



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 homelessness
- 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



HEALTH EQUITY HIGHLIGHT

Celebrating National Minority Health Month

Kirk Kerkorian School of Medicine at UNLV and Volunteers in Medicine of Southern Nevada Collaborate to Expand Access at Free Clinic

The Kirk Kerkorian School of Medicine at UNLV is collaborating with Volunteers in Medicine of Southern Nevada to increase patient access at the Ruffin Family Clinic site offering free healthcare for uninsured individuals in Las Vegas. This brings together the expertise of faculty physicians, staff, residents, and medical students volunteering. Seeing the patients together provides an opportunity for resident physicians and medical students to appreciate the community in which they are training. By gaining this experience early in their careers, it is an opportunity for these health professionals to consider providing care for the uninsured by integration into their future practices or by volunteering.

The Ruffin Family Clinic, known for providing compassionate care, features primary medical care, pediatrics, OB/GYN, dental care, social and behavioral health services, and various specialties along with an on-site pharmacy. All services and medications are provided at no cost to uninsured and low-income members of the community.

The Kirk Kerkorian School of Medicine at UNLV is grateful to the Southern Nevada Health District (SNHD) for its support of this initiative. The collaboration is also supported in part by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award funded by CDC/HHS.

Located primarily within the Las Vegas Medical District, the Kirk Kerkorian School of Medicine at UNLV graduated its first class of students in May of 2021. Fully accredited, the school currently has 246 medical students, 150 faculty physicians, and more than 300 medical residents and fellows. As one of the most diverse medical schools in the nation, graduates have been accepted to prestigious residency and fellowship programs throughout the country. Together with its partner hospitals, the Kirk Kerkorian School of Medicine at UNLV is transforming healthcare in Southern Nevada.

KIRK KERKORIAN
SCHOOL OF
MEDICINE




TAP INTO THE COMMUNITY

Clark County is home to 2.3 million residents who mostly live in and around the state's most populated city, Las Vegas, yet the financial strain of moving there has become a tremendous barrier for many. Nevada has the worst shortage of affordable and available rental homes in the United States. Statewide, for every 100 affordable homes needed, only 19 are available. The shortage is even greater in Las Vegas, with only 14 available units for every 100 affordable homes needed. Aside from the shortage of affordable homes in Clark County, skyrocketing rents, application and move-in fees, and landlords requiring tenants to have monthly incomes three times the rent make it nearly impossible for low-income renters to secure housing. Compared to other states, Nevada has the highest percentage of low-income renters who pay more than 50% of their income on rent and housing expenses, which puts them at risk of eviction. Court records show that from 2019 to 2022, there was a 35% increase in evictions, which continued into 2023 in even larger numbers. Those who have been most impacted are seniors with fixed incomes, families with low incomes, and single-income households.

What does this mean for the health and well-being of Clark County residents? Housing is a component of the five social determinants of health. Having a safe place to call home and live away from potential risky environmental conditions promotes well-being, along with good physical and mental health. In contrast, living in unstable, unsuitable, or unsafe housing conditions can add to health inequities, have harmful effects on childhood development, and be a factor in health conditions such as chronic diseases and injuries. In addition, unaffordable housing negatively impacts mental health due to the continuous stress of trying to provide for one's daily basic needs.

Housing instability and a lack of affordable housing leave many Clark County residents faced with the harsh reality of staying in unaffordable housing or possibly facing homelessness. The housing market challenges Clark County residents face spotlights an opportunity for the community and legislators to make changes to address the causes of housing instability. In addition, having resources that aid individuals who are working to escape homelessness and at risk of becoming homeless is vital to the well-being of the community.

[Clark County Social Services](#) serve residents who are facing financial hardships and lack sufficient income or resources to pay their housing costs, utilities, and other household expenses. Financial Assistance (FAS), Senior FAS, Fixed Income Chap, Eviction Prevention, and Transportation are a few of the assistance programs they offer. [Nevada 211](#) also has a list of programs that provide housing expense assistance to make payments for people who are at risk of eviction or need assistance with other services. Lastly, the [Legal Aid Center of Southern Nevada](#) offers legal advice for those experiencing housing challenges.

TAP INTO HEALTH

Black Maternal Health Week is recognized each year from April 11-17 to bring attention and action improving Black maternal health. Everyone can play a role in preventing pregnancy-related deaths and improving maternal health outcomes.

According to the CDC, each year in the United States, hundreds of people die during pregnancy or in the year right after. Thousands more have unexpected outcomes of labor and delivery with serious short- or long-term health consequences. Every pregnancy-related death is tragic, more so because more than 80% of pregnancy-related deaths in the U.S. are preventable. Recognizing urgent maternal warning signs, providing timely treatment, and delivering respectful, quality care can prevent many pregnancy-related deaths.



Resources

[SNHD Maternal Health Programs](#)

[Urgent Maternal Warning Signs](#)

SELF CARE CORNER

Stress awareness month has been held every April since 1992 with the goal of increasing public awareness about both the causes, and cures for this modern-day epidemic called stress.

According to the CDC more and more US adults are dealing with stress, which can result in mental health problems. In August 2022, more than **32% of US adults reported having symptoms of anxiety or depression** in the last 2 weeks.

Taking breaks throughout the day may help relieve stress, ease tensions, or lessen worry. But we often fail to take breaks. Even 10 minutes is enough to improve your mental health. Let's commit to taking 10 minutes today to do something for ourselves.

Quick Activities to Improve Your Emotional Well-Being

- **Be active**—Take a dance break! Lift weights. Do push-ups or sit-ups. Or kick around a soccer ball for a few minutes.
- **Close your eyes**, take deep breaths, stretch, or meditate.
- **Write three things** you are grateful for.
- **Check in with yourself**—take time to ask yourself how you are feeling.
- **Laugh!** Think of someone who makes you laugh or the last time you laughed so hard you cried.
- **Find an inspiring song** or quote and write it down (or screenshot it) so you have it nearby.

I'M SO STRESSED OUT!

Is it stress or anxiety?


Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none">• Generally is a response to an <i>external</i> cause, such as taking a big test or arguing with a friend.• Goes away once the situation is resolved.• Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none">• Excessive worry• Uneasiness• Tension• Headaches or body pain• High blood pressure• Loss of sleep	<ul style="list-style-type: none">• Generally is <i>internal</i>, meaning it's your reaction to stress.• Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.• Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

 National Institute of Mental Health

nimh.nih.gov/stressandxiety
NIMH Identifier No. OM 20-439

Here are some additional resources to help cope with stress.

- [How Right Now](#)
- [SNHD Resources](#)
- [CDC Coping with Stress](#)
- [Managing Stress](#)