

Richmond City Health District



Fiscal Year 2013 - 2014

ANNUAL REPORT



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Health Director

Continued collaboration with City of Richmond administration and our valuable community partners enabled several new public health initiatives to be implemented this year. We also were successful in efforts to secure grant awards to expand public health services in the Richmond community.

HIGHLIGHTS: (JULY 1, 2013 – JUNE 30, 2014):

Richmond Regional – Virginia Family and Fatherhood Symposium

On June 16th, the Richmond City Health District's Family and Fatherhood Initiative, Virginia Department of Social Services, Richmond Department of Social Services, and Casey Family Programs partnered to present the city's first "Richmond Regional – Virginia Family and Fatherhood Symposium." Over 200 professional human services providers took part in this public conversation to improve the well-being of children in our communities through responsible fatherhood programming and strengthening families. Speakers included Ben O'Dell, Deputy Director of the White House Office of Faith-Based and Neighborhood Partnerships at the U. S. Department of Health and Human Services, and Jeffrey Johnson, CEO and President of the National Partnership for Community Leadership. The day-long event included several workshops, panel discussions and strategy sessions.



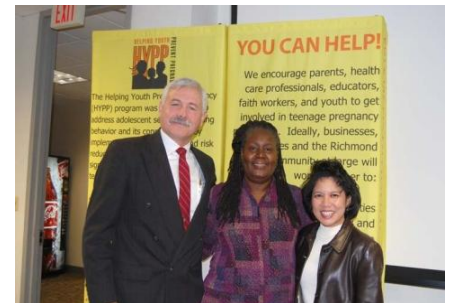
Left to Right: Anthony Mingo, Carmeta Albarus, Taurus Rogers, Sue Badeau, Donald Stern, Julie Baumgardner, Jeffrey Johnson



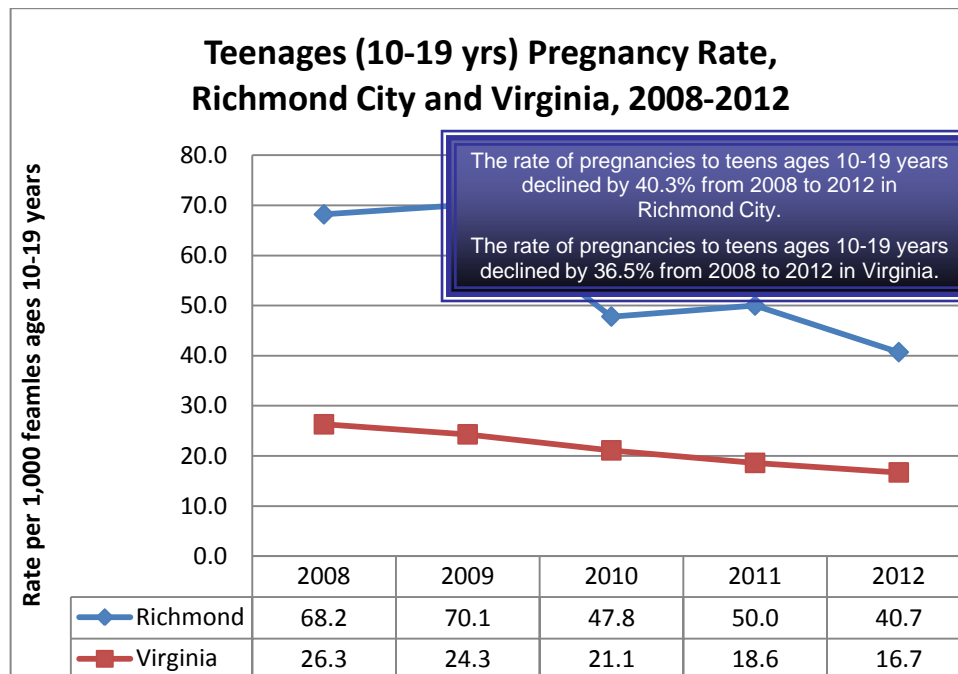
Richmond City Health District announces big reduction in teen pregnancy

News about the continued reduction in teen pregnancies for the City of Richmond was announced at a media event in December 2013, by the Richmond Health Director, VDH Commissioner, and the RCHD Adolescent Health Program Coordinator. In recent years, there has been an ongoing trend in the reduction of teen pregnancies in Richmond City. From 2008-2012, we have seen a drop from 916 teen pregnancies to 497 teen pregnancies. Though there is a downward trend in teen pregnancy nationally and in Virginia, the decrease in Richmond represents a 40% reduction in the teen pregnancy rate since 2008, compared to the state reduction of 36%.

