



Disease Surveillance
Summary

Local Opioid Data

Community Health

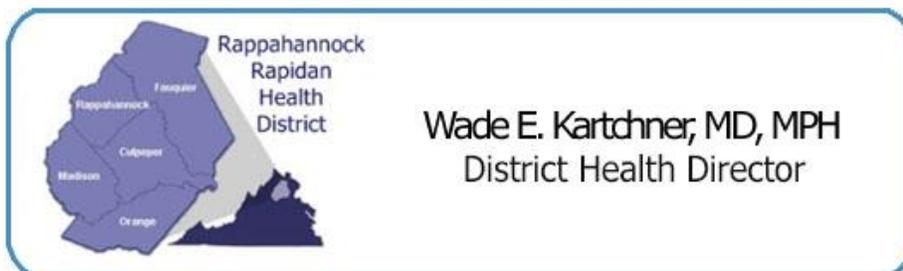
Spotlight on
Hepatitis A

Environmental Health

JUNE 2019

POPULATION HEALTH REPORT

Our mission is protecting and promoting community health.



Rappahannock-Rapidan
Health District

98 Alexandria Pike, Suite 42
Warrenton, VA 20186
www.rrhd.org

540-347-6363

Offices in:

Culpeper
Fauquier
Madison
Orange
Rappahannock

2018 Year in Numbers

The Rappahannock-Rapidan Health District (RRHD) is comprised of the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock. Our small staff of 65 works hard to protect the community. In 2018, they managed:



2,046
Immunization Encounters



66
Overseas Travel
Immunization Encounters



1,015
Reportable Disease
Investigations



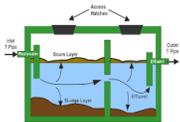
1,938
Tuberculosis Screening
Encounters



821
Restaurant Inspections*



528
Rabies Reports Investigated



1190
Sewage Applications &
Reviews*



607
Private Water Supplies
Applications*



540
Pre-Nursing Home
Screenings



829
Women, Infants & Children
(WIC) Encounters



2,285
Family Planning
Encounters



326
Sexually Transmitted
Infections Encounters



30
REVIVE! Trainings



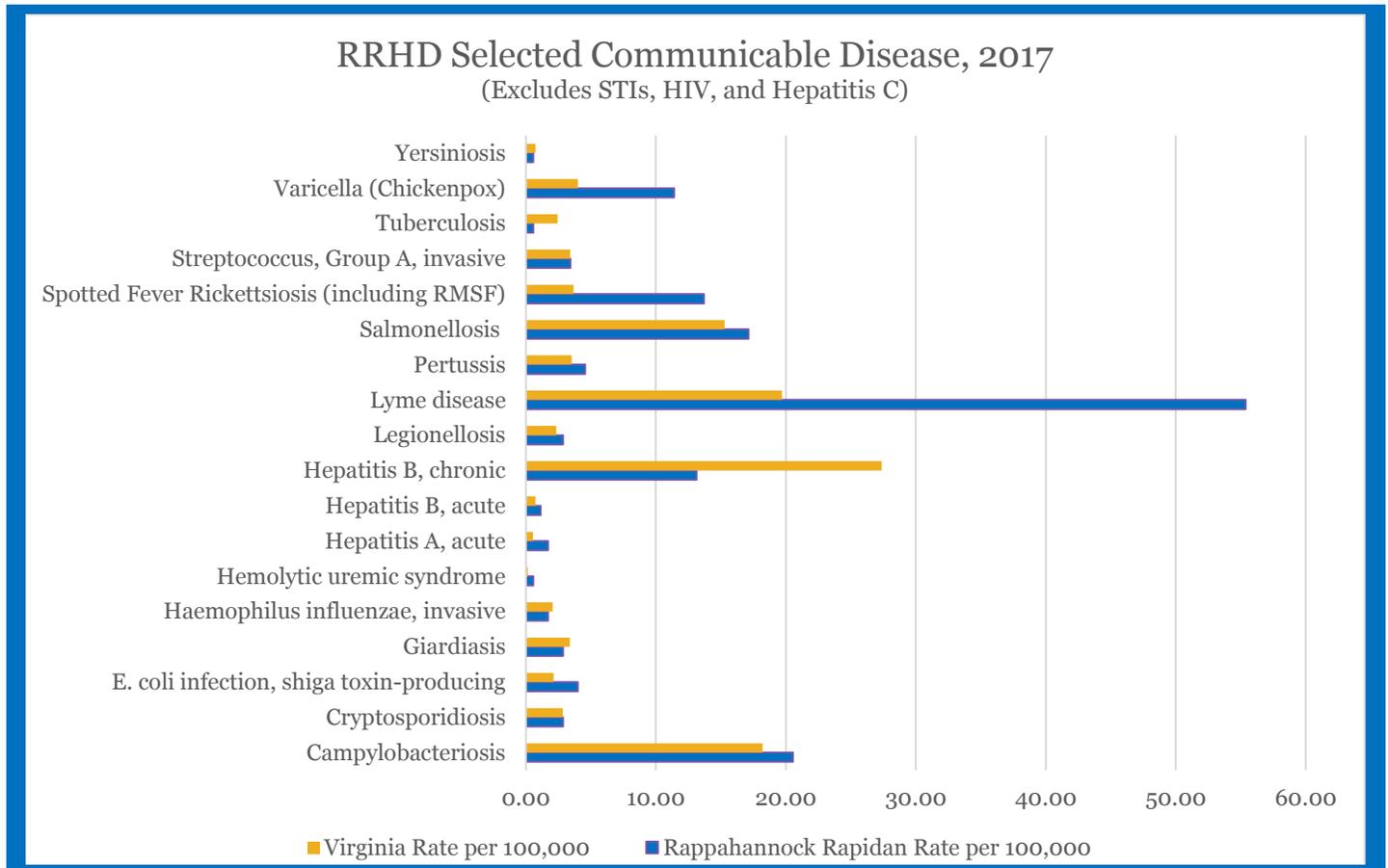
281
Free boxes of Narcan
dispensed to the public

*Represent Fiscal Year 2018

This report was prepared by RRHD Population Health Coordinator April Achter, MPH, and approved by RRHD Health Director, Wade E Kartchner, MD, MPH; any errors are solely their responsibility. Feedback is welcome: april.achter@vdh.virginia.gov or wade.kartchner@vdh.virginia.gov.

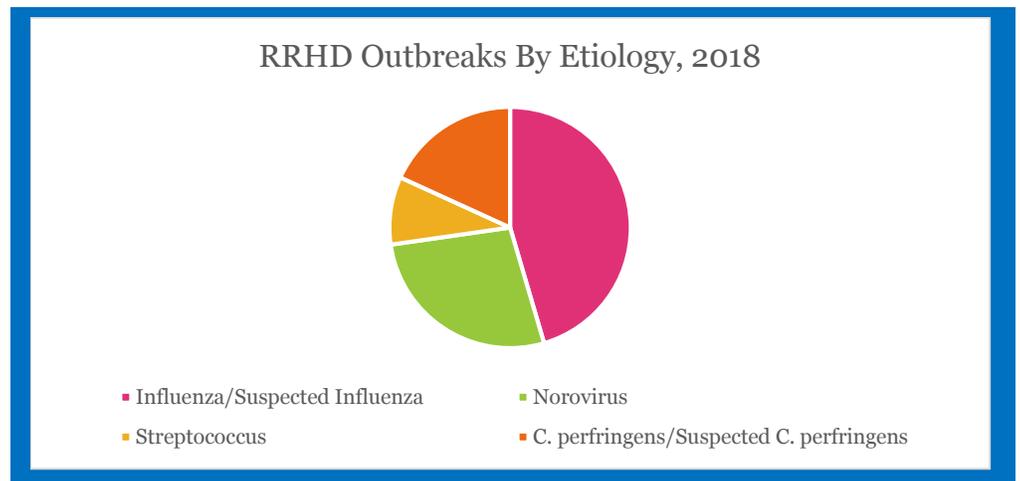
2017 Summary of Selected Communicable Diseases

In 2017, the Rappahannock-Rapidan Health District (RRHD) investigated **1,015 reports** of disease, with 323 counted as confirmed or probable cases. These numbers do not include an additional 254 reported and confirmed cases of Chronic Hepatitis C or 627 reported sexually transmitted infections. RRHD investigated 11 reported outbreaks in 2016.



