

# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# WELCOME!

## COMMUNITY HEALTH RANKINGS 2023

WASHOE COUNTY  
**HEALTH DISTRICT**  
ENHANCING QUALITY OF LIFE



**Public Health**  
Prevent. Promote. Protect.

# County Health Rankings & Roadmaps

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# KEVIN DICK

DISTRICT HEALTH OFFICER  
WASHOE COUNTY HEALTH DISTRICT

WASHOE COUNTY  
**HEALTH DISTRICT**  
ENHANCING QUALITY OF LIFE



**Public Health**  
Prevent. Promote. Protect.

## AGENDA

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- ▶ Welcome
- ▶ UNR School of Public Health Update
- ▶ County Health Rankings
- ▶ Washoe County Community Health Assessment and Community Health Improvement Plan
- ▶ Carson City Community Health Assessment

**County Health  
Rankings & Roadmaps**

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# WEI YANG, PHD, MD

SENIOR ASSOCIATE DEAN  
UNR SCHOOL OF PUBLIC HEALTH





# School of Public Health

## BUILDING THE SCHOOL OF PUBLIC HEALTH

Wei Yang, PhD, MD, Senior Associate Dean

Muge Akpinar-Elci, MD, Dean

March 29, 2023

# UNR SCHOOL OF PUBLIC HEALTH

- One of the 67 CEPH accredited Schools of Public Health
- Vision: “Equitable, healthy and resilient communities”
- Core Values: “Collaboration, commitment to DEI, health equity and integrity”



**School of Public Health**

# OUR NEW STRUCTURE

- Four Departments

- Health Behavior, Policy and Administration Sciences
- Kinesiology
- Epidemiology, Biostatistics and Environmental Health
- Public Health Practice (online MPH)

- Five Centers

- Center for the Application of Substance Abuse Technologies (CASAT)
- Center for Drug Use, Equity, and Policy Research
- Dementia Engagement, Education and Research (DEER) Program
- Nevada Public Health Training Center (to be renamed as Larson Institute)
- Nevada Center for Surveys, Evaluation and Statistics



**School of Public Health**

# ABOUT US (Education)

- Student enrollment: 1,500 undergraduates; 300 graduates
- 80% of our graduates stay in the state upon graduation
- Academic programs and degrees
  - BS in Public Health, BS in Kinesiology, minor in Public Health,
  - BS/MPH
  - MPH, online MPH, MS in Health Analytics and Biostatistics, MS in Kinesiology
  - PhD in Public Health, MD/MPH

One of the largest student enrollment colleges at UNR



**School of Public Health**

# OUR PROUD MOMENTS



HealthFIT 2022



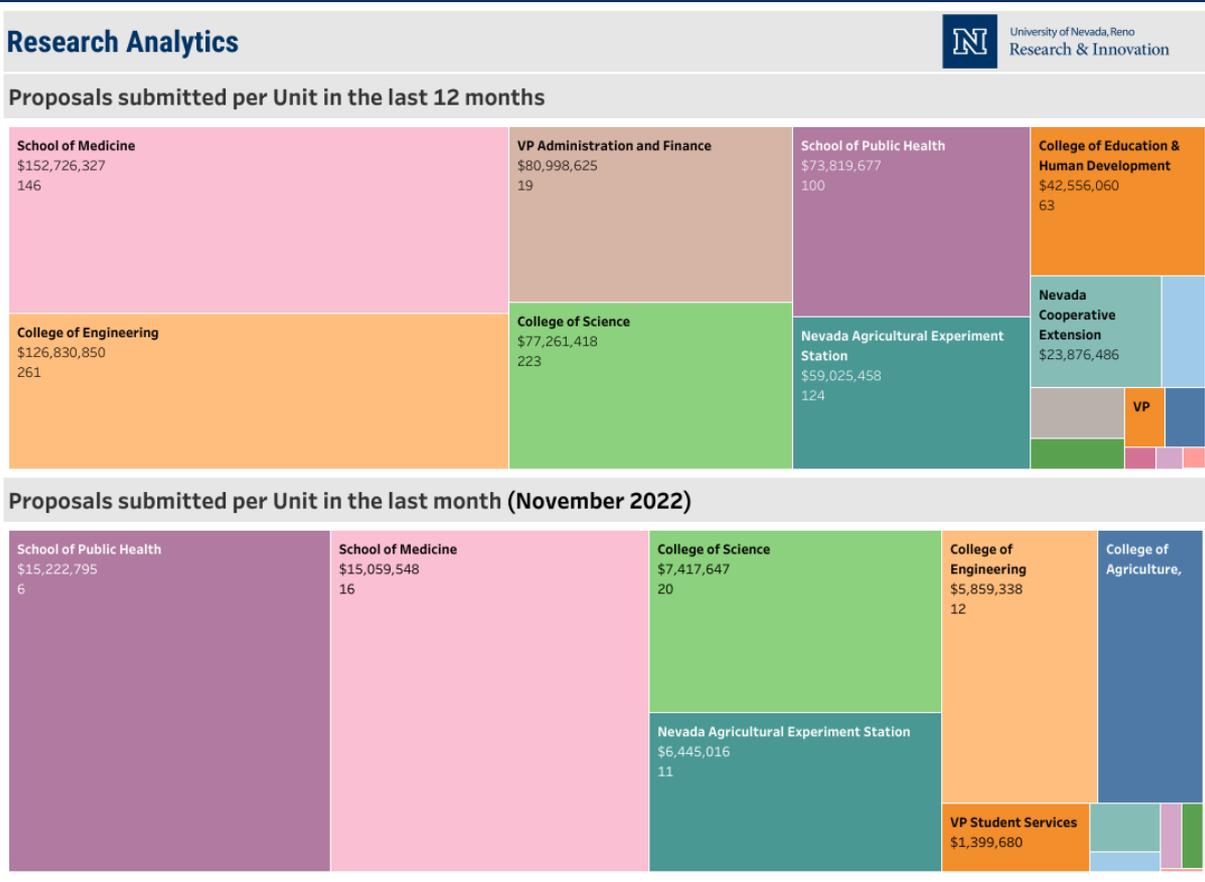
School of Public Health

# ABOUT US (Research)

- Five Research Centers and faculty research programs
- Example research projects: Substance Use and Policy Research, Wild Fire Health Impacts, Neuromechanics Lab, Risk Behavior Surveillance Systems (BRFSS, YRBS, PRAMS)
- One of the most active research colleges at UNR



# OUR PROUD MOMENTS



**School of Public Health**

# OUR PROUD MOMENTS



Edna S. Brigham Building and  
Nevada State Public Health Laboratory



School of Public Health

# THE IMPACT

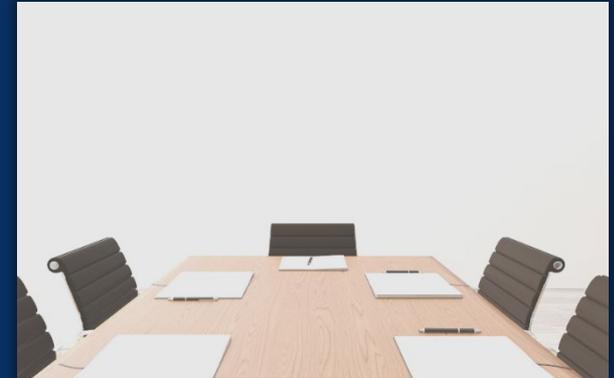
A Space for Collaboration, Innovation and Community



Graduate Student  
Offices/Study Space



Computer Lab



Community Meeting Room



School of Public Health

# SPH and WCHS

- SPH and WCHS Academic Health Department Joint Advisory Committee  
Kevin Dick, Muge Akpinar-Elci, Nancy Diao, Wei Yang
- 400/600 Course “Public Health Practice” Speakers from WCHS
- Dr. Diao serves as graduate faculty for PhD advisory committee
- SPH and WCHS leadership introduction meeting
- Undergraduate and graduate students internship at WCHS
- Future potential collaborative projects



# THANK YOU!



School of Public Health

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# DR. JOHN PACKHAM

ASSOCIATE DEAN  
ASSOCIATE DEAN OFFICE OF STATEWIDE INITIATIVES  
UNR SCHOOL OF MEDICINE



# 2023 Nevada County Health Rankings and Roadmaps

John Packham, PhD

Associate Dean, Office of Statewide Initiatives  
University of Nevada, Reno School of Medicine

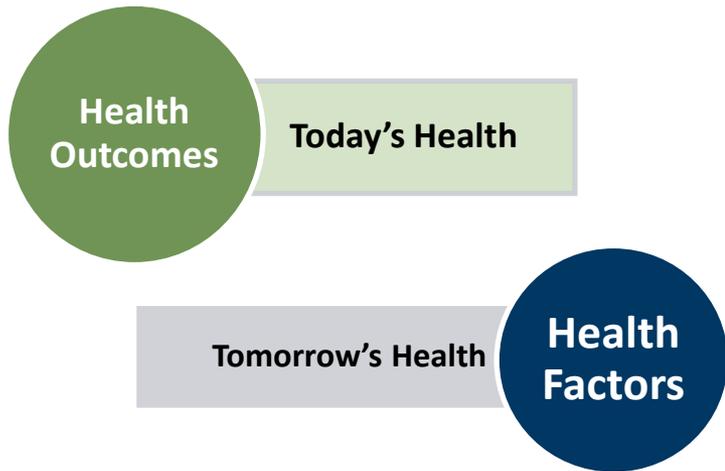
Policy Director, Nevada Public Health Association

March 29, 2023

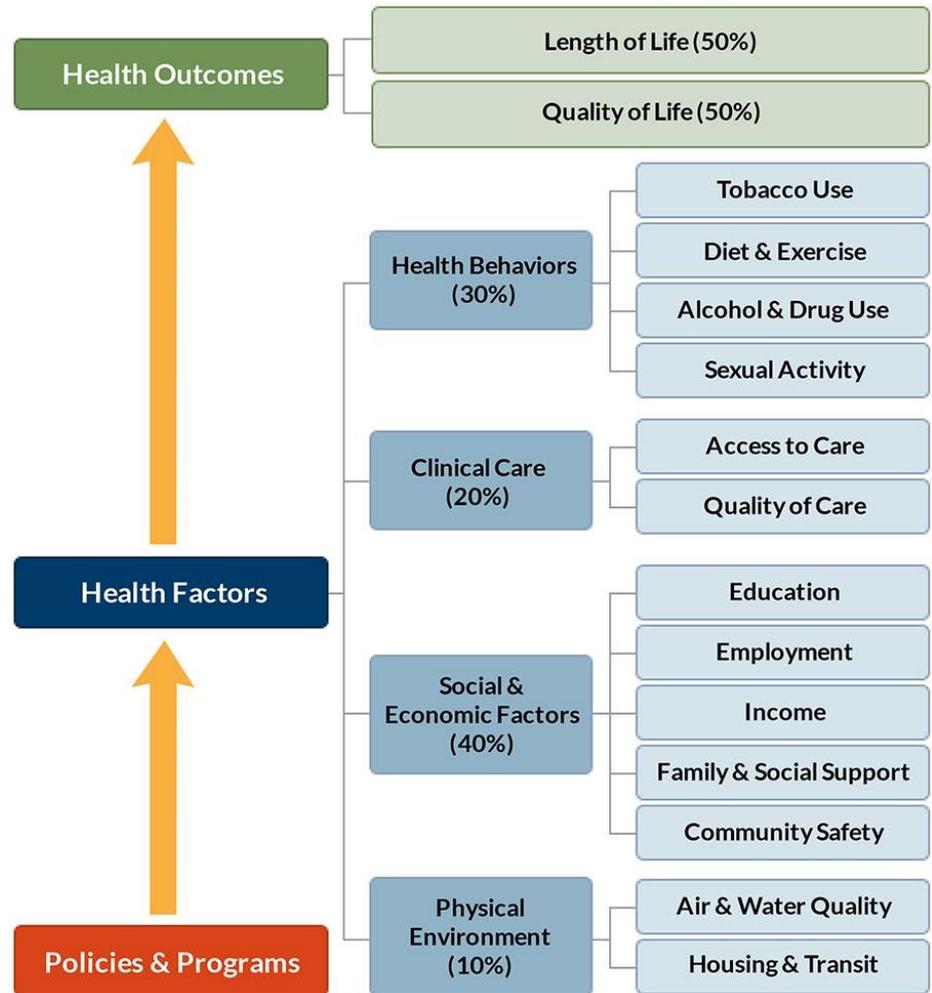
# County Rankings Project Partners

- Carson City Health and Human Services
- Nevada Department of Health and Human Services
- Nevada Public Health Association
- Nevada Public Health Foundation
- Nevada Public Health Institute
- Nevada Public Health Training Center, UNR School of Public Health
- Office of Statewide Initiatives, UNR School of Medicine
- Robert Wood Johnson Foundation
- Southern Nevada Health District
- Trudy Larson Institute on Health Impact and Equity, UNR School of Public Health
- University of Wisconsin Population Health Institute
- Washoe County Health District

# Two Sets of Rankings – The Model



- Where we live matters to our health outcomes
- Many factors influence health beyond clinical care and access to care



# 2023 Ranked Measures and Data Sources

The screenshot shows the homepage of the County Health Rankings & Roadmaps website. The header features the site's logo, navigation links for 'About Us' and 'For the Media', and a menu with options like 'Explore Health Rankings', 'Take Action to Improve Health', 'Online & On Air', and 'Reports'. A purple banner highlights the 'NEW: 2023 County Health Rankings Released!' announcement. The main content area features a large blue graphic with the headline 'Cultivating civic infrastructure and civic participation for healthier communities'. Below this, a paragraph explains that civic health is connected to longevity and well-being, and that the 2023 report examines civic infrastructure, community participation, and their impact on health. A 'Read the report' button is provided. At the bottom, a white search box asks 'How healthy is your community?' and allows users to search by state, county, or ZIP code. The background image shows two women in pink shirts standing in front of a sign for 'T'is N'azk Community School'.

County Health Rankings & Roadmaps  
Building a Culture of Health, County by County

About Us | For the Media

Explore Health Rankings ▾ Take Action to Improve Health ▾ Online & On Air ▾ Reports 🔍

**NEW: 2023 County Health Rankings Released!**

## Cultivating civic infrastructure and civic participation for healthier communities

Civic health is connected to how long and how well we live. The 2023 County Health Rankings National Findings Report examines how well-resourced civic infrastructure gives us the space and opportunity to work together and how civic participation helps us build power to improve health.

