

2023-24

# CHA/CHIP Report

## *City of Portsmouth*

This report includes the complete Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) for the City of Portsmouth, which includes extensive data around many indicators of health, as well as goals, objectives, and strategies for improving the health of the population of Portsmouth.



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Healthy Portsmouth Leadership Team

2023 - 2024

Published February 2024

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# CHA/CHIP Background

**Healthy Portsmouth:** Healthy Portsmouth is a city-wide health and wellness initiative led by a group of community leaders committed to changing the policies, systems and environments that affect our neighborhoods, health care institutions, community organizations, schools and workplace to improve the health outcomes of citizens in Portsmouth, VA. The group was established in 2010 and also consists of a select group of community leaders in Portsmouth that serve at the Healthy Portsmouth Leadership Team.

**MAPP:** Mobilizing for Action through Planning and Partnerships (MAPP), a tool developed by the National Association of City and County Health Officials (NACCHO), the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA), and the CDC, brings together stakeholders to identify community health issues and take action. The MAPP assessment involves wide-ranging community involvement, calling on agency heads, city government leadership, non-governmental

organizations, healthcare providers, advocacy groups and residents to determine ways to improve Portsmouth's overall public health system. There are three phases that comprise the MAPP process as seen in Figure 1: Build the community health improvement foundation, tell the community story, and continuously improve the comment. Within phase two of the MAPP process, there are three assessments that make up a community's Community Health Assessments (CHA). The Portsmouth Health Department (PHD) took the lead on creating the CHA and invited regular input from Healthy Portsmouth and other community partners on recent data available and discussed as a team what other indicators to include in the assessment.

From February 2023 to January 2024, PHD staff, one Norfolk State University undergraduate student, and one Grand Canyon University MPH student updated existing data, collected data from a variety of sources on suggested new indicators, gathered data from coalition members, and conducted initial analyses of the data. PHD staff then presented the data to Healthy Portsmouth at the monthly in-person Leadership meetings, where coalition members reviewed, discussed, and analyzed the data as to what it meant for Portsmouth. The data presented were comprehensive, broad-based data, including both quantitative data (such as Heart Disease-Related Death Rates) and qualitative data that delved deeper into the populations' perceptions

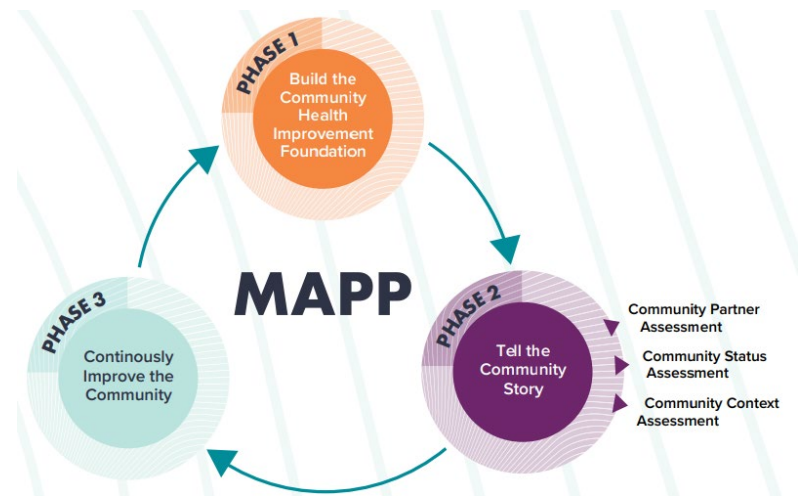


Figure 1: MAPP Process  
Source: NACCHO

of health, factors that contribute to higher health risks or poor health outcomes, and attitudes about health promotion and health improvement from primary data (such as 2021 Community Health Survey and 2023 Community Health Focus Groups), as well as secondary data (such as Types of Food Stores from the USDA). Where possible, indicators were divided by race, age, and/or gender to find the existence and extent of health disparities (such as Infant Mortality and Teen Pregnancy).

Finally, data also included contributing causes of health changes such as behavior risk factors and socioeconomic factors (see Section II of the CHA). To make all of the indicators easier to digest, the data were divided into major sections, each with which were as follows:

### 1. Community information

Demographics

Social and Economics

Clinical Care

### 2. Health Factors

Physical Environment

Community Safety

Environmental Health

Health Behaviors

### 3. Health Status

Maternal and Child health

Mortality

Cancer

Injury

Infectious diseases

Chronic diseases

Mental health

COVID-19

Then, at two more virtual meetings in November and December 2023, the Leadership Team used the CHA data to decide on the top health priorities for Portsmouth. Before the meeting, members used the Identifying Priorities Worksheet developed by the County Health Rankings to sort indicators into four categories: (1) Issues we should focus on, (2) Issues that we should maintain our efforts in, (3) Issues that we can shift focus away from (or issues that another organization is focusing on and doing well), and (4) Issues that need little or no attention from us right now.

2024

# City of Portsmouth Community Health Improvement Plan

## Mission

Coalition of community leaders committed to promote change through partnership-building and policy-making for a healthier Portsmouth.

## Vision

The healthiest place in Hampton Roads to live, learn, play, work and worship.

Healthy Portsmouth  
Leadership Team



Published February 2024



# Healthy Portsmouth

## Coalition

February 7, 2024

Kavita Imrit-Thomas, DO  
Director, Portsmouth Health Department  
1701 High Street, #102  
Portsmouth, Virginia 23704

Dear Dr. Imrit-Thomas,

As a leader with Healthy Portsmouth, I am excited to share our support of the 2025-2029 Portsmouth Community Health Improvement Plan. As you know, Healthy Portsmouth is a multi-stakeholder coalition focused on improving health where people live, learn, play, work and worship in Portsmouth through partnership building and policy-making. Started by an Action Communities for Health, Innovation and Environmental Change (ACHIEVE) grant funded by the Centers for Disease Control and Prevention in 2010, the coalition remains a vital and important part of the community's response to the most serious health issues, in collaboration with a myriad of key community partners, such as Portsmouth Health Department, City of Portsmouth, Bon Secours Hampton Roads, Sentara Health, libraries, schools, churches and community-based organizations. We have celebrated a variety of major accomplishments focused on addressing our most critical health threats. These accomplishments have included original wins such as implementation of smoke-free housing and implementation of a walkable communities model which significantly increased the city's walking and biking infrastructure. More recent achievements include implementation of a city-wide Million Hearts Blood Pressure Control initiative and a mammography access program.

Over the last 12 months, we have worked with the Portsmouth Health Department to prioritize the health issues brought to light by the Community Health Assessment. The coalition and our Healthy Portsmouth Leadership Team met collaboratively multiple times with representatives from the health department to pour over assessment data and resident input to assist in the development of recommendations and strategies for addressing disparities and improving health in the 2025-2029 Portsmouth Community Health Improvement Plan. We feel confident that the direction and strategies of the plan are in concert with the needs and wants of the residents of Portsmouth and will move the city forward in addressing the biggest health threats in the coming years. Healthy Portsmouth and its partners will continue to collaborate with the health department in moving forward and achieving the milestones set forth in the new plan.

In health,

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*A coalition of community leaders committed to promote change through partnership-building and policy-making for a healthier Portsmouth*





# Healthy Portsmouth

## Coalition

Amy Paulson, MPH  
Healthy Portsmouth Coalition Leader

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*A coalition of community leaders committed to promote change through partnership-building and policy-making for a healthier Portsmouth*



**Bon Secours  
Maryview Medical Center**

February 14, 2024

Bon Secours Maryview Medical Center, part of the Bon Secours Hampton Roads market, is proud to partner with the Portsmouth Health Department. We have a collaborative approach to advancing patient and resident care in Portsmouth. Both organizations are committed to improving the health and wellbeing of our community. At Maryview, we strive to identify social determinants of health to create meaningful impact within our communities by ensuring access to quality healthcare. This is accomplished by analysis of data, acquisition of information from patients, collaboration with our community members and formulation of action plans to improve health disparities. We are dedicated to facilitating this work providing organizational training on healthcare inequity and cultural competency.

Bon Secours networks with community health leaders and Community Collaborative Advisory Councils within the Portsmouth Health Department. We are active in monthly Healthy Portsmouth Coalition meetings and weekly Healthy Portsmouth Million Hearts and Leadership meetings. Bon Secours Community Health Hub serves as a chosen location for community blood pressure screenings as part of the Million Hearts Program. The Community Hub will be a site offering mammography screenings in July and November 2024.

Bon Secours collaborates with the Portsmouth Health Department to provide education to our community. The Community Health Hub serves as the location for the Healthy Portsmouth Blood Pressure Class. We participated in Narcan site trainings as part of the Save a Life Day. In addition, we are active in the Portsmouth Coalition for Overdose Action Team.

Lastly, as chair of the Portsmouth Community Health Advisory Council, we have reviewed the Community Needs Assessment and are focused on the Community Health Improvement Plan. We have identified five areas that could have great impact for the citizens of Portsmouth. We will work together to address mental health, chronic disease management, substance and tobacco use, violence, and prevention behaviors around STIs, cancer, and immunizations. Bon Secours and the Portsmouth Health Department share a great partnership and work collaboratively to improve the health of our community. We will continue this mission in 2024 and will see a lasting and positive impact in the years to come.

Sincerely,

A handwritten signature in black ink, appearing to read "M. Pyka".

Dr. Michelle Pyka, MD, MBA, FACEP  
Vice President of Medical Affairs of Maryview Medical Center  
Chair of Portsmouth Community Health Advisory Council

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# CHIP FRAMEWORK

**Process:** Portsmouth Health Department uses a continuous improvement approach to address the many health disparities and health outcomes that the city experiences. As such, the department builds off the existing work and looks for opportunities where changes can be made to create a more effective health system and better health outcomes. To ensure there is a good understanding of the city's health needs, health assessments are conducted approximately every three years followed by necessary corrective actions. The most recent community health assessment was conducted in 2022 and analyzed to determine the priority in which needs will need to be addressed and by whom. Following the MAPP guidelines, Community Partners Analysis (CPA) was conducted to determine the capacity that exist in the city to address the many identified issues. An advisory council was established to provide independent guidance to the health director and the district's leadership team. Additional analyses were conducted with key stakeholders that broadly represent all sectors of the city.

**Healthy Portsmouth Coalition:** This coalition is made up of over 100 members representing all sectors of the city and the Hampton Roads regions. Coalition partners include members from the community, health care providers, academia, faith-based community, Portsmouth City government agencies, social and behavioral health services, and many others with a wide breadth of knowledge and experience to speak collectively for the city. Healthy Portsmouth reviewed the Community Health Assessment (CHA) and recommended the community focus on five priority areas to best address the worst health outcomes that were identified in the CHA. Taking a Social Determinants of Health (SDoH) approach, they also provided specific recommendations for each of the priority areas.

## **Portsmouth Community Health Advisory Council (PCHAC):**

PCHAC is an independent advisory council that provides guidance to the health director and the senior leadership team of the Portsmouth Health Department. Membership consists of members from post-secondary academia, Bon Secours Maryview Hospital, local civic leagues, Commonwealth Attorney's Office, Portsmouth Department of Social Services, Portsmouth Department of Behavioral Health, faith-based partners, Healthy Portsmouth Coalition leadership, and others. PCHAC reviewed the CHA and the recommendations that were provided the Healthy Portsmouth Coalition. PCHAC concurred and accepted those recommendations and have added some additional recommendations, also using the SDoH approach with a goal to improve health outcomes.

**Implementation:** This plan is intended to be a living document, and as such work will continue to be performed to ensure each of the priority areas are being fully assessed to determine feasibility and to gain community partners buy-in of the process. Since the health department does not have the capacity or resources to be a sole source of implementation for these efforts, much reliance will be made on community stakeholders who have the capacity and the resources to meet these needs. The health department will serve as a convenor that connects patients to the network of healthcare and social services that are needed. The stakeholders will provide the services that are needed and through shared data efforts will provide measurable feedback that will be used to determine outcomes.

**Monitoring and Revisions:** Once implemented, progress will be monitored by collected data from stakeholders, clients, and the various monitoring sources for outcomes.

**Priorities:** Priorities areas for the Community Health Improvement Plan include mental health, chronic diseases management, substance and tobacco use, violent injuries and deaths, and prevention behaviors that target reduction in sexually transmitted infections, cancer, and increased prenatal care.



## Focus Area #1: Mental Health

### Background:

Mental health is a growing conversation in many areas of public health. In 2022, Portsmouth adults reported poor mental health on 4.76 of the previous 30 days (Figure 1). Overall, the trend of poor mental health days has been increasing in Portsmouth, the other Hampton Roads cities, and Virginia since 2017. The Portsmouth Community Survey revealed that 12% of Portsmouth residents say that their mental health is poor or fair. Additionally, during the last 7 days, 3% reported that mental health kept them from doing their usual activities and 25% reported feeling depressed. 32% of households reported feeling nervous, anxious or on edge and 33% reported not being able to stop or control worrying. According to Mental Health America, 15.08% of Virginia's youth aged 12 through 17 years experienced a major depressive episode in 2023 (Figure 4). More generally, among persons aged 18 and over with any mental illness, in Virginia 31.5% did not receive treatment and 54% of people covered by health insurance still not did receive mental health treatment.

### *Sub-priorities*

Increase the proportion of adults with serious mental illness who get treatment.

Increase the proportion of adults with depression who get treatment.

Increase the proportion of adolescents with depression who get treatment.

Increase the number of children and adolescents with emotion disturbance who get treatment.

**Strategies and Lead Partners are currently in progress and will be added to the CHIP once finalized by the Healthy Portsmouth Leadership team.**

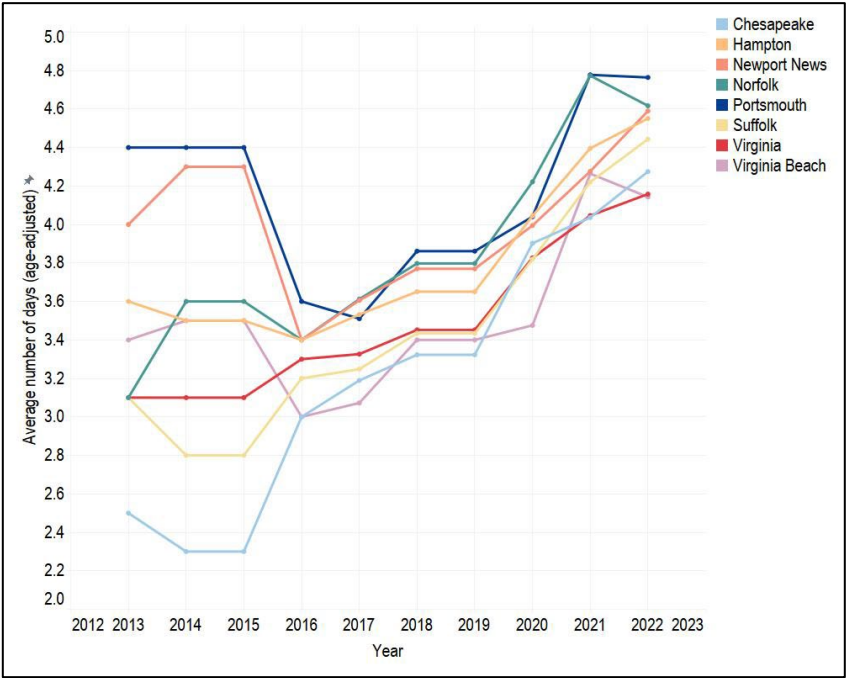


Figure 1: Average number of mentally unhealthy days reported in the past 30 days (age-adjusted)

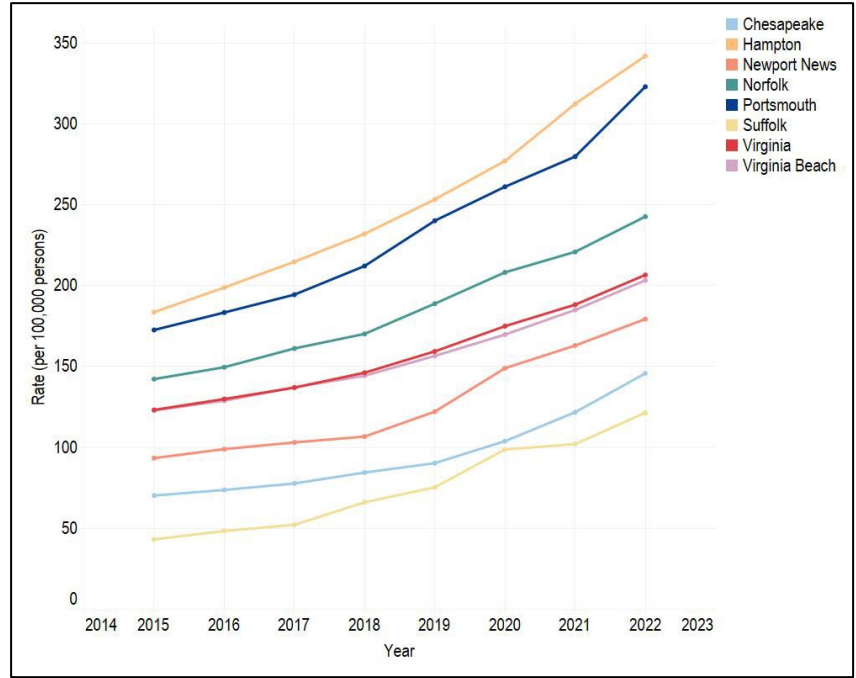


Figure 2: Rate of Mental Health Provider

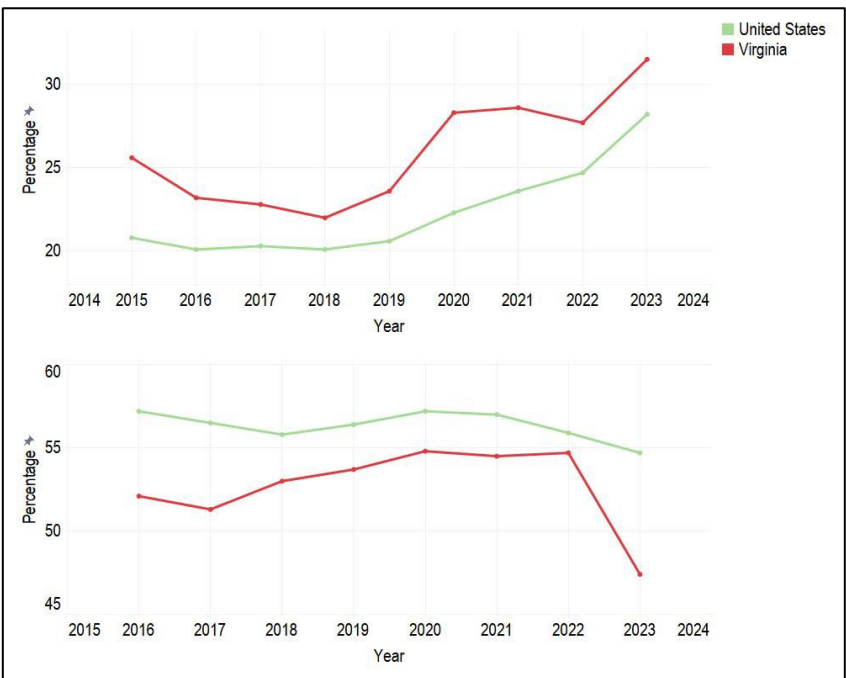


Figure 3: Adults with any mental illness reporting unmet need (top) and adults with any mental illness who did not receive treatment (bottom)

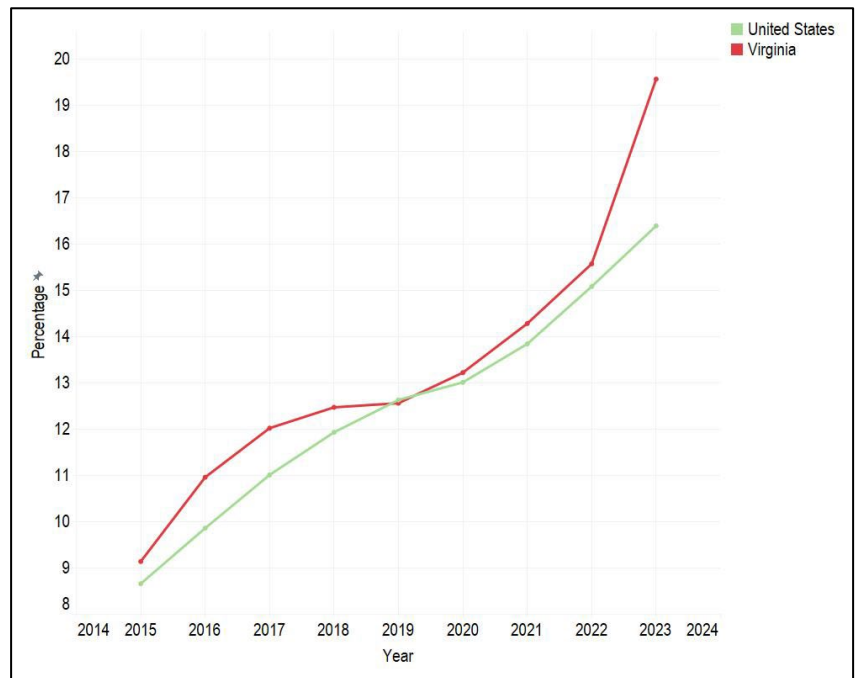


Figure 4: Youth ages 12-17 years with at least one major depressive episode (MDE)

## Focus Area #2: Chronic Diseases Management

### Background:

Looking at breast cancer, in 2015-2019, Portsmouth had an incidence rate of 130.8 per 100,000 females diagnosed and from 2016-2020 the city had a mortality rate of 26.2 per 100,000 females (Figure 5). Portsmouth's breast cancer mortality is the highest in the Hampton Roads area. Next, cervical cancer incidence has been trending downwards in Portsmouth, decreasing 33.33% from 2009 to 2019 (Figure 6). Portsmouth had the highest incidence rate of colorectal cancer in 2019 at 39.4% per 100,000 and the second highest mortality rate at 16.3% per 100,000 in the Hampton Roads region (Figure 7).

Portsmouth had the highest percentage of self-reported diabetes in adults 18 years and older compared to the Hampton Roads region in 2020 at 15.7% (Figure 8). Diabetes related hospitalizations are consistently highest in Portsmouth, compared to Virginia and the Hampton Roads region from 2013 to 2021. Along with being the highest, the rate has increased 30.5% in Portsmouth. For hypertension, Portsmouth had the highest rate of hypertension-related hospitalizations among the Hampton Roads cities from 2013 through 2021 (Figure 9). The rate increased from 2013 to 2019 by 57.6%, but then reversed and decreased by 17.2% in 2021.

### *Sub-priorities*

Reduce the rate of death from any cause in adults with diabetes.

Increase the proportion of people with diabetes who get formal diabetes education.

Increase control of high blood pressure in adults.

Reduce the proportion of adults with high blood pressure.

*Sub-priorities*

Reduce cholesterol in adults.

Increase the proportion of females who get screened for breast cancer or cervical cancers.

Increase the proportion of adults who get screened for colorectal cancer.

**Strategies and Lead Partners are currently in progress and will be added to the CHIP once finalized by the Healthy Portsmouth Leadership team.**



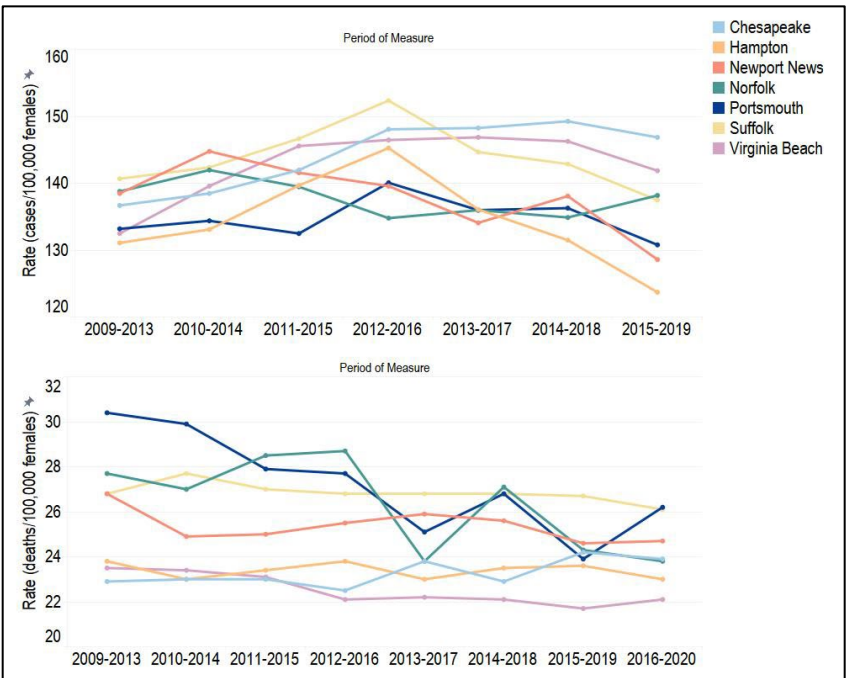


Figure 5: Breast cancer incidence (top) and mortality (bottom)

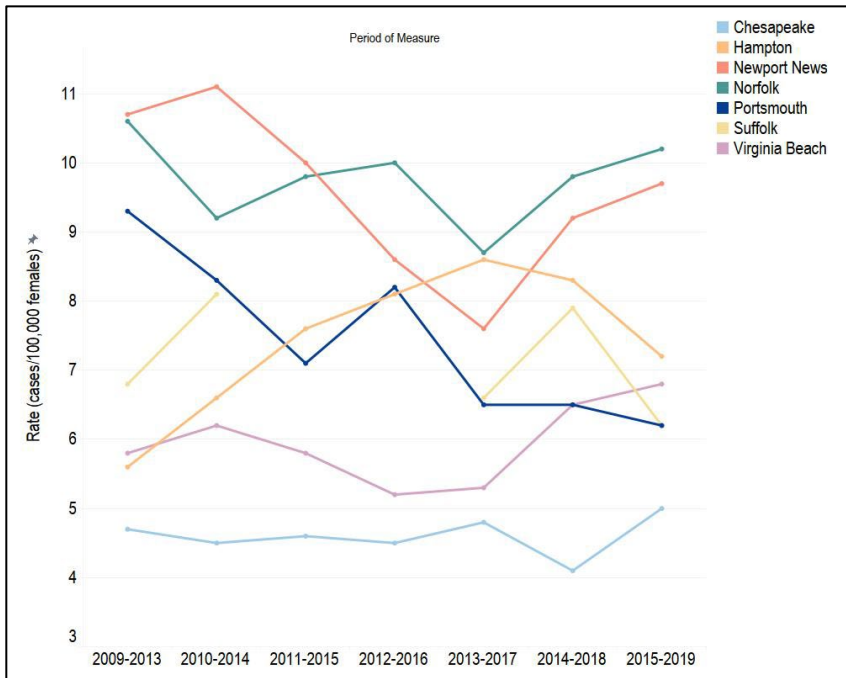


Figure 6: Cervical cancer incidence

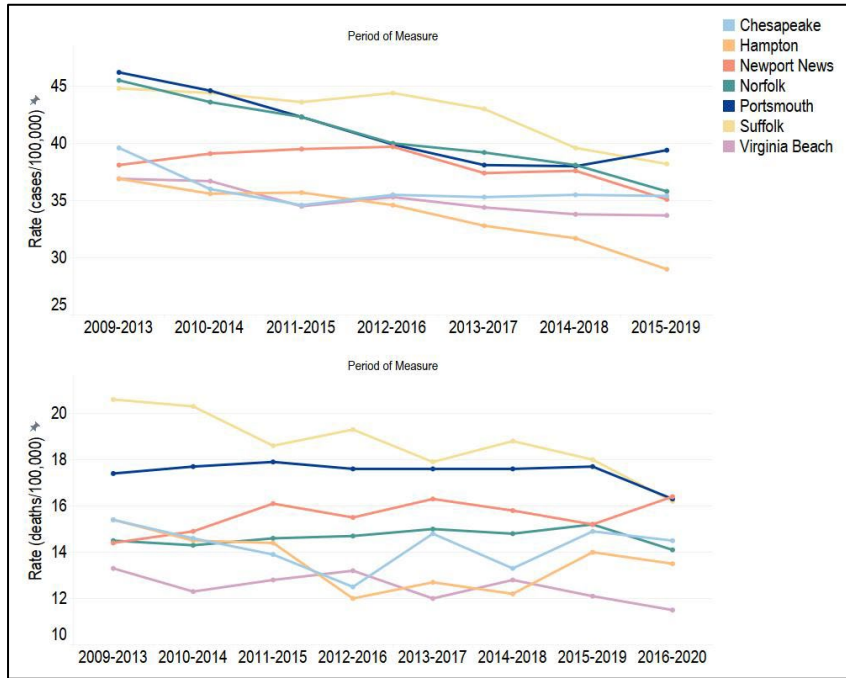


Figure 7: Colorectal cancer incidence (top) and mortality (bottom)

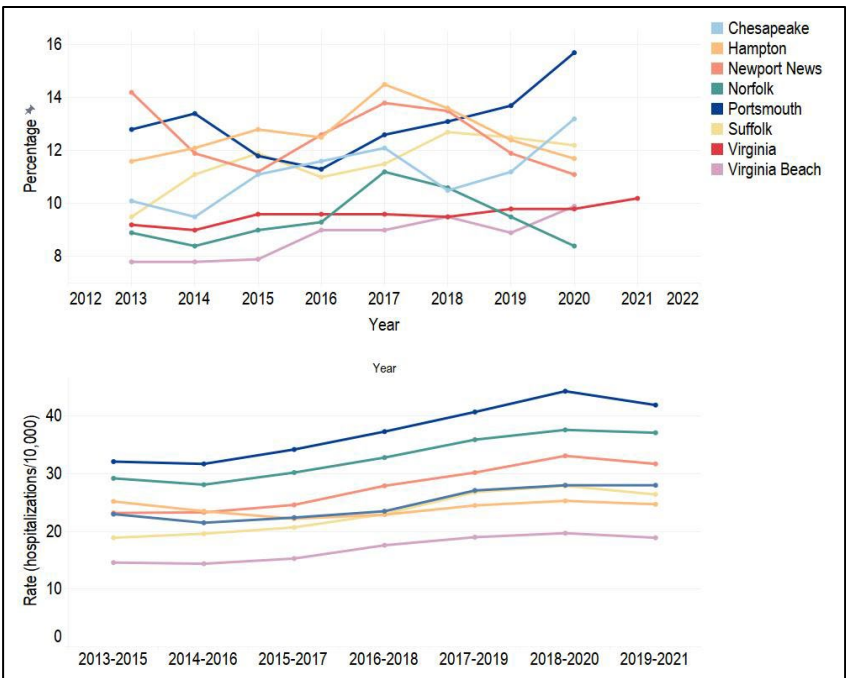


Figure 8: Adults 18+ years old diagnosed with diabetes (top) and age-adjusted hospitalization rate due to diabetes (bottom)

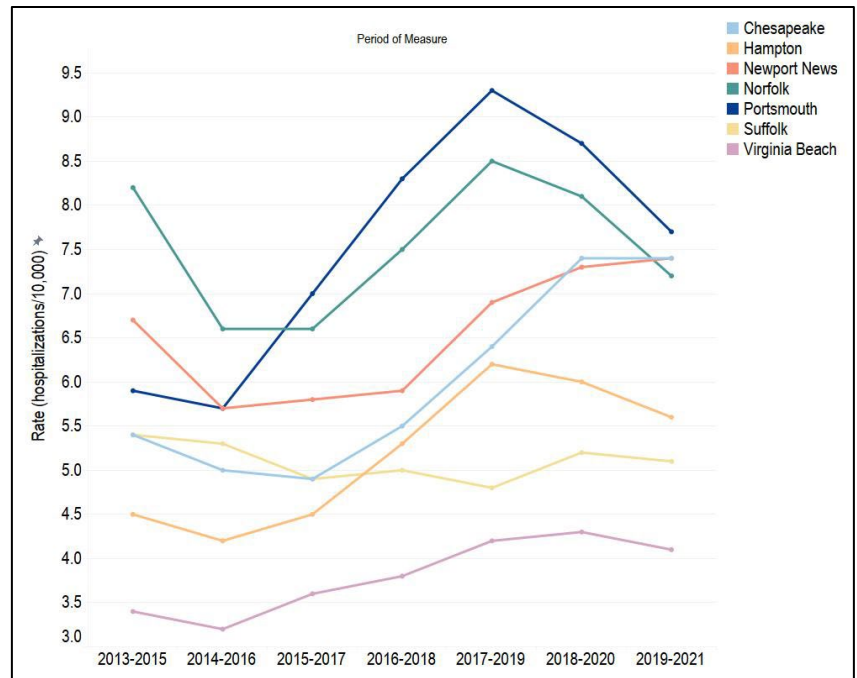


Figure 9: Age-adjusted hospitalization rate due to hypertension in adults 18+ years and older

## Focus Area #3: Substance and Tobacco Use

### Background:

21% of Portsmouth adults reported smoking in 2022 (Figure 11), which was above the Healthy People 2030 goal of 6.1% and though there has been a decrease since 2013, the percentage is still higher than most other cities in the region. From the Portsmouth Community Health Survey, 21% of household respondents reported smoking and an additional 10% reported someone else smoked in the home. While local level e-cigarette use data is hard to find, there percentage of daily e-cigarette users has increased in both Virginia and the United States, at 3.4% and 3.6%, respectively, in 2022 (Figure 12). In Portsmouth, the lung cancer mortality rate (50.1 per 100,000) is much higher than the Healthy People 2030 goal (25.1 per 100,000) (Figure 10).

From 2020 to 2022, deaths due to drug overdoses in Portsmouth have increased by 99% (Figure 13). Data from the Chief Medical Examiner indicate that opioids, specifically, illicit fentanyl, have been the driving force behind the large increases in fatal overdoses. In 2022, 92% of all Portsmouth deaths due to substance use involved fentanyl. Cocaine overdoses have also increased but to a lesser extent. Portsmouth has the fourth highest mortality and ED visits in Virginia due to overdoses, but there are disparities as to who is affected. Overdose deaths are highest in males and those over 45 years old (Figure 14). Racial disparities are striking as well, African Americans had 993.1 ED visits per 100,000 vs white residents with 563.6 drug overdose ED visits from August 2021 to July 2022. Of the 8 zip codes in Portsmouth, one zip code, 23704, accounts for 39% of drug overdose ED visits. That area, which includes several public housing communities, also has the lowest means of income, the highest unemployment rate, and the highest percentage of children in grandparents' care. Nearly 60% of youth homicides have occurred there along with almost half of youth aggravated assaults. The Virginia Department of Health estimates that the annual economic burden of Opioids per Capita is \$694 or almost 68 million dollars. There is a strong need for comprehensive, multi-sectoral overdose prevention strategies in Portsmouth.

### *Sub-priorities*

Reduce the number of overdose deaths due to substance use.

Increase the distribution of harm reduction supplies including naloxone and drug testing strips.

Increase the number of people who get a referral for substance use treatment after an emergency department visit.

Increase the proportion of people with substance use and mental health disorders who get treatment for both.

*Sub-priorities*

Reduce current tobacco or nicotine use in adults.

Reduce current use of smokeless tobacco products among adolescents, including vapes.

**Strategies and Lead Partners are currently in progress and will be added to the CHIP once finalized by the Healthy Portsmouth Leadership team.**



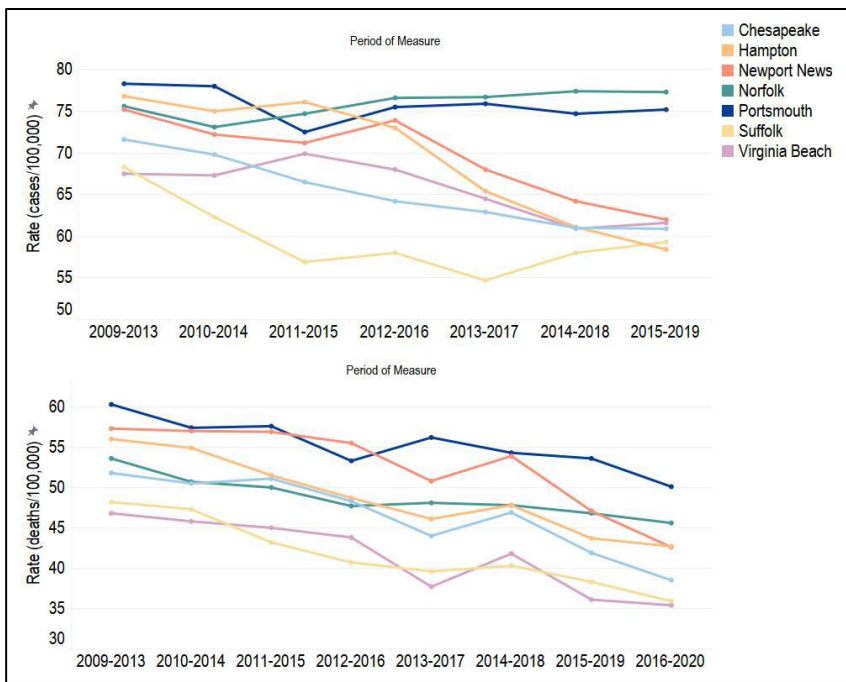


Figure 10: Lung cancer incidence (top) and mortality (bottom)

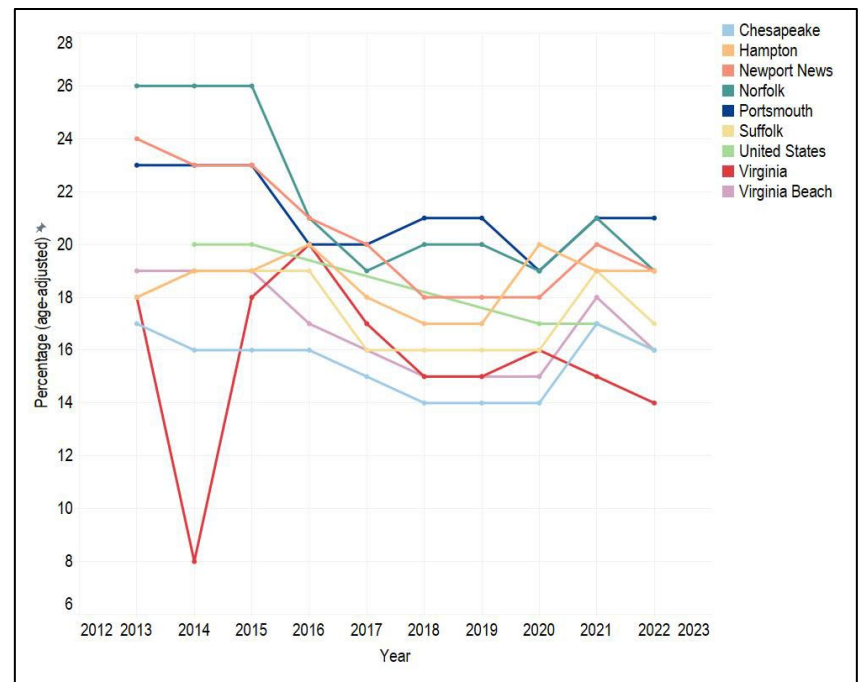


Figure 11: Percentage of adults who are current smokers

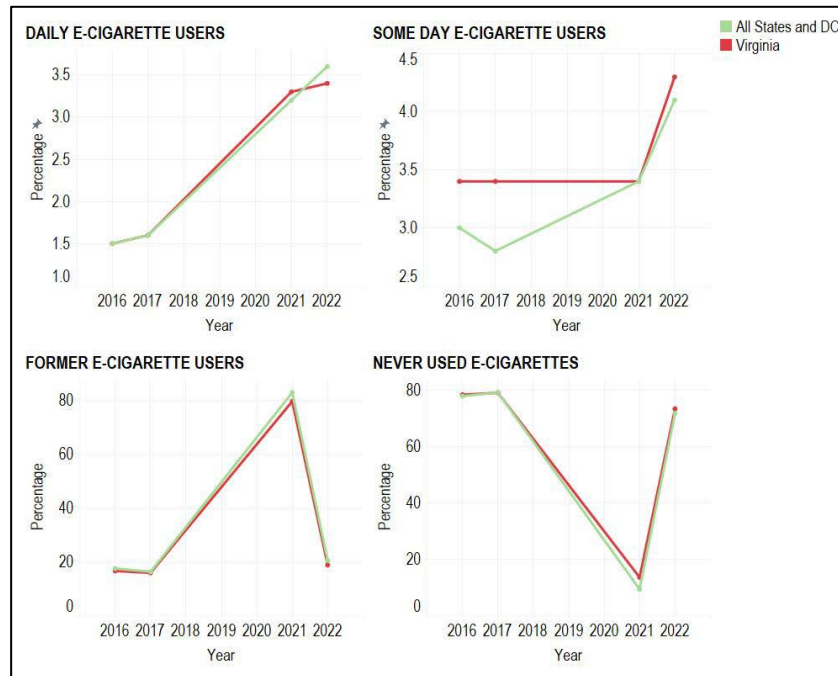


Figure 12: E-cigarette smoking trends, Virginia and United States

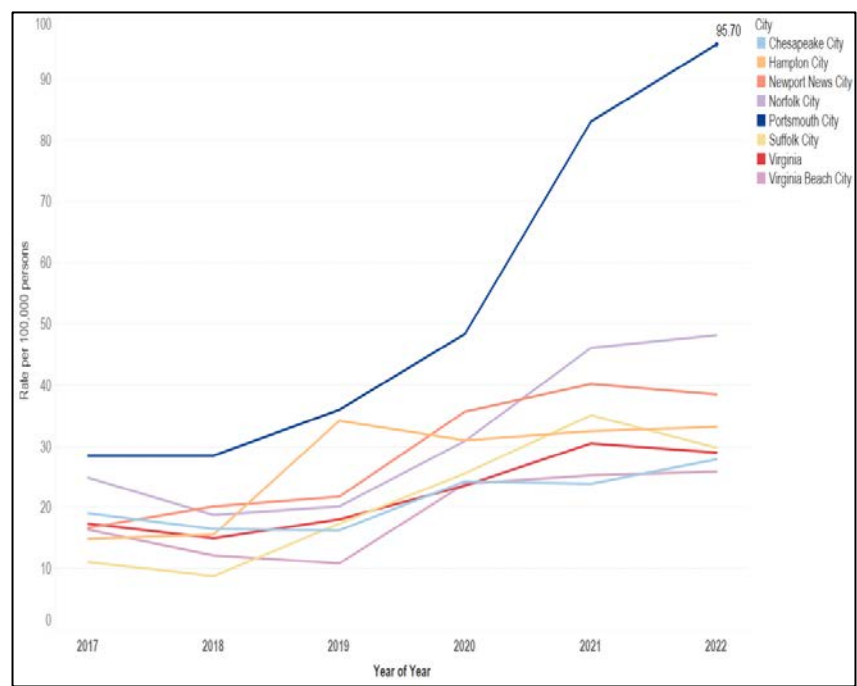


Figure 13: Overdose deaths in Portsmouth Residents

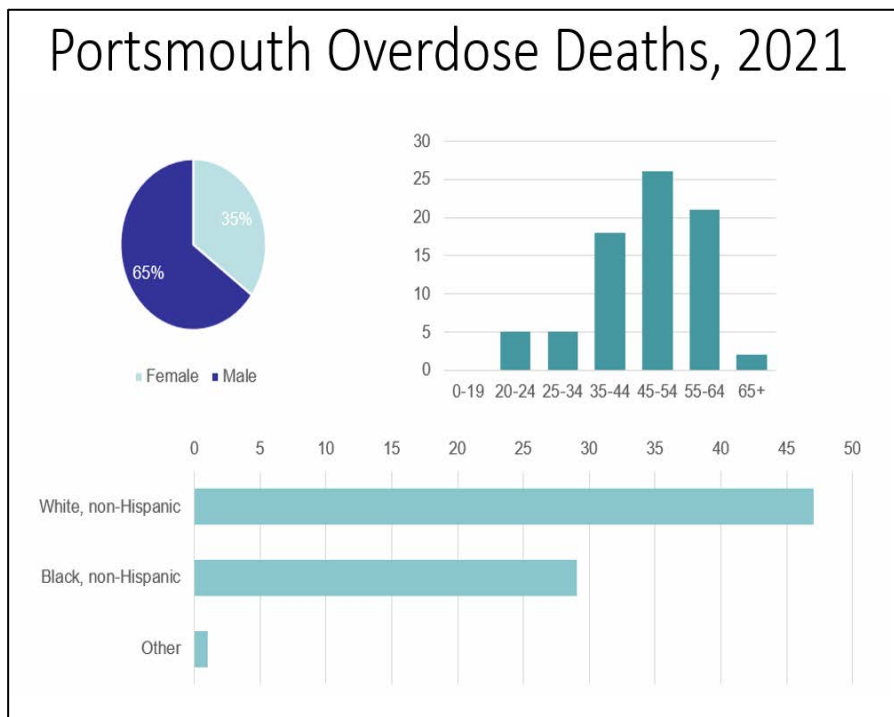


Figure 14: Portsmouth overdose deaths, 2021

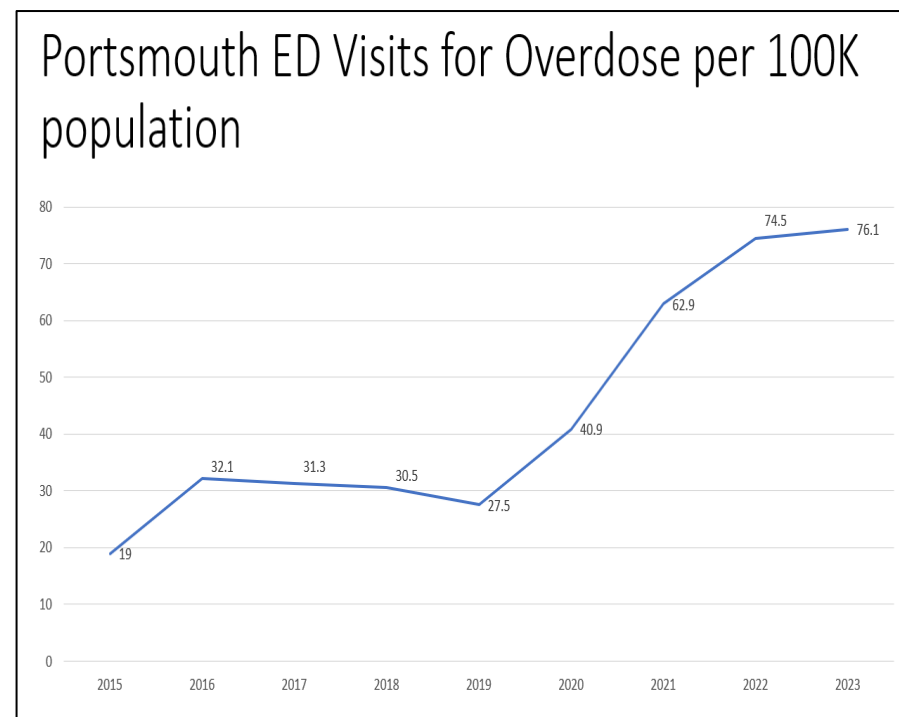


Figure 15: Portsmouth emergency department visits for overdose

## Focus Area #4: *Violence Injuries and Deaths*

### Background:

The reported crime incident rates for Portsmouth have increased from 2013 to 2019 but saw a decrease in 2021 to 9,245 offenses reported per 100,000 persons. Despite the decrease, Portsmouth remains consistently higher than the other Hampton Roads localities.

The Code of Virginia requires school divisions to submit data to the Virginia Department of Education on incidents of discipline, crime, and violence. Rates of total incidents reported in Portsmouth and the surrounding cities have all decreased from the 2017-2018 school year (Figure 17). However, rates were influenced by the COVID-19 pandemic during the 2019-2020 and 2020-2021 school years as students attended online school.

Portsmouth's adolescents aged 10-17 years have a rate of 61.5 per 10,000 hospitalizations. Females have a higher rate (82.1) than males (41.4). In 2022, 55 Portsmouth residents died from a firearm related incident, and firearms deaths increased 96% from 2018 to 2022. For intentional injury deaths, Portsmouth had the highest rate in 2020 at 46.3 deaths per 100,000 persons.

### *Sub-priorities*

Reduce the incidences of youth violence.

Increase use of Hospital-based Violence Intervention Programs (HVIPs).

Reduce the incidences of gun violence among adults and adolescents.

Integrate community violence prevention and intervention strategies that engage public safety, public health, victim service, and community-based organizations to address individual, social, and structural correlates to firearm violences.

**Strategies and Lead Partners are currently in progress and will be added to the CHIP once finalized by the Healthy Portsmouth Leadership team.**

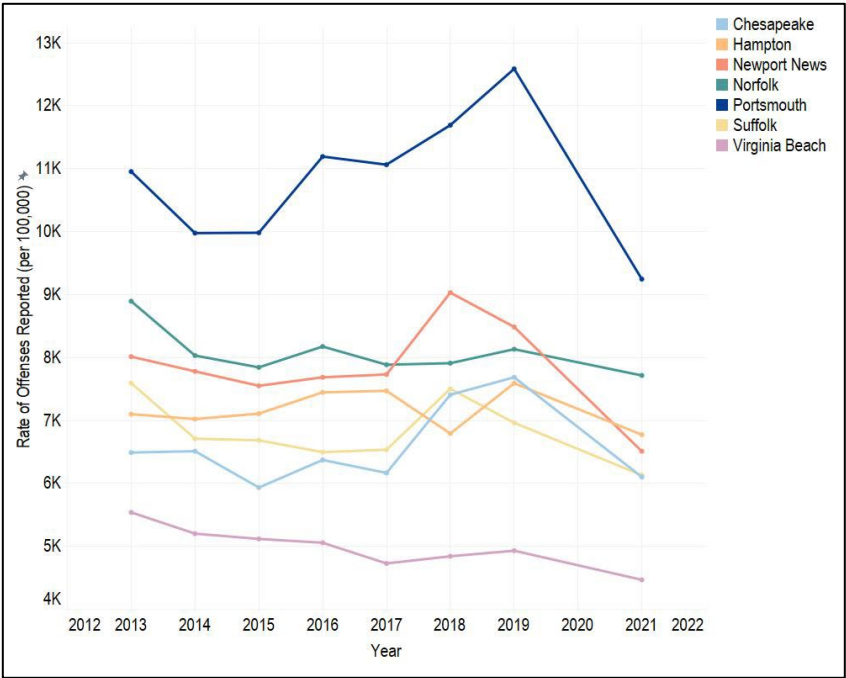


Figure 16: Rate of Group A offenses reported

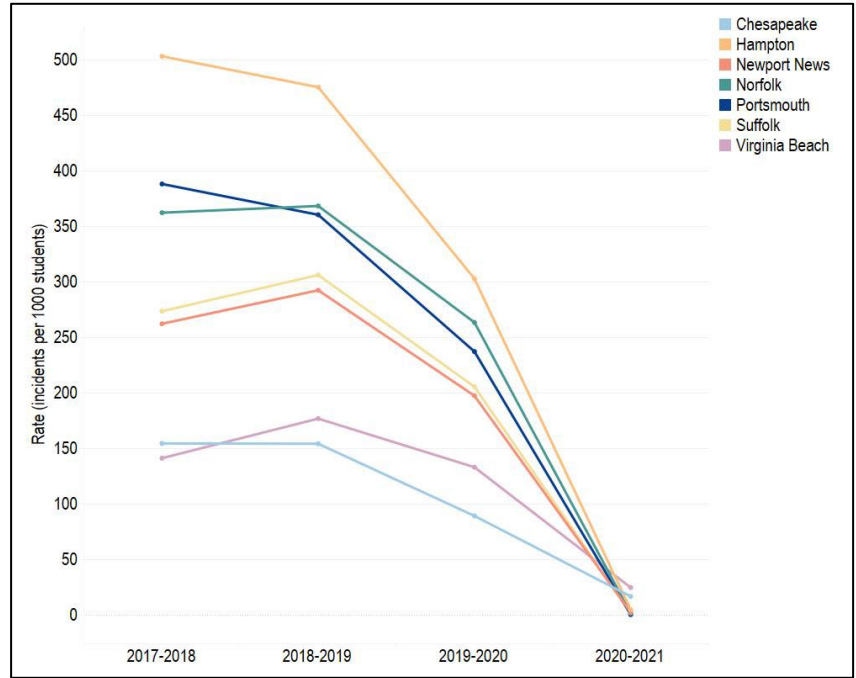


Figure 17: Rate of total school incidents

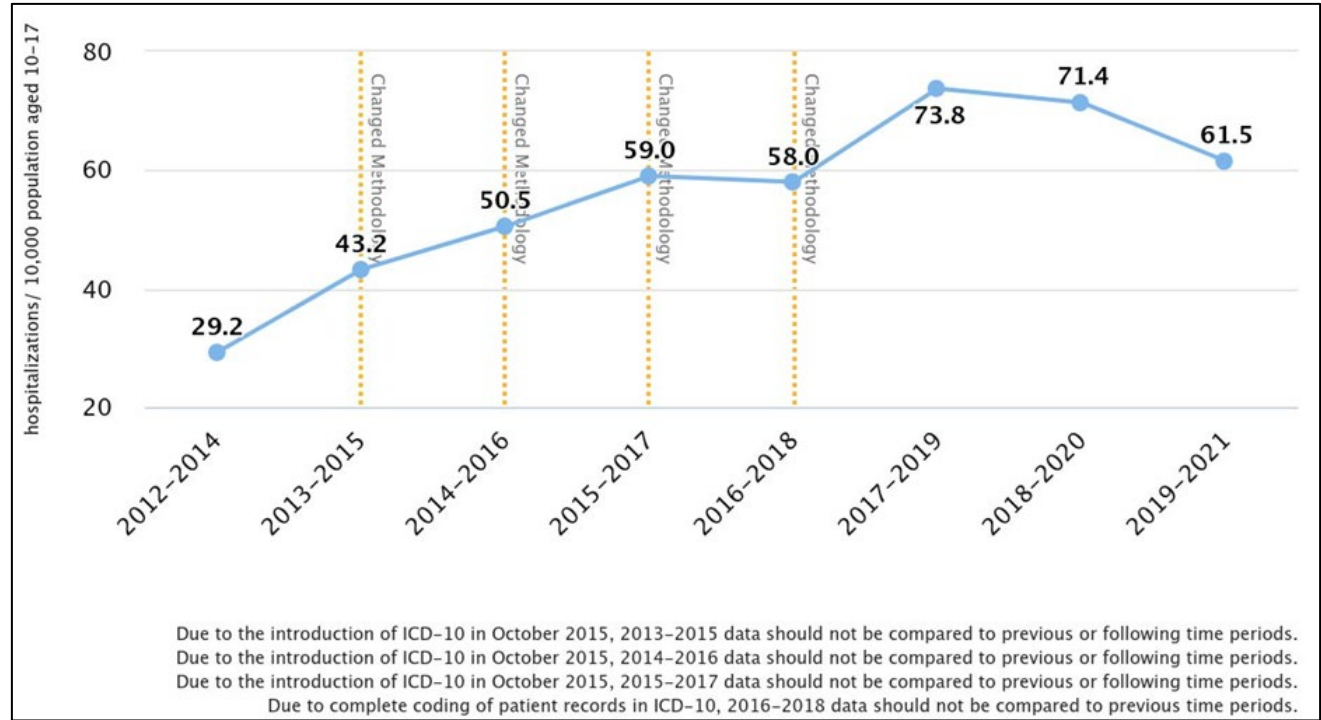


Figure 18: Age-Adjusted Hospitalization Rate due to Adolescent Suicide and Intentional Self-inflicted Injury, Portsmouth

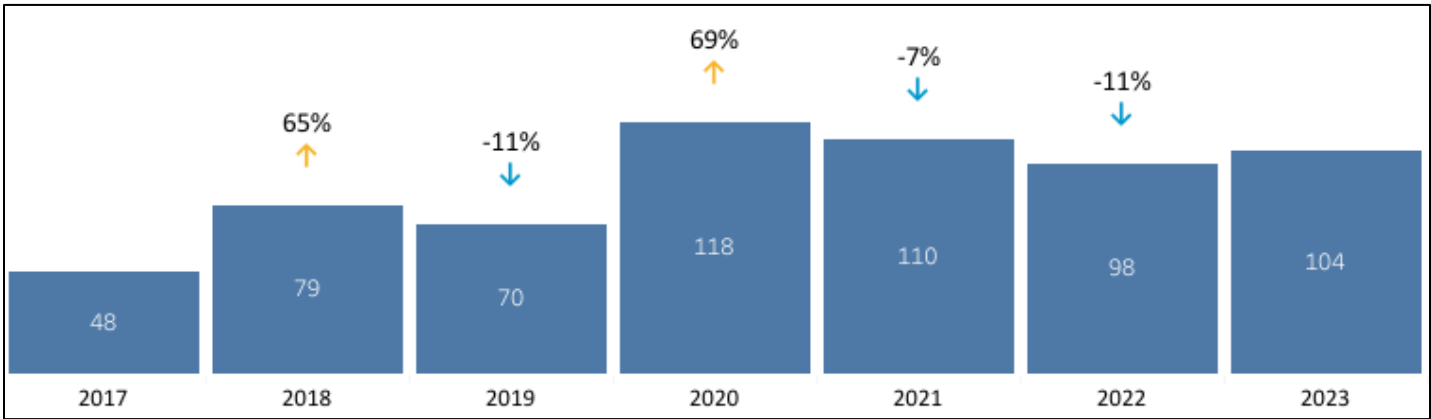


Figure 19: Firearm Injuries by Year, Counts of Emergency Department Visits by Portsmouth Residents

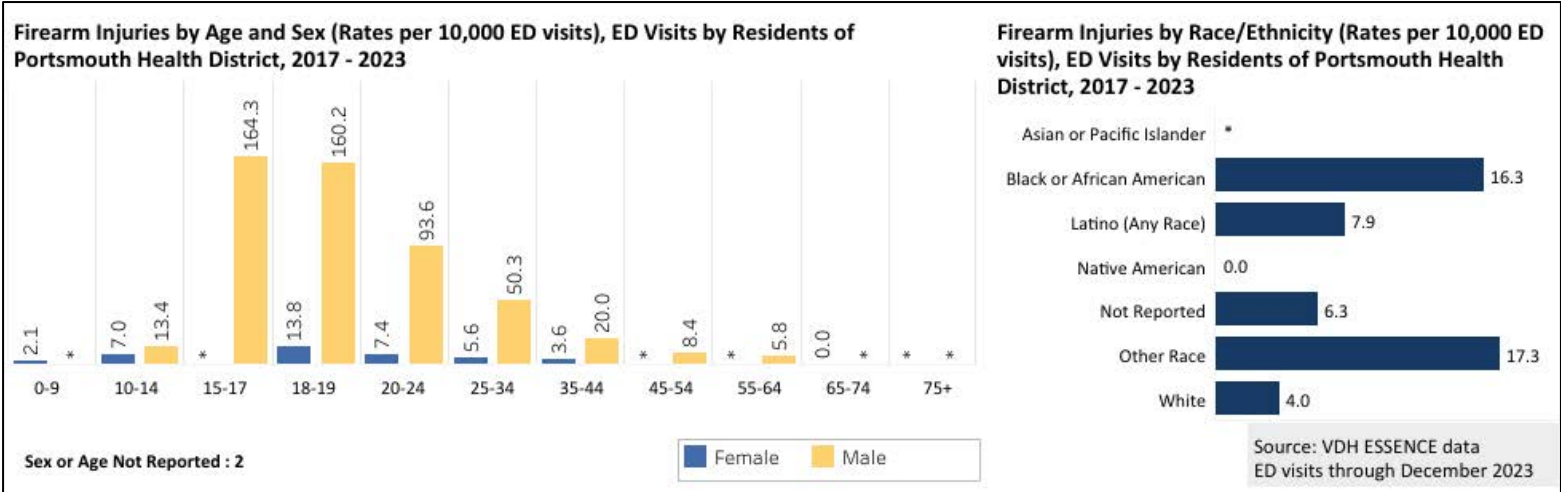


Figure 20: Firearm Injury Rates for Portsmouth Residents by Age, Sex, and Race/Ethnicity

## Focus Area #5: *Prevention Behaviors*

### Background:

Prevention behaviors include reducing the rate of sexually transmitted infections in adults and increasing the proportion of women who have access to prenatal care during the first trimester of pregnancy. First, STIs have a profound impact on health and continue to be a significant health issue in Portsmouth. Portsmouth had the highest rate of chlamydia in the Hampton Roads region at 1,398 cases per 100,000 persons (Figure 21). For gonorrhea, this rate is 566.2 cases per 100,000, again the highest in the region (Figure 22). HIV/AIDS also are high in Portsmouth, with the city having the second highest rate at 6,679 cases per 100,000 persons (Figure 23). Finally, Portsmouth's syphilis rate is the highest as well at 72.6 cases per 100,000 persons (Figure 24).

For prenatal care, this prevention behavior is important to help prevent and address health problems in both mothers and babies. Figure 25 shows the rate of mothers who received prenatal care in their first trimester. The rate in Portsmouth is slowly increasing and was the third highest in the Hampton Roads area in 2020 at 860.8. The rate of mothers who received ten or more prenatal visits during their pregnancy is improving in Portsmouth at 385.5 mothers per 1,000 live births (Figure 26).

### *Sub-priorities*

Reduce the sexual transmitted infection (STI) rate in adults.

Increase the proportion of adolescents who get the recommended doses of the HPV vaccine.

Increase the proportion of women who access prenatal care during the first trimester of pregnancy.

**Strategies and Lead Partners are currently in progress and will be added to the CHIP once finalized by the Healthy Portsmouth Leadership team.**



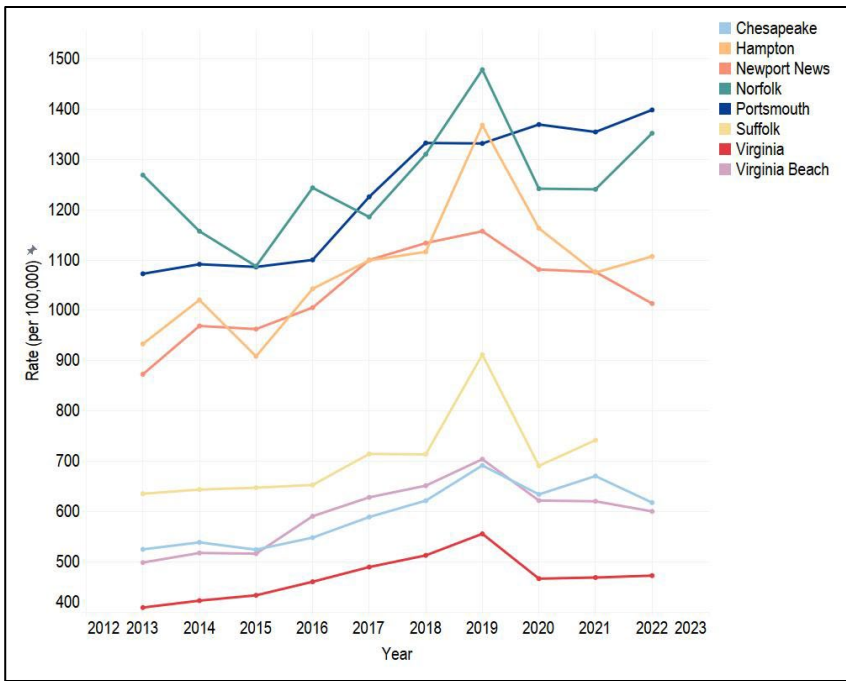


Figure 21: Rates of chlamydia

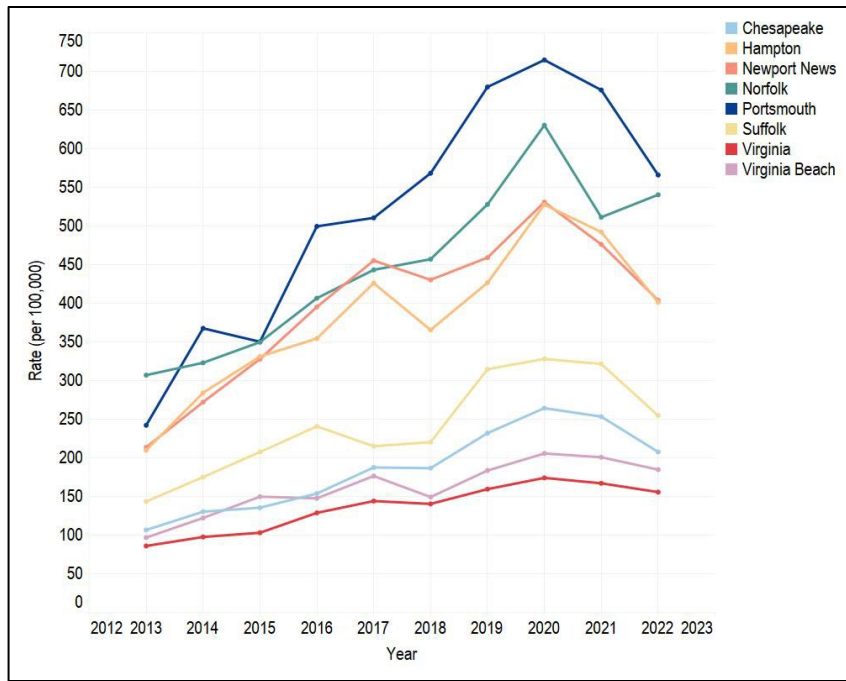


Figure 22: Rates of gonorrhea

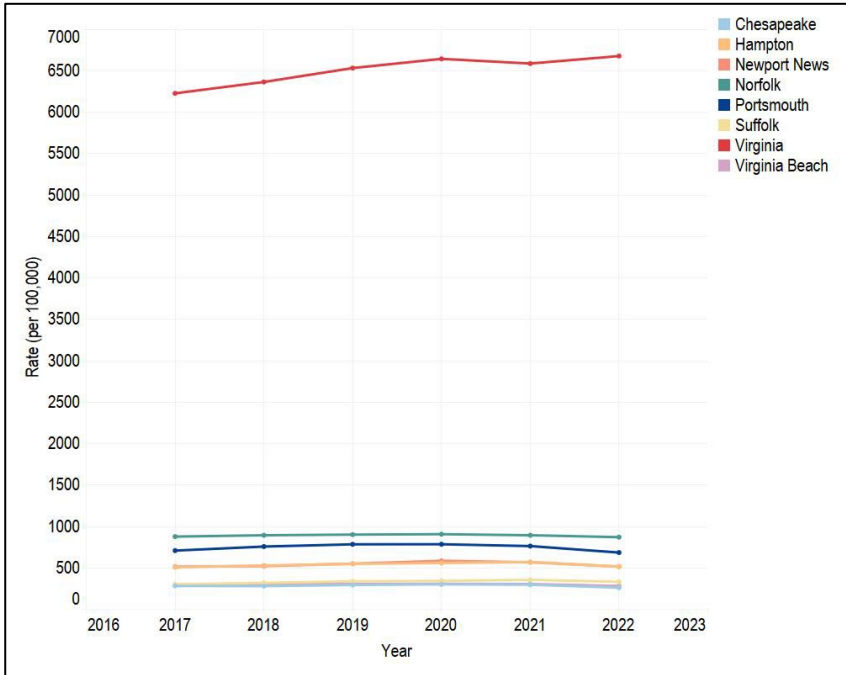


Figure 23: HIV/AIDS case rates

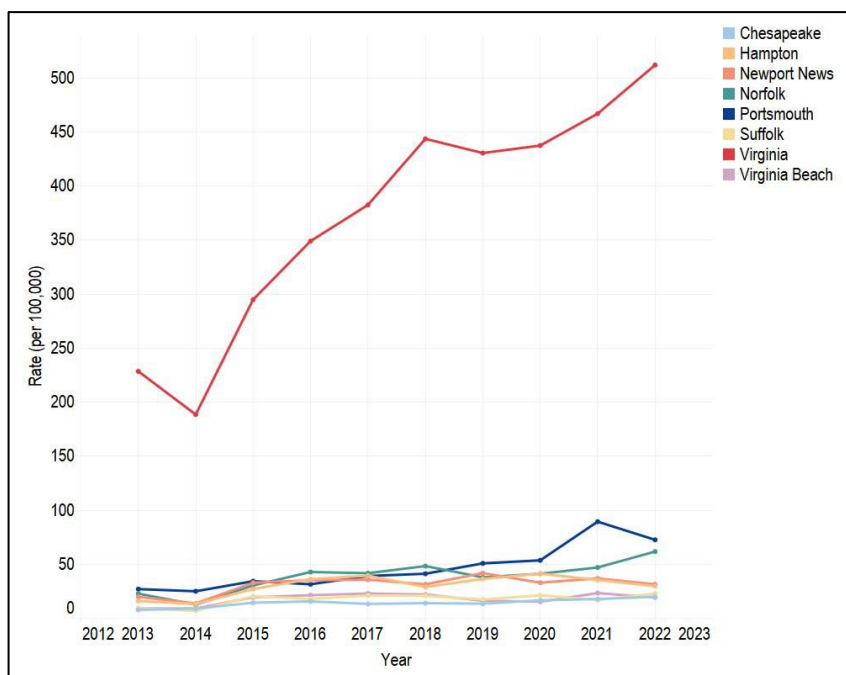


Figure 24: New early syphilis case rates

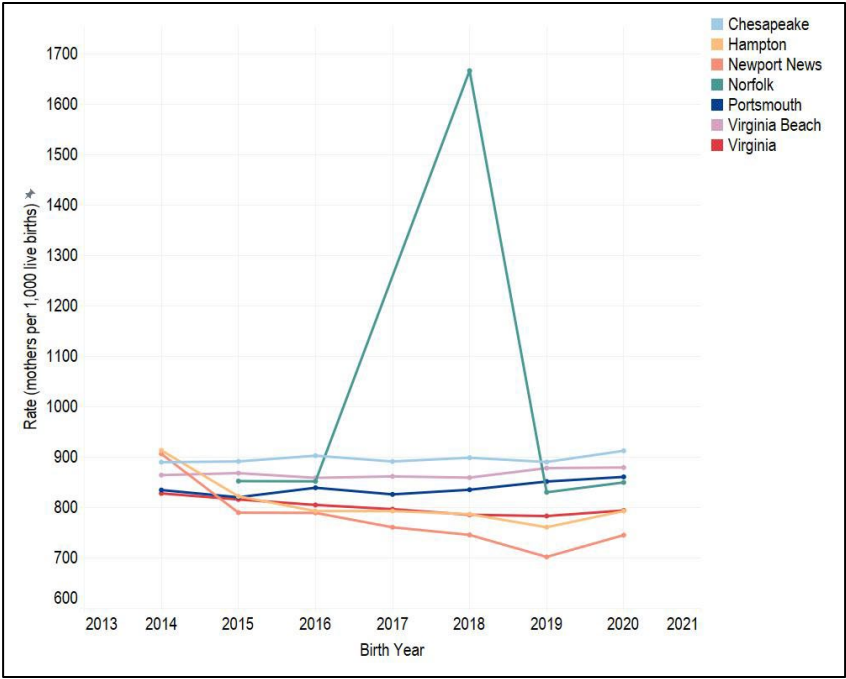


Figure 25: Rate of mothers who received prenatal care in their first trimester

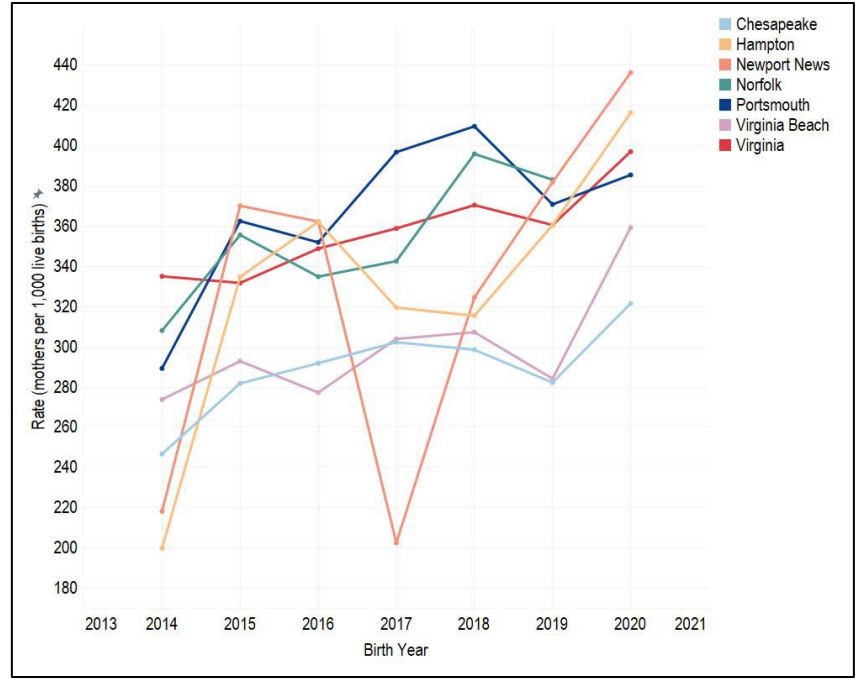


Figure 26: Rate of mothers who received 10+ visits during their pregnancy

# City of Portsmouth Community Health Assessment

## Summary of Findings

Portsmouth Health  
Department



Published February 2024

# COMMONWEALTH of VIRGINIA

PORTSMOUTH

Health Department



*Charting a Course for Good Health*

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Dear Community Stakeholders,

I am thrilled to share the 2023-2024 City of Portsmouth Community Health Assessment (CHA) summary. The CHA represents a comprehensive examination of our community's health status through meticulous data gathering and analysis. Utilizing the insights gleaned from the CHA, we have embarked on developing a Strategic Plan to address initiatives that will profoundly impact the health and well-being of our community. This endeavor is deeply rooted in our commitment to ensuring the health and vitality of all Portsmouth residents and enhancing positive outcomes and quality of life.

As we navigate the challenges posed by the global COVID-19 pandemic and strive to rebuild our community's health with a renewed sense of purpose and determination, we must recognize that good health transcends the mere absence of illness; it encompasses complete physical, mental, and social well-being. We must promote awareness of an integrative approach with an understanding of preventative measures, healthy lifestyles, mental health support, and emotional well-being to fortify our community's resilience and strength.

Our Strategic Plan will delineate specific goals, objectives, and strategies to mitigate adverse impacts on health and well-being while prioritizing interventions to promote positive impacts across diverse populations and focus on wholistic approaches. The development of this plan has been a truly collaborative effort, engaging the Portsmouth Health Department, the community, and our coalition partners.

Thank you for your unwavering attention to this pivotal matter. Together, we can forge a path toward a healthier community that uplifts and empowers all its residents. Should you have any questions or seek further information regarding the Community Health Assessment and Community Health Improvement Plan, please do not hesitate to contact our office.

Sincerely,

Kavita Imrit-Thomas, D.O., FACP, FIDSA, FAIHM, AAHIV, Dip in Obesity Medicine  
Health Director  
Portsmouth Health Department



The Portsmouth Health Department received accreditation through the Public Health Accreditation Board by meeting national standards for high quality public health services, leadership, and accountability.

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# A special thank you to our Healthy Portsmouth partners!

American Cancer Society  
Bon Secours Faith Ministries  
Bon Secours Maryview  
Children's Harbor  
City of Portsmouth  
The Consortium for Infant and Child Health (CINCH)  
Eastern Virginia Medical School (EVMS)  
Hampton Roads Community Health Center  
LGBT Life Center  
Portsmouth Behavioral Health Services  
Portsmouth General Hospital Foundation  
Portsmouth Humane Society  
Portsmouth Public Schools  
Portsmouth Redevelopment and Housing Authority  
Portsmouth Volunteers for the Homeless  
Portsmouth YMCA  
Tidewater Community College – Portsmouth Campus  
Tidewater Youth Services Foundation  
TowneBank  
United Way of South Hampton Roads  
Virginia Cooperative Extension – Virginia Tech  
WHRO Center for Regional Citizenship

# Community Focus Groups

The Portsmouth Health Department conducted community focus groups and a community survey from August through November 2023. Planning for the focus group sessions began in June with the development of questions, recruiting strategies, and staff training and development. In total, PHD hosted eight community focus groups: five general sessions, one youth session, and one educated women session. Focus group sessions were open for any person who lives, works, worships, or spends time in Portsmouth. Along with the focus groups, a survey was distributed for community members who were unable to attend a session. The survey was shared via the health department's social media accounts and through flyers within the community. In total, 106 people participated in either a focus group session or the survey.

Demographic Characteristics of Focus Group and Survey Participants, 2023		
55.66% Female	28.30% Male	16.04% Gender Unknown
26.42% 55-64 years old	18.87% 45-54 years old	11.32% <18 years old
64.15% Black, non-Hispanic	14.15% White, non-Hispanic	13.21% Race Unknown

Figure 1: Demographics of focus group and survey participants, PHD, 2023  
Source: Portsmouth Health Department

Participants across all focus groups (excluding the youth session) and survey responses agreed on many issues. The topic discussed the most was the crime rate within the city. Participants discussed how the crime rate has given Portsmouth a "bad reputation" and how the high crime rate has influenced city development in terms of businesses wanting to open within the city lines. A subtopic of crime heavily discussed was drug usage. Along with crime, the findings emphasized the disparities in access to health care, specifically mental health services. Many participants noted that income plays a critical and independent role in accessing care. Additionally, participants reported frustration with administrative difficulties, including scheduling an appointment and finding providers within their insurance network.

Finally, defining a healthy community is a question of values that can be approached within the socio-ecological model framework, which includes considering the various influences on health attitudes and decisions. When asked what makes a community healthy, participants viewed access to fresh healthy foods, access to facilities, access to healthcare, and strong support systems as top components in a healthy community.

The youth focus group session was asked different questions that were tailored towards a younger audience. Despite these differences, the children still brought up Portsmouth's crime rate, stating it would be what they would want to improve in Portsmouth. Another topic the children addressed was providing more activities and resources tailored to Portsmouth's youth, such as field trips and parks. Finally, when looking at how Portsmouth's youth population receives education pertaining to healthy eating and nutrition, the top response was either the child's parents or the internet.

Direct quotes from the focus group sessions and survey respondents can be found throughout the Community Health Assessment.

# CHA SECTION ONE: *DEMOGRAPHICS*

## **INDICATORS:**

Population Count & Change  
Population by Zip Code  
Population by Race and Ethnicity  
Hispanic Population Growth  
Population by Language Spoken  
Age and Gender Distribution  
On-Time Graduation Rates  
Educational Attainment  
School Enrollment by Poverty Level  
Limited English Proficient Student Enrollment  
People with Disabilities

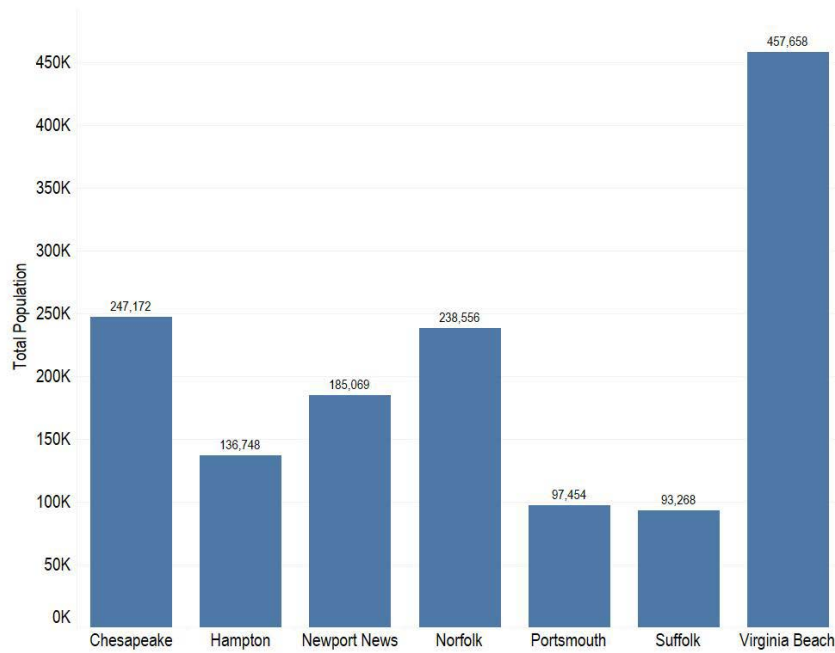
"I like the communities, I like the culture setting, I like the conversations I have with the community members."

-Focus Group Participant

"The community...if we needed some help, we ask the community, and they will help us out as much as they can."

-Focus Group Participant

# Population Count & Change



The Portsmouth population has declined since the 1990s, but in recent years has shown a gradual increase. Current Census population estimates that there are approximately 97,000 people living in Portsmouth, making it the second smallest city by population size in the Hampton Roads region (Figure 2). When looking at overall population change, Portsmouth grew 2.4% from 2010 to 2020, which is similar growth seen in Virginia Beach (Figure 3). Chesapeake saw the largest growth with a population increase of 9.2% while both Hampton and Newport News saw population declines.

Figure 2: Population counts, 2021

Source: United States Census

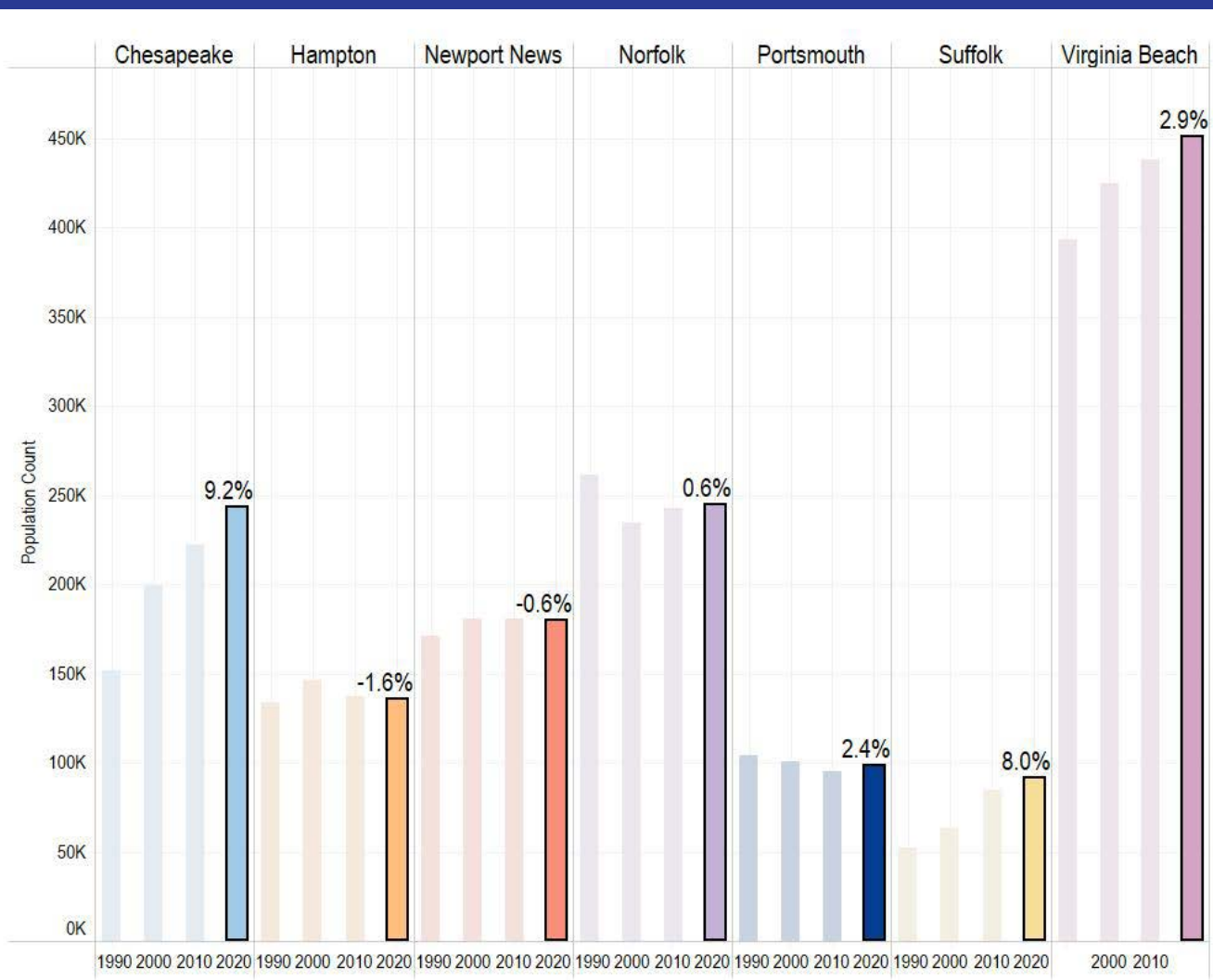


Figure 3: Percentage Population Change  
Source: County Health Rankings

# Population by Zip Code

When looking at populations within Portsmouth zip codes, 23701 and 23702 saw population increases in the last decade, while zip codes 23703 and 23707 saw decreases. In 2021, zip code 23703 had the largest population with 27,094 residents and zip code 23707 had the smallest population with 14,344 residents (Figure 4).

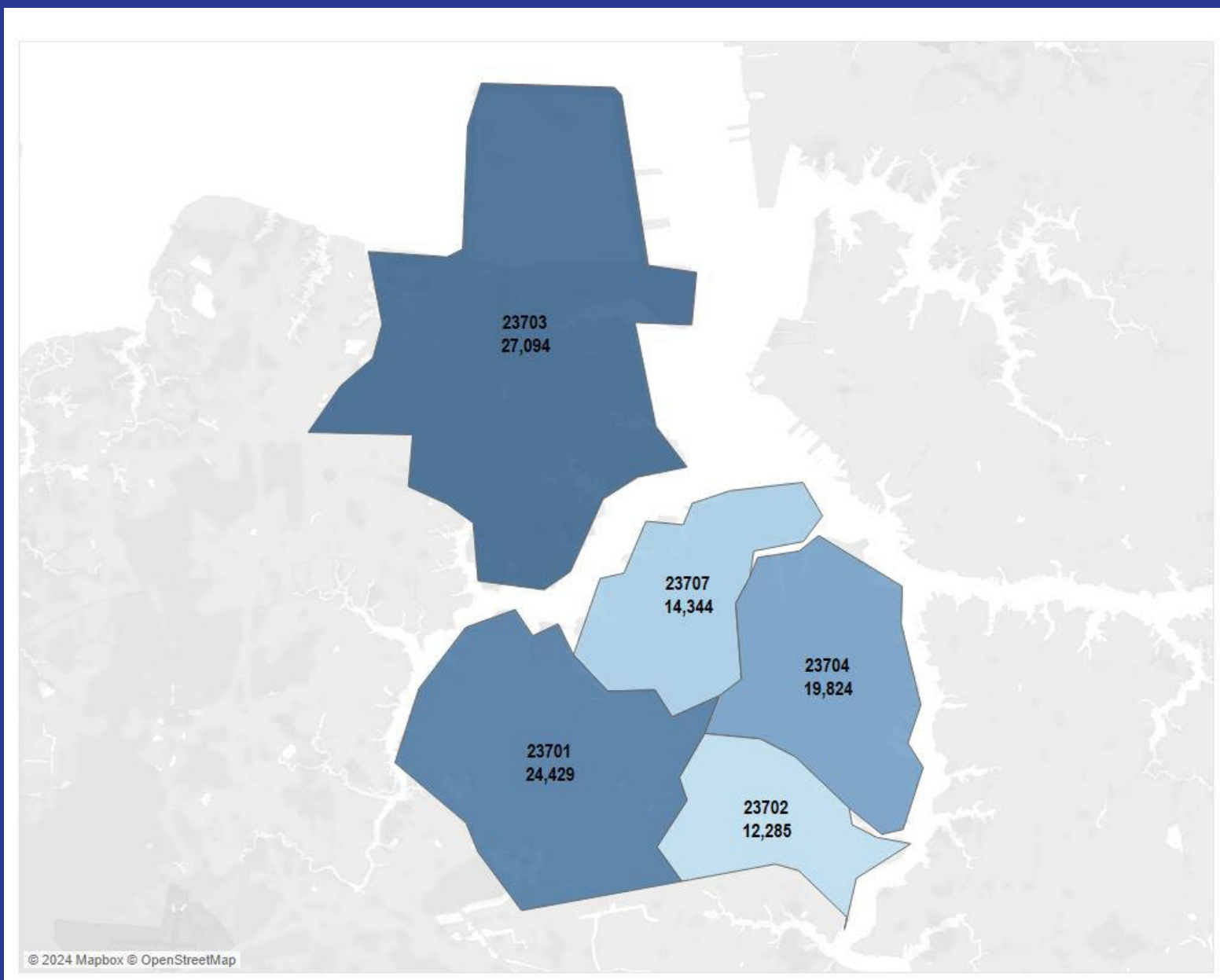
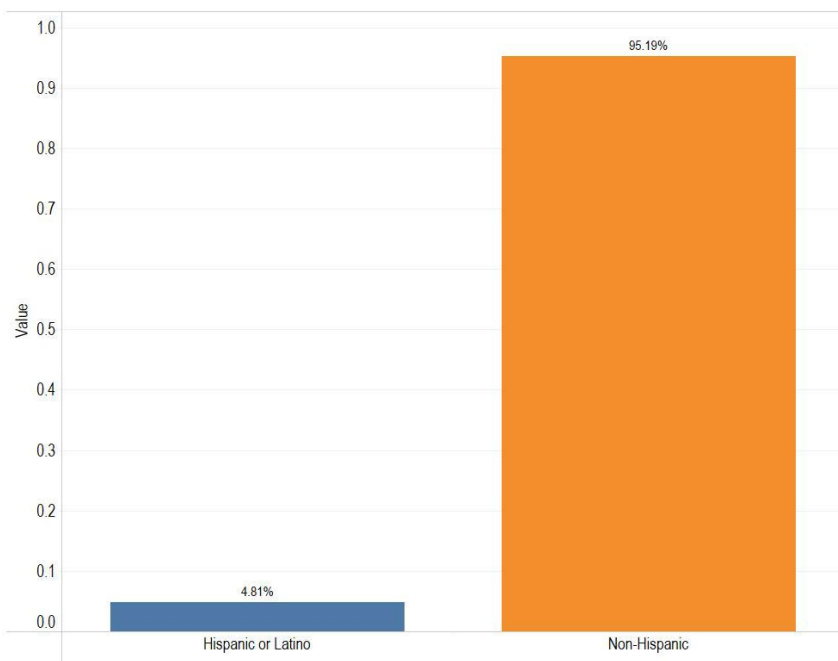


Figure 4: Portsmouth's population by zip code, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates



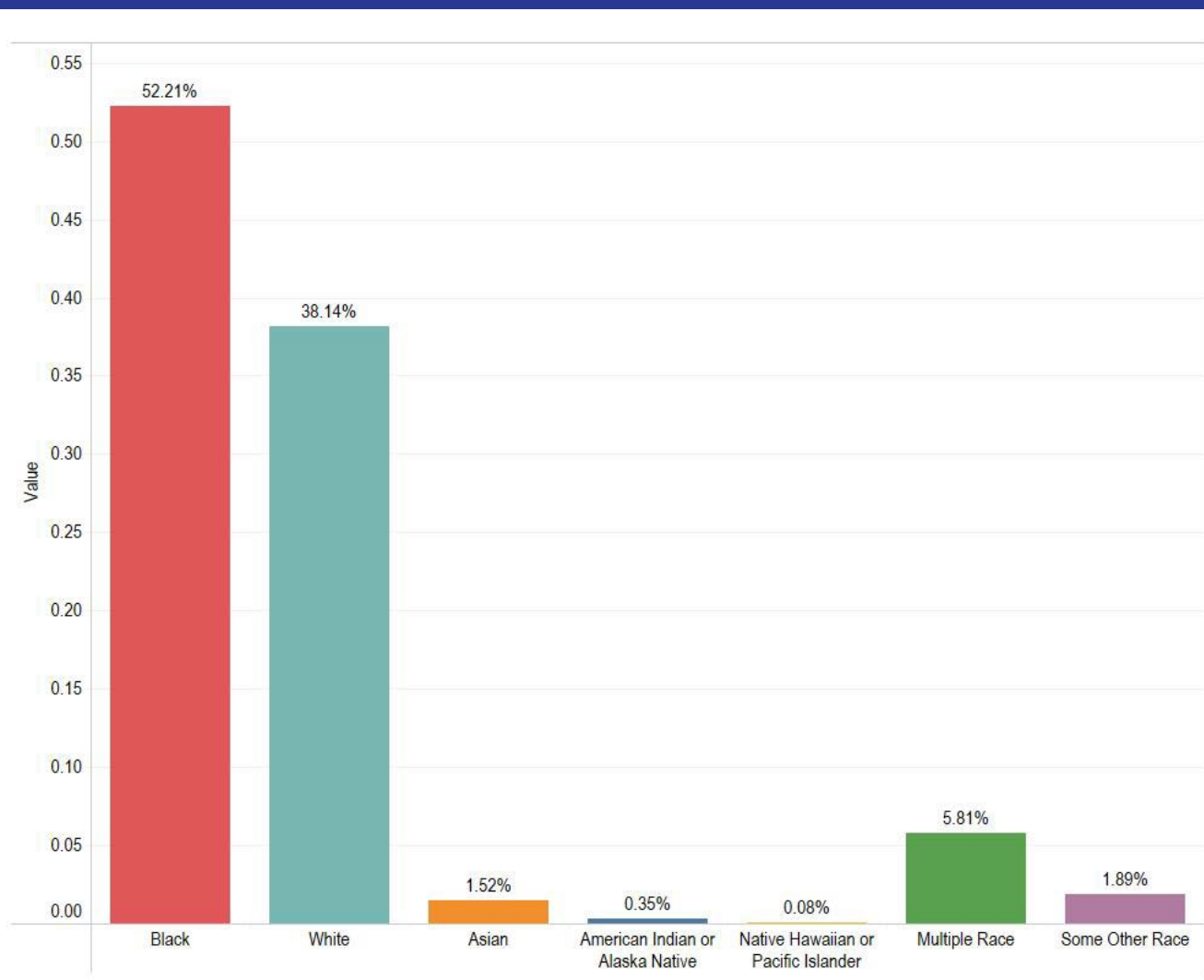
# Population by Race & Ethnicity



Majority of Portsmouth's residents identify as non-Hispanic at 95.19% compared to 4.81% who identify as Hispanic or Latino (Figure 5). For race distribution, a majority of Portsmouth's residents are Black (52.21%) followed by White (38.14%) and Multiple Races being the third largest percentage (5.81%) (Figure 6).

**Figure 5:** Portsmouth's population by ethnicity, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates



**Figure 6:** Portsmouth's population by race, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Hispanic Population Growth

Portsmouth's Hispanic population increased from 3.6% in 2013 to 5.2% in 2021 (Figure 7). Every city in the Hampton Roads region also saw an increase in their Hispanic population during the period.

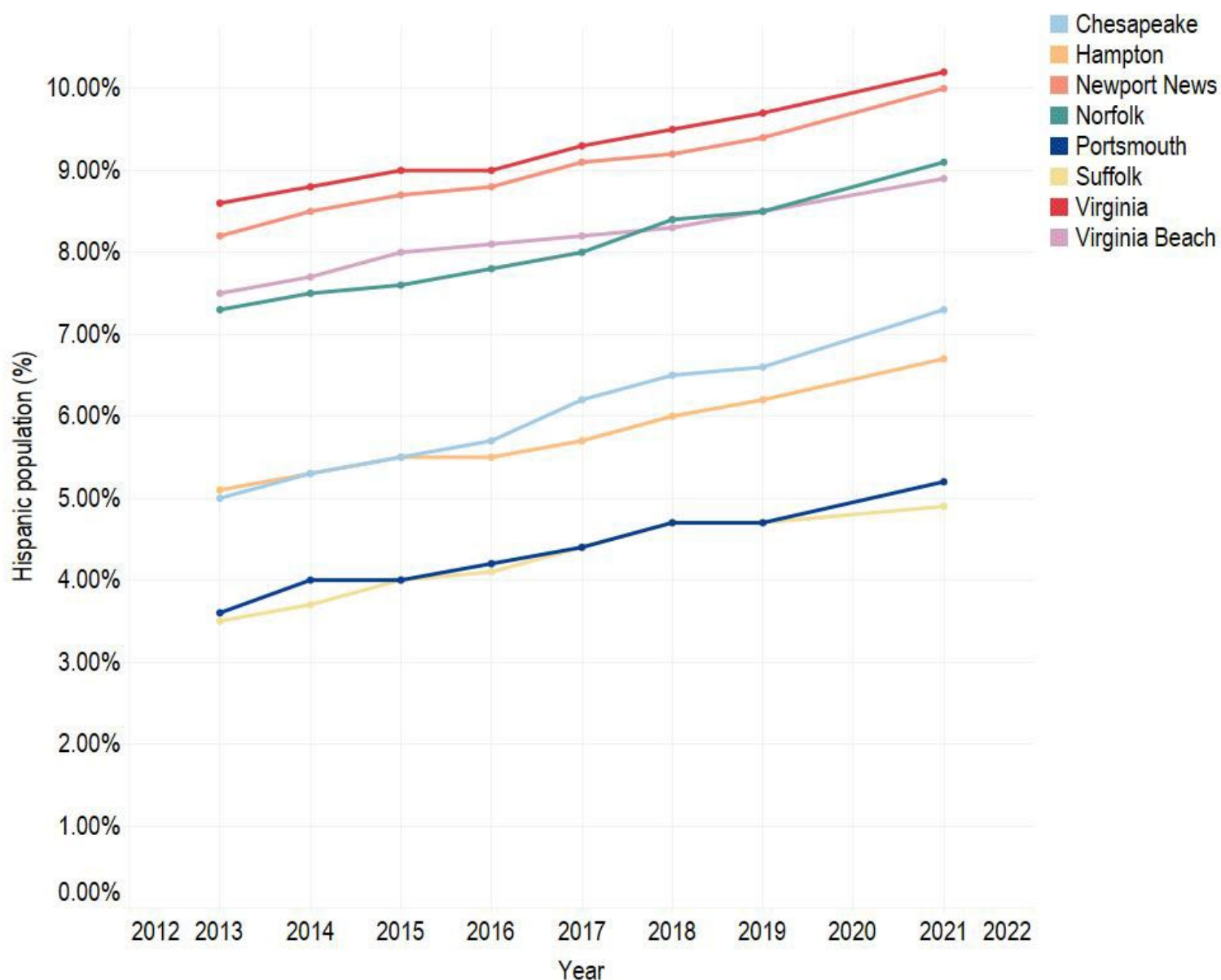


Figure 7: Hispanic population growth over time

Source: Census Bureau's American Community Survey (ACS) 1-year estimates

# Population by Language Spoken

Language is an important component of a community, as language reflects a community's culture as well as brings community members together through personal communication. A majority of the population in all Hampton Roads cities speak English only. When looking specifically at Portsmouth's residents, 95.05% speak only English, 2.88% speak Spanish, 1.28% speak an Asian or Pacific Islander language, and 0.56% speak an Indo-European language (Figure 8).

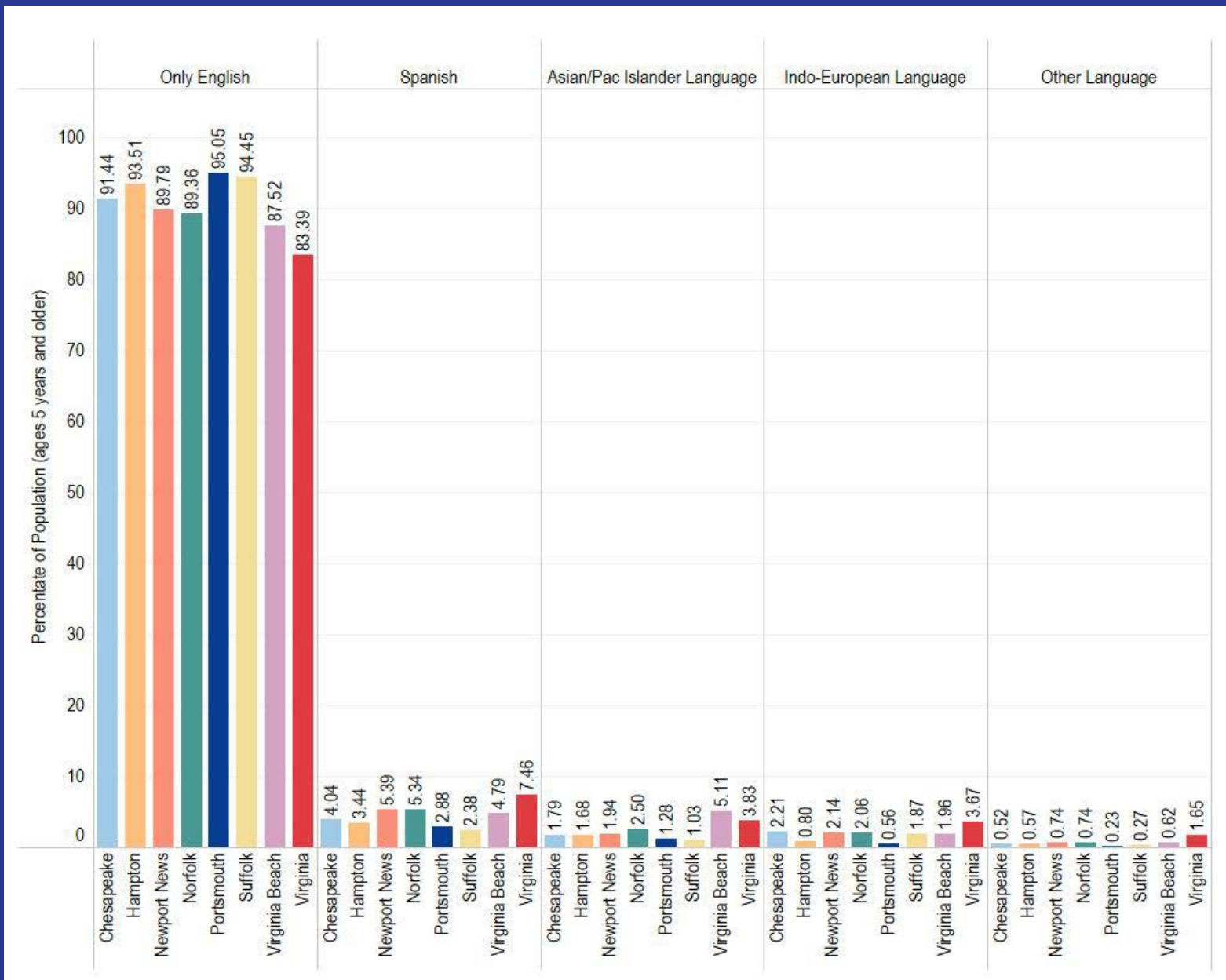
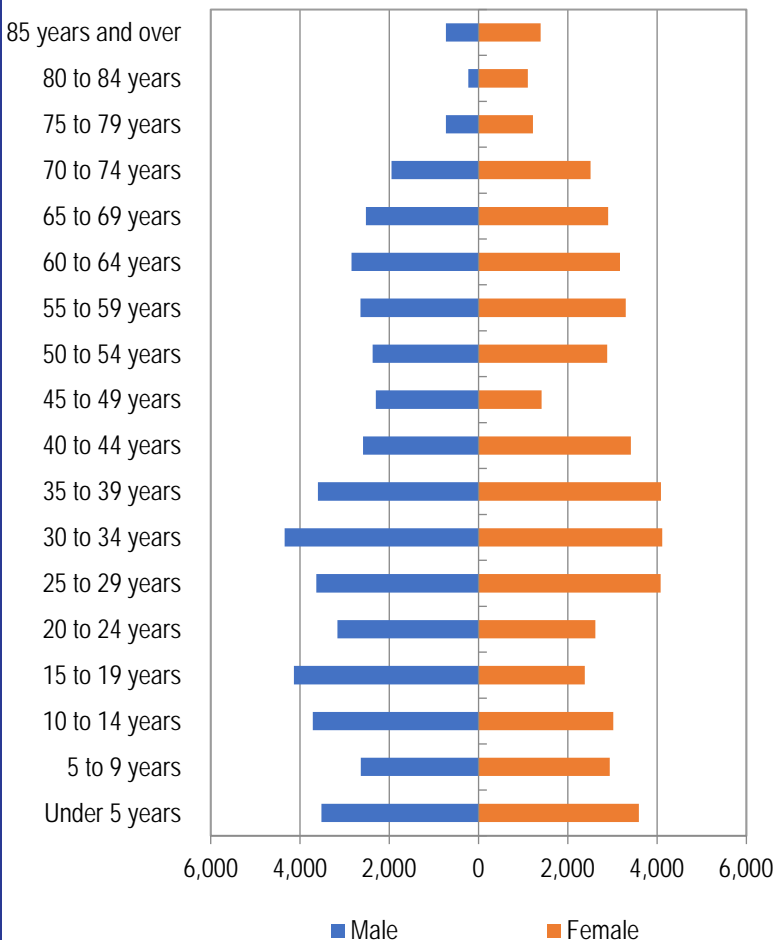


Figure 8: Population by language spoken, 2023  
 Source: Greater Hampton Roads Connect

# Age & Gender Distribution

Figure 9 shows the age and sex distribution of the population in Portsmouth and Virginia in 2021. The ratio of male to female residents in Portsmouth is largely similar to Virginia – there are slightly more males under age 64, and then there is an increasingly greater proportion of females in ages 65+.

Population Estimates by Age & Gender  
Portsmouth City, 2021



Population Estimates by Age & Gender  
Virginia, 2021

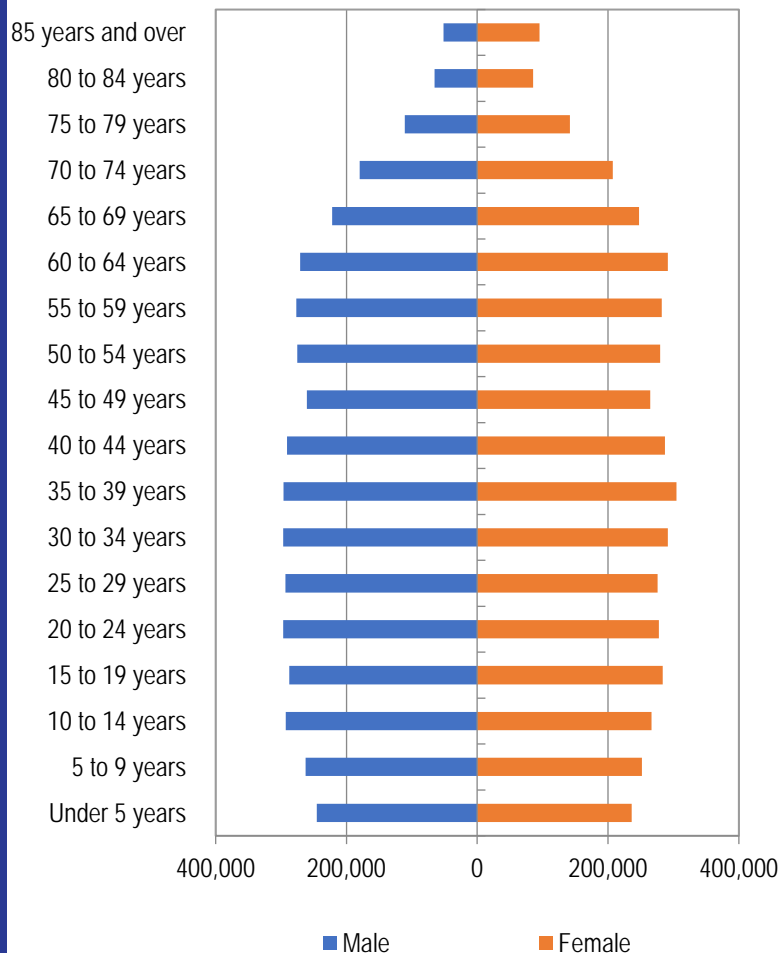
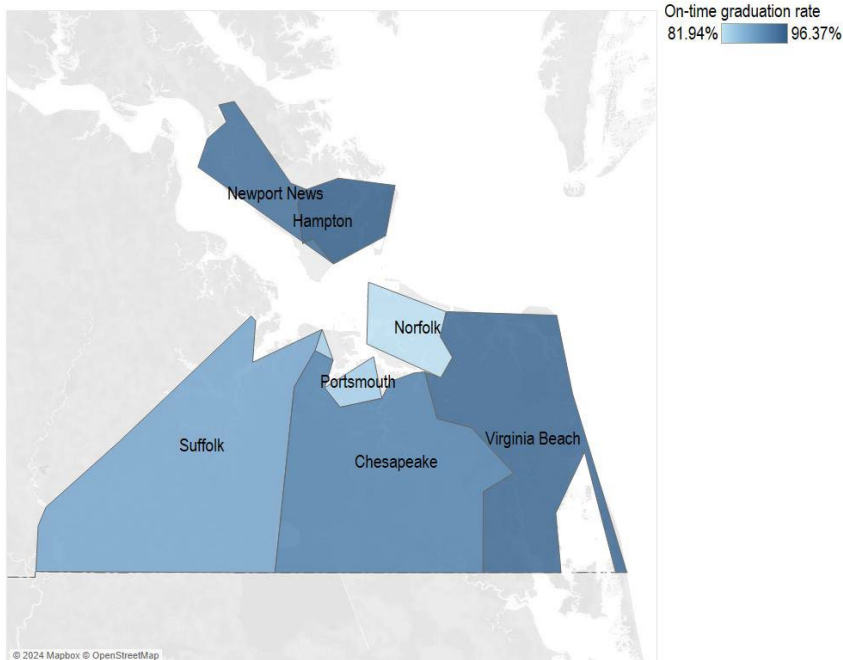


Figure 9: Age and gender distribution for Portsmouth and Virginia, 2021  
Source: United States Census, 2021

# On-Time Graduation Rates



On-time graduation rates are an important tool for educators and policy makers as it helps them better understand how their state or district's schools are performing with the all-important goal of preparing students for college or professional careers. In 2023, Portsmouth had the second lowest on-time graduation rate at 83.75%, which is significantly lower than Virginia's rate at 91.93% (Figure 10). Portsmouth has experienced a decline in on-time graduation rates since 2020, while the neighboring cities of Hampton, Newport News, Virginia Beach, and Chesapeake all have been increasing during the same period (Figure 11).

Figure 10: On-time graduation rates, 2023  
Source: Virginia Department of Education

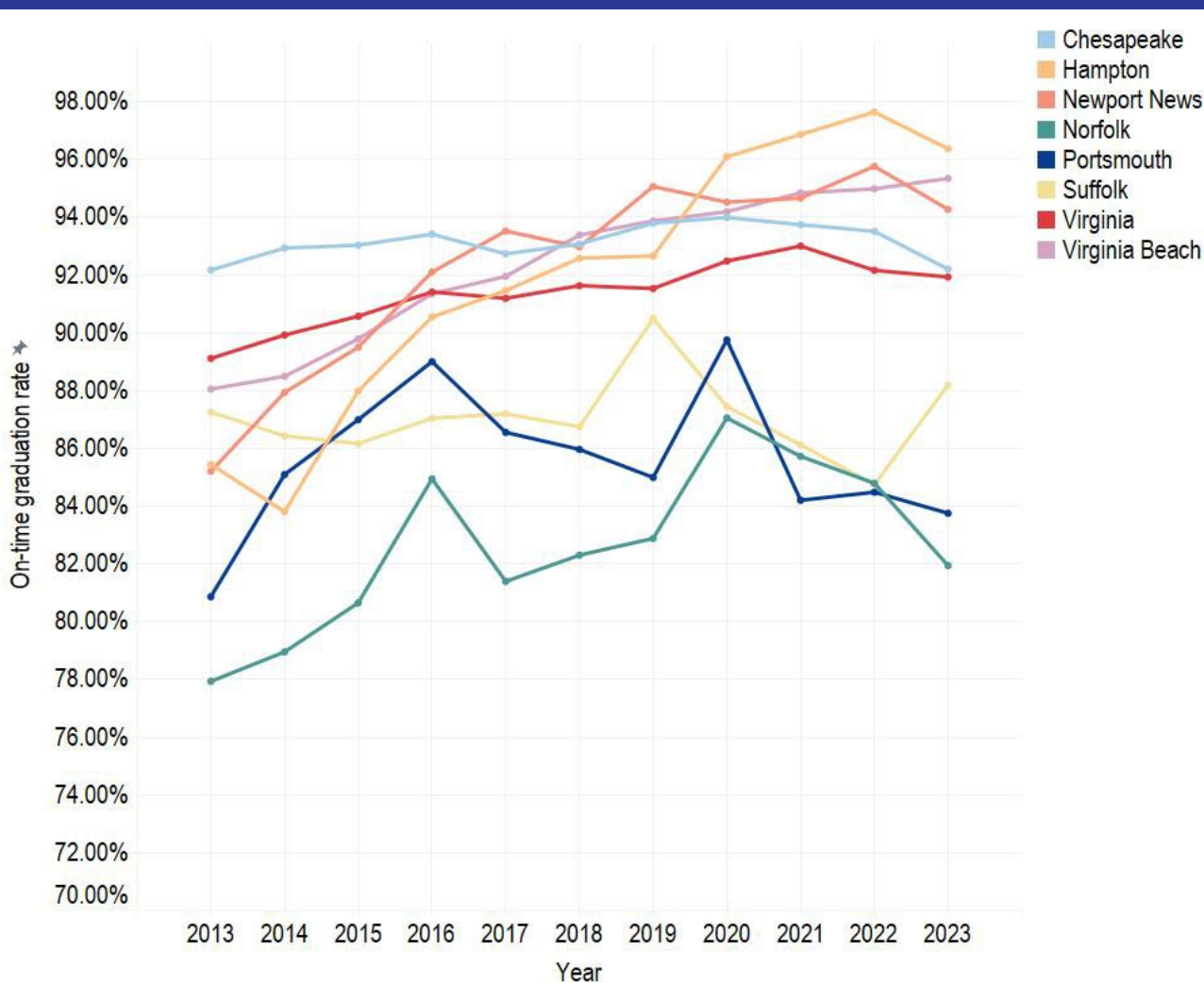
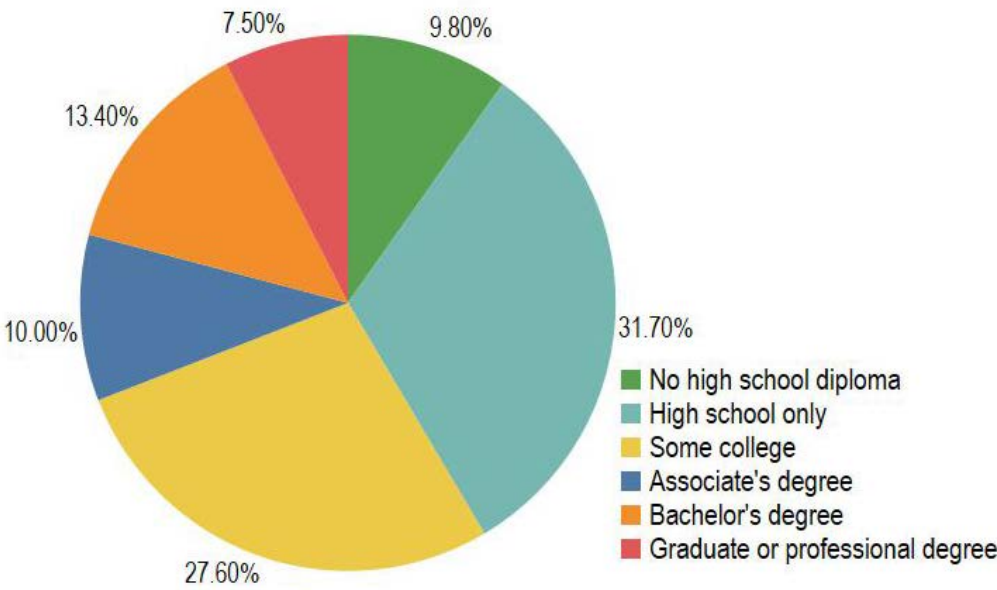


Figure 11: On-time graduation rates over time  
Source: Virginia Department of Education



# Educational Attainment



Along with on-time graduation rates, educational attainment is another valuable community indicator. In Portsmouth, most adults in 2021 have only a high school degree (31.70%) with the second largest group having some college education (27.6%) (Figure 12). When comparing Portsmouth to the other Hampton Roads cities, Portsmouth has the lowest percentage of adult residents who have either a bachelor's degree or a graduate or professional degree (Figure 13). Virginia Beach has the highest percentage of residents in both of those categories at 24.3% and 12.4%, respectively.

Figure 12: Portsmouth educational attainment, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

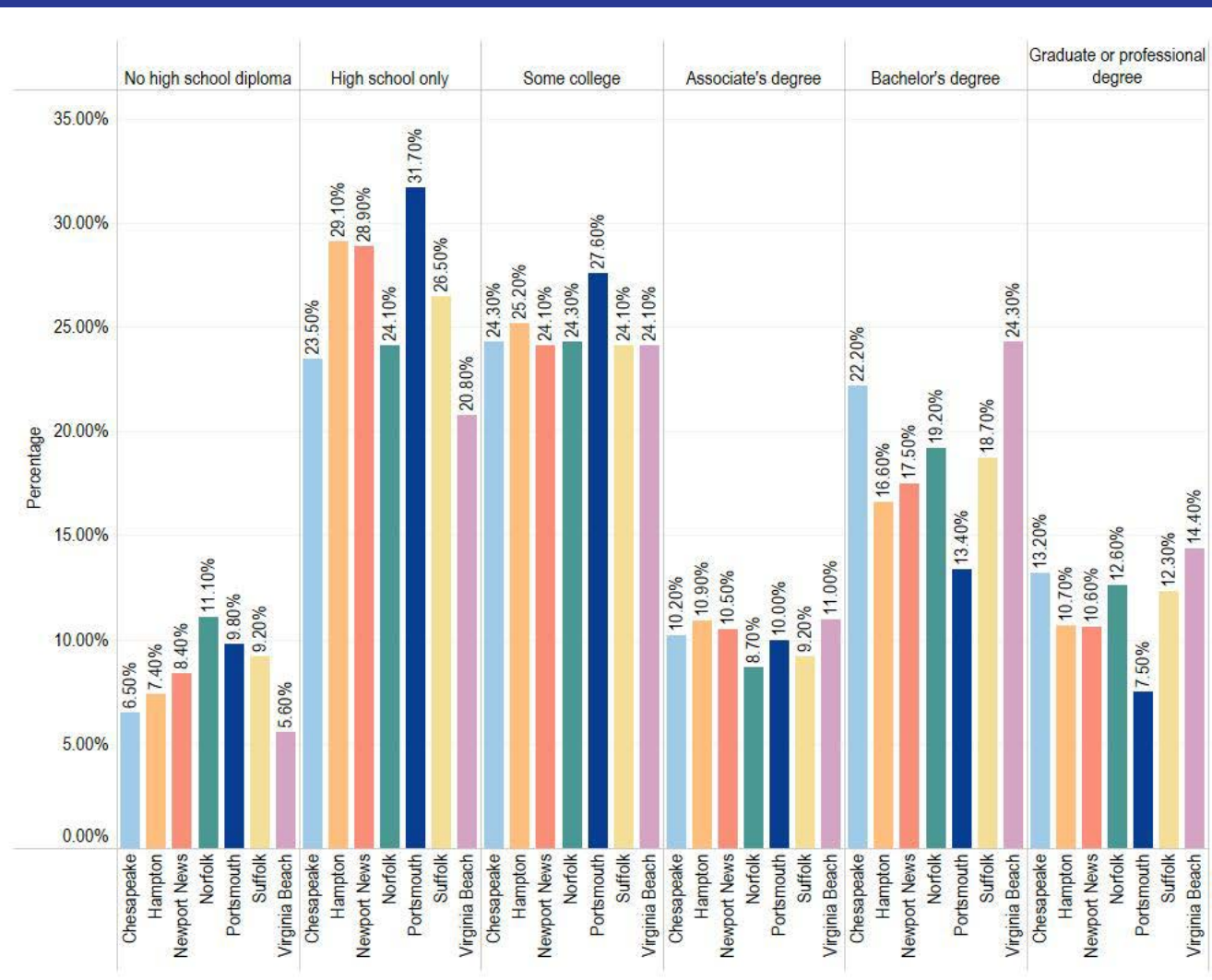
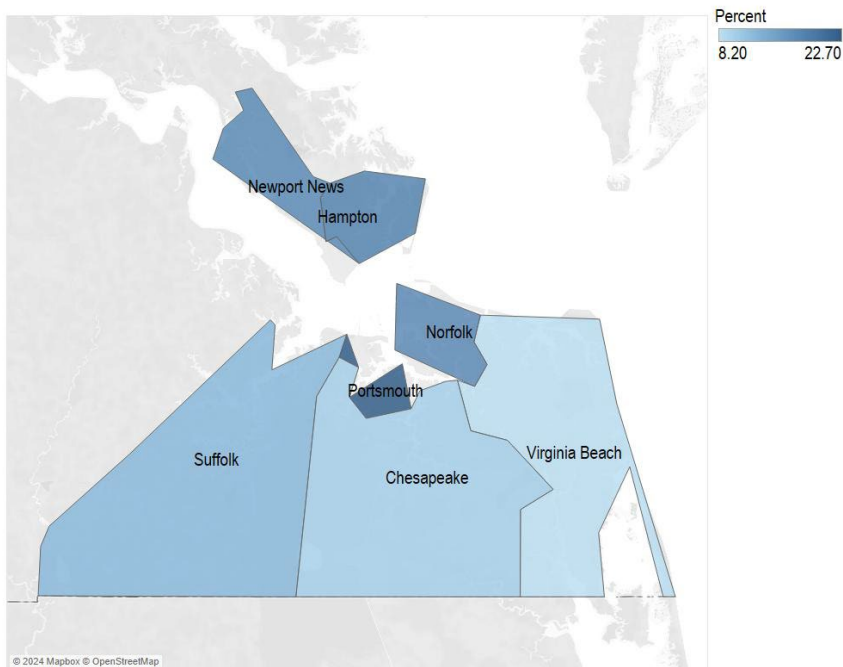


Figure 13: Educational attainment, 2021  
Source: Census Bureau's American Community Survey (ACS) 5-year estimates



# School Enrollment by Poverty Level



From 2013 to 2021, Portsmouth had the highest percentage of students who were enrolled in school who also live in poverty. Specifically in 2021, 22.7% of Portsmouth's students lived in poverty with the next closest city being Hampton at 18.3% (Figure 14). Portsmouth's percentage has remained between 20 and 25% since 2013, while other cities like Norfolk and Suffolk have seen decreases in the same time period (Figure 15).

Figure 14: Students enrolled in school who live in poverty, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

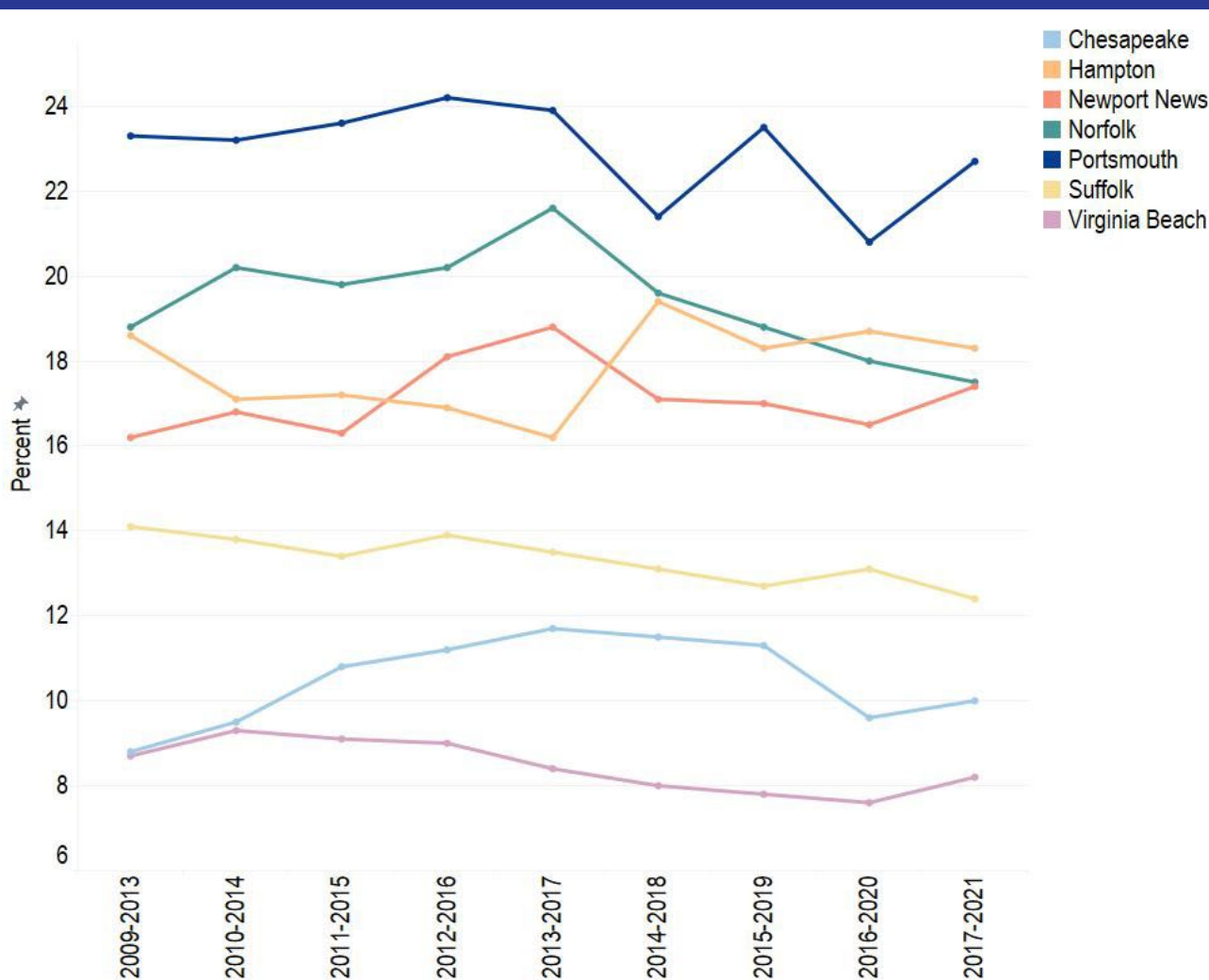
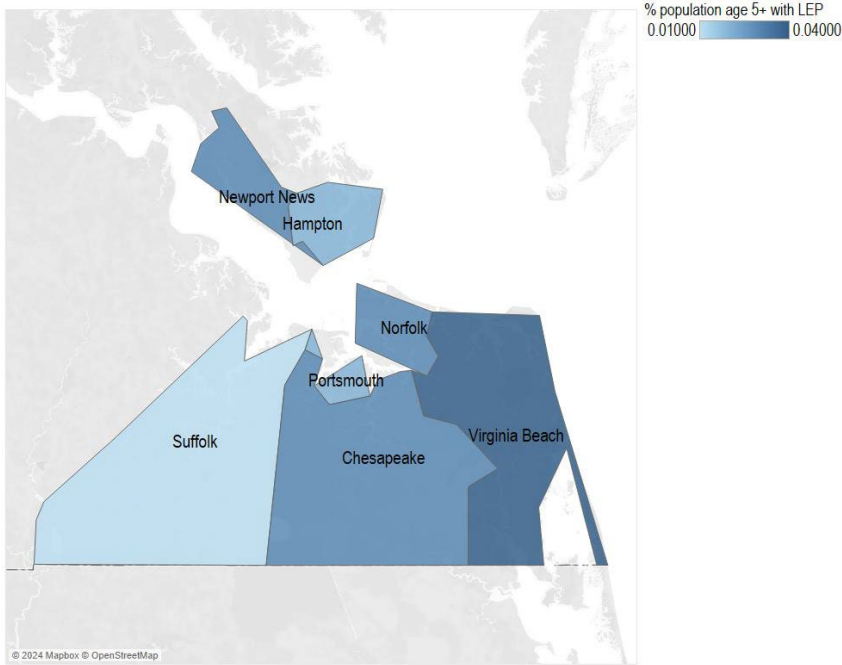


Figure 15: Students enrolled in school who live in poverty over time

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Limited English Proficient Student Enrollment



From 2013 to 2022, the enrollment of students with Limited English Proficiency (LEP) in the Portsmouth public school system increased 194.64%, from 56 students to 165 students. In 2022, Virginia Beach had the highest count of LEP students enrolled (Figure 16). All public school systems in the Hampton Roads region saw an increase in LEP student enrollment with Suffolk seeing the largest increase at 334.62% and Hampton having the smallest increase at 8.31% (Figure 17).

Figure 16: LEP student enrollment, 2023

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

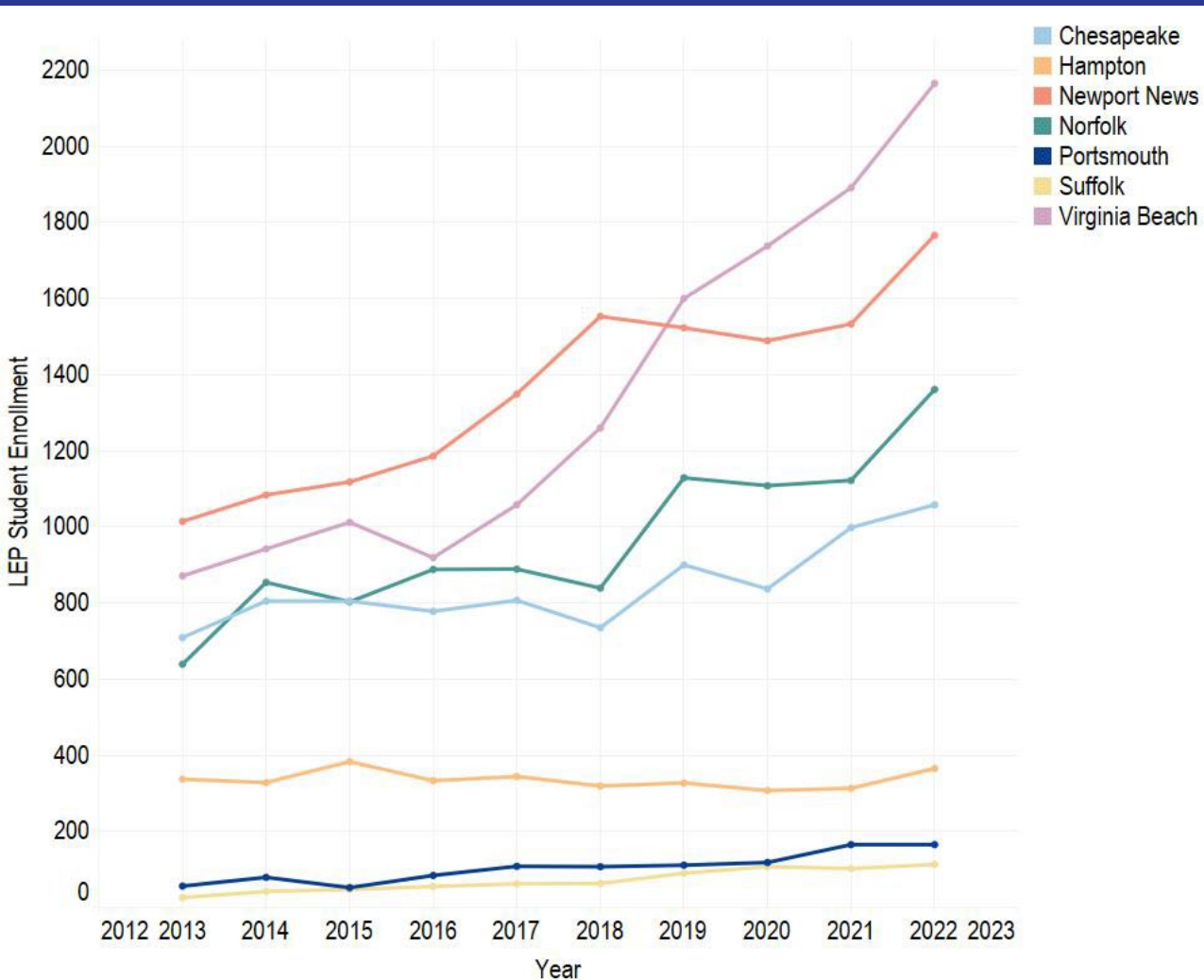


Figure 17: LEP student enrollment over time  
Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# People with Disabilities

According to the American Community Survey, people identified as having a disability are those who have difficulty with specific functions in six categories: hearing, vision, cognitive, ambulatory, self-care, and independent living. Figure 18 shows the percentage of people in each city who had a disability in 2021, with 14.7% of Portsmouth residents having a disability. Hampton had the highest percentage at 15.03% while Virginia Beach had the lowest percentage at 11.49%.

