

DATE: December 6, 2024

TO: State Board of Health Members

FROM: Fermin Leguen, MD, MPH, District Health Officer

SUBJECT: District Health Officer Report

Mpox Update

The Southern Nevada Health District continues to report sporadic cases of Mpox in Clark County residents. As of November 12, the Health District has reported 10 probable and confirmed Mpox cases in Clark County since January 1, 2024.

The Health District continues to remind the public that Mpox spreads through close or intimate contact, and the most effective way for those at risk to protect themselves is by receiving two doses of the Mpox vaccine if they are eligible. More information about vaccine availability and eligibility is available at www.snhd.info/Mpox. The two-dose vaccine series is safe and effective in lowering the risk of contracting Mpox and reducing the severity of symptoms if one does become infected. Additionally, the vaccine can help prevent Mpox if administered within 14 days after exposure. To date, more than 12,000 doses of the vaccine have been administered in Health District affiliated clinics in Clark County.

People can take additional steps to protect themselves:

- Avoid close contact with individuals exhibiting symptoms of Mpox, including those with rashes or lesions.
- Avoid touching objects, clothing, bedding or materials used by someone with Mpox.
- Watch for signs and symptoms for 21 days if exposed to Mpox and visit a health care provider.

More information about Mpox is available on the Centers for Disease Control and Prevention website at www.cdc.gov/poxvirus/mpox.

American Diabetes Month

In recognition of American Diabetes Month in November, the Southern Nevada Health District is raising awareness of one of the most widespread diseases in the United States. Diabetes is the eighth leading cause of death in the U.S. and the primary cause of kidney failure, lower limb amputations and blindness. People with diabetes also face a higher risk of developing serious complications from flu and COVID-19.

The Health District's Office of Chronic Disease Prevention and Health Promotion is calling attention to the diabetes epidemic by offering free diabetes self-management education and support classes for people who have diabetes, and a free [online program](#) for people who have prediabetes. Free virtual classes, using Teams, were schedule throughout November. The class, taught by health educators, provides participants

with helpful information about diabetes as well as healthy recipes and other resources. For information on additional classes, events and programs offered during November, visit the [Get Healthy Clark County Community Calendar](#).

In 2023, 12.8% of adults in Clark County (238,102 people) had diabetes. Approximately 283,700 people in Nevada, or 11.3% of the adult population, have been diagnosed with diabetes. Nationally, more than 38 million Americans have diabetes, with 8.7 million unaware of their condition, increasing their health risks. An estimated 1.2 million Americans are diagnosed with diabetes every year. Approximately 816,000 people in Nevada have prediabetes with blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes. Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease and stroke.

The following people should be screened for prediabetes and diabetes:

- Anyone with a body mass index (BMI) higher than 25 (23 for Asian Americans), regardless of age, who has additional risk factors. To calculate BMI, visit [Get Healthy Clark County|Obesity](#).
- Anyone 35 and older.
- Any adult who is overweight or has obesity.
- Anyone who has been diagnosed with prediabetes.

A simple blood sugar test can determine if a person has prediabetes or type 1, type 2, or gestational diabetes. Testing is quick, and results are usually available soon after. For more information on screening, visit [CDC|Testing for Diabetes](#).

In addition to health concerns, diabetes also carries a significant financial burden. People with diabetes have medical expenses approximately 2.6 times higher than those who do not have diabetes. In 2017, it was estimated that total indirect costs from lost productivity due to diabetes was \$704 million.

To learn more about diabetes resources in Southern Nevada, go to [Get Healthy Clark County|Local Diabetes Resources](#) or [Viva Saludable|Recursos locales para la diabetes](#). Additional information about screening is available at [CDC|Additional 12 Million US Adults Eligible for Diabetes Screening](#). To learn more about American Diabetes Month, visit the American Diabetes Association

National Latinx AIDS Awareness Day

The Southern Nevada Health District observed National Latinx AIDS Awareness Day (NLAAD) on Tuesday, October 15, focusing on the disproportionate impact of HIV in Hispanic/Latinx communities while promoting effective ways to prevent, treat and stop the transmission of HIV among Hispanic/Latinx people.

Approximately 1.2 million people in the United States have HIV. About 13% of them have it but don't know it. Nearly 32,000 new cases were reported nationally in 2022. In 2023, Clark County reported 500 new HIV cases, 200 of which were among Hispanics. Some 12,000 people in Clark County were living with HIV in 2023, and of those, 3,683 were Hispanic.

At some point in their lives, an estimated one in 36 Hispanic men will be diagnosed with HIV, as will one in 106 Hispanic women. According to the Centers for Disease Control and Prevention, the rate of new HIV infections among Hispanic men is nearly three times that of white men, and the rate among Hispanic women is more than four times that of white women.

