

# Richmond City Health District Annual Report

## Fiscal Year 2009-10



July 1, 2009 - June 30, 2010



**Donald R. Stern, MD, MPH**  
Health Director

This has been a remarkable year for the Richmond City Health District. Our vision of working together for a healthier Richmond was embodied in our efforts to address public health issues that significantly impact Richmond residents as we fulfilled our mission: to promote healthy living; protect the environment; prevent disease and prepare the community for disasters.



### Highlights:

#### **New Public Health Offices and Clinic**

The relocation of RCHD Clinical Services, October 2009, from the Richmond City Public Safety Building to our new location was a major change for us and the clients we serve. This move united our Clinical Services with RCHD administrative operations which moved to the new location in January 2009. The move was made possible with the purchase of the building at 400 E. Cary Street by the Virginia Department of General Services. The entire second floor of the building was renovated to provide a completely new state-of-the-art clinical facility. RCHD is now housed in one of the best local public health facilities in the Commonwealth of Virginia.



**Clinical Services new waiting area for WIC clients**

#### **Preventing H1N1 Disease**

H1N1 was truly a novel virus, and the uncertainty of the threat necessitated coordinated public health actions to protect the Richmond population. State and local health agencies worked together to meet the challenge of the pandemic in Virginia. Beginning in October 2009, we worked with Richmond Public Schools (RPS) to conduct a large-scale school vaccine campaign, providing 10,000 vaccines to RPS students and staff. In addition, RCHD provided a total of 21,542 H1N1 vaccines to private schools, day care centers, colleges/universities, and to the general public at our public health clinic and through innovative outreach clinics and activities. A unique partnership with Richmond Redevelopment & Housing Authority and Bon Secours of Richmond utilized the Bon Secours Care-A-Van to provide H1N1 vaccine to public housing residents. Although the virus presented as a mild to moderate form of disease, H1N1 is expected back in the 2010-11 flu season, and H1N1 vaccine has been incorporated into regular seasonal flu vaccine.

### Improving Access to Care

RCHD opened two **Public Health Resource Centers** in Fairfield and Whitcomb Courts in partnership with Richmond Redevelopment & Housing Authority (RRHA), with plans to open additional centers at RRHA public housing sites in the future. Opening of these Centers was made possible by a grant from the U. S. Department of Health & Human Services. We also obtained local grants from the Community and Jenkins Foundations through a partnership with Capital Area Health Network (CAHN). Financial and in-kind support also has come from RRHA, Richmond Behavioral Health Authority, Church & Dwight, Inc., and VCU School of Nursing. Our many community partners included Richmond Public Schools, Boys & Girls Club of Fairfield, Fan Free Clinic, Minority Health Consortium, Richmond Healthy Start Initiative, Leadership Metro Richmond, Backyard Farmers, and Home Depot.

The **Student Health Center** at George Wythe High School, made possible through a partnership with Richmond Public Schools (RPS), Richmond Behavioral Health Authority (RBHA), and Communities In Schools (CIS) of Richmond, was in full operation this past year, serving more than 250 students. The health center works with the school nurse's office, adding a nurse practitioner and other support services to improve student access to basic care. Efforts are directed to linking students to a medical home and health services within the community. These efforts were enhanced by grant awards from the Community Foundation, and the Richmond Memorial Health Foundation. Other funding and in-kind service sources included the Richmond Gang Reduction & Intervention Program (GRIP).

### Preventing Teen Pregnancies

The *Richmond Campaign to Prevent Teen Pregnancy* facilitated and staffed by the RCHD, has taken a leadership role to bring back the Community of Caring initiative that successfully reduced teen pregnancy among Richmond Public School students in the 1980's. Community of Caring is a K-12, whole-school, comprehensive character education program founded in 1982 by Eunice Kennedy-Shriver, that has been adopted by 1,200 schools nationwide and in Canada. It addresses five core values: respect, responsibility, trust, caring and family. Community of Caring schools weave these values into every aspect of school life and the existing school curriculum. Fund raising efforts resulted in nearly \$120,000 being raised in the past year, making it possible to allow Richmond Public Schools' principals and key staff at target schools to attend the National Community of Caring conference in Sarasota, Florida this summer. Also funded, was onsite training in Richmond by the national organization for this school year.

