

Joe Lombardo
Governor

Richard Whitley,
MS
Director



DEPARTMENT OF
HEALTH AND HUMAN SERVICES



Cody Phinney,
MPH
Administrator

Ihsan Azzam,
Ph.D., M.D.
Chief Medical
Officer

The Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease (CWCD)

Meeting Agenda

April 25, 2024

1:00 P.M. To Adjournment

Microsoft Teams meeting

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Note: Agenda items may be taken out of order, combined for consideration, or removed from the agenda at the chairperson's discretion.

Those wishing to provide public comment may do so by calling the meeting or submitting a written public comment by email to Sarah Rogers at srogers@health.nv.gov.

Relevant or supporting materials are available by contacting Delaney Geissinger at d.geissinger@health.nv.gov or (775) 546-5853 or by visiting our website: www.dpbh.nv.gov.

1. Call to Order and roll call:

Members: Dr. Ihsan Azzam, Andrew Snyder, Dr. Krista Schonrock, Dr. Georgia Dounis, Laura Valley, Dr. Steve Shane, Cari Herington, Kagan Griffin, Maria Azzarelli, Dr. Amber Donnelly

Legislative members: Senator Dina Neal, Assemblywoman Dr. Michelle Gorelow

2. Public Comment:

Public comment may be presented in-person, by computer, phone, or written comment. No action may be taken upon a matter raised under public comment unless the matter itself has been specifically included on an agenda as an action item. To provide public comment telephonically, dial [775-321-6111](tel:775-321-6111). When prompted to provide the Meeting ID, enter 766 354 119#. Due to time considerations, each individual offering public comment will be limited to not more than 5:00 minutes. Persons making comment will be asked to begin by stating their name for the record and to spell their last name. A person may also have comments added to the minutes of the meeting by submitting them in writing either in addition to testifying or in lieu of testifying. Written comments may be submitted electronically before, during, or after the meeting by emailing Sarah Rogers at srogers@health.nv.gov. You may also mail written documents to the Division of Public and Behavioral Health, 4150 Technology Way, 3rd. Floor, Carson City, NV 89706.

3. Informational:

Chris Syverson and Tina Dortch CWCD service appreciation- Sarah Rogers, Interim Chair

4. For Possible Action:

CWCD new chair discussion and vote – Sarah Rogers, Interim Chair

5. For Possible Action:

Approval of January 25, 2024, meeting minutes- Sarah Rogers, Interim Chair (or newly voted chair)

6. For Possible Action:

Request for Information for vacant council seats, [NRS 439.514](#) - Sarah Rogers. Interim Chair (or newly voted chair)

- Representative of organization committed to the prevention and treatment of chronic disease
- One representative who is a member of a racial or ethnic minority group

appointed from a list of persons submitted to the Administrator by the Advisory Committee of the Office of Minority Health within the Office for Consumer Health Assistance of the Department

7. For Possible Action:

Wellness at work website updates and recommendations- Janet Osalvo, Nevada Public Health Foundation

8. Informational:

Present partner Chronic Disease Prevention and Health Promotion Program Reports – Sarah Rogers, Interim Chair (or newly voted chair)

- Maria Azzarelli, EMHA, CHES®, Manager, CDPHP, Southern Nevada Health District
- Kellie Goatley - Seals MPH, Public Health Supervisor, Northern Nevada Public Health
- Nicki Aaker, RN, Director, Carson City Health, and Human Services
- Brooke Conway-Kleven, PT, DPT, PhD, Nevada Institute for Children’s Research and Policy (NICRP), University of Nevada, Las Vegas

9. Informational:

Present Chronic Disease Prevention and Health Promotion (CDPHP) Section Update and Program Reports- Sarah Rogers, Deputy Bureau Chief, Bureau of Child, Family, and Community Wellness

10. Public Comment:

Sarah Rogers, Interim Chair (or newly voted chair)

11. Adjournment:

Sarah Rogers, Interim Chair (or newly voted chair)

Note: Items may be considered out of order. The public body may combine two or more agenda items for consideration. The public body may remove an item from the agenda or delay discussion relating to an item on the agenda at any time. The public body may place reasonable restrictions on the time, place, and manner of public comments but may not restrict comments based on viewpoint. *NRS 241.030(5)(b). § 8.06 Excluding people who are disruptive.* If a person willfully disrupts a meeting to the extent that its orderly conduct is impractical, they may be removed from the meeting.

Accommodations: We are pleased to make reasonable accommodations, including effective communication accommodations for members of the public

living with disabilities and wish to attend the meeting. If accommodations are necessary, please notify Delaney Geissinger at d.geissinger@health.nv.gov or (775) 546-5853 as soon as possible; at least 5 business days in advance of the meeting.

This notice and agenda have been posted on or before 9 AM on the third working day before the meeting at the following locations:
Bureau of Child, Family, and Community Wellness – 4150 Technology Way, 1st Floor,
Carson City

The agenda may be viewed electronically at the following websites:
<https://notice.nv.gov>

Agenda Item #5

ADVISORY COUNCIL ON THE STATE PROGRAM FOR WELLNESS AND THE PREVENTION OF CHRONIC DISEASE MINUTES

January 25, 2024

1:00 PM

The Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease held a public meeting on 1/26/2024, beginning at 1:02 PM, held over Microsoft Teams.

Council Members Present

Chair Chris Syverson
Andrew Snyder, MAT
Krista Schonrock, MD
Ihsan Azzam, Ph.D., MD,
MPH Maria Azzarelli,
EMHA, CHES
Kagan Griffin, MPH, RD
Tina Dortch, MPA
Cari Herington, MBA
Assemblywoman Michelle Gorelow, M.E.D
Laura Valley

Council Members Not Present

Vice Chair Amber Donnelly, RN, Ph.D., CNE
Georgia Dounis, DDS, MS, FICD
Steven Shane, MD, MS, FAAP, ABOM
Senator Dina Neal, JD

Division of Public and Behavioral Health Staff Present

Vickie Ives, MA, Bureau Chief, Child, Family and Community Wellness (CFCW), Nevada Division of Public and Behavioral Health (DPBH)
Sarah Rogers, Nutrition Unit, Deputy Chief, CFCW, DPBH
Paige Musser, Administrative Assistant, CDPHP, DPBH
Desiree Wenzel, Bureau Office Manager, CFCW, DPBH

Others Present

Elyse Monroy-Marsala, Government Affairs Manager, Belz & Case
Azucena Ledezma Rubio (Suzie), Carson City Health and Human Services
Steve Messinger, Nevada Primary Care Association
Janet Osalvo, Nevada Public Health Foundation
Donna Laffey, Senior Associate, Ferrari Reeder Public Affairs
Justin Iorri, Patient Ambassador, Dialysis Patient Citizens
Linda Anderson, Nevada Public Health Foundation
Rayleen Earney, M Ed, CHES, Health Educator, Southern Nevada Health District

MEETING NOTES

1. CALL TO ORDER, INTRODUCTIONS, AND VERIFY TIMELY POSTING OF AGENDA

Roll call was taken and determined a quorum of the Advisory Council on the State Program for Wellness, and the Prevention of Chronic Disease (CWCD) was present, per Nevada Revised Statute (NRS) 439.518.

