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SAN BERNARDINO COUNTY

Public Health
Health Equity

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CBO Collaborative Meeting Summary

November 05, 2024

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. Michael Sequeira, Michael.Sequeira@dph.sbcounty.gov

Dengue Fever

- Dengue Fever is a viral infection. It is a flu-like illness characterized by fever, muscle, bone, or joint pain, nausea, vomiting, swollen glands, and rash. Dengue fever is also known as "break bone fever."
- 50 – 60% of dengue fever is asymptomatic.
- Dengue Fever is a vector-borne disease transmitted by mosquitoes specifically the *Aedes aegypti* species.
- There has been 1 reported case of Dengue Fever in San Bernardino County in 2024.
- Reminder to get your vaccinations to protect you from influenza (flu), RSV, and COVID-19.
  Dengue | Dengue | CDC
  My Turn - California Vaccine Scheduling & Information

Avian Influenza (H5N1)

- H5N1 is a novel influenza virus that has migrated to California and has been detected in dairy cows.
- H5N1 is found in birds, dairy cows, and other animals. There are 170 dairies with H5N1 and 21 humans that have contracted the virus in the United States.
  CDC A(H5N1) Bird Flu Response Update November 4, 2024 | Bird Flu | CDC

San Bernardino County Department of Public Health - Program Updates

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

- Coordinates the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP) for San Bernardino County
- There are 3 priority areas identified: Behavioral Health, Injury and Violence Prevention, and Chronic Disease.
- To align strategies CVS is hosting monthly implementation committee meetings. The committee meets the second Tuesday of each month from 1 PM – 3 PM.
  CVS CHIP 2024-2029

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Grant Funding Opportunity: AB 762 CalVIP Grants

- The AB 762: California Violence Intervention and Prevention (CalVIP) grant program is designed to support effective community initiatives aimed at reducing gun violence in communities disproportionately impacted by such violence. This includes counties with cities that have experienced high levels of gun violence, as well as tribal governments.
- Organizations interested in this opportunity are encouraged to apply and contribute to enhancing community safety and well-being.
  AB 762: California Violence Intervention and Prevention Grant Program. | Digital Democracy
  California Violence Intervention and Prevention (CalVIP) Program – BSCC

Preparedness & Response Program (PRP): Naomi Orantes**,** naomi.orantes@dph.sbcounty.gov & Lizette Acevedo, lizette.acevedo@hss.sbcounty.gov

- PRP is conducting a Jurisdictional Risk Assessment survey to help identify risks and hazards prevalent in San Bernardino County.
- Everyone is encouraged to fill out the survey to assist in developing the five-year plan. This information will help create training and exercises to better prepare us for emergencies and hazards that affect San Bernardino County.
  Qualtrics Survey | Qualtrics Experience Management

Environmental Health Services (EHS): Esteban Silva-Garcia, esteban.silva-garcia@dph.sbcounty.gov

- The Mosquito and Vector Control (MVC) Program manages mosquitoes and other vectors that transmit diseases.
- If you have issues with mosquitoes, contact Mosquito and Vector Control at (800) 442-2283 for a free inspection to help identify the sources for mosquitoes.
- It's important to stop mosquitoes at their water source. *Aedes aegypti* mosquitoes lay eggs in anything that holds water (as small as a water cap).
  Mosquito and Vector Control – Environmental Health Services
  Mosquito and vector control program - Flyer
  PREVENT INVASIVE AEDES MOSQUITOES

Health Equity Program (HEQ): Austin Wells**,** austin.wells@dph.sbcounty.gov

- Vaccine Equity Workgroup formed with community partners and members to co-create strategies tackling vaccine equity.
- There are monthly workgroup meetings to create strategies and action planning.
- The next meeting will be held virtually on November 20th from 2 PM – 3 PM. If you're interested in attending sign up with link below:
  Health Equity Mailing List Sign-Up

Animal Care Program: Emely Orellana, emely.orellana@dph.sbcounty.gov

- The Veterans Day Pet Adoption event will take place from November 8th to November 15th, cats will be $10, and dogs will be $20. All pets come microchipped, most vaccines, and are spayed/neutered.
- Download the thinknlocal.com app and snap a photo of your receipt from November 18th – 21st, 2024 to support Animals aRe First Fund (ARFF) by shopping locally at:
  - Septembers Taproom & Eatery
    1285 W. Renaissance Pkwy.,
    Rialto, CA 92376

