



**METROPOLITAN
HEALTH DISTRICT**

CREC CONVERSATIONS

COVID-19 Community Response and Equity Coalition

THE OFFICIAL CONVERSATION NEWSLETTER
November 2022 - ISSUE 11

FROM THE STAFF

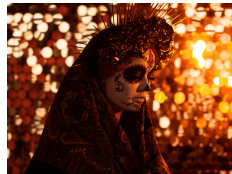
Dearest Reader,

November gales herald us through epic moments as themes of dark and light flicker in our minds like a candle caught in a stormy night. As daylight savings ended November 6th, so too did events embracing remembrances of loved ones lost and loved ones found. Some people chose to celebrate familial gatherings and upheld traditions passed down through generations, while others chose to enjoy a slower pace at work. It is within this season of changes and transitions that we boldly traverse through events that can circumnavigate the courses of our own lives and the lives of our community members.

In this issue of CREC Conversations, we look at all things Covid-19, mpox, and Respiratory Syncytial Virus Infection (RSV). Let us also enjoy information about Dia de Los Muertos, Native American Heritage Month, Trans Awareness Week, and Transgender Day of Remembrance. In a world as uncertain as Texas weather, it behooves us to prepare for a myriad of situations. Let's recap and plan ahead!

Oh, did I forget to mention that the CREC now falls under the umbrella of the Office of Health Equity within the City of San Antonio Metropolitan Health District? With Morjorie White's appointment as the interim Public Health Administrator, she is now at the helm of this integral endeavor. Our CREC team of 5 joined our colleagues (Anayanse Garza, Gisel Prado, and Sandra Imery) to represent the Office of Health Equity as a team of 9.

Without further ado, let's jump right into the rows and columns that you have grown to love, shall we?



SPOTLIGHT



ANAYANSE GARZA

- *I am Esto'k Gna, which is the name for my people in our language. We are Original Peoples of this region. The decolonized name for our ancestral lands in our original language is Somi Se'k.*
- *I encourage people to:*
 - *Educate yourself about the Original Peoples where you live and visit and authenticate this information directly with Original or First Nation Peoples knowledge keepers with their consent.*
 - *Support Native-led projects and efforts by donating or taking actions with the consent from and inclusion of the Original Peoples of the land.*
- *I wear red in support of the efforts to bring attention to our Murdered and Missing Indigenous Women, Girls and 2 Spirit (MMIWG2S) people who are much more likely to go missing, to be under counted, unreported and unsolved in cases of violent crime.*
- *I am proud to be Esto'k Gna and resilient for our future generations and our ancestors.*

COVID-19 UPDATES



COVID-19 Surveillance - Bexar County Weekly Reported Data

Zoom to Zip Code
None

Reporting Date
11/28/2022, 12:00 PM

Reported Cases
655,144
daily change +212

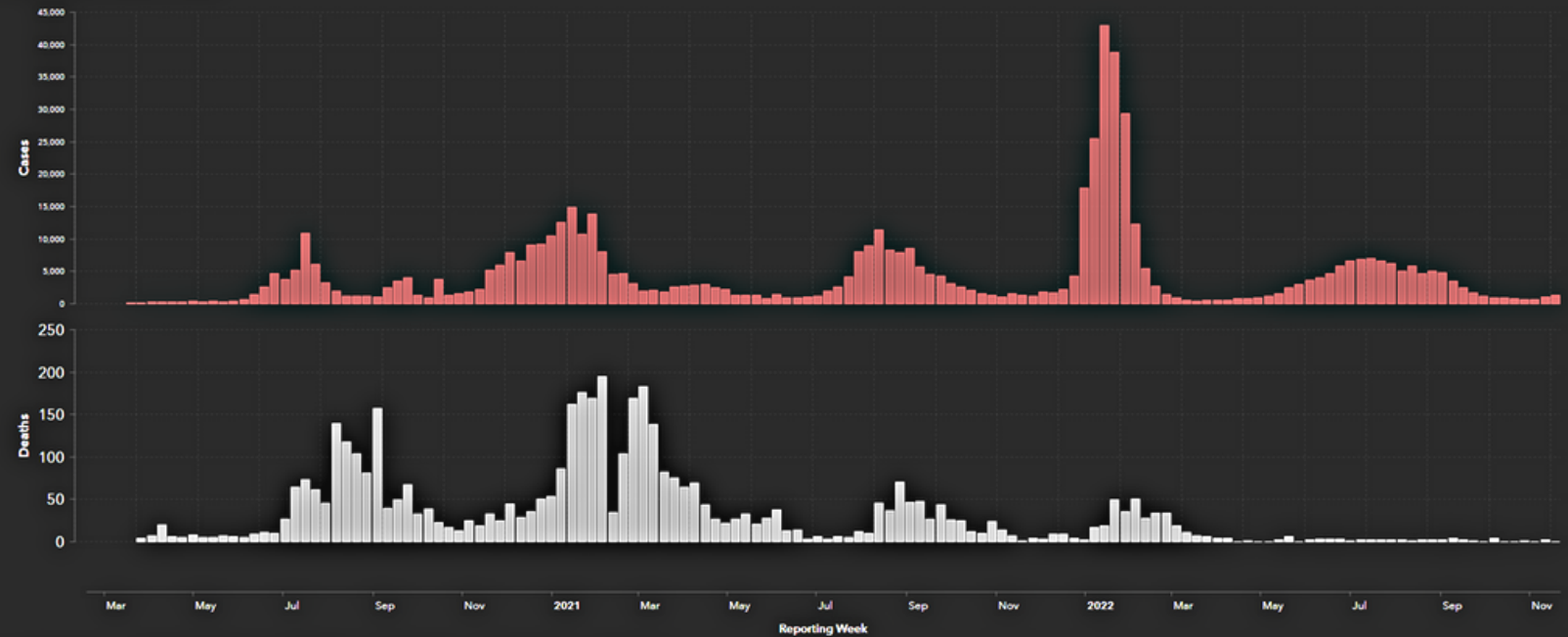
169
7-day moving average
16
change in average