[Read the report →](#)

**How healthy is your community?**  
Search by State, County, or ZIP Code (e.g. New Mexico, Los Alamos, 87544)

[Search](#)

[www.CountyHealthRankings.org](http://www.CountyHealthRankings.org)

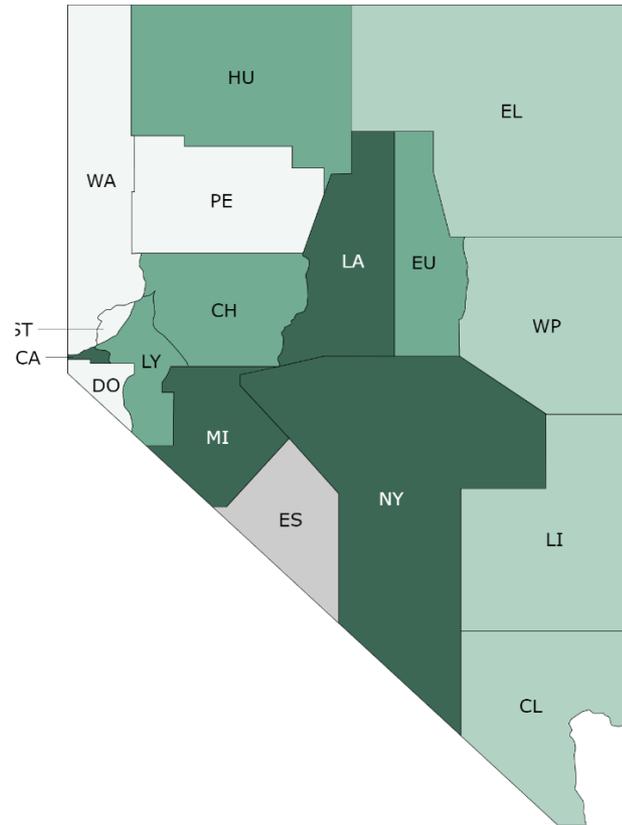
# 2023 Nevada Health Outcomes Rankings

1. Douglas (1)\*
  2. Pershing (2)
  3. Washoe (5)
  4. Storey (7)
  5. Elko (4)
  6. Clark (9)
  7. Lincoln (11)
  8. White Pine (8)
  9. Humboldt (3)
  10. Lyon (8)
  11. Eureka (NR)
  12. Churchill (6)
  13. Carson City (10)
  14. Nye (13)
  15. Lander (14)
  16. Mineral (15)
- Not ranked – Esmeralda

(\*) Ranking in 2010

Note: Eureka County was not ranked in 2010

# Health Outcomes Rankings – 2023



Health Outcome Ranks  1 to 4  5 to 8  9 to 12  13 to 16

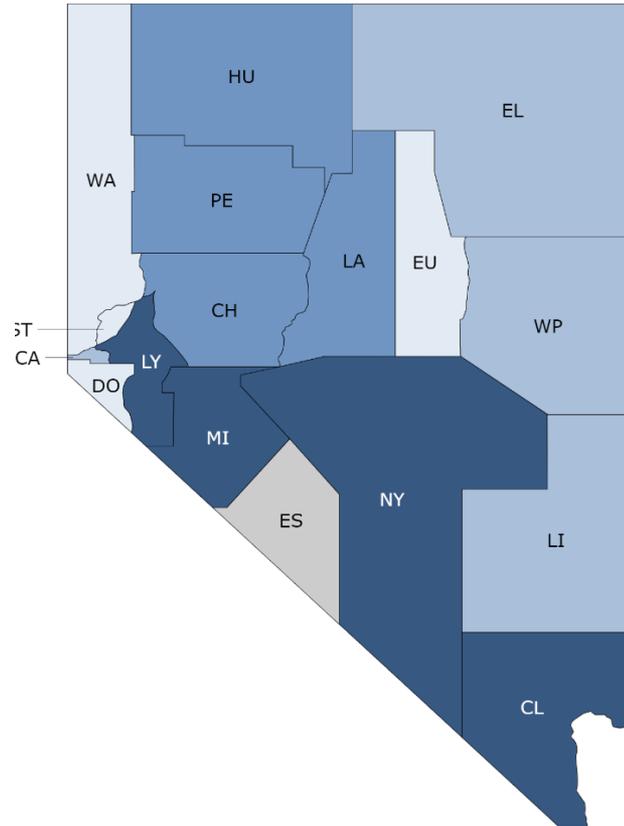
# 2023 Nevada Health Factors Rankings

- |                    |                        |
|--------------------|------------------------|
| 1. Douglas (1)*    | 10. Humboldt (10)      |
| 2. Storey (2)      | 11. Lander (9)         |
| 3. Washoe (3)      | 12. Pershing (14)      |
| 4. Eureka (NR)     | 13. Lyon (12)          |
| 5. Elko (6)        | 14. Clark (11)         |
| 6. White Pine (5)  | 15. Mineral (15)       |
| 7. Lincoln (4)     | 16. Nye (13)           |
| 8. Carson City (8) | Not ranked – Esmeralda |
| 9. Churchill (7)   |                        |

(\*) Ranking in 2010

Note: Eureka County was not ranked in 2010

# Health Factors Rankings – 2023



Health Factor Ranks

1 to 4	5 to 8	9 to 12	13 to 16
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# 2023 Sub-Rankings on Health Factors and Outcomes

	Carson City	Churchill	Clark	Douglas	Elko	Eureka	Humboldt	Lander	Lincoln	Lyon	Mineral	Nye	Pershing	Storey	Washoe	White Pine
<b>Health Outcomes</b>	<b>13</b>	<b>12</b>	<b>6</b>	<b>1</b>	<b>5</b>	<b>11</b>	<b>9</b>	<b>15</b>	<b>7</b>	<b>10</b>	<b>16</b>	<b>14</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>8</b>
Length of Life (50%)	11	14	3	1	6	8	12	13	8	7	16	15	5	8	2	4
Quality of Life (50%)	10	5	9	3	7	13	10	14	6	12	16	14	2	1	4	12
<b>Health Factors</b>	<b>8</b>	<b>9</b>	<b>14</b>	<b>1</b>	<b>5</b>	<b>4</b>	<b>10</b>	<b>11</b>	<b>7</b>	<b>13</b>	<b>15</b>	<b>16</b>	<b>12</b>	<b>2</b>	<b>3</b>	<b>6</b>
Health Behaviors (30%)	5	9	4	2	7	13	10	14	6	12	16	15	8	1	3	11
Clinical Care (20%)	6	11	8	1	7	4	16	14	15	13	9	10	12	2	3	5
Social & Economic (40%)	10	5	14	1	4	2	8	12	9	11	15	16	13	3	6	7
Physical Environment (10%)	11	13	16	10	2	5	9	1	3	12	8	15	7	6	14	4

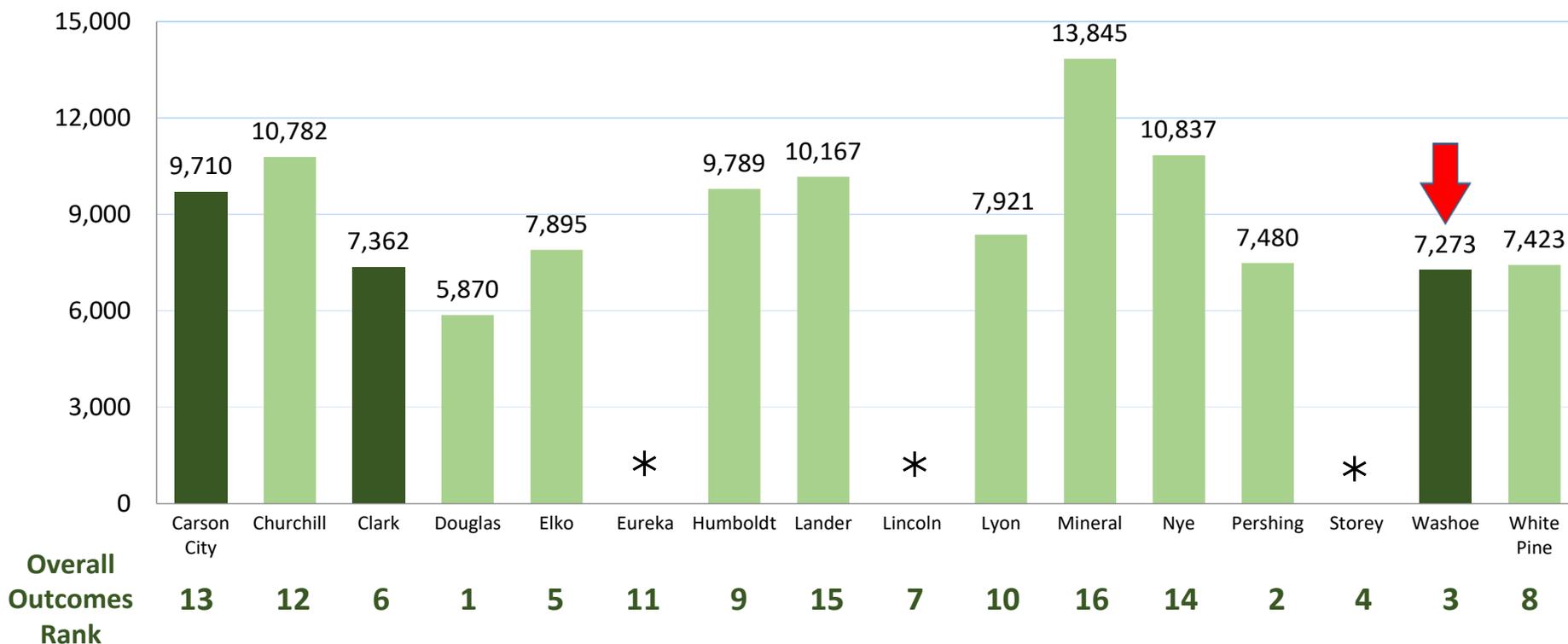
# Health Outcomes – Premature Death

Years of potential life lost before the age of 75 per 100,000 population

US Average = 7,300 years

Nevada Average = 7,500 years

Nevada Range = 5,870 to 13,845 years



Source: National Center for Health Statistics – Mortality Files (2018-2020).

\* = Unreliable data, no estimate provided

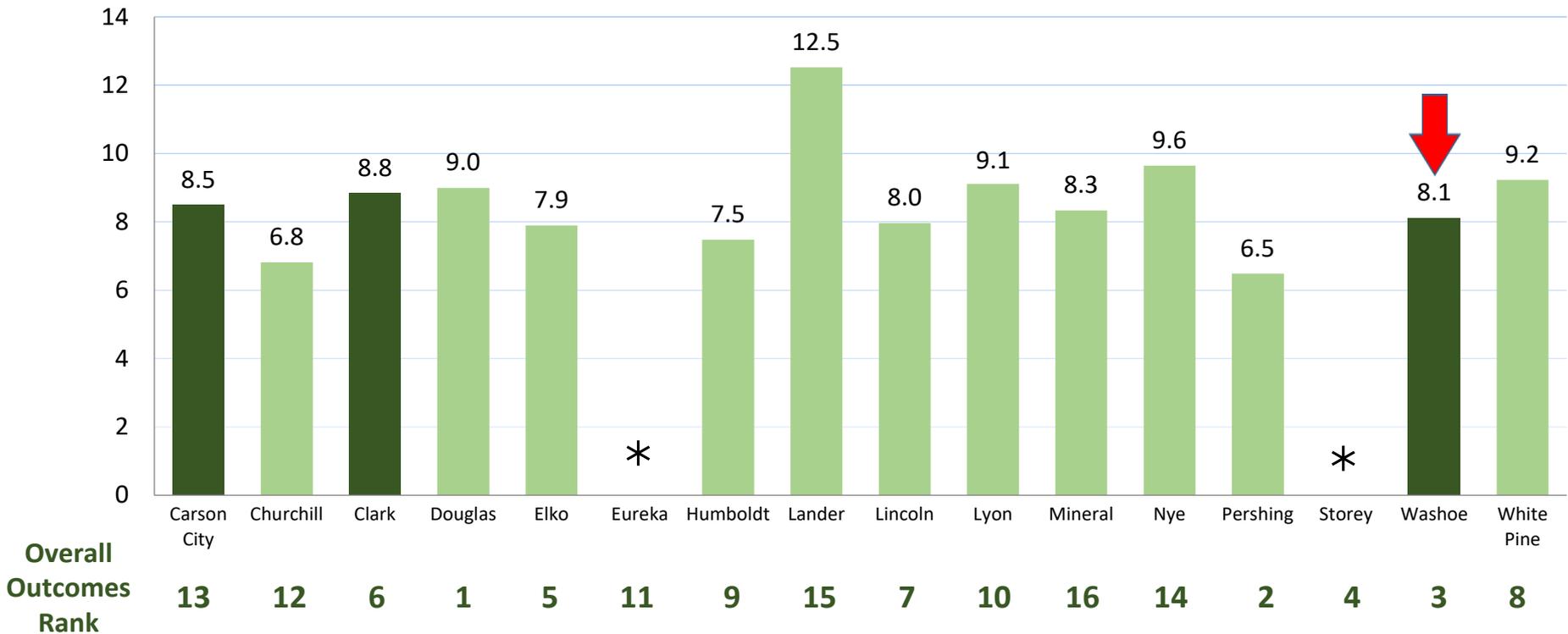
# Health Outcomes – Low Birthweight Births

Percentage of live births with low birthweight (< 2,500 grams)

US Average = 8%

Nevada Average = 8.7%

Nevada Range = 6.5 to 12.5%



Source: National Center for Health Statistics – Natality Files (2014-2020).

