

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

Friday April 2, 2021

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

New Staff

No new full-time staff during this reporting period. The CDPP welcomed a temporary Public Service Intern to the team who will help with data analysis until May 2021. Anthony Omaye is a master's level UNR student who is helping the CDPP team with data for an updated Washoe County Chronic Disease Report Card.

Section News

- Program Supervisor Erin Dixon was promoted to Division Director of Environment Health Services in January. The process to fill the vacant supervisor position with an internal candidate is currently taking place.
- Since December, CDPP staff have been supporting the COVID-19 vaccination response through Tier 1 research, scheduling, communication, vaccination paperwork and documentation. In February and March staff were able to transfer those responsibilities to new health district staff.
- Staff prepared for and are providing information related to the current legislative session as multiple bills apply to CDPP priority areas.

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:

- In October, staff participated in the Nevada Chapter of the American Academy of Pediatrics (Nevada AAP) conference, holding a breakout session about youth vaping. Staff invited statewide tobacco prevention partners to participate, and together with Carson City, staff educated pediatric health care providers about youth tobacco use and prevention and made important connections for continued opportunities to share information with providers.
- In January, CDPP staff recognized the Gold N' Silver Inn Restaurant with an Extra Mile Award (EMA) for going smoke-free after COVID closures. They are currently the only gaming establishment in Washoe County to offer smoke free gaming.

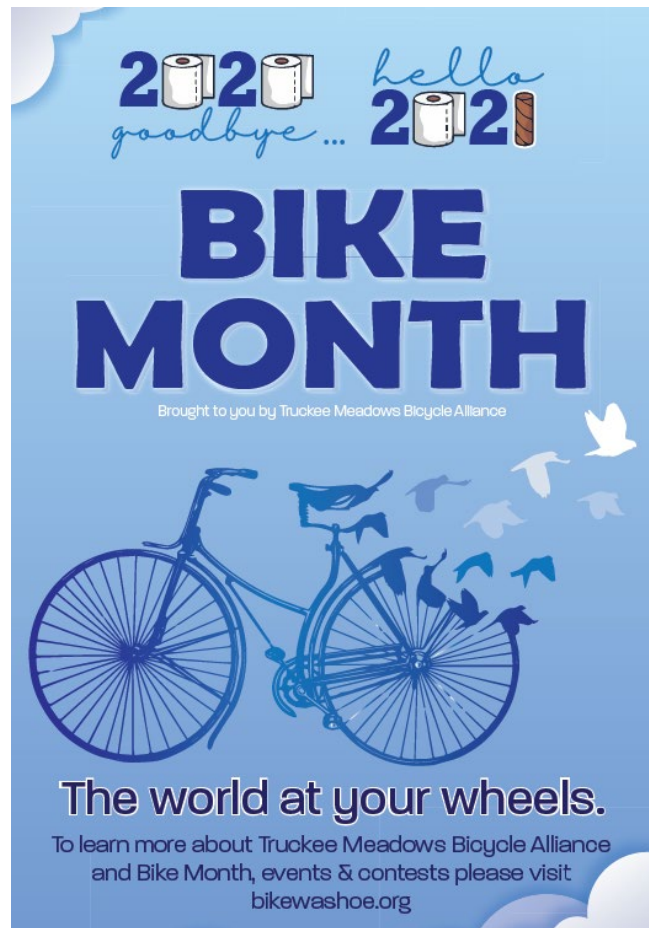
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- Staff attended and presented at the three-day statewide virtual Public Health Cannabis and Vaping Summit January 12-14. Also in January staff presented at a virtual Vaping Prevention Awareness Day event and did interviews with local media as well as media in Southern Nevada.

Physical Activity and Nutrition highlights:

- Staff participated in Washoe County's Walk and Bike to School day on October 14th at Veteran's Elementary School alongside City of Reno Councilman Oscar Delgado. Staff greeted students as they arrived to school and distributed resources to encourage students to stay active.
- The Wolf Pack Coaches Challenge (WPCC) is in its fifth year and kicked off in February across multiple elementary schools. The WPCC concluded with participation from 39 classrooms and 748 students. Overall, there was a 7% increase in vegetable/fruit consumption and an 8% increase in physical activity levels from week one to week four of the program.
- Staff are working with Truckee Meadows Bike Alliance partners to plan and promote 2021 Bike Month which will take place in May. Posters intended for use in 2020 will be repurposed with stickers and a fun design.



