

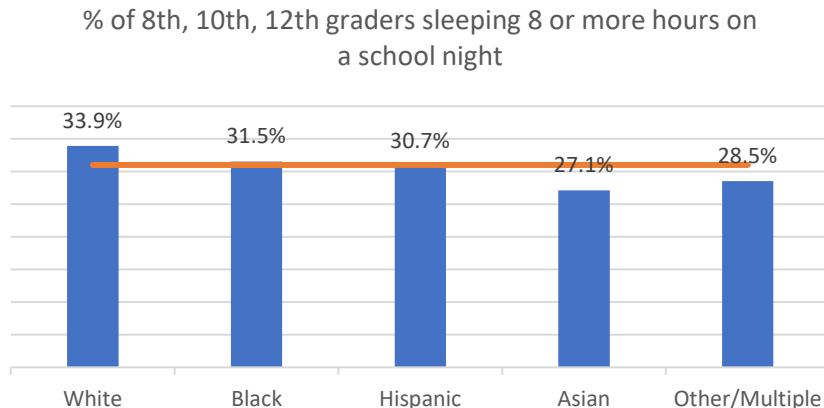
# CCFP RFP | TAC Tool: Health

*Outcome Statement: To have access to primary, specialty, oral, behavioral, and long-term health care, particularly prevention services. To develop the knowledge and resources to practice healthy behaviors and take action to prevent and manage disease and adverse health conditions.*

Per [2021 CDC estimates](#), 7.3% of Fairfax County adults reported their physical health was not good for 14 days or more in the past year - an increase from 6.5% in 2020. Adults reporting their mental health was not good for 14 days also increased [from 9.9% in 2018 to 11.9% in 2021](#).

According to the [CDC](#), children and adolescents who do not get enough sleep have a higher risk for many health and behavior problems, such as a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. The American Academy of Sleep Medicine has recommended that **teenagers aged 13–18 years should sleep 8–10 hours** per 24 hours.

The 2022 [Fairfax County Youth Survey](#) reveals that **about 31% of youth get this optimal amount of sleep at night**, White youth most likely to sleep 8 or more hours on a school night.



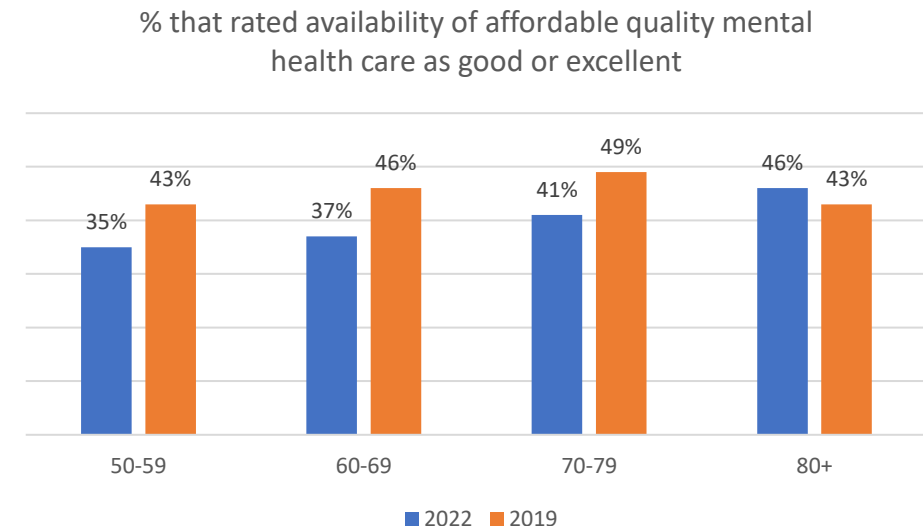
[2022 Fairfax Youth Survey, Table 153](#)

## Opioid Overdoses Occurring in Fairfax Health District

In 2022, the [Fairfax County Health Department](#) reported:

- 304 non-fatal overdoses.
- There were 88 opioid deaths.
- African Americans had the highest yearly average of fatal fentanyl overdose.

According to the 2022 CASOA 50+ Community Survey, 38% of county residents rated availability of affordable quality mental health care as good or excellent. This decreased from 45% in 2019 and decreased among all age groups except 80+.



[2022 CASOA Survey, Mental Health](#)