

Hampton Roads Community Health Assessment 2004



SENTARA HEALTH FOUNDATION

Dear Friends in Healthcare,

In 2004, the Sentara Health Foundation commissioned a health assessment of our region to gain insight into our community's most pressing healthcare needs. At Sentara, we use similar information and health outcomes to make strategic decisions and continue to improve the care we provide to our patients. We believe that knowledge is a very powerful tool. Likewise, the data found in this assessment is vital to community leaders and healthcare professionals as they look ahead to the next five years and develop timely solutions to meet the community's most pressing healthcare needs.

In your hands you hold a brief overview of the assessment that was commissioned and the findings. There is also information about the regional healthcare Access Partnership and the vital role it plays in taking this data, combined with the greater Williamsburg area and other data, and using it to guide health improvement initiatives for Hampton Roads. We hope this information will be a valuable resource to build upon as we embark on a regional approach to finding timely solutions to pressing healthcare issues.

I invite you to join us as we ask questions and seek more information about the healthcare needs of our community. If you would like to be a part of the Access Partnership, I encourage you to contact the Sentara Health Foundation at 757-455-7970. Together, we can make a difference.

David L. Bernd
Chief Executive Officer
Sentara Healthcare



Assessment Process

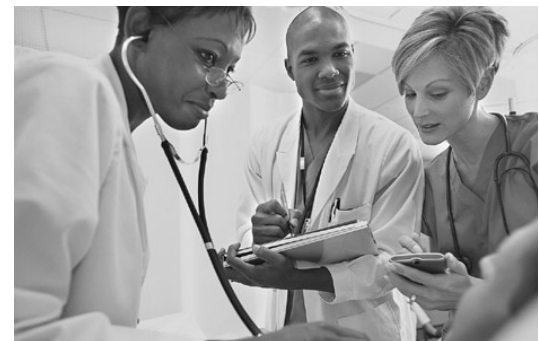
The community health assessment was commissioned by the Sentara Health Foundation and conducted by Community Health Solutions Inc. The study is based on analysis of pre-existing community health data and a survey of community health professionals. The study is designed to provide a broad view of the study region as a baseline for ongoing

Summary of Community Health Indicators

For this study dozens of commonly used indicators were developed to examine the health of the community, with a particular emphasis on access to healthcare services (*See detailed listing on back page*). The indicators were developed from a survey of community health professionals, analysis of Census data, analysis of publicly available health data sets and analysis of Sentara hospital visits for uninsured patients. The indicators were used to identify five basic areas of concern.

- **Access to Basic Health Services** – An estimated 176,000 individuals in the region may be uninsured, including 97,000 with income below 200 percent of poverty. The region also includes more than 31,000 seniors with income below 200 percent of poverty who may have difficulty affording prescription drugs, dental care or other medical necessities.
- **Access to Chronic Care** – Respondents to the Survey of Community Health Professionals reported access problems for people with cancer, diabetes, heart disease, HIV, mental health and other chronic diseases. Chronic diseases are the leading causes of death in the region, and age-adjusted death rates were above the statewide average for multiple diseases and cities in 2002. An estimated 242,000 adults have high blood pressure, 110,600 adults have asthma and 64,800 adults have diabetes. Hospitalization rates for asthma, hypertension and diabetes exceeded the statewide rate in some cities in 2001.
- **Access to Mental Health and Substance Abuse Services** – Mental health and substance abuse services were among the most frequently identified access problems in the Survey of Community Health Professionals. An estimated 72,000 adults have a serious mental illness, an estimated 15,600 children have a serious emotional disturbance, an estimated 11,750 people have mental retardation and an estimated 38,000 people have a substance dependence.
- **Access to Maternal and Infant Services** – The region had 19,766 live births in 2002, as four cities exceeded the statewide birth rate. Prenatal care access rates were below the statewide average in four cities, and the low weight birth rate exceeded the statewide rate in five cities. All seven cities in the study region were above the statewide five-year infant mortality rate as of 2002.
- **Access to Oral Health Services** – Oral health care was the most frequently identified access problem in the Survey of Community Health Professionals. An estimated 128,700 adults in the region have lost six or more teeth due to dental disease, and Sentara hospitals saw more than 1,500 uninsured visits for dental problems in 2003-04.