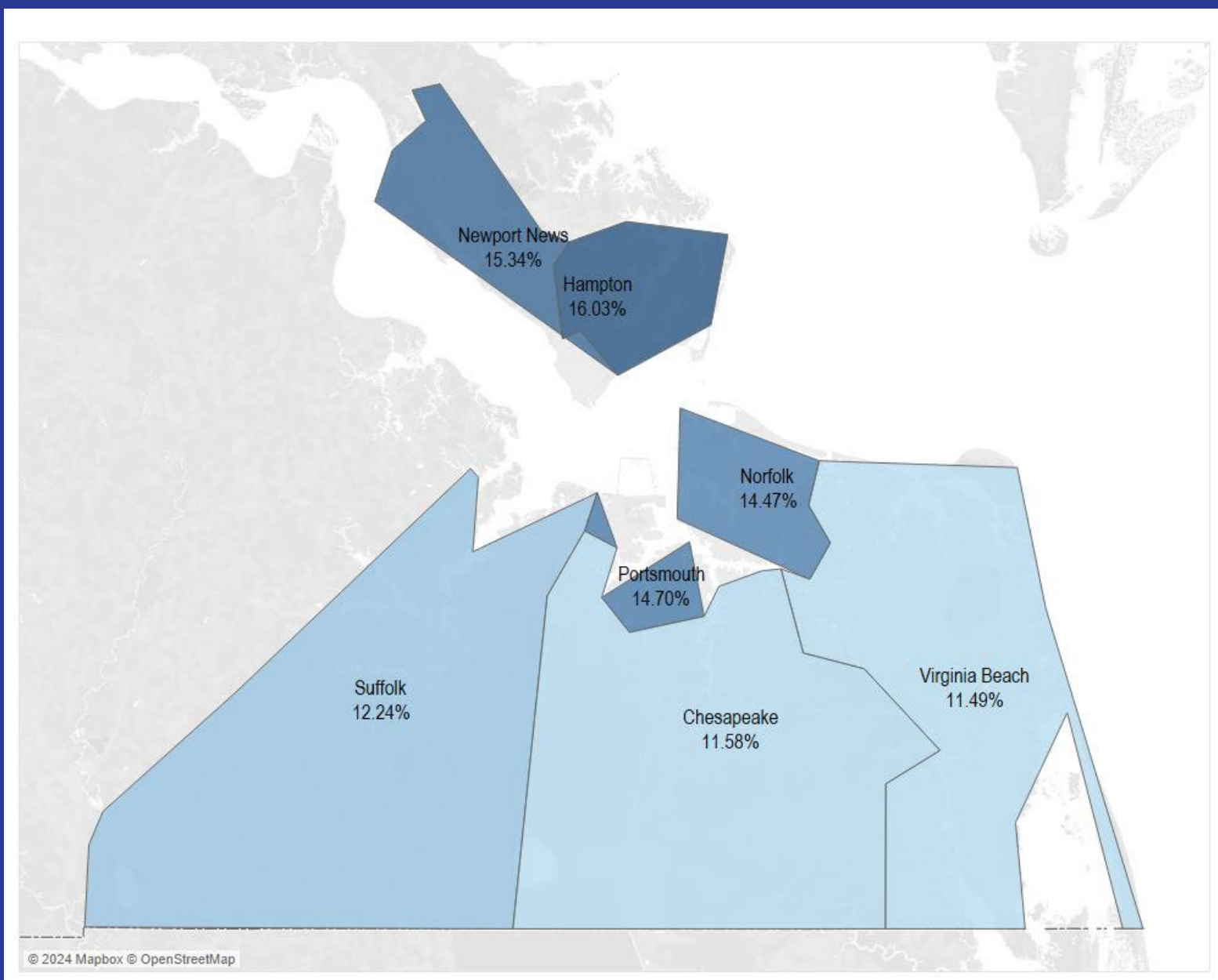


Figure 18: Percentage of people with disabilities, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# STRATEGIES

When looking at demographic information through a public health lens, education is a main focus. Below are strategies for improving on [On-Time Graduation Rates](#) and Educational Attainment – both [High School Completion](#) and [Some College Completion](#).



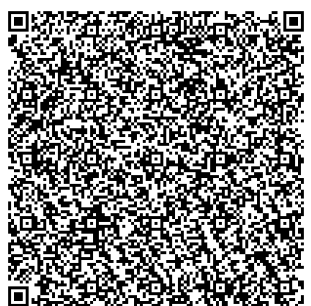
## **On-Time Graduation Rates**

Strategies include incorporating attendance interventions for chronically absent students and the Big Brothers Big Sisters (BBBS) program.



## **High School Completion**

Strategies include career and technical education for high school completion: providing career and technical education as an integrated part of an academic curriculum for students.



## **Some College Completion**

Strategies include establishing career academics programs, which involve small learning communities in high schools focused on fields such as health care, finance, technology, communications, or public service.

# CHA SECTION TWO: *SOCIAL & ECONOMIC FACTORS*

## **INDICATORS:**

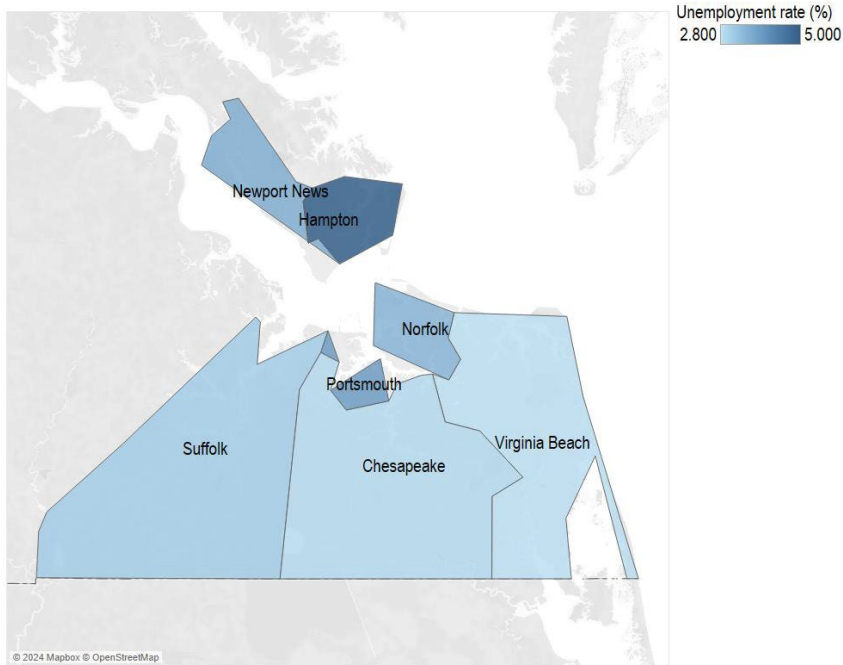
Unemployment Rate  
Persons in Poverty  
Children and Families in Poverty  
Ages 65+ in Poverty  
Population in Poverty by FPL  
Households by Type  
Homelessness  
Population by Marital Status  
Median Household Income  
Households Receiving SNAP with Children  
Students Eligible for Free/Reduced Lunch

“We need to offer programs for kids and give them a way to get rid of some energy without being on the streets. And we need to offer services for seniors and everybody in between.”

-Focus Group Participant

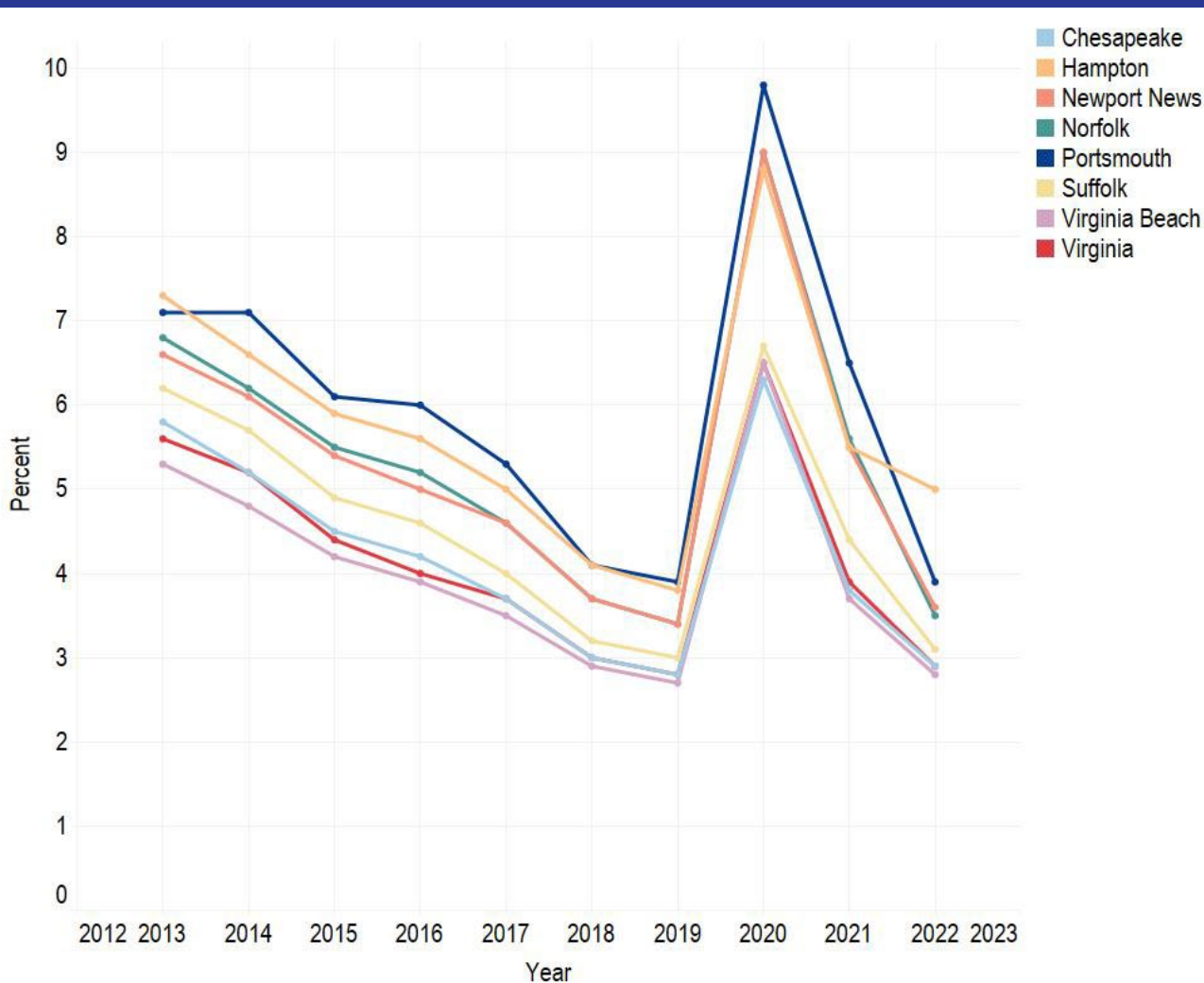


# Unemployment Rate



Between 2013 and 2023, Portsmouth generally had higher unemployment rates than the rest of the region and Virginia. During the COVID-19 pandemic, unemployment rates rose and peaked in Portsmouth at 9.8% (Figure 20). Following 2020, the rate has decreased to 3.9% as of 2022.

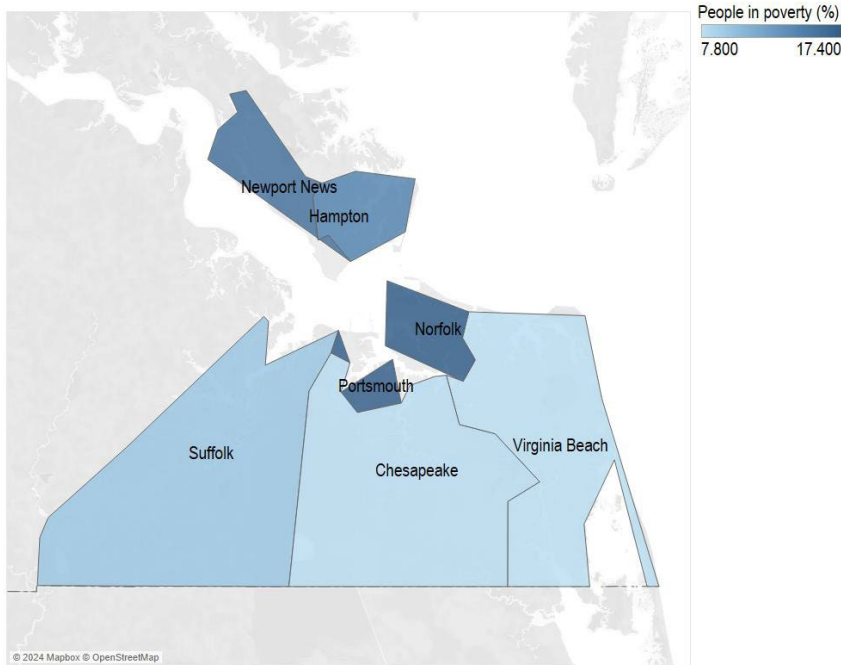
**Figure 19: Unemployment rate, 2022**  
Source: United States Department of Labor Bureau



**Figure 20: Unemployment rate over time**  
Source: United States Department of Labor Bureau



# Persons in Poverty



Incomes at 100% of the Federal Poverty Level (FPL) were \$12,880 for an individual and \$26,500 for a family of four in 2021. Between 2013 and 2021, the percentage of persons living below 100% of the FPL in Portsmouth remained stable, ending at 17.2% in 2021. Portsmouth's percentage is consistently higher than other Hampton Roads cities with the exception of Norfolk. Figure 23 shows the gender breakdown of people in poverty, with more females in Portsmouth living in poverty compared to males (20.99% versus 12.77%). For age distribution of Portsmouth residents in 2021, the group with the highest percentage are children ages 6 to 11 with 31.6% living in poverty, while the smallest group is ages 25 through 44 years where 12.2% of the people live in poverty (Figure 24).

Figure 21: Percentage of people in poverty in 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

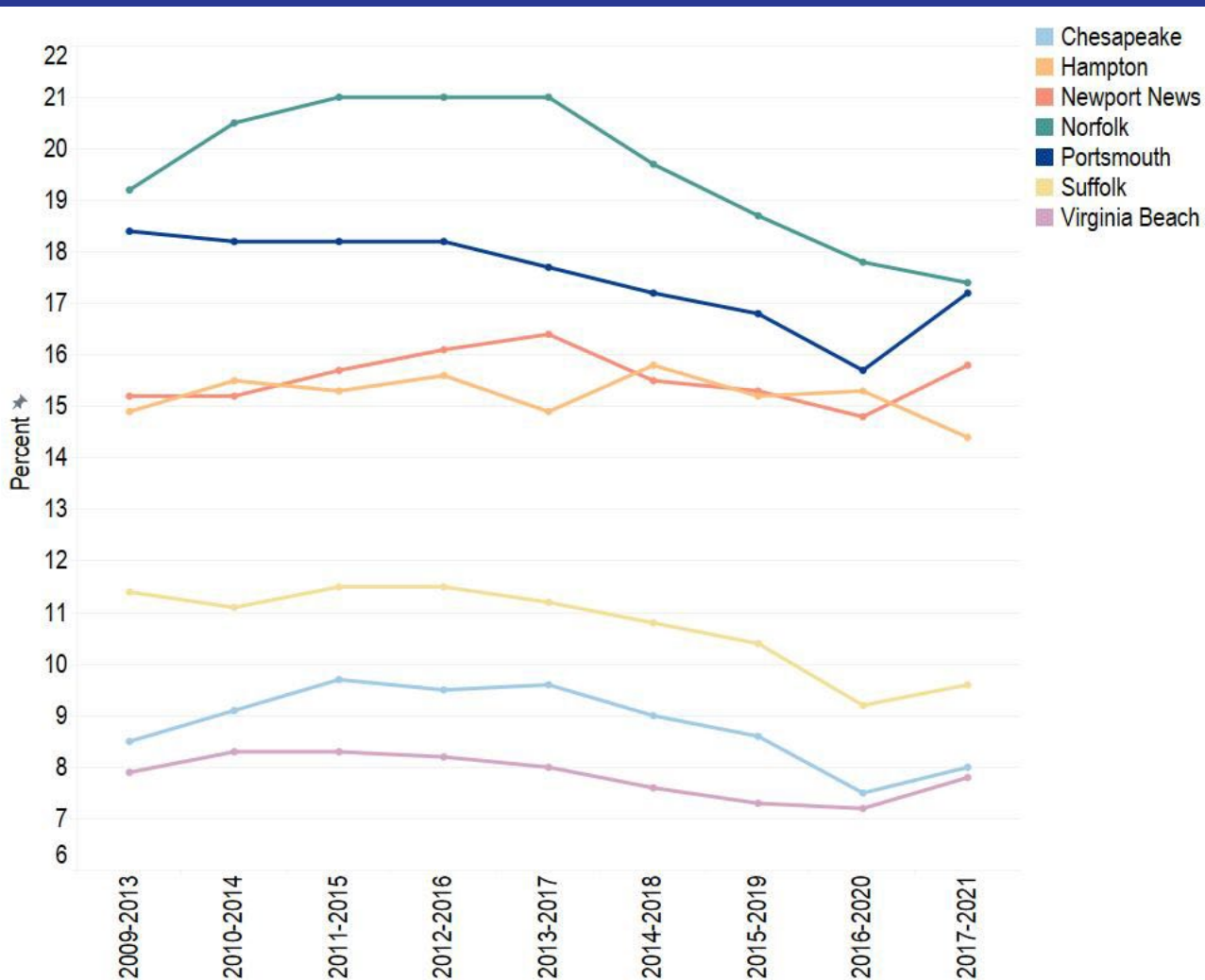
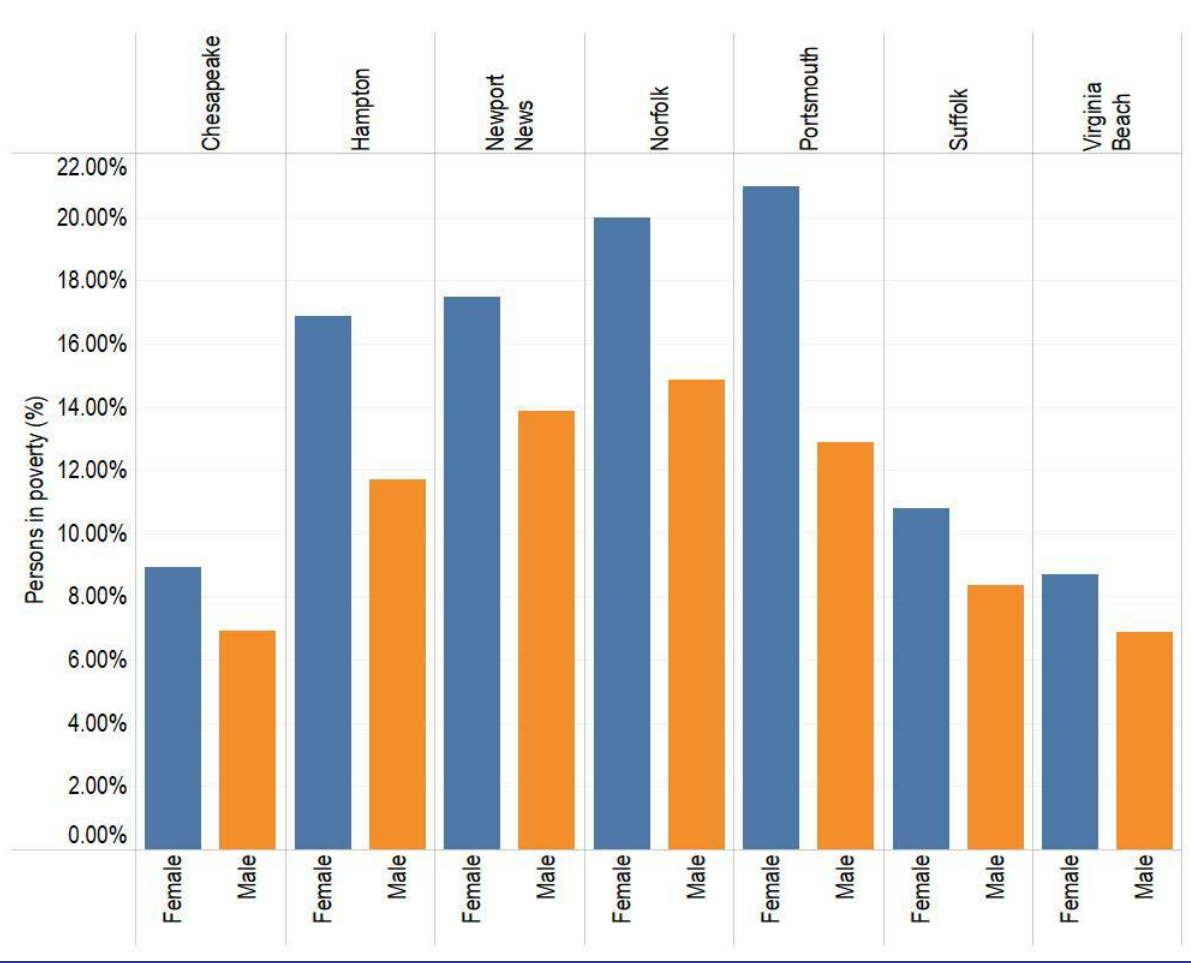


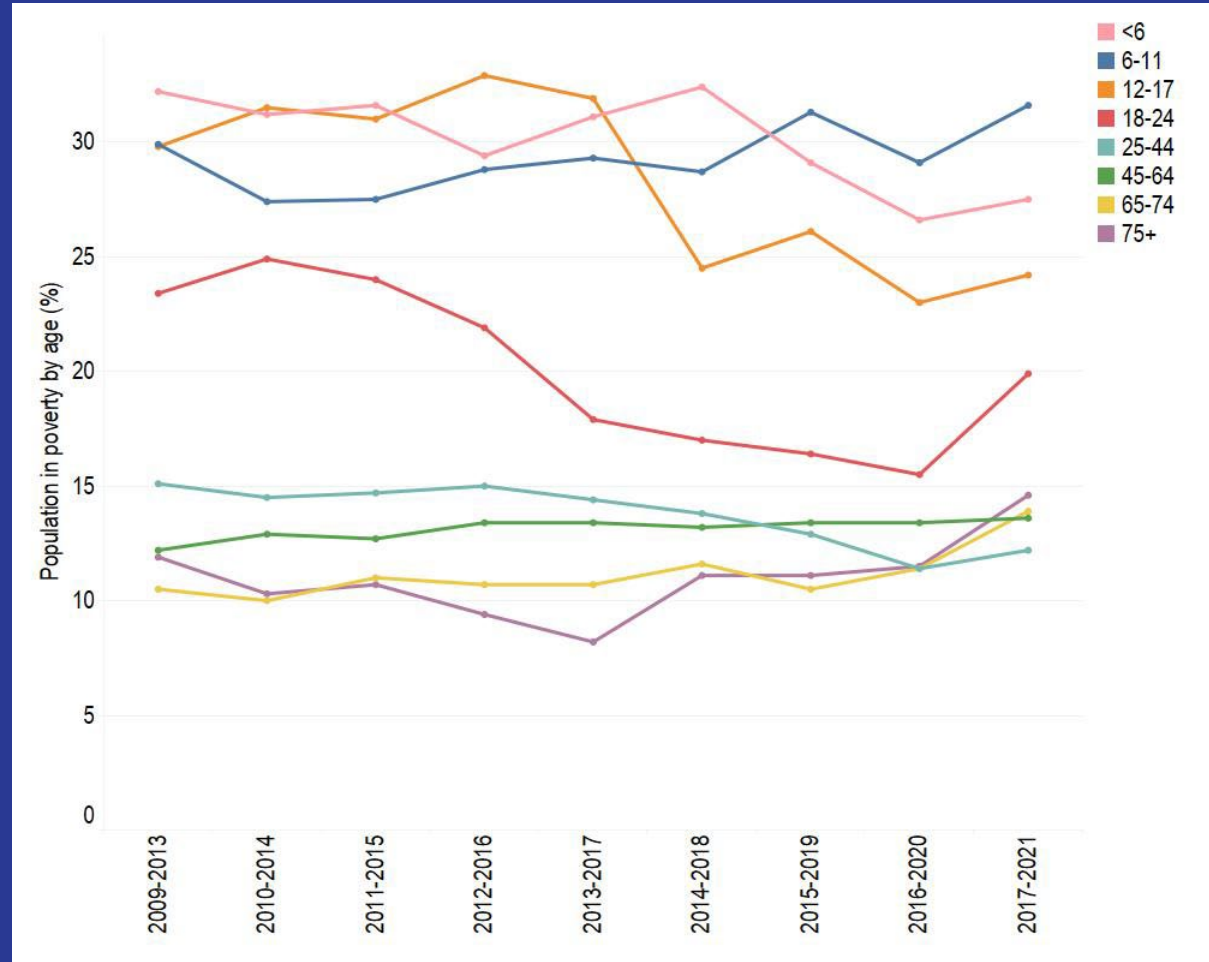
Figure 22: Percentage of people in poverty over time

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Persons in Poverty cont.

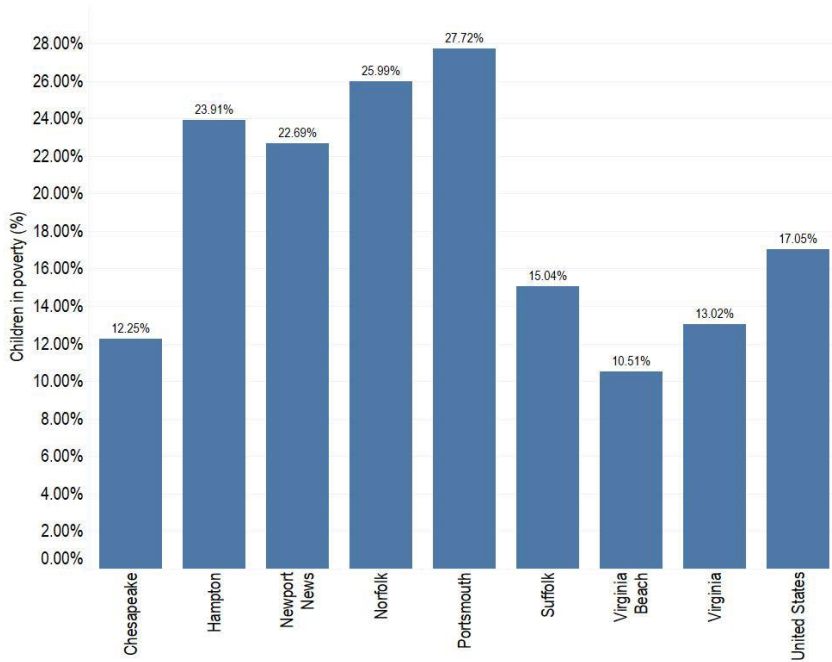


**Figure 23: Persons in poverty by gender, 2021**  
 Source: Census Bureau's American Community Survey (ACS) 5-year estimates



**Figure 24: Portsmouth population by poverty level by age over time**  
 Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Children & Families in Poverty



In 2021, Portsmouth had the highest percentage of children living in poverty at 27.72%, which is significantly higher than the percentages of both Virginia and the United States (Figure 25). Norfolk's percentage was the closest at 25.99%. Between 2013 and 2021, Portsmouth consistently had the highest percentage of families living in poverty, with 87.2% of families living in poverty in 2021 (Figure 26).

Figure 25: Children ages <18 years in poverty, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

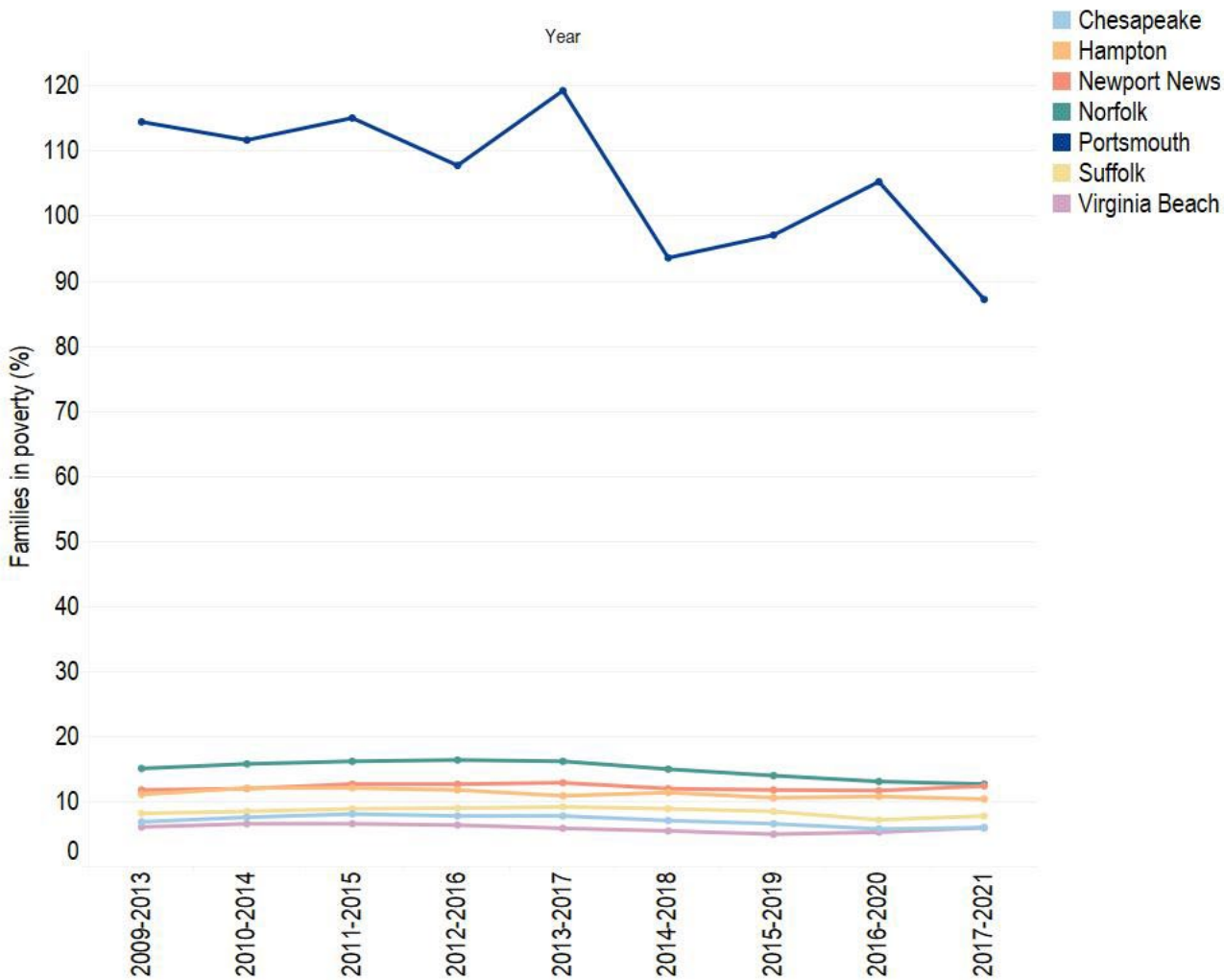


Figure 26: Families in poverty, 2021  
Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Ages 65+ in Poverty

From 2013 to 2021, the percentage of adults ages 65 and older living in Portsmouth who live in poverty has increased 25.89% (Figure 27). Portsmouth's percentage was the highest of the Hampton Roads cities in 2021 at 14.1%, with Newport News being the second highest at 13.5%. Newport News also had the largest percent change between 2013 and 2021 with an increase of 84.93%.

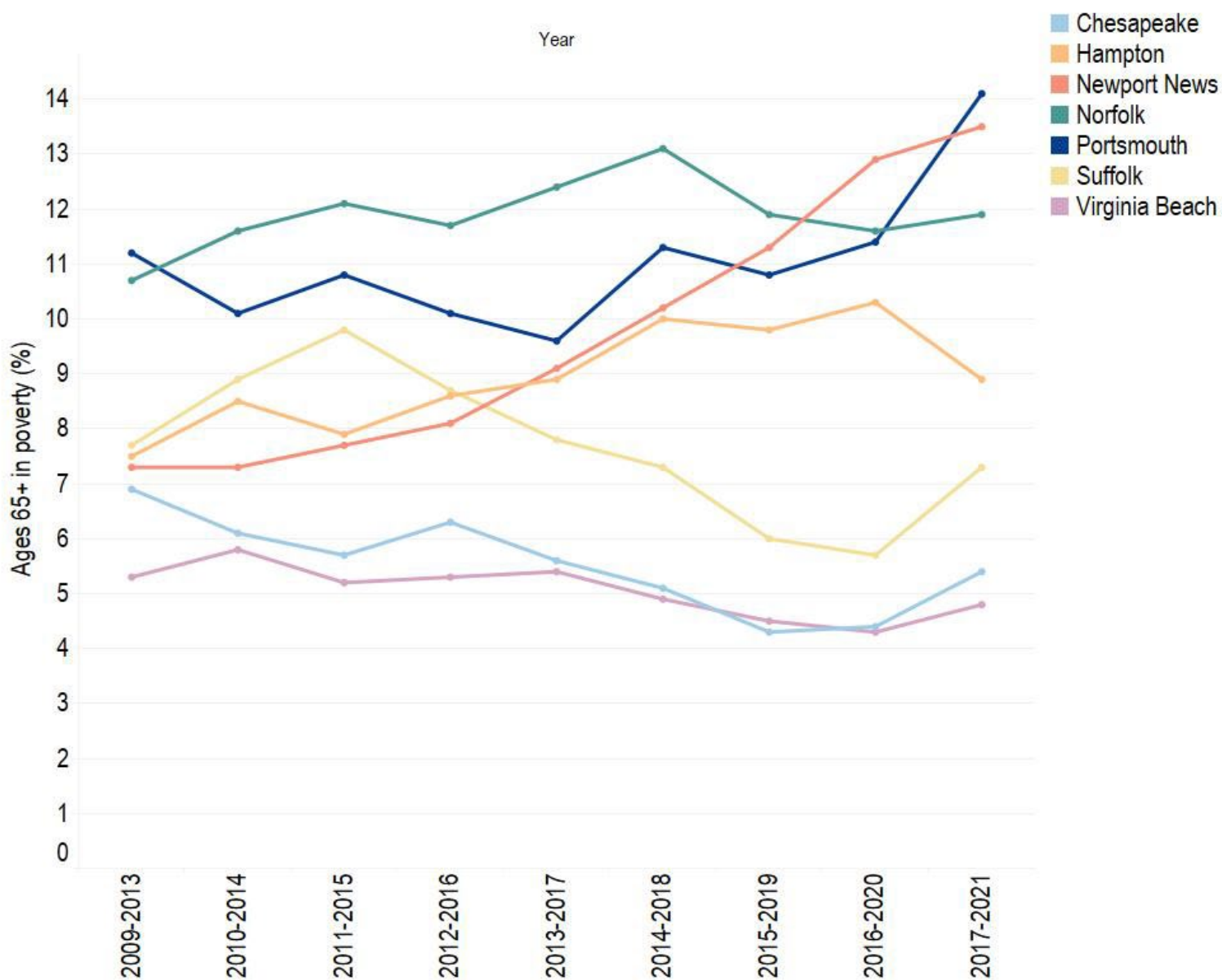


Figure 27: Ages 65+ in poverty, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates



# Population in Poverty by FPL

When looking at people living in poverty by federal poverty level (FPL) in 2021, 9.45% of Portsmouth residents live below 50% FPL, 17.17% live below 100% FPL, 35.17% live 185% FPL, and 37.76% live below 200% FPL (Figure 28). Portsmouth has the highest percentage in each group with the exception of below 100% FPL where Norfolk has the largest percentage at 17.4%. Additionally, Portsmouth's percentages in each category are significantly higher than Virginia's percentages.

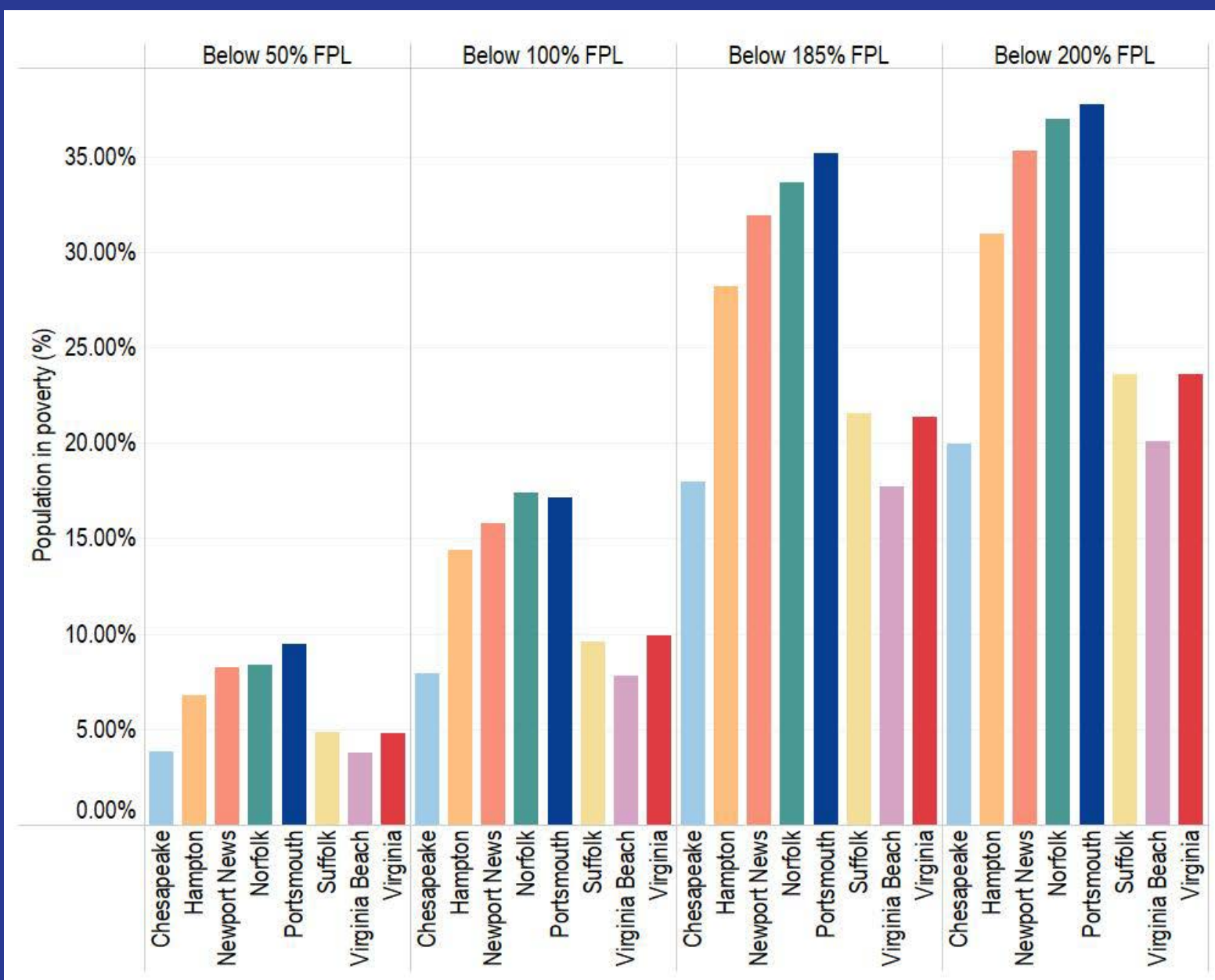


Figure 28: Population in poverty by federal poverty level, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Households by Type

The Census Bureau's American Community Survey captures data on types of households within communities, such as family versus non-family households. During 2021, the most common type of household in Portsmouth was non-family households (80.66%). Single female family households were more common in Portsmouth than single male family households (19.92% versus 4.98%), and non-family households were more common than family households (80.66% versus 59.67%).

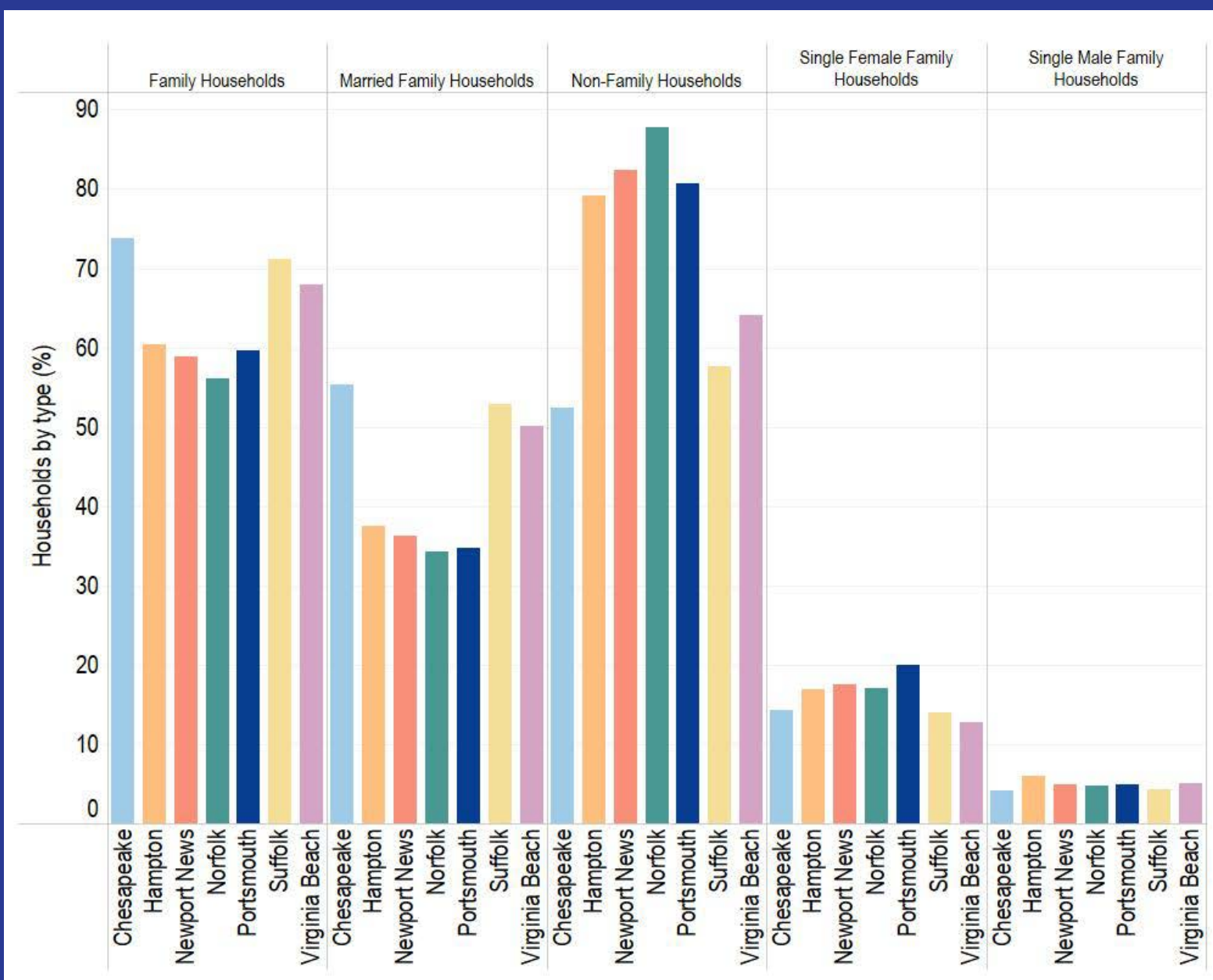


Figure 29: Households by type, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates



# Homelessness

The Portsmouth Homeless Action Consortium conducts point-in-time surveys to determine the number of unhoused individuals in Portsmouth each year. The overall number of unhoused individuals has decreased from 2014 but did increase from 2021 to 2022. During the Portsmouth Community Survey process, participants were asked "How do you think we can make Portsmouth a healthier community?" and residents recommended reducing homelessness.

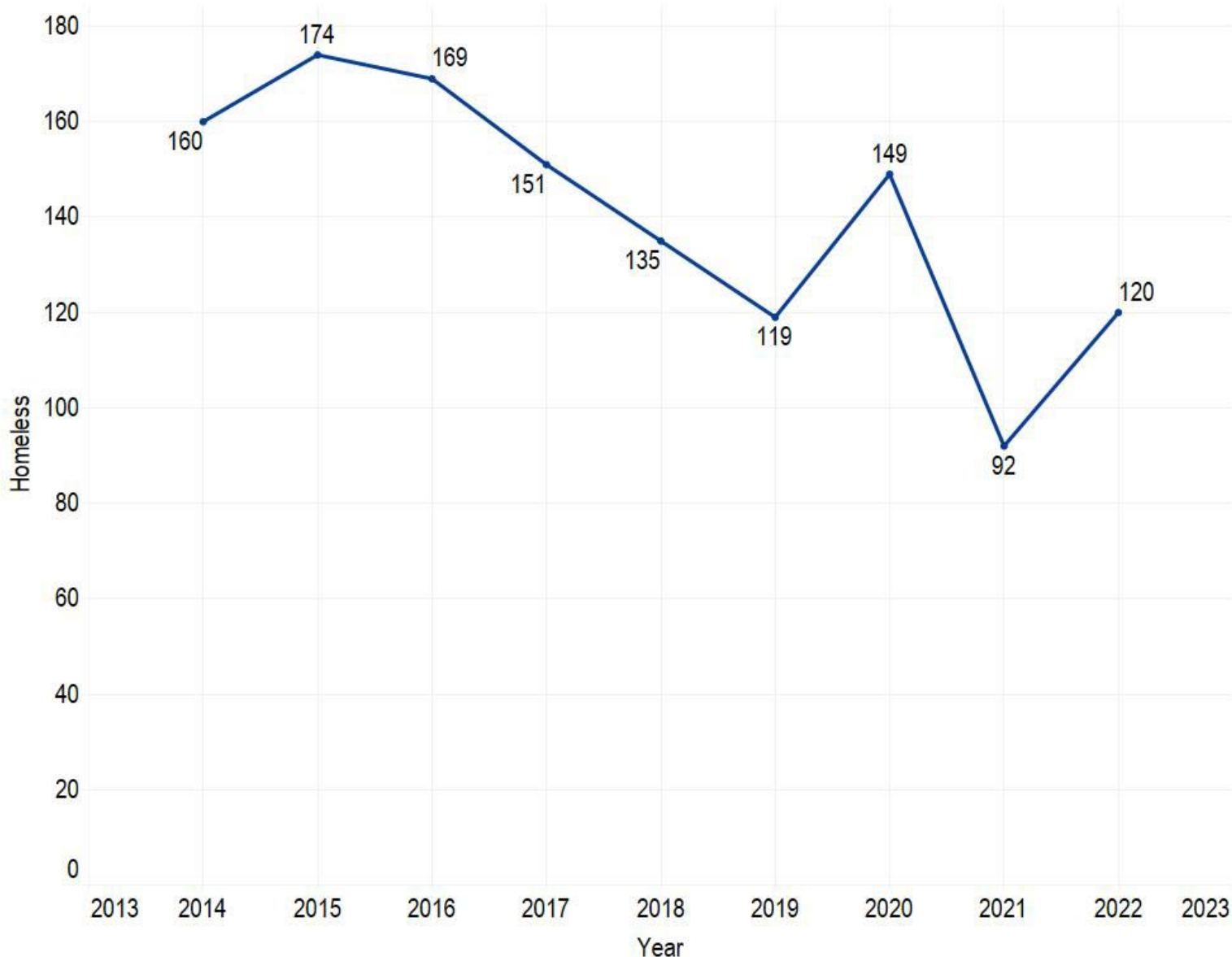


Figure 30: Count of unhoused individuals in Portsmouth over time  
Source: Portsmouth Homeless Action Consortium

# Population by Marital Status

Marital status varies from city to city in the Hampton Roads region, but the two most common categories are never married and now married. In Portsmouth in 2021, 39.8% of residents were classified as never married while 36.9% were classified as now married. Chesapeake has the highest percentage of married residents at 53.8% and Norfolk has the highest percentage of never married residents at 45%. Portsmouth had the highest percentage of divorced residents in the region at 13.8%.

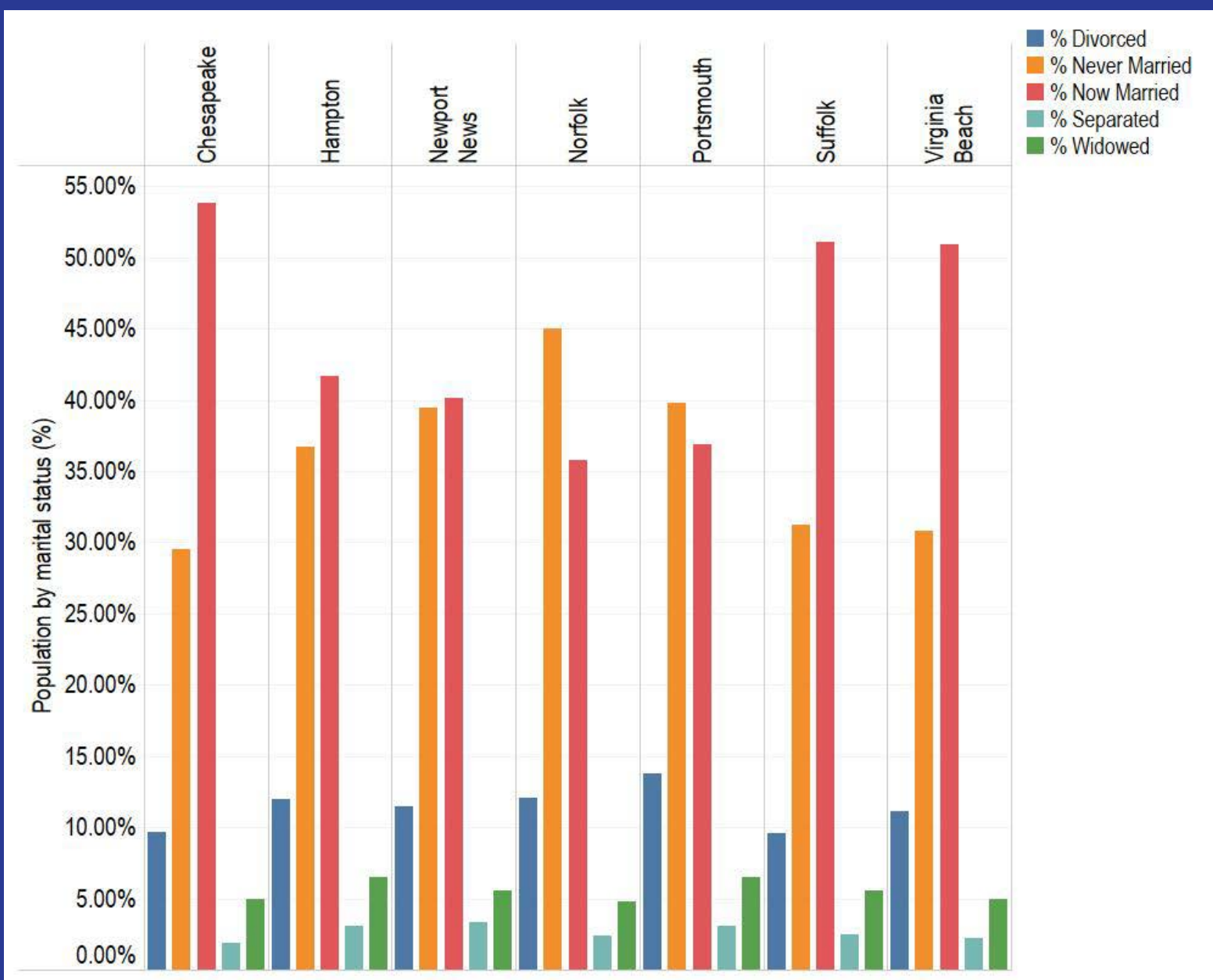
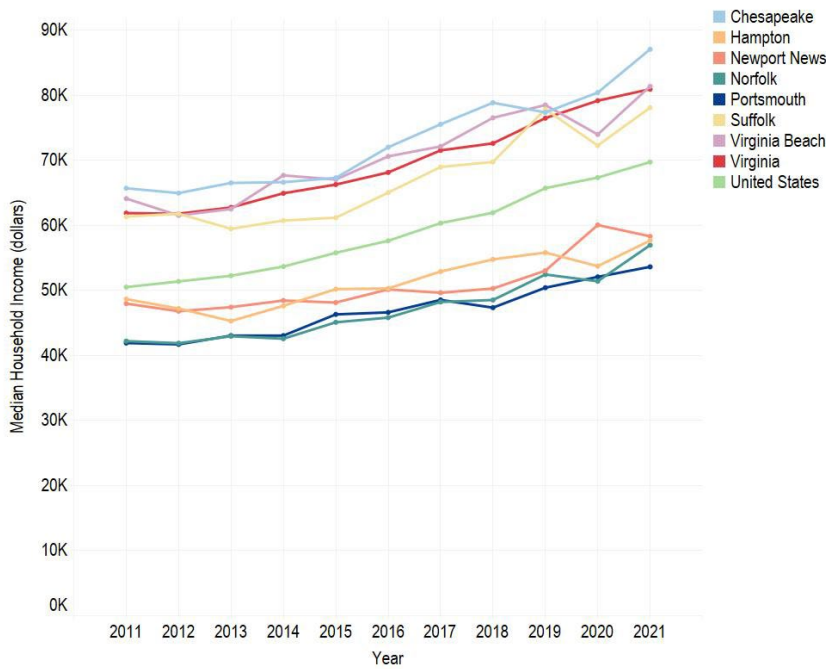


Figure 31: Population by marital status, 2021

Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Median Household Income



Portsmouth’s median household income increased 27.94% from 2011 to 2021, ending at \$53,618 (Figure 32). Portsmouth’s median income is the lowest of the Hampton Roads cities; Chesapeake has the highest median income at \$87,057. Figure 33 looks further into Portsmouth’s median income, dividing the population based on race and ethnicity. American Indian and Alaskan Native residents had the highest median income at \$118,281 while Black residents had the lowest median income at \$43,499.

Figure 32: Median household income over time

Source: Census Bureau’s American Community Survey (ACS) 5-year estimates

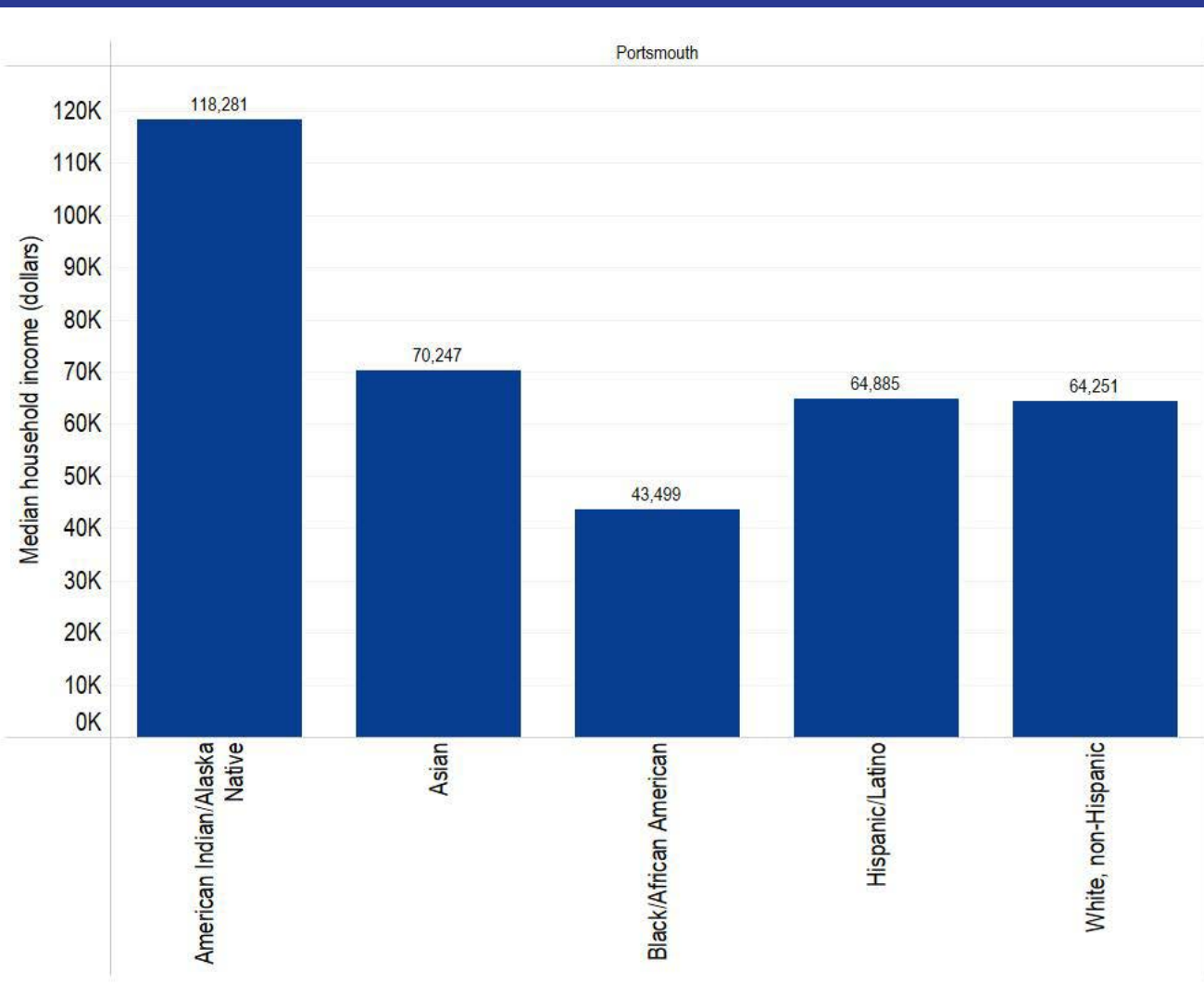


Figure 33: Median household income by race in Portsmouth, 2021  
Source: Census Bureau’s American Community Survey (ACS) 5-year estimates

# Households Receiving SNAP with Children

Qualification for the Supplemental Nutrition Assistance Program (SNAP) is based on household size and income level, with those at approximately 120% of the FPL qualifying for assistance. As shown in Figure X, 55.1% of Portsmouth households with children received SNAP benefits in 2021. This percentage has remained stable in Portsmouth from 2016 to 2021. Chesapeake has the highest percentage at 62.6% and Suffolk has the lowest percentage at 43.1%.

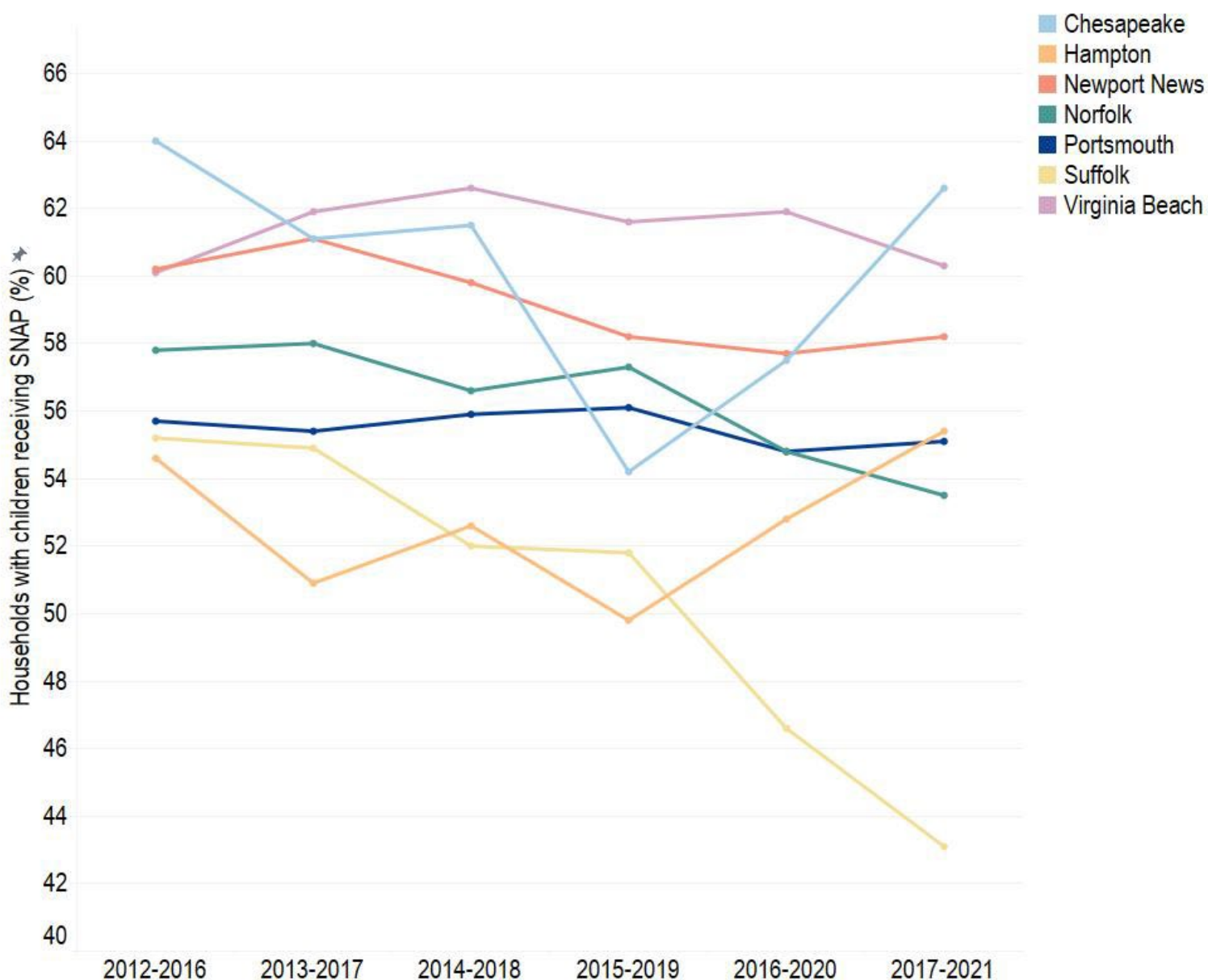


Figure 34: Percentage of households with children who receive SNAP  
Source: Census Bureau's American Community Survey (ACS) 5-year estimates

# Students Eligible for Free/Reduced Lunch

Another indicator of poverty is the percentage of children receiving free and reduced-priced meals under the National School Lunch Program. Children are eligible for free school meals if they participate in certain Federal Assistance Programs, if they are classified as a homeless, migrant, runaway, or foster child, or if their family's household income is less than 130% of the FPL and for reduced-price meals if their household income is between 130 and 185% of the FPL. From 2011 to 2022, the percentage of students who are eligible to participate in the program in Portsmouth has increased with 74.5% of students meeting eligibility requirements in 2022 (Figure 35). The percentage of eligible students has increased in all Hampton Roads cities from 2011.

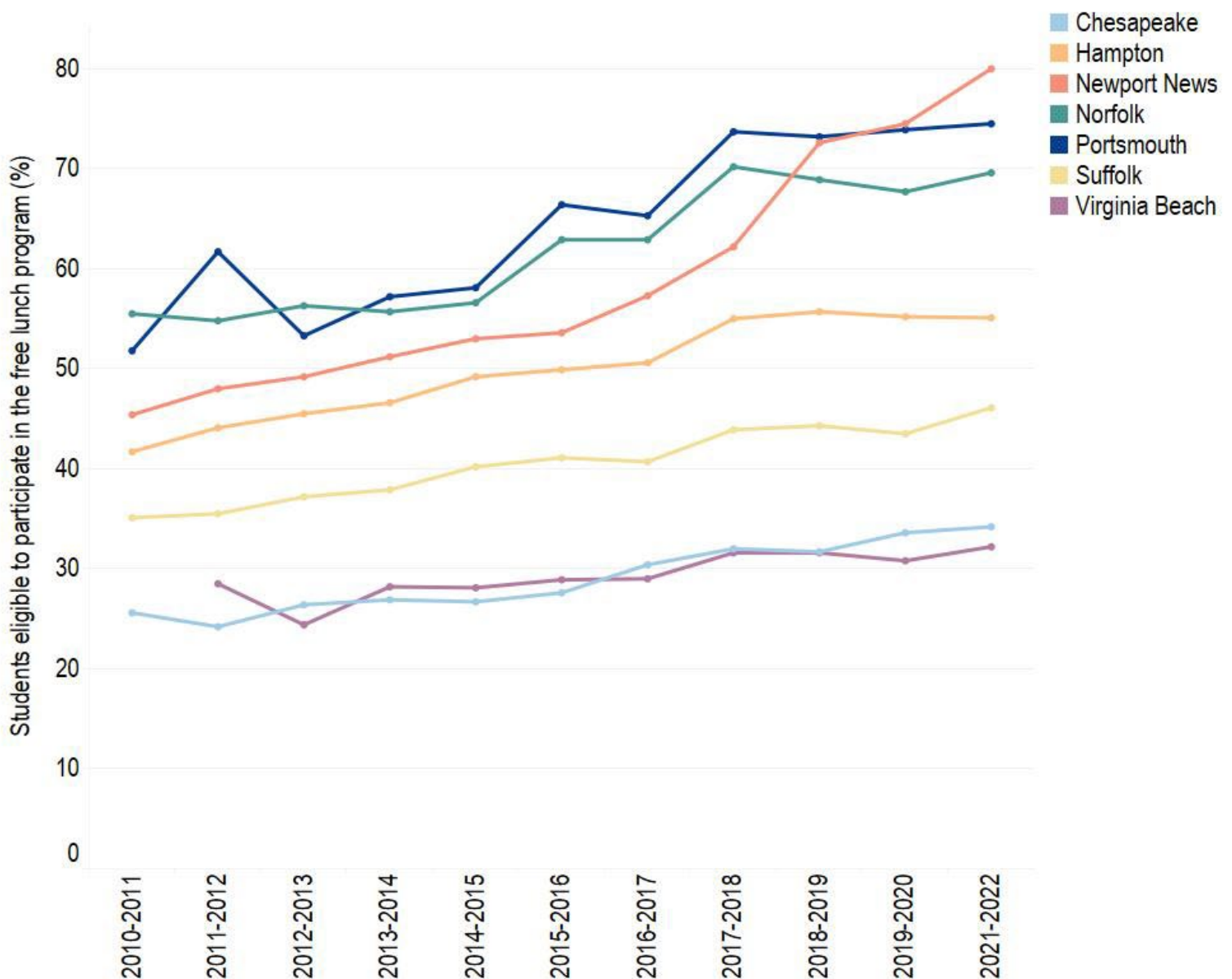


Figure 35: Percentage of students eligible to participate in the free lunch program  
Source: National Center for Education Statistics (NCES)

# STRATEGIES

Social and economic factors can greatly influence a person's life, but two indicators stand out in the field of public health: [Unemployment](#) and [Homelessness](#). Public health strategies work on lowering the rates of both factors to improve the health of not only individual people, but of an entire community.



## Unemployment

Strategies include establishing adult vocational training programs and bridge programs for hard-to-employ adults.



## Homelessness

Strategies include supportive housing programs and establishing plans to end homelessness.



# CHA SECTION THREE: *CLINICAL CARE*

## INDICATORS:

Primary Care Providers  
Mental Health Providers  
Dentists  
Health Insurance

“Not enough doctors in Portsmouth from what I understand. They have no room for you, and this isn’t just geriatrics this is all the way around.”  
-Focus Group Participant

“We need more accessibility to health, like mobile health. Like, if a church has an event and we have an elderly complex that you know can’t get out, we can go there.”  
-Focus Group Participant

# Primary Care Providers

It is important to keep several considerations in mind when looking at primary care provider data: 1) these numbers are based on office locations and with a lot of border sharing in Hampton Roads, one office may serve several localities and the numbers may be duplicated, 2) these numbers do not show the type of insurances the providers accept, which may have an impact on the accessibility of care, and 3) these numbers do not ensure that people can efficiently get access to care or navigate the healthcare system (County Health Rankings).

According to the Cooper Analysis (JAMA, 1994) – a community needs approximately 70-80 physicians per 100,000 population to have sufficient available care. However, Portsmouth had only 56 primary care providers per 100,000 persons in 2022. When compared to the surrounding cities, Portsmouth has the 3rd lowest rate of primary care providers (Figure 37).

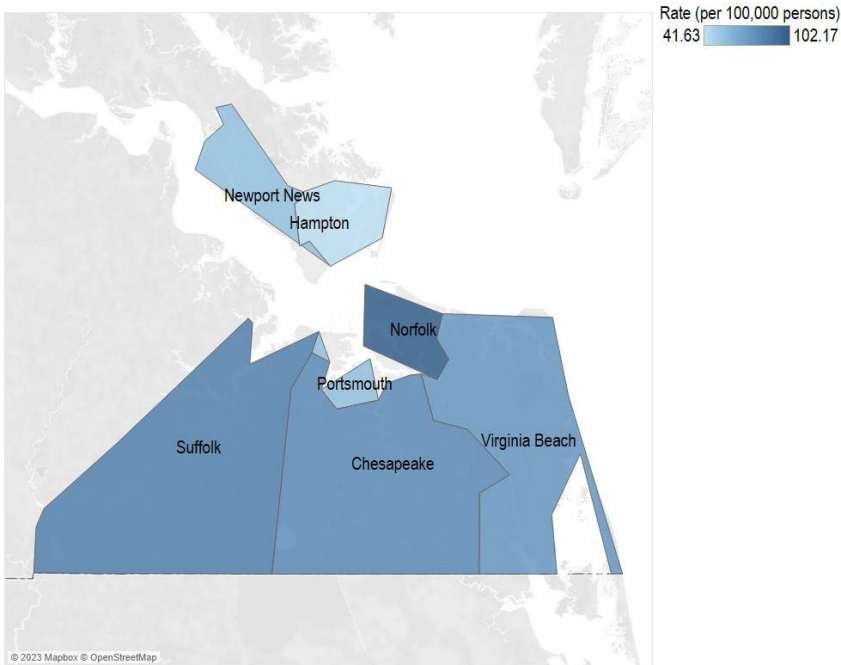


Figure 36: Rate of Primary Care Providers, 2022  
Source: County Health Rankings

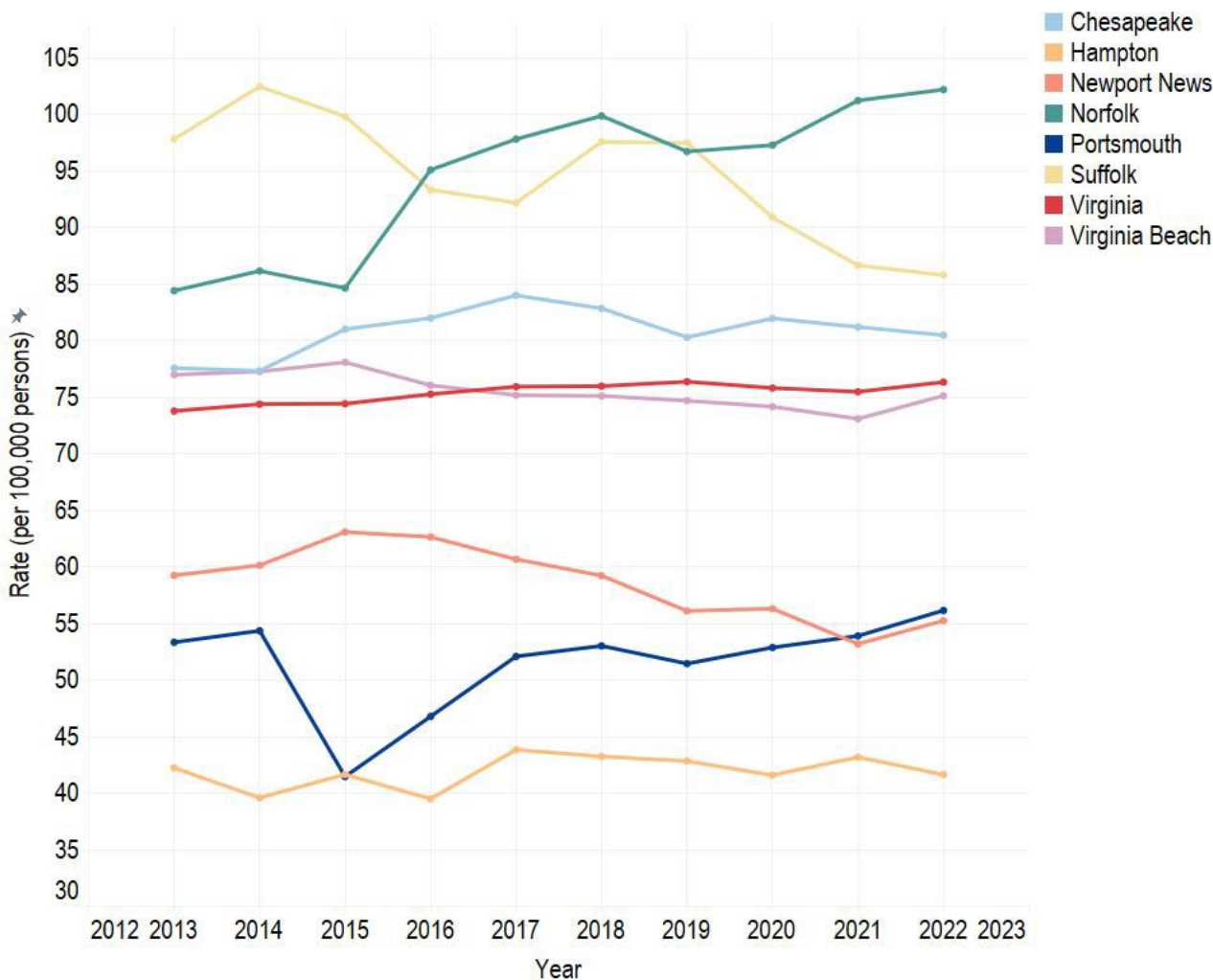
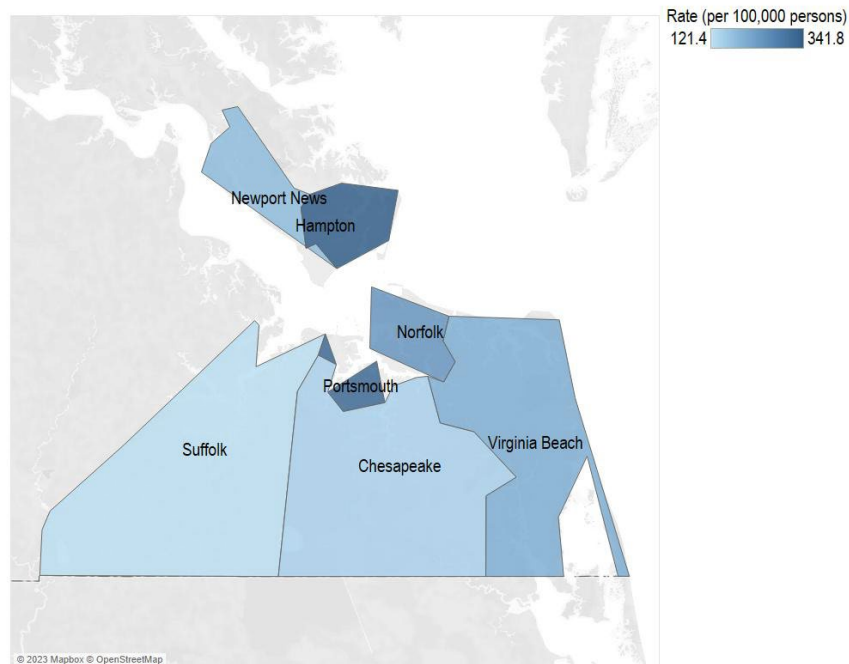


Figure 37: Rate of Primary Care Providers  
Source: County Health Rankings

# Mental Health Providers



Access to care requires not only financial coverage, but also access to providers. In 2022, Portsmouth had 323 mental health providers per 100,000 persons, which was the second largest rate in the Hampton Roads area. Here, mental health providers are defined as psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, mental health providers that treat alcohol and other drug abuse, and advanced practice nurses specializing in mental health care.

Figure 38: Rate of Mental Health Providers, 2022

Source: County Health Rankings

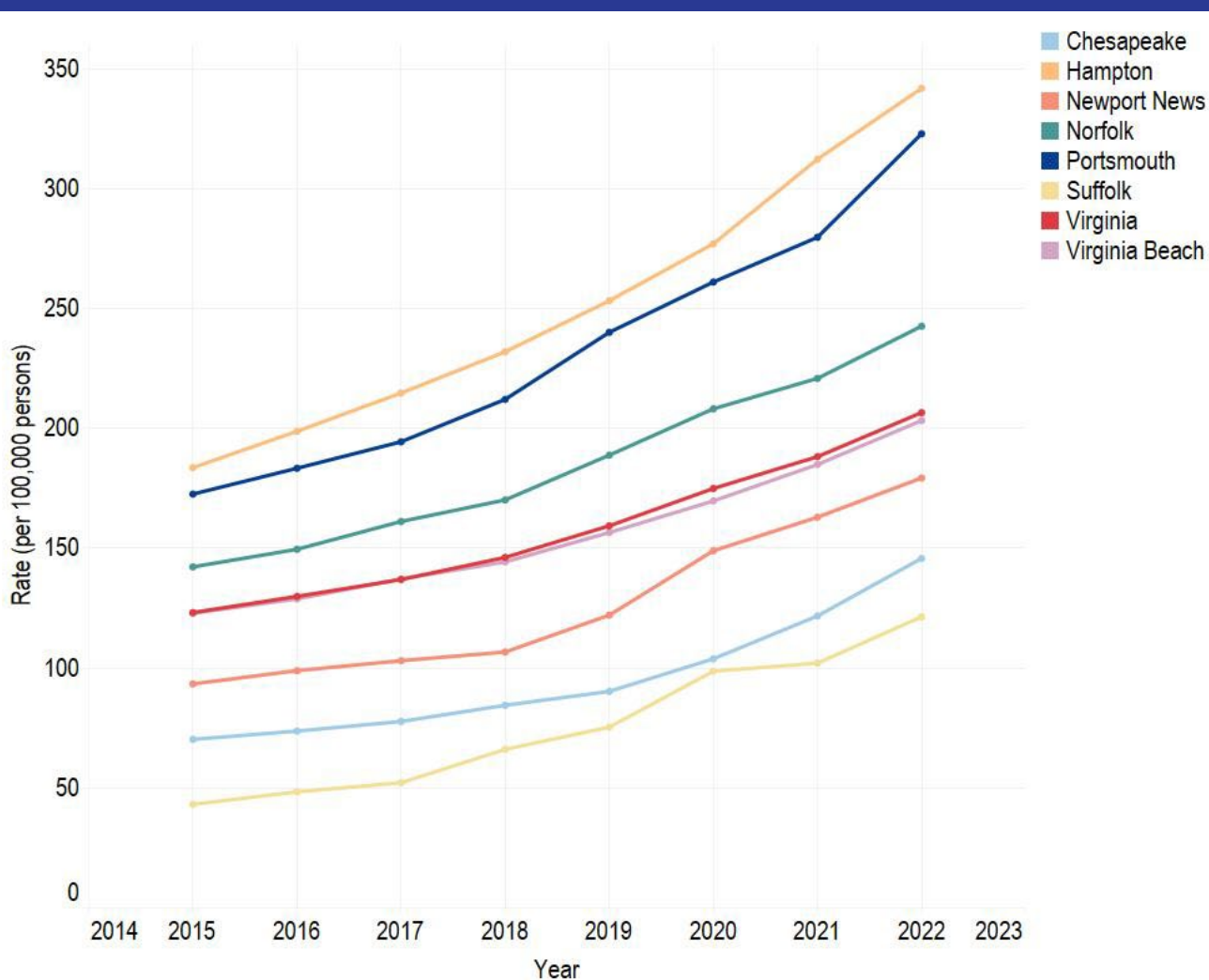
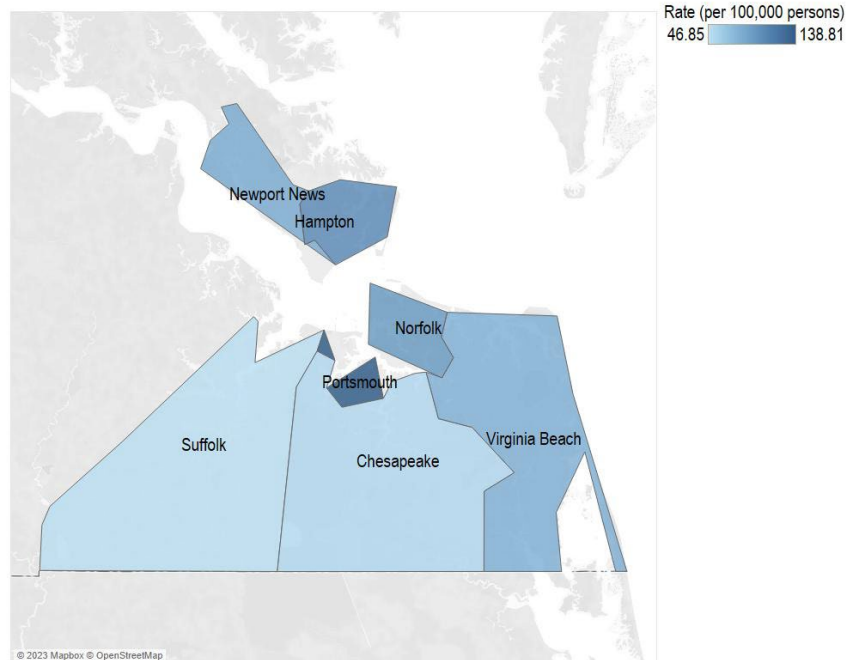


Figure 39: Rate of Mental Health Providers

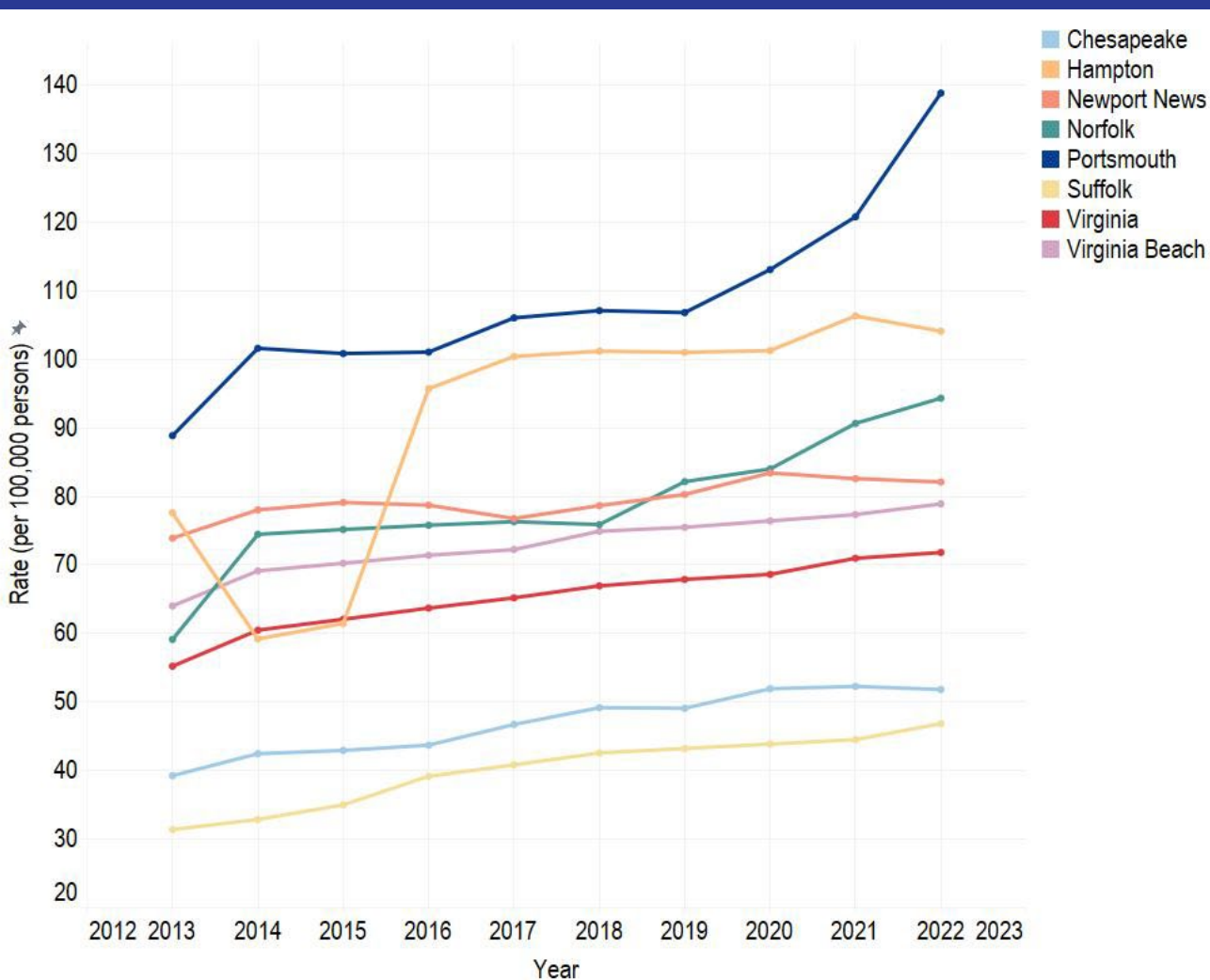
Source: County Health Rankings

# Dentists



Portsmouth had the highest rate of dentists in the Hampton Roads area at 139 per 100,000 persons in 2022. The rate of dentists in Portsmouth has increased 56.13% since 2013. However, as previously mentioned, it is important to note that while Portsmouth has a high rate of dentists within the city limits, these numbers do not ensure that people can efficiently get access to care or navigate the healthcare system. Strategies to make it easier for people to get dental care are critical for better oral health and overall health outcomes.

**Figure 40: Rate of Dentists, 2022**  
Source: County Health Rankings

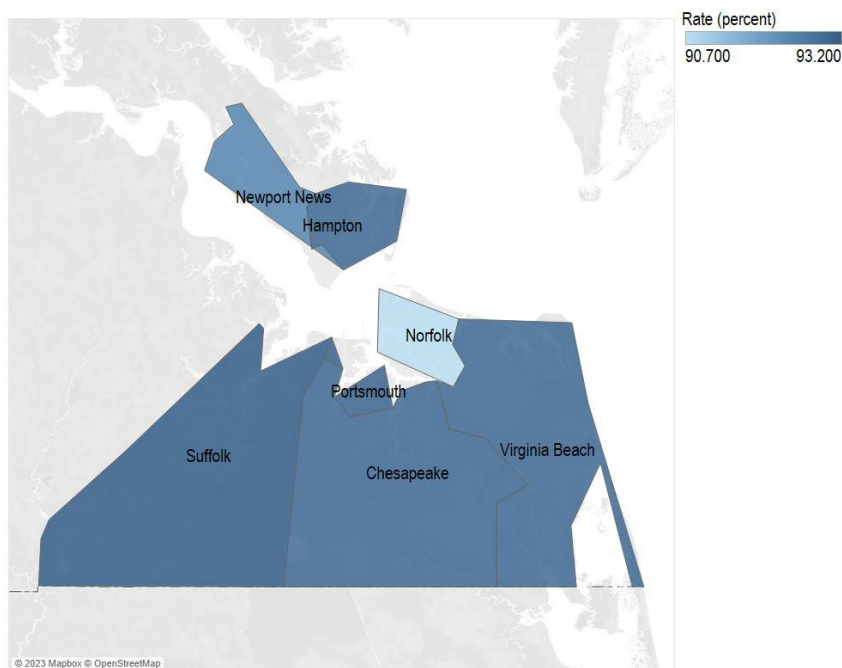


**Figure 41: Rate of Dentists**  
Source: County Health Rankings

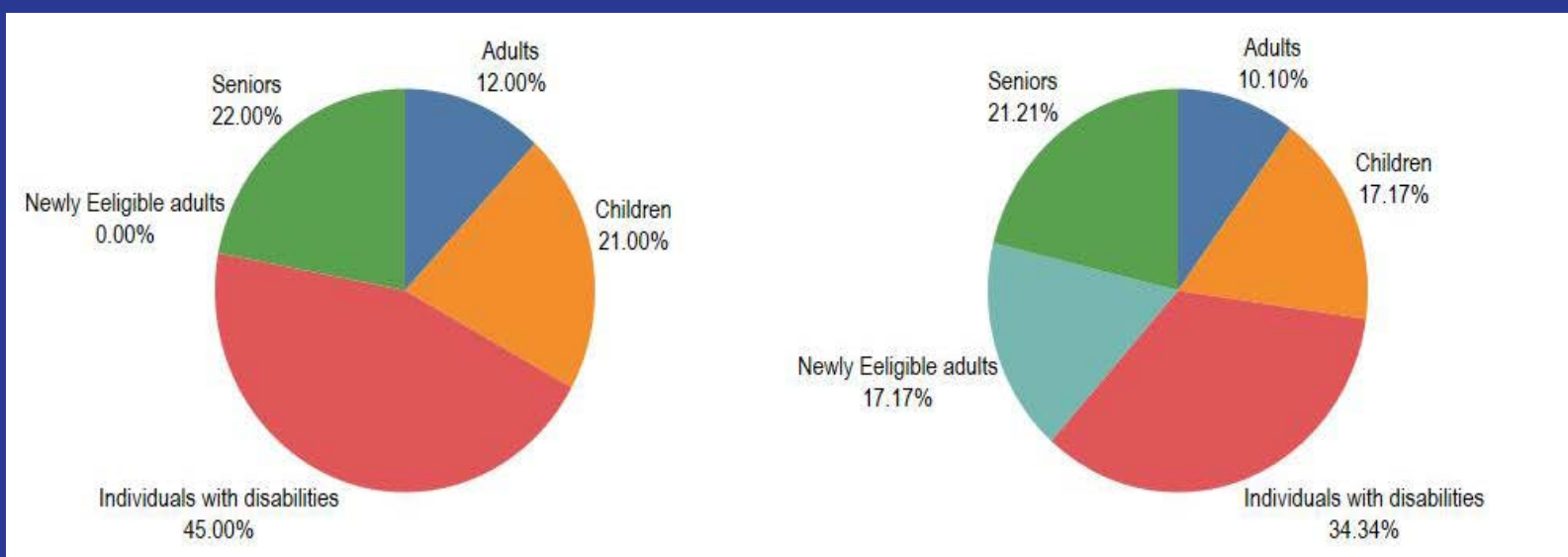


# Health Insurance

Access to healthcare is largely affected by health insurance coverage of a community's population. Sources of health insurance include private coverage provided or subsidized by employers; private policies purchased by individuals; and government provided or subsidized coverage through Medicaid, Family Access to Medical Insurance Security (FAMIS), and Medicare. The Healthy People 2030 goal is for 92.4% of people to have health insurance. In 2021, 93.1% of people ages 0 through 64 years had health insurance in Portsmouth (Figure 42). Additionally, most people in Virginia (53.9%) and the United States (48.5%) had employer-only health insurance in 2021 (Figure 43). Since 2013, the percentage of people in Virginia and the United States who either have Medicare or Medicaid has increased. Figure 45 also highlights sources of health insurance along with Medicaid spending by group in 2019 for Virginia and the United States, with individuals with disabilities having the highest percentage.

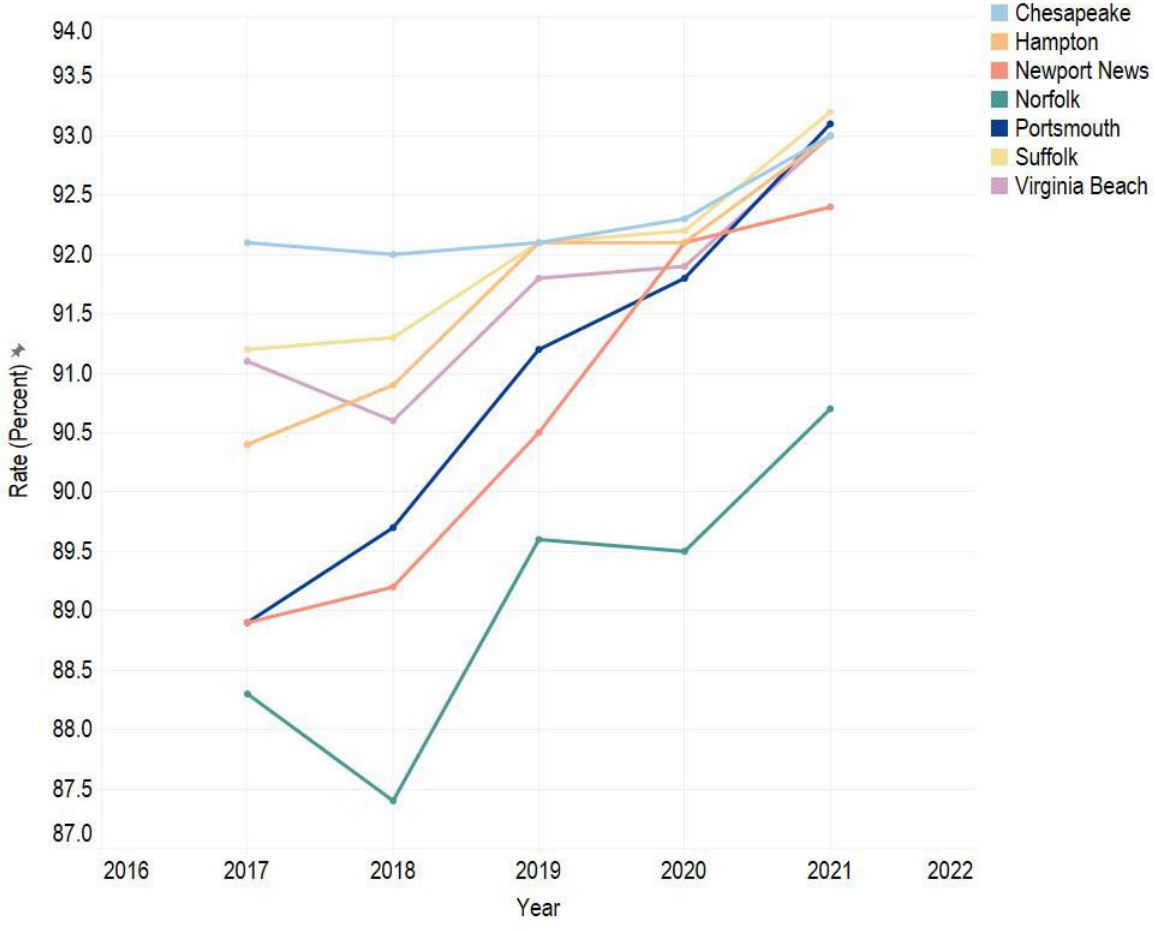


**Figure 42:** Persons aged 0-64 years with health insurance, 2021  
**Source:** U.S. Census Bureau – Small Area Health Insurance Estimates



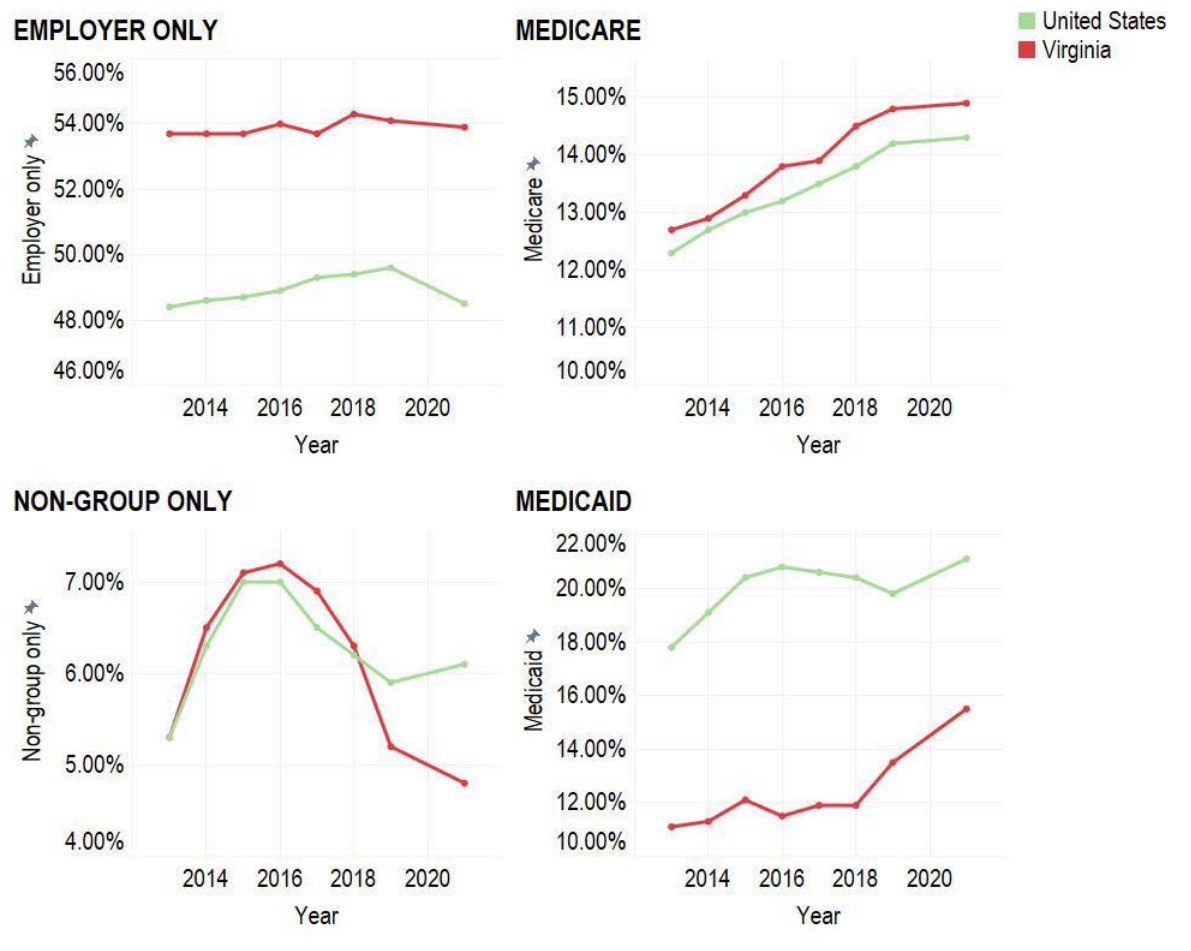
**Figure 43:** Medicaid spending by group, Virginia (left) and United States (right), 2019  
**Source:** Census Bureau's American Community Survey (ACS) by KFF

# Health Insurance cont.



**Figure 44: Persons aged 0-64 with health insurance**  
 Source: U.S. Census Bureau – Small Area Health Insurance Estimates

**Figure 45: Sources of Health Insurance in Virginia**  
 Source: Census Bureau's American Community Survey (ACS) by KFF





# STRATEGIES

County Health Rankings and Roadmaps has gathered multiple strategies to address increasing access to [Primary Care Providers](#), [Mental Health Providers](#), [Dentists](#) and [Health Insurance](#).



## Primary Care Providers

Strategies include financial incentives for health professionals serving underserved areas and J-1 physician visa waivers.



## Mental Health Providers

Strategies include establishing crisis lines and employee assistance programs (EAP).



## Dentists

Strategies include allied dental professional scope of practice and school dental programs.



## Health Insurance

Strategies include funding community health workers and health insurance enrollment outreach & support.

# CHA SECTION FOUR: *PHYSICAL ENVIRONMENT*

## **INDICATORS:**

Commute to Work

Hampton Roads Transit

Available Childcare

Recreational Facilities

Food Environment

"I think a really healthy community has a good mix of providers, a good mix of food sources, a good mix of recreational sources, and probably a good mix of religious sources."

-Focus Group Participant

# Commute to Work

Figure 46 shows the mean travel time to work, in minutes, from 2013 to 2021. Overall, Portsmouth's commute time has decreased from 24.4 minutes to 22.9 minutes, which is the third shortest commute time in the Hampton Roads area and compared to Virginia as a whole. Figure 47 shows that most people in Portsmouth and Virginia drive alone to work. There is a higher percentage of people in Portsmouth (77.2%) that drive alone compared to Virginia (72.7%). This is consistent across time as 77-82% of people in Portsmouth drive alone to work. The second most common type of transportation to work is carpooling in both Portsmouth (10.0%) and Virginia (8.5%). All other types of transportation to work in Portsmouth city are relatively close to Virginia.

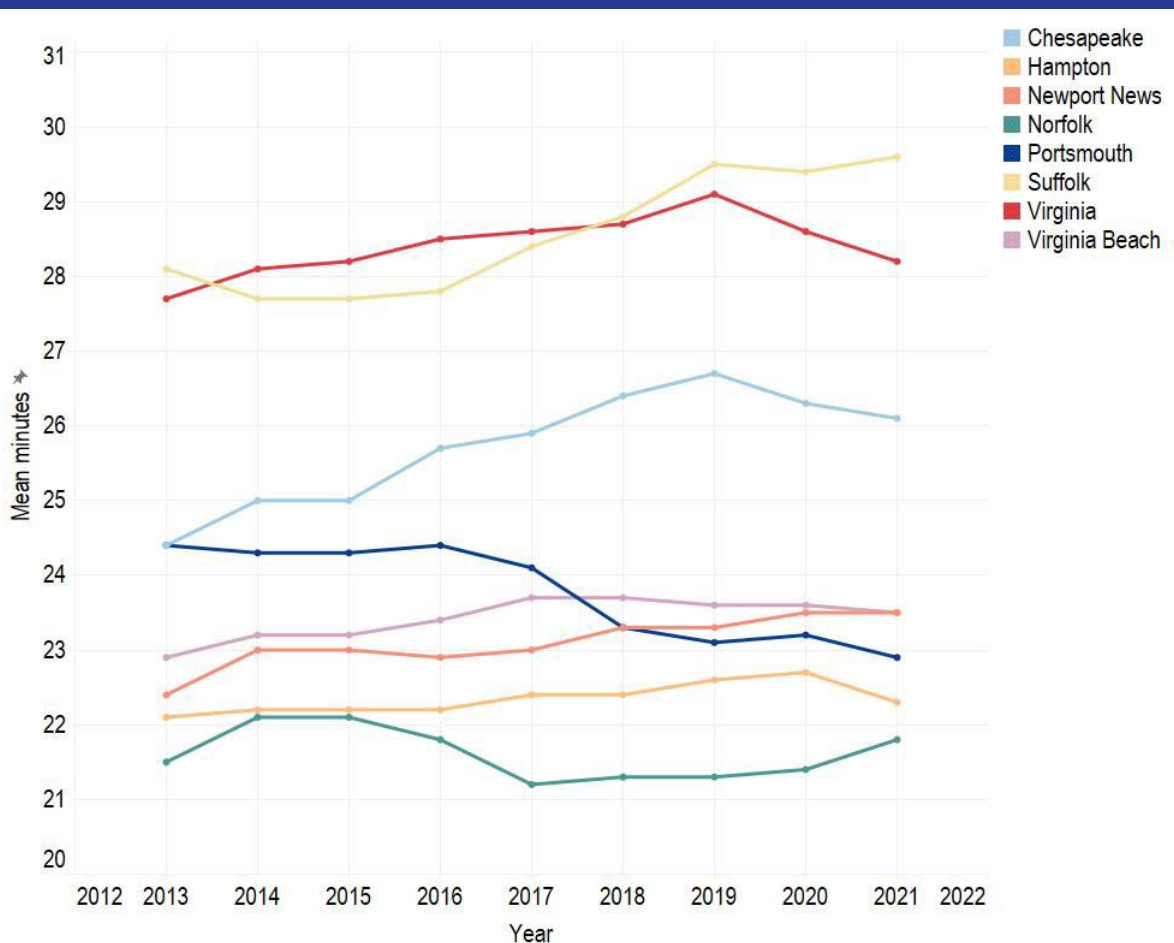
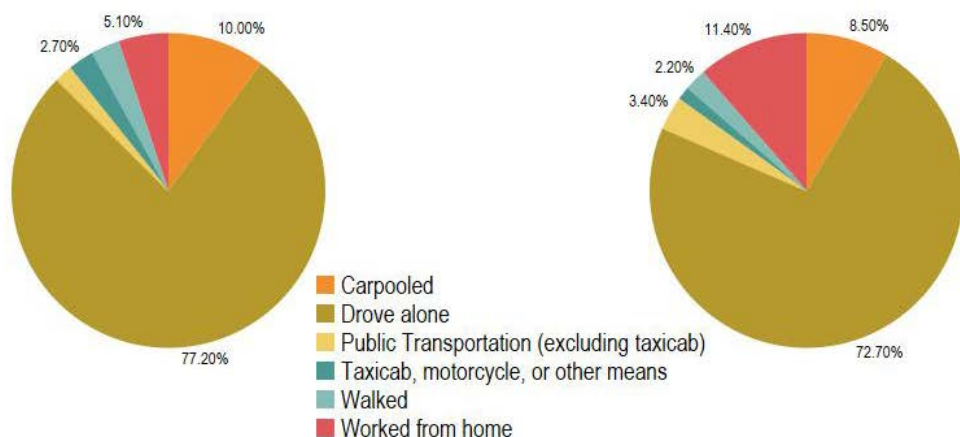


Figure 46: Mean travel time to work in minutes

Source: Census Bureau's American Community Survey (ACS)

Figure 47: Commute to work by type of transportation, Portsmouth (left) and Virginia (right)  
Source: Census Bureau's American Community Survey (ACS)



# Hampton Roads Transit

## Portsmouth

- Route 41: Downtown Portsmouth / Cradock / Victory Crossing
- Route 43: Downtown Portsmouth / Bart Street
- Route 44: DNTC / Norfolk General Hospital / Midtown Portsmouth
- Route 45: Downtown Norfolk Transit Center / Portsmouth
- Route 47: Downtown Portsmouth / Churchland
- Route 50: Downtown Portsmouth / Victory Crossing
- Route 57: Robert Hall Boulevard / Airline Boulevard
- Route 980: Downtown Norfolk Transit Ctr / Portsmouth / Chesapeake / Suffolk

Figure 48 shows the Hampton Roads Transit (HRT) average daily ridership by ridership type in the Hampton Roads region from 2017 through 2022. The COVID-19 pandemic resulted in a drop of usage in all means of public transportation, but daily ridership has started to increase again. Transit bus is the most popular form of transportation followed by light rail. HRT has eight routes dedicated to the city of Portsmouth, listed to the left.

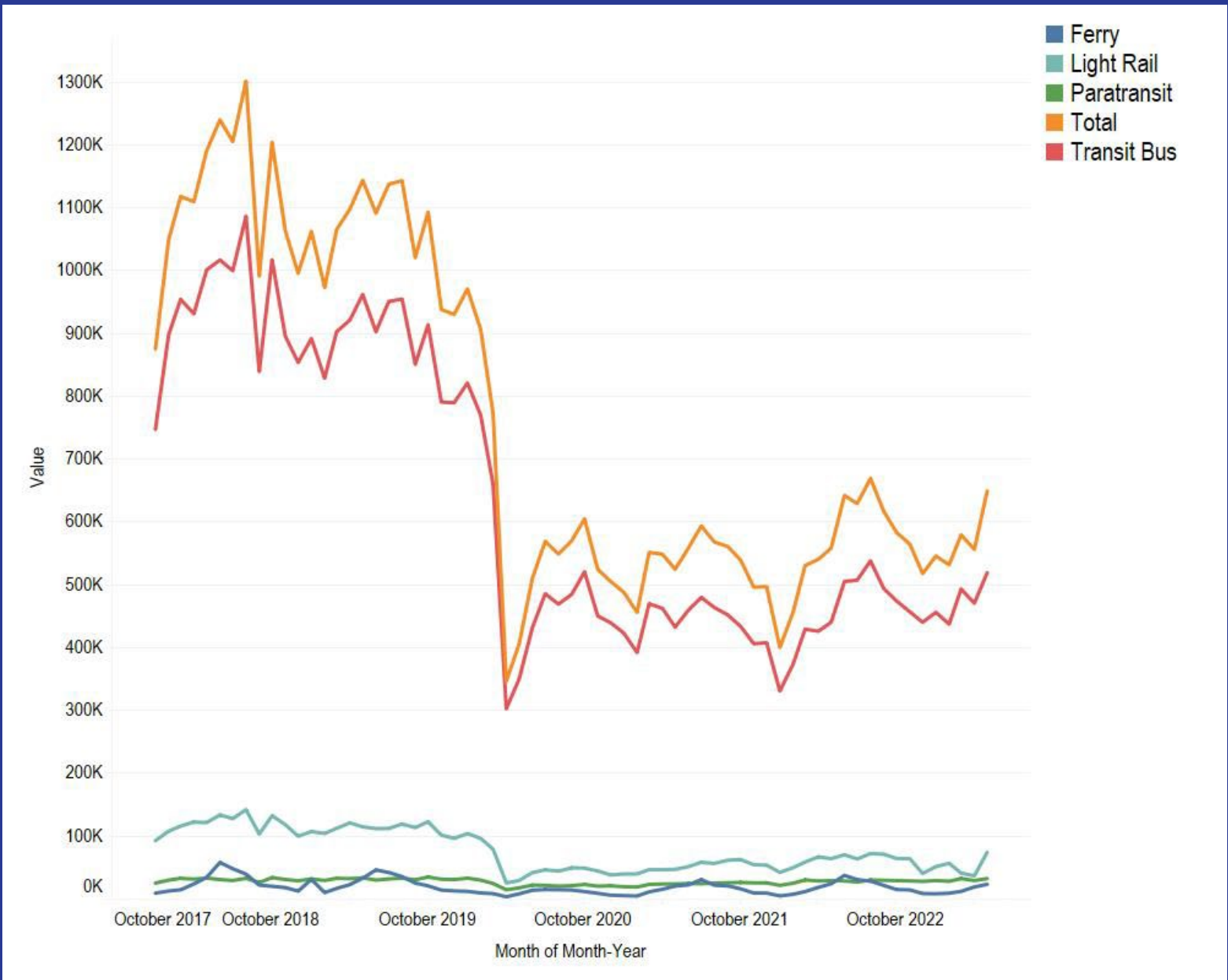
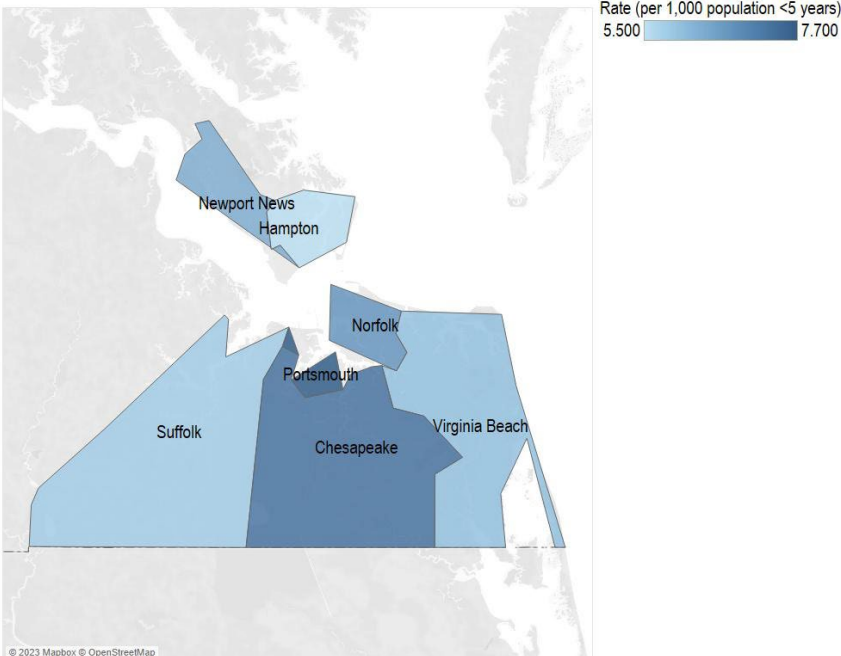


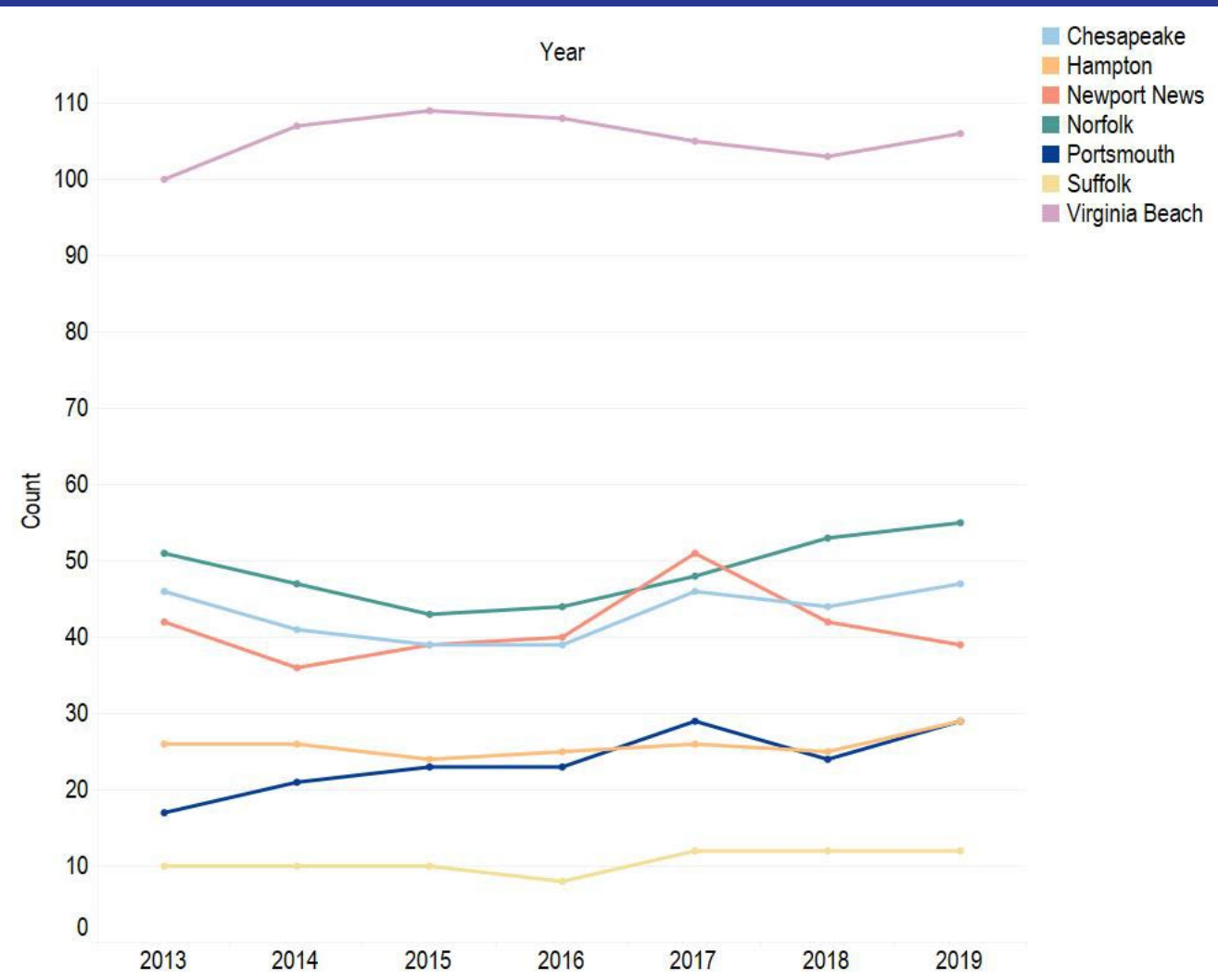
Figure 48: Hampton Roads Transit (HRT) average daily ridership by type  
Source: Hampton Roads Transit

# Available Childcare

Childcare is a significant household expense for families with young children. Access to affordable and high-quality childcare is essential for parents to be able to provide sufficient income for their family while ensuring all their children’s social and educational needs are met. In 2022, Portsmouth had 7.7 childcare centers per 1,000 persons under the age of five years, the highest in the Hampton Roads area (Figure 49). When looking at the actual number of facilities, Portsmouth had 29 in 2019 (Figure 50). However, while an establishment may or may not be in Portsmouth, children from various cities may be enrolled in a facility’s care. Therefore, all children in the Hampton Roads area benefit when the cities expand the market for child day care establishments.



**Figure 49:** Rate of childcare centers, 2022  
**Source:** County Health Rankings



**Figure 50:** Number of childcare establishments  
**Source:** U.S. Census – County Business Patterns



# Recreational Facilities

Recreational facilities are important to a community as they promote physical fitness, mental health, and social cohesion within a community. People who participate in recreational activities tend to be more resilient to stress and experience better mental health. As of January 2024, the city of Portsmouth has 13 athletic areas, 16 parks, and 5 recreational centers (Figure 51).

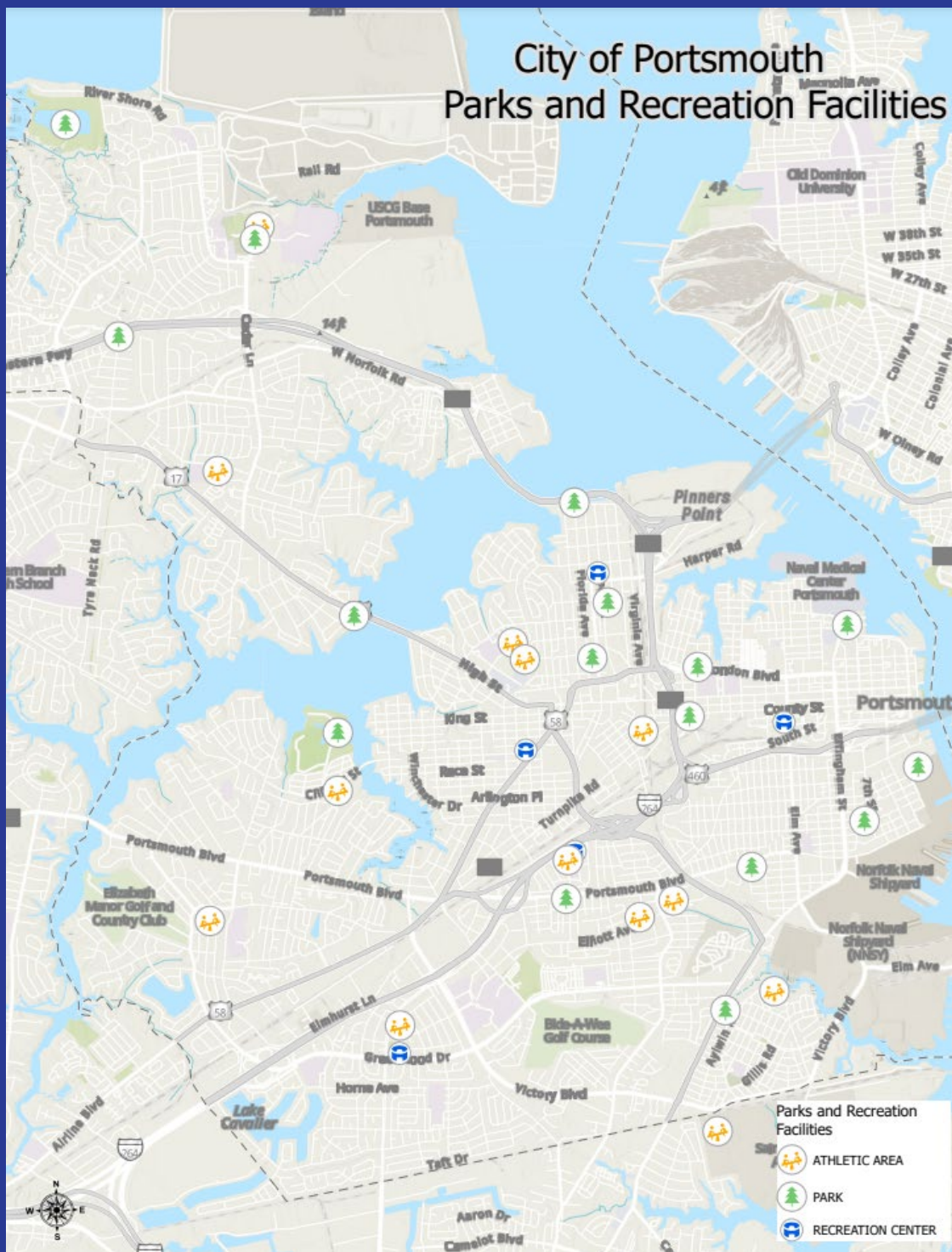


Figure 51: Portsmouth City Recreational Facilities, January 2024

Source: City of Portsmouth



# Food Environment

Food insecurity is linked to negative health outcomes, and it may cause children to have trouble in school. Figure 52 looks at the Food Environment Index (FEI), which ranges from a scale of 0 (worst) to 10 (best) and equally weights two indicators of the food environment: 1) Limited access to healthy foods estimates the percentage of the population that is low income and does not live close to a grocery store; 2) Food insecurity estimates the percentage of the population that did not have access to a reliable source of food during the past year. In 2022, Portsmouth had a FEI of 8.1. The population of people in Portsmouth who are food insecure has been decreasing since 2014, with 11.2% of the population being food insecure in 2022 (Figure 53). The Healthy People 2030 goal for household food insecurity is 6.0. While food insecurity is decreasing, access to healthy food is increasing in Portsmouth (Figure 54). From 2014 to 2022, Portsmouth saw a 73.8% increase in people with limited access to healthy foods, and the city's percentage is again the middle of the Hampton Roads area.

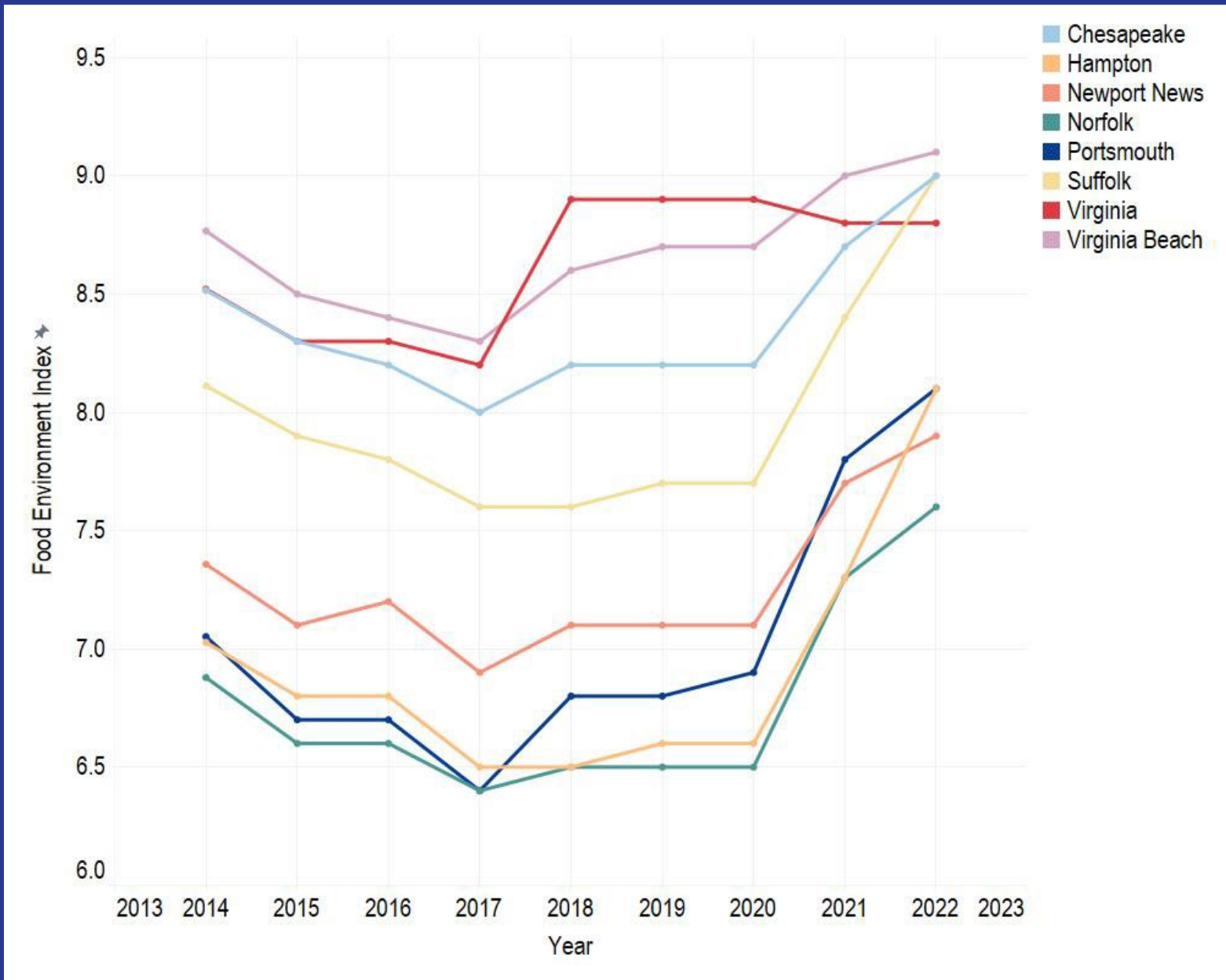


Figure 52: Food environment index  
Source: County Health Rankings

# Food Environment cont.



Figure 53: Population who are food insecure  
Source: County Health Rankings

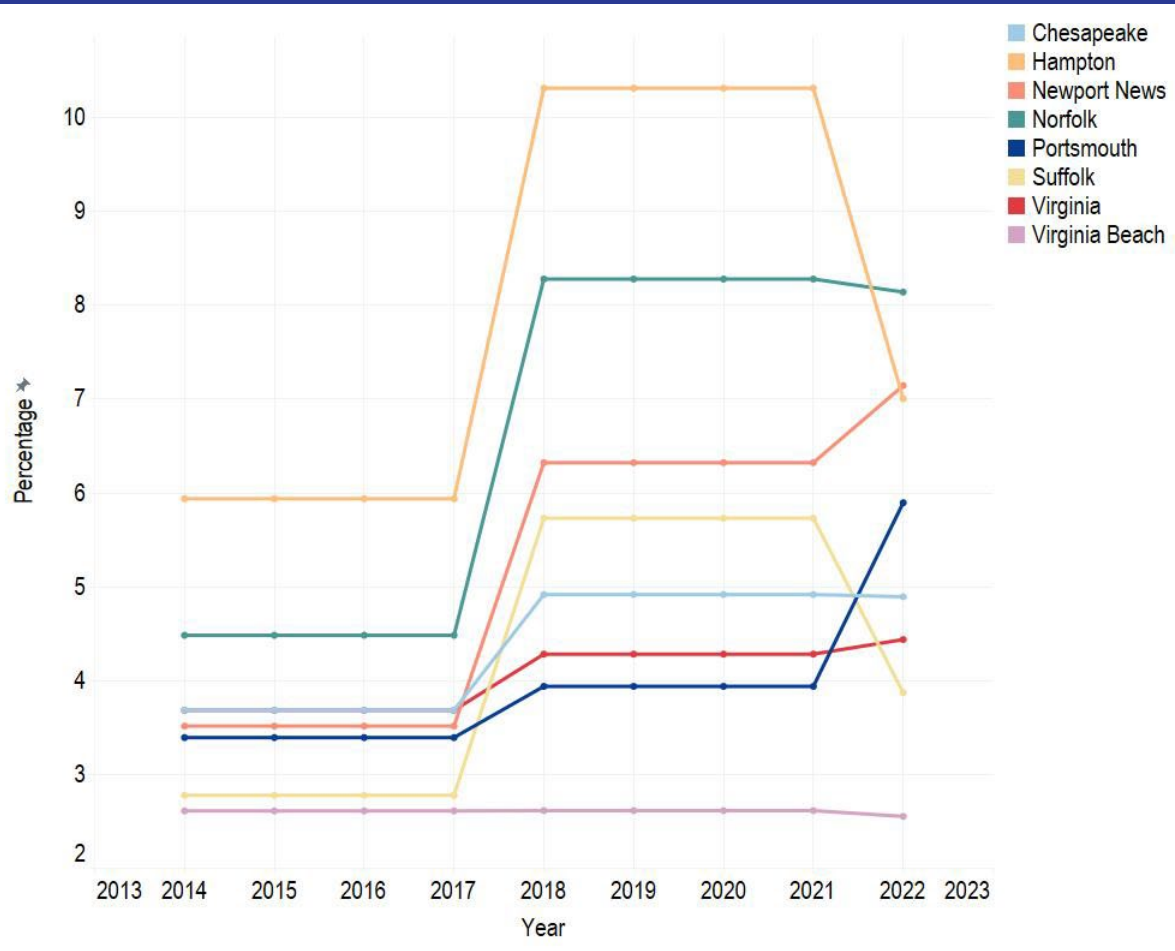


Figure 54: Population with limited access to healthy foods  
Source: County Health Rankings

# STRATEGIES

Improving a community's physical environment is one avenue to improve the overall health of the community. Below are strategies focused on [Commute to Work](#), [Available Childcare](#), [Recreational Facilities](#), and [Food Environment](#).



## **Commute to Work**

Strategies include interventions focused on providing affordable, reliable, and flexible transportation.



## **Available Childcare**

Strategies include incorporating on-site childcare to workplaces and paid family leave.



## **Recreational Facilities**

Strategies include interventions that address disparities in access to physical activity facilities and programs in lower income areas.



## **Food Environment**

Strategies include promoting community gardens and kitchens for community members to use and enjoy.

# CHA SECTION FIVE: *COMMUNITY SAFETY*

## **INDICATORS:**

Community Safety

Child Abuse and Neglect

Violence in Schools

“No child should be accustomed to hearing gun shots at night, not an infant, not a two-year-old, not a 22-year-old, not an 82-year-old, but it’s happening everywhere.”

-Focus Group Participant

## Community Safety

As shown in Figure 55, the reported crime incident rates for Portsmouth have increased from 2013 to 2019 but saw a decrease in 2021 to 9,245 offenses reported per 100,000 persons. Despite the decrease, Portsmouth's offenses reported rates remain consistently higher than the other Hampton Roads localities. More specifically, Figure 56 illustrates that there has been a reduction in the rate of records for narcotic and drug offenses for Portsmouth from 2017 (765.6) to 2022 (543.1). Although the drug and narcotic records rates for Portsmouth increased between from 2013 to 2017, the pattern reversed itself for declines in the subsequent years, but Portsmouth's rate remains the highest of the Hampton Roads cities. As shown in Figure 57, there has been an increase in the rate of DUI records in Portsmouth from 21.8 per 100,000 residents in 2013 to 159.7 in 2022. Again, Portsmouth has the highest rate of DUI records among the localities in Hampton Roads as of 2022. Finally, as shown in Figure 58, the rate of assault, aggravated and domestic, have increased from 27.03 in 2013 to 57.71 in 2022.

