

# Alexandria Community Health Assessment

Alexandria Health Department  
&  
Alexandria Public Health Advisory  
Commission

April 13, 2004



## 10 Great Public Health Achievements

- ▮ Vaccination
- ▮ Motor-vehicle safety
- ▮ Safer workplaces
- ▮ Control of infectious diseases
- ▮ Decline in deaths from coronary heart disease & stroke
- ▮ Safer & healthier foods
- ▮ Healthier mothers & babies
- ▮ Family planning
- ▮ Fluoridation of drinking water
- ▮ Recognition of tobacco as health hazard



## Leading Causes of Death

### United States & Alexandria, 2000

Cause of Death	No. of Deaths		Death Rate per 100,000	
	U.S.	U.S.	U.S.	Alexandria
Heart disease	710,760	258.2	258.2	162.9
Malignant neoplasm	553,091	200.9	200.9	152.0
Cerebrovascular disease	167,661	60.9	60.9	43.7
Chronic lower respiratory tract disease	122,009	44.3	44.3	28.8
Unintentional injuries	97,900	35.6	35.6	20.3
Diabetes mellitus	69,301	25.2	25.2	14.0
Influenza and pneumonia	65,313	23.7	23.7	
Alzheimer's disease	49,558	18	18	14.0
Nephritis, nephrosis	37,251	13.5	13.5	
Septicemia	31,224	11.3	11.3	



Table 10-10-2004 Virginia Health Statistics 2000



## Actual Causes of Death

### United States, 1990 and 2000

Actual Cause	No. (%) in 1990	No. (%) in 2000
Tobacco	400,000 (19%)	435,000 (18.1%)
Poor diet and physical inactivity	300,000 (14%)	400,000 (16.6%)
Alcohol consumption	100,000 (5%)	85,000 (3.5%)
Microbial agents	90,000 (4%)	75,000 (3.1%)
Toxic agents	60,000 (3%)	55,000 (2.3%)
Motor vehicle	25,000 (1%)	43,000 (1.8%)
Firearms	35,000 (2%)	29,000 (1.2%)
Sexual behavior	30,000 (1%)	20,000 (0.8%)
Illicit drug use	20,000 (<1%)	17,000 (0.7%)
Total	1,060,000 (50%)	1,159,000 (48.2%)



Actual Causes of Death in the United States, 2000 JAMA 11, June 10, 2004



## What is a Community Health Assessment?

- | "A broad-based, documented, and collaborative process conducted with community participation that produces a list of community health priorities and resources."
- | "The process...produces an overall community health plan to address identified health priorities and utilize community resources."



Local Health Boards & Local County Health Boards  
(LHBOs) website



## Why Perform a Community Health Assessment?

- | Answer questions such as:
  - How healthy are our residents?
  - What does the health status of our community look like?
  - How do we compare to state, national data?
- | Prioritize resources
- | Set goals
- | Effectively focus prevention programs



# The Assessment Process

What have we done?

## Community Steering Committee

- Who?
- Why?



# The Assessment Process

## Steering Committee's First Tasks

- Survey Assessment Tools
- Choose Health Indicators

## Data Gathering

- Health statistics for Alexandria, VA, US and HP 2010



# The Assessment Process

## Selecting Health Priorities

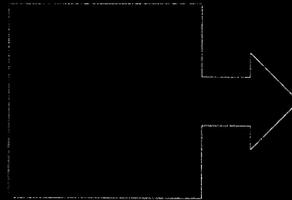
### Factors

- Changeability
- Importance



2x2 table

- Economic Impact
- Political Support
- Affordability of Action
- Legal Constraints



Weighting  
Process



# The Assessment Process

## Community Perspective Survey

### Partnership with GWU

### Telephone Survey

- 383 Respondents
- Survey results used to show concerns of the residents and to assess their readiness for change.



# The Assessment Process

What have we found

## Draft list of topics group would like to address:

Obesity	Teen Pregnancy
Tobacco Use/Lung Cancer	HIV/AIDS
Mental Health/Substance Abuse	Mamm/Breast Cancer
Influenza/Pneumonia	Colorectal Cancer
Cardiovascular Disease	Severe Accidents/Injuries
Diabetes	TB



# What's Next?

- 1 Health Profile
  - Summer of 2004
- 1 Create Action Plans



# Group Participation

Questions and Comments



# Contact Information

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and click on "What's a Community Health Assessment?"

