

ANNUAL REPORT 2025



MOUNT ROGERS
HEALTH DISTRICT



MESSAGE FROM THE HEALTH DIRECTOR

Dear Residents of Mount Rogers Health District,



It is my privilege to share with you the 2025 Mount Rogers Health District Annual Report. This report highlights the breadth of our programs and services and reflects our unwavering commitment to the health and well-being of our community.

Throughout the year, our dedicated team has worked across a wide range of public health efforts to protect against health threats, promote wellness, and prevent disease. Each of our local health departments plays a vital role in this mission—ensuring the safety of hotels, restaurants, and septic systems; delivering essential clinical services such as family planning; and supporting children’s health through programs like WIC and car seat safety.

We are especially proud of our strong partnerships with community organizations. These collaborations allow us to extend our reach through home visitation programs for new mothers, initiatives to reduce the impact of substance use disorder, and many other efforts that improve health outcomes across our region.

We began offering doula services to support Medicaid clients and launched our integrative health services mobile units that bring public health and behavioral health together. Through partnerships with Highlands and Mount Rogers Community Services Board staff, we are able to deliver care focusing on improving health and reducing the impact of opioid use disorder outside of our buildings.

This year, we also responded to one of the most significant emergencies in recent memory: Hurricane Helene. Our team mobilized quickly and compassionately, operating seven emergency shelters across the district, assisting with housing for displaced residents in Damascus, coordinating bottled water distribution in Galax, supporting door-to-door wellness checks in Carroll County, and providing critical communication and outreach to our Hispanic community. These efforts underscore the strength, resilience, and compassion of our public health workforce.

We were also honored to work alongside the Far Southwest Virginia Medical Reserve Corps, whose volunteers contributed nearly 600 hours of service during the hurricane response. Their dedication and selflessness were instrumental in helping us meet the urgent needs of our community during this crisis.

I am deeply grateful to live and serve in the Mount Rogers Health District, alongside such dedicated professionals and the communities we support. This report is dedicated to you—the residents of our district. Together, we are building stronger, healthier communities, and we look forward to continuing this important work with you.

I invite you to read the full Annual Report to learn more about the programs, partnerships, and successes that made 2025 such an impactful year.

In Health,

Meagan Helmick, PhD, MPH, CHES®
Health Director
Mount Rogers Health District

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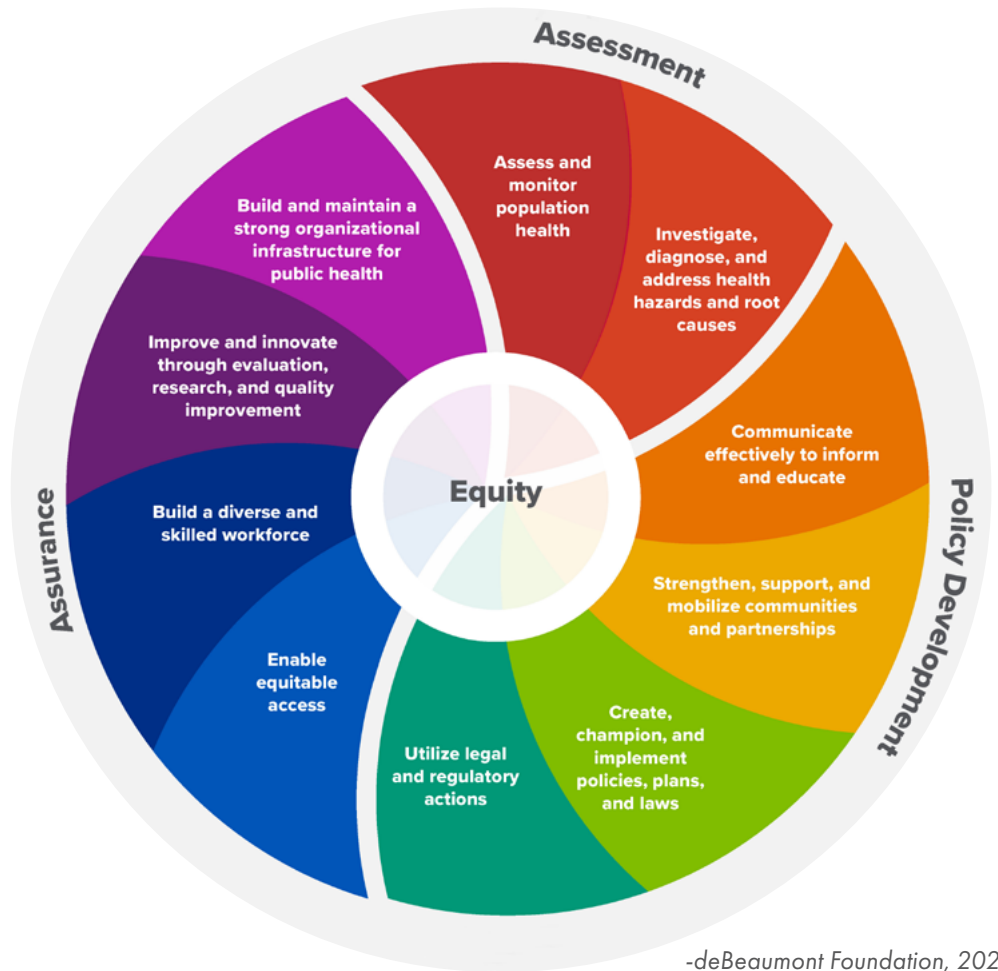
Barter Theatre Cover Photo Credit: Barter Theatre

TEN ESSENTIAL SERVICES OF PUBLIC HEALTH

Representing one of the 35 local districts of the Virginia Department of Health (VDH), the 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

