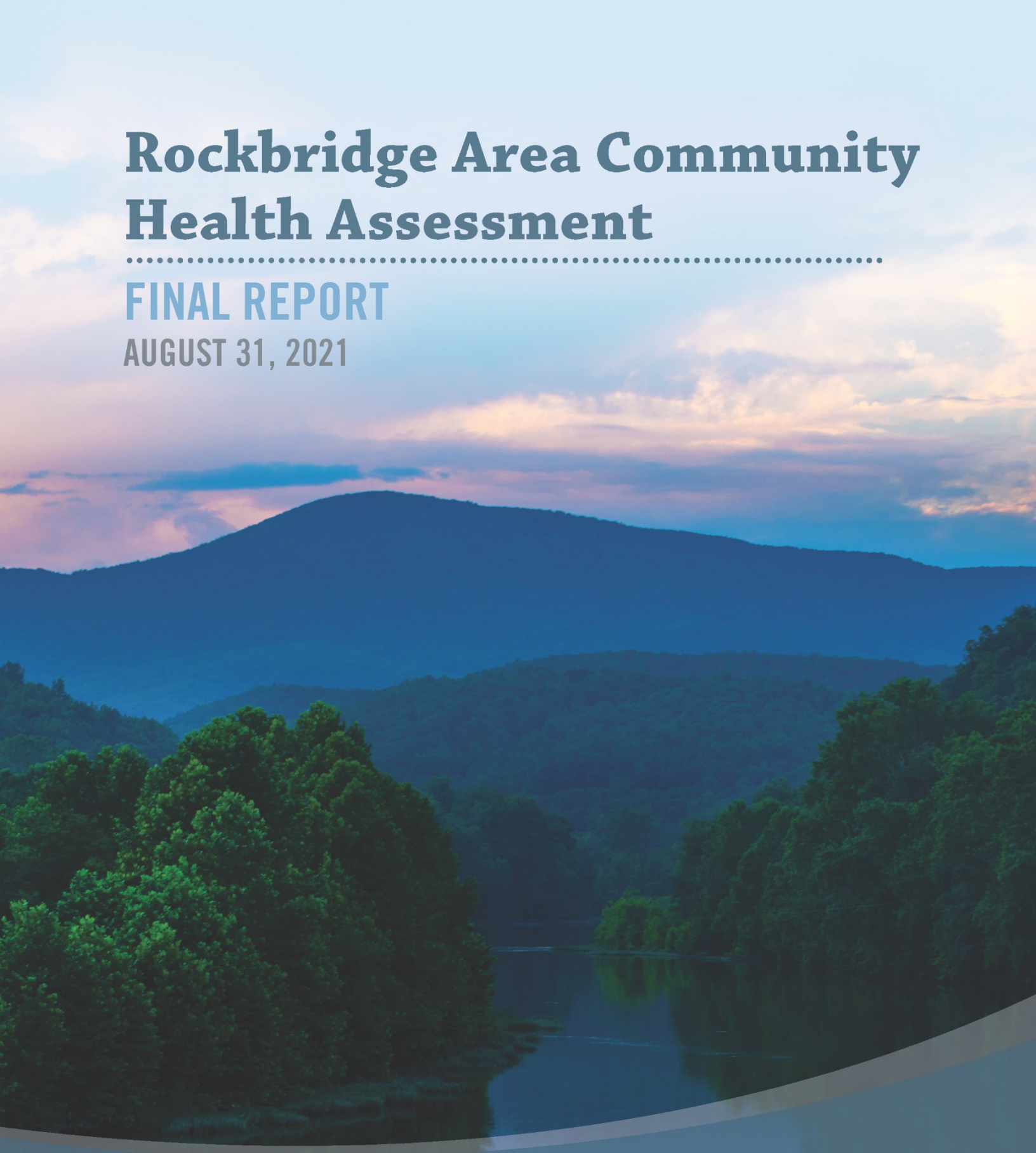
Rockbridge Area Community Health Assessment

FINAL REPORT

AUGUST 31, 2021



Carilion Rockbridge Community Hospital

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Executive Summary

Carilion Clinic is committed to joining with our partners to pursue the essential work of improving and maintaining the health of the Rockbridge Area. To ensure that current needs are being addressed, we assess the health concerns of each community every three years to uncover issues, indicate where improvement is needed, and track and promote progress. Carilion Rockbridge Community Hospital's (CRBH) 2021 Rockbridge Area Community Health Assessment (RACHA) is complete with the adoption and dissemination of this report. The Community Health Assessment (CHA) process and the public availability of its findings enables our community to effectively maintain and improve health[1].

Current Environment

Since the 2018 RACHA, significant changes have impacted the health of the community. There is no doubt that the COVID-19 pandemic has greatly disrupted all aspects of life. In Virginia, a state of emergency was declared on March 13, 2020, leading to temporary business closures, halting of routine health care services, and closures of schools—among a host of other challenges. Cases peaked in January of 2021, which also marked the end of the Community Health Survey period.

The COVID-19 pandemic has led to an increase in substance use and mental health issues, with the Virginia Department of Health (VDH) reporting a 21% increase in drug overdoses from 2019 to 2020 for Northwest Virginia including the Rockbridge Area[2]. Social isolation increased due to stay at home orders. Health care access was temporarily halted for a wide range of preventative and health maintenance needs and, together with required protocols to prevent exposures in health care settings, has created more demand and lower patient throughput. Unemployment rates skyrocketed, going as high as 11.1% in Lexington in April of 2020—and the economic impact is still being felt[3]. Finally, the additional mortality from COVID-19 led to a projected decrease in nationwide life expectancy of greater than one year, with a larger impact on Black and Latino populations[4].

Virginia's Medicaid program also expanded since the 2018 RACHA, leading to an increase in Medicaid enrollees across the Commonwealth. Over 2,600 adults in the RACHA service area enrolled in Medicaid thanks to the expansion[5]. Medicaid coverage will also include adult dental care beginning July 1, 2021. This expansion is a step in the right direction to ensure health care access for the entire community, but challenges will continue to arise on how to best meet health care needs.

Awareness of health disparities, inequities and racial injustices continues to grow throughout the community and the United States. Health status, access and outcomes can be widely impacted by

[1] Carilion Clinic began conducting Community Health Assessments prior to the IRS adoption of the 501(r)(3) which requires not-for-profit hospitals to conduct a Community Health Needs Assessment (CHNA) every three years. While meeting the CHNA requirement, Carilion maintains the longstanding formal name, Community Health Assessment, for our process and reports.

[2] Virginia Department of Health, Emergency Department Visits for Unintentional Drug Overdose among Virginia Residents, accessed via https://www.vdh.virginia.gov/content/uploads/sites/13/2021/01/Emergency-Department-Visits-for-Unintentional-Drug-Overdose-2020-COVID-19-report_Final.pdf.

[3] US Department of Labor, Bureau of Labor Statistics. Accessed via SparkMap.

[4] https://www.pnas.org/content/pnas/118/5/e2014746118.full.pdf

[5] https://www.dmas.virginia.gov/open-data/medicaid-expansion-enrollment/

individual experiences. We are committed to improving equity in care—both within and outside of the hospital walls.

Key Findings

Carilion, Live Healthy Rockbridge (LHR) and the Central Shenandoah Health Districts (CSHD) collaborated to conduct the 2021 RACHA. The findings revealed 10 priority health-related issues in the community, identified by the Community Health Assessment Team (CHAT) after review of the data collected. Like-issues were grouped into categories to promote upstream and out-of-the-box thinking to address the top needs.

Rockbridge Area Priorities	
Mental Health	Access to mental/behavioral health services
	Stress
	Mental health problems (general)
	Alcohol and drug use
Socioeconomic Factors	Poverty/low average household income
Health Behaviors	Culture: healthy behaviors not a priority
	Overweight/obesity
	Lack of health literacy/lack of knowledge of healthy behaviors
	Lack of knowledge of community resources
COVID-19	COVID-19 impact

Mental Health

Mental health continues to be a top health issue in the Rockbridge Area according to the community, stakeholders and as seen through additional data points.

- The Community Health Survey results indicate alcohol and drug use and mental health problems are two of the top three issues impacting the health of the community. Mental health services are seen as the most difficult health service to access[6].
- CHAT stakeholders also indicated mental health as a top need in the community[7].
- Drug overdose rates increased 21% in the Northwest Virginia Health Planning Region—which includes the Rockbridge Area—from 2019 to 2020[8].
- The average number of poor mental health days are higher in the Rockbridge Area than Virginia overall. The Rockbridge Area ranges from 4.8 poor mental health days per month in Buena Vista

[6] 2021 Rockbridge Area Community Health Survey
[7] 2021 Stakeholder Survey
[8] Virginia Department of Health, Emergency Department Visits for Unintentional Drug Overdose among Virginia Residents, accessed via https://www.vdh.virginia.gov/content/uploads/sites/13/2021/01/Emergency-Department-Visits-for-Unintentional-Drug-Overdose-2020-COVID-19-report_Final.pdf.

to 5.4 poor mental health days per month in Rockbridge County, compared to Virginia's 4.1 poor mental health days per month[9].

Socioeconomic Factors

Socioeconomic factors and their contribution to poor health status and outcomes continue to be of concern for the Rockbridge Area. Across the assessment service area:

- According to stakeholders, financial barriers are the top barrier to good health[10].
- Disparities exist within median household income. All localities have a median household income significantly lower than Virginia, with the lowest in Buena Vista at $32,455[11].

In addition to the needs presented above, broadband internet access was a topic of discussion in the final CHAT meeting. CHAT members agreed that to improve access to all resources mentioned—including health care, social services and education—affordable and reliable internet is a basic need.

Health Behaviors

Many aspects related to health behaviors and healthy lifestyles are top needs for the Rockbridge Area. Culture can have a strong impact on an individual's willingness to adopt healthy behaviors and make lifestyle changes that can go a long way in improving health.

- Overweight/obesity—a health issue largely driven by behaviors—is the top issue impacting the health in the community according to the Community Health Survey[12].
- According to CHAT stakeholders, healthy lifestyles and nutrition are top issues impacting the health of the community[13].
- The partners involved in LHR thoroughly discussed through this assessment process the issues they see community members experience related to knowledge of resources and healthy behaviors. Additional emphasis is also needed on how to maneuver systems and access resources rather than simply knowing they exist.

COVID-19

The impact of COVID-19 will persist for years to come. In addition to the statistics discussed previously:

- COVID-19 has been a considerable cause of morbidity and mortality, contributing to 103 deaths, 3,716 infections and 115 hospitalizations as of July 7, 2021[14].

This report contains the findings of the 2021 RACHA, including primary and secondary health and social determinant data on the service area and specific populations.

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[9] Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2018. Accessed via SparkMap.
[10] 2021 Stakeholder Survey
[11] US Census Bureau, American Community Survey. 2015-19. Accessed via SparkMap.
[12] 2021 Rockbridge Area Community Health Survey
[13] 2021 Stakeholder Survey
[14] Virginia Department of Health

Board Adoption

This document was approved by the CRBH Board of Directors on July 15, 2021 and formally adopted as the 2021 Rockbridge Area Community Health Assessment.

Disclaimer

This document has been produced to benefit the community. Carilion Clinic encourages use of this report for planning purposes and is interested in learning of its utilization. Comments and questions are welcome and can be submitted to Carilion Clinic Community Health & Outreach at communityoutreach@carilionclinic.org.

Members of the Project Management Team reviewed all documents prior to publication and provided critical edits. Every effort has been made to ensure the accuracy of the information presented in this report; however, accuracy cannot be guaranteed. Members of the Rockbridge Area Community Health Assessment Team cannot accept responsibility for any consequences that result from the use of any information presented in this report.

Acknowledgements

Success of the 2021 RACHA was due to the strong leadership and participation of its Project Management Team, the Project Support Team, members of LHR, the CSHD, and the CHAT. Thank you to all the community members who participated in the Community Health Survey.

Members of these teams included:

Project Management Team

Project Director: Shirley Holland, Carilion Clinic – Vice President, Planning and Community Development
Project Manager: Aaron Boush, Carilion Clinic – Community Health & Outreach Director
Project Manager: Molly Roberts, Carilion Clinic – Community Benefit Manager

Project Support Team

Carilion Clinic: Amy Michals, Holly Ostby, Kenya Thompson, Mandi Shoemaker, Carilion Direct Staff
Central Shenandoah Health District
Rockbridge Area Health Center

Live Healthy Rockbridge (formerly Rockbridge 2020)

In 1995, Stonewall Jackson Hospital founded Rockbridge 2020 (now LHR), a coalition of health care and related service providers in the Rockbridge Area united for the purpose of collaboration and planning for the future of health care. Participants joined together to network and educate each other about available health services and conduct surveys to identify community needs.

The coalition continued its work through 2006, when Stonewall Jackson Hospital became part of the Carilion Health System (now Carilion Clinic). In 2011, Carilion Stonewall Jackson Hospital (now Carilion Rockbridge Community Hospital) partnered with the Rockbridge Area Free Clinic (now the Rockbridge Area Health Center) and the CSHD to conduct a CHA. The completed assessment and community-wide strategic plan were made available to the public in 2012. Since then, the CHA process has continued every three years, with Rockbridge 2020 joining in to develop and implement the strategic plans. Key

outcomes from past assessments include the transition of the Rockbridge Area Free Clinic to a Federally Qualified Health Center and Carilion's launch of VelocityCare, an urgent care center in Lexington.

In 2019, members of Rockbridge 2020 renamed the coalition Live Healthy Rockbridge. Today, LHR is made up of community organizations, government agencies, local businesses and individuals involved in the health and well-being of people in the Rockbridge Area (including Rockbridge County and the independent cities of Lexington and Buena Vista). While each of the LHR member organizations has its own mission, the coalition is committed to working together for community well-being.

Central Shenandoah Health District

The CSHD under the VDH serves the RACHA service area. The district has a mission to "protect and promote the well-being of residents in the Central Shenandoah Valley"[15].

Through population health management, CSHD focuses on the health of the entire population served by the district and aims to reduce health inequities among specific groups. As a partner in the RACHA and together with LHR, CSHD works to identify health needs and the socioeconomic factors impacting the health of the community. In response to the findings of the CHA, CSHD works with partners across the region to support community health improvement.

Community Health Assessment Team (CHAT)

Carilion Clinic's CHAs are community-driven projects. Their success is highly dependent on the involvement of citizens, health and human service agencies, businesses and community leaders. Stakeholder collaborations known as CHATs lead the CHAs. The CHATs are dynamic groups that include health and human service agency leaders, persons with special knowledge of, or expertise in, public health, and local health department officials. The CHATs obtain input from leaders, representatives or members of medically underserved populations who report low-income, are minorities and suffer from chronic disease. In the Rockbridge Area, LHR serves as the CHAT.

CHAT Members and Area of Expertise

First Name	Last Name	Organization	Expertise
Marylin	Alexander	City of Lexington	Government Official
Lori	Ashbridge	Rockbridge Area Health Center (RAHC)	Healthcare, Health Education
Aaron	Boush	Carilion Clinic	Hospitals, Healthy Food
Malcolm	Brownlee	Rockbridge Baths	Faith Community
Joseph	Cailles	Faith Community	Faith Community
Craig	Charley	Project Horizon	Domestic Violence
Anna	Crockett	SJH Community Health Foundation	Community Grants, Faith Community

[15] https://www.vdh.virginia.gov/central-shenandoah/

First Name	Last Name	Organization	Expertise
Jenny	Davidson	Washington and Lee University (W&L)	Higher Education Community Based Learning
Alessandra	Del Conte Dickovick	Washington and Lee University (W&L)	Higher Education Community Based Learning
Tammy	Dunn	Lexington Office on Youth	Youth Development
Fran	Elrod	W&L - Shepard Poverty Program	Higher Education Community Based Learning
Brandy	Flint	Rockbridge County	Government Planning
Jen	Handy	Rockbridge Area Relief Association (RARA)	Food Insecurity
Bob	Huch	Southern Virginia University	Higher Education
Lewis	Johnston	RAHC	Healthcare
Jan	Kaufman	W&L - Health Promotion	Higher Education
Laura	Kornegay	Virginia Department of Health (VDH)	Public Health
Tracy	Lyons	Chamber of Commerce	Business, Economic Development
Greg	Madsen	Carilion Rockbridge Community Hospital (CRBH)	Hospital Administration
Hattie	Myers	Rockbridge Area Transportation System (RATS)	Transportation
Holly	Ostby	Carilion Rockbridge Community Hospital (CRBH)	Healthcare, Community Health
Lindsey	Perez	RARA	Food Insecurity
Shana	Pooley	Natural Bridge State Park	Outdoor Recreation
Molly	Roberts	Carilion Clinic	Public Health
BreAnne	Rogers	Rockbridge Area Community Services (RACS)	Prevention Services, Childhood Obesity
Kim	Shaw	Rockbridge Area Community Services (RACS)	Mental Health, Substance Abuse Services
Justin	Skinner	Anthem Medicaid	Medicaid Services
Katherine	Smith	VDH	Public Health
Tasha	Walsh	RAHC	Hospice
Rebecca	Wilder	Virginia Cooperative Extension	Nutrition

Community Served

Carilion Rockbridge Community Hospital Principal Functions

CRBH is a nonprofit, 25-bed critical access hospital dedicated to quality care and patient comfort. Offering both inpatient and outpatient services, CRBH also impacts the health of the community through its swing bed program—extended recovery for patients with skilled care needs before transitioning home.

The hospital was founded in 1907 by the United Daughters of the Confederacy and was originally located in the former home of confederate general Thomas "Stonewall" Jackson. Commitment and support through the last century allowed the hospital to grow, expand and in 1954 move across town to its present site. A new structure and enhanced patient care tower were completed on the same site in 2002.

Carilion Health System (now Carilion Clinic) purchased 80% of Stonewall Jackson Hospital in 2006, while the other 20% continued to be owned by the community in the trust of the Stonewall Jackson Hospital Community Health Foundation. With the purchase of the remaining 20% in the year 2020, Carilion Clinic changed the hospital's name to align with the names of Carilion's other critical access and community hospitals.

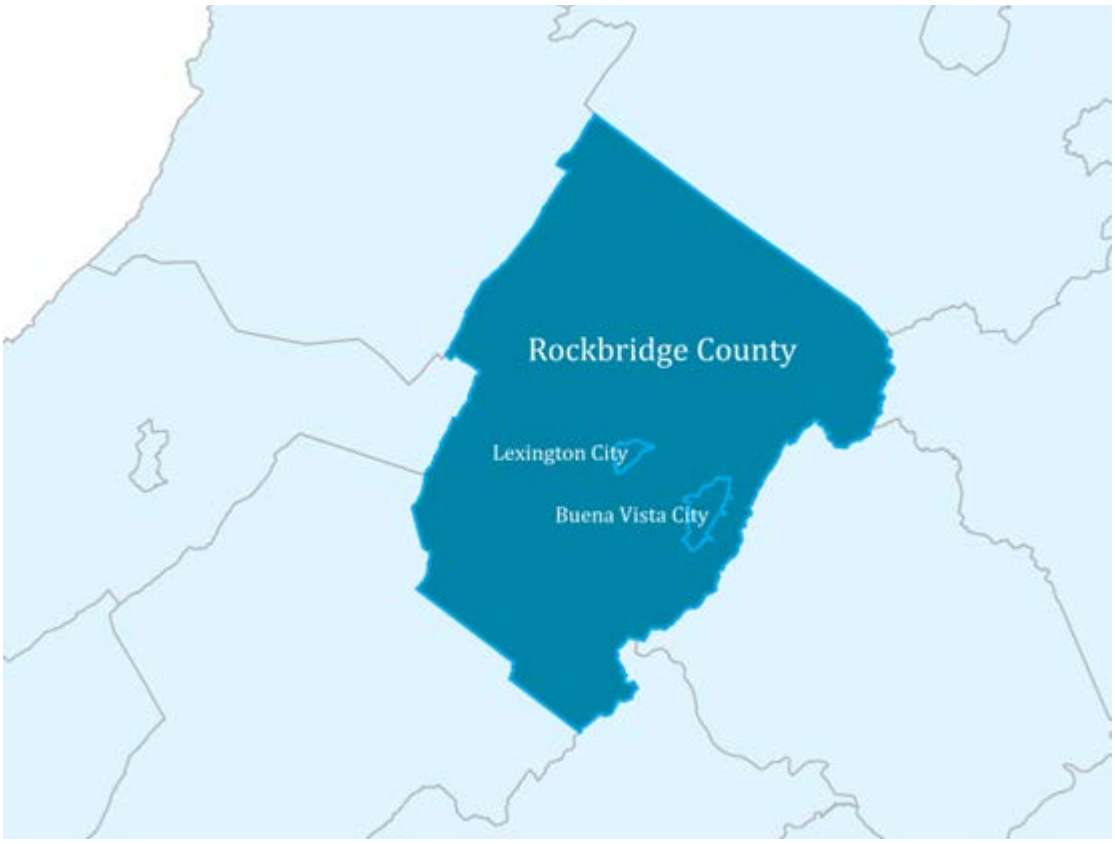
In addition to Carilion, key safety net providers in the region include the CSHD; Rockridge Area Health Center, a Federally Qualified Health Center; and many other service organizations. Despite these entities' presence, however, thousands of low-income, uninsured and underinsured residents do not have access to affordable health care services.

Geographic Area

The service areas for Carilion Clinic's CHAs are determined by 70-80% of unique patient origin of the hospital in each respective market. Focus is placed on areas that are considered Medically Underserved Areas (MUAs) and Health Professional Shortage Areas (HPSAs).

The service area for the 2021 RACHA includes Rockbridge County and the cities of Buena Vista and Lexington. CRBH is located in Lexington, Virginia. In fiscal year 2020, CRBH served 11,452 unique patients. Patient origin data revealed that during this year, 78.8% of patients served by CRBH lived in the following localities:

- Lexington City (35.11%)
- Buena Vista City (22.19%)
- Rockbridge County (21.51%)



Target Population

The target population for Carilion Clinic's CHA projects consists of underserved/vulnerable populations disproportionately impacted by the social determinants of health, including poverty, race/ethnicity, education, access and/or lack of insurance. Populations are examined across the different life cycles, including parents of children and adolescents, women of child-bearing age, adults and the elderly. They are also studied across various race and ethnic groups and income levels. All patients are included in this assessment regardless of insurance payments or financial assistance eligibility.

Service Area Demographics

The Rockbridge Area is comprised of distinct communities with significant disparities in size, population and social determinants of health. The 2015-2019 American Community Survey (ACS) found the total population of the cities of Lexington and Buena Vista to be 7,241 and 6,484, respectively, and the population of Rockbridge County to be 22,570[16]. The Weldon Cooper Center for Public Service predicts positive future population change for Rockbridge County and Lexington City, but a slight population loss in Buena Vista City by 2040[17]. Median age in the Rockbridge Area localities ranges from 22.3 in the City of Lexington to 49.0 in Rockbridge County[18]. The ACS finds that for most of the Rockbridge Area, a more

[16] U.S. Census Bureau, 2015-2019 5-year American Community Survey,
Table S0101 https://data.census.gov/cedsci/table?q=S0101&tid=ACSST5Y2019.S0101&hidePreview=true
[17] https://demographics.coopercenter.org/virginia-population-projections
[18] U.S. Census Bureau, 2015-2019 5-year ACS, Table
S0101 https://data.census.gov/cedsci/table?q=S0101&tid=ACSST5Y2019.S0101&hidePreview=true

significant percentage of the population is White than in the Commonwealth of Virginia. In Rockbridge County, 93.3% of the population is White, 3.3% of the population is Black and 1.9% identify as more than one race. All other races make up just over 1% of the population and 1.9% of Rockbridge County residents identify as Hispanic or Latino[19].

Lexington and Buena Vista are slightly more racially and ethnically diverse than Rockbridge County, with populations that are 83.7% and 89.2% White, 8.8% and 7.3% Black, and 3.5% and 1.9% Asian. 2.8% and 0.6%, respectively, represent more than one race and the remainder represents small minorities of American Indian/Alaskan Native, Native Hawaiian/Pacific Islander or some other race.
Of the population, 6.1% of Lexington and 1.8% of Buena Vista identify as Hispanic or Latino[20].

The region is divided into urban and rural areas, which vary greatly in the economic means of the residents who live there. The low-income population in the Rockbridge Area is designated as a MUA. The entire Rockbridge service area is designated as a low-income HPSA for primary care, dental health and mental health[21].

[19] U.S. Census Bureau, 2015-2019 5-year estimates, ACS, Table DP05
https://data.census.gov/cedsci/table?tid=ACSDP5Y2019.DP05&hidePreview=true
[20] U.S. Census Bureau, 2015-2019 5-year estimates, American Community Survey, Table DP05
https://data.census.gov/cedsci/table?tid=ACSDP5Y2019.DP05&hidePreview=true
[21] (Department of Health and Human Services, Health Resources and Services Administration Data Warehouse (2021) https://data.hrsa.gov/geo).

Community Health Assessment Process

Identification of Significant Health Needs

Carilion Clinic, LHR and the CSHD led the efforts to conduct the 2021 RACHA. A 30-member CHAT oversaw the planning activities.

The CHAT met five times throughout the process, with each meeting serving a distinct purpose. See Appendix 1, Gantt Chart, for specific meeting dates.

- Meeting 1: Introduction and Overview of the Process
- Meeting 2: Stakeholder Focus Group
- Meeting 3: Data Review and Discussion
- Meeting 4: Data Discussion and Prioritization Activity
- Meeting 5: Final Prioritized Needs Discussion

Each meeting builds on the one prior and fosters interactive dialogue amongst CHAT members. Due to the impact of COVID-19, all CHAT meetings were held virtually via WebEx.

Significant community health needs were identified utilizing the following:

- Community Health Survey (Appendix 2)
- Stakeholder Survey and Focus Group (Appendix 3)
- Target Population Focus Groups (Appendix 4)
- Data Review

Further details are provided in the Data Collection and Analysis section. The main criteria for determining the significance of a need were its presence as a top need through a high percentage of Community Health Survey respondents, high percentage of stakeholder survey respondents, top focus group theme, and/or notable worsening trends in either primary or secondary data.

To identify significant health needs in particular parts of the community, additional detail was provided where feasible to make comparisons by county, gender, race and age. Due to the smaller population size in the assessment area, comparisons by race were not always possible.

Prioritization of Significant Health Needs

After all primary and secondary data collection is complete, the CHAT reviews all data and participates in a prioritization activity. Each CHAT member selects and ranks the ten most pertinent community needs. The data are combined, and priorities are selected based on the highest weighted score of each need. Please see Appendix 5 to view the prioritization worksheet.

Through this process, needs are prioritized by the CHAT members according to:

- The perceived burden, scope, severity or urgency of the health need
- The importance the community places on addressing the need through survey responses and other interactions
- Their own unique perspective on the health-related needs of the community

Identification of Resources to Address Needs

The CHAT members were integral in identifying resources to address needs. During the Stakeholder Focus Group and subsequent survey, the CHAT was asked to provide feedback on what resources for health exist in the service area. The list was compiled from their responses, and additional resource lists that have since been identified have also been included. Please see Appendix 6 for the full resource list.

Community Input

Hearing voices from across our service area is crucial to the success of a CHA. Broad-interest community reach is a main qualification when inviting individuals to join the CHAT. The strong and diverse partnership in LHR has proven to be an ideal mix of community representation for the CHAT.

The **CSHD** was engaged from the beginning of the planning process (late spring of 2020) all throughout the assessment period and fifth CHAT meeting—despite navigating the pandemic of a lifetime. CSHD's involvement helped shape all aspects of this assessment. Its team identified community partners to serve on the CHAT, offered feedback on the prioritized needs, and participated in further discussion regarding the most integral data for inclusion in the assessment report. Additionally, the CSHD director was active on the CHAT, participating in the Stakeholder Focus Group and Survey and the prioritization activity.

In addition to CSHD, the CHAT included other **individuals or organizations serving or representing the community's medically underserved, low-income and minority populations.** Examples include:

- Federally Qualified Health Center (e.g., Rockbridge Area Health Center)
- Social service agencies (e.g., Rockbridge Area Community Services)
- Other community-based organizations (e.g., Rockbridge Area Relief Association)

These organizations and individuals helped gather community input by distributing the Community Health Survey. CHAT member input was solicited through the Stakeholder Survey and Focus Group. Combined, these efforts led to the identification and prioritization of community health needs.

Target population focus groups are typically a significant way in which we collect community input, especially for those who are medically underserved, under-resourced or have disadvantages related to health needs. The COVID-19 pandemic impacted our ability to gather in groups and created logistical barriers for these focus groups. Despite these barriers, the CHAT held three focus groups in socially distant, outdoor settings with participants organized from the Rockbridge Area NAACP.

The 2018 RACHA and subsequent Implementation Strategy were posted publicly though multiple electronic channels and shared widely by community partners. An email address was provided for submission of **written comments**, but none were received.

Community Impact

Impact of Actions Taken in Response to 2018 RACHA

Carilion Clinic responds to community health needs in innovative ways. Our initiatives include:

- Having a robust primary care physician practice network of medical homes
- Making sure our regions have access to state-of-the-art health care close to home
- Providing community grants and sponsorships to extend our mission and support other organizations that address health needs
- Creating and implementing community-wide strategies to reduce barriers, coordinate resources and enhance community strengths
- Providing community-based health and wellness programming

With the onset of COVID-19, Carilion immediately recognized the prominent role we would play in both prevention and treatment for our region. The pandemic demanded a shift in operations and priorities during Virginia's stay-at-home order. While some of our Implementation Strategies were delayed or altered, Carilion quickly responded to the new and unique social health needs arising from COVID-19.

Community response efforts included establishing a community hotline and recovery support phone line, expanding flu shot distribution, and broad community health education and guidance. We also made it our mission to ensure the safety and well-being of patients at higher risk of severe infection from COVID-19 through targeted outreach programs. The Home Alone project, for example, connected senior patients who were living alone with resources such as food, masks, medications and toiletries. Patients with more complex social needs were escalated to Community Health Workers and those with more complex health needs were escalated to a nurse. Care kits and information were also provided to Housing Authority sites that specifically housed older adult populations. Home Alone reached a total of 1,651 high-risk patients across Carilion's footprint, allowing seniors to stay home safely, avoid the hospital and reduce their exposure to COVID-19.

As COVID-19 vaccinations became available, Carilion once again shifted operations to stand up regular clinics in the Rockbridge Area and surrounding parts of the Carilion service area. Since December 2020, we've partnered with local health departments and authorities across our region to aid in the fight against COVID-19. Carilion staff and volunteers have administered hundreds of thousands of COVID-19 vaccine doses to our communities. Each vaccine gets us one step closer to getting the pandemic under control.

To improve health behaviors, over 75 health education events, programs, screenings or immunizations have reached over 3,100 people since October 1, 2018, in response to the 2018 RACHA identified needs. CRBH also awarded over $21,000 through the Carilion Clinic Community Grant program to support organizations across the Rockbridge Area working to address those needs.

Carilion continues to make strides in providing clinical care to the Rockbridge Area. Since the 2018 RACHA, a VelocityCare urgent care center opened, telehealth services have expanded to cover specialties such as psychiatric, stroke and pediatrics, and a general orthopedist is now practicing in Lexington. Telemedicine services have grown for family medicine practices as well, a result of the COVID-19 pandemic's impact on the provision of care.

Medicaid expansion continues to increase access to health services across the region. With commitment to continued enrollment in Medicaid and other applicable public programs, Carilion has partnered with MedAssist, a contractor dedicated to determining eligibility and assisting with all aspects of enrollment for eligible patients and community members. Enrollment not only allows access to Carilion services, but to additional dental and mental health services across the community as well.

Data Collection and Analysis Methods

Primary and secondary data were collected for the 2021 RACHA. Additionally, billing data from Carilion Clinic on hospital admissions and emergency department visits for residents within the service area helped corroborate perceived community needs with the clinical conditions being seen at the hospital. Primary data collection included the Community Health Survey, the Stakeholder Focus Group, the Stakeholder Survey and the Target Population Focus Groups. Both primary and secondary data were shared for review with the CHAT in advance of the third CHAT meeting.

Community Health Survey

A Community Health Survey was conducted as part of the RACHA. This survey was used to evaluate the health of the community and identify potential geographic areas to target improvements. Input and oversight of survey development was provided by the CHAT and a planning group consisting of representatives from Carilion, LHR and the CSHD.

A 38-question survey instrument was initially developed in 2011 and updated in 2020 that asked questions about socioeconomic factors, access to medical, dental and mental health care, healthy behaviors, physical environment, health outcomes and demographics (Appendix 2: Community Health Survey). The survey instrument included commonly used questions and metrics from the following established community surveys:

- Community Themes and Strengths Assessments, National Association of County and City Health Officials (NACCHO), Mobilizing for Action through Planning and Partnerships (MAPP)
- Community Healthy Living Index, YMCA
- Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention (CDC)
- National Health Interview Survey, CDC
- Youth Risk Behavior Surveillance System, CDC
- Martin County Community Health Assessment, Martin County, North Carolina
- Previous Rockbridge Area Community Health Surveys

The population of interest for the survey was Rockbridge Area residents 18 years of age and older. The Rockbridge Area includes the RACHA service area of Rockbridge County, Buena Vista City and Lexington City. Surveys were distributed from October 2020 through January 2021. A drawing for a $100 grocery store gift card was offered as an incentive for those completing the survey.

The following subpopulations were especially targeted for sampling:

- Underserved/vulnerable populations disproportionately impacted by the social determinants of health, including:
    - Poverty
    - Race/ethnicity
    - Education
    - Lack of insurance

A non-probability sample method was used, where respondents were not randomly selected. Although the survey was available to all residents living in the Rockbridge Area, oversampling of the targeted subpopulations was attempted through specific outreach efforts through community partners. Despite

oversampling efforts to ensure that needs and assets specific to this subpopulation of interest were captured, survey demographic results indicate a lower-than-expected response from these groups.

The survey instrument was available in both English and Spanish via the following methods:

- Survey Monkey link (www.surveymonkey.com/r/2018CHA)
- Phone line (888-964-6620)
- Paper surveys (collected by volunteers and/or staff of partner agencies)

Outreach strategies for survey distribution included:

- Media coverage by the local television and newspaper announcing the URL for the survey
- Facebook, including geographically targeted advertisements
- Flyers and posters distributed throughout the community with survey URL and phone line information
- Survey URL posted on partner agency websites

Due to the impact of COVID-19 on face-to-face interactions, electronic survey completion was emphasized. Although paper surveys were distributed, they represented a lesser share of responses than in prior assessment periods.

In total, **468 surveys** were collected.

- **55 paper surveys**
- **412 online surveys**
- **1 phone survey**

All responses were entered into Survey Monkey by survey respondents or by Carilion Direct representatives, who entered responses from paper or phone surveys. Surveys were analyzed and reported using Survey Monkey and Microsoft Excel.

Stakeholder (CHAT) Focus Group

The second CHAT meeting consisted of a Stakeholder Focus Group with the CHAT members. The questions discussed were identical to those included in the Stakeholder Survey (Appendix 3: Stakeholder Survey). Carilion Clinic staff from across the organization aided in facilitating small group discussions. In order to quantify focus group data, CHAT members were asked to complete the Stakeholder Survey.

An additional Stakeholder Focus Group was held with CRBH's Board of Directors. These participants were also asked to complete a Stakeholder Survey to quantify data from the discussion.

Stakeholder Survey

Throughout the RACHA process, community stakeholders, leaders and providers were encouraged to complete the Stakeholder Survey (Appendix 3: Stakeholder Survey). This survey provided an additional perspective to the needs and barriers to health facing our community. The survey was available online and was shared at the CHAT meetings and via email. Surveys were analyzed and reported using Survey Monkey and Microsoft Excel.

Target Population Focus Groups

The intent of target population focus groups is to capture the needs and barriers to health for underserved/vulnerable populations disproportionately impacted by the social determinants of health in a setting that allows for interactive conversation. These focus groups were conducted in October and November of 2020, during the COVID-19 pandemic. The nationwide lockdown limited our ability to reach all of the local population groups identified as underserved/vulnerable. However, a partnership with the Rockbridge Area NAACP enabled us to hold three focus groups with people of color at Richardson Park in Lexington City, Glen Maury Park in Buena Vista City, and the Glasgow Farmer's Market Pavilion in Rockbridge County. All focus groups were held in outdoor settings, with additional infection prevention safeguards to ensure the safety of participants and staff. Please see Appendix 4 for the full focus group summary.

Secondary Data

Secondary data was collected through SparkMap, a product from the University of Missouri that quickly and accurately aggregates data across geographies for 80+ indicators from publicly available sources such as the ACS, County Health Rankings and the VDH. Secondary data analysis was provided through SparkMap's tables, maps and visual diagrams depicting indicators that are better or worse than the state average, trends over time, and comparisons across different population segments such as race and life cycle. See Appendix 7 for full secondary data report from SparkMap.

While SparkMap was the main source of secondary data, additional sources were utilized. The VDH's Equity Dashboard was utilized for an overview and analysis of equity in the Rockbridge Area.

Collaboration

LHR fosters collaborative community development between partners using the Strive Collective Impact Model[22]. This evidence-based model focuses on "the commitment of a group of important players from different sectors to a common agenda for solving a specific social problem" and has been proven to lead to large-scale change.

Collective impact focuses on four conditions for collective success:

1. A Shared Community Vision: a broad set of cross-sector community partners come together in an accountable way to implement a vision for a healthier community and communicate that vision effectively.

2. Evidence-based Decision Making: The integration of professional expertise and data to make decisions about how to prioritize a community's efforts to improve health outcomes.

3. Collaborative Action: the process by which networks of appropriate cross-sector services/providers use data to continually identify, adopt and scale practices that improve health outcomes.

4. Investment & Sustainability: There is broad community ownership for building civic infrastructure and resources are committed to sustain the work of the partnership to improve health outcomes. Collective Impact also suggests having a neutral anchor institution to serve as the convening body for community collaborative.

To ensure long-term impact of the health assessment and resulting community health improvement process implementation, Carilion plays a key role in convening LHR, fostering collaborative relationships among over 36 diverse stakeholder organizations representing health and human services, businesses, local governments and nonprofit organizations. The 2021 RACHA would not have been possible without collaboration with LHR and the CSHD. In addition, collaboration across all CHAT members was critical to the success of this project.

[22] Kania, J., & Kramer, M. (2011). Collective Impact. Stanford Social Innovation Review. Retrieved from https://ssir.org/images/articles/2011_WI_Feature_Kania.pdf

Data Review

In the following sections, data will be presented in a variety of formats to illustrate some of the relevant data points impacting the health of the community. Higher rates of chronic diseases, cancers and many socioeconomic factors exist across the service area to varying degrees when compared with the Commonwealth of Virginia as a whole. Where tables exist, red text indicates a value worse than the Virginia average.

Clinical Data

Chronic Diseases in Residents of the Rockbridge Area from Secondary Data Sources

Chronic diseases are often preventable and can be caused by health behaviors and lifestyle. In review of secondary data for chronic disease, the Rockbridge Area generally has higher rates of chronic diseases than Virginia overall—though this varies by locality. Notably, the percentage of adults with asthma in Buena Vista is the highest across the service area at 10.5%, compared to Virginia's 8.9%. High blood pressure rates are highest in Rockbridge County—38% of adults—while the Virginia rate is 32.2%. Table C1 shows the percentage of adults with a subset of chronic diseases across the service area according to CDC's Behavioral Risk Factor Surveillance System.

Diabetes and obesity also vary across the service area. Adult obesity is lowest in Lexington—24.2%—while Buena Vista is highest at 31.8%. This compares to Virginia's overall rate of 30.4%. Adult diabetes in the area ranges from a low of 7.6% in Buena Vista to 11.7% in Rockbridge County. See Table C2 for details.

