



Novant Health UVA Health System Prince William Medical Center

**Community Health Needs Assessment
(Prince William County, Manassas City, and Manassas Park)
2016-2018**

**Approved by the Prince William Health System and Prince William Hospital Board of Trustees on
November 17, 2016**

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I. Introduction

Novant Health UVA Health System Prince William Medical Center, in partnership with the Community Healthcare Coalition of Greater Prince William conducted a community health needs assessment in 2016 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 Prince William 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 Prince William Medical Center is an integral part of the Novant Health system (collectively known as "Novant Health"). Novant Health is a non-profit integrated health care system of 14 medical centers and a medical group with over 500 clinic locations. Other facilities and programs include outpatient surgery and diagnostic centers, charitable foundations, rehabilitation programs, and community health outreach programs. Novant Health and its affiliates serve their communities with programs including health education, home health care, prenatal clinics, community clinics and immunization services. Novant Health's over 25,000 employees and physician partners care for patients and communities in North Carolina, Virginia, South Carolina and Georgia.

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 Prince William Medical Center is a 170-bed acute care community hospital offering a wide range of services in emergency, heart and vascular, orthopedics and spine, imaging, women's and children's health, cancer, fitness and wellness, rehabilitation, behavioral health, comprehensive outpatient care and assisted living. By bringing together world-class technology and clinicians to provide quality care, we are committed to creating a healthcare experience that is simpler, more convenient and more affordable so patients can focus on getting better and staying healthy.

b. Our Community

Primary and Secondary Service Areas

The Primary Service Area for Novant Health UVA Health System Prince William 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
20108	Manassas	Manassas City
20109	Manassas	Prince William
20110	Manassas	Manassas City
20111	Manassas	Prince William
20112	Manassas	Prince William
20113	Manassas	Manassas Park
20136	Bristow	Prince William
20181	Nokesville	Prince William
20182	Nokesville	Prince William

The primary service area includes Prince William Count, Manassas City and Manassas Park, Virginia. Based on 2014 estimates, Prince William County remained the second-most populous county in the State of Virginia with just over 446,000 residents¹. Manassas City has an estimated population of 41,764 residents² and Manassas Park has an estimated population of 15,726 residents.³ Prince William, Manassas City and Manassas Park all have experienced steady population growth since the 2010 US Census.

According to the 2014 U.S. Census estimates, the aforementioned counties include the following demographic profiles:

¹ U.S. Census Bureau (2015). State & County QuickFacts. <http://quickfacts.census.gov/qfd/states/51/51153.html>

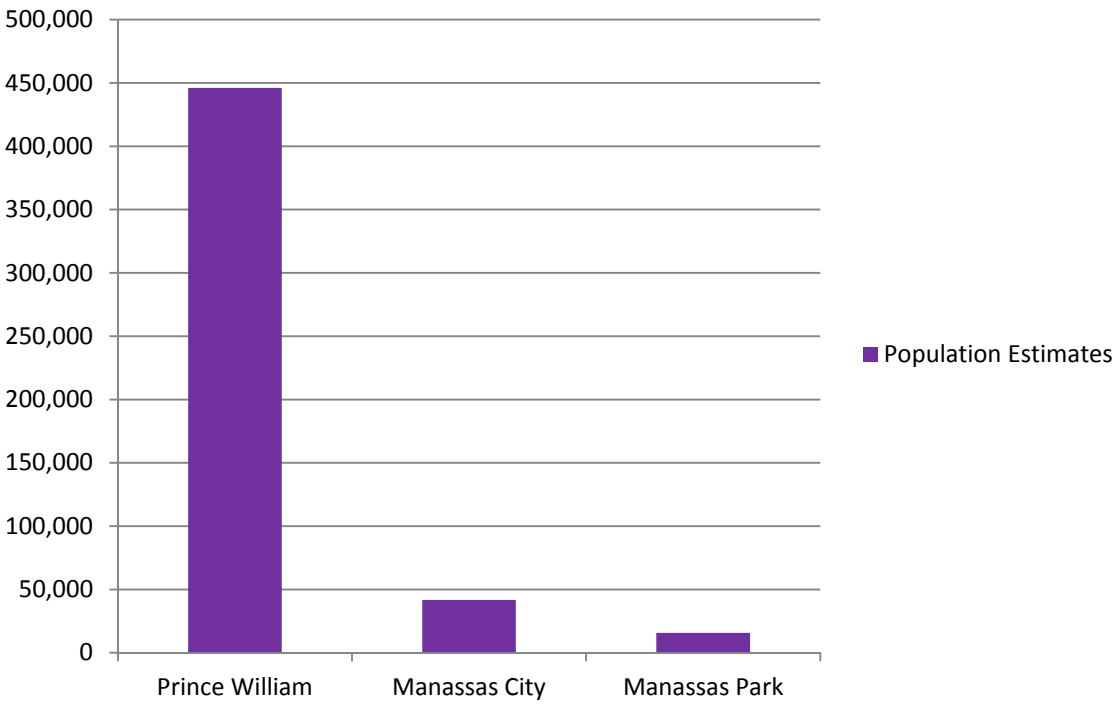
² U.S. Census Bureau (2015) State & County QuickFacts <http://www.census.gov/quickfacts/table/PST045214/51683>

