

## **Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton CHNA Implementation Strategy**

**Adopted by Inova Quality & Reliability Committee on December 18, 2025.**

This document describes how Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton (IMVH/IASCL) plan to address needs found in the Community Health Needs Assessment (CHNA) published on October 7<sup>th</sup>, 2025. This Implementation Strategy describes the planned initiatives for calendar (tax) years 2026 through 2028. The CHNA was undertaken to understand community health needs and in accordance with regulations promulgated by the Internal Revenue Service pursuant to the Patient Protection and Affordable Care Act, 2010. This Implementation Strategy addresses the community health needs described in the CHNA report that can be met in whole or in part. Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton recognize that a CHNA and an Implementation Strategy are required to meet current government regulations.

Inova reserves the right to amend this Implementation Strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the years 2026 through 2028, other organizations in the community may decide to address certain needs, indicating that strategies should be amended to refocus on other identified health problems.

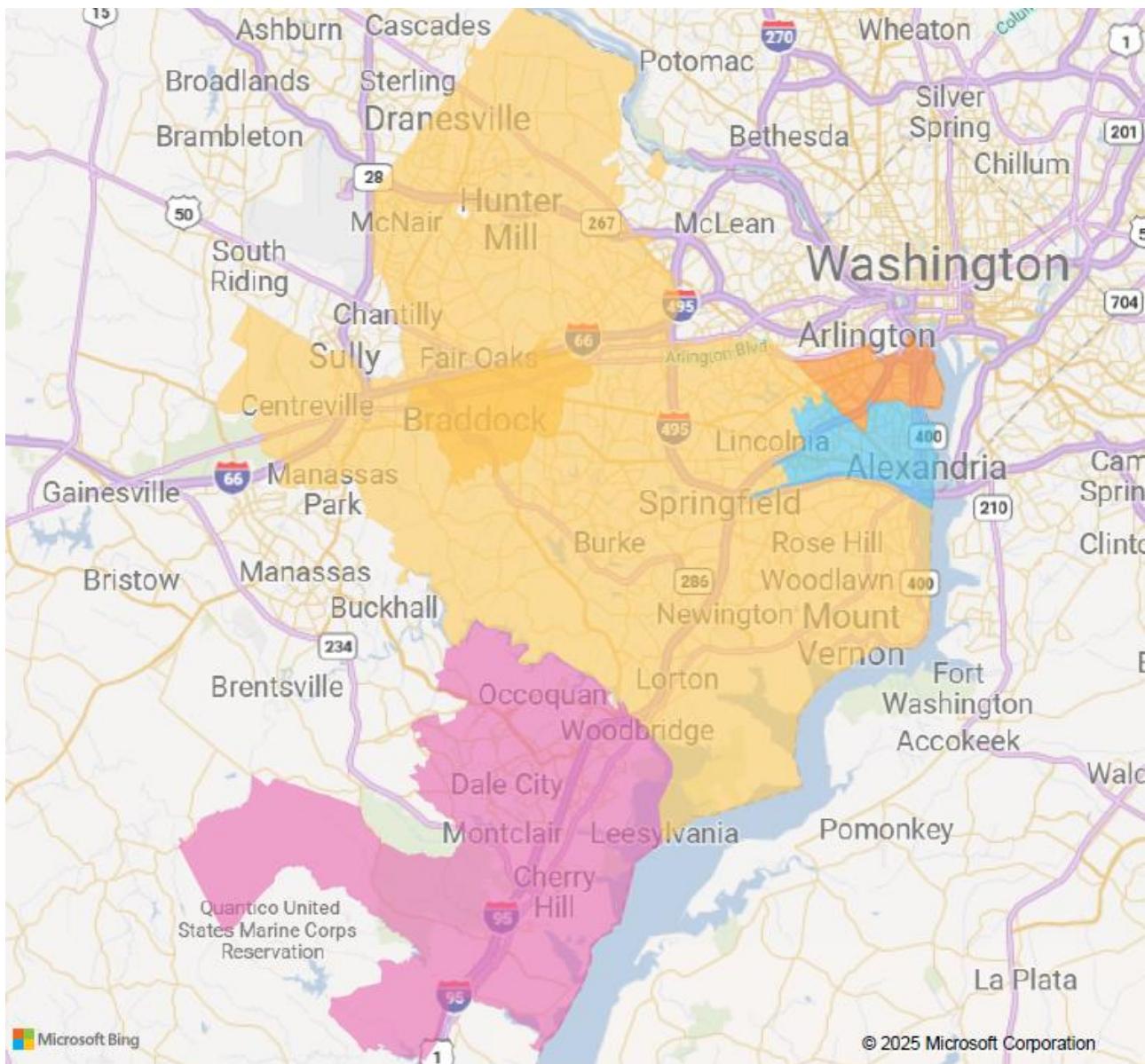
### **Hospital facility mission statement**

Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton are committed to supporting Inova's mission, "to provide world-class healthcare – every time, every touch – to each person in every community we have the privilege to serve," by offering a wide range of community benefits, clinical services and partnerships.

### **Definition of the community served**

Inova Mount Vernon Hospital is a 225-bed community hospital that serves parts of the City of Alexandria and Fairfax County and serves as a regional resource for rehabilitation care. The hospital provides an array of medical and surgical services, including the Inova Joint Replacement Center, the Inova Rehabilitation Center, the Inova Wound Healing Center, and others. Inova Ambulatory Surgery Center at Lorton is a full-service ambulatory outpatient facility. IASCL is licensed by the state of Virginia, certified by Medicare, accredited by AAAHC and is also a member of the Ambulatory Surgery Center Association. The IMVH/IASCL community includes portions of Alexandria and Fairfax cities and Arlington, Fairfax and Prince William counties. In 2025, the community included 55 ZIP codes that comprise the primary and secondary service areas.

The following map portrays the community served by IMVH/IASCL.



Source: Inova Fairfax Hospital's primary and secondary service areas, 2025

Key demographic information includes:

- The total community population in 2025 was 1,685,628.
- The projected population change between 2025 and 2030 4.41% and 20.71% for the 65+ population.
- There are portions of the community with high percentages of residents who are foreign-born as well as households with limited English proficiency.

The community has comparatively favorable health status and socioeconomics, for example:

- The percent of community members 25 and older who hold associates degree or higher is significantly higher in this community when compared to the entire commonwealth.
- The community has somewhat lower unemployment rates than the state overall.

The community also has pockets of poverty and associated community health concerns:

- While poverty rates in the community were lower than the Virginia average, considerable variation is present across race, ethnicity and geography with lower income areas.
- Health insurance coverage rates are lower in certain communities including Hybla Valley, Arlandria and Bailey's Crossroads.

Additional information regarding community demographics, identified health needs and related issues is included in the CHNA report and its appendices.

