Novant Health UVA Health System Culpeper Medical Center

Community Health Needs Assessment
(Culpeper County)
2020 - 2022

Approved by the Novant Health UVA Health System Culpeper Medical Center Board of Trustees on Wednesday, November 18, 2020

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I. Introduction

Novant Health UVA Health System Culpeper Medical Center, in partnership with the Path Foundation, Fauquier Health, Rappahannock – Rapidan Health District and Culpepper Wellness conducted a community health needs assessment in 2020 to identify the most pressing health needs in our community. The assessment is designed to identify the health needs of the most vulnerable populations in the community. Novant Health UVA Health System Culpeper Medical Center will enhance the community's health by offering health and wellness programming, clinical services, and financial support in response to the specific health needs identified.

a. Organization Overview

Novant Health UVA Health System Culpeper Medical Center is an integral part of the Novant Health UVA Health System (NH UVA). NH UVA is a non-profit integrated health care system of 3 medical centers and a medical group with 5 additional clinic locations. Other facilities and programs include outpatient surgery and diagnostic centers, charitable foundations, rehabilitation programs, and community health outreach programs.

Mission

Novant Health exists to improve the health of our communities, one person at a time.

Our employees and physician partners strive every day to bring our mission, vision and values to life. We demonstrate this commitment to our patients in many different ways. 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
- Creates innovative programs that address important health issues, with many of our programs and services being recognized nationally
- Believes in its role as a good corporate citizen, working with community agencies and organizations to make our communities better places to live and work

Novant Health UVA Health System Culpeper Medical Center is a 70-bed acute care hospital with comprehensive services including a family birth center, surgical services, an intensive care unit and more.

b. Our Community

Primary and Secondary Service Areas

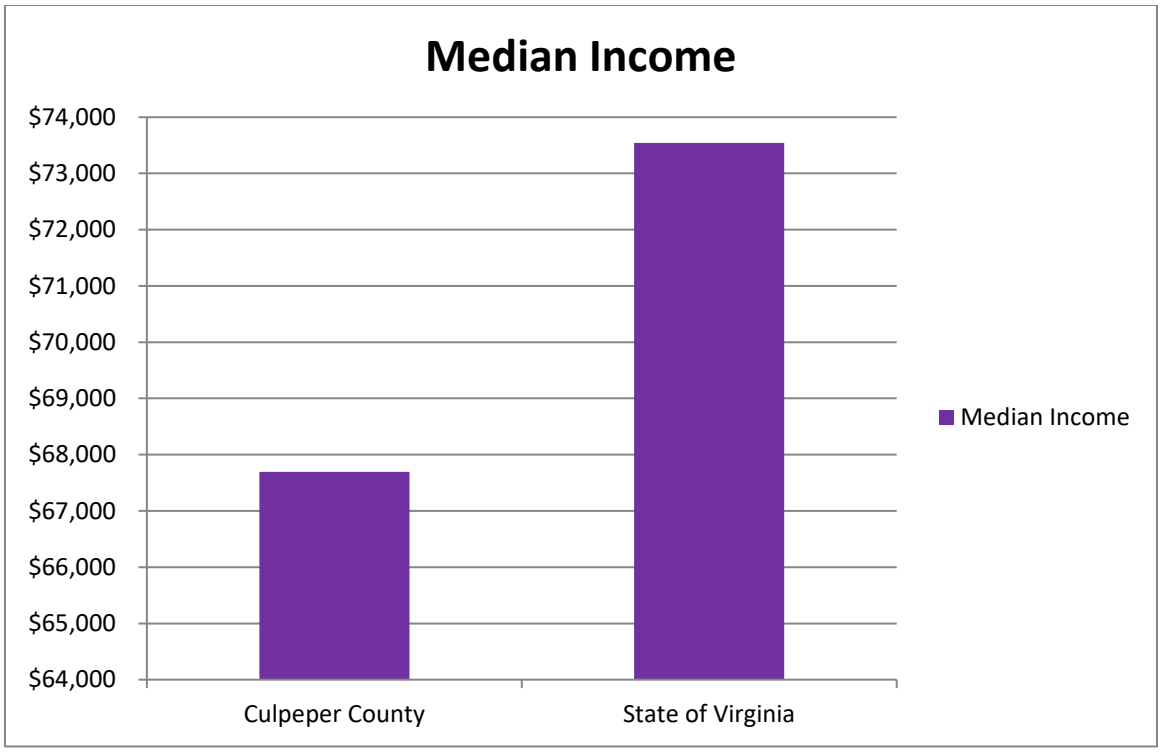
The Primary Service Area for Novant Health UVA Health System Culpeper Medical Center is defined by the zip codes that represent 75% to 85% of the hospital's in-patient population as outlined below:

