

# **UNEVEN OPPORTUNITIES**

A Study of How Conditions for Wellness Vary Across the  
Metropolitan Washington Region

**Metropolitan Washington Council of  
Governments**

**Board of Directors**

**Washington, D.C.**

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# Acknowledgments

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# Metropolitan Washington region among the healthiest (and wealthiest) in the nation

Fig. 1: Female life expectancy, 2014

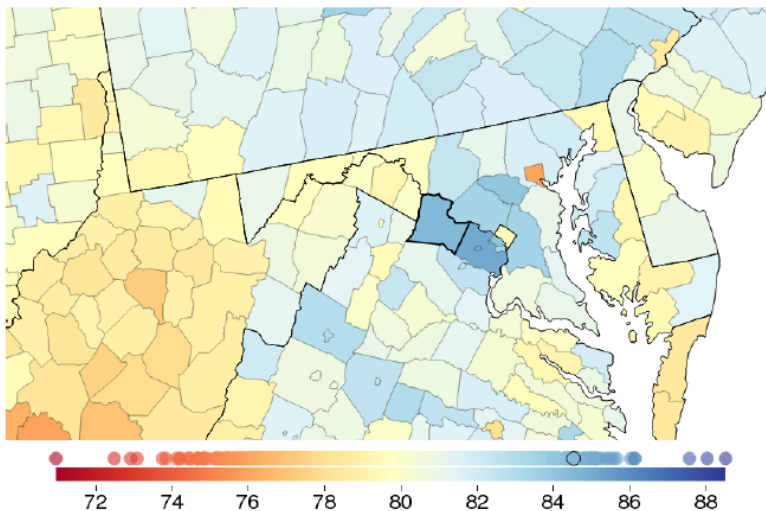
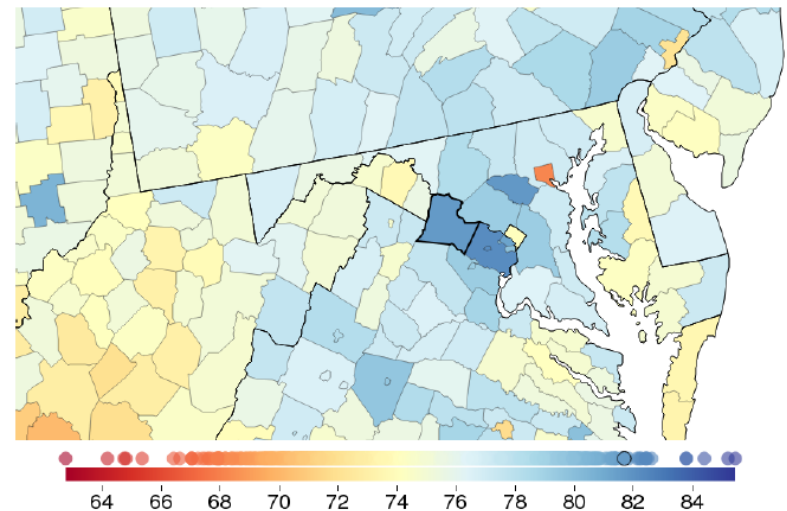
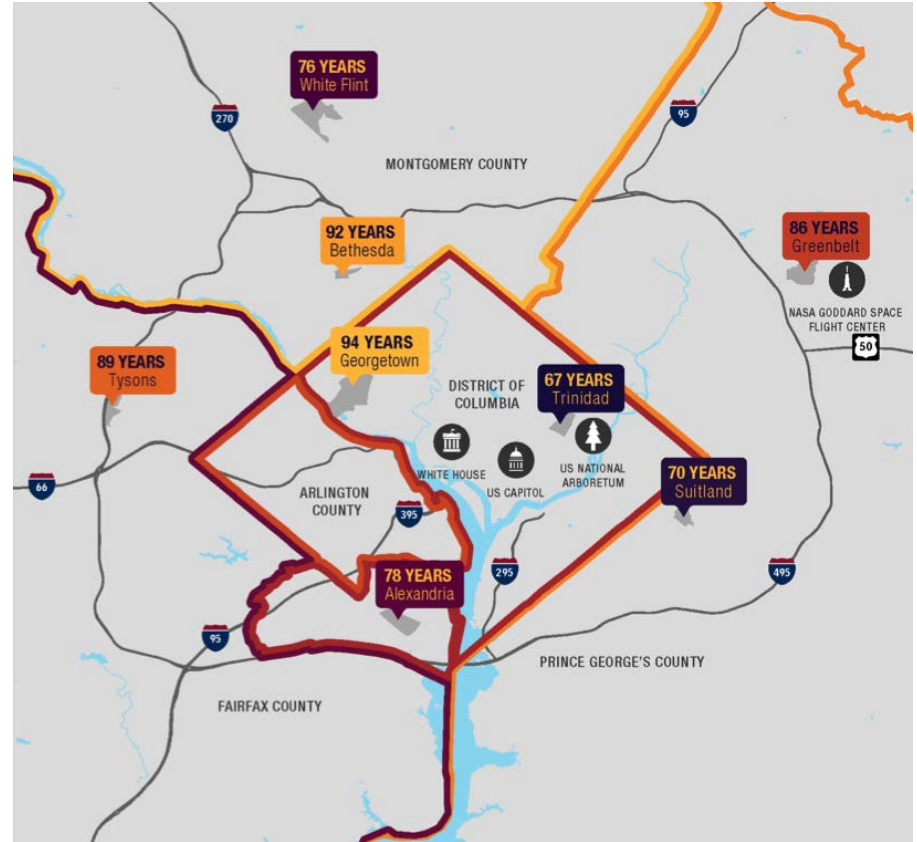
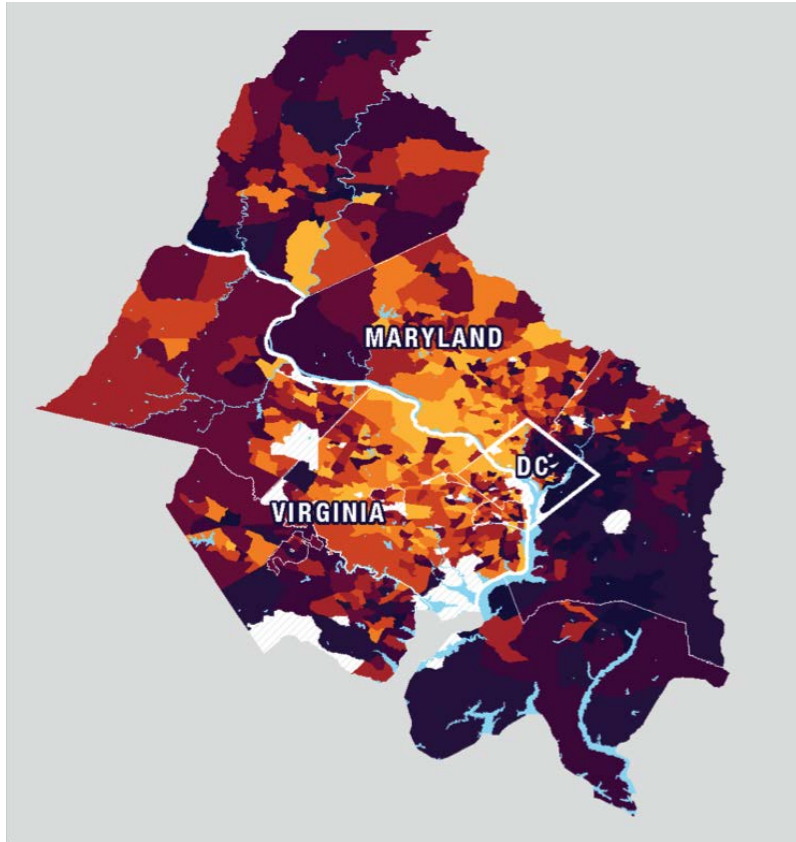


