


From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Update December 19 2025
Date: December 19, 2025 at 11:08 AM
To:

RE



Happy Friday Everyone!

SNHD will be **closed** next week from Tuesday December 23 at 12 noon through Friday December 26th. To find SNHD resources and updates, visit snhd.info.

SNHD Community Calendars:

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

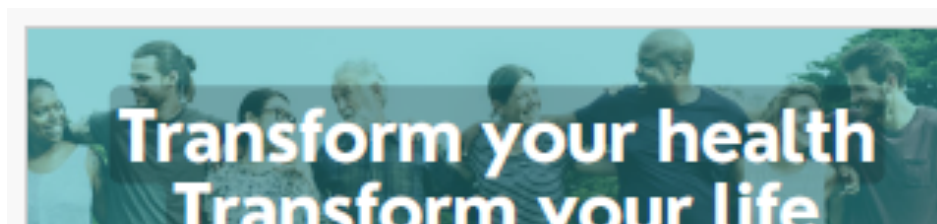
COMMUNITY UPDATES

NEW

1. **Access to Healthcare Network
Diabetes Prevention Program**

Diabetes Prevention Program meeting on Thursdays at 2 PM beginning on March 3rd.

Meetings will take place at our office at 4040 S Eastern Ave, Suite 220, Las Vegas, NV 89119



Do you have prediabetes? If you are unsure, take the risk test at DoIHavePrediabetes.org.

Join this **FREE** workshop series and learn realistic strategies to improve your health and prevent type 2 diabetes through...



1 in 3

US adults has PREDIABETES



90%

DON'T KNOW they have it

Workshop Information

Meeting Thursdays starting March 5th, 2026 at 2 pm
4040 S Eastern Ave Suite 220, Las Vegas, NV 89119

Call 702-284-3434 or scan the QR code to register



Classes are led by trained Lifestyle Coaches and offered in-person at Access to Healthcare Network



Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (0 point)
- Woman (2 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (0 point)
- No (2 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (0 point)
- No (2 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (0 point)
- No (2 points)

6. Are you physically active?

- Yes (0 point)
- No (2 point)

7. What is your waist/hip ratio?

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

See chart at right

You weigh less than the 2 Point column (0 points)

Total score:

Adapted from Berg et al., Ann Intern Med 11:171-176, 1988. Original algorithm was validated among non-Hispanic white women.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 25 pounds lower than weights in the 2 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



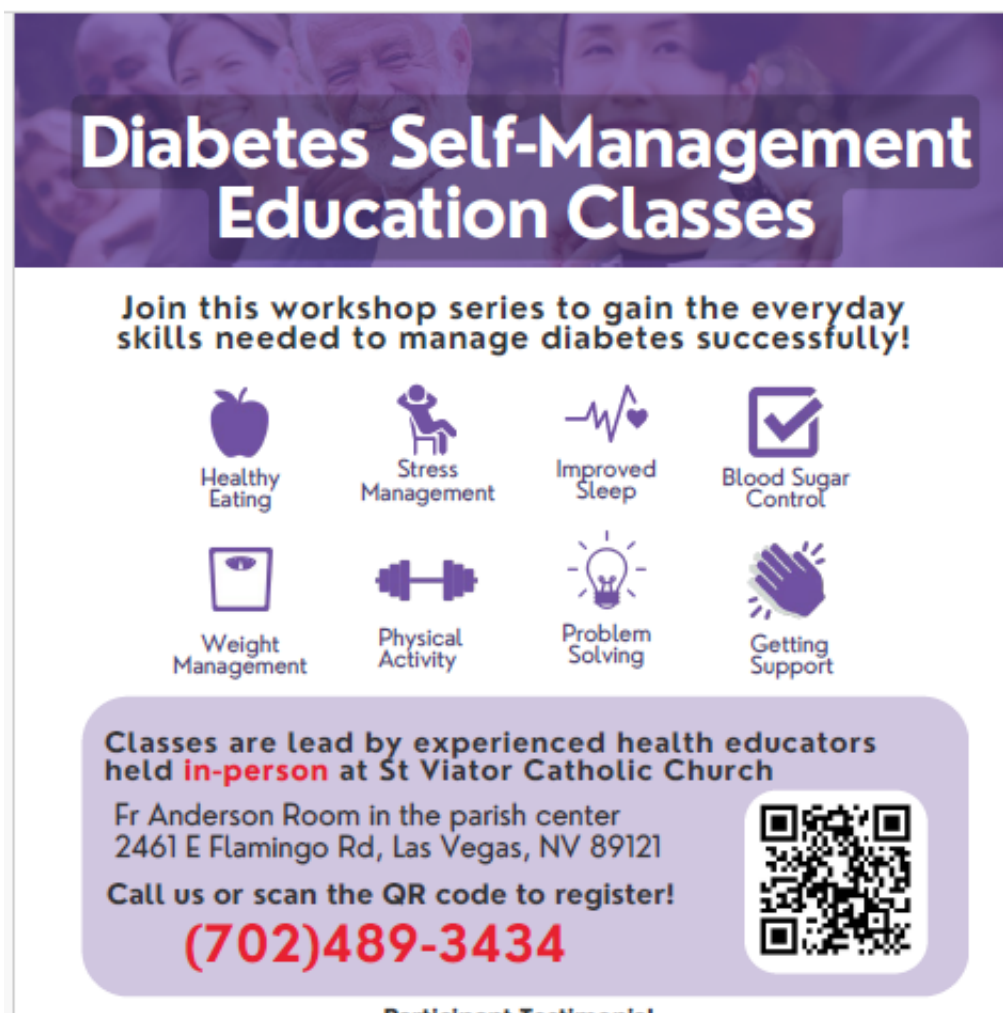
NEW

2. Access to Healthcare Network

Diabetes Self-Management meeting on Wednesdays at 10 AM beginning April 15th.

