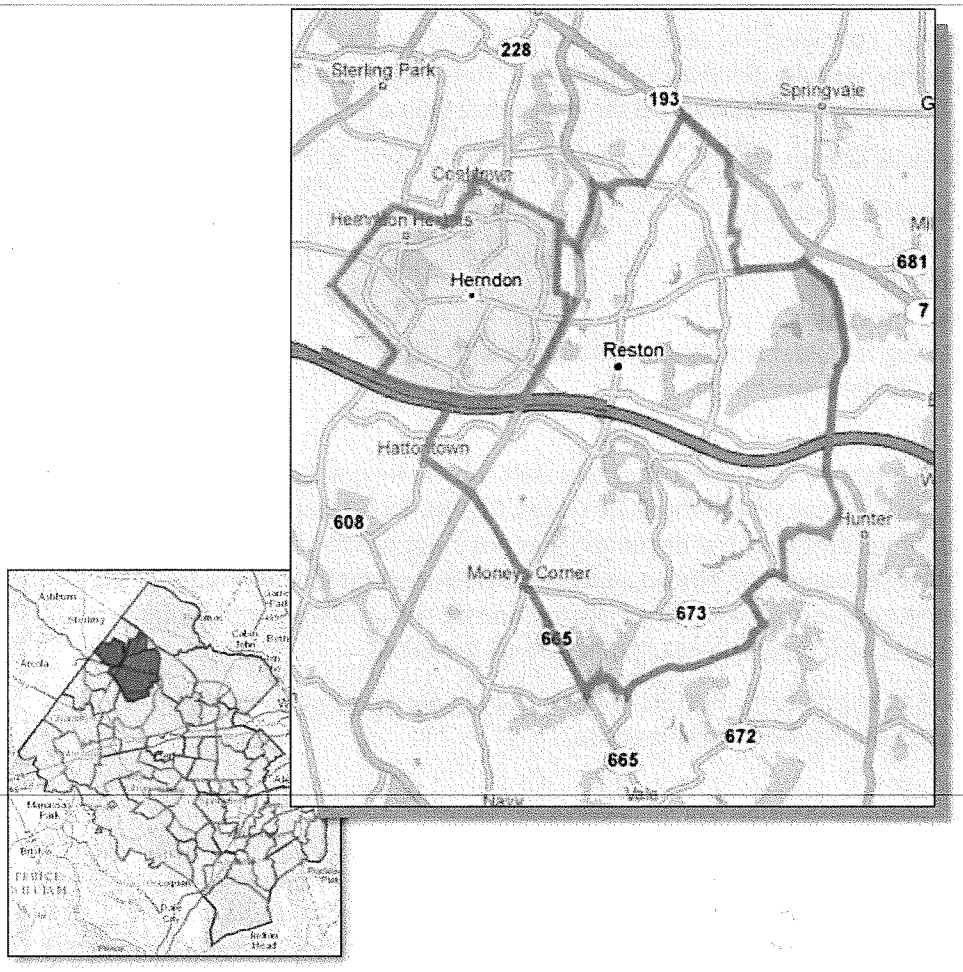
Human Services Environment in Reston



September 2015

Fairfax County Department of Neighborhood and Community Services

Introduction

This document provides data and information about Reston from a human services perspective. It is intended to inform the planning decisions of policy makers and stakeholders about factors and trends that may impact service demands. It highlights demographic changes over time and compelling issues to consider in a community planning process. Basic demographic information is included to give the audience an understanding of the population in Reston. Following this section, information is provided within the framework of Fairfax County's Human Services Focus Areas. These focus areas were used to help organize the salient points summarized in the pages that follow.

The six human services focus areas:

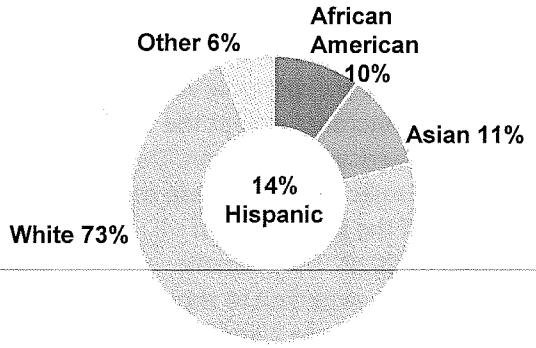
- Economic Self-Sufficiency
- Healthy People
- Sustainable Housing
- Connected Individuals
- Positive Living for Older Adults and Individuals with Disabilities
- Successful Children and Youth

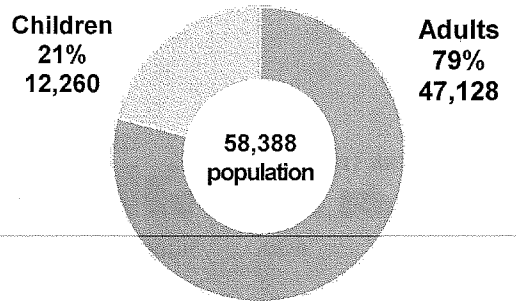
The enclosed information is largely comprised of census data for the Reston Census designated Place (CDP), with a focus on the three ZIP Codes, 20190, 20191 and 20194, that are neatly contained within its borders. The document was not designed to be a comprehensive study about all aspects of Reston, nor does include recommendations. It was designed to be used in conjunction with other information to inform discussions about the inclusion of services that best meet the needs of residents in Reston.

