DATE: November 19, 2026

TO: Southern Nevada District Board of Health Members

FROM: Cassius Lockett, PhD, District Health Officer

SUBJECT: District Health Officer Report

Southern Nevada Community Health Center

The Southern Nevada Health District's Southern Nevada Community Health Center, a federally qualified health center, is preparing to open its new location at 4270 S. Decatur Blvd. in December, expanding access to care in the community. An open house is being planned for Dec. 10, from 10 a.m. to noon, with opening remarks followed by tours, light refreshments and giveaways.

American Diabetes Month

More than 11 million Americans are living with diabetes without knowing it, putting them at risk for serious health complications. In Clark County, approximately one in eight adults had diabetes in 2023, representing an estimated 238,000 people. During American Diabetes Month in November, the Health District is encouraging community members to understand their risk, get screened and take steps to prevent or delay complications from diabetes.

Diabetes is the seventh leading cause of death in the United States and a leading cause of kidney failure, lower-limb amputations and blindness among adults. People with diabetes also face a greater risk of serious complications from influenza and COVID-19. The Health District offers a free online diabetes risk assessment and no-cost diabetes self-management classes to help community members better understand their risk and manage the disease.

Statewide, 11.9% of adults, or about 304,000 Nevadans, were diagnosed with the disease in 2023. Nationwide, more than 40.1 million Americans have diabetes, and an estimated 1.5 million Americans 18 and older are newly diagnosed each year. Additionally, about 200,000 adults in Clark County had prediabetes as of 2023. Prediabetes occurs when blood glucose levels are higher than normal but not yet high enough for a diabetes diagnosis. It increases the risk of developing type 2 diabetes, heart disease and stroke.

Food insecurity can further complicate diabetes prevention. Adults who experience food insecurity are significantly more likely to develop type 2 diabetes, in part because limited food budgets can make it difficult to consistently access nutritious foods. Lifestyle changes, including healthy eating and regular physical activity, can help prevent or delay type 2 diabetes and play an important role in managing the condition. With appropriate care and sustained lifestyle changes, some people with type 2 diabetes can also achieve remission. Screening can help identify prediabetes and diabetes early.

Who should get screened?
The Health District and the Centers for Disease Control and Prevention recommend diabetes or prediabetes screening for:

- Adults 35 or older.
- Adults who are overweight or have obesity.
- People with risk factors such as a family history of diabetes, physical inactivity or a history of gestational diabetes.
- People in racial and ethnic groups at higher risk, including African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American and Pacific Islander populations.

Community members also can take the Health District's six-question online diabetes risk test for an immediate assessment of their risk of developing type 2 diabetes. The test is available at Diabetes Risk Test. Anyone who may be at risk should consult a healthcare provider about screening. A list of low-cost clinics offering diabetes testing and treatment is available at Low-Cost Clinics.

Local resources and programs
The Health District offers no-cost diabetes self-management classes online and in person through its Office of Chronic Disease Prevention and Health Promotion. Led by trained health educators, the classes help participants learn practical strategies for managing diabetes and reducing the risk of complications. The classes are recognized by the American Diabetes Association. To register, call (702) 759-1270 or complete the online Diabetes Self-Management Interest form.

For additional information about classes, prevention programs and local resources, visit Get Healthy Clark County | Local Diabetes Resources or Viva Saludable | Recursos locales para la diabetes. Upcoming events are listed on the Get Healthy Clark County Community Calendar and Viva Saludable Community Calendar. For more information about American Diabetes Month, visit the American Diabetes Association website.

CredibleMind
The CredibleMind website was updated with a simpler design, improved navigation and more accessible content to help Clark County residents find mental health and well-being resources. The redesign was informed by more than 800 user testing sessions, input from health care providers and research showing that users often visit the platform when feeling stressed or overwhelmed.

The updated homepage guides users to relevant resources and personalized next steps. Additional improvements include simpler language, less clutter, improved readability and more prominent access to crisis resources.

CredibleMind remains available free to Clark County residents in English and Spanish. The platform provides trusted information, self-assessments and tools addressing stress, anxiety, depression, sleep, relationships and resilience, along with guidance for accessing professional support. Resources are available at ClarkCountyThrive.CredibleMind.com.

Influenza Update
Aas of October 24, 2026, 83 influenza-associated hospitalizations and no influenza-associated deaths have been reported for the 2026-2027 influenza season which began on October 4, 2026. The Health District reported an influenza related death in September, that occurred before the start of the current season.

