

MOUNT ROGERS HEALTH DISTRICT



ANNUAL REPORT
2024

MESSAGE FROM THE HEALTH DIRECTOR

Dear Residents of Mount Rogers Health District,



It is my privilege to share with you the 2024 Mount Rogers Health District Annual Report. This report highlights the scope of our programs and services, reflecting our commitment to the health and well-being of our community.

Our team works tirelessly across a broad spectrum of activities to protect against health threats, promote wellness, and prevent disease. Each of our health departments contributes to this mission in vital ways: ensuring the safety of hotels, restaurants, and septic systems; providing essential clinical services like family planning; promoting children’s health through programs such as WIC and car seat safety; and collaborating with community partners to improve health outcomes. These partnerships, including home visitation programs for new mothers and initiatives to reduce the impact of substance use disorder, are a cornerstone of our work.

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

Thank you for your trust and partnership as we strive to create a healthier future for all.

In health,

A handwritten signature in black ink that reads 'Meagan Helmick'. The signature is written in a cursive, flowing style.

Meagan Helmick, PhD, MPH, CHES®

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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.



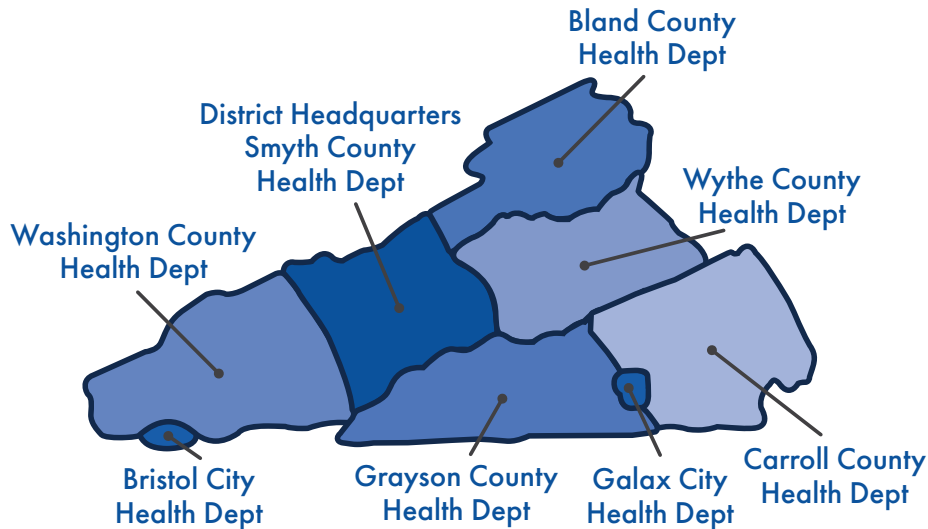
-deBeaumont Foundation, 2022



