

*Russell County

Land Area: 475 square miles

Population (2000): 30,308

Russell County once boasted the largest cattle ranches east of the Mississippi, and the high mountain pastures of the Clinch River Valley are a legacy of those days. Clinch Mountain forms the southern border of the county and the northern section stretches onto the coal-bearing hills of the Cumberland Plateau. Western Russell County rests on a high, open, relatively level plateau amid a circle of mountains that are rendered ethereal by distance. Lebanon, population 3,273, and Honaker, population 945, are the largest towns in the county.

Service industries, manufacturing, trade, agriculture and mining, and transfer income (retirement pensions, disability income, and welfare benefits), are major elements of the Russell County economy. The largest employers in the county are the Lear Corporation (automotive stampings), AT&T Wireless, the Russell County public schools, Clinchfield Coal Company, the Russell County Medical Center, WalMart, and Lebanon Apparel.

Employment By Industry	Russell	Virginia
Agriculture, Forestry, Mining, Fishing, Hunting	9.5%	1.3%
Construction	8.3%	7.3%
Manufacturing	17.8%	11.3%
Retail and Wholesale Trade	13.7%	14.1%
Transportation and Warehousing and Utilities	7.5%	4.6%
Information	1.2%	3.8%
Finance, Insurance, Real Estate, Rental and Leasing	3.1%	6.6%
Professional, Scientific, Management, Administrative, and Waste Management Services	5.1%	11.6%
Education, Health, and Social Services	20.0%	18.3%
Arts, Entertainment, Recreation, Accommodation and Food Services	3.9%	7.2%
Public Administration	5.1%	8.3%
Other Services	4.7%	5.4%

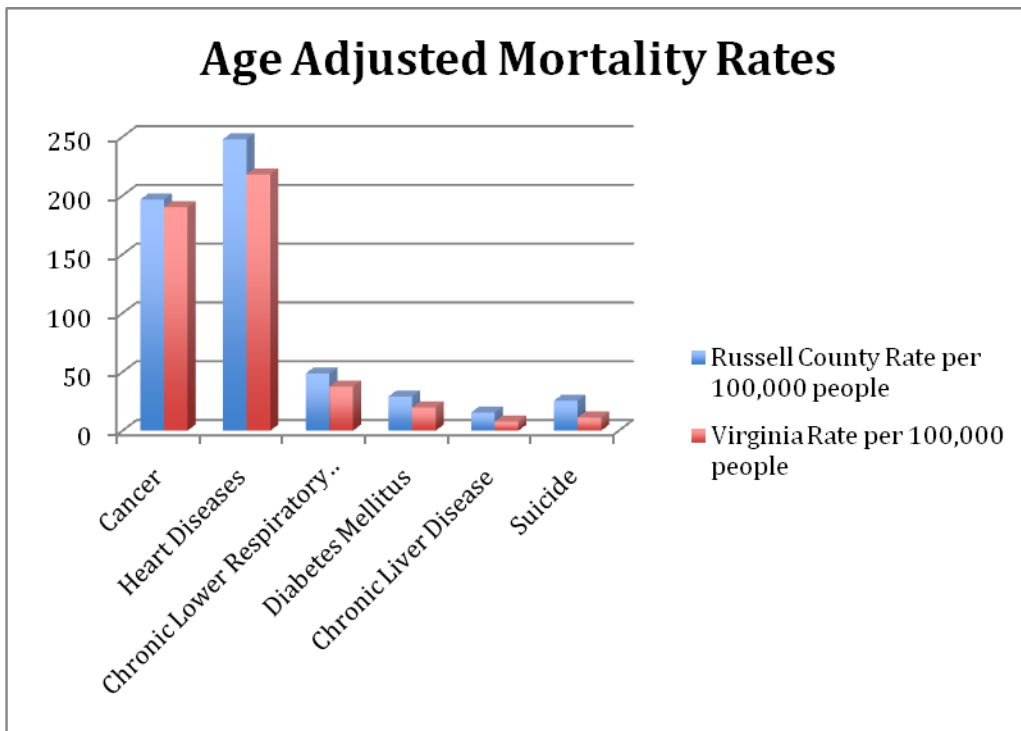
The population of Russell County is less prosperous than the population of Virginia. Russell County's unemployment rate is 70% higher than Virginia's unemployment rate and the per capita income of Russell Countians is only 62% of the per capita income for Virginians \$33,682 in contrast to \$59,575.

Proportionately fewer Russell County residents are in the work force and a much smaller percentage of Russell Countians have graduated from high school than Virginians in general. Just 9.4% of Lee County residents completed college, in contrast to 29.5% of Virginians.