Reported Deaths
5,422
daily change +0

+1
last seven days
The daily change in deaths, are newly reported deaths that have occurred in the last 14 days

Vaccinations
Fully Vaccinated **74.3%**
Population 6 months and over
Bivalent Booster **8.9%**
Population 5 and over

Weekly Reported Cases and Deaths



Weekly Change Cumulative Change Lab Results Hospital Data EMS Transports Information

About:

All data presented in the dashboard comes from the San Antonio Metropolitan Health District (SAMHD) for Bexar County, TX. Data comes from both Texas Department of State Health Services (DSHS) and SAMHD sources. The surveillance data is reported weekly by SAMHD.

All Zip Code data and rates are updated monthly and based on geo-verified locations. The zip code data only includes records that can be validated as within Bexar County.

Definitions:

Reporting Date is the last date of the week being reported (7-day period).

Cases - reported CoVID-19 positive results as reported in the DSHS system and verified by SAMHD.

Deaths - CoVID-19 related deaths verified by SAMHD.

Active Cases and Total Recovered - estimated statistics based on CDC guidelines.

At least One Dose - vaccinations including all fully vaccinated, as well as those who have received one-dose only for CoVID-19.

Fully Vaccinated - those who have been fully vaccinated for CoVID-19.

Rates are all based on instances per 100,000 population.

For the most current information please visit the
City's Vaccination Statistics

[CLICK HERE](#)

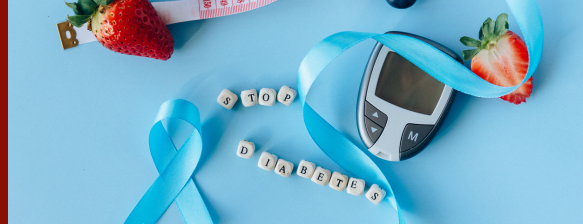


When you have a spiritual foundation, you look at poverty
different then.

- Dennis Banks Ojibwa (Activist, Teacher 1938-2017)



DIABETES



Diabetes 101

Approximately 1 out of every 10 people in the US have diabetes (that's about 34 million people) and about 1 out of every 3 people have prediabetes (about 88 million). Most people with prediabetes are not even aware they have it. Diabetes has become more of an issue in San Antonio & Bexar County than in the US and other parts of Texas. This is why the City of San Antonio Metro Health started the Diabetes Prevention & Control program in 2013.

The Diabetes Prevention & Control program offers services free to the community to help prevent and control diabetes, helping you to live a longer healthier life. Let us know how we can help you make changes, lower your risk, and take control.



Diabetes Prevention

By adopting healthy habits, you can reduce your risk of type 2 diabetes by nearly 60%! The Diabetes Prevention Program will show you how.

This FREE program offers a helpful setting where participants work together in a small group to learn about healthier eating and more physical activity to help lower their risk of developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over 12-months, beginning with 16 weekly sessions followed by 6 bi-weekly & 3 monthly sessions.

To qualify for the Prevent T2 program, participants must be at least 18 years old, overweight (BMI > 25), and be at high risk of developing type 2 diabetes, or already have been diagnosed with prediabetes.*

*Individuals who have already been diagnosed with type 1 or 2 diabetes do not qualify for this program. Please refer to the self-management program for help.