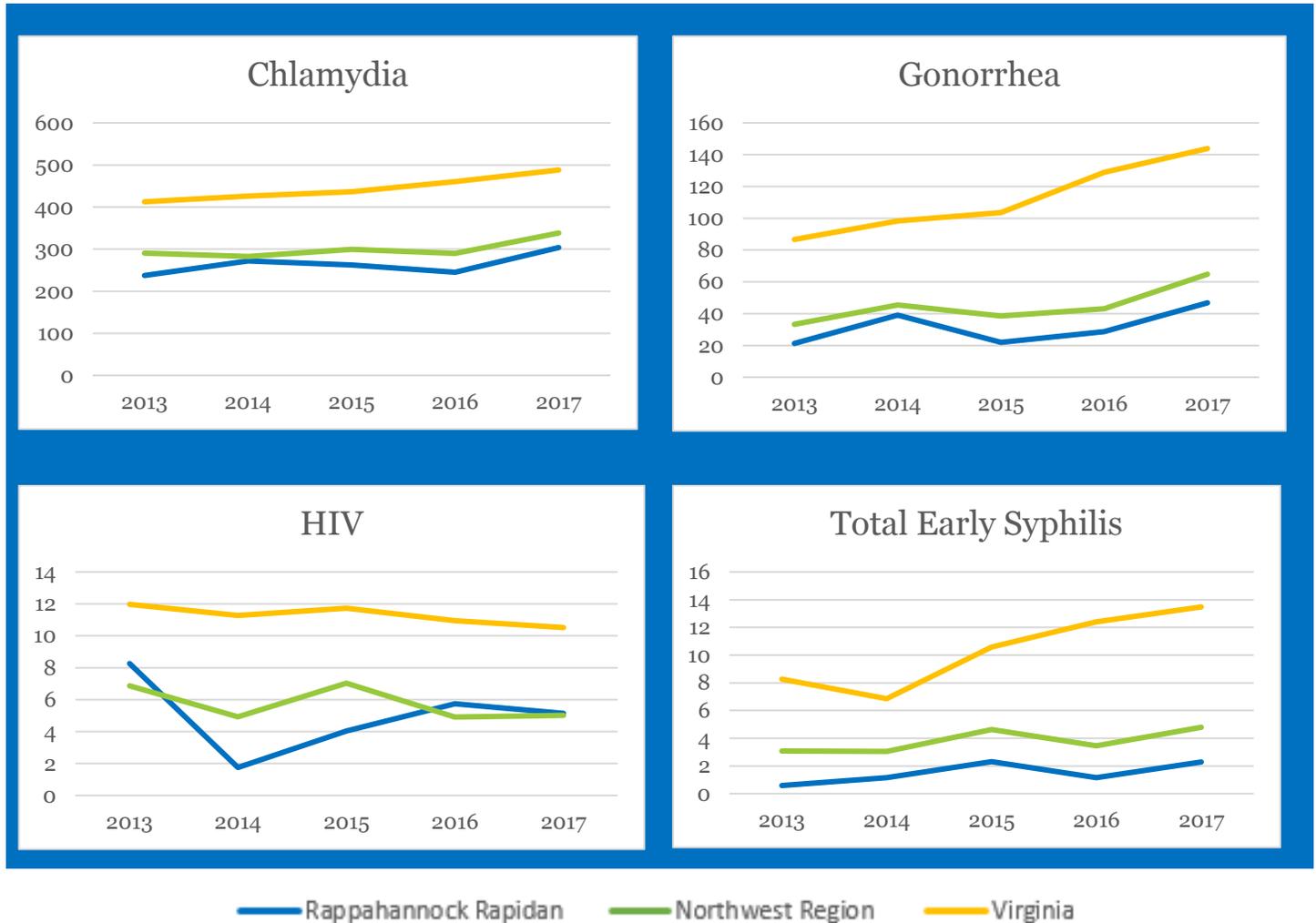
Report: suspected outbreaks or any unusual occurrence of public health concern. During normal business hours, call your local health department. **After hours, please call 866-531-3068.**

