

From: Rayleen D. Earney Earney@SNHD.ORG ✉
Subject: Clark County Diabetes Group Weekly Updates November 5 2025
Date: November 5, 2025 at 3:46 PM
To:

RE



Good day everyone!

I will be out of the office next week, so I am giving your inboxes a rest by sending updates a couple of days earlier. 😊

SNHD Community Calendars:

- **Get Healthy Events Calendar:**
<https://gethealthyclarkcounty.org/community-calendar/>
- **Viva Saludable Events Calendar (Spanish):**
<https://www.vivasaludable.org/calendario/>

COMMUNITY UPDATES

NEW

1. News Release Health District Observes American Diabetes Month

FOR IMMEDIATE RELEASE:

November 4, 2025

“A crisis hiding in plain sight”

Health District observes American Diabetes Month

LAS VEGAS - In recognition of American Diabetes Month, the Southern Nevada Health District is raising awareness about one of the nation’s most widespread and serious chronic diseases. Diabetes is the eighth leading cause of death in the United States and the leading cause of kidney failure, lower-limb amputations, and blindness. People with diabetes are also at greater risk of serious complications from flu and COVID-19.

“Diabetes is a public health crisis hiding in plain sight,” said Dr. Cassius Lockett, District

Health Officer for the Health District. "Knowing your numbers, understanding your risk and learning self-management skills are key steps in preventing or delaying serious complications that can develop from unmanaged diabetes."

In 2023, 12.8% of adults in Clark County—approximately 238,000 people—had diabetes. Statewide in 2024, an estimated 13.5% of adults—or 345,700 Nevadans—were diagnosed with the disease. Nationwide, more than 41 million Americans are living with diabetes, including 11.7 million who are unaware they have it. Each year, about 1.2 million Americans receive a new diagnosis.

The American Diabetes Association estimates that 816,000 Nevadans have prediabetes—a condition that increases the risk of developing type 2 diabetes, heart disease, and stroke. Adults facing food insecurity are significantly more likely to develop type 2 diabetes. This is often due to the necessity of choosing low-cost, high-calorie, and less nutritious foods.

Who Should Get Screened

The Health District and the Centers for Disease Control and Prevention recommend that the following individuals be screened for diabetes or prediabetes:

- Adults age 35 or older.
- Adults who are overweight or have obesity.
- Anyone who has been previously diagnosed with prediabetes.

Anyone who may be at risk for diabetes should follow up with a healthcare provider. A listing of low-cost clinics that offer diabetes testing and treatment is available at [Low-Cost Clinics](#).

Resources and Programs

The Health District's Office of Chronic Disease Prevention and Health Promotion offers no-cost online and in-person classes on diabetes self-management. Taught by trained health educators, the classes are recognized by the American Diabetes Association. Community classes will resume in early 2026 but people are invited to complete a class interest form now in [English](#) or [Spanish](#), or call (702) 759-1270. Those who express interest will be contacted as 2026 classes are scheduled. For information on additional classes, events and programs, visit the [Get Healthy Clark County Community Calendar](#). For Spanish classes and events visit the [Viva Saludable Community Calendar](#).

Additional local diabetes resources are available at:

- [Get Healthy Clark County | Local Diabetes Resources](#)
- [Viva Saludable | Recursos locales para la diabetes](#)

To learn more about American Diabetes Month, visit the [American Diabetes Association website](#).

###

The Southern Nevada Health District serves as the local public health authority for Clark County, Boulder City, Henderson, Las Vegas, Mesquite and North Las Vegas. The agency safeguards the public health of the community's residents and visitors through innovative programs, regulations, and initiatives focused on protecting and promoting their health and well-being. More information about the Health District, its programs, services, and the regulatory oversight it provides is available at www.SNHD.info. Follow the Health District on [Facebook](#), [Twitter](#), and [Instagram](#).

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NEW

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2. American Heart Association

Nominate a Stroke Hero by Tuesday, December 4. The American Stroke Association's

annual **Stroke Hero Awards** celebrate individuals and groups making a difference in stroke awareness and recovery. The Stroke Hero Awards are awarded in six categories to those who educate, inspire, and raise awareness about stroke locally or nationally. This is an opportunity to nominate local volunteers and share with the organizations you work with to help highlight a stroke hero! Learn more and nominate a local hero at [Stroke.org/HeroAwards](https://stroke.org/HeroAwards).