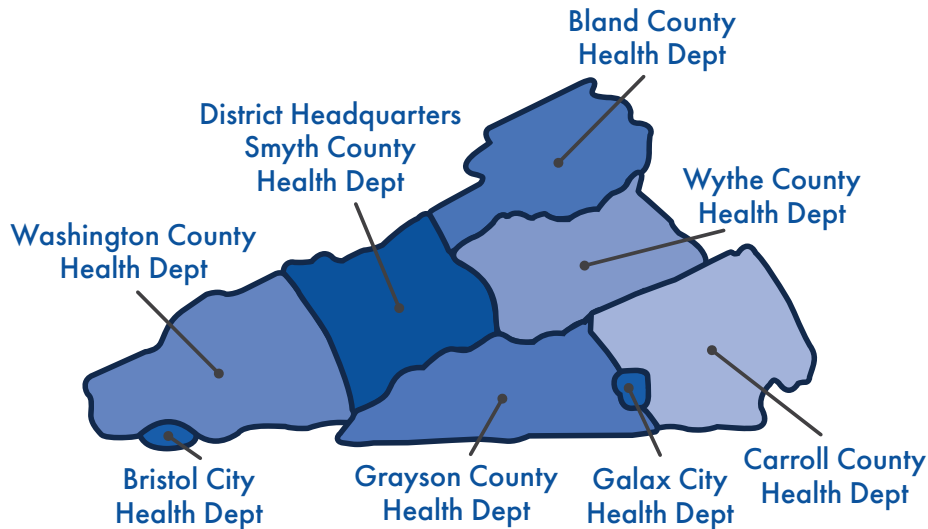
The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to 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.



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

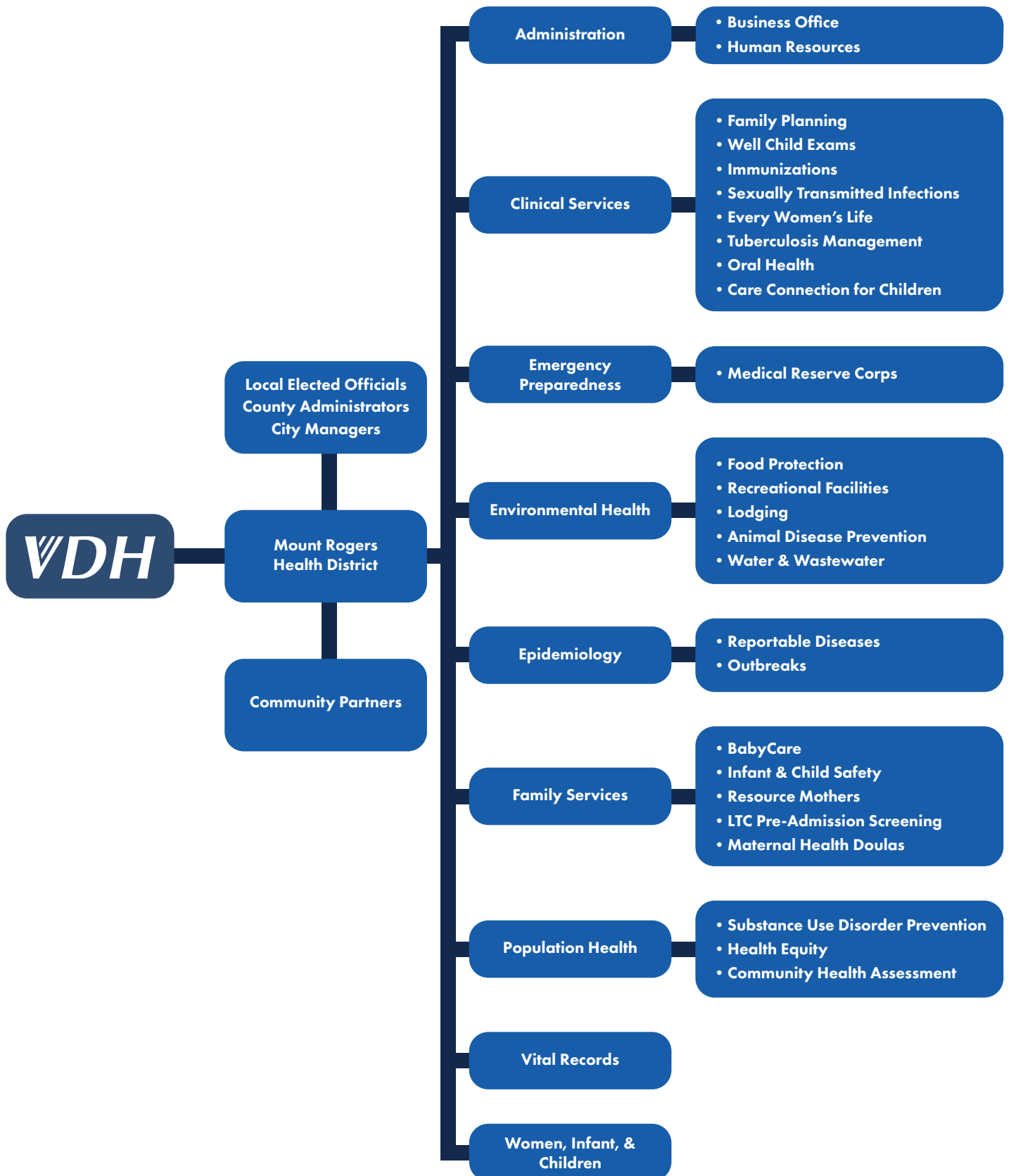
Grayson County Health Department

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, transparency to our stakeholders, and maintain financial accountability and reporting excellence.

FINANCIAL INFORMATION

The Mount Rogers Health District (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 2025 VDH fiscal year is from July 2024 through June 2025. Dollar amounts are rounded to the nearest dollar; totals may vary slightly due to rounding.

