

COUNTY OF YORK

MEMORANDUM

DATE: May 29, 2025
TO: York County Board of Supervisors
FROM: Mark L. Bellamy, Jr., County Administrator 
SUBJECT: Peninsula Health District Quarterly Meeting

On Thursday, I met with Dr. Natasha Dwamena from the Peninsula Health District to receive an update on ongoing community projects. Attached is an overview and key statistics from the meeting, specifically highlighting projects related to York County.

Attachment:

- Peninsula Health District Summary



Hampton and Peninsula

HEALTH DISTRICTS



We proudly serve the Cities of Hampton, Newport News, Poquoson & Williamsburg and the Counties of James City and York.

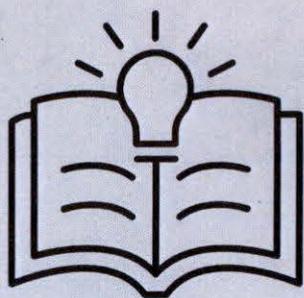


HAMPTON & PENINSULA HEALTH DISTRICTS' INITIATIVES

OUR LATEST INITIATIVES

HPHD has been awarded two 5-year grants focused on preventing and managing cardiovascular disease in at-risk populations. HPHD is actively working within the Southeast End of Newport News due to its high disparities.

Jessika Carney, Healthy Hearts Community Health Worker (CHW), is on the ground building trusting relationships within the census tracts to identify community members who will participate in and lead a **Learning Collaborative**. This community-led initiative aims to achieve sustainable change and improvement in cardiovascular health outcomes.



HPHD is offering **Literacy for Life's Health Education and Literacy (HEAL) Program** at Virginia Peninsula Regional Jail (VPRJ) and across the three Newport News Public Library locations. HEAL empowers individuals to better understand and manage their health by encouraging critical thinking, informed questioning, and proactive behavior related to health care. The program is designed to improve patient safety and promote long-term well-being through increased health literacy.



HPHD hosted a **Unite Us Best Practices Event** on April 23rd. This gathering brought together community partners and leaders to share insights and strategies for maximizing the use of the Unite Us referral platform. The focus was on identifying service gaps, strengthening partnerships, and enhancing referral coordination for improved community outcomes.

For a full list of services, please visit our website at <https://www.vdh.virginia.gov/hampton-peninsula/>



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OUR LATEST INITIATIVES



HPHD successfully completed the **2025 Community Health Assessment (CHA)** survey. One notable recent activity included Community Conversations with the formerly incarcerated population, aimed at understanding their health and reentry needs. These discussions are helping to shape a more equitable and comprehensive health strategy.

HPHD continues its participation in the **Regional Stop Syphilis Initiative**. The Regional Stop Syphilis Public Launch Event was held Tuesday, April 29, 2025, at ODU in Norfolk. This vital event featured expert speakers, engaging discussions, and critical information on prevention, treatment, and leading conversations about sexual wellness. We continue to work together with our regional and local community partners to raise awareness and combat this preventable disease!

The **HPHD Outreach Team** remains active throughout the community, participating in events and school programs to promote healthy habits and disease prevention. Ongoing activities include Germ & Hygiene Education at local elementary schools, camps, and daycares. Our outreach also includes tabling at community and city events around the Peninsula to provide education to the community on services HPHD offers and distributing health education materials. These efforts are part of HPHD's broader strategy to build trust, raise awareness, and connect residents with local services and resources.

COVID-19 & FLU VACCINATION CLINIC

Monday through Friday at the Hampton Health District
3130 Victoria Blvd., Hampton, VA 23661
Call: 757-728-2159, by appointment only
9am-3:30pm

1st Thursdays at the Peninsula Health Center
836-A J Clyde Morris Blvd., Newport News, VA 23601
Call: 757-594-7999, by appointment only
9am-3:30pm

OUR LATEST NUMBERS

As of January 2025, Project LEAD has:

- Distributed **2862** harm reduction kits
- Distributed **2258** boxes of naloxone
- Distributed **2262** fentanyl test strips
- Completed REVIVE! trainings at **77** public events and had unique engagements with over **3000+** community members
- Expanded our community partner list to **78** organizations