2. PUBLIC COMMENT

Chair Chris Syverson read the public comment script.

Chair Chris Syverson asked for public comment.

None heard.

3. FOR POSSIBLE ACTION- APPROVE MINUTES FROM THE OCTOBER 26, 2023, MEETING.

Chair Syverson asked for a review of the minutes and a motion to approve the October 26th meeting minutes.

Maria Azzarelli made a motion to approve the minutes. Andrew Snyder seconded the motion, which passed unanimously.

(Agenda items 4 & 5 heard together)

4. FOR POSSIBLE ACTION- TO REMOVE AND/OR ADD NON-VOTING MEMBERS TO KIDNEY DISEASE ADVISORY COMMITTEE AS A SUBCOMMITTEE OF CWCD

Chair Syverson stated there was no new members applying for membership.

Sarah Rogers stated yes, that is correct.

Chair Syverson asked do we need any reason to remove or take any other action on members.

Ms. Rogers mentioned there is one vacant position, Nevada Government relations director.

Chair Syverson mentioned if anyone is interested in serving, please let Sarah Rogers know or myself and can add you on at a later date.

Chair Syverson states I the meeting scheduled for last week that was unfortunately canceled and we are looking for dates around mid-February for the next meeting.

5. FOR POSSIBLE ACTION- TO ADD CWCD MEMBERS TO KIDNEY DISEASE ADVISORY COMMITTEE AS A SUBCOMMITTEE OF CWCD.

Chair Syverson asked if any current board members of CWCD were interested in joining the KDAC.

Chair Syverson stated no action to be taken on either #4 or #5.

6. INFORMATIONAL: IMPLEMENTING SENATE BILL 286 OF THE 82ND LEGISLATIVE SESSION

Chair Syverson asked for Janet and Natalie to take over for their presentation.

Linda Anderson states they are not on yet. Ms. Anderson asks if we could continue it a little bit further on in your agenda.

Chair Syverson states we can go to our district report.

(Heard after agenda item #7)

Janet and Natalie presented their presentation.

Chair Syverson states her organization works solely with employers on the health of their employees, I had no idea that this resource was available out there. Chair Syverson mentions if you are interested in meeting with an employer group and finding out what they would be interested in seeing what would be helpful to them, that would be great.

Chair Syverson asked for any questions.

Ms. Dortch states she is aware of this new opportunity being created; I know personally on behalf of my program we are excited. We have an opportunity as agencies of state government to have a link on our respective web pages to this resource.

Janet states they are open to creating a link.

Ms. Dortch mentions it won't be overwhelming or cost burdensome, just to get more eyes on the resource, I know that's the goal to have it utilized to not only for State Government but be created for other interested entities.

Janet agrees that it would be a great idea. Director Whitley has also really advocated that once we have this website ready to launch, that Nevada Public Health Foundation is able to go introduce this resource to our different agencies to inform them that it is not only for our employees.

Cari Herington states there is a page as well on their site with some resources for employers for cancer prevention, early detection and support for employees who have cancer. We would love to collaborate and share.

Janet states the council seems open for NPHF to reach out to receive guidance,

seems many of you were surprised as we were learning that you have a role in providing guidance for the website.

Janet asks, should we reach out to the Council with the link to the website for you to be able to review and provide feedback?

Sarah Rogers indicated she would add her email to the chat so NPHF could send the link to the website and Desiree will send to the Council members through the meeting invite.

Chair Syverson wanted to add that anytime you would like to be placed on the agenda and provide an update to let us know.

Janet said, yes, they work periodically like to be on the agenda.

Chair Syverson asked for other comments or updates before moving on.

No other comments made on this agenda item

Moved on the agenda item 8

7. INFORMATIONAL: PRESENT LOCAL HEALTH AUTHORITY CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION PROGRAM REPORTS

Ms. Azzarelli announces the new Community Health Worker that recently joined the team.

Ms. Azzarelli presented the update from Southern Nevada Health District (SNHD Report October – December 2023)

Chair Syverson asked for any questions.

Tina Dortch asked where and how will the health district be engaged during some of the NFL experiences activities. It's such a good opportunity to promote some of your work. Do you have any opportunities that you can let us know about right now that way I can promote the documents.

Ms. Azzarelli states a lot of the focus has been on that, also with the Environmental Health Division assuring food safety for all the various events. Ms. Azzarelli states now there is nothing specifically that she can pinpoint, many resources, time and attention is focused more on those other items rather than specifically the work to our office. Ms. Azzarelli asked to be reached out to for any material needed for the specific opportunity.

Ms. Dortch mentions to make sure Ms. Azzarelli is taking advantage of any opportunity. Ms. Dortch states she is going to send Ms. Azzarelli a summary of the activities that they are involved with or helping to facilitate, if there is an organic crosswalk, maybe we can still have some time to give visibility to your work.

Chair Syverson noted that they will be busy in Las Vegas for the next month reference the lead up to the Super Bowl.

Chair Syverson asked if Kelli or someone from Washoe County Health District was on the line

No response

Chair Syverson, okay, is Nicki from Carson City on?

Nicki Aacker acknowledge that she was on the line

Nickie Aaker introduces their new Chronic Disease Division Section Manager

Susanna who goes by Susie. Susie is very involved with the tobacco program. Ms.

Aaker states they have not had a Chronic Disease Division Manager for eight (8)

years due to funding, we have a position currently open and if you know someone or are interested, please look at Carson City Resources website.

Ms. Aaker presented her report.

Ms. Aaker asked for any questions.

None heard.

Chair Syverson asks about the staffing challenges and positions that are open, seems like you move someone up and it creates an opening that is never ending battle.

Nicki Aacker agreed and mentioned to check the city website for openings.

Chair Syverson, noted Brooke Conway was on the line called on her to present her report.

Brooke Conway Kleven presented her report.

Chair Syverson mentions last year there was a group of Nevadans that got together and formed the Nevada Obesity Collaborative, looking at obesity issues across the state. Chair Syverson mentions she met some of the members earlier in the week about getting ready to restart up the group, if Ms. Conway Kleven wanted to join the group.

Ms. Conway Kleven states that two of her members from work group are also a part of that. Nicole Bungum and Doctor Steven Shane, they always report back to us, but would love to join.

Chair Syverson states we skipped over Washoe County Health District; they are not here at the meeting but please go ahead a look at that.

Chair Syverson states moving back up to Agenda item number six (6) with Janet and Natalie.

