



Feature Story

Excessive Screen Time Linked to Anxiety, Depression, ADHD, and Obesity in Children

By Casey Johnston, MD

Children are constantly exposed to screens these days, whether they're texting with friends, watching YouTube videos or playing online video games. Several decades ago, the only screen in the home was the family television; today, we have tablets, smartphones, laptops, electronic games and more. As research tries to catch up with the exponential rise in technology, initial studies indicate that too much time in front of screens can have serious behavioral, physical and emotional consequences.

A whole slew of new medical conditions related to screen time have been defined in recent years, including “Computer Vision Syndrome,” which involves eye strain, irritation, dryness and blurred vision.

Perhaps the most noticeable effect of excessive screen time is the staggering increase in childhood obesity. More than a third of American children are either overweight or obese, increasing the risk of diabetes and hypertension and low self-esteem. According to Healthy Mendocino, the percentage of [5th Grade Students who are at a Healthy Weight or Underweight](#) is at 52.4% and the percentage of [9th Grade Students who are at a Healthy Weight or Underweight](#) is at 59.2%

Click [HERE](#) to read more.



Feature Story

New Before School Exercise Program in Willits Aims to Address Childhood Obesity

It's a Friday morning at Blosser Lane Elementary School in Willits. Instead of the usual scene of children sitting around, waiting for the bell to ring, over 100 students are running and walking laps around the basketball court, all the while laughing and having fun.

Students are indeed off to a healthy start by earning their “miles” thanks to a new before-school program called “Morning Mile” sponsored by Adventist Health Howard Memorial.

A running/walking program originating in Florida, Morning Mile is designed to help tackle childhood obesity by giving kids the opportunity to be active every day. The challenge of course being, how to motivate today’s youth to step away from the TV and go for an early morning walk.

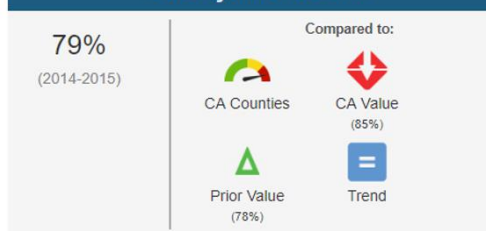
But it’s easier than we think. “Music, socializing, and a little bit of competition, something to show for their effort, and to get moving, that’s all they want,” said Tiffany Klee, physical education teacher, who spearheaded the effort, along with Tina Tyler-O’Shea, Senior Program Specialist with the Mendocino County Health and Human Services Agency.

Click [HERE](#) to read more.

December Featured Indicators

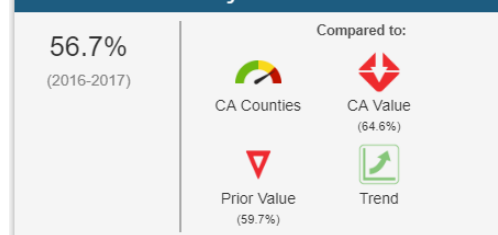
10th Grade Students Passing the California High School Exit Exam: English

County: Mendocino



This indicator shows the percentage of 10th grade students passing the English-language arts portion of the California High School Exit Exam. The purpose of the California High School Exit Examination (CAHSEE) is to ensure that high school graduates can demonstrate grade level competency in reading, writing,

7th Grade Students who are Physically Fit County: Mendocino



This indicator shows the percentage of 7th grade students that achieve the Healthy Fitness Zone for the aerobic capacity portion of the annual California Physical Fitness test. Physical fitness has been linked to higher academic performance, better concentration, and increased

and mathematics. All California public school students except eligible students with disabilities must satisfy the CAHSEE requirement in order to receive a high school diploma. The test addresses vocabulary, decoding, comprehension, and analysis of information and literary texts, writing strategies, applications, and the conventions of English. Individuals who do not finish high school are more likely than people who finish high school to lack the basic skills required to function in an increasingly complicated job market and society.

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

confidence and self-esteem.

Students who are more physically fit are less likely to suffer from stress, anxiety, and depression. In addition, physical fitness helps to develop lifelong habits that can reduce the likelihood of chronic diseases such as diabetes, high blood pressure and heart failure. Aerobic capacity is perhaps the most important indicator of physical fitness and assesses the capacity of the cardiorespiratory system by measuring endurance.

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



North Coast Housing Team Second Unit Workshop

On October 25, 2018, the North Coast Housing Action Team, in collaboration with the City of Fort Bragg and Mendocino County, led a Second Unit Workshop for the coastal community.

Over 178 residents attended the workshop with standing room only at the Fort Bragg Town Hall. The workshop was designed to support the goals of the Housing Action Team to create safe, decent and affordable housing on the Mendocino Coast; encourage City and County policy makers to meet the demand for housing; and engage and inform the community about housing needs, challenges and opportunities.

Accessory Dwelling Units (ADUs), also called granny units, alley houses, or second units, exist on a lot with another house and can be either attached or detached. ADUs can also be built on any size residential lot. The benefits of ADUs and how they can offer a solution to the housing crisis is by allowing people to age in-place, generate extra income for property owners, and create affordable housing for community members.

Two panels of 9 presenters shared information on building second units on the coast.

Click [HERE](#) to read more.



Fall Summits for Action Teams 2018

2018 Fall Summits for Inland and Coast Action Teams were held on November 7th and November 15th respectively. The purpose of the day was threefold: 1) to continue to build relationships within and across teams, 2) to learn about Health in All Policies and 3) to consider

how a similar model may help break down the artificial silos of the teams to create systems change that help each team reach their goals.

Click [HERE](#) to read more.

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.





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