

# 2025 Community Health Needs Assessment

Riverside Shore Memorial Hospital



Riverside  
Health

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# The 2025 Community Health Needs Assessment (CHNA) Executive Summary

## Purpose

The 2025 Community Health Needs Assessment (CHNA) was conducted by the Peninsula Community Health Collaborative (PCHC) group, including Riverside Health, Bon Secours, Children's Hospital of the King's Daughters (CHKD), Virginia Department of Health, Hampton & Peninsula Health Districts and Sentara to identify key health concerns and social determinants of health (SDOH) needs across communities served by Riverside Health.

This effort supports compliance with IRS regulations and reflects the commitment of regional health systems — including Riverside Health, Bon Secours, CHKD and Sentara — to foster community well-being through evidence-based interventions and stakeholder engagement. This statement aligns with the Riverside Health Mission Statement: At Riverside Health, our mission is to care for others as we would care for those we love, to enhance their well-being and improve their health.

## Process

The CHNA process employed a multi-method approach:

- **Quantitative data** from state and national health databases
- Twelve **community conversations** that engaged 126 participants across diverse settings, including senior centers, faith communities, schools and correctional facilities
- **In-depth partner collaboration** through PCHC meetings and advisory groups
- **Stakeholder and community surveys** conducted from October 2024 through February 2025

	Community	Stakeholders
Peninsula	1,492	137
Middle Peninsula	98	56
Williamsburg	1,088	104
Eastern Shore	45	37

The total number of community members and stakeholders surveyed was **3,057**. We analyzed all the data collected to identify the community's most urgent health priorities and determine effective ways to meet those needs.

# Notes on Data



**Sample and directionality:** The data reflects a sample and provides qualitative, directional insights. These results are not statistically significant without additional research.

**Data currency:** Some of the demographics provided differ with respect to the most current data, which may not have been available at the time of analysis. Totals may vary slightly when looking at a region versus specific cities or counties.

**Zero values:** At times, zero values for very uncommon languages were eliminated to reduce clutter in the charts. This was not an intentional effort to exclude significant information.

## Key Findings

Across all markets, consistent themes emerged from stakeholder and community feedback.



### Top health priorities

- Mental health:** Cited as the most pressing issue across all age groups and communities
- Chronic conditions:** Specifically obesity, diabetes, cancer and heart disease
- Social drivers of health:** Transportation, housing instability, food insecurity and lack of care access were identified as critical barriers

## Other Themes

- Difficulties with system navigation and long wait times
- Need for culturally competent and trauma-informed care
- Widespread mistrust of health care, especially among marginalized groups



## Barriers to Health

- Limited access to culturally competent care
- Mistrust in health care systems (especially among Black, LGBTQ+, immigrant and formerly incarcerated communities)
- Fragmented health care navigation systems
- Stigma around mental illness and substance use



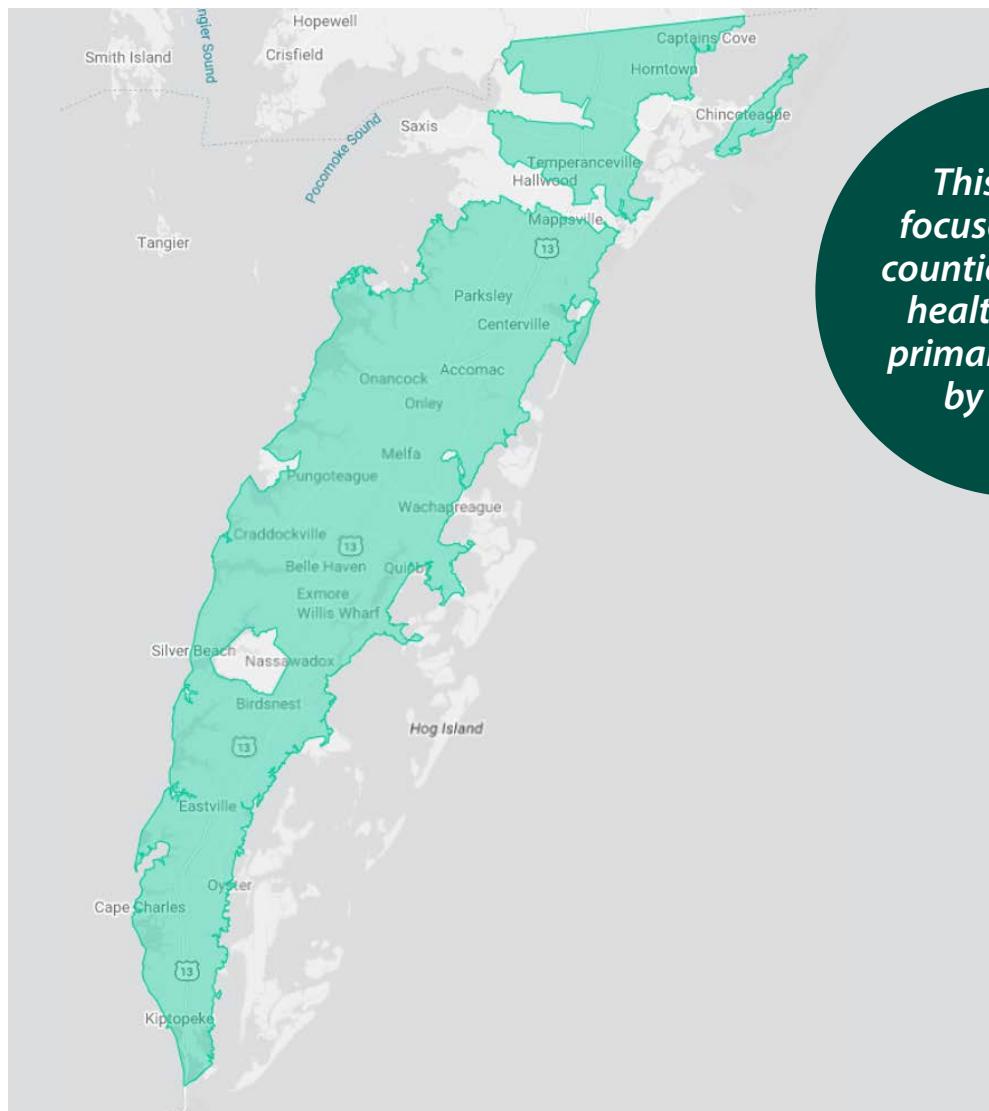
## Trusted Health Information Sources

- Health care providers
- Internet/local health system websites
- Peer and faith-based organizations
- Community-based organizations
- Online resources and local health system websites



# Hospital Overview and Geography

Riverside Shore Memorial Hospital (RSMH) provides care to Virginia's Eastern Shore, which consists of Accomack and Northampton Counties. This includes Accomack County's Tangier Island, which is only accessible by boat or plane. In addition to serving the residents of Accomack and Northampton Counties, RSMH also serves some residents of southern Maryland and thousands of tourists that visit the region. There is one health district which encompasses both counties.



*This report  
focuses on two  
counties and one  
health district  
primarily served  
by RSMH.*

## Eastern Shore Health District: Accomack and Northampton Counties

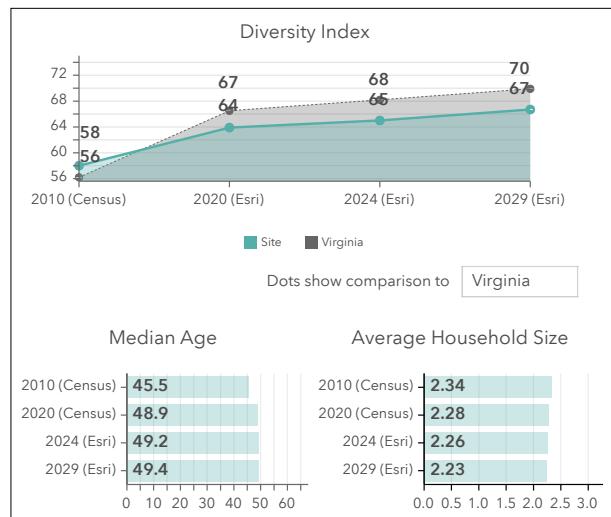
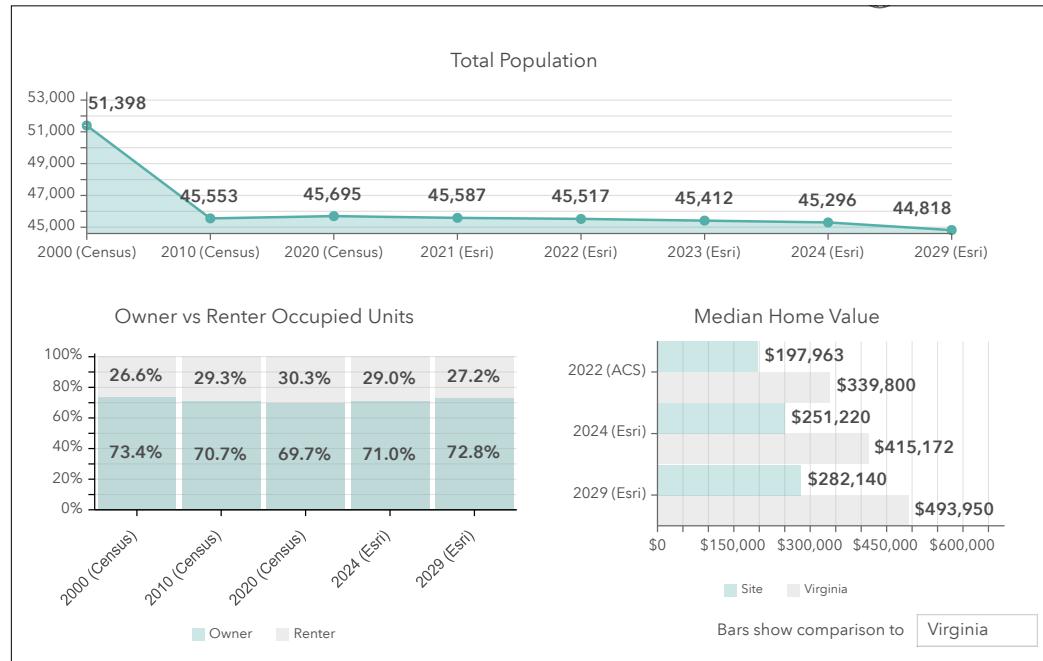
The primary service area (PSA) and secondary service area (SSA) zip codes are as follows: 23301, 23303, 23306, 23307, 23308, 23310, 23316, 23336, 23350, 23356, 23357, 23359, 23395, 23405, 23407, 23410, 23413, 23415, 23417, 23418, 23420, 23421, 23423 and 23442.

# Community Demographics

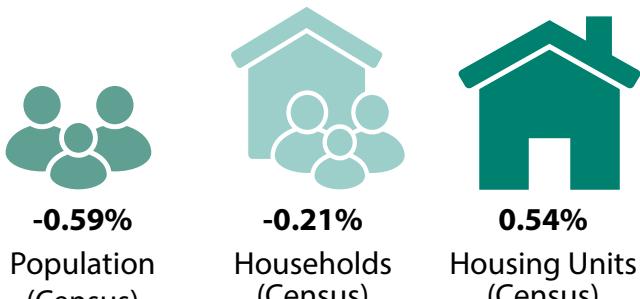


## Community Change Snapshot

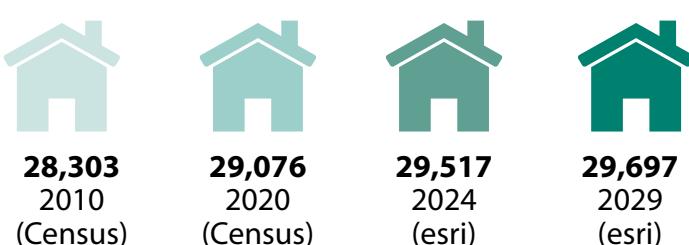
Eastern Shore  
County-based  
Definitions  
Geography: County



## 2000-2020 Compound Annual Growth Rate



## Total Housing Units: Past, Present, Future



Source: [This infographic contains data provided by U.S. Census \(2000, 2010, 2020\), Esri \(2024, 2029\), ACS \(2018-2022\)](#). © 2025 Esri

## Eastern Shore Population Report (2023 Estimates)

	Accomack	Northampton	VIRGINIA
<b>Total Population</b>	32,786	12,339	8,595,520
<b>Population Density</b>	185.17	177.33	621.69
<b>Population by Race</b>	Accomack	Northampton	VIRGINIA
American Indian or Alaskan Native	0.78	0.49	0.43
Asian, Native Hawaiian, or Pacific Islander	0.57	0.46	7.05
Black	26.21	31.02	18.69
White	59.94	57.44	60.32
Some other Race	6.84	4.42	5.19
Two or more Races	5.31	5.69	8.18
	Accomack	Northampton	Virginia
<b>Total Female Population</b>	48.19	49.39	49.76
Female 0 to 4	5.14	4.20	5.55
Female 5 to 14	11.31	9.67	11.93
Female 15 to 19	4.72	4.97	6.16
Female 20 to 24	3.26	2.81	6.14
Female 25 to 34	10.64	9.34	13.46
Female 35 to 44	10.34	9.42	13.31
Female 45 to 54	11.82	10.26	12.62
Female 55 to 64	16.52	18.79	13.25
Female 65 to 74	15.55	17.31	10.25
Female 75 to 84	7.87	9.09	5.27
Female 85+	2.84	4.15	2.05
<b>Total Male Population</b>	46.15	44.49	48.64
Male 0 to 4	5.68	5.14	5.93
Male 5 to 14	12.98	12.84	12.84
Male 15 to 19	5.60	5.08	6.55
Male 20 to 24	4.36	3.72	6.78
Male 25 to 34	10.81	10.13	14.13
Male 35 to 44	10.38	9.40	13.67
Male 45 to 54	11.61	10.77	12.73
Male 55 to 64	15.48	16.85	12.86
Male 65 to 74	14.50	16.08	9.17
Male 75 to 84	6.86	8.14	4.20
Male 85+	1.74	1.86	1.13
<b>Household Income by Range</b>	Accomack	Northampton	VIRGINIA
\$0-\$9,999	8.48	10.16	4.70
\$10,000-\$14,999	4.67	6.07	3.06
\$15,000-\$19,999	4.55	5.02	3.01
\$20,000-\$24,999	6.27	5.43	3.37
\$25,000-\$29,999	5.33	5.02	3.25
\$30,000-\$34,999	4.25	3.31	3.43
\$35,000-\$39,999	4.00	4.64	3.24
\$40,000-\$44,999	5.51	3.42	3.40
\$45,000-\$49,999	4.37	4.26	3.26
\$50,000-\$59,999	7.92	5.61	6.65
\$60,000-\$74,999	9.45	11.11	9.37
\$75,000-\$99,999	12.29	10.29	12.93
\$100,000-\$124,999	7.53	7.89	10.15
\$125,000-\$149,999	3.90	3.11	7.25
\$150,000-\$199,999	3.72	2.83	9.36
\$200,000-\$249,999	1.22	2.54	5.14
\$250,000+	2.26	4.17	6.99
<b>Population by Education Level</b>	Accomack	Northampton	VIRGINIA
K-8	4.36	4.44	2.59
9 to 12	11.09	9.56	5.90
High School Grad	35.51	32.71	24.13
Some College, No Degree	17.34	18.38	18.90
Associates Degree	7.17	7.70	7.70
Bachelors Degree	12.39	14.52	22.20
Graduate Degree	8.85	9.48	16.76
No Schooling Completed	1.03	1.27	1.18

Source: Buxton Population Report, 2023 Estimates

## Labor/Employment

Since the sharp COVID-related unemployment surge in early 2020, all counties have seen their labor markets tighten. Currently, the Shore reflects a reasonably healthy job market and is generally close to Virginia's statewide average of 2.9%.

