ALEXANDRIA PUBLIC HEALTH ADVISORY COMMISSION

Thursday, December 19, 2024 5:30 – 7:00 p.m. Virtual Only

| l. | Welcome All, and New Members | | |
|--------------|---|--|---|
| II. | Roll Call – Establish Quorum | | |
| III. | Review/Approve Minutes – November 2024 | | |
| IV. | Review Agenda | | Commission Members |
| V. | Update from the Chair | | Jerome Cordts, Chair – Citizen |
| VI. | Health Department Highlights | | Lisa Chimento, Vice-chair – NHVA Rep Alex Long – Citizen |
| VII. | Topical Issues and Discussion – 30 min ☐ PHAC Priorities One-Pager for 2025 – draft ☐ Community Health Assessment (Anita, David, Natalie) ☐ Resolution – Affordable Care Act, Medicaid (Richard) ☐ Nomination/Election of PHAC Chair | | Anita McClendon – Citizen David Bowen – Citizen Richard Merritt – Citizen Cassandra Walter – Health Pro Citizen Nia Smart – Health Pro Citizen Sylvia Jones – Health Pro Citizen Dr. Michael Trahos – Physician Rep |
| VIII. | Liaison and Community Partner Updates a. Partnership for a Healthier Alexandria, CHIP b. Inova Alexandria Hospital c. Community Services Board (CSB) d. Fire Department | | JeanAnn Mayhan – Partnership Rep Melissa Riddy – Inova Rep Michele Walz – CSB Rep Dr. Lauren Gibberman – NVDS Rep Holly Jackson – ACPS Rep Andrew Duke – AFD Rep – pending |
| | e. School Board (ACPS) f. Practicing Dentist | | Alexandria Health Dept. Staff |
| | g. Practicing Physician h. Neighborhood Health, Inc. | | Dr. David Rose Health Director Natalie Talis, MPH |
| IX. | Public Comments | | Population Health Manager Casey Colzani |
| Χ. | Adjourn | | Executive Secretary, Staff Liaison |
| <u>Nex</u> t | Meeting: Thursday, January 16, 2024 | | |

DRAFT RESOLUTION

Submitted by The Alexandria Public Health Advisory Commission December 19, 2024

RECOMMENDING THE ALEXANDRIA CITY COUNCIL OPPOSE ANY EFFORTS ON THE PART OF THE TRUMP ADMINISTRATION TO REDUCE FEDERAL SUPPORT FOR THE AFFORDABLE CARE ACT AND THE MEDICAID PROGRAM

WHEREAS, while Medicaid did not receive a lot of attention directly during the recent presidential campaign, if Social Security and Medicare cuts are largely off the table, Medicaid spending reductions are left as a likely source of funding to help pay for Trump's tax cuts, and

WHEREAS, Trump has previously supported policies to repeal and replace (i.e., weaken) the Affordable Care Act (ACA), as well as cap and reduce Medicaid funding, and WHEREAS, with support of Congress, the Trump Administration could enact foundational changes to the Medicaid program that serves one in five Americans and is the primary payer for long-term care services in the U.S.

WHEREAS, the ACA has helped reduce the uninsured rate to an all-time low of 7.2% in 2023, and has expanded coverage to nearly 40 million Americans, including almost 1,125,000 in Virginia, and

WHEREAS, the ACA has made insurance more affordable through premium tax credits and cost-sharing reductions, and

WHEREAS, the ACA protects people with preexisting conditions from being denied coverage by insurers, and provides access to essential health benefits, including preventive care, prescription drugs, and mental health treatment, and

WHEREAS, the ACA has decreased the uninsured rate among non-Hispanic Black and Hispanic populations, and Black and Hispanic patients have had a greater reduction in ruptured appendicitis rates, which can indicate timely access to care, and

WHEREAS, Medicaid has dramatically expanded health coverage to millions of low-income American, and since its creation in 1965 has helped reduce the number of uninsured Americans by covering vulnerable populations such as children, pregnant women, elderly adults, people with disabilities, and low-income families, and

WHEREAS, the ACA expanded Medicaid to cover adults with incomes up to 138% of the federal poverty level in states that chose to participate in the Medicaid expansion (Virginia has participated since 2019), and

