



Novant Health Prince William Medical Center

Community Health Needs Assessment

(Prince William County, Manassas City, Manassas Park, and Fauquier County)

2013-2015

Approved by the Novant Health Prince William Medical Center Board of Trustees on November 21, 2013



Dear Community Resident:

It is our pleasure to share with you the 2013-2015 Novant Health Prince William Medical Center Community Health Needs Assessment. On behalf of the Novant Health Prince William Medical Center Board of Trustees, Prince William Medical Center leadership, physician partners, and staff, we hope that you will find this information useful in planning and responding to the needs of our community.

This report contains data which was reported by the Prince William Health District, Greater Prince William Coalition for Human Services, the United Way of the National Capital Area, and Community Health Solutions (on behalf of Fauquier Health); we sincerely thank these and other and other community partners and governmental agencies for their contributions to this report.

Novant Health exists to improve the health of communities, one person at a time. Along with our staff, physician partners, and volunteers, we are united by a promise to deliver the most remarkable patient experience, in every dimension, every time.

Responding to the health needs of our communities, especially to the most vulnerable among us, is central to the mission of Novant Health and other not-for-profit health care organizations. We strongly believe in our role as a good corporate citizen, which involves working with community agencies and organizations to make our communities better places to live and work. Novant Health 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 including maintaining an active community health outreach program, demonstrating superior outcomes for many health conditions as indicated by our state and national quality scores, and creating innovative programs (many are recognized nationally) that address important health issues.

We believe that the data contained in this report will help us and our community partners in our planning and implementation strategies so that we can continue to effectively respond to the health needs of our community.

On behalf of Novant Health Prince William Medical Center, thank you for taking the time to read this report. Again, we do hope that you will find this information useful in planning and responding to the needs of our community.

Sincerely,

Melissa Robson, President
Novant Health Prince William Medical Center &
Northern Virginia Market

Table of contents

I. Introduction	3
a. Organization Overview	3
b. Our Community	5
II. Assessment Process and Methodology	11
a. Collaborative Community Partners and Public Health Input	11
b. Process & Methods	11
c. Assessment Data Used	15
III. Prioritized Health Needs	17

I. Introduction

Novant Health Prince William Medical Center, in collaboration with the Prince William Health District serving the Greater Prince William Area, Greater Prince William Coalition for Human Services, the United Way of the National Capital Area, and Community Health Solutions (on behalf of Fauquier Health) established a community health needs assessment to identify the most pressing health needs in our community. The Novant Health Prince William Medical Center Community Health Needs Assessment is designed to identify the health needs of the Novant Health Prince William Medical Center service area.

a. Organization Overview

Novant Health is a not-for-profit integrated health system consisting of 15 hospitals and a medical group consisting of over 1,000 physicians in over 350 clinic locations. In addition, Novant Health consists of numerous outpatient surgery centers, medical plazas, rehabilitation programs, diagnostic imaging centers and community health outreach programs. Novant Health's 25,000+ employees and physician partners care for patients and communities in North Carolina, Virginia, and South Carolina.

Novant Health 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. Many of our programs and services are 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 Prince William Medical Center is an 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.

History:

Novant Health Prince William Medical Center has been a vital part of the community since 1964. We joined Novant Health in 2009.

Services:

- Assisted Living
- Behavioral Health
- Breast Health
- Cancer Care
- Children's Health
- Concussion Management
- Diabetes
- Emergency
- Fitness & Wellness
- Heart & Vascular
- Imaging
- Orthopedics & Spine
- Rehabilitation
- Sleep Health
- Sports Medicine
- Surgery
- Women's Health

Awards & Recognition:

- United States Senate Productivity and Quality Award – For two consecutive years, Novant Health Prince William Medical Center has been recognized for Excellence in Organizational Performance by the Senate Productivity and Quality Awards board of Virginia.
- Great Orthopaedic and Spine Programs – In 2010, Novant Health Prince William Medical Center was recognized as one of "23 Hospitals with Great Orthopaedic and Spine Programs" by Becker's Orthopaedic & Spine Review.
- Cleverly & Associates Top 100 Hospitals – Novant Health Prince William Medical Center has been recognized by Cleverley & Associates' State of the Hospital Industry as one of the top 100 Community Value hospitals.
- Cleverly & Associates 5-Star Hospital – Novant Health Prince William Medical Center has been recognized by Cleverley & Associates as a 5-Star hospital based on its Community Value Index.

