



**UVA Prince William Medical Center
Community Health Needs Assessment
Prince William and Manassas City, Virginia
2022-2024**

Approved by the UVA Community Health Inc. Community Board on September 8, 2022

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I. Introduction

UVA Health Prince William Medical Center (PWMC), in partnership with the Community Healthcare Coalition of Greater Prince William inclusive of Prince William Health District, Sentara Northern Virginia Medical Center and UVA Health Haymarket Medical Center, conducted a Community Health Needs Assessment (CHNA) in 2022 to determine the most pressing health needs in the community. The assessment identifies significant health needs of vulnerable populations in the greater Prince William area. UVA Health Prince William Medical Center will strengthen the community's health by offering health and wellness programming, clinical services, and financial support in response to the specific health needs identified.

a. Organizational overview

On July 1, 2021, UVA Health Prince William Medical Center became part of UVA Health along with additional medical centers located in greater Prince William and Culpeper. This means that our combined network of physician offices, outpatient facilities and medical centers are aligned with UVA Medical Center in Charlottesville – an academic health system that includes four hospitals across Charlottesville along with the UVA School of Medicine, UVA School of Nursing, UVA Physicians Group and the Claude Moore Health Sciences Library.

UVA Health exists to transform health and inspire hope for all Virginians and beyond. Our employees and physician partners strive every day to bring our mission, vision and values to life. We demonstrate this commitment to our patients by working together to be the nation's leading public academic health system and best place to work – while transforming patient care, research, education and engagement in the diverse communities we serve.

Our organization:

- Maintains an active community health outreach program
- Demonstrates superior outcomes for many health conditions as indicated by our state and national quality scores
- Develops nationally recognized innovative programs that address significant health issues
- Seek partnerships that aim to reduce health inequities
- Invests in non-profit organizations that address identified health needs
- Is committed to its responsibility to work with community organizations and governmental agencies to make our communities better places to live, work and play.

UVA Health Prince William Medical Center (formerly Novant Health UVA Health System Prince William Medical Center) is a 130-bed acute care community hospital with a comprehensive offering of services. This includes a 24/7 emergency department, outpatient surgery center, and comprehensive specialty services. We bring together world-class technology and clinicians to provide a high-quality healthcare experience so patients can focus on healing and wellness.

b. Our defined community

UVA Health Prince William Medical Center defines the community it serves by the zip codes representing the hospital's in-patient population outlined below.

Code	Zip	City	County/Jurisdiction
	20110	Manassas	Manassas City
	20109	Manassas	Prince William
	20111	Manassas	Manassas Park City
	20112	Manassas	Prince William
	20181	Bristow	Prince William
	20187	Gainesville	Prince William

A comparison of county data from each geographic area from which the hospital draws its patients was conducted. Based on county populations, comparison of race/ethnicity, median income, educational attainment, persons in poverty and foreign-born individuals, greater Prince William residents represents the highest population of potentially underserved, low-income and minority individuals.

The table below is a demographic profile of the region as of 2021 unless otherwise noted.

