



Hampton Health District Annual Report

A Word from the Director

The Annual Report begins with the District Director reviewing the year. However, since I came on board December 27, 2016, the first half of the year July 2016 to June 2017 may not get the coverage it deserves. But the second six months brought home several features that made the year a challenging one.

Three things particularly struck me:

- The challenges of managing two health districts and determining how to enhance this arrangement. Despite talk of a “merger,” officially Hampton and Peninsula are still separate health districts, with separate budgets and staff, sharing only the top four management positions, plus the emergency planner. As I sometimes describe the arrangement: I am the Hampton Director and the permanent, acting Peninsula Director. Or vice-versa.
- The Central Office has become more involved in the day-to-day operations of all health districts. It doesn’t just monitor what we’re doing; it is more prescriptive of what we are expected to do, including metrics to monitor performance. To its credit, this effort includes efforts such as the quarterly “Staying Connected” meetings between senior district staff and the Office of Community Health Services senior staff, and leadership training for all supervisors.
- New areas of involvement. When I was last director, the health districts were not involved in the opioid epidemic. Now we provide Narcan to graduates of the REVIVE program so they can resuscitate narcotic overdose

victims. In doing so, we partnered with the Hampton-Newport News Community Services Board and Colonial Behavioral Health. We were challenged to execute Population Health in the districts, a concept grounded in data and seeking to work with partners to alleviate the foundational problems underlying poor health. We partnered with the Peninsula Community Health Collaboration, which includes the four large health systems (Sentara, Riverside, Bon Secours, Children’s Hospital) working from their Community Health Needs Assessments, as one way to do this. And we initiated our first CASPER survey, of Hampton’s Olde Hampton neighborhood, which will provide valuable information to the city’s planners.

Turnover and vacancies were an ongoing problem. We spent considerable time and effort recruiting, interviewing, and hiring, only to have a different staff person resign and the process begin again. Turnover included senior management. Dr. Nzinga Teule-Hekima resigned as Director in December, as did Nurse Manager Deborah Moore. Although the districts quickly obtained an interim director, me, after three and a half years of retirement, I needed to get up to speed. Portsmouth Nurse Manager, Anita Hailey, did an outstanding and much appreciated job as acting Nurse Manager, but it wasn’t until April 2017 that we brought Nicole Taylor-Baptiste on board as Nurse Manager. Nicole had been away from public health for a year, and both of us had to learn how to manage two health districts. Also in April we began to bring on board a much needed



**S. William Berg, MD, MPH, Director
Hampton/Peninsula Health Districts**

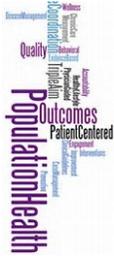
Deputy Director, a process not finished at the end of the year. We reached out to our northern responsibilities—York and James City Counties and Williamsburg. I met with the city and county managers to introduce myself and see what their needs are. We engaged with the Williamsburg Health Foundation, which works to enhance indigent health care in the Greater Williamsburg area. We will need to do more work in this area, including partnering with the free clinics.

Particularly important, in May, 33 Hampton and 76 Peninsula staff took the Workforce Engagement Survey, which broadly attempted to identify areas where we can improve working conditions and other factors which influence our attitude toward working here. The answers were extensively analyzed and showed numerous opportunities to increase engagement, to make people feel they are appreciated and valued for the work they do, and to make their jobs easier.

Overall a challenging year, and the challenges will persist. Fortunately our two districts have a wealth of dedicated, experienced, and resilient staff, who, above all, care about our clients and patients. That’s a force that can successfully take on all our challenges.

PUBLIC HEALTH NURSING—Community Health

Linda Scott-Stone, RN, AAS, BS, MSED, Community Health Supervisor



Population / Community Health

Hampton Health District (HHD) provides population-based health services to Hampton residents. The services include Nursing Home Pre-Screenings, Maternal Child Health Services, and Chronic Disease and Communicable Disease Prevention. Chronic Disease Prevention Services include safe baby sleep prevention and education, child care health preventive services, breast and cervical cancer screening and case management, chronic disease prevention through the Community Health Worker Program, New Comers Health Services for refugee clients, and lead poisoning prevention. Communicable Disease Prevention protects Hampton's community by immunizing children and adults, providing Tuberculosis (TB) Screenings and case management, and monitoring communicable diseases in the community.