Table C1. Chronic Diseases across the Rockbridge Area

Report Area	Percentage of Adults with Asthma	Percentage of Adults Ever Diagnosed with Chronic Lower Respiratory Disease	Percentage of Adults Ever Diagnosed with Coronary Heart Disease	Percentage of Adults Ever Having a Stroke	Percentage of Adults with High Blood Pressure
Rockbridge Area	9.59%	9.43%	8.91%	4.17%	35.29%
Rockbridge County	9.4%	10.0%	9.8%	4.5%	38.0%
Buena Vista	10.5%	10.8%	9.3%	4.5%	36.7%
Lexington	9.4%	6.4%	5.7%	2.8%	25.4%
Virginia	8.9%	6.6%	6.4%	3.2%	32.2%
United States	9.5%	7.2%	6.1%	3.4%	32.9%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018. Accessed via SparkMap

Table C2. Diabetes and Obesity for Rockbridge Area

Report Area	Adults with Diagnosed Diabetes, Age- Adjusted Rate	Adults with BMI > 30.0 (Obese), Percent
Rockbridge Area	10.5%	27.4%
Rockbridge County	11.7%	29.8%
Buena Vista	7.6%	31.8%
Lexington	8.2%	24.2%
Virginia	9.7%	30.4%
United States	9.5%	29.5%

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County. Accessed via SparkMap.

Chronic Diseases in Patients Seeking Care at Carilion Rockbridge Community Hospital by Zip Code

The Virginia Hospital and Healthcare Association analyzes hospital discharge data for patients with specific chronic diseases (diabetes, kidney disease, hypertension, heart disease, stroke, hyperlipidemia and heart failure). In review of this data, a trend of zip codes with high shares of chronic disease was determined. Across the Rockbridge Area, two zip codes account for 68% to 72% of chronic disease discharges, varying by disease. These areas correspond to the more urban population hubs.

Of all discharges flagged with a chronic disease, hypertension was the most common, followed by hyperlipidemia, kidney disease and diabetes. See Table C3 for details.

Table C3. Chronic Disease Discharges, Carilion Rockbridge Community Hospital data via Virginia Hospital and Healthcare Association

	Diabetes	Kidney Disease	Hypertension	Heart Disease	Hyperlipidemia	Heart Failure
Total Discharges (2016-2020)	1,499	1,653	3,013	1,097	1,823	1,114
Zip Code	Percent of total					
24450	36%	41%	41%	42%	41%	44%
24416	33%	29%	29%	30%	28%	29%
24555	8%	8%	7%	7%	8%	6%
24579	5%	5%	5%	5%	5%	5%
24435	4%	4%	3%	4%	4%	3%

Data Source: Virginia Hospital and Healthcare Association

Chronic Diseases in Hospital Patients Residing in the Rockbridge Area, Medical Billing Data

As a main provider of medical care in the Rockbridge Area, Carilion leverages internal data for insights on the health of the community. Data on inpatient admissions point to some service lines with preventable aspects. Other Medical, the top service line for admissions, includes systemic issues such as sepsis, urinary tract or kidney issues, ear, diseases of the ear, nose and throat, blood and immune disorders, and diseases of the subcutaneous tissue. Emergency department visits for Rockbridge area residents shows the top visit category to be injuries (broadly). Here we see an opportunity for decreased ED visits through education. Table C4 and C5 provide further detail on admissions and emergency department visits.

When considering only patients identified through the medical record as Hispanic, Mother Baby/GYN accounted for the most admissions each year from FY2017-FY2020 ranging from a low of 31% in FY20 to 47% in FY17.

Table C4. Top 10 Inpatient Admission Service Lines for Rockbridge Area Patients

Service Line	FY2017	FY2018	FY2019	FY2020
IP Other Medical	22.53%	23.03%	22.69%	20.54%
IP Cardiology	14.75%	16.58%	15.80%	14.98%
IP Pulmonary	10.76%	11.12%	13.23%	13.97%
IP Orthopedics	7.58%	7.75%	8.53%	8.17%
IP Neurology	8.08%	7.38%	6.93%	7.99%
IP GI	8.38%	7.80%	7.90%	7.64%
IP Behavioral Health	5.91%	6.17%	6.98%	6.51%
IP Other Surgery	3.43%	4.67%	2.86%	4.26%
IP Mother Baby/GYN	5.66%	3.50%	4.70%	4.14%
IP Rehab	5.96%	4.11%	3.30%	3.26%

Data Source: Strata

Table C5. Top 10 Emergency Department Visits for Rockbridge Area Patients

ICD 10 Category	FY2017	FY2018	FY2019	FY2020
Injury, poisoning, and certain other consequences of external causes	21.45%	20.75%	20.84%	20.00%
Diseases of the respiratory system	10.26%	10.73%	11.50%	10.54%
Symptoms, signs, and abnormal clinical laboratory findings, not elsewhere classified	8.54%	8.72%	9.20%	8.77%
Symptoms, signs, circulatory and respiratory	7.16%	8.32%	7.82%	7.99%
Diseases of the digestive system	7.84%	6.58%	6.21%	7.33%
Diseases of the circulatory system	5.27%	5.05%	5.39%	7.00%
Diseases of the musculoskeletal system and connective tissue	7.53%	7.43%	6.89%	6.81%
Symptoms, signs, digestive and abdomen	6.56%	7.17%	7.33%	6.11%
Diseases of the genitourinary system	5.18%	5.53%	5.05%	5.47%
Diseases of the skin and subcutaneous tissue	3.19%	3.17%	2.92%	3.13%

Data Source: Strata

Cancer

The overall incidence rate of cancer in the Rockbridge Area is higher than Virginia and varies based on locality. Lexington has the highest rates in the area for cancer (overall), breast cancer and lung cancer. When analyzing by race, overall cancer rates are even higher for Black residents of the Rockbridge Area: 486.6 per 100,000 people in Rockbridge County and 553.1 per 100,000 people in Lexington[23]. See Table C6 for breast, colorectal and lung cancer incidence rates by locality.

Table C6. Cancer Incidence Rates by Locality, 2013-2017

Report Area	Cancer Incidence Rate (Per 100,000 Population)	Breast Cancer Incidence Rate (Per 100,000 Population)	Colorectal Cancer Incidence Rate (Per 100,000 Population)	Lung Cancer Incidence Rate (Per 100,000 Population)
Rockbridge Area	460.4	123.4	44.7	54.9
Rockbridge County	439.4	118.3	43.7	50.1
Buena Vista	488.7	116.1	49.6	63.8
Lexington	534.2	155.8	suppressed	67.3
Virginia	416.1	127.4	35.2	56.4
United States	448.7	125.9	38.4	58.3

Data Source: State Cancer Profiles. 2013-17. Source geography: County. Accessed via SparkMap.

[23] *State Cancer Profiles. 2013-17. Source geography: County. Accessed through SparkMap.*

Vital Conditions for Well-Being

In addition to addressing the social determinants of health, we are utilizing a framework for addressing health and well-being through seven Vital Conditions established by the Well-Being in the Nation Network. The Vital Conditions for Well-Being framework emphasizes the health and well-being of people and places as a necessary component to thrive[24]. Below we describe each vital condition and present a subset of related data.

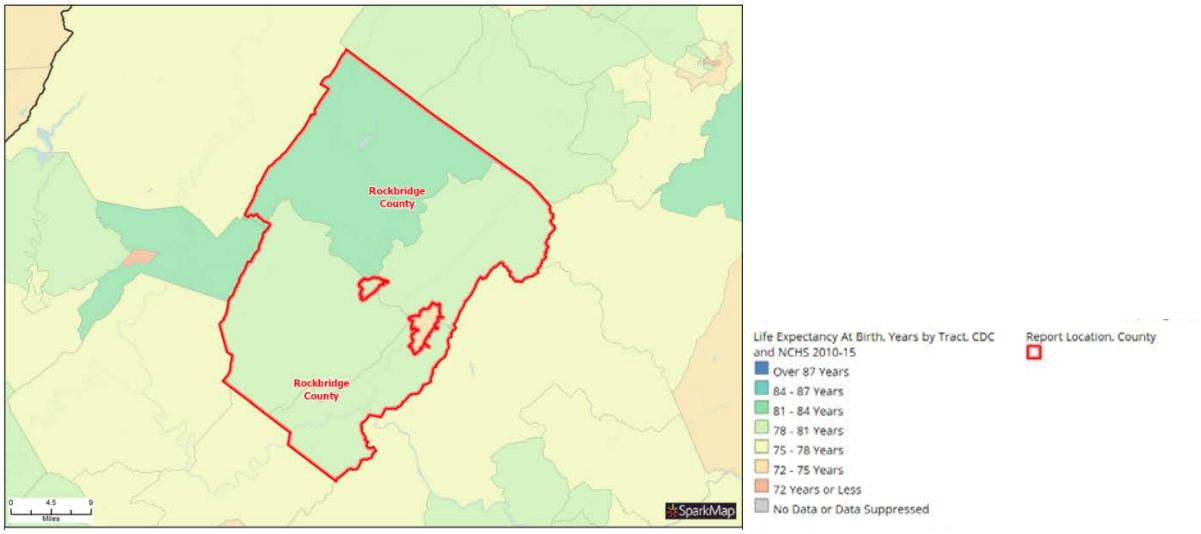
Vital Condition: Basic Needs for Health & Safety

Basic needs for health and safety include factors like access to physical and mental health care services, nutritious foods, and freedom from addiction, trauma and crime[25]. The subset of indicators provided below paints a picture of some of the potential barriers across the Rockbridge Area in meeting these basic needs. Additionally, we can pinpoint specific areas within the region that are likely to have more gaps in basic needs based on lower life expectancy.

Life Expectancy

Some discrepancies are seen in life expectancy across the Rockbridge Area, with the northern census tract of Rockbridge County showing the longest life expectancy at 81.1 years. Buena Vista has the lowest life expectancy (73.7 years), while the remainder of the service area has a life expectancy between 78.6 and 80.6 years.

Map V1. Life Expectancy in Years by Locality



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. Source geography: Tract. Accessed via SparkMap.

[24] https://winnetwork.org/vital-conditions

[25] https://thriving.us/wp-content/uploads/2020/07/Springboard-Main-Narrative-For-Print-.pdf

Health Professional Shortage Areas (HPSAs)

A shortage of health professionals is a barrier to care contributing to poor outcomes. In the Rockbridge Area, HPSAs exist for primary care, dental and mental health services—particularly for the area's low-income population—across the entire footprint of the area[26].

Drug Use and Overdose

The small population size of the Rockbridge Area adds some difficulty in assessing drug overdose statistics for the region. Drug use and overdose trends provided by the VDH show historically low numbers in the Rockbridge Area, with none reported for most years in Buena Vista and Lexington since 2007. Emergency department visits for overdose vary with a 12-month average of five visits per month[27]. As discussed previously, the rate of drug overdoses has increased across Virginia—by 21% in the Northwest Virginia Health Planning Region, which includes the Rockbridge Area.

Binge Drinking

Binge drinking across the Rockbridge Area is lower than in Virginia overall—with exception to Lexington which shows a higher percentage of adults reporting binge drinking. This indicator is often linked to poor health outcomes and poor mental health status.

Table V1. Binge Drinking, Percent of Adults Age 18+

Report Area	Percentage of Adults Binge Drinking in the Past 30 Days
Rockbridge Area	15.67%
Rockbridge County	14.2%
Buena Vista	15.6%
Lexington	20.4%
Virginia	16.1%
United States	16.9%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018. Accessed via SparkMap.

[26] https://data.hrsa.gov/tools/shortage-area/hpsa-find

[27] VDH Monthly Statistics table, accessed via https://www.vdh.virginia.gov/surveillance-and-investigation/syndromic-surveillance/drug-overdose-surveillance/

Food Insecurity

Prior to the pandemic, food insecurity had been at its lowest level in 20 years according to Feeding America. Due to income losses during this time, food insecurity is projected to increase for 2020 and 2021[28]. Additionally, while COVID-19 relief funding has been available to nonprofit organizations addressing food insecurity, it is an unreliable funding stream. It is reasonable to expect that insecurity will persist long after the funding ends. Prior to the pandemic, food insecurity was already higher in the Rockbridge Area than Virginia overall—with a very high rate of food insecurity for children in Buena Vista. Data from the Rockbridge Area Relief Association show a 37% increase in food pantry visits from 2019 to 2020—from 6,458 to 8,869 visits. Total food distribution also increased from 284 tons in 2019 to over 354 tons in 2020—an increase of nearly 25%[29].

Table V2. Food Insecurity by Locality

Report Area	Food Insecurity Rate (Overall)	Food Insecurity Rate (Children)
Rockbridge County	11.2%	14.5%
Buena Vista	15.4%	20.1%
Lexington	16.5%	15.0%
Virginia	9.4%	11.5%
United States	10.9%	14.6%

Data source: Feeding America Map the Meal Gap 2019. https://map.feedingamerica.org/

Resource Requests to Virginia 211

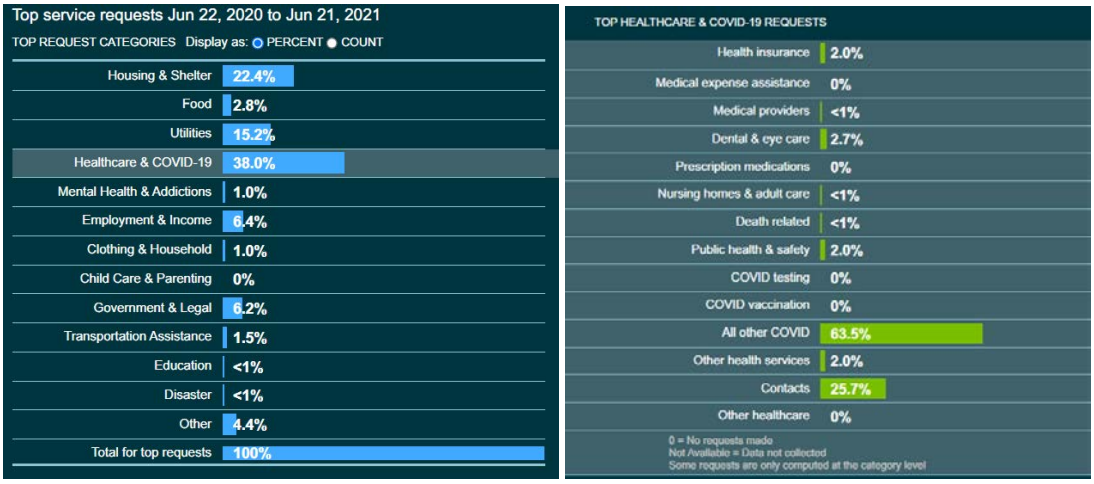
Virginia 211 is a free service that helps connect people to resources they need. An initiative of the Department of Social Services and partners, this service is available online, by phone call or by text message. The data dashboard is a useful tool to see what basic needs are not being met in individuals across the commonwealth. Rockbridge Area residents also reach out to the Rockbridge Area Relief Association for resource needs, so all needs may not be captured by Virginia 211.

Of all requests in the last year for the Rockbridge Area, 38% have been related to health care and COVID-19. Within that category, most of the requests were for general information on prevention, treatment, quarantine, contact tracing or requests for specific health care contacts. Requests for housing and shelter were the second highest percentage of requests, with over 62% of those related to rent assistance. The interrelation of the Vital Conditions for Health and Well-Being are illustrated throughout the Virginia 211 requests.

[28] https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/

[29] Rockbridge Area Relief Association

Figure V1. Virginia 211, Top service requests, June 2020 – June 2021

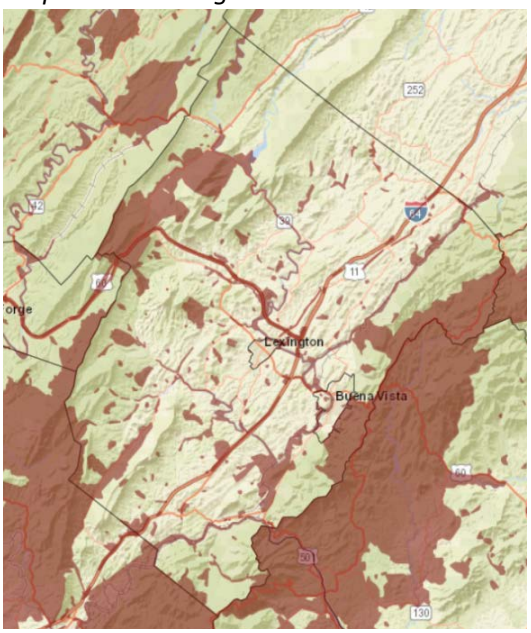


Source: https://va.211counts.org/

Broadband Access

Access to the internet is an increasingly important requisite for accessing information and health and social services. Many areas across Virginia suffer from inadequate access. According to the Integrated Broadband Planning and Analysis Toolbox by Virginia Tech's Center for Geospatial Information Technology, there are pockets within the Rockbridge Area that are considered unserved—a definition based on low or no upload and download speeds[30]. The dark red sections on the map below correspond to these unserved areas.

Map V2. Rockbridge Area Broadband Unserved Areas



Source: https://broadband.cgit.vt.edu/IntegratedToolbox/#about

[30] Virginia Tech Virginia Broadband Availability Map and Integrated Broadband Planning and Analysis Toolbox, accessed via https://broadband.cgit.vt.edu/IntegratedToolbox/#about

Vital Condition: Lifelong Learning

Lifelong learning is defined as continued education, learning and literacy[31]. Higher levels of education tend to be reflective of better health status and health outcomes, emphasizing the importance of the data presented below and its impact on health and well-being.

Educational Attainment

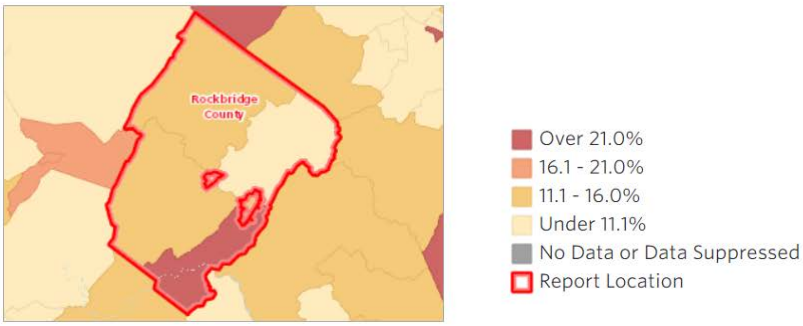
Education is a predictor of health outcomes and economic stability. Understanding the educational attainment for an area is important for the labor force and economic development. The table below shows educational attainment across the service area. Fewer Rockbridge Area residents have a Bachelor's Degree or higher than Virginia overall. Buena Vista stands out with a higher percentage of residents with no high school diploma. However, upon examination by census tract, one area of Rockbridge County has the highest rate of residents without a diploma.

Table V3. Educational Attainment Overview

Report Area	No High School Diploma	High School Only	Some College	Associates Degree	Bachelor's Degree	Graduate or Professional Degree
Rockbridge Area	13.5%	33.2%	18.5%	7.3%	16.3%	11.2%
Rockbridge County	13.19%	33.7%	18.2%	8.2%	16.0%	10.6%
Buena Vista City	18.89%	40.3%	19.6%	5.3%	8.3%	7.7%
Lexington City	8.56%	21.9%	18.2%	4.6%	28.1%	18.6%
Virginia	10.31%	24.0%	19.2%	7.8%	22.0%	16.8%
United States	12.00%	27.0%	20.4%	8.5%	19.8%	12.4%

Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: County. Show more details. Accessed via SparkMap.

Map V3. Population age 18+ with no High School Diploma by Census Tract



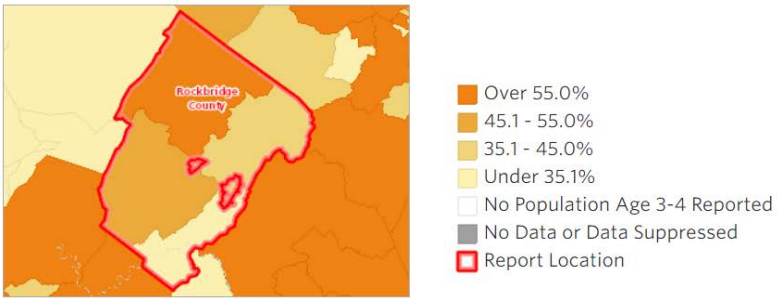
Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: County. Show more details. Accessed via SparkMap

[31] https://thriving.us/wp-content/uploads/2020/07/Springboard-Main-Narrative-For-Screen-2.pdf

Preschool Enrollment

Overall, the Rockbridge Area is close to Virginia's overall rate of 48.4% of three- to four-year-old children enrolled in preschool. The map below shows pockets of the county with lower enrollment rates, indicating possible opportunities for improvements in early childhood education.

Map V4. Preschool Enrollment, Children Age 3-4, by Census Tract



Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

Vital Condition: Meaningful Work & Wealth

Meaningful work and wealth refers to rewarding work, careers and standards of living. It can be measured through indicators such as job training, well-paying jobs, income and poverty[32]. Low economic status is often associated with poor health, as cost and affordability can be barriers to accessing health care and healthy foods. Income and poverty as presented below highlight pockets across the service area that have low income and high poverty.

Median Household Income and Poverty

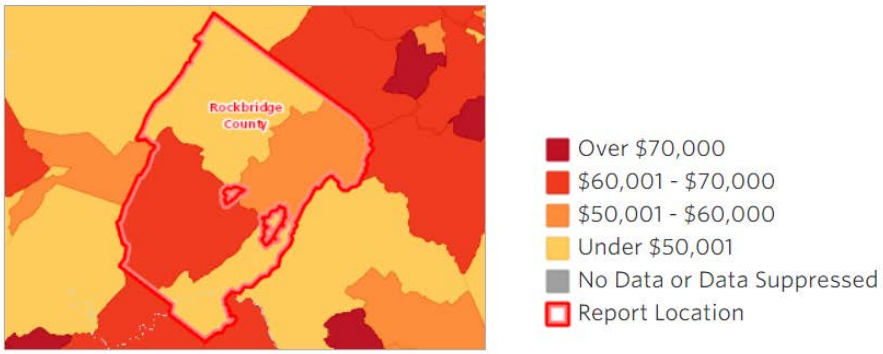
The Rockbridge Area has lower median household incomes and higher rates of poverty than Virginia overall. At the locality level, disparities are seen with higher rates of poverty in Buena Vista and Lexington; however, pockets within Rockbridge County are also more economically disadvantaged as illustrated by Maps V5 and V6.

Table V3. Median Household Income and Population in Poverty

Report Area	Median Household Income	Population in Poverty, Percent
Rockbridge Area	Not available	18.01%
Rockbridge County	$54,600	14.18%
Buena Vista	$32,455	25.53%
Lexington	$42,632	27.35%
Virginia	$74,222	10.56%
United States	$62,843	13.42%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

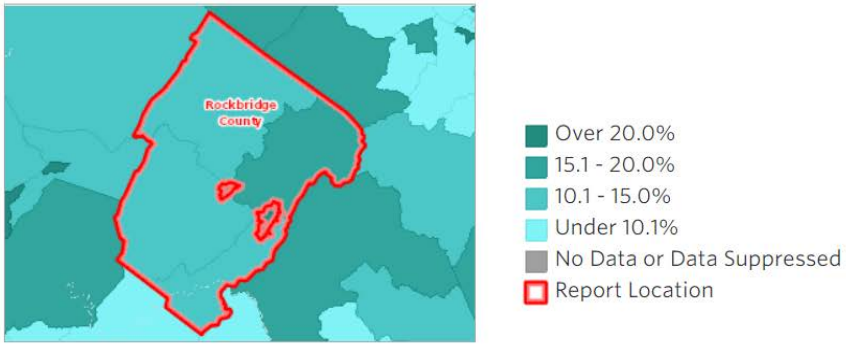
Map V5. Median Household Income by Census Tract



Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

[32] https://thriving.us/wp-content/uploads/2020/07/Springboard-Main-Narrative-For-Screen-2.pdf

Map V6. Population Below the Federal Poverty Level by Census Tract

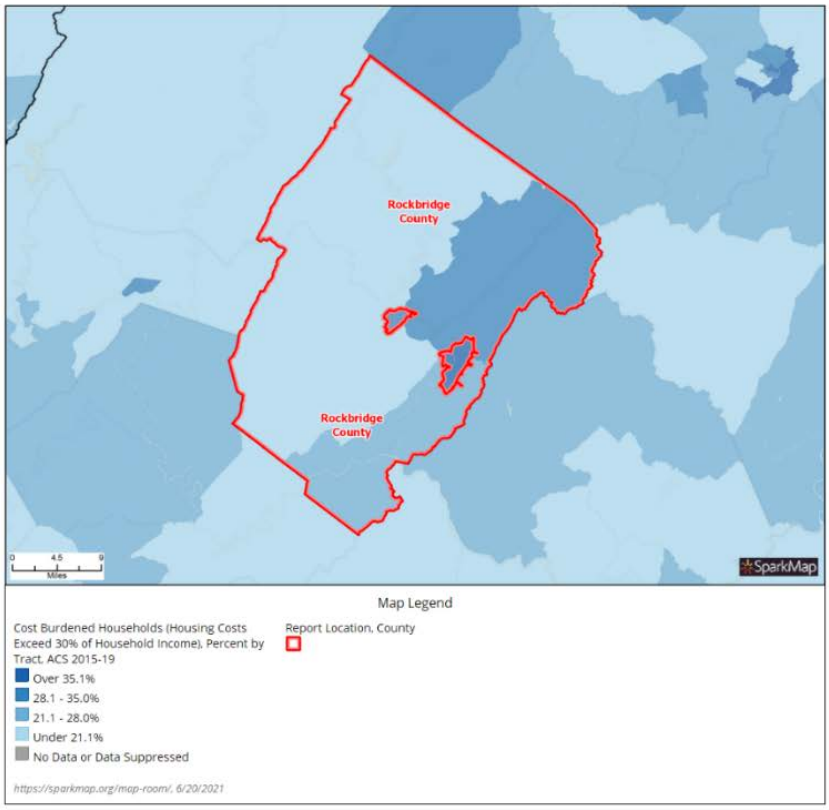


Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

Vital Condition: Humane Housing

Humane housing includes indicators related to safety and security at home, a key need for thriving people and communities. Housing is often the highest expense for a household and can easily set the trajectory for all aspects of health—for better or worse[33]. Data on cost-burdened households and substandard housing show large variability across census tracts and point to geographic disparities in humane housing.

Map V7. Cost Burdened Households, Housing Costs Exceed 30% of Household Income, by Census Tract



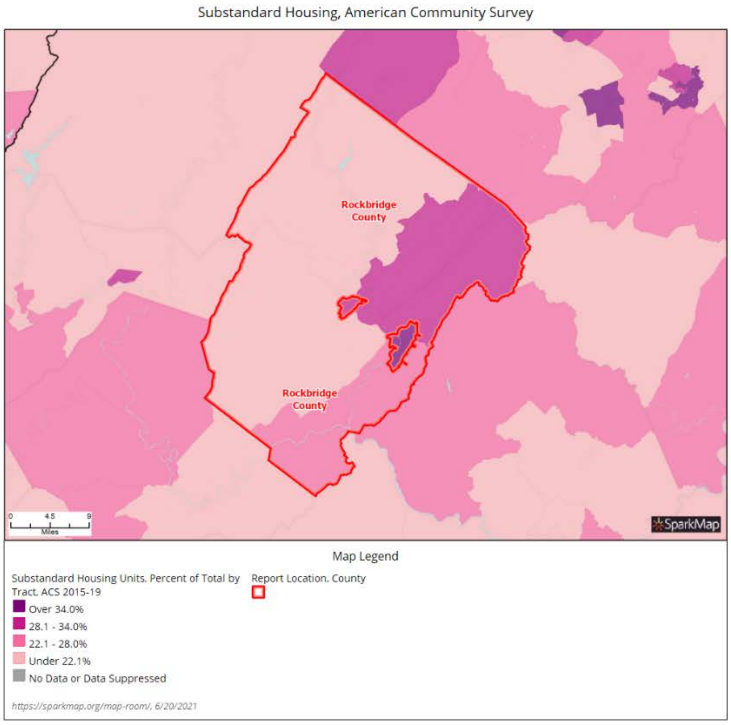
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

[33] https://www.communitycommons.org/collections/Humane-Housing-as-a-Vital-Condition

Substandard Housing (At Least One Substandard Condition Present)

Substandard conditions include: 1) lacking complete plumbing facilities, 2) lacking complete kitchen facilities, 3) with one or more occupants per room, 4) selected monthly owner costs as a percentage of household income greater than 30%, and 5) gross rent as a percentage of household income greater than 30%.

Map V8. Substandard Housing by Census Tract



Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract. Accessed via SparkMap.

Vital Condition: Thriving Natural World

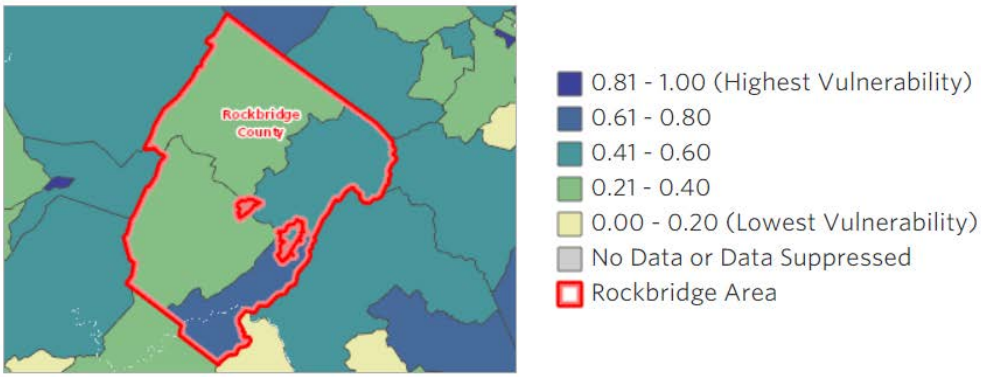
A thriving natural world includes indicators related to clean air, clean water and clean places to live, work and play[34]. The physical environment plays a large role in health outcomes. It contributes to a wide range of factors, including healthy behaviors like physical activity, and health conditions such as asthma. Environmental health in the Rockbridge Area is generally good, with air and water quality meeting national standards. On average, no days per year have emissions levels that exceed national standards[35]. However, concerns about water pollution were raised in target population focus groups with respondents in Buena Vista and Glasgow[36]. Both communities are adjacent to the Maury River which has a history of contamination from industrial and/or agricultural waste[37].

Social Vulnerability Index

The CDC created a measure—the Social Vulnerability Index—to determine how vulnerable a community may be to human suffering and financial loss in a disaster, including environmental issues such as chemical spills or natural disasters, as well as disease outbreaks. By analyzing various social determinant issues, the vulnerability of each census tract is determined and allows for more efficient preparation and response[43].

Ranging from 0-1, a higher score indicates higher vulnerability. The Rockbridge Area has a social vulnerability index score of 0.21, which is which is lower than the Virginia average of 0.34.

Map V9. Social Vulnerability Index by Census Tract



Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, CDC - GRASP. 2018. Source geography: Tract. Accessed via SparkMap.

[34] https://www.communitycommons.org/collections/Thriving-Natural-World-as-a-Vital-Condition
[35] Centers for Disease Control and Prevention Environmental Public Health Tracking Network, accessed via https://ephtracking.cdc.gov/InfoByLocation/
[36] Target Population Focus Group Report
[37] https://www.vmi.edu/about/our-location/chessie-trail/the-area/

Vital Condition: Reliable Transportation

Reliable transportation refers to access to transportation that is yes, reliable, but also safe, accessible and close to places for food, work and play[38]. According to the ACS, very few Rockbridge Area residents rely on public transportation for their commute to work. Rockbridge County only has one limited bus route, despite the geography of the county spanning 600 square miles indicating a big need for additional public transportation sources. The table below shows a relatively high percentage of Lexington households with no motor vehicle, corresponding to a high percentage of workers commuting by walking or biking. People who live and work within the city limits are often able to easily walk or bike as a means of communication for work as well as errands such as grocery shopping.

Table V4. Households with No Motor Vehicle and Commute Pattern

Report Area	Households with No Motor Vehicle, Percent	Percent of Workers Commuting by Walking or Biking
Rockbridge Area	4.54%	7.17%
Rockbridge County	2.81%	1.46%
Buena Vista City	3.38%	6.74%
Lexington City	13.30%	32.34%
Virginia	6.10%	2.83%
United States	8.61%	3.22%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: TractShow more details

[38] https://thriving.us/wp-content/uploads/2020/07/Springboard-Main-Narrative-For-Screen-2.pdf

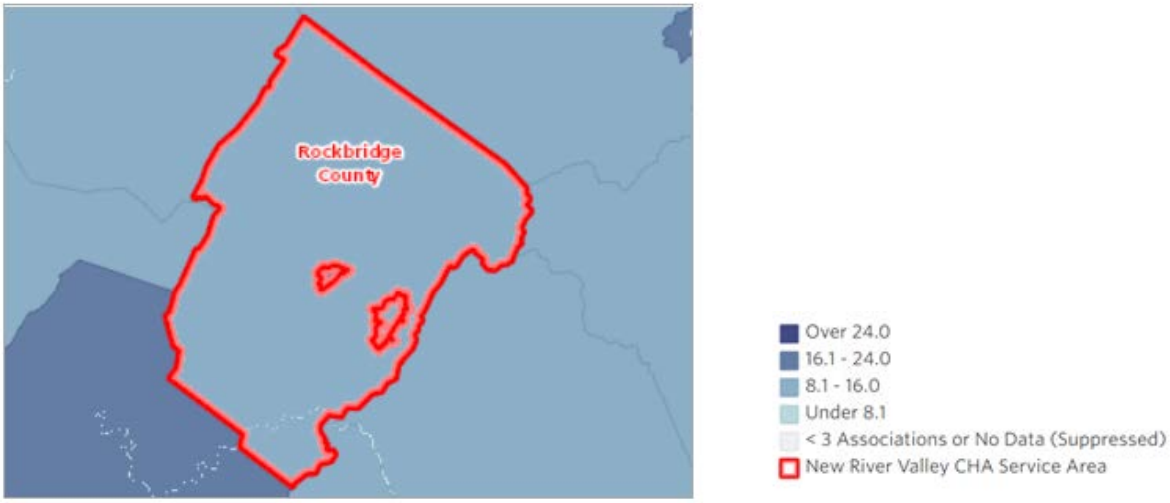
Vital Condition: Belonging & Civic Muscle

Belonging and civic muscle refers to a sense of belonging and power to shape the world. It includes indicators such as civic engagement and social associations[39]. Fulfilling relationships and social supports are key to thriving, engaging and investing in the community.

Social Associations

This indicator reports the number of social associations per 10,000 population. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, political organizations, labor organizations, business organizations and professional organizations[40]. Communities with fewer social associations may be more likely to have individuals with a lower sense of belonging.

Map V10. Social Associations per 10,000 population by Locality



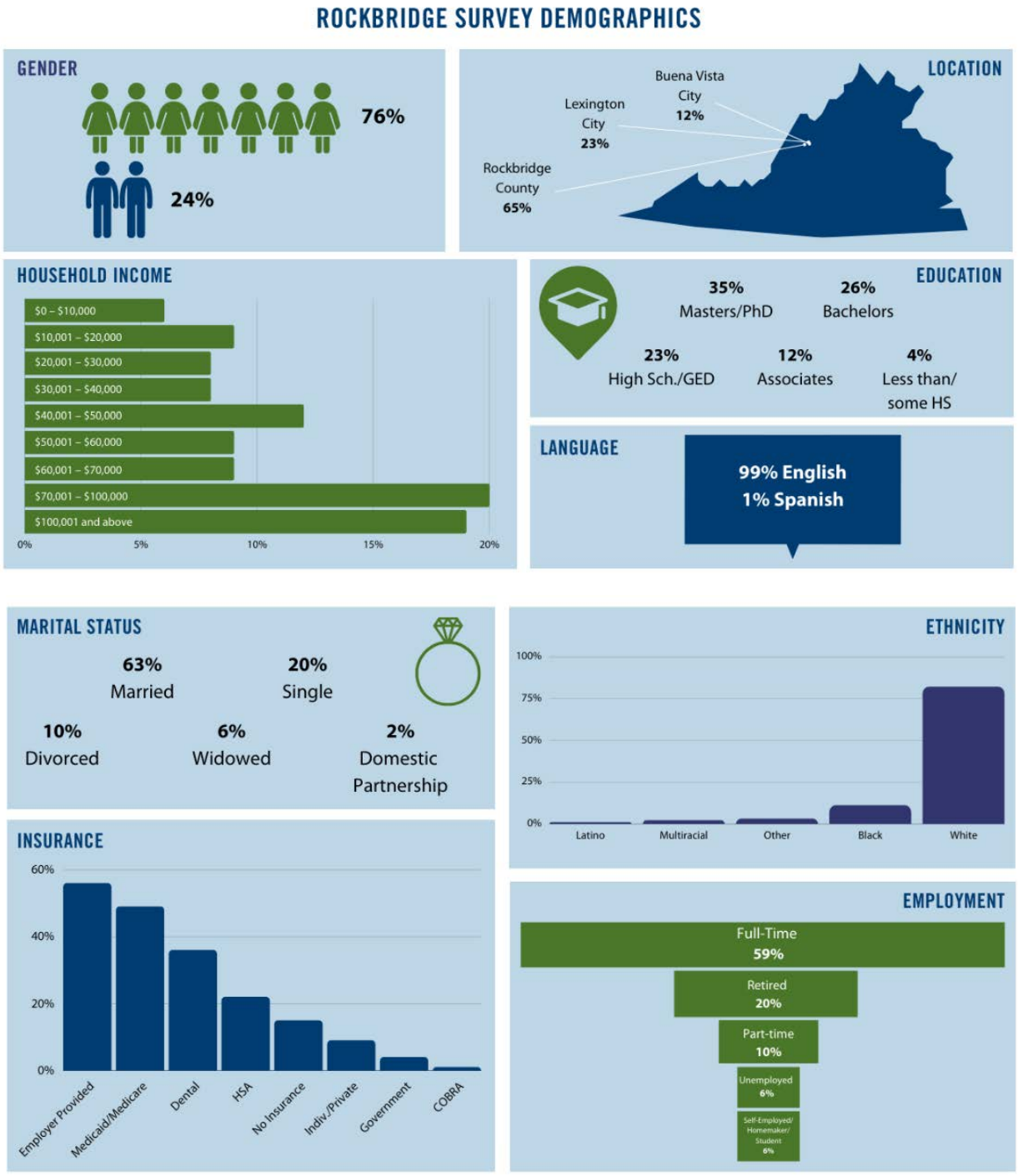
Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2018. Accessed via SparkMap.

[39] https://thriving.us/wp-content/uploads/2020/07/Springboard-Main-Narrative-For-Screen-2.pdf
[40] University of Missouri CARES, accessed via SparkMap

Self-Reported Data

The Community Health Survey, the primary method of identifying significant needs based on community input, showed distinct issues regarding health-related needs, health services and social/support resources in the community. Full survey responses can be found in Appendix 7. Figure SR1 shows the demographics of survey respondents.

