

## Feature Story

### National Public Health Week

### "The Healthiest Nation by 2030"

by Julie Beardsley

Everyone deserves the opportunity to live a long, healthy life free from preventable disease and injury. In fact, that's what public health workers strive toward every single day. Inside Mendocino County's 3 public health offices, public health workers ensure the basic foundations necessary for good health - clean water, safe food, healthy eating habits, and access to life-saving vaccines, just to name a few. But to truly become the healthiest nation by 2030, we must also take momentous steps toward achieving health equity. And achieving health equity means taking on the social determinants of health that often put good health

and longevity out of reach for so many in Mendocino County. We want to change that dynamic — and it will take all hands on deck to do it.

To read more click [HERE](#).



## Mendocino Coast News

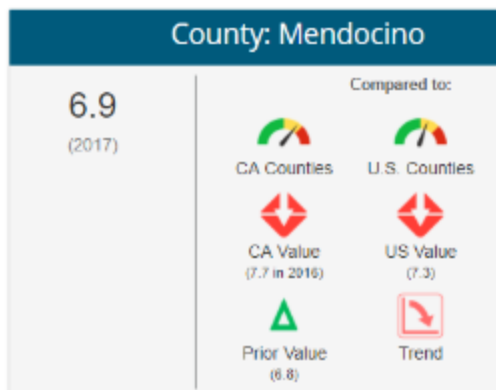
The Mendocino Coast District Hospital in Fort Bragg has exciting news to share with the County. In February they received \$218,000 for a new Ambulance and they have invested in a new surgical video system.



Click [HERE](#) for the full article.

**March Featured Indicators**

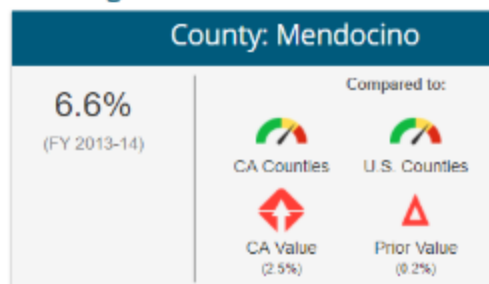
## Food Environment Index



The food environment index combines two measures of food access: the percentage of the population that is low-income and has low access to a grocery store, and the percentage of the population that did not have access to a reliable source of food during the past year (food insecurity). The index ranges from 0 (worst) to 10 (best) and equally weights the two measures. A lack of access to healthy foods is often a significant barrier to healthy eating habits. People living farther away from grocery stores are less likely to access healthy food options on a regular basis and thus more likely to consume foods which are readily available at convenience stores and fast food outlets.

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

## Drinking Water Violations



This indicator shows the percentage of people who get water from public water systems that have received at least one health-based violation in the reporting period. Public drinking water systems are required to monitor approximately 90 contaminants and indicators regulated by the Environmental Protection Agency. A health-based violation occurs when a contaminant exceeds its Maximum Contamination Limit (MCL)—the highest amount allowed in drinking water—or when water is not treated properly. Limiting the levels of microorganisms, chemicals, and other contaminants in a community's public water supply reduces residents' risk of waterborne diseases, cancer, and other adverse outcomes.

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

Conduent  
Healthy Communities Institute

## March 2018 Product Releases

Exciting new updates are now available on the Healthy Mendocino site! You can now filter by location on the indicator detail page to only display locations within a state, county, region, or service area. You can order Dashboards by comparisons and value to help identify high need indicators. The administrator can now add custom content to indicator detail pages. If you have information that you would like to add to an indicator let Patrice know at [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org).

Click [HERE](#) to view the updates in more detail.



## Updates for the Healthy Mendocino Project

Click [HERE](#) for the summary of the March Summit and a link to the Power Point Presentation.

All Action Teams have been working on their Goals and Objectives along with Measurements and Key Strategies. They have been put into a preliminary CHIP report for Mendocino County HHS Public Health to be submitted with their application for accreditation. We will continue to work on the report to include any additions to the Goals and Objectives to be finalized into a more comprehensive CHIP report in June.

Click on the links below to view the draft documents for each Action Team's Goals, Objective, Measurements and Key Strategies.



**Childhood Obesity & Family Wellness**



**Childhood Trauma**



**Housing**



**Mental Health**



**Poverty**

**Presentations Available for your Organization!**

Do you want to learn more about [HealthyMendocino.org](https://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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