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SAN BERNARDINO COUNTY

Public Health
Health Equity

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CBO Collaborative Meeting Summary

March 04, 2025

Purpose

To enhance outreach and promotion efforts throughout the County by fostering collaboration with community-based partners and trusted messengers.

Public Health Officer Update

Presenter: Dr. Sharon Wang
Avian Influenza (H5N1)

- The Avian flu originally spread from wild birds and can infect both dairy and poultry animals.
- H5N1 has been an ongoing concern since November 2024, when Governor Newsom declared a state of emergency.
- The risk of human transmission to the general public remains low. Those at the highest risk are individuals who work directly with infected cattle or poultry without proper PPE.
- A total of 61 H5N1 cases have been reported in the U.S., with one death due to other medical factors.
    - California has reported 38 cases, including two pediatric cases.
- As a reminder, consuming raw dairy or raw foods poses a risk of H5N1 infection for both humans and pets.
    - One case of H5N1 was reported in a domestic cat that consumed raw milk
- Avian flu is a strain of influenza A, so it is important to get your flu vaccine.
    - The flu vaccine helps reduce the severity of illness and lowers the risk of hospitalization and death.

County Department of Public Health - Program Updates

Community Vital Signs (CVS): Dori Baeza, Dbaeza@dph.sbcounty.gov

- Vital Signs is a community-wide initiative dedicated to improving the health and wellness of San Bernardino County residents. As part of the Countywide Vision's Wellness element, CVS provides a framework for community health improvement by aligning resources and addressing key health challenges. Guided by the Community Transformation Plan, this community-driven effort focuses on the impact of social determinants on health.
- As a result of the 2023 Community Health Assessment process, three health priorities were identified: **Behavioral Health, Injury and Violence Prevention, and Chronic Disease.** These priorities will guide CVS collaborative efforts over the next five years to improve community health outcomes.
- Attend the next Vital Signs Implementation Committee on April 1st from 1-3pm, as they focus on the **Behavioral Health** priority area.

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Nutrition Program: Alexis Chaires, Alexis.Chaires@dph.sbcounty.gov

- In honor of National Nutrition Month, the latest edition of *A Taste of Wellness* e-magazine highlights the importance of healthy eating and physical activity. This issue also celebrates *National Registered Dietitian Nutritionist Day,* observed on the second Wednesday of March, and features an introduction to the team of Registered Dietitian Nutritionists.
- Subscribe to *A Taste of Wellness* e-magazine: A Taste of Wellness Magazine.
- Feel free to contact **Alexis Chaires**, Alexis.Chaires@dph.sbcounty.gov for further inquiries. The team is always looking for partnerships and collaborations to share wellness resources with the community.

Animal Care Program: Briana Garcia, Briana.garcia@dph.sbcounty.gov

- Spay & Neuter Resources - Residents in unincorporated areas may qualify for spay and neuter assistance.
- ***Lucky Pet, Lucky You!*** Find your four-leaf clover at the pet adoption event! From ***March 12 to 19,*** visit Devore and Big Bear Animal Shelters to meet your new best friend. All qualifying pet adoptions include spaying/neutering, microchipping, and most vaccinations.
    - Adoption Fee(s):
        - Cats: $10
        - Dogs: $20
    - Location(s):
        - Big Bear Animal Shelter
          42080 N. Shore Dr., Big Bear
        - Devore Animal Shelter
          19777 Shelter Way, San Bernardino

Black Infant Health (BIH):

BIH works to improve the health of Black mothers and babies in San Bernardino County. To learn more or check eligibility, contact Jasmyn.bowers@dph.sbcounty.gov.
Black Infant Health – Empowering Pregnant and Mothering Black Women

