

October 2023

**Northern Nevada Public Health (NNPH) - formally Washoe County Health District  
Chronic Disease and Injury Prevention (CDIP) Program Report  
Summary of activities July – September 2023**

**Staffing**

The NNPH 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.; Andrew Pham, a UNR graduate student and Public Service Intern for the CDIP team completed his project on physical activity and community surveying at the end of September. Two employees dedicate time to support the CDIP program, a Community Health Worker and an Office Specialist.

**Section News**

- On August 31<sup>st</sup> the Washoe County Health District changed their name to Northern Nevada Public Health. The name change is intended to help people to better understand the expertise and services offered by the health district and provide distinction from being a part of Washoe County; NNPH is a regional entity with a separate governmental subdivision.



- The CDIP program expanded 5210 efforts in Washoe County with funds received from DPBH from ARPA State Fiscal Recovery Fund.
- The CDIP program is expecting to receive SNAP-Ed funding. While receiving funding in the past, DWSS is now partnering with UNR Extension as the lead implementing agency and restructuring funding for SNAP-Ed activities in Nevada.

**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 July, staff presented on youth vaping information to attendees of the Dean's Future Scholars summer program, reaching approximately 175 youth who are identified as low-income, and would-be first-generation college students.
- In July, My Life, My Quit promotion began running at Swift SportsDome, an indoor sports facility in Reno. The campaign will run for 12 months, primarily reaching youth and parents. In its first month, the campaign had 26,784 impressions.

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- Staff presented on smoke-free policies at the Human Services Network general membership meeting, reaching the representatives of member organizations.

#### **Physical Activity and Nutrition highlights**

- In July, staff attended three mobile food bank events and conducted community surveying on physical activity engagement, concluding the gathering of community input. In total, staff collected 154 survey responses which will be used to better deliver messages about physical activity to the Washoe County community.
- In July, staff co-presented on physical activity, and nutrition education to Dean's Future Scholars students. Additionally, staff presented on the importance of healthy eating and staying active to grades K-5 attending Challenge Island, a STEAM based summer camp reaching about 80 students.
- In August, staff conducted a Walk Safety Audit in Sun Valley on August 8<sup>th</sup> and 12<sup>th</sup>. Sun Valley is a community located three miles north of Reno. Two community members participated along with CDIP staff to complete the walk audit assessment to provide feedback on neighborhood infrastructure and the impact it has on engaging in physical activity in that specific area. The CDIP Public Service Intern compiled and analyzed findings into a formal report.
- The Healthy Corner Store Program finalized eight promotional videos in English and Spanish and staff are exploring placement of the videos this fall. Staff attended the Nevada Public Health Association Conference on September 13/14 and presented on the Healthy Corner Store Program. In addition, the program has partnered with Reno Food Systems to provide technical assistance and educational materials to store owners and customers.
- In August, staff hosted two senior workshops at the Reno and Sparks Senior Centers to promote wellness and exercise through demonstrations led by the Sanford Center for Aging and Ballroom of Reno. Thirteen seniors participated and expressed interest in the continuation of physical activity programming.

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Pictures from physical activity programming during the senior workshops in Reno and Sparks.

- In September, staff participated as a panel member at the Employer Health Summit hosted by the Reno Sparks Chamber of Commerce. Staff shared information about environmental change initiatives and promoting healthy behaviors in the workplace and community.

#### **Cannabis and Opioid/Substance Prevention highlights**

- Staff continued to distribute Need to Know cards with information about cannabis in Washoe County (laws, safe storage, where to use, using safely, etc.). About 250 cards were distributed to six local dispensaries to be given out to their clientele.
- In August, staff participated in a fentanyl first responder education training course at the Regional Public Safety Training Center.
- Staff coordinated and hosted two Washoe County Substance Abuse Task Force meetings with 26 different agencies participating.
- Staff continue to participate in local committees, including JTNN Opioid Committee, Northern Nevada Harm Reduction Alliance, and the Prescription Drug Take Back initiative.

#### **Injury Prevention highlights**

- Staff attended a five-day Applied Suicide Intervention Skills Training (ASIST) train-the-trainer course (7/31-8/4).
- Staff completed a two-week, multi-agency, Senior Falls Prevention campaign in observance of national Senior Falls Prevention Week and Month (September). The NNPH Senior Falls Prevention video aired on local television networks and Charter (English and Spanish), and social media. There were local media interviews and coverage, as well as promotion of two events where seniors could be screened for balance.