- The Joint Commission Gold Seal of Approval – Acute Myocardial Infarction (Heart Attack), Heart Failure, Joint Replacement, Hip and Knee and Pneumonia.

Accreditation:

Novant Health Prince William Medical Center is fully accredited by The Joint Commission, an independent organization that evaluates a healthcare organization's performance in areas that most affect patient health and safety. In addition, we have earned some of the nation's top honors in quality care, including Cancer Center accreditation, Heart & Vascular Center certification and Knee and Hip Joint Replacement certification.

Accreditation from American College of Radiology:

- Computed Tomography
- Ultrasound
- Mammography

b. Our Community

Primary and Secondary Service Areas:

The Greater Prince William Area consists of three independent and unique political jurisdictions in which the cities of Manassas and Manassas Park are contained within the geographical limits of Prince William County. In December, 2010, the population of the tri-jurisdictional area was 451,842.

As of 2010, Fauquier County's population was 65,203. Fauquier County's county seat is Warrenton, and the county is a part of the Washington Metropolitan Area. According to the U.S. Census Bureau, Fauquier County has a total area of 651 square miles (1,686.1 km²), of which 650 square miles (1,683.5 km²) is land and 2 square miles (5.2 km²) (0.26%) is water.

Primary Service Area Zip Codes

Novant Health Prince William Health System Primary Service Area			
Zip	City	County/Jurisdiction	State
20137	BROAD RUN	FAUQUIER	VA
20198	THE PLAINS	FAUQUIER	VA
20143	CATHARPIN	PRINCE WILLIAM	VA
20155	GAINESVILLE	PRINCE WILLIAM	VA
20156	GAINESVILLE	PRINCE WILLIAM	VA
20168	HAYMARKET	PRINCE WILLIAM	VA
20169	HAYMARKET	PRINCE WILLIAM	VA
20108	MANASSAS	MANASSAS CITY	VA
20110	MANASSAS	MANASSAS CITY	VA
20113	MANASSAS	MANASSAS PARK CITY	VA
20109	MANASSAS	PRINCE WILLIAM	VA
20111	MANASSAS	PRINCE WILLIAM	VA
20112	MANASSAS	PRINCE WILLIAM	VA
20136	BRISTOW	PRINCE WILLIAM	VA
20181	NOKESVILLE	PRINCE WILLIAM	VA
20182	NOKESVILLE	PRINCE WILLIAM	VA

Secondary Service Area Zip Codes

Prince William Health System Secondary Service Area			
Zip	City	County/Jurisdiction	State
20115	MARSHALL	FAUQUIER	VA
20144	DELAPLANE	FAUQUIER	VA
20186	WARRENTON	FAUQUIER	VA
20187	WARRENTON	FAUQUIER	VA
22639	HUME	FAUQUIER	VA
22643	MARKHAM	FAUQUIER	VA
20105	ALDIE	LOUDOUN	VA
20117	MIDDLEBURG	LOUDOUN	VA
22642	LINDEN	WARREN	VA
20120	CENTREVILLE	FAIRFAX	VA
20121	CENTREVILLE	FAIRFAX	VA
20119	CATLETT	FAUQUIER	VA

22712	BEALETON	FAUQUIER	VA
22720	GOLDVEIN	FAUQUIER	VA
22728	MIDLAND	FAUQUIER	VA
22734	REMYNGTON	FAUQUIER	VA
22742	SUMERDUCK	FAUQUIER	VA
22025	DUMFRIES	PRINCE WILLIAM	VA
22026	DUMFRIES	PRINCE WILLIAM	VA
22134	QUANTICO	PRINCE WILLIAM	VA
22172	TRIANGLE	PRINCE WILLIAM	VA
22191	WOODBIDGE	PRINCE WILLIAM	VA
22192	WOODBIDGE	PRINCE WILLIAM	VA
22193	WOODBIDGE	PRINCE WILLIAM	VA

