

NORTHERN NEVADA
Public Health

Chronic Disease and Injury Data Dashboard

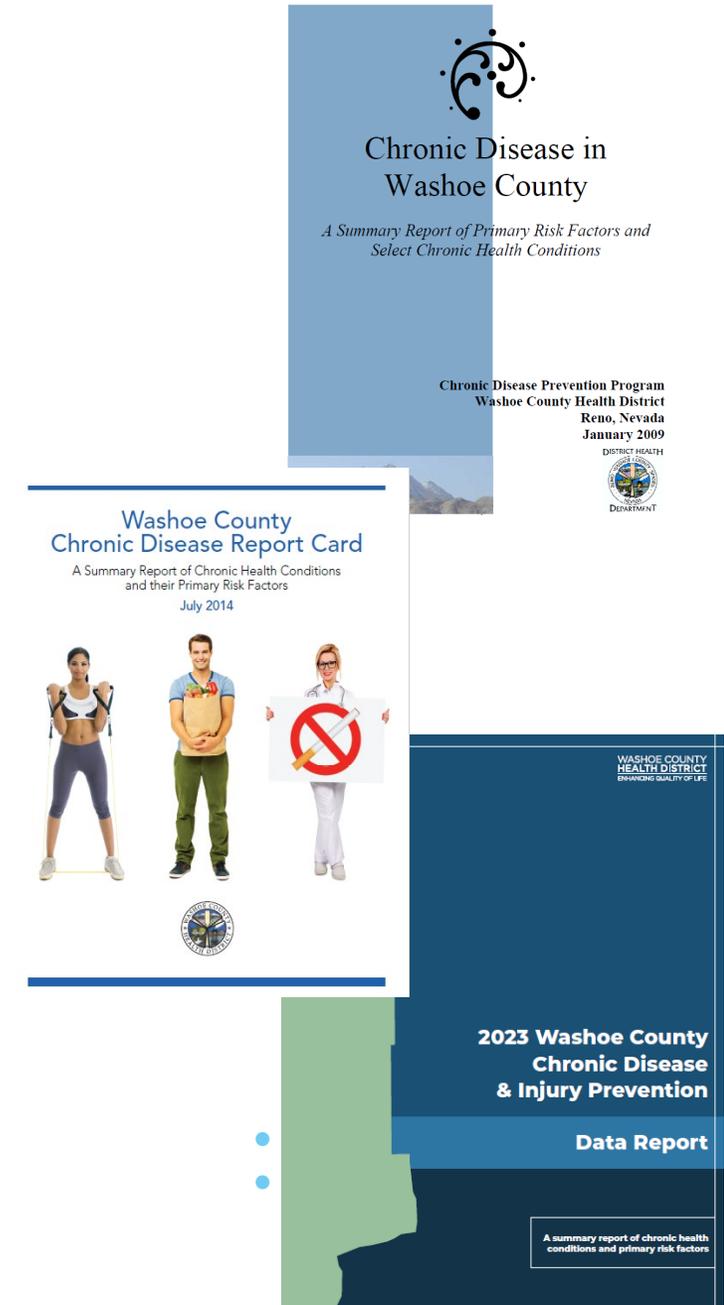
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Population Health Division

Purpose

- Washoe County Chronic Disease Coalition identified need for centralized chronic disease data
- Static report format
- Distributed as print copies and website PDFs
- Reports produced every 3–4 years
- Dependent on external vendors
- Long timelines and higher costs



GetHealthyWashoe.com



Get Healthy Washoe is all about you Washoe County! This resource was designed by the Chronic Disease and Injury Prevention Program as a road map and a resource for people who want to live healthy lives and reduce the impact of chronic disease in the community. Here you will find information about how to:

- [Eat Healthy](#)
- [Be Active](#)
- [Be Tobacco Free](#)
- [Prevent Injuries](#)

This resource is designed for all aspects of the community including individuals, parents, businesses, medical practitioners and anyone else who wants to improve their health.

About

The Chronic Disease and Injury Prevention Program (CDIP) focuses on the modifiable risk factors of tobacco use and exposure, lack of physical activity, and poor nutrition. In recent years, the focus has been expanded to include injury prevention and responsible cannabis use, including eliminating secondhand cannabis smoke exposure. These modifiable risk factors impact the top five leading causes of death in Washoe County. By moving the needle on these modifiable risk factors the CDIP goal is to reduce illness and premature deaths in Washoe County and improve quality of life of those that live, work, and visit our community.

Public health research has shown that that policy, systems, and environmental (PSE) changes can have the largest impact on improving population health, therefore, the CDIP focuses on PSE rather than individual behavior change strategies. Additionally, following the CDC approach for chronic disease prevention and health promotion, the CDIP strives to achieve health equity by eliminating health disparities and achieving optimal health for all Washoe County residents.

Chronic Disease and Injury Data Dashboard

Explore [the interactive Data Dashboard](#) to gain insights into chronic disease and injury prevalence, social determinants of health, mental health, nutrition, physical activity, obesity, and substance use—including alcohol, smoking, vaping, and cannabis.

GetHealthy@nnph.org

Washoe County Chronic Disease & Injury Data Dashboard

Section:

Introduction

Population Health
Indicators

Chronic Disease
Risk Factors

Injuries

Chronic Diseases &
Health Conditions

Prevention Efforts
in Washoe County

Subsection:

About the Dashboard

Understanding Chronic
Disease & Injury Prevention

Using the Dashboard

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Technical Notes

Welcome to the Washoe County Chronic Disease & Injury Data Dashboard

The Chronic Disease and Injury Prevention (CDIP) Program is part of the Population Health Division at Northern Nevada Public Health (NNPH). CDIP helps people in Washoe County learn how to live safer and healthier lives.

CDIP works on health risks that people can change. These include using tobacco or cannabis, not getting enough physical activity, unhealthy eating, and substance misuse or overdose. The program also works to prevent injuries, such as suicide and falls among older adults.

These risks are linked to the main causes of sickness, disability, and early death in Washoe County. By reducing these risks, CDIP works to improve health and quality of life for people who live, work, and visit our community. Program activities are regularly reviewed to make sure they are effective, fair, and meet community needs.

Research shows that changes to policies, systems, and environments have the biggest and longest-lasting impact on health. Following guidance from the Centers for Disease Control and Prevention (CDC), CDIP focuses on these strategies. Health equity is included in all efforts by finding health gaps and working to reduce them.