# Community Safety cont.

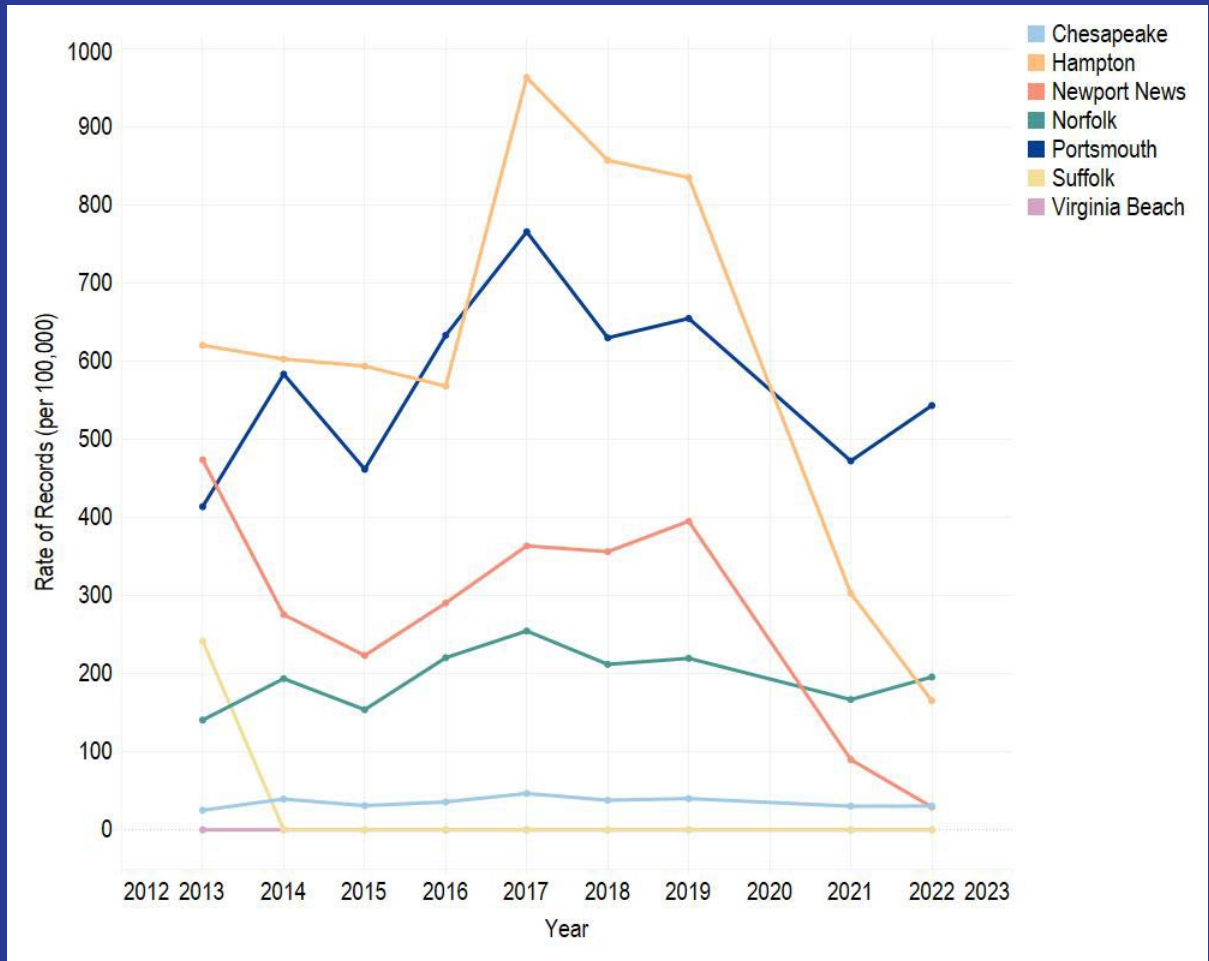
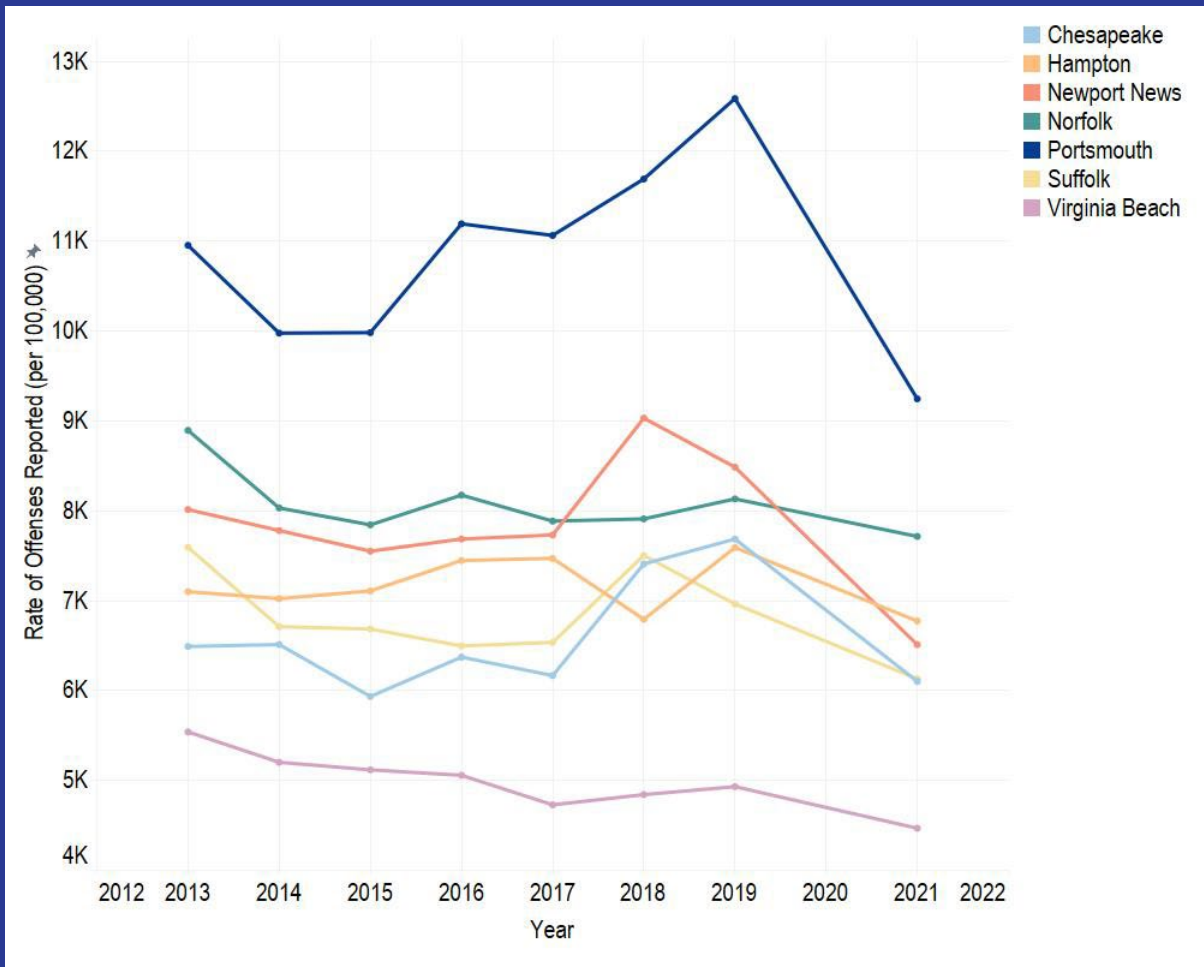
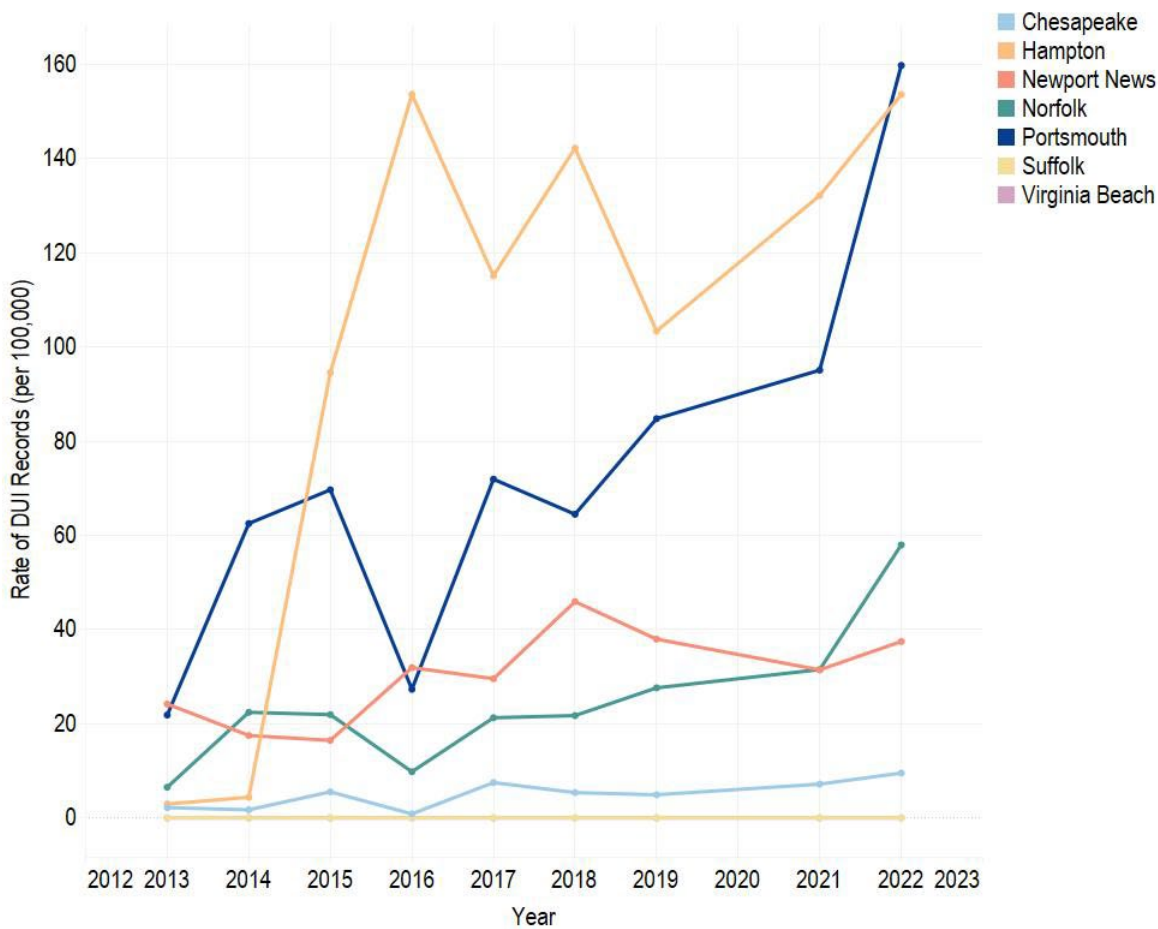


Figure 56: Rate of arrests for drug/narcotics violations  
 Source: Data is from Portsmouth Police Department; Rates calculated using ACS 1-year population estimates

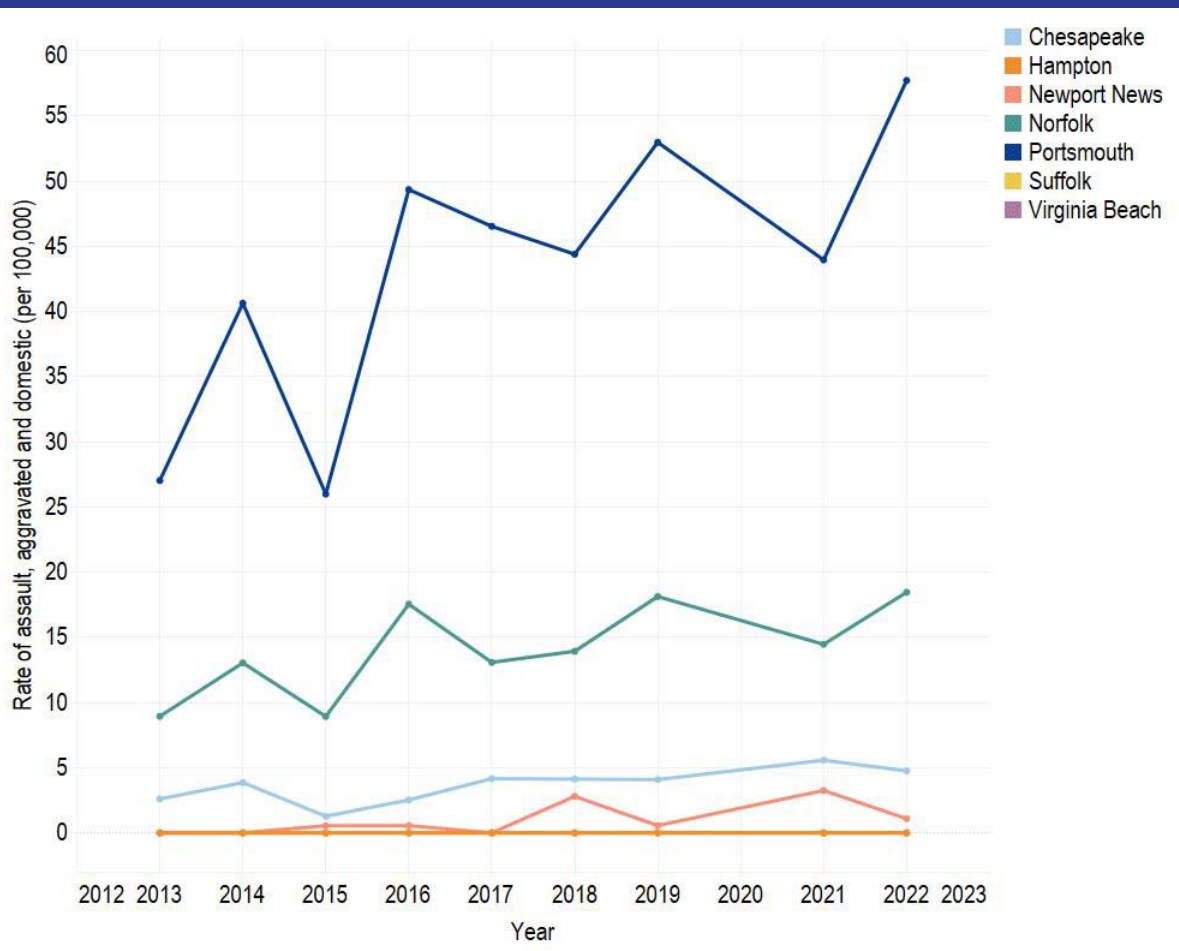


# Community Safety cont.

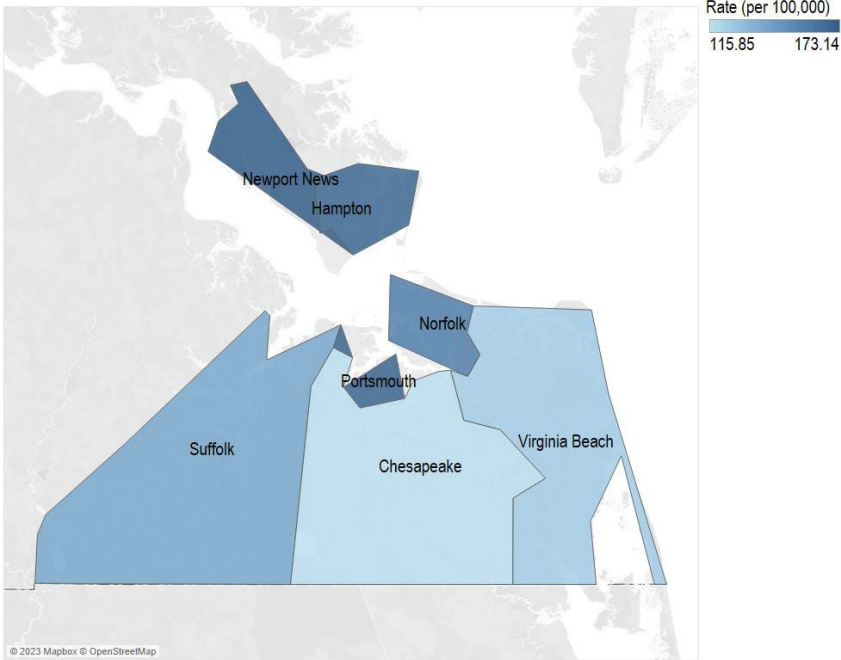


**Figure 57** Rate of arrests for DUI's  
 Source: Data is from Portsmouth Police Department; Rates calculated using ACS 1-year population estimates

**Figure 58:** Rate of domestic aggravated assault  
 Source: Data is from Portsmouth Police Department; Rates calculated using ACS 1-year population estimates



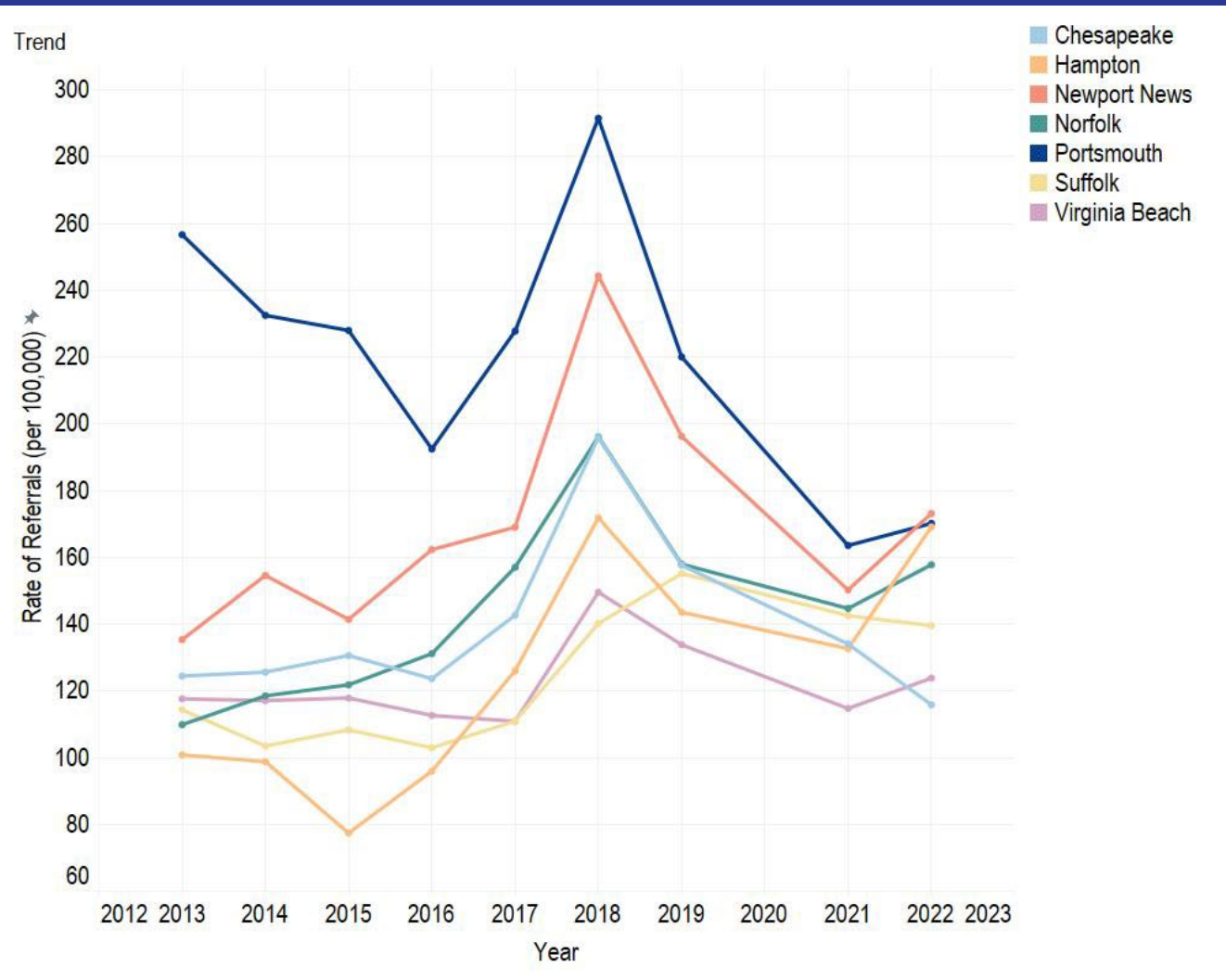
# Child Abuse and Neglect



There has been a substantial decrease (33.67%) in the rate of abuse/neglect referrals for Portsmouth from 256.6 per 100,000 persons in 2013 to 170.2 per 100,000 persons in 2022 (Figure 60). There was an increase seen from 2016 to 2018 in the Hampton Roads region, but rates have begun to decrease. In general, the other Hampton Roads localities tend to follow the same trend of decreasing rates of child abuse/neglect reports.

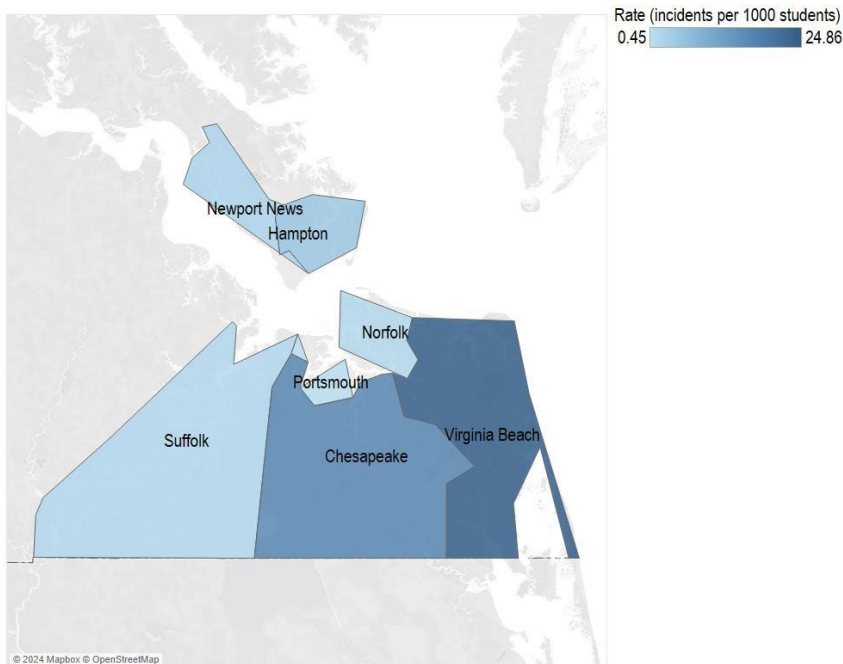
**Figure 59:** Rate of referrals for child abuse or neglect, 2022

**Source:** Data from Virginia Child Protective Services; Rates calculated using ACS 1-year population estimates



**Figure 60:** Rate of referrals for child abuse or neglect  
**Source:** Data is from Virginia Child Protective Services; Rates calculated using ACS 1-year population estimates

# Violence in Schools



The *Code of Virginia* requires school divisions to submit data to the Virginia Department of Education on incidents of discipline, crime, and violence. Rates of total incidents reported in Portsmouth and the surrounding cities have all decreased from the 2017-2018 school year (Figure 62). However, rates were influenced by the COVID-19 pandemic during the 2019-2020 and 2020-2021 school years as students attended online school. With students being taught online, fewer incidents were being reported.

Figure 61: Rate of total incidents, 2020-2021 school year  
Source: Virginia Department of Education

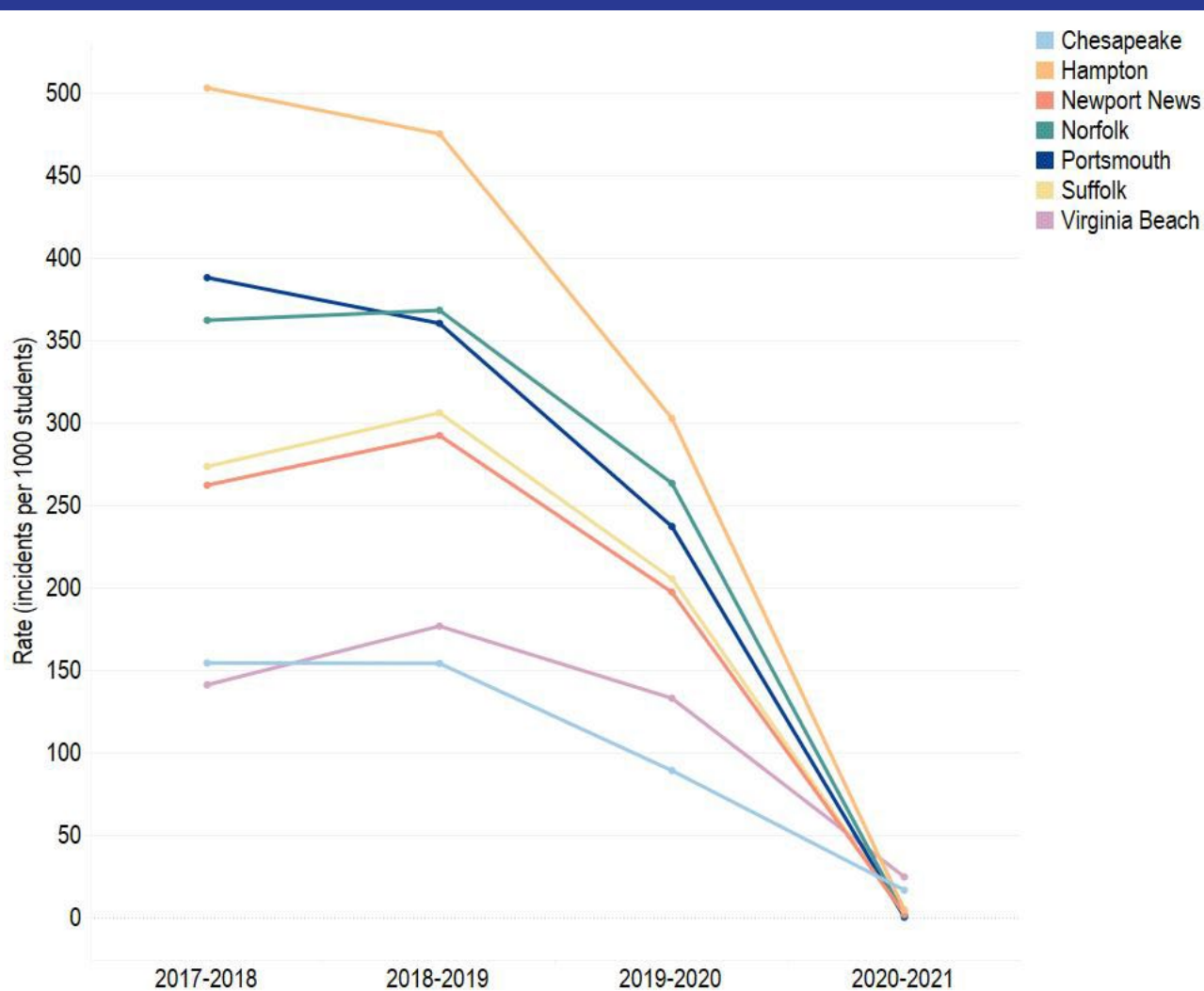


Figure 62: Rate of total school incidents  
Source: Virginia Department of Education

# STRATEGIES

The Greater Hampton Roads Community Indicators Dashboard has a search function to find “Promising Practices” for various public health indicators. Below are the generated searches for strategies for [Community Safety](#), [Child Abuse and Neglect](#), and [Violence in Schools](#).



## Community Safety

Strategies include violence intervention programs and behavior management programs.



## Child Abuse and Neglect

Strategies include establishing a child advocacy center and programing for both children and parents.



## Violence in Schools

Strategies include the Families and Schools Together (FAST) program and the Students Against Violence Everywhere program.

# CHA SECTION SIX: *ENVIRONMENTAL HEALTH*

## INDICATORS:

Air Quality

Water Quality

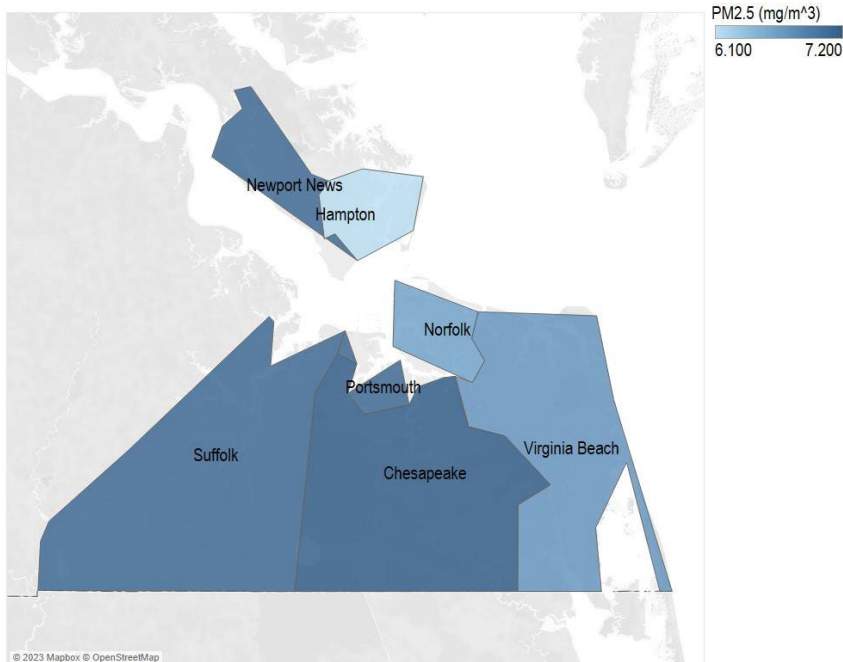
Children with Elevated Blood Lead Levels

Childhood lead poisoning is considered the most preventable environmental disease among young children. The Childhood Lead Poisoning Prevention Program (CLPPP) within VDH's Division of Prevention and Health Promotion at VDH's Central Office is a CDC-funded program.





# Air Quality



Exposure to air pollution is linked to many health problems, including cancer, respiratory diseases, and heart disease. Air quality can be measured by looking at particulate matter, or PM. PM can be further analyzed based on size, with PM<sub>2.5</sub> described as fine inhalable particles with diameters 2.5 micrometers and smaller. In Portsmouth, an annual average of 7.1 micrograms per cubic meter of PM<sub>2.5</sub> was measured in 2022. Overall, the average daily density of PM<sub>2.5</sub> has been decreasing across the Hampton Roads area as well as Virginia.

Figure 63: Average daily density of PM<sub>2.5</sub>, 2022  
Source: County Health Rankings

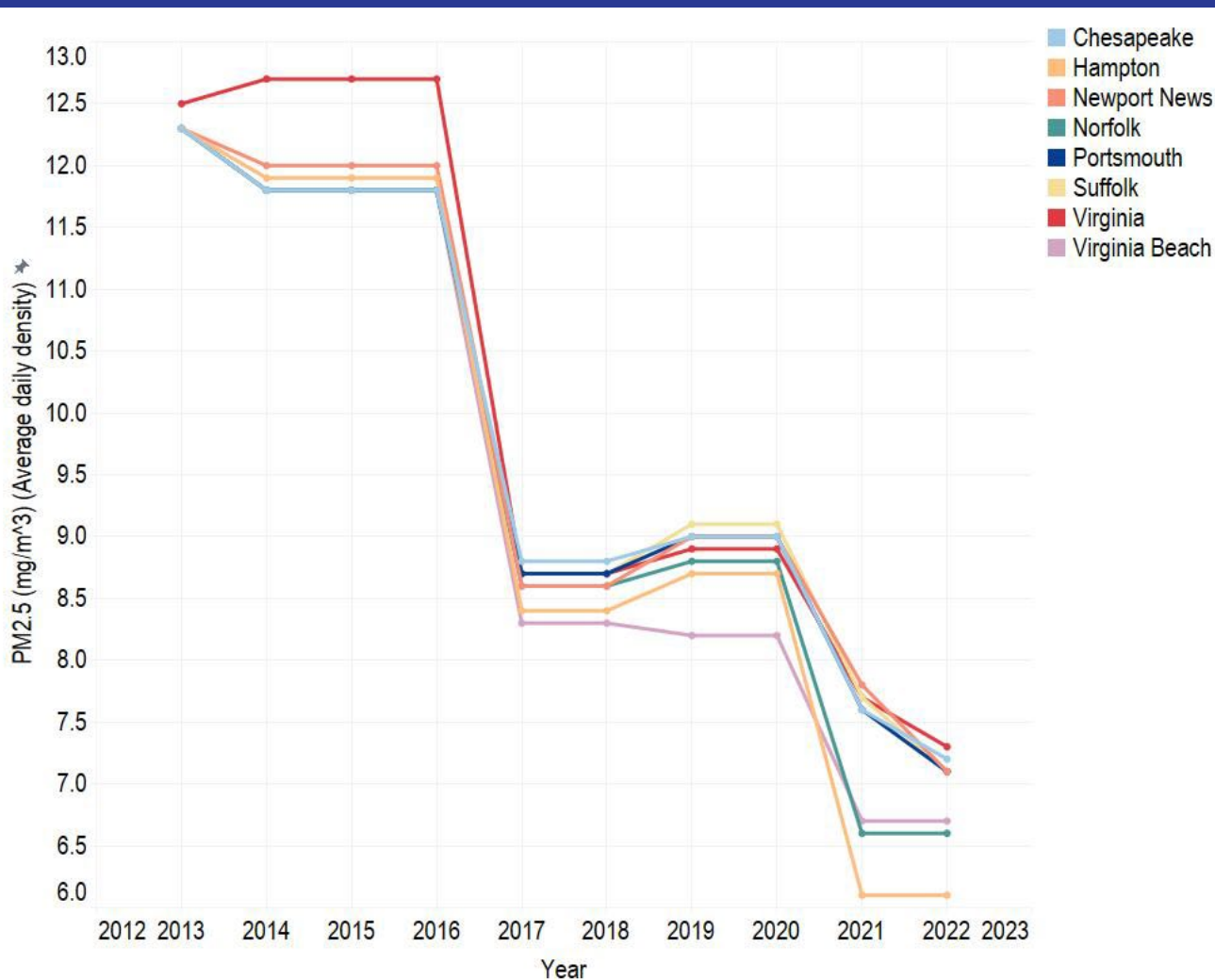


Figure 64: Average daily density of PM<sub>2.5</sub>  
Source: County Health Rankings



# Water Quality

Lake Kilby is the oldest of the Portsmouth water supply lakes, and the Lake Kilby Water Treatment Plant located in Suffolk, VA, is responsible for insuring the production and delivery of high-quality drinking water. The City of Portsmouth produces a yearly water quality report covering all testing performed during the year. Figure 66 shows the water quality carcinogens from 2013-2022. There were no water quality violations during this period.

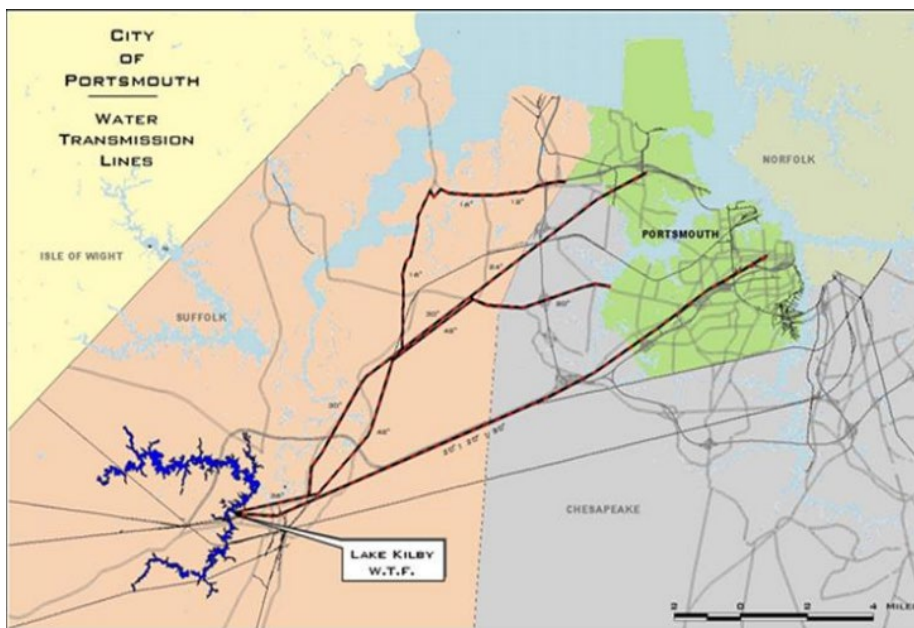


Figure 65: City of Portsmouth Water Transmission Lines  
Source: City of Portsmouth Public Utilities

Substance (Unit of Measure)	Year Sampled	Amount Detected	MCL [MRDL]	MCLG [MRDLG]	Violation
<b>Alpha Emitter</b> (pCi/L) (carcinogenic)	2021	0.6 +/- 0.65	15	0	No
	2014	2.2	15	0	No
<b>Beta/Photon Emitters</b> (pCi/L) (carcinogenic)	2021	1.4 +/- 1.3	50	0	No
	2016	3.3	50	0	No
	2014	5	50	0	No
<b>Combined Radium</b> (pCi/L) (Naturally occurring radioactive metal in soil - causes bone cancer - more than one radium particle)	2013	4.3	50	0	No
	2021	1.67 +/- 0.73	5	0	No
	2016	0.1	5	0	No
<b>Haloacetic Acids [HAA]</b> (ppb) (Product from chlorine from disinfecting drinking water reacting with natural organic mater - carcinogenic)	2014	0.6	5	0	No
	2013	0.3	4	0	No
	2022	29	60	NA	No
	2021	33	60	NA	No
	2020	33	60	NA	No
	2019	34	60	NA	No
	2018	36	60	NA	No
<b>TTHMs [Total Trihalomethanes]</b> (ppb) (Industrial solvents/refrigerants - carcinogenic)	2017	43	60	NA	No
	2016	49	60	NA	No
	2015	45	60	NA	No
	2014	39	60	NA	No
	2013	39	30	NA	No
	2022	43	80	NA	No
	2021	40	80	NA	No
	2020	46	80	NA	No
	2019	44	80	NA	No
	2018	43	80	NA	No
	2017	41	80	NA	No
	2016	46	80	NA	No
	2015	47	80	NA	No
	2014	38	80	NA	No
	2013	43	80	NA	No

Figure 66: Water quality carcinogens  
Source: Lake Kilby Water Treatment Plant Annual Water Quality Report

# Children with Elevated Blood Lead Levels

According to the Occupational Safety and Health Administration, lead poisoning is the leading environmentally induced illness in children in the United States. Figure 67 shows the case count of Portsmouth children with elevated blood lead levels by blood level from 2016 through 2022, while Figure 68 shows case counts by city over time. The Healthy People 2030 goal is to reduce blood lead levels in children ages 1 to 5 years to 1.18 ug/dL, with the baseline measure being 3.31 ug/dL (where 97.5% of the population aged 1 to 5 years was below in 2013-2016).

Blood Lead Level (ug/dL)	Total Cases (2016-2022)
<10	38
10-14	13
15-19	8
20-44	13
45+	1

Figure 67: Portsmouth case counts, 2016-2022 combined  
Source: Virginia Department of Health

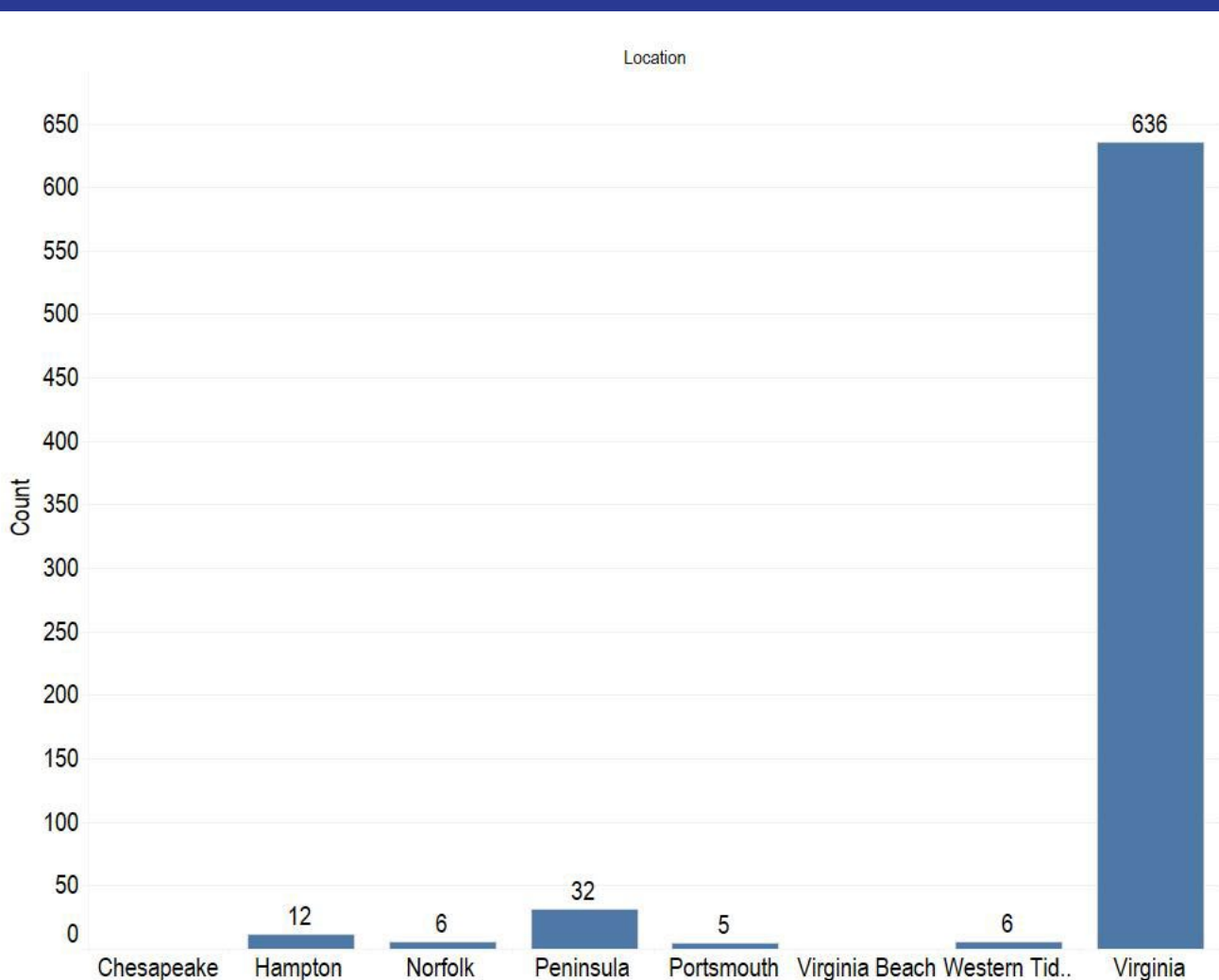


Figure 68: Case count of children with elevated blood lead levels, 2022  
Source: Virginia Department of Health

# STRATEGIES

County Health Rankings and the Greater Hampton Roads Community Indicators Dashboard have strategies for environmental health topics, including [Air Quality](#), [Water Quality](#), and [Children with Elevated Blood Lead Levels](#).



## **Air Quality**

Strategies include establishing carpool and rideshare programs and investing in alternative fuels.



## **Water Quality**

Strategies include establishing an integrated watershed management partnership and community outreach.



## **Children with Elevated Blood Lead Levels**

Strategies include establishing a childhood lead poisoning prevention program.

The Portsmouth Health Department does have a [Lead Poisoning Prevention Program](#) which include screening, education, and environmental sample testing.



# CHA SECTION SIX: *HEALTH BEHAVIORS*

## **INDICATORS:**

Adult Smokers

E-Cigarette Smoking

Adult Obesity

Physical Inactivity

Poor Physical Health Days

Motor Vehicle Crashes and Fatalities

Alcohol-Related Crashes and Fatalities

Young Licensed Drivers by Age

Times Crashes Occur

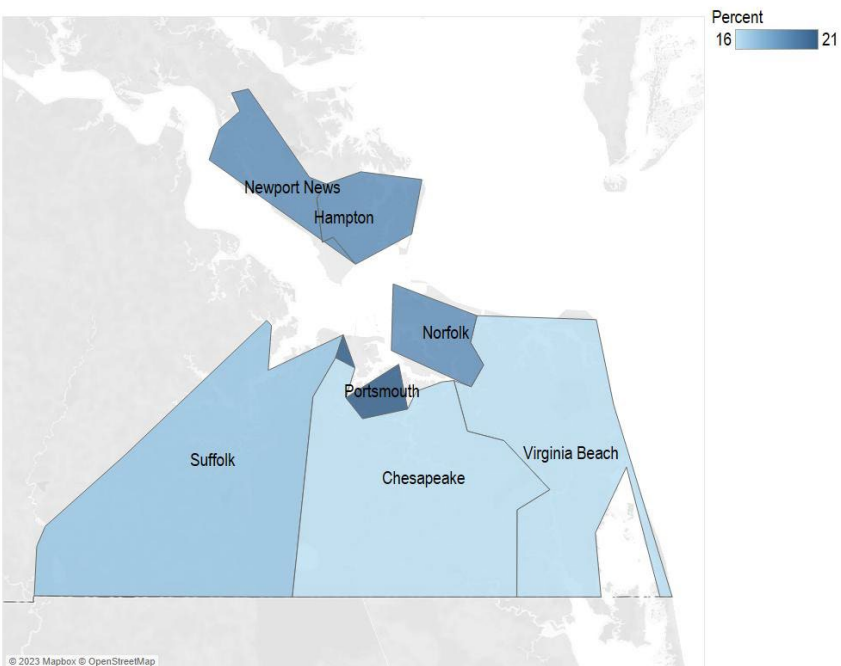
Excessive Drinking

Immunization Rates

“(Quality of life means to me) being physically able to do the things I want to do, being spiritually connected, being healthy, being able to communicate, being able to collaborate, and enjoy the things I love doing.”

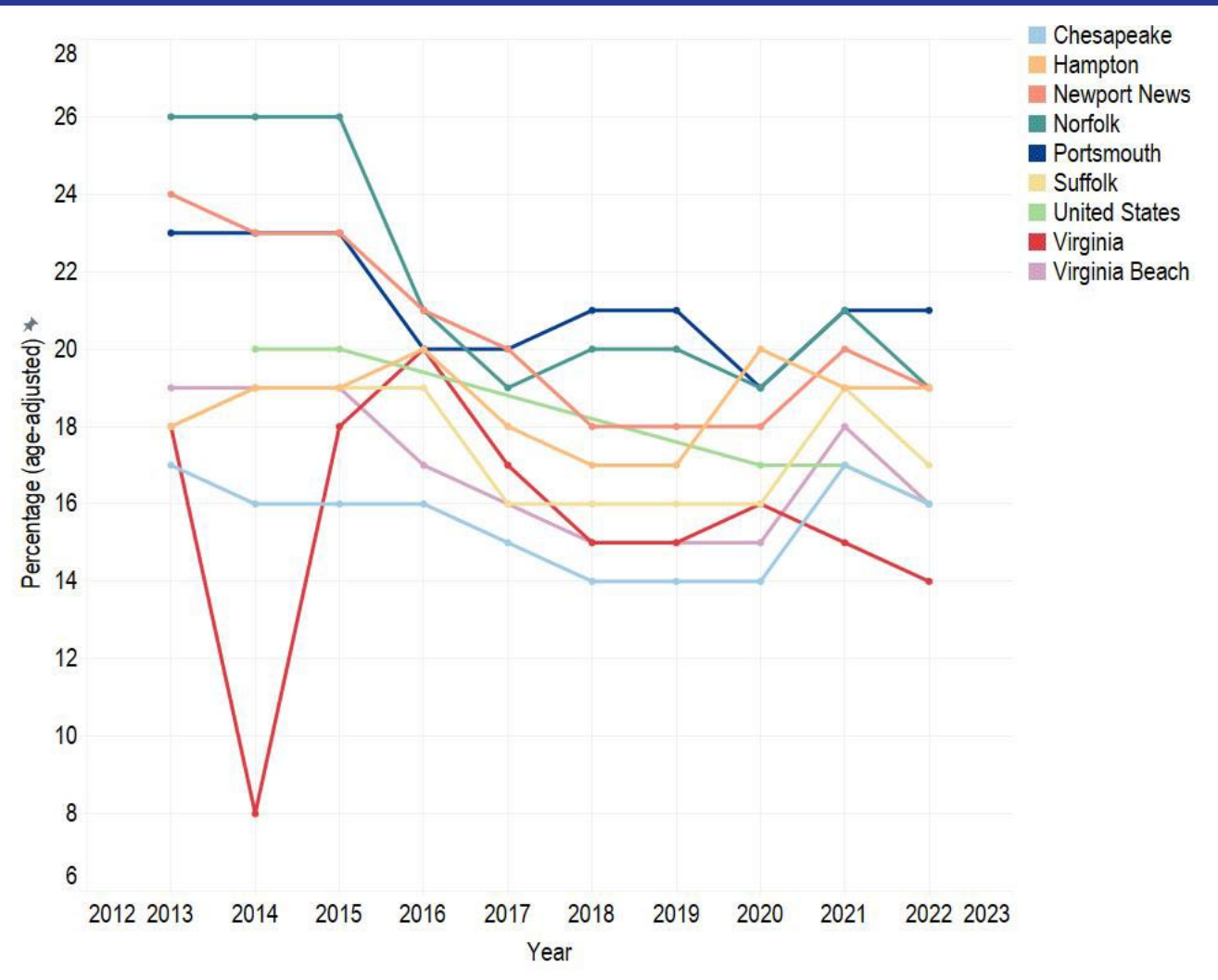
-Focus Group Participant

# Adult Smokers



Tobacco use, which is associated with multiple poor health risks, is among the most important modifiable risk factors of adverse health outcomes. Figure 70 shows the average percentage of adults who are smokers in the Hampton Roads region, where 21% of Portsmouth adults reported smoking in 2022. The Healthy People 2030 goal for reducing current cigarette smoking in adults is 6.1%, with the most recent data showing 11.7% in 2021. Though there has been a decrease since 2013, the percentage is still higher than all other cities in the region and Virginia.

**Figure 69:** Percentage of adults who are current smokers, 2022  
**Source:** County Health Rankings



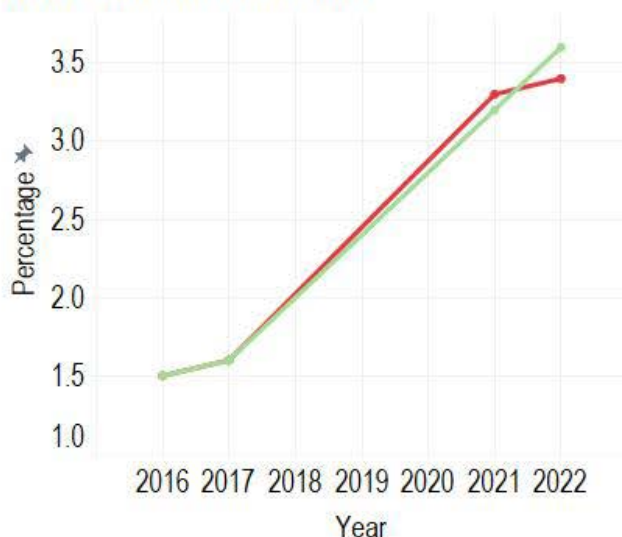
**Figure 70:** Percentage of adults who are current smokers  
**Source:** County Health Rankings



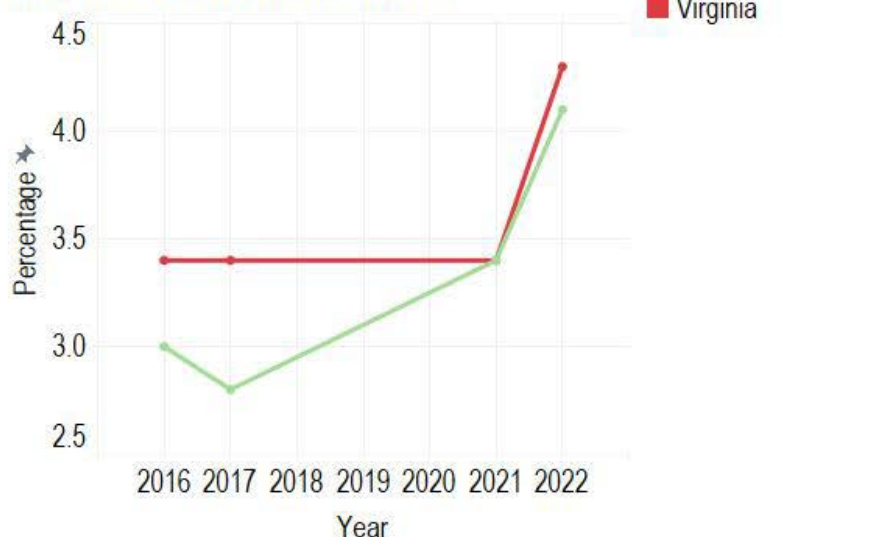
# E-Cigarette Smoking

E-cigarettes are sometimes called “e-cigs,” “vapes,” “e-hookahs,” “vape pens,” and “electronic nicotine delivery systems (ENDS).” Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. According to the Centers for Disease Control and Prevention, e-cigarettes are the most used tobacco product among youth. The percentage of daily e-cigarette users has increased in both Virginia and the United States, at 3.4% and 3.6%, respectively, in 2022 (Figure 71). Virginia alone saw an 126.7% increase in daily e-cigarette users from 2016 to 2022. Along with daily use, the percentage of people who use e-cigarettes some days has increased as well from 3.4% to 4.3% in Virginia and 3.0% to 4.1% in the United States. The Healthy People 2030 goal to reduce current e-cigarette use in adolescents is 10.5%, with 2020 data showing the percentage at 13.1.

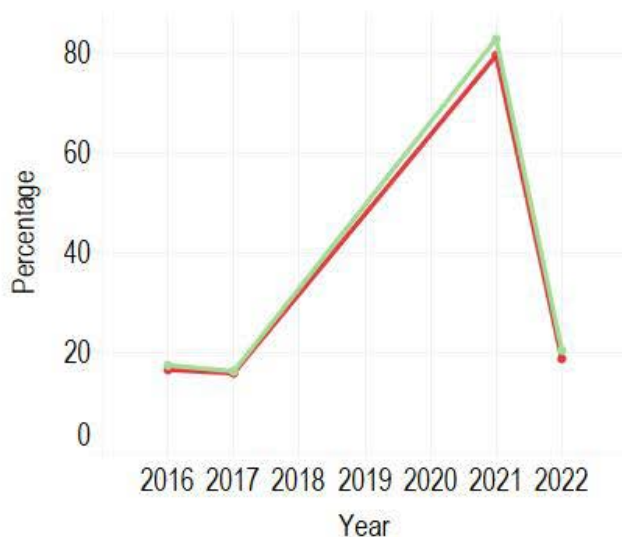
### DAILY E-CIGARETTE USERS



### SOME DAY E-CIGARETTE USERS



### FORMER E-CIGARETTE USERS



### NEVER USED E-CIGARETTES

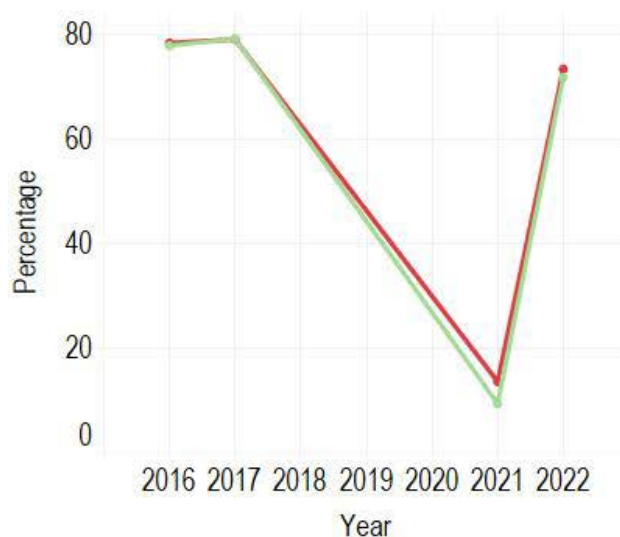
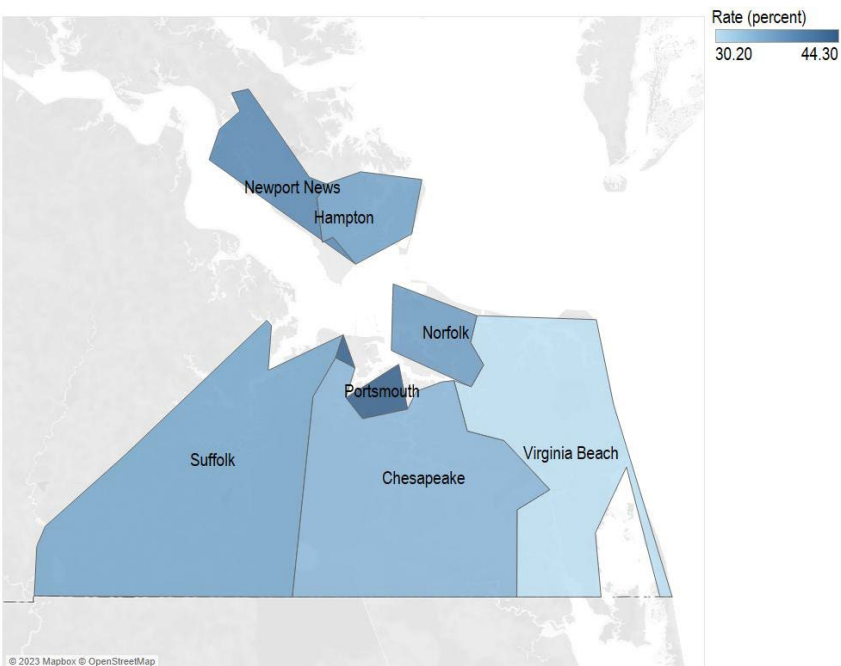


Figure 71: E-cigarette smoking trends, Virginia and United States  
Source: Behavioral Risk Factor Surveillance System

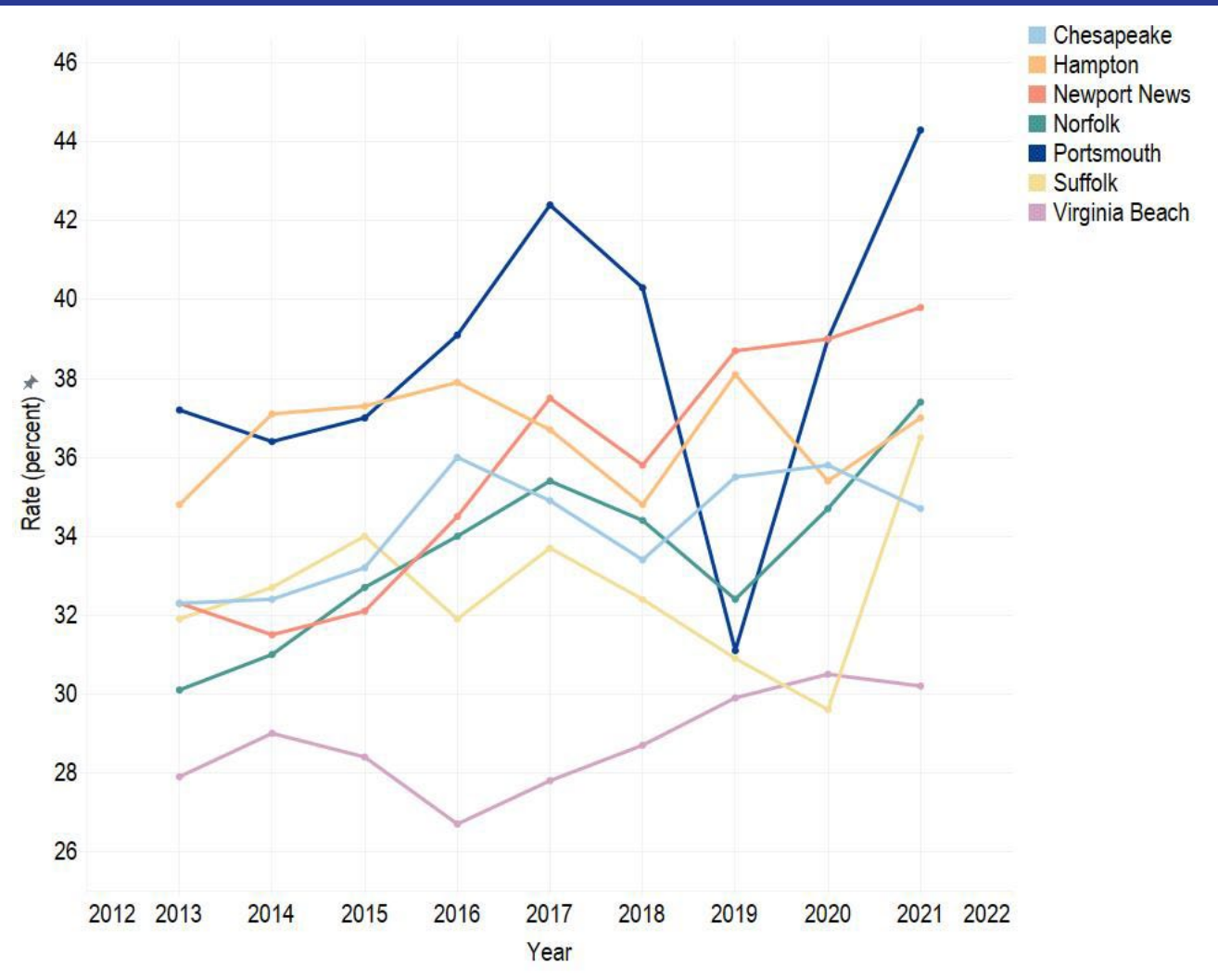


# Adult Obesity

Obesity is a major risk factor for chronic disease and continues to be a national problem among adults; creating opportunities to access healthy foods and to engage in physical activity can be effective approaches to addressing this issue. However, obesity is more than just a national issue – it continues to be a significant problem in Portsmouth. In 2021, 44.3% of adults ages 20 years and over were obese according to the Body Mass Index (BMI), which was higher than the Healthy People 2030 goal of 36.0%. The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units. A BMI greater or equal to 30 is considered obese.

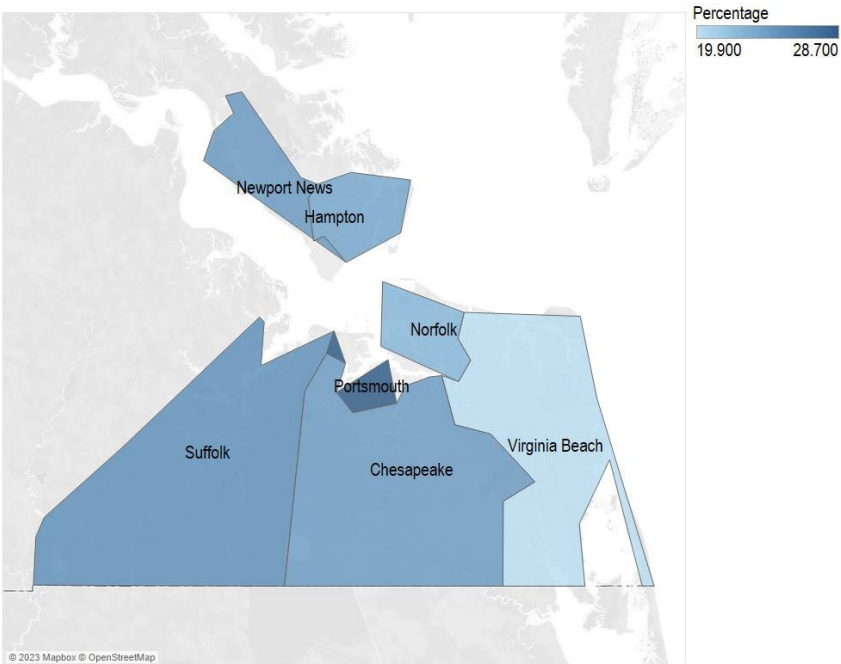


**Figure 72:** Adults 20+ years who are obese, 2021  
**Source:** Centers for Disease Control and Prevention



**Figure 73:** Adults 20+ years who are obese  
**Source:** Centers for Disease Control and Prevention

# Physical Inactivity



In Portsmouth, 28.7% of adults ages 18 years and older reported no leisure-time physical activity in 2021, which is the highest percentage in the Hampton Roads area and significantly higher than Virginia (Figure 75). The Healthy People 2030 goal for reducing the proportion of adults who do no physical activity in their free time is 21.8%, with the most recent data in 2020 showing that 26.1% of adults do no physical activity in their free time. While Portsmouth saw a decrease from 2018 to 2020, the percentage increased again in 2021.

Figure 74: Adults reporting no physical activity outside of work, 2021  
Source: County Health Rankings

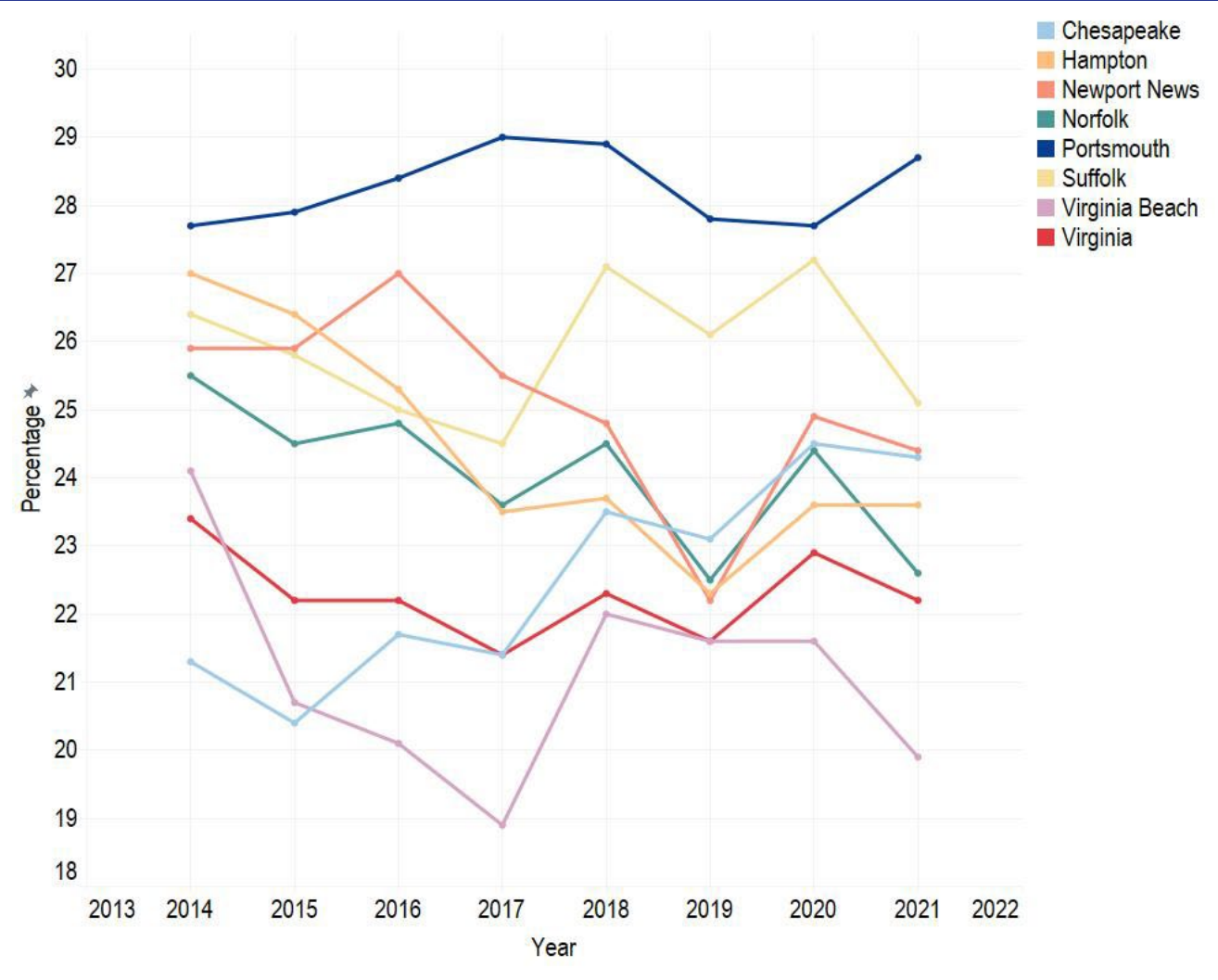


Figure 75: Adults reporting no physical activity outside of work  
Source: County Health Rankings

# Poor Physical Health Days

According to the Centers for Disease Control and Prevention, being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Figure 76 shows the average number of physically unhealthy days reported in the past 30 days for Hampton Roads cities and Virginia. This measure is based on responses to the Behavioral Risk Factor Surveillance System (BRFSS) survey. In Portsmouth, adults reported that their physical health was not good on 4.36 of the previous 30 days, which is the highest average of the captured localities and significantly higher than Virginia.

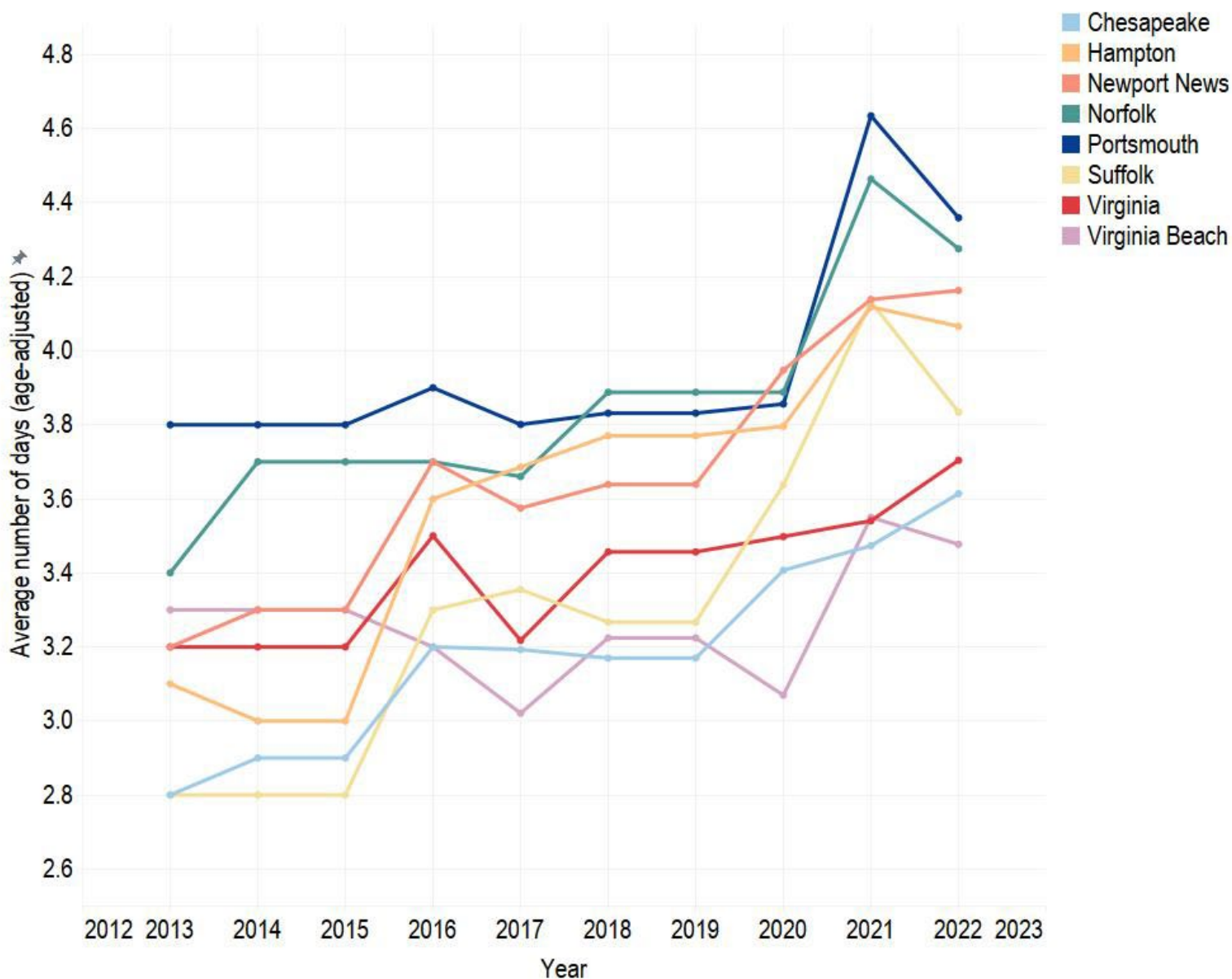
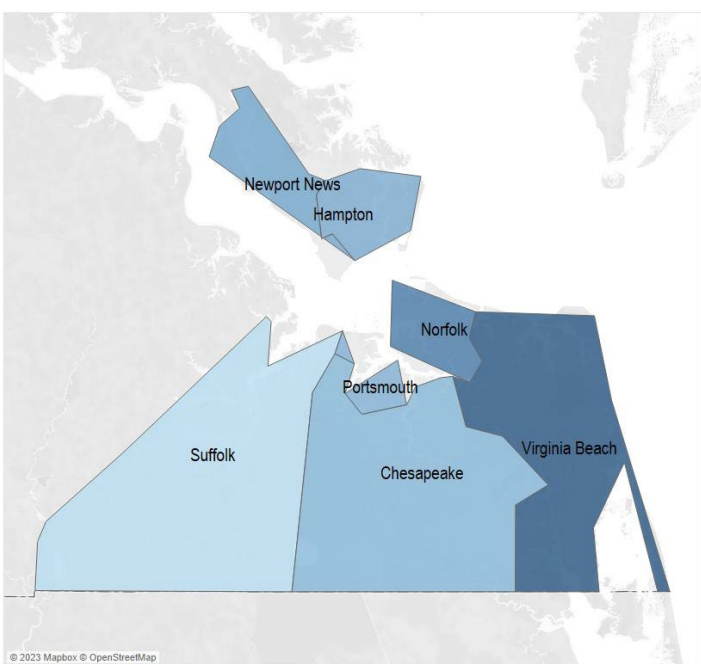


Figure 76: Average number of physically unhealthy days reported in the past 30 days (age-adjusted)

Source: County Health Rankings

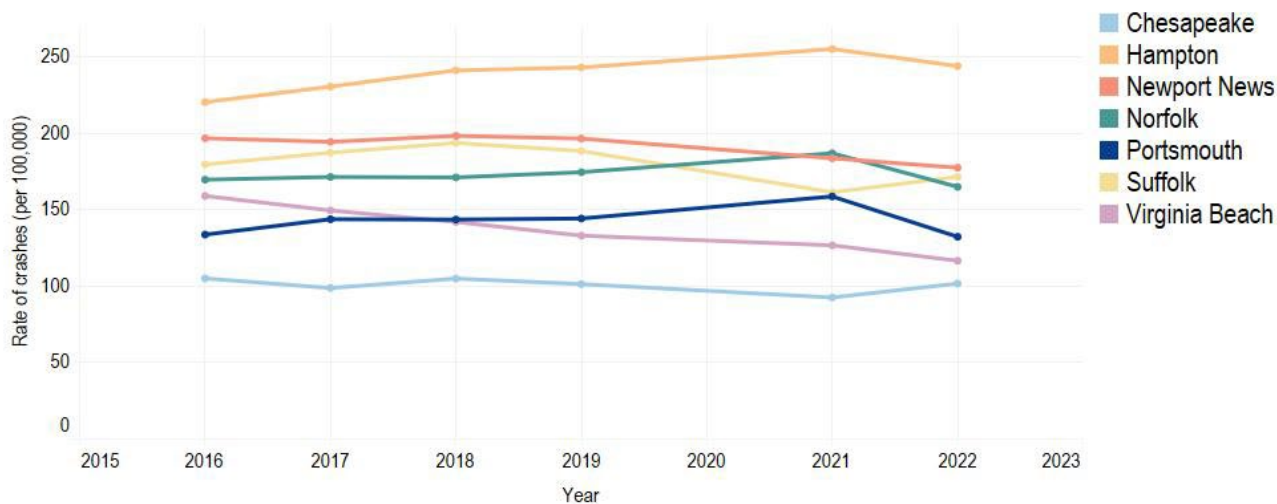
# Motor Vehicle Crashes & Fatalities



The rate of motor vehicle crashes occurring in Portsmouth has remained steady from 2016 to 2022, with 132.4 crashes per 100,000 persons in 2022 (Figure 77). Portsmouth’s crash rate is the third lowest of the Hampton Roads area. However, when looking at the rate of motor vehicle fatalities, Portsmouth was the highest in 2022 at 14.43 deaths per 100,000 persons. The Healthy People 2030 goal of reducing deaths from motor vehicle crashes is getting worse: the goal is 10.1 per 100,000, with 2021 data showing 13.3 motor vehicle traffic-related deaths per 100,000 population.

**Figure 77:** Rate of motor vehicles fatalities, 2022

**Source:** Data is from Virginia Department of Motor Vehicles; Rates calculated using ACS 1-year population estimates

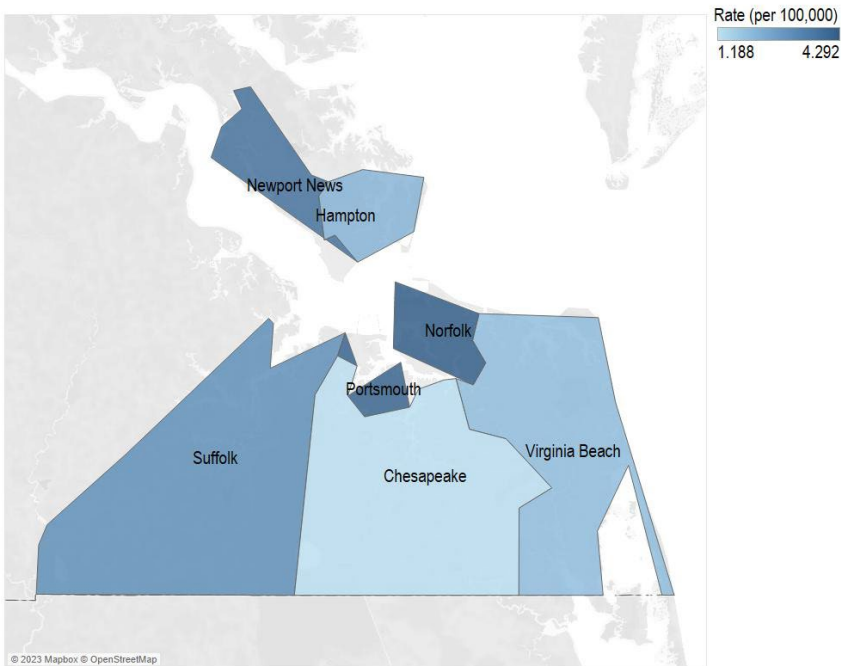


**Figure 78:** Rate of motor vehicle crashes (top) and fatalities (bottom)

**Source:** Data is from Virginia Department of Motor Vehicles; Rates calculated using ACS 1-year population estimates



# Alcohol-Related Crashes & Fatalities



The rate of alcohol-related crashes occurring in Portsmouth has increased 40.24% from 2016 to 2022, with 82.45 crashes per 100,000 persons in 2022 (Figure 80). Portsmouth's alcohol-related crash rate is the third lowest of the Hampton Roads area. However, when looking at fatalities, Portsmouth had the second highest rate in 2022 at 4.12 deaths per 100,000 persons, only lower than Norfolk at 4.29 deaths per 100,000 persons. Healthy People 2030 has a goal for reducing the proportion of motor vehicle crash deaths that involve a drunk driver with the goal set at 28.3%.

Figure 79: Alcohol-related fatalities, 2022

Source: Data is from Virginia Department of Motor Vehicles; Rates calculated using ACS 1-year population estimates

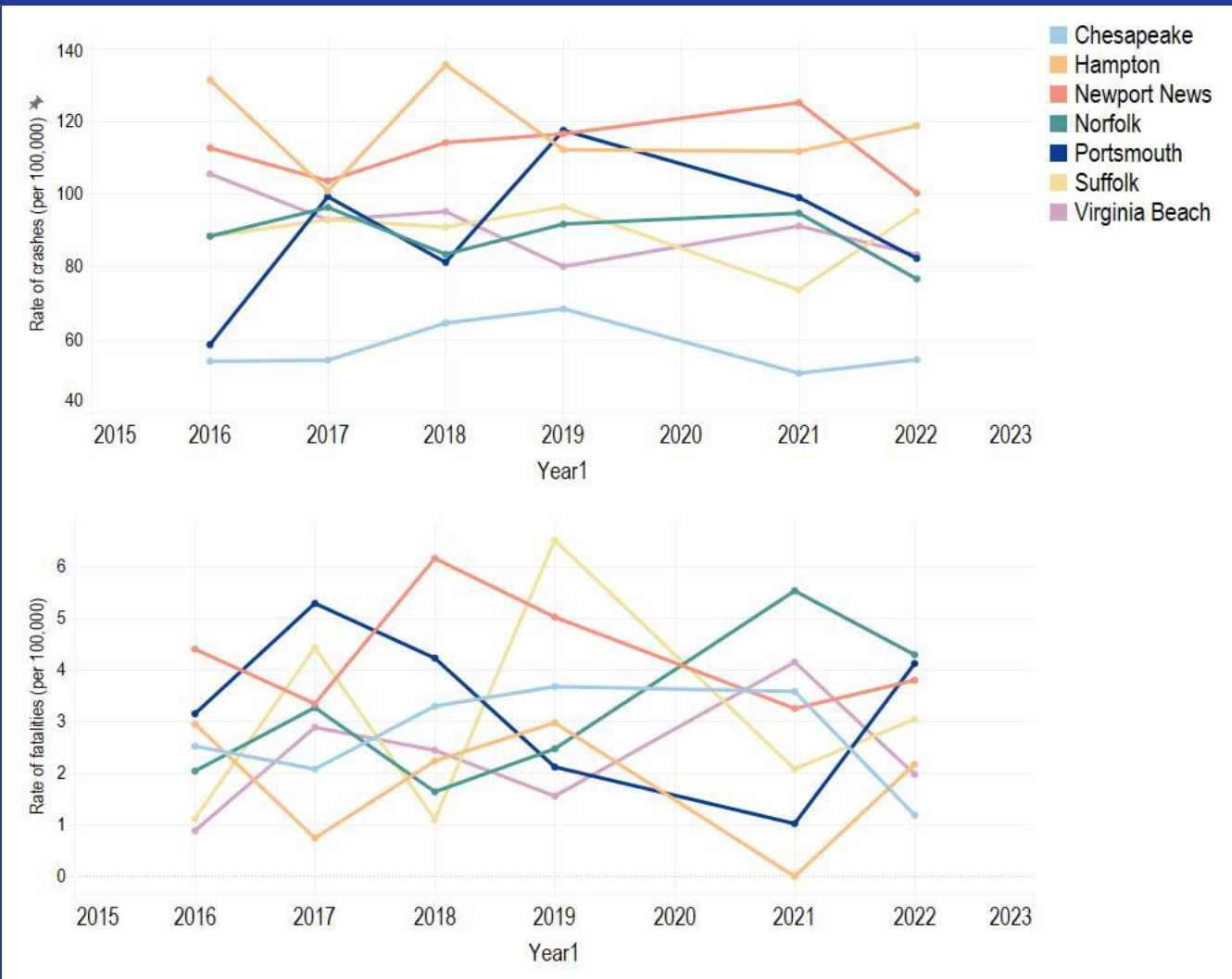
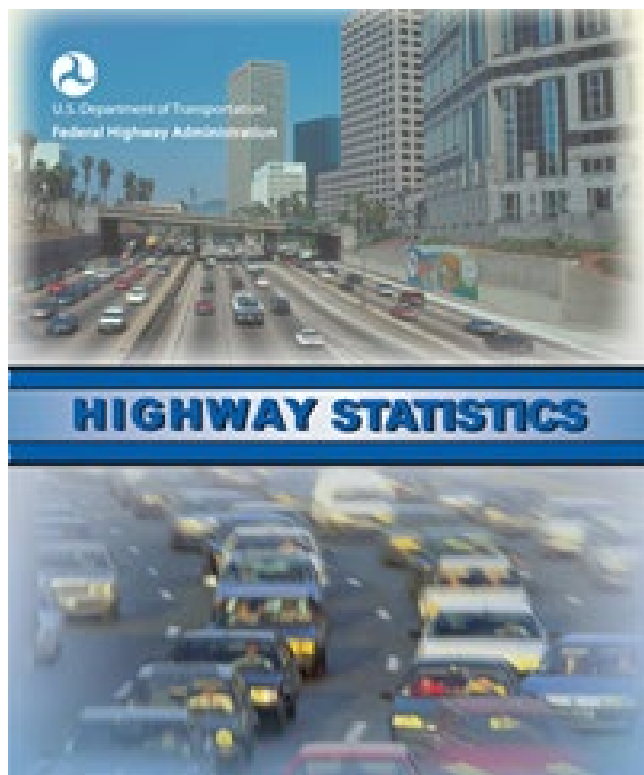


Figure 80: Alcohol-related crashes (top) and fatalities (bottom)

Source: Data is from Virginia Department of Motor Vehicles; Rates calculated using ACS 1-year population estimates



# Young Licensed Drivers by Age



The United States Department of Transportation Federal Highway Administration released the Highway Statistics Series consisting of annual reports containing analyzed statistical information on various highway indicators. One of the indicators reported is the breakdown of young licensed drivers by age. In 2022, 122,579 licensed drivers in Virginia and 5,589,550 in the United States were 18 years or younger (Figure 82).

Figure 81: Highway Statistics Series Publications  
Source: United States Department of Transportation

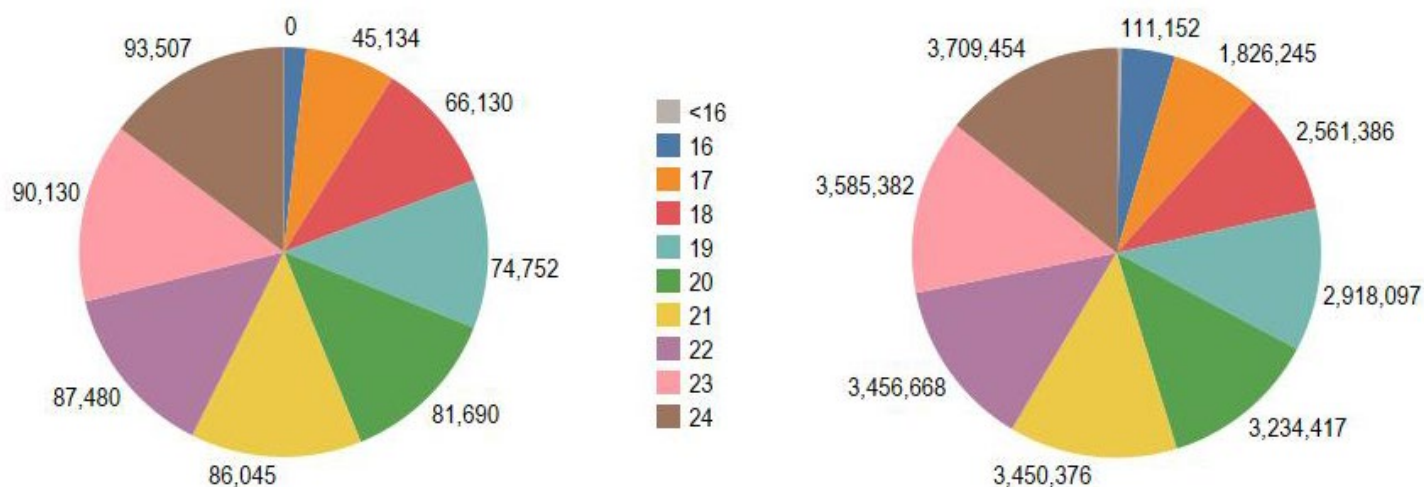


Figure 82: Total young licensed drivers by age, Virginia (left) and United States (right), 2022  
Source: United States Department of Transportation

# Times Crashes Occur

Motor vehicle crashes, including fatal ones, can happen at any point of the day. When looking at crash data for Portsmouth, there is no one time frame where it is more statistically likely for a fatal motor vehicle crash to occur (Figure 83). Additionally, Portsmouth had the lowest number of fatal crashes in 2021 compared to the other cities in the Hampton Roads region, equaling Hampton with 11 crashes.

Location	Time of day	Crash Date (Year)					
		2016	2017	2018	2019	2020	2021
Portsmouth	4:00 am-7:59 am	1	1	1	0	0	2
	4:00 pm- 7:59 pm	3	1	2	1	0	2
	8:00 am- 11:59 am	0	1	1	0	0	1
	8:00 pm- 11:59 pm	0	5	3	2	0	0
	Midnight-3:59 am	4	1	4	3	2	4
	Noon- 3:59 pm	0	3	0	0	0	2
	Total						11
Chesapeake	4:00 am-7:59 am	4	2	1	0	0	1
	4:00 pm- 7:59 pm	3	3	6	2	2	3
	8:00 am- 11:59 am	0	2	2	2	1	1
	8:00 pm- 11:59 pm	4	6	5	5	1	8
	Midnight-3:59 am	3	1	5	6	5	4
	Noon- 3:59 pm	4	4	0	1	3	5
	Total						22
Hampton	4:00 am-7:59 am	1	2	2	5	1	2
	4:00 pm- 7:59 pm	4	1	4	3	3	3
	8:00 am- 11:59 am	1	1	1	2	1	2
	8:00 pm- 11:59 pm	2	1	1	1	5	2
	Midnight-3:59 am	0	0	2	1	6	1
	Noon- 3:59 pm	0	2	1	1	3	1
	Total						11
Newport News	4:00 am-7:59 am	2	0	0	1	3	3
	4:00 pm- 7:59 pm	3	5	2	3	4	3
	8:00 am- 11:59 am	0	1	1	1	1	0
	8:00 pm- 11:59 pm	6	3	8	4	6	5
	Midnight-3:59 am	3	2	6	2	5	1
	Noon- 3:59 pm	3	5	0	6	2	4
	Total						16
Norfolk	4:00 am-7:59 am	3	0	2	4	5	3
	4:00 pm- 7:59 pm	3	4	4	6	5	5
	8:00 am- 11:59 am	1	1	0	0	2	2
	8:00 pm- 11:59 pm	5	8	8	5	4	7
	Midnight-3:59 am	3	2	1	3	6	6
	Noon- 3:59 pm	3	3	3	2	1	4
	Total						27
Suffolk	4:00 am-7:59 am	0	0	1	3	1	0
	4:00 pm- 7:59 pm	3	4	1	1	1	3
	8:00 am- 11:59 am	0	1	0	0	1	0
	8:00 pm- 11:59 pm	0	3	1	1	2	3
	Midnight-3:59 am	1	0	0	2	1	1
	Noon- 3:59 pm	1	7	2	3	2	6
	Total						13
Virginia Beach	4:00 am-7:59 am	3	5	0	5	0	0
	4:00 pm- 7:59 pm	2	6	7	4	5	10
	8:00 am- 11:59 am	3	2	7	3	2	0
	8:00 pm- 11:59 pm	2	6	9	2	11	7
	Midnight-3:59 am	4	4	1	3	5	8
	Noon- 3:59 pm	3	3	9	3	2	9
	Total						34

Figure 83: Times fatal crashes occur  
Source: Virginia Department of Motor Vehicles

# Excessive Drinking

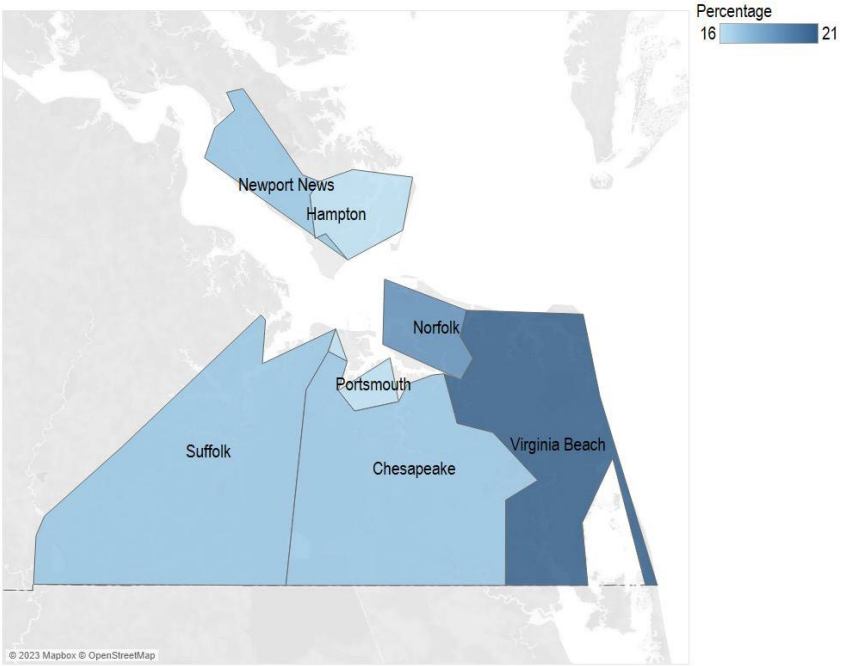


Figure 85 shows the percentage of adults reporting binge or heavy drinking, or having five or more drinks on one occasion, at least once in the past 30 days. When looking at the region, Portsmouth along with Hampton had the lowest rates at 16% in 2022. Healthy People 2030 has a goal for reducing the proportion of people aged 21 years and over who engaged in binge drinking in the past month, with the target being 25.4%.

Figure 84: Adults reporting binge or heavy drinking, 2022  
 Source: County Health Rankings

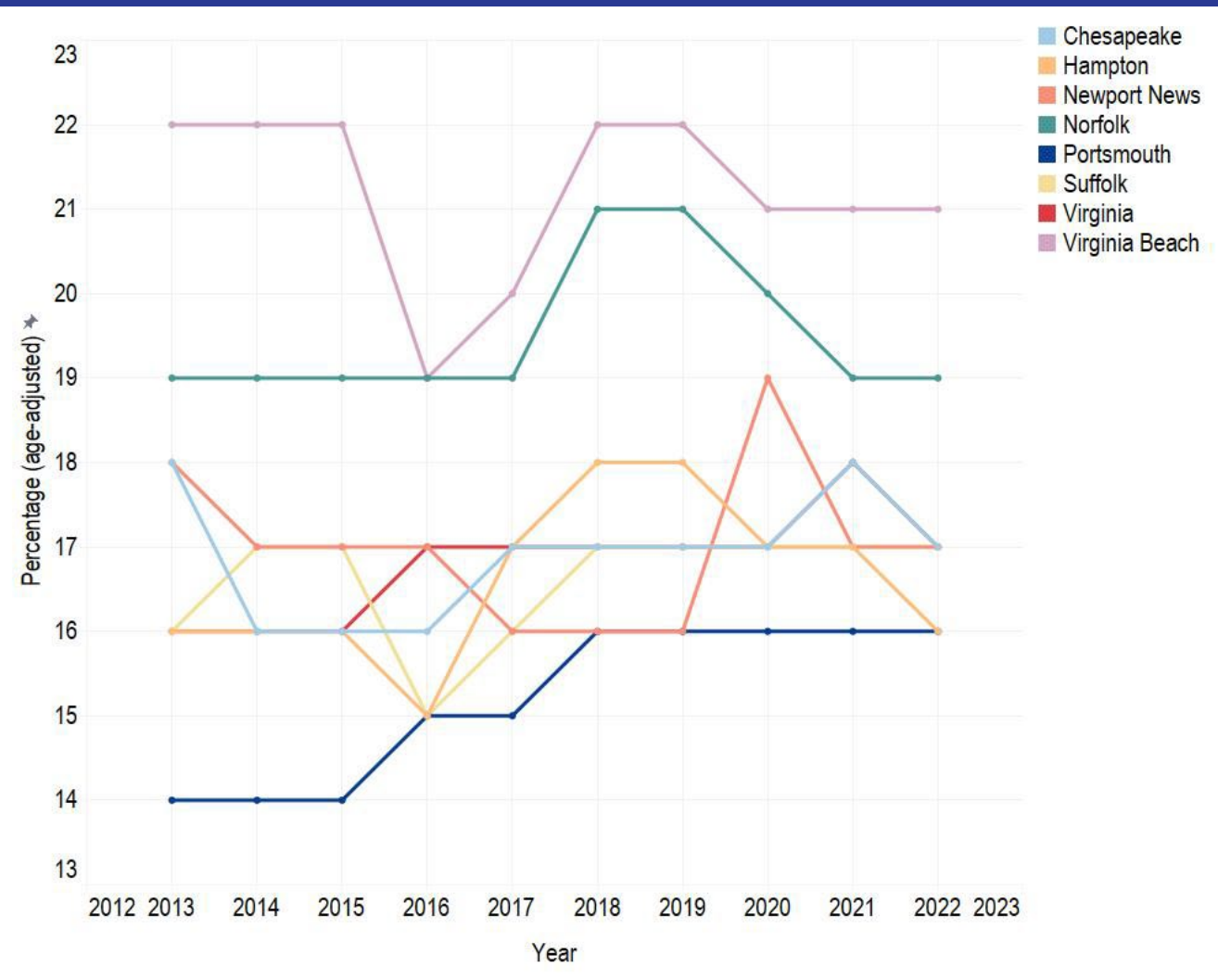
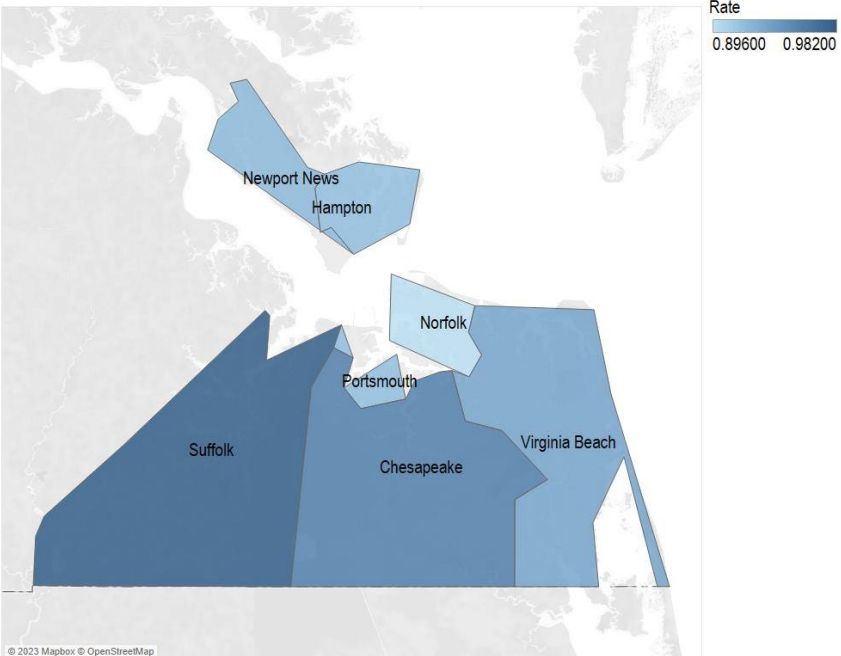


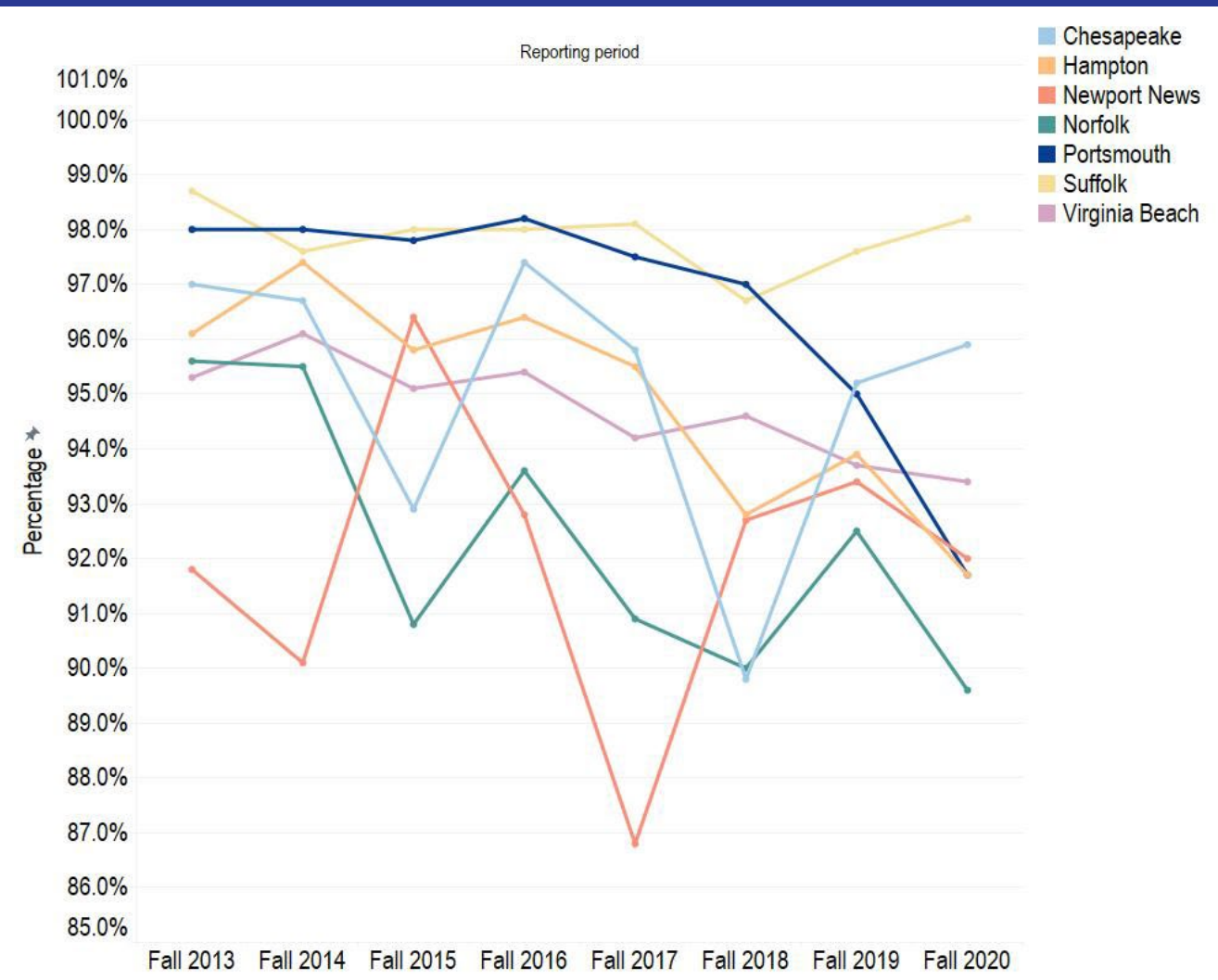
Figure 85: Adults reporting binge or heavy drinking  
 Source: County Health Rankings

# Immunization Rates

According to Virginia Code § 22.1-271.2 within 30 calendar days after the beginning of each school year, each admitting school official shall file a report with the local health department stating the immunization status of students in his school. When looking at public school kindergarten students, the percentage has decreased from 98% in Fall 2013 to 91.7% in Fall 2020 in Portsmouth (Figure 87). This percentage is the second lowest in the Hampton Roads region. However, it is important to note that the drop off could be attributed to the COVID-19 pandemic and students partaking in online school in Fall 2020.



**Figure 86:** Vaccination rate of public-school kindergarten students, Fall 2020  
**Source:** Virginia Department of Health



**Figure 87:** Vaccination rate of kindergarten students in public schools  
**Source:** Virginia Department of Health



# STRATEGIES

Multiple sources have various strategies for health behaviors. Below are strategies specifically for [Adult Smokers](#), [Adult Obesity](#), [Physical Inactivity](#), [Motor Vehicle Crashes/Fatalities](#), [Excessive Drinking](#), and [Immunization Rates](#).



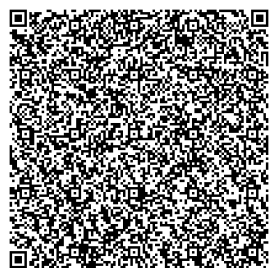
## Adult Smokers

Strategies include establishing cell phone-based cessation interventions and mass media campaigns.



## Motor Vehicle Crashes/Fatalities - Including Alcohol

Strategies include the Buckle Up, Stay Safe program and driver responsibility acts.



## Adult Obesity

Strategies include activity programs for older adults, and bicycle and pedestrian master plans.



## Excessive Drinking

Strategies include alcohol advertising restrictions and community education.



## Physical Inactivity

Strategies include establishing community fitness programs and community education.



## Immunization Rates

Strategies include immunization case management interventions and home vaccination interventions.

The Portsmouth Health Department offers various [immunizations](#) for both adults and children.





# CHA SECTION EIGHT: *MATERNAL AND CHILD HEALTH*

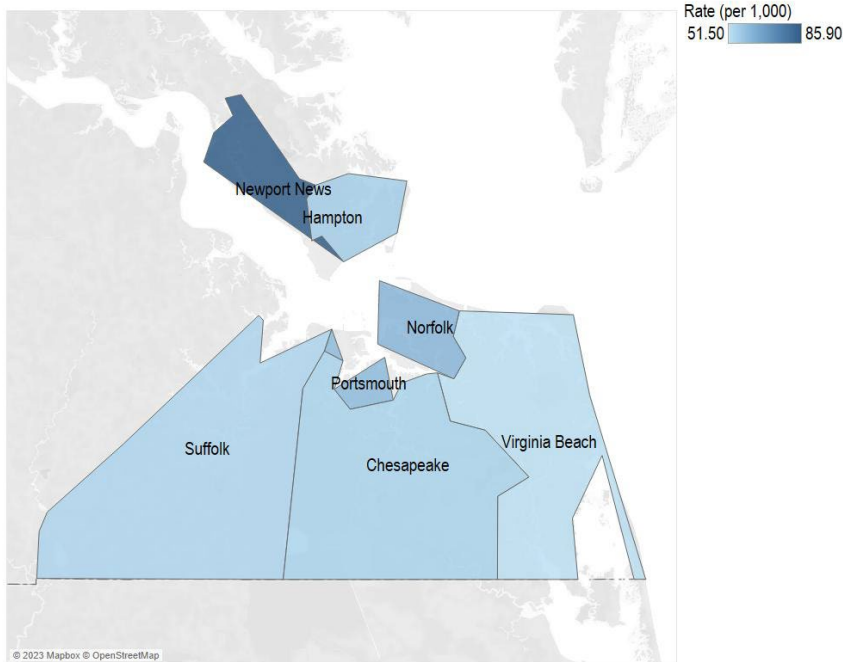
## **INDICATORS:**

Live Births  
Infant Mortality  
Low Weight Births  
Neonatal Death  
Natural Fetal Deaths – Total  
Induced Terminations  
Teen Pregnancy  
Live Births to Teens  
Natural Fetal Deaths – Teens  
Prenatal Care  
Mothers and Educational Status

“I think what makes a community healthy is trust, having proper resources and having a great religious community setting. And having a good structure for children.”

-Focus Group Participant

# Live Births



The live birth rate for the cities in Hampton Roads region as well as for the state of Virginia has decreased from 2013 to 2020 (Figure 89). The live birth rate for Portsmouth decreased 13% ending with a rate of 14.0 births per 1,000 females in 2020. Portsmouth had the second highest rate of the Hampton Roads localities, Newport News being the highest in 2020 at 14.9 births per 1,000 persons.

Figure 88: Live births, 2020

Source: Centers for Disease Control and Prevention – WONDER

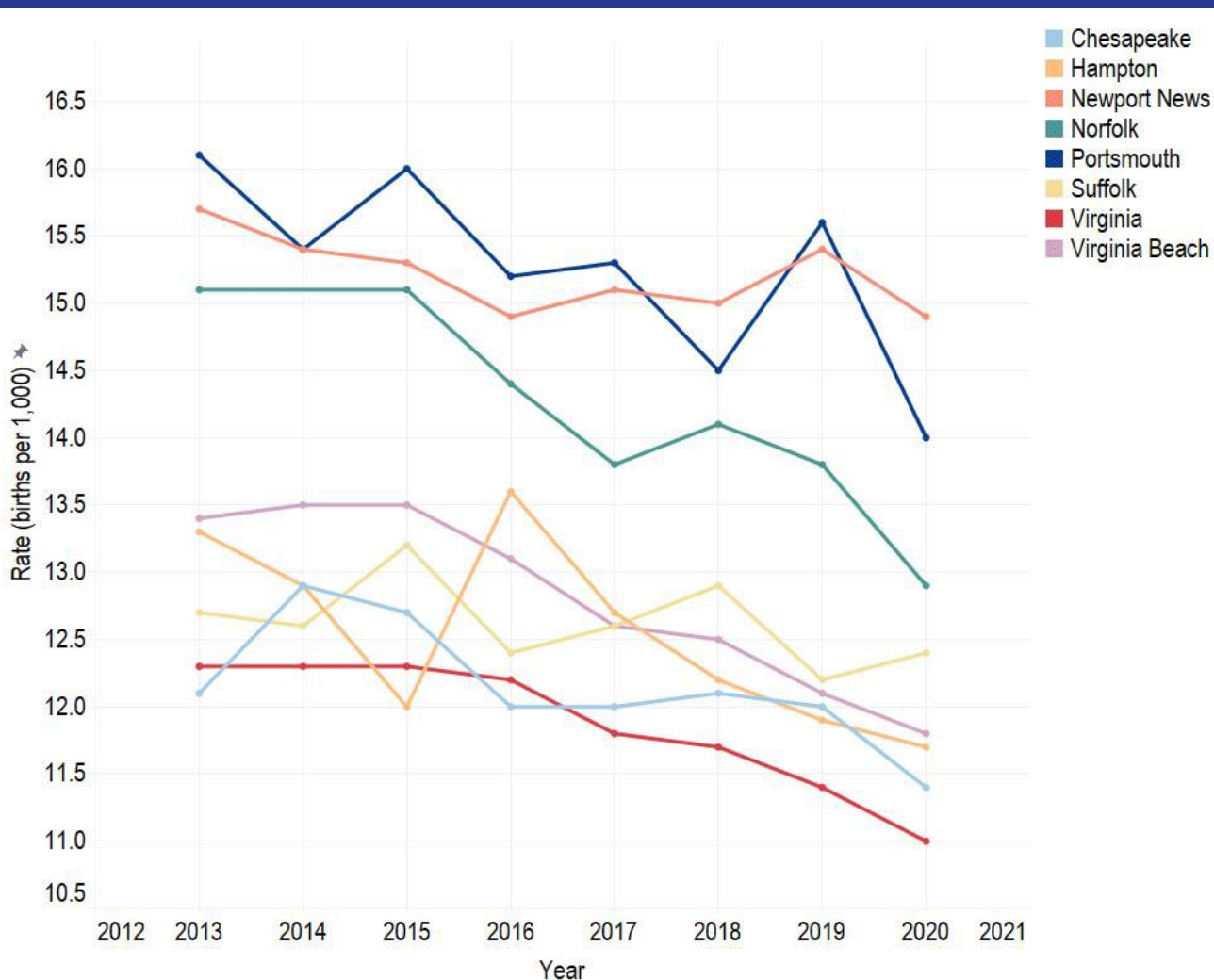


Figure 89: Live births

Source: Centers for Disease Control and Prevention – WONDER

# Infant Mortality

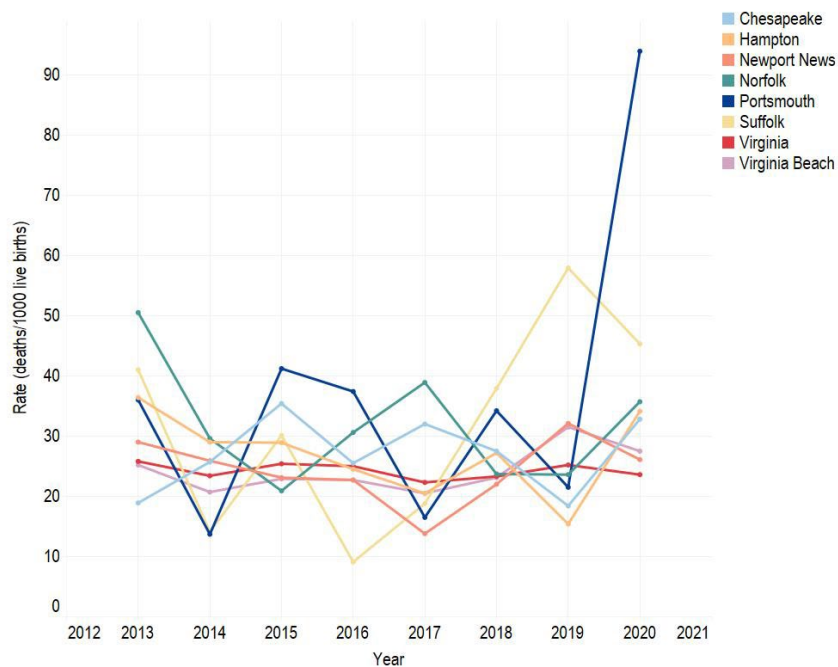
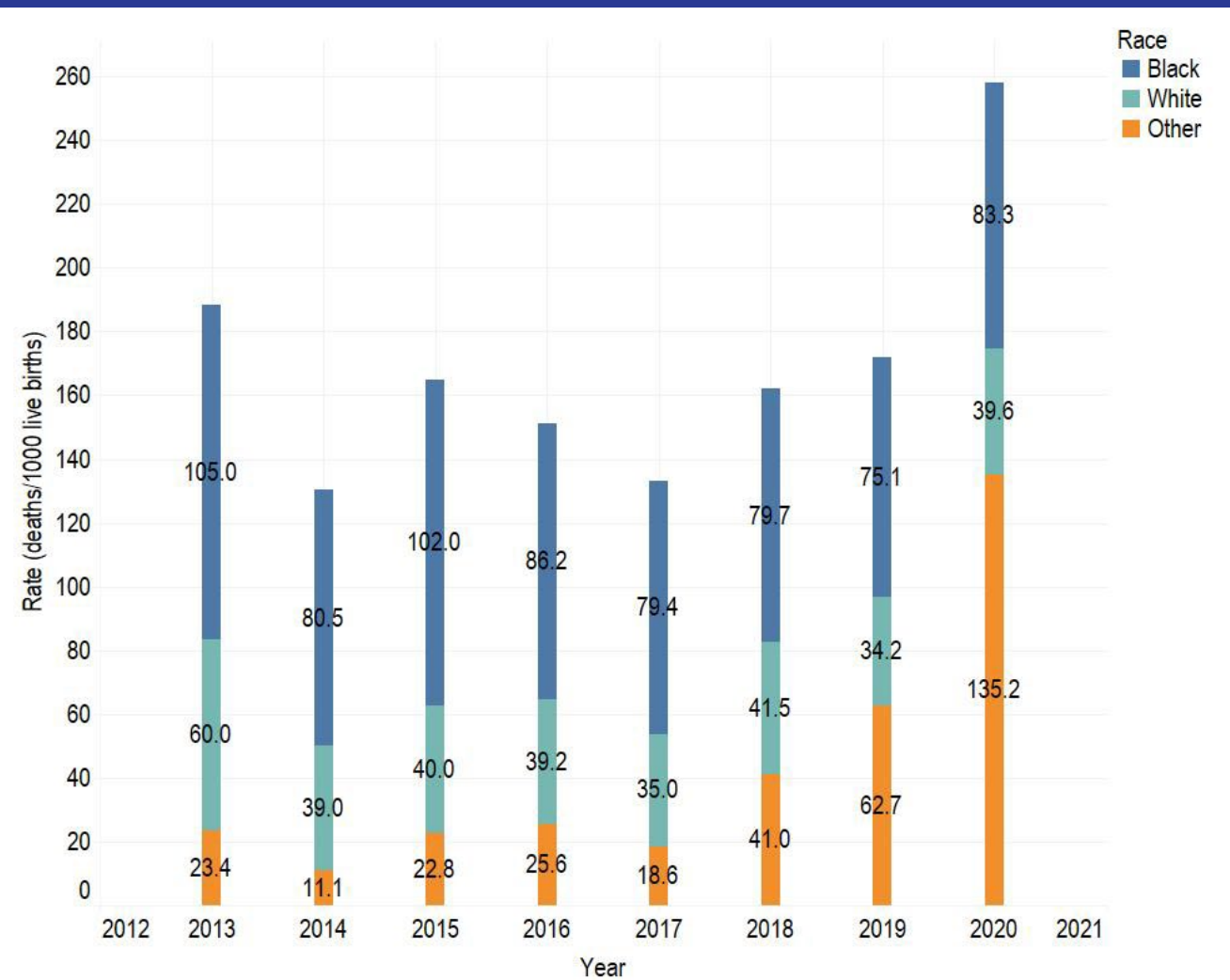


Figure 90 illustrates the high infant mortality rates (IMR) that occur in Hampton Roads as a whole and particularly in Portsmouth; the IMR for Portsmouth in 2020 reached 93.9 deaths per 1,000 live births. It is important to note that the COVID-19 pandemic significantly influenced the 2020 rates as hospitals were overwhelmed with patients and beds were limited. There are also racial disparities in IMR for Portsmouth. Figure 91 shows that Black infants have a disproportionately higher rate of infant deaths compared to White infants. Healthy People 2030's goal for infant mortality is 5.0 deaths per 1,000 live births, and the rate is improving overall in recent years.

**Figure 90: Infant mortality**  
 Source: Virginia Department of Health



**Figure 91: Infant mortality in Portsmouth by race**  
 Source: Virginia Department of Health

# Low Weight Births

Low weight births here are defined as births under 2,500 grams. The percentages of low weight births in Portsmouth, as shown in Figure 93, are the highest in the Hampton Roads region, remaining between 9.5% and 13.2% from 2013 to 2020.

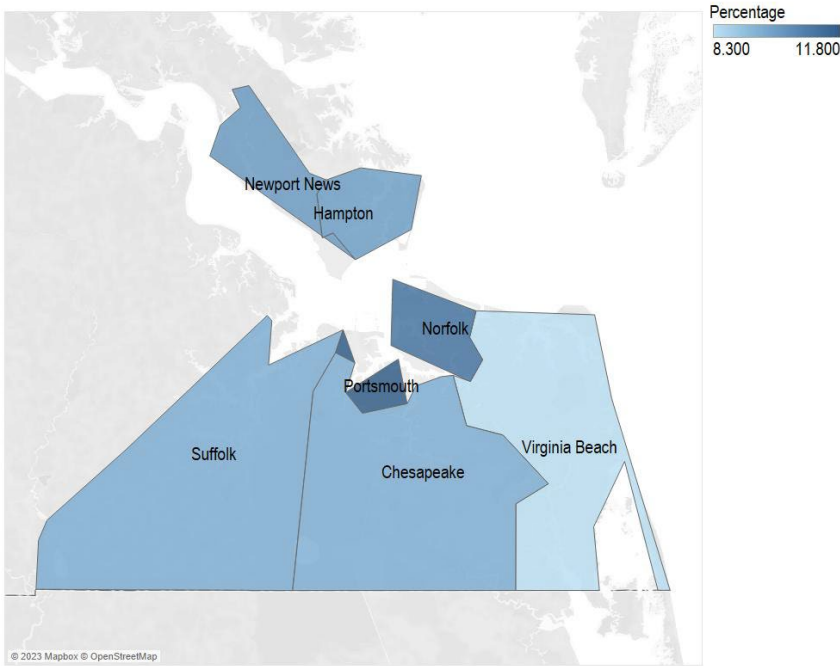


Figure 92: Babies with low birth weight, 2020  
 Source: Virginia Department of Health

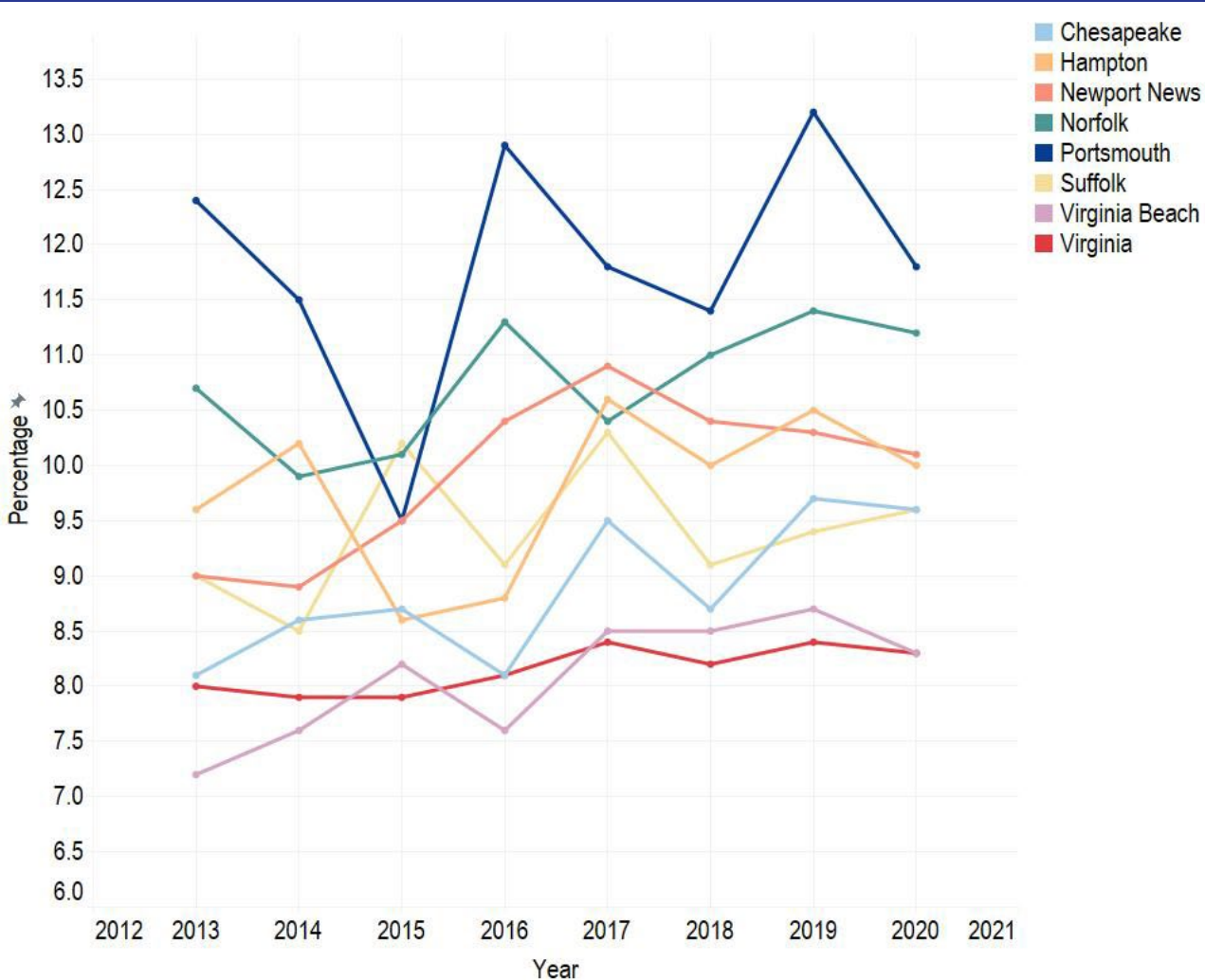
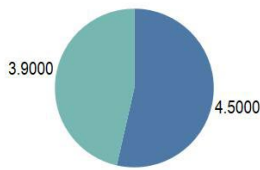
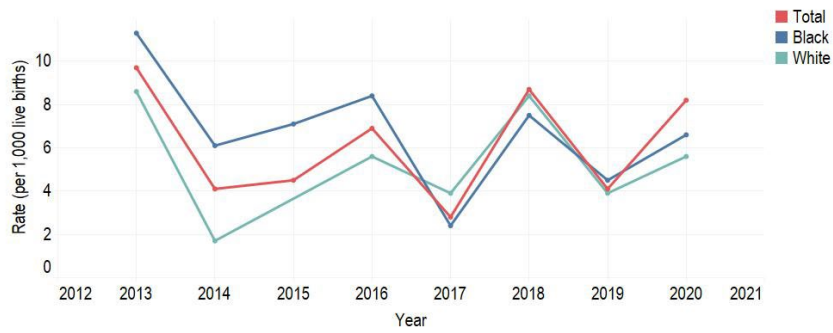


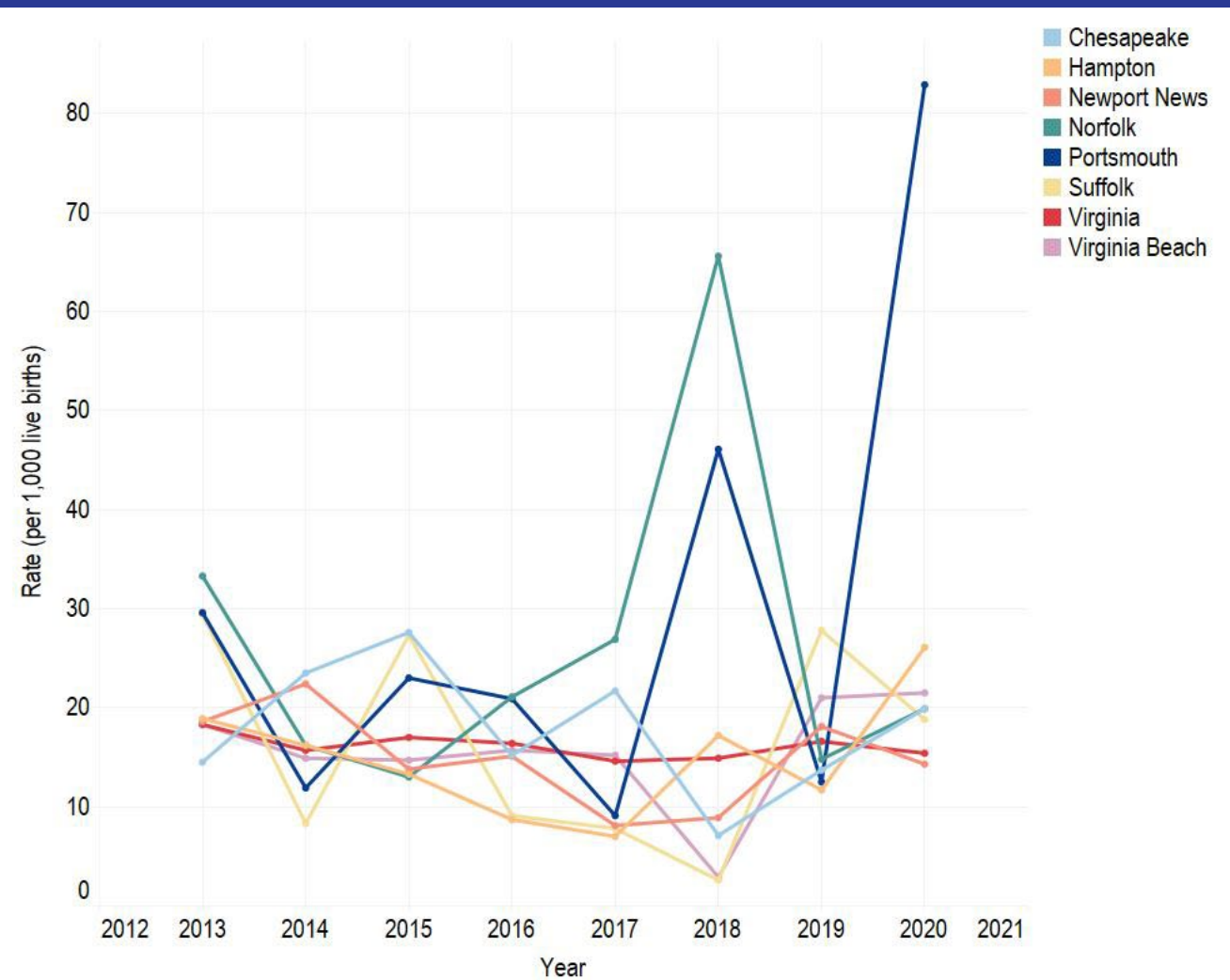
Figure 93: Babies with low birth weight  
 Source: Virginia Department of Health

# Neonatal Death



Here, neonatal death is defined as deaths under 28 days of age. The neonatal mortality rate in Portsmouth has been sporadic from 2013 to 2019, but the city saw a huge increase in 2020 most likely due to the COVID-19 pandemic (Figure 96). In 2020, Portsmouth had the highest rate of all the Hampton Roads cities as well as Virginia. When looking at race disparities in Portsmouth, the rates of Black and White babies were comparable at 4.5 and 3.9 deaths per 1,000 live births, respectively.

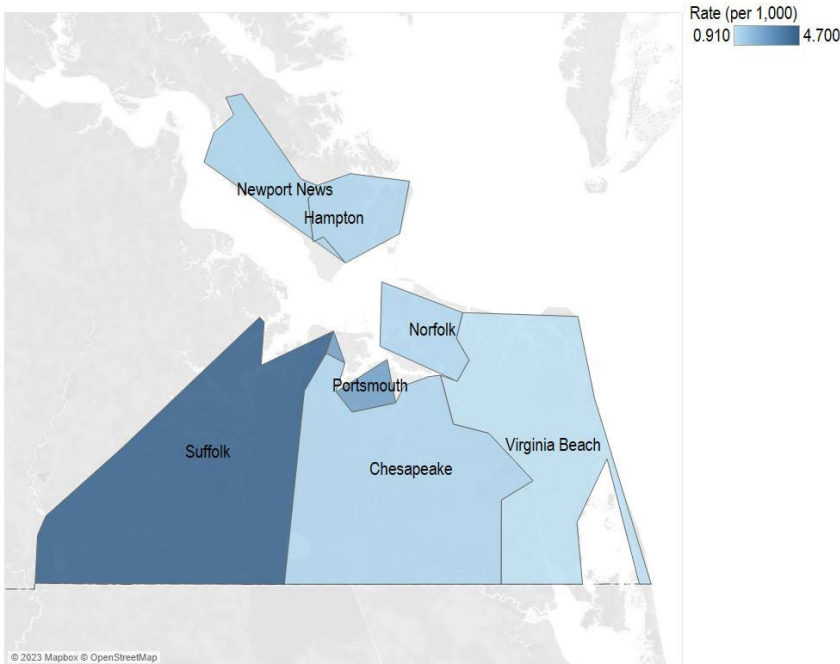
**Figure 94:** Neonatal mortality rate in Portsmouth by race (top) and by race in 2019 (bottom)  
 Source: Virginia Department of Health



**Figure 95:** Neonatal mortality rate  
 Source: Virginia Department of Health



# Natural Fetal Deaths - Total



From 2013 to 2020, Portsmouth had a stable natural fetal death rate, ending 2020 with a rate of 2.8 deaths per 1,000 females ages 15 to 44 years (Figure 97). This was the second highest rate of the Hampton Roads region and Virginia, only behind Suffolk with a rate of 4.7 deaths per 1,000 females ages 15 to 44 years.

