



MOUNT ROGERS HEALTH DISTRICT



2023

ANNUAL REPORT



MESSAGE FROM THE HEALTH DIRECTOR

Dear Residents of Mount Rogers Health District,



I am grateful to be able to share with you our 2023 Mount Rogers Health District Annual Report. The purpose of this report is to provide you with an overview of our programs and services offered.

While our work around communicable diseases like COVID-19 often makes the headlines, we are always working hard to protect our community against health threats, to promote health, and to prevent disease. Our health departments do this by ensuring our pools, hotels, restaurants, and septic systems are safe; by providing clinical services such as family planning; by promoting our children's health with the WIC program, the car seat program and more; and critically, by working with community partners to improve health (e.g., through home visitation programs for new mothers) and to decrease harm (e.g., the impact of substance use disorder).

I am so appreciative that I am able to live in the Mount Rogers Health District with all the dedicated professionals that we work with and the communities we work for. This inaugural Annual Report is dedicated to all the employees of the Mount Rogers Health District. Thank you for what you do every day to make a difference in our community!

In health,

A handwritten signature in black ink that reads "Meagan Helmick". The signature is fluid and cursive.

Meagan Helmick, PhD, MPH, CHES®

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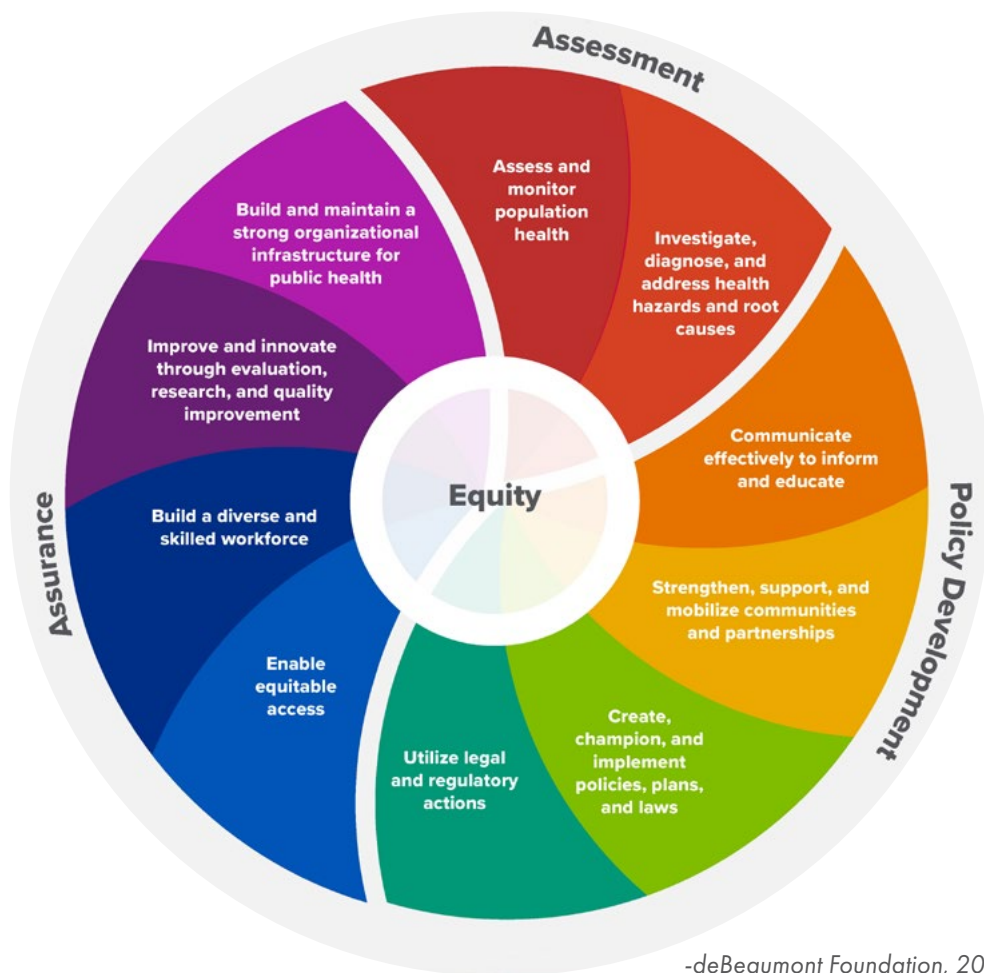
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TEN ESSENTIAL SERVICES OF PUBLIC HEALTH

Representing one of the 35 local districts of the Virginia Department of Health (VDH), Mount Rogers Health District 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.



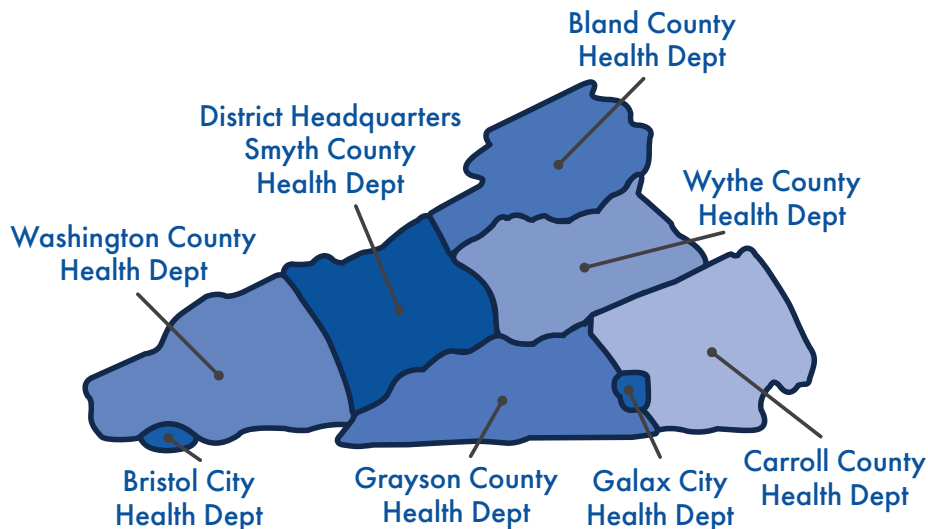
-deBeaumont Foundation, 2022



MOUNT ROGERS HEALTH DISTRICT 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."

Mount Rogers Health District's (MRHD) mission is to build healthy communities through disease prevention and control, health promotion and education, protection of environmental resources, and preparedness for emergency response.