Spot a stroke F.A.S.T. (or R.Á.P.I.D.O. en español). If you see **F**ace drooping, **A**rm weakness, or **S**peech difficulty, it's **T**ime to call 911. Head to [Stroke.org/WorldStrokeDay](https://stroke.org/WorldStrokeDay) and explore the interactive F.A.S.T. Experience to learn what stroke looks, feels and sounds like — and how you can help save a life.

Improving cardiac and stroke care in rural Nevada. The American Heart Association has launched an initiative to enhance systems of care, reduce death and disability from cardiac events and stroke. As a key component of this work, the Association will increase coordination among 14 hospitals (13 of which are Critical Access Hospitals), first responders and clinical and community-based organizations across rural Nevada. These stakeholders will engage in activities to improve care quality using guidelines, improved processes, resources, and data analysis; increase collaboration across Nevada's rural health care ecosystem; and expand public education on cardiovascular diseases.

Nevada rural and frontier communities included in the initiative include Battle Mountain, Boulder City, Caliente, Elko, Ely, Fallon, Gardnerville, Hawthorne, Incline Village, Lovelock, Mesquite, Pahrump, Winnemucca, Yerington

Clinical and community-based organization opportunity- can receive up to **\$4,500** in funding or equipment to collaborate with the American Heart Association on projects working to improve heart health in the community. Projects may include hypertension (blood pressure) control, nutrition security, and readiness (may include work around AED placement, CPR training, cardiac emergency response plans).

Clinic and community interest form: <https://forms.office.com/r/cPzEhW9DeW>

Rural Hospital opportunity- As part of your participation in promoting education, engaging in collaborations and evaluation, your hospital will receive **\$12,000 per year for the next two years** to support your efforts.

Hospital interest form: : <https://forms.office.com/r/rJhWyyNSxT>

EMS System opportunity- As part of your participation in promoting education, engaging in collaborations and evaluation, your EMS agency can receive up to **\$3,000 per year for the next two years** to support your efforts.

EMS interest form: <https://forms.office.com/r/DmQzWTRKZJ>

To learn more about programs and resources from the American Heart Association, reach out for an intro meeting.

Contact Dymond Burnette, Community Impact Manager at dymond.burnette@heart.org or Nichole Monzon, Community Impact Director at nichole.monzon@heart.org, or call us at 702-789-4377. **Book directly by using Nichole's [booking link to find a time](#).*



Nichole Monzon, MHR
Community Impact Director, Nevada
American Heart Association
Remote
O +1 (702) 7894377

[Book time with me](#)



Privacy policy: www.Heart.org/Privacy

3. American Diabetes Association Online Support Group (English)

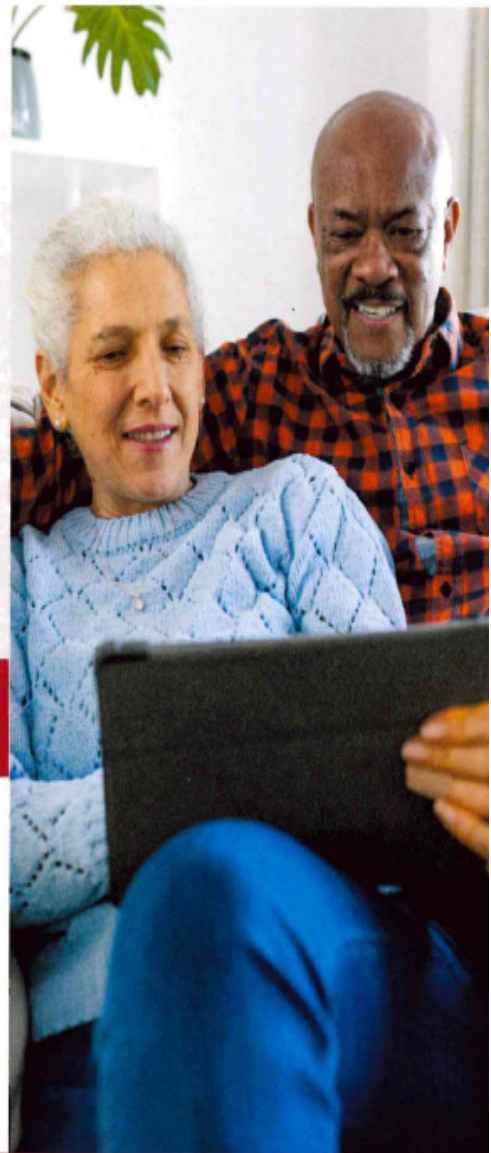


Your Questions **ANSWERED**

Be among the first to experience our new
American Diabetes Association® (ADA)
Community Support Network.

