
Chickahominy Health District

Annual Report

FY2019



**CHICKAHOMINY
HEALTH DISTRICT**

www.VDH.Virginia.gov/Chickahominy/

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Letter from the Health Director



I am pleased to present the Chickahominy Health District (CHD) FY2019 Annual Report. The purpose of this report is to provide an overview of our programs and services, and to highlight some of our accomplishments achieved during the past year. The mission of CHD is to improve the health of our community by preventing disease, promoting healthy lifestyles, and protecting people from environmental and other hazards, with a vision of “Healthy People in Healthy Communities.” We are able to accomplish our mission and realize this vision only through the diligence of a staff of approximately 50 employees, who remain dedicated to customer service, and who are committed to our District core values of “I.C.A.R.E.” (Integrity, Collaboration, Accountability, Respect, and Excellence). These dedicated individuals accomplish the mission through their support of a wide variety of over 20 distinct public health programs, a sampling of which can be found on page 5 of this report. On behalf of the Management Team at Chickahominy Health District, I would like to thank all of our employees for everything they do each day to improve the health of the community we serve and to enhance the quality of life of its citizens!

Sincerely,

A handwritten signature in blue ink that reads "T Franck". The signature is written in a cursive, professional style.

Thomas Franck, MD, MPH

About Us

Chickahominy Health District (CHD) is one of 35 health districts under the umbrella of the Virginia Department of Health. The counties that comprise the health district include Charles City, Goochland, Hanover, and New Kent, which have a combined population of 155,278 residents as of 2016. The most densely populated county in the district is Hanover, as depicted in Figure 1, with approximately 104,000 people residing in the county. In terms of race, about 84% of the population in the CHD identifies as White and about 13% of the population identifies as Black or African American, as shown in Figure 2. The median age of community members in CHD is 42.5 years old, and approximately 51% are females and 49% are males.

Figure 1: Population Density

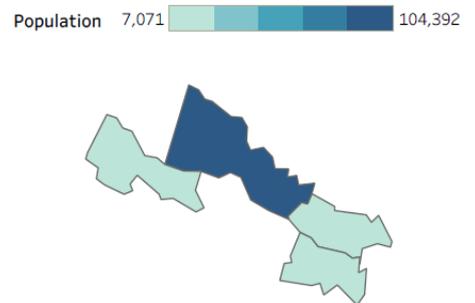
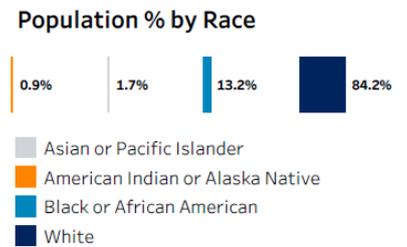
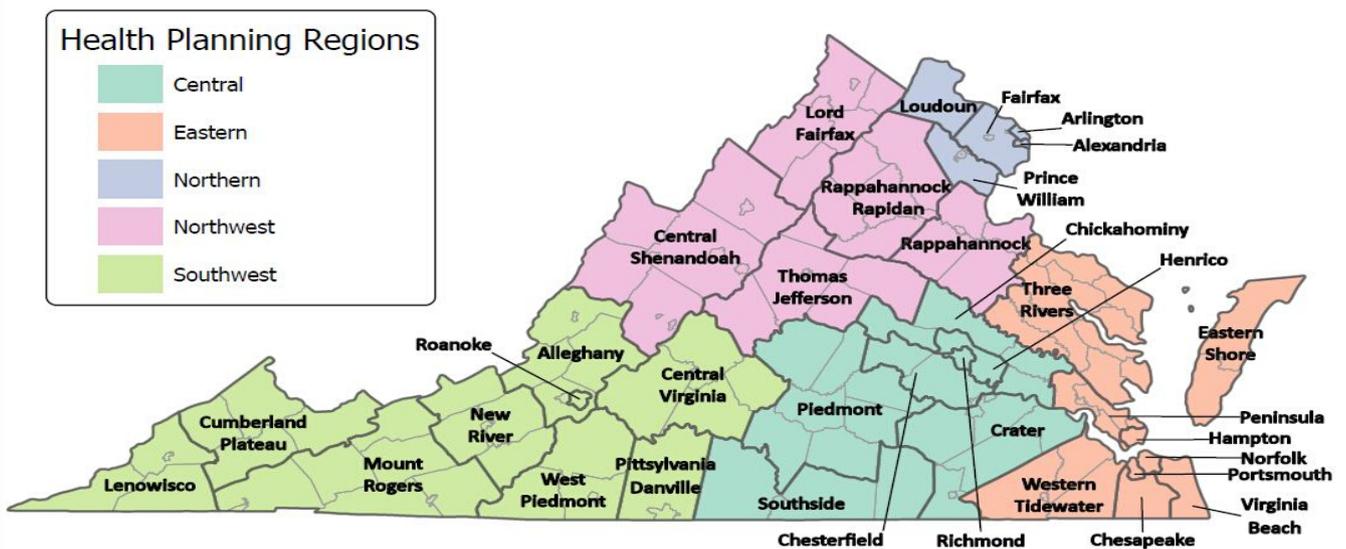


