



ROANOKE CITY and ALLEGHANY HEALTH DISTRICTS



2025

ANNUAL REPORT

MESSAGE FROM THE HEALTH DIRECTOR

Dear Residents of the Roanoke City and Alleghany Health Districts,

I am pleased to share the 2025 Roanoke City and Alleghany Health Districts' (RCAHD) Annual Report. Our goal for this report is to provide local leaders and community members with an overview of the programs and services we provide as we continually strive to improve how we serve our communities. As we reflect on 2025, we have so much to be proud of!

Communicable Disease Control: The control of communicable diseases is one of the many important responsibilities that we have. In 2025, we investigated almost over 500 cases of communicable disease including over 100 cases of gastrointestinal infections including campylobacter, E. coli, salmonella, and shigella; tick-borne infections such as Lyme disease and ehrlichiosis; certain drug-resistant bacteria including carbapenemase-producing organisms, and tuberculosis. We also ensured that 167 people received rabies shots after a potential exposure to this deadly disease.

Engaged Residents: In 2025, we empowered community partners and residents to participate in our community health assessment and improvement processes, through the SHARE (Sexual Health and Reproductive Education) collaborative, through our response to the substance use disorder epidemic, through our participation with the Rainbow Wellness Alliance, and through our maternal and child health work.

Preparedness: We must remain vigilant and prepared to meet the needs of our community when disaster strikes. Our Preparedness team, including wonderful resident volunteers who serve in the Medical Reserve Corps, participated in numerous trainings and exercises.

Safe and Healthy Children: Many people and organizations work together to make sure our children are safe. In 2025, we provided case management services to almost 130 children who had elevated lead levels. We also provided over 400 car seats and more than 200 portable cribs for eligible families. We ensured that an average of 350 children with documented or suspected developmental delays had access to Early Intervention services each month to help them reach their potential. And through our WIC nutrition program, we improved the health of almost 5250 women and children.

Safe Environment: In 2025, our Environmental Health team conducted over 2000 food inspections; issued over 100 permits for fairs, festivals, summer camps, and campgrounds; conducted over 130 pool inspections; provided over 150 services for temporary lodging (e.g., hotels) establishments; conducted almost 900 rabies investigations which resulted in testing 130 animals, 18 of which were identified as having rabies; and processed over 160 well applications and almost 250 sewage applications.

Safety Net: Assuring access to public health related clinical services is a core function of public health. In 2025, we provided more than 6000 immunizations, more than 2500 services related to family planning, more than 1000 services related to sexually transmitted infections, more than 650 home visits to pregnant women and babies; and evaluations for almost 60 newcomers.

Vital Records: Community members rely on us for their birth and death certificates as well as marriage licenses and divorce certificates. In 2025, we issued over 23,000 documents to meet residents' needs.

As always, I am thankful for the continuing dedicated work of RCAHD employees every day to promote health and to prevent disease. It is a privilege for us to be able to work together to directly improve the health of the communities we serve.

In health,



Cynthia B. Morrow, MD, MPH



ROANOKE CITY
and ALLEGHANY
HEALTH DISTRICTS

Your Partner in Community Wellness

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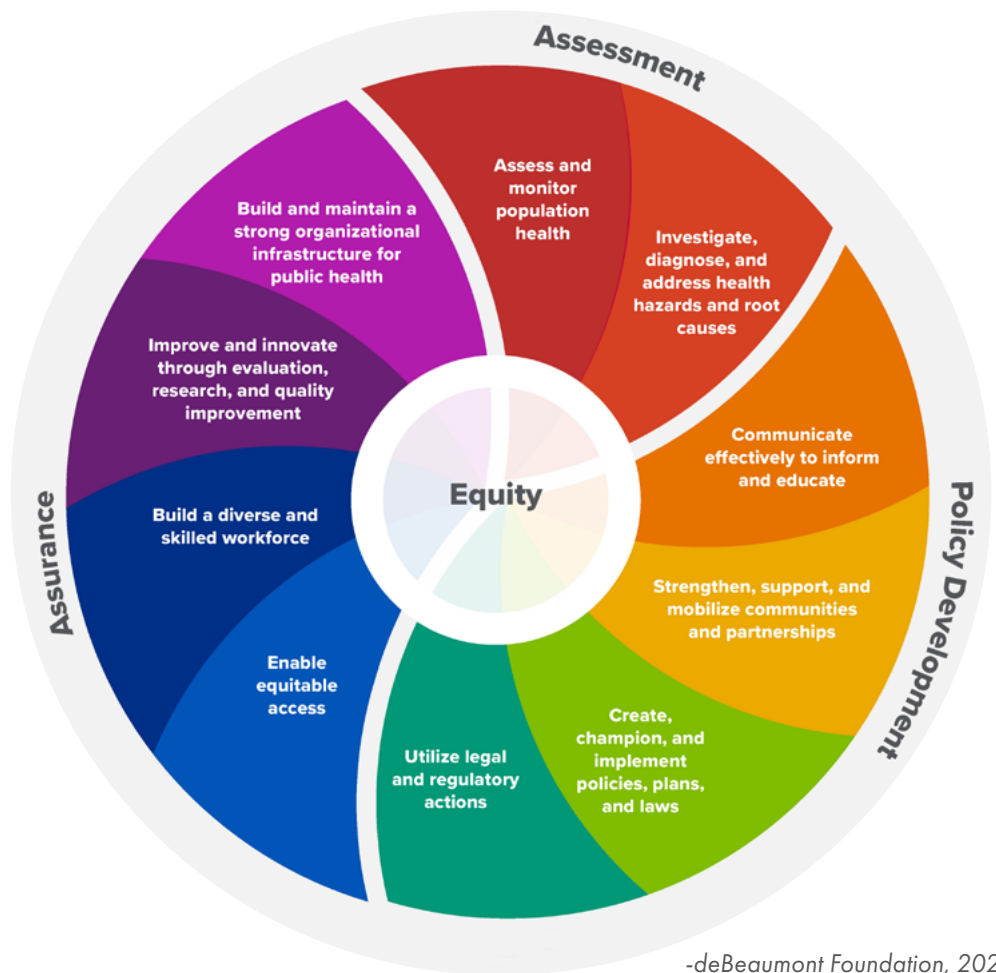
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THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

Representing two of the 35 local districts of the Virginia Department of Health (VDH), RCAHD has the shared mission to protect the health and promote the well-being of all people in Virginia. We do this by applying the framework of the 10 Essential Public Health Services, keeping equity at the center of all that we do.

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



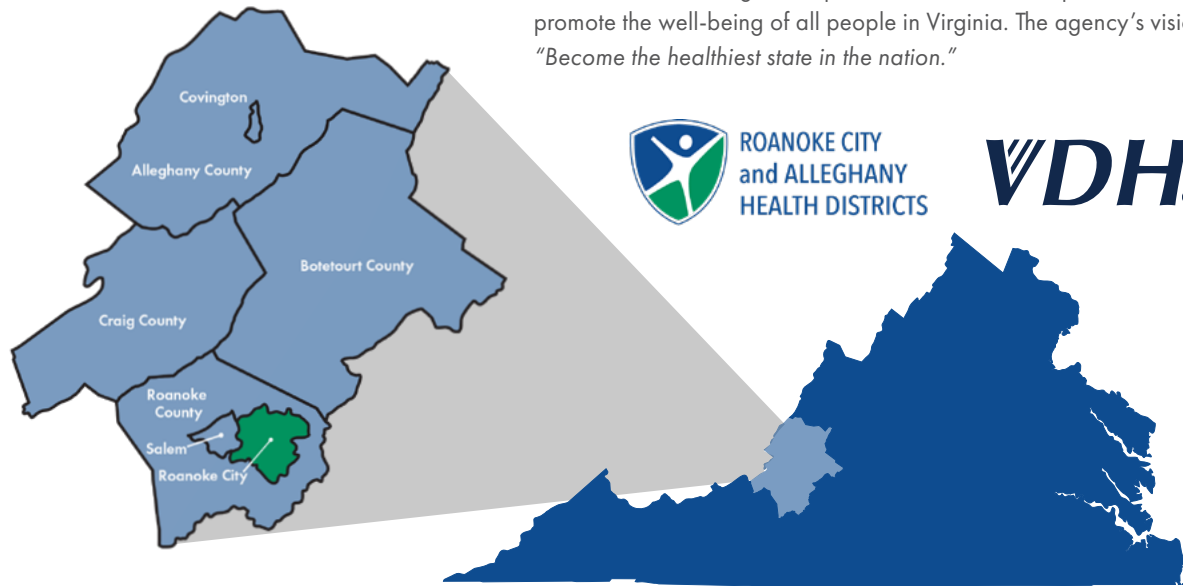
-deBeaumont Foundation, 2022



RCAHD Staff (File 2024)

RCAHD SERVICE AREA

The mission of the Virginia Department of Health is to protect the health and promote the well-being of all people in Virginia. The agency's vision statement is "Become the healthiest state in the nation."



