# Slide 1:

# Presentation Title: Uneven opportunities: A Study of How Conditions for Wellness Vary Across the Metropolitan Washington Region

Briefing for Access for All (AFA) Advisory Committee

Transportation Planning Board

Metropolitan Washington Council of Governments

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Slide 2: Acknowledgments

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Slide 3: Metropolitan Washington region among the healthiest (and wealthiest) in the nation

Two maps of life expectancy Fig 1 female, Fig 2 male as of 2014 with a scale of 70-90. Source: Institute for Health Metrics and Evaluation, 2016.

Slide 4: Life expectancy varies by 27 years across the region

Colored map of region showing life expectancy

Life expectancy, how long a newborn can expect to live, varies 27 years across the census tracts of the metropolitan Washington region. Darkly shaded tracts, reflecting lower life expectancy, exist in every jurisdiction—not just the District of Columbia and nearby neighborhoods but also suburban Maryland (Charles County, Frederick County, Montgomery County, Prince George’s County) and Virginia (Alexandria, Arlington County, Fairfax County, Loudoun County, and Prince William County). See Table 1-A in the appendix for life expectancy ranges for individual jurisdictions and Figure 1-A in the appendix for a full-size map.

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Life expectancy ranges for individual jurisdictions:

• 76 years in White Flint

• 86 years in Greenbelt

• 92 years in Bethesda

• 89 years in Tysons

• 94 years in Georgetown

• 67 years in Trinidad

• 70 years in Suitland

• 78 years in Alexandria

Slide 5: Bar Graph of Life Expectancy Ranges (at birth)

Washington DC, 66.7-94.3

Maryland

Charles County, 74.5-82.9

Frederick County, 74.5-87.5

Montgomery County, 75.5-92.2

Prince George’s County, 70.3-86.1

Virginia

Arlington County, 78.4-88

Alexandria City, 77.9-87

Fairfax County, 77.9-89.5

Loudoun County, 78.5-89.4

Prince William County, 70.8-87.5

Slides 6-8: What shapes health?

Graph showing Health surrounded by factors:

* Education
* Economic resources
* Housing
* Transportation
* Air & Water
* Health care
* Social environment

Next slide adds Race & Ethnicity as an overarching factor

Next slide adds Public Policy as an overarching factor

Slide 9: Regional plan for metropolitan Washington region

Screen shot of cover of Region Forward Plan: A Comprehensive Guide for Regional Planning and Measuring Progress in the 21st Century – prepared by the Greater Washington 2050 Coalition, Approved by COG Board of Directors on January 13, 2010

Graph of Region Forward’s 9 Domains:

* Land Use
* Transportation
* Environment
* Climate & Energy
* Economic
* Housing
* Health
* Education
* Public Safety

Slide 10: Geographic area examined

Map of region

District of Columbia

* All wards (8)

Maryland

* Charles County
* Frederick County (plus the City of Frederick)
* Montgomery County (plus Gaithersburg, Rockville, and Takoma Park)
* Prince George’s County (plus Bladensburg, Bowie, College Park, and Greenbelt)

Virginia

* Arlington County
* City of Alexandria
* Fairfax County (plus Fairfax City and Falls Church City)
* Loudoun County
* Prince William County (plus Manassas and Manassas Park cities)

Slide 11: Census tract indicators

Education

* Preschool enrollment
* High school education
* Some college education
* Lack of English

Economic and household resources

* Income
* Poverty
* Income inequality
* Low food access
* Marital status
* Single-parent households
* Unemployment
* Public assistance

Health care

* Primary care/dental/mental health provider
* Insurance coverage (private/public)
* Uninsured adults/children

Housing

* Older age (pre-1950)
* Poor housing conditions
* Overcrowding
* Vacant housing
* Renter-occupied housing
* Median home value/rent
* Housing cost burden
* Housing stability/moves
* Housing opportunity index

Transportation

* Commuting modality
* Travel time to work
* No access to vehicle

Air and water quality

* Cancer risk
* Environmental hazards
* Respiratory risk

Slide 12: Healthy Places Index (HPI) Uses

* Prioritization of investments, resources, and programming in neighborhoods where health needs are greatest
* Program planning and service delivery
* Community profiles and needs assessments
* Understanding community needs (in conjunction with resident experience)
* Research
* Providing data for grant applications

Slide 13: Determinants of life expectancy in the metropolitan Washington region

Bar Graph showing DETERMINANTS OF LIFE EXPECTANCY IN THE METROPOLITAN

WASHINGTON REGION

* Health Access 6%
* Air Quality 9%
* Transportation 10%
* Housing 16%
* Economic/Other Household Resources 26%
* Education 34%

