

## Feature Story

### Free Diabetes Self-Management Counseling at the Hillside Health Center

by Tom Fuchs



"One in seventeen adults in Mendocino County is treated for the life-long disease of diabetes. Because of the high reports of child obesity in Mendocino County, this number is likely to increase very soon. This disease has profound effects on the daily lives of those diagnosed and is the leading cause of adult blindness, amputation, and kidney disease. It is also a major cause of heart disease and stroke and, in 2011, was the seventh leading cause of death in the United States. . ."

View the full article [here](#).

## Nutrition Month



March is National Nutrition Month! Healthy Mendocino has a breadth of resources on nutrition you can use throughout the month. Here are some of the highlights:

- Updated indicators for [Grocery Store Density](#), [Fast Food Restaurant Density](#), and [Farmer's Market Density](#)

## The Results Are In



In February, Healthy Mendocino conducted a survey of how people are using the site. Overwhelmingly, people indicated that they were able to find what they were looking for and were predominantly using the community data indicators.

Most people indicated they were using the data for presentations. There were lots of great suggestions for the site including data to add and ideas for improving user experience with the site.

Thank you to all who participated!

## Thank You!



**Healthy Mendocino held its first anniversary celebration in February!** It was a great opportunity for Healthy Mendocino's partners to gather and reflect on the success of the first year of the site. Here are some of the highlights from the first year:

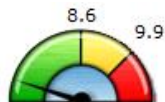
- Over 6,000 unique site visitors
- 24 community presentations
- Increased visit duration and repeat visitors
- 2 initiative centers created

- Links to food and nutrition resources like: [Choose My Plate](#) and the [Gardens Project](#)
- Local reports like the [Community Food Action Plan](#) and the [Community Food Systems Assessment](#)
- News Stories like "[Fill up with Color](#)"
- Over [400 Promising Practices](#)

Stay tuned for more nutrition related info to populate the site throughout the month!

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## Featured Indicator



5.6% of adults in Mendocino County have been diagnosed with diabetes. To see more about this indicator visit [HealthyMendocino.org](#).

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

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

Special thanks to all who helped make the event possible: the Healthy Mendocino Steering Committee members, FIRST 5 staff, and UVMC's volunteers who made such lovely decorations. What a great start for the first year of this collaborative community-led project!

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## 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](mailto:research@mendochildren.org).

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