WHEREAS, currently 1, 872, 300 are enrolled in Medicaid in Virginia, of which 758,000 are adults in the Expansion Group. In Virginia Medicaid covers 1 in 8 adults ages 19-64, 3 in 10

children; 5 in 8 nursing home residents; and 2 in 7 people with disabilities. Fifty percent of adults in Virginia on Medicaid are working and 34% of births are covered by Medicaid, and *WHEREAS*, studies have shown that Medicaid expansion has led to improved health outcomes, including reductions in mortality rates, improved mental health, and better management of chronic conditions like diabetes and hypertension, and *WHEREAS*, Medicaid recipients are more likely to receive preventive care, such as

vaccinations, cancer screenings, and prenatal care, which contribute to better long-term

health outcomes, and

WHEREAS, Medicaid helps reduce the financial burden of healthcare costs for low-income individuals. By providing coverage, it significant decreases out-of-pocket costs, preventing catastrophic medical debt and financial ruin due to health issues, and

WHEREAS, Medicaid helps reduce the amount of uncompensated care that hospitals and health care providers must absorb, which can otherwise drive up costs for all patients, and **WHEREAS**, Medicaid expansion has created jobs in the health care industry, including roles for nurses, doctors, medical technicians, and administrative support staff, and **WHEREAS**, Medicaid is the largest provider of long-term care services, including nursing home care and home-and community-based services, and

WHEREAS, Medicaid provides crucial support for people with disabilities, offering coverage for health services, rehabilitation, and home-based care that allow them to lead independent lives, and

WHEREAS, Medicaid has been a major driver in improving child health in the U.S. It covers a wide range of essential services for children, including immunizations, screenings, dental care, and mental health services. This has contributed to lower child mortality rates and better developmental outcomes for children from low-income families, and

WHEREAS, Medicaid has helped reduce health disparities by providing access to healthcare for racial and ethnic minorities, who are more likely to face barriers to care. By covering people who would otherwise by uninsured, Medicaid has contributed to narrowing gaps in health outcomes between different populations, and

WHEREAS, Medicaid provides mental health services, which are crucial for people with mental illness or substance use disorders. The program has expanded mental health coverage, including inpatient and outpatient services, which has led to improvements in menta health care access, and

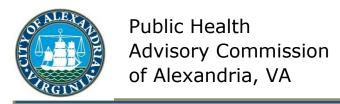
WHEREAS, Medicaid has been an essential tool in combating the opioid epidemic, covering medication-assisted treatment and counseling, which help individuals recover from substance use disorders, and

WHEREAS, States have flexibility under Medicaid to design their own programs and adopt innovations, such as Medicaid managed care, which aims to improve efficiency and quality of care while controlling costs. Medicaid also allows states to apply for wavers to test new models of care, such as work requirements or expanding home care options, and WHEREAS, Medicaid provides coverage for pregnant women, reducing maternal mortality and improving outcomes during pregnancy. Expanding Medicaid has been shown to reduce complications during childbirth and increase access to prenatal and postnatal care, and

WHEREAS, Medicaid has proven to be a crucial tool in improving public health, reducing financial hardship, and boosting economic productivity. Its role in expanding access to care, especially for vulnerable populations, is a major success, and WHEREAS, in FY 24 Neighborhood Health, a 501(c)(3) nonprofit Federally Qualified Health Center, provided high quality primary medical, dental and behavioral health care to more than 41,000 low-income and mostly uninsured individuals via more than 147,000 visits at 14 clinics across the City of Alexandria and Fairfax County. As recently as 2022, Neighborhood Health provided more than 121,000 heath care visits but with the end of the public health emergency and Medicaid redeterminations resuming, many people lost coverage, thereby further increasing demand on their clinics.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF ALEXANDRIA, VIRGINIA:

conveys to Virginia Governor Youngkin, the members of Alexandria's delegation to the General Assembly and our Congressional Delegations our strong opposition to any efforts to reduce federal support for expenditures related to the Affordable Health Care Act, including all Medicaid funding, as well as any efforts to restrict, limit, or reduce eligibility, enrollment, benefits or provider payment levels in those programs, and also federal support for Community Health Centers, including Neighborhood Health, located in and serving the residents of Alexandria and Fairfax County.



Minutes of the Thursday, November 21, 2024 PHAC Meeting 5:30 - 7:00 p.m. Hybrid

Alexandria Health Department

| | Chair- Jerome Cordts (JC), Lisa Chimento (LC), |
|-----------------|---|
| | Anita McClendon (AM) Sylvia Jones (SJ), JeanAnn Mayhan |
| In Dayson | (JM) Michele Walz (MW), Alex Long (AL), Patricia Rodgers |
| In-Person | (PR), Richard Merritt (RM) Andrew Romero (AR), David |
| | Bowen (DB), Melissa Riddy (MR) Holly Jackson (HJ) |
| | Cassandra Walter (CW) |
| | |
| Virtual | Dr. Michael Trahos (MT), |
| Absent | |
| AHD | |
| Representatives | Casey Colzani (CC), Natalie Talis (NT), Dr. David Rose (DR) |
| Guests | Dr. Tokarz |

I. Establishment of a Quorum

• Meeting called to order at 5:31 pm by Chair Jerome Cordts (JC); role taken.

