

HEALTH OPPORTUNITY INDEX

Health Matters, Place Matters

Census Tracts in Lancaster County by HOI Composite Quintile:

Northumberland

Count of census tracts in the county by HOI Composite Quintile:

Quintile 5	Quintile 4	Quintile 3	Quintile 2	Quintile 1
Very High	High	Moderate	Low	Very Low
0	0	1	2	1

HOI composite score and profile scores range from 0 to 1. The closer the score is to zero, the lower the chances for residents in the census tract to experience the opportunity for good health. Conversely, the closer the score is to 1, the greater the chances that residents will experience high opportunities for good health. You can also gauge health opportunity by looking at the Quintile. Quintile 5 reflects very high health opportunity. Quintile 1 reflects very low health opportunity. Life expectancy can also help gauge health opportunity.

For more detail about each tract, launch the interactive HOI map: https://apps.vdh.virginia.gov/omhhe/hoi/hoi-dashboard

CHRONIC DISEASE PREVALENCE

Orange indicates rate at highest/worst level (Top 20%)

Arthritis: 39.8	COPD: 10.3	
Binge Drinking: 12.6	Smoking: 14.2	
High BP*: 47.3	Diabetes: 18.5	
Cancer: 13.3	HCHOL*: 46	
Asthma: 10.1	Obesity: 38.8	
Heart Disease: 10.6	Stroke: 5.5	
* BP = Blood Pressure, HCHOL = High Cholesterol		

% COUNTY POPULATION BY GENERATION



28 28	GENERATION
28 ¹⁰ 2	13.6 ⁻
0 1998	BORN 1000 TO 2

White: 68.39% % Total Pop White in VA: 60.35%

% COUNTY POP BY RACE

Population of 1 Race Alone

AIAN*: 0.22%

Asian: **0.71%** % Total Pop Asian in VA: 7.13% Black or AA*: **27.03%**

% Total Pop AIAN in VA: 0.46%

NH or PI*: **0.01%** % Total Pop NH or PI in VA: 0.08% Some Other Race: **0.55%**

% Total Pop Black or AA in VA: 18.62%

% Total Pop Some Other Race in VA: 5.17

Two or More Races: **3.10%** % Total Pop Two or More Races in VA: 8.18%



Lancaster County

Health District: Three Rivers

This report was created January 29, 2025



County Overview

Total Land Area: **133.3 sq mi** Total Land Area in VA: 39,490 sq mi

Total Census Tracts: 4

Total Census Tracts in VA: 2,168

Total Population: **10,919** *Total Population in VA: 8,631,393*

Median Age: **59.1** *Median Age in VA: 39.3*

Average Life Expectancy: **75.1** *Life Expectancy in VA: 78.1*

Total Housing Units: **7,448** Total Housing Units in VA: 3,618,247

Total Households: **5,468** *Total Households in VA: 3,402,670*

Median HH Income: \$67,169 Median Household Inc. in VA: \$89,931

Disabled Population: **16.7%** *Disabled Population in VA: 12.8%*

No Health Coverage: **6.1%** Pop with No Health Coverage in VA: 6.4%

Poverty Rate: **13.1%** Poverty Rate in VA: 10.2%

Pop 25+ w/HS Deg or Less: **40.5%** Pop age 25+ with HS Deg or Less in VA: 32.5%

*AIAN = American Indian or Alaska Native, AA = African American, NH or PI = Native Hawaiian or Pacific Islander

Data Sources: 2024 CDC PLACES, 2018 NCHS, 2020 US Census and 2022 American Community Survey (ACS) 5-Year