



## **Central Nevada Health District Health Officer's Report**

First Quarter 2026

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Attached is a summary of events and activities for the Central Nevada Health District (CNHD) for the *first* quarter of 2026.

### **Environmental Health Services**

The Environmental Health Services Division continued its commitment to protecting public health through proactive inspection, permitting, plan review, and community engagement activities across the district, fulfilling statutory obligations of compliance and enforcement in accordance with the Nevada Administrative Code, the Nevada Revised Statutes, and CNHD Regulations

For Q1, Environmental Health Specialists conducted a total of 103 inspections of permitted establishments.

In addition, the Division conducted at least 20 construction project plan reviews for new construction and/or remodel projects. These reviews ensured that establishments were designed and built-in compliance with state and local public health regulations before opening to the public.

Supporting Nevada’s Cottage Food Program, the Division reviewed existing and approved 21 new Cottage Food Operation registrations.

<b>Service Category</b>	<b>Total Performed (2026)</b>
Inspections (Total)	106
Plan Reviews (New & Remodel Construction)	20+
New Cottage Food Registrations Approved	21

During Q1, Environmental Health Specialist Staff attended training and earned continuing units (CEUs) to maintain required certifications and remain current with federal, state, and industry standards, in addition to the following:

- University of Arizona (UA) Soil & Site Evaluation for Onsite Wastewater Systems Certification
- Self-Assessment and Verification Audit Workshops & Training
- National Environmental Health Association Trainings

The Central Nevada Health District Environmental Health Services Division was awarded the National Environmental Health Association (NEHA) and US Food & Drug Administration (FDA) NEHA-FDA Retail Flexible Funding Model (RFFM) grant of \$16, 000.00 funding towards retail program standardization, as well as awarded mentee sponsorship in collaboration with the Southern Nevada Health District.

## **Epidemiology Program**

The Central Nevada Health District Epidemiology Program continued to strengthen surveillance, preparedness, and community health initiatives during Q1. A new public-facing respiratory virus dashboard was developed to provide weekly updates on respiratory illness activity, including new cases, total cases, hospitalizations, and deaths. The dashboard also incorporates historical data to allow the public to monitor seasonal trends over time. In addition, development began on a broader communicable disease dashboard highlighting the most reported diseases within CNHD counties, with an anticipated public launch in Q3.

Respiratory illness activity and associated hospitalizations remained consistent with previous seasonal trends, and no major outbreaks were identified during the quarter.

No Harmful Algal Blooms (HABs) were reported within the CNHD jurisdiction.

## **Chronic Disease Education Program Highlights**

During Q1, the Central Nevada Health District completed its Heart Health and Stroke Prevention education program across all four counties. The program was designed to increase community awareness of cardiovascular disease risk factors and provide practical strategies to improve heart health through nutrition, physical activity, blood pressure management, and other lifestyle changes.

A total of 44 participants attended the classes, reaching 88% of the program goal of 50 participants. Participation by the community included:

- Fallon: 22 participants
- Hawthorne: 13 participants
- Lovelock: 5 participants
- Eureka: 4 participants

Due to strong community interest, two classes were offered in Fallon to accommodate additional participants. The course was taught by CNHD's Resource Liaison, Epidemiologist, and Registered Nurse.

Community response was positive. Participants reported learning new information about heart disease and stroke prevention and expressed motivation to adopt healthier lifestyle behaviors to improve their cardiovascular health.

### **Outcomes:**

- Increased knowledge of heart disease and stroke risk factors
- Improved understanding of preventive lifestyle behaviors
- Greater motivation to make positive changes related to diet, exercise, and overall heart health
- Strengthened community engagement in chronic disease prevention efforts

Building on the success of this program, CNHD plans to offer a Diabetes Prevention class in late spring to continue expanding chronic disease education and support across the district.

## **Nevada Public Health Association 2026 Conference**

CNHD was also presented at the Nevada Public Health Association Conference on the district's H5N1 outbreak response. The presentation, titled *From Detection to Containment: A Rural Local Health District's Rapid Response to H5N1 Highly Pathogenic Avian Influenza*, highlighted the district's rural outbreak response efforts, surveillance activities, and One Health partnerships.

