.5%	11.2%	14.0%	17.7%
Gambling online	1.3%	1.1%	1.8%	0.9%
Gang involvement	2.0%	2.2%	2.6%	1.8%
Gun access/safety	11.2%	9.0%	13.2%	8.0%
Illegal drug use (fentanyl and cocaine)	17.8%	22.5%	15.8%	17.7%
Marijuana use	6.6%	3.4%	7.9%	3.5%
Prescription medication misuse	7.9%	5.6%	7.9%	6.2%
Sex trafficking	2.6%	1.1%	2.6%	2.7%
Tobacco and vaping use	6.6%	7.9%	3.5%	5.3%
Not listed	29.6%	36.0%	30.7%	36.3%
Please check the top 3 social concerns impacting health:				
For children/youth (ages 0-17).				
Homelessness	23.6%	37.5%	24.3%	22.5%
Lack of available healthy food	81.4%	85.5%	79.5%	85.7%
Lack of affordable housing	41.7%	49.2%	44.2%	40.0%
Lack of available housing	45.2%	43.5%	46.7%	46.7%
Lack of parenting support/education services	90.5%	93.0%	89.5%	92.2%
Lack of quality schools	93.9%	94.7%	92.6%	95.7%
Lack of a safe place to play or exercise	95.8%	91.7%	93.9%	93.5%
Violence in homes (adult partner, child, and elderly abuse)	68.0%	79.3%	73.7%	73.7%
Violence in the community (gun and/or gang)	68.0%	69.4%	66.0%	67.4%
Environmental safety (water, rabies, foodborne illness, etc.)	60.0%	54.5%	70.0%	66.7%
Please check the top 3 social concerns impacting health:				
For adults.				
Homelessness	96.4%	93.8%	97.3%	97.5%
Lack of available healthy food	71.6%	77.4%	75.6%	72.7%
Lack of affordable housing	92.6%	95.1%	93.5%	95.0%
Lack of available housing	83.3%	87.0%	86.7%	80.0%
Lack of parenting support/education services	37.1%	40.4%	40.8%	37.7%
Lack of quality schools	93.9%	21.1%	18.5%	17.4%
Lack of a safe place to play or exercise	95.8%	37.5%	21.2%	25.8%
Violence in homes (adult partner, child, and elderly abuse)	68.0%	51.7%	57.9%	55.3%
Violence in the community (gun and/or gang)	68.8%	69.4%	72.0%	67.4%
Environmental safety (water, rabies, foodborne illness, etc.)	73.3%	81.8%	80.0%	75.0%
Please select the top 3 personal factors that impact the quality of healthcare that children/youth receive.				
Age	50.0%	47.6%	81.0%	50.0%
Race	86.8%	88.6%	68.2%	84.6%
Ethnicity	75.6%	71.4%	75.0%	78.6%
Immigration status	78.3%	77.3%	75.0%	80.0%
Language	66.7%	70.6%	72.2%	71.4%

