

We Are

HEALTH EQUITY

August 2024 – Volume 3, Issue 3

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](#)

AUGUST ISSUE

- I. We are Health Equity: *Health Equity Program in Action*
- II. Health Equity Highlight: Community Forum: COVID-19 Impact on Disparities
- III. National Immunization Awareness Month
- IV. Children's Eye Health and Safety Month
- V. Self Care Corner
- VI. Health Equity Resources

WE ARE HEALTH EQUITY

Empowering Communities through Diabetes Self-Management Classes



Our Partners



This spring, the Southern Nevada Health District's (SNHD) Office of Chronic Disease Prevention and Health Promotion, along with the Health Equity Program, partnered with the YMCA to educate community members about diabetes management. Two Diabetes Self-Management Education & Support (DSMES) classes using the Conversation Maps curriculum were offered during April and May at different YMCA locations in the valley. A total of fifteen participants received a certificate of completion.

SNHD offers an extensive diabetes self-management program recognized by the American Diabetes Association. The program is designed to provide information, motivation, and support in raising awareness and education about diabetes. The Conversation Maps diabetes curriculum is an evidence-based approach designed to foster interactive discussion within a small group setting of people living with diabetes or interested in learning more about diabetes.

Throughout the year, SNHD's Office of Chronic Disease Prevention and Health Promotion offers free DSMES classes to community members in both English and Spanish and is available both online and in person. **To learn more about free diabetes self-management classes go to our [Get Healthy Clark County website](#).**

2024 Community Trainings

The Health Equity Program now offers trainings to community partners. This year we've conducted three different training sessions on Health Equity and Implicit Bias, engaging a total of 147 participants across five partnering organizations. Among our community partners are Nevada HAND, Puentes, Clark County Law Foundation, Al Maun, and the Nevada Homeless Alliance.

Photos below capture Cynthia Mora, Health Educator, leading an impactful Implicit Bias training session with over 100 participants from Nevada HAND's dedicated staff. **To request a training for your team, community partners can contact Cynthia Mora at mora@snhd.org.**





HEALTH EQUITY HIGHLIGHT

Community Forum: COVID-19 Impact on Disparities

In partnership with the Center for Health Disparities Research at the University of Nevada, Las Vegas (UNLV), the Southern Nevada Health District recently hosted an impactful event on April 18, 2024 to address COVID-19 disparities in Clark County. The forum, attended by 40 participants including public health scholars, professionals, and various community organizations, aimed to explore the complex challenges and discuss strategies to mitigate health inequities exacerbated by the pandemic. Presentations highlighted critical disparities in vaccination rates, the impact on specific racial and ethnic groups, vulnerabilities among older adults and pediatric populations, and spatial analysis of Clark County through wastewater surveillance.

The community feedback session was facilitated by SNHD's Erick Lopez and Xavier Foster and provided valuable insights from local partners. Key themes emerged, emphasizing the need for culturally and linguistically appropriate interventions, ensuring accessibility and comfort in vaccination processes, and leveraging qualitative data and narratives to inform targeted interventions. Furthermore, discussions emphasized prioritizing vulnerable populations in future health emergencies and building trust within communities through collaborative, equitable partnerships.

The forum concluded with a collective commitment to advancing health equity by addressing the social determinants of health and centering equity in public health initiatives. As we navigate through lessons learned from COVID-19 and prepare for the future, this collaborative approach shows promising potential towards a more equitable and resilient future for communities in Southern Nevada.



NATIONAL IMMUNIZATION AWARENESS MONTH

Immunization Access in Southern Nevada

As the new school year approaches, ensuring children are up to date with their immunizations is essential. Vaccinations protect students from preventable diseases such as measles, mumps, rubella, and the flu, which can spread quickly in a school environment. The national MMR (measles, mumps, and rubella) vaccination rate for kindergarteners ranged from 81% to 98% by state, leaving approximately 250,000 kindergarteners nationwide who are not vaccinated for MMR. Nevada law requires immunizations for childcare, school, and university enrollment unless excused due to a religious belief or medical condition. Despite the importance of vaccinations, disparities are seen in immunization rates among different socio-economic and racial groups. Factors contributing to these disparities include:

- **Socio-economic barrier:** lack of health insurance, lack of transportation, costs.
- **Education:** lack of knowledge on vaccines, misinformation, vaccine hesitancy, and being influenced by unreliable resources.
- **Access to health care:** residing in an underserved area or a lack of providers, clinics, and pharmacies offering vaccinations.

To address disparities in immunization access, strategies include fostering partnerships with community-based organizations, establishing school-based clinics, and addressing vaccine hesitancy.

The Southern Nevada Health District (SNHD) offers **low or no cost immunizations** at four different clinics across Clark County. Appointments are available now and we encourage parents and guardians to schedule appointments to ensure children receive the necessary school immunizations and secure a spot. Visit [SNHD's website](#) for scheduling and details.

Additionally, the Clark County School District (CCSD) Family Support Center (FSC) holds monthly events for vaccinations on a first-come, first-serve basis. Learn more about CCSD FSC Immunizations [here](#).