ROANOKE CITY
and ALLEGHANY
HEALTH DISTRICTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH

The Roanoke City and Alleghany Health Districts (RCAHD) are two local health districts operating with a single administrative structure within the Virginia Department of Health. The Alleghany Health District includes Covington, Salem, and the counties of Alleghany, Botetourt, Craig, and Roanoke. The Roanoke City Health District includes only the City of Roanoke.

RCAHD OFFICE CONTACT INFORMATION

ALLEGHANY HEALTH DISTRICT

Alleghany County / Clifton Forge

322 Jefferson Street • Clifton Forge, VA 24422

(540) 962-2173

Botetourt County

21 Academy Street • Fincastle, VA 24090

(540) 666-4275

Roanoke County

227 South Pollard Street • Vinton, VA 24179

(540) 857-7800

Alleghany County / Covington

321 East Beech Street • Covington, VA 24426

(540) 962-2173

Craig County

161 Main Street • New Castle, VA 24121

(540) 864-5136

Salem

105 East Calhoun Street • Salem, VA 24153

(540) 387-5530

ROANOKE HEALTH DISTRICT

Belmont WIC Clinic

414 9th St, SE • Roanoke, VA 24013

(540) 857-6063

Roanoke City

1502 Williamson Road • Roanoke, VA 24012

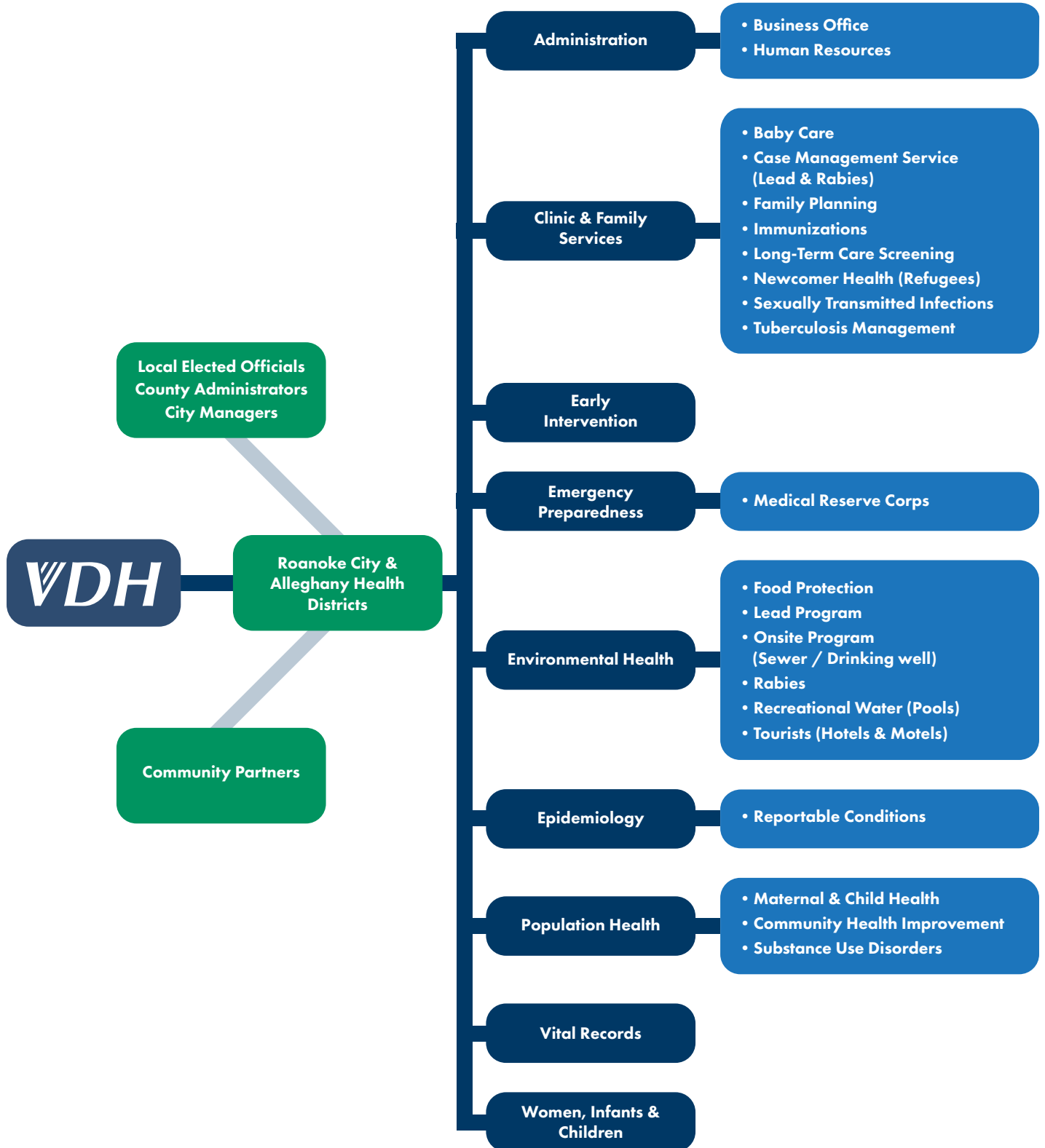
(540) 283-5050

Melrose Plaza WIC Clinic

2502 Melrose Ave, NW • Roanoke, VA 24013

(540) 944-8729

VDH ORGANIZATION CHART



ADMINISTRATION

The mission of the Administration Division is to provide the support and services necessary for the successful implementation of district programs and services and to provide transparency to our stakeholders.

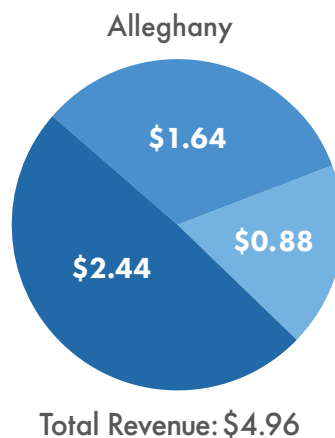
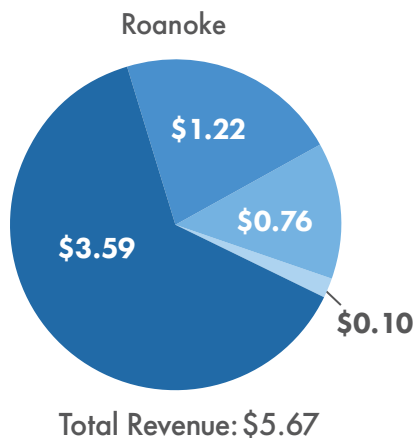
HIGHLIGHTS

- The RCAHD administrative team continues to ensure the effective allocation of limited resources to optimize public health outcomes. This includes budget management, resource allocation, and workforce planning.
- VDH and RCAHD staff navigated unusual fluxes in finances in 2025, especially in response to sudden federal funding cuts and the six-week federal government shutdown. Grant funding, especially from federal sources, continued to decline.

