



**DATE:** January 23, 2025

**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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### **Behavioral Health Clinic Open House**

The Southern Nevada Health District hosted an open house to showcase the expansion of the Southern Nevada Community Health Center Behavioral Health Clinic on January 14. The Southern Nevada Community Health Center is a Federally Qualified Health Center. The Behavioral Health Clinic provides services for patients receiving medical services within the Community Health Center, with a goal to expand the program. The Behavioral Health Clinic provides integrated care for patients seeking both primary care and behavioral health services for mild to moderate mental health concerns, collaborating with community partners to assist with treating patients with more complex conditions.

For more information about the services provided by the Southern Nevada Community Health Center, go to [www.snchc.org](http://www.snchc.org).

### **Free Programs and Resources**

As the new year begins, the Southern Nevada Health District is reminding everyone that small, positive changes to their health can lead to lasting, transformative results. The new year is the perfect time to commit to positive changes, whether it's eating healthier, getting active or quitting smoking. The Health District, through its Office of Chronic Disease Prevention and Health Promotion, provides free programs and resources to help individuals achieve their goals and kick off a healthy new year:

- **Quit Smoking:** Find tools and support to help you live tobacco-free.  
English: [www.gethealthyclarkcounty.org/live-tobacco-free/quit-smoking/](http://www.gethealthyclarkcounty.org/live-tobacco-free/quit-smoking/)  
Spanish: [www.vivasaludable.org/live-tobacco-free/quit-smoking/](http://www.vivasaludable.org/live-tobacco-free/quit-smoking/)
- **Get Moving:** Learn the basics of physical activity and how to stay active.  
English: [www.gethealthyclarkcounty.org/get-moving/how-to-be-active/physical-activity-basics/](http://www.gethealthyclarkcounty.org/get-moving/how-to-be-active/physical-activity-basics/)  
Spanish: [www.vivasaludable.org/get-moving/how-to-be-active/physical-activity-basics/](http://www.vivasaludable.org/get-moving/how-to-be-active/physical-activity-basics/)
- **Eat Better:** Access nutrition tips to make healthier food choices.  
English: [www.gethealthyclarkcounty.org/eat-better/nutrition-basics/](http://www.gethealthyclarkcounty.org/eat-better/nutrition-basics/)  
Spanish: [www.vivasaludable.org/eat-better/nutrition-basics/](http://www.vivasaludable.org/eat-better/nutrition-basics/)

- **Heart Health:** Take steps to reduce the risk of cardiovascular disease:  
English: [www.gethealthyclarkcounty.org/manage-your-risk/heart-disease/](http://www.gethealthyclarkcounty.org/manage-your-risk/heart-disease/)  
Spanish: [www.vivasaludable.org/manage-your-risk/heart-disease/](http://www.vivasaludable.org/manage-your-risk/heart-disease/)
- **Diabetes Management:** Get guidance on managing diabetes with local resources.  
English: [www.gethealthyclarkcounty.org/manage-your-risk/local-diabetes-resources/](http://www.gethealthyclarkcounty.org/manage-your-risk/local-diabetes-resources/)  
Spanish: [www.vivasaludable.org/recursos-locales-para-la-diabetes/](http://www.vivasaludable.org/recursos-locales-para-la-diabetes/)
- **Obesity Prevention:** Find tools to help maintain a healthy weight.  
English: [www.gethealthyclarkcounty.org/manage-your-risk/obesity/](http://www.gethealthyclarkcounty.org/manage-your-risk/obesity/)  
Spanish: [www.vivasaludable.org/obesidad-2/](http://www.vivasaludable.org/obesidad-2/)
- **Community Calendar and Apps:** Stay connected with local activities and free mobile apps designed to support health goals.  
English: [www.gethealthyclarkcounty.org/community-calendar/](http://www.gethealthyclarkcounty.org/community-calendar/) and [www.gethealthyclarkcounty.org/mobile-apps/](http://www.gethealthyclarkcounty.org/mobile-apps/)  
Spanish: [www.vivasaludable.org/calendario/](http://www.vivasaludable.org/calendario/) and [www.vivasaludable.org/mobile-apps/](http://www.vivasaludable.org/mobile-apps/)

Additionally, the Health District partners with CredibleMind, an online mental health platform, to provide the community with free and confidential access to a large library of mental health and well-being resources. The site is available to the public at [ClarkCountyThrive.crediblemind.com](http://ClarkCountyThrive.crediblemind.com).

### **Diabetes Classes**

The Health District’s 2025 schedule of free diabetes self-management, education and support classes, offered in English, Spanish, in-person and online starts in mid-January.

