The "Body" Arlington: Population Health, Well-Being, and Equity
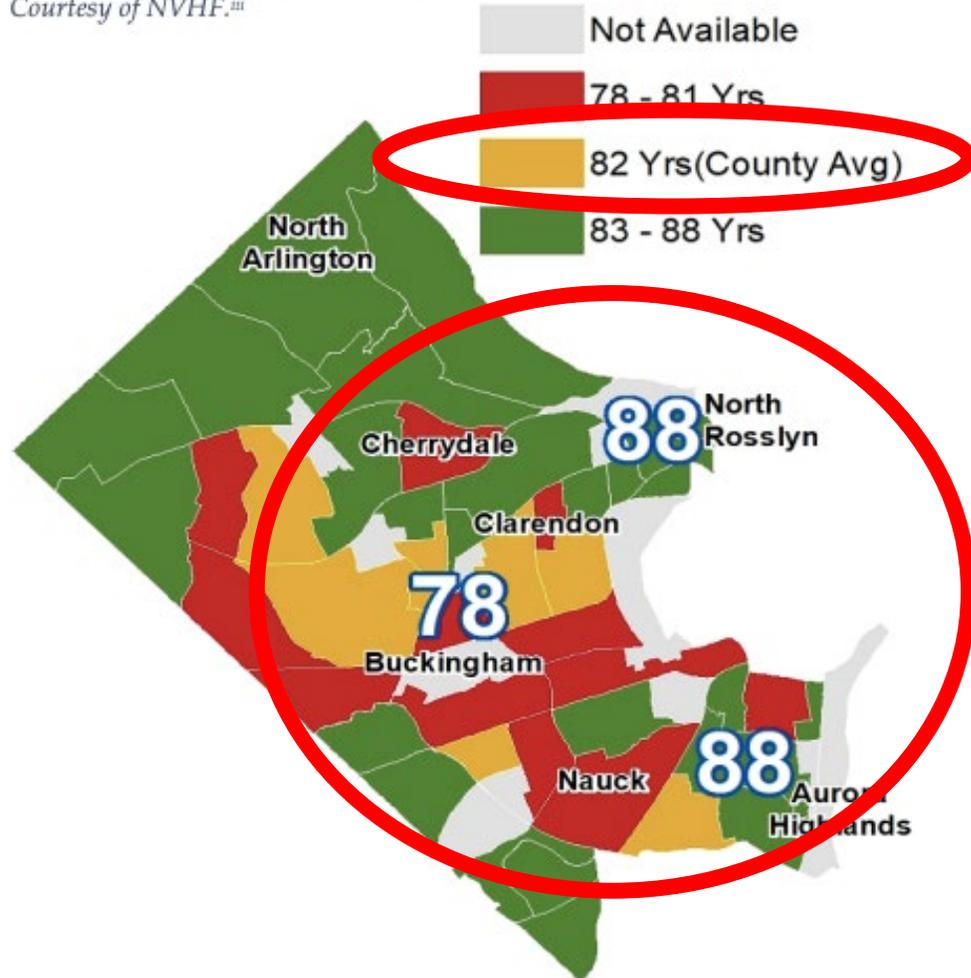
Reuben K. Varghese, MD, MPH
9 April 2024
Arlington Civic Federation

DESTINATION 2027

Arlington's Plan for Achieving Health Equity by 2027

A Report of the Destination 2027 Steering Committee

Figure 1. Life Expectancy at Birth, by Census Tract, 2007-2013. Courtesy of NVHF.[iii]