Figure 96: Natural fetal deaths, ages 15-44 years, 2020  
Source: Virginia Department of Health

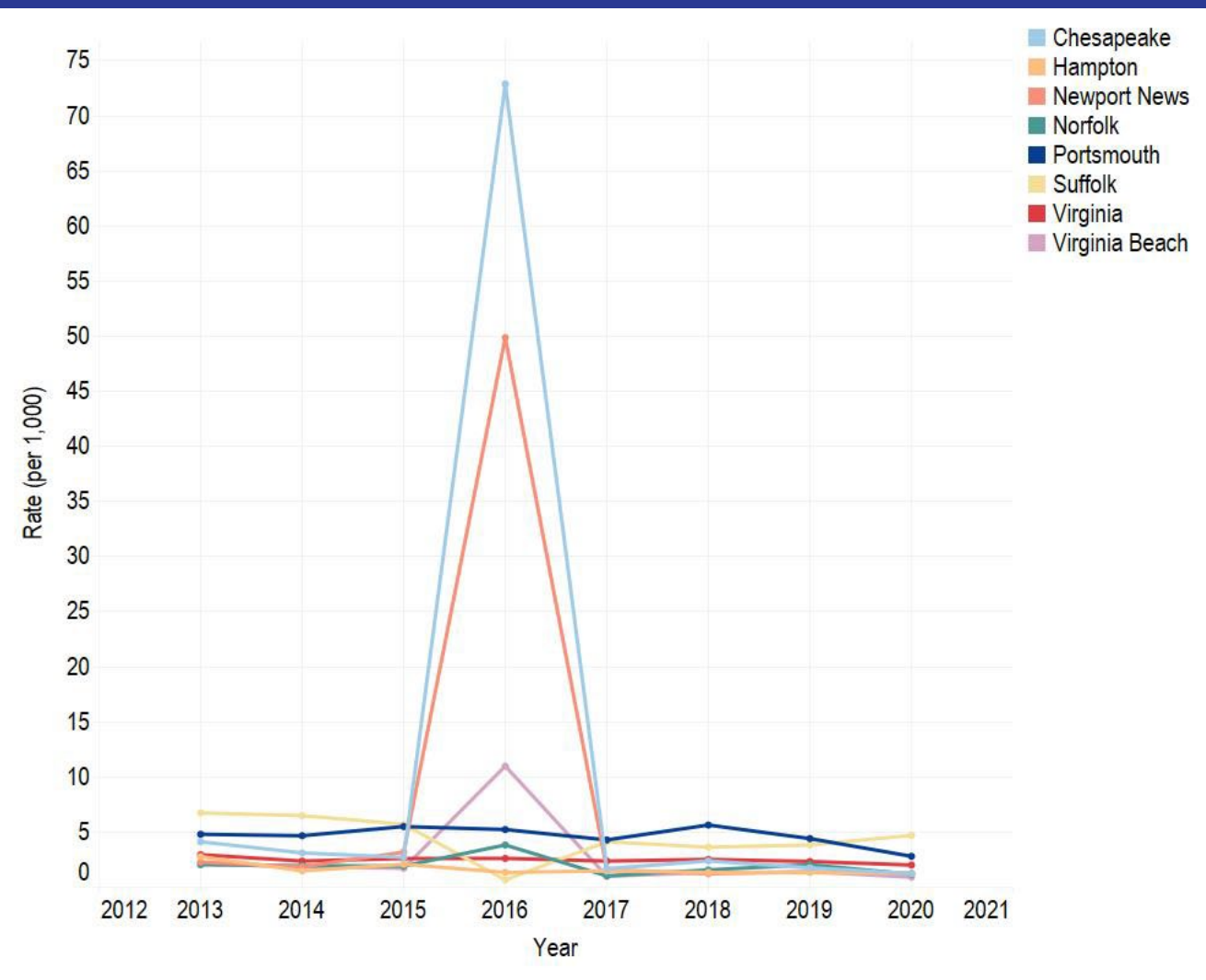
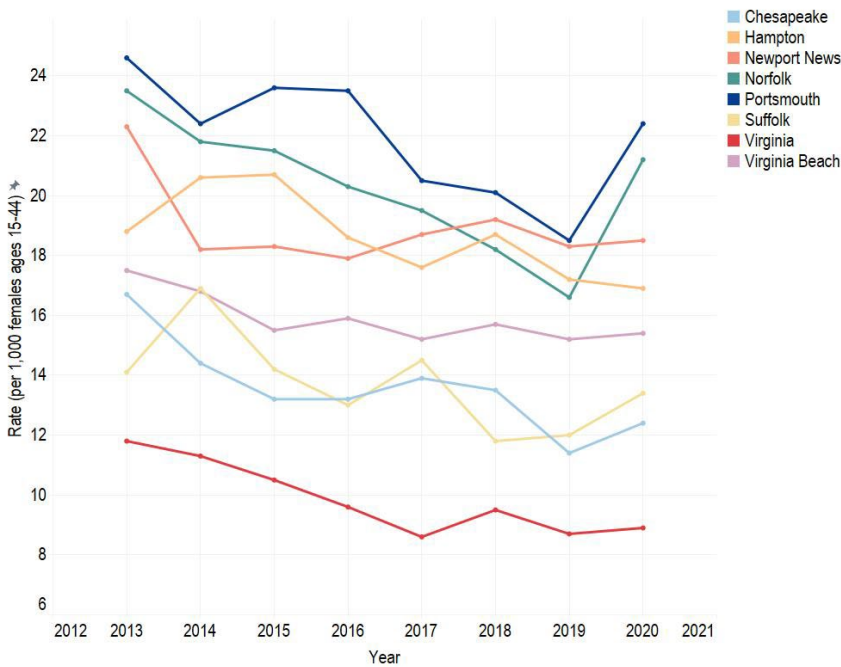


Figure 97: Natural fetal deaths  
Source: Virginia Department of Health

# Induced Terminations



Induced termination rates have been decreasing in both Portsmouth and the Hampton Roads area, but a majority of the localities saw an increase again in 2020 (Figure 98). The induced termination rate for Portsmouth was 22.4 per 1,000 females ages 15 to 44 years old in 2020. The Hampton Roads rates were significantly higher than Virginia, with a rate of 8.9 per 1,000 females ages 15 to 44 years old in 2020. In 2020, Portsmouth Black females had the highest rate of induced terminations at 30.6 per 1,000 females ages 15 to 44 years compared to White (9.60) and Other (15.80) females (Figure 99).

**Figure 98:** Induced terminations rate  
**Source:** Virginia Department of Health



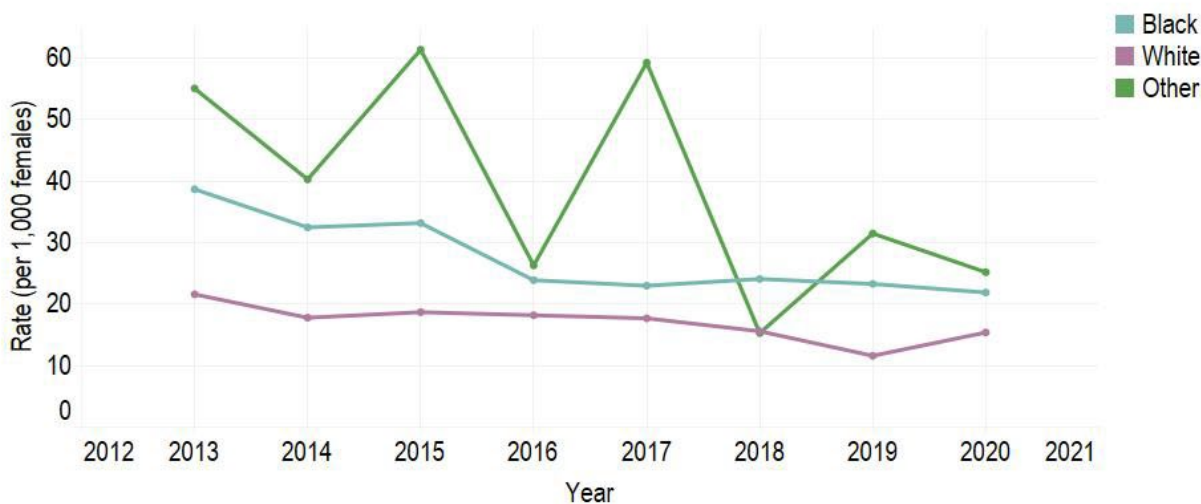
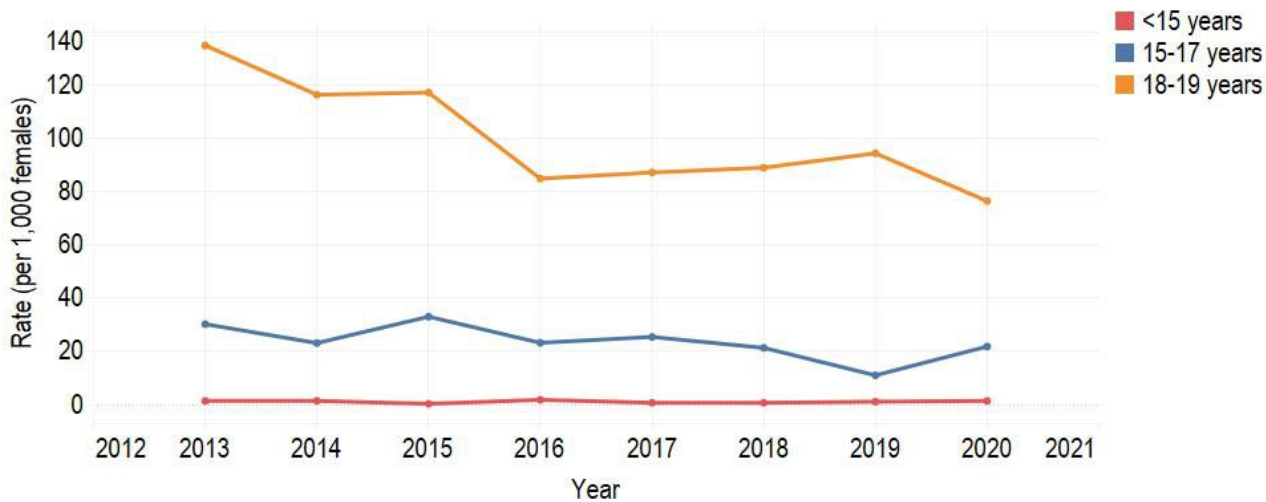
**Figure 99:** Induced terminations in Portsmouth by race  
**Source:** Virginia Department of Health

# Teen Pregnancy



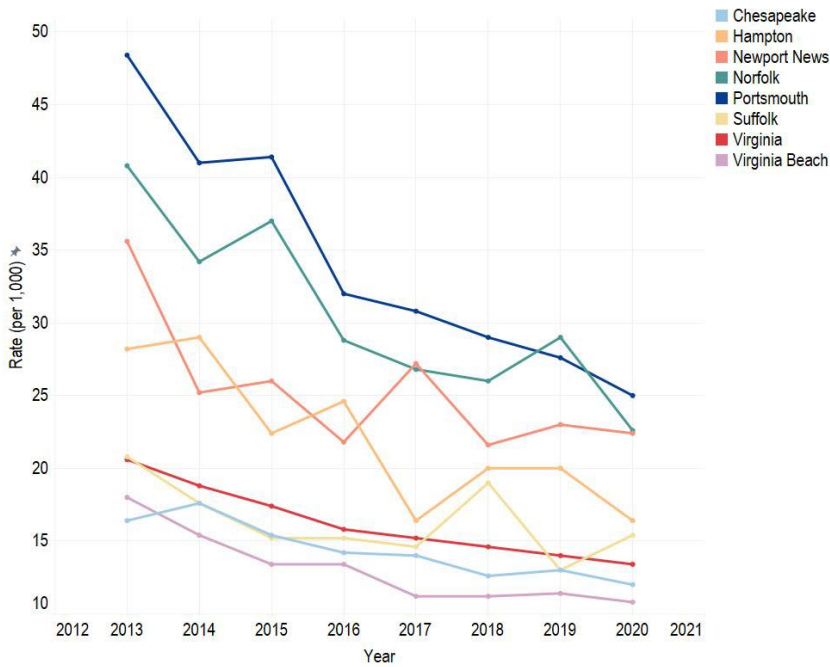
As shown in Figure 100, the Portsmouth teen pregnancy rate has decreased overall since 2013. The age group of 18- to 19-year-olds in Portsmouth had the highest rate of the age groups from 2013 to 2020, followed by 15- to 17-year-olds, then less than 15-year-olds (Figure 101). In 2020, the teen pregnancy rate for Black Residents in Portsmouth was 21.90 per 1,000 females ages 19 and younger, 25.20 per 1,000 for Other Residents, and 15.40 per 1,000 for White Residents. The Healthy People 2030 goal for reducing pregnancies in adolescents is 31.4 pregnancies per 1,000 females.

**Figure 100:** Teen pregnancy rates  
 Source: Virginia Department of Health



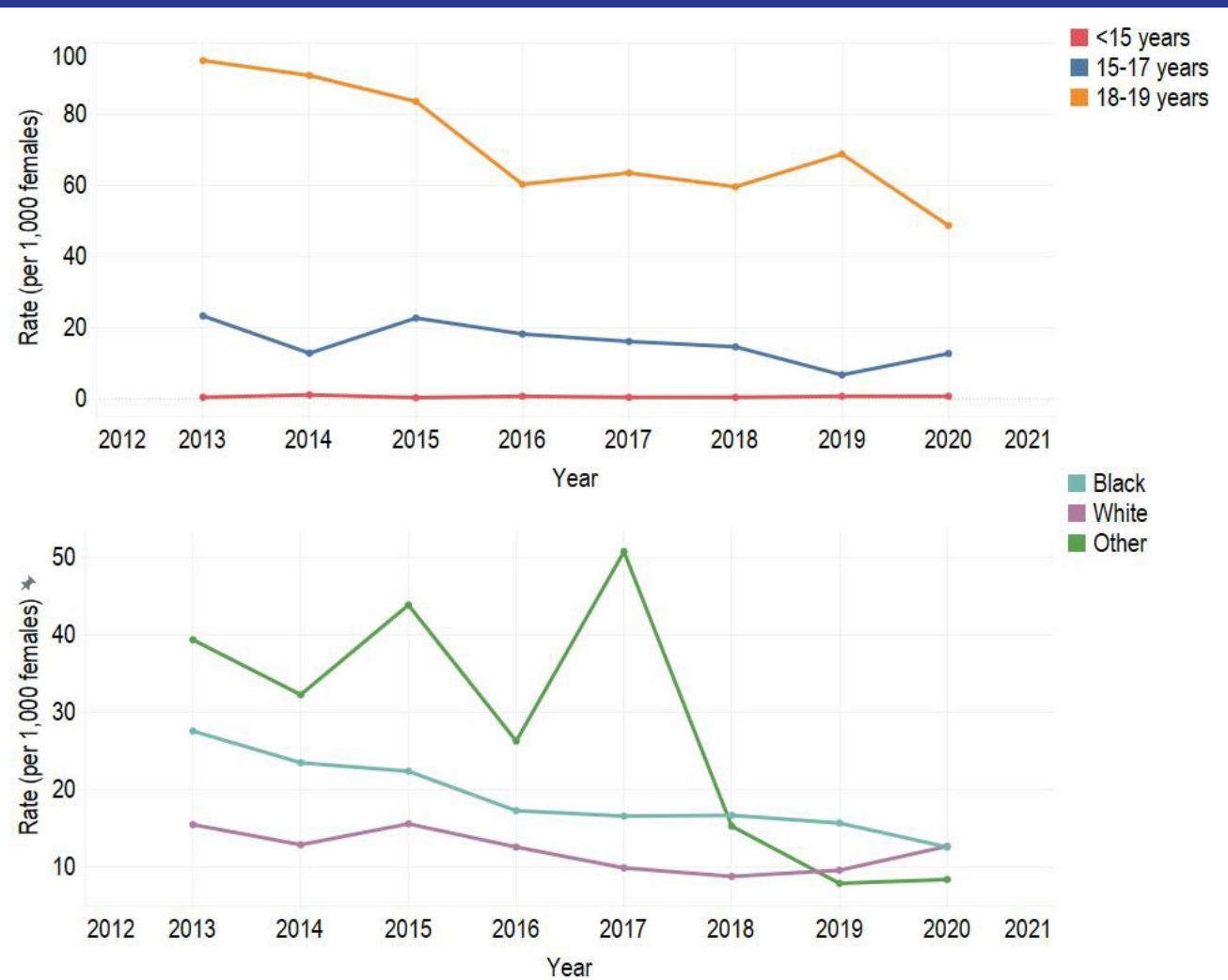
**Figure 101:** Teen pregnancy rates in Portsmouth by age (top) and age (bottom)  
 Source: Virginia Department of Health

# Live Births to Teens



The live births to teens rates for the cities in Hampton Roads region as well as for the state of Virginia have decreased from 2013 to 2020 (Figure 102). The live births to teens rate for Portsmouth decreased 48.3% ending with a rate of 25.0 births per 1,000 females under the age of 19 years in 2020. Portsmouth had the highest rate of the Hampton Roads localities. Portsmouth also experiences different rates depending on age group and race (Figure 103).

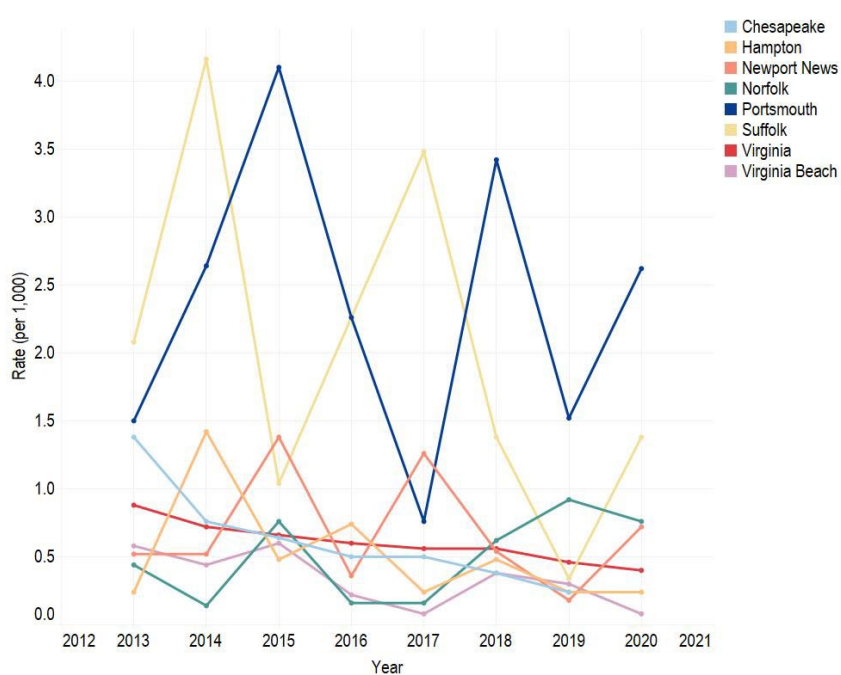
**Figure 102:** Rate of live births to teens  
**Source:** Virginia Department of Health



**Figure 103:** Rate of live births to teens in Portsmouth by age (top) and race (bottom)  
**Source:** Virginia Department of Health

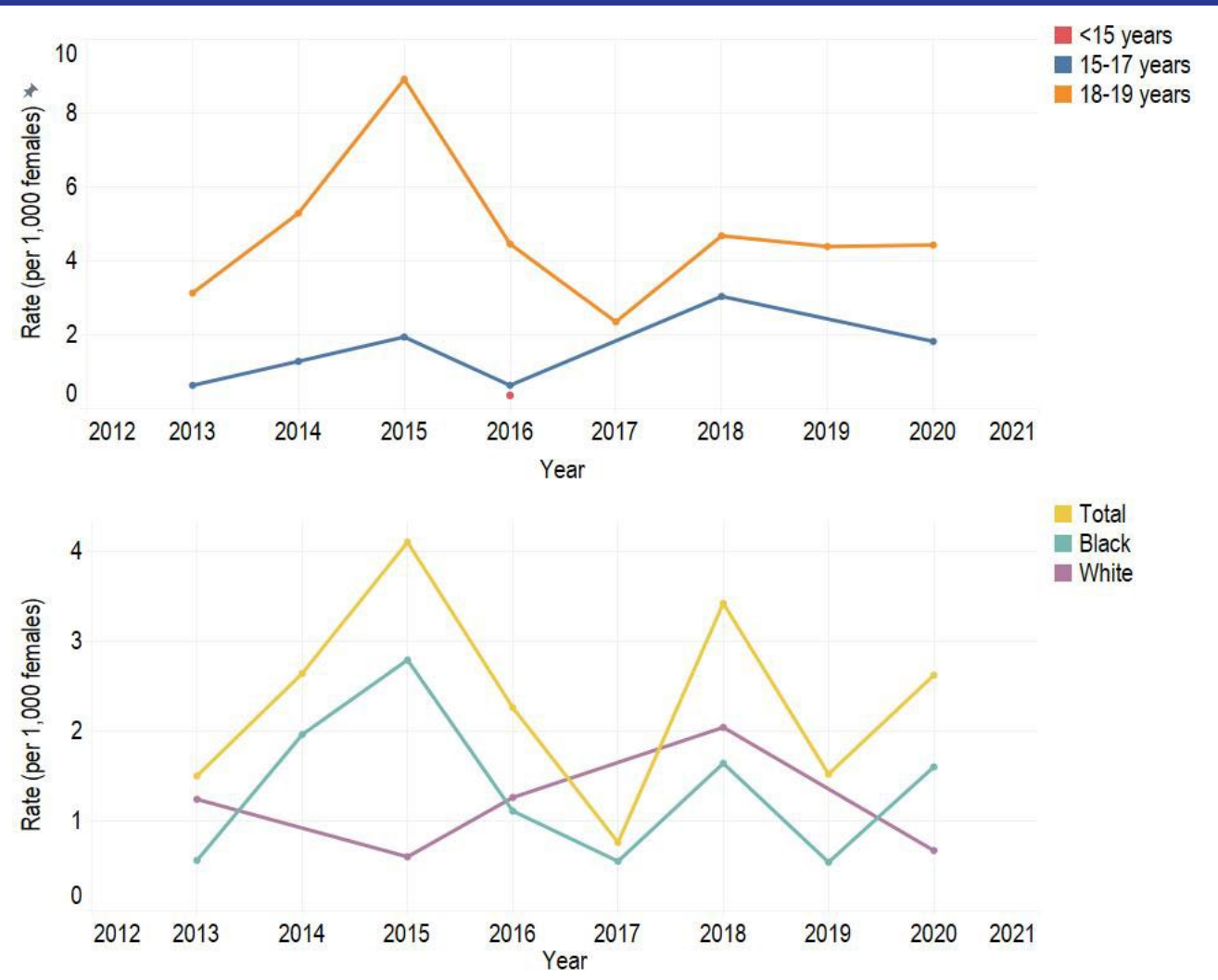


# Natural Fetal Deaths - Teens



From 2013 to 2020, Portsmouth had a sporadic teen natural fetal death rate, ending 2020 with a rate of 2.62 deaths per 1,000 females ages 19 years and younger, the highest rate of the Hampton Roads region and Virginia (Figure 104). Looking at age differences in Portsmouth, the 18- to 19-year-old age group had the highest rate from 2013 to 2020. When looking at race, Black and White teen natural fetal deaths have flipped back and forth over the years on which one is higher. In 2020, the Black teen natural fetal rate was 1.6 deaths per 1,000 females while the White rate was 0.67 deaths per 1,000 females.

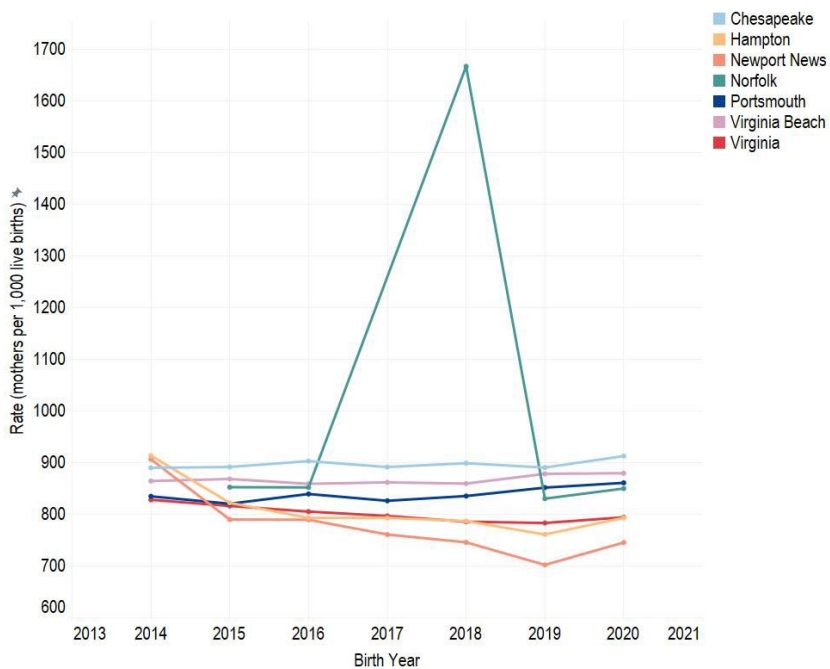
**Figure 104:** Teen natural fetal deaths  
 Source: Virginia Department of Health



**Figure 105:** Teen natural fetal deaths in Portsmouth by age (top) and by race (bottom)  
 Source: Virginia Department of Health

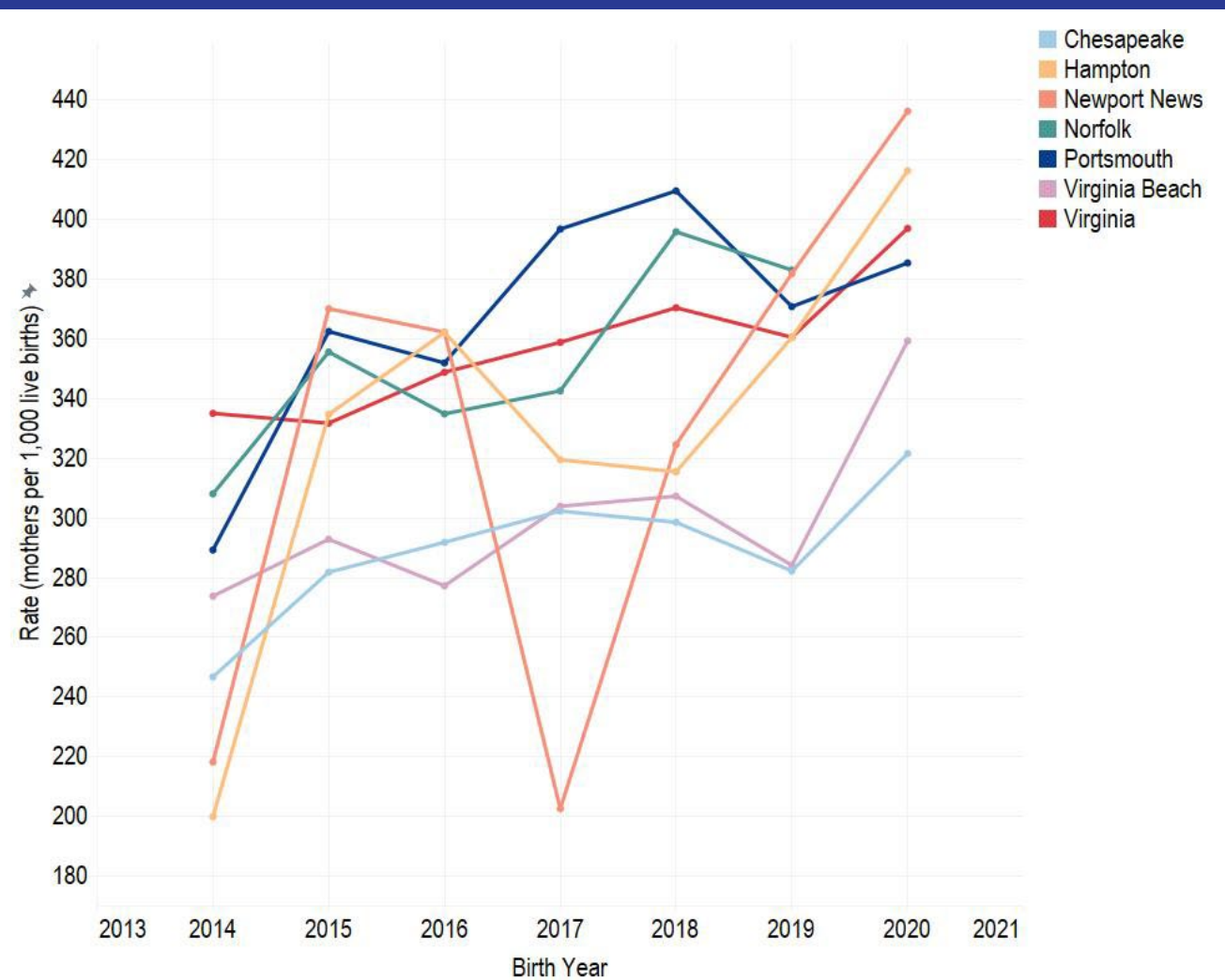


# Prenatal Care



Prenatal care helps to prevent and address health problems in both mothers and babies. Figure 106 shows the rate of mothers who received prenatal care in their first trimester. The rate in Portsmouth is slowly increasing and was the third highest in the Hampton Roads area in 2020 at 860.8. The bottom graph highlights the rate of mothers who received ten or more prenatal visits during their pregnancy (Figure 107). The rate is improving in both Portsmouth (385.5) and Virginia (397.0).

**Figure 106:** Rate of mothers who received prenatal care in their first trimester  
 Source: Virginia Department of Health



**Figure 107:** Rate of mothers who received 10+ visits during their pregnancy  
 Source: Virginia Department of Health

# Mothers & Educational Status

Research has shown that educated mothers tend to be healthier and have healthier babies. While the total number of live births has been decreasing in Portsmouth, the number of mothers with less than a high school diploma at the time of birth has also been decreased since 2014 (Figure 108). The largest decrease is seen in Black, non-Hispanic mothers (49.28% decrease).

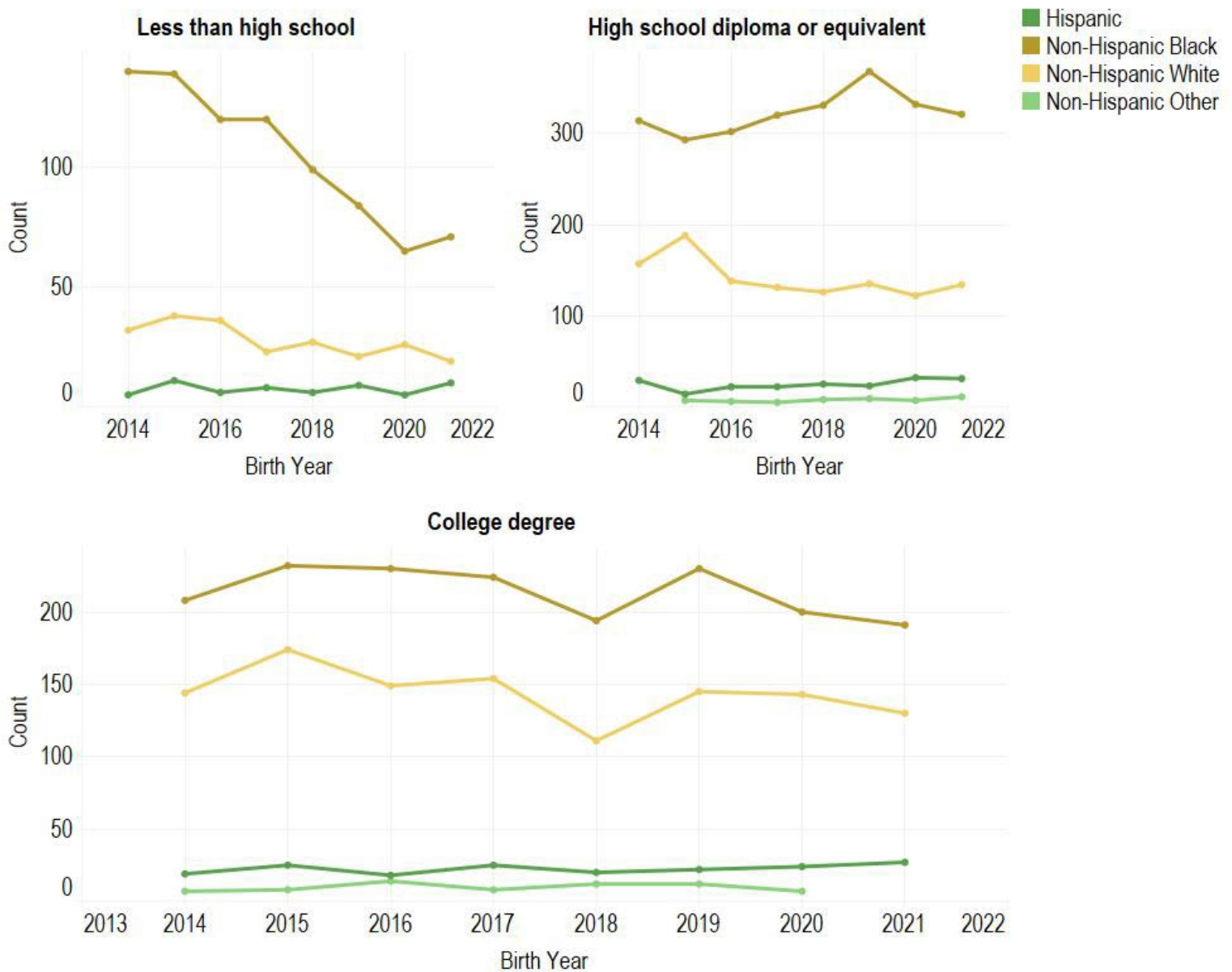


Figure 108: Portsmouth mothers education status by race/ethnicity  
Source: Virginia Department of Health

# STRATEGIES

The Greater Hampton Roads Community Indicators Dashboard has strategies for many maternal and child health topics, including [Live Births](#), [Infant Mortality](#), [Low Weight Births](#), [Teen Pregnancy](#), and [Prenatal Care](#).



## Live Births

Strategies include community education interventions and maternal-child healthcare coordination.



## Infant Mortality

Strategies include the Healthy Start initiative and the Bright Beginnings Infant Mortality Reduction program.



## Low Weight Births

Strategies include the Nurses for Newborns program and the Head-to-Toe Weight Management program.



## Teen Pregnancy

Strategies include adolescent pregnancy prevention programs and establishing a teen outreach program or center.



## Prenatal Care

Strategies include early entry into prenatal care-WIC and establishing a homeless prenatal program.

# CHA SECTION NINE: *MORTALITY*

## **INDICATORS:**

Leading Causes of Death & Total Mortality

Premature Death

Life Expectancy

Heart Disease-Related Deaths

Cerebrovascular Disease Deaths

Chronic Lower Respiratory Disease Deaths

Diabetes-Related Deaths

Alzheimer's Disease Deaths

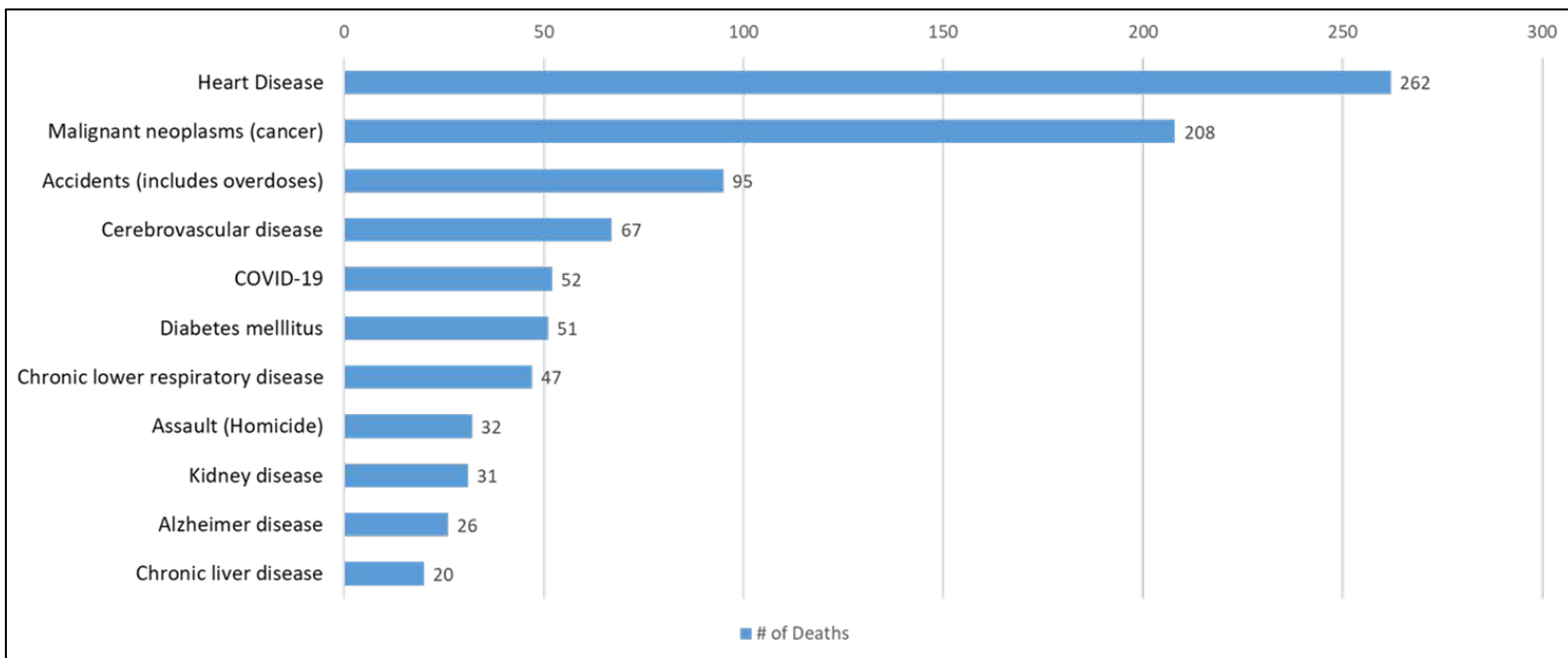
Suicide Deaths

Intentional Injury Deaths

"Well, I don't like the fact that a lot of people in Portsmouth feel like nothing good can come of Portsmouth. Portsmouth is so different from everywhere else. I think that change can happen anywhere, I feel like empowerment can happen anywhere. The biggest enemy of the people is the mindset."

-Focus Group Participant

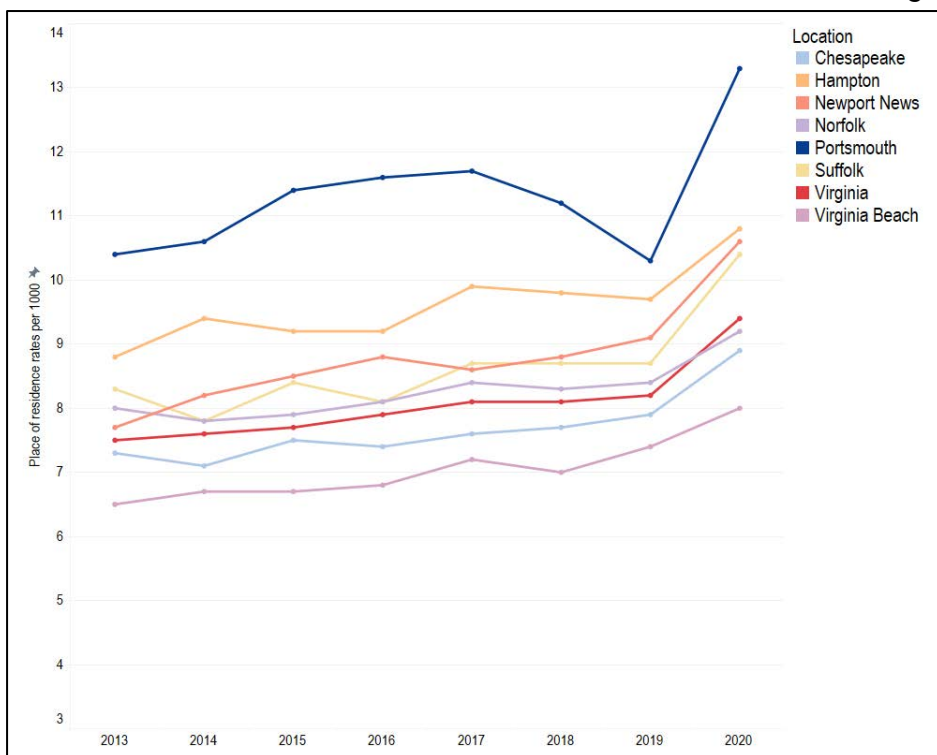
# Leading Causes of Death & Total Mortality



**Figure 109:** Leading causes of death in Portsmouth, 2022  
 Source: Centers for Disease Control and Prevention WONDER database

Data on leading causes of death are used to monitor trends, recognize emerging challenges, track the effectiveness of interventions, and make public health decisions that improve and save lives. Figure 109 presents the leading causes of death for Portsmouth residents in 2022. These leading causes of death include chronic conditions, infectious disease, and injury-related deaths. Heart disease was the number one cause of death for Portsmouth residents, resulting in 262 deaths while cancer was the second leading cause with 208 deaths. COVID-19 moved down to the fifth leading cause of death from third in 2021.

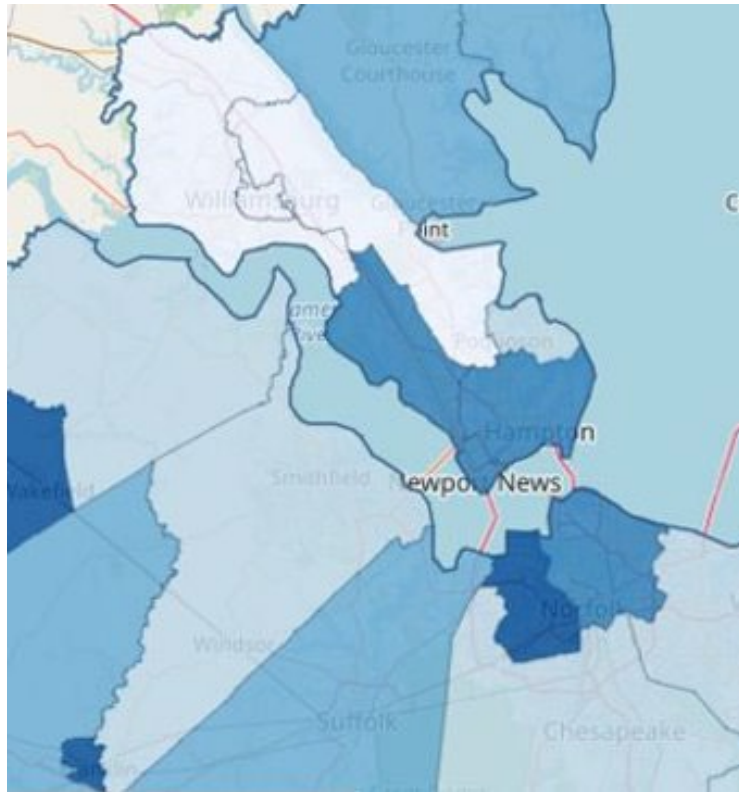
When looking at total mortality, all cities did experience an increase in resident deaths in 2020, attributed to the COVID-19 pandemic. However, Portsmouth has consistently had the highest rate among Hampton Roads cities, even prior to 2020 and the COVID-19 pandemic (Figure 110).



**Figure 110:** Total resident mortality rate  
 Source: Virginia Department of Health



# Premature Death

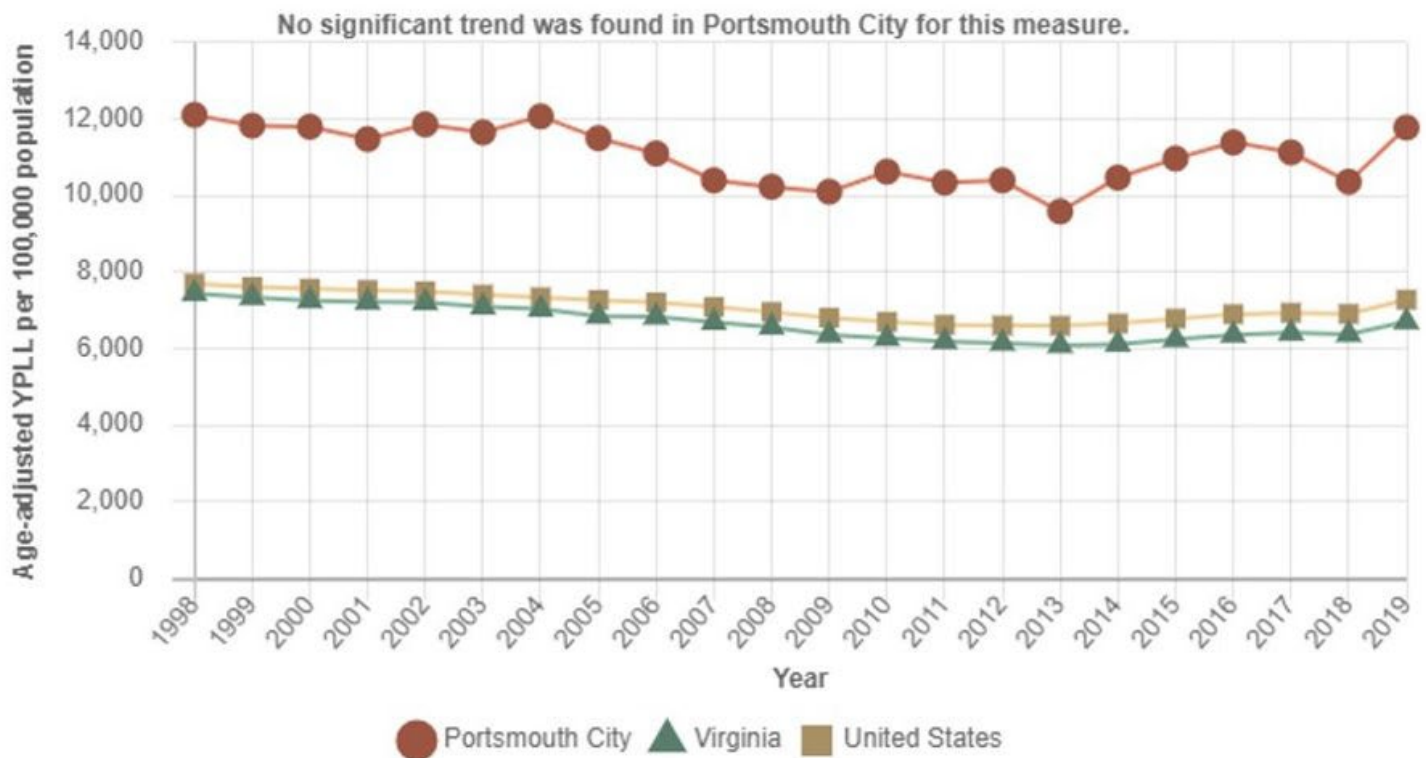


Another way to look at mortality is to look at premature death, which is defined as death before 75 years of age. Portsmouth's premature death, measured in years of potential life lost, is significantly higher than Virginia and the United States. The map on the left and the graphic below show Portsmouth compared to the surrounding cities of Hampton Roads when it comes to years of life lost.



**Figure 111:** Year of potential life lost rate, 2023  
**Source:** County Health Rankings

## Premature death in Portsmouth City, VA Years of Potential Life Lost (YPLL): county, state and national trends



**Figure 112:** Years of Potential List Lost for Portsmouth, Virginia, and the United States  
**Source:** County Health Rankings

# Life Expectancy

Place matters for health. Research has shown that differences in neighborhood conditions powerfully predict who is healthy, who is sick, and who lives longer. The below map highlights life expectancy by selected census tracts in Portsmouth. Babies born just a few miles apart can have dramatic differences in life expectancy. For example, life expectancy for Portsmouth residents can range from as high as 77 years near Hodges Manor to as low as 64 years near Westhaven Park.

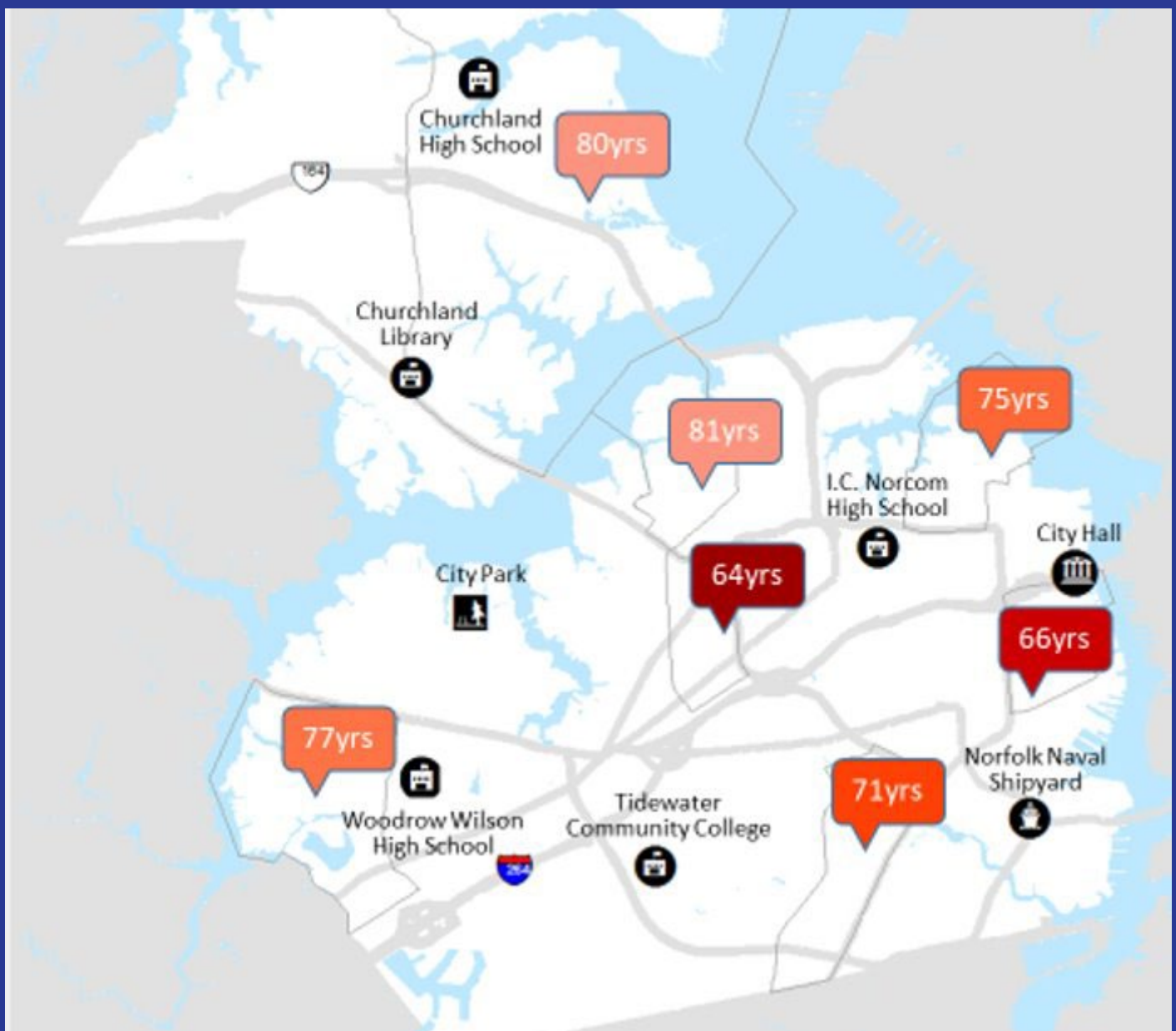


Figure 113: Life expectancy based on location within Portsmouth  
Source: Virginia Department of Health

# Heart-Disease Related Deaths

While there was a distinct downward trend in heart disease-related deaths for Portsmouth from 2002 to 2011, the rate has increased again. Portsmouth had the highest rate of heart disease-related deaths in 2020 at 327 per 100,000 persons (Figure 114). Hampton had the next highest rate at 312.3 per 100,000 persons, and Chesapeake had the lowest rate at 219.4 per 100,000 persons.

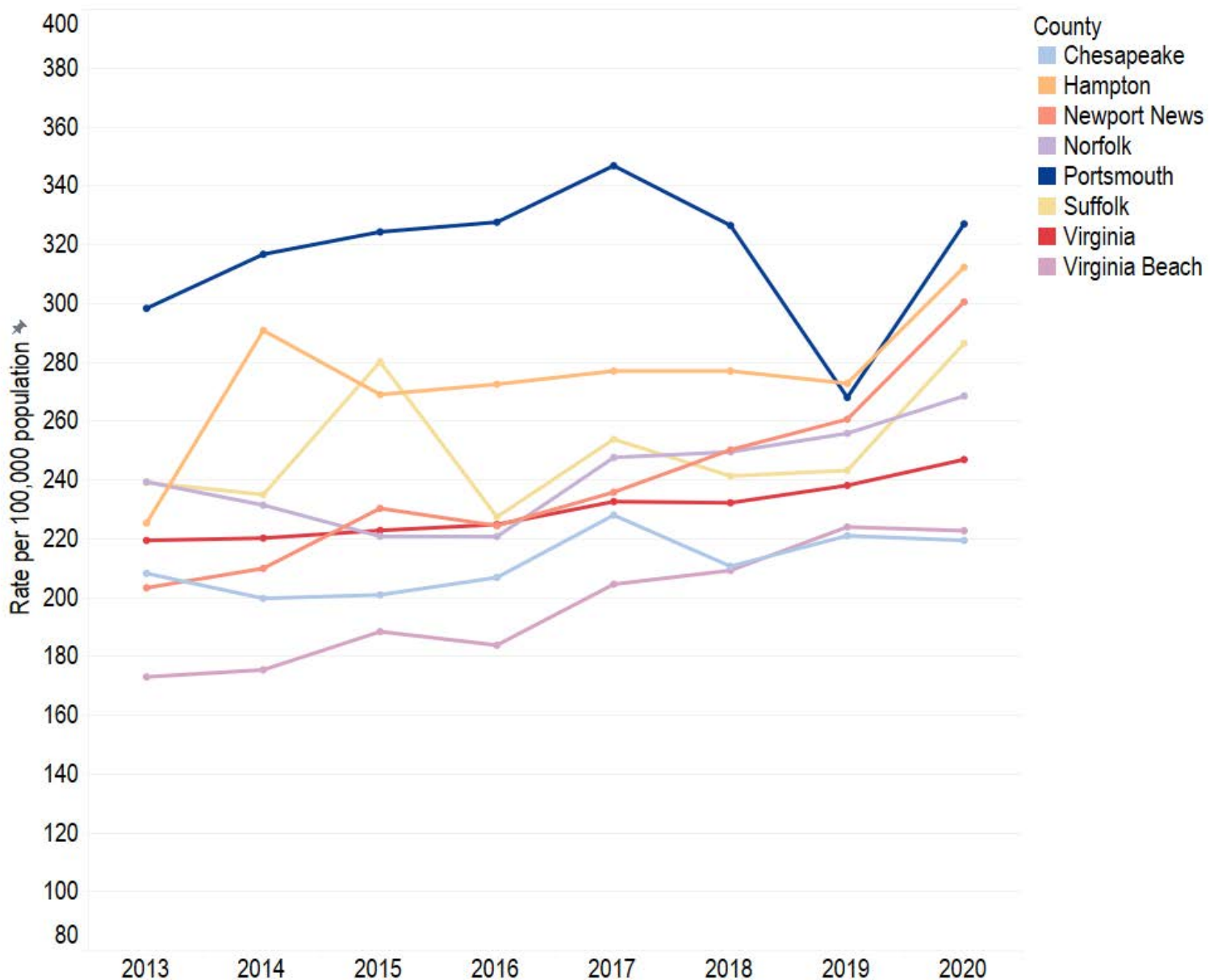


Figure 114: Rate of heart disease-related deaths per 100,000 population  
Source: Centers for Disease Control and Prevention WONDER database

# Cerebrovascular Disease Deaths

The rate of cerebrovascular disease deaths (stroke deaths) in Portsmouth has varied each year from 2013 to 2020 (Figure 115). Portsmouth saw a substantial drop from 2018 to 2019, but the rate increased again in 2020 (51.5 deaths per 100,000 persons). Portsmouth's rate is higher than Virginia's (47.6 deaths per 100,000 persons) but is middle of the pack when comparing to the other Hampton Roads cities. Newport News and Hampton have the highest rates at 59.8 and 59.1 deaths per 100,000 persons, respectively.

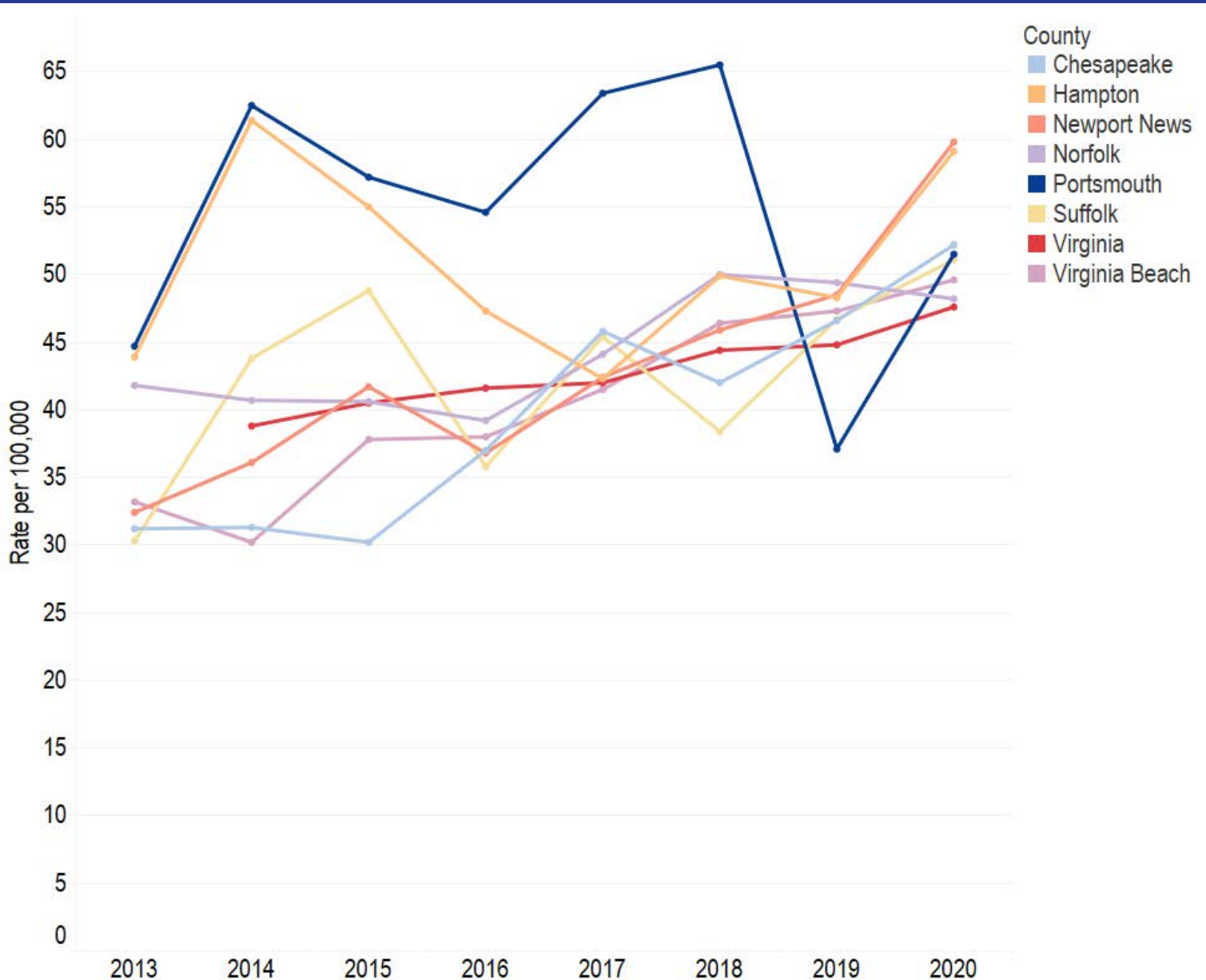


Figure 115: Rate of cerebrovascular disease deaths over time  
Source: Centers for Disease Control and Prevention WONDER database



# Chronic Lower Respiratory Disease Deaths

Chronic lower respiratory disease (or COPD and Asthma) death rate fluctuate from year to year for the cities in Hampton Roads (Figure 116). In 2020, Portsmouth had the highest rate (54.7 deaths per 100,000 persons) compared to all Hampton Roads cities and Virginia (40.1 deaths per 100,000 persons). The Healthy People 2030 goal for reducing deaths from COPD in adults is set at 107.2 per 100,000, and all Hampton Roads cities and Virginia are well below this target.

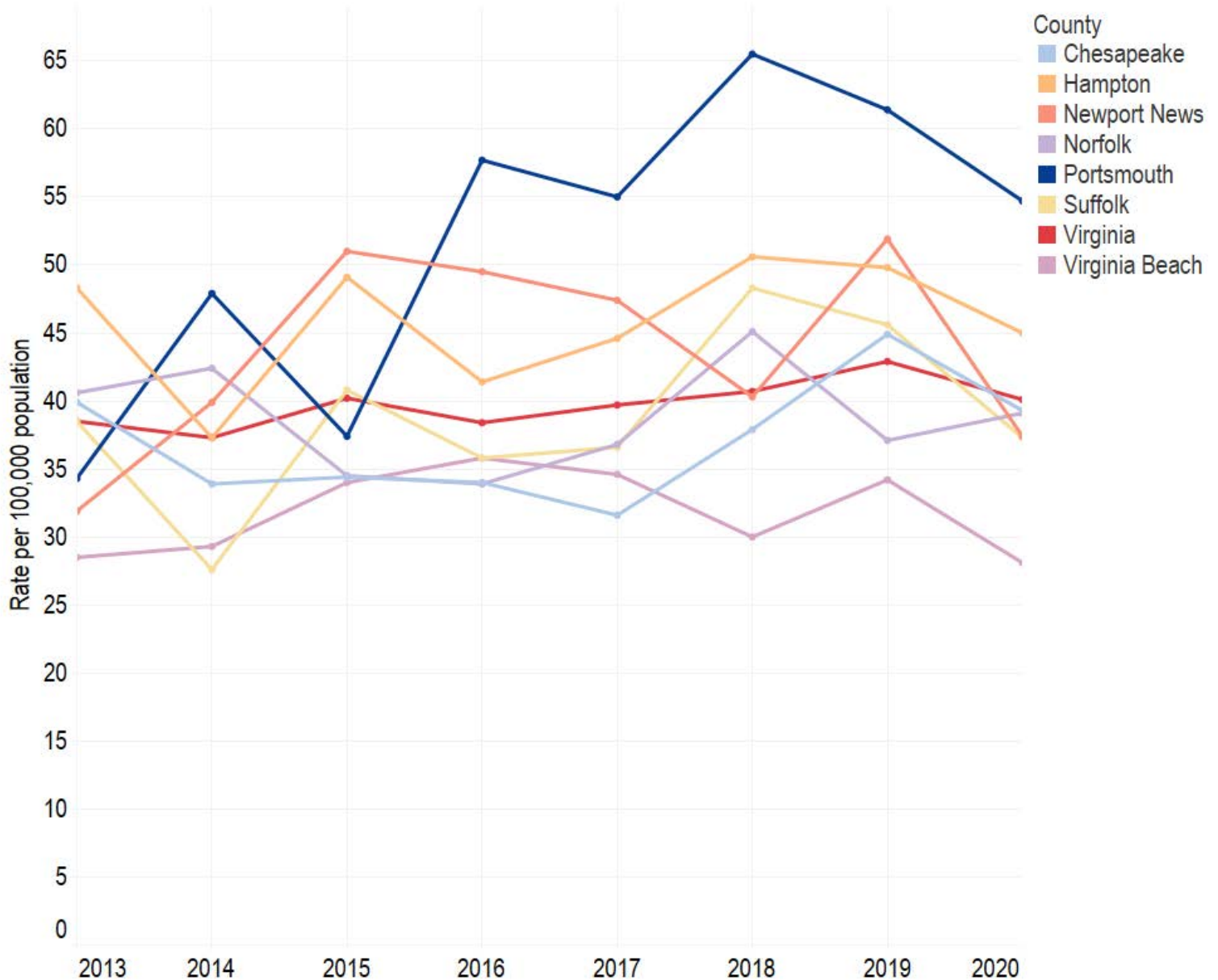


Figure 116: Rate of chronic lower respiratory disease deaths over time  
Source: Centers for Disease Control and Prevention WONDER database



# Diabetes-Related Deaths

Figure 117 shows that Portsmouth's rate of diabetes-related deaths varies from year to year, but the overall trend is decreasing slightly. In 2020, Portsmouth had 50.5 diabetes-related deaths per 100,000 persons, which was significantly higher compared to Virginia (30.1 per 100,000 persons) and the rest of the Hampton Roads cities. The next highest city was Hampton with a rate of 39.9 deaths per 100,000 persons.

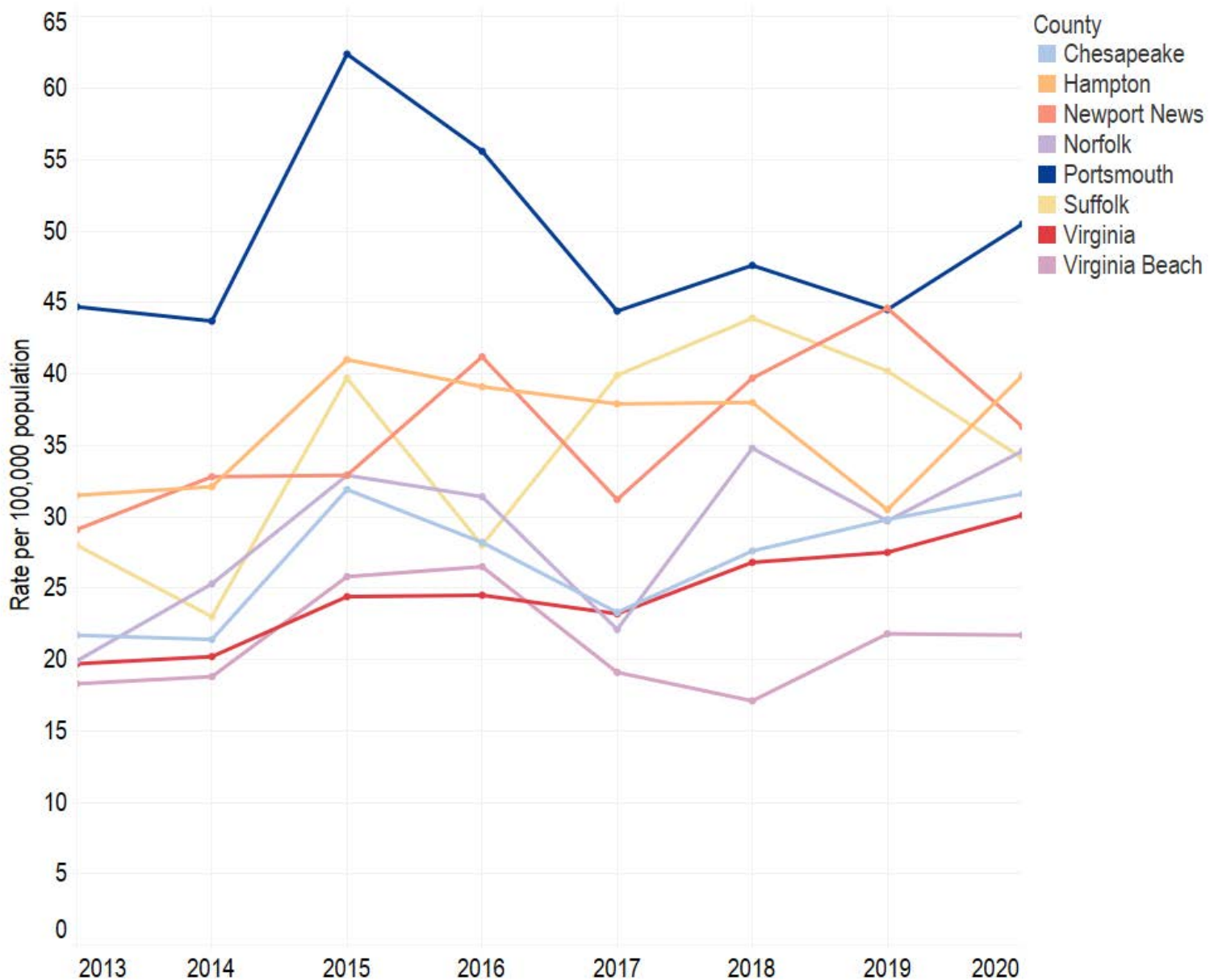


Figure 117: Rate of diabetes-related deaths

Source: Centers for Disease Control and Prevention WONDER database

# Alzheimer's Disease Deaths

Per the Virginia Department of Health, 1 in 11 Virginians aged 45 and older is experiencing memory problems, and these problems can sometimes be a symptom of medical conditions like Alzheimer's disease. The rate of Alzheimer's disease deaths in Portsmouth has remained stable, with a rate of 31.3 deaths per 100,000 persons in 2020 (Figure 118). Portsmouth's rate is like the rate of the other Hampton Roads cities, with Chesapeake having the highest rate at 36.1 deaths per 100,000 persons and Suffolk having the lowest rate at 25.9 deaths per 100,000 persons.

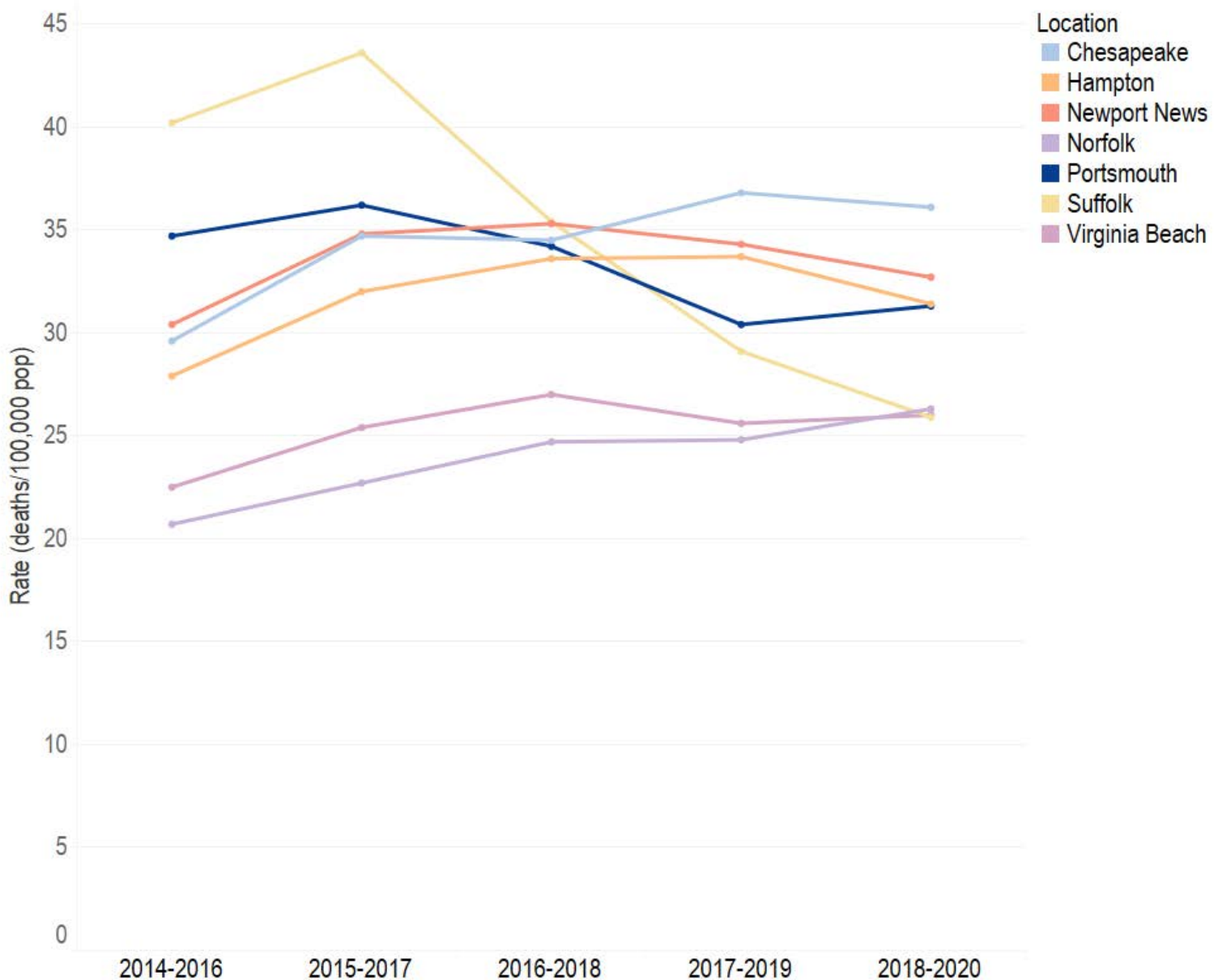


Figure 118: Rate of Alzheimer's disease deaths over time  
Source: Greater Hampton Roads Community Dashboard

# Suicide Deaths

The rate of suicide deaths in Portsmouth has slowly increased over time (Figure 119). In 2020, Portsmouth had the highest rate of suicide compared to the Hampton Roads cities at 17.2 deaths per 100,000 persons. Virginia Beach has the second highest rate at 14.8%. The Healthy People 2030 goal of reducing the suicide rate is set at 12.8 deaths per 100,000. The only two Hampton Roads cities currently below the Healthy People 2030 goal are Suffolk and Hampton.

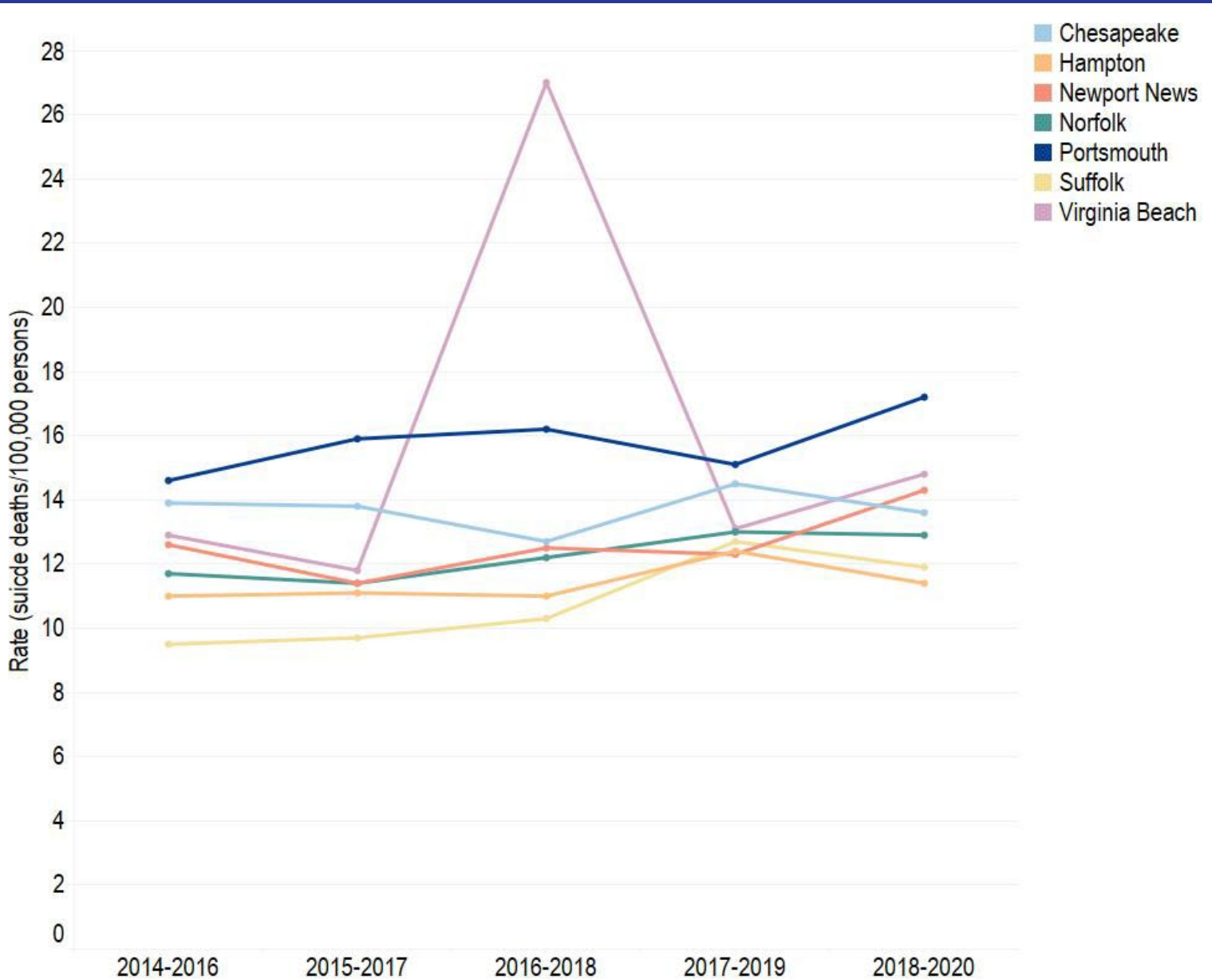


Figure 119: Rate of suicide deaths  
Source: Centers for Disease Control and Prevention

# Intentional Injury Deaths

Figure 120 compares Portsmouth to the other Hampton Roads cities and Virginia on rate of intention injury deaths. The data includes deaths from intentional assault and intentional self-harm, each with various sub-categories. Portsmouth had the highest rate at 46.3 deaths per 100,000 persons in 2020, with the next closest city being Norfolk with 31.7 deaths per 100,000 persons. Portsmouth's rate was below Virginia's rate from 2016 to 2019 but increased considerably in 2020.

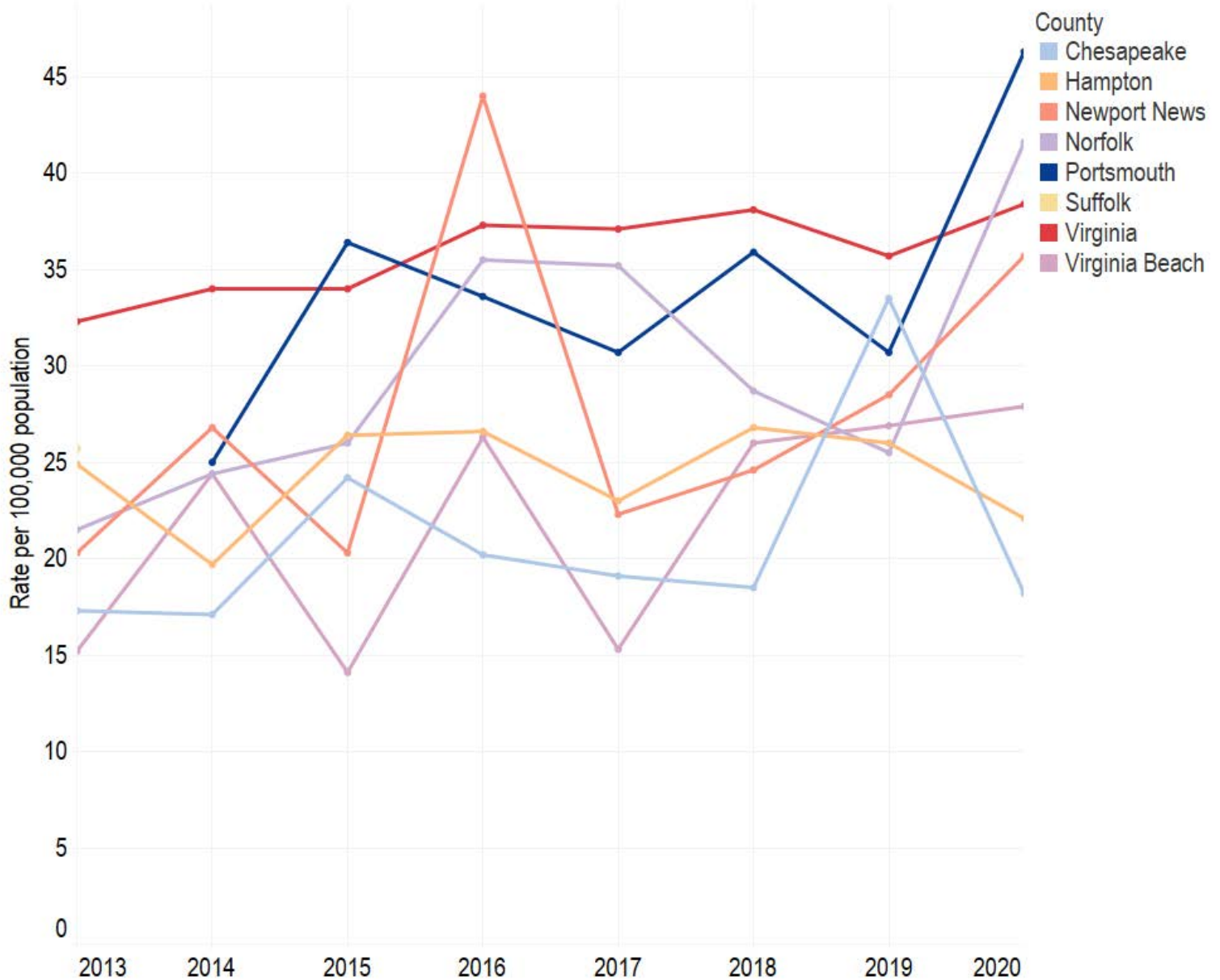


Figure 120: Rate of intentional injury deaths

Source: Centers for Disease Control and Prevention WONDER database

# STRATEGIES

Below are strategies on the following mortality indicators: [Life Expectancy](#), [Cancer-related Deaths](#), [Heart Disease-related Deaths](#), [Stroke-related Deaths](#), [Unintentional Injury Deaths](#), [Asthma-related Deaths](#), [Diabetes-related Deaths](#), [Suicides](#), and [Homicides](#).



**Life Expectancy**  
Strategies include the Healthy Lifestyles Initiative.



**Asthma-related Deaths**  
Strategies include establishing educational programs for children.



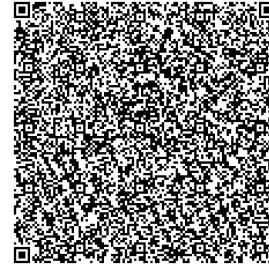
**Cancer-related Deaths**  
Strategies include increasing access to screening.



**Diabetes-related Deaths**  
Strategies include advancing diabetes self management.



**Heart Disease-related Deaths**  
Strategies include interventions to engage community health workers.



**Suicides**  
Strategies include increasing community health worker capacity and workforce.



**Stroke-related Deaths**  
Strategies include encouraging team-based care.



**Homicides**  
Strategies include incorporating community-orienting policing.



**Unintentional Injury Deaths**  
Strategies include interventions to prevent falls among seniors.



# CHA SECTION TEN: *CANCER*

## INDICATORS:

Total Cancer  
Breast Cancer  
Cervical Cancer  
Colorectal Cancer  
Lung Cancer  
Prostate Cancer

The Virginia Department of Health's Cancer Prevention and Control Program is working to ease the burden of cancer in Virginia through the development, implementation, and promotion of evidence-based strategies to prevent and control cancer.



# Total Cancer

Figure 121 shows the total incidence (top) and mortality (bottom) of cancer in Hampton Roads cities. Portsmouth had the highest incidence (472.6 cases per 100,000 persons) and mortality (196 deaths per 100,000 persons) rates in recent years of all surrounding cities. Furthermore, Portsmouth total cancer mortality rates have declined over the years (10.13% decrease). On the other hand, total cancer incidence has increased 1.26% over time. Healthy People 2030 goal to reduce the overall cancer death rate to 122.7 cancer deaths per 100,000 population is improving, with 146.6 deaths per 100,000 population in 2021.

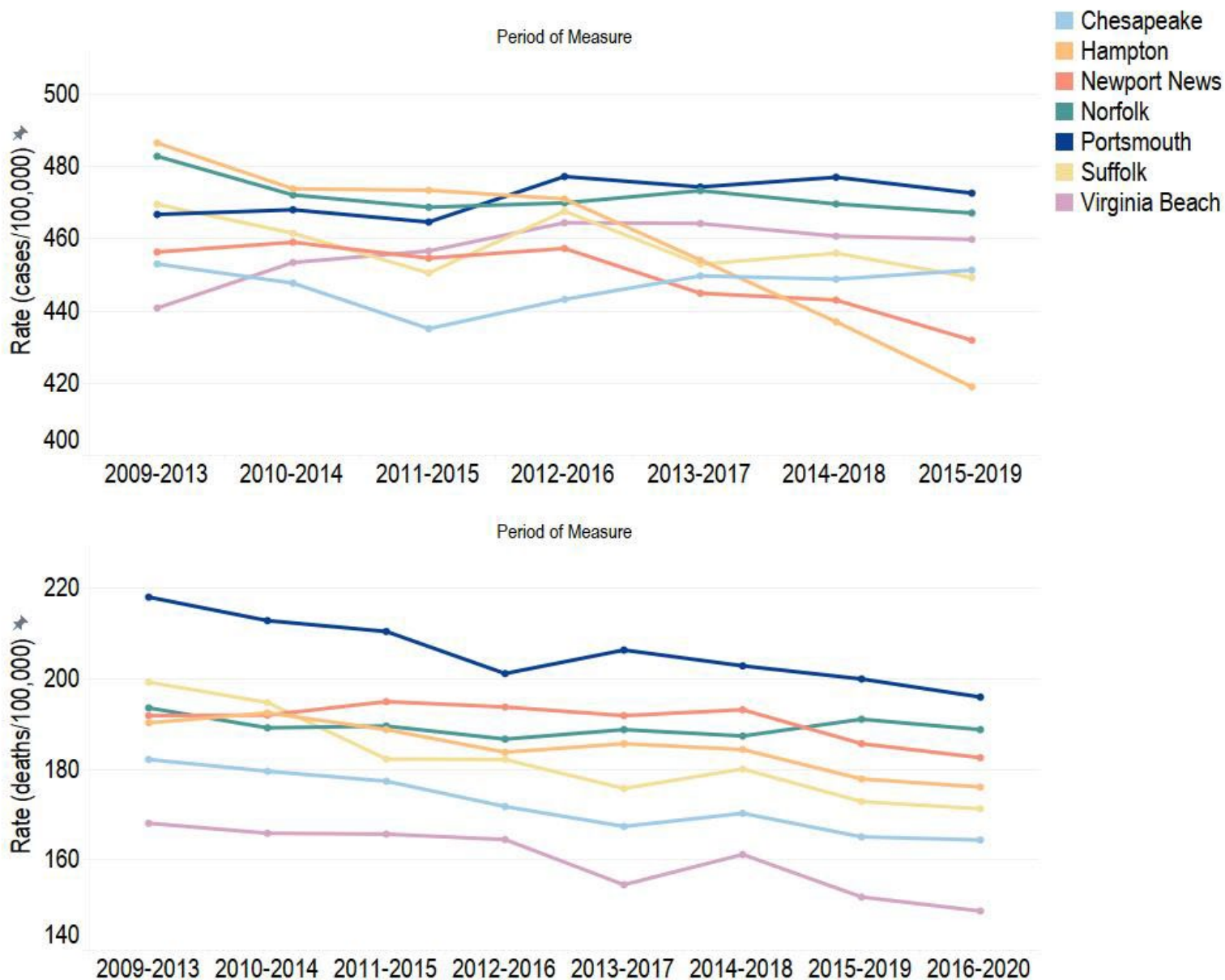


Figure 121: Total cancer incidence (top) and mortality (bottom)

Source: National Cancer Institute

# Breast Cancer

Excluding skin cancer, breast cancer is the most frequently diagnosed cancer among women; it is about 30% (or one in three) of all new female cancers each year. In 2015-2019, Portsmouth had an incidence rate of 130.8 per 100,000 females, which was the third lowest rate in the Hampton Roads area (Figure 122). In contrast, from 2016-2020 the city had a mortality rate of 26.2 per 100,000 females, which is the highest mortality rate in the Hampton Roads area and higher than the Healthy People 2030 goal of 15.3 breast cancer deaths per 100,000 females.

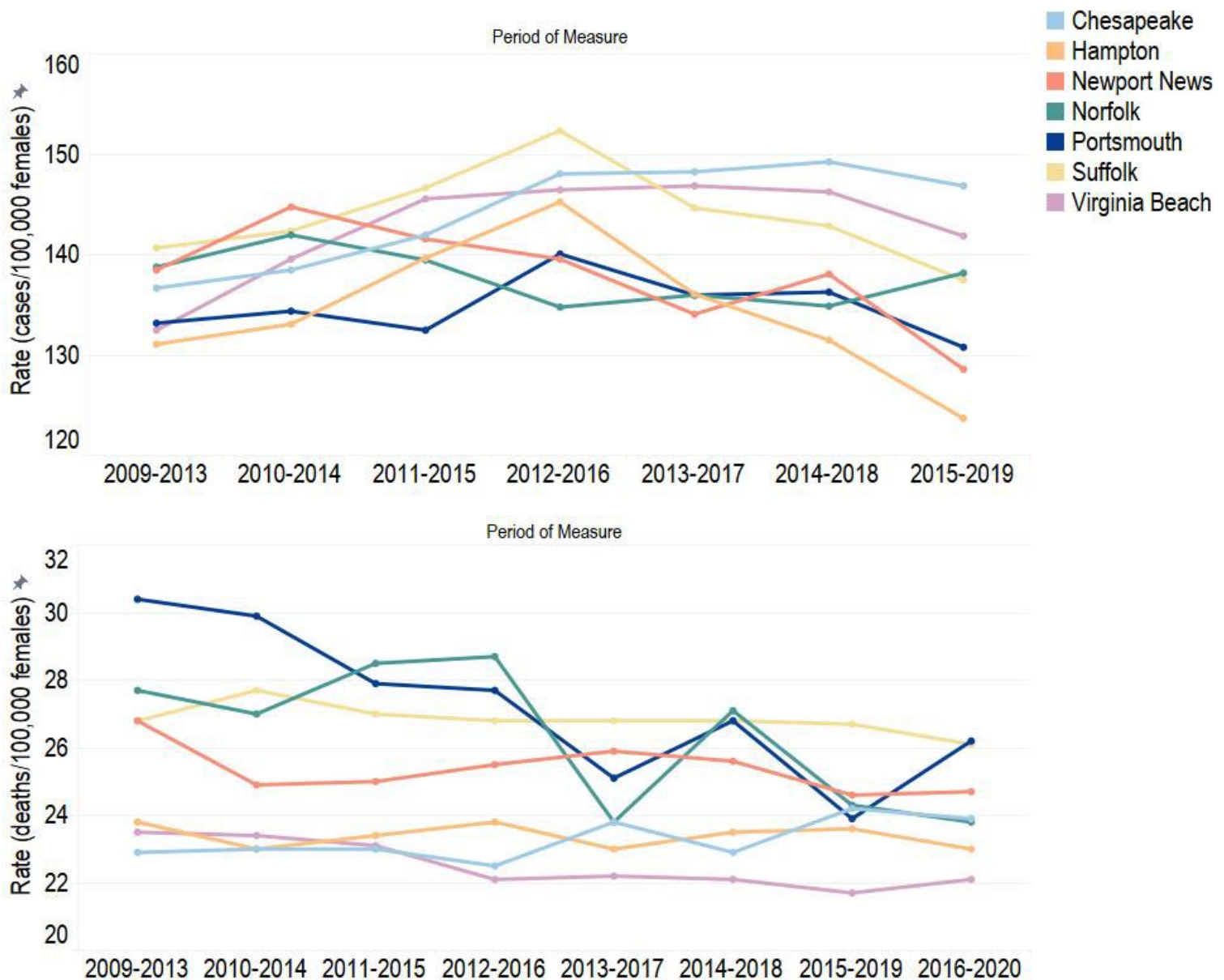


Figure 122: Breast cancer incidence (top) and mortality (bottom)

Source: National Cancer Institute

# Cervical Cancer

According to the American Cancer Society, cervical cancer can often be found early, and sometimes even prevented, by having regular screening tests. If detected early, cervical cancer is one of the most successfully treatable cancers. Cervical cancer incidence has been trending downwards in Portsmouth, decreasing 33.33% from 2009 to 2019. Portsmouth had the second lowest rate in 2019 at 6.2% per 100,000 females; only Chesapeake was lower at 5.0%. While Healthy People 2030 does not have a goal for cervical cancer incidence or mortality, they do have a goal for increasing the proportion of females who get screened for cervical cancer. The goal is set at 79.2%, with the most recent data in 2021 showing 73.9%. Overall, there has been little or no detectable change reported.

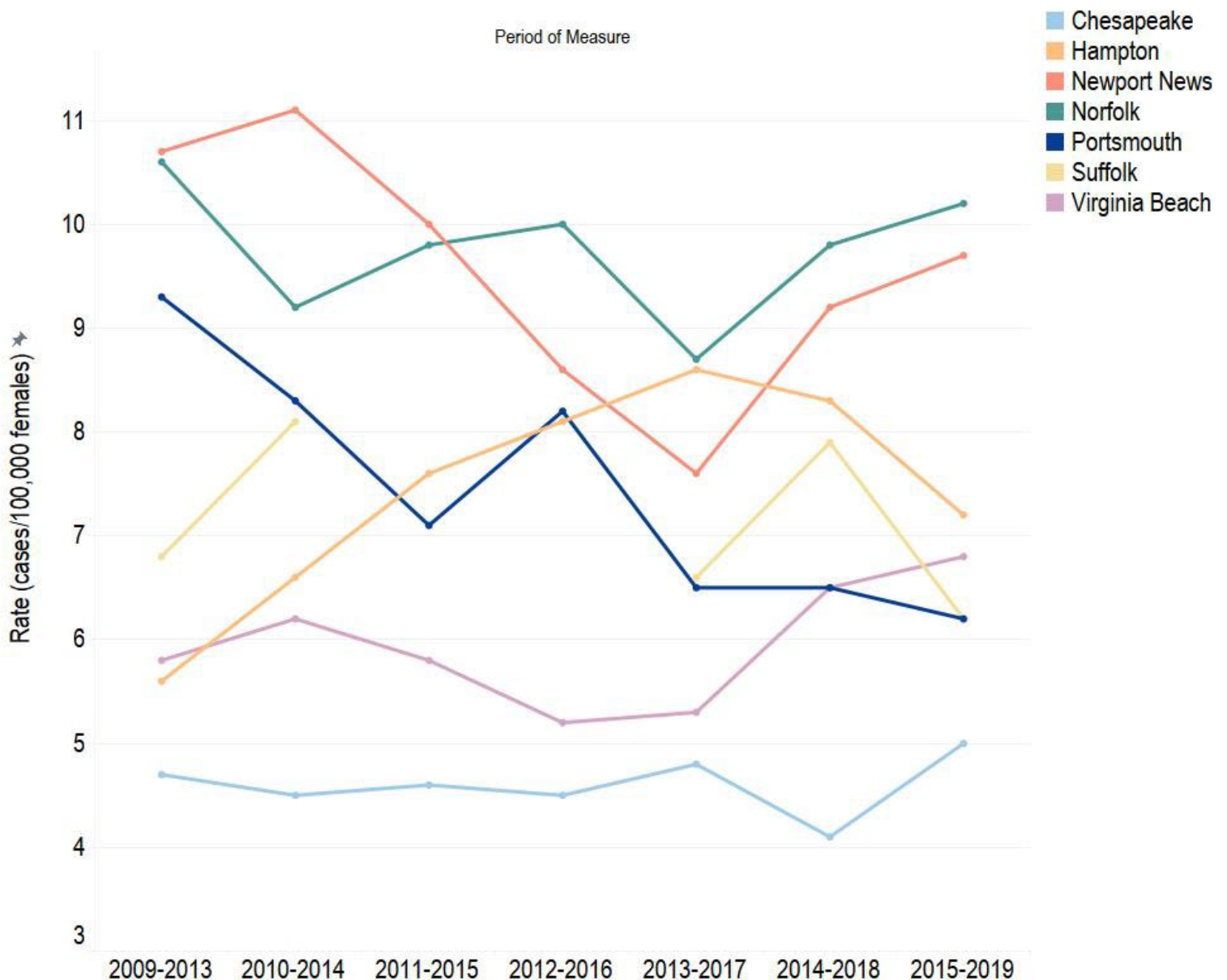


Figure 123: Cervical cancer incidence  
Source: National Cancer Institute



# Colorectal Cancer

Factors that increase the risk of developing colorectal cancer include age, personal/family history of colorectal polyps or cancer, certain genetic mutations, overweight/obesity, sedentary lifestyle, high red/processed meat consumption and heavy alcohol use. Portsmouth had the highest incidence rate in 2019 at 39.4% per 100,000 and the second highest mortality rate at 16.3% per 100,000 (Figure 124). Portsmouth's mortality rate is higher than the Healthy People 2030 goal, which is 8.9%. Along with a goal for mortality rate, Healthy People 2030 has a goal for increasing the proportion of adults who get screened for colorectal cancer. The goal is set at 68.3%, and data in 2021 showed that 58.7% of adults got screened.

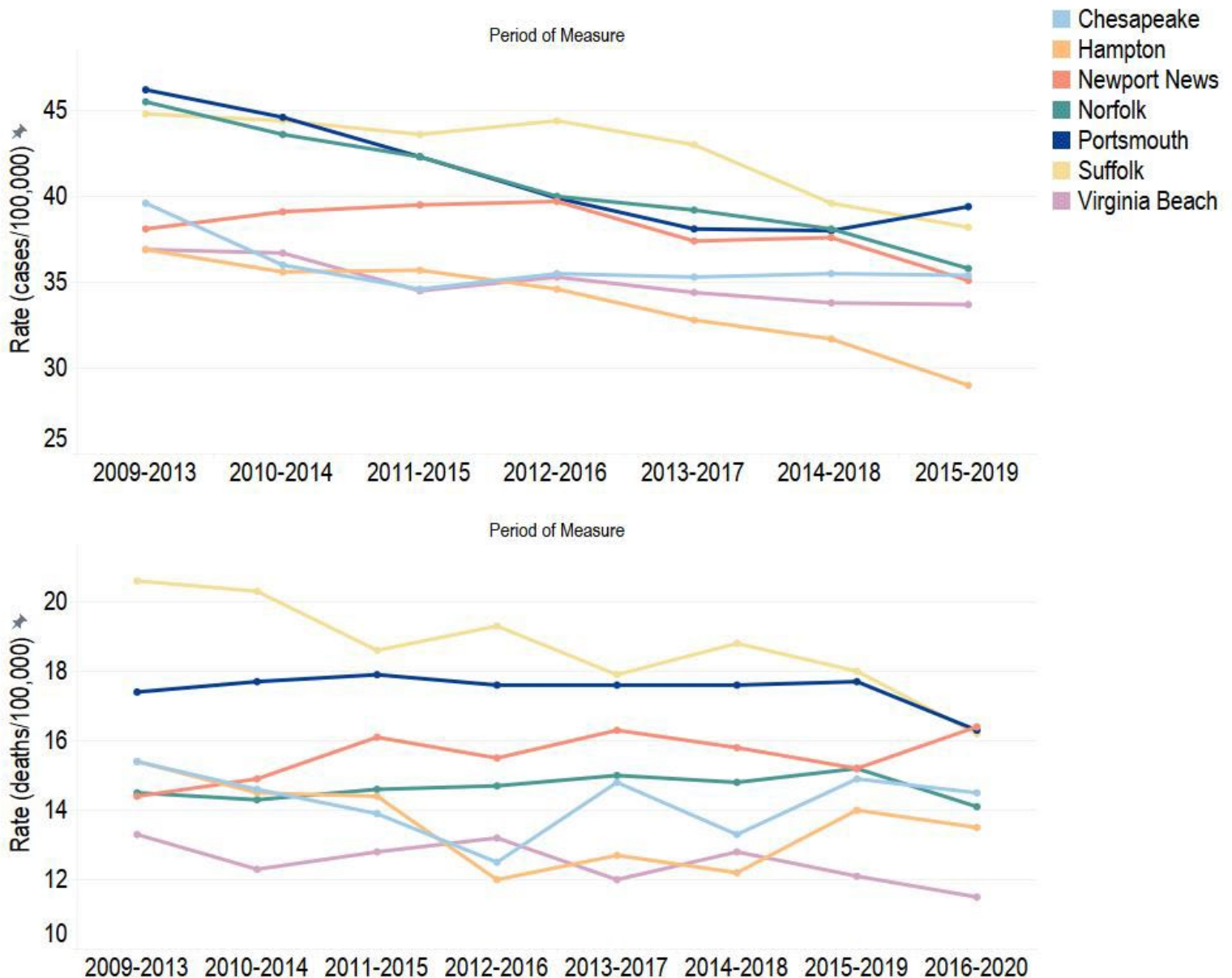


Figure 124: Colorectal cancer incidence (top) and mortality (bottom)

Source: National Cancer Institute



# Lung Cancer

According to the American Cancer Society, lung cancer is the second most common cancer in both men and women in the United States. Lung cancer mainly occurs in older people. Most people diagnosed with lung cancer are 65 or older; a very small number of people diagnosed are younger than 45. The average age of people when diagnosed is about 70. In the Hampton Roads area, Portsmouth has the second highest incidence rate (75.2 per 100,000) and the highest mortality rate (50.1 per 100,000), which is much higher than the Healthy People 2030 goal (25.1 per 100,000).

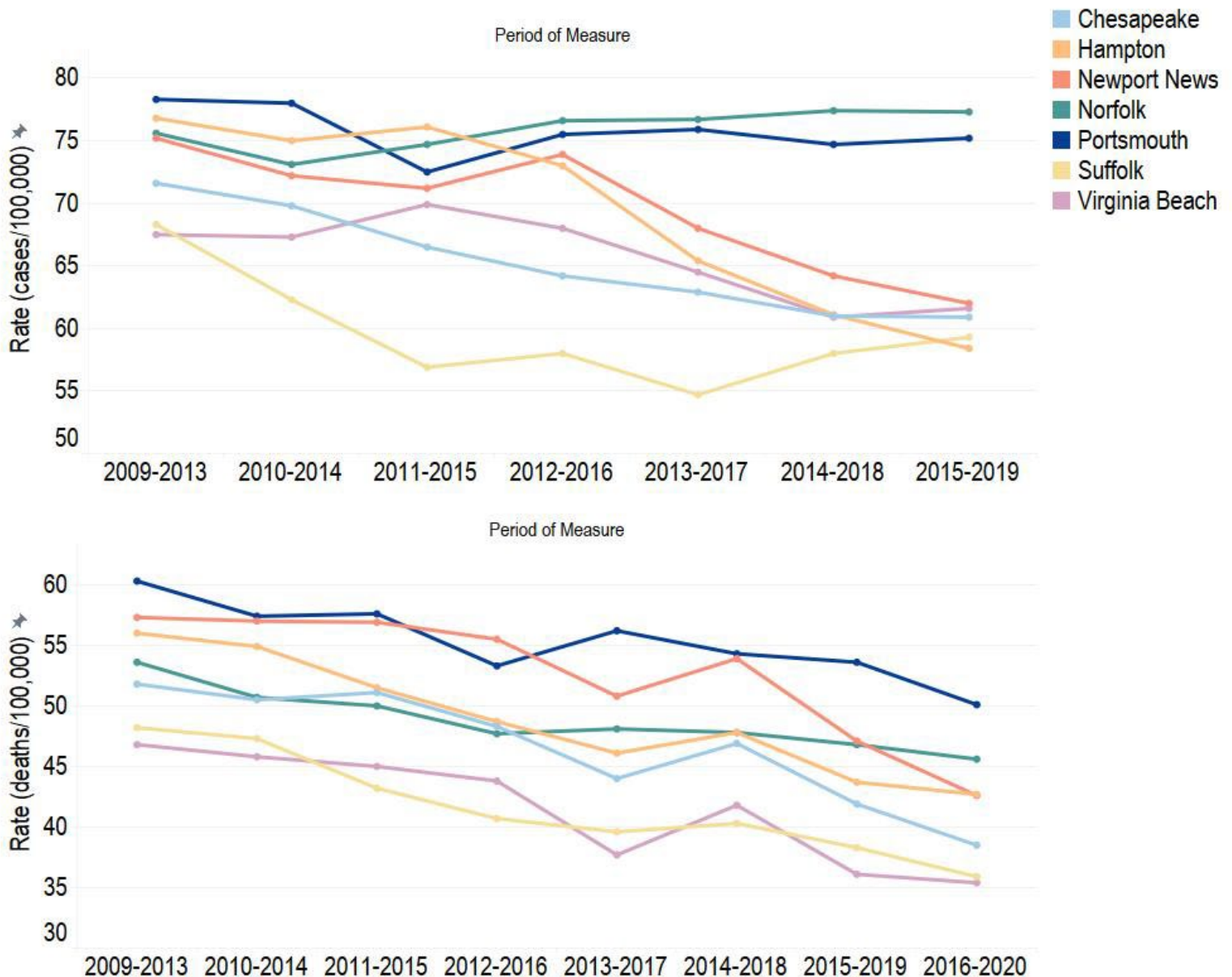


Figure 125: Lung cancer incidence (top) and mortality (bottom)

Source: National Cancer Institute

# Prostate Cancer

Prostate cancer is the most common cancer among men, but it can often be treated successfully per the American Cancer Society. Prostate cancer incidence in Portsmouth has mostly remained stable over time, while mortality has decreased (Figure 126). The Healthy People 2030 goal for prostate mortality is 16.9; Portsmouth's rate of 31.4 exceeds this goal. Healthy People 2030 reported that 19.0 deaths per 100,000 males in 2021, with an overall trend of little or no detectable change in the rate.

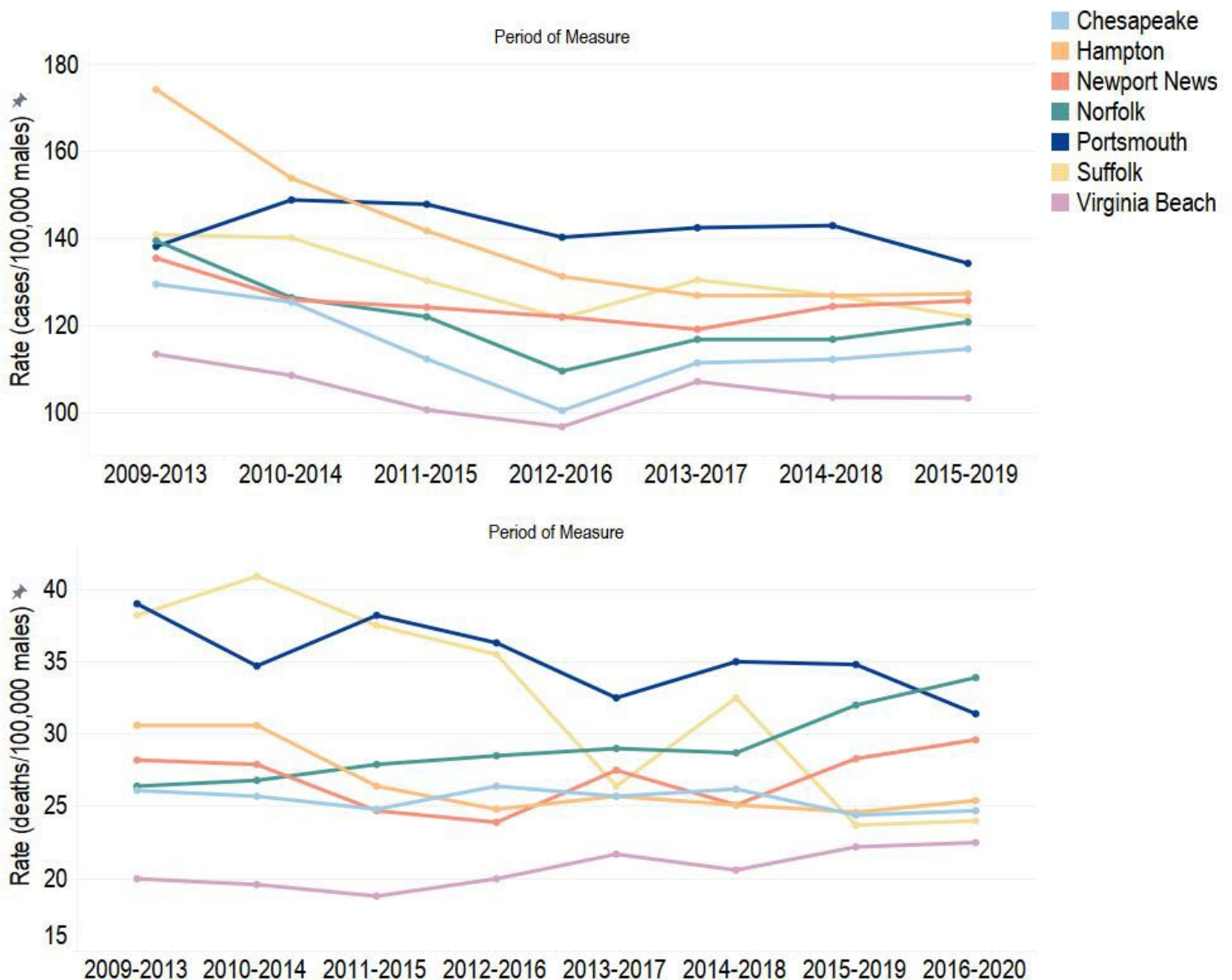


Figure 126: Lung cancer incidence (top) and mortality (bottom)

Source: National Cancer Institute

# STRATEGIES

There are many strategies and best practices for reducing cancer within communities. Below are strategies specifically for [Total Cancer](#), [Breast Cancer](#), [Cervical Cancer](#), [Colorectal Cancer](#), [Lung Cancer](#), and [Prostate Cancer](#).



**Total Cancer**  
Strategies include establishing client-oriented screening interventions.



**Colorectal Cancer**  
Strategies include improving screening among the medically underserved and community outreach.



**Breast Cancer**  
Strategies include reducing out-of-pocket costs for screening and community education.



**Lung Cancer**  
Strategies include establishing provider reminder systems and increasing research funding.



**Cervical Cancer**  
Strategies include one-on-one education for clients and establishing follow-up services.



**Prostate Cancer**  
Strategies include targeted awareness projects and community outreach.

# CHA SECTION ELEVEN: *INJURY*

## **INDICATORS:**

Adult Suicide and Self-inflicted Injury Hospitalizations

Adolescent Intentional Injury Hospitalizations

Overdose Deaths

Firearm Injuries

Death Rate due to Firearms

Unintentional Injury Deaths

Hospitalizations due to Falls

"There's too much killing going on. It's the young people that are dying..."

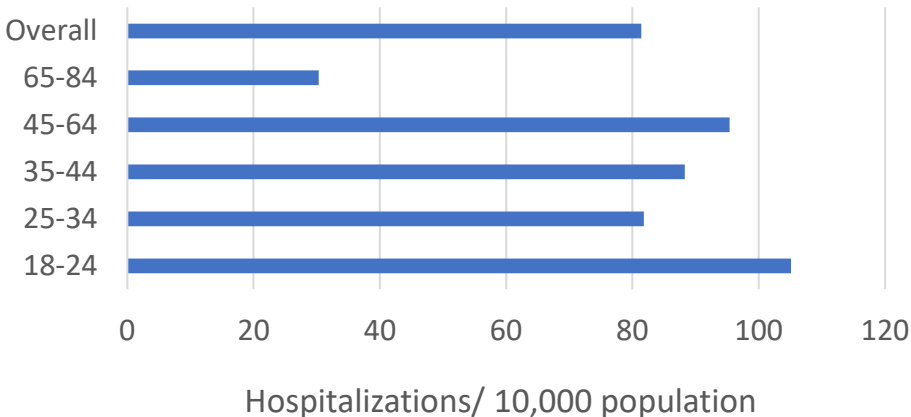
-Focus Group Participant

"That's something I'm really hoping to learn, just to see how to find the right way to engage and make change. There is all kind of possibility out there, but if we don't get people moving together and moving forward, things will stay the same."

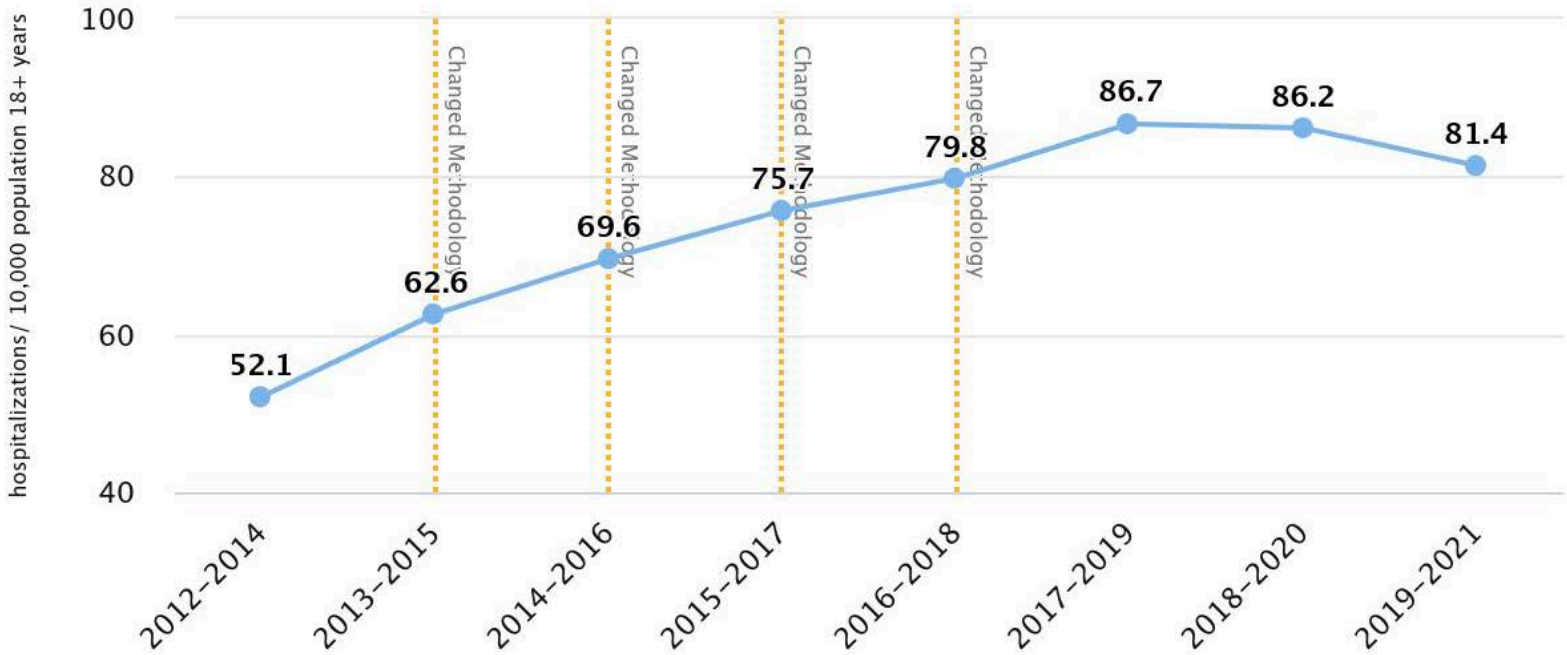
-Focus Group Participant

# Adult Suicide and Self-inflicted Injury Hospitalizations

Portsmouth has the highest rate of suicide and self-inflicted injury hospitalizations in Hampton Roads at 81.4 hospitalizations per 10,000 population. These numbers include data from all Virginia-licensed hospitals, but not federal hospitals like Portsmouth Naval Medical Center. Data are based on residence at time of discharge. Portsmouth's rate saw a slight decrease in recent years, but the overall trend has stayed the same since 2017. The rate is nearly twice that of Virginia (40.4). Adults aged 18-24 have the highest rates in Portsmouth at 105.1 and males have higher rates (93.3) compared to females (71.5). Additionally, African Americans have higher rates (88.6) than White (77.2) and Hispanic (11.2).



**Figure 127:** Age-Adjusted Hospitalization Rate due to Adult Suicide and Intentional Self-inflicted Injury by Age  
 Source: Greater Hampton Roads Connects, Virginia Health Information (2012-2021)

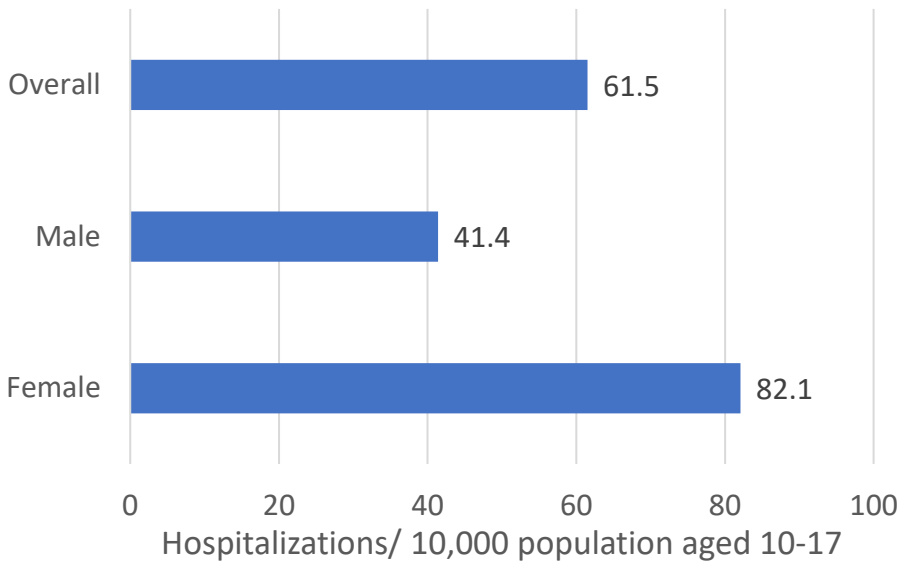


Due to the introduction of ICD-10 in October 2015, 2013-2015 data should not be compared to previous or following time periods.  
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 Due to the introduction of ICD-10 in October 2015, 2015-2017 data should not be compared to previous or following time periods.  
 Due to complete coding of patient records in ICD-10, 2016-2018 data should not be compared to previous time periods.

**Figure 128:** Age-Adjusted Hospitalization Rate due to Adult Suicide and Intentional Self-inflicted Injury  
 Source: Greater Hampton Roads Connects, Virginia Health Information (2012-2021)



# Adolescent Intentional Injury Hospitalizations



Portsmouth's adolescents aged 10-17 years have a rate of 61.5 per 10,000 hospitalizations. Females have a higher rate (82.1) than males (41.4). In Hampton Roads, Virginia Beach adolescents have the highest rate of 83.5 hospitalizations compared to the state rate of 39.5.

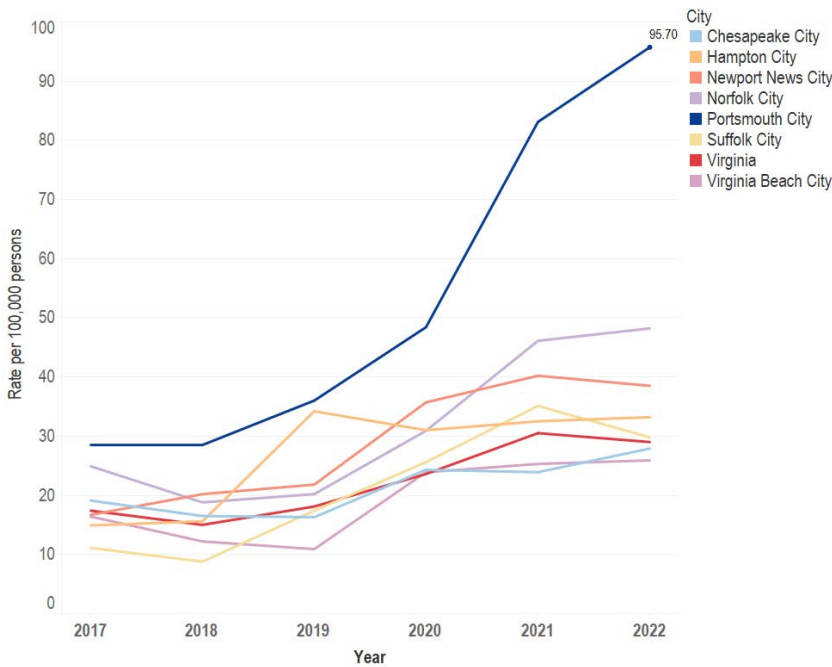
**Figure 129:** Age-Adjusted Hospitalization Rate due to Adolescent Suicide and Intentional Self-inflicted Injury by Gender  
 Source: Virginia Health Information (2019-2021)



Due to the introduction of ICD-10 in October 2015, 2013-2015 data should not be compared to previous or following time periods.  
 Due to the introduction of ICD-10 in October 2015, 2014-2016 data should not be compared to previous or following time periods.  
 Due to the introduction of ICD-10 in October 2015, 2015-2017 data should not be compared to previous or following time periods.  
 Due to complete coding of patient records in ICD-10, 2016-2018 data should not be compared to previous time periods.

**Figure 130:** Age-Adjusted Hospitalization Rate due to Adolescent Suicide and Intentional Self-inflicted Injury, Portsmouth  
 Source: Greater Hampton Roads Connects, Virginia Health Information (2012-2021)

# Overdose Deaths



From 2020 to 2022, deaths due to drug overdoses in Portsmouth have increased by 99%. Data from the Chief Medical Examiner indicate that opioids, specifically, illicit fentanyl, have been the driving force behind the large increases in fatal overdoses. In 2022, 92% of all Portsmouth deaths due to substance use involved fentanyl. Cocaine overdoses have also increased but to a lesser extent. Portsmouth has the fourth highest mortality and ED visits in Virginia due to overdoses, but there are disparities as to who is affected. Overdose deaths are highest in males and those over 45 years old. Of the 8 zip codes in Portsmouth, one zip code, 23704, accounts for 39% of drug overdose ED visits.

Figure 131: Overdose deaths in Portsmouth Residents per 100,000 persons  
Source: Virginia Department of Health Vital Statistics

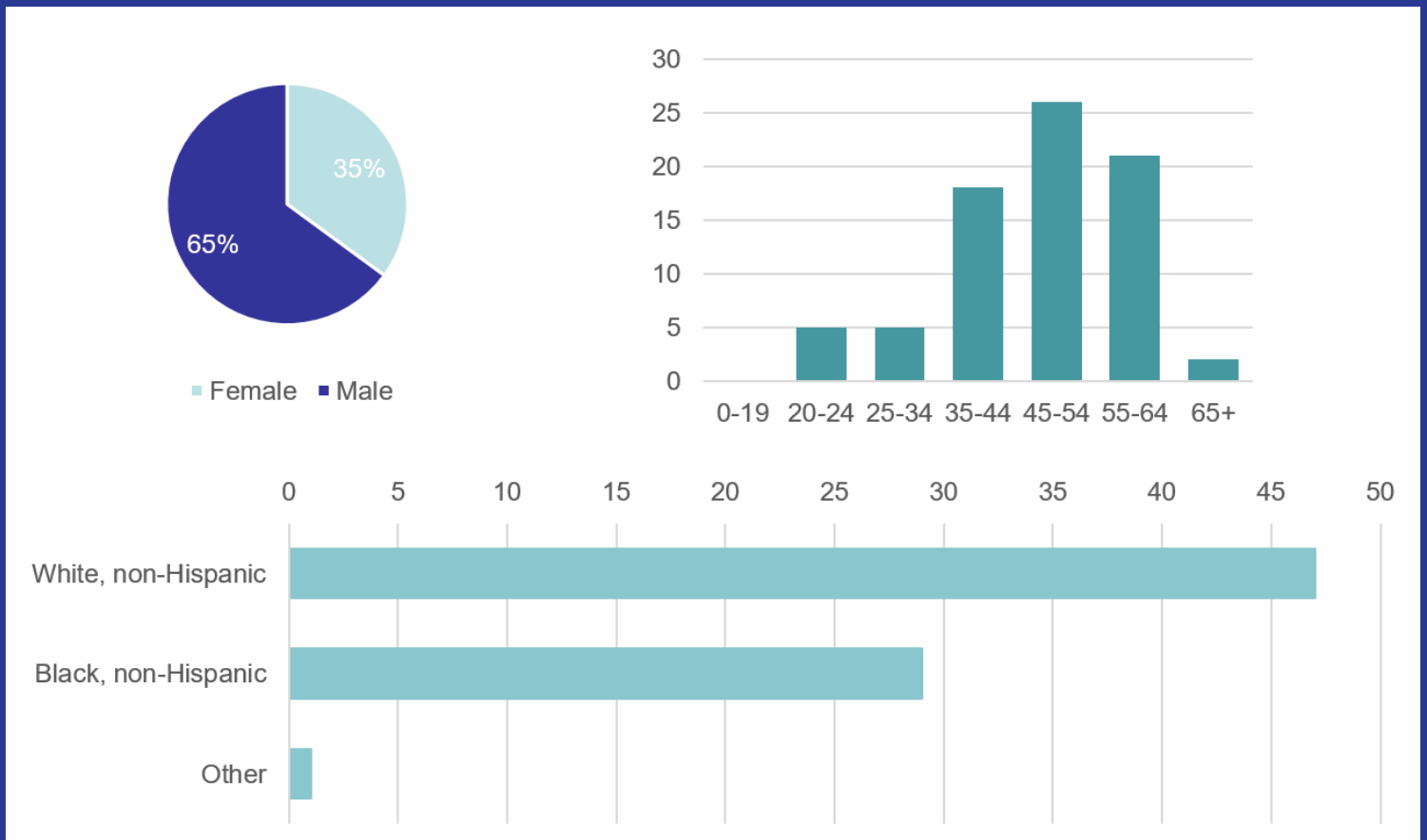


Figure #132 Overdose deaths in Portsmouth Residents by Sex, Age group, and Race  
Source: Virginia Department of Health Vital Statistics, 2021

# Firearm Injuries

Firearm injuries are a serious public health problem affecting people of all ages. Individual health effects include physical disability, mental health problems, and death. Firearm injuries also impact the well-being of family, friends, neighborhoods, and communities. The Virginia Department of Health (VDH) tracks emergency department (ED) visits for all types of firearm injuries. These can include self-harm, assault, or unintentional injury (accidental). The data can be used by community groups, healthcare providers, law enforcement, and others working to prevent firearm injuries. Firearm injuries in Portsmouth increased 69% in 2020 but have since decreased slightly. Firearm injuries are highest in males compared to females in all age groups. The age group with the highest injuries is 18-19 years of age, followed by 20-24, and 15-17 years.

