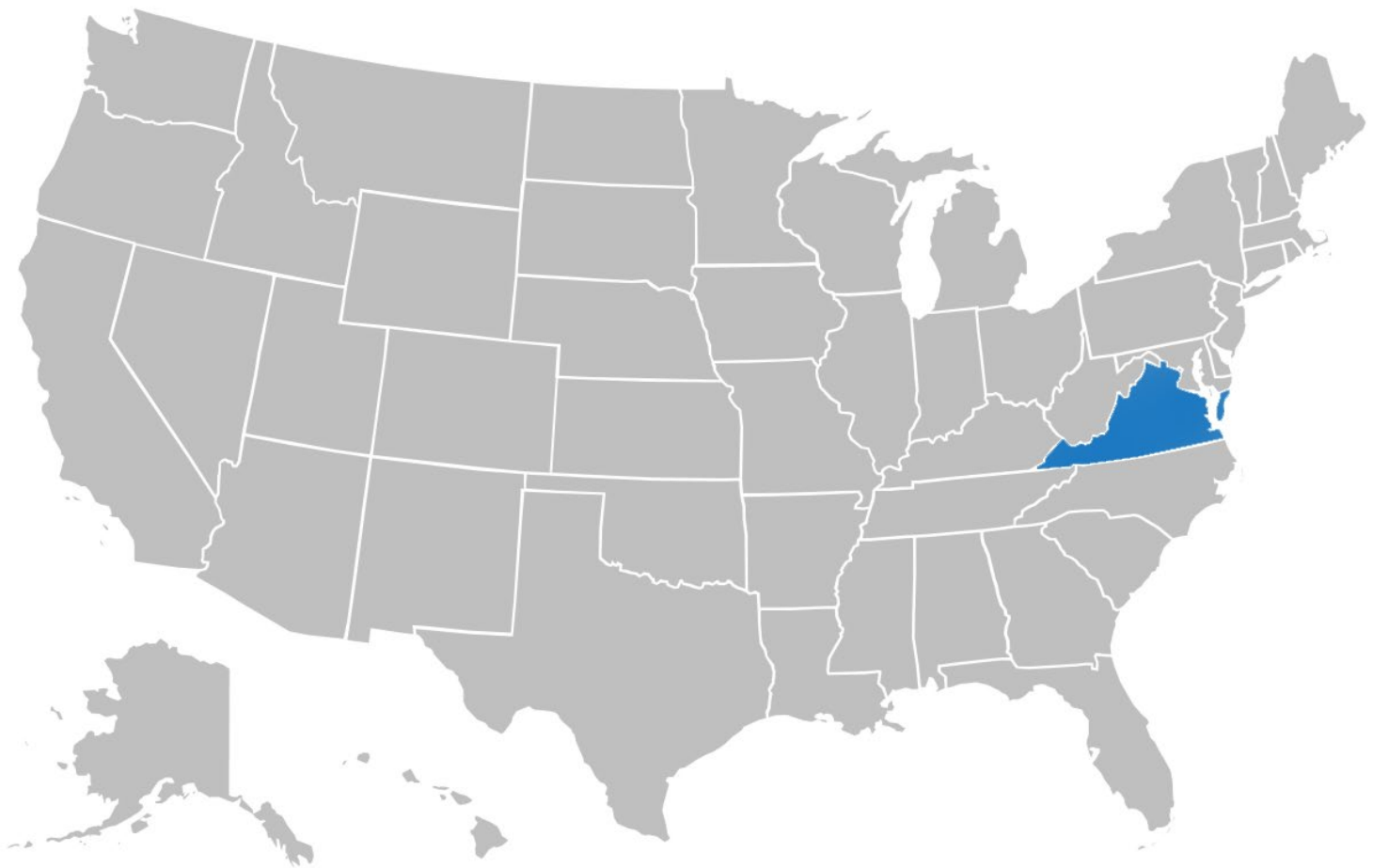


## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

# Virginia



## 2021 State Level Data and Ranks



## 2021 County Health Rankings for Virginia: Measures and National/State Results

Measure	Description	US	VA	VA Minimum	VA Maximum
<b>HEALTH OUTCOMES</b>					
Premature death*	Years of potential life lost before age 75 per 100,000 population (age-adjusted).	6,900	6,400	2,800	20,600
Poor or fair health	Percentage of adults reporting fair or poor health (age-adjusted).	17%	17%	9%	32%
Poor physical health days	Average number of physically unhealthy days reported in past 30 days (age-adjusted).	3.7	3.5	2.5	5.8
Poor mental health days	Average number of mentally unhealthy days reported in past 30 days (age-adjusted).	4.1	4.0	3.2	5.7
Low birthweight*	Percentage of live births with low birthweight (< 2,500 grams).	8%	8%	5%	14%
<b>HEALTH FACTORS</b>					
<b>HEALTH BEHAVIORS</b>					
Adult smoking	Percentage of adults who are current smokers (age-adjusted).	17%	15%	9%	29%
Adult obesity	Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m <sup>2</sup> .	30%	31%	19%	49%
Food environment index	Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).	7.8	8.8	3.6	10.0
Physical inactivity	Percentage of adults age 20 and over reporting no leisure-time physical activity.	23%	22%	12%	44%
Access to exercise opportunities	Percentage of population with adequate access to locations for physical activity.	84%	82%	8%	100%
Excessive drinking	Percentage of adults reporting binge or heavy drinking (age-adjusted).	19%	18%	13%	23%
Alcohol-impaired driving deaths	Percentage of driving deaths with alcohol involvement.	27%	30%	0%	100%
Sexually transmitted infections	Number of newly diagnosed chlamydia cases per 100,000 population.	539.9	507.3	69.8	1,729.1
Teen births*	Number of births per 1,000 female population ages 15-19.	21	16	4	71
<b>CLINICAL CARE</b>					
Uninsured	Percentage of population under age 65 without health insurance.	10%	10%	4%	17%
Primary care physicians	Ratio of population to primary care physicians.	1,320:1	1,330:1	14,900:1	340:1
