

Annual Report



**FY
2025**

WHO WE ARE

The Rappahannock Rapidan Health District (RRHD) is one of Virginia's 35 health districts, providing public health services and programs to 192,707 people in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

OUR MISSION

To protect the health and promote the well-being of all people in Virginia.

OUR LOCATIONS

Culpeper County
640 Laurel Street
Culpeper, VA 22701
540.829.7350

Fauquier County
330 Hospital Drive
Warrenton, VA 20186
540.347.6400

Madison County
1480 N. Main Street
Madison, VA 22727
540.948.5481

Orange County
450 N. Madison Road
Orange, VA 22960
540.672.1291

Rappahannock County
338A Gay Street
Washington, VA 22747
540.675.3516

WEBSITE

www.rrhd.org or www.vdh.virginia.gov/rappahannock-rapidan/

EMAIL

ASKRRHD@vdh.virginia.gov



FROM OUR DIRECTOR



To Our Partners in the Counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock and the Central Office:

Fiscal Year 2025 was marked by steady progress and strengthened leadership across the Rappahannock–Rapidan Health District. With all key management positions now filled, including a Population Health Manager, RRHD is operating with stable direction and renewed capacity to serve our five counties.

Our teams delivered measurable impact: 4,754 immunizations provided, 856 family planning visits completed, and 3,457 reportable disease cases investigated, alongside 23 outbreaks contained. Our Environmental Health specialists completed thousands of permit and inspection reviews to ensure safe food, water, and housing. The WIC program supported an average of 2,129 families each month, while harm reduction efforts placed 272 naloxone boxes and 686 fentanyl test strips directly into community hands. The Medical Reserve Corps, with 464 volunteers, contributed 941 hours to community outreach and education, volunteer training, and health department support.

Looking forward, we recognize challenges that extend beyond our district: sustaining services built on time-limited federal funding, addressing rising mental health and substance use needs, and closing persistent gaps in access to care. Guided by our 2025–2027 Community Health Improvement Plan, we are committed to ensuring that every resident—regardless of county, income, or circumstance—has a fair and equitable opportunity to achieve optimal health.

The health of our region is inseparable from the choices we make together. With stable leadership, proven results, and shared priorities, RRHD is prepared to advance rural public health excellence through strong partnerships with our counties, Central Office, and community organizations.

With gratitude for your partnership and trust,

Dr. James B. Carr, DMSc, PA-C
Health Director, Rappahannock–Rapidan Health District



FY25 AT A GLANCE

- 4,754 Immunizations Provided
- 856 Family Planning Visits
- 3,457 Reportable Disease Cases Investigated
- 23 Outbreaks Contained
- 2,129 WIC Families Served Monthly
- 272 Naloxone Boxes Distributed
- 686 Fentanyl Test Strips Distributed
- 464 Active MRC Volunteers
- 460 Food Establishment Permits
- 486 Food Establishment Inspections
- 502 Private Well Applications
- 826 Onsite Sewage Applications
- 503 Rabies Investigations
- 97 Environmental Complaint Investigations
- 40 Community Events Attended

These numbers reflect the scale of RRHD's services and the collective impact of staff, partners, and volunteers across Culpeper, Fauquier, Madison, Orange, and Rappahannock counties.



Public health is more than data – it’s people. Behind every statistic is a family, a neighbor, or a local business whose life has been strengthened by RRHD’s work. The following story reflects our mission in action.

When Orange County residents reported a diesel-like odor in their drinking water in August 2024, RRHD partnered with Orange County emergency officials to launch a same-day public health response. A “Do Not Use Water” Advisory was issued within hours, and RRHD mobilized teams from Environmental Health, Epidemiology, and Emergency Preparedness to protect residents and businesses. Environmental Health staff conducted onsite outreach to more than 20 food service establishments, providing real-time technical support and bilingual safety notices to prevent exposure. The District Epidemiologist monitored health trends through ESSENCE and VEDSS and collaborated with local hospitals and medical providers to identify any potential water-related illnesses. Our Emergency Preparedness (EP&R) staff and Medical Reserve Corps (MRC) volunteers assisted with the county’s water distribution site, providing 92 hours of volunteer time. EP&R staff also ensured that dialysis facilities and doctor’s offices in the affected area received guidance. This coordinated effort demonstrated the power of local partnership and RRHD’s unwavering commitment to readiness, rapid action, and transparent communication to protect community health.

“This response showed what public health is all about—partnership, preparedness, and service. I’m grateful for the dedication of our RRHD team, the Medical Reserve Corps, Orange County officials and community partners who came together to protect our community.”

