Improving Community Health   
through Planning and Partnerships

**Louisa County**

**Community Health Status Assessment**

**Section II: *Strengths and Risks in Our Community***

1. **Behavioral Risk Factors**
2. **Tobacco Use**

|  |  |
| --- | --- |
|  | Adults Aged 20 Years and Older who Smoke (2011-2013) |
| TJHD | 17.0% |
| Virginia | 19.6% |

Source: Virginia Department of Health. Behavioral Risk Factor Surveillance Survey (BRFSS)

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Adults Aged 18 and Older Who Have Ever Smoked at Least 100 Cigarettes | | | |
|  | **Fluvanna** | **Louisa** | **VA** |
| 2011-12  Source: Community Commons. Community Health Needs Assessment Report. Centers for Disease Control & Prevention. BRFSS. Additional data analysis by CARES. | 68% | 46.1% | 43.7% |

|  |  |  |
| --- | --- | --- |
| Percent of Smokers Who Tried to Quit | | |
| Year | **VA** |
| 2001 | 52% |
| 2005 | 56% |
| 2009 | 61% |
| 2013 | 60% |

Source: Virginia Department of Health. Behavioral Risk Factor Surveillance Survey (BRFSS)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Percent of Smokers with Quit Attempt in Past 12 Months | | | |  |
|  | **Fluvanna** | **Louisa** | **VA** | **US** |
| 2011-12 | 0% | 79.3% | 58.4% | 60% |

Source: Community Commons. Community Health Needs Assessment Report. Centers for Disease Control & Prevention. BRFSS. Additional data analysis by CARES.

1. **Youth and Tobacco**

|  |  |  |
| --- | --- | --- |
| Percent of Youth Living in Households Where Smoking is Allowed, 2013 | | |
|  | **High School Students** | **Middle School**  **Students** |
| Virginia | 18% | 17% |

Sources: Virginia Department of Health, Office of Family Health Services 2015 Report on Exposure to Secondhand Smoke in VA & the US

|  |  |  |
| --- | --- | --- |
| High School Students Currently Using Tobacco, 2011-2013 | | |
|  | **2011** | **2013** |
| Virginia | 21% | 18% |
| U.S. | 23% | 22% |
| VA-Males | 24% | 20% |
| VA-Females | 17% | 15% |
| VA-Smoking Cigarettes | 15% | 11% |
| US-Smoking Cigarettes | 18% | 16% |
| VA-Heavy Smokers | 5% | 4% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Survey (YRBS).

|  |  |  |
| --- | --- | --- |
| Percent of High School Students Using Smokeless Tobacco, 2011-2013 | | |
|  | **2011** | **2013** |
| Virginia | 8% | 8% |
| US | 8% | 9% |
| VA-Males | 14% | 13% |
| VA-Females | 2% | 3% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Survey (YRBS).

1. **Obesity**

|  |  |  |
| --- | --- | --- |
| Percent of Adults Who are Obese: | | |
|  | **TJHD** | **Virginia** |
| 2011-2013 | 27.7% | 27.9% |

Source: Virginia Department of Health. Behavioral Risk Factor Surveillance Survey

|  |  |  |
| --- | --- | --- |
| Percent of Youth-Normal Body Composition in VA, 2009-10 to 2013-14 | | |
|  | **Boys Grades 4-12** | **Girls Grades 4-12** |
| 2009-10 | 71% | 71% |
| 2010-11 | 65% | 64% |
| 2011-12 | 64% | 67% |
| 2012-13 | 56% | 59% |
| 2013-14 | 55% | 56% |

Source: Virginia Department of Education, Summary Fitness Reports

1. **Physical Activity and Physical Exercise**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Percent of Adults (Age 20+) Reporting No Leisure Time Physical Activity | | | | |
|  | **2011** | **2012** | **2013** | **2014** |
| Fluvanna | 23% | 22% | 22% | 22% |
| Louisa | 28% | 30% | 30% | 29% |