Demographics:

The Prince William Health District is located in Northern Virginia, approximately 35 miles southwest of Washington, DC. The Health District is part of the National Capital Region, which includes counties and cities in the Washington, DC metropolitan area. The Prince William Health District encompasses a total area of 349 square miles and includes Prince William County and the independent cities of Manassas and Manassas Park.

The Prince William Health District provides services to 454,096 residents of the Greater Prince William Area which includes Prince William County, Manassas City and Manassas Park City. Some demographic attributes are common to all three jurisdictions; however, when compared to Virginia, there are a number of demographic elements that are unique to each jurisdiction.

Young

All three jurisdictions have higher percentages of children under the age of 18 and substantially lower percentages of persons over the age of 65. The population age distribution also implies that people are moving here during their productive working and reproductive ages.

**Racially/
Ethnically
Diverse**

The Greater Prince William Area has twice as many foreign-born residents who speak a language other than English. In addition, there were nearly three times as many people of Hispanic origin.

**Divergent
Income
Levels**

The Greater Prince William Area has fewer households with incomes of less than \$75,000 and more households with incomes of \$75,000 and greater. The median income is higher in all jurisdictions.

Source: Prince William Health District 2013.

Other Quick Facts:

Greater Prince William Area

1. Higher percentage of children under the age of 18 and substantially lower percentage of persons age 65 and over than Virginia
2. Nearly three times as many people of Hispanic origin than Virginia
3. Twice as many foreign-born residents and residents who speak a language other than English (compared to Virginia)
4. Fewer households with an income of less than \$75,000 and more households with an income of \$75,000 or greater than Virginia
5. Higher median household income than Virginia
6. Substantially higher persons per square mile than Virginia
7. Higher percentage of people in the armed forces than Virginia
8. Greater mean travel time to work than Virginia

Prince William County

1. Ranked as the 31st fastest growing jurisdiction in the United States
2. Twice as many residents speak a language other than English (compared to Virginia)
3. Greatest percentage of its residents in the \$100,000 to \$149,999 income range
4. Greater Prince William Area jurisdiction with the highest median household income and greatest median income difference compared with Virginia

Manassas City

1. Ranked as the 25th fastest growing jurisdiction in the United States³
2. Large proportion of population is of Hispanic origin
3. Large proportion of population speaks a language other than English
4. Greatest percentage of residents in the \$50,000 to \$74,999 and \$100,000 to \$149,999 income ranges
5. Three times as many people per square mile than the Greater Prince William Area
6. Lower percentage of residents with a bachelor's degree or higher than the Greater Prince William Area and Virginia

Manassas Park City

1. Ranked as the 7th fastest growing jurisdiction in the United States
2. Greater Prince William Area jurisdiction with the highest percentage of Hispanic persons
3. Three times as many foreign-born persons than Virginia and highest percentage of foreign-born among the Greater Prince William Area jurisdictions
4. Greater Prince William Area jurisdiction with the highest percentage of population that speaks a language other than English
5. Majority of residents fall in the \$50,000 to \$74,999 income range
6. Greater Prince William Area jurisdiction with the lowest median household income
7. Nearly five times as many people per square mile than the Greater Prince William Area
8. Lowest percentage of residents with a bachelor's degree or higher among Greater Prince William Area jurisdictions

Fauquier County

Population Category	Fauquier County Amount
Children Aged 0 - 19	65,203
Seniors 65 +	17,971
Male	32,158
Female	33,045
Asian	826
Black/African American	5,232
White	53,410
Other or Multi-Race	1,557
Hispanic Ethnicity	4,178
Age 25 + and Did Not Graduate High School	5,293
Per Capita Income	\$38,105
Median Household Income	\$81,176

