

NORTHERN NEVADA

# Public Health

# 5-2-1-0 Healthy Washoe Healthy Eating Active Living (HEAL)

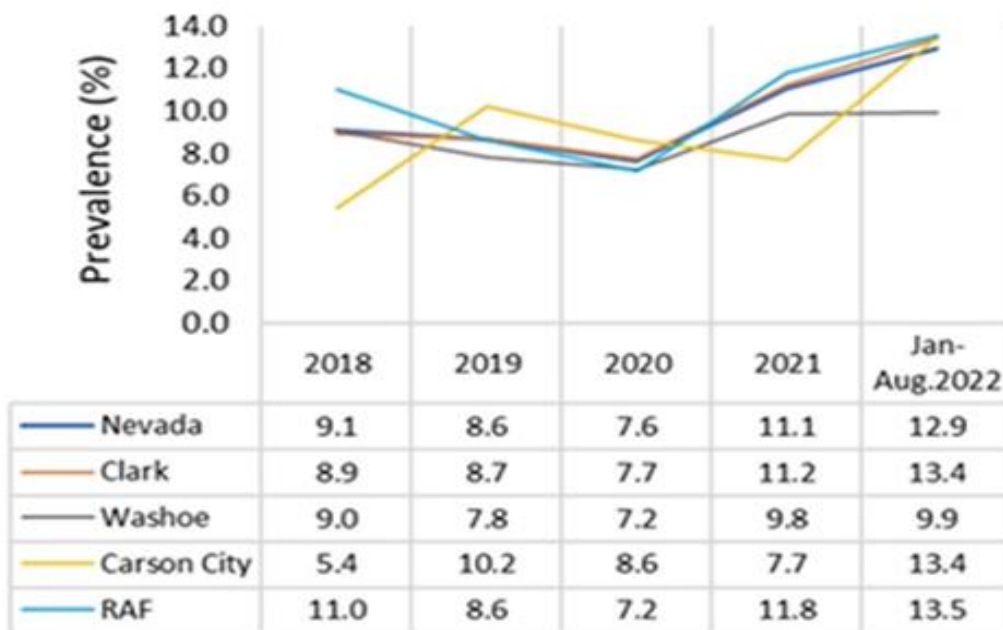
Lisa Sheretz, Health Educator

Chronic Disease and Injury Prevention

Eva Sandoval, Community Organizer

Office of the District Health Officer

### Nevada and Nevada Counties Obesity Trends WIC Children Aged 2 to 5 years

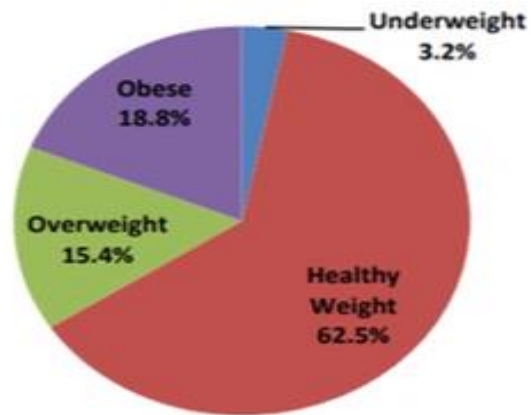


*Data Source: Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System (BRFSS) Prevalence Data. The data was analyzed by the Division of Public and Behavioral Health Chronic Disease Prevention and Health Promotion Section Lead Epidemiologist.*

Source: Nevada Obesity Report – December 2022

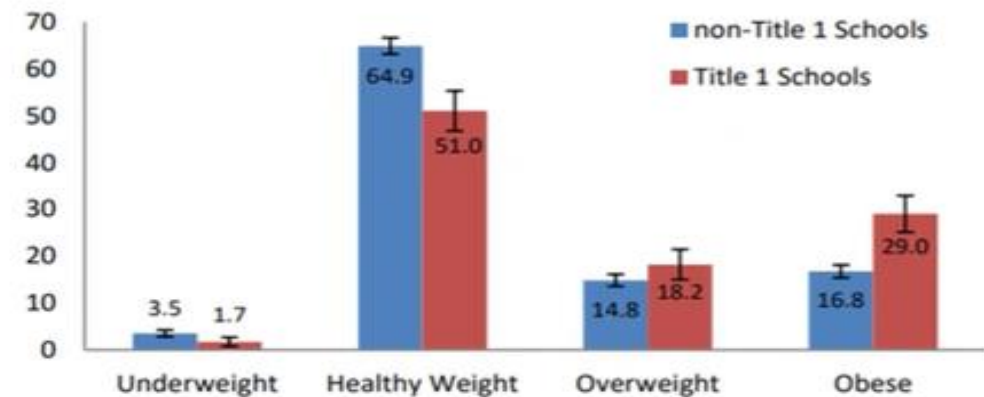
# Weight status in the WCSD

Figure 1. Weight Categories of 4<sup>th</sup>, 7<sup>th</sup>, and 10<sup>th</sup> Grade Students (combined) in WCSD, 2018-2019