Sex	100.0%	100.0%	100.0%	100.0%
Gender	66.7%	60.0%	80.0%	80.0%
Level of education	49.3%	50.0%	88.1%	49.1%
Intellectual disabilities	78.3%	82.4%	60.5%	80.0%
Physical disabilities	69.4%	63.2%	61.5%	65.4%
Relationship with medical provider	60.9%	50.0%	86.5%	61.1%
Religious beliefs	85.7%	80.0%	50.0%	75.0%
Sexual orientation	91.7%	83.3%	25.0%	88.9%
Type of health insurance/how I pay for health services	75.3%	80.0%	76.1%	79.7%
	<b>Total</b>	<b>Chesapeake City</b>	<b>Norfolk City</b>	<b>Virginia Beach City</b>
<b>Please select the top 3 personal factors that impact the quality of healthcare that adults receive.</b>				
Age	71.9%	81.0%	81.0%	75.0%
Race	67.9%	65.7%	68.2%	66.7%
Ethnicity	68.3%	76.2%	75.0%	67.9%
Immigration status	73.8%	86.4%	75.0%	76.7%
Language	74.1%	70.6%	66.7%	71.4%
Sex	66.7%	100.0%	25.0%	66.7%
Gender	77.8%	80.0%	80.0%	80.0%
Level of education	86.7%	83.3%	88.1%	86.0%
Intellectual disabilities	58.3%	55.9%	60.5%	56.5%
Physical disabilities	58.3%	63.2%	61.5%	61.5%
Relationship with medical provider	80.4%	100.0%	86.5%	86.1%
Religious beliefs	57.1%	60.0%	50.0%	50.0%
Sexual orientation	25.0%	50.0%	25.0%	22.2%
Type of health insurance/how I pay for health services	73.1%	75.0%	76.1%	68.9%
<b>Please check the top 3 environmental health safety concerns in the community where you live.</b>				
Quality drinking water in your home	31.6%	30.8%	33.9%	27.8%
Beach water quality	7.7%	5.5%	5.2%	7.0%
Air quality	48.4%	46.2%	7.0%	51.3%
Rabies	0.0%	0.0%	0.0%	0.0%
Foodborne illness	22.6%	23.1%	23.5%	24.3%
Lead	20.0%	16.5%	22.6%	15.7%
Mold	50.3%	50.5%	51.3%	48.7%
Mosquitoes	23.9%	23.1%	20.9%	21.7%
None of the above	25.2%	29.7%	25.2%	29.6%
<b>Which of the following do you consider to be your most trusted source of health information?</b>				
Faith-based organization	9.7%	11.0%	12.2%	10.4%
Friends/Family	17.4%	14.3%	19.1%	13.9%
Internet/ Social media (Instagram, X, Facebook)	28.4%	35.2%	28.7%	29.6%
Local or national news sources, newspaper	1.9%	2.2%	1.7%	0.9%
State/local government (health department, mayor, governor)	2.6%	2.2%	2.6%	2.6%
Local health systems website (hospital, free clinics, etc.)	7.7%	5.5%	5.2%	7.8%
My healthcare provider (doctor, pediatrician, physician assistant, nurse)	30.3%	27.5%	28.7%	33.0%
My military or VA healthcare provider (doctor, pediatrician, physician assistant, nurse)	1.3%	1.1%	0.9%	1.7%
Federal government (CDC)	0.6%	1.1%	0.9%	0.0%

