



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

## What's New! September 2015

### September: Feature Story

#### CalFresh Challenge and School Lunch Day

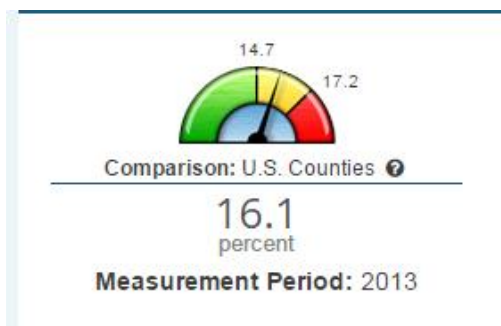
by *Megan Van Sant*

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](#).

### Feature Indicator Food Insecurity Rate



This indicator shows the percentage of the population that experienced food insecurity at some point during the year. Food insecurity is an economic and social indicator of the health of a community. Poverty and unemployment are frequently predictors of food insecurity. Food insecurity is associated with chronic health problems in adults including

### Latest news

#### New Resource Library!

##### Resource Library

The Resource Library allows you to locate resources that help make your community a healthier place. If you have a resource you think should be included, please submit it here.

[Explore Our Collections](#)



##### Who Gets Breast Cancer and Why? A Workshop on Environmental Exposures, Health Disparities & Breast Cancer

Author: Cancer Resource Centers of Mendocino County

Published: September 4, 2015

Expires: October 2, 2015

Filed Under: Health / Cancer, Health / Environmental & Occupational Health, Events



##### SB 564 Vehicle speeding fine increase in school zones to fund safe Routes to School

Author: Tamey Sheldon

Published: September 2, 2015

Filed Under: Public Safety / Transportation Safety, Government & Politics / Program, Policies, & Laws, Health / Children's Health, Bylaws, Policies, and Legislation



##### National Childhood Obesity Awareness Month

Author: Tamey Sheldon

Published: September 1, 2015

Filed Under: Health / Children's Health, Health / Exercise, Nutrition, & Weight, Health, Articles, Featured

The new Resource Library is a series of improvements to what was called the Report Center. This brand new feature combines the Report Center with HCI's Funding Opportunities and any custom collections into an interactive library. This improves the display of those reports, fact sheets, documents, etc. so that they can be searched for, filtered, and found more easily.

You can use keywords to search for a resource, or filter specific resource types, topics, or dates. It's all designed to bring more attention to the vast resources we have added to the site over the past 2 years.

View the new Resource Library [here](#).

#### Policy Corner

Check the Policy Corner on the Home Page of

diabetes, heart disease, high blood pressure, hyperlipidemia, obesity, and mental health issues including major depression.

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

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## September is National Childhood Obesity Awareness Month

More than 23 million children and teenagers in the U.S., and nearly 40% of 10-14 year olds in Mendocino County are obese or overweight, statistics that health and medical experts consider an epidemic. While obesity rates have soared among all age groups in this country, obesity is a particularly grave concern for children.

Click [here](#) for more information.

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## Community Calendar

See the [events](#) happening in Mendocino County. Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

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## Like Us on [Facebook](#)

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

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## 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.

[HealthyMendocino.org](http://HealthyMendocino.org)! This month find out more about SB 564, which will increase the the fine for speeding in a school zone to help fund Safe Routes to School.



### Policy Corner

#### Vehicle speeding fine increase in school zones to fund Safe Routes to School

SB 564, a bill before the California Legislature, addresses the need for safe driving in school zones (walking and biking to school). If passed, SB 564 will require that an additional fine of \$35 be imposed if the violation occurred in a school zone. Fines will go toward funding school zone safety projects within the Active Transportation Program.

[Read more](#)

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

[Exercise Boosts Obese Kids' Heart Health](#)

[Active As Teen, Free of Diabetes In Later Life?](#)

[Parents of Kids With Diabetes Need to Plan for School Days](#)

[Jury Still Out on Whether Saturated Fat Is Bad for You, Researchers Say](#)



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2/26/2015