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Cannabis and Opioids highlights:

- Staff assisted in the development and review of community plans addressing substance use, including the Comprehensive Community Prevention Plan, spearheaded by Join Together Northern Nevada.



CARSON CITY, NEVADA
CONSOLIDATED MUNICIPALITY AND STATE CAPITAL

DATE: March 5, 2021

TO: State Board of Health Chair and Board Members

FROM: Nicki Aaker, MSN, MPH, RN
Director, Carson City Health and Human Services

SUBJECT: Carson City Health and Human Services Report

Beginning March 1, 2021, Carson City has a new Health Officer, Dr. Colleen Lyons.

All COVID-19 public health response operations are being conducted from CCHHS with the Multi-Agency Coordinating Group (MAC), along with the CCHHS Director, overseeing operations. The MAC Group consists of the Emergency/Deputy Managers from Carson City, Douglas, Lyon, and Storey Counties. The Joint Information Center (JIC) is virtual.

Chronic Disease Prevention and Health Promotion

Adolescent Health –

- The program coordinator is continuing to reach out to organizations to inquire about the possibility of conducting virtual classes.
- Currently, the comprehensive sexual education attendee numbers are good, and the abstinence attendee numbers are low.
- Dayton High teachers requested a CCHHS outreach power point and a comprehensive sexual health class through zoom recording.
- Presenting to Family Life Committee of Douglas County to do Sexual Education for Douglas County School District.
- A comprehensive sexual education class recording was conducted for Nevada Public Health Foundation’s pregnancy class.

Tobacco Control and Prevention –

- Staff are participating with Nevada Tobacco Prevention Coalition on legislative bills.
- Staff have been conducting presentations to groups such as the Carson City School District Social Workers, Carson Agency Action Network (CAAN), and some schools which was a collaboration with the community coalitions.

Carson City Health & Human Services

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Clinical Services (775) 887-2195 Fax: (775) 887-2192	Public Health Preparedness (775) 887-2190 Fax: (775) 887-2248	Human Services (775) 887-2110 Fax: (775) 887-2539	Disease Control & Prevention (775) 887-2190 Fax: (775) 887-2248	Chronic Disease Prevention & Health Promotion (775) 887-2190 Fax: (775) 887-2248
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- The Tobacco/Vaping Control and Prevention page of CCHHS website (<https://gethealthycarsoncity.org/>) website has been updated.
- A billboard and the Before the Movies campaign begin March 5, 2021. The billboard campaign is Head in the Clouds.



Clinical Services

- The clinic remains open and seeing patients. Measures are in place to allow for social distancing and masks are required within the building.
- Staff are planning to provide COVID-19 vaccinations to our homebound residents.

Community Health Improvement Plan (CHIP)

Subcommittees are working to accomplish the objectives and activities decided upon in the CHIP. Subcommittees and some of the activities are highlighted below.

- Access to Healthcare – No updates
- Behavioral Health –
 - Case Management & Discharge Planning
 - ✓ FASTT continues to enter data into the CMIS database for program evaluation, which is essential to provide resources to inmates once their return to society
 - ✓ Community Coalition meetings take place monthly to discuss case management for individuals that are high utilizers of the emergency room, ambulance services, and the area social services agencies.
 - Criminal Justice Collaboration
 - ✓ FASTT request form was standardized between participating counties resulting in consistent data collection among rural Nevada.
 - ✓ CCHHS case manager certified to conduct Community Supervision Tool, aka Nevada Risk Assessment System (NRAS).
 - Public Awareness
 - ✓ Subcommittee is working on PSAs for the community

- Transitional Housing
 - ✓ Carson City Human Services is working with the Specialty Courts to provide transitional housing for men while individuals are completing required programs (women housing is provided by Community Counseling Center)
 - ✓ FISH has purchased the Whistle Stop Inn and is in the process of converting motel rooms to HUD approved housing (apartment-like, have kitchenettes, microwave, two sinks, etc.). This housing will prioritize individuals enrolled at Western Nevada College certifying for livable wage employment.
- Triage
 - ✓ Gap continues to be an algorithm for children in crisis within Carson City
 - ✓ Columbia Suicide Screening presentation was given to the Board of Health in October
 - ✓ Columbia Suicide Screening Train the Trainer was conducted in December at the Carson City Senior Center
 - ✓ Gap – Carson City needs agencies that can provide housing to individuals with high mental health
- Workforce Housing
 - ✓ Discussion at Board of Supervisors on 12/3/20 on allowing the rental of accessory units as part of the update to Carson City Municipal Code - Title 18
- Food Security & Food Access – no new updates
- Workforce Development – need to re-define

Environmental Health (Carson City and Douglas County)

- Working with counties to develop a process for reviewing Safe Gathering Plans.
- The Environmental Health page of the CCHHS website (<https://getthehealthycarsoncity.org/>) has been reorganized and updated. A restaurant's grade and inspection reports can now be viewed by the public.

