

**Community and Clinical Health Services  
Division Director Staff Report  
Board Meeting Date: September 26, 2024**

**DATE:** September 6, 2024

**TO:** District Board of Health

**FROM:** Lisa Lottritz, RN, MPH  
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**SUBJECT:** Community and Clinical Health Services – Divisional Update – Smoke Free Multi Unit Housing; Data & Metrics; Sexual Health (Outreach and Disease Investigation), Immunizations, Tuberculosis Prevention and Control Program, Reproductive and Sexual Health Services, Chronic Disease Injury Prevention Program, Maternal Child and Adolescent Health, Women Infants and Children, and Community Health Workers

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**1. Divisional Update**

**a. Smoke Free Multi Unit Housing**

*Introduction & Background:*

The Chronic Disease and Injury Prevention (CDIP) Program aims to reduce illness and premature death in Washoe County and improve the quality of life of those that live, work, and visit our community. The prevention of tobacco use and exposure is a key strategy to reduce chronic disease and several leading causes of death during an individual’s lifetime.

For residents of multi-family housing (apartment buildings and condominiums), secondhand smoke (SHS) can be a major concern. It can migrate from other units and travel through doorways, cracks in walls, electrical outlets and ventilation systems. Air ventilation and cleaning methods do not fully eliminate secondhand smoke exposure in buildings (CDC, 2024). Eliminating indoor smoking and vaping is the only way to protect individuals from the harmful effects of tobacco smoke and aerosol in the home. According to the 2023 Nevada Adult Tobacco Survey, of respondents that live in a house, 81% reported that they are never exposed to SHS in their homes. This is compared to 58% of respondents-that live in an apartment or condo-reporting that they are never exposed to SHS in their homes.

There are many reasons the CDIP focuses on SF MFH, including:

- The home remains one of the main places many people are exposed to secondhand and thirdhand smoke (SHS/THS) as well as secondhand aerosol from electronic smoking devices (i.e. e-cigarettes or vapes)
- The home is the “primary source of SHS exposure among children” (CDC, 2024). This is important because children are especially vulnerable to these harmful exposures due to their developing bodies and brains
- Secondhand smoke causes disease and premature death among individuals that do not smoke
- There is no safe level of SHS (Center for Disease Control & Prevention, 2024). Similarly, secondhand aerosol contains harmful substances, such as, nicotine, heavy metals, carcinogenic chemicals and ultra-fine particles that reach deep into the lungs due to their tiny size (American Nonsmokers' Rights Foundation, 2024)
- Thirdhand smoke is, “the chemical residue left on clothes, skin, furniture, walls and other surfaces, after someone smokes” and is also harmful (Thirdhand Smoke Resource Center, 2024)

*SF MFH Program:*

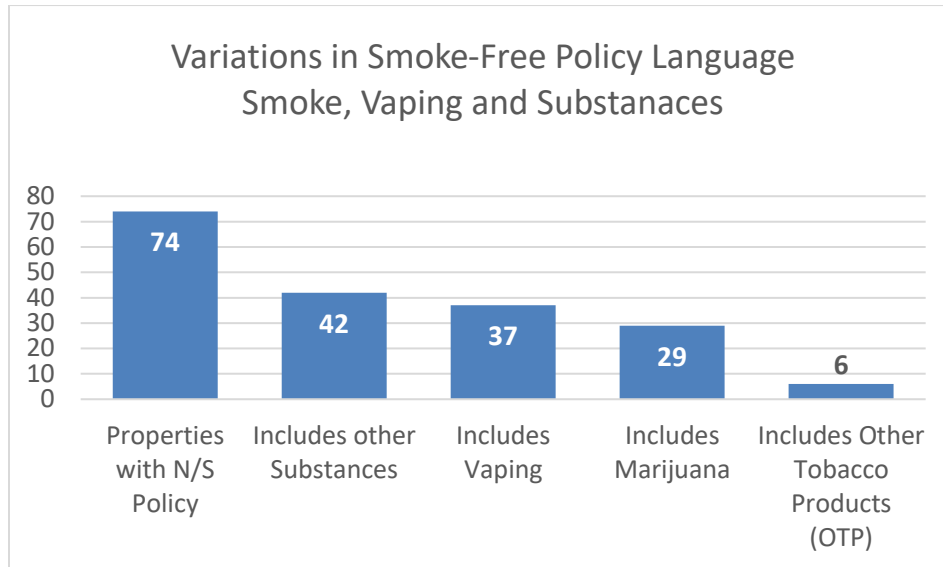
The mission of the SF MFH Program is to reduce exposure to SHS & aerosol in MFH communities and offer resources to help people who smoke and vape quit. The program strives to:

- Educate:
  - Staff at MFH communities and other organizations about the importance of SF MFH policies
  - Individuals living in MFH that are experiencing SHS infiltration and trying to navigate the situation
- Provide:
  - Technical assistance to staff at MFH communities to assist them in establishing a no smoking/no vaping policy and throughout the implementation and enforcement process
  - No smoking/No vaping signage to MFH property staff to display around the premises
  - Cessation resources for staff and residents at MFH communities
- Maintain:
  - An online SF MFH directory as a resource for Washoe County residents looking for apartments with such policies (GetHealthyWashoe.com)
  - And foster community partnerships integral to healthy MFH in Washoe County
  - A data driven approach to inform local program strategies and goals

*SF MFH Program Key Outcomes:*

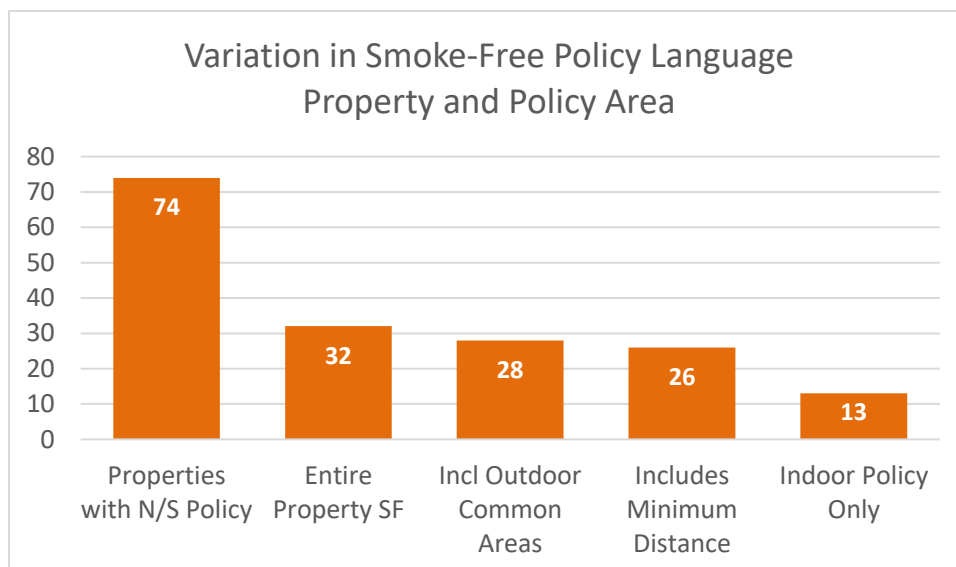
Over the last decade, CDIP staff have worked with employees at nearly seventy-five (75) MFH communities that have established voluntary no smoking policies at their properties. This has resulted in over eight thousand units being smoke free and has impacting thousands of individuals and families (estimated impact is between 8,073-32,202 and individuals). Last year, CDIP staff assessed these properties' smoke-free policies to explore

the comprehensiveness of the policy language as well as identify needs for future policy expansion. Some of the key findings from the assessment are shown below.



Of the 74 MFH smoke-free policies assessed, 56.8% of the policies included language prohibiting the smoking of other substances, 50% prohibited vaping, 39.2% prohibited marijuana, and 8.1% included language prohibiting “other tobacco products.” It is important to note that these variables are not mutually exclusive—therefore, a policy could include more than one of these variables.