  Animal aRe First Fund w Septembers Rialto-ThinkNLocal-11-18-2024.pdf

Dignity Health Community Hospital of San Bernardino – Heart Health

Presenter: Michelle Marquez, Michelle.Marquez@commonspirit.org

- Heart disease refers to different conditions that affect the heart and blood vessels and is the leading cause of death in the U.S.
- Heart disease can be prevented with healthy lifestyle choices.
- There are different types of heart disease:
  1. *Coronary artery disease*
     - Occurs when the coronary arteries become narrowed or blocked due to plaque buildup reducing blood flow to the heart muscle.
  2. *Heart attack*
     - Occurs when the blood flow to a part of the heart is blocked (blood clot, plaque buildup).
  3. *Heart failure*
     - Occurs when the heart is unable to pump blood effectively. This is caused by conditions such as coronary artery disease, high blood pressure, cardiomyopathy, and damaged heart valves.
  4. *Arrhythmias*
     - This has to do with problems with the heart's rhythm causing it to beat too fast, slow, or irregularly.
  5. *Cardiomyopathy*
     - It is a condition with an abnormal heart muscle.
  6. *Heart valve disease*
     - Involves problems with the valves that regulate blood flow through the heart's chambers.
  7. *Congenital heart disease*
     - There is a heart problem with the formation of the heart before birth.
  8. *Stroke*
     - It is a condition that affects the blood vessels in the brain. *An ischemic stroke* happens when a blood clot blocks a blood vessel in the brain. *A hemorrhagic stroke* happens when a blood vessel in the brain ruptures.
- Symptoms: chest pain, shortness of breath, pain in jaw, neck, back, or arms, fatigue, palpitations, swelling, lightheadedness/dizziness, nausea, indigestion, and stomach pain.
- Risk factors: age, family history, race/ethnicity, high blood pressure, high cholesterol. Smoking, diabetes, obesity, unhealthy diet, physical inactivity, and excessive alcohol use.
- Prevention steps of heart disease:
  - *Healthy habits:* limit sodium and sugar intake, healthy meals and snacks, stop/don't smoke, limit alcohol, keep a healthy weight, and regular physical activity.
  - *Health management:* Keep blood pressure under control, check your cholesterol, regular checkups and screenings, manage diabetes, take medications as prescribed, and work with your healthcare team.
- Community Hospital San Bernardino hosts free community classes. Visit the link below: Classes & Events | San Bernardino Hospital | Dignity Health | Dignity Health

Pacific Clinics – Heart Health: Mindfulness

Presenter: Beckie Hollingshed, Bhollinghshed@pacificclinics.org

- Mindfulness is the quality or state of being conscious or aware of something.
- The heart-focused breathing technique is a self-regulation technique that reduces stress reactions:
  1. Bring your attention to your chest and feel your heart.

2. Inhale for 5 seconds and exhale for 5 seconds – this helps slow down your breathing.
3. Repeat**.**

- Mindful practices that you can incorporate are grounding, breathing exercises, meditation, sensory exercises, accepting yourself, and being present.
- The benefits of practicing mindfulness allow you to self-reflect, improve your sense of well-being, improve your mental health, and improve your ability to focus.
  Mindfulness-Based Stress Reduction

CBO Business

Presenter: Bernadette Beltran**,** EquityInAction@dph.sbcounty.gov

- We are excited to share that registration is now open for the December in-person CBO Collaborative Meeting, *Rising Together: Deepening Community Connections*! Please RSVP by **November 29**, **2024.**
  In-Person CBO Collaborative Meeting Tickets, Tue, Dec 3, 2024 at 2:00 PM | Eventbrite

Community Partner Roundtable

- **Merril Crisis Stabilization Unit** is a 24-hour mental health urgent care that provides behavioral health services.
  Crisis & Emergency Support — Telecare

- **UCR Inland Southern California Climate Collaborative** is hosting its *December Mixer* on December 6th from 5 PM – 7 PM at the Gateway Café.

- **Community Health Systems** is hosting its *Day of Giving Event* on November 22nd from 2 PM – 4 PM at its Bloomington location.

- **Community Health Systems** is hosting its *Holiday Smiles Event* on December 19th from 1:30 PM – 4 PM. Location: 18601 Valley Blvd, Bloomington.

- **Morongo Basin Healthcare District** is planning the next health fair for May of 2025.

- **American Heart Association Hypertension Summit –** American Heart Association on November 12th from 12 PM – 1:30 PM. Register here:
  Webinar Registration - Zoom

- **Options for All** will be hosting its *Fall Festival* on November 15th from 2 PM – 6 PM. Location: 1407 N Arrowhead Ave, San Bernardino.

- **High Desert Sports Foundation** will be hosting its *Holiday Homebuyer Workshop* on December 7th from 10 AM – 2 PM. Location:
  9650 7th Avenue Hesperia.

- **Sigma Beta Xi** is hosting its *Community Circle: Overcoming COVD-19 Effects* on December 13th. Location: 21125 Day st. suite E303, Moreno Valley, CA 92557.

The next meeting will be in person on
December 3rd from 2 PM – 4 PM