

# Statewide Primary Prevention and Food Security- Nutrition Unit

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ALL IN GOOD HEALTH.



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# ABOUT DPBH

## MISSION

To protect, promote, and improve the physical and behavioral health and safety of all people in Nevada, equitably and regardless of circumstances, so they can live their safest, longest, healthiest, and happiest life.

## VISION

A Nevada where preventable health and safety issues no longer impact the opportunity for all people to live life in the best possible health.

## PURPOSE

To make everyone's life healthier, happier, longer, and safer.



ALL IN GOOD HEALTH.

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# AGENDA

1. Nutrition Unit
2. Chronic Disease Prevention and Health Promotion
  - Office of Food Security
  - Funds for Healthy Nevada - Hunger Funds
  - Governor's Council on Food Security
  - 2023 Food Security Strategic Plan
  - Wellness and Prevention
3. Women, Infants, and Children Program
4. Supplemental Nutrition Assistance Program – Education



# Nutrition Unit Overview

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## Purpose

Facilitates and promotes collaboration across state public health and social services programs to promote and increase healthy eating and physical activity patterns for Nevadans.

- Enhance healthy eating behaviors
- Improve access to nutritious foods
- Promotes equity and inclusion in nutrition services for at-risk and vulnerable populations across Nevada

## Programs

- DPBH, Bureau of Child Family and Community Wellness (CFCW)
  - Chronic Disease Prevention and Health Promotion (CDPHP)
    - Office of Food Security and Wellness
  - Women, Infants, and Children Program (WIC)
- Supplemental Nutrition Assistance Program- Education (SNAP-Ed)

# Nutrition Unit Framework



# Chronic Disease Prevention and Health Promotion (CDPHP) Section



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# CDPHP

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Vital in promoting healthy lifestyles and preventing chronic diseases through education, outreach, and policy implementation.

- Women's Health Connection (Breast and Cervical Cancer)
- Comprehensive Cancer Control
- Well-Integrated Screening and Evaluation for Women Across the Nation
- Diabetes Prevention and Control
- Heart Disease and Stroke Prevention and Control
- Tobacco Cessation and Prevention
- Healthy Aging
- Office of Food Security
  - Council on Food Security
- Wellness and Prevention
- Worksite Wellness

# Office of Food Security and Wellness

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Mission - Effectively improve the quality of life and health of Nevadans by increasing food security throughout the state.

- Under the CDPHP section, the Office of Food Security and Wellness (OFS) manages the Funds for Healthy Nevada (FHN) Hunger Funds.
- In addition, the OFS supports the Nevada Governor's Council on Food Security (CFS), and supports implementation of the [2023 Food Security Strategic Plan](#).





# FHN- Hunger Funds

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## Goals

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- Align and enhance collaboration efforts of state and non-state agencies to strengthen statewide food security strategies;
- Support strategies that increase participation in state/federal nutrition programs;
- Support client-centered strategies that increase access to nutrition programs and resources that address determinants of hunger; and
- Establish evaluation and reporting processes to enhance data collection to drive future strategies and track progress in improving food security in Nevada.

## Objectives

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- To provide cost-effective services that are accessible, available, and responsive to the needs of individuals, families, and their communities;
- Foster a service delivery system responsive to the individual and cultural diversity of the people and communities served;
- To provide a comprehensive and integrated system of services to promote self-sufficiency; and
- Conduct a systematic evaluation of program activities to improve the effectiveness of the FHN funds.

