

We Are

HEALTH EQUITY

August 2025 – Volume 4, 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

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WE ARE HEALTH EQUITY

Health Equity Program Updates

Community Champions



May Podcast Episode, featuring the Just One Project!



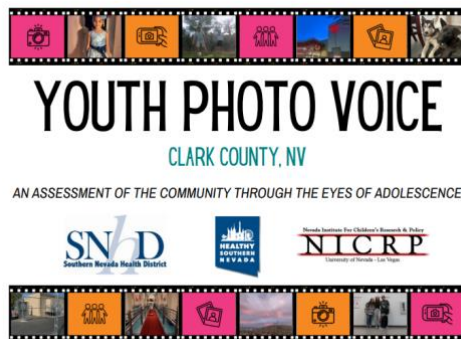
Tune in to see how this amazing local nonprofit is tackling food insecurity in Las Vegas – one meal at a time. Discover how programs like Groceries on the Go, Meals on Wheels, and the Food as Medicine Farmers Market are making a real impact on community health. Plus, find out how YOU can get involved!

[Health Equity Chats - The Just One Project \(May 2025\)](#)

HEALTH EQUITY HIGHLIGHT

Our Community

Youth Photo Voice: A Community Seen by Its Young People



The Southern Nevada Health District and the Nevada Institute for Children's Research and Policy (NICRP) partnered with local youth to explore the strengths and challenges of our community—through their eyes. Youth participants use photography to capture powerful moments that reflect real-life experiences, challenges, and hopes for change. Each image tells a story of resilience, reflection, and a call to action. This project is both a celebration of youth creativity and a visual guide toward advancing health equity in Southern Nevada.

[View the project here!](#)

Phone: (702) 759-0783 | email: healthequity@snhd.org

Pediatric Care Now at Southern Nevada Community Health Center!



The Southern Nevada Community Health Center, a Federally Qualified Health Center located within the Southern Nevada Health District, now offers **pediatric care services**, as of April 2025! The clinic aims to serve everyone across the lifespan and provide a welcoming environment for children and their families.

Currently, a dedicated pediatric provider is available on **Thursday** afternoons at the **280 S. Decatur Blvd. location**, but children can be seen any day of the week. The pediatric unit is starting small with limited hours but anticipates future growth based on community need and demand. The Health Center also offers a wide range of services, including primary care, family planning, behavioral health, Ryan White services, sexual health, pharmacy, and telehealth.

The clinic **accepts most insurance plans**, including Medicaid, and offers a **sliding fee scale** for underinsured patients.

To schedule an appointment, call 702-759-1700.

NATIONAL IMMUNIZATION AWARENESS MONTH



National Immunization Awareness Month

Vaccines Across the Lifespan: National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM) which promotes the importance of vaccines throughout the lifetime. Vaccines are an essential part of a public health response that protects the community from a variety of diseases and illnesses. NIAM aims to:

- **Increase public awareness** of the importance of vaccines while also raising awareness about vaccine safety.
- **Educate individuals on recommended vaccines** by age group. This includes routine childhood vaccinations, flu shots, and adult vaccines.
- **Address any vaccine misconceptions.** CDC infographics provide accurate information to build trust and educate the public.

Health care professionals can engage in National Immunization Awareness Month activities by enrolling in the CDC's health care providers [Immunization Education and Training courses](#), sharing vaccine information and resources on social media, and participating in local community outreach events to promote vaccination efforts. Visit [CDC TRAIN](#) for additional vaccine training resources which include the interactive training series *You Call the Shots*. Additionally, see various other [CDC resources](#) that health care providers can use to educate patients and family members throughout the lifespan.

The CDC recommended [adult](#) and [childhood](#) vaccine schedules for 2025 are available on its website.

National Immunization Awareness Month serves as an important reminder of the vital role vaccines play in safeguarding public health. Their impact continues to fortify community health as we strive for a healthier future for all.

INTERNATIONAL OVERDOSE AWARENESS DAY



Drug Overdose: A Leading Public Health Crisis

Drug overdose remains a top cause of death in the United States—claiming more lives in 2021 than motor vehicle accidents and firearms combined. Both prescribed opioids (e.g., methadone, oxycodone, and hydrocodone) and illicit opioids (fentanyl and heroin) contributed to 76% of overdose deaths in 2022.

The overdose epidemic also disproportionately impacts communities of color. Additionally, men have higher overdose rates than women, with the highest rates occurring among adults ages 35-44.

Local Resources for Overdose Prevention

The Southern Nevada Health District provides several harm reduction and prevention services:

- [The Strip Club](#)—Individuals or organizations can order fentanyl and/or xylazine test strips by mail.
- [Linkage to Action \(L2A\)](#)—A program focused on preventing fatal and non-fatal overdoses through education, surveillance, and linkage to supportive services. Contact: L2A@snhd.org.
- **Trainings and Distribution**—Training and resources on using fentanyl test strips and naloxone. Click [here](#) for more information.
- [Substance Use Dashboard](#)—Monthly data updates on local substance use trends.

Save the date:

Join the [2025 Substance Misuse and Overdose Prevention Summit](#) on **August 14** to learn how we can reduce substance use and prevent overdose in our community.

Sources

[Drug Overdose Deaths in the U.S. 2002-2022, CDC.](#)

[Widening Racial Disparities in the U.S. Overdose Epidemic, AJPM.](#)

[Drug Overdose Deaths, CHRR](#)

SELF-CARE CORNER

Mindful Movement: A Powerful Tool for Stress Reduction in Everyday Life



Mindful movement incorporates the meditative aspect of mindfulness into intentional movements. Practice encourages an individual to focus on their inner thoughts, body movements, feelings, and surroundings as they exercise.

Notable **benefits of mindful movement** as researched by the American Psychological Association include:

- **Reduced stress and anxiety:** The practice stresses relaxation by identifying outside stressors and working to overcome them in a positive manner.
- **Improved focus:** Mindful meditation practices have been shown to improve brain function and attention span as it trains the brain to maintain attention.
- **Improved working memory:** Practicing mindfulness has been shown to increase working memory capacity in adults.
- **Reduced rumination:** Practicing mindfulness helps break the cycle of negative thoughts and overthinking by grounding an individual in the present.

Movement is also a great health benefit that when combined with mindfulness creates a powerful self-care tool. [CredibleMind](#) details how to start your own mindfulness journey while juggling a busy schedule and an **example of mindful exercises that can be done in an office setting are highlighted below.**



HEALTH EQUITY RESOURCES

NEW Community Trainings Available!

Programs and Services at the Southern Nevada Health District

Discover what the Health District can do for you! The Southern Nevada Health District offers more than you think. Join this workshop to learn how the Health District can support you, your family, and your community. Learn about the wide range of services that we offer and help spread the word!

To request this presentation for your next team event, please contact **Grissel Oliveros** at oliverosg@snhd.org.

Personal Health Literacy

Join this interactive session to boost your personal health literacy and feel more confident navigating health information. Learn the skills to understand health communication in multiple formats and identify accurate, credible health information sources. Empower yourself to make informed decisions for you and your family!

To request this presentation for your next team event, please contact **Grissel Oliveros** at oliverosg@snhd.org.