



# Community Health Improvement Plan 2019-2023

Annual Report – Year Three

January 2021-December 2021

May 12, 2022

# 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.

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The Partnership for a Healthier Fairfax would like to thank **Selamawit Cherkos**, George Mason University, MPH Intern- Class of 2022, who contributed to the development of this document. We could not have done it without her.

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# 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 Partnership guides the development of goals, objectives and actions of the **Community Health Improvement Plan (CHIP)**. The plan outlines the collaborative work needed to advance the Partnership's vision.

The CHIP is developed every 5-years. The first CHIP addressed the 2013-2018 time period. This current **CHIP 2.0**, covers the **2019 – 2023 time period**. It includes 3 priorities, 8 goals, 20 objectives and 71 key actions.

This annual report addresses accomplishments of 2021, Year Three of the CHIP 2.0.

## 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, work and play. The 2019-2023 CHIP 2.0 consists of three priority issues and their respective goals, objectives, and key actions. In addition, population health indicators were selected by Priority Issue Teams as long-term outcome measures for their priority areas. Annual reports track the progress on key actions and population health indicators throughout implementation. This annual report provides a status update and a review of accomplishments for the third year of implementation.

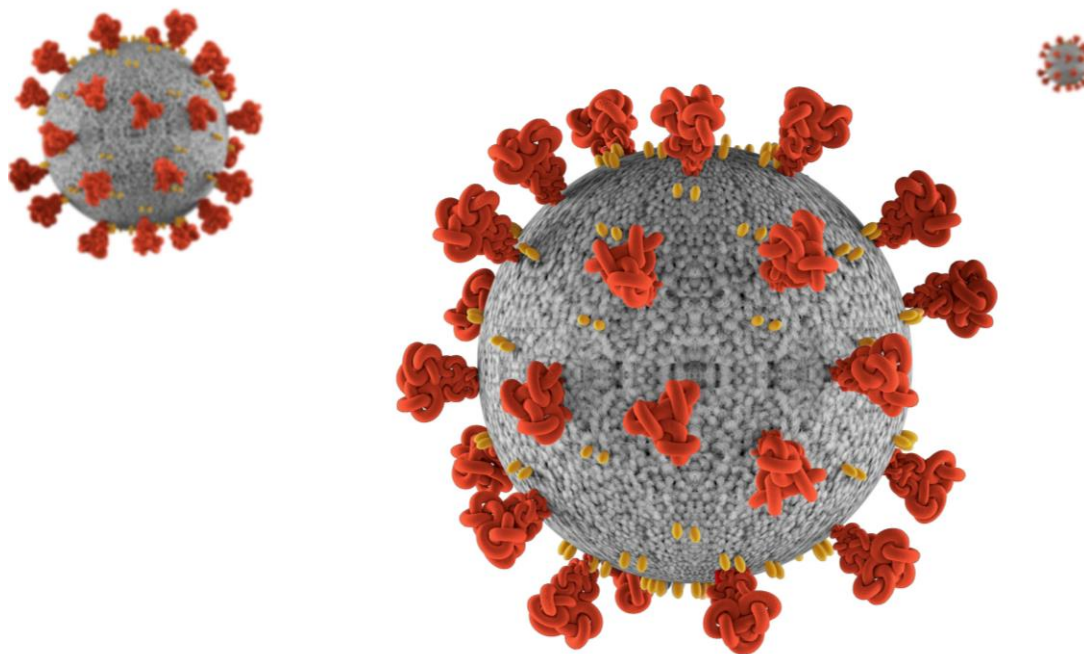
## Implementation

- ✓ 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

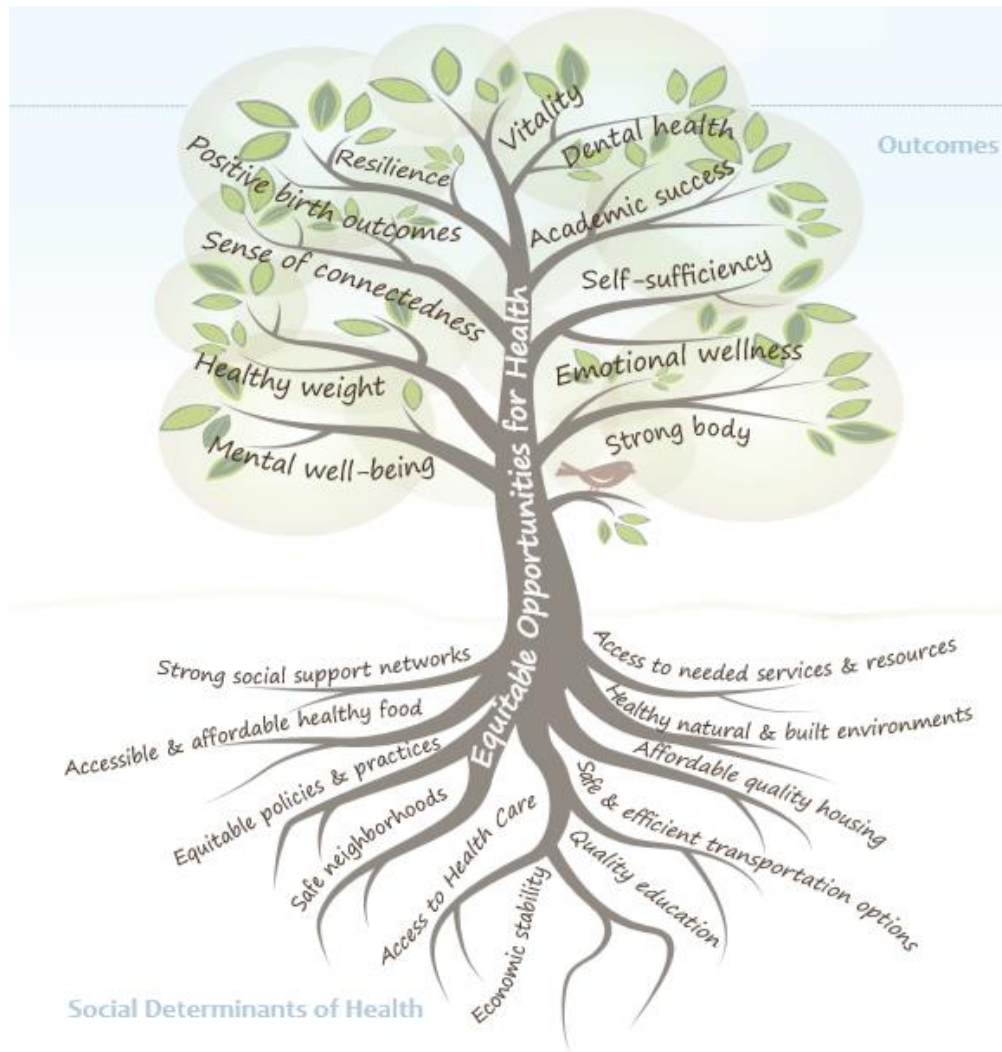
# Impacts of COVID-19 on the Partnership

The COVID-19 Pandemic continued to impact the work of the Partnership for a Healthier Fairfax (PFHF) in 2021. Teams were pulled into actions outside of the CHIP that addressed some more immediate needs caused by the pandemic.

New variants and focus on community vaccination efforts continued to challenge all throughout 2021. Despite the COVID-19 pandemic, PFHF teams continued to innovate and convene remotely. This report is testament to the on-going commitment of the partnership to advancing community health.



# Commitment to Equity



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.

# Priority Issues

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

## Priority Issues

## Goals

### HEALTHY EATING

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

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.

### HEALTHY ENVIRONMENT & ACTIVE LIVING

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

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.

### BEHAVIORAL HEALTH

Promoting social and emotional wellness for all

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 and 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 food system needs from key stakeholders in priority areas.	01/2019 - 12/2023	FCHD, FFC, Fairfax County Area Agency on Aging (AAA), Commission on Aging (COA), NCS and Food for Others (FFO)	Virginia Foundation for Healthy Youth (VFHY) \$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> <li>Participated in the development of the NCS Emergency Food Strategy Team’s Food Assistance Response Plan.</li> <li>Began FFC strategic plan development through assessment input and one-on-one interviews.</li> </ul>
1.1.C ↻	Produce a comprehensive report examining assets, barriers, and recommendations to address food insecurity and promote food equity.	01/2019 - 12/2023	FCHD, FFC	None identified	<ul style="list-style-type: none"> <li>Collected preliminary data, conducted initial meetings, and began developing a report.</li> <li>Evaluated bandwidth and ability to produce a comprehensive report and determined the first step is the development of a guiding document that identifies specific phases of such a report including funding.</li> </ul>

# 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.

Priority Issue: 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.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
✓	1.2.A Promote screenings by medical practitioners and health and human service providers.	01/2019 - 12/2023	Fairfax County Health Department (FCHD), Fairfax Food Council (FFC) Arcadia Center for Sustainable Food and Agriculture (Arcadia), FFO, Inova Health System, 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>
↻	1.2.B Explore opportunities for a pilot food insecurity screening program for older adults.	01/2020 - 12/2023	NCS, AAA, COA, FFC and FCHD	None identified	<ul style="list-style-type: none"> <li>Agency on Aging began exploration of a pilot food insecurity screening effort in tandem with a senior housing site.</li> </ul>
✓	1.2.C Promote referral of individuals identified as food insecure to supplemental food programs.	01/2019 - 12/2023	FCHD, FFS, 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, NCS, AAA, COA, FFO & 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>

# 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	FFC, Nutrition Literacy Working Group (NLWG), Food Provider Network (FPN), 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), FCPS, FFO	None identified	<ul style="list-style-type: none"> <li>The FCPS protocol that is used in schools for coordinating school lunch donations was acknowledged and highlighted.</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> <li>Food rescue restarted at two collaborating schools by using a simple system for collecting left over food, while PTA parent volunteer to pick-up and deliver to Food for Others. AWG Task Force formed to develop a toolkit that will likely start with this simple approach that can be shared and promoted to other Fairfax schools.</li> </ul>
2.1.C ✓	Maximize and expand gleaning programs which collect excess fresh foods to provide it to those in need.	01/2019 - 12/2020	FFC, FFO, 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>
2.1.D ✓	Promote healthy food selections for weekend bag programs and school pantries.	01/2019 - 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>




# 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	FFC, Urban Agriculture Working Group (UAWG), FFC, AWG, Fairfax County Department of Planning and Zoning (DPZ), Northern Virginia Soil & Water Conservation District (SWCD), VCE, George Mason University (GMU)	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> <li>Monitored success of changes and conducted informal interviews with local farmers and growers to determine next steps in policy advocacy.</li> </ul>
2.2.B ✓	Map existing gardens and identify opportunities for expansion.	01/2019 - 06/2020	FFC, UAWG, FCPS, FFO	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>
2.2.C ✓	Develop targeted and replicable approaches for community engagement in sustainable garden development.	01/2019 – 12/2021	FFC, UAWG, VCE, SWCD, NCS, 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> <li>Planned and implemented eight educational gardening workshops (six virtual and 2 in person) with 372 attendees (2021).</li> <li>Advised local park authority on how to create a new model of community garden that would better serve a food-insecure neighborhood.</li> </ul>