FINANCIAL INFORMATION

RCAHD funding is primarily received through “cooperative budget” and “non-cooperative budget” sources. The cooperative budget includes state funds that are matched by local funds, as mandated by the Code of Virginia, and revenue from sources such as clinical services, environmental health permit fees, and vital records requests. The non-cooperative budget includes federal and other grants. (The 2025 VDH fiscal year is from June 2024-June 2025. Amounts listed in millions.)

RCAHD COOPERATIVE REVENUE

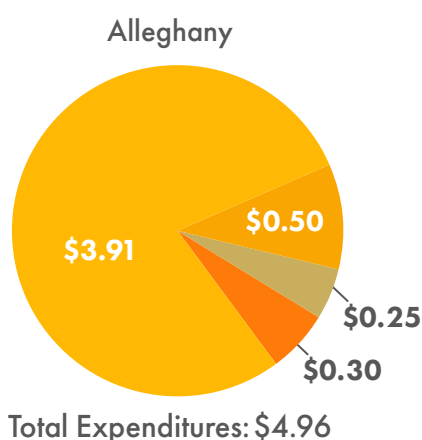
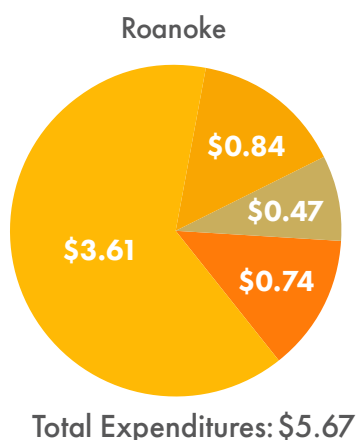


**TOTAL RCAHD
COOPERATIVE REVENUE**
\$10.6 MILLION

Key:

- State Funds
- Local Match Funds
- Revenue from Fees
- 100% Local Funds

RCAHD COOPERATIVE EXPENDITURES



**TOTAL RCAHD
COOPERATIVE EXPENDITURES**
\$10.6 MILLION

Key:

- Personnel Services
- Contractual Services
- Supplies and Materials
- Continuous Charges

GRANT DETAILS

RCAHD receives federal and other grants to support various public health efforts. Guidelines with each grant specify how the money may be used within a certain time frame. Ongoing grant support to the districts decreased slightly from 2024 amounts; however, one-time grant funding primarily from federal sources was down nearly 50%, from \$5.85 million (2024) to \$3.03 million (2025).

Ongoing Grants	Roanoke	Alleghany	Total
Early Intervention	\$727,097	N/A	\$727,097
Emergency Preparedness	\$112,257	\$130,534	\$242,791
Family Planning	\$102,769	\$37,991	\$140,760
Immunization	\$64,057	\$68,610	\$132,666
Maternal & Child Health	\$39,201	\$32,353	\$71,554
STI / HIV (all related grants)	\$145,447	\$63,075	\$208,522
WIC (all related grants)	\$901,700	\$559,292	\$1,460,992
Miscellaneous	\$9,720	\$4,120	\$13,840
Total	\$2,102,248	\$895,974	\$2,998,222

One-Time Grants	Roanoke	Alleghany	Total
Public Health Workforce	\$21,674	\$25,837	\$47,511
COVID-19 (all related grants)	\$343,930	\$922,490	\$1,266,419
Epidemiology Laboratory Capacity	\$192,063	\$479,656	\$671,719
ARPA Community Engagement	\$369,395	\$357,351	\$726,746
ARPA Community Health Epidemiologists	\$60,000	\$73,774	\$133,774
Cardiovascular Health	\$70,000	N/A	\$70,000
Other Grants	\$30,515	\$88,386	\$118,901
Total	\$1,087,577	\$1,947,492	\$3,035,069



Carvins Cove, the primary source of drinking water for 130,000 Roanoke Valley residents, pictured from the Hay Rock Overlook on the Appalachian Trail

CLINIC & FAMILY SERVICES

The mission of the Clinic & Family Services Division is to provide a range of services to support health promotion, disease prevention, and community health and wellness across the entire lifespan through collaboration with community partners.

HIGHLIGHTS

- Sweeping changes in federal immigration policy have led to a steep decline in the numbers served by newcomer health programs here and across the country. Compared to 318 newcomer clients from 13 countries in 2024, only 56 clients from three countries were served by RCAHD in 2025.
- Since 2021, Tuberculosis program service interactions have increased more than 50%.

BABY CARE SERVICES

The Baby Care program improves pregnancy and birth outcomes by providing registered nurse home visits to high-risk pregnant women and infants up to age 24 months. Coordinating with community partner providers such as Child Health Investment Partnership and Healthy Families Roanoke, the program provides intensive case management, coordination of care, prenatal care, and birthing and parenting education.

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Baby Care Visits	509	148	0*	0*	9*	0*	666

* Residents in Craig, Roanoke City, Roanoke County, and Salem primarily receive maternal and child home health visitation services from other community providers.

FAMILY PLANNING

The Family Planning program provides education and access to methods of birth control and related reproductive health services to improve health outcomes. A broad range of services are available, including effective family planning birth control methods, physical exams, infertility education, counseling, STI prevention, and family planning education for adults and teens.

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Family Planning Visits	396	41	44	1,664	202	297	2,644

IMMUNIZATIONS

The Immunization program helps to decrease vaccine-preventable diseases. The health department offers adult and childhood vaccines including flu, pneumonia, tetanus, diphtheria, pertussis; measles, mumps, and rubella. The Immunization program has experienced a decrease in demand for immunization services as more people get vaccinated at local pharmacies and as we experience decreasing interest in vaccines across the country. Fortunately, most parents still recognize the importance of protecting their children from potentially deadly diseases by ensuring that they are up-to-date on their vaccines.



**2025
Immunization Visits**
↓ **16%**
from 2024 totals

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Immunizations Visits	553	554	222	2,903	600	1,177	6,009

LEAD CASE MANAGEMENT

When a child is diagnosed with an elevated blood lead level, a public health nurse and an environmental health specialist respond to provide case management and, when indicated, a home assessment for the family. The goal is to identify and control the source of lead in the environment and ensure that children at risk for lead exposure are identified, tested, and connected to additional services. A public health nurse provides ongoing case management to educate the child's parents or caregivers on the child's nutritional needs and work with the child's healthcare provider to monitor blood lead levels until they reach an acceptable range.

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Lead Cases Managed	14	*	0	98	6	6	127

*Values between 1-4 are suppressed

LONG-TERM CARE PRE-ADMISSION SCREENINGS:

This program provides Medicaid or Medicaid-eligible clients timely screening assessments for nursing home placement or health-related services in the home or community. Screenings are targeted to older adults, people with disabilities, and children needing a long-term placement waiver or home-based care. In partnership with the Department of Social Services, a nurse and social worker determine whether clients meet Medicaid's eligibility criteria for either: 1- functional capacity: the degree of assistance needed to complete activities of daily living (bathing, toileting, dressing) or 2- medical or nursing need (wound care).

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Pre-Nursing Home Screenings	89	76	17	386	242	77	887



NEWCOMER HEALTH PROGRAM

The Newcomer Health program provides certain clinical services for newcomers sponsored by Commonwealth Catholic Charities (CCC), a local refugee resettlement agency. Within 45 days of arrival in the United States, newcomers sponsored by CCC receive all necessary immunizations, health and mental health screenings, and any needed referrals. The RCAHD clinical team also provides family planning services and encourages newcomer families to establish a local medical home. Changes in federal policies have resulted in a significant decrease in the number of people served by this program.

