



2025 Health Metrics Annual Report

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Purpose of the Health Metrics Report

- Describe recent trends in health conditions and health care accessibility for Virginians
- Describe the factors impacting changes in health conditions and access to care
- Identify potential areas of interest for future JCHC studies

Findings in brief

- Average life expectancy has decreased since 2017
 - Drug overdose deaths
 - COVID-19 pandemic
 - Chronic conditions
- Social determinants of health impact health outcomes
 - Health insurance coverage
 - Costs of health care
 - Potentially avoidable emergency department visits

Agenda

Life expectancy in the Commonwealth

Trends in prevalent chronic conditions

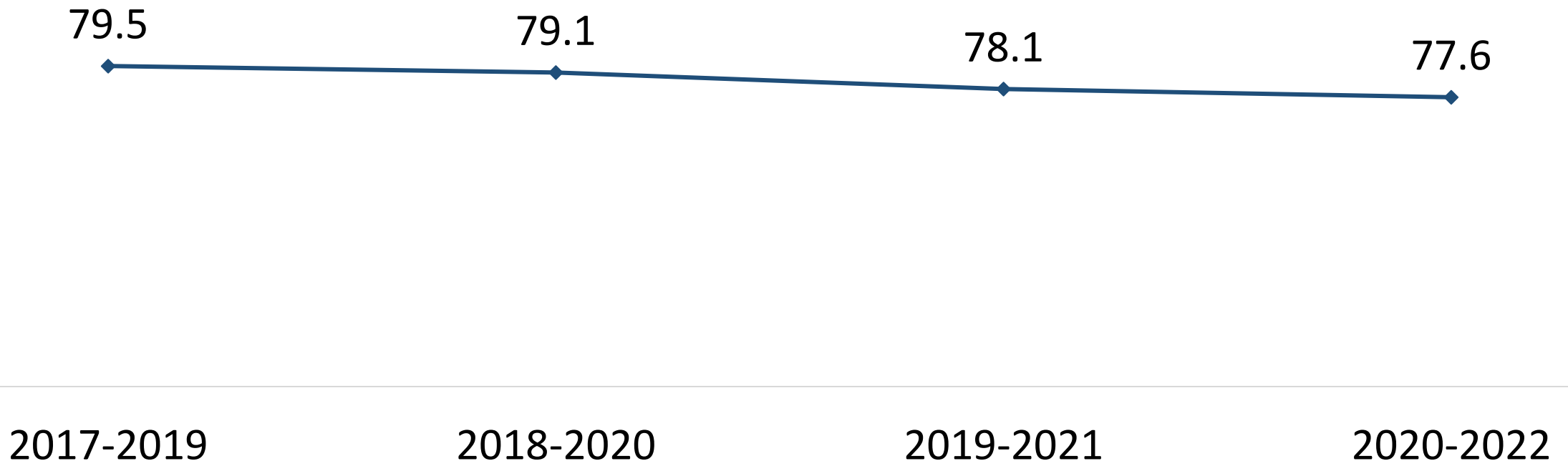
Impact of SDOH on access to health care

State policy interventions can improve life expectancy

SDOH = Social determinants of health

Average life expectancy has decreased by about two years since 2017

Virginia Average Life Expectancy in Years

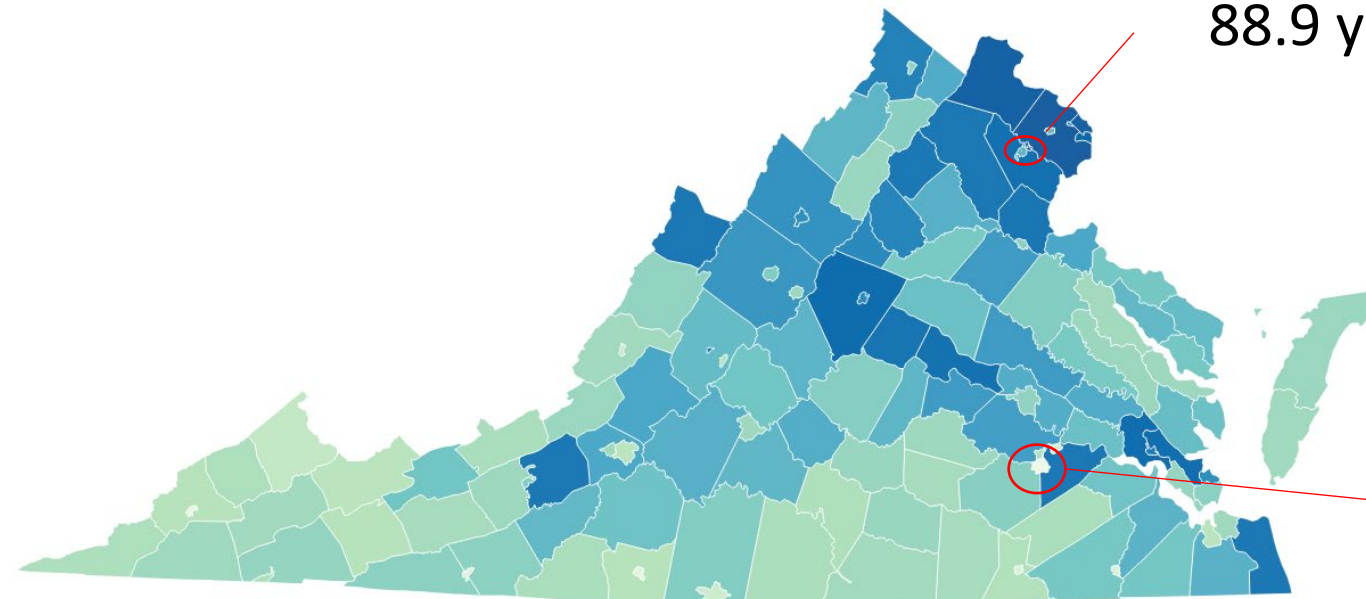


SOURCE: JCHC staff analysis of County Health Rankings Data, 2025.

Life expectancy varies across Virginia's localities

Life Expectancy in Virginia, 2022

Average age at death



Manassas Park,
88.9 years

Petersburg City,
64.3 years

SOURCE: JCHC staff analysis of County Health Rankings Data

Localities with the highest life expectancy lost an average of 1.3 years

Locality	Avg Life Expectancy in 2022 (Rank)	Change since 2019
Manassas Park	88.9 (1)	2.4
Lexington	78.7 (17)	4.4
Williamsburg	78.6 (20)	-4.0
King George	77.6 (35)	-1.0
Overall Average	79.7	-1.3

SOURCE: JCHC staff analysis of County Health Rankings data, 2025.

Localities with the lowest life expectancy lost an average of 3.2 years

Locality	Avg Life Expectancy in 2022 (Rank)	Change since 2019
Norfolk	73.3 (98)	-2.1
Covington	69.1 (125)	2
Norton	65.0 (132)	-9.1
Petersburg	64.3 (133)	-3.1
Overall Average	70.6	-3.2