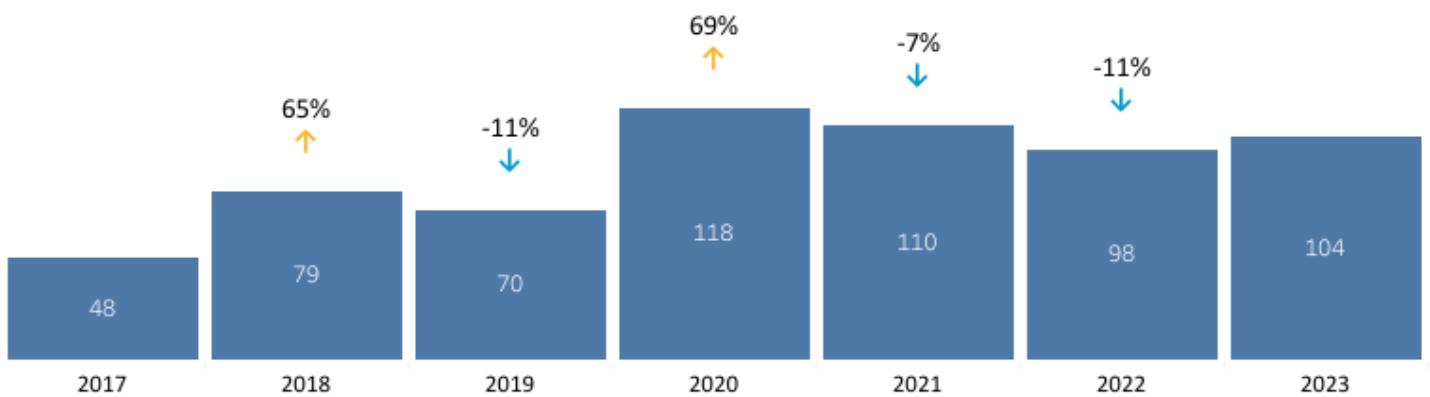
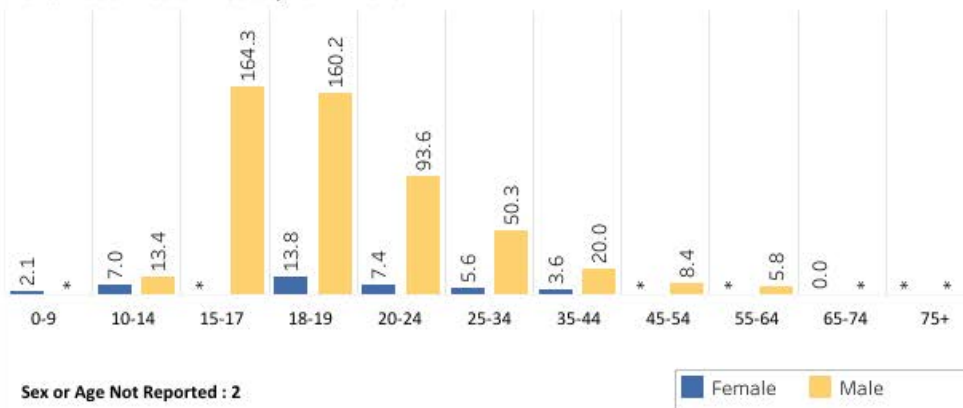


Figure 133: Firearm Injuries by Year, Counts of Emergency Department Visits by Portsmouth Residents  
 Source: Virginia Department of Health, Syndromic Data

Firearm Injuries by Age and Sex (Rates per 10,000 ED visits), ED Visits by Residents of Portsmouth Health District, 2017 - 2023



Firearm Injuries by Race/Ethnicity (Rates per 10,000 ED visits), ED Visits by Residents of Portsmouth Health District, 2017 - 2023

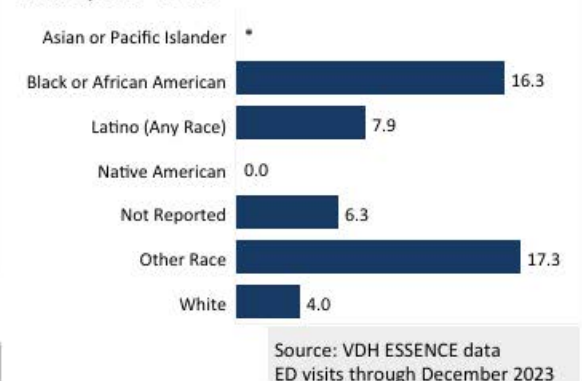
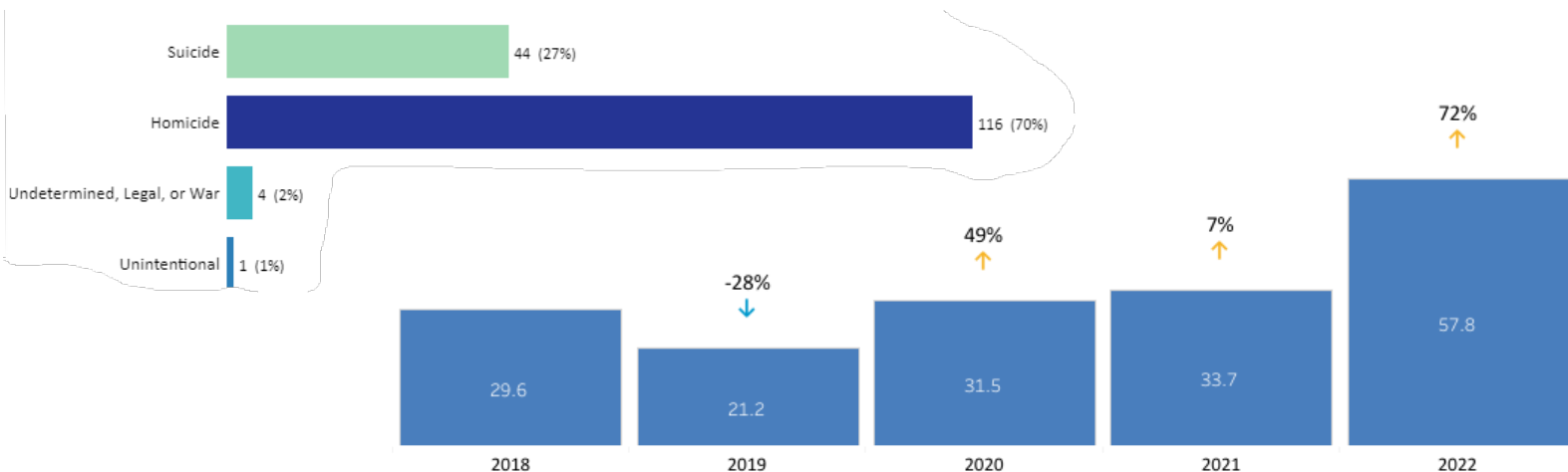


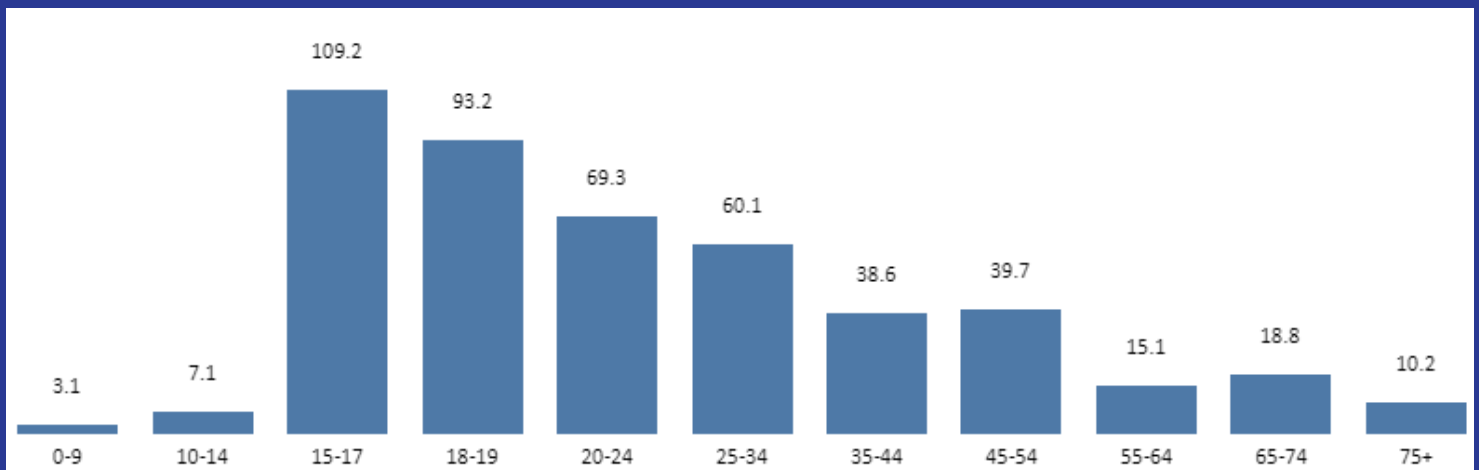
Figure 134: Firearm Injury Rates for Portsmouth Residents by Age, Sex, and Race/Ethnicity  
 Source: Virginia Department of Health, Syndromic Data

# Death Rate due to Firearms

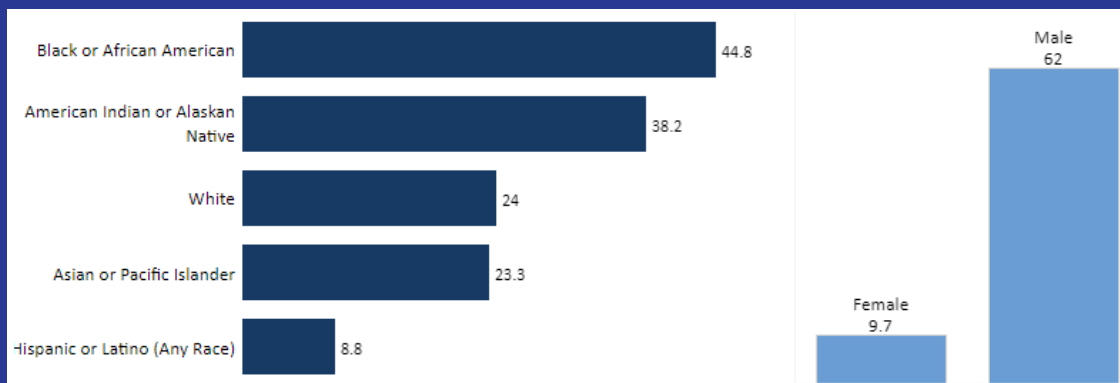
In 2022, 55 Portsmouth residents died from a firearm related incident. Deaths among residents of Portsmouth increased 96% from 2018 to 2022. Seventy percent (70%) of those deaths were due to homicide and 27% due to suicide. Those 15-17 years old had the highest mortality rate of 109.2 per 100,000 persons. Males had a higher mortality rate (62.0) compared to females (9.7) and African Americans had a higher rate (44.8) compared to White (24.0) residents.



**Figure 135: Firearm Deaths by Year (Rates per 100,000 Population) among Residents of Portsmouth, 2018-2022**  
 Source: Virginia Department of Health, Vital Records



**Figure 136: Firearm Deaths by Age Group (Rates per 100,000 Population) among Residents of Portsmouth, 2018-2022**  
 Source: Virginia Department of Health, Vital Records



**Figure 137: Firearm Deaths by Race/Ethnicity and Sex (Rates per 100,000 Population) among Residents of Portsmouth, 2018-2022**  
 Source: Virginia Department of Health, Vital Records

# Unintentional Injury Deaths

Unintentional injury was the third leading cause of death in Portsmouth in 2022. Unintentional injuries are accidental in nature and include poisoning, motor vehicle accidents, and falls. Poisonings also include overdose deaths due to substance use. Portsmouth has the highest rate in Hampton Roads (68.1) with the non-Hispanic whites having a higher rate (80.8) than non-Hispanic African Americans (59.1). Men have a higher rate (98.5) than females (40.3) and those aged 35-64 have the same rate compared to those 65+.

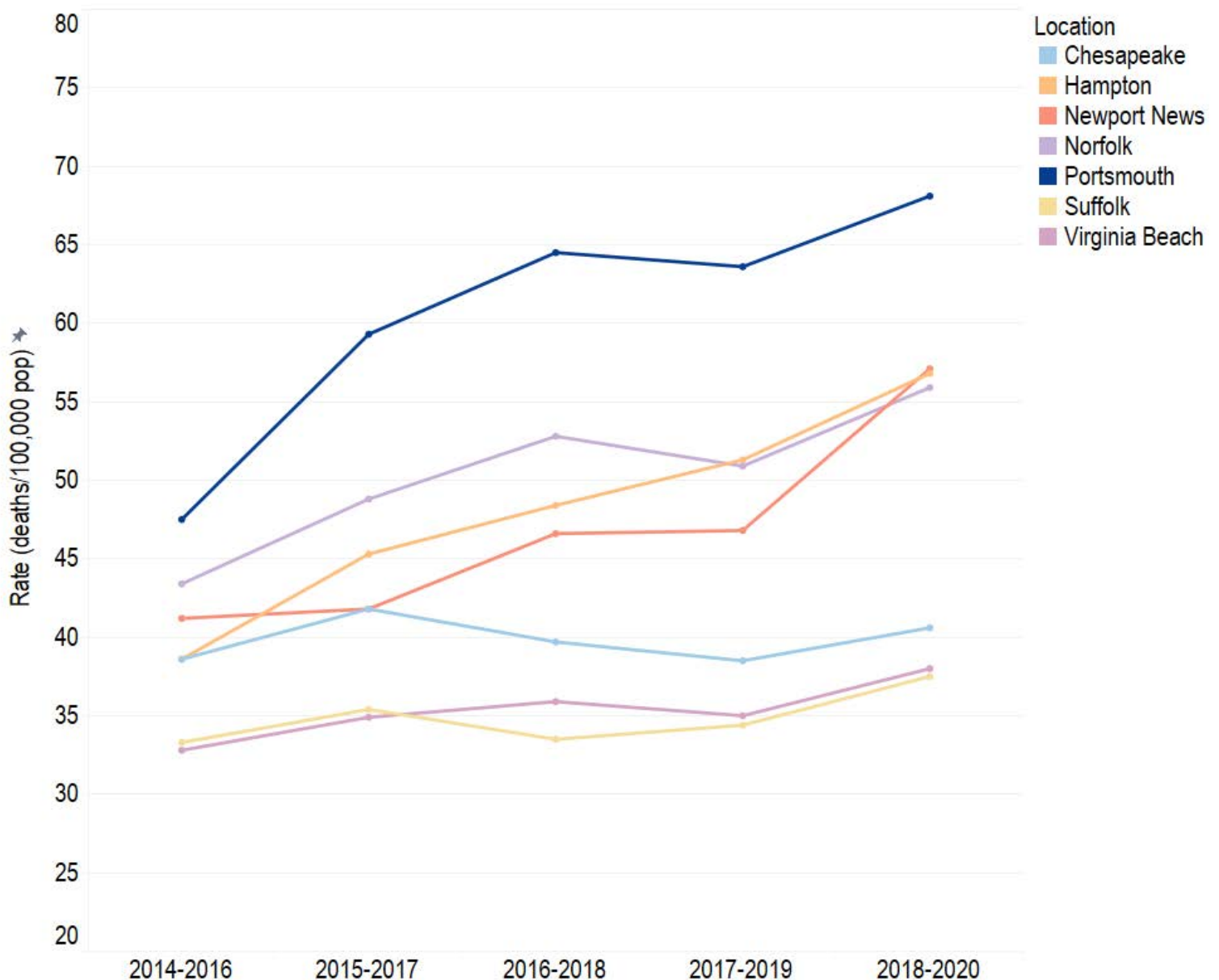


Figure 138: Unintentional Injury Death, Age-Adjusted Rate (per 100,000 population), 2014-2020  
Source: Virginia Department of Health, Vital Records



# Hospitalizations due to Falls

Falls are the leading cause of injury deaths among older adults. In addition, they are also the most common cause of nonfatal injuries and hospital admissions for trauma. In the United States more than one third of adults 65 and older fall each year. Twenty to thirty percent of older adults who fall suffer from moderate to severe injuries. These types of injuries can increase the risk of death and can make it difficult for older adults to live independently. Compared to other Hampton Roads cities, Portsmouth has an average hospitalization rate for falls among those 65 and older.

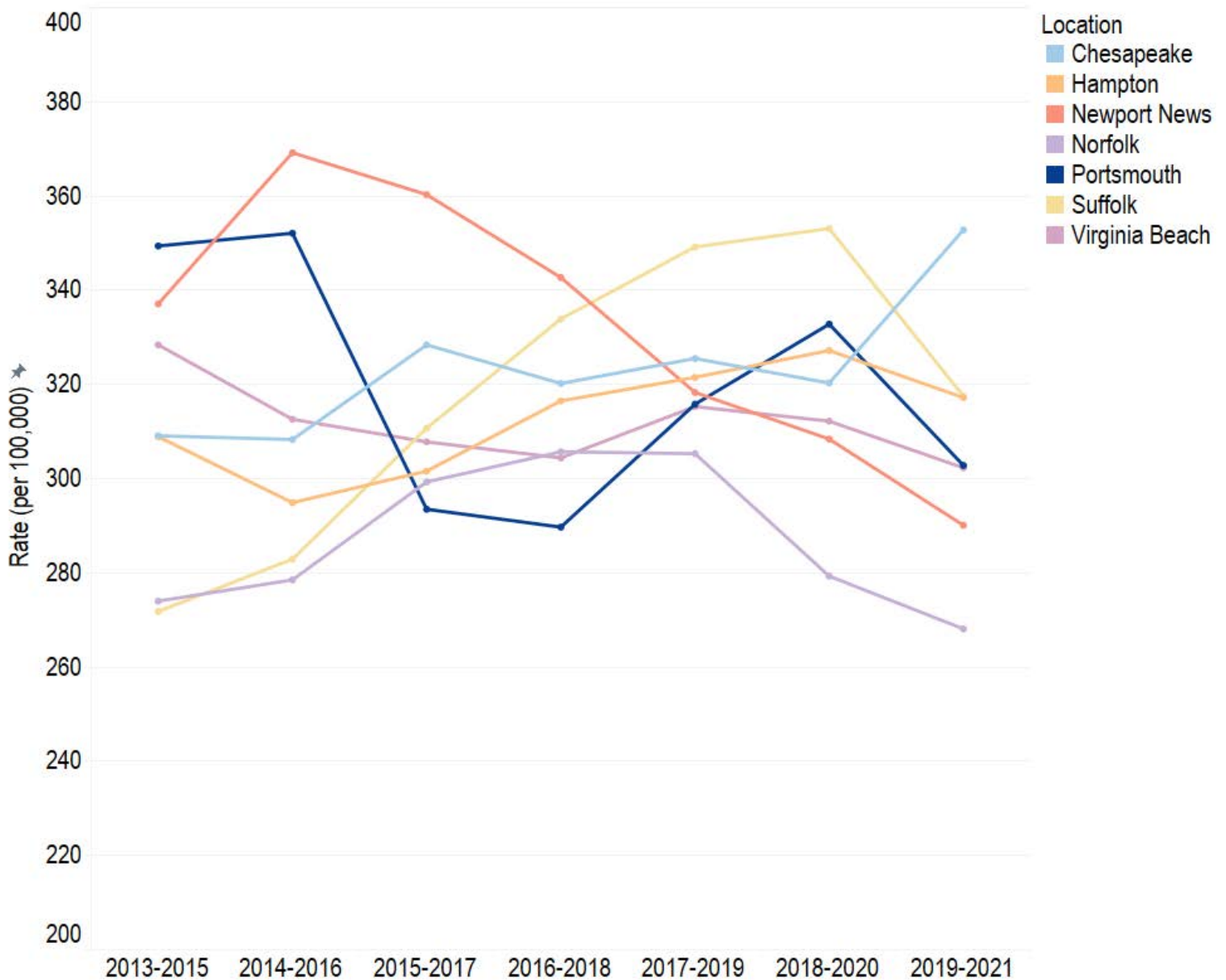


Figure 139: Hospitalization rate (per 100,000) due to Falls for Adults 65 years and older, 2013-2021

Source: Virginia Health Information

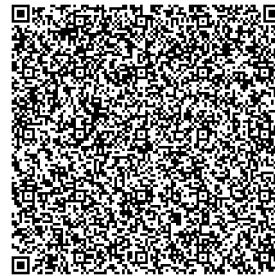
# STRATEGIES

There are many strategies for reducing injuries. Below are strategies specifically for [General Injury Prevention](#), Adolescent Intentional Injury Hospitalizations (ages [0-9 years](#) and [10-19 years](#)), [Overdose Deaths](#), [Firearm-related Deaths](#), and [Fall-related Hospitalizations](#).



## General Injury Prevention

Strategies include the PROTECT and STEADI initiatives.



## Overdose Deaths

Strategies include Good Samaritan drug overdose laws and social media campaigns.



## 0-9 Years Injury Hospitalizations

Strategies range from parental education, to safety equipment.



## Firearm-related Deaths

Strategies include focus deterrence strategies and mentoring programs for youth.



## 10-19 Years Injury Hospitalizations

Strategies include school-based educational curricula and safety guidelines and legislation.



## Fall-related Hospitalizations

Strategies include educational campaigns for seniors and community programming.

# CHA SECTION TWELVE: *INFECTIOUS DISEASES*

## INDICATORS:

Chlamydia

Gonorrhea

HIV/AIDS

Syphilis

Hepatitis C

Pertussis

Varicella

Hepatitis B

Salmonellosis

Giardiasis

Campylobacteriosis

Escherichia coli

Legionellosis

Lyme Disease

Spotted Fever Rickettsiosis

Tuberculosis

Want to see more data pertaining to infectious diseases? Visit the Virginia Department of Health's [Reportable Disease Surveillance Data](#) webpage.



# Chlamydia

Chlamydia is the most common bacterial sexually transmitted infection in the United States. It is caused by the bacteria *Chlamydia trachomatis* and is easy to cure with the right medicine. Chlamydia usually does not cause symptoms, and while both males and females can get it, yearly screening in sexually active females under 25 years is the most effective way to diagnose chlamydia and prevent complications. In 2022, Portsmouth had the highest rate of chlamydia at 1,398 cases per 100,000 persons. Unfortunately, the trend is increasing in Portsmouth and has increased by 30.29% since 2013.

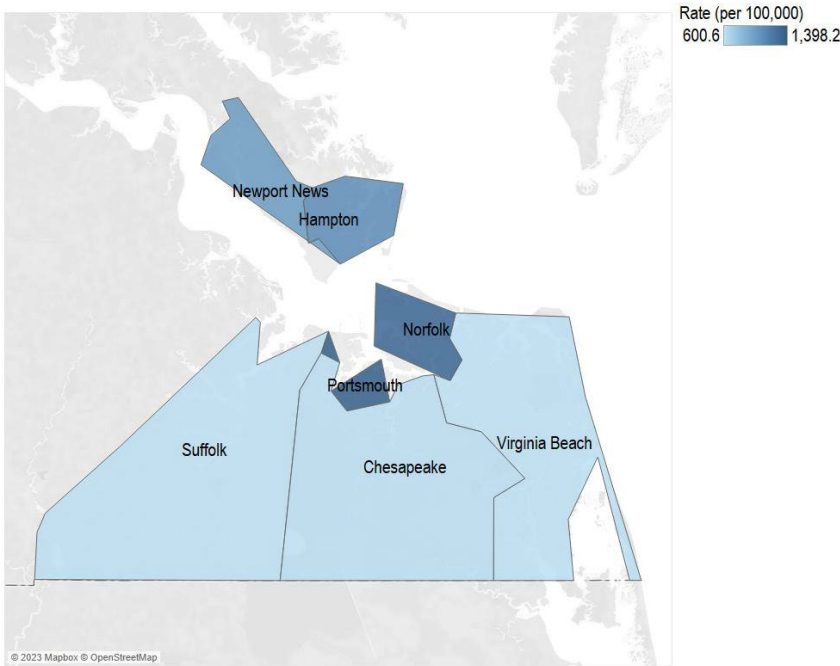


Figure 140: Rates of chlamydia, 2022  
Source: Virginia Department of Health

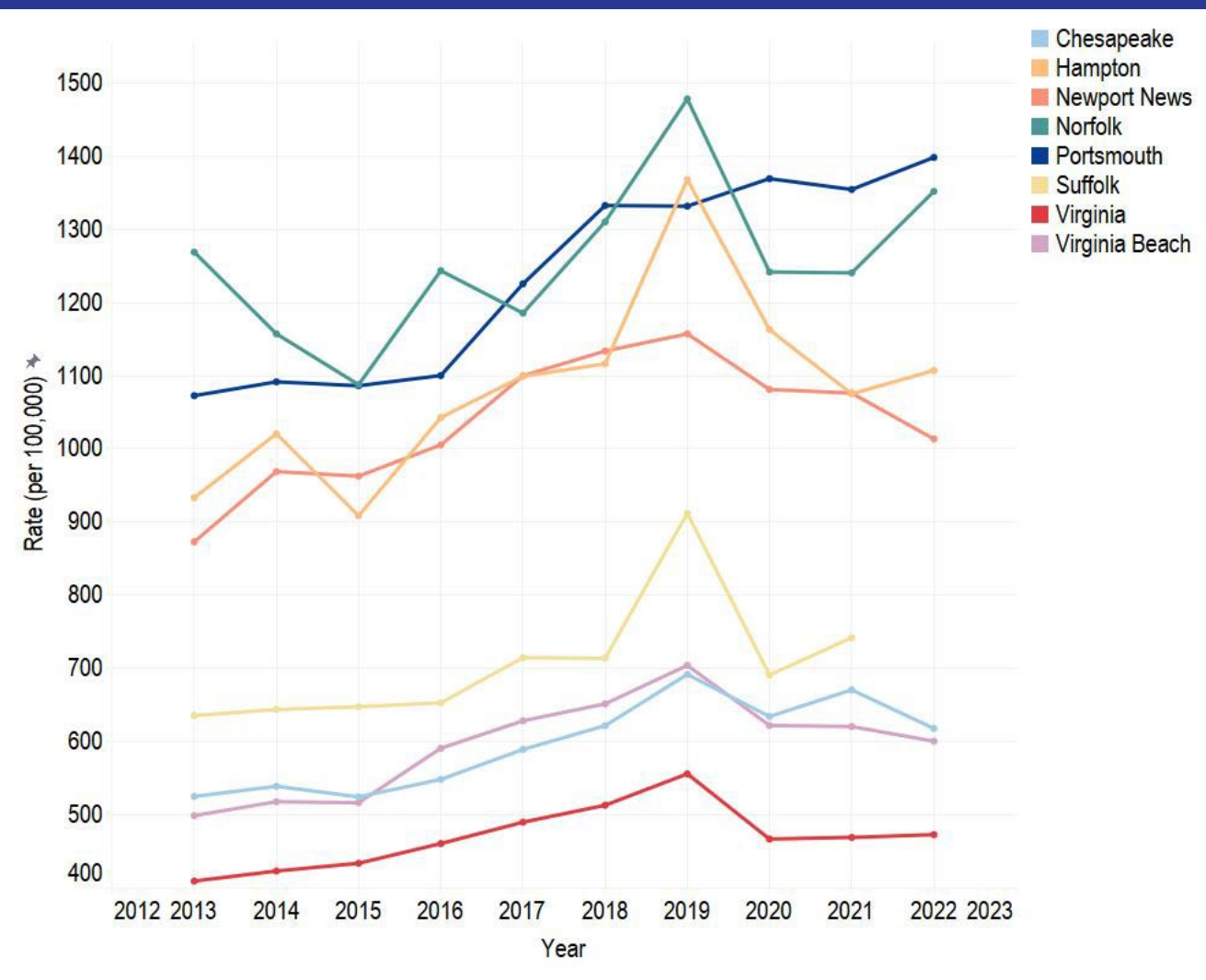
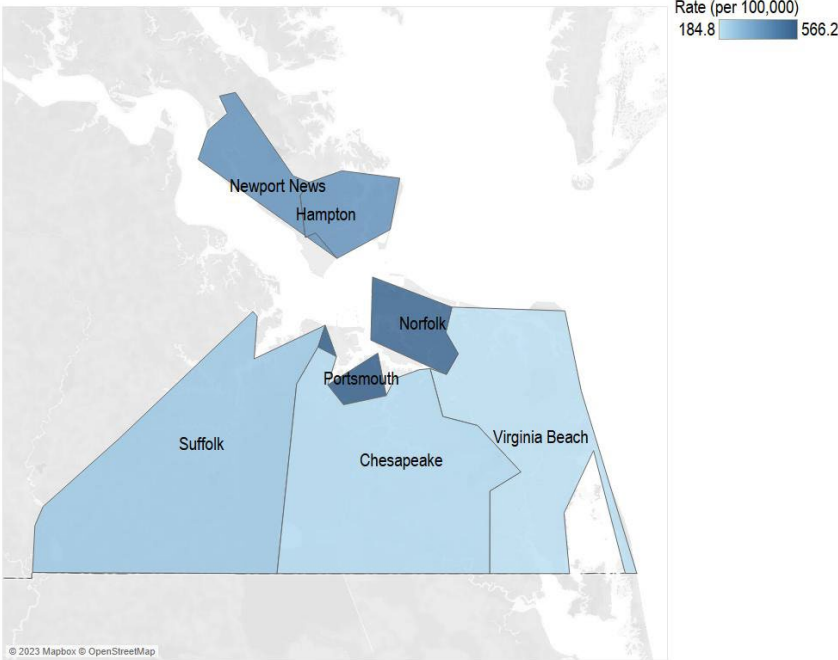


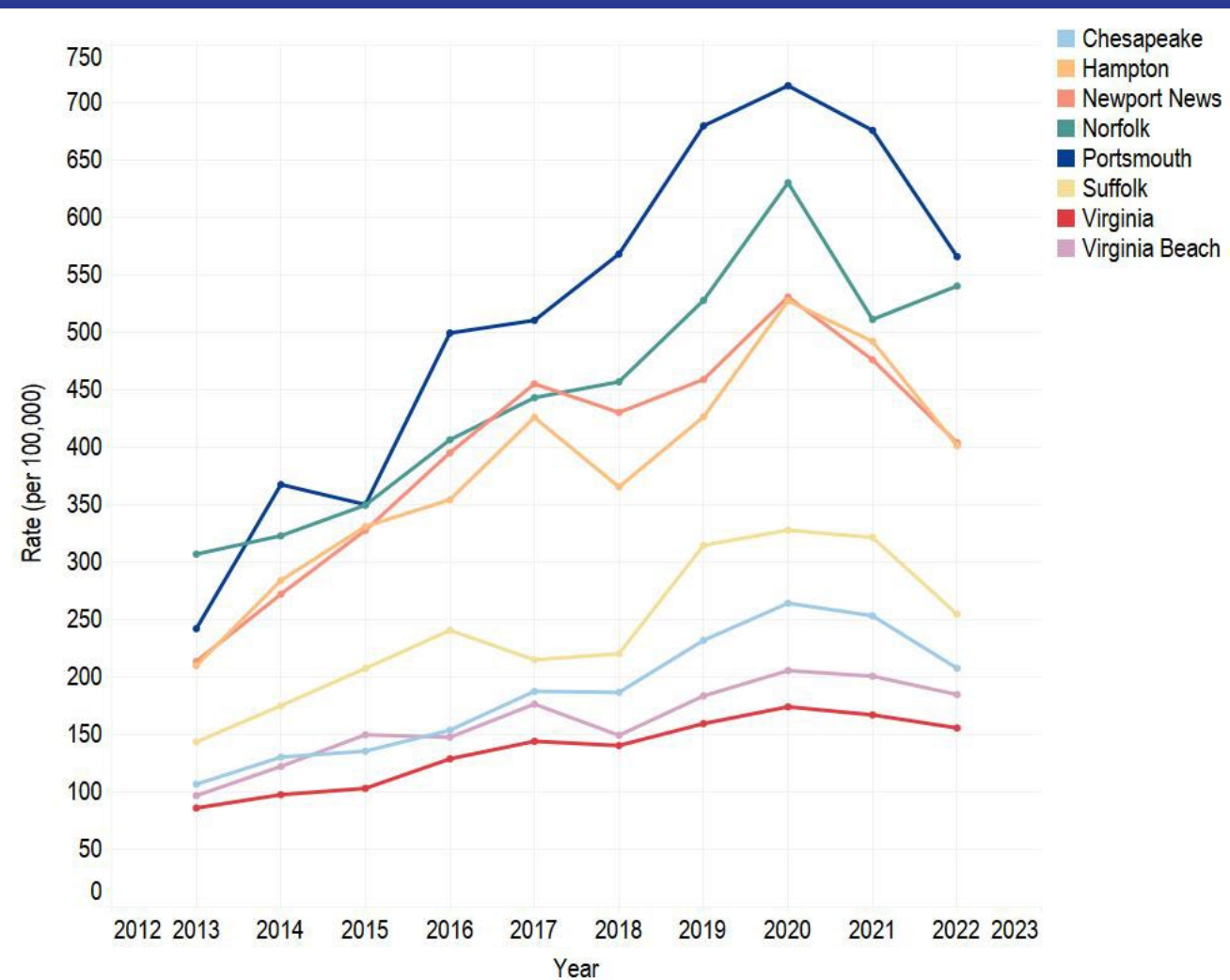
Figure 141: Rates of chlamydia  
Source: Virginia Department of Health

# Gonorrhea



Anyone who is sexually active can get gonorrhea and many times, gonorrhea has no symptoms, making it important to get tested regularly. People with gonorrhea are more likely to get and transmit HIV, and it can cause pelvic inflammatory disease in women. Portsmouth had the highest rate in the Hampton Roads area in 2022 at 566.2 cases per 100,000 persons. While Portsmouth's rate had been increased from 2013 to 2020, recent years have seen a decrease (Figure 143). Healthy People 2030 has a goal for reducing gonorrhea rates in male adolescents and young men, set at 471.2 cases per 100,000. Unfortunately, the status is getting worse.

**Figure 142:** Rates of gonorrhea, 2022  
Source: Virginia Department of Health



**Figure 143:** Rates of gonorrhea  
Source: Virginia Department of Health



# HIV/AIDS

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system and if it goes untreated, it can lead to AIDS (acquired immunodeficiency syndrome). More than 1.2 million people in the United States are living with HIV. Portsmouth rate of HIV/AIDS cases has remained steady over the years, ending at 685 cases per 100,000 persons in 2022 (Figure 145). While Portsmouth was the second highest rate in the Hampton Roads area, the city's rate is significantly lower than Virginia's rate (6,679 cases per 100,000 persons in 2022). Healthy People 2030's goal to reduce the number of new HIV infections is set at 3,000 people, with 34,800 people diagnosed in 2019.

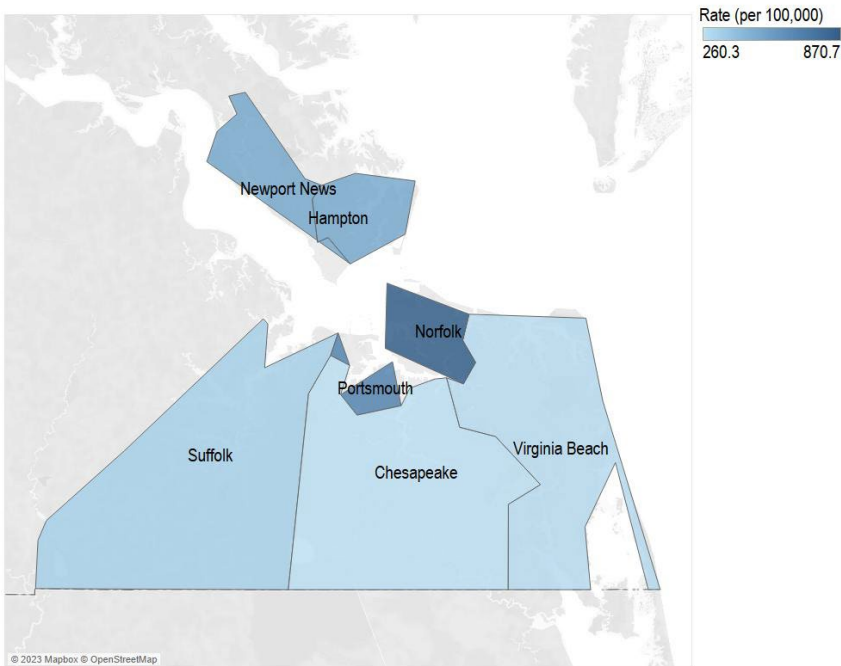


Figure 144: HIV/AIDS case rates, 2022  
Source: Virginia Department of Health

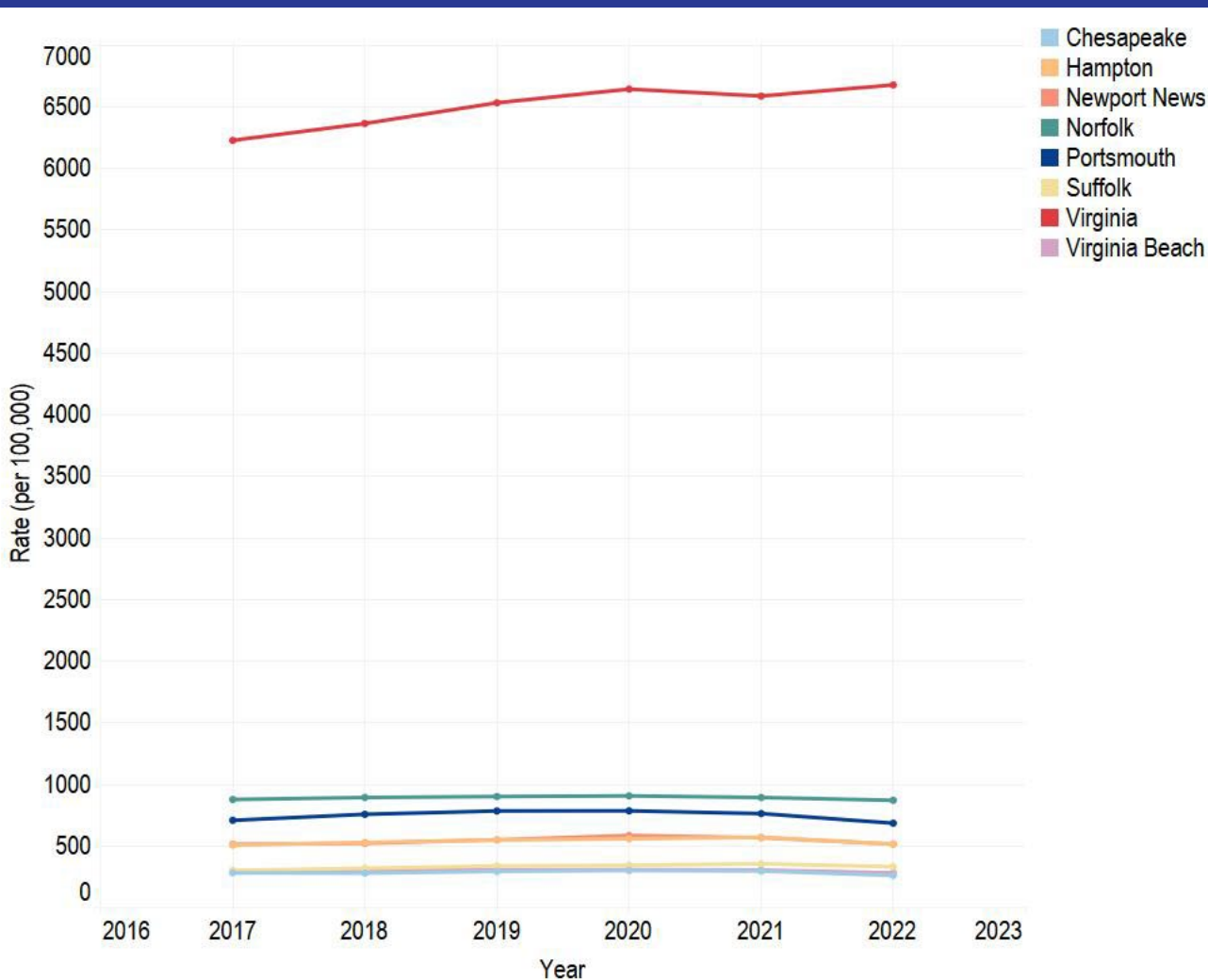
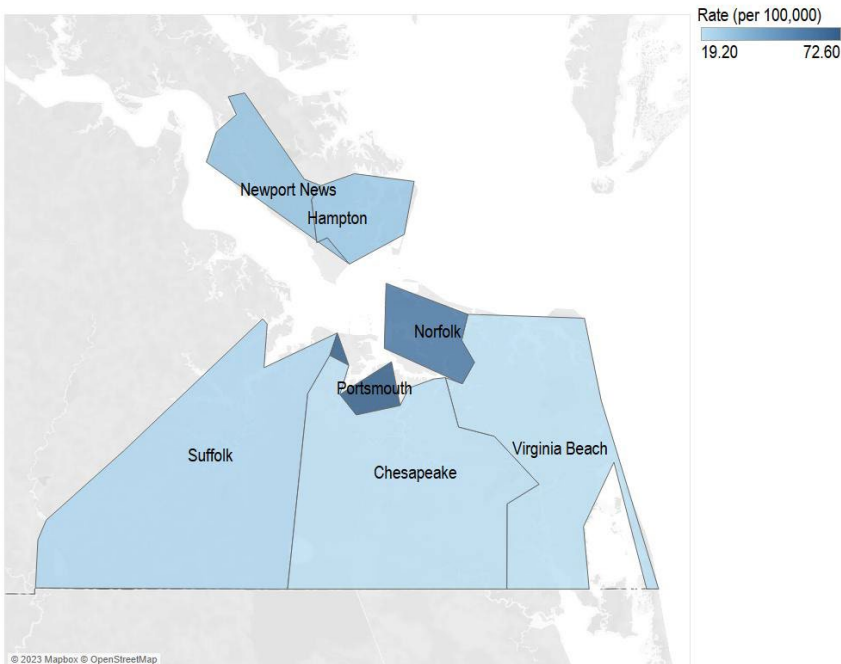


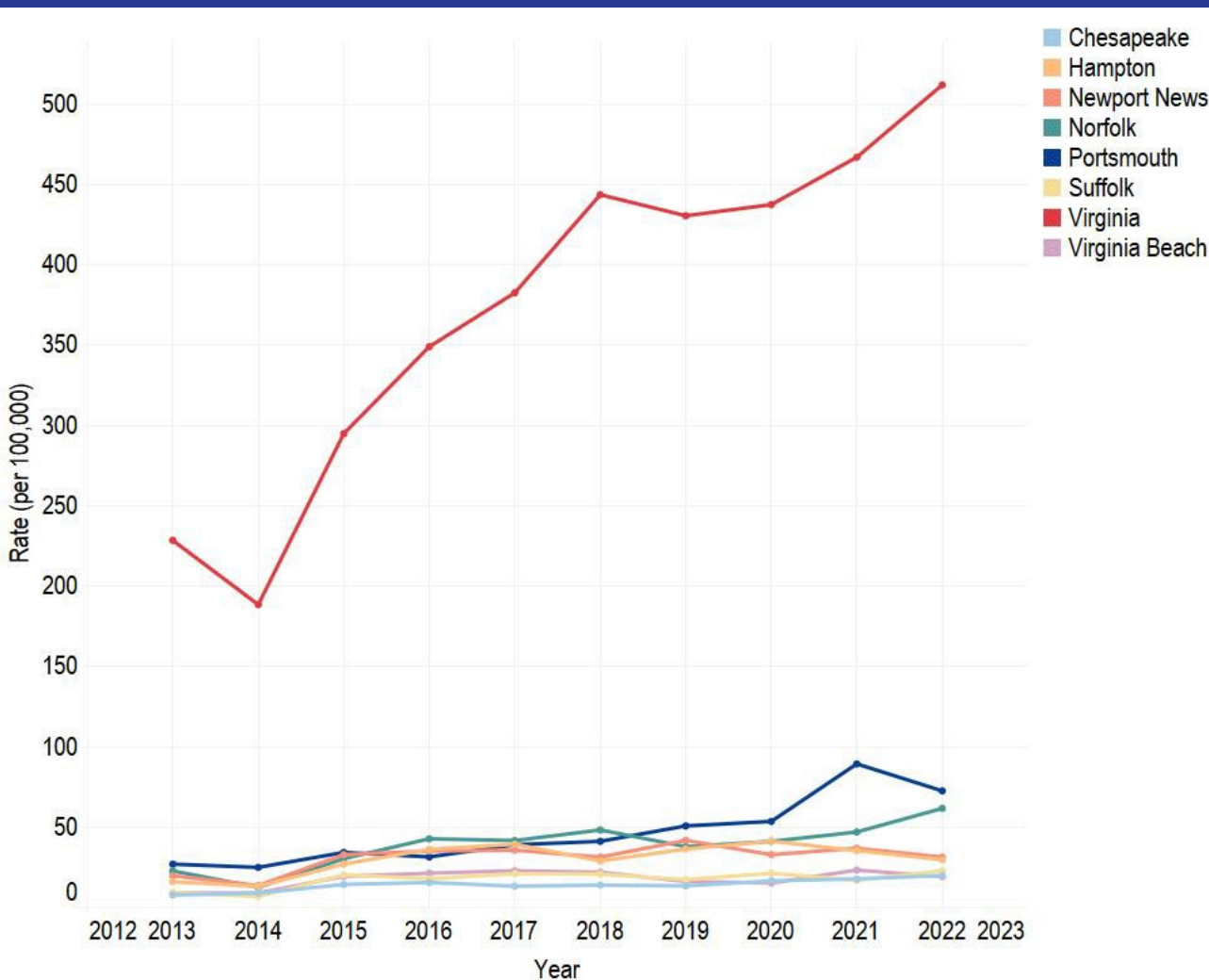
Figure 145:  
HIV/AIDS case rates  
Source: Virginia Department of Health

# Syphilis

Syphilis is often called the 'great imitator' because it has so many possible symptoms. Untreated syphilis can cause brain and eye problems, and having syphilis makes it more likely that people will get and transmit HIV. Women with syphilis can also pass it to their children during pregnancy. In 2022, Portsmouth had the highest rate at 72.6 cases per 100,000 persons but was still significantly lower than Virginia's overall rate at 511.9 (Figure 147). The rate of new syphilis cases in females in the United States is getting worse. In 2020, Healthy People found 10.8 cases of syphilis per 100,000 females, which is above the HP2023 target of 4.6 per 100,000.



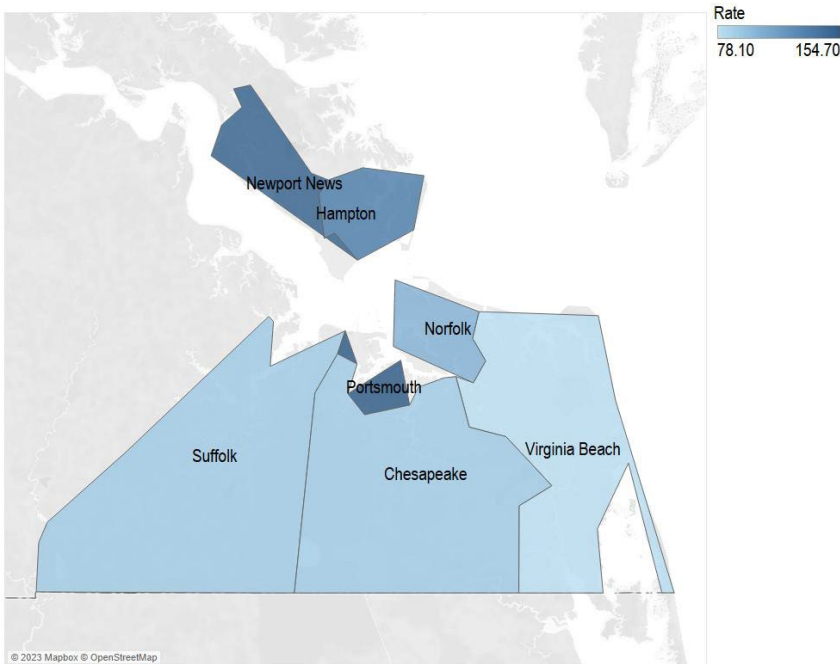
**Figure 146:** New early syphilis case rates, 2022  
**Source:** Virginia Department of Health



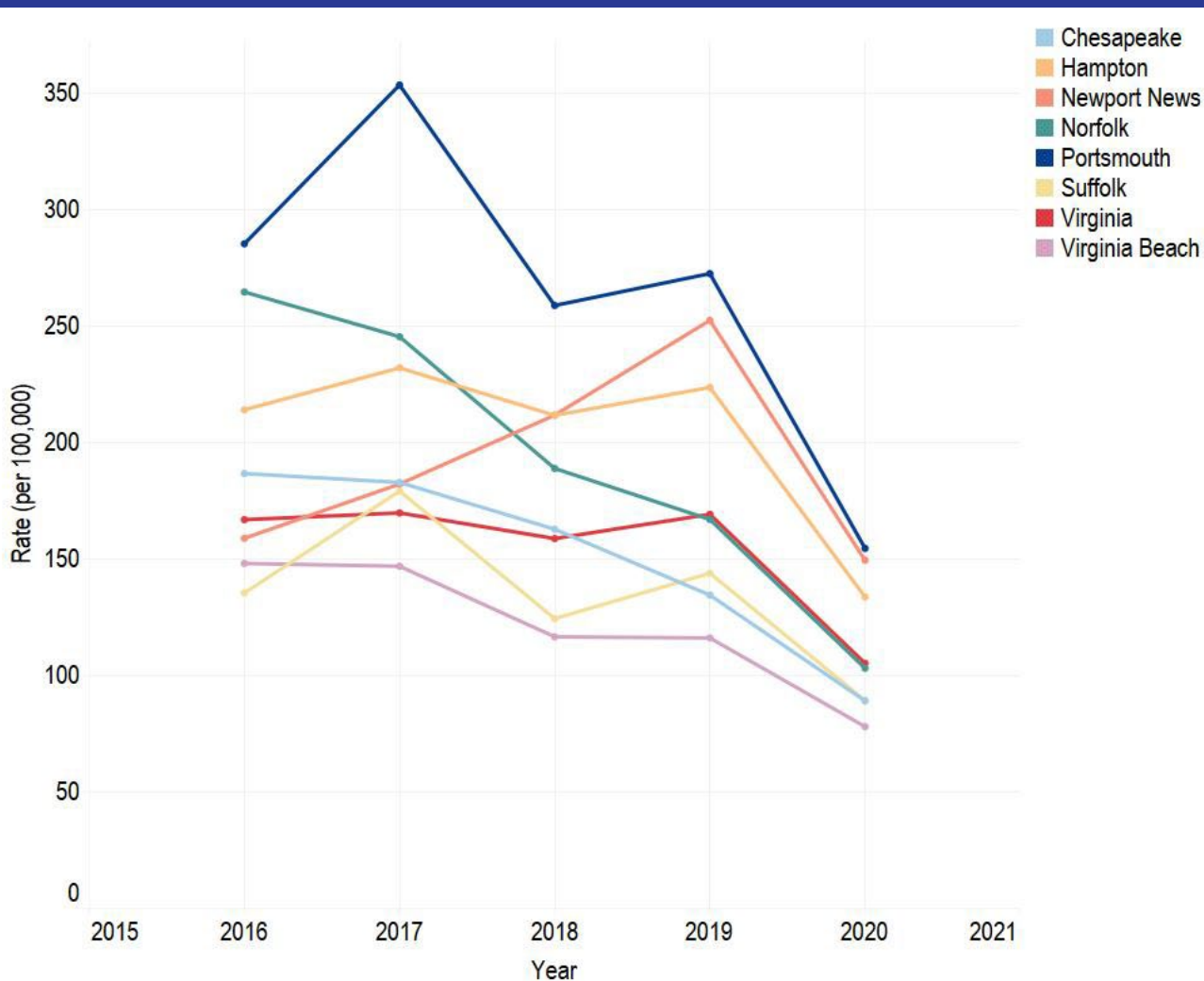
**Figure 147:** New early syphilis case rates  
**Source:** Virginia Department of Health

# Hepatitis C

Hepatitis C (HCV) is a bloodborne virus that causes liver infection. It is primarily spread through contact with infected blood. HCV can cause both acute and chronic infection. Chronic HCV can lead to liver damage, liver failure, cirrhosis, liver cancer, and even death. New treatments can cure HCV, so making sure people get tested according to the national testing recommendations for HCV, making sure people with the disease are referred for care, and making HCV medication more affordable can help reduce the rate of deaths related to HCV. While the trend of HCV cases in adults is decreasing in Portsmouth, it is still the highest in the Hampton Roads area (Figure 149). Healthy People 2030's goal to reduce the rate of acute HCV is set at 0.1 cases per 100,000 population.

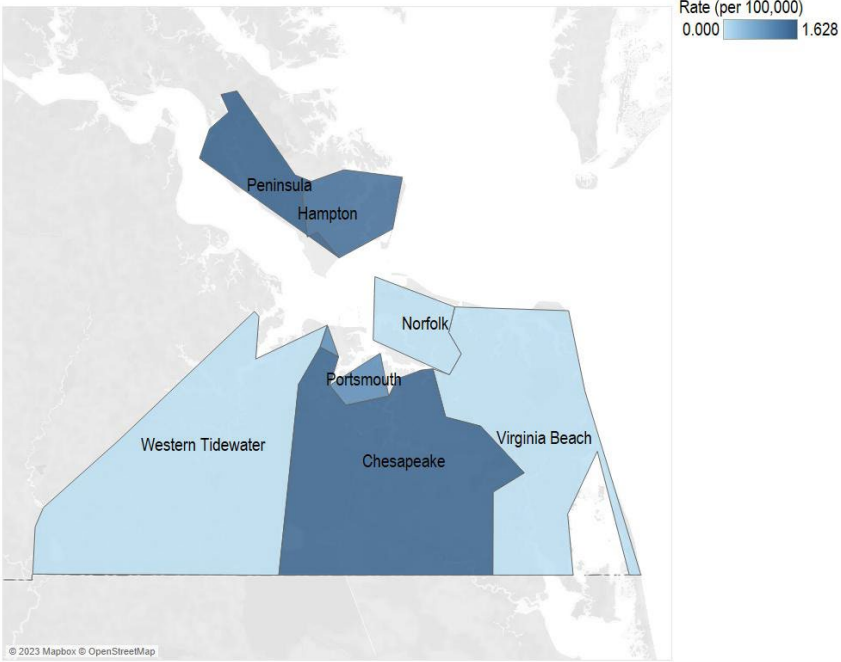


**Figure 148:** Hepatitis C case rate in adults, 2020  
Source: Virginia Department of Health



**Figure 149:**  
Hepatitis C case rate in adults  
Source: Virginia Department of Health

# Pertussis



From 2013 to 2022, Portsmouth has been between 1 and 6 cases of pertussis (whooping cough) annually. Overall, the rate of cases in Portsmouth remains low compared to surrounding Hampton Roads cities. There is a vaccine for Pertussis, and the Centers for Disease Control and Prevention routinely recommends the DTaP vaccine at 2, 4, and 6 months, at 15 through 18 months, and at 4 through 6 years. Healthy People 2030's goal is to reduce cases of pertussis among infants to 2,387 cases, and data from 2016-2020 exceeded the goal at 1,859 cases.

Figure 150: Pertussis case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

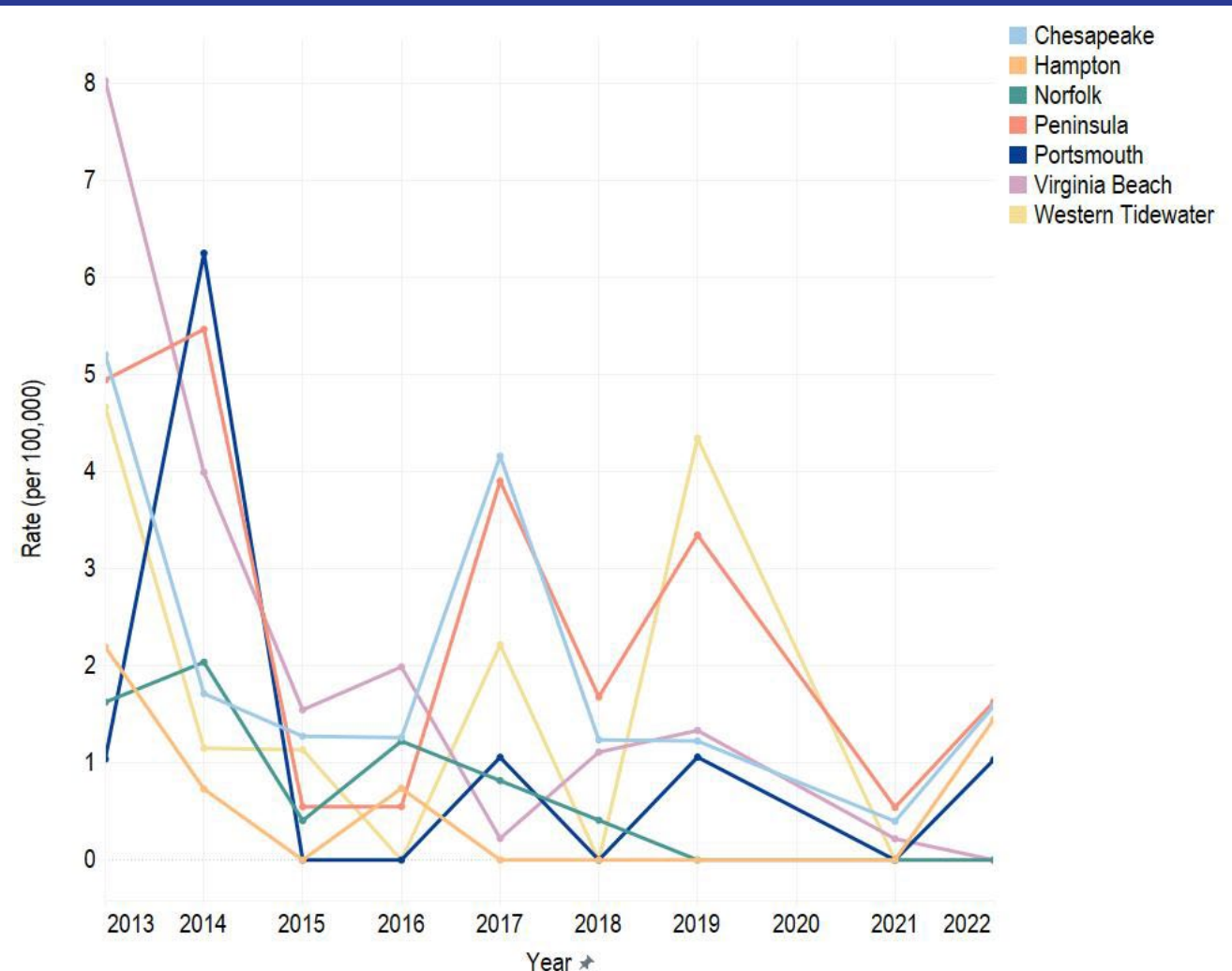


Figure 151: Pertussis case rates  
Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



# Varicella

Portsmouth receives only a few case reports of Varicella (chickenpox) each year, receiving between 0 and 4 cases annually from 2016 to 2022. Since 2007, when the second dose of Varicella vaccine was recommended, cases have dramatically declined to only a third of the number reported in the previous years (Figure 153). Routine vaccination is a 2-dose series with the first dose given at age 12 through 15 months and the second dose at 4 through 6 years.

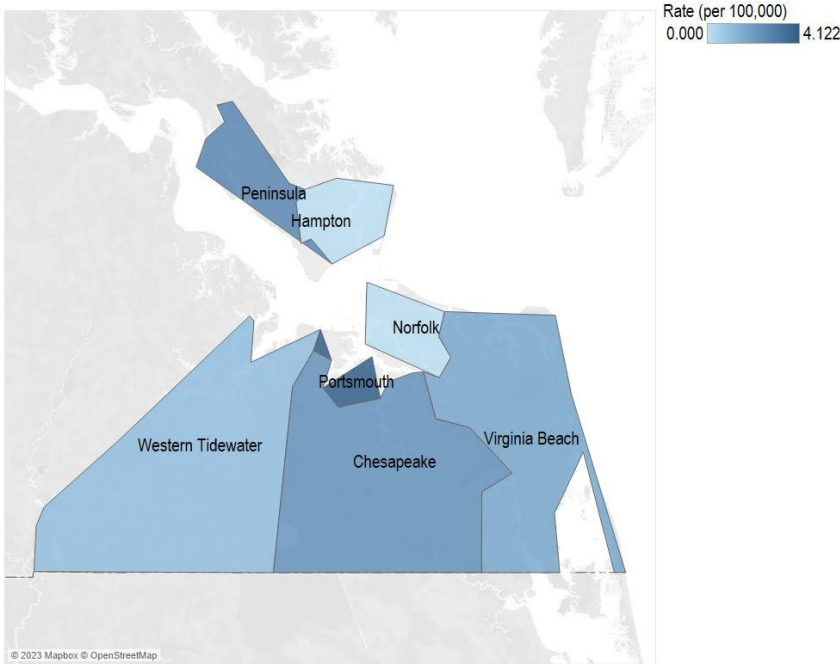


Figure 152: Varicella case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

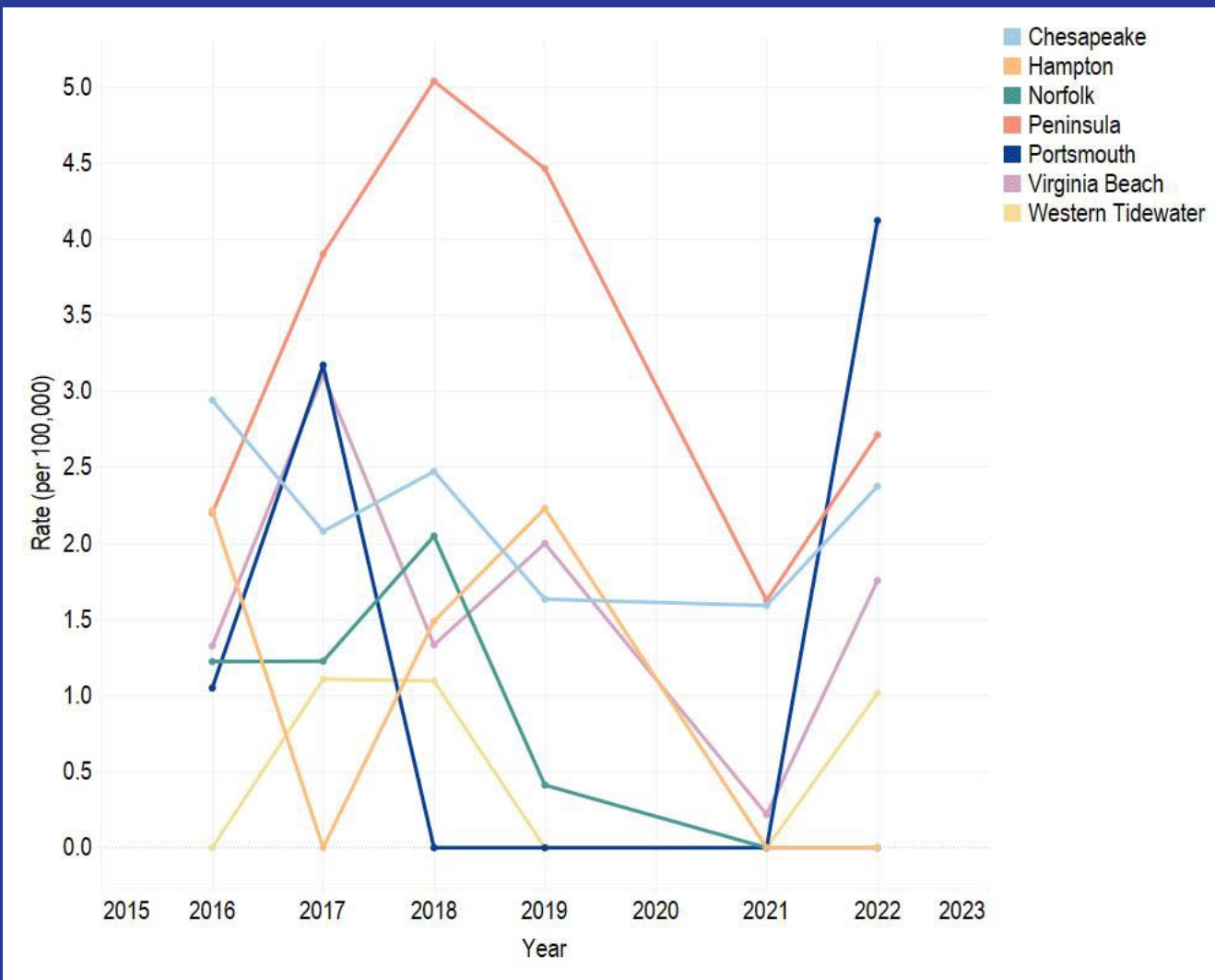


Figure 153: Varicella case rates

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



# Hepatitis B

Hepatitis B is a serious disease caused by a virus that attacks the liver. Following acute infection, individuals can either resolve the infection or remain chronically infected; the risk of chronic carriage following the initial infection decreases with age of initial infection. Hepatitis B has been on the decline in Virginia and the United States since routine vaccination has been recommended for infants. Overall, Portsmouth has a low rate of both acute and chronic Hepatitis B (Figure 154). Healthy People 2030 has a goal of reducing the rate of acute hepatitis B to 0.1 cases to 100,000 population. This goal is at the baseline stage, with the data gathered in 2017 showing 1.1 cases of acute hepatitis B per 100,000 population.

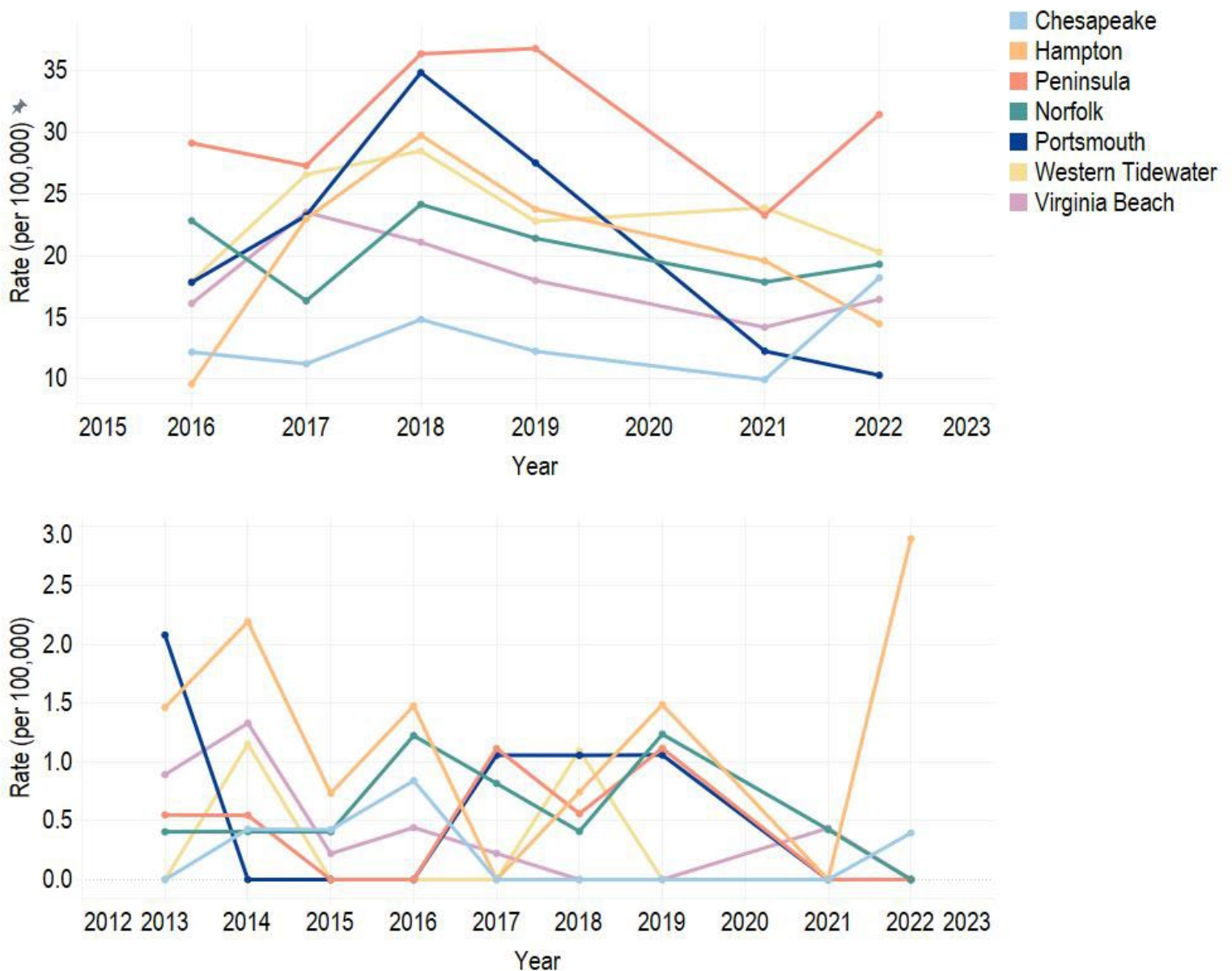


Figure 154: Hepatitis B case rates, chronic (top) and acute (bottom)

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

# Salmonellosis

Salmonellosis (salmonella) is the most common foodborne illness in Virginia. In 2022, Portsmouth had the third lowest rate of Salmonellosis in the Hampton Roads region, only higher than Hampton and Norfolk. Portsmouth's rates of infection has remained stable from 2013 through 2022, unlike other cities in the region whose rates vary widely from year to year (Figure 156). The Healthy People 2030 goal of reducing infections caused by *Salmonella* is set at 11.5 infections per 100,000 population. In 2021, the rate was at 13.3 and the status is improving.

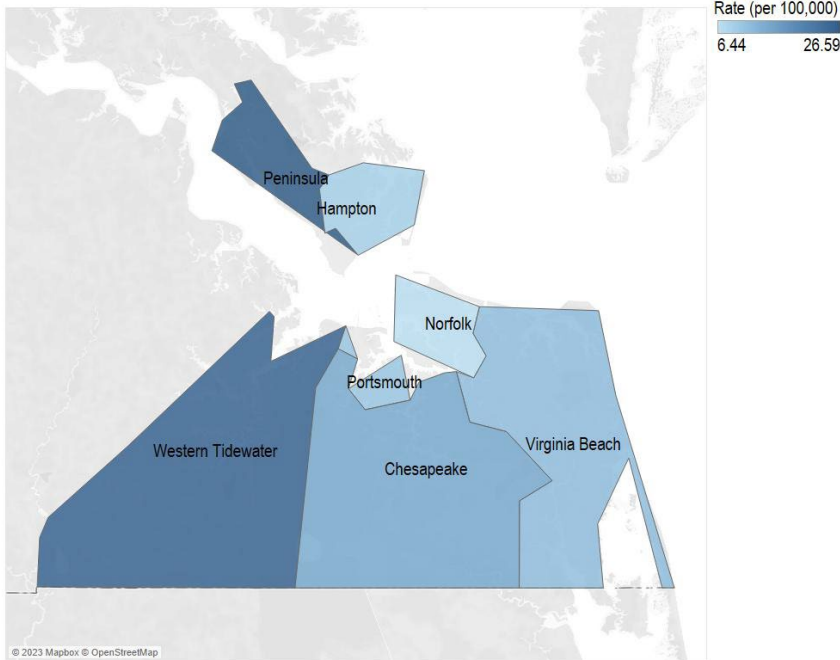


Figure 155: Salmonellosis case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

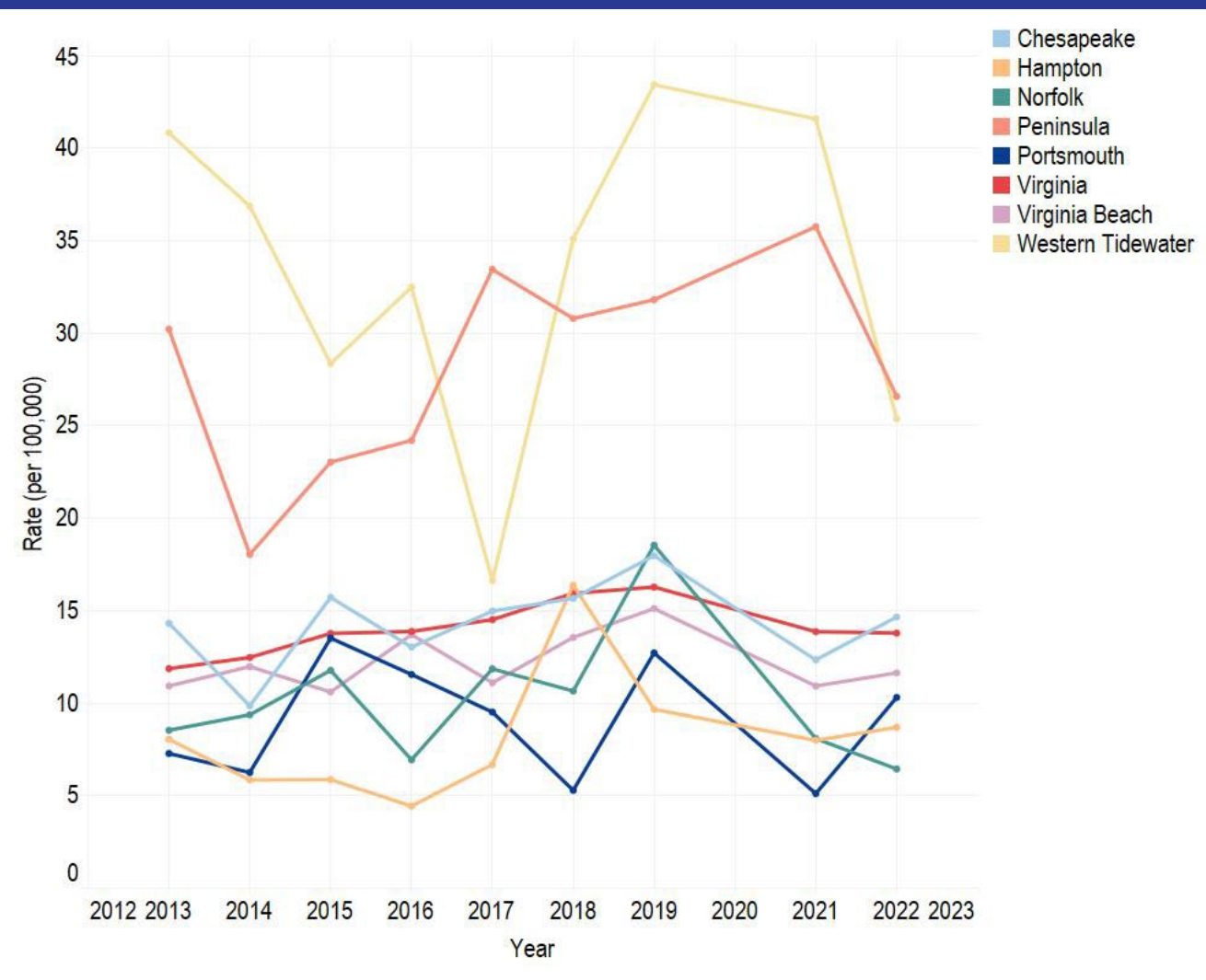


Figure 156: Salmonellosis case rates  
Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

# Giardiasis

*Giardia* is a tiny parasite that causes the diarrheal disease giardiasis. *Giardia* is found on surfaces or in soil, food, or water that has been contaminated from infected people or animals. Figure 158 shows the rate of giardiasis cases in the Hampton Roads region from 2013 to 2022. In 2022, Portsmouth had the third highest case rate at 3.092 cases per 100,000 persons.

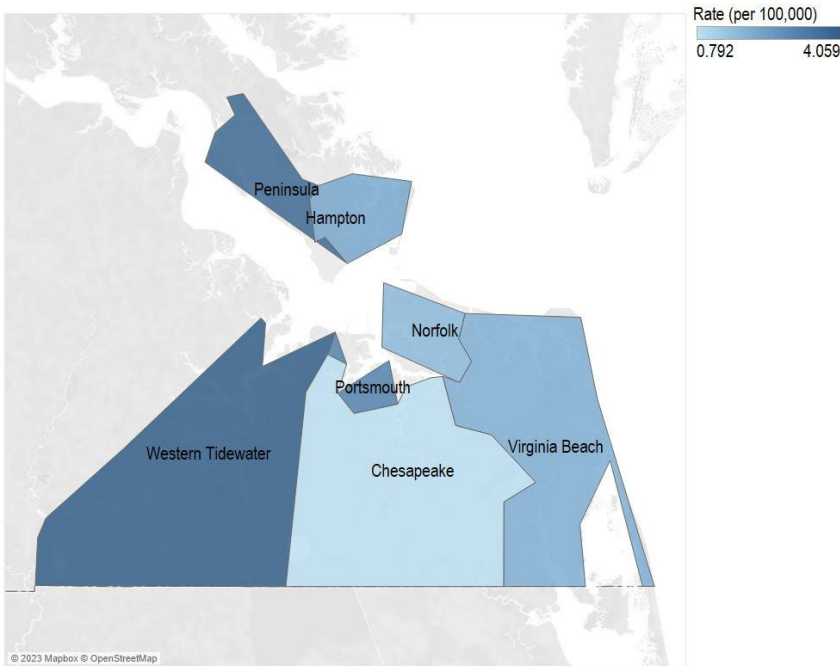


Figure 157: Giardiasis case rate, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

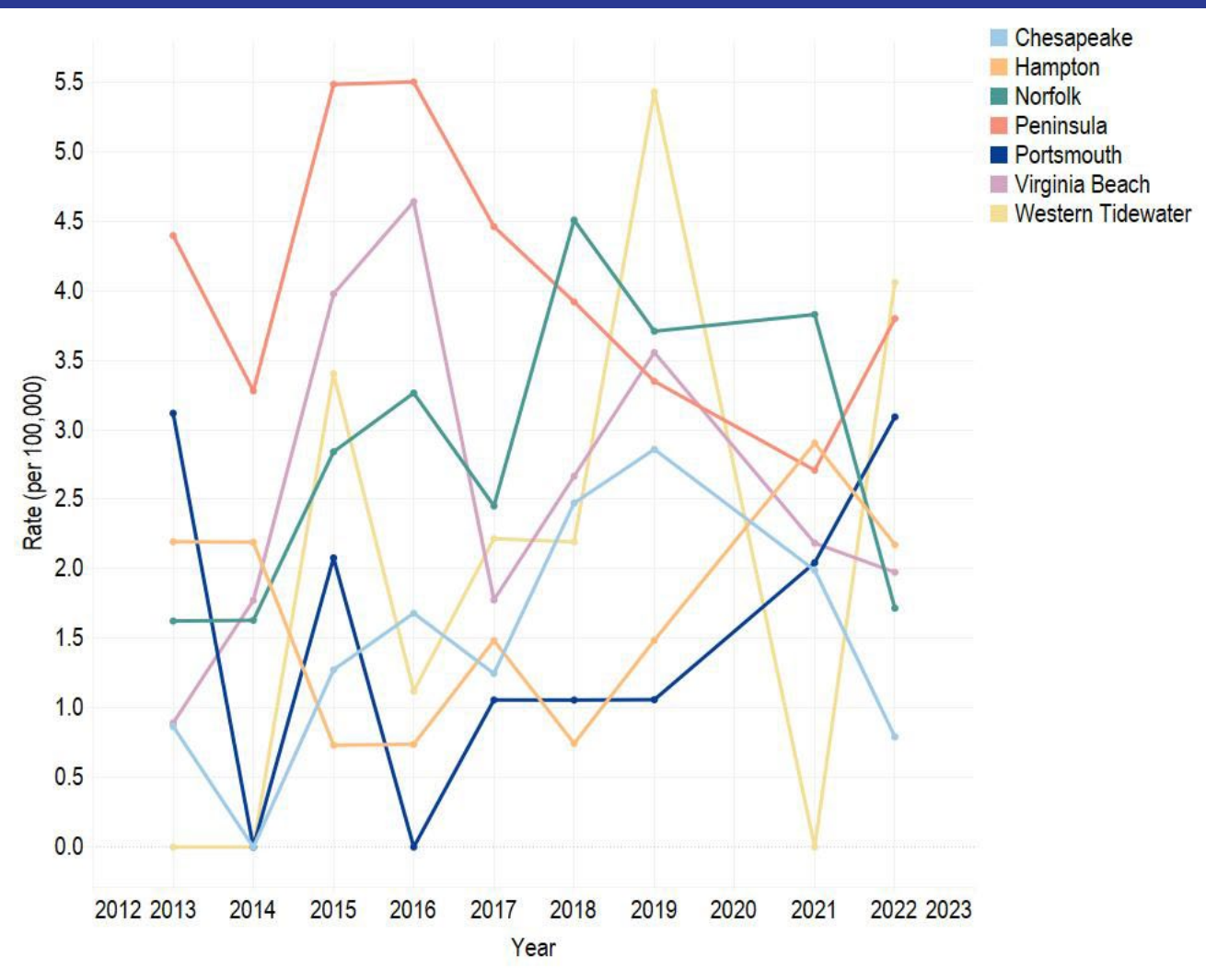


Figure 158: Giardiasis case rates  
Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



# Campylobacteriosis

Campylobacteriosis is a bacterial illness caused by *Campylobacter* bacterium, and it causes an estimated 1.5 million illnesses each year in the United States. Portsmouth had the lowest case rate in 2022 in the Hampton Roads region with 4.12 cases per 100,000 persons (Figure 160). The Healthy People goal of reducing infections caused by *Campylobacter* is set at 10.9 infections per 100,000 population, and in 2021, there were 17.2 infections per 100,000 population.

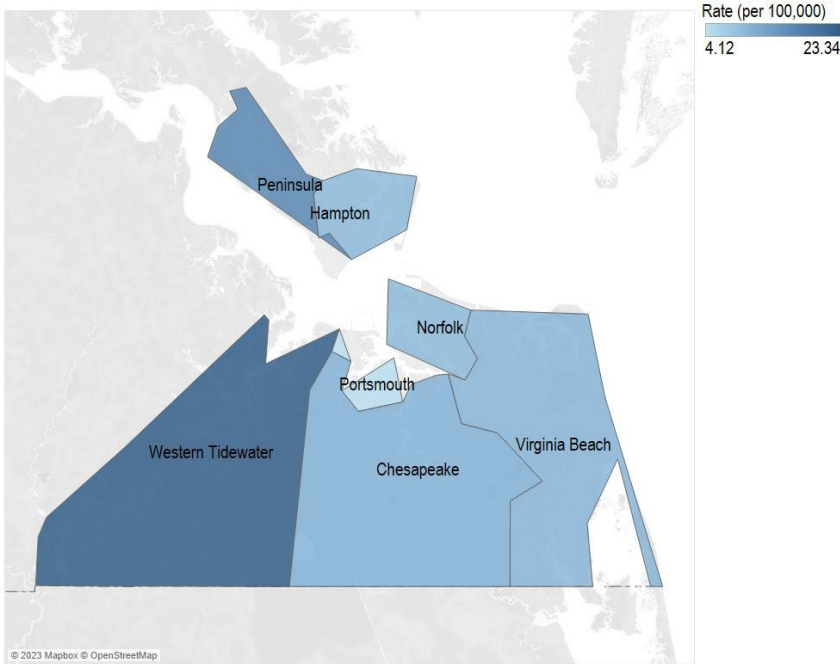


Figure 159: Campylobacteriosis case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

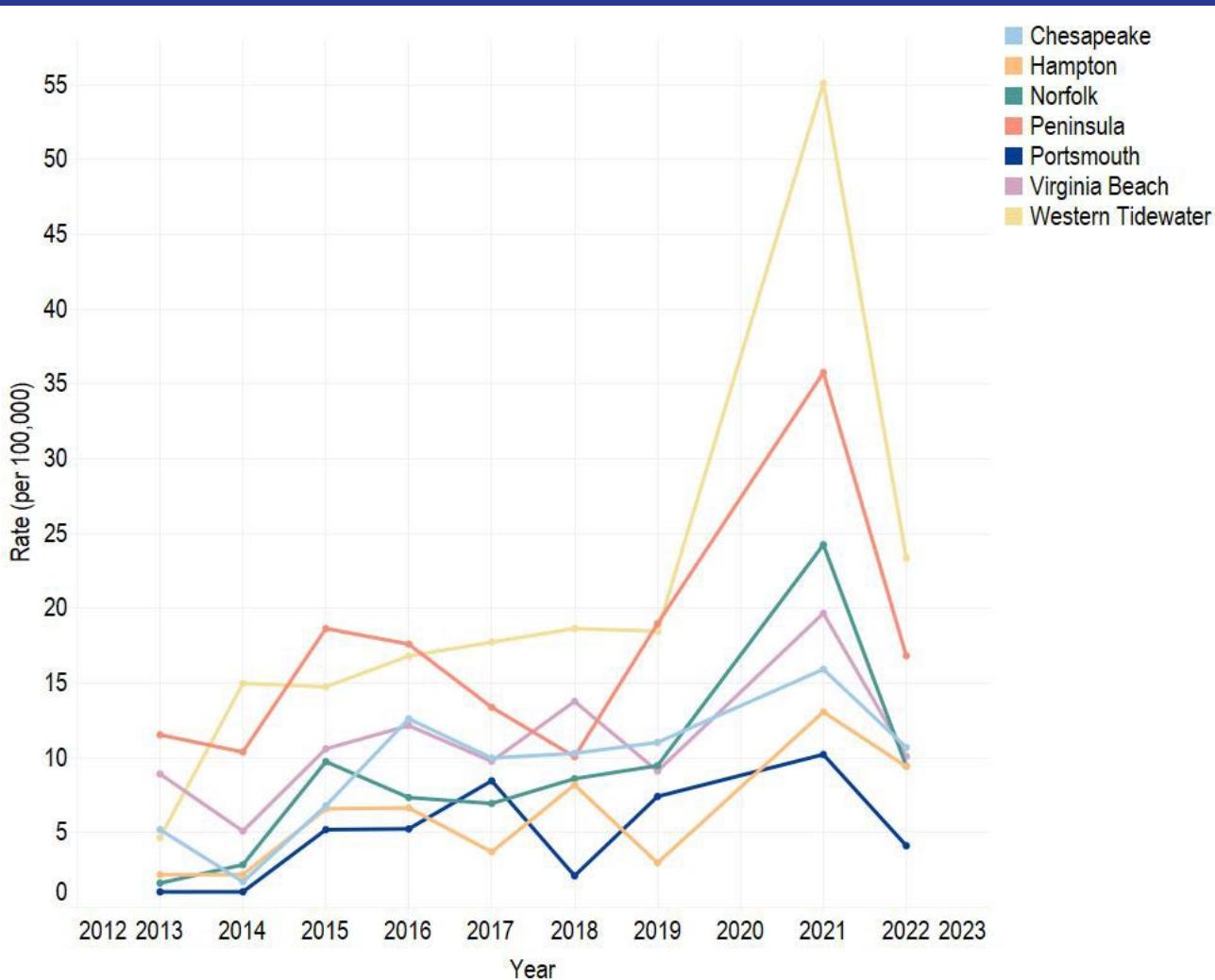


Figure 160: Campylobacteriosis case rates

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

# Escherichia coli

*Escherichia coli* (*E. coli*) bacteria normally live in the intestines of people and animals. Most *E. coli* are harmless and actually are an important part of a healthy human intestinal tract. However, some *E. coli* are pathogenic, meaning they can cause illness. The types of *E. coli* that can cause diarrhea can be transmitted through contaminated water or food, or through contact with animals or persons. Shiga toxin-producing *E. coli* (STEC) is the one most commonly heard about in the news in associated with foodborne outbreaks. From 2013 to 2022, Portsmouth had a low STEC case rate. In 2022, Portsmouth had the lowest rate in the Hampton Roads region at 0 cases per 100,000 persons.

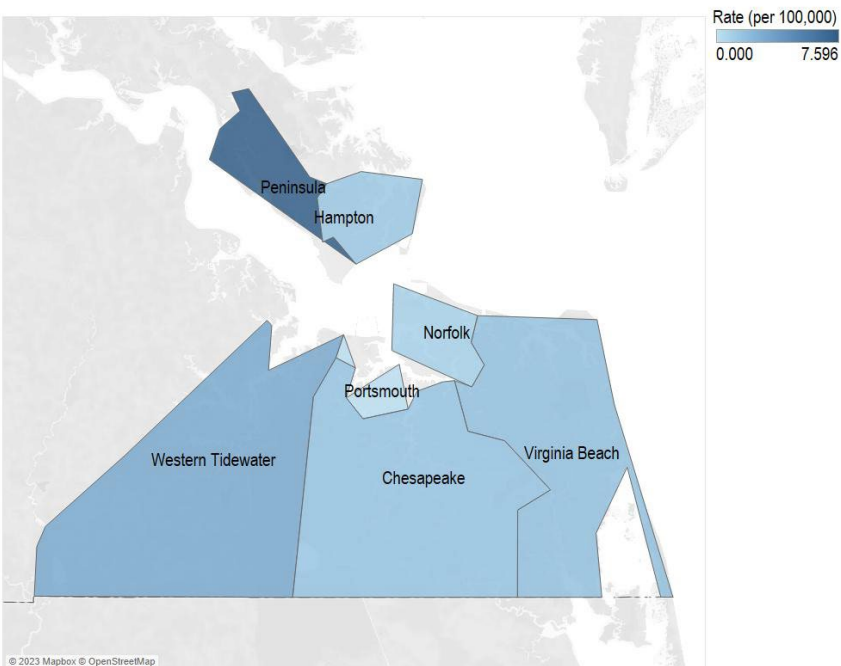


Figure 161: Shiga toxin-producing *E. coli* case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

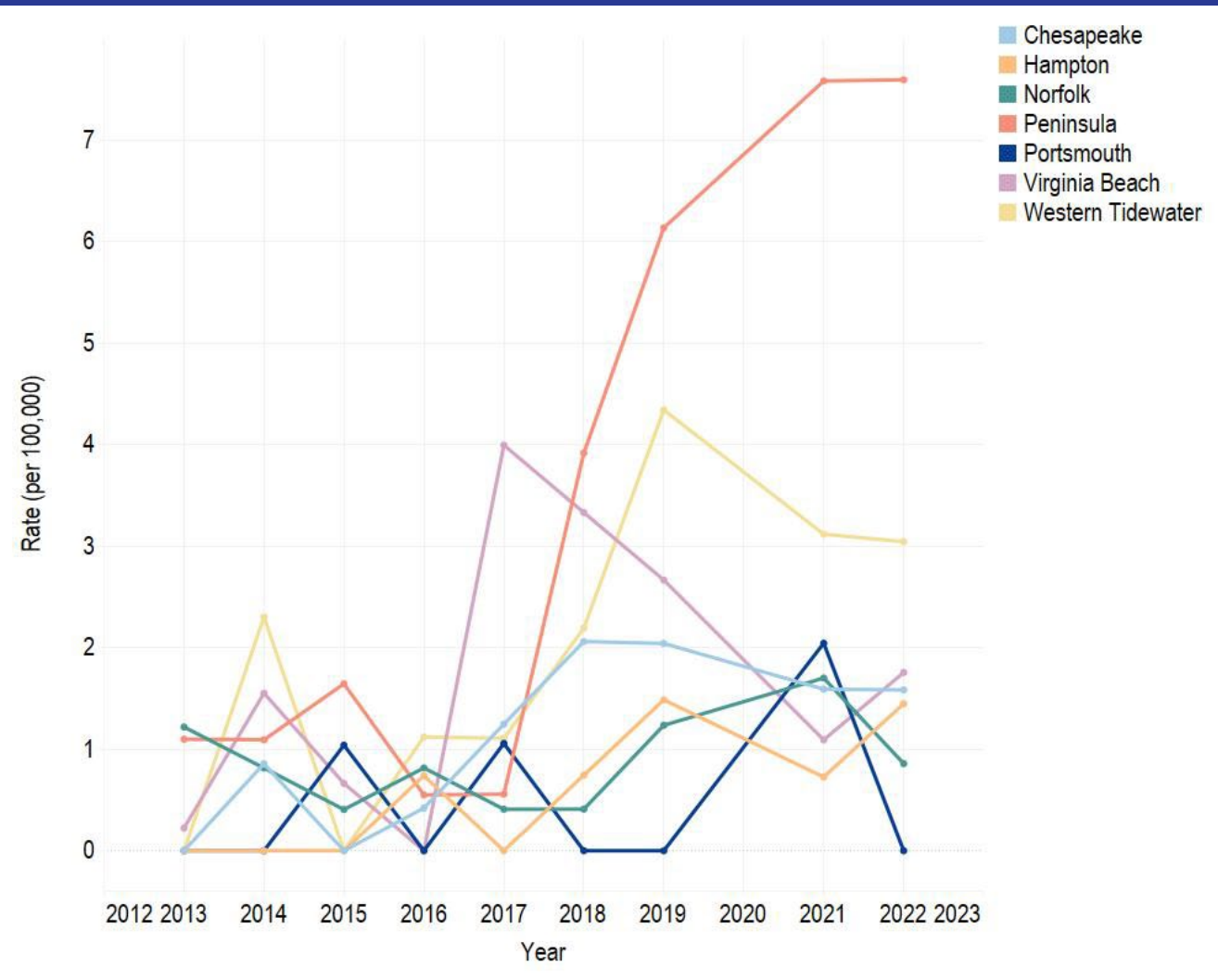
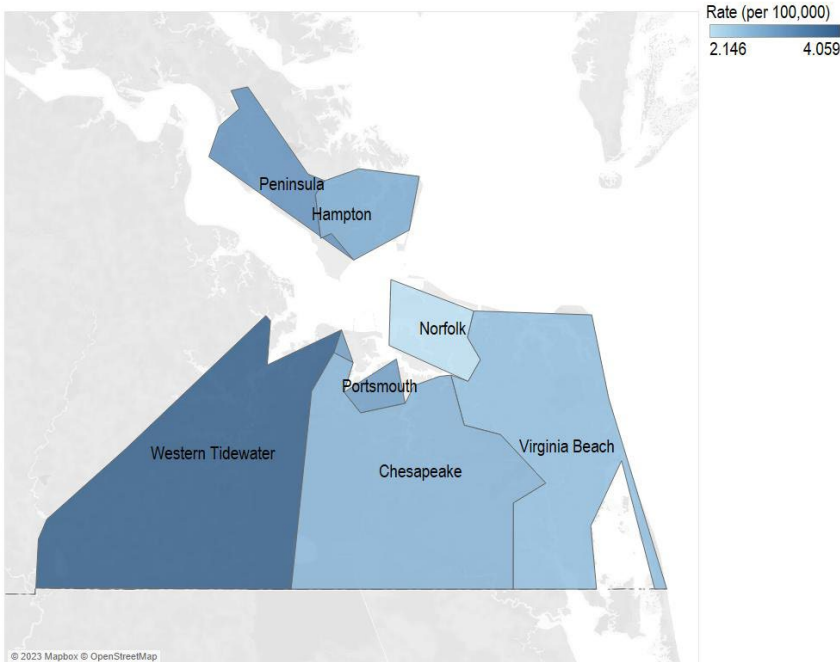


Figure 162: Shiga toxin-producing *E. coli* case rates  
Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



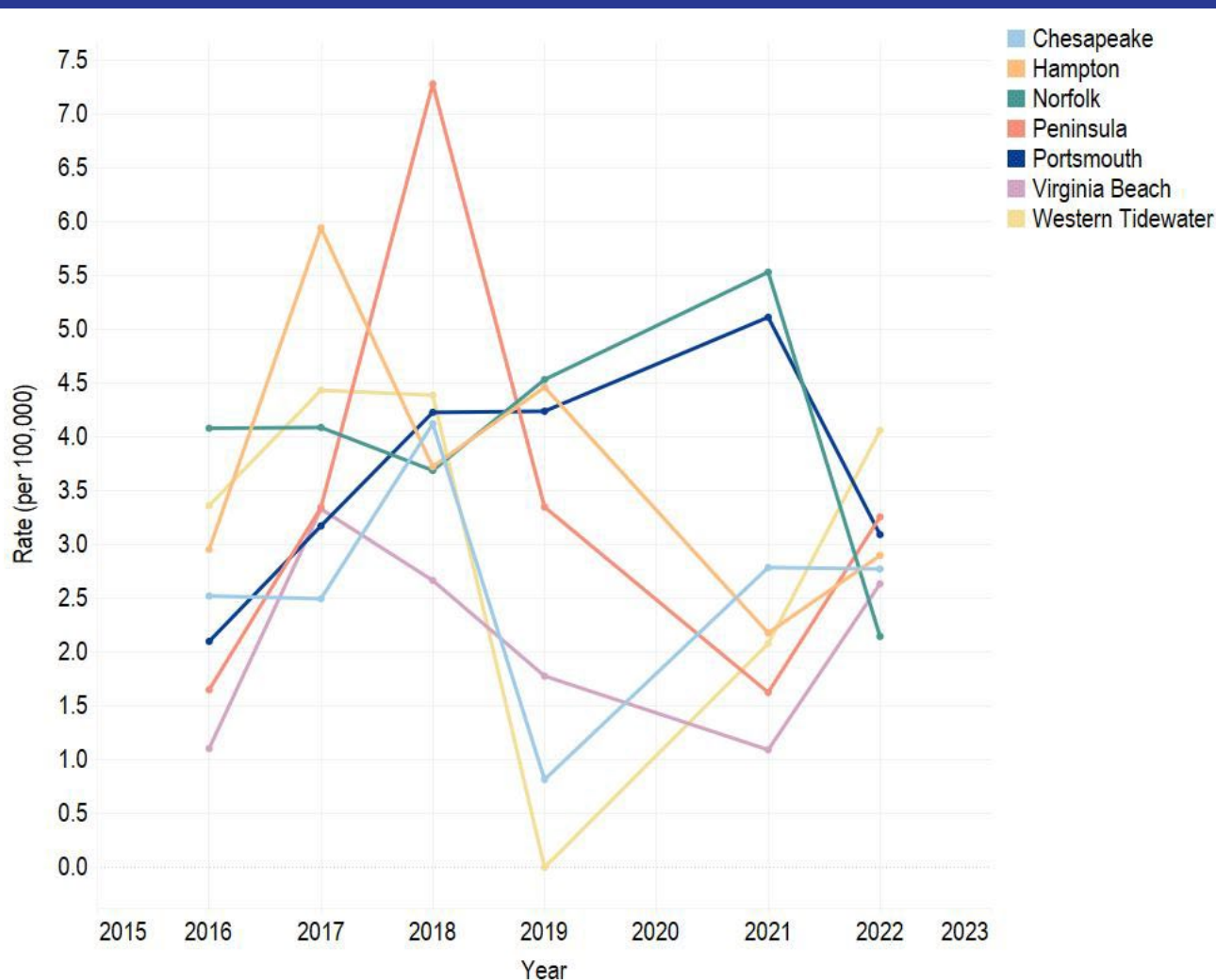
# Legionellosis



Legionellosis is a disease that has two main clinical forms: (1) Legionnaires' disease is the more severe form of infection that causes pneumonia; (2) Pontiac fever is caused by the same bacteria but is a milder illness without pneumonia. The disease got its name after a group of people attending a convention of the American Legion in Philadelphia in 1976 developed pneumonia. In 2022, Portsmouth had the third highest case rate of legionellosis in the Hampton Roads area at 3.092 cases per 100,000 persons (Figure 164).

**Figure 163:** Legionellosis case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



**Figure 164:** Legionellosis case rates

Source: V Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

# Lyme Disease

Lyme disease is the most common vector-borne disease in the United States, caused by the bacterium *Borrelia burgdorferi*. As shown in Figure 165, Portsmouth had the second lowest case rate of Lyme disease in 2022 at 1.031 cases per 100,000 persons.

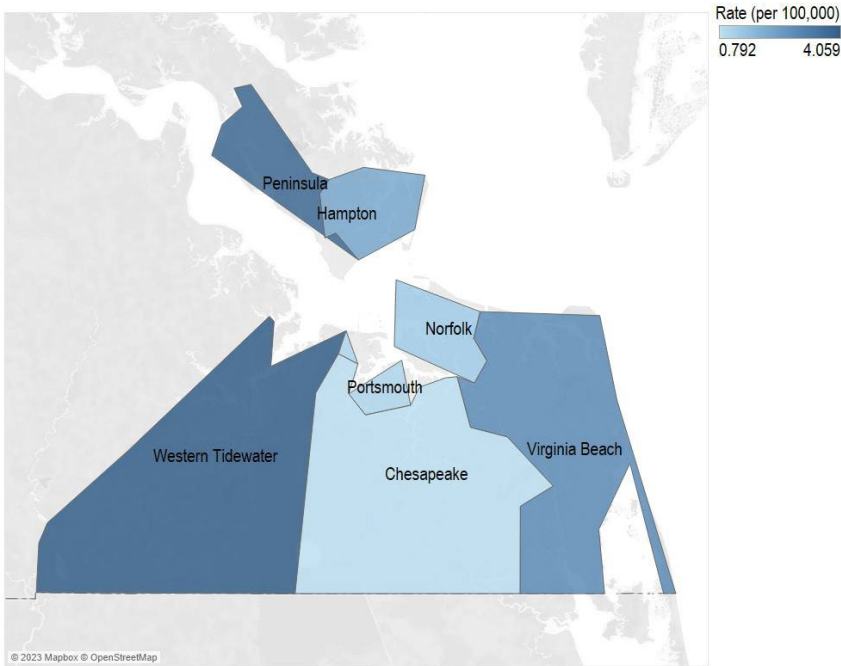


Figure 165: Lyme disease case rates, 2022

Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

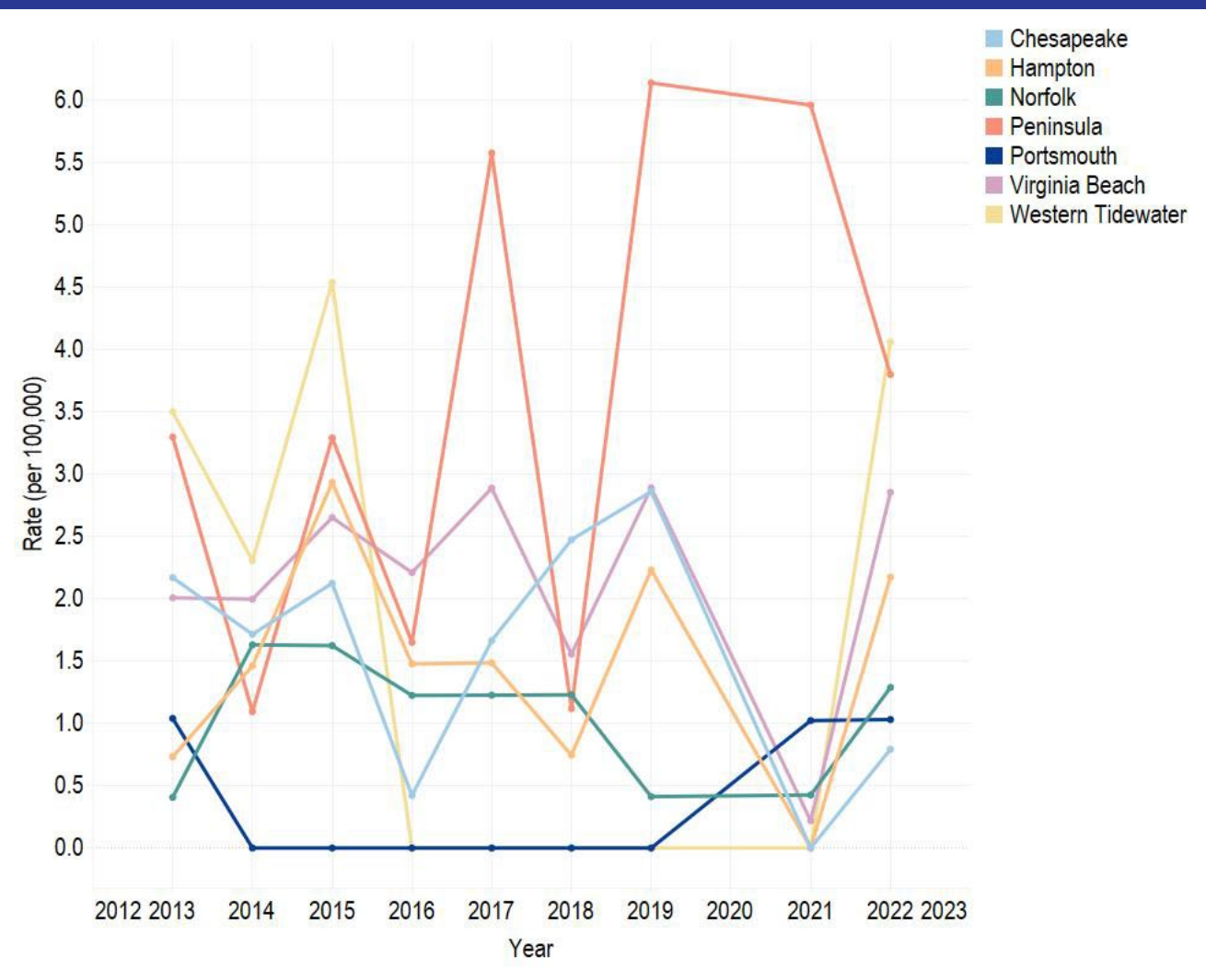
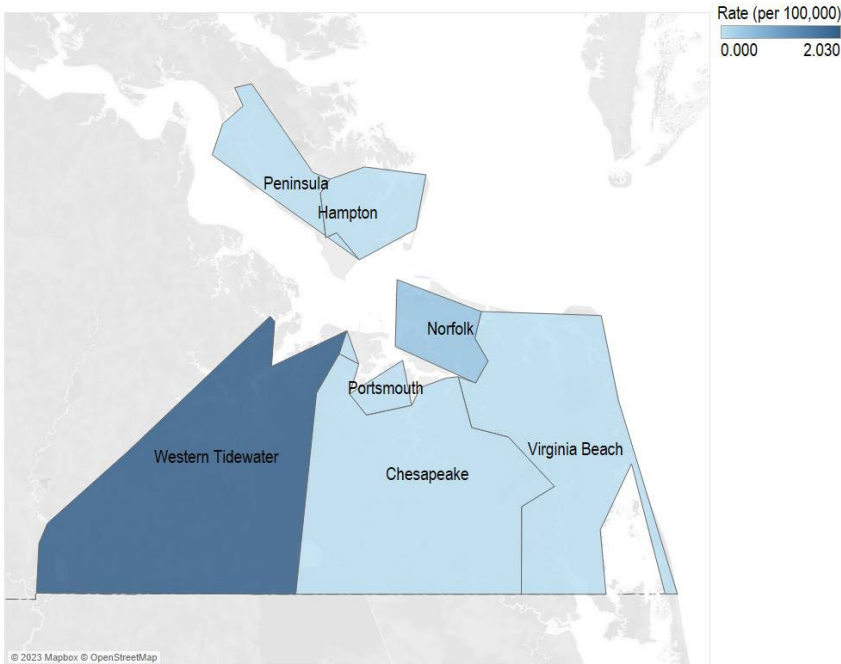


Figure 166: Lyme disease case rates  
Source: Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

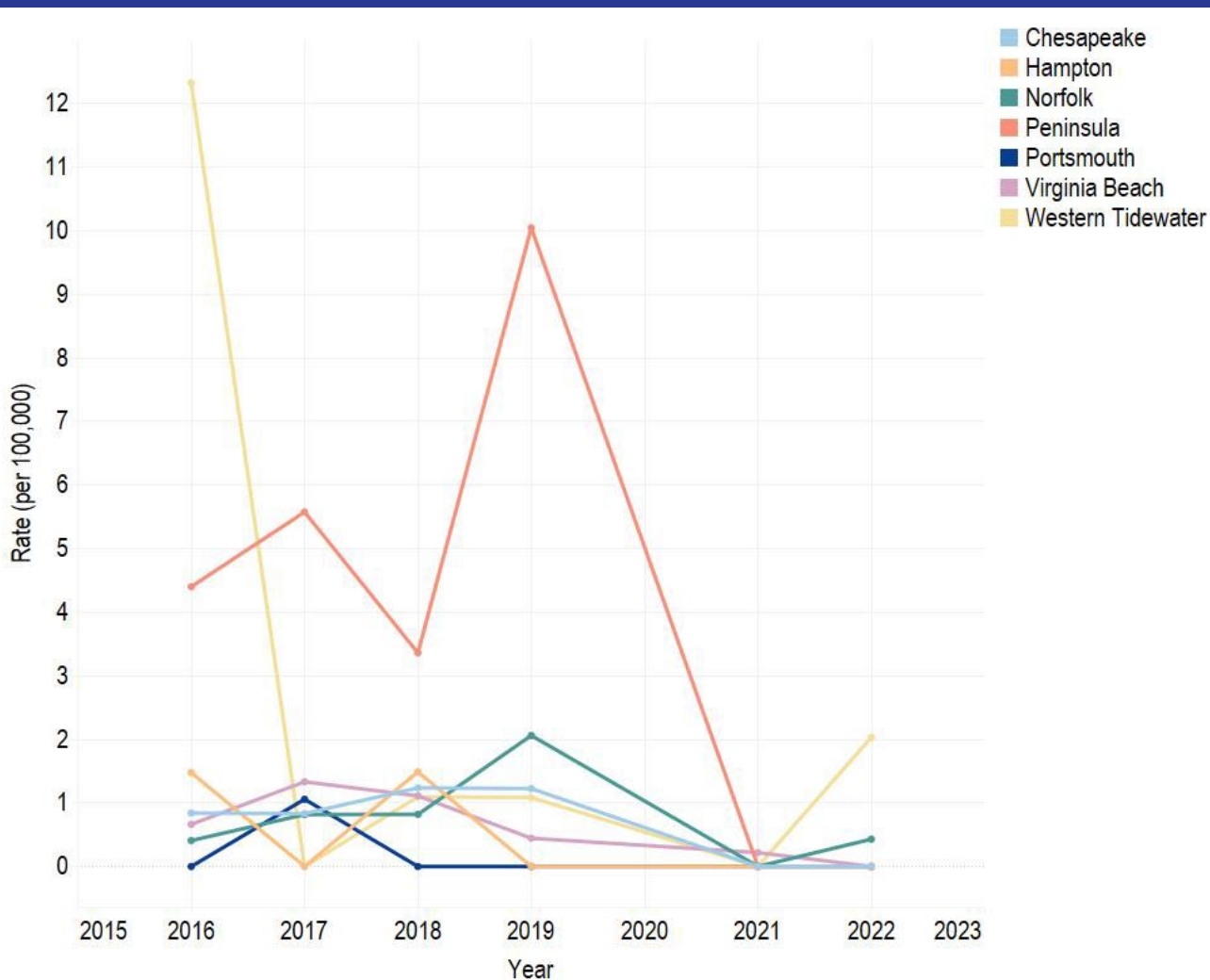
# Spotted Fever Rickettsiosis



Spotted fever group rickettsioses (spotted fevers) are a group of diseases caused by closely related bacteria. These bacteria are spread to people through the bite of infected mites and ticks. The most serious and commonly reported spotted fever group rickettsiosis in the United States is Rocky Mountain spotted fever (RMSF). The number of Spotted Fever Rickettsiosis cases in Portsmouth has been very low from 2013 to 2022, with no cases reported in 2022 (Figure 168).

**Figure 167:** Spotted fever rickettsiosis case rates, 2022

**Source:** Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates

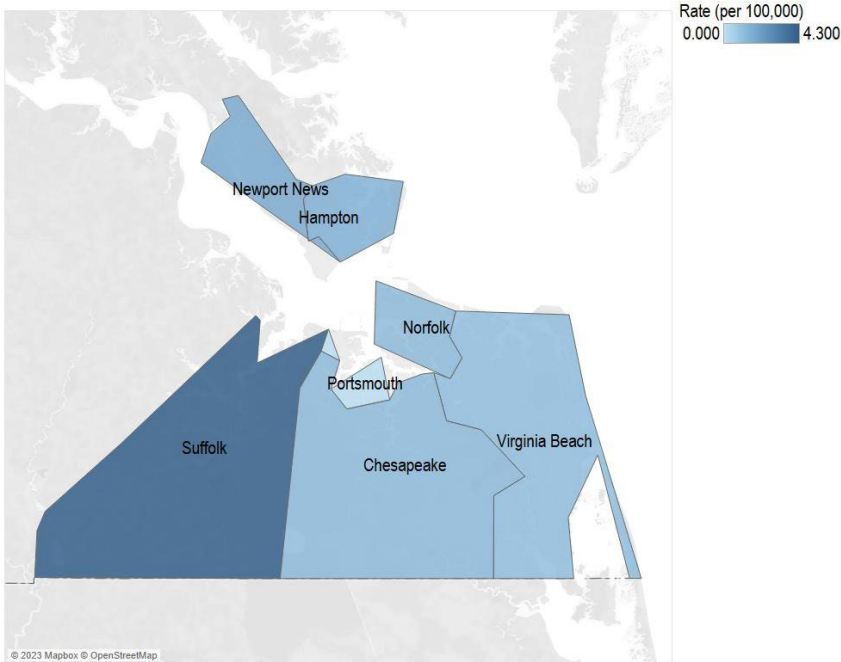


**Figure 168:** Spotted fever rickettsiosis case rates

**Source:** Data is from Virginia Department of Health; Rates calculated using ACS 1-year population estimates



# Tuberculosis



Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. From 2013 to 2022, Portsmouth had between 0 to 2 cases reported annually (Figure 170). The Healthy People 2030 goal for reducing tuberculosis cases is set at 1.4 cases per 100,000 population, and in 2021 the rate was 2.4 and improving.

Figure 169: Tuberculosis case rates, 2022  
Source: Virginia Department of Health

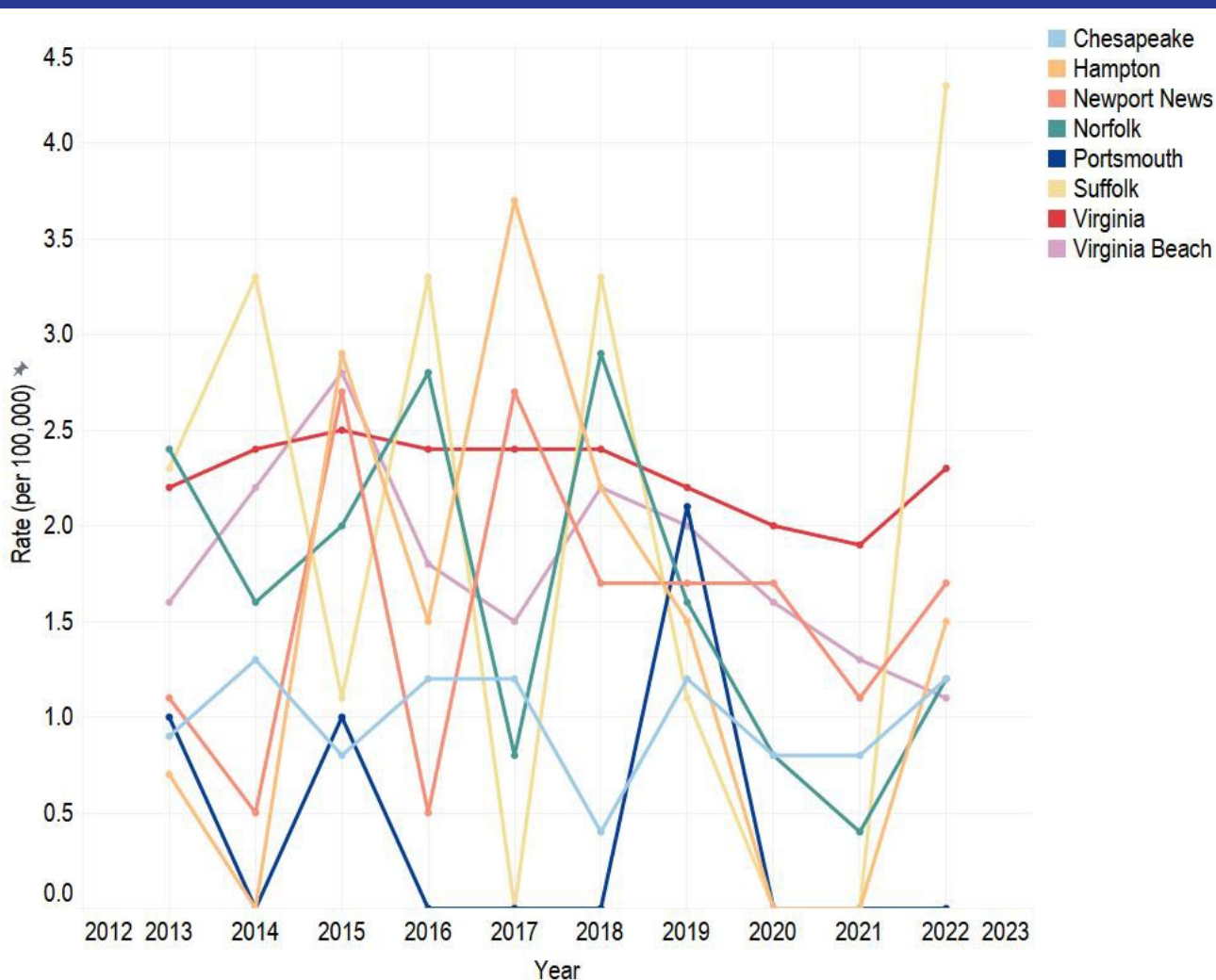


Figure 170:  
Tuberculosis case rates  
Source: Virginia Department of Health

# STRATEGIES

There are many strategies and best practices for reducing infectious diseases within communities. Below are strategies specifically for [Sexually Transmitted Infections](#), [Communicable Diseases](#), [Tickborne Diseases](#), [Hepatitis C](#), and [Tuberculosis](#).



## Sexually Transmitted Infections

Strategies include behavioral intervention programs and youth education programs. The [Portsmouth Health Department Clinic](#) offers STI screening and treatment.



## Communicable Diseases

The Portsmouth Health Department's Communicable Disease program works to lower the chance of illness and death from infectious diseases in the community.



## Tickborne Diseases

Strategies include deer-targeted interventions and the BLAST Lyme disease prevention program.



## Hepatitis C

Strategies include HCV testing interventions and expanding community healthcare worker capacity.



## Tuberculosis

Strategies include targeted tuberculosis screenings and establishing treatment programs.



# CHA SECTION TWELVE: *CHRONIC DISEASES*

## INDICATORS:

Diabetes

Asthma

Hypertension

COPD

Want to see more data pertaining to chronic diseases? Visit the Virginia Department of Health's [Chronic Disease](#) webpage.



# Diabetes

As shown in Figure 171, Portsmouth had the highest percentage (15.7%) of self-reported diabetes in adults 18 years and older when compared to Virginia and the Hampton Roads region in 2020. In Portsmouth, there was an increase from 2016 to 2020 of 38.9%. The Healthy People 2030 goal for reducing the number of diabetes cases diagnosed yearly is 4.8 cases per 1,000 adults. Diabetes related hospitalizations are consistently highest in Portsmouth, compared to Virginia and the Hampton Roads region from 2013 to 2021. Along with being the highest, the rate has increased 30.5% in Portsmouth.

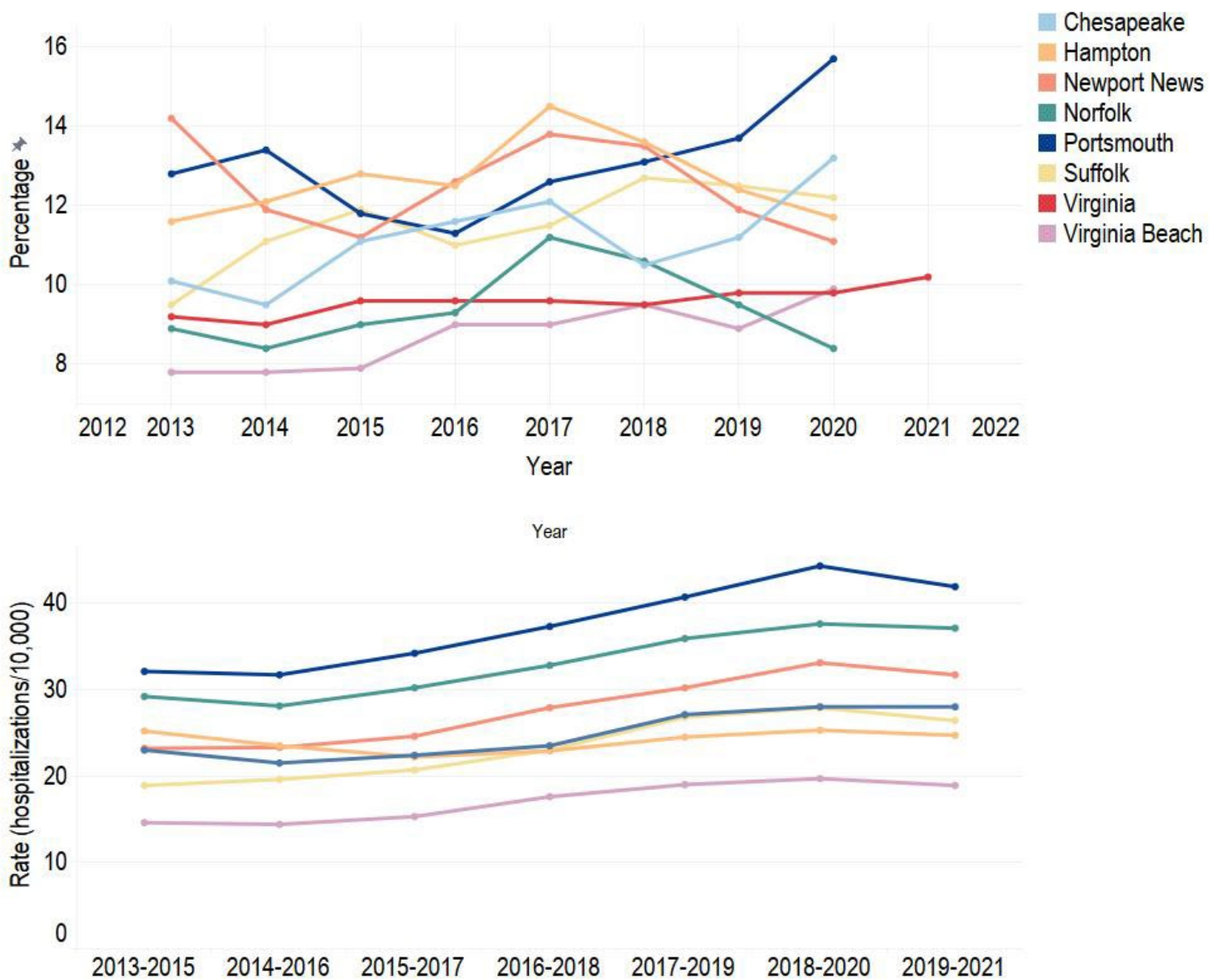


Figure 171: Adults 18+ years old diagnosed with diabetes (top) and age-adjusted hospitalization rate due to diabetes (bottom)  
 Source: Centers for Disease Control and Prevention; Virginia Health Information

# Asthma

Portsmouth also had the highest percentage of self-reported asthma in adults ages 18 years and older among Virginia and the cities in Hampton Roads. Since 2015, there has been a steady increase from 9.8% to 11.0% in 2021 (Figure 172). Furthermore, Portsmouth has the highest rate of asthma hospitalizations in the region. Despite being the highest, the rate of asthma-related hospitalizations has decreased 41.98% from 2013 to 2021. Healthy People 2030 has a goal for reducing emergency department visits for people aged 5 years and older with asthma set at 40.2 visits per 10,000 persons, with the rate from 2016-2018 at 49.6.

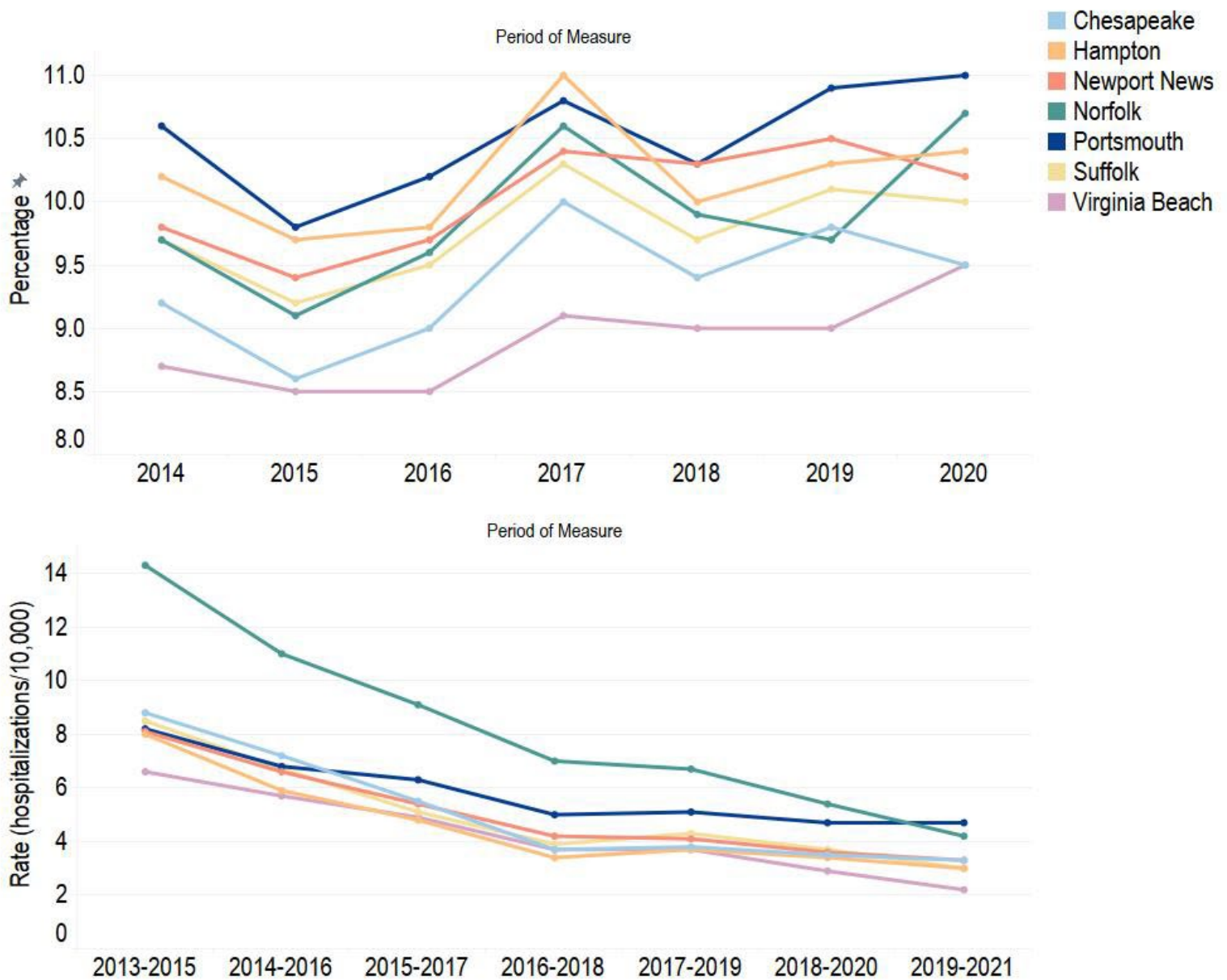


Figure 172: Adults with current asthma (top) and age-adjusted hospitalization rate due to asthma (bottom)

Source: Centers for Disease Control and Prevention – PLACES; Virginia Health Information

# Hypertension

As shown in Figure 173, Portsmouth had the highest rate of hypertension (high blood pressure) hospitalizations among the Hampton Roads cities from 2013 to 2021. Portsmouth increased from 2013 to 2019 by 57.6%, but then reversed and decreased by 17.2% in 2021. The other localities saw a similar pattern of increasing then decreasing, apart from Newport News and Chesapeake. Healthy People 2030 has a goal for reducing the proportion of adults with high blood pressure, and it is set at 42.6%. The goal is in the baseline stage, with 45.7% of adults having high blood pressure from 2017-2020 in the United States.

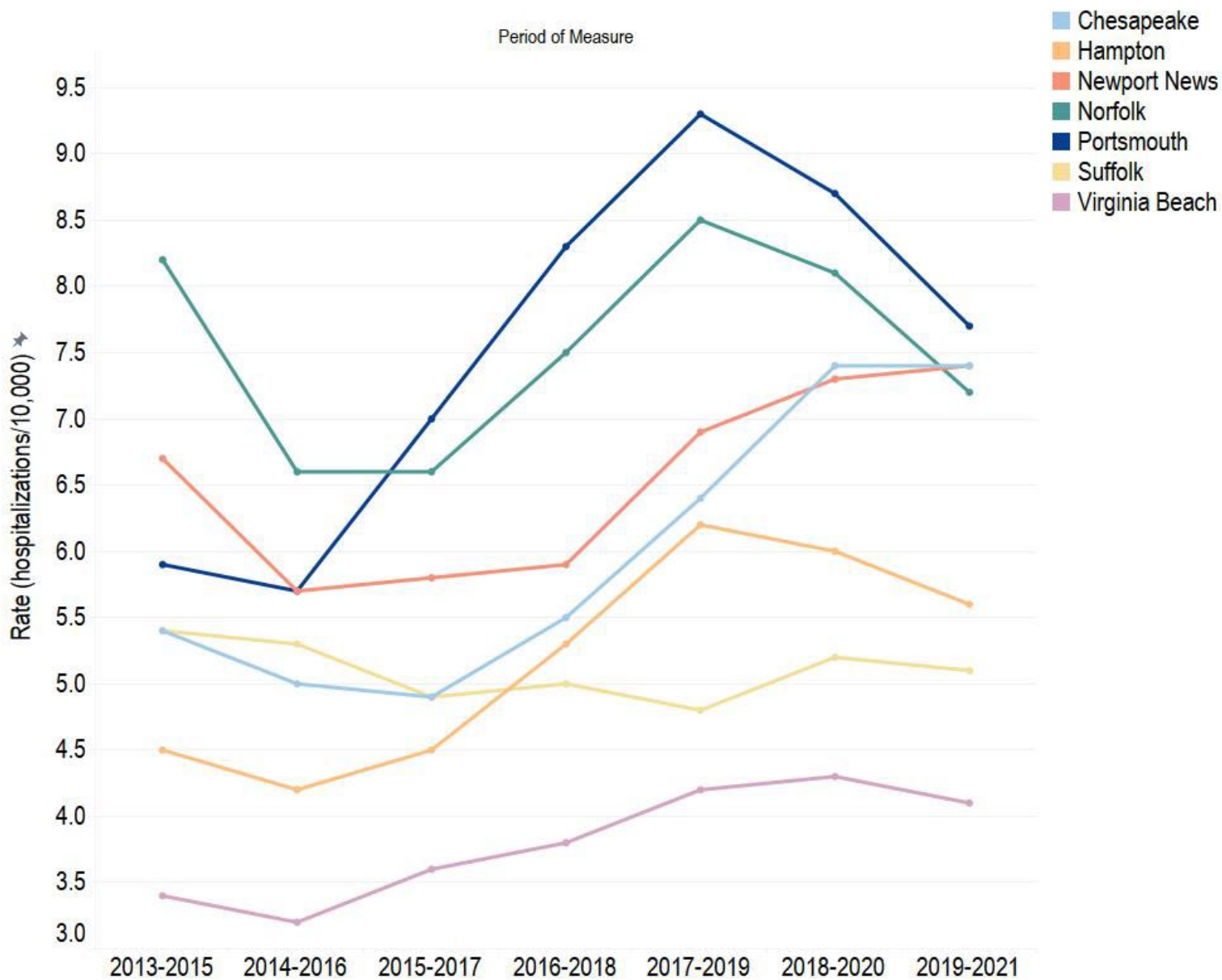


Figure 173: Age-adjusted hospitalization rate due to hypertension in adults 18+ years and older

Source: Virginia Health Information

# COPD

In 2021, Portsmouth had the highest rate of adults with chronic obstructive pulmonary disease (COPD) among the Hampton Roads cities at 7.6% (Figure 174). The next closest was Newport News at 7.0%. Looking at COPD-related hospitalizations, Portsmouth had the second lowest rate at 13.5 hospitalizations per 10,000 persons in 2021. There was been a decrease in COPD hospitalizations in the Hampton Roads region since 2016. Healthy People 2030 is working on developing a goal to measure hospitalizations for COPD.

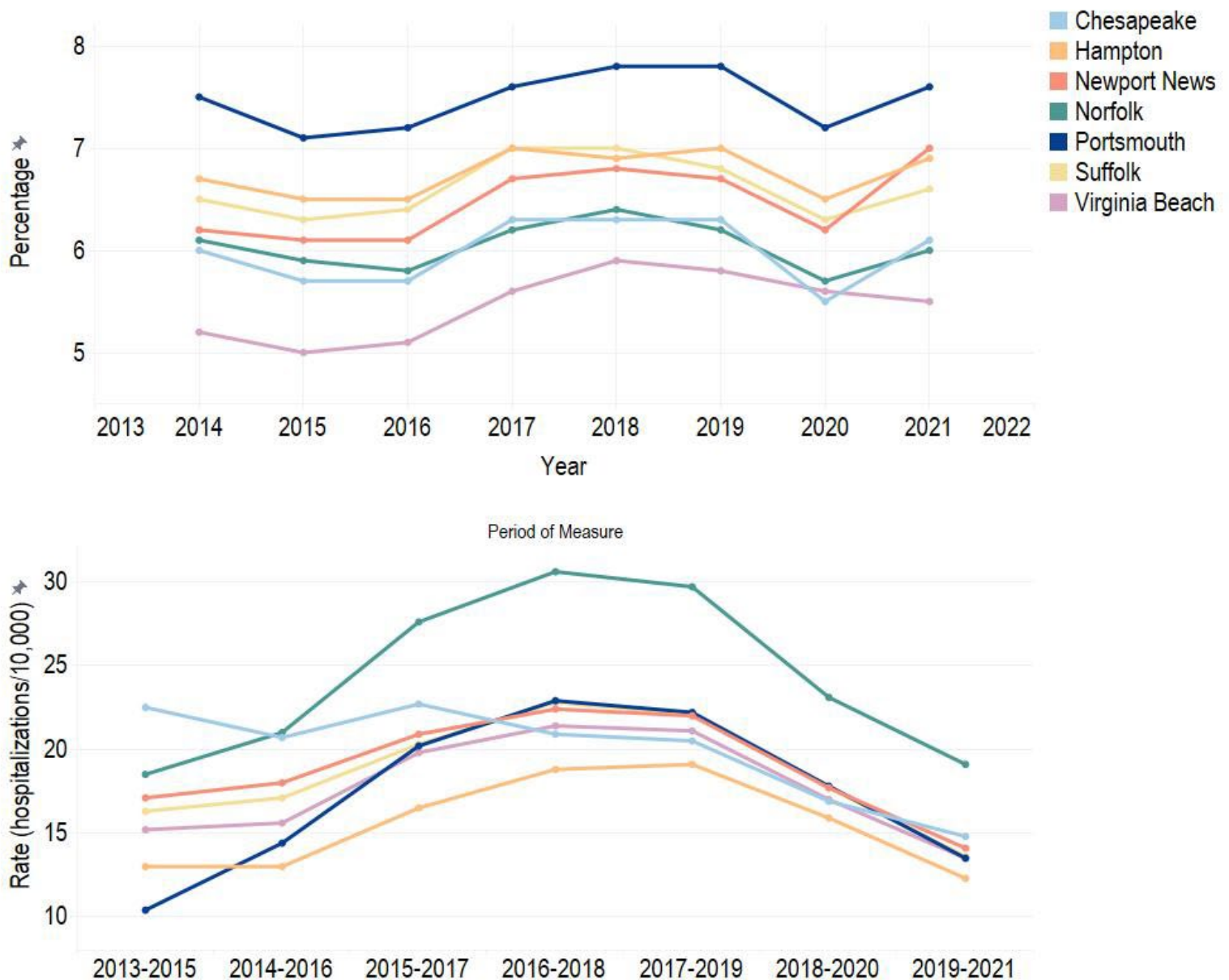


Figure 174: Adults with COPD (top) and age-adjusted hospitalization rate due to COPD in adults (bottom)

Source: Centers for Disease Control and Prevention – PLACES; Virginia Health Information



# STRATEGIES

The Greater Hampton Roads Community Indicators Dashboard has multiple strategies for [Diabetes](#), [Asthma](#), [Hypertension](#), and [COPD](#), all linked below.



## Diabetes

Strategies include advancing diabetes self management and case management interventions.



## Asthma

Strategies include youth educational programming and reducing environmental triggers of asthma.