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.D 	Explore sustainable garden management models that enable school garden programming maintenance, and support.	09/2020 – 06/2022	FFC UAWG, VCE, FCPS, FNS, Get2Green, Arcadia	None identified	<ul style="list-style-type: none"> <li>• Purchased and donated 130 packs of seeds, including cover crops, to 16 school gardens.</li> <li>• Partnered with four FCPS schools with objective to turn learning gardens to production gardens. Assistance included providing seeds, educational materials about cover crops and providing continued gardening guidance. Grant writing assistance was provided to promote self-sustenance on needed resources.</li> <li>• Partnered with VCE to assign master gardeners to advise faculty, provide workshops and guide staff and families with these school gardens.</li> <li>• Arcadia hosted two teacher workshops on school garden topics that included 35 participants.</li> <li>• FCPS Get2Green and FNS distributed 14,972 Grow at Home gardening kits with green bean seeds, soil, and educational booklet to broaden the students understanding of plants and healthy eating. Eliminated unhealthy food from weekend bag programs and school pantries.</li> </ul>

# 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’ market and explore additional matching program opportunities.	06/2019 - 12/2023	FFC, Fairfax County Park Authority (FCPA), Fairfax Department of Family Services, VCE, FreshFarm and Britepaths	Food Insecurity Nutrition Incentive 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> <li>Added SNAP at Annandale Farmers Market</li> </ul>
2.3.B 	Increase the number of children participating in the USDA Summer Meals Program.	06/2019 - 08/2023	FFC, FCPS, 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>

# 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	FFC, NLWG, VCE, GMU, FCHD, Inova	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	None identified	<ul style="list-style-type: none"> <li>Not started</li> </ul>

# 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
<b>3.2.A</b> 	Develop and disseminate culturally appropriate messages and materials to promote consumption of fruits and vegetables and reduce consumption of sugar-sweetened beverages. *  07/2020 - 12/2023	FCHD, FFC, Food Access & Literacy Work Group, FCPA – Healthy Strides Program, VCE, Inova, Giant Food, American Heart Association (AHA)	VFHY Grant \$30,000/ year  July 1, 2020 – June 30, 2023	<ul style="list-style-type: none"> <li>A Healthy Food Messaging Task Force (HFMTF) focused on youth was developed 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, 7th grade students are the target audience for this project.</li> <li>Focus groups were held with two FCPS 7th grade after-school programs to seek feedback on eating behaviors for developing message themes.</li> <li>HFMTF developed a Real Food for Real Change “toolkit” to be piloted with two FCPS after school programs for middle school-aged youth in early 2022.</li> <li>Inova implemented virtual Healthy Plate Club nutrition classes for youth and VCE’s Family Nutrition Program and taught virtual classes to limited-resource families on healthy food choices with limited resources.</li> </ul>
<b>3.2.B</b> 	Leverage community gardening activities to reach the broader community and provide education on healthy behaviors.  01/2021 - 12/2022	FFC, UAWG, Arcadia, VCE, FCPS, SWCD, Hands on Harvests, UAWG, FFC, VCD, Hands on Harvests, Arcadia, FFO	None identified	<ul style="list-style-type: none"> <li>UAWG, along with partners Arcadia, VCE, FCPS and SWCD, planned, designed, and coordinated volunteers to build eleven raised garden beds at Gum Springs Community Center, working with center staff &amp; residents on plant selection and plantings.</li> <li>UAWG, along with partners VCE and residents of Kingsley Commons apartments revitalized their community garden, through garden clean-up, fresh soil, and new plantings, enabling families to take on their own garden plots.</li> <li>SWCD in partnership with UAWG, secured a grant through the National Association of Conservation Districts that enabled training, technical assistance, and support to eight new and existing community gardens in food insecure parts of Fairfax County.</li> </ul>

# Healthy Eating

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

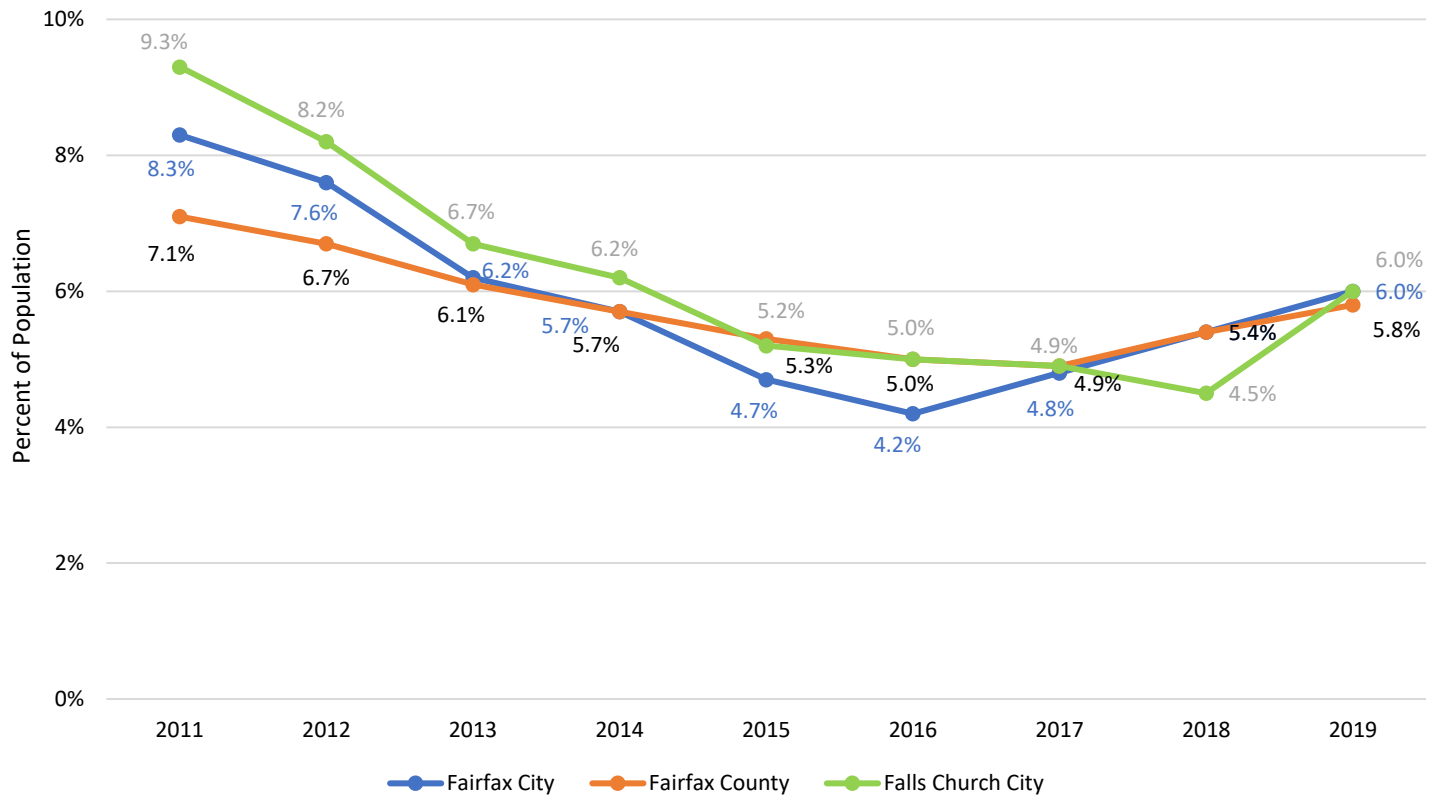
Priority Issue: Healthy Eating					
Goal 3		Increase the consumption of healthy foods and beverages.			
Objective 3.3		Implement policies and procedures that promote healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
<b>3.3.A</b> 🔄	Develop and encourage adoption of model policies that require healthy options in vending machines and cafeterias.	01/2019 - 12/2023	FFC, FCPA – Healthy Strides program, AHA, VCE, 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 - 12/2023	FFC, FCPA – Healthy Strides Program, AHA, VCE, Giant Food, FCIA	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

# Healthy Eating

- **Population Health Indicators**
  - Food Insecurity Rate
  - Youth Who Eat Five Servings of Fruits and Vegetables
  - Adults Who are Overweight or Obese

