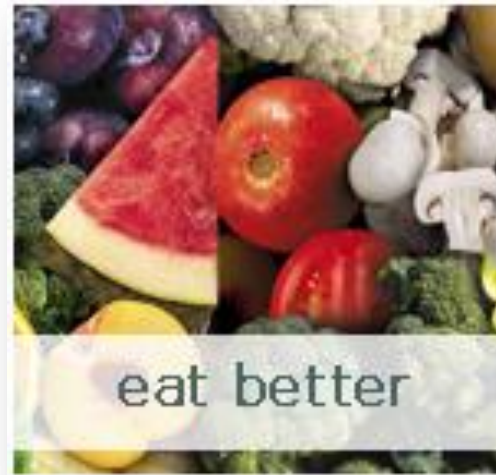


# Chronic Disease Program Resource Directory



Created by the Chronic Disease Priority Workgroup for the  
Southern Nevada Community Health Improvement Plan

Last Revised 10/2016 BDL

## Southern Nevada Community Health Improvement Plan Chronic Disease Resource Directory

The Chronic Disease Community Health Improvement Plan (CHIP) Subcommittee recommended promotion of and referral to the programs referenced in the chronic disease portion of the CHIP as a cross-cutting strategy that could enhance the outcomes of all of those programs. The Directory below was compiled to assist Subcommittee members promote and refer to those programs.

Focus	Program	Description	Eligibility	How to access/enroll
General Chronic Disease Prevention and Control - Obesity and Tobacco	<b>Get Healthy Clark County website</b>	An on-line resource with information, tips, and tools to help you get moving, eat better, be safe, live tobacco-free, and know your risks.	open to all	<a href="http://www.gethealthyclarkcounty.org/">http://www.gethealthyclarkcounty.org/</a>
General Chronic Disease Prevention and Control - Spanish - Obesity and Tobacco	<b>Viva Saludable website</b>	An on-line resource in Spanish with information, tips, and tools to help you get moving, eat better, be safe, live tobacco-free, and know your risks.	open to all - Spanish language	<a href="http://www.vivasaludable.org/">http://www.vivasaludable.org/</a>
Chronic Disease Prevention and Control Information	<b>Healthier Tomorrow radio show</b>	Monthly talk radio program that addresses health topics and hosted by Community Partners for Better Health.	open to all	FM 88.1; <a href="http://www.power88lv.com">www.power88lv.com</a>
Physical Activity	<b>Walk Around Nevada</b>	A free on-line program designed to promote physical activity - virtually walk your way around Nevada	open to all	<a href="http://www.gethealthyclarkcounty.org/walk_new/en/index.php">http://www.gethealthyclarkcounty.org/walk_new/en/index.php</a>
Physical Activity	<b>Walk Around Nevada mobile app</b>	A mobile application of the on-line program	open to all	<a href="https://www.southernnevadahalthdistrict.org/apps/">https://www.southernnevadahalthdistrict.org/apps/</a>
Physical Activity	<b>Neon to Nature</b>	A tool that will help you find walking and bicycle trails throughout Southern Nevada.	open to all - information specific to Clark County	<a href="https://www.southernnevadahalthdistrict.org/apps/">https://www.southernnevadahalthdistrict.org/apps/</a>

