Alexandria's State of Health:
The challenges and opportunities

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July 2025

We conducted an extensive assessment of health.

There are large differences in health between our neighborhoods.

Let's work with the people most impacted to move the needle on health outcomes.

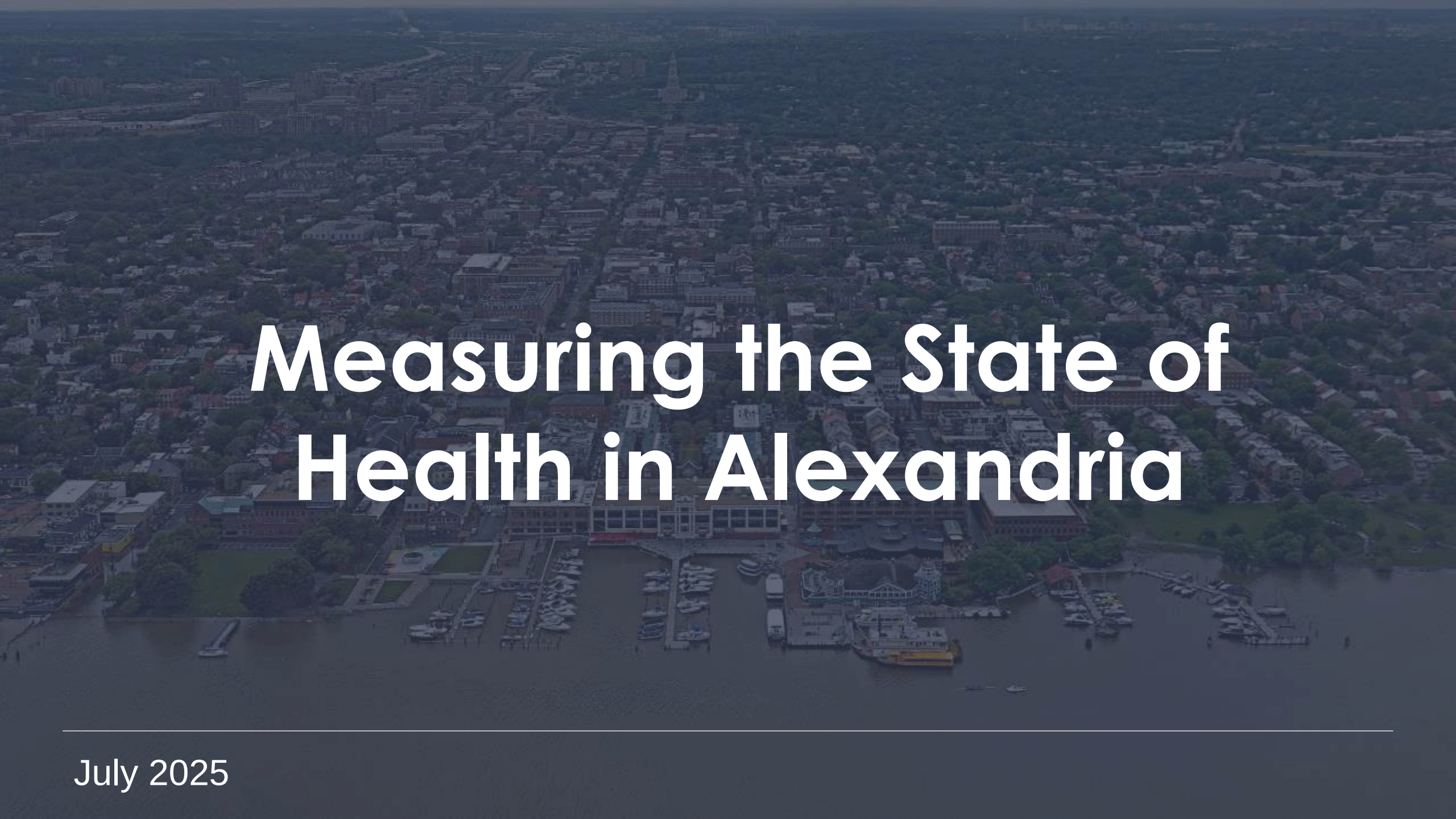
July 2025

The vision:

All Alexandrians must have the opportunity to thrive and achieve their best health.

The assessment:

How does reality match that vision?



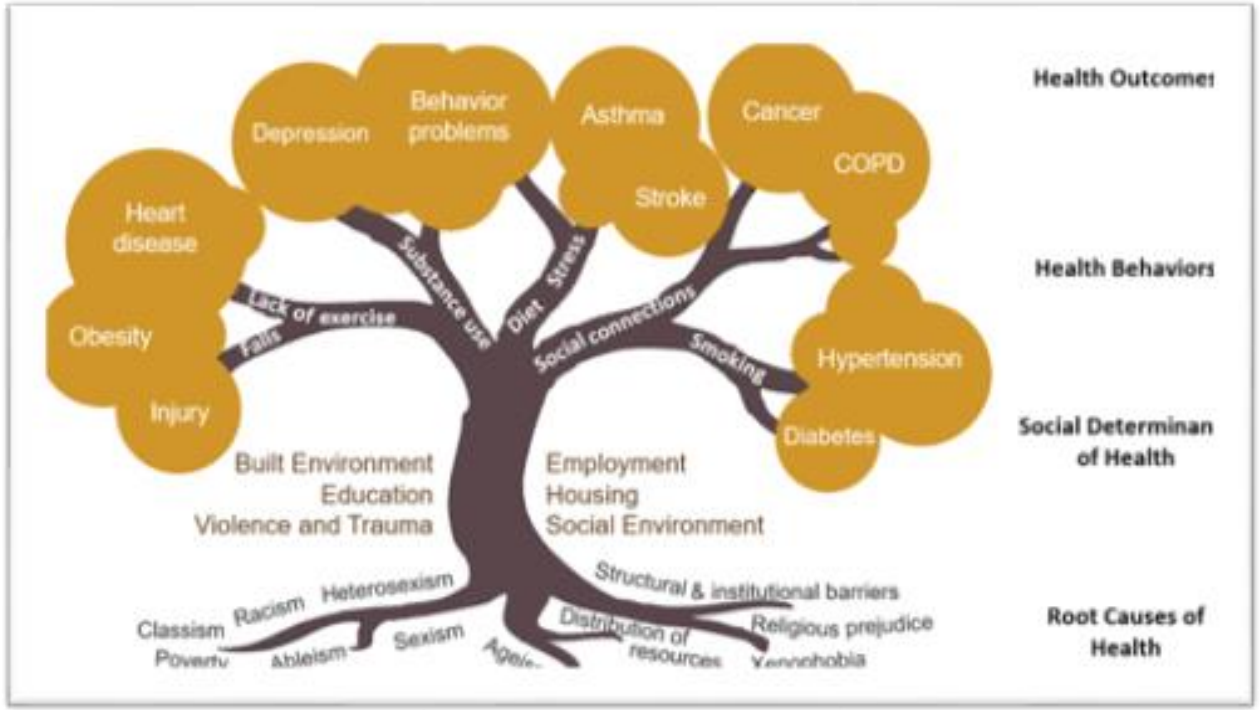
Measuring the State of Health in Alexandria

July 2025

What is a Community Health Assessment?

- A complete review of the state of health in our city
- Model used nationally to understand local issues

- Asks:
  - What are the health issues, needs, and strengths in our community?
  - Who is most affected?
  - Where do we see differences in health?
  - Why do these differences exist?