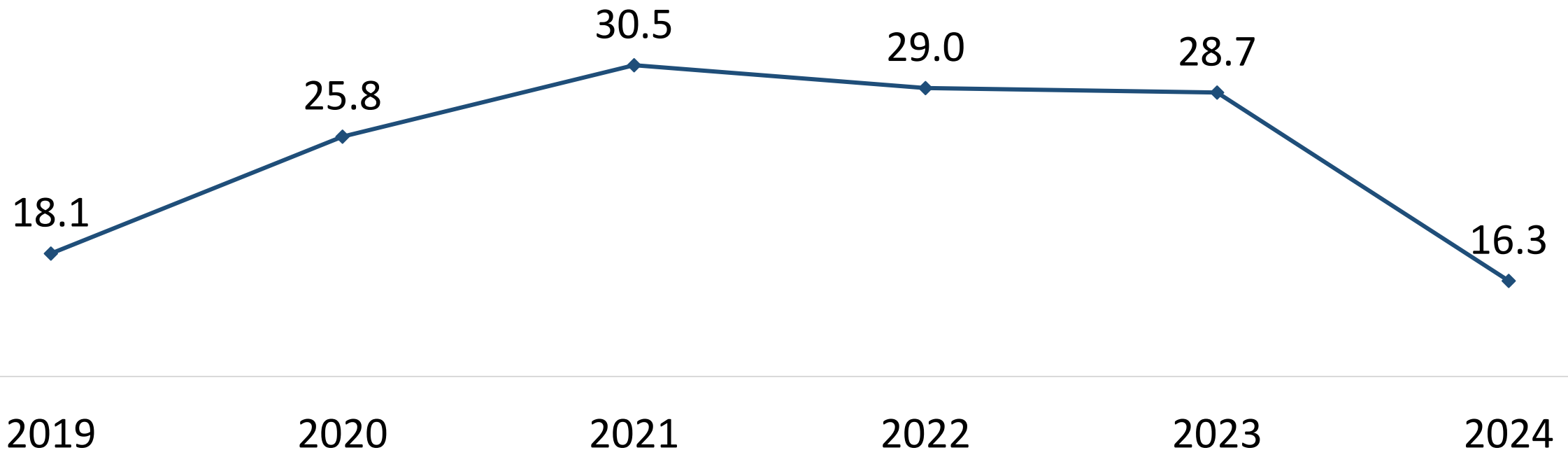
SOURCE: JCHC staff analysis of County Health Rankings data, 2025.

Significant health events drive the decline in life expectancy

- Drug overdose deaths negatively impacted life expectancy between 2019 and 2021
- COVID-19 pandemic contributed to the decline in life expectancy since 2020
- Increasing prevalence of chronic conditions further decreases life expectancy

Drug overdose death rates changed significantly since 2019

Virginia Drug Overdose Death Rate per 100,000 Residents



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025

COVID-19 contributed to decline in life expectancy in Virginia

- Between March 2020 and 2023, 23,769 Virginians died from the COVID-19 virus
- The pandemic placed strains on the health care system, limiting access to necessary services
- Many Virginians delayed or avoided non-emergency health care services

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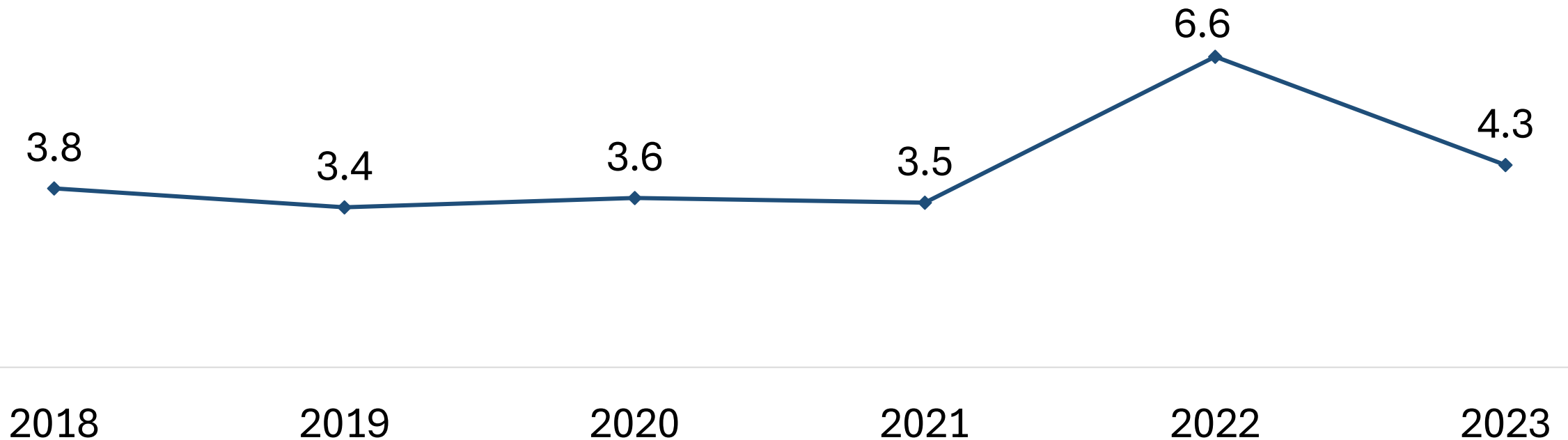
SDOH = Social determinants of health

Prevalence of chronic conditions among adults is increasing

- Chronic conditions last for extended periods of time and require continuous medical attention
- Number of adults diagnosed with heart disease, diabetes, hypertension, and depression have increased since 2018
- The aging population influences changes in the prevalence of some chronic conditions

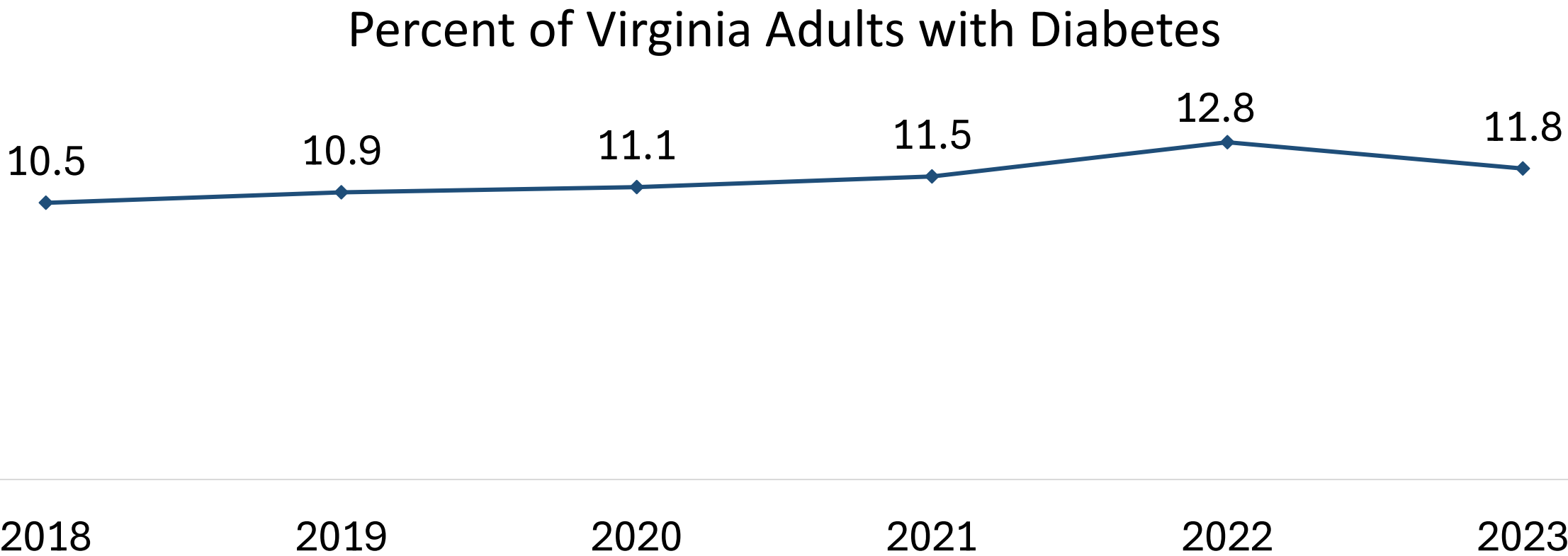
The proportion of Virginia adults living with heart disease peaked in 2022

