



DATE: July 27, 2023

TO: Southern Nevada District Board of Health Members

FROM: Fermin Leguen, MD, MPH, District Health Officer *FL*

SUBJECT: District Health Officer Report

Extreme Heat

The Southern Nevada Health District is now posting monthly reports of heat-related deaths and emergency department visits. The July report is available on the Health District's website at <https://media.southernnevadahealthdistrict.org/download/Heat-Death-Report-July-2023.pdf>.

As temperatures rise and excessive heat warnings are being issued for the community, the Health District is urging area residents and visitors to take precautions. As of July 13, there have been seven heat-associated deaths reported in Clark County. In 2022, there were 152 reported deaths.

Triple-digit temperatures are common between June and September in Southern Nevada. Older adults, the very young, and those with mental illness or chronic medical conditions have the highest risk of heat-related illness. However, anyone can be affected if participating in strenuous physical exercise in hotter weather. Everyone should take precautions to reduce their risk. Recommended precautions include:

- Plan activities earlier in the morning or later in the evening.
- Dress in light, loose-fitting clothes.
- Wear a wide-brimmed hat to protect the face and use sunscreen.
- If unaccustomed to working or exercising in a hot environment, start slowly and gradually increase the pace.
- Avoid being out in the sun for extended periods.
- When planning extended outdoor activities, bring an adequate supply of water. Drink plenty of water at regular intervals, regardless of activity level.
- Avoid alcohol or liquids that contain high amounts of sugar.
- Plan well-balanced light meals.
- Check the local weather forecasts and plan activities accordingly.
- Check on the status of homebound neighbors and relatives.

The Health District cautions that people who have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive or low-salt diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake or changing what they eat and drink.

More information on extreme heat is available on the Centers for Disease Control and Prevention's website at <https://www.cdc.gov/disasters/extremeheat/index.html>. For additional summer safety tips, visit SNHD's website at <https://www.southernnevadahealthdistrict.org/safer-summer>.

West Nile Virus

The Health District's Mosquito Surveillance Program identified the first West Nile Virus-positive mosquitoes of the season in June in the 89074 ZIP code. The analysis was conducted by the Southern Nevada Public Health Laboratory. Additional positive mosquitoes have been identified in the 89122 ZIP code.

The Health District's Mosquito Surveillance Program monitors the local mosquito population for arboviruses such as West Nile Virus (WNV), St. Louis Encephalitis, Western Equine Encephalitis and Zika. Monthly arbovirus updates to keep residents and visitors aware of the arboviruses currently affecting the community are available at www.southernnevadahealthdistrict.org/programs/mosquito-surveillance/arbovirus-update/.

Arboviral diseases in humans are reportable to the Health District's Office of Acute Communicable Disease Control. WNV and SLEV are the only locally acquired arboviral diseases that have been reported. Sporadic cases of travel-associated cases of dengue, chikungunya and Zika virus have been investigated.

National HIV Testing Day

In observance of National HIV Testing Day on June 27, the Health District and the Southern Nevada HIV Awareness Consortium provided free HIV testing throughout the day at community locations. The theme of this year's observance was, "Take the test and take the next step."

The Health District also partnered with Walgreens and Greater Than HIV to provide free HIV testing, safer sex kits, and information about PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) at two Walgreens locations.

Men's Health Month

June was Men's Health Month, and the Health District urged men to take charge of their overall health by implementing health-centered decisions. The agency promoted services available through the Southern Nevada Community Health Center as well as the many prevention and self-management resources on the www.GetHealthClarkCounty.org website.

One program highlighted was the Barbershop Health Outreach Project. Cardiovascular disease disproportionately impacts African Americans, and 44% of Black men are diagnosed with some form of heart disease. As part of its ongoing efforts to address the burden of cardiovascular disease, the Health District and community partners involved in the Barbershop Health Outreach Project hosted a "Shop Talk" event on June 29, at 5-Star Barbershop, 2696 W. Ann Rd., North Las Vegas, NV. "Shop Talk" was an evening of unfiltered dialogue to discuss men's heart health and overall physical and mental health. The event was free and featured opening remarks from Clark County Commissioner William McCurdy II and panelists with a range of backgrounds.