\* = Unreliable data, no estimate provided

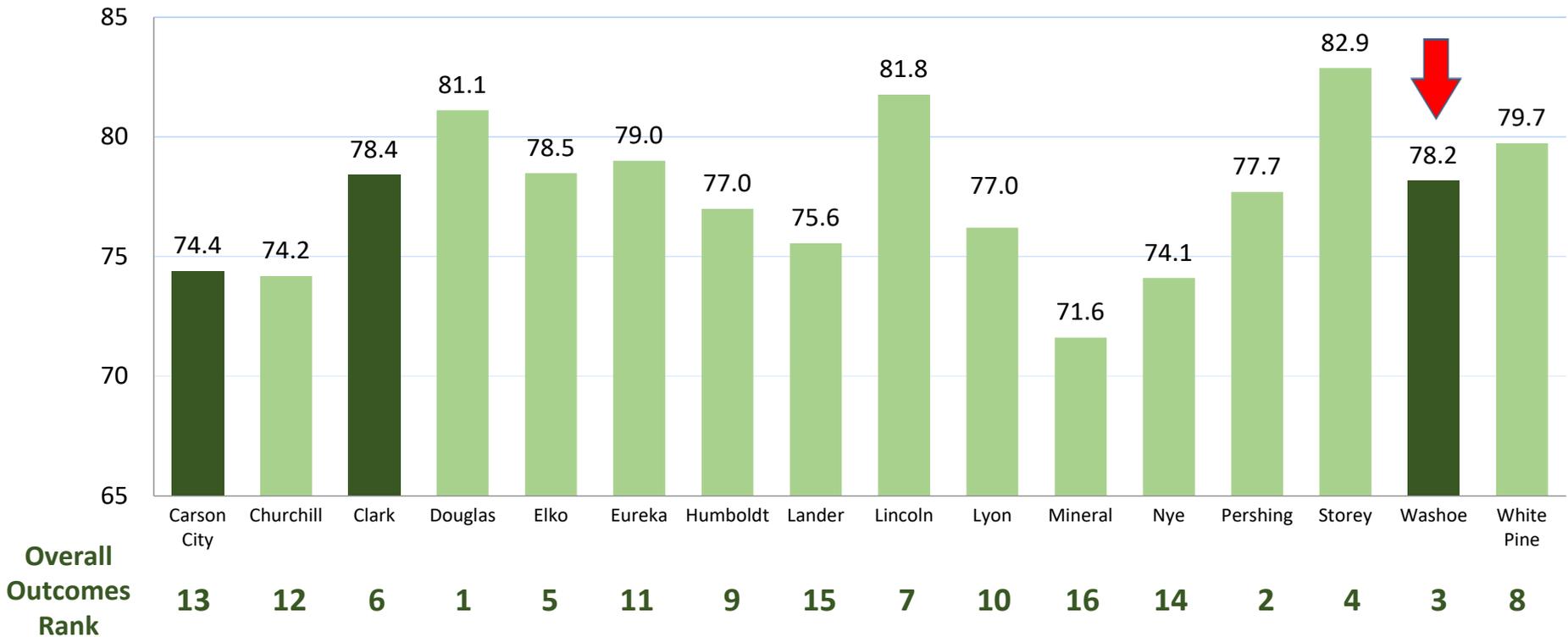
# Health Outcomes – Life Expectancy

Average number of years a person can expect to live

US Average = 78.5 years

Nevada Average = 78.1 years

Nevada Range = 71.6 to 82.9 years



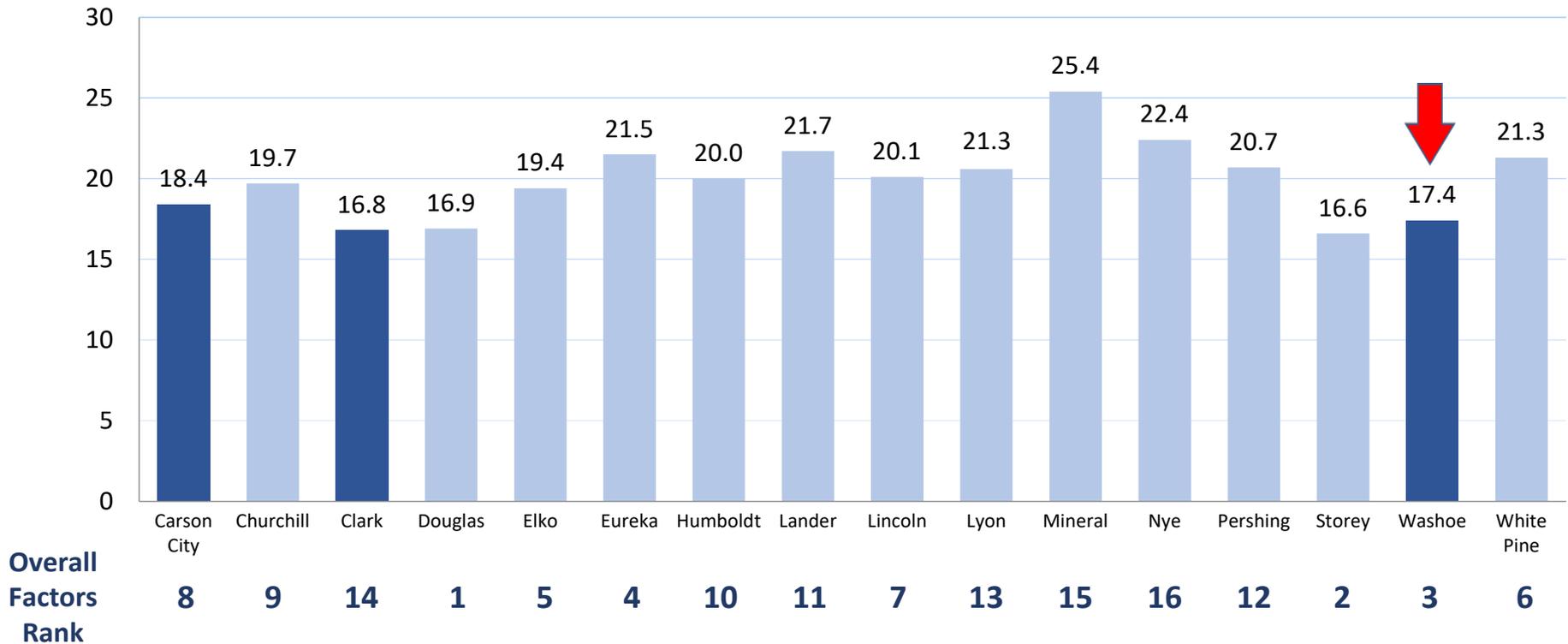
Source: National Center for Health Statistics – Mortality Files (2018-2020).

# Health Behaviors – Adult Smoking

Percentage of adults who are current smokers

US Average = 16%

Nevada Range = 16.6 to 25.4%



Source: Behavioral Risk Factor Surveillance System (2020).

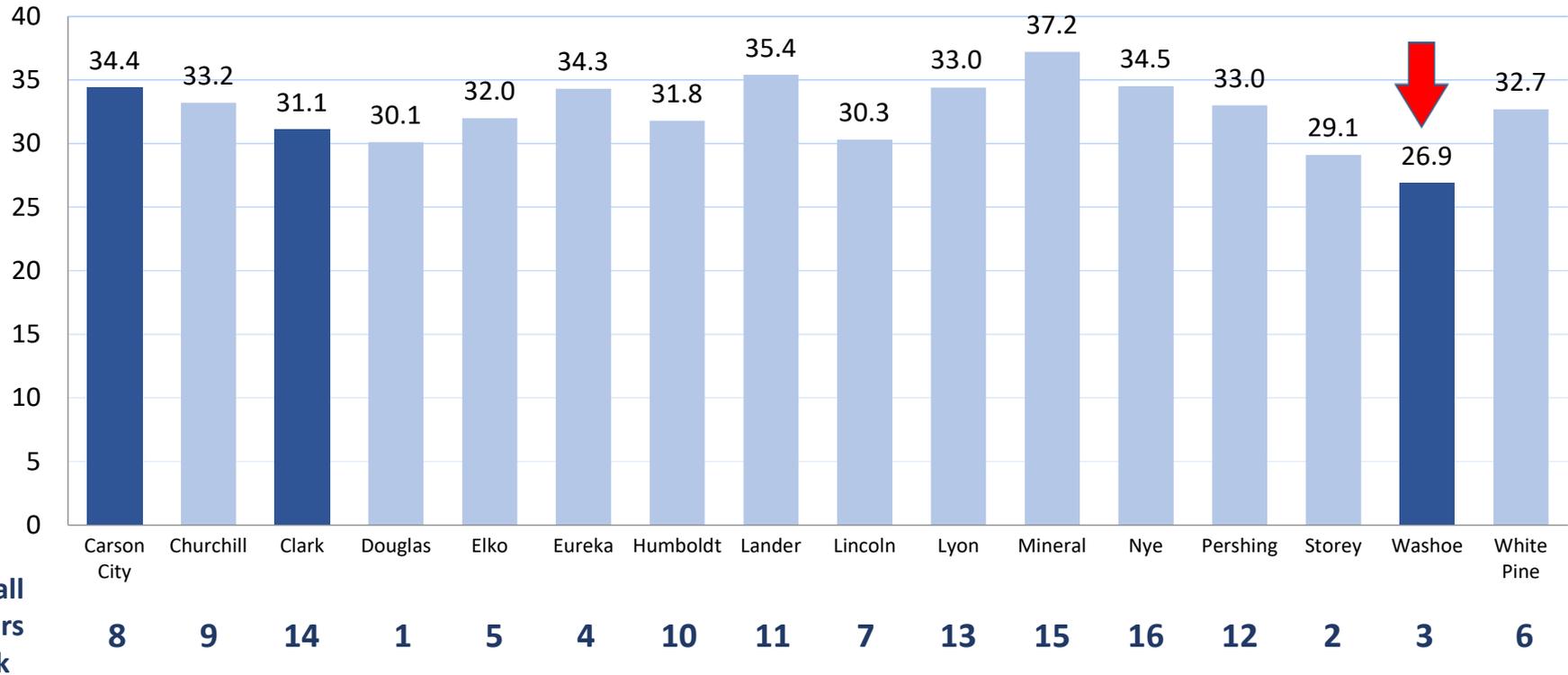
# Health Behaviors – Adult Obesity

Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m<sup>2</sup>

US Average = 32%

Nevada Average = 28%

Nevada Range = 26.9 to 37.2%



Source: Behavioral Risk Factor Surveillance System (2020).

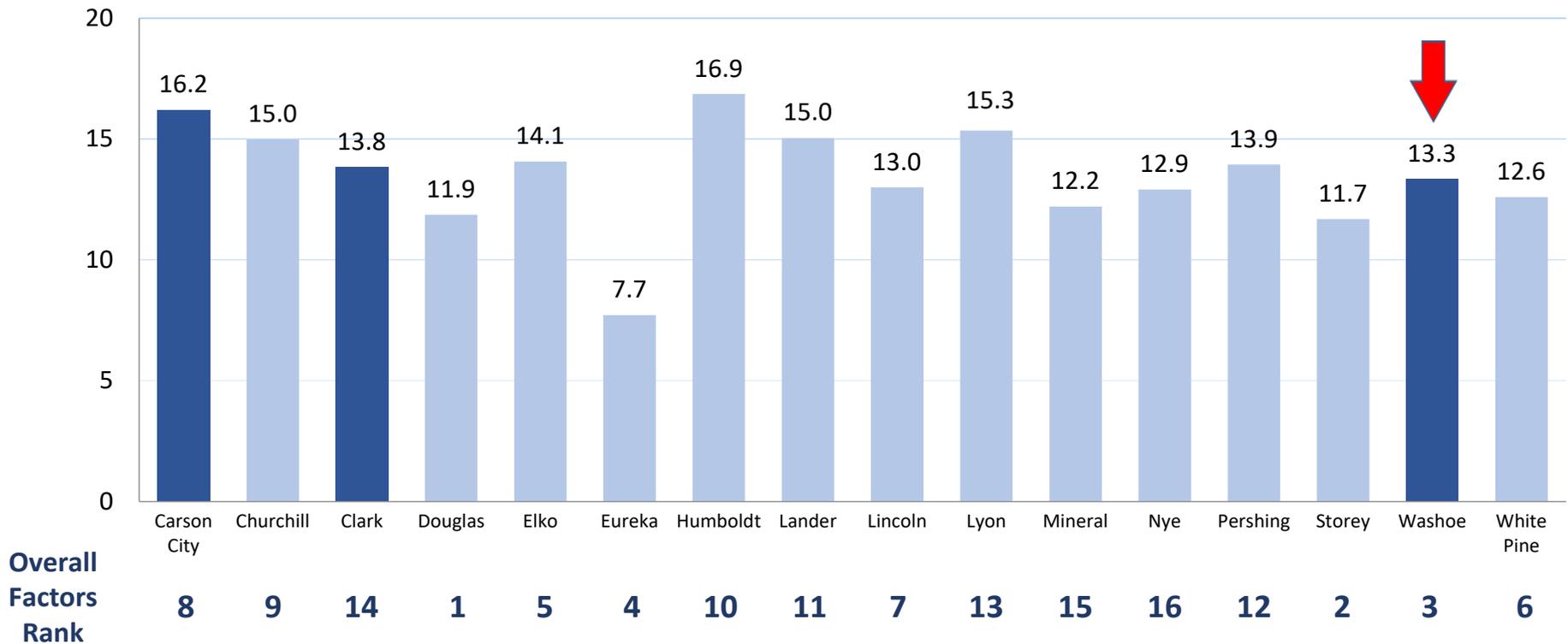
# Clinical Care Access – Uninsured

Percentage of population under age 65 without health insurance

US Average = 10%

Nevada Average = 14%

Nevada Range = 7.7 to 16.9%



Source: Small Area Health Insurance Estimates (2020).

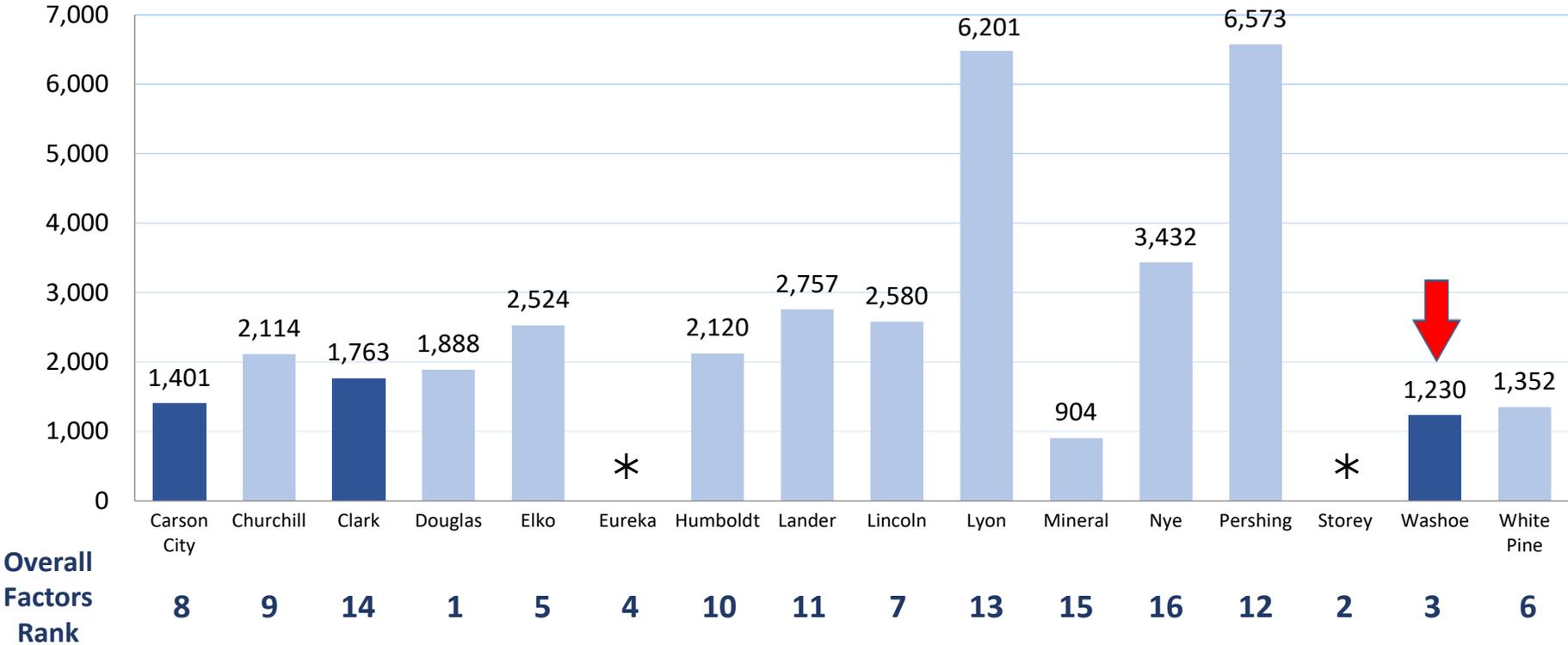
# Clinical Care Access – Primary Care Physicians

Ratio of population to primary care physicians

US Average = 1,310:1

Nevada Average = 1,700:1

Nevada Range = 904:1 to 6,573:1



Source: Area Health Resource File/American Medical Association (2020).

\* = No primary care physicians in Eureka and Storey Counties in 2020



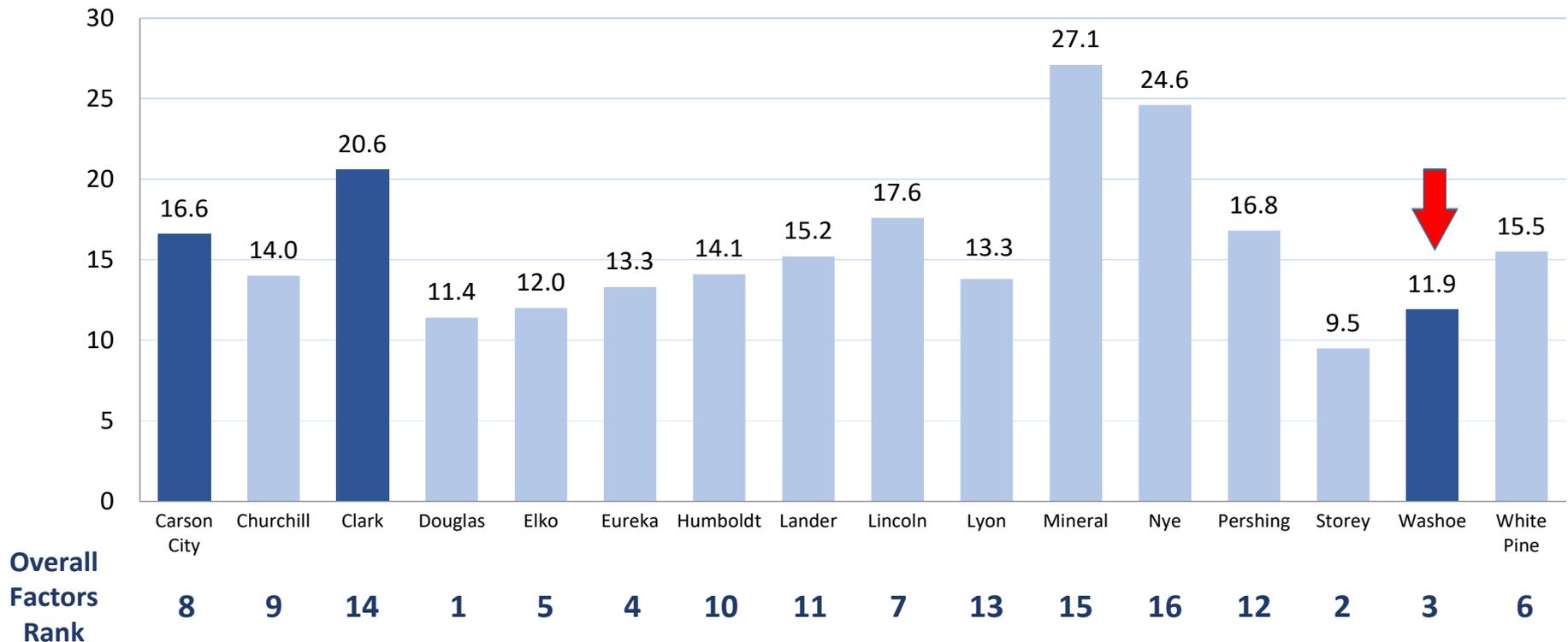
# Social and Economic Factors – Child Poverty

Percentage of people under age 18 in poverty

US Average = 17%

Nevada Average = 19%

Nevada Range = 9.5 to 27.1%



Source: Small Area Income and Poverty Estimates (2021).