For more information, call (210) 207-8802 or click [here](#) to find a workshop to register for.



I have high blood sugars, and Type 2 diabetes is not going to kill me. But I just have to eat right, and exercise, and lose weight, and watch what I eat, and I will be fine for the rest of my life.

-Tom Hanks

INFLUENZA



Our COVID community level is Low but now “worsening.” Flu, RSV and COVID are swamping children’s hospitals. Learn more about RSV in the [next page](#) from the Community Engagement Alliance against COVID-19 (CEAL). While all three viruses mostly spread through close respiratory contact, RSV also is easily transmitted when people touch surfaces and then touch their faces. Healthy adults can have RSV with minimal, allergy-like symptoms and still pass the infection to others. During this “triple-demic,” handwashing and cleaning surfaces take on extra importance.



These are CDC’s key times you should wash your hands [HERE](#)

Q: Is antibacterial soap better than plain soap?

A: Not really. In 2016, the FDA banned some antibacterial soaps because they were no better than regular soap at preventing people from getting sick and might be unsafe for daily use. They also might raise the chances of antibiotic resistance.

Q: Is bar soap unhygienic?

A: Bar soap and liquid soap are equally effective! [In one experiment](#), people using soap bars that were pre-loaded with bacteria still had clean hands (no detectable germs) after washing.

You can’t tell from symptoms whether you have flu, RSV, COVID or something else. Urgent care centers and doctor’s offices can test for flu and COVID, which are treatable with pills. The pills help prevent hospitalization in people with chronic medical conditions, and need to be started early, within 2-5 days of when symptoms begin.

-C. Junda Woo, MD, MPH
Medical Director / Local Health Authority

FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Clinical Lab

18.2%
positive for influenza
this week

Public Health Lab

The most frequently reported
viruses this week were influenza
A(H3N2).

Virus Characterization

Genetic and antigenic
characterization are summarized
in this report.

LEARN MORE



"I consider myself a perpetual student. You seek and learn every day: from an experiment in the lab, from reading a scientific journal, from taking care of a patient. Because of this, I rarely get bored."

-Anthony Fauci

RESPIRATORY SYNCYTIAL VIRUS (RSV)



RSV is a virus that causes respiratory infections in both children and adults. Almost everyone will have RSV at some point in their life. The “season” for RSV usually starts in the fall.

RSV is the #1 reason babies get hospitalized.

We are seeing a lot of RSV now because the steps we took to protect ourselves against COVID-19 protected us from RSV too. So kids have less immunity to RSV.

RSV infection can be most serious for infants and children under age 5, in whom it can cause pneumonia. Most adults catch RSV early in life and build some immunity. Therefore, infections cause cold-like symptoms and not serious illness, unless they have chronic lung or heart disease.

RSV is spread mainly through mucus on hands or shared surfaces (counters, toys, sinks, etc.) It can also be passed along at very close range with a cough or sneeze.

The main goal for RSV prevention is to protect two groups: infants, and adults with chronic heart or lung disease.

There are no vaccines yet against RSV.

Slow the spread of RSV by:

- Covering coughs and sneezes. Use a tissue or hanky or cough/sneeze into your elbow, not your hands.
- Wash hands often with soap and water for at least 20 seconds.
- Don't share cups, forks, spoons, or napkins.
- Don't shake hands; use a fist bump instead.
- When someone in the home is ill with cold symptoms, wipe down counters, tables, sinks, doorknobs.
- Don't kiss babies if you feel sick.

More information: [HERE](#)

Robert L. Ferrer, MD, MPH

**RSV in Infants and Young Children
Fact Sheet**

Fact Sheet for Older Adults



**Texas
CEAL**

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

– Oprah Winfrey

MPOX UPDATES



World Health
Organization

WHO recommends new name for monkeypox disease

WHO, in accordance with the ICD update process, held consultations to gather views from a range of experts, as well as countries and the general public, who were invited to submit suggestions for new names. Based on these consultations, and further discussions with WHO's Director-General Dr. Tedros Adhanom Ghebreyesus, WHO recommends the following:

- Adoption of the new synonym mpox in English for the disease.
- Mpox will become a preferred term, replacing monkeypox, after a transition period of one year. This serves to mitigate the concerns raised by experts about confusion caused by a name change in the midst of a global outbreak. It also gives time to complete the ICD update process and to update WHO publications.
- The synonym mpox will be included in the ICD-10 online in the coming days. It will be a part of the official 2023 release of ICD-11, which is the current global standard for health data, clinical documentation and statistical aggregation.
- The term "monkeypox" will remain a searchable term in ICD, to match historic information.