Percent of Virginia Adults with Heart Disease



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

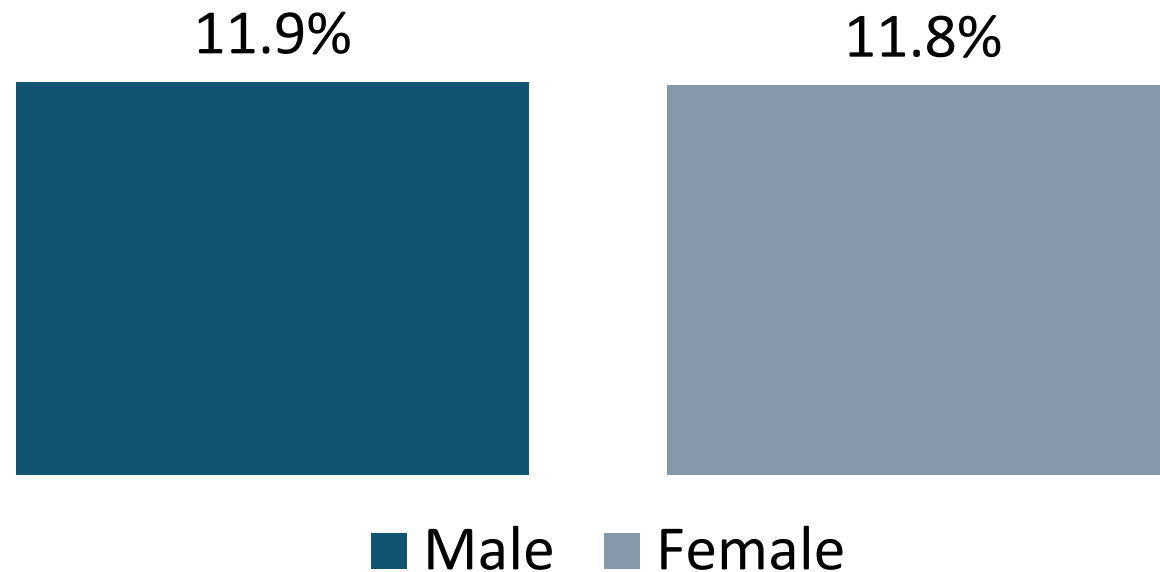
Adult diabetes has increased between 2018 and 2023



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

Diabetes prevalence was about the same in adult males and adult females

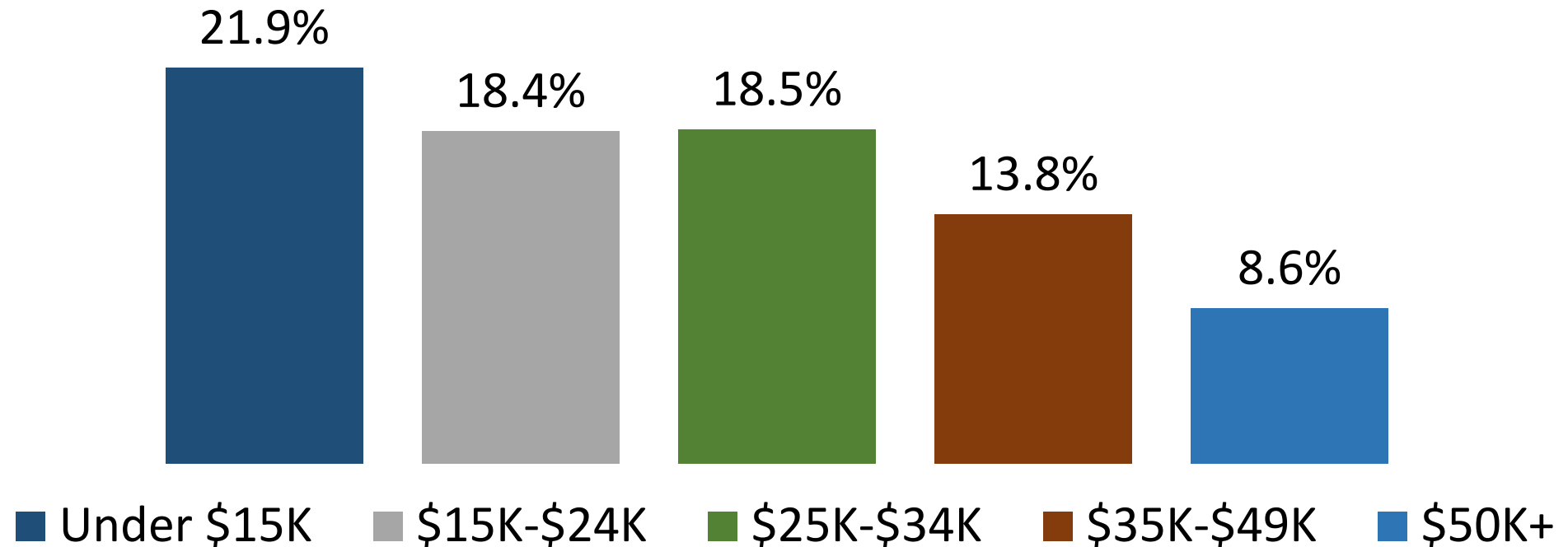
Virginia Adults with Diabetes by Gender in 2023



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

Adults with lower income are more likely to have diabetes

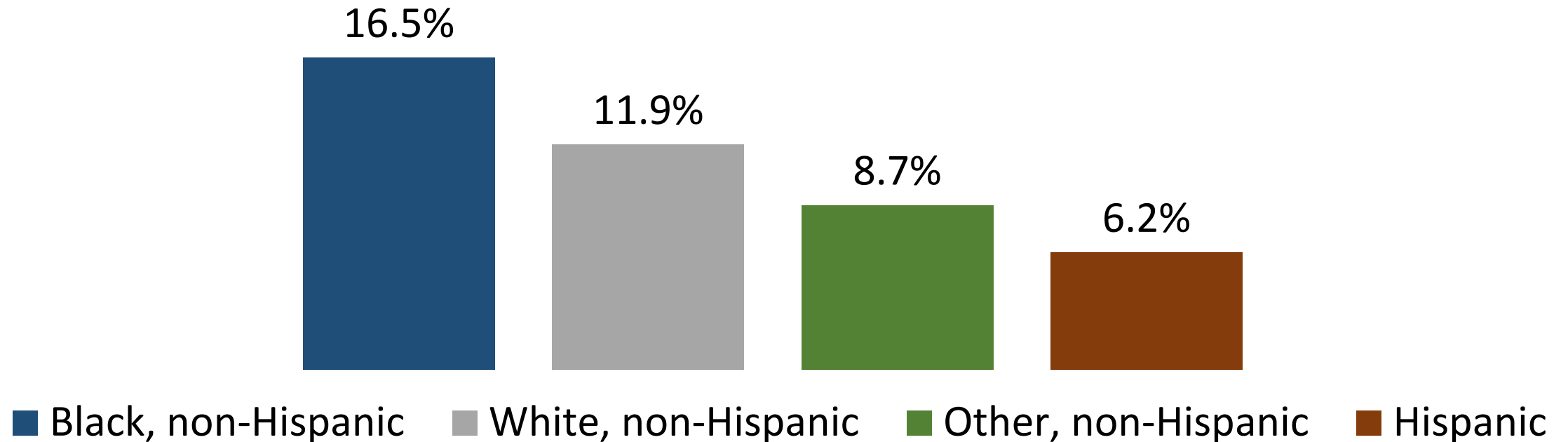
Virginia Adults with Diabetes by Income Level in 2023