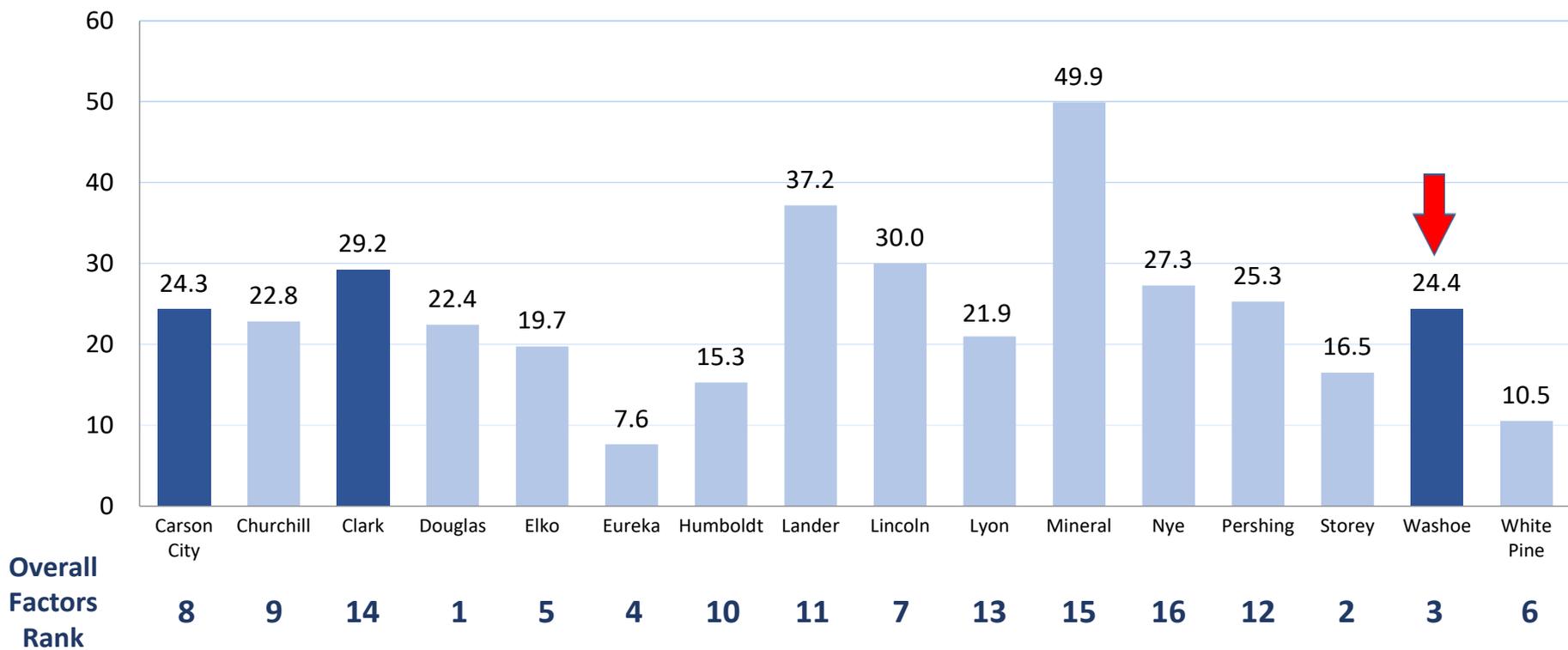
# Social and Economic Factors – Single-Parent Households

Percentage of children that live in a household headed by a single parent

US Average = 25%

Nevada Average = 28%

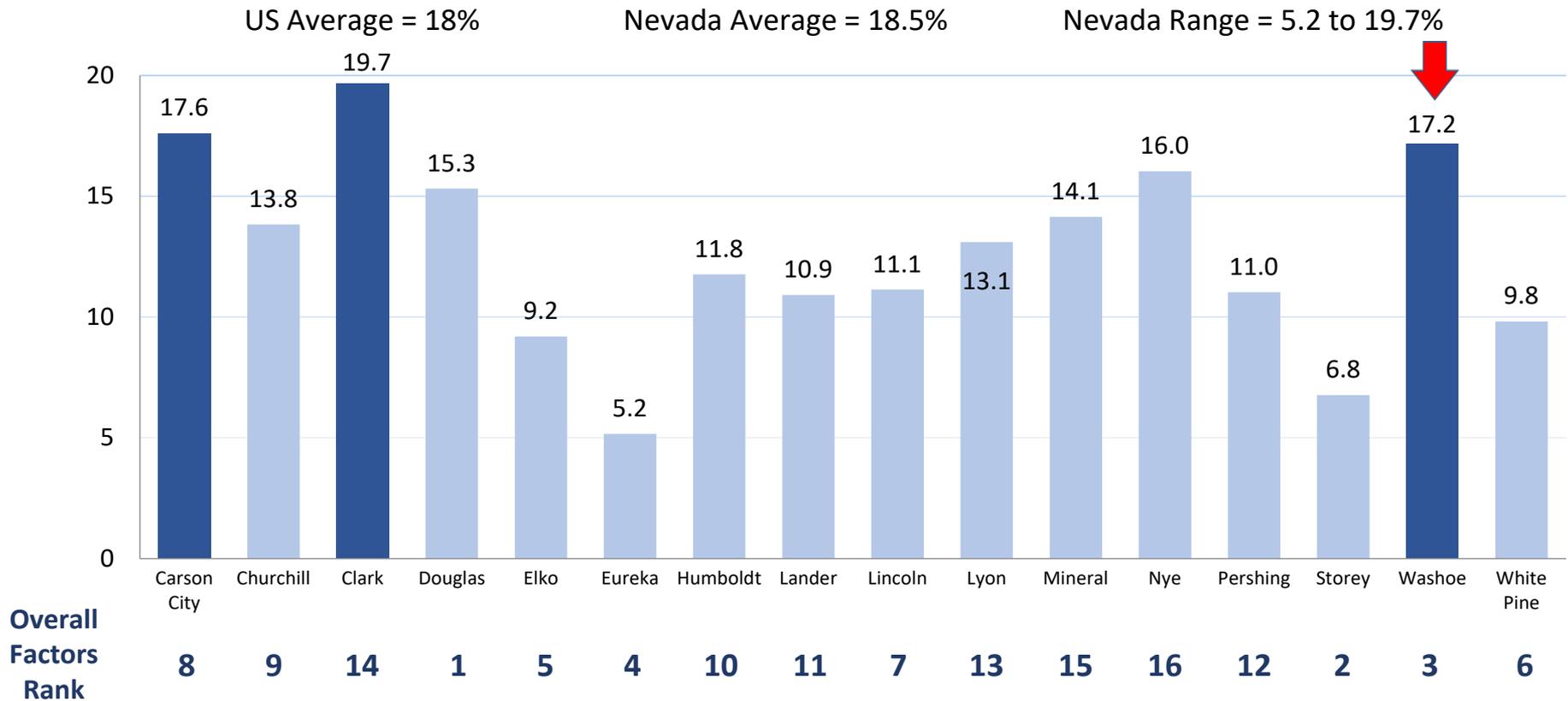
Nevada Range = 7.6 to 49.9%



Source: American Community Survey, 5-year Estimates (2016-2020).

# Physical Environment – Severe Housing Problems

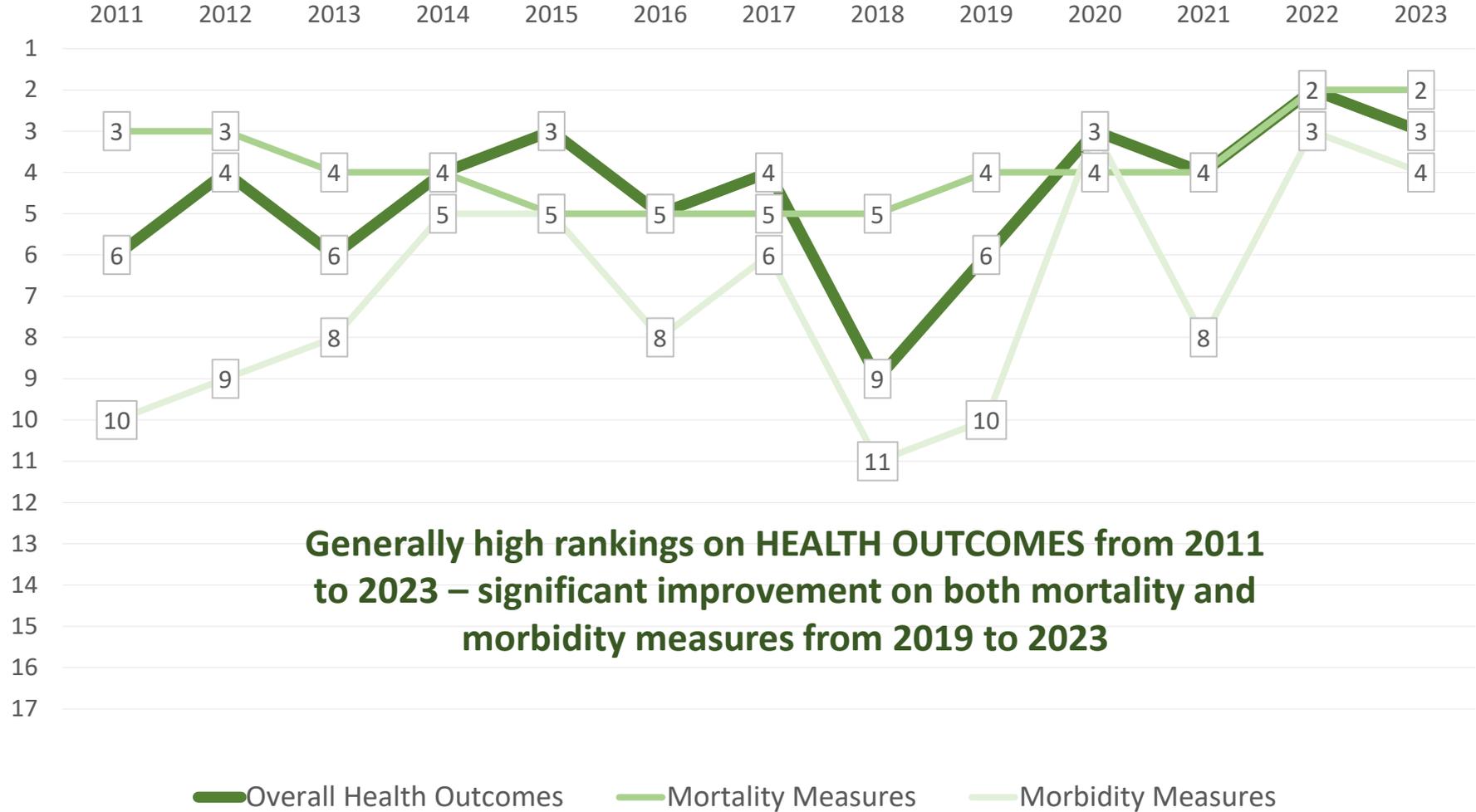
Percentage of households with 1 of 4 housing problems\*



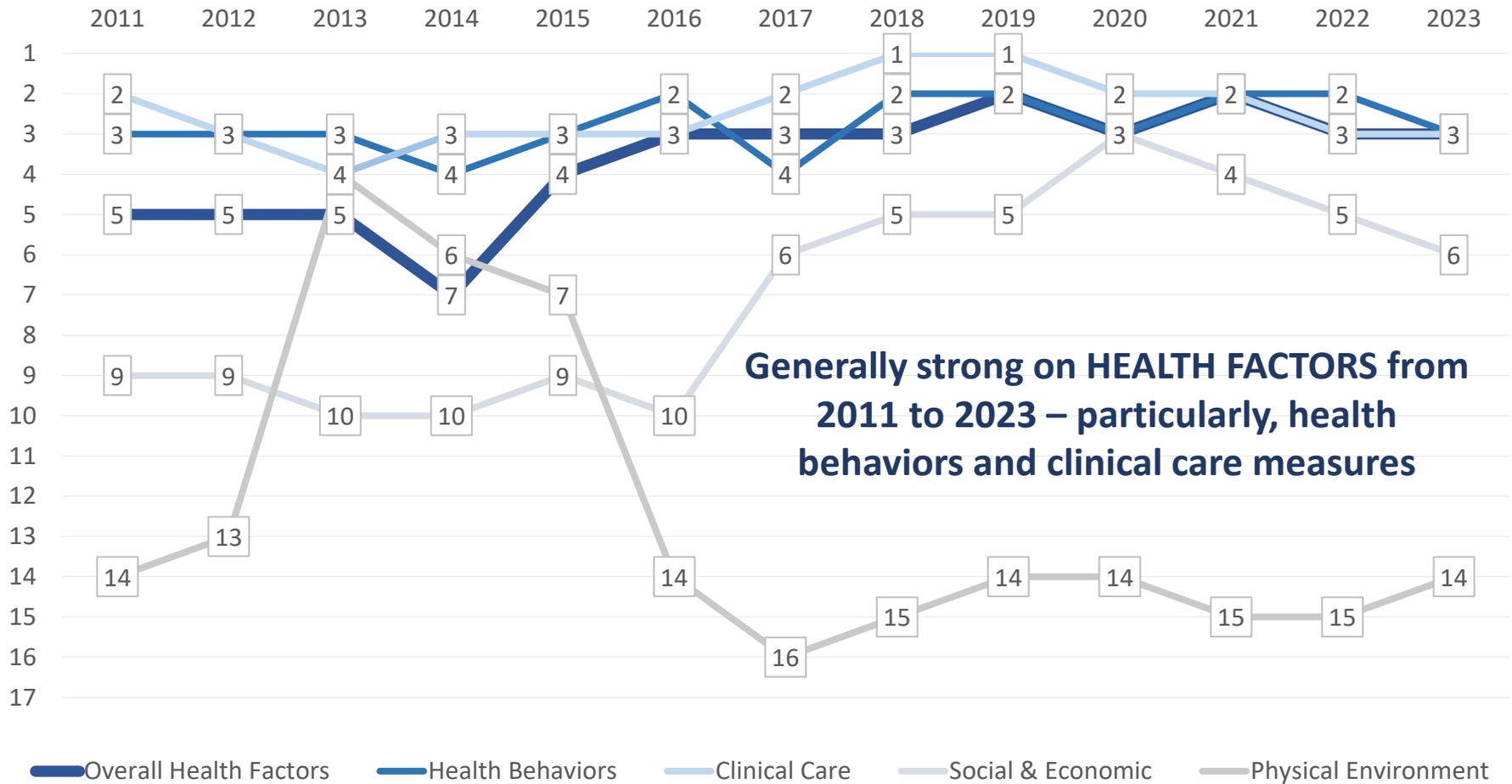
Source: Comprehensive Housing Affordability Strategy (CHAS) (2015-2019).

