

Thursday August 15, 2019

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

### New Staff

No new staff at this time

### Section News

As leaders for the Washoe County Chronic Disease Coalition, the CDPP hosted an educational training for the second annual meeting of the Coalition, focusing on health equity. A representative from the national group Human Impact Partners provided the training and related health inequities to chronic disease and the smoke free work place efforts in Washoe County.

### 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 the public health impacts of cannabis use and exposure. Key approaches include efforts concentrating on policy, system and environmental change.

### Tobacco Prevention and Control highlights:

- Staff continues to present to and provide technical assistance to decision makers interested in smoke free policies. This includes owners/managers of multi-unit housing, owners/managers of hotels/motels, service providers catering to low income populations, and businesses exempt from the Nevada Clean Indoor Air Act. Unique presentations provided this quarter included the Nevada Food Safety and Environmental Health Conference and a predominant Federal Qualified Health Center (FQHC).
- The CDPP program is running a vaping prevention campaign focused on youth in Washoe County. The campaign launched on July 18 and will end September 12. The Behind the Haze campaign delivers educational content through social media. The messages expose the truth about vaping and discourage use, with the intent that youth see vaping as something that can harm them.
- CDPP staff presented to healthcare providers who serve people living with HIV in Washoe County and through this relationship identified an opportunity for increased tobacco and chronic disease prevention outreach. Newer HIV treatments have increased the lifespan of those living with HIV, and resulted in an increase of tobacco related chronic diseases among this group.
- CDPP recognized Paul Mitchell the School Reno, a cosmetology school, with an Extra Mile Award, at the July 2019 Washoe County District Board of Health meeting. The school was recognized for their voluntary smoke-free campus policy that protects students, staff and visitors from the harmful effects of secondhand smoke.

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Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease**

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**Physical Activity and Nutrition highlights:**

- CDPP is working to strengthen and restructure the Food Policy Council (FPC), and in order to offer more leadership, staff has accepted the chair position of the Council. Updates on the Washoe County FPC are being given at the Governor's Council on Food Security, and a possible collaboration is being explored with the City of Reno's Sustainability efforts.
- CDPP participated in Bike Month planning, including the development of a promotional video. Of those that logged their miles, a total of 4,841 miles were captured during the month, which reduced 5,545 pounds of total pollutants and saved 285 gallons of gas.
- CDPP is working with Project Hero in conjunction with the City of Reno. Project Hero helps Veterans and First Responders affected by Post-traumatic stress disorder (PTSD), traumatic brain injury (TBI) and injury achieve rehabilitation, recovery and resilience in their daily lives. CDPP, with support from PHHS funds, will allow those participants that have completed the 6 month timeline of the program to continue on with their recovery. The focus of CDPP involvement includes supporting physical activity through cycling.
- Staff has been collaborating with community partners to put on free park events to encourage physical activity and nutritious eating. Priority is given to parks in low income neighborhoods that have limited existing community events. CDPP co-hosted the following events, reaching approximately 1,250 community members:
  - Ride for Reading, Ardmore/Deer Park
  - Riding on the River, Cottonwood Park
  - Glen Duncan Moves Day, Pat Baker Park
  - Family Night Out, Pat Baker Park
  - Summer Reading Blast Off Party, Ardmore Park
  - Summer events, Yori Park (total of 3 events)
- Staff was re-appointed as the Washoe County Open Space and Regional Parks Commission, Vice Chair

**Cannabis and Opioids highlights:**

- CDPP is working with community partners to increase Screening, Brief Intervention, and Referral to Treatment (SBIRT) for substance use disorder in Washoe County.
- CDPP wrapped up an educational campaign on secondhand marijuana smoke with a reach of 125,209 and 533,830 impressions.
- Responsible cannabis use cards have been distributed to dispensaries to help educate users on current laws and safety practices. The cards were developed in conjunction with the Washoe County Sheriff's Office.