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

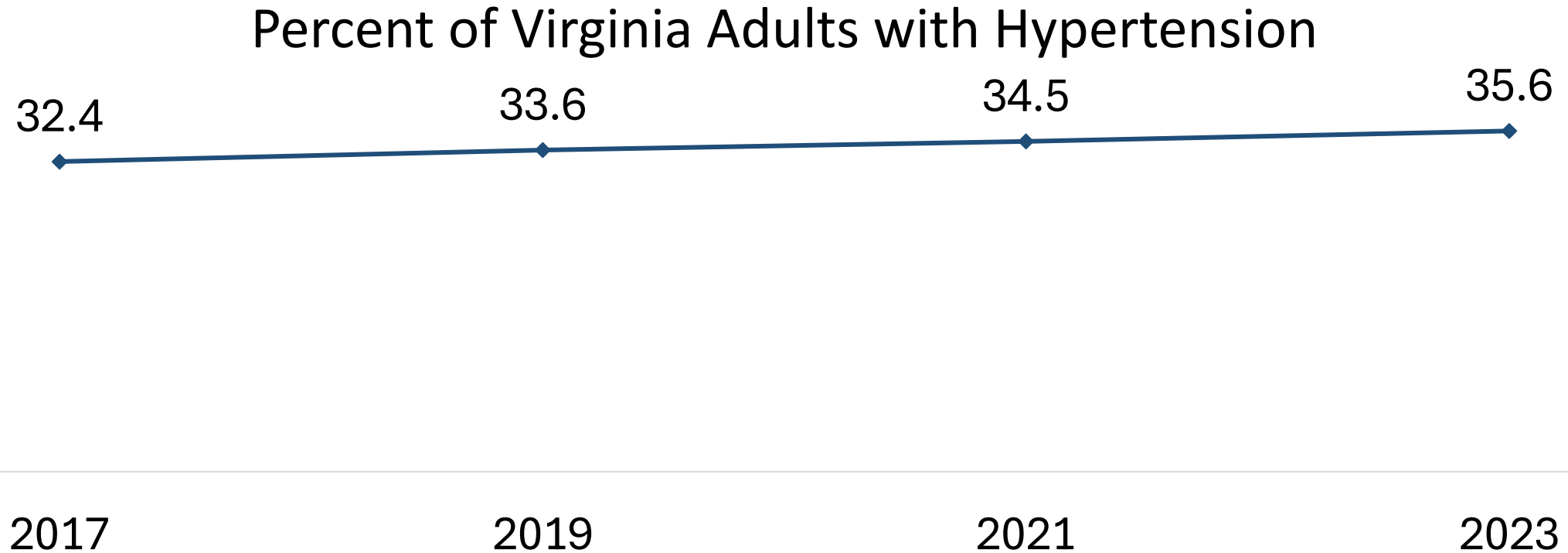
Black, non-Hispanic Virginia adults were most likely to have diabetes

Virginia Adults with Diabetes by Race and Ethnicity in 2023



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

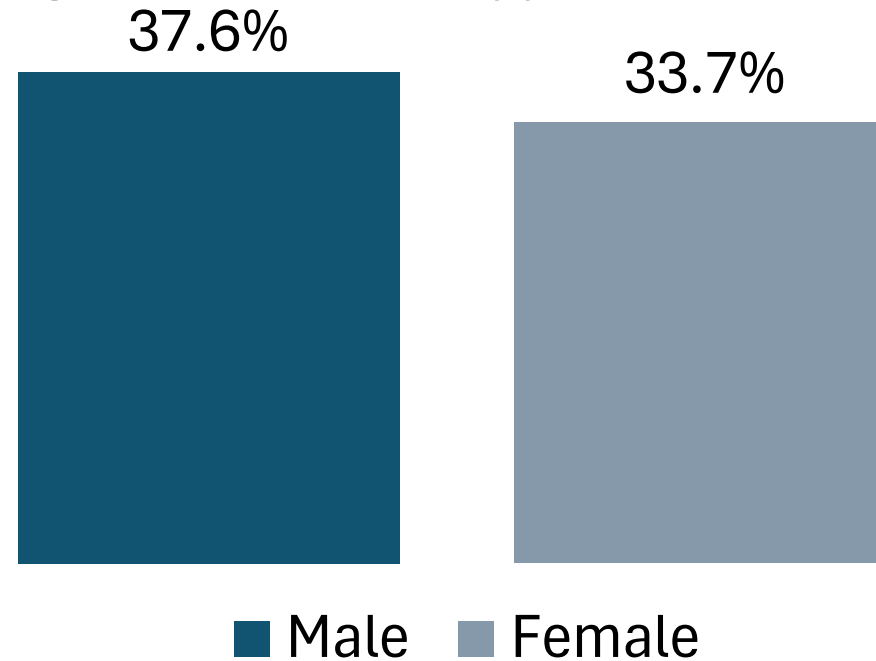
Adult hypertension has increased since 2017



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

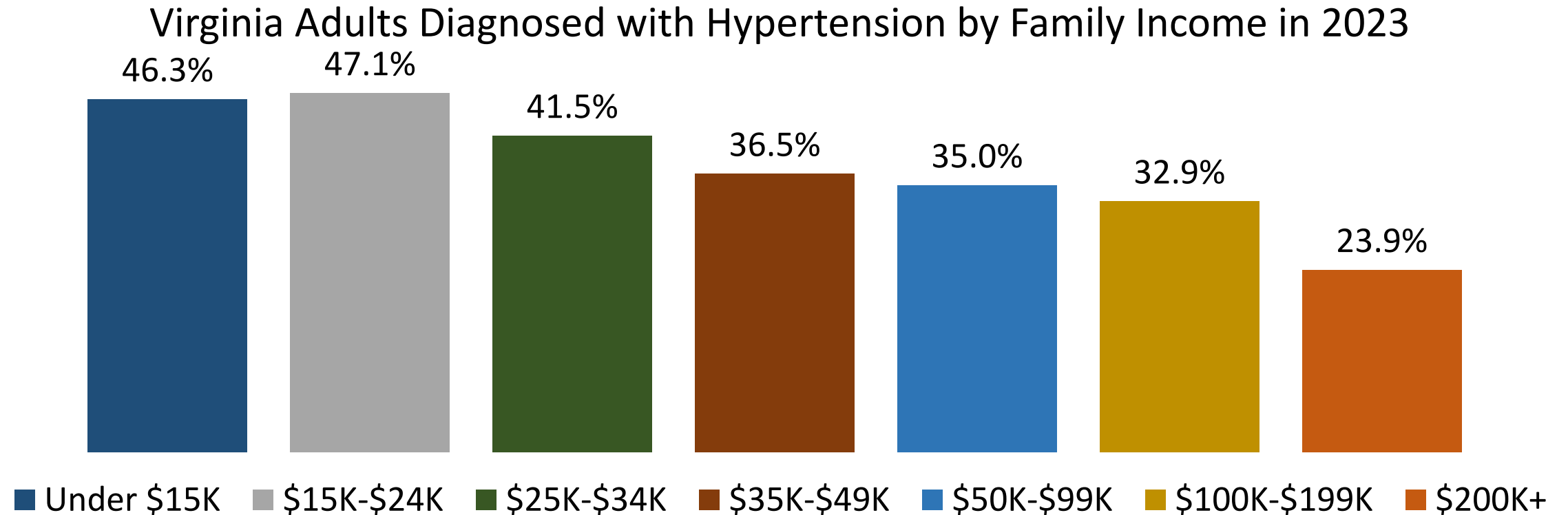
Adult males are more likely to have hypertension than adult females

Virginia Adults Diagnosed with Hypertension by Gender in 2023



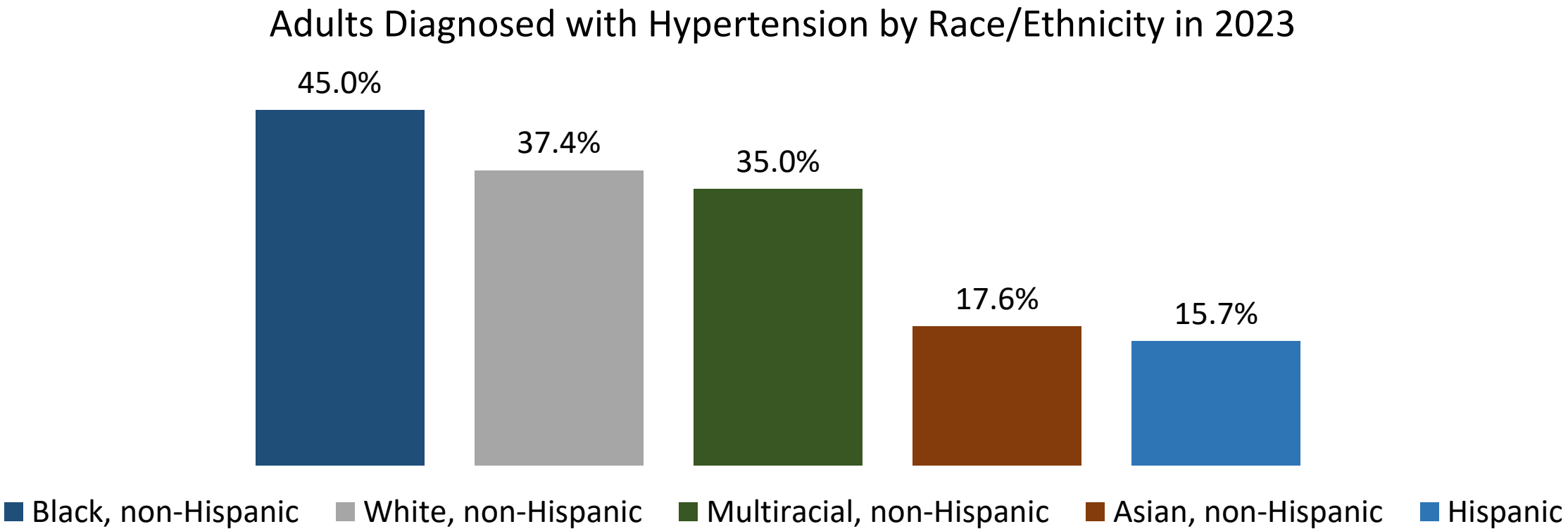
SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