What are the social determinants of health? | Healthy BR

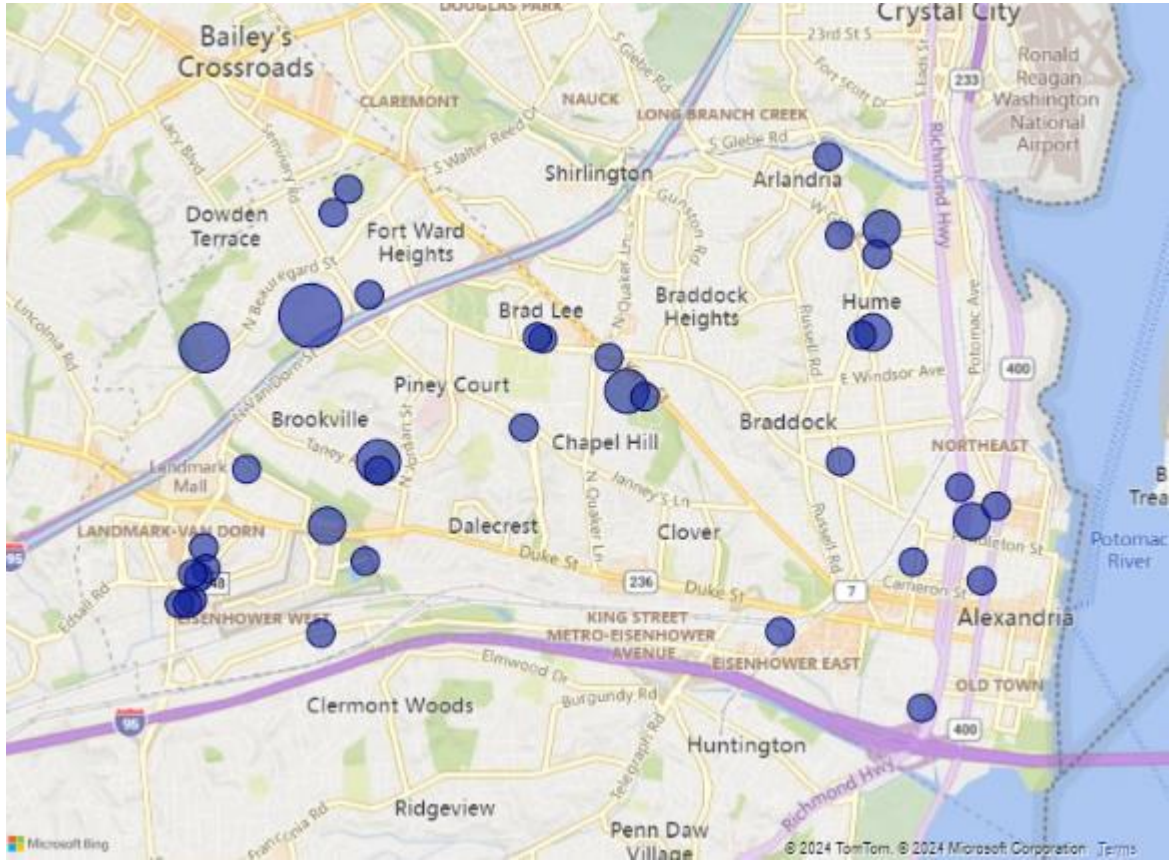
July 2025

Collecting the Data

- **Community Survey**
  - ✓ More than 2,000 responses representative of Alexandria demographics
- **Quantitative Analysis**
  - ✓ Over 200 indicators, ~3,000 individual data points
- **Community Voices**
  - ✓ Walk and Talks + Community Photo Album = non-traditional feedback from more than 100 residents
- **Additional Context**
  - ✓ SME input and guidance where appropriate

Community Survey

Conducted outreach in more than 40 unique locations from September 3rd – November 4th. Along with a major online push.



Community Health Strengths and Issues

The Alexandria Health Department wants to learn what is most important to Alexandria community members. Your answers to this confidential survey will help make Alexandria a healthier place. For more information, please email healthmatters@vdh.virginia.gov or call 703-244-5654.

1. In your opinion, what are the biggest health issues in your community? Please choose up to THREE.

- ☐ Dental problems
- ☐ Teen pregnancy
- ☐ Maternal, infant, and child health
- ☐ Violence and crime
- ☐ Domestic violence, rape/sexual assault, child abuse
- ☐ Preventable injuries (poisoning, falls, car/bike crashes)
- ☐ Aging-related health concerns (dementia, arthritis)
- ☐ Tobacco use (cigarettes, vaping, e-cigarettes)
- ☐ Alcohol, drug, opiate use (including overdose)
- ☐ Mental health (depression, anxiety, suicide, loneliness)
- ☐ Chronic health conditions (asthma, cancer, diabetes, heart disease, stroke)
- ☐ Obesity, physical activity, and nutrition
- ☐ Sexually transmitted infections and diseases (HIV/AIDS, chlamydia, syphilis, gonorrhea)
- ☐ Illnesses spread by insects and/or animals (Lyme, West Nile, rabies)
- ☐ Illnesses spread person to person (flu, COVID-19, TB, Mpox, MRSA, measles)
- ☐ Environmental health/climate change issues (extreme heat, poor air quality, excessive flooding)
- ☐ Racism and other forms of discrimination
- ☐ Food insecurity (hunger)
- ☐ Other _____

2. In your opinion, what are your community's greatest strengths? Please choose up to THREE.

- ☐ Opportunities to be involved in, and belong to, the community (social connections)
- ☐ Diversity of the community (social, cultural, faith, economic)
- ☐ Addresses racism and biases
- ☐ Safe, healthy, and affordable housing
- ☐ Access to healthy food
- ☐ Support for basic needs (food, clothing)
- ☐ Access to healthcare
- ☐ Access to mental health and substance use services (counseling, therapy, support groups)
- ☐ Educational opportunities (schools, libraries, vocational programs, career counseling)
- ☐ Jobs and entrepreneurship opportunities
- ☐ A good place for children, youth, and families to live
- ☐ A good place for older adults to live
- ☐ Public safety (police, fire, and rescue services)
- ☐ Safe place to live
- ☐ Accessible for community members with disabilities
- ☐ Public parks, green spaces, and opportunities to be physically active
- ☐ Walkable, bikeable community
- ☐ Public transportation (convenient, reliable, affordable)
- ☐ Sustainable and eco-friendly environment
- ☐ Arts and cultural events
- ☐ Access to dental care
- ☐ Other _____

3. In your opinion, what would most improve your community's health? Please choose up to THREE.

- ☐ Opportunities to be involved in, and belong to, the community (social connections)
- ☐ Welcoming diversity (social, cultural, faith, economic)
- ☐ Addressing racism and biases
- ☐ Safe, healthy, and affordable housing
- ☐ Access to healthy food
- ☐ Support for basic needs (food, clothing)
- ☐ Access to healthcare
- ☐ Access to mental health and substance use services (counseling, therapy, support groups)
- ☐ Educational opportunities (schools, libraries, vocational programs, career counseling)
- ☐ Jobs and entrepreneurship opportunities
- ☐ Support for children, youth, and families
- ☐ Support for older adults
- ☐ Public safety (police, fire, and rescue services)
- ☐ Safer place to live
- ☐ Accessibility for community members with disabilities
- ☐ Public parks, green spaces, and opportunities to be physically active
- ☐ Walkable, bikeable community
- ☐ Public transportation (convenient, reliable, affordable)
- ☐ Sustainable and eco-friendly environment
- ☐ Arts and cultural events
- ☐ Access to dental care
- ☐ Other _____

Flip over

Who Responded

CHA Survey - Who Answered

2,020
Total Responses

Average age:
45

58% Women
28% Men
14% Other/NA

Fig. 6 - Preferred Language

English 75.1% | Spanish 8.9% | Amharic 8.6% | Dari 5.1% | Pashto 1.3% | Arabic 1%

11% LGBTQ+

25%
have/live with someone who has a disability or functional limitation

25%
Live in an income-limited household

28%
Born outside the U.S.