8. INFORMATIONAL: PRESENT CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION (CDPHP) SECTION UPDATE AND PROGRAM REPORTS

Sarah Rogers presents update on CDPHP. That Mitch DeValliere was no longer with CDPHP as he received a promotional opportunity. Amber Hise will come on as the CDHPH section manager starting February 5th.

Chair Syverson asked where could Mitch be found if we are looking for him?

Ms. Rogers states Mitch has the same email address in his new role and he is now the Agency Manager with the Division of Public and Behavioral Health.

Sarah Rogers also mentioned the additional of Paige Musser as a new CDPHP administrative assistant who will be providing administrative support to the council.

Chair Syverson states it is hard to keep up with the members because we are always promoting members of our team. Please let us know where people have landed because we are interested in knowing where to find them.

9. INFORMATIONAL: DISCUSSION AND POSSIBLE ACTION TO ESTABLISH MEETING DATES FOR 2024

Chair Syverson asked the council if there were any agenda items they would like to see on future meetings.

No future agenda items heard.

Chair Syverson asked where future agenda items should be sent if the council comes up with any.

Ms. Rogers states to send the future agenda items to her to get them organized.

Chair Syverson asked to get Paige's information to the group that way they know who they need to contact.

Ms. Rogers states absolutely.

10. FOR POSSIBLE ACTION: DISCUSSION AND POSSIBLE ACTION TO ESTABLISH MEETING DATES FOR 2024.

Chair Syverson opened discussion to establish meeting dates for 2024.

Chair Syverson mentioned she didn't have any information on future meeting dates and asked the Division look at sending out information on potential dates.

Sarah Rogers, yeah, absolutely

11. PUBLIC COMMENT

Chair Syverson asked for public comment.

Chair Syverson asked Ms. Rogers for a list of board members and their dates of when they are on and when they are off to keep track of any upcoming openings.

Ms. Rogers states she will get that over to Chair Syverson.

No public comment heard

12.FOR POSSIBLE ACTION: TO ADJOURN

Chair Syverson called for a motion to adjourn

Maria Azzarelli made a motion to adjourn the meeting. Andrea Snyder seconded the motion, which passed unanimously.

The meeting adjourned at 1:43 PM

DRAFT

DRAFT

Agenda Item #7



**Natalie Gautereaux, MSW, LMSW
Executive Director**

Janet Osalvo, CHC, CDSME-T

NPHF's Current Website



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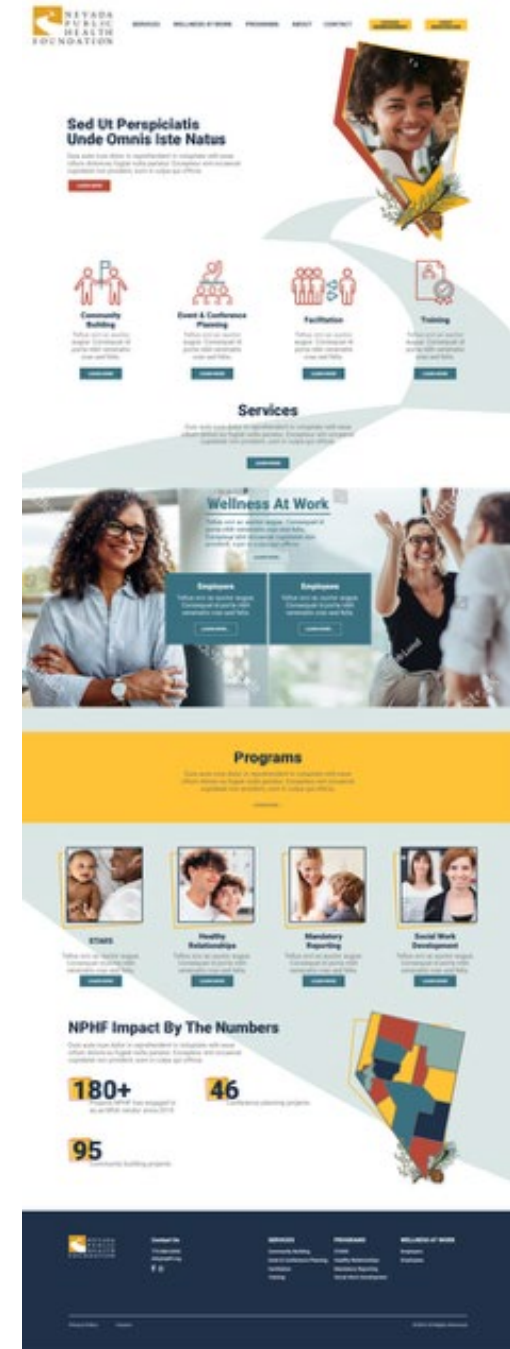
Strengthening the health of Nevada communities

Nevada Public Health Foundation is an essential partner in advancing the health and wellness of our communities. We identify important initiatives, assemble key partners, and accelerate outcomes needed to enrich our population's health.