There are many partnering agencies and citizens with a vested interest in healthy outcomes for our youth. This progressive decline in teen pregnancies is a result of a multifaceted approach to addressing adolescent risk taking behavior. Reducing teenage pregnancies remains a strategic goal for RCHD and its partners.



Left to Right: Dr. Donald Stern, Gale Grant, and former VDH Commissioner Dr. Cynthia Romero



This fiscal year, the **Richmond Campaign to Prevent Teen Pregnancy (RCPTP)** officially became a nonprofit organization. RCPTP board members are leaders from the business sector, education, human services, health, youth services, and elected officials whose efforts include raising awareness about the issue of teen pregnancy and promoting effective strategies to reduce teen pregnancy in the City of Richmond.

Healthy Corner Store Initiative expands in East End community

Through an obesity prevention grant awarded by the Virginia Department of Health, and pilot funds committed by the City of Richmond, the Richmond City Health District (RCHD) and community partners initiated the Get Fresh! Program, a Healthy Corner Store Initiative aimed at eradicating food deserts in high-risk areas of Richmond. The launch of a second Get Fresh - corner store in the city's east end was celebrated in the Fall of 2013. The Get Fresh! Initiative works with corner store owners to make fresh fruits and produce available for sale in areas of the city where rates of diet-related diseases are significantly higher.

CDC recognition for collaborative lead poisoning study

The Richmond City Health District and Virginia Department of Health were recognized by the Centers for Disease Control and Prevention (CDC) at the fourth Annual Association of Maternal Child Health Program Conference in January of 2014. The CDC presented results from a childhood blood-lead screening study conducted from 2010 – 2012 by RCHD Lead-Safe Richmond, VDH Lead-Safe Virginia, WIC, and CDC's Childhood Lead Poisoning Prevention Program. The study compared the effectiveness of blood-lead screening methods. The preliminary results suggest that blood-lead screening in WIC clinics could result in faster interventions for at-risk populations.

Richmond City Health District co-sponsors RVA Streets Alive

For a second year, RCHD teamed with the Mayor's Healthy Richmond Campaign and Richmond Sports Backers to host RVA Streets Alive! The "Open Street" event closed several blocks of Broad Street in downtown Richmond to create a safe public space that attracted hundreds of people. The goal of this free and open to the public event is to promote and celebrate active and healthy lifestyles. The event, which combines elements of an outdoor festival and a health fair, provided opportunities for citizens of all ages to obtain health and fitness information and to participate in a variety of physical activities.



MRC Coordinator Amy Vincent and Chronic Disease Prevention Program staff members provided educational displays at the RVA Streets Alive event

Richmond City Health District Programs and Services Summary

REPRODUCTIVE HEALTH SERVICES

The goal of the *Family Planning Program* is to promote reproductive planning and prevent unplanned pregnancies by providing counseling and birth control methods to women and men. A total of **2,262** Richmond residents received these services this fiscal year. A grant from The Community Foundation allows us to provide LARC (long-acting reversible contraception) to eligible city residents. RCHD also makes Family Planning services accessible throughout the community through our Resource Centers and partnerships with Capital Area Health Network, Fan Free Clinic and Crossover Healthcare Ministry. Our Teen Clinic, promoted as the "*Teen Experience*," has been restructured to relate to teens and provide a variety of health services tailored to their needs. RCHD was awarded a federal Family Planning Grant of \$197,366 for the coming FY 2015.