MOUNT ROGERS HEALTH DISTRICT COOPERATIVE BUDGET FISCAL YEAR 2025

Cooperative Resources	Amount
State funds	\$5,311,079
Local Match funds	\$2,027,520
Revenue from fees	\$1,786,950
100% Local funds	\$444,135
Total	\$9,569,683

Cooperative Expenditures	Amount
Personnel Services	\$7,311,103
Contractual Services	\$806,511
Supplies and Materials	\$675,633
Continuous Charges	\$664,254
Equipment	\$112,182
Total	\$9,569,683

GRANT DETAILS

MRHD received 26 federal grants totaling \$6,221,091, supporting a wide range of public health initiatives. These included both multi-year and one-time awards. However, in March 2025, MRHD experienced a significant loss of federal funding, resulting in a reduction of over \$3 million in federal funding. This unexpected funding cut had a substantial impact on operations and led to the layoff of 13 staff members.

In addition to federal support, MRHD actively pursued alternative funding sources to maintain essential services. During FY25, the district secured 12 non-federal grants, which helped sustain critical programs and expand outreach across our communities.



Grant Category	Amount
Federal Grants	\$6,221,091
COVID-19	\$3,776,290
Substance Use Disorder	\$128,123
Immunizations	\$68,610
WIC	\$960,092
Maternal & Child Health	\$0
Emergency Preparedness	\$377,332
Family Planning Services	\$217,756
STI	\$2,125
Rural Health	\$690,764
Other Federal Grants	\$1,084,226
Non-Federal Grants	\$1,219,768
Substance Use Disorder	\$405,312
Immunizations	\$110,000
Maternal & Child Health	\$297,128
Emergency Preparedness	\$213,502
STI	\$71,566
Other Non-Federal Grants	\$122,260
Total Grants	\$7,440,859

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 2025 fiscal year the district generated nearly \$1.8 million dollars.

Jurisdiction	Office Revenue
Bland County	\$98,736
Bristol City	\$170,265
Carroll County	\$386,765
Galax City	\$80,502
Grayson County	\$142,041
Smyth County	\$279,910
Washington County	\$344,742
Wythe County	\$283,988
Total	\$1,786,950

THE MOUNT ROGERS HEALTH DISTRICT TEAM

Jurisdiction	Full-time positions whose primary office is in the jurisdiction*
Bland County	3
Bristol City	12
Carroll County	18
Galax City	12
Grayson County	6
Smyth County^	18
Washington County	22
Wythe County	17
Total**	108

^ Includes District Office Staff

* Please note that 40 full-time positions are shared across local offices, however their primary office space can only be in one location.

** This excludes contracted positions, of which the district had 15 positions in FY25. Thirteen of these individuals were laid off during the federal funding recession in March 2025.



CLINICAL 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 expanded to community sites across Smyth and Washington Counties through our Mobile Unit.

Family Planning	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Clients Served	35	182	342	310	97	270	223	256	1,715
Visits	61	285	545	509	150	414	394	399	2,757

July 1, 2024 through June 30, 2025

IMMUNIZATIONS

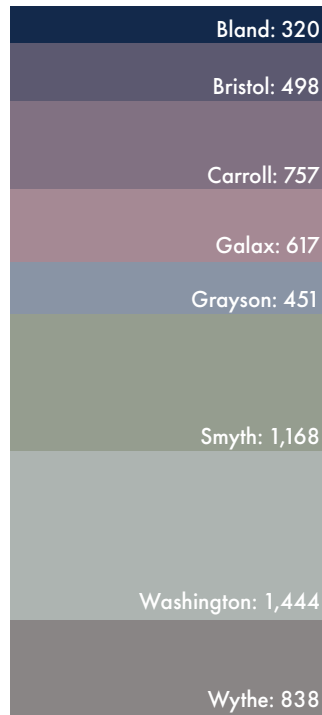
The immunization program reduces the morbidity and mortality associated with vaccine-preventable diseases. Vaccines are provided to adults and children following the guidelines set forth by the Advisory Committee in Immunization Practices within the Centers for Disease Control and Prevention (ACIP). 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 also provides consultation and vaccines for foreign travel.

HIGHLIGHTS:

- We began offering telehealth consultations for foreign travel immunizations across the district.

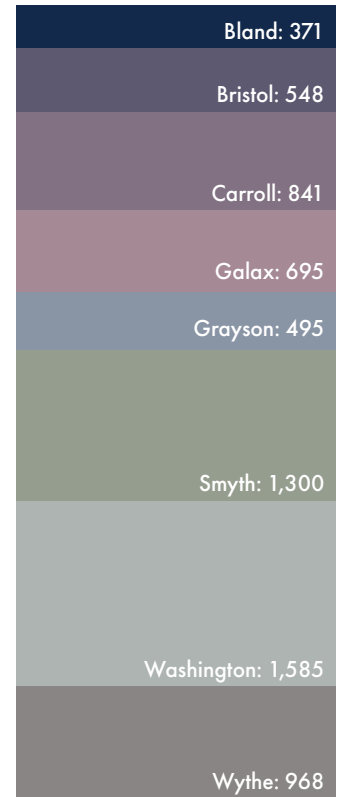


Clients Served



Total: 6,093

Visits



Total: 6,803

July 1, 2024 through June 30, 2025

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, women 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 165 women through the program.

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, vision and hearing testing, etc.

HIGHLIGHTS:

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



Clients Served

Bland: 8
Bristol: 32
Carroll: 62
Galax: 53
Grayson: 35
Smyth: 14
Washington: 46
Wythe: 38

Total: 288

Visits

Bland: 8
Bristol: 32
Carroll: 65
Galax: 59
Grayson: 36
Smyth: 15
Washington: 49
Wythe: 40

Total: 304

July 1, 2024 through June 30, 2025

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 620 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, providing transportation for appointments and home visits to deliver medication to perform Directly Observed Therapy (DOT).

HIGHLIGHTS:

- More than 1,600 individuals were screened at the health departments to identify active TB disease or latent TB infections.
- 2,150 individuals received tuberculosis education in the health department.