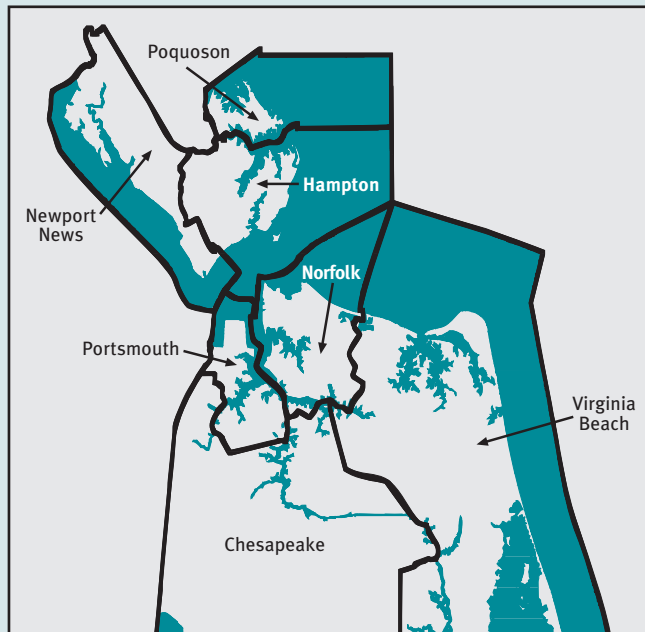
assessment and community health planning. The study focuses on a geographic region of people residing in the cities of Chesapeake, Hampton, Newport News, Norfolk, Poquoson, Portsmouth and Virginia Beach.



The study region includes 1.3 million people spread over 800 square miles of land area, almost all of it urban. The region is remarkably diverse in terms of age, race/ethnicity and income. Within the region are more than 363,000 people under age 19, and more than 127,000 people age 65+. Sixty percent of the population is White, 33 percent are Black or African American, and 3 percent are Asian. More than 359,000 people, including more than 31,000 seniors, have income below 200 percent of poverty, placing many of them at elevated risk for being uninsured or under-insured for certain services. In a region of this size and diversity, we would expect to see significant healthcare access problems such as those identified in this study.

Geographic Variation

In the seven geographic regions included in this study, which cover more than 800 square miles, it is important to examine geographic variation in health status. For this study, geographic variation was examined by city using graphs and maps to denote areas with high concentrations of high risk populations. This method gives a visual appreciation of where the populations' greatest needs are found in each city and throughout the region. (For a copy of the greater Williamsburg area study, please call 757-345-0912.)



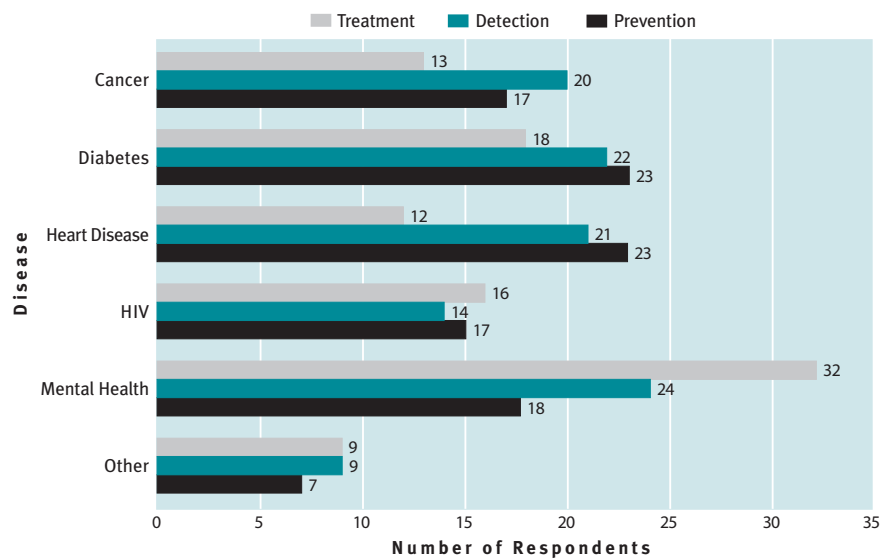
Access Concerns Identified by Community Health Professionals