The goal of the *Maternal Child Health Program* is to promote healthy pregnancy outcomes and decrease infant mortality by providing early access to quality prenatal care and pregnancy education. A total of **275** Richmond residents were served this fiscal year. All RCHD maternity patients are educated on topics pertaining to their pregnancy, such as signs and symptoms of pre-term labor, nutritional counseling, benefits of breast-feeding, safe sleep for infants and post-partum contraception. RCHD is the recipient of a federal Title-V grant of \$226,889 for FY 2015.

As part of the Maternal Child Health Program, our **Centering Pregnancy Program** is an evidence-based approach to prenatal care, where care is provided to groups of women at similar stages of their pregnancies. This concept of care is completing the 3rd year at RCHD. Since the program began, **221** women have been involved in a Centering group. The March of Dimes continues to support our Centering Program with small grants to cover the costs of training for our Public Health Nurses, Nurse Practitioners, and other facilitators. RCHD has also received a Strong Start Grant to assist with other costs associated with the Centering Program. Our Centering Pregnancy Program serves uninsured and underinsured women in the city of Richmond.

Resource Mothers, a program that provides case management for pregnant teenagers, enrolled **62** new teen mothers this fiscal year and served **143** total pregnant teens, graduating **26** girls successfully from the program. Out of 62 participant births, there was one premature birth, no abortions, and no infant deaths. Resource Mothers Program instructors also distributed **122** child-vehicle safety seats to city residents who completed safety seat training classes. The Resource Mothers Program was awarded additional funding for the Promising Practice Research Project totaling \$178,290 for FY 14. The funding will allow RCHD to serve an additional 40 pregnant teens this coming year. A University of Virginia research team is working with RCHD and other sites throughout the state to complete a rigorous evaluation of the program.



Resource Mothers participants learn parenting skills following the birth of their babies

WIC - The purpose of the **Supplemental Nutrition Program for Women, Infants, and Children (WIC)** is to provide nutrition education and healthy foods to enable families to make lifelong healthy eating and lifestyle choices. WIC serves pregnant women, breastfeeding and postpartum women, and children up to the age of five. Goals are to improve healthcare access for low and moderate income women and children with, or at risk of development nutrition-related health problems, improve pregnancy outcomes, prevent nutritional deficiencies and support optimal growth and development for pregnant women and their children. This past year, WIC has transitioned from an antiquated paper system to a virtually paperless system. Virginia was the first state in the nation to go live with their new computer system, Crossroads, with an eWIC operational system and EBT initiatives. RCHD WIC has a strong Breastfeeding Peer Counselor Program that offers breastfeeding support, encouragement, education and supplies to pregnant and breastfeeding mothers. WIC services are provided at Richmond Community Hospital, Southside Plaza, and RCHD 400 E. Cary Street. WIC operates as a federally funded program and has received \$1,040,479 to provide services.



WIC participants attending a World Breastfeeding Week program to learn lactation hygiene and breastfeeding tips

Long-term care Pre-assessment Screening – RCHD’s Pre-assessment Screening Team in collaboration with the Richmond Department of Social Services completed **341** long-term care screenings for city residents.

RCHD Reproductive Health Services – All Sites			
Service & Programs	FY 2011-12	FY 2012-13	FY 2013-14
	Number of patient visits	Number of patient visits	Number of patient visits
Maternity	3,167	3,007	2,734
Family Planning	2,837	2,492	4,282
# Adolescent patients	1,253	623	686
Resource Mothers - number of annual client visits	2,248	2,257	2,269
	Number served	Number served	Number served
WIC – average number of clients served per month	6,500	6,300	6,000

COMMUNICABLE DISEASE SERVICES

The RCHD *Epidemiology Team* conducts surveillance and investigation to identify and contain outbreaks of communicable disease within the Richmond community. This fiscal year, our Epidemiology team response included investigation and management for multiple incidents of potentially widespread TB exposure in high-population settings. We worked collaboratively with the impacted institutions to implement proper epidemiology protocol. The team also investigated 259 cases of disease outbreaks or exposure for 28 reportable infections, and by working in tandem with administrative staff at various Long Term Care facilities and schools, was able to implement infection control guidelines for Flu, Norovirus, Scabies and Pertussis.