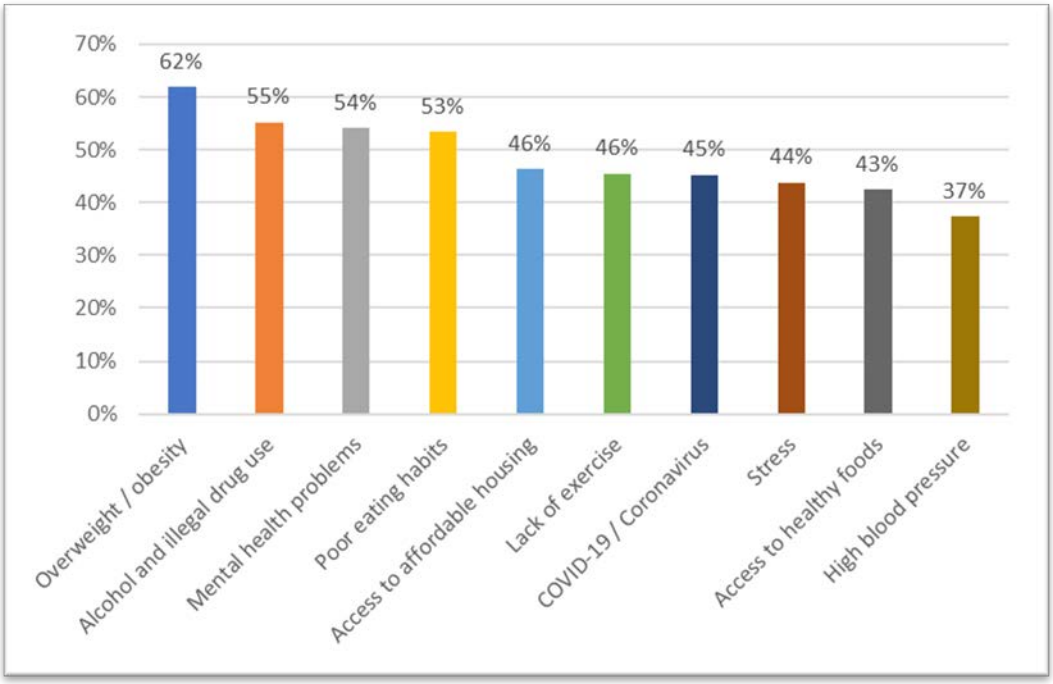
Figure SR1. Rockbridge Area Survey Respondent Demographics



When asked “What do you think are the most important issues impacting health in our community?”, the community indicated overweight/obesity a top issue, as well as issues surrounding access, mental health, nutrition, and substance use including drugs, alcohol and tobacco. While many of these issues have come out as top needs in previous assessments, the stories behind them are uniquely impacted by COVID-19 for the 2021 RACHA. Major changes in nearly every aspect of life shook the world starting in 2020 and upended things like economics, lifestyle, health and safety. Figure SR2 shows the top 10 issues impacting health in the community according to the survey.

When analyzing responses based on income level, distinct differences were revealed between respondents with lower income ($20,000 or below) and respondents with higher income (above $70,000). Overweight/obesity was a concern among a significantly higher proportion of higher income respondents than lower income, while dental problems were a significantly higher concern among lower income respondents.

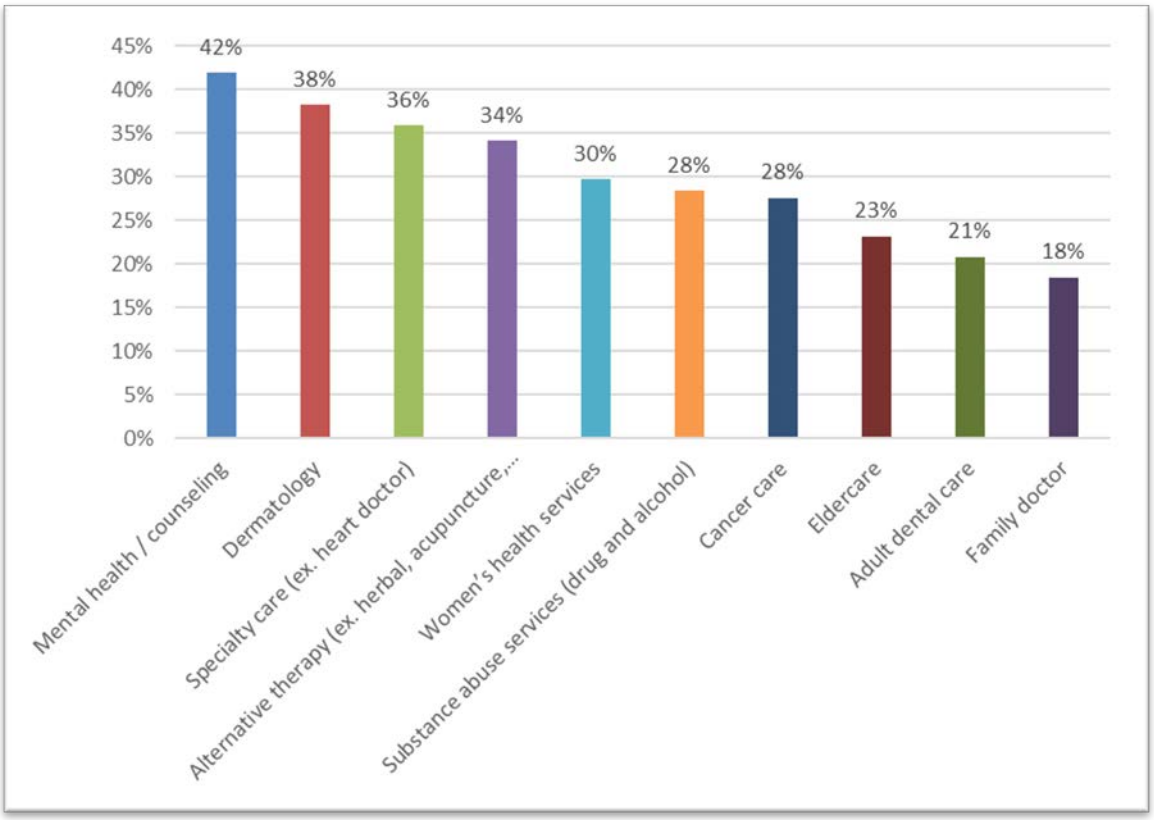
Figure SR2. Survey Responses: What do you think are the most important issues impacting health in our community?



When asked “Which health care services are hard to get in our community?”, the top responses also included services related to mental health and substance abuse, as well as specialty care and other specialized services such as women’s health, cancer care and eldercare. Figure SR3 shows the top 10 health care services hard to get in the community according to the survey.

Adult dental care, while indicated as a difficult health service to access across all income levels, was significantly higher in low-income groups. While vision care was not indicated as difficult to get across all survey respondents, low-income respondents indicated difficulty with vision care at a significantly higher rate than high-income respondents.

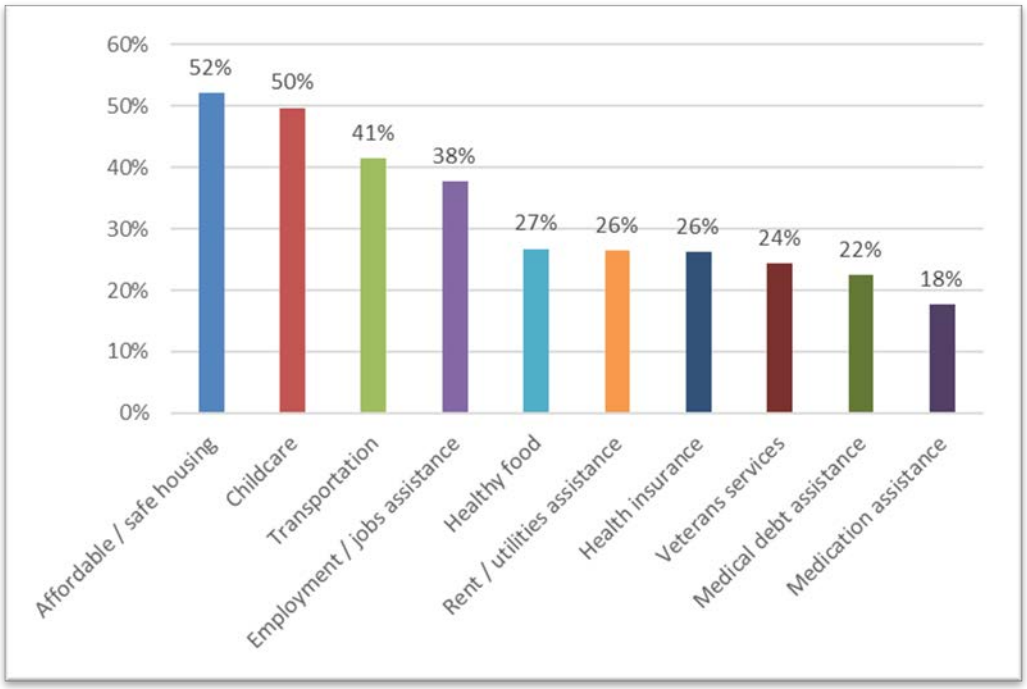
Figure SR3. Survey Responses: Which healthcare services are hard to get in our community?



When asked "Which social/support resources are hard to get in our community?", affordable/safe housing was by far the top response. Additional resources in the top 10 included childcare, transportation, and those related to the cost/affordability of health care and other social determinants of health. Figure SR4 shows the top 10 social/support resources hard to get in the community according to the survey.

Across income levels, education and literacy, rent/utilities assistance, food benefits, and Temporary Assistance for Needy Families benefits were significantly more difficult to access for lower income respondents.

Figure SR4. Survey Responses: Which social/support resources are hard to get in our community?



The survey included questions as indicators of connectedness. Across the Rockbridge Area, 16% of respondents report feeling not connected with the community and those around them, an indicator significantly higher for women than for men. This question also showed significant differences between low-income and high-income respondents, with higher income feeling significantly more connected.

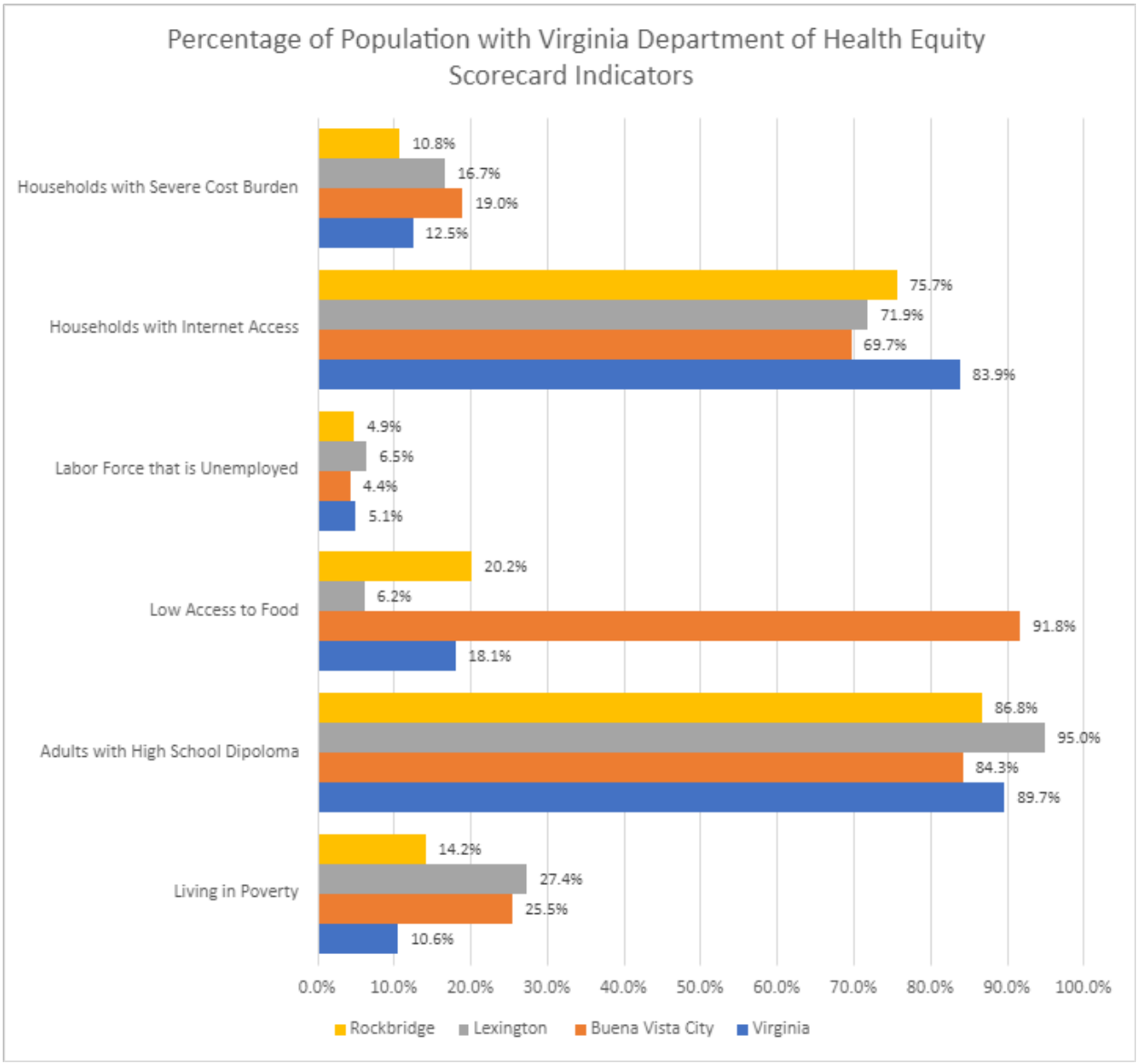
Self-reported data from stakeholders supported similar concerns as those of the community. The most important issues were transportation and healthy lifestyles/nutrition, with mental health and access to care and services close behind. Stakeholders also identified specific geographic areas of concern with emphasis on the more remote and outlying areas of Rockbridge County. See Appendix 10 for full stakeholder data summary.

Self-reported data gathered through target population focus groups indicated similar predominant themes. Across all questions discussed, the top overarching themes mentioned by participants were a culture of health and wellness for support, followed by lack of motivation/inspiration and barriers to health, and availability and accessibility of care. See Appendix 11 for the full target population focus group report.

Equity

Equity is an increasingly important lens through which to view health issues. The VDH's Equity at a Glance Dashboard provides a scorecard that highlights income and poverty, educational attainment, food access, unemployment, broadband access and housing insecurity by locality in comparison to Virginia[41]. See Figure E1 for the scorecard data for each locality included in this assessment.

Figure E1. Virginia Department of Health Equity at a Glance Locality Scorecard Data
See Virginia represented on the chart in blue for comparison.



Buena Vista stands out from the rest of the service area as worse than the Virginia average in five of the six scorecard categories. Notably, Buena Vista has an extremely high percent of the population with low

[41] https://www.vdh.virginia.gov/equity-at-a-glance/locality-scorecard/

food access (defined by percent of population greater than one mile from a large grocery store or supermarket in urban areas) at almost 92%—more than five times that of Virginia[42].

All Rockbridge Area localities have a lower percentage of households with broadband access than the statewide rate of 83.9%, ranging from 69.7% in Buena Vista to 75.7% in Rockbridge County. Additionally, Black or African American households reported the lowest percentages of computer access and broadband in Rockbridge County. These numbers are self-reported by household through the ACS and do not take into account reliability or affordability of service[43].

[42] https://www.vdh.virginia.gov/equity-at-a-glance/locality/food/
[43] https://www.vdh.virginia.gov/equity-at-a-glance/locality/broadband/

Appendices

Appendix 1: Gantt Chart

Tasks:	Assigned To:	Start Date	End Date
2021 Rockbridge Area CHA		06-01 Mon	01-01 Sat
CHA Planning	Amy & Molly (Aaron & Shirley)	06-01 Mon	10-01 Thu
CHA Process	Molly & CHO Staff	09-01 Tue	08-01 Sun
CHA Data Collection	Molly & CHO Staff	10-01 Thu	01-31 Sun
CHAT Meeting #1 (10/20/20)	**Molly, Aaron, Holly & Partners**	**10-01 Thu**	**10-20 Tue**
CHAT Meeting #2 (12/8/20)	**Molly, Aaron, Holly & Partners**	**12-01 Tue**	**12-08 Tue**
Data Coding, Organization, Prep. and Visualization	Molly	11-01 Sun	03-01 Mon
CHAT Meeting #3 (2/16/21)	**Molly, Aaron, Holly & Partners**	**02-01 Mon**	**02-16 Tue**
CHAT Meeting #4 (3/16/21)	**Molly, Aaron, Holly & Partners**	**03-01 Mon**	**03-16 Tue**
CHA Reports	Molly & CHO Staff	04-01 Thu	07-01 Thu
CHAT Meeting #5 (5/18/21)	**Molly, Aaron, Holly & Partners**	**05-01 Sat**	**05-18 Tue**
CHA Hospital Board Approvals	Molly (Shirley, Aaron)	07-01 Thu	08-30 Mon
CHA Results Community Communications and Community Recommendations	Molly, Aaron, Holly & Partners (PR)	08-01 Sun	01-30 Sun
Carilion Clinic-wide CHIP Planning	Shirley with White Paper Team	07-01 Wed	08-01 Sun
Implementation Strategy Planning	Molly & CHO Staff (Shirley & White Paper Team)	10-01 Thu	08-01 Sun
Implementation Strategy Reports (6)	Molly & Aaron & CHO Staff	05-01 Sat	09-01 Wed
Implementation Strategy Report Hospital Administrator Approval (on behalf of Boards)	Molly (Shirley, Aaron)	09-01 Wed	10-01 Fri
Hospital Boards Ratify Implementation Strategy Approval	Molly (Shirley, Aaron)	10-01 Fri	11-30 Tue
Community Coalitions Planning (as a result of CHAs)	Carilion Clinic / LHR	07-01 Thu	07-01 Fri
CB Teams (or hospitals operations teams) and CHO Action Planning (resulting from Implementation Strategies)	Molly & Amy & CHO Staff & CB Teams (Hospital Administrators, Shirley, Aaron)	08-01 Sun	10-01 Fri
First Hospital Board Implementation Strategy Update	Molly & Aaron & CHO Staff	01-01 Sat	01-31 Mon

Appendix 2: Community Health Survey

FOR OFFICE USE ONLY: **Site of Collection**: _____ **Date**: _____

Carilion Clinic, in partnership with Live Healthy Rockbridge and the Central Shenandoah Health District, is working with leaders in the area to learn more about your health care needs. Please answer the following questions with the best answer or answers. All surveys will be kept confidential. Thank you for taking the time to complete this survey. Surveys can be mailed to Carilion Clinic Community Health and Outreach, 1202 3rd Street SW, Roanoke, VA 24016. You must be over 18 to complete this survey. **Please complete this survey only once.**

ROCKBRIDGE AREA COMMUNITY HEALTH SURVEY

HEALTH OF THE COMMUNITY

1. Where do you live?

- ❒ Buena Vista City
- ❒ Lexington City
- ❒ Rockbridge County
- ❒ Other: _____

2. What do you think are the most important issues that affect health in our community? (*Please check all that apply*)

Health Factors

- ❒ Access to affordable housing
- ❒ Access to healthy foods
- ❒ Accidents in the home (e.g. falls, burns, cuts)
- ❒ Alcohol and illegal drug use
- ❒ Aging problems
- ❒ Bullying
- ❒ Cell phone use / texting and driving / distracted driving
- ❒ Child abuse / neglect
- ❒ Domestic violence
- ❒ Environmental health (e.g. water quality, air quality, pesticides, etc.)
- ❒ Gang activity
- ❒ Homicide
- ❒ Housing problems (e.g. mold, bed bugs, lead paint)
- ❒ Injuries
- ❒ Lack of exercise
- ❒ Neighborhood safety
- ❒ Not getting "shots" to prevent disease
- ❒ Not using seat belts / child safety seats / helmets
- ❒ Poor eating habits
- ❒ Prescription drug abuse
- ❒ Sexual assault
- ❒ Social isolation
- ❒ Transportation problems
- ❒ Tobacco use / smoking / vaping
- ❒ Unsafe sex
- ❒ Other: _____

Health Conditions or Outcomes

- ❒ Cancers
- ❒ COVID-19 / coronavirus
- ❒ Dental problems
- ❒ Diabetes
- ❒ Grief
- ❒ Heart disease and stroke
- ❒ High blood pressure
- ❒ HIV / AIDS
- ❒ Infant death
- ❒ Lung disease
- ❒ Mental health problems
- ❒ Overweight / obesity
- ❒ Stress
- ❒ Suicide
- ❒ Teenage pregnancy
- ❒ Other: _____

3. Which health care services are hard to get in our community? *(Check all that apply)*

- ❒ Adult dental care
- ❒ Alternative therapy (e.g. herbal, acupuncture, massage)
- ❒ Ambulance services
- ❒ Cancer care
- ❒ Child dental care
- ❒ Chiropractic care
- ❒ Dermatology
- ❒ Domestic violence services
- ❒ Eldercare
- ❒ Emergency room care
- ❒ End of life / hospice / palliative care
- ❒ Family doctor
- ❒ Family planning / birth control
- ❒ Immunizations
- ❒ Inpatient hospital
- ❒ Lab work
- ❒ Medication / medical supplies
- ❒ Mental health / counseling
- ❒ Physical therapy
- ❒ Preventive care (e.g. yearly check-ups)
- ❒ Programs to stop using tobacco products
- ❒ Specialty care (e.g. heart doctor)
- ❒ Substance abuse services –drug and alcohol
- ❒ Urgent care / walk in clinic
- ❒ Vision care
- ❒ Women's health services
- ❒ X-rays / mammograms
- ❒ None
- ❒ Other: _____

4. Which social / support resources are hard to get in our community? *(Check all that apply)*

- ❒ Affordable / safe housing
- ❒ Banking / financial assistance
- ❒ Childcare
- ❒ Domestic violence assistance
- ❒ Education and literacy
- ❒ Employment / jobs assistance
- ❒ Food benefits (SNAP, WIC)
- ❒ Health insurance
- ❒ Healthy food
- ❒ Legal services
- ❒ Medication assistance
- ❒ Medical debt assistance
- ❒ Rent / utilities assistance
- ❒ TANF (Temporary Assistance for Needy Families)
- ❒ Transportation
- ❒ Translation assistance
- ❒ Unemployment benefits
- ❒ Veterans Services
- ❒ Other: _____

GENERAL HEALTH QUESTIONS

5. What keeps you from being healthy? ***(Check all that apply)***

- ❒ Afraid to have check-ups
- ❒ Can't find providers that accept my insurance
- ❒ Childcare
- ❒ Cost
- ❒ Don't know what types of services are available
- ❒ Don't like accepting government assistance
- ❒ Don't trust doctors / clinics
- ❒ Have no regular source of healthcare
- ❒ High co-pay
- ❒ Lack of evening and weekend services
- ❒ Language services
- ❒ Location of offices
- ❒ Long waits for appointments
- ❒ No health insurance
- ❒ No transportation
- ❒ Nothing keeps me from being healthy
- ❒ Other: _____

6. Do you use medical care services? ❒ Yes ❒ No

- ***If yes, where do you go for medical care? (Check all that apply)***
- ***If no, go to Question 7.***

- ❒ Doctor's Office
- ❒ Emergency Room
- ❒ Federally Qualified Health Center (e.g. Rockbridge Area Health Center)
- ❒ Free Clinic
- ❒ Health Department
- ❒ Remote Area Medical Clinic
- ❒ Salem VA Medical Center
- ❒ Urgent Care / Walk in Clinic
- ❒ Online / Telehealth / Virtual Visits
- ❒ Other: _____

7. How long has it been since you last visited a doctor or other healthcare provider for a routine checkup? ***(Please check one)***

- ❒ Within the past year (1 to 12 months ago)
- ❒ Within the past 2 years (1 to 2 years ago)
- ❒ Within the past 5 years (2 to 5 years ago)
- ❒ 5 or more years ago
- ❒ I have never visited a doctor or other healthcare provider for a routine checkup.

8. Do you use dental care services? ❒ Yes ❒ No

- ***If yes, where do you go for dental care? (Check all that apply)***
- ***If no, go to Question 9.***

- ❒ Dentist's Office
- ❒ Emergency Room
- ❒ Federally Qualified Health Center (e.g. Rockbridge Area Health Center)
- ❒ Free Clinic
- ❒ Remote Area Medical Clinic
- ❒ Salem VA Medical Center
- ❒ Urgent Care / Walk in Clinic
- ❒ Other: _____

9. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists. ***(Please check one)***

- ❒ Within the past year (1 to 12 months ago)
- ❒ Within the past 2 years (1 to 2 years ago)
- ❒ Within the past 5 years (2 to 5 years ago)
- ❒ 5 or more years ago
- ❒ I have never visited a dentist or dental clinic for any reason.

10. Do you use mental health, alcohol abuse, or drug abuse services? ❒ Yes ❒ No

- ***If yes, where do you go for mental health, alcohol abuse, or drug abuse services? (Check all that apply)***
- ***If no, go to Question 11.***

- ❒ Doctor/Counselor's Office
- ❒ Emergency Room
- ❒ Federally Qualified Health Center (e.g. Rockbridge Area Health Center)
- ❒ Free Clinic
- ❒ Online / Telehealth / Virtual Visits
- ❒ Rockbridge Area Community Services
- ❒ Salem VA Medical Center
- ❒ Urgent Care / Walk in Clinic
- ❒ Other: _____

11. How long has it been since you last used mental health, alcohol abuse, or drug abuse services for any reason? ***(Please check one)***

- ❒ Within the past year (1 to 12 months ago)
- ❒ Within the past 2 years (1 to 2 years ago)
- ❒ Within the past 5 years (2 to 5 years ago)
- ❒ 5 or more years ago
- ❒ I have never used mental health, alcohol abuse or drug abuse services for any reason.

12. Have you been told by a doctor that you have… ***(Check all that apply)***

- ❒ Asthma
- ❒ Cancer
- ❒ Cerebral palsy
- ❒ COPD / chronic bronchitis / emphysema
- ❒ Depression or anxiety
- ❒ Drug or alcohol problems
- ❒ Heart disease
- ❒ High blood pressure
- ❒ High blood sugar or diabetes
- ❒ High cholesterol
- ❒ HIV / AIDS
- ❒ Mental health problems
- ❒ Obesity / overweight
- ❒ Stroke / cerebrovascular disease
- ❒ I have no health problems
- ❒ Other: _____

13. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?_____ Days

14. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? _____ Days

15. During the past 30 days: *(Check all that apply)*

- ❒ I have had 5 or more alcoholic drinks (if male) or 4 or more alcoholic drinks (if female) during one occasion.
- ❒ I have used tobacco products (cigarettes, smokeless tobacco, e-cigarettes, etc.)
- ❒ I have taken prescription drugs to get high
- ❒ I have used marijuana
- ❒ I have used other illegal drugs (e.g. meth, cocaine, heroin, ecstasy, crack, LSD, etc.)
- ❒ None of these

16. Please check one of the following for each statement	Yes	No	Not applicable
I have been to the emergency room in the past 12 months.	❒	❒	
I have been to the emergency room for an injury in the past 12 months (e.g. motor vehicle crash, fall, poisoning, burn, cut, etc.).	❒	❒	
I have been a victim of domestic violence or abuse in the past 12 months.	❒	❒	
I take the medicine my doctor tells me to take to control my chronic illness.	❒	❒	❒
I can afford medicine needed for my health conditions.	❒	❒	❒
Does your community support physical activity? (e.g. parks, sidewalks, bike lanes, etc.)	❒	❒	
In the area that you live, is it easy to get affordable fresh fruits and vegetables?	❒	❒	
Have there been times in the past 12 months when you did not have enough money to buy the food that you or your family needed?	❒	❒	
Have there been times in the past 12 months when you did not have enough money to pay your rent or mortgage?	❒	❒	❒
Do you feel safe where you live?	❒	❒	

17. Where do you get the food that you eat at home? *(Check all that apply)*

- ❒ Back-pack or summer food programs
- ❒ Community garden
- ❒ Corner store / convenience store / gas station
- ❒ Dollar store
- ❒ Farmers' market
- ❒ Food bank / food kitchen / food pantry
- ❒ Grocery store
- ❒ Home garden
- ❒ I do not eat at home
- ❒ I regularly receive food from family, friends, neighbors, or my church
- ❒ Meals on Wheels
- ❒ Take-out / fast food / restaurant
- ❒ Other: _____

18. During the past 7 days, how many times did you eat fruit or vegetables? Do not count fruit or vegetable juice. *(Please check one)*

- ❒ I did not eat fruits or vegetables during the past 7 days
- ❒ 1 – 3 times during the past 7 days
- ❒ 4 – 6 times during the past 7 days
- ❒ 1 time per day
- ❒ 2 times per day
- ❒ 3 times per day
- ❒ 4 or more times per day

19. How connected do you feel with the community and those around you?

❒ Very connected ❒ Somewhat connected ❒ Not connected

20. In the past 7 days, on how many days were you physically active for a total of at least 30 minutes? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard for some of the time.)

❒ 0 days	❒ 1 day	❒ 2 days	❒ 3 days	❒ 4 days	❒ 5 days	❒ 6 days	❒ 7 days

21. During the past 7 days, how many times did all, or most, of your family living in your house eat a meal together?

- ❒ Never
- ❒ 1-2 times
- ❒ 3-4 times
- ❒ 5-6 times
- ❒ 7 times
- ❒ More than 7 times
- ❒ Not applicable / I live alone

22. Do you have access to reliable transportation?

❒ Yes ❒ No

23. What type of transportation do you typically use?

- ❒ I drive
- ❒ Bike or walk
- ❒ Friends / family drive me
- ❒ Public transit (i.e. bus, shuttle, similar)
- ❒ RADAR / CORTRAN
- ❒ Taxi (including Uber/Lyft)
- ❒ Ridesharing / Carpooling
- ❒ Other: _____

DEMOGRAPHIC INFORMATION and HEALTH INSURANCE

24. Which of the following describes your current type of health insurance? (*Check all that apply*)

- ❒ COBRA
- ❒ Dental Insurance
- ❒ Employer Provided Insurance
- ❒ Government (VA, Champus)
- ❒ Health Savings / Spending Account
- ❒ Individual / Private Insurance / Marketplace / Obamacare
- ❒ Medicaid
- ❒ Medicare
- ❒ Medicare Supplement
- ❒ No Dental Insurance
- ❒ No Health Insurance

25. If you have no health insurance, why don't you have insurance? (*Check all that apply*)

- ❒ Not applicable- I have health insurance
- ❒ I don't understand Marketplace / Obamacare options
- ❒ Not available at my job
- ❒ Student
- ❒ Too expensive / cost
- ❒ Unemployed / no job
- ❒ Other: _____

26. What is your ZIP code? _____

27. What is your age? _____

28. What is your gender identity? ❒ Male ❒ Female ❒ In your own words _____

29. What is your height? _____

30. What is your weight? _____

31. How many people live in your home (including yourself)?

Number of children (0 – 17 years of age) _____

Number of adults age 18 – 64 _____

Number of adults age 65 or older _____

32. What is your highest education level completed?

❒ Less than high school | ❒ Some high school | ❒ High school diploma / GED | ❒ Associates | ❒ Bachelors | ❒ Masters / PhD

33. What is your primary language? ❒ English ❒ Spanish ❒ Other_____

34. What ethnicity do you identify with? *(Check all that apply)*

❒ Native Hawaiian / Pacific Islander	❒ Asian	❒ Black / African American	❒ White
❒ American Indian / Alaskan Native	❒ Latino	❒ More than one race	❒ Decline to answer ❒ Other:

35. What is your marital status? ❒ Married ❒ Single ❒ Divorced ❒ Widowed ❒ Domestic Partnership

36. What is your yearly household income?

❒ $0 – $10,000	❒ $10,001 – $20,000	❒ $20,001 – $30,000	❒ $30,001 – $40,000	❒ $40,001 – $50,000
❒ $50,001 – $60,000	❒ $60,001 – $70,000	❒ $70,001 – $100,000	❒ $100,001 and above	

37. What is your current employment status?

❒ Full-time | ❒ Part-time | ❒ Unemployed | ❒ Self-employed | ❒ Retired | ❒ Homemaker | ❒ Student

38. Is there anything else we should know about your (or someone living in your home) health care needs in the Rockbridge area?

_____

_____

_____

_____

_____

Thanks for helping make the Rockbridge area a healthier place to live, work, and play!

Appendix 3: Stakeholder Survey and Data Summary

2021 Community Health Assessment Stakeholder Survey

Survey available in online format only via: https://www.surveymonkey.com/r/2021Stakeholder

1. Please select the community you and/or your organization represent:
    a. The Roanoke Valley
    b. The Rockbridge Area
    c. Giles County/Monroe County
    d. New River Valley
    e. Franklin County/Henry County
    f. Tazewell County
2. Your name, organization, and title:

    NAME: _____

    ORGANIZATION:_____

    TITLE: _____

3. What are the most important issues (needs) that impact health in the service area?

_____

4. What are the barriers to health for the populations you serve?

_____

5. Is there one locality / neighborhood with the greatest unmet need? If so, why?

_____

6. Is there one population group with the greatest unmet need? If so, why?

_____

7. What are the resources for health for the populations you serve?

_____

8. If we could make one change as a community to meet the needs and reduce the barriers to health in the service area, what would that be?

_____

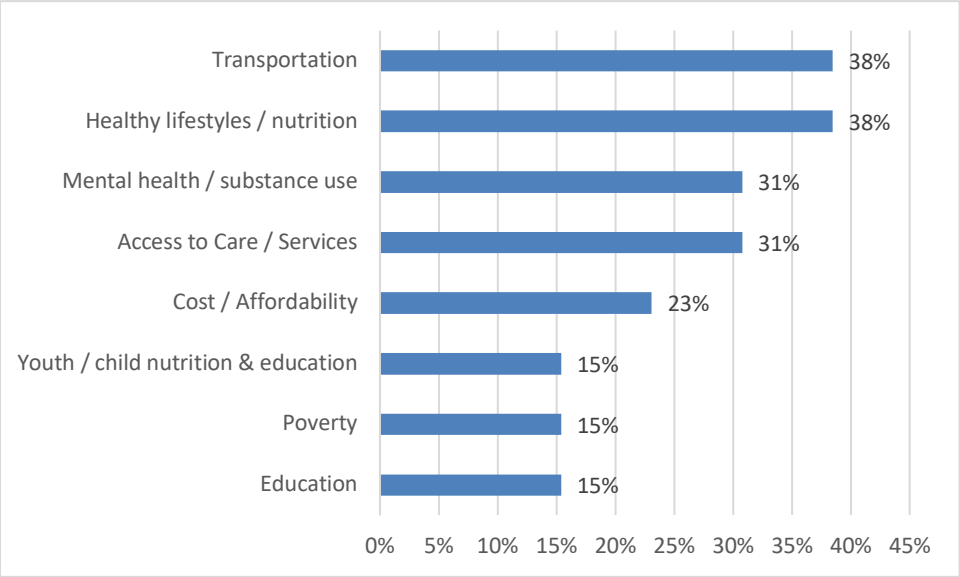
Thank you for your input!

Rockbridge Area Community Health Assessment Team (CHAT) members completed a stakeholder survey following discussion of needs, barriers, resources, and initiatives impacting health of the community. Additionally, a focus group was held with the Carilion Stonewall Jackson Hospital Board of Directors. The results below include the CHAT survey results and responses discussed with the hospital Board.

What are the most important issues (needs) that impact health in your community?

Top themes

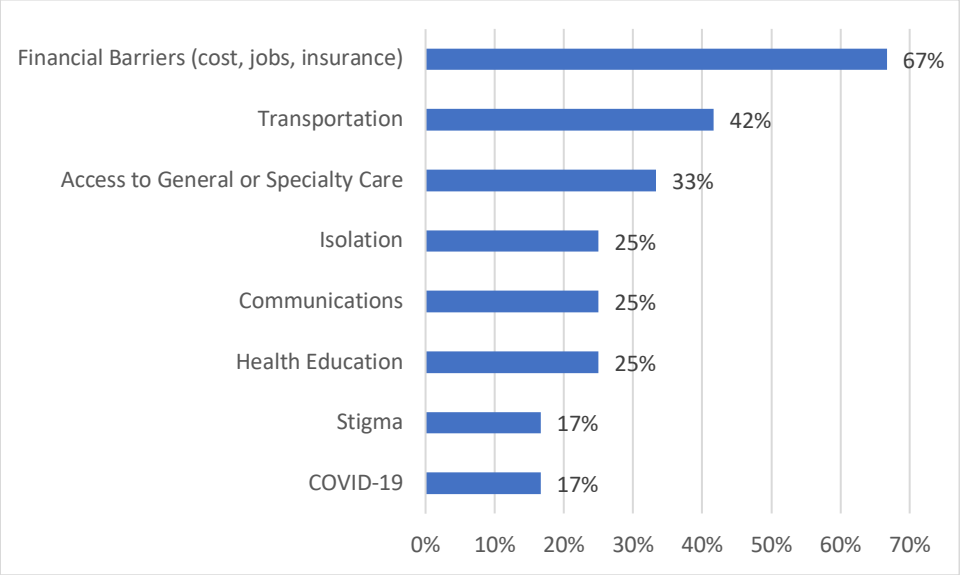
Respondents: 13



What are the barriers to health for the populations you serve?

Top themes

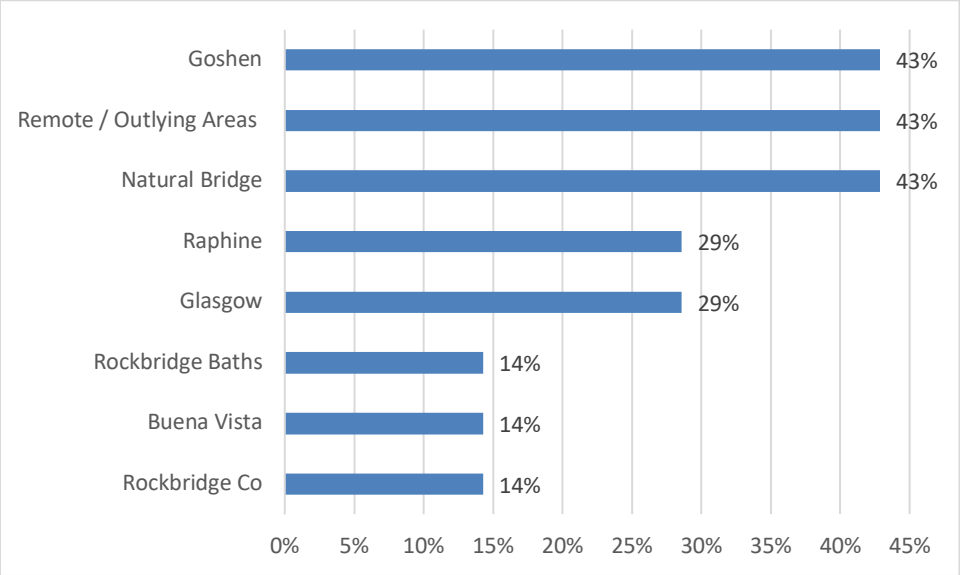
Respondents: 12



Is there one locality/neighborhood with the greatest unmet need?

Top themes

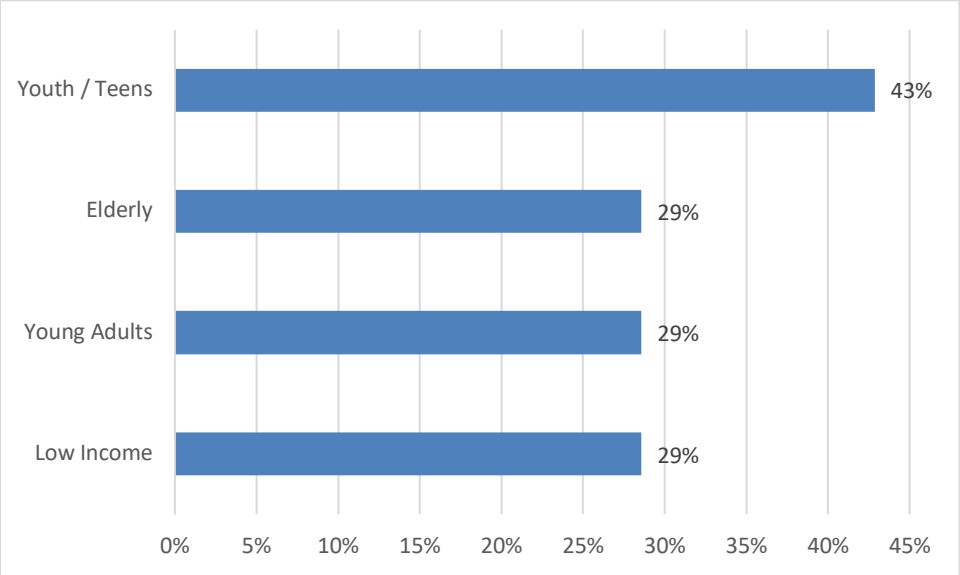
Respondents: 7



Is there one population group with the greatest unmet need?

Top themes

Respondents: 7



What are the resources for health for the populations you serve?