Meetings will take place at St. Viator Catholic Church in the Fr Anderson Room in their Parish Center.

2461 E Flamingo Rd, Las Vegas, NV 89121



Diabetes Self-Management Education Classes

Join this workshop series to gain the everyday skills needed to manage diabetes successfully!


- Healthy Eating
- Stress Management
- Improved Sleep
- Blood Sugar Control
- Weight Management
- Physical Activity
- Problem Solving
- Getting Support

Classes are lead by experienced health educators held **in-person** at St Viator Catholic Church

Fr Anderson Room in the parish center
2461 E Flamingo Rd, Las Vegas, NV 89121

Call us or scan the QR code to register!

(702)489-3434



Participant Testimonial

Participant Testimonial

"Since completing the program, I feel better overall! I exercise more, I sleep better, and it's easier for me to prepare my healthy meals. I still eat the foods I love, just in smaller portions, and have learned how to enjoy more vegetables too!"

— 54 year-old female



Diabetes Self-Management Education Program

Upcoming Class Dates:



Six-Week Workshop Series
Wednesdays, April 15 - May 20 from 10:00 a.m. to 12:30 p.m.

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

 HealthEducation@AHNNV.org  (702)489-3434



NEW

January 2

January 3

- 3. Clark County Nevada
Dia de reyes
Day of the kings Event
Free Entry

CLARK COUNTY PROUDLY PRESENTS

DIA DE REYES

FREE ENTRY!

Celebration

SATURDAY, JANUARY 3

10AM - 1PM



Giant Rosca | Champurrado | Music | Toys
CLARK COUNTY GOVERNMENT CENTER, 500 S. GRAND CENTRAL PKWY



togetherforbetter



NEW

- 4. American Heart Association Toolkit

4. AMERICAN HEART ASSOCIATION TOOLKIT

American Heart Month runs from February 1 through February 28. Use the resources provided to help create CPR awareness and drive participation in becoming a Nation of Lifesavers.

Here's how:

- Join the Nation of Lifesavers.
- Send a dedicated email or share it in a Newsletter.
- Post on social media.
- Distribute the CPR infographics, fact sheet and CPR Playlist throughout your communities and encourage others to share.
- Use the key messages to raise awareness in your communication materials.
- Post and share the digital content across your channels throughout the month.

The Nation of Lifesavers is intended to reach all audiences. Our goal is to inform and inspire the community to understand the importance of CPR, learn the two simple steps to Hands-Only CPR, and go to heart.org/nation to get more resources

Please look at the toolkit and if you'd like, we're happy to chat about your plans and how we can support. Feel free to use my [booking link](#) to find a time to talk.

Thanks,
Nichole & Dymond

Toolkit resources: [2026 American Heart Month - Dropbox](#)

Our offices are closed Dec 22-26 for the holidays.



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

January 29

5. Health District After Dark



The Southern Nevada Health District
Academic Affairs Committee

HEALTH DISTRICT presents a discussion of provocative public health topics

after dark

TOPIC:
CONVERSATIONS ABOUT IMMUNIZATIONS



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

- 6. **Because We Matter**
Tobacco-Free Living Summit
SNHD
Free Attendance



BECAUSE WE MATTER
TOBACCO-FREE LIVING SUMMIT

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

SNHD
Southern Nevada Health District

This Is A Free Event | Lunch Is Included

7. Diabetes Classes Spanish at SNHD (no cost)
January 22 and 29

CLASES GRATUITAS

CONTROL 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 Conversacion Mapiti 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



Comagine Health



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 NUS6D9007362-01, 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.

**8. February Spanish Diabetes Class
February 2 and 9**

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.**

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:

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- Bandas elásticas
- Más



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9. Diabetes Self-Management Classes (No Cost, offered at SNHD) January 21 and 28

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:

- 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.






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

This material has received support through the Grant or Cooperative Agreement Number W5209007350-01 that has been funded by the Centers for Disease Control and Prevention. It is important to note that the contents presented herein are entirely the responsibility of the authors and do not necessarily reflect the official positions or opinions of the Centers for Disease Control and Prevention, nor do they represent the views of the Department of Health and Human Services.

February 10 and 17

10. Diabetes Class at SNHD

FREE CLASS



MANAGE YOUR DIABETES



DIABETES

FEBRUARY 10 & 17
2:00 PM – 4:00 PM

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LEARN MORE

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SNHD **Comagine Health**
Health Services of Nevada

SCAN THIS CODE TO SIGN UP

American Diabetes Association
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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.



Jan 26 SP Diabetes Class at
SNHRed.pdf
174 KB



SNHD Diabetes Class Flyer JAN 21
28 2026Red.pdf
179 KB



healthdistrictafterdark_Jan
2026RED.pdf
1.2 MB



**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

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

Scan To Register



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American Heart Month 2026
External Toolkit.pdf
1.3 MB



2026.03 - South DPP Flyer +
Prediabetes TestRed.pdf



2026.04 - South DSME FlyerRed
.pdf
434 KB