The table below shows the variations in policy language related to the area at a MFH community covered by the smoke-free policy. Of the properties assessed, 43.2% have a smoke-free policy that covers the entire property, 37.8% of the policies include outdoor common areas, 35.1% include minimum distance (e.g. no smoking within 25 feet of buildings), and 17.6% of the policies only prohibited smoking indoors.



*SF MFH Program Future Goals:*

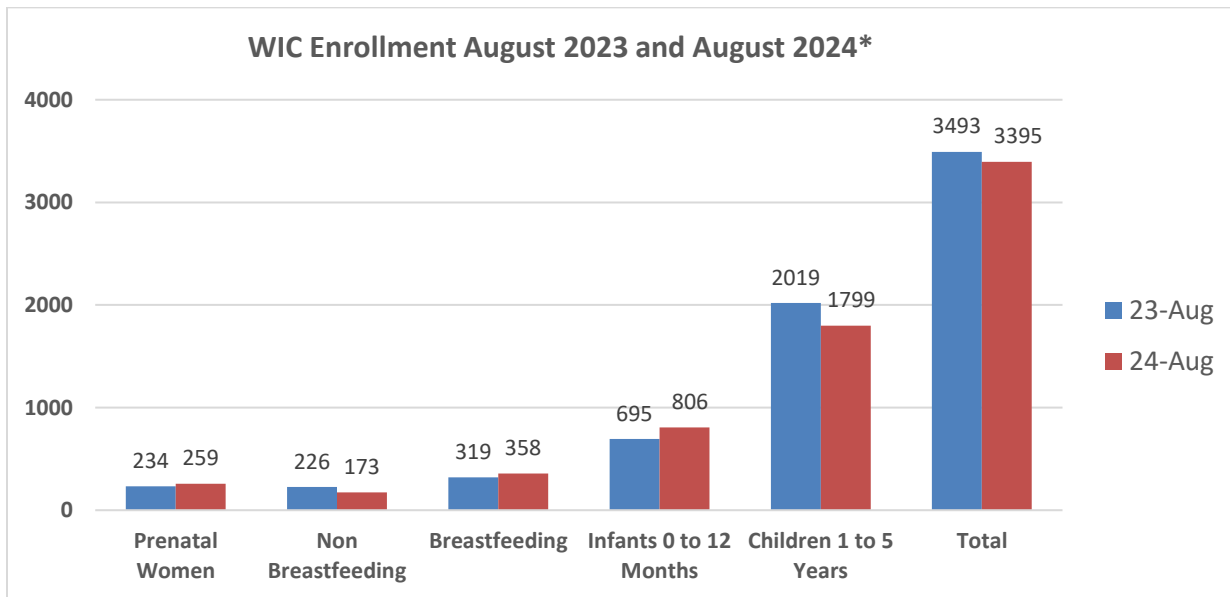
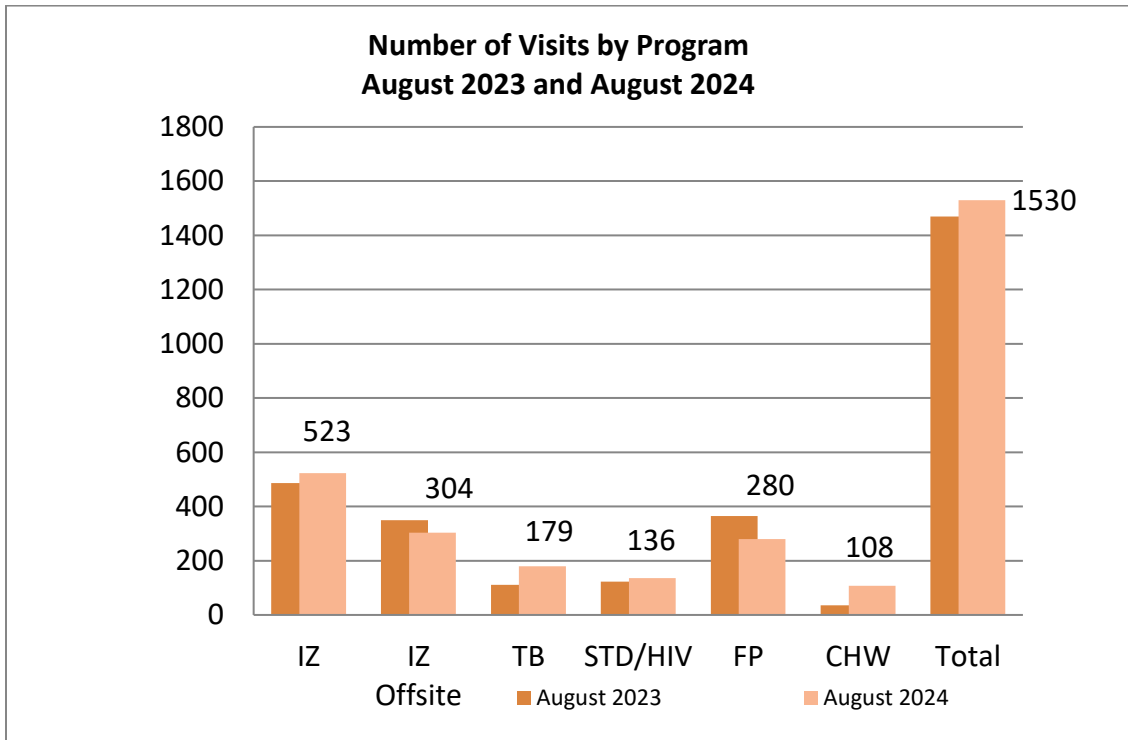
Norms around SF MFH policies have changed over the last decade. Most residents of MFH now desire smoke-free policies at their place of residence. However, there is still a long road ahead to ensure all residents of MFH communities in Washoe County are provided housing that is free from the harms of tobacco smoke and aerosol. Moving forward, NNPH staff will strive to:

- Continue to advocate for SF MFH in Washoe County via education, promotion, and providing technical assistance and free resources to housing and community partners as well as Washoe County residents
- Utilize data driven approaches and best practices regarding SF MFH policy implementation and enforcement guidance
- Explore novel opportunities and partnerships for SF MFH expansion (e.g. requiring multi-family housing developments that receive County funds to have a smoke-free policy in place and explore pairing such policies with non-punitive equitable enforcement strategies)

Citations:

<https://www.cdc.gov/tobacco/secondhand-smoke/index.html#:~:text=Exposure%20to%20secondhand%20smoke%20from%20burning%20tobacco%20products,s%20moke.%20Even%20brief%20exposure%20can%20cause%20immediate%20harm.>  
<https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/>  
<https://thirdhandsmoke.org/>

**b. Data/Metrics**



\*Changes in data can be attributed to several factors including fluctuations in community demand, changes in staffing and changes in scope of work/grant deliverables

WIC Participation Numbers in the Past Year		
Month	Enrollment	Participation w/ Benefits
Aug 2023	3493	3095
Sept 2023	3449	3040
Oct 2023	3406	3020
Nov 2023	3408	3031
Dec 2023	3415	2908
Jan 2024	3357	3076
Feb 2024	3328	3103
March 2024	3342	3114
April 2024	3342	3114
May 2024	3395	3152
June 2024	3335	3091
July 2024	3342	3117
Aug 2024	3395	3179
Monthly avg	3385	3080
% change Aug 2023 / Aug 2024	-2.81%	2.71%

**WIC participation numbers**

Enrollment: All those enrolled in WIC: (women who are pregnant, breastfeeding, or post-partum; infants; and children up through age 5)

