



# Community Health Improvement Plan 2019-2023

Annual Report – Year Two

January 2020–December 2020

April 29, 2021

# Acknowledgments

This report reflects the work and contributions of many community stakeholders and governmental partners across the Fairfax community local public health system. Special gratitude is extended to the following individuals for their time, commitment, and insight in the development of this report.

**Lesley Abashian**

Human Services Director, City of Fairfax

**Gloria Addo-Ayensu, MD, MPH**

Director of Health, Fairfax County Health Department

**Sharon Arndt**

Division Director, Community Health Development, Fairfax County Health Department

**Diane Charles**

Project Manager, Fairfax Food Council, Fairfax County Health Department

**Jesse Ellis**

Prevention Manager, Fairfax County Department of Neighborhood and Community Services  
Co-Chair, Behavioral Health

**Brianne Fuller**

Reston Urban Area Coordinator,  
Fairfax County Land Development Services  
Co-Chair, Healthy Environment and Active Living

**Kate Garsson**

Manager, Program Outreach and Education  
Inova  
Co-Chair, Healthy Eating/Fairfax Food Council

**Elizabeth Ittner**

Wellness Program Coordinator, Fairfax County Park Authority  
Co-Chair, Healthy Environment and Active Living

**Gary Kreps**

Director, Center for Health and Risk Communication, George Mason University

**Rachel Lynch**

COVID-19 Response Team, Arlington County Health Department  
Co-Chair, Behavioral Health

**Ondrea McIntyre-Hall**

Vice President of Program Quality, Impact and Integration Northern Virginia Family Service  
Co-Chair, Partnership for a Healthier Fairfax

**Christopher Revere**

Deputy Director for Innovation and Planning, Fairfax County Health Department

**Anna Ricklin**

Health in All Policies Manager, Fairfax County Health Department

**Susan Sanow**

Program Coordinator, Partnership for a Healthier Fairfax, Fairfax County Health Department

**Annie Turner**

Executive Director, Food for Others  
Co-Chair, Healthy Eating/Fairfax Food Council

**Robert Weiler**

Associate Dean for Academic Affairs,  
College of Health and Human Services  
George Mason University  
Co-Chair, Partnership for a Healthier Fairfax

# Table of Contents

Introduction .....	2
IMPACTS OF COVID-19 .....	5
Priority Issues .....	8
HEALTHY EATING .....	9
HEALTHY ENVIRONMENT& ACTIVE LIVING .....	30
BEHAVIORAL HEALTH .....	50
Conclusion.....	69

# Introduction

The **Partnership for a Healthier Fairfax (PFHF)** is a coalition of community members and organizations that have been working together to strengthen the local public health system and improve community health since 2010. The members of this coalition engaged in a community-driven strategic planning process known as **Mobilizing for Action through Planning and Partnerships** to assess community health status, identify public health issues in the Fairfax community, and develop goals and strategies to address them. The resulting first **Community Health Improvement Plan (CHIP)** was for the time period of 2013 – 2018. This current plan (**CHIP 2.0**) covers the years 2019 - 2023. It outlines the collaborative work needed to advance the Partnership's vision. 2020 Marked the 10<sup>th</sup> Anniversary of the Partnership.

## Vision

*Fairfax – An engaged and empowered community working together to achieve optimal health and well-being for all those who live, work, and play here.*

# Introduction

The CHIP is the cornerstone of **Live Healthy Fairfax**, an initiative of the Partnership for a Healthier Fairfax. Live Healthy Fairfax encompasses the activities that governmental partners and community stakeholders engage in to make the Fairfax community a healthier place to live. The 2019-2023 CHIP 2.0 consists of three priority issues and their respective goals, objectives, and key actions. This annual report provides a status update and a review of accomplishments for the first year of implementation.

## Implementation

- ✓ Year 1: January 2019-December 2019
- ✓ Year 2: January 2020-December 2020
- Year 3: January 2021-December 2021
- Year 4: January 2022-December 2022
- Year 5: January 2023-December 2023

# Introduction

The Partnership established **equity** as one of its core values in 2010. To create opportunities for good health for all, the Partnership addresses inequities in the social determinants of health and other factors that negatively impact health. The CHIP includes strategies designed to advance health equity and to foster equitable opportunities for health. The goals and key actions that promote health equity are denoted by an asterisk (\*) in this report.



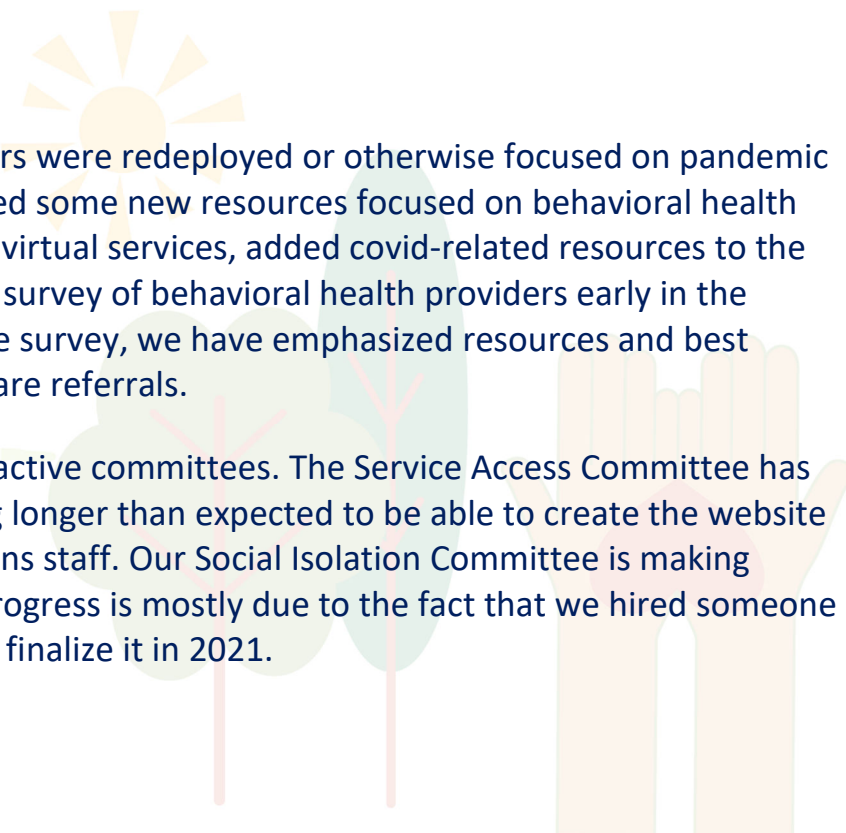
# Impacts of COVID19 on the Partnership for a Healthier Fairfax in 2020

We had big plans for 2020. We were in Year Two of our five-year Community Health Improvement Plan; we were celebrating the 10th Anniversary of the Partnership. Then we found ourselves in a pandemic, and – like for so many others – everything changed. Some of our planned work continued; some of our planned work stopped completely. The Partnership’s Teams were asked to step up and support the community in new ways. We are proud of our flexibility to serve the community in 2020. Our hope is that lessons learned in 2020 will support our continued work in 2021 and beyond.

## BEHAVIORAL HEALTH

COVID19 slowed the committee’s progress as many key members were redeployed or otherwise focused on pandemic response. We continued our monthly meetings, and even created some new resources focused on behavioral health issues related to the pandemic. We have developed lists of free virtual services, added covid-related resources to the Healthy Minds and Trauma Network websites, and conducted a survey of behavioral health providers early in the pandemic to identify their concerns and needs. As a result of the survey, we have emphasized resources and best practices for telehealth and developed informal pathways to share referrals.

