

Hampton Health Department Annual Report



Virginia Department Of Health

A Word from the HEALTH DIRECTOR

A bit of a strange year from my perspective, since I was out on medical leave for three months. But that only reinforces what a high performance and dedicated health department staff we have. We continued to provide our customary programs and services in the face of the challenge of Dr. Thornton also being on medical leave for several months to have her twins. Everyone was flexible and ingenuous and looked for ways to keep things going. That's true concern for the welfare of our customers.

Karen Gangitano, Joe Manno and the pharmacy, and Family Practice Clinic staffs made sure none of our patients went without medications or being seen by a physician when they needed to. Dr. Rend also pitched in to sign prescriptions. My deep thanks to them.

The year was also filled with a record number of emergency preparedness exercises and training. As far as I know, Hampton is the only district in which every staff person has received all the NIMS training courses which are appropriate for what they do. This puts us ahead of most other districts, and the Central Office continues to emphasize and require appropriate training of all staff.

Our dispensing exercises this year began with a dispensing exercise at Hampton University, continued through the fall with several vaccina-

tion exercises – “Jabbin’ at the Jail” and “Tax and Vacc” among them – and wound up in June with five dispensing exercises. We continued to try new dispensing approaches and to partner with agencies we hadn’t worked with before, all pointing towards being able to dispensing antibiotics or vaccines to every citizen in Hampton as rapidly as possible.

After Dr. Reaves retired in August, there was little activity in the dental clinic until May, when the H.E.L.P. free dental clinic moved into the dental spaces. H.E.L.P. had operated a dental clinic for some time, but had to leave their former building. The move gave them greater space and allowed them to continue to provide free adult dental care, which is badly needed. It's a good example of the “assurance function” of public health, in which public health works with others to make care and services possible.

Dr. Reaves; however, said he was not quite ready for full retirement and accepted our offer to come back one or two days a week to provide pediatric dental care. This allows us to resume providing this care, and to do so with one of the best practitioners around. He missed the kids.

Child Fair 2009 was the last year of this decade-long tradition. Budget cuts for both the Health Department and City meant we – everyone involved – could not afford to do it again. This was also true

for the many vendors and outside agencies that also support Child Fair.

On the other hand, Hampton's beaches were still available. And, for the fifth year in a row all the weekly bacteria counts were well below the level which would have called for closing the beaches.

Nancy Lemis also had a busy year in her role as epidemiologist and communicable disease nurse. She dealt with several community outbreaks of norovirus and MRSA, as well as giving talks on these topics. She wound up the year dealing with several cases of brucellosis, a rare disease acquired, in this case, by eating unpasteurized cheese.

As a reminder of the communicable disease origins of public health, we saw the rise of the pandemic (2009) H1N1 virus, collected specimens, and spread the word about precautions and treatment for this virus. Overlaying the appearance of this virus were the questions of how widespread the virus would become, how severe it would be, and how we would immunize everyone who wants the H1N1 vaccine. But that will have to wait for next year's report.



S. William Berg, MD, MPH
Director

Fiscal Year 2009

July 1, 2008—June 30, 2009

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Women, Infants, and Children (WIC)



Jenny Corley

The WIC Program in Hampton issued WIC checks to an average of 3,748 clients per month since the beginning of federal fiscal year 2009. This figure represents an increase of over 200 per month as compared to the prior year. Two areas of focus that have continued this year have been childhood overweight and breastfeeding promotion. Hampton has one of the lowest percentages of overweight WIC children in the state. The state average is 16% whereas Hampton averaged 13%. In addition to individual counseling with a nutritionist, a group class on *Healthy Weight* is offered every week. An effort is made to schedule those who are overweight or at risk for overweight for that class when they return for subsequent checks. Since October 1 we have offered 35 classes with 320 families attending.

