

In Celebration of
National Rural Health Week
November 11th – 17th, 2012

Celebrate with Us!



The Office of Minority Health and Health Equity (OMHHE) cordially invites you to attend our Rural Health Day Webinar – “Addressing Health In All Policies” – November 15th – 2:30pm – 4:00pm – VDH, Madison Building Mezzanine Conference Room & via Polycom

To learn more about “rural” Virginia please enjoy the following “Rural Facts”... and test your knowledge of “Ruralisms” created by Wendy Welch. *As presented at the Virginia Rural Health Association Conference!*

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November 15th, 2012

National Rural Health Day gives us an opportunity to highlight the unique health and healthcare issues being faced by rural citizens!

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In Virginia, it is estimated that the total costs of health disparities/inequities associated with living in a rural area instead of an urban area in Virginia cost \$692 million annually.

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Rural Virginians tend to die at an earlier age; In fact, in some neighborhoods, rural Virginian's can expect to live 19 years less than the state average of 78.5 years.

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Rural areas tend to have higher poverty rates and lower educational levels than urban Virginia, which correlates to having limited health opportunities.

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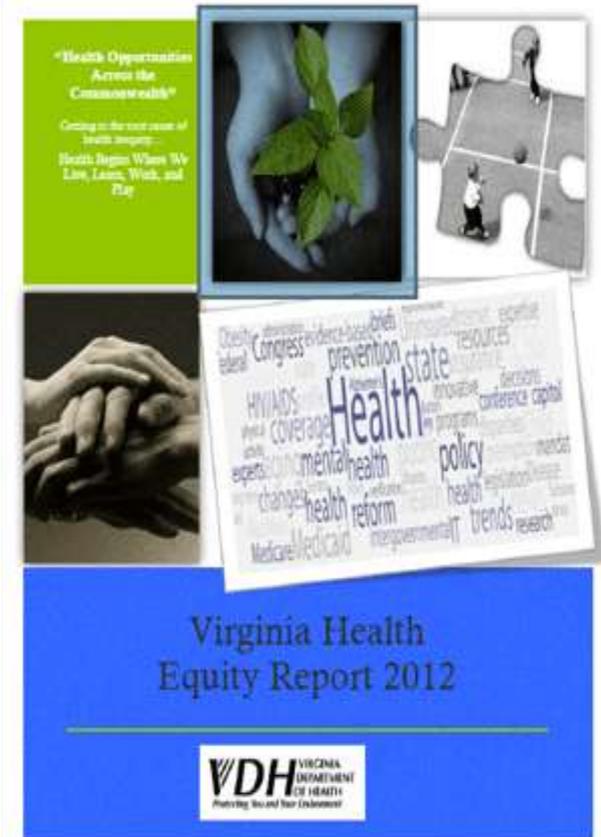


Rural citizens are more likely to have affordability issues due to higher poverty, unemployment rates, underinsured citizens and greater out-of-pocket health costs.

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***To learn more about rural visit:
2012 Virginia Health Equity Report***



<http://www.vdh.virginia.gov/healthpolicy/2012report.htm>

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To learn more visit:

<http://celebratepowerofrural.org>

Or contact Anthony Jones, Rural Health Specialist at

anthony.d.jones@vdh.virginia.gov

or phone: 804-864-7436.

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“YOU might be RURAL if....”

Submitted by Wendy Welch, Ph.D.

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**at least one grandparent
listed "corn farmer" on
legal documents**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....

**dialing a wrong number still
gets you a person you know
who has the info you need**

By Wendy Welch

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YOU might be RURAL if....

**the neighbors refer to your home
as “John’s old place” because that’s
who lived there 40 years ago**

By Wendy Welch

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YOU might be RURAL if....

**going to the post office takes two
hours - and you avoid it in Spring
because you don't like having to
shout over the baby chicks**

By Wendy Welch

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YOU might be RURAL if....