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

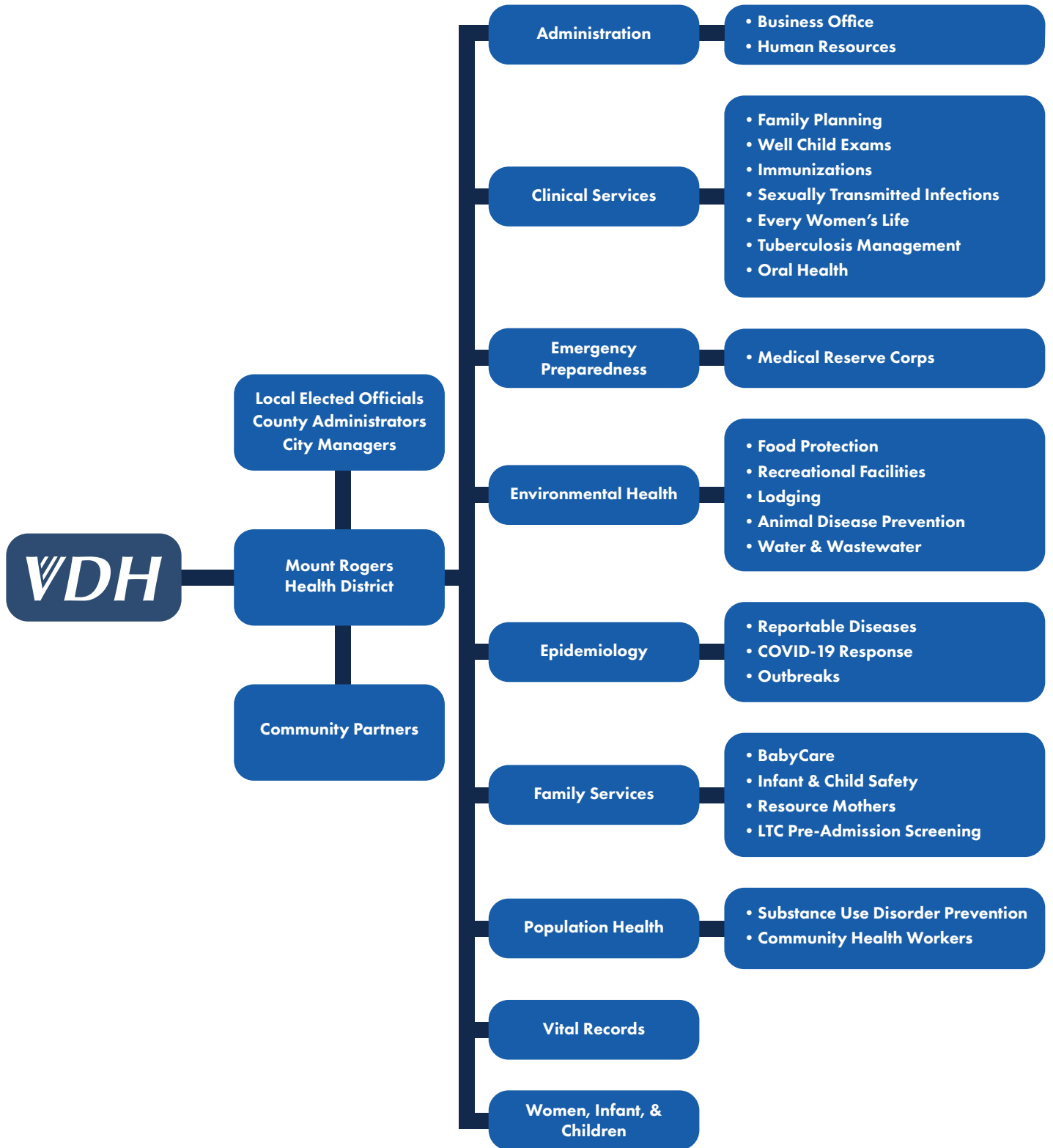
Grayson County Health Department

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 2024 VDH fiscal year is from July 2023 through June 2024.

MOUNT ROGERS HEALTH DISTRICT COOPERATIVE BUDGET FISCAL YEAR 2024

Cooperative Resources	Amount
State funds	\$5,531,734
Local Match funds	\$1,936,542
Revenue from fees	\$1,750,393
100% Local funds	\$644,890
Total	\$9,863,559

Cooperative Expenditures	Amount
Personnel Services	\$7,796,044
Contractual Services	\$667,309
Supplies and Materials	\$658,488
Continuous Charges	\$705,782
Equipment	\$24,306
Building Improvements	\$11,630
Total	\$9,863,559

GRANT DETAILS

The total resources from federal grants were much higher in 2024 than in past years because of increased federal funding to support the COVID-19 response and relief efforts. The district received 15 federal grants and 9 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. In 2024 the district received 21 non-federal grants.

Grant Category	Amount
COVID-19	\$4,324,450
Substance Use Disorder	\$311,054
Immunizations	\$178,610
WIC	\$912,600
Maternal & Child Health	\$337,152
Emergency Preparedness	\$514,832
Family Planning Services	\$306,471
STI/HIV	\$73,691
Other Federal Grants	\$2,547,748
Other Non-Federal Grants	\$194,040
Total	\$9,700,648



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, for the last two years we saw an increase in self-generated revenue from the two years of pandemic response as we returned to normal program services.