[Virginia Reportable Disease List](#)



The Centers for Disease Control and Prevention (CDC) publish surveillance case definitions each year to standardize reporting of diseases across the country ([CDC Surveillance Case Definitions](#)). Although these definitions standardize disease reporting, they should not be used for clinical diagnosis or patient management.

Summary of Sexually Transmitted Infections, Rate per 100,000



Preliminary data show that Virginia saw a 22% increase in chlamydia, a 52% increase in syphilis, and a staggering 71% increase in gonorrhea in 2018. The CDC reports this spike is not unique to Virginia.

In RRHD, chlamydia is the most commonly reported STI, but gonorrhea rates have increased.

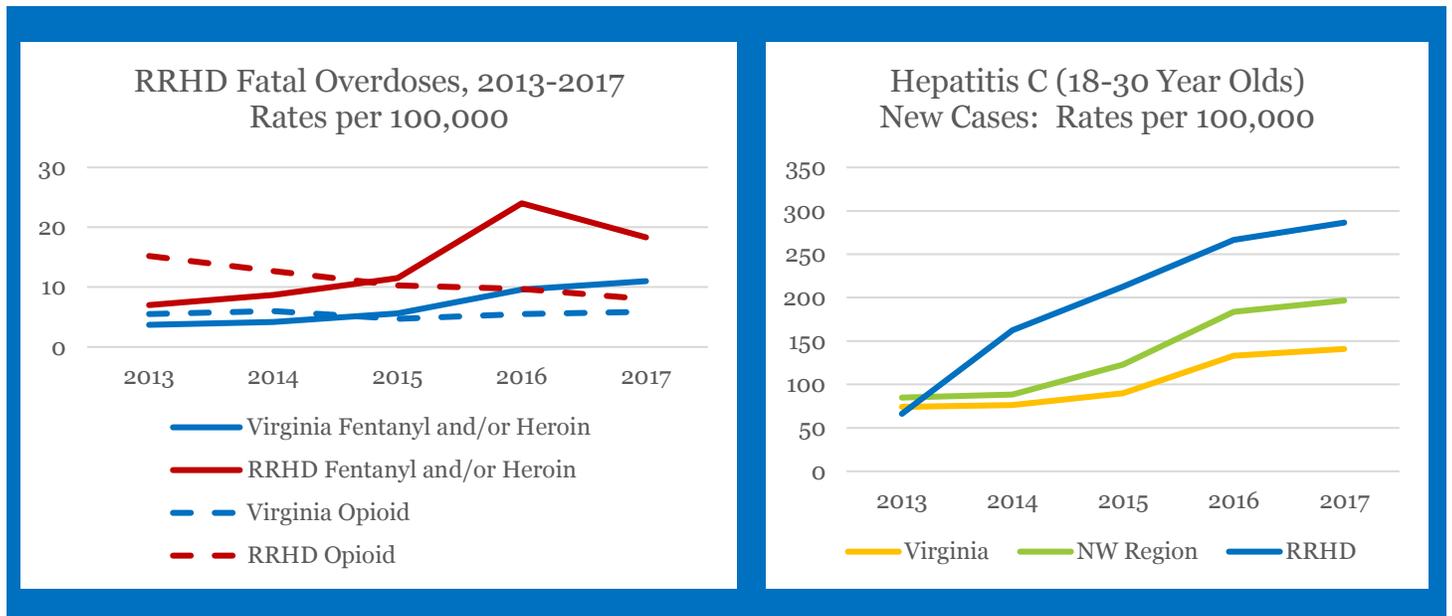
HIV and Total Early Syphilis rates are highly variable due to low case counts and should be interpreted with caution.