II. Approval of the September 2024 Meeting Minutes

• Anita McClendon (AM) motioned to approve September 2024 minutes, David Bowen (DB), Second. All in favor, minutes approved.

III. Review Agenda

• Jerome Cordts (JC) reviewed the meeting agenda with the commissioners.

IV. Updates From the Chair

- Commission Welcomed Cassandra Walter and Nurse Holly Jackson to the commission.
- Andrew Romero's current term ends this month, the commission thanked him for his time and leadership as former Chair of the commission.
- Submitted Legislative Priorities and Budget Letter to the City Manager/Council.
- City is beginning the Budget process and meetings begin this month.
- Commission on HIV/AIDS may be ending. JC has had meetings with former chair and some additional members. A member of that commission will attend a PHAC meeting to help determine if PHAC is able to pick up on some HIV/AIDS topics.
- City has acted on House bill allowing localities to ban sale of tobacco/vaping products in proximity to schools and daycares.

- Former Chair Mike Gemmell recently passed. PHAC will investigate ways to honor his legacy.
- Flora K. Casey awards will proceed in the coming months, with award ceremony on or near Public Health Week.

V. Health Department Highlights

- Respiratory virus season, walking pneumonia and pertussis are still elevated in the community. Notifications and support to clinicians have been ongoing. Waste-water levels of COVID have been down. Flu should reach peak in February.
- Overdoses across the state, and in Alexandria, have been decreasing. City
 continues its programs including treatment and provision of Naloxone and fentanyl
 testing strips.

VI. PHAC Priority Setting – 2nd Exercise

- PHAC members participated in the second step of the priority setting exercise.
- Health Department feedback- NT reviewed the 5 A's of Health Care access (affordability, availability, accessibility, accommodation, and acceptability) to provide commission additional framework to guide priority setting.
- Commissions will continue to determine capacity, and most impactful ways to support the community and advise council. The commission will discuss in step 3 more detailed areas/projects to focus work over the next year.

VII. Topical Issues for Discussion

- Richard Merritt(RM) introduced a resolution that will be taken up at the next meeting- staff liaison will share resolution electronically. Attachment I.
- Community Health Assessment survey has closed received 2020 submissions with good diversity. Will share those demographics and results with steering committee at December meeting. Walk and talk series begins in January. AHD coordinates with community partners who are also conducting their own surveys and strategic plans, such as, Commission on Aging, Schools, DCSH, and Inova on these results. Inova will follow up with any gaps in information for their assessment needs.
- Melissa Riddy (MR) presented on the current state of Inova- including current community care options, community outreach and learning, and new facilities in the area. See Attachment II.
- Dr. Pat Tokarz introduced a Primary Care for All initiative. Dr. Tokarz will be scheduled at a later meeting for a more in-depth conversation with the commission.

I. Public Comment

No public in attendance

II. Adjournment

• JM motioned to adjourn the meeting. AM second. All in favor. Meeting adjourned at 7:07 pm.

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Overview – Inova Health System

Inova Alexandria's History, Current State & Priorities

Inova Community Health and Health Equity

Inova's Future / Eastern Region Development

Questions?

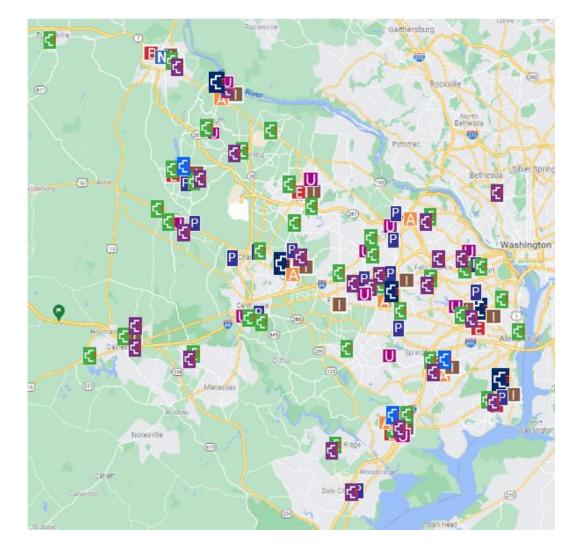
Proudly Serving the Northern Virginia Communities





Inova's 24,000+ Team Members serve more than 1 Million patients every year through our network of 11 in-patient Care Sites.

