

Annual Report

Fiscal Year 2012 - 2013



Richmond City Health District



Donald R. Stern, MD, MPH
Health Director

Collaboration with the city administration and our valuable community partners enabled several new public health initiatives to be implemented this year. We also were successful in efforts to secure grant awards to expand public health services in the Richmond community.

Highlights (July 1, 2012 – June 30, 2013):

Richmond City Health District opens 5th Resource Center

Dr. Donald R. Stern joined Mayor Jones, 6th District Councilwoman Ellen Robertson, and Richmond Redevelopment & Housing Authority (RRHA) CEO Adrienne Goolsby at a grand opening ceremony for the health district's newest Resource Center located in RRHA's Hillside community. The Hillside Resource Center is the fifth Center to be opened within RRHA communities and the first Resource Center south of the James River.

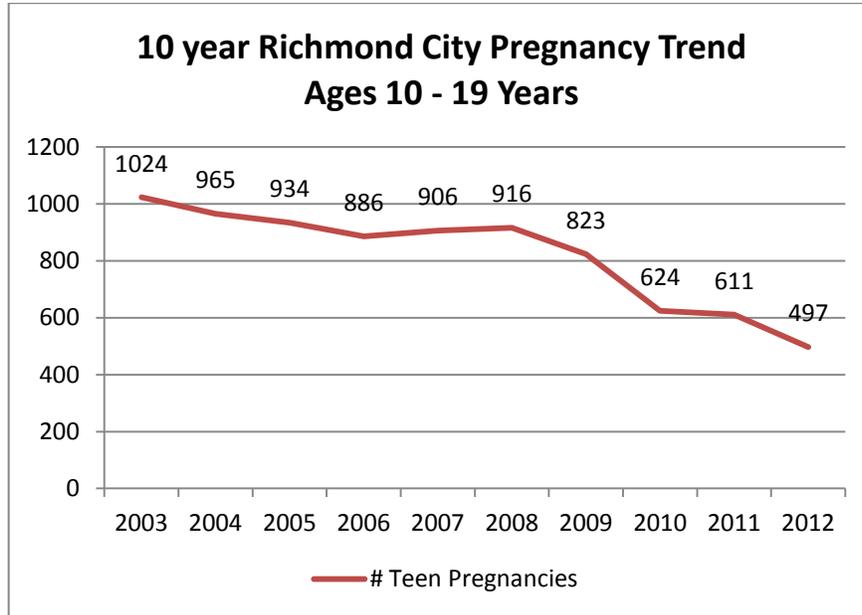
Resource Centers receive Unsung Heroes Award

Deputy Director Dr. Danny Avula, Resource Center Coordinator Amy Popovich, and Health Director Dr. Donald Stern along with Valena Dixon of the Richmond Redevelopment & Housing Authority (RRHA) accepted an Unsung Heroes Award from the Virginia Health Care Foundation (VHCF) at their Heroes in Health Annual Award ceremony. The Health District and RRHA were selected as this year's Unsung Heroes in the teamwork category for collaborative efforts in implementing the Resource Center initiative.



Richmond teen pregnancy continues downward trend

The preliminary 2012 teenage pregnancy data reflects another significant decrease in teen pregnancies. In 2008 there were 916 pregnancies for teens ages 10 – 19 years. In 2012 there were 419 fewer teen pregnancies when compared to those in 2009. There are many partnering agencies and citizens with a vested interest in healthy outcomes for our youth. This progressive decline in teen pregnancies is a result of a multifaceted approach to addressing adolescent risk taking behavior. Reducing teenage pregnancies remains as a strategic goal for RCHD and its partners.



Centering Pregnancy certification approved at Richmond City Health District



Proud new moms attend a Centering reunion and show off their bundles of joy

Richmond City Health District is now an officially approved Centering Pregnancy Site, having met all the standards for model approval set by the Centering Healthcare Institute. Centering is an evidence-based model of care shown to improve birth outcomes, birth-weight, and pre-term delivery birth rates. Richmond City Health District lead physician, Dr. Sulola Adekoya, MD, MPH, worked with the Virginia League of Planned Parenthood and March of Dimes, who have been our partners with establishment of Centering within the Health District’s family planning and maternity care services

New state-of-the-art WIC Facility opened

The Richmond City Health District celebrated the opening of its new WIC location on the City’s Southside. The new facility is much more spacious and has several amenities for clients including a luxurious private lactation room for nursing moms, training facilities, a laboratory and accommodations that will afford greater convenience and privacy for WIC clients.