### Unemployment Rate (2022)

Eastern Shore	Accomack	Northampton	VIRGINIA
	3.1	2.9	2.9

Source: [countyhealthrankings.org](http://countyhealthrankings.org) (2022 data)

## Accomack County

1. Perdue Farms: 1,500+ employees
2. Tyson Foods: 1,200+ employees
3. Accomack County Public Schools: 800+ employees
4. Riverside Shore Memorial Hospital: 500+ employees
5. Eastern Shore Community College: 300+ employees
6. Accomack County Government: 300+ employees
7. NASA Wallops Flight Facility: 250+ employees
8. Food Lion: 200+ employees
9. Walmart: 150+ employees
10. Chesapeake Bay Bridge-Tunnel: 100+ employees

## Northampton County

1. Northampton County Public Schools: 400+ employees
2. Riverside Shore Memorial Hospital: 300+ employees
3. Northampton County Government: 250+ employees
4. Eastern Shore Rural Health System: 200+ employees
5. Food Lion: 150+ employees
6. Walmart: 100+ employees
7. Chesapeake Bay Bridge-Tunnel: 100+ employees
8. Northampton County Sheriff's Office: 80+ employees
9. Northampton County Fire-Rescue: 70+ employees
10. Northampton County Health Department: 50+ employees

# Data Collection and Analysis

## Community Health Needs Assessment (CHNA) Survey Process

The Peninsula Community Health Collaborative (PCHC) — a partnership of major health systems in Hampton Roads — conducted a comprehensive assessment to better understand the health needs of the communities we serve. Members of this collaborative include:

- Bon Secours
- Children's Hospital of The King's Daughters (CHKD)
- Riverside Health
- Sentara
- The Hampton and Peninsula Health Districts of the Virginia Department of Health (VDH)

A stakeholder and community member online survey in English was issued under the signature of VDH. The survey was distributed across a wide geographic region: the Eastern Shore, Middle Peninsula, Peninsula, South Hampton Roads, Western Tidewater and Northeastern North Carolina. The CHNA survey launch was October 1, 2024 and extended through the end of February 2025. A total of 3,057 responses were received.

Community stakeholders include people who work in education, public health, health care, mental and behavioral health, local government, first responders, business leaders and others. The community member version of the survey was promoted to community members.

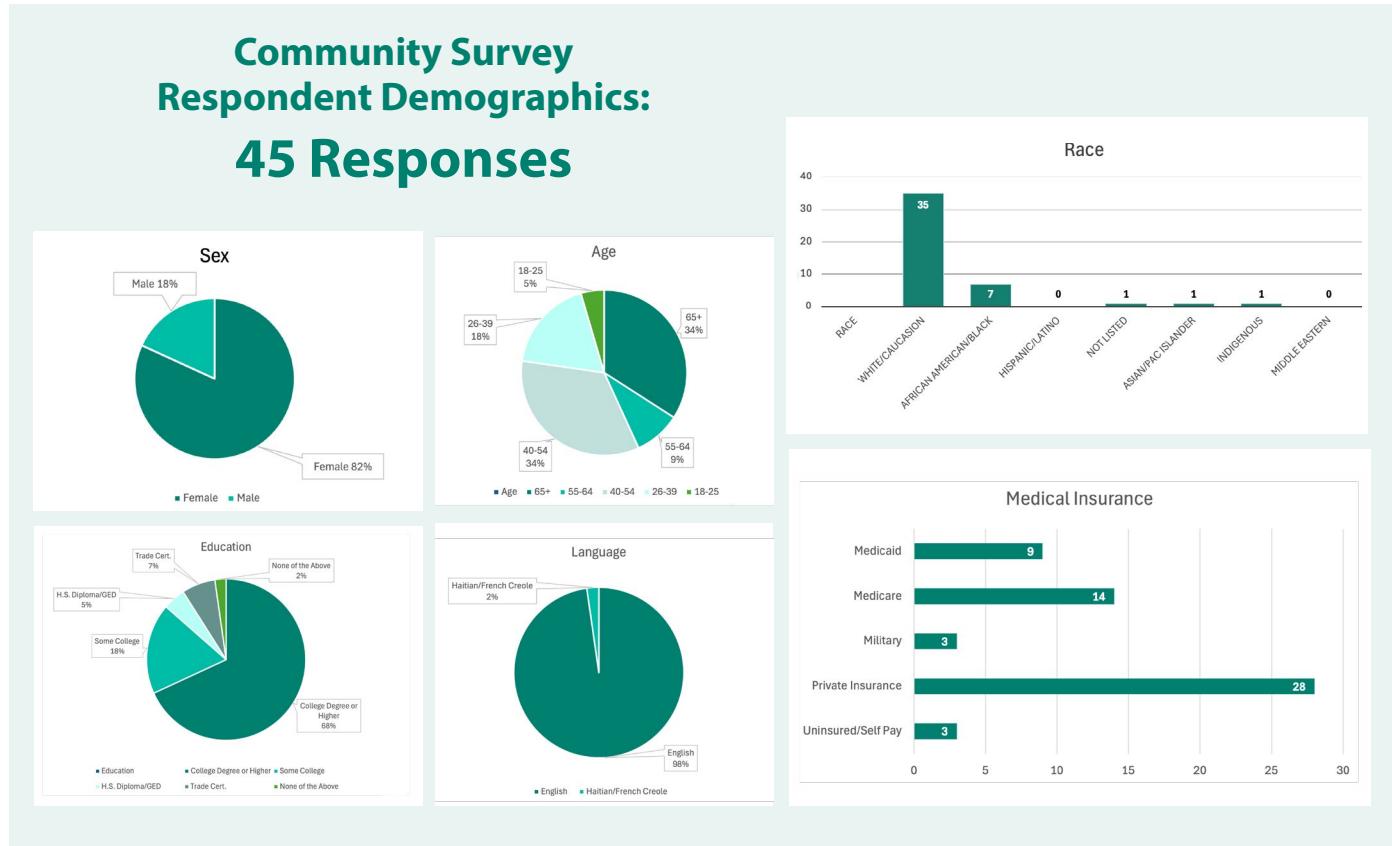
Community members and community stakeholders (leaders) were asked to select the three most important health concerns and the barriers to accessing health care resources. We used the stakeholder and community survey data for insights regarding community health, the barriers and suggestions for improvement. This information helped us identify the most pressing health concerns and understand the challenges preventing access to care.

Analysis was completed using a relative ranking approach based on the total number of responses submitted per market, rather than calculating percentages per item. This method allowed us to identify the top three health priorities in each community by the absolute number of times each issue was selected, which provided a clearer picture of community-wide priorities.

**The CHNA survey received a total of 3,057 responses.**

## Survey Findings

The community members included a broad range and covered all areas within the Eastern Shore market. The Eastern Shore Community demographics included 45 respondents:



## Insights from the Community Members

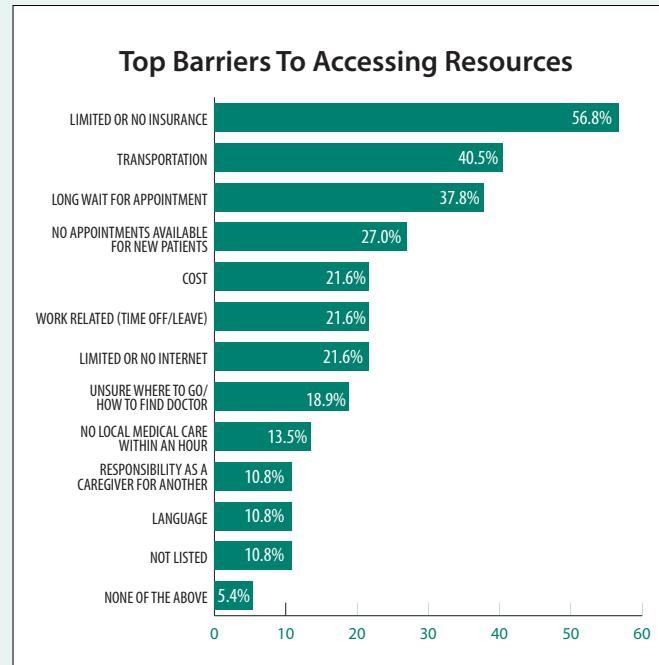
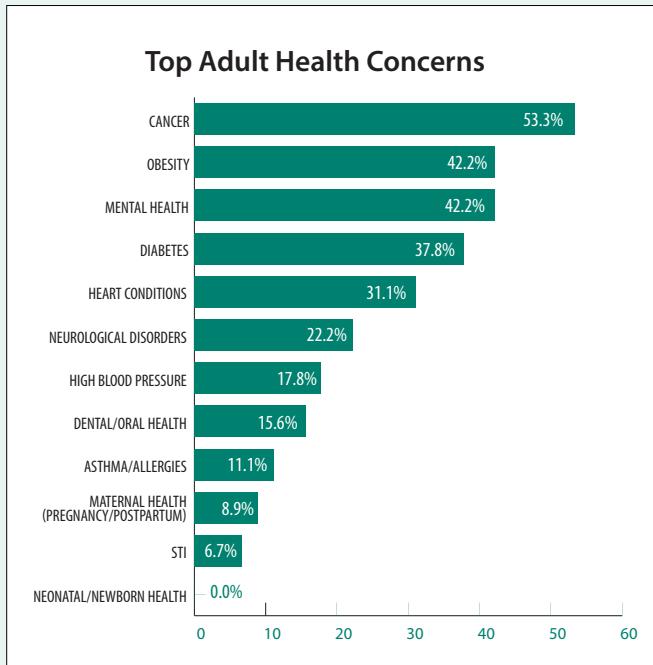
### 1. Community/Adults

- Top concerns:** Cancer, mental health, obesity (the latter two concerns being tied)
- Comments:** Cancer is a significant issue, with mental health and obesity being equally important. Mental health was a top concern for both adults and youth (0-17).

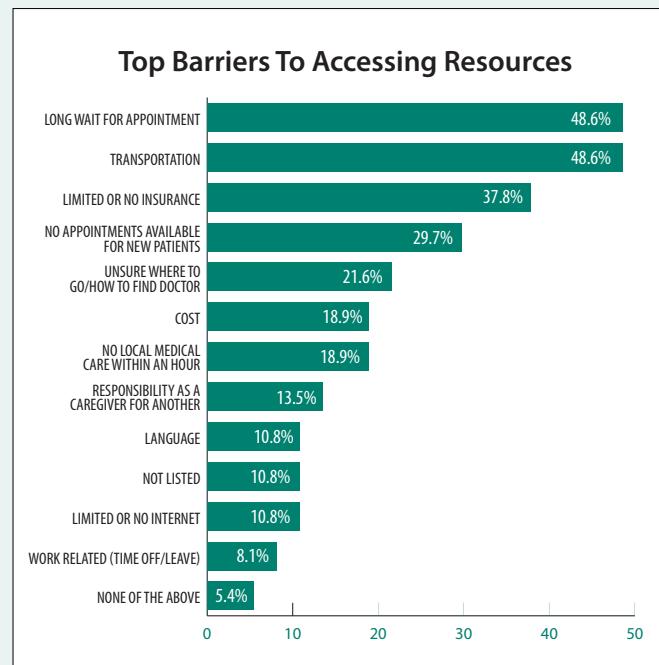
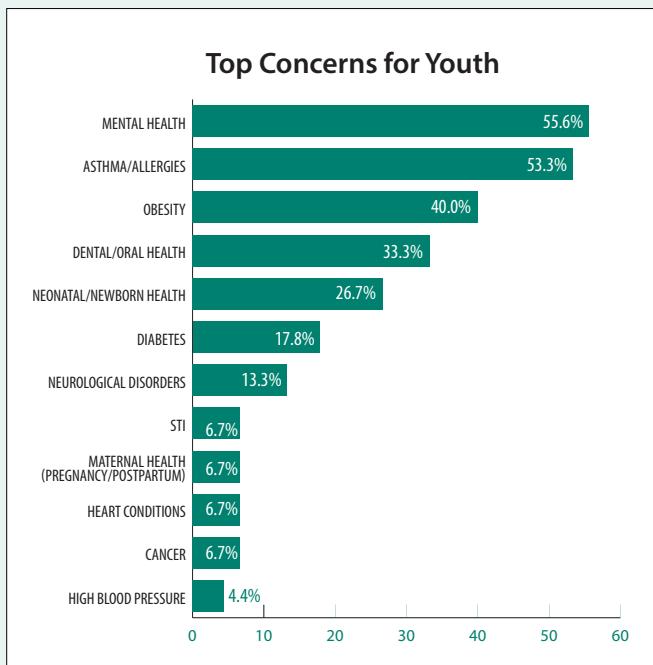
### 2. Community/Youth (0-17)

- Top concerns:** Mental health, asthma/allergies, obesity
- Comments:** The concerns mirror those of stakeholders, emphasizing the importance of mental health and physical well-being. Obesity as a concern appearing in adult and pediatric results highlights the importance of coordinated efforts around nutrition, physical activity and education. The prevalence of concerns about asthma/allergies among youth (0-17) suggests a need to assess environmental triggers and access to pediatric primary and specialty care.

## Eastern Shore Community: Adults – Top Concerns and Barriers

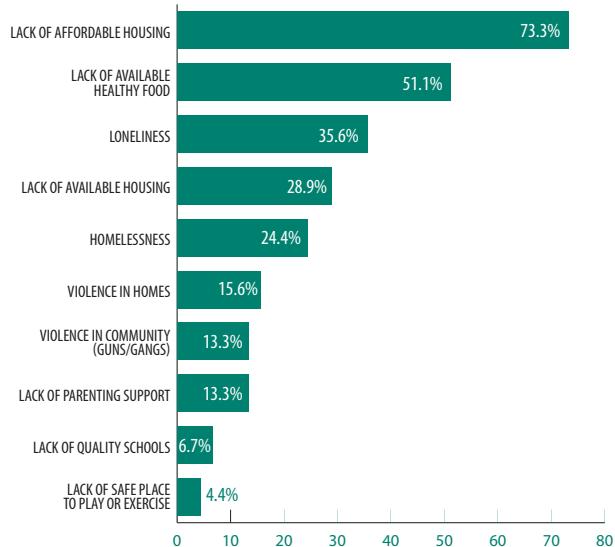


## Eastern Shore Community: Youth – Top Concerns and Barriers

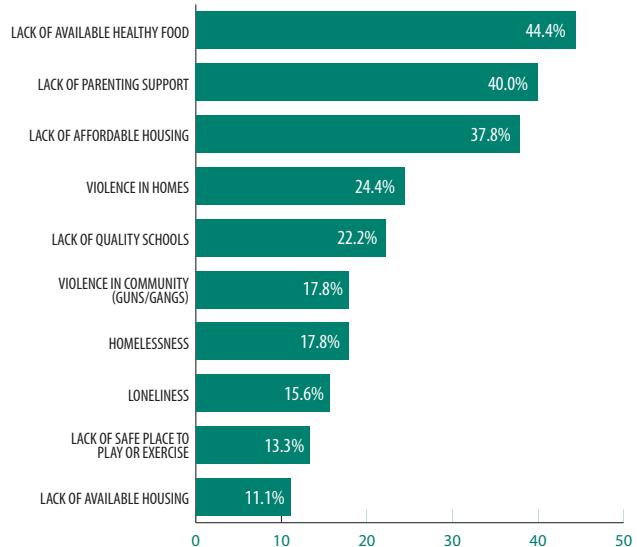


## Eastern Shore Community: Top Social Concerns

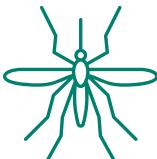
### Top Social Concerns for Adults



### Top Social Concerns for Youth



In addition to the questions regarding health conditions and concerns, the community members were asked to respond to questions regarding behavioral, personal and environmental concerns, and trusted sources of health information. There were also free text options for comments. The findings and recurring themes noted in the comments were as follows:

<p><b>Top behavioral concerns</b></p> <p><b>Adults:</b> Illegal drug use, addiction to alcohol, gun access/safety</p> <p><b>Youth (0-17):</b> Bullying and cyberbullying, illegal drug use, alcohol use</p> 	<p><b>Top personal factors impacting quality health care</b></p> <p>Type of health insurance, level of education, relationship with medical provider</p> 
<p><b>Top environmental health safety concerns</b></p> <p>Mold, mosquitoes, quality drinking water</p> 	<p><b>Most trusted sources of information</b></p> <p>Health care provider, local health system website, friends and family, the internet (the latter three were tied)</p> 

#### **Summary of additional suggestions from free text responses, or items not included, regarding health care:**

The responses highlight several critical concerns. Access to specialized medical care, particularly for orthopedic issues, is challenging, with many individuals preferring to travel out of state for better treatment.