*Download the 2015 STD Treatment (TX) Guide app, an easy-to-use reference that combines information from the STD Treatment Guidelines as well as MMWR updates, and features a streamlined interface so providers can access treatment and diagnostic information. The free app is available for [Apple](#) and [Android](#) devices.

Opioid Response: Introduction to Harm Reduction

Public Health's foundation is built upon harm reduction. Examples include sunscreen, seat belts, bicycle helmets, nicotine patches/gum, or designated drivers. In the context of substance abuse, harm reduction is a set of practical, public health strategies designed to reduce the negative consequences of drug use and promote healthy individuals and communities.

Current data indicates a need for harm reduction in RRHD; the rate of fatal overdoses due to injection drug use is well above the state rate.



Although localities talk often about the community effects of substance abuse, including the burden on law enforcement, medicine, and social services, many don't realize the medical consequences. Did you know that between 2010 and 2015 the Hepatitis C rate tripled in the United States? Locally, RRHD experienced a 330% increase between 2013 and 2017 in 18-30 year olds.

Hepatitis C is a virus, the leading cause of liver cancer, and there is no vaccine available. The best way to prevent Hepatitis C is to avoid behaviors that spread the disease, especially injecting drugs with shared needles.

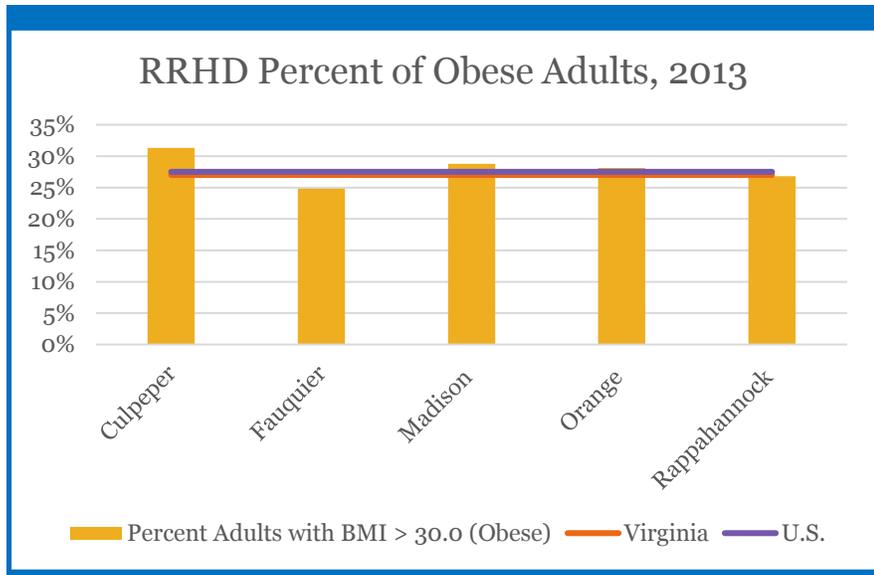
Across the country, localities that experienced an outbreak of Hepatitis C had an outbreak of HIV follow. Interrupting disease transmission may prevent an HIV outbreak. Keeping the prevalence of a disease low protects the entire community.

Harm reduction prevents disease (testing, treatment and vaccinations), addresses social determinants (access to housing, food, medical care, etc.), and reduces mortality by linking patients to REVIVE! classes and treatment. Comprehensive harm reduction programs include a syringe services program (SSP), which works to prevent infection and act as an entry point for testing and referrals.

These programs benefit community health and safety by ensuring that contaminated needles are disposed of properly. These programs do not increase drug use or crime rates. Other Virginia programs report that they have collected more needles than they have distributed.

2018 Community Health Priorities

Support Culpeper County Schools Wellness Programs: Nearly one in three children or teens in the United States are overweight or obese, almost three times the number in 1963. Obese children have an 80% chance of remaining obese during their entire lifetime (American Heart Association).



A 2016 Culpeper Youth Risk Behavior and Experience Study found that 46.6% of students felt they needed to lose weight.

