The health of adults and children varies dramatically across Loudoun County. Life expectancy (how long a newborn baby can be expected to live) varies by as much as 10 years across the county, from 79 years in parts of Leesburg and Sterling to 89 years in areas of Ashburn. 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 Loudoun County, the opportunity landscape is uneven. We examined 2013 data from the American Community Survey for more details.

In three disadvantaged census tracts of Leesburg and Sterling, a population of almost 15,000 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.
In Loudoun County, and throughout Northern Virginia, areas of wealth and disadvantage existed in close proximity. For example, just north of Route 7 were tracts along the Potomac River that are home to exclusive golf resorts and where median household incomes were as high as $175,000 per year. This area, along with other affluent tracts in Ashburn, were short distances from tracts in Leesburg, where the poverty rate in one tract was as high as 14% and where 11% of the population in an adjacent tract received public assistance.

Throughout Loudoun County, neighborhoods separated by short distances often had very different demographics, housing, and socioeconomic resources. For example, residents in two census tracts on either side of Washington-Dulles Airport, tracts 6119 and 6116.02, faced very different living conditions (Figure right).

Census tract 6116.02, in Sterling Park, was among a number of low-income census tracts in the Sterling area, south of Route 7 (Harry Byrd Highway), which had low levels of education and income and a child poverty rate in one tract as high as 25%. Hispanics accounted for a disproportionate share of the population exposed to these adverse conditions.

Improving the conditions that shape health and wellbeing in Loudoun 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 Loudoun County a stronger community for all of its residents.

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