## Focus Groups

Focus Group Demographics					
16 Total Focus Groups: 153 Participants					
<b>Sex of participants (gender identified)</b>	<b>Female</b>	117		<b>Male</b>	36
<b>Age range of participants</b>	<b>18-25</b>	<b>26-39</b>	<b>40-54</b>	<b>55-64</b>	<b>65+</b>
	5	43	35	17	53
<b>Race/ethnicity of participants</b>	<b>White</b>	<b>Black</b>	<b>Asian</b>	<b>Hispanic</b>	<b>Native American</b>
	54	56	12	29	1
<b>Zip codes of participants</b>	23185 (2)	23320 (7)	23321 (2)	23322	23323
	23324(4)	23325 (3)	23451 (6)	23452 (5)	23453 (2)
	23454 (3)	23455 (5)	23456 (10)	23457 (2)	23462 (6)
	23464 (16)	23502 (15)	23503 (3)	23504 (4)	23505
	23507 (2)	23508 (3)	23509 (2)	23510	23513 (7)
	23518 (8)	23523	23602	25351 (9)	51254
	23666				
Summary of Key Findings (CHATGPT was used to summarize notes) (Complete notes upon request through our <a href="#">Feedback Form</a> )					
Summary of Key Findings					
Topic 1: What serious health problems are in your community for children (0-17) and for adults (18+)?					
<b>Key issues identified for children</b>					
<b>Mental and Behavioral Health</b>					
<ul style="list-style-type: none"> <li>• High rates of anxiety, depression, ADHD, and autism.</li> <li>• Lack of access to mental health specialists; long wait times (6+ months for appointments).</li> <li>• Increase in emotional dysregulation and behavioral health issues.</li> <li>• Exposure to social media at a young age contributing to mental health issues.</li> <li>• Increased vaping among youth.</li> <li>• Lack of school resources: insufficient special education support, not enough mental health professionals in schools (e.g., only four social workers for all schools in Virginia Beach).</li> <li>• Parents struggling to find adequate mental health support for their children.</li> <li>• Post-COVID delays in social skills, facial recognition, and emotional growth.</li> </ul>					
<b>Physical Health and Chronic Conditions</b>					
<ul style="list-style-type: none"> <li>• Increase in obesity due to lack of physical activity and poor nutrition.</li> <li>• Diabetes and hypertension increasing among children.</li> <li>• Rise in asthma, eczema, and allergies, particularly in babies.</li> <li>• Respiratory illnesses such as walking pneumonia on the rise.</li> <li>• Limited access to vision care and glasses.</li> <li>• Orthopedic concerns related to sports injuries.</li> </ul>					
<b>Social and Environmental Factors</b>					
<ul style="list-style-type: none"> <li>• Increase in developmental delays, especially in speech and early intervention needs.</li> <li>• Safety concerns: lack of cameras in neighborhoods, increased gun violence.</li> <li>• Food insecurity and limited access to nutritious foods.</li> <li>• Lack of structured activities for youth leading to increased risk-taking behaviors.</li> <li>• Homelessness and housing instability affecting children's well-being.</li> <li>• Limited transportation access for medical care, particularly for serious conditions like cancer.</li> </ul>					
<b>Key issues identified for adults</b>					
<b>Chronic Diseases and Physical Health</b>					
<ul style="list-style-type: none"> <li>• High rates of hypertension, high cholesterol, heart disease, and diabetes.</li> <li>• Increase in obesity and metabolic conditions.</li> <li>• Stroke, dementia, and Alzheimer's affecting aging populations.</li> <li>• Cancer (breast cancer, other forms prevalent in community).</li> <li>• Gout, arthritis, and orthopedic issues impacting mobility.</li> <li>• Lack of access to preventive care and long wait times for primary care appointments (6+ months).</li> </ul>					

## Mental Health and Substance Abuse

- High rates of depression, anxiety, and stress, particularly among caregivers and older adults.
- Substance abuse, including drug addiction, alcoholism, and vaping.
- Postpartum depression and anxiety among new mothers.
- Increased loneliness and isolation, particularly among seniors.
- Limited access to mental health services and misinformation about available resources.

## Social Determinants of Health and Safety

- Housing instability and homelessness affecting mental and physical health.
- Food deserts leading to poor nutrition and increased chronic diseases.
- Unsafe neighborhoods with increased crime and lack of security measures.
- Stress from financial burdens, caregiving responsibilities, and daily life challenges.
- Education gaps: low literacy rates and lack of access to health information.
- Gun violence recognized as a public health issue.

## Cross-Generational Issues Affecting Both Children and Adults

- **Access to Care:** Long wait times for medical and mental health appointments; lack of specialists in schools and communities.
- **Mental Health Crisis:** Widespread anxiety, depression, and stress affecting both youth and adults.
- **Obesity and Nutrition:** Poor diet, lack of access to healthy foods, and minimal physical activity.
- **Housing and Economic Struggles:** Food insecurity, homelessness, and financial stress impacting overall health.
- **Safety Concerns:** Community violence, lack of secure neighborhoods, and inadequate law enforcement response.

## Recommendations for Action

1. **Expand Mental Health Services:** Increase school-based mental health support, reduce wait times for mental health appointments, and improve access to affordable therapy options.
2. **Improve Access to Medical Care:** Expand availability of primary care and specialty providers, including OT, PT, and vision services.
3. **Enhance Nutritional Support:** Improve access to fresh and affordable food in food deserts, educate families on healthy eating.
4. **Promote Physical Activity:** Increase community programs and school initiatives to encourage movement and reduce childhood obesity.
5. **Strengthen Community Safety:** Install more surveillance cameras, improve neighborhood watch programs, and increase police presence in high-crime areas.
6. **Support Caregivers and Families:** Provide more resources for family caregivers, create support groups, and improve education on chronic disease management.
7. **Expand Social and Recreational Programs:** Create more structured activities for youth to reduce risky behaviors and improve socialization skills.

