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HEALTH EQUITY

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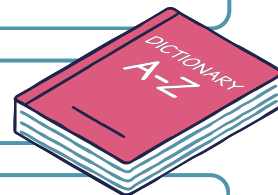
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The Southern Nevada Health District's Health Equity Program was established with the goal of working alongside community partners to help increase awareness of, and minimize, the health inequities that hinder marginalized communities from reaching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

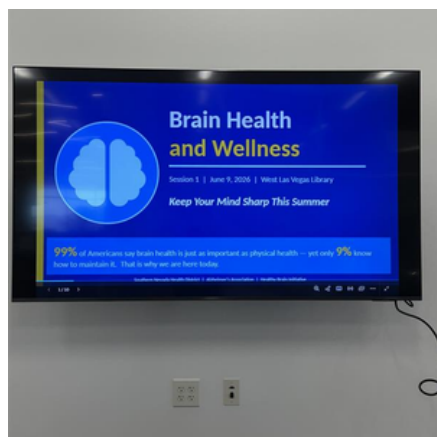
[Click here to view
the Health Equity
Webpage](#)



Bringing Brain Health to the Heart of West Las Vegas



This summer, the SNHD Health Equity Team partnered with the West Las Vegas Library to bring the Brain Health and Wellness Summer Series directly to the community — a six-session education program running June through August 2026.



The project is spearheaded by Health Educator Zuleika Charles and grounded in the Alzheimer's Association's 10 Healthy Habits and the U.S. POINTER framework, each session equips participants with practical, evidence-based strategies across topics such as hypertension management, nutrition, physical activity, sleep management, and cognitive engagement to support long-term brain health.

Why this matters for equity

Held in West Las Vegas, one of Southern Nevada's most underserved communities, this series embodies a core health equity principle: that brain health education should be accessible to everyone, regardless of zip code or income. To learn more about upcoming classes, participants can visit the Las Vegas-Clark County Library District events [page](#).

The First Spark: Youth Leaders Transform Campus Health



Senior Health Educator Malcolm Ahlo and Health Educator Cassandra Meraz pictured with members of the Youth Advisory Council.

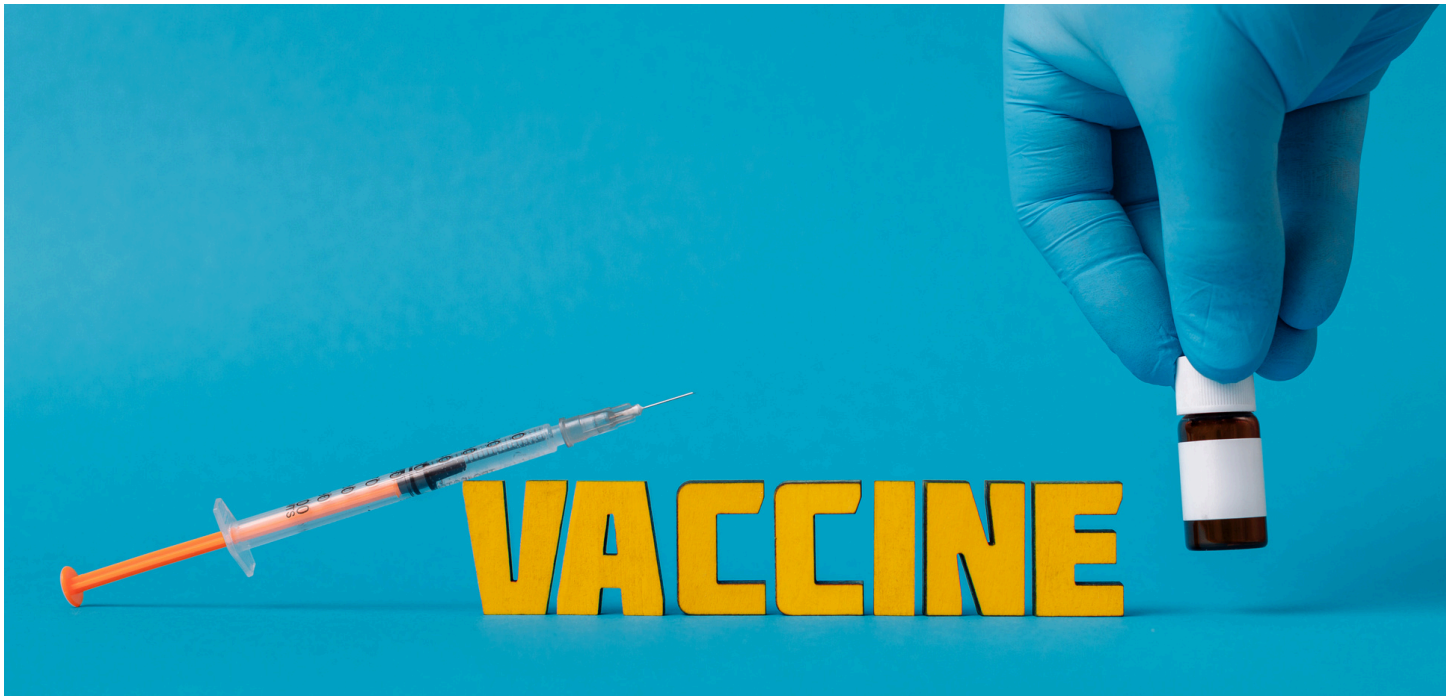
SNHD's Youth Advisory Council — S.P.A.R.K. (Students Promoting Awareness, Responsibility, and Knowledge) reached a landmark milestone this spring when its first inaugural class graduated in May 2026. Led by Health Educator Crystal Montgomery, this dedicated cohort of young people partnered with members of SNHD's Chronic Disease Prevention and Health Promotion team and the College of Southern Nevada to launch a Tobacco Initiative on campus, addressing one of the most preventable risk factors for chronic disease among young adults.

