


From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Weekly Updates December 11 2025
Date: December 12, 2025 at 10:30 AM
To:

RE



Happy Friday Everyone!

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

December 12 (10 – 12)

**EMERGENCY FOOD
PICK-UP**



INFORMATION

FRIDAY, DECEMBER 12TH

10:00 AM – 12:00 PM

SNHD

SOUTHERN NV HEALTH DISTRICT

280 S. DECATUR BLVD.

LAS VEGAS, NV 89107

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

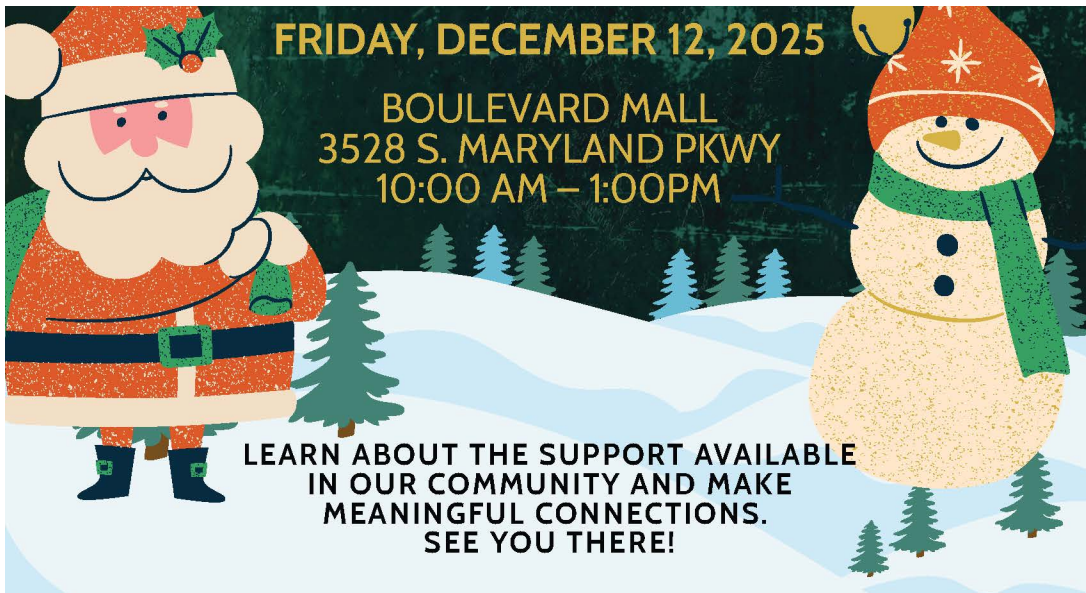


December 12

2. Goodwill's Annual Resource Fair

GOODWILL'S ANNUAL
Resource Fair


- CONNECT WITH LOCAL ORGANIZATIONS
- DISCOVER HELPFUL PROGRAMS
- ACCESS VALUABLE RESOURCES



January 29
NEW

3. Health District After Dark






THURSDAY
JANUARY 29
4:00–6:00PM

CALL 725-271-9642
 FOR MORE INFORMATION

WHERE
Online and at
Red Rock Conference Room
 280 S. Decatur Blvd.
 Las Vegas, NV 89107



February 19
NEW

4. **Because we Matter**
Tobacco-Free Living Summit
SNHD



**HONORING BLACK HISTORY, PROTECTING
 OUR FUTURE, & LIVING TOBACCO-FREE**



FEBRUARY 19, 2026
9:30 AM-2:30 PM

Pearson Community Center
 1625 W. Carey Ave, North Las Vegas, NV 89032

Register For Free at **BECAUSEWEMATTERLV.ORG**

Celebrate **Black History Month** at the Tobacco-Free Living Summit,
 where we promote wellness and a tobacco-free future for our community.

Expert Led Topics: Youth Vaping, Lung Health, Menthol
 Marketing, and Quitting Support

Scan To Register






NEW

January 22, 29 and February 5

5. Virtual Diabetes Self-Management Education & Support Class

FREE CLASS

MANAGE YOUR DIABETES

JAN 22 & 29 & FEB 5
10:00AM-12:00PM

Virtual class uses TEAMS link
YOU MUST ATTEND ALL SESSIONS TO COMPLETE THE CLASS. Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

BENEFITS OF OUR CLASSES:

- Learn how to better self-manage your condition
- Reduce risk of diabetes-related complications
- Improve healthy lifestyle behaviors

PARTICIPANTS IN OUR INTERACTIVE CLASSES ARE PROVIDED WITH RESOURCES INCLUDING:

- Portion plates
- Healthy recipes
- Stretch bands
- More

LEARN MORE

(702) 759-1270

gethealthy@snhd.org

gethealthyclarkcounty.org/myd

SCAN THIS CODE TO SIGN UP

www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO FREE.