Staff-members welcomed the opening of the new WIC office

Regional Nurse of the Year



Tracey L. Avery-Geter, MSN, WHNP-BC
Certified Nurse Practitioner

Richmond Health District's Nurse of the Year, Ms. Tracey Avery-Geter was also named Central Region Nurse of the Year for the State of Virginia. Tracey was recognized by the State Health Commissioner Dr. Cynthia Romano, at a state-wide reception during National Nurse's Week. In addition to exhibiting the highest standards of Public Health Nursing, Tracey was honored for her relationship-based approach to care, for her leadership in the new Centering Program for prenatal care, and for her instrumental role in implementing and maintaining RCHD's computerized Medication Tracking System.

RCHD joins City partners to launch Richmond's first "Streets Alive" Festival

The Richmond City Health District partnered with the Mayor's Healthy Richmond Campaign and Richmond Sports Backers to host the inaugural RVA Streets Alive! The free and open to the public event was created to promote and celebrate active and healthy lifestyles. The event which was part outdoor festival and part health fair, provided opportunities for citizens of all ages to participate in a variety of physical activities, obtain health and fitness information, and enjoy interactive demonstrations. Traffic was closed in a 2.5 mile loop of City streets, including the Mayo bridge and one side of the Manchester bridge. A Millions Hearts Initiative grant made it possible for RHCD to play a major role as a sponsor and key partner to help stage the RVA Streets Alive Festival.



The RCHD MRC partnered with the Million Hearts Initiative at RVA Streets Alive

Richmond City Health District Programs and Services Summary

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. Goals are to prevent unplanned pregnancies by providing counseling and birth control methods. A grant from the Community Foundation allows us to provide LARC (long-acting reversible contraception) to eligible city residents. RCHD also makes Family Planning services accessible within the community through our Resource Centers and partnerships with Capital Area Health Network, and Fan Free Clinic to improve access to these services. Our Teen Clinic, which is now called "*Teen Experience*", has been restructured to relate to teens. In addition, RCHD is partnering with adolescent health researcher, Michael Mason, Ph.D., director of The Commonwealth Institute for Child and Family Studies at the Virginia Treatment Center for Children, to learn more about the influencing factors in risky behaviors of teens in urban settings.

Plan First Grant

RCHD was awarded \$10,000 to educate and enroll eligible participants into Plan First. Plan first is a program that helps cover medical costs of family planning services, sexually transmitted infection testing, periodic office visits and reproductive health education for men and women. Outreach was conducted to recruit young men at local universities and within the community.

The goal of the *Maternal Child Health Program* is to promote healthy pregnancy outcomes and decrease infant mortality by providing early access to quality prenatal care and pregnancy education. All RCHD maternity patients were educated on topics pertaining to their pregnancy, such as signs and symptoms of pre-term labor, nutritional counseling, benefits of breast-feeding, and post-partum contraception.

Our **Centering Pregnancy Program**, an evidence based model of prenatal care, is in its 2nd year at RCHD. Since the program began, 94 women have attended at least one Centering group. 12 Centering groups were established with an average group size of 7-8 women. The March of Dimes continues to support our Centering Program with small grants to cover associated program costs and training for our Public Health Nurses, Nurse Practitioners, and other facilitators.

The **Resource Mothers Program** is a competitive grant-funded program for first-time pregnant teenagers. Goals are 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. Home visitors provide counseling, parenting education, ensure that program participants keep medical appointments, and promote staying in school. The program enrolled 72 pregnant teens this fiscal year and served 159 pregnant teens this year, graduating 31 girls successfully from the program. **Resource Mothers Program awarded additional funding for the Promising Practice Research Project:** Total award - \$195,270. The goal is to provide Virginia Resource Mothers Program services to an additional 50 pregnant teens this coming year. The program will work with the University of Virginia Research Team to accomplish the goals and work of the Promising Practice research. The outcome of this research will determine if Resource Mothers is an evidence-based practice.