A more detailed report of data points for Reston, entitled Human Services Environment in Reston, can be accessed on the Fairfax County website.

Trends in Reston are similar to those of Fairfax County overall. It is an affluent, prosperous community; growing in both population and ethnic diversity. Yet, long-term prosperity will be impacted if resources are not available to address the needs of diverse ethnic and socioeconomic groups. As noted in the Equitable Growth profile of Fairfax County, by creating pathways to good jobs, connecting younger generations to older ones, integrating immigrants into the economy and ensuring education and career pathways for all youth, Fairfax County can put all residents on the path towards reaching their full potential and contributing in a thriving community.

Demographics





Demographics

- 92% of working age residents, or 4,600, are high school graduates (92%*)
- 66%, or 29,000, have a college degree (66%*)
- 30% of residents speak a language other than English
- 8%, or 4,600, have a disability (6%*)
    - 2% , or 212, of children (2%*); 28% of adult 65 years of age and older, or 1,900, (27%*)

Income and Employment

- Median household income is $108,000, but 19% of households earn less than $50,000 ($110,000, 19%*)
- 5%, or 2,000, of residents 25 years and older did not graduate high school (8%*)
    - 22% of those individuals live below the federal poverty level (15%*)
- 63%, or 16,000, of residents own their own home (69%*)
- 8% of residents live at the federal poverty level (6%*)
    - *13%, or 1,600, of children live in poverty (8%*)*
- 8% unemployment rate among young adults aged 20-24 years, which is double the general rate

Families

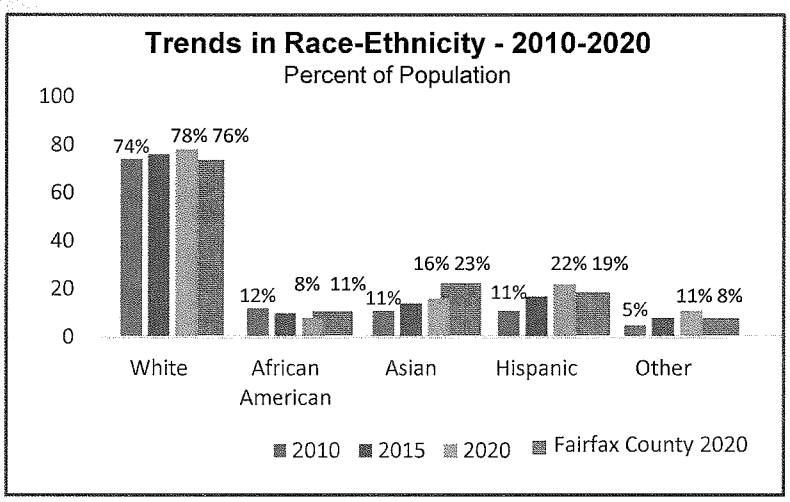
- 14,725 families in Reston
- 5% of households, or 1,400, are headed by a single female (6%*); family income $45,600
    - 18% of US households are headed by a single female

Basic Needs

- 4% of families, or 575, receive SNAP assistance (4%*)
    - 10% of Herndon households receive SNAP benefits
- 37% of SNAP recipients are households with children under 18 years of age
- 53% of SNAP recipients are 60 years and older
- 3,317 calls to Coordinated Services Planning requesting basic needs assistance in FY2015 from the three Reston ZIP Codes
    - 2,179 calls from ZIP Code 20170 (Herndon)
- 16% of South Lakes High School Youth Survey respondents went hungry at least once in the past 30 days

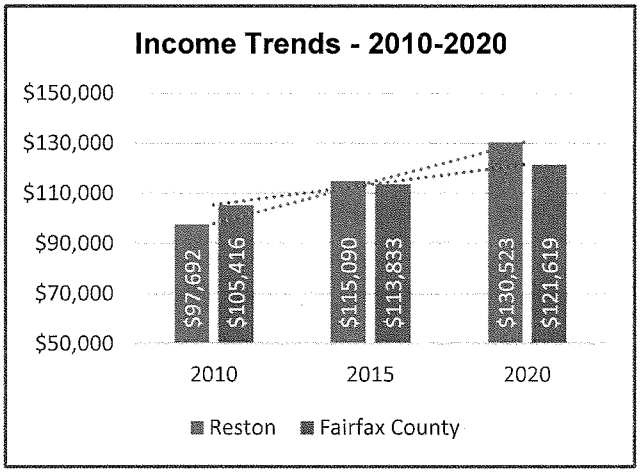
*Numbers in parentheses represent values for Fairfax County, for comparison.