Dentists	Ratio of population to dentists.	1,400:1	1,410:1	22,570:1	300:1
Mental health providers	Ratio of population to mental health providers.	380:1	530:1	22,570:1	70:1
Preventable hospital stays*	Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.	4,236	4,269	2,091	9,113
Mammography screening*	Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening.	42%	43%	31%	58%
Flu vaccinations*	Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.	48%	51%	16%	62%
<b>SOCIAL &amp; ECONOMIC FACTORS</b>					
High school completion	Percentage of adults ages 25 and over with a high school diploma or equivalent.	88%	90%	70%	99%
Some college	Percentage of adults ages 25-44 with some post-secondary education.	66%	71%	37%	91%
Unemployment	Percentage of population ages 16 and older unemployed but seeking work.	3.7%	2.8%	1.9%	5.6%
Children in poverty*	Percentage of people under age 18 in poverty.	17%	13%	3%	43%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile.	4.9	4.8	3.2	6.9
Children in single-parent households	Percentage of children that live in a household headed by single parent.	26%	24%	7%	70%
Social associations	Number of membership associations per 10,000 population.	9.3	11.3	0.0	40.3
Violent crime	Number of reported violent crime offenses per 100,000 population.	386	207	40	714
Injury deaths*	Number of deaths due to injury per 100,000 population.	72	65	22	152
<b>PHYSICAL ENVIRONMENT</b>					
Air pollution - particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5).	7.2	7.7	6.1	9.3
Drinking water violations	Indicator of the presence of health-related drinking water violations. 'Yes' indicates the presence of a violation, 'No' indicates no violation.	N/A	N/A	No	Yes
Severe housing problems	Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.	18%	15%	4%	27%
Driving alone to work*	Percentage of the workforce that drives alone to work.	76%	77%	51%	92%
Long commute - driving alone	Among workers who commute in their car alone, the percentage that commute more than 30 minutes.	37%	41%	11%	73%

