



# Annual Report

## 2023



# CENTRAL VIRGINIA HEALTH DISTRICT



(434) 477-5900



[Askcvhd@vdh.virginia.gov](mailto:Askcvhd@vdh.virginia.gov)



[www.cvhd.org](http://www.cvhd.org)



[@centralvahealthdistrict](https://www.instagram.com/centralvahealthdistrict)



Central Virginia Health District





Dr. Kerry Gateley, a native of Tennessee, received a Bachelor of Science degree (summa cum laude) from Christian Brothers University in 1982 and a Doctor of Medicine (M.D., Alpha Omega Alpha honors) from the University of Tennessee Health Sciences Center in 1985 (both in Memphis, TN). He completed a residency in Public Health and General Preventive Medicine at the University of South Carolina in Columbia, SC, where he also received a Master of Public Health degree (1987).

1989: Director of Tuberculosis Control for the Tennessee Department of Health (TDH)

1996: Vice President for Clinical Services at Williamson Medical Center in Franklin, TN

2003: Health Officer/Executive Director for the Kanawha-Charleston Health Department (KCHD)

In July 2008, Gateley accepted the position of Health Director for the Central Virginia Health District. He served as Public Health Coach for Lynchburg's ACHIEVE grant as awarded by the National Association of County/City Health Officers (NACCHO) and the Centers for Disease Control and Prevention (CDC).

In 2018, Dr. Gateley also became the Health Director for the West Piedmont Health District. Dr. Gateley was responsible for leading his Districts' response to the COVID-19 pandemic, guiding epidemiological, vaccination, and public information activities.

2021: Dr. Gateley was awarded the George Taylor Stewart III Award for community service by the Lynchburg Regional Business Alliance, in recognition of his role in the COVID-19 response.

He has continued participate in joint community health assessments with Centra Health along with community partners, with the intent to create a more comprehensive and inclusive process for the 2024 assessment and improvement planning. Keeping up with the opioid public health crisis, Dr. Gateley has worked to expand naloxone distribution through efforts involving multiple departments (Nursing, Population Health) and community partners. Finally, Dr. Gateley hosts in Lynchburg (of only two in the state) a partnership between VDH and the Department of Behavioral Health and Developmental Services: The Infant and Toddler Connection, a program for children and families with developmental delays and disabilities. This program currently serves 580 children in their natural environments.

# Central Virginia Health District

**Director: Kerry W. Gateley**  
**M.D., MPH, CPE**



4/11/24

It is a great pleasure to share our first Central Virginia Health District Annual Report. Our goal for this report is to provide you with an outline of the programs and services that we provide as we continually strive to improve and protect our communities' health.


In our health district we strive to adhere to VDH's mission; 'To protect the health and promote the well-being of all people in Virginia'. As you read about all that goes into the work we do every day, we would like to highlight a few of our accomplishments in serving our community in 2023.

- 603 individuals received NARCAN after completing Rapid REVIVE training in 2023.
- Partnership with 380 MRC volunteers.
- Serving 3,191 WIC clients.
- Participation in 54 community events.
- 1,692 Food Facility Inspections.
- 68 household COVID Care Kit Deliveries.
- 15,498 Vital Records requested.
- 580+ Early Intervention clients served.


Every day I am so thankful for the incredible people I work with and the community we serve. This Annual Report is dedicated to all the employees of the Central Virginia Health District. Thank you for making a difference in our community!

**Best Regards,**

**Dr. Kerry Gateley**

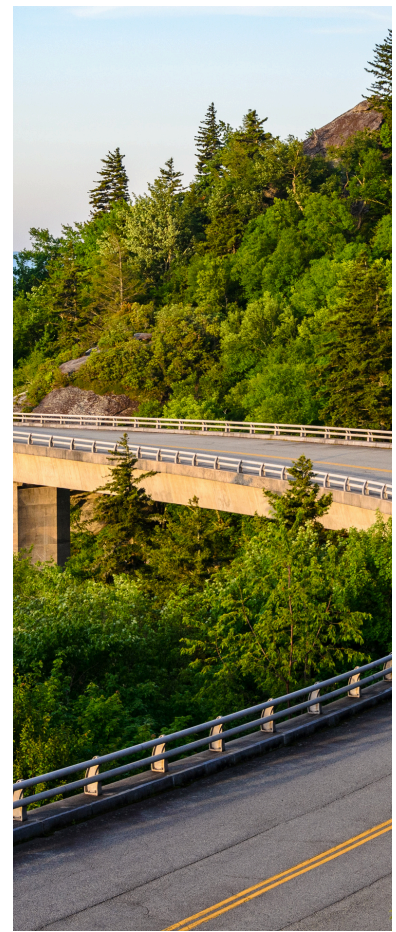
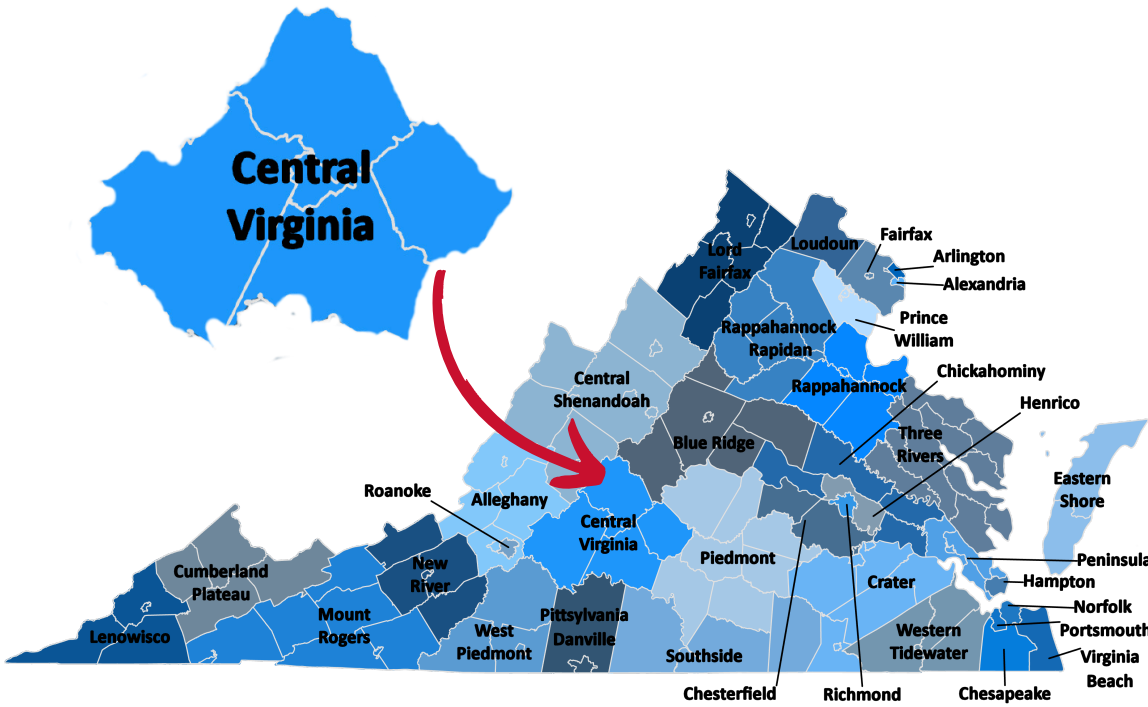
 307 Alleghany Ave, Lynchburg, VA 24501

