

**We Are**

# HEALTH EQUITY

November 2024 – Volume 3, Issue 4

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](#)



## NOVEMBER ISSUE

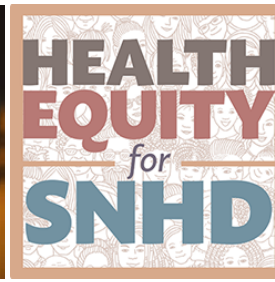
- I. We are Health Equity: Health Equity Program in Action
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## WE ARE HEALTH EQUITY

*Health Equity Program in Action*

**New Episode! HEALTH EQUITY PLATICAS DE SALUD PODCAST**

## Our Partners

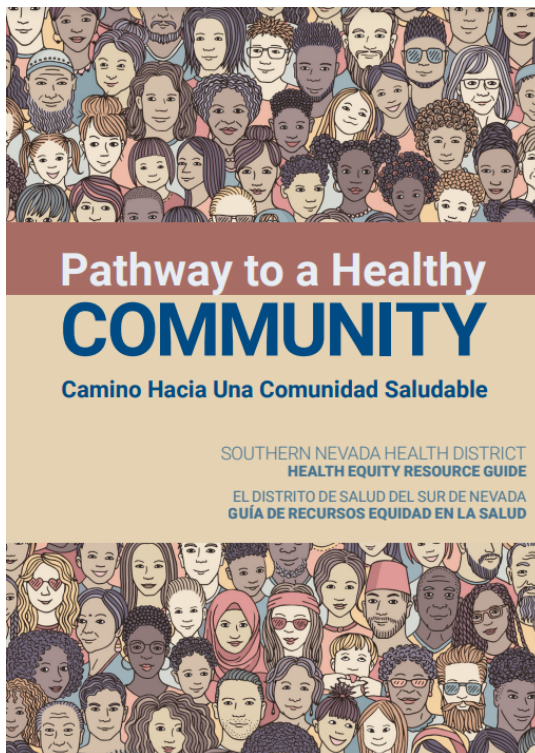


In honor of **Hispanic Heritage Month**, we invited special guests on the Health Equity Chat to discuss health issues that affect the Hispanic community and share valuable resources. Watch for valuable insights and resources aimed at making health care more accessible for all:

### [Charlas de Equidad en Salud – Episode 3](#)

### Pathway to a Healthy Community: Southern Nevada Health Equity Resource Guide

We've created a resource guide that contains information about Southern Nevada Health District programs, designed to make sure that you have fair and equitable access to your full health potential. The guide provides information in both English and Spanish. **Click the image below to access the resource guide.**



### Nevada HAND Back to School Fairs

This July, the Southern Nevada Health District's Health Equity Program participated at Nevada HAND's Back-to-School Fairs, educating families about available resources and



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essential hygiene practices. The Office of Disease Surveillance (ODS) also promoted the Community Status Assessment, gathering insights on community health and priorities. The survey was conducted from May 15 to August 15 and received an impressive 3,303 survey responses!

This was one of many events ODS staff members attended to collect responses, and they could not have met their goal without the incredible support of Nevada Hand and the community. Throughout the week, more than 400 parents and children were engaged with at Nevada HAND's residential properties across the valley.



## Nevada HAND Senior Wellness Festival

In September, the Health Equity Team and the Office of Chronic Disease Prevention and Health Promotion (OCDPHP) participated in Nevada HAND's Annual Senior Wellness Festival at Bill and Lillie Heinrich YMCA. We provided valuable resources for seniors and information on Health District programs and chronic disease prevention, including the promotion of OCDPHP's [Diabetes Self-Management Education and Support \(DSMES\) classes](#).

The Southern Nevada Health District also offered blood pressure screenings and cardiovascular health education. Attendees enjoyed a variety of vendor services, including



dental and memory screenings, free food, Zumba classes, chair yoga, and a fun crazy hat competition. We engaged with 195 seniors at our booth. Kudos to Nevada HAND for putting on such a fantastic event!



## HEALTH EQUITY HIGHLIGHT

*Our Community*

### Public Health Infrastructure (PHI) Grant



The Health District's Health Equity Program collaborates and provides support to community-based organizations focused on increasing access to care, education, and targeting social determinants of health which contribute to health inequities.