Source: Community Health Solutions (on behalf of Fauquier Health) 2013

Health Outcomes	Fauquier County	State of Virginia
Poor or fair health	13.0%	14.0%
Poor physical health days	2.9	3.2
Poor mental health days	2.9%	3.1%
Low birth-weight	6.8%	8.3%
Health Behaviors		
Adult smoking	17.0%	18.0%
Adult obesity	27.0%	28.0%
Physical inactivity	21.0%	24.0%
Excessive drinking	15.0%	16.0%
Motor vehicle crash death Rate	16	11
Sexually transmitted Infections	164	385
Teen birth rate	24	32

Source: County Health Rankings (2013)

II. Assessment Process and Methodology

a. Collaborative Community Partners:

The Novant Health Prince William Medical Center Community Health Needs Assessment is based on the Prince William Health District Community Health Assessment (2013), The Greater Prince William Coalition for Human Services Community Needs Assessment (2013), and the Community Health Solutions (on behalf of Fauquier Health) Community Health Needs Assessment (2011). The Novant Health Prince William Medical Center Community Health Needs Assessment is designed to identify the health needs of the Novant Health Prince William Medical Center service area.

b. Process and Methods:

Greater Prince William Area:

Although the Prince William Health District chose to perform a Community Health Assessment that fit the unique needs and dynamics of this community, the processes and steps for data collection were based on the principles of an evidence-based system, called the Mobilizing for Action through Planning and Partnership (MAPP), developed by National Association of County and City Health Officials (NACCHO) and Centers for Disease Control and Prevention (CDC). The MAPP model drives development of community health improvement strategies and is designed to:

- Emphasize a community-driven and community-owned approach;
- Initiate and strengthen partnerships between various actors in the local public health system;
- Use the Essential Public Health Services to define public health activities and communicate them to the public; and
- Compile various forms of assessment using primary and secondary data sources to create a comprehensive picture of the community.

To incorporate these elements of the MAPP model in the Greater Prince William Area Community Health Assessment, the Prince William Health District was cognizant of the need to seek input and opinions of local residents about the most significant public health issues in the community. Based on experiences of similar Health Districts, it is believed that, by focusing on topics that the public has prioritized, the Prince William Health District will be able to more effectively mobilize the community around strategies and action plans for health improvement.

Over a span of six months, the Prince William Health District sought such input by conducting a community-wide survey and facilitating Town Hall meetings. The information collected in these settings was supplemented by a review of secondary data sources and a CDC-developed environmental assessment called the Community Health Assessment and Group Evaluation (CHANGE) tool.

The Prince William Health District Community Health Assessment Team adapted a health survey that had been developed previously by the Loudoun County Health Department. The Greater Prince William Area Health Check Survey collected demographic information, feedback on quality of life indicators, and respondents' opinion of the five most significant public health issues in their communities.

In order to accommodate the Greater Prince William Area's diverse population, the Prince William Health District worked with a language translation service to create a Spanish version of the survey. The Health Check Survey was open for three months, from February through April 2013. The Prince William Health District actively sought assistance, from community partners, with survey distribution. Such efforts ensured that the survey was available throughout the three Greater Prince William Area jurisdictions – not only in Prince William Health District offices, but at NHPWMC and in locations where a range of residents might visit or encounter.

The survey was available online (through Survey Monkey) and sent electronically through social media outlets, email list-serves of community coalitions, and various organizations' newsletters. The Prince William Health District also provided business card-sized handouts that included a link to an online version of the survey. Paper surveys (English and Spanish versions) and dedicated collection boxes were placed in 22 waiting rooms, public buildings, and recreation centers around Prince William County and the Cities of Manassas and Manassas Park.

Members of the Assessment Team periodically collected completed paper surveys and engaged in active follow-up with the distribution sites by answering questions and encouraging standardized dissemination practices. Survey respondents were advised that their answers would remain anonymous and that the results would assist in the development of strategies for improving public health in the community. Paper survey responses were entered into Survey Monkey, and combined with online survey responses, for analysis. A total of 1,245 surveys were completed. Of this total, 1,212 surveys were included in the analysis after excluding duplicate surveys and those surveys with missing jurisdiction information.