The Nursing Home Screening is a waiver program that provides care in the community rather than in a nursing facility. The individual must be eligible for Medicaid and meet the screening criteria. Community Health Services and the Hampton Department of Social Services completed 416 Nursing Home Pre-screenings in Fiscal Year 2017.

The Child Health Care Consultant Program conducts child care staff training on topics such as playground safety and supervision, daily health observations, and offers solutions for managing injuries or infections within the child care setting. Support is also offered through telephone advice and regular on-site visits. There were nine consultations, 11 directly observed observations, 10 staff trainings, and the Child Care Health Consultant conducted eight in-services.

Shannon Pigford, RN, the Child Care Consultant Coordinator, completed the Medication Administration Training (MAT), an approved Board of Nursing program that

trains child care providers how to safely administer medications to children in day care centers.

Communicable Diseases are continually monitored and case managed by the Communicable Disease (CD) Nurse. TB nurses are currently managing four active TB cases and have provided 12 directly-observed treatments (DOT) for clients exposed to TB. Education is provided to the entire family.

Promoting "Safe Sleep" Practices in Hampton

HHD received a Maternal & Child Health (MCH) Block Grant through Title V of the Social Security Act to promote "Safe Sleep" practices among families in Hampton in an effort to reduce the risk of Sudden Infant Death Syndrome (SIDS) and ultimately reduce infant mortality in the State of Virginia. According to the Centers for Disease Control (CDC), SIDS is the leading cause of death among infants between ages one and 12 months, and it is the third leading cause of infant mortality in the United States. The overall rate of SIDS has significantly reduced by about 50 percent since 1990, however, the rates among African American and American Indian/Alaska Native infants continue to be disproportionately higher than White or Hispanic infants.

In 2012, Virginia's infant mortality rate was higher than the national average of 6.0 infant deaths per 1,000 live births. Virginia ranks 23rd highest in the nation with 6.4 deaths per 1,000 live births. Fortunately, the following year, the rates dropped to 6.2. In Virginia, the Eastern Region, which includes Hampton, had the highest rate of infant mortality at 9.0 deaths per 1,000 live births compared to the Northern Region which had the lowest rate of 4.5 deaths/1,000 live births.

In an effort to reduce the

risk of SIDS and infant mortality, HHD is implementing the following strategies and activities:

1. Safe Sleep Campaign:
 - ◆ Partner with WIC and the Child Safety Seat Program to educate pregnant women and new moms about the incidence of SIDS and other sleep-related causes of infant deaths.
 - ◆ Educate and encourage parents, day care centers, and child care providers to use "Safe Sleep" practices to reduce the risk of SIDS.
 - ◆ Engage in community outreach and participate in health fairs to create awareness and promote safe sleep practices.
 - ◆ Start a Pack 'N Play campaign to provide cribs for families who cannot afford it.
2. Collaborate with community stakeholders to form a Community Action Group to identify gaps in services and improve Maternal and Child Health to reduce infant mortality.
3. Reduce premature births by educating pregnant women on the following topics:
 - ◆ Prenatal Care
 - ◆ Smoking Cessation
 - ◆ Oral Health during pregnancy
 - ◆ Importance of Folic Acid during pregnancy and after birth in preventing birth defects

Community Health Nurses remain actively involved in health fairs and community events. They participated in an employee health and wellness day at NASA, health fairs at local community colleges, and back to school events with faith-based organizations. Community Health and Clinic Services were involved in 16 community events in Fiscal Year 2017.



Fiscal Year 2017 Budget Martin Wheeler, Business Manager

REVENUE		EXPENSES	
State	1,794,944	Salaries	3,617,558
Local	1,281,382	Services	388,631
Grants	1,013,174	Supplies	224,925
Revenue	<u>446,990</u>	Transfer Payments	3,055
		Continuous Charges	230,321
		Equipment	<u>72,000</u>
TOTAL	\$4,536,490	TOTAL	\$4,536,490
TOTALS			
TOTAL COOP	3,523,316	EP&R BUDGET	87,556
TOTAL GRANT	<u>1,013,174</u>		
TOTAL BUDGET	\$4,536,490		



