



**UVA Health Culpeper Medical Center
Community Benefit Implementation Plan
Culpeper, Orange, Madison, Fauquier counties
Virginia 2023-2025**

Approved by the UVA Community Health Unified Community Board November 28, 2023

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I. Introduction

UVA Health Culpeper Medical Center (CPMC), in partnership with the Culpeper Wellness Foundation, Fauquier Health, PATH Foundation, and Rappahannock Rapidan Health District conducted a Community Health Needs Assessment (CHNA) in 2023 to determine the most pressing health needs in the community. The assessment identifies significant health needs of vulnerable populations in the Piedmont Region. UVA Health Culpeper 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 Culpeper Medical Center became part of UVA Health along with two additional medical centers located in greater Prince William and Haymarket. 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 Virginia 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.

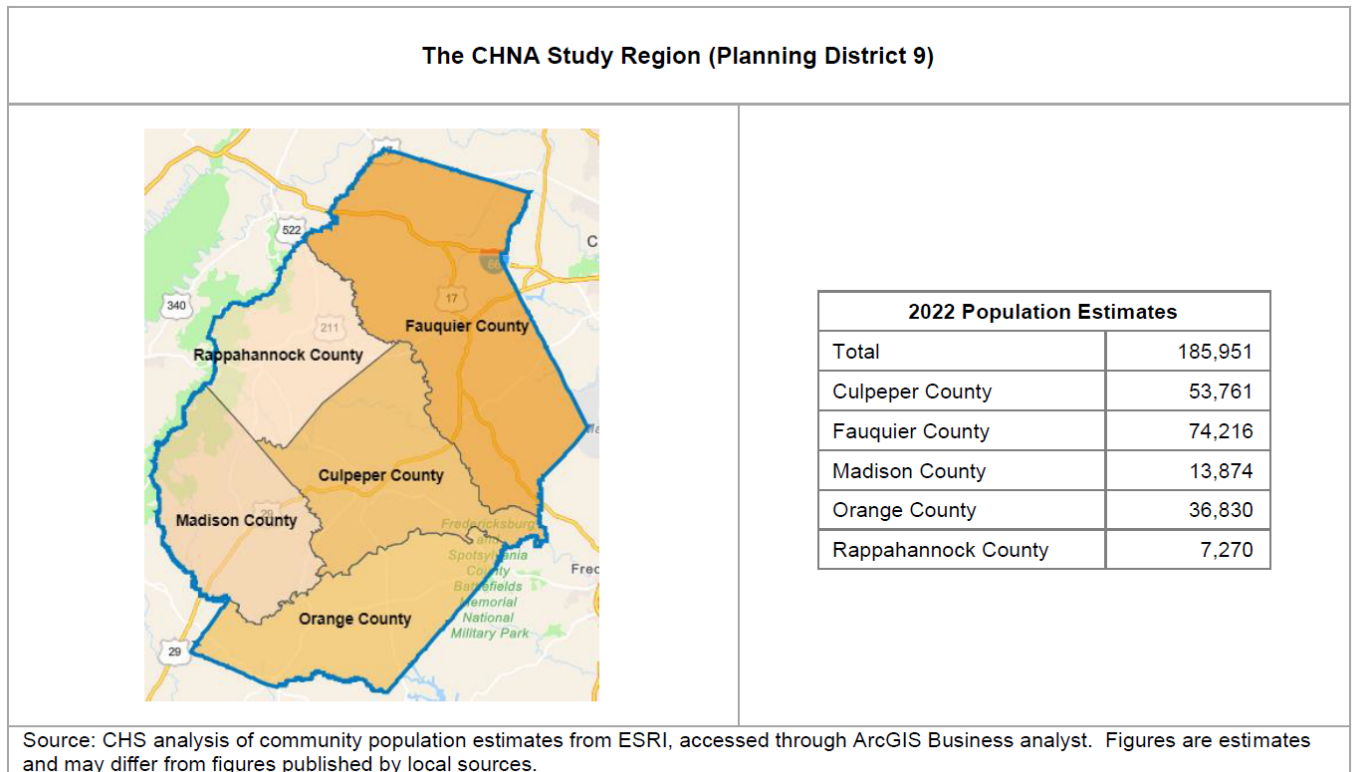
UVA Health Culpeper Medical Center (formerly Novant Health UVA Health System Culpeper Medical Center) is a 70-bed acute care community hospital with a comprehensive offering of services. This includes a 24/7 emergency department, a family birth center, and comprehensive specialty services. We bring together world-class technology and clinicians to provide a high-quality healthcare experience so patients can focus on healing and wellness.