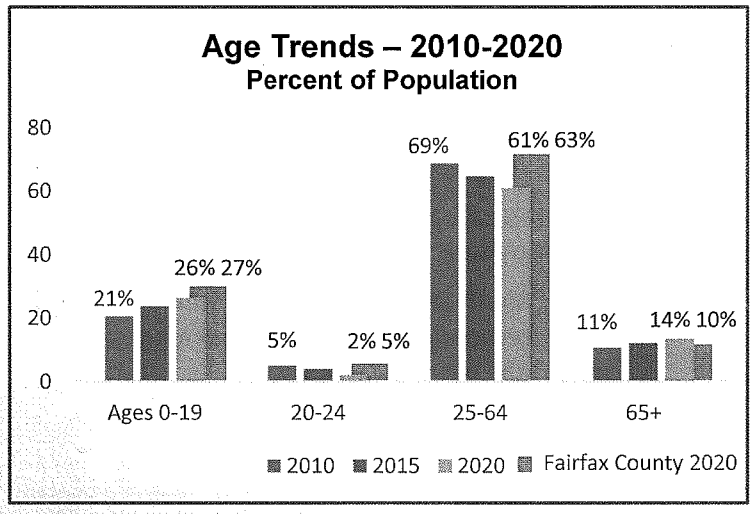
Trends in Demographic Indicators



Percent change in race and ethnicity in Reston is similar to that in Fairfax County, with one exception. All groups show varying degrees of increase except the African American population. This group is projected to decrease to 8 percent of the population in Reston by 2020. The Hispanic population is expected to show the greatest increase to 22 percent.

Income trends indicate that Reston estimated typical household income will outstrip Fairfax County income by 2020.