Pandemic response has greatly slowed the progress of our two active committees. The Service Access Committee has mostly completed the content for a new website, but it is taking longer than expected to be able to create the website because of constant demands on the time of CSB communications staff. Our Social Isolation Committee is making progress on releasing their report and recommendations, but progress is mostly due to the fact that we hired someone to put it together for us. It will still take longer than expected to finalize it in 2021.

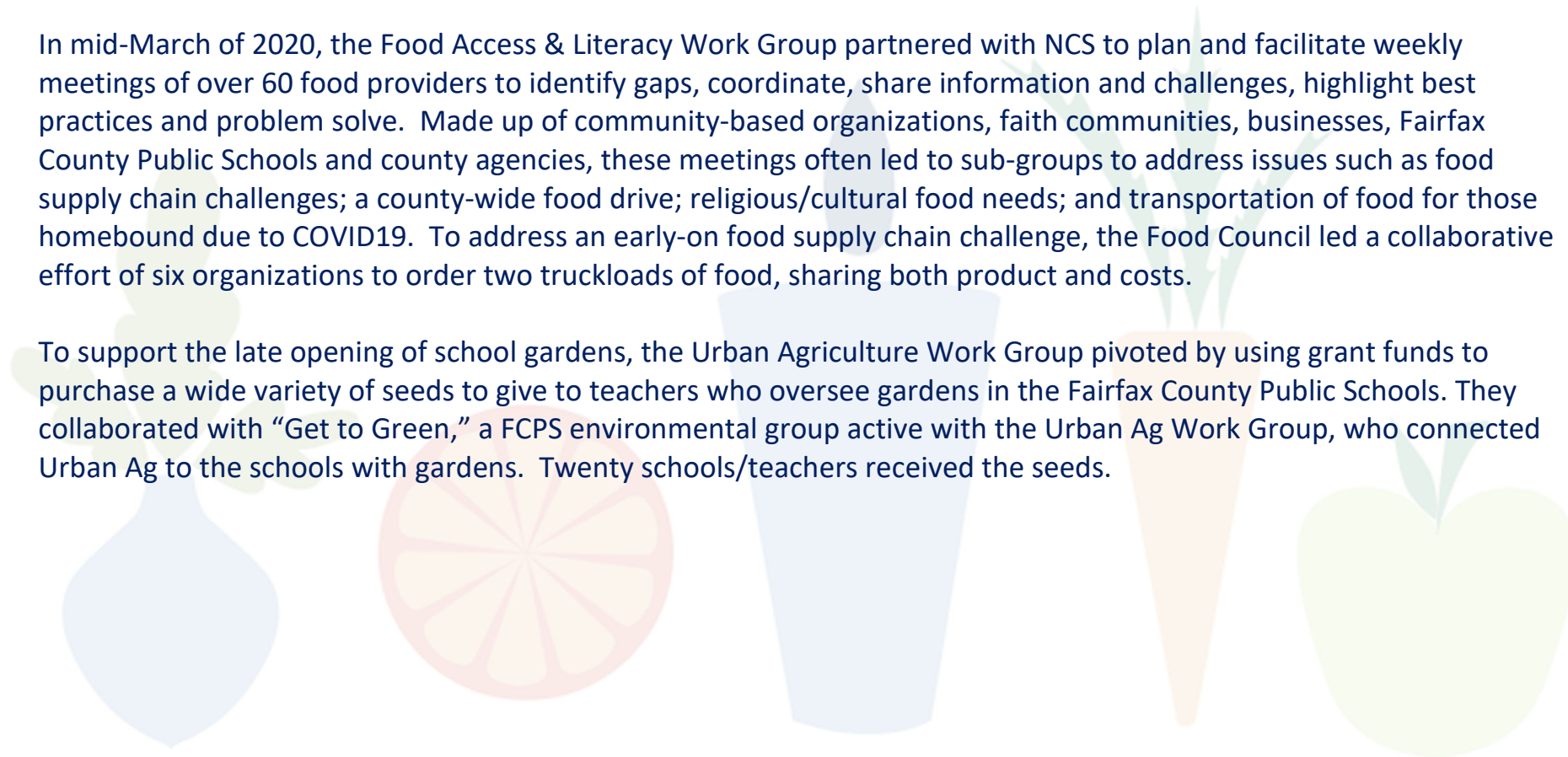


## HEALTHY EATING (FAIRFAX FOOD COUNCIL)

The Fairfax Food Council were moved into a number of new directions during the COVID19 Pandemic. In April of 2020, the Urban Agriculture Work Group, in response to the closure of all county parks due to the pandemic, developed a plan with specific guidelines of how to safely open the community gardens so spring planting could be undertaken. In response, the Fairfax County Park Authority took action to open the 671 garden plots by the end of April. Similar guidelines were shared with the Fairfax County Public Schools and by June, their gardens were reopened with significant limitations.

In mid-March of 2020, the Food Access & Literacy Work Group partnered with NCS to plan and facilitate weekly meetings of over 60 food providers to identify gaps, coordinate, share information and challenges, highlight best practices and problem solve. Made up of community-based organizations, faith communities, businesses, Fairfax County Public Schools and county agencies, these meetings often led to sub-groups to address issues such as food supply chain challenges; a county-wide food drive; religious/cultural food needs; and transportation of food for those homebound due to COVID19. To address an early-on food supply chain challenge, the Food Council led a collaborative effort of six organizations to order two truckloads of food, sharing both product and costs.

To support the late opening of school gardens, the Urban Agriculture Work Group pivoted by using grant funds to purchase a wide variety of seeds to give to teachers who oversee gardens in the Fairfax County Public Schools. They collaborated with “Get to Green,” a FCPS environmental group active with the Urban Ag Work Group, who connected Urban Ag to the schools with gardens. Twenty schools/teachers received the seeds.





## HEALTHY ENVIRONMENT AND ACTIVE LIVING

In 2020, the work of the Healthy Environment Active Living (HEAL) Team was hit hard by the Coronavirus pandemic. In the wake of the pandemic guidelines and restrictions, the team faced challenges, with many team members considered as first responders for COVID19 responsibilities, in-person team meetings were put on hold. We did meet virtually twice during 2020. We discussed the importance of diversifying our membership. A subcommittee was established to for membership recruitment.



In addition to COVID19, the social justice movement brought important issues of racial inequality and inequity to the forefront. Many HEAL team members wondering how our group could improve, make changes or mitigate glaring gaps, especially when it came to community health. The social justice movement also shed light on the representation of the community in our own Team; we were challenged to correct course and be more cognizant of those who should be weighing in on important HEAL-related topics.

Anna Ricklin, our HiAP Manager and HEAL support staff, was able to rise above many challenges to moderate the Fall 2020 PFHF Educational Program on Health in All Policies, Equity in All Policies.

The HEAL Team had a change in Team Leadership. Bree Fuller's term as Co-Chair ended in December 2020, after two years of co-leading the HEAL Team. We thank her for her dedication to bringing health into the built environment. Bree also envisioned a HEAL Team that was more purposeful, and that came together for more than just the CHIP. As Co-Chairs, we began to strategize ways that we could give HEAL more meaning, more action. That work continues. With HEAL Team member, Jennafer Miller from Evans Consulting, we began to work on the idea that HEAL could host a community expo in 2021. Plans are underway for the HEAL "Our Healthy World" Expo in Fall 2021. An event like this will bring the HEAL team together – with a stronger common purpose than we have ever had. And hopefully, it will bring some new members to our team as well. We are hopeful for great things in 2021.

# Priority Issues

The Community Health Improvement Plan focuses on three priority issues for the Fairfax community.