Figure 2: Population by Race



Virginia Health Districts and Health Planning Regions



Services Overview



**CHICKAHOMINY
HEALTH DISTRICT**

CHICKAHOMINY HEALTH DISTRICT

HEALTH DEPARTMENT SERVICES

Communicable Diseases

Surveillance and investigation of all outbreaks and reportable diseases of public health concern, including suspected food and waterborne illness.

Emergency Preparedness and Response

Develops public health emergency plans, and coordinates the local public health response to disasters and other public health emergencies.

Environmental Health

Approves permits for wells and septic systems. Inspects hotels, motels, restaurants, schools, campgrounds, summer camps, and others that serve food to the public. Works with animal control to prevent and control rabies.

Every Woman's Life

The Virginia Every Woman's Life (EWL) program provides free breast and cervical cancer screening and diagnostic services for low income and uninsured women. Schedule your free mammogram and Pap test today.

Family Planning

Family planning clinics are available at each site on a sliding fee scale. Services include a physical exam, Pap smear, check for sexually transmitted diseases, discussion of birth control, treatment of minor vaginal disorders, and the contraceptive method of choice.

Immunizations

Includes school entry vaccinations and adult vaccinations; special clinics for influenza and pneumonia immunizations in the fall, including a free mass flu vaccine clinic each year.

Maternity Services

A prenatal/maternity clinic is offered at each site, operating on a sliding fee scale. High-risk pregnancies and labor & delivery are managed by our hospital partners.

Population Health

Facilitates local community health assessment & improvement planning. Serves the role of chief health strategist for each locality, collaborating with partners to identify assets, prioritize health topics, and improve health and wellbeing for all. Provides REVIVE! (opioid overdose response training).

Sexually Transmitted Infections

Sexually transmitted diseases are evaluated and treated at each site. Confidential HIV testing and counseling is also available.

WIC (Supplemental Nutrition Program for Women, Infants & Children)

Serving low-income pregnant and postpartum women and children up to age five, this program provides nutrition education and eWIC cards for healthy foods.

Charles City Health Department
7501 Adkins Road
Charles City, VA 23030
Phone: (804) 829-2490

Gochland Health Department
1800 Sandy Hook Road
P.O. Box 178
Gochland, Virginia 23063
Phone: (804) 556-5843

Hanover Health Department
12312 Washington Highway
Ashland, Virginia 23005
Phone: (804) 365-4313

New Kent Health Department
7911 Courthouse Way
P.O. Box 86
New Kent, Virginia 23124
Phone: (804) 966-9640



Program Updates

Supplemental Nutrition Program for Women, Infants & Children (WIC)

The WIC Program serves pregnant and postpartum women as well as children up to age 5. The program provides healthy foods on an eWIC card, which can be used at participating grocery stores. The WIC team provides nutrition education, breastfeeding promotion and support, and referrals to other area services. The WIC program has been shown to reduce premature births and infant mortality, improve

the growth and intellectual development of nutritionally at-risk infants & children, decreases the incidence of iron deficiency anemia, improves dietary intake, and improves weight gain during pregnancy. WIC participants are also more likely to receive early prenatal care, to have a regular source of medical care, and to have up to date immunizations. CHD's WIC program operates out of New Kent, Charles City, Hanover, & Goochland Health Departments while also having a mobile clinic 2-3 days per month at Hanover Human Services in Mechanicsville. CHD'S WIC average monthly program participation was 993 participants per month for state fiscal year 2019, which equates to about 3,972 client visits for the year.