Legend:
- Not Available
- 78 - 81 Yrs
- 82 Yrs (County Avg)
- 83 - 88 Yrs

North Arlington

Cherrydale

88 North Rosslyn

Clarendon
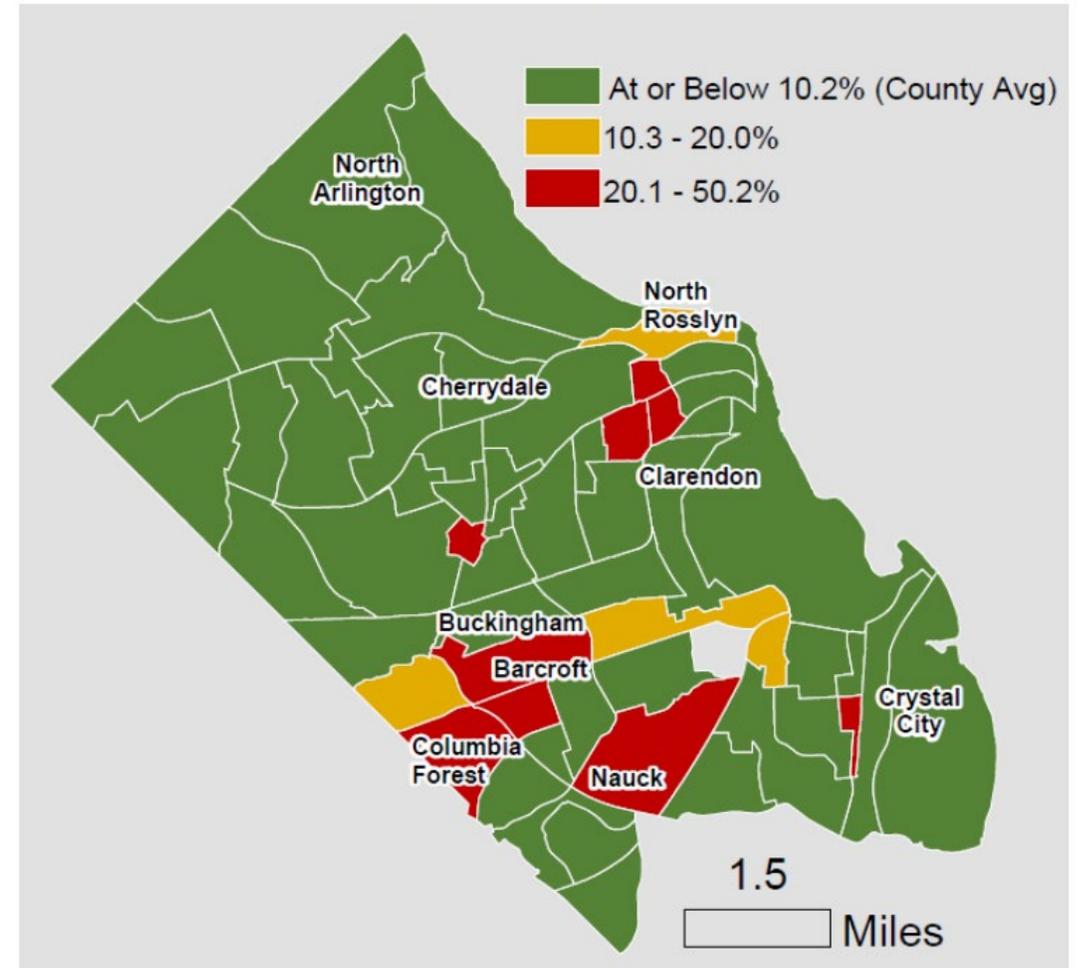
78 Buckingham

Nauck

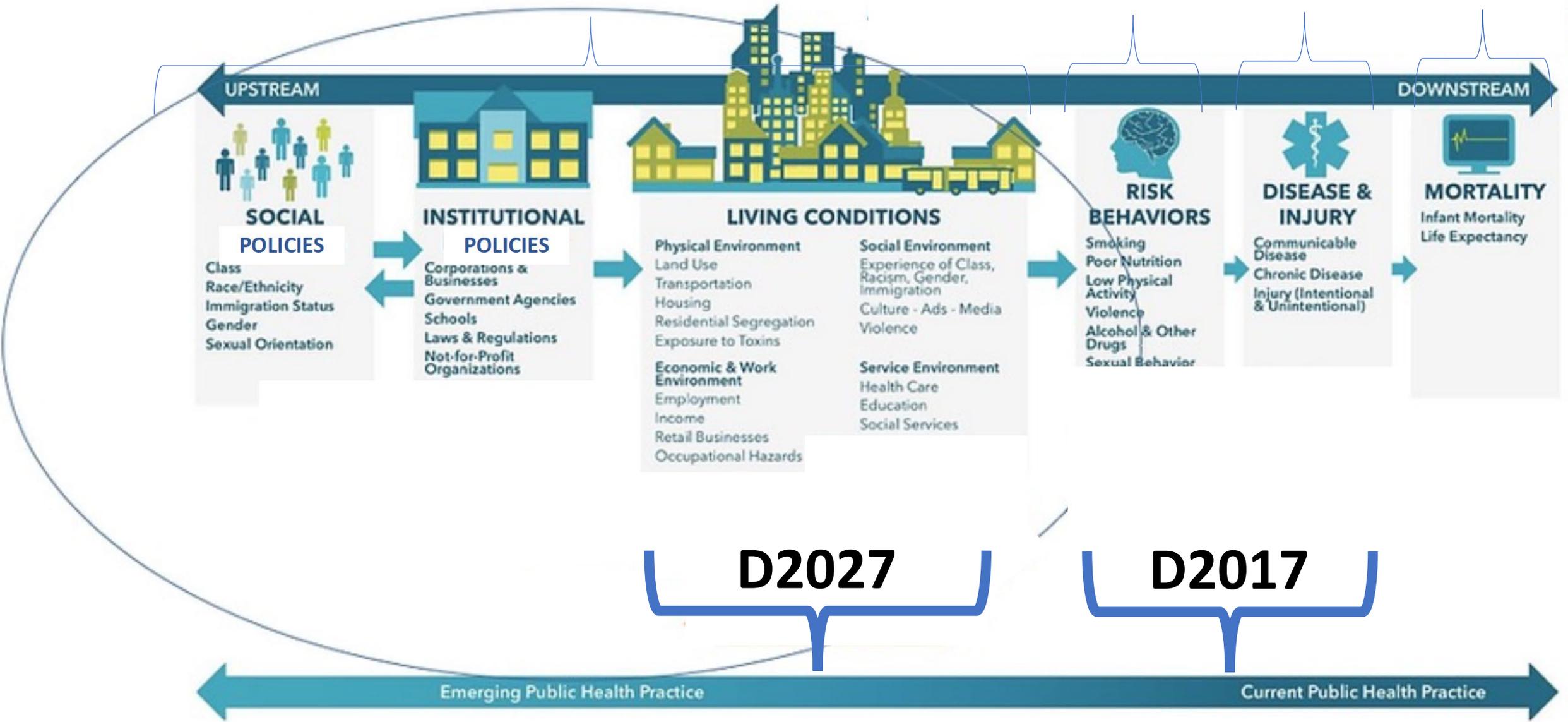88 Auror Highlands

Averages often hide disparities

Life Expectancy:

Who you are and where you live can make a decade of difference

Figure 3. Percent of Children Living Below Poverty Level, 2012-2016.[iv]

Legend:
- At or Below 10.2% (County Avg)
- 10.3 - 20.0%
- 20.1 - 50.2%

North Arlington

North Rosslyn

Cherrydale

Clarendon

Buckingham

Barcroft

Crystal City

Columbia Forest

Nauck

1.5 Miles

Community Conditions

Population Health: Well Being Model (adapted: BARHII Model)

Social policies
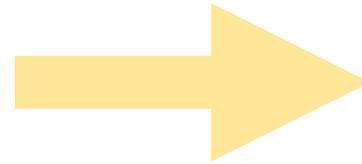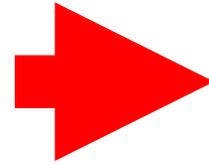
Institutional policies