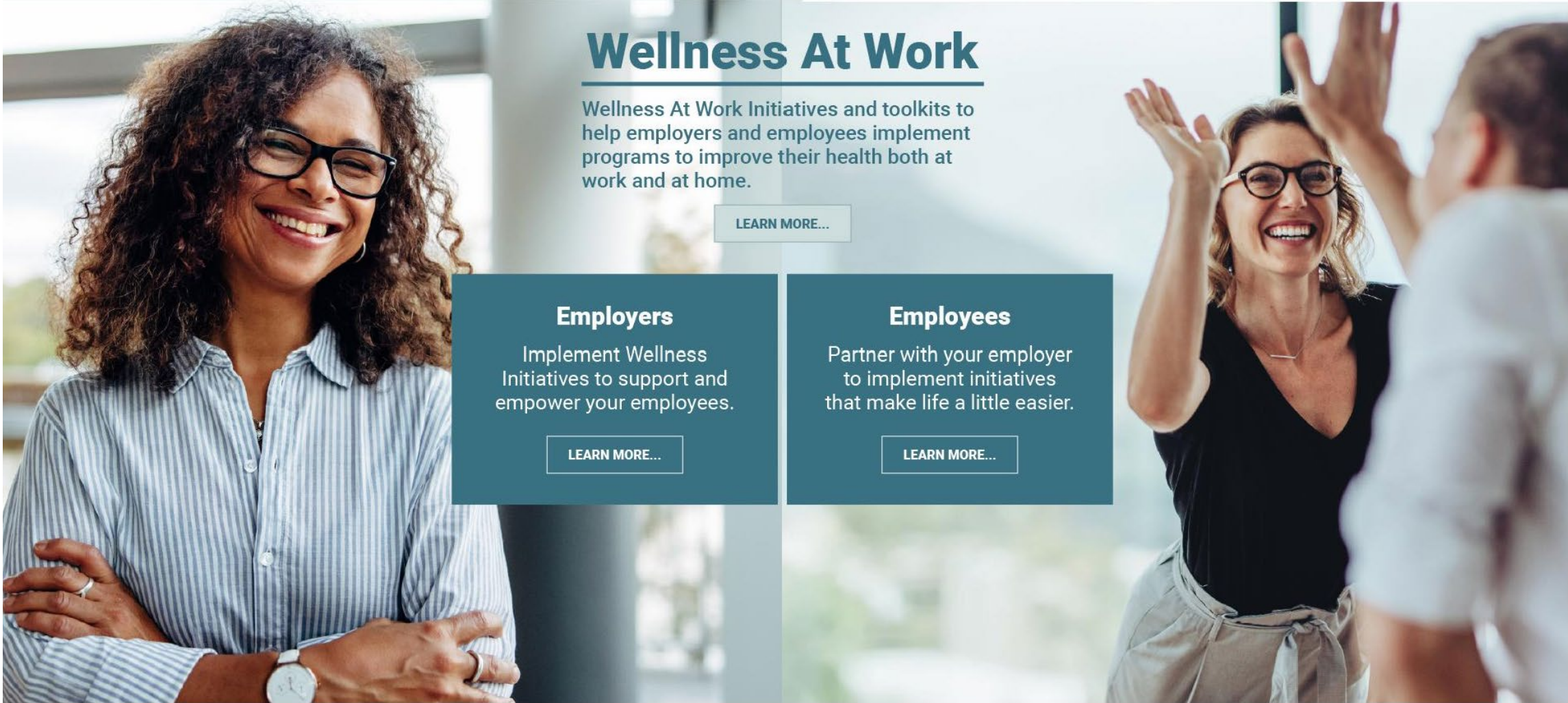
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NPHF's New Website Homepage Design



Wellness at Work Homepage:



NPHF Website Secondary Page Design



- SERVICES
- WELLNESS AT WORK
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- ABOUT
- CONTACT
- EVENT REGISTRATION
- EMPLOYEE REGISTRATION

Healthy Relationships For Healthier Teens

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Why the Healthy Relationships Project is Important

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The Age of Consent in Nevada

Age 16

You can say "yes" to consensual sexual acts with someone 16 years or older.

Age 14-15

You can say "yes" to sexual acts with someone less than four years older than yourself.

Under 14

You cannot say "yes" or consent to sexual acts with anyone, regardless of the age difference.

NPHF is Ready to Help

Reach out to us today for more information on this and other critical Nevada public health programs.

[CONTACT US!](#)





Things to Consider

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Laws that apply

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NRS 200.364 Statutory Sexual Seduction
 NRS 200.366 Sexual Assault
 NRS 201.230 Lendness With A Child Under 16



Contact Us
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WELLNESS AT WORK
 Employees
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DPBH and NPHF COLLABORATION



The NPHF staff have refreshed and revised Nevada resources due to agency collaboration with the DPBH Chronic Disease Section Managers in specialty areas of breastfeeding, nutrition, diabetes, cancer, and caregiving.

WELLNESS AT WORK RESOURCE

Employer & Employee

- Baby-Friendly
- Caregiver-Friendly
- Behavior Health-Friendly
 - Mental Health
 - Addiction Recovery Support
 - Physical Wellness
 - Chronic Condition Management and Support
 - Energy Balance - nutrition, physical activity, and sleep
 - Tobacco Use Cessation

Baby Friendly

Employer

- Bring Your Baby to Work: How to, including resources and implementation templates
- Nevada Breastfeeds: Business Resources
- Nevada DHHS nursing mother
- Developing a compliant private breastfeeding location at your worksite

Employee

- Nevada WIC
- Nevada Children's Cabinet Parent Childcare Resources
- Nevada Breastfeeds: Parent Resources

Employer and Employee

- Caring For Our Children Standards
- Legal Resources: AB113

Caregiver Friendly

Employer

- **Employment Law References and Other Resources**
- Equal Employment Opportunity Commission (EEOC): Caregiver discrimination under federal employment awareness
- Family Medical Leave (FMLA)
- Nevada Association of Employers (NAE): Nevada guidance on caregiver discrimination
- Homecare Pulse Caregiver Recruitment Toolkit

Employee

Resources for Caregivers

- Nevada find a health facility resource
- Nevada Care Connection
- Nevada Legislature's Caregiver Resource Guide
- Nevada Aging and Disability Services Division (ADSD)
- National Care Planning Council: Long-Term care link

Behavioral Health Friendly Mental Health Support

Employer

- American Psychiatric Association Foundation: Working Well Toolkit and Employer Resources/Podcasts
- Employer Assistance and Resource Network (EARN) Toolkit
- EARN on Disability Inclusion: Mental Health and Wellness in the Workplace

Employee

- Nevada Employee Assistance Program (EAP)
- Nevada 211 Mental Health Services

Behavioral Health Friendly Addiction Recovery Support

EMPLOYER

- Foundation for Recovery
- <https://forrecovery.org/>

EMPLOYEE

- Foundation for Recovery
- <https://forrecovery.org/workplace/>

Behavioral Health Friendly Physical Wellness – Chronic Condition

Employer

- CDC Workplace Health Resource Center: Cardiovascular Disease Screening
- National Comprehensive Cancer Network: Employer Toolkit
- Nevada Cancer Coalition: Developing a Paid Leave Policy for Cancer Screenings
- American Cancer Society, Cancer in the Workplace HR Tip Sheet
- American Heart Association (AHA) Employer Resources
- Nevada-California Diabetes Association

Employee

- Nevada California Diabetes Association
- Healthy People 2030
- Joslin Diabetes Education Center
- National Kidney Foundation Resources
- National Institute of Diabetes and Digestive and Kidney Diseases
- Nevada Liver Resources

Employer and Employee

- CDC Nevada Health Statistics
- Get Healthy Clark County
- WHO Trust for America's Health State of Obesity Report

Behavioral Health Friendly Physical Wellness – Personal Energy Balance

Employer

- Workplace Health Promotion
- First Class Vending – Reno
- Healthy You Vending: What We Do
- Get Healthy: Northern Nevada Public Health – Physical Activity Business Tools
- Get Health Clark County Workplace
- ALA Improve Employee Fitness and Morale

Employee

- Healthy Eating Active Living (HEAL) Nevada
- 2020-2025 Dietary Guidelines
- AHA Omega-3 Fatty Acid Benefits
- Environmental Work Group (EWG Dirty Dozen, Clean 15)
- Balance Blood Sugar (stop cravings & hunger, get more energy: drink water/eat protein & healthy fats/avoid food chemicals/consistent meal timing/ movement-physical activity/sleep)
- National Sleep Foundation
- Physical Activity: Move Your Way Community Resources
- Physical Activity 2024 Compendium
- NASA Desk Exercises

Behavioral Health Friendly Physical Wellness - Tobacco Use Cessation

Employer

- ALA: How Lung-Friendly is Your Workplace?
- SNHD: A Guide for Employers and Clean Indoor Air Act Guide
- Northern Nevada Public Health Tobacco-Free Workplace, Business Community Tools

Employer

- Nevada DPBH Tobacco Cessation
- Nevada Tobacco-Free Prevention Coalition
- CDC Electronic Cigarettes: What's the Bottom Line

Thank You
Any Questions
?