We are proud to be a non-profit health system, investing over \$300 Million back into the Northern Virginia community annually.



Legend:

Inova Hospital

Alnova ASC

Inova Emergency Care

Inova Diagnostic Imaging

Inova HealthPlex

Name Inova Nursing Home

Inova Primary Care

P Inova Physical Therapy

Inova Specialty Care

Inova-GoHealth Urgent Care



Clinical Locations as of January 2024

Inova Health System has five hospitals and over 141 outpatient clinical locations across the region including:

- 5 Acute Care Hospitals
- 6 Freestanding Emergency Rooms
- 15 Inova-GoHealth Urgent Care Centers
- 19 Physical Therapy Centers
- 7 Ambulatory Surgery Centers
- 11 Outpatient Imaging Centers
- 114 Physician Office Locations
- 1,050 employed physician FTEs
- 110 JV partner physicians in our Ambulatory Imaging Centers
- 220 JV partner physicians in our Ambulatory Surgery Centers

Inova Strategy – Mandate, Care Imperatives, and Care Model



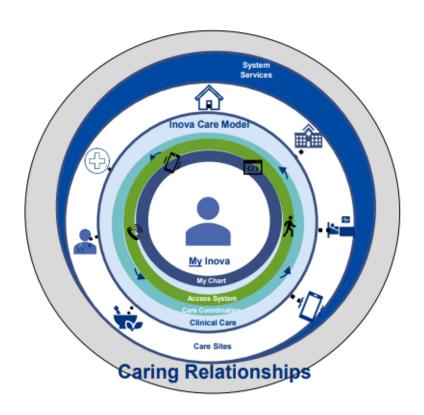


Mandate

Provide a people-centered, high reliability, high value, seamless system of care

Our Imperatives for Transforming Care

- We must create an environment of zero harm.
- We must know each patient and honor what matters most to them with empathy and compassion.
- We must create a culture of psychological safety that empowers each team member to fully engage.
- We must collaborate in teams with equal voices, embracing patients and their families as integral members of the care team.
- We must embrace and practice best evidence, forgoing tradition and individual preference.



Community Investments & Accolades

Inova

Key financials



Net operating revenue

\$5.7B



Operating income

\$185M



facilities

\$490M



Education/ research

\$32M



Charity

\$85M



Medicaid unreimbursed

\$159M



community \$35M



- Medicaid unreimbursed cost
- Charity care
- Medical education and research
- Other community benefit

| Key statistics | 2023 |
|----------------------------|---------|
| Licensed hospital beds | 1,814 |
| Outpatient referred visits | 810,239 |
| Inpatient admissions | 99,947 |
| Emergency room visits | 509,120 |
| Births | 18,673 |
| Team members | 24,000 |
| Nurses | 7,893 |
| Physicians | 1,546 |

| Licensed hospital beds | 2023 |
|--|-------|
| Inova Alexandria Hospital 4320 Seminary Rd. Alexandria, VA 22304 703.504.3000 | 302 |
| Inova Fairfax Hospital 3300 Gallows Rd. Falls Church, VA 22042 703.776.4001 | 902 |
| Inova Fair Oaks Hospital 3600 Joseph Siewick Dr. Fairfax, VA 22033 703.391.3600 | 174 |
| Inova Loudoun Hospital 44045 Riverside Pkwy. Leesburg, VA 20176 703.858.6000 | 211 |
| Inova Mount Vernon Hospital 2501 Parkers Ln. Alexandria, VA 22306 703.664.7000 | 225 |
| Total | 1,814 |

#1

Inova Fairfax Hospital -Best Hospital in Virginia and DC region

Top10

Inova Fair Oaks & Alexandria Hospitals - best hospitals in Va. & DC region

#10

Inova Fairfax Hospital Obstetrics & Gynecology national ranking

Inova L.J. Murphy Children's Hospital Neonatology national ranking























Honoring our History – IAH Celebrated 150 years in 2022





https://vimeo.com/779620258

Inova Alexandria Hospital – Current State



Key Statistics

302

Licensed hospital beds*

100,000

Emergency room visits (includes Healthplex)

1425

Licensed Medical Staff

230

Hospital Average Daily Census

17,000

Inpatient Admissions (ex newborns)

442

Active Physicians

1,300

Total Employees

558

Total Nurses



Awards and recognitions









FOR CHANGE

AWARD







The Gold Seal of Approval® for The Joint Commission® Certification:

- Hip Replacement
- Knee Replacement
- Spine Surgery

The Gold Seal of Approval® for The Joint Commission® **Advanced Certification:**

> Thrombectomy-Capable Stroke Center



American Heart Association.