 [AskCVHD@vdh.virginia.gov](mailto:AskCVHD@vdh.virginia.gov)

 (434)-477-5900

# CVHD SERVICE AREA

Central Virginia Health District serves the counties of Amherst, Appomattox, Bedford, Campbell, and the city of Lynchburg.



**Amherst County Health Department**  
224 2nd St, Amherst, VA 24521  
(434) 946-9408



**Appomattox County Health Department**  
475 Court St, Appomattox, VA 24522  
(434) 352-2313



**Bedford County Health Department**  
600 Bedford Ave, Bedford, VA 24523  
(540) 586-7952



**Campbell County Health Department**  
116 Kabler Ln, Rustburg, VA 24588  
(434) 592-9550



**Lynchburg Health Department**  
307 Alleghany Ave, Lynchburg, VA 24501  
(434) 477-5900



# ABOUT OUR DISTRICT

Central Virginia Health District serves the city of Lynchburg and the counties of Amherst, Appomattox, Bedford & Campbell. We have a health department in each locality but all work together to promote public health efforts in our community. All departments operate under our director, Kerry W. Gateley, MD, MPH, CPE.

## OUR MISSION

We nurture the community's wellbeing by practicing public health, meeting the needs of the present while planning for the future.

## OUR STAFF

Number of employees/contractors at the end of 2023:

FTE's: **87**

Wage: **7**

Contractors: **24**

## OUR DEPARTMENTS

- Administration and Finance
- Vital Records
- Epidemiology
- COVID-19 Containment Team
- Environmental Health
- Population Health
- Early Intervention
- Women, Infants, and Children (WIC)
- Emergency Preparedness
- Nursing



# Administration and Finance



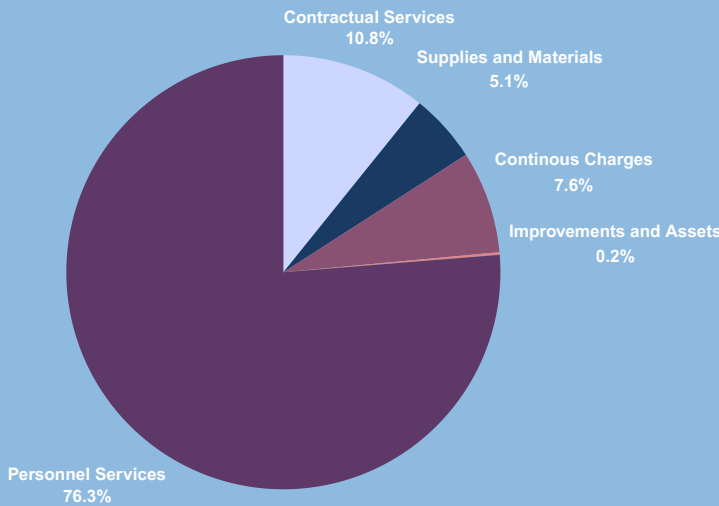
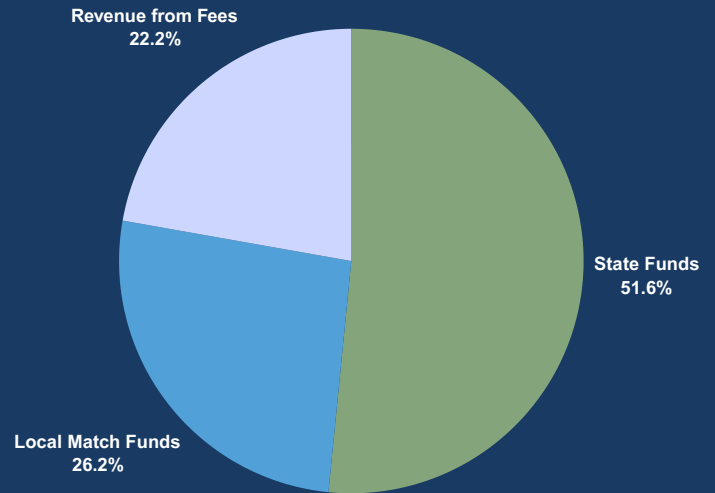
## FY23 Cooperative Revenue

