

2025 Community Health Needs Assessment

McLean Tysons Orthopedic Surgery Center 2025-2026 Implementation Strategy Plan



McLean Tysons Orthopedic Surgery Center 2025 Implementation Strategy

McLean Tysons Orthopedic Surgery Center, LLC (“MTOSC”) is a state-of-the-art Ambulatory Surgery Center (ASC) that provides minimally invasive muscular-skeletal surgical procedures for patients living in Northern Virginia, Maryland, Washington D.C. and beyond. This ASC was formed in 2021 and was licensed as an outpatient surgical hospital in 2022. It represents a unique venture, bringing together, as co-owners, physicians from OrthoVirginia, the largest orthopedic group in Virginia, and VHC Health, a pillar in the Washington DC metro community for more than 75 years.

CHNA Community

Primarily, MTOSC serves individuals with musculoskeletal conditions affecting the bones, joints, muscles, ligaments, tendons, and nerves. MTOSC provides care for traumatic injuries such as fractures, dislocations, ligament tears, or tendon ruptures resulting from accidents, falls, or sports-related incidents. Therefore, the primary “community served” by MTOSC for this CHNA is the population of individuals who have those specific conditions and treatment needs.

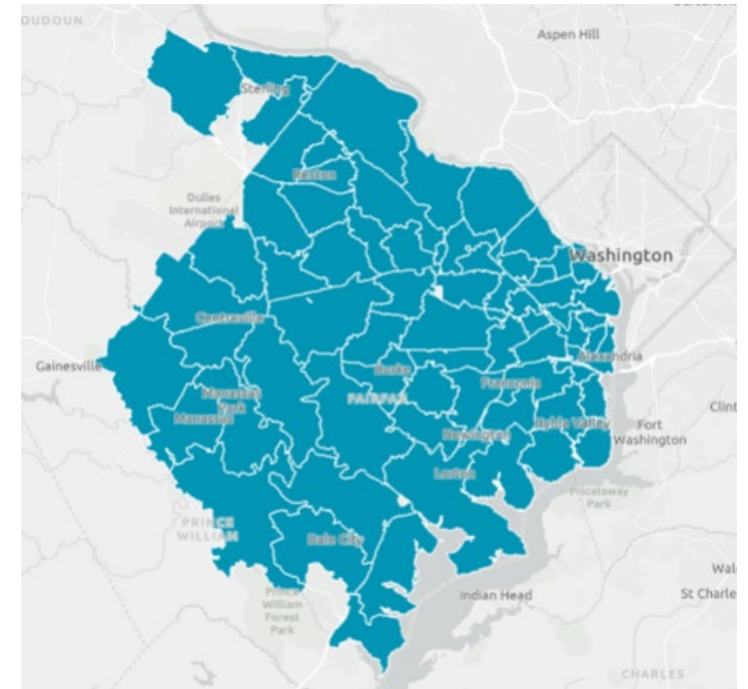
The geographic area where most of the MTOSC patients reside includes 70 zip codes within the counties and cities included on the map to the right. This geographic area aligns with VHC Health’s service area, due to the close alignment of services and activities provided to VHC Health’s patients.

MTOSC has defined its “community” as individuals within the 70 zip codes with specific orthopedic surgical needs to allow MTOSC to more effectively focus its resources to address identified significant health needs, targeting areas of greatest need and health disparities.

As an outpatient surgery center, MTOSC provides a specialized venue for orthopedic surgery, enabling shorter stays, faster recovery, and high-quality care. This specialization contributes to the community health infrastructure by facilitating musculoskeletal health and relieving burdens on inpatient hospital capacity.

Purpose of a Hospital’s Implementation Strategy

An Implementation Strategy outlines how a hospital plans to address community health needs and is intended to satisfy the requirements set forth by state law and the Internal Revenue Code Section 501(r)(3) regarding Community Health Needs Assessments (CHNA) and Implementation Strategy. The Implementation Strategy process is meant to align MTOSC’s initiatives and programs with goals, objectives and indicators that address significant community health needs described in the CHNA.



How the CHNA Implementation Strategy was Developed

The implementation strategy was developed after the comprehensive CHNA was completed. Please refer to the complete CHNA for the full report. Strategies and action plans were developed based on a consensus among a steering committee comprised of MTOSC leaders after input from each of the respective disciplines. The organization intends to undertake the following strategies to meet the identified community health needs.

MTOSC CHNA Summary

In 2025, MTOSC conducted a CHNA to identify and prioritize key health issues affecting the community. MTOSC utilized input gathered during the VHC Health CHNA, which included feedback from community leaders representing fifty-six organizations such as public health agencies, public schools, local government officials, social services, neighborhood groups, and various non-profit organizations. This information was collected through a combination of focus groups and key stakeholder surveys.

