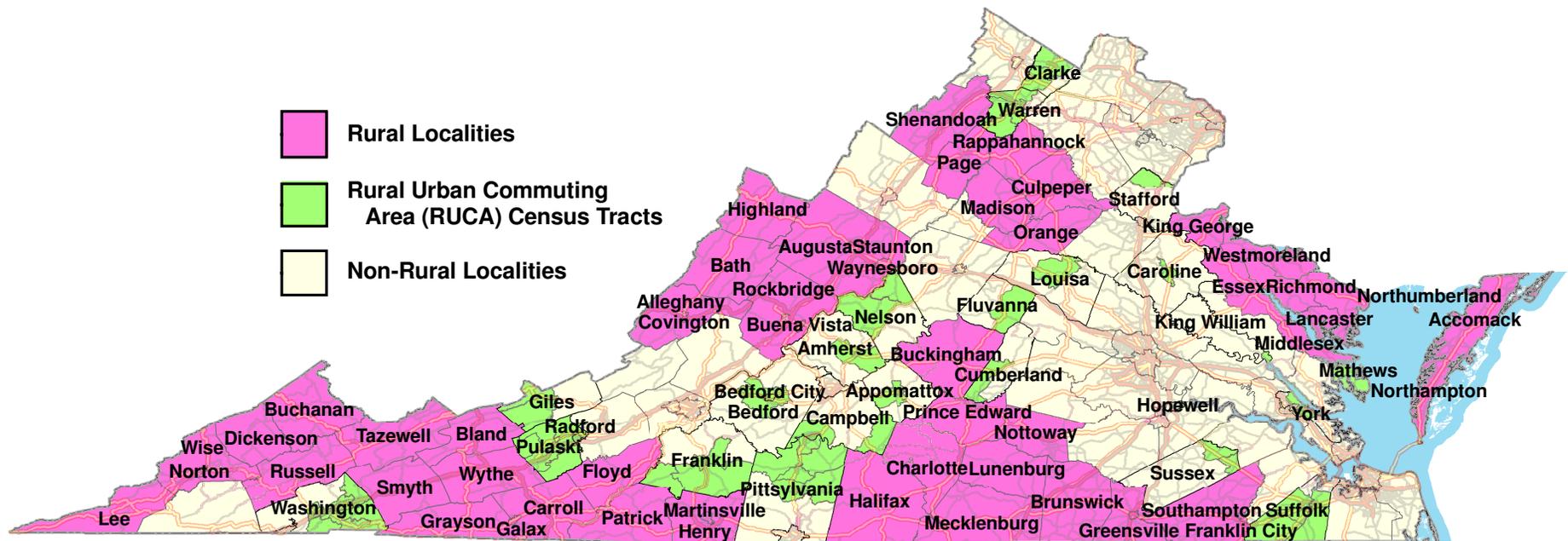


Virginia Rural (Non-Metropolitan) Areas and Census Tracts within Metropolitan Areas (MAs) Designated as Rural based on their Rural Urban Commuting Area (RUCA) Scores*



*The HRSA, Office of Rural Health Policy has developed the Rural Urban Commuting Area Codes (RUCAs) to designate Rural areas within MAs which qualify for HRSA Rural Health grants. For a listing of RUCA see: <http://ruralhealth.hrsa.gov/funding/eligibilitytestv2.asp>.

RUCA codes are based on the same theoretical concepts used by the Office of Management and Budget (OMB) to define county-level metropolitan and micropolitan areas. The criteria include measures of population density, urbanization, and daily commuting to identified urban cores and adjacent territory that is economically integrated with those cores. For further discussion see:

<http://www.ers.usda.gov/briefing/Rurality/RuralUrbanCommutingAreas/> or
<http://www.fammed.washington.edu/wwamirhrc/rucas/rucas.html>