Topic 2: What are some of the environmental and social conditions that affect quality of life for children and adults living in your community?

## Key issues identified for children

- **Economic Struggles:** Cost of living, housing insecurity, poverty, and lack of financial support.
- **Safety Concerns:** Gun violence, unsafe neighborhoods, social isolation, lack of community.
- **Education Challenges:** Teacher shortages, mixing grade levels, overburdened teachers, lack of school choice.
- **Health & Mental Health:** Limited access to therapy, lack of medical and dental care (especially for Medicaid recipients), poor air quality.
- **Technology & Socialization:** Excessive screen time, social media pressures, peer pressure, lack of outdoor play.
- **Family & Social Structure:** Bullying, military family instability, grandparents raising children, undocumented children struggling with access to healthcare.
- **Food Insecurity:** School lunch being the only meal for some kids, lack of affordable healthy food.
- **Transportation Barriers:** Difficulty getting to school, medical appointments, and activities.

Key issues identified for adults
<ul style="list-style-type: none"> <li>• <b>Economic Instability:</b> High housing costs, inflation, struggling middle class, difficulty qualifying for assistance.</li> <li>• <b>Healthcare Issues:</b> Long wait times for appointments, high costs of medical and dental care, lack of access to preventive care.</li> <li>• <b>Social Isolation:</b> Impact on widowed and aging populations, especially non-English speakers (e.g., Filipino community).</li> <li>• <b>Transportation Barriers:</b> Lack of reliable or affordable public transportation to work, appointments, or grocery stores.</li> <li>• <b>Work &amp; Family Balance:</b> Cost of childcare, lack of employer flexibility, overworked employees leading to burnout.</li> <li>• <b>Mental Health &amp; Safety:</b> Depression, suicide among men, lack of community support, crime in neighborhoods.</li> <li>• <b>Aging Population Needs:</b> Seniors hesitant to seek medical care, need for better community outreach, dementia going unnoticed.</li> <li>• <b>Environmental Factors:</b> Living near industrial plants, poor housing conditions affecting asthma, food deserts.</li> </ul>
<p>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?</p>
Key issues identified for children and adults
<p><b>General Healthcare Access</b></p> <ul style="list-style-type: none"> <li>• <b>Long Wait Times:</b> Difficult to get into clinics, leading to increased urgent care and emergency room visits.</li> <li>• <b>Provider Shortage:</b> Population growth outpaces the availability of medical professionals, reducing care quality.</li> <li>• <b>Insurance Barriers:</b> Many providers do not accept Medicaid or Tricare Prime, leading to coverage gaps.</li> <li>• <b>Difficulty Navigating the System:</b> Families struggle with paperwork, referrals, and finding available providers.</li> <li>• <b>Limited Transportation:</b> Some families, especially in rural areas, have difficulty reaching healthcare facilities.</li> <li>• <b>Preventative Care Lacking:</b> Focus is on treating illness rather than preventive health services.</li> </ul>
<p><b>Pediatric Care</b></p> <ul style="list-style-type: none"> <li>• <b>Limited Availability of Primary and Specialist Care:</b> Long waitlists for pediatricians, specialists (ophthalmologists, neurologists, cardiologists, surgeons), and mental health services.</li> <li>• <b>Emergency Room as Primary Care:</b> Due to lack of insurance and pediatrician availability, many families use the ER.</li> <li>• <b>Military Families Struggle with Relocation:</b> Issues transferring medical records, finding new providers, and resolving insurance complications.</li> <li>• <b>Vaccine Access Issues:</b> Children denied care until vaccination records are available.</li> </ul>
<p><b>Mental Health Services</b></p> <ul style="list-style-type: none"> <li>• <b>Severe Shortage of Providers:</b> Long wait times for therapy and psychiatric care.</li> <li>• <b>Stigma in Seeking Help:</b> Especially within minority communities, military families, and among parents fearing CPS involvement.</li> <li>• <b>Limited Awareness &amp; Education:</b> Need for community outreach to normalize mental health care.</li> <li>• <b>Lack of Pediatric Mental Health Access:</b> Children's mental health appointments are harder to schedule than before.</li> <li>• <b>Need for Community-Based Support:</b> Safe spaces, peer support, and school-based counseling services are lacking.</li> </ul>
<p><b>Dental Care</b></p> <ul style="list-style-type: none"> <li>• <b>Limited Providers Accepting Insurance:</b> Medicaid coverage is minimal, and many dentists do not accept it.</li> <li>• <b>High Out-of-Pocket Costs:</b> Dental care is often delayed until it becomes an emergency.</li> <li>• <b>Military Families Face Additional Barriers:</b> Military dental insurance is supplemental and limited in provider acceptance.</li> </ul>
<p><b>Adult Healthcare Issues</b></p> <ul style="list-style-type: none"> <li>• <b>Preventative Care Delayed:</b> Many adults avoid care due to cost, insurance gaps, or long wait times.</li> <li>• <b>Financial Barriers:</b> Middle-class individuals struggle with affordability, while government assistance is more accessible for lower-income families.</li> <li>• <b>Medicare &amp; Medicaid Gaps:</b> Seniors on Medicare may avoid care due to co-pays, and changing insurance plans leads to provider loss.</li> <li>• <b>Women's Health Barriers:</b> Long waits for OB/GYN care; Tricare limits hospital and provider choices.</li> </ul>