Sources: US County Health Rankings

|  |  |  |
| --- | --- | --- |
| Percent of Physical Activity in High School Students in Virginia and the U.S., 2013 | | |
|  | **VA** | **US** |
| Not physically active for at least 1 hour on 5 or more days in the past week | 56% | 53% |
| Played video/computer games or used a computer (other than for school work) for 3 or more hours per day on average school day | 38% | 41% |
| Watched TV for 3 or more hours per day on an average school day | 28% | 33% |
| Did not attend a PE class on at least 1 day in an average week they were in school | 48% | 52% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Surveillance System (YRBSS).

|  |  |  |
| --- | --- | --- |
| Percent of Physical Activity in High School Students in Virginia, 2013 | | |
|  | **Boys** | **Girls** |
| Not physically active for at least 1 hour on 5 or more days in the past week | 46% | 65% |
| Played video/computer games or used a computer (other than for school work) for 3 or more hours per day on average school day | 42% | 39% |
| Watched TV for 3 or more hours per day on an average school day | 28% | 28% |
| Did not attend a PE class on at least 1 day in an average week they were in school | 43% | 53% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Surveillance System (YRBSS).

|  |  |  |
| --- | --- | --- |
| Percent Youth in Healthy Fitness Zone Category, Grades 4 -12, Virginia, 2013-2014 | | |
|  | **Boys** | **Girls** |
| Abdominal Strength | 85% | 83% |
| Aerobic Endurance | 68% | 76% |
| Upper Body Strength | 74% | 73% |
| Flexibility | 81% | 83% |
| Trunk Lift | 84% | 89% |

Source: Virginia Department of Education: Summary Fitness Reports

1. **Food & Diet**

Tables A – C Source: Community Commons. Community Health Needs Assessment Report. Nielsen, Nielsen Site Reports. 2014. Source geography: Census Tract.

1. **Soda Expenditures, 2014**

|  |  |  |
| --- | --- | --- |
|  | Percent of Food-at-Home Expenditures | Average Expenditures (USD) |
| TJHD | 4.3% | $252.94 |
| Virginia | 4.1% | $238.29 |
| U.S. | 4.0% | $236.04 |

1. **Fruit and Vegetable Expenditures, 2014**

|  |  |  |
| --- | --- | --- |
|  | Percent of Food-at-Home Expenditures | Average Expenditures (USD) |
| TJHD | 12.1% | $714.63 |
| Virginia | 12.4% | $729.71 |

1. **Alcohol Expenditures, 2014**

|  |  |  |
| --- | --- | --- |
|  | Percent of Food-at-Home Expenditures | Average Expenditures (USD) |
| TJHD | 18.0% | $1,065.72 |
| Virginia | 16.6% | $973.12 |
| U.S. | 14.3% | $839.54 |

1. **Daily Consumption of Fruits and Vegetables in TJHD, 2011-13**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 2011 | | | 2013 |
| Median Number Fruit | | 1.13 | | 1.10 |
| Median Number Vegetable | | | 1.64 | 1.50 |
| Consumed Less < 1 Vegetable | | | 36% | 22% |

Source: Virginia Department of Health Behavioral Risk Factor Surveillance Survey

1. **Alcohol & Substance Abuse**
2. **Liquor Store Access**

|  |  |
| --- | --- |
| Breweries, Wineries, and Liquor Stores Rates per 100,000 population, 2013 | |
| Fluvanna | 12 |
| Louisa | 6 |

Source: U.S. Census Bureau, County Business Patterns, 2008-2013, using NAICS codes 312120, 312130, & 445310. U.S. Census Population Data

1. **Driving Under the Influence (DUI)**

|  |  |  |  |
| --- | --- | --- | --- |
| Arrest Rates per 100,000 Population | | | |
|  | **Fluvanna** | **Louisa** | **Virginia** |
| 2011-13 | 269 | 301 | 347 |