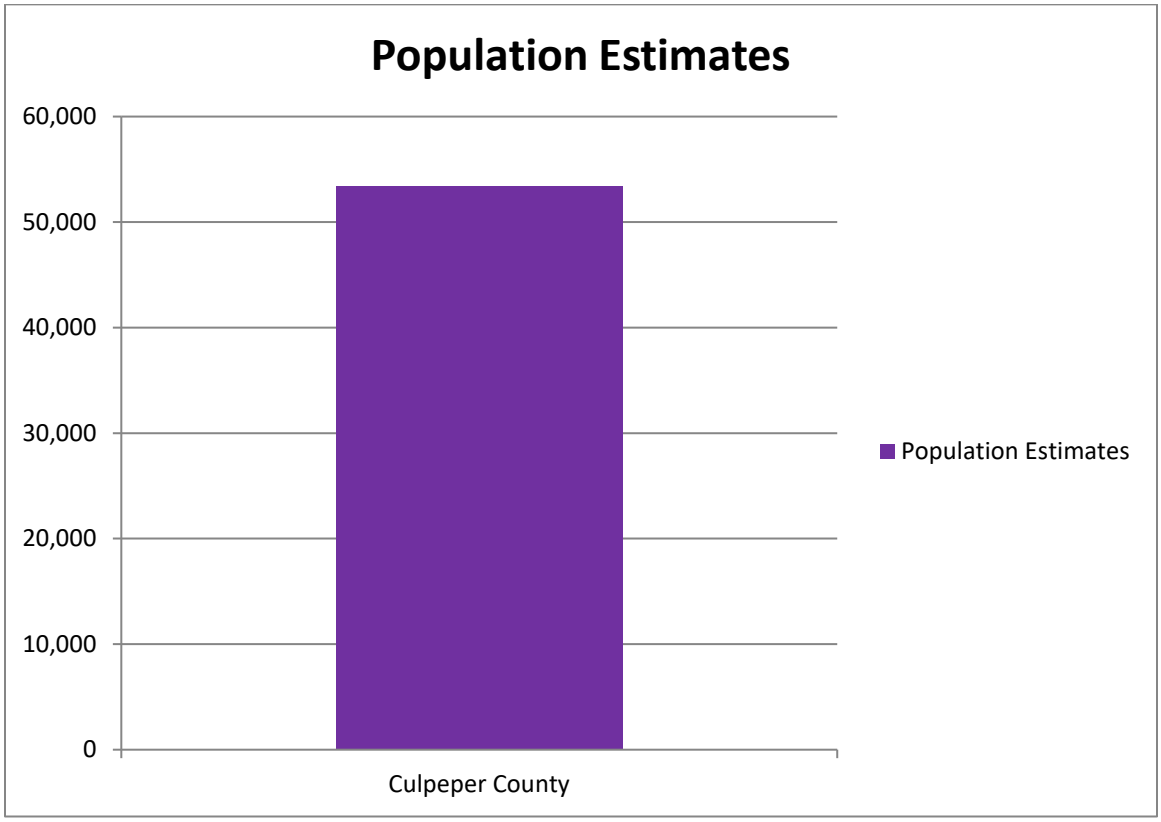
Zip Code	City	County/Jurisdiction
20106	Amissville	Culpeper
22701	Culpeper	Culpeper
22713	Boston	Culpeper
22714	Brandy Station	Culpeper
22718	Elkwood	Culpeper
22724	Jeffersonton	Culpeper
22726	Lignum	Culpeper
22729	Mitchells	Culpeper
22733	Rapidan	Culpeper
22735	Brightwood	Culpeper
22736	Richardsville	Culpeper
22737	Rixeyville	Culpeper
22741	Stevensburg	Culpeper