Economic Indicators	Russell	Virginia
Population with Medicaid (2004)	23.7%	10.8%
Poverty Rate (2000)	16.3%	9.6%
Per Capita Income (2000)	\$14,863	\$23,975
Population Aged 16+ in Labor Force (2000)	47.2%	66.8%
Population Aged 25+ w/o High School Diploma (2000)	37.5%	18.5%

The total pregnancy rate for women aged 15-44 in Russell County is 34% lower than in Virginia. The teen pregnancy rate in Russell County is 10% lower than in Virginia. Women in Russell County are 4% more likely to receive prenatal care in the first trimester than women in Virginia overall. Babies born to Russell County residents are 6% more likely to be low birth weight than babies born to Virginia residents. The infant mortality rate in Russell County is 26% lower than the infant mortality rate in Virginia.

Death rates from several common causes are much higher in Russell County than in Virginia - e.g., heart disease (+14%), cancer (+3%), stroke (+11%), chronic lower respiratory diseases (+100%), unintentional injury (+109%), pneumonia and influenza (+79%), diabetes mellitus (+34%), chronic liver disease (+100%), nephritis and nephrosis (+6%), and suicide (+100%). Among common causes, only the death rates from septicemia (-40%) and Alzheimer's disease (-42%) are lower in Russell County than in Virginia as a whole. The graph below shows the premature mortality rates from some of these diseases.



Population Health	Russell	Virginia
Disabled Population, Ages 5-20 (2000)	8.7%	8.1%
Disabled Population, Ages 21-64 (2000)	33.4%	17.5%
Disabled Population, Ages 65+ (2000)	47.6%	42.1%
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Diseases of the Heart	248.0	218.0
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Malignant Neoplasms	196.6	190.0
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Cerebrovascular Diseases	64.9	58.3

Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - COPD	78.6	39.2
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Unintentional Injury	68.8	32.8
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Pneumonia and Influenza	40.7	22.7
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Diabetes Mellitus	29.0	21.7
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Suicide	25.4	11.1
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Septicemia	9.2	15.4
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Nephritis and Nephrosis	16.6	15.6
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Chronic Liver Disease/Cirrhosis	15.4	7.7
Age Adjusted Death Rate Per 100,000 Population (1998 - 2002 avg.) - Alzheimers Disease	9.3	15.9
Total Pregnancy Terminations (Residents) Per 1,000 Females Aged 15-44 (1998 - 2002 avg.)	54.6	82.6
Teenage Pregnancies Per 1,000 Females Aged 10-19 (1998 - 2002 avg.)	28.2	31.3
Percent of Resident Live Births Beginning Prenatal Care in 1st Trimester (1998 - 2002 avg.)	87.9%	84.8%
Low Weight Live Births as a Percent of Total Births (1998 - 2002 avg.)	8.4%	7.9%
Resident Infant Deaths Per 1,000 Lives Births (1998 - 2002 avg.)	5.3	7.2

There are significant barriers to health care access in Russell County; many residents lack insurance coverage, and few specialists practice in the county. The expense of these costs and travelling to access them is prohibitive. Approximately 13.2% of the population is entirely without health insurance, compared to only 12.5 % of Virginians, but many more are underinsured. Russell County Medical Center, a 78-bed facility, is located in Lebanon, Virginia and is the primary provider of medical services in the county. Primary care services and some specialty services are provided, but renal dialysis services are not available in the county. Eleven additional clinics and seven nursing homes are operated throughout the county.

As in other parts of Southwestern Virginia, there is a general shortage of health care providers and medical specialists in Russell County. A preliminary assessment of health care resources showed that most counties in this region had far fewer licensed professionals than other parts of Virginia. The Russell County Medical Center has 23 active physicians, but according to the survey, only 13 licensed professionals reside in the county, or 4.5 per 10,000 residents. The average in Virginia is 27 per 10,000 people. The county has 87.5 licensed nurses per 10,000 people living in the county, higher than the Virginia average. There is also a higher than average number of pharmacists living in the county, with 12.5 pharmacists per 10,000 people compared to the Virginia average of 6.2. Only 4 dentists, or 1.3 per 10,000 residents, practice in the county, however, reflecting a severe shortage in dental care. The relative poverty and poor health status of the population indicate the need for improved access to primary and specialty care in Russell County.