b. Our defined community

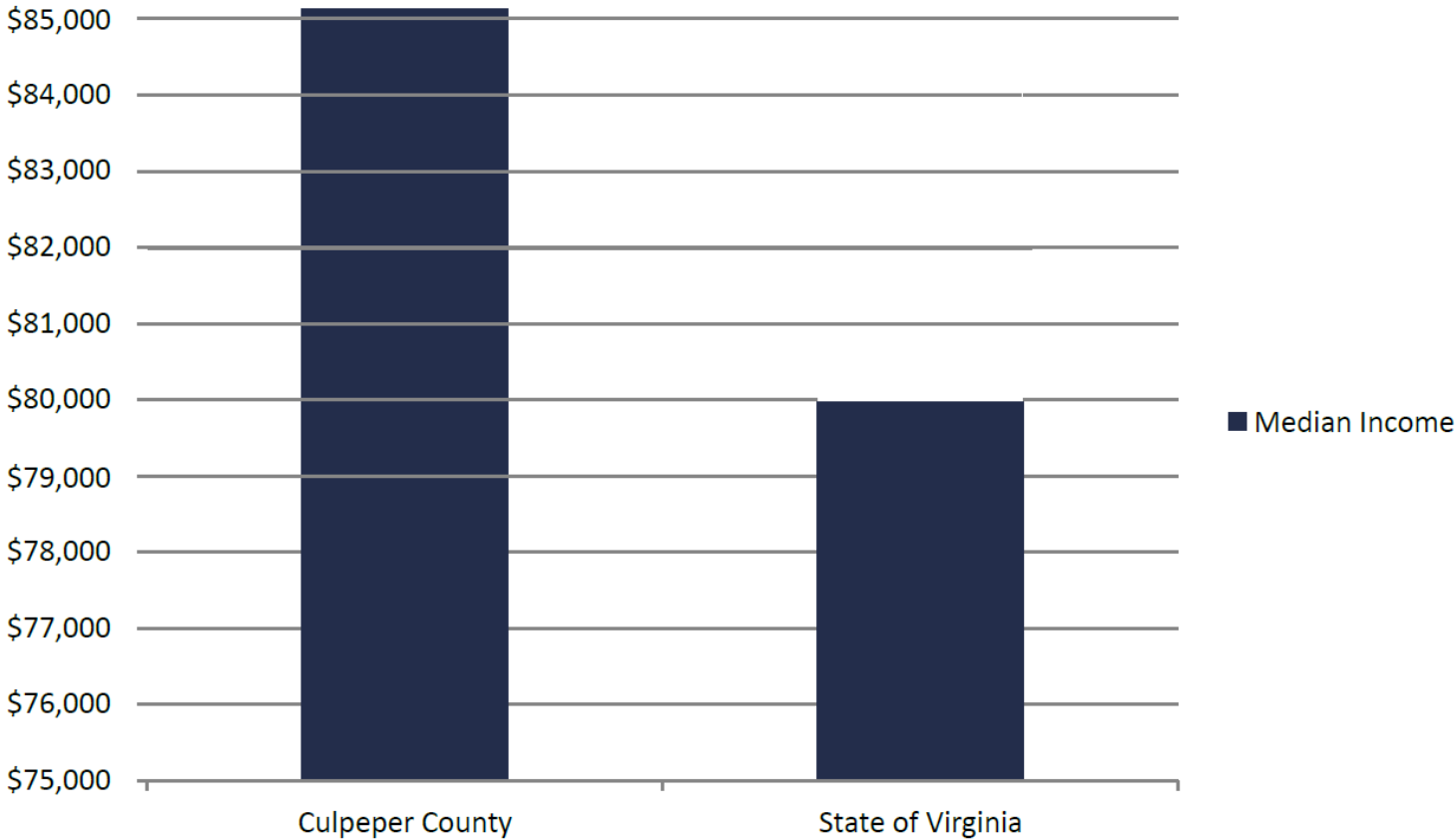
UVA Health Culpeper Medical Center defines the community it serves by the zip codes representing the hospital's in-patient population outlined below.

Zip Code	City/Town	County/Jurisdiction
22701	Culpeper	Culpeper County
20106	Amissville	Culpeper County
22724	Jeffersonton	Culpeper County
22713	Boston	Culpeper County
20186	Warrenton	Fauquier County
22960	Orange	Orange County
22727	Madison	Madison County

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, Piedmont Region residents represents the highest population of potentially underserved, low-income and minority individuals.



