



**DATE:** September 27, 2018

**TO:** Southern Nevada District Board of Health Members

**FROM:** Joseph Iser, MD, DrPH, MSc, Chief Health Officer

**SUBJECT:** Chief Health Officer Report

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### Preventing 1 Million Heart Attacks and Strokes

Million Hearts® is a national initiative with a goal to prevent one million heart attacks, strokes, and other cardiovascular events by 2022. It is coordinated by a network of public health and health care professionals, as well as community partners who are taking actions to keep people healthy by optimizing the care provided and improving the outcomes for priority populations. It is estimated that 16 million heart attacks, strokes, and related life-changing health events could happen by 2022. There are populations that are more at risk than others, and many of these life-changing events have already happened to adults ages 35–64. In 2016, 1 in 3 people in this age group had a severe cardiovascular event—that’s more than 800,000 middle-aged adults. This group is also less likely to use aspirin or statins when indicated, and only half have their blood pressure under control. Other groups identified at increased risk include people with a mental health disorder or substance abuse disorder and people who have already had one heart attack or stroke. African Americans are also an identified priority group as they are more likely than whites to develop high blood pressure at younger ages and are less likely to have it under control.

The Southern Nevada Health District has a range of programs that are designed to decrease risk factors for cardiovascular diseases. As a partner in the Million Hearts® initiative, it developed additional programs to target high-risk populations and tools for providers and patients. Health District resources related to this initiative include:

#### Barbershop Health Outreach Project

The Health District’s Office of Chronic Disease Prevention and Health Promotion launched the Barbershop Health Outreach Project in February 2018. Barbershops are a place where men gather to talk and were identified as an ideal venue for providing education and outreach to a priority population in a safe, comfortable environment. Barbers also play a vital role in the African American community. They have a personal connection with their clients that can help influence positive behavioral changes. Barbershops have the power and influence to help build healthier communities and empower clients to take control of their health.

Initially, Health District staff and Medical Reserve Corps (MRC) members worked with three barbershops. The barbers were trained in “blood pressure 101” and provided information to help encourage their clients to get their blood pressure taken and promote free blood pressure screenings, education, and resources. The MRC members were health care providers who volunteer with the Health District. When a barbershop client had elevated or high blood pressure, they were provided resources to ensure they received follow-up health care services. Staff found that even before they received services, some clients believed they had high blood pressure but did not have a medical home or still had risk factors such as smoking. Clients were provided with educational materials, shown how to track their readings, and counseled on how to work with their health care providers to better manage their health and reduce their risks.

This pilot program proved successful, and the Health District is working to expand it to three more locations. If increased funding becomes available, the program will be offered at additional barbershops as well as beauty shops.

### Provider and Patient Resources

The Health District has developed a variety of resources for health care professionals and patients. Providers can access a High Blood Pressure Resource Toolkit that includes clinical guidelines for providers as well as recommendations for monitoring blood pressure, self-monitoring interventions for patients, and fact sheets on the [www.GetHealthClarkCounty.org](http://www.GetHealthClarkCounty.org) website. The Stroke Resource Toolkit is an additional resource that includes the National Institutes of Health Stroke Scale, treatment resources, and information sheets designed to complement provider conversations with patients and their families.

Staff members have worked with partners at the Nevada Division of Public and Behavioral Health and Nevada Health Centers to update the Self-Monitoring Blood Pressure Guide for patients. All these resources are reviewed and revised as treatment protocols and clinical guidelines change. The Health District has also updated its Tobacco Brief Intervention resources to include information on eReferral. These interventions are an efficient way for clinicians to provide their patients with streamlined health information and linkages to resources that assist their patients in achieving improved health outcomes. In addition to the website, more details about these tools can be found on the Health District YouTube channel at [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict).

Additional materials for providers are located on the Community Tools/Healthcare section of the Get Healthy Clark County website. This includes the Nevada Diabetes Resource Directory. The directory is a database for patients with diabetes and includes:

- Diabetes prevention and self-management class listings
- Free and low-cost clinic information
- Medication assistance
- Support group information
- Diabetes management schedules
- Additional information related to diabetes management

Resources to assist clinicians achieve better patient outcomes include the Diabetes Self-Management Education Toolkit and the Prevent Diabetes STAT Toolkit. These resources guide clinicians through the referral process for patients with diabetes and prediabetes. Additional materials and referral sheets for providers are available on the [GetHealthClarkCounty.org](http://GetHealthClarkCounty.org) website. The Health District offers a range of free programs and mobile apps that encourage patients to get moving, be safe, eat better, and live tobacco-free.