TB Management	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Screenings for Active or Latent TB Infections	49	196	161	136	47	527	326	192	1,634

July 1, 2024 through June 30, 2025

ORAL HEALTH

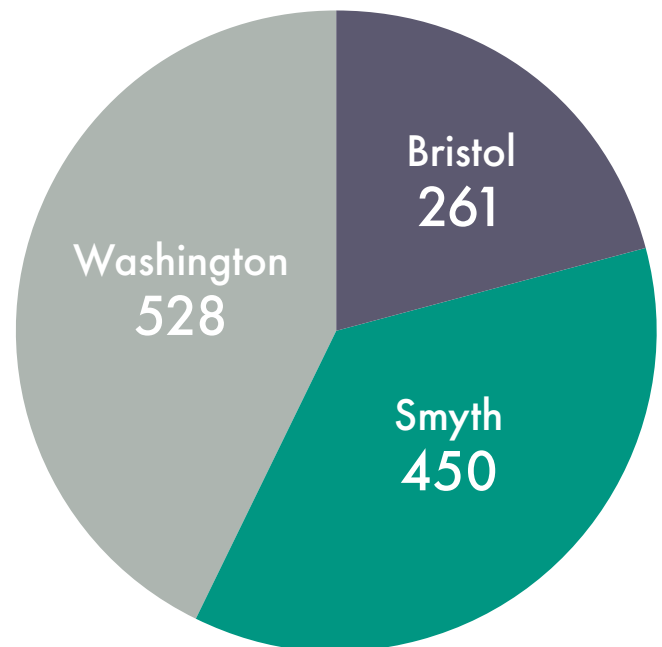
The Dental Health Preventive Services Program and the School-based Dental Sealant Program’s goal is to prevent dental decay in the most vulnerable teeth to the most vulnerable population. In turn, this includes those that are at the highest risk of dental disease. The program emphasizes prevention as 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 program provided service to over 1200 students this year, an increase of more than 100 students from the previous year.

Clients Served



July 1, 2024 through June 30, 2025



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, CCC is one of the six centers located across the Commonwealth of Virginia to coordinate 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 include 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 1200
Patients assisted by the
CCC program this year

HIGHLIGHTS:

- The specialty clinics through UVA saw nearly 1200 patients last year, during 33 onsite clinics at the Washington County Health Department.

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

- In total, the Mount Rogers Health District staff contributed 3,076.3 hours to support the emergency response and recovery needs of our communities as the result of Hurricane Helene.

HURRICANE HELENE:

Hurricane Helene officially reached hurricane status on Wednesday, September 25, 2024. As the storm traversed the Gulf of Mexico, rapid intensification occurred, reaching Category 4 intensity on the evening of Thursday, September 26, 2024. Later that evening, Hurricane Helene made landfall in the big bend region of Florida with maximum sustained winds of 140 mph. Helene weakened as it moved quickly inland before degenerating to a post-tropical cyclone over Tennessee on Friday, September 27, 2024. The storm stalled over Tennessee before ultimately dissipating on Sunday, September 29, 2024.

The storm brought significant rainfall, with the Grayson Highlands recording up to 12.2 inches and the city of Galax receiving approximately 8.6 inches over a 72-hour period. Damascus experienced severe flooding, with water levels reaching 19.5 feet. Infrastructure damage was extensive across the district. Route 21 along the mountainside near Independence in Grayson County was destroyed due to a landslide. Additionally, sections of U.S. Route 58 and the Virginia Creeper Trail leading into Damascus were completely washed out.

Working as part of a Regional Coordination Center, the Mount Rogers Health District provided the following response and recovery support actions:

- 6 local emergency shelter operations
- 3 Local emergency operations centers
- 1 Regional Coordination Center
- 1 Water Distribution Site
- 1 Volunteer and Donations Center
- 6 Disaster Recovery Centers
- 1 Wellness Check Team
- 6 Community Vaccination Centers
 - 146 Hep A Vaccines
 - 287 Tdap Vaccines
 - 79 EP&R Flue Vaccines
- 4 Agriculture Resource Days



Additionally, the Mount Rogers Health District was able to provide direct case management support services to 14 individuals displaced from their homes and assist with Disaster Nutrition Assistance Program (D-SNAP) approvals in 5 localities.

MEDICAL RESERVE CORPS ACTIVITIES IN 2025

The Far 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.



368 Approved Volunteers



1,321
Volunteer Hours

given to non-emergency and emergency events in the MRHD



26

Non-emergency events



OVER
\$51K
Workforce Savings

EMERGENCY EVENT RESPONSE HIGHLIGHTS:

- Volunteers helped at shelters in medical and non-medical roles, including overnight staffing.
- Volunteers conducted wellness checks for residents with medical needs in Carroll County.
- Volunteers staffed FEMA Disaster Recovery Centers, assisted with mobile vaccination clinics, and oversaw the donation center hosted by the United Way in Damascus.

NON-EMERGENCY RESPONSE HIGHLIGHTS:

- Volunteers who became CPR instructors last year taught classes to other volunteers, health district staff, and the public.
- Volunteers who became Stop the Bleed instructors taught classes to MRC volunteers and the public.



ENVIRONMENTAL HEALTH

Environmental Health Services protects 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 foodborne 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	16	139	86	63	40	101	190	143	778
Inspections Conducted	37	318	227	187	87	229	392	345	1,822
2025 Summer Feeding Inspections	1	5	5	2	6	7	9	10	45
Total	54	462	318	252	133	337	591	498	2,645

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	8	0	36	1	1	2	48
Tourist Establishment	3	16	16	4	4	12	32	27	114
Total	3	16	24	4	40	13	33	29	162

Inspections Completed	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Migrant Camp	0	0	10	0	47	2	1	2	62
Tourist Establishment	5	14	26	6	4	4	5	63	127
Total	5	14	36	6	51	6	6	65	189

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	2	7	10	14	2	15	11	10	71
Campground	0	1	8	3	16	11	13	9	61
Swimming Pools	6	8	13	4	3	6	20	23	83
Total	8	16	31	21	21	32	44	42	215

Inspections Completed by Event Type	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Fairs / Festivals	1	14	71	19	5	16	34	13	173
Campground	0	0	10	4	20	7	9	15	65
Swimming Pools	12	14	22	6	3	18	28	63	166
Total	13	28	103	29	28	41	71	91	404

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 exposures, including posting public notices to ensure protection for all.

