

## Outreach Events



One of the Outreach Events I attended every Monday was the Summer Feeding Program at the Lynchburg Public Library. We handed out information on the services that the health department offers and had games and prizes for the kids that stopped by.

Other Outreach Events: Diabetes Prevention Program, Vaccine Clinics, Lynchburg DSS, HIV Testing Event, Centra Children's Health Fair, Lake Christian Ministries, Rapid REVIVE, CVARR Community Conversation, plus more!

## The BEST Pop Health Team!



Kim Foster, Pop Health Manager

Jen Hemke, Pop Health Community Coordinator (i.e. best mentor!!)

Madison Horacek, Community Engagement Specialist

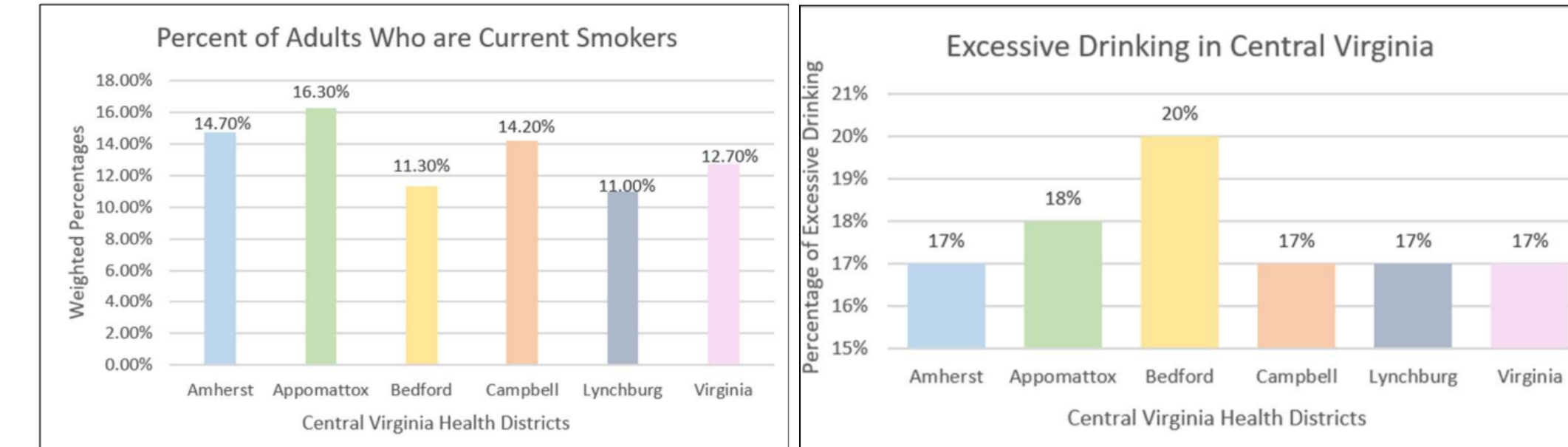
Leah DePiero, Outreach Coordinator

Megan Harris, Community Health Worker

Jacqueline Howard, Community Health Worker

## Data Collection & Graphs

ARPA is a grant that the Lynchburg Health Department received that provides 4 years of funding. Each year will be focused on a different population (Substance Use & Recovery, Maternal Child Health, LGBTQ+, Disabled & Homebound). The first year will be focused on Substance Use & Recovery. Throughout my internship I researched several different data points (i.e. teen birth rates, teen STD rates, Community Health Assessment, etc.) but a large portion of the data I researched focused on substance use in the Central Virginia Health District. Below are a few tables and graphs of relevant information.



