



DATE: November 21, 2024

TO: Southern Nevada District Board of Health Members

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

SUBJECT: District Health Officer Report

American Diabetes Month

In recognition of American Diabetes Month in November, the Southern Nevada Health District is raising awareness of one of the most widespread diseases in the United States. Diabetes is 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.

The Health District's Office of Chronic Disease Prevention and Health Promotion is calling attention to the diabetes epidemic by offering free diabetes self-management education and support classes for people who have diabetes, and a free [online program](#) for people who have prediabetes. Free virtual classes, using Teams, are scheduled for November 7, 14 and 21 from 10 a.m. to noon. The class, taught by health educators, provides participants with helpful information about diabetes as well as healthy recipes and other resources. Registration for the virtual class is available by completing the online [Get Healthy Clark County Diabetes Workshop Interest Form](#) or calling (702) 759-1270. For information on additional classes, events and programs offered during November, visit the [Get Healthy Clark County Community Calendar](#).

In 2023, 12.8% of adults in Clark County (238,102 people) had diabetes. Approximately 283,700 people in Nevada, or 11.3% of the adult population, have been diagnosed with diabetes. Nationally, more than 38 million Americans have diabetes, with 8.7 million unaware of their condition, increasing their health risks. An estimated 1.2 million Americans are diagnosed with diabetes every year. 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.

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 [Get Healthy Clark County | Obesity](#).
- Anyone 35 and older.
- Any adult who is overweight or has obesity.
- Anyone who has been diagnosed with prediabetes.

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

In addition to health concerns, diabetes also carries a significant financial burden. People with diabetes have medical expenses approximately 2.6 times higher than those who do not have diabetes. In 2017, it was estimated that total indirect costs from lost productivity due to diabetes was \$704 million.

To learn more about diabetes resources in Southern Nevada, go to [Get Healthy Clark County|Local Diabetes Resources](#) or [Viva Saludable|Recursos locales para la diabetes](#). Additional information about screening is available at [CDC|Additional 12 Million US Adults Eligible for Diabetes Screening](#). To learn more about American Diabetes Month, visit the American Diabetes Association [website](#).

National Latinx AIDS Awareness Day

The Southern Nevada Health District observed National Latinx AIDS Awareness Day (NLAAD) on Tuesday, October 15, focusing on the disproportionate impact of HIV in Hispanic/Latinx communities while promoting effective ways to prevent, treat and stop the transmission of HIV among Hispanic/Latinx people.

Approximately 1.2 million people in the United States have HIV. About 13% of them have it but don't know it. Nearly 32,000 new cases were reported nationally in 2022. In 2023, Clark County reported 500 new HIV cases, 200 of which were among Hispanics. Some 12,000 people in Clark County were living with HIV in 2023, and of those, 3,683 were Hispanic.

At some point in their lives, an estimated one in 36 Hispanic men will be diagnosed with HIV, as will one in 106 Hispanic women. According to the Centers for Disease Control and Prevention, the rate of new HIV infections among Hispanic men is nearly three times that of white men, and the rate among Hispanic women is more than four times that of white women.

HIV testing is readily available in Southern Nevada:

- The Health District offers express testing at no cost from 7:30 a.m. – 4 p.m., Monday through Thursday at the Southern Nevada Health District Main Public Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107.
- No-cost express testing is available at the Fremont Public Health Center, 2830 E. Fremont St., Las Vegas, NV 89104, from 7:30 a.m. – 4 p.m. each Friday. No appointments are needed, but clients must be asymptomatic.
- HIV testing is available at no cost in the Arleen Cooper Community Health Center at The Center, 401 S. Maryland Parkway, Las Vegas, NV 89101. Hours are 9 a.m. – 5:30 p.m. Monday – Thursday and 9 a.m. – 2 p.m. on Fridays and Saturdays. Appointments are preferred, but walk-ins are accepted.
- The Health District's Collect2Protect program offers free at-home HIV tests, giving people a convenient and private option for testing. The kits can be requested through the [Collect2Protect](#) page.

Same-day HIV testing and treatment services are also available in the Southern Nevada Community Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107, and at the Fremont Public Health Center. HIV services include testing, medical, behavioral health, nutrition, case management, pharmaceutical, and educational services, including PEP and PrEP navigation and treatment for

those who test negative. Services are offered for insured and uninsured patients. Sliding fee scale discounts are available to all patients who qualify.

For more information about National Latinx AIDS Awareness Day, visit [National Latinx AIDS Awareness Day | HIV.gov](#).

Influenza Surveillance

Influenza surveillance for Clark County, Nevada includes data collected from local acute care hospitals and other health care providers. In Clark County, as of October 19, 2024, for the 2024-2025 influenza season, 13 influenza-associated hospitalizations have been reported. To date, no deaths associated with influenza have been reported this season. The percentage of emergency department and urgent care clinic visits for influenza-like illness (fever plus cough or sore throat) remained stable at 2.1% during weeks 41 and 42. Currently, Influenza A has been the dominant strain detected within the region. During week 42, 2.1% of patient visits reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet) were due to respiratory illness that included ILI. This percentage was below the national baseline of 3%. Among 55 states/jurisdictions, the respiratory illness activity level in the state of Nevada was minimal. The Southern Nevada Health District will continue to update the public on the progression of the influenza season and encourage influenza vaccination for all people 6 months of age and older without contraindications.