## PRIORITY ISSUES

### HEALTHY EATING

Promoting the accessibility, availability, and affordability of healthy eating for all

### HEALTHY ENVIRONMENT & ACTIVE LIVING

Improving the community environment to support active living and good health for all

### BEHAVIORAL HEALTH

Promoting social and emotional wellness for all

## GOALS

1. Increase resources to identify and address food insecurity.
  2. Increase access to fresh and healthy foods for all.
  3. Increase the consumption of healthy foods and beverages.
- 
1. Support the adoption and implementation of policies that increase access to healthy environments and active living.
  2. Build and sustain partnerships and resources to support healthy environments and active living.
  3. Increase participation in programs that foster active lifestyles and community connections.
- 
1. Reduce key social-emotional risk factors associated with behavioral health issues.
  2. Reduce environmental risk factors associated with behavioral health issues.

# Healthy Eating

# Healthy Eating

- **Goal 1:** Increase resources to identify and address food insecurity.
- **Goal 2:** Increase access to fresh and healthy foods for all.
- **Goal 3:** Increase the consumption of healthy foods and beverages.

# Healthy Eating

- **Goal 1:** Increase resources to identify and address food insecurity.
  - **Objective 1.1:** Develop a food equity report to inform decision makers and other stakeholders about factors contributing to food insecurity.

Priority Issue: Healthy Eating					
Goal 1		Increase resources to identify and address food insecurity. *			
Objective 1.1		Develop a food equity report to inform decision makers and other stakeholders about factors contributing to food insecurity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.A ✓	Analyze data to identify geographic areas and subpopulations with higher rates of food insecurity and obesity.	01/2019 - 12/2019	Fairfax County Health Department (FCHD),  Fairfax Food Council (FFC), Capital Area Food Bank (CAFB), Fairfax County Neighborhood & Community Services (NCS)	None identified	<ul style="list-style-type: none"> <li>Utilized Fairfax County Youth Survey data to identify Hispanic and Black youth as subpopulations with higher proportions of food insecurity compared to their White counterparts.</li> <li>Used kindergarten BMI data to identify that a higher proportion of Hispanic children were overweight or obese than other subpopulations.</li> </ul>
1.1.B ⌚	Gather input on foodsystem needs from key stakeholders in priority areas.	01/2019 - 6/2020	FCHD, FFC, Fairfax County Area Agency on Aging (AAA), Commission on Aging (COA), NCS, Food for Others (FFO)	Virginia Foundation for Healthy Youth (VFHY) Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> <li>Participated in the One Fairfax-led Richmond Highway Food Insecurity project just underway as the pandemic hit. It was put on hold until 2021; it will include the impact of the pandemic on food access and food insecurity in this part of the County.</li> </ul>
1.1.C ⌚	Produce a comprehensive report examining assets, barriers, and recommendations to address food Insecurity and promote food equity.*	01/2019 - 6/2022	FCHD, FFC	None identified	<ul style="list-style-type: none"> <li>Collected preliminary data, conducted initial meetings, and began developing a report.</li> </ul>
<b>Legend:</b> ✓ Action Performed      ⌚ Action In-Progress      ⓧ Action Not Started      * Advances Health Equity					
<b>Healthy Eating</b>					

# Healthy Eating

- **Goal 1:** Increase resources to identify and address food insecurity.
  - **Objective 1.2:** Encourage and evaluate food insecurity screenings and food program referrals.

<b>Priority Issue: Healthy Eating</b>					
<b>Goal 1</b>		Increase resources to identify and address food insecurity. *			
<b>Objective 1.2</b>		Encourage and evaluate food insecurity screenings and food program referrals.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.2.A</b>  ✓	Promote screenings by medical practitioners and health and human services providers.	01/2019 - 12/2023	Fairfax County Health Department (FCHD), Fairfax Food Council (FFC), Arcadia Center for Sustainable Food & Agriculture (Arcadia), Food for Others (FFO), Inova Health System, Fairfax County Neighborhood & Community Services (NCS), Fairfax County Department of Family Services (DFS)	Northern Virginia Health Foundation Grant (Arcadia) \$75,000 01/2019-12/2019	<ul style="list-style-type: none"> <li>Implemented food insecurity screenings at the FCHD Annandale District Office immunization clinic, FCHD Maternal and Child Health Home Visiting Program, and Neighborhood Health.</li> <li>Analyzed data from food insecurity screenings to assess barriers to food access and inform efforts to improve accessibility and utilization of food resources in the future.</li> </ul>
<b>1.2.B</b>  ⊘	Explore opportunities for a pilot food insecurity screening program for older adults.	01/2020 - 6/2022	NCS, Fairfax County Area Agency on Aging (AAA), Commission on Aging (COA), FFC, FCHD	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

<b>Legend:</b>	✓ <b>Action Performed</b>	↻ <b>Action In-Progress</b>	⊘ <b>Action Not Started</b>	* <b>Advances Health Equity</b>
<b>Healthy Eating</b>				



Objective 1.2 Continued		Encourage and evaluate food insecurity screenings and food program referrals.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.C ✓	Promote referral of individuals identified as food insecure to supplemental food programs.	01/2019 - 12/2023	FCHD, FFC, DFS, Fairfax County Public Schools (FCPS)	None identified	<ul style="list-style-type: none"> <li>• Provided referrals to any persons screened who were identified as food insecure.</li> <li>• Created geographically tailored resource packets for the Annandale and South County areas that have local food resources and maps.</li> <li>• Collaborated with NCS to hold weekly/bi-weekly meetings with nonprofit, faith, FCPS and community organizations who were meeting the food needs in Fairfax County. The effort included the County development of a GIS map that documents all locations offering food assistance.</li> </ul>
1.2.D ✓	Collect data on the use of food insecurity screenings and food program referrals.	01/2019 - 12/2023	FCHD, FFC, NCS, FCAAA, COA, FFO, Capital Area Food Bank (CAFB)	None identified	<ul style="list-style-type: none"> <li>• Collected data on food insecurity screenings at Annandale District Office and Neighborhood Health, provided referrals, and followed up with those who were provided referrals.</li> <li>• Analyzed data and explored options to help people who identify as food insecure to successfully access and utilize food resources.</li> </ul>

<b>Legend:</b>	✓ <b>Action Performed</b>	🔄 <b>Action In-Progress</b>	🛑 <b>Action Not Started</b>	* <b>Advances Health Equity</b>
<b>Healthy Eating</b>				

# Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
  - **Objective 2.1:** Increase the amount of healthy food donations to food pantries and supplemental food assistance programs.

Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.1		Increase the amount of healthy food donations to food pantries and supplemental food assistance programs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A	Educate donors to food pantries about the need for healthy, culturally-appropriate, and allergy-sensitive food donations.	01/2019 - 12/2020	Fairfax Food Council (FFC) Nutrition Literacy Working Group (NLWG), Food Provider Network (FPN), Food for Others (FFO), Britepaths, Cornerstones, Virginia Cooperative Extension (VCE), Faith Communities in Action (FCIA)	None identified	<ul style="list-style-type: none"> <li>Revised Healthy Food Donation Guide.</li> <li>Promoted the Healthy Food Donation Guide through website and social media.</li> </ul>
2.1.B	Develop a protocol for school lunch donations to pantries and other food programs.	01/2020 – 06/2022	FFC Access Working Group (AWG), Fairfax County Public Schools (FCPS), FFO	None identified	<ul style="list-style-type: none"> <li>FCPS protocol highlighted that is used in schools coordinating school lunch donations.</li> <li>Identified a champion and program that is working in two elementary schools to be used as a model to share with other schools when schools reopen.</li> </ul>

Legend:	Action Performed	Action In-Progress	Action Not Started	* Advances Health Equity
<b>Healthy Eating</b>				

<b>Objective 2.1 Continued</b>		Increase the amount of healthy food donations to food pantries and supplemental food assistance programs.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>2.1.C</b> ✓	Maximize and expand gleaning programs which collect excess fresh foods to provide it to those in need.	01/2019 - 12/2020	FFC, FFO, Fairfax County Neighborhood & Community Services (NCS)	None identified	<ul style="list-style-type: none"> <li>Developed an active Gleaning Network.</li> <li>Produced an interactive gleaning map that documents farmers' markets being gleaned and organizations receiving the gleaning donations.</li> <li>Identified contacts for each organization for engagement of volunteers to help with the gleaning.</li> </ul>
<b>2.1.D</b> ✓	Promote healthy food selections for weekend bag programs and school pantries.	07/2019 - 06/2020	FFC, Britepaths, FFO	None identified	<ul style="list-style-type: none"> <li>Communicated with all food coordinators to promote only healthy food donations.</li> <li>Eliminated unhealthy food from weekend bag programs and school pantries.</li> </ul>

**Legend:**    ✓ **Action Performed**    ↻ **Action In-Progress**    ⏸ **Action Not Started**    \* **Advances Health Equity**

**Healthy Eating**

# Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
  - **Objective 2.2:** Expand community and school garden opportunities targeting high-need geographic areas.

Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.2		Expand community and school garden opportunities targeting high-need geographic areas.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A ✓	Promote zoning policy changes to allow for more community gardens.	01/2019 - 06/2019	Fairfax Food Council (FFC) Urban Agriculture Working Group (UAWG), FFC Access Working Group (AWG), Fairfax County Department of Planning and Zoning (DPZ), Northern Virginia Soil & Water Conservation District (SWCD), Virginia Cooperative Extension (VCE), George Mason University (GMU)	Virginia Foundation for Healthy Youth (VFHY) Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> <li>Agreed on proposed changes to Zoning Ordinance.</li> <li>Spoke at Planning Commission and Board of Supervisors' Public Hearings to express Food Council support.</li> <li>Supported the Zoning Ordinance amendment adopted by the County to change policy to allow for front yard edible gardens and more community gardens.</li> </ul>
2.2.B ✓	Map existing gardens and identify opportunities for expansion.	01/2019 - 06/2020	FFC UAWG, Fairfax County Neighborhood & Community Services (NCS), VCE	VFHY Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> <li>Identified, verified, and documented all existing community gardens.</li> <li>Worked with County Geographic Information System (GIS) to make an interactive map.</li> </ul>
<b>Legend:</b> ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    * Advances Health Equity					
<b>Healthy Eating</b>					

Objective 2.2 Continued		Expand community and school garden opportunities targeting high-need geographic areas.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.C ✔	Develop targeted and replicable approaches for community engagement in sustainable garden development.	01/2019 - 12/2021	FFC UAWG, VCE, SWCD, NCS, Faith Communities in Action (FCIA)	VFHY Grant \$60,000 07/2018 - 07/2020	<ul style="list-style-type: none"> <li>Planned and implemented seven educational gardening workshops with 183 attendees (2019).</li> <li>Planned and implemented four educational gardening workshops with 336 attendees. One workshop was in-person and three were virtual (2020).</li> <li>Produced three videos that provide specific guidance on steps to start a community garden and posted them on the FFC website.</li> </ul>
2.2.D ⊘	Explore sustainable garden management models that enable school garden programming, maintenance, and support.	09/2020 - 06/2022	FFC UAWG, VCE, Fairfax County Public Schools (FCPS) – Get to Green	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

Legend: ✔ Action Performed      ✔ Action In-Progress      ⊘ Action Not Started      \* Advances Health Equity

### Healthy Eating

# Healthy Eating

- **Goal 2:** Increase access to fresh and healthy foods for all.
  - **Objective 2.3:** Promote the use of supplemental food programs to increase access to fresh produce and other healthy foods.



Priority Issue: Healthy Eating					
Goal 2		Increase access to fresh and healthy foods for all. *			
Objective 2.3		Promote the use of supplemental food programs to increase access to fresh produce and other healthy foods.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.A	Expand the use of the SNAP Fresh Match Program at farmers’ markets and explore additional matching program opportunities.	06/2019 - 12/2023	Fairfax Food Council (FFC), Fairfax County Park Authority (FCPA), Fairfax Department of Family Services (DFS), Virginia Cooperative Extension (VCE), Community Food Works	Food Insecurity Nutrition Incentive (FINI) Grant \$38,200 05/2018 – 04/2021	<ul style="list-style-type: none"> <li>Developed a system for distribution of SNAP Match information and promotion.</li> <li>Conducted onsite, family-friendly activities to increase understanding of and participation in healthy food eating and preparation.</li> <li>Conducted SNAP cooking demonstrations at farmers’ markets.</li> <li>Challenged to expand the use of SNAP Fresh Match at farmers markets during the pandemic. Ensured SNAP was accepted at the farmers markets during the pandemic once the farmers markets were able to open safely and within state rules.</li> </ul>
2.3.B	Increase the number of children participating in the USDA Summer Meals Program.	06/2019 - 08/2023	FFC, Fairfax County Public Schools (FCPS), Fairfax County Office for Children, Capital Area Food Bank (CAFB), No Kid Hungry Virginia	None identified	<ul style="list-style-type: none"> <li>Promoted USDA Summer Meals Program.</li> <li>Participated in kick-off for the Summer Meals Program.</li> <li>Continued the Spring 2020 “Grab &amp; Go” meals for children into the USDA Summer Meals Program</li> </ul>



Legend:    ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    \* Advances Health Equity

**Healthy Eating**

# Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
  - **Objective 3.1:** Implement evidence-based interventions to reduce obesity among high-risk groups.

**Priority Issue: Healthy Eating**

Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.1		Implement evidence-based interventions to reduce obesity among high-risk groups.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.A 	Research evidence-based interventions and inventory successful program models and approaches.	01/2021 - 12/2021	Fairfax Food Council (FFC) Nutrition Literacy Working Group (NLWG), Virginia Cooperative Extension (VCE), George Mason University (GMU), Fairfax County Health Department (FCHD), Inova Health System	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
3.1.B 	Engage targeted communities to implement selected interventions. *	01/2022 - 12/2022	FFC NLWG, VCE, GMU, FCHD, Inova Health System	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

**Legend:**     Action Performed     Action In-Progress     Action Not Started    \* Advances Health Equity

**Healthy Eating**

# Healthy Eating



- **Goal 3:** Increase the consumption of healthy foods and beverages.
  - **Objective 3.2:** Expand education and outreach to foster healthy eating.




Priority Issue: Healthy Eating					
Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.2		Expand education and outreach to foster healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.2.A	Develop and disseminate culturally-appropriate messages and materials to promote consumption of fruits and vegetables and reduce consumption of sugar-sweetened beverages. *	07/2020 - 6/2022	Fairfax County Health Department (FCHD), Fairfax Food Council (FFC) Food Access & Literacy Work Group, Fairfax County Park Authority (FCPA) – Healthy Strides Program, Virginia Cooperative Extension (VCE), Inova Health System, Giant Food, American Heart Association (AHA)	Virginia Foundation for Healthy Youth (VFHY) Grant	<ul style="list-style-type: none"> <li>A Healthy Food Messaging Task Force focused on youth was developed and began its work to promote consumption of fruits and vegetables.</li> <li>After Task Force review and learnings around youth, healthy eating and recent FCPS Youth Survey results on consumption of fruits and vegetables, 7<sup>th</sup> grade students are the target audience for this project.</li> <li>Focus groups were held with two FCPS 7<sup>th</sup> grade after-school programs to seek feedback on eating behaviors to assist in developing message themes.</li> </ul>
3.2.B	Leverage community gardening activities to reach the broader community and provide education on healthy behaviors.	01/2021 - 12/2021	FFC Urban Agriculture Working Group (UAWG), FFC NLWG, VCE	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
<b>Legend:</b> <span style="color: blue;">✓</span> Action Performed <span style="color: green;">🔄</span> Action In-Progress <span style="color: orange;">⊘</span> Action Not Started <span style="color: black;">*</span> Advances Health Equity					
<b>Healthy Eating</b>					

# Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
  - **Objective 3.3:** Implement policies and procedures that promote healthy eating.