— Dr. Jay Carr, District Health Director

MEET OUR MANAGEMENT TEAM



Dana McClelland

***Business Operations
Manager***

Dana oversees the district's administrative and operational functions. With more than two decades of experience in public health administration, she manages budgeting, procurement, facilities, information technology coordination, records, and compliance functions that keep RRHD running smoothly. She is also deeply invested in workforce development and staff recognition.



Paula Donner

Nurse Manager

Paula provides leadership for the district's clinical and community health programs. With over 22 years of experience as a registered nurse and leader in public health, she oversees Nursing, WIC, Spanish Interpretation, and Disease Intervention Specialist services. Paula is dedicated to advancing quality of care, supporting workforce development, and ensuring programs meet the diverse health needs of the community.



Vy Truong

***Environmental
Health Manager***

Vy has 18 years of experience in public health, food safety, and regulatory compliance. She leads programs in food safety, onsite sewage and wells, and rabies control. Vy is dedicated to ensuring her team has the knowledge, tools, and support needed to serve their communities. She is deeply committed to prioritizing public health and promoting safe, healthy environments through education, collaboration, and responsive service.

The RRHD Management and Leadership Team provides strategic direction and daily leadership to ensure our district delivers high-quality public health services across Culpeper, Fauquier, Madison, Orange, and Rappahannock counties. Together, this team brings decades of experience in administration, clinical services, environmental health, preparedness, and workforce development. Guided by a shared commitment to equity, collaboration, and community resilience, the team works to strengthen local partnerships, support staff, and safeguard the health of every resident we serve.

**MEET OUR
LEADERSHIP
TEAM**



Ramis Ahsan

Human Resources



Dr. Zelalem Attlee

*Population Health
Manager*



Daniel Ferrell

Epidemiologist



Kathy Hatter

*Local Emergency
Coordinator*



Noreen Miano

MRC Coordinator



Rebeca Moya

WIC Coordinator



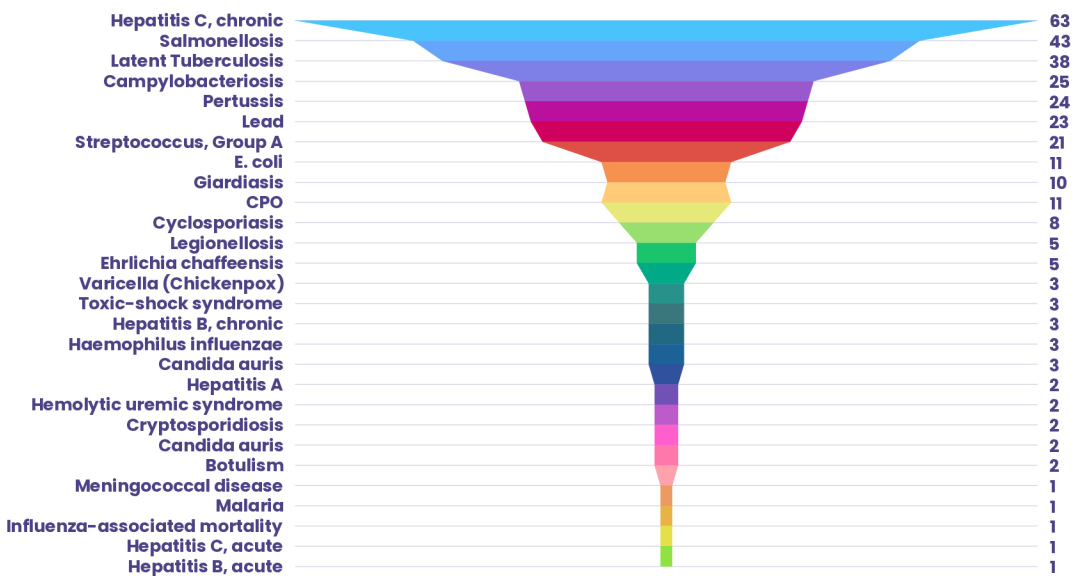
Sam Powell

*Workforce Development
Coordinator*

DISEASE CONTROL

RRHD's Disease Control works to prevent and control the spread of illness by investigating reportable diseases, suspected foodborne illnesses, and outbreaks. RRHD Disease Control and nursing staff interview patients to help determine possible sources or exposures, and provide education to reduce further spread.

2024 Confirmed Case Counts



3,457

Number of disease reports investigated

Investigating disease reports is crucial to public health by helping to identify outbreaks early, implementing effective control measures, preventing further spread, and safeguarding community health.

1,064

Number of TB Control interventions

Tuberculosis (TB) remains a significant public health challenge. Through TB control measures, we work to reduce transmission rates, prevent drug-resistant strains, and ultimately save lives. TB controls help alleviate the burden on health systems and improve quality of life for affected individuals.

