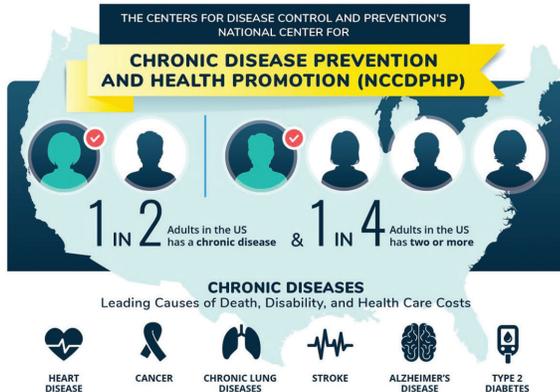


CHANGE OUR COMMUNITY

CHANGE OUR HEALTH

SUMMARY

The Southern Nevada Health District's (SNHD) Office of Chronic Disease Prevention and Health Promotion (OCDPHP) successfully competed for direct grant funding from the Centers for Disease Control and Prevention (CDC) to work with community partners to make healthier choices easier. OCDPHP received more than \$25 million between 2010 and 2017, of which more than 75 percent was distributed to community partners. This distribution maximized the collective impact of the funding to improve health while also creating and sustaining jobs in the community. Multiple voluntary policy and environmental changes were implemented with this grant funding. During this same time frame, Clark County saw improvements in several chronic disease-associated risk factors.



CHALLENGE

According to the CDC, chronic diseases are responsible for seven of 10 deaths each year, and treating people with chronic diseases accounts for most of our nation's health care costs. Chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems. Half of all American adults have at least one chronic condition, and almost one of three have multiple chronic conditions. It is important to note that seven out of every 10 deaths in Clark County are attributed to chronic diseases, mirroring the national findings.

SOLUTION

Just as chronic diseases share many of the same causes, many of the same strategies and interventions can prevent them or lessen their severity. Since 2010, OCDPHP has received Communities Putting Prevention to Work (CPPW) and Partnerships to Improve Community Health (PICH) grant funding from the CDC. OCDPHP was also a subgrantee of the Community Transformation Grant (CTG) awarded to the Clark County School District (CCSD). The goal of these grants was to foster policy and environmental changes to make healthier choices easier. Grantees were encouraged to work collaboratively among multiple sectors to implement sustainable changes to make healthy options readily available where people live, learn, work, and play.

Efforts in Clark County focused on increasing access to smoke-free or tobacco-free environments, increasing access to environments with healthy food or beverage options, increasing access to opportunities for physical activity, and increasing referrals from clinical settings to community-based chronic disease education and self-management resources. Just a few examples of these changes include:

- Staff provided technical assistance to multi-unit housing management to support adoption of smoke-free policies for their properties. Staff developed and maintains the Get Healthy Clark County Smoke-free Housing Directory (www.gethealthyclarkcounty.org/smoke-free-housing-directory/index.php). As of the end of Sept. 2017, a total of 12,532 smoke-free market rate and low-cost units were listed in the Directory.
- To increase access to healthy foods and beverages, staff worked with the Nevada Department of Employment, Training,



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and Rehabilitation (DETR) for over 2 years to develop a Nutrition Standards Policy for DETR's Business Enterprise Program (BEN). In Feb. 2017, the DETR Committee of Blind Vendors adopted a Nutrition Standards Policy for all locations in Nevada. The policy applies to more than 30 cafes and snack bars, and more than 900 vending machines in government buildings that are operated as part of the BEN program throughout the state, increasing access to healthier foods and beverages while improving consumer choices.

- Staff worked with City of North Las Vegas (CNLV) staff and partners for almost two years to develop a Complete Streets Policy for the city. In May 2017, after receiving approval



- from the City of North Las Vegas Planning Commission, CNLV adopted a Complete Streets Policy and amended their Comprehensive Master Plan to include the policy. CNLV is the first city in Southern Nevada to adopt a policy that includes all 10 of the recommended elements in a model Complete Streets Policy which will increase safe and accessible opportunities for physical activity and active transportation.
- Staff worked with 17 clinical and lay referral partners to refer low-income and at-risk clients into the Care4Life Diabetes Self-Management program. Through these collaborative referral efforts, more than 500 people enrolled in the evidence-based self-management program, which was offered in English and Spanish.

RESULTS

Multiple changes have been made in our community since 2010 through collaborative community efforts that made healthier choices easier for almost everyone in Clark County. Some significant improvements in health risk factors were noted during that same time frame:

- Smoking rates among Clark County high school students declined from 7.8 percent in 2013 to 5.9 percent in 2015 (YRBS).
- Consumption of soda or pop by Clark County high school students one or more times per day declined from 15.0 percent in 2013 to 14.5 percent in 2015 (YRBS).
- The percentage of youth meeting MVPA physical activity guidelines increased from 22.4 percent in 2013 to 27.1 percent in 2015 (YRBS).
- The percentage of adults who report eating little or no vegetables decreased from 27.2 percent in 2011 to 19.2 percent in 2015 (BRFSS).
- Decreases in the percent of overweight and obesity among CCSD students were observed among all genders, ages, and race/ethnic subgroups measured.
- The percentage of adults in Nevada with diabetes who reported attending a diabetes self-management class increased from 50.3 percent in 2011 to 62.3 percent in 2015 (BRFSS).

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