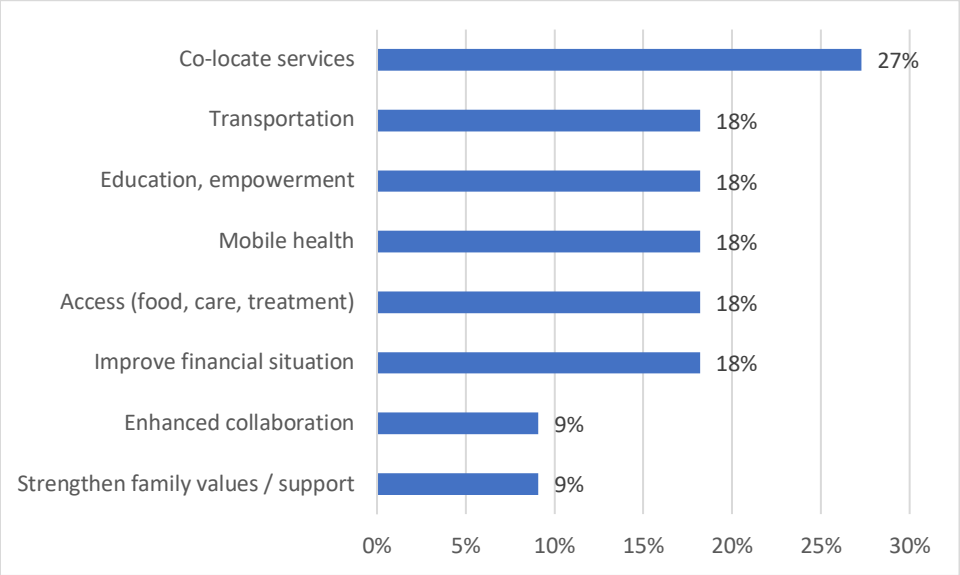
Respondents: 7

- 50 Ways Rockbridge
- Campus Kitchen
- Carilion Clinic Family Medicine Buena Vista
- Carilion Clinic
- Carilion Stonewall Jackson Hospital
- Chamber of Commerce
- Community Service Board
- Family resources
- Government services
- Health Department
- Live Health Rockbridge
- LHRK
- Meals on Wheels
- Medicaid
- Maury River Senior Center
- Main Street Lexington
- NAACP
- On-campus mental health services
- Private medical insurance
- Project Horizon
- Rockbridge Area Community Services
- Rockbridge Area Health Center
- Rockbridge Area Hospice
- Rockbridge Area Prevention Council
- Rockbridge Area Relief Association
- Rockbridge Area Recreation Organization
- Rockbridge Area Transportation System
- Rockbridge Community Health Foundation
- SiRPHA (Students in Rockbridge Promoting Healthy Alternatives)
- Social Services
- Telehealth
- YMCA
- Valley Program for Aging Service

If we could make one change as a community to meet the needs and reduce the barriers to health, what would that be?

Top themes

Respondents: 11



Appendix 4: Target Population Focus Groups Summary

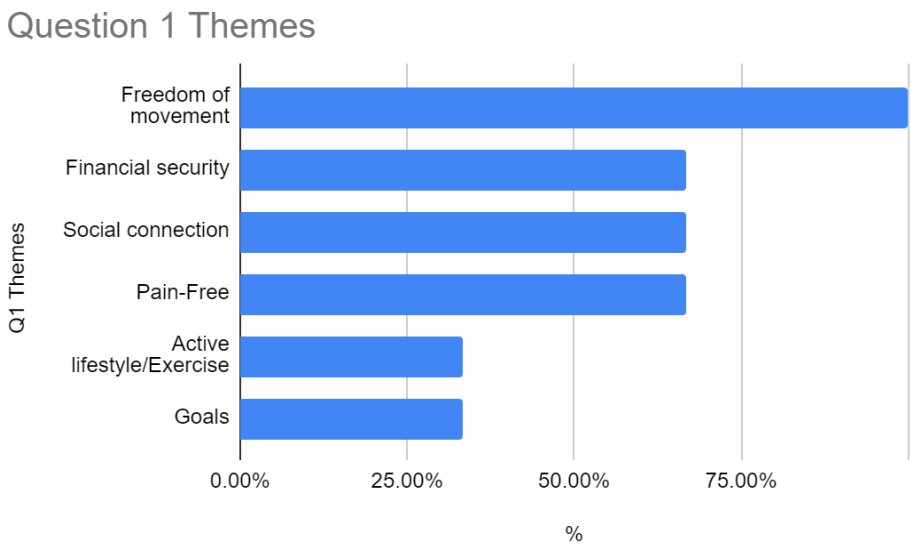
Summary

The intent of target population focus groups is to capture the needs and barriers to health for underserved/vulnerable populations disproportionately impacted by the social determinants of health in a setting that allows for interactive conversation. These focus groups were conducted in October and November of 2020, during the COVID-19 pandemic. The nation-wide lock-down limited our ability to reach all of the local population groups identified as underserved/vulnerable. However, a partnership with the Rockbridge Area NAACP, enabled us to hold 3 focus groups with people of color: Richardson Park in Lexington City, Glen Maury Park in Buena Vista City, and the Glasgow Farmer's Market Pavilion in Rockbridge County. All focus groups were held in outdoor settings, with additional infection prevention safeguards to ensure the safety of participants and staff.

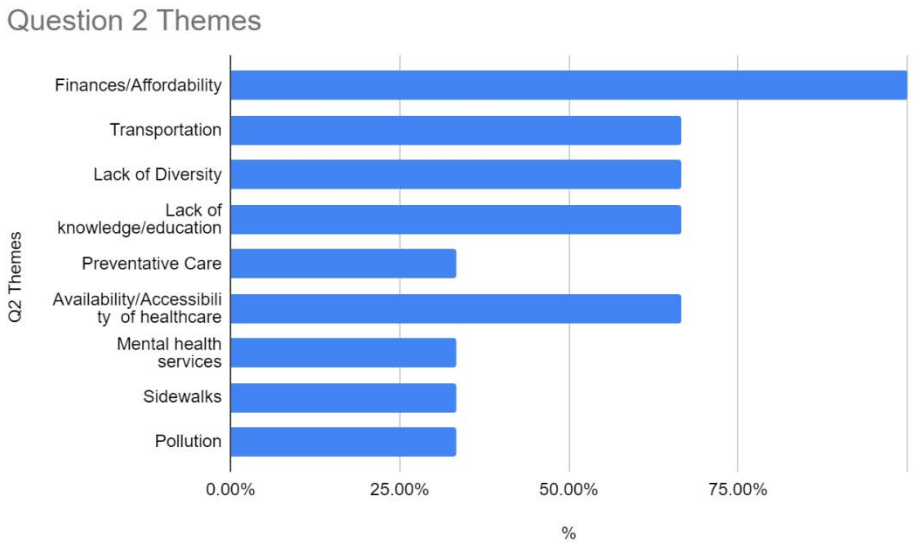
Focus Group Responses

Each focus group was asked to answer six open-ended questions regarding health. Transcriptions of the conversations were used to identify key words/themes within and among the focus groups.

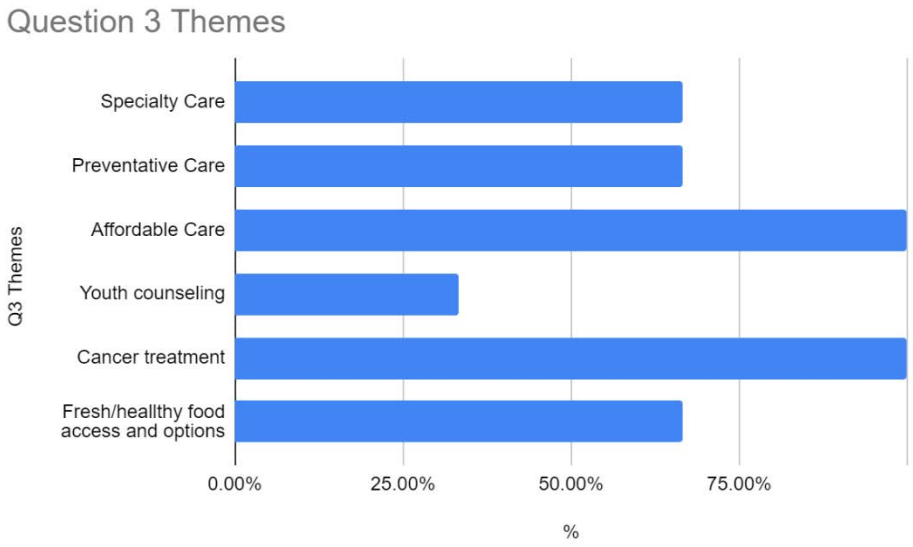
1. In one or two words, how would you describe good health?



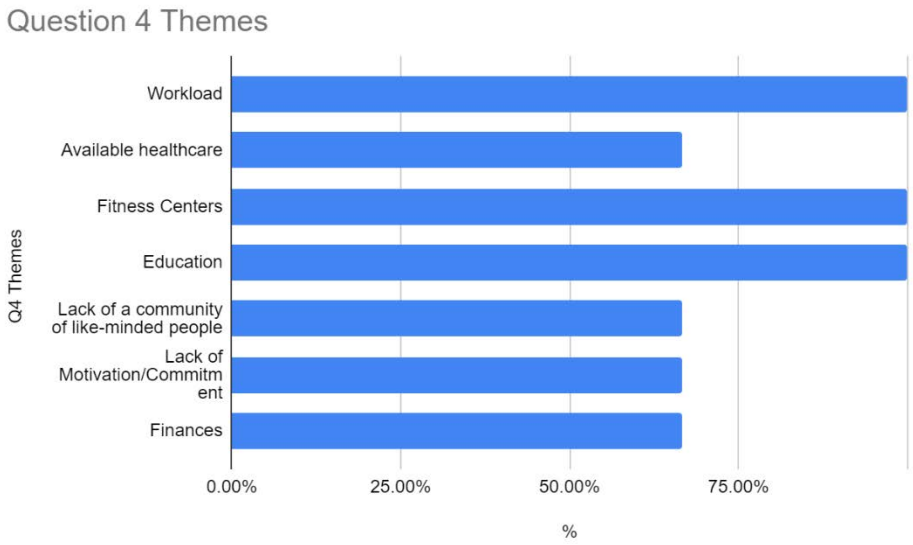
2. What do you think are the most important issues that affect health in our community?



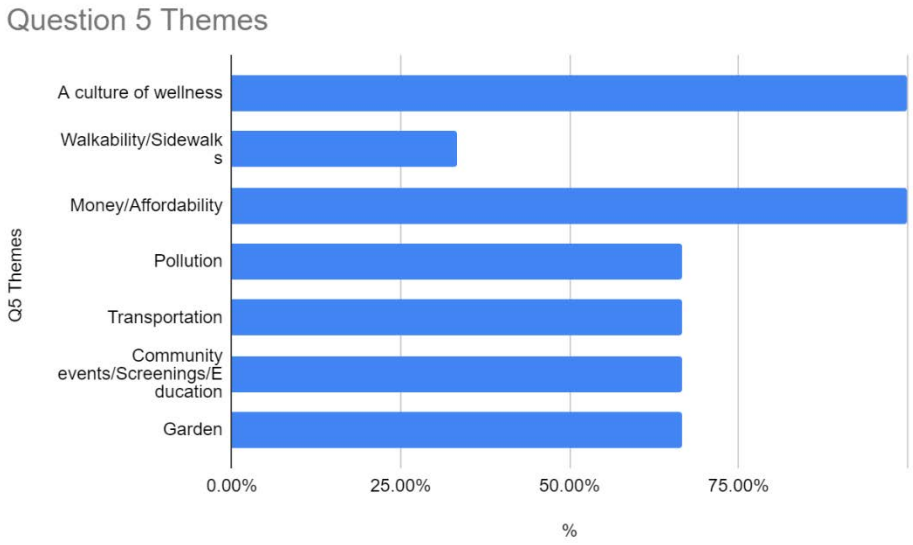
3. What health-related services are hard to get in our community?



4. What do you feel prevents you or your family from being healthier than you are today?



5. Is there anything else you would like to tell us about your health or the health of others in the Rockbridge Area?



Appendix 5: Prioritization Worksheet

Community Health Assessment Prioritization

Please rank from 1-10 the top 10 most pertinent community needs with 1 being the most pertinent.

Rank	Community Issue
	Health Behavior Factors
	Alcohol and drug use
	Culture: healthy behaviors not a priority
	Lack of exercise
	Lack of health literacy / lack of knowledge of healthy behaviors
	Lack of knowledge of community resources
	Poor diet / poor eating habits
	Risky sexual activity
	Tobacco use
	Access to healthy foods
	Stress
	Clinical Care Factors
	Access to primary care
	Access to dental care
	Access to mental / behavioral health services
	Access to specialty care (general)
	Access to substance use services
	Communication barriers with providers
	Coordination of care
	High cost of care
	High uninsured / underinsured population
	Quality of care
	Social and Economic Health Factors
	Child abuse / neglect
	Community safety / violence
	Domestic violence
	Educational attainment
	Lack of family / social support systems
	Poverty / low average household income
	Unemployment

Physical Environment Factors	
	Air quality
	Affordable / safe housing
	Injury prevention / safety of environment
	Outdoor recreation
	Transportation / transit system
	Water quality
Health Conditions / Outcomes	
	COVID-19
	Overweight / Obesity
	Mental health problems
	Cancers
	Diabetes
	High Blood Pressure
	Heart Disease and Stroke
	High prevalence of chronic disease (general)
Write-in section	

Appendix 6: Resource List

Community Resources listed by Stakeholders in the spring of 2021 are listed below. Please note that information may have changed since the collection date.

A more in-depth resource list organized by type of resource is also included courtesy of 50 Ways Rockbridge. This list is available online via https://www.50waysrockbridge.org/resource-list and is included below the stakeholder list.

Community members can also learn more about available resources by calling 2-1-1 or going online to https://www.211virginia.org/consumer/index.php. 2-1-1 is a free service available to help callers find appropriate resources in their local area.

Community Resources Listed by Stakeholders

- 50 Ways Rockbridge
- Campus Kitchen
- Carilion Clinic Family Medicine Buena Vista
- Carilion Clinic
- Carilion Stonewall Jackson Hospital
- Chamber of Commerce
- Community Service Board
- Family resources
- Government services
- Health Department
- Live Health Rockbridge
- LHRK
- Meals on Wheels
- Medicaid
- Maury River Senior Center
- Main Street Lexington
- NAACP
- On-campus mental health services
- Private medical insurance
- Project Horizon
- Rockbridge Area Community Services
- Rockbridge Area Health Center
- Rockbridge Area Hospice
- Rockbridge Area Prevention Council
- Rockbridge Area Relief Association
- Rockbridge Area Recreation Organization
- Rockbridge Area Transportation System
- Rockbridge Community Health Foundation
- SiRPHA (Students in Rockbridge Promoting Healthy Alternatives)
- Social Services
- Telehealth
- YMCA
- Valley Program for Aging Services

Community Resource List Courtesy of 50 Ways Rockbridge

Rockbridge Area Resource List

Alcohol/Substance Abuse Programs	
Alcohol/Substance Abuse Services (RACSB)	463-3141
Alcoholics Anonymous Hotline	261-2828
Alcoholics Anonymous of RockRockbridge Co.	261-3411
Alcoholics Anonymous/Al Anon in Staunton	(540) 885-6912
Alcoholic Safety Action Program – Rockbridge	463-2471
Alleghany Co. Alcoholics Anonymous	(540) 969-4222
Central VA Intergroup of Sexaholics Anonymous	
Batterer's Programs	
The Battering Intervention Program	(800) 974-4494
Child Support Enforcement	(800) 468-8894
Children's Services	
DSS- Child Protective Services	463-7143
Virginia Child Protective Services Hotline	(800) 522-7096
Yellow Brick Road Child Care Center (Daycare)	463-7344
Children's Home Society of VA (Adoption Services)	(540) 344-9281
Montessori Center for Children	463-6461
Headstart Main Office	463-3763
Enderly	261-3825
Fairfield	377-5312
Glasgow	258-2414
Waddell	463-3763
United Way of Rockbridge	(540) 463-4482
Clothing/Furniture	
The Thrift Shop	463-9840
Goodwill of the Valley	464-1117
Habitat Resale Store – Lexington	464-4663
Habitat Resale Store – BV	261-5042
Commonwealth Attorney	
Alleghany	(540) 965-1740
Bath Co.	(540) 839-5009
Buena Vista	261-8700
Roanoke Co.	(540) 387-6174
Roanoke City	(540) 853-2626
Rockbridge County	463-7337
Staunton	(540) 332-3976
Waynesboro	(540) 942-6780

Domestic Violence/Sexual Assault Programs (hotlines)	
Child Abuse & Neglect Hotline	(800) 522-7096
Blue Ridge CASA for Children	(540) 213-2272
Coffeehouse	784-5553
Project Horizon	463-2594
Virginia Family Violence/Sexual Assault Hotline	(800) 838-8238
Virginia Sexual and Domestic Violence Action Alliance	(804) 377-0335
National Domestic Violence Hotline	(800) 799-7233
RAINN (Rape, Abuse, and Incest National Network)	(800) 656-HOPE
New Directions (Staunton)	(800) 56-HAVEN
Safehome Systems (Covington)	(540) 965-3237
First Step (Harrisonburg)	(540) 434-0295
Turning Point (Roanoke)	(540) 345-0400
Education	
Central Elementary	463-4500
Enderly Heights Elementary	261-6151
Fairfield Elementary	348-5202
Kling Elementary	261-6717
Mountain View Elementary	463-3129
Natural Bridge Elementary	291-2292
Waddell Elementary	(540) 463-5353
Woods Creek Montessori	(540) 463-6461
Lexington City Schools	(540) 463-7146
Lylburn Downing Middle	463-3532
Maury River Middle	463-3129
Parry McCluer Middle	261-2127
Rockbridge County High School	463-5555
Building Bridges, Rockbridge County Schools	(540) 463-7386
Blue Ridge Autism and Achievement Center	(540) 366-8320
Boxerwood Nature Center and Woodland Garden	(540) 463-2697
Lexington Office on Youth: Community Center	(540) 463-4315
Blue Ridge Community College	(540) 234-9261
Dabney Lancaster Community College (Rockbridge Office)	261-1211
Virginia Military Institute	464-7000
Washington and Lee University	458-8400
English for Speakers of Other Languages at Washington and Lee University (ESOL)	(540) 458-8816
Southern Virginia University	261-8400
Rockbridge Regional Adult Education	(540) 462-7536

Counseling	
ACCESS	463-3141
Project Horizon	463-7861
Community Services Board	463-3141
W&L University Counseling	463-8590
VMI Counseling for the Corps of Cadets	464-7667
SVU Student Support Services	261-4371
League of Therapists	264-0100
Lewis Gale Counseling Center	(800) 541-9992
Court Services	
Buena Vista Juvenile/Domestic Relations	261-8632
Buena Vista General District Court	261-8632
Buena Vista Circuit Court	261-8627
Rockbridge Juvenile/Domestic Relations	463-5940
Rockbridge General District Court	463-3631
Rockbridge Circuit Court	463-2644
Juvenile/Domestic Relations Intake	463-5401
Magistrate	464-1187
Disability Services	
ARC of Rockbridge	(540) 460-2710
Department of Rehabilitative Services	(800) 522-5019
Eagle's Nest Clubhouse	261-2870
Community Services Board (CSB)	463-3141
Hoofbeats TRC	(540) 464-3337
Self Help for the Hard of Hearing	463-2809
Rockbridge Area Library	463-4324
Valley Associates for Independent Living	464-5454
Virginia Dept. for Deaf and Hard of Hearing	(800) 552-7917
Virginia Relay Center	(800) 828-1120
Health Services	
Augusta Health (Staunton)	(540) 332-4000
Augusta Health (Waynesboro)	(540) 932-4000
Stonewall Jackson Hospital	458-3300
Lexington/Rockbridge County Health Department	463-3185
Buena Vista Health Department	261-2149
Free Clinic	464-8700
Mountain View Family Dentistry	(540) 261-7723
W&L Student Health Center	458-8401
VMI Hospital	464-7218
SVU Student Health Center	261-4274
Pregnancy Help Center	(800) 395-HELP
Planned Parenthood in Roanoke	(540) 562-3457
Roanoke Memorial Hospital	(540) 266-6000
Rockbridge Area Health Center	(540) 464-8700

Elder Services	
DSS- Adult Protective Services	463-7143
Maury River Senior Center	261-7474
Virginia Adult Protective Services Hotline	(888) 832-3858
Valley Program for Aging	(540) 463-2243
Employment	
Peoplelink Staffing Solutions	261-2816
Virginia Employment Commission	www.VEC.Virginia.gov
Career Café	264-0208
Hamilton Personnel Services	261-9293
Manpower	
Staunton	(540) 885-8809
Roanoke	(540) 366-2126
Covington	(540) 962-5855
Lynchburg	(434) 832-0266
Charlottesville	(434) 971-8922
Financial Assistance	
Rockbridge Area Relief Association (RARA)	463-6642
Department of Social Services (DSS)	463-7143
TAP	463-9527
Rental Assistance – housing only	464-5303
Food	
Campus Kitchen	(540) 458-4660
The Community Table	(540) 416-1828
RARA Food Pantry	464-8484
Natural Bridge/Glasgow Food Pantry	291-2578
Legal Assistance	
Blue Ridge Legal Services (formerly Legal Aid)	463-7334
Community Legal Practice Center	458-8560
Mann, Vita & Elrod Legal Services	(540) 463-7119; (540) 464-3283
Virginia Lawyer Referral Service	(800) 552-7977
Virginia Poverty Law Center	(800) 868-8752
Washington and Lee Immigrant Rights Clinic	(540) 458-8334
Washington and Lee Tax Clinic	(540) 458-8918
Scholarships/Financial Aid	
Women's Independent Scholarship Program	(910) 397-7742
Social Security Administration	(800) 72-1213
Staunton	(540) 885-8959
Roanoke	(540) 857-2190

Homeless Shelters	
Red Shield Lodge of Salvation Army (MALES ONLY)	(540) 342-7398
Roanoke Rescue Mission	(540) 343-7227
TAP (Transitional Living, Roanoke)	(540) 345-7537
Valley Mission (Staunton)	(540) 886-4673
Mercy House (Harrisonburg)	(540) 432-1812
Hospitals: Psychiatric Units	
AMC: Crossroads	(540) 332-4060
Lewis-Gale	(800) 541-9992
UVA	(434) 924-5569
Rockingham Memorial	(540) 433-4100
Housing	
Havenwood	(540) 463-205
Valley View/Willow Springs Apartments	463-7484
Mt. View Terrace	463-3242
Treemont Apartments	261-6685
Oak Hill Apartments	261-6652
Vista Apts. (elderly)	261-7356
Windermere Apartments (elderly)	463-5559
RE Lee Apartments (elderly or disabled)	463-3101
Law Enforcement (Non-Emergency Numbers)	
Alleghany Sheriff's Office	(540) 965-1770
Buena Vista Police Department	261-6171/261-6172
Buena Vista Sheriff's Office	261-8615
Clifton Forge Police Department	(540) 863-2513
Covington Police Department	(540) 965-6331
Lexington Police Department	463-9177
Roanoke Police Department	(540) 853-2211
Rockbridge County Sheriff's Office	463-7328
Staunton Police Department	(540) 332-3842
Waynesboro Police Department	(540) 942-6675
Southern Virginia University Security	261-8427
Virginia Military Institute Post Police	464-7101
Washington and Lee Security	458-8999

Social Services	
Alleghany	(540) 965-1780
Roanoke City	(540) 853-2591
Roanoke Co.	(540) 387-6087
Rockbridge	463-7143
Staunton/Waynesboro	(540) 245-5800
Transportation	
Dunn's Taxi Service	463-1056
Rockbridge Taxi	261-7733
RATS	463-3346
Victim/Witness Program	
Buena Vista Victim/Witness Assistance Program	(540) 261-2523
Lexington Victim/Witness Assistance Program	(540) 464-5917
Alleghany Victim/Witness Assistance Program	(540) 965-6366
Augusta County Victim/Witness Assistance Program	(540) 245-5314
Roanoke County Victim/Witness Assistance Program	(540) 387-6181
Roanoke City Victim/Witness Assistance Program	(540) 853-2626

Compiled by: English for Speakers of Other Languages (ESOL) at Washington and Lee University (led by Bethany Reitsma '20) and 50 Ways Rockbridge.

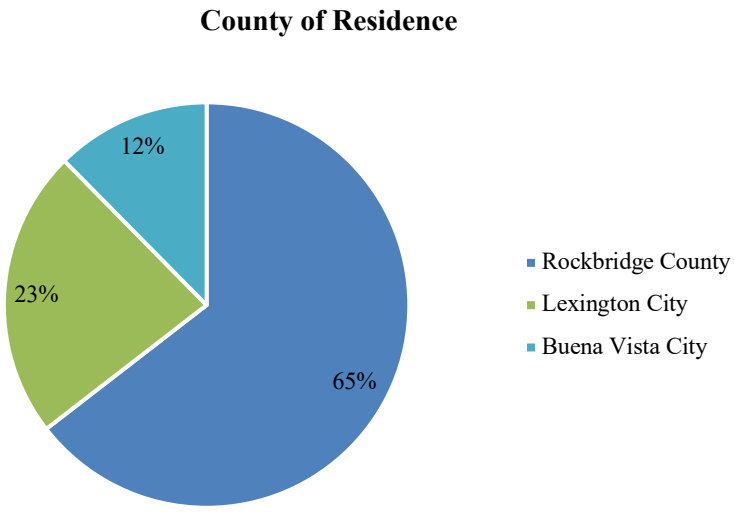
** This list will be updated periodically. If you have corrections or additions to this list, please send an email to 50waysrockbridge@gmail.com Thank you! **

(v1) Nov2019

Appendix 7: Community Health Survey Results

1. County of Residence

	#	%
Rockbridge County	302	64.53%
Lexington City	108	23.08%
Buena Vista City	58	12.39%
Answered	468	
Skipped	0	



2. What do you think are the most important issues that affect health in our community? (Check all that apply)

	#	%
Overweight / obesity	249	61.94%
Alcohol and illegal drug use	222	55.22%
Mental health problems	218	54.23%
Poor eating habits	215	53.48%
Access to affordable housing	186	46.27%
Lack of exercise	183	45.52%
COVID-19 / Coronavirus	182	45.27%
Stress	176	43.78%
Access to healthy foods	171	42.54%
High blood pressure	150	37.31%
Child abuse / neglect	148	36.82%
Tobacco use / smoking / vaping	146	36.32%
Domestic violence	145	36.07%
Diabetes	143	35.57%
Heart disease and stroke	135	33.58%
Cancers	132	32.84%
Aging problems	126	31.34%
Social isolation	122	30.35%
Transportation problems	112	27.86%
Prescription drug abuse	108	26.87%
Cell phone use / texting and driving / distracted driving	104	25.87%
Dental problems	97	24.13%
Housing problems (e.g. mold, bed bugs, lead paint)	91	22.64%
Suicide	82	20.40%
Bullying	69	17.16%
Environmental health (e.g. water quality, air quality, pesticides, etc.)	55	13.68%
Sexual assault	51	12.69%
Grief	50	12.44%
Not getting “shots” to prevent disease	49	12.19%
Teenage pregnancy	39	9.70%
Unsafe sex	37	9.20%
Not using seat belts / child safety seats / helmets	36	8.96%
Lung disease	34	8.46%
Accidents in the home (ex. falls, burns, cuts)	29	7.21%
Injuries	26	6.47%
Other (please specify)	23	5.72%
Neighborhood safety	20	4.98%
HIV / AIDS	11	2.74%
Infant death	11	2.74%
Homicide	9	2.24%
Gang activity	8	1.99%
Answered	402	
Skipped	66	

3. Which health care services are hard to get in our community? (Check all that apply)

	#	%
Mental health / counseling	161	41.93%
Dermatology	147	38.28%
Specialty care (ex. heart doctor)	138	35.94%
Alternative therapy (ex. herbal, acupuncture, massage)	131	34.11%
Women's health services	114	29.69%
Substance abuse services –drug and alcohol	109	28.39%
Cancer care	106	27.60%
Eldercare	89	23.18%
Adult dental care	80	20.83%
Family doctor	71	18.49%
Programs to stop using tobacco products	58	15.10%
Child dental care	56	14.58%
Family planning / birth control	45	11.72%
Domestic violence services	42	10.94%
Physical therapy	37	9.64%
Vision care	34	8.85%
X-rays / mammograms	32	8.33%
Chiropractic care	30	7.81%
Preventive care (ex. yearly check-ups)	30	7.81%
Inpatient hospital	29	7.55%
Urgent care / walk in clinic	26	6.77%
None	26	6.77%
Other (please specify)	25	6.51%
Ambulance services	23	5.99%
Emergency room care	22	5.73%
Medication / medical supplies	17	4.43%
Lab work	15	3.91%
Immunizations	14	3.65%
End of life / hospice / palliative care	12	3.13%
Answered	384	
Skipped	84	

4. What social / support resources are hard to get in our community?

	#	%
Affordable / safe housing	195	52.14%
Childcare	186	49.73%
Transportation	155	41.44%
Employment / jobs assistance	141	37.70%
Healthy food	100	26.74%
Rent / utilities assistance	99	26.47%
Health insurance	98	26.20%
Veterans services	91	24.33%
Medical debt assistance	84	22.46%
Medication assistance	66	17.65%
Unemployment benefits	57	15.24%
Legal services	53	14.17%
Domestic violence assistance	51	13.64%
Education and literacy	50	13.37%
Translation assistance / language services	50	13.37%
Banking / financial assistance	42	11.23%
TANF (Temporary Assistance for Needy Families)	39	10.43%
Food benefits (SNAP, WIC)	35	9.36%
None	25	6.68%
Other (please specify)	17	4.55%
Answered	374	
Skipped	94	

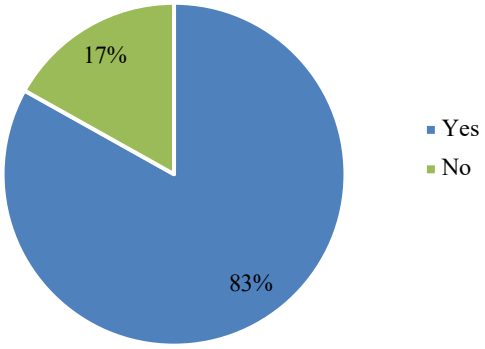
5. What keeps you from being healthy? (Check all that apply)

	#	%
Nothing keeps me from being healthy	150	40.43%
Cost	107	28.84%
Lack of evening and weekend services	104	28.03%
Long waits for appointments	82	22.10%
High co-pay	71	19.14%
Location of offices	42	11.32%
Don't know what types of services are available	35	9.43%
Other (please specify)	29	7.82%
Childcare	24	6.47%
Afraid to have check-ups	23	6.20%
No transportation	17	4.58%
Have no regular source of healthcare	15	4.04%
Don't trust doctors / clinics	14	3.77%
No health Insurance	13	3.50%
Can't find providers that accept my Medicaid insurance	12	3.23%
Can't find providers that accept my Medicare insurance	7	1.89%
Don't like accepting government assistance	7	1.89%
Language services	2	0.54%
Answered	371	
Skipped	97	

6. Do you use medical care services?

	#	%
Yes	320	83.12%
No	65	16.88%
Answered	385	
Skipped	83	

Do you use medical care services?

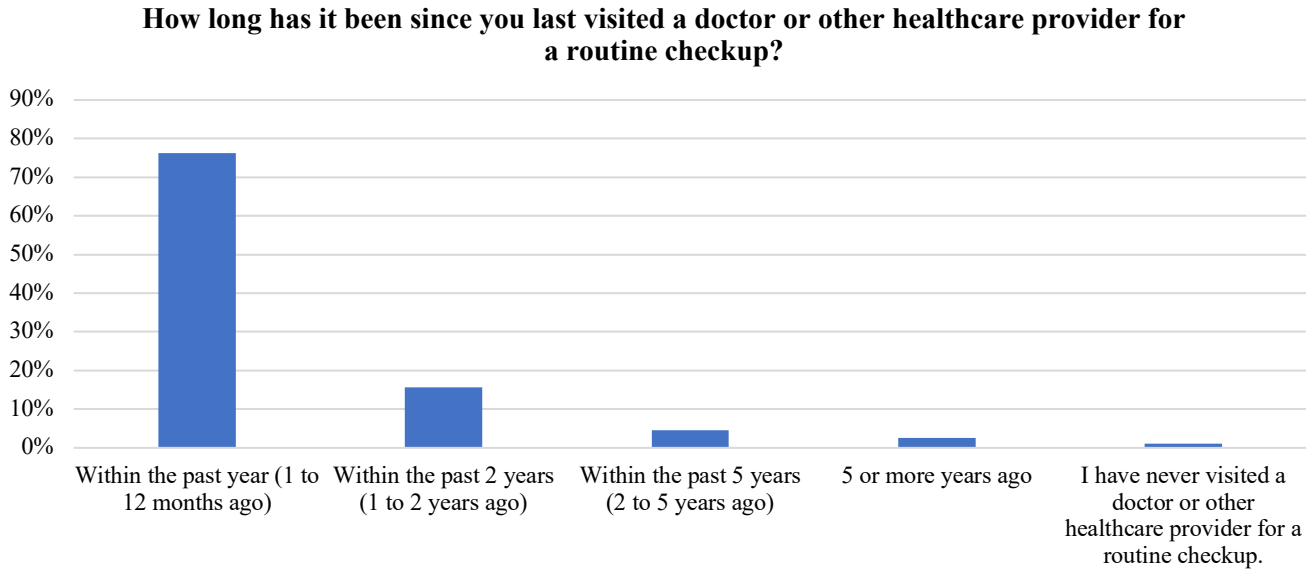


Where do you go for medical care? (Check all that apply)

	#	%
Doctor's Office	280	86.15%
Urgent Care / Walk in Clinic	157	48.31%
Emergency Room	74	22.77%
Federally Qualified Health Center (e.g. Rockbridge Area Health Center)	56	17.23%
Online / Telehealth / Virtual Visits	42	12.92%
Health Department	20	6.15%
Other (please specify)	18	5.54%
Salem VA Medical Center	12	3.69%
Free Clinic	10	3.08%
Remote Area Medical Clinic	7	2.15%
Answered	325	
Skipped	143	

7. How long has it been since you last visited a doctor for a routine checkup? (Please check one)

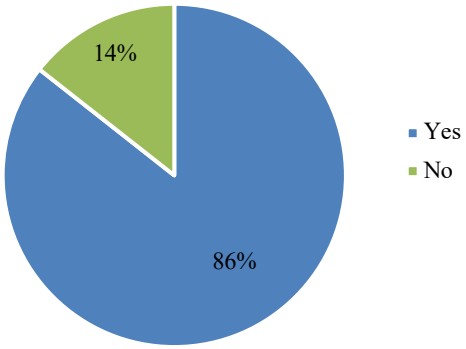
	#	%
Within the past year (1 to 12 months ago)	298	76.21%
Within the past 2 years (1 to 2 years ago)	61	15.60%
Within the past 5 years (2 to 5 years ago)	18	4.60%
5 or more years ago	10	2.56%
I have never visited a doctor or other healthcare provider for a routine checkup.	4	1.02%
Answered	391	
Skipped	77	



8. Do you use dental care services?

	#	%
Yes	333	85.60%
No	56	14.40%
Answered	389	
Skipped	79	

Do you use dental care services?

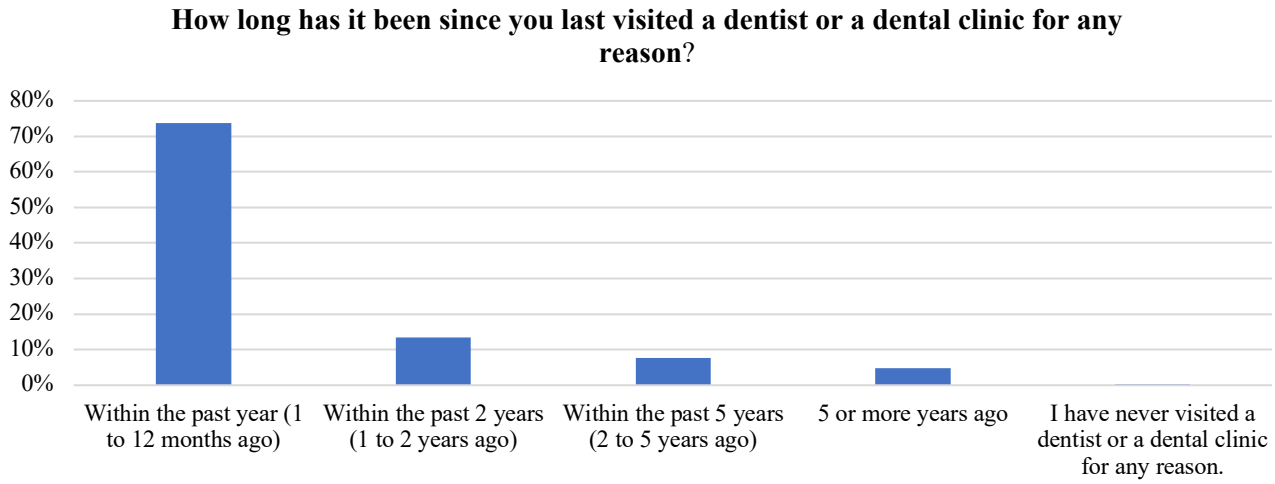


Where do you go for dental care? (Check all that apply)

	#	%
Dentist's office	288	86.49%
Federally Qualified Health Center (e.g. Rockbridge Area Health Center)	46	13.81%
Free Clinic	10	3.00%
Other (please specify)	9	2.70%
Urgent Care / Walk in Clinic	4	1.20%
Salem VA Medical Center	3	0.90%
Emergency Room	2	0.60%
Remote Area Medical Clinic	2	0.60%
Answered	333	
Skipped	135	

9. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists. (Please check one)

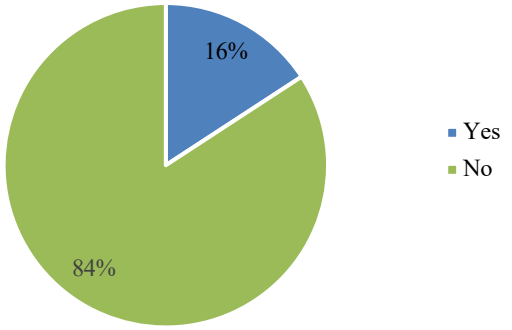
	#	%
Within the past year (1 to 12 months ago)	287	73.78%
Within the past 2 years (1 to 2 years ago)	52	13.37%
Within the past 5 years (2 to 5 years ago)	30	7.71%
5 or more years ago	19	4.88%
I have never visited a dentist or a dental clinic for any reason.	1	0.26%
Answered	389	
Skipped	79	



10. Do you use mental health, alcohol abuse, or drug abuse services?

	#	%
Yes	61	15.80%
No	325	84.20%
Answered	386	
Skipped	82	

Do you use mental health, alcohol abuse, or drug abuse services?

