

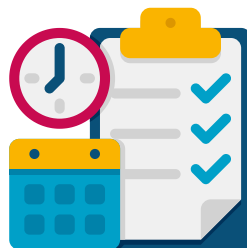
Three Rivers Health District Newsletter



Three Rivers Receives “Project Public Health Ready” Recognition

The Three Rivers Health District has been recognized by the National Association of County and City Health Officials (NACCHO) for its ability to plan for, respond to, and recover from public health emergencies. Three Rivers demonstrated these capabilities by meeting the comprehensive preparedness benchmarks required by Project Public Health Ready (PPHR), a unique partnership between NACCHO and the Centers for Disease Control and Prevention. The Health District joins a cohort of more than 550 local health departments across the country that have been distinguished for excellence in preparedness through PPHR, either individually or as part of a region.

PPHR recognition confirms that Three Rivers has a thorough and coordinated emergency response plan in place and that staff have the training to protect the health of the community during an emergency. Local health departments recognized by PPHR undergo a rigorous evaluation by peer review to assess their ability to meet a set of national standards for public health preparedness. These standards align with federal government requirements and other national best practices.



Community Health: We Want to Hear from You!

The Three Rivers Health District continues to expand our population health infrastructure to improve the health of our community. In addition to the recent developments of our Community Health Assessment and Community Health Dashboard, we are looking for more input from the Community on how we can improve health outcomes across the Middle Peninsula and Northern Neck. To see these new tools and take the survey, please visit <https://www.vdh.virginia.gov/three-rivers/healthy-community/>.

Clinic Schedule

FAMILY PLANNING

- ESSEX – 2/8, 2/22
- GLOUCESTER – 2/1, 2/15, 2/29
- KING & QUEEN – 2/7
- KING WILLIAM – 2/7
- LANCASTER – 2/6, 2/20
- MATHEWS - 2/21
- MIDDLESEX – 2/21
- NORTHUMBERLAND – 2/13, 2/27
- RICHMOND CO – 2/13, 2/27
- WESTMORELAND – 2/14, 2/28

IMMUNIZATION (INCLUDING COVID-19)

- ESSEX – 2/13, 2/27
- GLOUCESTER - 2/2, 2/16, 2/23
- KING & QUEEN – 2/13, 2/27
- KING WILLIAM – 2/14, 2/28
- LANCASTER – 2/6, 2/20
- MATHEWS – 2/6, 2/21
- MIDDLESEX - 2/5, 2/21
- NORTHUMBERLAND – 2/13, 2/27
- RICHMOND CO – 2/13, 2/27
- WESTMORELAND – 2/12, 2/26

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 2/2, 2/6, 2/9, 2/13, 2/16, 2/20, 2/23
- GLOUCESTER - 2/2, 2/5, 2/6, 2/9, 2/12, 2/13, 2/16, 2/20, 2/23, 2/26, 2/27
- KING WILLIAM - 2/1, 2/8, 2/15, 2/22
- LANCASTER - 2/7, 2/14, 2/21, 2/28
- MIDDLESEX - 2/1, 2/8, 2/15, 2/22
- NORTHUMBERLAND - 2/5, 2/12, 2/20
- RICHMOND - 2/7, 2/14, 2/21
- WESTMORELAND - 2/5, 2/6, 2/12, 2/13, 2/20



World Cancer Day

World Cancer Day is February 4th. Cancer is the second leading cause of death worldwide. Over 10 million people die from cancer every year. More than 40% of cancer-related death could be preventable. You can lower your risk of getting cancer by making healthy choices like:

- Avoiding tobacco—Lung cancer is the leading cause of cancer death, and cigarette smoking is the number one risk factor for lung cancer.
- Protecting your skin—Skin cancer is the most common cancer in the United States. To help prevent skin cancer protect yourself by staying in the shade, applying sunscreen, and wearing sun-protective clothing, a hat, and sunglasses.
- Limiting the amount of alcohol you drink—Drinking alcohol raises your risk of getting six kinds of cancer. The less alcohol you drink, the lower your risk for cancer.
- Keeping a healthy weight—Being overweight or having obesity are linked with a higher risk of getting 13 types of cancer. These cancers make up 40% of all cancers diagnosed in the United States each year.

Resource Mothers

Three Rivers Resource Mothers provides education and social support for pregnant and parenting teens. The Resource Mothers Program will serve teens through the age of 19 in all ten counties until their child reaches one year old. Goals are:

- Promote and encourage early prenatal care.
- Nutrition education during pregnancy to enhance healthy babies that are born with a normal birth weight
- Family Planning/prevention to delay repeat pregnancy
- Breastfeeding education, encouragement, and counseling
- Completion of High School or GED/Adult Education.
- Connect to Resources available for community assistance including WIC, Medicaid, TANF, and or other applicable services
- Provide information about child development and child safety for a stable and nurturing home environment for a healthy, happy baby.
- Reduce the incidence of infant mortality and low birthweight babies.
- Developmental screening of infants using the Ages & Stages Developmental Screen and early referral to appropriate services if needed.
- Work with teen mom to ensure her baby has immunizations

The Resource Mother will provide transportation to doctor appointments if needed and assist with needed baby supplies.



American Heart Month

February is American Heart Month! Heart Disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

You don't have to make big changes all at once. Small steps will get you where you want to go. Resources are also available at nimh.nih.gov/health/find-help.



Contact Us



Three Rivers Health District

www.vdh.virginia.gov/three-rivers/

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>