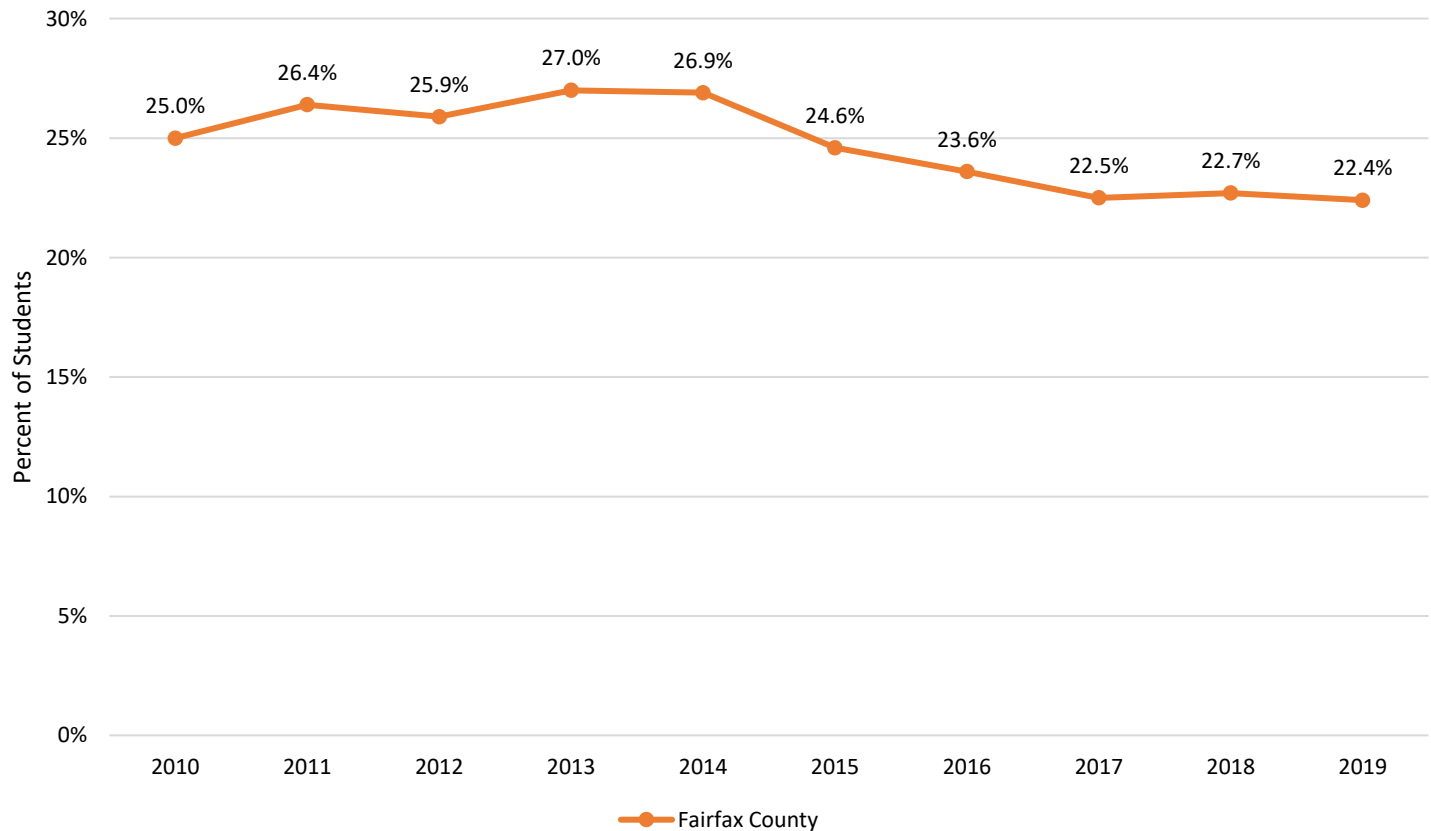
# Food Insecurity Rate

Food insecurity is defined as limited or uncertain availability of nutritionally adequate food or the inability to acquire these foods by a socially acceptable manner. This indicator shows the percentage of the population that experienced food insecurity at some point during the year. In 2019, 6.0% of the residents of Fairfax City and the City of Falls Church experienced food insecurity at some point during the year compared to 5.8% of the residents of the Fairfax County and 10.9% nationally.



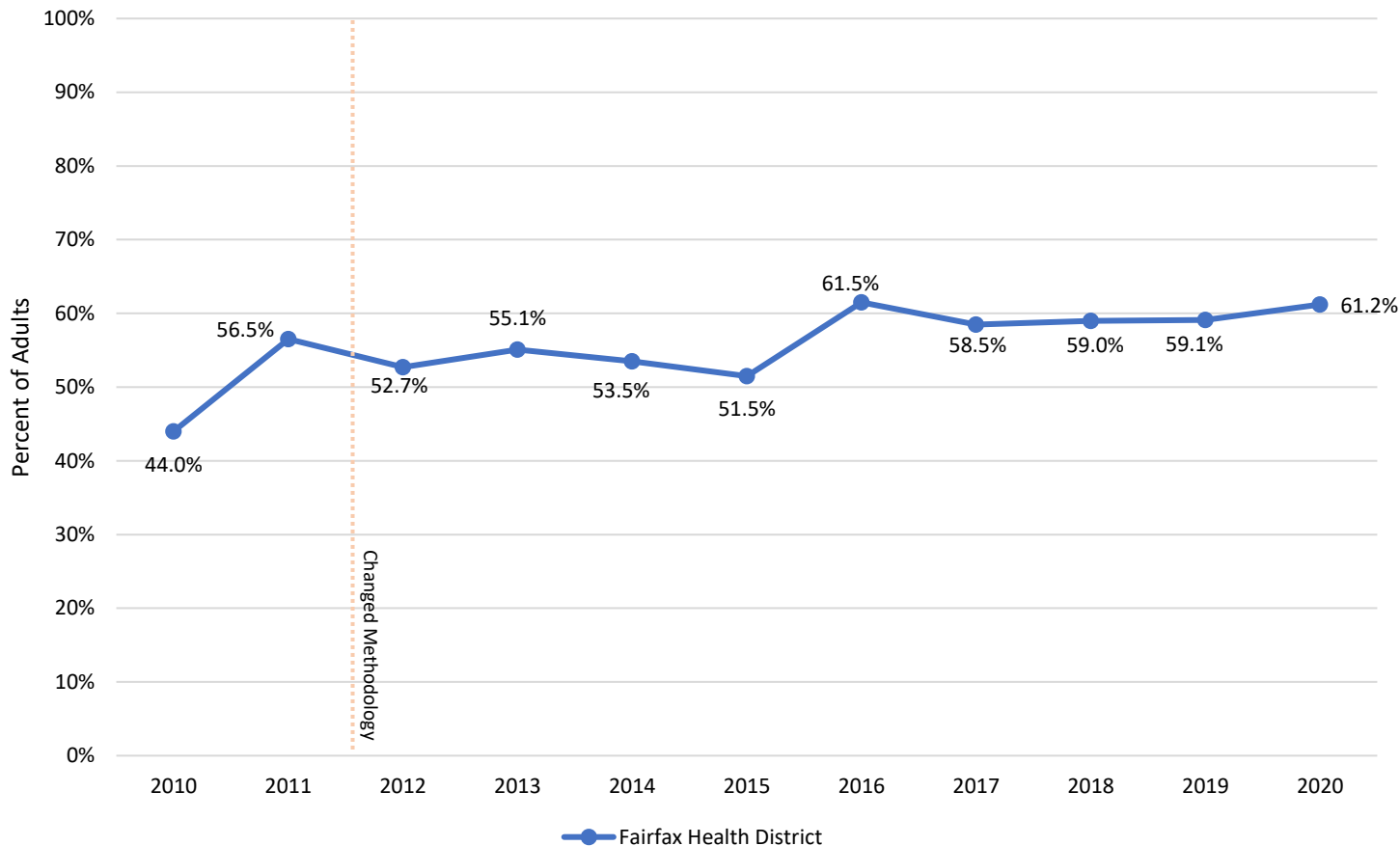
# Youth Who Eat 5 Servings of Fruits and Vegetables

This indicator shows the percentage of students in grades 8, 10, and 12 who reported eating fruits (excluding fruit juice) and vegetables at least five times a day. In 2019, 22.4% of the students of Fairfax County reported eating fruits and vegetables at least five times a day.



# Adults Who are Overweight or Obese

This indicator shows the percentage of adults who are overweight or obese according to the Body Mass Index (BMI). A BMI between 25 and 29.9 is considered overweight and a BMI of 30 or greater is considered obese. Of Fairfax Health District adults, 61.2% had a BMI in the overweight or obese range in 2020, lower than the Virginia average of 67.3% of adults.





# 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.

<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: 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 multimodal transportation system map.	10/2019 - 12/2021	Leads: Fairfax County Department of Transportation (FCDOT)	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 and created a draft plan.</li> <li>Developed the Safe Streets Program, adopted the Board of Supervisors fall 2021.</li> </ul>

<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 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: FCDOT  Potential champions: Department of planning and Development (DPD), FCHD, Fairfax County Public Schools (FCPS)  Suggested partner: Virginia Department of Transport (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: FCDOT  Potential champions: DPD, FCHD, 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> <li>This action is integrated into the draft Active Fairfax Plan.</li> </ul>

**Status Legend:**

✓ **Action Performed**

⊚ **Action In-Progress**

⊘ **Action Not Started**

**Healthy Environment and Active Living**

<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 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: FCPA  Potential Champions: FCHD, FCDOT, FCPA.  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: 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: FCHD	None identified	<ul style="list-style-type: none"> <li>Reviewed development proposals and provided comments on potential improvements to plans.</li> </ul>

# 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.



<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 1.2</b>		Strengthen the implementation of existing policies to enhance opportunities for physical activity.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.2.A</b>  ⌚	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 - 12/2022	Lead: 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>
<b>1.2.B</b>  ⌚	Support efforts that encourage the reporting of pedestrian and bicycling incidents to the Police Department.	01/2019 - 12/2023	Lead: Fairfax County Health Department (FCHD)  Potential champions: Fairfax County Department of Transportation (FCDOT)  Suggested partners: Fairfax Alliance for Better Bicycling, Families for Safer Streets 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>

<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 1.2 continued</b>		Strengthen the implementation of existing policies to enhance opportunities for physical activity.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>1.2.C</b>	Increase awareness of concussion protocols to support implementation in community settings.	01/2019 - 12/2022	Lead: NCS  Suggested partners: Fairfax County Athletic Council, 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>



# 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.

<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 2</b>		Build and sustain partnerships and resources to support healthy environments and active living.			
<b>Objective 2.1</b>		Build capacity to facilitate healthy environment and active living initiatives.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>2.1.A</b> 	Establish a cross-sector leadership structure to promote, inform, and implement healthy environment and active living initiatives.	01/2019 - 12/2023	Lead: Fairfax County Health Department (FCHD)  Suggested partners: Fairfax Healthy Communities network, other county agencies	None identified	<ul style="list-style-type: none"> <li>Initiated collaboration with Fairfax Healthy Communities to strategize around advancing healthy environment/active living initiatives.</li> </ul>
<b>2.1.B</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: FCHD  Potential champions: 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.</li> </ul>

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 Continued		Build capacity to facilitate healthy environment and active living initiatives.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
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 - 12/2021	Lead: FCPA, the Healthy Environment and Active Living (HEAL) Team, FCHE, 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> <li>Launched applications for awards December 2021.</li> </ul>

# 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.

<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 2</b>		Build and sustain partnerships and resources to support healthy environments and active living.			
<b>Objective 2.2</b>		Increase access to resources and information that promote physical activity.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>2.2.A</b>	Engage targeted geographic communities to explore and address barriers to active living. *	01/2021 - 12/2023	Lead: Evans Consulting  Potential champions: Fairfax County Public Schools (FCPS), Fairfax County Health Department (FCHD), Fairfax County Department of Transportation (FCDOT)  Suggested partners: Department of Planning and Development (DPD), Fairfax County Park Authority (FCPA)	None identified	<ul style="list-style-type: none"> <li>Hosted a 4-day virtual summit <i>Healthy Together Fairfax</i> in October 2021 addressing: Environment, Active Transportation, and School Mental Health.</li> <li>Engaged in comprehensive outreach to learn what residents know and want to learn about community health.</li> <li>Planning underway for in-person <i>Healthy Together Fairfax</i> event in October 2022.</li> </ul>
<b>2.2.B</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: 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>

**Status Legend:**

✓ Action Performed

⌚ Action In-Progress



⊘ Action Not Started

**Healthy Environment and Active Living**

<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 2</b>		Build and sustain partnerships and resources to support healthy environments and active living.			
<b>Objective 2.2 continued</b>		Increase access to resources and information that promote physical activity.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
❌	2.2.C Establish earn-a-bike and bike share programs that serve children and adults in need. *	01/2020 - 12/2022	Lead: FCPS  Potential champions: NCS, FCDOT  Suggested partners: 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: FCPS  Potential Champions: FCHD, FCDOT	Partners in Prevention Fund \$2,000 01/2019 – 01/2020  VWAI (VDH) funding \$8,000	<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> <li>Established a traffic garden at Graham Road Community Building.</li> </ul>
🔄	2.2.E Expand the use of social media to promote active and healthy lifestyle choices.	03/2020 - 12/2023	Lead: FCPA  Potential champions:– FCHD, FCHD Communications, FCPA Communications	None identified	<ul style="list-style-type: none"> <li>Anticipate creation of a Healthy Together Fairfax social media presence, through which HEAL can promote both the event (October 2022) and other information related to healthy and active lifestyle choices.</li> </ul>

