

We Are

HEALTH EQUITY

December 2022 – Volume 1, Issue 2

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.

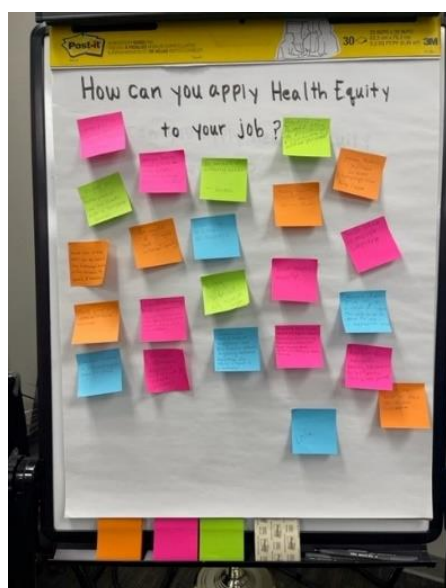
[Click here to view the Health Equity Webpage](#)

We Are Health Equity

The Health Equity program held its first internal lunch and learn event on September 27 to engage staff in a creative space and provide information about the trainings available. The lunch and learn involved various activities that encouraged staff to learn and better understand concepts about health equity, such as visual images describing the difference between equality, equity, and justice. The activities were also designed to encourage staff to individually assess their own health equity practices within their roles at the Southern Nevada Health District and challenged them to think of ways they could apply health equity to their jobs.

To request a training for your organization or program use one of the following forms:

- [SNHD staff training request form \(Internal – SNHD programs\)](#)
- [Community partner training request form \(External – Community partners\)](#)



Our Partners



SNHD Health Equity Resource Manual

This booklet provides information about programs and services offered through the Southern Nevada Health District. The electronic version of the health equity resource manual will be available on the [Health Equity Webpage](#) in January.

Health Equity Champion 2022

In September, at the Nevada Primary Care Association (NVPCA) annual conference, Merylyn Yegon was recognized as the 2022 Champion of Health Equity and Justice. Merylyn Yegon is a Community Health Nurse Supervisor at SNHD managing the Ryan White HIV/AIDS Care Services team while overseeing the COVID-19 and mpox vaccination clinic. Thank you to Merylyn for her leadership at SNHD and in the community, and for her efforts to find creative solutions to reduce health inequities and improve access to healthcare in our community.



Fremont Public Health Center

Fremont Public Health Center, an extension of the Southern Nevada Health District and Southern Nevada Community Health Center, celebrated its grand opening on September 19, 2022. Located off Charleston and Fremont St., the clinic is a federally qualified health center providing a vital range of high quality and affordable health care services to underserved populations facing barriers to care. The Fremont Public Health Center offers:

- Primary Care Services
- Family Planning Services
- COVID-19 vaccinations
- Mpox vaccinations
- Environmental Health Services
- Food Handler Safety Training Cards

In the future, plans are to expand services offered at the Fremont location by adding general dentistry, HIV/AIDS services, and mental health. Fremont Public Health Center accepts most insurances and offers a sliding scale fee option.

For more information about the services available at both Southern Nevada Community Health Center locations, go to snchc.org/location/.

Engaging The Community

“Public Health: Just the Facts” Radio Show

As a part of the COVID-19 Arm in Arm Campaign, The Southern Nevada Health District launched the “Public Health: Just the Facts” Radio show in partnership with KCEP Radio, Sumnu Marketing, Braintrust Marketing, and Health Educator Alisa Howard of Minority Health Consultants, in June this year. The radio show’s host, Alisa Howard, described how the idea and purpose of the show was to focus on bringing just the facts of public health, to light. Whether the topic was COVID-19, Mental Health, Hypertension Awareness, Nutrition or Child Immunizations, the show aimed to provide education and spark fluid conversation with the speakers involved to begin addressing the mistrust and skepticism specifically between public health and the Black and African American community.

The Black and African American community is one that is disproportionately affected by health issues such as high blood pressure and diabetes. They are also a community with deep rooted mistrust in public health and the health care system due to historical factors. Working in the community during the pandemic, Alisa says she was hearing that the community felt that public health was pushing information onto them, “which

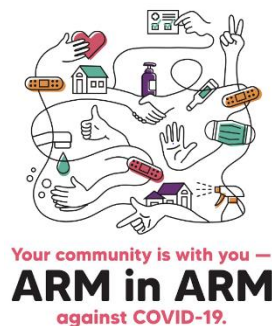
caused them to feel defensive and put up a wall. Experiencing that during COVID-19 caused their continued mistrust in public health to grow even deeper and question why they should trust information we provide about other health issues.” Seeing the issue firsthand, Alisa suggests public health professionals need to actively listen to the community and ask questions to find solutions and provide alternatives to staying safe from COVID-19 and other illnesses. Being able to provide education and factual information to address some of these health issues on a Black-owned and operated radio station like KCEP, who’s audience is largely Black and African Americans, was a key component to opening up the space for understanding barriers and discussing solutions.

