

Appendix D. Community Themes and Strengths Assessment

Background

Data for the Community Themes and Strengths Assessment (CTSA) were collected through a survey (Figure D1) that asked participants details about themselves, such as gender, race, income, and zip code, and their opinion about three main questions:

- What are the **greatest strengths** of our community?
- What are the **most important health issues** for our community?
- What would **most improve the quality of life** for our community?

Survey participants could select up to three choices for each question and leave open feedback in a freeform field. The survey was made available online and in paper format, and was in the field from September to October 31, 2018. Online and paper formats were available in Spanish, Arabic, Amharic, and Farsi. In addition, the online survey was available in Urdu, Vietnamese, Mandarin, and Korean. This survey utilized a convenience sampling method; therefore, results from this survey are not generalizable to the City of Alexandria.

Figure D1. CTSA Survey

Survey Introduction:

The Alexandria Health Department is conducting a short, anonymous survey to learn about what is important to people in the City of Alexandria. The results will be used to inform ongoing efforts to make Alexandria a healthier community. We also ask a few questions about you so we can understand more about who took this survey. If you need more information, please visit www.healthmattersalexandria.org or contact us at healthmatters@vdh.virginia.gov or call 703-746-4934. Thank you for participating in this anonymous survey.

1. In your opinion, what are the greatest strengths of our community?

*Please select up to **THREE (3)** boxes below:*

- Opportunities to be involved in the community
- Diversity of the community (social, cultural, faith, economic)
- Access to healthy food (fresh fruits and vegetables)
- Housing that is affordable
- Services that support basic needs (food, clothing, temporary cash assistance)
- Access to health care
- Educational opportunities (schools, libraries, vocational programs, universities)
- A good place for children
- A good place for older adults
- Jobs and a healthy economy
- Transportation options
- Mental health and substance abuse services
- Police, fire and rescue services
- Safe place to live
- Parks and recreation
- Walk-able, bike-able community
- Clean and healthy environment
- Arts and cultural events
- Other (please specify):

2. In your opinion, what are the most important health issues for our community?

*Please select up to **THREE (3)** boxes below:*

- Dental problems
- Teen pregnancy
- Maternal, infant and child health
- Violence and abuse
- Preventable injuries (car or bicycle crashes, falls)
- Aging-related health concerns
- Tobacco use (cigarettes, vaping, e-cigarettes, snuff, chewing tobacco)
- Alcohol, drug, and/or opiate abuse
- Mental health problems (depression, anxiety, stress, suicide)
- Obesity
- Other chronic health conditions (asthma, cancers, diabetes, heart disease, stroke)
- Illnesses spread by insects and/or animals (Lyme disease, Zika, rabies)
- Sexually transmitted diseases
- HIV
- Other illnesses that spread from person to person (flu, TB)
- Vaccine preventable diseases (whooping cough, measles, tetanus)
- Food safety
- Intellectual disabilities (autism, developmental disabilities)
- Sensory disabilities (hearing, vision)
- Physical disabilities
- Differences in health outcomes for different groups of people
- Other (please specify):

3. In your opinion, what would most improve the quality of life for our community?

Please select up to THREE (3) boxes below:

- | | |
|--|--|
| <input type="checkbox"/> Opportunities to be involved in the community | <input type="checkbox"/> Jobs and a healthier economy |
| <input type="checkbox"/> Welcoming of diversity (social, cultural, faith, economic) | <input type="checkbox"/> Transportation options |
| <input type="checkbox"/> Access to healthy food (fresh fruits and vegetables) | <input type="checkbox"/> Mental health and substance abuse services |
| <input type="checkbox"/> Housing that is affordable | <input type="checkbox"/> Public safety and health (law enforcement, fire, EMS and public health) |
| <input type="checkbox"/> Services that support basic needs (food, clothing, temporary cash assistance) | <input type="checkbox"/> Access to parks and recreation |
| <input type="checkbox"/> Access to health care | <input type="checkbox"/> A walk-able, bike-able community |
| <input type="checkbox"/> Educational opportunities (schools, libraries, vocational programs, universities) | <input type="checkbox"/> Clean and healthy environment |
| | <input type="checkbox"/> Arts and cultural events |
| | <input type="checkbox"/> Working to end homelessness |
| | <input type="checkbox"/> Other (please specify): _____ |

Please answer the following questions about yourself. We ask these questions to better understand your answers.

D1. Your HOME ZIP CODE: _____

- Native Hawaiian or Other Pacific Islander
 White or Caucasian

D2. Your AGE Mark (X) only ONE (1) box:

- Under 18 years
 18 - 24 years
 25 - 29 years
 30 - 39 years
 40 - 49 years
 50 - 64 years
 65 - 79 years
 80+ years

D6. Do you live in a home with HOUSEHOLD MEMBERS THAT ARE YOUNGER THAN 18 YEARS OLD? Mark (X) only ONE (1) box:

- Yes
 No

D3. Your HIGHEST LEVEL OF EDUCATION

Mark (X) only ONE (1) box:

- Less than high school diploma
 High school diploma / GED
 Some college
 Associates / Technical degree
 Bachelor's degree
 Graduate degree or higher

D7. Where do you USUALLY GO FOR HEALTHCARE? Mark (X) only ONE (1) box:

- Hospital / emergency room
 Private doctor's office / HMO
 Urgent care center
 Free or reduced-fee clinic
 I don't get healthcare

D4. ARE YOU HISPANIC OR LATINO?