This dashboard supports NNPH's commitment to transparency and easy access to information. It shares current data on chronic disease deaths, injury rates and deaths, and related health risks in Washoe County, Nevada, and the United States. The dashboard includes information on social factors that affect health, mental health, nutrition, physical activity, obesity, alcohol use, smoking and tobacco use, vaping, and cannabis use. Many charts can be filtered by factors such as age, location, year, or health condition. These filters help show how health trends change across different groups.



Population Health Indicators - Demographics

Section:

Introduction

Population Health Indicators

Chronic Disease Risk Factors

Injuries

Chronic Diseases & Health Conditions

Prevention Efforts in Washoe County

Subsection:

Demographics

Social Determinants of Health

Mental Health

Mortality & Years of Life Lost

Select a Year

2024



Select a Category

Sex



Figure 1.1.1: Washoe County Population

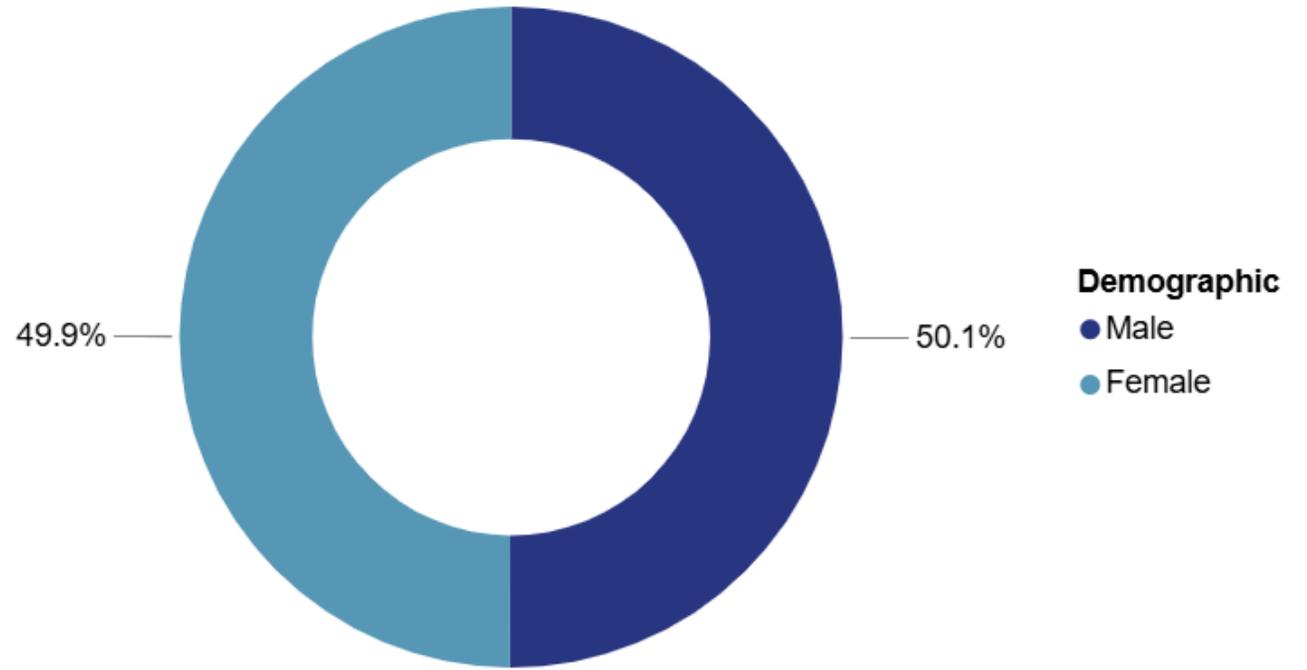
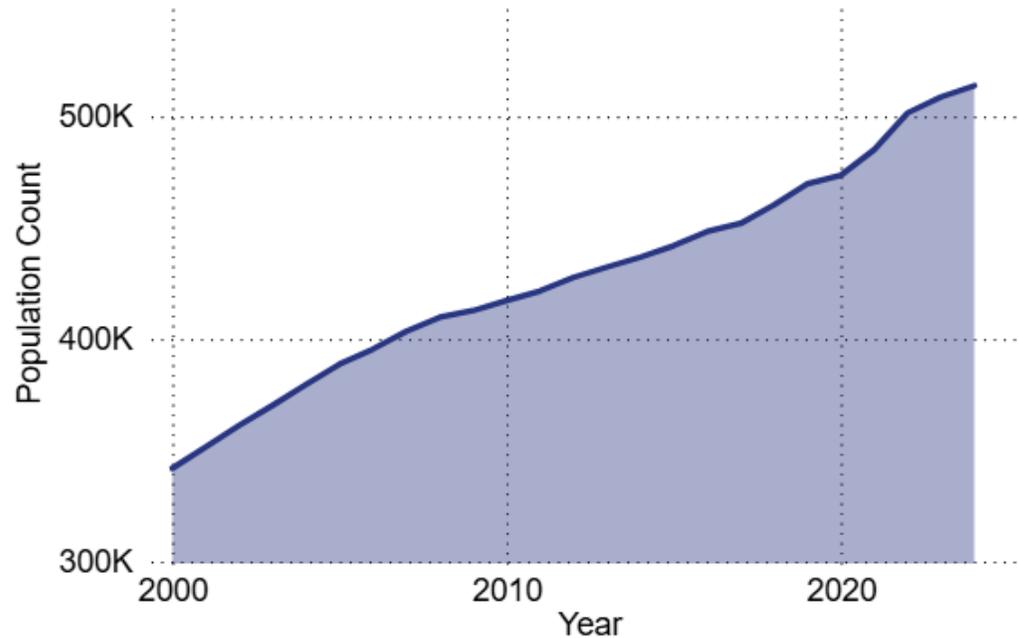
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Figure 1.1.2: Population Demographic Distribution

Source: State of Nevada Department of Taxation

Figure 1.1.3: Population Change over Time

Source: State of Nevada Department of Taxation



Chronic Disease Risk Factors - Nutrition

Section:

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Subsection:

Nutrition

Physical Activity

Overweight & Obesity

Alcohol Use

Smoking & Smokeless Tobacco

Vaping

Cannabis/Marijuana Use

Select a Food

Fruit

Select a Category

Overall

Select a Demographic

All

Clear Demographic Filters

Page 1

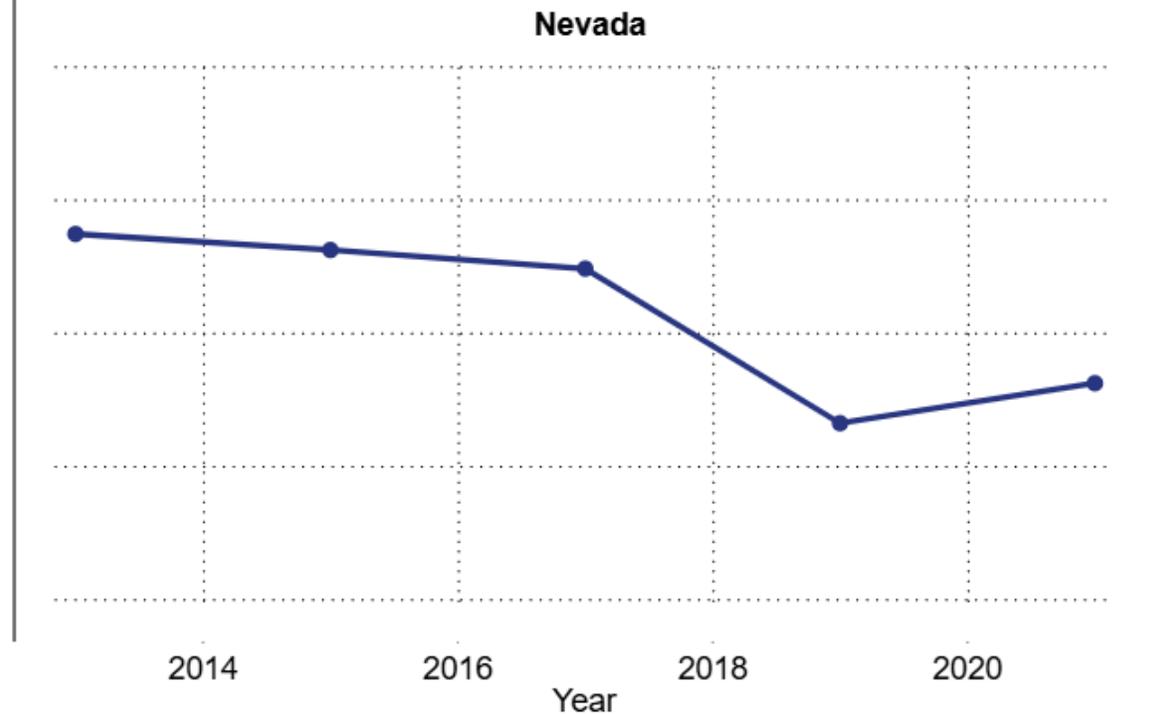
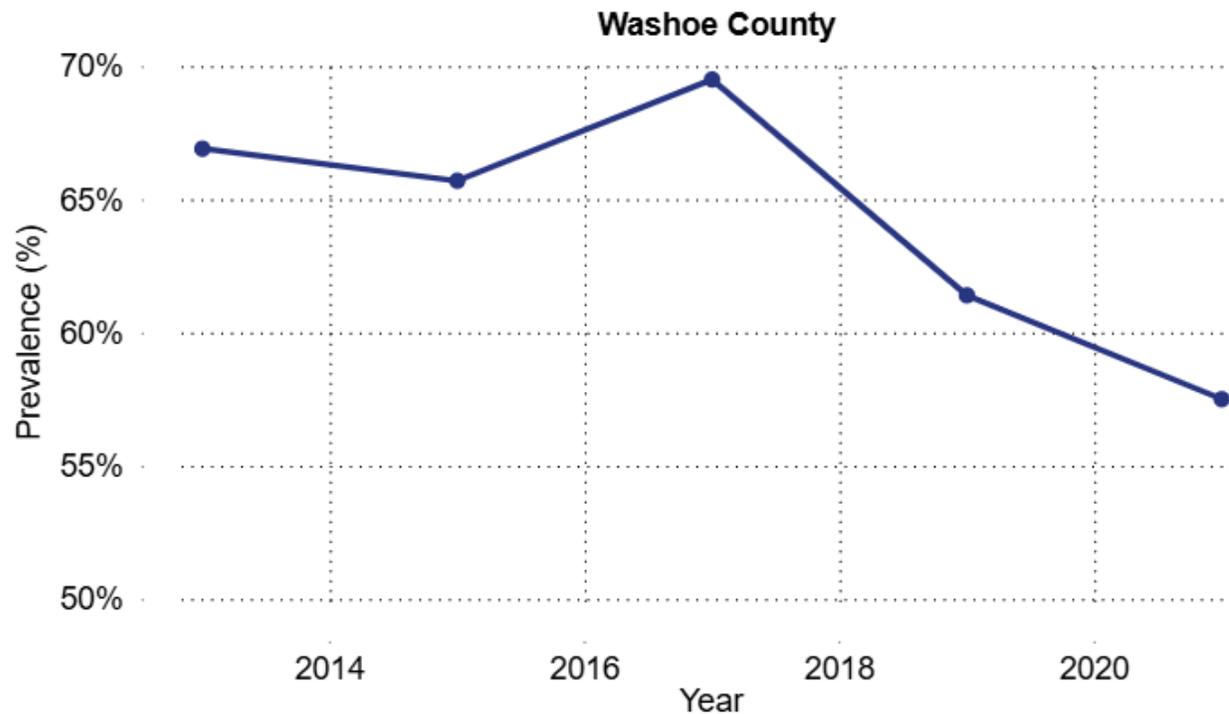
1

2

Figure 2.1.1: Percentage of adults that consume 1+ serving(s) of fruit/vegetables per day

Source: BRFSS

Demographic — Overall





Injuries - Trauma

Section:

- Introduction
- Population Health Indicators
- Chronic Disease Risk Factors
- Injuries**
- Chronic Diseases & Health Conditions
- Prevention Efforts in Washoe County

Subsection:

- Trauma**
- Motor Vehicle Fatalities
- Suicide
- Drug-Related Poisoning/Overdose
- Assault

Select a Year

2024



For a more detailed view of statewide trauma trends, please click this icon to visit the webpage with Nevada's annual trauma reports, produced by the Department of Public and Behavioral Health.