One Legacy – Save A Life Month

Presenter: Christy Bethel, Cbethel@onelegacy.org

- OneLegacy saves and heals lives through organ, eye, and tissue donation, while also inspiring communities to Donate Life.
- Every 10 minutes, someone is added to the national transplant waiting list, and on average, 22 people die each day while waiting for a transplant.
- 52% of families in San Bernardino County consent to organ donation.
- Less than 1% of all deaths qualify for organ donation, and only 3 out of 8 organs from potential donors are typically healthy enough for transplantation.
- 90% of Americans support organ donation, yet only 50% are registered as donors.
- A small fraction of Americans are registered or authorize donation on behalf of a family member after their passing.
- One donor can save up to 8 lives, restore sight to 2 people, and improve or save the lives of up to 75 others through tissue donation. The 8 lifesaving organs that can be transplanted are the heart, lungs, liver, pancreas, two kidneys, and intestines.
- OneLegacy will be hosting its *Donate Life Run / Walk* on April 26th at 7 AM at Azusa Pacific University.
- Join OneLegacy and sign up TODAY to become an organ, eye, and tissue donor. People like you save lives every day! Register now and be a hero. OneLegacy - Donate Life California.

Shaken Baby Syndrome – Children's Network

Presenter: Xeneida Brown, Xeneida.brown@hss.sbcounty.gov

- Shaken Baby Syndrome (SBS) is a severe form of abuse that occurs when a caregiver intentionally shakes a baby, often to stop them from crying.
- Dr. Tanya Minasian, a pediatric neurosurgeon at Loma Linda University Children's Health, discusses how to keep your baby safe and prevent Shaken Baby Syndrome (SBS) or Abusive Head Trauma (AHT). It is Never ok to Shake a Baby - Video
- SBS occurs when a baby is forcefully and violently shaken, leading to serious injuries. Up to 3,000 babies suffer from this form of abuse each year.
- SBS is the #1 cause of death and disability in children under 2 years old. 25% of babies affected die, while 80% suffer permanent brain damage.
- The Inland Empire has one of the highest rates of child abuse in the country.
- A baby's head is large and heavy, with weak neck muscles and an underdeveloped brain. When a baby is violently shaken, the brain moves back and forth inside the skull, leading to severe damage.
- Shaking a baby can cause brain damage, including tearing of nerves and veins, bleeding in the brain, lack of oxygen, bleeding behind the eyes, and spinal injuries.
- Early signs that a baby has been shaken include difficulty breathing, pauses in breathing, blue or dusky skin tone, irritability, seizures, vomiting, inability to make sounds, excessive sleepiness, or coma.
- If a child survives their injuries, they often suffer from severe disabilities, including learning disabilities, behavioral disorders, speech delays, seizures, hearing and vision loss, broken bones, and paralysis.
- Recognizing signs of frustration can help prevent SBS. Warning signs include heart pounding, rapid breathing, clenching hands or jaw, and thinking or saying negative remarks toward the baby.
- Managing stress and frustration is key—place the baby in a safe space, take a break, and seek emotional support. Never shake a baby.
- Safe ways to calm a crying baby include gentle swaddling, rocking, or simply placing the baby in their crib and walking away to take a break. It is NEVER OK to shake a baby.
- Children's Network, in partnership with Arrowhead Regional Medical Center and Barstow Community Hospital, provides critical information on SBS to all new mothers. Every mother receives a pamphlet, watches a short video, has a conversation with a nurse, and signs a certificate promising never to shake her baby.
- Most SBS injuries or deaths occur at the hands of someone other than the mother, with less than 30% of cases involving the baby's mother.
- The **Purple Crying Program** is an evidence-based initiative developed by the National Center on Shaken Baby Syndrome. The acronym PURPLE stands for:
- **P**eak of crying
- **U**nexpected crying
- **R**esists soothing
- **P**ain-like face
- **L**ong-lasting crying
- **E**vening crying patterns

- **Purple Crying Program – Save the Date!**
  Join us in raising awareness about normal infant crying, safe coping strategies, and the dangers of shaking. Help increase parental confidence and community support—every life matters!
  Program Launch: April 23, 2025
  Contact: Xeneida.brown@hss.sbcounty.gov

CBO Business

Speaker: Karen Rodrigeuz, EquityInAction@dph.sbcounty.gov

- Provided a poll to receive feedback from community partners to decide the preferred discussion topic for April's CBO Collaborative Meeting.