The *Immunization Program* promotes and provides childhood and adult immunizations to prevent disease outbreaks in Richmond. During the 2013-2014 fiscal year, RCHD held several flu clinics in the community and provided flu vaccine for the Healing Place, a local substance abuse residential treatment program. Additionally, RCHD provided flu vaccine and T-dap vaccines to staff members of five daycare centers, and worked in collaboration with Richmond Public Schools to pilot school-based vaccination at two elementary schools. RCHD also conducted a survey of Richmond Kindergarten entry which showed that 85% of children were up-to-date on their vaccines on the first day of school. The Immunization Action Program (IAP) grant award for 2013-14 was \$48,709.

Our flu vaccination outreach includes participation with the CDC National Disparities Partnership (NIVDP) which works with multi-sector partners across the U.S. to promote vaccination among underserved populations. In collaboration with NIVDP, RCHD partners locally with Walgreens Pharmacy to conduct free flu shot clinics within the Richmond community throughout the flu season. This FY, 1,000 persons received flu shots through our outreach flu vaccination activities.

The *Tuberculosis Control Program* protects Richmond from transmission of tuberculosis by assessing persons exposed to tuberculosis to offer testing and treatment. The TB program staff identifies, assesses, monitors, and treats individuals with tuberculosis disease. RCHD managed 6 active TB cases; four of them were newly reported in the year, and four people completed treatment with an average of 6-months direct observed therapy (DOT). The TB grant award for 2013-14, was \$58,750.

Sexually Transmitted Infections – The RCHD HIV/STI Program works to address the high rates of sexually transmitted infection (STI) and HIV disease in the city. Efforts this year focused on strengthening relationships with community-based agencies, partners, key stakeholders, and members of the community. Through collaboration with the RCHD STI Coalition and Community Advisory Board, interventions and activities were implemented to address social determinants related to risk behaviors in high risk populations, particularly African-American males, and men-who-have-sex-with-men (MSM). Numerous behavioral intervention trainings and community outreach/screening events were conducted, including social media projects to promote awareness and reinforcement of positive sexual health education.

RCHD continues to provide a lead role with the Regional STI Group. This group is a collaboration of surrounding health districts, VDH STI Program staff and regional stakeholders, to assess the cause and transmission of STIs, and to evaluate regional efforts aimed at addressing STI/HIV issues including resources for referral/linkages to mental health, substance abuse and HIV care, data sharing, and community engagement strategies.

The RCHD *Newcomer Refugee Program* provides initial health assessment and immunizations for refugees coming to Richmond. RCHD provided services for 81 refugees this fiscal year.

RCHD Communicable Disease Services			
	FY 2011-12	FY 2012-13	FY 2013-14
Program/Service	Clinic Visits	Clinic Visits	Clinic Visits
STD Clinical Services visits	5,841	6,016	6,210
Outreach HIV Screening (field tests)	244	263	435
Immunization (children)	2,612	1,644	1,457

Immunization (adults)	2,141	1,588	1,823
Immunization Clinic visits	1,022	1,588	929
TB Clinical Services visits	1,716	1,443	1,690
Refugee client visits	225	158	120

PUBLIC HEALTH PROGRAMS

The RCHD *Adolescent Health Program* focuses on teenage pregnancy prevention by motivating young people to develop life skills to enable them to make healthy lifestyle choices that will benefit them throughout their lives. Through the Helping Youth Prevent Pregnancy (HYPP) Program, educational services including a curriculum-based life skills and sexuality information program is provided to adolescents in Richmond Public Schools and within the community. This program is credited, in-part, for the substantial drop in teen pregnancies in the City of Richmond.

In addition to classroom instruction, youth-centered health fair events are conducted in high schools. Social media is utilized to engage parents and students - health messages are disseminated through text messaging, social-norming messages are promoted through billboard advertising, and youth are engaged through participation in the Teen Advisory Board. The Adolescent Health Program also conducts activities and provides curriculum for the Mayor’s Youth Academy during the summer months.