Fig. 7- Educational Attainment

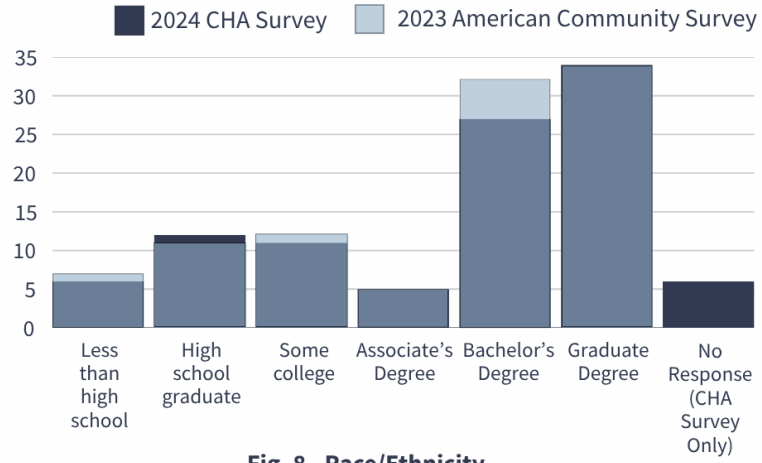
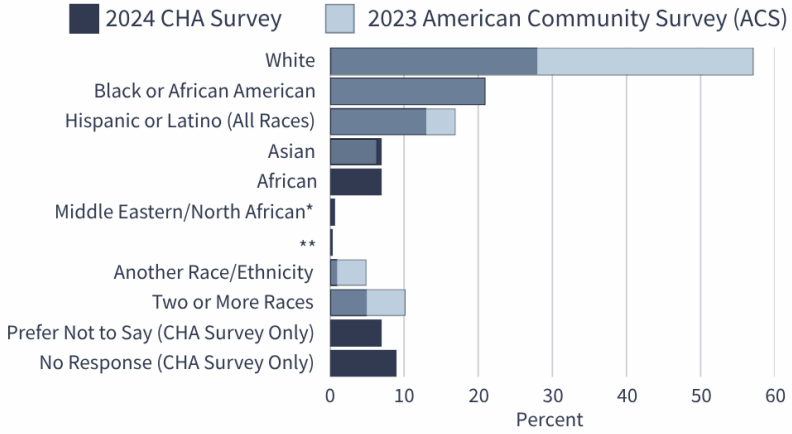


Fig. 8 - Race/Ethnicity



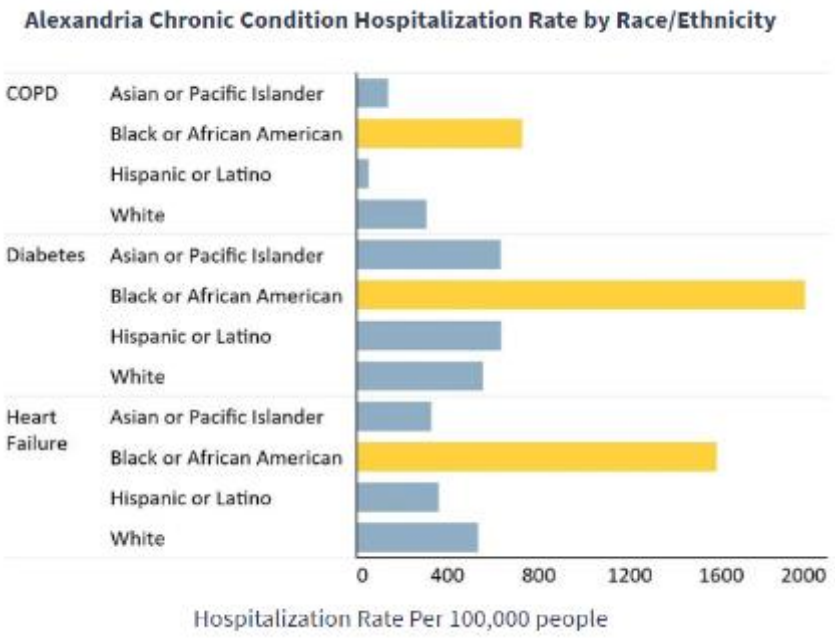
*ACS does not capture Middle Eastern/North African or African ethnicity. AHD added this category to our survey based on our population.

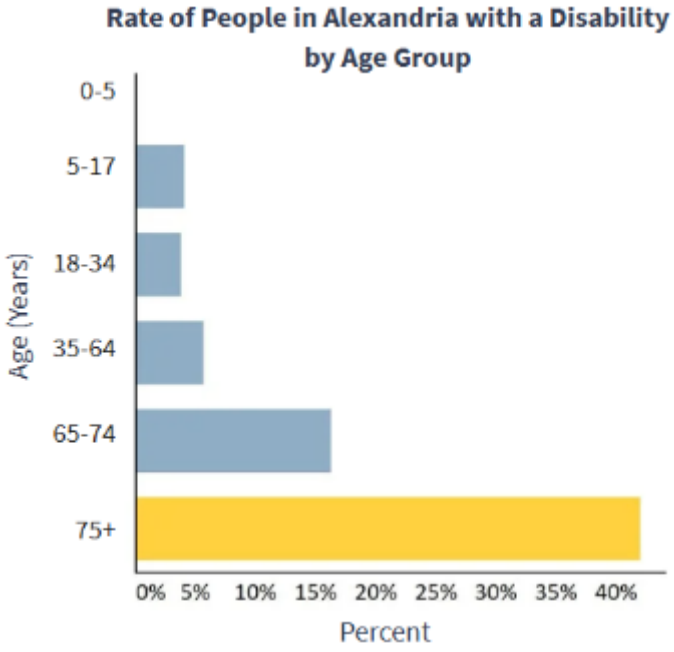
**American Indian/Alaska Native and Native Hawaiian/Pacific Islander

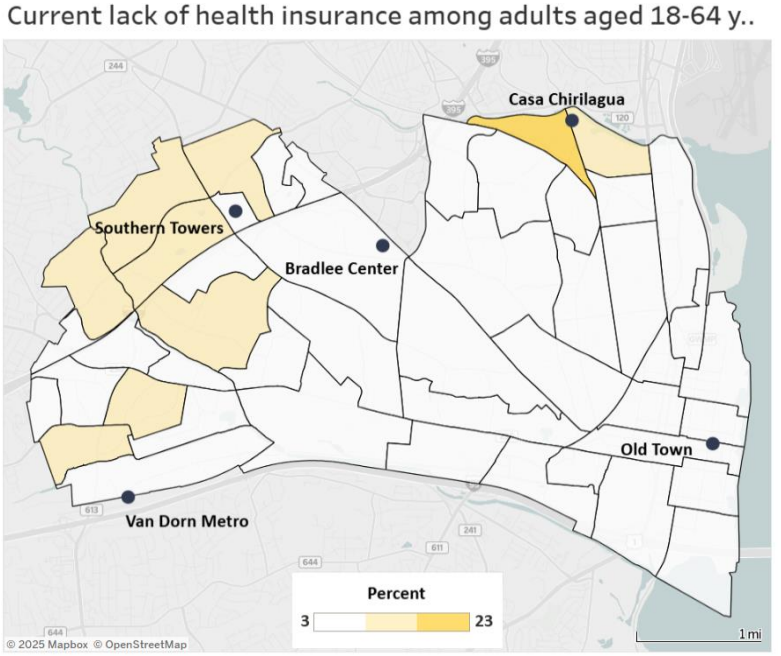
Quantitative Review

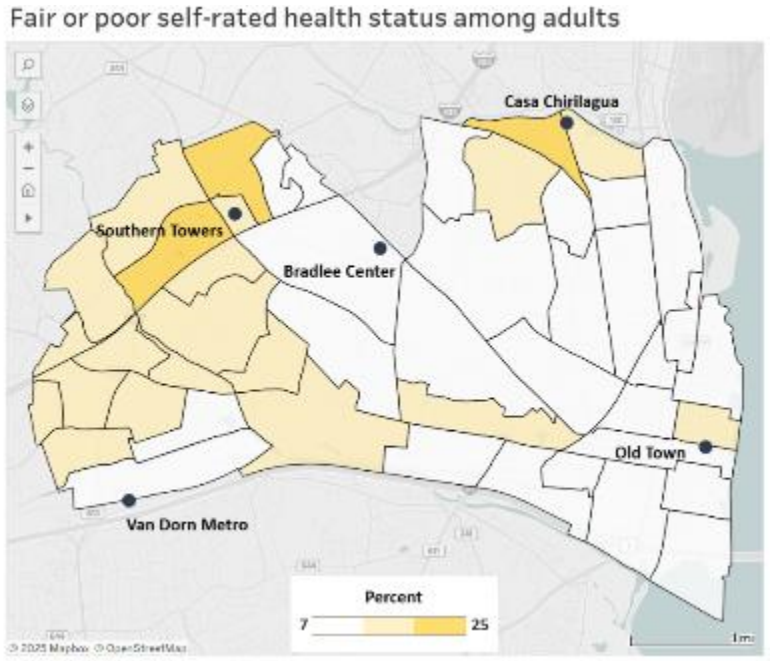
Looking beyond city-level:

- There are large variations between race/ethnicity, age, location
- When possible, we compared to NoVa, Virginia, and the U.S.









