**DATE:** **December 4, 2026**

**TO:** **State Board of Health Members**

**FROM:** **Cassius Lockett, PhD, District Health Officer**

**SUBJECT:** **District Health Officer Report**

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**American Diabetes Month**

More than 11 million Americans are living with diabetes without knowing it, putting them at risk for serious health complications. In Clark County, approximately one in eight adults had diabetes in 2023, representing an estimated 238,000 people. During American Diabetes Month in November, the Health District encouraged community members to understand their risk, get screened and take steps to prevent or delay complications from diabetes.

Diabetes is the seventh leading cause of death in the United States and a leading cause of kidney failure, lower-limb amputations and blindness among adults. People with diabetes also face a greater risk of serious complications from influenza and COVID-19. The Health District offers a free online diabetes risk assessment and no-cost diabetes self-management classes to help community members better understand their risk and manage the disease.

Statewide, 11.9% of adults, or about 304,000 Nevadans, had diagnosed diabetes in 2023. Nationwide, more than 40.1 million Americans have diabetes, and an estimated 1.5 million Americans ages 18 and older are newly diagnosed each year. Additionally, about 200,000 adults in Clark County had prediabetes as of 2023. Prediabetes occurs when blood glucose levels are higher than normal but not yet high enough for a diabetes diagnosis. It increases the risk of developing type 2 diabetes, heart disease and stroke.

Food insecurity can further complicate diabetes prevention. Adults who experience food insecurity are significantly more likely to develop type 2 diabetes, in part because limited food budgets can make it difficult to consistently access nutritious foods. Lifestyle changes, including healthy eating and regular physical activity, can help prevent or delay type 2 diabetes and play an important role in managing the condition. With appropriate care and sustained lifestyle changes, some people with type 2 diabetes can also achieve remission. Screening can help identify prediabetes and diabetes early.

**Who should get screened?**

The Health District and the Centers for Disease Control and Prevention recommend diabetes or prediabetes screening for:

- Adults ages 35 or older.
- Adults who are overweight or have obesity.

- People with risk factors such as a family history of diabetes, physical inactivity or a history of gestational diabetes.
- People in racial and ethnic groups at higher risk, including African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American and Pacific Islander populations.

Community members also can take the Health District's six-question online diabetes risk test for an immediate assessment of their risk of developing type 2 diabetes. The test is available at Diabetes Risk Test. Anyone who may be at risk should consult a healthcare provider about screening. A list of low-cost clinics offering diabetes testing and treatment is available at Low-Cost Clinics.

**Local resources and programs**
The Health District offers no-cost diabetes self-management classes online and in person through its Office of Chronic Disease Prevention and Health Promotion. Led by trained health educators, the classes help participants learn practical strategies for managing diabetes and reducing the risk of complications. The classes are recognized by the American Diabetes Association. To register, call (702) 759-1270 or complete the online Diabetes Self-Management Interest form.

For additional information about classes, prevention programs and local resources, visit Get Healthy Clark County | Local Diabetes Resources or Viva Saludable | Recursos locales para la diabetes. Upcoming events are listed on the Get Healthy Clark County Community Calendar and Viva Saludable Community Calendar. For more information about American Diabetes Month, visit the American Diabetes Association website.

**CredibleMind**
The CredibleMind website was updated with a simpler design, improved navigation and more accessible content to help Clark County residents find mental health and well-being resources. The redesign was informed by more than 800 user testing sessions, input from health care providers and research showing that users often visit the platform when feeling stressed or overwhelmed.

The updated homepage guides users to relevant resources and personalized next steps. Additional improvements include simpler language, less clutter, improved readability and more prominent access to crisis resources.

CredibleMind remains available at no cost to Clark County residents in English and Spanish. The platform provides trusted information, self-assessments and tools addressing stress, anxiety, depression, sleep, relationships and resilience, along with guidance for accessing professional support. Resources are available at ClarkCountyThrive.CredibleMind.com.

**Influenza Update**
As of November 7, 2026, 192 influenza-associated hospitalizations and five influenza-associated deaths had been reported for the 2026-27 influenza season which began on October 4, 2026. The Health District also reported an influenza-related death in September, that occurred before the start of the current season.

The percentage of emergency department and urgent care clinic visits for influenza-like illness (ILI) increased from 2.69% in week 43 to 2.7% in week 44. ILI is defined as a fever of 100 degrees Fahrenheit or higher with a cough and sore throat. Influenza A was the predominant influenza type detected among hospitalized patients in Clark County. During week 44, 3.2% of outpatient visits nationally reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet) were due to respiratory

illnesses that included ILI. This percentage was above the national baseline of 2.9%. Nevada's respiratory illness activity level was low.

The Health District continues to remind the public that flu causes serious illness and death every year. Adults ages 65 and older, children younger than 2, pregnant women, people with underlying medical conditions and those with weakened immune systems are at greater risk for severe illness.

Flu activity typically peaks between December and February, although flu viruses can circulate at any time of the year. The Centers for Disease Control and Prevention recommends annual flu vaccination for everyone ages 6 months and older. Seasonal flu and COVID-19 vaccines are available at Health District clinics. For more information or to schedule an appointment, visit www.SNHD.info/immunizations. Updated flu and COVID-19 vaccines are also widely available at pharmacies and health care provider offices. Community members can talk with a health care provider or pharmacist about the vaccines recommended for them.

The Health District began active surveillance for the 2026-27 flu season on October 4. The weekly Influenza Snapshot and Influenza Report by Age Group will be available at www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/.

**National Lead Poisoning Prevention Week**

National Lead Poisoning Prevention Week was observed October 25-31. The annual event is coordinated by the U.S. Environmental Protection Agency, the Centers for Disease Control and Prevention and the U.S. Department of Housing and Urban Development.