Figure 3.1.1: Nevada Trauma Rates by County of Injury
 Source: Nevada Trauma Registry Reports, Nevada Division of Public and Behavioral Health

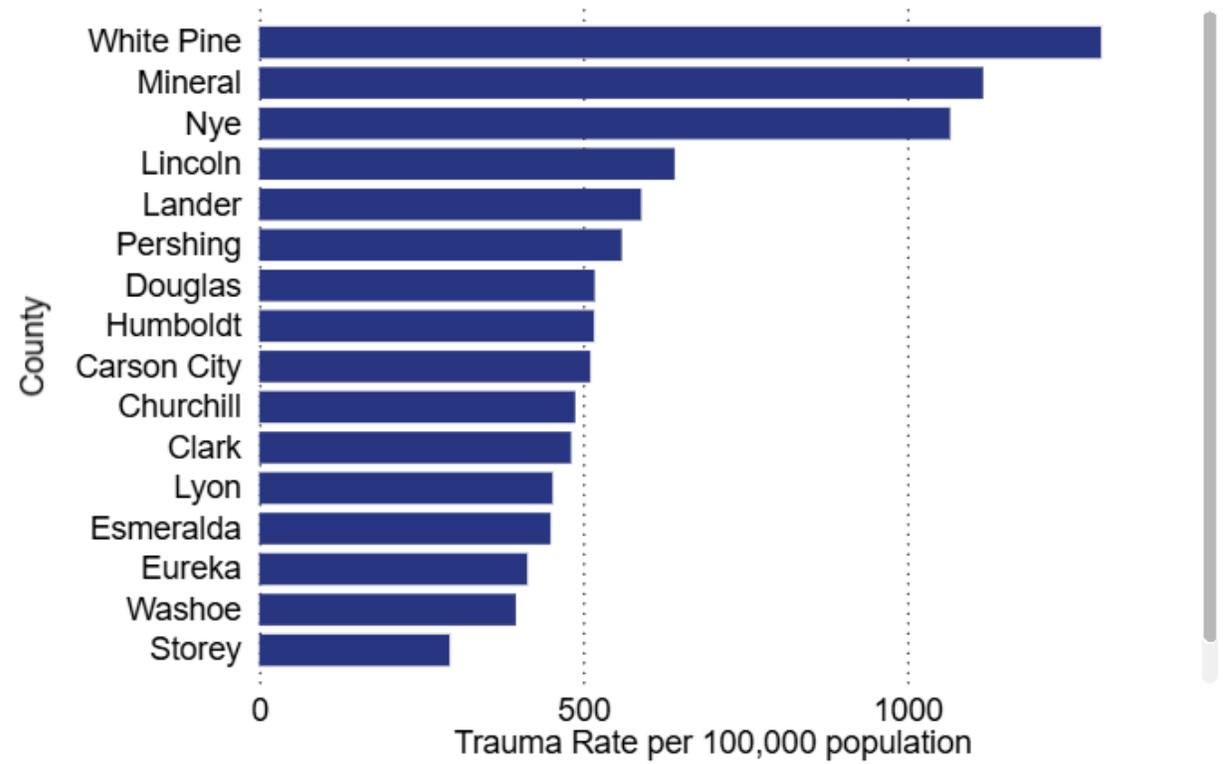
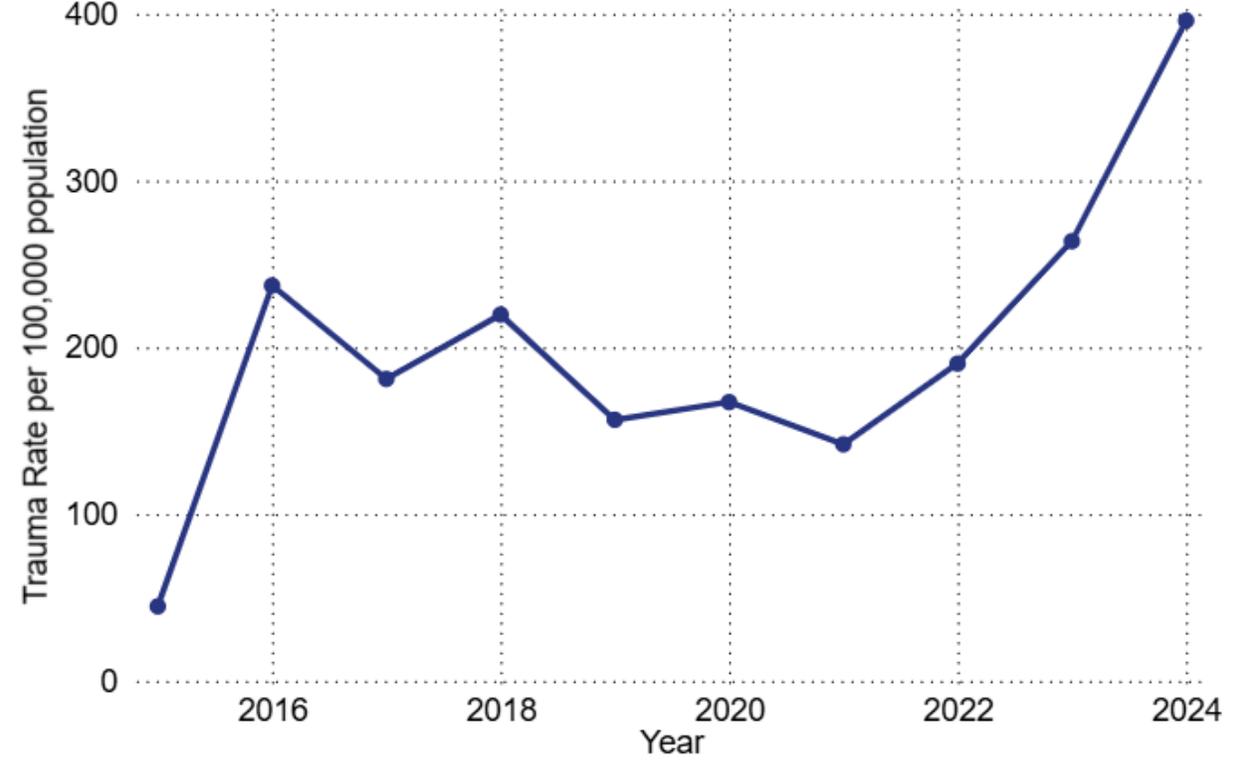


Figure 3.1.2: Washoe County Trauma Rates by Year
 Source: Nevada Trauma Registry Reports, Nevada Division of Public and Behavioral Health





Chronic Diseases & Health Conditions - Mortality Rates by Condition

Section:

Introduction

Population Health Indicators

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Prevention Efforts in Washoe County

Subsection:

Mortality Rates by Condition

Mortality Rates by Cancer Type

Select a Chronic Disease or Health Condition

Alzheimer's disease

Hover over a disease or health condition to learn more about it:

Alzheimer's Disease

Atherosclerosis

Stroke

Chronic Liver Disease

Chronic Lower Respiratory Diseases

Diabetes

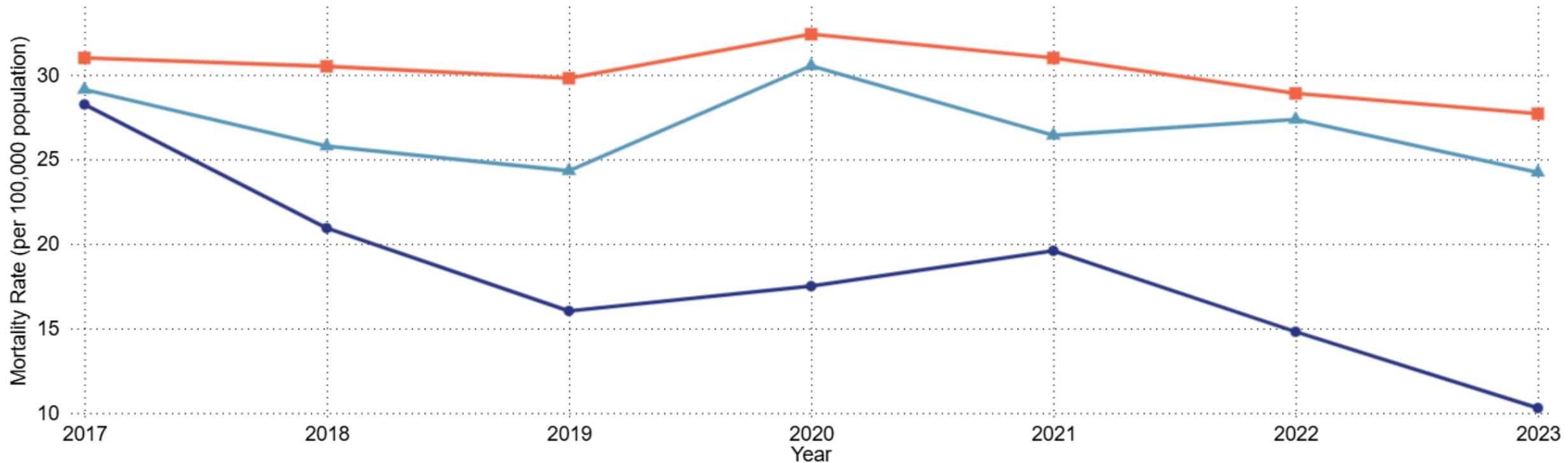
Heart Disease

Cancer

Figure 4.1.1: Age-adjusted Mortality Rates for Chronic Diseases and Health Conditions

Source: Vital Statistics; CDC WONDER

Location ● Washoe County ▲ Nevada ■ U.S.





Prevention Efforts in Washoe County - Healthy Eating, Active Living

Section:

- Introduction
- Population Health Indicators
- Chronic Disease Risk Factors
- Injuries
- Chronic Diseases & Health Conditions
- Prevention Efforts in Washoe County**

Subsection:

- Healthy Eating, Active Living**
- Tobacco-Free and Nicotine-Free Living
- Injury Prevention

Healthy Corner Stores

The Grab Healthy program works with local corner stores to make healthy food easier to find in neighborhoods with limited options. In Washoe County, many residents face food insecurity, and some households do not have a car, making it harder to shop at grocery stores. Grab Healthy supports store owners through education, partnerships, and small store improvements to help them offer and promote healthier choices. The program also partners with Reno Food Systems to bring fresh, locally grown produce into stores, supporting local farmers while helping community members access nutritious food closer to home.

 For more information about Healthy Corner Stores in Washoe County, please click this icon to be redirected to the appropriate page on the Northern Nevada Public Health website.

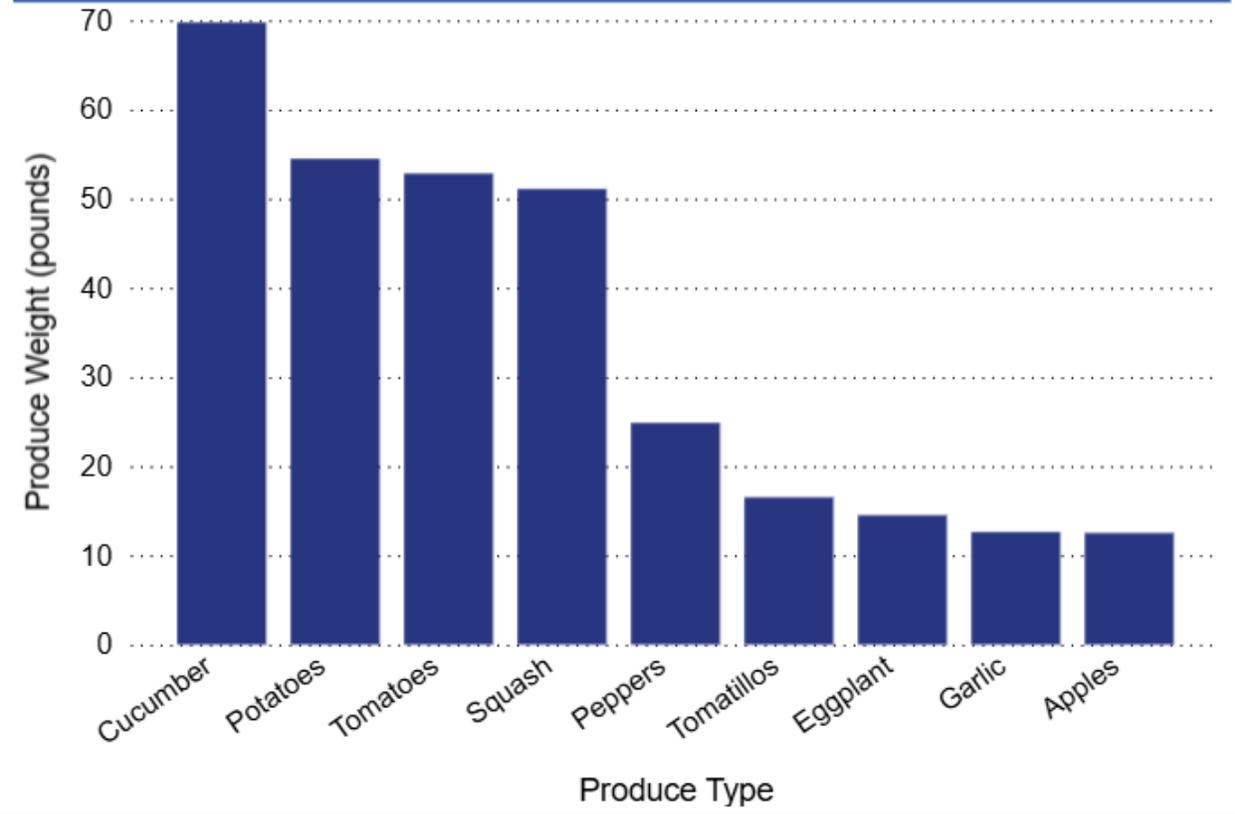
Figure 5.1.1: Number of Corner Stores Approached
*Since 2022

