

# HEALTHY Mendocino



April 10, 2013

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## Feature Story

Walk Your Way to Health and Savings!

National Public Health Week was the first week in April. The theme this year was "Public Health is Return on Investment: Save Lives, Save Money"

Linda Helland, *Public Health Prevention and Planning Unit Manager*, at Mendocino County Health & Human Services Agency discusses the benefits of walking; not only for your physical and mental health, but also for the effects it has on your savings.

View the full article [here](#).

## Community Calendar

See the [events](#) happening in Mendocino County:

Have an upcoming event? Submit it [here](#) or [contribute](#) other content, such as a promising practice, report, news article, or your feedback!

## How can you connect?

Learn more about [HealthyMendocino.org](http://HealthyMendocino.org):

Email [research@mendochildren.org](mailto:research@mendochildren.org) or call (707) 462-4453 to schedule a training for your organization and find the ways in which you can connect with the site!

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### What's New!

Zip Code Level data is available for many indicators on the site from the American Community Survey. Now you can see data for the specific area you live in.

### Community Conversation!

Join in the conversation! Come [share your idea](#) for making Mendocino County a better place to live, learn, work & play.

### Featured Indicator

[Adults Engaging in Regular Physical Activity](#)



43.6% of adults  
(2007)

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