4,754

Number of vaccine injections given

Vaccines have a profound impact on public health by significantly reducing the prevalence of infectious diseases. They have not only saved millions of lives but also helped eradicate or control diseases like smallpox and polio. By preventing outbreaks, vaccines contribute to healthier communities and reduce healthcare costs.

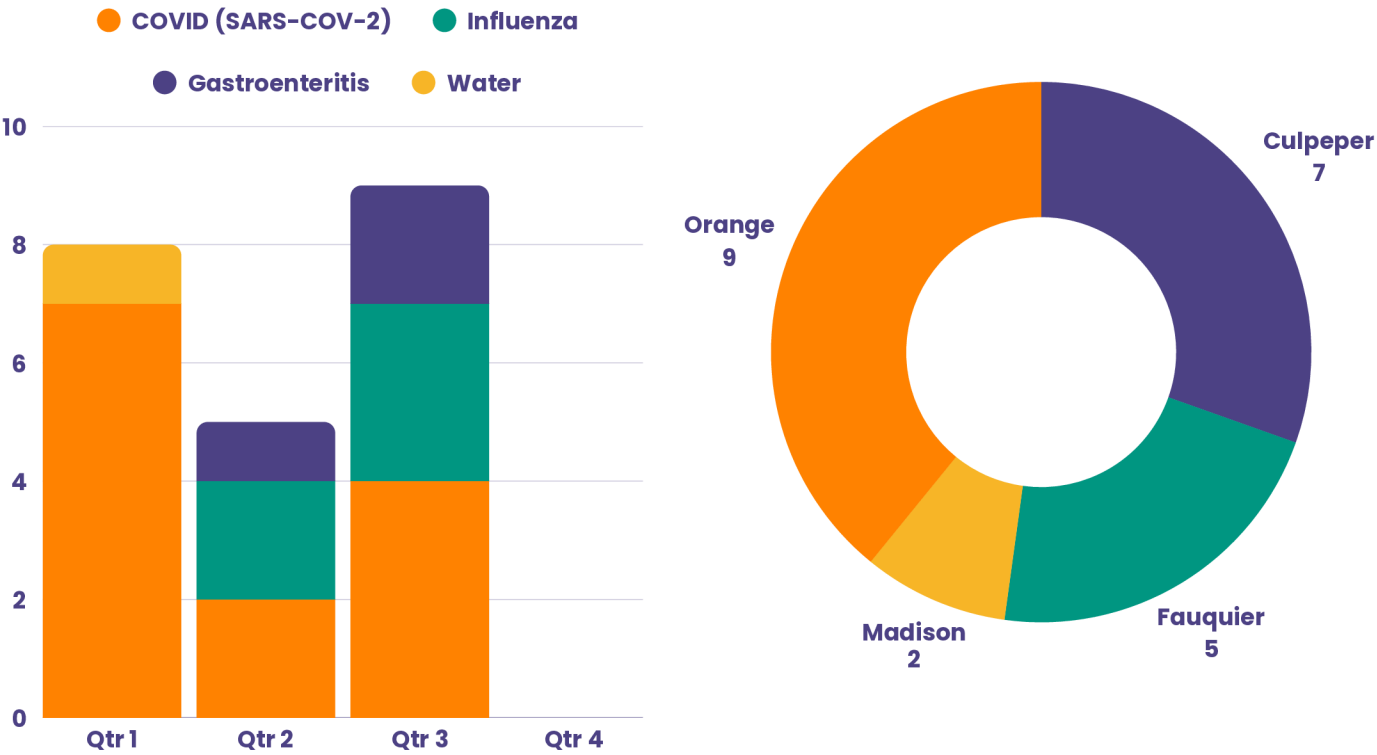


DISEASE CONTROL

Outbreak Investigations

In 2025, the RRHD investigated a total of 23 outbreaks predominantly respiratory illnesses across three quarters, with no outbreaks reported in Q4. Outbreaks occurred in Culpeper, Fauquier, Madison, and Orange counties, while Rappahannock reported none during the year. All outbreaks investigated were associated with long-term care, multi-care, and nursing facilities within the district.

Outbreak investigations are a vital part of protecting community health. They help identify the cause of illness, track how it spreads, and determine who is most at risk. Quick detection and response allow RRHD to implement control measures that prevent further transmission, reduce the severity of illness, and save lives. These investigations also uncover patterns that guide long-term improvements in public health practices and policies. Ultimately, outbreak investigations serve as a critical tool in maintaining public safety, strengthening community trust, and ensuring a rapid response to health threats.