Source: Crime in Virginia - Virginia State Police - Uniform Crime Reporting Program

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Alcohol-Related Motor Vehicle Crashes & Fatalities, 2011-13 | | | |
|  | **Fluvanna** | **Louisa** | **Virginia** |
| Alcohol-related MV Crashes | 11% | 10% | 7% |
| Alcohol-related MV Fatalities | 39% | 42% | 32% |

Source: Virginia Department of Motor Vehicles-Virginia Crash Facts

1. **Youth and Alcohol**
2. **High School Students & Alcohol Use**

|  |  |  |
| --- | --- | --- |
| Percent of High School Students (Grade 9-12) Alcohol Use, 2013 | | |
|  | **Virginia** | **US** |
| Ever had at least one drink of alcohol | 55% | 66% |
| Currently drink alcohol | 27% | 35% |
| Report binge drinking | 15% | 21% |
| Rode in Vehicle with Driver who had been drinking alcohol | 18% | 22% |
| Among those who drink-Those who usually obtained the alcohol they drank by someone giving it to them | 44% | 42% |
| Drank alcohol before age 13 | 18% | 19% |

Source: Centers for Disease Control & Prevention. Youth Risk Behavior Surveillance System (YRBSS)

1. **Drug/Narcotics**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Arrest Rates per 100,000 Population | | | | | |
|  | **Fluvanna** | **Louisa** | **Virginia** |  |  |
| 2011-13 | 248 | 388 | 527 |  |  |

Source: Crime in Virginia - Virginia State Police - Uniform Crime Reporting Program

1. **Percent of High School Students (Grades 9-12) Drug Use (Self-reported), 2013**

|  |  |  |
| --- | --- | --- |
| Ever used/took: | VA | US |
| Marijuana | 32% | 41% |
| Prescription drugs without a doctor’s prescription | 16% | 18% |
| Inhalants (sniffed glue, breathed in contents of aerosol spray cans, etc.) | 9% | 9% |
| Ecstasy | 7% | 7% |
| Cocaine (in any form-powder, crack, freebase, etc.) | 6% | 6% |
| Methamphetamines | 4% | 3% |
| Steroids without a doctor’s prescription | 4% | 3% |
| Heroin | 4% | 2% |
| Injected any illegal drug using a needle | 4% | 2% |

Source: Centers for Disease Control & Prevention (CDC). Youth Behavioral Risk Factor Surveillance System (YRBSS).

1. **Youth Mental Health**
2. **Adolescent Mental Health – Depression**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of High School Students (Grades 9-12) reporting Depression  (Feeling sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities) | | | |
|  | **Virginia** | **Males** | **Females** |
| 2011 | 26% | 17% | 34% |
| 2013 | 26% | 18% | 34% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Survey (YRBS).

1. **Adolescent Mental Health – Suicidal Thoughts**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of High School Students (Grades 9-12) reporting Suicidal Thoughts | | | |
|  | **Virginia** | **Males** | **Females** |
| 2011 | 17% | 12% | 22% |
| 2013 | 15% | 10% | 19% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Survey (YRBS).

1. **Adolescent Mental Health – Suicide Attempts**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of High School Students (Grades 9-12) reporting Suicide Attempts | | | |
|  | **Virginia** | **Males** | **Females** |
| 2011 | 11% | 8% | 12% |
| 2013 | 10% | 9% | 10% |

Source: Centers for Disease Control & Prevention (CDC). Youth Risk Behavior Survey (YRBS).

