

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](#)



2025 Turkey Giveaway



The Clark County Law Foundation’s annual Turkey Giveaway supported food security for families in East Las Vegas through community generosity and strong partnerships with Nutrition Program participants, Board of Trustees members, community volunteers, and partners from The Library District Bonanza location and Burger, Meyer and D’Angelo LLP. This year, \$7,300 raised and 26 volunteers helped distribute 8,500 pounds of food, serving 460 households and reaching 2,065 individuals.

A Moment That Stood Out

An older woman paused before receiving her food to share how meaningful the event was to her. Overcome with emotion, she expressed deep gratitude for the support—a powerful reminder of the impact these efforts have on individuals facing difficult circumstances.

Why this matters for equity

Reliable access to nutritious food supports health, dignity, and stability. Through community partnerships, CCLF helped reduce barriers for families most impacted by food insecurity during the holiday season.

Youth Advisory Council Milestone

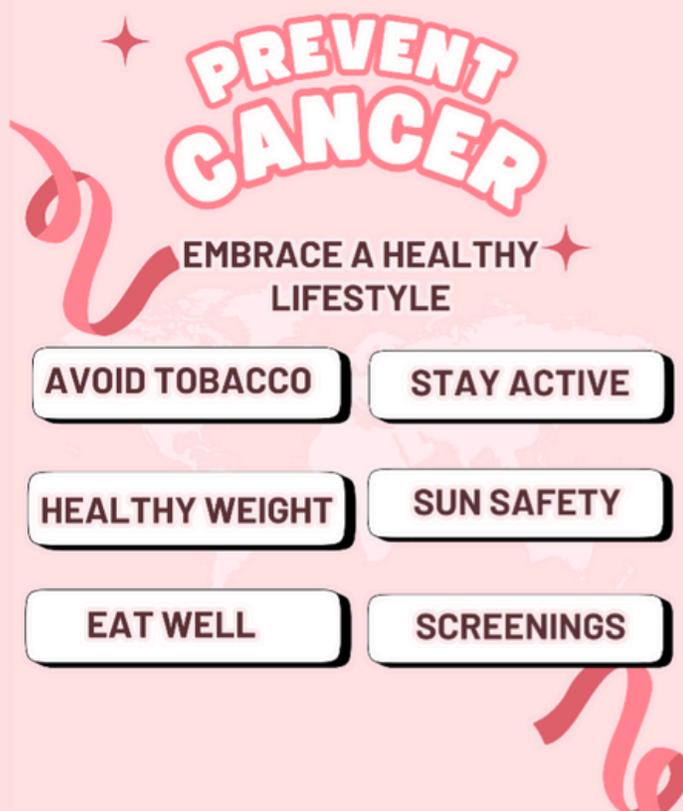


[Click here to join us today!](#)

During the holiday season, SNHD’s Youth Advisory Council—**S.P.A.R.K. (Students Promoting Awareness, Responsibility, and Knowledge)**—came together to celebrate reaching the halfway point of their program with a day of team building and bowling. Students connected with one another and began forming groups for their upcoming Spring projects, which they’ll implement in partnership with SNHD departments such as Environmental Health, Chronic Disease Prevention and Health Promotion, Public Health Preparedness, and more! We’re excited to see the impact this talented cohort will make in the community this Spring!

[Learn more about the Youth Advisory Council here](#) or contact Crystal Montgomery at montgomeryc@SNHD.ORG.

What You Should Know



For many people, cancer touches their lives through a friend, family member, or loved one, making prevention and early detection more important than ever. While cancer remains one of the leading causes of death in the United States, up to 50% of cases are preventable through healthy choices and regular screenings.

Not everyone has the same chance at prevention. Cancer outcomes vary by race, ethnicity, income, and where people live, underscoring the need for equitable access to care and early detection. This month is a reminder to take action—protect your health, stay up to date on screenings, and support cancer prevention for all.

Explore the tips and resources below to learn how small steps today can make a lasting difference.

[Cancer Risk Prevention, American Cancer Society](#)
[Nevada Cancer Coalition](#)
[Dignity Health RED Rose](#)
[Get Healthy Clark County](#)

Understanding Health Disparities



MYTH

Differences in health outcomes are due to genetics.



