



## Focused on the Health of our Community

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### *2022 Community Health Needs Assessment and Implementation Plan Executive Summary*

# Our Community

Riverside Walter Reed Hospital focuses on providing care to the communities of the Virginia Middle Peninsula region and parts of the Northern Neck. While the hospital serves patients from a broader region, this report focuses on the six localities and one health district primarily served by the facility. Specifically, that includes:

- **Three Rivers Health District:** Gloucester, Mathews, Middlesex, King & Queen, King William and Lancaster Counties



**Population (2025): 75,651**

**Population Growth (2020-2025): 2.7%**

**Median Age (2025): 48.8**

**Median Household Income (2025): \$69,006**

**Total Households (2025): 31,055**

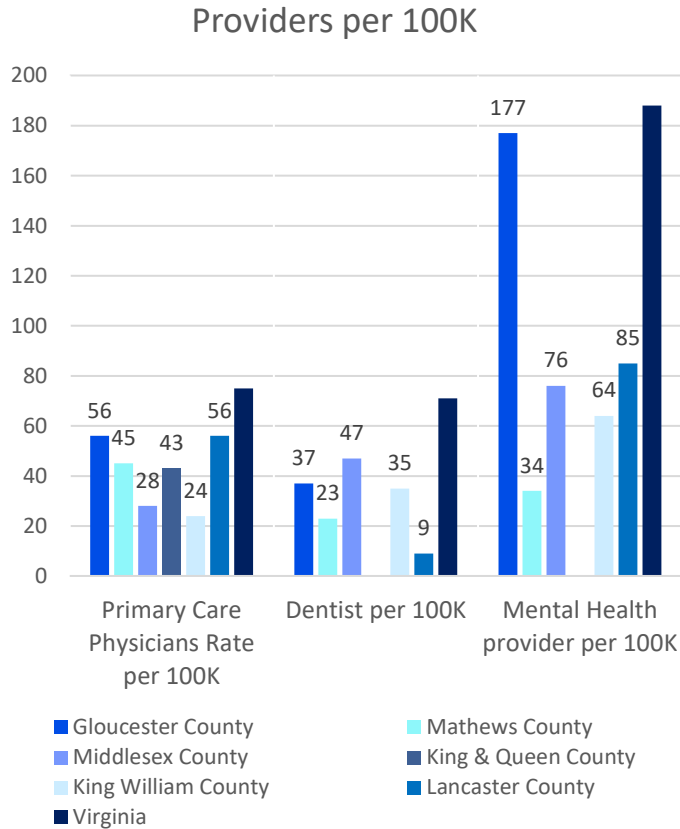
**Racial & Ethnic Mix:** 82% White, 12% Black, 3% 2 or more races, 1% Asian / Native Hawaiian, 1% other and 1% Native American, 4% of population is Hispanic

The RWRH service area consists of a diverse mix of communities from rural to suburban. The local area focuses on the natural resources, with recreation, hospitality, tourism and aquaculture built around the Chesapeake Bay, the York River and the Rappahannock River. There are numerous local employers, but the region also has a high out-commuter rate with a large portion of the work force commuting south to the Virginia Peninsula or west to the Richmond area.



# Supporting Community Health

The RWRH service area has many pieces in place to support the health of individuals in the community.



**Health assets in the region include:**

**Hospitals:** Riverside Walter Reed Hospital, Bon Secours Rappahannock General Hospital

**Free Clinic:** Gloucester-Mathews Care Clinic

**Support Services:** Three Rivers Health Alliance, Bay Agency on Aging

## Staying Active & Healthy:

Community resources that support healthy living include:

Yorktown Market Days

Noland Trail

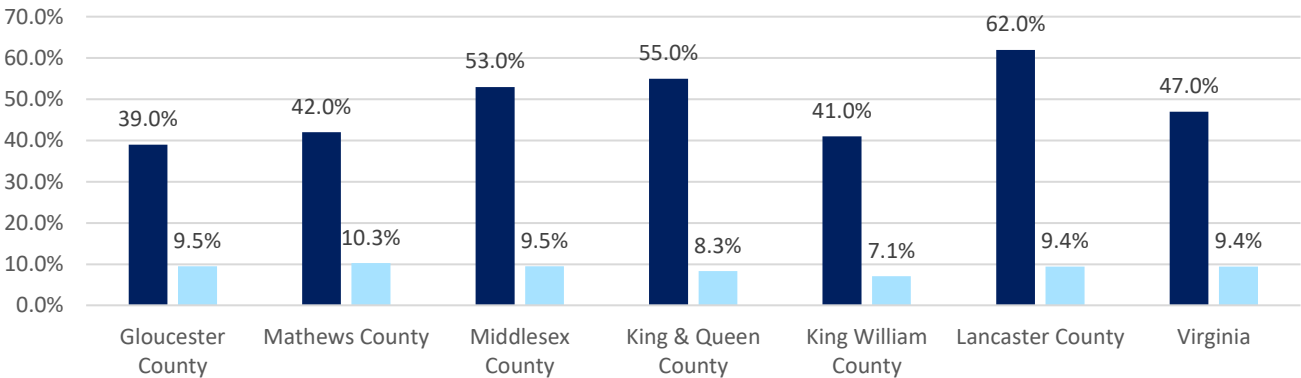
Middle Peninsula Virginia Water Trails for kayaking