# 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.

<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 3</b>		Increase participation in programs that foster active lifestyles and community connections.			
<b>Objective 3.1</b>		Support and expand programs that connect people to community spaces, facilities, and parks.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<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: FCPA  Suggested partners: Fairfax County Health Department (FCHD), Fairfax County Neighborhood & County Department of Transportation (FCDOT)	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: FCPA  Potential Champions: FCHD, FCN and 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>



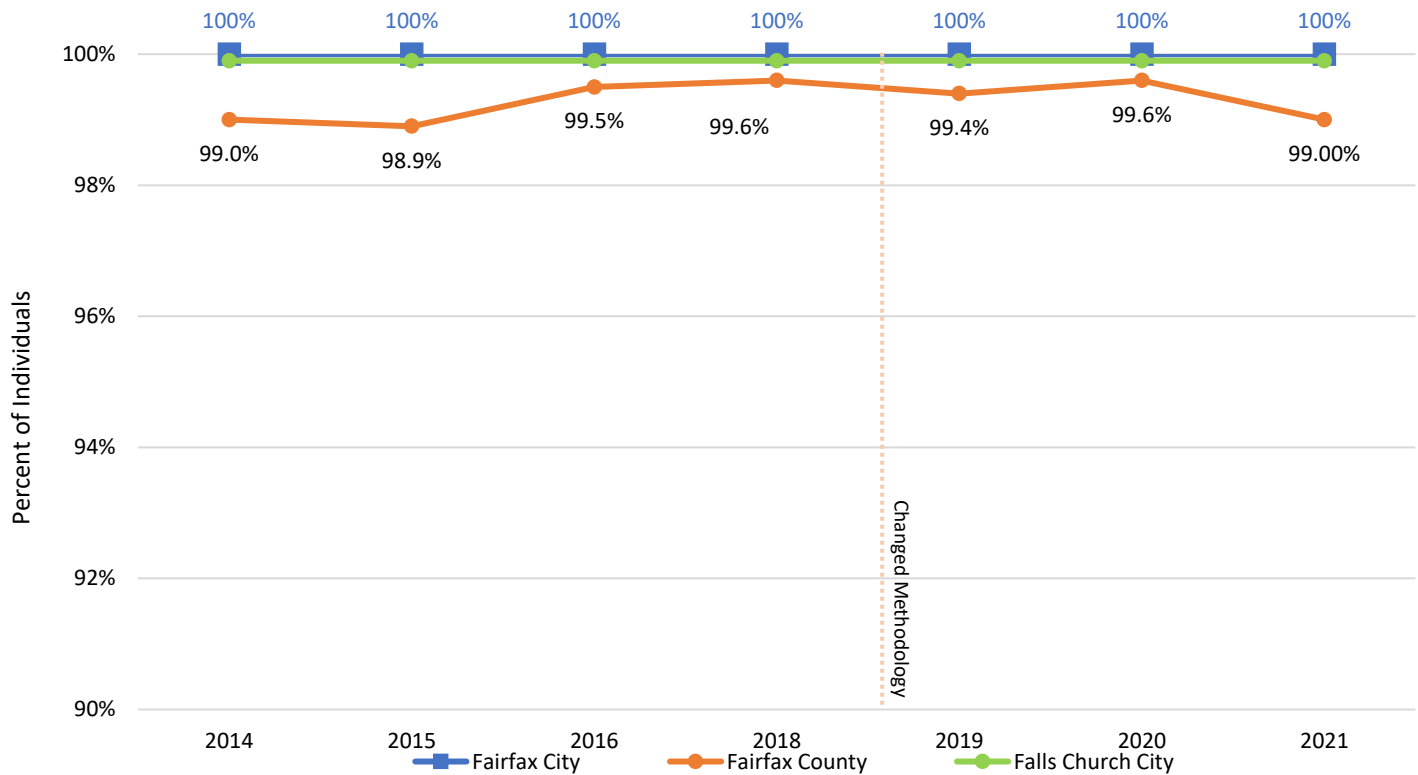
<b>Priority Issue: Healthy Environment and Active Living</b>					
<b>Goal 3</b>		Increase participation in programs that foster active lifestyles and community connections.			
<b>Objective 3.1 continued</b>		Support and expand programs that connect people to community spaces, facilities, and parks.			
<b>Key Actions</b>		<b>Timeline</b>	<b>Responsible Partners</b>	<b>Dedicated Resources</b>	<b>Accomplishments</b>
<b>3.1.C</b> 🔄	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	Lead: FCHD, 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>
<b>3.1.D</b> 🔄	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	Lead: HEAL Team Co-chairs  Potential champions: Department of Planning and Development (DPD), Fairfax Food Council (FFC) Urban Agriculture Working Group (UAWG), FFC Access Working Group (AWG)  Suggested partner: Division of Urban Forestry, DPWES	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>

# Healthy Environment & Active Living

- **Population Health Indicators**
  - Resident Access to a Park or Recreation Facility
  - Adults Engaging in Physical Activity
  - Workers Who Walk to Work
  - Workers Who Bike to Work

# Resident Access to a Park or Recreation Facility

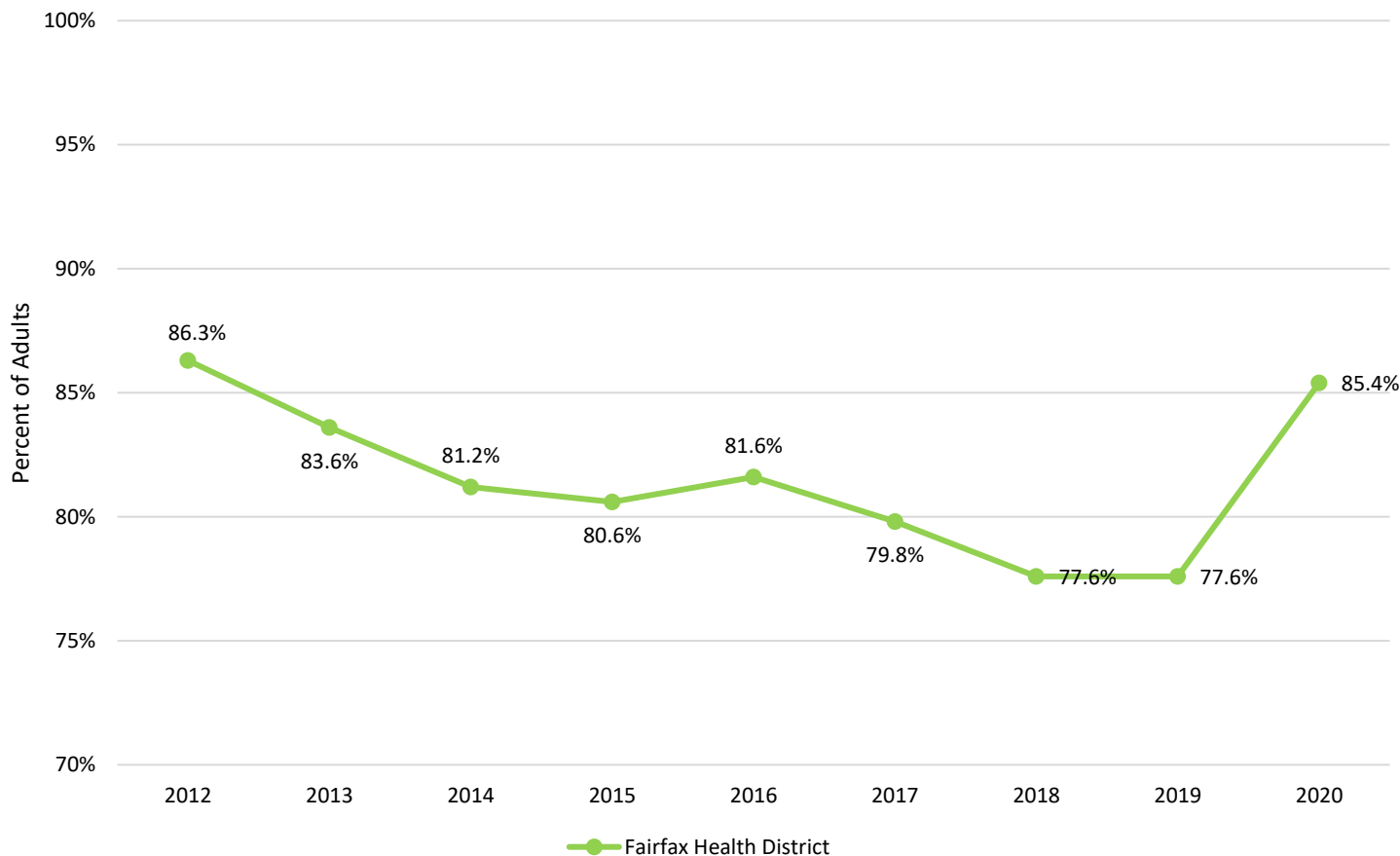
This indicator measures the percentage of individuals who live reasonably close to a park or recreational facility. In Fairfax County in 2019, 99.6% of residents resided within a reasonable distance from a park or recreation facility, higher than national average of 83.9%. In the Cities of Fairfax and Falls Church, 100% of residents lived close to exercise opportunities.



Fairfax City and Falls Church City share the same values.

