



Weekly Alert July 11th, 2024

U.S. Surgeon General urges action on social media & gun violence

Most Texas adults didn't hear about it

Last month, the U.S. Surgeon General called for warning labels on social media and declared gun violence a national health crisis. In Texas, 45% of adults surveyed had heard about the social media warning, up from 36% one week prior. Fewer (38%) had heard about the gun violence declaration, which was also slightly higher than last week (27%).

The Surgeon General's two big announcements

On June 17, the Surgeon General, Dr. Vivek Murthy, [called](#) on Congress to require labels on social media platforms warning users about their negative effects on young people's lives. Warning labels could be similar to those required on cigarettes and alcohol. In a randomized [study](#) among college students, limiting social media use to 30 minutes daily reduced depression severity.

On June 25, the Surgeon General [declared](#) gun violence a public health crisis. Since 2020, gun deaths have been the leading cause of death for children and teens in the U.S.

In our weekly survey of 561 adults from 5 states, Blacks were more likely than Whites to report hearing in the last 7 days about the Surgeon General's recommendation on warning labels for social media (43% vs. 32%) and the gun violence crisis (42% vs. 34%).

Who is The U.S. Surgeon General?

The [U.S. Surgeon General](#) is the chief medical doctor and health educator for the U.S., responsible for providing the public with the best scientific information to improve health. The Surgeon General oversees the U.S. Public Health Service in the Department of Health and Human Services. The office has [led successful national responses](#) and campaigns to public health threats like HIV/AIDS, Ebola, Zika, and the opioid crisis, while also addressing growing mental health concerns in the U.S.

Take action against social media abuse and gun violence in Texas

Share the resources below to help protect Texas children from gun violence and create healthier, safer online experiences for them. For information on gun violence prevention, contact the [Texas Gun Sense](#) or call 2-1-1 or 512.903.4186. Find social media safety resources at the American Academy of Pediatrics [Center of Excellence on Social Media](#)

This week's report is based on responses from a panel of 561 adult residents of Texas (n = 58), Omaha, NE (n = 81), St. Louis, MO (n = 148), Baltimore, MD (n = 169) and Colorado (n = 101) surveyed July 6-8, 2024. Explore these data and more at [iHeard Texas](#).

Shareable Resources

Click to download resources to share in your community.

Remember to include **#iHeardTexas #iHeardTX** when sharing on social media!

Gun Violence is a National Health Crisis

U.S. Surgeon General advisory
iHeard Texas

The U.S. Surgeon General recently called for **warning labels on social media** and declared **gun violence a national health crisis**.

U.S. Surgeon General Dr. Vivek Murthy

Here's what you need to know →

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- The Surgeon General asked Congress to require **warning labels on social media apps**, similar to those found on alcohol and cigarettes.
- The labels would warn users of the **harmful effects of social media on teens' mental health**.

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- The Surgeon General declared gun violence a **public health crisis**.
- Since 2020, gun deaths have been the **leading cause of death** for children and teens in the U.S.

iHeard Texas

What does the U.S. Surgeon General do?

As the nation's **chief medical doctor and health educator**, the Surgeon General:

- Provides the public with the best **scientific information** to improve health.
- Leads the **U.S. Public Health Service** in the Dept. of Health & Human Services.
- Leads national responses and campaigns to **public health threats**.

Suggested Caption:

□ Did you know? The U.S. Surgeon General, Dr. Vivek Murthy, has declared gun violence a national health crisis and is pushing for warning labels on social media platforms. Let's spread awareness!

#iHeardTexas #PublicHealth #SocialMedia #GunViolence #StayInformed #SurgeonGeneral

Download here

Gun Violence Policies

Gun violence
iHeard Texas

From the Surgeon General:
8 ways to reduce gun violence

1. Firearm licenses
2. Safe firearm storage
3. Limiting public carry
4. Community violence intervention programs

→

Source: Firearm Violence: A Public Health Crisis in America - The U.S. Surgeon General's Advisory, 2024

iHeard Texas

5. Domestic violence protection orders
6. Red flag laws
7. Increase access to mental health care
8. Study solutions to gun violence

Some of these policy changes require Congress to create and pass legislation.

Suggested Caption:

#DidYouKnow the U.S. Surgeon General recently declared gun violence a public health crisis? Here's what Dr. Vivek Murthy recommended in the June 2024 report.

#iHeardTexas #GunViolence #StayInformed #SurgeonGeneral

Download here

Social Media Policies

Social media
iHeard Texas

The U.S. Surgeon General recommends warning labels on social media platforms to raise awareness of the **negative effects of excessive social media use** among youth.



Source: Surgeon General: Why I'm Calling for a Warning Label on Social Media Platforms, New York Times

Social media can be a space for...

- Expressing yourself
- Connecting with friends
- Finding important information

→

Source: Protecting Youth Mental Health - The U.S. Surgeon General's Advisory 2023

But social media can also be a space for...



- Cyberbullying
- Extreme, offensive, or disturbing content
- Comments and comparisons that lead to loneliness and negative body image



Source: Protecting Youth Mental Health - The U.S. Surgeon General's Advisory 2023

Suggested Caption:

#DidYouKnow the U.S. Surgeon General recently called for social media platforms to add warning labels? Here's why Dr. Vivek Murthy recommended this in a June 2024 report.

#iHeardTexas #SocialMedia #MentalHealth #StayInformed #SurgeonGeneral

[Download here](#)

Mental Health Resources

Mental health
iHeard Texas

Feel overwhelmed or down? You are not alone.

If you are looking for someone to talk to about it, try these local resources.

swipe to learn more

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NAMI Texas Helpline

Call 1-800-950-6264

Monday - Friday
10 am - 10 pm ET



Mental Health Crisis Services

<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>



Available 24/7



Mental Health Texas

<https://mentalhealthtx.org/>

Review the list of services on the website to learn more.




In crisis?

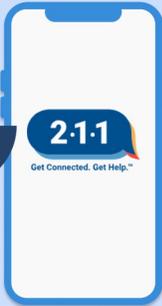
Call 988




2-1-1 Texas

<https://www.211texas.org/>

Call 2-1-1



Suggested Caption:

Texans, your mental health matters! Discover local resources to support your well-being. You're not alone—reach out and take the first step. ☐♥

#iHeardTexas #Mental Health #YouAreNotAlone

[Download here](#)

Social Media and Gun Violence Fact Sheet

The U.S. Surgeon General recently called for warning labels on social media and declared gun violence a national health crisis.

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- Provides the public with the best scientific information to improve health.
- Leads the U.S. Public Health Service in the Dept. of Health & Human Services.
- Leads national responses and campaigns to public health threats.



Social Media

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- Finding important information

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Gun violence

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8 ways to reduce gun violence:

1. Firearm licenses
2. Safe firearm storage
3. Limiting public carry
4. Community violence intervention programs
5. Domestic violence protection orders
6. Red flag laws
7. Increase access to mental health care
8. Study solutions to gun violence

It's okay to ask for help.
If you are in crisis, call 988.

Sources: Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023; Firearm Violence: A Public Health Crisis in America - The U.S. Surgeon General's Advisory, 2024

Surgeon General recommendations
iHeard TEXAS



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[Download here](#)

Combined Resource

Click to download a printer-friendly PDF with all the information above!

[Download here](#)

Find more information on what public health topics are trending this week.

[iHeard Texas dashboard](#)

Explore past alert topics and shareable print and digital graphics.

[iHeard alert library](#)



[Texas CEAL website](#)



[NIH CEAL website](#)

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