



FOR IMMEDIATE RELEASE
May 20, 2008

Health District reaches out to Hispanic community with Spanish-language programs

LAS VEGAS – The Southern Nevada Health District’s Office of Chronic Disease Prevention and Health Promotion is reaching out to the Hispanic community to help its members adopt healthier lifestyles. For information, visit www.GetHealthyClarkCounty.org or contact the Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270.

Get Healthy Clark County

The Get Healthy Clark County Challenge, a web-based program, was recently launched in Spanish and will run through June 21. It offers weekly challenges and tools for participants to track their progress during the program. Each Monday, an e-mail “health challenge” is distributed to participants. Challenges encourage healthy living, such as a daily 15-minute walk or eating three servings of vegetables each day. The site also includes information and resources for non-participants to adopt healthier habits and to keep their own resolutions. The health district’s Office of Chronic Disease Prevention and Health Promotion received a grant from the Anthem Blue Cross and Blue Shield Foundation to develop the new Get Healthy Clark County Challenge as well as other programs.

Muevete Bailando

Muevete Bailando (movement and dance) provides Latin dance instruction and physical health education to a diabetes support group. The program is sponsored by the National Alliance for Hispanic Health and its goal is to get people moving for at least 30 minutes. Each month, a dance instructor attends the Spanish-language diabetes support group to provide encouragement and instruction. In addition, health district educators offer a presentation on the importance of physical activity as a tool to prevent or manage diabetes. Culturally appropriate material and resources about physical activity, nutrition, and tobacco are provided to support group attendees. Participation is free.

Hispanic Diocese Chronic Disease Prevention Health Project

The health district has re-established its Hispanic Diocese Chronic Disease Prevention Health Project with the Roman Catholic Diocese of Las Vegas. Originally launched in 2005, the project was created to help eliminate health disparities and increase access to preventive services for Hispanic parishioners. Health educators from the health district as well as other partner organizations provide information and resources in Spanish on a variety of topics including physical activity, nutrition, cancer, tobacco, diabetes, health access, and cardiovascular disease.