Cancer is a prevalent issue, with high rates in the community and a significant family history of the disease.

Mental health issues among children, including those born to drug-addicted parents, are also a major concern. There is a shortage of doctors in the area, leading to overworked and frustrated health care providers. Additionally, poverty and lack of affordable health care services, including prostate cancer awareness and breast mammograms, are significant issues. Overall, the need for more accessible and comprehensive health care services is a recurring theme.

## Insights from Community Leaders/Stakeholders



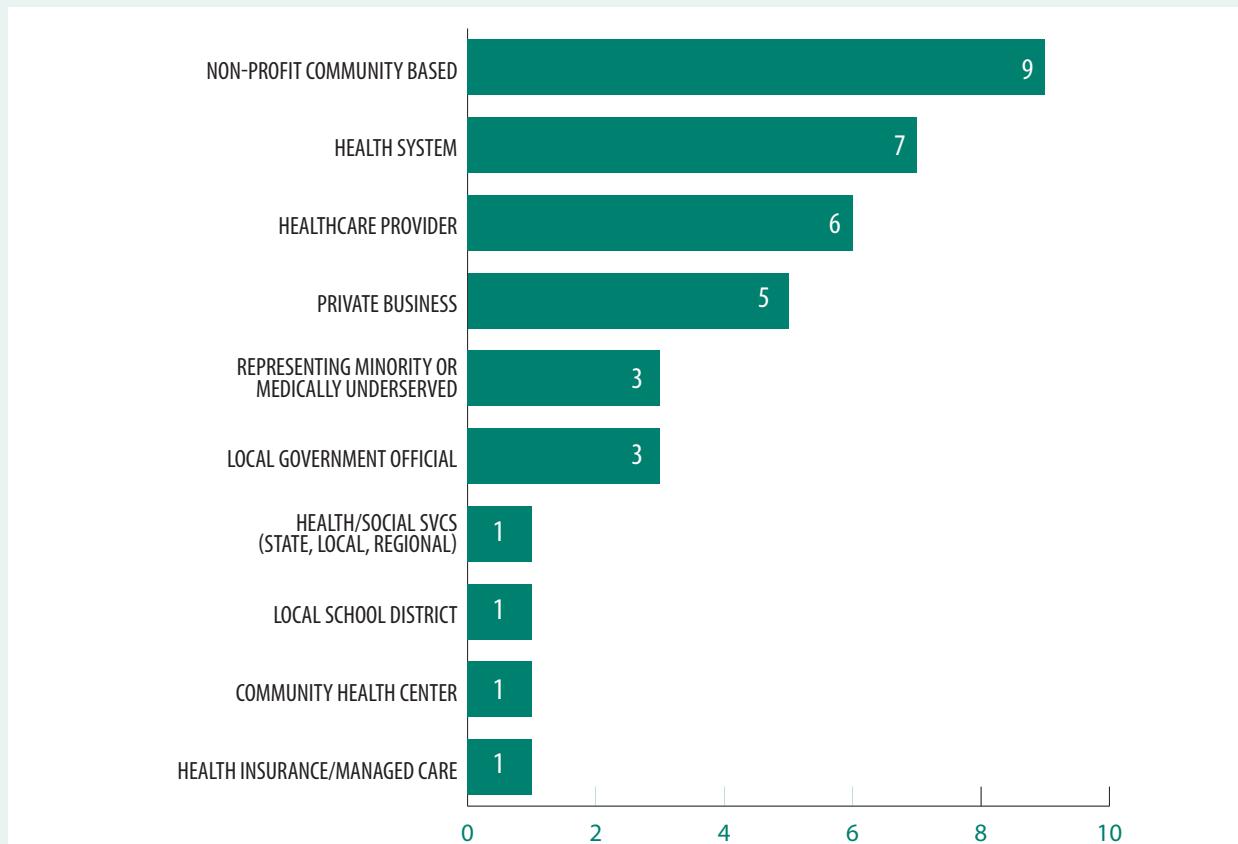
### Organizations Included:

- A&N Electric Cooperative
- Accomack County
- Accomack County Dept. of Social Services (SS)
- Accomack County Public Schools
- Bay Rivers Telehealth Alliance
- Cancer Action Coalition of Virginia
- Catholic Charities of EVA
- Child Development Resources (CDR)
- Children's Harbor
- Children's Hospital of The King's Daughters (CHKD)
- Children's Specialty Group (CSG)
- Dialysis
- Eastern Virginia Medical School (EVMS)
- Family in Focus®
- Local Emergency Planning Committee (LEPC)
- Northampton County Sheriff's Office
- Patient Advocate Foundation
- Riverside Health
- Riverside Shore Memorial Hospital
- Safe House Project
- Sentara
- Sentara Health Plan
- The AFYA Effect Family Healthcare Services
- Tidal Rhythm Organic Farm
- Town of Cape Charles, VA
- Virginia Health Catalyst
- Volunteers of America (VOA) Chesapeake & Carolinas
- Wave Church



## Stakeholder Survey Respondents: Organizational Perspective and Role

In Shore, for the Community Leaders, there were 37 results returned.



*At Shore, the Community Leaders were made up of accounting managers, administrators, CEOs, managers, directors, physicians, nurses, mental health professionals, faculty, clergy and others.*

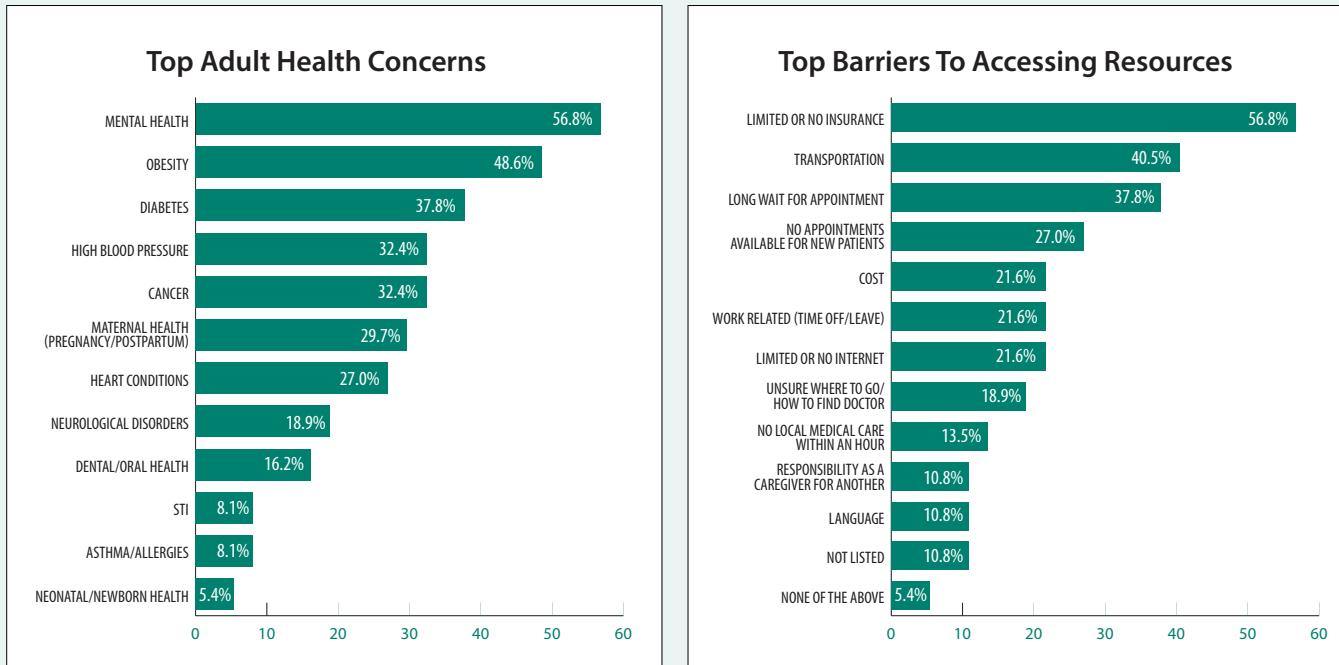
### Stakeholder/Adults

- **Top concerns:** Mental health, obesity, diabetes
- **Comments:** Mental health is a major concern, with obesity and diabetes indicating a need for lifestyle interventions

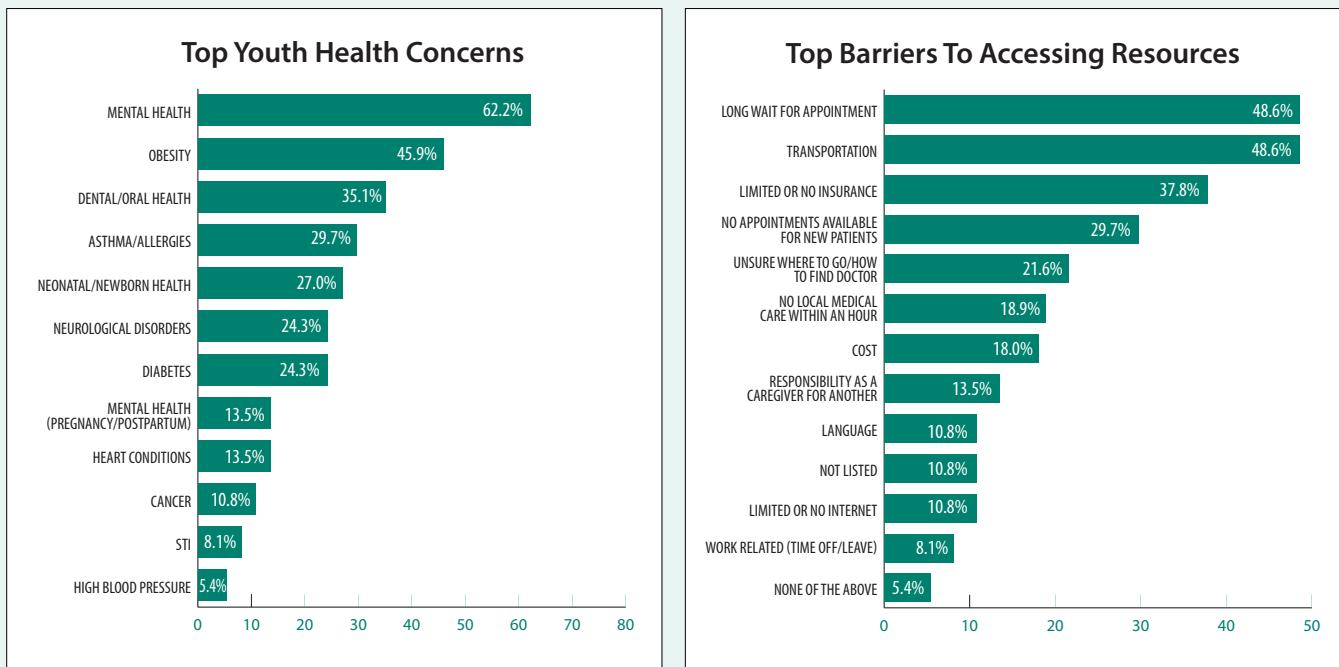
### Stakeholder/Youth (0-17)

- **Top Concerns:** Mental health, obesity, asthma/allergies
- **Comments:** Mental health is a priority, with obesity and asthma/allergies being consistent concerns

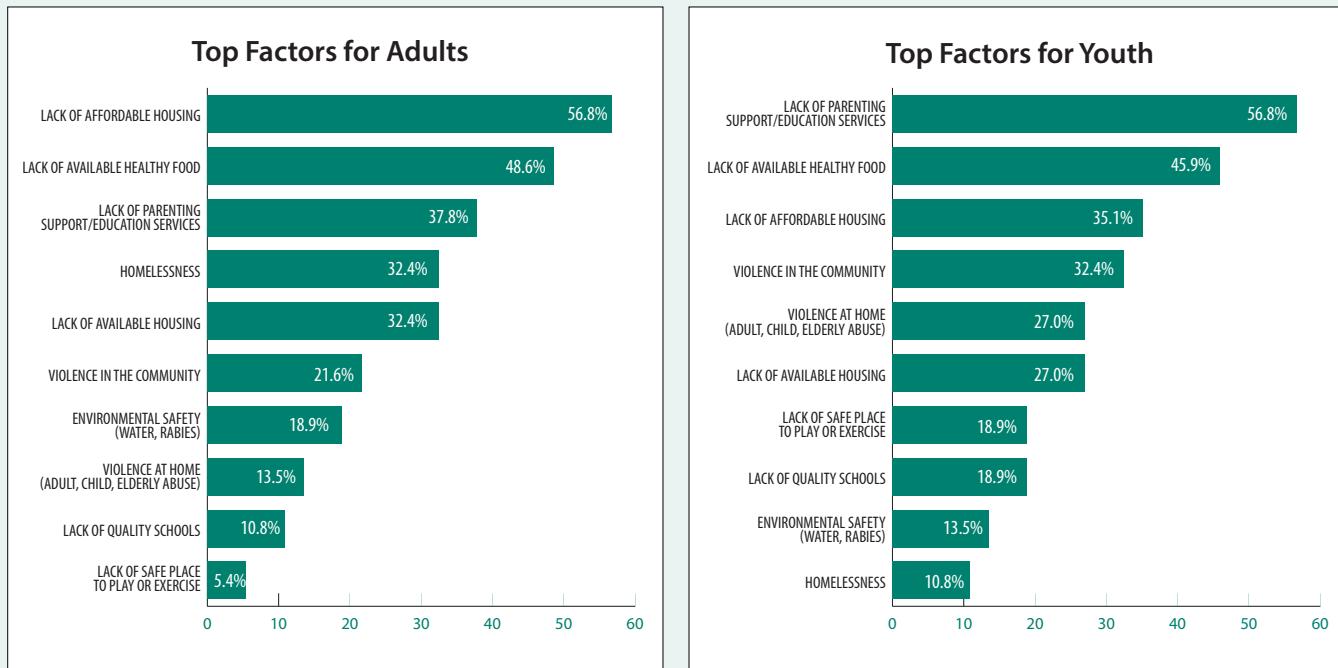
## Eastern Shore Stakeholders: Adults – Top Concerns and Barriers



