



# Community Health Assessment

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Blue Ridge Health District  
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## Purpose

- The Community Health Assessment (CHA) is conducted to guide and inform the Community Health Improvement Plan (CHIP)
- Assessing the entire district is difficult, therefore selecting 5 census tracts is more feasible for both assessing health priorities and implementing initiatives that can make positive change
- Choosing these 5 census tracts was done using the Area Deprivation Index, which identifies these as the most vulnerable
- The census tract "Arrington-Wingina" in Nelson County had an index of 77

## Outcomes

- Visited 70+ residents in Nelson County during various hours of the day. As of July 15th, over 130 residents were visited
- As a team, conducted approximately 50 surveys from the beginning of June to mid July
- Organized route making, route optimization, and team scheduling for all surveys conducted in Nelson County
- Created a gift card hand out process for the survey participants and maintained records to track gift card distribution
- Scribed at Steering Committee meetings for the CHA process
- Researched and put together reports on Steering Committee roles, best practices, and focus group facilitation

QR Code for previous MAPP2Health Reports :



## Challenges

- Navigating VDH policies
  - Gift card procedure
- Adapting to the 9-5 company culture
- Understanding my objectives and role within VDH and BRHD
- Surveying could be slow when respondents were not home

## Lessons Learned

- Project management and overall design is crucial to the success of a program
- Surveying can be frustrating but rewarding
- Collaboration and asking others to share expertise is key

## Other Contributions

- Attended the North Anna Power Plant Station Virginia Operations Dress Rehearsal Drill in Louisa County, acted as a sub-in for the real exercise
- Started a collaborative project to conduct "Stay Interviews" for BRHD employees
- Assisted in Environmental Health Restaurant Inspections by taking temperatures and visually inspecting facilities
- Wrote BRHD newsletter entries highlighting dental health and tick awareness



Picture 1: Conducting Surveys in Nelson County



Picture 2: Surveying with Leanne Knox

## Acknowledgments

- Shoutout to my mentors Jen Fleisher and Kathryn Goodman!
- Shoutout to everyone I rode with to Nelson county!
- Thank you to everyone at BRHD!