Fig. 2: Male life expectancy, 2014



Source: Institute for Health Metrics and Evaluation, 2016.

# Life expectancy varies by 27 years across the region



**Maryland**

Washington, D.C.

66.7 94.3

\*27.6

Charles County

74.5 82.9

\*8.4

Frederick County

74.5 87.5

\*13.0

Montgomery County

75.5 92.2

\*16.7

Prince George's County

70.3 86.1

\*15.8

**Virginia**

Arlington County

78.4 88.0

\*9.6

Alexandria City

77.9 87.0

\*9.1

Fairfax County

77.9 89.5

\*11.6

Loudoun County

78.5 89.4

\*10.9

Prince William County

70.8 87.5

\*16.7

60 70 80 90 100

LIFE EXPECTANCY AT BIRTH (YEARS)

\*Range

# What shapes health?

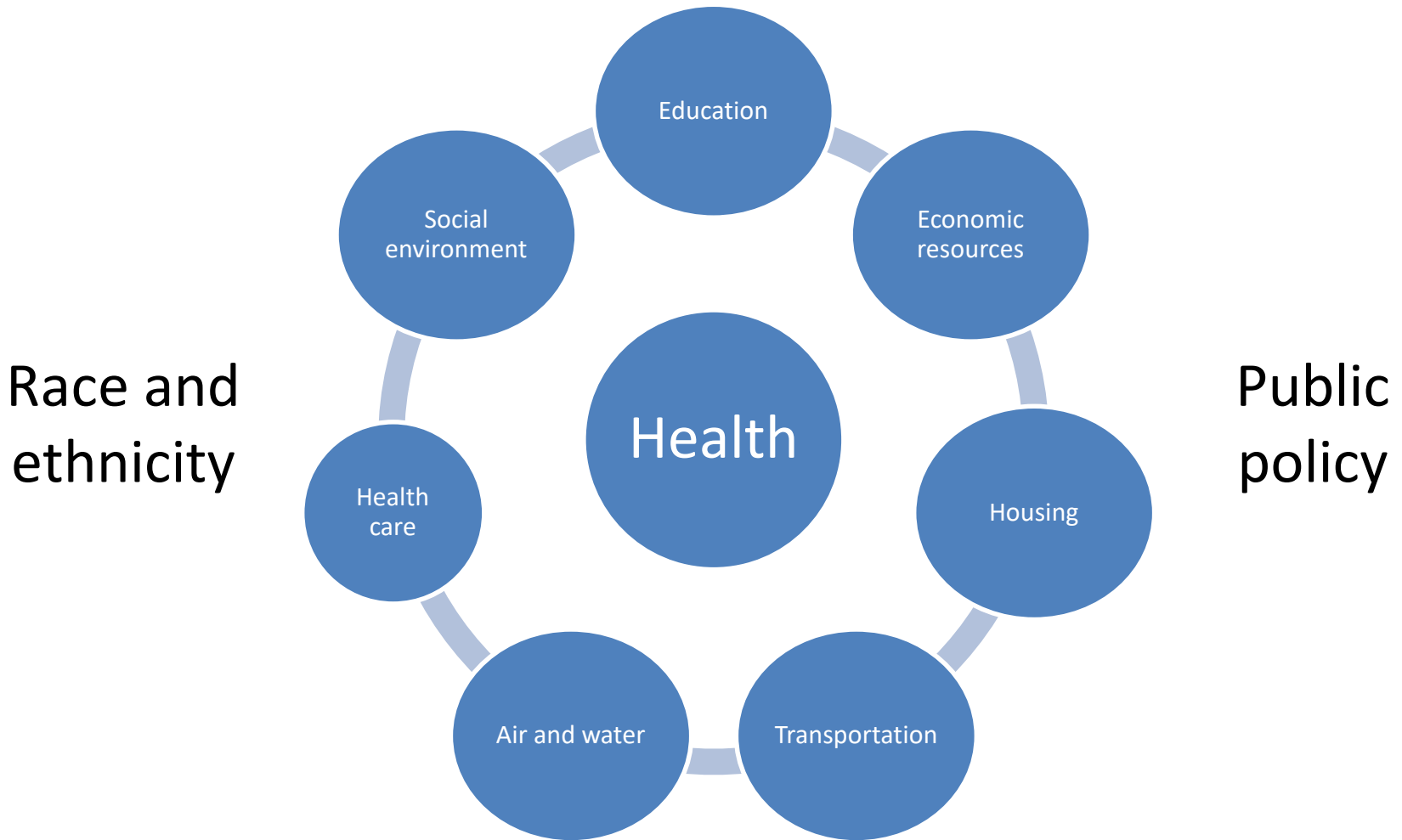


# What shapes health?

Race and  
ethnicity

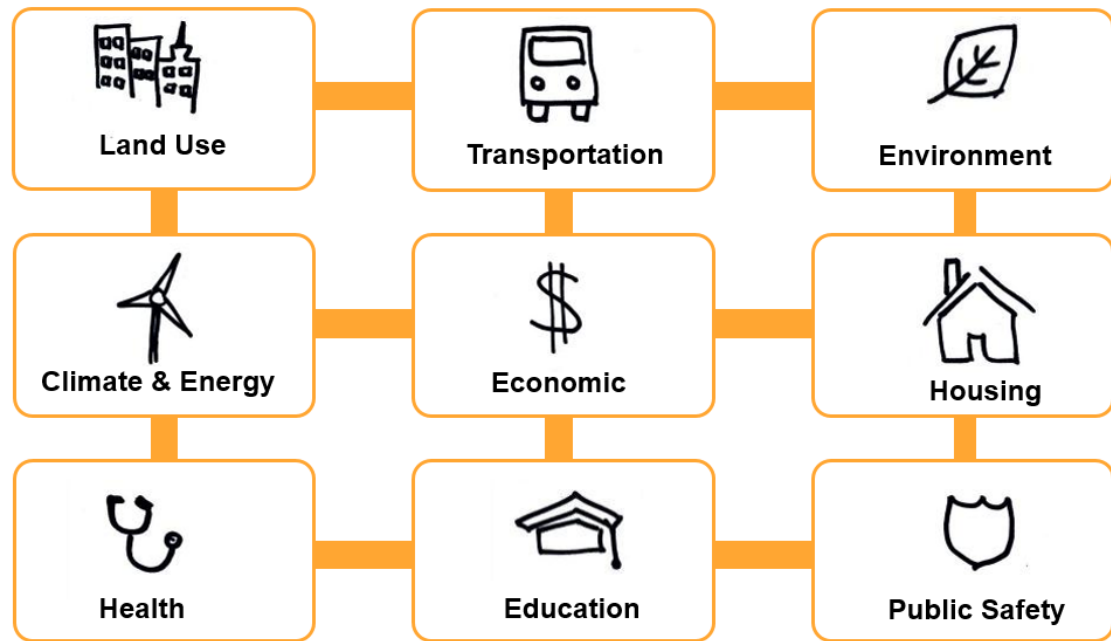
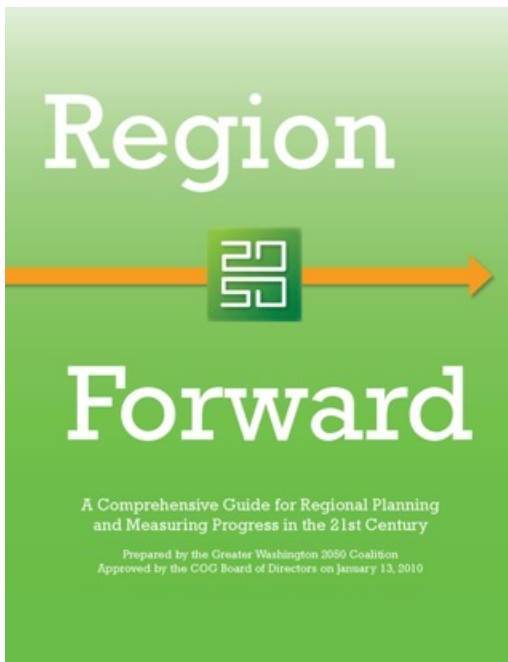