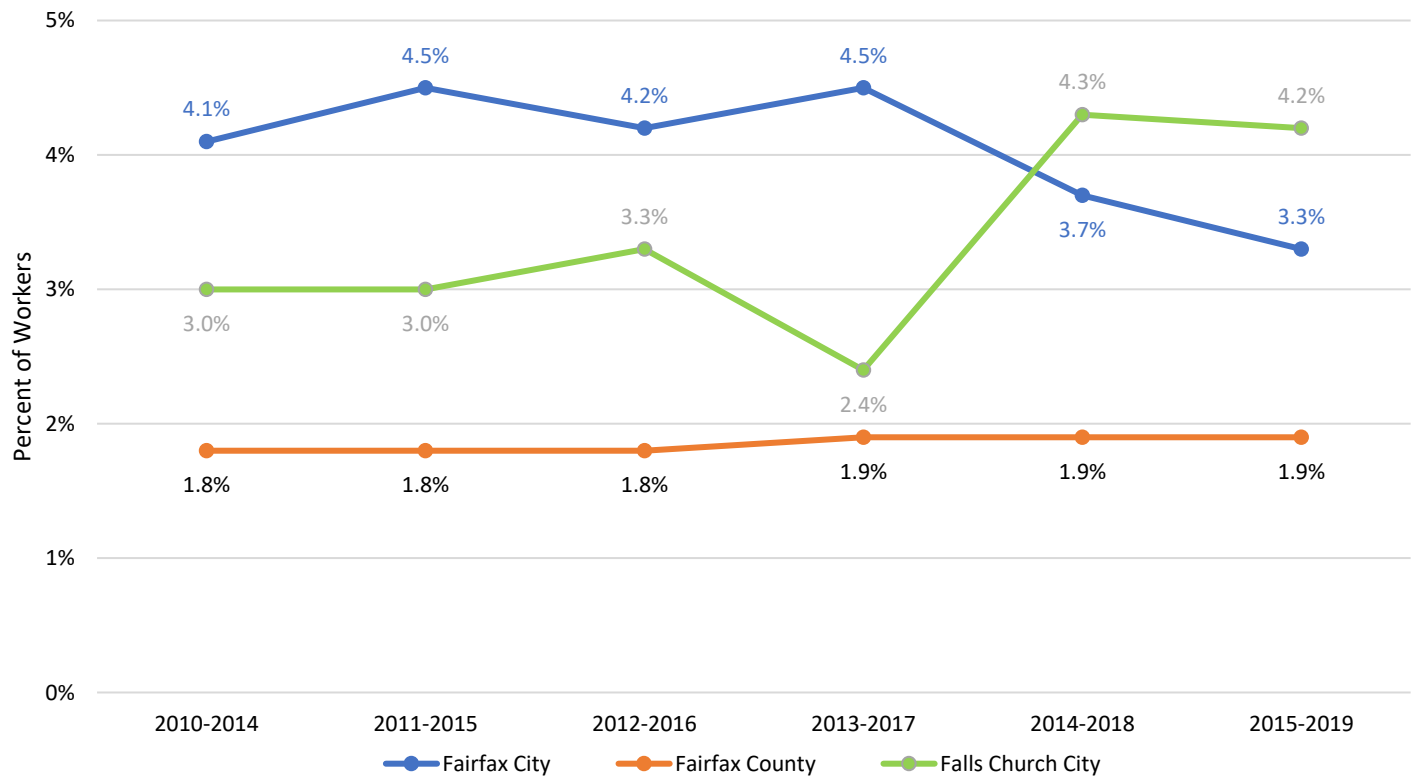
# Adults Engaging in Physical Activity

This indicator shows the percentage of adults who participated in any physical activity or exercise in the past month, other than their regular job. A greater percentage of adults in the Fairfax Health District (85.4%) engaged in physical activity in 2020 compared to adults in Virginia (79.1%).



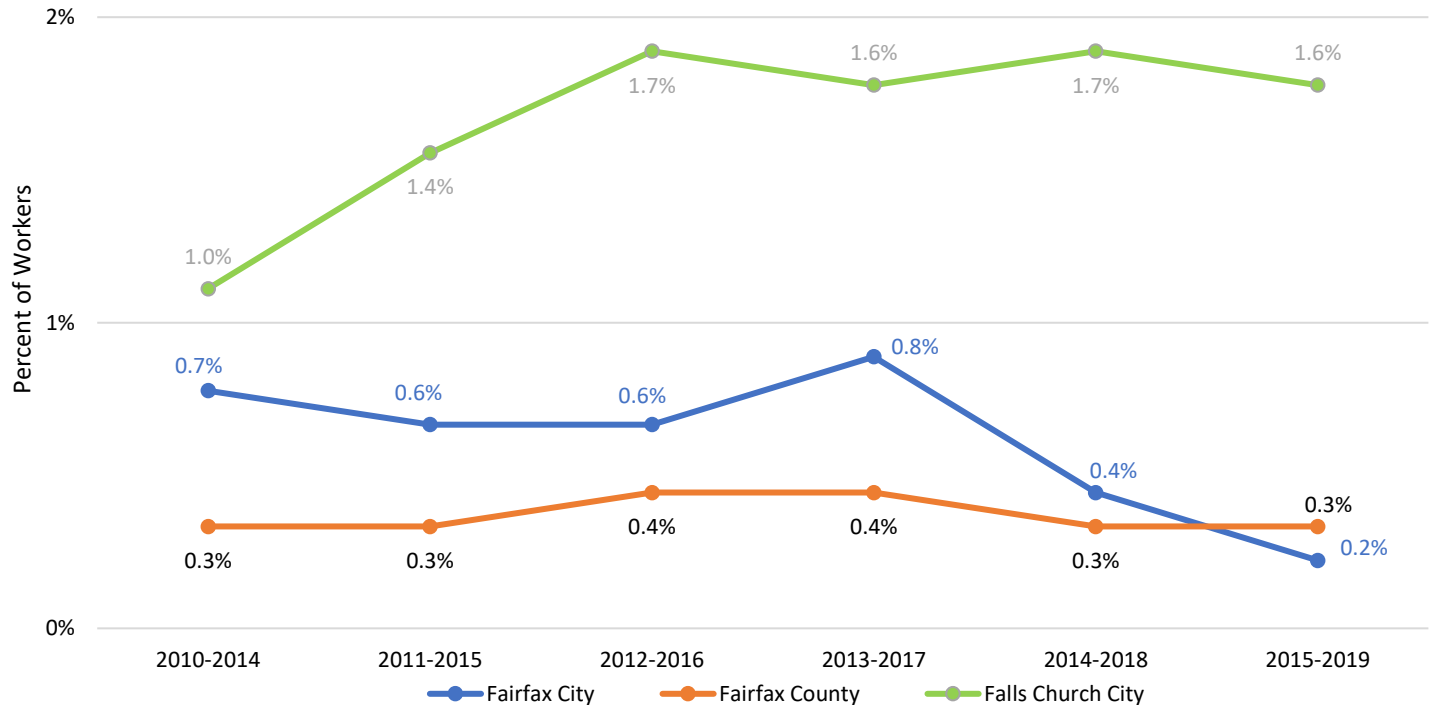
# Workers Who Walk to Work

This indicator shows the percentage of workers aged 16 years and over who get to work by walking. Only 1.9% of Fairfax County adults walked to work compared to the 3.3% of workers in the City of Fairfax. The percentage of City of Falls Church workers who walked to work increased in the most recent period of data collection to 4.2%.



# Workers Who Bike to Work

This indicator shows the percentage of workers aged 16 years and over who get to work by biking. Only 0.3% of Fairfax County adults biked to work compared to workers in the City of Falls Church (1.6%) who have been biking to work increasingly over the past eight years. The percent of City of Fairfax workers who biked to work has fluctuated and was at 0.2% in the most recent period of data collection.





# 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 - 12/2023	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 (VDBHDS) \$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> <li>Awarded 10 mini-grants for youth-led anti-stigma projects for FY 2021.</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>

# 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 - 12/2023	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>Released report, including recommendations and resources, at a December 2021 PFHF meeting.</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>Released report, including recommendations and resources, at a December 2021 PFHF meeting.</li> </ul>

# 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.

Priority Issue: 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.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
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	Social Isolation Subcommittee (SIS)	None identified	• Not Started
1.3.B ⊘	Promote natural and built environmental design strategies that foster mental health and wellness.	01/2021 - 06/2023	SS	None identified	• Not Started

# 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 is 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 them in Fairfax County.</li> </ul>



# 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	VDBHDS \$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>

# 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 education storage and disposal.	01/2019 - 12/2023	Opioid Task Force, CSB, 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 community-wide dissemination and messaging of the "Talk. They Hear You" campaign led by The Fairfax Prevention Coalition and the CSB.</li> </ul>
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, 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>

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.3 Continued		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
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 This is Quitting text-based quit line for teens.</li> </ul>
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 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>

# 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, 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>
2.4.B ✓	Increase community awareness of vaping products and its risks.	11/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator - Northern District, VDH Tobacco Control Program, 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> <li>Fairfax County Neighborhood and Community Services began offering the CATCH My Breath vaping prevention program in the community.</li> </ul>

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
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, 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	FCHD, Tobacco Control Coordinator - Northern District, 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 Awareness Subcommittee, Tobacco Control Coordinator - Northern District, 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>

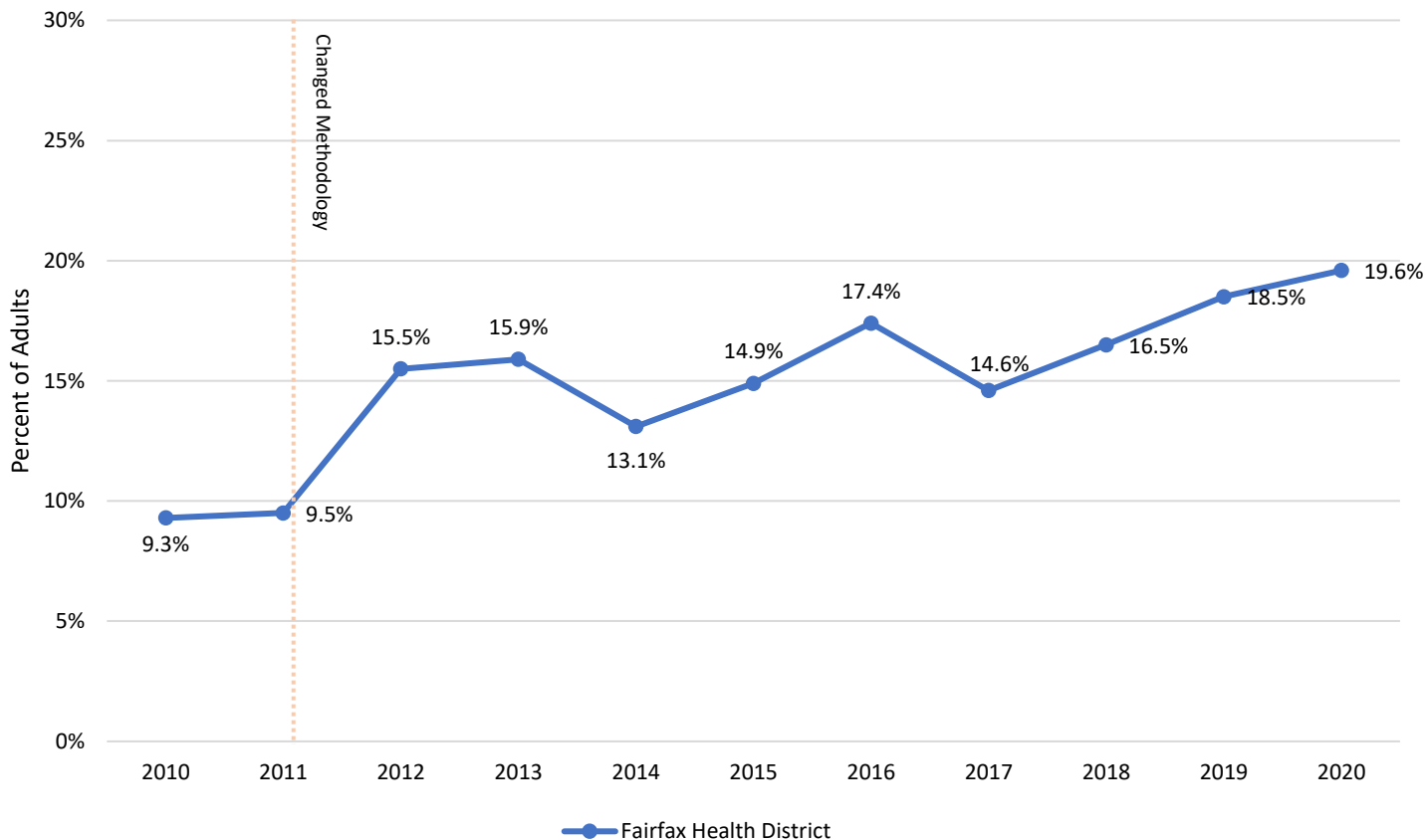


# Behavioral Health

- **Population Health Indicators**
  - Poor Mental Health: 5+ Days
  - Poor Mental Health: 1+ Days
  - Students Who Feel Sad or Hopeless
  - Youth Tobacco Product Use
  - Adults Who Drink Excessively
  - Youth Alcohol Use
  - Death Rate due to Drug Poisoning
  - Youth Marijuana Use

