

Healthy Mendocino



What's New? July 2017

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Feature Story

Healthy Mendocino Launches Regional Chapters

by Thais Mazur, Ph.D.

Healthy Mendocino is launching Regional Chapters throughout the county to involve people in strategizing and creating a plan for their local community. Five Action Teams have been working for almost a year to identify goals, objectives, and measurements in five priority areas. These teams have been meeting in Ukiah and it is now time to start Regional Chapters in order to address all areas of the county. Mendocino County has a diverse and geographically isolated population and each region has its own unique culture and set of issues related to health. To support a collaborative effort, Healthy Mendocino Regional Chapters are being established in the following regions: Inland Ukiah including Hopland, Anderson Valley, Redwood Valley, Potter Valley, and Calpella; Willits/Laytonville/Leggett; Round Valley; North Coast and South Coast.

To read more click [HERE](#).



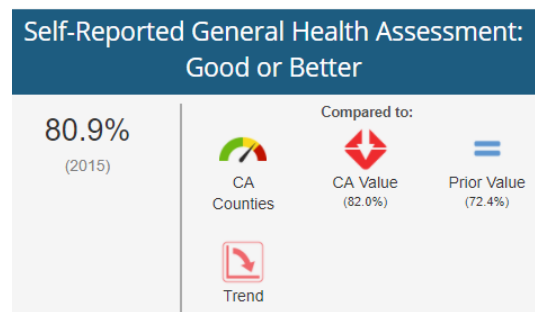
New Navigation Bar and Announcements Section!

by *Patrice Mascolo*

To make it easier to find what you want on the website, we have added, changed, combined, and moved some of the drop downs in the navigation bar. We also added a section for local announcements at the top of the Home Page. If you have an announcement that you would like to see in this section email Patrice at: healthymendocino@ncoinc.org.

To read more click [HERE](#).

July Featured Indicators



The Free Lunch Program (FLP) under the NSLP has been providing nutritionally balanced lunches to children at no cost since 1946. Families who meet the income eligibility requirements or who receive Supplemental Nutritional Assistance Program (SNAP) benefits can apply through their children's school to receive free meals. The FLP ensures that students who may otherwise not have access to a nutritious meal are fed during the school day. This helps students remain focused and productive in school.

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

People's subjective assessment of their health status is important because when people feel healthy they are more likely to feel happy and to participate in their community socially and economically. Areas with unhealthy populations lose productivity due to lost work time. Healthy residents are essential for creating a vibrant and successful community. Moreover, self-reported health assessments have been shown to be predictors of mortality and can be valuable for population health monitoring.

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



Thaïs Mazur, Project Manager for Healthy Mendocino, has an Article published in the Real Estate Magazine on the Healthy Mendocino Project, it can be viewed [HERE](#).



Updates for the Healthy Mendocino Project

On July 11th, Thaïs Mazur, Project Manager for Healthy Mendocino, will be on Dr. Richard Miller's show, Mind Body Health Politics on KZYX Community Radio to talk about the Healthy Mendocino Project.

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW):The Kids Triathlon in Ukiah is on July 22 at Todd Grove Park.

Childhood Trauma: They have a final draft of their logic model which focuses on Adverse Childhood Experiences (ACEs) in Mendocino County.

Housing: The Team has put together a draft Improvement Plan with performance measures, three objectives and an action plan for each.

Mental Health: Talk on the primary focus for the group includes promoting increased prevention services, provide education and training to the community.

Poverty: The Action team is in the process of learning about existing programs to alleviate poverty and promote economic development and financial stability in the county.

North Coast Regional Chapter

Family Wellness: Fort Bragg will be holding a Kids Triathlon on July 29th. Next meeting is July 12, at 6:00 pm at Mendocino Coast Clinics, 205 South St, Fort Bragg.

Childhood Trauma: Next meeting is July 11, 1:00 pm at Redwood Community Services, 32670 Hwy 20, Fort Bragg.

Housing: Next meeting is July 12, at 2:00 pm at the Noyo Headlands Unified Design office at 330 N. Franklin St. Suite 4 Fort Bragg.

Mental Health: Next meeting July 20, tentative date at 1:30 pm – 2:00 pm, at the Mendocino Coast Clinics, 205 South St, Fort Bragg.

Poverty: Next meeting July 19, 10:00 am at the Company Store 301 N. Main, Fort Bragg.

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




Summer Programs for Mendocino County

There are numerous activities for children, families and adults during the summer that promote healthy life choices. This page will be updated as information becomes available so stayed tune! Click [HERE](#) to view.


Don't forget the **Small Steps Big Changes Resource Guide** for Eating Well, Moving More, Being Creative and Getting Inspired. Click [HERE](#) to view.

Please send any summer activities or events to: healthymendocino@ncoinc.org

Search by Source
On the customize dashboard page, any site visitor can now search by data source!

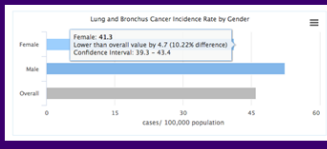


View a List of All Demographic Variables
For sites with Claritas demographics data, you can now view a list of all demographic variables.



Population	County	Race	Zip Code
Population	CA	CA	CA
Percent Population Change 2010 to 2017	CA	CA	CA
Male Population	CA	CA	CA
Female Population	CA	CA	CA
Hispanic/Latino Population	CA	CA	CA
Hispanic/Latino Population - Male	CA	CA	CA
Hispanic/Latino Population - Female	CA	CA	CA
Non-Hispanic/Latino Population	CA	CA	CA
White Population	CA	CA	CA
White Population - Male	CA	CA	CA
White Population - Female	CA	CA	CA
Black/African American Population	CA	CA	CA

Identify Disparities
From the indicator detail page, you can now see what the difference is between a subgroup value and the overall value. Hover over a subgroup to see both the absolute difference and the percent difference.



Gender	Rate (cases/100,000 population)
Female	41.3
Male	39.7
Overall	40.7

New Features on the Website!

Search by Source, View a List of All Demographic Variables and Identify Disparities.

Click [HERE](#) to view the new features.

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 utilize its many resources.



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