



DATE: September 24, 2026

TO: Southern Nevada District Board of Health Members

FROM: Cassius Lockett, PhD, District Health Officer 

SUBJECT: District Health Officer Report

5-2-1-0 Challenge

September is Childhood Obesity Awareness Month, and the Southern Nevada Health District is encouraging families to make healthy choices part of their routines during the new school year by taking the 5-2-1-0 Challenge.

Led by the Health District's Office of Chronic Disease Prevention and Health Promotion in cooperation with Partners for a Healthy Nevada Coalition, the challenge promotes four simple daily habits that can help children grow up healthier and reduce their risk of obesity and other chronic diseases.

The 5-2-1-0 Challenge encourages families to strive for:

- 5 servings of fruits and vegetables each day
- 2 hours or less of recreational screen time each day
- 1 hour of physical activity each day
- 0 sugary drinks—choose water instead

The beginning of a new school year is an ideal time to establish healthy routines. Packing nutritious lunches, encouraging active play after school, and choosing water instead of sugary drinks are small steps that can make a meaningful difference over time.

In Nevada, nearly 1 in 3 kindergartners enters school either overweight or with obesity. In Clark County, approximately 1 in 6 high school students has obesity, underscoring the importance of helping children develop healthy habits early in life. Nationally, approximately 1 in 5 children and adolescents (21.1%) has obesity. Children with obesity are more likely to develop serious health conditions, including type 2 diabetes, heart disease, and high blood pressure.

Obesity also affects some communities disproportionately. National data show that prevalence is highest among Hispanic children (26.2%) and non-Hispanic Black children (24.8%), compared with non-Hispanic White children (16.6%) and non-Hispanic Asian children (9.0%). Many factors contribute to these disparities, including differences in access to nutritious foods, opportunities for physical activity, housing stability and quality education.

Throughout September, the Health District and its community partners will offer resources and activities to help families put the 5-2-1-0 Challenge into action. The campaign emphasizes that healthy living is a family effort and that small daily choices can lead to lifelong benefits. Families can find free tools,

activities and wellness resources by visiting www.GetHealthyClarkCounty.org and VivaSaludable.org, or by calling (702) 759-1270.

Pop-up Produce Stands

Fresh, affordable produce returned to the Bonneville Transit Center (BTC) in September through the Health District's Pop-up Produce Stands. The program provides community members with convenient access to regionally grown fruits and vegetables.

The stands are open noon to 3 p.m., or while supplies last, at the BTC, 101 E. Bonneville Ave., Las Vegas, NV 89101 through November. Remaining dates are:

- Tuesday, October 6
- Tuesday, October 13
- Tuesday, November 3
- Tuesday, November 10

Produce is available for \$1 per pound. Shoppers can pay with SNAP/EBT, cash, debit or credit cards. SNAP/EBT shoppers can also use Double Up Food Bucks, a nutrition incentive program that helps stretch SNAP benefits when purchasing fresh produce. Senior Farmers Market Nutrition Program coupons will be accepted when available.

The Pop-Up Produce Stands are a partnership between the Southern Nevada Health District's Office of Chronic Disease Prevention and Health Promotion, the Regional Transportation Commission of Southern Nevada and Prevail Marketplace. The program helps address food insecurity by bringing fresh, nutritious foods to communities where access can be limited.

In 2024, an estimated 386,420 Clark County residents — 16.6% of the population — experienced food insecurity. This was equal to Nevada's statewide rate and higher than the national rate of 14.4%. Clark County children were particularly affected: An estimated 114,930 children, or 22.2%, experienced food insecurity.

Access to healthy food remains a challenge in some areas. In 2019, the U.S. Department of Agriculture identified 30 Clark County census tracts as food deserts, underscoring the continued need to make nutritious food more accessible. These barriers contribute to significant racial disparities. In 2024, food insecurity affected 31% of Black residents, compared with 13% of white residents.