**Priority Issue: Healthy Eating**

<b>Goal 3</b>		Increase the consumption of healthy foods and beverages.			
<b>Objective 3.3</b>		Implement policies and procedures that promote healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
<b>3.3.A</b> 	Develop and encourage adoption of model policies that require healthy options in vending machines and cafeterias.	01/2019 - 12/2021	Fairfax Food Council (FFC), Fairfax County Park Authority (FCPA) – Healthy Strides Program, American Heart Association (AHA), Virginia Cooperation Extension (VCE), Faith Communities in Action (FCIA)	None identified	<ul style="list-style-type: none"> <li>Surveyed users of new healthy option vending machines at recreation centers and expanded healthy offerings at the centers.</li> <li>Supported the Garden-to-Cafeteria Program of Alexandria City Public Schools (ACPS) by co-sponsoring a Garden-to-Cafeteria workshop.</li> </ul>
<b>3.3.B</b> 	Create and disseminate materials to support implementation of model policies.	06/2021 - 12/2022	FFC, FCPA – Healthy Strides Program, AHA, VCE, Giant Food, FCIA	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

**Legend:**     Action Performed     Action In-Progress     Action Not Started    \* Advances Health Equity

**Healthy Eating**

# Healthy Environment & Active Living





# Healthy Environment & Active Living




- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
- **Goal 3:** Increase participation in programs that foster active lifestyles and community connections.

# Healthy Environment & Active Living



- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
  - **Objective 1.1:** Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.

**Community Health Improvement Plan 2019-2023**  
**Annual Report – Year Two**

<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 1</b>		Support the adoption and implementation of policies that increase access to healthy environments and active living.			
<b>Objective 1.1</b>		Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.1.A</b> 	Conduct a review of all functional areas within the Policy Plan of the Fairfax County Comprehensive Plan with a focus on health in all policies to promote healthy lifestyles and well-being.	01/2019 - 12/2020	Lead: Anna Ricklin, Fairfax County Health Department (FCHD)  Comprehensive Plan Subcommittee	None identified	<ul style="list-style-type: none"> <li>Completed the Policy Plan review with a multi-sector team and are developing a report.</li> </ul>
<b>1.1.B</b> 	Integrate the transportation, bicycle, and trails plan maps in the Comprehensive Plan into a unified multi-modal transportation system map.	10/2019 - 10/2021	Leads: Nicole Wynands, Fairfax County Department of Transportation (FCDOT), Ryan Steward, Fairfax County Park Authority (FCPA)	Fairfax County Board of Supervisors Appropriation \$300,000 03/2020- 02/2022	<ul style="list-style-type: none"> <li>Received the draft scope for a comprehensive update to bicycle and trails plans by FCDOT.</li> <li>Obtained funding for the first phase of the bicycle plan update.</li> </ul>




**Legend:**     **Action Performed**     **Action In-Progress**     **Action Not Started**    **\* Advances Health Equity**

Healthy Environment and Active Living

<b>Objective 1.1 Continued</b>		Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.1.C</b> 	Collaborate on recommendations for street design, multi-modal transportation components, and maintenance to ensure safe access to community amenities, schools, and employment centers for residents of all ages, abilities, and income levels. *	01/2022 - 12/2023	Lead: Nicole Wynands, FCDOT  Potential champions: Joe Gorney, Department of Planning and Development (DPD), Sharon Arndt and Anna Ricklin, FCHD, Sally Smallwood, Fairfax County Public Schools (FCPS)  Suggested partner: Virginia Department of Transportation (VDOT)	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
<b>1.1.D</b> 	Expand and improve bicycle and pedestrian access to ensure safe, comfortable, and convenient connectivity in redeveloping or underserved communities. *	01/2019 - 01/2023	Lead: Nicole Wynands, FCDOT  Potential champions: Joe Gorney, DPD, Melissa Cameron, FCPA, Anna Ricklin and Sharon Arndt, FCHD, Sally Smallwood, FCPS  Suggested partners: VDOT, Department of Public Works and Environmental Services (DPWES), DPD	None identified	<ul style="list-style-type: none"> <li>Completed multiple white papers for the Parks, Recreation, Open Space, and Access (PROSA) Plan.</li> </ul>

Legend:  Action Performed  Action In-Progress  Action Not Started \* Advances Health Equity

**Healthy Environment and Active Living**

<b>Objective 1.1 Continued</b>		Review, revise, and develop policies and regulations related to land use, development, transportation, parks, and the environment to promote community health and well-being.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.1.E</b> 	Establish policies, walkability standards, and performance measures and secure resources that increase walkable access to parks, trails, and recreational amenities. *	01/2019 - 01/2023	Lead: Melissa Cameron, FCPA  Potential champions: Anna Ricklin, FCHD, Nicole Wynands, FCDOT  Suggested partners: VDOT, DPWES, DPD	None identified	<ul style="list-style-type: none"> <li>Completed multiple white papers for the PROSA Plan.</li> </ul>
<b>1.1.F</b> 	Identify evidence-based mechanisms to incorporate health into the county development review process, such as submission requirements and performance standards.	01/2019 - 01/2023	Lead: Anna Ricklin, FCHD	None identified	<ul style="list-style-type: none"> <li>Drafted a checklist for Human Services agencies to use when evaluating development proposals.</li> </ul>
<b>1.1.G</b> 	Pursue commitments from developers during the land development process for actions that promote healthy lifestyles and well-being.	01/2019 - 01/2023	Lead: Anna Ricklin, FCHD	None identified	<ul style="list-style-type: none"> <li>Reviewed development proposals and provided comments on potential improvements to plans.</li> </ul>

**Legend:**     **Action Performed**     **Action In-Progress**     **Action Not Started**    **\* Advances Health Equity**

**Healthy Environment and Active Living**


# Healthy Environment & Active Living

- **Goal 1:** Support the adoption and implementation of policies that increase access to healthy environments and active living.
  - **Objective 1.2:** Strengthen the implementation of existing policies to enhance opportunities for physical activity.

Priority Issue: Healthy Environment and Active Living					
Goal 1		Support the adoption and implementation of policies that increase access to healthy environments and active living.			
Objective 1.2		Strengthen the implementation of existing policies to enhance opportunities for physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.A	Assess access and promote equity in the county Field Allocation Policy and in the future development of athletic, recreation, and community facilities and amenities that encourage physical activity, including athletic courts, fields and playgrounds. *	01/2019 - 12/2021	Leads: Chris Pulley and Lloyd Tucker, Fairfax County Neighborhood & Community Services (NCS)  Potential champion: Fairfax County Park Authority (FCPA)  Suggested partner: Fairfax County Public Schools (FCPS)	None identified	<ul style="list-style-type: none"> <li>Formed subcommittees of the Fairfax County Athletic Council to assess how equity is approached.</li> </ul>
1.2.B	Support efforts that encourage the reporting of pedestrian and bicycling incidents to the Police Department.	01/2019 - 12/2023	Lead: Anna Ricklin, Fairfax County Health Department (FCHD)  Potential champions: Sharon Arndt, FCHD, Chris Wells and Nicole Wynands, Fairfax County Department of Transportation (FCDOT)  Suggested partners: Fairfax Advocates for Better Bicycling, Police Department	None identified	<ul style="list-style-type: none"> <li>Discussed Board of Supervisors' offices as the appropriate portal for logging incidents.</li> </ul>

Legend: ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    \* Advances Health Equity

Healthy Environment and Active Living

Objective 1.2 Continued		Strengthen the implementation of existing policies to enhance opportunities for physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.C 	Increase awareness of concussion protocols to support implementation in community settings.	01/2019 - 01/2022	Lead: Chris Pulley, NCS  Suggested partners: Karen Avvisato, Fairfax County Athletic Council, John Reynolds, FCPS, Inova Health System	None identified	<ul style="list-style-type: none"> <li>Discussed options for increasing awareness and adoption of these protocols among sports and recreation leagues.</li> </ul>





Legend:  Action Performed     Action In-Progress     Action Not Started    \* Advances Health Equity



**Healthy Environment and Active Living**







# Healthy Environment & Active Living

- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
  - **Objective 2.1:** Build capacity to facilitate healthy environment and active living initiatives.