Explore the Data!

Alexandria Community Health Assessment Data Dashboard

The Alexandria Health Department developed this dashboard to increase access to public health data. Data is available for each of the 14 topic areas included in the 2025 Community Health Assessment (CHA). If you have questions about the data or need help navigating the dashboard, please email **healthmatters@vdh.virginia.gov.**

Instructions: To view maps, click on the "Key Indicator Maps" icon. To view data by topic area, select a topic area below.

Key Indicator Maps

Chronic Conditions

Disability & Accessibility

Economic Mobility

Educational Opportunities

Healthcare Access

Injury, Violence, & Crime

Immunizations & Infectious Diseases

Maternal, Infant, & Child Health

Mental Health

Neighborhood & Environment

Obesity, Nutrition, & Physical Activity

Oral Health

Sexual & Reproductive Health

Tobacco & Substance Use

Topic Area: Sexual & Reproductive Health

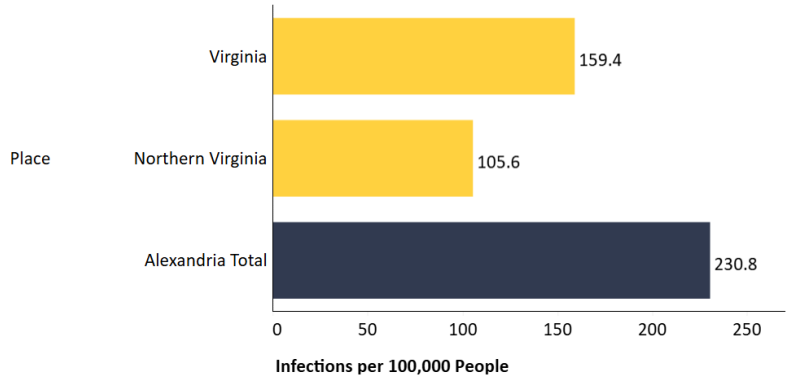
Pick a Different Topic Area

Click to select an indicator or **type to search** for an indicator:

Gonorrhea: Rate of New Infections

- Birth Control: Sexually active students who reported no birth control m...
- Chlamydia: Rate of New Infections
- Gonorrhea: Rate of New Infections
- HIV Testing: Students who reported ever being tested for HIV
- HIV/AIDS: New Infections per 100,000 People (Incidence)
- HIV/AIDS: Number of People Living with HIV or AIDS per 100,000 People...
- HIV/AIDS: Percent of New Infections
- HIV/AIDS: Percent of People Living with HIV or AIDS
- Safe Sex: Students who reported that they or their partner used a cond...
- Sex: Students who reported ever having sex
- Sex: Students who reported having sex before age 13
- Sexual Behavior: Sexually active students who reported using alcohol or ...
- Syphilis: Rate of New Infections
- Teen pregnancy rate (10-19)
- Teen pregnancy rate (15-19)

Gonorrhea: Rate of New Infections



Hide Data Details

Data Details: This indicator reports the number of new gonorrhea infections as a rate per 100,000 people.
Target Direction: Lower is Better
Source: VDH Division of Disease Prevention Annual Reports **Data Year(s):** 2023

Walk and Talks + Community Photo Album

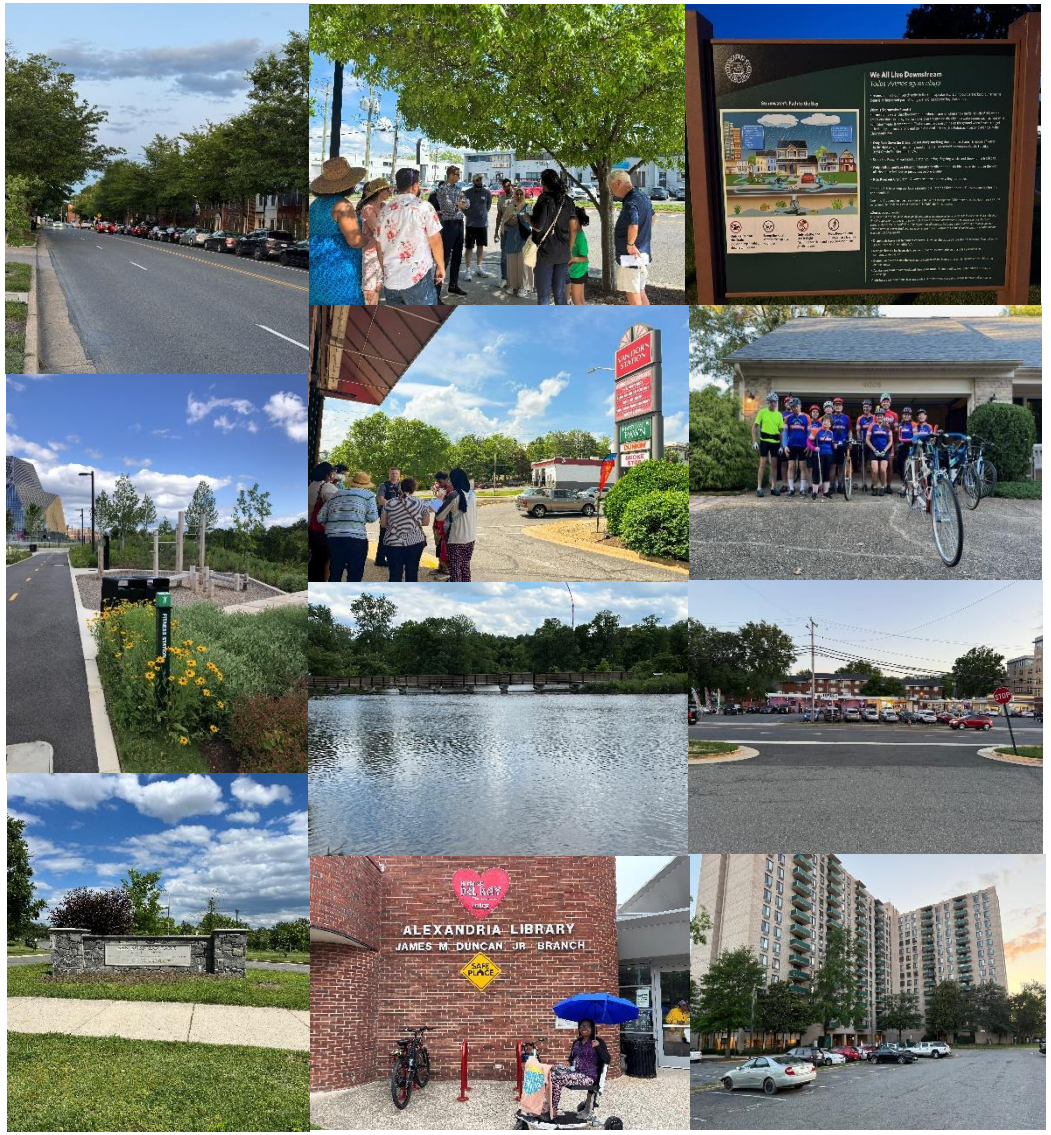
Surveys and numbers don't tell the full story.