Slide 14: Healthy Places Index (HPI) scores across the metropolitan region

Map of region with different colored areas

Slide 15: District of Columbia

Map of Healthy Places Index (HPI) scores

Map with scatter dots showing distribution of population by race and ethnicity by Ward

Slide 16: District of Columbia

Chart of High Opportunity vs. Low Opportunity

Some College Education – 97%, 20%

High School Education – 100%, 70%

Median Household Income – $191,607, $22,949

Unemployment – 1%, 39%

Adult Poverty Rate – 4%, 51%

Public Assistance – 0%, 55%

Moderate Housing Cost Burden – 19%, 63%

Uninsured Adults – 1%, 29%

Slide 17: History makes the difference

Four historic photos of DC including politicians looking at a map, children in front of a public housing in Anacostia and people in front of the Anacostia Neighborhood Museum

Slide 18: Chart contrasting Georgetown with Anacostia on factors:

Map of two areas and photo of Frederick Douglas House

Healthy Places Index 76, 3

Life expectancy 86 years, 67 years

High school graduation 100%, 67%

Some college education 95%, 21%

Median household income $170,338, $14,813

Unemployment 5%, 25%

Adult poverty 4%, 51%

Child poverty 0%, 74%

Public assistance 1%, 76%

Children in single-parent households 6%, 95%

Private health insurance 96%, 16%

Median home value $945,600, $287,500

Median monthly rent $1,974, $460

Severe housing cost burden 8%, 25%

Poor rental conditions 22%, 45%

Commuting to work

by motor vehicle 39%, 30%

by public transit 25%, 67%

by walking or cycling 33%, 3%

Mean travel time to work 25 minutes, 43 minutes

Slide 19: Same map of two areas and photo of Frederick Douglas House

With emphasis given on statistic comparing vehicle ownership in the two areas: 72%, 26%

Slide 20: Uneven opportunity in the suburbs

Map of Suburban Maryland

Map of Northern Virginia

Slide 21: Short distances to large gaps

Closer up maps of Suburban Maryland and Northern Virginia

Chart comparing High Opportunity vs. Low Opportunity in Suburban Maryland

SOME COLLEGE 97%, 21%

MEDIAN HOUSEHOLD INCOME $245,208, $36,386

ADULT POVERTY 0%, 39%

PUBLIC ASSISTANCE <1%, 37%

MEDIAN HOME VALUE $991,200, $67,200

OVERCROWDED 0%, 21%

UNINSURED ADULTS <1%, 59%

LIFE EXPECTANCY 92 years, 73 years

Chart comparing High Opportunity vs. Low Opportunity in Northern Virginia

SOME COLLEGE 100%, 24%

MEDIAN HOUSEHOLD INCOME $244,013, $38,125

CHILD POVERTY 0%, 66%

ADULT POVERTY 0%, 23%

PRIVATE HEALTH INSURANCE 99%, 39%

UNINSURED ADULTS <1%, 54%

MODERATE HOUSING COST BURDEN 12%, 58%

LIFE EXPECTANCY 88 years, 78 years

Slide 22: Policy implications

* Access to opportunity in the region is uneven
* Health care is a necessary but insufficient solution to addressing these health inequities
* Many solutions are a “win-win”: they can improve public health while also stimulating the economy and the growth of the region
* Strategies should be targeted to communities in need
* Transformational change in areas that have suffered multi-generational disinvestment requires cross-sectoral partnerships

Slide 23: Strategies to reduce geographic disparities in health and opportunity

Address root causes by improving economic and social conditions for populations in need

* Policy action by government and the private sector to improve jobs, increase wages, reduce poverty, and promote economic mobility
* Reforms and investments to improve education
* Cross-racial alliance building to address common causes (e.g., discrimination)

Strengthen the public health system

* Investments in public health agencies
* Health needs and health impact assessments of policies across sectors

Invest in communities

* Economic development by business, investors, and philanthropy, and the promotion of new industry in marginalized communities
* Investments in affordable housing and transportation
* Civic engagement and cross-sector partnerships to leverage resources

Ensure access to quality health care services

* Improved access to affordable health insurance and attention to provider shortage areas
* Protecting the quality and cultural competence of health care services

Slide 24: Available resources

Screenshot of report

* Main report
* Technical appendix
* Map sets for 10 jurisdictions
* Data file

Slide 25: Questions?