

Healthy Mendocino



What's New? March 2018

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Feature Story

March is National Nutrition Month

by Heather Criss

There are an abundance of articles on how eating a balanced diet with a wide variety of fruits and vegetables is fundamental to maintaining your health. Most people know and understand that this is true. The Centers for Disease Control (CDC) released their National Health and Nutrition Examination Survey and the results are distressing; there is still an increase in the rates of obesity in children. This trend has been occurring for decades. Billions of dollars are spent every year on studies and programs aimed at reversing this trend.

Why is it so important to stop this trend? Obesity isn't a cosmetic issue; it has a strong correlation in being diagnosed with chronic diseases that impact your quality of life. Diabetes, heart disease, sleep apnea, joint problems, and many other diagnoses have much higher rates when someone is obese. There is a rise in medical claims for younger and younger people for these diagnoses that have been traditionally associated with older adults.

To read more click [HERE](#).



Healthy Mendocino Project Summit

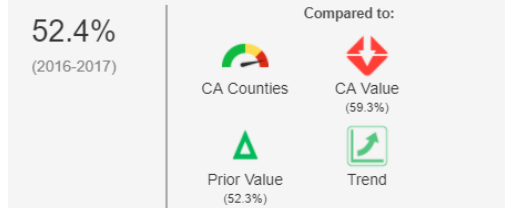
By Patrice Mascolo

More than 70 people attended the Healthy Mendocino Summit on March 8th, at the Willits Community Center, from all areas of the county. Action Teams gave updates on their progress to date and were able to meet with other regional teams. Michelle Rich, chairwoman of the Healthy Mendocino Steering Committee, spoke about teamwork and building community and Shelly Mascari, Community Wellness Director at St. Helena Hospital in Lake County, spoke on working collaboratively. Thaïs Mazur, Healthy Mendocino Project Manager, was the MC and kept the meeting moving through updates, meet and greet sessions and an open house to move to other Action Team tables.

Click [HERE](#) for the full article and link to the Power Point Presentation.

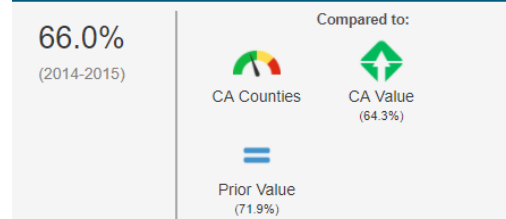
February Featured Indicators

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 in the annual California Physical Fitness Test (PFT). Maintaining a healthy weight is important for children and adolescents. Obese and overweight children and adolescents are at risk for multiple health problems during their youth and as adults. Obese children and adolescents 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, malnourishment, and inhibited development and

Child and Teen Fruit Consumption



This indicator shows the percentage of children and teenagers aged 2-17 who ate at least two servings of fruits in the previous day. Children need good nutrition to foster healthy growth and development. Ensuring that your children get enough fruits will improve their health and set them on a life long path of healthier nutrition choices. You can make healthy eating fun by allowing your children to select new kinds of fruits to try and encouraging them to help prepare them. It is essential to eat a fresh, healthy and balanced diet in order to maintain a healthy weight and prevent chronic disease. Numerous studies have shown a clear link between the amount and variety of fruits and vegetables consumed and rates of chronic diseases, especially cancer. According to the World Cancer

growth. Staying at a healthy weight helps prevent and control multiple chronic diseases and improves quality of life.

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

Research Fund International, about one third of all cancers can be prevented through a nutritious diet that includes fruits and vegetables, physical activity, and maintaining a healthy weight.

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



Updates for the Healthy Mendocino Project

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 Trauma



Housing



Mental Health



Poverty

Presentations Available for your Organization!

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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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