## Structural & Systemic Challenges

- **Lack of 24-Hour Pharmacies:** Prescriptions from late-night emergency visits often go unfilled.
- **Healthcare Navigation is Confusing:** Patients struggle to access resources or even know what's available.
- **Social Services & Community Programs Declining:** Government funding cuts limit services, making care harder to access.
- **Lack of Health Education & Outreach:** Need for trusted community figures (faith leaders, advocates) to provide guidance and awareness.

## Proposed Solutions & Improvements

- **Expand Provider Availability:** Increase healthcare workforce, improve retention, and provide incentives for specialists.
- **Enhance Telehealth & Mobile Clinics:** Improve accessibility, especially for mental health and dental care.
- **Improve Insurance Coverage & Acceptance:** Ensure Medicaid, Tricare, and Medicare are accepted by more providers.
- **Community-Based Mental Health Support:** Increase awareness, remove stigma, and integrate services into schools and faith communities.
- **Simplify Healthcare Navigation:** Offer patient advocates to assist families with insurance, referrals, and appointment scheduling.
- **Expand Preventative Care Efforts:** Shift focus from treatment to prevention through screenings, wellness programs, and education.

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?

## Challenges in Accessing Fresh, Healthy Food

- **Affordability:** Healthy food is available but often too expensive, leading people to opt for cheaper, processed, or fast food alternatives.
- **Transportation:** Many people lack reliable transportation to reach grocery stores or food pantries, especially in lower-income areas.
- **Food Waste Concerns:** Fresh produce spoils quickly, making it a risky investment for those on tight budgets.
- **Education & Awareness:** Many individuals lack knowledge on how to cook, store, or preserve fresh produce, leading to food waste and hesitation to try new foods.
- **Cultural & Generational Barriers:** Eating habits are often passed down, limiting openness to new fruits and vegetables.
- **Food Deserts:** Certain neighborhoods lack grocery stores with fresh food options, while areas with higher property values have better access.
- **Sugar & Processed Food Addiction:** Many struggle with breaking habits of consuming processed, high-sugar foods.

## Potential Solutions & Community Efforts

- **Education Initiatives:** Schools, libraries, and community programs can teach cooking skills, meal planning, and food storage techniques.
- **Local Farmers Markets & Community Gardens:** These are becoming more common, but people need guidance on how to utilize them effectively.
- **Food Banks & Pantries:** Many provide fresh food, but accessibility issues (transportation, eligibility restrictions, stigma) remain barriers.
- **Healthy Food Incentives:** Discount programs, grocery store partnerships, and restaurant markers could encourage healthier choices.
- **Convenience & Meal Preparation Support:** Providing pre-prepared healthy meals (e.g., Meals on Wheels) could help those with limited cooking ability or time.