Other nutrition classes that incorporate information related to a healthy weight included *Smart Drinks, Breakfast, and Reading Food Labels*. The nutrition staff continues to emphasize both the nutrition and physical activity aspects when counseling overweight children and parents/guardians. WIC has always promoted breastfeeding as the feeding method of choice due to both short and long term health benefits. Since the beginning of the federal fiscal year 53.5% of infants added to the WIC Program in Hampton were breastfed at the time of certification. The average statewide during the same period was 50.9%. In Hampton, every pregnant woman certified for WIC is provided with information on the advantages of breastfeeding and most are scheduled to attend a group breastfeeding class

when returning for subsequent checks. Since October 1, 2008, we have offered 108 breastfeeding classes taught by a nutritionist or breastfeeding peer counselor. Approximately 350 women have attended a class. Special grant funds were used to hold six *Breastfeeding Baby Showers* to promote breastfeeding and answer the concerns of pregnant women planning to breastfeed. Fifty-seven women participated in the games and activities lead by our breastfeeding peer counselor. In addition to helping Hampton families lead a more nutritious lifestyle, the WIC Program returned nearly \$1.6 million last year to the local economy through the redemption of WIC checks at area grocery stores.

Healthy Start

Teresa Morewitz

In Hampton all families are provided with an opportunity to give their children the best possible start in life. Healthy Start, our home visitation program, supports families from pregnancy until the child enters kindergarten. Participation is voluntary and is based on a family's specific needs. Healthy Start provided services to more than 1,000 families this fiscal year.

- ◆ 2,293 screenings were completed
- ◆ 608 families were assessed
- ◆ Over 1,000 new parents received a Welcome Baby visit
- ◆ 99% of families offered the opportunity to participate accepted services
- ◆ 100% of teen mothers maintained an interval of 24 months between pregnancies
- ◆ 98% of target children received all immunizations
- ◆ >99% did not have a founded case of child abuse or neglect
- ◆ Fifty children will graduate from Healthy Start in July 2009
- ◆ 98% of parents demonstrated an acceptable level of positive parent-child interaction
- ◆ 100% of families showed improvement in their home environments
- ◆ 99% of the participants completed the educational curriculum and demonstrated increased parenting skills

OUR VALUED EMPLOYEES

Debby Rorrer

RETIREMENTS/GOODBYES

Sue Cox—PH Nurse, STI Clinic
 Phyllis Guilford—Human Resource Analyst,
 Dr. Len Reaves—PH Dentist, Dental Clinic

NEWCOMERS

LaShandra Brown-McKnight—PHN Clinics
 Brigieta Hunt—Nutritionist Assistant, WIC
 Anita Hailey—PH Nurse Supervisor, Clinics
 Betty Lee—PHN Community Health
 Matthew McManus—Environmental Health Specialist
 Deborah Rorrer—Human Resource Analyst
 April Ruckstuhl—WIC Nutritionist Assistant



Public Health Nursing/Community Health

Mary Elizabeth White

They may have been seen in school, gymnasiums, jails, outside on grassy fields as well as visiting homes and at health fairs. "They" are public nurses and, as well as doing their "regular" jobs in the community, public health nurses assisted in medication distribution exercises as well as the "real" thing for flu clinics. The versatility of a public health nurse has been known for a long time.

Hampton, as many other cities, has an obesity issue. In support of public school recognition and planning for activities to address obesity, the Hampton Health Department provided a public health nurse to complete BMIs on grades K, 3, 7, and 10 for the Hampton City Schools.

Addressing another community problem, infant mortality, was another newly employed public health nurse. She receives referrals to follow high risk families who are not eligible for the Healthy Start home visitation program, provides education and safety inspections of in home child day care providers, and provides education to groups such as breast feeding moms on infant safe sleep conditions.

The case managers of the Every Women's Life program continue to provide services to women age 50 through 64 who have received PAP smears and mammograms through the program. In this past grant year, 10 women were diagnosed with cancer and received services for conditions that may have otherwise gone undetected.

Clinical services continue in immunization, family planning, family practice, and STI providing services to over 9,200 persons in FY 2009.

In October 2008, the Hampton Health Department received funding to increase HIV clients' awareness and understanding to take their medications as prescribed and keep appointments with their physicians. Originally 46 clients were enrolled. 50% were non-compliant in taking their medications as prescribed. Incentives were provided to increase compliance. At the end of the first quarter, compliance had increased to 85%. A volunteer visitor from the Tidewater Aids Community Task force was available for home visits, if client desired, to provide other support supplies and emphasize the importance of compliance. Funding continued for the program for 2009.



