

From: Rayleen D. Earney Earney@SNHD.ORG
Subject: Clark County Diabetes Group Weekly Updates February 27 2026
Date: February 27, 2026 at 12:08 PM
To:

RE



Happy Friday Everyone!

SNHD Community Calendars:

- **Get Healthy Events Calendar:**
<https://gethealthyclarkcounty.org/community-calendar/>
- **Online Store Free Healthcare Provider materials:**
 - Shop 5210: <https://gethealthyclarkcounty.org/shop/>
 - Tobacco Materials Store: <https://gethealthyclarkcounty.shop/product-category/health-care-providers/>

COMMUNITY UPDATES

NEW

March 4

1. **Diabetes Support Group**
Dignity Health

Monthly Diabetes Mellitus Support Group





**This Month's Topic: Ultraprocessed Foods...for
People with Diabetes?
March is National Nutrition Month.**

**This Month's Topic: Ultraprocessed Foods...for
People with Diabetes?
March is National Nutrition Month.**

Join our supportive community! If you're living with diabetes, or caring for someone who is, our support group offers a safe space to share experiences, gain valuable insights, and connect with others who understand. Let's navigate this journey together – you're not alone! Come meet others who are on the journey to living well with diabetes.

Wednesday, March 4, 10 to 11 a.m.

(The first Wednesday of every month unless it's a holiday)

GREEN VALLEY FREE

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

No Registration Required.

For more information, please call Rhonda at 702.616.4975.

NEW

March 18

2. **Healthy Eating Meal Planning Workshop**
Dignity Health

**Eating Healthy with Diabetes:
Meal Planning with Ease**





This class offers tips, tricks and techniques for healthy diabetes meal planning, including LIVE, hands-on food demo, trial with cool new cooking tools, and take home materials. Special focus on making meals for one or two and weight management.

Wednesday, March 18, 10:30 to 11:30 a.m.

Cost: Registration is REQUIRED and space is limited. The diabetes class is covered by Medicare and most insurances. A current order from your provider is required.

**this class has been quite popular, so RSVP ASAP, or get on the waitlist for the next one in May.

Call Rhonda at **702.616.4975**

NEW

April Classes

3. **Diabetes Prevention Program** **Dignity Health**



Diabetes Prevention Program

You can reduce your risk of developing diabetes by as much as 58% (71% if you are over age 60)

Classes Start in April

Take advantage of our class discount.

\$40 to enroll, \$10 per session.

Thursdays, 3:00-4:00 pm

*Dignity Health Green Valley
Community Center*

If you have been diagnosed with prediabetes, or are at risk of developing type 2 diabetes, you may qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

This lifestyle change program offers:

- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving

Take charge of your health and make the commitment now.

Interested in joining in or need more information? Please call 702.616.4975 or email rhonda.nofoa@commonspirit.org



Community Center
2651 Paseo Verde Pkwy, Ste 180
Henderson, NV 89074

2026 Sessions

April 16, 23, 30

May 14, 28

June 4, 11, 25

July 9, 30

August 13, 27

September 10, 24

October 8, 15, 29

November 12, 19

December 3, 17

2027 Sessions

January 7, 14, 28

February 11, 25

March 11

4. See attached Dignity Health/St Rose newsletter for additional classes and info.

NEW

March 3 and 10

5. **RTC/SNHD Pop-Up Produce Stands
Bonneville Transit Center**

**POP-UP
PRODUCE STANDS**

SNAP/EBT Accepted • Double Up Food Bucks Available

BONNEVILLE TRANSIT CENTER
101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101

MARCH 3 & 10	APRIL 7 & 14	MAY 5 & 12
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NOON - 3PM
OR UNTIL SOLD OUT

Come shop for a variety of affordable fruits & vegetables at the Spring Pop-Up Produce Stands. Use your SNAP/EBT card to bring home healthy nutritious foods.