### Creating Community Culture: connecting fathers to their families

During Father's Day weekend, June 2010, the 2<sup>nd</sup> Annual Family & Fatherhood Forum hosted 101 City leaders focusing on solutions to address father absence in Richmond. During the forum, *the Cost & Solutions to Family Fragmentation and Father Absence report* was presented. Following a welcome by Byron Marshall, Richmond City CAO, a panel of experts that included Richmond Sheriff C. T. Woody, Commonwealth Attorney Michael Herring, and Phillip White of Henrico Department of Social Services, discussed recommendations from the Richmond Community Criminal Justice Boards' Alternatives to Incarceration. Keynote speaker, Roland Warren, President of the National Fatherhood Initiative, provided a national perspective of the fatherhood movement and efforts to reduce father absence and the connection to family involvement as a strategy against recidivism. The event concluded with remarks from Virginia Department of Social Services Commissioner, Martin Brown. Commissioner Brown shared a Father's Day Proclamation from Governor Bob McDonnell and encouraged forum participants to get involved in the effort to build strong families by equipping and engaging fathers.

**REPRODUCTIVE HEALTH SERVICES**

The goal of the **Family Planning Program** is to promote reproductive planning through community based and clinical services, providing reproductive health services to women and men. The focus is on prevention of unplanned pregnancies by providing counseling and birth control methods. There were 2,501 family planning patient visits to our clinic during the fiscal year, serving 2,355 patients. RCHD also makes family planning services accessible within the community through contracts with Capital Area Health Network, and Fan Free Clinic.

The goal of the **Maternal Child Health Program** is to promote healthy pregnancy outcomes and decrease infant mortality by providing quality prenatal care and pregnancy education through community based and clinical services. There were 2,846 prenatal patient visits to the clinic during FY 2009-10, serving 301 pregnant women. RCHD provides education on a broad range of topics including breastfeeding, injury prevention, SIDS, folic acid diet supplementation, and signs of preterm labor.

The **Resource Mothers Program** is a grant-funded home-visiting program for first-time pregnant teenagers designed to reduce infant mortality, reduce incidence of low birth-weight babies, and to prevent repeat teen pregnancies. Services are provided to participants until their baby's first birthday. Mentors provide counseling for specific good-health behaviors, parenting education, ensure that program participants keep medical appointments, and promote staying in school. There were 3,330 visits by program participants in the fiscal year, serving 138 teens. The Resource Mothers Program also operated **GEMS (Girls Empowered to Make Success)**, a companion program that enrolled younger sisters of Resource Mothers participants and other at-risk girls with a goal of reducing their risk for teen pregnancy and promoting healthy life-style choices. The program was cut from the state budget during the fiscal year and was discontinued.

**WIC** - The purpose of the **Supplemental Nutrition Program for Women, Infants, and Children (WIC)** is to provide nutritional supplements and nutritional education to all participants. Participants include pregnant women, post partum women and children up to the age of five. Goals are to improve pregnancy outcomes, prevent nutritional deficiencies and support optimal growth and development. The average number of clients served per month was 6,733 last fiscal year, with 1,517 pregnant women being enrolled. This program plays a vital role in the District's plan to reduce infant mortality and to decrease childhood obesity through nutritional education and the promotion of breastfeeding. A new food package was implemented this year that allows the purchase of a greater variety of foods as well as fresh and canned fruits and vegetables. In addition, all age appropriate children are screened for lead poisoning.