More Community Health Programs:

Topics of domestic violence and smoking cessation were presented to 11 Fast Forward classes. Speaking presentation sheets were also mailed to 33 local churches.

GIT High School Seatbelt Challenge: The GIT program is a program developed by AAA and Drive Safe Hampton Roads. The Peninsula high schools compete against each other and the other schools across the water. The program is conducted for a few months and the schools have to do certain mandatory projects and other things on their own in order to get the students at their schools to buckle up and wear their seat belts.

Child Safety Seat Program: The child safety seat program gives out free child safety seats through the VDH child passenger distribution and education program. This fiscal year, over 120 safety seats were issued to Hampton residents.

In December 2008, "trimming the tree" took on a whole new meaning at the annual HHD in-service.



Dental Program

Dr. Len Reaves and Lesley DeVries

During Child Fair 2008, 279 children, ages 3 to 12 were given oral examinations with oral health status and oral hygiene instruction specific for each child provided to one hundred forty (140) parents and/or guardians. Oral health information in the form of coloring books, pamphlets, toothbrushes and oral hygiene instruction laminated cards were given to over five hundred thirty (530) individuals.

Due to the retirement of our Dentist, Dr. Len Reaves, the children's dental program at the Hampton Health Department was discontinued temporarily.



Dr. Len Reaves, DDS and Dr. S. William Berg, Director

Epidemiology

The epidemiology staff has been very busy this past fiscal year. The staff worked with the school system, long term care facilities, city employees, private physician's offices, community groups, military, and churches to provide educational in-services on H1N1 influenza, MRSA, seasonal flu, norovirus, and STD's. The epidemiologist represents the health department on the Hampton School Health Advisory Board and the Sentara CarePlex Infection Control Committee. The staff continues to use syndromic surveillance to monitor community illness trends, injuries after a storm, flu-like illness numbers, and heightened school absences. The

Hampton Health Department Epidemiologist Nancy Lemis, RN, is the Chairperson of the Regional Epidemiology Committee.

Nancy Lemis



Volunteer Services

For FY 2009 the Hampton Health Department (HHD) had a total 18 volunteers who volunteered on their own or were referred from the following agencies: Hampton Department of Social Services VIEW Program, Old Dominion University, and local business colleges.

These volunteers contributed 1,022 hours of service with a dollar value of over \$20,696. According to the Independent Sector Coal-

tion, the national hourly value of volunteer time for 2008 is \$20.25.

The Annual Volunteer Recognition Event was held December 12, 2008 in the HHD auditorium in conjunction with HHD's Annual Holiday Awards In-service. Hampton Health Department's Volunteer of the Year for 2008 was Ms. Linda Cook. Ms. Cook volunteered as an Office Services Assistant in the Medical Records Section. Linda's supervisor mentioned

Lesley DeVries and Robin Williford

that Linda has a "pleasant attitude, personality, and willingness to take on new challenges".



Linda Cook—Hampton Health Department 2008 Volunteer of the Year

HHD currently has seven active and/or ongoing individual volunteers.

Budget and Expenses

Martin Wheeler

BUDGET		EXPENSES	
State	1,974,518	Salaries	4,026,995
Local	1,409,577	Services	584,420
Grants	1,026,164	Supplies	353,913
Other	246,193	Premiums	13,158
Revenue	<u>501,560</u>	Insurance	97,946
		Equipment	<u>81,580</u>
Total	5,158,012	Total Services	5,158,012

Pharmacy

Joe Manno

For FY 09, the Pharmacy filled 26,103 prescriptions and had 8,711 patient encounters.

Environmental Health

John Schellenberg



(L to R): Rocky Raccoon, Norm Otto, Environmental Specialist, and Karen Gangitano, RN, at Child Fair

The year was very demanding on staff due to vacancies. There were four positive cases of rabies confirmed in Hampton, 3 Raccoons and one red fox. Our office also did investigate 323 animal exposures during the year. There were also 33 well applications processed during that period. There was one staff departure, Tiffany Burch. One new staff member came aboard during the year. Matthew McManus joined us in November.

The beach water monitoring program continued throughout the summer of 2008. Unfortunately the beach water intern missed considerable time and resigned in early August which required staff to take over that responsibility. No beaches were closed due to an accedence in July or August of 2008 nor May or June of 2009.

