



**DATE:** October 26, 2023

**TO:** Southern Nevada District Board of Health Members

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

**SUBJECT:** District Health Officer Report

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### Mpox Update

The Southern Nevada Health District received reports of seven new cases of mpox in Clark County residents during October. The Health District last reported a case of mpox at the end of August, and reports had been significantly declining at that time.

The first case of mpox, formerly known as monkeypox, was reported in Clark County in June 2022. As of November 7, 2023, the total number of cases reported by the Health District is 304.

The Health District is strongly encouraging mpox vaccinations for people who are eligible, including those who have had contact with someone who has mpox. The readily available two-dose series vaccine is safe and effective at lowering the risk of getting mpox as well as the severity of symptoms if people do get sick. The vaccine can also help prevent mpox if given within 14 days after exposure. Those eligible to get the vaccine include:

- Gay, bisexual, and other men who have sex with men, transgender or nonbinary people who in the past 6 months have had one of the following:
  - A new diagnosis of one or more sexually transmitted diseases.
  - More than one sex partner.
  - Sex at a commercial sex venue.
  - Sex in association with a large public event in a geographic area where mpox transmission is occurring.
- Sexual partners of people with the risks described above.
- People who anticipate experiencing any of the above.
- People who had close physical contact with someone known or suspected of having mpox in the last 14 days (could include a sexual partner or someone in the household).
- People who have been informed by the Health District that they are a close contact of someone with mpox.

In Clark County, a total of 11,322 mpox vaccines have been administered. Those who have received their first dose of the vaccine should get their second dose 28 days later or as soon as possible if it is past 28 days to receive the maximum protection the vaccine can provide. Health District and community clinic location information is available at [www.snhd.info/monkeypox](http://www.snhd.info/monkeypox).

The mpox virus is spread through close physical contact with a person who is sick. Although it is less likely, mpox can also be spread by touching objects that have been used by someone with mpox and not disinfected, such as clothing or bedding. In Clark County, the mpox outbreak has mostly impacted the LGBTQ+ community; however, anyone can get mpox. Infections with the virus can cause a rash that may be painful or itchy. Other symptoms can include fever, chills, swollen lymph nodes, exhaustion, muscle aches, headache and respiratory symptoms. A person with mpox may experience all of these or only a few symptoms. More information about mpox is available on the Centers for Disease Control and Prevention website at [CDC|Mpox](https://www.cdc.gov/mumps/).

### **Public Health Investigation Update**

In September, the Southern Nevada Health District identified that a local supplement manufacturer, Harmonic Innerprizes, sold products made with ingredients that were not food grade and with ingredients from unapproved sources. Subsequent testing of products from the facility found lead at levels that could be a health concern in three products.

Based on testing results, the products sold under the labels Etherium Gold Focused Brain Powder and Etherium Black Re-action Neutralizer Powder were not safe for persons who are pregnant or able to become pregnant. The product sold under the label Etherium Red Decision Powder may be a health concern for children ages 6 and younger.

Most cases of lead poisoning occur in people who experience increasing exposure to lead. Sources of lead can be environmental or occupational, as well as from contaminated food, water or supplements. Symptoms of lead poisoning in adults can vary and include fatigue, headaches, cognitive impairment, high blood pressure, nerve damage, abdominal pain, muscle pain, mood disorders and anemia. These symptoms can be caused by a wide range of health issues, and people who have had a known exposure should consult with a health care provider for assessment and testing if appropriate. Adults, with the exception of those in certain occupations, are not regularly screened for lead. Lead toxicity during pregnancy can increase the risk of adverse outcomes for the pregnancy. In children, increased lead levels can have serious adverse effects on their health and development. Screening for children ages 12 months to 6 years is part of most routine pediatric care.

The facility currently has a suspended health permit. The Health District's Environmental Health Division has placed conditions for reopening the facility, including a requirement of additional training, the hiring of a food safety consultant, ongoing testing and enhanced record keeping and documentation.