\*Housing problems include: (1) overcrowding, (2) high housing costs, (3) lack of kitchen facilities, and/or (4) lack of plumbing facilities.

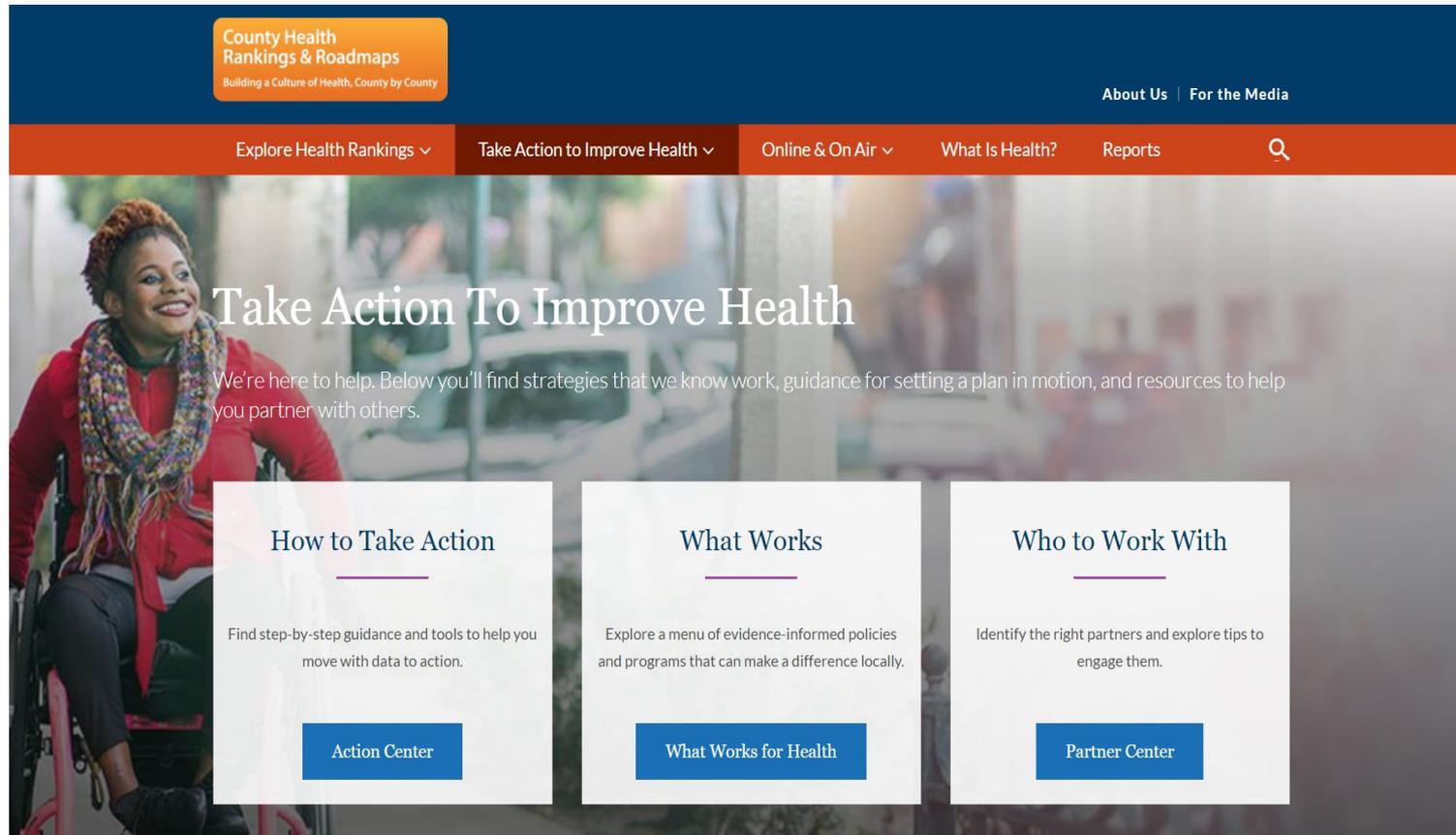
# Washoe County Health Outcomes – 2011 to 2023



# Washoe County Health Factors – 2011 to 2023



# Policies and Programs to Improve Health



The screenshot shows the website's header with the logo 'County Health Rankings & Roadmaps' and the tagline 'Building a Culture of Health, County by County'. Navigation links include 'About Us | For the Media', 'Explore Health Rankings', 'Take Action to Improve Health', 'Online & On Air', 'What Is Health?', 'Reports', and a search icon. The main content area features a large image of a woman in a wheelchair and the heading 'Take Action To Improve Health'. Below this is a sub-headline: 'We're here to help. Below you'll find strategies that we know work, guidance for setting a plan in motion, and resources to help you partner with others.' Three white boxes with blue buttons offer further resources: 'How to Take Action' (Action Center), 'What Works' (What Works for Health), and 'Who to Work With' (Partner Center).

County Health Rankings & Roadmaps  
Building a Culture of Health, County by County

About Us | For the Media

Explore Health Rankings ▾ Take Action to Improve Health ▾ Online & On Air ▾ What Is Health? Reports 🔍

## Take Action To Improve Health

We're here to help. Below you'll find strategies that we know work, guidance for setting a plan in motion, and resources to help you partner with others.

### How to Take Action

Find step-by-step guidance and tools to help you move with data to action.

Action Center

### What Works

Explore a menu of evidence-informed policies and programs that can make a difference locally.

What Works for Health

### Who to Work With

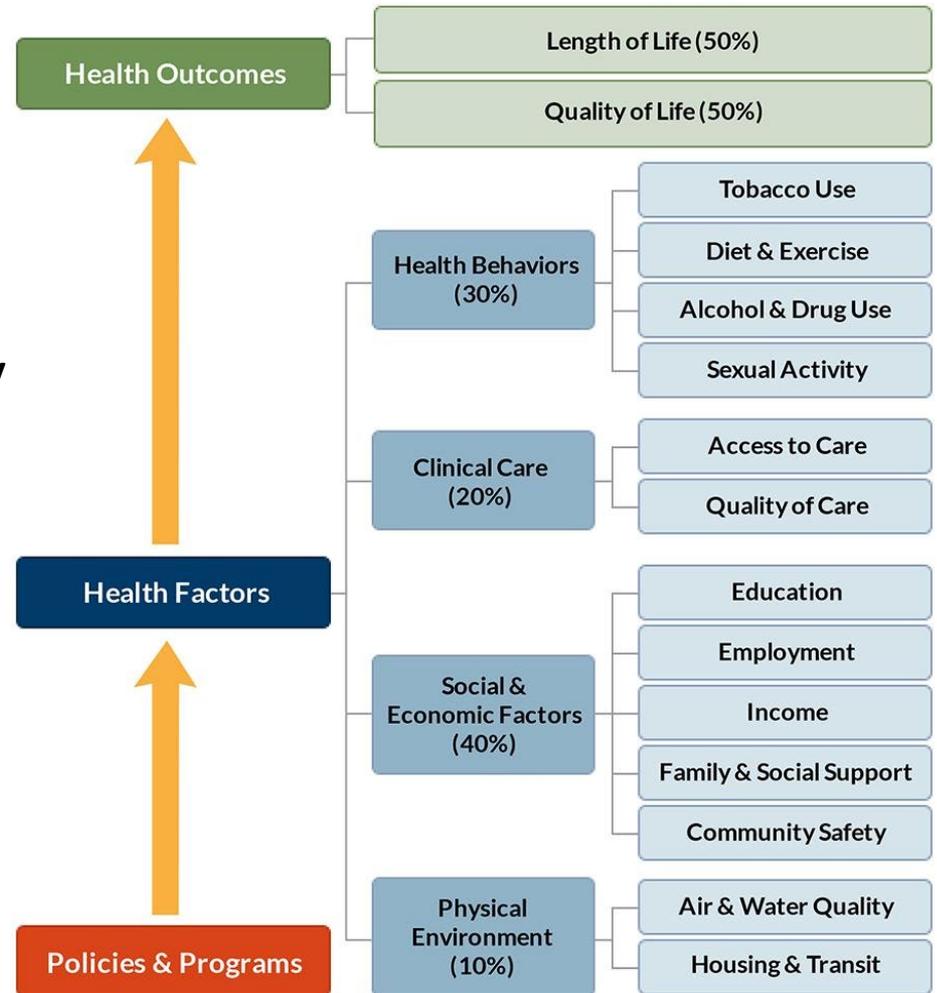
Identify the right partners and explore tips to engage them.

Partner Center

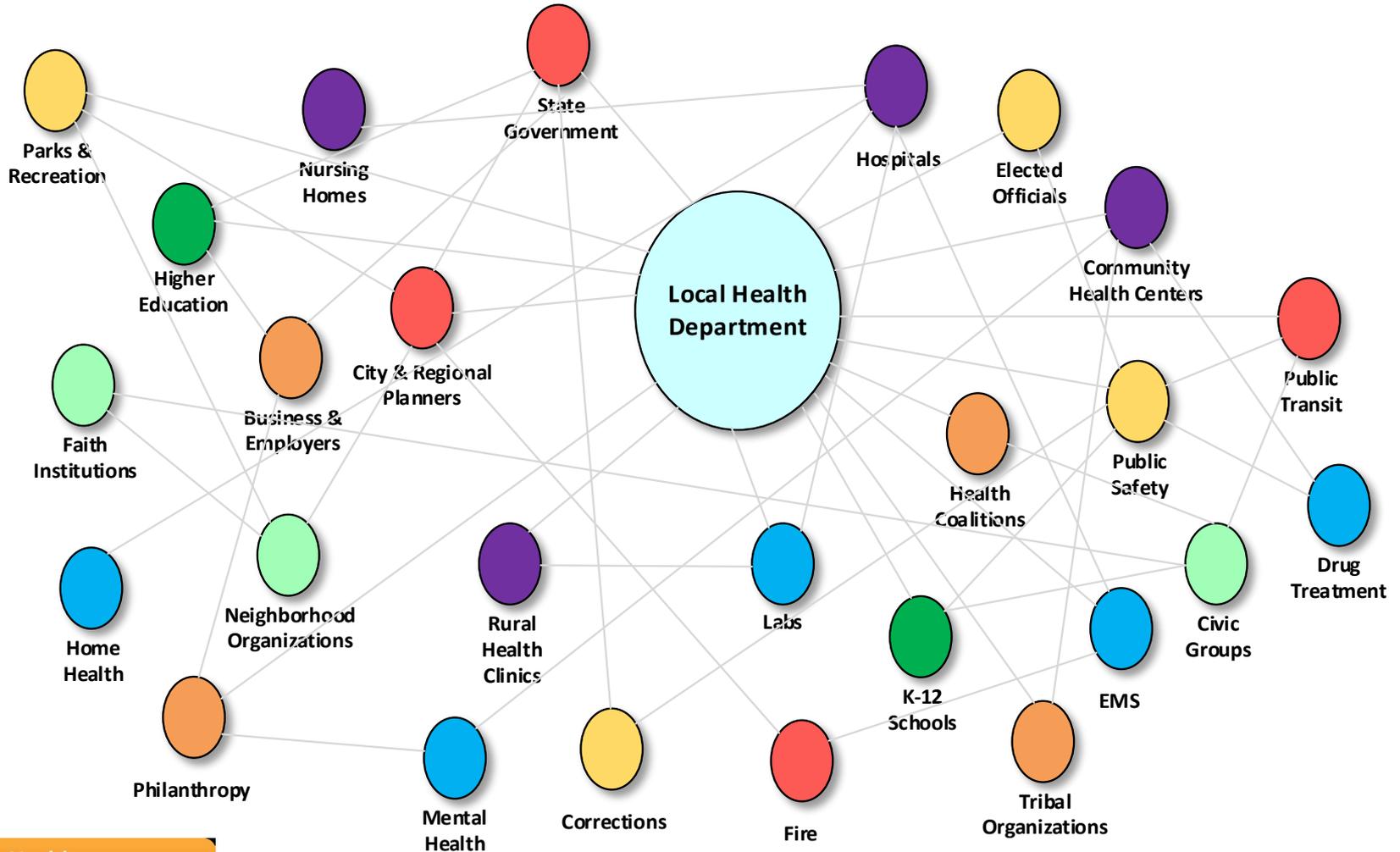
[www.countyhealthrankings.org/take-action-to-improve-health](http://www.countyhealthrankings.org/take-action-to-improve-health)

# Upstream Policies and Strategies to Improve Health

- Tobacco and e-cigarette use
- Food deserts (and swamps)
- Housing policy
- Transit & complete streets policy
- Injury & violence prevention
- Family and social supports
- Income supports, living wages
- Jobs and employment policy
- Health workforce development



# Public Health System Partners



# Explore the Rankings!

The screenshot shows the homepage of the County Health Rankings & Roadmaps website. At the top left, there is a logo for "County Health Rankings & Roadmaps" with the tagline "Building a Culture of Health, County by County". To the right of the logo are links for "About Us" and "For the Media". Below the logo is a navigation bar with the following items: "Explore Health Rankings" (with a dropdown arrow), "Take Action to Improve Health" (with a dropdown arrow), "Online & On Air" (with a dropdown arrow), "Reports", and a search icon. A purple banner below the navigation bar reads "NEW: 2023 County Health Rankings Released!". The main content area features a large blue background with a photograph of two women in pink shirts talking in front of a sign for "T'is N'azba Community School". The sign also features a bear logo. The text on the page reads: "Cultivating civic infrastructure and civic participation for healthier communities". Below this is a paragraph: "Civic health is connected to how long and how well we live. The 2023 County Health Rankings National Findings Report examines how well-resourced civic infrastructure gives us the space and opportunity to work together and how civic participation helps us build power to improve health." At the bottom of this section is a button that says "Read the report" with a right-pointing arrow. Below the main content area is a white box with the heading "How healthy is your community?". Underneath the heading is a search prompt: "Search by State, County, or ZIP Code (e.g. New Mexico, Los Alamos, 87544)". Below the prompt is a search input field with a dropdown arrow and a red "Search" button.

County Health Rankings & Roadmaps  
Building a Culture of Health, County by County

About Us | For the Media

Explore Health Rankings ▾ Take Action to Improve Health ▾ Online & On Air ▾ Reports 🔍

NEW: 2023 County Health Rankings Released!