\* Indicates subgroup data by race and ethnicity is available

## 2021 County Health Rankings: Disaggregated State-Level Racial/Ethnic Data

Measure	Overall	AIAN	Asian	Black	Hispanic	White
<b>HEALTH OUTCOMES</b>						
Premature death*	6,400	4,100	2,700	9,000	3,400	6,300
Life expectancy	79.5	90	89.5	76.5	89.5	79.5
Premature age-adjusted mortality	320	210	130	440	150	320
Child mortality	50	---	30	80	40	40
Infant mortality	6	---	4	10	5	5
Low birthweight*	8%	8%	8%	13%	7%	7%
<b>HEALTH FACTORS</b>						
<b>HEALTH BEHAVIORS</b>						
Drug overdose deaths	18	16	3	17	7	21
Motor vehicle crash deaths	10	7	3	12	6	10
Teen births*	16	10	3	23	31	12
<b>CLINICAL CARE</b>						
Preventable hospital stays*	4,269	4,636	2,501	5,992	3,342	4,011
Mammography screening*	43%	36%	33%	44%	33%	44%
Flu vaccinations*	51%	43%	52%	40%	41%	53%
<b>SOCIAL &amp; ECONOMIC FACTORS</b>						
Reading scores <sup>^</sup>	3.2	N/A	3.5	2.8	2.8	3.4
Math scores <sup>+</sup>	---	N/A	---	---	---	---
Children in poverty* <sup>‡</sup>	13%	16%	6%	27%	19%	9%
Median household income	\$76,500	\$62,200	\$105,900	\$51,700	\$68,800	\$80,000
Injury deaths*	65	48	21	64	27	75
Homicides	5	---	1	15	3	2
Suicides	13	15	6	7	4	17
Firearm fatalities	12	13	2	18	4	12
<b>PHYSICAL ENVIRONMENT</b>						
Driving alone to work*	77%	72%	73%	77%	68%	81%

\* Ranked measure

<sup>^</sup> Data not available for AK, AZ, LA, MD, NM, NY, VT

<sup>+</sup> Data not available for AK, AZ, LA, MD, NY, VT, VA

<sup>‡</sup> Overall county level values of children in poverty are obtained from one-year modeled estimates from the Small Area Income and Poverty Estimates (SAIPE) Program. Because SAIPE does not provide estimates by racial and ethnic groups, data from the 5-year American Community Survey (ACS) was used to quantify children living in poverty by racial and ethnic groups.

N/A indicates data not available for this race/ethnicity.

--- Data not reported due to NCHS suppression rules (A missing value is reported for counties with fewer than 20 deaths or 10 births.)

