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**FOR IMMEDIATE RELEASE:**

**MOVHD Joins Nationwide Observance of National Rural Health Day on November 21**

The Mid-Ohio Valley Health Department (MOVHD) is proud to join communities across America in celebration of National Rural Health Day (NRHD) on Thursday, Nov. 21. The National Organization of State Offices of Rural Health (NOSORH) and rural-focused organizations throughout the United States set aside the third Thursday of November to recognize NRHD. This annual event is an opportunity to celebrate the “Power of Rural” and honor the individuals and organizations dedicated to addressing the unique healthcare needs of nearly 61 million people living in rural America.

"It is of vital importance that we ensure all rural West Virginians have the opportunity to be healthy and have access to affordable, quality health care regardless of where they call home," said Malcolm Lanham, Community Health Director. "Mid-Ohio Valley Health Department is proud to recognize the incredible work of health professionals and volunteers in our community on National Rural Health Day and throughout the year."

Wirt County native and employee of that MOVHD county office Jessica McKinney shared what rural health means to her. "This job has become rewarding in different ways in my life besides just a paycheck," she said. "I understand what I do in this position can make a significant difference in the lives of my community by having access to vaccines, healthy fruits and vegetables, and affordable health services. These are 'my people', something you understand growing up in a rural area. Our communities are so tight-knit we have the opportunity to build strong relationships with our clients and really get to know them."

Another reason I love working in rural health is at times we can be the one man band for our county. We often get to handle a wide range of service needs for the health department."

Community members are invited to help MOVHD celebrate the "Power of Rural" by visiting their special page for the day, [www.movhd.com/national-rural-health-day](http://www.movhd.com/national-rural-health-day). Kids' activity sheets provided by NRHD, how to build an emergency kit, vaccine myths and facts and vaccine quizzes can be found there. Visit [PowerofRural.org](http://PowerofRural.org) for more information.