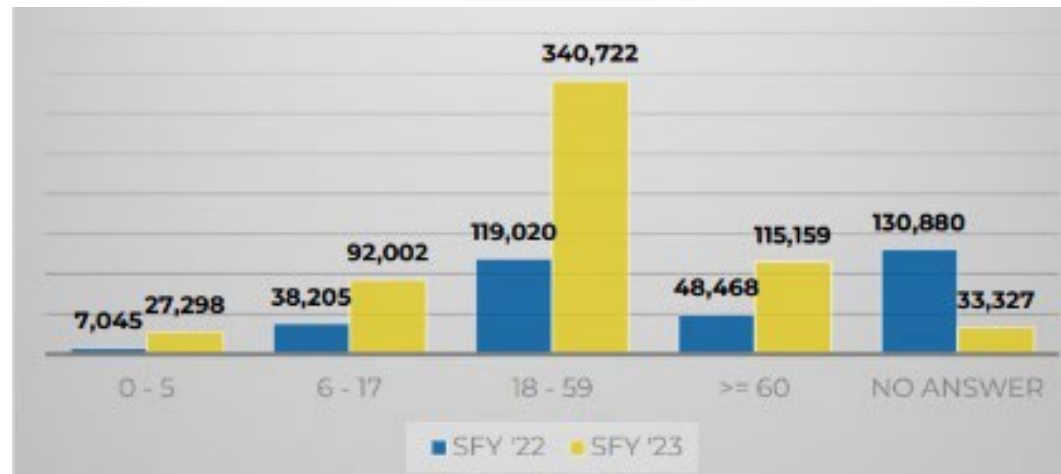
# FHN- Hunger Funds

Current Biennium – 11 funded

FY24 \$2M

FY25 \$2M

Total \$4M



Number of individuals who received food from FHN partners by age

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# FHN Hunger Funds



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## Funding Requirements/Considerations:

- Collaborative partnerships: Only applications from collaborative partnerships involving two or more community organizations that may include local farms and/or transportation systems will be considered.
- Comprehensive food security solutions
- Target populations: Initiatives must serve Nevadans of all ages. Applicants are encouraged to consider populations disproportionately impacted by food insecurity.
- Nutrition education
- Evaluation and data collection

FY26/27 Notice of Funding Opportunity- Expected Release, December 2024

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# Council on Food Security



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- Aims to fight hunger among Nevadans
  - Focus on those most at-risk – children and seniors
- Meets quarterly
  - State, local, and community representation
- Tasks
  - Reviewing legislations and protocols affecting food policy and infrastructure
  - Provide feedback and recommendations on food security related topics such as policies, grants, emergency response plans, and more.
  - Makes recommendations to the Director of the Nevada Department of Health and Human Services and the Governor.
  - Helps with implementation of the [2023 Food Security Strategic Plan](#)
- Seeking to expand representation to better assist rural areas
  - Transportation
  - Tribal



**Nevada Department of Health & Human Services**

# Food Security Strategic Plan

 **2023**

- Planning process
  - Surveys completed by more than 70 service providers and 1,000 community members
    - Many responses from rural and frontier communities
- Needs assessment findings
  - Gaps in the food security ecosystem
    - Challenges in access resources for those in rural and tribal communities

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# Themes of the Plan

## Lead



Lead systems change to improve food security through greater collaboration, information-sharing, and policy development efforts.

## Grow



Grow Nevada local food sources.

## Feed



Feed Nevada's population at increased/higher risk for food insecurity.

## Reach



Reach populations in Nevada that are experiencing food insecurity and/or that are at increased/higher risk for food insecurity with nutrition-dense and affordable and culturally appropriate foods.

## Build



Build Nevada's food security ecosystem by increasing capacity and education.

# Grow

**Grow Goal 1:** Nevada feeds itself and local food is consumed locally.

**Objective I:** Strengthen Nevada's food security supply chain and food system.

**Objective II:** Support the expansion of state/local programs that promote the consumption of locally produced agricultural goods.

**Grow Goal 2:** Nevada's local farmers have access to information, capital, and programs to support food production.

**Objective I:** Strengthen communication and collaboration among farmers and ranchers in Nevada, particularly small producers, to raise awareness about programs and resources.

**Objective II:** Help advance access to capital, or innovative programs that clear roadblocks to local food production.



# Feed

**Feed Goal 1:** Nevada has efficient logistics, distribution, transportation, and storage systems to address food insecurity.

