

HEALTHY Mendocino



What's New? February 2017

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Love is RESPECT

This February, start talking about **healthy relationships!**

February is Teen Dating Violence Awareness Month



February is Teen Dating Violence Month

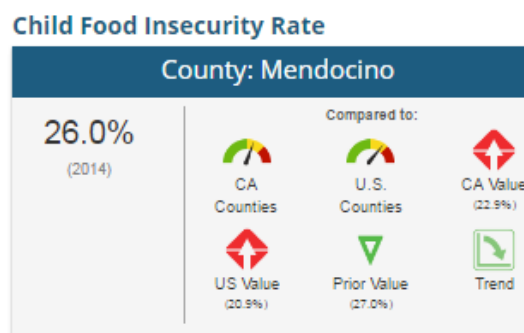
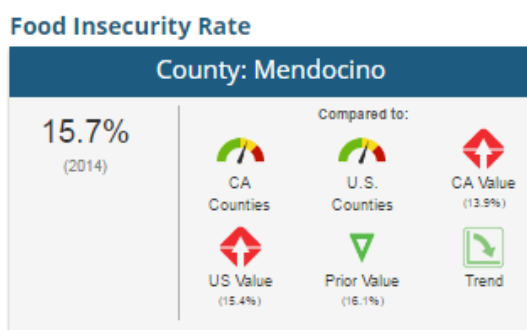
Feature Story Food Insecurity

According to HealthyMendocino.org, food insecurity is an economic and social indicator of the health of a community. The U.S. Department of Agriculture (USDA) defines food insecurity as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways. Poverty and unemployment are frequently predictors of food insecurity as are the effects of housing problems. This article talks

The teenage years are accompanied by diverse challenges and opportunities. A few of the factors critical to healthy development are: self-esteem, personal agency, boundaries, and accountability. Youth observe family, media, peers, and adult role models to assemble their sense of self and expectations in relationship to others. Unfortunately, far too many teens are exposed to abuse in their intimate relationships, precisely as this process is occurring. What is Teen Dating Violence (TDV)? Dating violence is a pattern of behaviors used to maintain power and control

about food insecurity for different populations in our community and county wide resources for community dining rooms, on-site and delivery of senior lunches, food pantries, and more. Read more at HealthyMendocino.org for local efforts to address food insecurity.

over another person. Abuse comes in many forms - physical, emotional/verbal, financial, sexual, and digital. Read more at HealthyMendocino.org to increase understanding and dialogue about this critical topic.



February Feature Indicator: Food Insecurity Rate

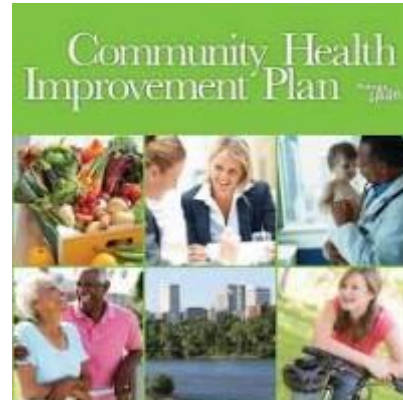
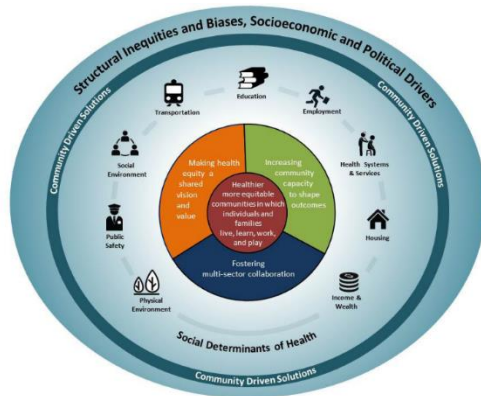
Food insecurity is an economic and social indicator of the health of a community. Poverty and unemployment are frequently predictors of food insecurity. Food insecurity is associated with chronic health problems in adults including diabetes, heart disease, high blood pressure, obesity, and mental health issues. This indicator shows the percentage of the population that experienced food insecurity at some

February Feature Indicator: Child Food Insecurity Rate

Children exposed to food insecurity are of particular concern given the implications scarce food resources pose to a child's health and development. Children who are food insecure are more likely to be hospitalized and may be at higher risk for developing chronic diseases such as obesity as a result in lower quality diet, anemia and asthma. In addition, food-insecure children may also be at higher risk for behavioral and social issues including fighting,

point during the year. Read more [here](#).

hyperactivity, anxiety and bullying. Read more [here](#).



Communities in Action: Pathways to Health Equity

Health equity is the state in which everyone has the opportunity to attain full health potential and no one is disadvantaged from achieving this potential because of social position or any other socially defined circumstance. Currently in the United States, the burdens of disease and poor health and the benefits of well-being and good health are inequitably distributed. Although some aspects of a person's health status depend on individual behaviors and choice, health is also shaped by community-wide factors, and research shows that problems

Healthy Mendocino Community Health Improvement Project All Teams Meeting

The next All Teams meeting will be on February 16th from 9:30 to 12:30 at the Alex Rorabaugh Recreation Center. Registration begins at 9:15. This will be an opportunity for the five Action Teams to meet and break out into team groups, present updates, and learn how to plan goals and objectives. Tamara Bannan, former Health Equity Coordinator of the San Diego County Community Health Improvement Plan, will be the speaker. To RSVP for this meeting click [here](#).

like poverty, unemployment, low educational attainment, inadequate housing, lack of public transportation, exposure to violence, and neighborhood deterioration (social or physical) shape health and contribute to health inequities. Read 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.



Volunteer Income Tax Assistance (VITA)

Get your taxes prepared for free through United Way of the Wine Country's EarnIt!, KeepIt! SaveIt! VITA Program. VITA provides FREE Income Tax Preparation Assistance to Low-Income, Elderly, Disabled and Limited English Speaking people. Household income must be \$54,000 or less. In Mendocino County, North Coast Opportunities (NCO) is the tax site through April. Call 707-467-3236 to set up an appointment. Click [here](#) to learn more.





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