

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

Thursday October 17, 2019

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

**New Staff**

CDPP will be hiring an Intermittent Hourly Health Educator to work up to 19 hours a week on physical activity and nutrition projects. Position will be posted on the Washoe County Human Resources website or interested individuals can contact Kelli Goatley-Seals at [kseals@washoecounty.us](mailto:kseals@washoecounty.us)

**Section News**

No new updates at this time

**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 has been occupied with the national lung injury and e-cigarette use investigation since the middle of August. Staff has lead an internal WCHD committee made up of environmental health staff, epidemiologists, nurses, and health educators to ensure a coordinated investigation and response. CDPP staff have:
  - Educated medical providers on symptoms and reporting procedures
  - Conducted multiple media interviews
  - Distributed information to Washoe County School District and local universities
  - Presented to the District Board of Health
- The CDPP program ran a vaping prevention campaign focused on youth in Washoe County. The campaign launched on July 18 and ended September 12. The Behind the Haze campaign delivered 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.
- On August 7th two CDPP staff and the CDPP VISTA member traveled to Las Vegas for a Baby and Me Tobacco Free training. The B&MTF program works with pregnant women to help them quit smoking during pregnancy and stay quit after the baby is born. The program is sponsored by Anthem, who provides gift certificates for diapers and wipes for women who are successful at quitting smoking. Last fiscal year staff assisted 26 women in their journey to quit using tobacco.

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- On August 19th the CDPP planned a joint media event with Reno, Sparks and Washoe County to educate and inform about the region's Smoke Free/Vape Free parks and open spaces. Over 400 signs were provided to parks in Reno, Sparks, Washoe County and Sun Valley to help with education efforts. In September staff presented Extra Mile Awards (EMAs) to the Cities of Reno and Sparks, the Board of County Commissioners, and the Sun Valley General Improvement District. The EMAs were in recognition of each jurisdiction passing ordinances for smoke free, vape free parks.

**Physical Activity and Nutrition highlights:**

- During the month of September, staff visited 37 elementary classes at Title I schools to promote and get students and teachers excited about the upcoming 2020 Wolf Pack Coaches Challenge. Staff led a lesson plan around nutrition and physical activity and students were able to sample a healthy provided by nutrition services.
- CDPP has partnered with Project Hero, which 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. The focus of CDPP involvement includes supporting physical activity through cycling. 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 first bicycle as part of the Project Hero collaboration will be distributed at the City of Reno Council meeting on October 23, 2019.

**Cannabis and Opioids highlights:**

- On August 29th the community celebrated the third annual Overdose Awareness Day. CDPP staff worked with community partners on the event which received media attention and had over 100 attendees.
- On September 12, staff attended the Beyond Opioids Event to increase knowledge and begin coordinated strategies with community partners about prevalent issues and trends related to marijuana, alcohol and stimulant use in Washoe County.