Break the habit today and start to live smoke-and-vape-free! For free help quitting, call the Nevada Tobacco Quitline at **1-800-QUIT-NOW (1-800-784-8669)**



Their work is a powerful reminder that advancing health equity requires cultivating the next generation of informed advocates — because health is shaped in classrooms and communities long before it ever becomes a medical concern.

Equal Access, Stronger Protection: Why Immunization Equity Matters



August is National Immunization Awareness Month (NIAM), an annual observance that highlights the importance of staying up to date on recommended vaccines throughout every stage of life. Vaccines are one of the safest and most effective ways to prevent serious diseases, protect individual health, and strengthen the well-being of our communities.

Access to immunizations is also an important health equity issue. Challenges such as limited access to healthcare, transportation barriers, lack of insurance, and other social and economic factors can make it more difficult for some individuals and families to receive recommended vaccines. As a result, certain populations, including some racial and ethnic minority groups, people living in rural areas, and lower-income households, may experience lower vaccination rates and a greater risk of vaccine-preventable illnesses.

This month, take a moment to review your vaccination status and encourage your family, friends, and community members to speak with their healthcare providers about recommended vaccines. Staying up to date on immunizations helps protect not only your health, but the health of those around you.

Visit the CDC to learn more about the [4 pillars framework](#) used to increase vaccine rates.



Think Health Literacy Is Just Reading? Think Again!



MYTH

Health literacy is only about being able to read medical information.



TRUTH

Personal health literacy is more than just reading health information.

It means finding, understanding, evaluating, and using health information and services to make informed decisions. Asking questions, understanding your treatment options, and knowing how to navigate the healthcare system are all key parts of being health literate.

Want to get more out of your doctor visits? Check out this short [video](#) featuring 5 practical tips to help you prepare, ask the right questions, and make informed decisions about your health. Looking for more tools? Explore additional plain language resources for organizations [here](#).

Representation

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Representation

Noun | /ˌrɛprɪˈzɛnˈteɪʃən/

Representation refers to the inclusion and visibility of diverse populations, especially those historically underserved, in healthcare systems, decision-making, data, and the health workforce to ensure their needs, experiences, and perspectives are accurately understood and addressed.

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Representation in healthcare matters because it helps ensure that all communities see their needs, experiences, and cultures understood and respected. When healthcare providers, research, and decision-making include diverse voices, care becomes more responsive, culturally appropriate, and effective. This can lead to better communication, increased trust in the healthcare system, and improved health outcomes, especially for populations that have historically faced disparities or barriers to care.

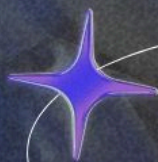


Check out this [article](#) to learn more about twelve practical tips for inclusive practice in healthcare settings.



Rest Assured: Sleep Is Serious Business

HEALTHY SLEEP



4 TIPS FOR SLEEP SUCCESS

Sleep plays a vital role in supporting both brain health and overall well-being. Its importance has been recognized by Healthy People 2030, and the American Heart Association has identified healthy sleep as one of its essential components for optimal health.

To help improve sleep quality and support a healthy sleep cycle, consider the following four recommendations from the American Heart Association:

- **Dim it:** Dim your phone screen and the lights in your room before sleep
- **Set it:** Regulate your body's internal clock by going to bed and waking up at the same time every day.
- **Create it:** Establish a nighttime routine that lets you wind down for about 20-30 minutes.
- **Block it:** Put your phone on do not disturb mode to ensure quiet and uninterrupted sleep.

Mini Challenge

Boost Your Brain in Just 5 Days

Taking care of your brain throughout your life is an important part of staying healthy. Healthy habits like being physically active, eating nutritious foods, getting enough sleep, staying socially connected, and keeping your mind engaged can help support brain function and may reduce the risk of cognitive decline. Try our Mini Brain Health Challenge and see how small, healthy choices can make a big difference!



Your Challenge

1. **Move Monday:** Take a 20-minute walk or do another physical activity you enjoy
3. **Feed Your Brain Tuesday:** Add one brain-healthy food to your meals today, such as berries, leafy greens, nuts, or salmon.
4. **Exercise Your Mind Wednesday:** Complete a crossword, Sudoku, word search, or learn something new for 15 minutes.
4. **Connect with others Thursday:** Call a friend, have a conversation with a neighbor, or spend time with family.
5. **Prioritize Sleep:** Aim for 7–9 hours of sleep tonight and avoid screens for 30 minutes before bed.

Keep your brain healthy by checking in on your mental and emotional wellbeing. Clark County residents can access a free, confidential, and available **24/7** online platform featuring expert-vetted tools. Take step forward towards supporting your resilient incredible **mind** today.



Learn Today, Make a Difference Tomorrow



Learn How to Save a Life—Now Available in Spanish

The Southern Nevada Health District (SNHD) is proud to offer a free, OnDemand opioid overdose response training in Spanish. This self-paced video training helps participants understand the effects and types of opioids, recognize the signs of an opioid overdose, and learn how to respond quickly and administer naloxone to reverse an overdose. Whether you're a community member, caregiver, or simply want to be prepared, this training provides practical, lifesaving knowledge that you can access anytime, anywhere.

Click this [link](#) to register and learn how to save a life today.

Empowering Health Choices: Understanding Personal Health Literacy

Build the skills and confidence needed to find, understand, and use health information to make informed decisions for yourself and your family in this new health equity workshop. Learn practical strategies to navigate health services, communicate effectively with providers, and take a more active role in your health.

Interested? Click this [link](#) to access the Health Equity training request page and take a step towards health literacy.



Thank You

Our Community Champions