Jurisdiction	Office Revenue
Bland County	\$104,552
Bristol City	\$130,449
Carroll County	\$350,203
Galax City	\$80,654
Grayson County	\$154,157
Smyth County	\$316,701
Washington County	\$358,643
Wythe County	\$255,034
Total	\$1,750,393

THE MOUNT ROGERS HEALTH DISTRICT TEAM

Jurisdiction	Full-time positions whose primary office is in the jurisdiction*
Bland County	3
Bristol City	13
Carroll County	17
Galax City	8
Grayson County	6
Smyth County^	25
Washington County	19
Wythe County	16
Total **	107

^ 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 10 positions.



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 provided to Emory & Henry College through our District’s Mobile Unit.
- More than 3,000 visits were completed at our offices for family planning services.

Family Planning	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Clients Served	50	169	384	322	82	285	251	252	1795
Visits	78	258	668	549	139	467	469	396	3024

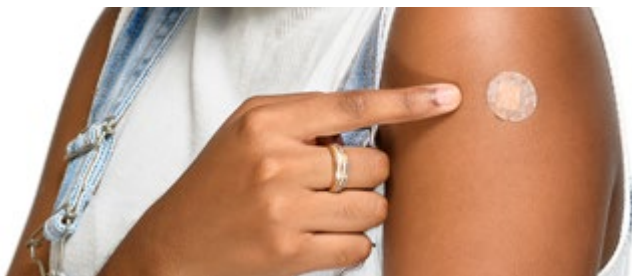
July 1, 2023 through June 30, 2024

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:

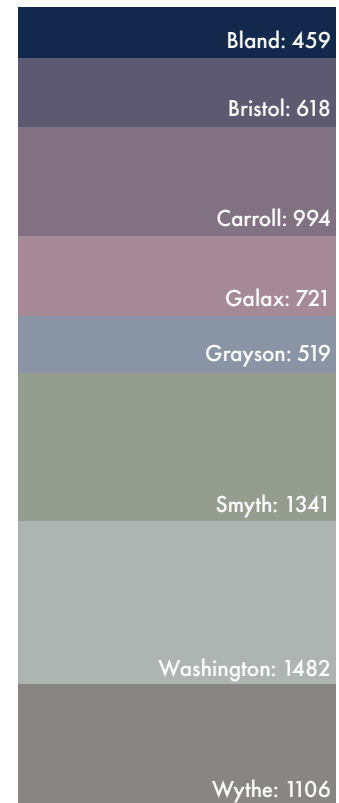
- Over the last year, more than 7,000 immunizations were provided to individuals in the Mount Rogers Health District.



Clients Served



Visits



July 1, 2023 through June 30, 2024

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 173 women through the program.

WELL-CHILD EXAMS

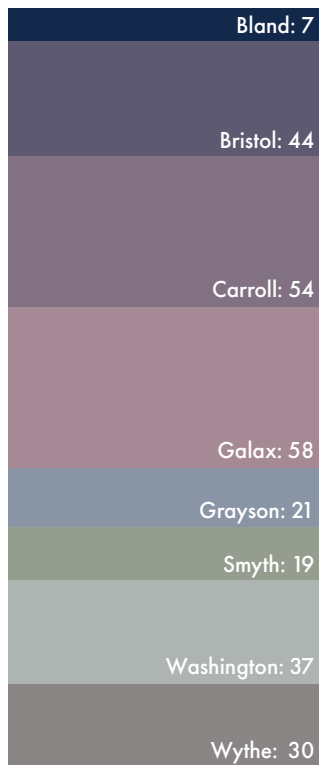
The Child Health Program offers well-child exams by a family nurse practitioner. These exams include pre-school physicals, referrals to specialty care, immunizations, vision and hearing testing, etc.