### **Arbovirus Update**

The Southern Nevada Health District conducts routine surveillance for arboviruses in mosquitoes and arboviral disease in humans. The Health District's Vector Surveillance program monitors the local mosquito population for West Nile virus, St. Louis Encephalitis, and Western Equine Encephalitis. In addition to monitoring mosquitoes for arboviruses, program staff also provides information about the types of mosquitoes present in Southern Nevada. Arboviral diseases in humans are reportable to the Health District's Office of Epidemiology and Disease Surveillance. Currently, West Nile virus and St. Louis Encephalitis are the only locally acquired arboviral diseases that have been reported to the Health District. Sporadic investigations of travel-associated cases of Zika virus, Dengue, and Chikungunya have been conducted.

As of Sept. 14, 2018, the Health District has tested six people for the Zika virus. The CDC no longer recommends testing for asymptomatic pregnant women who only have one recent exposure event. It is recommended that women who are pregnant or thinking of becoming pregnant postpone travel to areas with local Zika transmission. The Health District has additional recommendations for pregnant women with a history of Zika and their providers. A risk assessment will be conducted by staff and laboratory samples may be collected for testing.

**Mosquito Surveillance:** Environmental Health staff members have set 1,738 traps throughout Clark County and submitted 1,598 testing pools, representing 34,142 mosquitoes, to the Southern Nevada Public Health Laboratory for arboviral analysis. West Nile virus has been identified in one mosquito testing pool from the 89122 ZIP Code. More information on mosquito activity in Southern Nevada and additional prevention information is available on the Health District website at [www.southernnevadahealthdistrict.org/mosquito-control/index.php](http://www.southernnevadahealthdistrict.org/mosquito-control/index.php).

### **Community Meetings**

#### **Week of August 27**

- Provided an update to the White Pine Board of Health regarding the rural mobile health clinic initiative and presented "Local Public Health: Sharing Services Across Jurisdictional Lines"
- Provided an update to Commissioner Donahue of Lincoln County regarding the rural mobile health clinic initiative and presented "Local Public Health: Sharing Services Across Jurisdictional Lines"
- Met with Shelia James, Assistant Secretary for Health and Human Services, Tina Dortch, Program Manager, Office of Minority Health and Equity, Health and Human Services, and Janise Wiggins, CEO, Grant Me Success, regarding future collaborative efforts
- Met with Ray Alden, Provost, Touro University Nevada, regarding current and future collaborative efforts

- Met with Jamie Ross, Executive Director, PACT Coalition, regarding marijuana dollars to increase funding for public health
- Participated in Small Grant Call meeting

#### Week of August 20

- Participated in the Clark County Medical Society Executive Council meeting
- Met with staff from The Wellness Group to discuss Medicare chronic care management
- Met with Dr. Sandhya Wahi-Gururaj, Associate Professor, Program Director, University of Nevada School of Medicine, to discuss medical residency program
- Participated in the Nevada State Medical Association Council meeting
- Met with Ben Schmauss, Government Relations Director, American Heart Association, regarding public health collaborative efforts
- Participated in the Southern Nevada Behavioral Health Policy Board meeting
- Participated in the Nevada Tobacco Prevention Coalition (NTPC) Policy Group meeting
- Met with Dr. Kate Martin, Interim Associate Dean for Graduate Medical Education and DIO, University of Nevada, Las Vegas, about collaborative educational efforts at UNLV and Family Medicine Residency
- Met with Jamie Ross of the PACT Coalition

#### Week of August 13

- Participated in the Local Health Department Advisory Council on the State Programs for Wellness and the Prevention of Chronic Disease (ACWCD) pre-call
- Attended the Nevada State Medical Association Commission on Medical Practice meeting
- Participated in the Health Officers Association of California Legislative Review Committee meeting
- Presented at the Advisory Council on the State Programs for Wellness and the Prevention of Chronic Disease meeting in Carson City, NV
- Participated in the Nevada Public Health Association Advocacy and Policy meeting

#### Week of August 6

- Participated in Nevada State Medical Association (NSMA) Public Health Commission meeting
- Met with Stephanie Lim, Director of Business Development, Spring Valley Hospital, regarding volunteer services and future projects
- Participated in the Countering Weapons of Mass Destruction (CWMD) and BioWatch Introduction and Update meeting
- Met with Anne Weisman, Director of Wellness & Integrative Medicine, University of Nevada, Las Vegas, regarding future collaborative efforts
- Participated in the Big Cities Health Coalition (BCHC) 2018 Monthly call
- Met with Steve Medley, BioWatch Jurisdictional Coordinator, US Department of Homeland Security, regarding BioWatch and collaborative projects