



**HEALTHY Mendocino**  
Connecting people and information for better health

## What's New! October 2015

### October: Feature Story

#### Screening for Breast Cancer: Know Your Body, Know Your Risk

by Sara O'Donnell

**October is National Breast Cancer Awareness Month.** Breast cancer is the most common cancer diagnosed in women around the globe, accounting for 25 percent of all cancers. In Mendocino County alone, researchers predict an estimated 75 new breast cancer cases and 15 breast cancer deaths each year. Mendocino County's breast cancer incidence rate for the most recent five-year measurement period is 121 women per 100,000 females, higher than half of California's 58 counties.

Learn more at [HealthyMendocino.org](http://HealthyMendocino.org)

### Feature Indicator

#### Breast Cancer Incidence Rate



**121.0**  
cases/100,000 females

**Measurement Period:** 2008-2012

This indicator shows the age-adjusted incidence rate for breast cancer in cases per 100,000 females. Breast cancer is a leading cause of cancer death among women in the United States. According to the American Cancer Society, about 1 in 8 women will develop breast cancer and about 1 in 36 women will die from breast cancer. Breast cancer is associated with increased age, hereditary factors, obesity, and alcohol use. Since 1990, breast cancer death rates have declined progressively due to advancements in treatment and detection.

Learn more [here](#)

### Latest news

#### October is Federal Food Month It is not too late to sign up for the CalFresh Challenge and School Lunch Day.



For many in our community, getting enough food on the table can be a challenge. Thanks to federal food programs like CalFresh (also known as the Food Stamp Program), thousands in our community receive help to ensure they have enough to eat. We challenge YOU to try living on such a food budget for five days.

In addition, are you interested in what your local students are eating at school? Local Food Service Directors invite you to dine at their local school cafeteria on School Lunch Day.

Find out about the CalFresh Challenge and School Lunch Day [here](#).

## October is National Bullying Prevention Month

### One in Three California Students Reported Being Bullied in Previous Year

Teachers and administrators can make a difference! Schools can reduce bullying through research-based approaches that build relationships and social skills, establish behavior norms and foster empathy.

Click [here](#) for more information.

## Community Calendar

### See the [events](#) happening in Mendocino County

Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

## Like Us on Facebook

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

## Learn More About Healthy Mendocino



Email [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call 707-467-3228 to schedule a training for your organization and find the ways in which you can connect with the site, utilizing its many resources.

## October is Domestic Violence Awareness Month

Watch for our Feature Story in November about Domestic Violence by Rachel Kradin from Project Sanctuary in Fort Bragg.



## Today's Headlines [for healthfinder.gov](http://healthfinder.gov)

[Mediterranean Diet With Olive Oil Might Cut Breast Cancer Risk: Study](#)

[Racial Differences in Breast Cancer Linked to Genes](#)

[Home Pesticide Use Tied to Child Cancer Risk](#)

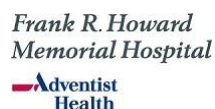
[Bullied Teens Who Exercise May Lower Suicide Risk, Study Finds](#)

[Is your family ready for an emergency?](#)

[Disaster Aftereffects May Linger for Children](#)



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