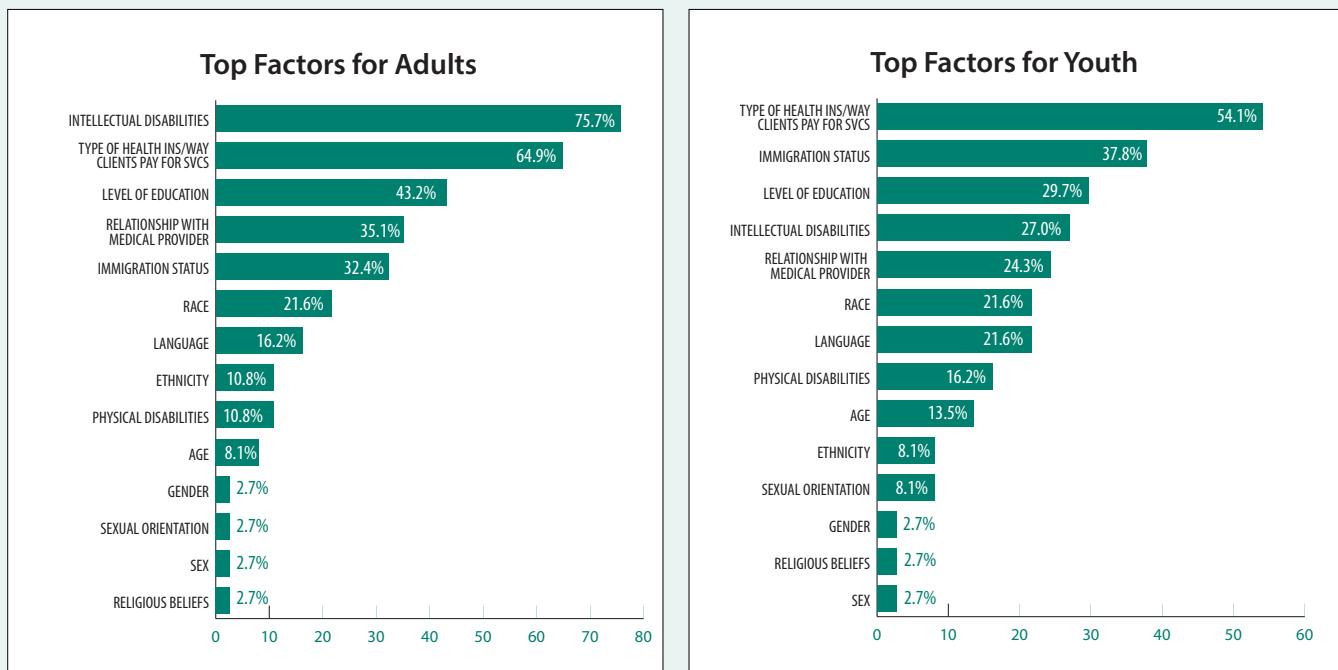
## Eastern Shore Stakeholders: Youth – Top Concerns and Barriers



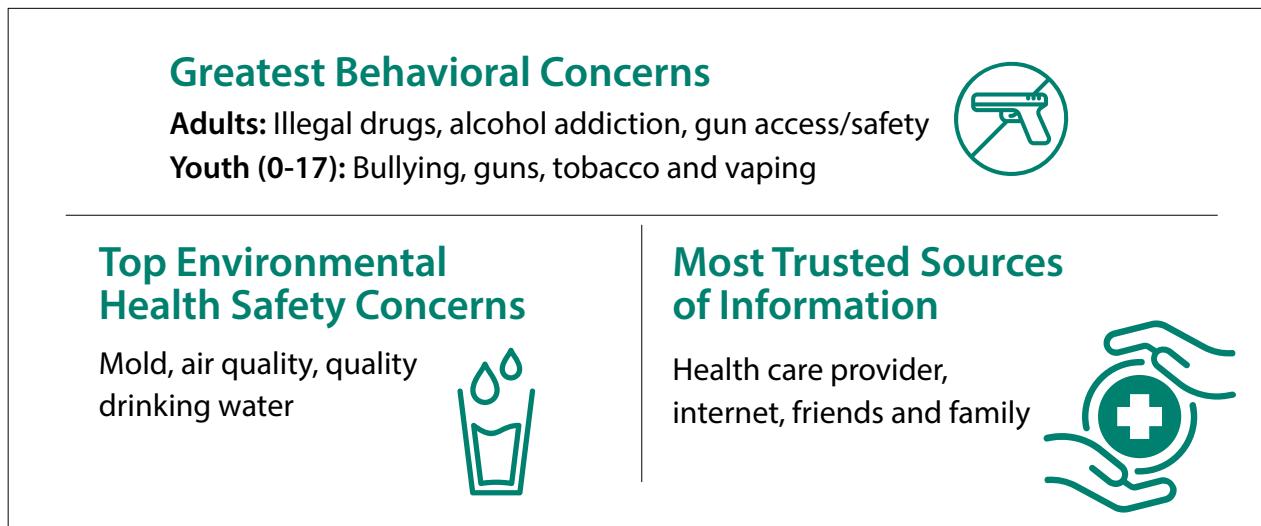
## Eastern Shore Stakeholders: Top Social Factors Negatively Impacting Quality of Care



## Eastern Shore Stakeholders: Top Personal Factors Negatively Impacting Quality of Care



In addition to the questions regarding health conditions/concerns, the stakeholders were asked to respond to questions regarding behavioral and environmental concerns, and about their trusted sources of information. There were also free text options for comments. The findings and recurring themes noted in the comments were as follows:



#### **Summary of Additional Suggestions Regarding Health Care from Free Text Responses or Items Not Included**

The feedback emphasizes several critical concerns. Gun violence significantly impacts children and the community, with youngsters having access to firearms. Bullying in schools and racial issues are prevalent. There is a lack of safe places to live, healthy food options and accessible services within walking distance. Community services are available but often unknown to adults.

Agricultural chemicals pose a risk of non-occupational exposure, and there is a lack of sustainable septic systems and wells. Housing units are insufficient to meet needs, and there are no shelters or assisted living facilities in the area.

Parents are stressed and need preventative and early intervention supports. Trauma and the inability to follow up on chronic health care conditions are also significant issues. Overall, the need for more accessible and integrated support systems is a recurring theme.

## Overall Summary

	Stakeholder/Adults	Community/Adults	Stakeholder/Youth (0-17)	Community/Youth (0-17)
<b>RSMH</b>	1. Mental Health 2. Obesity 3. Diabetes	1. Cancer 2. Mental Health 2/3 Tied 3. Obesity	1. Mental Health 2. Obesity 3. Asthma/Allergies	1. Mental Health 2. Asthma/Allergies 3. Obesity

*Results available upon request*

In addition to the formal CHNA process, Riverside seeks community input year-round.

We gather insights through:

-  Peninsula community conversations sessions
-  Patient advisory groups
-  "Contact Us" submissions via our website
-  Feedback from our community board members

This multi-faceted approach ensures we are continuously listening and responding to the needs of all community members.

# Health Indicators

## Mental Health and Substance Abuse

Mental and behavioral health continue to be a key concern across the region, with indicators such as frequent poor mental health days, high smoking and excessive drinking rates, opioid dispensation, suicide rates and drug overdose deaths, all indicating a significant mental health burden. These findings suggest continued need for accessible, coordinated mental health and substance use support services.

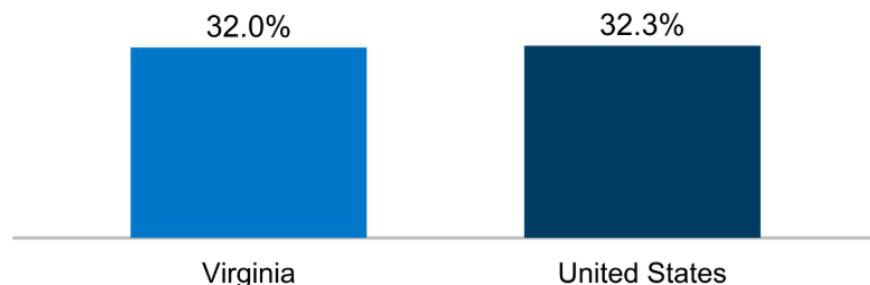
Inpatient behavioral health discharges at the region's larger hospitals have risen from 23% to 27% since early 2020 (VHI). This reflects the growing mental health needs as seen in surveys, outpatient demand and national trends. Smaller hospitals show more variation year-to-year due to lower volumes and limited inpatient capacity. Many patients ultimately receive care at larger facilities, reinforcing that behavioral health remains a serious concern across all markets.

Emergency department visits for mental health crises, including suicide attempts, anxiety, depression and substance-related issues have also increased in recent years.

"Statewide ED visits for attempted suicide rose 6% from 2020 to 2023 (VHHA)", with pediatric emergency visits for anxiety and depression surpassing pre-pandemic levels. "Out of every 100,000 ED visits, 5,118 visits were related to mental health as of April 2025 (CDC)."

These trends suggest gaps in outpatient or crisis care availability. Evaluating ED trends by county can strengthen our understanding of resource needs and informed strategies to invest in resources.

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder, February 1 to 13, 2023



NOTE: Adults (ages 18+) having symptoms of anxiety or depressive disorder were determined based on having a score of 3 or more on the Patient Health Questionnaire (PHQ-2) and/or Generalized Anxiety Disorder (GAD-2) scale.

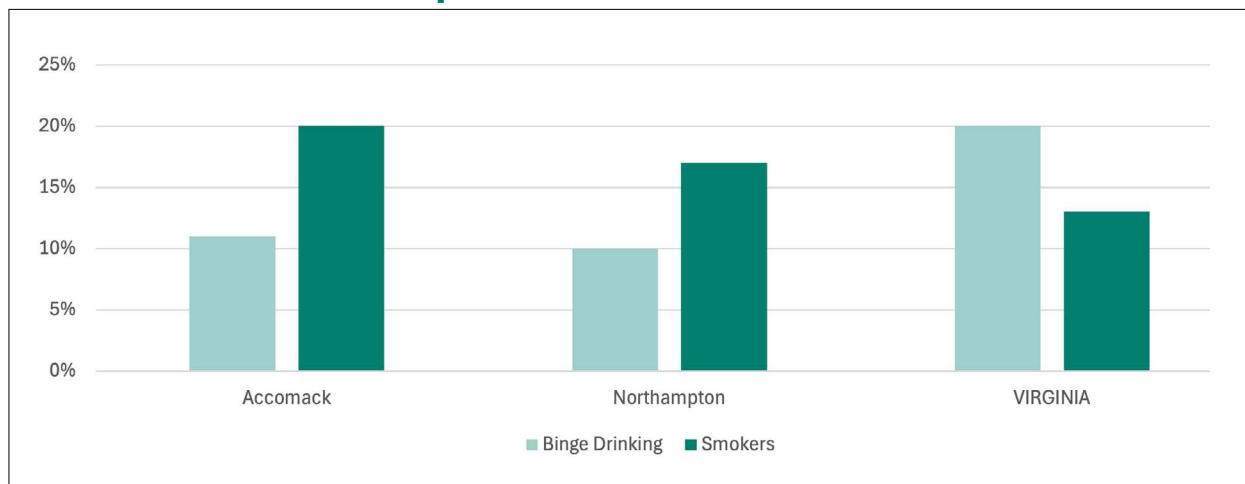
SOURCE: KFF analysis of U.S. Census Bureau, Household Pulse Survey, 2023



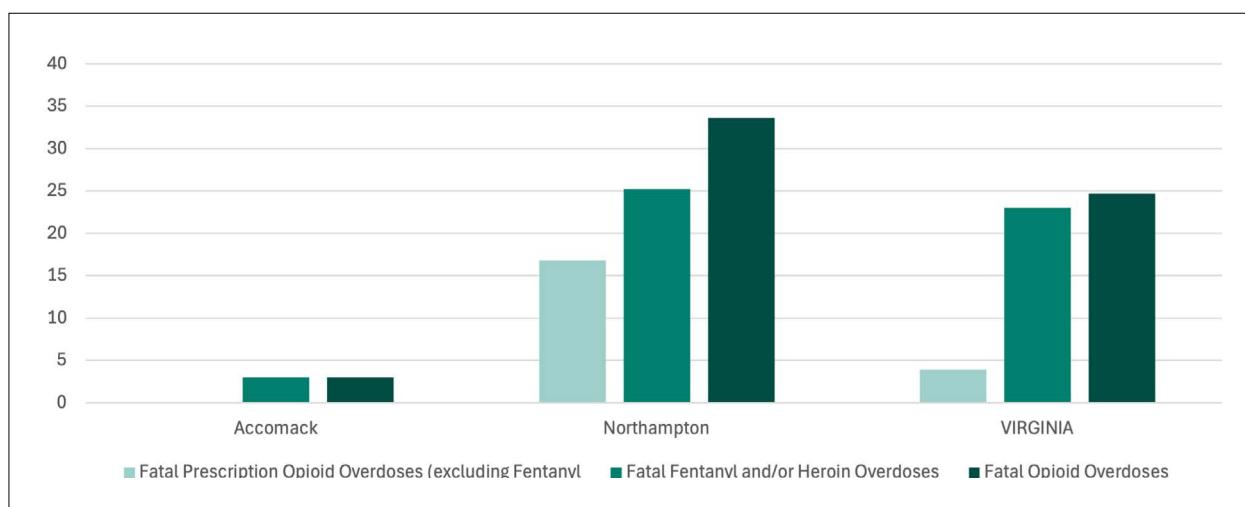
## Mental and Physical Health Snapshot (2024)

County	Average Number of Physically Unhealthy Days	Average Number of Mentally Unhealthy Days	% Fair or Poor Health	% With Access to Exercise Opportunities	# Primary Care Physicians	# Mental Health Providers
VIRGINIA	3.8	5.3	16	84	6,443	23,001
Accomack	4.6	6.0	23	42	12	45
Northampton	4.5	6.0	20	47	13	15

## Substance Use: Risks/Impacts (2024)



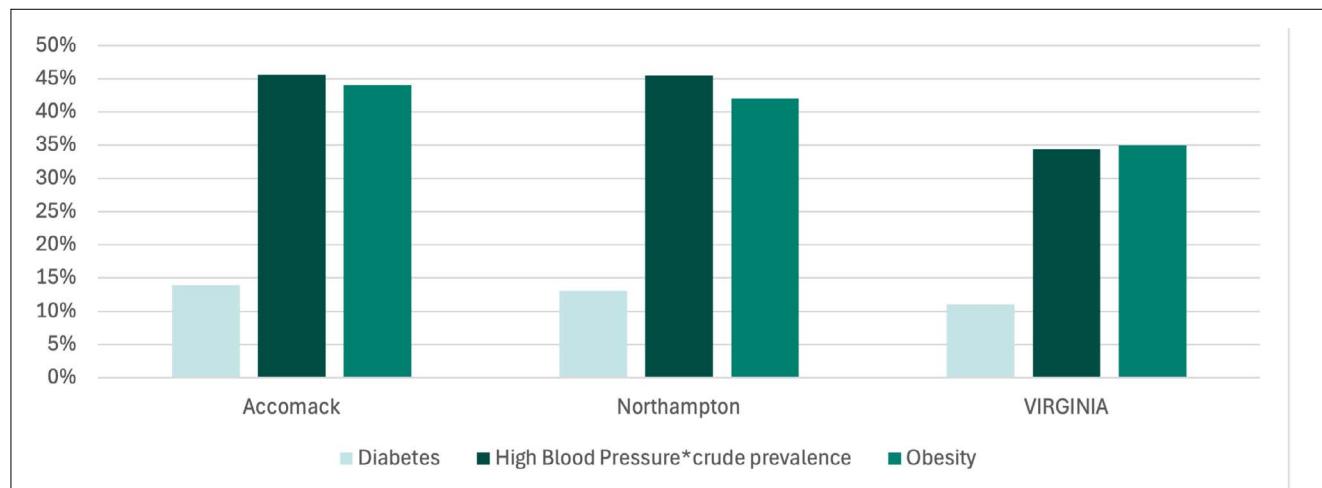
## Overdose Death Rate by Locality of Residence (2024)



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Chronic Disease (2022)

Chronic conditions like diabetes, high blood pressure and obesity continue to impact residents across the region. Though some rates vary by locality, these conditions remain key concerns based on available data and community input.