**Objective I:** Help advance improvements in the food logistics, distribution, transportation, and storage systems and funding for those systems with the goal bringing food to people to address food insecurity while creating a sustainable food ecosystem that values workers, consumers, and the land.

**Objective II:** Support new strategic partnerships that can assist with transportation needs and efforts to distribute food to people, particularly individuals at increased/ higher risk for food insecurity.

**Feed Goal 2:** Nevada's food recovery efforts reduce food waste.

**Objective I:** Strengthen producer, processor, and market networks to support food recovery.





# Reach

**Reach Goal 1:** Increase participation in state/federal nutrition programs by those experiencing food insecurity and/or who are at increased/higher risk for food insecurity.

**Objective I:** Increase participation in programs designed to reduce food insecurity.

**Reach Goal 2:** Increase access to food through promotion of client-centered strategies.

**Objective I:** Expand client-centered options for those who have limited access to grocery stores, cooking/storage facilities, etc.

**Objective II:** Increase awareness of available culturally appropriate food options among food pantry and food bank staff.



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# Meeting the Goals



- Goals and strategies outlined in the Plan to meet the needs of community members living in urban, rural, frontier and tribal neighborhoods.
- Successful implementation requires resources and support
  - Greater collaboration across partners
    - Include non-typical food security partners
  - Improve food distribution logistics
  - Grant funds
  - Investment of time
  - Identifying policy changes

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# 2025 Food Security Conference



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- The OFS has started planning for a statewide food security conference
- Reno – location pending
- October 2025
- Attendees will have the opportunity interact with partners across Nevada's food security ecosystem
- For questions/additional information [CDPHP.wellness@health.nv.gov](mailto:CDPHP.wellness@health.nv.gov)
  - Southern Nevada estimated for 2027

# Wellness and Prevention



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## Health Eating Active Living Nevada (HEALNV)

- Community engagement initiative
  - Promote healthier behaviors
  - Reduce chronic diseases
- 5-2-1-0 Program
  - Simple messages to help Nevadans to integrate healthy behaviors into Nevadan's lifestyles



[Small changes, BIG results. - HEAL 5210 \(healnv.com\)](http://healnv.com)

# Outreach

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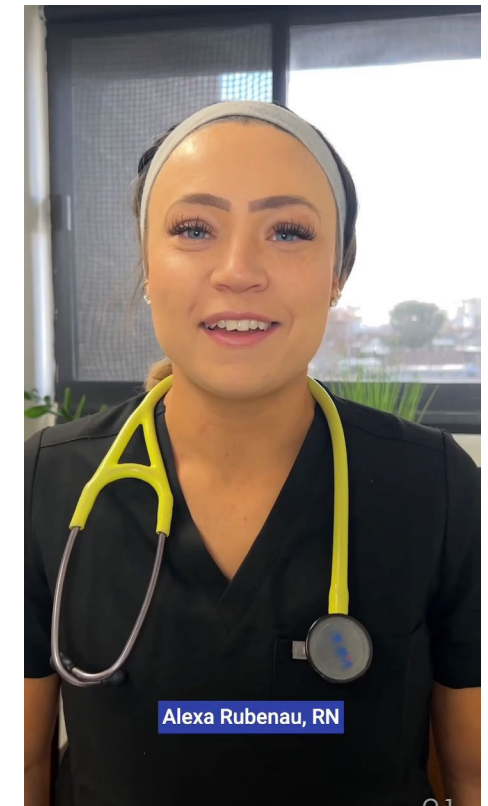
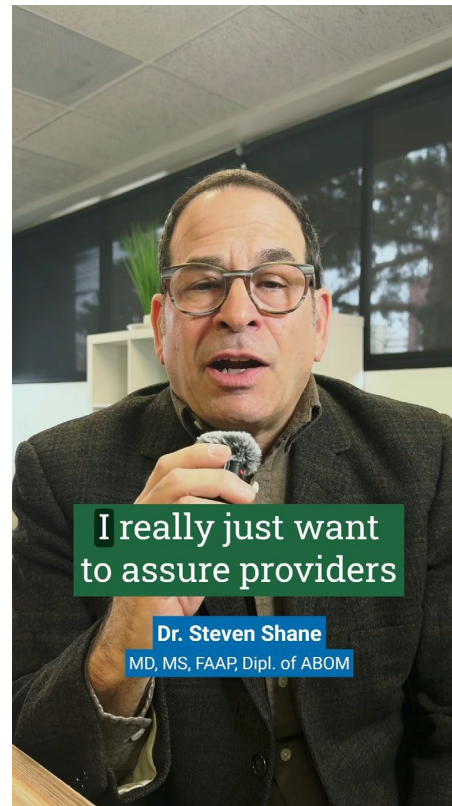
## Focus