LOCAL HEALTH DEPARTMENT CONTACT INFORMATION

Spanish Phone Line: (276) 238-6105

The Mount Rogers Health District has a phone line for those members of the community who prefer to communicate in Spanish. The health district's bilingual staff members are available at the dedicated phone line to answer questions, schedule appointments, or assist with a variety of other public health services.

Administrative Office

201 Francis Marion Lane 2nd Floor • Marion, VA 24354
Phone: (276) 781-7450 • Fax: (276) 781-7455

Bristol City Health Department

341 Piedmont Avenue • Bristol, VA 24201
Phone: (276) 642-7335 • Fax: (276) 642-7347

Galax City Health Department

502 South Main Street PO Box 926 • Galax, VA 24333
Phone: (276) 236-6127 • Fax: (276) 236-5517

Smyth County Health Department

201 Francis Marion Lane 1st Floor • Marion, VA 24354
Phone: (276) 781-7460 • Fax: (276) 781-7465

Wythe County Health Department

290 South 6th Street, Suite 300 • Wytheville, VA 24382
Phone: (276) 228-5507 • Fax: (276) 228-3392

Bland County Health Department

209 Jackson Street PO Box 176 • Bland, VA 24315
Phone: (276) 688-3642 • Fax: (276) 688-4514

Carroll County Health Department

605-15 Pine Street • Hillsville, VA 24343
Phone: (276) 730-3180 • Fax: (276) 730-3185

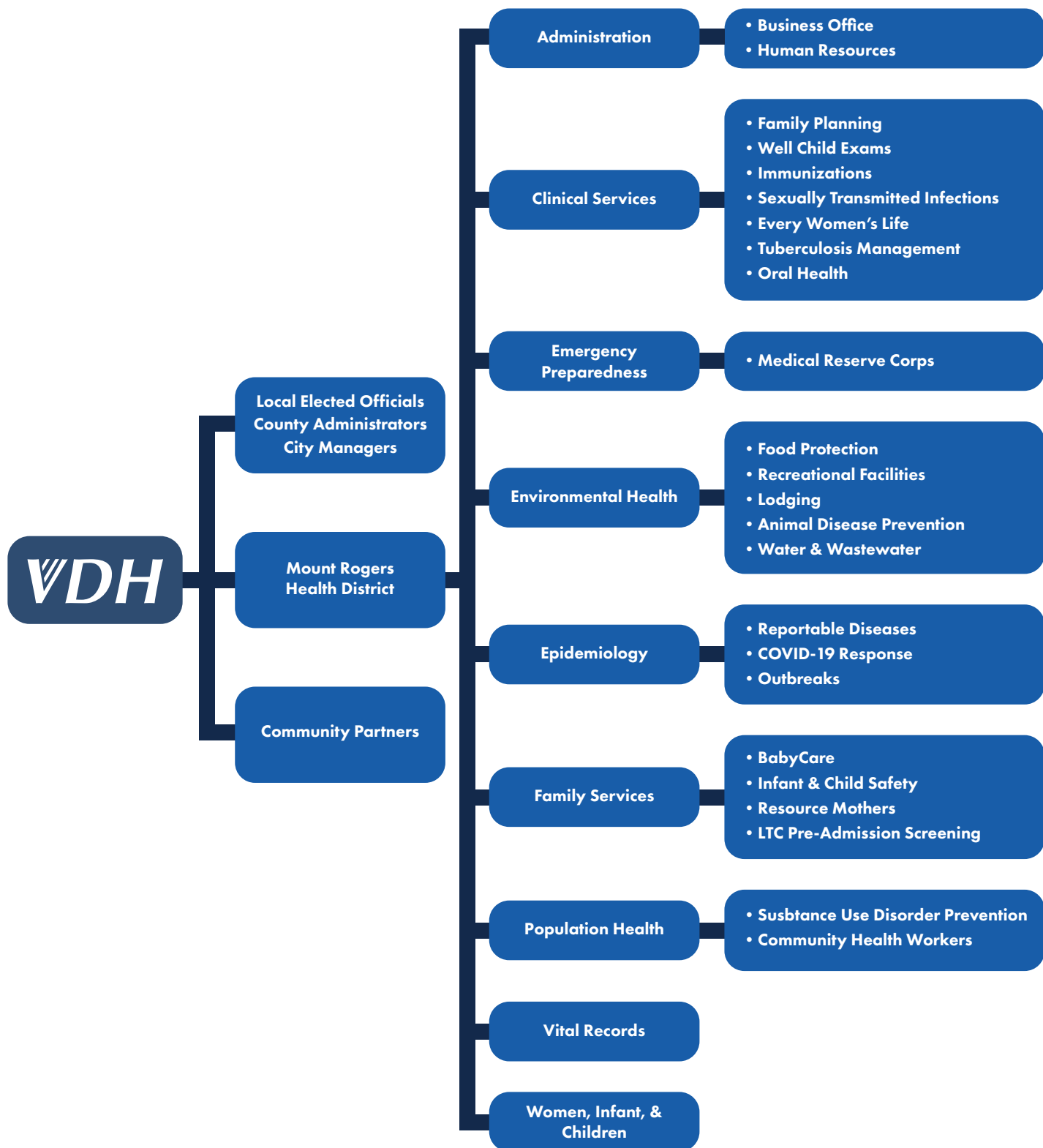
Grayson County Health Department

186 West Main Street PO Box 650 • Independence, VA 24348
Phone: (276) 773-2961 • Fax: (276) 773-2240

Washington County Health Department

15068 Lee Highway, Suite 1000 • Bristol, VA 24202
Phone: (276) 676-5604 or (276) 696-0110
Fax: (276) 645-1994

VDH ORGANIZATION CHART



ADMINISTRATION

The mission of the Administration, Operations, and Finance division is to provide the support and services necessary for the successful implementation of district programs and services, to ensure transparency for our stakeholders, and to maintain financial accountability and reporting excellence.

FINANCIAL INFORMATION

MRHD receives funding through a variety of sources divided into the “cooperative budget” and the “non-cooperative budget”. The cooperative budget includes state general funds that are matched by local funds as mandated by the Code of Virginia. The non-cooperative budget includes federal, state, and local grants, as well as revenue that is generated from services and fees. The 2023 VDH fiscal year is from July 2022 through June 2023.