**PENINSULA HEALTH DISTRICT
YORK COUNTY UPDATE MEETING
THURSDAY, MAY 29, 2025**

Updated 5/28/2025

ACTIVITIES/PROJECTS/INITIATIVES IN PARTNERSHIP WITH YORK COUNTY & NEIGHBORING LOCALITIES		
Program / Clinic Area	Activity / Project / Initiative	Update
Community Health Improvement – CHI (formerly Population Health)	<ul style="list-style-type: none"> • Outreach <ul style="list-style-type: none"> ○ 3/24: Met with the CEO of Peninsula United Way for a CAN (Community Assistance Network) Tour and discussion for future collaboration ○ Offering Literacy for Life training to 25 female and 25 male incarcerated persons at the Virginia Peninsula Regional Jail, starting early June 2025 ○ Work closely with Peninsula Aging on Aging (PAA) to provide sexual health and wellness education, Literacy for Life (Nascent Program), and generalized HPHD service education • Project LEAD: <ul style="list-style-type: none"> ○ 2/28: Trained the National Park Rangers of York County and JCC in overdose recognition and response; provided them with medication and resources to respond in an emergency ○ Spoke with Kevin Taylor of the York-Poquoson Sheriff’s Office about holding REVIVE! Trainings for community members along with their other class offerings ○ Currently offer community members virtual REVIVE! Trainings every third Saturday of the month 	February 2025 – April 2025
Environmental Health	Please see attached PowerPoint slide	Fiscal Year 2025 – 1st Quarter
Community Health Nursing & Clinic Services	Please see attached spreadsheet – Client Count (Individuals Served)	January – April 2025
Business Management/ Operations	Please see attached printout – Revenues from Permits, Vital Records, and Nursing Home Screenings	Fiscal Year 2025 through April 2025
Emergency Preparedness & Response (EP&R) and Medical Reserve Corps (MRC)	<ul style="list-style-type: none"> • Emergency Preparedness & Response (EP&R) <ul style="list-style-type: none"> ○ EP&R has worked closely with York County ahead of the 2025 Surry Nuclear Power Station VOPEX with Radiological Plan updates and Emergency Operations Center trainings • Medical Reserve Corps – MRC 	January – May 2025

ACTIVITIES/PROJECTS/INITIATIVES IN PARTNERSHIP WITH YORK COUNTY & NEIGHBORING LOCALITIES

Program / Clinic Area	Activity / Project / Initiative	Update
EP&R and MRC (cont.)	<ul style="list-style-type: none"> ○ Number of MRC volunteers who live in York County – 160 ○ MRC-supported event in York County <ul style="list-style-type: none"> ▪ The Goddard School COVID Containment Event/Presentation ○ Dr. Samuel Tate, York County resident, is an MRC V.I.S.I.O.N. Award Finalist – Outstanding MRC Preparedness and Resilience Volunteer Award 	
Women, Infants, & Children (WIC) Program	<p>Number of Participants at the York/Denbigh WIC Office by Month November 2024 – January 2025 (Feb – Apr 2025 participation data not yet finalized)</p> <ul style="list-style-type: none"> ● Nov 2024 – 1,601 ● Dec 2024 – 1,574 ● Jan 2025 – 1,519 ● Appointments Scheduled at the York/Denbigh WIC Office in April 2025: <ul style="list-style-type: none"> ○ 120 Initial Certifications ○ 256 Subsequent Certifications ○ 346 Follow-up appointments, 29 of which were specifically scheduled with a Registered Dietitian due to high risk for poor nutrition status 	January – April 2025
Epidemiology (EPI)	<ul style="list-style-type: none"> ● For the first quarter of the year, January 1 – March 31, 2025, District Epidemiologists performed 102 full case investigations and 33 outbreak investigations involving residents and facilities of the Peninsula; case and outbreak investigations are determined by the Virginia Reportable Disease List <ul style="list-style-type: none"> ○ York County <ul style="list-style-type: none"> ▪ 14 Investigations ▪ 9 Outbreaks ● A full case investigation is performed for cases meeting a probable, confirmed or suspect case status according to CDC criteria. This number does not include the amount of disease reports coming into the health department ● Provided educational outreach to the Health Services departments of York County Public Schools; still providing hygiene and disease prevention education to childcare providers when doing the extended 	January – March 2025