PEER SUPPORT › INSPIRATION › BETTER LIVING

Join the
Conversation
Today!





It takes

**ALL
OF US**

to end diabetes.

PEER SUPPORT › INSPIRATION › BETTER LIVING

NEW

4. Emergency Food Resources

NEW LOCATIONS ADDED

EMERGENCY PICK-UP



THURSDAY/FRIDAY LOCATIONS

THURSDAY, NOVEMBER 6

8 – 10 AM: YMCA Heinrich
4141 Meadows Lane Las Vegas, 89107

9 – 11AM: Veterans & Community Resource Center
3090 E. Centennial Pkwy, N. Las Vegas, 89081

11 AM – 1 PM: Neighborhood Recreation Center
1638 N. Bruce Street, N. Las Vegas, 89030

FRIDAY, NOVEMBER 7

8:30 AM – 2 PM: The Just One Project (TJOP)
1401 N. Decatur Blvd, Las Vegas, 89108

10 AM – 12 PM: Southern Nevada Health District
280 S. Decatur Blvd. Las Vegas, 89107

4 – 7 PM: TJOP at Delores Huerta Resource Center
1737 Hunkins Dr., N. Las Vegas, 89030

For more places to get food, please visit threesquare.org/help or call 702.765.4030.




NEW

5. Clark County Food Pantries

FOOD PANTRIES/ COMIDA

1 702-405-8239	8 702-888-4242
2 702-462-2253	9 702-684-5866
3 702-385-2662	10 855-922-2711
4 702-577-8939	11 855-922-2711
5 702-438-5262	12 855-922-2711

CALL AHEAD FOR HOURS

LLAME CON ANTICIPACION



NEW

6. Hallmark Home Care

Hallmark Homecare – Quick Reference Guide

Why Families Choose Us

- Only direct-hire model in Las Vegas
- Families save 30–50% compared to traditional agencies
- No hourly minimums – flexible scheduling
- Live-in care available at less than half the cost of most agencies
- Caregivers earn more, which leads to better consistency and continuity

Caregivers You Can Trust

- Fully vetted and insured
- Multiple background checks
- At least 3 professional references verified
- Liability, bonding, occupational accident, and non-owned auto insurance

Our Ideal Clients

- Patients needing significant hours or ongoing support
- Families looking for affordable care without sacrificing quality
- Seniors who benefit from one-on-one, consistent caregivers
- Patients who may need live-in care for safety and peace of mind

How We Can Help You

- Fast placement – caregivers available immediately
- Affordable, personalized care plans tailored to family needs
- Continued support after the match to ensure success

Alan Reyes

Owner, Hallmark Homecare of Henderson/Las Vegas

■ (702) 403-1620

■ www.hallmarkhomecare.com/161

NEW

7. Meal Assistance for Students



No-cost meals for all students, *EVERY DAY!*

Did you know that Clark County School District offers **school breakfasts and lunches at no charge** to all students with no paperwork required?

Children can't learn on an empty stomach. Research shows that school meals support health and wellbeing of students and can improve academic success.

Children who consume school meals have been shown to:

- ✓ consume more whole grains, milk, fruits, and vegetables during mealtimes and have **better overall diet quality**.
- ✓ have **better attendance rates**, miss fewer days of school, and achieve **better test scores**.
- ✓ be **less likely to have nutrient deficiencies**.
- ✓ have **lower risk of behavioral issues**.

School meals can save time and money for parents!

**Scan the QR to view
your school's menu:**



www.gethealthyclarkcounty.org
DEPARTMENT OF HEALTH AND HUMAN SERVICES



Comidas sin costo para todos los estudiantes, ¡TODOS LOS DÍAS!