Multiple local county and city parks, recreation centers and sports complexes

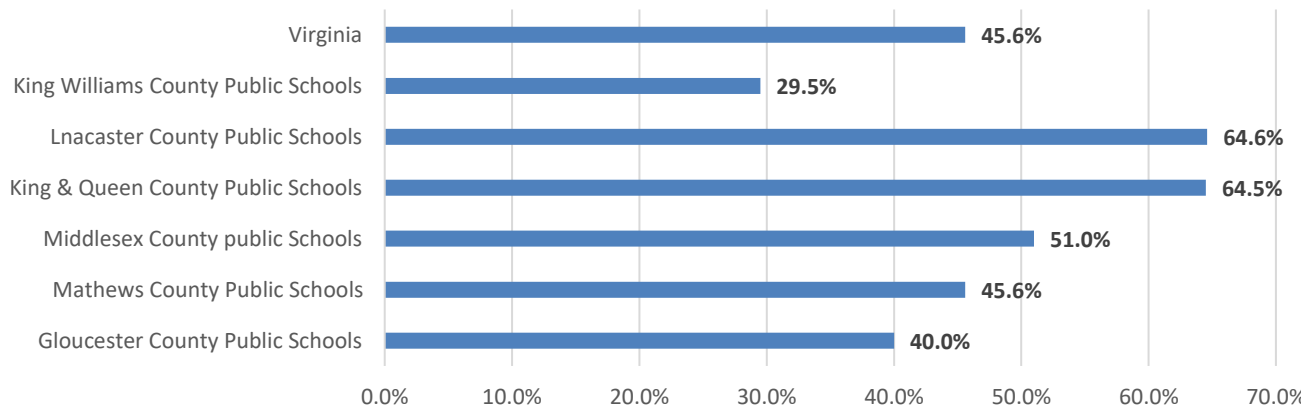


# Food & Housing Insecurity

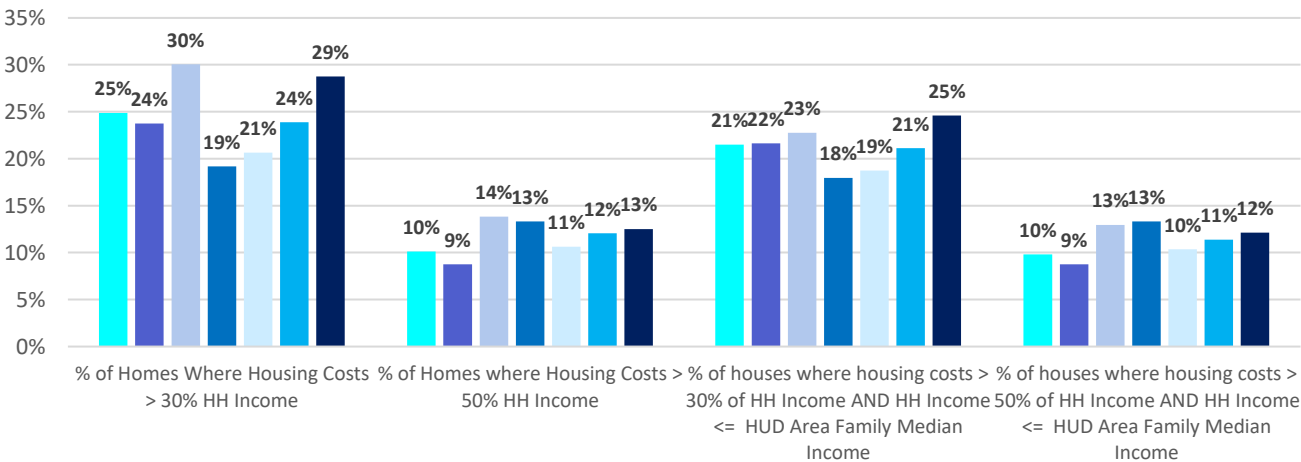
% of Population Below SNAP Threshold of 130% Poverty Level



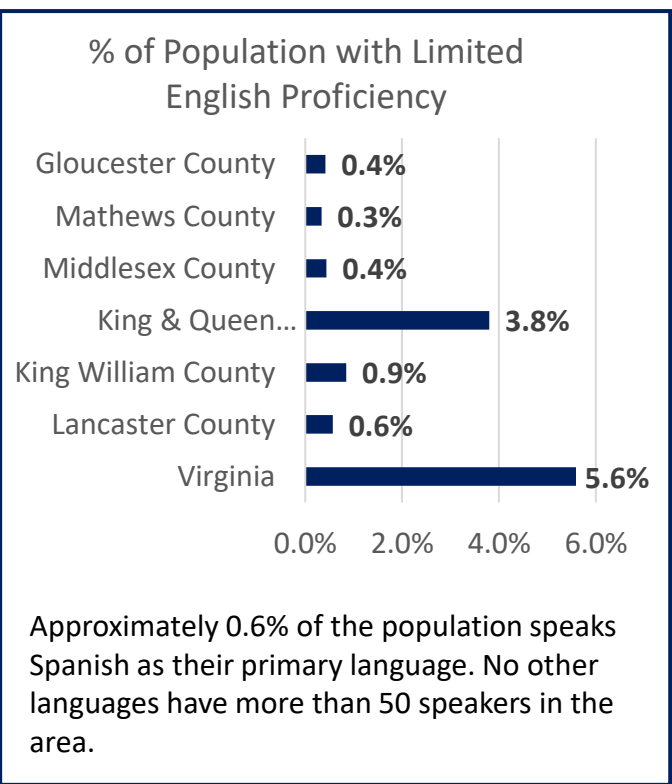
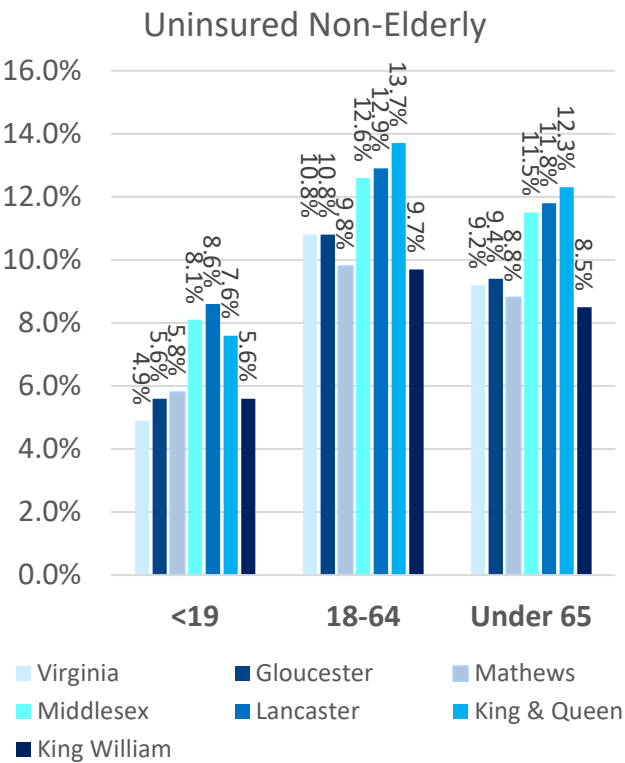
Students Eligible for Free or Reduced Lunch as % of Total Students in Public Schools 2019-2020