TRUTH

Health disparities are driven by systemic issues like unequal access to resources, neighborhood conditions, discrimination, and unequal opportunities.

It's common to attribute poor health outcomes to genetics, but public health tells a different story. The conditions in our communities—access to healthy food, safe housing, quality education, good jobs, and healthcare—play a much larger role in shaping health than genetics alone. In fact, your zip code can be a stronger predictor of health than your DNA.

[Click here to learn more.](#)



The Digital Divide

“

Digital Divide

Noun | /'dɪdʒɪtəl di'vaɪd/

:The digital divide refers to disparities that occur when technologies intended to improve healthcare unintentionally widen gaps in access between patients and providers.

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Technology has made healthcare more convenient through telehealth, apps, and online tools—but not everyone can access these benefits. Limited internet access, devices, and digital skills mean many people, especially older adults and low-income households, are being left behind.



Advocate for digital equity by sharing resources, supporting digital literacy, and promoting expanded access to reliable internet in your community.



Spring Into Clarity: Declutter Your Space, Clear Your Mind



Spring is the perfect time to refresh your environment and refocus your goals. A cluttered space can contribute to mental fatigue, while an organized setting supports calm and creativity. Try these simple decluttering strategies:

- **Ask the Joy Question:** If it doesn't bring you joy, consider letting it go.
- **Create Functional Zones:** Designate spaces for work, rest, and hobbies to reduce mental clutter.
- **Set Seasonal Goals:** Choose a few realistic goals that reflect growth and renewal.
- **Start Small:** Begin with one drawer or shelf —small wins build momentum.

Blue Monday Challenge: Take a Moment for Your Mental Health

Blue Monday—the third Monday in January—is often called the “saddest day of the year,” when post-holiday stress and winter blues can feel heavier. It’s a perfect reminder to pause and check in with yourself.

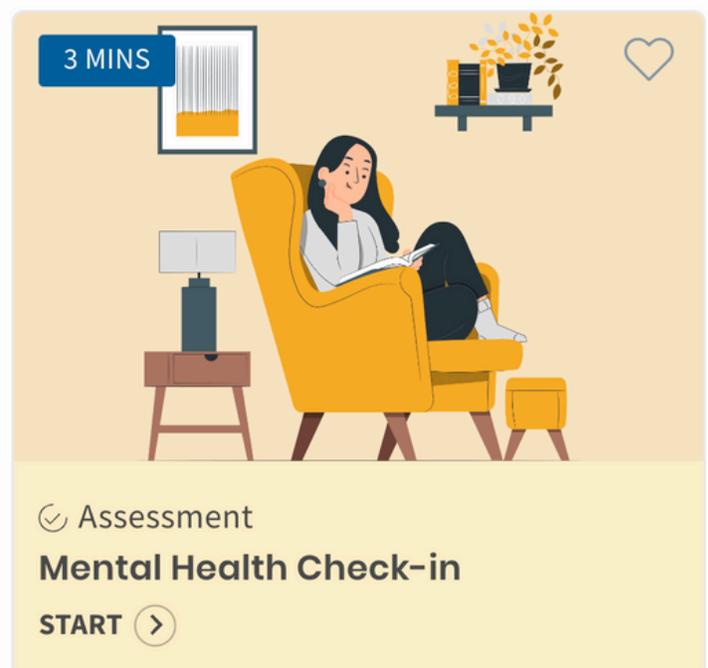
This Blue Monday, take a few minutes for your mental well-being with CredibleMind, a free and confidential SNHD resource offering tools to support stress management, emotional health, and overall wellness.



Your Challenge

1. **Take a Quick Assessment:** Visit CredibleMind to check in on how you’re feeling—it only takes a few minutes.
2. **Explore Resources:** Discover articles, podcasts, and tools tailored to your needs.
3. **Connect:** Share one takeaway with a friend or colleague to keep the mental health conversation going.

Take the challenge today and use Blue Monday as a chance to focus on yourself and your mental health. It’s all about taking that first step!



Click the image to [access the assessment.](#)

Thank You

Our Community Champions

