



## 2025 CHA: Spotsylvania County

### 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 Spotsylvania County, 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 Spotsylvania County.

### Identified Community Health Strengths for Spotsylvania County:

**Social Determinants of Health:** Social Determinants of Health (SDOH) are non-medical factors that influence a person's health, such as economic stability, education, housing, transportation, and access to healthy foods. Spotsylvania County's SDOH data is more favorable than the Virginia averages, with greater access to motor vehicles, lower poverty rates, fewer households paying more than 30% of their income on housing, and lower rates of food insecurity.

		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] <sup>1</sup>	0.4724	0.4114	0.4579	0.3861	<b>0.4049</b>	0.3752
Social Vulnerability Index <sup>2</sup>	0.39	0.40	0.76	0.05	<b>0.27</b>	0.24
Food Insecurity <sup>3</sup>	11.1%	9.8%	14.5%	8.6%	<b>8.8%</b>	7.3%

**Interconnectedness and Collaboration:** Residents of Spotsylvania County who participated in community conversations and focus groups noted their local food pantries and mobile food distribution sites, the Department of Social Services, the Health Department, churches and peer support groups as strengths within the community. Senior participants in these conversations also noted having access to telehealth and virtual appointments as assets that contribute to community health. Participants did note that the county varies greatly from rural to suburban areas, and most resources are located in the more populated sections of the county, which can sometimes pose a challenge for those in rural areas accessing those services.

**Improvements in Physical Activity:** Though one fifth of adults in Spotsylvania report having no physical activity, this number has dropped from 24% in the 2022 CHA. Additionally, 84% of adults in Spotsylvania have access to exercise and recreation facilities, compared to the 75% reported in the 2022 CHA. These increases in physical activity are a notable improvement to see in 3 years, and given the link between physical activity and many adverse health outcomes, it may contribute to improved community health in the future.

Indicator	Virginia	RAHD (PD16)				
		Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Adults 18+ No Physical Activity (Age-adjusted %) <sup>4</sup>	21.0%	23.9%	24.5%	19.7%	<b>20.5%</b>	19.7%
Access to exercise opportunities (%) <sup>5</sup>	84%	59%	100%	69%	<b>84%</b>	83%

Note: All values in this table are sourced from crude figures.

### Identified Community Health Needs for Spotsylvania County:

**Mental Health, Depression and Suicide Rates:** Mental health was the top identified mental health need among survey respondents, and mental health needs were also identified in secondary data sources. Spotsylvania residents were more likely to report poor mental health and frequent

<sup>1</sup> U.S. Census Bureau, American Community Survey, 2018-22.

<sup>2</sup> Centers for Disease Control and Prevention and the National Center for Health Statistics, CDC – GRASP, 2022.

<sup>3</sup> Feeding America: Map the Meal Gap, 2022.

<sup>4</sup> Centers for Disease Control and Prevention (CDC) - Behavioral Risk Factor Surveillance System (BRFSS), 2022.

<sup>5</sup> ArcGIS Business Analyst and ArcGIS Online; YMCA; US Census TIGER/Line Shapefiles (2023, 2022, & 2020).

mental distress than the state average. Depression rates increased from 2019 to 2022, though with a slight drop from 2019 to 2020. Suicide rates rose from 13 per 100,000 in the 2022 CHA to 15 per 100,000 in the 2025 CHA.