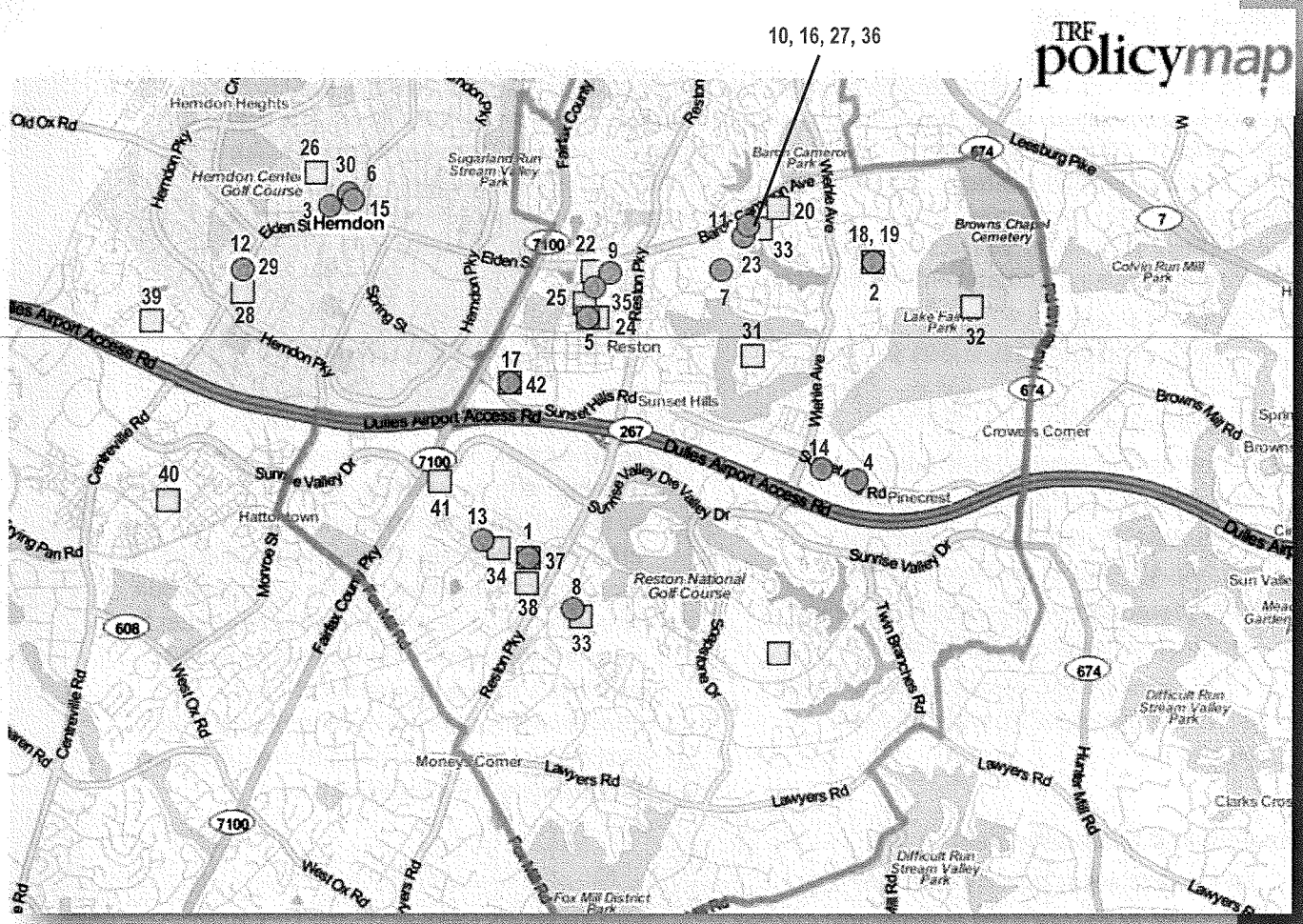




Age trends through 2020 show an increase in children and older adults as percent of the Reston population, while working age residents, ages 20-64, will decrease. By comparison, Fairfax County will show growth in all age groups through age 64, while the percent of older adults will decrease.

*Fairfax County values, for comparison.

Services Offered by Nonprofits and Government Agencies*



NONPROFIT ASSETS			
1	Capital Area Food Bank Farmers Market	10	Lake Anne Fellowship House
2	Cedar Ridge Community Resource Center	11	Laurel Learning Center (Cornerstones)
3	Christ Fellowship Church	12	LINK
4	Cornerstones (Employment Services)	13	Reston Community Church
5	Emery Rucker Community Shelter	14	Reston Drop-In Center
6	FAITH	15	The Closet of Greater Herndon
7	Herndon-Reston FISH	16	Volunteer Solutions
8	Hunter Woods Fellowship House	17	YMCA – Reston
9	INOVA Medical Facilities		

GOVERNMENT ASSETS			
18	Cedar Ridge Community Resource Center	31	Island Walk Housing
19	Cedar Ridge/Forest Edge Computer Center	32	Lake Fairfax Park
20	Crescent Apartments	33	Reston Community Center (2)
21	CSB – Mental & Behavioral Health	34	Reston Glen Apartment Homes
22	DFS Adult Protective Services	35	Reston Regional Library
23	DFS Self Sufficiency	36	Skillsource
24	Emery Rucker Community Shelter	37	Southgate Community Center
25	FCPD Reston Station	38	Stonegate Village
26	Harbor House Housing	39	Teen Center at Hutchison ES
27	Health Department Clinic	40	Teen Center @ McNair ES
28	Healthworks FQCH	41	West Glade Apartment Homes
29	Herndon Neighborhood Resource Center	42	YMCA – Reston (Teen Center)
30	Herndon Senior Center		

***An authoritative, but not necessarily comprehensive, list of resources.**

Data from Human Services Resource Guide, retrieved from www.fairfaxcounty.gov/hsrg, on August 4, 2015. Map created in PolicyMap.

Economic Self-Sufficiency

Economic self-sufficiency is the ability of individuals and families to maintain sufficient income to consistently meet their needs – including food, housing, utilities, health care, transportation, and dependent care – independent of financial assistance or subsidies from outside sources. Many human services programs are intended to assist families to become economically self-sufficient and less dependent on financial assistance from private or public organizations. Families need to have the skills necessary to obtain and maintain gainful employment and cover the cost of basic needs such as food, clothing and shelter. As compared to Fairfax County overall, the percentage of families at or below poverty in Reston is 5 percent (4%*). In addition, the percentage of families unemployment is at 6 percent in Reston (5%*). Low-wage employment or unemployment makes it increasingly difficult for families to make financial decisions that include saving for a reliable automobile, housing, and preventive healthcare.

The Numbers

Food Insecurity

- 4% of families receive SNAP benefits (4%*)
- 20% of Reston 6th graders report going hungry in the past 30 days because there was inadequate food in the home (8%*)
- 78% of students in Dogwood Elementary receive free reduced price meals
- 1,155, or one-third, of calls to Coordinated Services Planning (CSP) were for food assistance

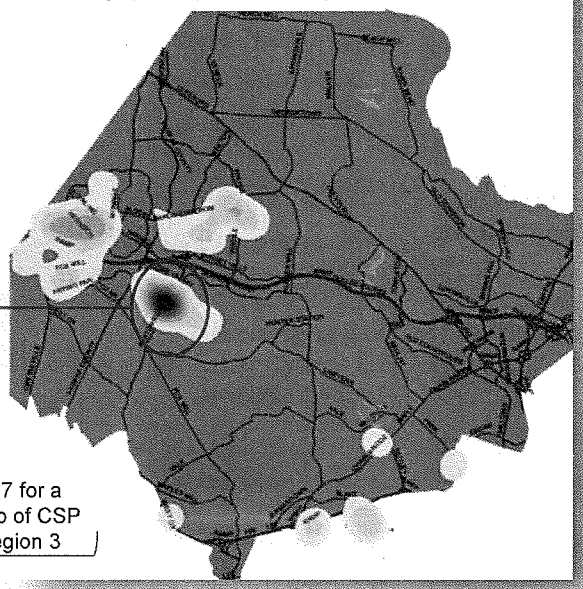
Poverty and Unemployment

- 5% families are at poverty level (4%*)
  - 13% of people living in poverty are under 18 years of age (8%*)
  - 7% are over 65 years of age (5%*)
- 6% unemployment rate (2013) (5%*)
  - Doubled from 3% since 2000
  - 11% in Census Tract† 4812-02