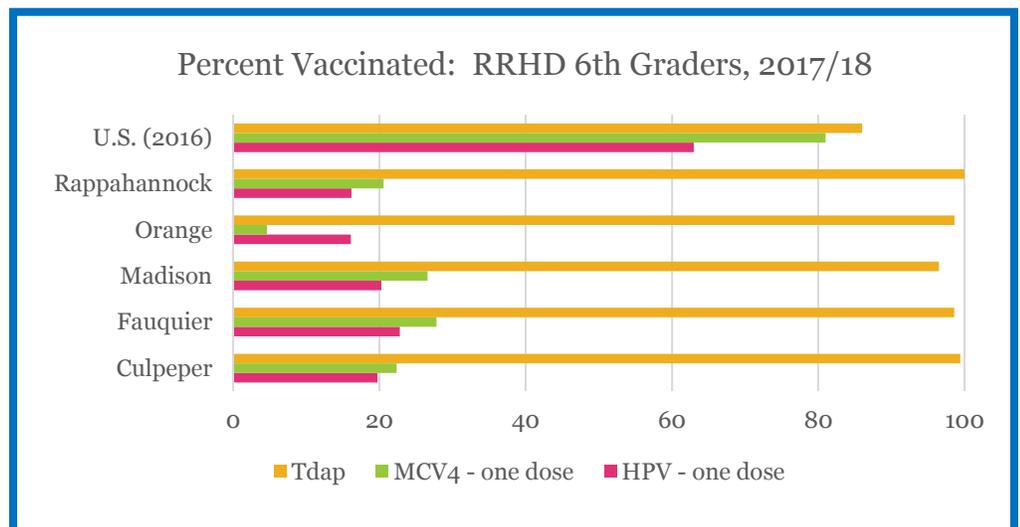
RRHD staff will support Girls on the Run® (GOTR) during Fall 2019 by providing coaching support.

Offered REVIVE! Training: RRHD, in collaboration with Rappahannock-Rapidan Community Services (RRCS) and the Come as You Are Coalition (CAYA) offered 30 REVIVE! training classes and dispensed 281 boxes of FREE Narcan to the public. REVIVE! provides training to community members on how to recognize and respond to an opioid overdose emergency with the administration of naloxone (Narcan®).

Increase Meningococcal vaccine (MCV4) rates in Orange County.

RRHD experienced great success by offering Tdap vaccinations onsite during the school day.

RRHD will build upon this approach with other vaccines.



Environmental Health

Environmental Health protects the community through safe food and water, proper sewage disposal and correction of environmental hazards.

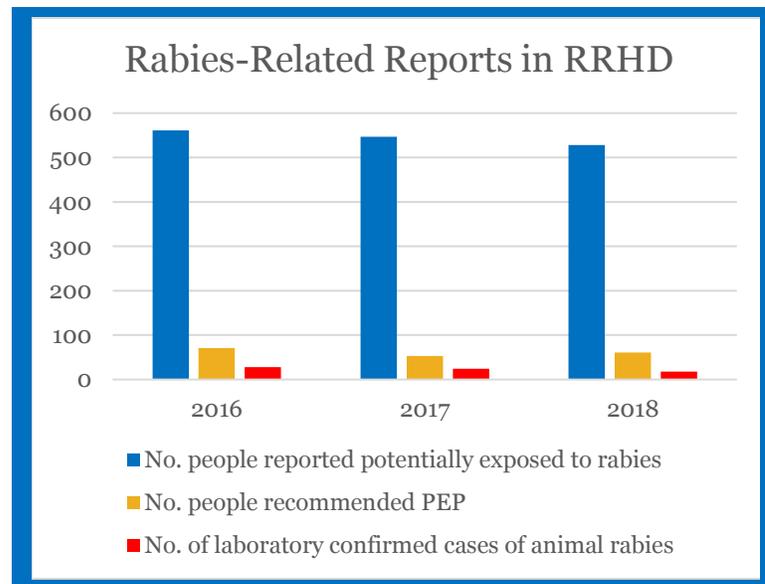
Food Safety and Consumer Services inspected 821 facilities (including restaurants, hotels, summer camps and swimming pools), and 234 temporary event vendors at 55 events during the 2018 fiscal year. Want to see the results? [Click here:](#)

[Rappahannock-Rapidan Food Establishments](#)

In addition, RRHD Environmental Health managed 1190 sewage applications/reviews and 607 private water supplies applications.