## Hypertension

Strategies include establishing community-based prevention programs and interactive3 digital interventions for blood pressure self-management.



## COPD

Strategies include the Breathe Better Campaign and establishing a respiratory health association.

# CHA SECTION FOURTEEN: *MENTAL HEALTH*

## **INDICATORS:**

Poor Mental Health Days  
Major Depressive Episodes, Youth  
Depression Treatment, Youth  
Mental Health Treatment, Adults

"It's been very hard to find a therapist that I feel comfortable with that will practice active listening."

-Focus Group Participant

"For mental healthcare, we had to wait almost a year, and it came to a point of it was either her or I was going to go to a mental institution. That's how we had to break the system."

-Focus Group Participant

# Poor Mental Health Days

Mental health is a growing conversation in many areas of public health. According to Mental Health America, nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. However, not every person will have a diagnosis, but they may suffer from mentally unhealthy days. In Portsmouth, adults reported that their mental health was not good on 4.76 of the previous 30 days (Figure 175). Overall, the trend of poor mental health days has been increasing in the Hampton Roads area and Virginia since 2017.

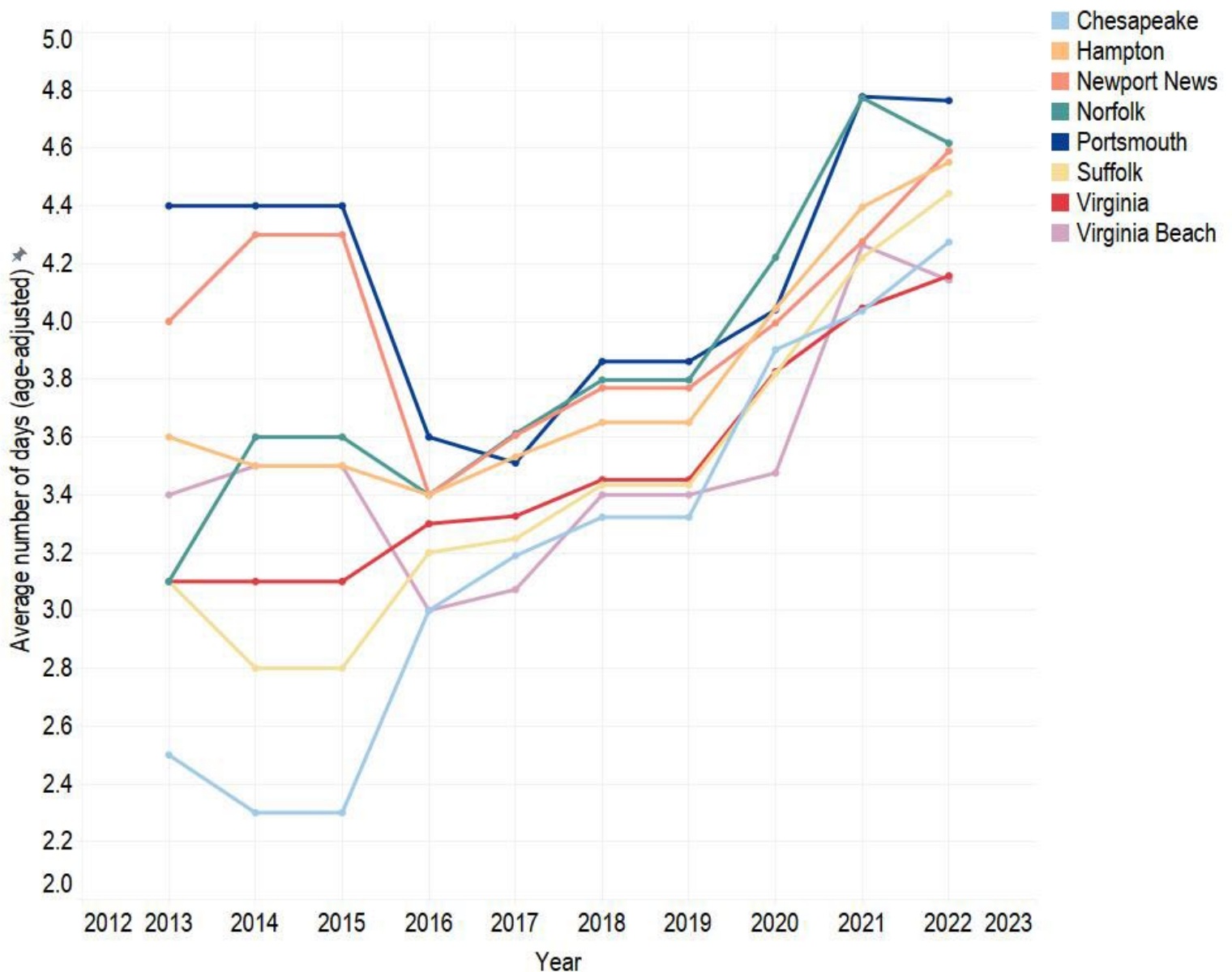


Figure 175: Average number of mentally unhealthy days reported in the past 30 days (age-adjusted)

Source: County Health Rankings

# Major Depressive Episode, Youth

The National Institute of Mental Health defines a major depressive episode (MDE) as a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities, and had a majority of specific symptoms, such as problems with sleep, eating, energy, concentration, or self-worth. MDE's are not limited to just adults – rather, youth can suffer from MDE's as well. According to Mental Health America, 15.08% of youth ages 12 through 17 years reported suffering from at least one MDE in 2023 (Figure 176). The rate of youth suffering from MDE's has been increasing in both Virginia and the United States since 2015.

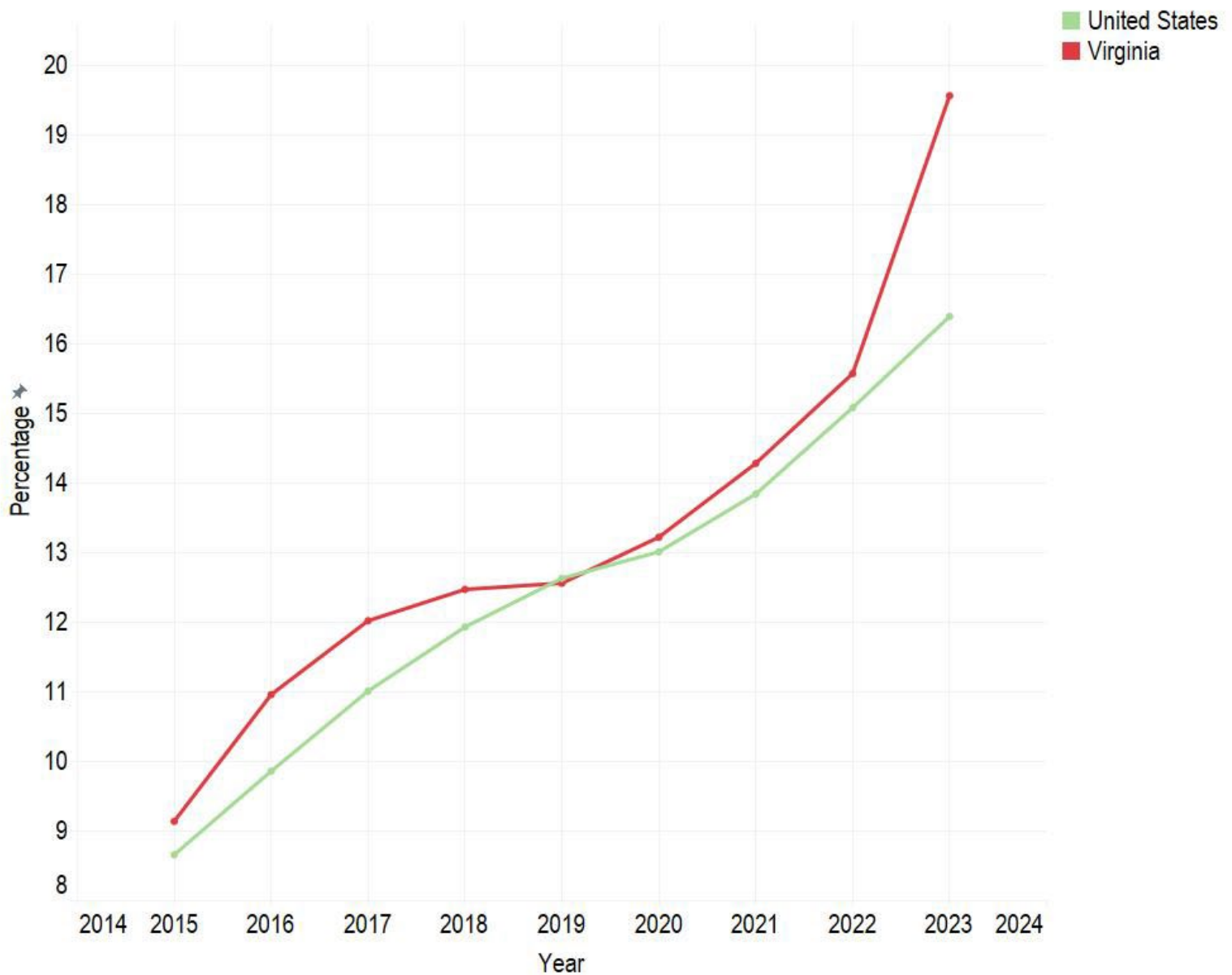


Figure 176: Youth ages 12-17 years with at least one major depressive episode (MDE)  
Source: Mental Health America

# Depression Treatment, Youth

It is one thing to identify youth who suffer from an MDE, but it is another to connect them to the necessary services they need. Many youth experiencing MDE continue to go untreated. In 2023, 60.3% of youth with major depression did not receive any mental health treatment. In Virginia specifically, 60.2% of youth with a MDE did not receive mental health services in 2023. Thankfully, the percentage of youth with severe MDE who received some consistent treatment has increased from 2016 through 2023 in both Virginia and United States (Figure 177). Healthy People 2030 has a goal for increasing the proportion of adolescents with depression who get treatment, which is set at 46.4%.



Figure 177: Youth with MDE who did not receive mental health services (top) and youth with severe MDE who received some consistent treatment (bottom)

Source: Mental Health America



# Mental Health Treatment, Adults

Per Mental Health America, almost a quarter of all adults with a mental illness reported that they were not able to receive the treatment they needed; this number has not declined since 2011. In 2023, 31.5% of adults in Virginia, and 28.2% in the United States, with any mental illness were reporting unmet needs (Figure 178). Along with unmet needs, over half of adults with a mental illness received no treatment in 2023. Mental Health America points out that although adults who did not have insurance coverage were significantly less likely to receive treatment than those that did, 54% of people covered by health insurance still did not receive mental health treatment. Healthy People 2030 has a goal to increase the proportion of adults with serious mental illness who get treatment, which is set at 68.8% and overall, the trend is seeing little or no detectable change.



Figure 178: Adults with any mental illness reporting unmet need (top) and adults with any mental illness who did not receive treatment (bottom)

Source: Mental Health America

# STRATEGIES

Mental health is important at every state of life, from childhood and adolescence through adulthood, and strategies that may work for one community or population may not work for another. Thankfully, the [Greater Hampton Roads Community Indicators Dashboard](#) and the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) have gathered thousands of strategies relating to mental health.



## **Greater Hampton Roads Community Indicators Dashboard**

This source has 2,028 promising practices relating to mental health, ranging from mental health first aid training to establishing collaborative care for the management of depressive disorders.



## **Substance Abuse & Mental Health Services Administration (SAMHSA)**

SAMHSA's programs and campaigns offer information, training, and technical assistance to improve the quality and delivery of behavioral health services across the nation.

# CHA SECTION FIFTEEN: *COVID-19*

On January 10, 2020, the World Health Organization (WHO) began using the phrase “2019 Novel Coronavirus” or “2019-nCoV” to refer to a disease causing the outbreak in Wuhan, China. Fast forward to March 11, 2020, after more than 118,000 cases in 114 countries and 4,291 deaths, the WHO declared COVID-19 a global pandemic.

Like all state and local health departments, the Portsmouth Health Department quickly jumped into pandemic response, creating a COVID-19 Response Team. The team was, and still is, comprised of adaptable and skilled public health professionals. The team brings together expertise from various fields including public health, education, nursing, social work, laboratory services, and criminal justice, to assist in slowing the spread of COVID-19 in the Portsmouth Community.

This section of the CHA goes through PHD’s COVID-19 Response Team’s efforts throughout the course of the pandemic including into post-pandemic recovery.

# COVID-19

## Early Response

Early pandemic response efforts involved conducting case investigations to quickly identify and isolate newly diagnosed cases reported to the health department. The team utilized investigation to guide symptom monitoring and isolation for cases, along with assessments of exposure events and identification of close contacts. Contact tracing promptly followed these investigations, notifying close contacts of potential exposure to SARS-CoV-2, advising quarantine, and providing guidance on symptom monitoring and testing availability.

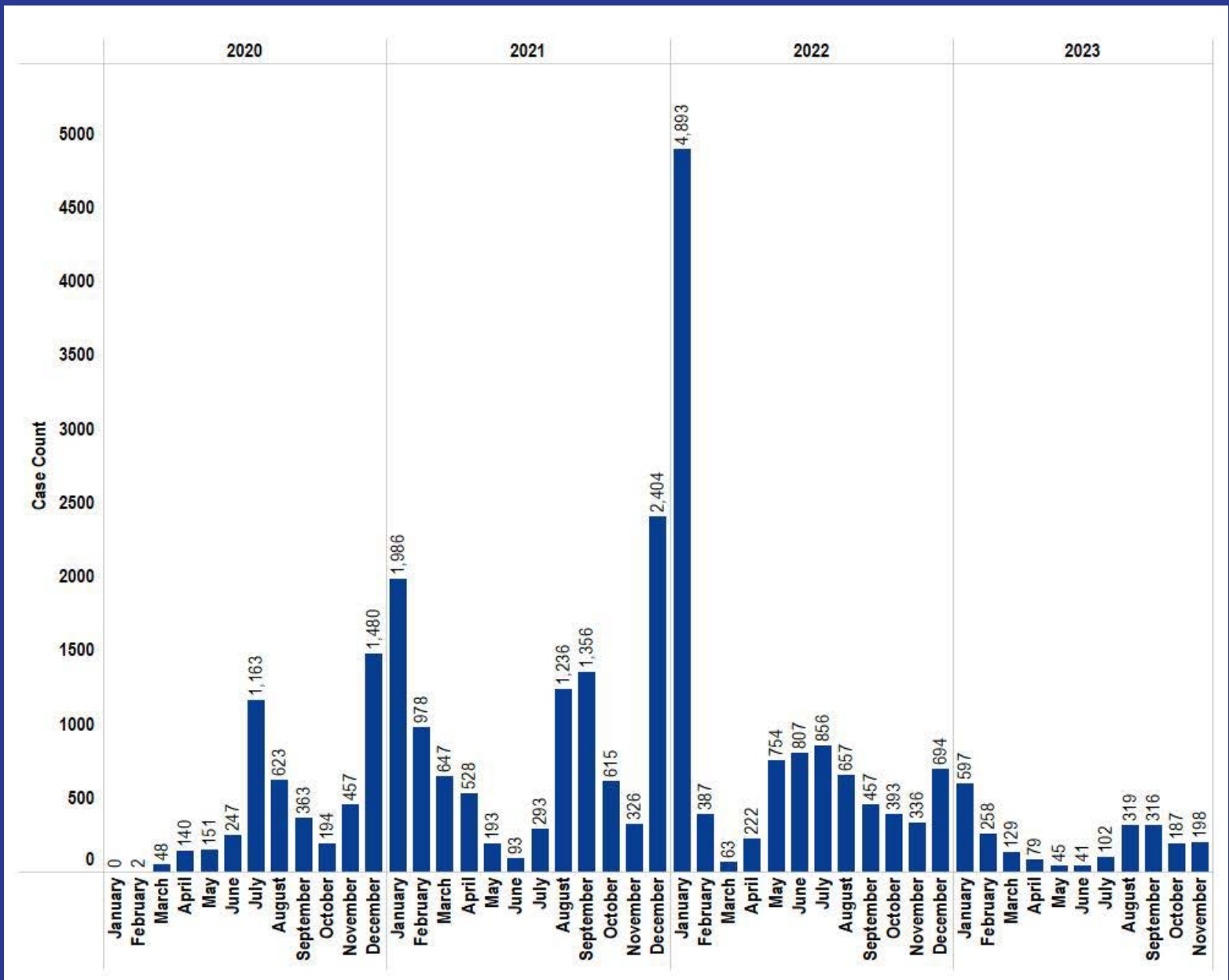


Figure 179: COVID-19 case counts in Portsmouth over time. Case counts reflect confirmed and probable cases reported to the Virginia Department of Health

Source: Virginia Department of Health

## Early Response cont.

The team used monitoring tools such as Sara Alert for daily symptom reporting via text, email, or robocall, depending on the case's comfort level. This system automatically traced cases through their recovery, with investigators following up if there was no response to ensure compliance with quarantine and isolation guidelines. Additionally, systems such as the Virginia Case Assessment and Management System (VCAMS) provided the team with a centralized system to respond to new case reports, allowing for the gathering of data on close contacts, air travel, and suggested exposure locations. This eliminated the need for external sites and ensured the protection of personal health information (PHI).

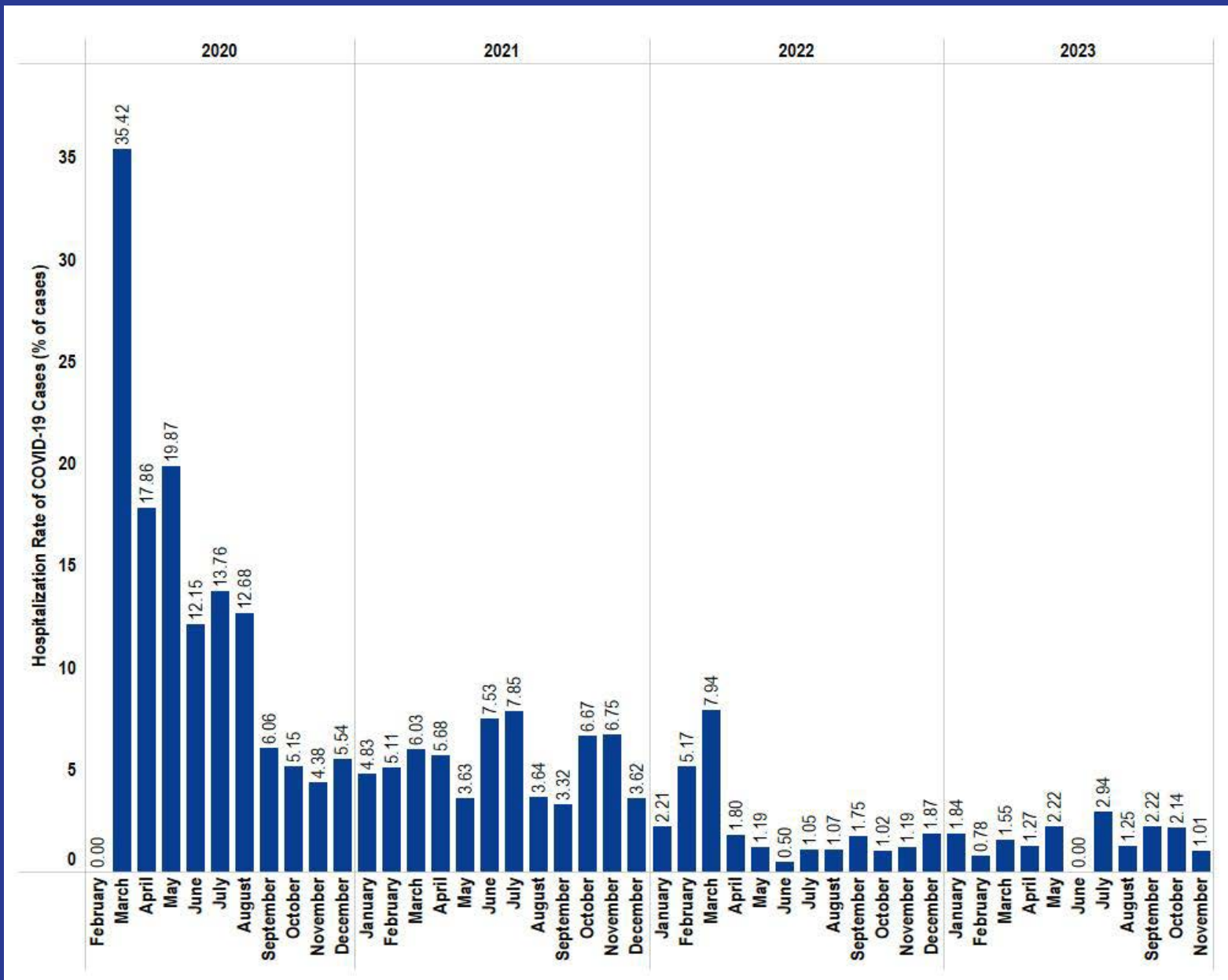


Figure 180: COVID-19 hospitalization rate in Portsmouth over time. Hospitalization rate may vary as there are gaps in data reported to VDH

Source: Virginia Department of Health



## Congregate Settings

Additionally, the expansion included the creation of epidemiologist roles that led to setting-specific COVID-19 surveillance and investigation efforts within local public schools, nursing homes, daycare centers, and healthcare facilities. Investigators served as COVID-19 consultants in congregate settings, offering real-time mitigation recommendations, overseeing case and outbreak investigations, and providing in-service education for faculty and staff, in line with VDH guidelines. They aimed to strengthen epidemiological COVID-19 activities in targeted areas within the Portsmouth district while establishing and nurturing working relationships with community partners and the local health department.

## Community Outreach

The COVID-19 response team took proactive steps in Portsmouth, launching community outreach initiatives to equip residents with the necessary tools and knowledge to protect themselves and their families against SARS-CoV-2. Mitigation specialists carefully selected community sites for presentations, distributing educational materials and home testing kits to residents. The team also made regular appearances at local events in the City of Portsmouth, actively raising public awareness while fostering strong community bonds.

Moreover, The COVID Care Program played a vital role in supporting patients who were quarantined and confined to their homes, enabling access to available community services aiding their recovery. These services included, among others, food and medication assistance, clinic referrals, and social service connections. In numerous cases, patients needing food but unable to access services receive home deliveries coordinated by the Care Coordinator. Active communication encouraged by the coordinator allowed progress monitoring and timely resolution of health concerns.

## Collaboration

Mitigation specialists collaborated with local businesses to ensure a healthy work environment. They provided employers with detailed guidance on employee statuses, quarantine protocols, and contact tracing. Their follow-up support to both the patient and the patient's family ensured a safe and compliant return for individuals to the workplace. The COVID Response Team led the scheduling of the COVID-19 Community Vaccination Clinics in early February 2023. Outreach efforts targeted various local organizations, including churches, civic leagues, youth programs, assisted living facilities, and group homes. Collaborating with these organizations, the Portsmouth Health Department facilitated COVID-19 vaccine clinics at their facilities and community events. From March 2023 and December 2023, the Portsmouth Health Department orchestrated 21 vaccination clinics, administering a total of 213 vaccines.

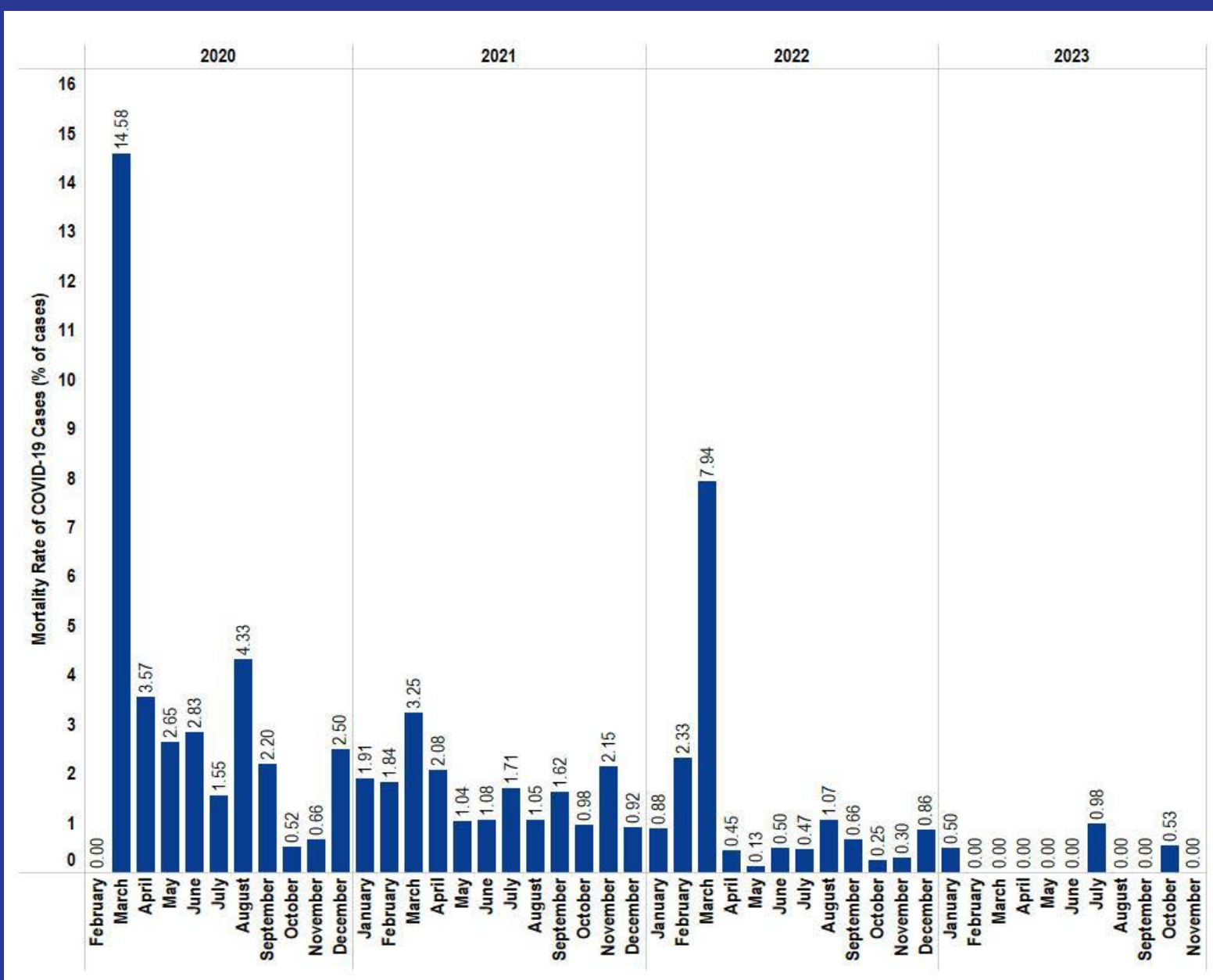


Figure 181: COVID-19 mortality rate in Portsmouth over time. VDH is still working on updating mortality data, so the true mortality rate may vary

Source: Virginia Department of Health

Figure 182: Age distribution of COVID-19 cases in Portsmouth  
Source: Virginia Department of Health

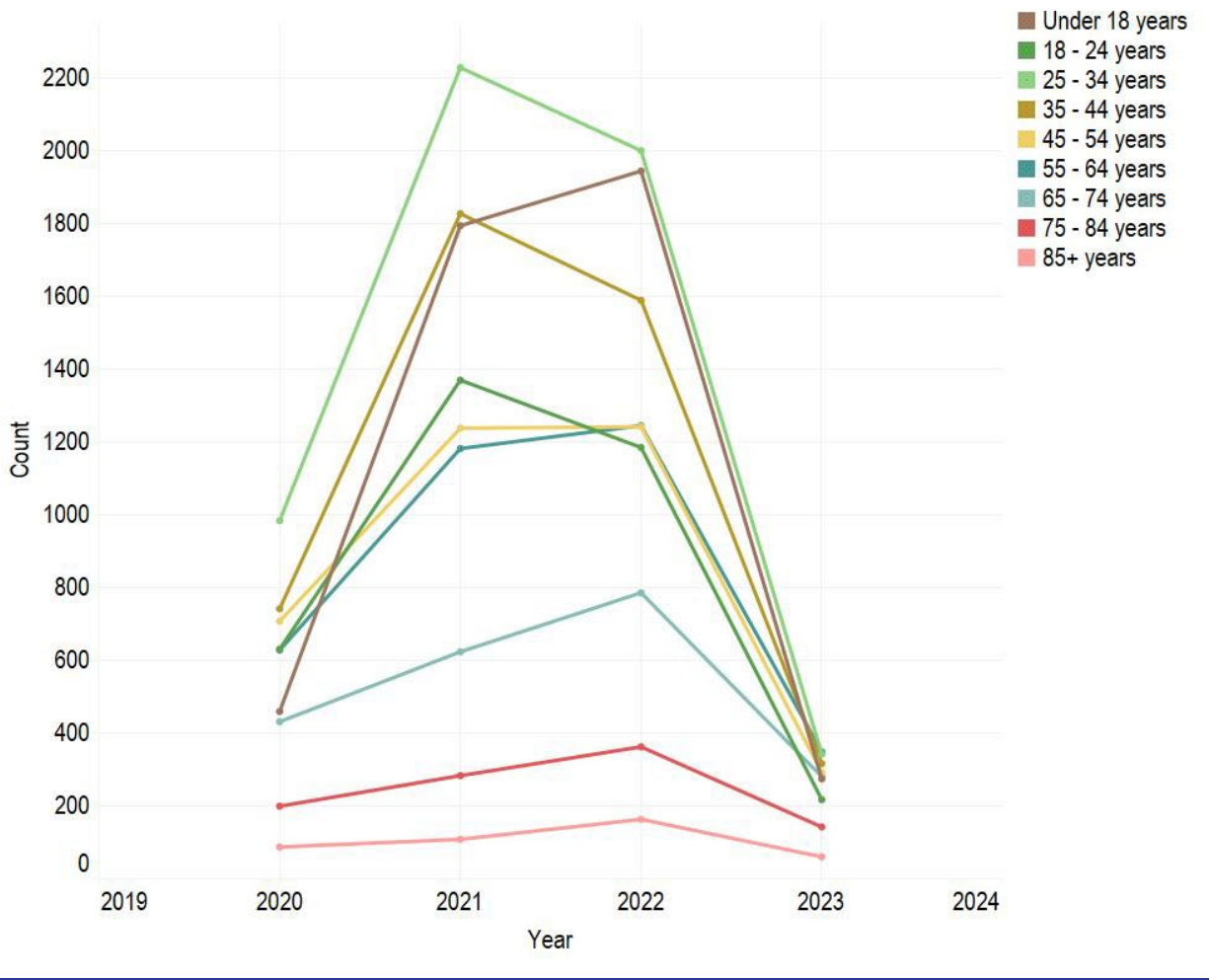
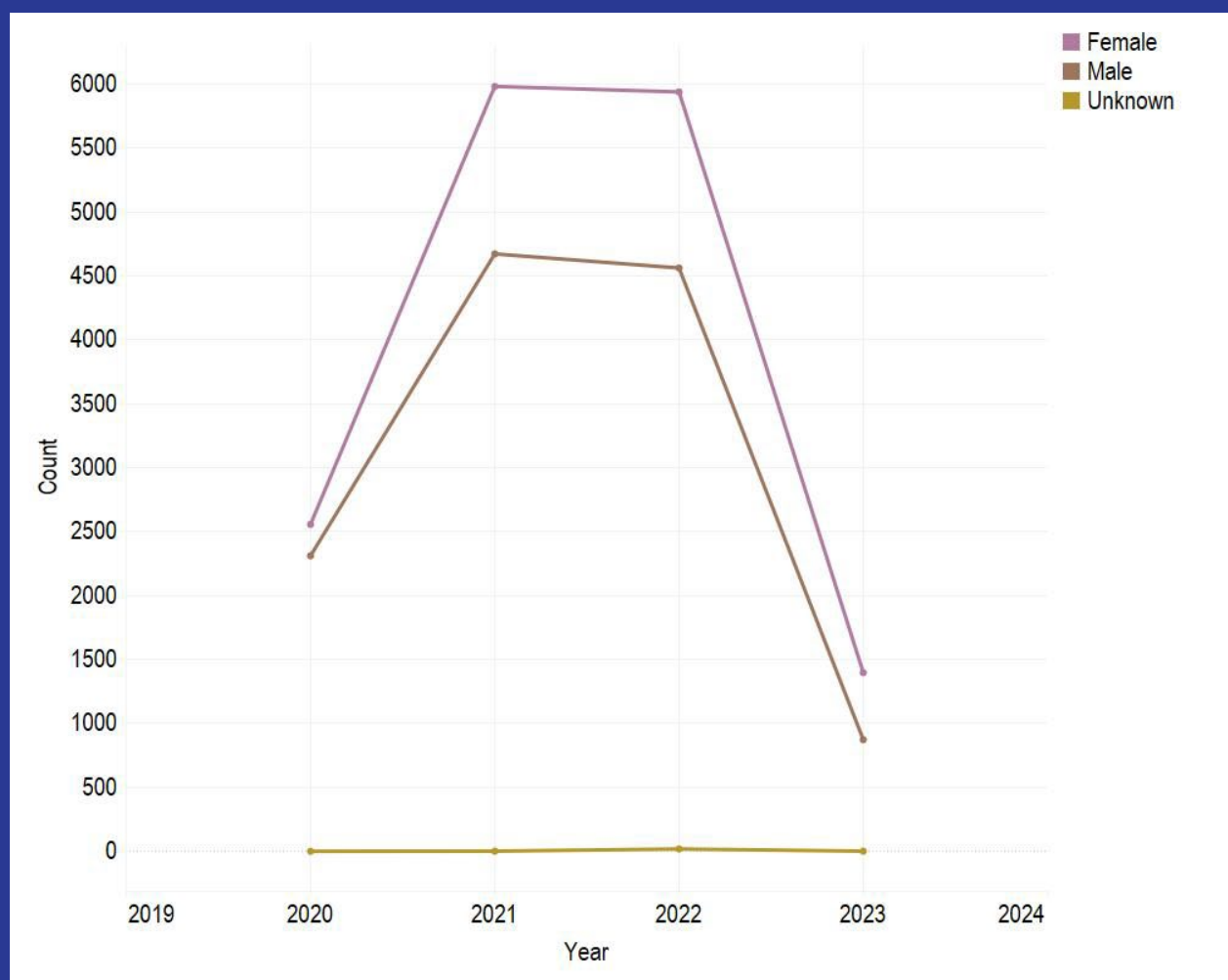


Figure 183: Gender distribution of COVID-19 cases in Portsmouth  
Source: Virginia Department of Health



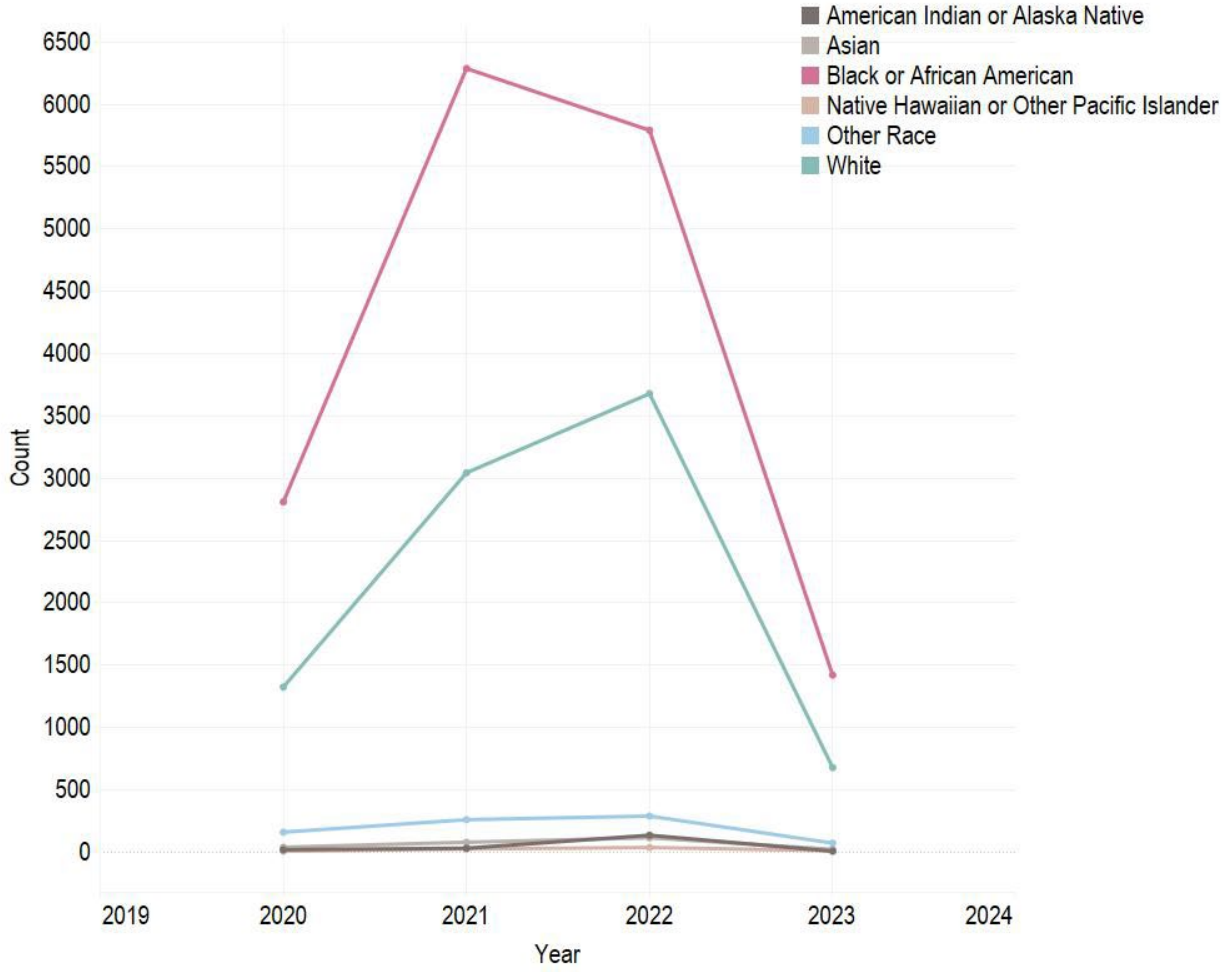


Figure 184: Race distribution of COVID-19 cases in Portsmouth  
Source: Virginia Department of Health

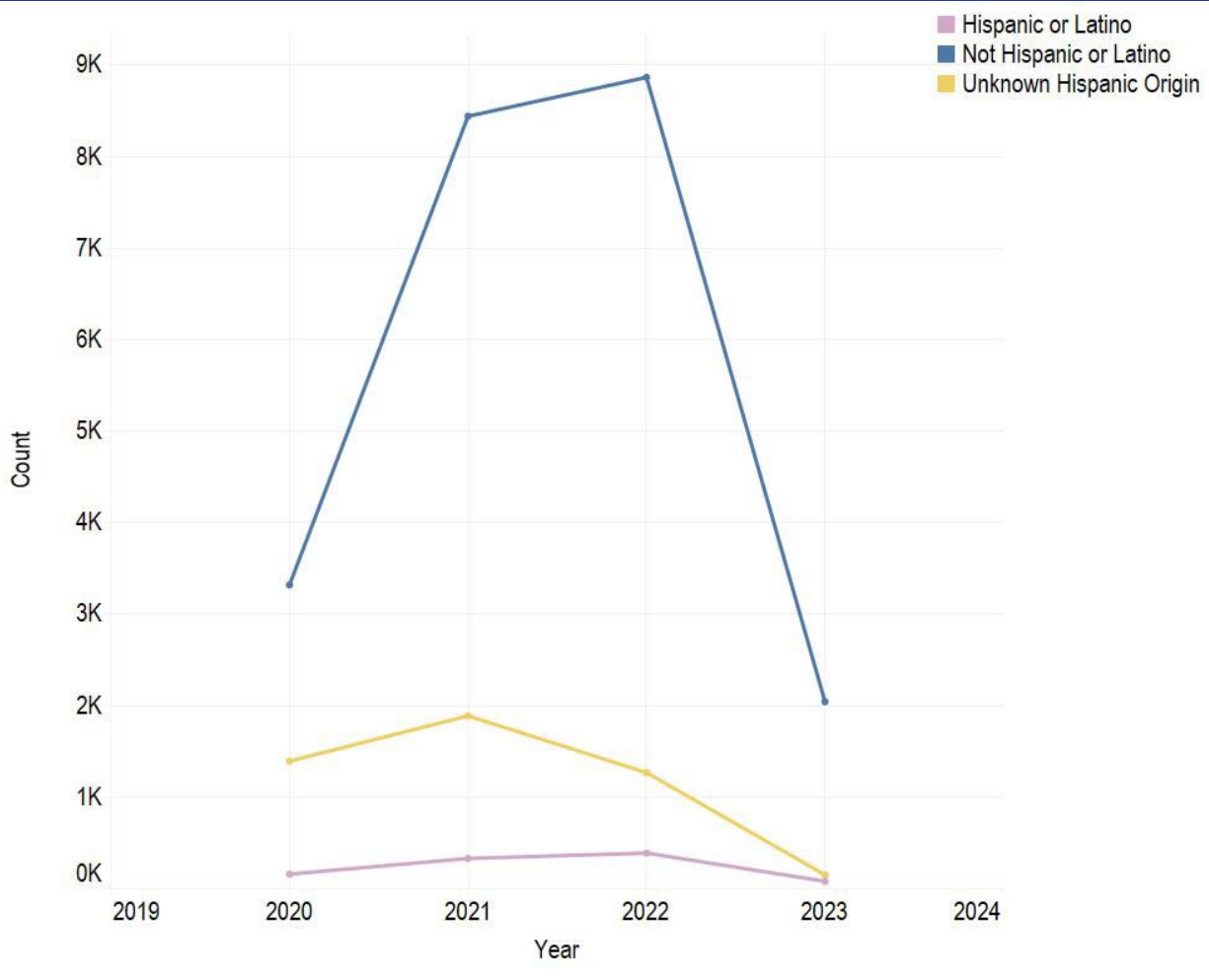


Figure 185: Ethnicity distribution of COVID-19 cases in Portsmouth  
Source: Virginia Department of Health

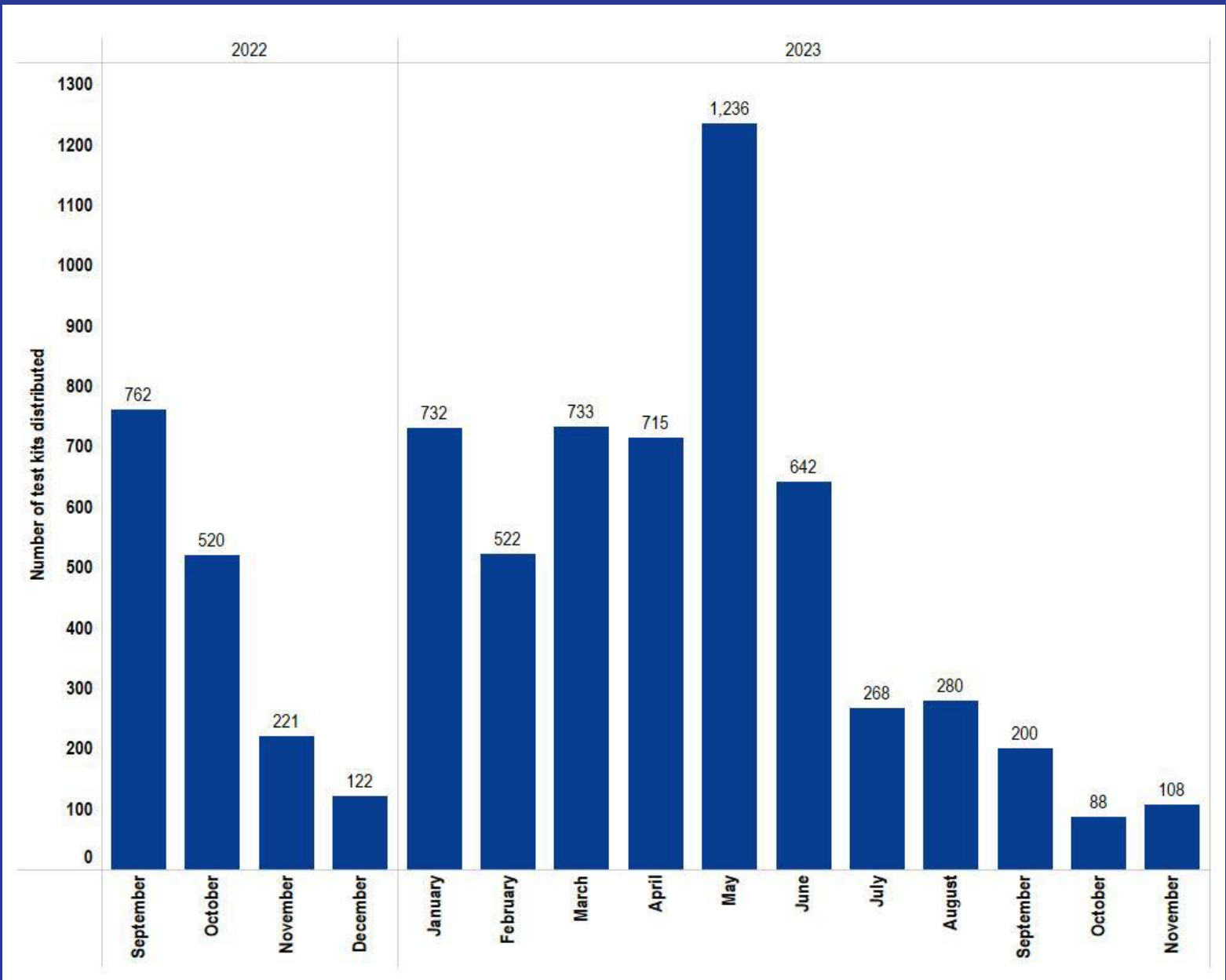


Figure 186: Test kit distribution tracker for Portsmouth  
 Source: Portsmouth Health Department

## Ongoing Response Efforts

In response to the evolving nature of SARS-CoV-2 and the emergence of new variants, the Portsmouth Health Department continues to expand its response efforts beyond case investigation. This expansion includes collaboration with community partners and active engagement in outreach initiatives. Ongoing efforts involve continuous monitoring of cases, active identification of clusters or outbreaks, and the promotion of COVID-19 vaccines.

For more COVID-19 information, please visit the [Portsmouth Health Department Communicable Disease](#) webpage. Additionally, more information can be found on [VDH's COVID-19 in Virginia](#) webpage.

PHD Webpage



VDH Webpage





The Portsmouth Health Department conducted community focus groups and a community survey during the CHA process. One of the questions that was asked was **How did the COVID-19 pandemic affect you?** Below are some of the responses from the community.

"I had the two shots and the boosters, and I felt like I did everything and praise the Lord, I was spared. I never had anything, but it was..."

"I think our whole society suffered with mental health and we have residuals coming down right now. I know personally, in our home, mental health was a severe issue. It impacted my ability to be at church, to function in the community and even talk to people, it was severe. And we're still recovering from that. So, I understand the government wanting to shut everything down to protect everybody, I get it, but I think they neglected trying to support people with mental health issues, I honestly do and think we are seeing a lot of that right now with all of the things going on in our country, it's a mental health issue. I think COVID had a lot to do with that."

"I think COVID-19 affected me because I really was able to see some of the weaknesses in our families. I was a home visitor at that time, so I traveled all over Portsmouth teaching parenting skills and different things like that and just their vulnerability, homeschooling was a lot for them, the pressure of the children actually being in the home all day long was very hard for them. Mental health, abuse, like all the negative factors that I feel affect our community, COVID-19, like, highlighted for me."

"Bad things, that's all I can say."

"I got sick with the virus and, I wasn't able to have access to the things I normally have access to because we had to stay inside. It taught me how to be more initiative with managing things in my life without having to depend on other things. It impacted me financially and spiritually."

"COVID really affect us in so many ways, personal life, children, education and work and I just wanted to add a little bit more that has not been touched by our other colleagues, I feel COVID, especially from the stigma and discrimination perspective it really aggregates the existing antagonisms between different subgroups of people. I'm Asian and I was born and raised in China, it just hurt me so much when my children and their friends felt so bad about being Asian, Chinese. One of the little girls, twelve years-old, told me she wished she was not Chinese."

"For me it was dealing with my health challenge at the time on top of COVID because it heightened me being very careful about my immune system. It impacted me being around more people or being a little more alert regarding if it was safe to be around others. It was like an invisible thing; you didn't really know. Then there was the mental component, if I get it will I die. I actually had family members that past during COVID and the ramifications and knowing they were isolated and couldn't get to other family members or get the help that they needed, and some people really didn't know what to do. So mentally it was knowing you couldn't get to people like you wanted to, finding creative ways to still stay connected. Going out and being very conscientious, don't get close to me, did somebody just cough where I walked. I think it just impacted the mental status. Even now, people see it like a cold or flu, but it's like do we still have colds now, everything's COVID now. It just impacted every aspect of a person's being and readjusting to life."

"For me, I got COVID/pneumonia before the vaccine was out, so I was really, really sick for a month. It made me very angry and what made me angry was that it had all been politicized."

## Youth Responses to the question **How did the COVID-19 pandemic affect you?**

"Some people might have lost weight or gained weight. I had to do virtual school."

"I started being more lazy."

"I gained weight and ate more food."

"Never went to class, I don't know how I passed but who cares."

"It made me want to get healthier so I wouldn't get sick, but I did get sick anyways."

"We had to start wearing masks when we went back to school."

"Gained more weight cause I used to have little thin legs."

"I lost my social skills."

"I couldn't breathe because the mask and my glasses together weren't working. And I was super scared of doctors."

"I didn't want to go to the doctor's office or get no shots because I don't like shots."

# CHA References

Centers for Disease Control and Prevention: <https://www.cdc.gov/index.htm>

CDC - Behavioral Risk Factor Surveillance System: <https://www.cdc.gov/brfss/index.html>

CDC – PLACES: <https://www.cdc.gov/places/index.html>

CDC – WONDER: <https://wonder.cdc.gov/>

City of Portsmouth: <https://www.portsmouthva.gov/>

County Health Rankings: <https://www.countyhealthrankings.org/>

Greater Hampton Roads Community Indicators Dashboard: <https://www.ghrconnects.org/>

Hampton Roads Transit: <https://gohrt.com/>

Lake Kilby Treatment Plant: <https://utilities.portsmouthva.gov/173/Lake-Kilby-Treatment-Plant>

Mental Health America: <https://mhanational.org/>

National Cancer Institute: <https://www.cancer.gov/>

National Center for Education Statistics: <https://nces.ed.gov/>

Portsmouth Homeless Action Consortium: <https://www.hamptonroadsendshomelessness.org/phac.html>

United States Census Bureau: <https://www.census.gov/>

United States Census Bureau's American Community Survey (ACS): <https://www.census.gov/programs-surveys/acs>

United States Census – County Business Patterns: <https://www.census.gov/programs-surveys/cbp.html>

United States Department of Labor Bureau: <https://www.bls.gov/>

United States Department of Transportation: <https://www.transportation.gov/>

Virginia Child Protective Services: <https://www.dss.virginia.gov/family/cps/index.cgi>

Virginia Department of Education: <https://www.doe.virginia.gov/>

Virginia Department of Health: <https://www.vdh.virginia.gov/>

Virginia Department of Motor Vehicles: <https://www.dmv.virginia.gov/>

Virginia Health Information: <https://www.vhi.org/>

Virginia State Police: <https://www.vhi.org/>

# The 2021 Portsmouth Community Health Survey (CHS) using a modified CASPER Methodology



**Final Report**

**April 2022**

**Portsmouth Health District  
Virginia Department of Health**



## **Acknowledgements**

We would like to acknowledge the following persons for their contributions during the CHS process:

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- Lynne Bannister
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- Kayla Vanhook
- Jacqueline Willaims
- Michelle Winz
- Mahmood Yusuf (BJ)

### ***City of Portsmouth:***

- Portsmouth Public Library
- Portsmouth Parks and Recreation
- Andrew Winz

### ***Survey Respondents***



## Executive Summary

Being able to assess the health status and needs of a population at the local level is an important role for public health, particularly when used to supplement readily available state and national data. Because of this, in the summer of 2020, the Portsmouth Health District (PHD) began the process of planning to conduct the 2021 Community Health Survey (CHS), using the Community Assessment for Public Health Emergency Response (CASPER) methodology, which is the fourth time CASPER methodology has been implemented in Portsmouth. The overarching goal of the CHS using CASPER methodology was to continue to build capacity at the local level in conducting this type of community assessment.

The objectives of the CHS were the following: 1) to gain a better understanding of health at the local/neighborhood level in Portsmouth; 2) to exercise and train public health professionals in using CASPER methodology in a local health district; 3) To gather individual and household data for the Portsmouth Community Health Improvement Plan (CHIP) to measure progress in strategies identified by Healthy Portsmouth; 4) engage specific communities by conducting household interviews; and 5) to learn and effectively use ArcGIS™ and the Survey123™ App to create spatial analysis maps of health indicators.

Due to the COVID-19 Pandemic, the survey was first mailed to households identified by the CDC CASPER methodology in the summer of 2021, with a response rate of 10%. In December of 2021, PHD staff visited non-answering households and conducted the CHS in the city of Portsmouth. Interview teams were provided a three hour training before conducting the in person interviews. A total of 217 household interviews were completed out of a goal 259. The major findings of the survey were the following:

- High blood pressure (44%), high blood cholesterol (33%), and Diabetes (17%) are the most frequently reported health conditions in Portsmouth.
- 20% of Portsmouth residents reported not having health insurance of any kind.
- 33% of Portsmouth residents reported not visiting the dentist in the past 12 months.
- 20% of Portsmouth residents reported their general health as being poor or fair.
- 38% of Portsmouth residents are obese (BMI 30 and above). An additional 33% are overweight (BMI 25-29.9)
- 45% of Portsmouth residents report getting little to no physical activity
- 6% of Portsmouth residents report eating no fruit
- 40% of Portsmouth residents report drinking sugary drinks everyday
- 21% of Portsmouth residents smoke tobacco, 10% of residents report another household smokes.
- 20% of Portsmouth residents worry their food would run out before they had money to buy more.
- 12% Portsmouth residents say that their mental health is poor or fair.

Based on these findings identified so far, recommendations have been made as part of the follow-up to this CHS. PHD should use the survey results to guide ongoing work around resource planning.

- Promote active communities
- Support multi-use agreements with schools
- Promote healthy eating and increase access to healthy food and beverages
- Promote a tobacco-free community
- Support smoking bans on city property
- Encourage apartment complexes to adopt smoke free housing
- Partner with other community agencies and groups to increase awareness of mental health resources
- Engage Community Health Workers to increase access to health care
- Encourage work places to offer wellness programs that support healthy eating and physical activity

## Introduction and Background

Being able to assess the health status and needs of a population at the local level is an important role for public health, particularly when used to supplement readily available state and national data. Because of this, in the summer of 2020, the Portsmouth Health District (PHD) began the process of planning to conduct the 2021 Community Health Survey (CHS), using the Community Assessment for Public Health Emergency Response (CASPER) methodology, which is the fourth time CASPER methodology has been implemented in Portsmouth. The overarching goal of the CHS using CASPER methodology was to continue to build capacity at the local level in conducting this type of community assessment.

The objectives of the 2021 Portsmouth CHS were as follows:

1. To gain a better understanding of health at the local/neighborhood level in Portsmouth
2. To exercise and train public health professionals in using CASPER methodology in a local health district
3. To gather final individual and household data for the 2014-2019 Portsmouth Community Health Improvement Plan (CHIP) to measure progress in strategies identified by Healthy Portsmouth
4. To engage specific communities by conducting household interviews
5. To learn and effectively use ArcGIS™ and the Survey123™ App to create spatial analysis maps of health indicators

To accomplish these objectives, a workgroup consisting of PHD personnel facilitated the CHS planning and implementation process. In accordance with Healthy Portsmouth and PHD priorities, a survey was developed to assess community households in the following areas: 1) physical activity, 2) nutrition, 3) tobacco use, 4) mental health, 5) diabetes 6) access to care, 7) perceptions of health, 8) how the COVID-19 pandemic impacted residents and 9) demographics.

## Methods and Materials

Due to the COVID-19 Pandemic, the survey was first mailed to households identified by the CDC CASPER methodology in the summer of 2021, with a response rate of 10%. In December of 2021, PHD staff visited non-answering households and conducted the CHS in the city of Portsmouth. Interview teams were provided a three-hour training before conducting the in person interviews. The team applied the CASPER methodology described in the CDC CASPER Toolkit Version 3.0 to define the households within the sampling frame of Portsmouth Health District. Based on the 2010 U.S. Census, the total number of housing units in this area was 40,806. PHD used a modified CASPER two-stage cluster sampling design so that 37 clusters were randomly selected and the aim was for seven interviews per cluster to be completed; the target goal was 259 interviews. PHD used CDC's GIS cluster selection tool for automated sampling which requires ArcMap 10 to randomly select the clusters and develop cluster maps. Additional GIS layers and technical support for the maps were provided by the City of Portsmouth.

PHD staff, Healthy Portsmouth, and other community partners developed a two-page survey to capture information about physical activity, nutrition, tobacco use, mental health, diabetes, access to care, perceptions of health, how the COVID-19 pandemic impacted residents and demographics. general health status which included physical activity, nutrition, tobacco use, mental health, teen pregnancy, access to care, and perceptions of health (see Attachment II for the full survey). Standardized survey questions were derived from sources such as BRFSS, the Howard County Health Assessment Survey, and the previous CASPERs conducted in Portsmouth in 2013, 2014, and 2017. CASPER materials from CDC and other health departments were used to develop all PHD materials.

PHD staff conducted the field interviews. A three-hour training was provided to the field teams to address the CASPER methodology, safety, logistics and electronic data capture using Survey123 installed on Ipad minis.

Teams were instructed to systematically select seven housing units per cluster by selecting every *n*th housing unit, where *n* is the total number of housing units divided by seven. Teams were also instructed to attempt to revisit previously selected household up to three times; however, the replacement of households could occur before all three attempts were made.

The CHS, using this CASPER methodology, was conducted over 30 days due to limited staff availability due to the COVID-19 pandemic and short daylight hours in December. Staff conducted interviews on weekdays and weekends to encourage participation from residents who work during the weekdays. The formulas for calculating response rates are presented in Table 1.

<b>Completion rate =</b>	$\frac{\text{Number of completed Interviews}}{\text{Number of interviews goal (i.e., 280)}}$
<b>Cooperation rate =</b>	$\frac{\text{Number of completed interviews}}{\text{All HUs where contact was made}}$ <p style="text-align: center; margin: 0;">(including completed interviews, incomplete interviews, and refusals)</p>
<b>Contact rate =</b>	$\frac{\text{Number of completed interviews}}{\text{Number of HUs where contact was attempted}}$ <p style="text-align: center; margin: 0;">(including completed interviews, incomplete interviews, refusals, and non-respondents)</p>

**Table 1: Calculation of CHS response rates (CASPER Methodology)**

An online survey tool in Survey123 was used to supplement in person interviews. Interview teams left door knockers with a survey link and QR code that was specific to the cluster. Using both online, mail-in, and in person interviews helped PHD increase response rates without revisiting and resampling the clusters.

Un-weighted and weighted cluster analyses based on the total number of housing units within the sampling frame, the number of clusters randomly selected, and the number of interviews completed in each cluster were performed to estimate the frequency percentage, 95% confidence intervals (CI), and the projected number of households within the sampling frame for a particular variable. Data were analyzed using Epi-Info™ v7 (Atlanta, GA). Included in the text of this report are weighted frequencies.

## Results

Over the thirty-day period, the interview teams completed 217 interviews out of the targeted 259 interviews for an overall completion rate of 84% (Table 1). Interviews were completed in 51% of households where contact was attempted (including completed interviews, incomplete interviews, refusals and non-respondents). Interviews were completed in 65% of households where contact was actually made (including completed interviews, incomplete interviews, language barriers and refusals). Un-weighted frequencies and percentages and projected (i.e., weighted) population estimates are presented in Tables 1-11.

### 1) Household Characteristics (Demographics)

Household characteristics are shown in Table 2. Among interviewed households, 95% of the households reported having one (25%), two (30%), three (23%), or four (15%) persons living in the household. Nearly all households (99.6%) reported that English was the primary language spoken in the home; however, a criterion for interview was an English-speaking adult.



The highest levels of education in the household varied, from 33% of households reporting some college or technical school and 27% reporting a bachelor’s degree, to 32% reporting high school graduation or an equivalent and 7% reporting not completing high school. Regarding respondent demographics, 52% of household respondents were female and 48% were male, 28% were under age 40, 25% were ages 40-60, and 48% were ages 60 and over. 49% of household respondents were White, 47% were African American, and the remaining 4% were other races—and according to the 2022 Census estimates, the population for Portsmouth is 38% White, 54% African American, and 8% other races; only 1.4% were Hispanic, which reflects Portsmouth’s overall Hispanic population of 5.3%.

## 2) Health Status

When asked if the respondent had been told by a doctor, nurse or other health professional that they had a chronic condition, 44% of households reported high blood pressure, 33% reported high blood cholesterol, 17% reported diabetes, 14% asthma, 9% cancer, 12% COPD/Emphysema/Chronic Bronchitis, 8% heart attack, and 7% stroke (Table 3).

<b>Table 3. Health Status</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Heart Attack</b>					
Yes	18	9	3175	8	4-12
No	192	91	37133	92	87-96
<b>High Blood Pressure</b>					
Yes	88	42	17782	44	36-52
No	124	59	22568	56	48-64
<b>High Blood Cholesterol</b>					
Yes	71	33	13705	33	27-40
No	142	66	27193	66	60-73
<b>Cancer</b>					
Yes	20	9	3502	9	5-13
No	190	89	36806	90	86-94
<b>Stroke</b>					
Yes	13	6	2820	7	3-11
No	196	93	37330	92	87-96
<b>Asthma</b>					
Yes	30	14	5829	14	9-19
No	179	84	34322	84	79-90
<b>COPD, Emphysema, or Chronic Bronchitis</b>					
Yes	24	11	4839	12	7-17
No	185	87	35311	87	81-92
<b>Diabetes</b>					
Yes	36	17	6637	17	11-23
No	171	82	32907	83	77-89

## Diabetes

Of the 17% of household respondents who reported being diagnosed with diabetes, 90% reported that their diabetes was under control<sup>1</sup>. 21% of respondents reported being diagnosed with pre-diabetes, and of these 43% reported getting additional information from a health professional AND making lifestyle changes (Table 4).

<b>Table 4. Diabetes</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Diabetes</b>					
Yes	36	17	6637	17	11-23
No	171	82	32907	83	77-89
<b>Is your diabetes under control A1c&lt;9</b>					
Yes	30	91	5550	90	79-102
No	2	6	*	*	*
Don't Know	1	3	*	*	*
<b>Pre-diabetes diagnosis</b>					
Yes	33	22	6039	21	13-29
No	116	77	23000	89	71-87
<b>Did a health professional give additional information with Pre-diabetes diagnosis</b>					
Additional Information	7	27	1147	25	9-10
Lifestyle Changes	8	31	33	33	16-50
Both	11	42	43	43	23-62
<b>Anyone in household ever been told they had diabetes only during pregnancy</b>					
Yes	2	1	*	*	*
No	199	97	38093	97	94-99
Don't Know	5	2	940	2	0-5

### 3) Access to Care

74% of households reported having one person they thought of as their personal doctor, and of those that did not, 97% reported having none; 90% of households reported having health insurance of any kind (Table 5). While only 20% of households reported that they had not been to visit a doctor for a check-up in the past year, 33% of households reported not visiting a dentist in that same time. For those with children, 97% reported their children had health insurance of any kind. 99% reported their child/children had visited a doctor for a check-up in the past 12 months and 83% had visited a dentist for a cleaning in past 12 months. 92% reported their children were up to date on recommended vaccinations for their age group.

<sup>1</sup> A1c < 9

<b>Table 5. Access to Care</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>One person you think of as your personal doctor</b>					
Yes	161	75.2	30154	73.7	67.0-80.4
No	53	24.8	10757	26.3	19.6-33.0
<b>If no,</b>					
More than one personal doctor	1	2	*	*	*
No personal doctor	48	98	9773	97.3	91.7-102.8
<b>Health insurance of any kind</b>					
Yes	196	91.2	37214	90.2	85.5-95.0
No	19	8.8	4028	9.8	5.0-14.6
<b>Do your children have health insurance of any kind</b>					
Yes	61	96.8	11840	97.4	93.8-101
No	2	3.2	*	*	*
<b>Dentist Visit in the past 12 months</b>					
Yes	145	67.1	9844	67	60.8-70.3
No	71	32.9	1969	33	26.7-39.2
<b>Doctor for a check-up in past 12 months</b>					
Yes	171	79.2	32861	79.5	73.4-85.5
No	45	20.8	8483	20.5	14.5-26.6
<b>Has your child/children visited a doctor for a check-up in the past 12 months</b>					
Yes	62	98.4	11998	98.7	96.1-101.3
No	1	1.6	*	*	*
<b>Has your child/children visited a dentist for a cleaning in the past 12 months</b>					
Yes	52	85.3	9844	83.3	72.1-94.5
No	9	14.8	1969	16.7	5.5-27.9
<b>Has your child/children received all recommended vaccinations for their age group?</b>					
Yes	60	95.2	11170	91.9	81.6-102.2
No	2	3.2	*	*	*

#### **4) General Health**

Regarding perceptions of health, only 11% of household respondents would say that in general their health is excellent, 29% would say their health is very good, 45% good, 10% fair, and 4% would say their general health is poor (Table 6). After reporting height and weight, 57% of respondents were classified as obese<sup>2</sup> and 25% percent were overweight.<sup>3</sup>

##### *Physical Activity*

For physical activity among household members in the last 2 weeks, only 36% of households reported getting at least 30 minutes of physical activity every day, while 45% reported getting fewer than 4 days of physical activity

<sup>2</sup> Body Mass Index (BMI) of 30 and above

<sup>3</sup> BMI of 25.0-29.9

(Table 6). 11% of residents feel not very safe or not safe at all in their neighborhood. 32% reported that the level of violence has increased in the last 3 years in their neighborhood.

<b>Table 6. General Health and Physical Activity</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>General health</b>					
Excellent	35	16.2	6704	16.2	11.1-21.3
Very Good	58	26.9	10532	25.5	18.5-32.5
Good	81	37.5	15905	38.5	32.6-44.4
Fair	37	17.1	7274	17.6	12.2-22.9
Poor	5	2.3	2.2	2.2	.3-4.2
<b>BMI</b>					
30 and above (obese)	76	38.4	14524	38.4	31.1-45.7
25.0-29.9 (overweight)	60	30.3	12455	32.9	25.6-40.2
18.5-24.9 (normal)	62	31.3	10860	28.7	22.0-35.4
Below 18.5 (Underweight)	0	0	*	*	*
<b>Doctor diagnosed child as overweight or obese</b>					
Yes	7	11.3	1183	9.9	1.8-17.9
No	55	88.7	10814	90.1	82.1-98.2
<b>Physical activity</b>					
<b>Did you get at least 30 minutes of physical activity</b>					
None	31	15.1	5800	14.7	9.8-19.5
1-4 (some days)	63	30.7	12005	30.4	23.2-37.5
5-9 (every other day)	27	13.2	5368	13.6	8.5-18.6
10-13 (most days)	11	5.4	2297	5.8	2.2-9.4
Everyday	73	35.6	14061	35.6	26.8-44.4
<b>How safe do you feel in your neighborhood</b>					
very safe	136	63.3	25354	61.6	53.5-69.7
somewhat safe	53	24.7	11017	26.8	20.1-33.4
not very safe	15	7	2757	6.7	3.1-10.3
not safe at all	9	4.2	1744	4.2	1.4-7.0
do not know	2	0.9	*	*	*
<b>How has level of violence in your neighborhood changed in the last 3 years</b>					
Decreased	15	7	3096	7.6	3.4-11.7
Stayed the same	109	51.2	20581	50.3	42.4-58.2
Increased	68	31.9	13079	32	23.3-40.6
do not know	21	9.9	4151	10.1	6.2-14.1

## 5) Nutrition

Once again focusing on the past 2 weeks, only 40% of households reported eating fruit<sup>4</sup> every day, and 48% reported eating vegetables<sup>5</sup> every day; 6% and % reported never eating fruits and vegetables in the past two weeks, respectively (Table 7). For sugary drinks, 22% reported having on sugary drink every day and 40% reported they had none in the past 2 weeks. 43% of households reported being worried about if food would run out before they had money to buy more and 205 reported food sometimes or often ran out before they had money to buy more.

<b>Table 7. Nutrition</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Eat Fruit</b>					
None	13	6.3	2342	5.9	2.5-9.3
1-6 (some days)	95	46.3	17981	45.5	35.8-55.2
7-13 (most days)	17	8.3	3621	9.2	4.7-13.7
Everyday	80	39	15595	39.4	30.7-48.1
<b>Eat Vegetables</b>					
None	6	3	1455	3.7	.3-7.1
1-6 (some days)	77	37.9	14819	37.8	28.1-47.5
7-13 (most days)	21	10.3	4098	10.5	6.1-14.8
Everyday	99	48.8	18827	48	39.0-57
<b>Drink at least one sugary drink</b>					
None	83	40.9	15697	40.1	31.1-49.1
1-6 (some days)	65	32	12258	31.3	21.8-40.8
7-13 (most days)	13	6.4	2641	6.7	3.0-10.5
Everyday	42	20.7	8531	21.8	13.7-29.9
<b>Worried about if our food would run before had money to buy more</b>					
Yes	101	45	17401	43	34-51
No	119	52	22448	55	47-63
Don't know	7	3	1103	3	1-5
<b>The food we bought just didn't last and we didn't have money to get more</b>					
Never True	172	81.1	32485	79.8	72.8-86.9
Sometimes True	22	10.4	4618	11.4	6.8-15.9
Often True	18	8.5	3584	8.8	4.1-13.5

<sup>4</sup> Includes fresh, frozen, or canned fruit

<sup>5</sup> Eating colorful vegetables that were not fried (Does not include rice or other grains)



## 6) Tobacco Use

21% of household respondents reported smoking and additional 10% reported someone else smoked in the home. Only 3% reported smoking electronic cigarettes (Table 8).

<b>Table 8. Tobacco Use</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Do you/someone else smoke in your home</b>					
Me	44	20.9	8621	21.2	15.5-27.0
Someone Else	20	9.5	4082	10.1	6.2-13.9
Both	3	1.4	*	*	*
None	144	68.3	27278	67.2	61.0-73.5
Yes	67	31.8	13291	32.8	26.6-39.0
<b>What products do you or other smokers in your household use</b>					
Cigarettes	58	85.3	11668	86.6	79.7-93.5
E-Cigarettes/Juul/Vape Pens	3	4.4	*	*	*
Other	7	10.3	1245	9.2	2.8-15.6

## 7) Mental Health

12% of respondents reported that their mental health was fair or poor (Table 9). During the last 7 days, 3% reported that mental health kept them from doing their usual activities and 25% reported feeling depressed. 32% of households reported feeling nervous, anxious or on edge and 33% reported not being able to stop or control worrying.

<b>Table 9. Mental Health</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Would you say your mental health is-?</b>					
Excellent	47	22	8614	21	15.2-26.8
Very Good	48	22.4	8690	21.2	15.5-26.9
Good	91	42.5	18399	44.9	37.5-52.3
Fair	26	12.2	4959	12.1	6.8-17.4
Poor	2	0.9	*	*	*
<b>How often do you have little interest or pleasure in doing things in the past 7 days?</b>					
Not at all	154	73	29391	72.9	66.7-79.1
Several days	35	16.6	6806	19.9	11.3-22.5
More than half the days	9	4.3	1851	4.6	1.1-8.1
Nearly every day	13	6.2	2271	5.6	2.8-8.5
<b>How often do you feel down, depressed or hopeless</b>					
Not at all	155	72.8	29517	72.4	66.2-78.6
Several days	43	20.2	8387	20.6	14.9-26.3
More than half the days	7	3.3	1418	3.5	.9-6.1

Nearly every day	8	3.8	1431	3.5	1.2-5.8
<b>How often do you feel nervous, anxious, or on edge</b>					
Not at all	143	67.1	27698	67.7	60.7-74.7
Several days	51	23.9	9732	23.8	17.6-30.0
More than half the days	11	5.2	2019	4.9	2.3-7.5
Nearly every day	8	3.8	1457	3.6	1.2-5.9
<b>How often are you not able to stop or control worrying</b>					
Not at all	142	67	27249	67.1	60.9-73.3
Several days	49	23.1	9365	23	17.7-28.4
More than half the days	9	4.3	1741	4.3	1.2-7.3
Nearly every day	12	5.7	2277	5.6	2.5-8.7

## 8) COVID-19

The COVID-19 pandemic significantly impacted the population of Portsmouth. Compared to before the pandemic, residents said 17% said their household income had decreased and 10% of residents said their access to food was worse (Table 10). 12% said they had lost their job or had reduced hours and 11% reported working from home since the pandemic started. 21% of residents said their physical activity was worse, 8% said their access to health care was worse, and 5% said access to mental health care was worse. The top five challenges experienced by residents during the pandemic were stress related to the pandemic (34%), getting necessary medical appointments (28%), feelings of anxiety over risk of infection (27%), suffering the loss of a household member, family member, or friend due to COVID-19 (22%), and feelings of loneliness or isolation (20%). 77% of households reported receiving at least one dose of COVID-19 vaccination and of those who had not received a vaccine 96% reported it was because they were not interested or do not plan to get vaccinated. 2 individuals reported not being able to receive the vaccine due to being homebound and interviewers connected those individuals with the health department's homebound clinics.

<b>Table 10. COVID-19</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Received at least one dose of COVID-19 vaccine</b>					
Yes	167	78	31665	77.2	70.4-84.0
No	47	47	9364	22.8	16.0-29.6
<b>If no, what was the reason</b>					
unable to get vaccine appointment	0	0	*	*	*
not eligible to receive vaccine	0	0	*	*	*
homebound	2	4.9	*	*	*
not interested/do not plan to get vaccine	39	95.1	7880	95.5	89.1-102.0
<b>Compared to before the COVID-19 pandemic, how would you describe changes to:</b>					
<b>Household Income</b>					
A lot better	19	9	3395	8.3	5.2-11.5
Better	20	9.4	3673	9	5.0-13.0
About the same	135	63.7	26288	64.6	57.7-71.4
Worse	27	12.7	5257	12.9	8.1-17.7

A lot worse	8	3.8	1510	3.7	1.0-6.5
Prefer not to say	3	1.4	*	*	*
<b>Access to Food</b>					
A lot better	9	4.3	1717	9	1.4-7.1
Better	12	5.7	2454	6.1	2.6-9.5
About the same	167	79.2	32010	79	73.0-85.0
Worse	21	10	3852	9.5	5.0-14.0
A lot worse	2	1	*	*	*
<b>Physical Activity</b>					
A lot better	10	4.7	1891	4.7	1.8-7.6
Better	23	10.9	4592	11.3	6.7-15.9
About the same	132	62.6	25302	62.4	56.2-68.7
Worse	41	19.4	7787	19.2	13.7-24.7
A lot worse	5	2.4	958	2.4	0-4.7
<b>Access to health care</b>					
A lot better	9	4.3	1744	4.3	1.6-7.0
Better	14	6.6	2537	6.3	2.6-10.0
About the same	169	80.1	32818	81	74.3-87.6
Worse	17	8.1	3028	7.5	3.8-11.1
A lot worse	1	0.5	*	*	*
Prefer not to say	1	0.5	*	*	*
<b>Access to mental health care</b>					
A lot better	8	4	1468	3.6	1.2-6.1
Better	14	6.7	2647	6.6	3.5-9.7
About the same	170	81	33093	82.2	77.2-87.2
Worse	12	5.7	2050	5.1	2.3-7.9
A lot worse	3	1.4	*	*	*
Prefer not to say	2	1	*	*	*
<b>Challenges Experienced:</b>					
Getting necessary medical appointments	59	27.2	11488	27.6	20.7-34.5
Getting necessary medications/ prescriptions	27	12.4	5196	12.5	8.0-17.0
Getting necessary food and basic supplies	28	12.9	5747	13.8	8.5-19.1
Accessing Educational or learning materials	14	6.5	3014	7.2	3.2-11.2
Balancing providing care and working from home	21	9.7	3267	7.8	3.5-12.2
Balancing virtual school with working from home	27	12.4	4765	11.4	7.5-15.4
Provided care for someone with COVID-19	16	7.4	3267	7.8	3.5-12.2
Suffered loss of a household member, family member, or friend due to COVID-19	46	21.2	9184	22.1	15.7-28.5

Feelings of loneliness or isolation	46	21.2	8410	20.2	14.8-25.7
Feelings of anxiety over risk of infection	58	26.7	11118	26.7	20.6-32.9
Stress related to the pandemic	72	33.2	14065	33.8	28.2-39.4
<b>Change in Employment Status</b>					
No Change	155	76	28485	73.1	66.1-80.1
Working from home	18	8.8	7448	10.6	5.9-15.3
Reduced hours	15	7.4	2828	7.3	3.1-11.4
changed jobs	3	1.5	*	*	*
lost jobs	9	4.4	1914	4.9	1.2-8.6

## Open Ended Questions

1. What does being healthy mean to you?

When asked what being healthy means to you, most respondents said being able to move without pain and eating healthy were vital to being healthy. Others frequently mentioned “taking care yourself,” “seeing medical doctors regularly,” “having good mental health,” and “good humor.”

2. How do you think we can make Portsmouth a healthier community?

Residents listed more parks and recreation facilities, after school programs, activities for kids, quality healthcare facilities, and services and facilities for older adults. “Reducing crime” was a recurrent theme along with better sidewalks, meetings spaces for the community, and more walking/running community events. Residents also recommended reducing homelessness.

3. The top 3 health concerns residents listed were heart disease, obesity, and diabetes
4. Biggest obstacles to improving health of the community were substance use, access to mental health resources, and poverty.

## Discussion

The results of this CHS using CASPER methodology provided a rapid assessment of 1) physical activity, 2) nutrition, 3) tobacco use, 4) mental health, 5) diabetes 6) access to care, 7) perceptions of health, 8) how the COVID-19 pandemic impacted residents and 9) demographics. These results can help to inform public health practitioners and community partners about how best to appropriately and effectively meet the health needs of the Portsmouth community. In addition, the CASPER methodology built the disaster epidemiology capacity of both PHD and VDH Central Office personnel.



## Attachment I – Tables

Table 1. Questionnaire response rates for the Portsmouth Health District CHS, December 2021		
Questionnaire response	Percent	Rate
Completion*	84	217/259
Contact†	51	217/430
Cooperation‡	65	217/333
* Percent of questionnaires completed in relation to the goal of 280		
† Percent of questionnaires completed in relation to all households where contact was attempted		
‡ Percent of questionnaires completed in relation to all households where contact was made		

Table 2. Household characteristics					
Characteristic	Frequency (n=198)	% of households	Projected number of Households	Weighted %	Weighted 95% CI
<b>Gender</b>					
Female	114	52.5	21597	51.9	43.9-59.8
Male	103	47.5	20023	48.1	40.2-56.1
<b>Age</b>					
18-29	29	13.4	6116	14.8	8.9-20.7
30-39	27	12.5	5299	12.8	8.2-17.4
40-49	30	13.9	5714	13.8	9.1-18.5
50-59	24	11.1	4475	10.8	6.7-15.0
60-69	59	27.3	10926	26.4	20.0-32.8
70-79	47	21.8	8869	21.4	14.9-27.9
80+	29	13.4	6116	14.8	8.9-20.7
<b>Number living in household</b>					
One	54	25	10420	25.2	18.0-32.4
Two	68	31.5	12519	30.2	23.8-36.7
Three	48	22.2	9500	22.9	17.5-28.4
Four	33	15.3	6204	15	9.7-20.3
Five	10	4.6	2139	5.2	1.8-8.6

Six	1	0.5	*	*	*
Seven or more	2	0.9	*	*	*
<b>Education</b>					
Grades 1-8 (Elementary)	2	0.9	341	0.8	-.3-2
Grades 9-11 (some high school)	10	4.7	2376	5.8	1.9-9.7
Grade 12 or GED (High school graduate)	68	31.9	13249	32.4	24.8-40.0
College 1-3 years (Some college or technical school)	77	36.2	13646	33.4	25.7-41.1
College 4+years (College graduate)	54	25.4	10917	26.7	18.2-35.2
<b>Language</b>					
Households where English is the primary language spoken	216	99.5	41462	99.6	98.9-100.4
<b>Race</b>					
White	107	51	19725	48.8	36.3-61.4
Black or African American	95	45.2	19088	47.2	34.8-59.7
American Indian or Alaskan Native	1	1	*	*	*
Asian	0	0	*	*	*
Pacific Islander	0	0	*	*	*
<b>Hispanic</b>					
Yes	3	1.4	*	*	*
No	206	98.6	39680	98.6	98.5-98.7

<b>Table 3. Health Status</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Heart Attack</b>					
Yes	18	9	3175	8	4-12
No	192	91	37133	92	87-96
<b>High Blood Pressure</b>					
Yes	88	42	17782	44	36-52
No	124	59	22568	56	48-64
<b>High Blood Cholesterol</b>					

Yes	71	33	13705	33	27-40
No	142	66	27193	66	60-73
<b>Cancer</b>					
Yes	20	9	3502	9	5-13
No	190	89	36806	90	86-94
<b>Stroke</b>					
Yes	13	6	2820	7	3-11
No	196	93	37330	92	87-96
<b>Asthma</b>					
Yes	30	14	5829	14	9-19
No	179	84	34322	84	79-90
<b>COPD, Emphysema, or Chronic Bronchitis</b>					
Yes	24	11	4839	12	7-17
No	185	87	35311	87	81-92
<b>Diabetes</b>					
Yes	36	17	6637	17	11-23
No	171	82	32907	83	77-89

<b>Table 4. Diabetes</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Diabetes</b>					
Yes	36	17	6637	17	11-23
No	171	82	32907	83	77-89
<b>Is your diabetes under control A1c&lt;9</b>					
Yes	30	91	5550	90	79-102
No	2	6	*	*	*
Don't Know	1	3	*	*	*
<b>Pre-diabetes diagnosis</b>					
Yes	33	22	6039	21	13-29
No	116	77	23000	89	71-87
<b>Did a health professional give additional information with Pre-diabetes diagnosis</b>					
Additional Information	7	27	1147	25	9-10

Lifestyle Changes	8	31	33	33	16-50
Both	11	42	43	43	23-62
<b>Anyone in household ever been told they had diabetes only during pregnancy</b>					
Yes	2	1	*	*	*
No	199	97	38093	97	94-99
Don't Know	5	2	940	2	0-5

<b>Table 5. Access to Care</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>One person you think of as your personal doctor</b>					
Yes	161	75.2	30154	73.7	67.0-80.4
No	53	24.8	10757	26.3	19.6-33.0
<b>If no,</b>					
More than one personal doctor	1	2	*	*	*
No personal doctor	48	98	9773	97.3	91.7-102.8
<b>Health insurance of any kind</b>					
Yes	196	91.2	37214	90.2	85.5-95.0
No	19	8.8	4028	9.8	5.0-14.6
<b>Do your children have health insurance of any kind</b>					
Yes	61	96.8	11840	97.4	93.8-101
No	2	3.2	*	*	*
<b>Dentist Visit in the past 12 months</b>					
Yes	145	67.1	9844	67	60.8-70.3
No	71	32.9	1969	33	26.7-39.2
<b>Doctor for a check-up in past 12 months</b>					
Yes	171	79.2	32861	79.5	73.4-85.5
No	45	20.8	8483	20.5	14.5-26.6
<b>Has your child/children visited a doctor for a check-up in the past 12 months</b>					
Yes	62	98.4	11998	98.7	96.1-101.3
No	1	1.6	*	*	*
<b>Has your child/children visited a dentist for a cleaning in the past 12 months</b>					
Yes	52	85.3	9844	83.3	72.1-94.5

No	9	14.8	1969	16.7	5.5-27.9
<b>Has your child/children received all recommended vaccinations for their age group?</b>					
Yes	60	95.2	11170	91.9	81.6-102.2
No	2	3.2	*	*	*

<b>Table 6. General Health and Physical Activity</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>General health</b>					
Excellent	35	16.2	6704	16.2	11.1-21.3
Very Good	58	26.9	10532	25.5	18.5-32.5
Good	81	37.5	15905	38.5	32.6-44.4
Fair	37	17.1	7274	17.6	12.2-22.9
Poor	5	2.3	2.2	2.2	.3-4.2
<b>BMI</b>					
30 and above (obese)	76	38.4	14524	38.4	31.1-45.7
25.0-29.9 (overweight)	60	30.3	12455	32.9	25.6-40.2
18.5-24.9 (normal)	62	31.3	10860	28.7	22.0-35.4
Below 18.5 (Underweight)	0	0	*	*	*
<b>Doctor diagnosed child as overweight or obese</b>					
Yes	7	11.3	1183	9.9	1.8-17.9
No	55	88.7	10814	90.1	82.1-98.2
<b>Physical activity</b>					
<b>Did you get at least 30 minutes of physical activity</b>					
None	31	15.1	5800	14.7	9.8-19.5
1-4 (some days)	63	30.7	12005	30.4	23.2-37.5
5-9 (every other day)	27	13.2	5368	13.6	8.5-18.6
10-13 (most days)	11	5.4	2297	5.8	2.2-9.4
Everyday	73	35.6	14061	35.6	26.8-44.4
<b>How safe do you feel in your neighborhood</b>					
very safe	136	63.3	25354	61.6	53.5-69.7
somewhat safe	53	24.7	11017	26.8	20.1-33.4
not very safe	15	7	2757	6.7	3.1-10.3



not safe at all	9	4.2	1744	4.2	1.4-7.0
do not know	2	0.9	*	*	*
<b>How has level of violence in your neighborhood changed in the last 3 years</b>					
Decreased	15	7	3096	7.6	3.4-11.7
Stayed the same	109	51.2	20581	50.3	42.4-58.2
Increased	68	31.9	13079	32	23.3-40.6
do not know	21	9.9	4151	10.1	6.2-14.1

<b>Table 7. Nutrition</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Eat Fruit</b>					
None	13	6.3	2342	5.9	2.5-9.3
1-6 (some days)	95	46.3	17981	45.5	35.8-55.2
7-13 (most days)	17	8.3	3621	9.2	4.7-13.7
Everyday	80	39	15595	39.4	30.7-48.1
<b>Eat Vegetables</b>					
None	6	3	1455	3.7	.3-7.1
1-6 (some days)	77	37.9	14819	37.8	28.1-47.5
7-13 (most days)	21	10.3	4098	10.5	6.1-14.8
Everyday	99	48.8	18827	48	39.0-57
<b>Drink at least one sugary drink</b>					
None	83	40.9	15697	40.1	31.1-49.1
1-6 (some days)	65	32	12258	31.3	21.8-40.8
7-13 (most days)	13	6.4	2641	6.7	3.0-10.5
Everyday	42	20.7	8531	21.8	13.7-29.9
<b>Worried about if our food would run before had money to buy more</b>					
Yes	101	45	17401	43	34-51
No	119	52	22448	55	47-63
Don't know	7	3	1103	3	1-5
<b>The food we bought just didn't last and we didn't have money to get more</b>					
Never True	172	81.1	32485	79.8	72.8-86.9
Sometimes True	22	10.4	4618	11.4	6.8-15.9

Often True	18	8.5	3584	8.8	4.1-13.5
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<b>Table 8. Tobacco Use</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Do you/someone else smoke in your home</b>					
Me	44	20.9	8621	21.2	15.5-27.0
Someone Else	20	9.5	4082	10.1	6.2-13.9
Both	3	1.4	*	*	*
None	144	68.3	27278	67.2	61.0-73.5
Yes	67	31.8	13291	32.8	26.6-39.0
<b>What products do you or other smokers in your household use</b>					
Cigarettes	58	85.3	11668	86.6	79.7-93.5
E-Cigarettes/Juul/Vape Pens	3	4.4	*	*	*
Other	7	10.3	1245	9.2	2.8-15.6

<b>Table 9. Mental Health</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Would you say your mental health is-?</b>					
Excellent	47	22	8614	21	15.2-26.8
Very Good	48	22.4	8690	21.2	15.5-26.9
Good	91	42.5	18399	44.9	37.5-52.3
Fair	26	12.2	4959	12.1	6.8-17.4
Poor	2	0.9	*	*	*
<b>How often do you have little interest or pleasure in doing things in the past 7 days?</b>					
Not at all	154	73	29391	72.9	66.7-79.1
Several days	35	16.6	6806	19.9	11.3-22.5
More than half the days	9	4.3	1851	4.6	1.1-8.1
Nearly every day	13	6.2	2271	5.6	2.8-8.5

<b>How often do you feel down, depressed or hopeless</b>					
Not at all	155	72.8	29517	72.4	66.2-78.6
Several days	43	20.2	8387	20.6	14.9-26.3
More than half the days	7	3.3	1418	3.5	.9-6.1
Nearly every day	8	3.8	1431	3.5	1.2-5.8
<b>How often do you feel nervous, anxious, or on edge</b>					
Not at all	143	67.1	27698	67.7	60.7-74.7
Several days	51	23.9	9732	23.8	17.6-30.0
More than half the days	11	5.2	2019	4.9	2.3-7.5
Nearly every day	8	3.8	1457	3.6	1.2-5.9
<b>How often are you not able to stop or control worrying</b>					
Not at all	142	67	27249	67.1	60.9-73.3
Several days	49	23.1	9365	23	17.7-28.4
More than half the days	9	4.3	1741	4.3	1.2-7.3
Nearly every day	12	5.7	2277	5.6	2.5-8.7




<b>Table 10. COVID-19</b>					
<b>Characteristic</b>	<b>Frequency (n=198)</b>	<b>% of households</b>	<b>Projected number of Households</b>	<b>Weighted %</b>	<b>Weighted 95% CI</b>
<b>Received at least one dose of COVID-19 vaccine</b>					
Yes	167	78	31665	77.2	70.4-84.0
No	47	47	9364	22.8	16.0-29.6
<b>If no, what was the reason</b>					
unable to get vaccine appointment	0	0	*	*	*
not eligible to receive vaccine	0	0	*	*	*
homebound	2	4.9	*	*	*
not interested/do not plan to get vaccine	39	95.1	7880	95.5	89.1-102.0
<b>Compared to before the COVID-19 pandemic, how would you describe changes to:</b>					
<b>Household Income</b>					
A lot better	19	9	3395	8.3	5.2-11.5

Better	20	9.4	3673	9	5.0-13.0
About the same	135	63.7	26288	64.6	57.7-71.4
Worse	27	12.7	5257	12.9	8.1-17.7
A lot worse	8	3.8	1510	3.7	1.0-6.5
Prefer not to say	3	1.4	*	*	*
<b>Access to Food</b>					
A lot better	9	4.3	1717	9	1.4-7.1
Better	12	5.7	2454	6.1	2.6-9.5
About the same	167	79.2	32010	79	73.0-85.0
Worse	21	10	3852	9.5	5.0-14.0
A lot worse	2	1	*	*	*
<b>Physical Activity</b>					
A lot better	10	4.7	1891	4.7	1.8-7.6
Better	23	10.9	4592	11.3	6.7-15.9
About the same	132	62.6	25302	62.4	56.2-68.7
Worse	41	19.4	7787	19.2	13.7-24.7
A lot worse	5	2.4	958	2.4	0-4.7
<b>Access to health care</b>					
A lot better	9	4.3	1744	4.3	1.6-7.0
Better	14	6.6	2537	6.3	2.6-10.0
About the same	169	80.1	32818	81	74.3-87.6
Worse	17	8.1	3028	7.5	3.8-11.1
A lot worse	1	0.5	*	*	*
Prefer not to say	1	0.5	*	*	*
<b>Access to mental health care</b>					
A lot better	8	4	1468	3.6	1.2-6.1
Better	14	6.7	2647	6.6	3.5-9.7
About the same	170	81	33093	82.2	77.2-87.2
Worse	12	5.7	2050	5.1	2.3-7.9
A lot worse	3	1.4	*	*	*
Prefer not to say	2	1	*	*	*
<b>Challenges Experienced:</b>					
Getting necessary medical appointments	59	27.2	11488	27.6	20.7-34.5
Getting necessary medications/ prescriptions	27	12.4	5196	12.5	8.0-17.0

Getting necessary food and basic supplies	28	12.9	5747	13.8	8.5-19.1
Accessing Educational or learning materials	14	6.5	3014	7.2	3.2-11.2
Balancing providing care and working from home	21	9.7	3267	7.8	3.5-12.2
Balancing virtual school with working from home	27	12.4	4765	11.4	7.5-15.4
Provided care for someone with COVID-19	16	7.4	3267	7.8	3.5-12.2
Suffered loss of a household member, family member, or friend due to COVID-19	46	21.2	9184	22.1	15.7-28.5
Feelings of loneliness or isolation	46	21.2	8410	20.2	14.8-25.7
Feelings of anxiety over risk of infection	58	26.7	11118	26.7	20.6-32.9
Stress related to the pandemic	72	33.2	14065	33.8	28.2-39.4
<b>Change in Employment Status</b>					
No Change	155	76	28485	73.1	66.1-80.1
Working from home	18	8.8	7448	10.6	5.9-15.3
Reduced hours	15	7.4	2828	7.3	3.1-11.4
changed jobs	3	1.5	*	*	*
lost jobs	9	4.4	1914	4.9	1.2-8.6



# Attachment II – Survey

 <h2 style="margin: 0;">2021 PORTSMOUTH COMMUNITY HEALTH SURVEY</h2> 		<p>If you prefer, you can take this survey online by going to:  <a href="https://arcg.is/1ruuLm1">https://arcg.is/1ruuLm1</a> or scanning the QR code below with your phone.</p> 
<p>The survey should take no more than 15 minutes to complete. We will keep your answers private. You can refuse to take part in the survey or refuse to answer any of the questions. If you have any questions, you can call Michelle Winz, Epidemiologist, at 757-393-8585 ext. 8701 or Avanti Allen-Benson, Population Health Manager, at 757-393-8585 ext. 8566.</p>		
Q1a. Date (MM/DD/YY): _____	Q1b. City of Residence _____	Survey Number (office use only) _____
Q1c. What is the closest street intersection to your home? _____		
Q2. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Q3. What is your age? _____	Q4. Is English the primary language spoken in the household? <input type="checkbox"/> Yes <input type="checkbox"/> No
Q5. How many people live in your household? _____	Q6. Do you have health insurance of any kind? <input type="checkbox"/> Yes <input type="checkbox"/> No	Q7. Where do you get most of your health information? <input type="checkbox"/> Doctor/Nurse <input type="checkbox"/> Books/magazines <input type="checkbox"/> Internet <input type="checkbox"/> Social Media <input type="checkbox"/> Church <input type="checkbox"/> My Child's School <input type="checkbox"/> Other
<b>Q8. Have you EVER been told by a doctor, nurse or other health professional that you have had any of the following?</b>	<b>8a.</b> Heart Attack, Angina, or Coronary Artery Disease <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8b.</b> High Blood Pressure <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8c.</b> High Cholesterol <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8d.</b> Cancer <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8e.</b> Stroke <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8f.</b> Asthma <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>9g.</b> COPD, Emphysema, or Chronic Bronchitis <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8h.</b> Diabetes <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8i.</b> IF YES-->Is your diabetes under control? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>8j.</b> Prediabetes or borderline diabetes <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know	<b>IF YES to prediabetes --&gt; Q8h.</b> Did you get any additional information from a health professional, make any lifestyle changes, or both? <input type="checkbox"/> Additional Information <input type="checkbox"/> Lifestyle Changes <input type="checkbox"/> Both
Q9. Has anyone in your household ever been told they have diabetes only during pregnancy? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know		
Q10. Do you or someone in your household currently smoke (either indoors or outdoors)? <input type="checkbox"/> Me <input type="checkbox"/> Someone Else <input type="checkbox"/> Both <input type="checkbox"/> None	<b>IF YES --&gt; Q10a.</b> Which of the following products do you or the other smokers in your household use (select all that apply)? <input type="checkbox"/> Cigarettes/Cigars/Pipes <input type="checkbox"/> Juul/Electronic Cigarettes/Vape Pens <input type="checkbox"/> Other drugs that are smoked	
Q11. Within the past 12 months...	<b>11a.</b> ...we were worried whether our food would run out before we had money to buy more. <input type="checkbox"/> Often True <input type="checkbox"/> Sometimes True <input type="checkbox"/> Never True <b>11b.</b> ...the food we bought just didn't last and we didn't have money to get more. <input type="checkbox"/> Often True <input type="checkbox"/> Sometimes True <input type="checkbox"/> Never True	
Q12. Do you have one person you think of as your personal doctor or health care provider? <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>IF NO--&gt;Q12a.</b> Is there more than one, or is there no person who you think of as your personal doctor or health care provider? <input type="checkbox"/> More than one <input type="checkbox"/> No person	
Q13. Within the past 12 months, have you visited...	<b>13a.</b> a doctor for a check-up? <input type="checkbox"/> Yes <input type="checkbox"/> No <b>13b.</b> a dentist or dental hygienist for a cleaning? <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Q14.</b> Would you say that in general your health is--? <input type="checkbox"/> Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <b>Q15.</b> Would you say that in general your mental health is--? <input type="checkbox"/> Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
<b>Q16.</b> How many children less than 18 year of age live in your household? _____ <i>(if 0 skip to Q17)</i>	<b>16a.</b> Does your child/children have health insurance? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>16b.</b> Has your child/children visited a doctor for a check-up within the last year? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>16c.</b> Has your child/children visited a dentist or dental hygienist for a cleaning within the last year? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>16d.</b> Has a doctor ever diagnosed your child as overweight or obese? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know <b>16e.</b> Has your child/children received all recommended vaccinations for their age group? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Do not know	
Q17. How safe do you feel in your neighborhood? <input type="checkbox"/> very safe <input type="checkbox"/> somewhat safe <input type="checkbox"/> not very safe <input type="checkbox"/> not safe at all <input type="checkbox"/> do not know		
Q18. How has the level of violence in your neighborhood changed over the last three years? <input type="checkbox"/> increased <input type="checkbox"/> decreased <input type="checkbox"/> stayed the same <input type="checkbox"/> do not know		
Q19. Of the past 14 days, how many days did you...	<b>19a.</b> Get at least 30 minutes of physical activity (such as walking, running, basketball, fast bicycling, swimming, fast dancing, or other sports)? _____ <b>19b.</b> Eat fruit, not including juice (Count fresh, frozen, or canned fruit)? _____ <b>19c.</b> Eat colorful vegetables that were not fried (Do not include rice or other grains)? _____ <b>19d.</b> Drink a sugary drink (Sodas, flavored waters/teas, sports drinks, energy drinks)? _____	
Q20. Over the last 7 days, how often have you been bothered by...	<b>20a.</b> having little interest or pleasure in doing things? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day <b>20b.</b> feeling down, depressed or hopeless? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day <b>20c.</b> feeling nervous, anxious or on edge? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day <b>20d.</b> not being able to stop or control worrying? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day	
Q21. Have you received at least one dose of the three available COVID-19 vaccines? <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>IF NO --&gt; Q21a.</b> If no, please indicate the reason: <input type="checkbox"/> unable to get vaccine appointment <input type="checkbox"/> not eligible to receive vaccine <input type="checkbox"/> homebound <input type="checkbox"/> not interested/do not plan to get vaccine	
Q22. How would you describe your change in employment status due to COVID-19? <input type="checkbox"/> no change <input type="checkbox"/> working from home <input type="checkbox"/> reduced hours <input type="checkbox"/> changed jobs <input type="checkbox"/> lost job <input type="checkbox"/> quit job		

<b>Q23.</b> Compared to before the COVID-19 pandemic, how would you describe changes to...	<b>23a.</b> your household income?	<input type="checkbox"/> A lot better <input type="checkbox"/> better <input type="checkbox"/> about the same <input type="checkbox"/> worse <input type="checkbox"/> a lot worse <input type="checkbox"/> prefer not to say	
	<b>23b.</b> your access to food?	<input type="checkbox"/> A lot better <input type="checkbox"/> better <input type="checkbox"/> about the same <input type="checkbox"/> worse <input type="checkbox"/> a lot worse <input type="checkbox"/> prefer not to say	
	<b>23c.</b> your level of physical activity?	<input type="checkbox"/> A lot better <input type="checkbox"/> better <input type="checkbox"/> about the same <input type="checkbox"/> worse <input type="checkbox"/> a lot worse <input type="checkbox"/> prefer not to say	
	<b>23d.</b> your access to health care?	<input type="checkbox"/> A lot better <input type="checkbox"/> better <input type="checkbox"/> about the same <input type="checkbox"/> worse <input type="checkbox"/> a lot worse <input type="checkbox"/> prefer not to say	
	<b>23e.</b> your access to mental health care?	<input type="checkbox"/> A lot better <input type="checkbox"/> better <input type="checkbox"/> about the same <input type="checkbox"/> worse <input type="checkbox"/> a lot worse <input type="checkbox"/> prefer not to say	
<b>Q24.</b> Please indicate the challenges you or your household experienced during the COVID-19 pandemic:	<input type="checkbox"/> getting necessary medical appointments	<input type="checkbox"/> balancing providing care and working from home	<input type="checkbox"/> feelings of loneliness or isolation
	<input type="checkbox"/> getting necessary medications/prescriptions	<input type="checkbox"/> balancing virtual school with working from home	<input type="checkbox"/> feelings of anxiety over risk of infection
	<input type="checkbox"/> getting necessary food and basic supplies	<input type="checkbox"/> provided care for someone with COVID-19	<input type="checkbox"/> stress related to the pandemic
	<input type="checkbox"/> accessing educational or learning materials	<input type="checkbox"/> suffered loss of a household member, family member or friend due to COVID-19	
<b>Q25.</b> Which one or more of the following would you say is your race? <input type="checkbox"/> White <input type="checkbox"/> Black or African American <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Other			
<b>Q26.</b> Are you Hispanic, Latino, or Spanish origin? <input type="checkbox"/> Yes <input type="checkbox"/> No		<b>Q27.</b> How tall are you? _____	<b>Q28.</b> How much do you weigh? _____
<b>Q29.</b> What is the highest level of education completed by anyone in your household? <input type="checkbox"/> Never attended school or only attended kindergarten <input type="checkbox"/> Grades 1 through 8 (Elementary) <input type="checkbox"/> Grades 9 through 11 (Some high school) <input type="checkbox"/> Grade 12 or GED (High school graduate) <input type="checkbox"/> College 1 year to 3 years (Some college or technical school) <input type="checkbox"/> College 4 years or more (College graduate)			

The following questions are an opportunity for you to describe, in your own words, what you think about the health of our community, concerns you have about your own health, and the impact of the COVID-19 pandemic. Please answer as many or as few of these questions as you are comfortable with. We truly appreciate your feedback!

**Describe what being healthy means to you.**

**How do you think we can make Portsmouth a healthier community?**

**What health topics would you like to receive more information on? How would you like to receive this information? (ex. brochures, emails, social media, etc.)**

**What do you feel are your top 3 health concerns?**

**What do you feel are the biggest obstacles to improving the health of our community?**

**How has the COVID-19 pandemic affected your mental health? (ex. stress, anxiety, depression, loneliness, etc.)**

**If you indicated that you are not interested/do not plan to get the vaccine, please explain why or how you have come to this decision.**

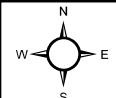
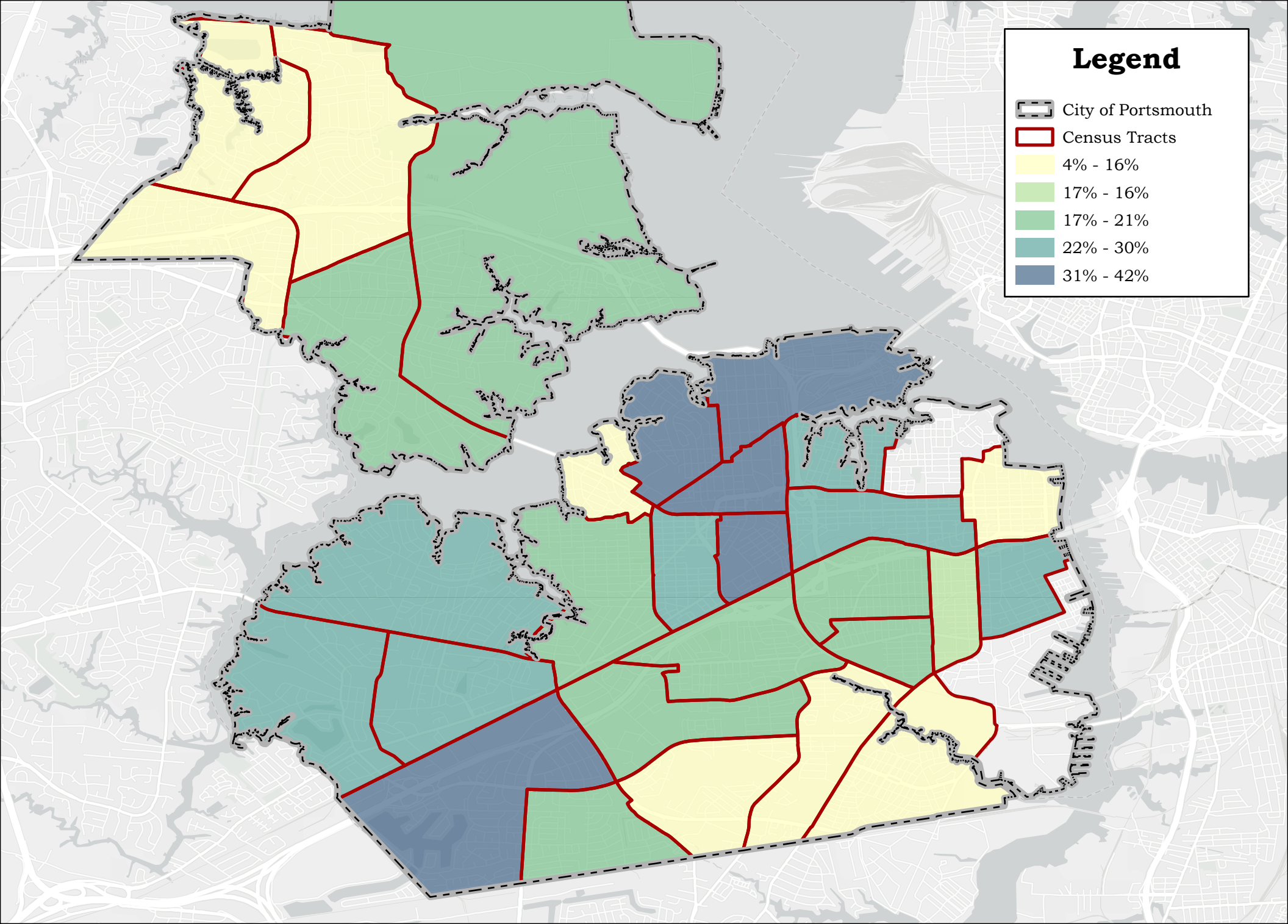
### **Attachment III – References**

1. Centers for Disease Control and Prevention (CDC). Community Assessment for Public Health Emergency Response (CASPER) Toolkit: Second edition. Atlanta (GA): CDC; 2012.  
[http://emergency.cdc.gov/disasters/surveillance/pdf/casper\\_toolkit\\_508%20compliant.pdf](http://emergency.cdc.gov/disasters/surveillance/pdf/casper_toolkit_508%20compliant.pdf)

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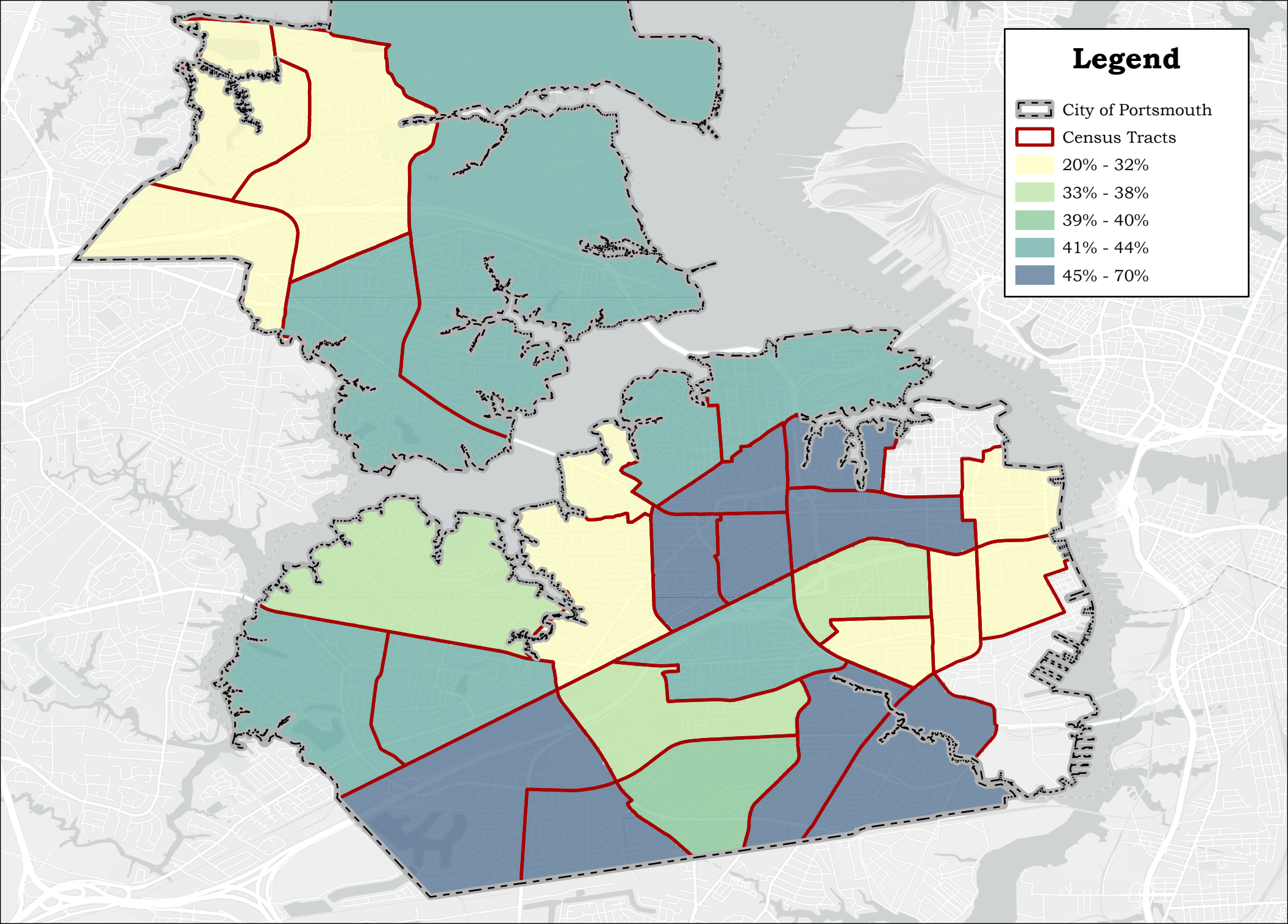


**Percentage of Portsmouth Residents who reported their General Health as Fair or Poor**

2021 Community Health Survey

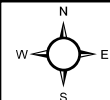


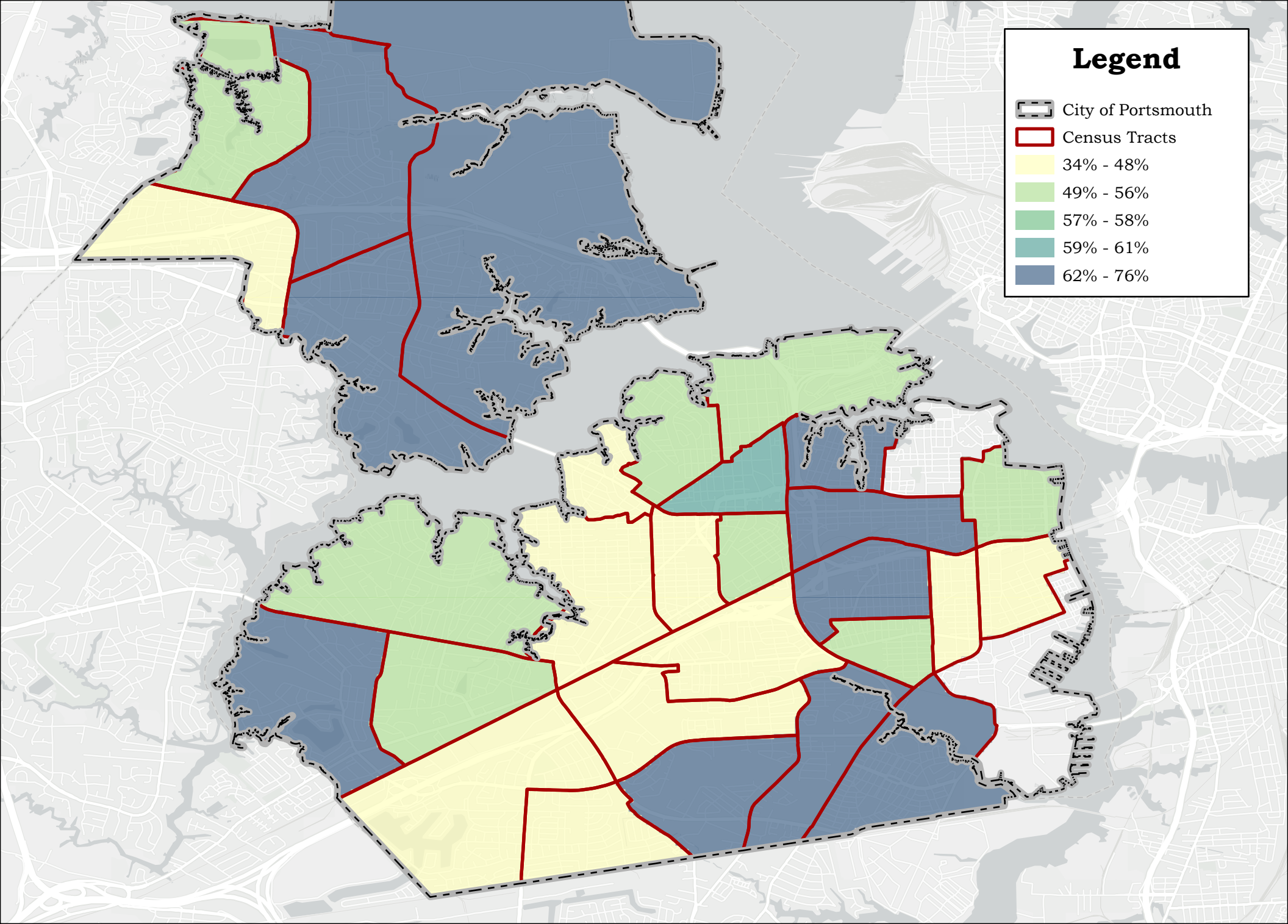




**Percentage of Portsmouth Residents who are Obese**

2021 Community Health Survey



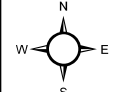


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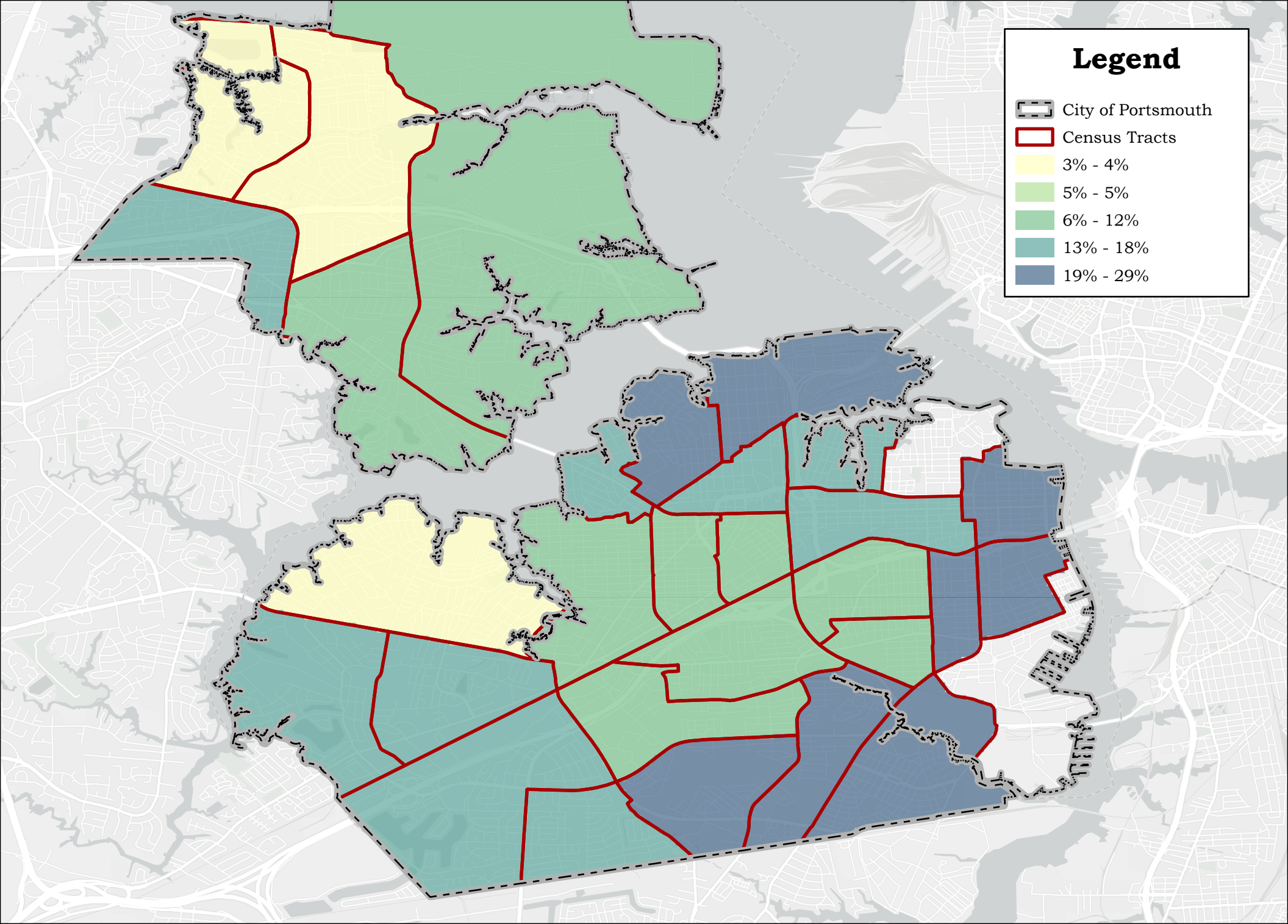
- City of Portsmouth
- Census Tracts
- 34% - 48%
- 49% - 56%
- 57% - 58%
- 59% - 61%
- 62% - 76%

**Percentage of Portsmouth Residents who get Physical Activity at least Every Other Day**

2021 Community Health Survey

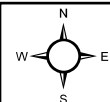


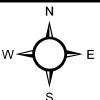
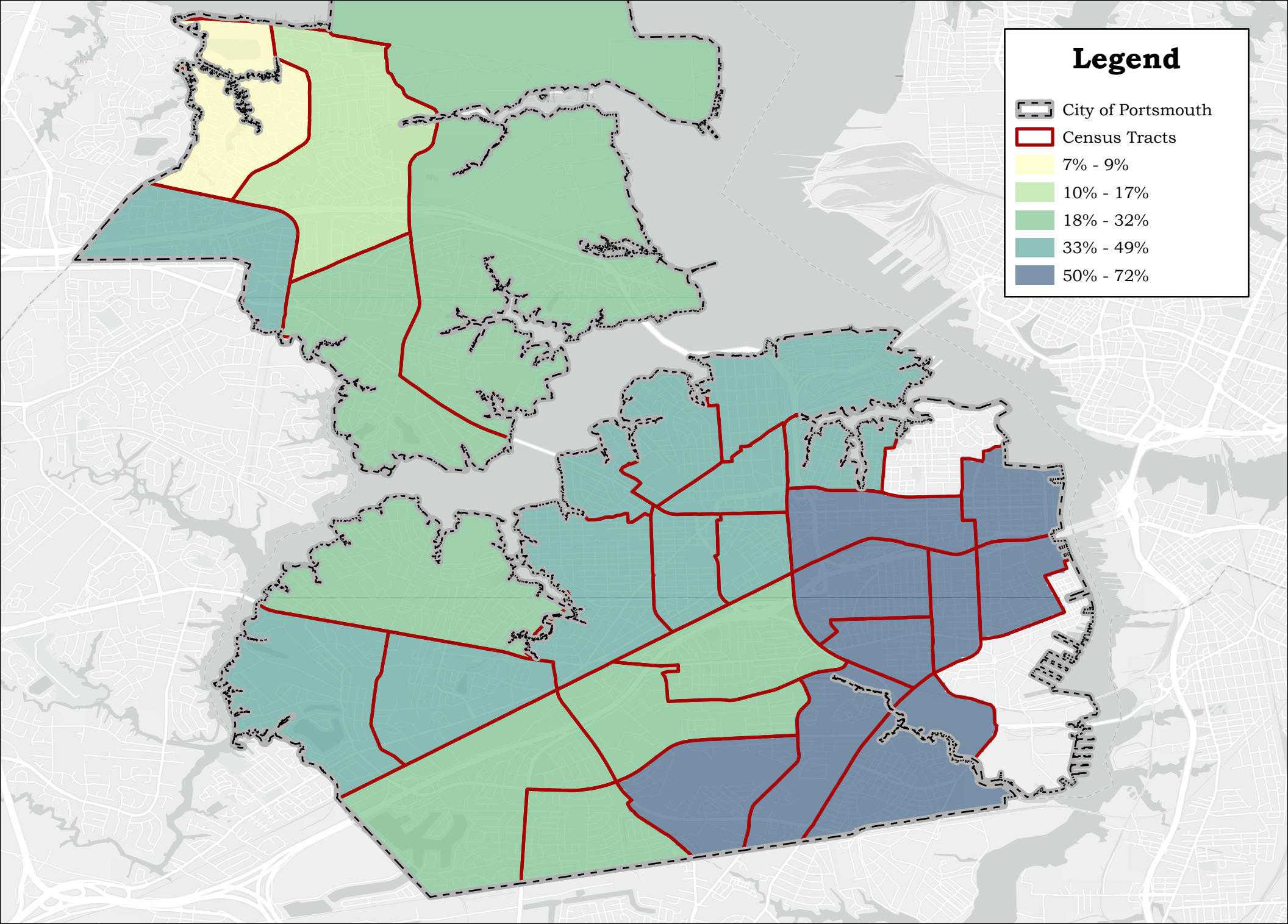




**Percentage of Portsmouth Residents who reported an increase in Neighborhood Safety**

2021 Community Health Survey

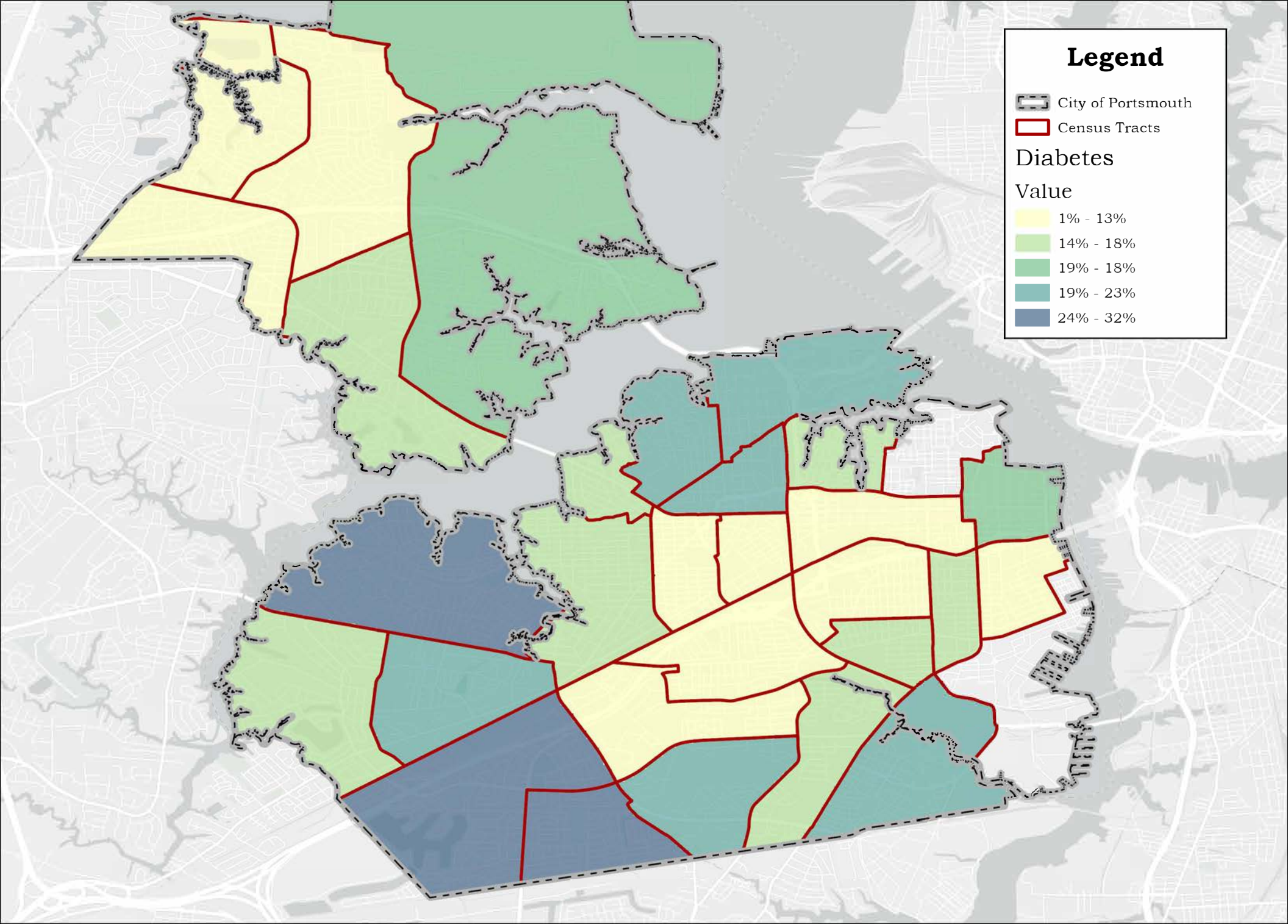




**Percentage of Portsmouth Residents who report the level of Violence in their Neighborhood has Increased over the last 3 years**