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- ✓ Healthcare Providers
- ✓ Schools
- ✓ Early Childcare Centers
- ✓ Work sites
- ✓ Other

## Social Media

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# Resources



**5** or more  
**FRUITS & VEGETABLES**

**2** hours or less of  
**SCREEN TIME**

**1** hour or more of  
**PHYSICAL ACTIVITY**

**0** sugary drinks,  
**MORE WATER**

HealNV.com



**NV 5210 EVERY DAY!**

Small Steps, Big Results



- [Healthcare program guide](#)
- [5210 workflow for well child visits](#)
- [5210 Scientific Rationale](#)
- [Healthy Habits Questionnaire](#)

A photograph of a family walking outdoors. A man and a woman are walking towards the right, with a young girl in the foreground wearing a white helmet and riding a scooter. A stroller is visible behind her. The background shows trees and a house. The entire image has a blue tint.

# Women, Infants, and Children (WIC) Program



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# What is WIC?

*To safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.*

- Nutrition education
- Breastfeeding support
- Supplemental foods
- Assessments and referrals





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# Benefits of WIC



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- Supports adequate growth and development of infants and children by providing health assessments
- Provides nutrition education to increase consumption of key nutrients and improve nutrient density of diet
- Increases breastfeeding rates
- Increases access to regular health care through outreach and referrals
- Improves cognitive development of children
- Connects families to community resources
- Promotes medical and dental health through community outreach and referrals
- Promotes health care cost savings for women, infants and children

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# WIC Population



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Low-income, nutritionally at risk:

- Pregnant women
- Breastfeeding women
- Non-breastfeeding postpartum women
- Infants
- Children up to age 5



# Food Package

- March 2024- Congress approved additional \$1 billion

## Sustained Monthly Fruit and Vegetable Cash Value Increase

Children - \$9  
Women - \$11

Children - \$26  
Pregnant and Post-Partum Women - \$47  
Partially and Fully Breastfeeding Women - \$52