## Selection of priority community health needs

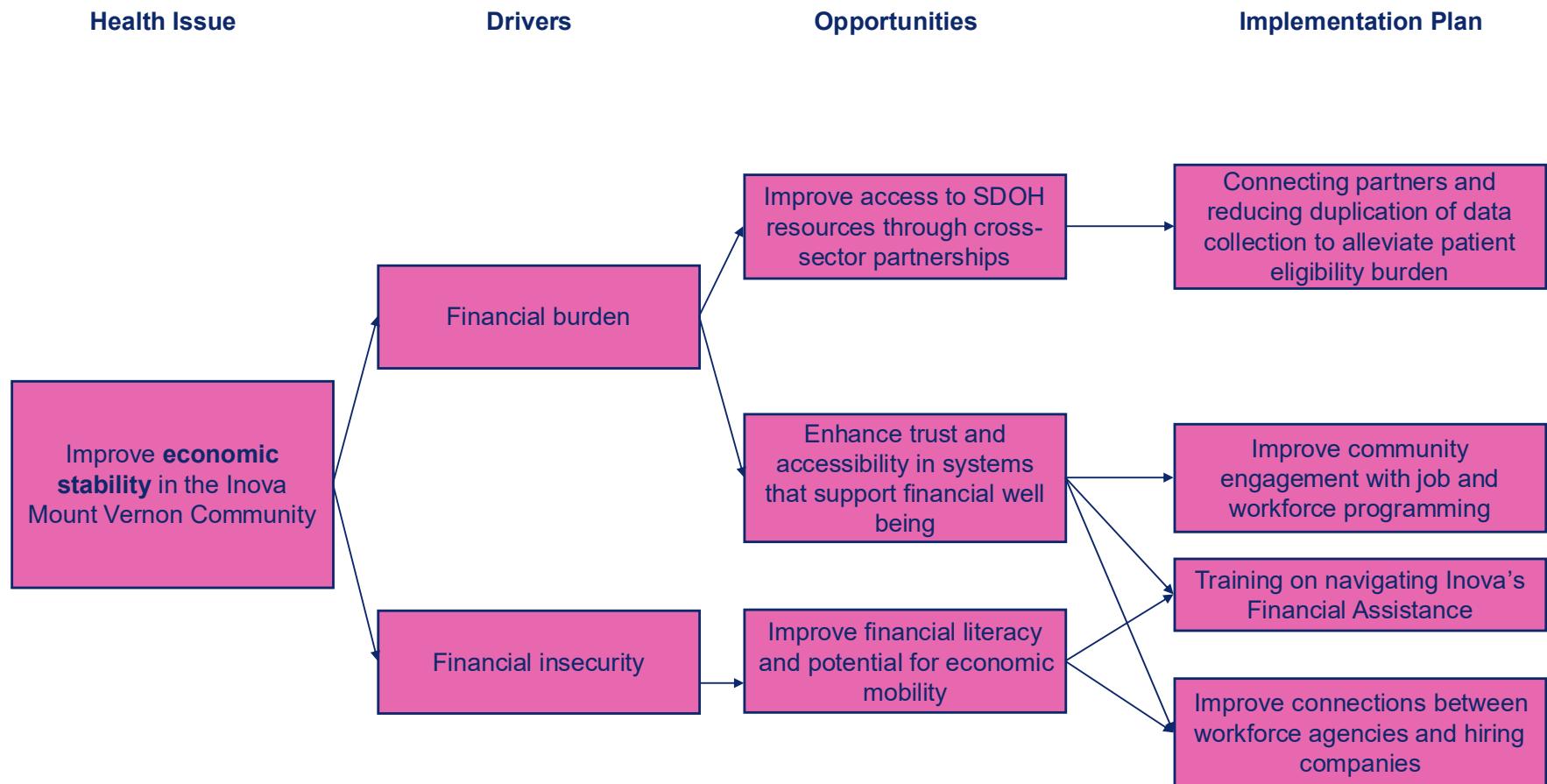
The 2025 CHNA found that numerous health status and access issues are present in the community. The following issues were identified as significant health needs for the IMVH/IASCL community (in alphabetical order):