MOUNT ROGERS HEALTH DISTRICT COOPERATIVE BUDGET FISCAL YEAR 2023

Cooperative Resources	Amount
State funds	\$5,185,537.00
Local Match funds	\$2,097,372.00
Revenue from fees	\$1,680,103.00
100% Local funds	\$165,534.00
Total	\$9,128,546.00

Cooperative Expenditures	Amount
Personnel Services	\$7,290,869.00
Contractual Services	\$705,266.00
Supplies and Materials	\$366,237.00
Continuous Charges	\$709,424.00
Equipment	\$37,850.00
Building Improvements	\$18,900.00
Total	\$9,128,546.00

GRANT DETAILS

The total resources from federal grants were much higher in 2023 than in past years because of increased federal funding to support the COVID-19 response and relief efforts. The district received 29 federal grants and 10 COVID specific grants during the fiscal year, some of which are multi-year grants, and others are one-time grants. In addition to federal grants, MRHD seeks out other grants to provide the comprehensive range of services to our communities.

Grant Category	Amount
COVID-19	\$2,649,576.00
Substance Use Disorder	\$270,658.00
Immunizations	\$65,342.00
WIC	\$862,785.00
Maternal & Child Health	\$383,006.00
Emergency Preparedness	\$338,217.00
Family Planning Services	\$445,701.00
STI/HIV	\$627,866.00
Rural Health	\$590,625.00
Miscellaneous	\$1,400.00
Total	\$6,236,176.00



SELF-GENERATED REVENUE DETAILS

In addition to funding received from local, state, and federal resources, MRHD generates revenue from services and fees that are provided to the community. During the COVID-19 public health emergency, the revenue generated by the district was lower than previous years because of our response to the pandemic. However, in 2023 we saw an increase in self-generated revenue from the previous two years as we resumed many of our services that we had to reduce because of our pandemic response.

Jurisdiction	Office Revenue
Bland County	\$77,852.38
Bristol City	\$181,662.62
Carroll County	\$325,438.16
Galax City	\$164,225.55
Grayson County	\$135,952.88
Smyth County	\$317,480.81
Washington County	\$365,208.81
Wythe County	\$291,759.58
Total	\$1,859,580.79

THE MOUNT ROGERS HEALTH DISTRICT TEAM

Jurisdiction	Full-time positions whose primary office is in the jurisdiction*
Bland County	3
Bristol City	11
Carroll County	19
Galax City	5
Grayson County	5
Smyth County^	20
Washington County	20
Wythe County	12
Total**	95

^ Includes District Office Staff

* Please note that 27 full-time positions are shared across local offices, however their primary office space can only be in one location

** This excludes contracted positions and wage staff, of which the district has over 20 positions.



CLINIC SERVICES

The mission of the Clinical Services Division is to support disease prevention, community health, and wellness in collaboration with community partners.

FAMILY PLANNING

The family planning program provides individuals with knowledge about and access to methods of birth control to empower them to improve pregnancy outcomes and decrease unintended pregnancies. A broad range of effective family planning birth control methods and services are available including contraception, physical exams, infertility education, counseling, and family planning education for adults and teens.

HIGHLIGHTS:

- Family Planning services were provided to Emory & Henry College onsite through our district’s Mobile Outreach Unit.
- More than 3,400 visits were completed at our offices for family planning services.

Family Planning	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Clients Served	43	223	429	326	103	348	334	266	2072
Visits	79	328	738	534	149	563	614	403	3408

July 1, 2022 through June 30, 2023

IMMUNIZATIONS

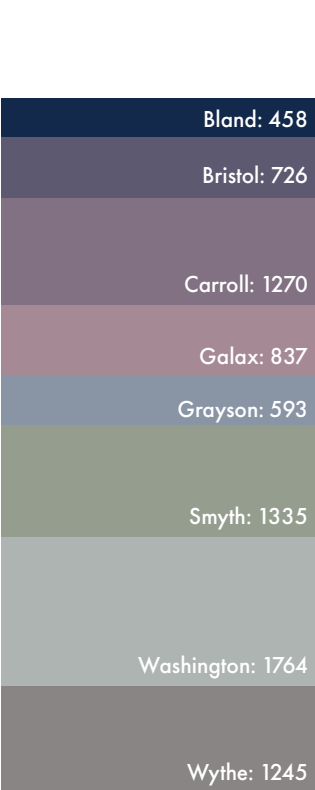
The immunization program reduces the morbidity and mortality associated with vaccine-preventable diseases. Vaccines are provided to adults and children following the guidelines set forth by the Advisory Committee in Immunization Practices within the Centers for Disease Control and Prevention (ACIP). On-site and off-site immunization clinics provide vaccination opportunities for flu, pneumonia, tetanus, diphtheria, pertussis, and all other adult and childhood vaccines. The program provides consultation and vaccines for foreign travel.

HIGHLIGHTS:

- Over the last year, more than 8,200 residents in Mount Rogers received at least one vaccine from the health department.