<b>RCHD Reproductive Health Services</b>			
	<b>FY 2008-09</b>	<b>FY 2009-10</b>	<b>Percent Change</b>
<b>Service &amp; Programs</b>	<b>Number of visits</b>	<b>Number of visits</b>	
Maternity	3,055	2,846	-7%
Family Planning	2,733	2,501	-8%
Teen Clinic	936	834	-11%
Resource Mothers	2,791	3,330	19%
	<b>Avg. # patients per month</b>	<b>Avg. # patients per month</b>	
WIC	6,501	6,733	3.6 %
<b>Contracted Family Planning (provided under RCHD contract by local safety net clinics)</b>			
	<b>Number served FY 08-09</b>	<b>Number served FY 09-10</b>	
Capital Area Health Network*	4,184	12,095	195%
Fan Free Clinic*	887	1,014	14%

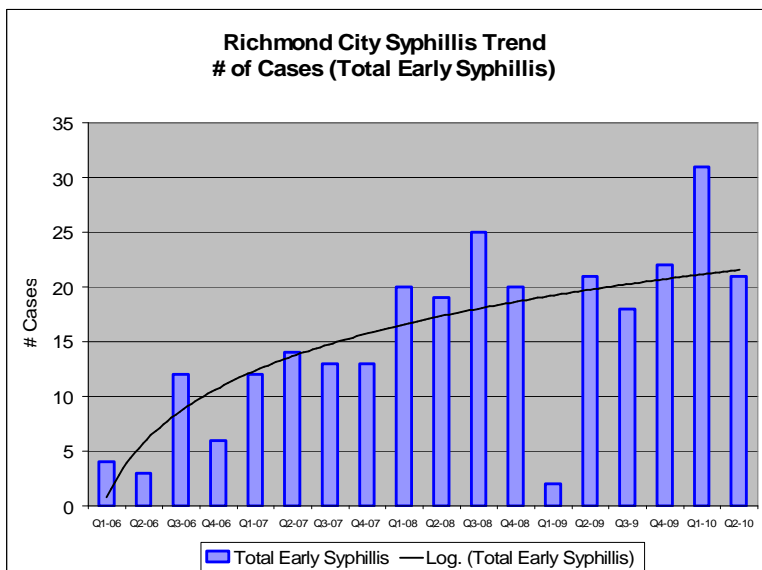
\*To help ensure access to care, the RCHD contracts with community health clinics to provide family planning services. Administrative and nursing management operations at these facilities impact the number of patients served. NOTE: the dramatic difference shown at Capital Area Health Network between number of patient visits in fiscal years ending 09 and 10 is attributed to opening of additional clinics and revised reporting methods.

### COMMUNICABLE DISEASE SERVICES

The RCHD **Epidemiology Team** conducts surveillance and investigation to minimize effects of communicable disease outbreaks within the community. By ensuring thorough investigations of all reportable disease conditions, the RCHD Epidemiology Team works to prevent transmission of disease and to curtail disease outbreaks. During the fiscal year, the RCHD Epidemiology Team responded to outbreaks of Hepatitis B Virus at assisted living facilities, worked together with other healthcare professionals in schools, long-term care facilities, and penal institutions to halt outbreaks which included norovirus, influenza, scabies and other diseases that frequently occur in congregate settings.

The **Immunization Program** promotes and provides childhood and adult immunizations to prevent disease outbreaks in Richmond. 6,003 immunizations were given to prevent multiple diseases last fiscal year. RCHD provided more than 20,000 H1N1 vaccinations in multiple venues to include Richmond Public Schools and Richmond private schools, universities, colleges, and daycare centers as well as safety net providers.

The **Tuberculosis Control Program** protects Richmond from transmission of tuberculosis by identification, assessment, monitoring, and treatment of individuals with tuberculosis disease. The TB Program staff also assesses those exposed to individuals with tuberculosis. In addition to clinical treatment, RCHD outreach personnel provided directly observed therapy (DOT) assuring proper drug administration for all active TB cases in Richmond. 1,908 visits were made to the TB clinic this past fiscal year and 20 active cases of TB were reported and followed through the year. Numbers of TB cases increased this fiscal year. A Public Health Response Team was assembled in early June 2010 to respond to clusters of an aggressive form of TB that is resistant to the drug, pyrazinamide, used to treat tuberculosis. The TB team is continuing to focus on containment of this disease.



#### Sexually Transmitted Infections -

Efforts to reduce sexually transmitted Infections (STI) continue to be a challenge. Aggressive case-finding efforts and treatment are employed to curtail spread of sexually transmitted infection. This past year, HIV infection rates decreased slightly. Syphilis cases which have been trending upwards, increased by 17.8%. Additionally, Chlamydia infection increased 8.1%, and Gonorrhea increased 9.9%.