April Learning Topic Poll:

1. Mental Health Awareness
2. High Blood Pressure / Stroke Awareness
3. Asthma and Allergy Awareness

Poll Results – Mental Health Awareness

- *Know Your Rights Training* by Inland Coalition 4 Immigration Justice
  When: March 11th, 2025
  Time: 9 AM – 10:30 AM
  Where: Virtual
  - Gain essential knowledge about your rights and how to safeguard yourself and your community. To request a training for your organization, fill out ICIJ's form here: ICIJ Technical Assistance Form

Community Partner Roundtable

- **Behavioral Health** invites all high school students in San Bernardino County's 2nd District to create a 30-60 second video raising awareness about the dangers of fentanyl. Supervisor Jesse Armendarez, along with the San Bernardino County Department of Behavioral Health and Public Health, is hosting a Red-Carpet Film Screening and Awards Ceremony to honor participants for their impactful work in The Reel Reality: Fentanyl Awareness Film Contest. The event will take place on April 10th, with check-in beginning at 5 PM at Harkins Theaters Chino Hills 18 - Crossroads Entertainment Center (3070 Chino Ave, Chino Hills, CA 91709). Submit a short film or register for the red-carpet event:
  Reel Reality: Fentanyl Awareness Film Festival - 2nd District | April 12, 2025

- **Telecare Corporation** collaborates with the Crisis Stabilization Unit – Merrill Center, a 24-hour mental health urgent care facility for all ages. This center operates 24/7 as an alternative to hospitalization, providing immediate mental health treatment. Services include psychiatrists, nurses, therapists, and counselors, as well as medication refills. No appointment is required, walk-ins are welcomed.
  346_2023_Brochure_Merrill+Center_vFINAL.pdf

- **The Community Hospital of San Bernardino - Health Education Center** is hosting educational classes on diabetes, heart health, first aid (non-certified), and nutrition. Additionally, they offer free clinics on the 1st and 3rd Thursday of each month in Rialto, San Bernardino, and Fontana.
  Classes & Events | San Bernardino Hospital | Dignity Health | Dignity Health.

- **St. Johns Community Health** operates mobile clinics throughout the Inland Empire. To book a mobile clinic, contact *Chayenne Ofo-ob* at Cofoob@sjch.org.

- **St. Johns Community Health** also offers individual and group counseling for the LGBTQAI+ community (ages 14-25). This 8-week program includes weekly group sessions led by a clinician on Wednesdays at 2:30 PM at 1500 N. Waterman Ave., San Bernardino.
  Contact: Mitzi Angulo | Ph: (323) 337-5304 | Email: Mangulo@sjch.org.

- **The Center for Community Action and Environmental Justice (CCAEJ)** provides community services related to asthma, respiratory diseases, and cancers, emphasizing the impact of industrial pollution on air, water, and land.
  Get involved: CCAEJ Volunteer Form.

- **IEHP & Friends of Family Health Center** will host its Spring Health Fair on March 29th from 10 AM – 2 PM at 1129 W. 4th St., Ontario, CA 91762.

- **MALO** is holding its 3rd Annual Family Health & Wellness Fair on April 5th from 8:30 AM – 5 PM. For location details, email Malo2016ont@gmail.com.

- **Health and Wellness Corp.** will be hosting its *4th Annual Total Wellness Health Fair* on April 12th at 11 AM at Joe Sampson Park 650 West Randall Ave, Rialto CA 92376.

- **Walnut Tribe** provides support groups for prostate cancer survivors and their families. Meetings are held twice a month:
  - 1st Wednesday of the month – Riverside
  - 3rd Tuesday of the month – Rialto

- **Operation Grace** hosts monthly giveaways on the 4th Tuesday of each month, beginning at 9 AM (while supplies last).
  Contact:Twilliamson@operationgrace.com.

  Please reference our Material Share-out emails for more events and resources!

The next meeting will be on
April 1st
Via ZOOM
9 AM – 10:30 AM

As a reminder we will NO longer be on Microsoft Teams