The demands on the staff of Environmental Health in Hampton continue to grow. The City's development plans continue to involve new food facilities, hotels, swimming pools and other facilities that will require Environmental Health Services. Due to the increases in services and establishments the field staff was increased to include an additional Environmental Health Specialist. Training requirements and maternity leave has delayed the effective impact of this additional staff member.

Emergency Preparedness & Response (EP&R)

Cort Jensen

Emergency Preparedness and Response program started off the year by providing Point of Dispensing (POD) and Quick Delivery Center (QDC) training for the faculty and staff of Hampton University. This training was conducted so that in the event of an actual release of a biological warfare agent or a natural out break of a contiguous disease, Hampton University would be able to assist in the dispensing of prophylactic antibiotics first to the university students, staff and faculty, then move to a site off campus and provide the service to the general public. In September of 2008, Hampton University opened up a mock dispensing site and delivered simulated antibiotics (M&M®) to over 600 patients in just over an hour. This exercise also involved the City of Hampton Fire Department, Police Department, Medical Reserve Corps (MRC) volunteers as well as members of the 1st Medical Group stationed at Langley AFB, Hampton, VA.

EP&R staff working with Hampton City Schools, developed a Pandemic Influenza Plan for the school system. EP&R was also contacted by and asked to assist in the development of a flu plan for Fort Monroe and Langley AFB. After the Fort Monroe Plan was accepted by the facility commanding officer, a Memorandum of Understanding (MOU) was developed. This MOU defined the assistance that Fort Monroe and the Hampton Health Department would give each other if requested.

A new exhibition was set up at "Child Fair" last August: visitors were encouraged to pick up and look at photographs and or stuffed animals both having been contaminated with "Glo-Germ®" an ultra fine powder that glows under black light. After they had been sufficiently contaminated they moved down the table and were asked to look at their hands under the black light. Most were surprised at the amount of the powder that they had on them, they were then given an alcohol hand cleaner and instructed on how to use it. After 20 seconds of scrubbing they again examined their hands, to see that they no longer were glowing. This exhibit turned out to be one of the most popular.

In November EP&R staff developed a plan for mass vaccination, and exercised the plan(s), by holding vaccination clinics at:

Polling place on election day (Vacc and Vote), roughly 150 voters were vaccinated with the annual flu vaccine.

Tax office on the property tax deadline day (Tax and Vacc), again approximately 125 people were vaccinated.

CoH Jail and Jail Annex (Jabbin at the Jail), another 100 plus inmates and staff were vaccinated.

All three events used HHD staff, and volunteers from the MRC, Hampton University School of Nursing, and members of the 1st Medical Group, Langley AFB.

In December the EP&R staff took part in a DoD training session, that explained how DoD would be working with local and state health departments for requesting and deploying the Strategic National Stockpile (SNS). This training session opened the eyes of many military representatives, when they found out it was the local health department and not them that controlled the SNS.

The months of January through the 12th of May, EP&R was updating plans and preparing for an inspection of the EP&R programs for the rapid distribution of antibiotics during an emergency, by the Centers for Disease Control and prevention (CDC). Along with preparing for the CDC visit, EP&R started reviewing plans for the H1N1 flu outbreak and later the pandemic. During this same time period the EP&R staff along with other departments in HHD, City of Hampton (CoH) Emergency Response, Emergency Plans, CoH EMS, Fire, Police, Public Works, Hampton City Schools, Community Services Board, MRC, 1st Medical Group USAF, Fort Monroe, two hotels, Peninsula Volunteer Center and many others started planning for a combined dispensing demonstration within the Eastern Region of VDH. A number of meetings were held, and interest in the exercise grew. This work culminated with the following exercises:

16 Jun 09 - POD / QDC at Bethel High School

16 Jun 09 - Eastern Region exercise conference call

17 Jun 09 - Packaging of simulated medication and patient information for delivery to the participating hotels 750 packs were assembled and packaged for delivery on the 19th.