Housing Insecurity Measures

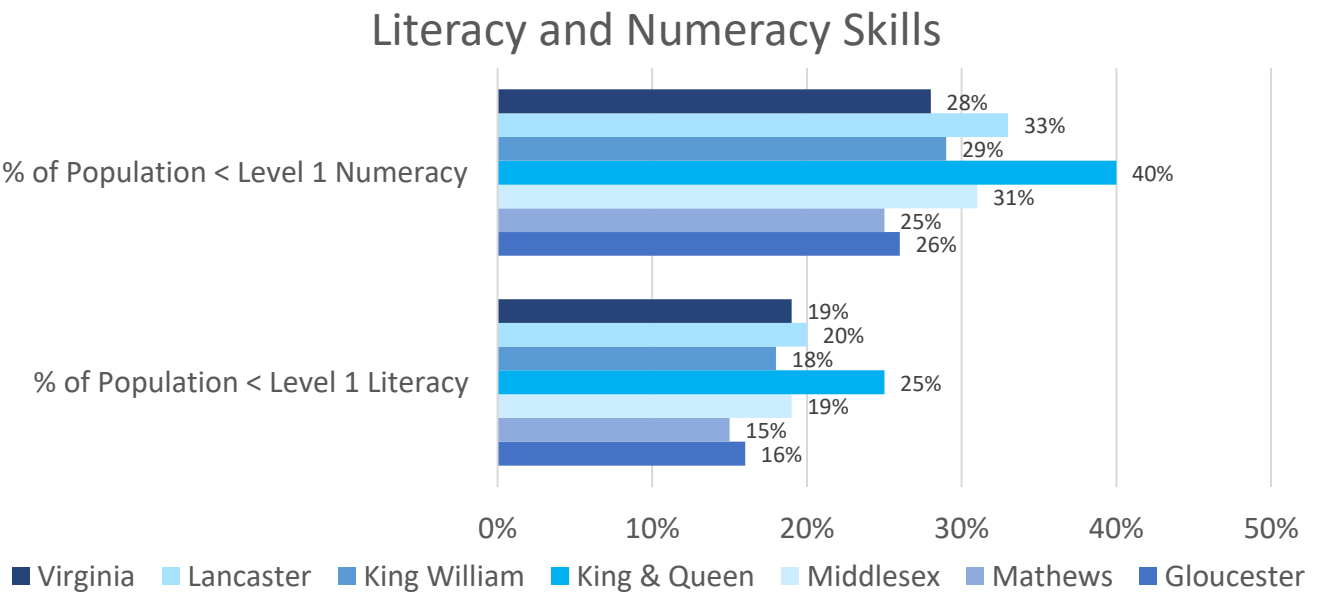


# Addressing Access Barriers

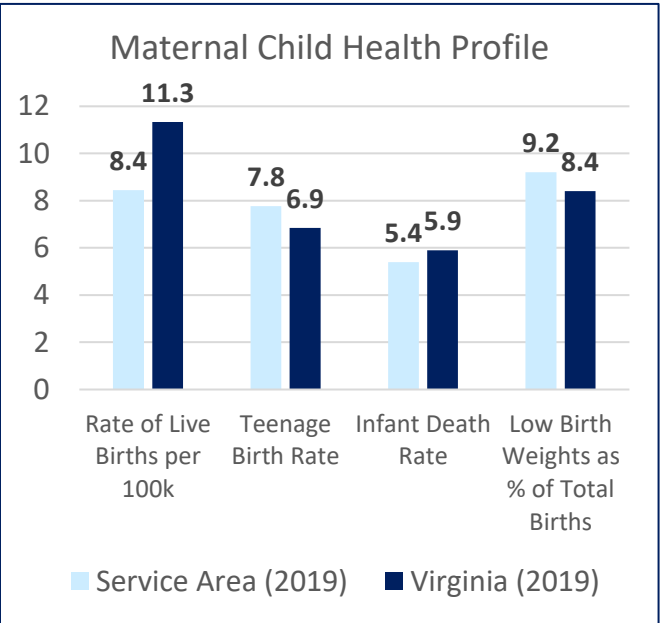
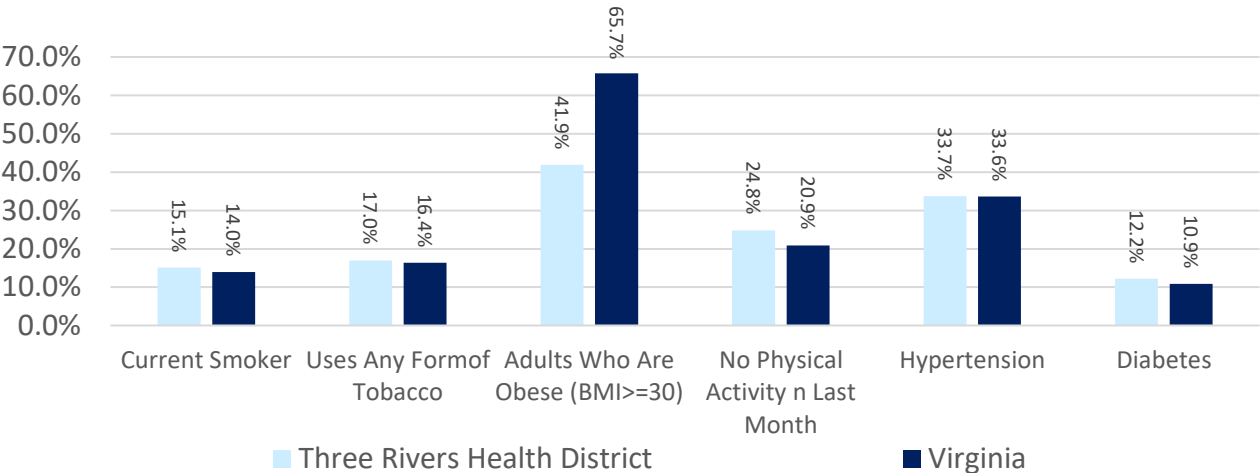


## Medically Underserved Areas and Populations

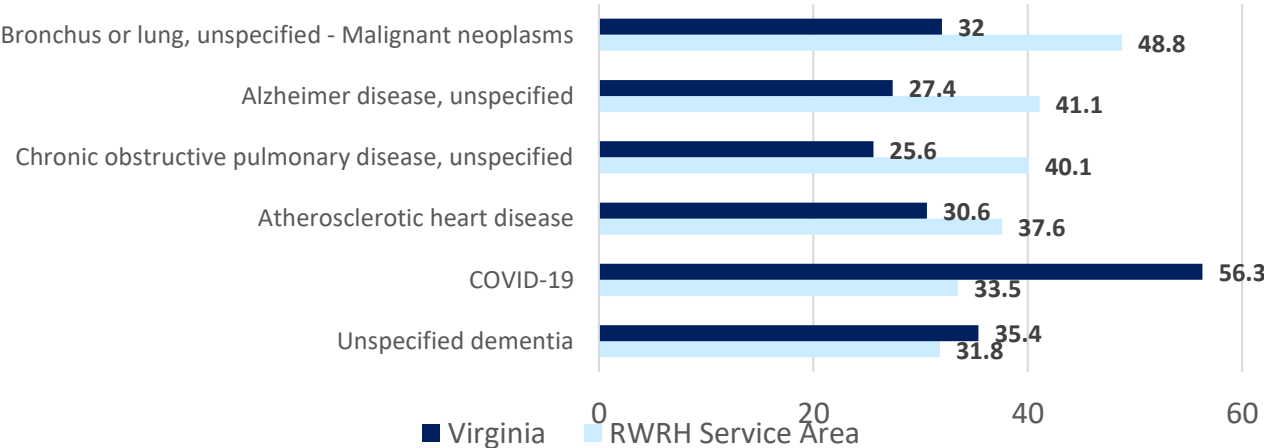
Primary Care Medically Underserved Areas: Gloucester, Mathews, Middlesex, King & Queen, King William and Lancaster Counties are all designated as Medically Underserved Areas.