Epidemiology

Nancy Lemis, RN, District Epidemiologist

The Hampton Health Department Epidemiology and Communicable Disease Office has been busy this year. The epidemiologist did a Zika educational talk for the Kiwanis Club, a bloodborne pathogen talk for the staff of Versability Resources, handwashing education to many elementary school children at three health fairs, and nine classes at the Hampton Head Start Program. Two educational programs were given to Seton Manor seniors on

Hepatitis C and handwashing. The epidemiologist did two segments on the Hampton Channel 47 Round Robin TV series on the diseases Hepatitis C and HIV. The staff has conducted outbreak investigations of Norovirus, Hepatitis A, and Influenza. One of the norovirus outbreaks was at a nursing home involving 16 people with the illness lasting about 24-48 hours each. The second norovirus outbreak was at an elementary school involving six children

and one adult also lasting about 24-48 hours. The epidemiologist investigated one flu outbreak at an elementary school with five people confirmed with flu illnesses lasting about 3-4 days. The staff was involved with a Hepatitis A outbreak answering many phone calls about worried well, and completing some follow up for patients who resided in other cities. The epidemiologist and communicable disease staff prepare and

monitor for new emerging diseases and conduct surveillance and education to the community as new diseases emerge.



Women, Infants, & Children (WIC)

Angela Prioleau, WIC Program Manager



The Women, Infants, and Children (WIC) Program is a public health program that provides breastfeeding and nutrition education, supplemental foods, and referrals to low-income women, infants, and children up to age five who are found to be at nutritional risk. Once qualified financially and nutritionally, each participant receives an eWIC card to purchase healthy foods monthly to supplement normal dietary needs and to promote healthy eating habits.

Currently, the Hampton Health Department (HHD) WIC Program has two locations, 1320 LaSalle Avenue and the Wilsondale Office at 1206 N. King Street. With the addition of a full-time Nutritionist, Ashley Knight, in August, full-time Nutritionist Senior, Paula Brannick, in November and a wage Nutritionist Assistant, Alyssa Soloria, in March, and other modifications, we increased our participation this year-end period. Participants are now able to obtain an appointment within a few days and in some cases the same day. Consequently, since June 2016, we have enrolled 1,719 new participants; this is an average of 143 new certifications per month. In turn, the current participation of 2,870 is the highest rate since December 2015. As of April 2017, the caseload of our Wilsondale Office reached its highest of 987 participants since opening in 2012 with a 12% increase since FY 2016.

In 2016-17, we served over 2,871 women, infants, and children, offered 850 nutrition/breastfeeding education classes, and participated in over 20

outreach events. In addition, we mailed WIC information packets to over 150 local churches. Our non-active participation (those enrolled but not picking up WIC benefits) decreased from a FY 2016 average of 26.5% to current rates of 19.6%, representing a 26% reduction. We updated our Community Resource Directory to include a variety of supportive services available within the community and throughout the Hampton Roads area.

On August 11, 2016, we held our fourth annual community-wide breastfeeding celebration at the Healthy Families Partnership in downtown Hampton. Over 30 pregnant and breastfeeding moms and families with young children attended this event. Adding to the excitement, 16 or more local vendors from various community/breastfeeding organizations, businesses, health care professionals and the HHD were present. The Hampton WIC Program promotes breastfeeding every day. However, this celebration is the culmination of all our yearly breastfeeding activities. In November 2016, we hired a new Breastfeeding Peer Counselor, Stephanie Youngs, IBCLC. She counseled pregnant moms about the benefits of breastfeeding and assisted breastfeeding moms in achieving their breastfeeding goals. Liz Burroughs, our Breastfeeding Coordinator, attended the Lactation Counselor Training Course in Sterling, VA. She passed the exam and is now a Certified Lactation Counselor. Liz and Stephanie attended the 23rd Annual East Coast More Than LATCH Conference which was held on February 15-17, 2017 in Portsmouth, VA.

All things considered, WIC continues to play a vital role in building a healthy foundation for women, infants, and children. For assistance, please contact us at our LaSalle Office (757) 727-1140, or Wilsondale Office (757) 224-5007.



Environmental Health

Gary Hagy, Environmental Health Manager

The Hampton Health Department Environmental Health staff remained stable. However, one position was converted to a supervisor position. Jessica Klemencic became the Environmental Health Supervisor in December 2016.

