



What's New? September 2016

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The Rapidly Changing Landscape of Marijuana Legalization – Will our community's youth be overlooked?

After a six-month process of researching and developing potential policy language related to Marijuana and Youth, the Children's Health Committee of the Mendocino County Policy Council on Children and Youth brought a proposed policy before the Mendocino County Board of Supervisors. The goal in developing the policy statement is to highlight the potential risks of marijuana legalization as it relates to children and youth.

Read more at HealthyMendocino.org



Safe Routes to School

It's that time of year again—schools are back in session. Although many children never want summer break to end, this is a great opportunity for parents to start new and healthy habits with their children. One way to achieve this is to walk and bike to school more often. That's where the Safe Routes to School (SRTS) program fits in so well, especially at the beginning of the school year.

Read more at HealthyMendocino.org



County: Mendocino

VALUE
27.4%

COMPARED TO



CA Counties



CA Value
(22.0%)



Prior Value
(29.0%)

Source: California Healthy Kids Survey (CHKS)
Measurement period: 2011-2013
Maintained by: Healthy Communities Institute
Last update: September 2015

September Feature Indicator: Teens Who Use Marijuana

Marijuana intoxication can cause distorted perceptions, impaired coordination, difficulty thinking and problem solving, and problems with learning and memory. Many research studies have shown that marijuana's adverse effects on learning and memory can last for days or weeks after the acute effects of the drug have worn off. Learn more [HERE](#).

Get Ready for the Walktober Challenge!

October is the perfect month to get outside, join up with co-workers, friends, and family, and go for a walk – and walking is the ideal way to be active. It's available for all ages and abilities, whether you are young or old, fast or slow.

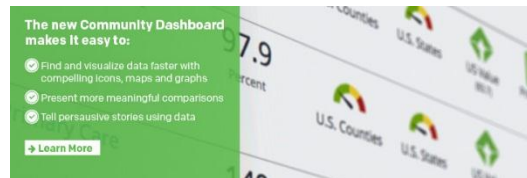
Walktober is about getting outside to move your body and breathe in the crisp fall air. It's about moving more by incorporating walking into daily activities. **The Challenge:** We invite the entire community to walk for 10, 20, or 30+ minutes EVERY day during the month of October.

Learn more [HERE](#).

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.



The NEW COMMUNITY DASHBOARD is here!

Powered by Healthy Communities Institute (HCI), Healthy Mendocino now provides faster and more visual tools to compare demographic and secondary data on health and health determinants to local, state, and national goals side-by-side. Advanced search and filter and customized dashboard creation enhance opportunities to collaborate. These updates equip communities with the tools they need to champion collaboration, communicate priorities,

Community Calendar

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

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

and implement strategic interventions to impact community health outcomes.

Learn more [HERE](#).



[Healthy Mendocino](#)



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Alliance for Rural Community Health



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