Janet Osalvo

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Natalie Gautereaux

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(775) 884-0392

Agenda Item #8

Chronic Disease Prevention and Health Promotion Section Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease
January - March 2024

Southern Nevada Health District (SNHD):
Office of Chronic Disease Prevention & Health Promotion (OCDPHP) Report

Staff: No Updates

Section News: Sadly, in February, our Community Health Division Director, Dr. Michael Johnson passed away. Maria Azzarelli, Manager of the Office of Chronic Disease Prevention & Health Promotion (OCDPHP) at SNHD is currently the Acting Division Director for Community Health.

Programming

Chronic Disease Prevention Program (CDPP)

Physical Activity:

CDPP is working with partners including the RTC to conduct a transportation assessment around current and potential Double Up Food Bucks (DUFB) nutrition incentive program implementation sites. The assessment will identify transportation barriers to accessing DUFB locations including walking, biking and public transit access and develop an action plan to address identified barriers. As a first step, RTC met with the After Market, an CDPP partner and implementation site for the Double Up Food Bucks (DUFB) program. The following ideas were discussed: adding EV charging stations, a shuttle service connecting the After Market to surrounding neighbourhoods, addition of trees and shade structures along streets and sidewalks leading to the After Market, and improved bus stops with better lighting, seating, and shade. RTC is currently pulling data to understand how customers are currently accessing the After Market (walking, biking, transit, etc.). Additional assessment work will begin in the fall.

The 2024 Slam Dunk Health Program wrapped up in March. The NACCHO-designated model practice program encourages physical activity and healthy eating among elementary school students. This year, the program was in 667 classrooms in 101 Clark County School District (CCSD) elementary schools serving over 16,400 students. Prizes were awarded to top performing classrooms in each grade level. All participating classrooms received certificates, 5210 posters, and other materials.

Nutrition:

The CDPP partnered with 100 Black Men of Las Vegas to sponsor the March virtual kids cooking class. The March recipe featured a diabetes-friendly meal. 60 families (class max) participated in the class. Ingredient bags with diabetes prevention and self-management educational materials were provided to all class participants.

Chronic Disease Prevention and Health Promotion Section Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease
January - March 2024

CDPP staff led 3 tours of a local grocery store in March. Tours were provided in Spanish at Marketon and were led by our bilingual Registered Dietitian/Health Educator. Participants learned how to read a food label, received tips on how to eat healthy with chronic conditions, and how to shop healthy on a budget. 12 people, including participants from one of our DSMES classes, participated in the tours.

Heart and Stroke:

CDPP staff taught a With Every Heartbeat is Life (WEHIL) class at the Heinrich YMCA this quarter. 2 faith-based Community Health Workers (CHWs) shadowed the CDPP team and helped facilitate a WEHIL lesson. The CHWs were then provided access to our WEHIL lending library so they could teach the class at the places of faith they work with. The WEHIL class provides education on heart health and empowers participants to self-manage their blood pressure. 16 people participated in the YMCA WEHIL class.

CDPP staff organized Heart Month activities in February. Nearly 500 people were reached through various activities and screenings including a 'Go Red for Women' screening event at the Beautiful Studio, participation in 3 community blood pressure (BP) screenings, participating as a guest on the Healthier Tomorrow radio program, advertisements on women's health for the Delta Sigma Theta Sorority's annual Founder Day program, and ongoing BP screenings, education, and referrals at all Barber/Beauty Shop Health Outreach Project (BSHOP/BeSHOP) locations.

CDPP, in partnership with the YMCA of Southern Nevada, started a free 16-week community Blood Pressure Self-Management Program at the Durango YMCA in March. Enrolment is ongoing until the class max enrolment of 25 people is met. In addition to coaching and education, class participants receive a free blood pressure monitor for home use and a 4-month membership to the Y to practice healthy habits.

Diabetes:

CDPP staff submitted the American Diabetes Association (ADA) Annual Status Report in January. This report is required to maintain our ADA recognition status for our Diabetes Self-Management, Education, and Support (DSMES) classes. The report was approved in January.

This quarter, CDPP staff taught 11 Diabetes Self-Management Education & Support (DSMES) classes (including 2 make up classes). Classes were taught in-person, online, and in English and Spanish at SNHD and other community locations including Access to Healthcare Network and James Downs Towers Senior Apartments. A total of 81

**Chronic Disease Prevention and Health Promotion Section Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease
January - March 2024**

people participated in DSMES classes this quarter, with over 79% of participants completing the class.

To help expand DSMES services to SNHD clients, CDPP facilitated training for the SNHD Clinical Services RD/LD to complete the DSMES curriculum training. The Clinical Services RD/LD will be integrating DSMES curriculum into their 1:1 clinical interaction with clients who have diabetes.

Obesity:

CDPP provided a training to 4 healthcare providers from the Southern Nevada Community Health Center in January on chronic disease resources for providers including 5210 obesity prevention resources for health care providers. Jump drives with clinician toolkits for diabetes, prediabetes, stroke, hypertension, and obesity were also provided.

CDPP staff hosted an in-person meeting of the Partners for a Healthy Nevada coalition in February. 41 people attended the meeting in person with another 5 participating online. Presentations included information about the RTC's Areas of Persistent Poverty grant and UNLV's EARN-FS grant. The next meeting will be held in August.

Community Outreach/Engagement:

This quarter, our Community Health Workers participated in 5 large-scale community events (not referenced above) to distribute chronic disease prevention and self-management education and resources reaching over 1,300 people from priority populations.

Tobacco Control Program (TCP)

TCPP staff educated 1115 youth at the Student Council Zone Conference hosted at Foothill High School. To date, 4,518 of 500 youth leaders have been trained. TCP staff participated in 15 events at local high schools to promote vape-free lifestyles. In March, 18 local high school sports teams partnered with SNHD's vaping prevention teen initiative, BreakDown, which promotes vape-free lifestyles to student athletes. Additionally, information was shared through a social media campaign tailored for the Nevada Interscholastic Activities Association. Key youth identified in local high schools throughout Southern Nevada continued to share vaping prevention messaging on their social media accounts.