56 Total Clients

Number of Clients by Country of Origin

Afghanistan - 42

Honduras - 6

Democratic Republic of Congo - 6



SEXUALLY TRANSMITTED INFECTIONS (STI) CLINIC PROGRAM

The Sexually Transmitted Infection (STI) program aims to prevent the spread of STIs through education, outreach and clinical services. STI clinics offer counseling, testing, treatment, and partner referral services for patients at risk of or currently experiencing STIs.

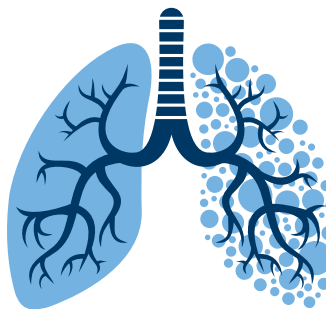
2025	Alleghany/Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Client Encounters	60	18	*	764	164	130	1,137

*Values between 1-4 are suppressed

TUBERCULOSIS (TB) MANAGEMENT PROGRAM

The Tuberculosis (TB) Management program aims to prevent, control and eliminate tuberculosis in the community. The program offers confidential TB risk assessment screenings, testing, case management, and provides medication and care coordination. For individuals with active TB, the TB team also helps to identify and test contacts, provide transportation for medical appointments, and deliver medication during home visits to perform directly observed therapy.

TB services up
↑ 50%
Since 2021
 1,529 (2021) to 2,321 (2025)



8 Active TB cases in 2025

2025	Alleghany/Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Tuberculosis Services Rendered	225	114	37	1,627	139	179	2,321

EARLY INTERVENTION

The Early Intervention program provides assessment and services for infants and toddlers from birth through age three who are not developing as expected or who may have a delayed or atypical development, or a medical condition that may delay normal development. Early Intervention provides services to increase the child's participation in family and community activities. It also provides parent and caregiver support to help their children learn during everyday activities. The program serves residents of Botetourt County, Craig County, Roanoke City and County, and Salem.

HIGHLIGHT

- Total families served and services provided each month have steadily increased each year since 2021.

Early Intervention averages per month for 2025:



- **71** intakes
- **351** open cases
- **29** initial assessments



- **83** children received occupational therapy *(+40% increase since 2023)*
- **53** children received developmental services
- **92** children received physical therapy
- **188** children received speech therapy
- **1** child received vision services.



- **71** referrals
- **443** children received service coordination *(+40% increase in families served since 2021)*



EMERGENCY PREPAREDNESS AND RESPONSE

The mission of the Office of Emergency Preparedness and Response (EP&R) is to protect the residents of RCAHD through all-hazards planning and response.

HIGHLIGHT

- EP&R staff participated in the Mountain Empire Public Health Emergency Coordination Council (MEPHECC) meeting to improve large-scale emergency response among Southwestern Virginia counties that border the states of North Carolina, Tennessee, Kentucky, and West Virginia.

2025 RCAHD EP&R ACTIVITIES:

- EP&R staff provided direct logistical support for 13 outreach and vaccination community events, including mobile vaccine clinics, STI Test & Go clinics and a mobile flu clinic at Masons Cove Elementary.
- To support other agencies' occasional needs for public messaging and support, EP&R staff supported 8 requests for emergency resources, such as electronic message boards, light trees, traffic cones, a utility task vehicle, and staff planning assistance. Staff also supported Roanoke Fire & EMS with equipment during a major industrial fire.
- Using the Incident Command System matrix, preparedness staff offered ICS 100, 200 and 300 training to RCAHD management and additional participants from partnering agencies. Staff also offered a Foundations of Emergency Management class to new area Emergency Managers and assisted with CPR training.
- EP&R and Epidemiology staff developed and hosted a measles response tabletop training exercise for RCAHD and external partners.
- With colleagues in other agencies, EP&R staff participated in multiple meetings and tabletop exercises for preparedness, including with local emergency services responders and the Red Cross.

Provided Direct Logistical Support for



13 Outreach and Vaccination Community Events



MEDICAL RESERVE CORPS

In 2025, the Roanoke Alleghany Medical Reserve Corps continued to offer increased administrative support to local health department offices, providing over 444 total hours of volunteer service.

Highlights of 2025 MRC Included



652

Approved medical
& non-medical volunteers



39

Volunteers deployed in
444 total hours



52

Volunteers participated
in 247 total training hours



OVER \$15K

Workforce savings



Above: MRC volunteers help facilitate a Basic Life Support CPR class.

Below: Judy Tai-Chew, Jordan Brown, and Judy Thornton join other MRC volunteers at a neighborhood canvassing for household fire safety.

Photos by Mary Lou Legg

ENVIRONMENTAL HEALTH

The mission of the Environmental Health Division is to work with our community partners to protect and improve the overall health of our residents through the assurance of a safe environment.

HIGHLIGHTS

- Total food protection inspections increased 10% over 2024 totals.
- In 2025, staff began collecting data on the review of onsite sewage systems connected with the subdivision of lots. The majority of these reviews occurred in Botetourt County.

FOOD PROTECTION

The Food Protection Program inspects and permits food service establishments including restaurants, mobile food units (food trucks) and public food service such as hospitals, schools and child/adult care facilities. Reviews are conducted on construction plans for new or remodeled facilities. Our inspectors also assist in the investigation of potential food borne illness outbreaks.

2025 Permits	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Food Permits	529	225	142	102	14	33	43	1,088

2025 Food Inspections	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Mandatory	932	416	321	210	19	61	93	2,052
Follow Up	17	5	5	0	0	2	3	32
Complaint	15	8	7	3	0	4	7	44
Other	84	31	13	12	4	5	6	155
Total	1,048	460	346	225	23	72	109	2,283



RECREATIONAL FACILITIES

The Recreational Facilities program provides health and safety inspections at regulated public facilities including public swimming pools, children's summer camps, campgrounds and fairs/festivals.

2025 Permits	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Fairs/Festivals	30	20	12	13	0	3	7	85
Summer Camps	0	2	0	2	2	0	0	6
Campgrounds	1	2	0	7	2	0	2	14

2025 Recreation Inspections	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Pool Inspections	38	50	22	6	0	0	2	118
Summer Camps	0	3	0	2	2	0	0	7
Campgrounds	1	2	0	7	2	0	2	14



LODGING

The Lodging program provides annual health and safety inspections along with complaint investigations of regulated public facilities including hotels, motels, bed & breakfasts, and migrant farm worker housing. Reviews are conducted on construction plans for new or remodeled facilities.

2025	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Permits	23	13	7	6	1	1	5	56
Inspections	3	8	10	8	2	2	3	36
Complaints	2	2	0	0	0	0	1	5



ANIMAL DISEASE PREVENTION (RABIES)

The Animal Disease Prevention (rabies) program addresses concerns of rabies and its potential spread to the human population. The program investigates reports of possible exposure to rabies, submits animal specimens to the Virginia Division of Consolidated Laboratory Services for rabies testing, and follows up on both animal and human exposure, including posting public notices to ensure protection for all. Total rabies investigations remain elevated for a second year compared to previous years.

2025	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Other*	Total
Rabies Investigations	303	155	101	132	27	32	62	47	859
Human Victim Exposures	273	149	79	112	27	30	60	47	777**
Animal Victim Exposures	38	28	30	29	2	2	2	0	131

**Post-exposure prophylaxis was given to 167 human exposure victims in 2025.

2025 Source Animal Types	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Other*	Total
Domestic¹ Animals	231	123	64	101	24	25	52	44	664
Bat²	45	22	12	5	0	1	3	2	90
High Risk³ Wildlife	25	8	24	23	1	5	3	4	93
Low Risk⁴ Wildlife	1	2	1	2	2	1	4	0	13
Livestock	0	0	0	2	0	0	0	0	2
Unknown	1	0	0	0	0	0	0	0	1

Definitions provided by the Compendium of Animal Rabies Prevention and Control (NASPHV).