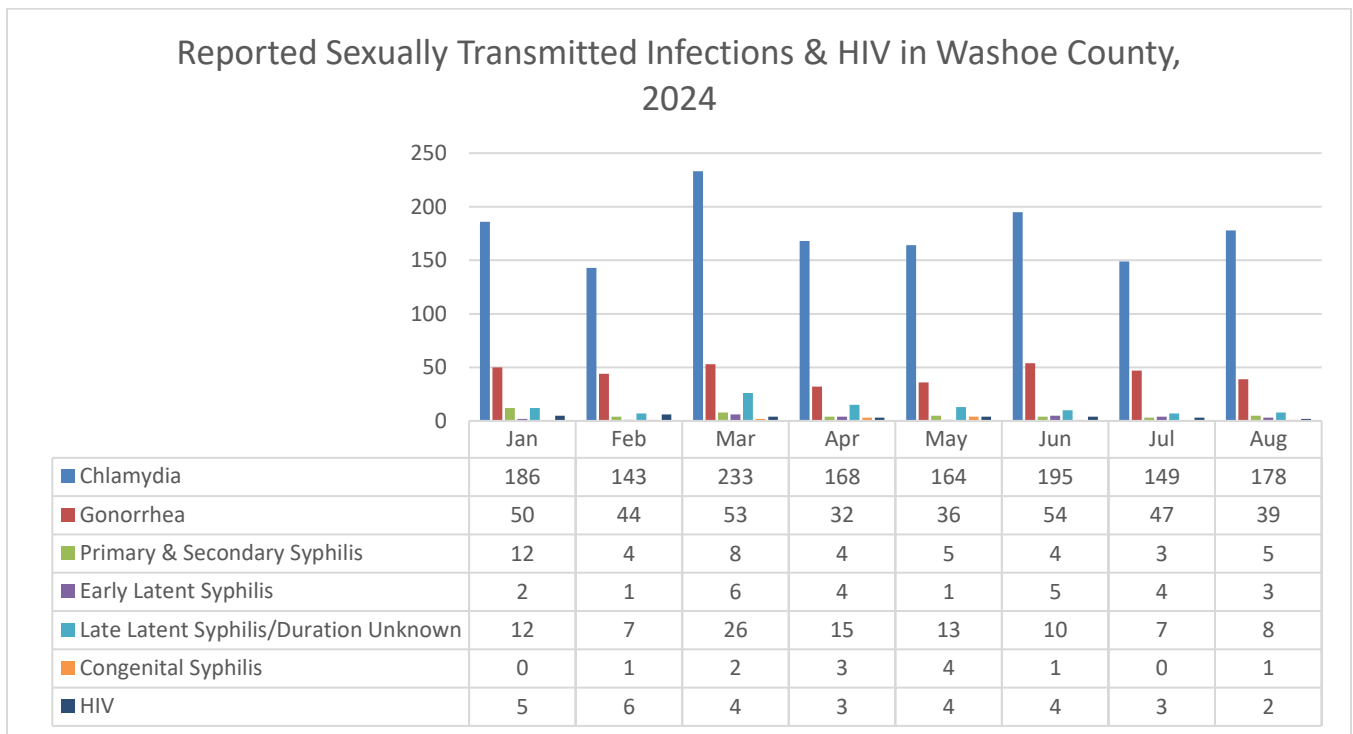
Participation with Benefits: All enrolled WIC participants receive food benefits except

- Infants that are exclusively breastfed
- Breastfeeding mothers whose infants receive more than 4 cans of formula per month

**2. Program Reports – Outcomes and Activities**

- a. **Sexual Health (Outreach and Disease Investigation)** – Staff participated in Northern Nevada Pride parade and festival on September 7<sup>th</sup>. Education on STIs, HIV, and related issues, including Mpox, were provided. In addition, prevention supplies and information were provided to participants. Participation in this annual event is important for the program, assuring the community that NNPH serves the entire community, and all are welcome.

At an annual statewide Maternal and Child Health conference, the program supervisor and Epidemiologist provided a presentation on syphilis, with emphasis on congenital syphilis. Syphilis continues to be a critical issue in our community and state, with congenital syphilis being a manifestation of the contributing issues related to syphilis cases. These include polysubstance use, mental health concerns, social services (Child Protective Services) involvement, lack of timely, complete, or any prenatal care. Giving maternal and child health stakeholders more information on the topic will assist in the multidisciplinary approach that is needed to address the issue in our respective communities.



