

**We Are**

# HEALTH EQUITY

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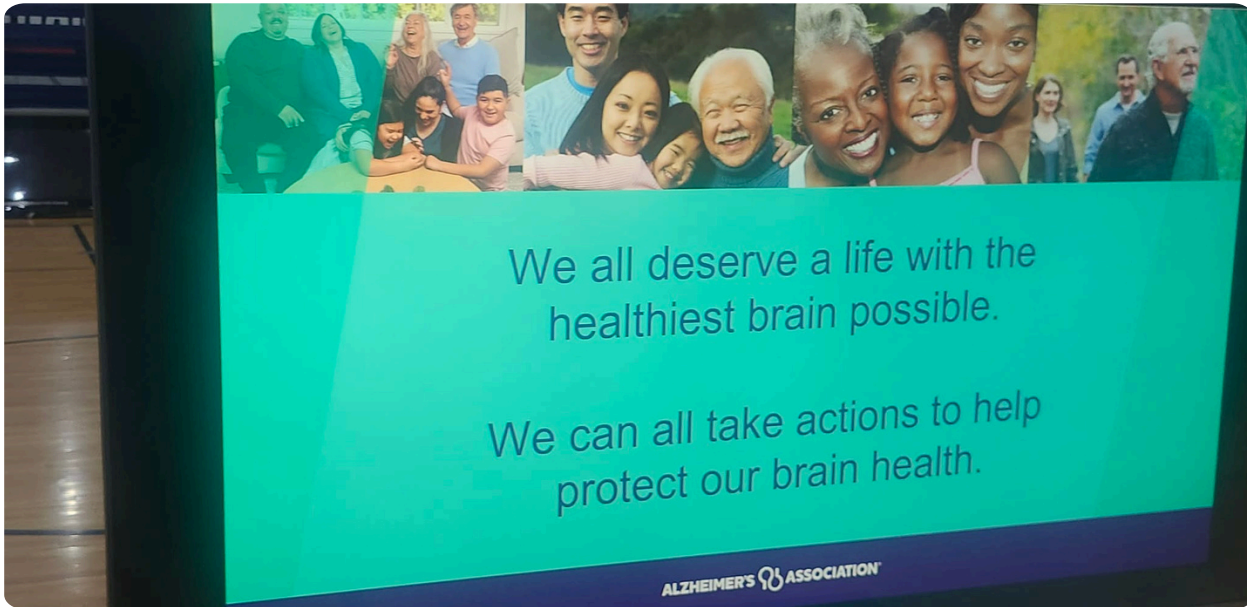
The Southern Nevada Health District's Health Equity Program was established with the goal of working alongside community partners to help increase awareness of, and minimize, the health inequities that hinder marginalized communities from reaching their full health potential.

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](#)



# Young Adult Healthy Living, Healthy Brain Expo



After six months of planning, the Young Adult Healthy Living, Healthy Brain Expo was a huge success at the Henderson Boys & Girls Club! Young adults rotated through fun, interactive stations led by community partners, learning about healthy habits through activities like jump roping, CPR demos, blood pressure checks, lung challenges, brain games, and even an “8-Minute Navy Seal Nap.” The energy was incredible, with full participation throughout the event.

## A Moment That Stood Out

The highlight of the day? Four inspiring young adults stepped up and asked to become Youth Ambassadors, eager to lead and share healthy living messages at their schools and beyond. We're excited to grow this effort and bring future expos to the 89016 zip code, helping support one of our community's most underserved areas.

If you're interested in learning more or supporting future events please contact the event organizers:

- Trista Miller:  
[trista@almaun.org](mailto:trista@almaun.org)
- Caroline Baumis  
[cbaumis@alz.org](mailto:cbaumis@alz.org)

## Why this matters for equity

Brain health is shaped across the entire lifespan, and the habits formed in youth play a critical role in reducing the risk of cognitive decline later in life. This expo supports the Healthy Brain Initiative by introducing young adults to brain-protective behaviors early, including physical activity, stress management, prioritizing sleep, supporting heart and lung health, and avoiding harmful substances.

## Meet our newest member, Zuleika Charles!



Zuleika has been with the Southern Nevada Health District for seven years, serving in various capacities, including time in the Office of Disease Surveillance, and most recently as part of the FQHC Ryan White team. In her previous role as a Care Coordinator, she supported individuals in accessing care and navigating complex health systems. She has worked closely with underserved populations, helping connect clients to essential services and addressing barriers related to healthcare access and social determinants of health.

Through her work, Zuleika has assisted patients with care coordination, eligibility processes, and resource navigation, while also providing education to support informed decision-making. Her experience working directly with diverse communities, along with her strong communication skills and dedication to service, make her a valuable addition to the Health Equity team.

In her role as a Health Educator, Zuleika will support community outreach, health education initiatives, and collaborative efforts aimed at reducing health disparities and improving access to services across Southern Nevada. She will also contribute to projects aligned with the Healthy Brain Initiative, promoting awareness and education around brain health and dementia prevention.

