



What's New! April 2015

April: Feature Story

Affordable Care Act in Mendocino County – A Year In Review

by Megan Van Sant

The Affordable Care Act was launched in earnest in January of 2014. Since that time, our community advocates and partner organizations have experienced a whirlwind of new systems, new application processes, new rules, and a whole lot of chaos. Those of us who work “in the trenches” with the American health insurance system are just beginning to lift our heads, take a breath, and reflect upon the new health insurance landscape we find ourselves in. So what’s been the local story? After a little more than a year of experience, what have we learned about the implementation of the Affordable Care Act in Mendocino County? Read on!

View the full article [here](#)

Feature Indicator

Adults with Health Insurance



Medical costs in the United States are extremely high, so people without health insurance may not be able to afford medical treatment or prescription drugs. They are also less likely to get routine checkups and screenings, so if they do become ill they will not seek treatment until the condition is more advanced and therefore more difficult and costly to treat. Many small businesses are unable to offer health insurance to employees due to rising health insurance premiums.

Learn more at HealthyMendocino.org

April is Alcohol Awareness Month

When a pregnant woman drinks alcohol, so does her unborn baby. Alcohol in the mother's blood passes through the placenta to the baby

Latest news

Human Race

The Human Race is only a month away! Come walk or run for your favorite non-profit. The 5K Walk or Timed Run takes place on May 2, 2015 starting at Alex R Thomas Plaza at 9 am. Organizations and Businesses recruit walkers/runners/pledge gatherers to raise money for local non-profit organizations.

[Read more](#)

April is Child Abuse Prevention Awareness Month

There were 402 substantiated cases of child abuse or neglect in Mendocino County in 2014 – twice the state average according to [Fort Bragg's Safe Passage](#) and [Laytonville's Healthy Start Family Resource Centers](#). There are 13 family resource centers in the county. Stop into any one of them to learn more about family strengthening efforts.

View [Child Abuse Rate Indicator](#)

New Indicator Updates

We have updated Centers for Disease Control and Prevention indicators with the latest mortality data for 2011-2013! The indicators cover age-adjusted death rates due to various leading causes of death, such as diabetes, influenza and pneumonia, and motor vehicle traffic collisions. To see what we've updated, check out your [Community Dashboard](#) and look for the green "new" tags.

through the umbilical cord. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong disorders, known as Fetal Alcohol Spectrum Disorders (FASD).

Learn more about [Impact of Prenatal Alcohol Use](#)

Community Calendar

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

Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

Like Us on Facebook

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

Learn More About Healthy Mendocino



Email healthymendocino@ncoinc.org or call 707-467-3228 to schedule a training for your organization and find the ways in which you can connect with the site, utilizing its many resources.

Policy Corner

Check out our new Policy Corner on the Home Page of HealthyMendocino.org! This month find out more about SB-792 Day Care Facilities: Immunizations.



Policy Corner

SB-792 Day Care

Facilities: Immunizations

SB-792 would prohibit day care Centers or family home day care operations from employing anyone who has not been vaccinated against influenza, pertussis and measles.

[Read more](#)

Today's Headlines for healthfinder.gov

[Medicaid Expansion Spotted Many Undiagnosed Diabetes Cases](#)

[3 Drinks Per Day May Raise Liver Cancer Risk, But Coffee Lowers It](#)

[Health Tip: Don't Mix Meds and Alcohol](#)

[Yoga May Help Ease Depression in Pregnant Women](#)

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