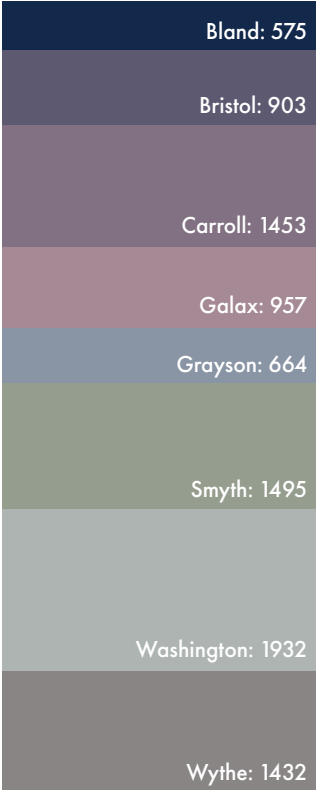


Clients Served



Total: 8228

Visits



Total: 9411

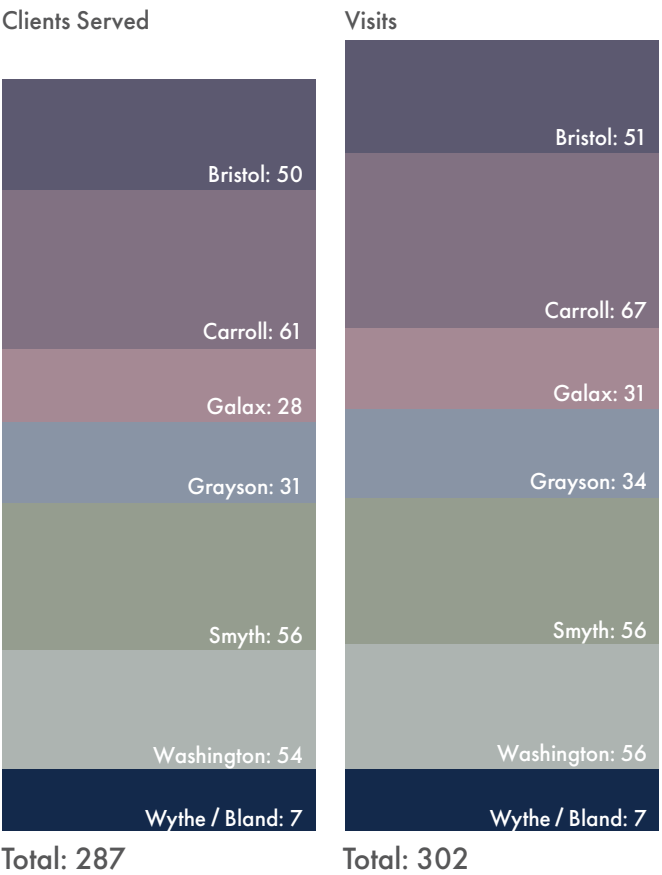
July 1, 2022 through June 30, 2023

WELL-CHILD EXAMS

The Child Health Program offers well-child exams by a family nurse practitioner. These exams include pre-school physicals, referrals to specialty care, immunizations, and vision and hearing testing.

HIGHLIGHTS:

- Last year the health department conducted over 300 visits for well-child exams.



July 1, 2022 through June 30, 2023

EVERY WOMAN’S LIFE (EWL)

EWL is a public health program that helps uninsured, low-income women gain access to free breast and cervical cancer screening services. Screening and early detection reduces death rates, improves treatment options, and greatly increases survival.

To be eligible, a woman must be a Virginia resident between the ages of 18-64, meet federal income guidelines, and be uninsured. Women 18-39 must be symptomatic or be determined to be high risk for breast and/or cervical cancer to be eligible.

Services provided include a clinical breast exam, mammogram, pelvic exam, Pap test and any diagnostic tests needed to reach a final diagnosis. Patient navigation services are provided through the continuum of care from abnormal screening to final diagnosis and treatment.

HIGHLIGHTS:

- The district provided screening and diagnostic services to 199 women through the program.
- Of those 199 women, 11 clients were diagnosed with breast or cervical cancer with treatment initiated and completed.

SEXUALLY TRANSMITTED INFECTIONS

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.

HIGHLIGHTS:

- The health department provided testing and/or treatment to more than 650 individuals.

TUBERCULOSIS (TB) MANAGEMENT

The Tuberculosis (TB) Management program aims to prevent, control, and eliminate tuberculosis in the community. The program offers confidential TB risk assessment screenings and testing. The TB team collaborates with the medical provider of individuals diagnosed with TB or a latent TB infection to provide case management, including the provision of medication and care coordination. The team also assists with the identification and testing of contacts for individuals with active TB, provides transportation for appointments and home visits to deliver medication to perform Directly Observed Therapy (DOT).

HIGHLIGHTS:

- More than 3,000 screenings were conducted at the health departments to identify active TB disease or latent TB infections.

TB Management	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Individuals Screened	70	218	311	230	69	489	217	400	2004
Screenings for Active or Latent TB Infections	90	298	446	291	120	873	394	553	3065

July 1, 2022 through June 30, 2023

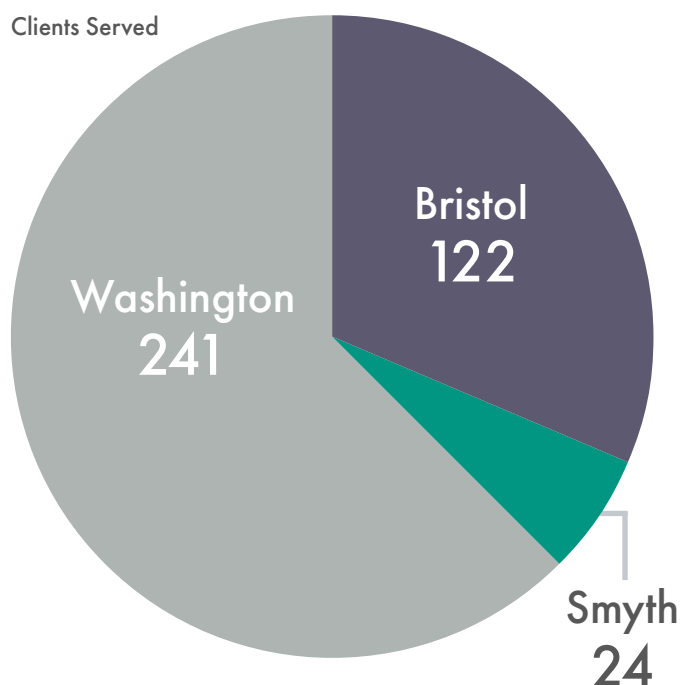
ORAL HEALTH

The Dental Health Preventive Services Program and the school-based Dental Sealant Program's goal is to prevent dental decay in the most vulnerable teeth of the most vulnerable population. In turn, this includes those that are at the highest risk of dental disease. The program emphasizes prevention as well as early identification and treatment of physical and behavioral health concerns. We aim to serve as a steppingstone to the establishment of a dental home.

Currently this program is available in the City of Bristol and the counties of Smyth and Washington.

HIGHLIGHTS:

- The programs returned to the schools after a 3-year hiatus during the COVID-19 pandemic and served 387 children.
- The programs added 7 more schools to serve a total of 34 schools in our health district.



July 1, 2022 through June 30, 2023



CARE CONNECTION FOR CHILDREN

Care Connection for Children (CCC) is a collaboration between the Virginia Department of Health, UVA Department of Pediatrics School of Medicine, and the Mount Rogers Health District. Based out of the Washington County health department office, CCC is one of the six centers located across the Commonwealth of Virginia that coordinates the health care and community support services for children with special health care needs from birth to their twenty-first birthday.