The TCP staff hosted the first annual Because We Matter Tobacco-Free Living Summit. Through several local and national speakers, the summit addressed the harmful impact

Chronic Disease Prevention and Health Promotion Section Report
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of tobacco within the African American community and covered topics including targeted marketing of menthol and flavored tobacco products to African Americans, the correlation between tobacco use and genetics, nicotine addiction, mental health, the intersection of tobacco and cannabis, and broader social justice implications. The overall goal of the summit was to increase awareness, prevent the initiation of tobacco use, promote the Because We Matter brand and Nevada Quitline cessation services. Over 50 community members and partner organizations participated. Resources including the Nevada Tobacco Quitline was promoted as a resource for those seeking assistance with quitting tobacco use.

TCP continues to work on advancing tobacco free campus policy efforts at College Southern Nevada and Nevada State University through on campus outreach and meetings with faculty, student government, and campus organizations. Work is ongoing.

TCP staff participated in several events to commemorate Black History Month and promote the Because We Matter brand. Events included the Springs Preserve Black History Month Festival, Rainbow Dreams Educational Foundation's Black History Month fundraiser and gala, TLMBC's Go Red for Women event and the Shades of Black experience. TCP staff distributed culturally competent educational materials aimed at increasing awareness, preventing the initiation of tobacco use, and promoting the Nevada Quitline cessation services.

As part of smoke-free multi-unit housing efforts, staff attended a Market Trends event hosted by the Nevada State Apartment Association. The event brings together multi-unit housing industry leaders including managers and owners through a one-day conference that seeks to empower, connect, and educate attendees on topics related to multi-unit housing. Strategic distribution of smoke-free housing resources included the direct placement of tailored resource packages on individual seats at the event site. Staff also tabled at the event to provide additional information and to connect with managers and owners to promote smoke-free policy during breaks. The event had over 350 attendees and over 22 property management companies were represented.

The TCP recently updated their English and Spanish-language online smoke-free housing directory to refine the search features. All the over 60,000 properties included in the directory have self-reported that they have apartment or condominium buildings where all units are 100% smoke-free. Smoke-free policies can vary by property and may solely include tobacco products, electronic cigarettes, cannabis, or a combination of these. The TCP provides technical assistance to local communities to help them adopt new or expand existing smoke-free policies. In March a media campaign promoting the directory was launched and over 700 smoke-free units were added to the directory.

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This quarter, over 40 businesses in Clark County including food establishments, medical and shopping facilities implemented and/or expanded their smoke and vape free policy. Staff provided technical assistance including model policy language, access to downloadable signage, and cessation resources.

The SNHD TCP launched a newly named initiative titled, Play Hard Breathe Easy - Smoke-Free Parks. The project is designed to encourage the adoption of comprehensive tobacco and smoke-free parks policies. Staff will provide technical assistance regarding model policy practices.

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**Northern Nevada Public Health (NNPH) - formally Washoe County Health District
Chronic Disease and Injury Prevention (CDIP) Program Report
Summary of activities October 2023-April 2024**

Staffing

The NNPH CDIP program has six full-time staff and a program manager. The team has several intermittent hourly (IH) staff who help complete grant deliverables for the program. In December, the team welcomed Olivia Lane, the team's newest IH Health Educator working on physical activity and nutrition efforts funded by SNAP-Ed. In addition to the programmatic team members, two employees dedicate time to support the CDIP program, a Community Health Worker and an Office Specialist.

Section News

- Kevin Dick, the District Health Officer of Northern Nevada Public Health announced his retirement and after a nationwide search, the Washoe County District Board of Health selected Chad Kingsley as the new District Health Officer. Kingsley's first day will be May 13, 2024.
- The CDIP program is putting plans in place to make 5210 efforts in Washoe County as sustainable as possible after funds from DPBH (ARPA State Fiscal Recovery Fund) are discontinued.
- NNPH received state Public Health Funds and part of those funds will be used by the CDIP team to implement youth vaping prevention activities beginning in July 2024.

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 (intentional and unintentional) 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

- Staff continued partnerships and collaborations with local and statewide partners, including meeting with the Washoe County School District and community partners to strategize on addressing issues like the vaping epidemic in our schools, participation in the annual strategic planning meeting for the statewide Nevada Tobacco Control and Smoke-free Coalition, and collaboration with the Washoe County Medical Society to provide tobacco cessation education and information on the Nevada Tobacco Quitline through their member publication.
- The American Lung Association released their annual "State of Tobacco Control" report which gave Nevada mostly F's. Cited as reasons for the poor ratings for Nevada were the decrease in tobacco prevention program funding by \$2.5 million for the current fiscal year, no state law regulating flavored tobacco, and inadequate insurance coverage for smoking treatments. Nevada received a C, for its smoke-free workplace law; the current law fails to protect employees and patrons in age-restricted establishments such as casinos and bars. CDIP staff are working

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with Nevada Tobacco Control and Smoke-free Coalition to identify strategies to address opportunities for improvements statewide.

- Staff worked with Vassar Market in Reno on reducing point-of-sale tobacco marketing by facilitating a revamp of one of their large windows. Instead of tobacco or other advertisements, the store (which is also one of our community’s “Healthy Corner Stores”) agreed to use the space to depict healthy foods.



Image of the revamped store window at Vassar Market

Physical Activity and Nutrition highlights

- There were a variety of efforts around the 5210 Healthy Washoe program, including:
 - A presentation to the Optimist Club of Reno, where information was shared about the program and ways to support messaging of healthy eating and active living with youth.
 - Supplying 5210 materials to Renown Pediatrics, Northern Nevada HOPES Pediatrics, and Northern Nevada Health Systems Family Practice. Materials included 5210 Healthy Eating Active Living bookmarks, refrigerator magnets, youth activity books, mousepads, tote bags, and floor clings, which will help raise awareness of the 5210 messaging to support healthier behaviors.
 - NNPH staff and pediatrician Dr. Jose Cucalon Calderon were interviewed about 5210 Heart Healthy Habits and youth vaping prevention during a Spanish radio Facebook Live discussion. The topic was: Creating healthy habits with 5210
- Efforts around the Healthy Corner Store project included:
 - KUNR did an interview on the Healthy Corner Store Program Initiative highlighting the partnership with Reno Food Systems and the offering of fresh produce at two stores, Vassar Market and Reno Food and Discount Liquor.
 - Staff reconvened the Healthy Corner Store Subcommittee, a group associated with the NNPH Community Health Improvement Plan related to Preventative Health Behaviors. Four community partners participated in the meeting to learn and share progress from

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year 1 and engage in discussion about aspirations for implementation in year 2 including continuation of fresh produce offerings, development of educational materials, and future store events.