## 2021 County Health Rankings: Ranked Measure Sources and Years of Data

	Measure	Weight	Source	Years of Data
<b>HEALTH OUTCOMES</b>				
Length of Life	Premature death*	50%	National Center for Health Statistics - Mortality Files	2017-2019
Quality of Life	Poor or fair health	10%	Behavioral Risk Factor Surveillance System	2018
	Poor physical health days	10%	Behavioral Risk Factor Surveillance System	2018
	Poor mental health days	10%	Behavioral Risk Factor Surveillance System	2018
	Low birthweight*	20%	National Center for Health Statistics - Natality files	2013-2019
<b>HEALTH FACTORS</b>				
<b>HEALTH BEHAVIORS</b>				
Tobacco Use	Adult smoking	10%	Behavioral Risk Factor Surveillance System	2018
Diet and Exercise	Adult obesity	5%	United States Diabetes Surveillance System	2017
	Food environment index	2%	USDA Food Environment Atlas, Map the Meal Gap from Feeding America	2015 & 2018
	Physical inactivity	2%	United States Diabetes Surveillance System	2017
	Access to exercise opportunities	1%	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2019
Alcohol and Drug Use	Excessive drinking	2.5%	Behavioral Risk Factor Surveillance System	2018
	Alcohol-impaired driving deaths	2.5%	Fatality Analysis Reporting System	2015-2019
Sexual Activity	Sexually transmitted infections	2.5%	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2018
	Teen births*	2.5%	National Center for Health Statistics - Natality files	2013-2019
<b>CLINICAL CARE</b>				
Access to Care	Uninsured	5%	Small Area Health Insurance Estimates	2018
	Primary care physicians	3%	Area Health Resource File/American Medical Association	2018
	Dentists	1%	Area Health Resource File/National Provider Identification file	2019
	Mental health providers	1%	CMS, National Provider Identification	2020
Quality of Care	Preventable hospital stays*	5%	Mapping Medicare Disparities Tool	2018
	Mammography screening*	2.5%	Mapping Medicare Disparities Tool	2018
	Flu vaccinations*	2.5%	Mapping Medicare Disparities Tool	2018
<b>SOCIAL &amp; ECONOMIC FACTORS</b>				
Education	High school completion	5%	American Community Survey, 5-year estimates	2015-2019
	Some college	5%	American Community Survey, 5-year estimates	2015-2019
Employment	Unemployment	10%	Bureau of Labor Statistics	2019
Income	Children in poverty*	7.5%	Small Area Income and Poverty Estimates	2019
	Income inequality	2.5%	American Community Survey, 5-year estimates	2015-2019
Family and Social Support	Children in single-parent households	2.5%	American Community Survey, 5-year estimates	2015-2019
	Social associations	2.5%	County Business Patterns	2018
Community Safety	Violent crime	2.5%	Uniform Crime Reporting - FBI	2014 & 2016
	Injury deaths*	2.5%	National Center for Health Statistics - Mortality Files	2015-2019
<b>PHYSICAL ENVIRONMENT</b>				
Air and Water Quality	Air pollution - particulate matter	2.5%	Environmental Public Health Tracking Network	2016
	Drinking water violations	2.5%	Safe Drinking Water Information System	2019
Housing and Transit	Severe housing problems	2%	Comprehensive Housing Affordability Strategy (CHAS) data	2013-2017
	Driving alone to work*	2%	American Community Survey, 5-year estimates	2015-2019
	Long commute - driving alone	1%	American Community Survey, 5-year estimates	2015-2019

\*Indicates subgroup data by race and ethnicity is available

## 2021 County Health Rankings: Additional Measure Sources and Years of Data

	Measure	Source	Years of Data
<b>HEALTH OUTCOMES</b>			
Length of Life	Life expectancy*	National Center for Health Statistics - Mortality Files	2017-2019
	Premature age-adjusted mortality*	National Center for Health Statistics - Mortality Files	2017-2019
	Child mortality*	National Center for Health Statistics - Mortality Files	2016-2019
	Infant mortality*	National Center for Health Statistics - Mortality Files	2013-2019
Quality of Life	Frequent physical distress	Behavioral Risk Factor Surveillance System	2018
	Frequent mental distress	Behavioral Risk Factor Surveillance System	2018
	Diabetes prevalence	United States Diabetes Surveillance System	2017
	HIV prevalence	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2018
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
Diet and Exercise	Food insecurity	Map the Meal Gap	2018
	Limited access to healthy foods	USDA Food Environment Atlas	2015
Alcohol and Drug Use	Drug overdose deaths*	National Center for Health Statistics - Mortality Files	2017-2019
	Motor vehicle crash deaths*	National Center for Health Statistics - Mortality Files	2013-2019
Other Health Behaviors	Insufficient sleep	Behavioral Risk Factor Surveillance System	2018
<b>CLINICAL CARE</b>			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates	2018
	Uninsured children	Small Area Health Insurance Estimates	2018
	Other primary care providers	CMS, National Provider Identification	2020
<b>SOCIAL &amp; ECONOMIC FACTORS</b>			
Education	High school graduation	EDFacts	2017-2018
	Disconnected youth	American Community Survey, 5-year estimates	2015-2019
	Reading scores* <sup>+</sup>	Stanford Education Data Archive	2018
	Math scores* <sup>+</sup>	Stanford Education Data Archive	2018
Income	Median household income*	Small Area Income and Poverty Estimates	2019
	Children eligible for free or reduced price lunch	National Center for Education Statistics	2018-2019
Family and Social Support	Residential segregation - Black/White	American Community Survey, 5-year estimates	2015-2019
	Residential segregation - non-White/White	American Community Survey, 5-year estimates	2015-2019
Community Safety	Homicides*	National Center for Health Statistics - Mortality Files	2013-2019
	Suicides*	National Center for Health Statistics - Mortality Files	2015-2019
	Firearm fatalities*	National Center for Health Statistics - Mortality Files	2015-2019
	Juvenile arrests <sup>+</sup>	Easy Access to State and County Juvenile Court Case Counts	2018
<b>PHYSICAL ENVIRONMENT</b>			
Housing and Transit	Traffic volume	EJSCREEN: Environmental Justice Screening and Mapping Tool	2019
	Homeownership	American Community Survey, 5-year estimates	2015-2019
	Severe housing cost burden	American Community Survey, 5-year estimates	2015-2019
	Broadband access	American Community Survey, 5-year estimates	2015-2019