Walk and Talk goals:

- Understand how community conditions impact health locally
- Hear about immediate neighborhood needs from residents

Community Photo Album goals:

- Humanize key health topics
- Identify strengths and challenges in our environments



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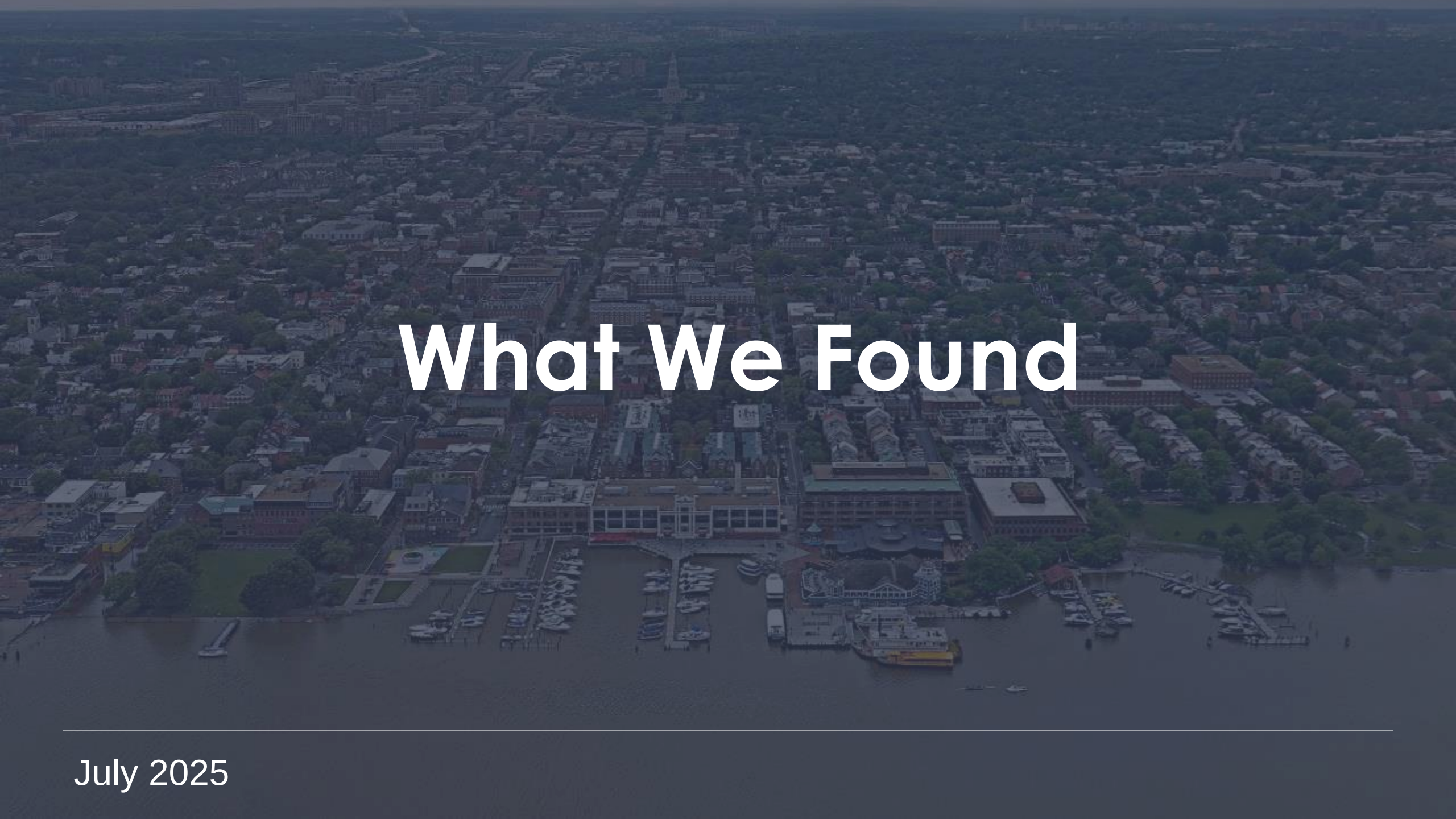


What We Found

July 2025

The data and resident feedback were clear…

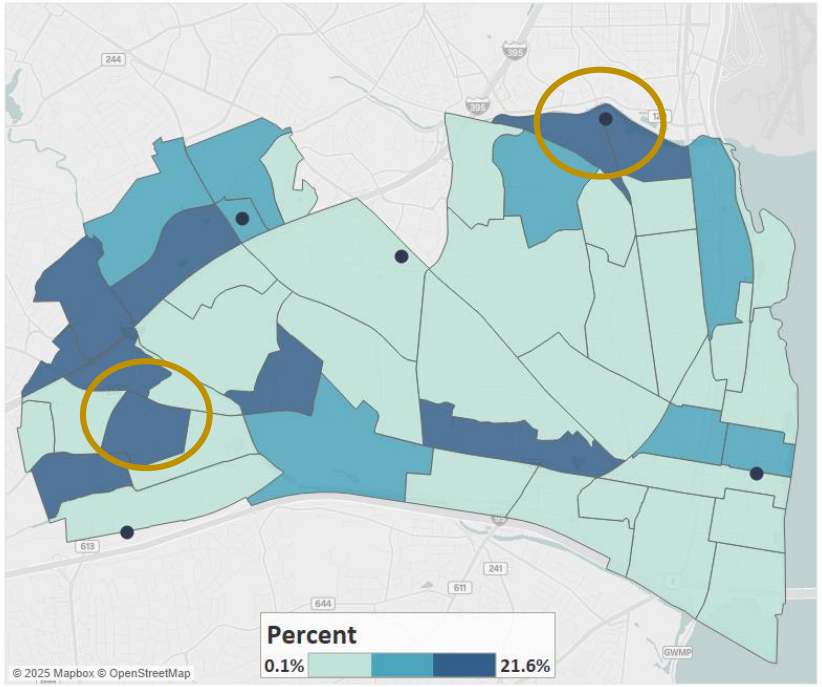
Not all Alexandrians have the opportunity to thrive and achieve their best health.

The bad news: There are differences in community conditions, health-related actions, and outcomes based on neighborhood and other key factors.

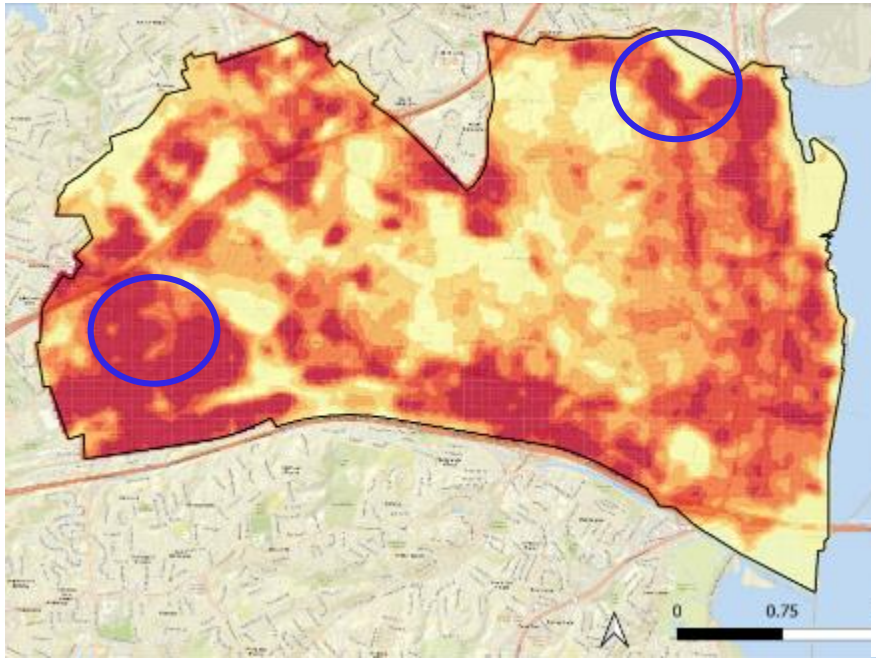
The good news: Residents and community partners are willing to put in the time and work to build a healthier community for all Alexandrians, leveraging our existing strengths.