Animal Bite Incidents by Locality			
Bland	Bristol	Carroll	Galax
23	54	94	19
Grayson	Smyth	Washington	Wythe
50	114	152	132

TOTAL BITE INCIDENTS

638

TOTAL RABID ANIMALS

12



HUMAN VICTIM EXPOSURES

606



ANIMAL VICTIM EXPOSURES

78

Source Animal* by Type	Cat	Dog	Livestock	Bat	Raccoon	Skunk	Fox	Groundhog	Other	Total
# of Source Animals	135	415	11	26	29	9	5	6	22	658
# tested negative for rabies	28	27	9	17	12	6	1	5	13	118
# tested positive for rabies	0	0 (1)	1	0	9	1 (1)	0	0 (1)	1	12 (3)

(1) indicates unsatisfactory results

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

*The source animal is the one responsible for the bite.

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	3	0	23	0	8	32	41	30	137
Sewage Applications	13	1	107	1	27	39	143	65	396
Well applications	11	0	55	0	27	15	15	31	154
Septic & Well Combined Applications	6	0	60	0	47	7	7	21	148
Minor Modification Applications	0	0	14	0	4	10	10	1	39
Legacy Applications	0	0	0	0	0	0	0	1	1
Total	33	1	259	1	113	103	216	149	875

Septic & Well Inspections & Permits	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Onsite Construction Inspections	14	0	93	1	21	12	74	48	263
Onsite Operation Permits	15	0	94	0	36	17	54	60	276
Septic Permits Issued	23	1	175	1	72	40	146	93	551
Well Permits Issued	16	0	104	0	68	19	24	47	278
Total	68	1	466	2	197	88	298	248	1,368

Data represents CY2024; Bristol & Galax have public water and sewer for all residents.

HURRICANE HELENE

In response to the extensive damage caused by Hurricane Helene, our district reviewed and approved 21 applications for well and septic system repairs following the flooding. To ease the financial burden on affected families, all associated fees were waived. Additionally, we submitted 19 water samples from properties where well heads were submerged, ensuring that residents had access to safe drinking water.



EPIDEMIOLOGY

The mission of 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 begins July 1, 2024, thru June 30, 2025, MRHD investigated 1,200 reports that met the CDC case definition for the specific disease, excluding COVID-19. You can find a complete list of reportable diseases in Virginia here:



REPORTABLE CONDITION PROGRAM AREAS BY JURISDICTION

Program	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe
Communicable Disease (non-COVID-19)	*	11	23	*	11	26	46	36
Healthcare Associated Infections	26	*	0	*	0	0	*	*
Hepatitis	12	35	33	17	16	42	0	29
Sexually Transmitted Infections	10	62	53	23	12	68	99	71
Toxic Substance	*	*	*	*	*	*	*	*
Tuberculosis	*	*	*	0	*	*	*	*
Vaccine Preventable Disease	*	*	5	*	*	18	21	9
Zoonotics	6	5	66	25	30	30	29	69
Total	57	119	181	72	74	186	202	226

* Indicates between 1-4 cases

Reportable Condition	District Total
Anaplasma phagocytophilum infection	10
Babesiosis	*
Campylobacteriosis	71
Candida auris, infection or colonization	8
Chlamydia trachomatis infection	288
Coronavirus Disease 2019 (COVID-19)	771
CPO, non-Enterobacteriaceae	27
Cryptosporidiosis	12
E. coli infection, shiga toxin-producing	10
Giardiasis	10
Gonorrhea	70

Reportable Condition	District Total
Haemophilus influenzae, invasive	8
Hepatitis A, (acute)	*
Hepatitis B (acute)	*
Hepatitis B (chronic)	12
Hepatitis C (chronic)	211
HIV	10
Latent Tuberculosis infection	8
Lead, elevated levels	15
Legionellosis	6
Listeriosis	*
Lyme disease	221
Mumps	*
Pertussis	43

Reportable Condition	District Total
Salmonellosis (non-Typhi, non-Paratyphi)	36
Shigellosis	5
Spotted fever rickettsiosis (Rocky Mt Spotted Fever)	5
Streptococcus, Group A, invasive	17
Syphilis	30
Toxic-shock syndrome, streptococcal	*
Varicella	*
Yersiniosis	8
Total	1,927

* Indicates between 1-4 cases

OUTBREAKS

The MRHD Epidemiology team investigated 65 outbreaks in the district. These included outbreaks of 9 different etiologic agents.