\*Indicates subgroup data by race and ethnicity is available

<sup>+</sup> Not available in all states

See additional contextual demographic information and measures online at [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

## 2021 County Health Rankings for the 133 Ranked Counties in Virginia

County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors	County	Health Outcomes	Health Factors
Accomack	95	115	Dinwiddie	82	92	Lee	115	130	Radford City	81	62
Albemarle	7	7	Emporia City	109	125	Lexington City	79	29	Rappahannock	43	43
Alexandria City	5	9	Essex	124	88	Loudoun	2	3	Richmond	105	68
Alleghany	84	94	Fairfax	4	4	Louisa	60	64	Richmond City	102	93
Amelia	74	104	Fairfax City	13	5	Lunenburg	126	121	Roanoke	34	14
Amherst	55	70	Falls Church City	3	1	Lynchburg City	72	60	Roanoke City	110	100
Appomattox	75	86	Fauquier	12	22	Madison	71	53	Rockbridge	46	47
Arlington	1	2	Floyd	61	57	Manassas City	29	51	Rockingham	21	44
Augusta	19	33	Fluvanna	26	18	Manassas Park City	59	41	Russell	113	120
Bath	64	55	Franklin	67	76	Martinsville City	130	105	Salem City	47	25
Bedford	32	38	Franklin City	128	113	Mathews	50	26	Scott	88	91
Bland	53	46	Frederick	25	31	Mecklenburg	114	111	Shenandoah	40	52
Botetourt	18	15	Fredericksburg City	54	72	Middlesex	66	54	Smyth	112	102
Bristol City	98	101	Galax City	132	116	Montgomery	20	27	Southampton	76	85
Brunswick	118	128	Giles	91	58	Nelson	58	71	Spotsylvania	35	42
Buchanan	123	133	Gloucester	48	34	New Kent	30	23	Stafford	9	20
Buckingham	87	124	Goochland	16	11	Newport News City	73	81	Staunton City	65	21
Buena Vista City	94	79	Grayson	69	97	Norfolk City	99	90	Suffolk City	45	45
Campbell	44	74	Greene	33	37	Northampton	101	107	Surry	86	69
Caroline	57	83	Greensville	120	117	Northumberland	56	73	Sussex	117	126
Carroll	62	84	Halifax	103	109	Norton City	108	112	Tazewell	121	123
Charles City	119	99	Hampton City	80	67	Nottoway	104	118	Virginia Beach City	24	19
Charlotte	116	122	Hanover	14	10	Orange	52	56	Warren	63	66
Charlottesville City	23	12	Harrisonburg City	37	48	Page	70	110	Washington	85	77
Chesapeake City	36	32	Henrico	28	17	Patrick	97	106	Waynesboro City	78	63
Chesterfield	22	16	Henry	107	114	Petersburg City	133	132	Westmoreland	89	96
Clarke	31	30	Highland	68	78	Pittsylvania	90	98	Williamsburg City	17	39
Colonial Heights City	96	75	Hopewell City	129	131	Poquoson City	8	13	Winchester City	49	35
Covington City	131	80	Isle of Wight	38	50	Portsmouth City	111	108	Wise	125	127
Craig	51	59	James City	11	8	Powhatan	15	24	Wythe	77	89
Culpeper	41	65	King and Queen	106	82	Prince Edward	92	95	York	6	6
Cumberland	93	103	King George	39	36	Prince George	27	49			
Danville City	127	119	King William	42	40	Prince William	10	28			
Dickenson	122	129	Lancaster	100	61	Pulaski	83	87			

For more information on how these ranks are calculated visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

### Talk to a Team Member:

Have questions about your data? Need help finding an evidence-informed strategy? Looking for more information on how to start taking action? CHR&R team members are available to help you navigate the many resources we have available to support you on your journey to create healthy, equitable communities.