COVID-19 was one, among many other health topics discussed, including a specific segment added by Alisa on Health Equity because she says, “without talking and actively working on equity in public health we will continue seeing disparities, and as public health professionals our job is to eliminate those disparities.” The 6-month long show aired the first Monday of every month on KCEP 88.1FM and was a great way to get the facts out because a large portion of the population being targeted for the show still uses the radio for news and information.

Visit the SNHD YouTube Channel to listen and view the episodes of “Public Health: Just the Facts” <https://www.youtube.com/playlist?list=PLcE6qbE1rq-l3yndmeZ5SW384v9pgcyuF>

To learn more about Alisa Howard and Minority Health Consultants, visit: www.alisahoward.com.

“Because every community deserves to be healthy” – Alisa Howard



Partnering for Health

This fall the Southern Nevada Health District’s Health Equity Program and Office of Chronic Disease Prevention and Health Promotion partnered with Nevada Hand to

educate seniors on blood pressure at their annual onsite wellness fairs. The residents, living in senior living communities all over the Las Vegas valley, had the opportunity to receive a blood pressure screening and cardiovascular education in a comfortable non-clinical setting.

Doctors' lack of responsiveness to patient concerns, medical bills, transportation, and street safety are a few of the barriers seniors face in accessing health care. Offering screenings and education onsite gave community members the opportunity to have another checkup in between doctor visits. Topics covered with clients included the importance of consistently taking their medications as prescribed, tips for healthy eating, ways to be active, and the benefits of knowing their blood pressure numbers.

Chronic health conditions like elevated cholesterol levels, diabetes, smoking, and behaviors like physical inactivity put people at higher risk for all types of heart disease. When a client had an elevated or high blood pressure reading, they were provided resources and instruction on how to follow up with their Primary Care Physician. As a community partner, being able to provide residents with education and information provides an additional step towards reducing their risks of a heart attack or stroke, and possibly saving a life.

We would like to take the time to thank Nevada Hand for their partnership and the opportunity to attend their wellness fairs and Amineh Harvey, Health Educator and lead for the Heart and Stroke Prevention Program for providing the resources to carry out these blood pressure screenings. Through this partnership, we were able to educate and screen 233 members of the community.

For more information on heart health go to

<https://getthehealthyclarkcounty.org/manage-your-risk/heart-disease/#bshop>.

HEALTH EQUITY HIGHLIGHT

World Aids Day

On December 1, the Southern Nevada Health District's Stigma Reduction Team partnered with The Center to organize this year's World AIDS Day event. World AIDS Day is a significant day to commemorate the lives lost to AIDS and fight stigma and focus on providing care and support for those who are living with HIV/AIDS. The event took place at The Center, with testing opportunities and 27 vendors offering great resources. Our speakers from UCSF Dr. Lealah Pollock and Ciarra Covin from [thewellproject](https://thewellproject.org) did an amazing job talking about, breast/chest feeding with HIV, shared decision-making between a patient and a provider and associated stigma/ barriers with being a parent with HIV. Our speaker and local advocate, Maria Montes

shared her experiences, passion, and reasons for advocating for people living with HIV/AIDS and the importance of U=U.

For more information and resources please click on the links below:

- <https://www.southernnevadahealthdistrict.org/community-health-center/sexual-health-clinic/hiv-aids-prevention/>
- <https://thecenterlv.org/>
- <https://www.thewellproject.org/>



HIV Stigma

HIV stigma can affect the emotional well-being and mental health of people living with HIV. It can lead to feelings of shame, fear of disclosure, isolation, and despair. These feelings can keep people from getting tested and treated for HIV.

Talking openly about HIV can help normalize the subject. Let's stop HIV together by learning ways to stop HIV stigma and discrimination. People-First language can help Reduce HIV Stigma. This can lead to better outcomes when we treat people with HIV. Here are some examples.