REPRODUCTIVE HEALTH

RRHD is committed to making reproductive health services accessible to our residents by providing free or low-cost birth control and related care to patients.

RRHD clinics offer family planning and reproductive health services on a sliding fee scale. These services include:

- Birth control education and supplies (pills, IUDs, implants, condoms, and more)
- Cervical and breast cancer screenings
- Testing and treatment for sexually transmitted infections (STIs)
- Pregnancy testing, counseling, and referrals
- General physical exams

These services are provided through our local health department clinics, ensuring that residents in Culpeper, Fauquier, Madison, Orange, and Rappahannock counties have access to confidential, affordable reproductive health care. Services are available to all individuals, regardless of age, income, or insurance status.

778

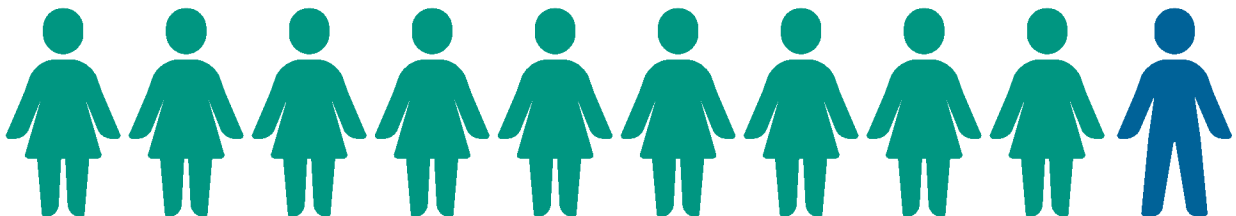
Number of reproductive patients served

856

Number of family planning clinic visits

133

Number of sexual health visits



Patient Gender Distribution – 92% Female , 8% Male

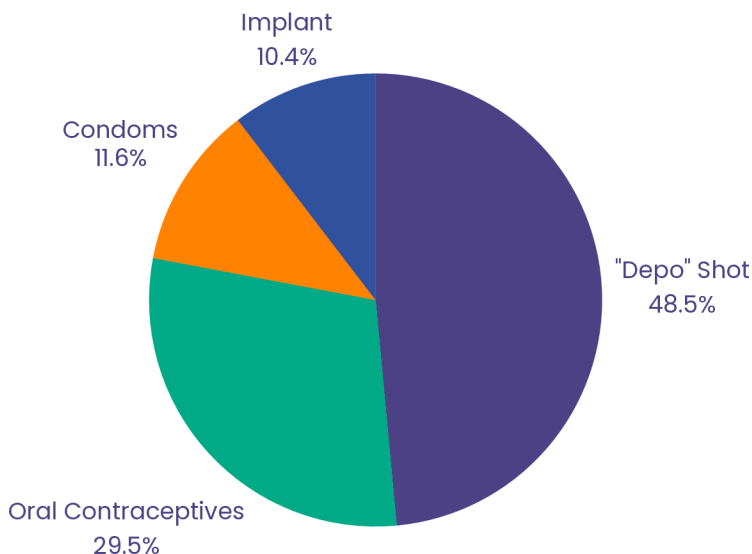


Patient Insurance Status – 90% Uninsured, 10% Insured



REPRODUCTIVE HEALTH

Top 5 Most Preferred Birth Control Methods



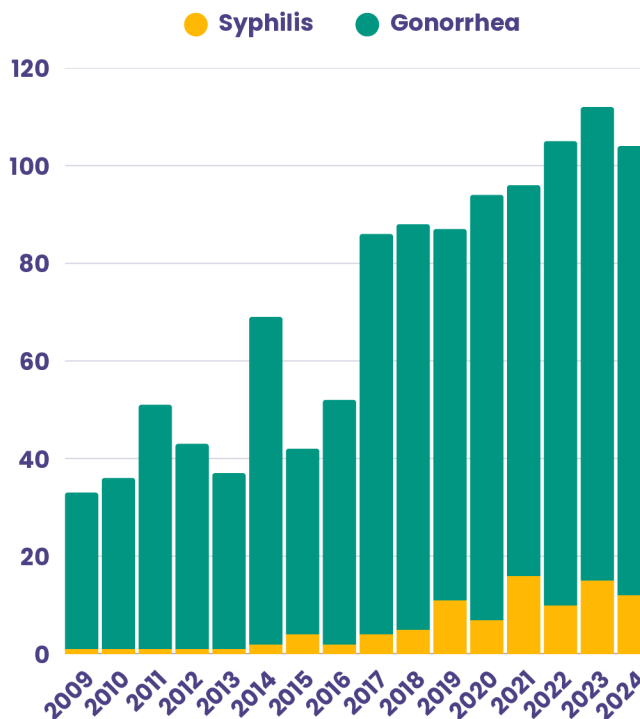
Most RRHD patients prefer long-acting birth control methods. The birth control shot is the most frequently chosen option, followed by oral contraceptives. While less common, condoms and implants remain important methods for patients who value accessibility and flexibility.