Demographic Snapshot Profile				
Indicator (Note: All definitions from US Census Bureau)	City of Manassas	City of Manassas Park	Prince William County	Virginia
2021 Total Population	41,723	17,095	465,234	8,695,186
Age				
2021 Median Age	34.6	32.7	35.6	39.2
2021 Child Population (Age <18)	25.8%	26.8%	26.4%	21.2%
2021 Working-Age Population (Age 18-64)	62.9%	64.9%	62.4%	62.0%
2021 Senior Population (Age 65+)	11.3%	8.3%	11.2%	16.8%
Sex				
2021 Male Population	50.2%	50.5%	49.5%	49.2%
2021 Female Population	49.8%	49.5%	50.5%	50.8%
Race and Ethnicity				
2021 American Indian/Alaska Native Population	0.7%	0.5%	0.5%	0.4%
2021 Asian Population	6.2%	11.4%	9.7%	7.0%
2021 Black/African American Population	14.3%	14.2%	21.2%	19.5%
2021 Pacific Islander Population	0.2%	0.1%	0.2%	0.1%
2021 Other Race Population	18.6%	21.7%	10.9%	4.1%
2021 White Population	54.9%	46.2%	51.3%	65.1%
2021 Population of Two or More Races	5.1%	5.9%	6.3%	3.9%
2021 Race Other than White Alone	45.1%	53.8%	48.8%	34.9%
2021 Hispanic Population	40.1%	43.8%	25.9%	10.3%
2019 Pop 18-64 Speak Spanish & No English	2.0%	0.5%	0.9%	0.3%
Educational Attainment				
2021 Population Age 25+: Less than 9th Grade	8.4%	7.3%	5.3%	3.6%
2021 Population Age 25+: 9-12th Grade/No Diploma	8.1%	9.0%	5.4%	6.1%
2021 Population Age 25+: No Diploma	16.5%	16.3%	10.7%	9.8%
Income				
2021 Per Capita Income	\$35,097	\$35,986	\$43,388	\$41,359
2021 Median Household Income	\$84,376	\$89,109	\$106,704	\$76,448
2021 Median Disposable Income	\$63,627	\$67,151	\$80,821	\$58,392
2019 Households Below the Poverty Level	8.4%	4.4%	5.8%	10.3%
2019 Population Below 100% Poverty Level	8%	6%	7%	11%
2019 Population Below 200% Poverty Level	24.6%	23.3%	18.4%	24.8%

Source: CHS analysis of population estimates and projections obtained from ESRI using ArcGIS software.

Demographic Profile

As outlined in the demographic snapshot profile chart, UVA Health Prince William Medical Center serves patients from the greater Prince William area which includes the City of Manassas, City of Manassas Park and Prince William County. As of 2021, the greater Prince William area is home to an estimated 598,140 people with a projected population growth of 26% between 2021 and 2040 as compared to a 14 percent population growth for the state Virginia. PWMC's patient population is composed of the highest number of potentially underserved, low-income and minority individuals from the Primary Service Area who also experience language barriers with limited English proficiency. As the majority of patients also reside in the greater Prince William community, it will be the sole focus of demographic, health and social indicators.

To develop a deeper understanding of local demographics, it can be helpful to 'look inside' city and county boundaries for diversity in population demographics by zip code. By exploring this type of demographic diversity, it is possible to appreciate the rich diversity of the community, and also identify geographic areas with a higher presence of populations who may be more vulnerable to various health conditions.

The average median age of people from the City of Manassas, City of Manassas Park, and Prince William County is 34 years old. The median age of residents is lower as compared to the state's average age of 39 years old. Older adults use far more health care services than do younger groups. Although older adults vary greatly in terms of health status, the majority of this demographic group have at least one chronic condition that requires care.¹

The diverse race and ethnicity of residents in the geographic area PWMC patients come from is higher compared to the Virginia's average. In 2021, 18.6% of people identified as 'other race population', 5.1% Population of two or more races, 45.1% race other than white along, and 40.1% Hispanic.

Educational attainment in the City of Manassas and City of Manassas Park is approximately 7% lower than the state average while Prince William County lags almost 1% below Virginia's 9.8%. Adults with higher educational attainment live healthier and longer lives compared to their less educated peers.²

At first glance, income levels for people living in the greater Prince William areas exceeds the Virginia average of \$76,488 with the City of Manassas (\$84,376) and the City of Manassas Park (\$89,109). Prince William incomes remain the highest at \$106,704. Despite the higher levels of income, 8% of the people living in the City of Manassas are living 100% below the federal poverty level. This may be due to the high cost of living and other factors.

¹ Health Status and Health Care Service Utilization; <https://www.ncbi.nlm.nih.gov/books/NBK215400/>

² The relationship between education and health: reducing disparities through a contextual approach; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5880718/>

II. Prioritized Health Needs

The CHNA survey identified the following key data points from participant responses:

- When asked to choose from a list of 18 health concerns that may affect children or adults in their community, respondents identified the top five health concerns: 1) Behavioral/Mental Health, 2) Dental/Oral Care, 3) Diabetes, 4) Overweight/Obesity, 5) Substance Use
- When asked to identify up to five factors that would keep themselves and their family healthy and improve their community, respondents identified the top five factors: 1) Access to mental health providers, 2) Affordable childcare, 3) Access to health and human services, 4) Access to community health education, 5) Access to parenting education and support programs
- The mortality rate in Virginia – a measure of the frequency of deaths in a defined population over a certain period of time, reveals health disparities, especially in the City of Manassas and the City of Manassas Park. Residents of greater Prince William experienced the highest mortality indicators as compared to other Virginians across the state. The leading causes of death are: 1) Heart Disease, 2) Cancer, 3) Cerebrovascular Disease (Stroke), 4) Unintentional Injury, 5) Alzheimer's Disease, 6) Lung Cancer, 7) Prostate Cancer, 8) Chronic Lower Respiratory Disease, 9) Influenza and Pneumonia

a. Community Prioritization

On March 29, 2022 and March 31, 2022, virtual community insight events were held to present CHNA survey results and receive input from community members and stakeholders representing the broad interests of the medically underserved, low-income, and minority populations. These town halls provided an opportunity to hear directly from the community in their own words.

The responses during these events highlighted the following themes for prioritization:

- 1) Behavioral/mental health (substance use)
- 2) Health education
- 3) Community partnerships
- 4) Affordable housing
- 5) Transportation

UVA Prince William Medical Center is committed to the health and wellness of its community. However, PWMC is unable to directly address affordable housing and transportation due to resource constraints, a lack of expertise and effective interventions.

b. Facility prioritization

In addition to the community rankings, UVA Health Prince William Medical Center (PWMC) reviewed the top five diagnosis codes for inpatient and outpatient hospital emergency room visits year- to-date July 1, 2021 to April 15, 2022.

UVA Prince William Medical Center
Emergency Department Top 5 Diagnoses YTD July-April 2022

Inpatient		Outpatient	
Diagnosis	Volume	Diagnosis	Volume
Sepsis, unspecified organism	220	COVID-19	1,520
COVID-19	203	Other chest pain	1,179
Full-term premature rupture of membranes, onset of labor within 24 hours of rupture	119	Viral infection, unspecified	600
Hypertensive heart disease with heart failure	100	Acute upper respiratory infection, unspecified	510
Hypertensive heart and chronic kidney disease with heart failure and stage 1 through stage 4 chronic kidney disease, or unspecified chronic kidney disease	97	Nausea with vomiting, unspecified	421

A review of the hospital emergency room visits indicates the top inpatient diagnosis codes are correlated with chronic issues that typically affect the aging population and also symptoms related to heart disease. Upon analysis of the outpatient diagnosis codes, it was apparent that many of the patients seen had symptoms that could be related to a number of chronic conditions, including (but not limited to) chronic stress, heart disease, obesity, diabetes and other chronic issues related to aging. In addition, community stakeholders and community members' request to prioritize behavioral/mental health aligns with the community benefit implementation planning committee subject matter expert observed needs.

Upon a comprehensive review of the community's recommended prioritized outcomes, written comments from the previous CHNA and the Medical Center's emergency department top 5 diagnosis codes, UVA Prince William Medical Center leadership team and UVA Community Health Inc. Board evaluated this information based on the scope, severity, health disparities associated with the need, and the estimated feasibility and effectiveness of possible interventions. Through this thorough evaluation, the team agreed on the following two top significant health priorities for PWMC community benefit implementation plan:

1. Behavioral/Mental Health (Substance Use)
2. Chronic Disease - Management and prevention

III. Issues Identified for Remediation

In the following section UVA Prince William Medical Center will address each of the top two prioritized needs in the 2022-2024 community benefit implementation strategy. Each need includes actions that must be taken to achieve improved community health. Outlined within each need, PWMC will identify the description of need, programs, resources and intended actions, anticipated impact, priority populations, evaluation plan, intervention strategies, tactics for achievement, growth targets, and community partners. The following action plans were

developed through evaluation of PWMC programs and resources. Further, Healthy People 2030 objectives³ were reviewed and integrated into each priority area.

a) Priority 1: Behavioral/Mental Health (Substance Use)