Clinical Services

The clinical services provided by the CHD include high quality care to protect the health and promote the well-being of community members.

The Family Planning clinics provide services to men and women of reproductive age. Services include family planning, gynecological checkups (pap smears and mammogram referrals through the Every Woman's Life Program (EWL)) and contraception.

The team provides the tools, whether contraception or education, for clients to achieve optimal reproductive health. During FY19, CHD had 960 Family Planning visits and 46 EWL visits.

Maternity services, to include prenatal and postpartum care, are offered by each health department in the district, resulting in 512 maternity visits.

Immunization clinics provide vaccinations to clients of all ages and strive to lower the incidence of vaccine preventable diseases. Clients can receive vaccines required for school or employment as well as recommended vaccines for optimal health. In 2019, 821 immunization visits took place. Tuberculosis (TB) Screenings and testing is offered by CHD to individuals and/or groups. There were 772 TB screenings conducted in 2019. CHD tests and treats Sexually Transmitted Infections (STIs), which includes health education and counseling. During FY19, there were 327 STI visits. CHD nurses perform community Screenings for children and adults to determine eligibility for services. There were 227 screenings performed in 2019.



Environmental Health

The Environmental Health

Program processes applications and conducts inspections for private wells and onsite sewage systems to protect public health and the Commonwealth groundwater resources. They also inspect hotels, motels, restaurants, schools, campgrounds, summer camps, summer feeding sites, and other places that serve food to the public.

Environmental Health Specialists collaborate with animal control to prevent and control rabies in addition to providing educational material on a variety of environmental health topics. During FY19, VDH launched a new environmental health database, called EHD. Due to this database migration, not all statistical information for Environmental Health programs are accurate.

Below are the best estimates during the time-frame:

- *Private Well Applications Processed: 593*
- *Onsite Sewage Applications Processed: 680*
- *Food Establishments: 587*
- *Food Inspections: 1,254*
- *Temporary Food Event Permits Issued: 123*
- *Possible Rabies Exposure Investigations: 495*

Environmental Health Resources

- 1) Be Well Informed Virginia is a well water testing results interpretation tool that explains what your results mean and provides guidance on how to address concerns identified in the sample: www.wellwater.bse.vt.edu/well-informed-virginia.php
- 2) View health inspection results for permitted food establishments in the health district: <https://inspections.myhealthdepartment.com/va-chickahominy>

Emergency Preparedness & Response (EP&R)

Over FY19, the Emergency Preparedness & Response (EP&R) program conducted N-95 Respirator

Fit-testing for all staff members in both Chickahominy and Chesterfield Health Districts. EP&R successfully participated in the following FEMA-evaluated VOPEX Radiological Emergency Response Exercises:

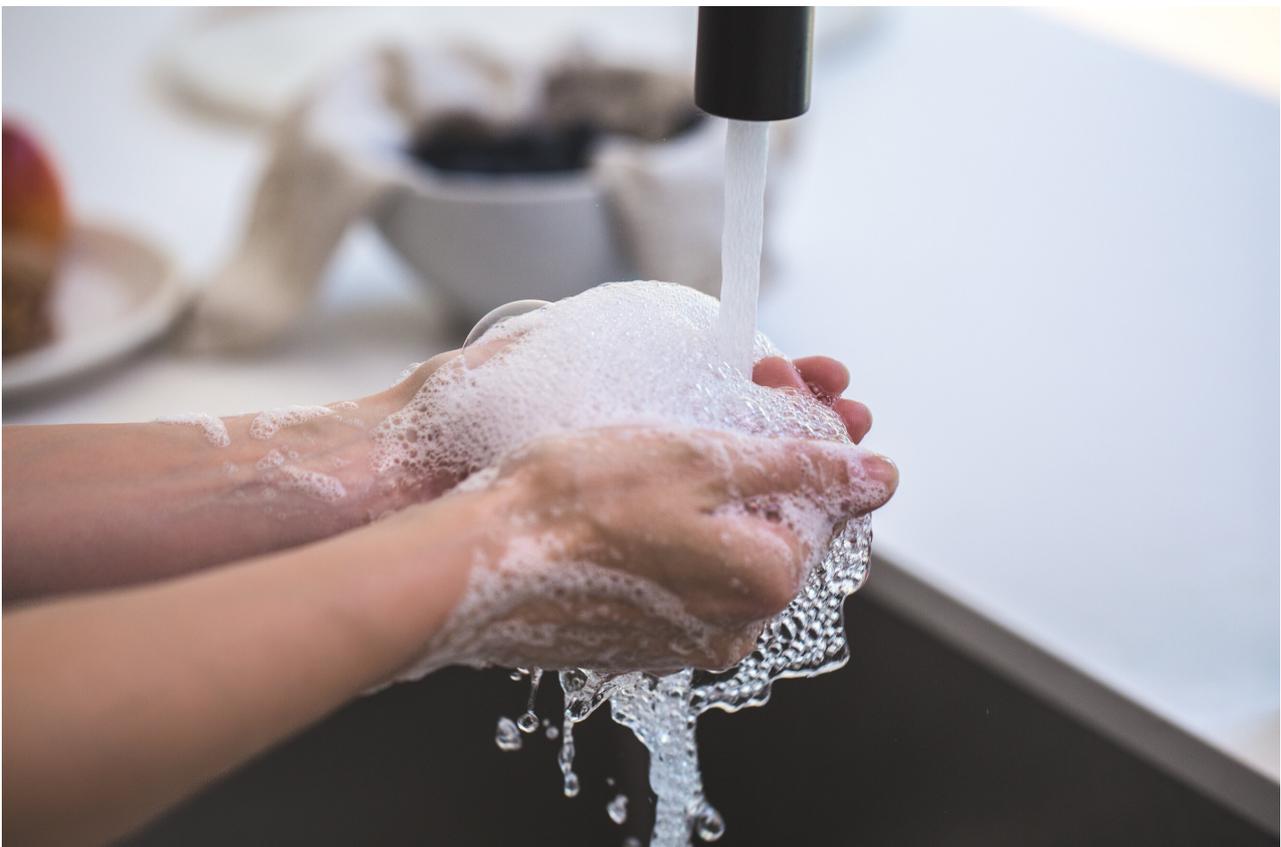
- Full Scale Exercise for North Anna Power Station Radiological Release at Hanover Co. Emergency Operations Center
- Evacuation Assembly Center Out-of-Sequence Demonstration for Surry Power Station Radiological Release at Charles City High School
- Medically Vulnerable Population Communications Exercise in Virginia Healthcare Alerting and Status System (VHASS)
- Administered 200 doses of free flu vaccine as part of FluEx 2018 mass vaccination exercise
- Completed “Operation Hard Drive Down” Continuity of Operations Exercise in which server was disconnected for one business day
- Participated in statewide Cardinal Resolve Pandemic Flu “First Wave” Tabletop Exercise

Part of the EP&R team is the **Medical Reserve Corps (MRC)**, which covers the Chickahominy Health District and Henrico Health District. During FY19, MRC participated in 20 training events and 59 public health outreach/education events (included health fairs, emergency preparedness expos, office support, Choke Response Training, REVIVE!, CodePrep, among others). Two MRC Nurses deployed to North Carolina to provide shelter support in the aftermath of Hurricane Florence. In addition, a total of 311 volunteers contributed over 2,100 volunteer hours (valued at over \$62,000). The health district’s MRC team was nominated for the 2019 “Spirit of Team” award during the Hanover County Spirit of Volunteerism event.



Communicable Disease

The Communicable Disease program performs surveillance and investigation of all outbreaks and reportable diseases of public health concern, including suspected food and waterborne illness. In addition to surveillance and investigation, community education is provided to prevent the spread of infectious diseases. During FY19, there were a total of 343 epidemiological investigations in the health district. Examples of conditions investigated during this time-frame include (but are not limited to): elevated lead levels, Hepatitis C (chronic), Spotted Fever Rickettsiosis, Salmonellosis, Campylobacteriosis, Streptococcus (Group A), E. coli Infection (shiga toxin-producing), Varicella, and Hepatitis B (chronic).



