



We Are

**HEALTH
EQUITY**

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The Southern Nevada Health District's Health Equity Program was established with the goal of working alongside community partners to help increase awareness of, and minimize, the health inequities that hinder marginalized communities from reaching their full health potential.

The program's mission is to work in collaboration between Health District programs and community-based organizations to reduce disparities in health care access and service delivery to underserved populations using health equity strategies, increasing access to essential services, providing education and conducting community outreach.

[Click here to view the Health Equity Webpage](#)

We Are Health Equity

The Health Equity program is grateful to work alongside community organizations to support communities most impacted by COVID-19 and other health inequities. Our partners work diligently to provide services, education and other resources to a multitude of populations in Southern Nevada, including:

- Hispanic/Latinx
- Black/African American
- Asian/Pacific Islander
- People experiencing housing insecurity
- LGBTQ community
- Members of the Islamic community
- Immigrants and refugees
- Seniors 65+
- Low- to moderate-income households
- Medically underserved
- People with disabilities

Our partners are well-versed in the communities they serve and are trusted to be a resource for underserved populations. Though the COVID-19 pandemic has been the concentration of our collaboration, the collective goals of our partnerships are focused on increasing overall access to health and closing the gap between health disparities and those underserved populations.

Our Partners



ENGAGING THE COMMUNITY

“Health Equity Chats” Podcast

The Southern Nevada Health District’s Health Equity Program is bringing the conversation to the mic with its new podcast project, “[Health Equity Chats](#)” or “[Charlas de Equidad en Salud](#)” in Spanish.

The new project aims to empower marginalized communities by providing awareness and education about health topics related to health equity via audio/video podcast. Each episode will highlight a health equity topic and/or feature a guest, community partner or program to provide community members with tools and education to help minimize health inequities. By partnering with community organizations and SNHD program leaders, the platform will help advance health equity and increase access to health care services.

The first episode, filmed in Spanish, focused on Hispanic Heritage Month. Highlighting the cultural and unique aspects of Hispanic and Latinx populations that affect health both in negative and positive ways. With SNHD’s very own David Barragan, Health Educator and Dietician with the Office of Chronic Disease Prevention and Health Promotion and Dr. Erick Lopez, Epidemiologist with the Division of Disease Surveillance and Control.

View full episodes through our website by [clicking here](#)



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HEALTH EQUITY HIGHLIGHT

Heart Health Month – February

February is American Heart Month, a time for individuals to focus on heart health and highlight heart disease the leading cause of death for Americans. In addition, National Wear Red Day is an annual event held on the first Friday in February to raise awareness about heart disease in women. Heart disease is not only the leading cause of death in the U.S., but worldwide.

This year the Office of Chronic Disease Prevention and Health Promotion at the Southern Nevada Health District marks its sixth year of the Barbershop Health Outreach Project to focus on a key heart disease risk factor: high blood pressure. According to the American Heart Association, about 55% of Black adults have high blood pressure. They also experience disproportionately high rates of more severe cases and tend to develop high blood pressure earlier in life.

To reduce the risk of heart disease among Black adults and empower individuals to implement healthier lifestyles the Barber/Beauty Shop Health Outreach Project (BSHOP/BeSHOP) has partnered with fourteen Black-owned salons and barbershops to meet the community where they are and, in an environment, they are comfortable. Each location holds at least one blood pressure screening event monthly led by volunteers or Community Health Workers. During these screening events, patrons and the public have the opportunity to be screened, receive education, and given referrals to healthcare providers for those uninsured or without a provider.

In September 2023, the Barbershop Health Outreach Project was awarded the Nevada Public Health Association's Program of the Year award in recognition of the program's efforts to reduce high blood pressure among the Black community through education and outreach. In 2024, there are plans to expand the BSHOP/BeSHOP program to include an additional salon and barbershop. Also in 2024, the Barbershop Health Outreach Project will be piloting a program to assess social determinants of health to provide a wider network of referrals to reduce barriers to care.

For more information on the Barbershop Health Outreach Project go to <https://getthehealthyclarkcounty.org/manage-your-risk/heart-disease/#bshop> or contact Amineh Harvey at (702)-759-0790 or email harveya@snhd.org.

Additional resources:

- www.heart.org
- <https://www.nhlbi.nih.gov>



Tap Into Health

Mental Health and Seasonal Depression/Seasonal Affective Disorder



Holidays and mental health are closely related. According to the National Alliance on Mental Illness, nearly two-thirds of people with mental illness say their conditions worsen over the holidays.

Seasonal affective disorder (SAD) is a type of depression that lasts for a season, typically the winter months, and goes away during the rest of the year. When daylight hours start to decrease and it gets colder outside, many people may find themselves experiencing symptoms resembling depression.

Behavioral Health encompasses the broader spectrum of mental health and overall wellbeing. The journey to accessing behavioral health services is often hindered by multiple barriers, such as stigma, insurance complications, financial constraints, language barriers, and limited availability. At the Southern Nevada Health District's dedicated Community Health Center, we are committed to overcoming these challenges by providing a comprehensive approach to behavioral/mental health services. Our team includes bilingual providers and a language line for effective communication. We prioritize immediate access to care with same-day availability and offer practical solutions like bus passes to

enhance accessibility. Continuous training in best practices ensures that our services are of the highest quality. Importantly, our health center is unwavering in its commitment to inclusivity; we welcome everyone, regardless of their ability to pay or documentation status.

To schedule an appointment please use the following [link](#) or call 702-759-1700

SELF CARE CORNER

Fighting Seasonal Depression

Helpful tips from the American Psychological Association for managing Seasonal Affective Disorder (SAD)

- **Take in as much daylight as possible.** The lack of sun exposure is part of what causes SAD, so soaking up as much as you can, may lessen symptoms. Sit by a window or go for a walk during daylight hours.
- **Eat healthily.** Comfort foods don't have to be loaded with extra calories and lots of sugar and fat. Get creative and look for hearty, low-calorie recipes that are easy to prepare. Instead of eating cake and cookies, try making a dessert from seasonal fruits like apples and pears.
- **Spend time with your friends and family.** Spending time with friends and family is a great way to lift your spirits and avoid social isolation. Snuggle with your kids or pets, visit with your friends while drinking a hot cup of tea, or play board games with your family. Talk to you loved ones about how the season is affecting you. Take the time to educate them about SAD so they can better understand your situation.
- **Stay active.** Don't stay cooped up in your house all winter. Get out and enjoy your community this season. Volunteer, join a local club, go for a walk, or go ice skating with your loved ones to start. Also, if you know you experience SAD year after year, be proactive about planning out a schedule in advance of winter to keep active and engaged with others. Research shows exercise and scheduling pleasant activities can be effective ways to lessen the impact of SAD.
- **Seek professional help.** If you continue to struggle with feelings of depression, you may want to seek help from a mental health professional.

Additional Resources:

- [14 Ways to Ease Seasonal Depression](#)
- [Crisis Support Services](#)