The RCHD STI/HIV Prevention Team took part in numerous community outreach efforts and additionally, organized a large-scale community event to acknowledge National HIV Testing Day

in June 2010. The GYT (Get Yourself Tested) Motorcycle Rally and HIV testing event involved area motorcycle clubs and enthusiasts in community awareness of sexually transmitted infection issues, and promotion of HIV testing for Richmond residents. Partners included Capital Area Health Network (CAHN), Fan Free Clinic, and Radio One. Several community businesses also supported the event with donations of door prizes and refreshments. More than 100 persons were tested for HIV during the GYT event.

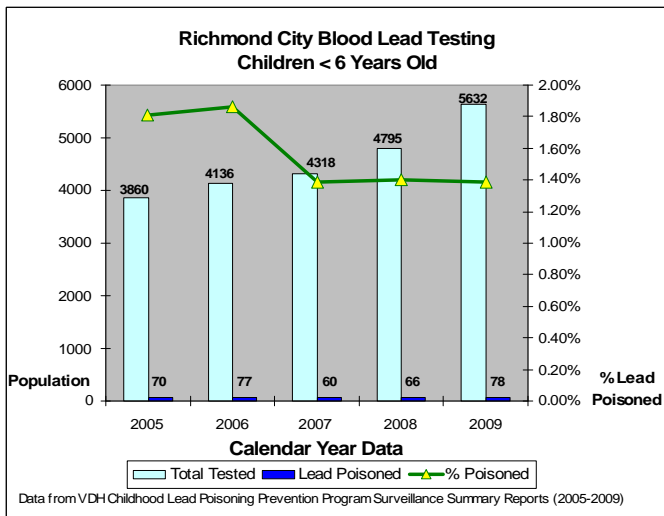
This fiscal year, RCHD clinical services provided services to 5,895 patient visits seeking treatment for sexually transmitted infections.

The RCHD **Newcomer Refugee Program** provides initial health assessments and immunizations for refugees coming to Richmond. There were 325 refugee visits to our clinic in the fiscal year.

RCHD Communicable Disease Services			
	FY 2008-09	FY 2009-10	Percent Change
Program/Service	Clinic visits	Clinic Visits	Clinic visits
STD Clinic	7,199	5,895	-18%
Outreach HIV Screening (field tests)	642	641	0%
Immunization (children)	3,452	3,305	-4%
Immunization (adults)	2,130	2,698	27%
TB Clinic	2,159	1908	-12%
	<b>TB cases</b>	<b>TB cases</b>	
Active TB (number of cases)	9	20	122%

### PUBLIC HEALTH PROGRAMS

The goal of the **Lead Safe Richmond Program** is to protect children under the age of 6 years and pregnant women from the effects of lead poisoning. The program promotes the screening of children and pregnant women for elevated blood-lead levels and provides case management for lead-poisoned children; provides environmental assessments in the homes of lead-poisoned children; enforces City ordinances regarding lead paint, and educates families and the community on ways to make their homes lead safe.



#### Lead Poisoning Continues to Decrease:

The RCHD **Lead Safe Richmond Program (LSRP)** continued to contribute to a reduction of lead poisoning in Richmond’s children population. During the later half of the fiscal year (*January through June, 2010*), 2,501 children under age six were screened with only 15 having an elevated blood lead level (EBLL). This suggests a trend toward a decline in the number of lead poisoned children. A recent analysis has shown that 77% of the children living in Richmond have received a blood lead screening by the age of 3. Our goal is 85%. As a result, LSRP has implemented a quarterly physician scorecard to inform physicians of their testing record.

