



2025 CHA: Fredericksburg City

Executive Summary:

Assessing and monitoring population health is a core public health function. To meet this need and comply with IRS and public health accreditation standards, Mary Washington Healthcare (MWHC) and the Rappahannock Area Health District (RAHD) conduct a Community Health Assessment (CHA) every three years across Planning District 16 (PD16) and MWHC's broader service area. This report summarizes key findings from the most recent CHA for the City of Fredericksburg, highlighting priority health needs and community strengths to guide future public health planning and interventions.

The CHA identifies priority health issues and available community resources to address them. Building on the 2022 CHA, this report draws from a range of data sources, including focus groups, surveys, state and national health data, and 2024 MWHC inpatient screening data on social determinants of health, to provide a comprehensive view of health needs in the City of Fredericksburg.

Identified Community Health Strengths for Fredericksburg:

Access to Quality Healthcare: Access to healthcare facilities and services was consistently identified as a strength by Fredericksburg residents during community conversations and focus groups. The strong presence of Mary Washington Healthcare within the city contributes to a higher concentration of primary care providers and specialists compared to the state average and surrounding counties. While secondary data shows that provider-to-population ratios are high across PD16, Fredericksburg stands out with a more favorable ratio of providers. The ratios for both primary care and mental health providers have improved in the city since the 2022 Community Health Assessment.

Indicator ¹	RAHD (PD16)						
	United States	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Primary Care Physicians (population per provider)	1,330	1,340	10,440	570	4,580	2,080	3,830
Dentists (population per provider)	1,360	1,330	3,990	490	2,140	2,220	2,820
Mental Health Providers (population per provider)	320	410	2,130	120	1,390	870	960

Built Environment: The community noted a strong network of parks, fitness facilities, sidewalks, walking trails, and community centers as a valuable resource within the city. These spaces support physical activity, socialization and community engagement. The secondary data also indicates a better built environment for health as compared to the surrounding localities. Access to exercise opportunities in Fredericksburg is 100% and a greater proportion of city residents do not drive alone or have long commutes. While the built environment does not automatically translate into behavior change, this landscape creates more opportunity to promote healthier lifestyles.

Indicator	RAHD (PD16)						
	United States	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Food Environment Index ²	9.1	9.0	9.3	8.2	9.6	9.1	9.5
Access to Exercise Opportunities (%) ³	80%	84%	59%	100%	69%	84%	83%
Average Daily Air Pollution (PM2.5) ⁴	7.4	7.3	7.9	7.9	7.7	8.0	8.1
Drive Alone to Work (%) ⁵	72%	71%	77%	65%	78%	73%	67%
Drives Alone & Long Commute (%) ⁶	36%	40%	64%	40%	51%	50%	54%

¹ County Health Rankings & Roadmaps - Compare Counties (various sources).

² USDA Food Environment Atlas; Map the Meal Gap from Feeding America (2019 & 2020).

³ ArcGIS Business Analyst and ArcGIS Online; YMCA; US Census TIGER/Line Shapefiles (2023, 2022, & 2020).

⁴ Environmental Public Health Tracking Network (2019).

⁵ American Community Survey, 5-year estimates (2018-2022).

⁶ American Community Survey, 5-year estimates (2018-2022).

Community Collaboration: Strong community collaboration emerged as a key strength of the City of Fredericksburg throughout the Community Health Assessment process. Stakeholders consistently highlighted the city's robust network of partnerships among healthcare providers, public health agencies, local government, nonprofit organizations, and community groups. These collaborative efforts have fostered a shared commitment to addressing health challenges, promoting wellness, and improving access to essential services. The city's culture of cooperation and open communication enables coordinated responses to community needs and enhances the overall effectiveness of public health initiatives. This spirit of collaboration positions Fredericksburg as a well-equipped community to implement meaningful and sustainable health improvements.

Identified Community Health Needs for Fredericksburg:

Chronic Disease & Obesity: Unhealthy eating habits and insufficient physical activity were identified as key health behaviors to address in the City of Fredericksburg. These lifestyle factors are strongly associated with an increased prevalence of chronic disease. Fredericksburg consistently reports higher-than-average rates of several chronic diseases compared to the state, with particularly concerning trends in obesity, diabetes, and high blood pressure. Over the past five years, these conditions have shown a steady increase in prevalence.

