

Thursday January 16, 2020

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

New Staff

CDPP welcomed Esmerelda Chavez as an Intermittent Hourly Health Educator to work up to 19 hours a week on physical activity and nutrition projects. Her primary focus will be coordination of the Wolf Pack Coaches Challenge Program and the PHHS grant efforts.

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 continue to present to the community on e-cigarette use, lung injury and best practices. Staff have not had capacity to respond to all requests but were able to present to the Washoe County School Board of Trustees October 15th in addition to other community groups, university classes, and media interviews.
- Education of business owners regarding the addition of e-cigarettes to the Nevada Clean Indoor Air Act took place in December and January. Transition to the new restriction seems to be going well.
- The Smoke-Free Hangouts directory includes business that prohibit smoking indoors even though Nevada law may allow it in their facility. The directory includes bars, nightclubs, and activities geared towards the adult consumer, for example ax throwing at Reno Axe The Smoke-Free Hangouts directory is currently featuring 48 locations. The Smoke-Free Lodging directory includes hotels that are 100% smoke-free inside their facility and includes 23 locations.
- In the fall, three women graduated from the WCHD's Baby and Me Tobacco Free Program, which means they quit smoking while pregnant and have remained tobacco free through their child's first birthday.
- Tobacco retailer education will be mailed to 100% of retailers in Washoe County. The goal is to increase retailer compliance with age of sale laws.

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

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Physical Activity and Nutrition highlights:

- Staff have been working with the Washoe County School District’s Student Activities and Athletics Coordinator to determine if Wolf Pack Coaches Challenge should be expanded to area middle schools. Staff presented at the Middle School Athletic meeting and with support from meeting attendees, a feasibility study is being conducted. Physical education is currently an elective in Washoe County middle schools and a middle school Wolf Pack Coaches Challenge program could increase physical activity and nutrition education for students.
- CDPP partnered with Project HERO (Healing Exercise Rehabilitation Opportunity), which helps veterans and first responders affected by post-traumatic stress disorder, traumatic brain injury and injury. The program helps participants achieve rehabilitation, recovery and resilience in their daily lives through cycling. 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 with their recovery by providing a bicycle to program graduates. The first bicycle was distributed at the City of Reno Council meeting on October 23, 2019, and the second at the VA Hospital Managers meeting on January 7, 2020. The second bicycle was distributed to a veteran that had logged 1,300 miles on a loaner bicycle in the past 6 months. The presentation can be found at:
https://business.facebook.com/VAReno/videos/2414152605564878/UzpfSTg2NDcyNDgzMzUzOTMxNzoyOTQ5MDE4NTAxNzc2NTk2/?business_id=941290502549416.

Cannabis and Opioids highlights:

- A secondhand marijuana smoke campaign will begin airing in February. The goal of the campaign is to educate consumers on being aware and respectful of secondhand marijuana smoke exposure. In addition to the campaign, similar information is provided in dispensaries for consumers at point of sale.
- CDPP staff facilitated a strategic planning session for the Youth Protective Factors Action Group who is working to prevent youth substance use in Washoe County. CDPP staff presented the results of the community assessment of Screening, Brief Intervention, and Referral to Treatment (SBIRT) practices in Washoe County to the CHIP (Community Health Improvement Plan) – Behavioral Health Committee. Staff are developing strategies with community partners to expand SBIRT utilization among organizations and providers.