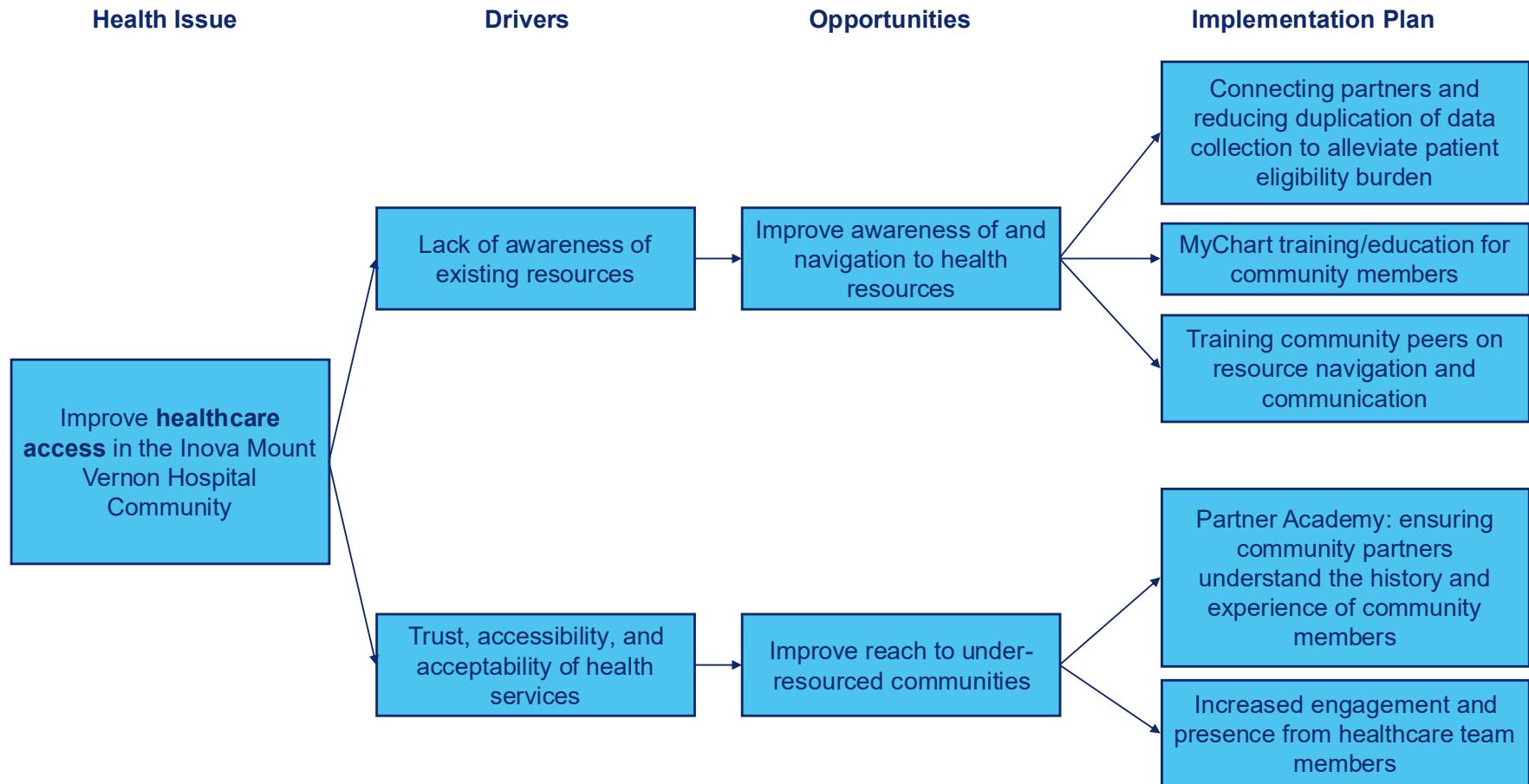
- Chronic conditions
- Economic stability
- Healthcare access
- Injury and violence
- Maternal, infant, child and youth health
- Mental health and substance use
- Neighborhood, community and environment

