The health of adults and children varies dramatically across Fairfax County. Life expectancy (how long a newborn baby can be expected to live) varies by as much as 11 years across the county, from 78 years in parts of Centreville, Annandale, and the Route 1 corridor to 89 years in neighborhoods near Reston Town Center and Tyson’s Corner. 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 Fairfax County, the opportunity landscape is uneven. We examined 2013 data from the American Community Survey for more details.

In two census tracts near Seven Corners and Bailey’s Crossroads, a population of almost 9,000 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 Fairfax County, and throughout Northern Virginia, areas of wealth and disadvantage existed in close proximity. For example, affluent tracts in Great Falls—where annual incomes were approximately $220,000 per year and average home values sometimes exceeded $800,000—were as close as four miles from some low-income tracts in Reston and Herndon where the poverty rate in two tracts (4822.01 and 4823.02) exceeded 25%, and where 29% of residents in another tract (4809.03) lacked health insurance.

Throughout Fairfax County, in areas like Centreville and the Route 1 corridor, neighborhoods separated by one thoroughfare often had very different demographics, housing, and socioeconomic resources. A striking example was in Chantilly, where residents of two census tracts on either side of Poplar Tree Road—tracts 4915.02 and 4916.01—faced very different living conditions (Figure right). In census tract 4915.02, south of Poplar Tree Road, three out of four adults had a Bachelor's degree or higher education and the median household income exceeded $200,000 per year.

North of Poplar Tree Road, in tract 4916.01, the median income was $70,000 per year and 22% of the population was uninsured. Low levels of education and income also existed in large areas of eastern Fairfax County, such as Annandale and Lincolnia, where 16% of the residents in one tract required public assistance and 40% of those in another tract were uninsured. 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 Fairfax 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 Fairfax County a stronger community for all of its residents.

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