# Health Snapshot



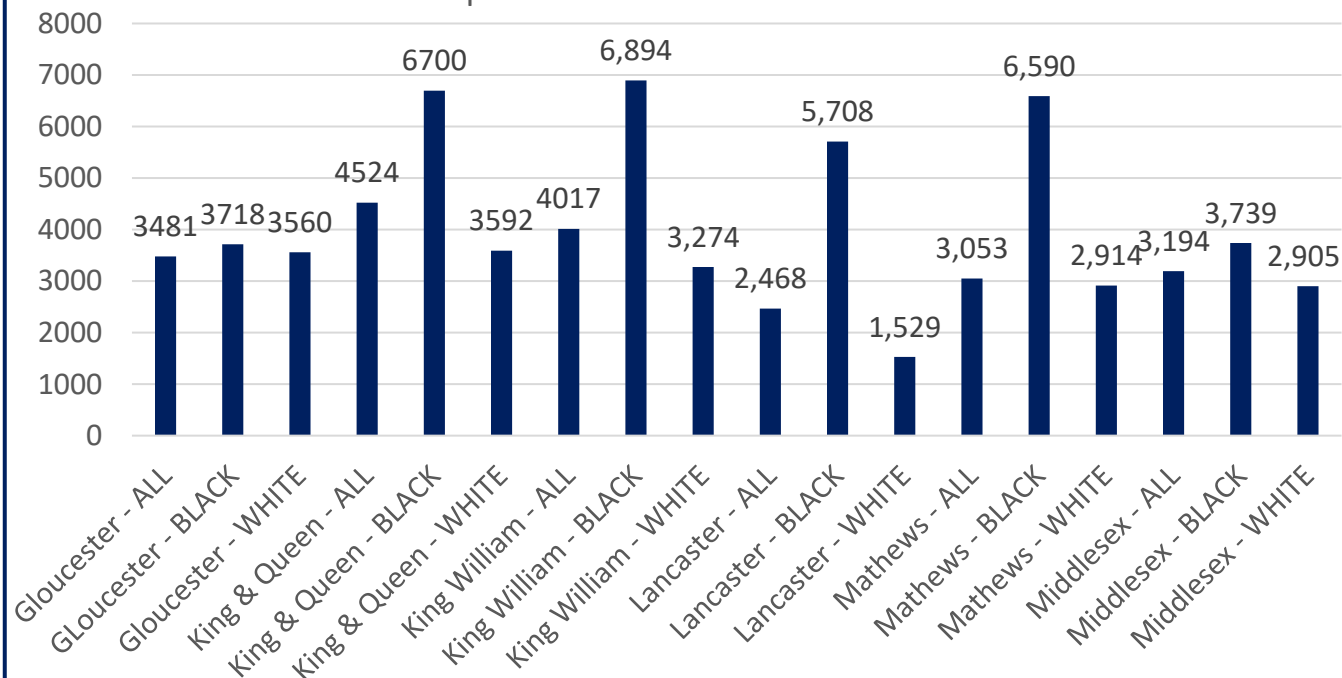
## Age Adjusted Death Rate per 100K



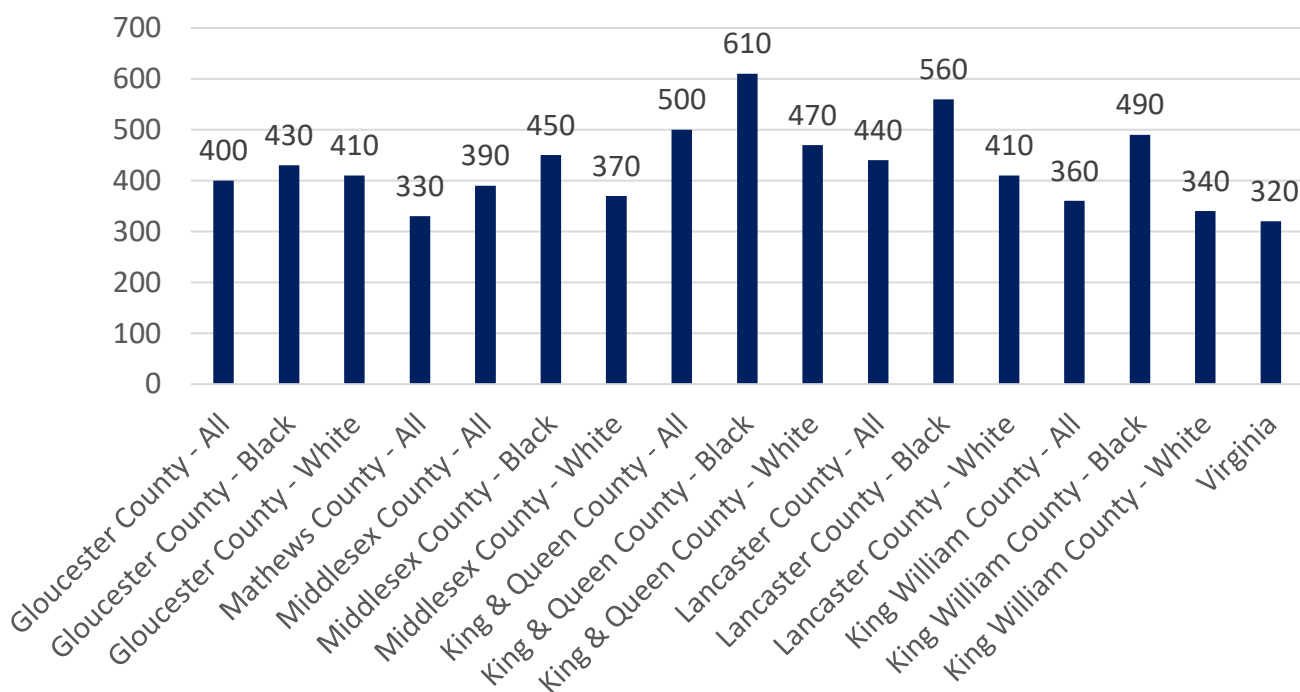


# Outcomes by Population

Preventable Hospitalizations: Rate of Stays for Ambulatory Conditions  
per 100K Medicare Enrollees

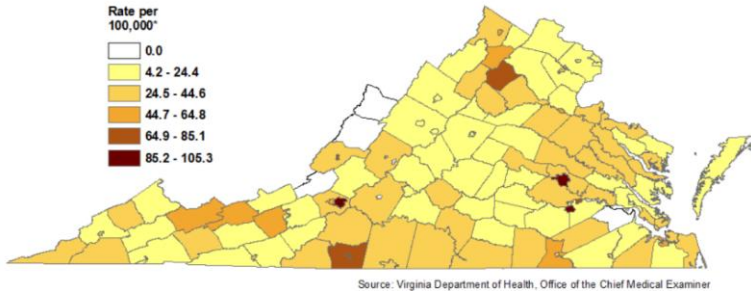


Premature Age Adjusted Mortality: Number of Deaths Among  
Residents <75 per 100K



# Drugs in the Community

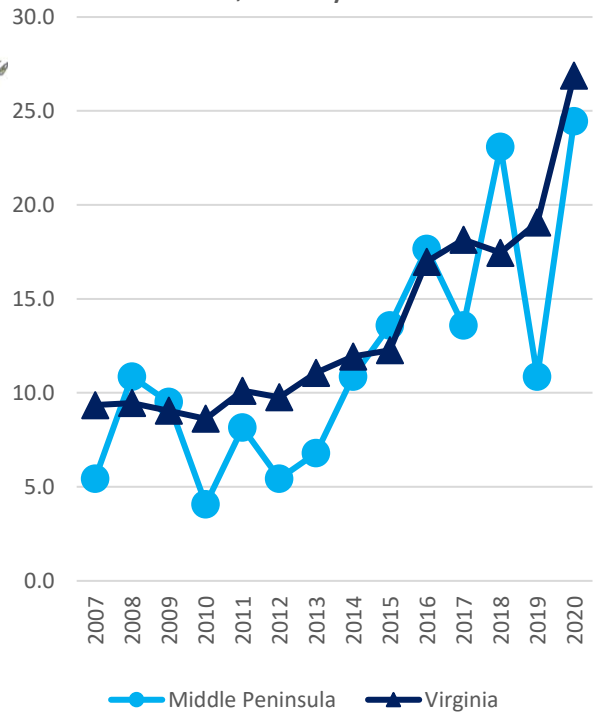
Rate of All Fatal Drug Overdoses, All Substances, by Locality of Overdose, 2020