# What shapes health?





# Regional plan for metropolitan Washington region



# Geographic area examined

## 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)



# 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
- Transportation cost
- No access to vehicle

## Air and water quality

- Cancer risk
- Environmental hazards
- Respiratory risk

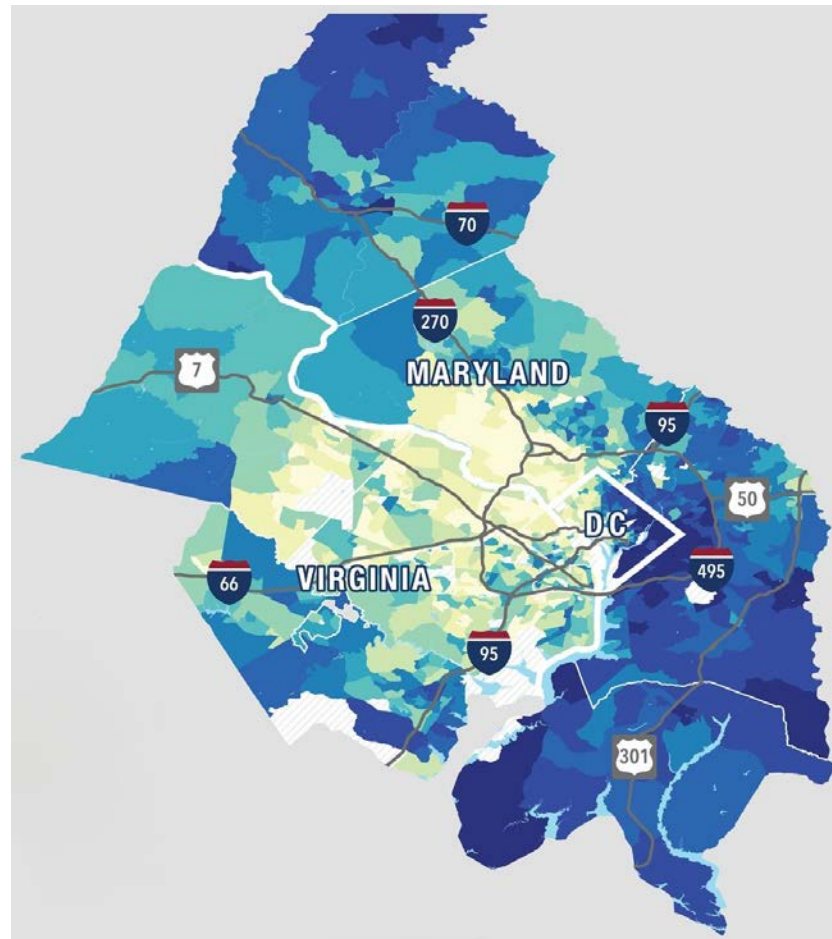
# Healthy Places Index (HPI) Uses

- 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

# Determinants of life expectancy in the metropolitan Washington region



# Healthy Places Index (HPI) scores across the metropolitan region

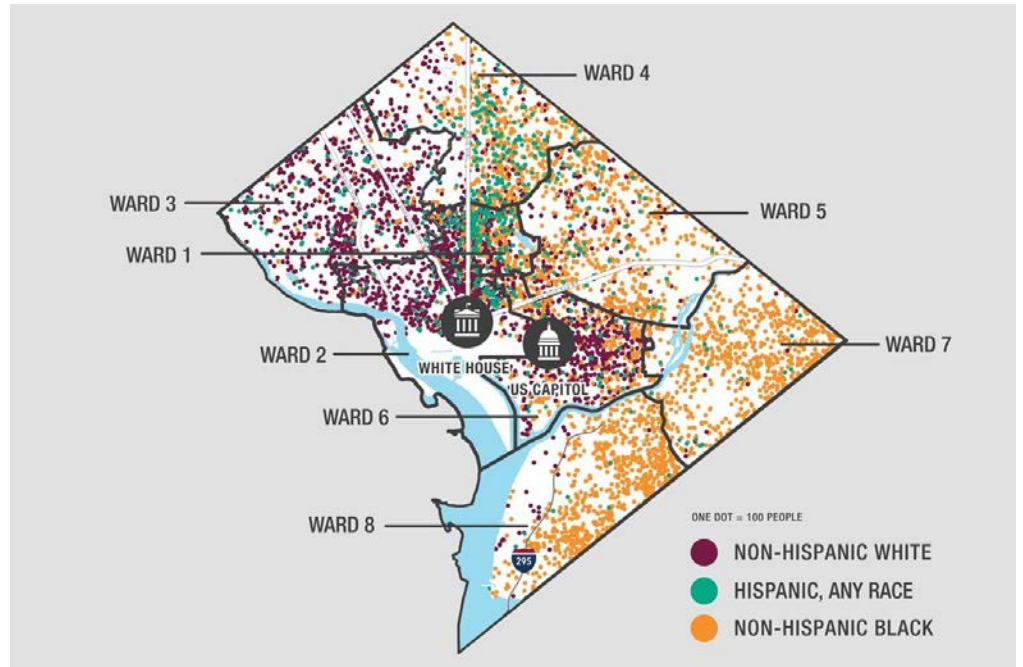