HIGHLIGHTS:

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

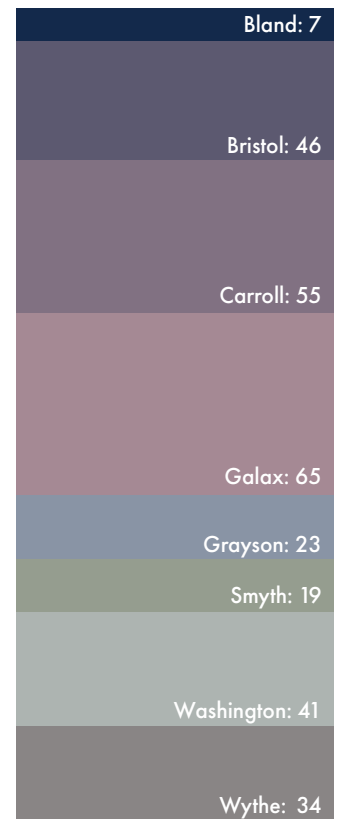


Clients Served



Total: 270

Visits



Total: 290

July 1, 2023 through June 30, 2024

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 580 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 2,100 individuals were screened 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	76	268	339	279	94	483	184	401	2124
Screenings for Active or Latent TB Infections	86	356	427	354	137	849	530	581	3320

July 1, 2023 through June 30, 2024

ORAL HEALTH

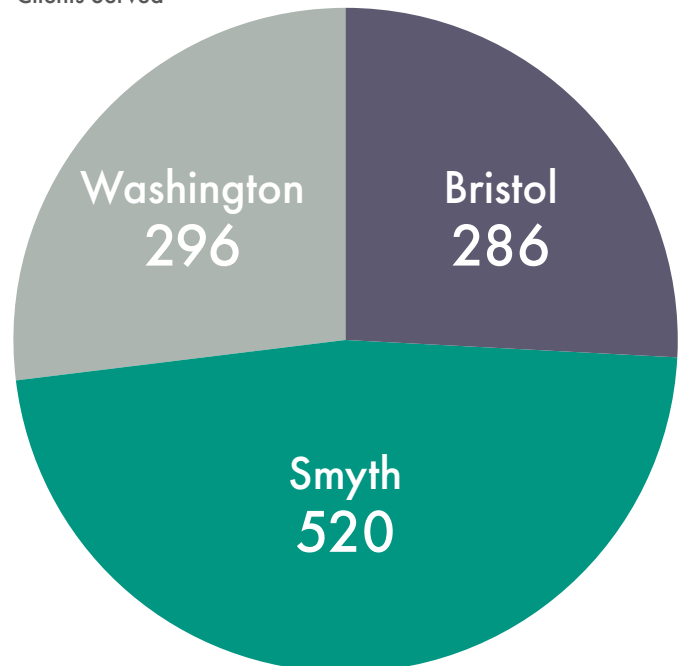
The Dental Health Preventive Services Program and the School-Based Dental Sealant Program’s goal is to prevent dental decay in the most vulnerable teeth to the most vulnerable population. In turn, this includes those that are at the highest risk of dental disease. The program emphasizes prevention as 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 1100 students this year, an increase of almost 200% from last year.
- The program has been able to have staff out at more community events this year.

Clients Served



July 1, 2023 through June 30, 2024



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, 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 650
Families assisted by the
CCC program this year

HIGHLIGHTS:

- Specialty clinics like Neurology Clinics saw over 400 families; with six Genetic Clinics and a yearly Hematology-Oncology clinic families saved days of travel to see highly qualified healthcare professionals out of UVA provided.
- Provided 6 in person developmental clinics and 8 telemedicine clinics in partnership with UVA developmental staff serving over 250 families.
- Provided 6 in-person Orthopedic clinics which provided services for over 100 children.

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

- Stop The Bleed stations were placed in each local health department office and provided training to all clinic team staff members on the Stop The Bleed methodology.
- Awarded the Project Public Health Ready designation by the National Association of County and City Health Officials.