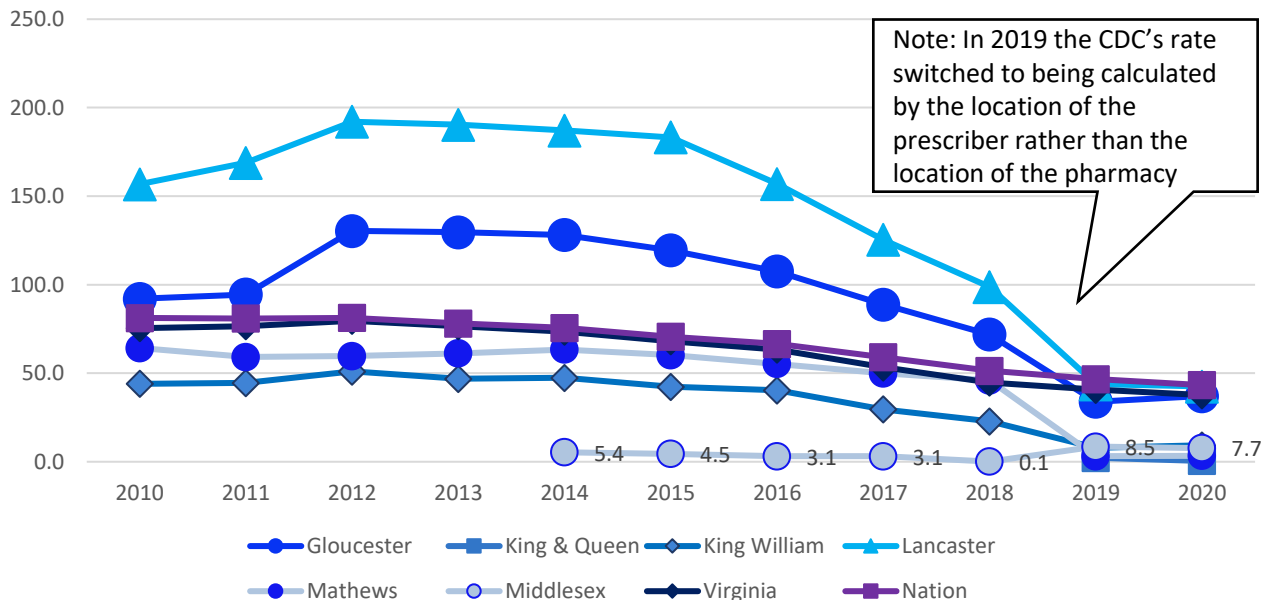
The RWRH region, like the rest of the nation, has continued to struggle with drugs in the community. While the fatal drug overdose rate has remained close to the Virginia rate, it has increased more than 600% in ten years.

While not the only drug in the community, opioids- which is a type of narcotic pain medication - continues to be a problem. While the overall dispensing rate has decreased, the problem continues.

Middle Peninsula vs Virginia  
Fatal Drug Overdoses per  
100,000 by Year



Opioid Dispensing Rates per 100 Persons

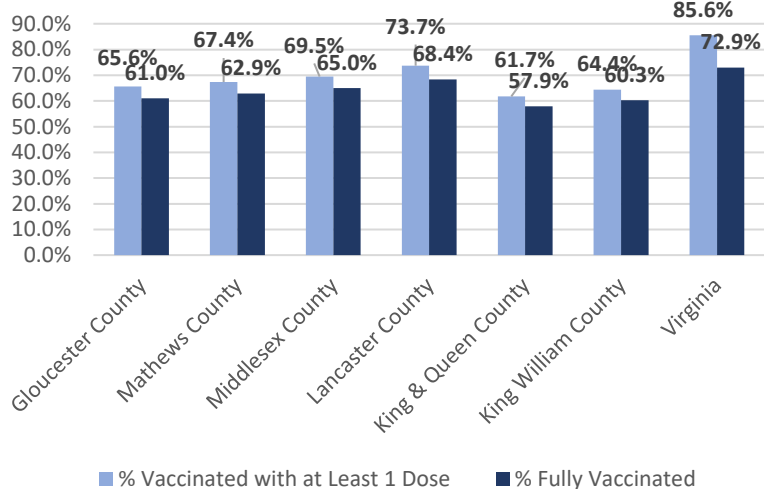




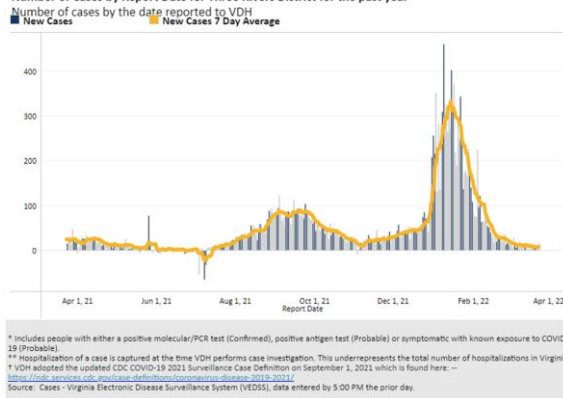
# COVID-19

The COVID-19 pandemic across the health district has largely reflected the trends across the rest of the state.

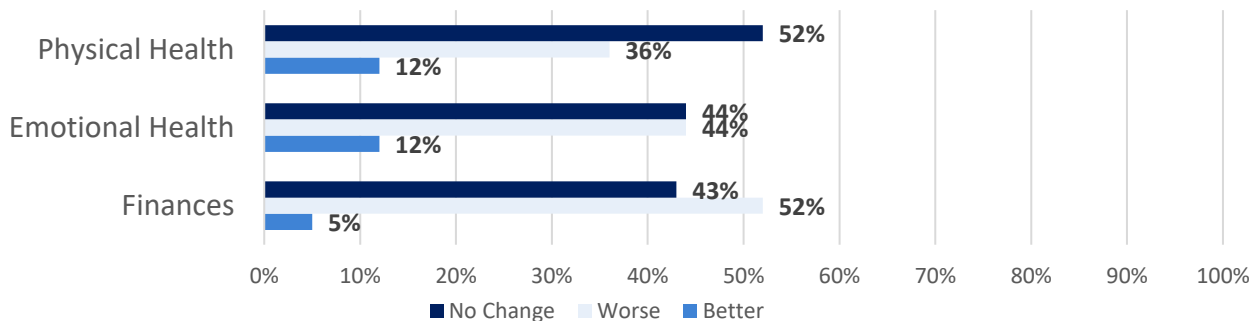
## COVID-19 Vaccination Rates (2/2022)