WIC - The purpose of the **Supplemental Nutrition Program for Women, Infants, and Children (WIC)** is to provide nutritional supplements and nutritional education to 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 for pregnant women and their children. RCHD WIC has a strong Breastfeeding Peer Counselor Program that offers breastfeeding support, encouragement, education and supplies. In the past year, the average number of women breastfeeding on a monthly basis grew from 185 to 258; a 28% increase. WIC services are provided at Richmond Community Hospital, Southside Plaza, RCHD 400 E. Cary Street Clinic, and several locations in the community. Service delivery sites include Crossover Ministry Health Care, RCHD Resource Centers and the Mother-Infant Unit at MCV. The mobile WIC staff work in these sites four days a week enrolling clients to the WIC program.

RCHD Reproductive Health Services			
	FY 2010-11	FY 2011-12	FY 2012-13
Service & Programs	Number of patient visits	Number of patient visits	Number of patient visits
Maternity	3,169	3,167	3,007
Family Planning	3,328	2,837	2,492
# Adolescent patients	1,305	1,253	623
Resource Mothers clients – avg. clinic visits per month	139	145	139
Resource Mothers clients - number of annual clinic visits	2,154	2,248	2,257
	Number served	Number served	Number served
WIC – average number of clients served per month	6,488	6,500	6,300

COMMUNICABLE DISEASE SERVICES

The RCHD **Epidemiology Team** conducts surveillance and investigation to minimize effects of communicable disease outbreaks within the community. The Epidemiology team investigates all reportable disease conditions and works to prevent transmission of disease and to curtail disease outbreaks.

The **Immunization Program** promotes and provides childhood and adult immunizations to prevent disease outbreaks in Richmond. During the year, RCHD provided 400 flu vaccines for our safety net providers: Fan Free Clinic, Daily Planet, Cross Over Clinic, and the Salvation Army. In addition, flu vaccination was provided at several community events throughout the City during the flu season.

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 to offer testing and treatment. Nine active TB cases were reported in the year, and ten people completed treatment with an average of 6-months DOT (direct observed therapy).

Sexually Transmitted Infections – Addressing the high rates of sexually transmitted infection (STI) continues to be a primary concern for the RCHD STI/HIV Program. STIs overall continued to disproportionately affect the MSM (men who have sex with men) and young African-American populations. The RCHD STI/HIV and CDC grant teams took part in numerous outreach activities and screening events with the Richmond STI Coalition, including our first city-wide Sexuality Conference entitled “Erasing the Stigma.” Our National HIV Testing Day event (June 27th) featured the “Code Red” Fashion Show and STI testing event which was free to the public.

Also, leading up to National HIV Testing Day, RCHD was host to the Centers for Disease Control and Prevention (CDC) Division of STD Prevention’s annual meeting with recipients of the CDC’s “Community Approaches to Reducing Sexually Transmitted Disease” (CARS) grant. CDC Project Officers requested that the Richmond Health District host this year’s gathering so that successes and best practices of the RCHD STI team’s initiatives could be highlighted. Fellow grantees from Los Angeles, Philadelphia, and San Antonio spent three days at the RCHD for a first-hand look at our efforts.

RCHD continues to provide a lead role with the Regional STI Group. This group is a collaboration of surrounding health districts, VDH STI Program staff and regional stakeholders, to assess the cause and transmission of STIs, and to evaluate regional efforts aimed at addressing STI/HIV issues including resources for referral/linkages to mental health, substance abuse and HIV care, data sharing, and community engagement strategies.

The RCHD *Newcomer Refugee Program* provides initial health assessment and immunizations for refugees coming to Richmond.