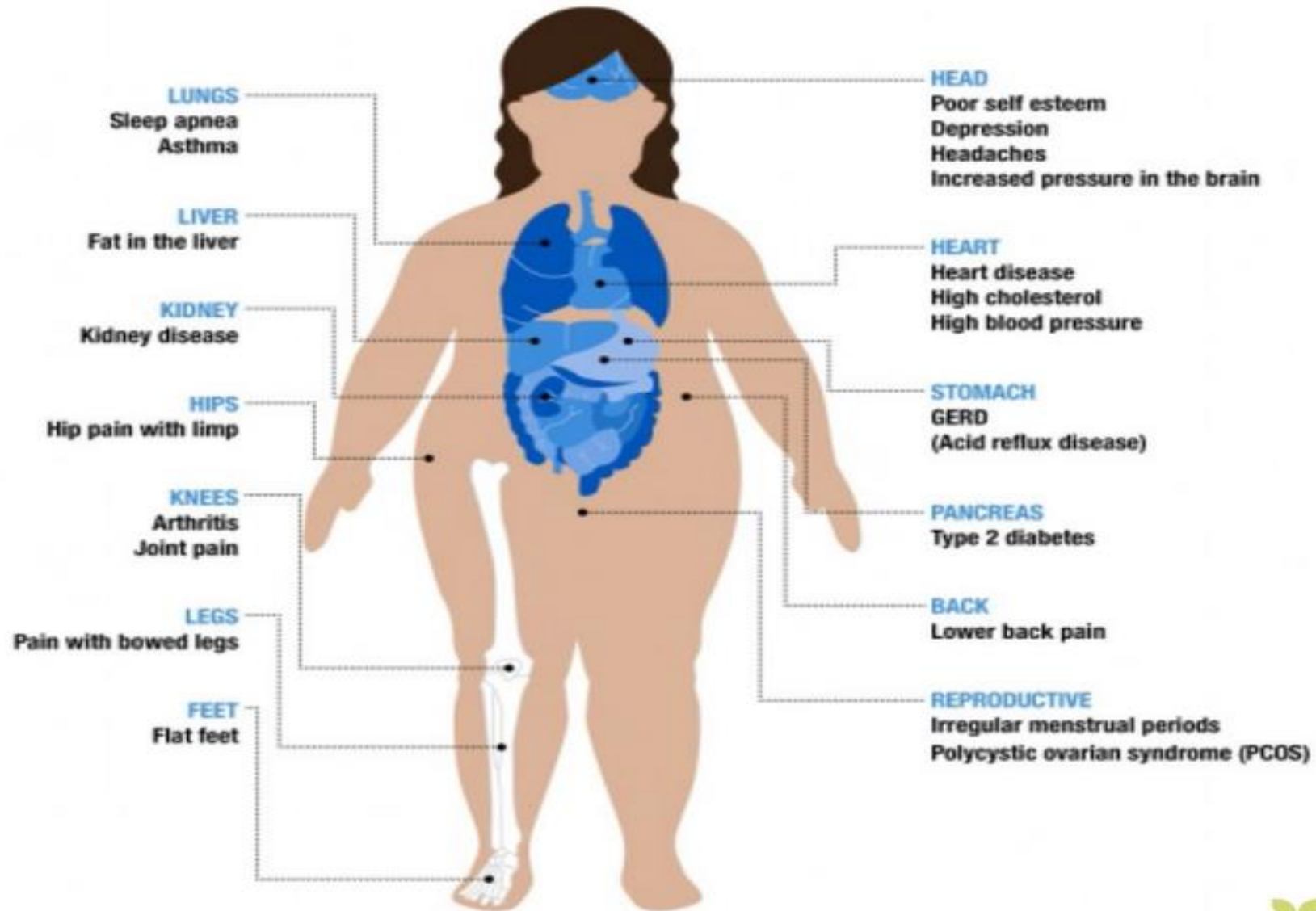


The majority of WCSD youth were of healthy weight, but over a third of the students were either overweight or obese.

Figure 5. Weight Categories of 4<sup>th</sup> and 7<sup>th</sup> Grade Students (combined) in WCSD by Title 1 Status, 2018-2019



# Complications of Childhood Obesity



<https://www.nnph.org/programs-and-services/cchs/chronic-disease-prevention/5210-healthy-washoe/index.php>

# 5210 Healthy Washoe

**5210 Healthy Washoe works with communities** to create environments that support healthy choices in everyday settings including schools, health care offices and workplaces.