Priority Issue: Healthy Environment and Active Living					
Goal 2		Build and sustain partnerships and resources to support healthy environments and active living.			
Objective 2.1		Build capacity to facilitate healthy environment and active living initiatives.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A 	Establish a cross-sector leadership structure to promote, inform, and implement healthy environment and active living initiatives.	01/2019 - 12/2023	Lead: Anna Ricklin, Fairfax County Health Department (FCHD) Suggested partners: Department of Planning and Development (DPD), Fairfax County Department of Transportation (FCDOT), Fairfax County Park Authority (FCPA)	None identified	<ul style="list-style-type: none"> <li>Discussed options for a cross-sector leadership structure and what that might entail.</li> </ul>
<b>Legend:</b>  Action Performed  Action In-Progress  Action Not Started    * Advances Health Equity					
Healthy Environment and Active Living					

Objective 2.1 Continued		Build capacity to facilitate healthy environment and active living initiatives.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.B 	Recruit and train ambassadors to spread the principles of health in all policies (HiAP) and provide interdisciplinary guidance and expertise for integrating health considerations into policymaking and environmental design.	01/2019	Lead: Anna Ricklin, FCHD  Potential champions: LloydTucker and Elisa Lueck, Fairfax County Neighborhood & Community Services (NCS)	None identified	<ul style="list-style-type: none"> <li>Trained staff through the countywide strategic planning process.</li> <li>Held two Health in All Policies (HiAP) workshops for cross-sector staff members.</li> <li>Selected HiAP as topic for the Spring PFHF meeting topic set for April 2020. Due to the pandemic, this was held in November 2020. Anna Ricklin led the forum and discussion.</li> </ul>
2.1.C 	Establish a recognition program for local businesses and organizations to highlight innovative programs that support health and well-being across the lifespan.	01/2019 - 12/2020	Leads: Elizabeth Ittner, FCPA, HEAL Team, Susan Sanow, FCHD, Partnership for a Healthier Fairfax Steering Committee	None identified	<ul style="list-style-type: none"> <li>Designed the awards program to include all PFHF Teams; established criteria and determined that the first recognitions would take place at the Fall 2020 Coalition Meeting.</li> <li>PFHF Awards program was placed on hold until 2021 due to the pandemic.</li> </ul>

**Legend:**     Action Performed     Action In-Progress     Action Not Started     Advances Health Equity

**Healthy Environment and Active Living**

# Healthy Environment & Active Living

- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
  - **Objective 2.2:** Increase access to resources and information that promote physical activity.




Community Health Improvement Plan 2019-2023

Annual Report – Year Two

Priority Issue: Healthy Environment and Active Living					
Goal 2		Build and sustain partnerships and resources to support healthy environments and active living.			
Objective 2.2		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A	Engage targeted geographic communities to explore and address barriers to active living. *	01/2021 - 12/2023	<p>Lead: Lloyd Tucker, Fairfax County Neighborhood &amp; Community Services (NCS)</p> <p>Potential champions: Sally Smallwood, Fairfax County Public Schools (FCPS), Sharon Arndt and Anna Ricklin, Fairfax County Health Department (FCHD), Nicole Wynands, Fairfax County Department of Transportation (FCDOT)</p> <p>Suggested partners: Department of Planning and Development (DPD), Fairfax County Park Authority (FCPA)</p>	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>


Legend:    ✓ Action Performed    ⌚ Action In-Progress    ⓧ Action Not Started    \* Advances Health Equity



**Healthy Environment and Active Living**

Objective 2.2 Continued		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.B 	Connect community groups and organizations with funding and scholarship opportunities to promote greater participation in athletics and active transportation for underserved communities. *	01/2021 - 12/2023	Lead: Chris Pulley and Lloyd Tucker, NCS  Suggested partners: FCPS, Parent-Teacher Associations (PTAs), FCPA, Fairfax County Department of Family Services (DFS), School Age Child Care (SACC) program	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
2.2.C 	Establish earn-a-bike and bike share programs that serve children and adults in need. *	01/2020 - 12/2022	Lead: Sally Smallwood, FCPS  Potential Champions: Lloyd Tucker, NCS, Nicole Wynands, FCDOT  Suggested partner: FCPA	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
2.2.D 	Promote education at schools regarding safe walking, biking, public transit, and driving practices.	01/2019 - 12/2023	Lead: Sally Smallwood, FCPS  Potential Champions: Sharon Arndt, FCHD, Nicole Wynands, FCDOT	Partners in Prevention Fund \$2,000 01/2019-01/2020	<ul style="list-style-type: none"> <li>Conducted a safe teen driving event in January 2019.</li> <li>Established a traffic garden at Hollin Meadows Elementary School in collaboration with Safe Routes to School (SRTS).</li> <li>Discussed possible expansion of traffic gardens into parks.</li> <li>Established partnership with SRTS to promote “Walking Wednesdays” for the 2020-2021 school year.</li> </ul>

Legend:  Action Performed  Action In-Progress  Action Not Started \* Advances Health Equity

### Healthy Environment and Active Living

Objective 2.2 Continued		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.E 	Expand the use of social media to promote active and healthy lifestyle choices.	03/2020 - 12/2023	Lead: Elizabeth Ittner, FCPA  Potential champions: Sharon Arndt, FCHD, FCHD Communications, FCPA Communications	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

**Legend:**
 **Action Performed**
 **Action In-Progress**
 **Action Not Started**
 **Advances Health Equity**

**Healthy Environment and Active Living**

# Healthy Environment & Active Living

- **Goal 3:** Increase participation in programs that foster active lifestyles and community connections.
  - **Objective 3.1:** Support and expand programs that connect people to community spaces, facilities, and parks.





## Community Health Improvement Plan 2019-2023

### Annual Report – Year Two

Priority Issue: Healthy Environment and Active Living					
Goal 3		Increase participation in programs that foster active lifestyles and community connections.			
Objective 3.1		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
<b>3.1.A</b> 	Expand the availability and awareness of outdoor gym equipment and consistent instruction for its use for people of all ages and abilities. *	01/2021 - 12/2023	Lead: Elizabeth Ittner, Fairfax County Park Authority (FCPA)	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
<b>3.1.B</b> 	Encourage the establishment of walking clubs in places of employment and faith-based communities.	12/2019 - 12/2023	Lead: Elizabeth Ittner, FCPA  Potential Champions: Sharon Arndt, Fairfax County Health Department (FCHD), Fairfax County Neighborhood & County Department of Transportation (FCDOT)	U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion \$35,000 12/2019-09/2020	<ul style="list-style-type: none"> <li>Established a walking program in each Supervisory District through FCPA.</li> <li>Received designation to be one of eight pilot communities for the Move Your Way Campaign, an implementation program for the second edition of the Physical Activity Guidelines.</li> </ul>