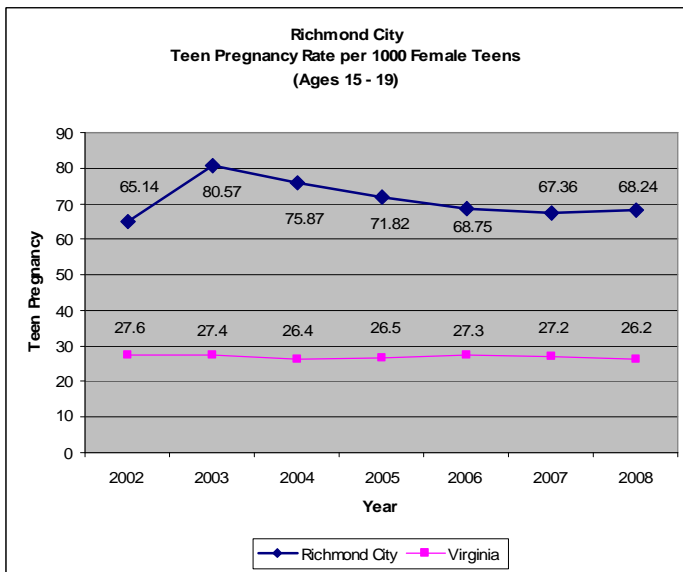
A three-prong approach has been used: increase screening rates, case-manage those cases above

10µg/dl of blood, and environmental assessments of primary and secondary residences. We continue to provide leadership regarding new federal laws pertaining to the renovation of houses. The Lead Safe Richmond Program also partnered with CDC and the Harvard School of Public Health to develop a system to increase the screening rate of children who visit the WIC Clinics. Early results have shown this system to be very effective.

The **Chronic Disease Prevention Program** conducts health awareness and educational activities to help citizens prevent chronic diseases such as cancer, diabetes, cardiovascular and respiratory disease. The Chronic Disease Prevention Division operates the popular **Rock! Richmond Fitness Program** that is conducted by professional fitness instructors at community sites throughout the City to encourage healthier lifestyles for Richmond citizens with over 1,200 citizens participating at 40 different sites. Statistics for the year 2008 (the most current statistics) saw a continued reduction in the overall death rate in Richmond (816 deaths/100,000 population) as compared to 2007 with 1000 deaths/100,000

population. Deaths due to cardiovascular disease (170.9 deaths/100,000 population) fell further below the state rate (176.5 deaths/100,000 population). Deaths due to myocardial infarctions decreased by 54% in the past ten years.

The RCHD partnered with the Virginia Department of Health and Bon Secours Foundation to continue operation of the **Richmond Smiles Mobile Dental Program**. The program utilizes a 40 ft. commercial coach with a fully equipped dental operator to offer dental care at weekly service sites. Free dental services were provided to 1,250 uninsured residents at several locations throughout the community. The estimated value of these services exceeds \$325,000.



**Teen Pregnancy Prevention**

The RCHD **Adolescent Health Program** focuses on teenage pregnancy prevention by motivating young people to develop life-skills that will enable them to make healthy lifestyle choices that will benefit them throughout their lives. Through the Helping Youth Prevent Pregnancy (HYPP) Program, educational services including a curriculum-based life-skills and sexuality information program is provided to adolescents in Richmond Public Schools and within the community. This fiscal year, a total of 677 sessions were conducted for 5<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grade students, serving 1,295 adolescents. Adolescent Health staff-members also promoted the RCHD Teen Clinic and George Wythe Student Health Center as part of classroom sessions.

RCHD also leads the **Richmond Campaign to Prevent Teen Pregnancy**, a community engagement approach comprised of an Executive Committee of community leaders, an advisory board - representing public and private youth services providers, and a teen advisory board. These groups work together to raise awareness and identify effective strategies to reduce teen pregnancies. In May 2010 – Teen Pregnancy Prevention Month, the Campaign sponsored a seminar entitled “*What Are They Thinking?*” Featured speakers discussed the impact of adolescent brain development on sexual decision-making, and the Teen Advisory Board participated on a panel discussion about the youth culture in Richmond.

The MAN UP! Richmond initiative was renamed as the **Richmond Family and Fatherhood Initiative** to more appropriately reflect its focus. The goal is to reduce unplanned pregnancies/poverty by creating a community culture connecting fathers to family. This effort is planned by the Initiative’s Core Group and carried out by the Initiative’s Task Force.