Rabies Exposures & Postexposure Prophylaxis (PEP)

Only mammals (including humans) can contract rabies. The **rabies** virus can be transmitted through a bite, or any circumstance where saliva or central nervous system (CNS) tissue from a rabid or potentially rabid animal did have or could have had direct contact with mucous membranes (eye, mouth, or nose) or a break in the skin. Other contact by itself, such as touching a wild animal or contact with blood, urine or feces, is not considered an exposure. Please call your local health department with any questions.



Detailed PEP recommendations can be found here: [CDC Reduced \(4-Dose\) Vaccine Schedule for Postexposure Prophylaxis to Prevent Human Rabies](#)

Please report animal bites to local animal control or the health department

Rabies PEP is available at all area hospital emergency departments.

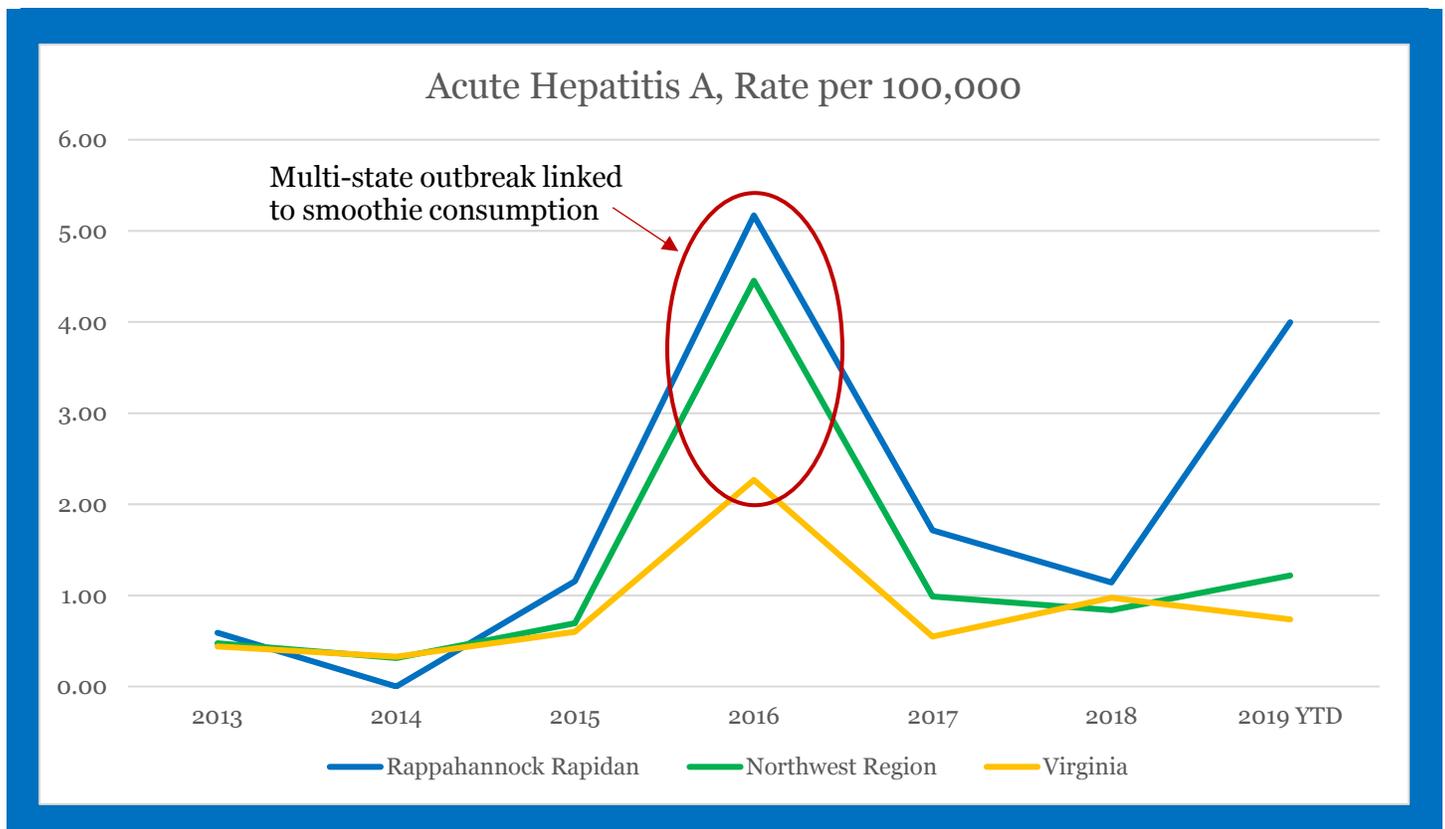
Hepatitis A

Multiple states across the country are experiencing HAV outbreaks. Since these outbreaks were first identified in 2016, more than 15,000 cases and 8,500 hospitalizations (57% of cases) have been reported in the United States. Virginia reported a 132% increase in cases of hepatitis A virus (HAV) between January 1, 2019 and April 19, 2019 compared to the same time period in 2018. There have been 55 outbreak-related cases reported in Virginia as of June 4, 2019.

HAV is an inflammation of the liver caused by the hepatitis A virus. The classic symptom of HAV is jaundice, which is a yellowing of the skin or the eyes. Other symptoms include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, joint pain, dark urine and clay-colored stools. Symptoms develop 15-50 days after exposure to the virus. It is very important for people who have symptoms to stay home from work, especially if they work in food service, health care or child care.

The virus is spread through direct contact with another person who has the infection or by consuming food or drink that has been contaminated with the virus. The following groups are at highest risk for acquiring HAV infection or developing serious complications from HAV infection in these outbreaks: injection and non-injection drug users; anyone experiencing or who has recently experienced homelessness; men who have sex with men (MSM); and people who are or were recently incarcerated.