Suspected Etiologic Agent	Type of Facility							Total
	Assisted Living	Behavioral Health Facility	Correctional Facility	Day care / Pre-K	Nursing Home	Industry	University	
SARs-CoV-2	4	3	2	0	23	0	0	32
Respiratory Syncytial Virus (RSV)	0	0	0	1	2	0	0	3
Influenza	3	1	0	1	7	0	0	12
Rhinovirus	0	0	0	0	1	0	0	1
Pertussis	0	0	0	0	0	0	1	1
Norovirus	3	2	0	0	8	0	0	13
Campylobacter	0	0	0	0	0	1	0	1
Pediculosis	0	0	0	0	0	0	1	1
Candida	0	0	0	0	1	0	0	1
Total Outbreaks	10	6	2	2	42	1	2	65

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 dashboards, and reports clean, 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

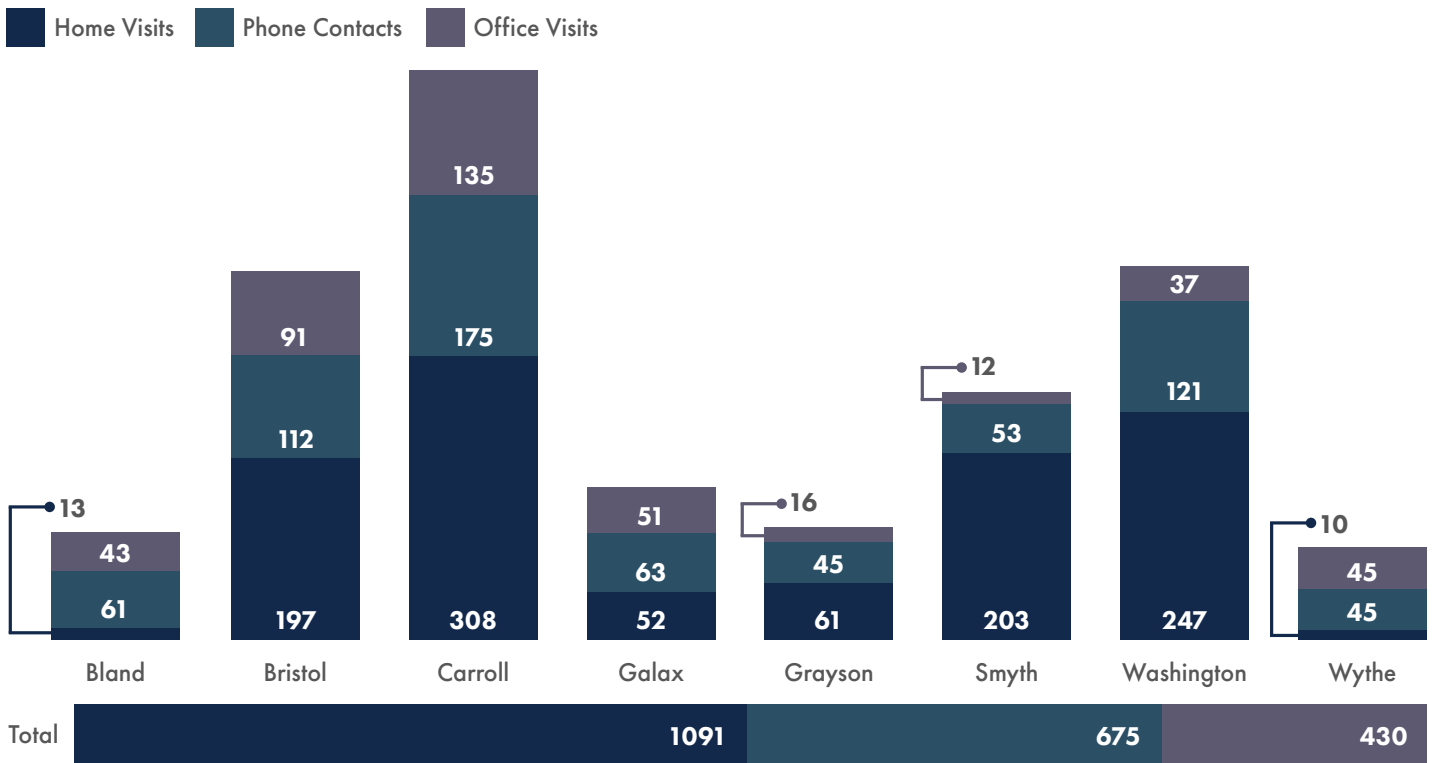
BABYCARE

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.

Our nurses educate families on pregnancy, postpartum care, nutrition, feeding options, healthy lifestyles, and connect patients with medical providers while covering topics like appointments, parenting, and perinatal depression. For children up to age two, we offer resources on safety, growth and development, vaccines, well-baby checkups, and encourages timely appointments and maintaining a primary care provider.

HIGHLIGHTS:

- Mount Rogers Health District provided service to 31.4% of all Baby Care clients enrolled in Virginia.
- More than 1,000 home visits were made last year by our public health nurses.
- More than 180 new clients were enrolled, and 450 clients were served through the program in Mount Rogers last year.



BabyCare Clients Served	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Clients Served (Both Maternal and Infants)	24	70	123	45	29	51	68	40	450

July 1, 2024 through June 30, 2025

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 newborn/infant. They also provide car seat instruction and demonstration.

HIGHLIGHTS:

- 51 pregnant teens were supported through this program last year.



51
Pregnant teens supported

402
Visits performed

INFANT & CHILD SAFETY

The **Safe Sleep Program** is a grant funded program through the Twin County Community Foundation, the Wythe Bland Foundation, and the WellSpring 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.

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.

The **Developmental Milestones for Infants Program** is a grant funded program through the Twin County Community Foundation, WellSpring Foundation, and the Wythe Bland Foundation. Nurses and resource mothers provide education and developmental kits to parents so they can work with their infants to meet developmental milestones.

HIGHLIGHTS:

- 48 families received cribettes after receiving one-on-one instruction and demonstrated how to safely position their infant for safe sleep.
- 295 free car seats and/or booster seats were distributed to eligible individuals across all 8 localities.

295
Free car seats and/or booster seats distributed



Safe Sleep Program by Locality			
Bland	Bristol	Carroll	Galax
3	3	13	9
Grayson	Smyth	Washington	Wythe
1	4	7	8
Total families assisted:			48

MATERNAL HEALTH DOULAS

The doula program provides a trained community health worker who supports a woman before, during, and after childbirth. They offer physical and emotional support and complement the care received from a healthcare professional. They advocate for the mom’s birthing preferences, helping them feel empowered and supported.

