

HEALTHY Mendocino

What's New? November 2016

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Feature Story

Dangers of Vaping

Parents are becoming more alert to the dangers of vaping, and are increasingly concerned, as word spreads about the ways in which young people are especially vulnerable to the lures and hazards of vaping. E-cigarettes are battery-operated devices that heat liquids and allow users to inhale aerosols containing nicotine and/or other substances that come in many shapes and sizes. In Mendocino County, e-cigarettes and other devices have become visibly popular, especially among young

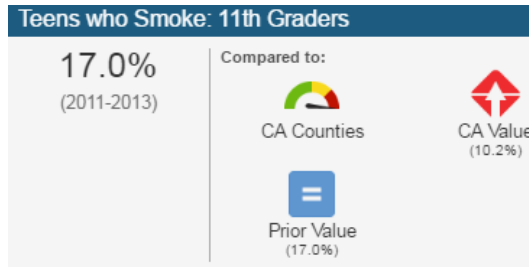
Hot Spots and the Camden Coalition

As health care evolves, those of us dedicated to caring for people in our community are constantly challenged with how to prevent illness, as well as how best to treat patients once they become ill. We know if we can address the underlying causes of illnesses, we should be able to help our patients—and our whole community—stay healthier. If we can improve the health of individuals who utilize the lion's share of local resources (e.g., health, social services, law enforcement, and education), we'll be helping them as well as the community at large.

Read more at HealthyMendocino.org

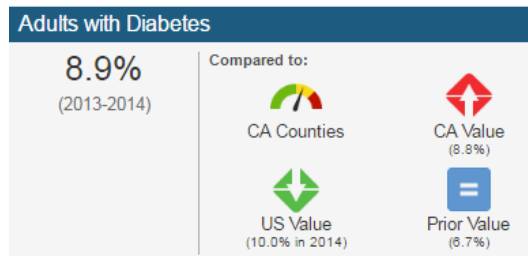
people.

Read more at HealthyMendocino.org



November Feature Indicator: Teens who Smoke: 11th Graders

Health behavior patterns formed in adolescence play a crucial role in health throughout life. Those who start smoking young are more likely to have a long-term addiction to nicotine than people who start smoking later in life, putting them at greater risk for smoking-related illness and death. Read more [here](#).



November Feature Indicator: Adults with Diabetes

Diabetes is a leading cause of death in the United States. According to the CDC, more than 25 million people have diabetes. This disease can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. Read more [here](#).



Food and Nutrition for the Holidays

National Diabetes Awareness Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans. This year, the National Diabetes Education Program's theme is: **Managing Diabetes – It's Not Easy, But It's Worth It.** This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone. For more information click [here](#).



There is now an easy to find **HELP** button for your use on the bottom right of the Healthy Mendocino website. Click on the button and type your question!

It is that time of year for holiday activities with family and friends. Not sure what to eat and what not to eat? As the holidays approach, keeping a commitment to healthful eating and drinking can be challenging. Holidays bring many events that revolve around food and beverage. Here are a few tips to help you manage. Learn more [here](#).



Small Steps Big Changes is a listing of local resources found in each community in the County for taking small steps towards health – everything from walking trails and healthy eating, to whale watching spots and fitness retreats. This is the perfect place to find activities and healthy food for the holidays. Click here to [view](#).

We are always looking to add new resources to this page. If you know

of something you would like added to this resource guide please email healthymendocino@ncoinc.org.

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 utilizing its many resources.



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Alliance for Rural Community Health



Community Development Commission of Mendocino County

THE COMMUNITY FOUNDATION OF MENDOCINO COUNTY



Frank R. Howard Memorial Hospital

Adventist Health



MCVHN



Mendocino County Office of Education

MENDOLAKE CREDIT UNION
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Ukiah Valley Medical Center

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United Way of the Wine Country

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