

City of Carson City Agenda Report

Date Submitted: March 3, 2012

Agenda Date Requested: March 15, 2012

Time Requested: 15 Minutes

To: Carson City Board of Health
From: Health & Human Services (Marena Works)

Subject Title: Presentation of Carson City Health & Human Services newest division: Chronic Disease Prevention & Health Promotion and its programs.

Staff Summary: Cindy Hannah, Chronic Disease Prevention & Health Promotion Manager and Valerie Cauhape, Public Health Program Specialist, will present updates and outreach, on tobacco, teen abstinence and obesity activities.

Type of Action Requested: (check one)
 Resolution Ordinance
 Formal Action/Motion Other (Specify) Information Only

Does This Action Require A Business Impact Statement: Yes No

Recommended Board Action: informational only

Explanation for Recommended Board Action: N/A

Applicable Statute, Code, Policy, Rule or Regulation: N/A

Fiscal Impact: N/A

Explanation of Impact: N/A

Funding Source: N/A

Alternatives:

Supporting Material: Powerpoint slides

Prepared By: Dustin Boothe, MPH

Reviewed By: _____
(Department Head)
_____ (City Manager)
_____ (District Attorney)

Date: 3/6/12
Date: 3/6/12
Date: 3/6/12

Ushah Alsharh Date: 3/6/12
(Finance Director)

Board Action Taken:

Motion: _____

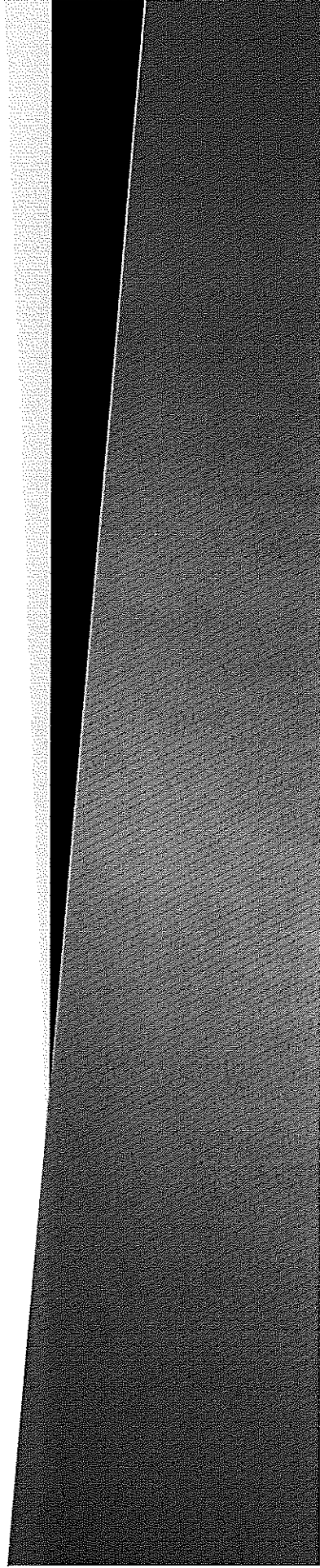
1) _____ Aye/Nay
2) _____

(Vote Recorded By)



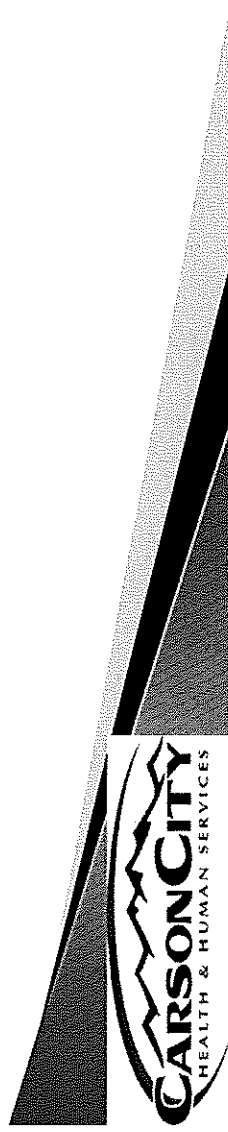
Chronic Disease Prevention & Health Promotion Division

Presented to Carson City Board of Health
March 15, 2012



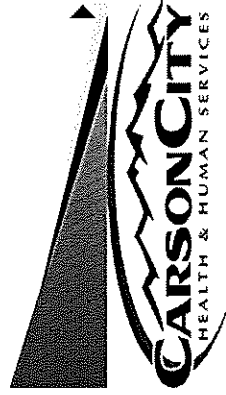
Chronic Disease

- ▶ Although chronic diseases are among the most common health problems, they are also among the most preventable.
- ▶ Adopting healthy behaviors such as eating healthy foods , being physically active, and avoiding tobacco can significantly reduce the risk of developing a chronic illness



Get Healthy Carson City! A 2020 Health Action Plan

- ▶ Priority Area II: Chronic Disease
 - ▶ Community Issue E: Diabetes (Type II)
 - ▶ Community Issue F: Smoking/Tobacco Cessation
 - ▶ Community Issue G: Obesity
- ▶ Priority Area III: Lifestyle and Behavioral Health
 - ▶ Community Issue H: Teen Pregnancy



Tobacco Prevention Goals:

1. Preventing Initiation
2. Facilitating Cessation
3. Eliminating Exposure to Secondhand Smoke



Our evidenced-based cessation programs



AMERICAN LUNG ASSOCIATION®

Freedom
FROM SMOKING™

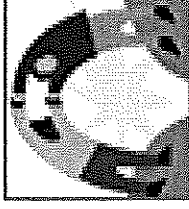
Access the Freedom From Smoking® Facilitator's Resource Center.