1. **Seat Belt & Safety Device Use**
2. **Accidents without use of Safety Device (air bags, child car seats, bike helmets, seat belts)**

|  |  |  |
| --- | --- | --- |
| Number of Hospitalizations from Motor & Other Vehicles Accidents without the use of Safety Devices | | |
|  | **Fluvanna** | **Louisa** |
| 2005-07 | 7 | 6 |
| 2006-08 | 7 | 10 |
| 2007-09 | 8 | 11 |
| 2008-10 | 6 | 12 |
| 2009-11 | 7 | 9 |

Source: Virginia Department of Motor Vehicles Highway Safety Office

1. **Immunizations**
2. **Kindergarteners Immunized**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Kindergarteners Immunized in Public & Private Schools in TJHD | | | |
|  | **2013** | **2014** | **2015** |
| Public | 95% | 95% | 95% |
| Private | 90% | 90% | 91% |

Source: Virginia Department of Health

1. **6th Graders Immunized**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of 6th Graders Immunized in Public & Private Schools in TJHD | | | |
|  | **2013** | **2014** | **2015** |
| Public | 98% | 98% | 92% |
| Private | 67% | 94% | 86% |

Source: Virginia Department of Health

1. **Adults Receiving Pneumonia Vaccine, 2006-12**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Adults (65+) who Received Pneumonia Vaccine | | | |
| Albemarle | **TJHD** | **Virginia** |  |
| 67.5% | 67.2% | 70.1% |  |

Source: Community Commons Community Health Needs Assessment for TJHD localities-Clinical Care Report. Centers for Disease Control & Prevention, Behavioral Risk Factor Surveillance System (BRFSS). Accessed via the Health Indicators Warehouse. US Department of Health & Human Services. 2006-12. Source geography: County

1. **Cancer & HIV Screening Behaviors**
2. **Colonoscopy or Sigmoidoscopy**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Adults (Age 50+ Years) Who have ever had a Sigmoidoscopy or Colonoscopy, 2006-12 | | | |
| Fluvanna | **Louisa** | **Virginia** |  |
| 69% | 53% | 67% |  |

Source: Community Commons Community Health Needs Assessment for TJHD localities-Clinical Care Report. Centers for Disease Control & Prevention (CDC), Behavioral Risk Factor Surveillance System (BRFSS), 2006-12.

1. **Mammography (Breast Cancer Screening)**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Females (67-69) Who have had a Mammogram in past 2 Years, 2012 | | | |
| Fluvanna | **Louisa** | **Virginia** |  |
| 69% | 66% | 63% |  |

Source: Community Commons Community Health Needs Assessment for TJHD localities-Clinical Care Report. Dartmouth College Institute for Health Policy & Clinical Practice, Dartmouth Atlas of Health Care. 2008-12. Source geography: County.

1. **PAP Test (Cervical Cancer Screening)**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Adult Women (18+) Who have had a PAP test in past 3 Years, 2006-12 | | | |
| Fluvanna | **Louisa** | **Virginia** |  |
| 92% | 87% | 82% |  |

Source: Community Commons Community Health Needs Assessment for TJHD localities-Clinical Care Report. Centers for Disease Control & Prevention, Behavioral Risk Factor Surveillance System (BRFSS), 2006-12.

1. **PSA (Prostate Cancer Screening)**

|  |  |  |  |
| --- | --- | --- | --- |
| Percent of Adult Males (Age 40+ Years) Who have had a PSA test in past 2 Years, 2012 | | | |
| Northwest Region of VA (includes TJHD + other health districts) | **VA** | **US** |  |
| 45.3% | 46.5% | 42.3% |  |

Source: Virginia Department of Health and Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS).

1. **HIV Screenings**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Percent of Adults (18-70) Who Have Never Been Screen for HIV, 2011-12 | | | | |
| Fluvanna | **Louisa** | **TJHD** | **Virginia** | **U.S.** |
| 68% | 64% | 65% | 58% | 63% |

Source: Community Commons Community Health Needs Assessment for TJHD localities-Clinical Care Report. Centers for Disease Control & Prevention, Behavioral Risk Factor Surveillance System (BRFSS). Additional data analysis by CARES. 2011-12. Source geography: County.