State Funds: \$2,995,211.71

Local Match Funds: \$1,522,469.38

Revenue from Fees: \$1,290,013.82

**Total CVHD Revenue: \$5,807,694.91**



## FY23 Cooperative Expenditures

Personnel Services: \$4,430,156.01

Contractual Services: \$626,994.90

Supplies and Materials: \$296,480.70

Continuous Charges: \$442,632.77

Improvements and Assets: \$11,430.44

**Total Expenditures: \$5,807,694.91**

FY2023 Grant Expenditures	Expensed	
Early Intervention	\$ 1,547,799.24	35.60%
COVID-19 & Community Engagement	\$ 1,352,134.82	31.10%
WIC Related	\$ 675,726.05	15.50%
Emergency Preparedness & EPI	\$ 262,762.52	6.00%
Public Health Workforce	\$ 148,936.15	3.40%
Maternal & Child Health	\$ 116,843.58	2.70%
Immunizations	\$ 81,966.77	1.90%
Peer Recovery Program	\$ 70,390.49	1.60%
STI/HIV Related	\$ 60,705.18	1.40%
FDA Retail Food Program Standards	\$ 21,816.72	0.50%
Every Women's Life	\$ 10,000.69	0.30%
<b>Grant Total Expensed</b>	<b>\$ 4,349,082.21</b>	<b>100.00%</b>

# Vital Records



Vital Records handles the extraction of Virginia birth, death, marriage and divorce certificates. These records are available at all health departments within CVHD to immediate family members with a Valid ID.

## Vital Record Data by County

	Birth	Marriage	Divorce	Death
Amherst	193	8	1	325
Appomattox	259	23	3	1,223
Bedford	174	9	1	3,587
Campbell	165	9	1	880
Lynchburg	1,116	36	7	9,483
<b>TOALS</b>	<b>1,907</b>	<b>85</b>	<b>13</b>	<b>15,498</b>

## How to Access Vital Records:



Online Application for a Certification of a Vital Record

## Out of State Vital Record Options



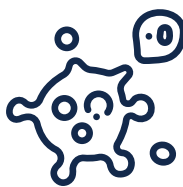
## By Phone or In Person:

Call 434.477.5900 (press option 6).  
 Central Virginia Health District is open from 8:15am to 4:45pm Monday-Friday.  
 You may also contact Division of Vital Records, in Richmond, VA – 804.662.6200.

Office of Vital Records data also indicate the most popular 2023 baby names for the largest ethnic groups in the state: Asian, Black, Hispanic and White.

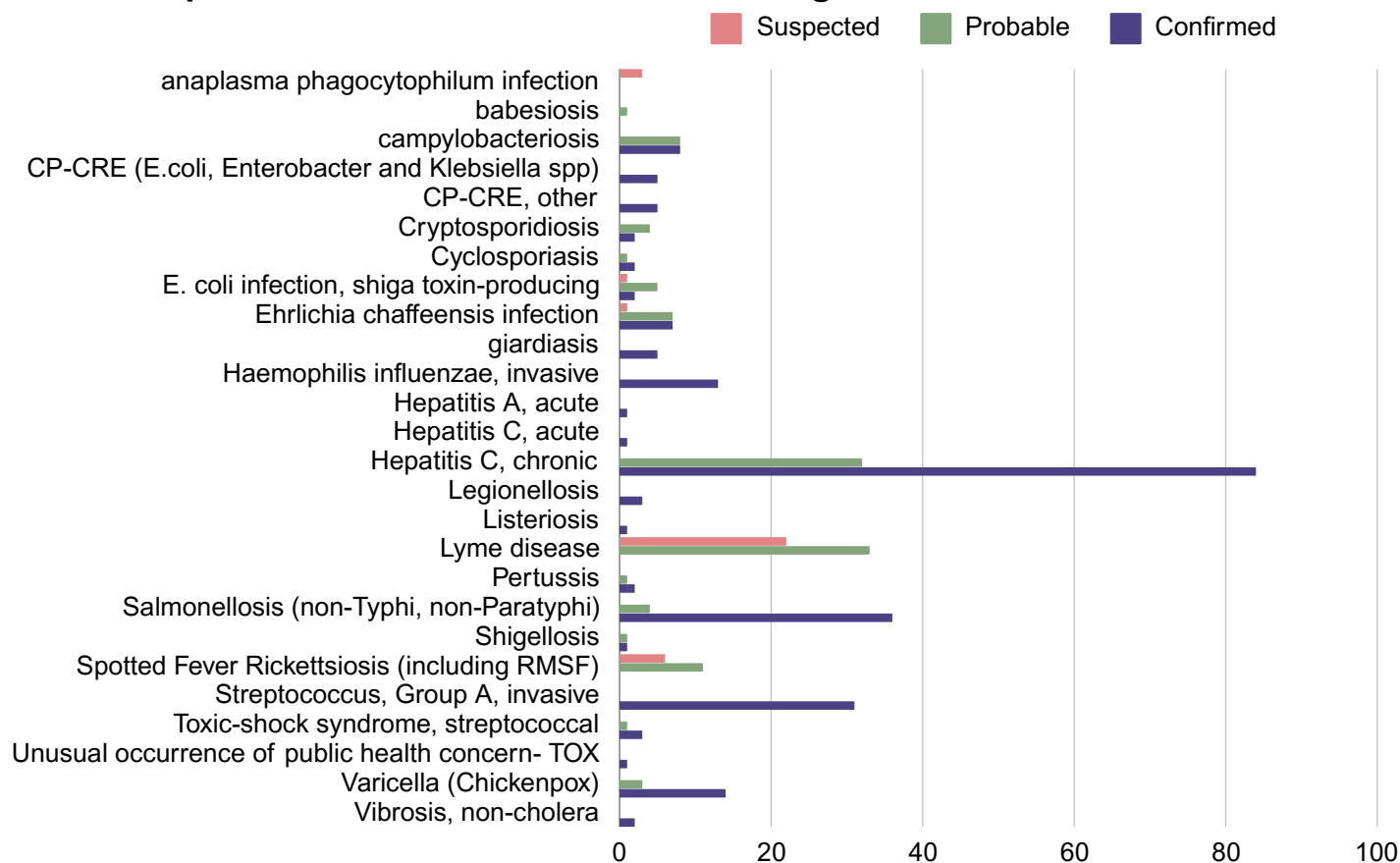


	BOY	GIRL
White	James	Charlotte
Black	Noah	Ava
Hispanic	Liam	Mia
Asian	Noah	Olivia



Epidemiology is the branch of medical science that investigates all the factors that determine the presence or absence of diseases and disorders. Epidemiological research helps us to understand how many people have a disease or disorder, if those numbers are changing, and how the disorder affects our society and our economy.