Population Health

The Population Health program assists local communities in prioritizing their focus on community health. The opportunity for health begins with our families, neighborhoods, schools and jobs. Uncovering the root causes of health inequities, which are created when barriers prevent individuals or sub-populations from reaching their highest level of health, allows CHD to collaborate with a broad array of partners including those at the neighborhood level and non-health sectors, to build healthier and more vital communities. In FY19, the CHD Population Health program led Goochland County in performing a Community Health Assessment (CHA). The health assessment uncovered areas that would benefit from focused action in order to improve community health and promote health equity. These focus areas include limited access to affordable and high-speed internet; a scarcity of local mental health care providers and dentists; limited transportation options for those without a personal vehicle; and limited affordable housing options in the County.

Developing strategies for breaking down barriers to health equity will be the focus during the Community Health Improvement Plan (CHIP) and will require the collaboration of diverse community members, organizations and leaders. The Population Health program previously completed a CHA and CHIP in Hanover County. A focus area of the improvement plan was making transportation more accessible to seniors and people with disabilities. Hanover County submitting a federal grant application to the Department of Rail and Public Transportation for a Specialized Transportation Mobility Program, which was awarded. The program, called Hanover Dash, kicked-off in December of 2019, and is coordinated by Hanover County Community Resources.





Population Health

In response to the opioid crisis, CHD established the **Opioid Response Outreach Coordinator (OROC)** position as part of the Population Health program, which is grant funded by the CDC's Opioid Crisis Response Cooperative Agreement. The district's OROC was hired in May 2019. Since its inception, the position time-frame has been extended twice to continue efforts within the district. Focus areas for this position include substance use education, referrals for recovery & treatment, and prevention activities.

The OROC position includes scheduling and facilitating REVIVE! trainings, outreach events, and presentations. A REVIVE! training teaches people how to respond to an opioid overdose emergency using naloxone. During FY19, 240 doses of naloxone were dispensed by CHD. Along with community outreach and presentations, the OROC is involved in several coalitions as well as local and regional opioid response efforts. The grant funding for this position is scheduled to end in March 2020.

PROGRAM HIGHLIGHTS

MEDICAL RESERVE COPRS

Over 300 volunteers
contributed more than
2,100 hours!



ENVIRONMENTAL HEALTH



Private Well Applications: 593
Onsite Sewage Applications: 680
Food Inspections: 1,254
Rabies Exposure Investigations: 495

CLINICAL

Family Planning Visits: 960
Maternity Visits: 512
Immunization Visits: 821
TB Screenings: 772
STI Visits: 327