The **Rabies Program** continues to be an active program in Hampton. The Hampton Health Department investigated 287 total possible exposures in



FY2017. Of these, 274 involved animal bites to humans. Rabies has been endemic in Virginia raccoons since the mid-1980s. No animals tested positive for rabies, however, six people received post exposure treatment for rabies. Seven individuals received post exposure treatment for exposures to three stray

cats, two dogs, and two wild muskrats.

The **Beach Water Monitoring Program** continued through the summer of 2017. Staff sampled the water at three beaches in Hampton—Buckroe, Fort Monroe, and Salt Ponds. The beaches are sampled weekly from early May through early or mid-September. A total of 90 samples were taken and there were no exceedances for the year. Hampton is the only district in Tidewater that did not have an exceedance during FY2017.

There continues to be an increasing demand for environmental health services in the **Food Program**, particularly for temporary food events which requires staff to work weekends and holidays. In FY2017, the Hampton Health Department issued 201 temporary food permits and conducted over 700 inspections and follow-ups. Also, nearly 525 restaurants operated in the City of Hampton during FY2017. Environmental Health

specialists conducted 917 restaurant inspections and averaged 1.1 hours per inspection. During these inspections environmental health specialists cited 2,745 violations.

Hampton Environmental Health staff also conducted 99 inspections of grocery stores, 26 hotel inspections, over 300 swimming pool inspections, and 72 inspections of tattoo establishments.

The Hampton Environmental Health staff is active not only in the above described regulatory activities, but also provide environmental health advisory services to anyone who requests assistance including citizens, schools, and civic organizations.



Beach Water Monitoring



Emergency Preparedness & Response

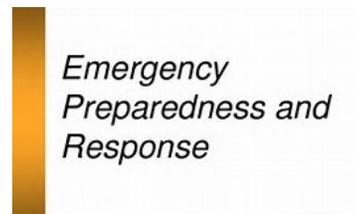
Kevin Pearce, EP&R Coordinator

The Emergency Preparedness & Response (EP&R) work center for the health district has conducted emergency dispensing procedure exercises for reporting to the Centers for Disease Control and to support the Federal Emergency Management Agency's evaluation of locality response to the potential of an accident at the Surry Power Station. These efforts include

coordination with each of the Peninsula city and county fire, EMS, police and school departments.

The EP&R efforts also support the healthcare facilities that fall under a new Centers for Medicare/Medicaid Services ruling for emergency preparedness that applies to dialysis centers, clinics, group homes and other behavioral

health activities. The Emergency Coordinator consults with all these facilities to improve resilience and responsiveness for our citizens.



Health Promotion Happenings

Megan DeWitt, MPH, Health Educator

The Hampton Health District (HHD) is moving toward a population-based health approach to prevent disease and improve health. While many of our health promotion programs remain the same, HHD is increasing collaborative efforts within the community to address social determinants of health and create conditions for people to live healthier lives.

Last year HHD teamed up with the American Heart Association (AHA) to promote our community gardens and improve healthy food access. HHD continues to encourage the use of our community gardens while collaborating regionally to address food insecurity, food waste, and food sustainability. In partnership with AHA, through its Accelerating National Community Health Outcomes through Reinforcing (ANCHOR) Partnerships Program, and other stakeholders, HHD is working to improve the conditions needed for people to be healthy through its membership in the Greater Hampton Roads Food Policy Council. If you are interested in having a voice around food issues in our community, contact Michelle Charters (michelle.charters@heart.org), the regional campaign manager. For additional information on Hampton Community Gardens visit <http://hampton.gov/communitygardens>.



A more recent partnership with the local healthcare systems has identified a shared mission of diabetes prevention and management through increased healthy food access. Together, the Peninsula Community CHNA (Community Health Needs Assessment) Collaboration Workgroup is working to develop onsite community health initiatives within hospitals and their branch clinics. Recognizing that unhealthy diets and limited access to fresh fruits and vegetables adversely affect the health of diabetic patients, the workgroup has embraced the opportunity to improve the health of this vulnerable population. Although the specific intervention is still in discussion, we are committed to the overall mission of making the healthy choice the easy choice for food insecure patients with diabetes.