American Diabetes Association. *The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

This material was supported by the Grant or Cooperative Agreement Number NU580P007382-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

6. Diabetes Classes Spanish at SNHD (no cost)

CLASES GRATUITAS 

CONTROLE SU DIABETES



22 Y 29 DE ENERO
10:00AM–12:00PM

Distrito de Salud del Sur de Nevada
280 S. Decatur Blvd.

DEBES ASISTIR A AMBAS FECHAS PARA COMPLETAR LA CLASE. Las clases son enseñadas por educadores de la salud que son facilitadores capacitados en el Conversation Map® Currículo de Educación y Autocontrol de la Diabetes.

BENEFICIOS DE NUESTRAS CLASES:

- Aprenda como autocontrolar su condición
- Reduzca el riesgo de complicaciones relacionadas con la diabetes
- Mejore las conductas del estilo de vida

LOS PARTICIPANTES EN NUESTRAS CLASES INTERACTIVAS CUENTAN CON RECURSOS QUE INCLUYEN:

- Platos de porciones
- Recetas saludables
- Bandas elásticas
- Más



CONOZCA MÁS

(702) 759-1270

vivasaludable@snhd.org

vivasaludable.org/csd



ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS





 American Diabetes Association. La Asociación Americana de la Diabetes reconoce que este Programa de Educación cumplió con los Estándares Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

Este material fue apoyado por la subvención o acuerdo cooperativo número NUSBDF007382-01, financiado por los Centros para el Control y la Prevención de Enfermedades. Su contenido es responsabilidad exclusiva de los autores y no representa necesariamente las opiniones oficiales de los Centros para el Control y la Prevención de Enfermedades o el Departamento de Salud y Servicios Humanos.

7. February Spanish Diabetes Class

CLASES GRATUITAS 

CONTROLE SU DIABETES



2 Y 9 DE FEBRERO
3:00PM–5:00PM

Distrito de Salud del Sur de Nevada
280 S. Decatur Blvd.

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www.vivasaludable.org

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8. Diabetes Self-Management Classes (No Cost, offered at SNHD)

FREE CLASS

MANAGE YOUR DIABETES

JANUARY 21 & 28
2:00 PM – 4:00 PM

YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THE CLASS. Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

BENEFITS OF OUR CLASSES:

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GET MOVING. EAT BETTER. USE TOBACCO FREE.





SCAN THIS CODE TO SIGN UP



The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

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February 10 and 17

9. Diabetes Class at SNHD

FREE CLASS

MANAGE YOUR DIABETES

FEBRUARY 10 & 17
2:00 PM – 4:00 PM

YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THE CLASS. Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

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10. Shared by Partners for a Healthy Nevada:

- SNHD is hosting the next Health District After Dark event, 'Conversations About Immunizations' on January 29th from 4-6 pm at SNHD. For more information, or to register, see the **attached** flyer.
- SNHD is hosting the 3rd annual Because We Matter Tobacco Summit on February 19th from 9:30 am – 2:30 pm at the Pearson Community Center. For more information, please see the **attached** flyer.

Resources/Trainings

- The CDC recently released the [2024 Adult Obesity Prevalence Maps](#).

- The CDC is hosting a webinar to review the recently released CDC's Early Childhood Nutrition Report on December 18th from 2 – 3 pm Eastern. To register, [click here](#).
- CityHealth recently released their [2025 Annual Policy Assessment](#) report.
- UNR Extension posted a page for food security resources and ways to help. Find the resource [here](#).

Employment

- SNHD is hiring for a Community Health Worker. To learn more, visit our [website](#).
- Dignity Health is hiring for a Community Health Advocate and Community Health Educator. To learn more, visit their [website](#).
- Parents Empowering Parents is hiring for a Community Education Specialist and a Family Peer Support Specialist. To learn more, visit their [website](#).
- The Center is hiring for a [Program Support Specialist](#) and a [HIV Advocate](#).