Living conditions

Risk behaviors

Disease & Injury
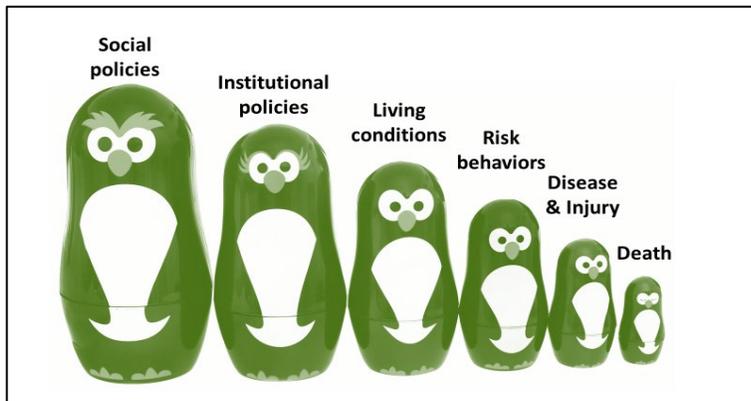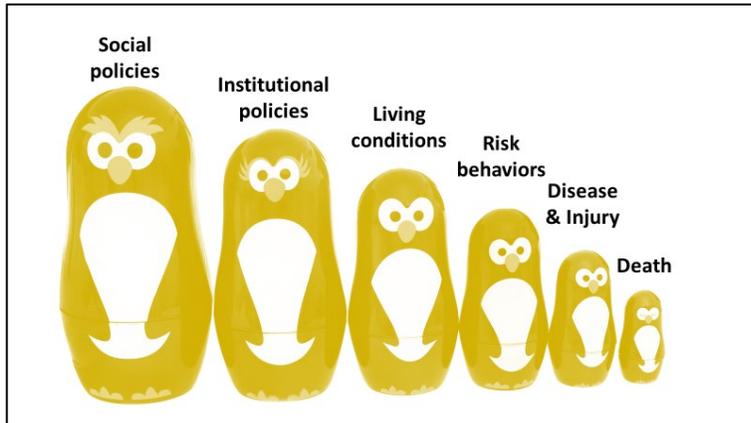
Death

Life expectancy
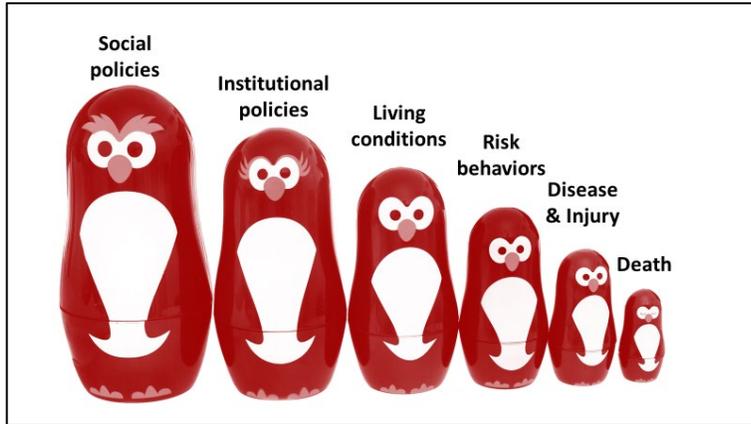
Smallest — Population Impact — Largest