- Staff recruited an additional store for the Healthy Corner Store Program, JG Town Liquor and Smoke, for a total of 5 participating stores. This is the first store located in the Sparks area. Staff are working on the conversion process to bring in healthier food options.
- Media campaigns
 - 5210 (Eng/Sp): begins in April; social media and conventional media (TV, radio, billboards)
 - Healthy Corner Stores: runs on social media in May
- Staff participated in the Reno Food Symposium in November and engaged in conversations with community partners about the formation of a Northern Nevada Food Council (revamped from the Washoe County Food Policy Council). NNPH staff helped to launch the new group, which had their first meeting in February.
- Staff worked closely with Cold Springs Elementary to facilitate a Walking School Bus (WSB) program. The Safe Routes to School program is involved, as well as parent volunteers and school police. Twice a week, the WSB took students to and from school, promoting safe, active transportation. The technical assistance for the WSB has ended, and the school has continued to implement the program on their own. A new school (Lemelson STEM Academy) is planning to implement a WSB with technical assistance from the CDIP team in the Fall.



Image of Cold Springs students walking with school police and volunteers

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- Bike Month is in May. Staff is preparing the coordination of Biketopia, a kickoff event to celebrate Bike Month, focused on education, safety and community partnerships.

Cannabis and Opioid/Substance Prevention highlights

- Staff continue to build relationships with cannabis dispensaries and distribute Need to Know cards with information about cannabis in Washoe County (laws, safe storage, where to use, using safely, etc.).
- Staff continue to coordinate the Washoe County Substance Abuse Task Force, and in December the group had its first in-person meeting in two years. The meeting included a tour of the first Harm Reduction vending machine in Washoe County at the Washoe County Sherriff’s Office and highlighted local substance use disorder treatment programs.
- NNPH staff facilitated approval for instillation of two Naloxboxes in public areas at NNPH. The boxes are intended as a “first aid” tool for a suspected opioid overdose. In addition, nasal Narcan doses were obtained from UNR CASAT and made available to the public by request.



Images of the two mounted Naloxboxes

Injury Prevention highlights

- Senior falls prevention efforts included staff providing information and resources at a City of Sparks – Senior Resource Event, and meeting with Rebuilding Together Northern Nevada to discuss senior falls prevention efforts, and providing letters of support for a grant application focusing on home safety modifications. In addition, a senior falls TV campaign is currently running and will run through May 2024.
- Staff continue to lead the Washoe Suicide Prevention Alliance (WSPA) with several successes:
 - An advisory group was initiated that will provide important input and direction for the Alliance. The advisory group had its initial meeting in October and was attended by local and state mental health professionals, a gun shop manager/owner, and city councilman, among others.
 - Staff presented a brief of WSPA initiative to the Washoe County District Board of Health.
 - CDIP staff coordinated a Safe Messaging for Suicide Prevention training for the community and WSPA members.

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- Staff hosted a WSPA Strategic Planning meeting to formally complete the WSPA Action Plan and completed relative updates to the [WSPA public webpage](#).
- Staff worked with WSPA to develop and collect survey responses for local Federal Firearm Licensed businesses (gun shops) and potential temporary gun storage locations. This survey will determine any current suicide prevention efforts, interest in participating as a temporary firearm storage location, and displaying and/or distributing suicide prevention education.
- CDIP staff filmed and published three holiday-related Injury Prevention reels on all NNPH social media. These Santa-themed reels received positive response, engagement, and reach.
- In March, staff served as a co-trainer for a 2-day Applied Suicide Intervention Skills Training (ASIST) for the community, including Washoe County staff members. After (1) more co-training instance this spring, a CDIP staff person will be a certified ASIST Trainer.



Carson City Health and Human Services Report 1st Quarter 2024 (1/1/2024 - 3/31/2024)

Report Highlights

- ✓ **Public Health Workforce Infrastructure Funding** – On October 19, 2023, the Carson City Board of Supervisors approved accepting the Public Health Infrastructure Grant and the ARPA Capital Infrastructure Grant. The funding goes through November 30, 2026.
- Update: Five (5) positions have been hired:(1) Chronic Disease Prevention and Health Promotion Division Manager, Suzie Ledezma Rubio; (2) Assessment/Accreditation Coordinator, Jordan Wasser; (3) Data Analyst, Jon Evasovic; (4) Administrative Assistant for Director and Deputy Director, Trinity Thom; and (5) Public Health Communication Specialist, Dain Steffeny.

The National Association of County and City Health Officials (“NACCHO”) is advocating for local health departments’ need for continued support of the public health infrastructure funding.

- ✓ **Community Health Improvement Plan (“CHIP”)** – As part of the CHIP process, key informant interviews and a workshop will be held. Scheduled for April 25, 2024
 - This plan will guide activities to improve the health of our community. If the plan’s activities need funding, the allocation set forth in the 2023 Legislative Session’s Senate Bill 118 may be utilized.



Chronic Disease Prevention and Health Promotion (CDPHP) Division Adolescent Health Education Program

Program funding:

1. The Title V Sexual Risk Avoidance Education (SRAE) Program
2. The Personal Responsibility Education Program (PREP)

Making Proud Choices, Comprehensive Sexual Education

- Statistics –
 - Total participants enrolled: 26
 - Total participants completing 75% of the curriculum (a requirement for completion of the program): 46
- CCHHS Adolescent Health staff conducted classes at the following locations:
 - January: China Springs and Aurora Pines
 - February: Western Nevada Regional Youth Center (WNRVC)
 - March: Carson City Juvenile Services - Probation

Promoting Health Among Teens, Abstinence Only

Curricula for elementary and middle school were approved by Carson City School Board on March 12, 2024. CCHHS will be moving ahead with teaching the Proctor and Gamble with HIV and Me: Marissa’s Story at one elementary school as well as Promoting Health Among Teens – Abstinence Only (PHAT-AO) at one middle school in April and May 2024

- Statistics –
 - Total participants enrolled: 13
 - Total participants completing 75% of the curriculum (a requirement for completion of the program): 11
- CCHHS Adolescent Health staff conducted classes at the following location:
 - February/March - Virginia City Middle School

Ryan White- Part B Program (Outreach Services: Retention-in-Care)

Program funding: Though Office of HIV/Ryan White: Ryan White HIV/AIDS Program – Part B Program’s purpose is to:

- Identify people who do not know their HIV status but are currently not in care.
- Linkage or re-engagement of People Living with HIV (PLWH) who know their status into HRSA Ryan White HIV/AIDS (RWHAP) services.

The program works with individuals with a last known address within one of the 15 rural and frontier counties. Clark and Washoe counties are excluded.

89 services provided to 53 clients.

Tobacco Control and Prevention Program

Program funding:

1. Centers for Disease Prevention and Control’s (“CDC”) Tobacco Control and Prevention
2. Nevada Clinical Services formerly the Funds for Healthy Nevada
3. Health Disparities Grant through the Nevada Cancer Coalition

- Tobacco Control and Prevention Program staff continue to be members of the Nevada Tobacco Control and Smoke-free Coalition (“NTCSC”) formally known as Nevada Tobacco Prevention Coalition. Leadership positions staff currently hold on the NTCSC include Secretary and Communication Chair. Staff represent CCHHS as a health authority.