6. Spanish Flyer Pop-Up Produce Stands



PUESTOS DE PRODUCTOS AGRÍCOLAS

Aceptamos SNAP/EBT * Duplique sus beneficios de SNAP con Double Up Food Bucks

BONNEVILLE TRANSIT CENTER
101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101

MARZO	ABRIL	MAYO
3 Y 10	7 Y 14	5 Y 12

12 DEL MEDIODÍA - 3PM
O HASTA QUE SE AGOTE

Venga a comprar una variedad de frutas y verduras a precio asequible en el evento de Primavera de los Puestos de Productos Agrícolas. Use su tarjeta SNAP/EBT para llevara casa alimentos nutritivos y saludables.






Hecho posible con fondos de los Centros para el Control y la Prevención de Enfermedades.

NEW
April 11

**7. Healthy Living Institute at UMC
Spring Family Wellness & Safety Festival**



Spring Family Wellness & Safety Festival

SATURDAY | 10 A.M.
11



NEW

July

8. Back to School Event



10am - 1pm
In collaboration with
Fountain of Hope AME Church

9. Back to School Event (Spanish)

Mochilas Gratis
Útiles Escolares Gratis
Recursos Gratis

Disponibles hasta agotar existencias

6ª EDICIÓN ANUAL

RESERVA LA FECHA

REGRESO A CLASES

FERIA DE RECURSOS

25 DE JULIO DE 2026
Helen Cannon Junior High
5850 Euclid St., Las Vegas
10am - 1pm

En colaboración con
Fountain of Hope AME Church

NEW

**10. NovoNordisk
Obesity Medication Access
Burden of Cardiovascular Disease**

The Evolution of Anti-obesity Medication (AOM) Access

The recognition of obesity as a disease rather than a lifestyle condition is a contributing factor that has influenced the coverage of AOMs¹⁻⁴

<p>In the past, obesity was considered a lifestyle choice.^{5,7} Many AOM treatments were excluded from federal and commercial health plans, including Medicare Part D.¹⁴</p>	<p>National medical associations agree that obesity is not merely a lifestyle issue, but a serious chronic disease requiring comprehensive treatment.^{2,14}</p>	<p>Currently, AOMs are more accessible than in the past and are intended for use with lifestyle modification.^{2,10}</p>
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The evolution of obesity disease designation and AOM access

United States Congress

The Burden of Obesity-Related Cardiovascular Disease (CVD)

Obesity is a rising health problem in the US¹

Obesity is a common, serious, and chronic disease. It is multifactorial and progressive in nature. Overweight is classified as a body mass index (BMI) of 25 to <30 kg/m², and obesity is classified as a BMI of ≥30 kg/m².^{1,4}

 ~2 out of 5 adults (40.3%) struggle with obesity in the US, according to the August 2021–August 2023 National Health and Nutrition Examination Survey (NHANES)⁵

The US obesity prevalence is projected to increase to nearly 50% in adults by 2030 per an analysis published in 2019 using data from the BRFSS survey⁶ and NHANES⁴



⁴Data from 1980–1984 and 1999–2010.
⁵Data from 1999–1984 and 1999–2010.

Obesity is a risk factor for CVD and is associated with poor outcomes⁷

Obesity is an independent risk factor for CVD, in part due to its pathogenesis, which increases inflammation and contributes to progression of atherosclerosis.^{8,7}

Obesity is associated with certain cardiometabolic risk factors including^{8,9}:



Obesity and its related risk factors can lead to the development of CVD including¹⁰:



Adults with obesity have a higher cumulative lifetime risk of incident CVD events and CVD death compared with adults with a normal BMI^{11,12}



¹¹According to a population-based study evaluating the lifetime risk estimates of incident CVD by weight status, based on pooled data of 198,872 men-patients examinations. Results included adult patients aged 25–79 years and free of clinical CVD at baseline from 10 large US prospective cohort studies conducted over 1966–2015. Middle-aged adults with obesity (age 40–59 years, Obesity was defined as BMI ≥30.0 kg/m²), and normal BMI (defined as 18.5–24.9 kg/m²) were included. Total and total hospitalizations, total and medical costs, composite heart failure, and cardiovascular death.¹¹