RCHD Communicable Disease Services			
Program/Service	FY 2010-11	FY 2011-12	FY 2012-13
	Clinic Visits	Clinic Visits	Clinic Visits
STD Clinic	5,915	5,841	6,016
Outreach HIV Screening (field tests)	253	244	263
Immunization (children)	2,148	2,612	1,644
Immunization (adults)	2,260	2,141	1,588
Immunization Clinic visits	1,737	1,022	1,588
TB Clinic	1,744	1,716	1,443
Refugee clients	196	225	158

PUBLIC HEALTH PROGRAMS

The RCHD *Adolescent Health Program* focuses on teenage pregnancy prevention by motivating young people to develop life skills to 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 program is credited, in-part, for the substantial drop in teen pregnancies in the City of Richmond.



The HYPP Teen Advisory Council helps bridge communication with Richmond teenagers

The ***Richmond Family & Fatherhood Initiative*** (RFFI) is dedicated to the mission of “*Creating a Community Culture: Connecting Fathers to their Families.*” It is a city-wide initiative involving members of the Richmond community in



Anthony Mingo, RRFI Coordinator and Tauchanna Gregory, Single Mothers and Co-Parenting Initiative Coordinator work together to implement family strengthening strategies

efforts to encourage involvement opportunities for fathers and to reduce births to single women in the City of Richmond. The Initiative focuses on teens, young adults, and men from different walks of life; connecting, equipping and empowering them with essentials for positive lifestyle choices leading to sexual responsibility, self-reliance, and stable families.

RFFI welcomed the recruitment of a dynamic new coordinator, Anthony Mingo, who works closely with our previous coordinator Brian Gullins, who moved into the position of Community Service Outreach Coordinator with the Virginia Department of Social Services. This connection further strengthens our partnership with the Virginia Department of Social Services and Casey Family Services to expand the RFFI community engagement model to 15 other cities within the Commonwealth of Virginia. RFFI was very

involved as a partner with Camp Diva, and shared in the increased success of the Date with Dad (father-daughter dance) and the “Dance of Their Own” (dance for inmates and their daughters in the City jail) which received national attention as a unique concept which supports strengthening of family relationships. This year, RFFI hosted its second community luncheon for pastors, faith leaders and government officials. In addition, RFFI conducted two Training Institutes, four focus groups and collaborated with partnering organizations to promote various family and fatherhood initiatives.

RCHD partners with the Virginia Department of Health’s Low Income ***Safety Seat Distribution and Education Program*** to reduce the risks of motor vehicle injury and fatality for infants and young children. All trainers receive annual safety seat trainings to ensure that best-practices are employed. Prior to distributing the seats, our trainers provide education to the parents and guardians of children through classroom and hands-on instruction. RCHD has five distribution sites including Resource Centers at Fairfield, Creighton, Mosby and Whitcomb Courts as well as at RCHD headquarters at 400 E. Cary Street. Approximately **145** free safety seats were given to residents of Richmond City during FY 2012-13.

RCHD ***Resource Centers*** are operated in collaboration with Richmond Redevelopment and Housing Authority in the Creighton, Fairfield, Whitcomb, Mosby and Hillside public housing communities. The Resource Center model is a broad interagency partnership that increases access to basic health services and links community residents to a medical home. Funding sources and partnerships include the Bon Secours Health System, VCU-MCV School of Nursing, Virginia Health Care Foundation, Richmond Memorial Health Foundation, the Community Foundation, the Jenkins Foundation, VCU Health Systems, Challenge Discovery Projects, Richmond Behavioral Health Authority, and Richmond Healthy Start Initiative.

The success of the Resource Center model continues to be recognized in other areas of the country; Danny Avula, Deputy Director and Amy Popovich, Resource Center Supervisor, represented Richmond City Health District at the [National Center for Health in Public Housing](#) conference in Denver, Colorado. Their presentation, entitled *Richmond’s Resource Centers: How Investing in Public Housing Residents Changed a City*, detailed the progress in providing health department services in renovated public housing space.

In its first full year of implementation, the *Lead-Safe & Healthy Homes Initiative Program* (LSHHI) made significant steps in generating awareness and educating individuals, property managements and the community on the principles of the Healthy Homes Initiative. Healthy Homes Initiative services include 1.) Healthy Homes assessments; 2.) client education 3.) community training on Healthy Homes concepts. 4.) client-education on landlord and tenant responsibilities.