Epidemiology

- The COVID-19 teams continue to conduct contact tracing.
- A COVID-19 update will be provided at the meeting for the Quad County region.
- Updated influenza activity will be presented at the meeting.

Quad-County Public Health Preparedness (Carson City; Douglas, Lyon, and Storey Counties)

- A COVID-19 vaccination updated and other pertinent information will be provided at the meeting for the Quad County region.

Human Services

- Women, Infants, and Children (WIC) participated in the WIC Cares grant that offered families a shopper for their WIC supplement with delivery to their homes.
- On February 22, 2021 a Community Needs Assessment was sent out to the Carson City community to identify gaps in services.
- Carson City agencies received approximately \$250,000 for families impacted by COVID-19 in addition to Nevada Rural Housing Authority CHAP funds for housing. CCHHS received two additional grants to continue to assist families with housing needs after expiration of the above distributions.
- The 2021 Point in Time Count was conducted and reported 96 unsheltered homeless individuals. Advocates and homeless outreach specialists report approximately 250.
- Staff trained in virtual case management techniques.
- With funds from the Community Services Block Grant (CSBG), CCHHS was able to purchase iPads with service for individuals that have no means to participate in telehealth which have replaced in-person mental health and primary care appointments.

Respectively submitted,



Nicki Aaker, MSN, MPH, RN

Director, Carson City Health and Human Services

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Quarter 3: July - September 2020**

October 2020

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

Staff

- Carlos Ayala left SNHD in March and Allison Schnitzer will be leaving SNHD in May. We are currently recruiting for both positions.

Section News

- No Section News to Report

Programming

Chronic Disease Prevention Program (CDPP)

Physical Activity

The CDPP was approached by Communicate Health and the US Department of Health & Human Services to serve as a pilot site again for a new round of Move Your Way projects. Our project will focus specifically on Spanish-speakers as our priority population. A Kick-Off meeting and launch event were both held in February. Our launch event was held at a drive through food pantry. Each family was provided with food boxes as well as a Move Your Way/ Muevete A Tu Manera kit that included resources, education, and a physical activity support (pedometer, exercise bands, jump ropes). We also promoted 'Move Your Way Week' in Southern Nevada. The event reached over 350 families. Move Your Way Week was officially recognized with a proclamation adopted by our Board of Health at their February 25th meeting. We are working with coalition partners and local organizations to participate in 6 subsequent events/activities reaching the Spanish-speaking community to distribute Move Your Way information and resources. The initiative will run through August 31, 2021.

CDPP is providing support for CCSD Safe Routes to Schools Programs that are currently operating virtually. CDPP also supports SRTS workshops and increasing the number of schools participating in the SRTS Achievement Level Program. 8 CCSD schools have been selected to participate in the Distance Learning SRTS programs. On average 3,600 students are participating in activities each month.

As part of the Year 3 REACH project, we are supporting efforts in the City of Las Vegas to increase access to activity-friendly routes to everyday destinations in priority zip codes. As a result, instillation of LED lighting that will increase safety and access has been installed along the Cedar Drainage Trail and in December, instillation of wayfinding signage on the Bonanza Trail began. Both trails run through priority zip codes and provide an important non-motorized transportation option to access everyday destinations. In addition, t

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Nutrition

CDPP staff are working with several places of faith to support healthy eating and physical activity among priority populations. In this reporting period we have implemented the Supporting Wellness at Pantries program in 3 faith-based food pantries to increase access to healthy foods and support healthy choices on the part of pantry clients. This includes assessing the pantry to identify equipment needed, training food pantry staff and volunteers on how to properly categorize food and providing supplies including posters, shelf-tags, signage, tables, shelves, and refrigerators to help promote and increase access to healthy foods at the pantry. We've also successfully worked with partners to implement several policy, systems, and environmental change strategies to support physical activity and healthy eating in 2 places of faith serving the Hispanic community. These PSE strategies including the development of a 'no soda' policy for church concession stands, increasing access to water in one location and establishing an outdoor walking path with signage at another location.

