



August 08, 2025

Weekly Situational Awareness Brief

Awareness Topics

Loneliness May Drive Depression, Poor Physical Health

"Frequent loneliness was associated with a higher probability of depression and an increased number of poor mental and physical health days per month than never feeling lonely in a new survey-based study. Additionally, significant disparities were observed across sex, race/ethnicity, and age groups."

Amid Extreme Heat, This Program Tackles Climate Change With Heat Action Clinics

"Part of the Climate Health Equity for Community Clinics Program, Oceana Community Health's street outreach is an example of how clinicians and researchers are working to address heat exhaustion, heat stroke, and other heat-related conditions."

FDA is Requiring Opioid Pain Medicine Manufacturers to Update Prescribing Information Regarding Long-Term Use: Drug Safety Communication

"Class-Wide Action Will Further Emphasize and Characterize Risks of Long-Term Use to Help Patients, Health Care Professionals Make Informed Treatment Decisions"

Cuts to occupational health agencies imperil US workforce

“Founded in 1971, NIOSH, along with its partner federal agency, the Occupational Safety and Health Administration, has been instrumental in helping to reduce injuries, illnesses and deaths on the job. NIOSH, which is part of the Centers for Disease Control and Prevention, conducts research on worker hazards and equipment and releases recommendations, while OSHA is responsible for setting and enforcing regulations.”

The Optimism Bias Trap: Rethinking Threat Preparedness

“The belief that bad things happen to other people, not to us, is rooted in a human desire to feel safe and in control. For individuals, it helps manage day-to-day anxiety. For institutions, it helps preserve an illusion of predictability. But in the world of emergency preparedness, this mindset comes at a steep cost. For public safety agencies, that cost is incurred by delayed policy changes, underdeveloped response protocols, and missed opportunities to prepare for scenarios that may seem improbable, until they are not.”

Local Anesthetics Adulterating the Illicit Fentanyl Supply

“The opioid crisis, currently driven by synthetic opioids, such as illicitly manufactured fentanyl (IMF), continues to become increasingly complex. Adulteration of IMF with veterinary sedatives, such as xylazine and now medetomidine, has become commonplace across the US, leading to prolonged sedation that cannot be reversed with naloxone.”

Universal Free School Meal Policies and Participation in the US National School Meal Programs

“School meals play a key role in improving children’s diets and overall health, yet access to free or reduced-price meals (FRPM) in the US is traditionally restricted to students from low-income households.”

Upcoming MESH Educational Offerings

Grand Rounds with Sam Lashley

August 12, 2025 | 1-2 pm EST | LIVE via Zoom

Caring for You, Caring for Me

Six-Session Course, Wednesdays - August 20 - September 24, 2025 | 1-3:30 pm EST | LIVE via Zoom

Talk Saves Lives

August 21, 2025 | 1-2 pm EST | LIVE via Zoom

OSHA Workplace Stress Management

August 28, 2025 | 1-4 pm EST | LIVE via Zoom

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Events

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