1. Domestic Animals are defined as pet dogs and cats.
2. Bats (scientific order Chiroptera) pose the highest risk for rabies.
3. High Risk Wildlife includes mammals in the scientific order Carnivora, such as raccoons, skunks, foxes, opossums, groundhogs and beavers.
4. Low Risk Wildlife includes small rodents such as squirrels or mice, and lagomorphs (rabbits).

*These rabies incidents occurred outside of our districts, however the victims or the source animals (domestic) resided in our jurisdictions.

2025 Source Animal Testing	Domestic Animals	Bats	High Risk				Low Risk (squirrel)	Total
			Skunk	Raccoon	Fox	Other (cow)		
# Tested	50	25	22	15	6	1	2	128
# Positive	1	1	11 (1)	6	3	0	0	21 (1)

(Numbers in parentheses reflect those specimens that were determined to be unsatisfactory for testing.)

WATER & WASTEWATER

The Water and Wastewater program provides surveillance, inspection and regulatory oversight of private wells, onsite sewage systems and sewage handlers. System designs are submitted by the private sector for review by our staff. The majority of private wells and onsite sewage systems are located in our districts' more rural areas.

2025	Roanoke City	Roanoke County	Salem	Botetourt	Craig	Covington	Alleghany	Total
Well Applications	1	40	1	70	32	0	29	173
Well Permits Issued	1	28	1	58	31	0	22	141
Well Inspections	0	18	0	40	16	0	6	80
Sewage Applications	4	74	1	98	30	0	32	239
Sewage Applications Denied	0	4	1	1	2	0	0	7
Sewage Construction Permits Issued	4	59	1	87	37	0	20	208
Sewage Operation Permits Issued	3	39	0	57	21	0	6	126
Sewage Inspections	2	20	0	66	24	0	12	124
Sewage Complaint Investigations	4	17	1	12	4	0	7	45
Sewage Handler Permits Issued	5	1	22	2	0	0	0	30
Sewage Handler Inspections	4	0	19	2	0	0	0	25
Subdivision Review of Lots *	0	4	0	55	0	0	0	59

*Data collection began June 2025





3 Qs

3 QUESTIONS RCAHD SENIOR ENVIRONMENTAL HEALTH SPECIALIST BOBBY BERNIER

1. What led you into environmental health?

My academic background in Geographic Science and Natural Resource Management has given me a strong foundation in understanding how land, water, and human systems interact. I was drawn to onsite septic and private well work because it sits at the intersection of environmental science and public health. We help protect natural resources while ensuring communities, especially in rural areas, have access to safe drinking water and effective wastewater systems. It's meaningful work that connects science with regulations that serve public health.

2. What does a typical day look like for you when you are working in the community?

A typical day often mixes community fieldwork with public interaction. I might start by conducting site evaluations for new or repaired onsite sewage systems—assessing soil conditions, topography, and setbacks to safeguard their operation. Private wells are also inspected to verify location and proper construction. Throughout the day, I answer questions from homeowners, contractors, and system operators, providing guidance to ensure systems are installed and maintained correctly. It's very hands-on and focused on problem-solving, and I like working outdoors, directly assisting residents.

3. What is one thing you'd like residents to know about how the RCAHD onsite septic and well program protects the whole community?

The onsite program doesn't just benefit individual homeowners; it protects the whole community. When septic systems and wells are properly designed and maintained, they prevent contamination of the groundwater and nearby streams that many people rely on for drinking water and recreation. So even if you don't have a well or septic system yourself, the program still helps keep your environment cleaner and your water safer.

Inspect It and Protect It!

A septic system is designed to condition household waste (sewage) so that it can be readily dispersed and percolated into the subsoil. Percolation through the soil accomplishes much of the final purification of the discharged waste, including removal of disease-producing bacteria. As the water is eventually absorbed into the ground, it reaches the aquifer and again becomes source water.

Protect Your System:

Routinely Clean & Inspect It

- Have a septic service professional pump your tank and clean filter(s) every 3 years and inspect the entire system frequently. This includes looking at all components (not just the tank) and acting on recommendations given in any follow-up report.

Protect the Drainfield

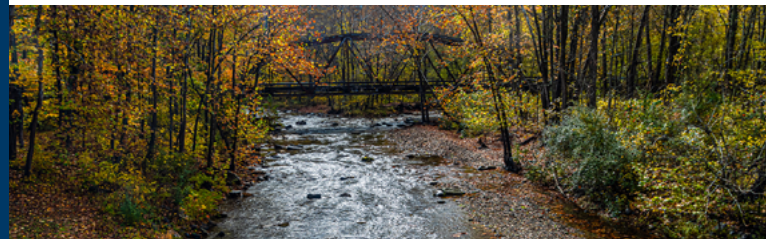
- Keep field clear of trees and shrubs and avoid driving on it to prevent damage to system.

Practice Indoor Water Conservation

- Fix leaks, install low flow fixtures, use water efficient appliances and spread out daily indoor water use to minimize stress to system.
- Flush only toilet paper- don't use your toilet as a trash can!

Limit What Goes Down the Drain

- Don't dispose of grease, food waste, chemicals or paint down the drain. These materials can prevent the system from operating properly and will harm the good bacteria that help your septic system run properly. Avoid use of a garbage disposal.



Source water

noun

a raw, untreated supply of water — typically surface water or groundwater —used for current or potential future drinking water

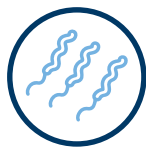
EPIDEMIOLOGY

The mission of the RCAHD Epidemiology Division is to monitor and investigate reportable and emerging communicable diseases, investigate outbreaks, and provide guidance and recommendations to stop the further spread of communicable diseases for the wellbeing of our communities.

HIGHLIGHTS

In 2025, the Epidemiology (Epi) team responded to the following priority issues:

- Clinical cases of carbapenemase-producing organisms (CPOs) increased significantly in 2025. Cases reported to the health districts climbed more than 50% to 31 cases, compared to 20 in 2024.
- Several priority issues saw improvement in 2025, including decreases in the number of cases of:
 - Campylobacter (decreased by 10%)
 - Newly diagnosed cases of elevated levels of lead (decreased by 37%)
 - Lyme disease (decreased by 36%; new cases are down over 70% since 2023)



Campylobacter
(10% decrease)



Newly diagnosed cases of elevated levels of lead
(37% decrease)



Lyme disease
(36% decrease)
New cases are down over 70% since 2023

2025 RCAHD REPORTABLE COMMUNICABLE DISEASES

To optimally protect the public's health, healthcare professionals and laboratories are required to report over 70 diseases and conditions in Virginia. RCAHD investigated over 590 incidences of reportable diseases and conditions, a slight decrease compared to 2024 investigations (622 cases).

Condition	Alleghany	Roanoke City	Total
Amebiasis	*	0	*
Anaplasma phagocytophilum infection	5	2	7
Babesiosis	0	*	*
Botulism, infant	*	0	*
Campylobacteriosis	37	21	58
Candida auris, clinical	*	*	*
Candida auris, colonization/screening	*	*	*
Carbon Monoxide Poisoning	*	0	*
Coronavirus Disease 2019 (COVID-19) ^	11	7	18
CPO, Clinical	14	13	27
CP-CRE, other	*	*	*
CPO-non-Enterobacteriaceae	0	*	*
Cryptosporidiosis	*	*	*
Cyclosporiasis	*	0	*
E. coli infection, shiga toxin-producing	6	2	8

Condition	Alleghany	Roanoke City	Total
Ehrlichia chaffeensis infection	5	4	9
Ehrlichia infection, other spp, or unspecified	*	0	*
Giardiasis	5	3	8
H. influenzae, invasive	5	2	7
Hepatitis B, chronic	20	26	46
Hepatitis C, acute	*	*	*
Hepatitis C, chronic	89	109	198
Hepatitis C, perinatal	0	*	*
Latent TB infection	2	16	18
Lead, elevated levels	11	57	68
Legionellosis	5	1	6
Lyme disease	12	9	21
Malaria	0	*	*
Meningococcal	0	*	*
Mercury, elevated levels	*	*	*
Pertussis	*	0	*

^Effective February 2025, individual cases of COVID-19 were no longer reportable to VDH.