Rising syphilis and gonorrhea cases are worrisome because untreated infections can cause serious long-term health problems and increase the risk of HIV transmission. They also require significant public health resources for follow-up and outreach.

Did you know?

RRHD has a dedicated STI Disease Intervention Specialist who focuses on syphilis, gonorrhea, and HIV. She coordinates care, supports partner referrals, and provides education to help reduce transmission and protect the health of our community.

Syphilis & Gonorrhea Case Counts



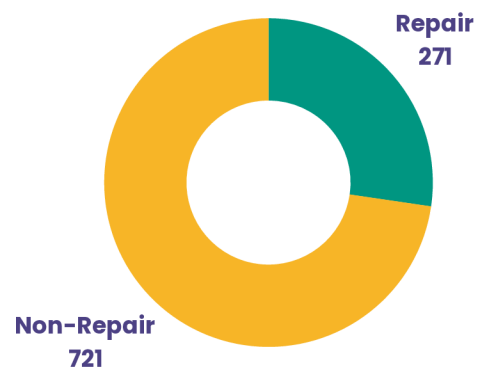
ENVIRONMENTAL HEALTH

“ Safe wells and septic systems mean safer homes and neighborhoods



Our Environmental Health (EH) onsite team safeguards the district's water quality and supports responsible land use by reviewing permits for wells, onsite sewage systems, and subdivisions. Their work ensures that families have access to safe drinking water, that wastewater is treated effectively to protect groundwater and streams, and that new development meets health and safety standards. Beyond permitting, staff provide technical guidance to homeowners, builders, and local governments which help to prevent problems before they occur and help communities plan for growth in a sustainable way. As our region continues to grow, these services will remain critical to balancing development with the protection of public health and the environment.

- 745** Number of well permits reviewed
- 19** Number of subdivision lots reviewed
- 27** Number of safe, adequate and proper reviews

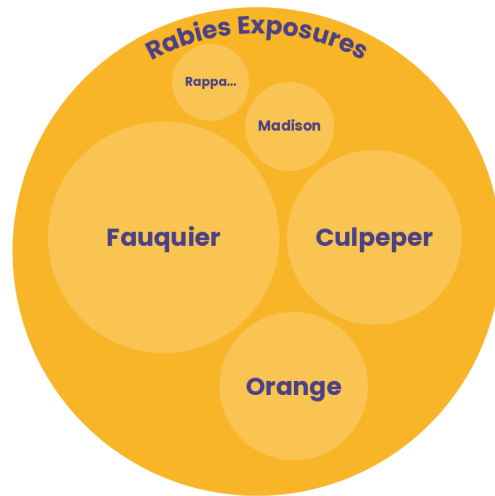


Our Environmental Health Specialists evaluated **992** permits for onsite sewage systems.