Disparities in the Same Places

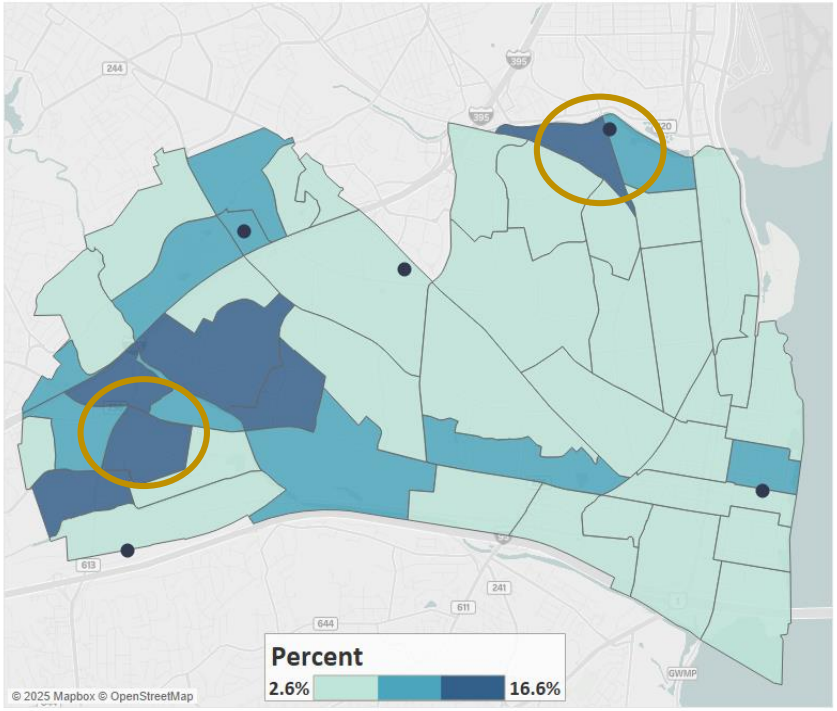
Percent Living Below Poverty Level



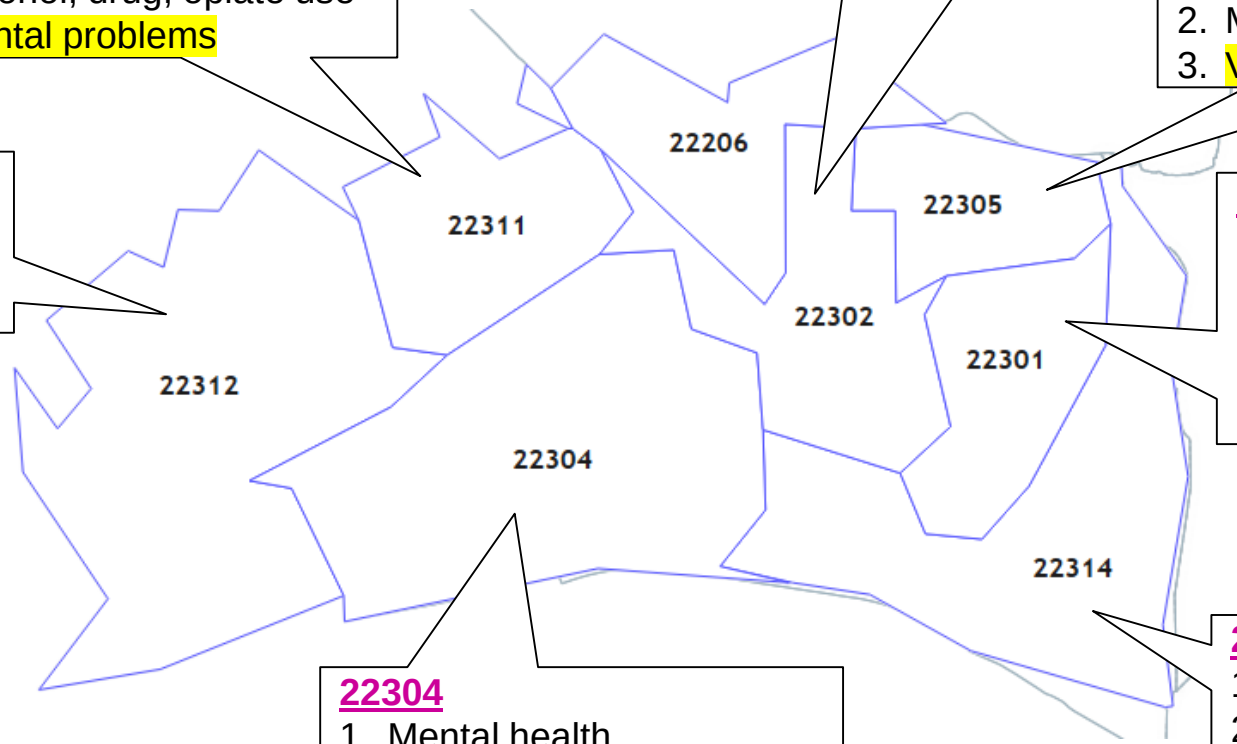
Temperature Hot Spots



All teeth lost among adults aged >=65 years



NOTE: Answers highlighted through this presentation are those that differ from the overall top three responses.



22311
1. Mental health
2. Alcohol, drug, opiate use
3. Dental problems

22302
1. Mental health
2. Violence and crime
3. Aging-related health concerns

22305
1. Alcohol, drug, opiate use
2. Mental health
3. Violence and crime

22312
1. Mental health
2. Alcohol, drug, opiate use
3. Dental problems

22301
1. Mental health
2. Obesity, physical activity, and nutrition
3. Environmental health/ climate change issues

What are the biggest health issues in your community?

22304
1. Mental health
2. Alcohol, drug, opiate use
3. Obesity, physical activity, and nutrition

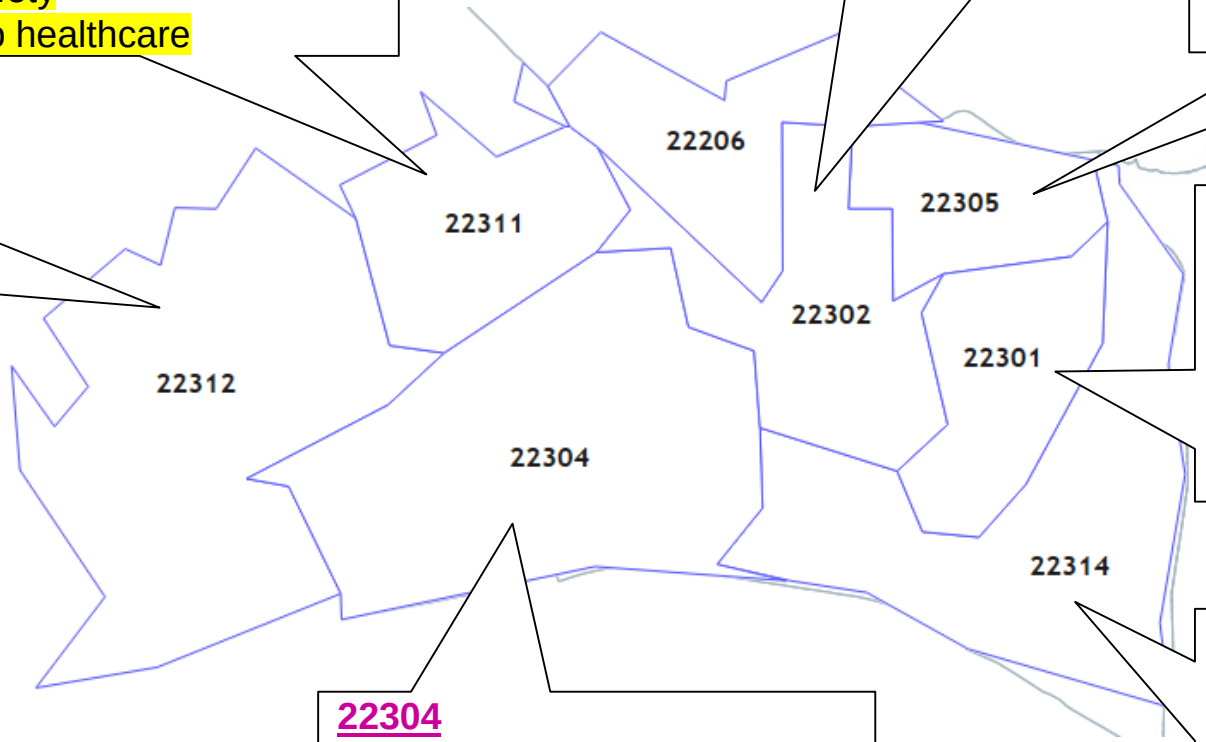
22314
1. Mental health
2. Violence and crime
3. Alcohol, drug, opiate use