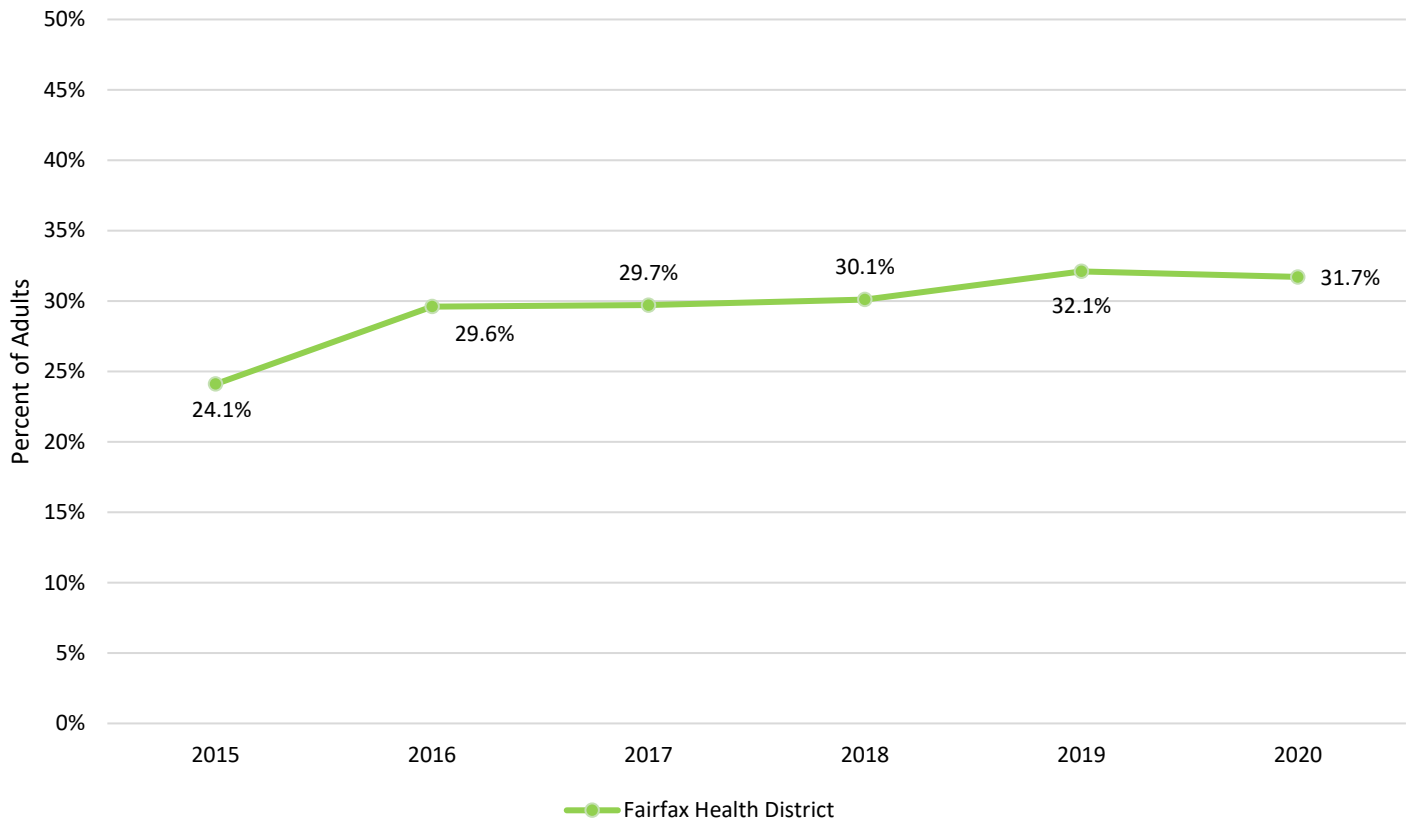
# Poor Mental Health: 5+ Days

This indicator measures the percentage of adults who stated that their mental health was not good for five or more days within the past month. In 2020, the percentage of adults who had one or more poor mental health days was lower and better in the Fairfax Health District (19.6%) when compared to adults in Virginia (23.5%).



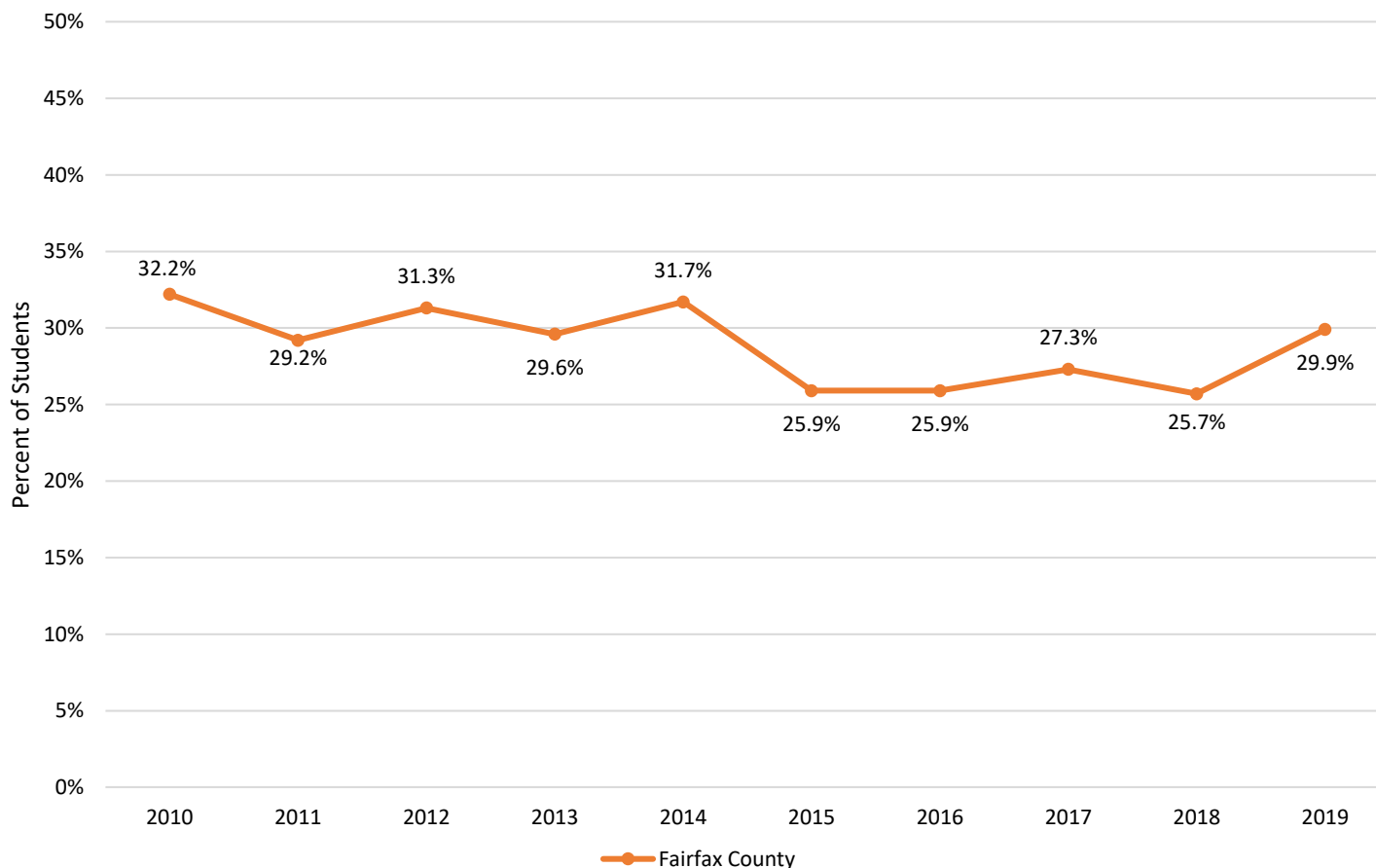
# Poor Mental Health: 1+ Day

This indicator measures percentage of adults who stated that their mental health was not good for one or more days in the past month. In 2020, the percentage of adults who had one or more poor mental health days was lower and better in the Fairfax Health District (31.7%) when compared to adults in Virginia (37.2%).