¹²Based on competing hazard ratios adjusted for age, race/ethnicity, and smoking status. Data are from the National Cancer Institute Cancer Therapy Evaluation Program (CTEP) 1,351 primary cardiovascular disease deaths in adults (≥15 years old) with obesity as a contributing cause of death between 1999 and 2015. The cause of death extracted from physician-completed death certificates is available for all CVD incidents and includes a single underlying cause of death and up to 20 contributing causes of death recorded using ICD-10 codes. Results are stratified by sex, age, urbanization status, and region of residence. Age-adjusted mortality rates were calculated using the direct standardization method based on the age group weights from the 2000 US population. Cardiovascular death were categorized by atherosclerotic disease, heart failure, hypertensive disease, cerebrovascular disease, and other.¹²

Studies have shown significant association between obesity and increased odds of coronary artery disease^{13,14}

¹³According to a meta-analysis of 17 randomized studies consisting of 89,881 participants that assessed the extent of association between obesity and CVD (OR 1.20, 95% CI 1.10, 1.41; P<0.001, I²=46%).¹³
¹⁴In a meta-analysis of seven heterogeneity assessed studies¹⁴ of 129k–168k including mild heterogeneity, 52%–70% including moderate heterogeneity, and 19% including severe heterogeneity.¹⁴

BRFSS, Behavioral Risk Factor Surveillance System; CI, confidence interval; ICD-10, International Classification of Diseases, 10th Edition; OR, odds ratio.

Reducing overweight or obesity can help improve certain CVD risk factors and decrease associated medical costs^{13,14}

The high expenditure associated with obesity-related CVD results in substantial economic burden^{15,16}

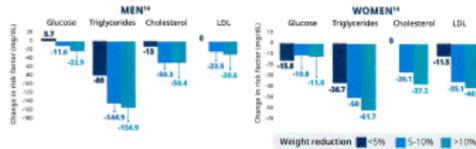


¹⁵Direct medical costs of CVD, CVD, hypertension, and stroke attributable to obesity were reported in \$US 2018 and adjusted for inflation to 2025.¹⁵

¹⁶Costs were reported in \$US 2018 and were adjusted for inflation to 2025.¹⁶

Weight reduction can help reduce medical costs and improve certain CVD risk factors^{17,18}

One retrospective study examining data from 401 adults who enrolled in a weight-loss program from 2003 to 2011 discovered that patients considered high risk (defined as baseline risk factor screening values outside the recommended limits) who lost >10% of their body weight experienced greater reductions in fasting glucose, triglycerides, total cholesterol, and LDL cholesterol compared with high-risk patients who lost <10% of their body weight.¹⁷



¹⁷The weight-loss program was a 15-week program in which the patient diet consisted of nutritional facts and dishes with 1,000 kcal and food-based meal plans, which included a 16-ounce low-calorie diet after the first 8 weeks. Weekly physical activity goals were not set, but patients were encouraged to achieve 150 minutes of moderate-intensity physical activity. Patients also received weekly one-on-one visits with a registered dietitian, a nurse, a psychologist, or a psychologist.¹⁷

Predicted annual obesity-related medical cost savings for adult patients without type 2 diabetes with baseline BMI 30 kg/m² and 40 kg/m²¹⁸

	BMI 30 kg/m ²	BMI 40 kg/m ²	BACKGROUND
5% reduction in BMI	\$381.82	\$945.78	This study, which used data from the 2000–2010 waves of the Medical Expenditure Panel Survey (MEPS), estimated a 5% reduction in BMI could lead to annual cost savings of \$381.82 for adult patients without type 2 diabetes with a baseline BMI of 30 kg/m ² . ¹⁸
10% reduction in BMI	\$728.66	\$1779.35	
15% reduction in BMI	\$1043.64	\$2513.74	
20% reduction in BMI	\$1329.63	\$3160.57	

¹⁸Register medical costs include inpatient, outpatient, prescription drugs, dental, vision, home health care services, and medical equipment, which were reported in \$US 2010 and were adjusted for inflation to 2025.¹⁸

The link between cardiovascular disease risk factors and obesity supports the use of an evidence-based, comprehensive weight management program in patients with overweight or obesity.¹⁹

BMI, body mass index; CHD, coronary heart disease; CVD, congestive heart failure; CVD, cardiovascular diseases; LDL, low density lipoprotein