* Values between 1-4 are suppressed

2025 RCAHD REPORTABLE COMMUNICABLE DISEASES (CONTINUED)

Condition	Alleghany	Roanoke City	Total
Salmonellosis (non-Typhi, non-Paratyphi)	31	11	42
Shigellosis	*	*	5
Spotted Fever Rickettsiosis (including RMSF)	*	0	*
Streptococcus, Group A, invasive	15	21	36
Toxic-shock syndrome, streptococcal	*	*	*
Streptococcus pneumoniae, invasive (age limit 5)	*	0	*
Tuberculosis	0	6	6
Unusual occurrence of public health concern - CD	*	*	*

Condition	Alleghany	Roanoke City	Total
Unusual occurrence of public health concern - TOX	*	0	*
Varicella (Chickenpox)	*	*	6
Vibriosis, non-cholera	*	0	*
West Nile Virus (neuroinvasive)	0	*	*
West Nile Virus (non-neuroinvasive)	*	0	*
Yersiniosis	5	2	7
Grand Total	278	312	594

* Values between 1-4 are suppressed

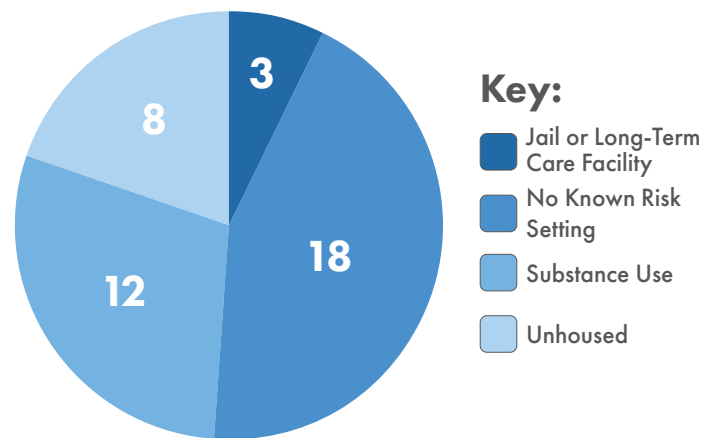
CARBAPENEMASE-PRODUCING ORGANISMS (CPOS) INVESTIGATIONS

In 2025, the Epi team investigated an increase in the number of CPO cases, a trend that has been seen across the state and country. CPOs comprise a group of organisms that are resistant to antibiotics. While the ages of those affected locally ranged from 18-85 years old, all cases were connected to healthcare settings, and 80% had multiple stays in hospitals and long-term care facilities (LTCFs). Individuals with underlying health conditions and who experience prolonged hospitalizations or LTCF stays are at increased risk of acquiring a CPO, as well as people who use invasive medical devices or who are treated with antibiotics. Robust infection control practices and a rapid response to reported cases represent our greatest hope to reverse these trends.

INVASIVE GROUP A STREPTOCOCCUS (IGAS)

The Epi team investigated 41 cases of invasive group A Streptococcus (iGAS), including four cases of streptococcal toxic shock syndrome, a severe bacterial illness. The investigations revealed a higher-than-average incidence of iGAS in people who use illicit substances (29%) or were unhoused (19%). Recognizing this public health issue, the Epi and Population Health teams collaborated with the Rescue Mission of Roanoke to increase education and outreach to at-risk residents. The efforts delivered over 100 personal care kits and wound care educational materials to vulnerable individuals, with the goal of decreasing iGAS infections that could lead to severe illness and hospital admissions from wounds.

RCAHD iGAS Cases 2025



Total Number of Cases: 41

QUALITY ASSURANCE

Quality Assurance (QA) is an ongoing, comprehensive process to ensure the accuracy of reported data. Staff reconcile and review case reports, labs, whole genome sequencing results, and outbreaks to keep our databases, public-facing dashboards, and reports clean and up-to-date.



RCAHD District Epidemiologist Hope White (standing) spoke at a local measles response tabletop exercise in October.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

Sexually Transmitted Infections (STIs) data are collected to inform efforts to reduce transmission of infections and improve sexual and reproductive health for residents. The primary goal is to prevent and treat infections before they develop into disease. Left untreated, they may cause serious long-term health consequences including infertility and vision loss. Although the rates of STIs remain a concern in our community, RCAHD is encouraged by continuing overall declines in local cases of reportable STIs over the past three years.

Chlamydia	2023	2024	2025	2023-2025 Trend Line
Alleghany	447	299	247	
Roanoke	929	893	824	

Gonorrhea	2023	2024	2025	2023-2025 Trend Line
Alleghany	110	109	48	
Roanoke	329	347	193	

HIV	2023	2024	2025	2023-2025 Trend Line
Alleghany	6	*	6	*Trend line unavailable due to suppressed data
Roanoke	15	14	10	

Early Syphilis	2023	2024	2025	2023-2025 Trend Line
Alleghany	13	*	9	*Trend line unavailable due to suppressed data
Roanoke	31	27	23	

* Values between 1-4 are suppressed

STI PREVENTION TIPS

- Reduce risky behaviors
- Get tested
- Get vaccinated against HPV
- Talk to your partner about prevention



POPULATION HEALTH

The mission of the RCAHD Population Health division is to work with partners to improve health strategies to allow RCAHD residents to achieve optimal health.

HIGHLIGHTS

- In 2025, RCAHD hired two Community Health Workers (CHWs) to improve health outcomes for mothers and young children and to help families, particularly WIC clients, improve their access to health education and resources.
- The Roanoke Valley continues to see a noteworthy decline in overdose-related emergency department visits and deaths for a second year in a row.

COMMUNITY HEALTH ASSESSMENTS

Using surveys collecting input from residents and focus groups, RCAHD and additional community partners supported Community Health Assessment (CHA) processes for the greater Roanoke Valley and the Alleghany Highlands.

Alleghany Highlands

The 2024 Alleghany Highlands Community Health Assessment was published with the guidance of Live Well Alleghany Highlands (LWAH) coalition community stakeholders. This report was created with the input of 116 survey responses from Alleghany County and Covington City residents.

- Building on the Community Health Assessment, the LWAH coalition has embarked on a regional Community Health Improvement Plan. CHIP summary highlights:

Key CHIP Health Priorities:

- Chronic Disease
- Mental Health and Substance Use Disorder

Live Well Alleghany Highlands CHA Priorities

Chronic Disease
Mental Health & Substance Use



Alleghany Highlands Community
Health Assessment 2024

Roanoke Valley

The Roanoke Valley Health Implementation Strategy 2025-2027 was published in partnership with Carilion Clinic and Healthy Roanoke Valley, building on the valley's 2024 Community Health Assessment. Localities included in the plan are Botetourt, Craig, Roanoke City and County, and Salem.

- RCAHD staff joined Healthy Roanoke Valley, a coalition with representatives from Carilion Clinic, LEAP for Local Food, and the Roanoke Valley Alleghany Regional Commission, for virtual monthly "Community Conversations" to collaborate on addressing social determinants of health with updates on housing, food security, and legislative matters.
- RCAHD staff participate in monthly meetings to coordinate responses to community concerns about access to healthcare services, such as school physicals and immunizations. The team also helps identify opportunities to improve community health worker/ peer recovery staff infrastructure to connect clinic clients to resources and to address gaps in access to care.

Healthy Roanoke Valley CHA Priorities

Chronic Disease
Mental Health & Substance Use
Injury/ Violence Prevention



Roanoke Valley Community
Health Assessment 2024

MATERNAL & CHILD HEALTH

Car Seat and Safe Sleep Programs:

RCAHD helps to protect children by ensuring that families have resources to help keep them safe. These resources include car seats that comply with state laws for safely transporting infants and children in vehicles and free portable cribs for income-eligible families. Demand for these programs has remained stable for two years.