MRHD EP&R ACTIVITIES FOR 2024 INCLUDED:

- Developed a planning team reflective of local, regional, private sector, and multi-state stakeholders to re-evaluate and organize the district's Chempack Plan.
- Refocused efforts on staff safety and security to include the development of a districtwide Standard Operating Guide (SOG) focused on safety and security.
- Developed a Jurisdictional Public Health Risk Assessment that is reflective of the 5 most common and highest hazard events (natural and man-made) within the Mount Rogers Health District.
- Developed an Improvement Plan Matrix for tracking reported safety concerns throughout the district beginning with the identification of the issue and ending with a defined resolution to the issue.



MEDICAL RESERVE CORPS ACTIVITIES IN 2024

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.



352 Approved Volunteers



971

Volunteer Hours

given to non-emergency and emergency events in the MRHD



24

Non-emergency events



OVER

\$27K

Workforce Savings

NON-EMERGENCY RESPONSE HIGHLIGHTS:

- Volunteers spent three days at Bristol Rhythm and Roots festival collecting donations for cars parking at event.
- Volunteers participated in Drug Take Back day in October 2023 and in April 2024 across 4 sites within the Mount Rogers Health District
- Through the NACCHO Operational Readiness Award (ORA) Grant program 13 MRC Volunteers were trained to become CPR Instructors enhancing the capability to provide lifesaving support in communities across Southwest Virginia.
- 5 MRC Volunteers were trained to become Stop The Bleed Instructors enhancing the capability of the Southwest Virginia MRC Unit to provide education to local community groups, businesses, and educational institutions on life saving measures they can take in the wake of active shooter events.



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	12	128	81	56	47	100	177	146	747
Inspections Conducted	27	286	189	123	82	179	364	317	1567
2024 Summer Feeding Inspections	1	7	5	2	5	15	7	6	48
Total	40	421	275	181	134	294	548	469	2362

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	42	1	1	2	54
Tourist Establishment	3	15	18	4	4	12	33	29	118
Total	3	15	26	4	46	13	34	31	172

Inspections Completed	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Migrant Camp	0	0	11	0	49	3	1	2	66
Tourist Establishment	2	12	18	4	3	3	35	57	134
Total	2	12	29	4	52	6	36	59	200

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	16	5	8	17	16	7	71
Campground	0	1	8	2	17	10	11	8	57
Swimming Pools	6	7	13	3	3	6	20	25	83
Total	6	10	37	10	28	33	47	40	211

Inspections Completed by Event Type	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Fairs / Festivals	0	8	63	6	5	10	22	17	131
Campground	1	2	9	2	17	9	19	6	65
Swimming Pools	10	13	14	0	4	15	37	41	134
Total	11	23	86	8	26	34	78	64	330

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 (# Rabid Animals)			
Bland	Bristol	Carroll	Galax
24	47	106 (7)	29
Grayson	Smyth	Washington	Wythe
48 (1)	105	106	72 (5)



Source Animal by Type	Cat	Dog	Livestock	Bat	Raccoon	Skunk	Fox	Groundhog	Other	Total
# of Source Animals	110	296	10	27	45	17	1	8	7	521
# tested	27	18	9	15	34	14	1	7	4	129
# tested positive for rabies	1	0	0	0	3	8	0	1	0	13

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	5	0	35	0	10	26	43	21	140
Sewage Applications	25	0	96	0	25	58	140	46	390
Well applications	13	0	57	0	45	15	22	30	182
Sewage & Well Combined Applications	15	0	60	0	33	8	12	18	146
Minor Modifications & Legacy Applications	4	0	13	0	4	11	9	12	53
Total	62	0	261	0	117	118	226	127	911

Septic & Well Inspections & Permits	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Onsite Construction Inspections	20	0	80	0	21	20	60	40	241
Onsite Operation Permits	23	0	95	0	32	16	39	52	257
Septic Permits Issued	47	0	167	1	60	43	134	81	533
Well Permits Issued	27	0	97	0	40	17	31	41	253

