

January 2023

**Washoe County Health District (WCHD)
Chronic Disease and Injury Prevention (CDIP) Program Report
Summary of activities November – December 2022**

Staffing

The WCHD CDIP program maintains level staffing of full-time staff and maintains several intermittent hourly and public service intern staff who help complete grant deliverables for the program. Two employees that dedicate time to support the CDIP program include a Community Health Worker and an Office Support Specialist.

Section News

The CDIP team has prepared a data report with information on the topic areas and health issues/behaviors the CDIP team works on including physical activity, nutrition, tobacco use and exposure, substance use, and new to this report – injury. The report also has data on rates of specific chronic conditions and factors that have the potential to impact health in our environment. The data report is expected to be released in January.

Programming

The Chronic Disease and Injury Prevention Program (CDIP) focuses on the modifiable risk factors of tobacco use and exposure, lack of physical activity, and poor nutrition, as well as injury prevention and responsible cannabis use, including eliminating secondhand cannabis smoke exposure. These modifiable risk factors impact the leading causes of death in Washoe County, and by moving the needle on these risk factors, the CDIP Program aims to reduce illness and premature deaths in Washoe County and improve quality of life of those that live, work, and visit our community. Key approaches include efforts concentrating on policy, systems, and environmental change.

Tobacco Prevention and Control highlights:

- In partnership with Traner Middle School and McQueen High School, staff working on Youth Vaping Prevention have supplied the schools with educational posters, banners, and quit cards in preparation for tabling at lunches and prevention presentations scheduled in January.
- Staff have been providing tobacco information, including cessation information to area health care providers. This has been done primarily through in-person deliveries.
- Partnership continues with the Reno ACES after a successful 2022 season of the field going smoke free and including a variety of tobacco prevention messaging. Planning has taken place to identify messaging for the 2023 season, including a possible Pride Night celebration featuring smoke free and tobacco prevention messaging.

Physical Activity and Nutrition highlights:

- Staff have been focused on creating interactive social media content to foster community engagement. For the month of December, one of the main posts focused on a physical activity challenge called “The 12 Days of Fitmas.” Those engaging in with the messaging were entered to win physical activity support prizes (e.g. a gym membership).

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- Coaches Challenge program is in its seventh year of operating, this program trains teachers to bring healthy eating and activity into the classroom and brings education and awareness on eating healthy and staying active to students and parents. Recruitment and teacher meetings took place the last few months of 2022.
- Staff prepared for Walking School Bus activities and education to be implemented with area schools in early spring.

Cannabis and Opioid/Substances highlights:

- Staff have partnered with Join Together Northern Nevada (JTNN) to determine placement of four Naloxoboxes in and around the Washoe County Complex at 1001 E 9th St. The Naloxoboxes are publicly accessible Naloxone kits intended for use with on-site overdoses.

Injury Prevention highlights:

- Staff participated in outreach at the Senior Resource Fair at Sparks Library. Approximately 35 local seniors received resources on Falls Prevention, suicide prevention, physical activity, and smoking cessation.
- Staff completed precepting a 100-hour UNR Community Health Science undergrad intern in early December. The intern's focus was on injury prevention and some of the tasks completed were creation of a falls prevention flyer in English and Spanish, developing a falls prevention bulletin board in a public hallway at the WCHD, and assisting with injury prevention webpage content which has been added to the Get Healthy Washoe webpages.