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Physical Activity	<b>Red Rock Canyon Nature Hikes and Walks</b>	Participants will enjoy and learn about nature, relax, and engage in physical activity at a level they choose.	open to all	- <a href="http://www.redrockcanyonlv.org/events">http://www.redrockcanyonlv.org/events</a> <a href="http://www.nv.blm.gov/redrockcanyon">http://www.nv.blm.gov/redrockcanyon</a>
Physical Activity	<b>Lake Mead National Recreation Area</b>	Participants will enjoy and learn about nature, relax, and engage in physical activity at a level they choose.	open to all	- <a href="https://www.nps.gov/lake/planyourvisit/things2do.htm">https://www.nps.gov/lake/planyourvisit/things2do.htm</a>
Physical Activity	<b>Desert Wildlife Range Explore the Desert</b>	Participants will enjoy and learn about nature, relax, and engage in physical activity at a level they choose.	open to all	- <a href="https://www.fws.gov/refuge/Desert">https://www.fws.gov/refuge/Desert</a>
Physical Activity	<b>Go Mount Charleston</b>	Participants will enjoy and learn about nature, relax, and engage in physical activity at a level they choose.	open to all	- <a href="http://www.gomtcharleston.com/thingstodo.html">http://www.gomtcharleston.com/thingstodo.html</a>
Physical Activity	<b>Enhance Fitness</b>	Evidence-based exercise group program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.	Targeted towards adults age 60+ (older adults of any age are welcome especially with chronic conditions such as osteoarthritis)	- <a href="http://www.projectenhance.org/">http://www.projectenhance.org/</a> or call 702-616-4910
Physical Activity	<b>Fit and Strong</b>	Evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis (OA).	Targeted towards adults age 60+ (older adults of any age are welcome especially with chronic conditions such as osteoarthritis)	<a href="http://fitandstrong.org/index.html">http://fitandstrong.org/index.html</a> or call 702-616-4910
Fall Prevention, Physical Activity	<b>Stepping On</b>	Participants will learn how to prevent serious injuries like hip fractures in this seven-week class.	open to all	call 702-616-4914

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Chronic Disease Prevention, Nutrition, Physical Activity	<b>Stanford Chronic Disease Self-Management Programs</b>	This interactive six-week program teaches participants techniques to deal with frustration, fatigue, pain and isolation; exercise strategies; healthy eating; and more.	open to adults age 18+ and caregivers	www.nvhealthyliving.org or call 702.616.4914
Chronic Disease Prevention, Nutrition, Physical Activity	<b>Dignity Worksite Wellness- Diabetes Prevention Program/Prevent T2</b>	Participants who have pre-diabetes or other risk factors for type 2 diabetes, join this 12-month program to make modest lifestyle changes that will help them avoid the bigger changes that come with managing type 2 diabetes.	open to adults age 18+ with prediabetes or risk factors for type 2 diabetes	www.nvhealthyliving.org or call 702.616.4914
Physical Activity	<b>Walk with Ease Program</b>	A workplace directed program to build confidence and physical fitness, walk safely and comfortably, improve flexibility/strength/stamina, reduce /prevent pain, improve mental health	Employment based	Contact Arthritis Foundation in Las Vegas. 702-367-1626. <a href="http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>
Physical Activity and Nutrition	<b>Coaches Health Challenge Program</b>	An annual program that occurs each Fall designed to promote physical activity and a healthy diet	CCSD students in grades 1 - 5	CCSD teachers must register their classes.
Physical Activity and Nutrition Workshops	<b>Lifestyle Change Challenges</b>	Twice a year, starting in May and October. Each Challenge lasts 4 months, participants can enroll to exercise 3 times a week and to receive nutritional workshops twice a month and compete against each other to lose weight and change their lifestyle.	Open to adults, women in preference	<a href="mailto:annarella.jordan@heart.org">email: annarella.jordan@heart.org</a>
Physical Activity	<b>Safe Routes to School</b>	A program that encourages children to walk and bicycle to and from school safely.	CCSD students enrolled at participating schools	CCSD schools must register for this program
Nutrition	<b>Farmer's Markets</b>	Venues providing residents with many opportunities to purchase locally/regionally grown produce	open to all; some nutrition incentive programs only available for SNAP recipients	<a href="http://www.gethealthyclarkcounty.org/eat-better/farmers-markets.php">http://www.gethealthyclarkcounty.org/eat-better/farmers-markets.php</a>

