

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

Thursday January 19, 2016

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

New Staff

The CDPP has hired two Intermittent Hourly Health Educators. One will be working on tobacco and the other will focus on physical activity and nutrition policies primarily in outdoor locations.

Section News

The www.GetHealthyWashoe.com website has been redirected 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 CDPP program hosted the 2016 Healthy Living Forum on December 1st at UNR's Joe Crowley Student Union. Chris Sherwin discussed how New Orleans went smoke free, even in their casinos. Other topics included a panel of regional planners and their impact on health, social determinants of health, chronic illness over the lifespan and "dieting your way to obesity". Over 90 participants attended the event.
- As part of the ECHO Series offered by the University of Nevada School of Medicine and the University of Nevada Public Health Training Center, staff presented on youth weight in Washoe County, the Wolf Pack Coaches Challenge and the WOW! Program. The ECHO series is promoted statewide and is striving to bring continuing education to rural communities in particular.
- 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.

Tobacco Prevention and Control Activities

- The CDPP program participated in 1 Day Stand events at both Sierra Nevada College in Incline Village and TMCC on November 17th. The 1 Day Stand is an initiative for campuses of higher education to celebrate the Great American Smoke Out and encourage those on campus to quit tobacco for one day.
- A survey of residents was conducted in multi-unit housing locations to identify smoke-free implementation successes and opportunities for improvement. To date 688 units in Washoe County are smoke free.
- The CDPP program continues to provide leadership in implementing the WCSD Student Wellness Policy, positively impacting 65,000 school aged youth
- 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.