## Reported disease cases for Central Virginia Health District: 2023



*\*These numbers are preliminary and subject to change.*

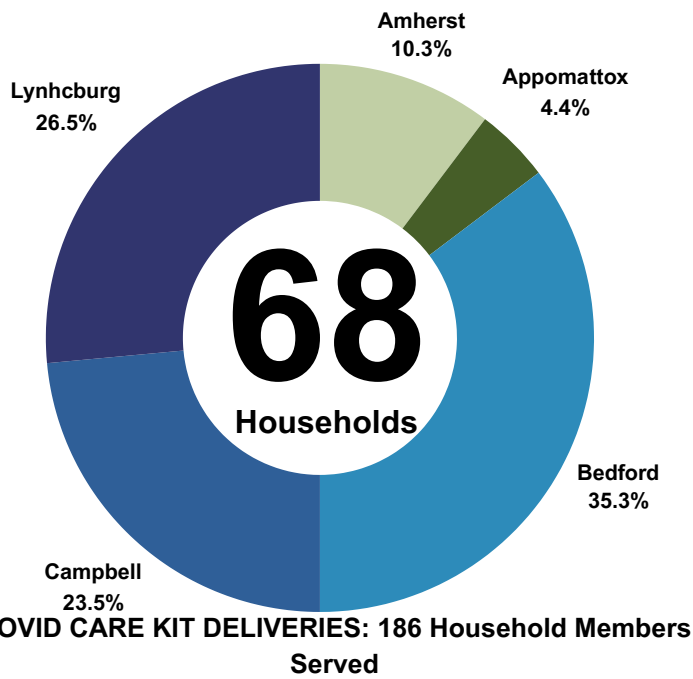
*\*These cases are not to include the cases of COVID-19, please see COVID-19 Containment for those reported case numbers.*

In epidemiology, cases are classified as Suspect, Probable, or Confirmed based upon CDC case definitions for surveillance. Cases are classified based upon specific constellations of laboratory results and clinical signs and symptoms of illness and are unique to each condition. CDC case definitions for surveillance are different from what your doctor uses to diagnose illness.





# COVID-19 Containment Team

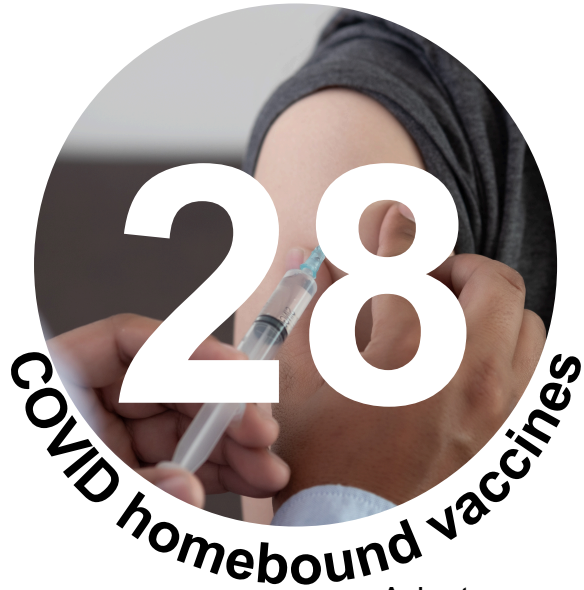


## Test Kit Distribution

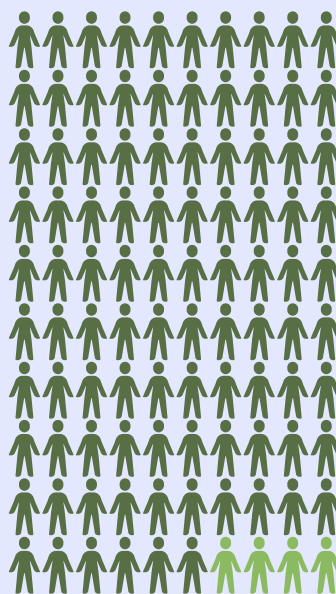
Total tests distributed: 3,971

By facility type:

- Community Outreach/Events: 389
- Long Term Care Facilities: 1,575
- Local Health Departments: 1,583
- COVID Care Kits: 231
- Schools: 135
- Group Homes: 20
- Businesses/Non-Profits: 38

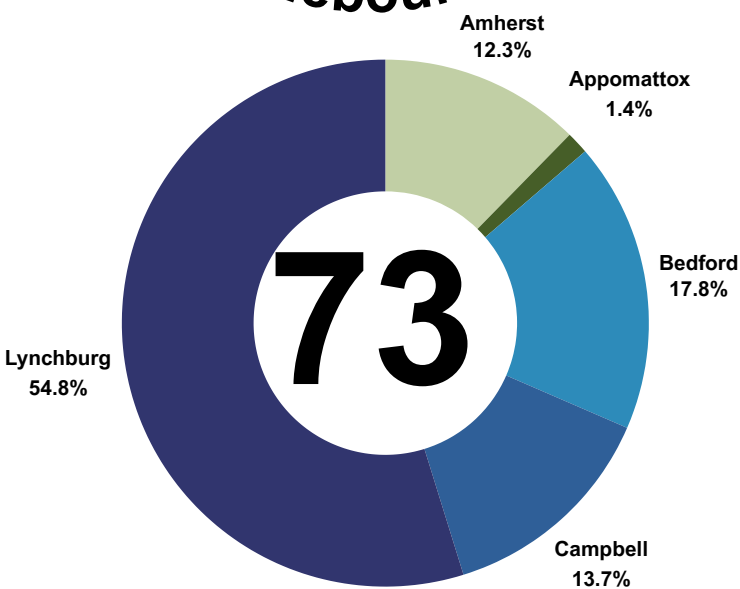


Long COVID Study:  
96 total cases  
qualified & enrolled



Breakdown by county of positive cases reported in 2023.

