

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

Thursday April 28, 2016

Washoe County Health District Chronic Disease Prevention Program Report

Staff

- Staff in the Chronic Disease Prevention Program (CDPP) at Washoe County includes:
 - One supervisor position (20% of time in Chronic Disease)
 - One full time Health Educator Coordinator (50% tobacco-50% Physical Activity/Nutrition)
 - One full time Health Educator II (50% tobacco-50% Physical Activity/Nutrition)
 - Two part-time Health Educator I (12-15 hrs/wk) working on tobacco
 - One part-time Public Service Intern (UNR student 12-15 hrs/wk) working on tobacco
 - One Public Health Associate – two-year placement; first year (Oct 2015-Oct 2016 is with the Chronic Disease Prevention program) work on tobacco, physical activity, and nutrition

Section News

- Tobacco activities are funded through two grants from the State of Nevada
 - Funds for Healthy Nevada (FHN)– funds part-time staff and activities
 - CDC “CORE” funding – funds one full-time equivalent
- Physical Activity and Nutrition
 - Local funds cover one full-time equivalent and limited intermittent staff hours

Programming

Obesity Prevention Program

The CDPP’s efforts focus on physical activity and nutrition policy, system and environmental change

- Coaches Challenge – Adapted from SNHD, UNR Coaches Challenge is a new collaborative effort between WCHD, WCSD & Nevada Athletics to promote physical activity and healthy eating to elementary school students in Washoe County.
- Nutrition and Restaurants – Previous work with menu labeling; currently restructuring to work with restaurants on portion sizes and healthy beverages.
- Work with WCSD on developing and implementing a wellness policy related to nutrition and physical activity.
- Bike Week – Commuter Challenge efforts to encourage businesses and employees to bike to work during bike week.
- BMI in schools – Work with WCSD to analyses and report the height and weight of students.
- RenOpen Streets - Open Streets is about getting communities active and changing the way people view their streets and neighborhoods. Program staff efforts are on coordinating a variety of options for physical activity at the two summer events in Washoe County.

Tobacco Prevention and Control Program

- Smoke free multi-unit housing – Work with MUH owners and managers to implement smoke free policies for their properties. Currently running media on television and on-line.
- Tobacco free campuses – Celebrated UNR going tobacco free, currently working with TMCC on tobacco free campus efforts. In March we participated in a One-Day Stand on the TMCC main campus, participated in their Wellness Week, and provided a cessation presentation.

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- Smoke free meetings – Encourage businesses to adopt policies that they will only have meetings and event in smoke free locations. To date, 20 businesses have signed a policy, with nine businesses signing this fiscal year (July 2015-present)
- Outreach/cessation information - Provided to low income service providers, health care providers, and key target populations including Native Americans and pregnant women
- Nevada Tobacco Prevention Coalition – Collaborative effort of all local lead agencies
- LGBT outreach – New program focusing on outreach and creating smoke free spaces
- Media – Current campaign is educating and promoting about smoke free multi-unit housing
- Smoke free communities – Work on smoke free Incline Village efforts
- Insurance coverage of tobacco cessation services – New activity in CORE grant (started March 29, 2016). Will partner with State Tobacco Cessation Coordinator
- Community-clinical linkages - New activity in CORE grant (started March 29, 2016). Increase engagement of health care providers and systems to expand use of the quitline
- Smoke Free communities – Work in Incline Village to encourage smoke free policies. New activity in CORE grant (started March 29, 2016)

Other:

- Injury Prevention efforts with Safe Kids Washoe County
- Maintain information and messaging on GetHealthyWashoe.com website and Facebook pages
- Staff serve on Join Together Northern Nevada’s Environmental Strategies workgroup to strategize on how the community can work together to prevent and address drug use in Washoe County, including the use of e-cigarettes. The group is also exploring potential impacts of legalized recreational marijuana if that initiative were to pass in November.