CDPP is working with the City of Henderson and the Southern Nevada Food Council to update the Development Code in the city to increase access to healthy foods in convenience stores. As part of the effort, SNFC conducted research and prepared a report of best practices and model policies for similar work throughout the county. The report and the specific findings are being used as model for the city to update their Development Code. Recommendations include encouraging convenience stores to carry staple foods and accept SNAP, WIC and EBT. Standards also include store size, setbacks, design features, parking, and performance standards. Intercept surveys were conducted at 3 convenience stores in Henderson to solicit input and increase community engagement. Findings from the research/report, intercept surveys, along with focus groups conducted last year will be used to prepare final updates for the Development Code scheduled later this year.

Diabetes and Cardiovascular Disease

CDPP staff is working with the Las Vegas YMCA to implement the Healthy Hearts Ambassador

CDPP commemorated American Heart Month in February with an initiative that included a

CDPP staff provided a presentation on diabetes prevention and self-management resources to

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prevention and self-management toolkits for healthcare providers. SNHD staff provided 1 (in-

Tobacco Prevention Program (TPP)

A comprehensive list of all behavioural health and substance abuse treatment facilities

The SNHD tobacco prevention and control program's multi-unit online housing directory contain 62,570 smoke-free units. In this reporting period, 17 buildings with over 231 units were added to the directory. Ongoing updates to the online smoke-free housing directory are being made to reflect the most up to date property information.

To support these efforts, a multi-unit housing (MUH) direct mail piece was sent out with an email blast to over 3,700 MUH property managers, promoting smoke-free housing and available resources to encourage the adoption and expansion of smoke-free policies. A link to a video for property managers explaining the benefits of developing smoke and vape free policy was also included. The video can be accessed here: <https://www.youtube.com/watch?v=yTmuFfCiMi0&feature=youtu.be>

Staff mailed out a second round of introduction letters and policy questionnaires to 46 behavioral health and substance abuse treatment facilities (BHSATF) in Clark County. Staff continues to update tracking log to monitor incoming replies. The purpose of the policy questionnaire is to create a baseline of all policy types and policy needs at various BHSATF in our community. Staff is working closely with the American Lung Association to follow up and provide technical assistance to BHSATF to encourage and promote tobacco-free campus policy.

Staff worked with partners to develop and finalize a survey instrument designed to assess attitudes about tobacco among the Native Hawaiian/Pacific Islander and the LGBTQ+ community. The survey will be disseminated online from March-Mid April 2021. Additionally, focus groups among these populations will be conducted.

TCP staff along with the Nevada Tobacco Prevention Coalition Communications Committee developed a 16-week educational initiative for statewide community leaders and stakeholders to educate them on the importance of vaping by providing Nevada specific data. The information was presented on mailers and social media sites. As part of the initiative, TCP staff participated on the Nevada Youth Vaping Awareness Day Media Event on 1/26/2021. Staff along with other Statewide partners presented information about the vaping epidemic in Nevada. TCP staff provided resources for parents to help prevent youth initiation. A video documentary titled, 'Our

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Epidemic' about teen vaping in Nevada was also produced and featured TCP staff and several members of our youth tobacco prevention coalition. The video highlights the need for additional policies and prevention programs to address increasing vaping rate in Nevada. The youth vaping initiative began in November 2020 and runs through March 2021.

Several campaigns aired during this reporting period including a youth social media tobacco prevention messaging campaign, campaigns to reach priority populations with tobacco prevention and cessation messages and a campaign encouraging businesses to adopt and expand tobacco-free policies. During this reporting period, TCP staff also assisted 10 local businesses to implement or expand tobacco-free policies at their worksite.

Other Updates

As a result of the training/review provided in December by CDPHP for SNHD Clinical Services

OCDPHP was awarded a REACH Supplemental Flu award to promote the flu vaccine among REACH priority populations, African Americans, and Hispanics. CDPP team members are leading efforts to educate and engage important community stakeholders including promotoras, faith-leaders, and Community Health Workers. A paid, multi-component media campaign in English and Spanish began airing in November and ran through February. During the initiative we worked with partners to provide 38 mobile flu clinics in priority zip codes and vaccinated 885 people. SNHD staff and partners also distributed over 3,500 pieces of educational materials to 30 different community asset locations and trained over 70 community influencers and key stakeholders in the community. OCDPHP submitted a new non-competitive funding proposal to CDC to continue our efforts to reach priority populations with flu and COVID-19 information and to promote vaccination. This project will begin in April.