The percentage of emergency department and urgent care clinic visits for influenza-like illness (ILI), defined as fever with a temperature of 100 F or greater, a cough, and/or a sore throat, increased from 1.9% in week 41 to 2.3% in week 42. Influenza A has been the predominant influenza type detected among hospitalized patients in Clark County. During week 42, 2.4% of outpatient visits nationally reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet) were due to respiratory illnesses that included ILI. This percentage is below the national baseline of 2.9%. The current respiratory illness activity level in the state of Nevada is low.

The Health District continues to remind the public that flu causes serious illness and deaths every year. Older adults, young children and people with certain medical conditions are at greater risk. Everyone 6 months and older is urged to get the seasonal flu and COVID-19 vaccines to protect themselves and those around them from serious illness.

Flu activity typically peaks between December and February but can circulate at any time of the year. The Centers for Disease Control and Prevention recommends annual flu vaccination for everyone 6 months and older. Adults 65 and older, children younger than 2, pregnant women, people with underlying medical conditions and those with weakened immune systems are at greater risk for severe illness. Seasonal flu and COVID-19 vaccines are available at Health District clinics. For more information, or to schedule an appointment, go to www.SNHD.info/immunizations. Updated flu and COVID-19 vaccines are also widely available at pharmacies and health care provider offices. Community members can talk with a health care provider or pharmacist about the vaccines recommended for them.

The Health District began active surveillance for the 2026-2027 flu season on October 4. The weekly Influenza Snapshot and Influenza Report by Age Group will be available at www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/.

Community Meetings

Week ending 11/01:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports
- Attended the New Hire Orientation
- Facilitated the Health Executive Council meeting

Monthly:

- Participated in the Disease Surveillance & Control Division leadership meeting

Bi-monthly:

- Participated in the NALHO Local Health Officer meeting
- Participated in the Southern Nevada Community Health Center Division leadership meeting

Quarterly:

- Participated in the Community Health Division leadership meeting

Media/Interviews/Panelist/Presenter/Events:

- Recorded a social media video to help promote the flu vaccine

Ad-hoc Meetings:

- Facilitated a meeting regarding the Accela Update
- Participated in a meeting with Dr. Frank Nemec and Dr. John Packham regarding a GME project

Week ending 10/25:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports
- Participated in a meeting regarding the status of birth Hep B vaccinations

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meetings with Commissioner Becker, Mayor Pro Tem Gallo, Councilwoman Larson, Scott Nielson, Bobbette Bond, and Mayor Hardy
- Participated in the Southern Nevada Community Health Center Governing Board meeting
- Participated in the Clark County Medical Society (CCMS) Board of Trustees meeting
- Participated in the Southern Nevada District Board of Health meeting
- Participated in the BCHC 2nd Monthly Member meeting

Quarterly:

- Attended the Regional Trauma Advisory Board (RTAB) meeting

Annually:

- Participated in the Southern Nevada Community Health Center Nominations Committee meeting
- Participated in the Southern Nevada Community Health Center Finance & Audit Committee meeting

Ad-hoc Meetings:

- Attended the Trauma 101 Educational Briefings
- Participated in a Strategic Plan Interview with DPBH
- Attended a meeting regarding the SNCHC New Access Point (NAP)

Week ending 10/18:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports
- Attended the New Hire Orientation

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meetings with Mayor Pro Tem Scott Black and Commissioner Kirkpatrick

Quarterly:

- Participated in the Public Health Advisory Board

Professional Development/Conferences:

- Attended the Big Cities Health Coalition (BCHC) In-person Members Meeting in Austin, TX

Media/Interviews/Panelist/Presenter/Events:

- Opening Remarks at the BSHOP/BeSHOP Partner Training/Appreciation Luncheon

Ad-hoc Meetings:

- Attended the Trauma 101 Educational Briefings (x2)

Week ending 10/11:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports

Monthly:

- Participated in the Monthly Leadership Finance meeting
- Participated in the Healthcare Associated Infections (HAI) Update meeting

- Participated in the CSTE Surveillance Policy Subcommittee call

Ad-hoc Meetings:

- Participated in a meeting regarding the Employee Handbook
- Participated in the Las Vegas BioWatch BAR Notification Drill
- Attended a meeting regarding the 2026 OVS Summary and Action Plan
- Facilitated a meeting regarding the Accela Update
- Attended a meeting regarding wastewater data request with the Colorado Department of Public Health and Environment
- Attended the Silve State Health Improvement Plan Special Session: Public Health Infrastructure