Community Meetings

Week ending 06/25:

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with MPT Knudsen, Commissioner Kirkpatrick, MPT Black, Bobbette Bond, Mayor Hardy
- Participated in the Southern Nevada Community Health Center Governing Board meeting
- Participated in the Clark County Medical Society Board of Trustees meeting
- Participated in the Southern Nevada District Board of Health Finance Committee meeting
- Participated in the Southern Nevada District Board of Health meeting

Professional Development/Conferences:

- Attended the “Shortchanged: The Impact of Chronic Underinvestment in Public Health” webinar facilitated by the Trust for America’s Health (TFAH) and the Coalition for Health Funding (CHF)

Ad-hoc Meetings/Events:

- Participated in a meeting with Dr. David Rivas

Week ending 06/18:

Monthly:

- Participated in the Southern Nevada Community Health Center Finance & Audit Committee meeting
- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Commissioner Segerblom and Councilwoman Brune

Bi-monthly (every two months):

- Participated in the Public Health Commission Meeting with the Nevada State Medical Association

Professional Development/Conferences:

- Attended the “2023 HRSA Health Grants Workshop – Budgeting Basics” webinar facilitated by HRSA
- Attended the “Building Successful Overdose Prevention and Response Programs in Community Corrections” webinar facilitated by The National Council for Mental Wellbeing
- Attended the “Vision Screening for Newcomer Children and Adults” webinar facilitated by the Minnesota Department of Health
- Attended the “PCSS: Pain Management and Risks Associated with Substance Use, Practice Recommendations” facilitated by The American Society for Pain Management Nursing and the International Nurses Society on Addictions

Ad-hoc Meetings/Events:

- Participated in the Quality Improvement Summit

Week ending 06/11:

Bi-weekly (every two weeks):

- Attended the Mpox Briefing facilitated by the HHS Office of Intergovernmental and External Affairs (IEA)

Monthly:

- Attended the Big Cities Health Coalition (BCHC) Monthly Member Call

Bi-monthly (every two months):

- Participated in the Medical Advisory Board meeting

Professional Development/Conferences:

- Attended the “Opioid Settlements, Harm Reduction, and Leveraging Local Health Department Expertise - NACCHO” webinar facilitated by NACCHO
- Attended the “Telehealth Office Hour: Implementing an RPM Program” webinar

Ad-hoc Meetings/Events:

- Participated in a meeting with the Catholic Charities of Southern Nevada regarding Refugee Providers and Community Consultation
- Participated in a meeting with Chrissie Juliano regarding the September 2023 Big Cities Health Coalition (BCHC) Conference in Las Vegas

Week ending 06/04:

Quarterly:

- Participated in the State Board of Health meeting

Media/Interviews/Panelist/Presenter:

- Interview (in Spanish) with Adriana Arevalo (Voice of America) on the xylazine risk

Professional Development/Conferences:

- Attended the “Opioid Use Disorder in Pregnant and Postpartum Women: The Treatment and Policy Landscape” webinar facilitated by The National Council

Ad-hoc Meetings/Events:

- Participated in the Board Education Session/Training regarding the Health District’s Strategic Plan with Commissioner Kirkpatrick, Mayor Pro Tem Black and Scott Nielson facilitated by Huron Consulting
- Participated in the Nevada HDSP Taskforce meeting facilitated by Comagine
- Participated in a conference call with HRSA regarding the Southern Nevada Community Health Center
- Participated in the Public Health Disaster Recovery Planning Seminar held at the Health District

Week ending 05/07:

Bi-weekly (every two weeks):

- Participated in the Legislative Working Group meeting

Quarterly:

- Participated in the Southern Nevada Health District Facilities Advisory Board meeting

Media/Interviews/Panelist/Presenter:

- Presented at the Fight the Bite Kick-off media event at the Clark County Wetlands Park

Professional Development/Conferences:

- Attended the “Universal Adult Hepatitis B: Best Practices for Implementing Universal Screening and Vaccination” webinar
- Attended the “Congressional Briefing and National Webinar: Ready or Not 2023: Protecting the Public's Health from Diseases, Disasters, and Bioterrorism” webinar facilitated by Trust for America’s Health

Ad-hoc Meetings/Events:

- Attended a meeting with Tami Bruno (Catholic Charities), Jeffrey Tilton (Catholic Charities), Milan Devatek (ECDC – African Community Center), Father Rafael Pereira (All Saints Episcopal Church) regarding refugee services