Lower income is associated with a higher likelihood of hypertension



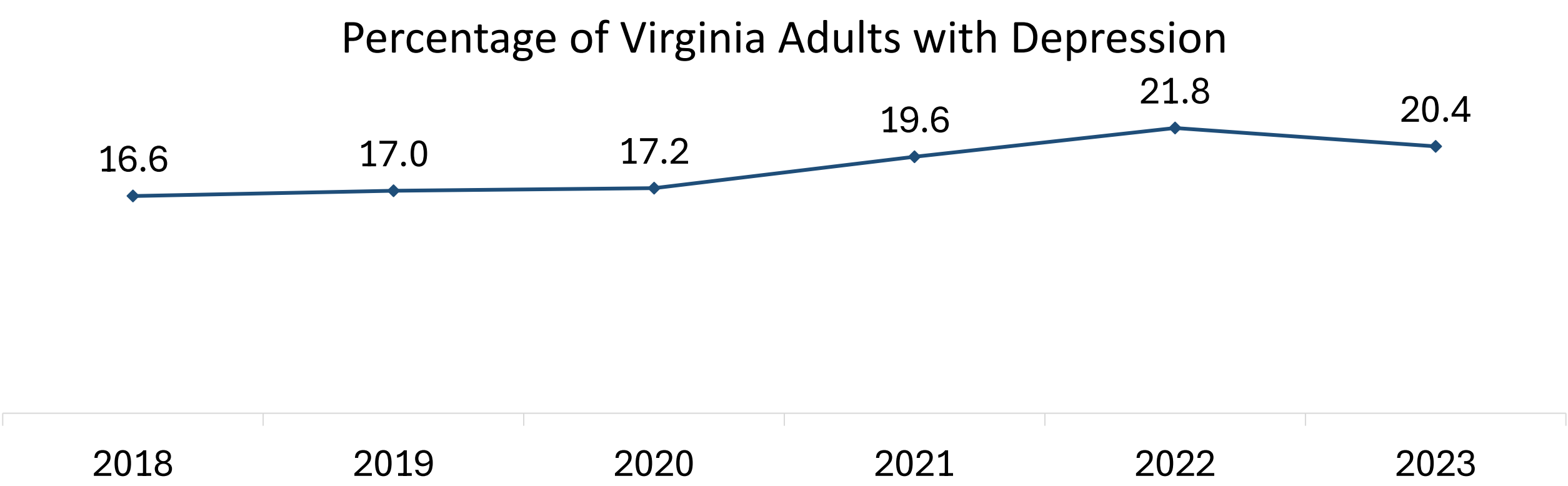
SOURCE: JCHC staff analysis of Behavioral Risk Factor Surveillance System data, 2025

Non-Hispanic Black adults have a higher prevalence of hypertension



SOURCE: JCHC staff analysis of Behavioral Risk Factor Surveillance System data, 2025

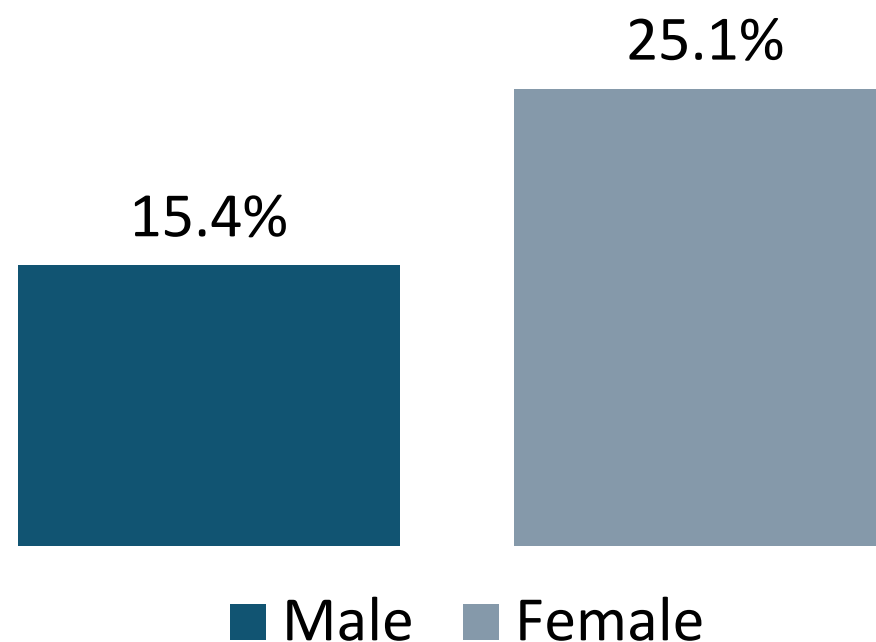
The proportion of Virginia adults living with depression has increased since 2018



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025.

Adult females in Virginia are more likely to have depression than adult males

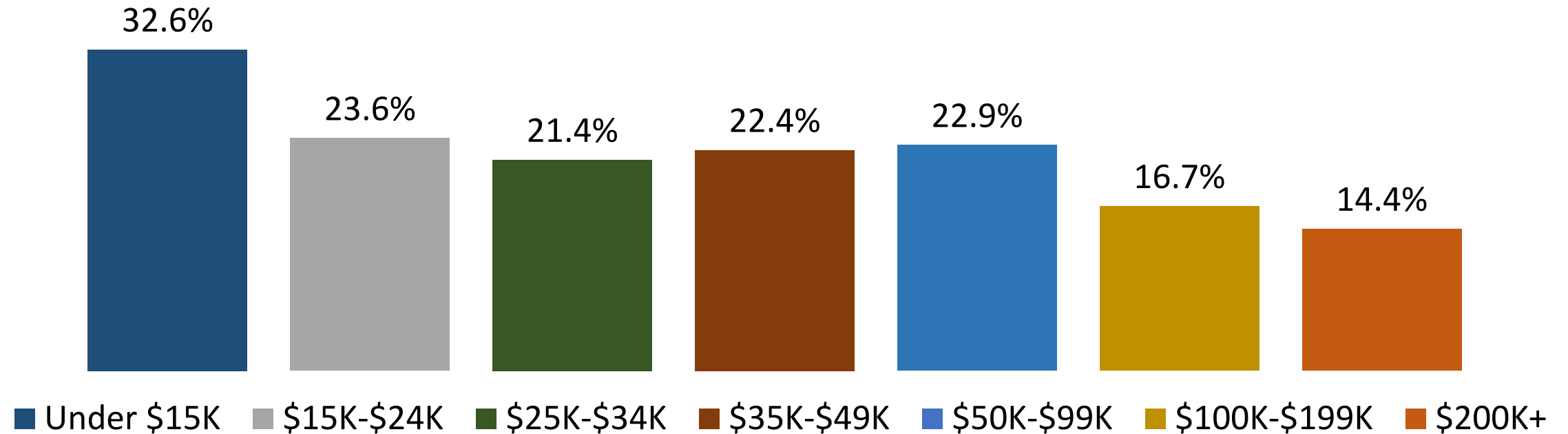
Adults Diagnosed with Depression by Gender in 2023



