

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

Thursday August 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 are fully immersed in the COVID-19 response efforts. Three of our four full time staff work as disease investigators between 24 and 32 hours a week.

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 worked with public health entities across the State to develop a smoke free casino recommendation to protect lung health during COVID-19 pandemic. Staff conducted multiple media interviews.
- Staff assisted Community Health Alliance with their final implementation of tobacco free campuses for their 500 staff and many more clients.
- Once bars were able to re-open, staff continued conversations with bar owners and staff about tobacco free policies. Two bars that had gone smoke free right before COVID-19 were very open to conversations and saw staff as not only providing Technical Assistance (TA) on tobacco polices but also requested TA on COVID-19 response for the business.
- Staff presented to Pediatric Health Care providers at the Pediatric Ground Rounds on May 6, 2020.

Physical Activity and Nutrition highlights:

- Project HERO group rides resumed after Governor directives were set in place. Since COVID-19, four new participants joined the program and began tracking miles in July.
- Bike to Work month has been postponed until September and activities promoting cycling for transportation will continue. Staff met with community partners to develop a plan for reaching underserved populations who would benefit from cycling. This includes the black, indigenous and people of color (BIPOC).
- Analysis of the Wolf Pack Coaches Challenge program was completed and demonstrated an increase in physical activity levels and vegetable and fruit consumption among the students. Staff are currently researching online options for physical activity to assist teachers in the 20-21 school year.

Cannabis and Opioids highlights:

- An Opioid prevention media campaign began with a focus on alternative pain management. The campaign will run until the end of August with an estimated reach of 170,000 ages 25-64.