For more resources on required school immunizations please see below:

- [State School Immunization Requirements and Vaccine Exemption Laws](#)
- [SNHD Immunization Clinics Schedule](#)

Request a Health Equity Training for your team!

*The Southern Nevada Health District and its Health Equity Program are committed to eliminating health disparities and advancing health equity in our community. **We now offer 1-hr health equity trainings to community partners.***

If you are interested in requesting a training, please see below:

For Community Partners:

Contact Cynthia Mora at mora@snhd.org

School starts August 12!

Beat the BACK TO SCHOOL Rush!



Don't wait! Schedule an immunization appointment with your healthcare provider or local pharmacy now. Immunizations at Southern Nevada Health District are available by appointment.

SPECIAL BACK-TO-SCHOOL CLINIC
Scan the code to make an appointment. Dates available starting June 3rd until August 15th at the Main Public Health Center. Appointments are for under 19 years old only.



Additional appointments are available at our public health centers:

| | |
|---|--|
| <p>Main Public Health Center 280 S. Decatur Blvd., Las Vegas, NV 89107 Monday-Thursday, 7 a.m.-5 p.m. (closed 12-1 p.m.)</p> | <p>Mesquite Public Health Center 150 N. Yucca St., Mesquite, NV 89027 Tuesday and Thursday, 8 a.m.-4:30 p.m. (closed 12-1 p.m.)</p> |
| <p>East Las Vegas Public Health Center 2950 E. Bonanza Rd., Las Vegas, NV 89101 Tuesday-Friday, 7 a.m.-5 p.m. (closed 12-1 p.m.)</p> | <p>Henderson Public Health Center 220 E. Horizon Dr., Ste. A & C, Henderson, NV 89015 Monday-Thursday, 7 a.m.-5 p.m. (closed 12-1 p.m.)</p> |

Scan the code to make an appointment:



For assistance in scheduling an appointment call (702) 759-0850. Parent/guardian must be present for students under the age of 18. Bring immunization records, insurance card and ID if available. Immunizations provided for insured and uninsured; administrative fees may apply.

DON'T WAIT TO VACCINATE!



snhd.info/fts

¡La escuela comienza el 12 de agosto!

¡No lo dejes para última hora, evita los inconvenientes para el REGRESO A CLASES!



No lo dejes para última hora! Programe una cita de vacunación con su proveedor de atención médica o farmacia local ahora. Las vacunas en el Distrito de Salud del Sur de Nevada están disponibles con cita previa.

CLÍNICAS ESPECIALES PARA EL REGRESO A CLASES
Escanee el código para programar una cita. Fechas disponibles a partir del 3 de junio hasta el 15 de agosto en el Centro de Salud Pública en Decatur. Las citas son únicamente para menores de 19 años.



Hay citas adicionales disponibles en nuestros centros de salud pública:

| | |
|---|--|
| <p>Centro de Salud Pública de Decatur 280 S. Decatur Blvd., Las Vegas, NV 89107 Lunes a jueves, de 7 a. m. a 5 p. m. (cerrado de 12 a 13 horas)</p> | <p>Centro de Salud Pública de Mesquite 150 N. Yucca St., Mesquite, NV 89027 Martes y jueves, de 8 a. m. a 4:30 p. m. (cerrado de 12 a 13 horas)</p> |
| <p>Centro de Salud Pública del Este de Las Vegas 2950 E. Bonanza Rd., Las Vegas, NV 89101 De martes a viernes, de 7 a. m. a 5 p. m. (cerrado de 12 a 13 horas)</p> | <p>Centro de Salud Pública de Henderson 220 E. Horizon Dr., Ste. A & C, Henderson, NV 89015 Lunes a jueves, de 7 a. m. a 5 p. m. (cerrado de 12 a 13 horas)</p> |

Escanee el código para programar una cita:



Para obtener ayuda para programar una cita, llame al (702) 759-0850. El padre/madre debe estar presente con los estudiantes menores de 18 años. Traiga registros de vacunación, tarjeta de seguro o identificación si están disponibles. Programaciones vacunas para personas con seguro y sin seguro médicos, es posible que se apliquen otras tarifas administrativas.

¡NO ESPERES PARA VACUNARTE!



snhd.info/fts

CHILDREN'S EYE HEALTH AND SAFETY MONTH



Eyeing the Outdoors: A Prescription for Myopia Prevention

Over recent years, Asia has experienced an alarming surge in myopia cases, with up to **90%** of teenagers and young adults in China affected—a sharp increase from just 10% in the 1950s [1]. Commonly known as nearsightedness, myopia occurs when the eyeball elongates, causing distant objects to appear blurry. This trend is also becoming concerning in the US and Europe, influenced by factors like urbanization and a shift towards intensive educational practices [1].

Initially, efforts to combat myopia initially focused on adjusting indoor environments and reducing screen time, but these measures were not found to be the main source of the problem. Research from Ian Morgan and Taiwanese scientists in the mid-1990s discovered a pivotal link: increased **outdoor time** correlates with lower myopia rates. Sunlight exposure stimulates the release of **dopamine**, a neurotransmitter crucial for eye health [1].