Provider Type	Number of Current Licenses	Number of Expired Licenses	Russell County Average per 10,000	Virginia Average per 10,000
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			people	people*
Physicians	13	9	4.5	27
Nurses (incl. RN, LPN, NP)	482	62	87.5	72.4
Physician Assistants	?	?	0.6	1
Dentists	4	0	1.3	5.8
Pharmacists	36	1	12.5	6.2
Psychologists	0	0	0	3.0

Links

Russell County - <http://www.russellcountyva.org/>

Russell County - <http://www.vaswpromise.com/>

Russell County - <http://www.cppdc.org/index.htm>

Cumberland Plateau Health District - <http://www.vdh.state.va.us/LHD/cumbplat/cumbplat.htm>

Russell County Medical Center - <http://www.rcmc.net/>

Lebanon (town) - <http://www.city-data.com/city/Lebanon-Virginia.html>

Russell County Medical Center- <http://www.msha.com/Facility.cfm?id=967>

Russell County Health Care Resources

Regional Hospitals

Community Health Centers

- Blue Ridge Health Care
131 Flanagan Ave Lebanon, VA 24266-
(276) 883-8010
- Dizon Louis MD
640 Overlook Dr Lebanon, VA 24266-
(276) 889-0201
- Easton Brian T Doctor of Medicine
495 E Main St Lebanon, VA 24266-
(276) 889-3700
- Lebanon Pediatrics
640 Overlook Dr Lebanon, VA 24266-
(276) 889-0201
- Lebanon Speech & Hearing Center
68 Pioneer Dr Lebanon, VA 24266-5414

(276) 889-1389
www.bristolspeechandhearing.com

- Russell County Dialysis Facility Inc
Lebanon, VA 24266-
(276) 889-1712
- Russell County Medical Center
Carroll & Tate Sts Lebanon, VA 24266-
(276) 883-8242
- Russell County Medical Center
Lebanon, VA 24266-
(276) 883-8154
- Russell County Medical Center
Lebanon, VA 24266-
(276) 889-2607

Free Clinics

Health Department

- Russell County (Headquarters Office)
75 Rogers Street Lebanon, VA 24266
276-889-7621
FAX: 276-889-7625

Department of Social Services

- Russell County Department of Social Services
Raymond E. Harrison, Director
76 Rogers St. P.O. Box 1207 Lebanon, VA 24266-1207
(276) 889-2679
(276) 889-3031
(276) 889-2662 (FAX)

Telemedicine Sites

- Russell County Medical Center
Lebanon, VA 24266-
(276) 883-8154

Home Health Care

- Amedisys Home Health
360 W Main St Lebanon, VA 24266-4218
(276) 889-5612
- Russell County Medical Center Home Health & Hospice
116 Flanagan Ave Lebanon, VA 24266-
(276) 883-8484
- Rcmc Home Health & Hospice
Carrol & Tate Sts Lebanon, VA 24266-
(276) 889-0014
- Independent Home Healthcare
18426 US Highway 19 Rosedale, VA 24280
(276) 880-1386
- Russell County Medical Center
Lebanon, VA 24266
(276) 889-0156
- Russell County Medical Center Home Health Care
Carroll & Tate Strts Lebanon, VA 24266
(276) 889-0014
- Russell County Medical Center Home Health & Hospice
116 Flanagan Ave Ste C Lebanon, VA 24266
(276) 883-8484
- Home Nursing Co Inc
Russell County Shopping Ctr Lebanon, VA 24266
(276) 889-4318

Nursing Homes

- Burks Manor Rest Home
Po Box 151 Rosedale, VA 24280-
(276) 880-1253
- Dickensonville Rest Home
Rr 2 Box 35 Lebanon, VA 24266-
(276) 794-9569

- Hummingbird Retirement Villa
Lebanon, VA 24266-
(276) 889-1719
- Maple Grove Health Care Center
Lebanon, VA 24266-
(276) 889-0367
- Maple Grove Health Care Center
318 E Main St Lebanon, VA 24266-
(276) 889-0733
- Town & Country Adult Care Residents
667 Pioneer Dr Lebanon, VA 24266-
(276) 889-3222

Hospice Facilities

Pharmacies

- Food City Pharmacy
654 Pittston Rd Lebanon, VA 24266-
(276) 889-3800
www.foodcity.com
- Mcfarlane Hillman Pharmacy
116 Flanagan Ave Lebanon, VA 24266-
(276) 889-5721
- Rite Aid
1094 E Main St Lebanon, VA 24266-5012
(276) 889-4149
www.riteaid.com
- Tigerx Pharmacy
1 Gents Dr Honaker, VA 24260-
(276) 873-4700
- Wal Mart
1050 Regional Park Rd Lebanon, VA 24266-3712
(276) 889-1654
www.walmart.com