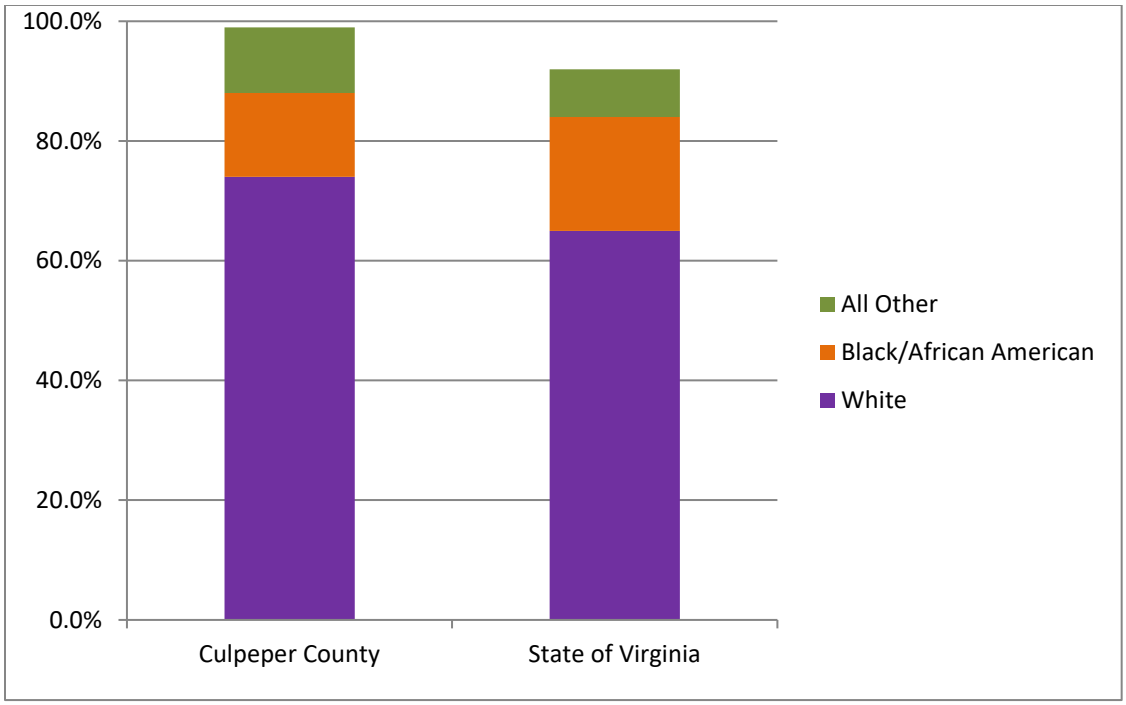
The primary service area includes Culpeper County, Virginia. Based on 2020 estimates, Culpeper County had an estimated 53,428 residents[1]. Culpeper County had slight population growth of roughly 12.7% since the 2010 US Census.

