



DATE: September 24, 2023

TO: Southern Nevada District Board of Health Members

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

SUBJECT: District Health Officer Report

Childhood Obesity Awareness Month

September is Childhood Obesity Awareness Month, and the Southern Nevada Health District took the opportunity to raise awareness about childhood obesity and ways to prevent it while also reducing its stigma. For the annual observance, the Health District teamed up with the Partners for a Healthy Nevada Coalition and other community partners to promote healthy behaviors that can reduce the risk of chronic diseases including obesity. A key focus of this effort was the American Academy of Pediatrics 5-2-1-0 guidelines, which entail the following strategies to develop and maintain healthy habits:

- 5 servings of fruits and vegetables daily
- 2 hours or less of recreational screentime daily
- 1 hour of physical activity each day
- 0 sugary beverages each day

In Clark County, 16.5% of high school students have obesity and 17.7% are considered overweight. Statewide, among children entering kindergarten in fall 2019, 11.1% were considered overweight and about one-fifth (21.3%) had obesity. Nationally, 19.3% or 14.4 million children are estimated to have obesity.

Many factors can contribute to excess weight gain, including behavior, genetics and taking certain medications. Other factors include childcare, school and work environments, access to healthy foods and beverages, and access to safe and convenient places for physical activity. Health risks associated with obesity include diabetes, high blood pressure and high cholesterol and more.

As part of Childhood Obesity Awareness Month, the Health District is a sponsor of the University of Nevada, Reno – Extension's 11th Annual Healthy Kids Festival on September 30, at the Paradise Recreation Center. The event is geared toward children ages 3-8, and the free family event features interactive activities from local health, nutrition and physical activity specialists as well as local chefs, food growers and gardening experts.

5-2-1-0 videos, flyers, posters, communication toolkits and other resources are available for download in English and Spanish from our [Get Healthy Clark County](#) or [Viva Saludable](#) websites. The Health District

also provides free programs and resources to assist families in adopting a healthier lifestyle. They are available in English and Spanish, and accessible on the [Get Healthy Clark County](#) or [Viva Saludable](#) websites or by calling (702) 759-1270.

Health District Investigation

The Southern Nevada Health District has identified a local supplement manufacturer, Harmonic Innerprizes, sold products made with ingredients that are not food grade and with ingredients from unapproved sources, including some that could lead to heavy metal toxicity. Testing of products from the facility that were found to be from unapproved or unidentified sources is being conducted to determine more information about the contents of the supplements.

The Health District has suspended the permit, and the business is no longer selling these products; however, supplements sold by Harmonic Innerprizes may still be available through retail establishments or taken by consumers who previously purchased them.

Symptoms of heavy metal toxicity are nonspecific and can vary including but not limited to abdominal pain, chills, dehydration, diarrhea and nausea. These non-specific symptoms can be caused by a wide range of health issues, making it challenging to attribute to heavy metal toxicity without a proper health care provider assessment and/or testing.

If someone has taken supplements purchased from Harmonic Innerprizes and is experiencing new, unexplained medical symptoms, they should immediately consult with their health care provider.

Examples of products sold by Harmonic Innerprizes are available at the following [link](#). The Health District will provide further updates as more information becomes available.

International Overdose Awareness Day

Health District staff participated in the Southern Nevada Harm Reduction Alliance (SNHRA) 7th International Overdose Awareness Day event on Thursday, August 31, at the Chuck Minker Sports Complex, located at 275 N. Mojave Rd., Las Vegas, NV 89101. The event was an opportunity to acknowledge the loss of friends and loved ones to fatal drug overdoses, while honoring the families and friends touched by overdoses. The observance also aimed to reduce the stigma of drug-related deaths while raising awareness about overdose prevention and drug policy.

The event was open to the public and included testimonials from community members discussing their overdose-related experiences. A naloxone (Narcan®) training was offered, and participants received overdose prevention kits for no cost provided by the Health District. Information about fentanyl, including fentanyl test strips, was also available, as well as recovery resources, provider booths, a silent auction and free food for attendees.

There were 549 drug overdose deaths among Clark County residents in 2022, an increase of 31.3% from 2019. Opioids (both prescription and illicit) accounted for 60.1% of Clark County drug overdose deaths in 2022. Opioid-related deaths increased by 40.4% in 2022 to 330 deaths, compared to 235 deaths in 2019. In 2022, the 89101 ZIP code had the highest opioid death rate was the highest in the county at 55.4 deaths per 100,000 residents. Fentanyl continues to be a significant public health concern in Clark County and is driving the increase in opioid-related deaths.

SNHRA provides education and resources about reducing substance misuse and unintentional overdose deaths, as well as reducing the risks of acquiring or transmitting bloodborne infections. Each month, the Health District, in conjunction with SNHRA member organizations, provides testing for HIV and hepatitis C, syringe services, overdose prevention, naloxone, fentanyl test strips, substance use disorder linkage to services and homeless services.