GET WITH THE GUIDELINES.

GOLD PLUS

TARGET: STROKE HONOR ROLL ELITE

ARGET: TYPE 2 DIABETES HONOR ROLL

STROKE





AORN

GO CLEAR AWARD

Surgical Smoke-Free Recognition Program















RADIOLOGY

AACVPR

RTIFIED PROGRA



2024



IAH's Current Focus Areas & Priorities



We are continuously improving through:

- Building out our Trauma Program to serve more patients with complex injuries close to home
- Expanding our Women's Services with a focus on providing mental health services to new moms
- Creating a new patient care model in the Emergency Department through our Vertical Care Unit
- Providing Interventional Cardiology Services to treat complex heart and vascular issues including EP for cardiac arrhythmias
- Providing Epilepsy Monitoring Services through our neurology program
- First Interventional pulmonary cases last week







Inova Alexandria Hospital is serving as a pilot site for the expansion of Inova's food pantry program for patients

The food pantry allows care teams to address food insecurity in real time.

The pantry is being piloted on Unit 23 and will be rolled out to all inpatient units in the near future.

How it works: After screening patients for social drivers of health, Unit 23 nurses will identify patients who need help with food at home. Patients will receive a bag of food, customized for different populations including those with renal disease or who do not have access to a kitchen. Patients will also be offered help accessing local food pantries and other resources.

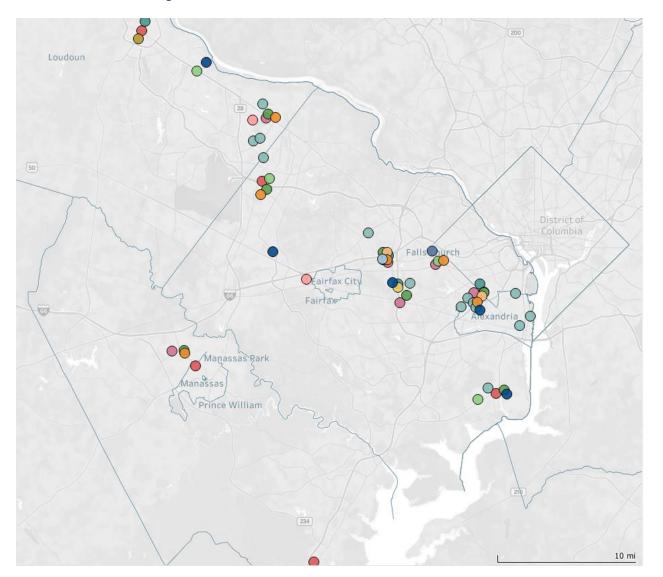
Why it matters: These pantries have already proven to be an effective way to help patients bridge the gap between leaving the hospital and receiving food support from local food banks.

So far in 2024, food pantries at Inova clinics have served nearly 1,000 patients. Expanding this service to the hospital setting helps us meet a critical need in the community and improve patient outcomes.

Inova in the Community



Community Care Locations



| Inova Hospital | |
|---|--|
| Care Connection for Children | |
| Inova Cares Clinic for Children | |
| Inova Cares Clinic for Community Bridging | |
| Inova Cares Clinic for Families | |
| Inova Cares Clinic for Women | |
| Inova Cares for Behavioral Health | |
| Inova Cares Lions Eye Clinic | |
| Inova Ewing FACT Department | |
| Inova Healthy Plate Club | |
| Inova Juniper Program | |
| Inova Kellar Center | |
| Inova Pride Clinic | |
| Partnership for Healthy Communities | |



Community Health Clinics and Programs

- Inova Cares Clinic for Children
- Healthy Plate Club
- Care Connection for Children
- Partnership for Healthier Communities
- Forensic
 Assessment and
 Consultation Team



- Inova Cares Clinic for Women
- Forensic Assessment & Consultation Team

- Inova Cares Clinic for Families
- Inova Medical House Calls
- Inova Juniper Program
- Inova Pride Clinic

- Inova Cares Clinic for Community Bridging
- ElderLink
- Inova Cares Lions Eye Clinic
- Inova Cares for Behavioral Health







Inova's health equity-based workforce development initiative, committed to increasing racial and ethnic diversity in the healthcare workforce