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Living with AIDS/HIV (per 100,000) (2023)

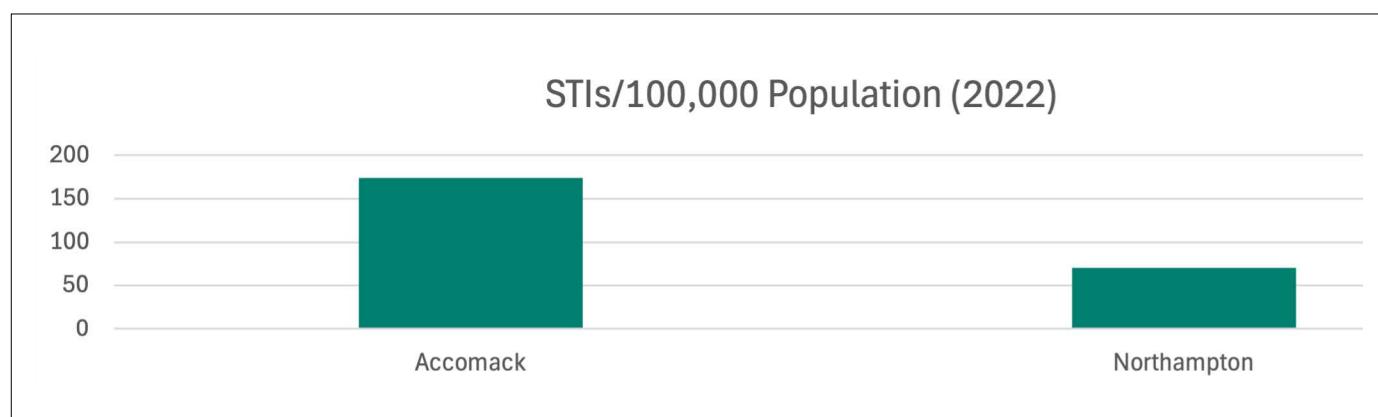
VIRGINIA	Accomack	Northampton
320.6	441.0	380.6

Source: [vdh.virginia.gov/content/uploads/sites/10/2024/08/HIV-AIDS-Annual-Report-2023.pdf](http://vdh.virginia.gov/content/uploads/sites/10/2024/08/HIV-AIDS-Annual-Report-2023.pdf)

## STIs (2022)

Chlamydia is the most common bacterial STI in North America, causing tubal infertility, ectopic pregnancy, pelvic inflammatory disease and chronic pelvic pain. Each year, about three million teenagers contract STIs, with females aged 15 to 19 at highest risk. STIs increase the risk of cervical cancer, infertility and premature death, and have a high economic burden. Chlamydia disproportionately affects underserved communities, especially minoritized adolescent women.

Source: [countyhealthrankings.org/health-data](http://countyhealthrankings.org/health-data)



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Cancer

Cancer screening rates allow us to examine access and utilization of preventative care. This is important in early detection and improved cancer outcomes.

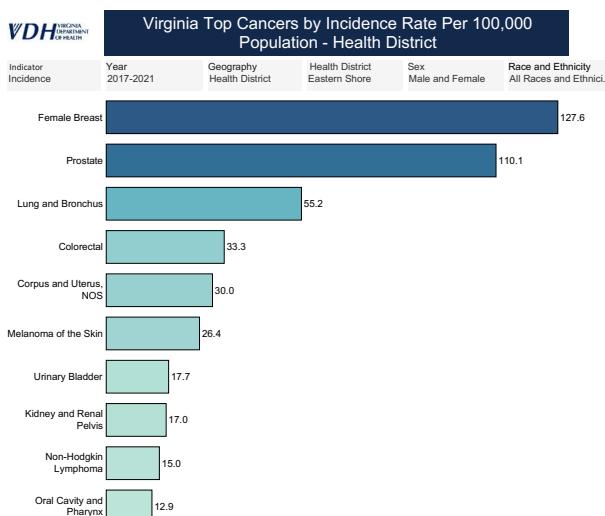
Differences in screening rates among these communities reflect barriers such as limited access to primary care, lack of health insurance or other socio-economic burdens.

Exploring where certain cancers are more prevalent may help us to target education, outreach or screening initiatives. Differences between communities may indicate environmental, behavioral or systemic factors, influencing local cancer trends. The charts below show cancer volumes by city, and can help guide efforts to reduce disparities and improve cancer outcomes through prevention, early detection and timely treatment.

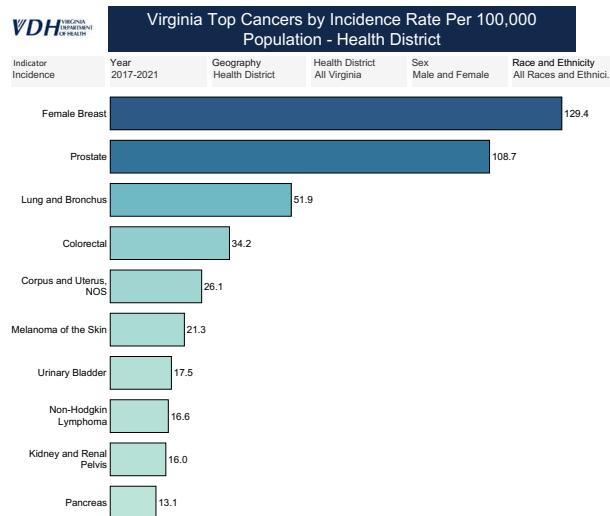
### Top Cancer Incidence by City/100,000 (2018-2022)

Cancer incidence by city:

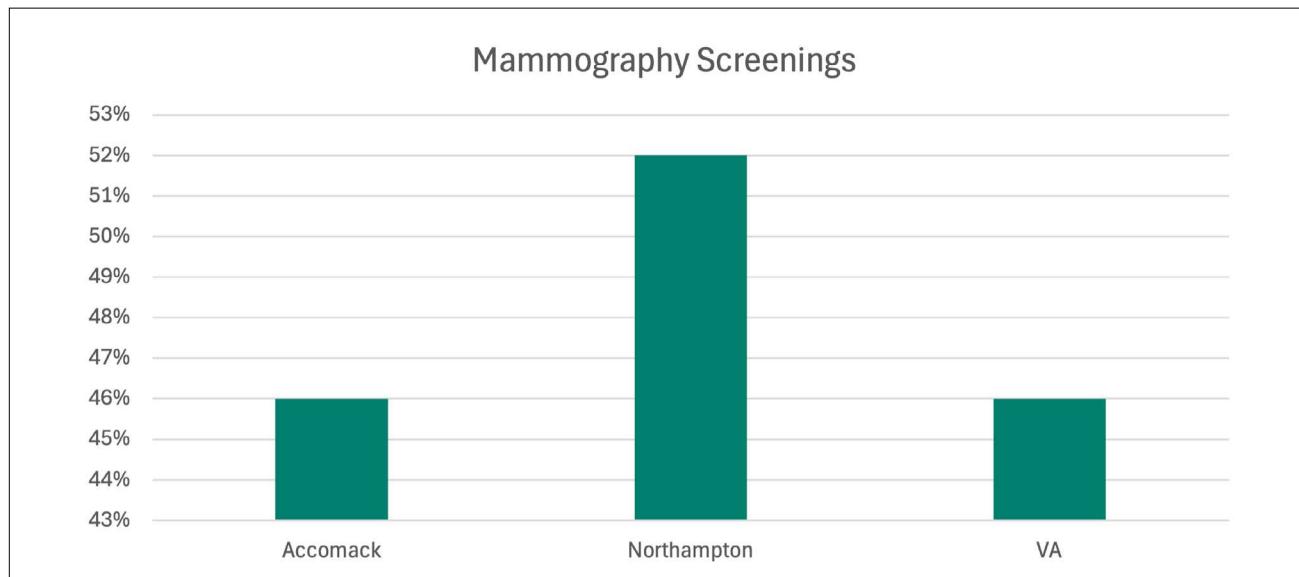
#### Eastern Shore



#### VIRGINIA



Source: VDH



Source: County Health Rankings

## Maternal/Child Health

**Maternal and child health (MCH)** refers to the health status and health care services related to women during pregnancy, childbirth and postpartum, as well as the health of infants and children up to adolescence. It is a critical area of public health that significantly affects a population's overall well-being and development.

Maternal and child health is foundational to public health. Progress has been made in reducing teen births and increasing immunizations, but challenges continue, especially around access to care, mental health and persistent disparities. Tracking indicators such as prenatal care, infant mortality and birth outcomes is essential for informing programs and policies that support healthy moms, babies and communities.

## Maternal and Child Health Data (2022)

County	Accomack	Northampton	VIRGINIA
Total Live Births	323	92	95615
Total Infant Deaths	2	1	593
Medicaid Births %	69.7%	67.5%	33.8%
Late or no Prenatal Care %	6.1%	4.3%	5.1%
Low Birthweight Deliveries %	13.0%	8.7%	8.5%
Preterm Births %	16.4%	8.7%	9.6%
Maternal Smoking %	4.3%	4.3%	3.2%
Teen Pregnancy Rate	35.4	13.2	15.6
Total Infant Death Rate/1,000 Live Births	6.2	10.9	6.2

Source: Virginia Department of Health Maternal & Child Health Data  
[vdh.virginia.gov/data/maternal-child-health/](http://vdh.virginia.gov/data/maternal-child-health/) 2022 data.

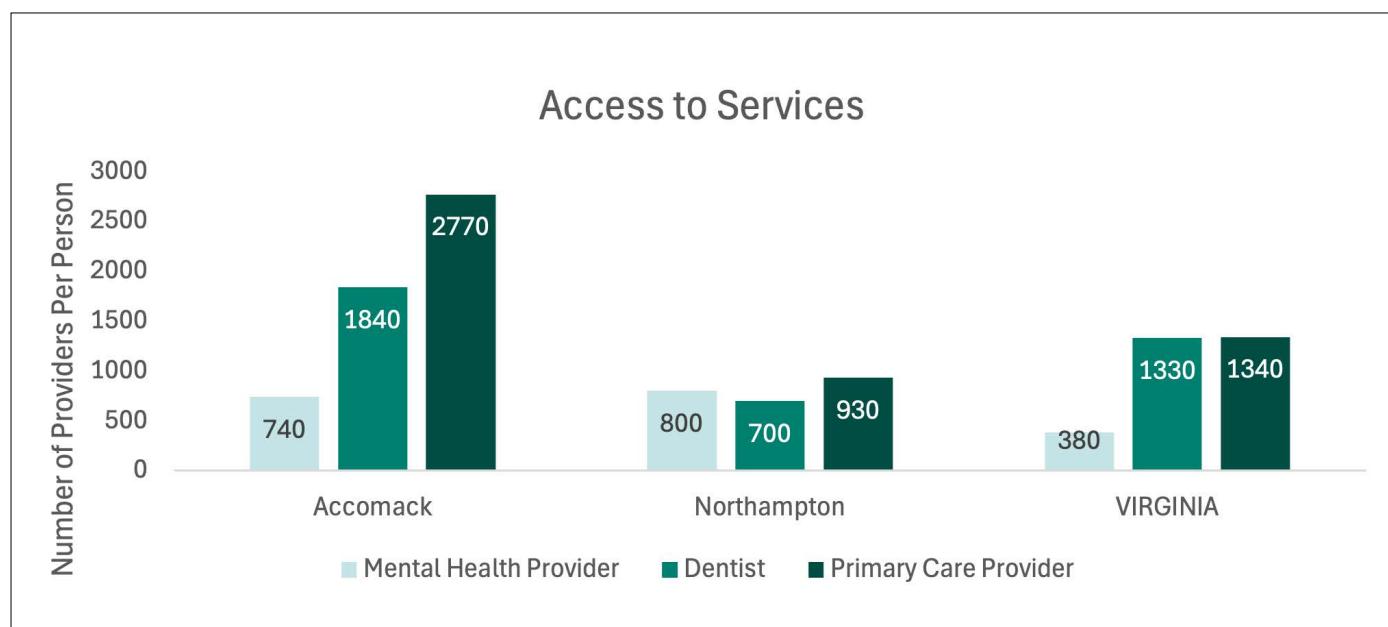
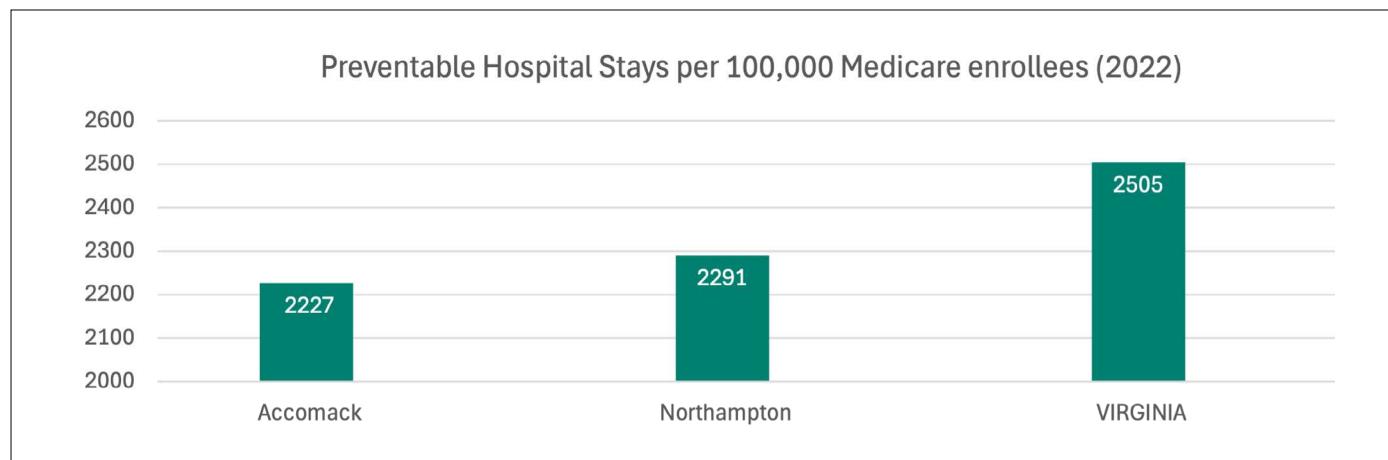
## Access to Care and Preventable Hospital Stays

Good health requires availability of care and access to physicians.

On the Eastern Shore, preventable hospital admissions are generally below the state average, with Accomack County at 2,227 per 100,000 Medicare enrollees and Northampton at 2,291 per 100,000 Medicare enrollees, compared to Virginia's average of 2,505. However, access to services is limited in several areas.

Accomack shows significantly higher ratios than the state for primary care, dental and mental health providers. Northampton fares better in primary care and dental access but has notably high mental health provider ratios which are more than double the state rate.