New Harm Reduction Vending Machine Location

In honor of International Overdose Awareness Day, the Health District and Impact Exchange also showcased their newest public health vending machine, a key component of an innovative intervention program that minimizes the risks of HIV and hepatitis C transmission. The machine, which provides a variety of harm reduction products geared toward people who use drugs, was unveiled on August 31, at the Health District's Fremont Public Health Center, located at 2830 E. Fremont St., Las Vegas, NV 89104. Each vending machine provides harm reduction resources such as sterile syringe kits, hygiene kits, wound care kits, hormone injection kits, safer sex kits, pregnancy tests and nasal naloxone, all at no cost to clients.

Syringe exchanges are used throughout the United States, providing sterile syringes and other services while encouraging users to return used sharps. The Fremont location is the seventh public health vending machine in Southern Nevada. Similar machines are in other local venues including the Health District's main public health center, opioid treatment centers, community centers and primary care clinics. The machines are operated by the Trac-B/Impact Exchange Harm Reduction Program, which is the Las Vegas Valley's only syringe services program.

Nasal naloxone and fentanyl test strips are available to the public at the Health District's Decatur Pharmacy and self-collected HIV tests are available by mail via the Collect 2 Protect website at <https://www.southernnevadahealthdistrict.org/programs/collect-2-protect/>

For more information on International Overdose Awareness Day, visit <http://nvoverdoseday.com/>. For more information about SNHRA, visit www.facebook.com/SoNVHarmReductionAlliance/.

Mosquito Surveillance

Due to recent rain and flooding, the Health District recommended residents assess areas around their homes for standing water to eliminate potential breeding sources. Mosquito activity has been mild in Clark County these past few years. This year, West Nile Virus-positive mosquitoes have been identified in four ZIP codes (89031, 89074, 89122 and 89129).

Residents are urged to "Fight the Bite" by tipping and tossing sources of standing water to eliminate mosquito breeding sources. Female mosquitoes need only a small amount of water to lay approximately 100- to 400 eggs that take approximately seven to 10 days to mature. The Health District also urges people to protect themselves from mosquito bites by wearing an insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR3535, or wear long sleeves and pants when outdoors. Increased mosquito activity, including being bitten by mosquitoes during daylight hours, should be reported to the Health District's Mosquito Surveillance Program at (702) 759-1633. Green pools are reported to the appropriate code enforcement agency. Additional resources and contact information are available on the Health District [website](#).

Community Meetings

Week ending 08/27:

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Councilwoman Gallo, MPT Black, Scott Nielson, Councilman Seebeck, Mayor Hardy, Councilwoman Brune
- Participated in the Southern Nevada District Board of Health meeting
- Attended the Big Cities Health Coalition (BCHC) Monthly Member Call

Professional Development/Conferences:

- Attended the “Substance Use Disorder (SUD) 101: Why Should We Care About SUD in Patients with HIV?” (Part 1 of 6) webinar facilitated by International Antiviral Society (IAS-USA)
- Segregation: A Threat to Equity

Ad-hoc Meetings/Events:

- Participated in the Clark County Regional MACC Coordination Call regarding Hurricane Hilary

Week ending 08/20:

Bi-weekly (every two weeks):

- Attended the Public Health Infrastructure Virtual Engagement (PHIVE) Office Hours call
- Attended the Mpox Briefing facilitated by the HHS Office of Intergovernmental and External Affairs (IEA)

Monthly:

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

Professional Development/Conferences:

- Attended the “We Must Maintain Measles Elimination in the United States: Measles Clinical Presentation, Diagnosis, and Prevention” webinar facilitated by the CDC Clinician Outreach and Communication Activity (COCA)
- Attended the “ACPA Inspire Pain Freedom” virtual conference facilitated by the Primary Care Network (PCH) and the American Chronic Pain Association (ACPA)

Ad-hoc Meetings/Events:

- Participated in a meeting with Mason Van Houweling, Shana Tello, Dr. Kilburn, Dr. Christian Young, and Dr. Deborah Kuhls regarding the Nellis Trauma Catchment
- Visited UMC Critical Care Dedicated ER unit with Dr. Deborah Kuhls and Dr. Christian Young

Week ending 08/13:

Monthly:

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

Professional Development/Conferences:

- Attended the “Substance Use and Overdose Prevention Summit” facilitated by the Health District in collaboration with the PACT Coalition, Opioid Response Network, Nevada High Intensity Drug Trafficking Areas, Center for the Application of Substance Abuse Technologies and other organizations
- Attended the “Clinical Vaccination Guidance for Pregnant People” webinar facilitated by the CDC Clinician Outreach and Communication Activity (COCA)

Ad-hoc Meetings/Events:

- Participated in a meeting with Huron Consulting regarding the Health District's Strategic Plan

Week ending 08/06:

Bi-weekly (every two weeks):

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

Monthly:

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

Ad-hoc Meetings/Events:

- Attended the 'Key Contact/Principal' webinar for the Noncompeting (NCC) Progress Report facilitated by HRSA
- Participated in the CDC COVID-19 Health Disparities Grant Site Visit