According to the 2018 U.S. Census estimates, Culpeper County includes the following demographic profile:

[1] U.S. Census Bureau (2019). State & County QuickFacts. http://www.census.gov/quickfacts/table/PST045215/51047


Median Income
$74,000
$73,000
$72,000
$71,000
$70,000
$69,000
$68,000
$67,000
$66,000
$65,000
$64,000
Culpeper County
State of Virginia
Median Income


Population Estimates
60,000
50,000
40,000
30,000
20,000
10,000
0
Culpeper County
Population Estimates



Detailed Population Data

Detailed demographic data for Culpeper County is outlined below:

Culpeper County Population By Race & Ethnicity (2019)

	Culpeper County	Virginia
Population Estimate	53,428	8,684,166
Persons Under 5 Years, percent 2019	6.5%	5.9%
Persons Under 18 Years, percent 2019	24%	21%
Person 65 Years & Over, percent 2019	16%	15.9%
Female Persons, percent 2019	50%	51%
White Alone, percent 2019	74%	65%
Black/African-American Alone, percent 2019	14%	19%
American Indian & Alaska Native Alone, percent 2019	0%	0.5%
Asian Alone, percent 2019	2%	7%
Native Hawaiian & Other Pacific Islander Alone, percent 2019	0%	0.1%
Two or More Races, percent 2019	11%	8%
Hispanic or Latino, percent 2019	12%	10%

Source: U.S. Census Bureau (2019).

Estimates reflect that children and adolescents make up close to one-quarter (24%) of the population in Culpeper County. The senior population makes up 16.0% of the population, which is equal to the senior population estimate (16%) for the State of Virginia. Since 2019, Culpeper County has experienced a slight population growth (1%). Minorities currently make up an estimated over one-third (39%) of the racial demographic of Culpeper County.

Culpeper County residents earn a median income that is lower than the Virginia state average.[2] A key indicator to evaluate economic condition is the poverty rate. The poverty rate for Culpeper County residents is lower than the rate of the Virginia state average (8% and 11%, respectively).

*Some estimates presented in US Census data come from sample data, and thus have sampling errors that may render some apparent differences between geographies statistically indistinguishable.

Median Household Income	
Culpeper County	$67,696
Virginia	$73,543

Population Educational Attainment & Poverty Level (Population 18 to 24 years)		
	Culpeper County	**Virginia**
< HS diploma/GED	1%	10%
HS diploma/GED	7%	89.3%
Bachelor's degree	28%	38.2%
Persons below poverty level, percent (2020)	7%	9.9%

II. Assessment

The following includes findings from a Community Health Needs Assessment (CHNA) for the five-county region encompassed by Planning District 9.

a) Collaborative community partners

The 2020 five –county region encompassed by Planning District 9 (PD9) Community Health Needs Assessment was a collaborative effort of the member agencies. For a list of coalition members, please see Appendix A. As part of this assessment process, special attention was paid to the needs of the underserved. The process emphasized collaboration among community partners to improve the overall health of the community.

The assessment process was initiated by the Planning District 9 partner organizations. Novant Health UVA Health System Culpeper Medical Center, the Path Foundation, Fauquier Health, Rappahannock – Rapidan Health District and Culpepper Wellness partnered to ensure this process. To ensure input from public health professionals, leaders of medically underserved communities, and persons with broad knowledge of the community, electronic invitations were distributed to a large number of individuals

[2] U.S. Census Bureau, 2019 American Community Survey. http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_B19001&prodType=table

and community groups. The PD9 team worked collaboratively to support the assessment process. (See Appendix A for a complete list of agencies that were represented on the PD9.)

b) Solicitation

We solicited input from persons including community residents, community professions and an analysis of a variety of community health indicators for the identified study region – which includes Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties. Such persons who represent the broad interest of these communities include Latinos, persons living in poverty and those without a high school degree. Electronic copies were distributed to the community and to groups where a diverse population is served. Through surveys, participants surveyed similarly represented the communities represented in the Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Areas identified as gaps in the quantitative data sampling included an underrepresentation in males.

c) *Data collection and analysis*

Primary Data

The Community Health Needs Assessment Community Insight Survey

The Community Insight Survey was collected via surveys administered online in both English and Spanish. Surveys were conducted online using convenience sampling methods. Electronic surveys were made available at partner locations, through media outlets and to local community groups representing the medically underserved to ensure that participants surveyed represented the medically underserved, uninsured, low-income, and minority populations.