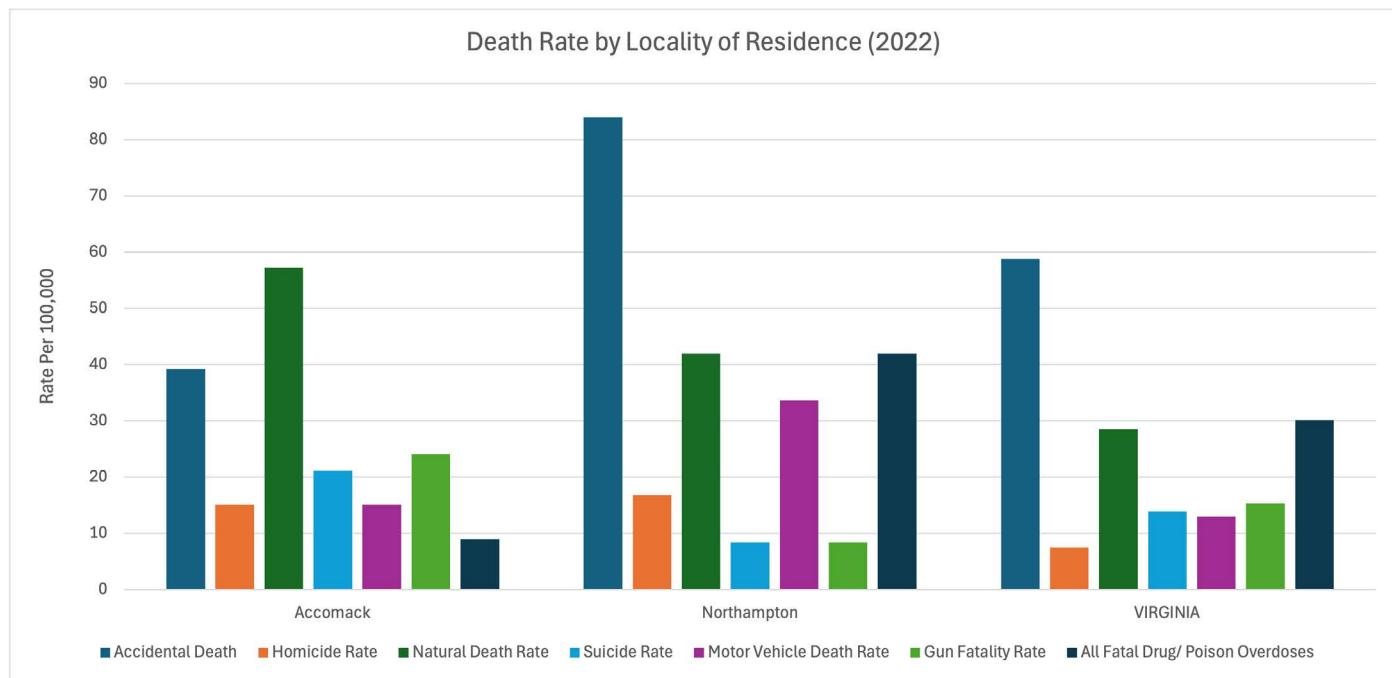
## Preventable Admissions and Accessibility of Services



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Mortality/Life Expectancy

Mortality and life expectancy are key indicators of a community's overall health. While advances in health care have extended life expectancy in recent decades, disparities persist due to factors such as chronic disease, access to care, socioeconomic status and health behaviors.



Cause of Death, Eastern Shore Cities (2022)	Deaths	Crude Rate
Atherosclerotic heart disease	51	113.1
COVID-19	39	86.5
Unspecified dementia	24	53.2
Bronchus or lung, unspecified — Malignant neoplasms	22	48.8
Chronic obstructive pulmonary disease, unspecified	20	44.4
Alzheimer disease, unspecified	17	37.7
Stroke, not specified as hemorrhage or infarction	15	33.3
Atherosclerotic cardiovascular disease, so described	14	31.0
Septicaemia, unspecified	12	26.6
Congestive heart failure	10	22.2

Source: [wonder.cdc.gov/ucd-icd10-expanded.html](http://wonder.cdc.gov/ucd-icd10-expanded.html)

## Older Adults

Older adults across our region face multiple threats: the growing prevalence of Alzheimer's and dementia, a high burden of chronic disease and significant social challenges.

In Virginia, about 12% of adults aged 65 and over live with Alzheimer's, over 164,000 people, with some counties nearing 15%. Nationally, more than half of older adults manage two or more chronic conditions such as hypertension, arthritis or diabetes. Many also live alone, rely on fixed incomes and face barriers like transportation and food insecurity — challenges that are especially pronounced in rural and underserved areas.

## Older Adults/Alzheimer's

VIRGINIA DATA	
Number of Caregivers (2025 estimate)	346,000
VA Deaths from Alzheimer's (2022)	2,506
45 and older in VA w/subjective cognitive decline (2022)	9.90%

670 million hours unpaid care provided by unpaid caregivers (2025 estimate)

\$14.2 B is the value of that care (2025 estimate)

\$1.4 B is the cost of Alzheimer's to the State Medicaid program (2025 estimate)

65+ w/Alzheimer's/Dementia Cases (2020) rounded to 100	AD Cases	Total Pop. 65+
Accomack	1,000	8,100
Northampton	500	3,300
VIRGINIA	164,000	1,401,000

These numbers show that a public health approach is necessary to lessen the burden and enhance the quality of life for those and their families living with cognitive impairment.

Source: [alz.org](https://www.alz.org)

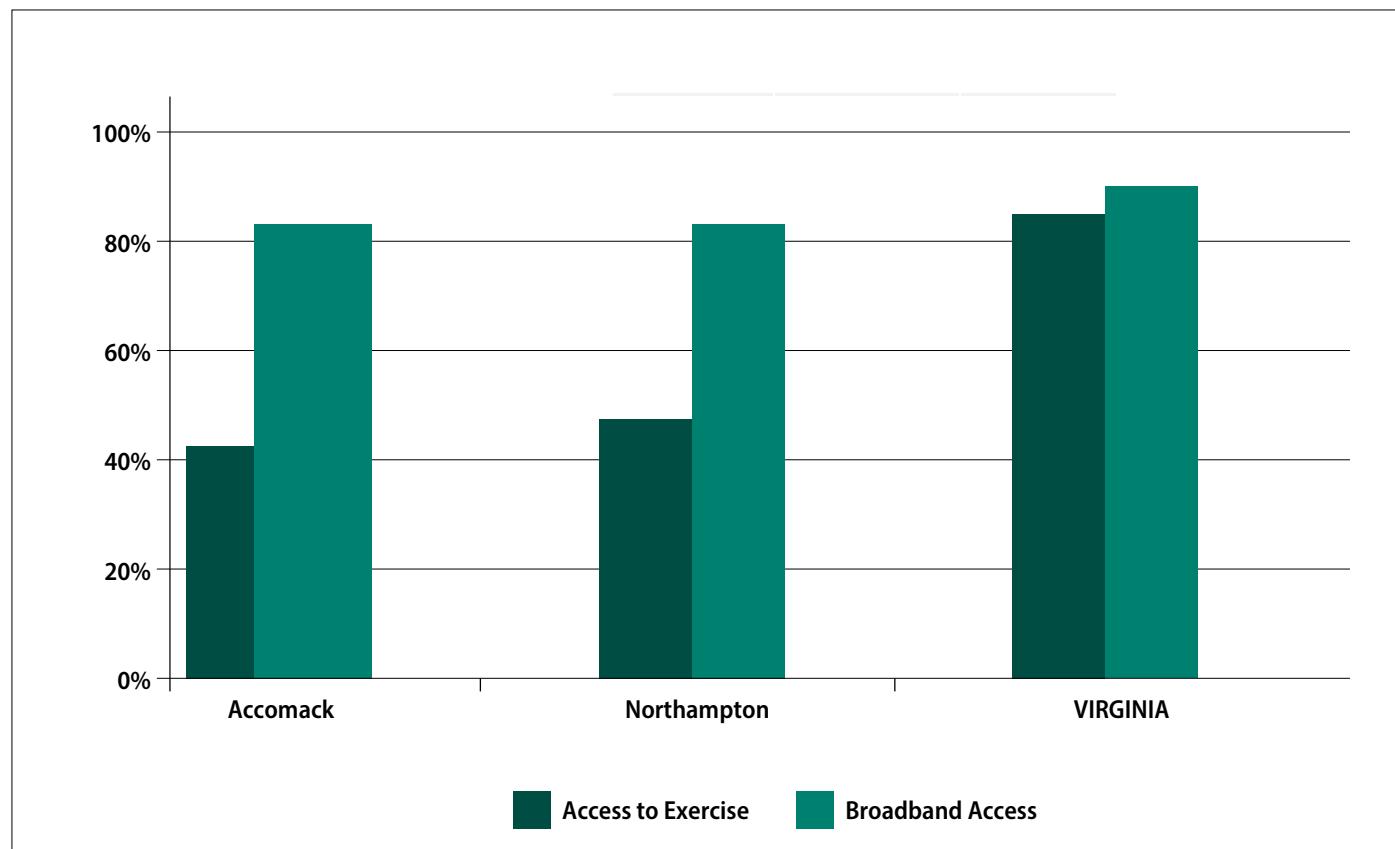
## Social Determinants of Health

In addition to medical care, communities are influenced by social and environmental factors, including poverty, literacy, housing and access to transportation.

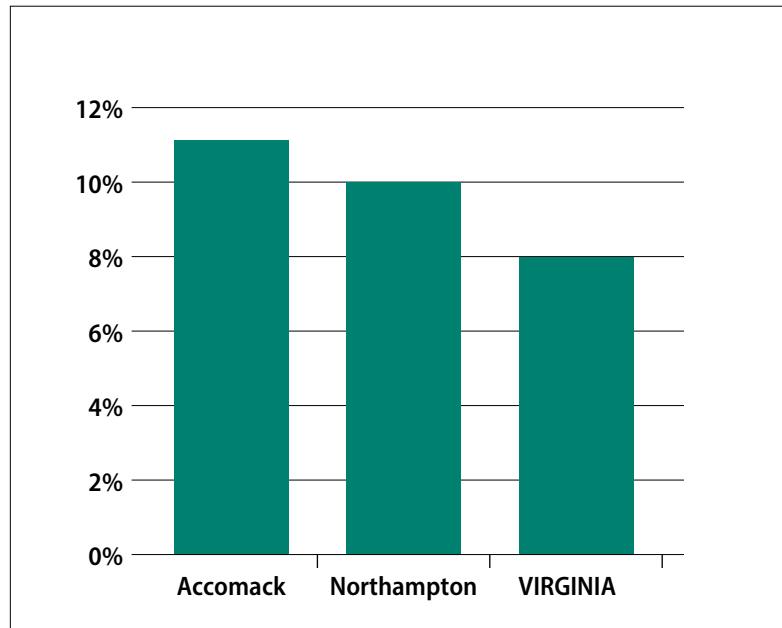
We also examined broadband availability and health coverage, which affect the ability to connect with resources and timely care. Food security, including access to healthy foods and opportunities for physical activity, are also important contributors to overall health and quality of life. These factors create conditions in which people live, work and age, creating a fuller picture of health needs across communities.

The Eastern Shore faces some of the most consistent challenges across all social determinants of health. Limited transportation, low broadband availability and high uninsured rates are ongoing concerns. Food insecurity and poor access to healthy, affordable options remain persistent and physical activity opportunities are sometimes limited by recreational opportunities and geography. Housing quality and access to safe, stable housing are also pressing issues. Poverty and low literacy levels further compound barriers to good health, especially in isolated or lower income areas.

### Access to Basic Resources (2019-2023)

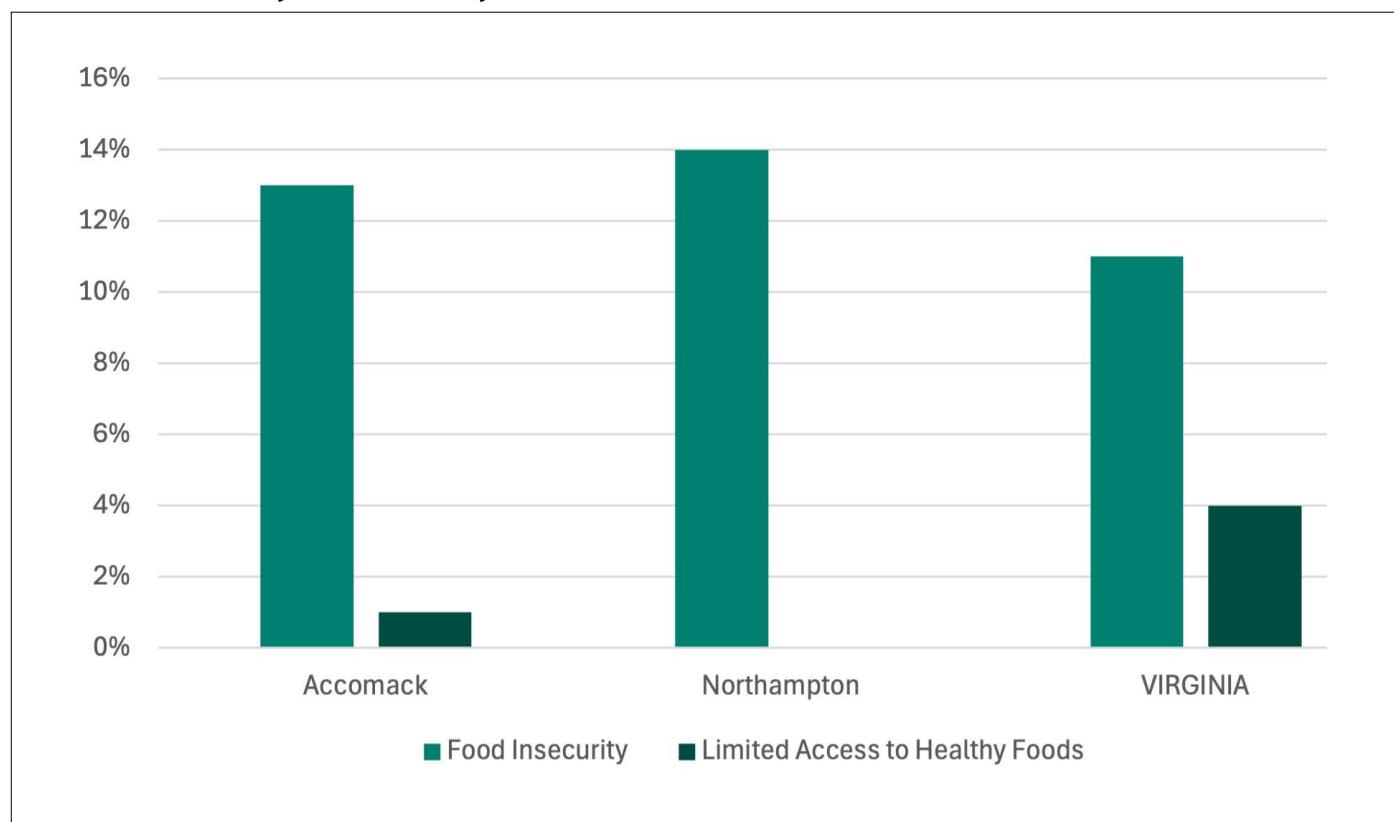


## Uninsured (Under 65) (2022)



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Nutrition and Physical Activity (2019-2022)



Source: [countyhealthrankings.org](http://countyhealthrankings.org)

## Transportation/Housing

Many residents face challenges with transportation and housing. A large percentage drive alone to work, some with long commutes, which affects quality of life. Housing data shows that the cost burden is a concern for many households, and some areas reporting problems with overcrowding or housing that lacks complete kitchens or plumbing facilities.