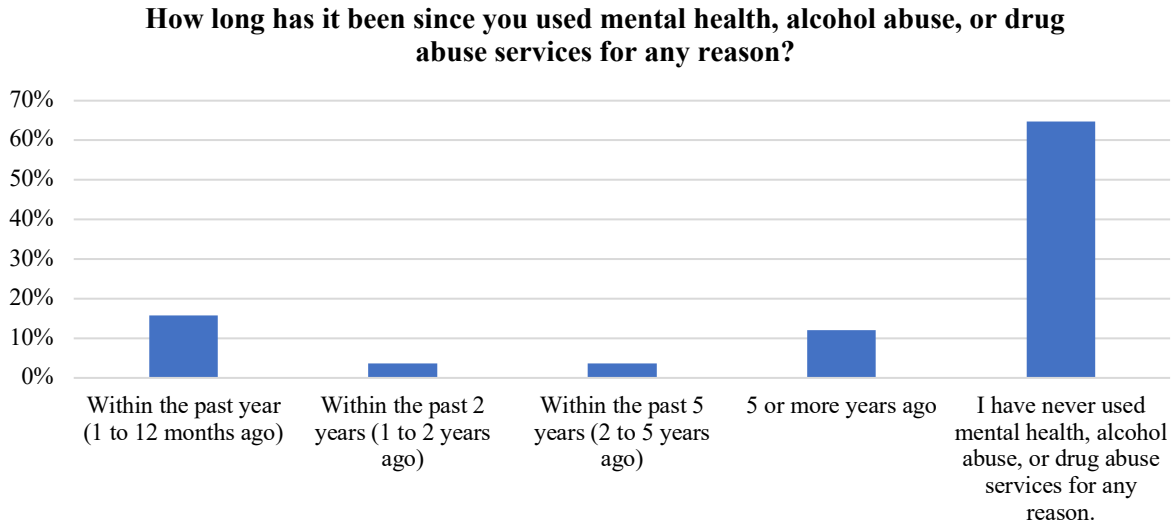


Where do you go for mental health alcohol abuse, or drug abuse services? (Check all that apply)

	#	%
Doctor/Counselor's Office	30	49.18%
Online / Telehealth / Virtual Visits	18	29.51%
Federally Qualified Health Center (e.g. Rockbridge Area Health Center)	13	21.31%
Rockbridge Area Community Services	11	18.03%
Salem VA Medical Center	3	4.92%
Other (please specify)	3	4.92%
Free Clinic	2	3.28%
Emergency Room	1	1.64%
Urgent Care / Walk in Clinic	0	0.00%
Answered	61	
Skipped	407	

11. How long has it been since you used mental health, alcohol abuse, or drug abuse services for any reason? (Please check one)

	#	%
I have never used mental health, alcohol abuse, or drug abuse services for any reason.	243	64.80%
Within the past year (1 to 12 months ago)	59	15.73%
5 or more years ago	45	12.00%
Within the past 2 years (1 to 2 years ago)	14	3.73%
Within the past 5 years (2 to 5 years ago)	14	3.73%
Answered	375	
Skipped	93	



12. Have you been told by a doctor that you have… (Check all that apply)

	#	%
Depression or anxiety	122	33.15%
High blood pressure	120	32.61%
Obesity / overweight	114	30.98%
High cholesterol	83	22.55%
I have no health problems	71	19.29%
High blood sugar or diabetes	48	13.04%
Other (please specify)	48	13.04%
Asthma	47	12.77%
Cancer	38	10.33%
Mental health problems	35	9.51%
Heart disease	29	7.88%
COPD / chronic bronchitis / Emphysema	11	2.99%
Drug or alcohol problems	6	1.63%
Stroke / Cerebrovascular disease	5	1.36%
Cerebral palsy	1	0.27%
HIV / AIDS	0	0.00%
Answered	368	
Skipped	100	

13. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

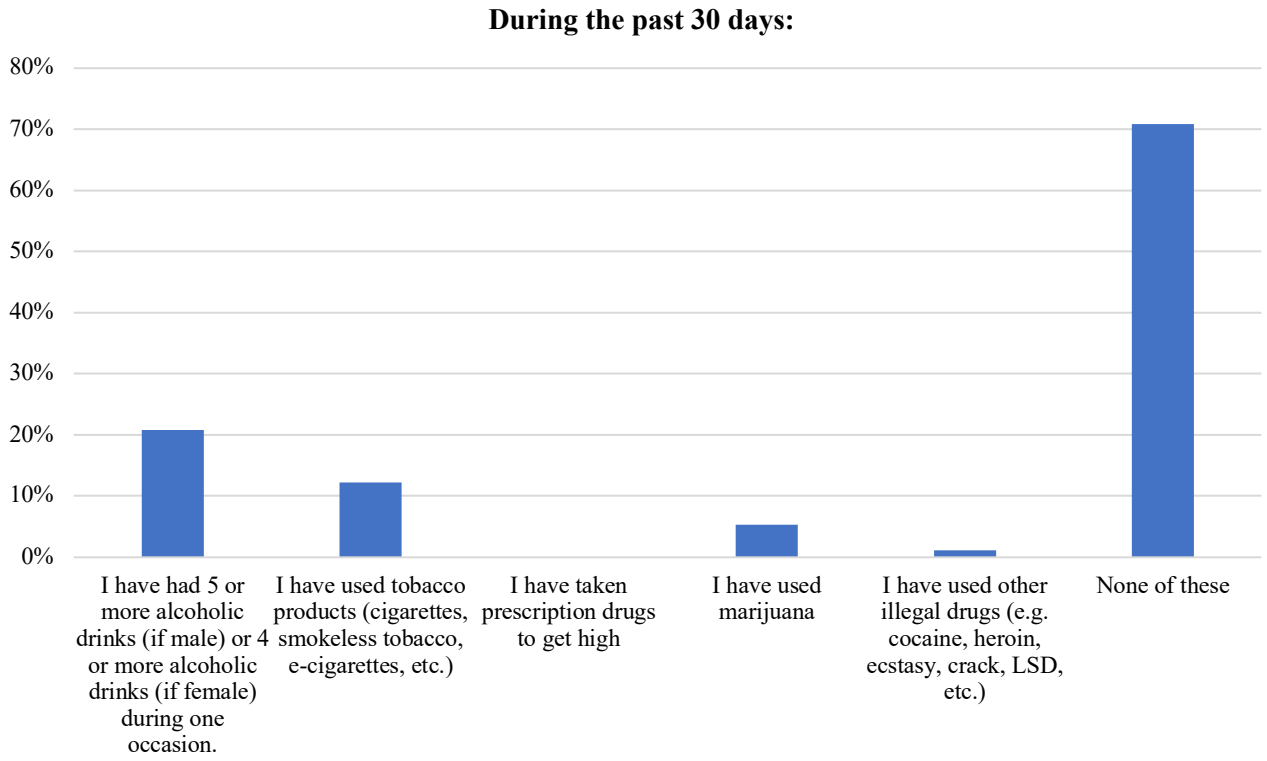
Median:	5.2
Answered	324
Skipped	144

14. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Median:	6.6
Answered	325
Skipped	143

15. During the past 30 days: (Check all that apply)

	#	%
None of these	255	70.83%
I have had 5 or more alcoholic drinks (if male) or 4 or more alcoholic drinks (if female) during one occasion.	75	20.83%
I have used tobacco products (cigarettes, smokeless tobacco, e-cigarettes, etc.)	44	12.22%
I have used marijuana	19	5.28%
I have used other illegal drugs (e.g. cocaine, heroin, ecstasy, crack, LSD, etc.)	4	1.11%
I have taken prescription drugs to get high	0	0.00%
Answered	360	
Skipped	108	



16. Please check one of the following for each statement

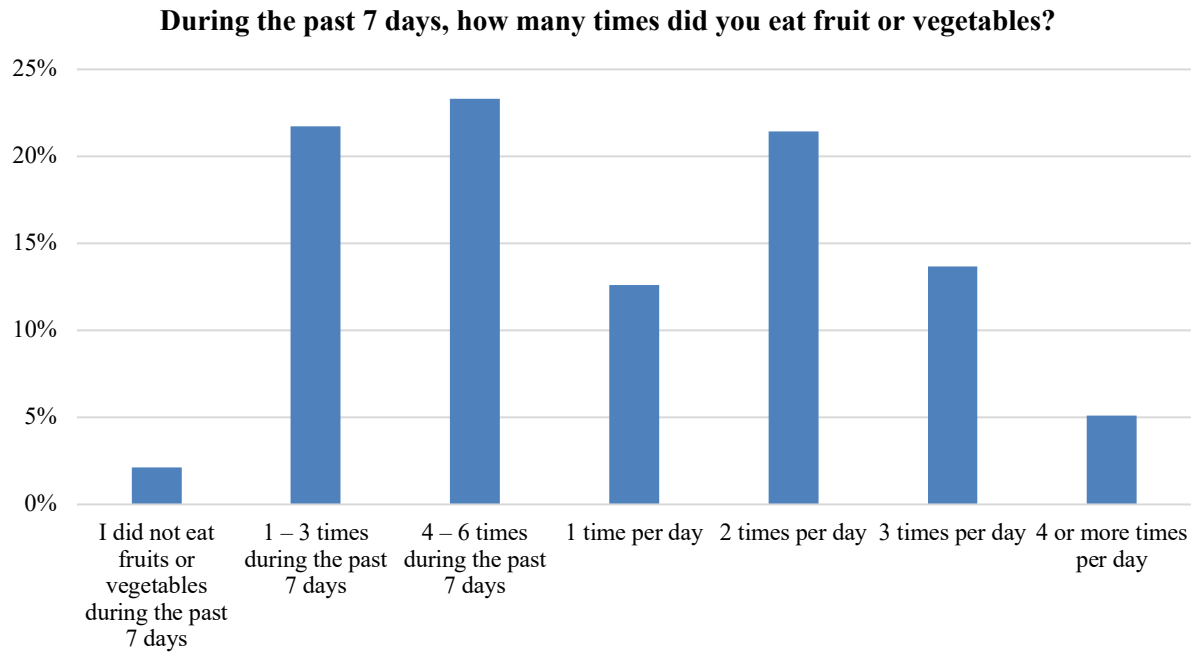
	Yes		No		Not applicable	
	#	%	#	%	#	%
I have been to the emergency room in the past 12 months.	58	15.63%	304	81.94%	9	2.43%
I have been to the emergency room for an injury in the past 12 months (e.g. motor vehicle crash, fall, poisoning, burn, cut, etc.).	15	4.09%	335	91.28%	17	4.63%
I have been a victim of domestic violence or abuse in the past 12 months.	6	1.63%	342	93.19%	19	5.18%
I take the medicine my doctor tells me to take to control my chronic illness.	197	53.39%	67	18.16%	105	28.46%
I can afford medicine needed for my health conditions.	247	66.76%	56	15.14%	67	18.11%
Does your community support physical activity? (e.g. parks, sidewalks, bike lanes, etc.)	255	69.29%	109	29.62%	4	1.09%
In the area that you live, is it easy to get affordable fresh fruits and vegetables?	271	74.66%	92	25.34%	0	0.00%
Have there been times in the past 12 months when you did not have enough money to buy the food that you or your family needed?	61	16.49%	306	82.70%	3	0.81%
Have there been times in the past 12 months when you did not have enough money to pay your rent or mortgage?	50	13.55%	304	82.38%	15	4.07%
Do you feel safe where you live?	354	95.42%	17	4.58%	0	0.00%
Answered	373					
Skipped	95					

17. Where do you get the food that you eat at home? (Check all that apply)

	#	%
Grocery store	369	98.66%
Take-out / fast food / restaurant	154	41.18%
Farmers' market	122	32.62%
Home garden	122	32.62%
Dollar store	60	16.04%
Food bank / food kitchen / food pantry	38	10.16%
Corner store / convenience store / gas station	26	6.95%
Back-pack or summer food programs	13	3.48%
I regularly receive food from family, friends, neighbors, or my church	13	3.48%
Other (please specify)	7	1.87%
Community garden	5	1.34%
I do not eat at home	1	0.27%
Meals on Wheels	0	0.00%
Answered	374	
Skipped	94	

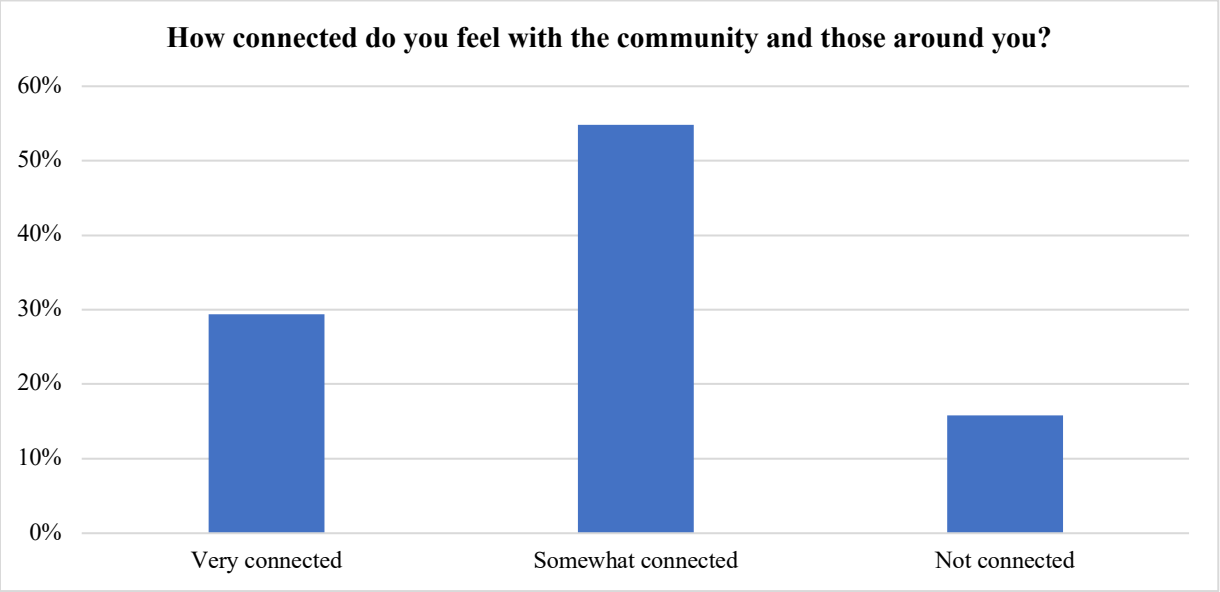
18. During the past 7 days, how many times did you eat fruit or vegetables? Do not count fruit juice. (Please check one)

	#	%
4 – 6 times during the past 7 days	87	23.32%
1 – 3 times during the past 7 days	81	21.72%
2 times per day	80	21.45%
3 times per day	51	13.67%
1 time per day	47	12.60%
4 or more times per day	19	5.09%
I did not eat fruits or vegetables during the past 7 days	8	2.14%
Answered	373	
Skipped	95	



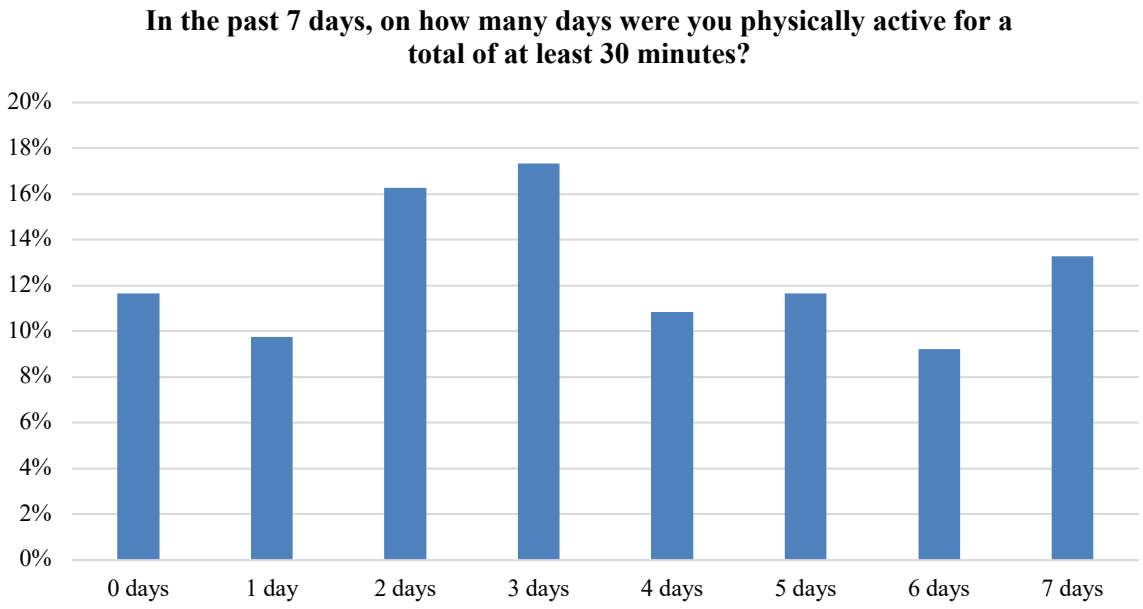
19. How connected do you feel with the community and those around you?

	#	%
Somewhat connected	205	54.81%
Very connected	110	29.41%
Not connected	59	15.78%
Answered	374	
Skipped	94	



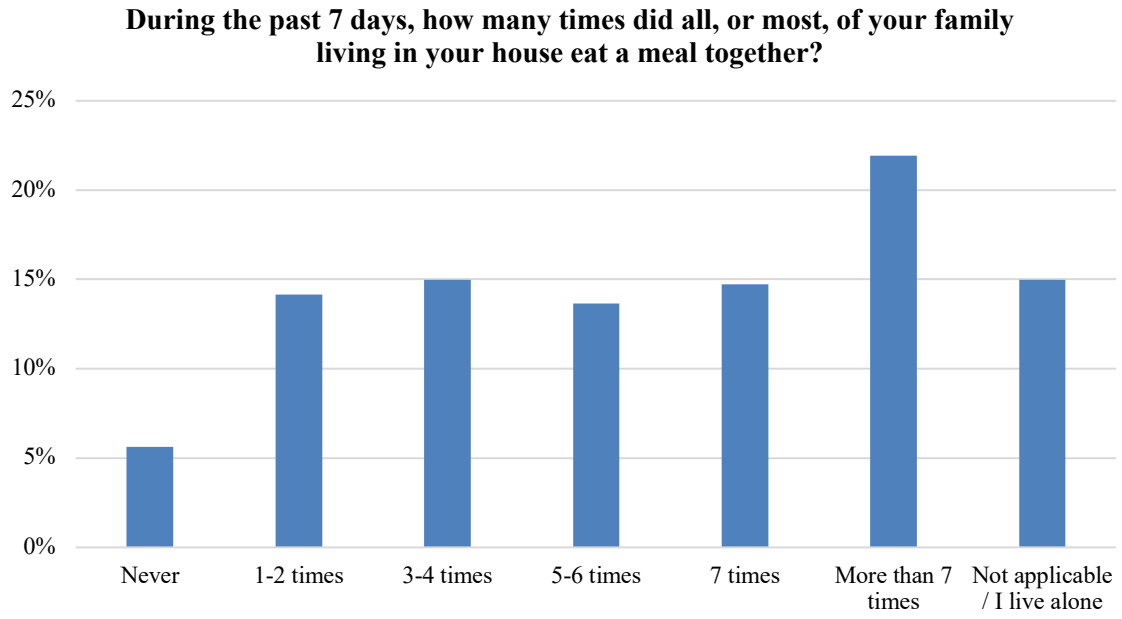
20. In the past 7 days, on how many days were you physically active for a total of at least 30 minutes? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard for some of the time.)

	#	%
0 days	43	11.65%
1 day	36	9.76%
2 days	60	16.26%
3 days	64	17.34%
4 days	40	10.84%
5 days	43	11.65%
6 days	34	9.21%
7 days	49	13.28%
Answered	369	
Skipped	99	



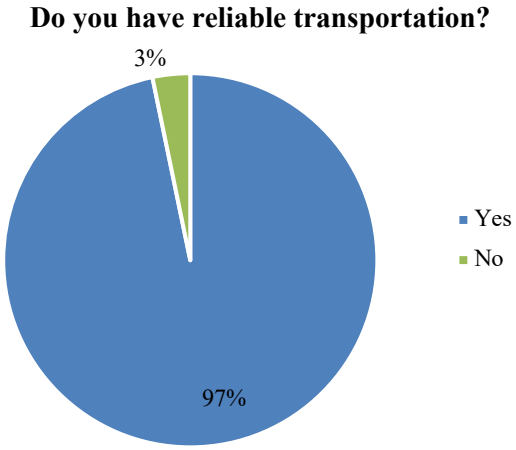
21. During the past 7 days, how many times did all, or most, of your family living in your house eat a meal together?

	#	%
Never	21	5.61%
1-2 times	53	14.17%
3-4 times	56	14.97%
5-6 times	51	13.64%
7 times	55	14.71%
More than 7 times	82	21.93%
Not applicable / I live alone	56	14.97%
Answered	374	
Skipped	94	



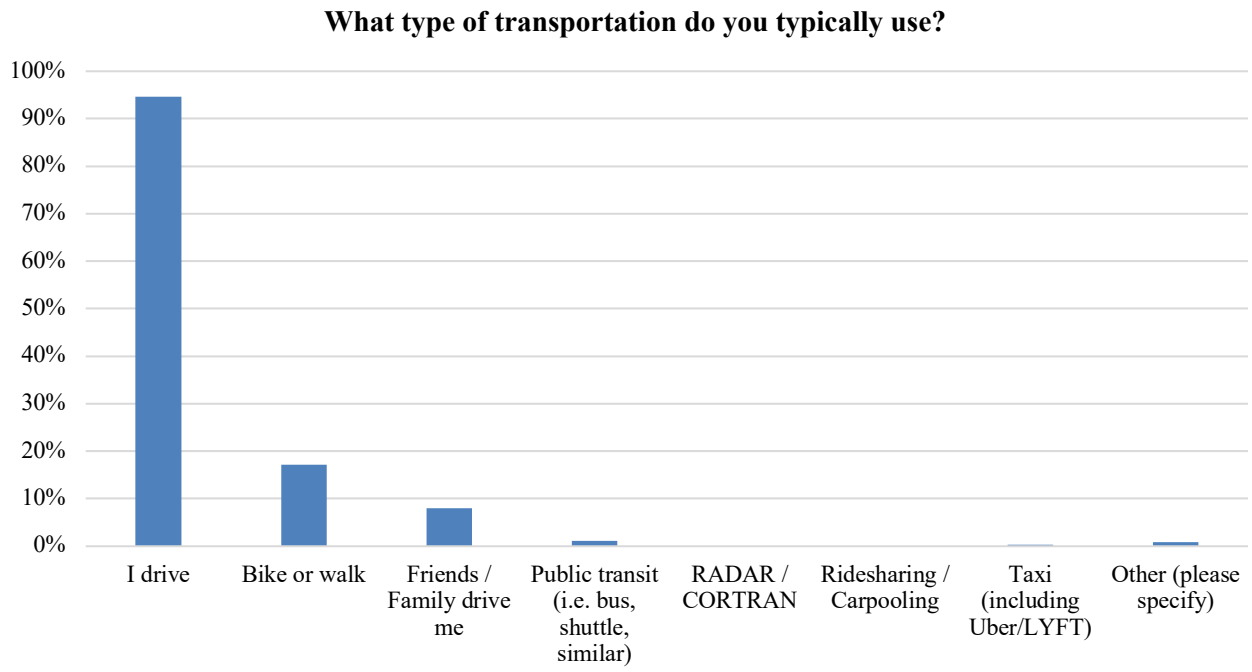
22. Do you have reliable transportation?

	#	%
Yes	357	96.75%
No	12	3.25%
Answered	369	
Skipped	99	



23. What type of transportation do you use typically use?

	#	%
I drive	354	94.65%
Bike or walk	64	17.11%
Friends / Family drive me	30	8.02%
Public transit (i.e. bus, shuttle, similar)	4	1.07%
Other (please specify)	3	0.80%
Taxi (including Uber/LYFT)	1	0.27%
RADAR / CORTRAN	0	0.00%
Ridesharing / Carpooling	0	0.00%
Answered	374	
Skipped	94	



24. Which of the following describes your current type of health insurance? (Check all that apply)

	#	%
Employer Provided Insurance	206	55.98%
Dental Insurance	131	35.60%
Medicare	87	23.64%
Health Savings / Spending Account	82	22.28%
Medicare Supplement	48	13.04%
Medicaid	42	11.41%
No Dental Insurance	42	11.41%
Individual / Private Insurance / Market Place / Obamacare	39	10.60%
Government (VA, Champus)	14	3.80%
No Health Insurance	13	3.53%
COBRA	3	0.82%
Answered	368	
Skipped	100	

25. If you have no health insurance, why don't you have insurance? (Check all that apply)

	#	%
Not applicable- I have health insurance	186	89.86%
Too expensive / cost	13	6.28%
Not available at my job	4	1.93%
Unemployed / no job	4	1.93%
Other (please specify)	3	1.45%
I don't understand Marketplace / Obamacare Options	2	0.97%
Student	0	0.00%
Answered	207	
Skipped	261	

26. What is your ZIP code?

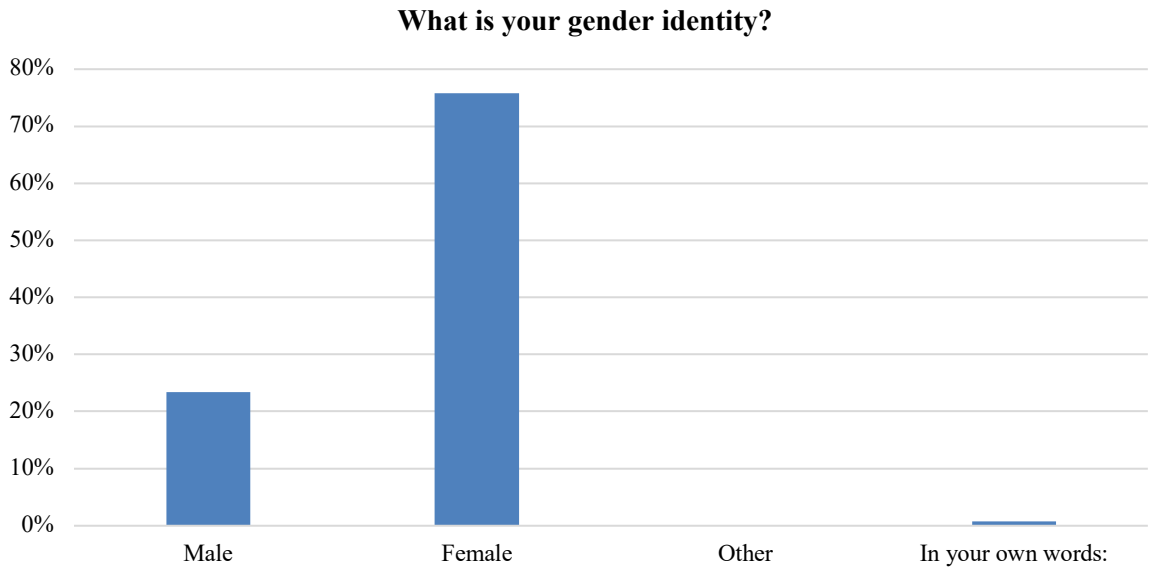
Zip Code	#	%
24450	204	54.5%
24416	67	17.9%
24555	30	8.0%
24579	13	3.5%
24578	11	2.9%
24435	17	4.5%
24472	8	2.1%
Other	24	6.4%

27. What is your age?

Average:	52.8
Answered	347
Skipped	121

28. What is your gender identity?

	#	%
Female	278	75.75%
Male	86	23.43%
In your own words:	3	0.82%
Other	0	0.00%
Answered	367	
Skipped	101	

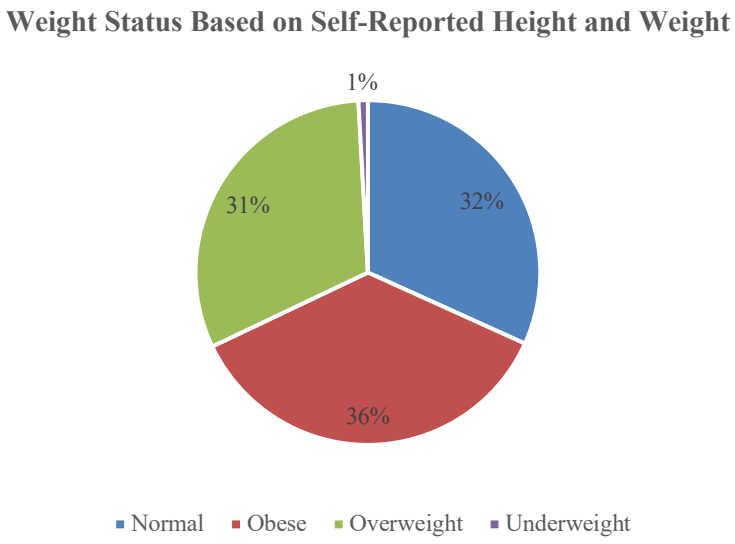


29. What is your height, in inches?

Median:	66.0
Answered	352
Skipped	116

30. What is your weight, in pounds?

Median:	180
Answered	342
Skipped	126

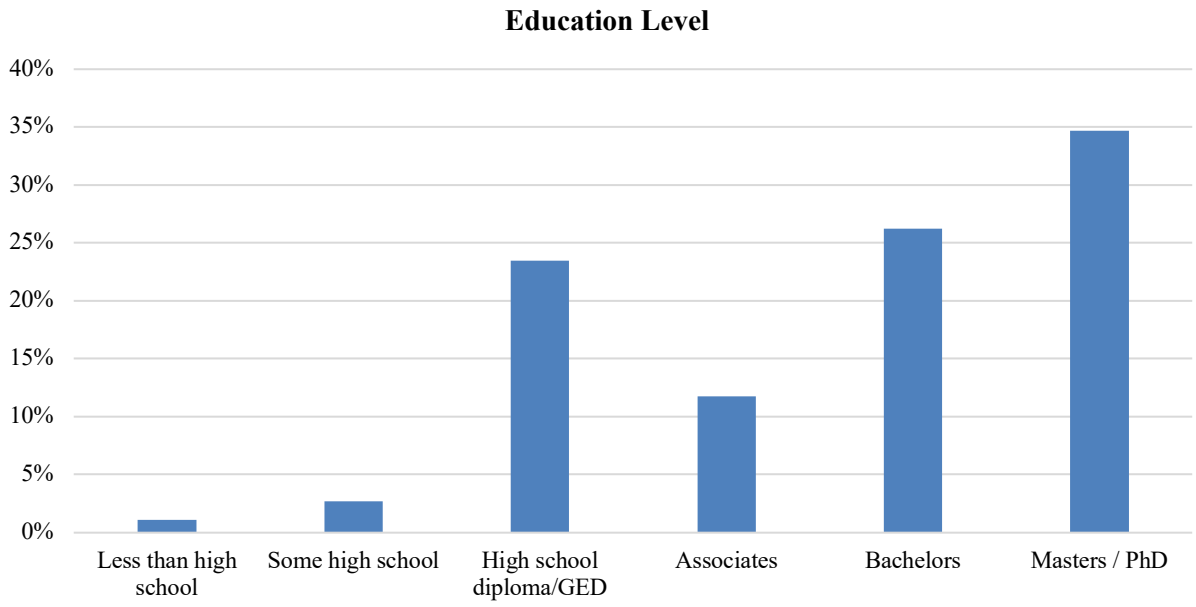


31. How many people live in your home (including yourself)?

Number of adults age 18 – 64:	1.6
Number of children (0 – 17 years of age):	0.9
Number of adults age 65 or older:	0.7
Answered	361
Skipped	107

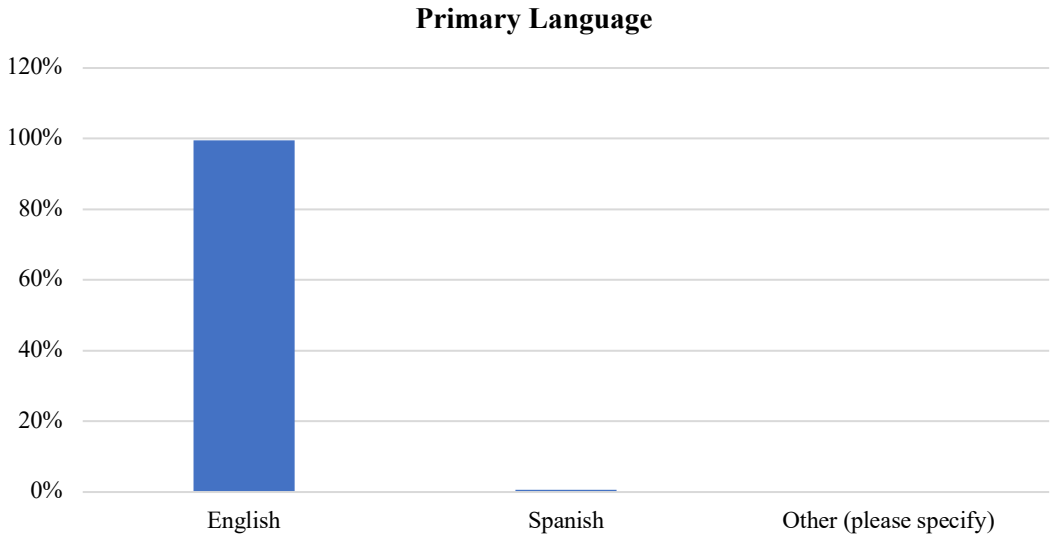
32. What us your highest education level completed?

	#	%
Masters / PhD	127	34.70%
Bachelors	96	26.23%
High school diploma/GED	86	23.50%
Associates	43	11.75%
Some high school	10	2.73%
Less than high school	4	1.09%
Answered	366	
Skipped	102	



33. What is your primary language?

	#	%
English	362	99.45%
Spanish	2	0.55%
Other (please specify)	0	0.00%
Answered	364	
Skipped	104	

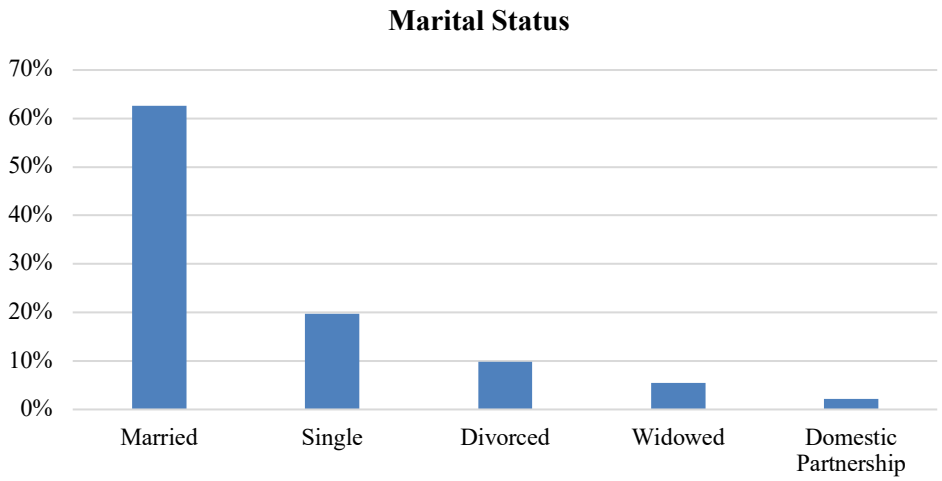


34. With what ethnicity do you identify? (Check all that apply)

	#	%
White	296	81.77%
Black / African American	39	10.77%
Decline to answer	12	3.31%
More than one race	7	1.93%
American Indian / Alaskan Native	6	1.66%
Latino	5	1.38%
Other (please specify)	4	1.10%
Native Hawaiian / Pacific Islander	1	0.28%
Asian	0	0.00%
Answered	362	
Skipped	106	

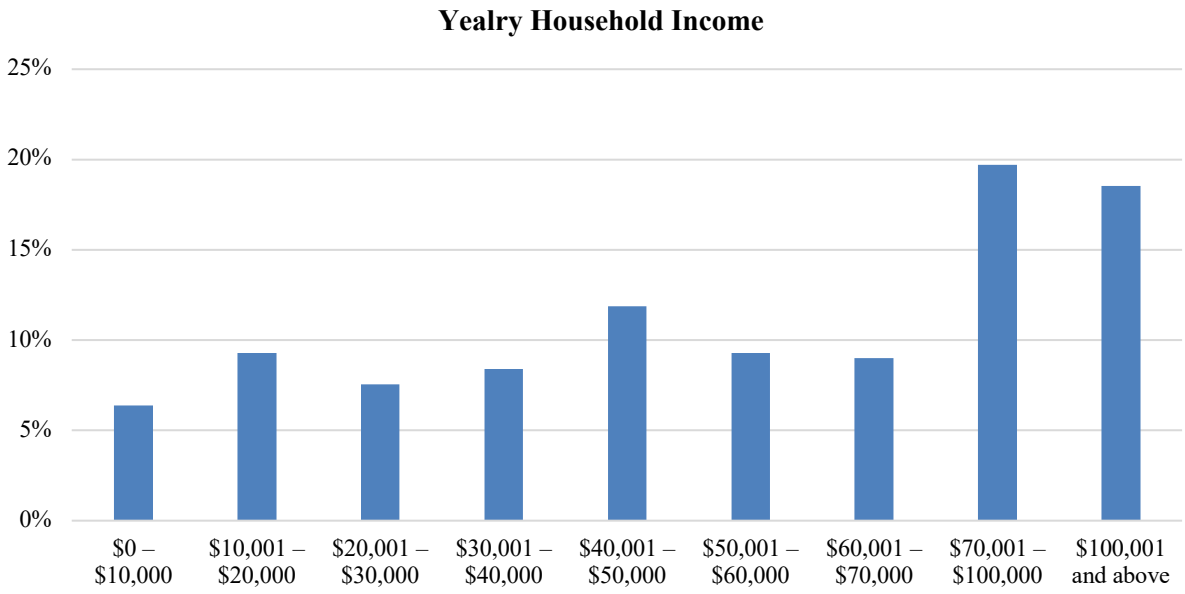
35. What is your marital status?

	#	%
Married	228	62.64%
Single	72	19.78%
Divorced	36	9.89%
Widowed	20	5.49%
Domestic Partnership	8	2.20%
Answered	364	
Skipped	104	



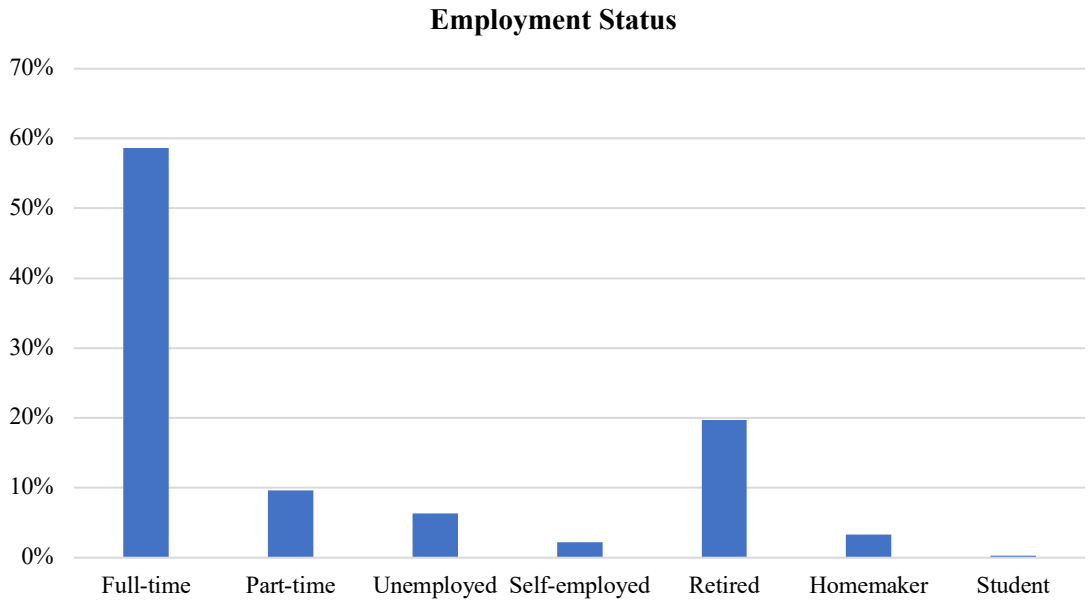
36. What is your yearly household income?