22302
1. Safe, healthy, affordable housing
2. Access to mental health and substance use services
3. Access to healthcare

22305
1. Safe, healthy, affordable housing
2. Access to healthcare
3. Support for children, youth, and families

22311
1. Safe, healthy, affordable housing
2. Public safety
3. Access to healthcare

22312
1. Safe, healthy, affordable housing
2. Support for children, youth, and families
3. Job opportunities



22301
1. Safe, healthy, affordable housing
2. Access to mental health and substance use services
3. Support for children, youth, and families

What would most improve your community's health?

22304
1. Safe, healthy, affordable housing
2. Support for children, youth, and families
3. Access to healthcare

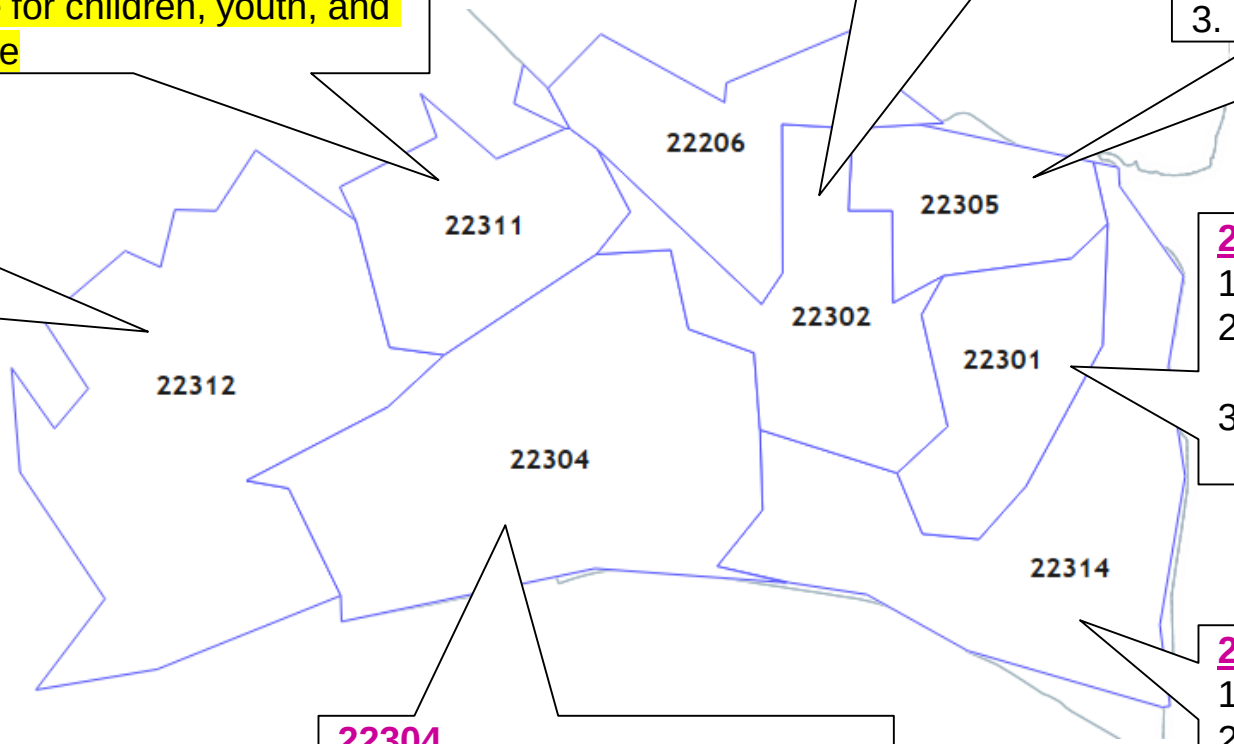
22314
1. Safe, healthy, affordable housing
2. Access to mental health and substance use services
3. Support for children, youth, and families

22302
1. Diversity of the community
2. Educational opportunities
3. Opportunities to be involved in the community

22311
1. Educational opportunities
2. Diversity of the community
3. A good place for children, youth, and families to live

22305
1. Diversity of the community
2. A good place for children, youth, and families to live
3. Public transportation

22312
1. Educational opportunities
2. Diversity of the community
3. Opportunities to be involved in the community



22301
1. Diversity of the community
2. A good place for children, youth, and families to live
3. Public parks and green spaces

What are your community's greatest strengths?

22304
1. Diversity of the community
2. Opportunities to be involved in the community
3. Educational opportunities

22314
1. Diversity of the community
2. Public transportation
3. Walkable, bikeable community