The Family & Fatherhood Initiative Core Group researched and released a report entitled the **Cost & Solutions to Family Fragmentation and Father Absence in Richmond, Virginia**. The report explores the link between poverty, family fragmentation, and father absence. The taxpayer cost of family fragmentation and father absence in Richmond was calculated to be **\$205 million dollars annually**. The report provided six solutions for connecting fathers to family.

**Manhood Journey Classes** – focused on the developmental process from boyhood to manhood, to fatherhood. Topics covered during this 12-week class were: authentic manhood, anger management, healthy sexuality, risk reduction, family planning, life-skills, communication skills and developing healthy

relationships. Classes were conducted at the Richmond City Jail for over 250 inmates. Additional classes were held for 80 men at the Salvation Army Adult Rehabilitation Center.

The **Partners In Prevention Program** (PIP) provided training/counseling to single males and females ages 20-29 on the topics of family planning, risk reduction and marriage. More than 90% of the 190 participants completed the program which was facilitated through four community service providers: Richmond Midnight Basketball, Manterfly Youth Development, New Life Harvest Church, and Center for Creative Development. The PIP Program did not receive state funding for the 2010-2011 budget year and was discontinued.

Public Health Programs			
Program	FY 2008-09	FY 2009-10	% Change
<b>Lead Safe Richmond Program</b>			
- Blood-lead screening	6,515	5,060	-22%
- Childhood lead poisoning cases reported	64	37	-42%
<b>Rock Richmond Fitness Program</b>			
- Classes	1,914	1,976	3%
- Participants (Average per month)	1,224	1,300	6%
<b>Richmond Smiles Dental Program</b>			
- Patients Served	772	1250	61%
<b>Helping Youth Prevent Pregnancy</b>			
- Sessions held	505	677	34%
- Adolescents Served	1,905	*1,295	-29%

\*The HYPP made a strategic decision to shift program services from one of the schools with a low percentage of attendance by targeted adolescents residing in zip code areas identified to have high-risk/high incidence of teen pregnancy. This resulted in a lower number of adolescents serviced for FY 2009-10, but increased numbers of sessions offered to target population adolescents.

**Community Partnering** (*working together for a healthier Richmond*)

The RCHD strengthened partnerships, established new relationships, and participated in various organizations, committees and task forces. Memberships and **community partnerships** included association with:

- American Cancer Society
- Bon Secours Richmond Health Systems
- Capital Area Health Network
- City of Richmond
- Community Foundation
- Community Planning and Management Team for Richmond City CSA office (CPM)
- Cross Over Ministry
- Emergency Response representation (MMRC, CRI, Pandemic Flu Plan)
- Family Life Committee
- Fan Free Clinic
- Friends of Prevention Coalition
- Jenkins Foundation
- Head Start Medical Advisory Group
- Health Promotions for People with Disabilities
- Healthy Start Consortium
- Lead Poison Task Force
- Richmond Ambulance Authority
- Richmond Behavioral Health Authority
- Richmond Campaign to Prevent Teen Pregnancy
- Richmond Healthy Start Executive Committee
- Richmond Memorial Health Foundation
- Richmond Public Schools Education Foundation
- Richmond Redevelopment & Housing Authority
- School Health Services Partnership
- Senior Connections
- Tobacco Use Control Project
- Virginia Heart Disease and Stroke Alliance
- Virginia Diabetes Council
- VCU School of Nursing
- VCU Health System
- VDH Family Planning Advisory Committee



From left: RRHA CEO Anthony Scott, RCDH Director Dr. Donald Stern, and Bon Secours Richmond Mobile Health Outreach Coordinator, Herbert Cummings

**ENVIRONMENTAL HEALTH SERVICES**

Environmental Health specialists inspect all City food establishments and food vendors to ensure compliance with service and sanitation according to State food regulations. Complaints and cases of food-borne illness are investigated to determine and eliminate causes. Environmental Health specialists provide training for food handlers, issue temporary health permits, and inspect street food-vendors. Environmental Health specialists inspect the local dairy plant under federal guidelines and State statutory authority. The specialists also inspect public swimming pools and marinas, conduct animal bite/rabies investigation, West Nile Virus education, and investigate complaints of rodent infestation.