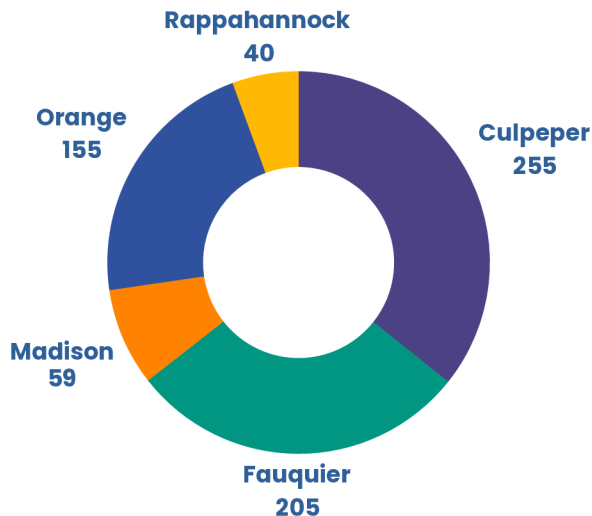
ENVIRONMENTAL HEALTH

Number of potential rabies exposures investigated

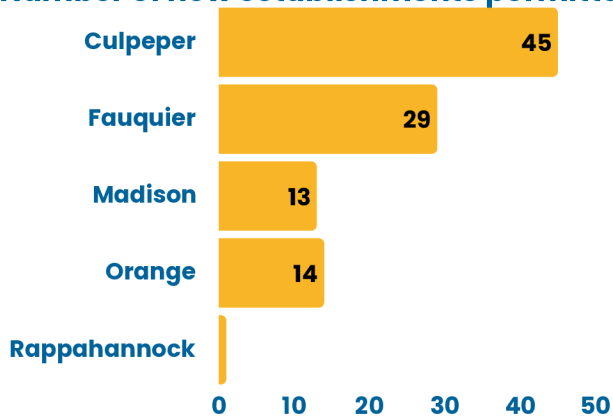
Rabies is a deadly disease caused by a virus that attacks the nervous system. The rabies virus is mainly in the saliva and brain of rabid animals. It can be transmitted through a bite or by getting saliva or brain tissue in a wound or in the eye or mouth. **RRHD EH staff investigated 849 bite reports** from hospitals, private care providers, local animal control and victim self reports.



Food & TES Inspections



Number of new establishments permitted

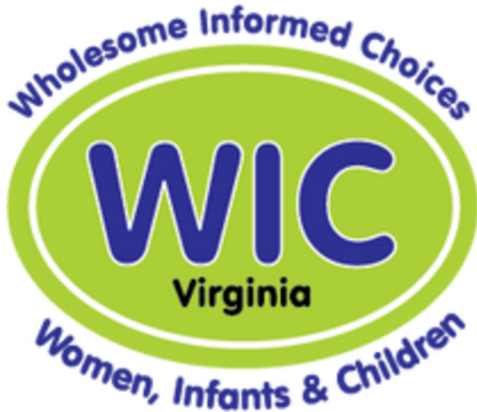


Safe food and safe places for healthy communities

FOOD SAFETY AND TOURIST ESTABLISHMENT PROGRAMS

Our EH food and consumer services team works closely with food service operators and vendors to reduce the risk of foodborne illness and protect the public. This includes educating food professionals, employees, and consumers about safe practices, as well as responding quickly and effectively to outbreaks and food-related emergencies. Beyond restaurants and retail food establishments, our oversight also extends to tourist establishments (TES) such as hotels, swimming pools, summer camps, and migrant labor camps ensuring that residents and visitors alike benefit from consistent health and safety standards. By combining prevention, education, and response, we help keep our communities safe and healthy every day.

MATERNAL AND CHILD HEALTH



Did you know?

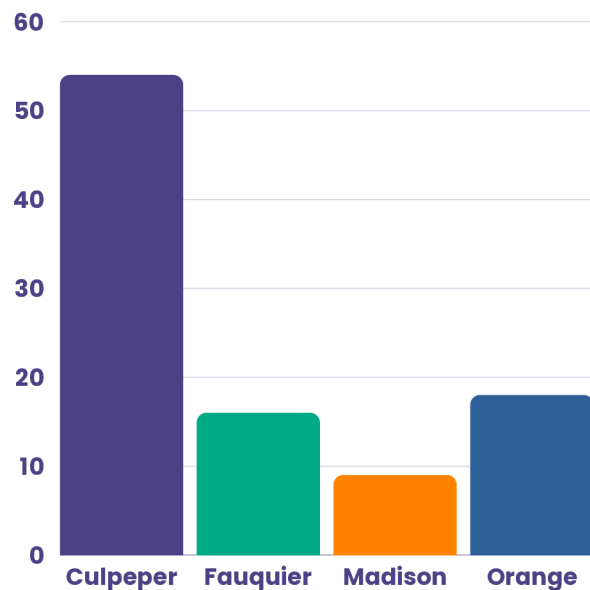
RRHD's WIC Program provided more than **\$1.5 million** during fiscal year 2024 in healthy food benefits for local families strengthening both community health and the local economy.

The RRHD WIC Program provides nutrition support to income-eligible pregnant and postpartum women, infants, and children under five. Beyond healthy foods, WIC offers breastfeeding education and support, nutrition counseling, and referrals to healthcare and community resources. At RRHD, our WIC team builds trusted relationships with families, helping them make positive choices that support healthy pregnancies, promote infant growth, and set children on a strong path for lifelong wellness.

With an **average monthly caseload of 2,129 participants**, RRHD's WIC Program provided more than \$1.5 million in fiscal year 2025 in nutritious food benefits to families in our district. These dollars directly benefit RRHD families while also boosting the local economy through grocery stores and markets where benefits are redeemed.