ACTIVITIES/PROJECTS/INITIATIVES IN PARTNERSHIP WITH YORK COUNTY & NEIGHBORING LOCALITIES

Program / Clinic Area	Activity / Project / Initiative	Update
EPI (cont.)	<p>containment team outreach presentations; continue to work with healthcare providers at Riverside, Sentara, and the long-term care facilities</p> <ul style="list-style-type: none">• District Epidemiologists are actively planning and preparing for public health threats of Measles and Avian Influenza with outreach to local medical care facilities, schools, and childcare facilities <p><u>Disease Reporting and Control Regulations – Clinicians</u></p>	

HEAL Curriculum & Overview

Program Overview

The Health Education and Literacy (HEAL) Program, developed by Literacy for Life, is a community-based initiative designed to enhance health literacy and empower individuals with the knowledge needed to make informed healthcare decisions. HEAL offers engaging, accessible classes for anyone looking to improve their understanding of the healthcare system, medical terminology, and standard practices in personal and preventive care.

Classes are delivered in collaboration with partner organizations throughout the community, helping ensure widespread access to vital health education. While the standard HEAL program runs once a week over an 8-week period, it can be customized to meet the unique needs of specific populations.

Each HEAL session is one-hour and focused on relevant healthcare topics such as navigating doctor visits, understanding prescriptions, preventive care strategies, health insurance, and more. By fostering greater confidence and competence in health-related decision-making, the HEAL Program plays a crucial role in promoting health equity and improving long-term health outcomes across the communities it serves.

Curriculum

Lesson 1: Healthy Eating

- Part 1: What is Healthy Eating?
- Part 2: MyPlate / Introduction to Food Groups
- Part 3: Healthy Meal Plan
- Part 4: Reading Nutrition Labels

Lesson 2: Medicine

- Part 1: Questions to Ask your Doctor or Pharmacist
- Part 2: Reading Prescription Medicine Labels
- Part 3: Reading OTC Medicine Labels
- Part 4: Drug Facts – Know the Active Ingredient

Lesson 3: Emergencies

- Part 1: When is it an Emergency?
- Part 2: Calling 911

- Part 3: Doctor, Urgent Care or Emergency Room?
- Part 4: First Aid

Lesson 4: Appointments

- Part 1: Preparing for a Doctor's Appointment
- Part 2: Making a Doctor's Appointment
- Part 3: What to Expect
- Part 4: Describing Symptoms
- Part 5: Asking and Answering Questions

Lesson 5: Preventing Diseases

- Part 1: You and Your Primary Care Physician
- Part 2: Immunizations
- Part 3: Screening Tests for Chronic Diseases
- Part 4: Family History and Risk Factors

Lesson 6: It's My Health

- Part 1: Prevention
- Part 2: Healthy Teeth
- Part 3: Exercise and Healthy Weight
- Part 4: Smoking, Alcohol, and Drugs
- Part 5: Managing Stress
- Part 6: My Rights and Responsibilities
- Part 7: Finding Health Information Online

Lesson 7: Advance Medical Directives

- Part 1: Choosing a Health Care Agent
- Part 2: What Decisions Can a Health Care Agent Make?
- Part 3: Making Your Own Choices
- Part 4: Advance Directive Forms and Examples

Lesson 8: Mental Health

- Part 1: Stress
- Part 2: Anxiety
- Part 3: Depression
- Part 4: Finding and Getting Help

