

Arlington Well-Being: Equity in Health

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Arlington Free Clinic: **Mission**

Arlington Free Clinic advances health equity by providing comprehensive, whole-person healthcare to our neighbors who would otherwise lack access.



Arlington Free Clinic

Overview

- Started by Arlington County Medical Society physicians 30 years ago
- Comprehensive medical and dental home with physician appointments
- Provides full care to about 1,400 patients (service need of up to 10,000 uninsured adults)
- Almost all care is provided by volunteers and through services donated by VHC Health
- Support for our work comes 90% from private sources in our community



Current state of health and wellness

Abundance of resources in Arlington hides great need

- Approximately 5,000 – 10,000 people in Arlington are ineligible for health insurance or can't afford insurance on the exchange

Unmet healthcare needs of our neighbors impact everyone in Arlington

- Health and wellness is a community effort

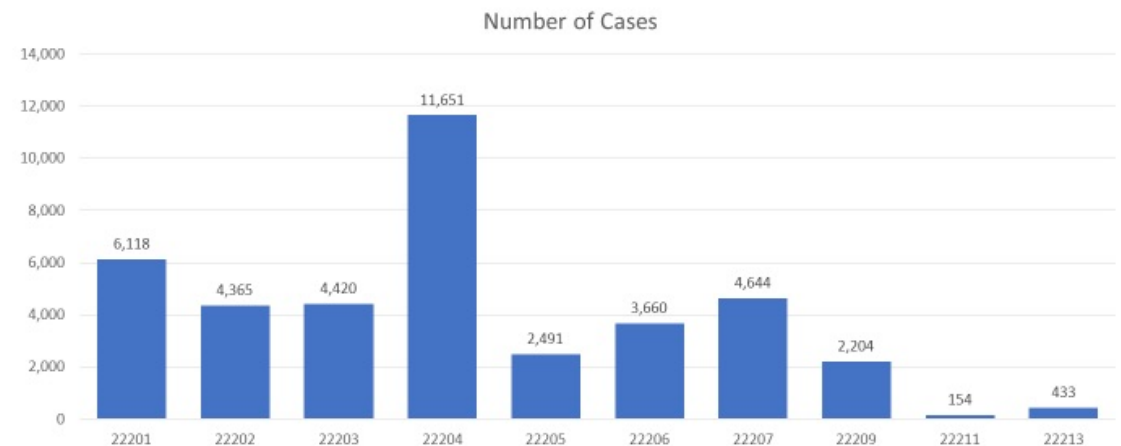
Healthcare and wellness are affected by non-healthcare factors

- Social Determinants of Health affect health and wellness
- Stressors in the lives of people in marginalized communities *actually cause* premature aging

Lessons from the pandemic

- Disproportionate rates of infection
- Driven by conditions at work and home
- Additional pervasive stressors exacerbated the problem
- But the impact was felt by all
- Arlington Free Clinic became an adjunct of the public health response because of our access to the 22204 community

VDH-COVID-19-PublicUseDataSet-ZIPCode



Source: Virginia Department of Health. Virginia Open Data Portal ([VDH-COVID-19-PublicUseDataSet-ZIPCode](#)). Cumulative (total) number of COVID-19 cases and testing encounters for each ZIP Code in Virginia, March 8, 2022.

What are the Solutions?

Promoting health and wellness among marginalized communities requires trust

- Safe spaces and trusted partners enable access
- Soliciting perspectives of those served improves care
- Providing quality, comprehensive care secures wellness

Promoting health and wellness among those who are ineligible for insurance requires resources

- Free clinics rely almost entirely on private contributions
- Savings realized to the community when clinic costs are weighed against cost of emergency room care



Questions?

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