

Chronic Disease Prevention and Health Promotion Section Report
Southern Nevada Health District (SNHD):
Office of Chronic Disease Prevention & Health Promotion (OCDPHP) Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease

October 2018

Staff

- Neleida Pelaez was hired as a Health Educator I in September. Neleida (Nelly) has a bachelor's degree from UNLV and comes to us from the Clark County School District where she previously worked in the Safe Routes to Schools Program. She will primarily be working in the Tobacco Prevention Program.

Section News

- SNHD OCDPHP was one of 31 communities awarded a Racial and Ethnic Approaches to Community Health (REACH) grant by the Centers for Disease Control & Prevention (CDC). Our priority populations include African Americans and Hispanics and we will be working 3 focus areas: tobacco, nutrition and physical activity. The five-year project began on September 29, 2018.

Programming

Chronic Disease Prevention Program (CDPP)

- Staff continues to work to expand healthy vending practices/policies in hospitals, educational settings and worksites. Over the summer, staff worked with representatives at UNLV including Student Government representatives to discuss a healthy vending initiative. As a result, over the summer, the UNLV Student Government passed a healthy vending resolution that required the placement of 3 machines on campus in which 100% of the foods/beverages meet nutrition standards and eventually increasing the percentage of foods/beverages that meet nutrition standards in all other on-campus machines to 35%. Staff is currently working with UNLV and their vending contractor to implement, promote and evaluate the 100% healthy machines. A promotional campaign will kick off in February 2019.
- Three black-owned local barbershops participated in the Barbershop Health Outreach Project (BSHOP) pilot project, an initiative to reach African American men who are at greater risk of cardiovascular disease by providing screening, education and referral. The pilot project screened 207 people, provided culturally-relevant education and referral to local health care providers when appropriate. Of those screened, only 17% had blood pressure readings in the normal range, 83% of those screened had blood pressure readings in elevated or hypertensive stage. The project was very positively received and CDPP staff are working with DPBH to expand the project to an additional 3 barbershops.
- The CDPP continues to work with the Clark County School District to support school wellness policy implementation and school wellness activities. As a result of our efforts, the number of elementary schools who took the rotating salad bar increased by 19 and the rotating salad bar calendar is completely booked for the 2018-2019 school year. Staff coordinated the development of tote bags that were delivered by CCSD Food Service Wellness Coordinators at every CCSD school in September. The tote bags included easy to understand information on the school wellness policy, which foods/snacks met the nutrition standards and how to implement school wellness activities. The tote bags also included handouts for local programs that schools could implement to support school wellness

activities and some promotional items. A video on school wellness was created which highlighted Lunt Elementary School's culture of wellness. The video has been shared via social media and with school wellness advocates.

- CDDP offered the Sidekick mobile app to participants of several Diabetes Prevention Program classes. The Sidekick mobile app is specifically designed to support DPP curriculum, increase participant engagement and increase completion rates. It provides DPP coaches another means of communicating with participants to encourage healthy behavior. As of the end of August, over 40 DPP program participants had downloaded the app and results included: logging of over 517 servings of fruits and 747 servings of vegetables as well as 423 miles of physical activity.

Tobacco Prevention and Control Program (TPP)

- The TPP supported the 2018 Nevada Adult Tobacco User Survey and in August, the Nevada Institute for Children's Research and Policy finalized the report. Over 571 Nevadan's participated in the survey. The purpose of the survey was to identify current tobacco and marijuana users' practices, perceptions of harm, and cessation attempts in populations at greater risk of using tobacco products. In general, findings indicated that while tobacco product use has declined over time among the general population, use remains high for certain sub-groups including some racial and sexual orientation minorities.
- During the summer of 2018, the UNLV Student Senate voted to support a tobacco-free campus resolution and move the resolution to the UNLV Policy Committee. TPP staff have been working with members of the UNLV Student Senate to provide education, resources including model policy language and TA in support of the resolution and to ensure that onsite cessation services are available on campus.
- TPP staff provided technical assistance, resources (including signage) and educational materials in English and Spanish to the Southern Nevada Regional Housing Authority (SNRHA) in support of their implementation of Housing and Urban Development (HUD) smoke-free rules. SNRHA has 20 conventional public housing properties, 6 senior developments, 4 elderly/disabled developments and 10 family sites totaling 2,651 units with over 5,400 residents. SNHD staff and partners also provided several presentations at SNRHA residents meetings and participated in health fairs to support implementation.