- Food City
Lebanon, VA 24266-
(276) 762-5831

Alcohol/Drug Abuse and Mental Health Facilities

- Cumberland Mountain Community Services- Russell County Satellite Office
160 Rogers St Lebanon, VA 24266-
(276) 889-2842
www.cmcsb.com
- Brookside Psychiatric Center
Lebanon, VA 24266
(276) 889-0156
- Appalachian Psychiatric Associates
131 Flanagan Ave Lebanon, VA 24266-
(276) 883-8042
- The Clinch Mountain House
Rita Slemp, Program Manager
P.O. Box 1150, 38 Rogers Street, Lebanon, VA 24266
(276) 889-1384
rslemp@cmcsb.com
<http://www.cmcsb.com/clinchmntnhouse.htm>
- INTENSIVE IN-HOME SERVICES
CONTACT PERSON: Kimberly Lowe Bales, Coordinator of Family Based Services
LOCATION: Cumberland Mountain Community Services - Main Office
TELEPHONE: (276) 964-6702
<http://www.cmcsb.com/inhome.htm>
- Life Recovery LLC
616 E Main St Lebanon, VA 24266-
(276) 889-1954
- Clearview Center
58 Carroll St Lebanon, VA 24266-
(276) 883-8380
- Southwest Virginia Alcohol Treatment Program
Lebanon, VA 24266-
(276) 889-3063

Counseling Services

Physicians

- Barki Zafeer K MD
Main St Honaker, VA 24260-
(276) 873-6825
- C Health
495 E Main St Lebanon, VA 24266-
(276) 889-3700
- C Health
Rt 80 Honaker, VA 24260-
(276) 873-6876
- Cardiovascular Associates PC
133 Flanagan Ave Lebanon, VA 24266-
(276) 889-3370
- Cervantes Al MD
131 Flanagan Ave Lebanon, VA 24266-
(276) 883-8042
- Chaudhry Faisal W MD
Rt 80 Honaker, VA 24260-
(276) 873-6300
- Community Medical Care
Rosedale, VA 24280-
(276) 880-3133
- Family Health Care A
Lebanon, VA 24266-
(276) 889-2394
- Hughes Melton S MD
48 Commerce Dr Honaker, VA 24260-
(276) 873-6876
- Javed Muhammad R MD
Main St Honaker, VA 24260-
(276) 873-6825

- Ketron S G DR
137 Burns Ave Lebanon, VA 24266-
(276) 889-1500
- Latif Azhar MD
Route 80 Honaker, VA 24260-
(276) 873-6300
- Lebanon Pediatrics
640 Overlook Dr Lebanon, VA 24266-
(276) 889-0201
- Lebanon Pediatrics
Lebanon, VA 24266-
(276) 889-4202
- Melton S Hughes MD
495 E Main St Lebanon, VA 24266-
(276) 889-3700
- Merit Medical Group
Main St Honaker, VA 24260-
(276) 873-6825
- Merit Medical Group
Ball Professional Building Honaker, VA 24260-
(276) 873-6825
- Nensey Yawer MD
Main St Honaker, VA 24260-
(276) 873-6825
- Powers Rebecca M MSN Fnp
495 E Main St Lebanon, VA 24266-
(276) 889-3700
- Ratliffe N C DR
Mcclure Ave Lebanon, VA 24266-
(276) 926-6071
- Roatsey Thomas DO
131 Flanagan Ave Lebanon, VA 24266-
(276) 883-8010
- Russell County Med Cntr
143 W Main St Lebanon, VA 24266-

(276) 889-1313

- Sabino Akins Joycelyn MD
640 Overlook Dr Lebanon, VA 24266-
(276) 889-0201
- Shepard Gene MD
131 Flanagan Ave Lebanon, VA 24266-
(276) 883-8005
- Wilcoxson Lesley MD
58 Carroll St Lebanon, VA 24266-
(276) 883-8085
- Yousuf Samina MD PC
383 Highland Dr Lebanon, VA 24266-4632
(276) 889-0433
- Cheng Matthew MD
383 Highland Dr Lebanon, VA 24266-4632
(276) 889-0433
- Cumberland Mountain Community Services
Po Box 810 Lebanon, VA 24266-
(276) 889-3063
www.cmcsb.com
- Lebanon Orthopedics
143 W Main St Lebanon, VA 24266-
(276) 889-1313
- Russell County Medical Center Direct Number to Departments
Lebanon, VA 24266-
(276) 883-8140
- A Physician Referral At Russell County Medical Center
Lebanon, VA 24266-
(276) 889-0156

Optometrists

Dental Facilities

- Adam C Plaster DDS

922 E Main StLebanon, VA24266-
(276) 889-0998

- Ball Steve
Lebanon, VA24266-
(276) 889-5141
- Ball Steve DDS
Main StHonaker, VA24260-
(276) 873-4003
- Bassham Deborah DDS MS
416 E Main StLebanon, VA24266-
(276) 889-2704
- Ferguson Justin DDS
377 Highland DrLebanon, VA24266-
(276) 889-5141

Miscellaneous Health Care

- Cancer Outreach
Lebanon, VA 24266-
(276) 889-4941