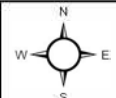




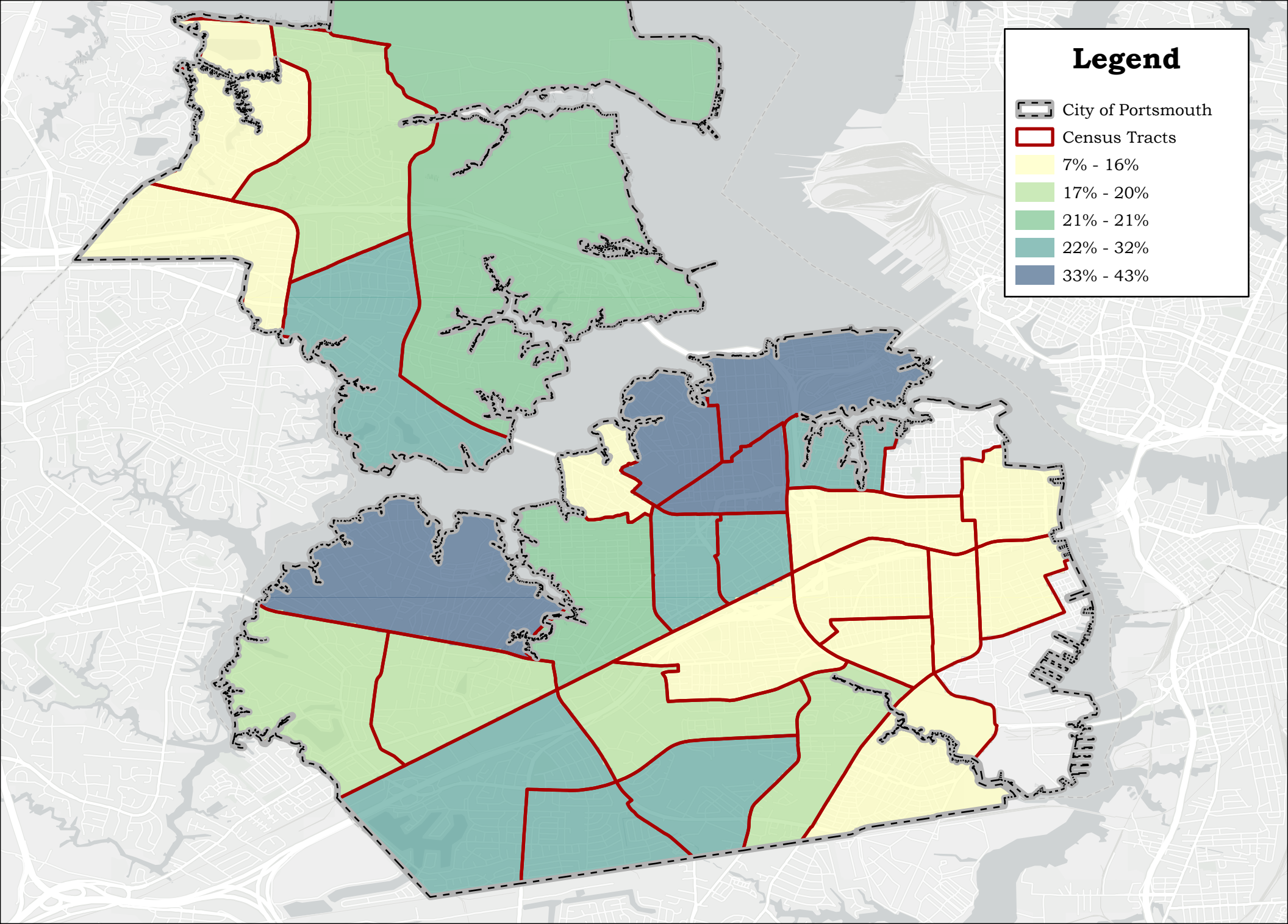


**Percentage of Portsmouth Residents who have Diabetes**

2021 Community Health Survey

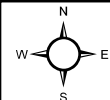




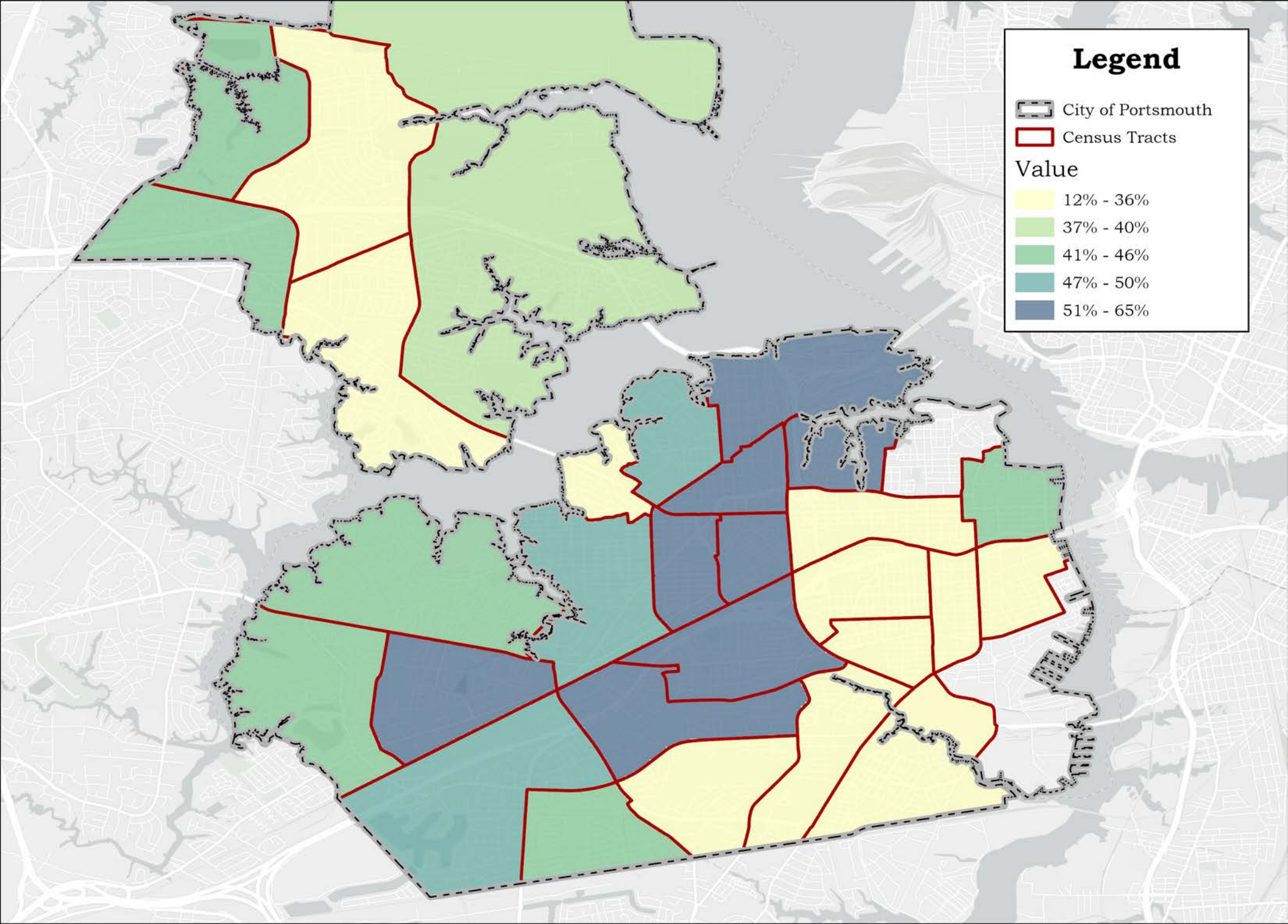


**Percentage of Portsmouth Residents who are Prediabetic**

2021 Community Health Survey

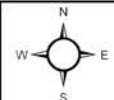




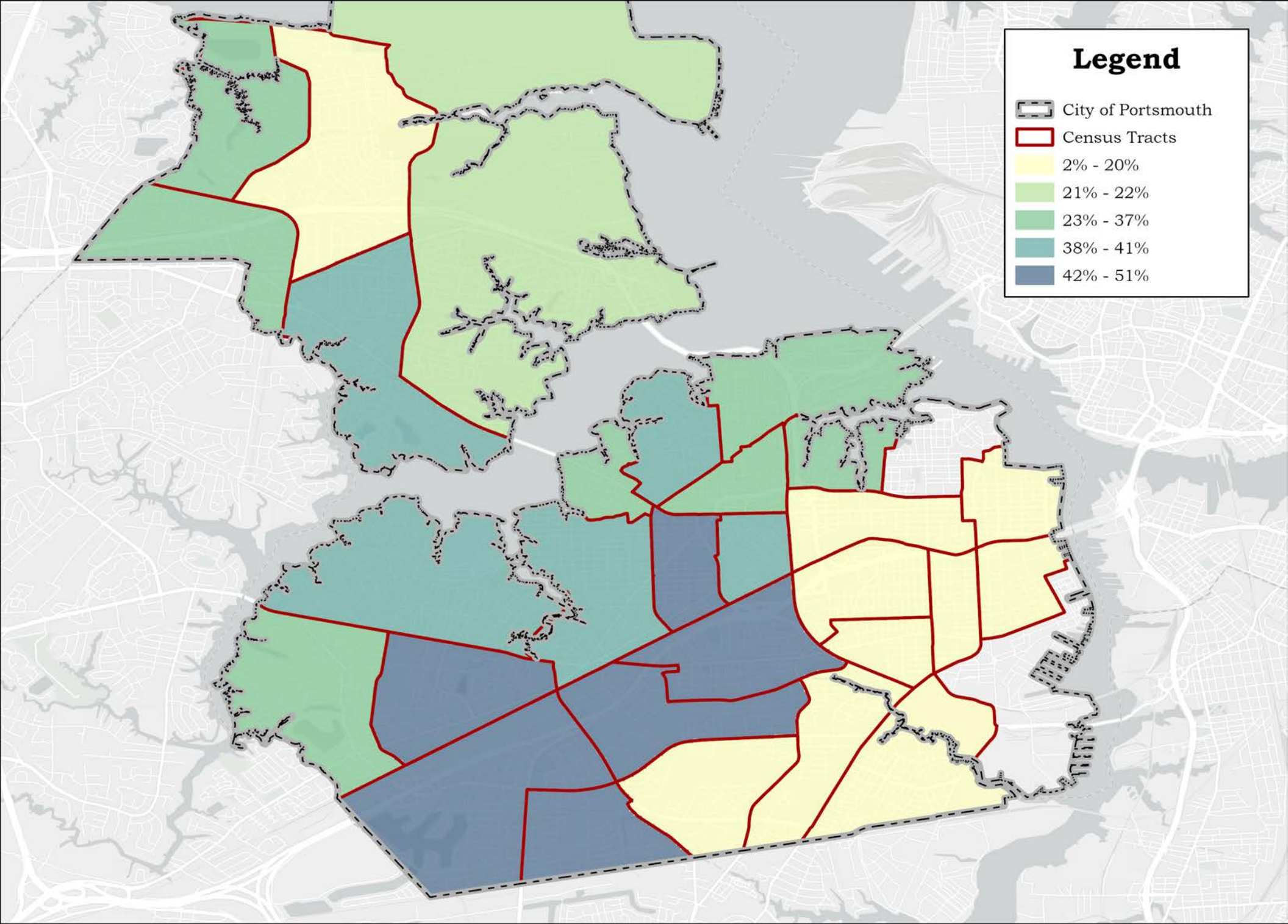


**Percentage of Portsmouth Residents who have High Blood Pressure**

2021 Community Health Survey

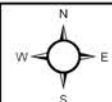




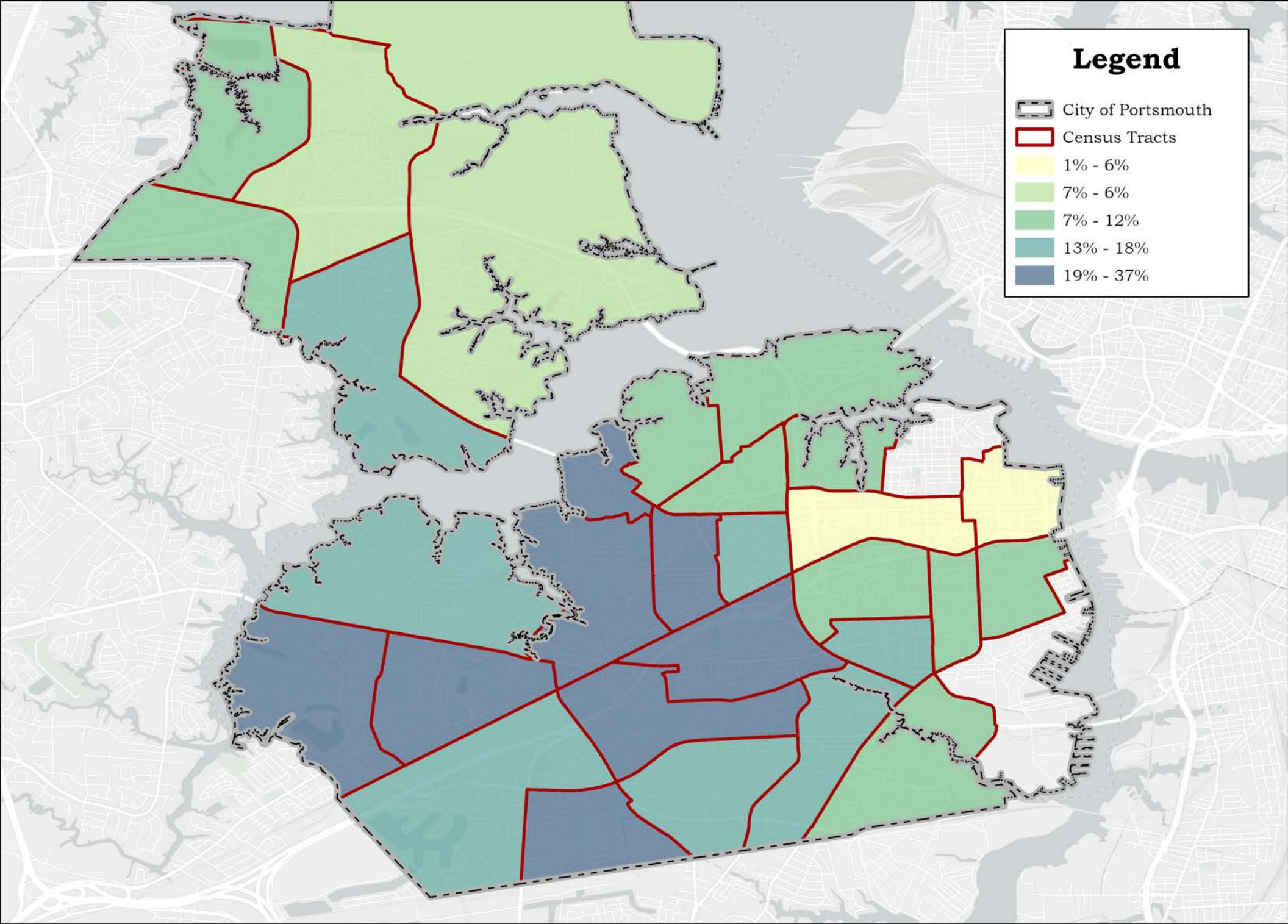


**Percentage of Portsmouth Residents who have High Cholesterol**

2021 Community Health Survey

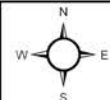




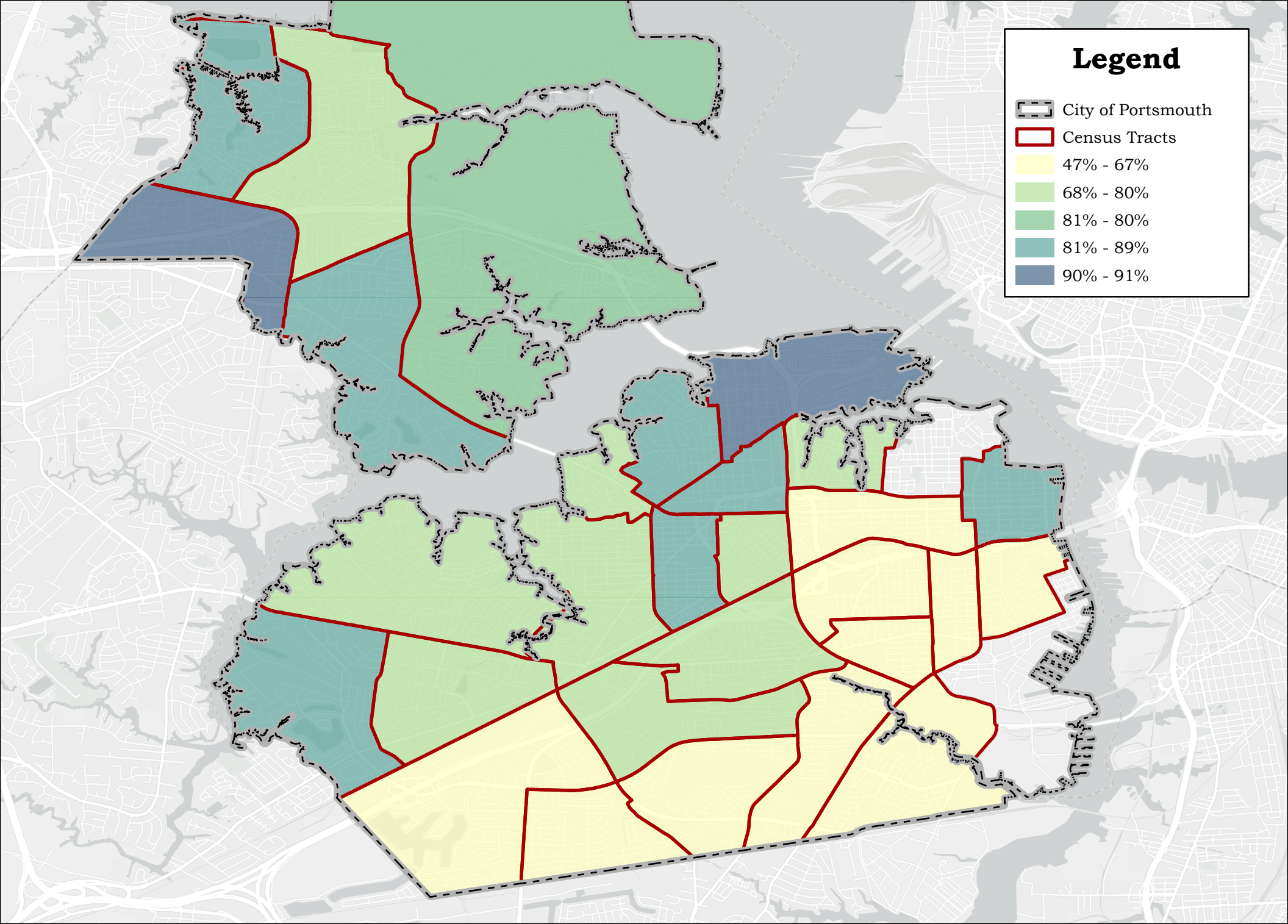


**Percentage of Portsmouth Residents who have Asthma**

2021 Community Health Survey

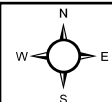




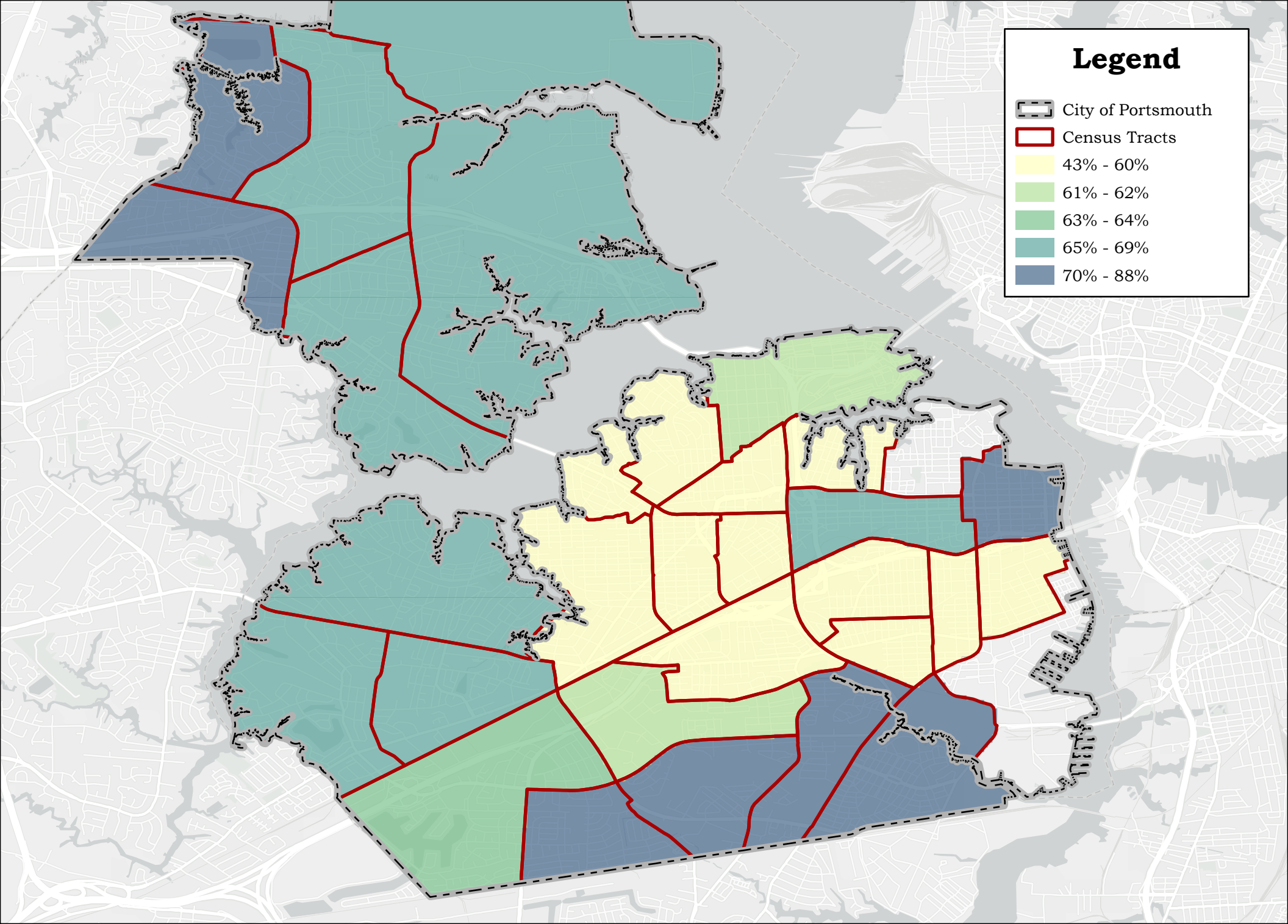


**Percentage of Portsmouth Residents who have a Personal Doctor**

2021 Community Health Survey

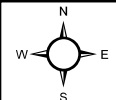


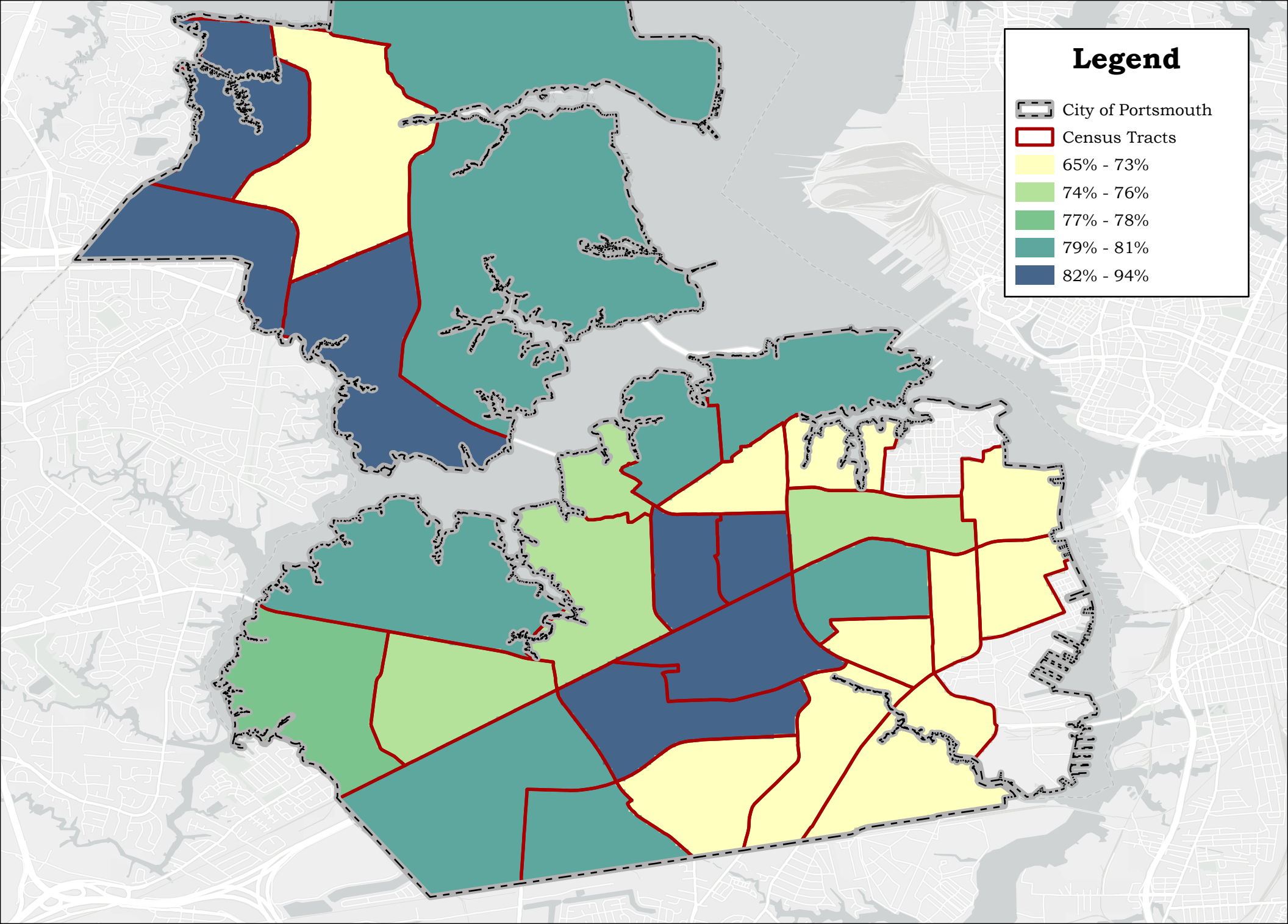




**Percentage of Portsmouth Residents who have seen a Dentist in the past 12 Months**

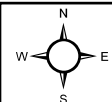
2021 Community Health Survey



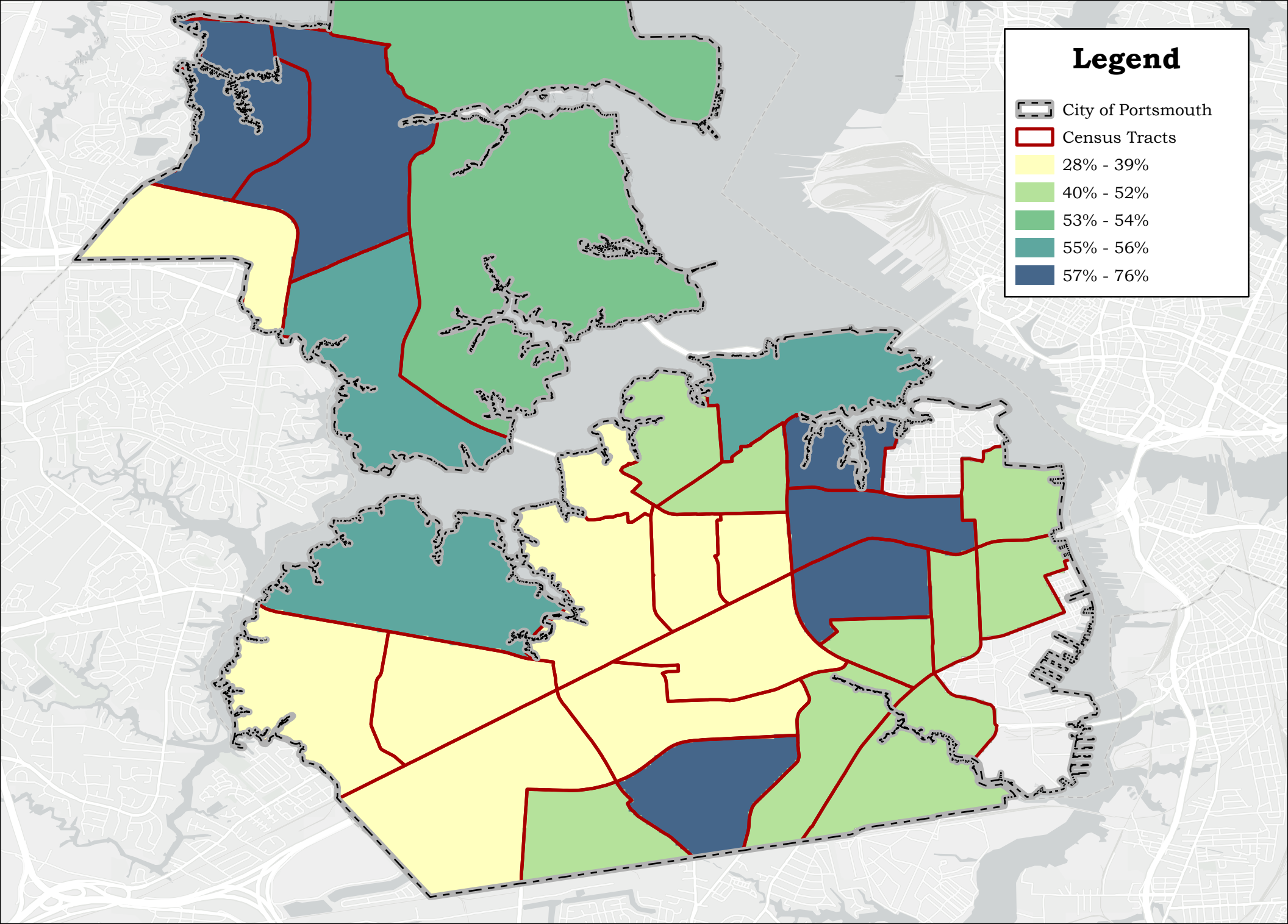


**Percentage of Portsmouth Residents who have had a Check Up in the past 12 Months**

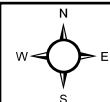
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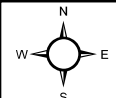
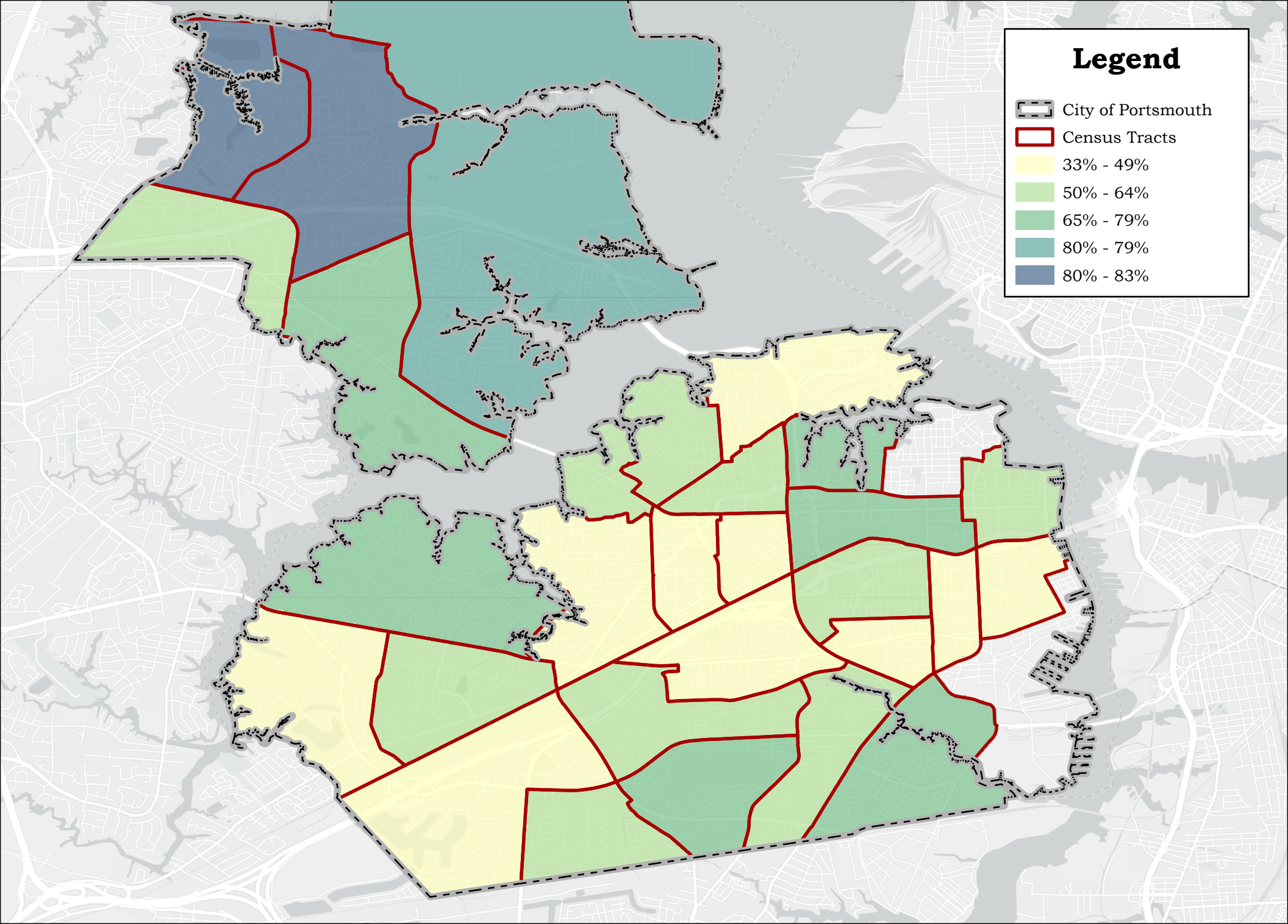






**Percentage of Portsmouth Residents who eat Fruit Most Days of the Week (more than 3 servings a week)**

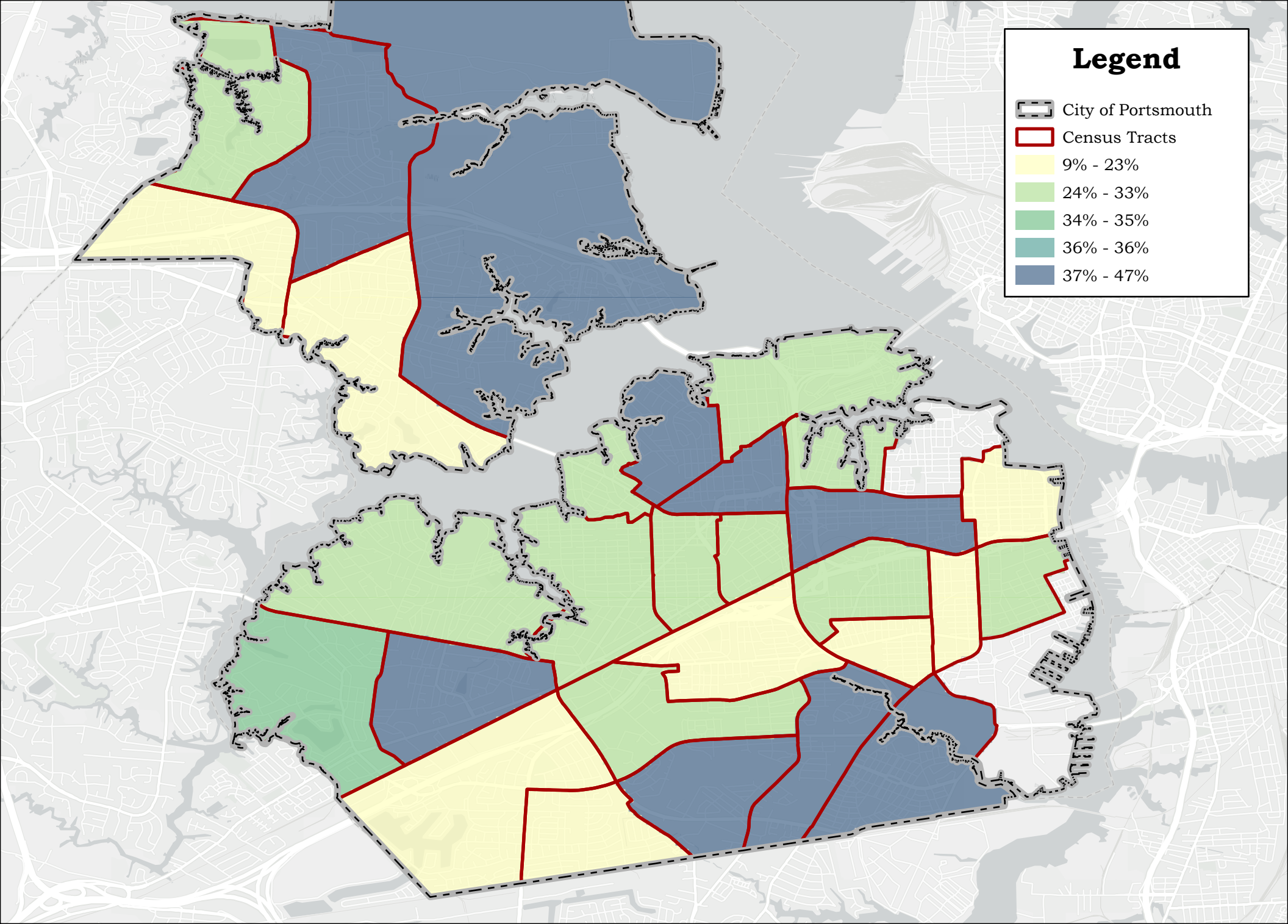




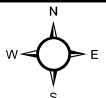
**Percentage of Portsmouth Residents who eat Vegetables Most Days of the Week (more than 3 servings a week)**



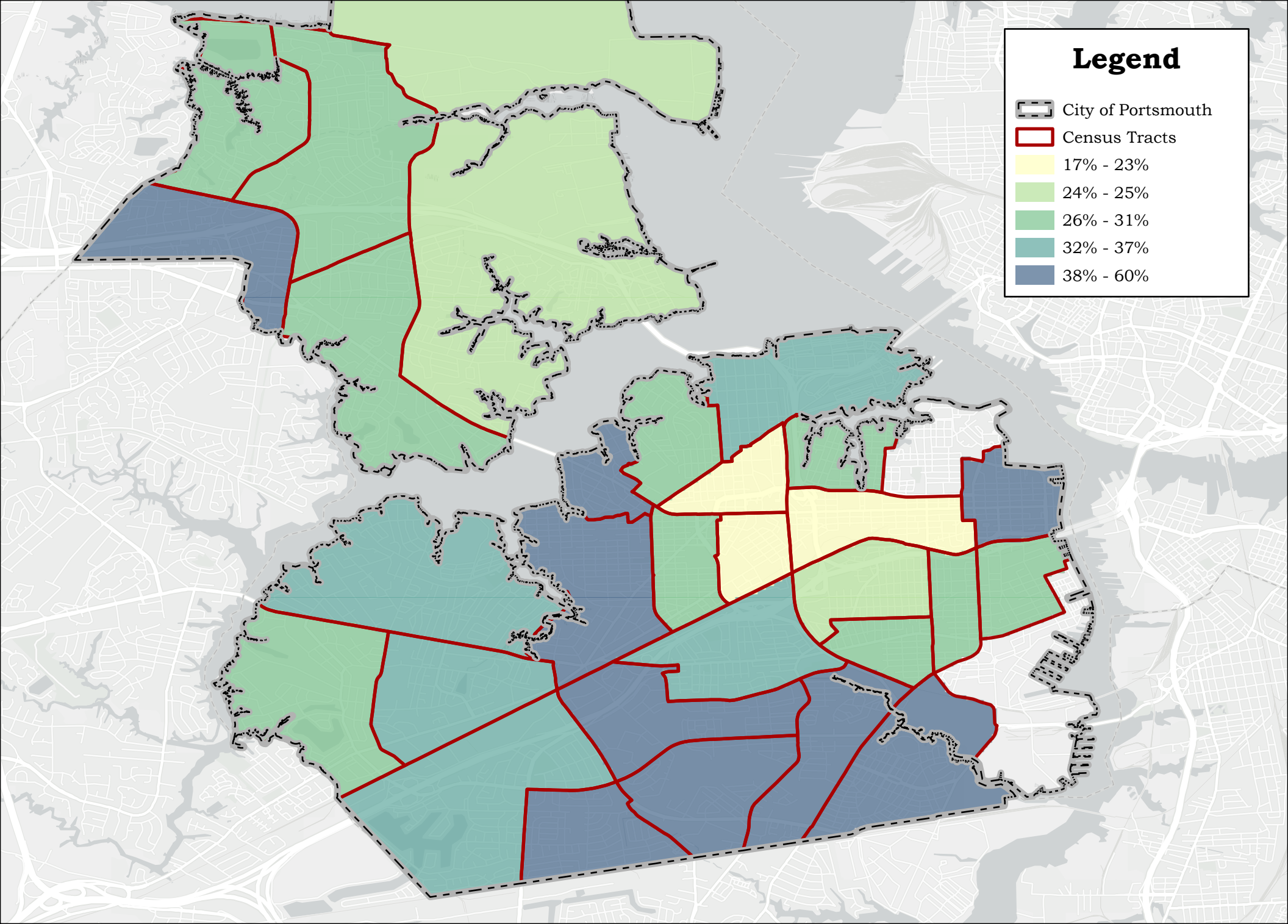




**Percentage of Portsmouth Residents who drink a Sugary Drink most days of the Week (more than 3 servings a week)**

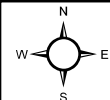


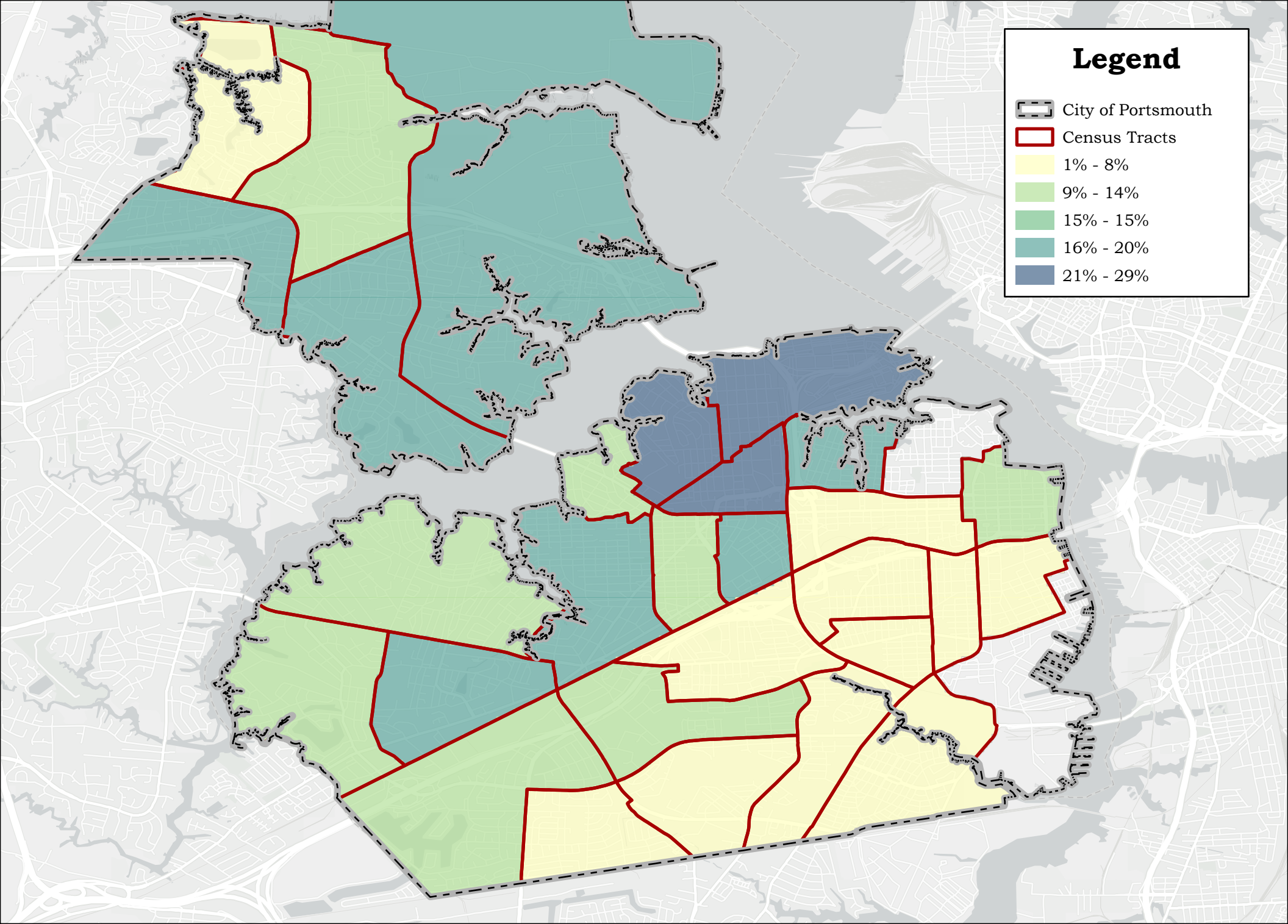




**Percentage of Portsmouth Residents who Smoke Cigarettes**

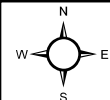
2021 Community Health Survey



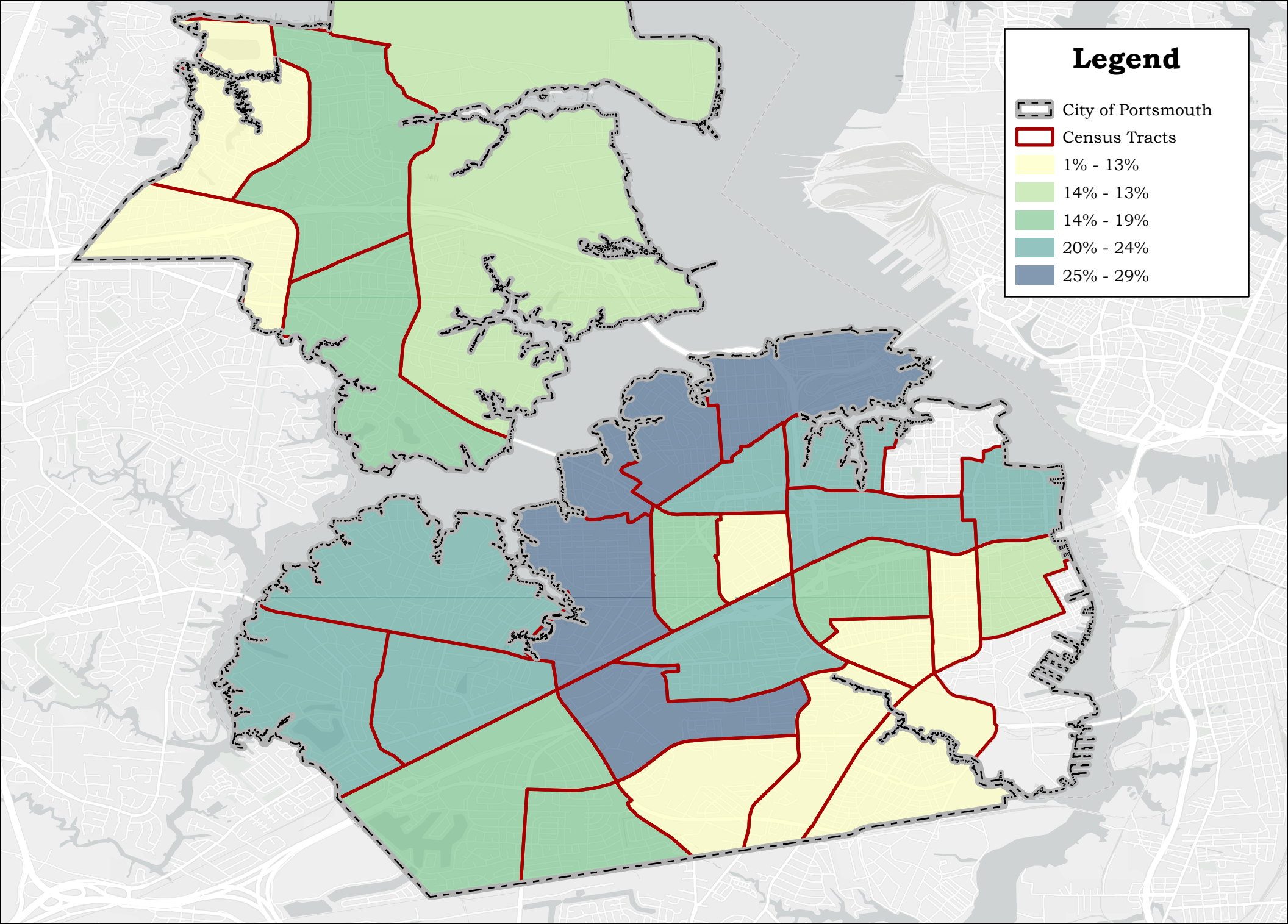


**Percentage of Portsmouth Residents who feel their Mental Health is Fair to Poor**

2021 Community Health Survey







### Legend

- City of Portsmouth
- Census Tracts
- 1% - 13%
- 14% - 19%
- 20% - 24%
- 25% - 29%

**Percentage of Portsmouth Residents whos Household Income Decreased due to COVID-19**



## **Supplemental CHS Report: Neighborhood Health Profile Reports**

### Neighborhood Health Profile Reports

The Neighborhood Health Profiles bring together data about major health outcomes, health behaviors, health care access, and social, economic, and physical factors that affect health for each of the 30 census tracts in the city of Portsmouth, VA. The only exclusion is tract 9801, which is the shipyard. Using census tracts allows census data to be used to measure the social, economic, and physical factors that affect health at the sub-city level. The data provided are from both primary and secondary data: the 2021 Portsmouth Community Health Survey and the 2017-2021 American Community Surveys (ACS), respectively. The combination of multiple years of data allows for more reliable estimates in a small population. Using the data collected, the health department utilized kriging, a spatial interpolation method. Using ESRI spatial analysis software and Empirical Bayesian kriging, this technique estimates responses in unsampled areas; transforming data points onto a continuous surface and allowing for the creation of maps of the health indicators at the neighborhood level.

The purpose of this document is to create a snapshot of health, behaviors, access to health care, and social determinants of health for the census tracts. The social determinants of health are factors apart from medical care that strongly influence health and can be shaped by social policies. Each census tract is compared as above, green circle, below, red circle, or equal, yellow circle, to the city of Portsmouth's data. Data from the state of Virginia (VA) and the United States (US) are included as a reference comparison. Next to the census tract number, the neighborhoods that are included in that tract are listed. It is not a complete list of all neighborhoods, but a reference to help users identify their area of interest. The numbers in the table represent percentages. The profiles will allow the Portsmouth Health Department, residents and city officials to determine priority health issues, but also to identify underlying behaviors and factors that are more immediately actionable.

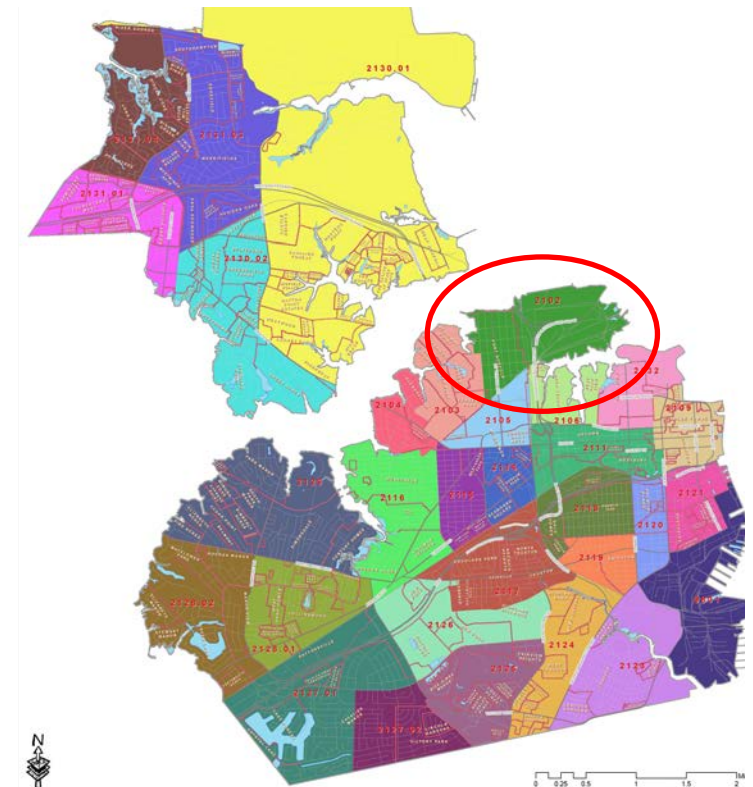
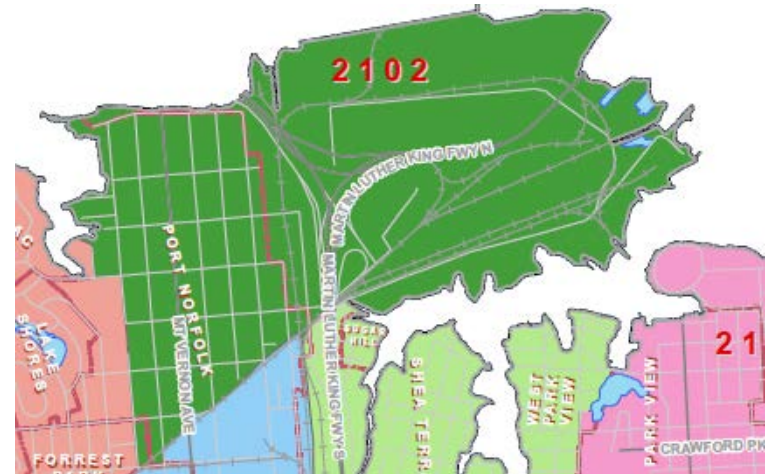
# City of Portsmouth Census Tracts





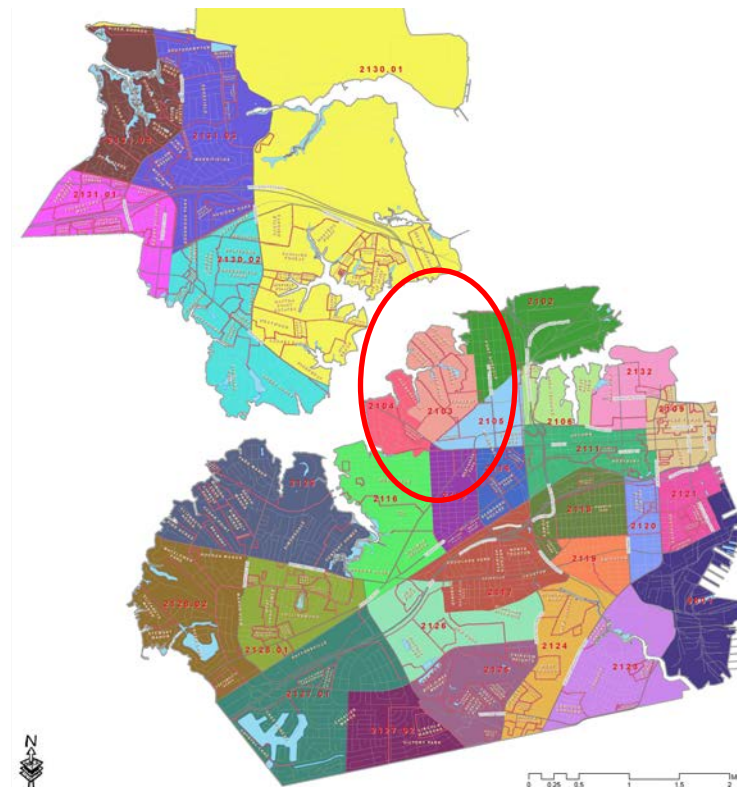
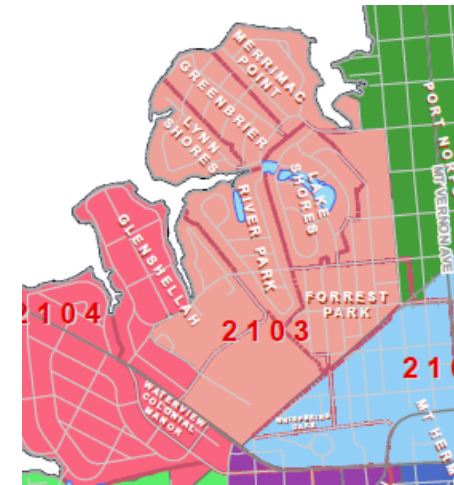
## Census Tract 2102: Includes Port Norfolk

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	20	13	13
High Blood Pressure	●	44	34	32
High Blood Cholesterol	●	33	33	33
Cancer	●	9	7	7
Asthma	●	14	14	14
Diabetes	●	17	11	11
Pre-diabetes	●	21	2	2
Life Expectancy	●	75	79	77
<b>Health Behaviours</b>				
Get enough Physical Activity	●	41	49	50
Eat enough Fruit	●	39	62	61
Eat enough Vegetables	●	48	82	80
Obesity	●	38	32	32
Tobacco Use	●	21	14	16
<b>Health Care</b>				
Check-up in past 12 months	●	80	77	76
Dentist visit in past 12 months	●	67	70	67
Health Insurance	●	90	89	89
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89	90	89
Bachelor's Degree or higher	●	21	40	33
Children in Poverty	●	26	13	17
Vacant housing	●	10	10	12
Home Ownership	●	55	67	64
Median Household Income	●	53,213	76,398	64,994



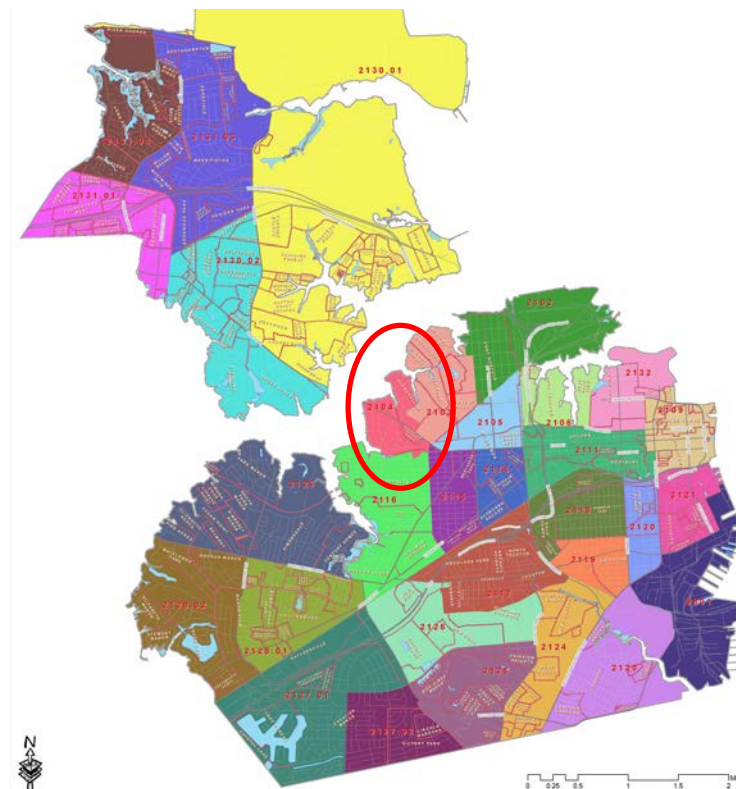
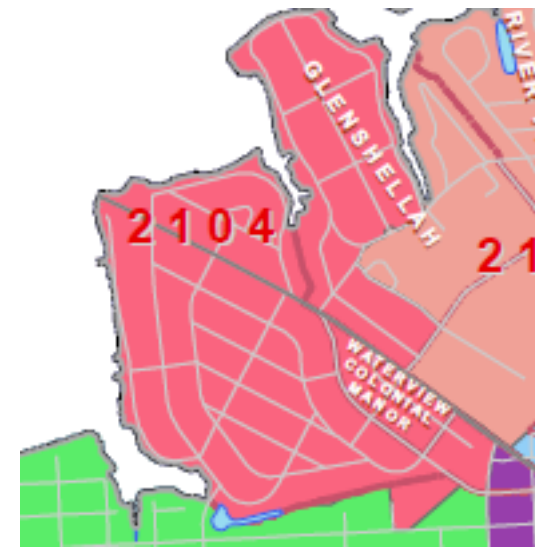
## Census Tract 2103: Includes Merrimac Point, Greenbrier, Lynn Shores, Lake Shores, Forrest Park, Skyler Cove

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2104: Waterview Colonial Manor, Waterview, Glenshellah

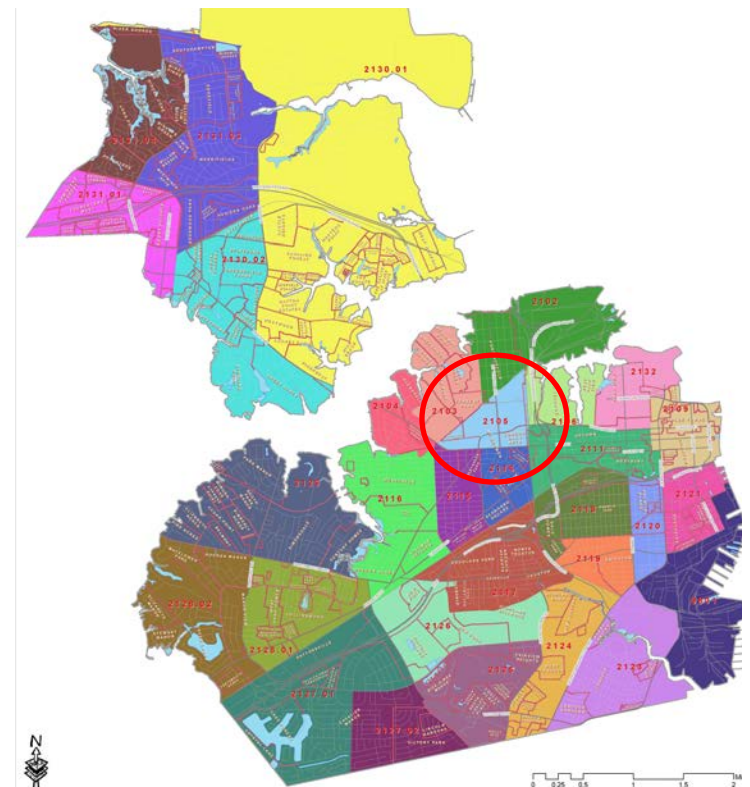
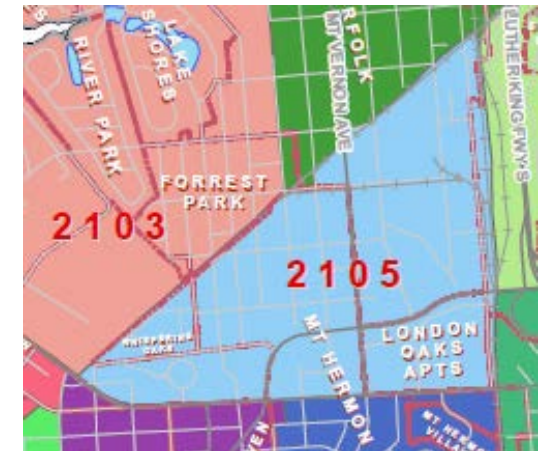
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





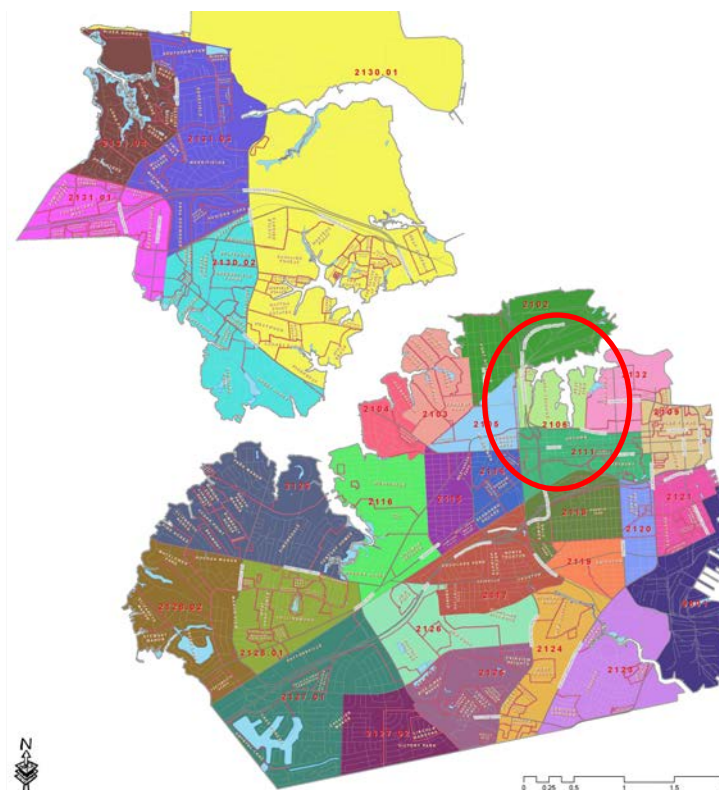
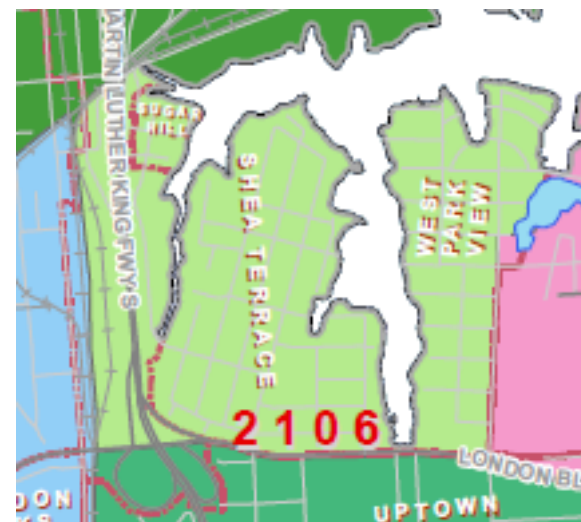
## Census Tract 2105: Mt Heron, London Oaks Apts, Whispering Oaks

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2106: Includes Sugar Hill, Shea Terrace, West Park View

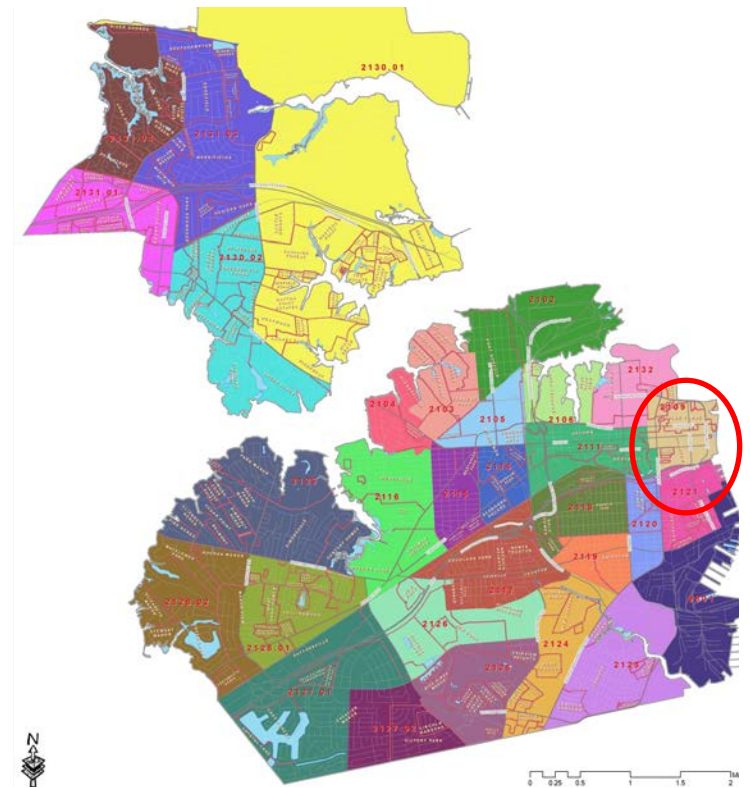
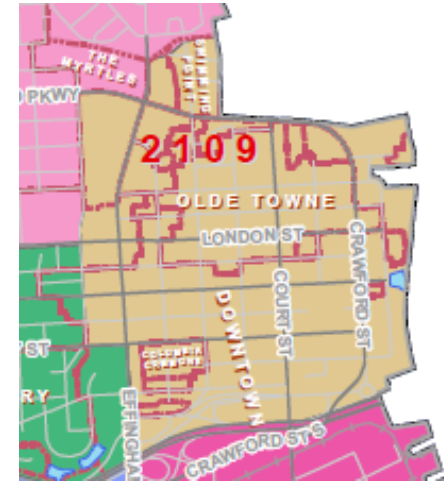
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





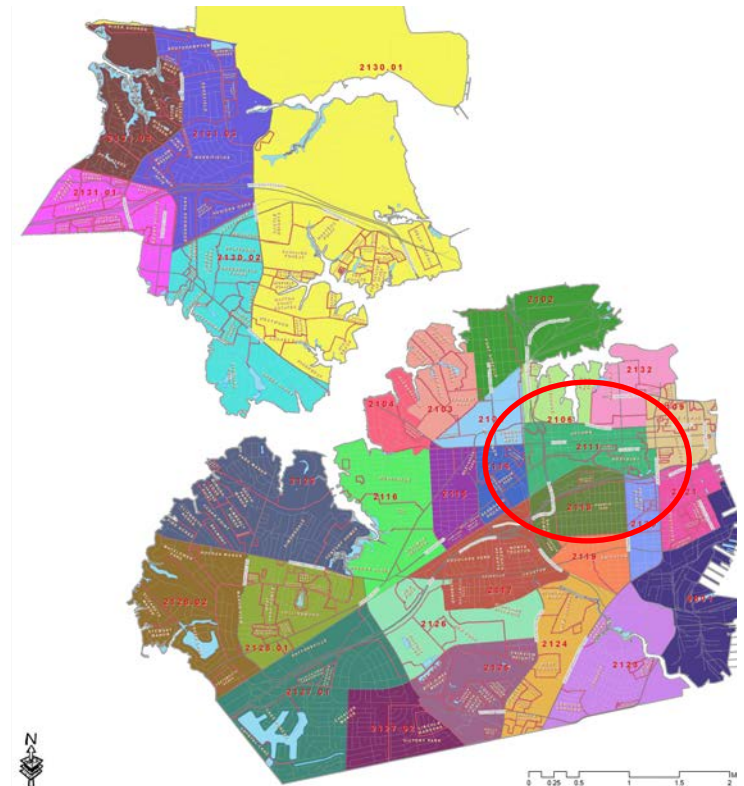
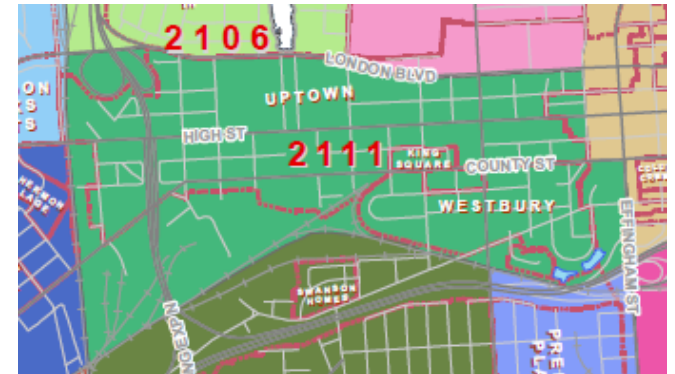
**Census Tract 2109: Includes Swimming Point, The Heights at Old Towne, Downtown, Worthington Square, One Crawford Pkwy, Olde Towne Square, Olde Towne Commons, Crawford Square, Admirals Landing, Crawford Bay, Old Towne, Columbia Commons, Columbia Place, Effingham Green**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



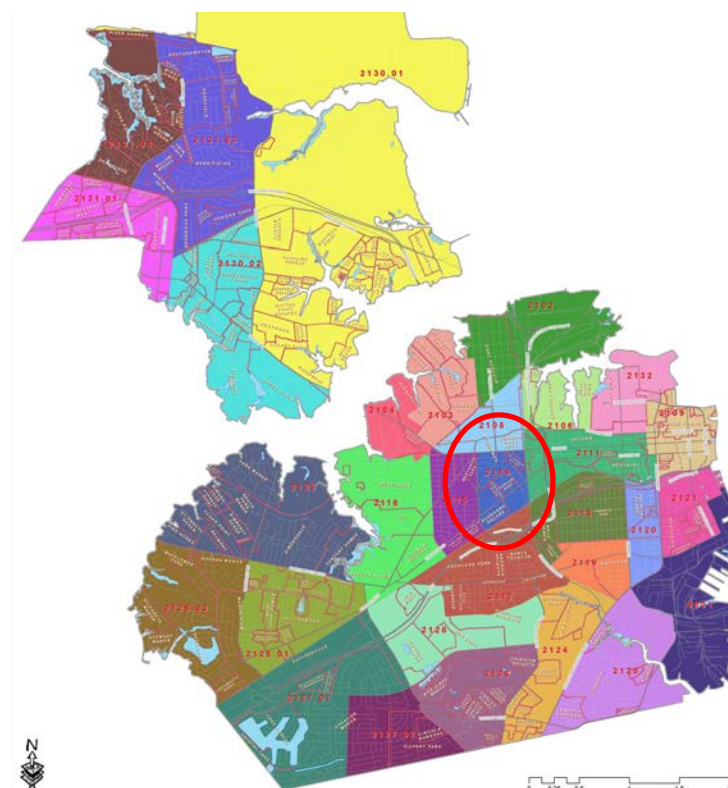
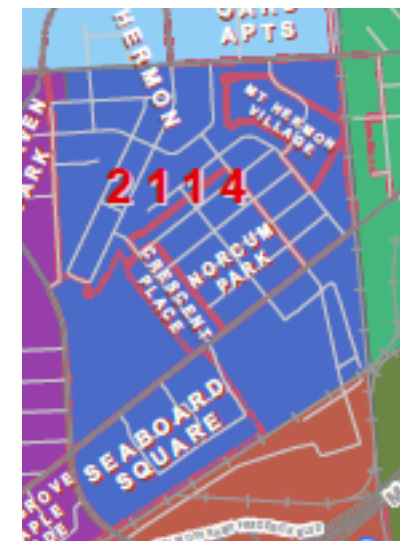
## Census Tract 2111: Includes Uptown, Kings Square, Holley Square at Westbury, Westbury, Ebenezer Plaza

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2114: Includes Mt Hermon Village, Seaboard Square, Crescent Place, Norcom Park

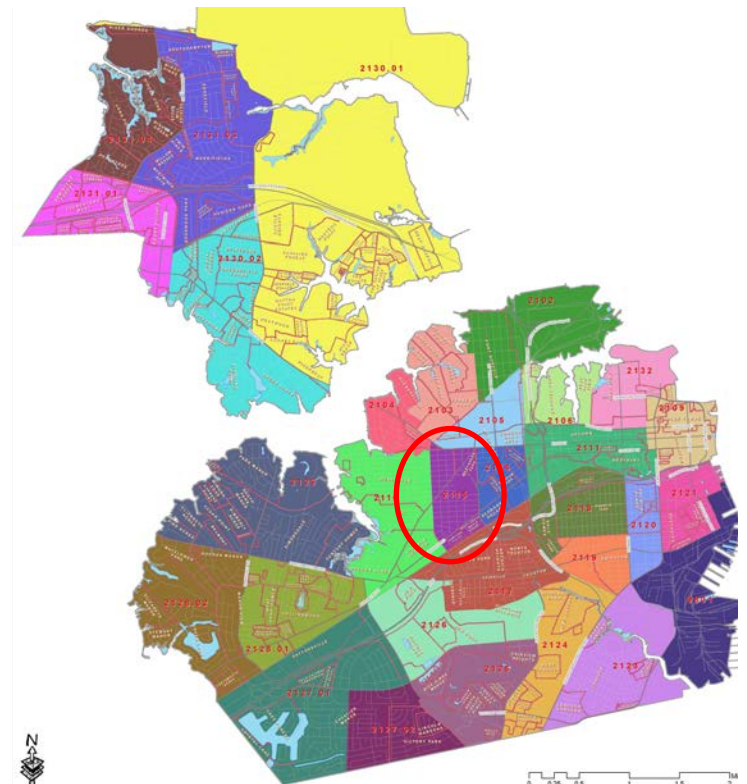
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





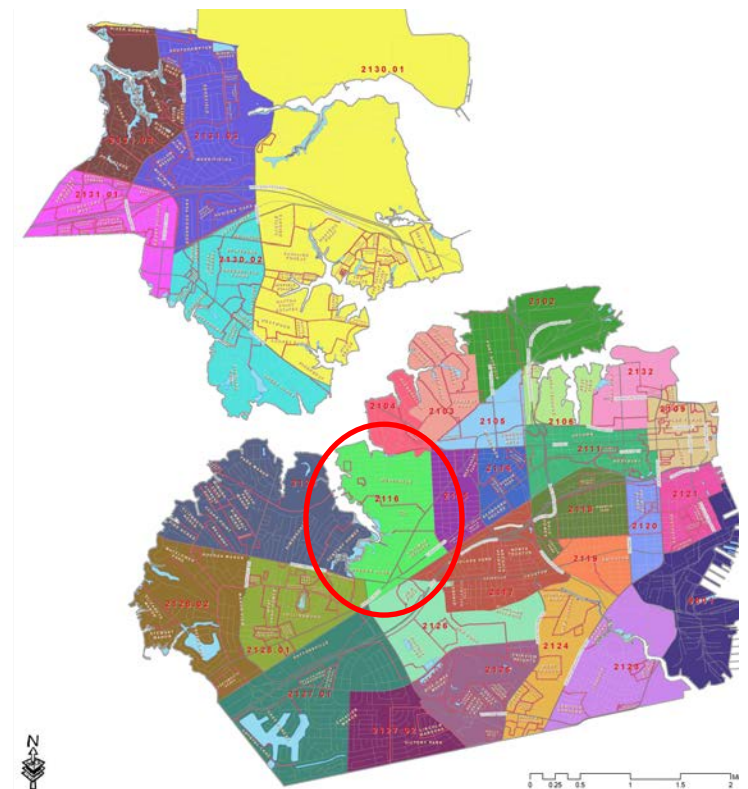
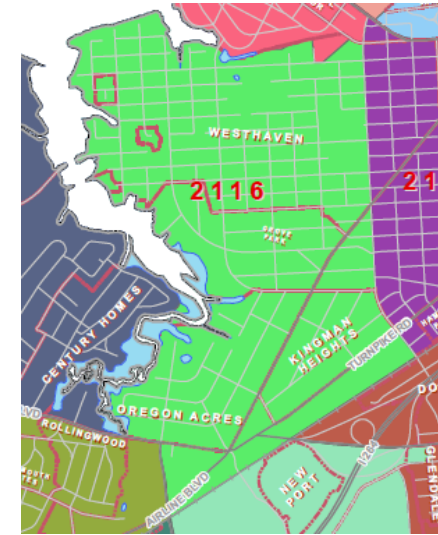
## Census Tract 2115: Includes Hamilton Place, West Grove, Westhaven Park

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



**Census Tract 2116: Includes Westhaven, Westhaven Apts, Winchester Woods, Waters Edge, Amelia Cove, Grove Park, Oregon Acres, Kingman Heights**

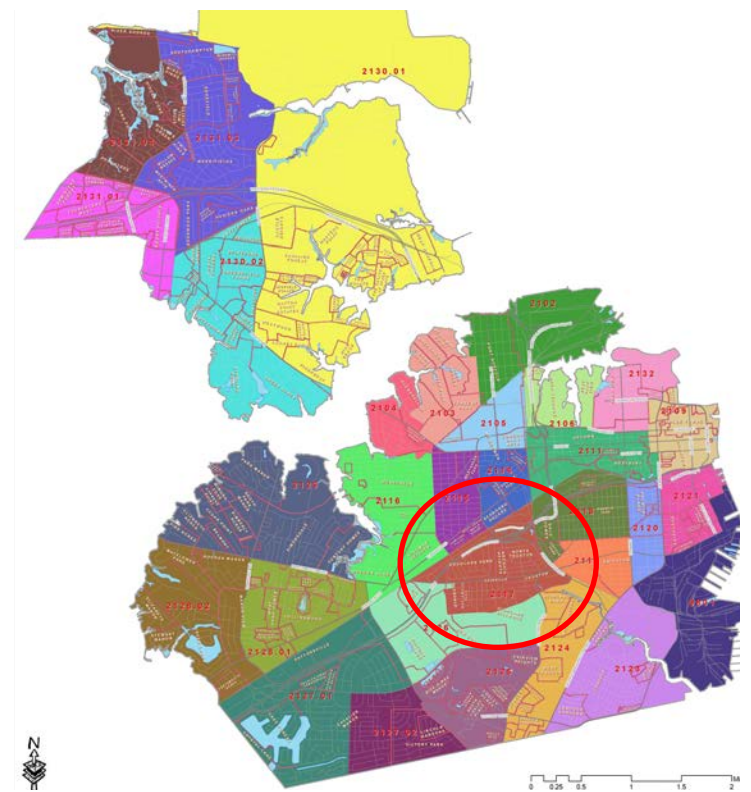
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





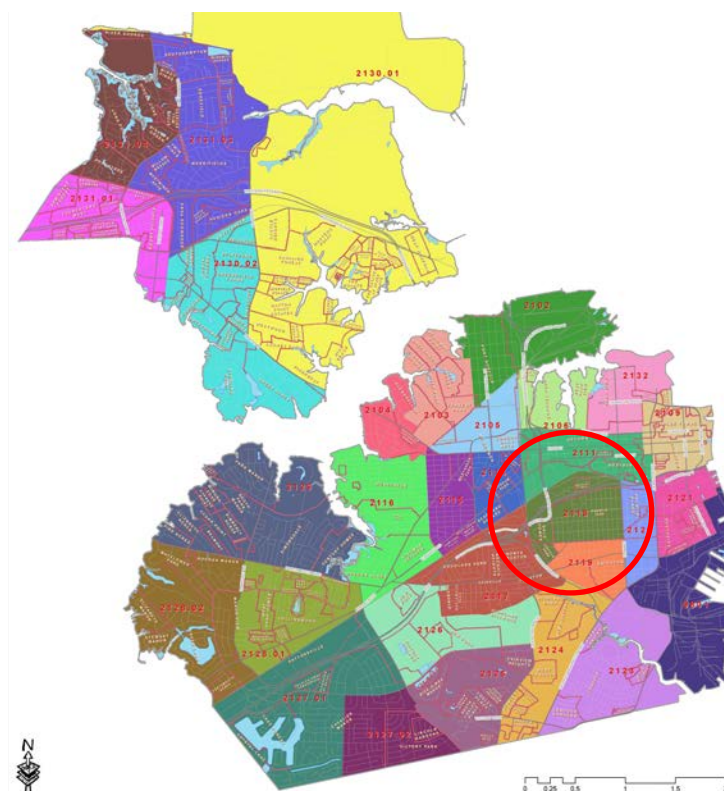
Census Tract 2117: Incudes Douglass Park, Arcadia Heights, North Truxtun, Truxtun, Fairville, Maplewood Park

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



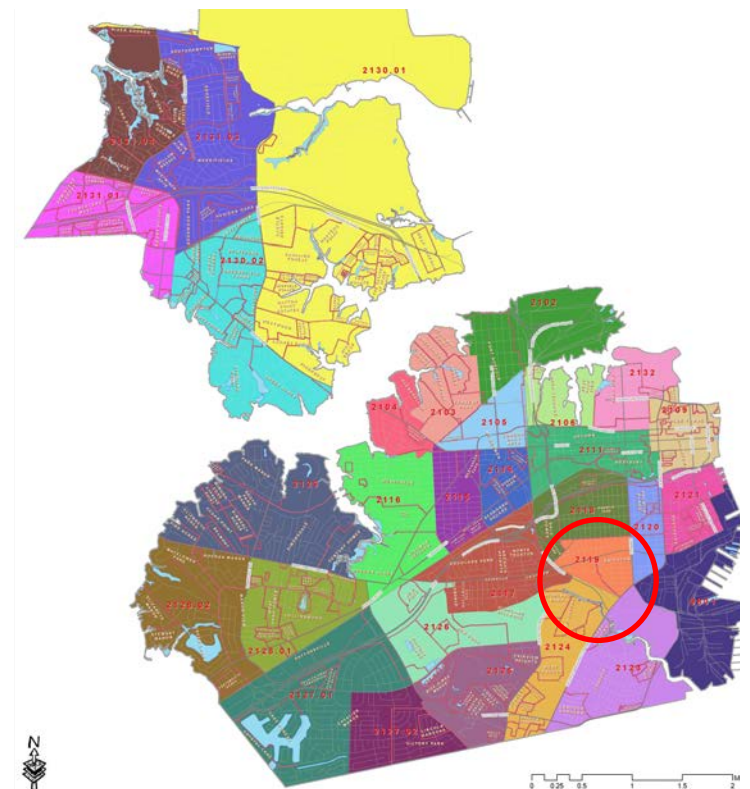
**Census Tract 2118: Includes Prentis Park, Chestnut Apts, Harbor Square, Dale Homes, Lincoln Park**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2119: Brighton

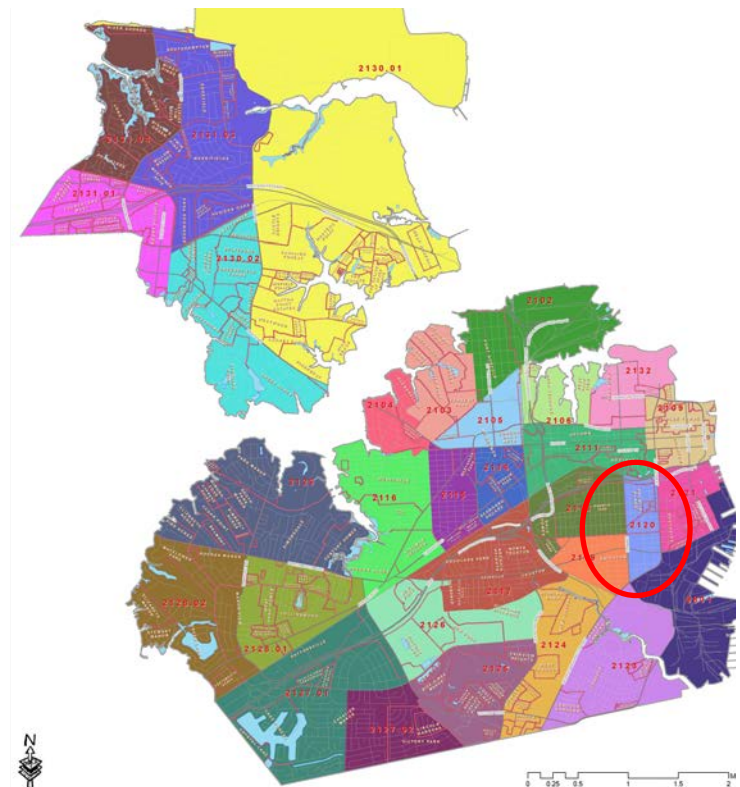
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





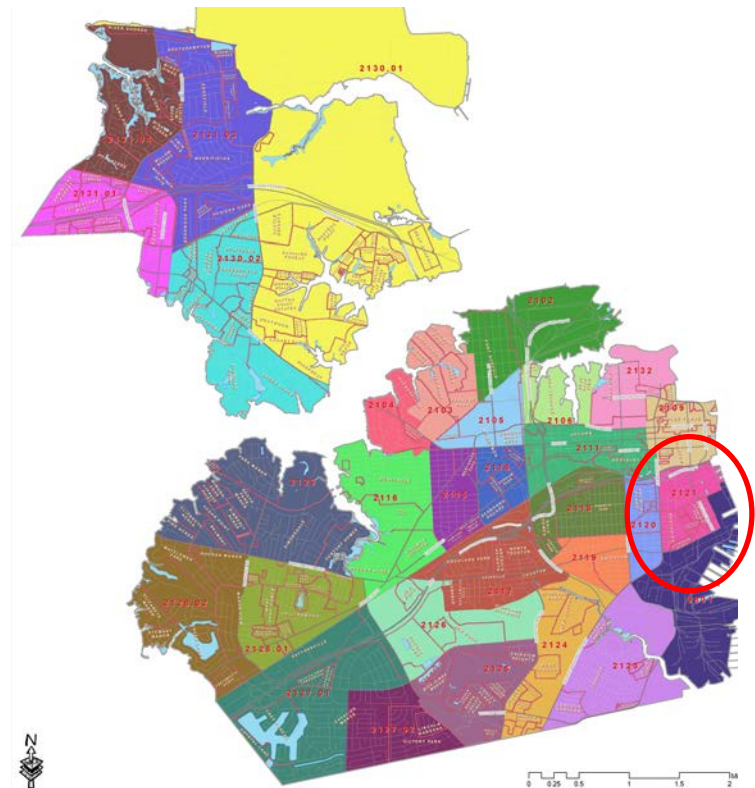
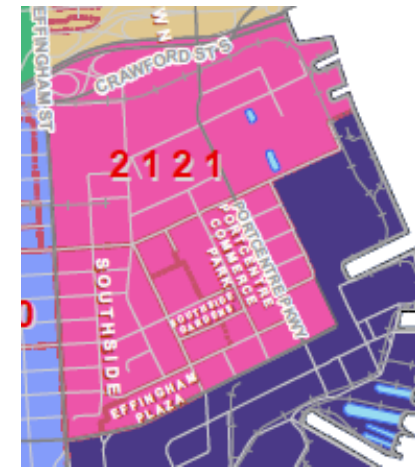
## Census Tract 2120: Includes Prentis Place, Harbor Square

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



**Census Tract 2121: Includes Hope Village, Port Centre Complex, Southside Gardens, Southside, Portside Manor, Effingham Plaza**

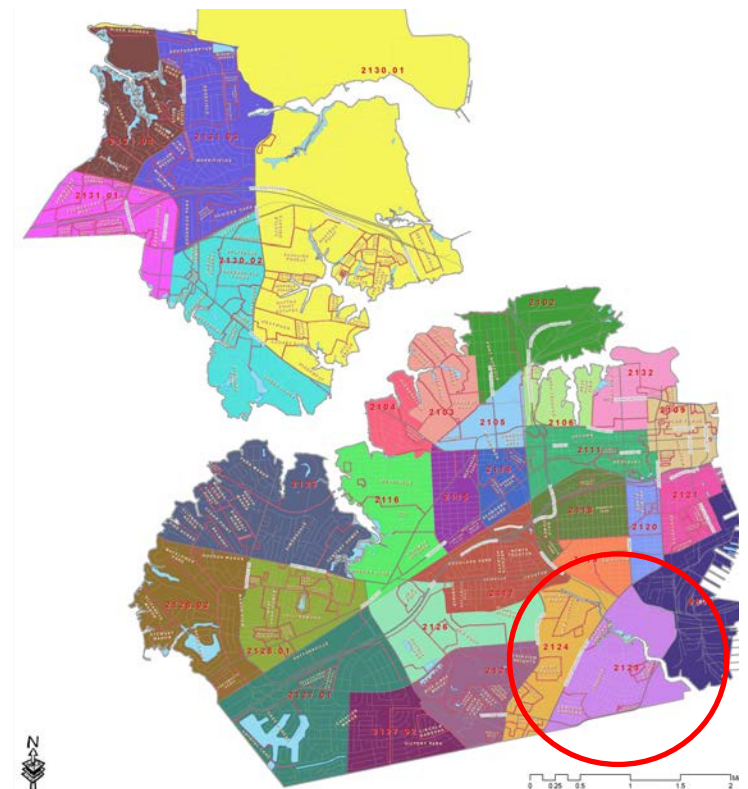
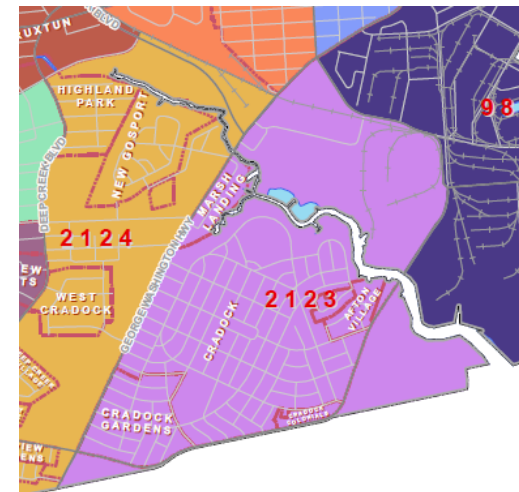
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





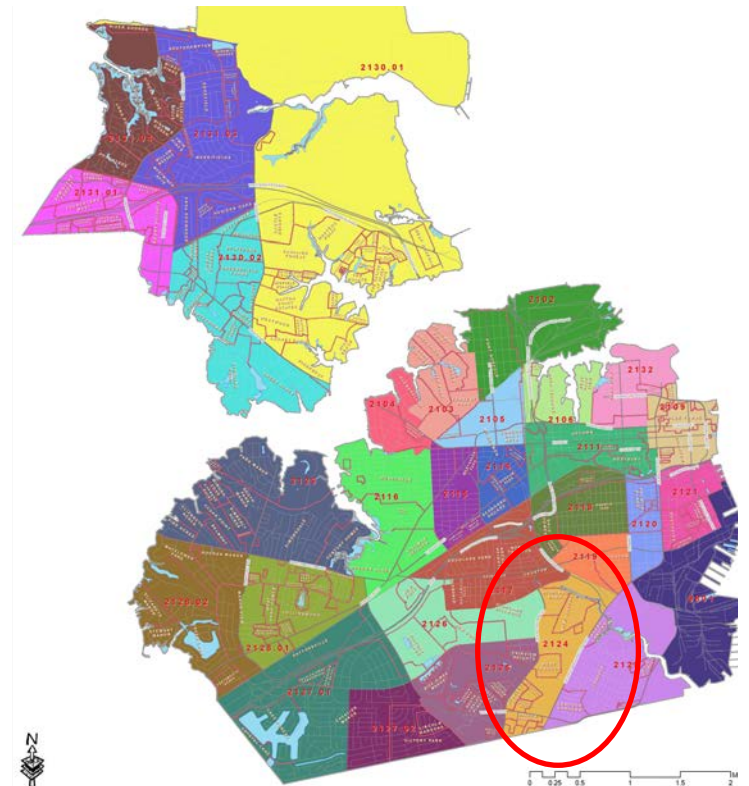
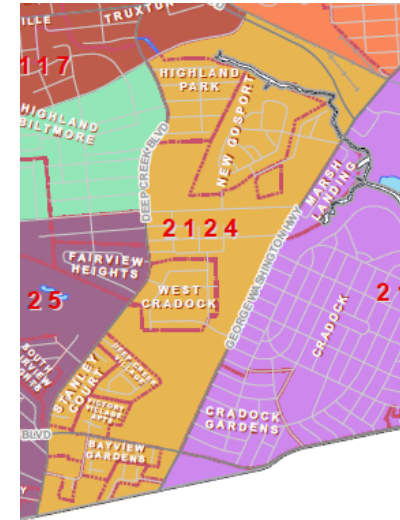
## Census Tract 2123: Includes Marsh Landing, Cradock, Afton Commons, Afton Village, Cradock Colonials, Cradock Gardens

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



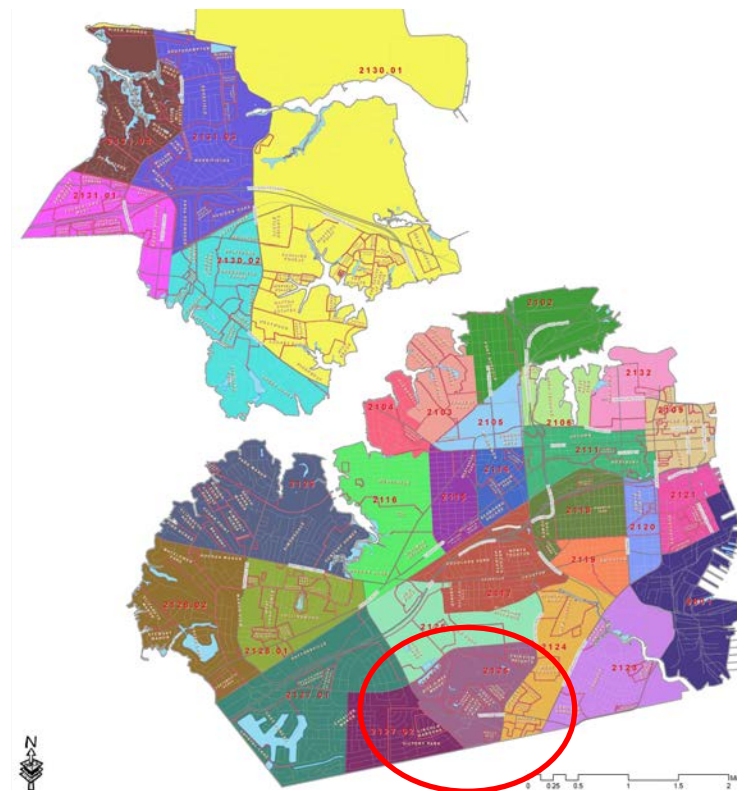
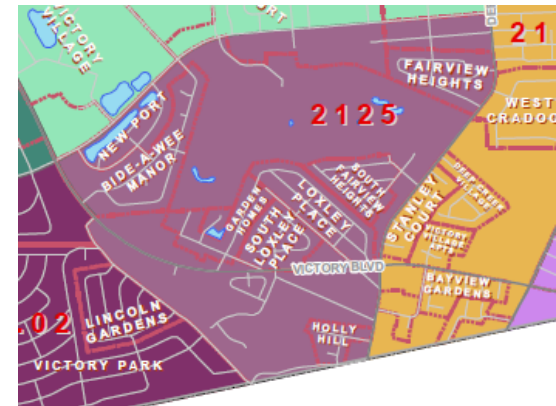
**Census Tract 2124: Includes Highland Park, New Gosport, West Cradock, Deep Creek Village, Stanley Court, Victory Village Apts, Bayview Garden, Victory Garden Apts, Independence Square**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2125: New Port, Bide a Wee Manor, Gwaltney Acres, Garden Homes, South Loxley Place, Loxley Place, South Fairview Heights, Holly Hill

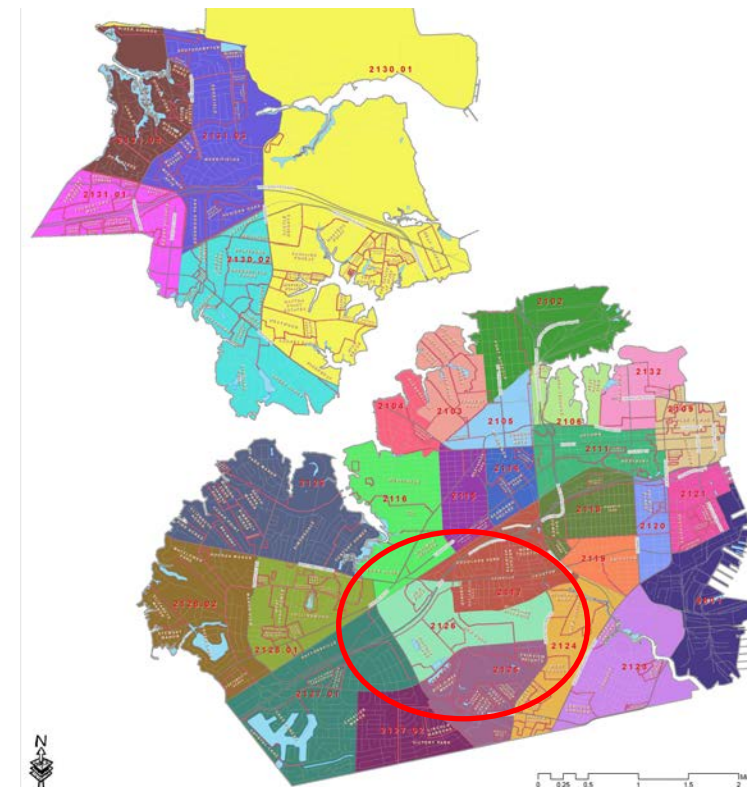
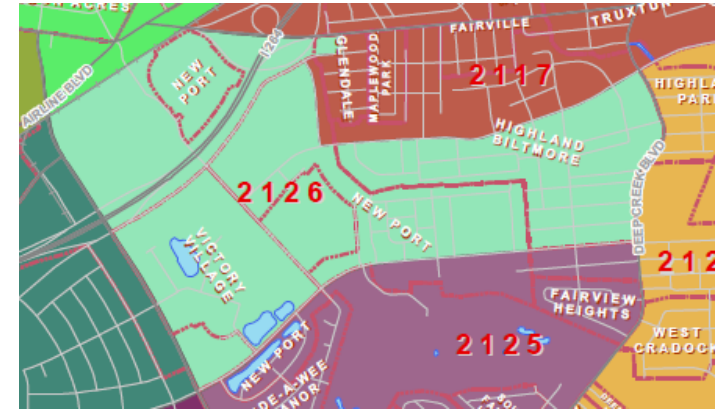
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





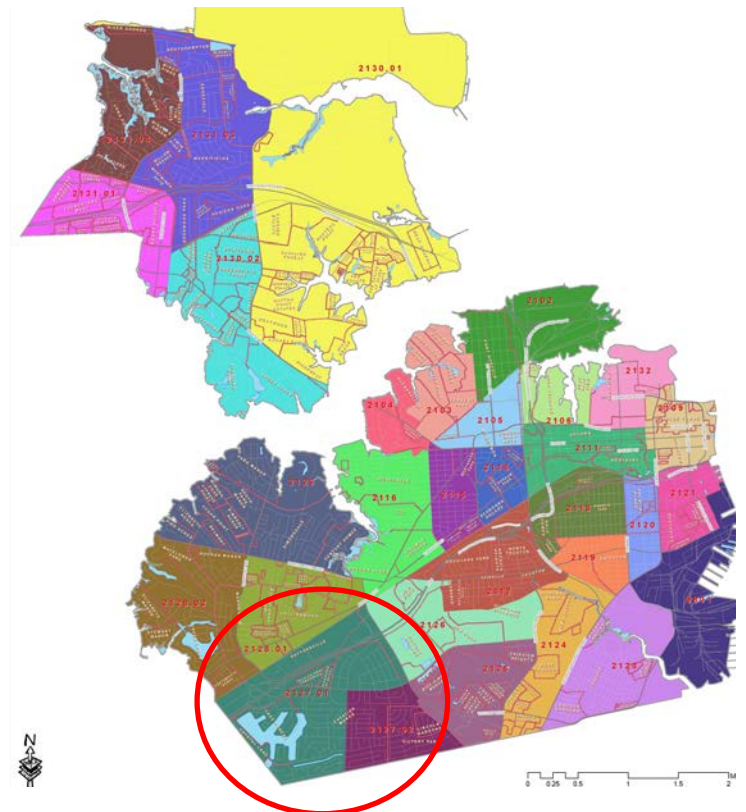
## Census Tract 2126: Includes Victory Village, New Port, Highland Biltmore

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



## Census Tract 2127.01: Includes Crystal Lake, Lake Forest, Charlestowne Townhouses, Evergreen At Bethel, Cavalier Manor

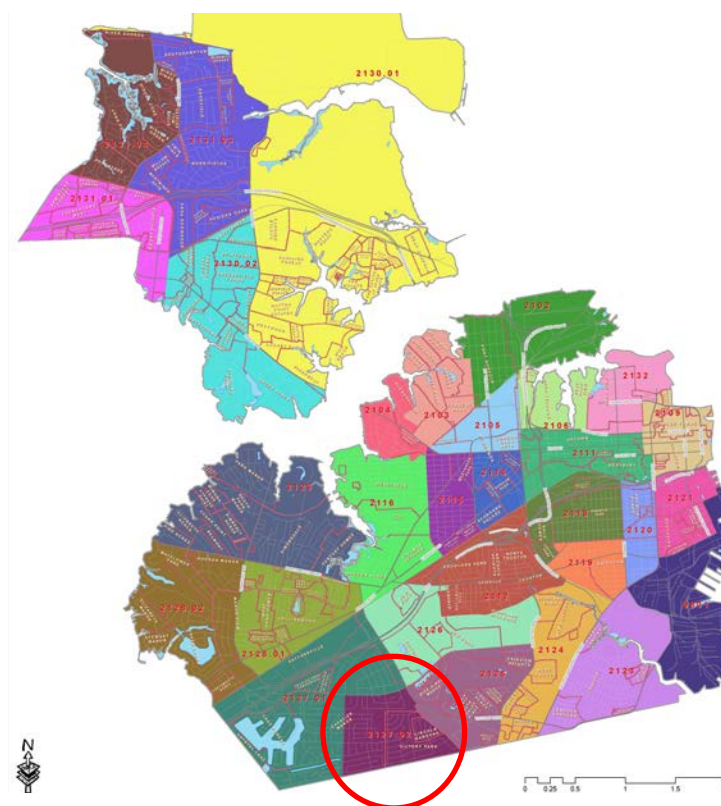
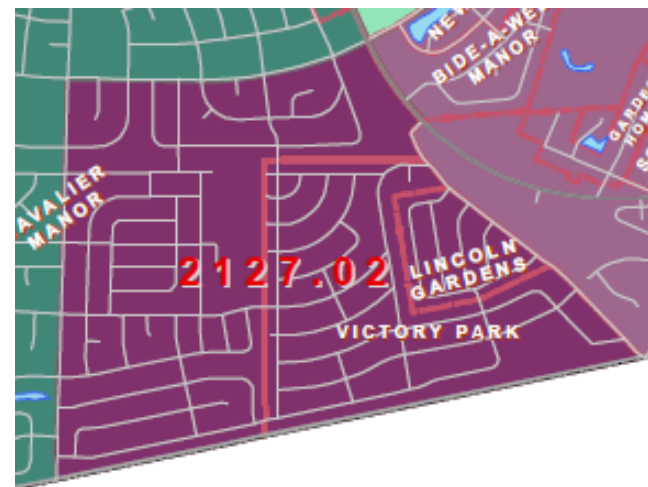
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





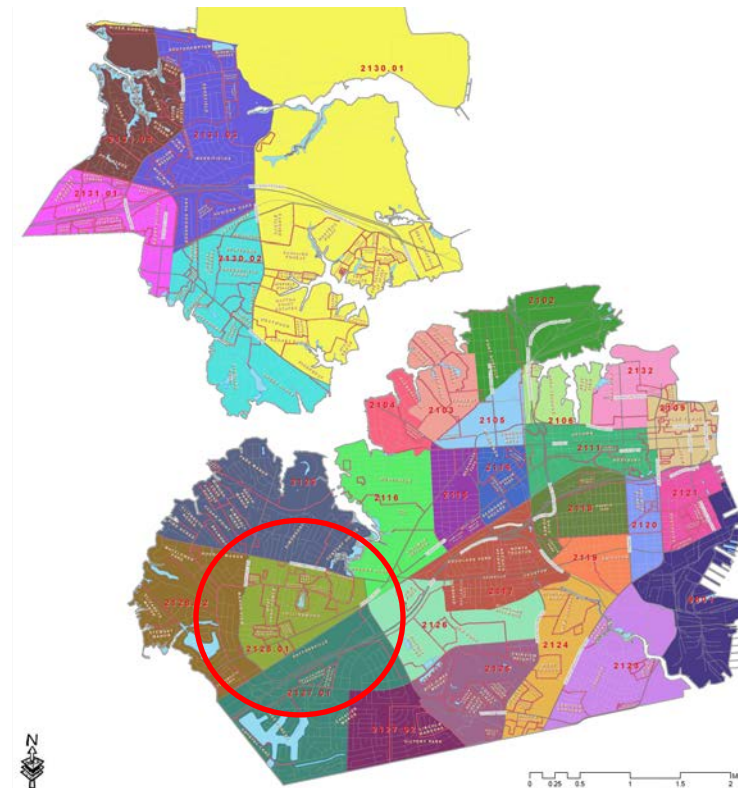
**Census Tract 2127.02: Includes Cavalier Manor, Victory Park, Lincoln Garden**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



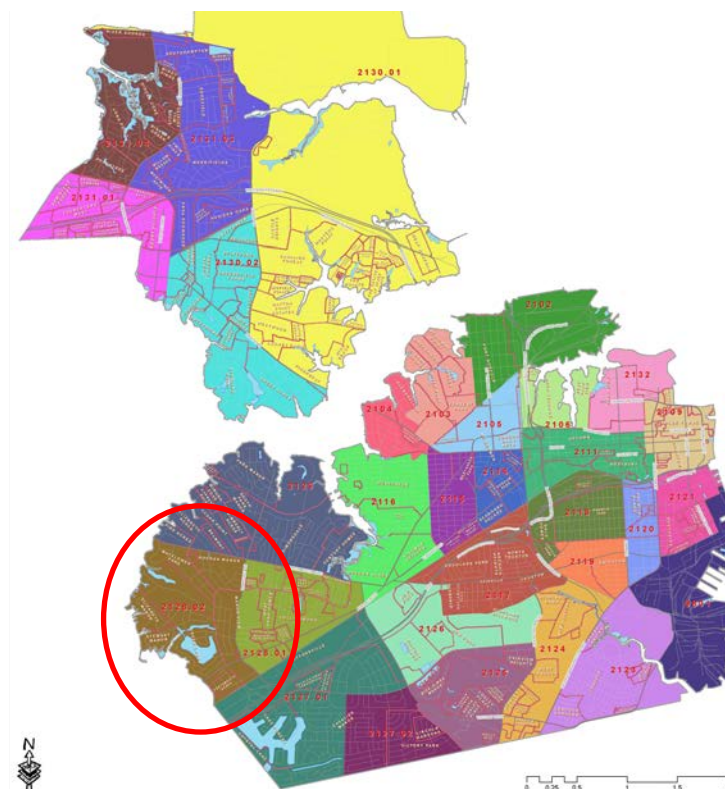
**Census Tract 2128.01: Includes Hodges Manor East Apts, Park East Apts, Cherokee Park Apts, Portsmouth Estates, Rollingwood, Collinswood Apts, Chowan Trace, Collinswood, Kings Gate Crossing, Mallard Cove Apts, Manorview Apts**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



**Census Tract 2128.02: Includes Mayflower Park, Hodges Ferry East, Hodges Manor, Heritage, Heritage West Apts, Heritage Manor Apts, West Park Homes, Manor View, Elms Way Condos, Green Lakes, Portsmouth Acres, Stewart Manor, Elizabeth Manor**

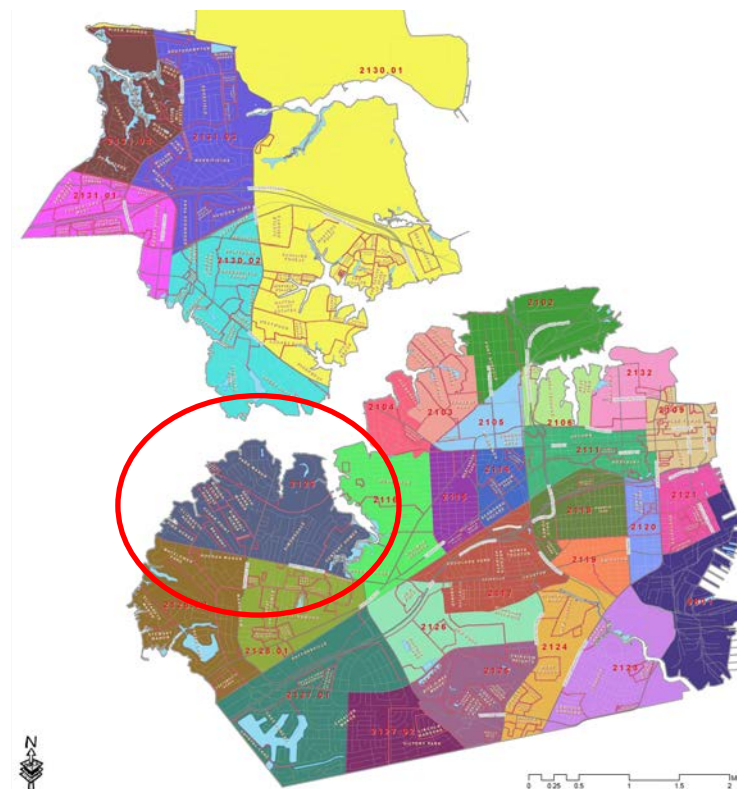
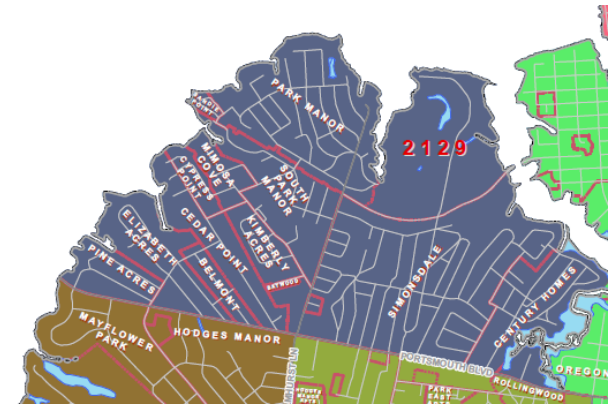
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





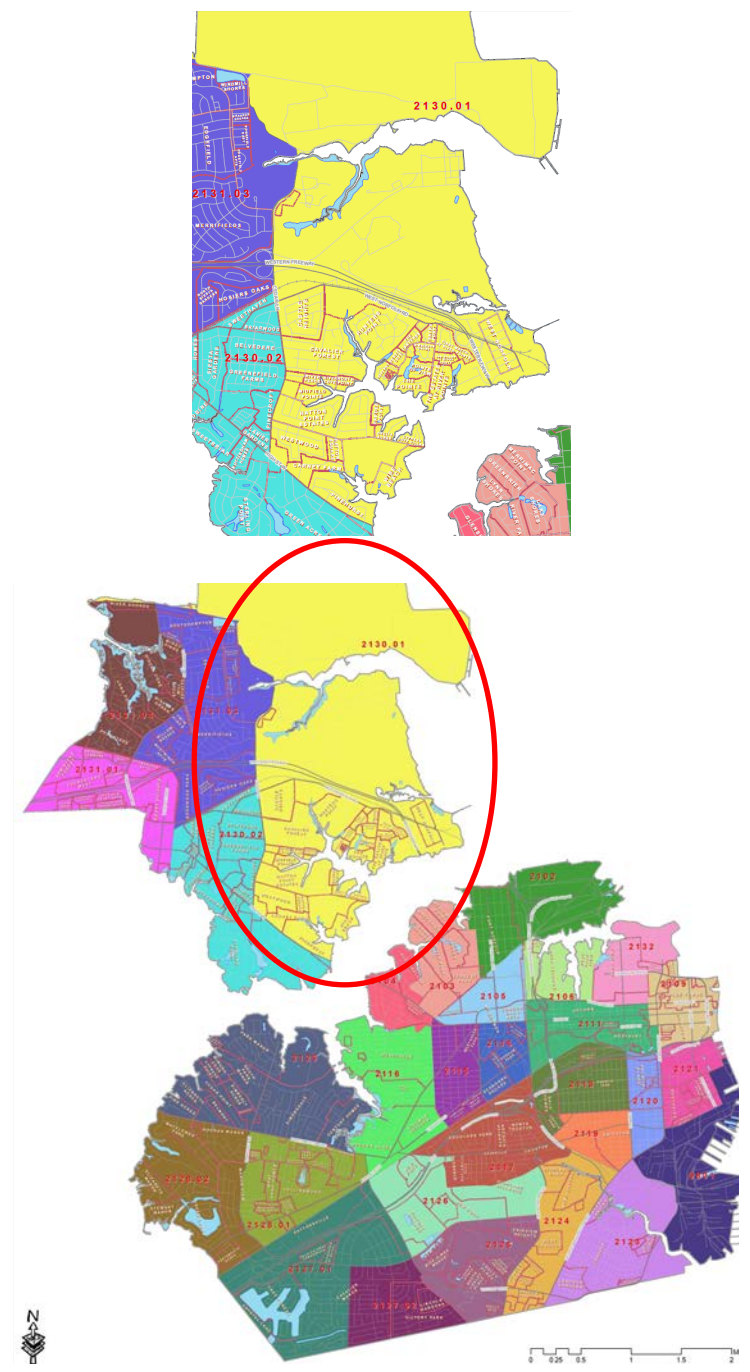
**Census Tract 2129: Includes Park Manor, Sadie Point, South Park Manor, Simonsdale, Century Homes, Elmhurst Square, Baywood, Kimberly Acres, Cedar Point, Belmont, Elizabeth Acres, Pine Acres, Cypress Point, Mimosa Cove**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



**Census Tract 2130.01: Includes Castle Heights, Cavalier Forest, Hunters Point, Jordansville, Centre Port, The Lanterns, First Watch at River Points, Egrets Cive, Villas at River Pointe, The Pointe, Pointe of View, Windledon Chase, Creekside, West Norfolk, River Peace, North Point, Hatton Point Estates, Hardee Point, Oneliaacress, Cypress Cove Villas, Wise Beach, Pinehurst, Carney Farm, Hatton Square, Westwood, Midfield Pointe**

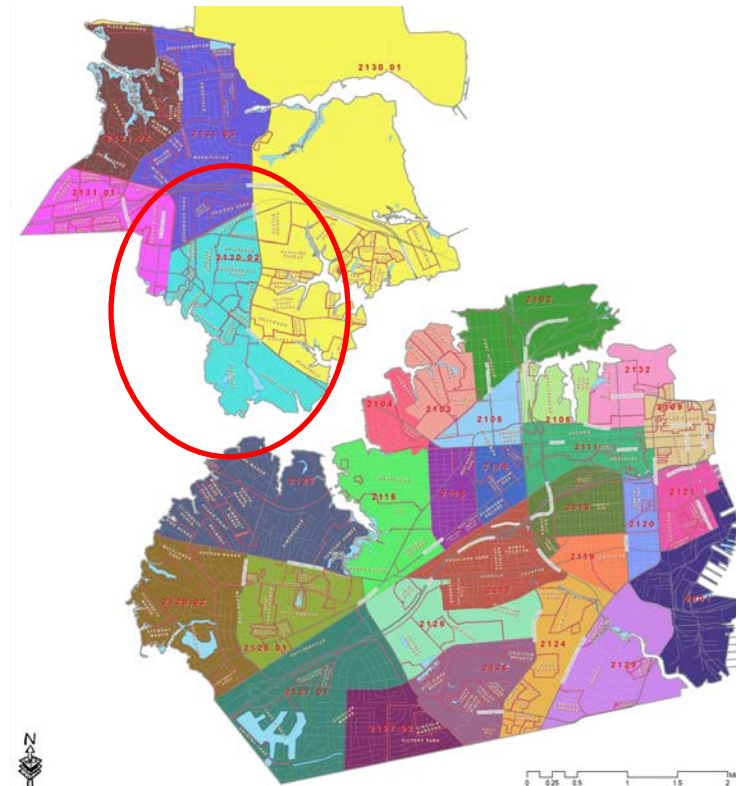
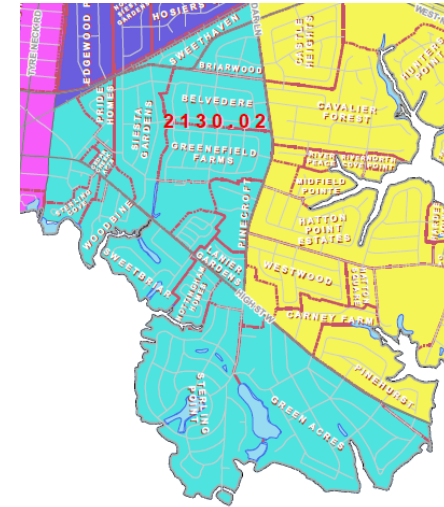
	Cenus Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegatables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





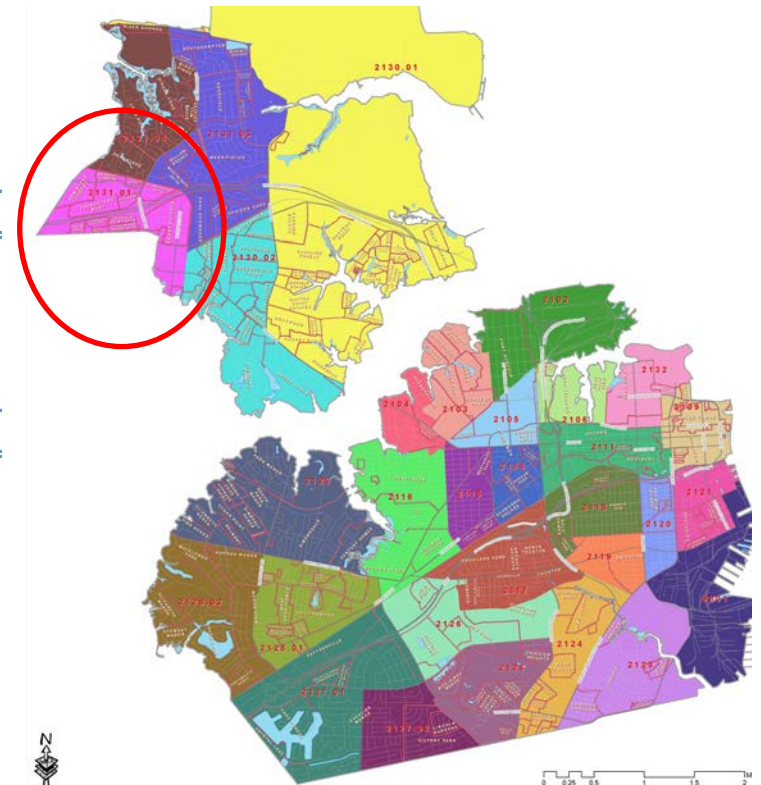
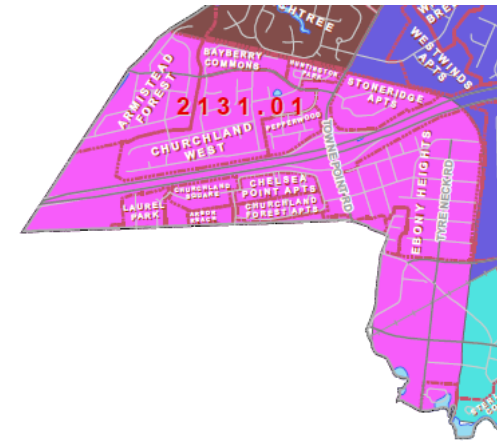
**Census Tract 2130.02: Includes N. Siesta Gardens, Hosiers Oaks, Edgewood Park, Pride Homes, Siesta Gardens, Sweethaven, Briarwood, Belvedere, Greenfield Farms, Pinecroft, Westermoreland, Baylaine Apts, Cedar Creek Apts, Sterling Cove, Woodbine, Sweetbriar, Nottingham Homes, Sterling Point, Green Acres**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



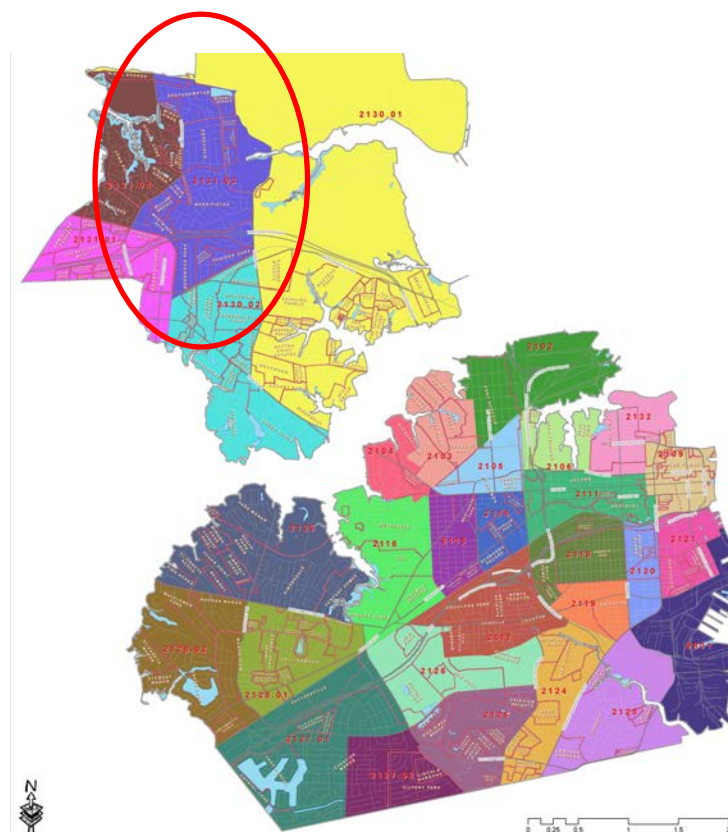
**Census Tract 2131.01: Includes Bayberry Commons, Huntington Park, Stoneridge Apts, Ebony Heights, The Gateway at Sterling, Point, Vacado Apts, Villages at Western Branch, Arbor Reach, Laurel Park, Churchland Square, Chelsea Point Apts**

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336



**Census Tract 2131.03: Includes Woods of Hampton, Southhampton, Windmill Shores, Brandon Square, Edgefield East, Edgefield Apts, Edgefield, Merrifields, Merrifields Estates, Twin Pines, Willow Breeze, Westwind Apts**

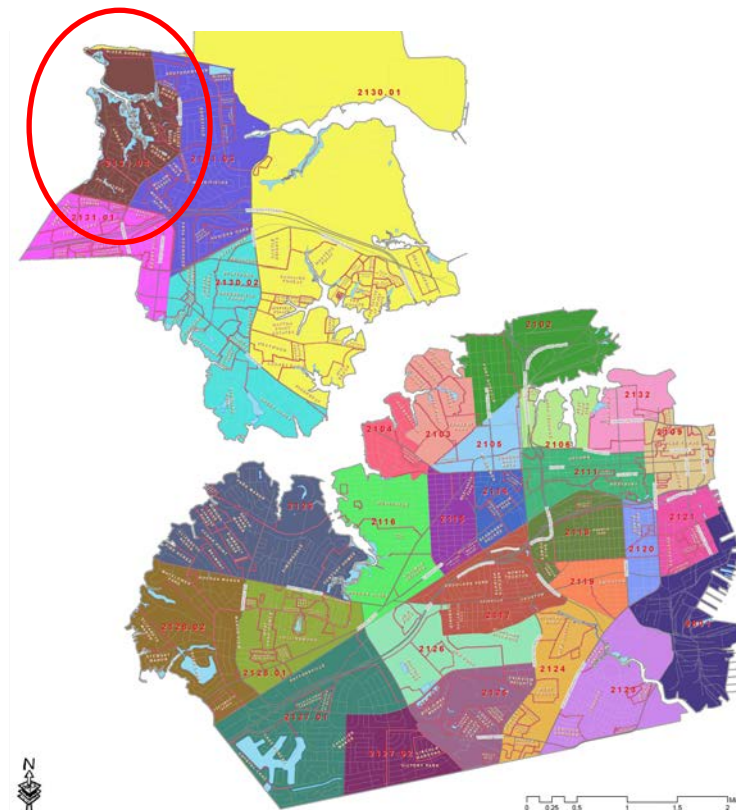
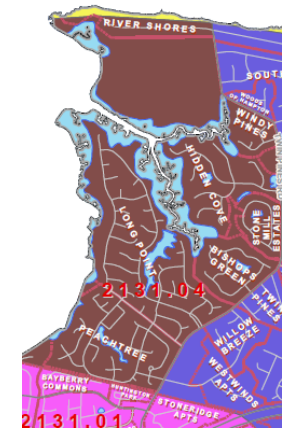
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





**Census Tract 2131.04: Includes River Shores, Windy Pines, Hidden Cove, Stone Mill Estates, Bishops Green, Long Point, and Peachtree**

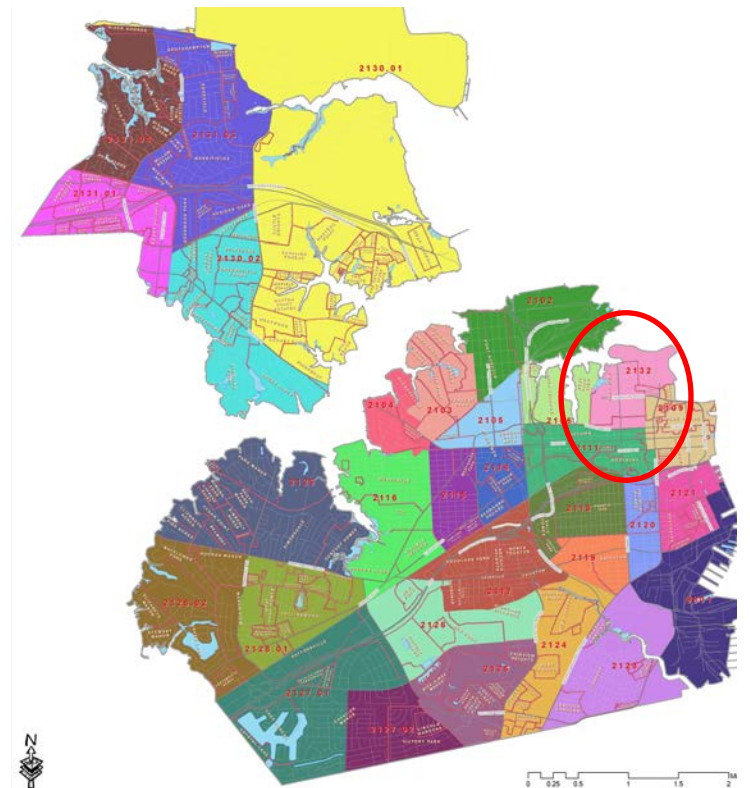
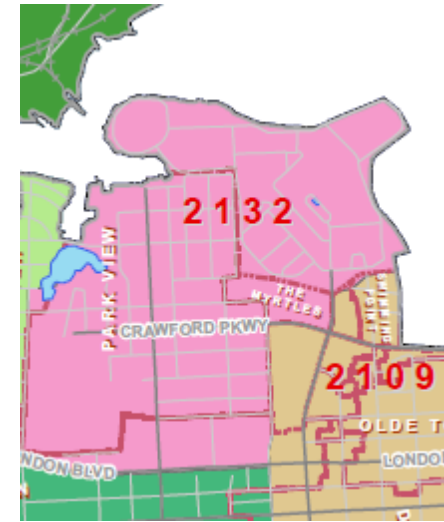
	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
Get enough Physical Activity	●	36	51.9	50.8
Eat enough Fruit	●	34	62.6	60.8
Eat enough Vegetables	●	44	78.6	77.1
Obesity	●	57	28.5	29.6
Smoke Cigarettes	●	21	19.5	18.1
<b>Health Care</b>				
Check-up in past 12 months	●	88	73.4	69.6
Dentist visit in past 12 months	●	61	69.3	65.3
Health Insurance	●	89	87	87.6
Could not get medical care due to cost	●	20	13.1	13.1
<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336

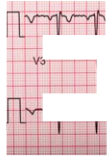




## Census Tract 2132: Park View, The Myrtles at Downtown

	Census Tract	City	VA	US
<b>Health Status</b>				
General health as Fair or Poor	●	14	16.3	16.7
High Blood Pressure	●	47	32.5	31.4
High Blood Cholesterol	●	42	38.6	38.4
Cancer	●	9	11.8	12.9
Asthma	●	17	8.6	8.9
Diabetes	●	21	9.7	10
Pre-diabetes	●	24	12	13
Life Expectancy	●	73	79	79
Health Opportunity Index	●	22	67	NA
<b>Health Behaviours</b>				
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<b>Social, Economic Factors, &amp; Physical Factors</b>				
High school graduation	●	89.6	89.7	88
Bachelor's Degree or higher	●	23	39	32
Children in Poverty	●	35	14	18
Vacant housing	●	11	11	13
Home Ownership	●	54	67	64
Median Household Income	●	50,242	71,535	60,336





2020

# GUIDE

*Connecting you to what matters*



We, the staff of the Portsmouth Health Department, recognize our contribution to the health, safety, and overall quality of life in our community through the provision of quality public health services.

We believe that the overall success of our organization, as well as its individual employees, is achieved through our commitment to our mission, vision, and values.

**Mission:** The Portsmouth Health Department is committed to the promotion, protection and preservation of a healthy and environmentally safe community.

**Vision:** Our vision is to be recognized by the public as a leader and advocate in safeguarding public health and the environment.

**Values:**

**Accountability:** We are committed to upholding the duties and expectations of the agency and the community.

**Compassion:** We care for the emotional and physical well-being of every person.

**Excellence:** We are committed to performing at the highest level while being dedicated to continuous improvement.

**Respect:** We will treat each person with dignity regardless of their diverse backgrounds, perspectives or ideas.

**Communication:** We will professionally deliver information in a timely, accurate and effective manner, accepting the input of others with a spirit of openness and respect.

**Community:** We actively collaborate internally and through partnerships to solve problems, make decisions and achieve common goals, recognizing that our combined efforts exceed what we can accomplish individually.

**Integrity:** We strive to earn and maintain trust by living up to our word, exercising personal leadership, and behaving ethically.





## FOREWORD

The Community Resources Guide (CRG) is a directory of public, non-profit, and some private for-profit human services available to Portsmouth residents. Designed and maintained by the staff of the Portsmouth Health Department, this guide seeks to provide service descriptions, service access criteria, eligibility criteria, location, language, and contact information for hundreds of organizations providing services to our community.

Please help us make the CRG a more useful tool. Share your comments and suggestions with us via email or via our Resource Guide Feedback/Contact/Suggestion Form located at the back of the book. Please contact us if:

- You can't find what you are looking for,
- You believe information has changed or is incorrect,
- You know of an organization warranting inclusion,
- You have suggestion about how the CRG could better meet your needs.

Thank you.

1701 High Street, Suite 102  
Portsmouth VA, 23704  
757-393-8585 Ext. 8713  
portsmouth@vdh.virginia.gov





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**Abuse** (Child, Domestic/Sexual/Rape, Senior Citizen)

Organization	Telephone	Location	Website	Services
<i>Child Abuse &amp; Neglect</i>				
<b>CHIP of Virginia</b>				
Chesapeake	757-543-9100	1302 Jefferson St	chipshr.org	Provides financial services, quality health care prenatally-age 6, and more through a family management system.
<b>Portsmouth Department of Social Services: Child Protective Services</b>				
Hotline	800-552-7096	1701 High St., Suite 101	portsmouthva.gov/407/child-protective-services	Provides programs and help, ensuring the health and welfare of children and adults.
<i>Domestic Violence/ Sexual Assault/ Rape</i>				
<b>Center for Sexual Assault Survivors, The</b>				
Newport News				
Crisis Hotline	757-236-5260	718 J Clyde Morris Blvd, Suite B	visitthecenter.org	Provides support, treatment, & other help to victims of sexual or domestic violence.
All Services	757-599-9844			
<b>The Up Center</b>				
Portsmouth				
	757-397-2121	1805 Airline Blvd.	theupcenter.org	Provides Counseling to victims of domestic violence and sexual abuse and offers anger control groups.
<b>HER Shelter</b>				
Portsmouth				
	757-485-1445		hershelter.com	Provides emergency shelter, intervention, and counseling for victims of domestic violence.
Hotline				
757-485-3384				
<b>Sacred Journey</b>				
Norfolk				
	888-503-8521	999 Waterside Dr. Suite 2525	sacredjourneyinc.com	Provides services to empower women, girls, and their loved ones. Offers outpatient therapy, therapeutic day treatment/partial hospitalization program, coaching, and mentoring. Helps women going through substance abuse, depression, other abuse, and more to find self-confidence, better intimate relationships, intuition, family, personal identity, and spirituality. Criteria include: resident of Norfolk or surrounding areas, Medicaid/Medicaid-Eligible, woman or man who are closely affiliated with a woman needing/wanting empowerment, 18 years or older, with permanent living arrangement, be willing to receive a mental health diagnosis, and must be motivated. Offers a FREE initial consultation.
<b>Samaritan House (SOS)</b>				
Virginia Beach				
	757-587-4202		samaritanhouseva.org	Provides shelter & other services for homeless victims of domestic violence.
<b>Virginia Department of Health: Family Violence Hotline</b>				
	800-838-8238		vdh.virginia.gov	Hotline for family violence and sexual assault.
<b>YWCA South Hampton Roads Sexual Assault Support Services</b>				
Norfolk				
Office	757-625-4248	500 E. Plume St., Suite 700	ywca-shr.org	Offers comprehensive support services for victims of domestic violence or sexual assault.
Hotline	757-251-0144			
<i>Senior Citizen Abuse</i>				
<b>Citizens' Committee to Protect the Elderly</b>				
VA Beach				
	757-518-8500		citizenscommittee.org	Provides companionship, support, education, and a variety of other programs for abused elderly.