2025	Alleghany/ Covington	Botetourt	Craig	Roanoke City	Roanoke County	Salem	Total
Car Seat Distribution & Education	42	30	8	255	22	59	416
Portable Cribs Provided	23	16	6	114	10	37	206

- In 2025, RCAHD hired two Community Health Workers (CHWs) to improve health outcomes for mothers and young children and to help families, particularly WIC clients, improve their access to health education and resources.



Adolescent Reproductive Health:

- The SHARE (Sexual Health and Reproductive Education) Collaborative, a local network of individuals from organizations that work with teens, met monthly to support reproductive health education and outcomes. SHARE hosted 55 participants at the third annual Adolescent Reproductive Health Summit in May. The event featured a data walk of adolescent health outcomes, a local expert panel, and statewide Youth Advisory Council speakers. SHARE also launched an Emerging Leaders Council to engage local teens in leadership skills to design and lead community-based public health projects.



Adolescent Reproductive Health Summit

PREVENTING OVERDOSES & SUBSTANCE USE DISORDER RESPONSE

In 2025, RCAHD continued to provide overdose education, offered increased availability of naloxone (Narcan) and harm reduction test strips to the public, and partnered with harm reduction and peer recovery programs for outreach to people who have a substance use disorder. Roanoke is one of two localities in the state to be awarded funds through the Centers for Disease Control and Prevention (CDC) Overdose Data to Action grant which enabled a Peer Recovery Specialist to be added to the Substance Use Disorder response team. This position works as a Care Navigator to respond to overdoses and prevent fatalities and other harms, connecting people to safe, effective treatment options, such as buprenorphine and methadone medications.

- With community partners, RCAHD hosted the third Save-A-Life Day at a large-scale September community event to distribute 138 doses of naloxone, as well as test strips, hygiene kits, safer use supplies, medication lock boxes, Medicaid enrollment support, arts engagement, and meals for 100 community members.



3 Qs

3 QUESTIONS SPOTLIGHT WITH RECOVERY SPECIALIST CALI VASATURO

1. What led you to get into this line of work?

As a person in long-term recovery from a substance use disorder myself, it is vitally important to me to share my lived experience to help those currently struggling. I am passionate about teaching multiple avenues of recovery, and helping individuals figure out what recovery looks like for them. It is also critical to meet people where they are, and I am a big fan of educating on harm reduction practices to help individuals stay alive until they are ready to make a change.

2. What does a typical day look like for you when you are in the community?

I track the overdoses that occur in the Roanoke Valley and follow up in the community to hand out naloxone, a medicine that reverses overdoses (also known as "Narcan"), test strips, resources and education. My position is funded by OD2A (Overdose Data to Action program to reduce overdoses), which has a goal of educating residents to prevent overdoses and linking people to treatment and/or harm reduction. Despite a relatively high rate of overdoses, deaths from overdoses have become less common [in Roanoke] due, in large part, to the widespread distribution of naloxone.

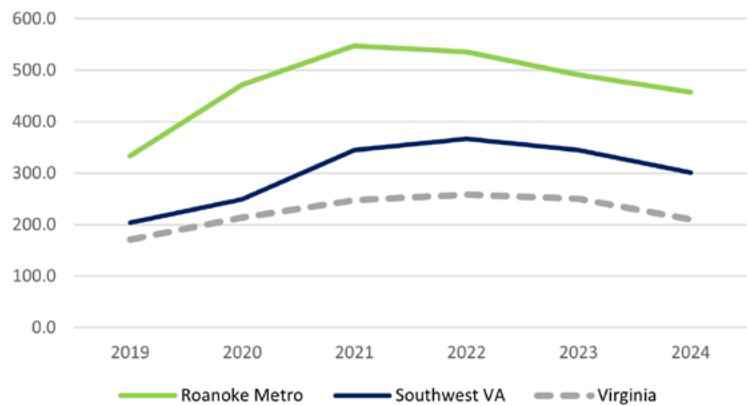
3. What is one thing you'd like the community to know about people in recovery?

Recovery is a process, and relapses are part of the journey. SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Notice that the definition doesn't say anything about sobriety. Some people's recovery looks like complete abstinence, other people's include various facets of harm reduction, and for some it's just about making safer choices with their using. All types of recovery are valid!

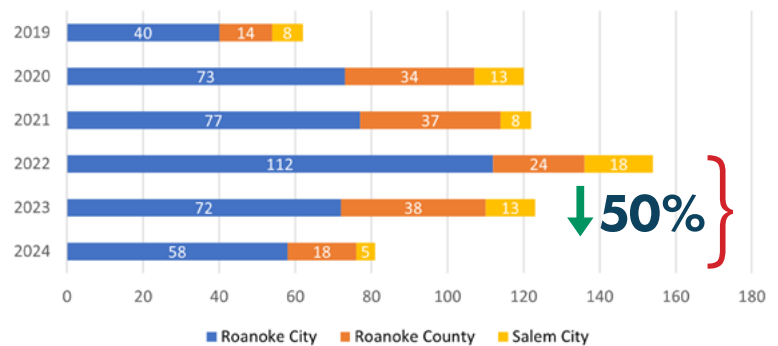
Sharing Actionable Data

- RCAHD shares timely local public health data to help inform public health decisions, resource allocation, and programming. The Roanoke area's continued positive trend of decreasing fatalities and emergency department visits due to unintentional overdose was highlighted at the third "Peaks and Valleys" data presentation. At the same time, our local burden of overdose remains considerably higher than state and national averages. Rates of ED visits for unintentional overdose in the Roanoke Metropolitan area (Roanoke City, Roanoke County, and Salem) have decreased but remain over **2** times the state average.
- Overdose spikes and cluster data reported by first responders are monitored by RCAHD. Spike Response network partners were alerted 8 times in 2025 that local overdoses exceeded daily averages and/or extended beyond 24 hours. These alerts provide actionable (non-identifying) reports to allow partners to offer increased harm reduction tactics such as counseling clients on the elevated risk levels or targeting distribution of the life-saving overdose reversal medication naloxone and other overdose prevention supplies. These coordinated community partner efforts have helped contribute to RCAHD's 50% decrease in overdose fatalities in 2024 (most recently available data), compared to 2022.

Rate of Emergency Department Visits for Unintentional Overdose, Per 100K Population



Number of Overdose Fatalities by Locality, Roanoke Metro



There has been a 50% decrease in overdose fatalities since 2022 in Roanoke City, where fatality rates had been among the nation's highest. While Roanoke continues to have one of the highest rates of overdose fatalities in the state, sweeping reductions in overdose deaths here and elsewhere are an encouraging trend.



Photo Source: Roanoke City as seen from Mill Mountain Star at dusk in Virginia, USA. - Wikipedia - Jon Ravi - CC-BY-SA 3.0

2025	Naloxone (Narcan)	Fentanyl Test Strips	Xylazine Test Strips	People Trained in Overdose Awareness (REVIVE)*
Monthly Average	65	69	59	53
Total	787	837	719	640

*Funding for a full-time REVIVE trainer was reduced to part-time in 2025. An anticipated reinstatement to full-time is expected with 2026 grant funds.

STRATEGIC ENGAGEMENT

To facilitate high quality, strategic engagement, the population health team staff regularly participate in RCAHD community outreach and engagement events.