Encouragingly, studies show that as little as **17 minutes** of outdoor time daily (equal to 120 minutes per week) can yield significant health benefits [3]. As we observe Children’s Eye Health and Safety Month, promoting vision screenings for early detection and advocating for more outdoor time is a proactive approach that is beneficial and **accessible** to everyone [4,2]. So, let’s step outside and embrace the sunlight—it could be the key to preserving our vision for generations to come. For more information, refer to resources below.

- [1] <https://www.wired.com/story/taiwan-epicenter-of-world-myopia-epidemic/>
- [2] <https://pubmed.ncbi.nlm.nih.gov/31722876/>
- [3] <https://www.nature.com/articles/s41598-019-44097-3>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10653256/>

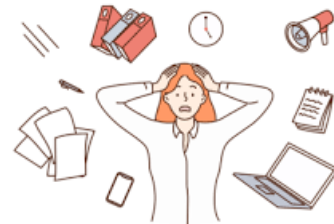
Resources

- [Health and the Outdoors, Nevada Division of Wildlife](#)
- [Get Outside, Nevada Division of Wildlife](#)
- [Nevada Clinic- Eyecare, Eye Care 4 Kids](#)

SELF CARE CORNER

Coping With Stress at Work

According to the American Psychological Association (APA), work-related stress doesn’t just disappear when you head home for the day. When stress persists, it can take a toll on your health and well-being. Unfortunately, such long-term stress is all too common. In fact, the APA’s annual Stress in America survey has consistently found that work is cited as a significant source of stress by a majority of Americans. Below are some helpful tips to help you manage work related stress.



Tips to manage stress:

- **Track your stressors.** Keep a journal for a week or two to identify which situations create the most stress and how you respond to them.
- **Develop healthy responses.** Instead of attempting to fight stress with fast food or alcohol, do your best to make healthy choices when you feel the tension rise. Exercise is a great stress-buster.
- **Establish boundaries.** In today’s digital world, it’s easy to feel pressured to be available 24 hours a day. Establish some work-life boundaries for yourself.
- **Take time to recharge.** To avoid the negative effects of chronic stress and burnout, we need time to replenish and return to our pre-stress level of functioning. This recovery process requires “switching off” from work by having

periods of time when you are neither engaging in work-related activities, nor thinking about work.

- **Learn how to relax.** Techniques such as meditation, deep breathing exercises, and mindfulness (a state in which you actively observe present experiences and thoughts without judging them) can help melt away stress.
- **Talk to your supervisor.** Employee health has been linked to productivity at work, so your boss has an incentive to create a work environment that promotes employee well-being. Start by having an open conversation with your supervisor.
- **Get some support.** Accepting help from trusted friends and family members can improve your ability to manage stress. Your employer may also have stress management resources available through an employee assistance program, including online information, available counseling, and referrals to mental health professionals, if needed.

Reference

[American Psychological Association](#)

Additional Resources

[CDC Work Related Stress](#)

[SNHD Mental Health Resources](#)

HEALTH EQUITY RESOURCES

- [Healthy Equity Toolkit for Public Health Leadership](#)
- [Health Equity Toolkit for Public Health Professionals](#)
- [SNHD Health Equity Status Report](#)
- [SNHD 2025 Community Health Assessment](#)

Health Equity Trainings for the Community!

*The Southern Nevada Health District and its Health Equity Program are committed to eliminating health disparities and advancing health equity in our community. **We are now offering 1-hour health equity trainings to our community partners.** See flyer below for trainings we offer to the community.*

If you are interested in requesting a training, contact Cynthia Mora at mora@snhd.org or complete the training request form [HERE](#).

Introduction to Health Equity

Achieving health equity means ensuring that every individual has the opportunity to reach their full health potential, regardless of social status or other circumstances beyond their control. In this training we review the definition of health equity, health disparities, and health inequities. We explore the underlying causes of health inequities, discuss high risk populations that have historically been marginalized, and reflect on how this may impact the work that we do.

Introduction to Social Determinants of Health

Social determinants of health affect all of us, specifically the environments in which we live, learn, work, play and worship. This training dives into how social determinants can have an impact on the health of individuals and communities, and how we can all contribute to addressing these conditions.

Introduction to Cultural Competency

Cultural competence is the ability to effectively interact, work, and develop meaningful relationships with people of various cultural backgrounds. This training explores how cultural competency can help us communicate and interact with people effectively, particularly those who have different beliefs, values, and experiences. Learn strategies for self-reflection to increase awareness and improve ability to engage across different cultures.

Introduction to Implicit Bias

Implicit bias is favoring or being more receptive to familiar-sounding concepts than those from other cultural groups. It is important to recognize that our implicit biases can influence our actions unintentionally. In this training, we'll explore the concept of implicit bias and how it shapes our thoughts and interactions with others. By gaining a deeper understanding of our own biases, we can work towards fostering a more inclusive and equitable environment in our work and community.



To request a training please send an email to mora@SNHD.org. Scan the code to learn more about our programs.