Community Commentary

Reston residents mentioned the difficulty in securing and maintaining employment and struggle with two corresponding issues: access to reliable transportation and quality, affordable childcare. Due to the inability to pay for a car and have reliable transportation to employment, some residents are unable to maintain long-term employment. Childcare was also a theme throughout these conversations as residents described the high cost of quality childcare and the requirements for qualifying for subsidized care.

Coordinated Services Planning (CSP) Heat Map



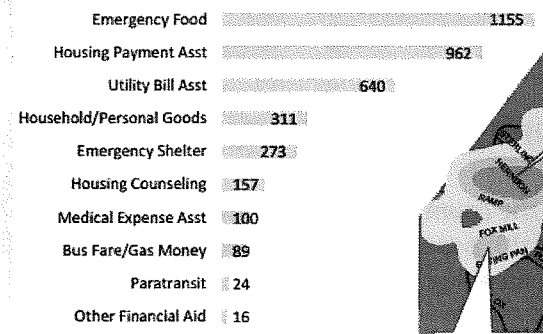
See page 7 for a detailed map of CSP calls in Region 3

†Census Tracts are small statistical subdivisions of a county or equivalent entity with a population size of 1,200 to 8,000 identified and used by the US Census Bureau.

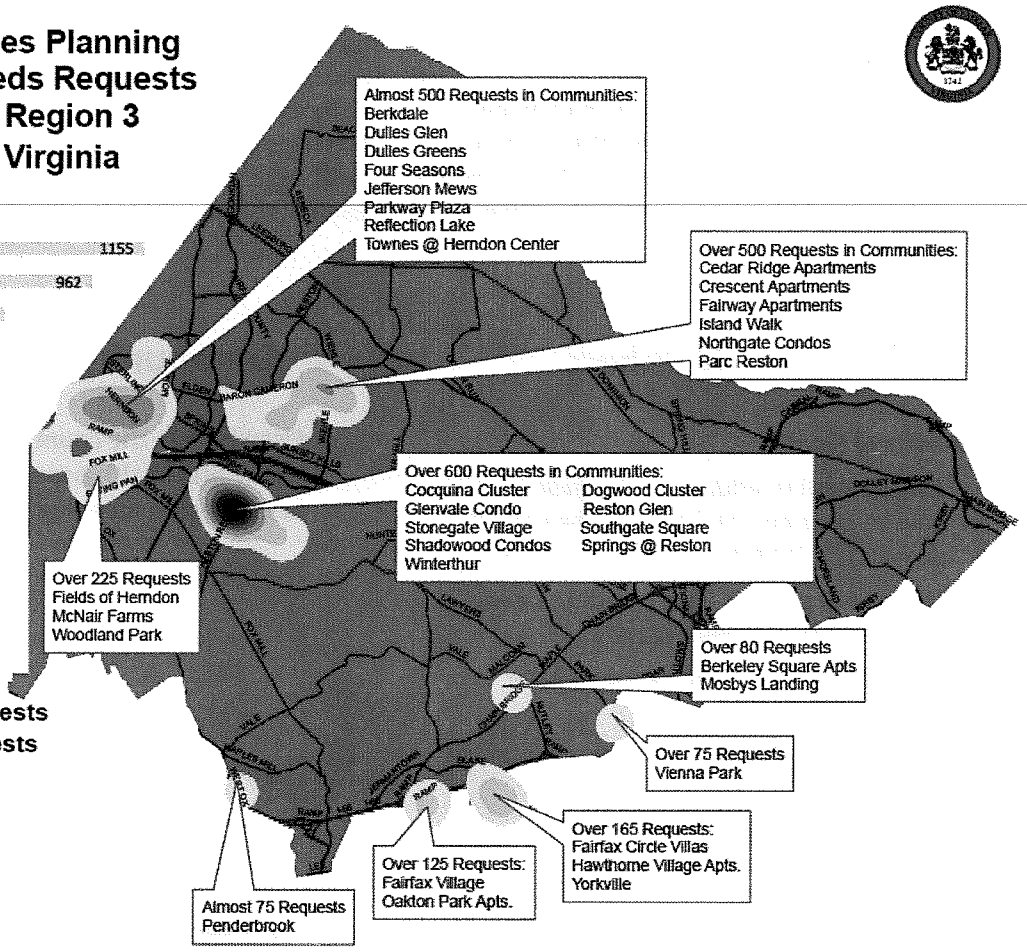
*Fairfax County values, for comparison.