The program partnered with the Richmond Redevelopment & Housing Authority (RRHA) to conduct “*healthy and safe living*” presentations during its New Tenant Orientation sessions. LSHHI also partnered with the City’s Building Maintenance and Code Enforcement Divisions to successfully host a citywide Pest Management Workshop in conjunction with the City’s new pest ordinance. LSHHI joined with a number of organizations to sponsor 6 Healthy Homes presentations. The LSHHI received two grants – a Community Development Block Grant (CDBG) from the City of Richmond, and also a Fire/Burn Injury Prevention grant from the Virginia Department of Health totaling \$109,000 for healthy homes intervention and child safety, including lead poisoning prevention.



Healthy Homes Initiative presentation at Bellemeade Center re-opening event

This year, a 44% reduction in the number of lead-poisoned children is an indication that family awareness has increased, and older residential properties are being safely maintained. As a childhood lead poisoning prevention initiative, LSHHI conducted a metro-wide pediatric physician outreach to assess providers’ capacity to conduct surveillance and additional primary preventions. Findings from the provider assessment led to a collaborative process where LSHHI will conduct a cursory property screening for lead paint presence and hazards from physician referrals for children who have blood lead test results of between 5 microgram (ug) of lead/deciliter (dl) of blood to 9 ug/dl. Physicians will be provided with lead inspection results and determine the appropriate course of patient monitoring and education to avoid lead-poisoning.

The *Chronic Disease Prevention Program* addresses environmental and policy changes to help citizens prevent chronic diseases such as obesity, cancer, diabetes, and cardiovascular disease and conducts health awareness and educational activities. During the past year, the Chronic Disease Prevention Program was awarded a \$10,000 grant to promote walking and biking at local elementary schools. Using these funds, the RCHD partnered with ten elementary schools to host Walk to School Day events in the fall of 2012. The Chronic Disease Prevention Program also works in partnership with the Mayor’s Health Richmond Campaign.

The Virginia Department of Health awarded RCHD with a mini-grant for a Healthy Corner Store Initiative pilot. A partnership with Tricycle Gardens and other community supporters will provide fresh fruits and vegetables to the stores. The pilot project aims to increase the availability of healthy, nutritious foods at corner stores located in food deserts located in the City’s 7th district.

The *Rock! Richmond Fitness Program* is conducted by professional fitness instructors at community sites, churches, and Senior Centers throughout the City to encourage healthier lifestyles. More than 500 citizens participated weekly at 20 different sites around the city.

The RCHD continued its partnership with the Virginia Department of Health and Bon Secours Richmond Health System to operate the *Richmond Smiles Mobile Dental Program*. The program utilizes a 40 ft. commercial coach with a fully equipped dental operatory to offer dental care at weekly service sites. We partner with VDH Division of Disease Prevention providing comprehensive dental care to clients suffering with HIV. Clients who qualify are appointed for treatment at one of our existing sites. Compensation for the dental program is funded by the Ryan White Foundation. This fiscal year, free dental services were provided to **1412** uninsured residents.

Public Health Programs			
Program	FY 2010-2011	FY 2011-12	FY 2012-13
Rock Richmond Fitness Program			
Classes	2,000	1,872	1196
Participants (average per month)	1,200	1,100	832
Resource Centers			
Patients served	1,499	2,329	2,783
Richmond Smiles Dental Program			
Patients served	1,515	1,578	1,412
Adolescent Health/Teen Pregnancy Prevention			
Sessions held	668	693	650
Adolescents serviced	2,441	3,330	2,324
Healthy Homes Initiative			
Blood-lead testing to children and pregnant women	na	na	614
Properties tested for lead paint hazard	na	na	213

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. Fewer restaurant inspections were conducted this FY due to a reduction in the number of inspectors on staff. The specialists also inspect public swimming pools and marinas, conduct animal bite/rabies investigations, West Nile Virus education, and investigate complaints of rodent infestation.