**Al-Maun's** Food Assistance Project provides tailored diet plans and food assistance to individuals with diabetes. This initiative highlights the benefits of healthy produce, dietary choices, and physical activity, while encouraging participation in their Diabetes Support Pilot Program. The program is designed to educate individuals with elevated blood sugar and blood pressure on managing these health challenges, empowering them to make informed lifestyle changes for better health outcomes. Al-Maun of Las Vegas is leading a Diabetes and Hypertension awareness campaign in the 89106 neighborhoods, offering free, fresh-pressed juices to the community.



**Golden Rainbow's** Food Insecurity Intervention program provides healthy food assistance to clients living with HIV/AIDS. This intervention addresses how the lack of access to nutritious foods can have serious consequences to people's health and well-being. Households that don't have access to food can affect client's physical and mental health as well as school and work. Most importantly, maintaining the client's viral suppression and adherence to their treatment plan.

To address those concerns, the program provides 12 weekly delivered meals from Hungryroot, a trusted meal kit delivery service that addresses healthy eating that is easy, customizable and tasty. Each client enrolled goes through a 20-minute customized quiz about their goals, nutrition preferences, their tastes and cooking routines for the best optimal profile. Their goal is to ensure that clients who face food insecurities receive proper nutrition and support.

## HONORING NATIVE AMERICAN HERITAGE AND EMBRACING UNITY



**Thanksgiving**, established as a national holiday in 1863, is often associated with a narrative of peace and harmony between Pilgrims and Native Americans. However, this overlooks the complex history of colonization, oppression and genocide that followed. November is also **Native American History Month**; a reminder of the significant roles Native Americans have in shaping the U.S. It is also a time to honor Native ancestors, reflect on the ongoing struggles of Native communities, and emphasize the need for continued resistance against racism and inequality. Despite the holiday's complex origins, many Native communities continue to gather in gratitude, emphasizing environmental stewardship, generosity and resilience.

This Thanksgiving let's focus on togetherness, generosity, gratitude, and respect. Instead of perpetuating myths, learn the true history of Native peoples and acknowledge that all North America is indigenous land. Here are ways you can honor Native American heritage:

- **Celebrate [indigenous cuisine](#)**: Explore and enjoy traditional Native foods, such as squash, pumpkins, Native corn varieties, wild rice, and more.
- **Speak respectfully**: Use considerate language when discussing Native peoples and their culture.
- **Learn and teach true history**: Educate yourself and others about the real history of Native Americans.
- **Acknowledge indigenous land**: [Enter your ZIP code here](#) to identify the traditional territories you are on and learn about the tribes associated with those lands.
- **Support Native-led initiatives**: Contribute to and be an advocate for projects and organizations led by Native communities.

## RECOGNIZING RURAL HEALTH DAY

November 21, 2024



Access to quality health care remains a significant challenge in rural areas across the US., where disparities in care and outcomes between urban and rural communities are stark. Below are key factors that contribute to these challenges:

- **Geographic isolation**: Long travel times and limited public transportation make it



difficult for rural residents to access health care services, leading to delayed care and worsening health conditions.

- **Provider shortages:** Shortages of health care professionals, from doctors to specialists, are due to lack of incentives and limited training opportunities for providers in these regions. This contributes to longer wait times and a lack of specialized care for individuals.
- **Economic challenges:** Lower incomes and higher rates of uninsured individuals in these areas make it difficult to afford medical services and preventive care, which leads to unmet needs and avoidable health complications.
- **Infrastructure Limitations:** Smaller hospitals and clinics in rural areas may also lack the resources, space, and technology found in urban settings, limiting quality of care.

In honor of Rural Health Day, it's important recognize the resilience demonstrated through local organizations that aim to improve health access. Programs like [Project ECHO](#) at UNR and the [Nye Communities Coalition](#) are building healthier communities through collaboration and telehealth services, helping to reduce gaps, allowing residents to access care and support.

The Southern Nevada Health District provides immunizations, health cards, and environmental health services in [Mesquite](#) and [Laughlin](#). To learn more about rural health, [click here](#).

# PRACTICING SELF CARE DURING THE HOLIDAYS

A NAMI study showed that 64% of people with mental illness report holidays make their conditions worse. For many people the holidays can be very stressful and challenging. Here are some mental health tips that can be helpful.

**The Top 10 Mental Health Tips For The Holidays**

1. Be kind to yourself.
2. More is not necessarily better.
3. Keep expectations realistic.
4. Old patterns will naturally start to appear around the holidays, especially when you are with relatives or under stress.
5. Remember that other people cannot read your mind or anticipate your needs.
6. Remember that "family" is another way of saying "people who love, support, and care about me."
7. Pause and think through any major announcements or decisions you want to make during the holidays.
8. Plan sanity time-outs.
9. Choose your battles.
10. Do something silly.

