



**September 8, 2023**  
**Weekly Situational Awareness Brief**

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## Awareness Topics

### **How the power grid survived a hot, hot summer**

“The overseers of the U.S. power supply entered the summer worried about the health of the electric grid, warning that extreme heat could trigger mass blackouts. Instead, the grid survived mostly intact through two of the warmest months ever recorded. The grid’s surprising stability has no simple explanation — and it offers no guarantees that the utilities will always be able to keep the lights on and air conditioners humming as the climate continues to warm.”

### **Narcan — the opioid overdose medication — will finally be available over the counter**

“Narcan, a medication that can reverse an opioid overdose within minutes, will imminently be available over-the-counter in drugstores. First approved by the Federal Drug Administration for over-the-counter purchase in March, Narcan has been shipped to mass drug, pharmacy, and grocery stores, such as Walgreens, CVS, Walmart, and Rite Aid, as well as online retailers, and is expected to hit shelves in September, its manufacturer, Emergent BioSolutions, said. Walgreens announced it would stock Narcan online as soon as September 5, with nationwide availability on September 7. Emergent BioSolutions’s suggested retail price is \$44.99 for two doses.”

### **There is an urgent need for minority blood donors in Indiana**

“INDIANAPOLIS — Tanisha Hackett has been living with Sickle Cell Disease her whole life. ‘In my lifetime, I’ve had several crisis, sickle cell crises,’ Hackett, a patient at Indiana Hemophilia & Thrombosis Center said. When in crisis, Hackett experiences severe pain in her limbs or her neck. Sometimes these spells can last for five to seven days and she says they’re debilitating. ‘Whenever we have a sickle cell crisis or severe pain, often times

we need a blood transfusion,' she said. Sickle Cell disease disproportionately affects minority groups.”

## **Stress as a Risk Factor for Mental Disorders in a Gendered Environment**

“Differences between women and men in the prevalence of common psychiatric and substance use disorders are consistently reported in epidemiologic studies worldwide. A focus on understanding what accounts for these differences is key to identifying relevant risk factors, developing effective interventions, and informing public health strategies. Biological factors, such as differences in genetics, hormonal milieu, and brain function, have increasingly been implicated in sex-specific underpinnings of mental disorders, as have social factors, such as gender-specific role expectations, socialization, and learned coping strategies.”

## **Community Disaster Resilience Zones**

“Community Disaster Resilience Zones will build disaster resilience across the nation by driving federal, public and private resources to the most at-risk and in-need jurisdictions. The Community Disaster Resilience Zones Act was signed into law by President Joe Biden on December 20, 2022. The Act amends the Robert T. Stafford Disaster Relief and Emergency Assistance Act and requires FEMA to utilize a natural hazard risk assessment index to identify census tracts which are most at risk from the effects of natural hazards and climate change.”

## **Prescriptions for fresh fruits and vegetables help boost heart health**

“The idea of food as medicine dates back to the ancient Greek doctor Hippocrates, and a new study adds to the evidence that a diet full of fruits and vegetables can help improve heart health. The research comes amid an epidemic of diet-related disease, which competes with smoking as a leading cause of death. Researchers evaluated the impact of “produce prescriptions,” which provide free fruits and vegetables to people with diet related diseases including diabetes, obesity and hypertension. The study included nearly 4,000 people in 12 states who struggle to afford healthy food. They received vouchers, averaging \$63 a month, for up to 10 months, which could be redeemed for produce at retail stores or farmers markets, depending on the location.”

## **With middle school back in session, time for a lesson on cyberbullying**

“And they’re off! A new batch of students starts middle school this month, which means they’re changing classes, rearranging friend groups and will soon be old enough to start their own social media accounts. Yikes. Caught in the preteen land between childhood and the teen years, middle schoolers are the perfect age to engage in anti-cyberbullying

programs. Even though middle school lasts only three years, 33% of public middle school students report cyberbullying daily or once a week, per the 2019-20 School Survey on Crime and Safety.”

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