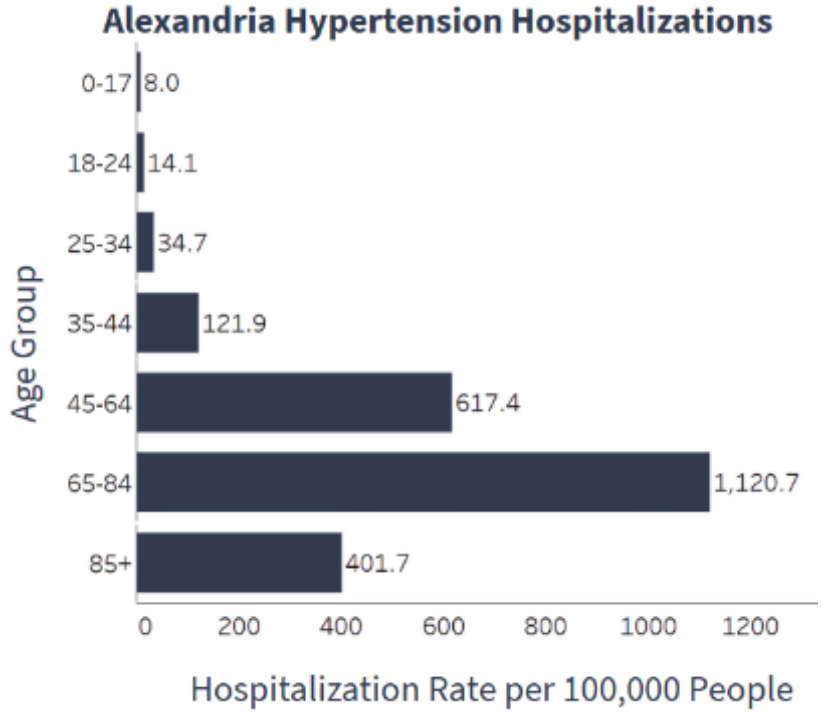
Community Conditions Drive Outcomes

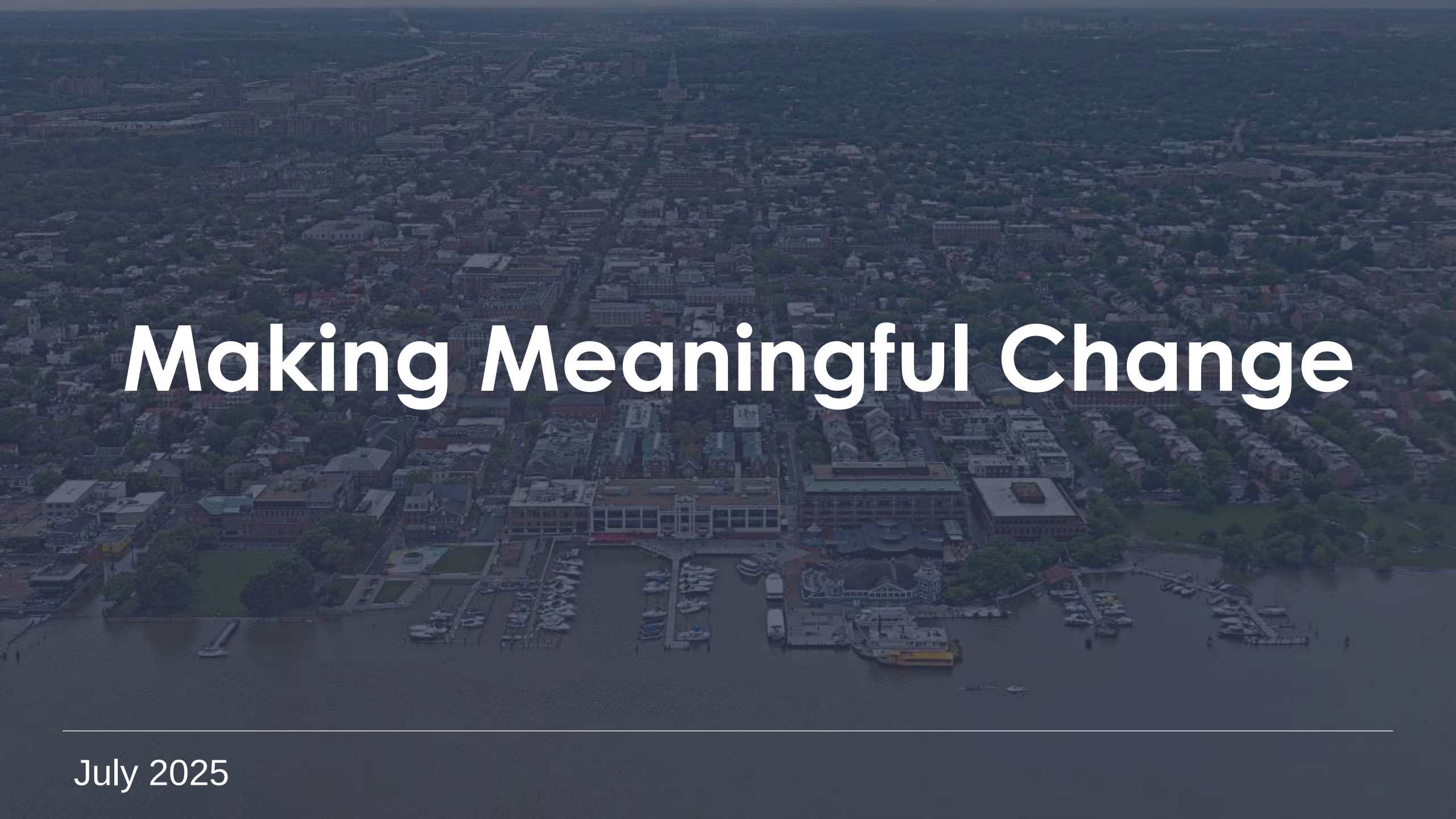
In Arlandria, one in four residents do not have health insurance.

African Americans (1964.6 per 100,000 population) are hospitalized for diabetes at more than twice the overall rate (976.8) in Alexandria.

Among LGBTQIA+ 10th and 12th grade Youth Risk Behavior Survey respondents:

- Half felt sad or hopeless (2x straight/heterosexual population)
- One in ten (3x straight/heterosexual population) have attempted suicide





Making Meaningful Change

July 2025

Current Path to Better Health

- Current 5-year Community Health Improvement Plan ends after December 2025.
- Co-facilitated by AHD and the Partnership for a Healthier Alexandria.
- Novel shared-decision making model in partnership with residents.

Lessons Learned:

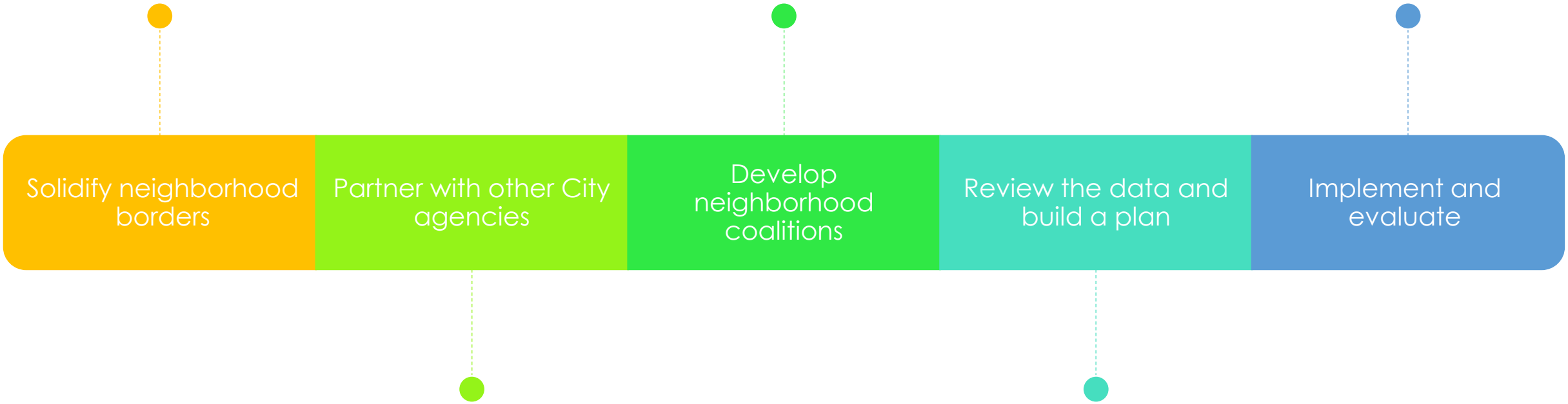
- We need more short-term measures in addition to the long-term outcomes.
- The more targeted and tangible, the more likely it will get done.

The Opportunity is Clear: Support Residents Where They Are

Building on Relationships and Successes

CHIP 2020-2025 Citywide topics	CHIP 2026-2030 Place-based
3 citywide topic areas	1 citywide topic area, 2 neighborhood-level plans
Mental health, poverty, housing	Arlandria, Landmark/Van Dorn Corridor, citywide topic (mental health)
Topic workgroups developed, then tactic owners implemented	Neighborhood coalitions that build and implement the plan
Monitoring and evaluation every 6 months	Ongoing tracking for specific short/medium/long-term outcomes
Aligned with other City agency efforts (Housing Master Plan, Children and Youth Community Plan, etc.)	Helps coordinate place-based City agency efforts for streamlined engagement and service delivery

Roadmap


Solidify neighborhood borders
Partner with other City agencies
Develop neighborhood coalitions
Review the data and build a plan
Implement and evaluate

Policy Questions

- What do we need to do to align this model with existing place-based efforts?
  - Not as extra work—as resident and data-driven shifts in service delivery and resource allocation
  - To reduce survey fatigue across the community and streamline engagement
- How do you envision this effort could help inform future policy decisions and budgeting?
- How does Council want to be engaged in this work?
  - What about the progress regarding this work?
  - Are there suggestions to support other engagements by city staff?