The health of adults and children varies dramatically across Arlington County. Life expectancy (how long a newborn baby can be expected to live) varies by as many as 10 years across the county, from 78 years in the Buckingham area to 88 years in parts of Rosslyn and Aurora Highlands. What determines our health also determines our ability to “get ahead.” Social and economic advancement—like health—depends on a good education, income, housing, transportation, safety, and other living conditions.

Although the quality of life on average is excellent in Arlington County, the opportunity landscape is uneven. We examined 2013 data from the American Community Survey for more details.

In three disadvantaged census tracts along Columbia Pike near Bailey’s Crossroads, a population of more than 13,000 persons had limited education, insufficient economic resources, and inadequate living conditions to meet basic needs or help their children attain a better life.

The population exposed to these conditions was largely Hispanic and African American.
In Arlington County, and throughout Northern Virginia, areas of wealth and disadvantage existed in close proximity. For example, affluent tracts in parts of Clarendon—where annual incomes were approximately $140,000 per year and the average home value could exceed $800,000—were blocks away from low-income tracts near Fort Myer and Arlington National Cemetery, where the poverty rate in one tract, 1017.01, was 28%, and 21% of the residents lacked health insurance.

Throughout Arlington County, neighborhoods separated by one thoroughfare often had very different demographics, housing, and socioeconomic resources. A striking example was near Ballston Common, where residents in two census tracts on either side of North Glebe Road—tracts 1019 and 1020.01—faced very different living conditions (Figure right). In census tract 1019, east of North Glebe Road, 85% of adults had a Bachelor’s degree or higher education and the median household income exceeded $160,000 per year.

Just west of North Glebe Road, in tract 1020.01, 30% of teens ages 15–17 years were not enrolled in school, only 38% of adults had a Bachelor’s degree and 48% of the population was uninsured. Low levels of education and income also existed along Columbia Pike and to its south. For example, near Army and Navy Country Club, the poverty rate in one census tract was 18%, and 41% of children in an adjacent census tract lived in poverty. Hispanics and African Americans accounted for a disproportionate share of the population exposed to these adverse conditions.

Improving the conditions that shape health and wellbeing in Arlington County requires not only better access to health care but also to other basic needs, like education and affordable housing. In today’s knowledge economy, advancement requires better access to education—from preschool through college—and economic development to bring jobs with livable wages to disadvantaged areas. And it requires an investment in the infrastructure of neglected neighborhoods, to make the living environment healthier and safer, to provide transportation, and to improve public safety.

**What is good for our health is also good for the economy and will make Arlington County a stronger community for all of its residents.**

To learn more about the conditions in Arlington County and other areas of Northern Virginia, visit novahealthfdn.org.