Mark (X) only ONE (1) box:

- Yes
 No

D8. Your ASSIGNED SEX AT BIRTH

Mark (X) only ONE (1) box:

- Female
 Male

D5. Your RACE - Which one or more of the following race categories do you identify with?

Select ALL THAT APPLY:

- American Indian or Alaska Native
 Asian
 Black or African American

D9. Your ANNUAL HOUSEHOLD INCOME

Mark (X) only ONE (1) box:

- Less than \$10,000
 \$10,000 - \$49,999
 \$50,000 - \$99,999
 \$100,000 - \$149,999
 \$150,000+



<https://www.surveymonkey.com/r/LiveHealthyNOVA>

Characteristics of Survey Respondents

Figure D2. Characteristics of Survey Respondents

	Number of Respondents	Percent of Respondents*
Total Responses	1,775	100%
Ethnicity		
Not Hispanic or Latino	1,361	77%
Hispanic or Latino	245	14%
No response	169	10%
Race		
White	859	48%
Black or African American	449	25%
Asian	86	5%
Two or more races	47	3%
American Indian/Alaskan Native	20	1%
Native Hawaiian/Other Pacific Islander	11	1%
No response	303	17%
Language		
English	1,589	90%
Spanish	128	7%
Arabic	26	2%
Amharic	24	1%
Farsi	8	1%
Lives with child (<18 years)		
Yes	573	32%
No	1,051	59%
No response	151	9%
Sex		
Male	508	29%
Female	1,116	63%
No response	151	9%
Annual Household Income		
Less than \$10,000	179	10%
\$10,000 to \$49,999	361	20%
\$50,000 to \$99,999	447	25%
\$100,000 to \$149,000	255	14%
Greater than \$150,000	346	19%
No response	187	11%

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	Number of Respondents	Percent of Respondents*
Age Category		
Less than 18 years	43	2%
18-24 years	74	4%
25-29 years	171	10%
30-39 years	413	23%
40-49 years	281	16%
50-64 years	362	20%
65-79 years	269	15%
80+ years	39	2%
No response	123	7%
Education		
Less than High School Diploma	118	7%
High School Diploma or GED	194	11%
Some College	230	13%
Associates or Technical Degree	91	5%
Bachelor's Degree	416	23%
Graduate Degree or Higher	592	33%
No response	134	8%
Regular Source of Healthcare		
Private Doctor's Office or HMO	1134	64%
Urgent Care	161	9%
Hospital or Emergency Room	134	8%
Free or Reduced Fee Clinic	111	6%
I don't get healthcare	82	5%
No response	153	9%
Zip Code		
22304	344	19%
22314	329	19%
22305	166	9%
22301	156	9%
22302	121	7%
22311	89	5%
22312	76	4%
Greater Alexandria	72	4%
DMV Metro Area	139	8%
Greater Virginia	5	0%
No response or out of VA/U.S.	278	16%
* May sum to greater than 100% due to rounding		

Overall Survey Results (Top 5 Selected Responses Highlighted)

Figure D3. What are the greatest strengths of our community?

Rank	Response	Number of People Who Selected Response
1	Diversity of the community (social, cultural, faith, economic)	689
2	Opportunities to be involved in the community	433
3	Safe place to live	419
4	Educational opportunities (schools, libraries, universities)	393
5	Access to healthy food (fresh fruits and vegetables)	379
6	Walk-able, bike-able community	367
7	Transportation options	347
8	A good place for children	298
9	Access to health care	295
10	Jobs and a healthy economy	288
11	Police, fire and rescue services	255
12	Housing that is affordable	230
13	Services that support basic needs (food, clothing, cash assistance)	213
14	Parks and recreation	207
15	Arts and cultural events	170
16	A good place for older adults	167
17	Clean and healthy environment	160
18	Mental health and substance abuse services	100

Figure D4. What are the top health issues facing our community?