CSP Basic Needs – Region 3

Coordinated Services Planning
Density of Basic Needs Requests
Human Services Region 3
Fairfax County, Virginia



3,727 Total Basic Needs Requests in CY 2014



Calendar Year 2014 CSP Requests
Density of Basic Needs Requests
for Region 3

- Very Low
- Low
- Low to Medium
- Medium
- Medium to High
- High
- Very High

Source: Fairfax County Department of Neighborhood and Community Services
Note: Total Calls includes "homeless" and other addresses which are not mappable.

Healthy People

Healthy people practice healthy behaviors; take action to prevent and manage disease; have access to physical, oral and behavioral healthcare; and are resilient and free from abuse. Maintaining positive physical and mental health is critical for individuals to achieve a high quality of life, to participate in various work and leisure activities and to achieve longevity. More than 75 percent of all U.S. health care costs are attributable to preventable conditions related to risk factors that can be modified (i.e., nutrition, weight and physical activity). In addition, behavioral health often requires considerable medical attention to resolve challenges. Available data indicates that Reston residents are comparatively healthy. However, certain behavioral health trends, particularly among Reston youth, are cause for concern, such as depression, suicide ideation and binge drinking. While changes in recent legislation are predicted to have a significant impact on the percentage of residents with health insurance, all healthcare costs are not covered by insurance thereby causing some residents to be unable to afford appropriate care.

The Numbers

Behavioral Health

- 15% percent of adults report seven or more days of poor mental health in the past 30 days (2013) (15%*)
- 15% of 6th graders have had depressive symptoms in past year (22%*)
- 18% of South Lakes 12th graders have considered suicide in 2013
- 20% of 12th graders have engaged in binge drinking (19%*)
- 24% of 12th graders have used marijuana (38%*)
- 38% of 12th graders have had sex (37%*); 74% used condoms (68%*)

Physical Health

- 40% of adults reported to be overweight (39%*) (measured according to CDC protocols)
- 39% of 12th graders report engaging in exercise 5 times per week

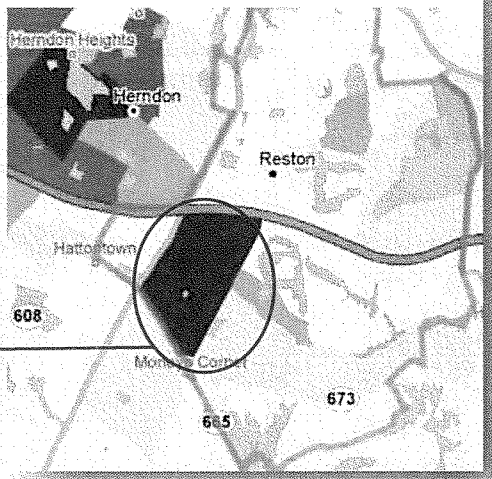
Health Insurance

- 8% of population is not covered by health insurance (2013) (12%*)
  - 27% in Census Tract 4812-02

Community Commentary

Elsewhere in the county, residents noted that behavioral health issues were a concern, but in the Reston meetings Sustainable

Population without health insurance



*Fairfax County values, for comparison.

Sustainable Housing

Sustainable housing is safe, stable and accessible living accommodations that all individuals and families can afford along with other basic necessities. The high cost of living in Fairfax County makes it difficult for very low income households to remain in stable housing conditions. Working families find it difficult to afford market rents or to purchase a home, and many use a disproportionate amount of their income for housing (the national recommendation is no more than 30% of income). A greater percentage of renters and homeowners are burdened by housing costs in Reston than throughout Fairfax County, and the situation is particularly dire for older adults who rent, perhaps because of fixed income status. Current forecasts indicate that the development of housing units in Reston will not keep pace with the expected increase in the overall population. Housing growth in Reston is projected to increase by roughly 800 units by 2024.