- Staff continue to assist in the development of educational materials for statewide partners to use on priority policies related to the Nevada Clean Indoor Air Act, Tobacco Prevention and Control Funding, Restricting Flavored Tobacco Products, and Addressing Youth Access via Tobacco Retailers
- Working with Northern Nevada Public to build a student athlete initiative to promote vape-free lifestyles to student athletes by providing quitting resources and facts through the Nevada Interscholastic Activities Association (NIAA)

Prevention Health and Health Services

Grant amount - \$9,900

An existing full-time employee has been recruited to work within the program part-time (10% of her time). This employee works between 3 programs at CCHHS. She will continue with the current scope of work. At all the outreach events she participates in for the other programs, she hands out information about Healthy Eating. Although this is not a grant deliverable, getting this information out to the public may help individuals live a healthier life.

- Staff members are working towards Community Health Worker II certification to be achieved by the end of 2024.
- A new process in the clinic's electronic health record has been implemented so that reports can be run on patients whose BMIs are higher than 25.
 - Evidence based programs are being reviewed to refer patients too.
 - Potential workshops for clients whose BMI are higher than 25 and who are interested in receiving more information on healthier lifestyles.
- Exploring new process for WIC families to be implemented for clients whose BMIs are higher than 25.

Staff participated in eight (8) community outreach events.

- January 10: Life Skills Presentation: Secondhand and Thirdhand smoke - CCHHS Human Services
- January 18: Jacks Valley Health Fair
- January 10: Presentation to CCHHS - Human Services Life Skills
- January 27: Parent Education Night with Department of Juvenile Services - Probation
- February 8: Presentation with the National Guard for a Vaping Prevention at Sierra Lutheran
- March 14: Scarselli Health Fair
- March 25: Virginia City Middle School Presentation
- March 28: Gardnerville Elementary School Health Fair
- Budget

- General Funds – None
- Grants – 100%

Nevada Institute for Children's Research and Policy

Report Summary

Project Period: January – March 2024

In partnership with the Nevada Early Childhood Obesity Prevention (NECOP) Workgroup members, NICRP will implement NECOP State Plan activities to help improve weight status among children zero (0) to eight (8) years of age.

The 2021-2026 state plan is divided into seven (7) overarching goals:

- (1) Early Care and Education Facilities
- (2) Awareness and Education for parents
- (3) Awareness and Education for providers and community partners
- (4) Establish Data Collection Systems
- (5) Increase knowledge of best practice and current research in Early Childhood Obesity prevention strategies
- (6) Increase number of Caring for our Children (CFOC) and Physical Activity and Nutrition (PAN) standards being met in Nevada, and
- (7) Increase sustainable funding to support Nevada Early Childhood Obesity Prevention efforts

These goals are inclusive of 39 total objectives, further broken down into a total of 56 activities to be completed over the five-year state plan. Workgroup members and organizations provide quarterly updates on progress toward each of these activities.

NICRP worked with the NECOP members to develop an internal system for collecting and analyzing quarterly progress of all 7 goals among partnering members and organizations. The following progress has been reported since the last report on December 31, 2023:

During this project time period, NICRP convened two (2) meetings on January 16, 2024 and March 19, 2024 with the Early Childhood Obesity Prevention Workgroup to track and evaluate the implementation of The Nevada State Early Childhood Obesity Plan. The workgroup continues with the goals and activities, specifically finalizing the Achieving a State of Healthy Weight (ASHW) report with the workgroup and the Nevada Registry Wellness Training rubric discussed in detail below. NICRP plans to continue discussing with the committee ways to increase awareness through the implementation of Year 3 objectives and activities. The next workgroup meeting for Quarter 3 of the 2024 fiscal year will be held virtually on June 18, 2024.

Reports. Achieving a State of Healthy Weight (ASHW) is a national report inclusive of 47 high-impact obesity prevention standards (HIOPS, or ‘standards’) in child care licensing regulations that promote infant feeding practices, healthy nutrition and mealtime practices, opportunities for active play, and decreasing the frequency of screentime. The NECOP workgroup reviewed Nevada’s current national standings during the 2022 project year and developed proposed amendments to 23 of Nevada’s NRS codes based on the ASHW standards which Nevada is currently not meeting. A survey was then sent out to licensed childcare facilities in the state to gain an understanding of potential barriers associated with these proposed changes. Among the provider responses, a high percentage reported approving of regulatory changes given the following recommendations are taken into consideration:

1. Rephrase any verbiage utilizing the term “primary care provider” to specify healthcare provider and/or childcare provider.
2. Specify quantities and/or duration of any amendment which requires an adjusted volume or time component.
3. Among all amendments, be mindful of developmental delay and children/caregivers with adaptive needs.

The survey was then distributed to families in the state of Nevada to gain insight on implications and barriers for children and their families. The parent/caregiver survey was disseminated between August – September 2023, with a total of 132 completed responses during this time. Of the 19 total revisions provided in the survey for parents, 6 had the majority in approval of the changes. Of the remaining 13 revisions, the greatest concern among parents was a lack of assistance/support/ knowledge, followed by a lack of potential funding for facilities.

The full report is now finalized and was reviewed by the workgroup at the January quarterly meeting. Several members of NECOP met with Latisha Brown from Nevada childcare licensing on March 29, 2024, to discuss the report and proposed revisions to the corresponding Nevada regulations. The workgroup will review Latisha’s feedback at the June quarterly meeting to determine the next steps with the state licensing board and/or awaiting the 2025 legislative session.

Policy. Per NAC 432A.323, all licensed childcare providers are required to complete two or more hours of training in wellness including childhood obesity, nutrition, and moderate or vigorous physical activity within 90 days of employment and each year thereafter. The Nevada Registry worked with the EC Obesity Prevention workgroup to develop content guidelines for wellness courses, which was finalized during Q1 of 2023. The document outlines the content guidelines, course objectives and trainer qualification requirements for the required training. During Q2-Q4 of 2023, the Nevada Registry continued to partner with the workgroup to develop a review process of all current statewide trainings, along with a checklist for all new training applications. All new sessions submitted until the checklist is finalized will continue to be approved but will need to meet updated criteria by January 1, 2024. After that point, online courses that do not meet the requirements will be removed from the calendar. Two (2) UNR Extension interns have assisted with the development of a scoring sheet for this evaluation system during the last project year. During the March quarterly meeting, an update was presented that a recent program manager at UNR Extension has dedicated their time to assisting with this project.

Presentations. NICRP gave a presentation on the Early Childhood Obesity Prevention State Plan at the 2024 Early Learning Institute Virtual Conferences on March 19, 2024.