MTOSC incorporated input from individuals and groups representing medically underserved, low-income, and minority populations to ensure that diverse community perspectives were represented. Information collected from these activities was reviewed and analyzed to identify the most pressing health issues within the community.

Health needs were prioritized by considering feedback from individuals with expertise in public health, as well as those representing the interests of minority, low-income, and medically underserved populations. MTOSC’s leadership team then identified the health need to prioritize based on this input, emphasizing the importance of addressing obesity and evaluating the organization’s capacity to respond effectively.

As an orthopedic specialty surgery center, MTOSC focuses on addressing health needs relevant to its scope of services. Based on the findings from the CHNA and the prioritization process, MTOSC determined that obesity would be the primary health need to address. The prioritization was reached through a consensus discussion among MTOSC’s leadership team, taking into account the community input received, supporting secondary data highlighting the significance of obesity, and MTOSC’s ability to contribute to addressing this need within its specialty care framework.

Additionally, MTOSC reviewed existing community benefit and outreach programs and explored opportunities for increased community collaboration. Moving forward, MTOSC will work to identify strategies and areas where it can most effectively allocate its resources to achieve significant community impact and has developed this implementation plan for 2025-2026.

Prioritized Health Need: Obesity

The implementation strategy was developed after the comprehensive CHNA was completed. Please refer to the complete CHNA for the full report. Strategies and action plans were developed based on a consensus among a steering committee comprised of MTOSC leaders after input from each of the respective disciplines. The organization intends to undertake the following strategies to meet the identified community health needs.

Obesity was selected as the priority health need based on both community data and alignment with MTOSC’s specialty care focus. Secondary data sources demonstrate that obesity is a significant and growing concern within the community, affecting both adult and youth populations. Elevated obesity rates contribute to a range of chronic health conditions and directly influence orthopedic health, including increased risks for joint disease, mobility limitations, and complications related to musculoskeletal surgery and recovery.

As an orthopedic specialty surgery center, MTOSC is uniquely positioned to address health needs related to obesity through its expertise in musculoskeletal care, patient education, and rehabilitation services. The organization recognized that focusing on obesity aligns with its mission and allows it to have a meaningful impact within its scope of practice. By prioritizing obesity, MTOSC aims to support community efforts to reduce obesity-related health risks, improve overall musculoskeletal health, and enhance quality of life for the populations it serves.

Initiatives / Programs	Reportable Metrics / Anticipated Impact	Resources and Collaborations
• Work with VHC Health General Surgery to enhance and expand bariatric program. • Collaborative approach involving weight management and care plans that improve joint health & outcomes. • Partner with VHC Health Promotion department on enhancing the wellness programs and services. • Serve as clinical experts and resources in VHC’s Health Promotion community and corporate nutrition and weight management offerings.	• Obesity increases the risk of complications and can lead to higher infection rates, difficult wound healing and longer operating times. As a result, VHC Health Promotion, in partnership with the Bariatric Program, will add at least 1 new weight management program.. • Obesity increases the risk of developing osteoarthritis, especially in knees and hips, which leads to joint replacement surgery. • Optimizing patients with high BMIs before surgery to reduce risks and complications. • Post-op impact: reduced length of stay, lowering prosthesis failure, and re-operation. • MTOSC will track measurable outcomes, on an annual basis, focusing on complication rates and post-operative recovery indicators.	• VHC Medical Group – General Surgeons will work with VHC Health Promotions on expanding community and corporate weight management resources. • Health Promotions will collaborate with Arlington County Public Schools on initiatives to provide weight management education to school-age students. • VHC Health will partner with Arlington Food Assistance Center to bring healthy food resources to the Arlington communities. • VHC Healthworks will partner with Kaiser and Cigna in providing wellness resources to Kaiser and Cigna corporate partners.

Significant Health Needs Not Addressed

IRS regulations require that the CHNA Implementation Strategy include a brief explanation of why a hospital facility does not intend to address some of the significant health needs identified through the CHNA. As described in detail in the CHNA, MTOSC prioritized one significant health needs during the CHNA process – obesity.

While several health needs were identified through the CHNA process, MTOSC elected not to prioritize certain areas at this time. This decision was made after careful consideration of community input, supporting data, and the organization’s capacity to effectively address each issue within its specialty care framework.