5210 Healthy Washoe was adapted from Let's Go! a nationally recognized obesity prevention initiative and is a simple guideline.

**5210 Healthy Washoe is a community-based program committed to increasing healthy eating and active living behaviors among children and adults.** 5210 Healthy Washoe has a unique partnership of Washoe County's leading health, business and community organizations. Through our network of community partners, we foster positive changes, one healthy choice at a time.



State of Nevada funded initiative

Now available 5-2-1-0 for Health care Providers!

[www.healnv.com](http://www.healnv.com)

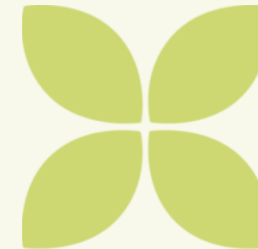


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ABOUT HEALNV

## Small changes, BIG results.

Healthy Eating and Active Living Nevada (HealNV) is a community engagement initiative developed by the Nevada Division of Public and Behavioral Health to promote healthier behaviors that can reduce conditions like heart disease, diabetes, obesity, Alzheimer's, and cancer in our State. Through strategic policy shifts, system enhancements, and a supportive environment, this initiative seeks to empower Nevadans to integrate healthy choices into everyday life effortlessly. The first program under this initiative is the NV 5-2-1-0 Program, which will start working with healthcare providers to support and guide their patients in adopting HEAL behaviors. Importantly, the versatile NV 5-2-1-0 Program can be implemented across various sectors within the community, and in this instance, it is being rolled out within the healthcare provider sector. This strategic step



# 5-2-1-0 for Healthcare

Simple guideline for ease of messaging

**heal**  
NEVADA

About the NV 5210 Program →

Make an Impact with NV 5210 →

Know the Facts →

Resources →

Partner With Us →

## Make an Impact with NV 5210

Policy, System, and Environment changes take time and, more importantly, collaboration. The NV 5-2-1-0 team has been fortunate to partner with health districts throughout Nevada and several organizations and individuals who share the vision of increasing healthy eating and active living across communities in Nevada.

- [Health Care Provider Sector](#)
- [Early Care and Education \(ECE\) Sector](#)
- [School Sector](#)
- [Worksites Sector](#)
- [Other Community Sector](#)

Healthcare providers have the greatest influence as trusted sources of healthy messaging.

- 5-2-1-0 can help to create a healthy clinical environment. We provide implementation training and provide ongoing technical assistance with a medical expert and trained coordinator.
- We provide all the necessary resources to implement NV 5-2-1-0 in your practice. This includes NV 5-2-1-0 resources like a program [guide](#) for healthcare providers, [poster](#), healthy habits [questionnaires](#), and other tools.

# Free Technical Assistance, Training, Resources

## Healthcare Providers

- [Nevada 5210 Healthcare Site Guide](#)
- [Nevada 5210 Poster](#)
- [Nevada 5210 Scientific Rationale](#)
- [Nevada 5210 Office Workflow for Well Child Visit](#)
- [Nevada 5210 Healthy Habits Questionnaires](#)
- [American Academy of Pediatrics – Clinical Practice, 2022 Guideline](#)
- [American Academy of Pediatrics – Clinical Practice, 2022 Guideline, Algorithm](#)
- [MaineHealth Let's GO! Small Steps \(5210 for adults\), Healthy Habits Questionnaires](#)
- [MaineHealth Let's GO! Clinical Settings – Other Resources](#)



5-2-1-0 Healthy Washoe being implemented.

# Community based

Part of NNPH Community Health Improvement Plan (CHIP)

- Healthy Cafeterias
- Power Up Kids!
- Healthy Corner Stores



# 5210 Healthy Washoe Schools

## Healthy Cafeterias

- **Changing Environments to support good nutrition**
- **Technical assistance and program materials provided to participating schools**
- **Parent/family engagement**
- **Provides support to the Student Wellness Policy**