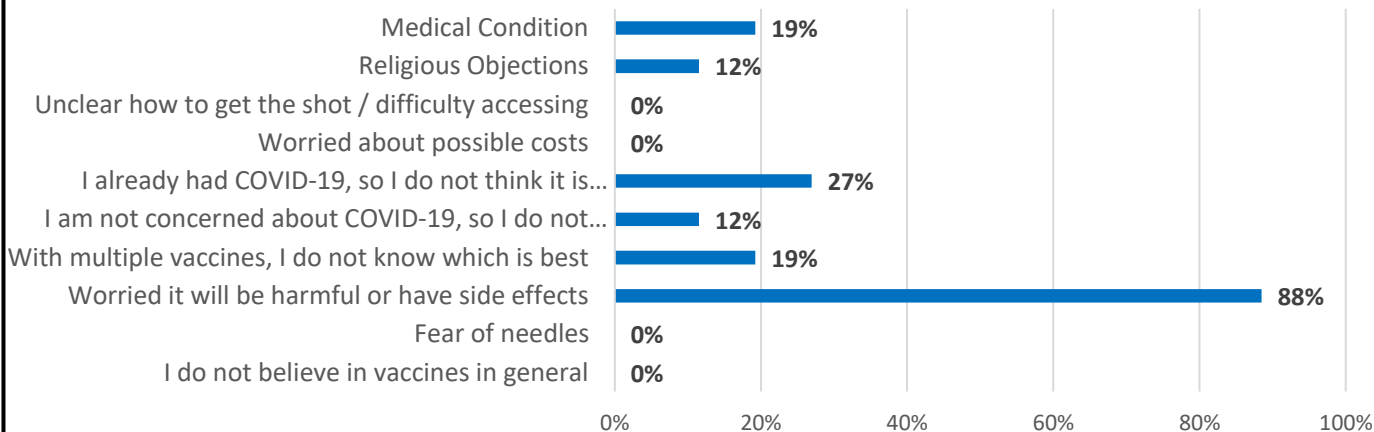
Number of Cases by Report Date for Three Rivers District for the past year



## Community Survey response: Since the Start of the Pandemic, My Family's \_\_\_\_\_ is Better, Worse, No Change

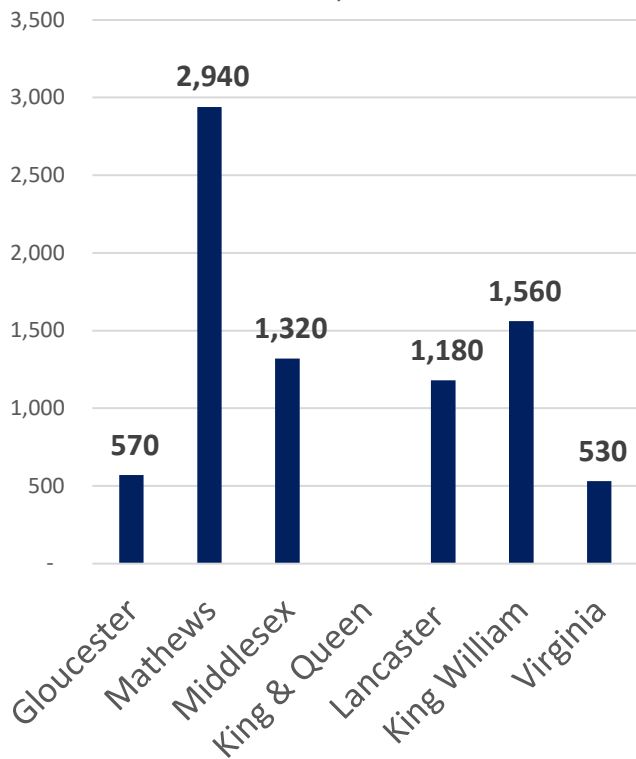


## Please share your concerns about the COVID-19 Vaccine (Select all that apply)

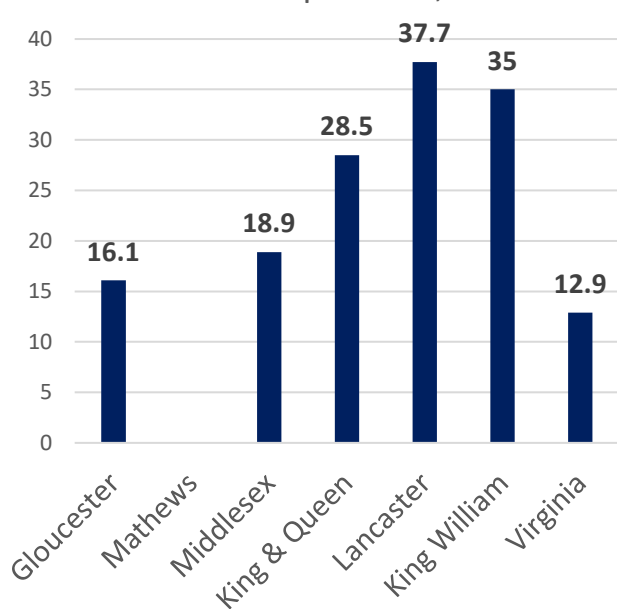


# Mental Health

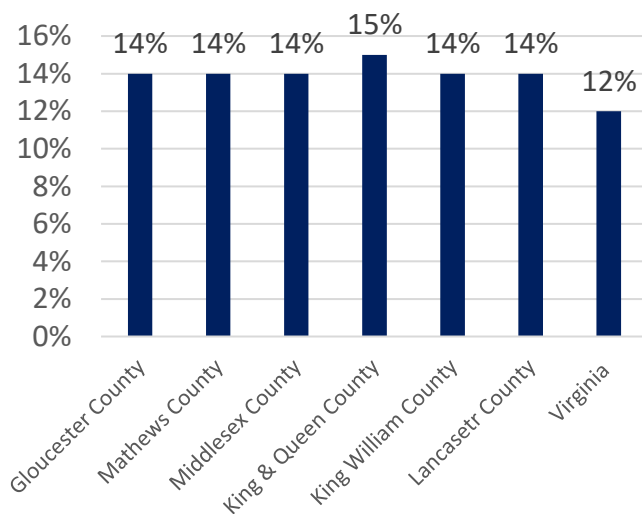
Individuals per Mental Health Provider, 2020



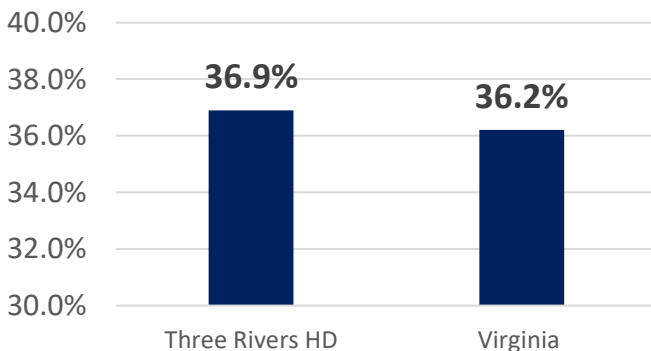
Office of the Chief Medical Examiner  
Suicide Rate per 100k, 2019



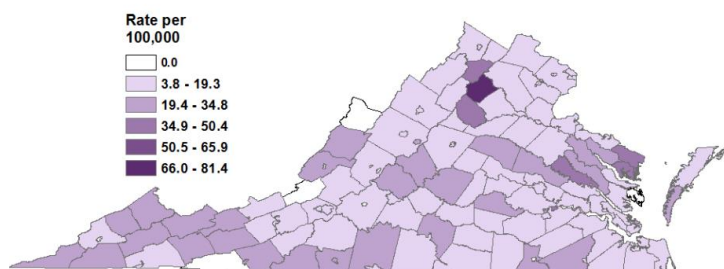
Frequent Mental Distress: % of Adults reporting 14 or More Days of Poor Mental Health per Month