Community health professionals have particular insight into emerging and current community health problems. Seventy-nine community health professionals including physicians, nurses and others, participated in a survey for this study. Responses were analyzed and their insights should be viewed as guidelines rather than statistically conclusive findings. When asked to rate access to health care on a scale of 1 (no problem) to 5 (major problem), respondents most frequently assigned a score of 4 or 5 to:

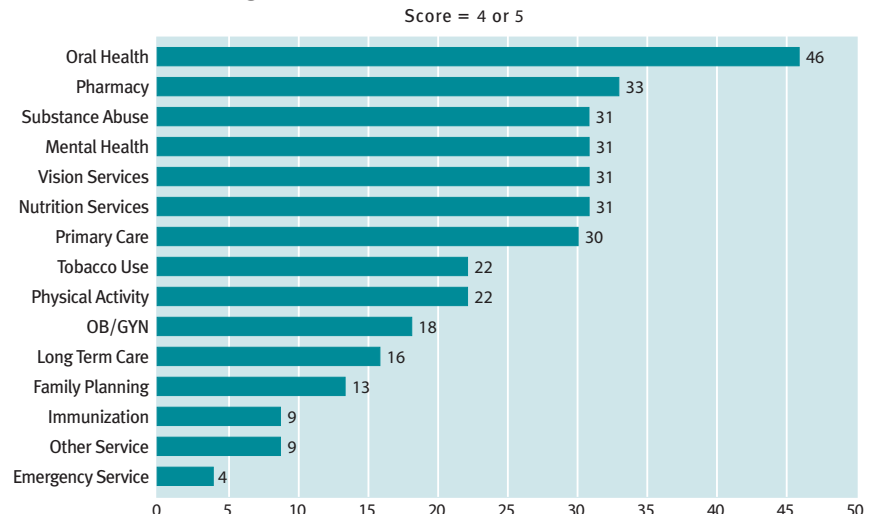
- Oral health
- Prescription services
- Substance abuse services
- Mental health services
- Vision services
- Nutrition services
- Primary care services

When asked to identify access problems in disease – and disability – specific services, respondents most frequently identified mental health treatment, mental health detection, heart disease prevention, diabetes prevention and diabetes detection. The populations most affected by access problems were identified as uninsured, underinsured, low-income and minority populations. The most frequently named barriers to services were lack of financing, lack of transportation, lack of education and lack of providers.

Access to Service is a Problem



Rating of 4 or 5 on "Access is a Problem" Scale



Strategic Planning Based on the Assessment

Now that the study is complete and the areas of need identified, the work begins. The community leaders of our region have a history of working together toward a common cause. Health care is no exception. A Regional Healthcare Access Partnership was formed in 2002 with representatives from more than 20 nonprofit health-care organizations in our region. This partnership is already in action making a difference in access to care in our community in regard to pharmacy services. The Access Partnership will be looking for representatives from each of the seven cities to participate in the strategic planning that will result from this study. It is this group of community leaders that will work together to develop timely solutions to the healthcare issues identified in this study. It will also be this group which works to find resources to make those solutions realities.



