

**What's New? November 2018**

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## Feature Story

### Mendocino Latinx Alliance Inspires Leadership

By Roseanne Ibarra

Mendocino Latinx Alliance (MLA) was formed in April 2018 by a group of local leaders interested in building bridges, inspiring leadership, sharing information, networking and creating a platform for the Latinx community to voice our aspirations, our needs and our concerns.

You may be wondering, what is Latinx? "Latinx" (pronounced La-teen-ex) is a gender-neutral term that refers to an individual of Latin American origin or descent. This term is used in place of Latino or Latina. The x replaces the masculine-o and feminine-a endings of the term.

MLA's vision for inclusion, collaboration and open dialogue among leaders was the impetus for the formation of this new group. Bi-monthly luncheons will be hosted throughout the year and will highlight various topics of interest through the Latinx lens. These luncheons offer the community, individuals from all backgrounds, a chance to network across sectors and to meet people from all regions of the county.

To read more click [HERE](#).



## **Feature Story**

### **Ukiah Vecinos en Acción, UVA**

Ukiah Vecinos en Acción, (Neighbors in Action), UVA, is a Latino Coalition formed by the community members in 2017. UVA consist of twelve members who are passionate and focused on taking action on issues affecting the Latino population. This coalition acts as a bridge between agencies and the community with the focus being, to enrich the positive presence of Latinos, to serve as a non-bias platform for information, and to build an environment of trust and positive relationships with other organizations.

It is very important for UVA to stay connected to the people and to take action on the issues affecting our Latino community. Therefore, UVA incorporated two things in the way we do our work: to host Community Gatherings and to take action. The purpose of the Community Gathering is to hear directly from the people on what the issues are and what we should work on. In addition, it allows UVA to report back to the people on the issues, projects, and any information the people might have asked for. The second is that UVA takes action by focusing on a project. The project ideas come directly from what we hear at the Community Gatherings. Currently UVA has two projects: The Community Market and Disaster Planning, with a focus on the Latino community.

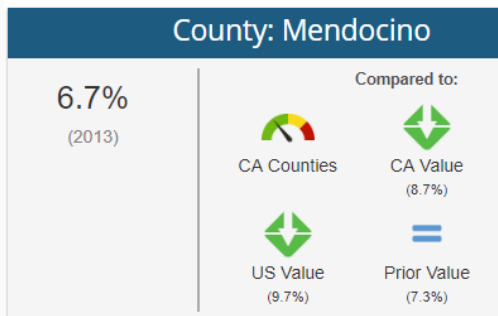
Click [HERE](#) to read more.

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## **November Featured Indicators**

**November is National Diabetes Awareness Month**

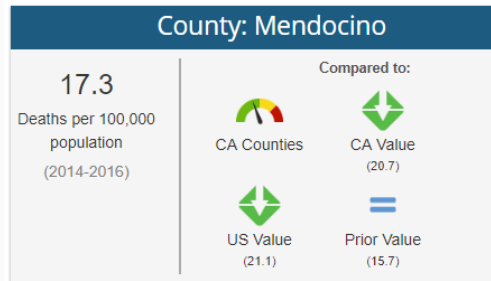
## Adults with Diabetes



Diabetes is a leading cause of death in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 25 million people have diabetes, including both diagnosed and undiagnosed cases. 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. Persons with diabetes are also at increased risk for ischemic heart disease, neuropathy, and stroke. According to the CDC, the direct medical expenditures attributable to diabetes are over \$116 billion.

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

## Age-Adjusted Death Rate due to Diabetes



Diabetes is a group of diseases marked by high levels of blood glucose, also called blood sugar, resulting from defects in insulin production, insulin action, or both. Diabetes is a leading cause of death in the United States. Diabetes disproportionately affects minority populations and the elderly, and its incidence is likely to increase as minority populations grow and the U.S. population becomes older. The prevalence of diagnosed type 2 diabetes increased sixfold in the latter half of the last century. Diabetes risk factors such as obesity and physical inactivity have played a major role in this dramatic increase. Age, race, and ethnicity are also important risk factors.

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



## What's New with Healthy Mendocino!

Read the latest news for Healthy Mendocino: Our Two New Action Team Coordinators for Inland and the Coast, A New Vision for Healthy Mendocino to incorporate our collaborative work on the CHNA and CHIP, and Healthy Communities Institute Client Meeting Presentation.

Click [HERE](#) to view.

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## Fall Summits for Action Teams 2018

**Save the Date for the Fall Summits for Inland and Coast Action Teams. Inland teams will meet on November 7th, 9:00 - 11:30 am and the Coast teams will meet on November 15th, 5:30 - 8:00 pm.**

Click [HERE](#) to read more.

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## Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](http://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](mailto: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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