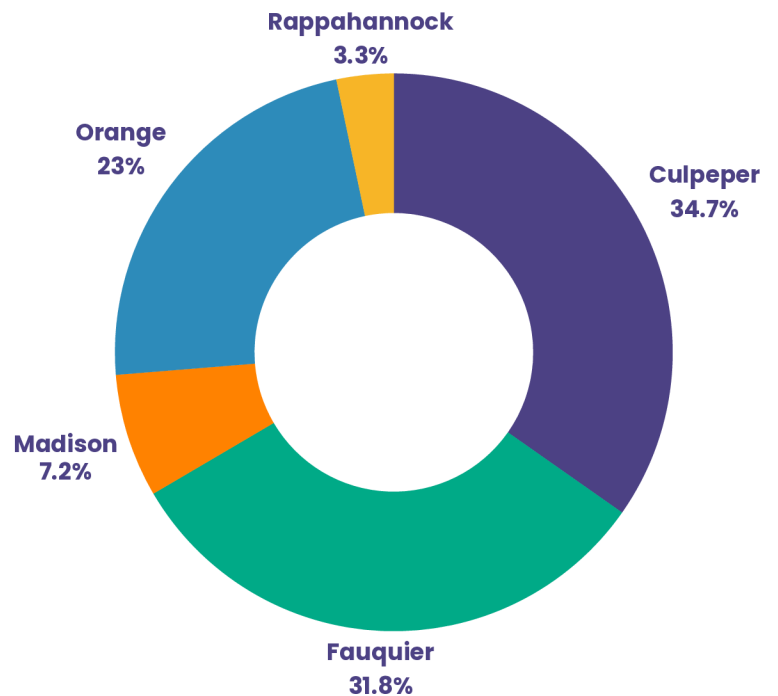
Child Safety Programs

The RRHD's Car Seat and Crib Distribution Programs provide eligible families with free safety seats and cribs, along with education on installation, proper use, and safe sleep practices to protect infants and young children. In FY25, a total of **97 car seats and cribs were distributed to families** across the district. This program not only equips parents and caregivers with essential safety tools but also strengthens community health by reducing preventable injuries and promoting safe environments for infants and young children.



LONG TERM CARE SCREENINGS

RRHD provides Medicaid long-term care screenings to help eligible residents access in-home or facility-based care that supports daily living needs. Public Health Nurses work closely with DSS, clients and their families to assess medical, functional, and social needs, ensuring individuals can receive appropriate services in the most supportive setting. In FY25, a total of **544 screenings were completed** across the district. These screenings not only connect residents to critical resources but also play a vital role in helping families navigate complex care decisions and maintain quality of life for their loved ones.



POPULATION HEALTH

Based on the 2025–2027 Community Health Needs Assessment three primary health priorities were identified across RRHD: access to care, mental and behavioral health including substance use, and chronic conditions. Our Community Health Improvement Plan (CHIP) employs a comprehensive, community-focused approach with measurable targets to enhance health outcomes across the region by 2027.



The plan works to expand access to care by reducing the uninsured rate and increasing primary care through enrollment assistance, mobile services, telehealth, and clinic partnerships. It addresses mental health and substance use with community education, crisis response training, and harm reduction strategies like naloxone distribution. To reduce hospitalizations, it promotes chronic disease prevention and management through screenings, healthy living programs, and culturally tailored outreach.

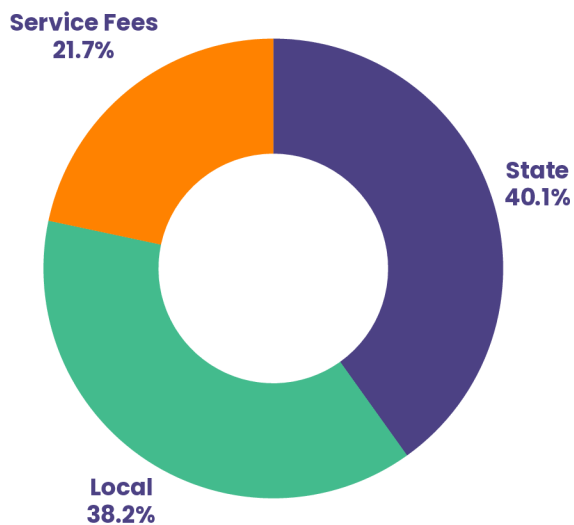
FINANCIAL DATA

RRHD operates within a cooperative budget model that reflects a strong partnership between the Commonwealth and our local governments. This structure ensures shared responsibility for public health, aligning state support with local investment to deliver essential services and programs tailored to each community's needs. Importantly, every local dollar leverages additional state funding, multiplying the impact of local contributions and maximizing the return on public health investments.

