



Public Health Health Equity

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CBO Collaborative Meeting Summary

February 03, 2026

Purpose

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

Public Health Officer Update

Speaker: Dr. Sharon Wang, EquityInAction@dph.sbcounty.gov

Current Influenza and Respiratory Virus Season

- Influenza hospitalizations are trending upward; outpatient visits are slowly increasing.
- The predominant flu strain this season is H3N2, subclade K.
- The current flu vaccine match is similar to previous years (about 30–40% effectiveness). While it's not 100% protective, the flu vaccine reduces severity, morbidity, and risk of hospitalization.
- Children are testing positive for flu more often than adults; RSV cases are also increasing.
- COVID-19 activity remains low and steady.
- This flu season has seen the highest number of pediatric flu deaths compared to previous years.
- Flu vaccination is recommended for everyone 6 months and older.
- CDPH issued a health advisory recommendation:
 - Test early if experiencing flu-like symptoms (fever, cough, body aches).
 - Stay home if ill.
 - Use rapid home test kits or clinic testing (including combination flu A/B and COVID tests).
 - If negative but symptoms worsen, repeat testing.
 - PCR testing is available for severe cases.
- If positive and high-risk, start antivirals (e.g., Tamiflu) within 72 hours of symptom onset.
- Pediatric and high-risk individuals who test positive should see a doctor immediately for antiviral treatment.
- Three pediatric flu deaths have been reported statewide (none in San Bernardino County).
- Antivirals reduce the severity and duration of illness and are most effective when started early. Healthy individuals with mild flu should stay home; high-risk individuals should consult a doctor about antivirals.

Measles

- There were 2,242 new cases of measles in the U.S in 2025, making this the largest number of new measles cases seen in the U.S since 1991.
- As of January 22, there were 416 confirmed measles cases reported in the U.S in 2026. This was amongst 14 states, including California.

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- Measles virus was recently detected in wastewater in Ontario, CA. This is an early warning sign of the virus being known in San Bernardino County.
- Measles is highly contagious among unvaccinated people. The MMR vaccine is safe and highly effective.

San Bernardino Countywide Vision: Community Vital Signs

Community Vital Signs, Nicolette-Ashley Carlos, Nicolette-Ashley.Carlos@dph.sbcounty.gov

- **Vision Statement:** We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government.
- Full San Bernardino Countywide Vision Statement available at: [CAO Vision – San Bernardino CountyWide Vision](#)
- The Vital Signs Initiative is responsible for supporting the Countywide Vision, which focuses on fostering collaboration across sectors to build a vibrant, healthy, and resilient county for all residents.
- Its goal is to bring together partners to coordinate efforts, share resources, and develop strategies that advance the goals of the San Bernardino County Community Transformation Plan.
- The community health priorities are:
 - **Behavioral Health:** Improve mental health and reduce substance misuse in San Bernardino County
 - **Injury and Violence Prevention:** Decrease incidences of violence in San Bernardino County
 - **Chronic Disease:** Decrease morbidity and mortality rates for chronic diseases in San Bernardino County
- Vital Signs is currently organizing community listening sessions to hear directly from San Bernardino County residents about whether the priority health issues have changed and how they continue to impact their lives and communities.
- If your organization serves residents affected by these three health issues, Behavioral Health, Chronic Disease, and Injury and Violence Prevention, especially communities that are most underrepresented, we would love to connect to explore an opportunity for co-hosting a community health forum. The findings from these forums will help ensure the voices of our community residents are included.
- If you are interested in co-hosting a Community Health Forum or promoting them to your community, fill out this interest form: [Community Forum Partner Interest Survey](#) or email EquityInAction@dph.sbcounty.gov

Rural Health Outreach

Inland Empire Health Plan, Marci Coffey, Coffey-M@iehp.org

- IEHP began their Rural Area Support Collaborative (RASC) to address the problem that rural areas have faced with challenges regarding access to care, community, and wellness.
- The focus of these collaboratives is to develop a working relationship with key stakeholders in the respective communities.
- The regions of focus are Needles and Yucca Valley. Monthly meetings are hosted for each region to discuss shared experiences, challenges, and provider concerns in the area.
- Since RASC started, there have been major accomplishments within this group. A few to highlight are:
 - (Needles) Palo Verde Community College Healthcare Pathways received \$8,000 scholarship for pathways.
 - (Needles/Yucca Valley) Exploring Telehealth/virtual options for specialties.