# 5210 Healthy Washoe Schools

## Healthy Cafeterias

### 5 pilot schools

- Poulakidas, Silver Lake, Risley, Moss, Beck

### Implemented 2 strategies in 2023 to increase vegetable consumption

- Nudge Name cards
- Pairing a dippable spread with veggies

### New schools in 2024

- Glenn Duncan Elementary
- Alice Smith Elementary

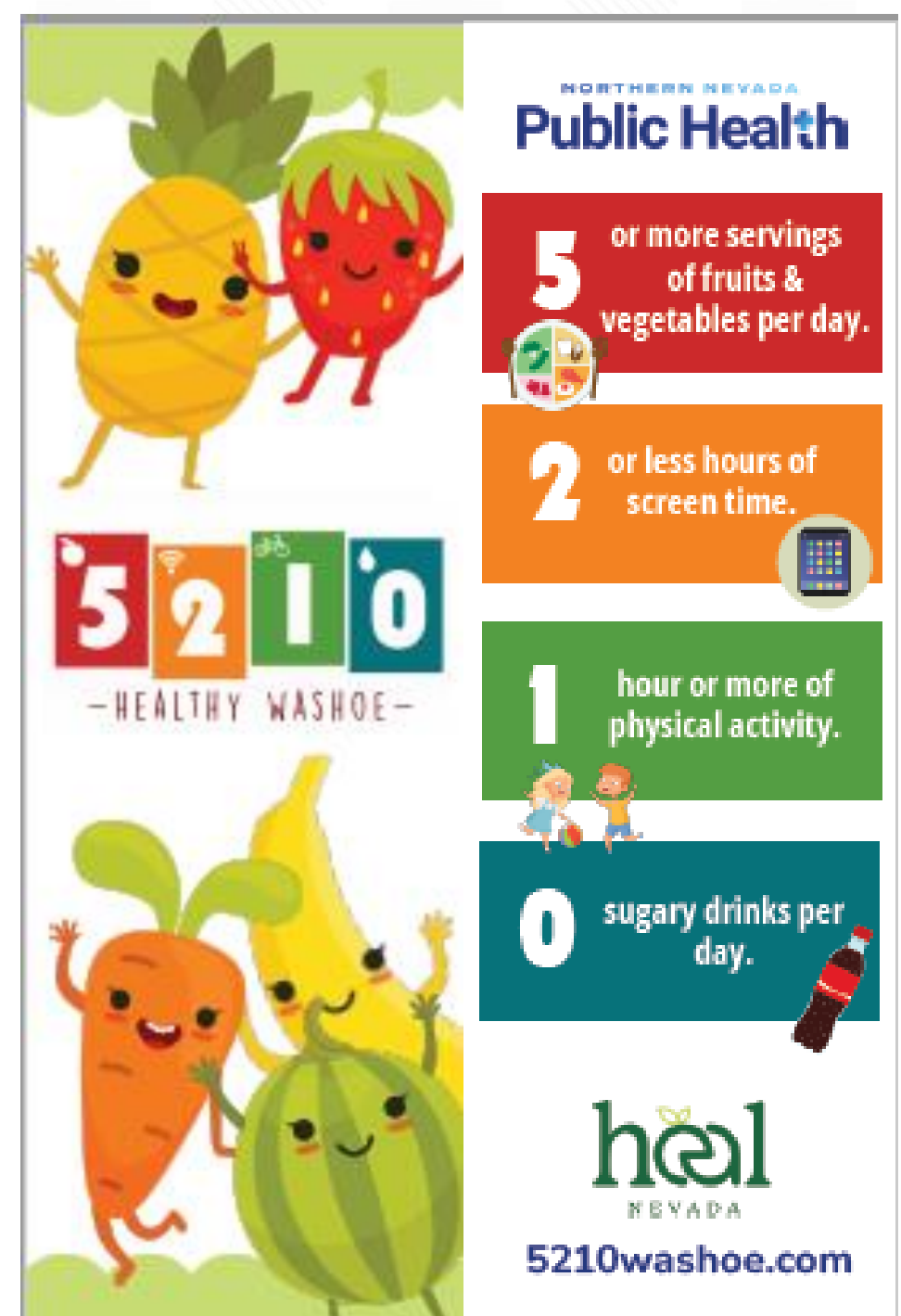


# Interested in helping carry the 5-2-1-0 message?

Please contact Lisa Sheretz,  
[Lsheretz@nnph.org](mailto:Lsheretz@nnph.org)

or Eva Sandoval,  
[Esandoval@nnph.org](mailto:Esandoval@nnph.org)

Thank you!



The poster features a central graphic with the numbers 5, 2, 1, and 0 in colored boxes, each with a corresponding icon: a pineapple for 5, a smartphone for 2, a person running for 1, and a soda bottle for 0. The text '5-2-1-0 -HEALTHY WASHOE-' is written below the numbers. The poster is decorated with illustrations of smiling fruits and vegetables, including a pineapple, a strawberry, a carrot, a banana, and a watermelon.

NORTHERN NEVADA  
**Public Health**

**5** or more servings of fruits & vegetables per day.

**2** or less hours of screen time.

**1** hour or more of physical activity.

**0** sugary drinks per day.

heal  
NEVADA

5210washoe.com

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