**Legend**    Action Performed    Action In-Progress    Action Not Started    \* Advances Health Equity

### Healthy Environment and Active Living

Objective 3.1 Continued		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.C 	Facilitate the collaboration of medical practitioners with local park agencies and community organizations to provide park prescriptions to improve health and well-being. *	01/2019 - 12/2023	Leads: Sharon Arndt, FCHD, Liz Ittner, FCPA	None identified	<ul style="list-style-type: none"> <li>Presented at the Virginia Recreation and Parks Society (VRPS) National Conference on Park Rx.</li> <li>Started planning for another Park Rx Continuing Medical Education event.</li> <li>FCPA updated their mapping schema so that website users can find more appropriate park amenities for recreation. The schema also integrated in the ParkRxAmerica.org website; doctors can search and prescribe a specific park to patients for mitigating chronic health conditions.</li> </ul>
3.1.D 	Promote programs, such as conservation landscaping, edible landscaping, and environmental monitoring, that engage the community and increase awareness of and appreciation for environmental resources.	01/2019 - 12/2023	<p>Lead: Jennifer Josiah, Land Development Services (LDS)</p> <p>Potential Champions: Department of Planning and Development (DPD), Fairfax Food Council (FFC) Urban Agriculture Working Group (UAWG), FFC Access Working Group (AWG)</p> <p>Suggested partner: Department of Urban Forestry</p>	None identified	<ul style="list-style-type: none"> <li>Supported efforts that resulted in the adoption of a zoning ordinance amendment in June 2019.</li> <li>Discussed with faith-based and nonprofit communities at outreach events.</li> <li>Hosted a workshop on edible landscaping in September 2019.</li> </ul>

**Legend**   
  **Action Performed**   
  **Action In-Progress**   
  **Action Not Started**   
 \* **Advances Health Equity**

**Healthy Environment and Active Living**

# Behavioral Health

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.1:** Implement an awareness campaign to reduce stigma surrounding behavioral health issues.

Priority Issue: Behavioral Health					
Goal 1		Reduce key social-emotional risk factors associated with behavioral health issues.			
Objective 1.1		Implement an awareness campaign to reduce stigma surrounding behavioral health issues.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.A ✓	Identify best practices for the development and implementation of stigma-reduction campaigns.	06/2019 - 06/2021	Stigma Subcommittee (SS)	None identified	<ul style="list-style-type: none"> <li>Identified 20 existing anti-stigma campaigns to potentially use, modify, or draw upon.</li> </ul>
1.1.B 🔄	Mobilize resources that focus on stigma reduction in at-risk populations or for specific behavioral health issues and treatments. *	02/2019 - 12/2023	Fairfax-Falls Church Community Services Board (CSB), SS	Virginia Department of Behavioral Health & Developmental Services \$6,000 09/2018-08/2021	<ul style="list-style-type: none"> <li>Awarded nine mini-grants for youth-led anti-stigma projects for FY 2019.</li> <li>Awarded seven mini-grants for youth-led anti-stigma projects for FY 2020.</li> </ul>
1.1.C ⊘	Disseminate campaign resources to support implementation.	05/2022 - 12/2023	SS	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
<b>Legend</b> ✓ Action Performed    🔄 Action In-Progress    ⊘ Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					

# Behavioral Health



- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.2:** Reduce social isolation by promoting a sense of connection, belonging, and meaning.




Priority Issue: Behavioral Health					
Goal 1		Reduce key social-emotional risk factors associated with behavioral health issues.			
Objective 1.2		Reduce social isolation by promoting a sense of connection, belonging, and meaning.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.A ✓	Identify at-risk populations and indicators for social isolation. *	05/2019 - 12/2019	Social Isolation Subcommittee (SIS)	None identified	<ul style="list-style-type: none"> <li>Developed a framework of four key areas of risk factors and populations most affected by social isolation.</li> </ul>
1.2.B 🔄	Promote best practices in mentoring and develop strategies to recruit mentors.	01/2019 - 12/2021	Fairfax Out of School Time Network	None identified	<ul style="list-style-type: none"> <li>Held initial meetings with key partners to identify resources for a mentoring network.</li> </ul>
1.2.C 🔄	Promote community environmental design strategies that foster connection and engagement.	01/2020 - 12/2021	SIS	None identified	<ul style="list-style-type: none"> <li>Developed draft report and set of recommendations.</li> </ul>
1.2.D 🔄	Disseminate programmatic resources aimed at reducing social isolation.	01/2021 - 12/2023	SIS	None identified	<ul style="list-style-type: none"> <li>Developed draft report and set of recommendations</li> </ul>
<b>Legend</b> ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					



# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.3:** Promote the development of effective stress management and coping skills.






<b>Priority Issue: Behavioral Health</b>					
<b>Goal 1</b>		Reduce key social-emotional risk factors associated with behavioral health issues.			
<b>Objective 1.3</b>		Promote the development of effective stress management and coping skills.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
1.3.A 	Increase community awareness of the causes and impacts of stress and healthy behaviors that support well-being and resiliency.	01/2022 - 06/2023	Stigma Subcommittee (SS)	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
1.3.B 	Promote natural and built environmental design strategies that foster mental health and wellness.	01/2021 - 06/2023	SS	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

**Legend**     **Action Performed**     **Action In-Progress**     **Action Not Started**    \* **Advances Health Equity**

**Behavioral Health**



# Behavioral Health




- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.1:** Increase community awareness of behavioral health services.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.1		Increase community awareness of behavioral health services.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A 	Promote resources to encourage help-seeking and educate people about behavioral health services.	01/2019 - 12/2023	Awareness Subcommittee	None identified	<ul style="list-style-type: none"> <li>Identified key elements for an online resource.</li> <li>Began meeting with Healthy Minds Fairfax to determine if their website should be updated or replicated.</li> <li>Content for new information and navigation website, to be hosted by the Community Services Board, has been developed. Website in production.</li> </ul>
2.1.B 	Expand participation in trainings to help people recognize individuals in distress, understand available resources, and facilitate help-seeking behaviors.	01/2019 - 12/2023	Gatekeeper Training Subcommittee	None identified	<ul style="list-style-type: none"> <li>Expanded the online Kognito trainings offered by the Fairfax-Falls Church Community Services Board (CSB) to 10 options.</li> <li>Began offering Applied Suicide Intervention Skills Training (ASIST) to the public through the CSB.</li> <li>CSB began providing QPR (Question, Persuade, Refer) training. Virginia Mental Health First Aid trainings are now available.</li> <li>Published a guide to gatekeeper trainings and how to access the in Fairfax County.</li> </ul>
<b>Legend</b>  Action Performed  Action In-Progress  Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					

# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.2:** Decrease access to lethal means of suicide.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.2		Decrease access to lethal means of suicide.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A 	Provide training and information to firearm owners and sellers about identifying suicide risk, promoting safe storage, and removing access to lethal means for those at-risk.	04/2019 - 12/2023	Lethal Means - Firearms Subcommittee	Virginia Department of Behavioral Health & Developmental Services \$5,000 09/2018-08/2021	<ul style="list-style-type: none"> <li>Implemented Lock and Talk throughout Fairfax County with free dissemination of gun locks at 20 locations.</li> </ul>
2.2.B 	Promote safety planning to providers and families in behavioral health care settings for individuals at risk of suicide.	01/2019 - 12/2023	Healthy Minds Fairfax/ Training Consortium	None identified	<ul style="list-style-type: none"> <li>Trained 118 behavioral health providers in Family Intervention for Suicide Prevention (FISP) and 68 in Cognitive-Behavioral Therapy (CBT) core competencies for suicide prevention and mental health treatment which includes safety planning.</li> </ul>