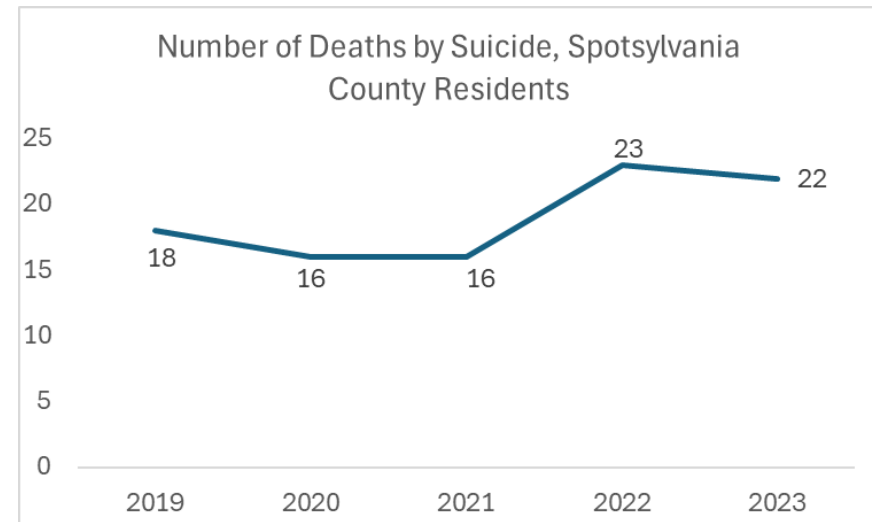
			RAHD (PD16)				
Indicator <sup>6</sup>	United States	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Adults with Poor Mental Health [Age-Adjusted] (%)	16.40%	17.20%	18.80%	18.80%	17.50%	17.60%	16.60%
Adults with Frequent Mental Distress [Crude] (%)	15.80%	16.50%	17.80%	20.30%	16.90%	16.90%	16.50%

			RAHD (PD16)				
Indicator <sup>7</sup>	Year	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Depression (%)	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%

<sup>6</sup> Centers for Disease Control and Prevention (CDC) - Behavioral Risk Factor Surveillance System (BRFSS), 2022.

<sup>7</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2022.

RAHD (PD16)	Indicator	2023 Suicide Death Rates (per 100,000)
	Year	2023
	Virginia	14.3
	Caroline County	21.9
	Fredericksburg City	17.4
	King George County	32.3
	Spotsylvania County	15.0
	Stafford County	11.0



**Access to Healthcare:** The percentage of Spotsylvania residents who have health insurance is on par that of the state overall, however the ratios of patients to primary care physicians, dentists and mental health care providers remain high. Focus groups identified that access to healthcare is especially challenging for those in more rural areas of the county, and factors such as transportation and technology can serve as barriers for some accessing care, including older adults.

			RAHD (PD16)				
Indicator <sup>8</sup>	United States	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Uninsured (%)	10%	8%	9%	10%	6%	8%	6%
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

<sup>8</sup> County Health Rankings & Roadmaps - Compare Counties (various sources).

Mental Health Providers (population per provider)	320	410	2,130	120	1,390	<b>870</b>	960
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**Chronic Disease Prevalence:** Spotsylvania residents experienced cancer, current asthma, diabetes, high blood pressure, high cholesterol and obesity at a higher rate than the state. Obesity rates among adults increased from 34.7% in 2018 to 38.6% in 2022, and current asthma rates among adults increased from 9.2% to 10.2% during that timeframe.

		RAHD (PD16)				
Health Outcomes	Virginia	Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Cancer	7.00%	6.70%	6.90%	7.30%	<b>7.20%</b>	7.00%
Chronic Kidney Disease	2.70%	2.90%	2.80%	2.70%	<b>2.70%</b>	2.60%
Chronic Obstructive Pulmonary Disease*	6.00%	7.40%	7.20%	6.30%	<b>6.00%</b>	4.90%
Coronary Heart Disease	5.40%	6.10%	6.10%	5.60%	<b>5.40%</b>	5.00%
Current Asthma	10.00%	11.00%	10.70%	10.20%	<b>10.20%</b>	9.90%
Diabetes	11.40%	12.40%	12.90%	10.90%	<b>11.60%</b>	11.00%
High Blood Pressure *	31.50%	33.20%	32.40%	32.20%	<b>32.30%</b>	31.80%
High Cholesterol	32.80%	31.90%	30.70%	31.60%	<b>34.00%</b>	33.20%
Obesity	35.30%	41.60%	38.20%	35.20%	<b>38.30%</b>	37.00%
Stroke <sup>9</sup>	3.00%	3.60%	3.50%	3.00%	<b>2.90%</b>	2.60%
Alzheimer's Disease (65+) <sup>10</sup>	11.7%	12.9%	12.0%	11.3%	<b>11.1%</b>	10.5%

### 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

<sup>9</sup> CDC BRFSS, 2022. Accessed via the PLACES Data Portal.