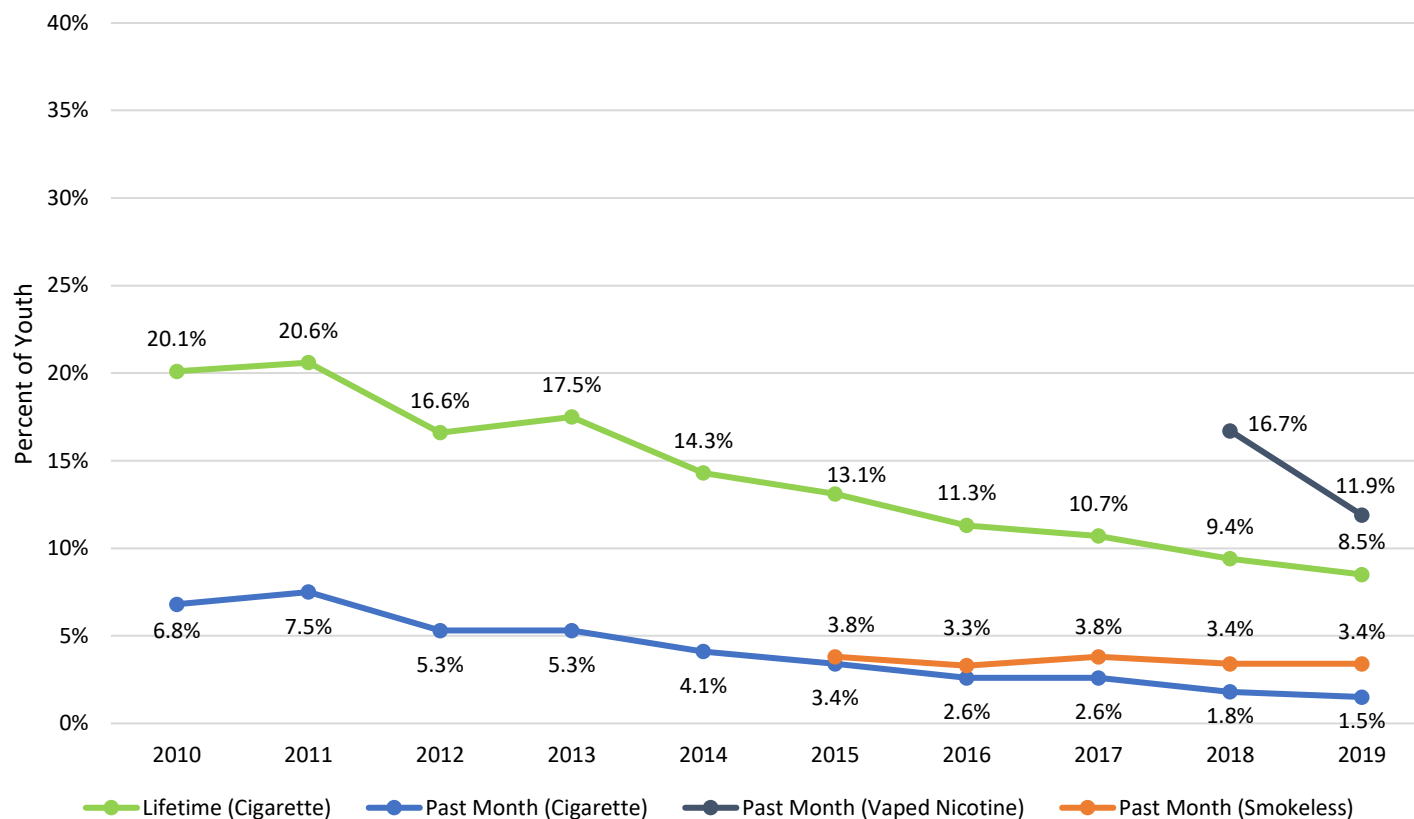
# Students Who Feel Sad or Hopeless

This indicator measures students in grades 8, 10, and 12 who reported feeling sad or hopeless for two or more weeks in a row in the past year. In 2019, 29.9% of the students of Fairfax County experienced feelings of sadness or helplessness at some point during the year.



# Youth Tobacco Product Use

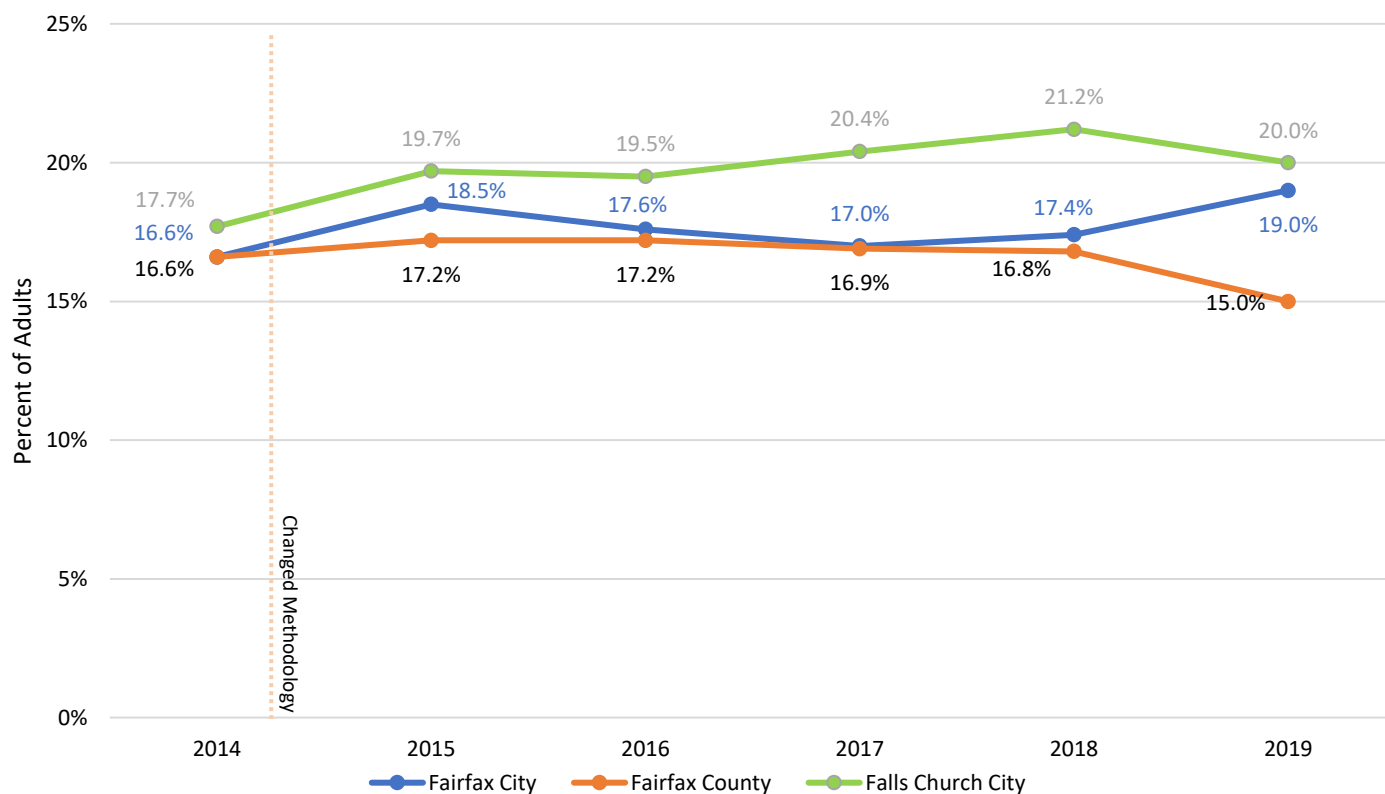
This indicator shows the percentage of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders in Fairfax County who have reported at least one occasion of cigarette use in their lifetime. In 2019, lifetime use of cigarettes (8.5%) and past month use of cigarettes (1.5%) declined from the previous year while smokeless tobacco (3.4%) remained the same. Additionally, within the past month, 11.9% of Fairfax County students vaped nicotine.



+ Vaped Nicotine data begins in 2018.

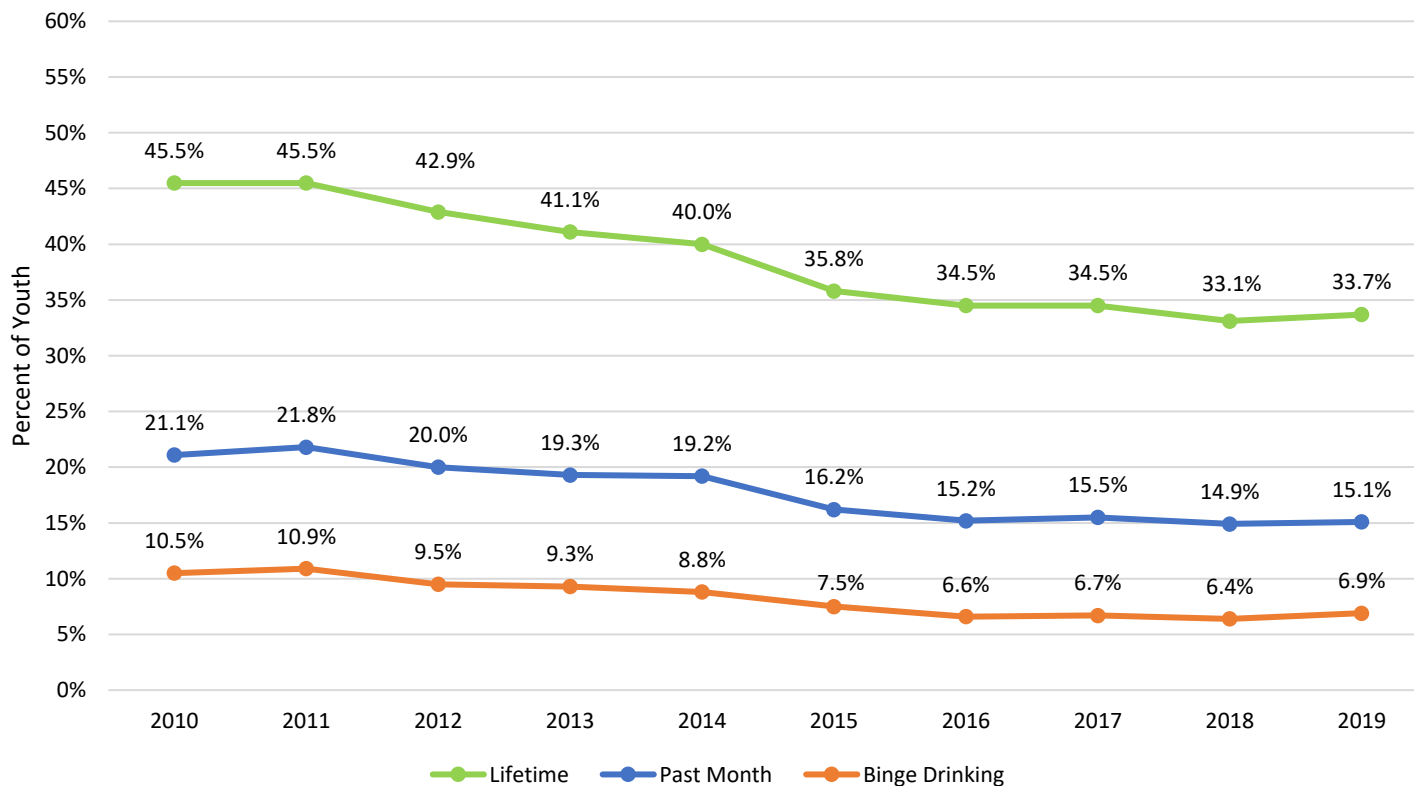
# Adults Who Drink Excessively

This indicator measures the percentage of adults who reported heavy drinking 30 days prior to the survey or binge drinking at least once during the 30 days. In 2018, the percentage of adults in Fairfax County (16.8%) reported heavy drinking was slightly lower than City of Fairfax adults (17.4%). The percentage of adults who drink excessively in the City of Falls Church was higher at 21.2%.



