



HEALTHY Mendocino
Connecting people and information for better health

What's New! August 2015

August: Feature Story

Back to School with Safe Routes to School

by Colleen Schenck

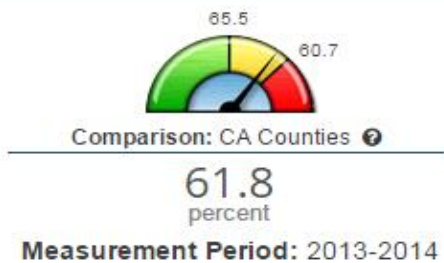
It's that time of year to start thinking about getting ready for going back to school. In addition to clothes, books and backpacks, children need to get to and from school on time and safely. Will your child(ren) be walking or bicycling to school this year?

This fall, Mendocino Council of Governments (MCOG) and Mendocino County Health and Human Services Agency, Public Health Prevention and Planning Unit are partnering to bring Safe Routes to Schools programming to seven school districts.

View the full article [here](#).

Feature Indicator

7th Grade Students who are Physically Fit



This indicator shows the percentage of 7th grade students that achieve the Healthy Fitness Zone for the aerobic capacity portion of the annual California Physical Fitness test.

Learn more at HealthyMendocino.org

Latest news

Firearm Safety



HealthyMendocino.org has posted important information about Firearm Safety for our community. The Mendocino County Sheriff's Office & Policy Council on Children & Youth (PCCY) put together a letter to parents and a Firearm Safety Fact Sheet in both English and Spanish.

The letter from Sheriff Tom Allman and Anne Melgaard from PCCY, urges Parents and Guardians to read the Firearm Safety Fact Sheet for tips and recommendations on gun safety and keeping children safe.

For more information on this important issue click [here](#) for English.

For the Spanish version click [here](#).

August is National and World Breastfeeding Awareness Month

Breastfeeding creates a special, close, emotional bond; provides essential, balanced nutrients; is cost-effective; and offers short- and long-term health benefits for both babies and mothers.

The breastfeeding campaign, funded by the U.S. Department of Health and Human Services, hopes to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

Click [here](#) for more information.

Community Calendar

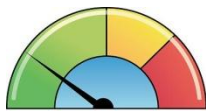
See the [events](#) happening in Mendocino County

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 the Policy Corner on the Home Page of HealthyMendocino.org! This month find out more about Jim Wood's bill to raise the minimum smoking age to 21



Policy Corner Bill to Raise Minimum Smoking Age

Assemblyman Jim Wood DDS introduced legislation that would raise California's legal minimum smoking age from 18 to 21. ABX 8-2 will be part of the legislature's 2nd session tasked with funding California's sorely underfunded healthcare system.

[Read more](#)

Today's Headlines for healthfinder.gov

[Do Sporty Teen Girls Live Longer, Healthier Lives?](#)

[Breastfeed Your Baby](#)

[Stay Safe When Temperatures Rise](#)

[Hot Weather Safety Essential for Elderly](#)





Ukiah Valley
Medical Center
Adventist
Health



Healthy Mendocino, North Coast Opportunities, 413 N. State, Ukiah CA 95482 707-467-3200 ext. 228
To subscribe or unsubscribe please contact us [here](#).

To ensure you receive our monthly newsletter, make sure you add healthymendocino@ncoinc.org to your address book.

2/26/2015

This email was sent to you by healthymendocino@ncoinc.org.
As a subscriber of North Coast Opportunities, we'll periodically send you information via e-mail. If you wish to
discontinue receiving these types of e-mails, you may opt out by [clicking here](#).

Powered by
NonProfitEasy®

413 N. State St., Ukiah, CA, USA, 95482