55

Figure 5.1.2: Participating Healthy Corner Stores
*Since 2022

6

Figure 5.1.3: Amount of Produce Supplied by Reno Food Systems
*Since 2023





Prevention Efforts in Washoe County - Tobacco-Free and Nicotine-Free Living

Section:

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Subsection:

Healthy Eating, Active Living

Tobacco-Free and Nicotine-Free Living

Injury Prevention

Community Engagement to Prevent Tobacco & Nicotine Initiation and Promote Quitting

Tobacco use remains the leading cause of preventable death in the United States, despite the progress made reducing smoking rates. Therefore, CDIP continues its work with local, statewide, and national partners to:

- Prevent initiation of tobacco and nicotine use among youth and young adults
- Promote quitting tobacco and nicotine use among adults and youth
- Eliminate exposure to secondhand smoke (SHS)

CDIP follows evidence-based guidelines from the Centers for Disease Control and Prevention (CDC) to prevent the initiation of tobacco and nicotine use and to promote quitting throughout Washoe County.



For more information about resources in Washoe County that support tobacco-free and nicotine-free living, please click this icon to be redirected to the appropriate page on the Northern Nevada Public Health website.

Figure 5.2.3: Number of Community Members Engaged by Prevention & Cessation Efforts

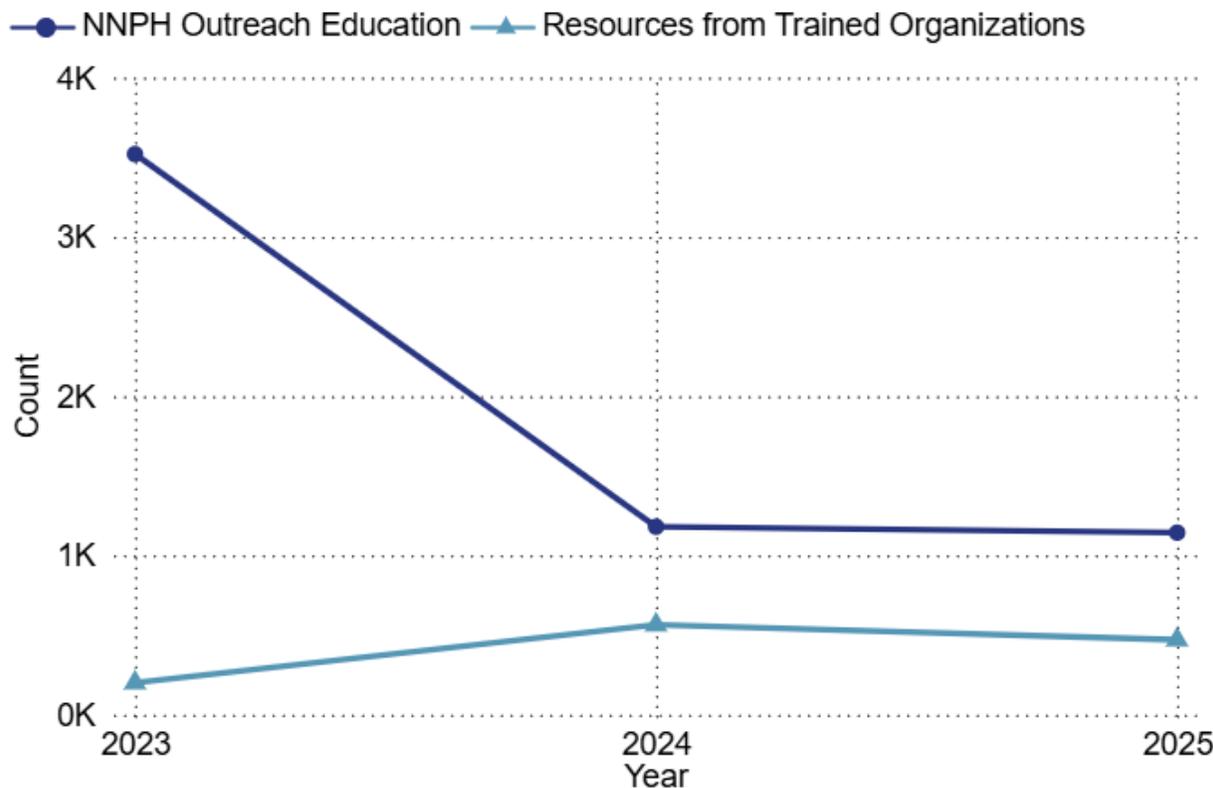


Figure 5.2.1: Community Organizations Trained to Deliver Prevention & Cessation Resources

*Since 2023

12

Figure 5.2.2: Healthcare Providers/Facilities Educated on Tobacco/Nicotine Use Intervention

*Since 2023

2754



Prevention Efforts in Washoe County - Injury Prevention

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Temporary Secure Gun Storage

Temporary, secure gun storage outside the home can help make households safer, especially during times of crisis. In Nevada, firearms can legally be stored for a short time with a licensed gun dealer, an immediate family member, or a trusted friend to help prevent harm to oneself or others.



For more information about Suicide Prevention and Safe Gun Storage in Washoe County, please click this icon to be redirected to the appropriate page on the Northern Nevada Public Health website.

Figure 5.3.1: Number of People Reached by Washoe Suicide Prevention Alliance (WSPA) Outreach