Poor Mental Health: % of Adults Reporting 1 or More Days of Poor Mental Health in Last 30 Days



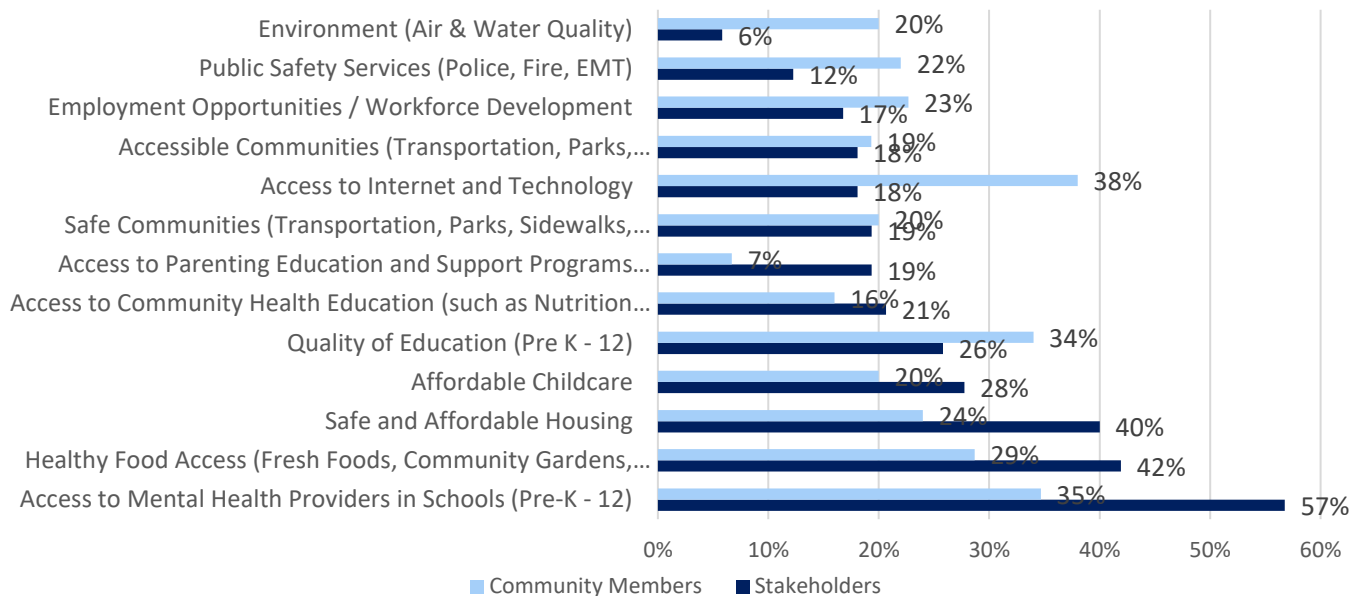
Map 2.6 Suicide Rates by Locality of Residence, 2019



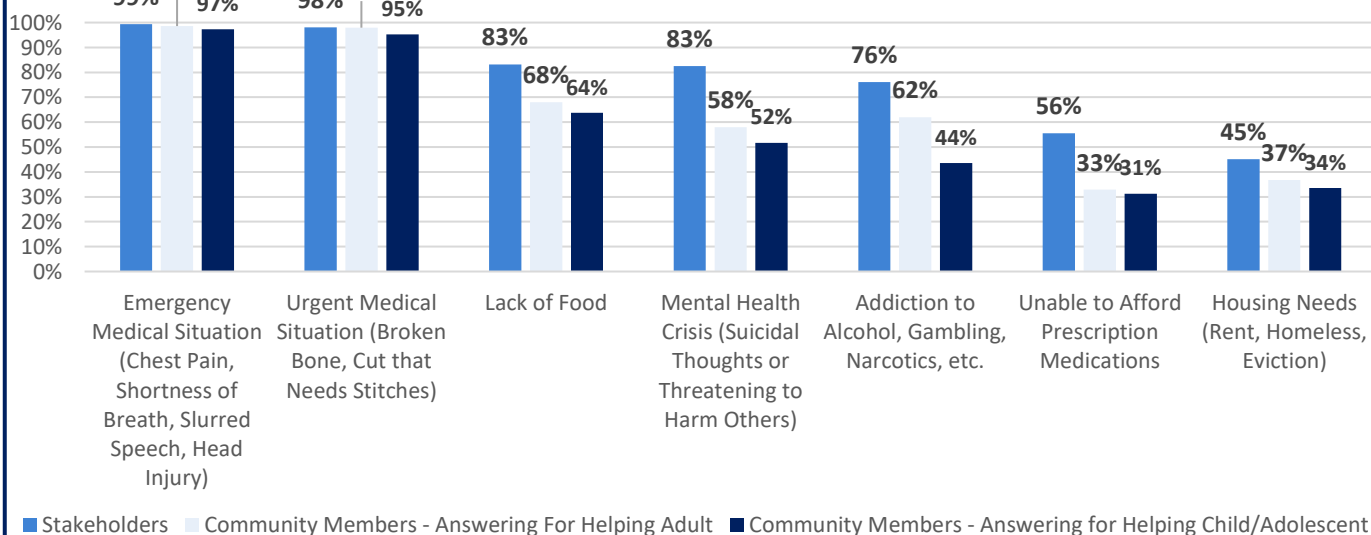
# Coming Together

While demographic and health statistics tell part of the story, hearing from community leaders, medical and public health experts as well as community members is a critical part of understanding the health of the community. The Hampton Roads Community Survey was open from late November 2021 thru February 2022, with 286 community stakeholders and 214 community members completed the survey to share their thoughts.

## Top 3 Items you Would Like to See Added or Improved in the Community to Keep You and Your Family (Community Member) / Both the Adults and Children (Community Stakeholder) Healthy