¿Sabía que el Distrito Escolar del Condado de Clark ofrece desayunos y almuerzos escolares sin costo a todos los estudiantes sin requerir documentación?

Los niños no pueden aprender con el estómago vacío. Las investigaciones demuestran que las comidas en la escuela apoyan la salud y el bienestar de los estudiantes, y mejoran el éxito académico.

Se ha demostrado que los niños que consumen comidas en la escuela:

- ✓ consumen más granos enteros, leche, fruta y vegetales durante las comidas y tienen **una mejor calidad de alimentación en general**.
- ✓ **tienen mejor tasa de asistencia**, faltan menos días a la escuela, y logran **mejores calificaciones en exámenes**.
- ✓ tienen **menos probabilidad de tener deficiencias nutricionales**.



✓ tienen menos riesgo de tener problemas de comportamiento.

¡Las comidas en la escuela ahorran tiempo y dinero a los padres de familia!

Escanee el código QR para ver el menú de su escuela:






8. **YMCA Diabetes Prevention Program**
Starts November 14
Sign up today!

FIND A HEALTHY NEW START

- Free 1-year YMCA Membership
- Free Lifestyle Coach
- Proven Weight-loss Program

The National Diabetes Prevention Program can help you:

					
Lose weight	Prevent or delay diabetes	Reduce risk of heart disease & stroke	Improve cholesterol	Boost energy	Increase overall well-being

Get support, stay motivated, and take charge of your health!

Begins Friday, Nov 14th

10:00-11:00am

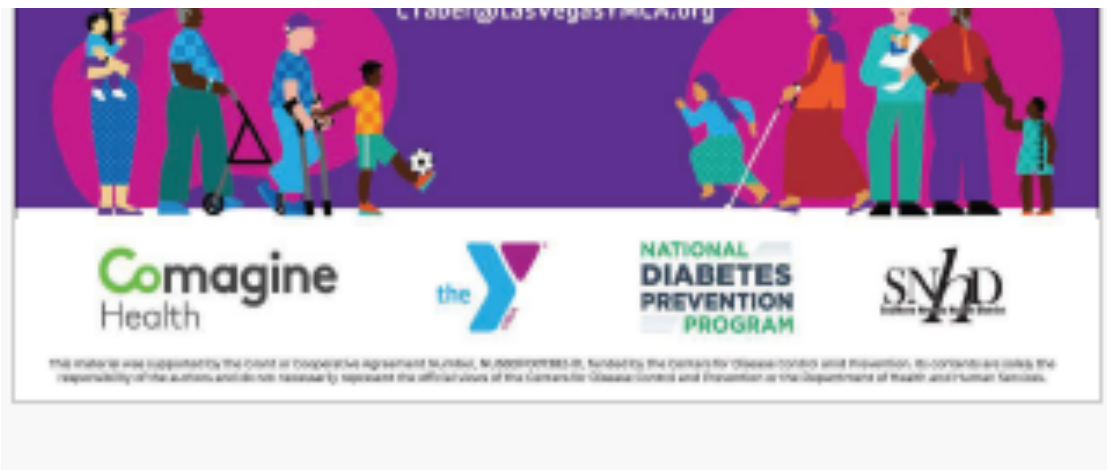
Durango Hills YMCA
3521 N Durango Dr
Las Vegas, NV 89129

Take this quick quiz to learn if you qualify:



SCAN ME

For more information, contact:
 Courtney Taber
 702.522.7370
 CTaber@LasVegasYMCA.org



To unsubscribe from this list, email “unsubscribe” to: earney@snhd.org

Have a friend or colleague who would like to receive updates? Email “subscribe”: earney@snhd.org



Rayleen Earney, M.Ed., CHES
Senior Health Educator/Diabetes Program
Office of Chronic Disease Prevention and Health Promotion
280 S Decatur Blvd., Las Vegas, NV 89107
www.gethealthyclarkcounty.org
www.snhd.info
www.vivasaludable.org
Phone: 702-759-1271
Email: earney@snhd.org
SNHD @ Decatur is closed Fridays.
I work remotely Mon and Fri.



Food Pantries.pdf
388 KB



November YMCA Class Flyer.pdf



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