



Healthy Mendocino

What's New? January 2018

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## Feature Story

### Healthy Families Mendocino County

by Natalie Levchenko

The Mendocino County Health and Human Services Agency (HHS) announces the launch of a new, nationally recognized, home visiting program called Healthy Families Mendocino County which works directly with women, free of charge, who are pregnant or up to two-weeks postpartum, low-income and/or Medi-Cal eligible, and whose babies are at risk of adverse childhood experiences resulting from maltreatment, domestic violence, homelessness, or parental substance abuse, untreated mental illness, or trauma history.

The Healthy Families Mendocino County program goals include cultivating and strengthening nurturing parent-child relationships, promoting healthy childhood growth and development, enhancing family function by reducing risk and building protective factors, and building and sustaining community partnerships to engage overburdened families.

To read more click [HERE](#).

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## Caring Kitchen Project

serves cancer patients through food and volunteerism

by Elizabeth Archer, reprinted courtesy of Word of Mouth Magazine

photos by Martin Wattenburger

A new project of North Coast Opportunities, Inc. (NCO), the Caring Kitchen Project covers a lot of bases: healthy food access and education, volunteerism, job training for youth, cancer recovery support, and community and local economy development. How does one small project do so much?

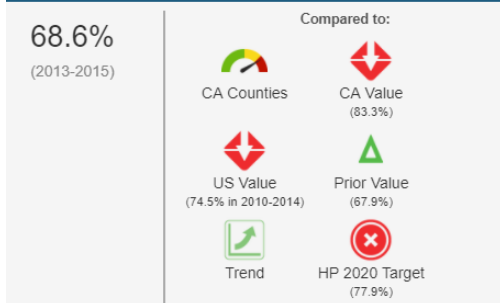
The Caring Kitchen Project is an affiliate of the Ceres Community Project, a nationwide program that started in Sebastopol. The mission is primarily to prepare and deliver nourishing plant-based meals to families struggling with the challenges of cancer. The secondary missions are multifold: The meals are prepared by volunteer teen chefs-in-training, providing them with job skills, volunteer opportunities, and the chance to give back to and connect with their community. And, most food that isn't donated is purchased from local farms.



To learn more click [HERE](#).

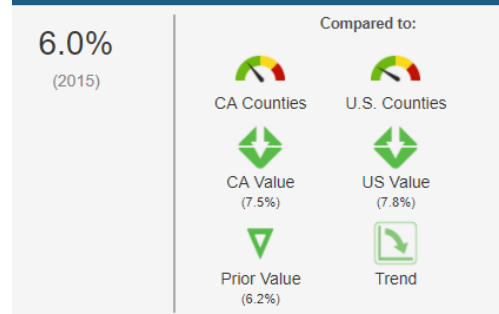
## January Featured Indicators

### Mothers who Received Early Prenatal Care



This indicator shows the percentage of births to mothers who began prenatal care in the first trimester of their pregnancy. Babies born to mothers who do not receive prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Increasing the number of women who receive prenatal care, and who

### Cancer: Medicare Population



This indicator shows the percentage of Medicare beneficiaries who were treated for cancer. Cancer is the second leading cause of death in the United States. The National Cancer Institute (NCI) defines cancer as a term used to describe diseases in which abnormal cells divide without control and are able to invade other tissues. There are over 100 different types of cancer. According to the

do so early in their pregnancies, can improve birth outcomes and lower health care costs by reducing the likelihood of complications during pregnancy and childbirth.

Click [HERE](#) to view the indicator.

NCI, lung, colon and rectal, breast, pancreatic, and prostate cancer lead to the greatest number of annual deaths.

Click [HERE](#) to view the indicator.



## Updates for the Healthy Mendocino Project

The **Healthy Mendocino Project Summit** has been rescheduled for **March 8th**, 9:30 am to 12:30 pm at the Willits Community Center.

### Inland Ukiah Regional Chapter

**Childhood Obesity/Family Wellness (CHOW):** January hashtag is #reNewYou. One of the topics up for discussion is how to reach their target audience, low-income families, who tend to have a higher rate of obesity.

**Childhood Trauma:** Working on putting together a one-page document on Community Stories modeled after the ACEs Connection on work being done on Resiliency Training.

**Housing:** Identify and Assign Sub Committees to work on: a Fact Sheet, Housing Needs Assessment Survey in a Data Collection Committee, outreach, a radio success story telling project, Housing Task Force through the Community Foundation.