More information about lead poisoning is available at the Centers for Disease Control and Prevention's website at [Lead | ToxFAQs™ | ATSDR \(cdc.gov\)](https://www.cdc.gov/lead/) and [Lead FAQs | Lead | CDC](https://www.cdc.gov/lead/).

### **Influenza Season**

Influenza surveillance in Clark County includes data collected from local acute care hospitals and other health care providers. In Clark County, as of October 28, 2023, there have been 22 influenza-associated hospitalizations and no deaths reported. The percentage of emergency department visits and urgent care clinic visits for influenza-like illness (ILI) remains at 3.6% in week 43. Influenza A has been the dominant type circulating. Of the patients reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), 2.7% were due to respiratory illness that included ILI. This percentage was below the national baseline of 2.9%. Among 55 states and jurisdictions, the respiratory illness activity level in the state of Nevada remains minimal.

In keeping with CDC guidelines, the Health District strongly recommends everyone 6 months of age and older get the vaccine. It is especially important for those at higher risk of developing serious complications from the flu, including people 65 years of age and older, as well as those with underlying medical conditions. It is also important to protect people more likely to be exposed to both flu and COVID-19, including health care workers.

Flu surveillance in Clark County for the 2023-2024 influenza season begins October 1 and runs through May 18. The weekly Influenza Surveillance Snapshot and Influenza Report by Age Group is available on SNHD's [website](#).

### **American Diabetes Month**

In observance of American Diabetes Month in November, the Southern Nevada Health District is calling attention to one of the most prevalent diseases in the United States. More than 37 million Americans have diabetes, the eighth leading cause of death in the U.S. and the primary cause of kidney failure, lower limb amputations and blindness. People with diabetes also face a higher risk of developing serious complications from flu and COVID-19.

Approximately 269,783 people in Nevada, or nearly 11 percent of the adult population, have been diagnosed with diabetes. An additional 70,000 people have the disease but don't know it, thus increasing their health risks. An estimated 18,749 Nevada residents are diagnosed with diabetes every year.

The following people should be screened for prediabetes and diabetes:

- Anyone with a body mass index (BMI) higher than 25 (23 for Asian Americans), regardless of age, who has additional risk factors. To calculate BMI, visit the [Get Healthy Clark County|Obesity](#) website.
- Anyone older than age 35.
- People aged 35 to 70 who are overweight or have obesity. Go to [www.cdc.gov/diabetes/resources-publications/research-summaries/screening-eligibility.html](http://www.cdc.gov/diabetes/resources-publications/research-summaries/screening-eligibility.html) for more information.
- Women who have had gestational diabetes are advised to be screened for diabetes every three years.
- Anyone who has been diagnosed with prediabetes.

A blood sugar test can determine if a person has prediabetes or type 1, type 2, or gestational diabetes. Testing is simple, and results are usually available quickly. For more information on screening, visit [Diabetes Tests|CDC](#).

Approximately 816,000 people in Nevada have prediabetes with blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes. Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease and stroke.

In addition to health concerns, diabetes also carries a significant financial burden. People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes. An estimated \$704 million was spent on indirect costs from lost productivity due to diabetes.

The Health District's Office of Chronic Disease Prevention and Health Promotion offers free diabetes self-management education and support classes for people who have diabetes, and a free online program for people who have prediabetes. Classes, online programs and resources, available in English and Spanish, can be accessed on the [Get Healthy Clark County](#) and [Via Saludable | Diabetes](#) websites or by calling (702) 759-1270. To be placed on the waiting list for self-management classes, complete the online [Get Healthy Clark County Diabetes Workshop Interest Form](#) or visit the [Viva Saludable](#) website.

For more information about American Diabetes Month, visit the American Diabetes Association website at [American Diabetes Month | ADA](#).