<sup>10</sup> Dhana et al., Alzheimer's & Dementia, 2023.

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.

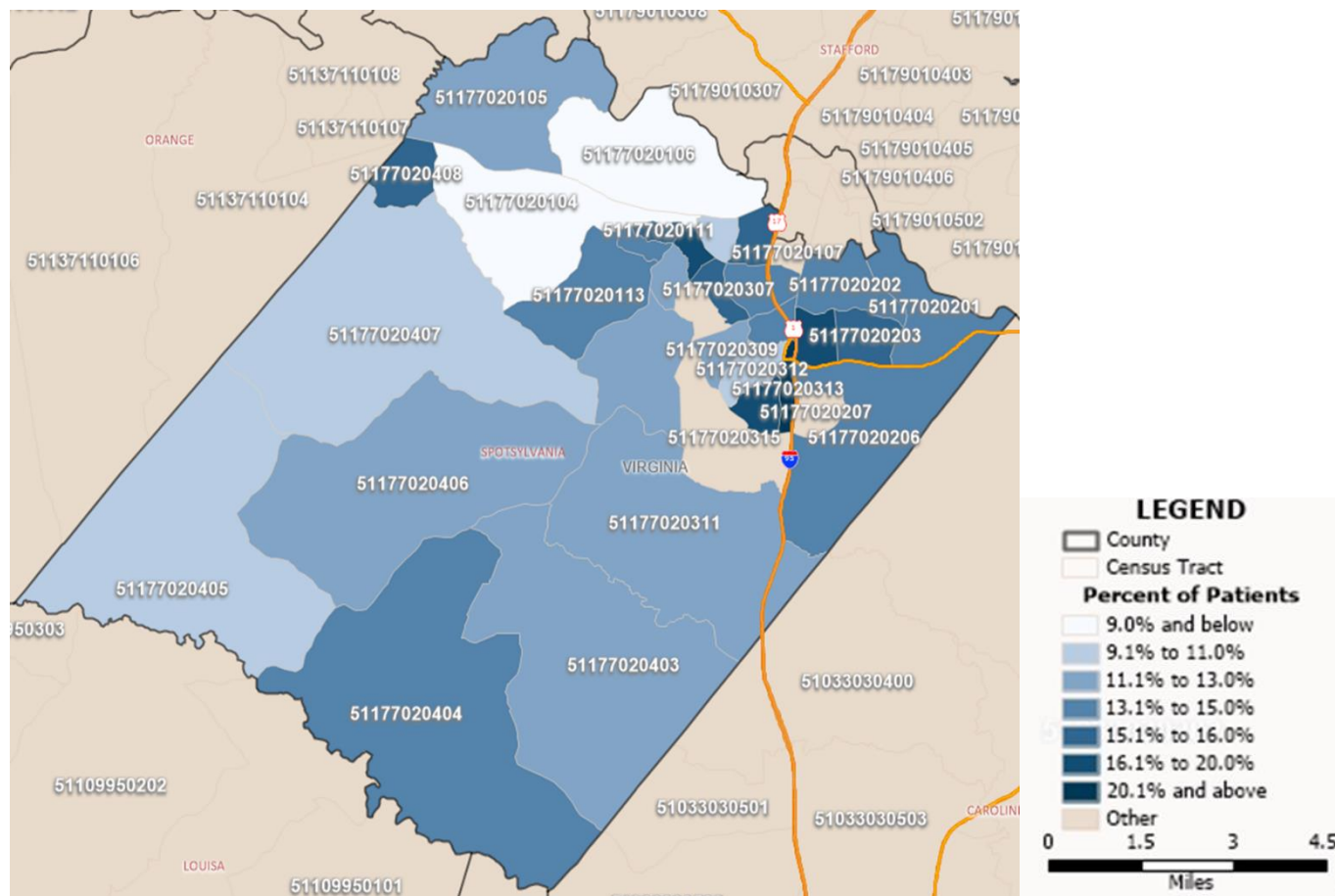
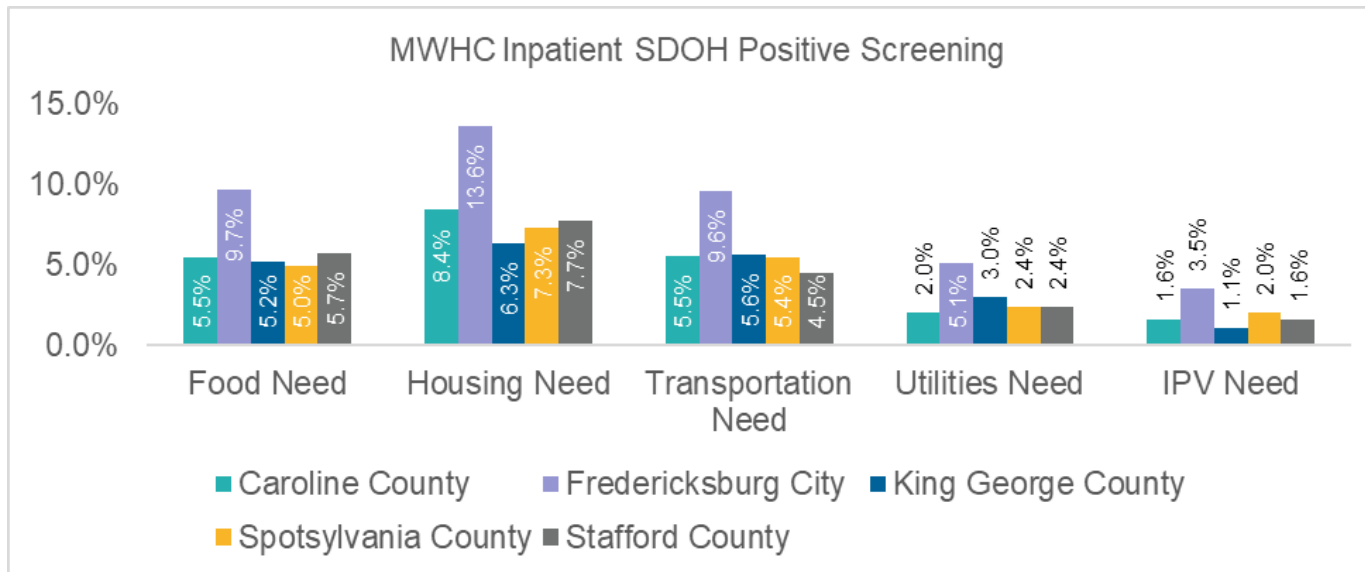


Figure1: Positive SDOH Screening Rates by Census Tract, Spotsylvania (proportion of MWHC adult inpatients (18+) that screened positive for one or more SDOH needs)

This map provides a visual representation of SDOH needs across Spotsylvania County. 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 111, 203 and 207 had the highest overall rate of positive SDOH screening for one or more SDOH needs.



The screening data reveals notable variation in SDOH needs across Spotsylvania County. Housing needs are the most frequently screened positive SDOH needs among adult inpatients from Spotsylvania at 7.3%. This is followed by transportation at 5.4% and food needs at 5.0%. Utilities and interpersonal violence positive screenings are at 2.4% and 2.0% respectively.

**Conclusion and Next Steps:** This document highlights both the strengths and health challenges facing Spotsylvania County. While the community benefits from encouraging rates for social determinant health needs overall, a strong sense of interconnectedness and collaboration, and improvements in physical activity, significant issues persist, including access to healthcare and medical resources, mental health concerns including high rates of depression and suicide, and less favorable than state rates of several chronic diseases. 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 Spotsylvania 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.