RCHD Environmental Health Services			
Activity/Service	FY 2008-09 Service numbers	FY 2009-10 Service numbers	% Change
Number of restaurant inspections	3,128	3,140	.38%
Total number of food service inspections	3,384	5,494	62%
Food permits issued	145	150	3%
Animal bite/rabies investigations	218	271	24%
Positive rabies in animals	2	6	200%
Hotel/motel inspections	67	67	0%
Swimming pool inspections	61	77	26%
Environmental complaint investigations	404	231	-42%
Training classes conducted	9	12	33%
Food handlers trained	476	566	18%

The RCHD presented two **Food Safety STAR Awards** this fiscal year. The bi-annual award recognizes food service establishments that demonstrate the highest degree of food safety and sanitation as well as compliance with food service regulations of the Virginia Board of Health. Nominees for the award qualify by having no critical violations upon inspection in the previous months. Winners are determined by a committee of inspectors. The top-honors recipient is acknowledged in a formal presentation of the award by the Health Director. RCHD also implemented new food safety training for food service employees this fiscal year. Classes have been very popular and are offered in multiple languages.



Dr. Stern presented Food Star Award to Chipolte Mexican Grill (Stony Point), February 2010



RCHD Environmental Health Specialist, Lewis Smith, conducts inspection at Chipolte Mexican Grill (Stony Point)

## EMERGENCY PREPAREDNESS & RESPONSE

The goal of the Emergency Preparedness and Response Program is to enhance Richmond City Health District's ability to respond to public health emergencies and to create resilient communities with the ability to recover quickly from emergency situations. In that effort, the District serves as the lead for coordinating all public health and medical services in the City during times of emergency/disaster. This coordination of efforts occurs within the City's Emergency Support Function-8 group as outlined in the City's Emergency Operations Plan. In collaboration with all public and private health entities in the City, the City of Richmond Office of Emergency Management, and many other organizations, RCHD has taken the lead in planning for all-hazards as they relate to public health and medical needs.



EP&R provided incident command for a point of distribution (H1N1) vaccination exercise at the VA General Assembly in January 2010

In June 2010, representatives from the Centers for Disease Control and Prevention (CDC) visited RCHD to evaluate our response plans for Mass Dispensing/Vaccination through use of the Strategic National Stockpile in the event of an intentional biological incident. The review was an overwhelming success and demonstrated huge gains with a score of 86 out of 100 as a result of our planning efforts. A dramatic improvement over the score of 58 received last year. These plans are reviewed annually by the CDC.

EP&R has also been working towards becoming "*Project Public Health Ready*" certified by the National Association of County and City Health Officials (NACCHO). *Project Public Health Ready* is a competency-based training and recognition program. It builds preparedness capacity and capability through a continuous quality improvement model. The PPHR criteria are the only known national standards for local public health preparedness and are updated annually to incorporate the most recent federal initiatives. Each of the three PPHR project goals—all-hazards preparedness planning, workforce capacity development and demonstration of readiness through exercises or real events—has a comprehensive list of standards that must be met in order to achieve PPHR recognition. RCHD will submit its application package in September, 2010.