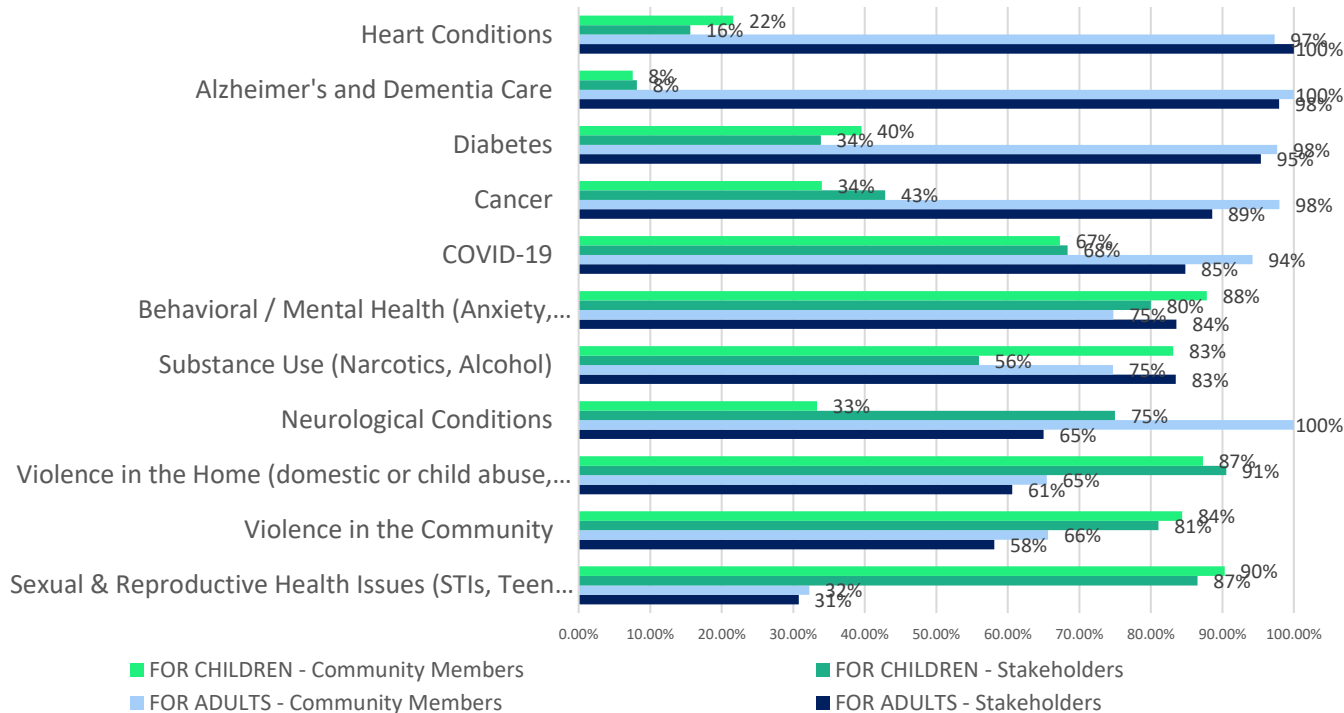


## % of Respondents Who Said Yes, They Would Know How to Access Community Help

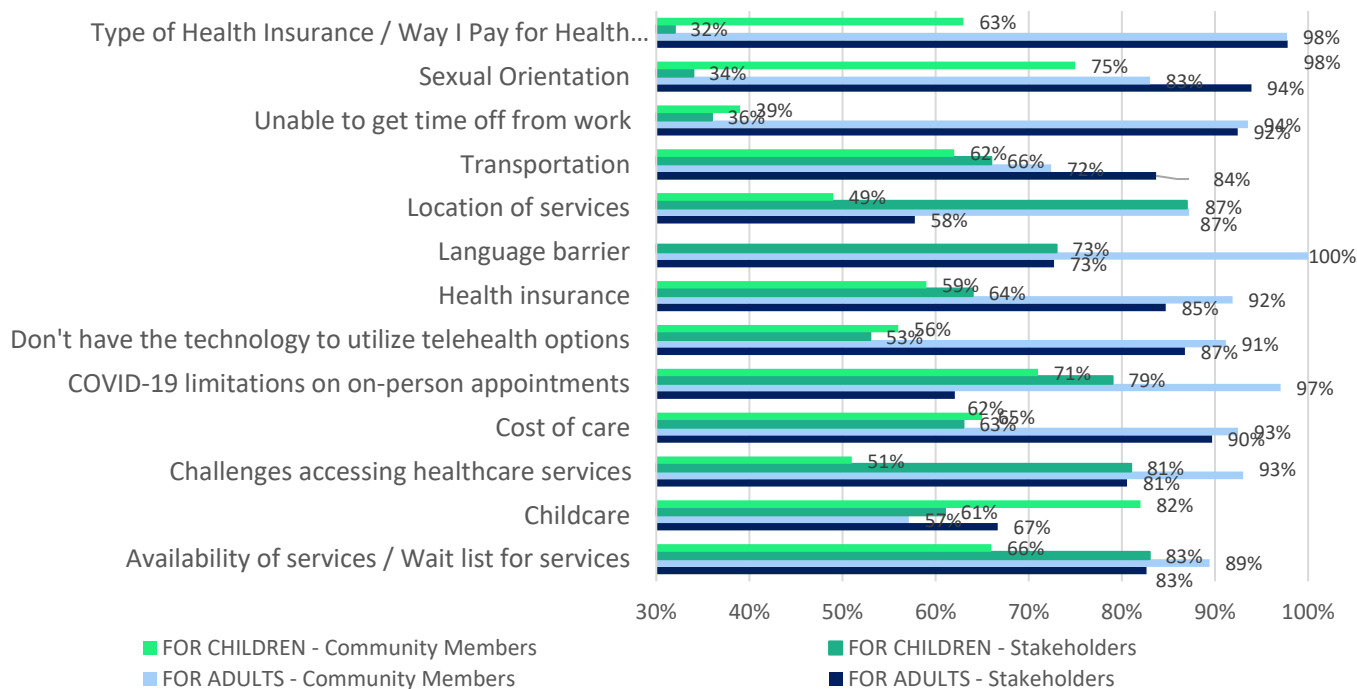


# Listening to Each Other

## Top 3 Most Important Health Concerns in Your Community



## Top 3 Barriers that Make It Difficult for Both Adults and Children (Community Members) / That You Serve (Community Stakeholder) to Access Healthcare Services



# RWRH Community Health Progress 2020-2022

## Lung Cancer

- Continued PenLung, more than doubling the number screened and the detection rates rose.

## Cardiovascular Health & Wellness

- Community health and education outreach shifted online during the pandemic

## Transportation

- Covered bus stops included as part of hospital expansion and construction

## Substance Abuse

- Continued working with Community Services Board (CSB) to meet the needs of the community.
- Riverside broke ground on psychiatric emergency department in Hampton that will also serve the Middle Peninsula.

## Aging Services

- Focused on Advanced Care Planning
- Growing palliative care resources and access
- Offered senior focused wellness programming at the Riverside Wellness & Fitness Center

## Chronic Disease

- Outpatient infusion services available at RWRH 7 days a week

## COVID-19 Leadership

- Cared for the community through the peaks of the pandemic - especially at the poultry processing plants.
- Partnered with VDH to administer the vaccine to Shore residents





# RWRH Community Health Focus Areas 2023-2025

## Focus Area 1: Memory & Dementia Services

- Explore hosting Memory Cafés to support individuals with dementia and their caregivers.
- Implement programs following pilots at other RHS facilities - such as the Purple Flower program to help team members identify patients with dementia problems in order to calibrate their communication and expectations.
- Primary care health coaches will undergo Teepa Snow training to enable them to better care for patients with dementia and their caregivers.



## Additional Community Outreach

- Medical Transportation
- Community health education and screenings
- Mental & Behavioral Health - especially suicide prevention
- Focus on Health Equity
- Community Partnerships



## Focus Area 2: Opioid Stewardship & Substance Use Disorder

- Work with RHS partners to implement standardized primary prevention strategies, including monitoring of opioid prescriptions with naloxone prescriptions and reviewing documentation standards.
- Host multiple drug take back days in partnership with local law enforcement and the DEA.
- Implement policies to increase screening to identify patients at high risk of substance use disorder.
- Following pilots at sister facilities, implement programs to help individuals who want to get off opioids to do so more easily with Medication Assisted Treatment.

