

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

Thursday October 18, 2018

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

New Staff

No new staff this quarter.

Section News

The Chronic Disease Prevention Program works on and tracks nine key indicators for the Washoe County District Board of Health's Strategic Plan. Indicators all fall under the goal of: Healthy Lives: Improve the health of our community by empowering individuals to live healthier lives. The status of these indicators will be presented at the District Board of Health's annual strategic planning session on November 1, 2018.

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. Additional responsibilities include addressing opioid abuse and recreational marijuana concerns. Key approaches include efforts concentrating on policy, system and environmental change.

Physical Activity and Nutrition highlights:

- During the month of September significant work was done on healthy parks activities, including painting of activity spaces such as long jump on the concrete floor at Yori Park and the development of an interactive parks directory in collaboration with Washoe County GIS. The CDPP team is confident the community will enjoy the newly added features at Yori Park and looks forward to announcing the go-live date for the parks directory in October. Healthy messaging was created on the fence at Yori Park through the use of put-in cups. Park goers will now see "Eat Smart to Play Hard" on the fence as a reminder to consume healthy foods.
- In collaboration with the City of Reno Parks and Recreation, the Chronic Disease Prevention Program organized a Family Field Day event at Yori Park to increase park utilization through the promotion of physical activity and consumption of nutritious foods. Community partners shared resources and conducted activities on active living and healthy eating. Approximately 200 individuals from the surrounding neighborhood attended, making this first time effort a successful event for the community. City Council members are now working with neighboring trailer park owners to host additional events.

Tobacco Prevention and Control highlights:

- Through work with the Nevada Tobacco Prevention Coalition (NTPC), staff helped to introduce the community to new smoke free workplace efforts, which will continue with Renown grant support over the next three years. The first community meeting was held on September 7th and periodic meetings will continue throughout the grant period.
- CDPP staff continue to work with TMCC to educate and inform about tobacco free campuses. TMCC is expected to pass a Tobacco Free Campus resolution which limits use of tobacco products, including e-cigarettes, on TMCC campuses outside of designated smoking areas. Communications continue with Sierra Nevada College about becoming a tobacco free campus, and most recently staff have been reaching out to trade schools to measure interest in tobacco free policies on those campuses.