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Nutrition	<b>SNAP Cooking mobile app</b>	A mobile app that provides tips and resources for SNAP beneficiaries	Designed for SNAP beneficiaries	<a href="http://www.gethealthyclarkcounty.org/apps/">http://www.gethealthyclarkcounty.org/apps/</a>
Nutrition	<b>Sugar Savvy Beverage mobile app</b>	A mobile app that tracks how much sugar is in the beverages consumed by participants	open to all	<a href="http://www.gethealthyclarkcounty.org/apps/">http://www.gethealthyclarkcounty.org/apps/</a>
Nutrition	<b>Nutrition Challenge</b>	A free 8-week online program will help participants increase the number of fruits and vegetables consumed each day	open to all	<a href="http://www.gethealthyclarkcounty.org/nutrition_new/en/index.php">http://www.gethealthyclarkcounty.org/nutrition_new/en/index.php</a>
Nutrition, Healthy Cooking Workshops	<b>Teens Cook with Heart Program</b>	A program inside CCSD high schools that carry the culinary program. 5 cooking demos run by their culinary teacher. There is a competition at the end among all participating schools.	Inside the school district	Teachers please email: <a href="mailto:annarella.jordan@heart.org">annarella.jordan@heart.org</a>
Nutrition	<b>Women, Infants and Children (WIC)</b>	Provides nutrition education, nutrition foods, breastfeeding support and referrals to health and other social services at no cost.	Pregnant, postpartum or breastfeeding women, infant or child up to 5 yrs. Income eligibility or be receiving TANF, Medicaid or SNAP benefits	<a href="http://nevadawic.org">http://nevadawic.org</a> or call <a href="tel:702-616-4905">702-616-4905</a>
Nutrition	<b>Breakfast After the Bell</b>	Senate Bill 503 mandates that all schools with free and reduced lunch eligibility of $\geq 70$ percent serve breakfast after the start of the school day.	All students in eligible schools can participate	<a href="http://nutrition.nv.gov/data/">http://nutrition.nv.gov/data/</a>
Science, Technology, Engineering, and Math (STEM); Nutrition Education	<b>School Gardens</b>	Several local organizations work with schools to develop and maintain school gardens. Schools are provided with a curriculum that addresses nutrition, as well as other topics including STEM	Schools must sign up to participate	<a href="http://www.greenourplanet.org/">http://www.greenourplanet.org/</a> <a href="https://www.createachangeworld.org/">https://www.createachangeworld.org/</a> <a href="https://www.unce.unr.edu/programs/sites/mastergardener/">https://www.unce.unr.edu/programs/sites/mastergardener/</a>

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Nutrition	<b>Soda Free Summer</b>	Annual initiative that encourages healthy beverage consumption and the elimination and/or reduction of sugar-sweetened beverages including soda.	Open to all	<a href="http://www.gethealthyclarkcounty.org">www.gethealthyclarkcounty.org</a> and <a href="http://www.vivasaludable.org">www.vivasaludable.org</a>
Physical Activity	<b>Girls on the Run</b>	Healthy living program that addresses goal setting, cooperation, healthy decision making, and self-respect while training for a 5K event.	Girls in third through eighth grades	<a href="http://www.girlsontherunlv.org">http://www.girlsontherunlv.org</a>
Tobacco	<b>Nevada Tobacco Quitline</b>	Programming designed to help smokers quit	open to all Nevada adults	- 1-800-QUIT-NOW (English) or 1-855-DÉJELO-YA (Spanish)
Tobacco	<b>Brief Tobacco Use Intervention</b>	Training for care providers to help them identify current smokers and refer them to cessation resources. Training is available in person or on-line	health care and social service providers	<a href="http://www.gethealthyclarkcounty.org/live-tobacco-free/brief-intervention.php">http://www.gethealthyclarkcounty.org/live-tobacco-free/brief-intervention.php</a>
Tobacco	<b>Youth tobacco prevention program</b>	Programming designed to help youth avoid tobacco use initiation	open to teens	<a href="http://www.gethealthyclarkcounty.org/live-tobacco-free/spop-breakdown.php">http://www.gethealthyclarkcounty.org/live-tobacco-free/spop-breakdown.php</a>
Tobacco	<b>Smoke-free Multi-unit Housing Directory</b>	A directory of smoke-free apartment (multi-unit housing) options in Clark County	open to all	<a href="http://www.gethealthyclarkcounty.org/smoke-free-housing-directory/index.php">http://www.gethealthyclarkcounty.org/smoke-free-housing-directory/index.php</a>
Tobacco	<b>Smoke-free Meeting Venue Directory</b>	A directory of smoke-free meeting venue options in Clark County	open to all	<a href="http://www.gethealthyclarkcounty.org/smoke-free-meetings/">http://www.gethealthyclarkcounty.org/smoke-free-meetings/</a>
Data	<b>Healthy Southern Nevada website</b>	A website with health and health risk data	open to all	<a href="http://www.healthysouthernnevada.org/">http://www.healthysouthernnevada.org/</a>

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