County	# of Cases
Amherst County	1,465
Appomattox County	515
Bedford County	2,445
Campbell County	2,057
Lynchburg City	2,903
<b>Total Cases</b>	<b>9,385</b>



Outbreaks: Total reported and ongoing in 2023

# ENVIRONMENTAL HEALTH

## FOOD PROTECTION

The food protection program minimizes the threat of foodborne illness by permitting and inspecting restaurants, food booths at fairs and other temporary events, and food service operations in schools, nursing homes, hospitals, and other facilities. The food specialists also investigate complaints and reports of possible foodborne illness outbreaks. We also review plans for new construction or remodeling of food service operations.

### Permitted Food Facilities by Locality

	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
<b>2023 Food Permits</b>	81	44	207	162	410	905

### Food Facility Inspections, Calendar Year 2023

Inspection Purpose	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
Routine	100	45	243	226	579	1193
Complaint	7	2	6	23	20	58
Follow-Up	14	2	59	44	116	235
Food Borne Illness					5	5
Other	4	1	20	18	34	77
Pre-Opening	1	3	38	14	68	124
<b>Total</b>	<b>126</b>	<b>53</b>	<b>366</b>	<b>325</b>	<b>822</b>	<b>1692</b>

## Other Permitted Establishments

To assure safe recreational and lodging facilities, environmental health staff are responsible for regulating several types of non-food establishments. We permit and inspect the facilities shown below, and investigate complaints related to those facilities.

### Non-food Permits, Calendar Year 2023

Facility Type	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
Campground	2	2	13	3		20
Marina	3		40	6		49
Migrant Labor Camp	2	1	1	6		10
Summer Camps		1	2	1		4
Hotels/Motels/B&Bs	5	7	16	12	21	61
<b>Total</b>	<b>12</b>	<b>11</b>	<b>72</b>	<b>28</b>	<b>22</b>	<b>145</b>

### Non-food Facility Inspections by Program, Calendar Year 2023

Program	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
Campground	1	1	2	2		6
Marina	4	1	36	6		47
Migrant Labor Camp	1	1	1	7		10
Summer Camps		1	1			2
Hotels/Motels/B&Bs	3	6	10	13	20	52
<b>Total</b>	<b>9</b>	<b>10</b>	<b>50</b>	<b>28</b>	<b>20</b>	<b>117</b>

The district continues to make progress toward meeting the FDA Voluntary National Retail Food Program Standards, a quality assurance program for state and local food protection programs. At the end of 2023, the district has fully met five of the nine standards and partly met the other four. *In addition to the services below, the district also provided 96 inspections of temporary food vendors.*

### Grade A Milk

We regulate only one dairy plant, but the milk program is high priority because contaminated dairy products can affect a very large number of people. There is an economic issue as well—failure to maintain national standards for safety and sanitation can cause a milk plant to lose its permission to ship milk to other states. We work with plant personnel, state level regulators and the Food and Drug Administration to ensure products produced by the milk plant are safe and sanitary. Our staff collect monthly samples of all pasteurized milk products, raw milk and the product containers produced on site for testing by the state lab. District milk specialists also inspect the plant and test its equipment to make sure that regulatory requirements are met, and milk products are properly pasteurized.



## WATER AND WASTEWATER

The health department provides regulatory oversight of private wells and sewage disposal systems to prevent the spread of waterborne diseases. While most designs are done by the private sector, agency staff review applications and designs, issue construction permits and investigate reports of malfunctioning systems.

Onsite Sewage Applications, Calendar Year 2023						
Application Type	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
New Construction	121	127	394	156	14	812
Repair Permit	23	7	45	52	8	135
Minor Modification	4	8	43	7		62
Voluntary Upgrade			5			5
<b>District Total</b>	<b>148</b>	<b>142</b>	<b>487</b>	<b>215</b>	<b>22</b>	<b>1014</b>

Private Well Applications, Calendar Year 2023						
Application Type	Amherst	Appomattox	Bedford	Campbell	Lynchburg	District Total
New Construction	85	106	256	149	1	597
Replacement Well	11	11	2	2		26
Well Abandonment	1	6	14	17	3	41
<b>Total</b>	<b>97</b>	<b>123</b>	<b>272</b>	<b>168</b>	<b>4</b>	<b>664</b>

## RABIES PREVENTION

Health department environmental health staff work closely with local animal control officers and health department nurses to prevent the spread of rabies from wild animals to people and domestic animals. Environmental health staff investigate reports of potential exposure to rabies, collect and submit animal specimens to the state laboratory for rabies testing and follow-up to ensure that any necessary post-exposure recommendations are followed. During 2023, 59 persons received rabies prevention treatment following known or potential exposure to rabies.

Rabies Incidents							
	Amherst	Appomattox	Bedford	Campbell	Lynchburg	Other	District Total
Investigations	114	6	175	151	161	6	613
Human victims	100	3	214	107	111	9	544
Animals Tested	26	3	40	29	64	0	162
Rabid Animals	2	0	13	4	8	0	27

Rabid Animals by Locality and Species					
Animal Species	Amherst	Bedford	Campbell	Lynchburg	District Total
Bat		1		1	2
Cat		1		1	2
Fox		2		2	4
Groundhog				1	1
Opossum		1			1
Raccoon		5	1	2	8
Skunk	2	3	3	1	9
<b>Total</b>	<b>2</b>	<b>13</b>	<b>4</b>	<b>8</b>	<b>27</b>



# POPULATION HEALTH



The Population Health Department works to improve the community's health by providing state and local data on chronic diseases, assess community health through surveys and research to identify health trends and risk factors, develop and implement targeted health promotion and disease prevention programs, work closely with local community organizations to address issues in the community, and provide education and training to community members, healthcare professionals, and stakeholders.