Addressing diabetes and other chronic conditions through evidence-based programs remains a primary focus of HHD. Through our continued partnership with the Coalition for Chronic Conditions Awareness, Resources, and Education (CARE), HHD has offered free workshops, developed by Stanford University, to educate, encourage, and motivate community members to take an active role in the management of their chronic conditions. Chronic Disease and Diabetes Self-Management workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Workshops are given two and half hours once a week for six weeks and are held in a variety of settings throughout the community to include the health department, churches, and community centers. To learn more or to register today for a free workshop, call 757-594-7426, or on-line, www.excellenceinaging.org/cdsmp.

HHD continues its partnership with the Peninsula Metropolitan YMCA to provide a 12-month, group-based lifestyle modification program, that helps individuals with pre-diabetes reduce their risk for developing type 2 diabetes. For more information about the YMCA Diabetes Prevention Program (DPP) visit <http://www.peninsulaymca.org/diabetes/> or watch the video <https://www.youtube.com/watch?v=zVdK9zBEDkc>.

HHD and Peninsula Health District (PHD) have continued its partnership with the U.S. Department of Agriculture (USDA) to provide blood pressure screenings, health education, and links to community resources for USDA participants. Limited availability and access to healthy food remains a significant public health concern. HHD recognizes that food insecurity is positively linked to risk of chronic health conditions and through our many partnerships and collaborative efforts, we hope to make a positive impact on the health of the people we are serving.

Breastfeeding Welcome Here, an ongoing project supported by the Consortium for Infant and Child Health (CINCH), aims to increase awareness and public acceptance of nursing as normal by engaging area businesses to pledge support and put up signage welcoming breastfeeding in their establishment. HHD, a collaborative coalition partner of CINCH, believes that increasing acceptance of breastfeeding as the normal and healthiest way to feed a baby has great benefits for the community and a positive impact on the health of both babies and mothers. HHD became a Breastfeeding Welcome Here site in 2016 and our commitment and support can be seen as you enter our building. To learn more about the Breastfeeding Welcome Here Project or to learn about Virginia's Breastfeeding Law visit <http://www.cinchcoalition.org/breastfeeding/> or <http://www.vdh.virginia.gov/breastfeeding/>.

HHD's commitment to protect our community by advocating for tobacco free environments continues with ongoing community projects to include the #757 SmokeFreeRide campaign (in partnership with CINCH) and Virginia's Quit Now program. The adoption of the Virginia Law: § 46.2-810.1. Smoking in vehicle with a minor present; civil penalty in 2016, provided additional support and protection for the young lungs of our community. Our commitment and advocacy continues and now includes educational efforts to increase awareness of the dangers associated with smoking e-cigarettes or vaping in cars. Take the #757SmokeFreeRide pledge to protect children! Visit <http://www.cinchcoalition.org/respiratory-health/> or www.facebook.com/healthyhr to learn more. If you or someone you know is ready to quit the use of tobacco, call toll free 24/7 1-800-QUIT NOW or 1-800-784-8669 or visit www.QuitNow.net/Virginia.

HHD has embarked on several new strategies to increase healthy food access and opportunities for chronic disease prevention. Moving forward, HHD will continue collaboration with community partners to ensure we have the capacity to promote a healthy environment, decrease health disparities, and improve overall health and well-being. Together we can make a positive impact on our community!

Health Promotion—In the Community Ruby Gatling, Health Promotion Technician

During Fiscal Year 2017, Health Promotion staff participated in and/or supported the following events:

Channel 47 Interview on the Issue of Teen Violence

Discussed teen violence and how it relates to adult violence. Teens have a tendency to relate violence or control as being cute or just the way a person is. In actuality, it can be more violent than adult violence because both parties don't have the maturity to act rationally. In addition, the abuser uses techniques he/she observed while watching other partners and how they communicated and treated their partners.



Candlelight Blue Ribbon Service—March 30, 2017

A Candlelight Blue Ribbon Service was held at Hampton City Hall for children who were victims of child abuse. Hampton's Mayor, Mr. Donnie Tuck, presented the Hampton Child Protection Team with a proclamation designating the month of April as Child Abuse Prevention Month. The City Hall building itself was lit up with blue lights the entire month. The Exchange Club and the Hampton Child Protection Team worked together collaboratively to put this program together. It is done every year in March, before April, the official month of Child Abuse Awareness. Over 35 people attended the service at City Hall.