Median Income



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)	Culpeper	Fauquier	Madison	Orange County	Virginia
2021 Total Population	52,021	72,416	13,731	36,001	8,582,479
Age					
2021 Median Age	34.6	32.7	35.6	43.2	39.2
2021 Child Population (Age <18)	24.6%	23.3%	20.6%	18.7%	24.0%
2021 Working-Age Population (Age 18-64)	60.1%	60.3%	56.5%	59.0%	62.5%
2021 Senior Population (Age 65+)	15.4%	16.4%	22.9%	19.8%	15.5%
Sex					
2021 Male Population	50.1%	50.2%	48.8%	48.9%	49.5%
2021 Female Population	49.9%	49.8%	51.2%	51.1%	50.5%
Race and Ethnicity					
2021 American Indian/Alaska Native Population	0.3%	0.3%	0.0%	0.0%	0.9%
2021 Asian Population	1.0%	1.6%	0.8%	1.4%	6.8%
2021 Black/African American Population	13.5%	6.9%	7.4%	12.8%	19.0%
2021 Other Race Population	6.5%	1.1%	.3%	1.5%	3.09%
2021 White Population	72.2%	84.3%	86.4%	79.2%	65.0%
2021 Population of Two or More Races	6.4%	5.7%	5.1%	3.1%	5.8%
2021 Native Hawaiian	.1%	0%	0%	0%	.06%
2021 Hispanic Population	11.9%	9.2%	3.2%	5.6%	15.5%
Educational Attainment					
2021 High School graduate or higher, percent of persons 25 years +	88.9%	92.8%	87.6%	89.6%	90.89%
2021 Bachelor's degree or higher, ages 25 years +	26.5%	37.7%	24.7%	26.1%	40.39%
Income					
2021 Per Capita Income	\$35,826	\$49,440	\$35,538	\$36,389	\$43,267
2021 Median Household Income	\$85,274	\$111,368	\$72,349	\$79,211	\$80,615
2021 Households Below the Poverty Level	8.4%	4.4%	5.8%	5.9%	10.3%
2021 Population Below 100% Poverty Level	7.2%	5.9%	8.7%	11.3%	9.9%
2021 Population Below 200% Poverty Level	23.0%	13.3%	29.2%	21.3%	23.6%

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

UVA Health Culpeper Medical Center
Emergency Department Top 5 Diagnoses YTD July-April 2023

Inpatient		Outpatient	
Diagnosis	Volume	Diagnosis	Volume
Sepsis, unspecified organism	111	Chest pain, unspecified type	3,118
Heart failure or shock	94	Nausea with vomiting, unspecified	2,248
Simple pneumonia	88	Abdominal pain, unspecified	1,214
Respiratory infections	62	Elevated blood pressure	1,187
Chronic obstructive pulmonary	54	Hypertension, unspecified type	1,029

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 Health Culpeper Medical Center leadership team and UVA Community Health Unified Community Board evaluated this information based on the scope, severity, health disparities associated with the need, and the estimated feasibility and effectiveness of possible interventions. Also through the community listening sessions and feedback from community partners, other key areas were identified. Through this thorough evaluation, the team agreed on the following three top significant health priorities for CPMC community benefit implementation plan:

1. Access to care
2. Behavioral health/mental health & substance use
3. Chronic disease

II. Community prioritization

In the following section UVA Health Culpeper Medical Center will address each of the top three prioritized needs in the 2023-2025 community benefit implementation strategy. Each need includes actions that must be taken to achieve improved community health. Outlined within each need, CPMC 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. Please refer to the CHNA study at <https://uvahealth.com/services/community-relations>.

III. Issues identified for remediation

The following action plans were developed through evaluation of CPMC programs and resources.

a) Priority 1: Access to care

The number one concern heard among the community was the lack of available primary care and specialty care providers. Anecdotally, we've heard that residents have a year, or longer, waiting period to see their primary care physician. Our steering committee recommends a recruitment plan for staffing, especially primary care providers so community members have quicker access to care.

a. Priority 2: 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. 58% of residents identified access to mental health services as an area they would like to see added or improved. Another community health concern survey respondents shared was Substance Use (Alcohol, Drugs) was a top concern (36%). Participants of the town hall events confirmed this critical need. Additionally, the 2022 Culpeper County Public School Youth Risk Behavior Survey showed 45% of high school youth felt sad or hopeless every day for two weeks or more and 23.4% of students in seventh through 12th grade considered attempting suicide. Our recommended action would be to continue our partnerships with organizations such as Encompass Community Supports to address mental health and behavioral health and to continue to support organizations that address these issues with grants and sponsorships.

b) Priority 3: 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, Overweight/Obesity, Respiratory Disease, and Heart Conditions. 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 total number of years of potential life lost (rate per 100,000 population) in the region were 7,249, higher than the state average. The recommended action is to increase screenings in the community, including blood pressure checks at events that the Community Engagement team participates in.