Health Outcomes	State of Virginia	RAHD (PD16)				
		Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Cancer	7.00%	6.70%	6.90%	7.30%	7.20%	7.00%
Chronic Kidney Disease	2.70%	2.90%	2.80%	2.70%	2.70%	2.60%
Chronic Obstructive Pulmonary Disease*	6.00%	7.40%	7.20%	6.30%	6.00%	4.90%
Coronary Heart Disease	5.40%	6.10%	6.10%	5.60%	5.40%	5.00%
Current Asthma	10.00%	11.00%	10.70%	10.20%	10.20%	9.90%
Depression	23.00%	24.90%	24.40%	23.30%	23.40%	21.90%
Diabetes	11.40%	12.40%	12.90%	10.90%	11.60%	11.00%
High Blood Pressure **	31.50%	33.20%	32.40%	32.20%	32.30%	31.80%
High Cholesterol	32.80%	31.90%	30.70%	31.60%	34.00%	33.20%

Obesity	35.30%	41.60%	38.20%	35.20%	38.30%	37.00%
Stroke ⁷	3.00%	3.60%	3.50%	3.00%	2.90%	2.60%
Alzheimer's Disease (65+) ⁸	11.7%	12.9%	12.0%	11.3%	11.1%	10.5%

* **Chronic Obstructive Pulmonary Diseases (COPD)** includes adults who reported COPD, emphysema, or chronic bronchitis.

** Women who were told **high blood pressure** only during pregnancy and those who were told they had borderline hypertension were not included.

Mental Health: Mental Health was the number one health concern identified by Fredericksburg residents in the community member survey. Fredericksburg performed worse than Virginia and the US averages when it comes to adults with poor mental health and adults with frequent mental distress, with a particular high proportion of adults experiencing frequent mental health distress as compared to the other PD16 localities. The City of Fredericksburg also has a higher prevalence of depression, which increased during the most recent available years (2018 to 2022).

Indicator ⁹	United States	Virginia	RAHD (PD16)				
			Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Adults with Poor Mental Health [Age-Adjusted] (%)	16.40%	17.20%	18.80%	18.80%	17.50%	17.60%	16.60%
Adults with Frequent Mental Distress [Crude] (%)	15.80%	16.50%	17.80%	20.30%	16.90%	16.90%	16.50%

⁷ CDC BRFSS, 2022. Accessed via the PLACES Data Portal.

⁸ Dhana et al., Alzheimer's & Dementia, 2023.

⁹ CDC Behavioral Risk Factor Surveillance System (BRFSS), 2022.

			RAHD (PD16)				
Indicator	Year	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Depression – Adults 18+ (%) ¹⁰	2019	18.4%	19.2%	20.0%	20.0%	19.5%	18.0%
	2020	18.5%	19.4%	20.2%	20.2%	17.9%	17.8%
	2021	20.1%	22.2%	23.1%	23.1%	21.4%	21.7%
	2022	22.5%	24.2%	25.5%	25.5%	22.9%	21.9%

Social Determinants of Health (SDOH): Social determinants of health are the non-medical factors that significantly impact health outcomes, including income, education, employment, housing, transportation, and access to nutritious food. These elements are critical to understanding overall health and well-being in the community. In the secondary data reviewed, the City of Fredericksburg exhibited several indicators of elevated social vulnerability, particularly when compared to other localities in PD16. The most pronounced disparity is the percentage of the population living in poverty, especially among children. Additionally, higher rates of households without access to a vehicle, food insecurity, and cost-burdened housing were also identified as key challenges.

		RAHD (PD16)				
Indicator	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Households with No Motor Vehicle (%)	6.07%	5.01%	9.24%	1.78%	3.09%	1.92%
Population Below 100% FPL (%)	9.98%	11.57%	18.03%	6.93%	7.35%	5.38%
Children in Poverty (% < Age 18)	12.81%	18.23%	31.61%	8.52%	10.22%	6.42%
Cost-burdened Households (%) [Housing is 30% or more of total household income]	30.51%	24.55%	33.19%	23.85%	25.96%	23.65%
Income Inequality [GINI Index]	0.4724	0.4114	0.4579	0.3861	0.4049	0.3752
Social Vulnerability Index	0.39	0.40	0.76	0.05	0.27	0.24
Food Insecurity	11.1%	9.8%	14.5%	8.6%	8.8%	7.3%

¹⁰CDC Behavioral Risk Factor Surveillance System (BRFSS), 2022.