- (Needles) Tri State Behavioral Health – Behavioral Health is now included in Tri State contract as of 11/01/2025.
- (Yucca Valley) Provided sponsorships for local food banks and supporting Morongo Basin Healthcare District's efforts in refrigeration units for community pantry.
- Please reach out to EquityInAction@dph.sbcounty.gov if you would like time reserved to share any updates during our Rural Health section and share the great work you're doing!

Monthly Learning Topic: American Diabetes

American Diabetes Association, Judith Martinez, JuMartinez@diabetes.org

- The mission of the American Diabetes Association is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. The American Diabetes Association advocate for policy changes and health equity at the federal, state, and local levels.
- Diabetes is a public health crisis. 1 in 10 Americans are living with Diabetes today.
- American Indian and Alaska Native adults are almost twice as likely to be diagnosed with diabetes.
- Black and Hispanic adults are more than 70% more likely to be diagnosed with diabetes.
- Asian American adults are 25% more likely to be diagnosed with diabetes.
- What is prediabetes?
 - Blood glucose (blood sugar) levels are higher than normal but aren't high enough to be diagnosed with diabetes.
 - 97.6 million American adults have prediabetes.
 - Can lead to type 2 diabetes
 - If detected early, it can be reversed and prevented.
 - Find out if you're at risk by visiting diabetes.org/diabetes-risk-test
- Diabetes: Blood glucose levels rise higher than normal.
- Your diet is important because your body breaks food down into glucose and sends it to the blood. Insulin then helps move glucose from the blood into your cells. Glucose is taken into your cells and used either as fuel for energy or stored. However, with diabetes, insulin production becomes an issue, and its effects differ depending on the type of diabetes.
- Symptoms of diabetes include urinating often, feeling very thirsty, hungry even while you're eating, extreme fatigue, blurry vision, and wounds healing slowly.
- **Type 1:** Your immune system destroys the beta cells by mistake in your pancreas that make insulin.
- **Type 2:** Your body does not use insulin properly and is known as insulin resistance.
 - Risk factors include being overweight, physical inactivity, genetics, family history, race, age, and high blood pressure.
- **Gestational Diabetes (GDM):** A type of diabetes that develops during pregnancy. If your blood glucose levels return to normal after giving birth, then you are at higher risk for developing type 2; however, if blood glucose does not return to normal, then you will be diagnosed with type 2.
- **Diabetes Treatment:** Meal planning, increase physical activity, medications (oral, insulin, injectable).

CBO Business

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

Observance Learning Topic Poll:

1. Black Maternal Health
2. Donate Life Month

3. Infant Immunization

Poll Results – Black Maternal Health

Reminder: The topics listed above are observances for April. We present these topics a month in advance, which will be March, so you have time to prepare for sharing information or hosting events during the observance month.

New Meeting Platform:

We have transitioned the CBO Collaborative meeting to Microsoft Teams. A new meeting invitation has already been sent. If you did not receive the calendar invite, please email EquityinAction@dph.sbcounty.gov to have it forwarded to you, or sign up for our mailing list to receive future invitations automatically: [Health Equity Mailing List Sign-Up](#)

We encourage you to fill out our survey — All feedback will help us to better support our community.
[CBO Collaborative Feedback](#)

Community Partner Roundtable

- **Morongo Basin Healthcare District** is hosting their annual Community Health Fair on May 2nd at the Yucca Valley Community Center. If you are interested in participating as a vendor or want more information, please contact: Dianna Anderson Danderson2@mbhdistrict.org.
- **Community Health Systems Inc.** is opening their new health center in Apple Valley on March 2nd. There will be primary care services for families, pediatrics, behavioral health resources for adults both virtual and in person, and chiropractic services. For more information contact: Kimberly Bracone k.bracone@chsica.org
- **Vernon Dental** has opened up their services with their periodontist, and they do take Medi-cal. They also offer educational presentations for parents. If you are interested in learning more, contact: j.vernondental@gmail.com

The next meeting will be on
Tuesday, March 3, 2026
9:00 AM – 10:30 AM
Via Microsoft Teams