Largest — Individual Effort Required — Smallest

Mortality

Disease & Injury

Risk Behaviors
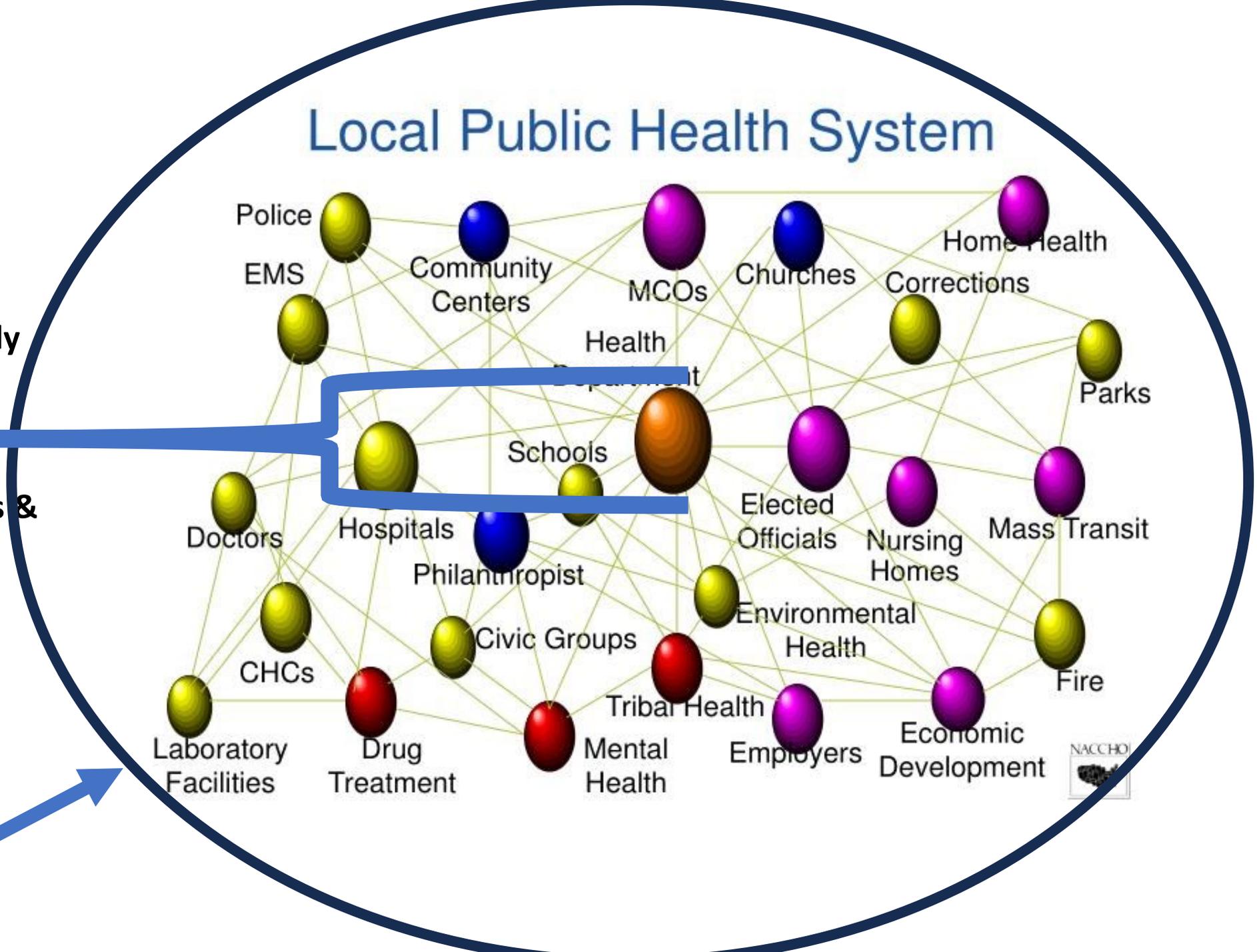
Living Conditions

Institutional Policies

Social Policies

Arlington Public Health
- **Communicable Disease (Outbreak Investigation)**
- **Environmental Health – Restaurant, Hotel, Pool Inspection**
- **Clinics – Maternity, Family Planning, WIC, Immunization**
- **School Health Clinics**
- **Emergency Preparedness & Response**
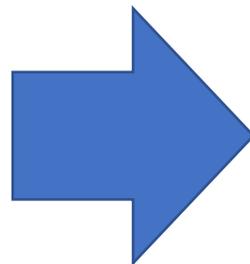- **Community Health Assessment (D2027)**

Arlington Residents

Local Public Health System

Police
EMS
Community Centers
MCOs
Churches
Home Health
Corrections
Health Department
Parks
Schools
Doctors
Hospitals
Philanthropist
Elected Officials
Nursing Homes
Mass Transit
CHCs
Civic Groups
Environmental Health
Fire
Laboratory Facilities
Drug Treatment
Mental Health
Tribal Health
Employers
Economic Development

NACCHO

D2027 Pre-COVID Assessment

D2027: Midpoint Assessment (COVID & Beyond

☑ Disparities exist
☑ This matters
☑ This is not okay

☑ Disparities are worse
☑ This matters
☑ Business as usual is not okay

Equity in All Policy → Health of All Types

If business as usual is not okay ...