AVOID THIS	USE THIS INSTEAD
AIDS (when referring to the virus, HIV)	HIV; HIV and AIDS (when referring to both)
Full blown AIDS	AIDS or Stage 3 HIV
AIDS test	HIV test

Here are additional resources from the CDC to get you started: [Stigma Language Guide](#)

Tap Into Health

Reproductive Health

Reproductive health encompasses a wide range of health systems, services, and functions. It is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, as defined by the World Health Organization (WHO). Reproductive health affects everyone and it is important for people to have the ability to experience satisfying and safe sex, while freely and informatively deciding their reproductive plans. Access to reproductive and sexual health services, such as comprehensive sex education, HIV and STI testing, contraceptive options, preconception counseling, and other screenings is important because it can help guide people in their reproductive journey, whatever that may look like.

At the Southern Nevada Health District, our Community Health Center is committed to providing comprehensive family planning and related preventive health services geared toward improving health outcomes. Our Title X federal grant, dedicated to family planning, focuses on addressing the reproductive needs of our community with a focus on serving low-income, underserved populations. During client visits, comprehensive assessments are completed using motivational interviewing from our trained staff to assess pregnancy intentions and reproductive plans, to support each client's reproductive needs and goals.

Some services provided at the Southern Nevada Community Health Center include:

- Comprehensive Reproductive and Sexual Health Services for men and women
- Broad range of acceptable and effective family planning methods – oral contraceptives, birth control injection, long-acting reversible contraceptives (hormonal and non-hormonal IUD's and implants), condoms, natural family planning methods
- Emergency contraception
- Preconception counseling
- Basic infertility services
- STI and HIV prevention education
- PreP and PEP
- Breast and cervical cancer screening (Pap smear and HPV testing)
- HPV vaccination
- Pregnancy testing and non-directive options counseling including referrals
- Adolescent services
- Referrals

The cost of services is calculated using a sliding scale based on income and the number of people in a household. Clients are never turned away due to inability to pay on the day of visit. Services are provided to clients 13 years old and up regardless of state residency and insurance status.

For more information, please go to

www.southernnevadahealthdistrict.org/community-health-center/sexual-health-clinic/.

SELF CARE CORNER

Strategies to Help Reduce Stress

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning and seeking support can help ward off stress and depression.

Learn to recognize your holiday triggers and take control of the holidays with these 10 great coping tips from the Mayo Clinic. Please click on the link below to view a complete list of tips.


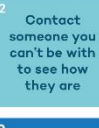






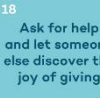

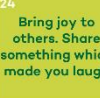





[Stress, depression and the holidays: Tips for coping](#)

- 1) Acknowledge your feelings
- 2) Reach out
- 3) Be realistic
- 4) Set aside differences
- 5) Stick to a budget
- 6) Plan ahead
- 7) Learn to say no
- 8) Don't abandon healthy habits
- 9) Take a breather
- 10) Seek professional help if you need it.



Here are some additional tips that can help you stay active (Calendar link for December will go here) <https://actionforhappiness.org/calendar>

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	 1 Spread kindness and share the December calendar with others	 2 Contact someone you can't be with to see how they are	 3 Offer to help someone who is facing difficulties at the moment	 4 Support a charity, cause or campaign you really care about
 12 Be generous. Feed someone with food, love or kindness today	 13 See how many different people you can smile at today	 14 Share a happy memory or inspiring thought with a loved one	 15 Contact an elderly neighbour and brighten up their day	 16 Look for something positive to say to everyone you speak to	 17 Give thanks. List the kind things others have done for you	 18 Ask for help and let someone else discover the joy of giving
 19 Contact someone who may be alone or feeling isolated	 20 Help others by giving away something that you don't need	 21 Appreciate kindness and thank people who do things for you	 22 Congratulate someone for an achievement that may go unnoticed	 23 Choose to give or receive the gift of forgiveness	 24 Bring joy to others. Share something which made you laugh	 25 Treat everyone with kindness today, including yourself!
 26 Get outside. Pick up litter or do something kind for nature	 27 Call a relative who is far away to say hello and have a chat	 28 Be kind to the planet. Eat less meat and use less energy	 29 Turn off digital devices and really listen to people	 30 Let someone know how much you appreciate them and why	 31 Plan some new acts of kindness to do in 2023	

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Editor's Note:

In our last edition, we failed to correctly recognize our community partner Ericka Aviles Consulting for their work in leading the ESTA EN TUS MANOS community coalition. For more information on the coalition visit <https://www.facebook.com/EstaEnTusManosNevada/>

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CONSULTING