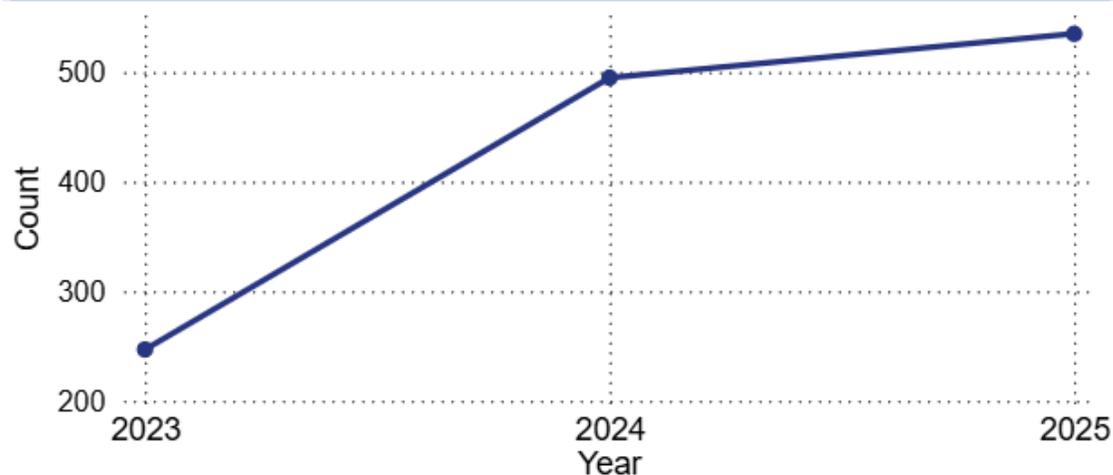
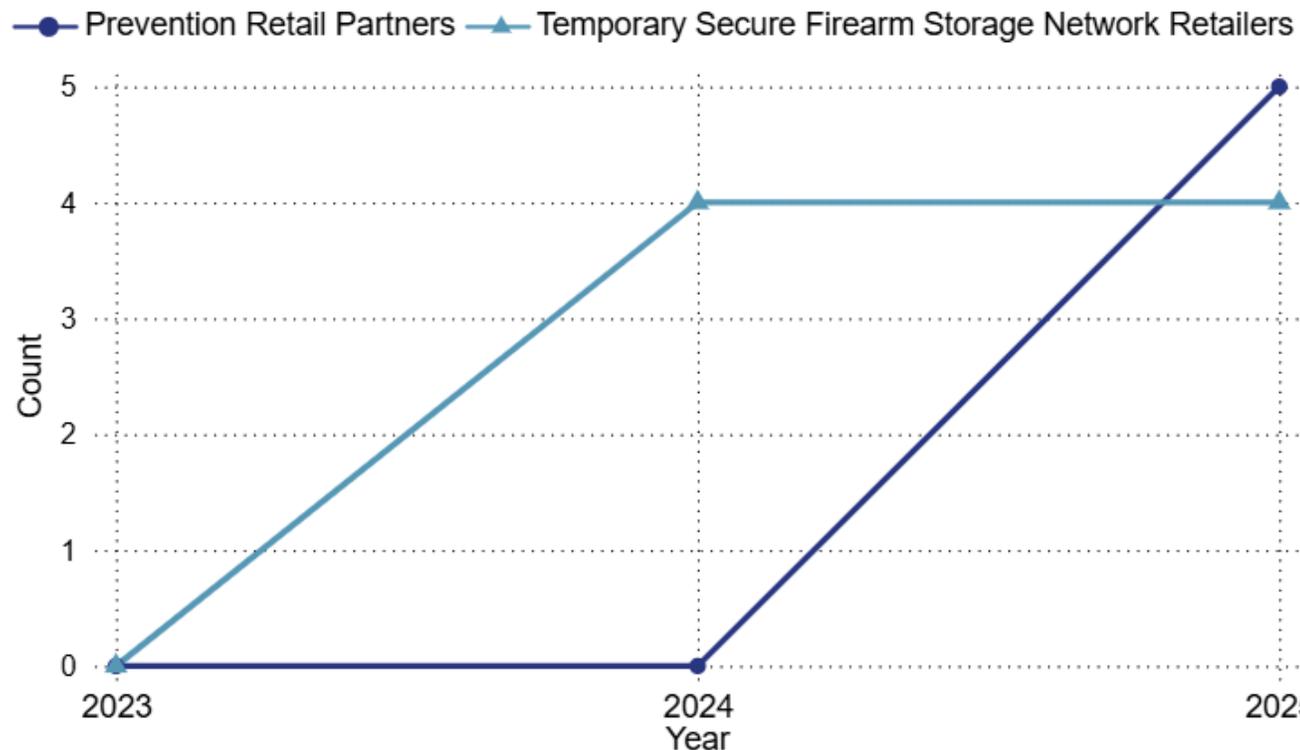


Figure 5.3.2: Washoe Suicide Prevention Alliance (WSPA) Partners





Impact

- Sustainable, long-term asset for CDIP and the community
- Efficient and interactive dashboard for updating and sharing data
- Strengthens communication with grant funders
- Empowers staff with quick access to data for stronger grant proposals
- Enhances collaboration with the statistics and informatics team



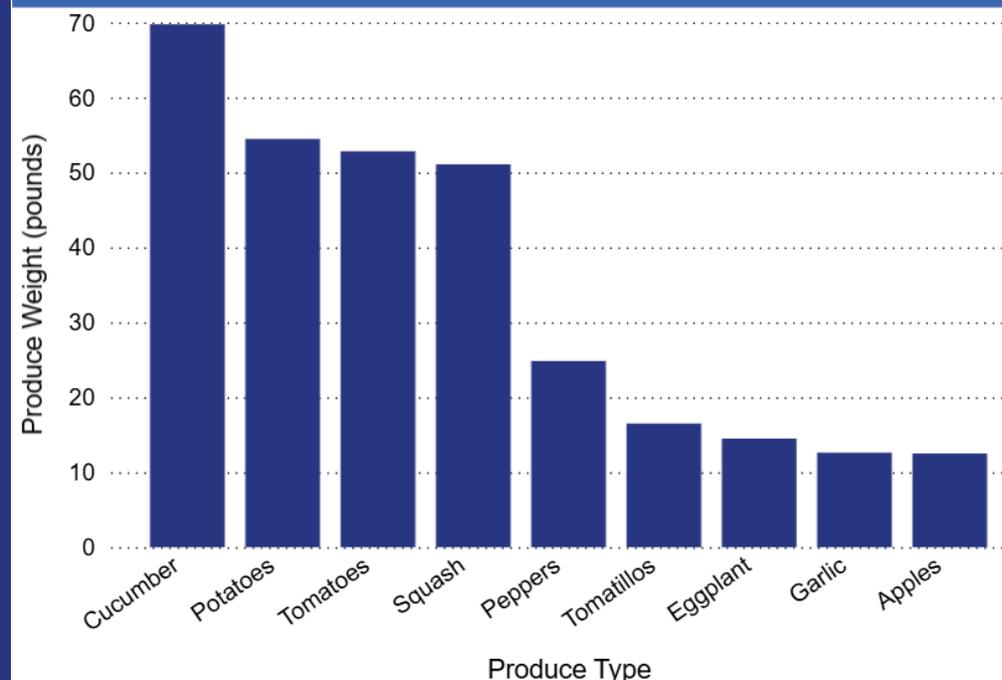
Prevention Efforts in Washoe County

Healthy Eating, Active Living

- Downward trend of fruit & vegetable consumption
- Grab Healthy – Healthy Corner Store Initiative
 - Six participating stores
 - Partnership with Reno Food Systems

