

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

Thursday August 17, 2017

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

New Staff

The CDPP team is excited to welcome Stephanie Chen to the team as a full time Health Educator. She will be working on physical activity and nutrition policy, system and environmental change. This is a new, locally funded position and the first new full time staff member hired since 2004.

Section News

CDPP staff is currently assessing state wide and local efforts addressing the opioid crisis, as well as public health concern related to recreational marijuana in the state. The program will be strategizing the role of the Washoe County Health District in addressing these two public health topics in our community. As a member of the Healthcare Workshop Planning Committee for the 2017 Chamber of Commerce Leadership Program, staff coordinated a session for leaders in the Reno/Sparks area on public health and social determinants of 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 highlights:

- The CDPP program conducted an audit of public parks in one Washoe County zip code, assessing the physical condition of parks and developing a better understanding of park users and usage in Washoe County. This data is being used to collaborate with the City of Reno and Truckee Meadows Parks Foundation to initiate changes in some high risk areas, including the potential inclusion of edible landscaping, increased access to potable water, and increased physical activity opportunities.
- Wolf Pack Coaches Challenge program is gearing up to work with 50 class rooms this year with a focus on Title I schools.
- 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, campaign has been developed and will be implemented in the next quarter.

Tobacco Prevention and Control highlights:

- Staff attended the 2017 Northern Nevada PRIDE event on July 23rd to educate about tobacco and promote smoke free policies. Staff worked with the event organizers to create smoke free sections including the food and family areas. LGBTQ populations have significantly higher rates of tobacco use which makes the partnership and expansion of smoke free areas a public health success.
- Staff provided technical assistance to representatives of Parks Commissioners and staff from Washoe County and the Cities of Reno and Sparks on July 25th. It was their first Smoke Free Action Group Meeting to discuss coordinated efforts to create smoke free parks and open spaces in the Truckee Meadows.
- In June staff awarded four Extra Mile Awards (EMAs) to local businesses who have gone the “extra mile” in providing a smoke-free environment for customer and employees. The awardees were Carl’s The Saloon, Ceol Irish Pub, Ole Bridge Pub, and Wild Island Family Adventure Park.
- CDPP Staff received training on the Tobacco Free Baby program with Washoe County WIC staff. The program is a joint tobacco cessation intervention for low-income pregnant and post-partum women

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and their families. The program provides free diapers to women and their partners that quit and stay quit for up to one year after delivery. The program has been shown to reduce the rate of low birth babies among participants as compared to the general population.

- Staff worked with coordinators of the Family Health Festival to provide technical assistance and signage to ensure ease of implementation with the event's new smoke-free and vape-free outdoor policy. The event took place June 24th at the Evelyn Mount Northeast Community Center.