The *Richmond Family & Fatherhood Initiative* (RFFI) is a city-wide initiative involving members of the Richmond community with a mission to empower fathers and mothers to improve the well-being of their children by aligning activities, mobilizing resources, advancing public policy, and measuring impact. The goal is to help ensure that more of Richmond’s children will have an opportunity to grow up in a healthy, nurturing, and safe family environment.

As an intermediary, RFFI helps to build capacity, catalyze new initiatives, and bring together successful public-private partnerships focusing on strengthening fathers and mothers to cooperatively improve family systems, while simultaneously engaging community and faith-based partners. Highlights for RFFI this fiscal year include establishment of weekly **Fatherhood Development training** at 11 locations throughout the city, including 8 churches, the Richmond City Jail, District One Probation and Parole, and at RCHD in partnership with the Richmond Department of Social Services’ Fatherhood Coordinator. The **Pathways Program** in the Richmond City Jail provided training to 100 incarcerated fathers. A **Motherhood & Co-Parenting Initiative** was established which launched a 10-week series of Motherhood

Development Classes for single mothers. The **“Boyhood to Manhood”**

Rites of Passage Program was implemented in partnership with Communities-In-Schools (CIS) and Richmond Public Schools at Elkhardt and Albert Hill Middle Schools. Again this year, RFFI supported and participated with Camp Diva’s Date with Dad (father-daughter dance and weekend activities). RFFI continued its relationship with Casey Family Programs which was instrumental in working with RFFI and Trinity Family Life Center to conduct the 1st Annual **Family and Fatherhood Symposium** this past summer. RFFI is continuing to expand community engagement through participation with several new initiatives which include: the Mayor’s Early Childhood Taskforce, Juvenile Justice Taskforce, Richmond Public Schools Truancy

Taskforce, RCHD Domestic Violence Prevention Committee, RCHD Southwood Community’s Initiative to support Spanish speaking community members. Also this fiscal year, a new RFFI website was launched which we invite you to visit at: www.richmondfatherhood.org.



RFFI Coordinator Anthony Mingo and Tauchanna Gregory, Single Mothers and Co-Parenting Initiative Coordinator work together to implement family strengthening strategies with several community partners.

RCHD partners with the Virginia Department of Health's Low Income *Safety Seat Distribution and Education Program* to reduce the risks of motor vehicle injury and fatality for infants and young children. All trainers receive annual safety seat certification to ensure that best-practices are employed. Prior to distributing the seats, our trainers provide education to the parents and guardians of children through classroom and hands-on instruction. RCHD has six distribution sites including Resource Centers at Fairfield, Creighton, Mosby, Hillside and Whitcomb Courts as well as at RCHD headquarters at 400 E. Cary Street. Approximately **145** free safety seats were given to residents of the City of Richmond during FY 2013-14.

RCHD *Resource Centers* were operated in collaboration with Richmond Redevelopment and Housing Authority in the Creighton, Fairfield, Whitcomb, Mosby and Hillside public housing communities during FY 2013-14. The Resource Center model is a broad interagency partnership that increases access to basic health services and links community residents to a medical home; the Centers provided services to 3,048 persons this year. Funding sources and partnerships include the City of Richmond, Bon Secours Health System, VCU School of Nursing, Virginia Health Care Foundation, Richmond Memorial Health Foundation, the Community Foundation, the Jenkins Foundation, VCU Health Systems and the Institute of Public Health Innovation.

The success of the Resource Center model continues to be recognized in other areas of the country; the American Association of Colleges of Nursing (AACN) website: <http://www.aacn.nche.edu/public-health-nursing/curriculum-improvement/richmond-virginia> featured the innovative partnership between Resource Centers and Virginia Commonwealth University (VCU) School of Nursing as a "curriculum best practice." The partnership supports public health nursing clinical training for undergraduate and graduate students. Each semester, 30 nursing students rotate through Resource Centers during their community health clinical rotation. They are exposed to public health nursing and work on a semester-long service learning project that meets a community-identified need.