Flu Vaccine Recommendations

The flu vaccine is recommended for everyone 6 months of age and older. It is especially important for those at higher risk of developing serious complications from the flu. This includes people 65 years of age and older, as well as people with underlying medical conditions such as heart disease, diabetes, lung disease and compromised immune systems. It is also important to protect people more likely to be exposed to both flu and COVID-19, including health care workers and essential workers who interact frequently with the public. A complete list of people at higher risk is available on the CDC website at www.cdc.gov/flu/highrisk/index.htm.

Flu and COVID-19 vaccines are available at Health District public health centers by appointment. To make an appointment go to www.snhd.info/immunizations or call (702) 759-0850. Clinic locations include:

- Main Public Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107
- East Las Vegas Public Health Center, 2950 E. Bonanza Rd., Las Vegas, NV 89107
- Fremont Public Health Center, 2830 E. Fremont St., Las Vegas, NV 89104
- Boulevard Mall (in El Mercado), 3528 S. Maryland Parkway, Las Vegas, NV 89169
- Henderson Public Health Center, 220. E. Horizon Dr., Suites, A & C, Henderson, NV 89015
- Mesquite Public Health Center/Jimmie Hughes Campus, 150 N. Yucca St., Suites, 3&4, Mesquite, NV 89027

For more information about Health District public health center hours, locations and available services, go to www.southernnevadahealthdistrict.org/about-us/maps/. COVID-19 and flu vaccines are also available at pharmacies and health care provider offices throughout Southern Nevada. To locate a COVID-19 vaccine clinic, visit [COVID-19 Vaccine Distribution – Southern Nevada Health District | COVID-19](#).

The Health District also recommends preventive measures to help people mitigate the spread of flu, COVID and other respiratory viruses:

- Wash hands frequently with soap and running water. Use an alcohol-based hand sanitizer if soap and water are not available.
- Stay home when sick and limit contact with others.
- Avoid close contact with people who are sick.
- Cover coughs and sneezes with a tissue. Throw the tissue away after using it.
- Take a COVID-19 test if flu-like symptoms develop.
- Take antiviral drugs for flu if prescribed by a doctor.

For more information about respiratory illnesses, visit [Respiratory Illnesses | CDC](#).

Community Meetings

Week ending 11/03:

Ad-hoc Meetings:

- Attended a meeting with Aneil Gill, legislative assistant to Representative Susie Lee, to discuss health care provider and access issues

Week ending 10/27:

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Councilwoman Brune, MPT Black, MPT Gallo, Councilman Seebeck, Scott Nielson, Mayor Hardy, and Bobbette Bond
- Participated in the Southern Nevada District Board of Health meeting
- Participated in the Local Health Official Monthly Engagement meeting facilitated by National Association of County and City Health Officials (NACCHO)

Professional Development/Conferences:

- Attended the “HIV 101: Core Principles of HIV Management for People Who Are Newly Diagnosed With HIV” facilitated by the International Antiviral Society-USA (IAS-USA)

Week ending 10/20:

Monthly:

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

Quarterly:

- Attended the Southern Nevada Health District Public Health Advisory Board meeting
- Participated in the Southern Nevada Health District Regional Trauma Advisory Board (RTAB) meeting

Professional Development/Conferences:

- Attended the “Using a New Approach to Data to Understand Health and Equity in your Community” webinar facilitated by the County Health Rankings & Roadmaps
- Attended the “Improving Community Mental Health Through Screening & Triage: A Innovation Project Case Study of Monterey CA” webinar facilitated by the National Association of County and City Health Officials (NACCHO)and CredibleMind

Ad-hoc Meetings:

- Attended a meeting with Dr. Michael Holtz, Dr. Kelly Morgan, Dr. Christian Young, and EMS/Trauma System staff regarding a Blood Pilot Program
- Attended the Reviewer Rating to review applicants for the Class of 2029 at the Kirk Kerkorian School of Medicine

Week ending 10/13:

Monthly:

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

Quarterly:

- 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

Media/Interviews/Panelist/Presenter/Events:

- Interview with Isabella Aldrete (NV Independent) on my career at SNHD, impact of Health District programs on the Latino community, SNHD's response to the pandemic (English and Spanish)

Professional Development/Conferences:

- Attended the "CDC COCA – Updates on Diagnostic Testing and Outpatient Treatment for COVID-19 and Influenza" webinar

Week ending 10/06:

Quarterly:

- Attended the Medical Advisory Board meeting

Media/Interviews/Panelist/Presenter/Events:

- Attended the 2024 City of Henderson – State of the City

Professional Development/Conferences:

- Attended the Latest Update on Urgent Virus Outbreaks: October 2024 webinar

Ad-hoc Meetings:

- Collaboration meeting with Dr. Shawn Gerstenberger, UNLV School of Public Health
- Collaboration meeting with Dr. Christina Demopolous, UNLV School of Dental Medicine
- Participated in a meeting with Luis Aceves and Rebecca Aceves (R.E.A.C.H.) to explore possible collaborations
- Attended the Trauma Medical Audit Committee (TMAC) meeting

Ad-hoc Meetings:

- Participated in a meeting with Ryan Falk, medical student, regarding potential research in evaluating immunization programs
- Participated in the meeting with members of the Health District and Melissa Jones, Executive Director with Bay Area Regional Health Inequities Initiative (BARHII)