

**Chronic Disease Prevention and Health Promotion Section Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease**

Thursday October 27, 2016

Washoe County Health District (WCHD) Chronic Disease Prevention Program (CDPP) Report

New Staff

The CDPP received a resignation for one of their two Intermittent Hourly Health Educators working on tobacco. The program hopes to have the part-time position filled in November. CDPP brought on three UNR undergraduate interns, who will be working with the program on various projects related to nutrition, physical activity and tobacco use and exposure. Each intern will be contributing 100 hours during the semester.

Section News

The www.GetHealthyWashoe.com website update and redirection of the URL is on track for the end of the calendar year. The URL will take visitors to the main chronic disease prevention page on the Washoe County Health District website (www.washoecounty.us/health).

Programming

The Chronic Disease Prevention Program strives to reduce chronic disease in Washoe County by focusing on physical activity, nutrition and tobacco use and exposure. Key approaches include efforts concentrating on policy, system and environmental change.

Physical Activity and Nutrition activities

- The Wolf Pack Coaches Challenge is currently being piloted in 12 classrooms within elementary schools in Washoe County, with 278 student participants as of 9/30/16.
- Planning continues for the We Order Well (W.O.W!) program, which helps restaurants expand current menu selections to include smaller portion sizes and/or a healthier kids menu.
- Height and weight data was analyzed for Washoe County School District 4th, 7th and 10th grade students. On October 14th an Epi News report was sent to providers, including health care providers and child care providers. The Epi News report can be found at: <https://www.washoecounty.us/health/files/publications/epi-news/2016/Vol%2036%20No%2020%2010-14-2016%20Weight%20Status%20of%20Washoe%20County%20School%20District%20Youth.pdf>. In addition, a community report will be created with similar data and information specific to non-health care providers.
- CDPP worked with the Washoe County Food Policy Council to develop a Healthy Food Access Proclamation to coincide with Food Day, which is October 24th. The Food Policy Council brought the proclamations to the Board of County Commissioners and the cities of Reno and Sparks. The proclamation asks leaders to recognize October 24, 2016 as Food Day and proclaim support for healthy food access and a sustainable regional food systems in their jurisdictions.
- CDPP staff is planning for the 2016 Healthy Living Forum which will be held on December 1st at UNR's Joe Crowley Student Union. Additional information, including agenda and registration can be found at www.gethealthywashoe.com.

Tobacco Prevention and Control Activities

- Staff participated in the Gay Pride Event in July, where tobacco prevention and cessation materials were promoted, and education on smoking disparities in the LGBT community was provided. Staff collected 80 signatures for a community pledge supporting smoke free

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efforts in the LGBT community. In addition Pride attendees were surveyed. While the sample size was relatively small (63 respondents) the key finding was that 60.9% of those responding reporting tobacco use, ranging in frequency from seldom to often. This confirms the importance of continued relationship building and partnerships with the LGBTQ community.

- Related to smoke free event efforts, CDPP staff worked with the American Heart Association's Heart Walk to make the September 18th event smoke free. There were over 1,200 participants at the event.
- WCHD continues to partner and offer assistance to TMCC and Sierra Nevada College (SNC) in their efforts to educate about tobacco free campuses. Both institutions are planning to participate in the 1Day Stand, which is coordinated with the Great American Smoke Out on November 17th, and encourages college campuses to be tobacco free for the day.
- Staff continues to present Smoke Free Multi-Unit Housing (MUH) information at the City of Reno Crime-Free classes. MUH properties are required to participate in these classes and it is a great opportunity to share information with local owner/managers and leasing agents.
- In August and September, four new properties, representing 216 units went smoke free in Washoe County.