**6**

## Team Expansion

Staff members-three Community Health Workers, Community Engagement Specialist, Community Coordinator & Manager

**54**

## Community Events

Number of events in which resources, information, educational material, COVID test kits, etc. were provided with the help of our COVID containment team.

**28**

## Continuous Presence

Number of times we had a consistent presence at partnering agencies such as DSS, food bank, and summer feeding programs to build trust and relationships

**66**

## Care Coordination

Number of assistance request forms received and completed using Unite Us to connect individuals to needed community resource.

**19**

## PAD Center Pick Up Site

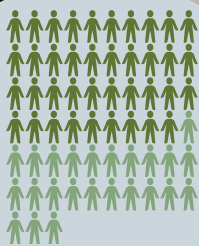
Residents using LHD as a pick-up site for feminine hygiene products from the PAD Center.

**14**

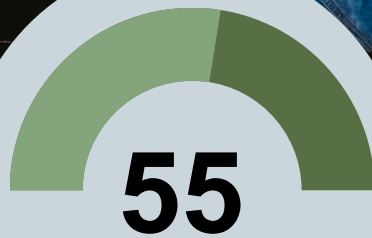
## Diabetes Prevention Program

Individuals who participated in the full year program.

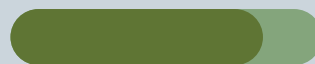
# Work with Substance Use & Recovery Population



**39** participants in **5** focus groups for those in recovery.



**55** Fentanyl test strips distributed.



**218** Boxes of naloxone distributed after Rapid REVIVE trainings.

## Other Activities:

- Outreach to include event promotion and educational material distributed.
- Agency newsletter, social media, website updates, press releases and media response.
- Collaboration with community partners, board and advisory group members.



## Installation of 5 Little Free Libraries

In 2023, the Population Health Team created and placed 1 Free Little Library at each of our 5 health departments within the district. In addition to books these libraries are used as an access point for educational material, community resources, and health items.



Scan Here to visit Little Free Library MAP

# Early Intervention



Infant & Toddler Connection of Central Virginia is part of Virginia's early intervention system for infants and toddlers with disabilities and their families. They serve all localities of the Central Virginia Health District – Lynchburg City and Amherst, Appomattox, Bedford and Campbell Counties.

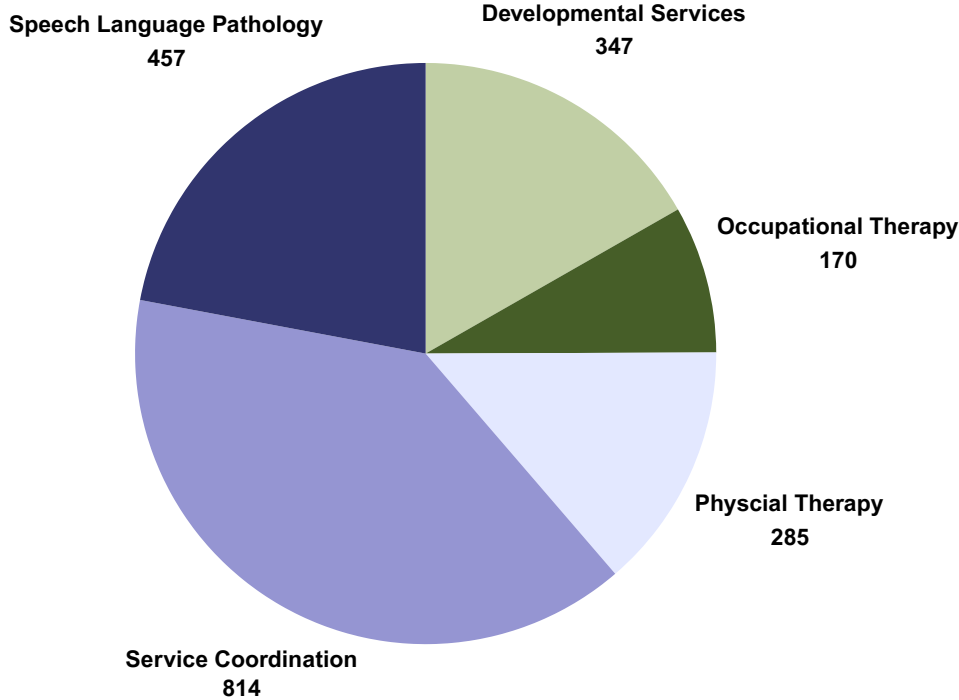
Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, they teach parents and other caregivers how to help their children learn during everyday activities.



## Other Utilized services include:

- Audiology
- Vision Services
- Speech-Language Path/Sign Language Services
- Speech-Language Path/Listening and Spoken Language Services
- Speech-Language Path/Cued Speech Services
- Speech-Language Path/Assistive Technology Services
- Speech-Language Path/At Services/Cued Speech Services

Child Count by Services:



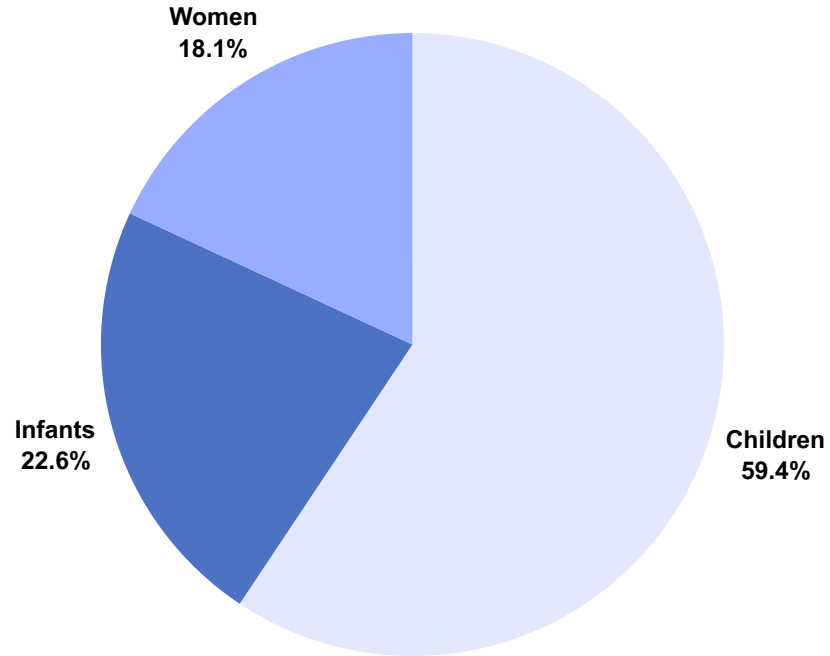
# Women, Infants, & Children (WIC)



WIC is an acronym for the Special Supplemental Nutrition Program for Women, Infants, and Children. It is a federal program that provides nutritious foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and postpartum women, and for infants and children up to age 5 who are at nutritional risk.



Breakdown of WIC Client type for District:



Totals Served by Client Type for District by County:

	Women	Infants	Children	TOTALS
Amherst	53	65	150	268
Appomatttox	46	60	175	281
Bedford	101	122	341	564
Campbell	100	111	280	491
Lynchburg	277	362	948	1587
<b>Totals</b>	<b>577</b>	<b>720</b>	<b>1,894</b>	<b>3,191</b>



# EMERGENCY PREPAREDNESS



## PIO Tabletop Exercise –

CVHD planned and hosted a tabletop exercise specifically focused on public information and communication.

The Central Virginia Public Information Network (CVPIN) was a key group in the idea for this exercise, as many of its members are newer and may not have had participated in an exercise before.

The planning team was formed in July and the exercise was held on October 12th. Gaps were identified, which is the purpose of an exercise, but the Public Information Officers from various agencies and localities were able to communicate through the exercise.

In the future, we will be planning a more intensive functional exercise to test what we learned from the tabletop exercise.



## Project Public Health Ready (PPHR)

January: Application

May: Completed for review by an in-state team

August: Submitted for national review

November: Submission for final review

It is mandated by the Governor of Virginia that every health district be certified through PPHR. It is a very intensive process involving coordination statewide, countless man hours to complete, and rigorous policy/plan updates.

