

HEALTHY Mendocino

What's New? December 2017

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Feature Story

Restoring the Connection Between Food and Health

Healthy Mendocino statistics show that the chronic diseases of stroke, heart disease, and high blood pressure are higher in Mendocino County than in other parts of California. Childhood Obesity is one of the top health priorities for the Healthy Mendocino Project. Research shows that the food we eat is directly linked to our health and that certain foods adversely affect our health. With basic cooking and nutritional knowledge taking a back seat to processed/fast foods, children “learn” to become dependent on, or acquire a taste for, these processed foods, resulting in obesity, malnutrition and chronic disease. How do we connect food and health? Part of the solution may be to prioritize food education in schools.

To read more click [HERE](#).



The Georgia-Pacific Mill Site in Fort Bragg

In 2002, the 420 acre lumber mill in Fort Bragg, California shut down. The mill site, owned by Georgia-Pacific, is between downtown Fort Bragg and the Pacific Ocean. Since the mill closed, the city of Fort Bragg has been working to clean-up the dioxin-contaminated coastline. There is still one last piece that needs to be cleaned up: the Mill Pond. This pond was the recipient of hazardous materials including transformers, batteries, and chemicals.

To learn more click [HERE](#).



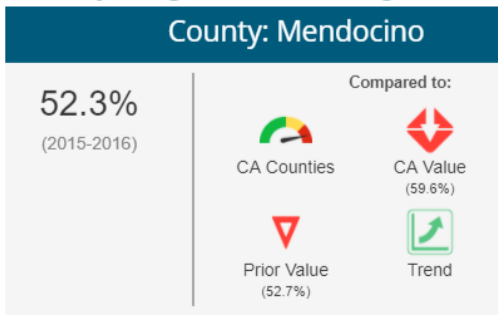
Mendocino Holiday Happenings !

There are plenty of holiday events happening throughout Mendocino County so start your planning now! Family fun and great shopping opportunities await...

To learn more click [HERE](#).

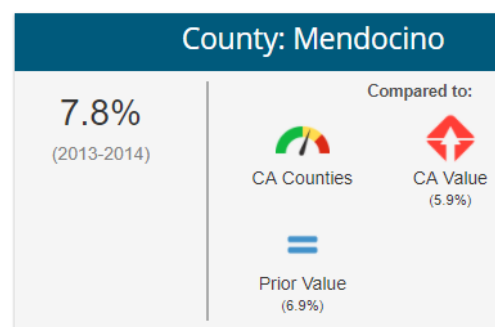
December Featured Indicators

5th Grade Students who are at a Healthy Weight or Underweight



This indicator shows the percentage of 5th grade students who meet the Healthy Fitness Zone standards for Body Composition. Obese and overweight children and adolescents are at risk for multiple health problems during their youth and as adults and are more likely to become obese as adults. Obese and overweight youth are more likely to have risk factors associated with cardiovascular diseases, such as high blood pressure, high cholesterol, and type 2 diabetes. There are also health risks associated with being underweight such as weakened immune systems, and inhibited development and growth. Staying at a healthy

Adults with Heart Disease



This indicator shows the percentage of adults who have ever been diagnosed with heart disease. Heart disease is a term that encompasses a variety of different diseases affecting the heart. Not only is heart disease one of the leading causes of death in women, but it is the leading cause of death in the United States overall. The most common type is coronary artery disease, which can cause heart attack, angina, heart failure, and arrhythmias. Coronary artery disease occurs when plaque builds up in the arteries that supply blood to the heart and the arteries narrow (atherosclerosis). There are many modifiable risk factors for atherosclerosis including tobacco smoking, obesity, sedentary lifestyle,

weight helps prevent and control multiple chronic diseases and improves quality of life.

and high levels of low-density lipoprotein in blood serum.

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

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Updates for the Healthy Mendocino Project

The **Healthy Mendocino Project Summit** has been rescheduled for early March at the Willits Community Center.

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW): November hashtag is #ShineBright. Ideas for incorporating a nutrition education component to activities: Ukiah youth Basketball League, an opportunity for nutrition education. "Fuel Your Body" Brainstorm: - Healthy taste tests,- Diabetes education materials,- Cooking demos/ recipes.

Childhood Trauma: Working on putting together a one-page document on Community Stories modeled after the ACEs Connection on work being done on Resiliency Training.