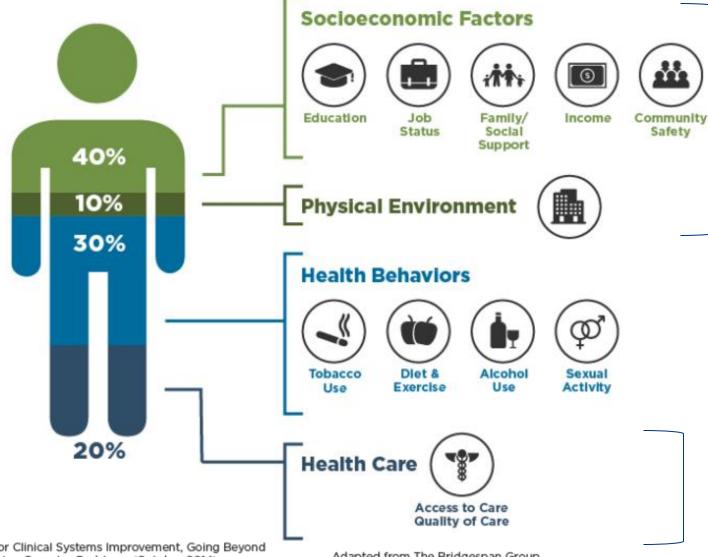


50% can be traced back to your zip

code!

What Goes Into a Community's Health

Social Drivers of Health are the conditions in which people are born, grow, work, live and age that can shape their health outcomes.

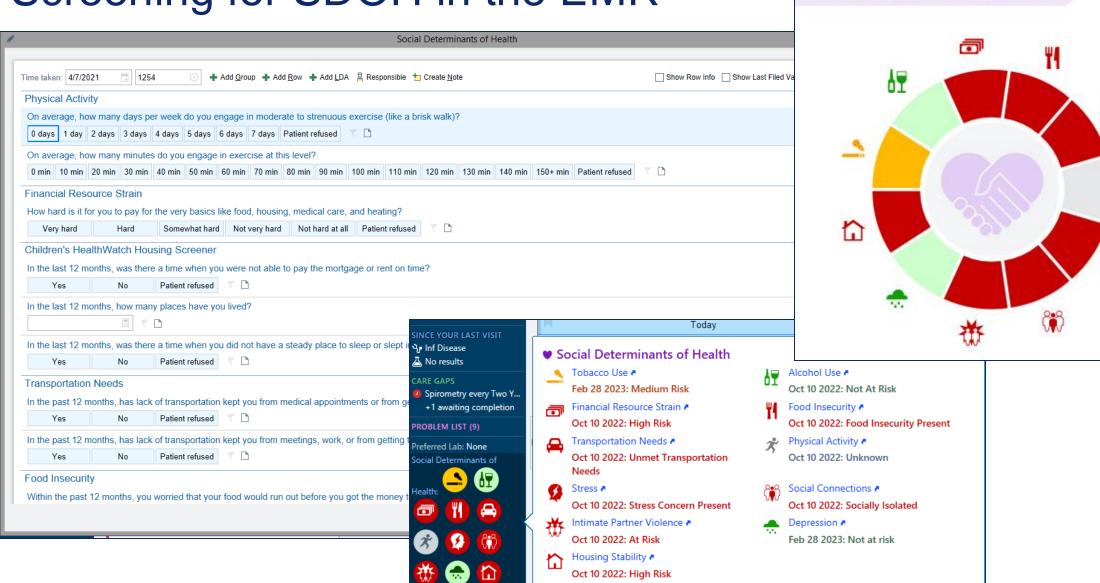


Only 20% include those moments in a healthcare environment



♥ Social Determinants of Health ₹

Screening for SDOH in the EMR





Unite Us





SDOH Screening by the Numbers

10/1/2024

~640K+

patients screened for SDOH needs

29% screened in the hospital settings

46% screened during an office visit

Most reported needs:

- 40% screened positive for stress
- 48% screened at risk for social isolation
- 26k patients screened as food insecure
- 11,700 patients report unmet transportation needs

2,850+

Unite Us referrals made

1,200+ referrals received to our Inova community programs



2024 Health Equity Grants



Awarded to community non-profits and partner organizations for efforts consistent with the Community Health Needs Assessment and health equity approaches































Lorton Community Action Center













Linked in Friendship, Connected in Service

Loudoun County (VA) Chapter







Building our Future

Eastern Region Development

- Inova Mount Vernon Hospital
- Inova Alexandria Hospital Replacement
- Inova Health Center Oakville

Eastern Region Overview



- Inova's Eastern Region Development will meet the growing health care needs of those who live in Inova's Eastern Region service area (Alexandria, Mount Vernon, and Franconia-Springfield).
- Once complete, the Eastern Region will have expanded clinical programs and services housed in state-of-the-art health care facilities with flexibility for decades to come.