Data represents CY2023; 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 begins July 1, 2023, thru June 30, 2024, MRHD investigated 900 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	Total
Communicable Disease (non-COVID-19)	8	12	14	6	12	29	47	21	149
Healthcare Associated Infections	8	0	0	0	*	0	8	*	18
Hepatitis	8	28	9	8	12	32	37	20	154
Sexually Transmitted Infections	*	45	45	31	*	82	90	51	350
Toxic Substance	0	*	5	*	*	*	5	*	24
Tuberculosis	*	0	*	0	0	*	*	5	10
Vaccine Preventable Disease	0	*	0	*	0	*	*	6	15
Zoonotics	8	*	72	7	32	11	15	32	180
Total	37	91	146	57	64	161	206	138	900

* Indicates between 1-4 cases

Reportable Condition	District Total
Anaplasma phagocytophilum infection	5
Campylobacteriosis	71
Candida auris, infection or colonization	*
Carbon monoxide poisoning	*
Chlamydia trachomatis infection	193
Coronavirus Disease 2019 (COVID-19)	10,036
CP-CRE (E. coli, Enterobacter and Klebsiella spp)	*
CPO, non-Enterobacteriaceae	13
Cryptosporidiosis	7
Cyclosporiasis	*
E. coli infection, shiga toxin-producing	12

Reportable Condition	District Total
Giardiasis	13
Gonorrhea	101
Haemophilus influenzae, invasive	8
Hepatitis A, (acute)	*
Hepatitis B (acute)	*
Hepatitis B (chronic)	8
Hepatitis C (chronic)	144
HIV	15
Latent Tuberculosis infection	10
Lead, elevated levels	22
Legionellosis	11
Lyme disease	153
Pertussis	5

Reportable Condition	District Total
Salmonellosis (non-Typhi, non-Paratyphi)	23
Shigellosis	*
Spotted fever rickettsiosis (Rocky Mt Spotted Fever)	*
Streptococcus, pneumoniae infection, < 5 years of age	*
Streptococcus, Group A, invasive	23
Syphilis	41
Toxic-shock syndrome, streptococcal	*
Tuberculosis	*
Yersiniosis	*
Total	10,936

* Indicates between 1-4 cases

COVID-19 RESPONSE

The team continued to respond to the ongoing COVID-19 pandemic, with over 10,000 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.

Additionally, in FY24 our COVID-19 Epidemiology Team began interviews with individuals whom are suspected to suffer from long COVID.



Program	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
COVID-19	260	1074	1509	462	674	1906	2788	1363	10,036

OUTBREAKS

The MRHD Epidemiology team investigated 66 outbreaks in the district. These included outbreaks of more than 7 different etiologic agents. These outbreak investigations occurred in a variety of settings including schools, long-term care facilities, hotels, places of worship, and correctional facilities.

Type of Facility	Suspected Etiologic Agent								Total Outbreaks
	Sars CoV-2	RSV	Pertussis	Hand Foot Mouth Disease	Influenza	Legionella pneumophila	Rhinovirus	Unknown Etiologic Agent	
Adult Daycare Program	1	0	0	0	0	0	0	0	1
Assisted Living	3	0	0	0	0	0	0	0	3
Behavioral Health Facility (Inpatient, Outpatient, & Residential)	8	1	0	0	0	0	0	0	9
Correctional Facility	2	0	0	0	0	0	0	1	3
Daycare / Pre-K	0	1	0	1	1	0	0	0	3
Hotel / Resort	0	0	0	0	0	1	0	0	1
Local Agency	1	0	0	0	0	0	0	0	1
Medical Facility	3	0	0	0	0	0	0	0	3
Multicare (e.g. ALF/Nursing Home/Skilled Nursing)	8	1	0	0	0	0	1	0	10
Nursing Home	21	2	0	0	4	0	0	0	27
Place of Worship	1	0	1	0	0	0	0	0	2
School (K-12)	1	1	0	0	1	0	0	0	3
Total	49	6	1	1	6	1	1	1	66