As an orthopedic specialty surgery center, MTOSC’s primary expertise and resources are focused on musculoskeletal health and related conditions. Many of the other identified health needs—such as chronic disease management, mental health, and access to primary care—fall outside the organization’s direct scope of services. Although these issues are important to the overall health of the community, MTOSC determined that it could have the greatest measurable impact by concentrating on obesity, a need that closely aligns with its mission and clinical capabilities.

MTOSC remains committed to supporting community partners and collaborating on broader health improvement initiatives where appropriate, particularly in ways that complement its focus on orthopedic and musculoskeletal wellness.

Identified Need	Reason for Not Addressing
Access to Health Services / Navigating Healthcare Services	Access to health services was not selected as a priority health need because it falls outside the primary scope of MTOSC’s operations as an orthopedic specialty surgery center. While MTOSC recognizes that access to care is an important community concern, the organization determined that it has limited capacity to directly influence this issue.
Binge Drinking	Binge drinking was not selected as a priority health need because it falls outside the scope of MTOSC’s specialty as an orthopedic surgery center. While it is recognized as a significant public health concern, MTOSC has limited capacity to directly address alcohol misuse and will rely on community partners with expertise in prevention and behavioral health.
Chronic Health Conditions	Chronic health conditions were not prioritized as they extend beyond MTOSC’s focus on orthopedic and musculoskeletal care. Although these conditions contribute to overall community health outcomes, MTOSC determined that other organizations are better positioned to lead efforts in prevention and chronic disease management.
Food Insecurity	Food insecurity was not chosen as a priority health need because it is a social determinant of health that lies outside the organization’s direct service capabilities. MTOSC recognizes the impact of nutrition on health and will continue to support community collaborations that address food access.
Isolation for Seniors	Isolation among seniors was not prioritized as it does not align directly with MTOSC’s specialty focus. The organization acknowledges the importance of social connection for older adults but determined that its capacity to influence this issue is limited.

Significant Health Needs Not Addressed

Identified Need	Reason for Not Addressing
Health Equity	Health equity was not selected as a standalone priority because MTOSC strives to integrate equitable care principles across all aspects of its operations rather than treat it as a separate focus area. MTOSC remains committed to reducing barriers and ensuring all patients receive high-quality, inclusive care.
Lack of Affordable Housing	The lack of affordable housing, while an important social determinant of health, was not prioritized because it falls outside MTOSC's operational scope. Addressing housing affordability requires systemic and policy-level solutions beyond the organization's expertise.
Lack of Mental Health Providers	MTOSC did not select the lack of mental health providers as a priority due to its focus on orthopedic surgical care. The organization recognizes this as a critical issue and supports ongoing community efforts to expand behavioral health capacity.
Lack of Prenatal Care	Lack of prenatal care was not prioritized since it is not directly related to MTOSC's specialty services. MTOSC acknowledges the importance of maternal health and supports community healthcare partners addressing this area.
Lack of Substance Abuse	MTOSC did not prioritize the lack of substance abuse providers as this issue is beyond its clinical focus. The organization supports community partners working to expand substance use treatment resources.
Mental Distress / Behavioral Health	Mental distress and behavioral health were not chosen as priority needs because they are outside MTOSC's specialty care framework. However, the organization recognizes their influence on overall well-being and supports collaborative efforts to strengthen behavioral health services in the community.
Poor Air Quality	Poor air quality was not prioritized as it is an environmental health concern that lies outside MTOSC's capacity to influence. The organization supports regional and public health initiatives addressing environmental health and pollution.
Poverty / High Cost of Living / Homelessness	Poverty and Homelessness was not selected as a priority because it is a broad social and economic issue that extends beyond MTOSC's direct influence as a healthcare provider. The organization remains committed to equitable access and charitable care within its capacity.
Shortage of Facilities and Services for Persons Age 55+	The shortage of facilities for individuals aged 55 and older was not prioritized because MTOSC's services are focused on surgical care rather than residential or long-term care facility development. MTOSC will continue to support community partnerships that promote healthy aging.
Substance Abuse	Substance abuse was not prioritized due to MTOSC's limited role in providing addiction treatment services. The organization acknowledges this as a significant community concern and supports collaborative initiatives led by behavioral health and substance use treatment providers.

Conclusion

In partnership with internal and external stakeholders, including local public health departments, we have taken an in-depth look at the needs and assets in the communities we serve. We are committed to addressing those needs through implementation strategies, in partnership with communities most impacted by health inequities.

Comments regarding the Community Health Needs Assessment and/or Implementation Strategy can be submitted to the organization by contacting:

Adrian Stanton
Vice President, Real Estate Acquisition & Development
astanton@vhchealth.org