- b. **Immunizations** – The immunization team continues to focus on providing vaccines to individuals who are uninsured or underinsured and unable to receive vaccines elsewhere. In August, staff focused on increasing clinic vaccination capacity and outreach activities for school-aged children. Clinic staff vaccinated 515 clients while providing a total of 1241 routine vaccination doses in

August. The clinic provided COVID-19 vaccines through August 23<sup>rd</sup> when the 23-24 formulation was deauthorized, a total of 77 COVID-19 vaccines were administered. The updated 24-25 COVID-19 formula was approved by FDA. The program anticipates the arrival of updated COVID products in mid to late September and has already started receiving some pre-booked 24-25 trivalent influenza vaccines, with an anticipated implementation date of early October. Walk-ins continue to be accepted daily. Staff offer community provider education regarding vaccine storage and handling and inventory and address special medical and employee vaccine cases.

In August there were three back-to-school vaccine events. A total of 308 school-aged persons received 776 vaccine doses, of which 33 were COVID vaccines. The community events included the Family Health Festival at Hug High School and two back-to-school events at NNPH, with Washoe County School District and Community Health Alliance partnerships. NNPH also welcomed vendors for school supplies and Paws for Love pet therapy dogs. The team would like to thank our partners, employees, and promoters, as the back-to-school season realized much success.

The team participated in Northern Nevada Pride on September 7, 2024, offering Mpox vaccinations. Planning activities are underway for upcoming Flu and COVID outreach efforts which include a Family Health Festival, a POD in October through a partnership with EPHP staff. Advertising and reels for social media are being developed to emphasize the importance of annual COVID and Flu vaccinations as the new respiratory season starts soon.

The team is actively involved with Nevada State Immunization Program (NSIP) required activities for 2024-2025 VFC (Vaccines for Children) and 317 Provider Compliance, as well as IQIP (Immunization Quality Improvement for Providers).

Program staff continue the development, case management, and reporting activities for the Perinatal Hepatitis B Prevention Program (PHBPP) with 13 cases currently under management.

- c. **Tuberculosis Prevention and Control Program** – The TB program is currently managing five cases of active TB disease. Two of these reported cases were recently diagnosed. One person recently finished 6 months of treatment, and another should finish in the next couple of weeks

In addition to the active disease cases, the program is currently managing/evaluating over 55 clients for Latent Tuberculosis Infection (LTBI). In August 2024, the program completed 14 evaluations for LTBI, conducted 36 case reviews with the consulting physician, performed 115 instances of directly observed therapy, and started 10 clients on LTBI treatment.

- d. **Reproductive and Sexual Health Services** – In May, the Family Planning Sexual Health Program began offering doxycycline as post-exposure prophylaxis (Doxy PEP) for the prevention of chlamydia, gonorrhea, and syphilis. As of July 31<sup>st</sup>, 38 clients have been provided doxycycline as



post-exposure prophylaxis. All clients provided with Doxy PEP were identified as having an increased risk for STI acquisition including history of a bacterial STI in the past 6 months, no or inconsistent condom use, and cisgender men who have sex with more than one male partner. Of the 38 clients who received Doxy PEP, six have returned for testing and all six tested negative for chlamydia and syphilis. Three did test positive for gonorrhea at extragenital sites. Gonorrhea positivity is not surprising as there is known doxycycline resistance to gonorrhea and initial studies have shown Doxy PEP to be far less effective at preventing gonorrhea acquisition. FPSHP will continue to track the clients receiving Doxy PEP and the effectiveness of Doxy PEP for bacterial STI prevention.

On August 19<sup>th</sup>, all clinic staff attended a training on recognizing and preventing stigma for people living with HIV. Staff learned how to use person first language in conversations and how stigma can act as a barrier to seeking and accepting health care services. Additionally, this training fulfilled the Nevada Senate Bill 439 requirement for nursing staff to complete a training on HIV stigma to renew their license.