SOURCE: JCHC staff analysis of Virginia Department of Health data, 2025

Adults with lower income are more likely to have depression

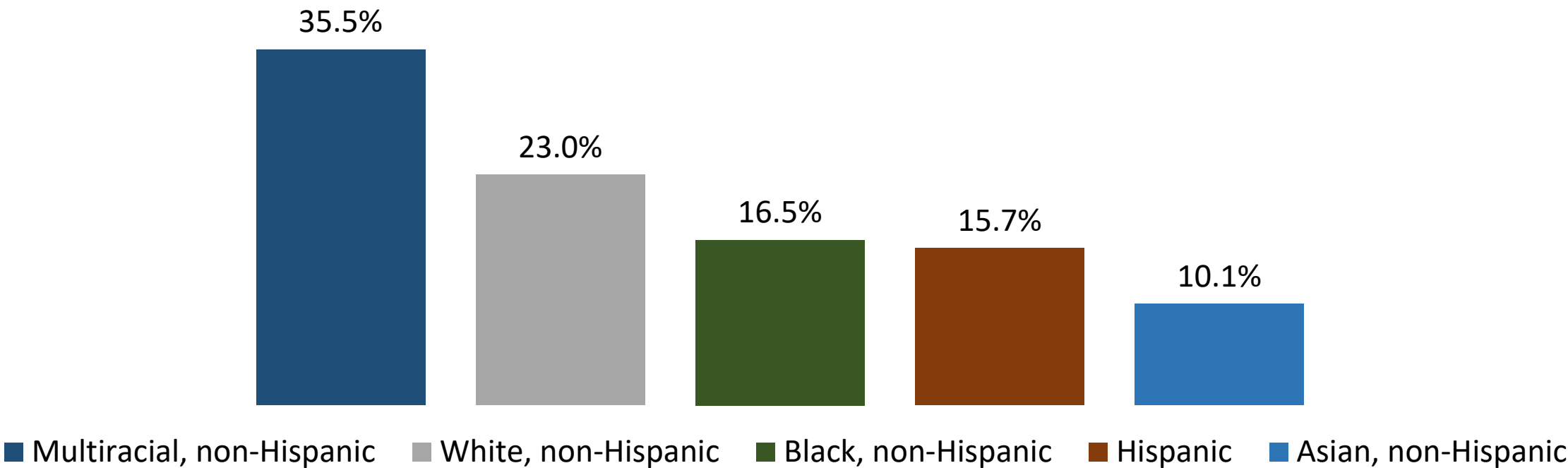
Adults Diagnosed with Depression by Family Income in 2023



SOURCE: JCHC staff analysis of Behavioral Risk Factor Surveillance System data, 2025.

Multiracial, non-Hispanic adults have the highest prevalence of depression

Adults Diagnosed with Depression by Race/Ethnicity in 2023



SOURCE: JCHC staff analysis of Behavioral Risk Factor Surveillance System data, 2025.

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State policy interventions can improve life expectancy

SDOH = Social determinants of health

SDOH are a primary influence on health outcomes

- SDOH are the conditions in which people are born, grow, work, live, and age
- SDOH accounts for 30 to 55 percent of the variation in a person's health outcomes, followed by health behaviors, and clinical care

SDOH is made up of five broad domains, each composed of unique upstream factors

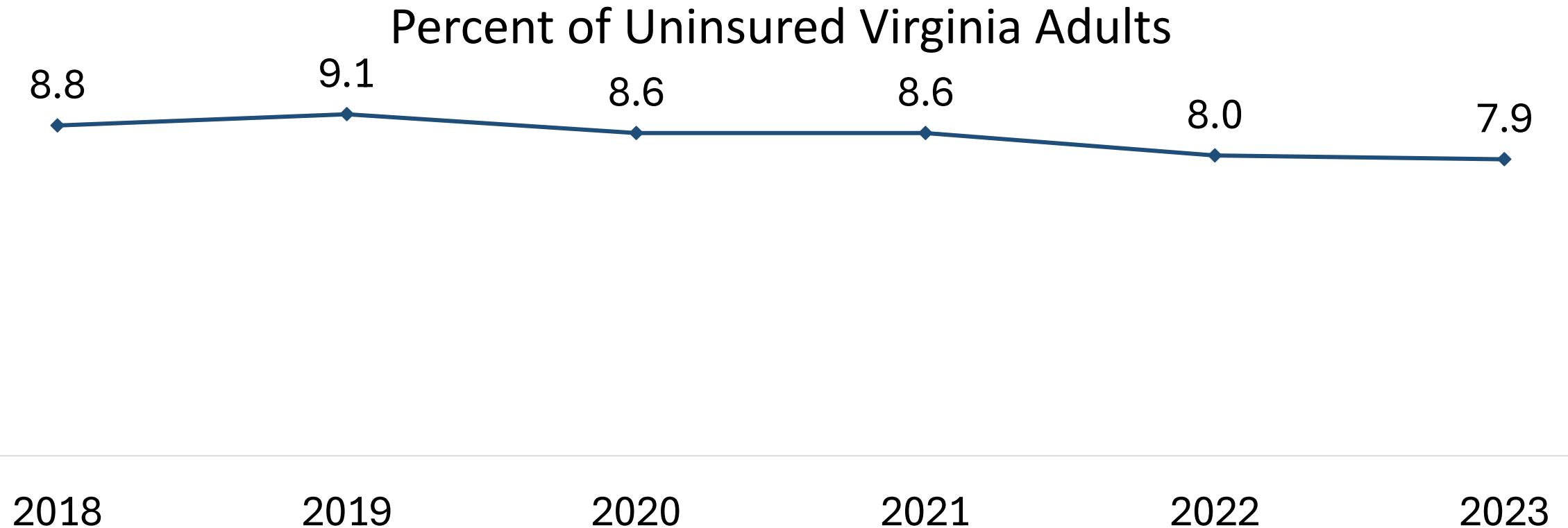


SOURCE: Healthy People, 2030, US Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

Insurance coverage and health care costs impact health care access

- Lack of access to health care leads to higher rates of chronic diseases, increased mortality, and overall worse health outcomes
- Uninsured adults are less likely to receive preventative care

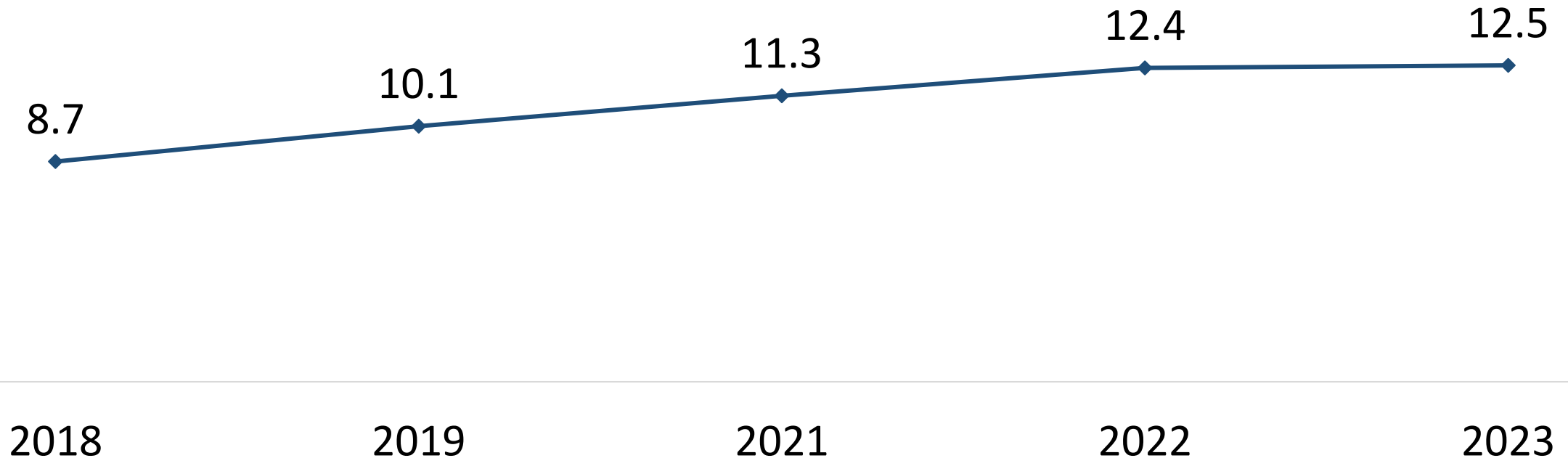
The percentage of uninsured Virginia adults has decreased since 2018



SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025.