MWHC Social Determinants of Health Screening Data:

In addition to the secondary data available for SDOH, MWHC screens its adult inpatients for five key social determinants of health including food insecurity, housing instability, interpersonal safety, utilities, and transportation. This initiative enhances MWHC's ability to understand and address the social factors impacting patient health, allowing for more tailored interventions. The collected data also offers valuable, real-time, insight into broader community needs, supporting more informed public health planning and resource allocation. The 2025 CHA reflected data for MWHC inpatients captured during the 2024 calendar year.

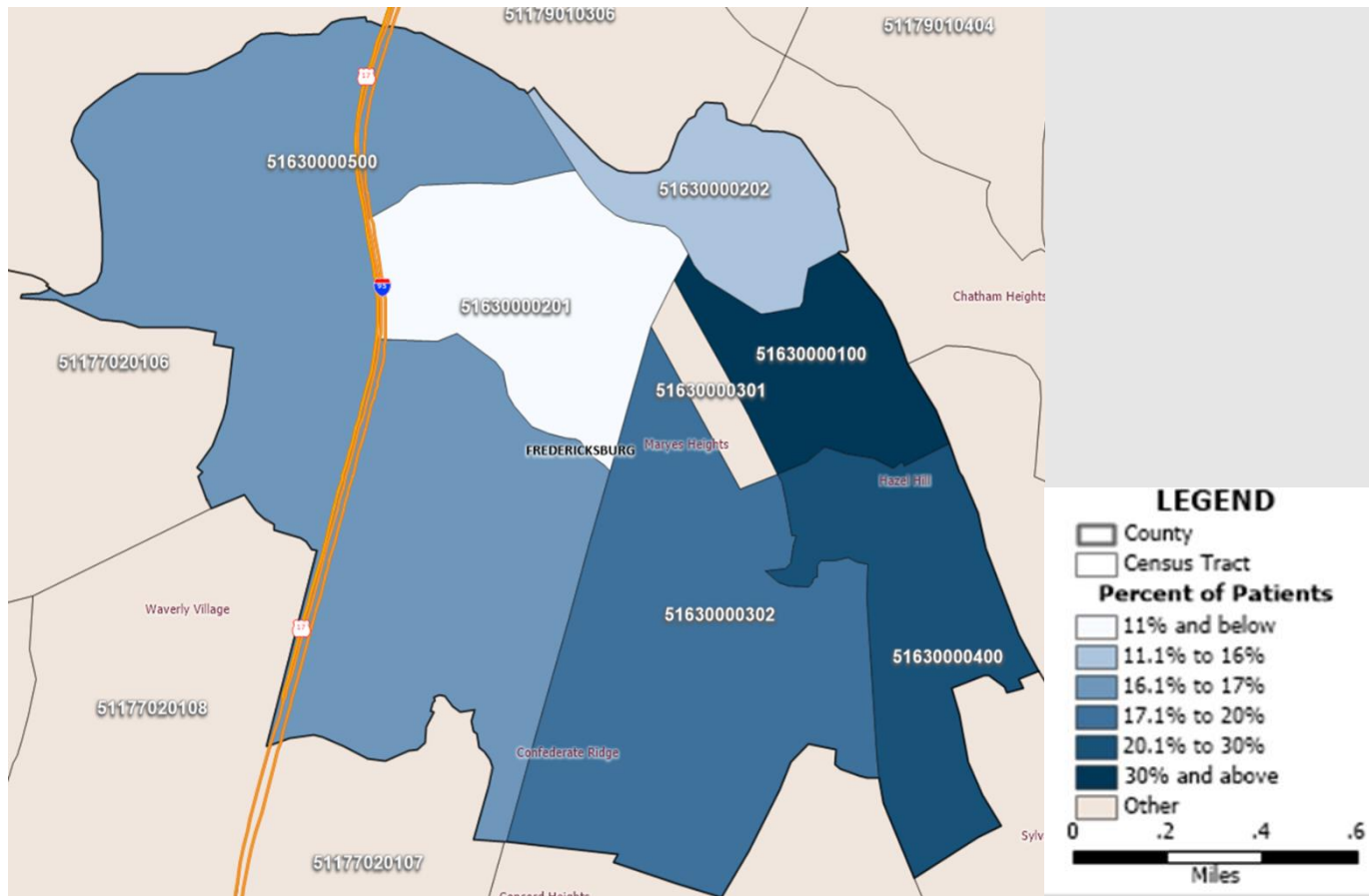
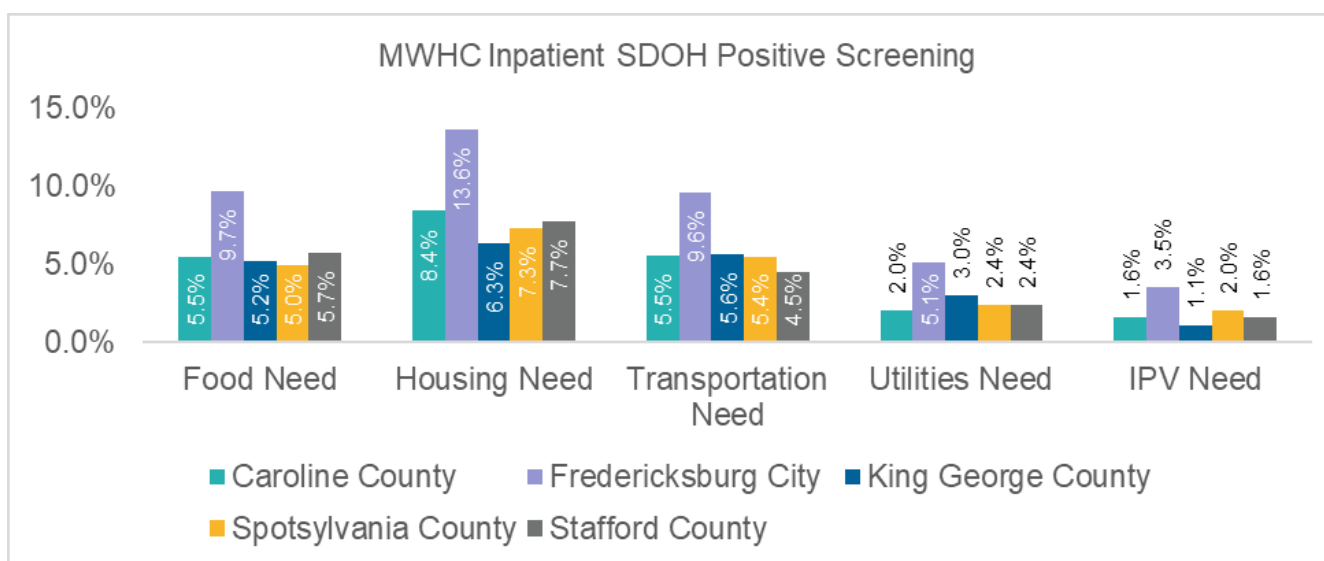


