



**HEALTHY Mendocino**  
Connecting people and information for better health

## What's New! June 2015

### June: Feature Story

#### Summer Recreation Opportunities in Mendocino County

by *Linda Helland*

As summer heats up, we are drawn outside to play and get active. Mendocino County enjoys a wealth of youth recreation opportunities to choose from, from yoga and hiking to martial arts and BMX bicycling. There is something to fit every interest.

There is probably no better single thing to do to improve health than to get active. Numerous studies show that the closer one lives to places to exercise, such as parks and recreation centers, the more likely one is to get the recommended amount of physical activity. The 2008 Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes a week of moderate to vigorous physical activity, and that kids be active at least an hour each day.

[View the full article here](#)

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### Feature Indicator

#### Access to Exercise Opportunities



Comparison: U.S. Counties ⓘ

75.2  
percent

Measurement Period: 2015

Proximity to exercise opportunities, such as parks and recreation facilities, has been linked to an increase in physical activity among residents. Regular physical activity has a wide array of health benefits including weight control, muscle and bone strengthening, improved mental health and mood, and improved life expectancy. Furthermore, exercise reduces the risk of cardiovascular disease, type 2 diabetes and metabolic syndrome, and some cancers.

Learn more at [HealthyMendocino.org](http://HealthyMendocino.org)

### Latest news

#### Annual Report - 2015

The 2015 Annual Report for Healthy Mendocino is posted on the home page! We are now in our third year and recognized as a valued community resource. The 2015 Annual Report describes how the site is being used and outlines some of our goals for the future.

[To view click here](#)

#### June is Great Outdoors Month

A truly American idea, the State and National Parks of this country represent our natural heritage. North and south, east and west, they stretch from the edges of our maps to the hearts of our cities, covering nearly one-third of this nation. This June, celebrate the natural wonder and outdoor spirit of America by getting outside during Great Outdoors Month™.

Once you come outside, you'll never want to go back inside.

For more information [here](#)

Local sites: Ukiah Valley Trail Group, Mendocino County Outdoor Recreation Group

#### Policy Corner

Check the Policy Corner on the Home Page of [HealthyMendocino.org](http://HealthyMendocino.org)! This month find out more about AB 1357 - The children and Family Health Promotion Program

## 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.

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## Community Calendar

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

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

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## Like Us on Facebook

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

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## Learn More About Healthy Mendocino



Email [healthymendocino@ncoinc.org](mailto: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.

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

To ensure you receive our monthly newsletter, make sure you add [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) to your address book.

2/26/2015



### Policy Corner

#### AB 1357 (Bloom) - The Children and Family Health Promotion Program

This bill would create a dedicated revenue source to fund community clinics, school based health centers, and preventive programs to address the health impacts of sugar sweetened beverages.

[Read more](#)

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### Today's Headlines [forhealthfinder.gov](#)

[Go take a Hike - Safely](#)

[Health Tip: Check for Ticks](#)

[Health Tip: Keep Your Child at a Healthy Weight](#)

[Preschoolers Get Too Little Physical Activity in Child Care](#)

[Health Tip: Discourage Too Much Screen Time](#)

[Health Tip: Swimming Pools Can Harbor Germs](#)

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