Participants surveyed similarly represented the Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties:

- 81% female; 19% male
- 24% ages 65+
- 4% identified as Hispanic/Latino; 5% identified as African-American or Black; 1% identified as Asian
- 1% less than high school graduate; 7% high school diploma or GED; 10% associate's degree, 28% college degree; 32% graduate degree

Areas identified as gaps in the quantitative data sampling included an underrepresentation of low income and minority populations.

Secondary Data

Along with the outlined primary data, secondary data was collected from other sources and reviewed. Health data was gathered and analyzed from the following sources:

- Virginia Department of Health Division of Health Statistics
- US Census Bureau

III. Identification and Prioritization of Health Needs

a) Identified Significant Health Needs

From responses to surveys from community residents and community professionals, it was apparent that behavioral risk factors, access to care and substance abuse were significant concerns. Key data points included the following:

- When asked to identify the greatest health concerns, community professionals respondents identified the following: 1) depression, 2) mental health conditions (other than depression), 3) substance abuse – illegal drugs, 4) substance abuse-prescription drugs, and adult obesity/overweight, 5) domestic violence, 6) childhood obesity/overweight, 7) diabetes, 8) high blood pressure, 9) tobacco use, and 10) aging concerns.
- Regarding what neighborhood services are most needed to improve the quality of life in their community, residents answered: 1) affordable housing 2) jobs/healthy economy, 3) welcoming diversity, 4) access to public transportation 5) opportunities for healthy activities.
- When asked to identify community assets / strengths, community professional respondents identified the following top 5: 1) healthcare services, 2) healthy lifestyle supports, 3) community and social services, 4) supports for the elderly, and 5) supports for the children.

b) Prioritization

In October we held four virtual community town hall meetings were held to present survey results and discuss survey results. Additionally, there is a post town hall survey platform to share additional information. A summary of ideas shared by participants in the virtual meetings yielded the following results:

1) Access to Healthcare
2) Affordable Healthcare
3) Behavioral Health / Mental Health
4) Enhance Access to Internet / Broadband
5) Housing / Homelessness
6) Integrate Support Services
7) Social Isolation
8) Telemedicine
9) Transportation

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:

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

Facility prioritization

In addition to the community rankings, Novant Health UVA Health System Culpeper Medical Center reviewed the top five diagnosis codes for inpatient and outpatient hospital emergency room visits at Novant Health UVA Health System Culpeper year-to-date January to December 2019.

Novant Health UVA Health System Culpeper Medical Center Emergency Department
Top 5 Diagnoses YTD Jan-December 2019

Inpatient		Outpatient	
Diagnosis	**Volume**	**Diagnosis**	**Volume**
Sepsis, unspecified organism	320	Chest pain NOS	875
Pneumonia, organism NOS	121	Urinary tract infection NOS	643
Chronic obstructive pulmonary disease with (acute) exacerbation	102	Headache	364
Acute kidney failure NOS	96	Abdominal pain NOS	361
Hypertensive heart disease with heart failure	91	Acute upper respiratory infection NOS	352

A review of the hospital emergency room visits indicated that many of the top inpatient diagnosis codes are correlated with chronic issues that typically affect the aging population and also symptoms related to chronic respiratory conditions. 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) heart disease, substance use and abuse, diabetes and other chronic issues related to aging.