In March and April we held four in person community town hall meetings to solicit survey results and discuss survey results. Additionally, surveys were distributed to community partners. A summary of ideas shared by participants in the meetings and survey yielded the following results:

- 1) Access to Healthcare
- 2) Behavioral Health / Mental Health
- 3) Address Chronic Disease
- 4) Enhance Access to Internet / Broadband
- 5) Housing / Homelessness
- 6) Transportation
- 7) Security

Recommended Prioritized Health Outcomes

For each of the identified areas, recommendations were made for the top prioritized health needs. Below is a summary of those recommendations:

- *Access to Care*
- *Behavioral health – Mental Health & Substance Use and Abuse*
- *Obesity*

IV. Unaddressed needs

In addition to the partnering with non-profit organizations to implement programs offered to the community through UVA Health Culpeper Medical Center, there are several existing community assets available throughout the Piedmont Region 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"> • Aging Together • Anthem Blue Cross and Blue Shield • Arc of North Central Virginia • Culpeper County Public Schools • Culpeper Food Closet • Culpeper Free Clinic • Culpeper Human Services • Culpeper County Parks and Rec Department • Culpeper Wellness Foundation • Department of Social Services, Culpeper County • Empowering Culpeper • Encompass Community Supports • Fauquier Free Clinic • Germanna Community College • Girls on the Run Piedmont • Hero’s Bridge • Madison Free Clinic • Mom2Mom • NAACP • Orange Free Clinic • PATH Foundation (Fauquier County) • People Inc. • UVA Health Culpeper Medical Center

	<ul style="list-style-type: none"> • UVA Health Physicians Group • Virginia Regional Transit • 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"> • CARS (Christ Centered Addiction Recovery Services) • Court Appointed Special Advocates (CASA) • Culpeper County Library • Culpeper County Public Schools • Culpeper Pride • Encompass Community Supports • Girls on the Run Piedmont • Living the Dream Foundation • Path Foundation • Rappahannock Rapidan Health District • Rusty Bowers Suicide Prevention Coalition • Mental Health Association of Fauquier County • Team Jordan

<p>Social Needs addressing:</p> <ul style="list-style-type: none"> • Education Opportunities • Housing • Jobs 	<ul style="list-style-type: none"> • Aging Together • Arc of North Central Virginia • Career Partners • Culpeper Chamber of Commerce • Culpeper County Parks and Rec • Culpeper County Public Schools • Culpeper Literacy Council • Culpeper Food Closet • CHASS (Culpeper Housing and Shelter Authority) • Department of Aging and Rehabilitative Services • Didlake • Encompass Community Supports • Generations Central • Germanna Community College • Habitat for Humanity Culpeper • People Inc.
<p>Wellness Resources addressing:</p> <ul style="list-style-type: none"> • Lack of exercise • Obesity 	<ul style="list-style-type: none"> • Boom Kids Fitness • Culpeper County Parks and Rec • Culpeper Wellness Foundation • Girls on the Run Piedmont • Special Olympics

V. 2020-2022 CHNA and Implementation Plan Update

The pandemic impacted the 2020-2022 community implementation plan. Novant Health UVA Health System Culpeper Medical Center (now UVA Health Culpeper 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

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
Provided COVID-19 booster clinics in partnership with Rappahannock Rapidan Health District
- Health & wellness screenings: diabetes, mammography, blood pressure, BMI checks
- Speakers' bureau support for chronic disease health talks
- Provided education to students in medical and health sciences.

VI. Role of the board and administration

UVA Health, UVA Community Health, UVA Community Health United Community Board, and Culpeper 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. The UVA Community Health Unified Community Board has reviewed and approved the Community Health Needs Assessment.

Appendix A: Community Health Coalition of the Piedmont Region

Agency
Rappahannock Rapidan Health District*
Culpeper Wellness Foundation
UVA Health Culpeper Medical Center
PATH Foundation
Culpeper Free Clinic
Encompass Community Supports**
Fauquier Health

*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