- HOWARD BROWN HEALTH CENTER. | | TheMindsJournal

MINDJOURNAL

## Resources

[Holiday Toolkit](#)

[Southern Nevada Health District Mental Health Resources](#)

[Southern Nevada Health District Behavioral Mental Health Services](#)

## HEALTH EQUITY RESOURCES



## **HEALTH EQUITY COMMUNITY PARTNER TRAINING**

We are now offering 1-hour health equity training to our **community partners**. See the flyer below for trainings we offer to the community. If you are interested in requesting a training, contact [HealthEquity@snhd.org](mailto:HealthEquity@snhd.org) or complete the training request form [HERE](#).

### WORKSHOPS FOR LEARNING ABOUT HEALTH EQUITY

#### **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 thought and interactions with others. By gaining a deeper understanding of our own biases, we can work toward: fostering a more inclusive and equitable environment in our work and community.

## **CREDIBLE MIND**

The Health District now offers [new tool](#) to boost your well-being. To learn more, **click on the image below.**



## SEXUAL HEALTH OUTREACH PREVENTION PROGRAM (SHOPP)

### **Express Testing Now Available!**

The Sexual Health Outreach Prevention Program (SHOPP) is excited to announce express testing for asymptomatic individuals for HIV and common STIs! Walk in **Monday to Thursday from 7:30 a.m. to 4:00 p.m.** at the **Decatur** location Sexual Health Clinic in Annex A. You can also access express testing at our **Fremont** location on **Fridays from 7:30 a.m. to 4:00 p.m.** No cost for testing—just bring a valid Nevada address and be over 18.

Testing is available to everyone who needs it, and do not have symptoms. Simply stop by, complete some paperwork, and we'll guide you through the express testing process. Your health matters—take the step to get tested!

WALK-INS ONLY  
CHLAMYDIA GONORRHEA SYPHILIS  
RAPID HIV HEPATITIS

# EXPRESS TESTING

FOR PEOPLE WITHOUT SYMPTOMS

SEXUAL HEALTH OUTREACH AND PREVENTION SERVICES (SHOPP)

**PrEP NAVIGATORS ARE ONSITE FOR THOSE INTERESTED IN PrEP/PEP**

Southern Nevada Health District  
280 S. Decatur Blvd.  
Las Vegas, NV 89107  
Monday-Thursday 7:30AM-12PM, 1PM-4PM  
2830 E. Fremont  
Las Vegas, NV 89104  
Friday 7:30AM-12PM, 1PM-4PM  
702-759-1111

**COLLECT 2 PROTECT**

[www.snhd.info/c2p](http://www.snhd.info/c2p)

SOLAMENTE SIN CITA  
CLAMIDIA GONORREA SÍFILIS  
RÁPIDA DE VIH RÁPIDA DE HEPATITIS

# PRUEBAS EXPRES

PARA PERSONAS SIN SÍNTOMAS

PROGRAMA DE EDUCACIÓN Y PREVENCIÓN DE SALUD SEXUAL (SHOPP, POR SUS SIGLAS EN INGLÉS)

**LOS NAVEGADORES DE PrEP ESTÁN PRESENTES PARA AQUELLAS PERSONAS INTERESADAS EN PrEP / PEP**

Distrito de Salud del Sur de Nevada  
280 S. Decatur Blvd.  
Las Vegas, NV 89107  
Lunes-Jueves 7:30AM-12PM, 1PM-4PM  
2830 E. Fremont  
Viernes 7:30AM-12PM, 1PM-4PM  
702-759-1111

**COLLECT 2 PROTECT**

[www.snhd.info/c2p](http://www.snhd.info/c2p)

## NEVADA MINORITY HEALTH & EQUITY COALITION (NMHEC) IMPACT SUMMIT

Registration is now open for the Nevada Minority Health and Equity Coalition (NMHEC) Impact Summit, “**Strategic Shift: Integrating Social Determinants into Equitable Practices.**” The purpose is to bring together thought leaders, professionals, and partners from diverse fields to advance the integration of social determinants into equitable practices. **For more information or to register, click [here](#).**





# IMPACT SUMMIT

2 0 2 4

STRATEGIC SHIFT: INTEGRATING SOCIAL DETERMINANTS INTO EQUITABLE PRACTICES

NOVEMBER 15, 2024, 9AM - 5PM - THOMAS & MACK STRIP VIEW PAVILION