The Numbers

Housing Burden

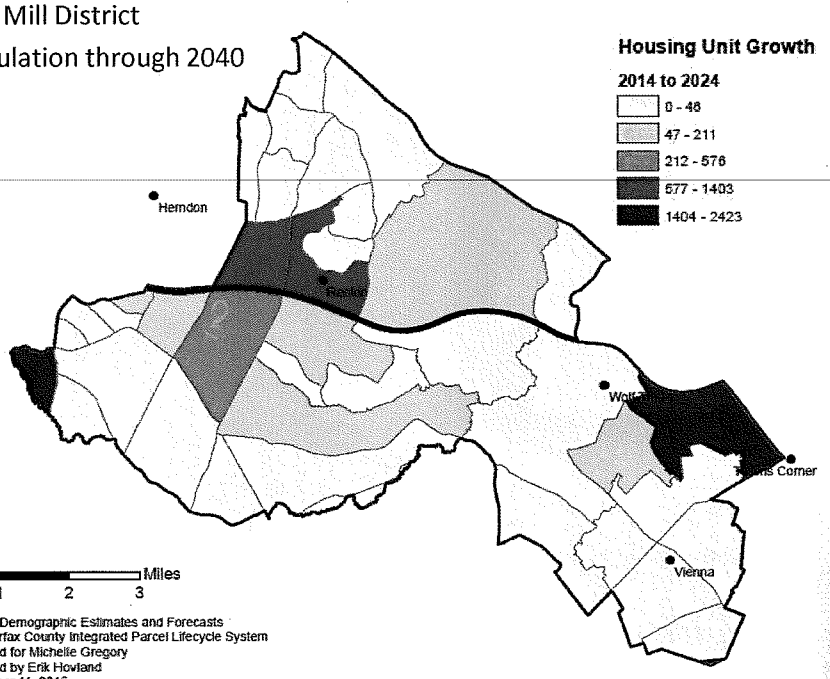
- 35% of renters are burdened by rent and utility expenses (44%*)
  - 66% of renters 65 years of age and older are burdened (60%*)
- 25% of homeowners are burdened by mortgage expenses and utilities (26%*)
  - 24% of homeowners 65 years of age and older are burdened (25%*)
- 43% of CSP calls from Region 3 are for housing and utility financial assistance

Housing Availability

- 19% expected growth in housing units through 2040 in Hunter Mill District
  - 31% growth in population through 2040

Community Commentary

The lack of affordable housing was a prevalent issue described by Reston residents. Residents mentioned that multiple families are sharing units due to high cost; families are moving out of the area due to the lack of affordable housing; and that the immigrant population has difficulty finding affordable housing due to documentation requirements.



*Fairfax County values, for comparison.

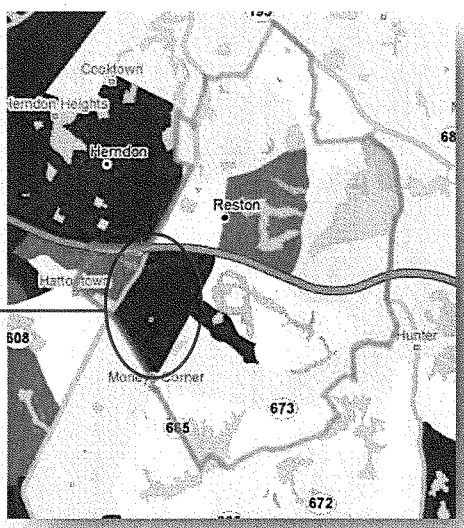
Connected Individuals

People of all ages and abilities who contribute to and are engaged in their communities as well as have access to local services. A strong social connection with others and to communities promotes residential stability among residents. From fostering volunteering to participation in activities of one's choice, likely results are improved health and overall well-being for communities. Reston is well regarded for its citizen engagement, but consistent with overall Fairfax County trends is challenged by its ability to connect with households with limited English proficiency. Transportation becomes a compounding issue for families that require reliable transportation to work and/or to access services and community resources.

The Numbers

Language

- 9% of residents are not proficient English speakers (15%*)
  - In Census Tract 4812-02, the percent almost triples to 25%
- 8% of Reston population lives with a disability (6.5%*)
- 28% of people 65 years of age and older are disabled (27%*)



Transportation

- 7% of residents commute via public transportation
  - In Census Tract 4812-02, the percent jumps to 17%

Community Commentary

Among the conversations had at Human Services Needs Assessment meetings throughout the Reston area, language barriers and transportation were common themes mentioned by participants. For example, one resident mentioned that fellow participants at the Herndon Neighborhood Resource Center feel that their language barriers prevent them from advocating for the services they need. Another stated that transportation is a major issue and isolates those with mental health issues.

*Fairfax County values, for comparison.

At-Risk Populations

People of all ages and income levels are supported by the human services system, yet there are particular populations for which the system offers additional services to include: children and youth, older adults, and individuals with disabilities. When these populations are impacted by poverty, social isolation, health or housing issues, more complex challenges can often arise without some level of public or private assistance.

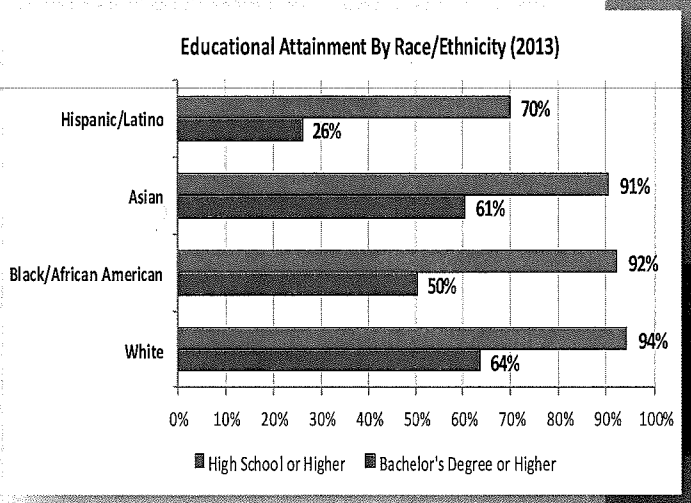
The four Human Services Focus Areas leading up to this section all have an impact on the populations identified above. Issues related to these populations and specific to Reston are woven into all sections of the document. The following section is intended to highlight unique issues for these populations. To support the section, county-wide data is incorporated that is consistent with trends within Reston.