### **Community Meetings**

#### **Week ending 10/01:**

##### Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Councilwoman Brune, Commissioner Kirkpatrick, Councilwoman Gallo, Councilman Knudsen, MPT Black, Scott Nielson, Bobbette Bond, Mayor Hardy, Commissioner Segerblom
- Participated in the Southern Nevada District Board of Health meeting

##### Quarterly:

- Attended the FQHC Quarterly meeting

##### Annually:

- Attended the Big Cities Health Coalition (BCHC) Fall meeting

##### Professional Development/Conferences:

- Attended the "Pain in the Nation 2023: The Epidemics of Alcohol, Drug, and Suicide Deaths" webinar facilitated by the Trust for America's Health (TFAH)
- Attended the "Creative Strategies to Improve Health Disparities in U.S./Mexico Border Communities" webinar

##### Ad-hoc Meetings:

- Introductory meeting with representatives from FORVIS LLP

#### **Week ending 10/08:**

##### Quarterly:

- Attended the Medical Advisory Board meeting

##### Annually:

- Attended the Southern Nevada Community Health Center Nominations Committee meeting

Media/Interviews/Panelist/Presenter:

- Welcome message at the Southern Nevada Health District All Hands meeting

Professional Development/Conferences:

- Attended the “CDC Briefing on Fall & Winter Virus Season” webinar facilitated by the CDC Director
- Attended the “Substance Use Disorder: Initiating Buprenorphine in the Fentanyl Era and Other Treatment Considerations in Patients With Opioid Use Disorder and HIV” webinar facilitated by International Antiviral Society (IAS-USA)

Ad-hoc Meetings:

- Meeting with Commissioner Kirkpatrick

**Week ending 10/15:**

Bi-weekly (every two weeks):

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

Quarterly:

- Attended the Public Health Advisory Board meeting
- Attended the Southern Nevada Community Health Center Quality, Credentialing and Risk Management Committee meeting

Annually:

- Attended the Southern Nevada Community Health Center Executive Director Annual Review Committee meeting

Ad-hoc Meetings:

- Meeting and Tour of Department of Family Services Child Haven
- Attended the Reviewer Rating to review applicants for the Class of 2028 at the Kirk Kerkorian School of Medicine
- Attended the Strategic Planning/Final Output Session

**Week ending 10/22:**

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 Clark County Medical Society Board of Trustees meeting

Professional Development/Conferences:

- Attended the “HIV Summit Bridge 2 Health Conference” facilitated by The Center
- Attended the “Fall Managed Care Forum 2023” facilitated by the National Association of Managed Care Physicians

Ad-hoc Meetings:

- Attended the HIV Summit Bridge 2 Health at The Center
- Attended the Strategic Planning Working Session

**Week ending 10/29:**

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Councilwoman Brune, Commissioner Segerblom, Councilwoman Gallo, Commissioner Kirkpatrick, Scott Nielson, Councilman Seebock, Mayor Hardy
- Participated in the Southern Nevada District Board of Health meeting

Quarterly:

- Participated in the Southern Nevada District Board of Health Finance Committee meeting

Media/Interviews/Panelist/Presenter:

- Recorded an interview with Tashina Lazcano for the Public Good Podcast on the services offered by the Southern Nevada Health District

Professional Development/Conferences:

- Attended the “Addressing the Opioid Epidemic: Collaborating Across the Continuum of Care Summit” facilitated by the Nevada Department of Health and Human Services in collaboration with the Nevada Public Health Foundation
- Attended the “Minor Consent and Confidentiality for Sexual Health Services in California” webinar facilitated by the University of Nevada, Reno School of Medicine
- Attended the “Transition of COVID-19 Medical Countermeasures (MCM) to the Commercial Marketplace” webinar

Ad-hoc Meetings:

- Participated in a tour of the SNCHC (FQHC) Clinic with representatives from the National Association of Community Health Centers (NACHC)
- Attended the Research, Education and Access to Community Health (R.E.A.C.H.) Community Health Center Grand Opening