



ENSURE ACCESSIBLE AND EFFECTIVE COMMUNITY HEALTH SERVICES

1. Reduce Disparities in Health Opportunity

- Aggregated rankings hide the fact that there are neighborhoods and communities in Arlington beset by disadvantages that do not position them to enjoy the good health and wellbeing of the rest of the county.
- These demographic and socioeconomic factors have a profound effect on health outcomes and without addressing these disparities, certain communities will continue to lag on health outcomes.

2. Improve the Factors that are Root Causes of Health Outcomes

- The care we receive from doctors and hospitals accounts for only approximately 10 - 20% of health outcomes; our individual health habits (exercising, diets) account for another 30 - 40%; the remaining portion is determined by social and economic factors, individual behaviors and environmental factors;
- Housing, transportation, employment, education, accessibility to places to exercise and places to access healthy food have a significant impact on our health;
- Collaboration between a myriad of partners needs to take place to ensure optimal health outcomes for all. Addressing disparities in health opportunity among communities means looking broader than what has traditionally been done.

3. Increasing Access to Health Care, including Women's Preventative Care and Mental Health and Substance Abuse Services

- The most recent community health needs assessment in Arlington identified access to health care, including mental health and substance abuse services, as a strategic focus area;
- It is widely accepted that preventive services prevent premature mortality and offer good value, making it crucial to ensure access to preventive care for women, including upholding and protecting requirements in the ACA for plans to offer critical preventive services for women;
- The opioid addiction crisis has been declared a public health emergency in Virginia, adding urgency to this issue.

4. Action Items to Improve the Health of Arlington County

- Seek to optimize collaboration between local government agencies, non-profit organizations, private entities to address root causes of health and disparities in health opportunity to ensure the good health and well-being of all Arlingtonians;
- Ensure access to health services by working with health providers, including health safety net providers, to increase the number of Arlingtonians who have a medical home, as well as work with the Commonwealth on reimbursement rates;
- Work to ensure sufficient resources for women to access preventive care;
- Collaborate with community partners to increase awareness of issues around mental/behavioral health and substance abuse, while addressing the growing need for services;
- Advocate for innovative services that support individuals with intellectual disabilities, developmental disabilities;
- Support the Arlington Department of Human Services and the Public Health division in their Destination 2027 campaign to improve the health of the community.