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[Read the report →](#)

### How healthy is your community?

Search by State, County, or ZIP Code (e.g. New Mexico, Los Alamos, 87544)

[www.CountyHealthRankings.org](http://www.CountyHealthRankings.org)

# Questions?

**County Health  
Rankings & Roadmaps**

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# RAYONA LAVOIE

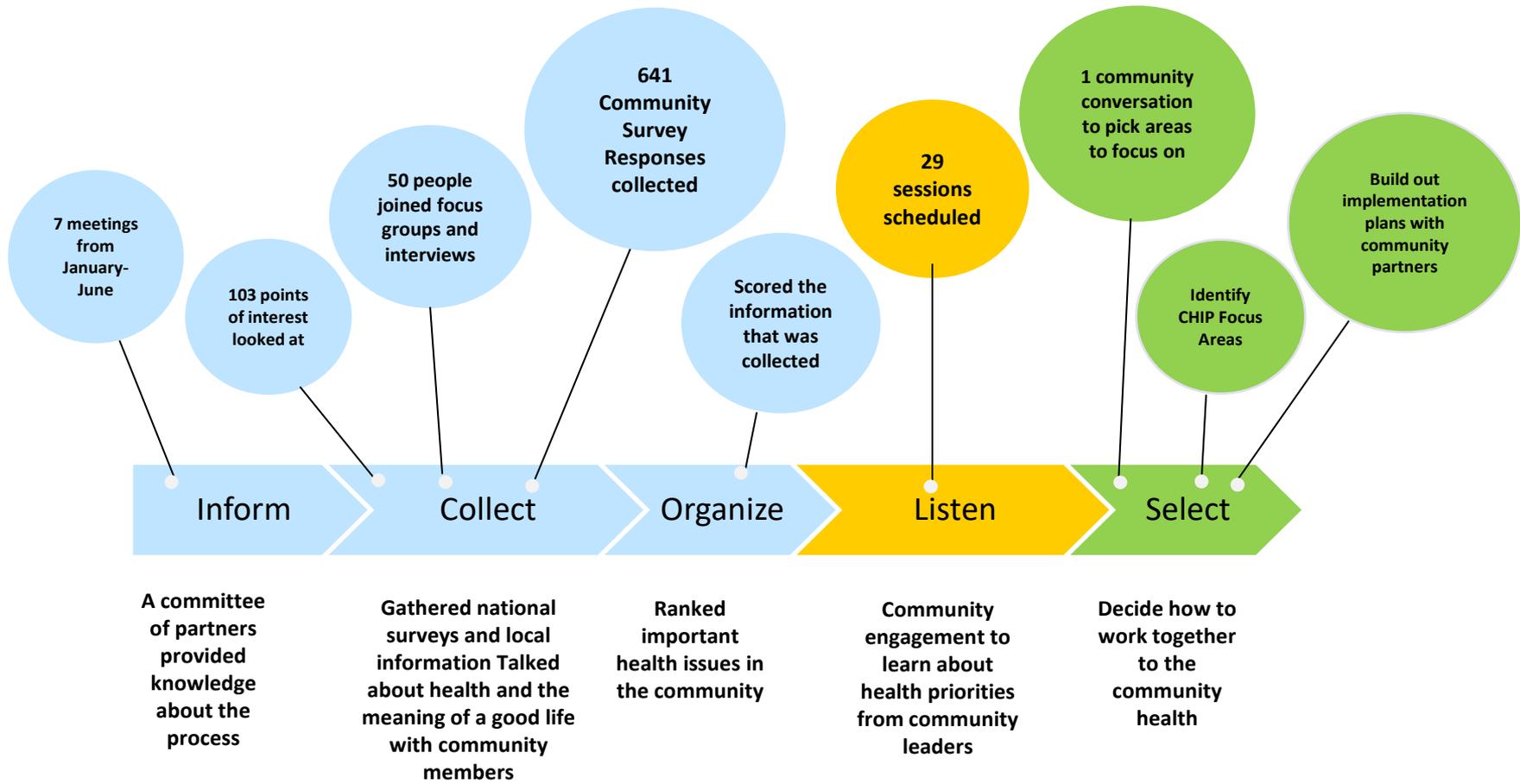
**MANAGEMENT ANALYST  
WASHOE COUNTY HEALTH DISTRICT**

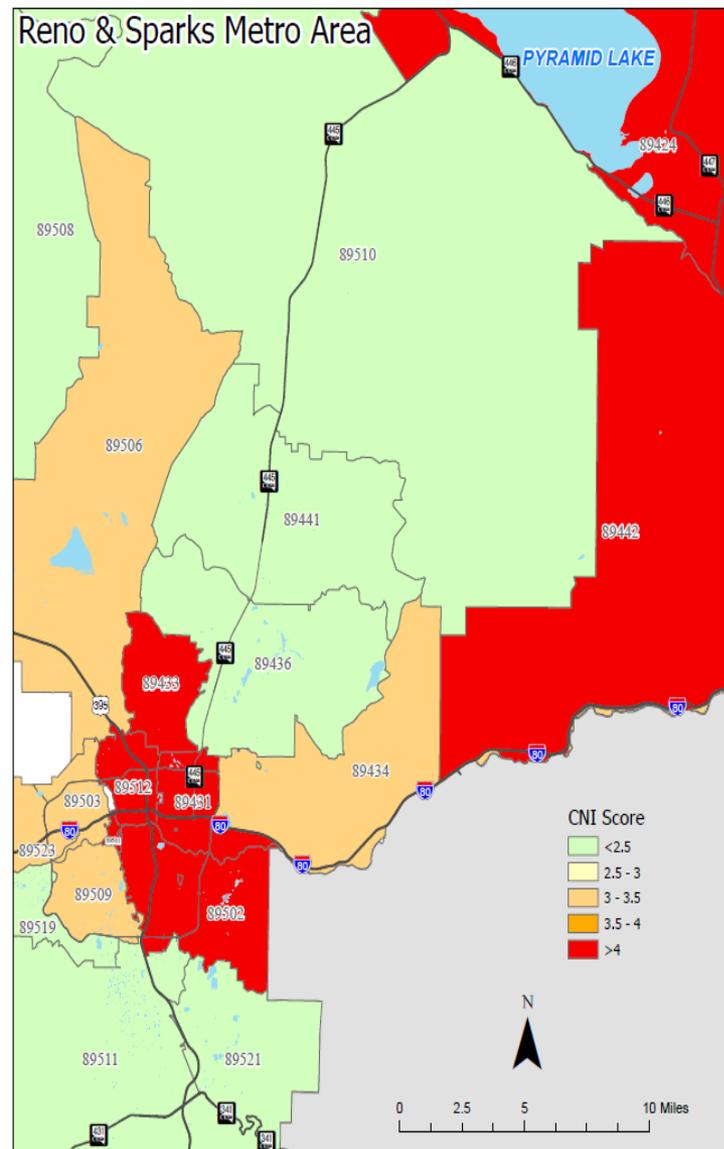


# Washoe County Health District 22-25 CHA and CHIP

Rayona LaVoie  
Management Analyst  
Washoe County Health District

# 22-25 CHA and CHIP Process





## Benchmarking

- 103 indicators
- State BRFSS data
- State YRBS data
- Nevada Report Card
- American Community Survey



### 13 Focus Groups

- Community residents
- Individuals representing communities withing Washoe County

### 1 Community Survey

- 649 responses
- Distributed in Spanish/English within community

# Social Determinants of Health

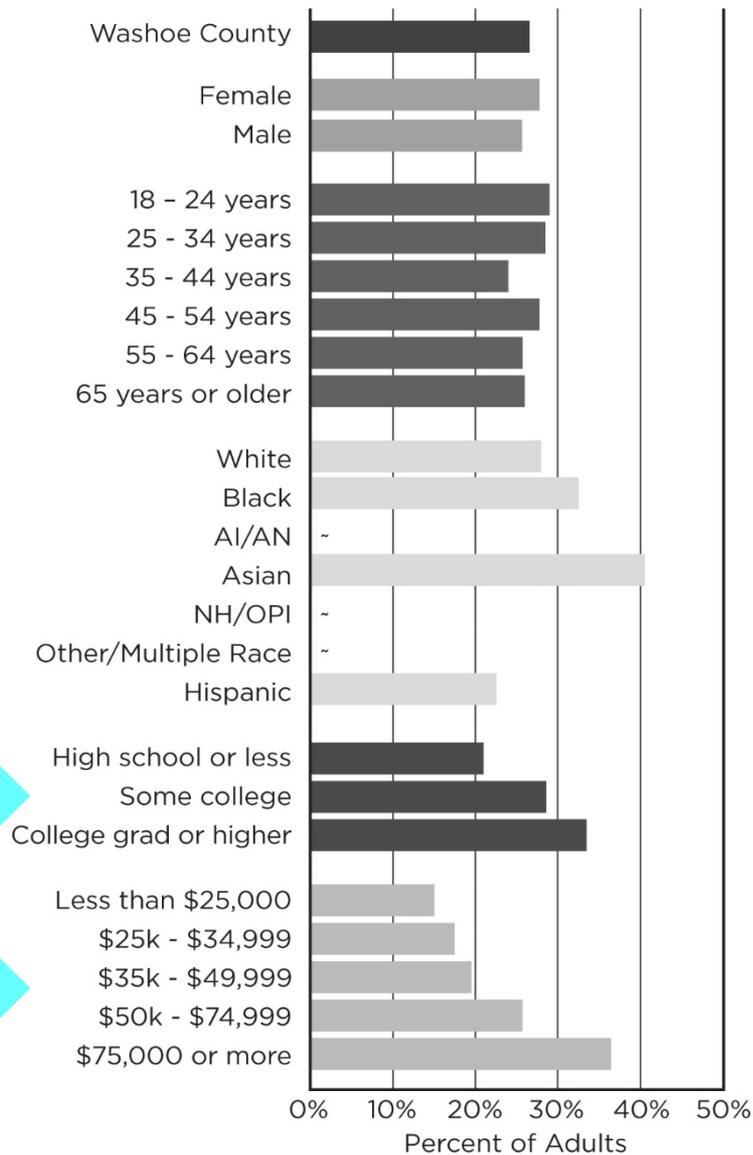
Percent of students in grade 3 to grade 8 proficient in criterion referenced test - math, Washoe County, 2020-2021 School Year

<b>Total</b>	Washoe County	30.9%
<b>Sex</b>	Female	28.6%
	Male	33.1%
<b>Race/Ethnicity</b>	White	43.3%
	Black	14.0%
	AI/AN	15.2%
	Asian	50.7%
	Pacific Islander	14.9%
	2 or more races	37.0%
	Hispanic	18.0%
<b>Ever</b>	Individualized Education Plan	9.3%
	English Learner	7.3%
	Free-reduced Price	17.2%
	Homeless	10.4%
	Foster	14.1%

Source: Nevada Report Card

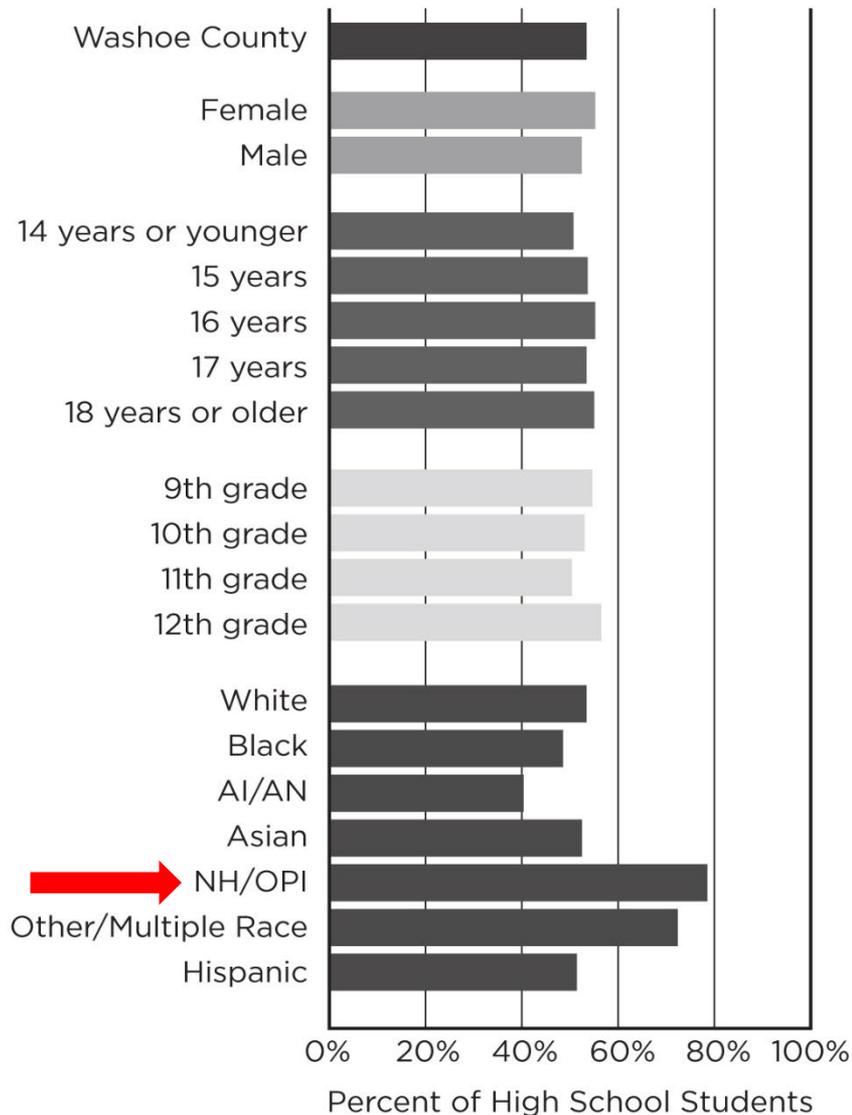


## Percent of Adults that Participated in Enough Aerobic and Muscle Strengthening Exercises to Meet Guidelines Washoe County, 2019



Source: Nevada 2019 BRFSS

## Percent of High School Students who Watched TV, Played Video or Computer Games or Used a Computer for 3 or More Hours per Day Washoe County, 2019



Source: Nevada 2019 YRBS

## Percent of Children Less than 19 years who are Uninsured, Washoe County, Nevada and United States, 2016-2020 Aggregate



Washoe



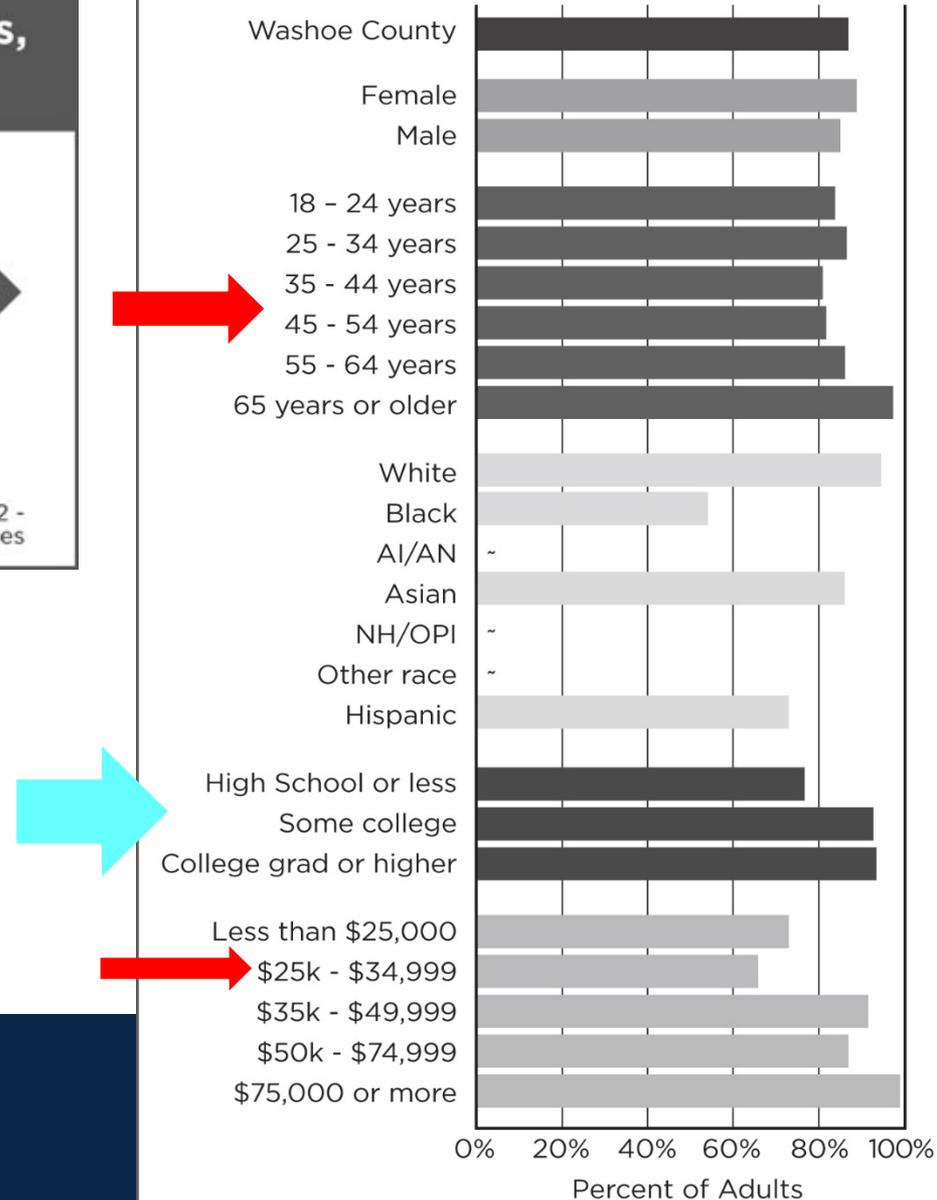
Nevada



U.S.