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime.⁴ In the Community Health Needs Assessment Survey, community residents were asked a series of questions related to health concerns. 60% of residents identified access to mental health providers as an area they would like to see added or improved and selected Behavioral / Mental Health (Anxiety, Depression, Bullying, Psychoses, Suicide) as a top concern for children (13%) and adults (18%). Another community health concern survey respondents shared was Substance Use (Alcohol, Drugs) was a top concern (47%). Participants of the town hall events confirmed this critical need. Additionally, the 2019 Virginia Youth Survey health indicators for Northern Virginia region show 30% of high school youth felt sad or hopeless every day for two weeks or more and 12% of high school youth considered attempting suicide.

b) Priority 2: Chronic Disease – Management and Prevention

Six in ten Americans live with at least one chronic disease, like heart disease and stroke, cancer, or diabetes. These and other chronic diseases are the leading causes of death and disability in America. In the Community Health Needs Assessment Survey, respondents noted their most important community health concerns as cancer (47%), Overweight/Obesity (44%), Respiratory Disease (33%), and Heart Conditions (24%). Additionally, mortality indicators show Cancer and heart disease were the leading causes of death in local communities and for the state of Virginia in the timeframes shown. The City of Manassas had higher age-adjusted death rates for cancer, heart disease, and a number of other chronic conditions.

All programs, resources and intended actions to address both behavioral/mental health (substance use) and chronic disease in the implementation strategy are intended to assist the community with varying needs.

³ U.S. Department of Disease Prevention and Health Promotion. (2020). *Mental Health and Mental Disorders*. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders>

⁴ Centers for Disease Control and Prevention. (2022). *Mental Health: Data and Statistics*. https://www.cdc.gov/mentalhealth/data_publications/index.htm

UVA Prince William Medical Center is committed to working to address each of the identified areas of need through resource allocation and support of the following programs:

IDENTIFIED PRIORITY:	PROGRAM:	ACTION :	INTENDED OUTCOME:
1.Mental Health, Substance Use	Mental Health, Substance Use Education	Provide basic mental health education to individuals from various community sectors	Create awareness of the impact of substance use and mental health conditions and provide tools to build resiliency
2. Chronic Disease - Management and Prevention	Wellness Education and Screenings	Working in collaboration with community partners, to offer health education and subject matter expertise regarding healthy behaviors, chronic disease management and access to care.	Increase awareness of chronic disease prevention management and strategies.

IV. Unaddressed needs

In addition to the partnering with non-profit organizations to implement programs offered to the community through UVA Prince William Medical Center, there are several existing community assets available throughout the Prince William Health District, City of Manassas City and City of Manassas Park that have additional programs and resources tailored to meet all of the identified health needs. The following is a list of community agencies that address those prioritized and non-prioritized needs:

Health Needs	Local Community Resources Addressing Needs
<ul style="list-style-type: none"> • Access to Healthcare • Other Chronic Health Conditions 	<ul style="list-style-type: none"> • American Cancer Society • Anthem Blue Cross and Blue Shield • Community Healthcare Coalition of Greater Prince William • Department of Social Services, Prince William County, City of Manassas and City of Manassas Park • Fauquier Free Clinic • George Mason University • Greater Prince William Community Health Center • Human Services Alliance of Greater Prince William • Independent Empowerment Center • Manassas Midwifery • Mason and Partners (MAP) Clinics • Mother of Mercy Free Clinic (Catholic Charities) • Northern Virginia Family Services (NVFS) SERVE Campus • Novant Health UVA Health System • PATH Foundation (Fauquier County) • Potomac Health Foundation • Prince William Area Free Clinic • Prince William County Community Services Board • Sentara Northern Virginia Medical Center • Virginia Department of Health - Prince William HealthDistrict • Women, Infants and Children (WIC)
<p>Mental health resources including:</p> <ul style="list-style-type: none"> • Alcohol use/abuse • Drug or Opiate use/abuse 	<ul style="list-style-type: none"> • Action in Community Through Service (ACTS) • Alcoholics Anonymous • Alzheimer's Association • Celebrate Recovery • Chris Atwood Foundation • City of Manassas Police Department • Come As You Are (CAYA) • Court Appointed Special Advocates (CASA) • Fauquier Mental Health Collaborative (The Mental Health Association of Fauquier County)