Attendees at the Prince William Health District sponsored focus group meetings included numerous community residents as well as the following:

Representatives with special knowledge/expertise in public health:

- Medical Reserve Corps
- Neighbor's Keeper
- Novant Health
- Potomac Health Foundation
- Providing Access to Health Care for the Deaf Community
- Sentara Healthcare
- Q Integrative Healthcare
- Walgreens

Representative or leader of medically underserved, low-income and minority populations and populations with chronic disease needs:

- Boys & Girls Club: Seeks to enable all young people, especially those who need us most, to realize their full potential as productive, caring, responsible citizens.
- Neighbor's Keeper: Seeks to educate individuals in need of financial, health care and wellness literacy, improve access to affordable health services, and improve community health. Neighbor's Keeper stresses personal responsibility, the value of education and care of other persons in the community.
- Potomac Health Foundation: Seeks to improve the health of the community by increasing access to primary health care for the medically underserved, reducing the incidence of preventable diseases, and supporting innovation around emerging health needs.
- Providing Access to Health Care for the Deaf Community: Seeks to provide advocacy services, community workshops, information referral and brochures on topics affecting deaf individuals.

Fauquier County:

In an effort to generate community input to the community health needs assessment, a Community Insight Survey was conducted with a group of community stakeholders identified by Fauquier Health. The survey instructed participants to provide their viewpoints on:

- Important health concerns in the community;
- Significant service gaps in the community; and
- Ideas for addressing health concerns and service gaps.

The survey was sent to a group of 60 community stakeholders as identified by Fauquier Health. A total of 38 surveys were returned for a response rate of 63% (although not every respondent answered every question). The respondents provided rich insights about community health in Fauquier and Rappahannock counties.

- The respondents identified almost two dozen important health problems such as obesity, behavioral health, chronic disease, oral health and more.
- The respondents also reported more than two dozen specific community services in need of strengthening. Commonly identified services included transportation, aging services, health education and early detection and screening.
- Twenty-two respondents offered additional, open-ended responses about particular problems or ideas for improving health and health services.

The community indicator profile was developed that presents dozens of quantitative community health indicators for the study region. To produce the profile, Community Health Solutions analyzed data from multiple sources. By design, the analysis does not include every possible indicator of community health. The analysis is focused on a set of indicators that provide broad insight into community health, and for which there were readily available data sources. The survey respondents included the following:

Aging Together	Fauquier County Dept. of Fire, Rescue & Emergency Management
Arc of North Central Virginia	Highland School
Community Touch Inc / Victory Transitional Housing	Piedmont Family Practice
County of Rappahannock	Piedmont United Way
Fauquier CADRE	Rappahannock County Dept. of Social Services
Fauquier Community Action Committee, Inc.	Rappahannock County OEM
Fauquier Community Action Head Start/ Bright Stars	Rappahannock Rapidan Community Services
Fauquier County Parks and Recreation	Rappahannock-Rapidan Health District
Fauquier County Public Schools	Services to Abused Families, Inc. (S.A.F.E.)
Fauquier County Sheriff's Office	Virginia Department of Health, Division of Surveillance and Investigation
Fauquier County Sheriff's Office, Medical Dept.	Wakefield School
Fauquier Dept. of Social Services	Warrenton Baptist Church
Fauquier Family Shelter	
Fauquier Free Clinic, Inc.	
Fauquier Health	
Fauquier Home Care Services	
Fauquier Health Rehabilitation and Nursing Center	
Fauquier Health Wellness Center	

Representatives with special knowledge/expertise in public health:

- Aging Together
- Arc of North Central Virginia
- Rappahannock County
- Fauquier County Sheriff's Office, Medical Dept.
- Fauquier Free Clinic, Inc.
- Fauquier Health
- Fauquier Home Care Services
- Fauquier Health Rehabilitation and Nursing Center
- Fauquier Health Wellness Center
- Fauquier County Dept. of Fire, Rescue & Emergency Management
- Piedmont Family Practice
- Virginia Department of Health, Division of Surveillance and Investigation