To contact us, please go to [www.countyhealthrankings.org/contact-us](http://www.countyhealthrankings.org/contact-us). We're here to help!

## Technical Notes

### How are race and ethnicity categories defined?

Race and ethnicity are different forms of identity but are sometimes categorized in non-exclusive ways. Race is a form of identity constructed by our society to give meaning to different groupings of observable physical traits. An individual may identify with more than one race group. Ethnicity is used to group individuals according to shared cultural elements. Racial and ethnic categorizations relate to health because our society sorts groups of individuals based on perceived identities. These categorizations have meaning because of social and political factors, including systems of power such as racism. Examining the variation among racial and ethnic groupings in health factors and outcomes is key to understanding and addressing historical and current context that underlie these differences.

Data sources differ in methods for defining and grouping race and ethnicity categories. To incorporate as much information as possible in our summaries, County Health Rankings & Roadmaps (CHR&R) race/ethnicity categories vary by data source. With a few exceptions, CHR&R adheres to the following nomenclature originally defined by [The Office of Management and Budget \(OMB\)](#):

**American Indian & Alaska Native (AIAN):** includes people who identify as American Indian or Alaska Native and do not identify as Hispanic.

**Asian:** includes people who identify as Asian or Pacific Islander and do not identify as Hispanic.

**Black:** includes people who identify as Black or African American and do not identify as Hispanic.

**Hispanic:** includes people who identify as Mexican, Puerto Rican, Cuban, Central or South American, other Hispanic, or Hispanic of unknown origin.

**White:** includes people who identify as White and do not identify as Hispanic.

Note:

- Racial and ethnic categorization masks variation within groups.
- Individuals may identify with multiple races, indicating that none of the offered categories reflect their identity; these individuals are not included in our summaries.
- OMB categories have limitations and have changed over time, reflecting the importance of attending to contemporary racialization as a principle for examining approaches to measurement.
- For some data sources, race categories other than White also include people who identify as Hispanic.

### Learn More:

The above definitions apply to all measures using data from the [National Center for Health Statistics](#) (see Ranked & Additional Measure Sources and Years of Data tables on pages 4 & 5). For this data source, all race/ethnicity categories are exclusive so that each individual fits into only one category.

Other data sources offer slight nuances of the race/ethnicity categories listed above. [The American Community Survey \(ACS\)](#) only provides an exclusive race and ethnicity category for people who identify as non-Hispanic White. An individual who identifies as Hispanic and as Black would be included in both the Hispanic *and* Black race/ethnicity categories. Another difference with ACS data is the separate race categories for people who identify as Asian and people who identify as Hawaiian & Other Pacific Islander. For measures of Children in Poverty and Driving Alone to Work, CHR&R reports a combined estimate for the Asian & Other Pacific Islander categories, while for Median Household Income we only report the Asian race category.

Measures using data from the [Center for Medicare and Medicaid Services](#) (Mammography, Preventable Hospital Stays, Flu Vaccinations) follows the ACS categories with the exception of having a combined Asian/Pacific Islander category. For this data source, race and ethnicity are not self-reported.

The [Stanford Education Data Archive](#) used for the Reading and Math Scores measures follow the [National Center for Education Statistics](#) (NCES) definitions of Asian or Pacific Islander, American Indian & Alaska Native, non-Hispanic Black, non-Hispanic White, and Hispanic.

### How do we rank counties?

To calculate the ranks, we first standardize each of the measures using z-scores. Z-scores allow us to combine multiple measures because the measures are now on the same scale. The ranks are then calculated based on weighted sums of the measure z-scores within each state to create an aggregate z-score. The county with the best aggregate z-score (healthiest) gets a rank of #1 for that state. To see more detailed information on rank calculation please visit our methods in **Explore Health Rankings** on our website: [www.countyhealthrankings.org](http://www.countyhealthrankings.org).