Health in All Policies in Fairfax

Health is not merely the absence of disease or sickness – it is a state of complete physical, mental, social, and economic wellbeing.

COMMUNITY: Health is shaped by housing, transportation, nutrition, education, economic opportunity, and physical and social environment (social determinants of health).

POLICY: Government policies impact the social determinants of health, playing a key role in health outcomes.

EQUITY: Promoting racial, social, and economic equity—One Fairfax—is fundamental to good health.

COLLABORATION: Working together to improve the health of all people by incorporating health considerations into decision-making across sectors.

WHY WE NEED IT

Education & Income

In Fairfax:
45% of renters are housing cost burdened.* 60K are food insecure.

16% of households earn <$50K/yr.

Transportation

71% of workers drive to work alone.

Social Conditions

Life expectancy varies across the county.

Place and structural racism influence health. Our health is harmed by stresses caused by trauma, social division and isolation. Persons of color are more likely to experience these factors and live in neighborhoods with low opportunities for good health.

Housing

Substandard housing conditions are associated with poor health. The more $ spent on housing the less $ people have to spend on health care and other basic needs, such as healthy foods.

* Pay in excess of 30% of income on rent/mortgage

HOW WE CAN DO IT

Promote availability of healthy, affordable housing through policies that incentivize preserving, building, and maintaining high-quality, socially-integrated homes for people at all income levels.

Utilize health and demographic data to prioritize policies that account for individuals’ and families’ complete financial picture, ensure access to education resources, and promote equitable development to build wealth throughout the county.

Invest in active, accessible, affordable, and reliable modes of transportation that connect people to jobs, education, and recreation; improve air quality; and provide lower-stress environments.

Use planning, zoning, and economic development tools to promote equitable opportunities and create social and physical environments that promote good health for all.

Let’s work together to ensure the conditions in which everyone can be healthy.

Contact Anna Ricklin, Health in All Policies Manager
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MAKING THE CONNECTION

Life expectancy varies across the county.

78 YEARS
Fairfax

91 YEARS
Springfield

Buckman Road

Fairfax County Health Dept.
Aug. 2019  •  703-246-2411, TTY 711