

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

**April 2023**

**Washoe County Health District (WCHD)  
Chronic Disease and Injury Prevention (CDIP) Program Report  
Summary of activities January – March 2023**

**Staffing**

The WCHD CDIP program has six full-time staff and a program manager. The team has several intermittent hourly/public service intern staff who help complete grant deliverables for the program. The team welcomed a new Public Service Intern to the team in March; Sara Perez, a UNR graduate student will be working on youth vaping prevention efforts. Two employees dedicate time to support the CDIP program, a Community Health Worker and an Office Support Specialist.

**Section News**

The 2023 Washoe County Chronic Disease & Injury Prevention Data Report was released and is available online in both [English](#) and [Spanish](#) and both versions include ADA remediations. The report is a compilation of data on chronic disease and injuries with their leading health indicators.

In February, CDIP staff presented to approximately 200 students at a local elementary school during a school assembly to talk about the field of public health. Students learned about the work of public health professionals and were given examples of public health work and accomplishments in the community.

The program submitted a grant application for new funding; a CDC grant: School-Based Interventions to Promote Equity and Improve Health, Academic Achievement

**Programming**

The Chronic Disease and Injury Prevention Program (CDIP) focuses on the modifiable risk factors of tobacco use and exposure, lack of physical activity, and poor nutrition, as well as injury prevention and responsible cannabis use, including eliminating secondhand cannabis smoke exposure. These modifiable risk factors impact the leading causes of death in Washoe County, and by moving the needle on these risk factors, the CDIP Program aims to reduce illness and premature deaths in Washoe County and improve quality of life of those that live, work, and visit our community. Key approaches include efforts concentrating on policy, systems, and environmental change.

**Tobacco Prevention and Control highlights**

- In January staff presented vaping prevention education to all social studies classes at a local middle school, reaching 520 students. Staff also tabled four times during lunch periods, displaying smokers' vs. healthy lungs, and allowing students to talk with health educators one-on-one.
- In March, staff presented on the health impacts of secondhand smoke exposure to the Northern Nevada Central Labor Council.
- Staff provided information promoting referrals to the Nevada Tobacco Quitline to 900+ Washoe County Medical Society members' information will run in the Medical Society's March/April publication.

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**Physical Activity and Nutrition highlights**

- In January, staff met with faculty from UNR's Community Health Sciences department to explore new partnership and collaboration around physical activity opportunities for the Coaches Challenge Program. In addition, staff is exploring more collaborative efforts from community partners for the Grab Healthy Corner Store initiative, which provide more access to nutritious food in lower income areas.
- Staff partnered with the Reno Aces to introduce healthy food options to Greater Nevada Field for the 2023 season. Fans will have the option to order salads, smoothie bowls, yogurt parfaits, and new healthy hot food items beginning March 31 with the season opener. To promote the initiative, staff collaborated on the press release and designed messaging and signage for social media and game announcements.

**Cannabis and Opioid/Substances highlights**

- A secondhand cannabis smoke billboard campaign began; it will run for eight weeks.



**Injury Prevention highlights**

- Staff performed outreach during a senior resource fair at a local library. Approximately 40 seniors received resources on falls prevention, suicide prevention, physical activity, and smoking cessation.
- Staff continue to coordinate the Washoe County Substance Abuse Task Force meetings, which are held every other month. The February meeting featured a presentation from law enforcement officers and the 8<sup>th</sup> Judicial Court Administrator with the Law Enforcement Intervention for Mental Health and Addiction program in Clark County. Nearly 35 local public health, public safety, substance abuse disorder prevention and treatment professionals participated and engaged in the meeting.
- Staff is working on trainings for WCHD clinical programs, including a 4-hour SafeTalk + Columbia suicide prevention training and a 2-hour self-paced training course related to Counseling on Access to Lethal Means. These trainings are planned for summer to prepare staff for piloting suicide prevention screening and referral.