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

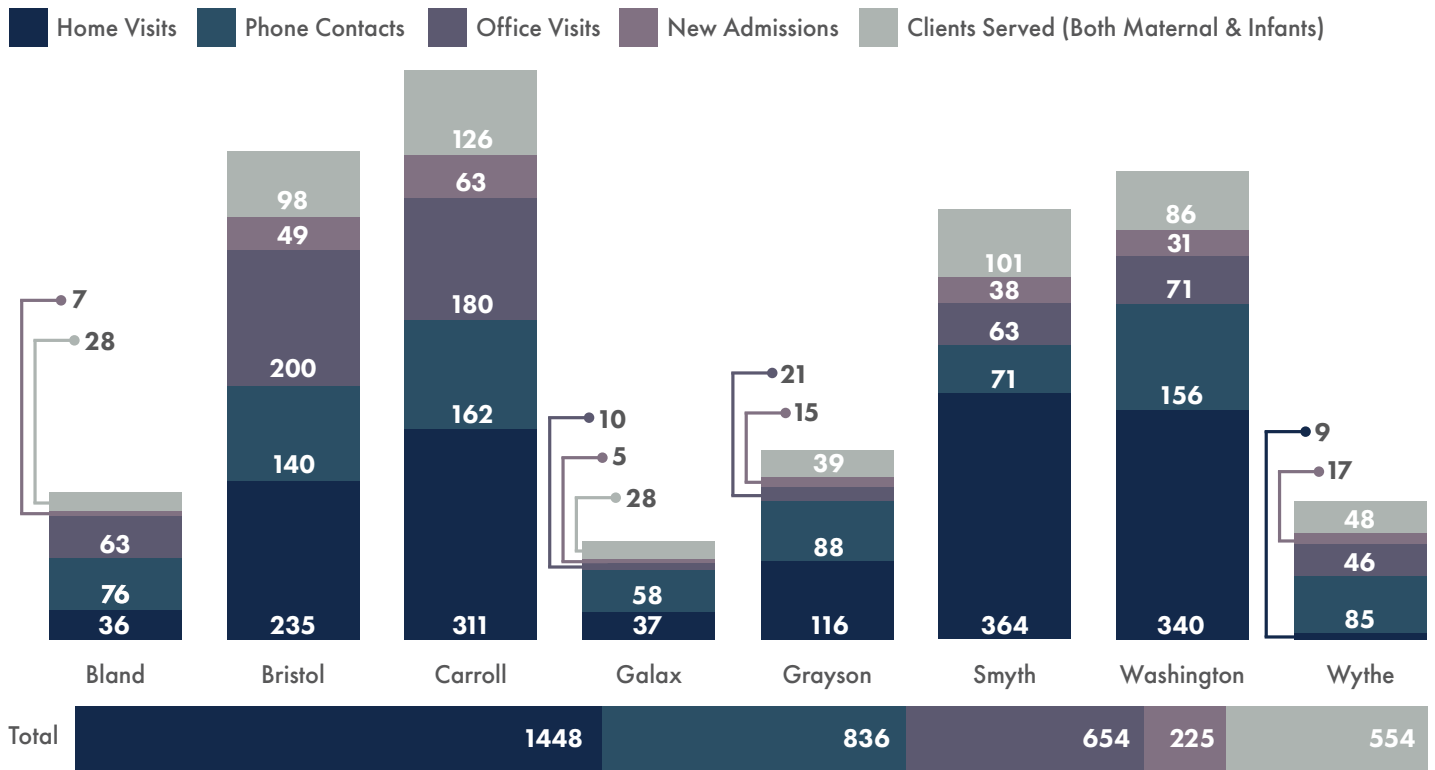
The mission of the Family Services program is to protect and improve the health of all residents, with a focus on women, infants, children, adolescents, and their families.

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.

HIGHLIGHTS:

- Over 1,400 home visits were performed last year by our public health nurses, and 225 mothers and/or babies were newly enrolled in our program.
- Mount Rogers Health District made up 25% of all BabyCare visits performed in Virginia.