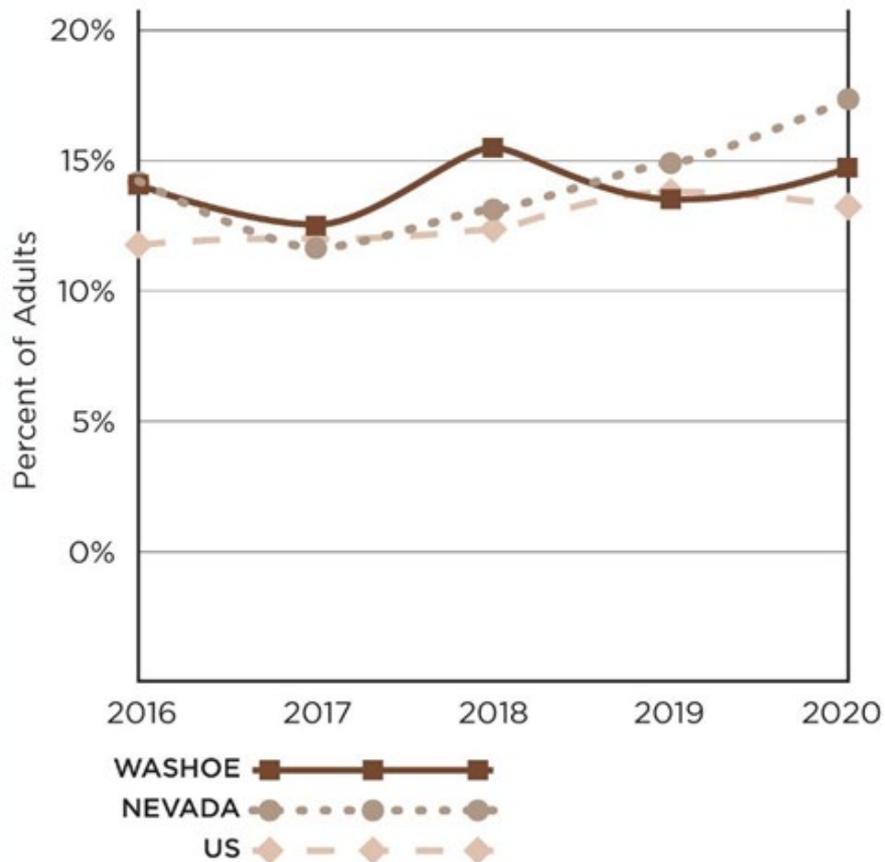
Source: U.S. Census, American Community Survey, Table S2702 - 5 year estimates-Selected Characteristics of the Uninsured in the United States

## Percent of Adults Aged 18 Years and Older Who Have Health Insurance Washoe County, 2020



Access to Health Services

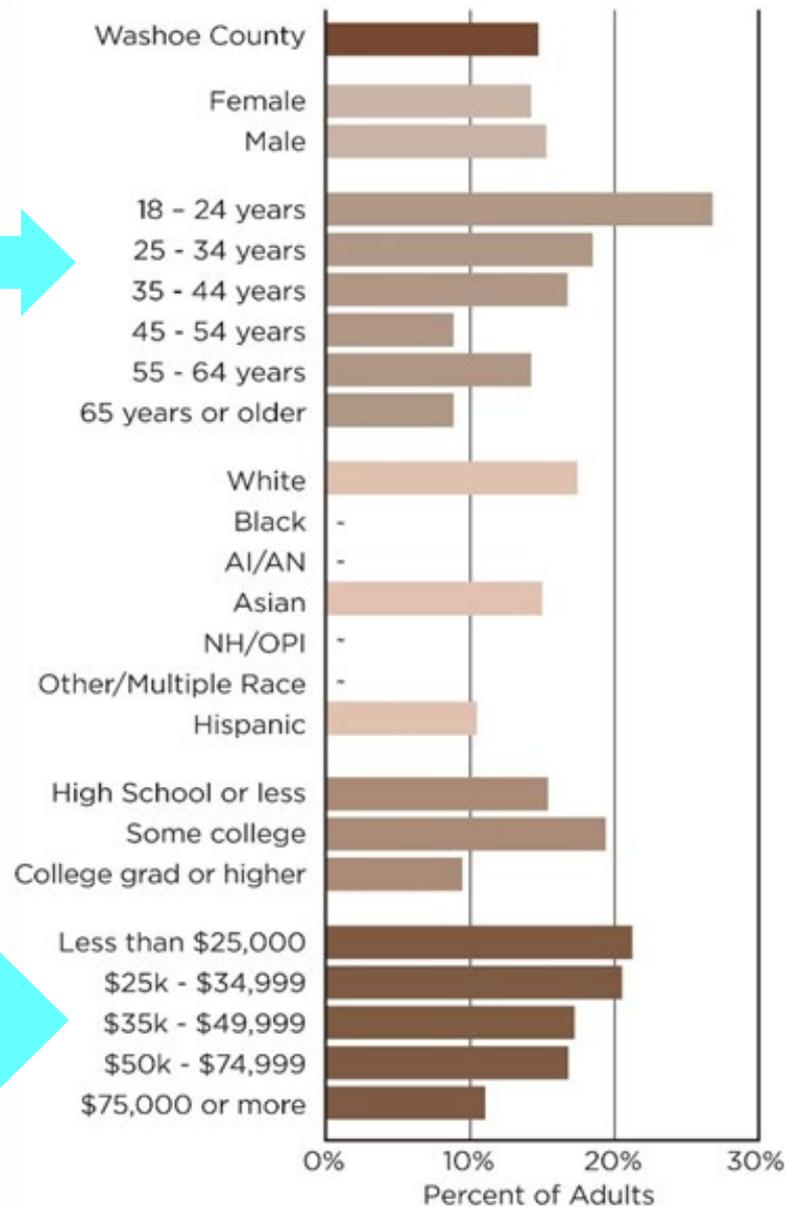
## Percent of Adults Reporting Mental Health "Not Good" for 14+ Days in the Past 30 Days Washoe County, Nevada and United States 2016-2020



WC Source: Nevada 2016, 2017, 2018, 2019, 2020 BRSS  
 NV and US Source: America's Health Rankings Annual Report [https://www.americashealthrankings.org/explore/annual/measure/mental\\_distress/state/ALL](https://www.americashealthrankings.org/explore/annual/measure/mental_distress/state/ALL)

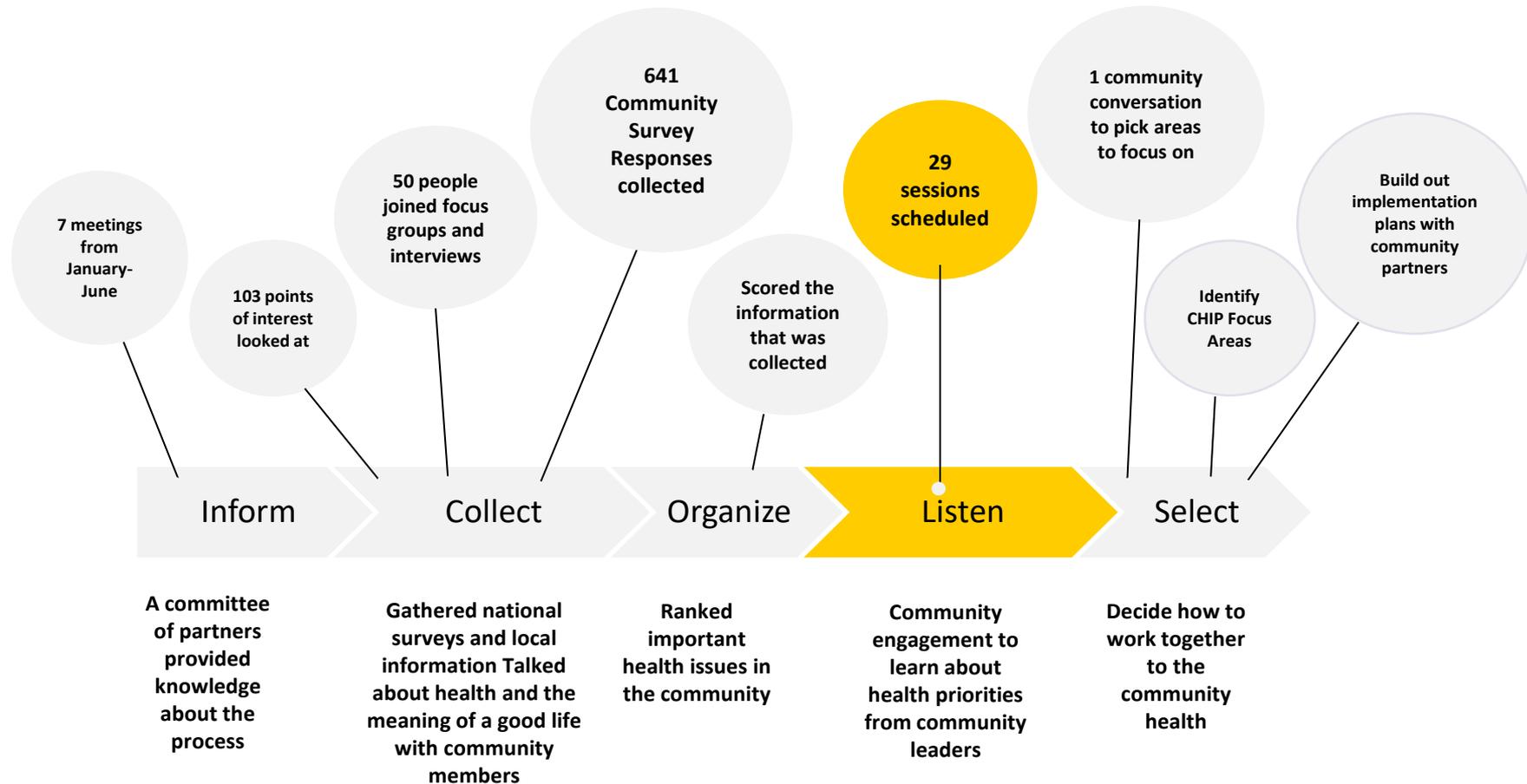
Mental Health

## Percent of Adults Reporting Mental Health "Not Good" for 14+ Days in the Past 30 Days Washoe County, 2020



Source: Nevada 2020 BRSS

# CHA and CHIP Process

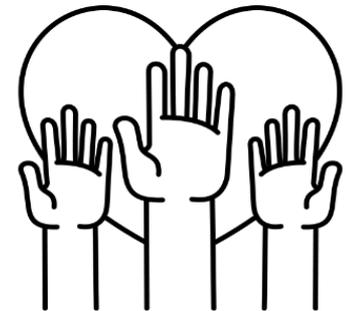


Children Men High Needs Refugee Mixed communities Academics Working Class Underserved Health Care Professional Postpartum Women Teen moms Neurodivergent Veterans Intersectional  
 Immigrants Women in leadership Artists People of Color Seniors Disabled Homeless Absent students Mother Intersectioal  
 RSIC/ Hungry Valley Uninsured Educator Victims Underinsured Faith Based Minorities Parent  
 Tribe ESL Reno Low Income Women Northern Nevada Washoe County Immunocompromised Direct service provider

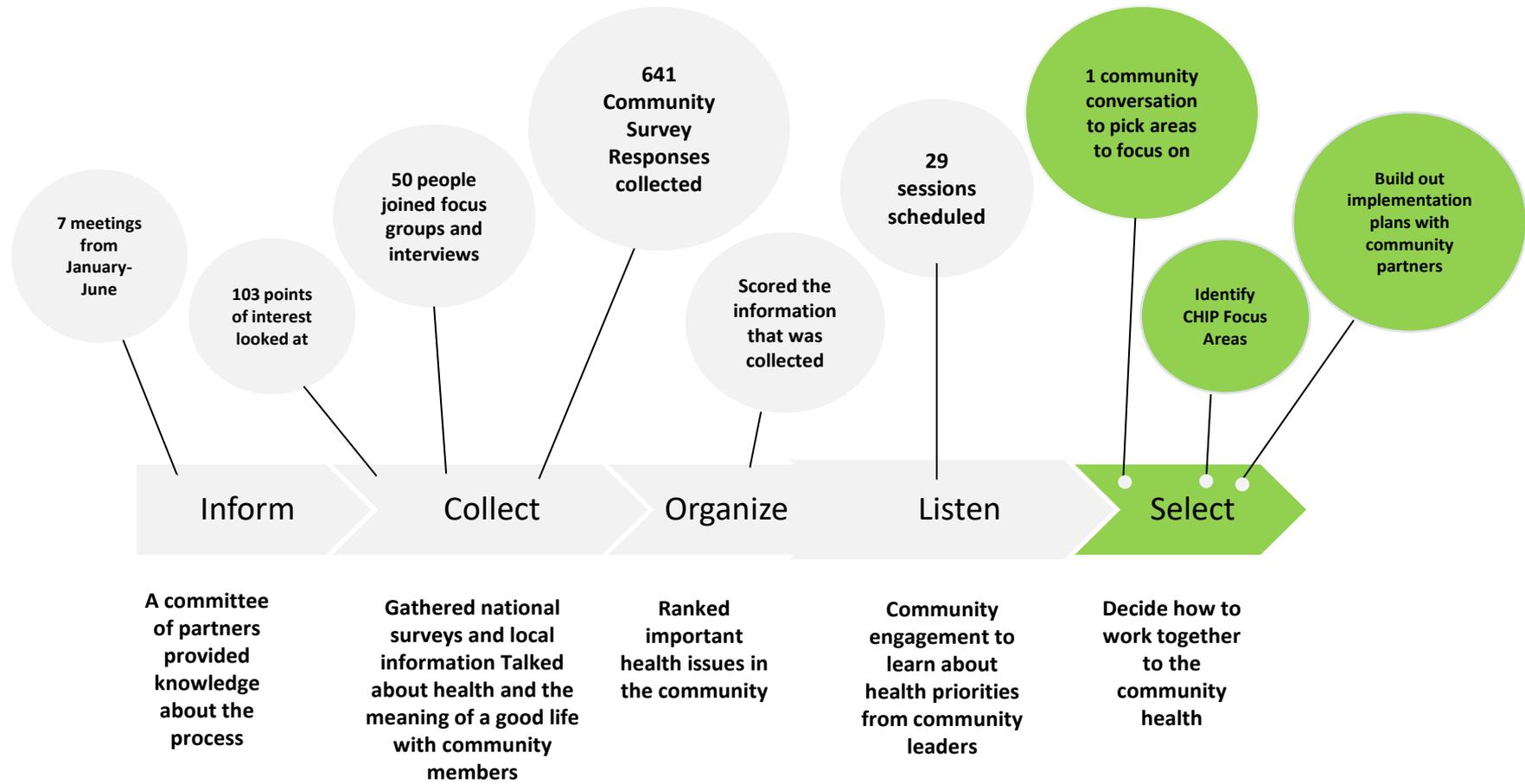


# Key Themes-Challenges

- Key topics of what is working well also came up as areas that need improvement
- Increase overall access to information (widespread dissemination)
- Increase equitable access to mental health and healthcare information in various languages
- Increase accessibility to health services and mental health providers.
- Less silos and more coordination and collaboration, work together to uplift each other's work and streamline resources
- More affordable and permanent housing options
- Equitable and more access to transportation in general, and specifically for people with disabilities