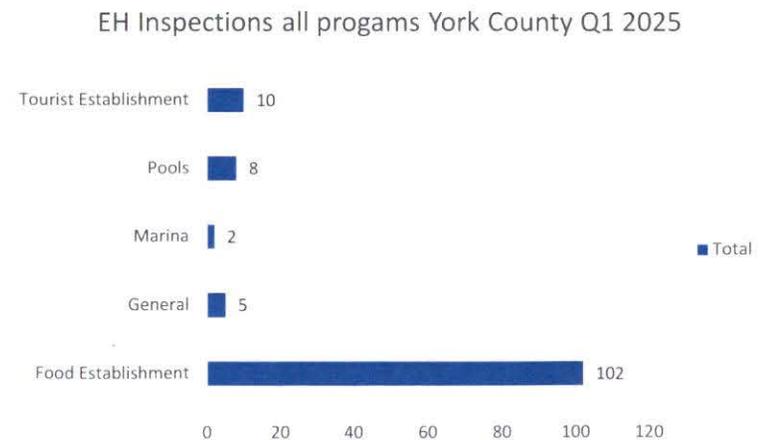
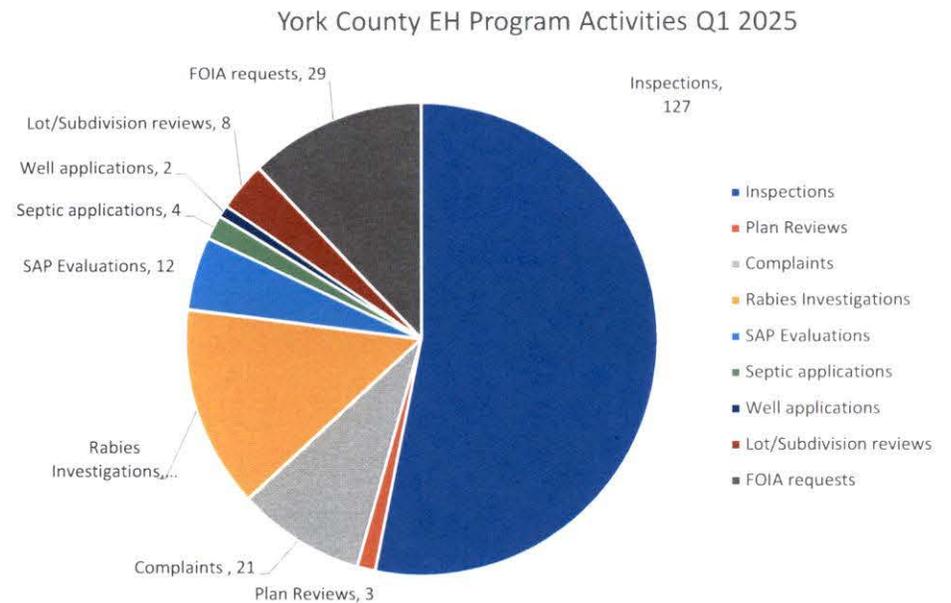
Lesson 9: Health Technology

- Part 1: Telehealth & Electronic Health Records
- Part 2: Devices, Tools, & Apps
- Part 3: Phishing & Online Safety

Lesson 10: Health Insurance

- Part 1: Purpose & Importance
- Part 2: Important Terms: Co-pays, Deductibles, Etc.
- Part 3: Navigating & Enrolling
- Part 4: Types of Insurance
- Part 5: Reading and Understanding Insurance

- HPHD EH completed 239 program activities in Q1 2025 for York County.
- The second round of York County school cafeteria inspections is underway now with estimated conclusion by May 31, 2025. This is a USDA requirement.
- The EH Manager will be working with York, JCC and Williamsburg ACO's to discuss a joint rabies clinic for Fall of 2025.
- Beach water sampling will start the week prior to Memorial Day. One location in York County (Yorktown Beach) will be sampled weekly.
- The onsite program has received 26 applications and/or reviews in Q1 2025.



**Fiscal Years 2025
 Peninsula Health District
 Revenues* by Service and Locality**

Through April	FY 2024
York County	\$52,569
Permits	\$10,110
Vital Records	\$19,709
N. H. Screenings	\$22,750

Through April	FY 2025	Change
York County	\$79,638	51.49%
Permits	\$17,195	70.08%
Vital Records	\$21,758	10.40%
N. H. Screenings	\$40,685	78.84%

*Preliminary, some minor changes could occur