## MRC VOLUNTEERS



31  
INDIVIDUALS  
NEWLY  
RECRUITED



OVER \$15,000 IN  
WORKFORCE  
SAVINGS

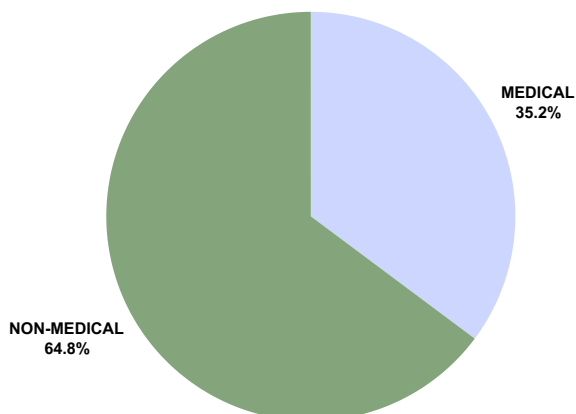


98%  
Deployable  
Volunteers

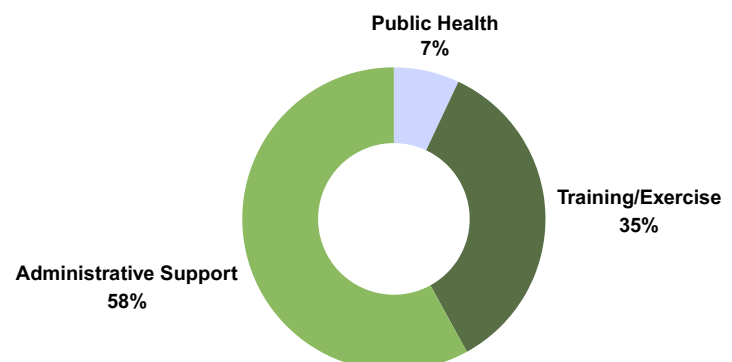


# 380

## APPROVED VOLUNTEERS



## MRC USAGE



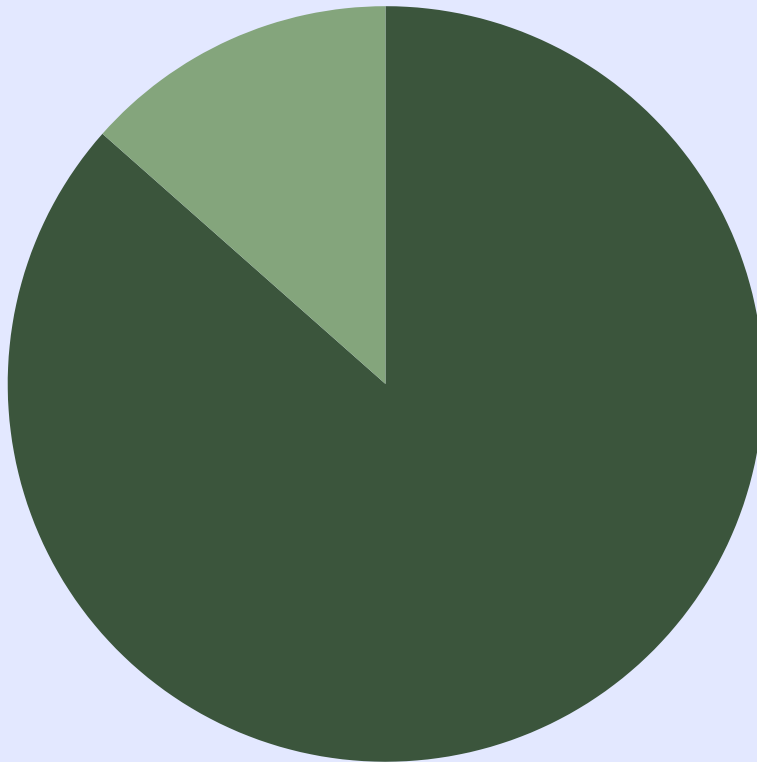




## Clinic Services

**Immunizations: 1,632**

**Immunizations Overseas Travel**  
13.5%



**Immunization (IM)**  
86.5%

Service Type	District Count of Clients Served
HIV (HV)	19
Sexually Transmitted Disease (VD)	444
Family Planning	13
Tuberculosis Assessments and Testing (TB)	305

*\*Family Planning services are no longer offered with Central Virginia Health District*

## Community Services

### Safe Sleep Program-

The safe Sleep Program provides education for parents and caregivers, education for community partners, safety approved portable cribs for eligible participants that complete the class, and referrals to community programs and services.

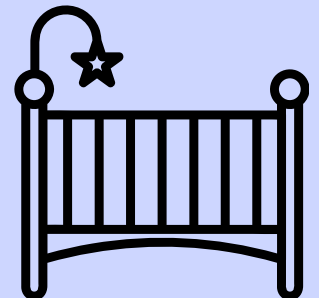
The ABCs of safe sleep are:

A - Alone, but not lonely. Babies should sleep in a crib or Pack n' Play by themselves, but near mom, for every sleep time for at least six months up to a year. Room Share – Not Bed Share

B - Back.

C - Cribs and Pack n' Plays with a firm, safety approved mattress are safe sleep environments.

D - Drug-free home.



**10** total safe sleep classes with pack-n-play provided to eligible individuals for 2023.

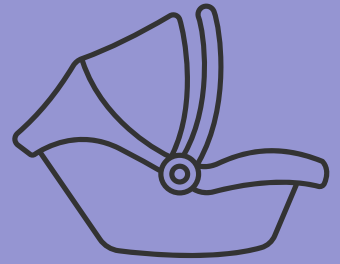
# Community Services continued.

## Child Passenger Safety Program-

The Child Passenger Safety Program aims to promote proper safety seat use for children until they transition to the vehicle safety belt, from birth through nine to twelve years of age.

**74 Car Seats were distributed in calendar year 2023.**

The child passenger safety program provides education on proper car seat installment and child positioning. Convertible and booster seats are available for eligible participants who complete the class.



## Lead Case Management-

When a child is diagnosed with an elevated blood lead level of 10 ug/dL or higher, the goal is to identify and control the source of lead in the environment. Ongoing case management is provided by a public health nurse 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.

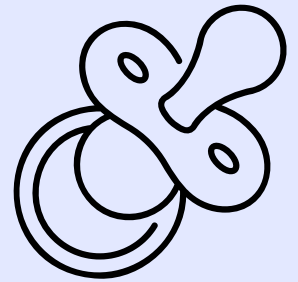
7 lead exposures requiring LHD Nurse Case Management for children under the age of 6; of those 7 cases 2 required environmental home assessments, lead level 15 ug/dL or higher.



## Baby Care-

A visitation program provided by a registered nurse. Baby Care nurses will answer questions and help mothers work through any issues they may have while pregnant and after baby is born. The visits can be done in the convenience of the client's home, the local health department, or other convenient location. This program is offered to those who are Medicaid eligible, pregnant and/or have an infant up to two years of age.

5 clients utilized Baby Care in 2023.



## Every Woman's Life-

This program provides breast and cervical cancer screening and early detection, clinical breast exams, mammograms, pelvic exams, and Pap smear to all income eligible, uninsured women aged 40-64, as well as women aged 18-39 requiring diagnostic testing for breast or Pap smear abnormalities.

16 individuals utilized Every Woman's Life in 2023.



# Community Services continued.

## Partnering for Recovery-

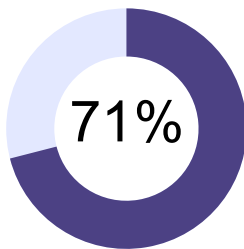
Our Peer Support Specialist helps those suffering from mental health and/or addiction navigate a personal path to recovery by building on individual strengths and successes. Peer support specialists share the unique “lived experience” of recovering from mental illness and/or addiction issues at some point in their lives.

603 total individuals received Naloxone after REVIVE training within CVHD in 2023.

### Highlights:

- Year 4 of facilitating the state’s first MARA 12-step meeting. The first in Virginia is located right here in Lynchburg, Virginia. This group is also MARA’s longest running meeting with the same facilitator, established in 2019.
- Recovery Workgroup lead for Central Virginia Addiction and Recovery Resources (CVARR), where ideas for community recovery-oriented support proposals are formed and implemented.
- Implementation of monthly Recovery Cafe (The COVE), partnering with MOVEUP to reduce transportation barriers.
- Team Expansion: Hiring of a part-time peer recovery specialist assistant, to work with the family treatment docket.

The following data reflects participant answers from the 2023 Drug Court Exit Survey.



71% of Partnering for Recovery participants agreed that their needs were met. 29% allocated that their needs were partially met.



Partnering for recovery participants rated the program to be extremely useful on a 5-point scale, with a 4.8 ‘star’ average rating.

## Long Term Support Services-

The LTSS program is a Medicaid-funded program covering in-home care, PACE (Program of All-Inclusive Care for the Elderly), adult day care and nursing homes. Program participants are able to use one or multiple of the available services. LTSS’s goal is to keep program participants in their homes as long as possible.

946 clients utilized Long Term Support Services in 2023.