# District of Columbia

## Healthy Places Index (HPI) scores



## Distribution of population by race and ethnicity



# District of Columbia

Healthy Places Index (HPI) scores

Distribution of population by race and ethnicity

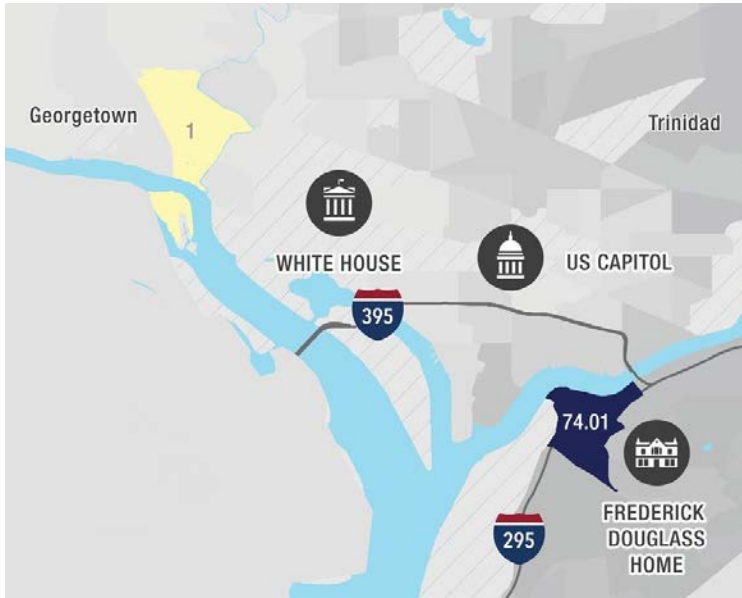


	High Opportunity	Low Opportunity
SOME COLLEGE EDUCATION	01 97%	01 20%
HIGH SCHOOL EDUCATION	02 100%	02 70%
MEDIAN HOUSEHOLD INCOME	03 \$191,607	03 \$22,949
UNEMPLOYMENT	04 1%	04 39%
ADULT POVERTY RATE	05 4%	05 51%
PUBLIC ASSISTANCE	06 0%	06 55%
MODERATE HOUSING COST BURDEN	07 19%	07 63%
UNINSURED ADULTS	08 1%	08 29%



