

Rappahannock Area Health District
1320 Central Park Boulevard, Suite 300
Fredericksburg, Virginia 22401
Office (540) 899-4797
Fax (540) 785-3407

Offices in
Caroline County
City of Fredericksburg
King George County
Spotsylvania County
Stafford County

January 10, 2020

Dear Community Member,

The Rappahannock Area Health District (RAHD), with the support of our dedicated staff at the Caroline County Health Department, plans to conduct a community health assessment (CHA) in Caroline County in 2020. We would like to request your attendance at our first community meeting on Wednesday, January 29th, 2020 to share information about this important initiative.

Community health assessments are becoming a key public health service. CHAs look beyond the traditional medical definition of health (i.e. the healthcare system) to examine the social determinants of health such as housing, income, employment, education, access to healthy food and more. These factors play an important role in the health of individuals and communities. The CHA is designed to be a collaborative process that brings multiple local organizations/groups and residents together to gain the truest understanding of life for Caroline residents.

A CHA provides a framework to understand the health outcomes of a given population by identifying important health needs and existing community assets. The information gained from a CHA leads to the second part of this process—developing a community health improvement plan (CHIP). The goal of the CHIP is to address one or more identified health need(s) in the community.

In order to conduct a quality assessment, we sincerely ask for your participation by becoming part of the CHA team in an effort to create a healthier Caroline County. We believe you bring a unique perspective that will contribute to a more robust CHA process, and we believe this process will influence the work you do and the wellbeing of the community. The CHA team will consist of residents and representatives from local organizations and agencies to understand the community's assets and needs.

The meeting on January 29th will take place in the Emergency Operations Center at the Caroline Community Services Center (17202 Richmond Turnpike, Milford, VA 22514) from 12pm – 2pm. Lunch will be provided. Please go to <https://tinyurl.com/caroline-cha> to RSVP and indicate any dietary restrictions you may have. If you are interested in learning more about the CHA–CHIP process, but are unable to attend, please feel free to send someone in your place.

Please contact Ms. Allison Balmes-John (RAHD's Population Health Coordinator) at allison.balmes@vdh.virginia.gov or 540-322-5974 if you have questions, comments or suggestions. We look forward to your participation in this important public health effort.

Sincerely,

Brooke Rossheim, M.D., M.P.H.
District Director, Rappahannock Area Health District