References: 1. AHA obesity facts. Centers for Disease Control and Prevention. Accessed February 13, 2024. <https://www.ahrq.gov/obesity-factsheet/>

2. WHO. Obesity: a global epidemic update. A position statement of the WHO. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

3. Centers for Disease Control and Prevention. Obesity. Accessed February 13, 2024. <https://www.cdc.gov/obesity/>

4. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

5. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

6. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

7. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

8. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

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13. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

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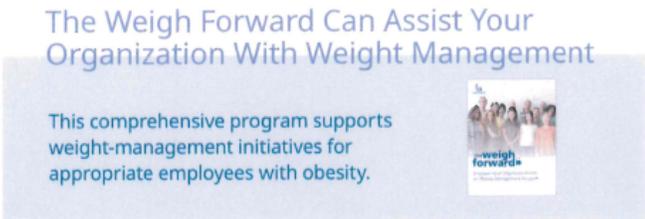
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20. World Health Organization. Obesity and overweight: preventing a global epidemic. Accessed February 13, 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

NEW

11. NovoNordisk Weight Management Resources The Weigh Forward https://www.novonordiskworks.com/content/dam/nnw/resource-library/pdf/TWF_Program_Overview.pdf



The program consists of 4 impactful modules:

- Module 1: Why obesity management matters to your organization**
 - Explores the scope of the obesity epidemic, including associated health risks and organizational costs
 - Details the potential benefits of weight reduction and available treatment modalities for obesity
- Module 2: Understanding the evolution of AOM access**
 - Describes how access to AOMs has evolved over the past several years, highlighting key developments and trends
 - Provides rationale for identifying employees with obesity and explores why assessing obesity along with key comorbidities is important in your employee population
- Module 3: Adding and managing AOM coverage**
 - Serves as a guide to ensuring health plan coverage for AOMs through an addendum or rider
 - Includes sample communications for informing healthcare providers of employee AOM coverage
- Module 4: Measure the success**
 - Follows up Module 3 by providing a measurement framework to assess and quantify the impact of adding coverage for AOMs
 - This module offers resources from Novo Nordisk that employers can utilize to educate employees about obesity and emphasize the significance of weight management

This program is important because weight reduction may improve the health of employees with obesity, potentially contributing to lower healthcare costs to your organization.



AOM=anti-obesity medication.
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NEW

12. SNAP/Food Access Brochures (English)



NEW

13. Spanish SNAP Brochure



Información
Información de excepciones de trabajo de el sitio web de dss.nv.gov
do para de servicios de

Recursos de ABAWD
¿Necesita ayuda buscando actividades aprobadas de ABAWD?
Escanea el código QR para:
• programas aprobados
• opciones de capacitación de trabajo
• recursos locales



También puede comunicarse con DSS o visite la oficina local si tiene preguntas o necesita ayuda...
www.dss.nv.gov
Esta institución es un proveedor que brinda igualdad de oportunidades.
2019-05-02/26



División de Servicios Sociales
ABAWD
(Adulto Sano Sin Dependientes)

Preguntas Frecuentes

Por qué esto es significativo

Entendiendo las reglas de trabajo de SNAP pueden ayudarte a:

- mantener sus beneficios
- evitar interrupciones
- acceso para ayuda y recursos



Puede que seas un ABAWD si usted ...

- tiene 18 a 64 años de edad
- y puede trabajar
- no tiene un niño menor de 14 años en su hogar de SNAP
- no esta embarazada

DSS le ayudará a saber si le aplican estas reglas o si es exento.



Qué deben hacer ABAWDs

Si estas reglas le aplican a usted, hay maneras para cumplir con el requisito mensual

- Trabajar por lo menos 80 hora
- Participar en un programa de capacitación por lo menos 80 horas
- Hacer una combinación de trabajo y actividades aprobadas que sumen un total de por lo menos 80 horas

sources

finding
ABAWD
es?

code for:
programs
| options
| rces



ntact DSS or
e if you have
need help.

nvd.gov
opportunity provider.
1/28



Division of Social Services

ABAWD
(Able-Bodied Adults
Without Dependents)

FAQs

Why this matters

Understanding SNAP
work rules can help you:

- keep your benefits
- avoid interruptions
- access help and resources



You may be an ABAWD if you ...

