



## Public Health Health Equity

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### CBO Collaborative Meeting Summary

October 07, 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

**Speaker: Dr. Sharon Wang, [EquityInAction@dph.sbcounty.gov](mailto:EquityInAction@dph.sbcounty.gov)**

##### Cancer Awareness

- Dr. Wang highlighted the monthly observances Prostate Cancer and Breast Cancer Awareness.
- **Prostate Cancer:** the most common cancer among men. The prostate is a small, walnut-shaped gland found only in men.
- Diagnosis is confirmed through a prostate biopsy.
- Approximately 1 in 9 men are diagnosed with prostate cancer. The risk increases to 1 in 6 for African American men.
- Screening is recommended for men ages 55-69.
- Though many men are asymptomatic, these are common symptoms: persistent lower back pain, weak urine flow, difficulty starting urination, incomplete bladder emptying, blood in urine or semen.
- Screening is performed through a digital rectal exam performed by your primary care physician.
- Research shows a link between diet, obesity, and prostate cancer risk.
- **Breast Cancer:** the most common cancer among women with breast tissue and the second leading cause of death after lung cancer.
- Common symptoms: nipple retraction, enlarged lymph nodes in the armpits, nipple discharge, lumps or swelling, changes in breast shape.
- The average age of diagnosis has decreased from age 50+ to age 40.
- Annual mammograms are recommended beginning at age 40.
- Most breast lumps found are not cancerous.

#### San Bernardino Countywide Vision

**Community Vital Signs, Nicolette-Ashley Carlos, [Nicolette-Ashley.Carlos@dph.sbcounty.gov](mailto: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.

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- Full San Bernardino Countywide Vision Statement available at: [CAO Vision – San Bernardino CountyWide Vision](#)
- **Community Vital Signs** advances the County's wellness goals through cross-sector collaboration aligned with the San Bernardino County Community Transformation Plan.
- The **San Bernardino County Community Transformation Plan** launched one year ago to address health issues identified by the community.
- 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
- **Upcoming Community Health Forums:** Community Vital Signs will be hosting community health forums that are community led and driven. These sessions aim to reconnect with members of each community and ensure that the conversations center around the voices of the people, allowing them to share their experiences with existing health issues as well as discussing any new or emerging concerns.
- Starting in November 2025 and continuing through Spring 2026, Community Vital Signs will hold 10 community health forums. These forums are designed to engage special populations, promote transparency, encourage participation, and gather personal stories related to the impact of health challenges in the county.

#### Get Involved

- If you serve an underserved, underrepresented, or impacted population, we invite you to collaborate with us and co-host a health forum in your community.
- If you're interested in co-hosting a Community Health Forum, or promoting these forums within your network, please fill out the [Community Forum Partner Interest Survey](#) or reach out to Nikesha Williams at [Nikesha.Williams@dph.sbcounty.gov](mailto:Nikesha.Williams@dph.sbcounty.gov) for more information.
- To join a workgroup or implementation committee, contact: [Dori.Baeza@dph.sbcounty.gov](mailto:Dori.Baeza@dph.sbcounty.gov)
- Learn more at [Community Vital Signs Initiative](#)

#### Alzheimer's Awareness

**Alzheimer's Association, Susan Carroll, [s.carroll5338@sbcglobal.net](mailto:s.carroll5338@sbcglobal.net) & Arlene Bruins, [abruins@alz.org](mailto:abruins@alz.org)**

- The Alzheimer's Association leads the way to end Alzheimer's disease and all other dementias by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.
- Dementia is a general term for the loss of memory and other cognitive abilities severe enough to interfere with daily life.
- Alzheimer's disease is the most common type of dementia. It affects memory, thinking, and behavior. Symptoms worsen over time and eventually interfere with daily tasks.
- **Key Statistics:**
  - Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.
  - Hispanic Americans are 1.5 times as likely to develop the disease as White Americans.
  - Nearly two-thirds of Americans living with Alzheimer's are women.
- Caring for someone with Alzheimer's can take a physical, emotional, social, and financial toll on family caregivers.
- Common **warning signs** of Alzheimer's include:

- Memory loss that disrupts daily life
- Difficulty planning or solving problems
- Trouble completing familiar tasks
- Confusion with time or place
- Problems understanding visual images
- New issues with speaking or writing
- Misplacing items and losing the ability to retrace steps
- Withdrawal from work or social activities
- Changes in mood or personality
- While there is currently no cure for Alzheimer's, treatments are available that may slow disease progression and help manage symptoms such as memory loss and confusion. Both drug and non-drug therapies can offer support.
- Support your brain health by:
  - Challenging your mind
  - Staying physically active
  - Eating a healthy diet
  - Maintaining a healthy weight
  - Protecting your head
  - Getting quality sleep
  - Managing blood pressure and diabetes
- For free, confidential support is available 24/7, call the Alzheimer's Association Helpline at (800) 272-3900.

### CalAIM Services

**Pacific Clinics, Jenalyn Santos,** [jenalyn.santos@pacificclinics.org](mailto:jenalyn.santos@pacificclinics.org)

- CalAIM is a multi-year initiative aimed at transforming the Medi-Cal system to better integrate health care with social services. Its goals are to improve quality outcomes, reduce health disparities, and drive system-wide transformation.
- Pacific Clinics offers services under the CalAIM program:
  - **Enhanced Care Management (ECM)**
  - ECM supports high-need enrollees by coordinating both clinical and non-clinical services. Key activities include outreach and engagement, health promotion, transitional care, family and member support, and referrals to community and social services.
  - **Community Supports: Housing Assistance and Day Habilitation**
  - Day Habilitation provides group life-skills training to help Medi-Cal members acquire or strengthen self-help, social, and adaptive skills for successful community living.
  - Training modules (5 hours each) cover: housing support, job skills, financial management, daily living, and interpersonal skills.
- For ECM and Community Supports referrals or inquiries:  
Pacific Clinics Centralized Call Center: (833) 426-0754  
Online: FindHelp.org

### CBO Business

**Speaker: Karen Rodriguez,** [EquityInAction@dph.sbcounty.gov](mailto:EquityInAction@dph.sbcounty.gov)

**November Learning Topic Poll:**

1. Disabilities Awareness
2. AIDS Awareness
3. Homecare/Hospice Awareness

**Poll Results – Disabilities Awareness**

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

The CBO Collaborative virtual meetings will transition back to Microsoft Teams in January. We will send a new meeting link after the December 2025 meeting.

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

#### Community Partner Roundtable

- **San Bernardino County, Department of Behavioral Health:** The Reel Reality: Fentanyl Awareness Film Contest 2<sup>nd</sup> District [film submissions](#) are due on October 30, 2025 at 5pm. The contest screening event will happen on November 13, 2025 from 4:30 – 6:30pm at Starlight Terra Vista in Rancho Cucamonga.  
For more information, visit: [Reel Reality: Fentanyl Awareness Film Contest - 2nd District | November 13, 2025](#)
- **San Bernardino County, Children's Network** will be hosting a training, "Utilizing Motivational Interviewing while Engaging Fathers". The training will happen on November 19, 2025 from 8:30am – 4:30pm at San Bernardino Valley College.  
For additional details, visit: [Utilizing Motivational Interviewing while engaging fathers Tickets, Wed, Nov 19, 2025 at 8:30 AM | Eventbrite](#)

The next meeting will be on

**Tuesday, November 4<sup>th</sup>**

**9:00 AM – 10:30 AM**

Via Zoom: [CBO Collaborative Meeting Link - Zoom](#)