

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

**Thursday October 19, 2017**

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

**New Staff**

No new staff to report

**Section News**

CDPP staff is currently finishing the Washoe County Chronic Disease Report Card. This report will provide the most current and available information about chronic disease and their risk factors for Washoe County as well as comparable data for Nevada and the United States. The intent of this report is to provide local public health professionals and other interested programs with data they may use in their work to improve the health of Washoe County residents.

**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:**

- CDPP will not be hosting the “Healthy Living Forum” this fall. The Program has hosted this event multiple times since 2006. Turnout for the Forum events has been great and the information always well received, and the Chronic Disease team has identified the opportunity to expand chronic disease risk factor and prevention messages in other training opportunities.
- Staff presented at the Nevada Chapter of the American Planning Association Conference (October 2-4) on the importance of and health impact of public open spaces. Staff also facilitated a session addressing Food Systems and the role of planners in addressing access to healthy food.
- 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, will begin public education in the next quarter.
- Staff presented on the results of the parks audit to a Community Advisory Board to increase buyin and support for changes to high risk parks, including potential inclusion of edible landscpaing, increased access to potable water, and increased physical acitvity opportunities.

**Tobacco Prevention and Control highlights:**

- Staff worked with the organizers of the Reno Remote Area Medical (RAM) clinic, the Heart & Stroke Walk, Biggest Little Treasure Hunt, and Tails on the Trail, to develop smoke free and vape free policies for these events.
- Staff continues to work with multi-unit housing properties in promoting smoke free policies. Smoke free signs were purchased for North Peak Apartments as they convert all 328 of their housing units to be smoke free in December.
- A tobacco retailer survey has been completed and identified that those that sell tobacco are not receiving consistent training about tobacco sales, including information about sales to minors. Results are being shared statewide to collaborate on tobacco retailer licensing and tobacco 21 efforts.
- CDPP Staff has started to see clients with the Baby & Me Tobacco Free Baby program. The program is a joint tobacco cessation intervention between CDPP and WIC, targeting low-income pregnant and post-partum women 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.