COMMUNICABLE DISEASE

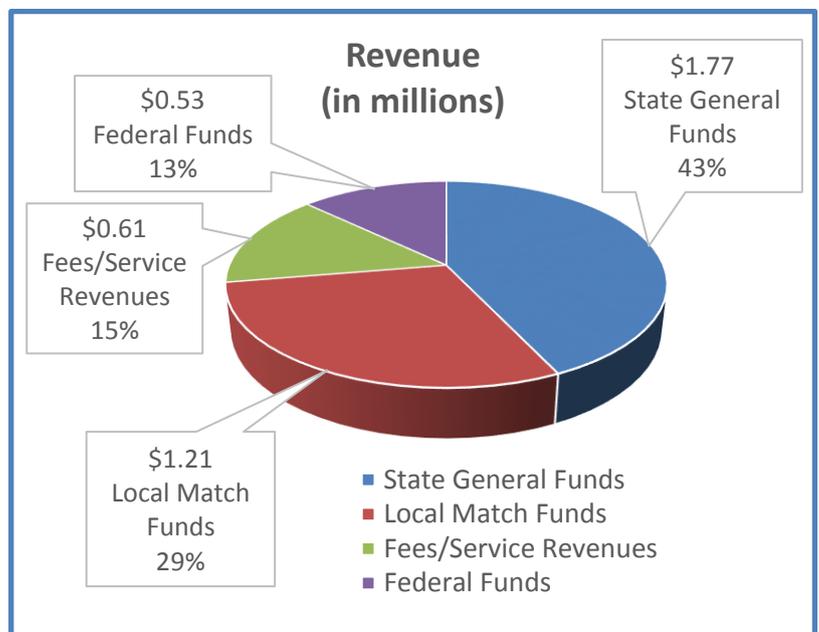


Epidemiological Investigations: 343

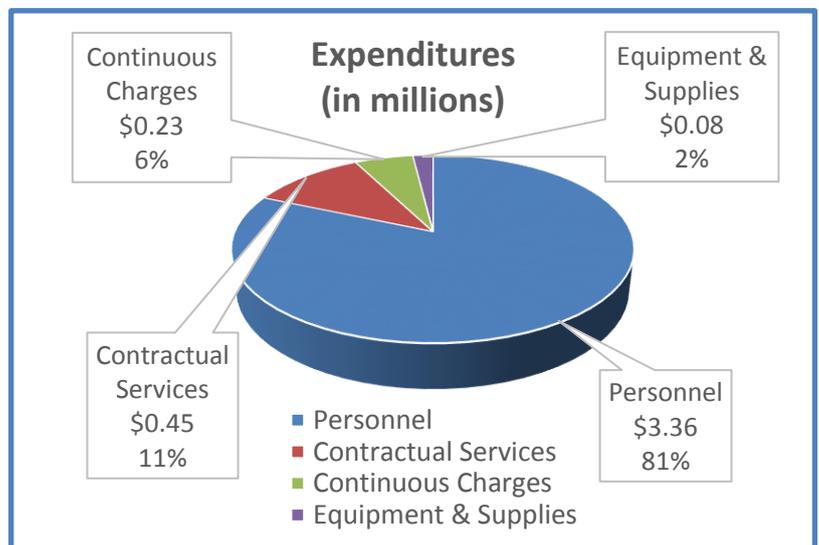
Financial Summary

Chickahominy Health District receives funding through a variety of sources, generally divided into the "cooperative budget" and the "non-cooperative budget." The cooperative budget consists of State general funds which are matched by local funds, as mandated by the Code of Virginia. The non-cooperative budget consists of federal grant funding as well as local revenues generated through services and fees.

Revenue	Amount (in millions)
State General Funds	\$1.77
Local Match Funds	\$1.21
Fees/Service Revenues	\$0.61
Federal Funds	\$0.53
Total Revenue	\$4.12



Expenditures	Amount (in millions)
Personnel	\$3.36
Contractual Services	\$0.45
Continuous Charges	\$0.23
Equipment & Supplies	\$0.08
Total Expenditures	\$4.12



Moving Forward

Public health has often been described as the art and science of preventing disease, prolonging life, and promoting health. While the core vision and mission of public health remains the same, the need to adapt and evolve to address emerging issues & challenges and to take advantage of new and promising opportunities, is essential to public health in the future. The need to adapt and evolve is based on changing health needs of an aging population, ever present health inequities and health disparities experienced by populations of color, those with lower incomes, and rural communities, the rise in chronic diseases and their risk factors. We've also seen an increase in access to health care coverage, information and data improvements, and the growth in collaboration by new and diverse community partners. Public health is evolving to a leadership role at the community-level with an emphasis on collaborative engagement to affect health and quality of life.

CHD is embracing the role of Chief Health Strategist in the communities we serve by working with all partners to drive initiatives that explicitly address upstream social determinants of health. CHD continues to work towards being a primary source of health information by using timely, reliable, and actionable data, adapting strategies to combat the leading causes of illness, injury and premature death, and promoting initiatives focused on health equity. CHD heads into the New Year with a focus on achieving this evolution in public health and invites all community partners to join us in our efforts. During FY20 and beyond, the district will be creating a 5-year strategic plan, completing the Goochland County Community Health Improvement Plan, kicking off the New Kent County Community Health Assessment, while continuing to offer clinical services, environmental health services, communicable disease surveillance, and emergency preparedness & response activities.