- are 18–64 years old
- are able to work
- do not have a child under 14 in your SNAP household
- are not pregnant

DSS will help you find out if these rules apply to you or if you are exempt.



What ABAWDs Must Do

If these rules apply to you, there are ways to meet the monthly requirement:

- Work at least 80 hours, or
- Participate in an approved work or training program for at least 80 hours, or
- Do a mix of work and approved activities totaling at least 80 hours

Para más info

Para más info acerca de las y requisitos de ABAWD, visite de la División Servicios Soci: Nevada: www.dss.nv.gov

Sigue informa asegurarse qu mantiene eleg accede benefi SNAP.



ABAWD Re:

- Need help approved, activities
- Scan the QR
 - approved f
 - job training
 - local resou



You can also co
visit a local offic
questions or 1

www.dss.nv.gov
This institution is an equal o
2024-07-03

For more information

For more information about ABAWD exemptions and work requirements, visit the Nevada Division of Social Services website: www.dss.nv.gov

Stay informed to make sure you maintain eligibility and access SNAP benefits.



March 28

Our largest community educational event is coming up in March:

14. **Breakthrough T1D Community Summit** (attached flyer)

- Join us at the free Breakthrough T1D Community Summit as we bring together the type 1 diabetes (T1D) community to learn about research advancements, participate in discussions with experts, meet others living with T1D, and connect with national and local diabetes vendor partners.
- Our **keynote speaker** is Stacey Simms, host of the long-running and award-winning podcast Diabetes Connections and the author of “The World’s Worst Diabetes Mom” book series.
- Breakout sessions cover a wide range of T1D topics including mental health support for adults and kids with T1D, exercise and T1D, fostering independence in kids with T1D from toddlers to teens, T1D technologies, traveling with T1D, and clinical trials and early detection.
- There will be a special Type 1 Adult Connection meetup **for adults with T1D**, educational childcare **for children with T1D** and their siblings in 1st through 6th grade, and Teen Track options **for teens with T1D** in 7th through 12th grade.
- Registration includes continental breakfast, snacks, and lunch for all participants.
- **Date:** Saturday, March 28, 2026
- **Time:** 8:00 am – 1:30 pm
- **Location:** Palace Station Hotel and Casino, 2411 West Sahara Avenue, Las Vegas, NV 89102
- For more information and to register:
BreakthroughT1D.org/nevada/communitysummit

Please let me know if you have any questions or if there is anything I can do to help!

Thank you,
Cynthia



Cynthia Cross (*she, her, hers*)

Operations Coordinator, working remote in Las Vegas

Southwest Territory, serving the Nevada and Desert West (AZ/NM) Chapters

o: 702-418-3116

m: 702-305-7075

ccross@BreakthroughT1D.org

BreakthroughT1D.org

15. Dignity Health CHW Summit



**Unable to join us in person?
Attend virtually!**

Join us virtually through **ZOOM** for an exciting gathering where **Community Health Workers** from all over Nevada come together to share ideas, learn, and connect. Whether you're looking to grow your network or pick up the latest tips in community health, this summit is for you. Be ready to learn more about mental health, immunizations, chronic disease, human trafficking, sexual orientation, cancer, and much more.

May 1, 2026
8:30 am to 4 pm

[Dignity Health - Virtual Community Health Workers Summit 2026 Tickets, Friday, May 1 from 8 am to 4:30 pm PDT | Eventbrite](#)

Virtual Registration

[Dignity Health - Community Health Workers Summit 2026 Tickets, Friday, May 1 from 8:30 am to 4 pm | Eventbrite](#)

In-person Registration

<https://www.eventbrite.com/e/dignity-health-community-health-workers-summit-2026-tickets-1978195434797?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Location

The CHW Summit will be held at the College of Southern Nevada - Charleston Campus - Student Union and Building I

6375 W. Charleston Blvd.
Las Vegas, NV 89146

[Click here for CSN Map](#)

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



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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.



Mail Attachment.eml