HIGHLIGHTS:

- We hired two community health workers who became certified birthing and postpartum doulas. These doulas now serve Medicaid clients in Bland, Carroll, Galax, Grayson, and Wythe, providing a level of care and support that is often out of reach for pregnant women on Medicaid.

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:

Adults

- Nearly 700 screenings were conducted on adults across all eight localities.

Pediatrics

- A total of 76 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	14	71	136	51	75	138	130	83	698
Screenings Performed	14	86	144	54	79	155	155	87	774

July 1, 2024 through June 30, 2025

LEAD SAFE PROGRAM

The goal of the Lead Safe Program is to eliminate childhood lead poisoning. Childhood lead poisoning is considered the most preventable disease that may be caused by a variety of sources in a child’s environment. When a child is diagnosed with an elevated lead level, a public health nurse and an environmental health specialist may provide case management and a home assessment for the family.

The goal is to identify and control the source of lead in the environment. Ongoing case management is provided by a public health nurse to educate the parents on the child’s nutritional needs and to monitor the lead levels with the child’s physician until it can be maintained at a non-toxic level.

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.

OPIOID EPIDEMIC

The Opioid Epidemic has had a significant impact on our communities. The region served by the Mount Rogers Health District has long faced elevated rates of substance use disorder, hepatitis C, poverty, and overdose burden compared to the rest of the state. In 2023 alone, the eight localities in the health district had a combined economic burden from opioids of over \$100 million.

Rural communities face additional challenges: a larger share of their population is incarcerated for opioid-related crimes compared to cities. Galax City, for instance, has the highest per-person criminal justice cost in Virginia at \$110. The impact extends beyond the justice system to families and children. In recent years, many children from rural areas have been placed in foster care in better-resourced cities. In 2023, more than 30% of foster care admissions were linked to parental drug use—a six-fold increase over the past 15 years. Bristol City has the highest per-person child services cost in Virginia at \$281.

Most of the health care costs were tied to conditions indirectly related to opioid use. These costs remain significant as well: Galax ranks among the top 10% of Virginia localities, with an average health care cost of \$262 per person due to the opioid crisis. For example, injecting opioids increases the risk of contracting HIV and hepatitis. Comprehensive harm reduction sites across Virginia offer these services to keep people safer, even if they are struggling with opioid use. Syringe service programs help reduce these risks by providing clean needles and other resources, and every \$1 invested in these programs yields about \$7 in economic benefit.

Investing in opioid prevention can make a difference, it's estimated that every \$1 spent on substance use prevention yields up to \$18 in economic benefit. Our district has made it a priority to work with our localities and other community partners to reduce the economic burden the epidemic has had on our communities. We are 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.

You can learn more about the impact the opioid epidemic has had in our communities by going to <https://www.virginiaopioidcostdata.org/>.



OPIOID EPIDEMIC - CONTINUED

Opioid Epidemic 2025	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe
Total All Sectors Cost	\$3.85 M	\$12.17 M	\$10.62 M	\$6.22 M	\$6.79 M	\$17.88 M	\$26.02 M	\$16.56 M
Per Capita All Sectors Cost	\$619	\$730	\$364	\$914	\$446	\$612	\$482	\$588
Total Health Care Cost	\$899 K	\$1.45 M	\$3.45 M	\$1.78 M	\$3.13 M	\$4.39 M	\$4.51 M	\$5.15 M
Per Capita Health Care Cost	\$145	\$87	\$118	\$262	\$206	\$150	\$84	\$183
Total Labor Cost	\$2.03 M	\$6.04 M	\$4.56 M	\$2.65 M	\$1.81 M	\$9.71 M	\$15.39 M	\$8.69 M
Per Capita Labor Cost	\$326	\$362	\$156	\$390	\$119	\$333	\$285	\$308
Total Child Services Cost	\$340 K	\$3.20 M	\$1.99 M	\$1.03 M	\$930 K	\$3.01 M	\$4.33 M	\$2.14 M
Per Capita Child Services Cost	\$148	\$281	\$89	\$262	\$121	\$129	\$113	\$97
Total Criminal Justice Cost	\$584 K	\$1.45 M	\$622 K	\$747 K	\$918 K	\$763 K	\$1.78 M	\$576 K
Per Capita Criminal Justice Cost	\$94	\$89	\$21	\$110	\$60	\$26	\$33	\$20

K = Thousands / M = Millions

Red Boxes represent Top 10% of Virginia Localities

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 560 individuals and dispensed more than 1200 doses of naloxone.

Narcan Data 2025	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
# of REVIVE Trainings	4	12	5	9	3	15	6	7	61
# Trained	39	220	14	69	8	91	69	52	562
# of Doses Dispensed	50	474	54	162	16	190	156	136	1,238
# of Kits Dispensed	62	237	15	75	8	97	76	65	635

COMPREHENSIVE HARM REDUCTION

Comprehensive Harm Reduction (CHR) is an evidence-based public health strategy that not only supports individuals who use drugs but also strengthens the overall health of the community. By reducing the transmission of infectious diseases, preventing overdoses, and connecting individuals to essential health and social services, CHR programs play a vital role in improving public health outcomes. These services are especially important for individuals who are not yet ready or able to stop using substances, offering a compassionate and non-judgmental entry point into care.

The Mount Rogers Health District (MRHD) CHR program, based at the Smyth County Health Department, continues to serve as a vital resource for individuals across the region. Services are open to anyone seeking support, regardless of where they live, and are designed to reduce barriers to care by offering practical tools, education, and connections to additional services. The program emphasizes dignity, safety, and trust, creating a space where participants can access what they need without judgment.

Key Services Provided:

- Testing & Counseling for HIV, HCV, and other diseases
- Referrals for HIV or HCV treatment
- Drug test strip distribution
- Overdose prevention education and naloxone (Narcan) distribution
- Individual harm reduction counseling
- Access to hygiene products and safer use education
- Safe syringe disposal
- Condom distribution and sexual health education
- Assistance with Medicaid enrollment and PrEP referrals

While some service areas are still growing, the program has laid a strong foundation for expanded testing and treatment in the coming year. With increased outreach and strengthened partnerships, MRHD is committed to deepening its impact and continuing to improve health outcomes for individuals and the broader community.