The CCC program pulls together families, care coordinators, educators, and medical professionals to help children with special needs to reach their maximum potential. Among the children served are those with long-term hearing, craniofacial, urologic, rheumatologic, orthopedic, and neurological disorders. Conditions served diabetes, cystic fibrosis and spina bifida. CCC strives to provide services that are family-centered, culturally sensitive, community-based, coordinated, collaborative and outcome-oriented.

Specialty clinics that are offered at Southwest Virginia Care Connection for Children include:

- Neurology
- Genetics
- Orthopedics
- Pulmonary
- Hematology-Oncology
- Developmental Pediatrics



Over 1000
Children assisted by the
CCC program this year.

HIGHLIGHTS:

- This year, our CCC program served as a medical home for 450 families with children needing specialty services.
- Our CCC program served more than 1,000 children across the district this year, allowing them the opportunity to receive health care within their community.

EMERGENCY PREPAREDNESS

The mission of the Office of Emergency Preparedness and Response (EP&R) is to promote community resilience through fostering whole of community partnerships to proactively prepare for, respond to and recover from all-hazards events that may adversely impact the public's health.

HIGHLIGHTS

- As the need for logistical support for COVID outreach decreased throughout 2023, staff efforts shifted to re-establish the necessary priorities of other Emergency Preparedness & Response (EP&R) activities.

MRHD EP&R ACTIVITIES FOR 2023 INCLUDED:

- Focused efforts to enhance public health and public safety partnerships to address Substance Use Disorder (SUD) across the district through collaboration with local partners.
- Enhanced partnership development and establishment of a common operating picture with the Local Emergency Planning Committees (LEPC), Mountain Empire Public Health Emergency Coordinators Council (MEPHECC), Southwest Virginia Emergency Medical Services Council Emergency Preparedness and Planning (EP&P) Committee, Southwest Virginia Healthcare Coalition (SWVAHCC) and Virginia Department of Emergency Management (VDEM).
- Revision of all district preparedness documents, including the Standard Operating Guides (SOGs), Emergency Operations and Continuity of Operations plans, and functional and hazard-specific plans.
- Submission of the application process to become Project Public Health Ready (PPHR) recognized by the National Association of County and City Health Officials (NACCHO).
- Implementation of quarterly Emergency Preparedness and Response Lunch and Learn series to provide staff members with Just-In-Time training on actions necessary to support emergency preparedness, response and recovery efforts.



MRHD EP&R ACTIVITIES FOR 2023 INCLUDED:

The Southwest Virginia Medical Reserve Corps provides a systematic, coordinated and effective voluntary medical response to events affecting their local communities. The goal of MRC preparedness is to keep volunteers engaged with training and volunteer opportunities so that they can support public health efforts when the need arises.



420

Approved Volunteers



866

Volunteer Hours

given to non-emergency and emergency events in the MRHD



OVER

\$27K

Workforce Savings

55

Non-emergency events and 1 emergency response to the Warming Shelter in Bristol, VA over the Christmas weekend

EMERGENCY RESPONSE HIGHLIGHTS:

- Medical and Non-Medical Volunteers supported a Warming Shelter opened by the City of Bristol on December 23/24, 2022.

NON-EMERGENCY RESPONSE HIGHLIGHTS:

- Volunteers distributed over 1200 COVID-19 test kits in community settings. These kits included hand sanitizer, mask, gloves and English/Spanish infographic instruction card.
- Assisted local law enforcement with the successful gathering of over 3K pounds of drugs at two Drug Take Back days in October 2022 and April 2023.
- Partnered with Appalachian Substance Abuse Coalition to provide Rapid REVIVE! naloxone education at the 2022 Bristol Rhythm & Roots Reunion.
- Volunteers participated in hospital and local emergency response exercises in Bristol, Abingdon, Marion, Wytheville and Galax.



ENVIRONMENTAL HEALTH

The mission of Environmental Health Services protect the public's health by engaging in a wide variety of inspection, permitting, and testing services, including Food Protection, Recreational Activities, Lodging, Animal Disease Prevention (Rabies) and Water and Wastewater.

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. Our inspectors also assist in the investigation of potential food-borne illness outbreaks. Reviews are conducted on construction plans for new or remodeled facilities.



**Permits
Issued**



**Inspections
Conducted**

Food Protection	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Permits Issued	12	130	75	55	38	101	159	130	700
Inspections Conducted	29	244	134	100	73	226	326	308	1440
2023 Summer Feeding Inspections	1	6	5	3	6	6	6	12	45
Total	42	380	214	158	117	333	491	450	2185

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.

Permits Issued	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Migrant Camp	0	0	7	0	30	1	2	0	40
Tourist Establishment	2	15	18	2	2	12	34	28	113
Total	2	15	25	2	32	13	36	28	153

Inspections Completed	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Migrant Camp	0	0	9	0	54	2	2	2	69
Tourist Establishment	2	4	32	8	2	0	0	48	96
Total	2	4	41	8	56	2	2	50	165

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.

Permits Issued by Event Type	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Fairs / Festivals	0	2	6	2	5	10	13	9	47
Campground	1	1	7	1	16	7	10	8	51
Swimming Pools	6	7	13	3	3	6	19	25	82
Total	7	10	26	6	24	23	42	42	180

Inspections Completed by Event Type	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Fairs / Festivals	0	9	33	11	12	15	27	11	118
Campground	1	1	9	1	13	4	12	7	48
Swimming Pools	8	3	19	4	4	4	19	60	121
Total	9	13	61	16	29	23	58	78	287

ANIMAL DISEASE PREVENTION (RABIES)

The Animal Disease Prevention (rabies) program deals with the 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.

Animal Bite Incidents by Locality	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Animal Bite Incidents	22	40	103	44	45	91	106	68	519
Human Victim Exposures									497
Animal Victim Exposures									96

Source Animal by Type	Cat	Dog	Livestock	Bat	Raccoon	Skunk	Fox	Groundhog	Other	Total
# of Source Animals	111	305	11	34	37	7	4	6	14	529
# tested	26	7	11	26	32	7	3	4	10	126
# tested positive for rabies	2	0	0	0	6	6	1	0	0	15

Not all animals are tested, if up to date on vaccination, asymptomatic, and can be confined.

WATER & WASTEWATER

The Water and Wastewater program provides surveillance, inspection and regulatory oversight of private wells, on-site sewage systems and sewage handlers. System designs are submitted by the private sector for review by our staff in all localities except Wythe & Smyth Counties, where we provide direct system design services. We are also a provider of last resort for these services in all localities.