Topic 5: What is working in your community that can help residents live healthier lives?

**Community Initiatives for Healthier Living**

**Children & Families**

- **Recreation Centers:** Affordable and family-friendly, providing opportunities for physical activity and social engagement.
- **Community Events:** Bringing families together, fostering social connections, and promoting active lifestyles.
- **Healthcare Access:** While doctor visits provide quality care, accessibility remains a challenge.
- **Playgrounds & Parks:** Numerous outdoor spaces with scheduled activities encourage movement and outdoor play.
- **YMCA Memberships:** Offering extensive programs and facilities for families to engage in fitness and wellness.
- **Free School Lunch Programs:** Ensuring that all children receive nutritious meals without stigma, supporting academic performance.
- **School-Based Health Programs:** Schools serve as resource hubs for families, providing employment assistance, groceries, and health-related information.
- **Healthy School Initiatives:** Walking challenges, “Be Well” programs, and water bars promote wellness among students and staff.
- **Kinship Care & Grandfamilies Support:** Providing access to food banks, educational trips, and cooking classes to teach healthy and affordable meal preparation.
- **Therapeutic Recreation:** Expanding opportunities for children with special needs through public and private organizations.
- **Food Banks & Fresh Markets:** Ensuring families have access to nutritious food through partnerships and community initiatives.

**Adults & Seniors**

- **Airmen’s Attic & Farmers Markets:** Affordable resources for fresh produce and household needs.
- **Sentara Heart Center & Interconnected Medical Records:** High-quality care with streamlined access to medical history.
- **Senior Fitness & Social Programs:** Line dancing, chair exercises at AARP, and Virtual Bingo encourage movement and community engagement.
- **VA Services & Medical Supply Delivery:** Veterans benefit from mailed medical supplies, though services vary based on disability rating.
- **Senior Services (Southeastern):** Providing walking paths, exercise programs, and social initiatives to support senior well-being.
- **Mobile Health Clinics & Pop-Up Immunizations:** Increasing accessibility to preventive healthcare services like flu shots, diabetes screenings, and mammograms.
- **Community Partnerships & Social Support:** Churches, hospitals, and grassroots organizations collaborate to provide health education and outreach programs.
- **Post-Heart Attack Support & Ornish Medicine Programs:** Encouraging recovery through structured health initiatives.
- **Urban Discovery Ministries:** Addressing trauma, mental health, and community engagement through partnerships and resource provision.

**Community Infrastructure & Resources**

- **Walking Paths & Neighborhood Trails:** Encouraging active transportation and exercise in safe environments.
- **Recreation & Fitness Facilities:** Low-cost access to gyms, pools, and exercise programs supporting overall health.
- **Expanded Food Bank Outreach:** Monthly food bag distribution, fresh produce access, and improved advertisement of available resources.
- **Volunteer & Rescue Services:** Virginia Beach’s Volunteer Rescue Squad ensures emergency health support remains accessible.
- **Environmental Clean-Ups & Wellness Events:** Encouraging a healthier community through organized activities and preventive care programs.
- **Mental Health & Social Support Services:** CHKD Mental Health Facility, community engagement programs, and church-based support groups provide essential assistance.

The community is actively working to create a healthier environment for residents through recreational facilities, school and healthcare partnerships, senior wellness programs, and access to nutritious food. Continued collaboration and resource expansion will further enhance these efforts, promoting long-term health and well-being for all residents.

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?

## Improving Local Health Systems and Community Wellness

### Enhancing Healthcare Workforce and Access

- Hire more nurses, doctors, and healthcare professionals to improve care quality and reduce burnout.
- Expand telehealth services for timely, efficient appointments, especially for those who know what they need.
- Increase access to specialists, including dental specialists (e.g., endodontists) and hearing specialists in more convenient locations.
- Ensure hospitals and providers accept a wider range of insurance plans.