The Health District’s Office of Chronic Disease Prevention and Health Promotion offers diabetes classes throughout the year at the Main Public Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107. Facilitated by trained health educators, participants learn how to manage their blood sugar, stay physically active and adopt healthier eating habits.

The Health District is currently accepting registrations for in-person classes that run through mid-May:

#### **English:**

February 19 and 26: 10 a.m.–noon

March 19 and 26: 10 a.m.–noon

May 15 and 22: 10 a.m.–noon

#### **Spanish:**

January 22 and 29: 10 a.m.–noon

February 20 and 27: 2-4 p.m.

March 17 and 24: 10 a.m.–noon

April 15 and 22: 2-4 p.m.

May 12 and 19: 10 a.m.–noon

To register, call (702) 759-1270, email [gethealthy@snhd.org](mailto:gethealthy@snhd.org) or complete the [Diabetes Self-Management Interest Form](#). Registration for Spanish-language classes is available at the [Viva Saludable](#) website.

Diabetes ranks as the eighth leading cause of death in the United States and is the primary cause of kidney failure, lower limb amputations and blindness. Individuals with diabetes are also at an increased risk of severe complications from flu and COVID-19. In 2023, 12.8% of adults in Clark County, or 238,102 people, were living with diabetes. In Nevada, approximately 283,700 people—11.3% of the state's adult population—have been diagnosed with the condition. Nationwide, more than 38 million Americans have diabetes, with 8.7 million unaware of their diagnosis, putting their health at greater risk. Each year, an estimated 1.2 million Americans are newly diagnosed with diabetes.

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](#). For information about additional classes, events and programs offered by the Health District, visit the [Get Healthy Clark County Community Calendar](#).

### **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 December 28, 2024, for the 2024-2025 influenza season, 438 influenza-associated hospitalizations have been reported. Currently, there have been seven deaths associated with influenza reported for the season. The percentage of emergency department and urgent care clinic visits for influenza-like illness (fever plus cough or sore throat) rose from 8.2% during weeks 51 to 10.5% during week 52. Currently, Influenza A has been the dominant strain detected within the region. During week 52, 6.8% of outpatient visits reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet) were due to respiratory illness. This percentage exceeds the national baseline of 3%. Among 55 states/jurisdictions, the respiratory illness activity level in the state of Nevada is very high.

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. Weekly flu surveillance updates are available on the Health District website at [www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/](http://www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/).

### **Community Meetings**

#### **Week ending 12/29:**

N/A

#### **Week ending 12/22:**

##### Monthly:

- Participated in the Local Health Official Monthly Engagement meeting facilitated by National Association of County and City Health Officials (NACCHO)

##### Quarterly:

- Participated in the County Health Officers meeting

#### **Week ending 12/15:**

##### Monthly:

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

Professional Development/Conferences:

- Attended the “Nevada Digital Government Summit 2024” facilitated by Gov Tech

Ad-hoc Meetings:

- Attended a meeting with Dr. Chad Kingsley (District Health Office of the Northern Nevada Health District) and Bradley Mayer
- Attended the meeting regarding the Spanish Healthcare Message Campaign facilitated by R.E.A.C.H. Las Vegas

**Week ending 12/08:**

Media/Interviews/Panelist/Presenter/Events:

- Interview with Ricardo Torres-Cortez (Review Journal) covering career at the Health District
- Attended the City of Las Vegas City Council meeting

Professional Development/Conferences:

- Attended the “2024 STI Update Virtual Series - Syphilis Overview: Screening, Diagnosis and Management” webinar facilitated by the Pacific AIDS Education & Training Center (Pacific AETC)

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 12/01:**

N/A

**Week ending 11/24:**

Monthly:

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

Quarterly:

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

Professional Development/Conferences:

- Attended the “Where Are We With Hepatitis C Elimination” webinar facilitated by the International Antiviral Society-USA (IAS-USA)

**Week ending 11/17:**

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Commissioner Kirkpatrick

Media/Interviews/Panelist/Presenter/Events:

- Interview with Abel Ortiz (Channel 13) on retirement announcement, evolution of health care in Southern Nevada, challenges of the COVID-19 pandemic, and the growth of the Health District
- Attended the Health District After Dark “Gun Violence”

**Week ending 11/10:**

Media/Interviews/Panelist/Presenter/Events:

- Attended the UNLV School of Public Health's 20<sup>th</sup> Anniversary Celebration

Professional Development/Conferences:

- Attended the "Fall Managed Care Forum" Conference facilitated by the American Association of Integrated Healthcare Delivery Systems (AAIHDS), the American Association of Managed Care Nurses (AAMCN) and the National Association of Managed Care Physicians (NAMCP)
- Attended the "Ethics: Doing What's Right When No One's Looking" webinar facilitated by the Clark County Medical Society