

HEALTHY Mendocino

What's New? December 2016

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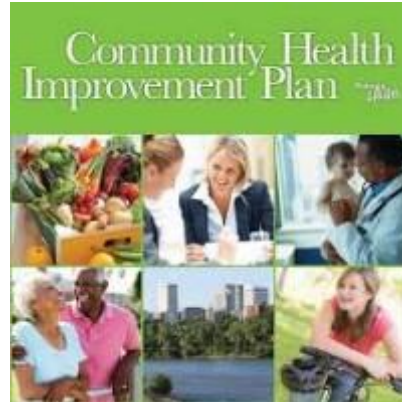


Feature Story

The Holidays in Mendocino County

Looking for something fun to do for the Holidays? There are numerous events happening in Mendocino County, from the north, to the south, from inland, to out on the coast. Follow links to community calendars, view a list of free Holiday meals in Ukiah and Willits, and find events happening in your area.

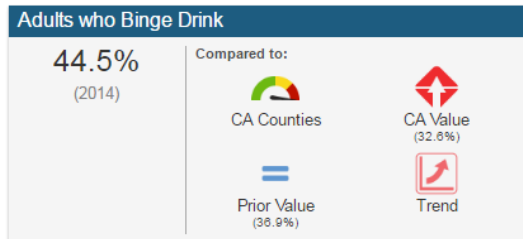
Read more at HealthyMendocino.org



What's new with the Community Health Improvement Plan (CHIP)?

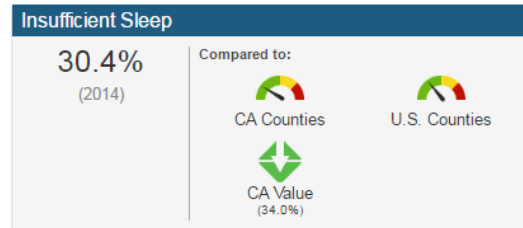
The CHIP has a Project Manager and a new page! Thaïs Mazur has joined the Community Health Improvement Plan Leadership Team to help with implementing the CHIP process and to work closely with the five Action Teams. There is also a new CHIP Page on Healthy Mendocino. This page can be accessed in the Navigation Bar under Local Projects.

Read more at HealthyMendocino.org



**December Feature Indicator:
Adults who Binge Drink**

Binge drinking is a common pattern of excessive alcohol use in the United States. The prevalence of binge drinking among men is twice that of women. In addition, it was found that binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers. Alcohol abuse is associated with a variety of negative health and safety outcomes including alcohol-related traffic accidents and other injuries, employment problems, legal difficulties, financial loss, family disputes and other interpersonal problems. Read more [here](#).



**December Feature Indicator:
Insufficient Sleep**

Sleep is an important part of a healthy lifestyle. It plays a key role in maintaining proper growth and repair of the body, learning, memory, emotional resilience, problem solving, decision making, and emotional control. A lack of sleep can have serious negative effects on health. Furthermore, a lack of sleep can also impact the health of others. Sleepiness, especially while driving, can lead to motor vehicle crashes and put the lives of others in jeopardy. Read more [here](#).



Looking for things to do during the Holidays?

Don't Forget the Small Steps Resource Page!

The Small Steps page lists activities throughout the whole county for eating well, family fun, moving more and being creative. Find winter Farmers Markets, Biking and Hiking, Whale Watching, Yoga, Dance, Art Classes, Music, and more!

Click [here](#) to view.



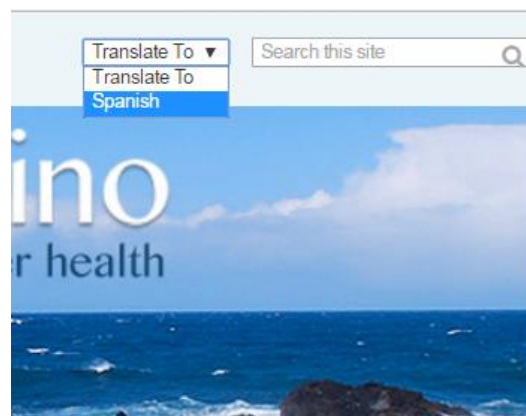
Update on The Affordable Care Act: Covered California & Medi-Cal

Coverage for 2017 is expected to remain the same. Changes to the Affordable Care Act, if any, would likely not take effect until 2018 at the earliest. Continue to outreach and

Food and Nutrition for the Holidays

It is that time of year for holiday activities with family and friends. Not sure what to eat and what not to eat? As the holidays approach, keeping a commitment to healthful eating and drinking can be challenging.

Holidays bring many events that revolve around food and beverage. Here are a few tips to help you manage. Learn more [here](#).



Did you know that you can translate the Healthy Mendocino site into Spanish? Click the **Translate To** arrow in the upper right corner of the page.

encourage your clients to apply and renew their coverage! We will need to continue the fight for quality affordable health insurance. The stories of the people you have helped will be needed in the future. Health Access has a simple online form to collect clients stories. Link to the form [here](#). Your work matters!

Presentations Available for your Organization!

Do you want to learn more about HealthyMendocino.org? Learn about the new Community Dashboards, how to navigate the site, tools you can use to help write reports and grants, and how to add a custom Dashboard to your website.

Email

healthymendocino@ncoinc.org or call 707-476-3228 to schedule a presentation and find ways you can utilizing its many resources.



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