Two program staff participated in a Program Review Training hosted by the Office of Population Affairs. The training provided an overview of the program review process for Title X grantees. The training covered all aspects of a program of review including clinical, administrative, and fiscal. The FPSHP last received a program review in 2021 and has not been notified of a program review for this grant period.

The walk-in appointment rate for August continues to be about 50%. FPSHP staff have added a calendar to the NNPH website for clients to be able to easily check when the clinic opens and when the last walk-in appointment is accepted.

- e. **Chronic Disease and Injury Prevention (CDIP) Program** – Staff attended the NNPH back-to-school vaccine events on August 10<sup>th</sup> & 17<sup>th</sup>. These events provided the opportunity to interact with parents and have them complete a family engagement survey to gain insights on how to best reach parents and provide them with resources tailored for healthy eating and active living. Tobacco control staff also surveyed youth about attitudes around vaping and new vaping products. Thirty-one surveys were completed. In addition, staff tabled at the back-to-school expo hosted by WCCSD on August 10<sup>th</sup>, with the goal of surveying parents. From these events, approximately 165 healthy eating and active living surveys were completed.

Staff attended Glenn Duncan's back-to-school fair, along with the 5210 program. Together, healthy eating and active living resources were distributed to approximately 60 families. Families received recipe cards, informational handouts, healthy behavior pocketbooks, supplies tailored with healthy messaging, and tools to incentivize healthy behaviors. Staff played trivia with the students for fun giveaways.



Staff participated in the HealthFIT program event on August 2<sup>nd</sup> at the University of Nevada, Reno to provide incoming freshman students interested in health-related fields information about potential future career the opportunity to interact with public health professionals. Staff showed and talked about examples of tobacco control and youth vaping prevention efforts in the community and gave an overview of the program. While discussing programmatic efforts, staff shared the current survey being conducted to understand the perceptions on vaping among youth and young adults and gave students the opportunity to participate in the survey. Staff talked to approximately 110 students and conducted 24 surveys.

Staff provided an Applied Suicide Intervention Training Skills (ASIST) for 20 local participants, including staff from NNPH. All participants completed the 16-hour certification training, designed to increase community capacity to provide assistance to someone at risk of suicide, and help keep them safe for now.

Through the Washoe Suicide Prevention Alliance (WSPA), staff distributed a follow-up survey to local federally licensed firearm dealers and achieved consent from four (4) of dealers to be included on the WSPA Temporary Safe Storage Map. These locations act as a community resource for individuals to create time and space from a firearm during a time of crisis or increased risk of harm. All locations received WSPA branded and other suicide prevention materials.

The CDIP team welcomed Tayler Gerhard and Sienna Illa, Intermittent Hourly Health Educators. Siena and Tayler will be leading the 5210 healthy eating and active living initiatives in the community.

- f. **Maternal, Child and Adolescent Health (MCAH)** — Maternal, Child and Adolescent Health activities include Lead Screening, Newborn Screening, Cribs for Kids, and Fetal Infant Mortality Review (FIMR).

The NNPH Lead team works with the Nevada Department of Health and Human Services Lead Program Specialist. The NNPH Lead team is currently following 39 open cases.

Public Health Nurses and Community Health Workers (CHWs) continue to follow-up and provide coordination, education, and resources to referrals from the Nevada Newborn Screening Program to ensure all infants receive the second newborn screening.

NNPH CHW's held two Cribs for Kids classes in August at the Anthem Wellness Center with six attendees. CHWs are Baby and Me Tobacco Free facilitators and promote PRAMS (Pregnancy Risk Assessment Monitoring System), and Nevada 211.

The Fetal Infant Mortality Review Board (FIMR) meets monthly, except for June and December. The FIMR Board met on August 15, 2024, and reviewed six cases. Seven cases were received in August and one parental interview was completed.