**Mental Health:** Goals: Inventory of services, create a simplified message, provide adequate education about services, increase awareness and evaluation of prevention activities, inventory and assess all levels of services.

**Poverty:** Example of goal(s): Improve financial stability—more specifically: Reduce the number of families and children living in poverty by 10% by XX date. There was discussion about the community agency survey

## **North Coast Regional Chapter**

**Family Wellness:** Discussion on Goals and Objectives: How to define goals and objectives, what do we want to accomplish and how can we measure our impact?

**Healthy Mendocino Trauma:** Discussed Project Sanctuary's Youth Leadership Team. Brainstorming Goals and Objectives: the group discussed: coordination of services, trainings for community, incorporating parents, teachers, etc.

**Housing:** Need a planner in the county to focus on housing issues. Housing ideas or issues: tiny house movement, manufactured homes, lessen regulations, allow more than one second unit on a parcel, Co-housing – possibilities for larger homes.

**Mental Health:** Draft goals: Reduce suicide rates in the County, increase continuum of behavioral health services. Other possible goals: Reduce impact on ER by reducing # of patients, influence policy making, increase outreach to middle-school and high school suicide prevention by 30%.

**Poverty:** Draft goals: Increase services for financial literacy through collaboration of north coast agencies. Support West Company in offering services for women with low incomes.

Click [HERE](#) to read the full details for each Action Team and their meeting times and locations.

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## **Presentations Available for your Organization!**

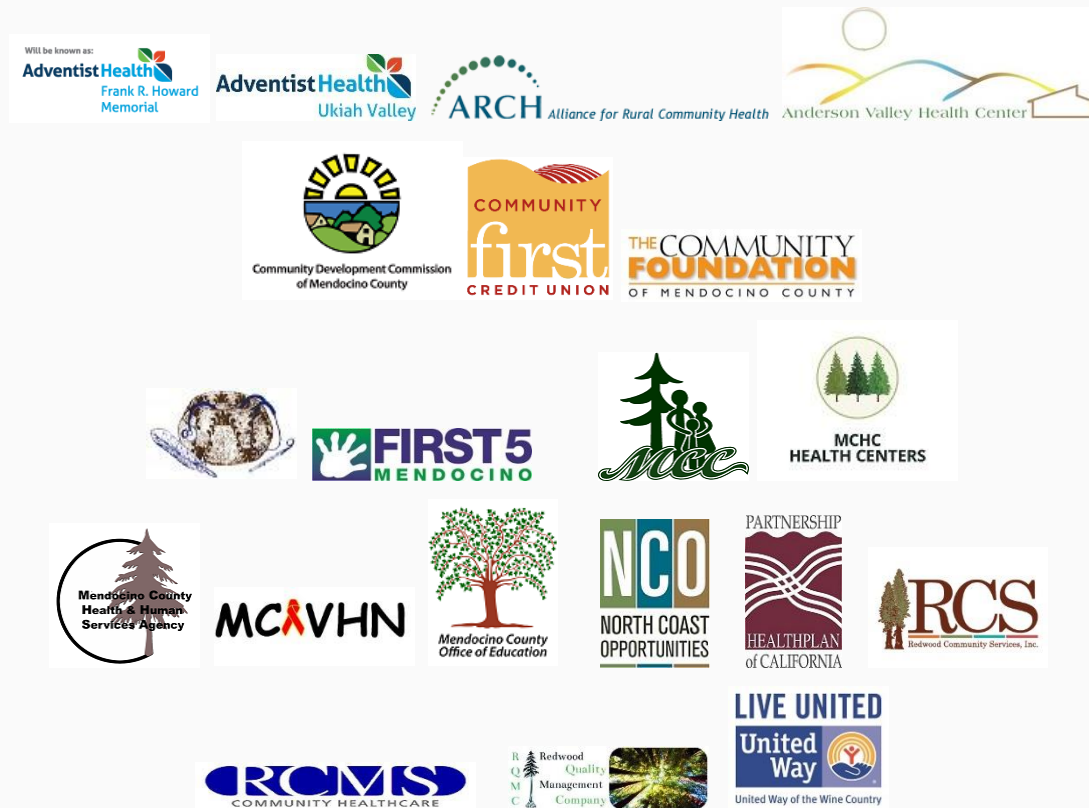
Do you want to learn more about [HealthyMendocino.org](http://HealthyMendocino.org)?

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](mailto:healthymendocino@ncoinc.org) or call 707-476-3228 to schedule a presentation and find ways you can utilize its many resources.



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