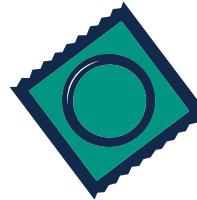
261
Total Unique
Participants



101
New Participants
Enrolled



Over
60K
Syringes Safely
Disposed



129
Participants who
Received Condoms



24
Participants Tested
for HIV & Hepatitis C
(11 HIV / 13 Hepatitis C)



255
Participants Receiving
Drug Test Strips



253
Participants Receiving
Overdose Prevention
Education & Naloxone



100%
Participants Receiving
Harm Reduction Counseling
& Educational Materials

INTEGRATIVE HEALTH SERVICES

A newly formed partnership with Highlands & Mount Rogers Community Service Boards began in 2025 providing better access to care for the community through mobile unit services. The mobile units were funded through a multi-year grant from the Opioid Abatement Authority (OAA) and represent a collaboration between all eight localities in the district. These units mark a major step in addressing the region’s ongoing challenges related to substance use, behavioral health, and access to care.

Each mobile unit is jointly staffed by the Mount Rogers Health District and Community Services Board personnel and provides a wide range of services, including:

Key Services Provided:

- HIV, hepatitis A, B, and C, and STI testing
- Harm reduction services (naloxone distribution and fentanyl/xylazine test strips)
- Immunizations
- Hepatitis C treatment
- Mental health and substance use counseling
- Psychiatric medication management
- Referrals and wraparound case management

Integrative Health Services (Mobile Units)	Count
Naloxone Kits Distributed to At Risk Individuals	214
Drug Test Kits Distributed to At Risk Individuals	13
Individuals Engaged During Harm Prevention Outreach	119
Adults Connected to Medications for Opioid Use Disorder	25
Adults Connected to Professional Mental Health Care	25
Adults Connected to Therapeutic Counseling Services	25
Adults Connected to Treatment for Communicable Diseases	4
Adults Connected to Housing	7
Adults Connected to Education/ Job Training/ Employment	3
Adults Participating in Prevention/ Education Programming	722

HEALTH EQUITY

The Mount Rogers Health District is deeply committed to ensuring culturally appropriate communication as part of our health equity efforts. Our goal is to provide every individual with the opportunity to achieve optimal health, regardless of race, ethnicity, disability, socioeconomic status, geography, or language spoken. To strengthen this commitment, all staff have completed the “Speak My Culture” presentation, which enhances understanding of how to effectively communicate with individuals from Spanish-speaking backgrounds. These efforts reflect our dedication to delivering inclusive, respectful, and culturally competent care across our district.

Highlights:

- Twenty staff members completed a year-long Spanish language course to better serve and communicate with community members who prefer to receive care in Spanish.
- Last year, we had averaged 8 calls a month to the line and our health equity staff attended more than 80 events where Spanish resources were provided.

Locality	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Community Health Events	9	8	4	13	8	14	21	6	83

COMMUNITY HEALTH ASSESSMENT & IMPROVEMENT PLANS

Community Health Assessments (CHAs) and Community Health Improvement Plans (CHIPs) are essential tools for identifying and addressing the health needs of a community. CHAs involve the systematic collection and analysis of data related to health status, needs, and resources, and are developed in collaboration with community members, health professionals, and local stakeholders to ensure a comprehensive understanding of local health issues.

In 2024, the Mount Rogers Health District conducted a CHA across all eight localities, gathering over 1,600 responses. The assessment confirmed several long-standing health concerns in the region, including mental health, substance use, access to affordable healthcare, dental care, and chronic disease. These findings were consistent with previous assessments and echoed by many partner organizations and community coalitions.

The district is actively exploring a more focused and responsive approach to community health improvement plans. Rather than broad strategies that can be difficult to implement across multiple sectors, the health district is focusing on a more targeted model that allows for concentrated efforts on a single priority area. This shift is intended to reduce duplication, improve coordination with existing initiatives, and ensure that community input leads to visible, measurable outcomes.

VITAL RECORDS

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

2025 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.

2024 Record Requests	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Birth Certificates	27	386	173	173	51	165	390	79	1,444
Death Certificates	37	363	271	331	130	650	680	486	2,948
Divorce Certificates	0	0	1	1	0	1	2	3	8
Marriage Licenses	3	59	27	9	7	8	38	9	160
Total	67	808	472	514	188	824	1,110	577	4,560

Applications for Vital Records can be made oneself or for an immediate family member, with valid identification by the following methods:

IN PERSON

- Applications can be made at most MRHD local 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. Our WIC staff include trained para-professional and professional medical staff, including two registered dietitians.

HIGHLIGHTS

- The Mount Rogers Health District (WIC) program saw an average of 3,377 participants each month during the 2025 federal fiscal year.
- The entire WIC Program now holds one of three breastfeeding certifications (IBCLC, CLC, CBPC)
 - The WIC Program is now offering breastfeeding classes to our 3rd trimester pregnant participants taught by our trained staff and our peer counselors, who each have over 5 years of personal breastfeeding experience.
- Six WIC staff completed a yearlong Spanish course to increase their ability to communicate basic WIC needs to our Spanish speaking community.
 - Additionally, we have one bilingual staff member serving the Galax, Carroll, and Grayson WIC Clinics.

WIC Overview	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Nutrition Clinic Participants Served	85	320	485	520	175	578	697	517	3,377
Prenatal & Breastfeeding Participants	11	42	71	69	25	60	88	68	434

Average number of individuals served each month in Federal Fiscal Year Oct 2024-September 2025



3,377

**WIC Participants
per month in 2025**