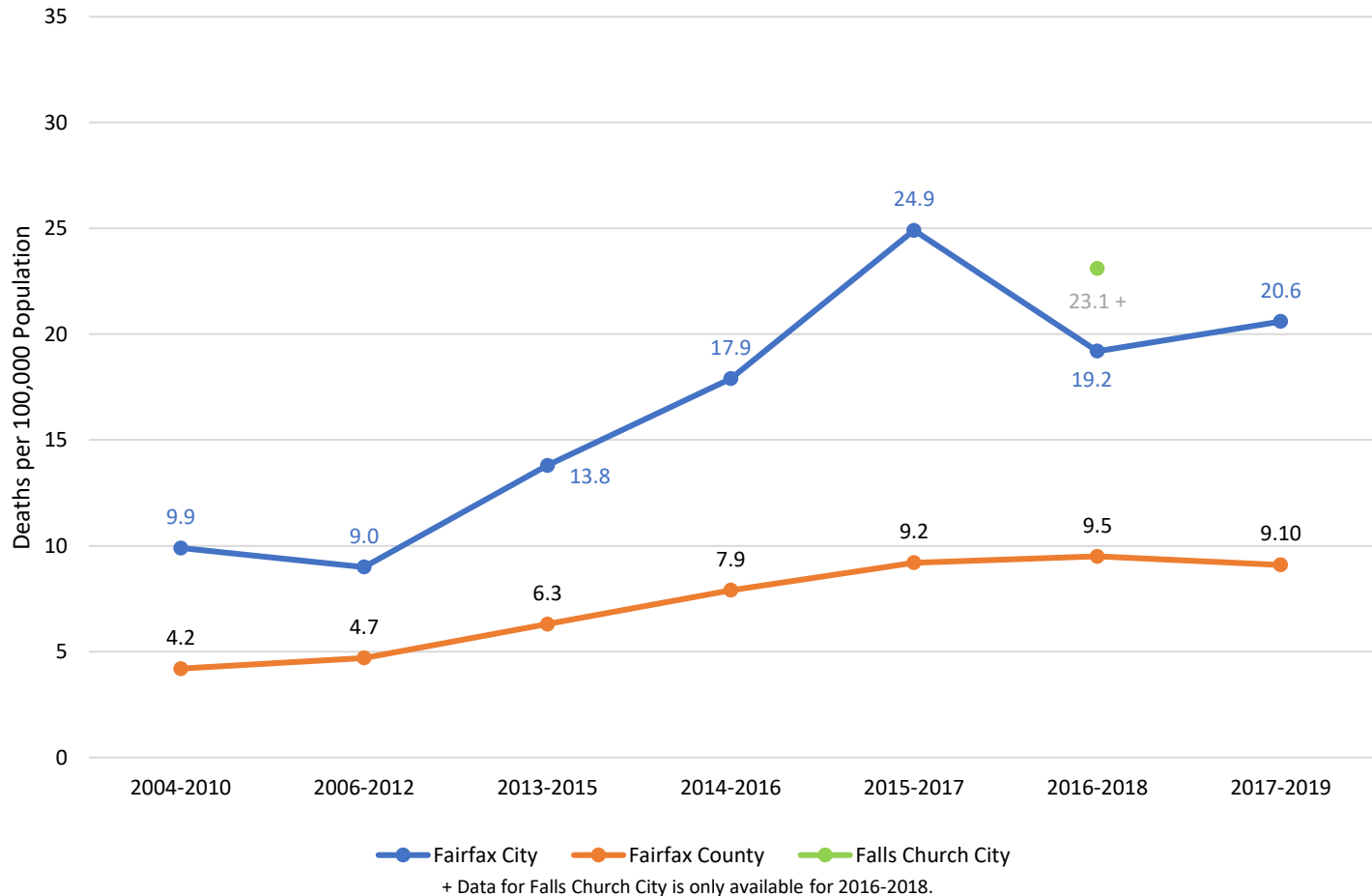
# Youth Alcohol Use

This indicator shows the percentage of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders in Fairfax County who have consumed alcohol at least once in their lifetime. Alcohol use during the past month and binge drinking, defined as five or more drinks in a row, during the past month are also shown here. In 2019, 33.7% of Fairfax County students consumed alcohol at least once in their lifetime compared to 15.1% of students who drank alcohol within the past month. Of the students in Fairfax County, 6.9% reported binge drinking.



# Death Rate due to Drug Poisoning

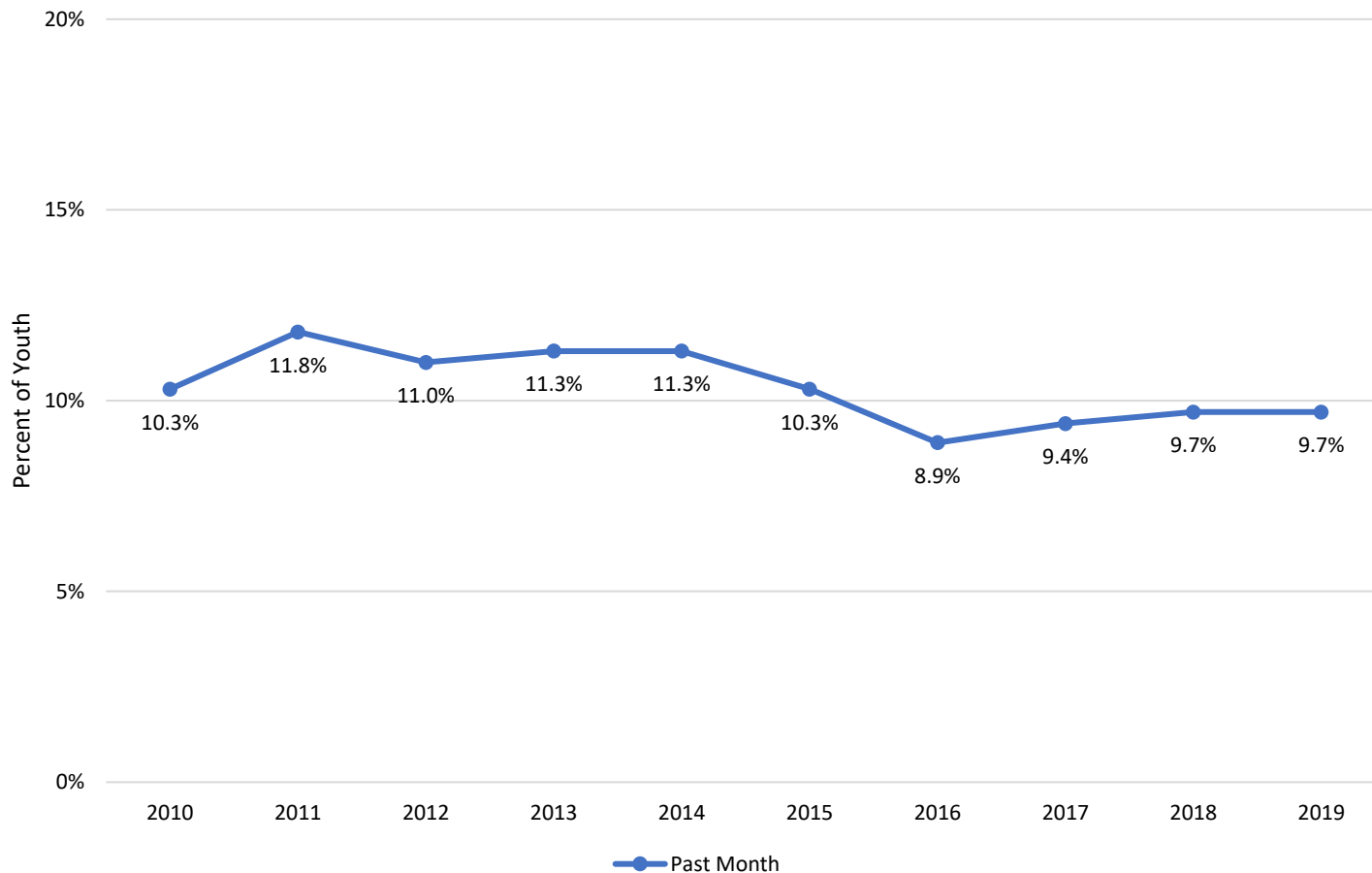
This indicator measures the death rate per 100,000 population due to drug poisoning. From 2017-2019, the death rate of 9.1 per 100,000 was reported in Fairfax County in comparison to a death rate of 20.6 in the City of Fairfax.





# Youth Marijuana Use

This indicator shows the percentage of Fairfax County students in 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades who used marijuana at least once in the past month. In 2019, 9.7% of students reported marijuana use within the past 30 days.



# Conclusion

The Community Health 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 third year of implementation, progress has been made from year one to year three to address the three identified priority issues. **Of the 69 key actions in CHIP 2.0, 33.3% of the actions were performed, 52.2% were in progress, and 14.5% had not been started.**

We are reminded that we are just past the halfway mark in a 5-year-plan. The worldwide pandemic during our CHIP has taken its toll, however, the body of this CHIP work still deserves to be commended. We know that as we move out of the pandemic, 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: <https://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)

# Population Health Indicator Sources

- Healthy Eating
  - Food Insecurity Rate: [Live Healthy Fairfax : Indicators : Food Insecurity Rate](#)
  - Youth Who Eat 5 Servings of Fruits and Vegetables: [Fairfax County Youth Survey](#)
  - Adults Who are Overweight or Obese: [Live Healthy Fairfax : Indicators : Adults who are Overweight or Obese : Health District : Fairfax](#)
- Healthy Environment and Active Living
  - Resident Access to a Park or Recreation Facility: [Access to exercise opportunities in Virginia | County Health Rankings & Roadmaps](#)
  - Adults Engaging in Physical Activity: [Live Healthy Fairfax : Indicators : Adults Engaging in Physical Activity : Health District : Fairfax](#)
  - Workers Who Walk to Work: [American Community Survey](#)
  - Workers Who Bike to Work: [American Community Survey](#)
- Behavioral Health
  - Poor Mental Health: 5+ Days: [Virginia Behavioral Risk Factor Surveillance System](#)
  - Poor Mental Health: 1+ Day: [Live Healthy Fairfax : Indicators : Poor Mental Health Days : Health District : Fairfax](#)
  - Students Who Feel Sad or Hopeless: [Fairfax County Youth Survey](#)
  - Youth Tobacco Product Use: [Fairfax County Youth Survey](#)
  - Adults Who Drink Excessively: [Excessive drinking in Virginia | County Health Rankings & Roadmaps](#)
  - Youth Alcohol Use: [Fairfax County Youth Survey](#)
  - Death Rate due to Drug Poisoning: [County Health Rankings & Roadmaps](#)
  - Youth Marijuana Use: [Fairfax County Youth Survey](#)

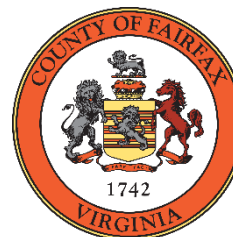


# LiveHealthy FAIRFAX

Transforming our communities together

*Partnership for a  
Healthier Fairfax*

**Community Health Improvement Plan 2019-2023  
Annual Report – Year three  
January 2021-December 2021**



A Fairfax County, VA., publication. May 2022.  
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/>