Figure1: Positive SDOH Screening Rates by Census Tract, Fredericksburg (proportion of MWHC adult inpatients (18+) that screened positive for one or more SDOH needs)

The map on page 6 provides a visual representation of SDOH needs across the City of Fredericksburg. The darker shades of blue indicate census tracts with higher rates of positive SDOH screenings, highlighting areas with potentially greater social and economic challenges. Based on the screening data, census tracts 100 and 400 (the areas with the darkest shade of blue) had the highest overall rate of positive SDOH screening for one or more SDOH needs.

The screening data reveals notable variation in SDOH needs within the City of Fredericksburg. Positive screenings for housing needs were most prevalent among Fredericksburg adult inpatients with a rate of 13.6%. Food needs were identified for 9.7% and transportation for 9.6%. Utilities needs were identified for 5.1% and interpersonal violence needs were identified for 3.5% of inpatients.



Conclusion and Next Steps: This document highlights strengths and health challenges facing the City of Fredericksburg. While the community benefits from strong healthcare access, a well-designed built environment, and a spirit of collaboration, significant issues persist, including chronic disease, mental health concerns, and social determinants of health such as poverty, housing instability, and food insecurity. These challenges emphasize the need for focused, collaborative solutions. This assessment serves as a foundation for strategic planning aimed at advancing health equity and enhancing the well-being of all Fredericksburg residents as we move into the Community Health Improvement Plan (CHIP) process. Though not all issues can be addressed through the CHIP, this report is intended to deepen understanding of health across the city and help organizations, local governments, businesses, and neighborhoods align resources to meet the community’s most pressing needs.