CVHD Counties	Total Population	Drug-Overdose Hospitalizations (Rate per 100,000 Total Population)	Substance Use Disorder Hospitalizations (Rate per 100,000 Total Population)
Amherst County	31,667	164.21	94.74
Appomattox County	16,043	168.30	93.50
Bedford County	79,811	109.01	87.71
Campbell County	55,304	122.96	59.67
Lynchburg City	81,561	235.41	117.70
Virginia	8,590,563	89.92	75.05

## EH Inspection



I observed 3 inspections with an Environmental Health Specialist. We did 2 food inspections and a pool inspection. During the inspection, I learned about various items associated with food safety including how EHS food inspectors ensure the quality and sanitary conditions and preparation of food consumed by the public. I also learned about pool safety and regulations that have to be followed in order to operate.

### Other Pop Health Fun!

- ARPA Meetings (Focus Group Event on 8/12!!!)
- Car Seat Class Observation
- CVHD Health Department Visits
- Hunger Action Coalition Meetings
- Jotform Data
- Wellness Committee

## Marketing Materials

**10 TIPS FOR HEALTHY VISION**  
 July is Healthy Vision Month. Get an eye exam every 1 to 2 years.

- Know your family's eye history.
- Eat plenty of dark leafy greens, like spinach or kale.
- Maintain a healthy overall weight.
- Eat foods high in omega-3 fatty acids, like salmon or albacore tuna.
- Wear protective eyewear when playing sports or doing activities at home, like yard work.
- Wear sunglasses that block 99-100% of UV radiation.
- Quit smoking or never start.
- Wash your hands before touching your eyes.
- Keep track of long-term health conditions, like diabetes.

**ORAL HEALTH IS HEALTH**

**DID YOU KNOW...**  
 By age 8, over half of children have had a cavity in their baby teeth.  
 1 in 4 adults currently has cavities.

**ORAL HEALTH CONDITIONS**

1. Cavities (tooth decay) caused by a breakdown of tooth enamel by acids produced by bacteria in plaque.
2. Gum (Periodontal) Disease: result of inflammation and infections of the gums and bones that surround teeth.
3. Oral Cancer: stay away from high-risk behaviors such as smoking and alcohol consumption.

**DID YOU KNOW...**  
 Children from low-income families are twice as likely to have cavities than children from high-income families.

**KEEP YOUR TEETH HEALTHY!**  
 Brush your teeth twice a day and make sure to floss!  
 Visit the dentist every 6 months for a cleaning!



**Hannah Paulding**  
 University of Lynchburg, MPH '24



### Internship Takeaways

The biggest takeaway I got from my 10 weeks interning with VDH is that health is more than just providing medical services. It's having a conversation with community members and listening to their experiences and needs, hosting a class to teach people the importance of installing a car seat correctly, inspecting establishments to ensure that they are following safe and healthy practices for the public, making infographics, or researching ways to make a community healthier. Health is all encompassing and there are many ways that organizations and community partners work together to achieve a happy and healthy community.

**Let's Talk About Heart Health**

Heart disease is the leading cause of death in the United States.

**What is heart disease?**  
 The term "heart disease" refers to several types of heart conditions. The most common heart disease is coronary artery disease (CAD), which is caused by plaque buildup in the arteries. Other heart diseases include stroke, heart failure, and congenital heart disease. Heart disease is very serious and can lead to death if not treated. There are several ways to prevent or delay heart disease.

**Risk Factors**

- High cholesterol
- High blood pressure
- Diabetes
- Overweight and obesity
- Inactive life
- Physical inactivity
- Smoking and tobacco use
- Alcohol use

**Common Symptoms**

- Chest pain or discomfort
- Upper back or neck pain
- Shortness of breath
- Dizziness or lightheadedness
- Profuse sweating
- Nausea, vomiting, or indigestion
- Weakness or collapse in the legs or arms

**Prevention**

- Exercise for at least 30 minutes a day
- Eat healthy diet
- Manage stress conditions like high blood pressure, diabetes, and high cholesterol
- Give up tobacco usage
- Reduce alcohol consumption
- Get a good night's sleep of least 7-8 hours
- Schedule a regular check-up with your doctor

Let's connect on LinkedIn!

