



*What's
New!*

June 2014

June Feature Story

The State of Native Health in Mendocino

by Rebecca Wald



"Today, Mendocino County has nine federally recognized Indian Reservations, the fourth most of any county in the United States. Sadly, the historical mistreatment of American Indians nationwide did not escape Mendocino County and has left a legacy of economic and health challenges that continue to show in health disparities throughout the county. Contributing factors to the poor health conditions of Native American Peoples have roots in the turbulent history of trauma and the U.S. government's mismanagement of Native American life through health and economic policies. . ."

View the full article [here](#).

Featured Indicator

Babies with a low birth weight



As a whole Mendocino County has a 5.7% rate of babies born with a low birth rate. However, digging a little deeper you will notice that for Native American populations, the rate jumps up to 9.8%. Low birth weight babies are more likely to require special medical care. Click [here](#) to learn more about low birth weight in Mendocino County.

Breastfeeding Rate Indicator



In May, Healthy Mendocino added its first local health indicator: in-hospital exclusive breastfeeding rates!

In addition to the new indicator, many maternal, fetal and infant health indicators were updated as well including infant mortality and babies with low birth weight.

Click [here](#) to see the new indicator!

Rethink Your Drink



It's warming up outside and nothing sounds better than a nice cool drink. This month, Healthy Mendocino is featuring more information about healthy beverage options and the "Rethink Your Drink" campaign in our Featured Content section. Click [here](#) to learn more about better beverage choices.

Contact Us



For more information about Healthy Mendocino, or to schedule a presentation for your information, please contact the site administrator, Michelle Rich, at research@mendochildren.org.

To subscribe or unsubscribe please contact us [here](#).

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

This email was sent to you by research@mendochildren.org.

As a subscriber of FIRST 5 Mendocino, 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](#).

166 East Gobbi Street, Ukiah, CA, USA, 95482

Powered by
NonProfitEasy®