GIT (Get It Together) Seatbelt Challenge for High Schools

Over 40 schools, on both the Peninsula and Southside, participated in the annual High School Seatbelt Challenge for prizes, banners, and the honor of being the top high school to have the most students buckled up safely while riding in their cars. Many of the schools were very creative in their activities. It helps the 9th graders who are new to high school to know that each time they ride in a vehicle they should buckle up safely. At the end of the program, the participating high schools are given an awards program where they are presented with a plaque and banner for the school. The schools with the highest number of students buckled up received a \$500 monetary award.



Driver Appreciation Day (DAD) for Truckers—June 28, 2017

The Peninsula Drive Safe Committee held its 7th Annual Department of Motor Vehicles (DMV) Driver Appreciation Day for Truckers at the Inspection Station located before the Monitor-Merrimac Tunnel. Over 180 trucks of various sizes, colors, and styles stopped for a goodie bag containing traffic information, a key chain shaped like a truck, a Chick-fil-A sandwich, water or soda, and a small snack.



HHD Managers/Supervisors Met Each Month for Training in FY 2017

April Borrero, Human Resource Analyst

DATE	TRAINING
July 2016	Smart Goals for EWPs
September 2016	Performance Management for Supervisors presented by OHR
October 2016	Fostering Inclusion in the Workplace presented by Anthem
November 2016	Worker's Compensation
January 2017	Record Storage and Destruction
February 2017	Conflict Management presented by OHR
March 2017	Documentation
April 2017	Standards of Conduct
May 2017	Job Safety Analysis
June 2017	Negligent Hiring, Negligent Retention, Negligent Training



Community Health Assessment and Improvement Irene Ferrainolo, MPH, Health Educator Senior

During FY 2017 Hampton Health District completed a Community Health Assessment (CHA) and a Community Health Improvement Plan (CHIP). The guiding vision for our agency is “Healthy People in Healthy Communities”. Our mission is to protect, promote, and preserve the health of the people who live, work, and play in Hampton. We pursue this mission in collaboration with our community partners, where our work is guided by the values of excellence, inclusion, and partnership.

The process began in 2015 with establishment of a strategy development team within the agency. The process continued into 2016 with analysis of local community health indicators, structured listening meetings with multiple civic groups, and collection of community insights from hundreds of community professionals and community residents. Hampton coordinated its efforts with local health systems who were also conducting community needs assessments in service of their missions and in response to federal requirements. This process will continue through ongoing data collection, community education, and focused planning meetings with community stakeholders interested in developing community health initiatives and in collaboration with community partners, including the three health systems present on the Virginia Peninsula. Hampton Health Department, along with city and neighborhood partners, will perform more detailed assessment of the City of Hampton District, one by one.

Community Needs Assessment



Assessing the health needs of the Hampton community relied on four sources of data:

- ◆ **County Health Rankings** is a national project of the University of Wisconsin Public Health Institute with support from the Robert Wood Johnson Foundation. The rankings are widely used by communities interested in developing health improvement strategies and provide a good starting point for understanding community health. Counties within a state are ranked based on reliable indicators of population Health Outcomes and Health Factors. Hampton ranked 84 and 86, respectively, out of 133 counties at the time of the assessment.
- ◆ **Indicators of Health Opportunity** are often called social determinants of health, a range of personal, social, economic, and environmental factors contributing to individual and population health. An *Indicators of Health Opportunity (HOI) Index*, produced by the Virginia Department of Health, provides a composite measure of multiple social determinants at the census tract level. Based on measures of life expectancy, disability-adjusted life expectancy, and low birth weight, it is strongly predictive of key health outcomes in Virginia. Twenty-three percent of the populations live in census tracts that have a “very low” health opportunity score compared to the rest of Virginia.
- ◆ **Specific Indicators of Community Health Status** analysis can help a health district gain a better understanding about the scope and magnitude of local health challenges. Specific indicators used were: Maternal and Infant Health; Youth Health Risk Behavior; Adult Health Risk Behavior; Potentially Preventable Hospitalizations; Behavioral Health Hospitalizations; and Leading Causes of Death.
- ◆ **Community Insights** were a fourth way to examine community health through the eyes of those who live and work in the community. Hampton Health District conducted surveys with many community professionals and community residents. Listening meetings with a wide range of community stakeholders in various group settings were also conducted. This work is ongoing. The goal of continuously refreshing our understanding of community needs, and sharing this information with our many partners in community health.