# Nevada WIC Agencies

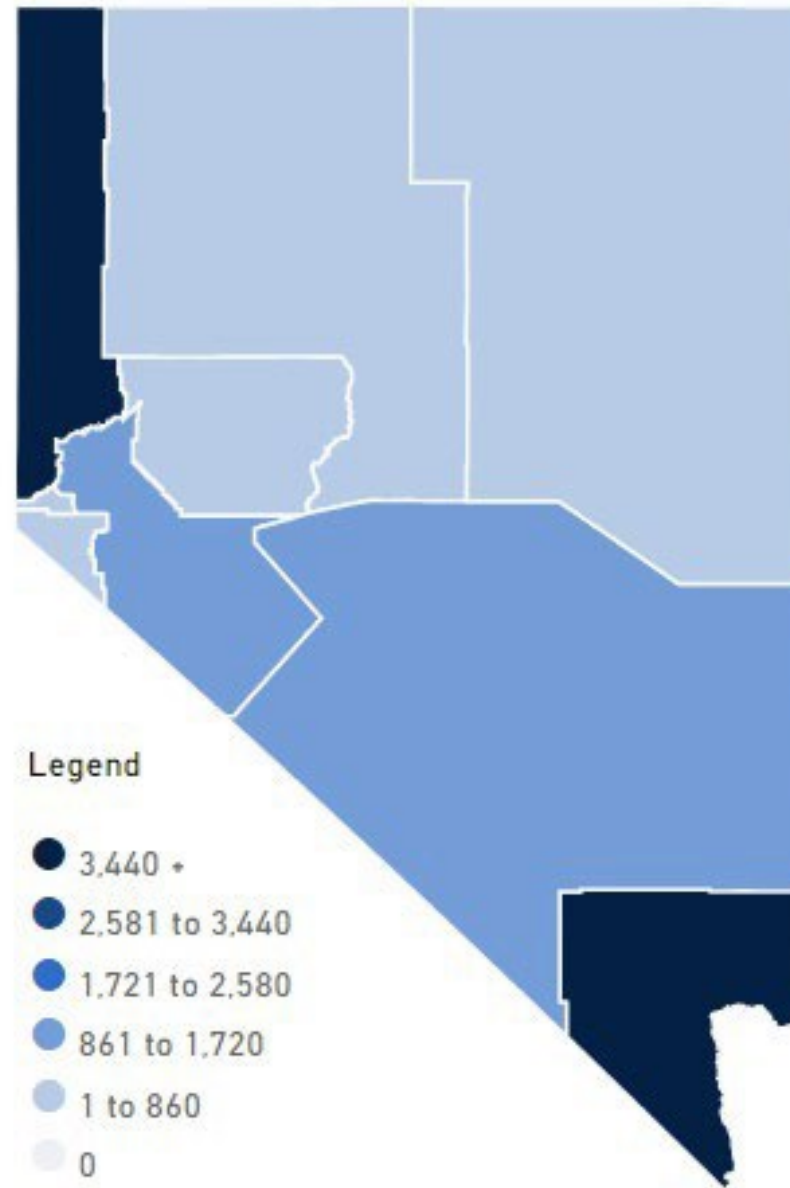
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- Carson City Health and Human Services
- Catholic Charities of Southern Nevada
- Community Health Alliance
- Consolidated Agencies of Human Services
- Family Resource Center of Northeastern Nevada
- Little People's Head Start
- Lyon County Human Services
- Nevada Health Centers
- Nye County
- Pershing County
- Ron Wood Family Resource Center
- St Rose- Dignity Health
- Sunrise Children's Foundation
- Las Vegas Urban League
- Washoe County Health District

# Participation

August 2024 Total = 56,014



# Participation and Redemption

WIC Total Recipients		SNAP Participants Categorically Eligible for WIC	
2023	54,059	2023	105,637
2022	51,073	2022	104,336
2021	52,977	2021	103,758

Average benefit redemption = 59.6% as of August 2024

- Eggs – 81.5%
- Fruits and Vegetable – 82.6%
- Infant Formula – 89.7%

Rural avg. benefit redemption= 56.9%

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# WIC Efforts

- Waivers
  - Increase flexibility on telehealth
- Online ordering grant
- Modernization grant
- Farmers Market Nutrition Program Improvements



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# Supplemental Nutrition Assistance Program – Education (SNAP-Ed)



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# SNAP-Ed

- Administered by the Division of Welfare and Supportive Services (DWSS)

