



San Bernardino County Community-Based Partner Collaborative
February 6, 2024

Purpose

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

Public Health Officer Update

Presenter: Dr. Michael Sequeira

- San Bernardino County declared a State of Emergency on February 4th in anticipation to the extreme rain and snow that occurred between February 4th - 7th.
- In a matter of 72 hours 12 inches were reported in Lytle Creek, 11 inches in the Day Canyon (Rancho Cucamonga) area, 6.5 to 9 inches in the Mountain communities, 5 to 8 inches throughout the Valley and about 2 inches in the High Desert. Please keep track of road closures in your area during Winter storms.

San Bernardino County Department of Public Health Updates

COVID-19 General Update

- COVID-19 is not over, the JN.1 strain is responsible for 97% of all the circulating variants and continues to infect people at a rapid rate.
- New studies show that COVID-19 vaccines still make a difference in reducing infections by 50%, hospitalizations by 90% and deaths by 98%.
- Please visit [COVID-19 Isolation Guidance \(ca.gov\)](https://www.ca.gov) for the latest COVID-19 Guidance.
- For general information about COVID-19 and related resources, check out our main page. Our COVID-19 ArcGIS dashboard is updated once a month:
 - [SBCOVID-19 – San Bernardino County Covid-19 Response \(sbcovid19.com\)](https://sbcovid19.com)
 - [Vaccinations | COVID-19 Dashboard Hub \(arcgis.com\)](https://arcgis.com)

Health Equity

- The Joint COVID-19 Vaccine Equity Workgroup meets every first Wednesday of the month. Community members and organizations are invited to join us at the next meeting on **March 6, 2024**.
- A lot of progress has been made with promoting the COVID-19 vaccine throughout the County since the initial vaccine rollout, despite the progress we are aware that residents still face barriers and hesitations in getting vaccinated. The goal of this workgroup is to understand the barriers and provide an open space for these concerns to be recognized.

Community Vital Signs (CVS)

- The Community Health Improvement Plan is in action, updates on the timeline of the strategic plan were demonstrated. Expressed the importance in depending on the commitment and availability of the community and community partners to progress forward with the Community Health Improvement Plan.
- The committee is now focused on reaching out to cross-sector partners and stakeholders that share the same commitments that align with CVS's goals. Any

organization that works within the sectors of chronic illness, injury/violence, or behavioral health are called to act and participate in CVS's workgroups. For more information, please contact Dori Baeza dbaeza@dph.sbcounty.gov or reach out to us to be connected.

- The three workgroups meet on the following days:
 - Chronic Disease: January 9th and 23rd
 - Injury/Violence: January 16th and 30th
 - Behavioral Health: March 5th, 12th, 19th, and 26th

Heart Health Month

Presenter: Dr. Silvia Caswell (Silvia.Caswell@dph.sbcounty.gov)

- February Monthly Observance: Heart Health Month
 - Theme: **Love your Heart, Love your Health**
- Cardiovascular disease – a term for several medical conditions involving the heart or blood vessels. (I.E heart failure, stroke, heart attack, heart disease, etc.) The most prominent is heart disease and stroke.
- Depicted the burden of cardiovascular disease nationally and locally. In the US, heart disease is the leading cause of death for both males and females. Locally the County of San Bernardino is not doing too well with about 493 deaths per 100K due to cardiovascular disease.
- As people age, heart disease becomes more of an issue. People die of heart disease as early as age 25.
- African Americans are twice as likely to die of heart disease than non-Hispanic Asians or Pacific Islanders.
- Summarized type of risk factors for developing cardiovascular disease:
 - **Non-modifiable risk factors** “load the gun” (age, gender, genetic, race and ethnicity) the things you **cannot change**.
 - **Modifiable risk factors** “pull the trigger” (high blood pressure, smoking, diabetes, physical inactivity, obesity, high blood cholesterol) the things you **can change**.
 - Other factors such as: socioeconomic status, food insecurity, physical environment, job status, income, community safety, and transportation can induce chronic or cardiovascular disease development.
- Identifying lifestyle modifications and other strategies related to the social determinants of health (SDOH) are important to improve heart and overall health. Some preventive factors identified are:
 - **Nutrition** plays a big role in cardiovascular health. Strong evidence for dietary patterns associated with decreased risk of developing heart attack and strokes when more vegetables and fruits are consumed.
 - **Physical Activity** such as brisk walking for 150 minutes, running for 75 minutes, or some kind of vigorous activity per week lowers risk of developing cardiovascular disease.
 - **Tobacco** smokers are two to four times more likely to get heart disease than non-smokers, thus everyone should quit.

Arrowhead Reginal Medical Center

Presenter: Brandy Arthur, RN, BSN, MBA (arthurb@armc.sbcounty.gov,)

- ARMC Integrated Community Health Program alongside their partnerships provide primary and specialty care services in San Bernardino County. The three components of program are:

- **Mobile Medicine Clinics:** Outreach program providing medical services to the underserved neighborhoods and remote areas. They run three mobile units, one for primary care and the other two being their Breathmobiles for pediatric asthma services.
- **Digital and Tele-Health Services:** Offer virtual visits, remote monitoring, and 24/7 access to MyChart where appointments, prescriptions, and lab results can be accessed.
- **Street Medicine Program:** Developing program focused on providing care to the homeless population where they are through community outreach, providing resources, and administering preventive care services. As of now the services are conducted by one physician, one nurse, and one community health worker.
- If anyone is interested in more information or having a mobile unit at your location, please contact Brandy Arthur ArthurB@armc.sbcounty.gov or 909.580.6145.

Community Partner Roundtable

- Victor Community Support Services hosts their African American Parent Support Group via Zoom meeting every Tuesday at 5:00 p.m. For more information, please contact vickie.davis@victor.org
- Stronger Together Now is hosting their Soul Food Event February 29th. For more information, please contact strongertogethernow.vickie@gmail.com

*Event flyers and material share-out have been sent out already.

**Next meeting will be on
March 5, 2024**