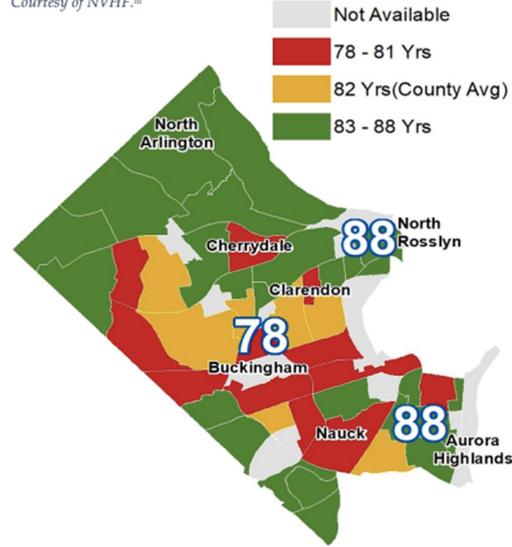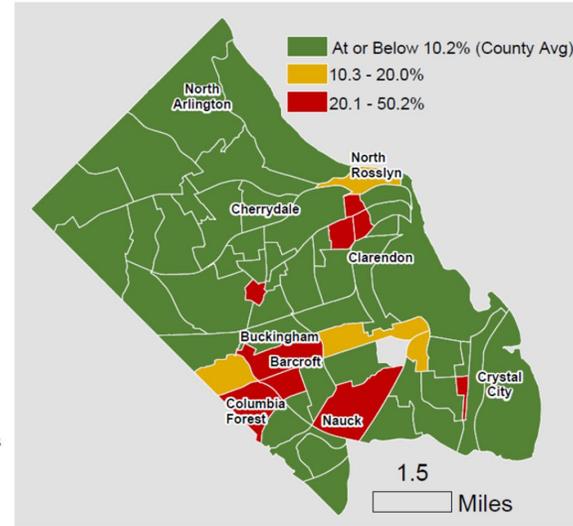Figure 1. Life Expectancy at Birth, by Census Tract, 2007-2013. Courtesy of NVHF.[iii]

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North Arlington
North Rosslyn
Cherrydale
Clarendon
Buckingham
Barcroft
Columbia Forest
Nauck
Crystal City

1.5 Miles

and Arlington, you want "green" equity for all parts of the county, i.e., "green" community conditions & life expectancy ...

GIS Mapping Center, Ar
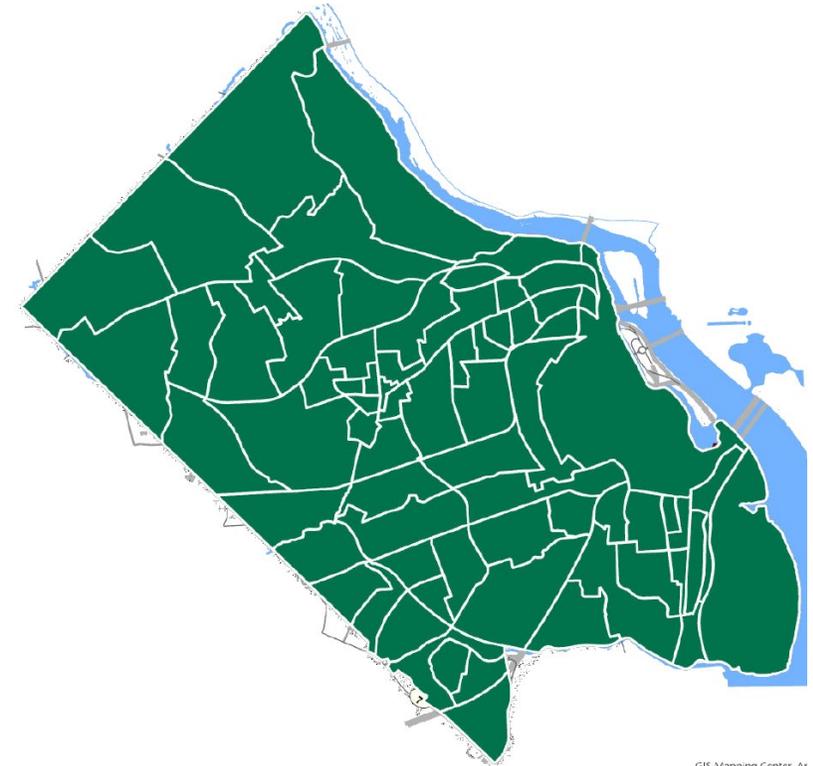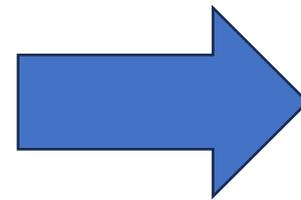
Where do you wish to intervene to disrupt business as usual? To improve the community conditions and health of the Body Arlington

Questions?