Inova Mount Vernon Hospital

Expanded Services, & Building Enhancements
-Complete-

Inova Health Center – Oakville

Fall 2024

Inova Alexandria Hospital *

Opening 2028









^{*}The current Inova Alexandria Hospital (Seminary Road) will remain operational until the new hospital is ready for patients.



- \$4 million in miscellaneous renovations throughout the hospital to consolidate spaces, improve flow, and address infrastructure needs
- \$3.6 million for operating room cooling upgrades to support low temperature operations
- \$6.7 million for emergency power upgrades to support mechanical systems infrastructure improvements
- \$3.6 million renovation of cafeteria with new kitchen equipment and furnishings

Inova Mount Vernon Hospital





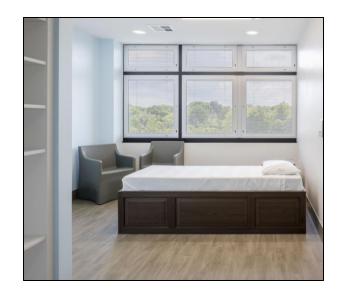


⇔ Inova[™]

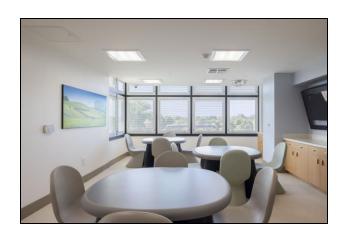
Veatch Behavioral Health Unit

- \$11.7 million retrofit of the 3rd Floor
- 20 new inpatient behavioral health beds
- 30 beds currently on the same floor
- 15% increase to system capacity, now 153 beds
- Opened May 2023









Critical Illness Recovery Hospital



A hospital within a hospital – Long term acute care hospital / LTAC



- \$17.5 million retrofit of the 4th floor
- 32-bed facility first of its kind in the region
- Opened May 2023



 Serving patients with serious medical conditions who require ongoing care, but no longer need intensive care or extensive diagnostic procedures (typically 25 days+)



Joint venture with Inova and Select Medical – one of the nation's largest operators of such facilities

New Facilities - Comprehensive Architectural Elements



All future Inova facilities will have the same architectural style and flow, with patients and team members at the center of the new design identify.

This includes:

- Open, transparent facades
- Natural sunlight and wood to create a soothing space
- Each new facility with have a "heart center" lobby for patients, families. and team members to gather

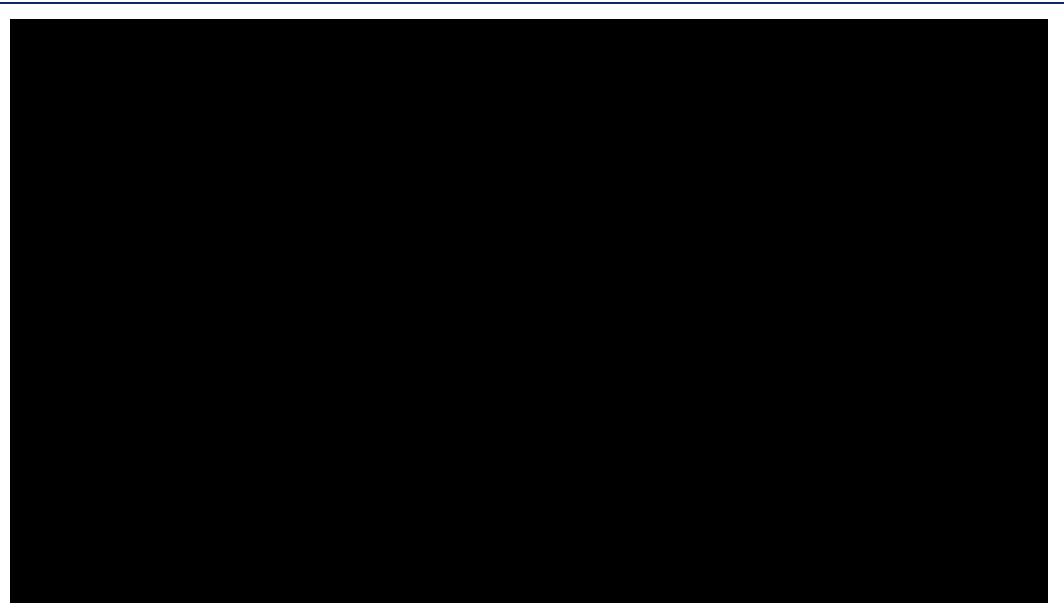






Inova's Learning Laboratory





Two New Hospitals



Inova Alexandria



Inova Franconia-Springfield



- Each campus will have same look and feel glass, light, greenery and open arches
- A warm and welcoming experience from outside to inside that will feel familiar