- “Bodymapping” Sessions: RCAHD Peer Recovery staff facilitated two “bodymapping” sessions to engage with 35 participants to share their lived experiences as people who have experienced substance use disorder. The bodymap displays will be showcased at future public events to reduce stigma associated with addiction and recovery.
- LGBTQIA+ Engagement: In 2025, the RCAHD-sponsored Rainbow Wellness Alliance for Southwestern Virginia gathered representatives from local community-based organizations to complete an LGBTQ+ focused community needs assessment. Over 300 survey responses from Southwestern Virginia LGBTQ+ community members were collected during events and additional focus groups with healthcare providers. An action plan to advance future LGBTQ+ health goals is planned for publication in 2026.
- Healthy Hearts Initiative: RCAHD participates in the Healthy Hearts Initiative, a CDC grant-funded program that promotes heart health through community engagement and blood pressure monitoring in targeted NW quadrant neighborhoods of Roanoke City. The Healthy Hearts Learning Collaborative, a group of NW Roanoke community residents, guide this initiative to implement better access to fresh produce distribution, workout classes, and educational resources. In 2025, 36 participants were enrolled with Healthy Heart Ambassador coaches to learn blood pressure self-monitoring and tips for healthy eating.
- In a partnership with Feeding SWVA, the Roanoke City health department distributed 2,369 pounds of food in heart healthy food boxes to 345 clinic clients who shared that they faced food insecurity in their households.



5,990
Residents reached



110
Engagement events



367
People engaged through a focus group, listening session, or survey



Live Well Alleghany Highlands (LWAH) Data Walk

VITAL RECORDS

The mission of the RCAHD Vital Records program is to assure access to essential documents, including birth and death certificates.

HIGHLIGHT

- More than 20,000 vital records requests were processed in 2025.

2025 VITAL RECORDS REQUESTS BY SITE

Certified copies of birth, death, marriage, and divorce certificates can be obtained from the Virginia Department Health (as long as the event occurred in Virginia).

2025	Alleghany / Covington	Botetourt	Craig	Roanoke City	Salem	Vinton	Total
Birth Certificates	177	79	66	2,066	201	62	2,651
Death Certificates	2,166	1,341	293	12,284	3,594	569	20,247
Death Verifications	11	14	1	30	13	2	71
Divorce Certificates	2	1	-	18	1	3	25
Marriage Licenses	12	5	4	67	23	8	119



IN PERSON

- Applications can be made at most RCAHD local health department offices between 8am - 4 pm.
- Please bring a valid ID.



ONLINE

- Online applications are accepted through the VDH website at <https://www.vdh.virginia.gov/vital-records/>



BY MAIL

- Print a vital record application at home and mail it to: Division of Vital Records, PO Box 1000, Richmond, VA 23218-1000.
- Enclose a check or money order for \$12.00 for each requested copy.

WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

The mission of the RCAHD Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is to improve the health of low-income children and pregnant, post-partum, or breastfeeding women. WIC provides nutrition education, breastfeeding support, access to healthy foods and referrals to other needed health-related services.

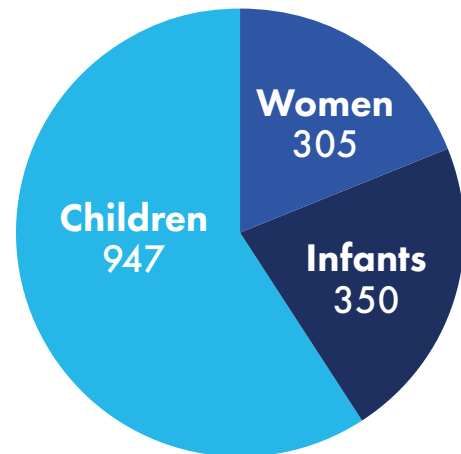
HIGHLIGHTS

- With the opening of “Wellness on Melrose” at Melrose Plaza, WIC services are now offered once per week in a new community wellness space for healthcare providers.
- Participation in WIC at the Roanoke City Health Department location increased by 30% over 2024 totals.

AVERAGE NUMBER OF WIC SERVICES PROVIDED PER MONTH

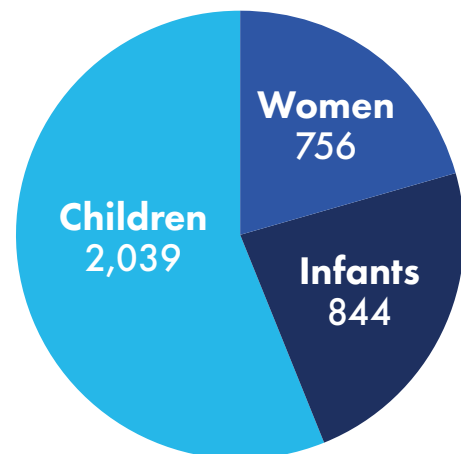
Alleghany Health District	Women	Infants	Children	Total
Alleghany/Covington Health Department	61	72	193	326
Botetourt Health Department	33	36	100	169
Craig Health Department	15	17	29	61
Alleghany/Clifton Forge Health Department	27	31	75	133
Salem Health Department	102	122	346	570
Roanoke County/Vinton Health Department	67	72	204	343
Roanoke Health District	Women	Infants	Children	Total
Roanoke City Health Department	564	623	1,509	2,696
Belmont WIC Clinic	185	214	513	912
Melrose Plaza	7	7	17	30

2025 Total Served - Alleghany District*



Total: 1,602

2025 Total Served - Roanoke City District*



Total: 3,639

BREASTFEEDING

Average Monthly Rate of WIC Clients Who Breastfeed*



*Includes women both fully and partially breastfeeding

*Federal Fiscal Year Oct 2024-Sept 2025



3 Qs

3 QUESTIONS SPOTLIGHT WITH WIC SPECIALIST SOPHIA HUBBARD

1. What led to your desire to work with women and children through WIC?

I feel strongly about supporting women's health, especially a new mother's ability to breastfeed her child. WIC provides many needed opportunities to provide families with healthy information from resources like MyPlate.gov and local options like Virginia's Farm Market Fresh program, Urban Baby Beginnings, and Huddle Up Moms.

2. What does a typical day look like for you when you are working with the community?

A typical day may have our WIC participants showing up for their appointments, with their infants or children. We may have smooth, routine appointments, or we may step up to offer extra help to a mom who walked from the other side of town needing to discuss transportation options and what to do now that her children's Medicaid has lapsed. Our job is to find resources for our WIC clients, with the goal to empower moms to make informed decisions. We help to support them to make better choices in life and to advocate for their own health, such as eating more fruits and vegetables or learning how to use benefits at the local farmers market.

3. What is one thing you'd like others to know about the WIC program?

Our staff does not think of WIC as just a transactional program. As Nutrition Associates, we really care about our participants and want to help them succeed. WIC staff is present at every health department location, including a new partnership on Fridays at Melrose Plaza, where we are ready to help clients learn how they can use WIC services to improve their own health and the health of their children.

WIC clinics have staff nutritionists who can answer questions from WIC clients about nutrition, meal planning, food buying, picky eating, and more! Virginia's Family Nutrition Program **Eat Smart Move More Virginia** has improved nutrition goals and healthy, low-cost recipes reviewed by nutrition educators. Here are two of their most popular WIC-friendly recipes.

Cowboy Caviar

- 15 ounces canned low-sodium black beans, drained and rinsed
- 15 ounces canned low-sodium kidney beans, drained and rinsed
- 15 ounces canned low-sodium corn, drained and rinsed
- 15 ounces low-sodium diced tomatoes
- 4 ounces canned chopped green chiles
- 1/2 onion(s), minced
- 3 lime(s), juiced
- 1 tablespoon canola oil
- 1/8 teaspoon ground black pepper



Mix ingredients in a mixing bowl. Stir gently to combine. Refrigerate leftovers within 2 hours of preparation.

Strawberry Spinach Salad

- 1 pound spinach, torn
- 2 cups strawberries, diced
- 1/2 onion(s), diced
- 1/4 cup sugar
- 1/4 cup white distilled vinegar
- 2 tablespoons canola oil
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon yellow mustard
- 1/4 teaspoon paprika
- 1/4 cup pecans, chopped (optional)



For the salad, add spinach and strawberries to a mixing bowl. To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl.

Whisk until sugar is dissolved.

Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.