## Addiction (Alcohol, Gambling, Other Substance)

Organization	Telephone	Location	Website	Services
<i>Alcohol Abuse</i>				
<b>Alcoholics Anonymous</b>				
Hampton Roads		Various Locations	aavirginia.org	Meets several times a week as a self-help group dedicated to overcoming alcohol abuse.
<b>Bon Secours Maryview Behavioral Medicine Center</b>				
Portsmouth				
Crisis Intervention Counselor	757-398-2400		bonsecours.com	
Medicine Center	757-398-2367	3636 High St.		Offers psychiatric care for adults including treatment and management programs.
<b>Virginia Alcohol Safety Action Program (ASAP)</b>				
South-Eastern VA	757-396-6980	901 Port Centre Pkwy, Suite 3	vasap.state.va.us	Offers driver improvement classes, may offer treatment and more.
<b>Portsmouth Department of Behavioral Health Services</b>				
Office	757-393-8618		portsmouthva.gov/149/Behavioral-Healthcare	
Central Intake	757-393-5357	1811 King St.		Provides emergency services for individuals experiencing substance abuse disorders.
Emergency Services	757-393-8990			
<i>Gambling</i>				
<b>Gamblers Anonymous</b>				
		Various Locations	gamblersanonymous.org	Go to website to find out more on meetings near you.
<i>Other Substance Abuse</i>				
<b>Bon Secours Maryview Behavioral Medicine Center</b>				
Portsmouth				
Crisis Intervention Counselor	757-398-2400		bonsecours.com	
Medicine Center	757-398-2367	3636 High St.		Offers psychiatric care for adults including treatment and management programs.
	800-445-4477			
<b>Portsmouth Department of Behavioral Health Services</b>				
Office	757-393-8618		portsmouthva.gov/149/Behavioral-Healthcare	
Central Intake	757-393-5357	1811 King St.		Provides emergency services for individuals experiencing substance abuse disorders.
Emergency Services	757-393-8990			
<b>Sacred Journey</b>				
Norfolk	888-503-8521	999 Waterside Dr. Suite 2525	sacredjourneyinc.com	Provides services to empower women, girls, and their loved ones. Offers outpatient therapy, therapeutic day treatment/partial hospitalization program, coaching, and mentoring. Helps women going through substance abuse, depression, other abuse, and more to find self-confidence, better intimate relationships, intuition, family, personal identity, and spirituality. Criteria include: resident of Norfolk or surrounding areas, Medicaid/Medicaid-Eligible, woman or man who are closely affiliated with a woman needing/wanting empowerment, 18 years or older, with permanent living arrangement, be willing to receive a mental health diagnosis, and must be motivated. Offers a FREE initial consultation.
<b>UP Center, The</b>				
Norfolk	757-662-7017	222 W. 19th St		
Portsmouth	757-397-2121	1805 Airline Blvd.	theupcenter.org	Offers a number of support groups and counseling to help manage behaviors.
Suffolk	757-965-8663	109.5 Clay St.		

## Adoption

Organization	Telephone	Location	Website	Services
<b>Catholic Charities of Eastern Virginia</b>				
Virginia Beach				
Pregnancy Services	757-274-4952	5361 Virginia Beach Blvd.	adoptionandpregnancycenter.org	Provides help with child-planning.
Adoption Services	757-456-2366			
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High Street, Suite 101	portsmouthva.gov/417/Adoption	Provides adoption information and services.

## After School Care (see "Care")

## Alcoholism (See "Abuse")

## Alzheimer's

Organization	Telephone	Location	Website	Services
<b>Alzheimer's Association of Southeastern Virginia</b>				
Norfolk				
Office	757-459-2405	6350 Center Dr. Suite 102	alz.org/seva	Provides many programs and resources.
24-hour Helpline	800-272-3900			

## Animals (Pets & Wildlife)

Organization	Telephone	Location	Website	Services
<b>Animal Assistance League</b>				
Chesapeake	757-548-0045	1149 New Mill Dr	animalassistanceleague.com	Cat adoption and donation.
<b>Humane Society</b>				
Portsmouth	757-397-6004	4022 Seaboard Ct	portsmouthhumane-society.org	Offers many services including: spay/neuter, lost/found, surrender, etc.
Animal control	757-393-8430			
<b>People for the Ethical Treatment of Animals (PETA)</b>				
Norfolk	757-622-7382	501 Front St.	peta.org	Report animal abuse. Offers internships, volunteer hours, and more.
<b>Spay Virginia</b>				
		Various Locations	spayva.org or aspca.org/pet-care/spayneuter	Offers low-cost services. Go to aspca.org to search for clinics in your area.
<b>SPCA</b>				
Norfolk				
Shelter & Clinic	757-622-3319	916 Ballentine Blvd 5585 Sabre Rd.	norfolkspca.com	Animal adoption center.
Other Clinic	757-383-6620			
<b>Wildlife Response</b>				
Hampton Roads	757-543-7000		wildliferesponse.org	Call for injured wildlife (no pets).

## Anorexia Nervosa

Organization	Telephone	Location	Website	Services
<b>Portsmouth Department of Behavioral Health Services</b>				
Office	757-393-8618	1811 King St.	portsmouthva.gov/149/Behavioral-Healthcare	Provides emergency services for individuals experiencing substance abuse disorders.
Central Intake	757-393-5357			
Emergency Services	757-393-8990			

## Arthritis

Organization	Telephone	Location	Website	Services
<b>Hampton Roads Community Health Center</b>				
Portsmouth				
Community Health Center		664 Lincoln St		
Norfolk				
Park Place Medical Center	757-393-6363	3415 Granby St.	hrchc.org	Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street.
CommuniCare Health Center East		804 Whitaker Ln		
O.V. Medical & Dental Center		9581 Shore Drive		
Little Creek Family Health Center		7447 Central Business Park Drive		

## Asthma & Allergies

Organization	Telephone	Location	Website	Services
<b>Allergy Partners of Hampton Roads</b>				
Newport News	757-596-8025	895 City Center Blvd, Suite 302	www.allergypartners.com/hamptonroads/	Gives personalized services to individuals with comprehensive treatment programs.
<b>American Academy of Allergy, Asthma, &amp; Immunology</b>				
		Various Locations	allergist.aaaai.org/find	Provides referral sources for allergist (search in VA).
<b>American Lung Association: Better Breathers Club</b>				
Newport News	757-534-5854	12200 Warwick Blvd., Suite 210	lung.org/support-and-community/better-breathers-club	Educates on how to cope with COPD.
<b>Food Allergy Research and Education</b>				
Northeast VA	800-929-4040 703-691-3179	Various Locations	foodallergy.org	Dedicated to increasing awareness and providing education.

## Autism

Organization	Telephone	Location	Website	Services
<b>Autism Key</b>				
		Online	autismkey.com	Provides information and resources including treatment opportunities & physicians
<b>Autism Society</b>				
VA Beach	757-461-4474	4605 Pembroke Lake Circle, Unite 202	tidewaterasa.org	Provides opportunities and ways to improve life with autism.
<b>Mea'Alofa Autism Support Center</b>				
Chesapeake	757-465-3933	4016 Raintree Rd, Suite 200A	learnwithmasc.org	Supports families of autism and increases awareness.
<b>Virginia Autism Resource Center</b>				
Richmond, VA	855-711-6987	Online	varc.org	Provides a resource center at VCU as well as quality services to improve lives.

## Babies (also see "breast feeding" & "pregnancy")

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street, Suite 102	www.vdh.virginia.gov/portsmouth/ classes	Provides education including child safety seat installation classes; offers safety seats.

**Hampton Roads Community Health Center**

Portsmouth

757-393-6363

664 Lincoln St

hrhc.org

Provides primary medical care; offers free transportation to appointments on Lincoln St.

**Infant and Toddler Connection (Dept of Behavioral Health Care Services)**

Portsmouth (local dept)

Main 757-541-8361

Online

infantva.org

General concerns 800-234-1448

Provides early intervention support and services for infants and toddlers with medical condition.

**Oasis Social Ministry**

Portsmouth

757-397-6060

800 A Williamsburg Ave

oasissocialministry.org

Provides assistance by referral. May provide diapers.

**Portsmouth Department of Social Services**

757-405-1800

1701 High Street, Suite 101

portsmouthva.gov/384/socialservices

Provides diapers (see intake worker).

**Sentara Healthcare**

Various Locations

sentara.com/hampton-roads-virginia/contact-us.aspx

Offers CPR classes and more. Search location nearest you on website for telephone numbers.

**UP Center, The**

Norfolk

757-662-7017

222 W. 19th St.

theupcenter.org/how-we-help/families/parenting-education-support

Offers family and child counseling services, as well as a range of parent education and support services.

Portsmouth

757-397-2121

1805 Airline Blvd.

Suffolk

757-965-8622

109.5 Clay St.

**Bereavement**

Organization	Telephone	Location	Website	Services
<b>Bon Secours Bereavement Services</b>				
Newport News	757-947-3420	716 Denbigh Blvd., Suite B3	bonsecours.com/hampton-roads/our-services/bereavement-center	Provides support groups for perinatal loss, bereavement and other grief. Support for CHILDREN: bshr.com/our-services-hospice-kidz-n-grief.html
<b>Daily Strength</b>				
		Online	dailystrength.org/categories/death_dying	Online support group. Provides resources and blogs for those who need support.
<b>Edmarc Hospice for Children</b>				
Portsmouth	757-967-9251	516 London Street	edmarc.org	Offers home health care, hospice care, patient & family support, bereavement services, and counseling.
<b>Healing the Spirit</b>				
		Various Locations	lifenethealth.org/healingthespirit/virginia-bereavement-support-groups	Offers many support group options in Hampton Roads. Go to website for extensive list of groups near you.
<b>Jewish Family Service of Tidewater</b>				
Virginia Beach	Counseling 757-459-4640 Hospice & Palliative Care 757-321-2222	5000 Corporate Woods Dr., Suite 400	jfshamptonroads.org	Offers hospice with a goal of comforting; provides counseling to loved ones of deceased.

**Birth Certificates**

Organization	Telephone	Location	Website	Services
<b>Virginia Department of Health</b>				
Richmond	804-662-6200		www.vdh.virginia.gov/vital_Records/	Birth certificates for those born in VA are only available through VDH.

**Blindness** (see "vision")

## Brain Injury

Organization	Telephone	Location	Website	Services
<b>Brain Injury Association of Virginia</b>				
		Various Locations	biav.net	Offers support groups in the area. See website for locations.
<b>National Resource Center for Traumatic Brain Injury</b>				
Richmond	804-828-3704		tbinrc.com	Provides services and information seminars for those suffering with brain injury as well as their loved ones.

## Breast Feeding

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department - WIC Program</b>				
Main Office	757-393-5340	1701 High St.	www.vdh.virginia.gov/portsmouth/WIC-services/	Offers breastfeeding support groups, lactation education, and more.
Churchland Office	757-686-4900	3260 Academy Ave		

## Bon Secours Hampton Roads

		Various Locations	mybonsecoursbaby.com	Provides education classes for new or soon-to-be parents. Visit website for locations.
<b>Chesapeake Regional Medical Center: Sudden Infant Death Syndrome Support</b>				
	757-312-6158	736 Battlefield Blvd	chesapeake regional.com/programs-services/birthplace	Offer Parenting classes, childbirth prep classes, cpr classes, breastfeeding classes, and more.
<b>La Leche League of Tidewater</b>				
Norfolk	757-961-8951	Various Locations	llvawv.org	Provides education, information, support, and encouragement to women about breastfeeding. Visit website or call for group meeting times and locations.
Portsmouth	757-828-6555			
Virginia Beach	757-204-5557			

## Cancer

Organization	Telephone	Location	Website	Services
<b>American Cancer Society</b>				
Virginia Beach	757-493-7940	477 Viking Drive, Suite 130	cancer.org	Offers programs, services, information, education, events and much more.
<b>American Lung Association</b>				
Richmond	202-719-2809	9702 Gayton Rd. #110	lung.org	Offers support groups and education and prevention programs for victims of lung disease.
<b>Bon Secours Hampton Roads</b>				
Suffolk	757-541-1300	7185 Harbour Towne Pkwy	bonsecours.com	Offers support groups, as well as treatment and other services.
<b>National Cancer Institute (NCI)</b>				
	800-422-6237		cancer.gov	Offers information and answers any cancer-related questions in English or Spanish.
<b>Ronald McDonald House</b>				
Norfolk	757-627-5386	404 Colley Ave	rmhc.org	Helps address financial problems for families with sick children; offers numerous volunteer opportunities.



**Sentara**

Hampton Roads	888-220-2214	Various Locations	sentara.com/ hampton-roads- virginia/medical services/services/ cancer.aspx	Provides comprehensive cancer care and addresses any cancer-related questions. (specialization in: breast, colorectal, head & neck, lung, & prostate)
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**13thirty Cancer Connect**

	585-563-6221	Online	13thirty.org	Provides information, personal stories, and ways for teens and young adults to connect with one another.
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**Care** (Child Care & Senior Citizen Care)

Organization	Telephone	Location	Website	Services
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*Child Care (also see "Head Start")*

**6 to Six**

Portsmouth	757-393-8481	Various Locations	portsvaprls.com/ youth-programs	Provides services including: help with homework, games, crafts, and rec activities.
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**Children's Harbor**

Chesapeake	757-543-4221	2400 Strawberry Lane		
Norfolk	757-622-0900	1900 Llewellyn Ave	childrensharbor.cc/ index.php	Provides developmental before and after school child care for children ages 2-12.
Portsmouth	757-397-2980	620 London Street		
Suffolk	757-483-2693	1020 Champions Way		

**Child and Adult Care Food Program (CACFP)**

Portsmouth	757-393-8481	Various Locations	portsvaprls.com/ child- and-adult-care-food- program-cacfp/	Provides after school care with food, fun, and learning.
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**Ida Barbour Early Learning Center**

Portsmouth	757-397-3097	1400 Camden Ave	ibelc.org	Provides early care & education for children 6 weeks- 4 years; offers before & after school care for ages 4-7; offers summer camp.
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**Planning Council, The**

Norfolk	757-622-9268	2551 Eltham Ave., Suite 1	theplanning council.org	Childcare subsidies available for income eligible households. Families pay based on their gross monthly income for childcare regardless of number of children receiving care.
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**Portsmouth Department of Social Services**

	757-405-1800	1701 High Street	dss.virginia.gov/ family/cc/ assistance.cgi	Provides financial assistance to eligible families to help pay for cost of child care.
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**Child Care Aware of Virginia**

	866-543-7852			Provides assistance with finding child care.
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*Senior Citizen Care*

**Commonwealth Senior Living @ Churchland House**

Portsmouth	757- 351-4904	4916 West Norfolk Rd.	commonwealthsl.com	Provides assisted living, memory care, and respite care.
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**Cerebral Palsy**

Organization	Telephone	Location	Website	Services
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**My Child**

	800-692-4453	Online	cerebralpalsy.org	Provides resources, help, and answers.
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**Ability Center of Virginia (formerly Cerebral Palsy of Virginia)**

Virginia Beach	757- 497-7474	5825 Arrowhead Dr., Suite 201	cerebralpalsyof virginia.org	Offers recreational programs, arts & crafts, weekend activities, and camps.
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### Children's Hospital of the King's Daughters

Norfolk-CHKD 757-668-7473 601 Children's Lane chkd.org Offers patient care, education, and research through it's comprehensive clinic and laboratory.

### United Cerebral Palsy: Easter Seals Disability Services

North Carolina 800-622-7119 5171 Glenwood Ave., Suite 211 easterseals.com/NCV A/ Closest program is in NC, however, it provides many services, employment, training, rehabilitation, recreation, and more.

### Child Abuse/Neglect (see "Abuse")

### Children's Health Screening/Prevention Services

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street	vdh.virginia.gov/portsmouth/	Provides immunizations
<b>EVMS Medical Group: Ghent Family Medicine</b>				
Norfolk	757-446-5955	825 Fairfax Ave.	evms.edu/patient_care/specialties/family_community_medicine/	Offers comprehensive outpatient & inpatient healthcare to patients from infancy to geriatrics.
<b>Hampton Roads Community Health Center</b>				
Portsmouth		664 Lincoln St		
Norfolk	757-393-6363	3415 Granby St. 804 Whitaker Ln	hrhc.org	Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street.
		9581 Shore Drive		

### Citizenship

Organization	Telephone	Location	Website	Services
<b>Commonwealth Catholic Charities</b>				
Newport News	757-247-3600	12284 Warwick Blvd., Suite 1-A	cccofva.org	Offers citizenship classes as well as other resettlement services. Most classes are free.
<b>Parimal J. Soni, MD</b>				
Portsmouth	757-483-3560	3235 Academy Ave. Ste 300		Provides physicals required for citizenship.

### Clothing

Organization	Telephone	Location	Website	Services
<b>Goodwill</b>				
Portsmouth	757-215-1791	3225 High St.	goodwillvirginia.org	Offers low-cost clothing. For more locations, visit website or call.
<b>Need Help Paying Bills</b>				
		Various Locations	needhelppayingbills.com/html/virginia_beach_clothing_closet.html	Provides many places that provide clothing to low income families.
<b>Oasis Social Ministry</b>				
Portsmouth	757-397-6060	800 A Williamsburg Ave.	oasissocialministry.org	Provides clothing by referral. Oasis Thrift Store hours are Mon-Fri 8am-2pm.
<b>Salvation Army, The</b>				
Portsmouth	757-393-2519	2306 Airline Blvd		
Norfolk	757-499-0032	5525 Raby Rd.	salvationarmyusa.org	Offers clothing services for those in need.
Suffolk	757-539-5201	400 Bank St.		
Hampton	757-838-4875	1033 Big Bethel Rd.		

**STOP Organization**

VA Beach	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	May be able to provide clothing. Call for more details.
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**Suited for Change**

Washington, DC	202-293-0351	1023 15th St NW Suite 601	suitedforchange.org	Provides women professional clothing through the help of clothing donations.
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**Counseling** (Credit/Financial & Youth/Family)

Organization	Telephone	Location	Website	Services
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*Credit/ Financial Counseling***Catholic Charities of Eastern Virginia, Inc.**

Financial & Housing Counseling	757-587-4202		cceva.org	Offers financial & housing (budgeting, renter, homeowner, etc.) counseling.
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**UP Center, The**

Portsmouth	757-397-2121	1805 Airline Blvd.	theupcenter.org	Offers family and child counseling services, as well as a range of parent education and support services.
Suffolk	757-965-8663	109.5 Clay St.		

*Youth/Family Counseling***Barry Robinson Center, The**

Norfolk	800-221-1995	443 Kempsville Rd.	barryrobinson.org	Offers various behavior counseling programs in order to improve the lives of children (children, young adolescents, old adolescents)
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**Catholic Charities of Eastern Virginia, Inc.**

## Mental Health Counseling

Southside	757-467-7707			
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Penninsula	757-875-0060			
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## Health &amp; Community Services

Life Coach	757-875-0060			
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	Ext. 1033			
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## Guardianship/Conservatorship

	757-467-7707			
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**Portsmouth Department of Behavioral Health Services**

Office	757-393-8618			
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Central Intake	757-393-5357	1811 King St.	portsmouthva.gov/ 149/Behavioral- Healthcare	Offers outpatient counseling, home-based services, emergency services, and more.
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Emergency Services	757-393-8990			
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**UP Center, The**

Norfolk	757-662-7017	222 W. 19th St.		Offers family and child counseling services, as well as a range of parent education and support services.
Portsmouth	757-397-2121	1805 Airline Blvd.	theupcenter.org	
Suffolk	757-965-8663	109.5 Clay St.		

**Court Services**

Organization	Telephone	Location	Website	Services
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**Circuit Court**

Portsmouth (local dept.)	757-393-8671	1345 Court St.	courts.state.va.us/ courts/circuit/ Portsmouth/ home.html	Provides services and resources according to VA's judicial system.
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**DNA Diagnostics Center**

	800-681-7162		dnacenter.com/ locations/ virginia.html	Provides DNA testing services. For locations, visit website or call.
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**General District Court**

## Portsmouth (local dept.)

Criminal	757-393-8681	1345 Court St., Suite 104	courts.state.va.us/cou rts/gd/portsmouth/ho me.html	Provides services and resources according to VA's judicial system.
Traffic	757-393-8506			
Civil	757-393-8624			

**Juvenile & Domestic Relations Court**

Portsmouth	757-393-8851	1345 Court St., Suite 103	<a href="http://courts.state.va.us/courts/jdr/Portsmouth/home.html">courts.state.va.us /courts/jdr/ Portsmouth/ home.html</a>	Provides services and resources according to VA's judicial system.
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**Legal Aid Society of Eastern Virginia**

Norfolk	757-627-5423	125 St. Paul's Blvd., Ste 400	<a href="http://laseva.org">laseva.org</a>	Provides legal services in regards to custody, neglect, criminal acts against children, and other criminal matters.
Hampton	757-275-0080	30 West Queen's Way		

**Senior Law Center**

Norfolk	757-627-5423	125 St. Paul's Blvd., Suite 400		Federally funded, non-profit, law office offering free legal services (except court costs), for individuals ages 55 and older.
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**Virginia Department of Social Services**

Richmond (main)	804-726-7000	801 E. Main St.	<a href="http://dss.virginia.gov">dss.virginia.gov</a>	Provides resources for child support issues and child support malfunctions.
Portsmouth	757-405-1800	1701 High St.		

**Deaf, Hard of Hearing**

Organization	Telephone	Location	Website	Services
<b>American Society for Deaf Children</b>				
Woodbine, MD	800-942-2732		<a href="http://deafchildren.org">deafchildren.org</a>	Provides many resources for educating, empowering, and supporting families of deaf children.
<b>Hearing Loss Association of America</b>				
		Online	<a href="http://hearingloss.org">hearingloss.org</a>	Provides many online resources, including Webinars and support groups.
<b>Laurent Clerc National Deaf Education Center</b>				
Washington, DC	202-651-5855	800 Florida Ave, NE	<a href="http://gallaudet.edu/clerc-center.html">gallaudet.edu/clerc-center.html</a>	Provides many resources and learning opportunities.
<b>National Center on Deaf-Blindness</b>				
Richmond, VA	Voice Phone 804-828-2052 Text Phone 711 (VA Relay)		<a href="http://nationaldb.org">nationaldb.org</a>	Provides a library of resources as well as connections around the U.S.
<b>Signing Savvy</b>				
		Online	<a href="http://signingsavvy.com">signingsavvy.com</a>	Provides a database which shows the viewer how to sign different words.
<b>Starkey Hearing Foundation</b>				
	800-328-8602	Various Locations	<a href="http://starkeyhearingfoundation.org">starkeyhearingfoundation.org</a>	Call if you or someone you know is struggling with hearing loss in the US or around the world. Representative may be able to help with options.
<b>Virginia Department for the Deaf and Hard of Hearing</b>				
	Voice or Text 804-662-9502 800-552-7917		<a href="http://vddhh.org">vddhh.org</a>	Provides interpreter services, technology services, support services, and more.
<b>Virginia Relay</b>				
		Online	<a href="http://varelay.org">varelay.org</a>	Provides online sources to communicate via text in order to access their many resources.

**Death** (also see "funeral services")

Organization	Telephone	Location	Website	Services
<b>Bon Secours Hampton Roads</b>				
Portsmouth	757-398-2693		<a href="http://bbonsecours.com/health-care-services/hospice-palliative-care#">bbonsecours.com/health-care-services/hospice-palliative-care#</a>	Provides compassionate care to patients and families.
<b>Edmarc Hospice for Children</b>				
Portsmouth	757-967-9251	516 London Street	<a href="http://edmarc.org">edmarc.org</a>	Provides services to ease trauma of child's illness or death.
<b>Jewish Family Services of Tidewater</b>				
Virginia Beach	757-321-2222	5000 Corporate Woods Drive, Suite 400	<a href="http://jfshamptonroads.org">jfshamptonroads.org</a>	Provides Hospice and palliative care in Tidewater, as well as counseling and more.

**Death Certificates**

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585 Ext 8587	1701 High Street	<a href="http://www.vdh.virginia.gov/portsmouth/birth-death-certificates-and-vital-records/">www.vdh.virginia.gov/portsmouth/birth-death-certificates-and-vital-records/</a>	Provides death certificates for the city of Portsmouth. Cost is \$12.00.

**Dental Care**

Organization	Telephone	Location	Website	Services
<b>Chesapeake Care Clinic</b>				
	757-545-5700	2145 South Military Hwy	<a href="http://chesapeakecare.org">chesapeakecare.org</a>	Offers dental services to patients without insurance who qualify in Chesapeake, Virginia Beach, Portsmouth, Hampton, and Suffolk.
<b>Healthy Smiles Dental Center</b>				
Portsmouth	757-393-6363	664-A Lincoln St	<a href="http://hrhc.org/dental.html">hrhc.org/dental.html</a>	Offers examinations and X-rays, as well as preventative and restorative care.
<b>Kool Smiles</b>				
Virginia Beach	757-644-3955	4239 Holland Rd		
Portsmouth	757-215-4498	4072 Victory Blvd		
Norfolk	757-319-4957	5900 E. VB Blvd	<a href="http://mykoolsmiles.com">mykoolsmiles.com</a>	Provides a fun and friendly environment to children and family while providing convenient and quality dental care.
	757-644-5821	2338 East Little Creek Rd.		
Hampton	757-251-0517	2165 Cunningham Drive		
<b>Old Dominion University Dental Hygiene Office</b>				
Norfolk	757-683-4308	1090 46th Street	<a href="http://odu.edu/dental">odu.edu/dental</a>	Provides low cost services to patients without insurance.
<b>St. Columba Ecumenical Ministries, Inc.</b>				
Norfolk	757-627-6748	2114 Lafayette Blvd	<a href="http://stcolumbaministries.com">stcolumbaministries.com</a>	Assists homeless residents of Norfolk with dental care if eligible and with referral.
<b>U.S. Department of Veterans Affairs</b>				
	800-273-8255 Option 1		<a href="http://va.gov/dental/">va.gov/dental/</a>	Provides resources for Veterans, including a debriefing of Veteran benefits.

**Developmentally Disabled**

Organization	Telephone	Location	Website	Services
<b>Arc of South Hampton Roads, The</b>				
Virginia Beach	757-828-6228	412 Investors Place Suite 102	<a href="http://autismnow.org">autismnow.org</a>	Advocates for the human and civil rights of individuals with mental disabilities.
<b>Portsmouth Department of Behavioral Health Care Services</b>				
Office	757-393-8618		<a href="http://portsmouthva.gov/149/Behavioral-Healthcare">portsmouthva.gov/149/Behavioral-Healthcare</a>	Offers outpatient counseling, home-based services, emergency services, and more.
Central Intake	757-393-5357	1811 King St.		
Emergency Services	757-393-8990			



**Hampton Mental Health Associates**

Hampton	757-826-7516	2112 Hartford Road	hamptonmentalhealth.com	Offers outpatient mental health services to children and adults with a variety of mental health disorders.
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**Diabetes**

Organization	Telephone	Location	Website	Services
<b>American Diabetes Foundation</b>				
Norfolk	757-424-6662	870 Greenbrier Circle, Tower 11, Suite 404	diabetes.org	Provides many resources including food & fitness ideas, basic facts, community outreach, and more.
<b>Children With Diabetes</b>				
			childrenwithdiabetes.com	Provides resources and information about diabetes.
<b>National Health Care for the Homeless Council</b>				
Newport News	757-591-0643	4714 Marshall Ave.	nhchc.org or sevhs.org	Provides numerous services for the homeless, including diabetes testing and care.

**Diapers** (see "babies")**Disabilities**

Organization	Telephone	Location	Website	Services
<b>A Andrew Ege Jr. Attorney at Law</b>				
Virginia Beach	757-428-7447	1100 Laskin Rd.		Help for people who have been denied Social Security Disability benefits.
<b>Amputee Coalition</b>				
Manassas, VA	888-267-5669		amputee-coalition.org	Provides resources and answers questions about limb loss.
<b>Eggleston Services</b>				
Norfolk	757-858-8011	1161 Ingleside Rd	egglestonservices.org	Provides resources for individuals with disabilities and their families, including summer camps and more.
<b>Ability Center of Virginia (formerly Cerebral Palsy of Virginia)</b>				
Virginia Beach	757-497-7474	5825 Arrowhead Dr. Suite 201	cerebralpalsyofvirginia.org	Provides services to individuals and their families as well as camp for children with disabilities.
<b>Community Alternatives</b>				
Norfolk	757-468-7000		comalt.org	Provides services across Virginia including support programs, in-home programs, support living programs, and more.
<b>Department for Aging and Rehabilitation Services</b>				
Portsmouth	757-686-5004	601 Port Centre Pkwy, Suite 100	vadrs.org	Offers employment services, community based services, assistive technology, and more to clients with disabilities.
Hampton/Newport News	757-865-4863	303 Butler Farm Rd., Suite 105		
<b>Department for the Blind and Vision Impaired</b>				
Richmond, VA	804-371-3151	401 Azalea Ave.		
Norfolk	757-466-4162	6325 N. Center Dr. Suite 131	vdbvi.org	Dedicated to providing services and resource in order to empower the blind, vision impaired, and deafblind.
<b>Eastern Virginia Medical School</b>				
Norfolk	757-446-5915	721 Fairfax Ave, Suite 300	evms.edu	Provides rehabilitation services.
<b>Independence Center, Inc</b>				
Norfolk				
	Voice Phone 757-461-8007	6300 East VB Blvd	independence.org	Offers many services including referrals, counseling, advocacy, housing & employment assistance, education, transportation, and more.
	Text Phone 757-461-7527			

**EQUI-KIDS Therapeutic Riding Program**

Virginia Beach	757-721-7350	2626 Heritage Park Drive	equikids.org	Offers a therapeutic riding program to benefit disabled men and women.
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**Hope House**

Norfolk	757-625-6161	801 Boush Street Suite 302	www.hope-house.org	Supports adults with intellectual disabilities by offering personal care & dressing, grocery shopping, meal prep, laundry, and more.
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**Muscular Dystrophy Association**

	800-572-1717		mda.org	Provides a specialized staff to help those with MD to understand, manage, and live daily with it. Has local activities.
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**National Multiple Sclerosis Society**

	804-353-5008	Online	nationalmssociety.org	Provides resources and strives to find a cure.
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**Online Colleges, Scholarships, and Degree Programs**

		Online	college-scholarships.com	Provides resources for finding scholarships to the colleges with programs for students with learning disabilities.
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**Portsmouth Department of Parks and Recreation**

	757-393-8481	801 Crawford St.	portsmouthparks.com/	Strives to empower those with disabilities to become independent, responsible, and productive.
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**Virginia Board for People with Disabilities**

Richmond, VA	804-786-0016	1100 Bank Street, 7th Floor	vaboard.org	Provides resources for people with disabilities including publications and social media.
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**Social Security**

	Voice Phone 800-772-1213 Text Phone 800-325-0778		ssa.gov/disabilityssi	Website contains application for disability, online services, and more.
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**Tidewater Community College**

Portsmouth	757-822-2640	120 Campus Drive	tcc.edu/service-support/students-disabilities-accommodation/	Offers services for those with disabilities including: placement testing accommodations, assistance with campus mobility, accessible parking, interpreter services, assistive technology, and more.
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**Domestic Violence** (see "Abuse")**Down Syndrome**

Organization	Telephone	Location	Website	Services
<b>Down Syndrome Association of Hampton Roads</b>				
Norfolk	757-466-3696	6300 East VB Blvd	dsahr.org	Provides answers to any questions pertaining to the disability and provides resources.
<b>Mosaic Down Syndrome</b>				
		Online	mosaicdownsyndrome.com	Shares personal stories and other resources.

**Drug Abuse** (see "Addiction")**Dyslexia**

Organization	Telephone	Location	Website	Services
<b>Learning Abled Kids</b>				
		Online	learningabledkids.com	Provides many books and resources for children with dyslexia, ADHD, Aspergers, and others. Also offers support groups for moms.
<b>Learning Ally</b>				
	800-221-4792	Online	go.learningally.org	Offers success stories, support groups, empowerment, audiobooks and more.

**Virginia Beach Branch of the International Dyslexia Association**

Richmond	866-893-0583	3126 West Cary Street #102	va.dyslexiaida.org	Dedicated to educating families on dyslexia and the services available to them.
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**Education** (also see "School Resources" & "GED Preparation")

Organization	Telephone	Location	Website	Services
<b>Adult &amp; Alternative Education: Excel Campus at Woodrow Wilson HS</b>				
Portsmouth	757-465-2958		excel.ppsk12.us	Offers a HS diploma program for ages 18+. Pre-testing is required. Also offers a GED preparation program free for Portsmouth student residents & an Adult Learning Center Program for ages 21+ which includes basic education and GED prep.
<b>Portsmouth Public Schools</b>				
	757-393-8751	Various Locations	pps.k12.va.us	Public schools in Portsmouth for K-12. Also offers adult education, including GED classes.
<b>STOP Organization</b>				
VA Beach	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	Offers a learning academy/youth empowerment program to cultivate youth.
<b>Tidewater Community College</b>				
Portsmouth	757-822-2208	120 Campus Drive	tcc.edu/service-support/students-disabilities-accomodation/	Offers services for those with disabilities including: placement testing accommodations, assistance with campus mobility, accessible parking, interpreter services, assistive technology, and more.
<b>U.S. Department of Education</b>				
Washington, DC	800-872-5327	400 Maryland Ave., SW	www2.ed.gov/programs/trioeoc/index.html	Provides a description of the programs provided by the Dept., as well as counseling and other information on college admissions.
<b>U.S. Department of Veterans Affairs</b>				
	888-442-4551		benefits.va.gov/gibill	Provides resources for veteran education and training.
<b>Virginia Tidewater Consortium for Higher Education</b>				
Norfolk	757-683-2312	861 Glenrock Rd., Suite 135	vtc.odu.edu	Provides educational information, financial aid information, career planning, and more.

**Elder Abuse** (see "Abuse")

**Electricity Shut Off** (see "Utility Assistance")

**Emergency Care**

Organization	Telephone	Location	Website	Services
<b>Bon Secours Hampton Roads</b>				
Norfolk	757-889-5000	150 Kingsley Ln.		
Portsmouth	757-398-2200	3636 High St.	bonsecours.com/hampton-roads/our-services/emergency-care	Provides emergency health care services.
Newport News	757-886-6000	2 Bernardine Dr.		

\*\*\* **For heart attack or stroke call: 911** \*\*\*

*Signs of heart attack: chest pain/pressure, shortness of breath, pain in arm/back/shoulder  
Signs of Stroke: sagging of face, arm drifts downwards, slurred speech*

## Employment/Training

Organization	Telephone	Location	Website	Services
<b>AARP</b>				
		Online	local.aarp.org/portsmouth-va/	Provides a database to search for jobs in your area.
<b>Building Trades Academy</b>				
Chesapeake	757-420-2434	2117 Smith Ave		Provides numerous opportunities for those 18 years or older in low-income situations to receive a hands-on training in building & facilities maintenance trades.
<b>Community Alternatives, Inc.</b>				
	757-468-7000	Various Locations	comalt.org	Provides vocational and employment services for people with disabilities.
<b>Department for Aging and Rehabilitation Services</b>				
Portsmouth	757-686-5004	601 Port Centre Parkway, Suite 100	vadrs.org	Offers employment services, community based services, assistive technology, and more to clients with disabilities.
Hampton/Newport News	757-865-4863	303 Butler Farm Rd., Suite 105		
<b>Eggleston Services</b>				
	757-858-8011		egglestonservices.org	Sheltered employment, vocational training, and job placement provided to clients with mental disabilities.
<b>Goodwill Industries International, Inc.</b>				
		Online	goodwill.org/jobs-training/find-a-job/	Provides training, services, and careers paths.
<b>Job Corps</b>				
	800-733-5627	Various Locations	jobcorps.gov	Free job training for young men and women age 16-24. Free room and meals, with spending money, a clothing allowance, dental & medical care, and more provided. Job placement services are available.
<b>JuJu - Smarter Job Search</b>				
General Employment		Online	juju.com/jobs	Online search engine for employment. Go to Website, enter your Location, & enter what you are looking for.
Hard of Hearing Employment				For hard of hearing employment, enter "Employment for deaf" under "Keywords"
<b>Portsmouth City Employment Hotline</b>				
		Online	governmentjobs.com/careers/portsmouthva	Information available on job openings for the City of Portsmouth.
<b>Portsmouth City Public Schools</b>				
	757-393-8751		pps.k12.va.us	Offers those with an interest in education, to apply to positions within the Portsmouth City Public Schools.
<b>Senior Community Service Employment Program</b>				
Norfolk	757-625-7001		dol.gov/agencies/eta/seniors	Employment program for adults ages 55 and older. Subsidized 18 hour a week employment. Serves the Hampton Roads area
<b>Senior Services of Southeastern Virginia</b>				
Norfolk	757-461-9481	6350 Center Dr., Bldg 5, Suite 101	ssseva.org	Formally called SEVAMP, provides employment services for adults age 60 and over.
<b>Southeastern Tidewater Opportunity Project (STOP)</b>				
Norfolk	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	Serves South Hampton Roads. Provides educational support to individuals seeking opportunities in healthcare.

**Urban League of Hampton Roads, Inc.**

Norfolk	757-627-0864	121 College Place Suite 105		
Norfolk	757-226-7589	830 Goff Street	ulhr.org	Provides services and programs in education, employment, health, and housing.
Hampton	757-224-8134	1300 Thomas St. Suite E		

**U.S. Department of Education: Education Opportunity Centers Program**

	800-872-5327		ed.gov/	Provides counseling and information on different opportunities for furthering education including academic advice, workshops, tutoring, mentoring, and more.
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**U.S. Department of Veterans Affairs**

	Online		va.gov	Provides resources for veteran employment opportunities.
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**Virginia Career Works**

Portsmouth	757-558-4462	4824 George Washington Hwy	vcwhamptonroads.org/virginia-career-works-hampton-roads-2/	Offers basic training career services to everyone; offers enhanced career services and training to those eligible with funding limitations.
Norfolk	757-461-7537	861 Glenrock Rd. Suite 100		
Suffolk	757-514-7737	157 North Main St.		

**Virginia Employment Commission**

Hampton	757-865-5800	600 Butler Farm Rd., Ste B	www.vec.virginia.gov/find-a-job	Helps individual register as a job seeker, or file an unemployment claim online.
Portsmouth	757-558-4455	4824 George Washington Hwy		

**Virginia Tidewater Consortium for Higher Education**

Norfolk	757-683-2312	861 Glenrock Rd. Suite 135	vtc.odu.edu	Provides career planning and offers an outreach program for youth 16-24 years of age for employment preparation and education.
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**English as a Second Language**

Organization	Telephone	Location	Website	Services
<b>ESL Online</b>				
		Online	esl.com	Provides resources for finding courses, jobs, or other services for ESL.
<b>Hampton City Schools Adult ED</b>				
	757-727-1386	1646 Briarfield Rd.	hampton.k12.va.us/departments/adult-ed/adulted.html	Offers ESL classes for adults who's first languages include Arabic, Chinese, French, Spanish, and Vietnamese.
<b>Portsmouth Public Schools</b>				
	757-393-8751	801 Crawford St.	pps.k12.va.us	Contact for additional information on ESL programs in the area.

**Epilepsy**

Organization	Telephone	Location	Website	Services
<b>Dr. Michael R. Wagner MD</b>				
Portsmouth	757-953-2114	620 John Paul Jones Circle		Has 21+ years of experience in neurology.
<b>Eastern Virginia Medical School</b>				
Norfolk	757-446-5888	825 Fairfax Ave.	evms.edu	Conducts research regarding neurological complications and the management of those.
<b>Epilepsy Foundation</b>				
Charlottesville	434-924-8669	Online	epilepsy.com/ virginia	Provides information, referral assistance, and more.



## Ex-Offenders

Organization	Telephone	Location	Website	Services
<b>City-Data</b>				
		Online	<a href="http://www.city-data.com/so/Virginia.html">www.city-data.com/so/Virginia.html</a>	Provides a list of all registered sex offenders.
<b>Portsmouth Department of Behavioral Health Services</b>				
Office	757-393-8618			
Central Intake	757-393-5357	1811 King St.	<a href="http://portsmouthva.gov/149/Behavioral-Healthcare">portsmouthva.gov/149/Behavioral-Healthcare</a>	Provides mental health services, including emergency services, outpatient counseling, and more.
Emergency Services	757-393-8990			

## Eye Care

Organization	Telephone	Location	Website	Services
<b>Department for the Blind and Vision Impaired</b>				
Richmond	804-371-3151	401 Azalea Ave.	<a href="http://vdbvi.org">vdbvi.org</a>	Provides services and resources to empower those who are blind, vision impaired or deafblind.
<b>Foundation of the American Academy of Ophthalmology</b>				
		Online	<a href="http://aao.org">aao.org</a>	Provides resources and referrals.
<b>Senior's EyeCare Program</b>				
		Various Locations	<a href="http://eyedoctorguide.com/eye_care/free_senior_eye_exams.html">eyedoctorguide.com/eye_care/free_senior_eye_exams.html</a>	Allows for seniors who have not received eyecare in the last 3 years to receive free eye care.

## Financial Management (see "Counseling")

## Food Assistance

Organization	Telephone	Location	Website	Services
<b>First Presbyterian Church</b>				
Portsmouth	757-397-3622	515 Court St.	<a href="http://fpcports.org">fpcports.org</a>	Open Tuesdays and Thursdays, from 10 am to 1 pm. By referral ONLY.
<b>Food Bank of Southeastern VA and the Eastern Shore, The</b>				
Portsmouth				
Twine Memorial Holy Temple	757-399-0349	1419 County St.		
Oasis Social Ministry	757-397-6060	800 Williamsburg Ave. Suite A	<a href="http://foodbankonline.org">foodbankonline.org</a>	Website provides Food Bank locations where food is distributed to other agencies. Some are by referral only, so call for more information.
First Baptist of S. Portsmouth	757-397-3948	1445 Center Ave.		
Wesley Community Center	757-399-0541	1701 Elm Ave.		
Calvary Baptist Church	757-399-1050	2117 London Blvd		
<b>LGBT Life Center</b>				
Norfolk	757-640-0929	248 W. 24th St.	<a href="http://lgbtlifecenter.org">lgbtlifecenter.org</a>	Distributes meals to clients.
<b>Meals on Wheels</b>				
	888-998-6325			
Hampton Roads	757-761-8220 OR 757-435-3035		<a href="http://mealsonwheelsamerica.org">mealsonwheelsamerica.org</a>  <a href="http://mowports.com">mowports.com</a>	Ensures that seniors throughout America have nutritious meals. Also, provides friendly visits and safety checks to ensure nourished lives for seniors.
<b>Oasis Social Ministry</b>				
Portsmouth	757-397-6060	800 A Williamsburg Ave	<a href="http://oasisocialministry.org">oasisocialministry.org</a>	Provides food assistance including groceries for the homeless, to last 2-3 days.
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High St, Suite 101	<a href="http://portsmouthva.gov/384/social-services">portsmouthva.gov/384/social-services</a>	Offers benefit programs/assistance which include: TANIF, <u>food stamps</u> , tax relief and more.
<b>Salvation Army, The</b>				
Norfolk	757-965-9012, ext. 2	5525 Raby Rd.	<a href="http://virginiasalvationarmy.org/hrva/programs/feeding-programs">virginiasalvationarmy.org/hrva/programs/feeding-programs</a>	Offer food and nutrition services as well as many others.
<b>Senior Services of Southeastern Virginia</b>				
	757-461-9481		<a href="http://ssseva.org">ssseva.org</a>	Offers home-delivered meals to those 60 or older who live independently, but are unable to prepare their own meals.
<b>Up Center Food Bank, The</b>				
Portsmouth	757-397-2121	1805 Airline Blvd.		Food bank available on the 2nd and 4th Friday of every month 9am-2:30pm. Must have an ID.
<b>Urban League</b>				
Norfolk	757-627-0864	121 College Place		Bread, bagels, and pastries to those in need every Friday 10am-12pm.

<b>Wesley Community Center</b>	757-399-0541	1701 Elm Ave.	wesley-community-service-center.business.site	Offers food assistance every Tuesday or emergency food boxes.
<b>Zion Baptist Church</b>	757-397-1671	225 Hatton St.	zionbaptistva.com	Offers meals on Tuesdays, Fridays, and Saturdays from 7-9 am.

### Foot Care

Organization	Telephone	Location	Website	Services
<b>Chesapeake Care Clinic</b>	757-545-5700	2145 S. Military Hwy.	chesapeakecare.org	Provides podiatry services to low income individuals with eligibility. By appointment only.
<b>Tidewater Foot Center, LLC</b>	757-597-7699	11747 Jefferson Ave Suite 2A		Offers preventative food checkup.

### Foreclosure Assistance (also see "Housing Financial Assistance" & "Counseling")

Organization	Telephone	Location	Website	Services
<b>Department of Housing and Urban Development</b>				
FHA Outreach Center	800-225-5342		hud.gov/topics/avoiding_for eclosure	Gives information on avoiding foreclosure and gives resources on foreclosure.
<b>Federal Housing Financial Agency</b>				
Washington, DC	202-649-3800		www.fhfa.gov/ Homeownersbuyer	Provides resources to prevent foreclosure and more.
<b>Salvation Army, The</b>				
	757-965-9012 ext. 4		virginiasalvation army.org/hrva/ programs/rent mortgage- assistance	Offers financial help for families & individuals experiencing financial strain.

## Foster Care

Organization	Telephone	Location	Website	Services
<b>Barry Robinson Center, The</b>				
Norfolk	757-455-6100	443 Kempsville Rd.	<a href="http://barryrobinson.org/foster-care/community-based-services/">barryrobinson.org/foster-care/community-based-services/</a>	Provides foster care placement with a teaching parent.
<b>Department of Social Services</b>				
Portsmouth	757-405-1800		<a href="http://portsmouthva.gov/415/Foster-care">portsmouthva.gov/415/Foster-care</a>	Provides information on fostering a child.
<b>First Home Care</b>				
Portsmouth	757-393-7200		<a href="http://firsthomecare.com">firsthomecare.com</a>	Offer individuals the opportunity to become foster parents.
<b>Up Center, The</b>				
Refer A Child	757-965-8668		<a href="http://theupcenter.org/get-involved/foster-a-child">theupcenter.org/get-involved/foster-a-child</a>	Provides services including referring or fostering children.
Foster A Child	757-965-8638			

## Free Meal Locations (see "Food Assistance")

## Furniture

Organization	Telephone	Location	Website	Services
<b>Craigslist</b>				
		Norfolk	<a href="http://norfolk.craigslist.org">norfolk.craigslist.org</a>	May offer free furniture in your area. Visit website for offers.
<b>Offer Up</b>				
		Various Locations	<a href="http://offerup.com">offerup.com</a>	May offer free furniture in your area. Visit website for offers.
<b>Open Door Chapel</b>				
Virginia Beach	757-340-1441	3177 VB Blvd	<a href="http://opendoorchapel.org">opendoorchapel.org</a>	Runs a thrift store which may provide clothing, household items, furniture, and more.
<b>Salvation Army, The</b>				
Portsmouth	757-393-2519	2306 Airline Blvd	<a href="http://salvationarmyusa.org">salvationarmyusa.org</a>	May be able to offer furniture, clothing, food supplements, and more.
Norfolk	757-499-0032	5525 Raby Rd.		
Suffolk	757-539-5201	400 Bank St.		
Hampton	757-838-4875	1033 Big Bethel Rd.		

## Gambling (see "Addiction")

## Gas Shut Off (see "Utility Assistance")

## Gay/Bi/Transgender

Organization	Telephone	Location	Website	Services
<b>LGBT Life Center</b>				
Norfolk	757-640-0929	1001 Monticello Ave., Suite 100	<a href="http://lgbtlifecenter.org">lgbtlifecenter.org</a>	Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list.

## GED Prep

Organization	Telephone	Location	Website	Services
<b>Adult &amp; Alternative Education: Excel Campus at Woodrow Wilson HS</b>				
Portsmouth	757-465-2958	1401 Elmhurst Lane	<a href="http://excel.ppsk12.us">excel.ppsk12.us</a>	Offers a HS diploma program for ages 18+. Pre-testing is required. Also offers a GED preparation program free for

### Hampton City Schools Adult ED

GED Classes 757-727-1328

GED Test 757-727-1327

hampton.k12.va.us/d  
epartments/adult  
ed/adulted.html

Offers a free placement test, as well as ABE/GED Classes and online practice tests.

### Job Corps

800-733-5627

Various Locations

jobcorps.gov

Offers a free education and training program that helps individuals learn a career, earn a HS diploma/GED, and find a job. Must be at least 16 years of age and qualify as low income.

### Glasses (also see "Vision")

Organization	Telephone	Location	Website	Services
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#### American Academy of Ophthalmology

877-887-6327

Online

aao.org/eyecare-america

Online referral center for those 65 or older who have not received an exam in the last 3 years. Provides a medical eye exam and one year of care for those eligible.

#### New Eyes

973-376-4903

www.new-eyes.org

Provide glasses for the needy. Although main office is located in NJ, they distribute all around the 50 states.

#### St. Columba Ecumenical Ministries, Inc.

Norfolk

757-627-6748

2114 Lafayette Blvd

stcolumba  
ministries.com

Assists homeless residents of Norfolk with eye exams if eligible and with referral.

### Grandparents Fostering/Raising Grandchildren

Organization	Telephone	Location	Website	Services
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#### AARP: GrandFacts

aarp.org/content/  
dam/aarp/relationships/fr  
iends- family/grandfacts/  
grandfacts-national.pdf

GREAT source for any resources you may need as a grandparents looking after children. Resources include: SS info, foster care info, key programs in VA, laws, education, and more.

#### FinAid

Online

finaid.org/parents/  
grandparents.phtml

Provides scholarship opportunities and tips for grandparents helping grandchildren pay for college.

#### Virginia Cooperative Extension

Online

www.pubs.ext.vt.edu/  
350/350-255/350-  
255.html

Provides resources on grandparents rearing grandchildren.

### Grief (see "Bereavement")

### Guardianship/Conservatorship

Organization	Telephone	Location	Website	Services
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#### Catholic Charities of Eastern Virginia

Virginia Beach

757-467-7707

4855 Princess Ann  
Road

cceva.org

Offers guardianship to individuals who have been deemed incapacitated by the courts. This involves ongoing case management and monitoring of their needs and services.

#### Portsmouth Department of Social Services

Child Protective Services

800-552-7096

Adult Protective Services

888-832-3858  
option 1

1701 High Street  
Suite 101

portsmouthva.gov/  
384/social-services

Provides information on guardianship and more.

## VA Legal Aid

Online	valegalaid.org/	Resource for information on laws of guardianship or conservatorship.
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## Head Start

Organization	Telephone	Location	Website	Services
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High St, Suite 101	portsmouthva.gov/384/social-services	Offers the Virginia Head Start program to help children from birth to age 5 by promoting academic, social, and emotional development for income-eligible families.
<b>Virginia Head Start Assoc. , Inc.</b>				
Portsmouth		Various	headstartva.org eclkc.ohs.acf. hhs.gov/hslc	Provides a child development program which will improve the educational, physiological, social, and psychological wellbeing of the child and family.

## Health Insurance (also see "Medicaid/Medical Assistance")

Organization	Telephone	Location	Website	Services
<b>Cover Virginia</b>				
	855-242-8282	Online	coverva.org	Provides tools to help decide if you and your family are eligible for Medicaid, FAMIS, Plan First, or other health benefits.
<b>Health Resources and Services Administration, HRSA</b>				
	877-464-4772		hrsa.gov	Provides resources on getting healthcare, services, and more for low income uninsured individuals.
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High St, Suite 101	portsmouthva.gov/384/social-services	Offers resources for health insurance.

## Hearing (see "Deaf/Hard of Hearing")

### HIV/AIDS Services

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
STI Screening & Treatment Clinic Ryan White HIV Clinic	757-393-8585 ext. 8716	1701 High St, Suite 101	vdh.virginia.gov/ portsmouth/	STI Screening Clinic is walk-in; Ryan White Clinic is by appointment only.
<b>LGBT Life Center (formerly ACCESS Aids)</b>				
Norfolk	757-640-0929	248 W. 24th St.  3309 Granby St.	lgbtlifecenter.org	Provides many services including outreach, meals programs, HIV testing, HIV education, transportation, case management, housing, and more.
<b>HIV.gov</b>				
		Online	hiv.gov	Provides resources on service locations and providers near you. Go to website to find articles, events, and more.



**Eastern Virginia Medical Center: HIV/AIDS Resource Center**

Norfolk	757-446-6170	358 Mowbray Arch Suite 106	evms.edu/ community/ community_training /hiv_aids_resource_center	Provides resources and consultations on prevention and education.
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**Hampton Roads Community Health Center**

Portsmouth	757-393-6363	664 Lincoln St	hrhc.org	Provides primary medical care; offers free transportation to appointments on Lincoln St.
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**Opportunity House/Shelter Plus Care**

Portsmouth	757-393-8926	505 Jamestown Ave.		A housing program for persons with disabilities who are homeless, low-income, and are receiving supportive
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**Planned Parenthood**

Virginia Beach	757-499-7526	515 Newtown Rd.	plannedparenthood.org	Offers clinical services including STD and HIV testing.
Hampton	757-826-2079	403 Yale Dr.		

**Urban League of Hampton Roads**

Norfolk	757-226-7589	830 Goff St.	ulhr.org	Provides a number of services including housing.
Hampton	757-224-8134	1300 Thomas St, Suite E		

**Homeless** (see "Housing")

**Home Ownership Assistance & Education**

Organization	Telephone	Location	Website	Services
<b>Catholic Charities of Eastern Virginia</b>				
<b>Virginia Beach</b>				
Office	757-456-2366			Offers financial and housing counseling which includes: financial assistance, budget counseling, debt management program, counseling on reverse mortgages, financial education classes, homebuying counseling, and mortgage default counseling.
Financial Assistance	757-587-4202		cceva.org	
Financial Counseling	757-484-0703			
<b>Department of Housing and Urban Development</b>				
Washington, DC	202-708-1112		hud.gov	Offers many different programs for accessing homeownership for low-income families.
<b>Habitat for Humanity</b>				
Norfolk	757-640-0590	900 Tidewater Dr.	shrhabitat.org/ homeownership	Gives information on how to qualify for homeownership, the process, and more.
<b>Virginia Housing Development Authority</b>				
	804-782-1986		vhda.com	Offers free homeownership classes, as well as other resources.

## Hospice

Organization	Telephone	Location	Website	Services
<b>Bon Secours Bereavement Services</b>				
Newport News	757-947-3420	716 Denbigh Blvd, Suite B3	bonsecours.com/hampton-roads/our-services/bereavement-center	Provide bereavement care with support groups and other services. Support for CHILDREN: bshr.com/our-services-hospice-kidz-n-grief.html
<b>Edmarc Hospice for Children</b>				
Portsmouth	757-967-9251	516 London Street	edmarc.org	Offers home health care, hospice care, patient & family support, bereavement services, and counseling.
<b>Jewish Family Service of Tidewater</b>				
Virginia Beach	Counseling 757-459-4640 Hospice & Palliative Care 757-321-2222	5000 Corporate Woods Dr., Suite 400	jfshamptonroads.org	Offers hospice with a goal of comforting; provides counseling to loved ones of deceased.

## Hospital Care

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street	vdh.virginia.gov/portsmouth/	Provides immunizations, child health care, communicable disease services, STI services, environmental health services, Women's health care services, WIC, and other clinical services.
<b>Bon Secours Hampton Roads</b>				
	757-398-2200	Various Locations	bonsecours.com/locations/hospital-medical-centers/hampton-roads	Provides a large variety of clinical services including immunizations, cardiac, oncology, primary care, and more. Call or visit website for more information.
<b>Chesapeake Care Clinic</b>				
	757-545-5700	2145 S. Military Hwy	chesapeakecare.org	Offers services to those without insurance who are in need of emergency medical or dental services.
<b>CHIP of South Hampton Roads</b>				
Chesapeake	757-543-9100	1302 Jefferson St	chipshr.org	Provides financial services, quality health care prenatally-age 6, and more through a family management system.
<b>Eastern Virginia Medical School</b>				
	757-446-5600	Various Locations	evms.edu/patient_care	Offers patient care, education, and research through it's comprehensive clinic and laboratory.
<b>Edmarc Hospice for Children</b>				
Portsmouth	757-967-9251	516 London Street	edmarc.org	Provides services to chronically ill children and their families.
<b>Every Woman's Life</b>				
	866-395-4968		vdh.virginia.gov/every-womans-life	Offers the uninsured, low income women access to free breast and cervical cancer screening services.
<b>FreeClinics.com</b>				
		Online	freeclinics.com/cit/va-Portsmouth	Provides a list of free clinics in your area.
<b>Ghent Family Medicine</b>				
Norfolk	757-446-5955	825 Fairfax Ave, Suite 118	evms.edu/patient_care/specialties/family_community_medicine/	Specializes in invasive surgery, diabetes, reproductive problems, sleep disorders, comprehensive skull base surgery, and more.
<b>JenCare Senior Medical Center</b>				
Portsmouth	757-393-1136	4106 Portsmouth Blvd.	jencaremed.com	Primary and specialty care practice for Medicare-eligible seniors.
<b>Maryview Foundation Health Care Center</b>				
Portsmouth	757-215-3100	3600 High St.		An option for individuals without health insurance and
<b>Planned Parenthood</b>				
Virginia Beach	757-499-7526	515 Newtown Rd.	plannedparenthood.org	Offers many services including: abortion, birth control, general health care, HIV testing, men's health, pregnancy testing and services, and more.
Hampton	757-826-2079	403 Yale Dr.		

**Portsmouth Community Health Center**

757-393-6363 664 Lincoln St. Care by appointment. Office hours are 9am-5pm (M, W, Th, & F). Office hours on Tuesday only (11am-7pm). Prescription refills are M, W, & F. Accept Medicare, Medicaid, or use sliding fee.

**Portsmouth Family Medicine Residency Program**

757-397-6344 3640 High St., Suite 2F evms.edu Offers a passive community hospital with neonatal to hospice range of patients.

**St. Columba Ecumenical Ministries, Inc.**

Norfolk 757-627-6748 2114 Lafayette Blvd stcolumba ministries.com Assists residents of Norfolk with eye exams if eligible and with referral.

**Housing Authorities**

Organization	Telephone	Location	Website	Services
<b>Redevelopment and Housing Authority</b>				
Chesapeake	757-523-0401	1468 S. Military Hwy	crhava.org	
Hampton	757-727-6337	1 Franklin St. Suite 603	hamptonrha.com	Provides services for safe and low cost living environment. Works on preserving a sanitary home and suitable living space for low-income families.
Newport News	757-928-2620	227 27th St.	nnrha.com	
Norfolk	757-623-1111	555 E. Main St.	nrha.us	
Portsmouth	757-399-5261	3116 South St.	www.prha.org	
Suffolk	757-539-2100	530 E. Pinner St.	suffolkrha.org	
Virginia Beach	757-385-5750		vbgov.com	

**Housing** (Disabled, Emergency/Homeless, Financial Assistance, Section 8, Senior Citizens, Transitional, Weatherization)

Organization	Telephone	Location	Website	Services
<i>Disabled Housing</i>				
<b>Community Alternatives</b>				
	757-468-7000	Various Locations	comalt.org	Provides resources for residential services or in-home services and more. Call for vacancies.
<b>Developmental Services Supportive Living Program</b>				
Virginia Beach	757-385-0600		vbgov.com/government/departments/human-services	Provides services and information about supportive living. To make a referral: 757-385-0600
<b>Effingham Plaza</b>				
Portsmouth	757-393-4757	715 Madison St.		Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Must have SS card, written proof of income, and current bank statement at time of application.
<b>Endeppence Center, Inc</b>				
Norfolk	Voice Phone 757-461-8007 Text Phone 757-461-7527	6300 East VB Blvd	endeppence.org	Offers many services including referrals, counseling, advocacy, housing & employment assistance, education, transportation, and home modifications for accessible entrances and bathrooms.
<b>Hope House</b>				
Norfolk	757-625-6161	801 Boush Street, Suite 302	hope-house.org	Non-profit organization provides community based residential services.

**Housing Development Corporation of Hampton Roads**

Newport News                      757-873-2111      2 Bernardine Dr.                      hdcofhr.org

Helps those who are previously incarcerated, veterans, who have physical disabilities, who are living with HIV/AIDS and people who have low income find homes

**Malvern Hill**

Portsmouth                      757-393-0905                      426 King St.

Subsidized housing exclusively for the Senior Citizens and persons with disabilities.

**Mt. Herman Village**

Portsmouth                      757-399-4406                      2400 Cutherell St.

Subsidized housing exclusively for Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.

**STOP Organization of Hampton Roads**

757-858-1360      5700 Thurston Ave.,  
Suite 101                      stopinc.org

May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more.

*Emergency/Homeless***Judeo-Christian Outreach Center**

Virginia Beach                      757-491-2846                      1053 VB Blvd                      jcoc.org

Provides many services for those in need of a home including: dining hall, food assistance, emergency housing, low cost housing, and more.

**Oasis Social Ministry**

Portsmouth                      757-397-6060                      800 A Williamsburg Ave                      oasisocialministry.org

Provides food assistance, household items, holiday baskets, and more to the homeless. Must have a case manager.

**Portsmouth Area Resources Coalition**

757-966-2107                      portsmouthva.gov/  
502/homelessness

Provides short term bed facility for families in crisis, supportive family living, a 12 month rental assistance program for homeless families & individuals, and 24 month support program for homeless families.

Portsmouth Homeless Hotline      757-966-2107

**Portsmouth Christian Outreach Ministries**

757-397-4570                      910 7th St.

Provides temporary housing and meals for the homeless, as well as helps to guide them to become self-sufficient.

**Portsmouth Department of Social Services**

757-405-1800                      1701 High Street,  
Suite 101                      portsmouthva.gov/384/social-services

Provides many resources for finding housing.

**Portsmouth Volunteers for the Homeless, Inc.**

757-399-0200                      800 Williamsburg Ave. Suite B

Assists the homeless with receiving hygiene services, mentoring, and other ways for promoting a self-sufficient life.

**Salvation Army**

## Norfolk

Emergency for single males 757-622-7275  
757-449-0032

5525 Raby Rd.

salvationarmy.usa.org

Offers housing, emergency assistance, transitional housing and more.

## Hampton

757-838-4875 1033 Big Bethel Rd.

**Seton Youth Shelters**

## Virginia Beach

Girl's Shelter 757-306-1840

Boy's Shelter 757-498-4673

Crisis Hotline 757-498-4357

setonyouthshelters.org

Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness.

**Union Mission Ministries**

## Norfolk

Men's Shelter 757-627-8686  
ext 200Women's Shelter (single) 757-627-8686  
ext 354Women's Shelter (with kids) 757-627-8686  
ext 351

5100 E. VB Blvd

unionmissionministries.org

Provides shelter for those who need it based on availability.  
Men: Single 18+  
Women: Single/with children 18+; male children must be 10 or under.**Virginia Supportive Housing**

Chesapeake 757-523-0401

Norfolk 757-623-1111

Portsmouth 757-399-5261

Suffolk 757-539-2100

Virginia Beach 757-385-5750

Various Locations

virginiassupportivehousing.org

Offers a solution to homelessness. Provides a list of the many supportive housing in Hampton Roads. Call specific area for availability.

**Volunteers of America Chesapeake - The Lighthouse Center**

Virginia Beach 757-437-4911

825 18th St.

voachesapeake.org/  
lighthouse-center

Day program for homeless. Offers shower facilities, case management, and life skills training. Also provides the homeless with address and telephone number to receive mail and phone calls.

*Financial Assistance***Catholic Charities of Eastern Virginia**

## Virginia Beach

Office 757-456-2366

Financial Assistance 757-587-4202

Financial Counseling 757-484-0703

cceva.org

Offers financial and housing counseling which includes: financial assistance, budget counseling, debt management program, counseling on reverse mortgages, financial education classes, homebuying counseling, and mortgage default counseling.

**Department of Housing and Urban Development**

202-708-1112

hud.gov

Provides first mortgage loans to income eligible first time home buyers. Provides below market interest rate.

**Housing Development Corporation of Hampton Roads**

Newport News 757-873-2111

2 Bernardine Dr.

hdcofhr.org

Helps those who are previously incarcerated, veterans, who have physical disabilities, who are living with HIV/AIDS and people who have low income find homes

**Oasis Social Ministry**

Portsmouth 757-397-6060

800 A Williamsburg Ave.

oasisocialministry.org

May be able to assist with a small amount of rent payment.

**PARC, Inc.**

Portsmouth 757-966-2107

May be able to assist with one month's rent up to \$300 if funds are available. Individual must have not received any financial assistance for rent or utilities in the last 12 months, source of income must be adequate to allow family to remain in the home, lease must be in applicant's name, and rent must be past due.



**Portsmouth Department of Social Services**

757-405-1800 1701 High St.

May have different funding sources available. Contact SS Worker, or come in for Services Intake Worker assistance for rent.

**Portsmouth Redevelopment and Housing Authority**

757-399-5261 3116 South St. prha.org

Offers housing vouchers and affordable housing information to those who are eligible based on their income.

**Planning Council, The**

Norfolk 757-622-9268 2551 Etham Ave., Suite 1 theplanningcouncil.org

For risk of losing your household, the planning council may be able to receive financial assistance if eligible.

**Salvation Army**

Portsmouth 757-393-2519 2306 Airline Blvd. virginiasalvationarmy.org

When available, uses Federal FEMA funds to pay for up to one month of rent.

**STOP Organization**

Norfolk 757-838-1360 5700 Thurston Ave., Suite 101 stopinc.org

With the use of Federal FEMA funding, may be able to assist when funds are available

**Southside Gardens**

Portsmouth 757-399-0271 707 7th St.

Subsidized apartments with 2,3, or 4 bedrooms.

**U.S. Department of Veterans Affairs**

877-827-1000 va.gov

Provides resources for veterans in need of housing assistance.

**Wesley Community Center**

757-399-0541 1701 Elm Ave. wesley-community-service-center.business.site

May be able to assist with rent with small amounts (\$25.00).

*Section 8 Housing***Department of Housing and Urban Development**

Washington, DC 202-708-1112 hud.gov/states/virginia.renting

Provides rental assistance resources and advice.

**Portsmouth Redevelopment and Housing Authority**

757-399-5261 3116 South St. prha.org

Offers housing vouchers and affordable housing information to those who are eligible based on their income.

*Senior Citizen Housing***Commons at Churchland**

Chesapeake 757-484-8697 3504 Executive Center

Two bedroom apartments for ages 55 and older. Near border of Portsmouth and Chesapeake in Churchland. Includes washer dryer dishwasher garbage disposal

**Effingham Plaza**

(Silvertree Seniors) Portsmouth 757-393-4757 715 Madison St.

Affordable housing for Senior Citizens. Must call to schedule an appointment.

**Commons at Greenwood**

Portsmouth 757-465-9007 205 Bedord Court

Non-subsidized housing exclusively for the Senior Citizens, age 62 and older. Applicants may apply before age 62 and placed on a waiting list. Income restricted.

**Low Income Housing**

Various Locations lowincomehousing.us/VA.html

Provides a list of all low income housing available in Virginia. Go to website to search in your city.

**Norfolk Urban Outreach Ministry**

757-461-4213 972 Norfolk Square nuom.org

Helps extremely low income, elderly find housing.

**Malvern Hill**

Portsmouth	757-393-0348	426 King St.		Affordable housing for Senior Citizens. Must call to schedule an appointment.
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**Mt. Hermon Village**

Portsmouth	757-399-4406	2400 Cutherell St.		Affordable housing for Senior Citizens. Must call to schedule an appointment.
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**STOP Organization of Hampton Roads**

	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more.
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**Victory Square Senior Apartments**

Portsmouth	757-397-9991	900 County St.		Adults 55 years of age and older.
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*Transitional Housing***Barrett Transitional Home**

Norfolk	757-624-6990	2129 Vincent Ave.	facebook.com/barrett haveninc	Provides a transitional home for single and single pregnant women including shower, food, bedroom, and more.
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**Portsmouth Area Resources Coalition**

	757-966-2107		portsmouthva.gov/50 2/homelessness	Provides transition housing, family shelters, rental assistance, transportation, utility assistance, and more.
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**Salvation Army**

Norfolk	757-499-0032	5525 Raby Rd.	salvationarmy usa.org	Offers housing, emergency assistance, transitional housing and more.
Hampton	757-838-4875	1033 Big Bethel Rd.		

**St. Columba Ecumenical Ministries, Inc.**

Norfolk	757-627-6748	2114 Lafayette Blvd	stcolumba ministries.com	Provides a 6 month transitional housing program for single, homeless, adult males and females.
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**Virginia Transitional Housing**

	800-334-8893	Various Locations	transitionalhousing .org/state/virginia	Provides many different transitional housing opportunities in all of Hampton Roads. Go to website for specific locations and contacts.
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*Weatherization***STOP Organization, The**

	757-858-1360		stopinc.org	Provides weatherization services to low-income residents in South Hampton Roads.
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**Virginia Department of Housing and Community Development**

	804-371-7000	Online	dhcd.virginia.gov/wx	Provides many resources on weatherization assistance programs in your area. Go to website to find a local provider.
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**Immigration & Naturalization Assistance** (see "Citizenship")**Immunizations**

Organization	Telephone	Location	Website	Services
<b>Adult &amp; Overseas Immunizations</b>				
Portsmouth	757-393-8585 ext 8716	1701 High Street		Overseas and adult immunizations Monday through Friday at the Portsmouth Health Department. Call for appointment.

## Portsmouth Health Department

757-393-8585 ext 8519	1701 High Street	vdh.virginia.gov /portsmouth/	Offers a free walk-in immunization clinic for children in the WIC office, every Wednesday from 1-4pm. Must have immunization record with you. Also offers adult immunizations.
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## Insurance (also see "Health Insurance")

Organization	Telephone	Location	Website	Services
<b>Benefits</b>				
		Online	benefits.gov/categories	Lists some of the benefit programs in Virginia. (FAMIS, Medicaid, Unemployment, & more)
<b>Commonwealth of VA: State Corporation Commission</b>				
Life & Health	804-371-9691			
Property & Casualty	804-371-9185	Online	scc.virginia.gov/ pages/insurance	Provides resources for attaining insurance and answers all questions regarding insurance.
Other	877-310-6560			
<b>U.S. Department of Veterans Affairs</b>				
Washington, DC		Online	va.gov/health benefits/cost/ insurance.asp	Provides resources and information about health insurance.
<b>Virginia Insurance Counseling Assistance Program</b>				
	804-662-9333		vda.virginia.gov/vicap.htm	Program offers confidential help, advice, and advocacy concerning medical benefit programs, long-term care insurance, Medicare & Choice, and problems with Medicare, Medicaid, and medical bills. Program does not charge; however, it accepts donations.

## Jail

Organization	Telephone	Location	Website	Services
<b>Friends of the Portsmouth Juvenile Court</b>				
	757-397-2799	345 Court St., Suite 1624	fopjc.org	Helps children, youth, and families who come before the Portsmouth Juvenile Court.
<b>Good News Jail and Prison Ministry</b>				
	804-553-4090 800-220-2202		goodnewsjail.org	Serve prisons by bringing Jesus Christ to inmates and their families. Also may assist inmates in transition from incarceration.

## Job Training (see "Employment")

## Kidney

Organization	Telephone	Location	Website	Services
<b>Hampton Roads Community Health Center</b>				
Portsmouth		664 Lincoln St		
Community Health Center				
Norfolk	757-393-6363	3415 Granby St.	hrhc.org	Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street.
Park Place Medical Center		804 Whitaker Ln		
CommuniCare Health Center		9581 Shore Drive		
East O.V. Medical & Dental Center				
<b>U.S. Department of Veterans Affairs</b>				
		Online	ckd.vacloud.us/	Provides an online simulation which helps the viewer learn more about keeping kidneys healthy, ways of paying for kidney work, nutrition, and more.

## Legal (see "Court Services")

## Leukemia & Lymphoma

Organization	Telephone	Location	Website	Services
<b>Leukemia &amp; Lymphoma Society, The</b>				
Norfolk	757-459-4670	500 Plume St. East, Suite 502	lls.org/virginia	Provides many resources including L&L information, funding, improving quality of life, & finding a cure.

## Libraries

Organization	Telephone	Location	Website	Services
<b>Public Libraries</b>				
Portsmouth				
Main	757-393-8501	601 Court St.	portsmouthpubliclibrary.org	For other libraries in the area, visit: <a href="http://publiclibraries.com">publiclibraries.com</a>
Churchland	757-686-2538	4934 High St. West		
Cradock	757-393-8759	28 Prospect Pkwy		
Manor	757-465-2916	1401 Elmhurst Lane		

## Maternity (see "Babies," "Breastfeeding," & "Pregnancy/Prenatal Services")

## Meals (see "Food Assistance")

## Mediation Services

Organization	Telephone	Location	Website	Services
<b>Mediation Center of Hampton Roads</b>				
Norfolk	757-624-1916	424 West 21st St. Suite 101	mediationhamptonroads.com	Provides mediation services where people can communicate in a non-threatening, third-party environment. Mediation can be based on any kind of
<b>Up Center, The</b>				
	757-397-2121 ext 350	Various Locations	theupcenter.org	Offers mediation services to resolve family conflicts including divorce, custody, and more.

## Medicaid/Medicare Assistance

Organization	Telephone	Location	Website	Services
<b>Centers for Medicare &amp; Medicaid Services</b>				
		Online	cms.gov	Provides resources on Medicare, Medicaid/CHIP, and more.
<b>Medicare.gov</b>				
		Online	medicare.gov	Provides resources and information on how to apply for Medicaid/Medicare and more.
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High Street, Suite 101	portsmouthva.Gov/384/social-services	Provides Medicaid assistance/benefit programs.
<b>Senior Services of Southeastern Virginia</b>				
Norfolk	757-461-9481	6350 Center Dr. Bldg 5, Suite 101	ssseva.org	Provides assistance and information for Medicare.

**Medicaid Community Based Providers**

<b>Organization</b>		<b>Telephone</b>
<b>PERSONAL CARE PROVIDERS</b>		
A Caring Hand Home Health Care Services	Suffolk	757-539-9722
Americare Plus	Norfolk	757-499-6477
Arvon Home Health Care	Virginia Beach	757-499-9900
Community Direct Services	Virginia Beach	757-965-4899
Dailey's Home Health Inc.	Chesapeake	757-523-5207
Direct Home Health Care	Portsmouth	757-405-6320
Genesys Home Health Care Inc.	Norfolk	757-961-5243
Health Horizons	Virginia Beach	757-518-2800
Home Care Services of Suffolk	Suffolk	757-934-2969
Hope In Home Care Inc.	Norfolk	757-455-0030
Immanuel Care	Chesapeake	757-547-8400
Interim Healthcare	Virginia Beach	757-466-1401
Maxim Healthcare	Virginia Beach	757-490-3009
Morrison Home Health	Portsmouth	757-393-1300
Personal Touch Home Care	Chesapeake	757-484-2532
Simply Love New Beginning Home Care	Portsmouth	757-673-4900
<b>ADULT DAY CARE PROVIDERS</b>		
Jewish Family Services		757-489-3111
M.E. Cox	Virginia Beach	757-340-4388
Norfolk Senior Center /Prime Plus	Norfolk	757-625-5857
<b>CONSUMER DIRECTED FACILITATORS</b>		
Daileys Health Care Inc.		757-523-5207
Endependence Ctr Inc.	Virginia Beach	757-461-8007
Morrison Personal Care		757-393-1300
Aware Worldwide Inc.	Norfolk	757-965-8373
<b>AIDS CASE MANAGEMENT PROVIDERS</b>		
Aware Worldwide Inc.	Norfolk	757-965-8373
Interim Health Care		757-466-1401
LGBT Life Center		757-640-0929
TACT Tidewater AIDS Community Taskforce		757-583-1317

**Medical Care** (see "Hospital Care")



## Medical Equipment

Organization	Telephone	Location	Website	Services
<b>LMS Medical Supply</b>				
Portsmouth	757-484-9448	3238 Academy Ave.	lmsmedsupply.pridedealer.com	Offers medical supplies.
<b>Medical Equipment Distributors</b>				
Virginia Beach	757-498-8225	521 Central Dr. Suite 101	medofva.com	Offers medical and respiratory equipment.
<b>Muscular Dystrophy Association, Inc.</b>				
Richmond	804-285-2961	1503 Santa Rosa Rd. # 120	mda.org/care/resource-list/equipment-assistance	Offers medical equipment assistance and referrals.
<b>National Multiple Sclerosis Society</b>				
Glenn Allen	804-353-5008	400 Inns Lake Drive, Suite 301	nationalmssociety.org	Provides many resources for those with MS including, financial assistance for equipment, research, support, information, finding a provider, and more.
<b>Olde Towne Drug Center Pharmacy</b>				
Portsmouth	757-393-4039	600 High St.	drugcenterpharmacy.com	Offers diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, and more.

## Medication Services

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street.	vdh.virginia.gov/portsmouth	Offers various medical assistance programs. Also offers an HIV/AIDS medication assistance program.
<b>Bon Secours Maryview Foundation Health Care Center</b>				
	757-889-5900		bsvaf.org	Distributes medication to those without insurance in Portsmouth who need assistance.
<b>Chesapeake Care Clinic</b>				
	757-545-5700	2145 S. Military Hwy	chesapeakecare.org	Offers services to those without insurance who are in need of emergency medical or dental services.
<b>Hampton Roads Community Health Center</b>				
Portsmouth				
		664 Lincoln St		
Norfolk				
		3415 Granby St.		
	757-393-6363	804 Whitaker Ln	hrhc.org	Provides medication/pharmacy services.
		9581 Shore Drive		
<b>Olde Towne Drug Center Pharmacy</b>				
Portsmouth	757-393-4039	600 High St.	drugcenterpharmacy.com	Offers diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, and more. Medicaid recipients FREE of charge.
<b>Portsmouth Community Health Center</b>				
	757-393-6363	644 Lincoln St.		Care by appointment only. Prescription refills are done on Monday, Wednesday, and Friday. Call for additional information.
<b>Portsmouth Department of Behavioral Health Care Services</b>				
Administration	757-393-8618			
Central Intake	757-393-5357	1811 King St.	www.portsmouthva.gov/149/Behavioral-Healthcare	Offers medication maintenance/management/intervention.
Emergency Services	757-393-8990			

**RxAssist**

Online      rxassist.org      Assists individuals with using pharmaceutical company programs and others to reduce medical costs.

**Virginia AIDS Drug Assistance Program (ADAP)**

855-362-0658      vdh.virginia.gov/disease-prevention/virginia-aids-drug-assistance-program-adap/      Provides access to life-saving medications for the treatment of HIV and related illnesses for low-income clients.

**Virginia Health Care Foundation**

Richmond      804-828-5804      707 E. Main Street, Suite 1350      vhcf.org/for-those-who-help/the-pharmacy-connection      Online software program that helps provide medications to chronically ill or uninsured individuals in VA.

**Mental Health & Disability Services** (also see "Disabilities" & "Addiction")

Organization	Telephone	Location	Website	Services
<b>Anxiety and Depression Association of America</b>				
		Online	adaa.org	Provides resources to help manage depression and anxiety including support groups, help finding providers, treatment and more
<b>Balanced Mind Parent Network, The</b>				
		Online	https://community.dbsalliance.org/welcome.htm	Provides resources in understanding and dealing with children who have mental disorders.
<b>Barry Robinson Center, The</b>				
Norfolk	800-221-1995	443 Kempsville Rd.	barryrobinson.org	Offers programs developed for children with learning disabilities, cognitive limitations, and/or emotional/behavior issues.
<b>Child &amp; Family Services of Eastern VA, Inc.</b>				
Portsmouth	757-397-2121	1805 Airline Blvd.		Provides counseling addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse, and more. Offers groups on anger control, men who batter, battered women, teen parenting, and more. Most services are provided on a sliding scale.
<b>Conduct Disorders</b>				
		Online	conductdisorders.com	Website for support of parents with difficult children.
<b>Depression and Bipolar Support Alliance</b>				
		Online	dbsalliance.org	Provides resources for understanding these disabilities better.
<b>Developmental Services Supportive Living Program</b>				
Virginia Beach	757-385-0600		vbgov.com	SLP Services residents of VB who have been diagnosed with Intellectual Disability.
<b>Eggleston Services: Camp Civitan</b>				
Norfolk	757-858-8011	1161 Ingleside Rd.	egglestonservices.org	Offers resources for those with mental disabilities including programs and special events, including summer camps and more.
<b>International OCD Foundation</b>				
	617-973-5801	Various Locations	iocdf.org	Offers resources for those with OCD including kids. Go to website to find help near you.
<b>Mental Health America</b>				
	703-684-7722	Online	mhanational.org	Offers mental health information, resources, and more.

**Mental Health Outpatient Treatment Services/Supported Living Services**

Portsmouth

Crisis Outreach	757-393-8990	1811 King St.		Combines 24 hour response for mental health and substance abuse emergencies with case management services for high risk clients and those returning to the community from state facilities.
Mental Health Outpatient	757-393-8223			Services include mental health outpatient counseling and medication services to individuals, groups, or families.
Intake	757-393-5357			

**National Association for the Dually Diagnosed**

845-331-4336	Online	thenadd.org	Offers many different publications on persons with developmental disabilities and mental health needs.
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**Opportunity House: Alliance for the Mentally Ill**

Portsmouth	757-393-8926 ext 5733	505 Jamestown Ave.		Support group for the family and friends of the mentally ill. Call for more information.
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**Portsmouth Department of Behavioral Healthcare Services**

Administration	757-393-8618			
Central Intake	757-393-5357	1811 King St.	www.portsmouthva.gov/149/Behavioral-Healthcare	Provides resources for those with mental disabilities.
Emergency Services	757-393-8990			

**Portsmouth Department of Social Services**

757-405-1800	1701 High Street, Suite 101	portsmouthva.gov/384/social-services	Provides services to ensure the health and welfare of those who need assistance.
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**Portsmouth Parks & Recreation: Therapeutic Recreation Program**

757-393-8481	801 Crawford St.	portsvaprls.com/therapeutic-recreation/	Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning.
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**U.S. Department of Veterans Affairs**

	800-827-1000		www.mentalhealth.va.gov	Offers many services and programs relating to mental health like substance abuse.
Veterans Crisis Line	800-273-8255			

**Virginia Department of Behavioral Health & Developmental Services**

Richmond	804-786-3921	1220 Bank St.	dbhds.virginia.gov	Provides help in finding providers and local service facilities.
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**Mentoring**

Organization	Telephone	Location	Website	Services
<b>Big Brothers Big Sisters of America</b>				
Norfolk	757-392-5155	500 East Main St., #1105	bigbrobigsis.com	Offers an opportunity for individuals to become mentors to children.
UP Center, The	757-397-2121 ext 337		theupcenter.org	Offers an opportunity for those 21 and older to be mentors to foster children in Hampton Roads.

## Military

Organization	Telephone	Location	Website	Services
<b>Armed Services YMCA</b>				
Virginia Beach	757-363-1884	1465 Lakeside Rd.	asymca.org/hampton-roads-home	Offers services and programs to those in the military and their families.
<b>USO of Hampton Roads</b>				
	757-337-4447	Various Locations	hrcv.uso.org	Offers services for wounded, ill, injured, active duty, or new service members and their families.
<b>Military Bases Hampton Roads</b>				
		Online	military.com	Provides all information on military bases in Hampton Roads. Contains a base directory which has all numbers for all services offered by each base.
<b>U.S. Department of Veterans Affairs</b>				
	Benefits 800-827-1000			
	Health Care 877-222-8387			
	Veterans Crisis Line 800-273-8255		va.gov	Provides information on veteran health, benefits, burials, memorials, and more in Virginia.

## Mortgage Assistance (see "Housing")

## Multiple Sclerosis

Organization	Telephone	Location	Website	Services
<b>Multiple Sclerosis Center of Tidewater</b>				
Norfolk	757-461-5400	6161 Kempsville Circle, Suite 315	mscenterof-tidewater.com	Offers counseling, testing, infusion therapy, bladder scans, and more.
<b>National Multiple Sclerosis Society</b>				
	804-353-5008	4200 Inns Lake Dr., Suite 301	nationalms-society.org	Provides many resources including: treatment options, local physicians, research, and more.
<b>Portsmouth Parks &amp; Recreation: Therapeutic Recreation Program</b>				
	757-393-8481	801 Crawford St.	portsvaprls.com/therapeutic-recreation/	Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning.

## Muscular Dystrophy

Organization	Telephone	Location	Website	Services
<b>Muscular Dystrophy Association</b>				
Richmond	804-285-2961	1503 Santa Rosa Road, #120	mda.org	Provides dietician services, genetic services, cardiologist, orthopedist, and other services.

## Nutrition/Health Counseling & Education

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585		vdh.virginia.gov/portsmouth/ classes	Offers food handlers training courses, as well as certified food manager training courses.
	WIC 757-393-5340	1701 High Street	vdh.virginia.gov/portsmouth/ WIC-Services/	Offers healthy eating tips and nutrition counseling for eligible pregnant and breastfeeding women and children from birth to 5 years old.
<b>Hampton Roads Community Health Center</b>				
Portsmouth				
		664 Lincoln St		
Norfolk				
	757-393-6363	3415 Granby St.	hrhc.org	Provides diet and nutrition consultations, as well as obesity and behavioral management.
		804 Whitaker Ln		
		9581 Shore Drive		
<b>Virginia Cooperative Extension</b>				
		Online	ext.vt.edu	Provides food and health resources and program options.
<b>Virginia Beach Family Nutrition Program</b>				
	757-385-4769	Online	vbgov.com	Offers online sources to keep track of food intake and gain information on nutrition.
<b>United States Department of Agriculture</b>				
		Online	nal.usda.gov/fnic	Gives nutritional information for various food items, allergies, and more.

## Parenting/Parent Support (also see "Pregnancy/Prenatal Services")

Organization	Telephone	Location	Website	Services
<b>Barry Robinson Center, The</b>				
	800-221-1995	443 Kempsville Rd.	barryrobinson.org	Offers various behavior counseling programs in order to improve the lives of children (children, young adolescents, old adolescents)
<b>Behavior Advisor</b>				
		Online	behavioradvisor.com	Provides strategies for managing child behavior.
<b>Bon Secours Hampton Roads</b>				
		Various Locations	bonsecours.com	Offers classes on active parenting of children all ages, a nurturing parent class, raising safe kids class, and more. Go to "events calender" for more info. Also offers support groups including Bi-Polar meetings, mothers of twins, nar-anon, perinatal loss, and more. Go to "support groups" for more info.
<b>Brighton Rock AME Zion Church</b>				
	757-393-0570	1300 Centre Ave.		Offers parenting support groups for grandparents as parents.
<b>Catholic Charities of Eastern Virginia</b>				
	757-456-2366	5361A VB Blvd	cceva.org	Offers a variety of education workshops covering parenting, anger management, intervention, and more.
<b>CHIP of Virginia</b>				
	757-543-9100	1302 Jefferson St	chipshr.org	Offers a family support and parenting education program to help parents become aware of how their infants/toddlers will develop in the next few years.
<b>Fairwood Agape Baptist Church</b>				
	757-397-8911	3709 Elliot Ave.		Offers support groups for mothers without husbands. Call for more details.



**Parents Night Out: YMCA**

Portsmouth	757-399-5511	1013 Effingham St.	ymcashr.org	Without a fee for members, the YMCA takes care of kids
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**Portsmouth Department of Behavioral Health Services**

Office	757-393-8618	1811 King St.	portsmouthva.gov/149/Behavioral-Healthcare	Provides emergency services for individuals with thoughts of harming self or others. Also, for more information on "individuals & families" mental health services go to <a href="http://dbhds.virginia.gov">dbhds.virginia.gov</a> .
Central Intake	757-393-5357			
Emergency Services	757-393-8990			

**Portsmouth Department of Social Services: Child Protective Services**

Hotline	800-552-7096	1701 High St., Suite 101	portsmouthva.gov/407/child-protective-services	Provides programs and help, ensuring the health and welfare of children and adults.
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**Portsmouth Health Department**

	757-393-8585 ext 8531	1701 High Street	vdh.virginia.gov/portsmouth/ classes	Offers child restraint safety seat installing trainings, breast feeding activities, and more. Call for more information.
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**Pride in Parenting**

Virginia Beach	757-681-2090	504 Marsh Duck Way	facebook.com/prideinparenting1/	Offers co-parenting and parenting workshops in Hampton Roads.
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**Tidewater Parents of Multiples**

Virginia Beach			tpomc.org	Contact by email on website only. Offers women in Tidewater with multiples many resources in the community, different activities and programs, support groups, newsletters and more.
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**St. John's Episcopal Church**

Portsmouth	757-399-4967	424 Washington St.	stjohnsportsmouth.org	Offers support group for women dealing with life's struggles. Meets most Thursdays. Call for more details.
Suffolk	757-255-4168	828 Kings Hwy	stjohnsepiscopal-suffolk.org	

**Up Center, The**

	757-965-8622	Various Locations	theupcenter.org	Offers parenting education and support, in addition to family and child counseling services. Pre-registration is required.
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**Parks and Recreation**

Organization	Telephone	Location	Website	Services
<b>Hampton Roads Parks and Recreation</b>				
Chesapeake	757-382-6411		cityofchesapeake.net	Offers recreational programs and activities.
Hampton	757-727-8311		hampton.gov	
Newport News	757-926-1400		nnva.gov	
Norfolk	757-823-4291		norfolk.gov	
Portsmouth	757-393-8481		portsmouthva.gov	
Suffolk	757-514-7250		suffolkva.us	
Virginia Beach	757-385-1100		vbgov.com	

**Pregnancy/Prenatal Services** (also see "Babies" & "Breastfeeding")

Organization	Telephone	Location	Website	Services
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**Portsmouth Health Department**

General Classes	757-393-8585			Provides education including: child safety seat installation classes, baby care program, and more.
WIC	757-393-5340	1701 High Street	vdh.virginia.gov	Offers services for eligible pregnant and breastfeeding women and children from birth to 5 years old, including: breastfeeding tips, nutrition, equipment, etc.
Teen Pregnancy Prevention	757-393-8585 ext 8570			Offers adult education programs, empowerment programs, and more.

**Birthright International**

Norfolk	757-489-0222	150 Kinsley Lane	birthright.org	Provides services and support for the challenges of unplanned pregnancies. Offers alternatives to abortion.
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**Bon Secours Hampton Roads**

	757-889-2273	Various Locations	bonsecours.com	Offers classes on active parenting of children all ages, a nurturing parent class, raising safe kids class, and more. Go to "events calender" for more info. Also offers support groups for the following: mothers of twins, perinatal loss, and more. Go to "support groups" for more info.
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**Catholic Charities of Eastern Virginia**

Virginia Beach				
Pregnancy Services	757-274-4952	5361 Virginia Beach Blvd.	adoptionandpregnancycenter.org	Provides help with child-planning, offers education & classes, and offers free diapers and baby supplies.
Adoption Services	757-456-2366			

**CHIP of Virginia**

Chesapeake	757-543-9100	1302 Jefferson St	chipshr.org	Offers a family support and parenting education program to help parents become aware of how their infants/toddlers will develop in the next few years.
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**Keim Centers, The**

Norfolk		2121 Colonial Ave		
Portsmouth		4224 Portsmouth Ave		
Virginia Beach	757-499-4444	4356 Bonney Rd. Suite 103	keimcenters.com	Offer education on unplanned pregnancy. Provide pregnancy testing, ultrasound, medical consultation, and pregnancy verification.
Suffolk		302 N. Main St. Suite A		

**La Leche League of Tidewater**

Norfolk	757-961-8951	Various Locations	lllvawv.org	Provides education, information, support, and encouragement to women about breastfeeding. Visit website or call for group meeting times and locations.
Portsmouth	757-828-6555			
Suffolk	757-357-4369			
Virginia Beach	757-204-5557			

**Loving Steps**

Norfolk	757-314-3138		evms.edu	Works to eliminate significant disparities in perinatal health within the African-American community. Provides intensive case management services, screenings, and more. Call for registration.
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**Planned Parenthood**

Virginia Beach	757-499-7526	515 Newtown Rd.		
Hampton	757-826-2079	403 Yale Dr.	plannedparenthood.org	Offers many services including: abortion, general health care, HIV testing, pregnancy testing and services, and more.

**Hampton Roads Community Health Center**

Portsmouth				
Community Health Center		664 Lincoln St		
Norfolk				
Park Place Medical Center		3415 Granby St.		
CommuniCare Health Center	757-393-6363	804 Whitaker Ln	hrhc.org	Provides prenatal care, post partum visits, family planning services, pediatric services, and more.
East O.V. Medical & Dental Center		9581 Shore Drive		

**Naval Services Family Line**

www.nsfamilyline.org Refers individuals to specific resources, provides information and outreach to command family members, and more.

**Sentara Mother/Baby Care Program**

Various Locations sentara.com/hampton-roads-virginia Provides prenatal education and support, individual assessments for community resources, baby items, parenting education and support, and baby developmental monitoring. Visit website for locations.

**Preschool** (see "School Resources")

**Prescription Assistance** (see "Medicine Services")

**Rape/Sexual Assault** (see "Abuse")

**Reading** (also see "Libraries")

Organization	Telephone	Location	Website	Services
<b>Portsmouth City Public Schools</b>				
	757-393-8751	Various Locations	pps.k12.va.us	Public schools in Portsmouth for K-12. Also offers adult education, including GED classes, and many more.
<b>STOP Organization</b>				
Norfolk	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	Offers a learning adacemy/youth empowerment to learn & lead program.

**Recreation** (also see "Parks and Recreation")

Organization	Telephone	Location	Website	Services
<b>Ability Center of Virginia (formerly Cerebral Palsy of Virginia)</b>				
Virginia Beach	757-497-7474	5825 Arrowhead Dr. Suite 201	cerebralpalsyofvirginia.org	Offers summer camp programs, as well as social and recreation weekend activities.
<b>Eggleston</b>				
Norfolk	757-858-8011	1161 Ingleside Rd.	eggleston services.org	Offers leisure programs, outdoor and indoor recreation for youth and adults, and more.
<b>EQUI-KIDS/EQUI-VETS Therapeutic Riding Program</b>				
Virginia Beach	757-721-7350	2626 Heritage Park Drive	equikids.org	Offers a therapeutic riding program to benefit diabled men and women.
<b>Therapeutic Recreation Programs</b>				
Chesapeake	757-382-6411		cityof chesapeake.net	Offers many different therapeutic recreation programs for those with disabilities.

**Rent/Security Deposit Assistance** (see "Housing")

**Representative Payee**

Organization	Telephone	Location	Website	Services
<b>Family Services</b>				
Portsmouth	757-397-2121	1805 Airline Blvd.		Can be the payee for Social Security payments/checks. Call for additional information.
<b>Social Security Administration</b>				
	800-772-1213		ssa.gov/payee	Answers any questions regarding representative payees.

## Runaway/Disconnected Youth

Organization	Telephone	Location	Website	Services
<b>C.H.I.P. of South Hampton Roads</b>				
Chesapeake	757-543-9100	1302 Jefferson St.	chipshr.org	Offers developmental centered parenting skills.
<b>LGBT Life Center</b>				
Norfolk	757-640-0929	248 W. 24th St.	lgbtlifecenter.org	Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list.
<b>Portsmouth Department of Behavioral Health Care Services: F.O.C.Y.S</b>				
<b>Seton Youth Shelters</b>				
Virginia Beach				
	Girl's Shelter 757-306-1840		setonyouthshelters.org	Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness.
	Boy's Shelter 757-498-4673			
	Crisis Hotline 757-498-4357			
<b>StandUp for Kids</b>				
Hampton Roads			standupforkids.org	Provides shelter, education, medical services, and more.
<b>Tidewater Youth Services Commission</b>				
Portsmouth	757-488-9161	2404 Airline Blvd.	tyscommission.org	Offers community-based therapeutic services providing assistance to troubled youth and their families during their transition to adulthood.

## School Resources (also see "Education" & "GED Preparation")

Organization	Telephone	Location	Website	Services
<b>AFCEA Hampton Roads</b>				
		Online	hamptonroads.afceachapters.org	Offers annual scholarships to students who are pursuing a degree in appropriate technical disciplines.
<b>Online Colleges, Scholarships, and Degree Programs</b>				
		Online	college-scholarships.com	Provides resources for finding scholarships to the college of your choice.
<b>Portsmouth Public Schools</b>				
	757-393-8751	Various Locations	pps.k12.va.us	Public schools in Portsmouth for K-12. Also offers adult education, including GED classes.
<b>STOP Organization</b>				
Norfolk	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	Offers a learning academy/youth empowerment program to cultivate youth.
<b>Virginia Tidewater Consortium for Higher Education</b>				
Norfolk	757-683-3183	4900 Powhatan Ave.	vtc.odu.edu	A consortium of 13 institutions of higher education, that work to enhance opportunities for students.

**Senior Citizen Services** (also see "Abuse," "Care," or "Housing")

Organization	Telephone	Location	Website	Services
<b>Alzheimer's Association</b> Norfolk	757-459-2405 Helpline 800-272-3900	6350 Center Dr. Suite 102	alz.org/seva	Offers support groups, respite care, education groups, telephone helpline, research, and support.
<b>American Association of Retired People</b>		Various Locations	local.aarp.org/ portsmouth-va	Provides services to people age 50+. Offers programs including: Safe Driver Training, Taix-Aid, and Health
<b>Catholic Charities of Eastern Virginia</b>	Southside 757-456-2366 Peninsula 757-875-0060		cceva.org	Offers community assistance and resources for seniors, as well as, guardianship/conservatorship, and in-home respite care.
<b>Citizens' Committee to Protect the Elderly</b>				An all-volunteer non-profit organization offering assistance programs to the residents of nursing homes and their families throughout Hampton Roads.
<b>JenCare Senior Medical Center</b>	757-393-1136			JenCare Senior Medical Center is a family-owned primary and specialty care practice committed to delivering healthcare to Medicare-eligible seniors.
<b>LogistiCare - Transportation</b>	866-246-9979		transportation. dmas.virginia.gov	Provides rides for those with Medicaid. Individuals may be eligible for non-emergency medical transportation. Call for a reservation.
<b>Long-Term Care Ombudsman</b>			theconsumervoice.org/ /home	Serves as an advocate for older adults by investigating and helping to resolve issues involving quality of care, quality of life, and residents' rights in Adult Care Facilities, Nursing Facilities, and Home Health Services in LTC settings.
<b>Portsmouth Office of the Commissioner of the Revenue</b>	757-405-1800	801 Crawford St.	portsmouthva.gov/21 5/tax-relief-program	Provides tax relief for those eligible. Criteria include persons to be permanently and totally disabled or must be 65 years of age, and more.
<b>Portsmouth Senior Care</b>		Various Locations	care.com/senior- care/portsmouth-va	Provides senior caregiver contacts in the area.
<b>Senior Center Adult Day Care</b> Norfolk	757-625-5857	7300 Newport Ave.	primeplus.org	Day care for seniors.
<b>Senior's EyeCare Program</b>	800-222-3937	Various Locations	eyedoctorguide. com/eye_care/ free_senior_eye_ exams.html	Allows for seniors who have not received eyecare in the last 3 years to receive free eye care.
<b>Senior Law Center</b> Norfolk	757-627-5423	125 St. Paul's Blvd., Suite 400	laseva.org	Federally funded non-profit law office, offering free legal services (except court costs), for individuals age 55+.



**Senior Services of Southeastern Virginia**

Norfolk	757-461-9481	6350 Center Dr. Suite 101	ssseva.org	Offers a variety of services to persons age 60+ including: employment, transportation, health screening, homemaking, personal care, adult day care, merchant
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**Senior Station**

Portsmouth	757-391-3241	3500 Clifford St.	portsvaprls.com/senior-programs.	A wide variety of activities and programs for senior adults. Hours of operation are Mon-Fri, 9am-4pm.
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**Social Security**

			ssa.gov	Provides information on social security whether retired, disabled, or other.
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**United States Department of Agriculture**

		Online	<a href="https://www.nal.usda.gov/fnic/older-individuals">https://www.nal.usda.gov/fnic/older-individuals</a>	Gives seniors many resources for nutrition and health.
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**Virginia Insurance Counseling Assistance Program**

	804-662-9333			Offers confidential help, advice, and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice, and problems with Medicare, Medicaid, and medical bills.
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**Sexual Assault** (see "Abuse")**Sexually Transmitted Diseases** (also see "HIV/AIDS Services")

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
STI Screening & Treatment Clinic Ryan White HIV Clinic	757-393-8585 ext. 8716		<a href="http://vdh.virginia.gov/portsmouth/clinical-services">vdh.virginia.gov/portsmouth/clinical-services</a>	STI Screening Clinic is walk-in; Ryan White Clinic is by appointment only.

**Shelter** (also see "Housing")

Organization	Telephone	Location	Website	Services
<b>Barrett Haven</b>				
Norfolk	757-624-6990		<a href="https://facebook.com/barretthaveninc/">facebook.com/barretthaveninc/</a>	Serves single and pregnant women in need.
<b>For Kids</b>				
Norfolk	757-622-6400		<a href="http://forkidsva.org">forkidsva.org</a>	Provides housing, education, and clinical services to parents and their children.
<b>Genieve Shelter, The</b>				
	757-705-2025 or 757-353-1439		<a href="http://thegenieve-shelter.org">thegenieve-shelter.org</a>	Provides counseling, court accompaniment, case management, emergency shelter, supportive housing, and more.
<b>HER Shelter</b>				
Portsmouth	757-485-1073		<a href="http://hershelter.com">hershelter.com</a>	Provides emergency shelter, intervention, and counseling for victims of domestic violence.
<b>Judeo-Christian Outreach Center</b>				
Virginia Beach	757-491-2846		<a href="http://jcoc.org">jcoc.org</a>	Provides many services for those in need of a home including: dining hall, food assistance, emergency housing, low cost housing, and more.
<b>Our House</b>				
Chesapeake	757-545-4075	405 D St.		For chesapeake residents. Referral needed from Social services. Limited shelter stay. Call Chesapeake SS for more info.

**PARC Homeless Shelter**

Portsmouth	757-966-2107		parcinc.org	Provides assistance to the homeless.
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**Portsmouth Volunteers for the Homeless**

	757-399-0200	800 Williamsburg Ave. Suite B		Provides shelter for the homeless who are 18 years old or older, single men and women.
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**Salvation Army Emergency & Transitional Lodging**

Norfolk	757-587-4202		virginiasalvationarmy.org/hrva/	Offers emergency shelter, transitional housing, food, clothing, travel aid, job, and housing search assistance. Single males must have picture ID and proof of address.
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**Samaritan House (SOS)**

Virginia Beach	757-587-4202		samaritanhouseva.org	Provides shelter & other services for homeless victims of domestic violence.
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**Seton House**

Virginia Beach	757-498-4357		setonyouthshelters.org	A temporary safe haven for adolescents in crisis and their families. Services include a shelter for adolescents (ages 12-17).
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**Suffolk Homeless Shelter**

	757-934-1353			Serves the area of Franklin, Isle of Wight, Southampton, and Suffolk. Serves families with children, single parents with children, and single women (no single males).
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**Union Mission Ministries**

Norfolk					
	Men's Shelter	757-627-8686 ext 200	5100 E. VB Blvd	unionmissionministries.org	Provides shelter for those who need it based on availability. Men: Single 18+ Women: Single/with children 18+; male children must be 10 or under.
	Women's Shelter (single)	ext 354			
	Women's Shelter (with kids)	ext 351			

**YWCA**

Norfolk	Hotline	757-251-0144	ywca-shr.org	Offers a Women in Crisis (battered women) support program providing services including: rapid re-housing, transitional housings, emergency shelter, and more.
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**Shower & Laundry**

Organization	Telephone	Location	Website	Services
<b>Portsmouth Volunteers for the Homeless</b>				
	757-399-0200	800 Williamsburg Ave. Suite B		Individuals must be part of the program. Criteria are being homeless, and having a valid ID.
<b>Volunteers of America Chesapeake - The Lighthouse Center</b>				
Virginia Beach	757-437-4911	825 18th St.	voachesapeake.org	Day program for homeless. Offers shower facilities, case management, and life skills training. Also provides the homeless with address and telephone number to receive mail and phone calls.

**Social Security**

Organization	Telephone	Location	Website	Services
<b>United States Social Security</b>				
	800-772-1213		ssa.gov	Provides resources, services, and information about social security.

## Social Services of Portsmouth

Program	Telephone	Services
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*Portsmouth Social Services is located at:  
1701 High Street, Portsmouth, VA 23704  
757-405-1800*

### Adult Services

Main Office	757-405-1800	<p>The Department for Aging and Rehabilitative Services (DARS) administers the following programs through the Adult Protective Services Division: Adult Services (AS), Adult Protective Services (APS), and Auxiliary Grants (AG) Program. Any person who suspects that an adult or incapacitated individual is at risk of abuse, neglect, or exploitation may report their concerns. Reports may be made Monday through Friday, between 9:00 a.m. and 5 p.m. If calling after hours/holidays, call Virginia State Hotline. Reporter's name will be confidential, unless otherwise ordered by court. *AS include provision of case management, home-based care, transportation, adult day services, nutrition services, placement services, companion services, assisted living facility assessments, and others. *APS consist of the identification, receipt, and investigation of complaints and reports of adult abuse, neglect or exploitation (or the risk thereof). Services may include the provision of home-based care, transportation, adult day services, meal services, legal proceedings, and other activities to protect the adult. Eligibility for APS include: 60+ years of age, or 18+ years of age and incapacitated. *The AG Program is a financial assistance program that provides supplemental income to low income individuals who are aged, blind, or disabled and reside in assisted living facilities (ALF) or adult foster care homes (AFCH).</p>
Virginia State Hotline	888-832-3858	

### Benefits Program

	757-405-1800	<p>The programs provided under the BP are the Auxiliary Grant (AG), Energy Assistance Program (EA), Medical Assistance Programs (MA), Supplemental Nutrition Assistance Program (SNAP), and the Temporary Assistance for Needy Families Program (TANF). An *AG is an income supplement for individuals who receive Supplemental Security Income and certain other aged, blind, or disabled individuals who reside in a licensed assisted living facility or an approved adult foster care home. The *EA consists of three components: Fuel Assistance, which helps eligible households with the costs of heating their homes; Crisis Assistance which helps households in heating emergency situations with primary heat security deposits, utility heating bills, repair/replacement of heating equipment, primary heating fuel, or emergency shelter; Cooling Assistance which helps with cooling equipment repairs or purchases and with payment of the electric bill to operate cooling equipment. Each *MA program covers different groups of people and each program has different eligibility requirements. Age, income, financial resources, and non-financial factors affect which program an individual is eligible for. A goal of *SNAP is to reduce hunger and increase food security. The Program permits low-income households to have a more nutritious diet through normal channels of trade by increasing the food purchasing power for eligible households. The Program also provides food when there is a disaster. The purpose of *TANF is to provide assistance to needy families so that children may be cared for in their own homes or in the homes of relatives; end the dependence of needy parents on government benefits by promoting job preparation, work, and marriage; prevent and reduce the incidence of out-of-wedlock pregnancies; and encourage the formation and maintenance of two-parent families.</p>
	757-405-1800	

### Child Protective Services & CPS Ongoing

Local Hotline	757-405-1800	<p>CPS is a government mandated agency that provides protection for children who are at risk of, or are experiencing physical, sexual, or emotional abuse, or emotional or physical neglect. The focus is on the safety of the child and support for parents to strengthen families and promote safe nurturing homes for children. Services include: screenings, investigations, referrals, out-of-home placement, and more. Be ready with this information: child's name, age, address, name and relationship of person being suspected of abusing, what you have seen or heard regarding the abuse, and voluntarily your name &amp; telephone number. CPS Ongoing aims to empower families to function independent from the social services system. They address individuals and family members by continuing to reassess child safety, risk of maltreatment, and more in order to help families remain together. Services include: emergency needs, shelter, child care, counseling, treatment, furniture, beds, rental payment, transportation, substance abuse programs, and more.</p>
Virginia State Hotline	800-552-7096	

### Children's Service Act

757-405-1800

The goal of CSA is to establish a collaborative system of services and funding that is child-centered, family-focused, and community-based to assess and meet the strengths and needs of troubled and at-risk youths and their families in the Commonwealth. The purpose of the program is to ensure services and funding are consistent with the Commonwealth's policies of preserving families and providing appropriate services in the least restrictive environment while protecting the welfare of children and maintaining the safety of the public, to identify and intervene early with young children and their families who are at risk of developing emotional or behavioral problems, or both, due to environmental, physical or psychological stress, to design and provide services that are responsive to the unique and diverse strengths and needs of troubled youths and families, increase interagency collaboration and family involvement in service delivery and management, to encourage a public and private partnership in the delivery of services to troubled and at-risk youths and their families, and to provide communities flexibility in the use of funds and to authorize communities to make decisions and be accountable for providing services in concert with these purposes.

### Community Agency Resource Enhancement Services

757-405-1800

CARES is a Portsmouth Department of Social Services Therapeutic Foster Care Program designed to meet the needs of children that come in to foster care that have challenging medical, physical and behavioral needs that require more intensive and supportive levels of care. The children are placed in family foster homes provided by DSS. The foster parents in these homes have received training that allows them to provide the additional support and supervision necessary for the needs of each individual child. These parents provide a safe, nurturing environment for the children placed in their homes.

### Foster Care & Adoption Programs

One Church, One Child 800-440-5090

AREVA 800-362-3678

757-405-1800

Virginia's **\*Adoption Program** works to promote adoptions by increasing adoption awareness, by developing policies and procedures for adoption, and by improving the service systems that support adoption. Portsmouth DSS is committed to achieving adoption for all children in foster care. The initiatives are: Virginia One Church, One Child, Adoption Resource Exchange in Virginia (AREVA), Outreach Program, Virginia's Adoption Assistance Program, and Adoption through Collaborative Partnerships. Virginia **One Church, One Child** has a continued partnership with the Adoption Program to recruit prospective families for African-American children in foster care with the goal of adoption. **AREVA** works to: manage a toll free line; publish a photo listing book of waiting children and families; and to provide instructions on how an agency can collaborate with the AdoptUSKids, the national adoption Website, collaboration for recruitment of families for older special needs children. The **Outreach Program** entails a continued partnership with the media (television, radio and local newspapers) in order to feature waiting children. Some of these programs include Wednesday's Child on WAVY-TV 10, Portsmouth. In cooperation with the Adoption Exchange Association, other efforts include television shows and foundations like The Dave Thomas Foundation's "A Home for the Holidays," an annual newsletter, "Let's Talk Adoption" featuring waiting children and includes adoption statistics for the state, and The Heart Gallery, a public art exhibit featuring beautifully and artistically photographed portraits of children in foster care waiting for adoption. **Virginia's adoption assistance**, also known as subsidy, is available for families who adopt children with special needs. The **ATCP** has the goal finalizing adoptions for a number children and youth in foster care (statewide) through collaborative partnerships. The **\*Foster Care Program** provides services to children and families when circumstances require the child to be removed from their home. Foster care provides a safe and stable environment for children and older youth until the issues that made placement outside the home necessary are resolved. When a child cannot return home, another permanent home is found for the child through adoption or legal custody by a relative. Services provided for children and families include: foster family home placement, group home or residential placement, independent living home placement, housing assistance, parent training, intensive home-based services, independent living Skills training, respite care services, medical assistance, therapeutic, mental health and substance abuse counseling, and any service identified on the child's service plan as being needed to achieve the permanency goal.

### Resource Families Program

757-405-1800

The Resource Family Unit is designed to maintain children in a safe and nurturing environment, which is supportive of their development while assisting their parents in resuming responsibility and custody or until an alternative permanent placement for the children is found. The Resource Family Unit identifies families who are willing and able to act as a resource to children who are placed in the custody of Portsmouth Department of Social Services. Resource Families are expected to meet the emotional, mental, educational, and medical needs of children who are placed in their homes. The Resource Family Unit is responsible for the initial and ongoing approval of Resource Parents. In addition, the Resource Family Unit coordinates initial placement of all children entering the department's foster care program. Subsequent placements of children are arranged as the need arises.

**Services Intake**

757-405-1800

Services Intake Department is responsible for screening applicants for the Elderly and Disabled Consumer Directed (EDCD) Waiver which is required by the Medicaid Waiver and Medicaid. This waiver provides services to approved applicants to assist them in remaining in their home or community. If an applicant is determined as being at immediate risk of being placed in a nursing home, he/she can be eligible for these services and receive personal care services, adult day health care services, and/or respite care. Another function of the Services Intake Unit is to serve as the liaison between clients and other community agencies. Services Intake Unit makes referrals to appropriate in-house units as well as to other community agencies as needed for services. The unit maintains an in-house Food Pantry with non-perishable food items for clients with emergency food needs. Through the United Way National Office's Emergency Food and Shelter Program (EFSP), assistance is given for rent/mortgage, utilities, and screening. The unit is in the process of teaming with other agencies to support community re-entry for ex-offenders as well as preventing homelessness in the community.

**Tax Relief for the Elderly and Disabled**

757-405-1800

To be eligible for the reduced tax component of this program, a household must have no more than \$30,000 gross annual income and financial resources of no more than \$75,000 (excluding the value of the residence being occupied and up to one acre. All changes are effective July 1, of each year. If income or assets are above limits, the household is automatically evaluated for the freeze component. For the freeze component, income is between \$30,001-\$50,000; and financial resources between \$75,001-\$175,000. While still responsible for the payment of real estate taxes, the amount the homeowner pays will be frozen at the prior year's amount, regardless of any increase in assessment or tax rate. If over the income or asset levels stated above, the household is not eligible. Other criteria for person making the application are that he/she must: be 65+ or permanently and totally disabled as of June 30th of the immediately preceding taxable year, own or partially own title to the property for which the exemption is claimed (if applicant is a co-owner, the exemption will be prorated), be living in the home at all times, and shall not have disposed of assets to future heirs within the preceding 5 years if such assets would have made the applicant ineligible. A new application must be filed each year. Applications will be taken weekdays 8am – 5:00 pm (hours may change) from January 1 through April 30 \*(excluding holidays and weekends). Forms are available from the Commissioner of Revenue and City Treasurer, City Hall 801 Crawford Parkway, and all public library branches.



## Special Needs Services (also see "Disabilities" & "Mental Health & Disability Services")

Organization	Telephone	Location	Website	Services
<b>Barry Robinson Center, The</b>				
Norfolk	800-221-1995	443 Kempsville Rd.	barryrobinson.org	Offers programs developed for children with learning disabilities, cognitive limitations, and/or emotional/behavior issues.
<b>Eggleston Services</b>				
Norfolk	757-858-8011	1161 Ingleside Rd	egglestonservices.org	Provides resources for individuals with disabilities and their families, including summer camps and more.
<b>HealthyChildren.org</b>				
		Online	healthychildren.org	Provides resources for finding pediatricians in your area and more.
<b>LD Online</b>				
		Online	ldonline.org	Provides resources for parents with children with learning disabilities.
<b>Learning Abled Kids</b>				
		Online	learningabledkids.com	Provides many books and resources for children with dyslexia, ADHD, Aspergers, and others. Also offers support
<b>My Child</b>				
	800-692-4453	Online	cerebralpalsy.org	Provides resources, help, and answers.
<b>Portsmouth Department of Behavioral Healthcare Services</b>				
Administration	757-393-8618		www.portsmouthva.gov/149/Behavioral-Healthcare	
Central Intake	757-393-5357	1811 King St.		Provides resources for those with mental disabilities.
Emergency Services	757-393-8990			

## Spinal Cord Injury/Spinal Muscular Atrophy

Organization	Telephone	Location	Website	Services
<b>Portsmouth Department of Parks and Recreation</b>				
	757-393-8481	801 Crawford St.	portsvaprls.com/therapeutic-recreation/	Strives to empower those with disabilities to become independent, responsible, and productive.

## Stay at Home Parents

Organization	Telephone	Location	Website	Services
<b>Stay-at-Home Moms</b>				
		Various Locations	sahm.meetup.com/cities/us/va	Provides resources and group meetings for stay at home moms in your area.
<b>Stay At Home Moms</b>				
		Online	sahm.org	The official site for stay at home moms.

## Stroke (also see "Emergency Care")

Organization	Telephone	Location	Website	Services
<b>Eastern Virginia Medical School</b>				
Norfolk	757-446-8400	721 Fairfax Ave., Suite 461	evms.edu	Offers patient care, education, and research through it's comprehensive clinic and laboratory.
<b>National Aphasia Association</b>				
		Online	aphasia.org	Contains resources for dealing with aphasia after surviving a stroke.

## Substance Abuse (see "Addiction")

### Suicide

Organization	Telephone	Location	Website	Services
<b>CRISIS HOTLINE</b>				
Portsmouth	757-393-8990			Crisis hotline for crisis intervention and information.
<b>Hampton Roads Survivors of Suicide Support Group</b>				
Portsmouth	757-483-5111	4811 High St. West		Offers a support group for those who have lost a loved one due to suicide in order to cope with the loss. Also conducts many activities in the community to bring awareness.
<b>LGBT Life Center</b>				
Norfolk	757-640-0929	248 W. 24th St.	LGBTlifecenter.org	Offers many LGBT resources including suicide hotline.
<b>Portsmouth Department of Behavioral Health Services</b>				
	Office 757-393-8618 Central Intake 757-393-5357 Emergency Services 757-393-8990	1811 King St.	portsmouthva.gov/149/Behavioral-Healthcare	Provides emergency services for individuals experiencing substance abuse disorders.
<b>Teen Suicide</b>				
		Online	teensuicide.us	Provides articles on teen suicide and many resources on the issue.

## Support (see "Abuse" & "Counseling")

### Taxes

Organization	Telephone	Location	Website	Services
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High Street	dss.virginia.gov/family/cc/assistance.cgi	Provides tax information.
<b>Portsmouth Office of the Commissioner of the Revenue</b>				
	757-405-1800	1701 High St.	portsmouthva.gov/215/tax-relief-program	Provides tax relief information and services to those who are eligible.
<b>Wesley Community Center</b>				
	757-399-0541	1701 Elm Ave.		Offers financial assistance to those who need it, and may help with tax preparation.

## Teens

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street	vdh.virginia.gov/portsmouth/	Provides information and resources on teen health.
<b>Job Corps</b>				
	800-733-5627	Various Locations	jobcorps.gov	Offers a free education and training program that helps individuals learn a career, earn a HS diploma/GED, and find a job. Must be at least 16 years of age and qualify as low income.
<b>LGBT Life Center</b>				
Norfolk	757-640-0929	248 W. 24th St.	LGBTlifecenter.org	Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list.
<b>Online Colleges, Scholarships, and Degree Programs</b>				
		Online	college-scholarships.com	Provides resources for finding scholarships to the college of your choice.
<b>Planned Parenthood</b>				
Virginia Beach	757-499-7526	515 Newtown Rd.	plannedparenthood.org	Offers many services including: abortion, birth control, general health care, HIV testing, men's health, pregnancy testing and services, and more.
Hampton	757-826-2079	403 Yale Dr.		
<b>Seton Youth Shelters</b>				
Virginia Beach			setonyouthshelters.org	Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness.
Girl's Shelter	757-306-1840			
Boy's Shelter	757-498-4673			
Crisis Hotline	757-498-4357			
<b>Teen Dating Violence Awareness Month</b>				
		Online	teendvmonth.org	Provides resources on teen dating violence.
<b>13Thirty Cancer Connect (formerly Teens Living With Cancer)</b>				
	585-563-6221	Online	13thirty.org	Provides information, personal stories, and ways for kids to connect with one another.
<b>Teen Suicide</b>				
		Online	teensuicide.us	Provides articles on teen suicide and many resources on the issue.
<b>Tidewater Youth Services Commission</b>				
Portsmouth	757-488-9161	2404 Airline Blvd.	tyscommission.org	Offers community-based therapeutic services providing assistance to troubled youth and their families during their transition to adulthood.
<b>UP Center, The</b>				
Norfolk	757-662-7017	222 W. 19th St	theupcenter.org	Offers a number of support groups and counseling to help manage behaviors.
Portsmouth	757-397-2121	1805 Airline Blvd.		
Suffolk	757-965-8663	109.5 Clay St.		

## Teen Mothers (also see "Babies" & "Pregnancy/Prenatal Services")

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street	vdh.virginia.gov/portsmouth	Offers family planning services and more.
<b>EVMS Medical Group: Ghent Family Medicine</b>				
Norfolk	757-446-5955	825 Fairfax Ave.		Offers comprehensive outpatient & inpatient healthcare to patients from infancy to geriatrics.

### Portsmouth Family Medicine Residency Program

757-264-5913	3640 High St., #3B	evms.edu	Offers a passive community hospital with neonatal to hospice range of patients.
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### UP Center, The

Norfolk	757-662-7017	222 W. 19th St	theupcenter.org	Offers family and child counseling services, as well as a range of parent education and support services.
Portsmouth	757-397-2121	1805 Airline Blvd.		
Suffolk	757-965-8663	109.5 Clay St.		

## Tourette's Syndrome

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585	1701 High Street	vdh.virginia.gov /portsmouth	Offers resources on getting help.
<b>WebMD</b>				
		Online	webmd.com/brain/tourettes-syndrome	Provides resources for understanding Tourette's Syndrome and how to get help.

## Transportation

Organization	Telephone	Location	Website	Services
<b>Department for Aging and Rehabilitation Services</b>				
Portsmouth	757-686-5004	601 Port Centre Pkwy, Suite 100	vadr.org	Offers employment services, community based services, assistive technology, and more to clients with disabilities.
Hampton/Newport News	757-865-4863	303 Butler Farm Rd., Suite 105		
<b>DMAS - Medicaid Cab</b>				
	866-810-8305		transportation.dmas.virginia.gov	Fee-for-service non-emergency medicaid transportation. If HMO, call the # on the back of card instead.
<b>Hampton Roads Transit</b>				
	757-222-6100		gohrt.com	Provides information about buses, Tide light rail, ferries, and more in Hampton Roads.
<b>LogistiCare</b>				
	800-486-7647		www.logisticare.com	Provides non-emergency medical transportation.

## Tuberculosis

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>				
	757-393-8585 ext 8716	1701 High Street	vdh.virginia.gov /portsmouth	Offers TB risk screening and PPD reading. Walk-ins are accepted. Services offered Monday, Wednesday and Friday.

## Utility Assistance (Electricity, Gas, Water)

Organization	Telephone	Location	Website	Services
<i>Electricity</i>				
<b>Catholic Charities</b>				
Virginia Beach	757-587-4202	5361-A VB Blvd.	cceva.org	Offers financial assistance for those eligible. Must call to make appointment. Renter/Homeowner must be living in residence, bill must be in candidate's name, bill should not be 30+ days delinquent, individual/family must be in a crisis beyond their control, and must show self-sufficiency after assistance.
<b>Need Help Paying Bills</b>				
		Online	<a href="http://needhelppayingbills.com/html/virginia_assistance_programs.html">needhelppayingbills.com/html/virginia_assistance_programs.html</a>	Provide financial aid to help pay housing costs in order to prevent homelessness.
<b>Portsmouth Area Resources Coalition</b>				
	757-966-2107		parcinc.org	May be able to provide utility assistance for families in need
<b>Portsmouth Department of Social Services</b>				
	757-405-1800	1701 High St.		May have different funding sources available.
<b>Salvation Army, The</b>				
Portsmouth	757-393-2519	2306 Airline Blvd	salvationarmyusa.org	Offers financial help for families & individuals experiencing financial strain.
Norfolk	757-499-0032	5525 Raby Rd.		
Hampton	757-838-4875	1033 Big Bethel Rd.		
<b>STOP Organization</b>				
Norfolk	757-838-1360	5700 Thurston Ave., Ste 101	stopinc.org	May be able to use Federal FEMA funding to help, when available.
<b>United Way</b>				
Norfolk	757-853-8500	2515 Walmer Ave.	unitedwayshr.org	May be able to assist with utility bill.
<b>Wesley Community Center</b>				
Portsmouth	757-399-0541	1701 Elm Ave.		May be able to assist with small amount towards payment of utility bill.
<i>Gas</i>				
<b>Energy Assistance (EA) Program, Social Services</b>				
Portsmouth	757-405-1800	1701 High Street	<a href="http://dss.virginia.gov/benefit/ea/">dss.virginia.gov/benefit/ea/</a>	Website lists types of assistances, as well as how to apply for those. Included are fuel, crisis, cooling, and weatherization assistance



**Portsmouth Area Resources Coalition**

757-966-2107

parcinc.org

May be able to provide utility assistance for families in need.

**Portsmouth Department of Social Services**

757-405-1800

1701 High St.

May have different funding sources available.

**Salvation Army, The**757-965-9012  
ext 1virginiasalvation  
army.org/hrva/  
programs/utility-  
assistance

Offers help for families &amp; individuals experiencing financial strain with heating and cooling. Call the hotline for current information.

**STOP Organization**

Norfolk

757-838-1360

5700 Thurston Ave.,  
Ste 101

stopinc.org

May be able to use Federal FEMA funding to help, when available.

**United Way**

Norfolk

757-853-8500

2515 Walmer Ave.

unitedwayshr.org

May be able to assist with utility bill.

**Wesley Community Center**

Portsmouth

757-399-0541

1701 Elm Ave.

May be able to assist with small amount towards payment of utility bill.

*Water***Portsmouth Department of Social Services**

757-405-1800

1701 High St.

May have different funding sources available.

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Norfolk

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salvationarmyusa .org

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**Wesley Community Center**

Portsmouth

757-399-0541

1701 Elm Ave.

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**Vaccinations** (see "Immunizations")**Veterans** (see "Military Services")**Vision**

Organization	Telephone	Location	Website	Services
<b>American Council of the Blind</b>	800-424-8666	Online	acb.org	Offers resources for those who are blind in order to increase independence, security, quality, and equality.
<b>American Foundation for the Blind</b>	212-502-7600	Online	afb.org	Offers many resources and information on the blind.
<b>Department for the Blind and Vision Impaired</b>	804-371-3151	401 Azalea Ave.	vdbvi.org	Dedicated to providing services and resource in order to empower the blind, vision impaired, and deafblind.

**Foundation Fighting Blindness**

	Online	fightingblindness.org	Offers many resources and free information regarding treatments and research efforts to fight blindness.
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**Learning Ally**

800-221-4792	Online	learningally.org	Offers success stories, support groups, empowerment, audiobooks and more.
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**Lens Crafters: One Sight**

	Online	lenscrafters.com/onesight#sd	Provides opportunities for financial assistance through partnerships with school-based vision centers, charitable vision clinics, and community vision centers.
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**Lions Club International**

Various Locations	Online	lionsclubs.org	Holds meetings for designing projects to prevent blindness, restore eyesight, improve eye health, and more. Go to website for local meetings.
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**National Center on Deaf-Blindness**

Richmond, VA

Voice Phone 804-828-2052

Text Phone 711 (VA Relay)

		nationaldb.org	Provides a library of resources as well as connections around the U.S.
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**National Federation of the Blind**

410-659-9314	Online	nfb.org	Provides resources on living, working, learning, and recreation while being blind.
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**Portsmouth Parks & Recreation: Therapeutic Recreation Program**

757-393-8481	801 Crawford St.	portsvaprls.com/therapeutic-recreation/	Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning.
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**Volunteer Services**

Organization	Telephone	Location	Website	Services
<b>Volunteer Hampton Roads</b>	757-624-2400	Online	volunteerhr.org	Helps individuals find volunteer opportunities in Hampton Roads.
<b>Volunteer Match</b>		Online	volunteermatch.org	Provides volunteer organizations that match up to your interests.

**Water Turn Off** (see "Utility Assistance")**WIC**

Organization	Telephone	Location	Website	Services
<b>Portsmouth Health Department</b>	757-393-5340	1701 High Street	vdh.virginia.gov/portsmouth/WIC-services/	Provides services for eligible pregnant and breastfeeding women and children from birth to 5 years old.
	757-686-4900	3260 Academy Ave.	vdh.virginia.gov/portsmouth/WIC-services/	Provides services for eligible pregnant and breastfeeding women and children from birth to 5 years old. Services available Tuesday and Wednesday only.

## Youth Activities

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Organization	Telephone	Location	Website	Services
<b>4-H Youth Development</b>				
Portsmouth	757-393-5125	105 Utah St.	4-h.org	Offers camps, clubs, after school programs, and more.
<b>Department of Parks and Recreation</b>				
Chesapeake	757-382-6411		cityof chesapeake.net	
Hampton	757-727-8311		hampton.gov	
Newport News	757-926-1400		nnva.gov	
Norfolk	757-823-4291		norfolk.gov	Offers recreational programs and activities.
Portsmouth	757-393-8481		portsmouthva.gov	
Suffolk	757-514-7250		suffolkva.us	
Virginia Beach	757-385-1100		vbgov.com	

Resource Guide Feedback/Contact/Suggestion Form

The Portsmouth Health Department would like to keep this guide as current as possible. Please use this form to let us know of any correction, change, addition or deletion that is necessary. Thank you for helping us to keep Portsmouth's Community Services Guide current.

Print Clearly or Type

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone#(voice,TTY,FAX): \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact person and title: \_\_\_\_\_

Describe service(s) provided: \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

Please mail, fax, or email this form to:

Portsmouth Health Department  
1701 High Street, Suite 102  
Portsmouth, Virginia 23704

757-393-8585 ext. 8713  
757-393-5423 (fax)

[portsmouth@vdh.virginia.gov](mailto:portsmouth@vdh.virginia.gov)

PORTSMOUTH VIRGINIA  
Quick Reference for Emergencies  
**If there is immediate danger call 911!**  
24 Hour Emergency Hotlines

<b>Child Abuse</b>	Department of Social Services <a href="http://www.dss.virginia.gov/family/cps/index.cgi">www.dss.virginia.gov/family/cps/index.cgi</a>	(800)552-7096
<b>Disaster Victims (fires, flood, tornadoes, etc)</b>	Red Cross Salvation Army	(757)446-7700 (757)393-2519
<b>Domestic Violence</b>	Help & Emergency Response, Inc. (H.E.R.) The UP Center Virginia Domestic Violence Hotline <a href="http://www.vsdvalliance.org">www.vsdvalliance.org</a> YWCA Women in Crisis Program	(757)251-0144 (757)397-2121 (800)838-8238 (757)625-4248
<b>Elder Abuse</b>	Adult Protective Services	(888)832-3858
<b>Emergencies, Depression, Addictions &amp; Mental Illness</b>	Portsmouth Department of Behavioral Healthcare Services Depression Hotline Tidewater Crisis Center <a href="http://www.211virginia.org">www.211virginia.org</a>	(757)393-8990 (800)273-8255 211
<b>Poison Control</b>	Virginia Poison Control <a href="http://www.poison.vcu.edu">www.poison.vcu.edu</a>	(800)222-1222
<b>Rape/Sexual Assault</b>	Response Sexual Assault : Support Services of the YWCA Virginia Family Violence/Sexual Assault <a href="http://www.vsdalliance.org">www.vsdalliance.org</a>	(757)625-4248 (800)838-8238
<b>Runaway Youth</b>	National Runaway Switchboard (800)RUNAWAY <a href="http://www.1800runaway.org">www.1800runaway.org</a>	(800)786-2929
<b>Suicide</b>	Crisis Line National Suicide Prevention Lifeline	(757)622-1126 (800)273-8255