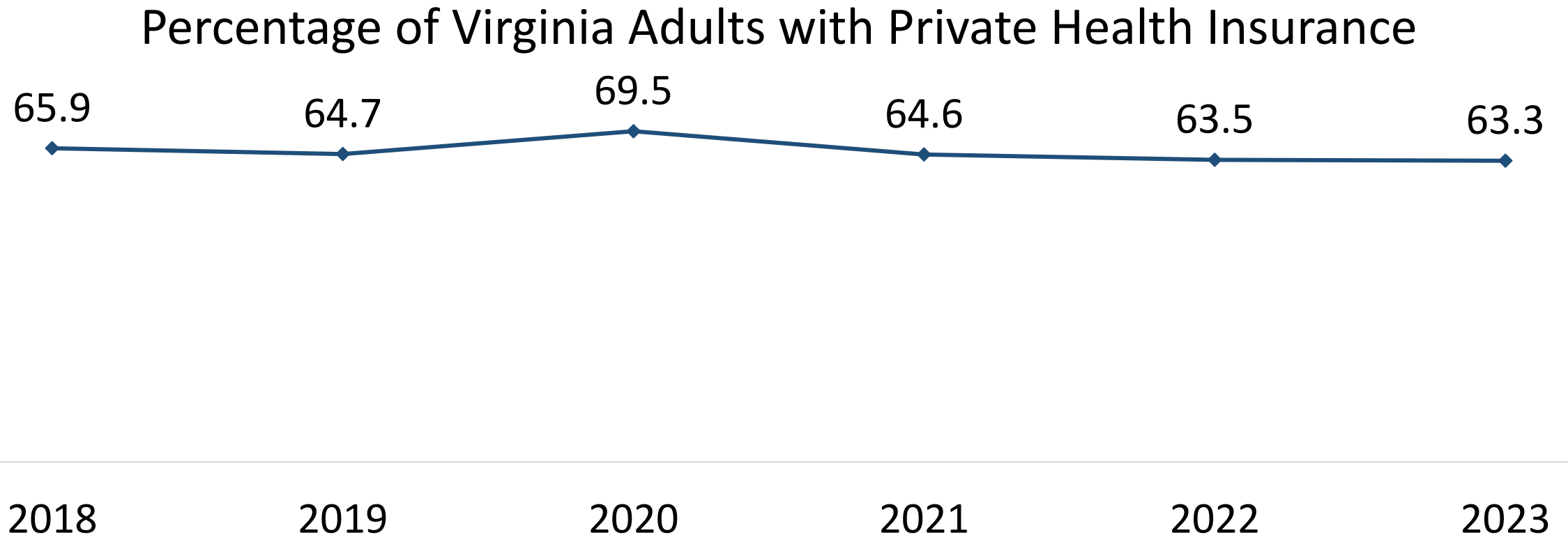
Medicaid enrollment has increased since 2018

Percentage of Virginia Population Enrolled in Medicaid/CHIP



SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025.

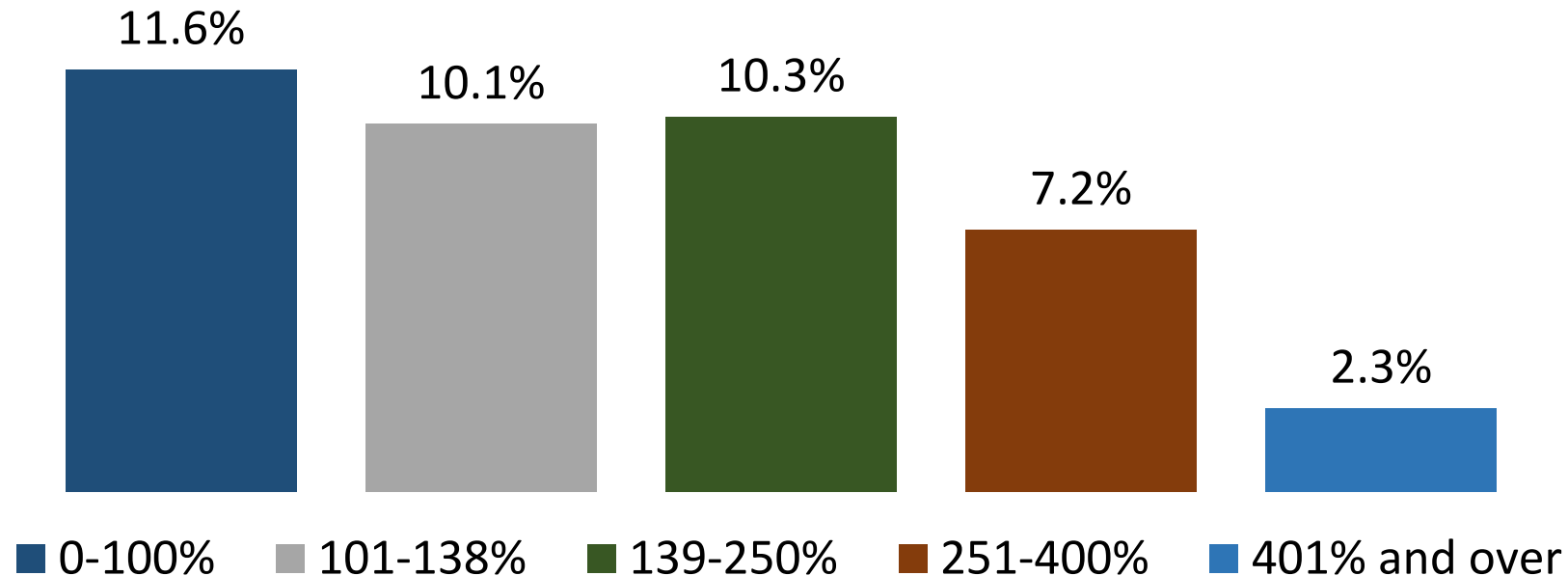
Percentage of Virginians covered by private health insurance is declining



SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025.