Septic & Well Applications by Type	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Safe, Adequate, and Proper Applications	0	0	25	0	8	25	42	28	128
Sewage Applications	20	0	83	0	44	67	158	63	435
Well applications	12	0	47	0	41	19	26	12	157
Sewage & Well Combined Applications	10	0	69	0	48	12	4	18	161
Total	42	0	224	0	141	123	230	121	881

Septic & Well Inspections and Permits	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Onsite Construction Inspections	22	0	93	0	6	25	72	36	254
Onsite Operation Permits	21	0	55	0	4	20	73	43	216
Septic Permits Issued	34	0	153	0	87	54	153	75	556
Well Permits Issued	15	0	87	0	55	22	23	28	230

Data represents CY2022; Bristol & Galax have public water and sewer for all residents.



EPIDEMIOLOGY

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

REPORTABLE DISEASES

To optimally protect the public's health, healthcare professionals and laboratories are required to report over 70 diseases or conditions in Virginia. During the fiscal year that includes July 1, 2022, thru June 30, 2023, MRHD investigated 1,180 reports that met the CDC case definition for the specific disease, excluding COVID-19. You can find a complete list of reportable disease's in Virginia here:



REPORTABLE CONDITION PROGRAM AREAS BY JURISDICTION

Program	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Communicable Disease (non-COVID-19)	*	11	16	*	10	19	35	19	115
Healthcare Associated Infections	*	0	0	*	*	9	*	*	16
Hepatitis	21	44	12	17	6	43	60	40	243
Sexually Transmitted Infections	18	75	61	27	31	99	164	106	581
Toxic Substance	0	*	*	*	0	0	*	*	15
Tuberculosis	0	0	*	0	0	*	*	*	7
Vaccine Preventable Disease	0	0	*	*	0	0	*	0	7
Zoonotics	9	*	64	12	47	11	16	39	199
Total	38	58	96	34	64	84	125	104	1183

* Indicates between 1-5 cases

Reportable Condition	District Total
Anaplasma phagocytophilum infection	*
Botulism, infant	*
Campylobacteriosis	43
Carbon monoxide poisoning	*
Chlamydia trachomatis infection	430
Coronavirus Disease 2019 (COVID-19)	15,861
CP-CRE (E. coli, Enterobacter and Klebsiella spp)	14
CPO, non-Enterobacteriaceae	*
Cryptosporidiosis	9
Cyclosporiasis	*
E. coli infection, shiga toxin-producing	8
Ehrlichia chaffeensis infection	*

Reportable Condition	District Total
Giardiasis	*
Gonorrhea	120
Haemophilus influenzae, invasive	*
Hepatitis A, acute	*
Hepatitis B (acute & chronic)	16
Hepatitis C (acute & chronic)	224
Latent Tuberculosis infection	6
Lead, elevated levels	10
Legionellosis	*
Listeriosis	*
Lyme disease	179
Mercury, elevated levels	*
Monkeypox	*
Pertussis	*

Reportable Condition	District Total
Q fever, acute	*
Salmonellosis (non-Typhi, non-Paratyphi)	18
Shigellosis	*
Streptococcus, Group A, invasive	24
Syphilis	31
Toxic-shock syndrome, streptococcal	*
Tuberculosis	*
Varicella (Chickenpox)	*
Vibriosis, non-cholera	*
Yersiniosis	8
Total	17,045

* Indicates between 1-5 cases

COVID-19 RESPONSE

The team continued to respond to the ongoing COVID-19 pandemic, with over 15,800 cases reported to the health district. The team worked with businesses, schools, child-care centers, long-term care and assisted living facilities, congregate living facilities, and other healthcare facilities to assist in investigations and provide the most up-to-date guidance on reducing outbreaks and severe illnesses.



Program	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
COVID-19	534	1521	2526	839	1307	2961	4146	2027	15861

OUTBREAKS

The MRHD Epidemiology team investigated 90 outbreaks in the district. These included Influenza (5), norovirus (3), enterovirus (1) and SARS-CoV-2 (81). These outbreak investigations occurred in long-term care and assisted living facilities, schools, childcare centers, businesses, restaurants and community venues.

Infection Prevention onsite visits were made to congregate settings by the MRHD Epidemiology Team and the VDH Southwest Regional Infection Control Team to provide education and guidance to facilities before, during, and after outbreaks. More than 15 infection control visits were conducted in the district.

Type of Facility	Suspected Etiologic Agent				Total Outbreaks
	Sars-CoV-2	Norovirus	Enterovirus	Influenza	
Adult Daycare Program	1	0	0	0	1
Assisted Living	9	0	0	0	9
Behavioral Health Facility (Inpatient, Outpatient, & Residential)	6	0	0	1	7
Business/Workplace	7	0	0	0	7
Camp / Campground	1	0	0	0	1
Community Event	1	0	0	0	1
Correctional Facility	7	0	0	0	7
Daycare / Pre-K	2	0	1	0	3
Event Venue	1	0	0	0	1
Grocery Store	1	0	0	0	1
Group Home	4	0	0	0	4
Medical Office	1	0	0	0	1
Multicare (e.g. ALF/Nursing Home/Skilled Nursing)	6	0	0	2	8
Nursing Home	22	2	0	2	26
Other	1	0	0	0	1
Place of Worship	2	0	0	0	2
Public Safety	1	0	0	0	1
Restaurant	0	1	0	0	1
School (K-12)	7	0	0	0	7
Sports/Sports Club	1	0	0	0	1
Total	81	3	1	5	90

A NOTE ABOUT QUALITY ASSURANCE

Quality Assurance (QA) is an ongoing comprehensive process to ensure the accuracy and integrity of reported data. The MRHD Epidemiology program reconciles and reviews all reportable disease case reports, labs, whole genome sequencing results, and outbreaks to keep our database, public-facing dashboard and reports up to date and accurate.

It is the policy of VDH's Office of Epidemiology to not report data at a level that may be identifiable. Therefore, the exact number of confirmed cases of disease where less than 5 total cases have been identified has been removed from the tables.