Survey respondents were asked to review a list of common community health issues drawn from the *Healthy People 2020* framework. Respondents were asked to identify what they view as important health concerns in the community where they live or work. They were also invited to identify additional concerns not already on the list.

Survey respondents were asked to review a list of factors that create a supportive environment for health, and identify those that could use improvement. Crime protection was the number one factor identified in both surveys. Additional factors in the top five in both surveys include housing safety, spaces for walking, and spaces for biking.

Community Health Improvement Planning

Irene Ferrainolo, MPH, Health Educator Senior



The assessment activities mentioned on page eight generated an extensive list of health issues that could be addressed within our local communities. No community can address all identified health needs at once, but it is possible to make significant progress over time. To help facilitate local planning efforts, a set of focus areas for community health improvement were identified. In defining the focus areas, our first and most important step was to assure that the aims and action goals are grounded in the findings from the local community health assessment. Next we compared the focus areas

and action goals to established state and national initiatives including the *Virginia Plan for Well Being*, the *National Prevention Strategy*, and *Healthy People 2020*. Each of the five focus areas includes a set of specific action goals that can be used to further define local initiatives.

The focus areas are:

- *Promote Wellness and Healthy Living for All*
- *Support a Strong Start for Children*
- *Strengthen Community Supports for Older Adults and Persons with Disabilities*

- *Improve Access to Coordinated Community Services*
- *Expand Health Opportunity*

Hampton Health Department is committed to working with community partners to improve the health of the population of Hampton. We can do this through our public health core functions of assessment, policy development, and assurance as they relate to community health assessment, planning, and implementation.



Public Health Nursing—Clinical Services

Kimberly Johnson, PHN, Clinical Supervisor

The Hampton Health Department's clinic team strives to provide high quality care to protect the health and promote the well-being of Hampton's citizens. During the fiscal year 2017, the clinic team set a goal to expand and increase services by offering walk-in clinics, community outreach, AIDS Drug Assistance Program (ADAP) and providing the only Pre-exposure Prophylaxis (PrEP) Clinic on the Peninsula.

Family Planning & Reproductive Health

The Family Planning & Reproductive Health Clinic provides services to men and women of reproductive age. Services include family planning, gynecological checkups (pap smears, mammogram referrals), contraception, and medical care for gynecological problems. We strive to provide the necessary tools, whether contraception or education, for clients to achieve optimal reproductive health.

During the 2017 fiscal year, the Family Planning team served 668 clients, with 1,352 visits. From July 2016—June 2017, our dedicated office support staff enhanced access to care by providing 169 referrals to Plan First (a free family planning program).

Adult Care Services (Sexually Transmitted Infections [STI])

The Adult Care Services Clinic provides education, counseling, treatment and testing of sexually transmitted infections. Our team works hard to lower the rates and burden of STIs in our community. During the fiscal year 2017, the Adult Care Services team served 1,887 clients, with 2,325 visits.

Immunizations

The Immunization Clinic provides vaccinations to clients of all ages. We strive to increase immunization rates and lower the incidence of vaccine preventable diseases. Our nurses and office support staff work together to ensure our clients receive not only the required vaccinations for school or employment, but also recommended vaccines for optimal health. The Immunization Clinic team provided immunization services to 2,478 clients, with 2,980 visits.

Additional Services: Community Involvement & School Physicals

The Family Planning, Adult Care Services, and Immunization Teams are also actively collaborating with community partners such as Southeastern Virginia Health System; Minority AIDS Support Services (MASS); the Lesbian, Gay, Bisexual, Transgender Life Center of Hampton Roads; and our own Health Promotion and Community Health Teams to reach citizens out in the community. Hampton Health Department speaks on various topics in the Teen Fast Forward Program at the Hampton Department of Social Services. Monthly Komen Clinics are held providing breast and cervical cancer screenings to uninsured women. In addition, our nurses provided immunizations such as Tdap and flu at various locations. For example, free flu vaccines were offered at the Goodwill Employment Center and Hampton Roads Ecumenical Lodgings and Provisions (H.E.L.P.) homeless shelter.