The *Lead-Safe & Healthy Homes Initiative Program* (LSHHI) focuses on childhood lead-poisoning prevention and empowering of citizens and communities in the City of Richmond to properly maintain a healthy and safe living-environment through education and intervention.

Healthy Homes Initiative services include: Healthy Homes assessments, client education, community-training on Healthy Homes concepts, and client-education on landlord and tenant responsibilities. The program also partners with the Richmond Redevelopment & Housing Authority (RRHA) to conduct "*healthy and safe living*" presentations during its New Tenant Orientation sessions. LSHHI conducted/participated in 48 outreach events and trainings to the public.

In FY 2013-14, LSHHI increased inspections of vacant properties as a strategy to identify potential lead-hazard rental properties; **233** vacant properties were inspected. LSHHI also continues metro-wide pediatric physician outreach to assess providers' capacity to conduct surveillance and additional primary preventions. Findings from the provider assessment led to a collaborative process where LSHHI will conduct a cursory property screening for lead paint hazards triggered by physician referrals for children who have blood-lead test results of between 5 microgram (ug) of lead/deciliter (dl) of blood to 9 ug/dl. Physicians are provided with lead inspection results to help determine the appropriate course of patient monitoring and education to avoid lead-poisoning. There were **2,712** total blood-lead screenings conducted in the Richmond community this year.

The *Chronic Disease Prevention Program* addresses environmental and policy changes to help citizens prevent chronic diseases such as obesity, cancer, diabetes, and cardiovascular disease, and conducts health awareness and educational activities. The Chronic Disease Prevention Program also collaborates with the Mayor's Healthy Richmond Campaign to promote the health and well-being of Richmond residents. Activities included working with community partners to promote healthy eating and active living strategies such as the Healthy Corner Store Initiative. This initiative provides fresh fruits and vegetables to increase the availability of healthy, nutritious foods at corner stores that are located in food deserts in the City's 7th district. In a partnership with Richmond Public Schools, RCHD conducts the 95210 for Health

campaign aimed at helping children, teens, and families adopt five healthy behaviors which promote overall health and healthy weight.

A new strategy was implemented this FY to promote physical activity. The Rock Richmond Fitness Program was discontinued as we transitioned to a partnership with Richmond Sports Backers to promote Active RVA, which offers free training towards Group Fitness Instructor certification and recruits “*Fitness Warriors*,” who volunteer to provide fitness classes in various neighborhoods throughout the city.

Another change was the discontinuation of the Richmond Smiles Mobile Dental Program which closed in August 2013 due to the loss of available operational funding.

Public Health Programs			
Program	FY 2011-2012	FY 2012-13	FY 2013-14
Resource Centers			
Patients served	2,329	2,783	2,693
Adolescent Health/Teen Pregnancy Prevention			
Sessions held	693	650	881
Adolescents serviced	3,330	2,324	2,921
Healthy Homes Initiative			
Blood-lead testing to children and pregnant women	na	614	344
Properties tested for lead paint hazard	na	213	271

ENVIRONMENTAL HEALTH SERVICES

Environmental Health Specialists inspect all City food establishments and food vendors to ensure compliance with State Food Regulations. Complaints and cases of food borne illness are investigated to determine and eliminate causes. Environmental Health Specialists provide training for food handlers, issue temporary health permits, and inspect street food-vendors. Environmental Health Specialists inspect the local dairy plant under federal guidelines and State statutory authority. Fewer restaurant inspections were conducted this FY due to a reduction in the number of inspectors on staff. The Specialists also inspect public swimming pools and marinas, conduct animal bite/rabies investigations, West Nile Virus education, and investigate complaints of rodent infestation.