Representative or leader of medically underserved, low-income and minority populations and populations with chronic disease needs:

- Arc of North Central Virginia: The Arc of North Central Virginia is committed to enhancing the lives of persons with intellectual and developmental disabilities (I/DD), to ensuring that they are valued members of our community and are able to reach their full potential.
- Community Touch, Inc.: Through the ministry, True Deliverance Church of God Community Touch, Inc. helps those who had been affected by the challenges of life. These challenges include individuals who are dealing with substance abuse.
- Fauquier Family Shelter: Seeks to engage individuals and social service agencies to alleviate the pain of poverty and homelessness in Fauquier County. Services include transitional housing and emergency sheltering.
- Fauquier Free Clinic, Inc.: Provides primary health and dental care for local uninsured families.
- Services to Abused Families, Inc. (S.A.F.E.): SAFE is a Domestic Violence & Sexual Assault Crisis Center that provides shelter, support, and advocacy to survivors of domestic violence & sexual assault.

c. Assessment Data Used

Governmental Data:

- U.S. Census Bureau Population Data (2010)
- American Community Survey (2010)
- Prince William Health District Community Health Assessment (2013)

Public/Private Research Data:

- The Greater Prince William Coalition for Human Services Community Needs Assessment (2013)
- Community Health Solutions (on behalf of Fauquier Health) Community Health Needs Assessment (2011)
- County Health Rankings (2013)

Internally Conducted Research:

- Novant Health Prince William Medical Center Emergency Department Utilization Data (2012)
- Geographically Defined Primary Service & Secondary Service Areas

Novant Health Prince William Medical Center Emergency Department
Top 10 Causes For Hospitalization (2012)

DIAGNOSIS RELATED GROUP (DRG)	CASES
Pneumonia, organism	296
Alcohol withdrawal	240
Septicemia	180
Urinary tract infection	143
Acute kidney failure	141
Episodic mood disorders	141
Subendocardial infarction, initial episode of care	133
Atrial fibrillation	125
Major depressive affective disorder, recurrent episode	107
Acute pancreatitis	106

III. Prioritized Health Needs

Careful examination of the data listed for Novant Health Prince William Medical Center Primary Service Area show that the top indicators are:

Greater Prince William Area Prioritized Health Needs:

1. Cancer
2. Heart Disease
3. Unintentional Injury
4. Brain Disease
5. Chronic Lower Respiratory Disease
6. Diabetes Mellitus
7. Septicemia
8. Nephritis and Nephrosis
9. Influenza & Pneumonia
10. Suicide

Fauquier County Prioritized Health Needs:

1. Adult Obesity	2. Mental Illness	3. Diabetes
4. Childhood Obesity	5. Alcohol Use	6. Heart Disease & Stroke
7. Substance Abuse (Illegal Drugs)	8. Dental Care/Oral Health	9. Substance Abuse- Prescription Drugs
10. Alzheimer's Disease	11. Asthma	12. Cancer
13. Domestic Violence	14. Tobacco Use	15. Infectious Diseases
16. Autism	17. Respiratory Diseases (Other than Asthma)	18. Intellectual / Developmental Disabilities
19. Arthritis	20. Sexually Transmitted Diseases	21. Prenatal & Pregnancy Care
22. Teen Pregnancy	23. Other	24. HIV/AIDS

The prioritized health needs of the community were collectively reviewed by the Novant Health Prince William Medical Center Board of Directors. The Board evaluated each documented need and its intersection with the organization’s vision, commitments, and key strengths. Subsequently, the team further prioritized the health needs agreeing upon the top three health priorities:

1. Chronic Disease & Disability Prevention: Diabetes
2. Chronic Disease & Disability Prevention: Obesity

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

1. Diabetes: Blood glucose screenings; diabetes education
2. Obesity: BMI screenings