Regional Healthcare Access Partnership

The Access Partnership is a community collaboration of diverse stakeholders who share a common goal of improving access to medical services to the underinsured and uninsured residents of the greater Hampton Roads communities of Williamsburg, Poquoson, Newport News, Hampton, Norfolk, Virginia Beach, Chesapeake and Portsmouth. Stakeholders include medical providers, charities, universities, churches, civic groups, free clinics, community health centers, departments of health, city community services boards and social services departments, and a broad representation of volunteers and medically indigent consumers.

Recent studies show that there are an estimated 176,000 uninsured or underinsured adults and children residing in the greater Hampton Roads area, and that access to basic primary care services, critical medications and chronic disease management is limited to this population and many rely on local emergency departments. In the last 15 years, local hospitals, churches and concerned volunteers have established a safety net of basic services which are provided through free clinics, community health centers and parish nurse programs to provide a modest choice of medical and support services to those with acute health problems.



The Access Partnership is focused on strengthening the safety net systems of care for the medically underserved by expanding the depth and breadth of existing programs; implementing new services for identified gaps in primary care and chronic illness prevention; and coordinating for medically indigent families.

The partnership is dedicated to bringing the lowest possible cost medical care to every resident according to their economic situation so that anyone in need of care will not have to go without. In the next five years, the partnership will be using the findings from this study to chart a course for improved health care in our region.

Detailed Information on Companion CD-ROM

The results of the 2004 *Community Health Assessment* are available on a companion CD-ROM.

The *Community Health Assessment Chart Book* contains more than 50 tables and charts for dozens of indicators at the city level. The *Community Health Assessment Map Book* shows thematically shaded maps for more than 40 indicators. Below is an overview of the type of data contained in the CD-ROM. This information should be viewed in Microsoft PowerPoint.

To request a copy of this CD-ROM, call the Sentara Health Foundation, 757-455-7970.

Community Health Assessment Chart Book

Overview of the Study Region

- Total population
- Urban population
- Rural population
- Population by age
- Population by sex
- Population by race
- Population by Hispanic ethnicity
- Foreign-born population
- Limited English proficiency
- Household income
- Poverty rates
- Percent below 200% of poverty
- Educational attainment
- Leading employment sectors

Responses to Survey of Community Health Professionals

Access to Basic Health Services

- Hospitalization rates for ambulatory sensitive conditions
- Uninsured estimates
- Low-income uninsured estimates
- Health professional shortage areas
- Medically underserved areas
- Uninsured Sentara hospital visits for selected ambulatory care-sensitive conditions

Access to Chronic Care

- Leading causes of death
- Age-adjusted death rates
- Hospitalization rates for selected chronic conditions
- Uninsured Sentara hospital visits for selected chronic conditions
- Estimated prevalence of:
 - Adult high blood pressure
 - Adult asthma
 - Adult diabetes
 - Adults with physical limitations due to health
 - Adult smokers
 - Adults at risk for high cholesterol
 - Adults at risk for health problems due to overweight

Access to Mental Health and Substance Abuse Services

- Adults with serious mental illness
- Children & adolescents with serious emotional disturbance
- Children & adults with mental retardation
- Children & adults with a substance dependence
- Uninsured Sentara hospital visits for selected conditions

Access to Maternal and Infant Services

- Total live births
- Birth rate
- Prenatal care access
- Low weight births
- Infant deaths

Access to Oral Health Care Services

- Estimated adults with dental visits in last year
- Estimated adults with tooth loss
- Uninsured Sentara hospital visits for dental conditions

Community Health Assessment Map Book

The *Community Health Assessment Map Book* contains more than 50 thematically shaded maps of selected indicators from the *Community Health Assessment Chart Book*.

Williamsburg Region Assessment Also Available

In 2003, the Williamsburg Community Health Foundation commissioned a regional assessment covering all or parts of Charles City County, Gloucester County, James City County, King and Queen County, King William County, Mathews County, Middlesex County, New Kent County, the City of Williamsburg, and York County. That assessment contains many of the same indicators as the 2004 *Community Health Assessment* presented in this summary.

Results of the assessment are available from the Williamsburg Community Health Foundation, 757-345-0912.