With the goal of making the transition into the school system more feasible for some families, the Hampton Health Department (HHD) performs school physicals to children meeting eligibility criteria. In addition, HHD performed school physicals for children displaced by hurricane Maria. In FY 2017, HHD was able to assist 181 children with school physicals.

Child Safety Seat Program and Permanent Fit Station

Ruby Gatling, Certified Child Passenger Safety Technician (CPST)

In Fiscal Year (FY) 2017, the Hampton Health Department (HHD) Child Safety Seat Program distributed 147 convertible car seats and five booster seats for a total of 152 seats. Due to contract renewal between the Virginia Department of Health (VDH) Injury Prevention Program and the Evenflo Company, there was a break in the program for two months during FY 2017.



Ruby Gatling, Certified Child Passenger Safety Technician (CPST), assists a parent in correctly installing a child safety seat.

Individuals receiving convertible safety seats and booster seats are required to attend a two-hour class consisting of live classroom and video instruction. Recipients are then required to go outside to their vehicles and install their safety seats/boosters. Each seat is installed under the guidance and supervision of Ms. Ruby Gatling, a Certified Child Passenger Safety Technician (CPST), to insure the seats are installed correctly. It is necessary for class participants to install the seats themselves to make sure they understand what they learned from the classroom instruction and demonstration video. This has proven to be a more effective way of making sure seat recipients' children are riding safely in their vehicles.

It is hoped that individuals who attend the class will, in turn, share the information they learned in the Car Seat Safety Classes; thereby continuing the cycle of educating the public in the proper installation of car seats and how children should be riding in the seats.

The program bills all Medicaid applicants for the class, which brings in revenue for the health department.

The Hampton Health Department is also a Permanent Fit Station. We are able to offer to the general public, free child safety seat checks by appointment only. Ms. Gatling checked over 75 seats during FY 2017. Individuals who come to HHD for safety seat checks receive handouts as well as a brief mini lesson and pertinent information pertaining to safety seats and the proper installation of their particular seat. This program is extremely successful, and HHD is the only Permanent Fit Station in

Hampton Health District
3130 Victoria Boulevard
Hampton, VA 23661

Phone: 757-727-1172
 Fax: 757-727-1185
 E-mail:
www.hamptonhealthdepartment@vdh.virginia.gov



New / Separated Employees

July 1, 2016–June 30, 2017

April Borrero, Human Resources

Pigford, Shannon—Community Health	01/10/2016
Ray, Faith—Environmental	03/25/2016
Smith, Melissa—Clinics	12/10/2016
Holder-Clinton, Allegra—Clinics	12/25/2016
Solorio, Alyssa—WIC	03/27/2017
Smith, Astrid—Custodial	04/25/2017

Mullen-Pacheco, Maribelle—Clinics	02/17/2017
McNair, Christopher—Clinics	02/24/2017
Parker, Artenser—WIC	03/07/2017
Webb, Oscar—Custodial	03/31/2017
Randall, Anita—Fiscal	05/15/2017
Bennett, Shana—WIC	06/09/2017
Grenier, Sarah—Environmental	06/16/2017



Komen Grant for Breast Health Services

Irene Ferrainolo, MPH, Health Educator Senior

In 2016, Hampton Health Department received a \$32,000 award from Komen for the Cure, Tidewater Affiliate, to provide breast health services to uninsured women living in Hampton. A total of 134 women received breast health services at four special Women's Health Day events, as an additional service of their Family Planning Clinic visit, or as referrals from another clinic site in Hampton. Services include clinical breast exams, screening and diagnostic mammograms, ultra-sound, breast biopsies, and surgical consultations, depending on the woman's unique needs.

More than 500 women received breast health education as part of a stand-alone women's health presentation, at a community fair or resource fair or as part of Hampton Health Department's "Worship in Pink" campaign.

Ninety percent of funds raised by the Tidewater Affiliate through the Race for the Cure and other ventures are returned to the community through grants. Hampton Health Department and the women of Hampton have benefited from that since 2006. Over 2,000 women received screening services. The graph displays the breakdown of services.