	#	%
$70,001 – $100,000	68	19.71%
$100,001 and above	64	18.55%
$40,001 – $50,000	41	11.88%
$10,001 – $20,000	32	9.28%
$50,001 – $60,000	32	9.28%
$60,001 – $70,000	31	8.99%
$30,001 – $40,000	29	8.41%
$20,001 – $30,000	26	7.54%
$0 – $10,000	22	6.38%
Answered	345	
Skipped	123	



37. What is your current employment status?

	#	%
Full-time	214	58.63%
Retired	72	19.73%
Part-time	35	9.59%
Unemployed	23	6.30%
Homemaker	12	3.29%
Self-employed	8	2.19%
Student	1	0.27%
Answered	365	
Skipped	103	



Appendix 8: Secondary Data from University of Missouri CARES SparkMap

Community Health Needs Assessment

Location

- Buena Vista city, VA
- Lexington city, VA
- Rockbridge County, VA

Demographics

Current population demographics and changes in demographic composition over time play a determining role in the types of health and social services needed by communities.

Total Population

A total of 36,295 people live in the 605.48 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2015-19 5-year estimates. The population density for this area, estimated at 59.94 persons per square mile, is less than the national average population density of 91.93 persons per square mile.

Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Report Location	36,295	605.48	59.94
Rockbridge County, VA	22,570	596.54	37.83
Buena Vista City, VA	6,484	6.44	1,007.11
Lexington City, VA	7,241	2.50	2,897.33
Virginia	8,454,463	39,481.77	214.14
United States	324,697,795	3,532,068.58	91.93

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Change in Total Population

According to the United States Census Bureau Decennial Census, between 2000 and 2010 the population in the report area grew by 1,975 persons, a change of 5.8%. A significant positive or negative shift in total population over time impacts healthcare providers and the utilization of community resources.

Report Area	Total Population, 2000 Census	Total Population, 2010 Census	Population Change, 2000-2010	Population Change, 2000-2010, Percent
Report Location	34,024	35,999	1,975	5.8%
Rockbridge County, VA	20,808	22,307	1,499	7.20%
Buena Vista City, VA	6,349	6,650	301	4.74%
Lexington City, VA	6,867	7,042	175	2.55%
Virginia	7,078,509	8,001,024	922,515	13.03%
United States	280,405,781	307,745,539	27,339,758	9.75%

Data Source: US Census Bureau, Decennial Census. 2000 - 2010. Source geography: Tract

Families with Children

According to the most recent American Community Survey estimates, 25.71% of all occupied households in the report area are family households with one or more child(ren) under the age of 18. As defined by the US Census Bureau, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or

adoption. A non-family household is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

Report Area	Total Households	Total Family Households	Families with Children (Under Age 18)	Families with Children (Under Age 18), Percent of Total Households
Report Location	13,923	8,837	3,579	25.71%
Rockbridge County, VA	9,248	6,217	2,459	26.59%
Buena Vista City, VA	2,517	1,751	748	29.72%
Lexington City, VA	2,158	869	372	17.24%
Virginia	3,151,045	2,091,934	988,197	31.36%
United States	120,756,048	79,114,031	37,151,089	30.77%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Median Age

This indicator reports population median age based on the latest 5-year American Community Survey estimate.
Note: Median age is not re-calculated for report areas consisting of more than one census-designated geography.

Report Area	Total Population	Median Age
Report Location	36,295	No data
Rockbridge County, VA	22,440	48.6
Buena Vista City, VA	6,495	36.4
Lexington City, VA	7,113	21.6
Virginia	8,454,463	38.2
United States	324,697,795	38.1

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Population Under Age 18

Of the estimated 36,295 total population in the report area, an estimated 5,989 persons are under the age of 18, representing 16.50% of the population. These data are based on the latest U.S. Census Bureau American Community Survey 5-year estimates. The number of persons under age 18 is relevant because this population has unique needs which should be considered separately from other age groups.

Report Area	Total Population	Population Age 0-17	Population Age 0-17, Percent
Report Location	36,295	5,989	16.50%
Rockbridge County, VA	22,570	3,996	17.70%
Buena Vista City, VA	6,484	1,344	20.73%
Lexington City, VA	7,241	649	8.96%
Virginia	8,454,463	1,865,699	22.07%
United States	324,697,795	73,429,392	22.61%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Population Age 65+

Of the estimated 36,295 total population in the report area, an estimated 8,078 persons are adults aged 65 and older, representing 22.26% of the population. These data are based on the latest U.S. Census Bureau American Community Survey 5-year estimates. The number of older adults in the report area is relevant because this population has unique needs which

should be considered separately from other age groups.

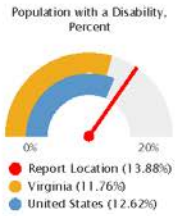
Report Area	Total Population	Population Age 65+	Population Age 65+, Percent
Report Location	36,295	8,078	22.26%
Rockbridge County, VA	22,570	5,754	25.49%
Buena Vista City, VA	6,484	1,196	18.45%
Lexington City, VA	7,241	1,128	15.58%
Virginia	8,454,463	1,271,946	15.04%
United States	324,697,795	50,783,796	15.64%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Population with Any Disability

This indicator reports the percentage of the total civilian non-institutionalized population with a disability. The report area has a total population of 35,919 for whom disability status has been determined, of which 4,986 or 13.88% have any disability. This indicator is relevant because disabled individuals comprise a vulnerable population that requires targeted services and outreach by providers.

Report Area	Total Population (For Whom Disability Status Is Determined)	Population with a Disability	Population with a Disability, Percent
Report Location	35,919	4,986	13.88%
Rockbridge County, VA	22,364	3,119	13.95%
Buena Vista City, VA	6,394	955	14.94%
Lexington City, VA	7,161	912	12.74%
Virginia	8,234,323	968,651	11.76%
United States	319,706,872	40,335,099	12.62%

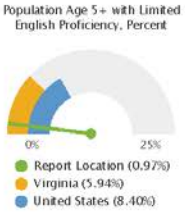


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Population with Limited English Proficiency

This indicator reports the percentage of the population aged 5 and older who speak a language other than English at home and speak English less than "very well." This indicator is relevant because an inability to speak English well creates barriers to healthcare access, provider communications, and health literacy/education.

Report Area	Population Age 5+	Population Age 5+ with Limited English Proficiency	Population Age 5+ with Limited English Proficiency, Percent
Report Location	34,818	338	0.97%
Rockbridge County, VA	21,590	219	1.01%
Buena Vista City, VA	6,154	41	0.67%
Lexington City, VA	7,074	78	1.10%
Virginia	7,946,064	471,645	5.94%
United States	304,930,125	25,615,365	8.40%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract

Foreign-Born Population

This indicator reports the percentage of the population that is foreign-born. The foreign-born population includes anyone who was not a U.S. citizen or a U.S. national at birth. This includes any non-citizens, as well as persons born outside of the U.S. who have become naturalized citizens. The native U.S. population includes any person born in the United States, Puerto Rico, a U.S. Island Area (such as Guam), or abroad of American (U.S. citizen) parent or parents. The latest figures from the U.S. Census Bureau show that 929 persons in the report area are of foreign birth, which represents 2.56% of the report area population. This percentage is less than the national average of 13.55%.

Report Area	Total Population	Naturalized U.S. Citizens	Population Without U.S. Citizenship	Total Foreign-Birth Population	Foreign-Birth Population, Percent of Total Population
Report Location	36,295	512	417	929	2.56%
Rockbridge County, VA	22,570	326	198	524	2.32%
Buena Vista City, VA	6,484	24	44	68	1.05%
Lexington City, VA	7,241	162	175	337	4.65%
Virginia	8,454,463	550,411	501,148	1,051,559	12.44%
United States	324,697,795	21,847,890	22,163,980	44,011,870	13.55%

Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract

Hispanic Population

The estimated population that is of Hispanic, Latino, or Spanish origin in the report area is 990. This represents 2.73% of the total report area population, which is less than the national rate of 18.01%. Origin can be viewed as the heritage, nationality group, lineage, or country of birth of the person or the person's parents or ancestors before their arrival in the United States. People who identify their origin as Hispanic, Latino, or Spanish may be of any race.

Report Area	Total Population	Non-Hispanic Population	Percent Population Non-Hispanic	Hispanic or Latino Population	Percent Population Hispanic or Latino
Report Location	36,295	35,305	97.27%	990	2.73%
Rockbridge County, VA	22,570	22,140	98.09%	430	1.91%
Buena Vista City, VA	6,484	6,367	98.20%	117	1.80%
Lexington City, VA	7,241	6,798	93.88%	443	6.12%
Virginia	8,454,463	7,662,462	90.63%	792,001	9.37%
United States	324,697,795	266,218,425	81.99%	58,479,370	18.01%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Veteran Population

This indicator reports the percentage of the population age 18 and older that served (even for a short time), but is not currently serving, on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or that served in the U.S. Merchant Marine during World War II. Of the 30,255 population of the report area, 2,418 or 7.99% are veterans.

Report Area	Total Population Age 18+	Total Veterans	Veterans, Percent of Total Population
Report Location	30,255	2,418	7.99%
Rockbridge County, VA	18,554	1,707	9.20%
Buena Vista City, VA	5,133	418	8.14%
Lexington City, VA	6,568	293	4.46%
Virginia	6,468,384	677,533	10.47%
United States	250,195,726	18,230,322	7.29%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

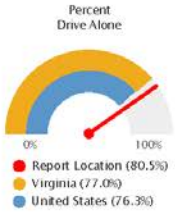
Income and Economics

Economic and social insecurity often are associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community's ability to engage in healthy behaviors. Without a network of support and a safe community, families cannot thrive. Ensuring access to social and economic resources provides a foundation for a healthy community.

Commuter Travel Patterns - Overview

This table shows the method of transportation workers used to travel to work for the report area. Of the 14,791 workers in the report area, 80.5% drove to work alone while 5.5% carpooled. 0.2% of all workers reported that they used some form of public transportation, while others used some optional means including 7.2% walking or riding bicycles, and 1.1% used taxicabs to travel to work.

Report Area	Workers 16 and Up	Percent Drive Alone	Percent Carpool	Percent Public Transportation	Percent Bicycle or Walk	Percent Taxi or Other	Percent Work at Home
Report Location	14,791	80.5%	5.5%	0.2%	7.2%	1.1%	5.5%
Rockbridge County, VA	9,715	84.6%	6.3%	0.3%	1.5%	0.8%	6.6%
Buena Vista City, VA	2,818	85.1%	3.8%	0.0%	6.7%	2.4%	2.0%
Lexington City, VA	2,258	57.0%	4.7%	0.0%	32.2%	0.6%	5.5%
Virginia	4,197,562	77.0%	9.2%	4.4%	2.8%	1.4%	5.3%
United States	152,735,781	76.3%	9.0%	5.0%	3.2%	1.3%	5.2%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: County

Commuter Travel Patterns - Public Transportation

This indicator reports the percentage of population using public transportation as their primary means of commuting to work. Public transportation includes buses or trolley buses, streetcars or trolley cars, subway or elevated rails, and ferryboats.

Report Area	Total Population Employed Age 16+	Population Using Public Transit for Commute to Work	Percent Population Using Public Transit for Commute to Work
Report Location	14,791	31	0.21%
Rockbridge County, VA	9,715	31	0.32%
Buena Vista City, VA	2,818	0	0.00%
Lexington City, VA	2,258	0	0.00%
Virginia	4,197,562	184,534	4.40%
United States	152,735,781	7,641,160	5.00%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Commuter Travel Patterns - Walking or Biking

This indicator reports the percentage of the working population that primarily walks or bikes when they commute to work.

Report Area	Total Working Population Age 16+	Workers Commuting by Walking or Biking	Percent of Workers Commuting by Walking or Biking
Report Location	14,791	1,060	7.17%
Rockbridge County, VA	9,715	142	1.46%
Buena Vista City, VA	2,818	190	6.74%
Lexington City, VA	2,258	728	32.24%
Virginia	4,197,562	118,806	2.83%
United States	152,735,781	4,911,537	3.22%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Employment - Unemployment Rate

Total unemployment in the report area for the current month equals 573, or 3.7% of the civilian non-institutionalized population age 16 and older (non-seasonally adjusted). This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Report Location	15,662	15,089	573	3.7%
Rockbridge County, VA	10,326	9,960	366	3.5%
Buena Vista City, VA	3,291	3,180	111	3.4%
Lexington City, VA	2,045	1,949	96	4.7%
Virginia	4,216,889	4,050,892	165,997	3.9%
United States	161,459,754	152,164,542	9,295,213	5.8%

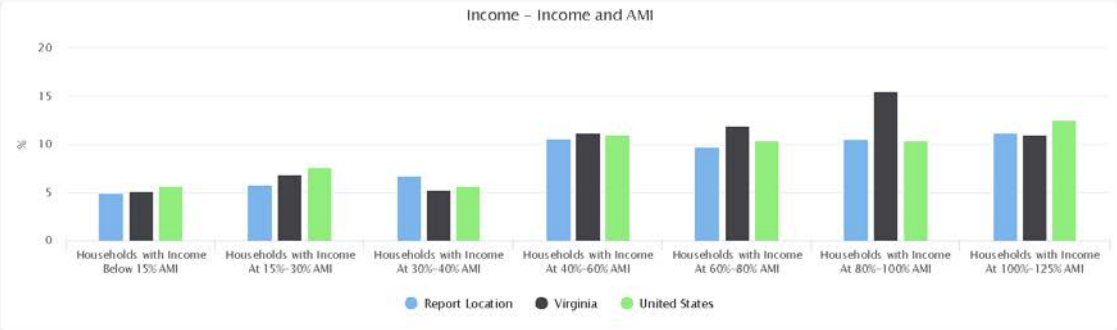
Note: This indicator is compared to the state average.
Data Source: US Department of Labor, Bureau of Labor Statistics. 2021 - April. Source geography: County

Income - Income and AMI

This indicator reports the number and percentage of housing units at various income levels relative to Area Median Income (AMI).

Report Area	Households with Income Below 15% AMI	Households with Income At 15%-30% AMI	Households with Income At 30%-40% AMI	Households with Income At 40%-60% AMI	Households with Income At 60%-80% AMI	Households with Income At 80%-100% AMI	Households with Income At 100%-125% AMI
Report Location	4.9%	5.8%	6.78%	10.57%	9.7%	10.54%	11.14%
Rockbridge County, VA	4.3%	5.24%	6.75%	11.09%	10.73%	10.3%	11.94%
Buena Vista City, VA	2.26%	2.26%	7.19%	13.35%	8.62%	13.31%	9.46%
Lexington City, VA	10.52%	12.28%	6.44%	5.05%	6.58%	8.34%	9.68%
Virginia	5.1%	6.87%	5.3%	11.11%	11.94%	15.46%	10.97%
United States	5.62%	7.51%	5.61%	11.03%	10.4%	10.36%	12.6%

Data Source: US Census Bureau, American Community Survey, 2015-2019.



Income - Inequality (GINI Index)

This indicator reports income inequality using the Gini coefficient. Gini index values range between zero and one. A value of one indicates perfect inequality where only one house-hold has any income. A value of zero indicates perfect equality, where all households have equal income.
Index values are acquired from the 2015-19 American Community Survey and are not available for custom report areas or multi-county areas.

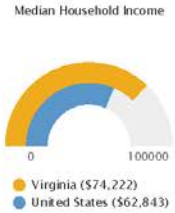
Report Area	Total Households	Gini Index Value
Report Location	13,923	No data
Rockbridge County, VA	9,248	0.45
Buena Vista City, VA	2,517	0.49
Lexington City, VA	2,158	0.50
Virginia	3,151,045	0.47
United States	120,756,048	0.48

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract

Income - Median Household Income

This indicator reports median household income based on the latest 5-year American Community Survey estimates. This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not. Because many households consist of only one person, average household income is usually less than average family income.

Report Area	Total Households	Average Household Income	Median Household Income
Report Location	13,923	$67,976	No data
Rockbridge County, VA	9,248	$73,807	$54,600
Buena Vista City, VA	2,517	$55,417	$32,455
Lexington City, VA	2,158	$57,639	$42,632
Virginia	3,151,045	$101,746	$74,222
United States	120,756,048	$88,607	$62,843



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract

Income - Public Assistance Income

This indicator reports the percentage households receiving public assistance income. Public assistance income includes general assistance and Temporary Assistance to Needy Families (TANF). Separate payments received for hospital or other medical care (vendor payments) are excluded. This does not include Supplemental Security Income (SSI) or noncash benefits such as Food Stamps.

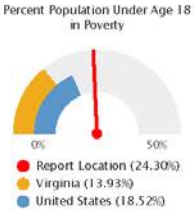
Report Area	Total Households	Households with Public Assistance Income	Percent Households with Public Assistance Income
Report Location	13,923	310	2.23%
Rockbridge County, VA	9,248	136	1.47%
Buena Vista City, VA	2,517	151	6.00%
Lexington City, VA	2,158	23	1.07%
Virginia	3,151,045	59,002	1.87%
United States	120,756,048	2,853,791	2.36%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract

Poverty - Children Below 100% FPL

In the report area 24.30% or 1,422 children aged 0-17 are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population Under Age 18	Population Under Age 18 in Poverty	Percent Population Under Age 18 in Poverty
Report Location	32,639	5,852	1,422	24.30%
Rockbridge County, VA	22,334	3,912	847	21.65%
Buena Vista City, VA	5,951	1,338	449	33.56%
Lexington City, VA	4,354	602	126	20.93%
Virginia	8,201,608	1,836,464	255,807	13.93%
United States	316,715,051	72,235,700	13,377,778	18.52%



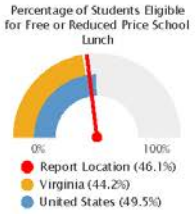
Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Poverty - Children Eligible for Free/Reduced Price Lunch

Free or reduced price lunches are served to qualifying students in families with income between under 185 percent (reduced price) or under 130% (free lunch) of the US federal poverty threshold as part of the federal National School Lunch Program (NSLP).

Out of 4,282 total public school students in the report area, 1,973 were eligible for the free or reduced price lunch program in the latest report year. This represents 46.1% of public school students, which is higher than the state average of 44.2%.

Report Area	Total Students	Students Eligible for Free or Reduced Price Lunch	Students Eligible for Free or Reduced Price Lunch, Percent
Report Location	4,282	1,973	46.1%
Rockbridge County, VA	1,652	706	42.7%
Buena Vista City, VA	918	577	62.9%
Lexington City, VA	1,712	690	40.3%
Virginia	1,289,367	569,998	44.2%
United States	50,744,629	25,124,175	49.5%



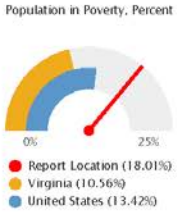
Note: This indicator is compared to the state average.
Data Source: National Center for Education Statistics, NCES - Common Core of Data. 2018-19. Source geography: Address

Poverty - Population Below 100% FPL

Poverty is considered a *key driver* of health status.

Within the report area 18.01% or 5,877 individuals are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population in Poverty	Population in Poverty, Percent
Report Location	32,639	5,877	18.01%
Rockbridge County, VA	22,334	3,167	14.18%
Buena Vista City, VA	5,951	1,519	25.53%
Lexington City, VA	4,354	1,191	27.35%
Virginia	8,201,608	865,691	10.56%
United States	316,715,051	42,510,843	13.42%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Education

This category contains indicators that describe the education system and the educational outcomes of report area populations. Education metrics can be used to describe variation in population access, proficiency, and attainment throughout the education system, from access to pre-kindergarten through advanced degree attainment. These indicators are important because education is closely tied to health outcomes and economic opportunity.

Access - Head Start

Head Start is a program designed to help children from birth to age five who come from families at or below poverty level. The program's goal is to help children become ready for kindergarten while also providing the needed requirements to thrive, including health care and food support.
This indicator reports the number and rate of Head Start program facilities per 10,000 children under age 5. Head Start facility data is acquired from the US Department of Health and Human Services (HHS) 2020 Head Start locator. Population data is from the 2010 US Decennial Census. The report area has a total 7 Head Start programs with a rate of 42.35 per 10,000 children under 5 years old.

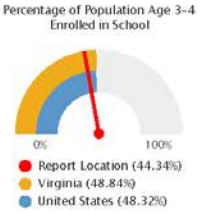
Report Area	Children Under Age 5	Total Head Start Programs	Head Start Programs, Rate (Per 10,000 Children)
Report Location	1,653	7	42.35
Rockbridge County, VA	1,054	2	18.98
Buena Vista City, VA	413	3	72.64
Lexington City, VA	186	2	107.53
Virginia	509,625	448	8.79
United States	20,426,118	21,511	10.53

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, HRSA - Administration for Children and Families. 2019. Source geography: Address

Access - Preschool Enrollment (Age 3-4)

This indicator reports the percentage of the population age 3-4 that is enrolled in school. This indicator helps identify places where pre-school opportunities are either abundant or lacking in the educational system.

Report Area	Population Age 3-4	Population Age 3-4 Enrolled in School	Population Age 3-4 Enrolled in School, Percent
Report Location	627	278	44.34%
Rockbridge County, VA	413	193	46.73%
Buena Vista City, VA	122	46	37.70%
Lexington City, VA	92	39	42.39%
Virginia	207,781	101,483	48.84%
United States	8,151,928	3,938,693	48.32%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Access - Public Schools

The indicator table below lists the top 10 largest public elementary schools by student enrollment in the report area. According to the latest data, the largest school is LEXINGTON CITY PBLC SCHS, with a total student body size of 333. This school covers grades KG through 5.

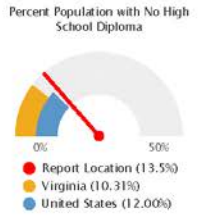
County	School Name	School District	Total Students	Lowest Grade Level	Highest Grade Level
Lexington city	CENTRAL ELEM	ROCKBRIDGE CO PBLC SCHS	529	PK	5
Lexington city	HARRINGTON WADDELL ELEM	LEXINGTON CITY PBLC SCHS	333	KG	5
Rockbridge County	FAIRFIELD ELEM	ROCKBRIDGE CO PBLC SCHS	275	PK	5
Rockbridge County	NATURAL BRIDGE ELEM	ROCKBRIDGE CO PBLC SCHS	257	PK	5
Buena Vista city	FW KLING JR ELEM	BUENA VISTA CITY PBLC SCHS	232	PK	2
Buena Vista city	ENDERLY HEIGHTS ELEM	BUENA VISTA CITY PBLC SCHS	183	3	5
Rockbridge County	MOUNTAIN VIEW ELEM	ROCKBRIDGE CO PBLC SCHS	123	KG	5

Data Source: National Center for Education Statistics, NCES - Common Core of Data. 2018-2019. Source geography: Address

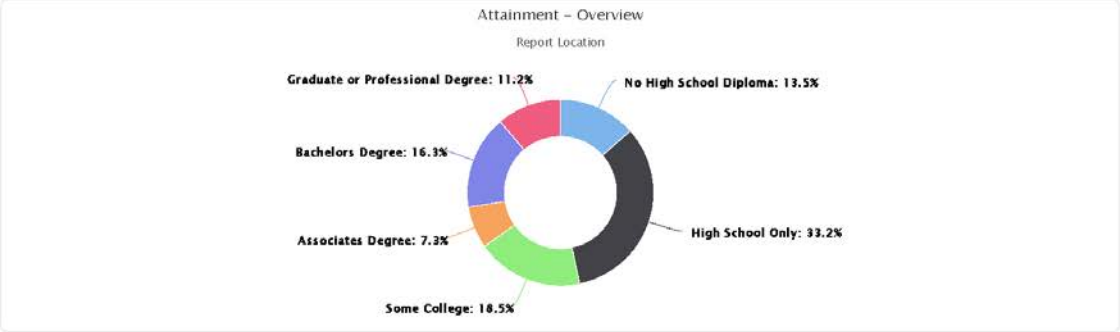
Attainment - Overview

Educational Attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses to understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25, and is an estimated average for the period from 2014 to 2019.
For the selected area, 16.3% have at least a college bachelor's degree, while 33.2% stopped their formal educational attainment after high school.

Report Area	No High School Diploma	High School Only	Some College	Associates Degree	Bachelors Degree	Graduate or Professional Degree
Report Location	13.5%	33.2%	18.5%	7.3%	16.3%	11.2%
Rockbridge County, VA	13.19%	33.7%	18.2%	8.2%	16.0%	10.6%
Buena Vista City, VA	18.89%	40.3%	19.6%	5.3%	8.3%	7.7%
Lexington City, VA	8.56%	21.9%	18.2%	4.6%	28.1%	18.6%
Virginia	10.31%	24.0%	19.2%	7.8%	22.0%	16.8%
United States	12.00%	27.0%	20.4%	8.5%	19.8%	12.4%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: County



Proficiency - Student Math Proficiency (4th Grade)

Information about student performance in the 4th grade Math portion of the state-specific standardized tests are displayed in the table below. Of 1,076 students tested, 90.8% of 4th graders performed at or above the "proficient" level, and 9.2% tested below the "proficient" level, according to the latest data. Students in the report area tested better than the statewide rate of 80.5%.

Report Area	Students with Valid Test Scores	Students Scoring 'Proficient' or Better, Percent	Students Scoring 'Not Proficient' or Worse, Percent
Report Location	1,076	90.8%	9.2%
Rockbridge County, VA	700	89.9%	10.1%
Buena Vista City, VA	196	92.9%	7.1%
Lexington City, VA	180	92.2%	7.8%
Virginia	364,236	80.5%	19.5%
United States	13,473,054	46.3%	53.7%

Note: This indicator is compared to the state average.
Data Source: US Department of Education, EDFacts. Additional data analysis by CARES. 2018-19. Source geography: School District

Proficiency - Student Reading Proficiency (4th Grade)

Information about student performance in the 4th grade English Language Arts portion of the state-specific standardized tests are displayed in the table below. Of 1,070 students tested, 79.4% of 4th graders performed at or above the "proficient" level, and 20.6% tested below the "proficient" level, according to the latest data. Students in the report area tested better than the statewide rate of 72.1%.

Report Area	Students with Valid Test Scores	Students Scoring 'Proficient' or Better, Percent	Students Scoring 'Not Proficient' or Worse, Percent
Report Location	1,070	79.4%	20.6%
Rockbridge County, VA	700	78.4%	21.6%
Buena Vista City, VA	193	75.6%	24.4%
Lexington City, VA	177	87.6%	12.4%
Virginia	361,238	72.1%	27.9%
United States	13,445,671	46.2%	53.8%

Note: This indicator is compared to the state average.
Data Source: US Department of Education, EDFacts. Additional data analysis by CARES. 2018-19. Source geography: School District

Housing and Families

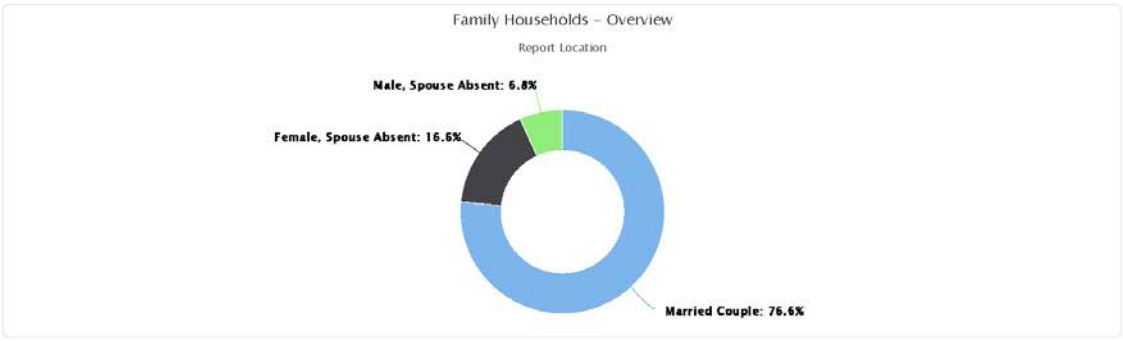
This category contains indicators that describe the structure of housing and families, and the condition and quality of housing units and residential neighborhoods. These indicators are important because housing issues like overcrowding and affordability have been linked to multiple health outcomes, including infectious disease, injuries, and mental disorders. Furthermore, housing metrics like home-ownership rates and housing prices are key for economic analysis.

Family Households - Overview

The American Community Survey (ACS) estimated there were 8,837 families in the report area in 2019. Married couple families comprised 76.55% of the total number. Families headed by men without wives comprised 6.82% of the total, while women without husbands headed 16.62% of families.

Report Area	Total Number of Families	Married Couple	Female, Spouse Absent	Male, Spouse Absent
Report Location	8,837	6,765	1,469	603
Rockbridge County, VA	6,217	4,999	845	373
Buena Vista City, VA	1,751	1,121	464	166
Lexington City, VA	869	645	160	64
Virginia	2,091,934	1,586,494	367,203	138,237
United States	79,114,031	58,198,771	15,016,964	5,898,296

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: County



Households - Overview

This indicator reports the total number and percentage of households by composition (married couple family, nonfamily, etc.). According to the American Community Survey subject definitions, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption*. A non-family households is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

**Family households and married-couple families do not include same-sex married couples even if the marriage was performed in a state issuing marriage certificates for same-sex couples. Same sex couple households are included in the family households category if there is at least one additional person related to the householder by birth or adoption.*

Report Area	Total Households	Family Households	Family Households, Percent	Non-Family Households	Non-Family Households, Percent
Report Location	13,923	8,837	63.47%	5,086	36.53%
Rockbridge County, VA	9,248	6,217	67.23%	3,031	32.77%
Buena Vista City, VA	2,517	1,751	69.57%	766	30.43%
Lexington City, VA	2,158	869	40.27%	1,289	59.73%
Virginia	3,151,045	2,091,934	66.39%	1,059,111	33.61%
United States	120,756,048	79,114,031	65.52%	41,642,017	34.48%

Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Family Households - Single-Parent Households

This indicator reports the percentage of children who live in households where only one parent is present.

Report Area	Population Age 0-17	Children in Single-Parent Households	Percentage of Children in Single-Parent Households
Report Location	5,902	1,561	26.45%
Rockbridge County, VA	3,962	790	19.94%
Buena Vista City, VA	1,338	577	43.12%
Lexington City, VA	602	194	32.23%
Virginia	1,860,502	452,827	24.34%
United States	73,191,304	18,673,072	25.51%

Data Source: US Census Bureau, American Community Survey. 2015-2019.

Housing Costs - Cost Burden (30%)

This indicator reports the percentage of the households where housing costs are 30% or more of total household income. This indicator provides information on the cost of monthly housing expenses for owners and renters. The information offers a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels. Of the 13,923 total households in the report area, 3,853 or 27.67% of the population live in cost burdened households.

Report Area	Total Households	Cost Burdened Households (Housing Costs Exceed 30% of Income)	Cost Burdened Households, Percent
Report Location	13,923	3,853	27.67%
Rockbridge County, VA	9,248	2,177	23.54%
Buena Vista City, VA	2,517	939	37.31%
Lexington City, VA	2,158	737	34.15%
Virginia	3,151,045	916,399	29.08%
United States	120,756,048	37,249,895	30.85%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Housing Costs - Renter Costs

Gross rent is the contract rent plus the estimated average monthly cost of utilities (electricity, gas, and water and sewer) and fuels (oil, coal, kerosene, wood, etc.) if these are paid by the renter (or paid for the renter by someone else). Gross rent provides information on the monthly housing cost expenses for renters. When the data is used in conjunction with income data, the information offers an excellent measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels, and to provide assistance to agencies in determining policies on fair rent.

Report Area	Total Renter-Occupied Housing Units	Average Gross Rent	Median Gross Rent
Report Location	4,123	$783	No data
Rockbridge County, VA	2,290	$808	$800
Buena Vista City, VA	806	$692	$795
Lexington City, VA	1,027	$797	$788
Virginia	1,063,334	$1,273	$1,234
United States	43,481,667	$1,131	$1,062

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Housing Quality - Overcrowding

This indicator reports data on overcrowded housing from the latest 5-year American Community Survey. The Census Bureau has no official definition of crowded units, but this report considers units with more than one occupant per room to be crowded.

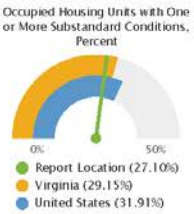
Report Area	Total Occupied Housing Units	Overcrowded Housing Units	Percentage of Housing Units Overcrowded
Report Location	12,945	65	0.50%
Rockbridge County, VA	8,905	65	0.73%
Buena Vista City, VA	2,268	0	0.00%
Lexington City, VA	1,772	0	0.00%
Virginia	2,255,668	62,233	2.76%
United States	92,289,957	4,045,979	4.38%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Housing Quality - Substandard Housing

This indicator reports the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions: 1) lacking complete plumbing facilities, 2) lacking complete kitchen facilities, 3) with 1 or more occupants per room, 4) selected monthly owner costs as a percentage of household income greater than 30%, and 5) gross rent as a percentage of household income greater than 30%. Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living and housing can be considered substandard. Of the 13,923 total occupied housing units in the report area, 3,773 or 27.10% have one or more substandard conditions.

Report Area	Total Occupied Housing Units	Occupied Housing Units with One or More Substandard Conditions	Occupied Housing Units with One or More Substandard Conditions, Percent
Report Location	13,923	3,773	27.10%
Rockbridge County, VA	9,248	2,180	23.57%
Buena Vista City, VA	2,517	930	36.95%
Lexington City, VA	2,158	663	30.72%
Virginia	3,151,045	918,634	29.15%
United States	120,756,048	38,530,862	31.91%

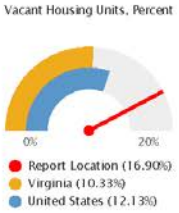


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Vacancy (ACS)

This indicator reports the number and percentage of housing units that are vacant. A housing unit is considered vacant by the American Community Survey if no one is living in it at the time of interview. Units occupied at the time of interview entirely by persons who are staying two months or less and who have a more permanent residence elsewhere are considered to be temporarily occupied, and are classified as "vacant."

Report Area	Total Housing Units	Vacant Housing Units	Vacant Housing Units, Percent
Report Location	16,754	2,831	16.90%
Rockbridge County, VA	11,441	2,193	19.17%
Buena Vista City, VA	2,866	349	12.18%
Lexington City, VA	2,447	289	11.81%
Virginia	3,514,032	362,987	10.33%
United States	137,428,986	16,672,938	12.13%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

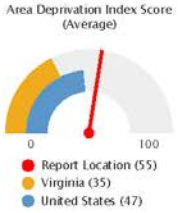
Other Social & Economic Factors

Economic and social insecurity often are associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community's ability to engage in healthy behaviors. Without a network of support and a safe community, families cannot thrive. Ensuring access to social and economic resources provides a foundation for a healthy community.

Area Deprivation Index

This indicator reports the average (population weighted) Area Deprivation Index (ADI) for the selected area. The ADI is a metric used to rank neighborhoods by socioeconomic status disadvantage in a region of interest (e.g. at the state or national level). ADI scores range from 1 to 100, with 1 representing the least disadvantaged areas.

Report Area	Total Population	State Percentile	National Percentile
Report Location	32,859	71	55
Rockbridge County, VA	22,444	65	48
Buena Vista City, VA	6,666	90	75
Lexington City, VA	3,749	72	56
Virginia	8,019,031	51	35
United States	313,391,736	51	47



Note: This indicator is compared to the state average.
Data Source: University of Wisconsin-Madison School of Medicine and Public Health, Neighborhood Atlas. 2019. Source geography: Tract

Food Insecurity Rate

This indicator reports the estimated percentage of the population that experienced food insecurity at some point during the report year. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food.

Report Area	Total Population	Food Insecure Population, Total	Food Insecurity Rate
Report Location	35,925	4,140	11.52%
Rockbridge County, VA	22,376	2,260	10.10%
Buena Vista City, VA	6,466	860	13.30%
Lexington City, VA	7,083	1,020	14.40%
Virginia	8,464,608	863,390	10.20%
United States	325,717,422	41,133,950	12.63%

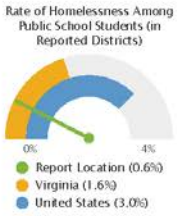
Note: This indicator is compared to the state average.
Data Source: Feeding America. 2017. Source geography: County

Homeless Children & Youth

This indicator reports the number of homeless children and youth enrolled in the public school system during the school year 2018-2019. According to the data source definitions, homelessness is defined as lacking a fixed, regular, and adequate nighttime residence. Those who are homeless may be sharing the housing of other persons, living in motels, hotels, or camping grounds, in emergency transitional shelters, or may be unsheltered. Data are aggregated to the report-area level based on school-district summaries where three or more homeless children are counted.

In the report area, of all the 3,760 students enrolled during the school year 2018-2019, there were 23 or 0.6% homeless students, which is lower than the statewide rate of 1.6%.
Note: Data are available for 66.7% of school districts in the report area, representing 100.0% of the public school student population.

Report Area	Total Students	Districts Reporting	Students in Reported Districts	Homeless Students	Homeless Students, Percent
Report Location	3,760	66.7%	100.0%	23	0.6%
Rockbridge County, VA	2,842	100.0%	100.0%	15	0.5%
Buena Vista City, VA	918	100.0%	100.0%	8	0.9%
Lexington City, VA	522	0.0%	0.0%	No data	No data
Virginia	1,274,389	88.3%	99.1%	20,805	1.6%
United States	47,424,948	69.8%	97.6%	1,430,341	3.0%



Note: This indicator is compared to the state average.
Data Source: US Department of Education, EDFacts. Additional data analysis by CARES. 2018-19. Source geography: School District

Households with No Motor Vehicle

This indicator reports the number and percentage of households with no motor vehicle based on the latest 5-year American Community Survey estimates. Of the 13,923 total households in the report area, 632 or 4.54% are without a motor vehicle.

Report Area	Total Occupied Households	Households with No Motor Vehicle	Households with No Motor Vehicle, Percent
Report Location	13,923	632	4.54%
Rockbridge County, VA	9,248	260	2.81%
Buena Vista City, VA	2,517	85	3.38%
Lexington City, VA	2,158	287	13.30%
Virginia	3,151,045	192,193	6.10%
United States	120,756,048	10,395,713	8.61%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Incarceration Rate

The Opportunity Atlas estimates the percentage of individuals born in each census tract who were incarcerated at the time of the 2010 Census. According to the Atlas data, 1.5% of the report area population were incarcerated. The incarceration rate in the report area is lower than the state average of 1.7%.

Report Area	Total Population (2010)	Incarceration Rate
Report Location	35,999	1.5%
Rockbridge County, VA	22,307	1.3%
Buena Vista City, VA	6,650	1.7%
Lexington City, VA	7,042	2.1%
Virginia	7,994,802	1.7%
United States	312,444,060	1.3%

Note: This indicator is compared to the state average.
Data Source: Opportunity Insights. 2018. Source geography: Tract

Insurance - Insured Population and Provider Type

Health insurance coverage is considered a *key driver* of health status.

In the report area 32,999 total civilians have some form of health insurance coverage. Of those, 76.74% have private insurance, e.g. insurance purchased through an employer or union, through direct purchase (e.g. on a health exchange) or have Tricare or other military health insurance. In addition, 41.37% have a form of public health insurance. Public health coverage includes the federal programs Medicare, Medicaid, and VA Health Care (provided through the Department of Veterans Affairs), as well asthe Children's Health Insurance Program (CHIP). This indicator is relevant because insurance provides access to healthcare, including regular primary care, specialty care, and other health services that prevent poor health status.

Note: Percentages may exceed 100% as individuals may have more than one form of health insurance.

Report Area	Total Population (For Whom Insurance Status is Determined)	Population with Health Insurance	Percentage with Private Insurance	Percentage with Public Insurance
Report Location	35,919	32,999	76.74%	41.37%
Rockbridge County, VA	22,364	20,494	75.55%	44.59%
Buena Vista City, VA	6,394	5,692	67.90%	47.87%
Lexington City, VA	7,161	6,813	87.71%	26.26%
Virginia	8,234,323	7,526,363	83.18%	30.85%
United States	319,706,872	291,458,259	74.52%	38.51%

Data Source: US Census Bureau, American Community Survey. 2015-2019. Source geography: County

Insurance - Medicare Enrollment Demographics

This indicator reports information about the Medicare population, including the number of beneficiaries enrolled in parts A & B (the fee-for-service population) and the number enrolled in Medicare Advantage. Demographic information is provided for the fee-for-service population only.

