

We Are

HEALTH EQUITY

April 2023 – Volume 2, Issue 1

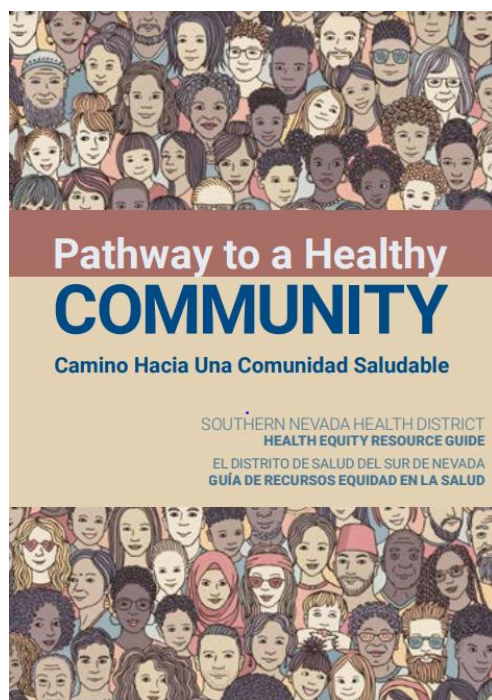
The Southern Nevada Health District's Health Equity Program was established with the goal of working alongside community partners to help increase awareness of, and minimize, the health inequities that hinder marginalized communities from reaching their full health potential.

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

Southern Nevada Health District - Health Equity Resource Manual



The Southern Nevada Health District and its Health Equity Program are committed to reducing health disparities and advancing health equity in our community. This booklet guide, created by our very own staff, features information about some of SNHD's programs designed to make sure community members have fair and equitable access to reach their full health potential.

The electronic version of the health equity resource manual is now available on the [Health Equity Webpage](#).

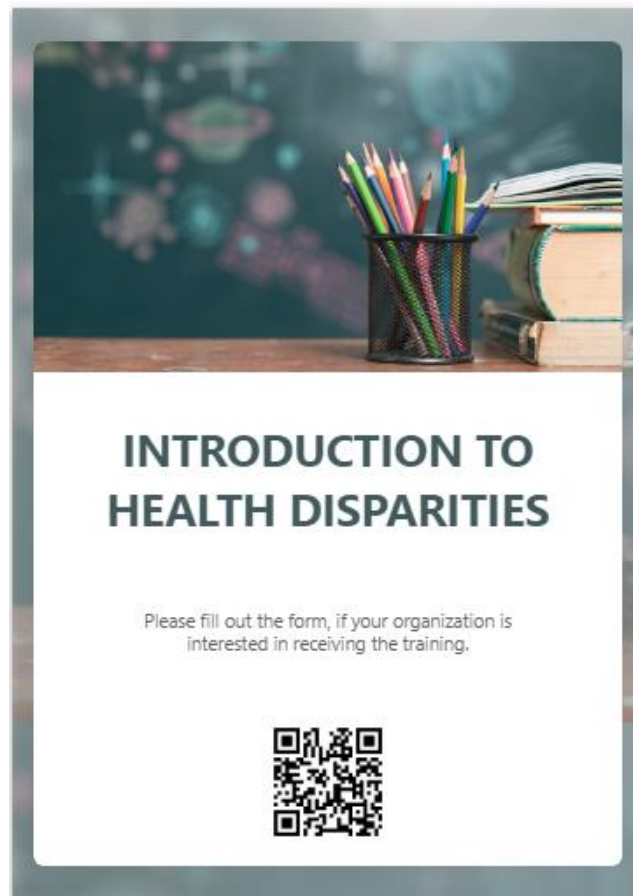
Our Partners



Engaging The Community



The SNHD Health Equity Program will be offering an introduction to Health Disparities Workshop to our community partners. Participants will have the opportunity to learn how health disparities impact the community and what can be done to minimize them. We are starting an interest list for the training. If your organization wants to be notified when the training becomes available, please leave us your information using the QR code or link below.



Please [click here](#) to register

HEALTH EQUITY HIGHLIGHT

April is National Minority Health Month

Health Equity is the state in which everyone has the opportunity to reach their highest level of health regardless of any social, economic, or geographic circumstance. It means that individuals are to be seen and treated as such, individuals, in order to fit their unique needs and encourage the best health outcomes. As partners in Public Health, SNHD understands there are barriers to healthcare services that disproportionately affect people from racial and ethnic minority groups.

So, although Minority Health Month is highlighted each year in April, SNHD recognizes the need for ongoing efforts to prioritize the health and wellness of our minority populations and continues to work towards being part of a more, fair and just healthcare system. These efforts are made through various programs such as the [Fremont Public Health Center](#), located at 2830 E. Fremont St., Las Vegas, NV 89104, which offers quality and affordable care options to underserved people in our community.

