

Healthy Mendocino



What's New? August 2017

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Feature Story

Point in Time Count 2017 for Mendocino County

In January 2017, Mendocino County conducted a bi-annual Point-in-Time (PIT) Homeless Count. Volunteers were recruited to go out early in the morning to known homeless camps throughout the county to record and ask people questions for the count. They also went to homeless services such as Plowshares in Ukiah and Hospitality House in Fort Bragg. Any person answering the survey was given a \$5.00 gift card from Safeway and volunteers were compensated for their time.

To read more click [HERE](#).



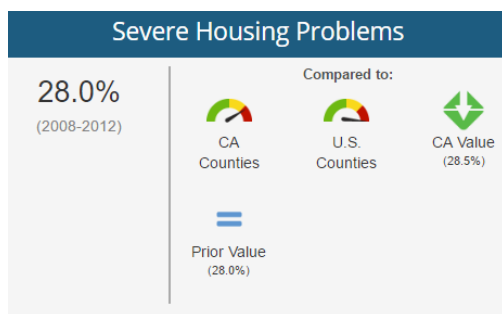
Updated In-Hospital Breastfeeding Data

by Patrice Mascolo

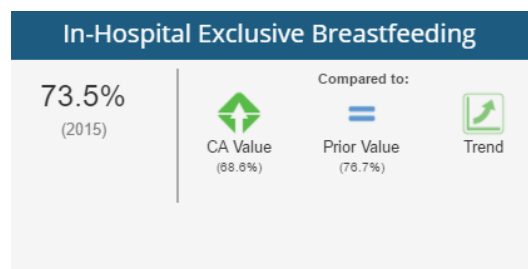
The California Department of Public Health (CDPH), Center for Family Health is pleased to announce that the 2015 in-hospital breastfeeding data has been posted to the CDPH In-Hospital Breastfeeding Initiation Data website. In response, Healthy Mendocino has updated the indicator for Mendocino County on breastfeeding.

To read more click [HERE](#).

August Featured Indicators



This indicator measures the percentage of households with at least one of the following four housing problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities. Safe and affordable



This indicator shows the percentage of infants who receive only breast milk during in-hospital feedings as reported through the Newborn Screening (NBS) program. Breastfeeding provides important health protection for infants, and exclusive

housing is an essential component of healthy communities, and the effects of housing problems are widespread. Residents who do not have a kitchen in their home are more likely to depend on unhealthy convenience foods, and a lack of plumbing facilities increases the risk of infectious disease.

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

breastfeeding in-hospital influences how long babies are breastfed after discharge. Breast milk protects babies from illness and infection and promotes their brain development.

Breastfed babies are less likely to be sick, and babies who are breastfed for 6 months are less likely to have problems with allergies and have a reduced risk for childhood cancers.

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



Updates for the Healthy Mendocino Project

There will be a Healthy Mendocino Summit on October 25, 2017, to bring all of the regional Action Teams together. It will be an opportunity to meet each other and get updates on progress, share ideas, and brainstorm strategies. The meeting will occur in Willits at the Community Center from 9:30 am to 12:30 pm. We will send out more details as it gets closer. Please mark your calendar and save the date.

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW): The Kids Triathlon in Ukiah on July 22 at Todd Grove Park was a huge success with over 200 kids participating.

Childhood Trauma: They are moving forward with developing local messaging around Adverse Childhood Experiences (ACEs) so they can reach policymakers, stakeholders, and community leaders beyond their existing "choir."

Housing: The August 17th meeting will have updates on the Community Foundation's housing efforts and community concerns about the Vineyard Crossing development.

Mental Health: Some goals discussed are: Inventory of services, create a simplified message, and provide adequate education about services. Increase awareness and evaluation of prevention activities. Inventory and assess all levels of services.

Poverty: It plans to also get the perspectives and needs of people living in poverty—especially families with young children. What are the issues and barriers that people live with?

North Coast Regional Chapter

Family Wellness: The Kids Triathlon on July 29th in Fort Bragg was a huge success. Children from the area all received certificates for participating.

Healthy Mendocino Trauma: They would like a Resource Guide to services on the coast.

Housing: Issues of concern: Workforce housing, providing incentives to builders, wanting to look at impact of zoning, and flexible overlay zone, and landlord issues.

Mental Health: Mental Health Action Team will meet on Monday, August 21, from 3:30 - 4:30 PM at Mendocino Coast Clinics, 205 South St, Fort Bragg.

Poverty: Possible goals include educating the community about the issue, learn about micro financing, update and share resource guides so that people in poverty can more easily learn about available services and programs.

Click [HERE](#) to read the full details for each Action Team and their meeting times and locations.



Summer Programs for Mendocino County

There are numerous activities for children, families and adults during the summer that promote healthy life choices. This page will be updated as information becomes available so stayed tune! Click [HERE](#) to view.

Don't forget the **Small Steps Big Changes Resource Guide** for Eating Well, Moving More, Being Creative and Getting Inspired. Click [HERE](#) to view.

Please send any summer activities or events to: healthymendocino@ncoinc.org



Conduent
Healthy Communities Institute

Disparities Charts
Breakout charts can now display statistically significant differences between subpopulation values and overall values with a new red/green color scheme. By default, highlighting disparities will be turned on. If you would like this to be turned off on your site, please reach out to your Account Manager.

Age Group	Incidence Rate (cases/100,000 population)
0-14	~10
15-44	~140
45-64	~120
Overall	~50

*Value may be statistically unstable and should be interpreted with caution.

Indicator Chart Tile
We have added a new tile that displays one or two indicator charts. These charts can show an indicator's change over time, sub-population data for a specific indicator, or indicator data by location.

Diabetes
Diabetes is linked to many complications including heart disease, stroke, high blood pressure, kidney disease and more. One in ten county residents have been told by their doctor that they have diabetes, and nearly 20 million and more live with diabetes in the United States. Type 2 diabetes is most common in a health priority area of focus.

New Features on the Website!

Disparities Charts can not display differences by color and Indicator Chart Tiles display one or two indicator charts.
Click [HERE](#) to view the new features.

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 utilize its many resources.





MCVHN



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