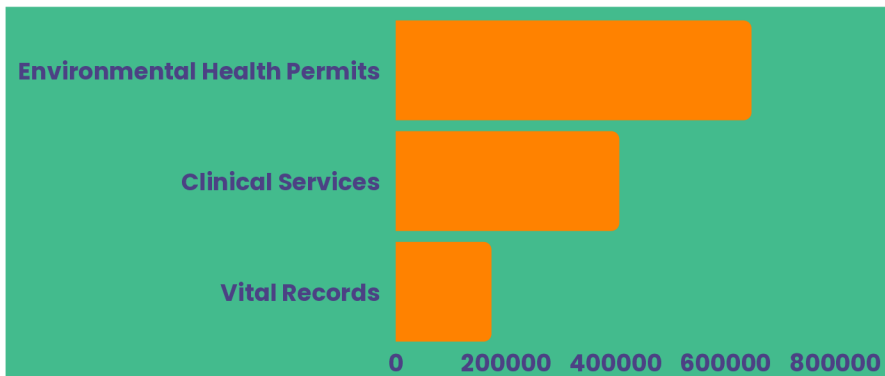
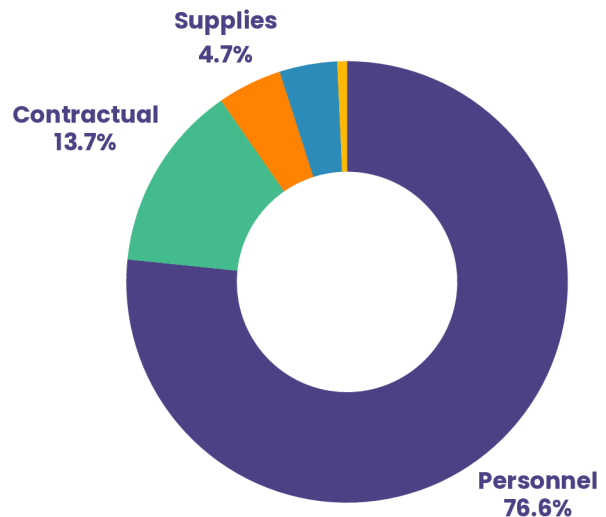
In FY25, RRHD managed a total cooperative operating budget supported by \$1,227,668 in service revenue, \$2,273,582 in state funding, and \$2,165,571 in local government contributions. In addition to the cooperative budget, RRHD received approximately \$1.4 million in federal and other grant funding to support targeted public health initiatives. These grant funds are not reflected in the cooperative budget charts below but played a critical role in programs such as emergency preparedness, disease surveillance, maternal and child health, and workforce development.

Together, resources were strategically allocated to sustain core operations, expand outreach across all five counties, and address rising operational costs while continuing to protect the health and safety of our communities through effective and efficient use of public funds.

Cooperative Funding Sources



Cooperative Expenditure Breakdown



Service Revenue

These locally collected revenues are reinvested to help offset operating costs and directly support programs that serve residents across all five counties. Service revenue remains an important tool for sustaining public health capacity and ensuring that critical programs continue to reach the community.

COMMUNITY ENGAGEMENT

In FY25, RRHD strengthened its presence across the region by attending **40 community events**, building visibility and trust with residents, partners, and local organizations. Through these efforts, staff provided education and resources that directly support public health and safety. Notably, RRHD **distributed 272 free boxes of naloxone and 686 fentanyl test strips**, equipping community members with life-saving tools to help prevent overdose deaths and promote safer practices.



MEDICAL RESERVE CORPS

*Rappahannock-
Rapidan*
VIRGINIA



464 Volunteers



\$38,758 Workforce Savings



485 Deployment Hours



456 Training Hours

The Rappahannock-Rapidan Health District's Medical Reserve Corps (MRC) is a volunteer-based program that enhances public health emergency preparedness and response.

In FY25, our 464 MRC volunteers supported community vaccination and outreach events, assisted with health education initiatives, and stood ready to respond during emergencies.

Their service strengthens RRHD's capacity to protect the health and safety of residents while fostering a strong spirit of community resilience.

EMERGENCY PREPAREDNESS & RESPONSE

We spent a significant portion of the past year working on Project Public Health Ready (PPHR) Re-Certification which we officially received on July 1, 2025. PPHR recognition confirms that RRHD has a thorough and coordinated emergency response plan in place and that staff have the training to protect the health of the community during an emergency



PPHR is a criteria-based training and recognition program created by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention (CDC) to help local health departments develop core public health emergency preparedness competencies. This intensive 18-month program provides local health departments with the structure to build training and preparedness capacity using a continuous quality improvement model.

PPHR recognition also requires health departments to collaborate with their state, local, and community partners to develop plans that account for all the constituents in their jurisdictions. We are thrilled to have received our PPHR Certification again and look forward to continuing our emergency preparedness and response efforts.

THANK YOU



ASKRRHD@vdh.virginia.gov



www.RRHD.org