Successful Children and Youth

Community stressors including such factors as unemployment, housing instability, and lack of personal transportation often influence children, youth, and their families. Services and programs provided by Fairfax County are intended to ensure children are cared for by nurturing adults who support their healthy growth and development; live in safe environments free from abuse, neglect, and trauma; have basic necessities; choose healthy over risky behaviors; and have supports to develop employment and independent living skills.

Despite the overall prosperity and high educational levels of county residents, significant challenges impact children and youth in the community. Communities exist where cultural and socio-economic divisions translate into disparities. For example, when reviewing student achievement across the county, often these communities stand out as having higher percentages of students lagging behind on critical indicators of success. Per the Virginia Department of Education, the overall on-time high school graduation rate in Fairfax County has trended upward reaching almost 93% in 2014; however, disparities exist in graduation rates. In 2014, the graduation rate was 81% for Hispanic, 91% for Black, 96% for Asian, and 97% for White students.

Additionally, over the past few years, the area has witnessed a higher growth rate in poverty compared to the central city of Washington, D.C., due to the suburbanization of poverty. Children in the county are increasingly represented in food assistance programs with 28% or 50,629 of all Fairfax County Public School students eligible for free or reduced-priced meals during the 2013-2014 school year. Over one-third of kindergarten students have been eligible in the past two years.



In addition to these findings, vulnerabilities are escalated when the resident speaks a language other than English, is homeless or a victim of domestic violence.

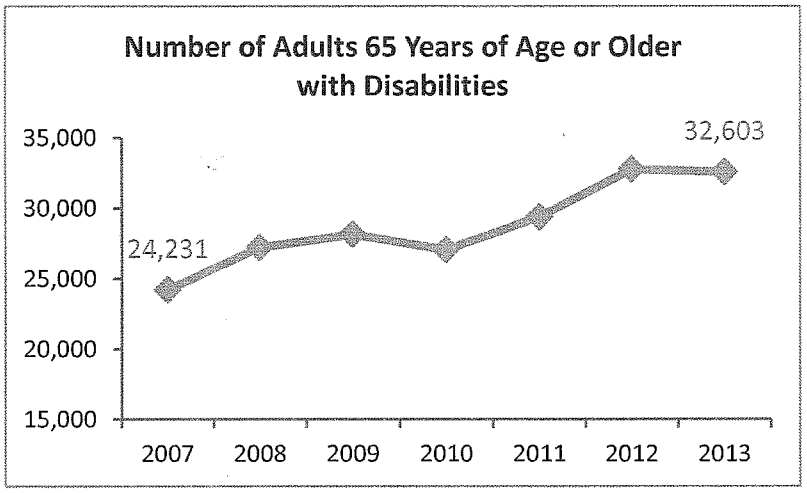
*Fairfax County values, for comparison.

Positive Living for Older Adults and Individuals with Disabilities

The human services system seeks to facilitate and support individuals living and thriving in their community of choice through access to community services and amenities; opportunities for social engagement; and health services that promote independence. In particular, human services works with a wide range of residents in the county, from active older adults who want to be civically and socially engaged to frail older adults with significant cognitive and or physical impairments. In Reston, 12% of the population, or 6,900 residents, are 65 or older (10% or 118,943*). The number of older adults is expected to increase to 14% of population by 2020 (10%*).

Additionally, the system serves individuals of all ages who are challenged with physical, intellectual, developmental and/or mental health disabilities. Older adults and individuals with disabilities have a higher probability of being vulnerable to a variety of challenges that can impact the quality of their lives. As of 2013, 8% of the population, or 4,573 Reston residents (of any age), had a disability (6%*) and 28% of seniors live with a disability. Support for unpaid family caregivers is critical, as they are an integral part of the county's support system for older adults and individuals with disabilities.

Within Fairfax County, the number of older adults with a disability increased by 35% from 2007 to 2013. If this trend continues, the number of individuals who have age-related disabilities, including cognitive impairments, is likely to increase as the total population increases. To facilitate community goals around aging in place, there will be a greater need to ensure resources are accessible and affordable to include transportation, housing and opportunities for social engagement.



*Fairfax County values, for comparison.

To request this information in an alternate format, call 703-324-4600 or TTY: 711 (Virginia Relay).