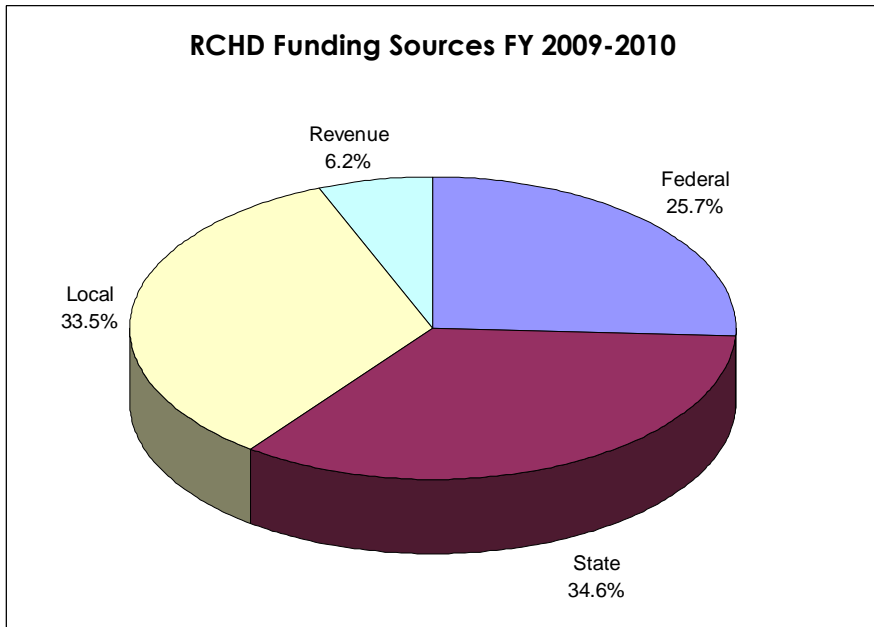
In pursuing the second part of our goal, EP&R houses the Richmond City Medical Reserve Corp (MRC). This group of dedicated volunteers serves as an additional resource the City can call upon to provide medical services in times of emergency/disaster. The MRC is comprised of doctors, nurses, paramedics, respiratory therapists, administrative specialists and is over 235 members strong. The MRC trains quarterly to enhance its ability to work as a team. This group also serves through community outreach to educate citizens on how to get prepared for emergencies/disasters and make their communities resilient.

## VITAL RECORDS

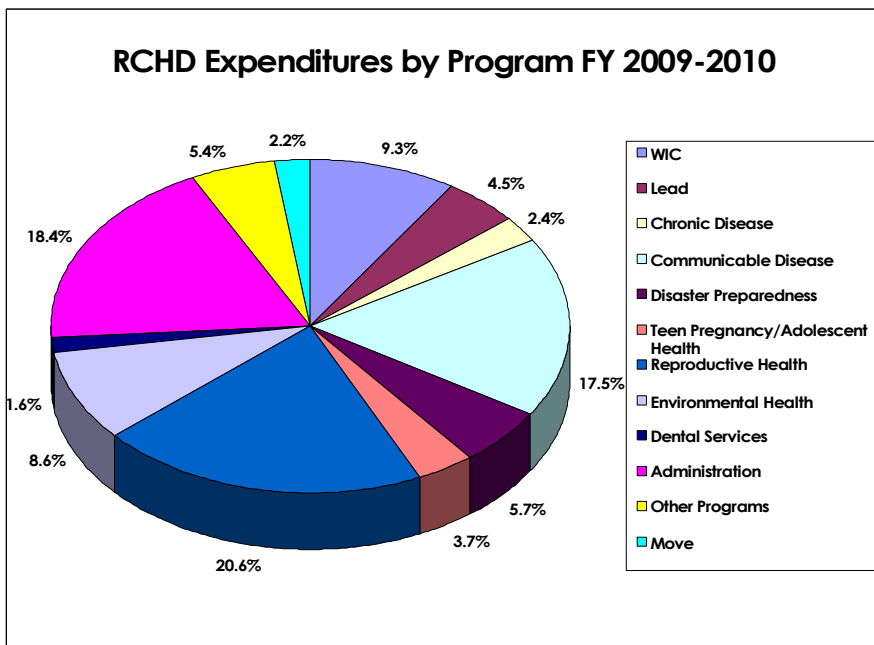
The **Office of Vital Records** maintains a record of all deaths that occur in the City of Richmond; the office issued 16,746 death certificate copies in fiscal year 2009-10.

**FUNDING & OPERATIONS**

The Richmond City Health District was budgeted at a level of \$10,026,850 which is comprised of several funding sources, including City, State, Federal and revenue funds.



The above chart represents a total of \$10,026,850 in funding. This total includes \$3,466,191 in state funds, \$3,361,966 local funds, \$ 625,099 revenue funds and \$2,573,594 in federal grants.



The funding level for this fiscal year decreased over the previous year. Like most agencies, RCHD is faced with funding challenges due to the current state of the economy. This resulted in discontinuation of the GEMS and PIP programs. RCHD will be fiscally responsible as we continue to provide essential services.