RCHD Environmental Health Services			
Activity/Service	FY 2011-12	FY 2012-13	FY 2013-14
	Service numbers	Service numbers	Service numbers
Number of restaurant inspections	3,417	3,345	3,331
Total number of food service inspections	4,983	4,161	4,170
Food permits issued	107	88	109
Animal bite/rabies investigation	300	374	279
Positive rabies in animals	2	1	4
Hotel/motel inspections	75	61	56
Swimming pool inspections	72	52	68
Environmental complaint investigations	163	121	59
Training classes conducted	27	24	28
Food handlers trained	496	215	572

PUBLIC HEALTH PREPAREDNESS

The goal of the *Public Health Preparedness Program* (PHP) is to enhance Richmond City Health District’s ability to respond to public health emergencies and to create resilient communities. RCHD leads Emergency Support Function-8 (ESF-8) for coordinating all public health and medical services in the City during times of emergency and disaster as outlined in the City’s Emergency Operations Plan.

Our emergency preparedness activities included conducting mass dispensing/vaccination drills that interacted with the public. We also participated in a state agency full scale exercise.

A model emergency plan template and an updated Blood-Borne Pathogens/Infection Control Plan for use by congregate care facilities were shared with long term care facilities throughout the city.

The *Richmond City Medical Reserve Corps (MRC)*, housed under the PHP program, is a volunteer organization that is dedicated to responding to public health emergencies. Members of the MRC are given opportunities to be trained in preparedness, response, and recovery. They also assist with public health community outreach events. In FY 2013-14, MRC membership remained steady at **455** members. They assisted in **41** events and incidents in the city with those man hours valued at \$12,121.98. The MRC is continuing to expand its capabilities by participating in monthly statewide training sessions with topics ranging from emerging infectious diseases to Family Assistance Center operations. If a city emergency occurs, the MRC will be ready to support the efforts of RCHD.

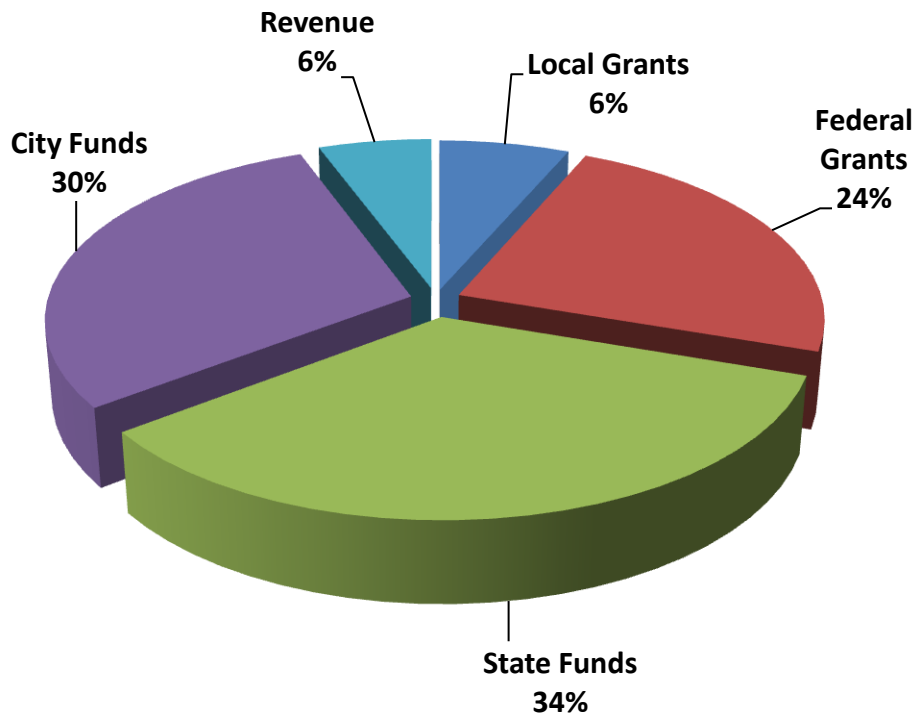
VITAL RECORDS

The RCHD *Office of Vital Records* maintains a record of all deaths that occur in the City of Richmond; the office issued **17,397** death certificate copies in fiscal year 2013-14.

FUNDING & OPERATIONS

The Richmond City Health District FY 2013-14 was budgeted at \$10,824,433 which is comprised of several funding sources.

RCHD Funding Sources FY 2014



RCHD Expenditures – FY 2014