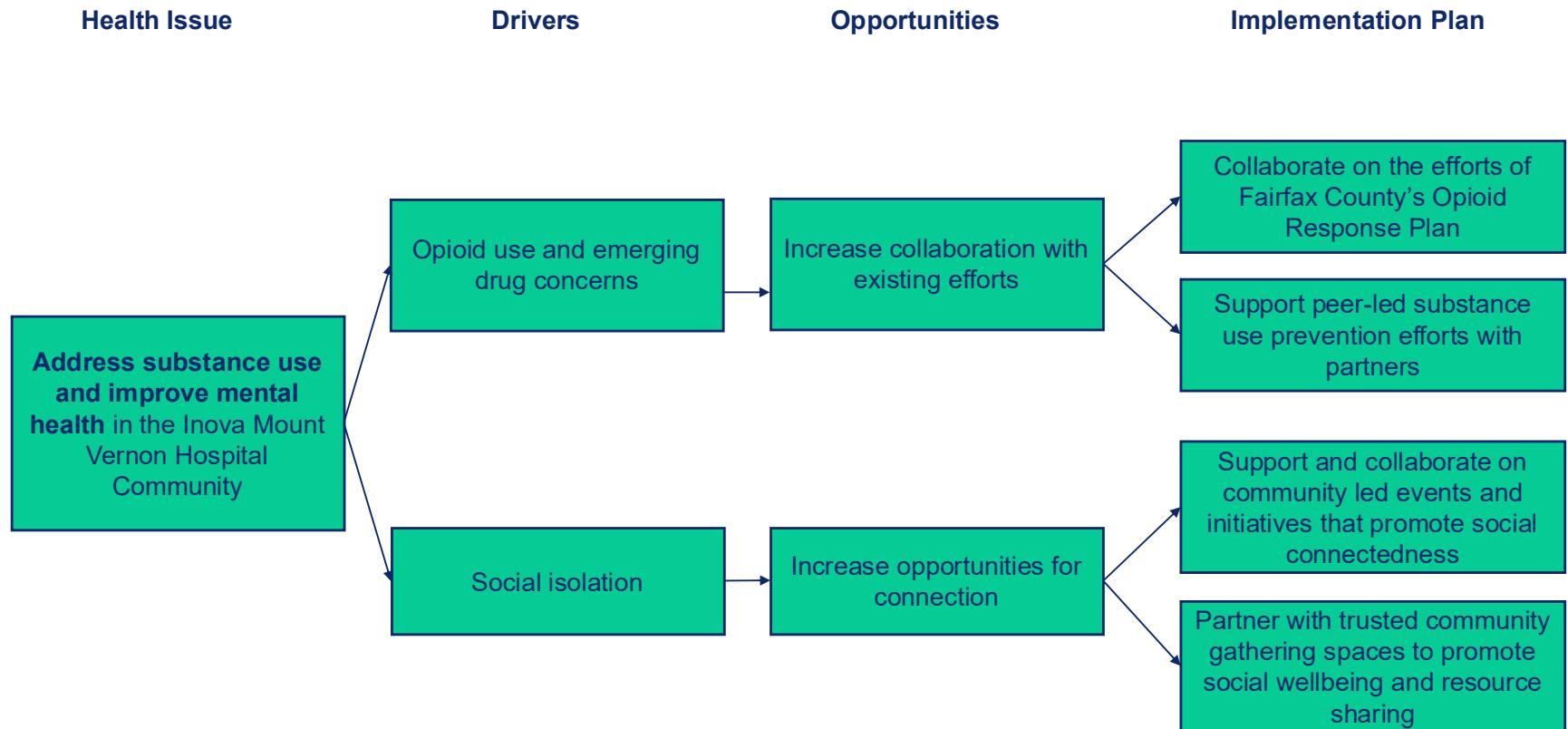
Upon review of Inova's five CHNA results, there were clear lines of agreement from the data and community input, in that four of the top health needs were identified in every community served. Of those, Inova chose to focus on the top three areas in each region: economic stability, healthcare access and mental health and substance use. Selecting these three overarching areas for all five of Inova's hospitals allows for system initiatives that impact priority areas, as well as tailoring at the community level. For example, while all hospital communities will focus on improving healthcare access, the key action steps and activities may look very different from one community to another. This also recognizes that Inova hospital communities overlap, and this will reduce duplication and increase impact. Additionally, the areas selected align with priority areas selected by statewide groups and local community health improvement efforts.

- Economic stability
  - Economic stability considers an individual or family's ability to afford and meet basic needs including healthcare. The Implementation Strategy will include approaches to addressing financial insecurity when income and savings are insufficient and access to Social Drivers of Health resources that reduce financial burden.
- Healthcare access
  - Access to high-quality, affordable healthcare delivered when and where it is needed is a foundation for lifelong health. The Implementation Strategy will include approaches to addressing trust accessibility, acceptability and awareness of healthcare services in the region.
- Mental health and substance use
  - Mental health and substance use include conditions affecting emotional, psychological and behavioral wellbeing as well as the misuse of alcohol, drugs, tobacco or other substances that can harm health or functioning. The Implementation Strategy will include approaches to addressing opioid use, emerging drug concerns and the impact of social isolation.

CHNA findings were reviewed by the Mount Vernon Community Action Committee which includes representation from Inova; Fairfax County; the Federally Qualified Health Center and local non-profits and social service organizations. The Action Committee concluded that the Implementation Strategy for 2025 – 2028 should focus major efforts on the key action areas described below.







# Partners

## Economic stability

### Alignment and navigation:

- Unite Virginia Network
- Community task forces
- Fairfax Coordinated Services Planning

### Community asset building:

- Asset-based community development
- Southeast Fairfax Development Corporation
- Organizations providing workforce navigation
- Chamber of Commerce

### Education and communication:

- Community colleges
- Universities
- Organizations providing job and financial training
- Financial institutions

## Healthcare access

### Trusted Messengers:

- Community+ Academies
- Neighborhood Ambassadors
- Community health workers and navigators
- Popular opinion leaders

### Information resources:

- Healthcare providers
- Fairfax Health Department
- Coordinated Services Planning

### Training providers:

- Local community cultural experts
- Healthcare teams
- MyChart/Inova
- Unite Virginia

## Mental health and substance abuse

### Substance use efforts:

- Fairfax opioid response efforts
- Fairfax Prevention Coalition
- Organizations addressing substance use and recovery
- YADAPP
- Organizations providing resiliency resources to individuals in recovery and their support system

### Navigation and education:

- CSB training programs
- School system and partners
- Unite Virginia network, 988
- Organizations reaching under-resourced communities
- Organizations providing mental health resources

### Connection opportunities:

- Educational and faith institutions
- Community and senior centers
- Organizations providing gathering spaces and activities for under-resourced populations
- Community groups (parents, teens, seniors)

While some health needs were identified as significant but not prioritized for expanded support or activity, Inova plans to continue current community benefit programs that address them.