### Cost Transparency and Affordability

- Provide itemized cost lists for medical procedures to prevent unexpected bills.
- Improve transparency on out-of-pocket costs for essential tests like PET scans for Alzheimer's.
- Reduce overall healthcare costs and make healthcare more affordable for those not receiving government benefits.
- Increase competition in healthcare by allowing more hospital systems in the area to break monopolies and reduce pricing disparities.

### Care Coordination and Patient Support

- Improve medical record-sharing among specialists and primary care providers without requiring patient follow-ups.
- Enhance VA care coordination to streamline veteran healthcare.
- Provide clear, compassionate communication to patients regarding their conditions and treatments, especially for those diagnosed with cancer.
- Expand volunteer and patient navigator programs to support those facing serious diagnoses.

### Accessibility and Community Outreach

- Improve parking and hospital entry access for aging populations, including dedicated senior entrances.
- Bring healthcare resources into communities, such as health fairs, mobile clinics, and local school initiatives.
- Expand in-school health services, such as dental and vision screenings.
- Partner with churches, schools, and local organizations to provide preventive care and health education.
- Reinstate and expand programs like Senior Companion for socialization and light assistance.

### Preventive Care and Education

- Promote community education on preventive care, including vaccinations, diabetes, hypertension, and maternal health.
- Increase access to health education in public spaces, like grocery stores and community centers.
- Develop programs that incentivize wellness activities, such as CPR training and parenting classes.
- Address misinformation about vaccines and build trust within marginalized communities.
- Expand culturally competent care and workforce diversity in hospitals.

### Technology and Communication Improvements

- Ensure healthcare portals are accessible and user-friendly for all, including older adults who may not be tech-savvy.
- Maintain traditional communication methods (phone, in-person scheduling) for those without internet access.
- Provide clearer guidance on selecting primary care providers and specialists.

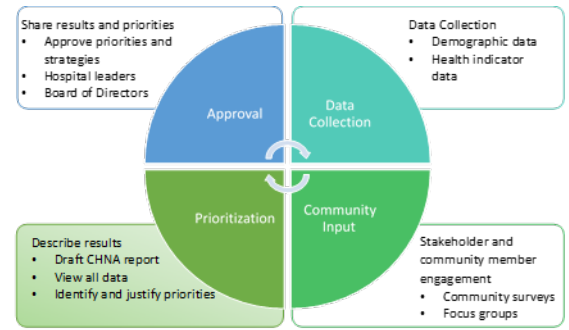
### Emergency Preparedness and Public Health Initiatives

- Develop structured plans for future pandemics, ensuring resources are available for all income levels.
- Address healthcare disparities, particularly for Black maternal and child health outcomes.
- Increase community education on emergency preparedness.
- Improve food security programs and expand meal delivery services for vulnerable populations.
- Enhance mental health resources and integrate emotional support services for individuals with therapy animals.

## Vision for the Future

By implementing these initiatives, local health systems, hospitals, and public health departments can create a more accessible, transparent, and compassionate healthcare environment, improving overall wellness in the community.