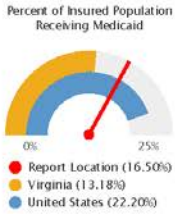
Report Area	Total Medicare Beneficiaries	Medicaid Advantage Beneficiaries	Fee-for-Service Beneficiaries	Medicaid Eligible, Percentage	Average Age
Report Location	8,698	1,385	7,313	1,537.14%	73
Rockbridge County, VA	5,731	944	4,787	1,439%	72
Buena Vista City, VA	1,400	274	1,126	2,220%	71
Lexington City, VA	1,567	167	1,400	1,286%	76
Virginia	1,361,988	315,135	1,046,853	1,405%	72
United States	56,031,636	22,532,164	33,499,472	1,975%	72

Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File . 2018. Source geography: County

Insurance - Population Receiving Medicaid

This indicator reports the percentage of the population with insurance enrolled in Medicaid (or other means-tested public health insurance). This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Report Area	Total Population (For Whom Insurance Status is Determined)	Population with Any Health Insurance	Population Receiving Medicaid	Percent of Insured Population Receiving Medicaid
Report Location	35,919	32,999	5,445	16.50%
Rockbridge County, VA	22,364	20,494	3,048	14.87%
Buena Vista City, VA	6,394	5,692	1,710	30.04%
Lexington City, VA	7,161	6,813	687	10.08%
Virginia	8,234,323	7,526,363	992,320	13.18%
United States	319,706,872	291,458,259	64,716,091	22.20%



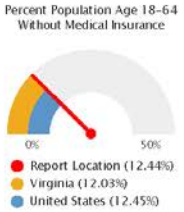
Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Insurance - Uninsured Adults

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of adults age 18 to 64 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population Age 18 - 64	Population with Medical Insurance	Percent Population With Medical Insurance	Population Without Medical Insurance	Percent Population Without Medical Insurance
Report Location	18,608	16,293	87.56%	2,315	12.44%
Rockbridge County, VA	12,475	10,827	86.79%	1,648	13.21%
Buena Vista City, VA	3,510	3,095	88.18%	415	11.82%
Lexington City, VA	2,623	2,371	90.39%	252	9.61%
Virginia	5,141,142	4,522,590	87.97%	618,552	12.03%
United States	195,883,847	171,496,973	87.55%	24,386,874	12.45%



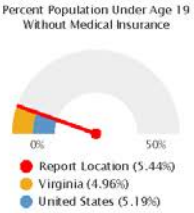
Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Small Area Health Insurance Estimates. 2018. Source geography: County

Insurance - Uninsured Children

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of children under age 19 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population Under Age 19	Population with Medical Insurance	Percent Population With Medical Insurance	Population Without Medical Insurance	Percent Population Without Medical Insurance
Report Location	5,942	5,619	94.56%	323	5.44%
Rockbridge County, VA	4,109	3,855	93.82%	254	6.18%
Buena Vista City, VA	1,127	1,090	96.72%	37	3.28%
Lexington City, VA	706	674	95.47%	32	4.53%
Virginia	1,935,423	1,839,446	95.04%	95,977	4.96%
United States	75,996,420	72,053,677	94.81%	3,942,743	5.19%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Small Area Health Insurance Estimates. 2018. Source geography: County

Insurance - Uninsured Population (SAHIE)

The lack of health insurance is considered a *key driver* of health status.

This indicator reports the percentage of adults under age 65 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population Under Age 65	Population with Medical Insurance	Percent Population With Medical Insurance	Population Without Medical Insurance	Percent Population Without Medical Insurance
Report Location	24,228	21,621	89.24%	2,607	10.76%
Rockbridge County, VA	16,374	14,493	88.51%	1,881	11.49%
Buena Vista City, VA	4,569	4,121	90.19%	448	9.81%
Lexington City, VA	3,285	3,007	91.54%	278	8.46%
Virginia	6,981,520	6,276,295	89.90%	705,225	10.10%
United States	268,046,715	240,092,386	89.57%	27,954,329	10.43%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Small Area Health Insurance Estimates. 2018. Source geography: County

Opportunity Index

This indicator reports the Opportunity Index score for the report area. The Opportunity Index includes indicators within four dimensions of community well-being: Economy; Education; Health; and Community. The overall score combines sixteen underlying indicators for states, and fourteen for counties. The Opportunity Index score has a potential range of 0 (indicating no opportunity) to 100 (indicating maximum opportunity).

Report Area	Total Population	Opportunity Index Score
Report Location	35,882	54.40
Rockbridge County, VA	22,411	54.40
Buena Vista City, VA	6,384	No data
Lexington City, VA	7,087	No data
Virginia	8,410,946	56.98
United States	323,071,342	53.05

Note: This indicator is compared to the state average.
Data Source: Opportunity Nation. Source geography: County

Racial Diversity (Theil Index)

This indicator measures the spatial distribution or evenness of population demographic groups in neighborhoods throughout the county. This indicator is presented as an index with values ranging between 0 and 1, with higher values indicating higher levels of segregation between neighborhoods.

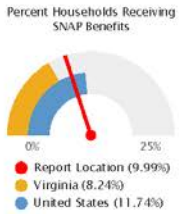
Report Area	Non-Hispanic White Population	Non-Hispanic Black Population	Non-Hispanic Asian Population	Non-Hispanic AI / AN Population	Non-Hispanic NH / PI Population	Hispanic or Latino Population	Diversity Index
Report Location	92.24	4.51	0.80	0.50	0.05	1.89	No data
Rockbridge County, VA	95.06	2.66	0.47	0.45	0.01	1.35	0.08
Buena Vista City, VA	91.44	5.27	0.44	1.09	0.18	1.57	0.03
Lexington City, VA	84.03	9.67	2.21	0.12	0.06	3.92	0.07
Virginia	66.46	19.52	5.59	0.26	0.06	8.10	0.25
United States	64.35	12.32	4.73	0.73	0.16	17.71	0.39

Data Source: US Census Bureau, Decennial Census. University of Missouri, Center for Applied Research and Engagement Systems. 2010. Source geography: County

SNAP Benefits - Households Receiving SNAP (ACS)

In the report area, an estimate 1,391 or 9.99% households receive Supplemental Nutrition Assistance Program (SNAP) benefits. The value for the report area is less than the national average of 11.74%. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Report Area	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Report Location	13,923	1,391	9.99%
Rockbridge County, VA	9,248	818	8.85%
Buena Vista City, VA	2,517	402	15.97%
Lexington City, VA	2,158	171	7.92%
Virginia	3,151,045	259,639	8.24%
United States	120,756,048	14,171,567	11.74%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2015-19. Source geography: Tract

Social Vulnerability Index

The degree to which a community exhibits certain social conditions, including high poverty, low percentage of vehicle access, or crowded households, may affect that community's ability to prevent human suffering and financial loss in the event of disaster. These factors describe a community's social vulnerability.

The social vulnerability index is a measure of the degree of social vulnerability in counties and neighborhoods across the United States, where a higher score indicates higher vulnerability. The report area has a social vulnerability index score of 0.21, which is which is less than the state average of 0.34.

Report Area	Total Population	Socioeconomic Theme Score	Household Composition Theme Score	Minority Status Theme Score	Housing & Transportation Theme Score	Social Vulnerability Index Score
Report Location	36,018	0.52	0.11	0.22	0.23	0.21
Rockbridge County, VA	22,509	0.44	0.14	0.22	0.08	0.14
Buena Vista City, VA	6,399	0.68	0.12	0.17	0.30	0.32
Lexington City, VA	7,110	0.64	0.02	0.25	0.67	0.32
Virginia	8,413,774	0.29	0.23	0.74	0.40	0.34
United States	322,903,030	0.30	0.32	0.76	0.62	0.40

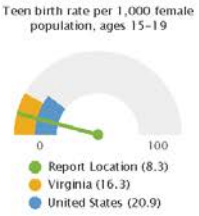
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, CDC - GRASP. 2018. Source geography: Tract

Teen Births

This indicator reports the seven-year average number of births per 1,000 female population age 15-19. Data were from the National Center for Health Statistics - Natality files (2013-2019) and are used for the 2021 County Health Rankings.

In the report area, of the 9,987 total female population age 15-19, the teen birth rate is 8.3 per 1,000, which is less than the state's teen birth rate of 16.3.
Note: Data are suppressed for counties with fewer than 10 teen births in the time frame.

Report Area	Female Population Age 15-19	Teen Births, Rate per 1,000 Female Population Age 15-19
Report Location	9,987	8.3
Rockbridge County, VA	4,187	11.7
Buena Vista City, VA	2,116	6.6
Lexington City, VA	3,684	5.4
Virginia	3,706,265	16.3
United States	144,319,360	20.9



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via County Health Rankings. 2013-2019. Source geography: County

Violent Crime - Total

Violent crime includes homicide, rape, robbery, and aggravated assault.

Within the report area, the 3 year total of reported violent crimes was 134, which equates to an annual rate of 123.90 crimes per 100,000 people, lower than the statewide rate of 207.80.

Report Area	Total Population	Violent Crimes, 3-year Total	Violent Crimes, Annual Rate (Per 100,000 Pop.)
Report Location	36,039	134	123.90
Rockbridge County, VA	22,300	95	141.90
Buena Vista City, VA	6,521	14	71.50
Lexington City, VA	7,218	25	115.40
Virginia	8,429,530	52,568	207.80
United States	366,886,849	4,579,031	416.00

Note: This indicator is compared to the state average.
Data Source: Federal Bureau of Investigation, FBI Uniform Crime Reports. Additional analysis by the National Archive of Criminal Justice Data. Accessed via the Inter-university Consortium for Political and Social Research. 2015-17. Source geography: County

Voter Participation Rate

This indicator reports the percentage of the adult population that voted in the national elections on November 2, 2020. Results are preliminary as of December 14, 2020. Voter participation rates are calculated as a percentage of the voting age population (age 18+) and not as a percentage of registered voters. In the 2020 election, of the report area's 29,938 voting age population, 17,911 or 59.8% have cast a vote.

Report Area	Total Citizens Age 18+	Total Votes Cast	Voter Participation Rate
Report Location	29,938	17,911	59.8%
Rockbridge County, VA	18,404	12,373	67.2%
Buena Vista City, VA	5,096	2,776	54.5%
Lexington City, VA	6,438	2,762	42.9%
Virginia	6,140,257	4,460,524	72.6%
United States	230,428,731	158,433,557	68.8%

Note: This indicator is compared to the state average.
Data Source: Townhall.com Election Results. 2016. Source geography: County

Physical Environment

A community's health also is affected by the physical environment. A safe, clean environment that provides access to healthy food and recreational opportunities is important to maintaining and improving community health.

Air & Water Quality - Ozone

Within the report area, 0, or 0.00% of days exceeded the emission standard of 75 parts per billion (ppb). This indicator reports the percentage of days per year with Ozone (O3) levels above the National Ambient Air Quality Standard of 75 parts per billion (ppb). Figures are calculated using data collected by monitoring stations and modeled to include census tracts where no monitoring stations exist. This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health.

Report Area	Total Population	Average Daily Ambient Ozone Concentration	Number of Days Exceeding Emissions Standards	Percentage of Days Exceeding Standards, Crude Average	Percentage of Days Exceeding Standards, Pop. Adjusted Average
Report Location	35,999	38.45	0	0.00%	0.00%
Rockbridge County, VA	22,307	38.46	0	0.00%	0.00%
Buena Vista City, VA	6,650	38.47	0	0.00%	0.00%
Lexington City, VA	7,042	38.39	0	0.00%	0.00%
Virginia	8,001,024	38.71	0	0.00%	0.01%
United States	306,675,006	37.87	1	0.27%	0.39%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - National Environmental Public Health Tracking Network. 2015. Source geography: Tract

Air & Water Quality - Particulate Matter 2.5

This indicator reports the percentage of days with particulate matter 2.5 levels above the National Ambient Air Quality Standard (35 micrograms per cubic meter) per year, calculated using data collected by monitoring stations and modeled to include counties where no monitoring stations occur. This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health.

Report Area	Total Population (2010)	Average Daily Ambient Particulate Matter 2.5	Days Exceeding Emissions Standards	Days Exceeding Standards, Percent (Crude)	Days Exceeding Standards, Percent (Weighted)
Report Location	35,999	7.04	0	0	0.00%
Rockbridge County, VA	22,307	7.01	0	0.00	0.00%
Buena Vista City, VA	6,650	7.13	0	0.00	0.00%
Lexington City, VA	7,042	7.06	0	0.00	0.00%
Virginia	8,001,024	7.79	0	0.00	0.02%
United States	306,675,006	8.26	0	0	0.11%

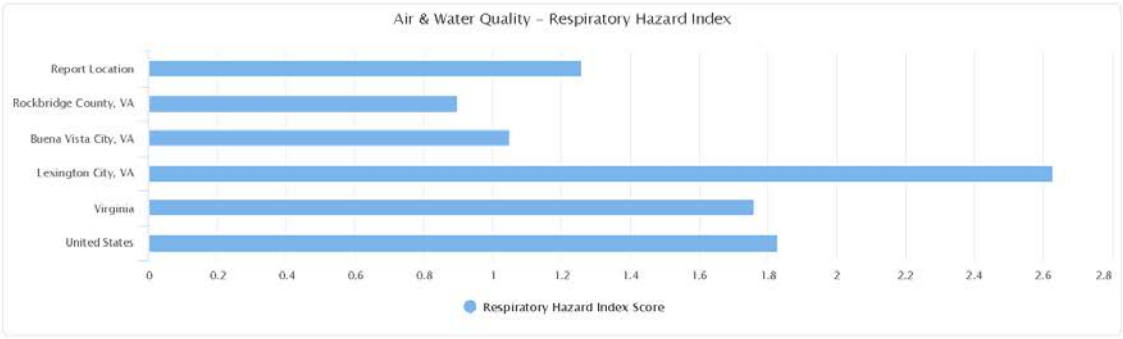
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - National Environmental Public Health Tracking Network. 2016. Source geography: Tract

Air & Water Quality - Respiratory Hazard Index

This indicator reports the non-cancer respiratory hazard index score. This score represents the potential for noncancer adverse health effects, where scores less than 1.0 indicate adverse health effects are unlikely, and scores of 1.0 or more indicate a potential for adverse health effects.

Report Area	Total Population	Respiratory Hazard Index Score
Report Location	35,999	1.26
Rockbridge County, VA	22,307	0.90
Buena Vista City, VA	6,650	1.05
Lexington City, VA	7,042	2.63
Virginia	8,001,023	1.76
United States	312,576,287	1.83

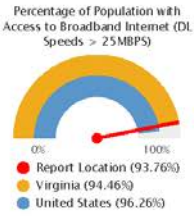
Note: This indicator is compared to the state average.
Data Source: EPA - National Air Toxics Assessment. 2011. Source geography: Census Tract



Built Environment - Broadband Access

This indicator reports the percentage of population with access to high-speed internet. Data are based on the reported service area of providers offering download speeds of 25 MBPS or more and upload speeds of 3 MBPS or more. This data represent both wireline and fixed/terrestrial wireless internet providers. Cellular internet providers are not included.

Report Area	Total Population (2019)	Access to DL Speeds > 25MBPS (2020)
Report Location	36,492	93.76%
Rockbridge County, VA	22,573	90.44%
Buena Vista City, VA	6,475	98.44%
Lexington City, VA	7,444	99.77%
Virginia	8,540,997	94.46%
United States	331,403,256	96.26%



Note: This indicator is compared to the state average.
Data Source: National Broadband Map. June 2020. Source geography: Tract

Built Environment - Social Associations

This indicator reports the number of social associations per 10,000 population. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, political organizations, labor organizations, business organizations, and professional organizations.

Report Area	Total Population	Number of Establishments	Establishment Rate per 10,000 Population
Report Location	35,999	54	15.00
Rockbridge County, VA	22,307	27	12.10
Buena Vista City, VA	6,650	10	15.04
Lexington City, VA	7,042	17	24.14
Virginia	No data	No data	No data
United States	No data	No data	No data

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2018. Source geography: County

Food Access - Low Income & Low Food Access

This indicator reports the percentage of the low income population with low food access. Low food access is defined as living more than ½ mile from the nearest supermarket, supercenter, or large grocery store. Data are from the 2017 report, Low-Income and Low-Supermarket-Access Census Tracts, 2010-2015. This indicator is relevant because it highlights populations and geographies facing food insecurity.

Report Area	Total Population	Low Income Population	Low Income Population with Low Food Access	Percent Low Income Population with Low Food Access
Report Location	35,999	15,264	5,021	32.89%
Rockbridge County, VA	22,307	7,026	1,174	16.71%
Buena Vista City, VA	6,650	4,063	3,735	91.93%
Lexington City, VA	7,042	4,175	112	2.68%
Virginia	8,001,024	2,183,843	369,317	16.91%
United States	308,745,538	106,758,543	20,221,368	18.94%

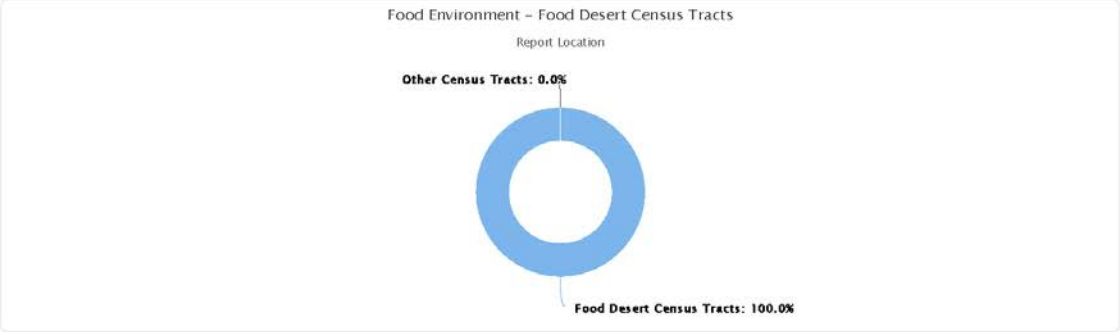
Note: This indicator is compared to the state average.
Data Source: US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas. 2015. Source geography: Tract

Food Environment - Food Desert Census Tracts

This indicator reports the number of neighborhoods in the report area that are within food deserts. The USDA Food Access Research Atlas defines a food desert as any neighborhood that lacks healthy food sources due to income level, distance to supermarkets, or vehicle access. The report area has a population of 35,999 living in food deserts and a total of 6 census tracts classified as food deserts by the USDA.

Report Area	Total Population (2010)	Food Desert Census Tracts	Other Census Tracts	Food Desert Population	Other Population
Report Location	35,999	6	0	35,999	0
Rockbridge County, VA	22,307	4	0	22,307	0
Buena Vista City, VA	6,650	1	0	6,650	0
Lexington City, VA	7,042	1	0	7,042	0
Virginia	8,001,024	727	1,173	3,426,716	4,574,308
United States	308,745,538	27,527	45,337	129,885,212	178,860,326

Data Source: US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas. 2015. Source geography: Tract



Park Access

This indicator reports the percentage of population living within 1/2 mile of a park. This indicator is relevant because access to outdoor recreation encourages physical activity and other healthy behaviors.

Report Area	Total Population, 2010 Census	Population Within 1/2 Mile of a Park	Percent Within 1/2 Mile of a Park
Report Location	35,999	6,808.00	18.91%
Rockbridge County, VA	22,307	3,247.00	14.56%
Buena Vista City, VA	6,650	2,242.00	33.71%
Lexington City, VA	7,042	1,319.00	18.73%
Virginia	8,001,024	2,575,082.00	32.18%
United States	308,745,538	117,361,303.00	38.01%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Decennial Census. ESRI Map Gallery. 2013. Source geography: Tract

Clinical Care and Prevention

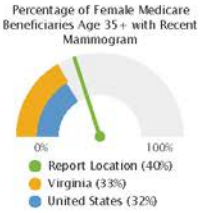
A lack of access to care presents barriers to good health. Supply of facilities and physicians, the rate of uninsurance, financial hardship, transportation barriers, cultural competency, and coverage limitations affect access.

Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions.

Cancer Screening - Mammogram (Medicare)

This indicator reports the percentage of female Medicare beneficiaries age 35 and older who had a mammogram in most recent reporting year. The American Cancer Society recommends that women age 45 to 54 should get a mammogram every year, and women age 55 and older should get a mammogram every other year. In the latest reporting period there were 7,098 Medicare beneficiaries in the report area, and 40% of female beneficiaries age 35 or older had a mammogram in the past year. The rate in the report area was higher than the state rate of 33% during the same time period.

Report Area	Medicare Beneficiaries	Female Beneficiaries with Recent Mammogram, Percent
Report Location	7,098	40%
Rockbridge County, VA	4,613	40%
Buena Vista City, VA	1,102	37%
Lexington City, VA	1,383	41%
Virginia	1,025,527	33%
United States	33,648,235	32%



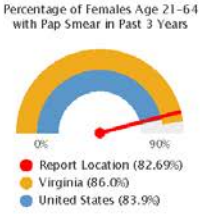
Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2017. Source geography: County

Cancer Screening - Pap Smear Test

This indicator reports the percentage of females age 21–65 years who report having had a Papanicolaou (Pap) smear within the previous 3 years.

Within the report area there are 82.69% women who recently had a Papanicolaou of the total population.

Report Area	Total Population(2010)	Percentage of Females age 21-65 with Recent Pap Smear
Report Location	36,125	82.69%
Rockbridge County, VA	22,752	83.9%
Buena Vista City, VA	6,237	80.8%
Lexington City, VA	7,136	80.5%
Virginia	8,517,685	86.0%
United States	327,167,434	83.9%

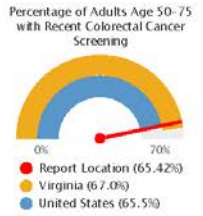


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Cancer Screening - Sigmoidoscopy or Colonoscopy

Colorectal Cancer Screening

Report Area	Total Population(2010)	Percentage of Adults with Adequate Colorectal Cancer Screening
Report Location	36,125	65.42%
Rockbridge County, VA	22,752	66.5%
Buena Vista City, VA	6,237	60.5%
Lexington City, VA	7,136	66.3%
Virginia	8,517,685	67.0%
United States	327,167,434	65.5%



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Dental Care Utilization

This indicator reports the percentage of adults age 18 and older who report having been to the dentist or dental clinic in the previous year.

Within the report area there are 65.66% adults who went to the dentist in the past year of the total population.

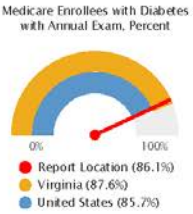
Report Area	Total Population (2010)	Total Population(2010)	Percentage of Adults with Recent Dental Visit
Report Location	35,999	36,125	65.66%
Rockbridge County, VA	22,307	22,752	66.7%
Buena Vista City, VA	6,650	6,237	60.1%
Lexington City, VA	7,042	7,136	67.2%
Virginia	8,001,024.00	8,517,685	70.2%
United States	308,745,538.00	327,167,434	64.4%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Diabetes Management - Hemoglobin A1c Test

This indicator reports the percentage of diabetic Medicare patients who have had a hemoglobin A1c (hA1c) test, a blood test which measures blood sugar levels, administered by a health care professional in the past year. In the report area, 323 Medicare enrollees with diabetes have had an annual exam out of 375 Medicare enrollees in the report area with diabetes, or 86.1%. This indicator is relevant because engaging in preventive behaviors allows for early detection and treatment of health problems. This indicator can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of services.

Report Area	Total Medicare Enrollees	Medicare Enrollees with Diabetes	Medicare Enrollees with Diabetes with Annual Exam	Medicare Enrollees with Diabetes with Annual Exam, Percent
Report Location	3,070	375	323	86.1%
Rockbridge County, VA	1,947	212	180	84.9%
Buena Vista City, VA	1,123	163	143	87.7%
Virginia	832,699	98,165	85,970	87.6%
United States	26,937,083	2,919,457	2,501,671	85.7%

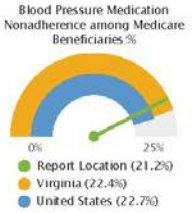


Note: This indicator is compared to the state average.
Data Source: Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Source geography: County

Prevention - High Blood Pressure Management

This indicator reports the number and percentage of Medicare beneficiaries not adhering to blood pressure medication schedules. Nonadherence is defined having medication coverage days at less than 80%.

Report Area	Medicare Beneficiaries	Blood Pressure Medication Nonadherence, Percentage
Report Location	8,517	21.2%
Rockbridge County, VA	5,582	21.0%
Buena Vista City, VA	1,384	21.6%
Lexington City, VA	1,551	21.6%
Virginia	1,322,007	22.4%
United States	53,841,665	22.7%

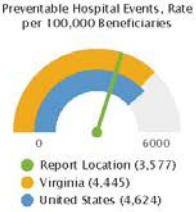


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - Atlas of Heart Disease and Stroke. 2017. Source geography: County

Hospitalizations - Preventable Conditions

This indicator reports the preventable hospitalization rate among Medicare beneficiaries for the latest reporting period. Preventable hospitalizations include hospital admissions for one or more of the following conditions: diabetes with short-term complications, diabetes with long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, asthma, hypertension, heart failure, bacterial pneumonia, or urinary tract infection. Rates are presented per 100,000 beneficiaries. In the latest reporting period there were 7,098 Medicare beneficiaries in the report area. The preventable hospitalization rate was 3,577. The rate in the report area was lower than the state rate of 4,445 during the same time period.

Report Area	Medicare Beneficiaries	Preventable Hospitalizations, Rate per 100,000 Beneficiaries
Report Location	7,098	3,577
Rockbridge County, VA	4,613	3,826
Buena Vista City, VA	1,102	3,635
Lexington City, VA	1,383	2,698
Virginia	1,025,527	4,445
United States	33,648,235	4,624



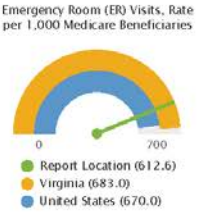
Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2017. Source geography: County

Hospitalizations - Emergency Room Visits

This indicator reports the number and rate of emergency room (ER) visits among Medicare beneficiaries age 65 and older. This indicator is relevant because emergency room visits are "high intensity" services that can burden on both health care systems and patients. High rates of emergency room visits "may indicate poor care management, inadequate access to care or poor patient choices, resulting in ED visits that could be prevented"[1].

In the latest reporting period there were 7,313 Medicare beneficiaries in the report area. Beneficiaries had 4,479 emergency room visits, and the rate of visits per 1,000 beneficiaries was 612.6. The ER visit rate in the report area was lower than the state rate of 683.0 during the same time period.

Report Area	Medicare Part A and B Beneficiaries	Emergency Room Visits	Emergency Room Visits, Rate (per 1,000 Beneficiaries)
Report Location	7,313	4,479	612.6
Rockbridge County, VA	4,787	2,718	568.0
Buena Vista City, VA	1,126	848	753.0
Lexington City, VA	1,400	913	652.0
Virginia	1,046,853	714,629	683.0
United States	33,499,472	22,460,257	670.0

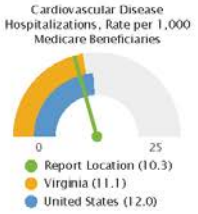


Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2018. Source geography: County

Hospitalizations - Heart Disease

This indicator reports the hospitalization rate for coronary heart disease among Medicare beneficiaries age 65 and older for hospital stays occurring between 2015 and 2017.

Report Area	Medicare Beneficiaries	Cardiovascular Disease Hospitalizations, Rate per 1,000
Report Location	8,517	10.3
Rockbridge County, VA	5,582	9.9
Buena Vista City, VA	1,384	12.6
Lexington City, VA	1,551	9.6
Virginia	1,322,007	11.1
United States	54,513,056	12.0

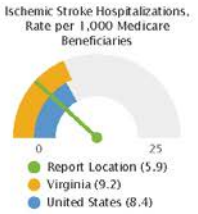


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - Atlas of Heart Disease and Stroke. 2015-2017. Source geography: County

Hospitalizations - Stroke

This indicator reports the hospitalization rate for Ischemic stroke among Medicare beneficiaries age 65 and older for hospital stays occurring between 2015 and 2017.

Report Area	Medicare Beneficiaries	Ischemic Stroke Hospitalizations, Rate per 1,000
Report Location	8,517	5.9
Rockbridge County, VA	5,582	6.7
Buena Vista City, VA	1,384	3.6
Lexington City, VA	1,551	5.2
Virginia	1,256,916	9.2
United States	54,513,056	8.4



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, CDC - Atlas of Heart Disease and Stroke. 2015-2017. Source geography: County

Lack of Prenatal Care

This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy. This indicator is relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. This indicator can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of services.

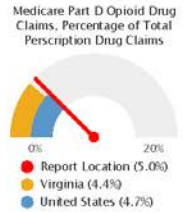
Report Area	Total Births	Mothers Starting Prenatal Care in First Semester	Mothers with Late or No Prenatal Care	Prenatal Care Not Reported	Percentage Mothers with Late or No Prenatal Care
Report Location	No data	No data	No data	No data	Suppressed
Rockbridge County, VA	No data	No data	No data	No data	Suppressed
Buena Vista City, VA	No data	No data	No data	No data	Suppressed
Lexington City, VA	No data	No data	No data	No data	Suppressed
Virginia	423,631	No data	No data	423,631	No data
United States	16,693,978	7,349,554	2,880,098	6,464,326	17.30%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. Centers for Disease Control and Prevention, Wide-Ranging Online Data for Epidemiologic Research. 2007-10. Source geography: County

Opioid Drug Claims

This indicator provides information about Medicare Part D opioid drug claims. Report data includes the number of Medicare Part D claims (for both original prescriptions and refills), and the number of opioid drug claims as a percentage of total prescription drug claims.

Report Area	Medicare Beneficiaries	Total Prescription Drug Claims	Opioid Drug Claims	Opioid Drug Claims, Percentage of Total Claims
Report Location	7,313	147,671	7,367	5.0%
Rockbridge County, VA	4,787	16,057	435	2.7%
Buena Vista City, VA	1,126	9,200	742	8.1%
Lexington City, VA	1,400	122,414	6,190	5.1%
Virginia	1,046,853	31,488,408	1,388,036	4.4%
United States	33,499,472	1,498,483,264	70,196,574	4.7%



Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File . 2018. Source geography: Zip Code

Prevention - Annual Wellness Exam (Medicare)

This indicator reports the percentage of Medicare beneficiaries who had one or more annual wellness visits in most recent reporting year. Annual wellness visits are visits to develop or update a personalized prevention plan and perform a health risk assessment. These services are fully covered once every 12 months. In the latest reporting period there were 7,098 Medicare beneficiaries in the report area, and 38% had an annual wellness visit. The rate in the report area was higher than the state rate of 28% during the same time period.

Report Area	Medicare Beneficiaries	Beneficiaries with Annual Wellness Visit, Percent
Report Location	7,098	38%
Rockbridge County, VA	4,613	38%
Buena Vista City, VA	1,102	38%
Lexington City, VA	1,383	39%
Virginia	1,025,527	28%
United States	33,648,235	25%

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2017. Source geography: County

Prevention - Recent Primary Care Visit (Medicare)

This indicator reports the percentage of adults age 18+ who self-report having at least one routine check-up with a doctor in the past 12 months. Of the 3,070 Medicare Part B beneficiaries in the report area, 80.9% percent reported a recent primary care visit.

Report Area	Medicare Part B Beneficiaries	Percentage of Medicare Beneficiaries with Recent Primary Care Visit
Report Location	3,070	80.9%
Rockbridge County, VA	1,947	79.5%
Buena Vista City, VA	1,123	83.2%
Virginia	832,699	79.7%
United States	26,937,083	75.1%

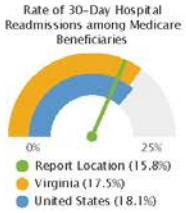
Note: This indicator is compared to the state average.
Data Source: Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2015. Source geography: County

Readmissions - All Cause (Medicare Population)

This indicator reports the number and rate of 30-day hospital readmissions among Medicare beneficiaries age 65 and older. Hospital readmissions are unplanned visits to an acute care hospital within 30 days after discharge from a hospitalizations. Patients may have unplanned readmissions for any reason, however readmissions within 30 days are often related to the care received in the hospital, whereas readmissions over a longer time period have more to do with other complicating illnesses, patients' own behavior, or care provided to patients after hospital discharge[1].

In the latest reporting period there were 7,313 Medicare beneficiaries in the report area. 247, or 15.8% of hospitalizations resulted in a 30-day hospital readmission. The rate of readmissions in the report area was lower than the state rate of 17.5% during the same time period.

Report Area	Medicare Part A and B Beneficiaries	30-Day Hospital Readmissions	30-Day Hospital Readmissions, Rate (per 1,000 Beneficiaries)
Report Location	7,313	247	15.8%
Rockbridge County, VA	4,787	150	15.5%
Buena Vista City, VA	1,126	43	15.9%
Lexington City, VA	1,400	54	16.6%
Virginia	1,046,853	43,745	17.5%
United States	33,499,472	1,500,482	18.1%

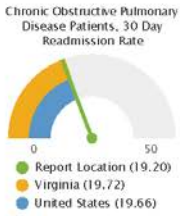


Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2018. Source geography: County

Readmissions - Chronic Obstructive Pulmonary Disease

This indicator reports the average 30-day rate of readmission for chronic obstructive pulmonary disease (COPD) patients in selected hospitals* within the report area. Readmission measures are estimates of the rate of unplanned readmission to an acute care hospital in the 30 days after discharge from a hospitalization due to chronic obstructive pulmonary disease (COPD).
**For a list of hospitals within the report area, see the data tables below.*

Report Area	Discharges for COPD	30-day Readmission Rate
Report Location	89	19.20
Rockbridge County, VA	Suppressed	Suppressed
Buena Vista City, VA	Suppressed	Suppressed
Lexington City, VA	89	19.20
Virginia	22,264	19.72
United States	760,941	19.66

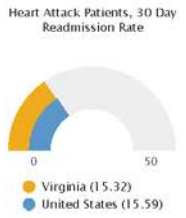


Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2015-2018. Source geography: Address

Readmissions - Heart Attack

This indicator reports the average 30-day rate of readmission for heart attack patients in selected hospitals* within the report area. Readmission measures are estimates of the rate of unplanned readmission to an acute care hospital in the 30 days after discharge from a hospitalization due to an acute myocardial infarction (heart attack).
**For a list of hospitals within the report area, see the data tables below.*

Report Area	Discharges for Heart Attack	30-day Readmission Rate
Report Location	0	No data
Rockbridge County, VA	Suppressed	Suppressed
Buena Vista City, VA	Suppressed	Suppressed
Lexington City, VA	0	No data
Virginia	13,914	15.32
United States	453,994	15.59



Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2015-2018. Source geography: Address

Readmissions - Heart Failure

This indicator reports the average 30-day rate of readmission for heart failure patients in selected hospitals* within the report area. Readmission measures are estimates of the rate of unplanned readmission to an acute care hospital in the 30 days after discharge from a hospitalization due to heart failure.
**For a list of hospitals within the report area, see the data tables below.*

Report Area	Discharges for Heart Failure	30-day Readmission Rate
Report Location	146	21.90
Rockbridge County, VA	Suppressed	Suppressed
Buena Vista City, VA	Suppressed	Suppressed
Lexington City, VA	146	21.90
Virginia	38,776	21.05
United States	1,152,838	21.61

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2015-2018. Source geography: Address

Readmissions - Pneumonia

This indicator reports the average 30-day rate of readmission for pneumonia patients in selected hospitals* within the report area. Readmission measures are estimates of the rate of unplanned readmission to an acute care hospital in the 30 days after discharge from a hospitalization due to pneumonia.
**For a list of hospitals within the report area, see the data tables below.*

Report Area	Discharges for Pneumonia	30-day Readmission Rate
Report Location	154	16.70
Rockbridge County, VA	Suppressed	Suppressed
Buena Vista City, VA	Suppressed	Suppressed
Lexington City, VA	154	16.70
Virginia	35,613	16.59
United States	1,284,198	16.80

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2015-2018. Source geography: Address

Health Behaviors

Health behaviors such as poor diet, a lack of exercise, and substance abuse contribute to poor health status.

Alcohol - Binge Drinking

This indicator reports the percentage of adults age 18 and older who report having five or more drinks (men) or four or more drinks (women) on an occasion in the past 30 days.

Within the report area there are 15.67% adults who reported having four or more drinks in the last month of the total population.

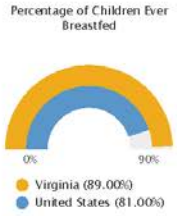
Report Area	Total Population(2010)	Percentage of Adults Binge Drinking in the Past 30 Days
Report Location	36,125	15.67%
Rockbridge County, VA	22,752	14.2%
Buena Vista City, VA	6,237	15.6%
Lexington City, VA	7,136	20.4%
Virginia	8,517,685	16.1%
United States	327,167,434	16.9%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Breastfeeding (Any)

This indicator reports the percentage of mothers who are breastfeeding their infants at birth. This indicator is relevant because breastfeeding has positive health benefits for both infants and mothers and may lower infant mortality rates.

Report Area	Total Population (Age 0 - 5)	Number Ever Breastfed	Percent Ever Breastfed
Report Location	No data	No data	No data
Rockbridge County, VA	No data	No data	No data
Buena Vista City, VA	No data	No data	No data
Lexington City, VA	No data	No data	No data
Virginia	542,528	483,235	89.00%
United States	23,299,619	18,856,576	81.00%



Note: This indicator is compared to the state average.
Data Source: Child and Adolescent Health Measurement Initiative, National Survey of Children's Health. 2018. Source geography: State

Physical Inactivity

Within the report area, 7,094 or 23.8% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Report Area	Population Age 20+	Adults with No Leisure Time Physical Activity	Adults with No Leisure Time Physical Activity, Percent
Report Location	27,989	7,094	23.8%
Rockbridge County, VA	18,078	5,098	25.6%
Buena Vista City, VA	4,808	1,154	23.1%
Lexington City, VA	5,103	842	17.0%
Virginia	6,371,384	1,413,770	21.7%
United States	243,068,284	55,261,407	22.1%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County

STI - Chlamydia Incidence

This indicator reports the number chlamydia cases occurring in the report area. Rates are presented per 100,000 population.

The number of cases are based on laboratory-confirmed diagnoses that occurred between January 1st and December 31st of the latest reporting year. These data are delivered to and analyzed by the CDC as part of the Nationally notifiable STD surveillance system.

Report Area	Total Population	Chlamydia Infections	Chlamydia Infections, Rate per 100,000 Pop.
Report Location	36,092	65	180.10
Rockbridge County, VA	22,659	40	176.5
Buena Vista City, VA	6,327	12	189.7
Lexington City, VA	7,106	13	182.9
Virginia	8,470,020	42,965	507.3
United States	325,719,178	1,758,668	539.9

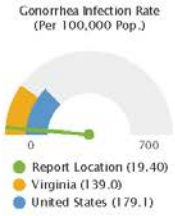
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2018. Source geography: County

STI - Gonorrhea Incidence

This indicator reports the number gonorrhea cases occurring in the report area. Rates are presented per 100,000 population.

The number of cases are based on laboratory-confirmed diagnoses that occurred between January 1st and December 31st of the latest reporting year. These data are delivered to and analyzed by the CDC as part of the Nationally notifiable STD surveillance system.

Report Area	Total Population	Gonorrhea Infections	Gonorrhea Infections, Rate per 100,000 Pop.
Report Location	36,092	7	19.40
Rockbridge County, VA	22,659	5	22.1
Buena Vista City, VA	6,327	0	0.0
Lexington City, VA	7,106	2	28.1
Virginia	8,470,020	11,776	139.0
United States	325,719,178	583,405	179.1



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2018. Source geography: County

STI - HIV Incidence

This indicator reports the incidence rate of HIV infection or infection classified as state 3 (AIDS) per 100,000 population. Incidence refers to the number of confirmed diagnoses during a given time period, in this case is January 1st and December 31st of the latest reporting year.

