



March 1, 2024 Weekly Situational Awareness Brief

Awareness Topics

[These Urban Food Forests Do Double Duty](#)

“Thinking about the root causes of hunger and the root causes of health issues, there are all these things that tie together: lack of green spaces, lack of biodiversity,” Merchant said. (The food bank received half a million dollars from the Biden administration through the Inflation Reduction Act.) Merchant’s initiative fits into a national trend of combining forestry — and Forest Service funding — with efforts to feed people. Volunteers, school teachers, and urban farmers in cities across the country are planting fruit and nut trees, berry bushes, and other edible plants in public spaces to create shade, provide access to green space, and supply neighbors with free and healthy food. These food forests, forest gardens, and edible parks have sprouted up at churches, schools, empty lots, and street corners in numerous cities, including Boston, Philadelphia, Atlanta, Seattle, and Miami.”

[13News investigation finds some Delta-8 products exceed state’s THC limit, underscoring need for regulation](#)

“The products can get users high and are easily accessible – even for minors. But testing finds many of the products contain THC that exceeds Indiana’s legal limit.”

Ketamine: Potential As Powerful Therapy For People Suffering Effects From Loneliness, Isolation

“Ketamine, long used as an anesthetic, is gaining increasing attention as a tool for managing serious mental health conditions like chronic depression. Now new research reveals yet another way this versatile compound could support mental wellness for more people. Specifically, scientists found that R-ketamine – one of two mirror versions of the drug – uniquely restores brain activity and social functioning in a mouse model of long-term isolation.”

Is Everyone Angry? Toxic ‘Outrage Culture’ Consuming Society Like Never Before

“‘Outrage culture’ is pervasive in the digital age. It refers to our collective tendency to react, often with intense negativity, to developments around us. Usually, this ire is directed at perceived transgressions.”

CDC Guidance for Community Response to Suicide Clusters, United States, 2024

“This is the third of three reports in the MMWR supplement that updates and expands CDC’s guidance for assessing, investigating, and responding to suicide clusters based on current science and public health practice. The first report, Background and Rationale — CDC Guidance for Communities Assessing, Investigating, and Responding to Suicide Clusters, United States, 2024, describes an overview of suicide clusters, methods used to develop the supplement guidance, and intended use of the supplement reports. The second report, CDC Guidance for Community Assessment and Investigation of Suspected Suicide Clusters, United States, 2024, describes the potential methods, data sources, and analysis that communities can use to identify and confirm suspected suicide clusters and better understand the relevant issues. This report describes how local public health and community leaders can develop a response plan for suicide clusters. Specifically, the steps for responding to a suicide cluster include preparation, direct response, and action for prevention. These steps are not intended to be explicitly adopted but rather adapted into the local context, culture, capacity, circumstances, and needs for each suicide cluster.”

#StopRansomware: ALPHV Blackcat

“The Federal Bureau of Investigation (FBI), the Cybersecurity and Infrastructure Security Agency (CISA), and the Department of Health and Human Services (HHS) are releasing this joint CSA to disseminate known IOCs and TTPs associated with the ALPHV Blackcat ransomware as a service (RaaS) identified through FBI investigations as recently as February 2024.”

Should this be the 5th vital sign?

“Hand-grip strength (HGS) can predict a wide gamut of disease, with many experts recommending it to be considered a vital sign. HGS is easy to measure, inexpensive, noninvasive, and reliable; its accessibility means you can collect more-comprehensive health assessments from more of your patients. Physicians can consider incorporating HGS into routine clinical assessments, as universal standardization will only enhance clinical application and validity.”

CDC advisory panel says people 65 and older should get a Covid spring booster shot

“An expert panel advising the Centers for Disease Control and Prevention on vaccines on Wednesday recommended that people 65 and older should get an additional Covid-19 vaccine shot this spring.”

Events

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