	<ul style="list-style-type: none"> • Hispanic Organization for Leadership & Action (HOLA)
	<ul style="list-style-type: none"> • National Alliance on Mental Illness - Prince William (NAMI-PW) • Narcotics Anonymous • Northern Virginia Veterans Association • PRS Crisislink • Prince William County Police Department • Prevention Alliance of Greater Prince William • Prince William County Community Services Board • Serve Our Willing Warriors • Youth for Tomorrow • Trillium Drop-In Center • Why Inc.
<p>Social Needs addressing:</p> <ul style="list-style-type: none"> • Education Opportunities • Housing • Jobs 	<ul style="list-style-type: none"> • ACTION in Community Through Service (ACTS) • Capital Area Food Bank • Carried To Full Term • Catholics for Housing • Department of Aging and Rehabilitative Services • Didlake • Habitat for Humanity Prince William County • Prince William Food Pantry • HireGround, Inc. • IMPACTO Youth • Literacy Volunteers of America - Prince William • Manassas Park Family Market • Northern Virginia Family Service (NVFS) SERVE Campus • Prince William Area Agency on Aging • Prince William County Housing and CommunityDevelopment • Prince William County Public Schools-Head Start • Project Mend-A-House • The ARC of Greater Prince William • United Way of the National Capital Area • Virginia Cooperative Extension - Prince William County • Youth For Tomorrow

<p>Wellness Resources addressing:</p> <ul style="list-style-type: none">• Lack of exercise• Obesity	<ul style="list-style-type: none">• Boys & Girls Clubs of Fauquier• Boys & Girls Clubs of Greater Washington• City of Manassas Park Dept. of Parks & Recreation• Girls on the Run of NOVA• George Mason University Freedom Fitness & AquaticCenter
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V. 2019-2021 Implementation Plan Update

The pandemic impacted the 2019-2021 community implementation plan. Novant Health UVA Health System Prince William Medical Center (now UVA Prince William Medical Center) pivoted its community engagement, refocusing efforts to prioritize coordination of community vaccinations in response to the health crisis facing the community, especially the most vulnerable. The primary goal set for each priority area was to increase the number of community members reached through screenings and health education. All goals were met for each priority area.

Mental Health – substance use

- Participated in Drug Take Back Day
- Participated in health education programs, classes, and health fairs
- Provided programs for stress management/depression
- Partnership with governmental agencies to provide behavioral health trainings
- Smoking cessation programming support
- Speakers' bureau support for mental health and substance use health talks

Chronic Disease – management and prevention

- Participated in health education program, classes, and health fairs to promote health and wellness. Topics included: nutrition, cholesterol, cancer, consumer health, matter of balance, caregiver support, child safety, weight management, heart health, stroke, COPD
- Health & wellness screenings: diabetes, mammography, blood pressure, BMI checks
- Speakers' bureau support for chronic disease health talks
- Community Care Cruiser implemented provided mobile well-child checks, immunizations
- Provided education to students in medical and health sciences.

VI. Role of the board and administration

UVA Health, UVA Community Health, UVA Community Health Inc. Board, and UVA Prince William Medical Center administration are active participants in the community benefit process. Through strategic planning initiatives focused on chronic disease, community health outreach, and access to care, leadership provides direction on actions and intended impact, and serves as the approving body for the community health needs assessment and community benefit implementation plan. Administrative leaders serve on the assessment process teams, priority setting committee and action planning team and hospital board members participate and provide input to the community benefit plans. All members are actively involved in the priority setting discussion and outreach planning process. Additionally, community benefit reports are provided to the board and facility leadership teams throughout the calendar year for ongoing education.

Appendix A: Community Health Coalition of Greater Prince William

Agency
George Mason University
Greater Prince William Community Health Center * *
Novant Health UVA Health System Haymarket Medical Center (now UVA Haymarket Medical Center)
Novant Health UVA Health System Prince William Medical Center (now UVA Prince William Medical Center)
Potomac Health Foundation
Prince William Area Free Clinic**
Sentara Northern Virginia Medical Center
Virginia Department of Health Prince William Health District*

*Representative of a state, local, tribal, or regional governmental public health department (or equivalent department or agency)

** Members of medically underserved, low-income, and minority populations in the community served by the hospital facility, or individuals or organizations serving or representing the interests of such populations