HIV testing is readily available in Southern Nevada:

- The Health District offers express testing at no cost from 7:30 a.m. – 4 p.m., Monday through Thursday at the Southern Nevada Health District Main Public Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107.
- No-cost express testing is available at the Fremont Public Health Center, 2830 E. Fremont St., Las Vegas, NV 89104, from 7:30 a.m. – 4 p.m. each Friday. No appointments are needed, but clients must be asymptomatic.
- HIV testing is available at no cost in the Arleen Cooper Community Health Center at The Center, 401 S. Maryland Parkway, Las Vegas, NV 89101. Hours are 9 a.m. – 5:30 p.m. Monday – Thursday and 9 a.m. – 2 p.m. on Fridays and Saturdays. Appointments are preferred, but walk-ins are accepted.
- The Health District’s Collect2Protect program offers free at-home HIV tests, giving people a convenient and private option for testing. The kits can be requested through the [Collect2Protect](#) page.

Same-day HIV testing and treatment services are also available in the Southern Nevada Community Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107, and at the Fremont Public Health Center. HIV services include testing, medical, behavioral health, nutrition, case management, pharmaceutical, and educational services, including PEP and PrEP navigation and treatment for those who test negative. Services are offered for insured and uninsured patients. Sliding fee scale discounts are available to all patients who qualify.

For more information about National Latinx AIDS Awareness Day, visit [National Latinx AIDS Awareness Day | HIV.gov](#).

Raw Milk

In September, the Health District alerted the public to the health risks associated with consuming raw milk, following an increase in the illegal sale of these products in Clark County. The sale of raw milk, and its products, is illegal in Clark County due to serious health concerns.

The Health District advises residents to only consume pasteurized milk, which is treated to eliminate germs that can cause severe illness. Raw milk can be contaminated with bacteria like *salmonella*, *E. coli*, *listeria*, *brucella* and *campylobacter*, all of which can lead to severe health complications or even death. Some groups are especially vulnerable to these illnesses, including children under 5, older adults over 65, pregnant people, and those with weakened immune systems.

When the Health District discovers raw milk being sold, the milk is confiscated and discarded. Repeated violations can result in enforcement actions, including the potential revocation of health permits. Anyone who observes raw milk being sold for human consumption in Clark County is encouraged to report it by calling the Nevada Department of Agriculture at (775) 353-3607. Anyone who becomes ill after consuming raw milk should call (702) 759-1300 or submit a report using the [Foodborne Illness Complaint Form](#). The Health District strongly advises the public not to consume raw milk from any animal.

For more information about raw milk and the health risks associated with it, visit the FDA’s website: [Raw Milk Misconceptions and Danger of Raw Milk Consumption](#). For more information about dairy sales in Nevada, visit the Nevada Department of Agriculture website at [Dairy Distribution and Marketing \(nv.gov\)](#).

Pop-up Produce Stands

This fall, Pop-Up Produce Stands returned to Las Vegas on September 3, giving people increased access to affordable, locally grown, organic fresh fruits and vegetables. The pop-ups were scheduled for six dates in September, October and November at the Bonneville Transit Center (BTC) in Las Vegas. Customers were able to use their SNAP/EBT card, cash, debit or credit cards.

The pop-up stands are aimed at helping address the problem of food insecurity in Southern Nevada. Approximately 330,757 people in Clark County — 14.6% of the population — are food insecure, meaning they are unable to access or afford enough nutritious food for their overall health and well-being. According to the U.S. Department of Agriculture, 12.8% of U.S. households experienced food insecurity during 2022.

The produce stands program is a partnership among the Health District's Office of Chronic Disease Prevention and Health Promotion, the Regional Transportation Commission of Southern Nevada (RTC), Prevail Marketplace and Together We Can's Veggie Buck Truck. There were six pop-up stands at the BTC in April, May and June.

Last spring's pop-up stands resulted in nearly 1,425 pounds of produce sold. About 20% of the spring 2024 market sales were SNAP/EBT transactions. Healthy recipe cards, nutrition education and other health resources will also be available at the pop-ups.

More information about the Pop-Up Produce Stands is available by calling the Office of Chronic Disease Prevention and Health Promotion at (702) 759-1270 or visiting the [Get Healthy Clark County Farmers Markets](#) page. The website also has a list of local farmers markets, including those that accept EBT, SNAP and debit or credit cards.

Mosquito Surveillance Update

At the end of its mosquito surveillance season in October 2024, Health District Environmental Health staff had set 3,360 traps throughout Clark County and submitted 3,497 sample pools, representing 51,112 mosquitoes, to the Southern Nevada Public Health Laboratory for analysis. Of the sample pools submitted, 388 tested positive for West Nile virus in 46 ZIP Codes and 21 tested positive for St. Louis encephalitis in eight ZIP Codes.

In Clark County, there have been 26 cases of West Nile virus reported in humans, 14 neuroinvasive cases — all requiring hospitalization — and 12 non-neuroinvasive cases. There have been no reported deaths this season. There was minimal West Nile virus activity reported in 2020, 2021, and 2023. In 2019, 43 confirmed human cases were reported. Two human cases of West Nile Virus were reported in 2023. West Nile virus is spread to people through the bite of an infected mosquito.

The Health District's seasonal mosquito surveillance reports are available at www.southernnevadahealthdistrict.org/programs/mosquito-surveillance/arbovirus-update/.