

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

Friday, November 13, 2020

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

**New Staff**

No new staff during this reporting period

**Section News**

- CDPP staff have been released from COVID-19 disease investigation responsibilities.
- The program’s Facebook page (GetHealthyWashoe) has been merged with the Washoe County Health District’s main social media page. This was done to streamline messaging and increase reach.

**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 are providing technical assistance to Northern Nevada Behavioral Health on a smoke free campus policy
- Staff are active in the Smoke Free Truckee Meadows efforts ([smokefreetruckeemeadows.org](http://smokefreetruckeemeadows.org)), the local campaign to encourage smoke free policies for casinos and bars. Local leaders, including Dr. Marc Johnson, President, UNR; Eric Olson, General Manager, Whitney Peak Hotel; Dr. Tony Slonim, President & CEO, Renown Health, and Kevin Dick, District Health Officer, Washoe County Health District, are all quoted in support of the efforts.

“In 2006 Nevadans made the important decision to eliminate smoking in most indoor workplaces, with the notable exceptions of casinos and stand-alone bars. In Washoe County we see that by allowing smoking in these few remaining indoor workplaces, we are continuing to put the health of people in our community at risk. Ensuring smoke-free workplaces for everyone in Washoe County will improve health and quality of life, while also reducing healthcare costs.”

~ Kevin Dick, District Health Officer, Washoe County Health District

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**Physical Activity and Nutrition highlights:**

- Bike to Work month has been taking place in September and activities promoting cycling for transportation continue. Two local videos were produced to encourage safe cycling and increase knowledge around safe cycling.



- A community garden was planted at the County Complex promoting worksite wellness. While the pilot year was challenged by COVID response, the intent is to continue the garden next season.
- A media interview was conducted in response to “The State of Obesity: 2020” report
- A Family Health Festival drive through was held on August 10<sup>th</sup> and another will be held on October 15<sup>th</sup> at Stead Airport providing families with onsite resources (food, school supplies and flu shots) paired with goodie bags filled with community resources.

**Cannabis and Opioids highlights:**

- The CDPP MPH student has begun a project to explore how to increase medicine management and compliance for homeless individuals experiencing chronic disease.
- An alternative to opioids for pain management campaign ran during the month of September. It was the first of its kind in Washoe County. Reach results can be provided in next quarters report.