The Eastern Region's Hub for Complex Care

Services Include:

- 192 bed community hospital with all private rooms
- Expanded emergency room
- Trauma services
- Advanced cardiac, vascular services, surgical and women's services
- Schar cancer center
- Medical office building, with numerous specialty physicians

Opening 2028

1/4 of overall development plan





















Inova Franconia-Springfield Hospital

Services Include:

- 110 bed community hospital with all private rooms
- Center for complex orthopedic care
- Innovative surgical services
- An expanded emergency room

Located next to the existing Springfield Healthplex Opening 2028





Inova Health Center – Oakville

Services Include:

- 14 private emergency rooms
- Imaging services
- 5 outpatient operating rooms
- Primary and specialty physician services
- Rotating sub-specialists





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Emergency Care:



Full-service emergency room open 24 hours a day, 7 days a week, 365 days a year Staffed by board-certified emergency medicine physicians and specialized nurses Treating patients of **all ages**, in any emergency Advanced technology including CT scans, ultrasounds, X-rays, and laboratory testing



Primary care

Conveniently located with the specialty care offices on the 3rd floor.

- Physicals
- Preventive care
- Healthcare screenings
- Treatment for common illness/injury
- Chronic care



Outpatient surgery

Our outpatient surgery center boasts cutting-edge medical technology.

- Fully equipped operating rooms
- Minimally invasive roboticassisted surgery
- More affordable than traditional inpatient surgeries
- Personalized care tailored to your individual needs



Diagnostic labs & imaging

Onsite laboratory and imaging suite for timely results, all performed by our expert technicians in a patient-focused environment.

- X-ray
- CT scan
- Ultrasound
- Blood draw
- Quick, on-site results



Specialty services

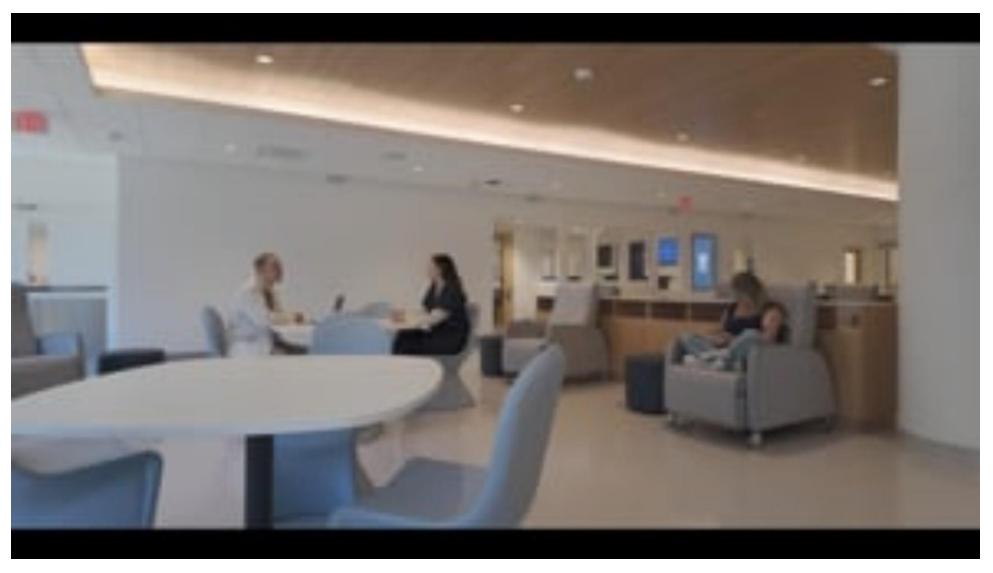
Our expert teams are dedicated to delivering specialized care, tailored to meet the unique needs of each patient. One location with a single check-in.

- Cardiology
- Gastroenterology
- General surgery
- Primary care

Northern VA's first EmPath Unit – Inova Fairfax Hospital

(Emergency Psychiatric Assessment, Treatment, and Healing)





https://vimeo.com/1029790425

Thank you!

Questions?