In 2025, the Pop-up Produce Stands distributed 1,113 pounds of fresh produce, with approximately 44% of sales made using SNAP/EBT benefits. This participation demonstrates the program's role in making fresh, healthy food more accessible to individuals and families who may face barriers to purchasing it.

For more information, call the Office of Chronic Disease Prevention and Health Promotion at (702) 759-1270 or visit the [Get Healthy Clark County Farmers Markets](#) page. The website also lists local farmers markets, including those that accept EBT, SNAP and debit or credit cards.

International Overdose Awareness Day

The Southern Nevada Health Consortium, in collaboration with community partners and the Health District, hosted the 10th annual International Overdose Awareness Day event Saturday, August 29, at Las Vegas City Hall.

The event honored those who have died or experienced permanent injury from an overdose, reduced the stigma surrounding drug-related deaths and raised awareness of overdose prevention and drug policy.

A community resource fair connected attendees with local organizations and support services. Activities included overdose prevention training, naloxone distribution, speakers sharing personal stories of overdose, survival and loss, and a candlelight vigil honoring those who died and recognizing survivors. The “Soles for Souls” exhibit displayed shoes representing people who died from an overdose during the past year. Attendees were encouraged to donate shoes, which will be provided to local charities.

Overdose Statistics in Clark County

Clark County reported 714 confirmed drug overdose deaths in 2025, an 11% decrease from 2024. Prescription and illicit opioids were involved in 69.6% of these deaths. Since 2018, the opioid-involved overdose mortality rate has increased by 91.3%, reaching 19.9 deaths per 100,000 residents in 2025. ZIP code 89101 had the county’s highest fatal overdose burden, with a mortality rate of 115 deaths per 100,000 residents.

Fentanyl remains the primary driver of the local opioid epidemic. The age-adjusted rate of fentanyl-involved deaths increased from 2.4 per 100,000 residents in 2018 to 17.1 per 100,000 in 2025—a 613% increase.

In 2025, fatal overdoses peaked from June through August and were lowest in September. Men accounted for 71.8% of overdose deaths, and non-Hispanic white residents accounted for the largest proportion.

Local substance use data are available on the Health District’s [Substance Use Dashboard](#). Information about overdose prevention, including how to obtain test strips and naloxone, is available on the [Substance Use and Overdose Prevention](#) webpages.

Cyclosporiasis Outbreak

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration, and state and local public health officials continue to investigate a multistate outbreak of *Cyclospora* infections linked to iceberg lettuce.

The Health District has reported 11 cases of cyclosporiasis among Clark County residents in 2026. Three were likely acquired during travel to states associated with the multistate outbreak, which began in May.

Reports of outbreak-associated cases are declining. As of September 3, the CDC had reported 11,458 cases, 495 hospitalizations and two deaths across 20 states.

Cyclosporiasis is an intestinal illness caused by the microscopic parasite *Cyclospora cayetanensis*. Sporadic cases are reported locally each year, and there is no indication of increased local transmission. Cooking produce thoroughly is the most effective way to reduce the risk of infection. Consumers should also:

- Wash their hands with soap and water before and after handling produce.
- Rinse fruits and vegetables thoroughly under running water before eating, cutting or cooking them.

- Scrub firm produce with a clean produce brush.
- Choose whole heads of lettuce rather than prewashed, bagged lettuce when possible. Discard the outer two or three layers, separate the remaining leaves and rinse them thoroughly under running water.
- Peel produce when appropriate after washing it.
- Refrigerate cut, peeled or cooked produce as soon as possible.
- Clean and sanitize surfaces and containers used to prepare food.

For more information about cyclosporiasis, visit www.cdc.gov/cyclosporiasis.