## 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><b>Strengths within the community</b></p> <ul style="list-style-type: none"> <li>• CHW works with behavioral health (referral platform)</li> <li>• Community fair(s); held at hospital, and attendance at community events</li> <li>• BH Nurses in ED</li> </ul>	<p><b>Weaknesses to achieving improvement within community</b></p> <ul style="list-style-type: none"> <li>• Funding</li> <li>• Insurance availability/uninsured</li> <li>• Legislation</li> <li>• Lack of providers (pcp, specialist, therapists)</li> <li>• Capacity of current navigators to refer to providers</li> <li>• Coordination of care</li> </ul>
<p><b>Opportunities Created for Community</b></p> <ul style="list-style-type: none"> <li>• Increase access to mental health services and education</li> <li>• Expanding telehealth in hospital</li> <li>• Utilization of Apps/PAS</li> <li>• Strengthen relationship, collaboration with CHKD and other health systems</li> <li>• Literature in other languages</li> <li>• Education for community, families, teachers, youth, parents to de-stigmatize and provide available resources</li> <li>• Opportunity to provide more resources and opportunities for providers to make better referrals</li> </ul>	<p><b>Threats Posed to the Community</b></p> <ul style="list-style-type: none"> <li>• Back order of medications</li> <li>• Re-entry population not having resources to stabilize after release from jail/prison</li> <li>• Access issues to preventative care and medications</li> <li>• Increased substance use</li> <li>• Perception of fear and stigma to receive appropriate care</li> <li>• Increase in health care needs</li> <li>• Lack of family, friend support</li> <li>• Community and school violence</li> <li>• Emergency Room overutilization</li> <li>• Impacts both youth and adults, increasing suicidal thoughts</li> </ul>
Chronic Disease	
<p><b>Strengths within the community</b></p> <ul style="list-style-type: none"> <li>• Touch point-sepsis, CHF ammonia DSMR (Disease specific mortality readmissions)</li> <li>• Diabetes Prevention Program</li> <li>• CHF: CHW follows-up in community</li> <li>• Oncology mobile mammogram clinic</li> </ul>	<p><b>Weaknesses to achieving improvement within community</b></p> <ul style="list-style-type: none"> <li>• End point: patients in ER</li> <li>• Hospital is reactive</li> <li>• Communication with SMG</li> <li>• Building relationships with patients in acute care setting</li> <li>• Lack of resources for treating high blood pressure</li> </ul>
<p><b>Opportunities Created for Community</b></p> <ul style="list-style-type: none"> <li>• Chronic hypertension education</li> <li>• Stroke risk education</li> <li>• Transparency with partners, Sentara Community Health Impact team</li> <li>• Opportunity to provide more education and opportunities in the community (diabetes programs, screening events, health fairs)</li> <li>• Opportunities for education on physical health, YMCA partnerships</li> <li>• Opportunities to collaborate with community partners to educate and provide services</li> </ul>	<p><b>Threats Posed to the Community</b></p> <ul style="list-style-type: none"> <li>• Access to providers, hard to get PCPs to refer clients</li> <li>• Providers only viewing one way</li> <li>• Chronic disease utilizes a lot of resources (doctors, time, costs)</li> <li>• Emergency room admissions</li> <li>• Access to healthy food</li> <li>• Higher healthcare costs</li> <li>• Alzheimer's will have a large effect on the aging population</li> <li>• Lack of community support</li> </ul>

Social Drivers of Health	
<p><b>Strengths within the community</b></p> <ul style="list-style-type: none"> <li>• Disease education to community</li> <li>• SDOH, data collection from registration and ICM</li> <li>• Collaboration with local non-profit organizations to provide resources</li> <li>• Wait times are available for community to assess which ED to go to</li> </ul>	<p><b>Weaknesses to achieving improvement within community</b></p> <ul style="list-style-type: none"> <li>• CHW: not enough to support within hospital</li> <li>• Lack of availability of PCP resources</li> <li>• Community unaware of available resources</li> </ul>
<p><b>Opportunities Created for Community</b></p> <ul style="list-style-type: none"> <li>• Continue education through preventative services</li> <li>• Increase workforce through partnerships with education partners for career education, preceptorships, high school volunteer program</li> <li>• Grant funding for partners to provide trade school opportunities and education</li> <li>• Identify programs that help with payments for bills/Medicaid, Medicare specialist to assist with insurance applications</li> <li>• Provide education for patients to talk about true healthcare costs</li> <li>• Providing education to address healthcare programs for prevention</li> <li>• Better connections with nonprofits and community health systems to identify and address health needs</li> <li>• Share 211 Virginia resources</li> </ul>	<p><b>Threats Posed to the Community</b></p> <ul style="list-style-type: none"> <li>• CHW: loss of staff in public health system</li> <li>• Increase of ED visits versus PCP care due to availability and/or loss of insurance</li> <li>• Reduced opportunity for low- and middle-income families to graduate college</li> <li>• Less access to medications</li> <li>• Making choices of healthcare versus dinner due to loss of income or low income</li> </ul>