FAMILY SERVICES

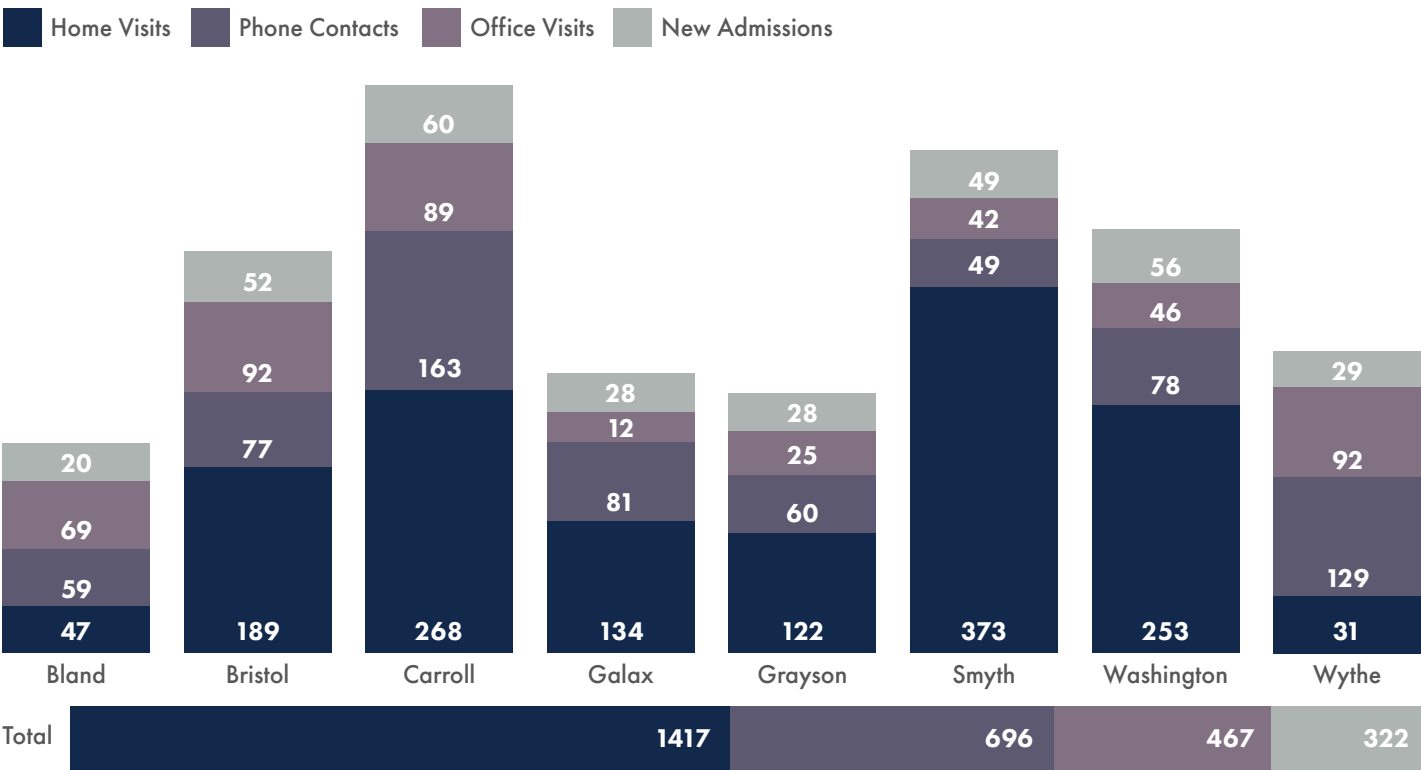
The mission of the Family Services program is to protect and improve the health of all residents, with a focus on women, infants, children, adolescents, and their families.

BABY CARE

The Baby Care program improves pregnancy and birth outcomes by providing home visits from registered nurses to high-risk pregnant women and infants up to 24 months of age. The program provides intensive case management, coordination of care, and education about prenatal care, birthing and parenting.

HIGHLIGHTS:

- Over 1,400 home visits were performed last year by our public health nurses, and more than 322 mothers and/or babies were enrolled in our program.
- Mount Rogers Health District made up 21% of all BabyCare visits performed in Virginia.

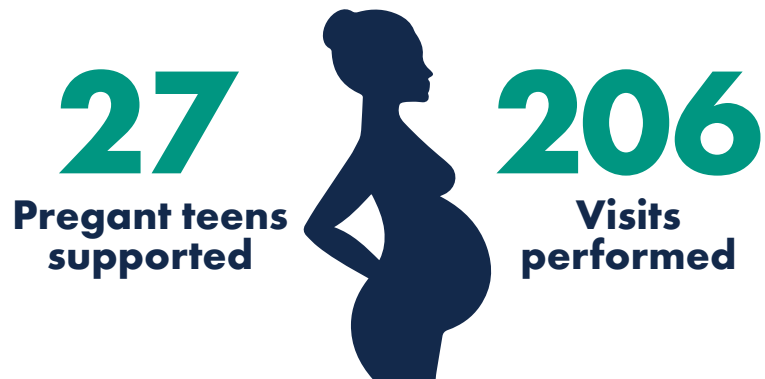


July 1, 2022 through June 30, 2023



RESOURCE MOTHERS

Resource Mothers is a program where an outreach worker becomes a support person for pregnant and parenting teens. These staff encourage the teens to complete education and build a future for themselves by providing parenting education, connecting teens to available resources, and teaching them about the care of a newborn/infant. They also provide car seat instruction and demonstration.



HIGHLIGHTS:

- 27 pregnant teens were supported through this program last year
- Over 200 visits were performed last year, including 46 in Bland & Wythe Counties, 39 in Carroll, Grayson, and the City of Galax, and 121 in Bristol, Smyth, and Washington Counties.

INFANT & CHILD SAFETY

The **Safe Sleep Program** is a grant funded program through the Twin County Community Foundation and the Wythe Bland Foundation. Nurses and Resource Mothers provide safe sleep education, cribettes (e.g. pack n plays), and safe sleep accessory kits to any participant that is 36 weeks gestation or any child less than one year of age.



43
Families have received safe sleep kits in 5 localities

The **Car Seat Program** is designed to increase correct usage of a car seat and provide a better understanding that safety seats save lives. Individuals are eligible to receive a free car seat or booster, including hands on education and training if: 1) they live in Virginia, 2) are a custodial parent, legal guardian, or foster parent of a child 7 years of age or younger, 3) are income eligible for WIC, SNAP, Medicaid, TANF, or FAMIS. If a woman is pregnant, they need to be in their last trimester of pregnancy to enroll in the class.