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

April 02, 2021

New Staff

No new staff or staff changes to report.

Section News

For the second quarter of this grant cycle, we have been concentrated on our Social Media Campaigns and “Moving Towards a Healthier Elko” articles on the Elko County Website. We have partnered with Courtney Nalivka with CBNutrition to provide accurate and interactive posts and articles. The February Social Media Campaign reach 6979 people and had 667 post interactions. The March Social Media Campaign reached 9438 people and had 735 post interactions. We have received positive feedback to our articles. Moving forward we will continue to have monthly social media campaign posts and articles.

The second part of this quarter I have also been working on many updates to the provider directory. The local hospital provided us with several updates to keep this resource accurate.

We also continue to work closely with Marena Works due to her active part in the Elko County COVID response. She continues to provide support in developing policies.

CDPHP PHHS Quarterly Program Activity Tracking and Evaluation for Elko County Health Board

Action Plan Period: 10/01/20 - 9/30/21

Data Collection Date: MM/DD/YY

Funding Amount:	\$8,400.00
Reimbursement to date:	

Healthy People 2020 Objective: Health Improvement Plans (PHI-15)				
Goal: Nevada will have the leadership, infrastructure, and capacity to implement the chronic disease state plan.				
<i>Strategy 1: Improve public health infrastructure</i>				
Objective	Activities	Outputs	Quarterly Program Progress (When, How, Who, Barriers)	Evaluation Results (for evaluator use only)
1.1 By September 2021, develop at least two (2) of the 10 essential services of public health associated with Public Health Accreditation Standards.	1.1.1 Recruit and contract with an agency or experts to develop campaigns and social media expertise to address the essential public health service of “inform and educate.”	Social Media Agency or Contractor	Contracted with Courtney Nalivka of CB Nutrition to build social media campaigns for Elko County Website and Facebook Page. Our working relationship with Courtney is a collaborative effort. She has been creating articles based on the Healthy People 2030.	
	1.1.2 Create 12 social media campaigns based on the concept of “Moving Towards a Healthier Elko” to promote movement, healthy diets, and up to date immunizations.	Media Campaigns	CB Nutrition is building the Social Media campaign with the first campaign beginning February 10 th , 2021. First campaign was posted on February 10 th and talked about how to improve heart health one step at a time. This campaign reached 6979 people and had 667 post interactions. Second campaign was posted March 10 th and this article dove into how you can reduce your risk of cancer by	

			living a healthier lifestyle. This campaign reached 9438 people and had 735 post interactions.	
	1.1.3 Create social media pages for residents to interact with and support provide information to support healthy lifestyles.	Social media pages	Currently building a social media page for residents to interact to accompany the first social media campaign beginning February 10, 2021.	
	1.1.4 Maintain and perform quarterly updates to ensure an accurate and reliable provider directory is available to the public and other providers. (This activity supports the essential public health service of “link to / provide care.”)	Updated provider directory	Keeping provider updated on a day-to-day basis as updates are provided. Currently working on updates of the provider directory. The local hospital provided us with many updates.	
	1.1.5 Maintain a relationship with a contracted public health expert to develop the policies needed to build health department infrastructure. (This activity addresses the essential public health service of “develop policies.”)	Health department policies	We have maintained a close working relationship with Marena Works. She is involved with the COVID response here in Elko and she is also providing direction on developing policies.	

Reasons for Success or Barriers/Challenges to Success	Q1. Successful execution of updating local provider directory and obtaining a local contractor to build social media campaign.
	Q2. Working closely with Courtney Nalivka with CB Nutrition to create monthly Social Media Posts and posts on the Elko County website. We have two posted/campaigns so far and are working on the 4 th one for April. The main barrier for me for this process is having more time to devote due to COVID and the vaccination efforts that Elko County is currently going through.
	Q3.

	Q4.
Strategies to Achieve Success or Overcome Barriers/Challenges	Q1. No real barrier. Just the time it takes to go through the process. My strategy to be more time oriented and submit reports on time is to schedule time every month dedicated to this grant work.
	Q2. Elko County is stiving to shift vaccination efforts to local providers and also to the new Mobile Vaccination unit. This will provide me with additional time in my day to devote to PHHS and our social media campaigns and articles.
	Q3.
	Q4.