Upon a comprehensive review of the community's recommended prioritized outcomes and the Medical Center's ED top 5 diagnosis codes, the Novant Health UVA Health System Culpeper Medical Center leadership team and Board of Trustees 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 Novant Health UVA Health System Culpeper Medical Center:

1. Behavioral Health – Mental Health & Substance Use and Abuse
2. Obesity and Wellness

IV. Addressing needs

Novant Health UVA Health System Culpeper 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. Behavioral Health – Mental Health & Substance Use and Abuse	Mental Health Education Prescription drug intervention	Provide basic mental health education to individuals from various community sectors Implement a post overdose response team Charitable contributions to community based organizations that offer programs and initiatives that support awareness, prevention and support.	Create awareness of the impact of trauma and mental health conditions and provide tools to build resiliency Increase the number of individuals connected to substance use disorder treatment and services within the community
2. Obesity and Wellness	Wellness Education and Screenings for Weight Management	Working in collaboration with community partners, offer free health education and subject matter expertise regarding healthy behaviors and weight management in adults & children Charitable contributions to community based organizations that offer programs and initiatives that support awareness, prevention and support.	Increase awareness of obesity and the health hazard surrounding Establish and engrain a lifestyle of wellness in the community for all ages Management and exercise courses with options for individuals to partake in

In addition to the programs and services offered to the community through Novant Health UVA Health System Culpeper Medical Center, there are several existing community assets available throughout the Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties that have additional programs and resources tailored to meet all of the identified health needs. The following is a list of those existing community assets:

Health Needs	Local Community Resources Addressing Needs
• Access to healthy foods • Availability of healthcare • Cost of healthcare • Dental care	• Buy Fresh Buy Local Guide • Culpeper Farmers Market • Culpeper United Methodist Church food program • Manna Ministry • WIC Program Culpeper Health Department • People Inc. – Empowering Culpeper USDA Food Dis. • Culpeper Dental Group • Piedmont Regional Dental Clinic • Piedmont Dental Clinic • Medicaid • Medicaid Expansion • Medicare • Hospice Support of Fauquier County
Mental health resources including: • Alcohol use/abuse • Drug use/abuse • Suicide	• Chrysalis Counseling Centers, Inc. • Culpeper County Christian Ministerial Association • RRCS Behavioral Health Services • Rafala Professional Counseling Services • RRCS Crisis Service (Emergency Services & Crisis Intervention Team) • RRCS Infant & Toddler Connection (ITC) • Celebrate Recovery (Substance Abuse) • Survivors For Life (Suicide) • Team Jordan Suicide Prevention Coalition
Social Needs addressing: • Distracted driving • Food assistance • Housing • Transportation • Workforce Development	• The Culpeper • Culpeper Health and Rehabilitation • Fauquier Health Rehabilitation & Nursing Center • English Meadows of Culpeper (formerly Amerisist) • Meadowbrook • Center of Hope Shelter • Culpeper Housing and Shelter Services • Fauquier Family Shelter Services, Inc. • Culpeper Cab Company • RR Commuter Services • LifeCare Medical Transport

V. Impact Evaluation of the 2017-2019 Community Health Needs Assessment

Based on the previously reported health data from the 2017-2019 Community Health Needs Assessment, 30 internal stakeholders of Culpeper Medical Center evaluated, discussed and prioritized health issues for the community based on the findings. These stakeholders determined the top health priorities for Culpeper Medical Center as the following:

1. Mental health and mental disorders
2. Access to healthcare services
3. Diabetes
4. Cancer
5. Heart disease and stroke
6. Nutrition, physical activity and weight
7. Oral health
8. Respiratory disease
9. Immunization and infectious disease
10. Chronic kidney disease
11. Arthritis, osteoporosis, and chronic back issues
12. Injury and violence

To address these priorities, Culpeper Medical Center conducts / provides community education and screenings to address these needs. From 2017-2019, Culpeper Medical Center implemented selected outreach programs for each of the defined priority areas. The major goal that was set for each priority area was to increase awareness and provide resources to community members affected by each of these priority areas.

Appendix A: Community Organizations supporting the NH UVA CPMC CHNA

Organizations:
Path Foundation
Fauquier Health
Virginia Department of Health Rappahannock – Rapidan Health District
Culpeper County School System
Public Safety
Culpeper Wellness Foundation
Culpeper Human Services
Culpeper County Department of Social Services
Other town and County representatives