RCHD Environmental Health Services			
Activity/Service	FY 2010 -11	FY 2011-12	FY 2012-13
	Service numbers	Service numbers	Service numbers
Number of restaurant inspections	3,003	3,417	3,345
Total number of food service inspections	5,027	4,983	4,161
Food permits issued	109	107	88
Animal bite/rabies investigation	337	300	374
Positive rabies in animals	7	2	1
Hotel/motel inspections	97	75	61
Swimming pool inspections	92	72	52
Environmental complaint investigations	165	163	121
Training classes conducted	19	27	24
Food handlers trained	534	496	215

PUBLIC HEALTH PREPAREDNESS

The goal of the Public Health Preparedness Program (PHP) is to enhance Richmond City Health District's ability to respond to public health emergencies and to create resilient communities. RCHD leads Emergency Support Function-8 (ESF-8) for coordinating all public health and medical services in the City during times of emergency and disaster as outlined in the City's Emergency Operations Plan.

Our emergency preparedness activities included conducting mass dispensing/vaccination drills that interacted with the public. We designed and implemented a shelter operations tabletop exercise for city departments and community partners. RCHD took part in a citywide tabletop exercise, hosted by the Office of Emergency Management and provided input in the Medical and Health Capabilities Gap Assessment conducted by the Metropolitan Medical Response System. We also participated in a state agency RSS (receive, stage, store) full scale exercise.

RCHD has developed a model emergency plan template and an updated Blood-Borne Pathogens/Infection Control Plan for use by congregate care facilities.

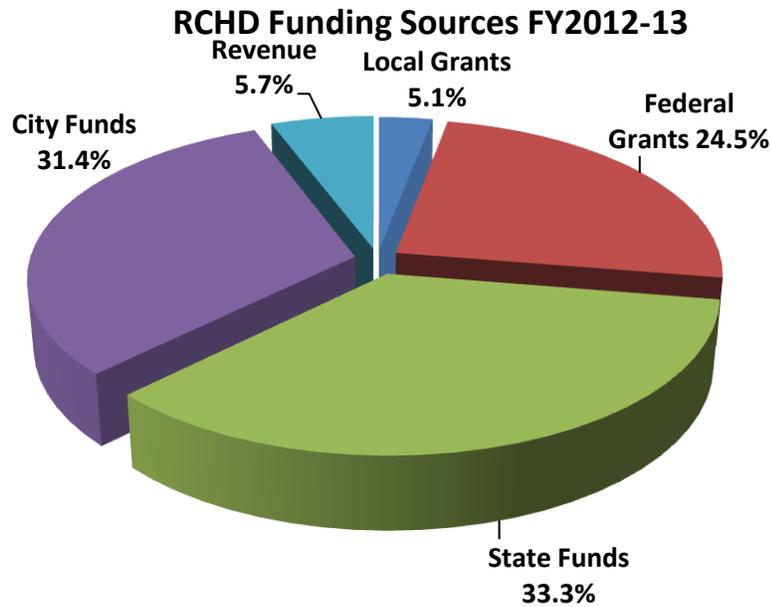
The *Richmond City Medical Reserve Corps (MRC)*, housed under the PHP program, is a volunteer organization that is dedicated to responding to public health emergencies. Members of the MRC are given opportunities to be trained in preparedness, response, and recovery. They also assist with community outreach events. In FY 2012-13, MRC membership grew to 455 members. They assisted in 47 events and incidents in the city with those man hours valued at \$13,067. The MRC is continuing to expand its capabilities by participating in monthly statewide training sessions with topics ranging from epidemiological response to Family Assistance Center operations. If a city emergency occurs, the MRC will be ready to support the efforts of RCHD.

VITAL RECORDS

The RCHD *Office of Vital Records* maintains a record of all deaths that occur in the City of Richmond; the office issued **16,832** death certificate copies in fiscal year 2012-13.

FUNDING & OPERATIONS

The Richmond City Health District FY 2012-13 was budgeted at \$10,831,076 which is comprised of several funding sources.



The Chart below, shows how these funds were expended