11. William H. Bestermann Jr. MD
Chronic Disease Substack
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Food as Medicine: The Holy Trinity of the Mediterranean Diet

WILLIAM H BESTERMANN JR MD

DEC 12

[READ IN APP](#)



\$12,500 → \$4,300 PER CAPITA
The Low-Cost, High-Value Future

PRECISION OMT: YOUR PATH TO HEALTHY LONGEVITY

In the last post, we discussed the alarming truth about food as poison. Today, we turn to the solution, which is just as simple as the problem is complex: Food as Medicine.

The information surrounding healthy eating is far too complex and confusing. You hear conflicting claims—that a plant-based diet is best, yet sugar and highly processed carbs come from plants. The truth is, we've made this far too complicated.

The standard for food as medicine is simple: **Just eat real, whole food.** Eat what humans have eaten for hundreds of thousands of years and what most other people around the world still eat: lean meat, eggs, low-fat dairy, seafood, fruits, vegetables, beans, peas, and nuts, with whole grains in moderation.

You don't need a complex formula; you need a model. The **Mediterranean Diet** is the best model for real, whole-food eating.

The Soffritto: The Soul of the Mediterranean

When we talk about the Mediterranean diet, we are **not** talking about the Americanized version loaded with processed carbs, cheese, and fat (pizza, lasagna, calzones). We are talking about locally sourced, whole-food cooking.

You can understand this best with the culinary foundation of countless Italian dishes: the Soffritto.

Italians take three simple, inexpensive ingredients—carrots, onions, and celery—and simmer them slowly in high-quality extra-virgin olive oil until the vegetables are tender and the onions are translucent.

This is called the “Holy Trinity” because this simple, sacred grouping of three foundational ingredients forms the soul and flavor foundation of countless dishes. Their combined, slow-cooked flavor is far greater than the sum of its parts.

The Power of Prep:

The genius of the soffritto is its ease and utility. You can make a larger batch when you have time (on the weekend, for example), keep it in the refrigerator, and then use it as a powerful, healthy base for meals throughout the week.

A Low-Cost, High-Value Example

Here is an example that demonstrates how to transition from high-cost, high-risk eating to low-cost, low-risk eating:

The OMT Meal Base

I combine a scoop of the pre-made soffritto with diced, skinned chicken, a can of cream of chicken soup, and a cup of Barilla whole wheat pasta elbows.

The resulting dish is:

Healthy: It is loaded with fiber and nutrients, and the meat is not the main event, reflecting the balance of the true Mediterranean pattern.

Satiating, Not Addictive: It is very good, but it is not so good that you will just keep eating it when you are not hungry. It respects your hormonal satiety signals.

Quick and Cheap: It is easy and quick to prepare and less expensive than fast food. Carrots, onions, and celery are cheap. Chicken thighs are inexpensive. You are just using enough olive oil to cover the bottom of the pot.

Why Real Whole Food is Medicine

In our last post, we explained how highly processed food is stripped of defenses, leading to oxidative stress and inflammation—the engines of chronic disease and accelerated aging.

Real food is the solution because it contains the defense:

Antioxidant Power: Italian food with a soffritto base is loaded with antioxidants and beneficial compounds. The carrots, onions, celery, and extra-virgin olive oil are rich sources of compounds like quercetin and other polyphenols. They are perfectly positioned to act where they are needed—in the digestive tract and cells—to neutralize the oxidant production caused by metabolism.

Fiber and Satiety: Whole wheat pasta, with 7 grams of fiber a serving, helps moderate sugar spikes, feeds the gut microbiome, and contributes to the feeling of satiety that highly processed foods destroy.

This is just one example. Cajun food uses a similar base (onions, celery, and peppers). There are many other examples from around the world. People in other countries eat more real, whole food. When they adopt our habits, they get fat and sick too.

You can eat very healthy food that is easy to prepare and inexpensive. You don't need to be a vegetarian. You just need to choose food that respects your body's chemistry. You don't have to do this all at once. Begin to change your family's

diet to include more real whole food.

Slow Aging and Delay Chronic Disease Development is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber.

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SNHD @ Decatur is closed Fridays.

I work remotely Mon and Fri.



Manage Your Diabetes English -
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HONORING BLACK HISTORY, PROTECTING OUR FUTURE, & LIVING TOBACCO-FREE



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This Is A Free Event | Lunch Is Included

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