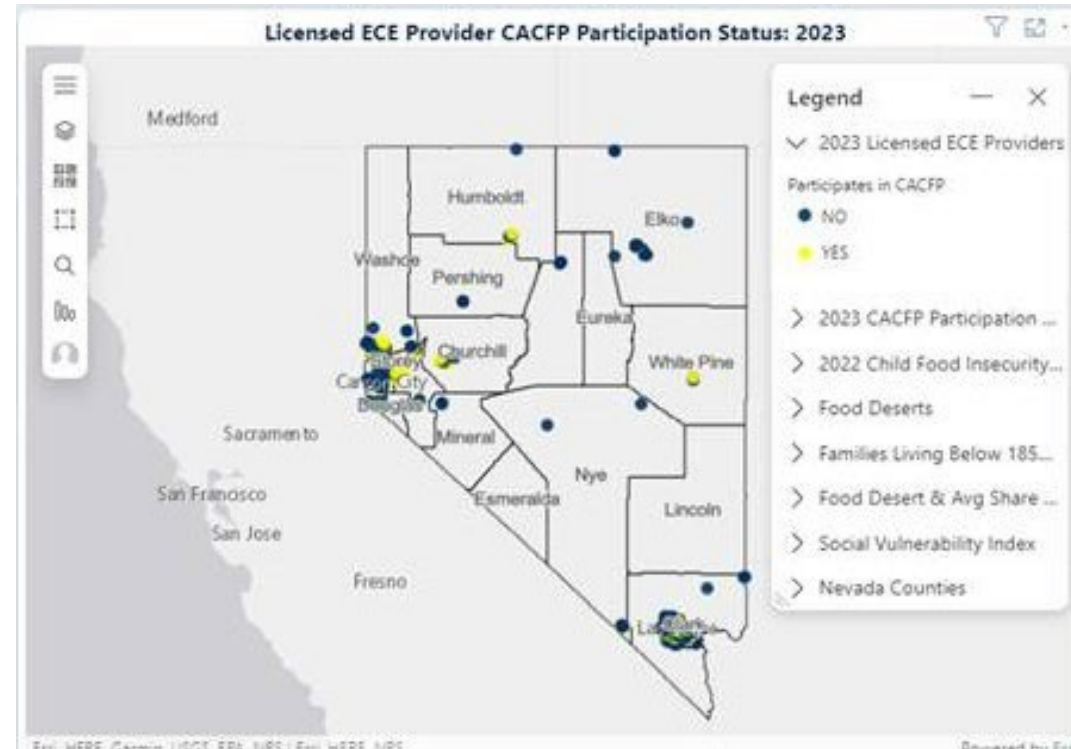
**Overall State Goal:** Improve the likelihood that Nevadans eligible for SNAP will make healthy food choices with a limited budget and choose physically active lifestyles.

- Partners with DPBH on a wellness project each year

# DPBH 2024 SNAP-Ed Project

- Child and Adult Care Food Program Dashboard
  - Nevada Department of Agriculture
  - The Children's Cabinet
  - University of Nevada Reno – Extension

<https://agri.nv.gov/Food/CACFP/>



# DPBH 2025 SNAP-Ed Project

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## WIC / Title V MCH

- Improve nutrition Security, education, and breastfeeding support
  - SNAP-Ed implementing agency collaboration
  - Increase awareness of WIC
  - Tailored resources based on location
  - SNAP-Ed resource distribution through WIC
  - Promote DPBH Title V Breastfeeding Welcome Here Campaign

## FHN / Nevada Home Visiting

- Increase reach of nutrition education
  - Initiate and support FHN Hunger fund recipients and SNAP-Ed collaboration efforts
  - Distribute materials – all FHN providers and Nevada Home Visiting locations
    - Regularly update materials
    - Support nutrition education in food distribution locations
    - Support nutrition education to families in Nevada Home Visiting programs

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# CONTACT INFORMATION



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775-430-0014

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# ACRONYMS

- Women, Infants, and Children Program (WIC)
- Supplemental Nutrition Assistance program – Education (SNAP-Ed)
- Chronic Disease Prevention and Health Promotion Section (CDPHP)
- Healthy Eating Active Living Nevada (HEALNV)
- Bureau of Child, Family, and Community Wellness (CFCW)
- Office of Food Security (OFS)
- Funds for Healthy Nevada (FHN)



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