Report Area	Population Age 13+	Total HIV / AIDS Infections	HIV / AIDS Infections, Rate per 100,000 Pop.
Report Location	32,187	0	0.00
Rockbridge County, VA	19,984	0	0.0
Buena Vista City, VA	5,512	0	0.0
Lexington City, VA	6,691	0	0.0
Virginia	7,174,624	858	12.0
United States	274,605,948	37,428	13.6

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2018. Source geography: County

STI - HIV Prevalence

This indicator reports the prevalence of HIV in the report area as a rate per 100,000 population over age 13. The data reflect persons living with diagnosed HIV infection at the end of the latest reporting year, or persons living with infection ever classified as stage 3 (AIDS) at the end of the latest report year.

Report Area	Population Age 13+	Population with HIV / AIDS	Population with HIV / AIDS, Rate per 100,000 Pop.
Report Location	19,984	12	60.05
Rockbridge County, VA	19,984	12	60.0
Buena Vista City, VA	No data	Suppressed	No data
Lexington City, VA	No data	Suppressed	No data
Virginia	7,174,624	23,081	321.7
United States	274,605,948	1,023,832	372.8

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. 2018. Source geography: County

Health Outcomes

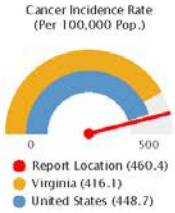
Measuring morbidity and mortality rates allows assessing linkages between social determinants of health and outcomes. By comparing, for example, the prevalence of certain chronic diseases to indicators in other categories (e.g., poor diet and exercise) with outcomes (e.g., high rates of obesity and diabetes), various causal relationship may emerge, allowing a better understanding of how certain community health needs may be addressed.

Cancer Incidence - All Sites

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancer (all sites) adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 238 new cases of cancer reported. This means there is a rate of 460.4 for every 100,000 total population.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	51,688	238	460.4
Rockbridge County, VA	36,185	159	439.4
Buena Vista City, VA	8,389	41	488.7
Lexington City, VA	7,113	38	534.2
Virginia	9,546,743	39,724	416.1
United States	372,877,646	1,673,102	448.7



Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Cancer Incidence - Breast

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of females with breast cancer adjusted to 2000 U.S. standard population age groups (Under Age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 32 new cases of breast cancer. This means there is a rate of 123.4 for every 100,000 total population.

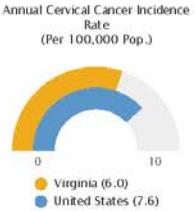
Report Area	Estimated Total Population (Female)	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	25,925	32	123.4
Rockbridge County, VA	16,906	20	118.3
Buena Vista City, VA	5,167	6	116.1
Lexington City, VA	3,851	6	155.8
Virginia	5,033,751	6,413	127.4
United States	194,131,056	244,411	125.9

Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Cancer Incidence - Cervical

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of females with cervical cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Report Area	Estimated Total Population (Female)	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	No data	No data	No data
Rockbridge County, VA	No data	Suppressed	Suppressed
Buena Vista City, VA	No data	Suppressed	Suppressed
Lexington City, VA	No data	Suppressed	Suppressed
Virginia	4,483,333	269	6.0
United States	168,855,263	12,833	7.6



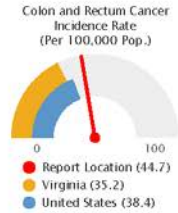
Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Cancer Incidence - Colon and Rectum

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of colon and rectum cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 21 new cases of colon and rectum cancer. This means there is a rate of 44.7 for every 100,000 total population.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	46,966	21	44.7
Rockbridge County, VA	38,901	17	43.7
Buena Vista City, VA	8,064	4	49.6
Lexington City, VA	No data	Suppressed	Suppressed
Virginia	9,417,613	3,315	35.2
United States	370,377,604	142,225	38.4



Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Cancer Incidence - Lung

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of colon and rectum cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 32 new cases of lung cancer. This means there is a rate of 54.9 for every 100,000 total population.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	58,239	32	54.9
Rockbridge County, VA	39,920	20	50.1
Buena Vista City, VA	9,404	6	63.8
Lexington City, VA	8,915	6	67.3
Virginia	9,617,021	5,424	56.4
United States	380,048,027	221,568	58.3

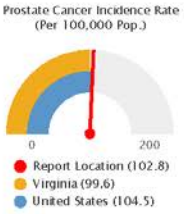
Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Cancer Incidence - Prostate

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of males with prostate cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 23 new cases of prostate cancer. This means there is a rate of 102.8 for every 100,000 total population.

Report Area	Estimated Total Population (Male)	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Report Location	22,379	23	102.8
Rockbridge County, VA	19,588	20	102.1
Buena Vista City, VA	No data	Suppressed	Suppressed
Lexington City, VA	2,790	3	107.5
Virginia	4,757,028	4,738	99.6
United States	184,610,526	192,918	104.5



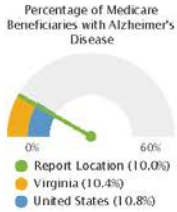
Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Chronic Conditions - Alzheimer's Disease (Medicare Population)

This indicator reports the number and percentage of Medicare fee-for-service population with Alzheimer's Disease. Data are based upon Medicare administrative enrollment and claims data for Medicare beneficiaries enrolled in the fee-for-service program.

Within the report area, there were 734 beneficiaries with Alzheimer's Disease based on administrative claims data in the latest report year. This represents 10.0% of the total Medicare fee-for-service beneficiaries

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Alzheimer's Disease	Beneficiaries with Alzheimer's Disease, Percent
Report Location	7,313	734	10.0%
Rockbridge County, VA	4,787	421	8.8%
Buena Vista City, VA	1,126	127	11.3%
Lexington City, VA	1,400	186	13.3%
Virginia	1,046,853	108,819	10.4%
United States	33,499,472	3,610,640	10.8%



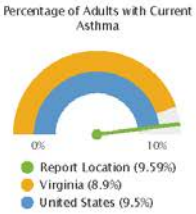
Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File . 2018. Source geography: County

Chronic Conditions - Asthma Prevalence (Adult)

This indicator reports the percentage of adults age 18 and older who answer "yes" to both of the following questions: "Have you ever been told by a doctor, nurse, or other health professional that you have asthma?" and the question "Do you still have asthma?"

Within the report area, there were 9.59% of adults 18 and older who reported having asthma of the total population.

Report Area	Total Population(2010)	Percentage of Adults with Asthma
Report Location	36,125	9.59%
Rockbridge County, VA	22,752	9.4%
Buena Vista City, VA	6,237	10.5%
Lexington City, VA	7,136	9.4%
Virginia	8,517,685	8.9%
United States	327,167,434	9.5%



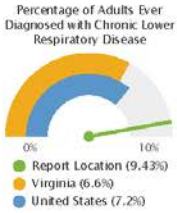
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Chronic Conditions - Chronic Obstructive Pulmonary Disease (Adult)

This indicator reports the percentage of adults age 18 and older who report ever having been told by a doctor, nurse, or other health professional that they had chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis.

Within the report area, there were 9.43% of adults 18 and older who reported having chronic obstructive pulmonary disease of the total population.

Report Area	Total Population(2010)	Percentage of Adults Ever Diagnosed with Chronic Lower Respiratory Disease
Report Location	36,125	9.43%
Rockbridge County, VA	22,752	10.0%
Buena Vista City, VA	6,237	10.8%
Lexington City, VA	7,136	6.4%
Virginia	8,517,685	6.6%
United States	327,167,434	7.2%



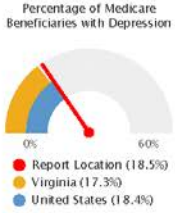
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Chronic Conditions - Depression (Medicare Population)

This indicator reports the number and percentage of the Medicare fee-for-service population with depression. Data are based upon Medicare administrative enrollment and claims data for Medicare beneficiaries enrolled in the fee-for-service program.

Within the report area, there were 1,356 beneficiaries with depression based on administrative claims data in the latest report year. This represents 18.5% of the total Medicare fee-for-service beneficiaries.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Depression	Beneficiaries with Depression, Percent
Report Location	7,313	1,356	18.5%
Rockbridge County, VA	4,787	853	17.8%
Buena Vista City, VA	1,126	259	23.0%
Lexington City, VA	1,400	244	17.4%
Virginia	1,046,853	181,166	17.3%
United States	33,499,472	6,163,735	18.4%



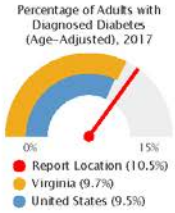
Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File. 2018. Source geography: County

Chronic Conditions - Diabetes (Adult)

This indicator reports the number and percentage of adults age 20 and older who have ever been told by a doctor that they have diabetes. This indicator is relevant because diabetes is a prevalent problem in the U.S.; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Within the report area, 3,564 of adults age 20 and older have diabetes. This represents 10.5% of the total survey population.

Report Area	Population Age 20+	Adults with Diagnosed Diabetes	Adults with Diagnosed Diabetes, Age-Adjusted Rate
Report Location	27,956	3,564	10.5%
Rockbridge County, VA	18,067	2,710	11.7%
Buena Vista City, VA	4,815	443	7.6%
Lexington City, VA	5,074	411	8.2%
Virginia	6,370,568	679,260	9.7%
United States	245,628,960	25,942,874	9.5%



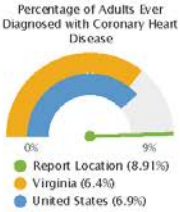
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County

Chronic Conditions - Heart Disease (Adult)

This indicator reports the percentage of adults age 18 and older who report ever having been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

Within the report area, there were 8.91% of adults 18 and older who reported having coronary heart disease of the total population.

Report Area	Total Population(2010)	Percentage of Adults Ever Diagnosed with Coronary Heart Disease
Report Location	36,125	8.91%
Rockbridge County, VA	22,752	9.8%
Buena Vista City, VA	6,237	9.3%
Lexington City, VA	7,136	5.7%
Virginia	8,517,685	6.4%
United States	327,167,434	6.9%



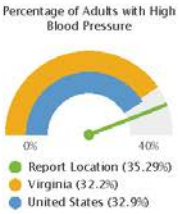
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Chronic Conditions - High Blood Pressure (Adult)

This indicator reports the percentage of adults age 18 who report ever having been told by a doctor, nurse, or other health professional that they have high blood pressure. Women who were told high blood pressure only during pregnancy and those who were told they had borderline hypertension were not included.

Within the report area, there were 35.29% of adults 18 and older who reported having high blood pressure of the total population.

Report Area	Total Population(2010)	Percentage of Adults with High Blood Pressure
Report Location	36,125	35.29%
Rockbridge County, VA	22,752	38.0%
Buena Vista City, VA	6,237	36.7%
Lexington City, VA	7,136	25.4%
Virginia	8,517,685	32.2%
United States	327,167,434	32.9%



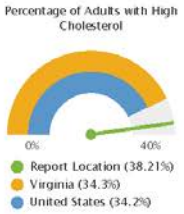
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Chronic Conditions - High Cholesterol (Adult)

This indicator reports the percentage of adults age 18 and older who report having been told by a doctor, nurse, or other health professional that they had high cholesterol.

Within the report area, there were 38.21% of adults 18 and older who reported having high cholesterol of the total population.

Report Area	Total Population(2010)	Percentage of Adults with High Cholesterol
Report Location	36,125	38.21%
Rockbridge County, VA	22,752	41.1%
Buena Vista City, VA	6,237	38.2%
Lexington City, VA	7,136	29.0%
Virginia	8,517,685	34.3%
United States	327,167,434	34.2%



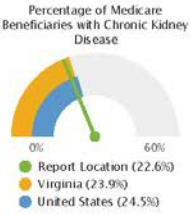
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2017.

Chronic Conditions - Kidney Disease (Medicare Population)

This indicator reports the number and percentage of the Medicare fee-for-service population with Kidney Disease. Data are based upon Medicare administrative enrollment and claims data for Medicare beneficiaries enrolled in the fee-for-service program.

Within the report area, there were 1,651 beneficiaries with Kidney Disease based on administrative claims data in the latest report year. This represents 22.6% of the total Medicare fee-for-service beneficiaries.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Chronic Kidney Disease	Percentage with Chronic Kidney Disease
Report Location	7,313	1,651	22.6%
Rockbridge County, VA	4,787	1,043	21.8%
Buena Vista City, VA	1,126	283	25.1%
Lexington City, VA	1,400	325	23.2%
Virginia	1,046,853	250,526	23.9%
United States	33,499,472	8,199,666	24.5%



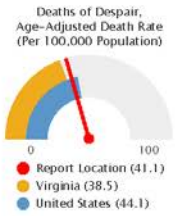
Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - Geographic Variation Public Use File . 2018. Source geography: County

Deaths of Despair (Suicide + Drug/Alcohol Poisoning)

This indicator reports average rate of death due to intentional self-harm (suicide), alcohol-related disease, and drug overdose, also known as "deaths of despair", per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because death of despair is an indicator of poor mental health.

Within the report area, there were 82 deaths of despair. This represents an age-adjusted death rate of 41.1 per every 100,000 total population.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	82	45.3	41.1
Rockbridge County, VA	22,546	55	48.8	41.2
Buena Vista City, VA	6,422	13	40.5	No data
Lexington City, VA	7,199	14	38.9	No data
Virginia	8,463,605	17,231	40.7	38.5
United States	325,134,494	754,015	46.4	44.1



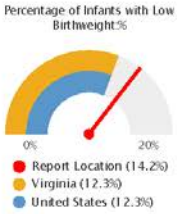
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Low Birth Weight (CDC)

This indicator reports the percentage of live births where the infant weighed less than 2,500 grams (approximately 5 lbs., 8 oz.). These data are reported for a 7-year aggregated time period. Data were from the National Center for Health Statistics - Natality Files (2013-2019) and are used for the 2021 County Health Rankings.

Within the report area, there were 1,732 infants born with low birth weight. This represents 14.2% of the total live births.
Note: Data are suppressed for counties with fewer than 10 low birthweight births in the reporting period.

Report Area	Total Live Births	Low Birthweight Births	Low Birthweight Births, Percentage
Report Location	122	1,732	14.2%
Rockbridge County, VA	72	945	7.6%
Buena Vista City, VA	26	368	7.1%
Lexington City, VA	24	419	5.7%
Virginia	114,764	1,416,954	12.3%
United States	4,440,508	54,416,819	12.3%

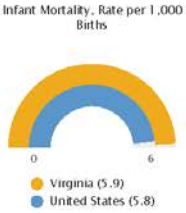


Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2013-2019. Source geography: County

Mortality - Infant Mortality (CDC)

This indicator reports information about infant mortality, which is defined as the number of all infant deaths (within 1 year) per 1,000 live births. Data were from the National Center for Health Statistics - Mortality Files (2013-2019) and are used for the 2021 County Health Rankings.
Note: Data are suppressed for counties with fewer than 20 infant deaths in the time frame.

Report Area	Number of Infant Deaths	Deaths per 1,000 Live Births
Report Location	No data	No data
Rockbridge County, VA	No data	No data
Buena Vista City, VA	No data	No data
Lexington City, VA	No data	No data
Virginia	7,616	5.9
United States	301,832	5.8



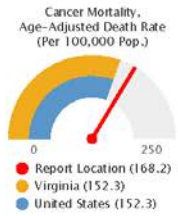
Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2013-2019. Source geography: County

Mortality - Cancer

This indicator reports the 2015-2019 five-year average rate of death due to malignant neoplasm (cancer) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because cancer is a leading cause of death in the United States.

Within the report area, there are a total of 475 deaths due to cancer. This represents an age-adjusted death rate of 168.2 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	475	262.7	168.2
Rockbridge County, VA	22,546	291	258.1	141.9
Buena Vista City, VA	6,422	89	277.1	197.7
Lexington City, VA	7,199	95	263.9	224.2
Virginia	8,463,605	75,231	177.8	152.3
United States	325,134,494	2,991,951	184.0	152.3



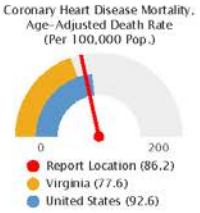
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Coronary Heart Disease

This indicator reports the 2015-2019 five-year average rate of death due to coronary heart disease (ICD10 Codes I20-I25) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because coronary heart disease is a leading cause of death in the United States.

Within the report area, there are a total of 234 deaths due to coronary heart disease. This represents an age-adjusted death rate of 86.2 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	234	129.4	86.2
Rockbridge County, VA	22,546	141	125.1	70.3
Buena Vista City, VA	6,422	44	137.0	108.5
Lexington City, VA	7,199	49	136.1	116.1
Virginia	8,463,605	37,662	89.0	77.6
United States	325,134,494	1,822,811	112.1	92.6

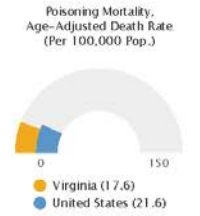


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Poisoning

This indicator reports the 2015-2019 five-year average rate of death due to poisoning (including drug overdose) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because poisoning deaths, especially from drug overdose, are a national public health emergency.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	14	12.4	No data
Rockbridge County, VA	22,546	14	12.4	No data
Buena Vista City, VA	6,422	No data	No data	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	7,459	17.6	17.6
United States	325,134,494	350,184	21.5	21.6



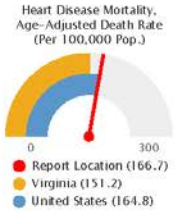
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Heart Disease

This indicator reports the 2015-2019 five-year average rate of death due to heart disease (ICD10 Codes I00-I09, I11, I13, I20-I151) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because heart disease is a leading cause of death in the United States.

Within the report area, there are a total of 470 deaths due to heart disease. This represents an age-adjusted death rate of 166.7 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	470	259.9	166.7
Rockbridge County, VA	22,546	286	253.7	138.2
Buena Vista City, VA	6,422	90	280.3	218.1
Lexington City, VA	7,199	94	261.1	210.0
Virginia	8,463,605	72,724	171.9	151.2
United States	325,134,494	3,230,981	198.8	164.8

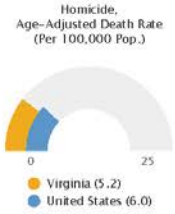


Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Homicide

This indicator reports the 2015-2019 five-year average rate of death due to assault (homicide) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because homicide rate is a measure of poor community safety and is a leading cause of premature death.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	No data	No data	No data
Rockbridge County, VA	22,546	No data	No data	No data
Buena Vista City, VA	6,422	No data	No data	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	2,145	5.1	5.2
United States	325,134,494	94,636	5.8	6.0



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Life Expectancy (Census Tract)

This indicator reports the average life expectancy at birth. Life expectancy measures the average number of years from birth a person can expect to live, according to the current mortality experience (age-specific death rates) of the population. Life expectancy takes into account the number of deaths in a given time period and the average number of people at risk of dying during that period, allowing us to compare data across census tracts with different population sizes.

Within the report area, the average life expectancy at birth is 78.73 of the total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population (2010-2015)	Life Expectancy at Birth (2010-15)
Report Location	36,181	78.73
Rockbridge County, VA	22,444	80.27
Buena Vista City, VA	6,666	73.70
Lexington City, VA	7,071	78.60
Virginia	8,256,630	78.73
United States	320,098,094	78.69

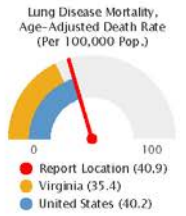
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, U.S. Small-Area Life Expectancy Estimates Project. 2010-15. Source geography: Tract

Mortality - Lung Disease

This indicator reports the 2015-2019 five-year average rate of death due to chronic lower respiratory disease per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because lung disease is a leading cause of death in the United States.

Within the report area, there are a total of 116 deaths due to lung disease. This represents an age-adjusted death rate of 40.9 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	116	64.1	40.9
Rockbridge County, VA	22,546	74	65.6	34.6
Buena Vista City, VA	6,422	15	46.7	No data
Lexington City, VA	7,199	27	75.0	60.5
Virginia	8,463,605	17,096	40.4	35.4
United States	325,134,494	786,303	48.4	40.2



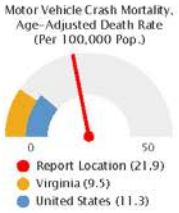
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Motor Vehicle Crash

This indicator reports the 2015-2019 five-year average rate of death due to motor vehicle crash per 100,000 population, which include collisions with another motor vehicle, a nonmotorist, a fixed object, and a non-fixed object, an overturn, and any other non-collision. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. This indicator is relevant because motor vehicle crash deaths are preventable and they are a cause of premature death.

Within the report area, there are a total of 26 deaths due to motor vehicle crash. This represents an age-adjusted death rate of 21.9 per every 100,000 total population.
Note: Fatality counts are based on the location of the crash and not the decedent's residence.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	26	23.1	21.9
Rockbridge County, VA	22,546	26	23.1	21.9
Buena Vista City, VA	6,422	No data	No data	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	4,195	9.9	9.5
United States	325,134,494	189,154	11.6	11.3



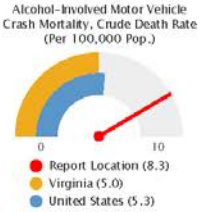
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Motor Vehicle Crash, Alcohol-Involved

Motor vehicle crash deaths are preventable and are a leading cause of death among young persons. This indicator reports the crude rate of persons killed in motor vehicle crashes involving alcohol as a rate per 100,000 population. Fatality counts are based on the location of the crash and not the decedent's residence.

Within the report area, there are a total of 9 deaths due to motor vehicle crash. This represents an age-adjusted death rate of 8.3 per every 100,000 total population.
Note: Fatality counts are based on the location of the crash and not the decedent's residence.

Report Area	Total Population (2010)	Alcohol-Involved Crash Deaths (2015-2019)	Alcohol-Involved Crash Deaths, Annual Rate per 100,000 Population
Report Location	35,999	9	8.3
Rockbridge County, VA	22,307	9	13.4
Buena Vista City, VA	6,650	0	0.0
Lexington City, VA	7,042	0	0.0
Virginia	7,994,802	1,192	5.0
United States	312,443,997	49,522	5.3



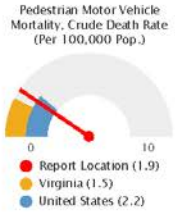
Note: This indicator is compared to the state average.
Data Source: US Department of Transportation, National Highway Traffic Safety Administration, Fatality Analysis Reporting System. 2015-2019. Source geography: Address

Mortality - Motor Vehicle Crash, Pedestrian

Motor vehicle crash deaths are preventable and are a leading cause of death among young persons. This indicator reports the crude rate of pedestrians killed by motor vehicles per 100,000 population. Fatality counts are based on the location of the crash and not the decedent's residence.

Within the report area, there are a total of 2 pedestrian deaths due to motor vehicle crash. This represents an age-adjusted death rate of 1.9 per every 100,000 total population.
Note: Fatality counts are based on the location of the crash and not the decedent's residence.

Report Area	Total Population (2010)	Pedestrian Deaths (2015-2019)	Pedestrian Deaths, Annual Rate per 100,000 Population
Report Location	35,999	2	1.9
Rockbridge County, VA	22,307	2	3.0
Buena Vista City, VA	6,650	0	0.0
Lexington City, VA	7,042	0	0.0
Virginia	7,994,802	365	1.5
United States	312,443,997	21,025	2.2

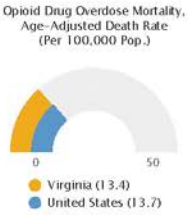


Note: This indicator is compared to the state average.
Data Source: US Department of Transportation, National Highway Traffic Safety Administration, Fatality Analysis Reporting System. 2015-2019. Source geography: Address

Mortality - Opioid Overdose

This indicator reports the 2015-2019 five-year average rate of death due to opioid drug overdose per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because opioid drug overdose is the leading cause of injury deaths in the United States, and they have increased dramatically in recent years.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	No data	No data	No data
Rockbridge County, VA	22,546	No data	No data	No data
Buena Vista City, VA	6,422	No data	No data	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	5,598	13.2	13.4
United States	325,134,494	219,489	13.5	13.7



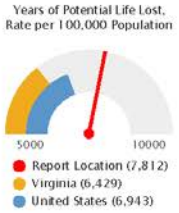
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Premature Death

This indicator reports the Years of Potential Life Lost (YPLL) before age 75 per 100,000 population for all causes of death. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. YPLL measures premature death and is calculated by subtracting the age of death from the 75 year benchmark. Data were from the National Center for Health Statistics - Mortality Files (2017-2019) and are used for the 2021 County Health Rankings. This indicator is relevant because a measure of premature death can provide a unique and comprehensive look at overall health status.

Within the report area, there are a total of 490 premature deaths. This represents an age-adjusted death rate of 7,812 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the three-year time frame.

Report Area	Premature Deaths, 2017-2019	Years of Potential Life Lost, 2017-2019 Average	Years of Potential Life Lost, Rate per 100,000 Population
Report Location	490	7,620	7,812
Rockbridge County, VA	300	4,001	6,657
Buena Vista City, VA	102	1,574	9,034
Lexington City, VA	88	2,045	10,214
Virginia	190,227	3,068,033	6,429
United States	7,697,253	126,961,190	6,943



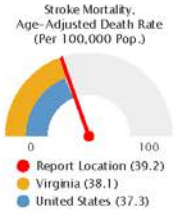
Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2017-2019. Source geography: County

Mortality - Stroke

This indicator reports the 2015-2019 five-year average rate of death due to cerebrovascular disease (stroke) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because stroke is a leading cause of death in the United States.

Within the report area, there are a total of 116 deaths due to stroke. This represents an age-adjusted death rate of 39.2 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	116	64.1	39.2
Rockbridge County, VA	22,546	69	61.2	31.6
Buena Vista City, VA	6,422	20	62.3	47.2
Lexington City, VA	7,199	27	75.0	56.1
Virginia	8,463,605	18,056	42.7	38.1
United States	325,134,494	726,663	44.7	37.3



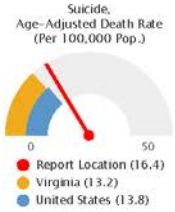
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Suicide

This indicator reports the 2015-2019 five-year average rate of death due to intentional self-harm (suicide) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because suicide is an indicator of poor mental health.

Within the report area, there are a total of 22 deaths due to suicide. This represents an age-adjusted death rate of 16.4 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	22	19.5	16.4
Rockbridge County, VA	22,546	22	19.5	16.4
Buena Vista City, VA	6,422	No data	No data	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	5,846	13.8	13.2
United States	325,134,494	232,186	14.3	13.8



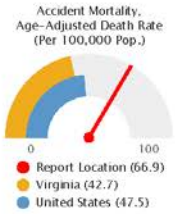
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Unintentional Injury (Accident)

This indicator reports the 2015-2019 five-year average rate of death due to unintentional injury (accident) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because accidents are a leading cause of death in the United States.

Within the report area, there are a total of 123 deaths due to unintentional injury. This represents an age-adjusted death rate of 66.9 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	123	68.0	66.9
Rockbridge County, VA	22,546	94	83.4	66.9
Buena Vista City, VA	6,422	17	52.9	No data
Lexington City, VA	7,199	12	33.3	No data
Virginia	8,463,605	18,991	44.9	42.7
United States	325,134,494	818,048	50.3	47.5



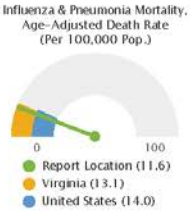
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Mortality - Influenza & Pneumonia

This indicator reports the 2015-2019 five-year average rate of death due to influenza and pneumonia (ICD10 Codes J09-J18) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because influenza and pneumonia is a leading cause of death in the United States.

Within the report area, there are a total of 39 deaths due to influenza and pneumonia. This represents an age-adjusted death rate of 11.6 per every 100,000 total population.
Note: Data are suppressed for counties with fewer than 20 deaths in the three-year time frame.

Report Area	Total Population, 2015-2019 Average	Five Year Total Deaths, 2015-2019 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Report Location	36,167	39	26.9	11.6
Rockbridge County, VA	22,546	26	23.1	11.6
Buena Vista City, VA	6,422	13	40.5	No data
Lexington City, VA	7,199	No data	No data	No data
Virginia	8,463,605	6,221	14.7	13.1
United States	325,134,494	273,174	16.8	14.0



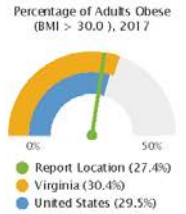
Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2015-2019. Source geography: County

Obesity

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]2) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Within the report area, there are a total of 7,562 adults age 20 and older who self-reported having a BMI greater than 30.0. This represents a 27.4% of the survey population.

Report Area	Population Age 20+	Adults with BMI > 30.0 (Obese)	Adults with BMI > 30.0 (Obese), Percent
Report Location	28,002	7,562	27.4%
Rockbridge County, VA	18,092	5,319	29.8%
Buena Vista City, VA	4,813	1,030	21.8%
Lexington City, VA	5,097	1,213	24.2%
Virginia	6,372,854	1,946,059	30.4%
United States	243,101,202	72,159,365	29.5%



Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County

Poor or Fair Health

This indicator reports the percentage of adults age 18 and older who self-report having poor or fair health (age-adjusted to the 2000 standard). Data were from the 2018 Behavioral Risk Factor Surveillance System (BRFSS) annual survey and are used for the 2021 County Health Rankings. This indicator is relevant because it is a measure of general poor health status.

Within the report area there are 1,393 persons aged 18 and older who self-report having poor or fair health. This represents 20.1% of the total population aged 18 and older, which is greater than the state rate of 16.6%.

Report Area	Population Age 18+	Adults with Poor or Fair Health	Percentage of Adults with Poor or Fair Health
Report Location	6,939	1,393	20.1%
Virginia	4,549,102	754,745	16.6%
United States	172,018,492	30,907,322	18.0%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2018. Source geography: County

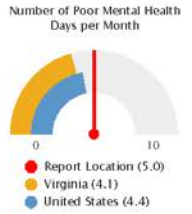
Poor Mental Health - Days

This indicator reports the average number of self-reported mentally unhealthy days in past 30 days among adults (age-adjusted to the 2000 standard). Data were from the 2018 Behavioral Risk Factor Surveillance System (BRFSS) annual survey and are used for the 2021 County Health Rankings.

Of the 6,939 total adults in the report area, the average poor mental health days is 5.0 per month, which is greater than the state's monthly average of 4.1.

Report Area	Population Age 18+	Average Poor Mental Health Days per Month
Report Location	6,939	5.0
Rockbridge County, VA	4,727	4.9
Buena Vista City, VA	1,257	5.4
Lexington City, VA	955	4.8
Virginia	2,274,551	4.1
United States	86,000,079	4.4

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2018. Source geography: County



Poor Physical Health - Days

This indicator reports the average number of self-reported physically unhealthy days in past 30 days among adults. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Data were from the 2018 Behavioral Risk Factor Surveillance System (BRFSS) annual survey and are used for the 2021 County Health Rankings.

Within the report area, there are a total of 4.7 average days of poor physical health days per month among adults 18 and older.

Report Area	Population Age 18+	Average Poor Physical Health Days per Month
Report Location	6,939	4.7
Rockbridge County, VA	4,727	4.5
Buena Vista City, VA	1,257	5.2
Lexington City, VA	955	4.5
Virginia	4,549,102	3.6
United States	172,018,492	4.0

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2018. Source geography: County

Stroke (Adult)

This indicator reports the number and percentage of adults age 18 and older who report ever having been told by a doctor,

nurse, or other health professional that they have had a stroke.

Within the report area, there were 4.17% of adults 18 and older who reported having a stroke of the total population.

Report Area	Total Population(2010)	Percentage of Adults Ever Having a Stroke
Report Location	36,125	4.17%
Rockbridge County, VA	22,752	4.5%
Buena Vista City, VA	6,237	4.5%
Lexington City, VA	7,136	2.8%
Virginia	8,517,685	3.2%
United States	327,167,434	3.4%

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the 500 Cities Data Portal. 2018.

Healthcare Workforce

A lack of access to care presents barriers to good health. The supply and accessibility of facilities and physicians, the rate of uninsurance, financial hardship, transportation barriers, cultural competency, and coverage limitations affect access.

Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions.

Access to Care - Addiction/Substance Abuse Providers

This indicator reports the number of providers who specialize in addiction or substance abuse treatment, rehabilitation, addiction medicine, or providing methadone. The providers include Doctors of Medicine (MDs), Doctor of Osteopathic Medicine (DOs), and other credentialed professionals with a Center for Medicare and Medicaid Services (CMS) and a valid National Provider Identifier (NPI). The number of facilities that specialize in addiction and substance abuse treatment are also listed (but are not included in the calculated rate). Data are from latest Centers for Medicare and Medicaid Services (CMS) National Plan and Provider Enumeration System (NPPES) Downloadable File.

Within the report area there are 1 providers who specialize in addiction or substance abuse. This represents 2.75 providers per 100,000 total population.

Report Area	Total Population (2017)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Report Location	36,304	0	1	2.75
Rockbridge County, VA	22,668	0	0	0.00
Buena Vista City, VA	6,482	0	0	0.00
Lexington City, VA	7,154	0	1	13.98
Virginia	16,927,174	139	324	1.91
United States	649,971,078	13,618	59,273	9.12

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - National Plan and Provider Enumeration System (NPPES). May, 2021. Source geography: Address

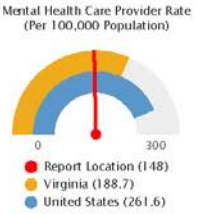
Access to Care - Mental Health

This indicator reports the number of mental health providers in the report area as a rate per 100,000 total area population.

Mental health providers include psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care. Data from the 2020 Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file are used in the 2021 County Health Rankings.

Within the report area there are 54 mental health providers with a CMS National Provider Identifier (NPI). This represents 148 providers per 100,000 total population.
Note: Data are suppressed for counties with population greater than 1,000 and 0 mental health providers.

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Report Location	36,497	54	675.9	148
Rockbridge County, VA	22,573	1	22,573	4.4
Buena Vista City, VA	6,478	5	1,295.6	77.2
Lexington City, VA	7,446	48	155.1	644.6
Virginia	17,023,773	32,119	530	188.7
United States	655,362,202	1,714,472	382.3	261.6



Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS - National Plan and Provider Enumeration System (NPPES). Accessed via County Health Rankings. 2020. Source geography: County

Health Professional Shortage Areas - All

This indicator reports the number and location of health care facilities designated as "Health Professional Shortage Areas" (HPSAs), defined as having shortages of primary medical care, dental or mental health providers. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Within the report area, there is a total of 3 Health Professional Shortage Areas (HPSAs).

Report Area	Primary Care Facilities	Mental Health Care Facilities	Dental Health Care Facilities	Total HPSA Facility Designations
Report Location	1	1	1	3
Rockbridge County, VA	1	1	1	3
Buena Vista City, VA	0	0	0	0
Lexington City, VA	0	0	0	0
Virginia	46	57	32	135
United States	3,979	3,617	3,432	11,028

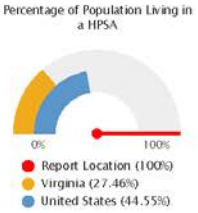
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, HRSA - Health Professional Shortage Areas Database. February 2019. Source geography: Address

Health Professional Shortage Areas - Dental Care

This indicator reports the percentage of the population that is living in a geographic area designated as a "Health Professional Shortage Area" (HPSA), defined as having a shortage of dental health professionals. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Within the report area, there are 35,999 people living in a Health Professional Shortage Area of dental health professionals. This means 100% of people don't have access to a dentist.

Report Area	Total Area Population	Population Living in a HPSA	Percentage of Population Living in a HPSA
Report Location	35,999	35,999	100%
Rockbridge County, VA	22,307	22,307	100%
Buena Vista City, VA	6,650	6,650	100%
Lexington City, VA	7,042	7,042	100%
Virginia	8,001,024	2,197,080	27.46%
United States	308,745,538	137,561,125	44.55%



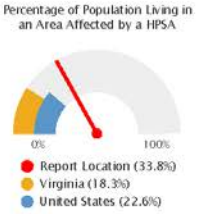
Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, HRSA - Health Professional Shortage Areas Database. February 2019. Source geography: HPSA

Population Living in a Health Professional Shortage Area

This indicator reports the percentage of the population that is living in a geographic area designated as a "Health Professional Shortage Area" (HPSA), defined as having a shortage of primary medical care, dental or mental health professionals. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Within the report area, there are 12,278 people living in a Health Professional Shortage Area of primary care, dental or mental health professionals. This represents 33.8% of the total population.

Report Area	Total Population (ACS 2017 5-Year Estimates)	Population Living in an Area Affected by a HPSA	Percentage of Population Living in an Area Affected by a HPSA	Percentage of HPSA Population Underserved
Report Location	36,295	12,278	33.8%	88.5%
Rockbridge County, VA	22,570	7,643	33.9%	88.5%
Buena Vista City, VA	6,484	2,212	34.1%	88.5%
Lexington City, VA	7,241	2,423	33.5%	88.5%
Virginia	8,454,463	1,544,500	18.3%	37.0%
United States	324,697,795	73,493,673	22.6%	53.7%



Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, HRSA - Health Professional Shortage Areas Database. February 2019. Source geography: HPSA

Special Topics - COVID-19

Indicators in this section are part of a series of rotating special topics. These indicators are publicly availble to all users to help inform response to current events.

COVID-19 - Confirmed Cases

This indicator reports incidence rate of confirmed COVID-19 cases per 100,000 population. Data for this indicator are updated daily and derived from the Johns Hopkins University data feed.

In the report area, there have been 3,710 total confirmed cases of COVID-19. The rate of confirmed cases is 10,269.90 per 100,000 population, which is greater than the state average of 7,984.15. Data are current as of 06/29/2021.

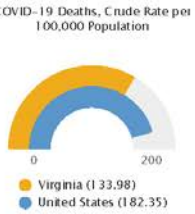
Report Area	Total Population	Total Confirmed Cases	Confirmed Cases, Rate per 100,000 Population	Last Update
Report Location	36,125	3,710	10,269.90	06/29/2021
Rockbridge County, VA	22,752	1,567	6,887.31	06/29/2021
Buena Vista City, VA	6,237	936	15,007.22	06/29/2021
Lexington City, VA	7,136	1,207	16,914.24	06/29/2021
Virginia	8,517,685	680,065	7,984.15	06/29/2021
United States	326,262,499	33,164,488	10,164.97	06/29/2021

Note: This indicator is compared to the state average.
Data Source: Johns Hopkins University. Accessed via ESRI. Additional data analysis by CARES. 2021. Source geography: County

COVID-19 - Mortality

In the report area, there have been 48 total deaths among patients with confirmed cases of the coronavirus disease COVID-19. The mortality rate in the report area is 210.97 per 100,000 population, which is greater than the state average of 133.98. Data are current as of 06/29/2021.

Report Area	Total Population	Total Deaths	Deaths, Rate per 100,000 Population	Last Update
Rockbridge County, VA	22,752	48	210.97	06/29/2021
Buena Vista City, VA	6,237	22	352.73	06/29/2021
Lexington City, VA	7,136	33	462.44	06/29/2021
Virginia	8,517,685	11,412	133.98	06/29/2021
United States	326,262,499	594,929	182.35	06/29/2021



Note: This indicator is compared to the state average.
Data Source: Johns Hopkins University. Accessed via ESRI. Additional data analysis by CARES. 2021. Source geography: County

Social Distancing - Mobility Reports (Google)

The table below displays data from the Google mobility reports. These reports show how visits and length of stay at different places change compared to a baseline. The baseline is the *median* value, for the corresponding day of the week, during the 5-week period Jan 3–Feb 6, 2020. Google prepared this report to help you and public health officials understand responses to social-distancing guidance related to COVID-19.

Report Area	Report Date	Retail and recreation	Grocery and pharmacy	Parks	Transit stations	Workplaces	Residential
Rockbridge County, VA	6/23/2021 12:00:00 AM	3%	No data	No data	23%	-24%	2%
Buena Vista City, VA	6/23/2021 12:00:00 AM	No data	No data	No data	No data	-18%	No data
Virginia	6/23/2021 12:00:00 AM	-2%	7%	89%	-18%	-35%	7%
United States	6/23/2021 12:00:00 AM	-2%	3%	56%	-20%	-32%	6%

Data Source: Google Mobility Reports. Accessed via GitHub. June 23, 2021. Source geography: County