Rank	Response	Number of People Who Selected Response
1	Mental health problems (depression, anxiety, stress, suicide)	629
2	Alcohol, drug, and/or opiate abuse	472
3	Differences in health outcomes for different groups of people	439
4	Violence and abuse	361
5	Obesity	344
6	Aging-related health concerns	335
7	Preventable injuries (car or bicycle crashes, falls)	316
8	Dental problems	280
9	Chronic health conditions (asthma, cancers, diabetes, heart disease, stroke)	269
10	Maternal, infant and child health	247
11	Teen pregnancy	213
12	Tobacco use (cigarettes, vaping, e-cigarettes, snuff, chewing tobacco)	208
13	Other illnesses that spread from person to person (flu, TB)	107
14	Sexually transmitted diseases	106
15	Food safety	104
16	Intellectual disabilities (autism, developmental disabilities)	92
17	Vaccine preventable diseases (whooping cough, measles, tetanus)	87
18	Illnesses spread by insects and/or animals (Lyme disease, Zika, Rabies)	74
19	HIV	70
20	Physical disabilities	59
21	Sensory disabilities (hearing, vision)	42

Figure D5. What would most improve the quality of life in our community?

Rank	Response	Number of People Who Selected Response
1	Housing that is affordable	870
2	Access to health care	465
3	Educational opportunities (schools, libraries, universities)	341
4	Welcoming of diversity (social, cultural, faith, economic)	333
5	Access to healthy food (fresh fruits and vegetables)	314
6	Services that support basic needs (food, clothing, cash assistance)	309
7	Mental health and substance abuse services	285
8	Jobs and a healthier economy	257
9	Working to end homelessness	248
10	Opportunities to be involved in the community	222
11	Clean and healthy environment	204
12	Transportation options	190
13	A walk-able, bike-able community	187
14	Public safety and health (law enforcement, fire, EMS and public health)	148
15	Access to parks and recreation	110
16	Arts and cultural events	67

Top 5 Answers to “What are the top health issues facing our community?” by Select Demographic Groups

Figure D6. Low income Respondents (Household Income <\$50,000/year)

Rank	Response	Number of People Who Selected Response
1	Dental problems	156
2	Mental health problems (depression, anxiety, stress, suicide)	147
3	Alcohol, drug, and/or opiate abuse	143
4	Violence and abuse	141
5	Aging-related health concerns	111

Figure D7. Respondents with Less than a High School Diploma or GED (25+ years of age)

Rank	Response	Number of People Who Selected Response
1	Dental problems	37
2	Mental health problems (depression, anxiety, stress, suicide)	33
3	Violence and abuse	31
4	Alcohol, drug, and/or opiate abuse	29
5	Maternal, infant and child health	25

Figure D8. Younger Respondents (<25 years of age)

Rank	Response	Number of People Who Selected Response
1	Mental health problems (depression, anxiety, stress, suicide)	40
2	Alcohol, drug, and/or opiate abuse	38
3	Violence and abuse	34
4	Tobacco use (cigarettes, vaping, e-cigarettes, snuff, chewing tobacco)	30
5	Teen pregnancy	29

Figure D9. Older Respondents (>65 years of age)

Rank	Response	Number of People Who Selected Response
1	Aging-related health concerns	111
2	Mental health problems (depression, anxiety, stress, suicide)	90
3	Differences in health outcomes for different groups of people	88
4	Alcohol, drug, and/or opiate abuse	70
5	Obesity	63

Figure D10. Spanish Speaking Respondents (Survey Language in Spanish)

Rank	Response	Number of People Who Selected Response
1	Dental problems	43
2	Alcohol, drug, and/or opiate abuse	41
3	Violence and abuse	37
4	Teen pregnancy	27
5	Tobacco use (cigarettes, vaping, e-cigarettes, snuff, chewing tobacco)	26

Figure D11. Amharic, Arabic, and Farsi Speaking Respondents (Survey Language in Amharic, Arabic, or Farsi)

Rank	Response	Number of People Who Selected Response
1	Dental problems	24
2	Other illnesses that spread from person to person (flu, TB)	20
3	Alcohol, drug, and/or opiate abuse	18
4	Obesity	14
	Chronic health conditions (asthma, cancers, diabetes, heart disease, stroke)	14
	Tobacco use (cigarettes, vaping, e-cigarettes, snuff, chewing tobacco)	14
5	Aging-related health concerns	13

Figure D12. Respondents of Color (All respondents except white, non-Hispanic or without race/ethnicity info)

Rank	Response	Number of People Who Selected Response
1	Mental health problems (depression, anxiety, stress, suicide)	250
2	Alcohol, drug, and/or opiate abuse	215
3	Violence and abuse	205
4	Dental problems	187
5	Aging-related health concerns	156

Figure D13. Respondents of Hispanic or Latino Ethnicity (Hispanic or Latino ethnicity regardless of race)

Rank	Response	Number of People Who Selected Response
1	Alcohol, drug, and/or opiate abuse	75
2	Violence and abuse	67
3	Mental health problems (depression, anxiety, stress, suicide)	64
4	Dental problems	61
5	Teen pregnancy	52

Figure D14. Female Respondents

Rank	Response	Number of People Who Selected Response
1	Mental health problems (depression, anxiety, stress, suicide)	442
2	Differences in health outcomes for different groups of people	326
3	Alcohol, drug, and/or opiate abuse	291
4	Violence and abuse	243
5	Aging-related health concerns	220