Adults with lower income are more likely to be uninsured

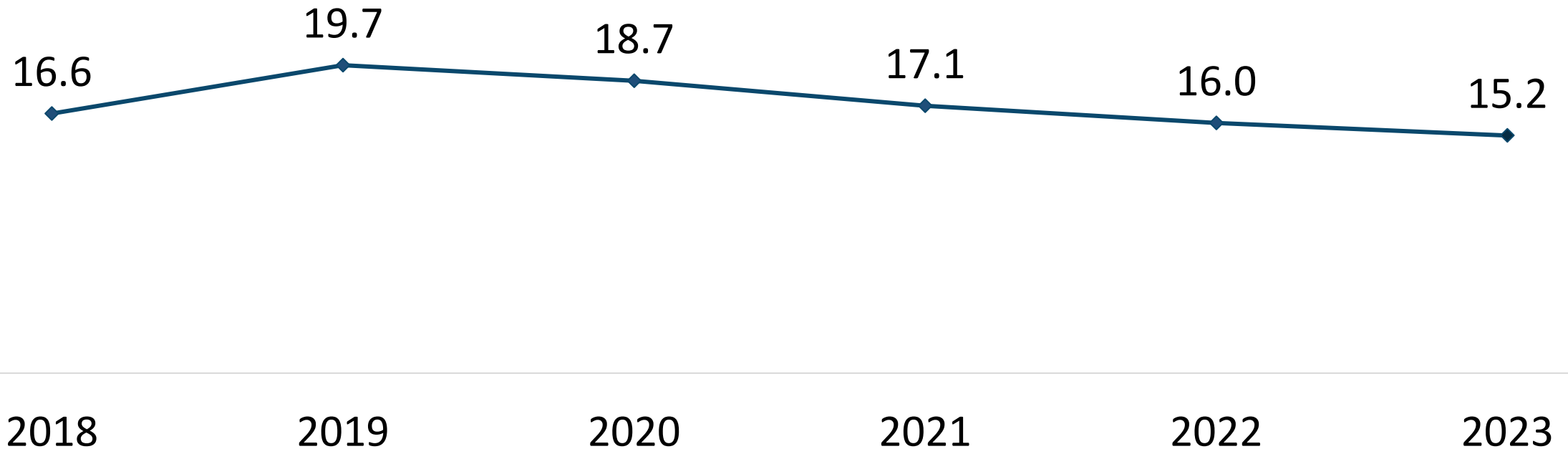
Percent of Adults without Health Insurance by Federal Poverty Level in 2023



SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025.

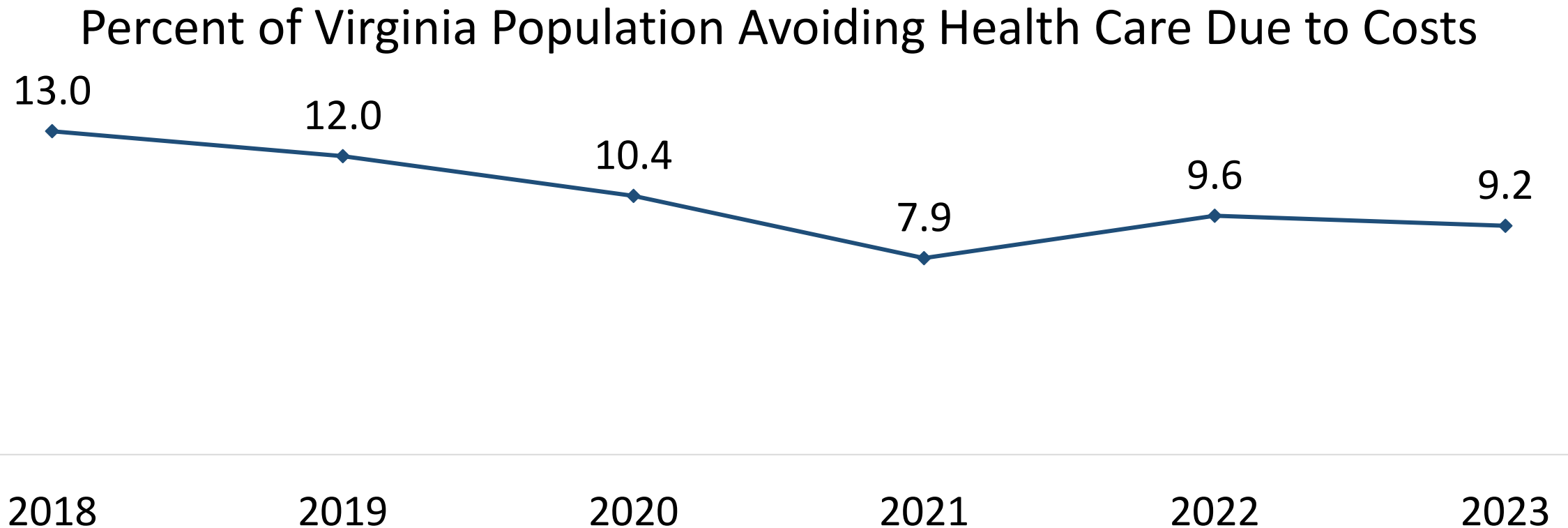
High medical costs negatively impact access to care for Virginians

Percent of Virginians with High Medical Cost Burden



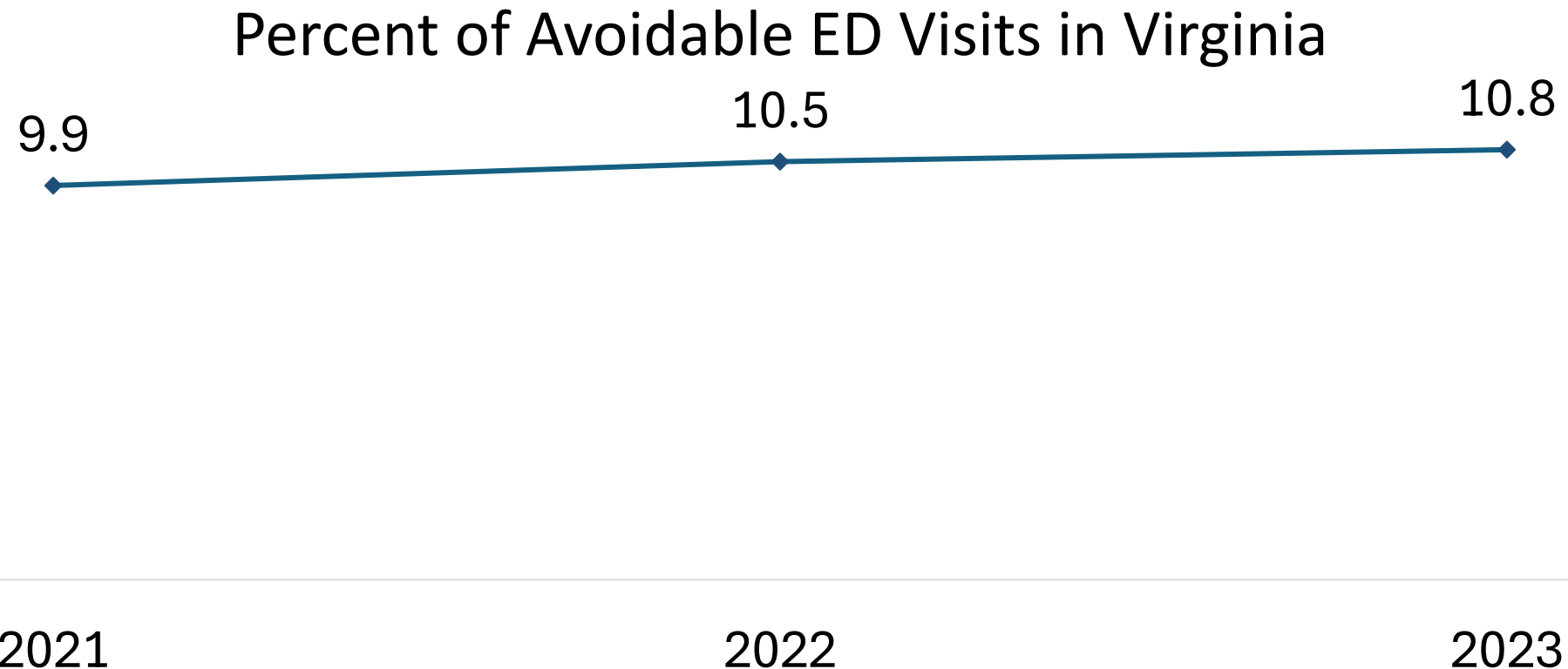
SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025

Fewer Virginians are avoiding care due to costs



SOURCE: JCHC staff analysis of Health Access Data Assistance Center data, 2025.

Avoidable ED visits have increased since 2021



SOURCW: JCHC staff analysis of Virginia Health Information data, 2025.

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SDOH = Social determinants of health

State policy interventions can improve life expectancy

- Virginia can continue to investigate causes and influences of changes in adult chronic disease prevalence
- JCHC members may be interested in exploring:
 - Increasing chronic disease prevalence
 - Financial barriers to health care access
 - Changes to availability of health insurance

Questions/Discussion