July 1, 2023 through June 30, 2024



RESOURCE MOTHERS

Resource Mothers is a program where an outreach worker becomes a support person for pregnant and parenting teens, encourages them to complete education and build future for themselves, parenting education, links teens to available resources, provides information about care of newborn/infant and provides car seat instruction and demonstration, teaches from evidence-based Growing Great Kids curriculum.

HIGHLIGHTS:

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



49

Pregnant teens supported

258

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.

309
Free car seats and/or booster seats distributed



Safe Sleep Program by Locality			
Bland	Bristol	Carroll	Galax
4	3	22	3
Grayson	Smyth	Washington	Wythe
5	8	9	1
Total families assisted:			55

HIGHLIGHTS:

- 55 families benefited from one-on-one instruction and demonstration, then return demonstration to learn how to safely position their infant for safe sleep and were excited to receive the cribettes.
- 309 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:

Adults

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

Children

- A total of 64 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	17	62	171	47	49	133	121	93	693

July 1, 2023 through June 30, 2024

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 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 different community organizations to provide education and resources on-site at over 80 events.



Over 80
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 810 individuals and dispensed more than 1800 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



838
Total
Visits



578
Total
Participants



90
New
Individuals



91%
Return Rate
of Syringes



5042
Drug Test
Strips
Provided*



99
Individuals Who
Reported Using
Narcan to Save A Life

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.

*Fentanyl: 2104 Xylazine: 2037 Benzodiazepine: 901





HEALTH EQUITY

Our health equity program is focused on ensuring all resources and programs offered at the health departments provide an opportunity for individuals to be as healthy as possible regardless of their race, ethnicity, disability, socioeconomic status, geography, or language spoken.

HIGHLIGHTS:

- Our district launched a Spanish language line in October 2023 that allows those in the community to call in directly to the phone line and speak with one of our bilingual staff to schedule an appointment, ask questions, or be directed to appropriate resources.
- In FY24 we had over 100 calls to the line and our health equity staff attended more than 70 events where Spanish resources were provided.

COMMUNITY HEALTH ASSESSMENTS

Community Health Assessments (CHAs) and Community Health Improvement Plans (CHIPs) are essential tools for identifying and addressing the health needs of a community. The purpose of CHAs is to systematically collect, analyze, and interpret data related to the health status, needs, and resources of a community. This process involves engaging with community members, health professionals, and stakeholders to gather qualitative and quantitative information, ensuring a comprehensive understanding of local health issues.

HIGHLIGHTS:

- In 2024 the district conducted a community health assessment (CHA) in all 8 localities and had over 1,600 responses providing robust and representative data on the district's health needs.
- The CHA highlighted the top health concerns, including the high cost of healthcare, mental health challenges, substance use disorders, access to dental care, and obesity. These findings will guide strategic planning and community health improvement efforts.

VITAL RECORDS

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

2024 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	278	117	128	59	135	270	83	1097
Death Certificates	41	364	291	326	115	649	577	460	2823
Death Verifications	0	5	6	2	2	3	11	8	37
Divorce Certificates	1	3	0	0	0	0	3	0	7
Marriage Licenses	1	10	15	2	0	8	18	2	56
Total	70	660	429	458	176	795	879	553	4020

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.

HIGHLIGHTS

- The Mount Rogers Health District (WIC) program saw an average of 3,549 participants each month during the 2024 federal fiscal year.
- The WIC team has enhance their breastfeeding knowledge over the last year and now half of the team holds at least one breastfeeding certifications.
- Our WIC staff include trained para-professional and professional medical staff, including two registered dietitians.

WIC Overview	Bland	Bristol	Carroll	Galax	Grayson	Smyth	Washington	Wythe	Total
Nutrition Clinic Participants Served	85	340	535	525	171	627	713	553	3549
Prenatal & Breastfeeding Participants	8	47	58	66	31	66	80	66	422

Average number of individuals served each month in Federal Fiscal Year Oct 2023-September 2024



3,549
WIC Participants
in 2024