[Full Story Here](#)

Currently, the risk of mpox infection to the public remains low. Individuals should be aware of the symptoms of mpox and seek medical attention if they experience new, unexplained rashes or skin lesions. Recently identified cases have involved skin lesions in the genital, groin, and anal regions that might be confused with rashes caused by common diseases, such as herpes and syphilis. Other early symptoms of mpox include fever, chills, and swollen lymph nodes.

**Mpox Case Count Bexar County
As of November 25, 2022
Cases: 175**

***Updates Monday through Friday at 1 p.m.**

Total confirmed mpox/orthopoxvirus
cases in Texas: **2,826**

Total confirmed mpox/orthopoxvirus
cases in the United States: **29,325**

NATIVE AMERICAN HERITAGE MONTH



History

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the Annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.



Hashtags for more investigation:

**#mmiw #nomorestolensisters
#notinvisible #mmiwg #mmiwg2s**



You have to look deeper, way below the anger, the hurt, the hate, the jealousy, the self-pity, way down deeper where the dreams lie, son. Find your dream. It's the pursuit of the dream that heals you.

- Billy Mills (father), Oglala Lakota (1938-)

DIA DE LOS MUERTOS



In Mexico, death rites date from pre-Hispanic rituals represented in murals, painted pottery, monuments, and artifacts, which shows how the Day of the Dead has its origins in the rituals practiced by the indigenous peoples of the Americas. Its precedents date to more than 3000 years ago when the Olmecs and subsequent Toltecs, Mixtecs, Zapotecs, Maya, and Aztecs honored death.

Those who passed are alive in our memories. A continuous echo that at certain occasions becomes louder. As the only answer to many of our questions, death is an integral part of life, and the living and the dead meet in this day to emphasize the importance of death in the cycle of life.

Día de los Muertos acknowledges the symbiotic relationship between life and death. El día de Los Muertos is celebrated on November 1st and November 2nd, in which the spirits of the dead are believed to return home and spend time with their relatives on these two days



THE MEXICAN MUSEUM

In Association with the Smithsonian Institution



LEARN MORE



"The day which we fear as our last is but the birthday of eternity."

– Seneca

TRANS AWARENESS



Each year between November 13 – 19, people and organizations around the country participate in Transgender Awareness Week to help raise the visibility about transgender people and address issues members of the community face.



Transgender Day of Remembrance (TDOR), is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence that year.

Transgender is an umbrella term for persons whose gender identity or expression (masculine, feminine, other) is different from their sex (male, female) at birth. Gender identity refers to one's internal understanding of one's own gender, or the gender with which a person identifies. Gender expression is a term used to describe people's outward presentation of their gender.

REPORT
**AN
EPIDEMIC
OF
VIOLENCE
2022**
FATAL VIOLENCE
AGAINST
TRANSGENDER
AND GENDER
NON-
CONFORMING
PEOPLE IN THE
UNITED STATES

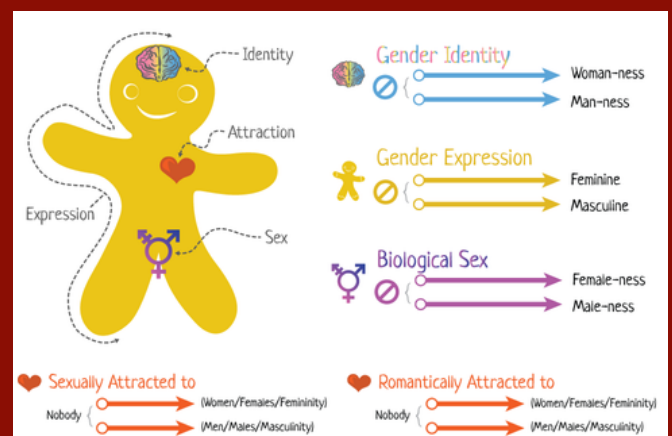


Gender identity and sexual orientation are different facets of identity. Everyone has a gender identity and a sexual orientation, but a person's gender does not determine a person's sexual orientation. Transgender people may identify as heterosexual, homosexual, bisexual, or none of the above.

Read more about Transgender Awareness Week ([Semana de Concientización Transgénero en español](#)), and find out how you can participate.