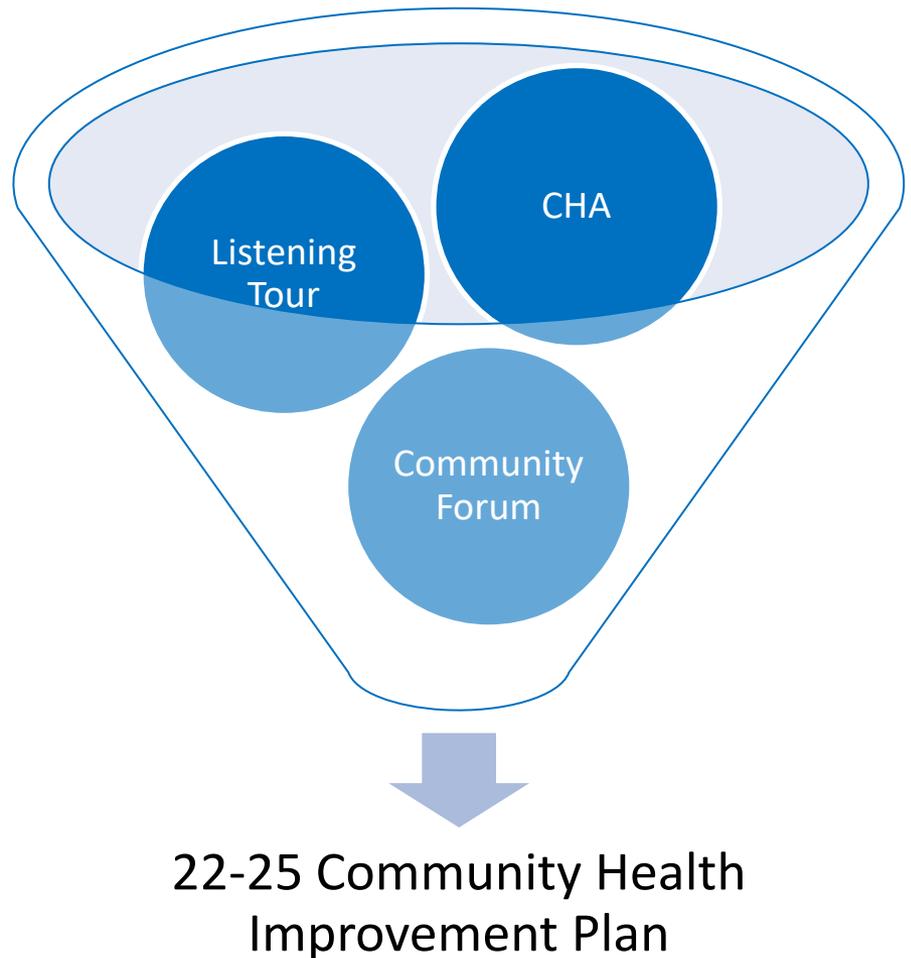


# CHA and CHIP Process



# 22-25 Community Health Improvement Plan

- CHIP is a Community Driven Improvement Plan
- Collaboration
- 3 year cycle



# Community Forum

---

Dot	Prompt
S	<b>Severity:</b> The degree of impact affecting an individual and/or our community's quality of life (green)
E	<b>Equity:</b> The degree to which this issue has a disparate impact on certain populations (light blue)
U	<b>Upstream:</b> This focus area needs to be addressed because it's a root cause to larger health concerns (orange)
M	<b>Momentum:</b> Within the community, there is existing energy, enthusiasm and commitment to work on this issue. (yellow)
O	<b>Opportunity:</b> There are current and real opportunities to have influence and move the needle on this issue (existing efforts, funder priority, legislative and or local government interest) (dark blue)
C	<b>Capacity:</b> My organization (or I personally) has the capacity to work collaboratively on initiatives to address this issue (red)



<b>Health Topic</b>	<b>Secondary Data</b>	<b>Community Survey Rank</b>	<b>Focus Group</b>	<b>Listening Tour</b>	<b>Community Forum</b>
<b>Mental Health</b>	2	1	3	3	2
<b>Social Determinates of Health</b>	5	3	1	1	1
<b>Access to Health Services</b>	4	2	2	2	3
<b>Preventative Health Behaviors</b>	1	5	8	4	7
<b>Violence</b>	7	4	7	NR	8
<b>Maternal &amp; Child Health</b>	8	9	9	5	6
<b>Substance Use</b>	6	8	4	NR	5
<b>Environmental Health</b>	3	7	9	6	4
<b>Built Environment &amp; Infrastructure</b>	NR	6	6		



# 22-25 CHIP Focus Areas

## Access to Health Care

- Workforce Pipeline
- Appropriate Care Setting
- Insurance Enrollment
- Primary Care Setting

## SDoH

- Food Insecurity
- Affordable Rental Housing

## Preventative Health Behaviors

- Physical Activity and Nutrition

## Mental Health

- Workforce pipeline
- Suicide Prevention
- Diversion from jail/ED
- Youth/Adolescent

+

Language Accessibility

+

Transportation



# Preview of 22-25 CHIP Initiatives

## Access to Health Care

- Greet Eat and Meet
- 911 education campaign
- AB45 Loan Repayment

## SDoH

- Golden Groceries
- COC Tenancy Support

## Preventative Health Behaviors

- 5210 Healthy Washoe
- Healthy Corner Stores
- Anything But the Gym

## Mental Health

- AB69 Tuition Reimbursement
- Aca Entre Nos
- Crisis Response System

+

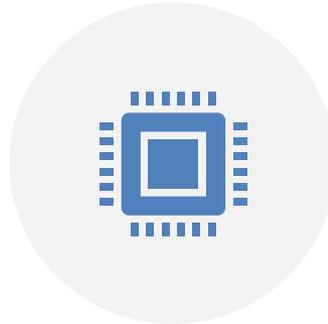
Language Accessibility Plan



# Next Steps



CHA AVAILABLE ON THE WCHD  
WEBSITE



IMPLEMENT 22-25 CHIP



CONNECT WITH US  
[RLAVOIE@WASHOECOUNTY.GOV](mailto:RLAVOIE@WASHOECOUNTY.GOV)

## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# NICKI AAKER

DIRECTOR  
CARSON CITY HEALTH AND HUMAN SERVICES





# ***Quad-County Regional Community Health Needs Assessment***

crescendo | 

# Community Engagement



## Stakeholder Interviews

**46 interviews**



## Focus Group Discussions

**15 Focus Groups  
with over 125  
participants**



## Surveys

**Community  
Survey:**  
Over 1,551 responses

**Telephone  
Survey:**  
400 responses

*"It's not just the number of people; it's about being inclusive and connecting with the breadth of our highly diverse communities in a way that truly helps and engages them."*

# Organizations with Participation in Stakeholder Interviews & Focus Groups

- Boys & Girls Clubs Of Western Nevada
- Carson City Behavioral Health Task Force
- Carson City Fire Department
- Carson City Health And Human Services
- Carson City Sheriff's Office
- Carson Tahoe Behavioral Health Assertive Community Treatment
- Carson Valley Community Food Closet
- Carson Valley Medical Center
- Carson Valley Veteran's Affairs Clinic
- Community Chest, Inc.
- Douglas County Behavioral Health Task Force
- Douglas County School District
- Friends In Service Helping (FISH)
- Healthy Communities Coalition of Lyon And Storey Counties
- Lyon County Human Services
- Lyon County Juvenile Probation
- Lyon County Public And Behavioral Health Task Force
- Lyon County School District
- NAMI Western Nevada
- Nevada Association Of Counties
- Nevada Urban Indians
- PFLAG Carson City
- Nevada Division of Healthcare Financing and Policy
- Carson Medical Group
- Douglas County East Fork Fire Protection
- Storey Senior Citizens Center
- Turning Points Inc.
- Storey County Emergency Department
- Storey County Community Relations
- Nevada Dept. of Health and Human Services
- Division of Welfare and Supportive Services
- Nevada Business Group on Health
- JOIN Inc.
- Partnership Douglas County
- Ron Wood Family Resource Center
- Storey County Community Library
- Tahoe Youth & Family Services
- Washoe Tribe Health Center
- Western Nevada College
- Northern Regional Behavioral Health Policy Board

## Access Audit

- Thirty-six access audit or “mystery shopper” calls were made.
- Twenty-four (66.6%) were answered while the remaining were directed to a voicemail or not answered.
- All but one of the 24 facilities were accepting new patients. However, not all providers were accepting new patients.
- The wait list for primary care was generally between one and four months depending on the provider. However, urgent or “crisis” care appointments were available much sooner.
- Most sites had phone trees with only five offering the phone menu in Spanish.

# High Priority Quad-County Community Health Needs



Access to Basic Needs



Mental and Emotional  
Health



Access to Healthcare for  
Specific Populations



Substance Use Prevention,  
Treatment, and Recovery



# Access to Basic Needs

- Access to Primary Care for Low-Income & Underinsured Individuals
  - Wait times 1-4 months, cost and insurance limitations as barrier
- Availability and Affordability of Childcare
- Availability and Affordability of Housing, including supportive and transitional housing for individuals in need of wrap-around services
- Prescription Affordability and Access
- Access to internet and broadband
- Access to physical and social activities for youth

# Access to Safe, Affordable Housing: Voices from the Region

- #1 Highest Ranked Need Overall in the Community Survey

*"The housing stock is old and it's unsafe for many seniors. A lot of the staircases are very narrow. Many people live in travel trailers." - Storey County*

*"A lot of landlords are not willing to work with voucher-type programs. People wait to get Section 8 housing and then they end up living in their cars or doubling up or becoming homeless." - Carson City*

*"We have several apartment complexes. The other issue is we have a start-up copper mine; it has taken a lot of rentals and made them unavailable because people are coming from out of town to get jobs." - Lyon County*

*"It's way too expensive. There are fewer mobile home parks than there used to be and that used to be the affordable housing for most people. We are seeing people get more and more housing vouchers, but no landlords will take them." - Douglas County*

*"I have lost employees because they couldn't find rentals." - Douglas County*

*"Rents are in the \$2,000 range and most of our clients live on less than \$900 a month. We've got motels that have transitioned to a monthly rate and people are paying \$900 a month to live in a facility with no kitchen or other amenities." - Focus Group Participant*



# Mental and Emotional Health

- Providers for both youth and adults including Peer Support Specialists, Community Health Workers, Clinical Professional Counselors, Licensed Clinical Social Workers, and Psychiatrists.
- Resource capacity across range of acuity:
  - Screening & Assessments
  - Outpatient services, including Intensive Outpatient Services
  - Inpatient services
  - Crisis care
- Programs/activities to reduce social isolation, increase support, and promote mental and emotional health

# Mental Health Counseling for Youth & Adults: Voices from the Region

- #2 (Adults) & #3 (Youth) Ranked Need in the Community Survey
- Shortage of Providers is Critical Issue



*"Seniors have a pretty high mental health burden. In June we had six completed senior suicides." - Douglas County*

*"Our biggest challenge is mental health. We don't have many outpatient psychiatrists, only one total, but they are not taking new patients. When we try to refer, there are no psychologists or therapists that are taking new patients. As primary care providers, we do a lot more therapy work and psychiatry medicine than what we are supposed to do." - Carson City*

*"We lack services for the youth. There is no funding or infrastructure for mental health. We don't have anything lower than an inpatient facility or the hospital. There is nothing in between." - Carson City*

*"Our local providers are tapped. Our behavioral task force does have a lot of behavioral health providers and most of them have a week to three-week waitlist. South Lyon medical center has a little better access to mental health. Silver Springs doesn't really have anything." - Lyon County*

*"On the pediatric side, we had kids in inpatient in the acute care hospital for months just waiting for a psych bed. It wasn't safe to send them home and there wasn't anywhere to send them locally. We had to send them all across the country just to find a psych bed." - Carson City Community Member*



# Access to Healthcare for Specific Populations

- Access to Specialty Care
  - Very few providers, significant travel and advance planning required
- Home Health across region
- Increased case management, treatment, and care coordination for people with complex chronic health problems
- Care for individuals with dementia/memory care needs
- Care for youth and adults with developmental disabilities
- **Competence of providers to serve specific populations, including knowledge of LGBTQ+ needs and increasing Spanish-speaking providers**
- Prevention & Treatment for Heart Disease, Kidney Disease, and Cancer

# Access to Healthcare: Voices from the Region

*“For mental health, we don’t have enough options for people to access care on the outpatient side especially. Inpatient, you can get a bed within reason but when they need outpatient, the rehab options we have is one facility that is very good and is able to accommodate in-patient rehab centers.” – Carson City*

*“Many providers have a four to six-month waiting list, which doesn’t help with medications access and management.” – Douglas County*

*“There is a lack of timely access to specialists. Where I am at, I try to get someone in with a neurologist and gastrologist; it takes two to three months, rheumatology is six months out.” – Lyon County*

*“Providers are not trained, especially for transgender individuals. Youth are not coming out and transitioning at younger ages. We need doctors who are trained to work with younger transgender individuals.” – Carson City*

*“Our local providers are tapped. Our behavioral task force does have a lot of behavioral health providers and most of them have a week to three-week waitlist. South Lyon Medical Center has a little better access to mental health. Silver Springs doesn’t really have anything.” - Lyon County*





# Substance Use Prevention, Treatment, and Recovery

- Need capacity across range of acuity:
  - Drug and other substance use prevention and early intervention programs
  - Drug and other substance use treatment services, including Intensive Outpatient Services, Groups, and community-based treatments.
  - Programs and services to support individuals in recovery
- For youth, increased coordination between school systems and community providers and agencies to address prevention and early intervention

# Substance Use: Voices from the Region

*"Meth has always been prevalent – cheap, fast, easy to make. Alcohol continues to be an issue." - Lyon County*

*"Fentanyl is on the rise and being mixed into other substances. It's certainly not getting better." - Carson City*



*"Alcohol use has gone down in the school system. Pills are a problem - usually oxys or hydrocodone, other opiates. Vaping is out of control." - Douglas County*

*"Opioids are a big problem here. As first responders, we are starting to see a greater number of calls on opioid overdoses. Alcohol is a major issue here as well, especially with our homeless." - Carson City*

*"There are a lot of opioids, meth, and Fentanyl. It just seems like everywhere I turn someone is getting poisoned to death." - Douglas County*

*"When you look at our general arrest rates, what they are tied to, and root causes of people seeking social services, it comes down to an unhealthy coping mechanism, which is usually alcohol, which can lead to poly substance use. The severe drug use is concerning meth. Recently we have been seeing more and more opioid use." -Lyon County*

# Where to Access the Full Report

- Requests for copies and comments on the report can be submitted to [community@carsontahoe.org](mailto:community@carsontahoe.org)
- Executive Summary and Full Report available on CCHHS website at [www.getthehealthycarsoncity.org](http://www.getthehealthycarsoncity.org)

# Next Steps



- Community Health Improvement Plan (CHIP)
  - Robust collaborative effort
  - Diverse partners

# Questions



# Questions?

# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# THANK YOU!

COMMUNITY HEALTH RANKINGS  
2023

WASHOE COUNTY  
**HEALTH DISTRICT**  
ENHANCING QUALITY OF LIFE



**Public Health**  
Prevent. Promote. Protect.