(2019-2023)

Market	County	% Drive Alone to Work	% Long Commute - Drives Alone
VIRGINIA	ALL Counties	69	40
Eastern Shore	Accomack	72	25
Eastern Shore	Northampton	70	30

Source: [cdc.gov/homelessness-and-health/about/](https://www.cdc.gov/homelessness-and-health/about/)

(2019-2023)

Market	County	% Severe Housing Burden	% Severe Housing Problem	Overcrowding	Inadequate Facilities
VIRGINIA	ALL Counties	12	14	2	1
Eastern Shore	Accomack	10	13	2	2
Eastern Shore	Northampton	8	10	2	1

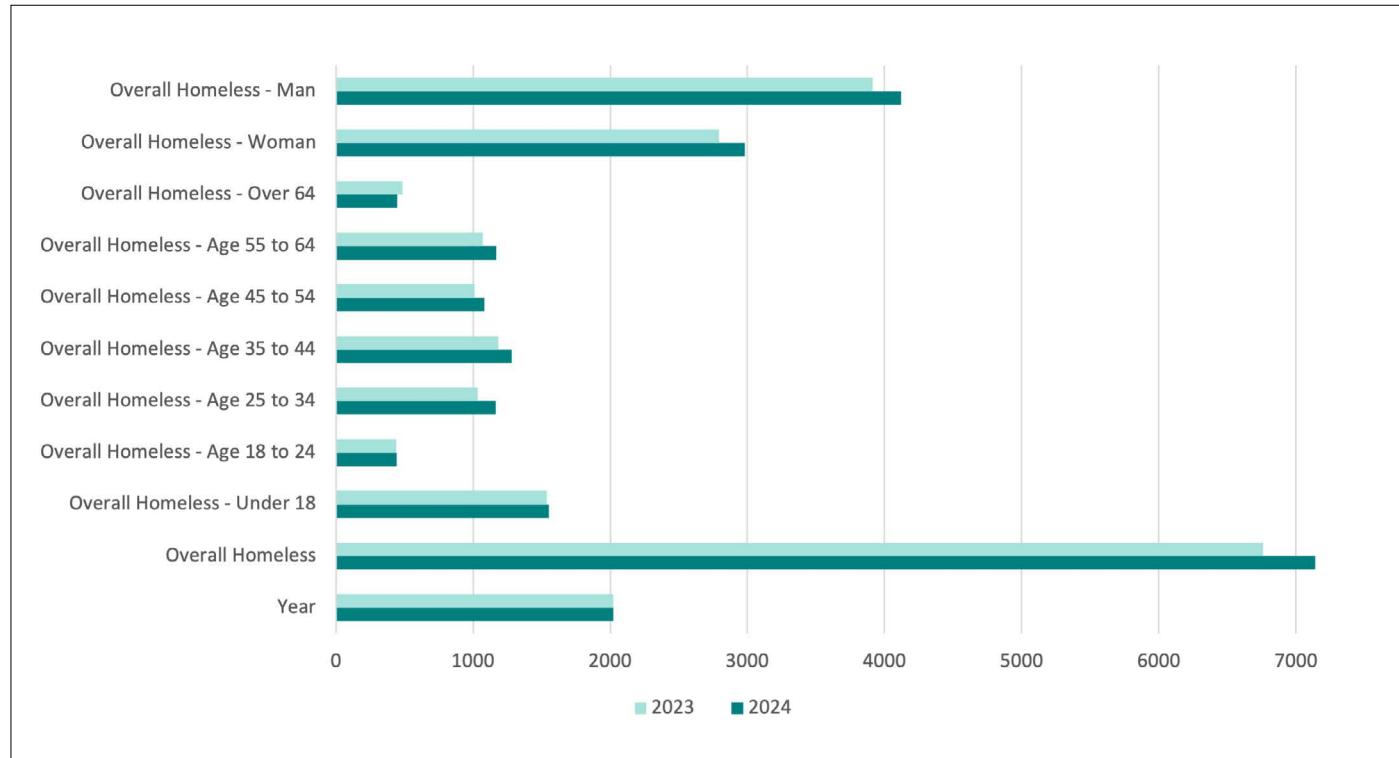
Source: [cdc.gov/homelessness-and-health/about/](https://www.cdc.gov/homelessness-and-health/about/)

While housing burdens, overcrowding and inadequate facilities pose significant challenges, they are part of the broader issue that includes unhoused individuals. This represents the most severe form of housing instability, where individuals and families lack a fixed, regular and adequate nighttime residence.

The unhoused population has profound health impacts, increasing the risk for both infectious and non-infectious diseases. Unhoused people are more susceptible to infectious diseases like viral hepatitis, tuberculosis and HIV. Additionally, they often face mental health issues, substance use disorders, diabetes and cardiovascular and respiratory diseases.

This situation not only impacts their physical health, but also their mental well-being and overall quality of life. Addressing the unhoused population requires a comprehensive approach that includes affordable housing, supportive services and community engagement.

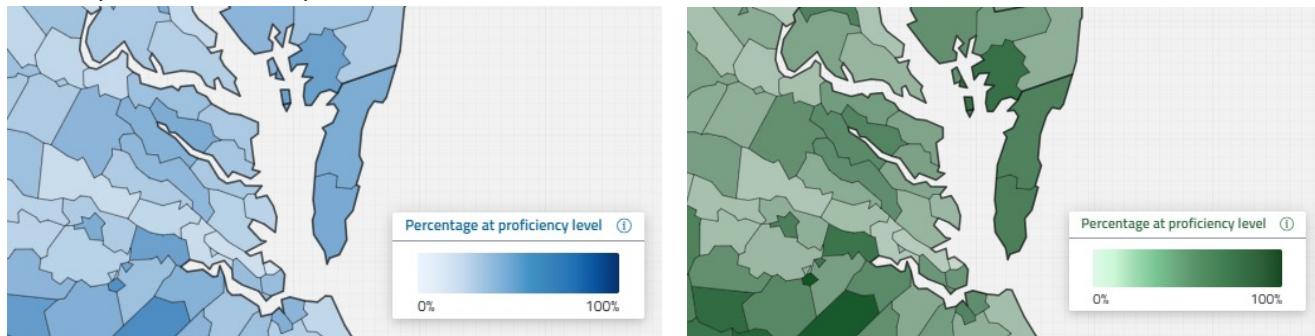
## Unhoused Individuals in Virginia (2023–2024)



## Literacy (2013-2017)

County	Literacy at/≤1	Numeracy at/≤1	Female	Male	White	Black	Employed	Unemployed
Accomack County	29%	44%	51%	49%	68%	28%	64%	4%
Northampton County	30%	45%	52%	48%	62%	35%	65%	3%

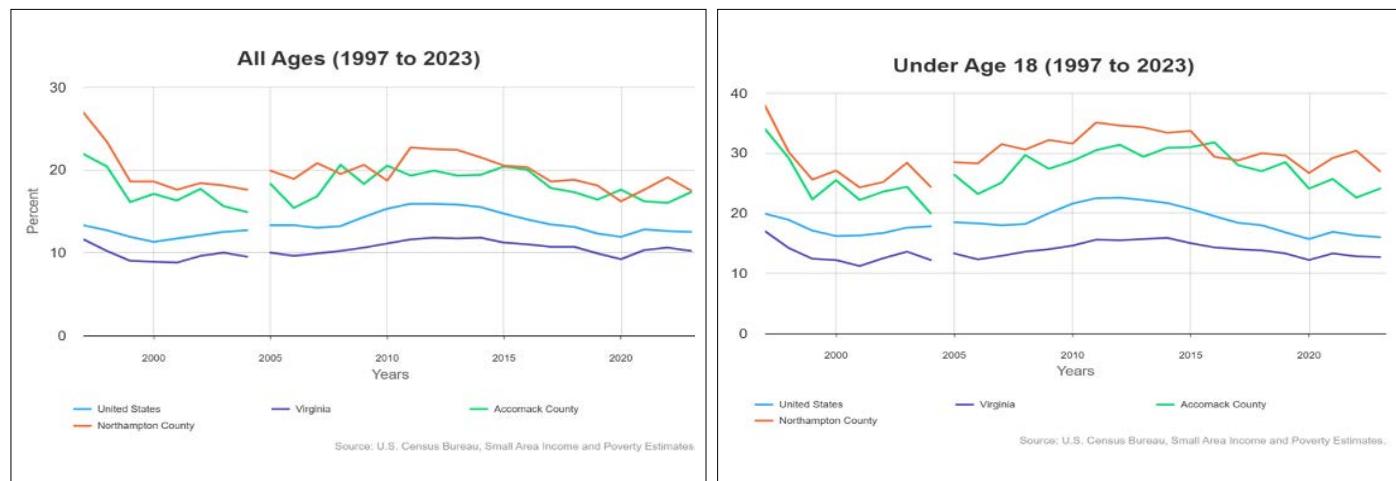
### Literacy and numeracy levels:



Source: National Center for Education Statistics: Program for the International Assessment of Adult Competencies  
[nces.ed.gov/surveys/piaac/skillsmmap/](https://nces.ed.gov/surveys/piaac/skillsmmap/)

## Poverty

The Eastern Shore, made up of Accomack and Northampton counties, continues to face persistent economic challenges. In both counties, youth poverty rates range from 24 to 27%, placing them among the highest in the broader region. Adult poverty rates are also elevated, at just over 17%. The Eastern Shore's economic profile reflects its rural agricultural nature, with limited access to higher wage employment opportunities and health care resources. Addressing poverty in this region will require focused attention on social determinants of health and economic development strategies.



ALL AGES							
Year	ID	Name	Poverty Universe	Number in Poverty	90% Confidence Interval	Percent in Poverty	90% Confidence Interval
2023	0	United States	327,076,658	40,763,043	40,485,829 to 41,040,257	12.5	12.4 to 12.6
2023	51000	VIRGINIA	8,472,709	867,052	847,246 to 886,858	10.2	10.0 to 10.4
2023	51001	Accomack County	32,829	5,690	4,557 to 6,823	17.3	13.8 to 20.8
2023	51131	Northampton County	11,811	2,064	1,599 to 2,529	17.5	13.6 to 21.4

YOUTH (0-17)							
Year	ID	Name	Poverty Universe	Number in Poverty	90% Confidence Interval	Percent in Poverty	90% Confidence Interval
2023	0	United States	71,559,990	11,445,264	11,310,265 to 11,580,263	16	15.8 to 16.2
2023	51000	VIRGINIA	1,850,016	235,215	223,684 to 246,746	12.7	12.1 to 13.3
2023	51001	Accomack County	6,627	1,597	1,114 to 2,080	24.1	16.8 to 31.4
2023	51131	Northampton County	2,138	577	390 to 764	27.0	18.3 to 35.7

## Youth/Poverty (2022)

Youth in poverty are more likely to experience food insecurity, which can impact health, academic performance and development. In our region, eligibility for free and reduced lunch, combined with food insecurity of 13% to more than 14%, highlights challenges for many families with children.

County	Accomack	Northampton	VIRGINIA
Students Eligible for Free or Reduced Lunch as % of total students in public schools	96.50%	100.00%	58.10%
SNP Members (Total Students)	5,341	1,336	1,257,975
Free Lunch Eligible #	5,156	1,336	709,796
Free Lunch Eligible %	96.50%	100.00%	56.40%
Reduced Lunch Eligible #	0	0	21,048
Reduced Lunch Eligible %	0.00%	0.00%	1.70%
Food Insecurity Rate by City / County	13.00%	14.30%	11.10%
% of Population Below SNAP Threshold of 200% Poverty Level	87%	70%	52%

Source: [map.feedingamerica.org/](http://map.feedingamerica.org/)

## Violence/Crime (2023)

Based on the crime statistics for Accomack and Northampton counties in Virginia, both areas generally show lower crime rates compared to the state averages in several categories. For instance, motor vehicle theft, destruction/vandalism of property and drug offenses are notably lower in both counties than the state average.

However, there are some exceptions, such as higher rates of rape in Accomack and higher rates of counterfeiting/forging in Northampton. Overall, the Eastern Shore appears to be relatively safe, with many crime rates below the state averages, indicating a generally safer environment in these counties.

County	Accomack	Northampton	VIRGINIA
Motor Vehicle Theft per 100K pop	105.31	82.64	176.38
Robbery per 100k pop	33.10	41.32	38.05
All Rape per 100k pop	63.18	16.53	31.27
Destruction/Vandalism of Property per 100k pop	472.38	338.84	579.81
Counterfeiting/Forging per 100k pop	30.09	90.91	60.55
Burglary/Breaking & Entering per 100k pop	114.33	123.97	121.48
Arson per 100k pop	0	8.26	7.39
Animal Cruelty per 100k pop	15.04	8.26	14.00
Weapon Law Violations per 100k pop	114.33	99.17	177.67
All prostitution offenses per 100k pop	0	0	1.86
Pornography/Obscene Material per 100k pop	15.04	0	26.89
All Drug Offenses per 100k pop	105.31	157.02	347.82

Source: [vsp.virginia.gov/wp-content/uploads/2024/08/CRIME-IN-VIRGINIA-2023.pdf](http://vsp.virginia.gov/wp-content/uploads/2024/08/CRIME-IN-VIRGINIA-2023.pdf)  
in our regions, Williamsburg had an update in 2022.

## Environmental

### Air quality

Poor indoor and outdoor air quality can directly affect health. Poor air quality is associated with health concerns such as asthma and other respiratory conditions, as well as heart conditions and poor birth outcomes. Varying social and demographic factors can cause certain groups of people to be more vulnerable to the harmful effects of air pollution.

Air quality across our region has generally improved over the past decade, according to CDC data available through 2022. The Peninsula market shows some areas of concern, particularly in parts of downtown Newport News and Hampton. In these areas, air pollution levels have been slightly elevated in past years, but have shown improvement in more recent data. Overall, while localized fluctuations have occurred, the trend across all markets points toward gradual improvement in air quality.

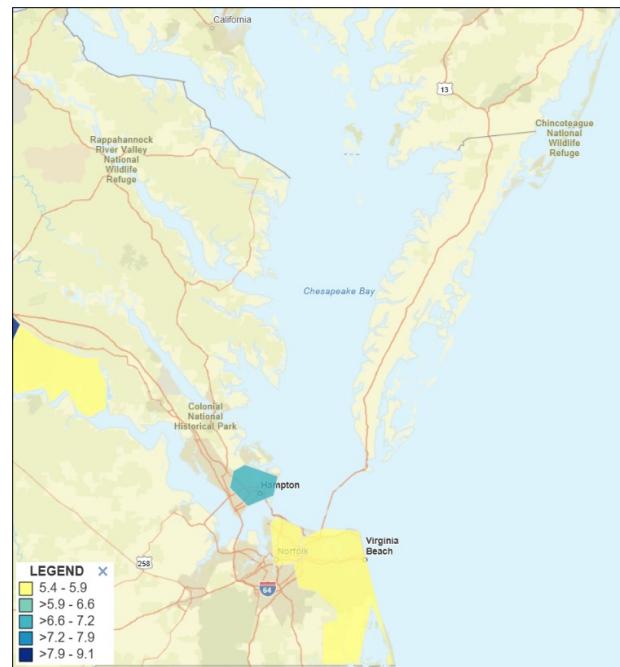
### Radon potential

According to the Virginia Department of Health, it is estimated that approximately 700 lung cancer cases in the state are attributed to radon exposure. Radon is an odorless, colorless radioactive gas, and it is essential to test to identify its presence. The EPA recommends testing all homes, especially during real estate transactions, with mitigation required if levels reach 4 picocuries per liter (pCi/L).

Radon levels throughout all our regions are rated as low, under 2PCi/L, indicating minimal health risk from indoor air exposure.

Source: [epa.gov/radon/epa-map-radon-zones](https://epa.gov/radon/epa-map-radon-zones)

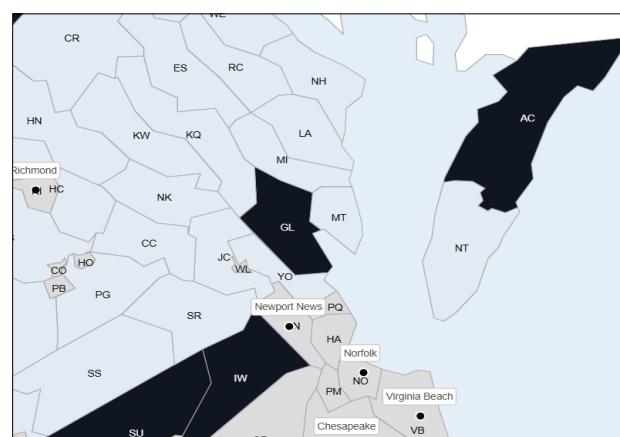
\*The map was created in 1994 and in 2022 an addendum was added regarding Williamsburg.