## **Public Health Preparedness**

For Q1, the Public Health Preparedness Program continued to strengthen regional readiness and response capabilities through collaboration, planning, training, and resource development. Program staff worked closely with local and state partners to fulfill grant objectives by actively participating in state-led and local meetings (LEPC), training, and exercises designed to enhance emergency preparedness coordination across jurisdictions.

Throughout this quarter, the program continued to experience staffing challenges. As of this reporting period, the position has been posted, an applicant has been selected and accepted the offer, and their start date is June 20, 2026.

During Q1, CNHD staff continued collaboration, training, planning, and resource development with State of Nevada PHP partners, health districts, county partners, and stakeholders.

The new Public Health Preparedness Planner will be starting in June 2026. He comes with a wealth of expertise and knowledge.

## **Clinic Services**

January – March 2026 Update

### **Clinic Patients**

The APRN/MD evaluated/treated 31 patients. The services provided to these patients included:

- 16 people for contraception
- 18 people for STI screening/testing
- 2 people for STI treatment
- 4 people for cervical and breast cancer screening
- 5 people for other urogenital infection treatment

The RN saw a total of 77 patient visits. Of those patients, the RN:

- Administered 69 vaccines and provided immunization education
- Screened 54 people for tuberculosis (including HOSA students)

## **Community Outreach**

### **Senior Center visits:**

We attended 18 Senior Center/Life Center visits. At those visits, we provided:

- 3 vaccines administered
- 45 blood pressure checks
- 2 Health guidance to follow up with PCP
- 26 people received health/vaccine education
- 6 people obtained WEB IZ look-up

## **Other Clinical Happenings**

CNHD Clinical Services started in Eureka. On our visit in March, three patients received services. CNHD will increase our social media presence with our dates but expect to increase patients after increased advertising in the local newspaper and other sources.

We have applied to add CLIA-waived (point of care testing) tests to our state Laboratory Exempt License to include combination HIV/Syphilis, urinalysis, and capillary lead testing. We are preparing for an inspection, which is still pending.

Dr. McDonald has been performing APRN activities for Family Planning since March 2026.

Two applications for the Clinical Director / APRN have been received and are pending interviews at the time of this report. No applicant was hired, and the position has been reopened for applications in May 2026.

The RN completed IQIP (Immunization Quality Improvement for Providers) audit training in November and has since completed one IQIP and VFC site audit. In April and May, she is planning audits with the other three VFC providers in our jurisdiction.

Clinical services in collaboration with the Epidemiology and Resource Liaison teams for the implementation of Chronic Disease Education to our communities- Education classes conducted in all counties in our jurisdiction. One additional class will be held in Churchill County on 4/14/26. RN and Resource Liaison to visit Daycares and give information to parents about immunizations for children. Visited Desert Valley Learning Center 3/30/26 and read an enjoyable book, and information about immunizations distributed to parents via the school app.

## Administration Updates

The RFP for the Community Health Needs assessment was awarded to VillageReach. They will be conducting community engagement activities, data collection, and obtaining feedback on priorities from an advisory committee.

Look ahead:

New IT System to be awarded to the best-suited bidder in May 2026, for implementation in July.

CNHD during the 1<sup>st</sup> quarter completed an exploratory outreach on what the community wants to see on the website. The new site will be up in July 2026.

CNHD is working on the updated fee schedule. The goal is approval by the CNHD Board of Health in April 2026 for implementation in July 2026. The goal is to implement a three-year plan to align with the cost of services.

## Achievements

The Central Nevada Health District Epidemiology Program was selected to present at the Nevada Public Health Association Conference on the district's response to the 2025 H5N1 outbreak investigation in Churchill County. The presentation, titled *From Detection to Containment: A Rural Local Health District's Rapid Response to H5N1 Highly Pathogenic Avian Influenza*, highlighted CNHD's rapid rural outbreak response, worker monitoring efforts, multilingual communication strategies, and One Health collaboration with local, state, and federal partners. The presentation showcased CNHD's leadership in zoonotic disease preparedness and response and provided an opportunity to share lessons learned with public health professionals across Nevada.

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