Other SNHD services, programs and resources that focus on increasing health equity include:

- [Diabetes Prevention and Self-Management Program](#) – offering free diabetes self-management, education and support classes in Spanish
- [Barbershop Health Outreach Program](#) – offering free blood pressure and prediabetes screenings, education and referrals to health care providers as needed
- [Faithful Families Classes](#) – classes in healthy eating and physical activity, provided in Spanish
- [Grocery Store Tours](#) – led by a registered dietitian, helping people learn how to shop healthier
- [Viva Saludable Website](#) - information on a variety of health topics provided in Spanish
- Spanish-Language social media sites - Instagram: [vivasaludablesnv](#); Facebook: [Viva Saludable](#)
- [Healthier Tomorrow Radio Program](#) – a monthly call-in show focusing on health topics of concern to the African American community
- [Because We Matter](#) - a smoking and vaping prevention initiative for African Americans
- [Por mi. Por ti. Por nosotros. Viva saludable!](#) - an initiative to encourage Hispanic/Latinos to quit smoking and vaping
- [Island eNVy](#) - supporting healthy lifestyles through education and engagement with Native Hawaiians and the Pacific Islander community in Southern Nevada
- [CRUSH](#) - supporting the LGBTQ+ community to quit smoking and vaping

Tap Into Health

National Minority Health Month began in 2001 and is observed every April to raise an awareness of health disparities among racial and ethnic minority communities and motivate changes against injustice.

The theme for 2023 is **Better Health Through Better Understanding**. The focus is on improving health outcomes by providing culturally and linguistically competent healthcare services, information, and resources to empower individuals to create better health outcomes for themselves and their communities.

Health organizations use the Culturally and Linguistically Appropriate Services (CLAS) standards to serve as a blueprint to help better the quality of services provided to all individuals, advance health equity, and help eliminate health care disparities. CLAS incorporates respect and responsiveness by respecting the whole individual and responding to their health needs and preferences. When we begin to meet individuals where they are health professionals can help reduce disparities, close the gaps in care, and assist in more positive health outcomes for patients.

Keeping health equity at the forefront of serving the community in Clark County is a priority at the Southern Nevada Health District (SNHD). Last fall, SNHD had all community health center staff members complete a CLAS standards survey to ensure they are actively finding ways to increase access to health care and offer services that are culturally responsive to our diverse community.

The services the clinics currently have available for clients are:

- Bilingual staff members certified to provide interpretation services (Spanish and Swahili)
- Language line services
- UBI DUO machine used for clients who are deaf or hard of hearing
- Materials translated in Spanish and English
- Case management, care coordination, and insurance enrollment and eligibility assistance
- Transportation assistance

In addition, the clinics are always exploring other ways to best serve clients, improve work quality, reduce disparities, and achieve health equity. Merylyn Yegon, Community Health Nurse Supervisor at SNHD said, "Providing culturally and linguistically appropriate services to our clients is important because we serve a diverse patient population with different needs. Utilizing CLAS standards will help us advance our efforts in addressing health equity and eliminating healthcare barriers".

For more information about the services available at both community health center locations, go to snchc.org/location/. To learn more about CLAS go to <https://thinkculturalhealth.hhs.gov/clas>.

SELF CARE CORNER

April is National Stress Awareness Month to raise awareness of the negative impact of stress. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health. It is important to take steps to build resilience and manage job stress and know where to go for help.

Recognize the symptoms of stress you may be experiencing.

- ✓ Feeling irritation, anger, or in denial
- ✓ Feeling uncertain, nervous, or anxious
- ✓ Lacking motivation
- ✓ Feeling tired, overwhelmed, or burned out
- ✓ Feeling sad, or depressed
- ✓ Having trouble sleeping
- ✓ Having trouble concentrating

7 Ways to Relieve Stress

April is National Stress Awareness Month, and while stress is unavoidable, there are ways to help prevent and manage it.

- Pick one tip to incorporate each day of the week and repeat for each week in April.**
- Find peace in a pod**
Find a podcast that interests you! There are a ton of podcasts available to help you de-stress and gain perspective.
- Spend time with your pet**
Spending time with animals is proven to reduce loneliness, increase feelings of social support, and boost your mood.
- Get more physical activity**
Exercise reduces stress, so go for a walk, get a workout in or try a new group exercise class at AvSP.
- Reach out and Reconnect**
Call, visit or email a friend or family member you haven't spoken to in a while to catch up!
- Go tech free for an afternoon**
A digital detox can help you and your family refocus and relax. If you can't manage an afternoon, try an hour or two!
- Declutter your space**
Extra stuff isn't just messy. It could be holding you back from living your best life.
- Spring clean your online presence**
De-clutter your phone and social media apps. Delete all the stuff you never look at.

Here are some additional resources to help cope with stress:

- [CDC Coping with Stress](#)
- <https://www.mhanational.org/conditions/stress>
- [NIH - I am so stressed-out infographic](#)
- [Managing Stress](#)
- [How Stress affects your health](#)
- [SNHD Resources](#)