### Water quality indicators map

Most localities in the region fall slightly below the national average for water quality concerns, based on Z scores, suggesting relatively fewer issues. A few areas, shown by darker colors, have recorded some violations. Overall, the data does not indicate widespread cause for concern.

Source: [countyhealthrankings.org/](https://countyhealthrankings.org/) (2023)



# Identification and Prioritization of Needs: 2025 CHNA Surveys

## Top Community Health Priorities

The following health needs were identified through qualitative and quantitative data collection, and through stakeholder and community engagement (no community conversations groups were held on the Shore).



### 1: Highest priority needs

#### Mental health

- **Overview:** Anxiety, depression, substance use and lack of behavioral health providers
- **Key concerns:** Limited access for uninsured and Medicaid populations
- **Community voice:** Most frequently mentioned in the community

### 2: Priority needs

Chronic conditions include: Diabetes, hypertension, cancer, heart disease and obesity

- **Drivers:** Food insecurity, housing instability and lack of transportation
- **Disparities:** Burden falls heavily on low-income, minority and rural communities

### 3: Social drivers of health

#### Access to care

- **Includes:** Primary care, specialty care, dental care and behavioral health access
- **Barriers:** Insurance coverage gaps, workforce shortages, rural geography
- **Community impact:** Delays in care are linked to worsening chronic and mental health outcomes

#### Older adults

- **Issues:** Social isolation, chronic illness management and fall risk
- **Population impact:** Fastest-growing demographic; places a strain on caregivers and local resources

## Food Insecurity, Housing, Transportation

Food insecurity refers to the lack of consistent access to enough food for an active, healthy life. It is a *social driver of health* that directly affects physical and mental health.



#### Health impact

- **Chronic conditions:** Poor nutrition contributes to obesity, diabetes, hypertension and heart disease
- **Child development:** Children facing food insecurity have higher rates of developmental delays and school absences
- **Mental health:** Adults in food-insecure households experience significantly higher rates of depression and anxiety

**Housing instability** includes high-cost burdens, poor housing quality, frequent moves, overcrowding and people experiencing homelessness.



#### Health impact

- **Physical health:** Substandard housing conditions (e.g., mold, pests and lead exposure) contribute to respiratory and infectious diseases
- **Mental health:** Housing stress increases the risk of anxiety, depression and toxic stress, especially among children
- **Delayed care:** Housing instability often correlates with missed appointments and interruptions in medication adherence

**Transportation access** includes the ability to reliably travel to medical appointments, grocery stores, pharmacies, workplaces and other daily destinations. It encompasses public and private transportation options and is a key enabler of health equity.



#### Health impact

- **Access to care:** Inability to travel affects preventive care, follow-ups, pharmacy access and behavioral health visits
- **Chronic disease management:** Patients with diabetes, hypertension and other chronic conditions may forgo appointments or lab work due to unreliable transportation
- **Emergency use:** Lack of transit options leads some patients to delay care until they require emergency services, increasing overall hospital strain
- **Social isolation:** Particularly among older adults and individuals with disabilities, limited transportation exacerbates loneliness, which is linked to worsened physical and mental health outcomes

## Youth and Socioeconomic Factors

### Vaping and youth substance use

- **Population focus:** Middle and high school students
- **Trends:** Increase in nicotine and THC vaping; inadequate prevention education
- **Community feedback:** Schools and parents see this as a growing concern



### Violence and community safety

- **Issues:** Domestic violence, gun violence and trauma
- **Disparities:** Higher exposure among youth and low-income neighborhoods
- **Impact:** Linked to mental health, school outcomes and long-term chronic stress

### Poverty

- **Systemic impact:** Underpins multiple health disparities
- **Community risk:** Limits access to healthy food, stable housing, education and care
- **Underserved burden:** High overlap with racial/ethnic minorities and Medicaid populations

# Community Resources/Health Guide



## EASTERN SHORE COALITION AGAINST DOMESTIC VIOLENCE

12 Hartman Avenue, Onancock, VA 23417  
757-787-1329

## EASTERN SHORE COMMUNITY SERVICES BOARD

24233 Lankford Hwy, Tasley, VA 23441  
757-442-3636

## FOODBANK OF SOUTHEASTERN VIRGINIA AND THE EASTERN SHORE

24530 Coastal Boulevard, Tasley, VA 23441  
757-787-2557

## ACCOMACK COUNTY DEPARTMENT OF SOCIAL SERVICES

22554 Center Pkwy, Accomack, VA 23301  
757-787-1530

## NORTHAMPTON COUNTY DEPARTMENT OF SOCIAL SERVICES

5265 The Hornes, Eastville, VA 23347  
757-678-5153

## VIRGINIA DEPARTMENT OF VETERANS SERVICES

23365 Front Street, Suite B, Accomack, VA 23301  
757-787-5862

## STAR TRANSIT

21250 Cooperative Way, Tasley, VA 23441  
757-787-8322

## VIRGINIA DRUG CARD STATEWIDE ASSISTANCE PROGRAM

virginiadrugcard.com

*Source: [guides.vpcc.edu/CommunityResources/Health](http://guides.vpcc.edu/CommunityResources/Health)*

*The information contained in the Community Resources section was compiled by the authors and researchers of the Community Health Needs Assessment using publicly available, open-source information collected on or around August 2025. While every effort has been made to ensure accuracy and completeness, details such as contact information and service availability are subject to change. Readers are encouraged to verify information directly with each organization prior to seeking services. The inclusion of any organization does not constitute an endorsement or recommendation by the assessment authors or Riverside Health.*

# Evaluation of Previous Implementation Plan and Progress

## 2022-2024 CHNA Strategic Implementation Plan RSMH

2022 CHNA Strategic Focus Areas RSMH	2023 Facility Commitment	Progress to date 1Q 2023	If no progress, explain why and what/how plan will change in next quarter	Progress to date 2Q 2023	If no progress, explain why and what/how plan will change in next quarter	Progress to date 3Q 2023	If no progress, explain why and what/how plan will change in next quarter	Progress to date 4Q 2023	If no progress, explain why and what/how plan will change in next quarter
Memory & Dementia Services	Continue Memory Cafés	Led by Christine Jensen/ Marjorie Hilkert		Led by Christine Jensen/ Marjorie Hilkert		Led by Christine Jensen/ Marjorie Hilkert. They were going to talk with library about using meeting spaces.			
	The Purple Flower program						Train the trainer happened in November. Now holding classes for staff.  Christine Jensen offered Dementia Capable EMS training in November. Check with her for attendance.		
	Primary care health coaches need education on supporting dementia patients and families.						RMG director supplying health coaches and other team members with Teepa Snow video links for self-directed education.		
Opioid Stewardship	Monitor prescribing rates by provider					Epic dashboard is reviewed monthly by RMG director. Outliers (there have been none) would be addressed with provider and/or CMO.			
	Host multiple drugs take back days in partnership with local law enforcement and the DEA.	Planning for 2Q Take Back Day		Take Back Day- 75 lbs collected		Planning for Take Back Day		Take Back Day – 30 lbs collected from 22 attendees	
	Implement consistent process to screen patients at high risk of substance use disorder.							RMG director is researching a tool to	
	Work with RHS partners and community to develop educational materials regarding substance abuse and addiction for public use.			Tobacco/vaping prevention presentation at local private school for 130 middle and high schoolers		Attendance at and distribution of info at Fentanyl Awareness event.		Distribution of materials re: RHS mental health and substance abuse treatment resources at community event in October.	

# Implementation Plan (2025–2028)

## Goal 1: Improve Access to Mental Health Services

### Strategies:

- Train providers and community leaders in Trauma-Informed Care and Mental Health First Aid (MHFA)
- Support peer-led groups in faith centers, schools and shelters

**Partners:** Riverside Mental Health and Recovery Center, Project LEAD, faith-based organizations, Peninsula Pastoral Counseling Center

### Evaluation metrics:

- Number of MHFA trainings delivered
- Increase in mental health referrals
- Reduced wait times for counseling services

## Goal 2: Address Chronic Conditions Through Prevention and Navigation

### Strategies:

- Establish Healthy Hearts learning collaboratives to promote nutrition, physical activity and chronic disease self-management
- Integrate navigation support to guide patients through insurance, appointments and benefits

**Partners:** Riverside Wellness Center, Healthy Hearts Initiative, CHWs, UniteUs

### Evaluation metrics:

- Participant enrollment in chronic disease prevention programs
- Self-reported improvements in blood pressure, glucose and weight management
- Navigation support satisfaction scores

# Community Initiatives

Riverside Health implemented several key initiatives in Newport News, VA during 2024 to enhance community health and health care services:

## 1. Expanded the Hand in Hand Program

Riverside Health and the City of Newport News expanded the Hand in Hand Program, a violence intervention program, to include victims of domestic violence. The city committed \$1.4 million in annual funding to support this expansion.

## 2. Provided health care for the homeless

A partnership between Riverside Health, the City of Newport News and LINK of Hampton Roads provides a registered nurse onsite at the PORT winter shelter to offer health care services to the unhoused population.

## 3. Enhanced career pathways in health sciences

Newport News Public Schools and Riverside College of Health Sciences partnered to improve health sciences education at the Governor's Health Sciences Academy at Warwick High School.

## 4. Hosted community health events

Riverside Health and partners hosted free community health events focusing on cancer awareness and general wellness.

## 5. Improved clinician and patient experience with AI technology

Riverside Health adopted Abridge, an AI platform that converts patient-clinician conversations into clinical notes, to reduce clinician burnout and improve patient care.

## 6. Opened a maternal fetal medicine clinic

Riverside Health established a clinic on the Riverside Regional Medical Center campus to provide care for patients with high-risk pregnancies.



**7. Riverside and the American Heart Association expanded maternal health efforts to reduce stroke risk during and after pregnancy**

Black mothers are 57 percent more likely to experience a stroke during or after pregnancy — a life-threatening disparity. Riverside Partners in Women's Health is tackling head-on through education and access to home blood pressure monitors.



Through an American Heart Association (AHA) initiative supported by a national grant to reduce hypertension-related complications during pregnancy and postpartum, Riverside received an initial supply of 300 digital blood pressure cuffs to support maternal hypertension awareness and prevention. The cuffs are being distributed to at-risk pregnant and postpartum patients as part of a broader maternal health strategy.

**8. Riverside Health, in partnership with the 100 Black Men Virginia Peninsula Chapter and the Hampton Roads Prostate Health Forum, hosted the "His and Her Health Matters" event on Saturday October 26, 2024, from 9 a.m. to noon at the Riverside Charlie W. and Golden Bethune Hill Community Health Clinic in Newport News. This event was free and open to the public.**

The community-driven initiative was designed to promote cancer awareness, early detection and overall wellness for men and women by providing essential health screenings and educational resources. It emphasized critical health screenings, including prostate cancer screening and BMI index assessments. Attendees also received information on the importance of breast, lung and colorectal cancer screenings.



**9. Partnership with Virginia Foundation for Healthy Youth — Riverside Community Wellness.** The goal of this partnership is to reduce youth obesity and expand access to healthy food options in the communities we serve.

These initiatives illustrate Riverside Health's dedication to improving health care access, addressing community needs and using technology to enhance care in Newport News.

## Commission on Aging Fall Health Fair in Isle of Wight.

# Making a Difference in Smithfield

Even before the new Riverside Smithfield Hospital campus opens, Riverside is working within the community to help residents be healthier. Jessica Macalino, President of Riverside Smithfield Hospital, spoke to the Isle of Wight's Fall Commission on Aging Health Fair, sharing information about community resources for acute care, cancer care, and the prevention of heart disease and stroke. In addition, Riverside is addressing food insecurity by partnering with the local food bank, health education by partnering with local churches, and mental health by participating in several local events.

## Exceeding Expectations at The Martha W. Goodson Center

Readers of this update report over the past few years will have noticed a steady expansion of services within The Martha W. Goodson Center.

**Care Navigation continues to grow and have great impact.** Navigators assisted 817 new dyads (patients and caregivers) and provided 2,986 touchpoints for new and existing dyads. Services are free to community members and are heavily supported by Foundation funding. Because of its early and prominent success, the Center was chosen by the Centers for Medicare and Medicaid Services to be part of the GUIDE program, an 8-year project aimed at caregiver support in dementia care. Donations started the navigation program, and GUIDE will allow it to grow.

**Caregivers for people with brain change will benefit from an online video library hosted by Riverside.** Available 24/7, insights and support are available in the form of educational content, role playing skits demonstrating care techniques, and first-hand experience shared by those who have walked the caregiver journey.

**The Purple Flower Project**, which trains Riverside's care teams to identify and relate to patients in their care who have brain change, continues to expand across the continuum of patient interactions. Across Riverside's four acute care hospitals, 5,418 patients have been

identified and 81% of team members have been trained. Benefits include empathetic, caring support for both the patient and family which in turn reduces stressors and allows for effective and productive care.

**Memory Cafes, a social opportunity for people with brain change and their caregiving loved ones, have expanded to include the Eastern Shore region.** The Cafes build a sense of community and support among people who have had similar experiences and who might otherwise limit their social engagement to everyone's detriment.

**The Martha W. Goodson Center took its annual Caregiver Conference on the road to the Eastern Shore in 2024.** 71 family and professional caregivers enjoyed a day packed with advice and support to help them succeed on a difficult journey. (See page 36 for more information).

## Supporting Mental Health

Riverside Mental Health and Recovery Center (RMHRC) has experienced dramatically increased utilization over the past few years, rising steadily from an average daily census in 2021 of 46 patients to 69 per day in 2024. It is gratifying that so many patients in crisis trust us with their care, but especially at the holidays we wish there were no need.

For teens away from home during the holidays, it can be difficult to be in a new environment without loved ones and familiar traditions. Steve Spain and his family, faithful supporters of the innovative work being done at Riverside, saw the need for a special holiday celebration for the adolescents at RMHRC and didn't hesitate to make a gift to cover the expenses of a deluxe movie night.



Holiday party for teens at RMHRC

In another show of support, at their 2024 annual leadership conference, Riverside's leadership team made donations adding up to more than \$27,000 to support RMHRC. The leadership team comprises 650 of Riverside's 10,000 team members who display their devotion to improving the health of the communities we serve everyday through their professional efforts and their gifts to support patient care.

**UPDATE:** In its first full year of service, the RMHRC Psych ED handled 5,955 visits in 2024.

## Supporting Health Care *Close to Home*



Sim Lab students learn real world skills on teaching manikins.

Kimberly and Elton Roller Jr. have a philosophy to keep their charitable giving local and in their community, and since they live in Newport News just down the street from Riverside, their recent pledge to the Riverside Simulation Training Lab (SimLab) fits their philosophy while also having a regional impact.

Kim's history with Riverside goes back to the early 2000s when she received her nursing training at what is now the Riverside College of Health Sciences and was a nurse for Riverside Regional Medical Center.

After a 2024 tour of the SimLab, the couple was motivated to make a multi-year gift to further the Lab's innovative work. "We were impressed with the level of training Riverside

offers and the impact of the Simulation Lab," said Elton.

They were especially impressed by the training manikins that allow health care students to gain expertise before they care for patients, and mid-career team members to brush up on infrequently used skills. Going forward, these new or newly-polished skills benefit patients from all over southeastern Virginia.

**The Riverside Simulation Training Lab** was recognized by Becker's Hospital Review as one of 64 Simulation and Education Programs to Know in 2024, joining a group of well-renowned programs throughout the nation.

Want to learn more about the Simulation Lab and their good work? Use the QR code for a video virtual tour.



# RSMH Appendix

You can find the appendix on the Riverside Community Benefits webpage. It includes the questionnaires used for this assessment, results for each acute care facility and the community conversations form that guided community discussions. If you would like to explore more detail or have specific questions, a contact form is also available on the same webpage. We welcome your interest and input.