NO-T
WAVE ON TOBACCO

Promoting Health Among Teens

(PHAT)

- ▶ Increase knowledge about prevention of HIV, STDs, and pregnancy.
- ▶ Promote More positive attitudes/beliefs about abstinence.
- ▶ Increase negotiation skills.
- ▶ A stronger sense of pride and responsibility in making a difference in their lives.

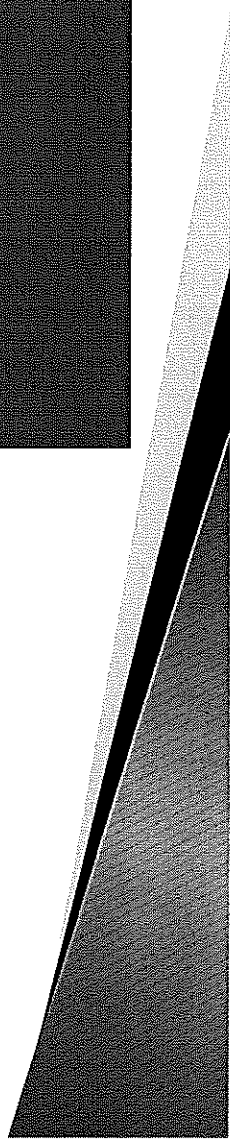
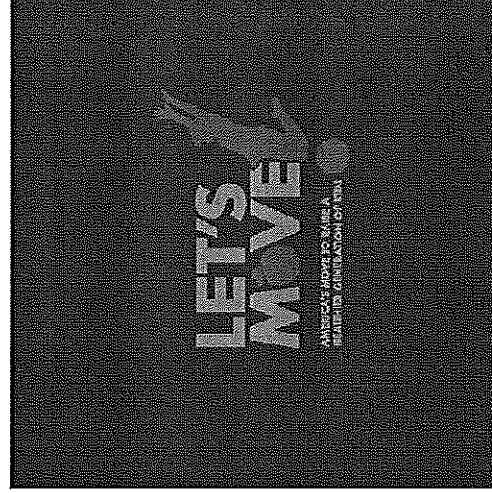
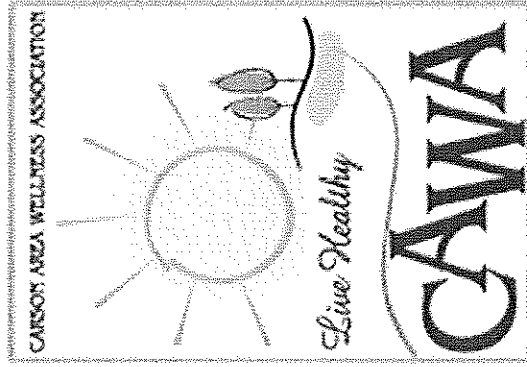


A Teen Pregnancy
Prevention Program

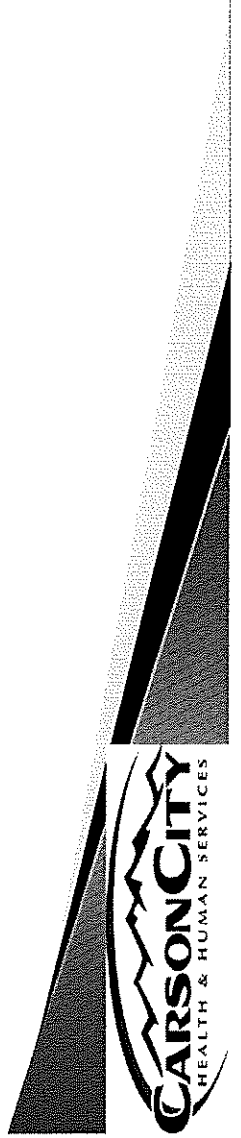
PHAT Modules

- ▶ Module Outline:
- ▶ “Getting to Know You”
- ▶ “Puberty and Adolescent Sexuality”
- ▶ “Making Abstinence Work for Me”
- ▶ “The Consequences of Sex: HIV/AIDS”
- ▶ “The Consequences of Sex: STD”
- ▶ “The Consequences of Sex: Pregnancy”
- ▶ “Improving Sexual Choices and Negotiation”
- ▶ “Role-Plays: Refusal and Negotiation Skills”

Community Outreach can't be accomplished without our Partners



and our Mascots....



Thank you!

► Any questions ?

Presented by:

Cindy Hannah, Chronic Disease Prevention & Health Promotion Manager

Valerie Cauhape, Public Health Program Specialist