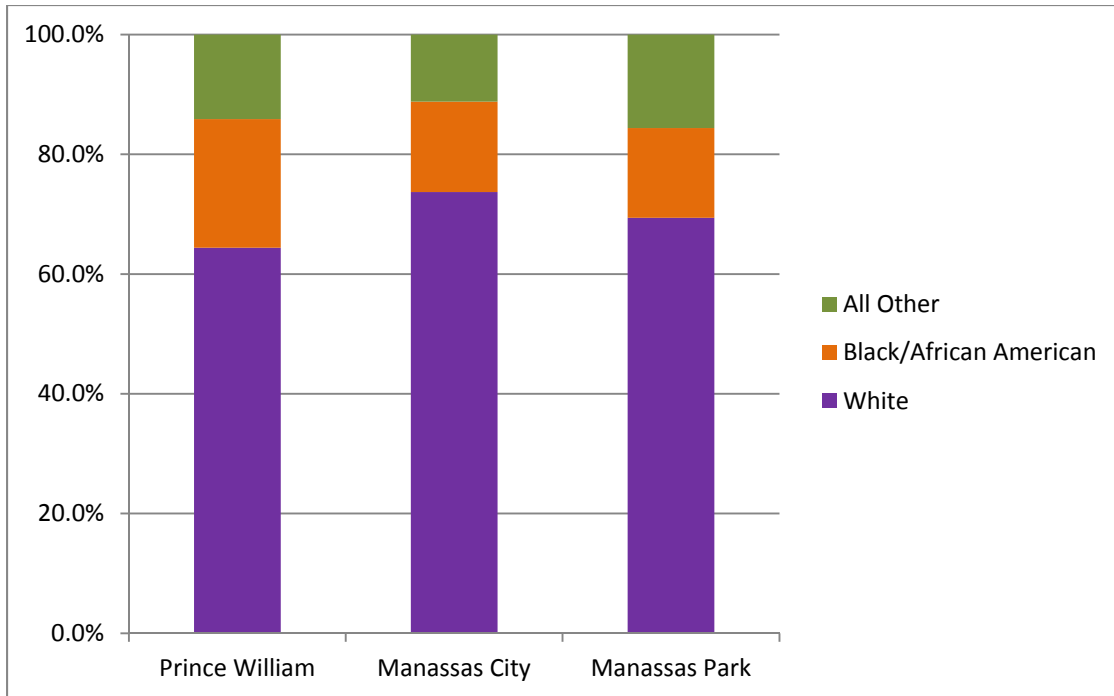
³ U.S. Census Bureau (2015) State & County QuickFacts <http://www.census.gov/quickfacts/table/PST045214/51685>

Median Income



Population Estimates





Population

Detailed demographic data for Prince William and Fauquier County is outlined below:

Prince William & Fauquier County Population By Race & Ethnicity (2014)

	Prince William County	Manassas City	Manassas Park	Virginia
Population Estimate	446,094	42,081	15,174	8,326,289
Persons Under 5 Years, percent 2014	7.9%	8.6%	5.1%	6.2%
Persons Under 18 Years, percent 2014	28.1%	27.0%	24.9%	22.4%
Person 65 Years & Over, percent 2014	8.3%	8.2%	7.5%	13.8%
Female Persons, percent 2014	50.2%	49.7%	49.1%	50.8%
White Alone, percent 2014	64.4%	73.7%	69.4%	70.5%
Black/African-American Alone, percent 2014	21.5%	15.1%	15.0%	19.7%
American Indian & Alaska Native Alone, percent 2014	1.1%	1.3%	1.3%	0.5%
Asian Alone, percent 2014	8.4%	6.0%	10.3%	6.3%
Native Hawaiian & Other Pacific Islander Alone, percent 2014	0.2%	0.2%	0.1%	0.1%
Two or More Races, percent 2014	4.4%	3.7%	3.7%	2.8%
Hispanic or Latino, percent 2014	22.0%	33.7%	35.5%	8.9%

Source: U.S. Census Bureau (2014).