18 Jun 09 - (AM) - Table Top Exercise with CoH EOC staff and key city officials.

18 Jun 09 - (PM) - POD dispensing exercise at the Community Center on Langley AFB, by the 1st Medical Group.

19 Jun 09:- Delivery of packages to the participating hotels

Hotel staff delivered to visitors' rooms and hotel staff

Pick up (supplies) by CoH Public Works and transported to participating nursing home

Pick up (supplies) by CoH Public Works and transported to Community Services Board compound

Re-packaging of supplies at CSB for other clients, second delivery by CSB staff

Drive through dispensing operations at CSB compound

Pick up (supplies) by CoH PW and transported to PW compound, QDC established inside conference room.

Participating Nursing Home established a "CLOSED POD" and delivered simulated medications to residents and staff.

Healthy Hamptonians

Irene Ferrainolo

During 2009, Hampton Health Department and Hampton City Schools established a community coalition—Healthy Hamptonians. Healthy Hamptonians’ mission is to promote healthy living through proper nutrition and active lifestyles by providing a coalition of shared resources, program development, and education. Healthy Hamptonians works to reduce childhood obesity and is a call to action to individuals and public and private organizations serving children and their families. Meetings are held the 2nd Tuesday of the month, 5:00 p.m.-6:30 p.m., at the Rupert Sargent Building or at the Hampton Health Department.

Current members of Healthy Hamptonians are:

- ◇ American Diabetes Association
- ◇ Boo Williams Sportsplex
- ◇ Ebenezer Baptist Church
- ◇ Hampton Health Department
- ◇ Langley AFB Youth Programs
- ◇ Council
- ◇ Hampton Rehabilitation Services
- ◇ Virginia Cooperative Svc-Hampton
- ◇ American Heart Association
- ◇ Coalition for Youth-City of Hpt
- ◇ Hampton City Schools
- ◇ Healthy Families Partnership
- ◇ Parks and Recreation-City of Hpt
- ◇ PTA
- ◇ Restoration Church-Fox Hill
- ◇ Sentara Health and Fitness Center
- ◇ YMCA—Hampton

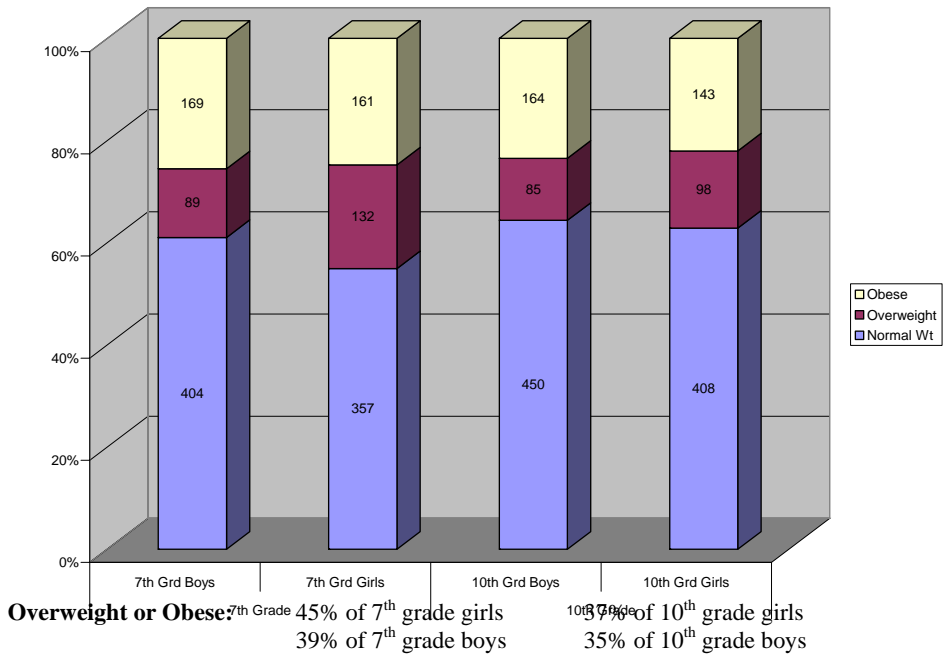
A crucial part of the coalition’s action to prevent childhood obesity is the body mass index (BMI) measurement of Hampton school-age children. BMI uses height and weight to estimate how much body fat someone has. Six out of ten United States children and teens with a BMI above the 94th percentile have at least one risk factor for heart disease. Two out of 10 have two or more risk factors for heart disease. Children with BMI 85th-94th percentile have similar, but

somewhat less, risk factors for heart disease. Overweight children are likely to be overweight adults.