Two FIMR staff will attend the Nevada Statewide Maternal and Child Health Coalition Fall Symposium, "Camp Treasure: Navigate the Deep Sea of Maternal and Child Health" in Las Vegas on scholarship from the coalition.

FIMR staff participated in the Storytelling Learning Collaborative Focus Group on August 7, 2024. Two FIMR staff were selected to receive scholarships to attend the "CityMatCH" Conference in Seattle in September as part of NNPH's participation in the first cohort of the National Center for Fatality Review and Prevention FIMR Storytelling project.

Staff continue to provide updates on fetal and infant deaths at the Washoe County Community Child Death Review as requested. The last Child Death Review meeting was held on August 2, 2024. Child Death Review meetings are held every other month.

The Northern Nevada Maternal Child Health Coalition (NNMCHC) met August 8, 2024. The Coalition is currently co-chaired by NNPH FIMR staff members Rebecca Gonzales and Kelcie Atkin with Maricruz Schaefer as treasurer. At the August meeting, the group discussed how to bridge the gap for the increased need for menstrual products for low-income women in Northern Nevada. The group approved work on the project through a donation drive for products as well as potential sponsorship for the coalition to purchase supplies. This project is temporary until Marilyn's Project capacity expands in Northern Nevada. Marilyn's Project is a nonprofit in Southern Nevada which provides period kits to women in the community. The coalition continues to distribute New Mama Care Kits to pregnant and post-partum moms throughout Northern Nevada.

Social media posts are in the works for Infant Mortality Awareness Month in September and for Pregnancy and Infant Loss Awareness month in October. The Pregnancy and Infant Loss Organization of the Sierras will be holding the annual "Time for Remembrance" on October 13, 2024.

- g. **Women, Infants and Children (WIC)** – Two presentations were provided on WIC: On August 7<sup>th</sup>, staff presented to the Pediatric Grand Rounds with approximately 50 attendees, and on August 12<sup>th</sup>, staff presented to the Northern Nevada International Center staff with approximately 20 attendees. Information was shared with the groups that pertained to how each interacts with WIC and WIC clients, including topics like referring to WIC, benefits to families that participate in WIC, prescription formulas, and refugee/asylum seeker application process. In addition, a group of eight medical residents toured the 9<sup>th</sup> St WIC office and participated in a question-and-answer session with staff to learn more about the client experience with WIC.

The WIC team welcomed Julieta Gallardo, who filled the vacant Human Services Support Specialist position at the Moana WIC location. Julieta started on August 26<sup>th</sup> and comes to the program with a background in nutrition, previous experience with WIC in California, and experience working at the State of Nevada in immunizations.

On August 19<sup>th</sup>, WIC leadership and the FCO participated in a fiscal audit with the State WIC office which consisted of submitting requested documents and an in-person meeting. A letter with the outcome of the audit is expected in the next few months.

- h. **Community Health Workers (CHWs)** – The Community Health Workers (CHWs) helped 108 clients in August with health care and social service resources. Most of the referrals continue to be from the Family Planning Sexual Health Clinic and Immunizations Clinic. The CHWs continue to see an increased number of referrals from the DIS/Sexual Health Program and WIC programs as those programs increase their in-person and field visits. There is also an increase in the number of referrals from the TB program as they evaluate clients with Latent Tuberculosis Infections. Outreach activities included Mobile Harvest at NNPH which served 85 families, the Family Health Festival at Hug High School, and providing NNPH resources at Glen Duncan Elementary and O'Brien Middle Schools. The CHWs reached approximately 401 community members at these outreach events in August.

The CHW assigned to the FIMR program worked with representatives from the Maternal Child Health Coalition and Molina to secure funding for 300 menstrual product kits. The menstrual product kits will be available to anyone in need of menstrual products either here at NNPH or in the community. It is estimated that two in five people who menstruate struggle to purchase menstrual supplies due to lack of income. Once the supplies for the menstrual kits have been received the CHWs and Maternal Child Health Coalition will reach out to community partners to provide menstrual product kits to those in need.