Children and adolescents make up an estimate of over one-third (36.0%) of the population in Prince William County, over one-third (35.6%) of the population in Manassas City and one-third (30.0%) of the population in Manassas Park. Seniors make up 8.3%, 8.2% and 7.5% of the population in the three areas, respectively. Since 2010, all areas have experienced steady population growth. Non-white minorities currently make up over one-third (35.6%) of the racial demographic in Prince William County, a little over one-quarter (26.3%) of the racial demographic in Manassas City, and just over one-third (30.6%) of the racial demographic in Manassas Park.

Median Household Income		Population Educational Attainment & Poverty Level				
Prince William County	\$98,071	Education & Poverty Level	Prince William County	Manassas City	Manassas Park	Virginia
Manassas City	\$71,215	< HS diploma/GED	10.9%	*	*	12.5%
Manassas Park	\$73,460	HS diploma/GED	89.1%	82.7%	81.1%	87.5%
Virginia	\$63,907	Bachelor's degree	38.1%	29.1%	26.3%	35.2%
		Persons below poverty level, percent (2009-2013)	6.3%	9.8%	8.9%	11.3%

*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.

Prince William County, Manassas City and Manassas Park residents earn a median income that is higher than the Virginia state average.⁴ A key indicator to evaluate economic condition is the poverty rate. The poverty rate for Prince William County, Manassas City and Manassas Park residents is lower than the rate of the Virginia state average (6.3%, 9.8%, and 8.9% respectively).

II. Assessment

The following are excerpts and findings from the 2016 Community Healthcare Coalition of Greater Prince William (CHCGPW) Needs Assessment. To access the full report, please visit <http://www.vdh.virginia.gov/>.

a) Collaborative community partners

The 2016 CDCGPW Greater Prince William Area Community Health Needs Assessment was a collaborative effort of the member agencies of the CDCGPW. For a list of coalition members, please see

⁴ U.S. Census Bureau, 2014 American Community Survey. http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_B19001&prodType=table

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 CDCGPW partner organizations. Novant Health UVA Health System Prince William Medical Center and Sentara Healthcare were jointly involved as collaborative partners in the process. To ensure input from public health professionals, leaders of medically underserved communities, and persons with broad knowledge of the community, invitations were distributed to a large number of individuals and community groups. The CDCGPW team worked collaboratively to support the assessment process. (See Appendix A for a complete list of agencies that were represented on the CDCGPW. Please see the CDCGPW 2016 CHNA Report at <http://www.vdh.virginia.gov/> for a listing of individual participant names).

b) Solicitation

We solicited input from persons who represent the broad interest of the Prince William Health District (PWHHD) – which includes Prince William County, Manassas (city) and Manassas Park – and Culpeper, Fauquier and Loudoun Counties. Such persons who represent the broad interest of these communities include Hispanics, persons living in poverty and those without a high school degree. A targeted distribution of paper surveys was utilized in an effort to reach areas of the population that may not have been able to access the online survey. Paper copies were distributed at community events and to community groups where a diverse population is served. Through both online and paper surveys, participants surveyed similarly represented the communities represented in the Prince William Health District, Culpeper, Fauquier and Loudoun 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 Health Check Survey

With guidance from the CHCGPW, a community health check survey for residents from the Prince William Health District, Culpeper, Fauquier and Loudoun Counties was created. The CHNA Health Check Survey was made available to community residents from March 29, 2016 to May 1, 2016. Surveys were administered online and in paper copy, both provided in both English and Spanish. Paper surveys were made available at local community events, at partner locations, through media outlets, at health fairs 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 PWHHD, Culpeper, Fauquier and Loudon Counties:

- 81% female; 19% male
- 9% ages 65+
- 25.83% identified as Hispanic/Latino; 17.31% identified as African-American or Black; 4.81% identified as Asian
- 7.68% less than high school graduate; 27.27% high school diploma or GED; 12.93% associate's degree, 24.71% college degree; 27.40% graduate degree

Areas identified as gaps in the quantitative data sampling included an underrepresentation of males.