265
Free car seats and/or booster seats distributed



HIGHLIGHTS:

- 43 families have received the safe sleep kits in Bland, Carroll, Galax, Grayson, and Wythe Counties.
- 265 free car seats and/or booster seats were distributed to eligible individuals across all 8 localities.



LONG TERM CARE PRE-ADMISSION SCREENINGS

This program provides a timely screening assessment for Medicaid or Medicaid-eligible clients needing nursing home placement or 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. These screenings are conducted by community-based teams including a nurse from the local health department and a social worker from the Department of Social Services in each locality.

HIGHLIGHTS:

- More than 750 screenings were conducted on adults across all eight localities.
- A total of 47 screenings were conducted on individuals under the age of 18 across all eight localities

Long Term Care Pre-Admission Screenings	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Adults	18	63	142	34	63	149	156	128	753
Children	*	*	*	0	*	13	19	6	47

* Indicates between 1-5 screenings July 1, 2022 through June 30, 2023

POPULATION HEALTH

The mission of the Population Health Division is to foster diverse community relationships to overcome health inequities across the district through education, outreach, community mobilization and partnerships.

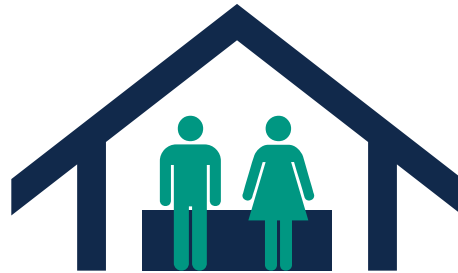
COMMUNITY HEALTH WORKERS

Community Health Workers serve as a voice for the community and are viewed as the missing link between a client and available health department and other social services. A team of 7 CHWs have been deployed throughout MRHD and have connected with traditional and non-traditional partners to facilitate access to services and improve the quality and cultural competence of service delivery.

HIGHLIGHT:

- Our team of CHWs have collaborated with more than 40 different community organizations to provide education and resources on-site.

68
Outreach Events
Hosted



126
Outreach Events
Attended

194 Total Outreach Events

OVERDOSE PREVENTION

The Opioid Epidemic has had a significant impact on our communities. It's estimated that in our eight localities the total cost of the epidemic in 2021 was almost \$96,000,000 (source: <https://costofaddictionvirginia.com/>). MRHD has made it a priority to work with our localities and other community partners to reduce the number of overdoses, both fatal and non-fatal in our district. We have also committed to training our community on the signs of an overdose and have worked tirelessly to get naloxone (Narcan™) to individuals who need it most.

REVIVE! TRAININGS

One of the focus areas of the population health team is to educate individuals and the community on how to identify an overdose and how to administer naloxone in the case of an overdose. Trainings are provided on-site at organizations, community events, or at the local health department offices.

Last year our population health team provided REVIVE! Training to over 800 individuals and dispensed more than 2,000 doses of naloxone.



COMPREHENSIVE HARM REDUCTION

Comprehensive Harm Reduction (CHR) is an evidence-based public health approach designed to reduce the negative impact of drug use on individuals and their communities. CHR services have shown to help prevent the spread of HIV, Hepatitis-C, and other communicable diseases, as well as reducing the likelihood of overdose and death. It is intended for those who are unable to, or not ready to cease the use of drugs. For many, CHR is the beginning of their journey towards recovery.

The MRHD CHR program is located inside of the Smyth County Health Department; however, services are not limited to only Smyth County residents. The program extends services to all residents in the MRHD catchment area, as well as anyone seeking services outside of our geographic range.

Services provided in CHR:

- Testing for HIV, HCV, and other diseases
- Referrals for HIV or HCV treatment
- Narcan/REVIVE! Training
- Drug Test Strips
- Syringe Exchange
- Access to a Clothing Closet
- Hygiene products
- Education for safer use



893
Total
Visits



488
Total
Participants



83
New
Individuals



97%
Return Rate
of Syringes

In addition to the services above, CHR staff also provide referrals to a variety of services in the community including social services, mental health services, substance use disorder treatment, PrEP, Peer Support Services, Housing Resources, and Assistance with Medicaid Enrollment.



VITAL RECORDS

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

2023 VITAL RECORDS REQUESTS BY SITE

Certified copies of birth, death, marriage, and divorce certificates can be obtained from the Virginia Department Health if the event occurred in Virginia. The fee for each vital record is \$12 per certificate or search.

2023 Record Requests	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Birth Certificates	22	265	118	87	59	163	354	81	1149
Death Certificates	18	423	314	385	110	739	661	498	3148
Death Verifications	0	4	4	0	1	2	2	7	20
Divorce Certificates	0	4	0	2	0	0	0	4	10
Marriage Licenses	3	13	13	7	2	9	7	4	58
Total	43	709	449	481	172	913	1024	594	4385

Individuals can make applications for themselves or immediate family members with valid identification by the following methods:

IN PERSON

- Applications can be submitted at all MRHD health department offices during regular business hours.
- 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, AND CHILDREN (WIC) PROGRAM

The mission of the MRHD Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is to improve the health of low income pregnant, post-partum, or breastfeeding women, as well as infants and children under the age of 5, through better nutrition and access to health care.

HIGHLIGHTS

- The Mount Rogers Health District (WIC) program saw 4,157 participants during the 2023 fiscal year. As COVID – 19 waivers came to an end with the end of the public health emergency, WIC returned to fully in-person services.
- \$18,000 worth of Farmers Market Nutrition Program Coupons were issued to almost 600 WIC participants. These coupons are redeemed by local farmers signed up to participate in the program at local farmers markets in our communities.

WIC Overview	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Nutrition Clinic Participants Served	83	397	623	619	201	701	840	693	4157
Prenatal & Breastfeeding Participants	9	52	73	67	24	79	109	72	485

WIC Overview	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Participant Coupons Issued to Farmers Market	16	38	73	58	37	184	116	75	597
Farmers Market Dollars Redeemed at Local Farmers Markets	\$480	\$1740	\$2190	\$1140	\$1110	\$5610	\$3480	\$2250	\$18,000

Total number of individuals served in Federal Fiscal Year Oct 2022- Sept 2023



4,157

**WIC Participants
in 2023**



\$18,000

**Of Farmers Market
Nutrition Program
Coupons issued**