**Legend**     Action Performed     Action In-Progress     Action Not Started    \* Advances Health Equity

**Behavioral Health**

# Behavioral Health



- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.3:** Reduce access to alcohol, tobacco, and other drugs.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.3		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.A ✓	Provide ongoing education, assistance, and support to community members on secure medication storage and disposal.	01/2019 - 12/2023	Opioid Task Force, Fairfax-Falls Church Community Services Board (CSB), Fairfax County Health Department (FCHD)	Opioid Task Force Funding \$243,020 07/2019-08/2020	<ul style="list-style-type: none"> <li>Established 24/7/365 drug disposal at all Fairfax County police stations.</li> <li>Implemented biannual prescription drug takeback days (average 2,000 pounds collected).</li> <li>Promoted educational materials on drug disposal and secure storage.</li> </ul>
2.3.B 🔄	Educate families on measures they can take to reduce minors' access to alcohol and other substances.	01/2019 - 12/2023	CSB Prevention Unit, Community Anti-drug Coalition	Opioid Task Force Funding \$100,000 07/2019-08/2020	<ul style="list-style-type: none"> <li>Established the Fairfax Prevention Coalition, which is currently in the planning stages.</li> </ul>

**Legend**    ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    \* Advances Health Equity

**Behavioral Health**



Objective 2.3 Continued		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.C 	Implement retail-based efforts to raise awareness of alcohol and tobacco laws and reduce use by minors.	01/2019 - 12/2023	CSB Prevention Unit, Community Anti-drug Coalition, Fairfax County Health Department (FCHD)	Opioid Task Force Funding \$100,000 07/2019-08/2020	<ul style="list-style-type: none"> <li>Collaborated with the Fairfax County Police Department to discuss implementation of compliance checks at establishments that sell tobacco products.</li> </ul>
2.3.D 	Explore policy opportunities to prevent vaping initiation.	07/2019 - 12/2023	FCHD	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> <li>Assisted Fairfax County Public Schools (FCPS), Office of Student Safety and Wellness in updating their campus tobacco policy to align with the Tobacco-Free Schools Law (<a href="#">§ 22.1-79.5</a>) that went into effect in July 2019.</li> <li>Health Department and FCPS partnered with the Truth Initiative to promote the <i>This is Quitting</i> text-based quit line for teens.</li> </ul>

Legend






 Action Performed

 Action In-Progress

 Action Not Started

\* Advances Health Equity

**Behavioral Health**




Objective 2.3 Continued		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.E 	Develop and promote resources for parent-to-parent conversations about substance use.	01/2020 - 12/2023	Underage Alcohol, Tobacco, and Other Drug (ATOD) Use Subcommittee	None identified	<ul style="list-style-type: none"> <li>Fairfax Prevention Coalition began identifying potential resources.</li> </ul>
2.3.F 	Inform legislative efforts to expand local taxing authority and limit the availability of tobacco products.	09/2019 - 12/2023	FCHD	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> </ul>
<b>Legend</b>  Action Performed  Action In-Progress  Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					

# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.4:** Minimize exposure to secondhand smoke and vapors.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.4		Minimize exposure to secondhand smoke and vapors.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.4.A	Promote tobacco cessation programs and supports.	03/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator, Northern District, Virginia Department of Health (VDH) Tobacco Control Program	Tobacco Control Program Grant \$95,340  03/2019 – 04/2019	<ul style="list-style-type: none"> <li>• Held the Northern Virginia Tobacco Summit in November 2019 with 100 attendees.</li> <li>• Promoted the state cessation Quitline through giveaways distributed at community events.</li> <li>• Launched Facebook media campaigns connecting older adult smokers and youth vapers to the state Quitline in March 2019, resulting in over 1,200 clicks to the Quitline website in the Northern Virginia region.</li> <li>• Launched the Quit and Stay Quit Monday Campaign among large companies statewide to encourage tobacco cessation.</li> <li>• Partnered with the Virginia Department of Health Dental Health program to set up participating dental clinics in Fairfax County as Quitline referral sites for patients who use tobacco.</li> <li>• Health Department and FCPS partnered with the Truth Initiative to promote the <i>This is Quitting</i> text-based quit line for teens.</li> </ul>
<b>Legend</b> ✓ Action Performed    🔄 Action In-Progress    ⏸ Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					

Objective 2.4 Continued		Minimize exposure to secondhand smoke and vapors.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.4.B ✓	Increase community awareness of vaping products and their risks.	11/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator, Northern District, Virginia Department of Health (VDH) Tobacco Control Program, Fairfax County Health Department (FCHD)	Virginia Foundation for Healthy Youth  (VFHY) Tobacco Prevention Grant (Fairfax County Neighborhood and Community Services) \$150,000 07/2018 – 06/2021 (Fairfax-Falls Church Community Services Board) \$150,000 07/2018 – 06/2021	<ul style="list-style-type: none"> <li>• Held the Northern Virginia Tobacco Summit in November 2019 with 100 attendees.</li> <li>• Provided a toolkit for Parent-Teacher Associations (PTAs) to host vaping awareness presentations with the Fairfax County Council PTA (FCCPTA).</li> <li>• Provided presentations and information tables at multiple locations and events.</li> <li>• Created vaping Public Service Announcements (PSAs) for both elementary and middle school students.</li> <li>• Distributed e-cigarette and JUUL informational pamphlets to community members through health clinics, Community Services Boards, and public events.</li> </ul>
<b>Legend</b> ✓ Action Performed    ↻ Action In-Progress    ⏸ Action Not Started    * Advances Health Equity					
<b>Behavioral Health</b>					

Objective 2.4 Continued		Minimize exposure to secondhand smoke and vapors.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.4.C 	Expand the number and locations of Tobacco-Free Zones, and update signage to address vaping. *	04/2019 - 01/2021	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator, Northern District, Virginia Department of Health (VDH) Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Assisted Fairfax County Public Schools (FCPS), Office of Student Safety and Wellness in updating their campus tobacco policy to align with the Tobacco-Free Schools Law (<a href="#">§ 22.1-79.5</a>) that went into effect in July 2019.</li> <li>Assisted the Tobacco-Free Mason Committee at George Mason University in their efforts to establish a tobacco-free campus policy.</li> </ul>
2.4.D 	Support policies that restrict the use of tobacco and vaping products in public areas. *	09/2019 - 12/2023	Fairfax County Health Department (FCHD), Tobacco Control Coordinator, Northern District, Virginia Department of Health (VDH) Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> </ul>
2.4.E 	Provide technical assistance and support to multi-unit housing complexes and neighborhoods on implementing smoke-free policies*	01/2019 - 12/2023	Vaping and Tobacco Policy Subcommittee, Tobacco Control Coordinator, Northern District, Virginia Department of Health (VDH) Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Provided materials, toolkits, and guidance to Homeowner's Associations (HOAs) interested in considering a tobacco-free housing policy.</li> </ul>

Legend

 Action Performed

 Action In-Progress

 Action Not Started

\* Advances Health Equity

### Behavioral Health

# Conclusion

The Community Healthy Improvement Plan was designed to transform the Fairfax community into a place where all may lead healthier, more productive lives. With the completion of the second year of implementation, slight progress has been made from the year one to the year two to address the three identified priority issues. Of the 69 key actions in CHIP 2.0, 25% of the actions were performed, 49% were in progress and 26% have not been started.

We are reminded that this is a 5-year plan. Even when facing new challenges during the COVID19 pandemic, we know the body of this work is quite impressive. But we also know that achieving improved health outcomes, takes time, resources and dedication of many individuals. Only when diverse community stakeholders and county partners work together can the Partnership achieve its vision of optimal health and well-being for all who live, work and play in the Fairfax community.

- **Learn more** at: <http://www.fairfaxcounty.gov/livehealthy/>
- Track health indicators on the **Community Health Dashboard**: <http://www.livehealthyfairfax.org/>
- **Get involved** with an email to: [LiveHealthy@fairfaxcounty.gov](mailto:LiveHealthy@fairfaxcounty.gov)

**Community Health Improvement Plan 2019-2023  
Annual Report – Year Two  
January 2020 - December 2020**

A Fairfax County, VA, publication. April 2021.  
For more information, or to request this information in  
an alternate format, call the Fairfax County Health  
Department at  
703-246-2411, TTY 711.  
<http://www.fairfaxcounty.gov/livehealthy/>