



What's New? March 2019

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Don't Forget to Take the Mendocino Community Health Survey!

Ends March 29th

Take the survey

¡Tome la encuesta!

English Version

Versión en español

How healthy are Mendocino County residents? How would you rate the quality of life in Mendocino County? Do you and your family have what you need to be healthy? The answers to these questions and more are used by Healthy Mendocino to prioritize the most important issues to address to make Mendocino County a healthier place to live.

All community members are encouraged to share their opinions! The survey will take approximately 10 minutes to complete on line in Survey Monkey in English and Spanish.

Please share this information to your place of work, neighbors, friends, family members, and any one else you have access to.

For more information, or to have paper copies dropped off or an email sent to your organization or place of work, contact Healthy Mendocino at pmascolo@ncoinc.org.

Click [HERE](#) to read more.

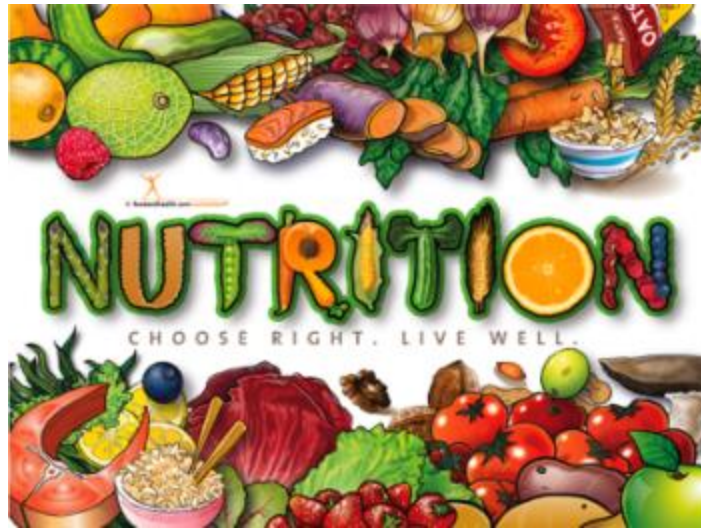


Feature Story

Live Well, It's More Than Physical Healing

“When I joined the Live Well program my personal goals were to lose weight, reduce my cholesterol and to feel better about myself physically. It is safe to say, that what I got was so much more,” commented Aaron Donnell a Live Well participant. While undergoing this physical transformation Aaron also began to see a change in his mental health.

Click [HERE](#) to read more.



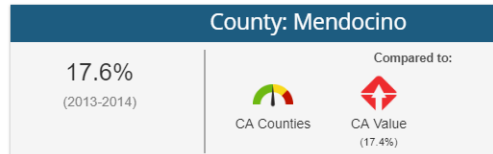
March is National Nutrition Month Health Matters: Obesity

March is National Nutrition Month. What we eat and how much we eat matters. Obesity is a complex problem influenced by many factors, some of which are still unknown to us, but genetics, our environment, culture, and our behaviors all play a role.

Click [HERE](#) to read more.

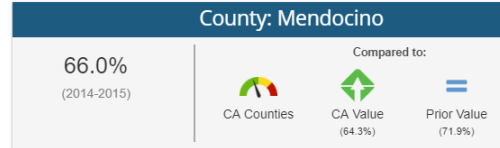
March Featured Indicators

Adults who Drink Sugar-Sweetened Beverages



This indicator shows the percentage of adults ages 18 years and older who consumed soda or sugar sweetened beverages at least one time a day. Non-diet sodas or sugar-

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

sweetened beverages (SSBs) have large amounts of added sugar, lack nutritional value, and are great calorie contributors in diets. The consumption of sugary drinks is associated with weight gain and obesity. Reducing SSB consumption can result in a decrease in weight and is an important element of obesity prevention. The Department of Health and Human Services and the U.S. Department of Agriculture recommend limiting daily consumption of the added sugars found in all sweetened beverages, including fruit juices, to no more than 10 percent of calories per day.

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

growth and development. Ensuring that your children get enough fruits will improve their health and set them on a lifelong 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.

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



Updates for the Healthy Mendocino Action Teams

Read about the latest updates for the Healthy Mendocino Action Teams, inland and on the coast.

Click [HERE](#) to read more.

Presentations Available for your Organization!

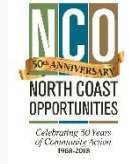
Do you want to learn more about HealthyMendocino.org?

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 **707-467-3228** to schedule a presentation and find ways you can utilize its many resources.





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