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
- Northern Virginia Health Foundation

III. Identification and Prioritization of Health Needs

a) Identified Significant Health Needs

From participant responses, it was apparent that behavioral risk factors, access to care and substance abuse were the most important concerns of community residents. Other key data points included:

- When asked to identify the greatest public health concerns, respondents identified the top 10 health concerns as the following: 1) cost of healthcare, 2) drug use/abuse, 3) obesity, 4) mental health issues, 5) distracted driving, 6) access to healthy foods, 7) availability of health care, 8) lack of exercise, 9) alcohol use/abuse, and 10) dental care.
- Regarding personal health responses, 85.2% reported their health was good to excellent; 75% reported seeing a primary care provider within the past year; 72% reported having a preventive health service within the past year.
- Regarding access to care, 80% reported that they strongly agree or agree that they are able to get the healthcare that they need (29% and 51%, respectively); 31% strongly agree or agree that they must travel outside of their community for healthcare (8% and 23%, respectively), while 58% strongly disagree or disagree that they must travel outside of their community for healthcare.

b) Prioritization

In May and June 2016, two community town hall meetings were held to present survey results and ask community members and stakeholders to rank the top three health issues according to magnitude of these issues and years of potential life lost. The outcomes from the priority focus exercises were combined with the following results:

- 1) Access to healthy foods
- 2) Alcohol use/abuse
- 3) Availability of healthcare
- 4) Cost of healthcare
- 5) Dental care
- 6) Distracted driving
- 7) Drug use/abuse
- 8) Lack of exercise
- 9) Mental health issues
- 10) Obesity

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:

- *Mental health issues:* Increase programming addressing mental health and coordinate efforts through community agencies.
- *Cost of Healthcare:* Identify key partnerships through the healthcare coalition and other agencies to address healthcare costs and create innovative approaches that would assist in lowering the cost of healthcare services.
- *Alcohol and Other Drug Use/Abuse:* Integrate substance abuse screenings and treatments into a primary care setting, carefully collaborate between providers, case managers, behavioral health consultants and mental health specialists to help educate, improve mental health, patient engagement and reduce drug and alcohol use.
- *Dental Care:* Provide services and programming related to making dental care more widely available throughout the community to those in need. Work with local dentists to provide more community outreach.

Facility prioritization

In addition to the community rankings, Novant Health UVA Health System Prince William Medical Center reviewed the top five diagnosis codes for inpatient and outpatient hospital emergency room visits year-to-date January to July 2015.

Novant Health UVA Health System Prince William Medical Center Emergency Department
Top 5 Diagnoses YTD Jan-July 2015

Inpatient		Outpatient	
Diagnosis	Volume	Diagnosis	Volume
Urinary tract infection NOS	28	Otitis media NOS	515
Chest pain NEC	13	Chest pain NEC	471
Noninf gastroenterit NEC	10	Abdmnal pain unspcf site	454
Chest pain NOS	7	Urinary tract infection NOS	452
Acute pharyngitis	3	Noninf gastroenterit NEC	451

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 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 sinus, heart disease, obesity, diabetes and other chronic issues related to aging.

Upon a comprehensive review of the community’s recommended prioritized outcomes and Novant Health UVA Health System Prince William Medical Center’s ED top 5 diagnosis codes, the Novant Health UVA Health System Prince William 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 four top significant health priorities for Novant Health UVA Health System Prince William Medical Center:

1. Diabetes
2. Obesity
3. Other Chronic Diseases, included cancer, heart disease and stroke
4. Mental health, including substance use and abuse

IV. Addressing needs

Novant Health UVA Health System 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:

Diabetes:

- Diabetes (A1C) community screenings
- Diabetes prevention classes
- Diabetes education

Obesity:

- BMI screening
- Community education

Other Chronic Disease:

- Cancer education
- Mammography screenings
- Community health education
- Heart health screenings

Mental Health:

- Community awareness campaign
- Community education programs

In addition to the programs and services offered to the community through Novant Health UVA Health System Prince William Medical Center, there are several existing community assets available throughout the Prince William Health District, Manassas City and Manassas Park 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
<ul style="list-style-type: none"> • Access to healthy foods • Availability of healthcare • Cost of healthcare • Dental care 	<ul style="list-style-type: none"> • Manassas Midwifery • Novant Health UVA Health System Haymarket Medical Center • Novant Health UVA Health System Prince William Medical Center • Prince William Health District • Sentara Northern Virginia Medical Center

	<ul style="list-style-type: none"> • Special Supplemental Nutrition Program for Woman Infants and Children (WIC) • Action in Community through Service (ACTS) • Court Appointed Special Advocates (CASA) • Children’s Intervention Services of Greater Prince William • Fauquier & Rappahannock • Early Childhood Partnership • Greater Prince William Coalition for Human Services • Manassas City Police Department • Manassas City Public Schools • Manassas Park Department of Parks & Recreation • National Alliance on Mental Illness – Prince William • Northern Virginia Family Service • Phoenix Counseling Services, PLLC, • Prince William County At-Risk Youth & Family Services • Prince William County Community Services • Prince William County Public Schools • Prince William County Public Schools-Head Start • Prince William Health District, Sentara Healthcare • Smart Beginnings Greater Prince William Virginia • Cooperative Extension- Prince William County • Greater Prince William Community Health Center • Neighbor’s Keeper • Prince William Area Free Clinic • Prince William Community Services • Prince William Health Partnership • Prince William Speech and Hearing Center • Sentara-Potomac Hospital • Virginia Cooperative Extension
<p>Mental health resources including:</p> <ul style="list-style-type: none"> • Alcohol use/abuse • Drug use/abuse 	<ul style="list-style-type: none"> • ACTS, Inc • American Red Cross, Prince William Chapter • Legal Service of Northern Virginia • Manassas Park Department of Social Services • Salvation Army Prince William Corps • National Counseling Group • Phoenix Family Counseling & Play Therapy Center • Didlake, Inc. • Independence Empowerment Center, Inc. • Manassas/Manassas Park Disabilities Services • Prince William County Disabilities Services Board

<p>Social Needs addressing:</p> <ul style="list-style-type: none"> • Distracted driving • Food assistance • Housing • Transportation • Workforce Development 	<ul style="list-style-type: none"> • Manassas Park Department of Social Services • United Way of the National Capital Area • Northern Virginia Family Service/SERVE • The Northern Virginia Urban League • The SkillSource Group • Catholics for Housing • Habitat for Humanity • Transportation Commission • Prince William County Housing and Community Development • Project Mend-A-House • Transitional Housing • BARN, Inc.
<p>Wellness Resources addressing:</p> <ul style="list-style-type: none"> • Lack of exercise • Obesity 	<ul style="list-style-type: none"> • Prince William Health District • Prince William County Government Parks & Recreation • YMCA of Metropolitan Washington

V. Impact Evaluation of 2013-2015 Community Health Needs Assessment

Based on the previously reported health data from the 2013-2015 Community Health Needs Assessment, the Novant Health Northern Virginia Board of Trustees did a collective review of community feedback and prioritization, and determined the top health priorities for Novant Health UVA Health System Prince William Medical Center as the following: **Diabetes and Obesity.**

To address these priorities, Novant Health UVA Health System Prince William Medical Center committed to providing community education and screenings to address these needs. From 2013-2015, Novant Health UVA Health System Prince William Medical Center was successful in implementing selected outreach programs for each of the defined priority areas while meeting the goals established for each program. The major program goal that was 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. Specific objectives and measures achieved are described below:

1. Priority Area: Diabetes— 400 community members were reached through screenings that included A1C exams to measure one’s risk for diabetes. In addition, over 670 community members received health education specific to diabetes management and prevention. Screenings and educational classes were made available in the community at community centers, senior centers, Churches, and at local community events as requested.
2. Priority Area: Obesity – Over 1,500 community members received health education specific to nutrition, lifestyle education and weight management. Screenings and educational classes were offered throughout the community at various locations.

Appendix A: Community Health Coalition of Greater Prince William

Agency
George Mason University
Greater Prince William Community Health Center
Kaiser Permanente
Novant Health UVA Health System
Potomac Health Foundation
The Prince William Health District
Sentara Northern Virginia Healthcare