# History makes the difference

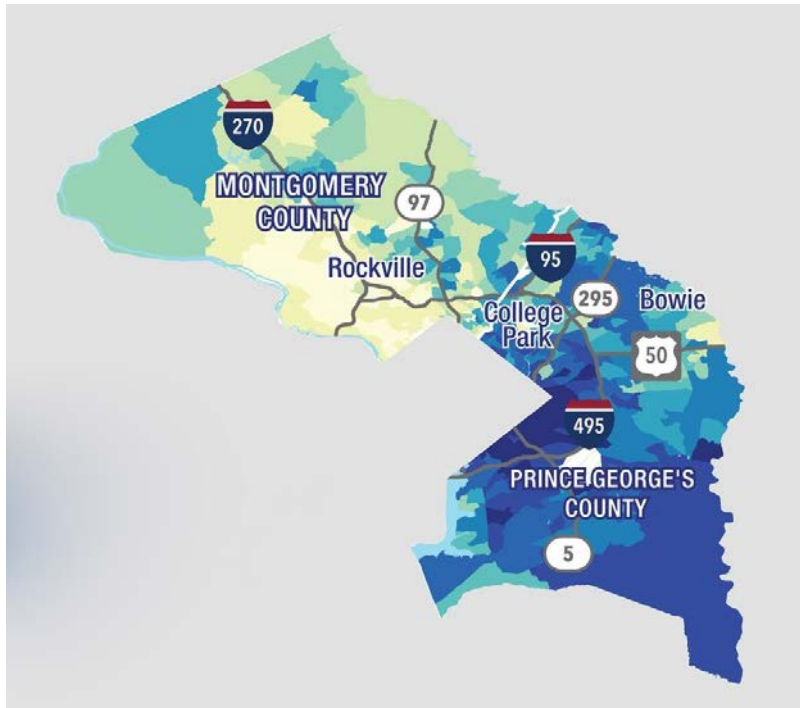




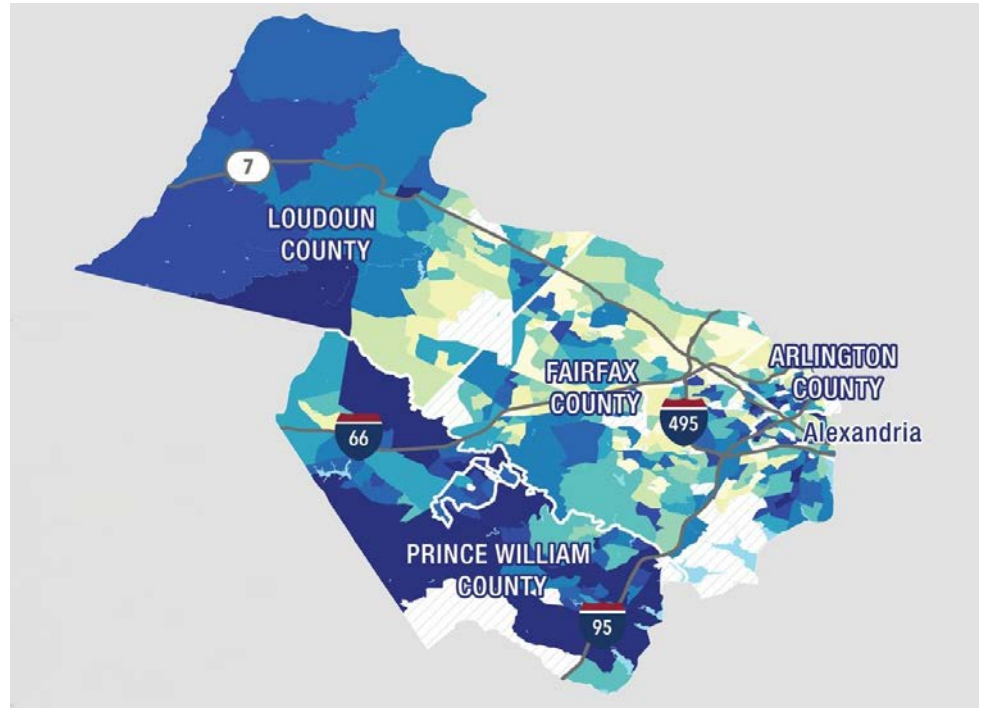
	TRACT 1 Georgetown	TRACT 74.01 Anacostia
Healthy Places Index	76	3
Life expectancy	86 years	67 years
High school graduation	100%	67%
Some college education	95%	21%
Median household income	\$170,338	\$14,813
Unemployment	5%	25%
Adult poverty	4%	51%
Child poverty	0%	74%
Public assistance	1%	76%
Children 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

# Uneven opportunity in the suburbs

Suburban Maryland



Northern Virginia



# Strategies to reduce geographic disparities in health and opportunity

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

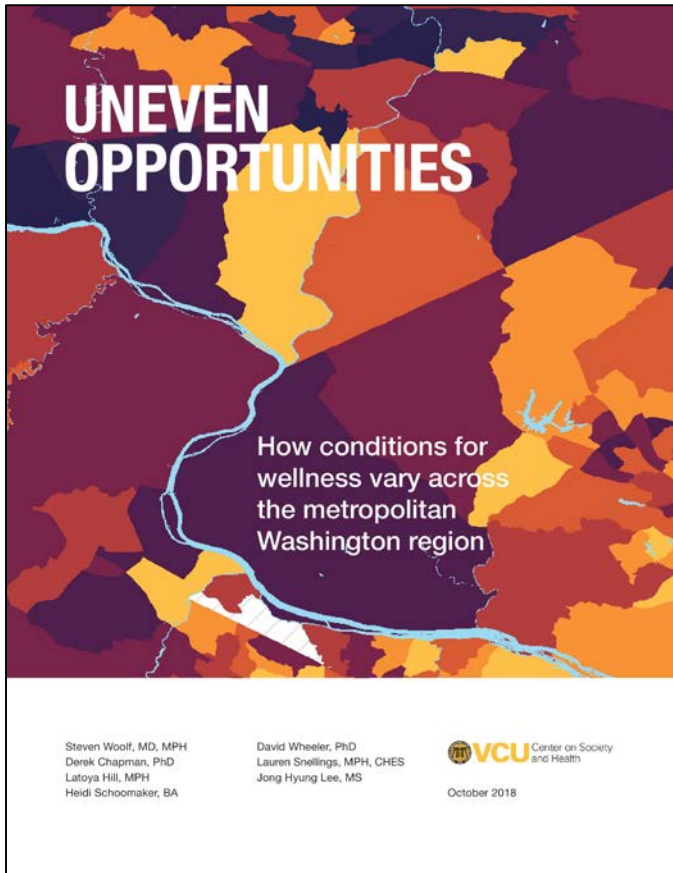
- Policy action by government and the private sector to improve jobs, increase wages, reduce poverty, and promote economic mobility
- Reforms and investments to improve education
- Cross-racial alliance building to address common causes (e.g., discrimination)

## **Invest in communities**

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



# Available resources



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

# Questions?