The best way to prevent HAV is by getting vaccinated. Hepatitis A vaccine is available at many doctor's offices, pharmacies and local health departments across the state. Another important method of prevention is frequent handwashing with soap and warm water after, especially after using the bathroom, changing a diaper, or before preparing food.



Contact Us

We'd love to hear from you! Please contact us with any questions.

You can reach our team Monday through Friday from 8:00 am to 4:30 pm.

After hours, if you are a physician or county official, please call 1-866-531-3068.

Culpeper County Health Department
640 Laurel Street
Culpeper, VA 22701-3993

Phone: 540-829-7350
FAX: 540-829-7345

Culpeper County Environmental Health Office
640 Laurel Street
Culpeper, VA 22701-3993

Phone: 540-829-7466
FAX: 540-829-7492

Fauquier County Health Department
330 Hospital Drive
Warrenton, VA 20186

Phone: 540-347-6400
FAX: 540-347-6405

Fauquier County Environmental Health Office
98 Alexandria Pike, Suite 42
Warrenton, VA 20186

Phone: 540-347-6363
FAX: 540-347-6373

Madison County Health Department
1480 N Main Street, Suite A
Madison, VA 22727

Phone: 540-948-5481
FAX: 540-948-3841

Orange County Health Department
450 N. Madison Road
Orange, VA 22960

Phone: 540-672-1291
FAX: 540-672-3109

Orange County Environmental Health Office
128 W. Main Street, Suite A
Orange, VA 22960

Phone: 540-672-0223
FAX: 540-672-1093

Rappahannock County Health Department
338-A Gay Street, P. O. Box 5
Washington, VA 22747

Phone: 540-675-3516
Fax: 540-675-1021

If you suspect that more than one person has become ill after eating a common food, please contact your local health department. You can also log onto MyMealDetective.com to file an online foodborne illness report. My Meal Detective is an online reporting system that allows you or your patients to file a foodborne illness report when events surrounding the illness are fresh on your mind.