**the Wal-Mart closes at 9 pm
the grocery store closes at 8 pm
the video store is 24/7 self-serve
and everyone has the veterinarian's
home phone number**

By Wendy Welch

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**YOU might be RURAL if....
you can get a signal in your
house if you stand on the
toilet and hold your cell
phone in the air**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**you actually need
Four Wheel Drive on
your truck**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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**YOU might be RURAL if....
you routinely call your
neighbors before leaving
work to see if they need
anything from town**

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YOU might be RURAL if....
**your doctor, pastor,
banker and child's teacher
all keep livestock**

By Wendy Welch

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**YOU might be RURAL if....
you know to NEVER talk poorly of
anyone
because they're probably related
to the person you're telling**

By Wendy Welch

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**YOU might be RURAL if....
in Summer you are almost
completely vegetarian,
in Winter you eat
meat and potatoes**

By Wendy Welch

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**YOU might be RURAL if....
driving to the store to
pick up just one item is
out of the question**

By Wendy Welch

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YOU might be RURAL if....

**you live in, or within sight
of, the home where one of
your parents was born**

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YOU might be RURAL if....
**your last name is more
important than your
degree**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**your favorite place to
have coffee is on your
front porch**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....

**you value old people
because they are old**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**when it snows, your
neighbor clears your
driveway with his tractor**

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YOU might be RURAL if....

**you don't mow
your lawn, you
bush hog it**

By Wendy Welch

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**YOU might be RURAL if....
at any given moment, you
know exactly where your
candles, hurricane lamps and
oil are**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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**YOU might be RURAL if....
as a clinician, you know your
professional diagnosis will be
secondary to your patient's
friend's opinion**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**the sound of crickets and
frogs is the last thing you
hear before falling asleep**

By Wendy Welch

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YOU might be RURAL if....

**as a health worker, you've ever
had to leave your car behind
and walk to reach a patient**

By Wendy Welch

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YOU might be RURAL if....

**your fifth grade teacher
is your daughter's fifth
grade teacher**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....
**guarding personal and
family privacy is a
carefully honed social skill**

By Wendy Welch

As presented at the Virginia Rural Health Association Conference.

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YOU might be RURAL if....

**you can name all the
winters in Spring**

By Wendy Welch

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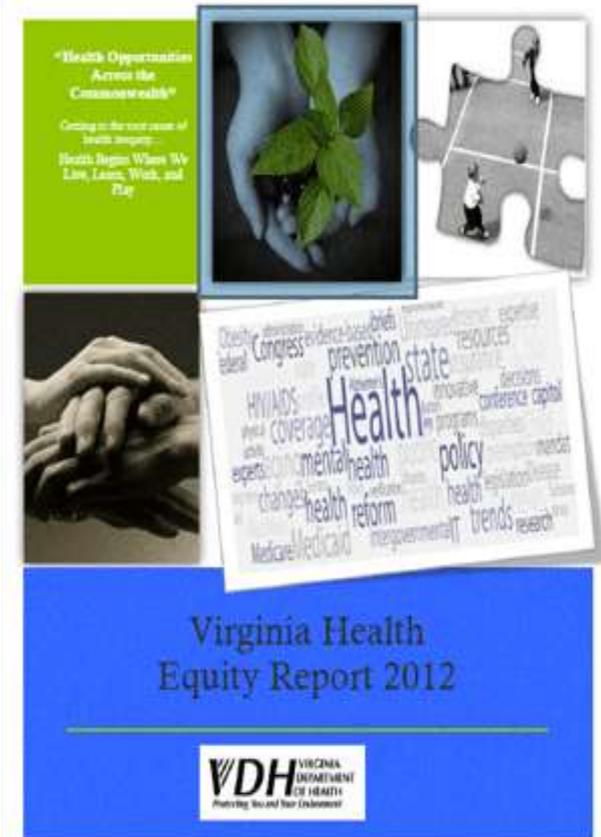
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