West Nile virus

As of September 5, the Health District is reporting one neuroinvasive case of West Nile virus in a Clark County resident. The Health District has set 2,260 traps throughout the county and submitted 2,208 sample pools—representing 40,934 mosquitoes—to the Southern Nevada Public Health Laboratory for analysis. Of the sample pools submitted, 53 have tested positive for West Nile virus. No sample pools have tested positive for St. Louis encephalitis or Western equine encephalitis.

The Health District continues its mosquito surveillance efforts throughout Clark County and reminds residents that the presence of West Nile virus in mosquitoes increases the risk of human infection.

The Health District recommends the following steps to reduce the risk of mosquito bites:

- Use an Environmental Protection Agency (EPA)-registered insect repellent.
- Wear long sleeves and pants when outdoors, especially at dawn and dusk when mosquitoes are most active.
- Remove standing water around homes and businesses where mosquitoes can breed.
- Ensure window and door screens fit properly to keep mosquitoes outside.

The Health District works with local partners to implement mosquito control measures when virus activity is detected. Residents can stay informed about local mosquito surveillance activity by visiting the Health District's weekly West Nile virus surveillance reports at www.southernnevadahealthdistrict.org/programs/mosquito-surveillance/arbovirus-update/.

Community Meetings

Week ending 08/30:

Biweekly:

- Participated in the Lab Expansion meeting
- Facilitated one-on-one meetings with Direct Reports

Monthly:

- Participated in the Disease Surveillance & Control Division leadership meeting
- Participated in the individual Southern Nevada District Board of Health Agenda Review meetings with Mayor Pro Tem Gallo, Councilwoman Summers-Armstrong, Councilwoman Larson, Scott Nielson, Bobbette Bond, and Mayor Hardy
- Participated in the Southern Nevada District Board of Health meeting
- Participated in the BCHC 2nd Monthly Member meeting

Ad-hoc Meetings:

- Participated in a meeting with the Molina Healthcare of Nevada
- Participated in a meeting with Lindsey Miller, Governor's Health Policy Advisory, and local health authorities

Week ending 08/23:

Biweekly:

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

Monthly:

- Participated in the Southern Nevada Community Health Center Governing Board meeting
- 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 Finance Committee meeting

Ad-hoc Meetings:

- Attended the Open Forum Interviews for the Vice President for Health Affairs and Dean of the Kirk Kerkorian School of Medicine at UNLV Search
- Participated in a meeting with Senator Cortez Masto, representatives from the Nevada Primary Care Association, and leadership from FQHCs in the community
- Participated in an update meeting regarding the Epi-Aid Project
- Attended the Facilities Advisory Board meeting
- Participated in an Accela Update call
- Participated in a meeting with Senator Cortez Masto staff regarding the Nurse-Family Partnership program

Week ending 08/16:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports
- Participated in the Lab Expansion meeting

Monthly:

- Participated in the Public Health Policy Strategy meeting
- Participated in the Director/Manager/Supervisor meeting
- Participated in the BCHC Monthly Member meeting
- Participated in the CSTE Surveillance Policy Subcommittee call

Media/Interviews/Panelist/Presenter/Events:

- Attended SEIU Nevada Local 1107 for the SNHD CBA Signing Event

Ad-hoc Meetings:

- Attended the New Hire Orientation
- Attended a meeting regarding the CitiesLEAD project
- Attended a meeting with representatives from Healthcare in Action and the Southern Nevada Community Health Center
- Attended the Level 2 Activation AFN Coalition Coordination call

Week ending 08/09:

Biweekly:

- Facilitated one-on-one meetings with Direct Reports
- Facilitated the Health Executive Council meeting

Monthly:

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

Quarterly:

- Participated in the Quarterly Medical Event Review meeting

Ad-hoc Meetings:

- Attended the Open Forum Interviews for the Vice President for Health Affairs and Dean of the Kirk Kerkorian School of Medicine at UNLV Search
- Participated in the BCHC Finance Committee meeting
- Participated in a meeting regarding Cost Allocation
- Participated in a meeting with Senator Fabian Doñate