Housing: Identify and Assign Sub Committees to work on: a Fact Sheet, Housing Needs Assessment Survey in a Data Collection Committee, outreach, a radio success story telling project, Housing Task Force through the Community Foundation.

Mental Health: Worked on the Measure B. Goals: Inventory of services, create a simplified

message, provide adequate education about services, increase awareness and evaluation of prevention activities, inventory and assess all levels of services.

Poverty: Connecting with West Company with an idea about setting up yard sales and craft fairs at Grace Hudson School as a way for people to earn money selling their wares.

North Coast Regional Chapter

Family Wellness: Discussion on Goals and Objectives: How to define goals and objectives, what do we want to accomplish and how can we measure our impact?

Healthy Mendocino Trauma: Discussed Prevention – Intervention – Education, PIE. Brainstormed about prevention/education ideas. FIRST5 is hoping to offer Community Resiliency Training© on the Coast in January or February. How to preventing and reduce trauma?

Housing: The main focus has been on issues regarding 2nd units in city and county and ideas/recommendations for regulations for Airbnbs in the county. Discussed report on vacant properties, possibility of a Community Land Trust to keep housing affordability.

Mental Health: Draft goals: Reduce Suicide Rates in the County, increase continuum of behavioral health services. Other possible goals: Reduce impact on ER by reducing # of patients, influence policy making, increase outreach to middle-school and high school suicide prevention by 30%

Poverty: Discussed financial literacy workshops and clubs. Have an event where financial resources are introduced and literature made available. Draft goals: Increase services for financial literacy through collaboration of north coast agencies. Support West Company in offering services for women with low incomes.

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

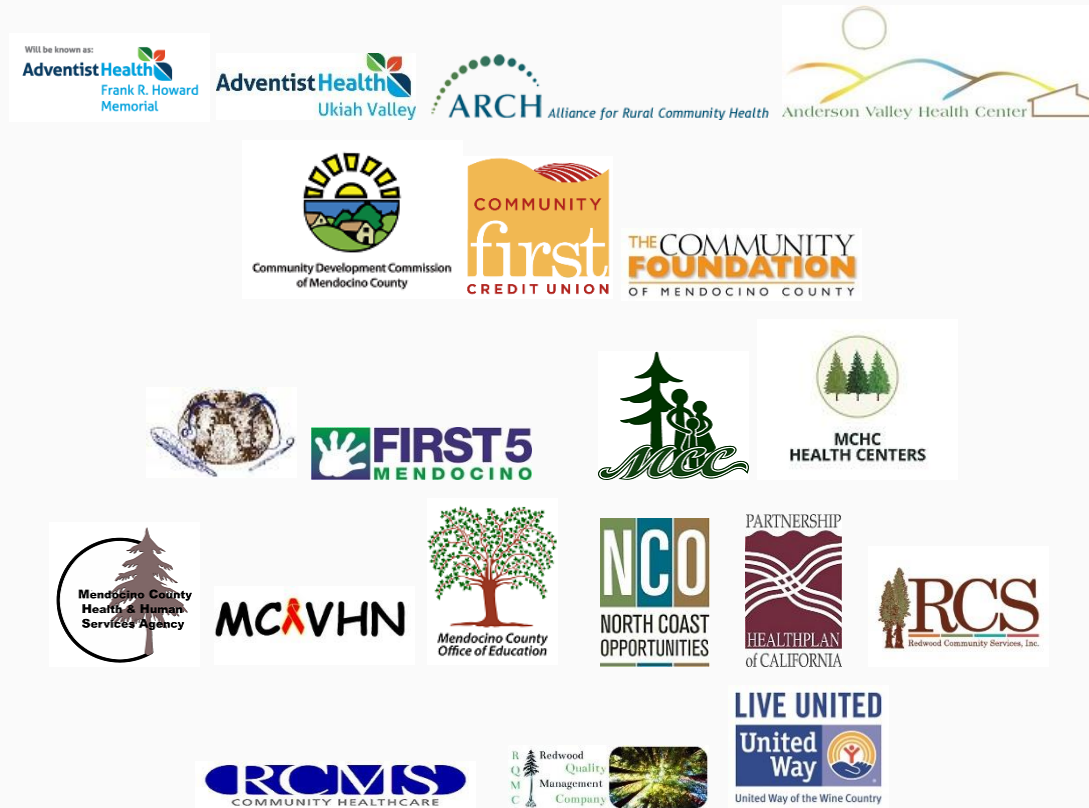
Presentations Available for your Organization!

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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