By monitoring the BMI of Hampton’s children in kindergarten and grades 3, 7, and 10, the extent of obesity in our school-age population is demonstrated (see chart below). That information will inform and influence future public health and school health, nutrition, and curriculum decision making. At every grade level measured, at least 35% of the students were overweight or obese based on BMI measurement.

Both the development and facilitation of the Healthy Hamptonians Coalition and the staffing and instrumentation for the BMI measurement are funded through Hampton Health Department’s Maternal and Child Health Grant awarded by the Virginia Department of Health.

The chart below displays the BMI measurement outcomes for 7th and 10th graders, by gender, during the 2008-09 school year.



Obese=BMI above the 99 %-tile **Overweight**=BMI between the 85 & 98 %-tile

BMI Measurements for 7th and 10th Grade Students

Child Fair 2008

Irene Ferrainolo

Hampton Health Department was a highly visible presence at Hampton Road’s Child Fair 08. Sponsored by Hampton Health Family Partnership and Children’s Hospital of the King’s Daughters, Child Fair provides developmental screenings for pre-school children as mandated by CHILD FIND. HHD staffed three exhibit booths: a child safety wheel game; a black light hand washing activity; and animal safety. Nursing and dental staff conducted vision and dental screenings, while other staff coordinated Story Time and circulated in fruit and vegetable costumes promoting 5 A Day. Around this core activity is an exhibit floor featuring 60 vendors; a fitness trail; play land; and a free Scholastic book for every child attending. On August 17/18 over 6000 people visited Child Fair 08 at the Hampton Roads Convention Center.

Hampton Health Department added a new dimension to the 11th Annual Hampton Child Fair Fitness Trail-Body Mass Index (BMI) Assessment. Using the BMI analyzer-BioMeasure- and BMI4Kidz software, HHD became the first agency or medical practice in Virginia to assess a large number of children in a community or clinical setting.

The readings confirmed what the child obesity literature is reporting. Using BMI categories identical to those of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the results for 423 children ages 2-12 were: 4 underweight; 221 normal BMI %-tile; 74 at risk (BMI ≥ 85%-tile and < 95%-tile); and 121 overweight (BMI ≥95%-tile). A total of 46% of children measured had BMI level above normal range for their age.

The BioMeasure and BMI4Kidz software was used by HHD Community Nurse, Norma Piovane, to assess the BMI levels of Hampton City School children in grades K, 3, 7, and 10 during the past school year. 36% of children measured were above the 85%-tile BMI for their age.



Lesley DeVries, Renita Bothe, and Lynn Hacker

Sue Cox and Bessie Singleton

Great American Smoke Out Activities

Irene Ferrainolo

The Hampton City Council proclaimed November 20, 2008, **Great American Born Smoke-Free Day** in Hampton. Proposed by Hampton health Department to coincide with the American Cancer Society’s **Great American Smoke Out**, the local observance includes distribution of 350 “I’m a born non-smoker” t-shirts to infants born in local hospitals between November 20th and December 31st. Shirts are included in Hampton’s Healthy Family Partnership’s **Welcome Baby** packs.

In addition to the t-shirts, 104 **Cold Turkey for a Day** survival bags were distributed to Hampton City workers and employees of West Telemarketing Corporation. A city enews message promoting the Virginia Department of Health’s **Quit Now Cessation Program** accessed through 1-800-QUIT-NOW (784-8669) went out to 6000+ subscribers.



Virginia Department Of Health

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Hampton Health Department

Our goal is to promote, protect, and preserve the health of the citizens of Hampton.

We're on the Web!

www.vdh.virginia.gov

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Women's Health Day 2009

Irene Ferrainolo

Hampton Health Department provided free health screenings to 39 Hampton women in observance of National Women's Health Week. The screening was held on May 12, 2008 and included gynecological exam; cholesterol, blood glucose, anemia, and blood pressure screenings; tetanus/diphtheria immunizations; and nutrition counseling. When appropriate, participants were scheduled for free mammograms. Eleven of those screened required additional follow up, also provided without charge.

Women's Health Day is supported, in part, with a grant from Susan G. Komen for the Cure, Tidewater Affiliate.