GLOSSARY OF TERMS: TRANSGENDER

10 THINGS TRANSGENDER PERSONS SHOULD DISCUSS WITH THEIR HEALTHCARE CARE PROVIDER



UPCOMING PARTNER EVENTS



- **Thursday, December 1-2:** UT Health 2022 Virtual IIMS Community Engagement Symposium, CHW CE credits available. More [HERE](#)



- **Friday, December 2:** Great Debates & Updates - Diabetic Foot 8:30AM - 4:10PM **Virtual Event**
- **Saturday, December 3:** G.R.E.A.T. Community Resource Fair Event. 11am - 3pm. Phillis Wheatley Park 723 Arthur ST, SATX 78203
- **Monday, December 5:** Culturingua invites you to a Community of Welcome information session to learn more about their programs. Community of Welcome partners share their hearts by assisting refugees as they resettle into the rhythms of being San Antonians. Register for the Teams meeting [HERE](#).
- **Thursday, December 8:** Public Safety Solutions for Substance Use 11am - 12pm **Virtual Event**
- **Thursday, December 8:** La Frontera Symposium - Metabolic Summit: The Twin Epidemics of Obesity and NAFLD 1pm - 5:30pm Pestana Lecture Hall in Medical School building, UTHSCSA, 3.104A 7703 Floyd Curl Dr, San Antonio, TX 78229 Register [HERE](#)
- **Tuesday, December 13:** Holiday Box Lunch Distribution 11:30am - 1:30pm Holly Auditorium 7703 Floyd Curl Dr, San Antonio, TX 78229. Click [HERE](#) to RSVP
- **Thursday, December 15:** Support Hospital Opioid Use Disorder Treatment (SHOUT) ECHO 12pm-1pm **Virtual Event**

"Life shrinks or expands in proportion with one's courage."

— Anaïs Nin

UPCOMING EVENTS: EVERYTHING ECHO



Can you hear that?

UT Health San Antonio ECHO uses the ECHO® (Extension for Community Healthcare Outcomes) model to partner with providers and healthcare workers in underserved, remote, and rural communities to increase their knowledge in a specific healthcare area so that they can provide necessary care to patients in their communities.



[Click here for current ECHO programs](#)

[Click here for Provider Resources](#)

[Click here for Upcoming Events](#)



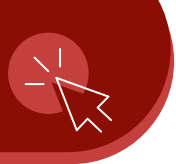
FOLLOW



Fight for the things that you care about, but
do it in a way that will lead others to join you
-Ruth Bader Ginsburg

RESOURCES

CLICK ON
IMAGES FOR
INFORMATION



MMIW USA's number one mission is to bring our missing home and help the families of the murdered cope and support them through the process of grief. We give them hands-on support and guidance and if we don't have the answers, we get the answers so that these families do not feel abandoned and alone in this struggle like so many have before them.

Click Here for Support

MORE INFO



Click Here for Support

MORE INFO



The San Antonio Gender Association (SAGA) is dedicated to providing a supportive space for our gender diverse community in and near San Antonio, Texas. SAGA welcomes transgender, gender non-conforming, non-binary, genderqueer, and intersex persons, as well as those who love and support them, to join our peer-to-peer support group. Together we explore issues and public policy involving gender identity. No matter the stage of your personal journey, SAGA is here to offer peer support and fellowship.



Disasters can occur naturally (e.g., tornadoes, hurricanes, earthquakes, floods, wildfires, mudslides, or drought) or be human-caused (e.g., mass shootings, chemical spills, or terrorist attacks). Preparing for, responding to, and recovering from disasters and traumatic events is essential to the behavioral health of individuals and communities alike.

Click Here for Support

MORE INFO



RESOURCES

CLICK ON
IMAGES FOR
INFORMATION



Sex Workers Outreach Project-USA is a national social justice network dedicated to the fundamental human rights of people involved in the sex trade and their communities, focusing on ending violence and stigma through education and advocacy.



Click Here for Support

MORE INFO



Helpful Articles to Read

READ MORE



Data is for the people

Healthy, thriving communities start with changemakers like you. mySidewalk gives you the tools and insights you need to build a better world with data.

mySidewalk

glaad



The world's largest Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) media advocacy organization – increases media accountability and community engagement that ensures authentic LGBTQ stories are seen, heard, and actualized.

LGBTQ Resources

READ MORE



MORE INFO



The City of San Antonio Metro Health started the Diabetes Prevention & Control program in 2013. They offer services free to the community to help prevent and control diabetes, helping you to live a longer healthier life. Let us help you make changes, lower your risk, and take control.

CONTACT

For information related to membership, future meetings or CREC specific inquiries, please contact:

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And just like that, Dearest Reader, we have come to the end of our newsletter for November.

As always, it's a pleasure providing you with exciting information and key resources.

Go have a conversation!

**FROM ALL OF
US AT TEAM
CREC!**