#### Inova in the community

- Inova participates in Partnership for a Healthier Alexandria and Partnership for a Healthier Fairfax, and partners with the County on initiatives that improve the health of the community, including activities that target improving Social Drivers of Health.
- CHWs are embedded in all Inova Cares clinics, located in regions with high rates of health disparities. CHWs assist patients to stay connected to care and to address their social needs while also being present in communities to foster trust and collaboration with the healthcare system.
- Inova facilitates the Northern Virginia Community Health Access Forum to support Northern Virginia's network of CHWs and navigators as identified as an area of focus in the CHNA.

#### Community health clinics and programs

- Inova addresses the needs of the community for primary care medical homes through the Inova Cares for Families, Inova Cares for Children and Inova Medical House Calls, for OB/Gyn care through the Inova Cares Clinic for Women, HIV care and prevention through the Inova Juniper Program and for mental health care through the Inova Cares for Behavioral Health.
- The Inova Ewing FACT Department provides acute and non-acute forensic exams and support for victims of sexual assault, intimate partner violence, strangulation, child abuse and elder abuse.
- Inova's community health programs provide services to the community including Medicaid enrollment through the Partnership for Healthier Communities, healthy eating and food access through the Healthy Plate Club, care coordination for children with disabilities through Care Connection for Children and care management for older adults through the ElderLink partnership.

#### Community health partner support

- Every year Inova provides Community Health Opportunities grants to non-profit organizations in Northern Virginia providing services aligned with the CHNA.

#### Social Drivers of Health screening and referral

- Continue to provide culturally competent and linguistically appropriate services, including services for Hard-of-Hearing and Hearing Impaired populations, and to support health outreach and education to targeted populations to address health disparities.
- Inova leaders convene monthly to oversee the implementation of community health efforts at Inova, and the Mount Vernon Community Action Committee gathers input from community leaders and peers to facilitate projects in the community.
- Inova screens patients for Social Drivers of Health and facilitates the regional network of Unite Virginia partners to provide social need referrals across the region.

#### Creating a community-based workforce

- Dream BIG is Inova's community-based workforce development initiative, committed to increasing awareness of healthcare career pathways for under-resourced communities, by providing hands on activities and speaking engagements to students and adults.
- The Northern Virginia Healthcare Workforce Collaborative is a collaboration of public schools, colleges, universities, employers, economic development professionals, philanthropists, government and community groups in the region. Together, they coordinate efforts to enhance Northern Virginia's healthcare and health sciences talent pipeline.

### **Health needs the hospital will not address**

No hospital facility can address all health needs present in its community. IMVH/IASCL are committed to enhancing clinical services and providing a range of community benefits and will continue to seek opportunities to leverage community partnerships to meet the diverse health needs of the community. The Implementation Strategy focuses on meeting the priority and specified community health needs described above. Topics such as education and health literacy; infectious disease and immunizations; and obesity, nutrition and physical activity are not covered as priority target areas in this plan. Even so, there are many activities in these areas throughout the Inova system.

### **Implementation Strategy collaborators**

In developing this Implementation Strategy, IMVH/IASCL collaborated with the other Inova hospitals (Inova Alexandria Hospital, Inova Loudoun Hospital, Inova Fairfax Hospital, Inova Fair Oaks Hospital), surgical centers (Inova Franconia-Springfield Surgery Center, Inova Loudon Ambulatory Surgery Center, Inova McLean Ambulatory Surgery Center, Inova Northern Virginia Surgery Center and Inova Oakville Ambulatory Surgery Center), and the Mount Vernon Community Action Committee which includes representation from Inova, Fairfax County Health Department, Fairfax County Department of Neighborhood and Community Services, Fairfax County Public Schools, the local Federally Qualified Health Center, local non-profits and social service organizations and Mt. Vernon/Richmond Highway Corridor residents.