



What's New! July 2015

July: Feature Story

The Importance of Immunizations

by Anna Anttila, BSN, RN, PHN

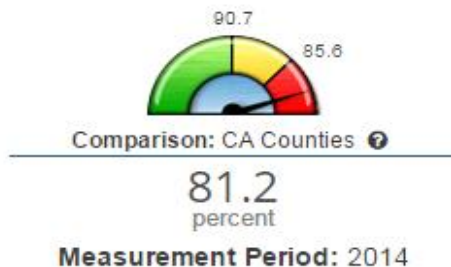
Mendocino County residents are blessed with many activities and opportunities that enhance their health and wellbeing, such as outdoor recreation, children's summer camps, and ideal growing conditions for many fruits and vegetables. One important element in promoting health is vaccination against infectious diseases—a health promotion strategy in which our county lags behind others.

Immunizations play an important role in maintaining health and preventing disease across the lifespan. During pregnancy, flu can cause serious problems for the mother and her baby. Pertussis, or “whooping cough,” also can be deadly for new babies, but they are too young to be immunized against these diseases. Some of the protection a pregnant woman gets from these shots passes to her baby in the womb. This will help protect her baby until he or she is old enough to be immunized against these diseases.

View the full article [here](#)

Feature Indicator

Kindergartners with Required Immunizations



This indicator shows the percentage of enrolled kindergarten students that have received all required immunizations. The value is based on kindergartners entering public or private schools at the beginning of the school year in the fall.

Learn more at HealthyMendocino.org

Latest news

Community Health Survey!

Healthy Mendocino has partnered with Mendocino County Health and Human Services Agency, Ukiah Valley Medical Center, Frank R. Howard Memorial Hospital, the Alliance for Rural Community Health, and North Coast Opportunities to conduct a county-wide community health needs assessment to identify the specific needs and challenges of the community. As part of the project, the coalition developed an anonymous, community-wide survey that Mendocino County residents are asked to complete.

[Take the Survey!](#)

The survey asks about a range of issues including gaps in health care services, general health and insurance information, housing barriers, and more. It also asks respondents to identify the most pressing issues facing Mendocino County families.

The survey is available on HealthyMendocino.org and the [HHSA-Public Health website](#), and it is also available in print form, in English and Spanish.

Policy Corner

Check the Policy Corner on the Home Page of HealthyMendocino.org! This month find out more about FDA Policy Change on Industrial Trans Fats.

Summer Meal Programs for Mendocino Families

The end of the school year heralds a summer filled with swimming, sleeping in, and taking vacations. Unfortunately, summer can also stretch family budgets to the limit, as free and reduced breakfasts and lunches are no longer available during the school day. Free summer meals are available in Ukiah, Fort Bragg and Willits.

Click [here](#) for more information.

Community Calendar

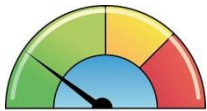
See the [events](#) happening in Mendocino County

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

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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

FDA Policy Change – New Ruling On Industrial Trans Fats

Partially hydrogenated oils — the primary source of artificial trans fats in processed foods — are no longer “generally recognized as safe” for use in human food, according to a U.S. Food and Drug Administration decision announced June 16, 2015.

[Read more](#)

Today's Headlines for [healthfinder.gov](#)

[Can Too Much Sitting Make You Anxious?](#)

[Any Added Sugar Is Bad Sugar, Some Experts Contend](#)

[Parents, Stop Hovering: 'Risky' Play May Have Benefits for Kids](#)

[Health Tip: Pack Food and Water for Camping](#)

[Health Tip: Get Enough Vitamin D](#)

[Diabetes Rates Fall in Neighborhoods With Healthy Food, Parks and Gyms](#)

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2/26/2015

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