We are excited to have Zuleika on board and are confident that her contributions will support continued progress in advancing health equity within our community.

For questions, collaboration, or outreach related to this work, Zuleika can be contacted at: [charles@SNHD.ORG](mailto:charles@SNHD.ORG)

# Let's Talk Mental Health: Support, Equity, and Community Care



Mental health is not a personal failing; it is a public health issue. Every May, Mental Health Awareness Month calls on communities, organizations, and individuals to step up, speak out, and take action. Mental health touches everyone in some way, whether through daily stress, trauma, or a diagnosed condition. The question is not whether it affects us, it is whether we have the support we need when it does.

Nevada consistently ranks among the lowest in the nation for mental health care access, leaving too many Clark County residents without answers. Communities of color, low-income households, and uninsured residents face the greatest barriers, and mental health equity means ensuring that zip code, income, or race never determines whether someone gets the help they deserve.

**Mental health is health. Explore the resources below and take one step toward support this May.**

[CredibleMind, Free SNHD Resource](#)  
[Get Healthy Clark County](#)  
[NAMI Southern Nevada](#)  
SAMHSA National Helpline, 1-800-662-4357

# Equality or Equity?



## MYTH

Health equity is the same as equality.



## TRUTH

Health equity means giving people what they need to be healthy, while health equality means treating everyone the same, regardless of their different needs.

Health equity is the principle of ensuring that everyone has a fair and just opportunity to achieve their highest level of health. This means addressing and removing barriers that have historically disadvantaged certain groups of people based on factors like race, ethnicity, income, education, disability, and geographic location.

Click the resources below to learn more:

[American Public Health Association](#)

[Robert Wood Johnson Foundation](#)

[World Health Organization](#)



# Intersectionality

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## Intersectionality

Noun | /,ɪn tər,ʃɛk jə'næl ɪ ti /

Intersectionality is the theory that people's identities, such as race, gender, age, disability, language, income, or immigration status, don't exist separately. They overlap, and these overlaps can shape someone's health experiences in powerful ways.

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For example, a person might face different health barriers not just because they are a woman, or a young person, or someone with limited English, but because they are all three at the same time. Those combined identities can influence access to care, health outcomes, and quality of treatment.



Learn how intersectionality shapes health experiences by exploring these resources: [Intersectionality Resource Guide and Toolkit](#)



## Unplug the Chaos: Your Guide to Calmer Screens



Doom-scrolling refers to the habit of endlessly consuming negative or stressful online content, which can increase anxiety, disrupt focus, and impact sleep. This behavior often happens without us noticing, especially during moments of boredom or stress. Over time, this can drain emotional energy and make it harder to stay present in daily life.

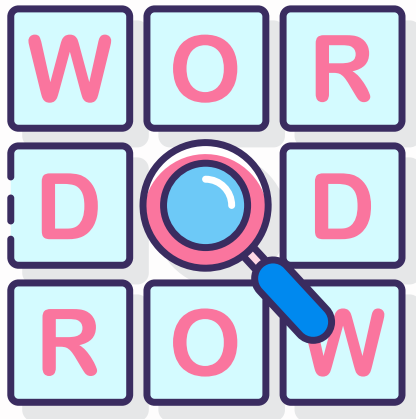
By setting boundaries around screen time and limiting doom-scrolling before bed, we support healthier sleep patterns, allowing the brain time to rest, reset, and function at its best the next day. Additional information on the connection between brain health and sleep can be found [here](#).

- **Catch your triggers.** Notice what leads you into long scrolling sessions (stress, boredom, habit) and try to pause before opening apps.
- **Swap your scroll with a soothing alternative:** When you feel the urge to scroll, try deep breathing, stretching, reading, or listening to calming music instead
- **Practice the 20–20–20 rule:** Every 20 minutes, look at something 20 feet away for at least 20 seconds to reduce eye strain and screen fatigue.
- **Creating a calming digital space:** (wallpapers, notifications, app organization)

## Mini Challenge

# Join the Health Equity Challenge: Learn, Play & Empower

We're excited to offer free, customized community training workshops, perfect for your organization! These sessions can be tailored to meet your specific needs, with flexible timing. Whether you're looking for a quick overview or a more in-depth focus, we'll craft the workshop to match your goals.



### Details:

- Flexible timing: Sessions can range from a quick 30-minute overview to up to 1.5 hours.
- Custom content: Tailored to meet your organization's needs and objectives.
- Spanish-language options: Some workshops are available in Spanish.
- No cost: These workshops are completely free!

For a bit of fun, we've included a word scramble featuring the topics we cover in our training! Test your knowledge and see if you can unscramble them.

ATHELH ETYQUIT

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AOLNESRP ETHALH RELCYIAT

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OABTU HNSD

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LSAIOC TMNNTEDERASLEI FO THLEHA

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ITLICMPI SABI

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Thank You

# Our Community Champions