This year's theme was Keep Kids Safe from Lead, and everyone was encouraged to:

- **Get the Facts:** Learn about lead hazards in your environment.
- **Get Your Child Tested:** Ensure early detection through a simple blood test.
- **Get your Home Tested.** Identify and address potential lead sources in your living space.

In April, the Health District began offering lead testing for consumer products. Testing is now available every Monday, from 7:30 to 9:30 a.m., at its Main Public Health Center at 280 S. Decatur Blvd., Las Vegas, NV 89107.

The service is designed to help community members identify items that may contain lead and learn how to reduce the risk of exposure. Testing is conducted using an X-ray fluorescence (XRF) analyzer, which can quickly detect lead and other heavy metals in many common materials and provide immediate results.

Items that may be important to test include:

- Traditional painted pottery used for food or beverages
- Toys, cups and other items frequently handled or mouthed by young children
- Household items such as keys or imported goods

Traditional painted ceramic pottery may contain lead in the paint or glaze, which can deteriorate over time and contaminate food or beverages. Lead is a naturally occurring heavy metal that has been found in a variety of consumer products, including cookware, ceramics, spices and imported goods. As these items age or break down, they can release lead dust that may contaminate homes and living spaces.

Children are especially vulnerable to lead exposure because their brains and nervous systems are still developing. Even low levels of lead can cause learning and behavioral problems, while higher levels can result in serious health effects, including anemia, hearing loss, brain damage and, in severe cases, death. Because symptoms are often not immediately apparent, a blood test is the only way to confirm exposure.

Medicaid and Nevada Check Up cover lead testing for eligible children at 12 months and again at 24 months, or at any time before age 6 if earlier testing was not completed. Parents and caregivers are encouraged to speak with their child's health care provider about lead testing during routine well-child visits.

For questions about consumer product lead testing, contact SNHD_OutbreakSuppport@snhd.org.
For more information about childhood lead poisoning prevention, visit www.southernnevadahealthdistrict.org/community-health-center/clppp/.

**5-2-1-0 Challenge**

September was Childhood Obesity Awareness Month, and the Southern Nevada Health District encouraged families to make healthy choices part of their routines during the new school year by taking the 5-2-1-0 Challenge. Led by the Health District's Office of Chronic Disease Prevention and Health Promotion in cooperation with the Partners for a Healthy Nevada Coalition, the challenge promotes four simple daily habits that can help children grow up healthier and reduce their risk of obesity and other chronic diseases.

The 5-2-1-0 Challenge encourages families to strive for:

- 5 servings of fruits and vegetables each day
- 2 hours or less of recreational screen time each day
- 1 hour of physical activity each day
- 0 sugary drinks—choose water instead

The Health District emphasized that the beginning of a new school year is an ideal time to establish healthy routines. Packing nutritious lunches, encouraging active play after school, and choosing water instead of sugary drinks are small steps that can make a meaningful difference over time.

In Nevada, nearly one in three kindergartners enters school either overweight or obesity. In Clark County, approximately one in six high school students has obesity, underscoring the importance of helping children develop healthy habits early in life. Nationally, approximately one in five children and adolescents (21.1%) has obesity. Children with obesity are more likely to develop serious health conditions, including type 2 diabetes, heart disease and high blood pressure.

Obesity also affects some communities disproportionately. National data show that prevalence is highest among Hispanic children (26.2%) and non-Hispanic Black children (24.8%), compared with non-Hispanic white children (16.6%) and non-Hispanic Asian children (9.0%). Many factors contribute to these disparities, including differences in access to nutritious foods, opportunities for physical activity, housing stability and quality education.

Throughout September, the Health District and its community partners offered resources and activities to help families put the 5-2-1-0 Challenge into action. The campaign emphasizes that healthy living is a family effort and that small daily choices can lead to lifelong benefits. Families can find free tools,

activities and wellness resources by visiting www.GetHealthyClarkCounty.org and VivaSaludable.org, or by calling (702) 759-1270.

**International Overdose Awareness Day**

The Southern Nevada Health Consortium, in collaboration with community partners and the Health District, hosted the 10th annual International Overdose Awareness Day event Saturday, August 29, at Las Vegas City Hall. The event honored those who have died or experienced permanent injury from an overdose, sought to reduce the stigma surrounding drug-related deaths and raised awareness of overdose prevention and drug policy.

A community resource fair connected attendees with local organizations and support services. Activities included overdose prevention training, naloxone distribution, speakers sharing personal stories of overdose, survival and loss, and a candlelight vigil honoring those who died and recognizing survivors. The "Soles for Souls" exhibit displayed shoes representing people who died from an overdose during the past year. Attendees were encouraged to donate shoes, which will be provided to local charities.

Overdose Statistics in Clark County

Clark County reported 714 confirmed drug overdose deaths in 2025, an 11% decrease from 2024. Prescription and illicit opioids were involved in 69.6% of these deaths. Since 2018, the opioid-involved overdose mortality rate increased by 91.3%, reaching 19.9 deaths per 100,000 residents in 2025. ZIP code 89101 had the county's highest fatal overdose burden, with a mortality rate of 115 deaths per 100,000 residents.

Fentanyl remains the primary driver of the local opioid epidemic. The age-adjusted rate of fentanyl-involved deaths increased from 2.4 per 100,000 residents in 2018 to 17.1 per 100,000 in 2025—a 613% increase.

In 2025, fatal overdoses peaked from June through August and were lowest in September. Men accounted for 71.8% of overdose deaths, and non-Hispanic white residents accounted for the largest proportion.

Local substance use data are available on the Health District's Substance Use Dashboard. Information about overdose prevention, including how to obtain test strips and naloxone, is available on the Substance Use and Overdose Prevention webpages.