Figure 5.1.3: Amount of Produce Supplied by Reno Food Systems

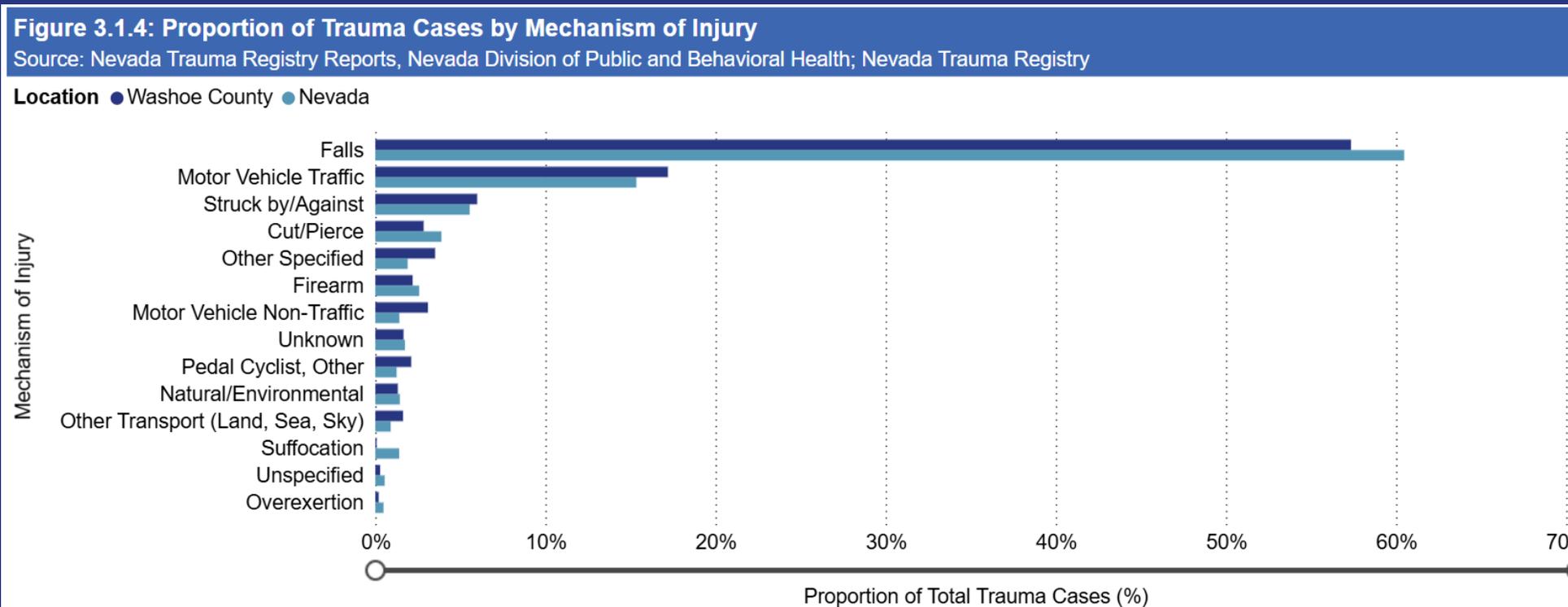
*Since 2023



Prevention Efforts in Washoe County

Injury Prevention

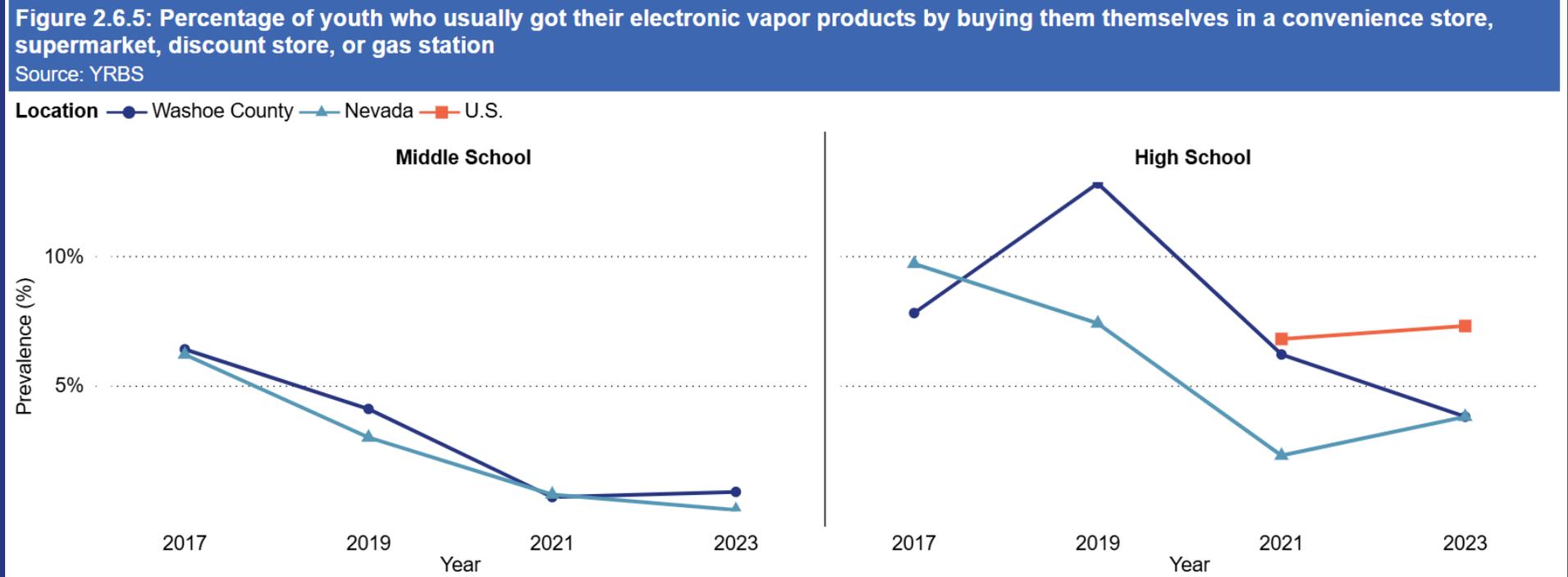
- Falls are the leading cause of trauma in Washoe County
- Senior Falls Programs
 - Enhance Fitness
 - Stepping On



Prevention Efforts in Washoe County

Tobacco-Free and Nicotine-Free Living

- Downward trend in youth obtaining vape products from tobacco retailers
- Tobacco Retailer Education



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