



What's New? February 2019

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Do you and your family have what you need to be healthy? How would you rate the quality of life in Mendocino County? Every three years Healthy Mendocino conducts a Community Health Survey to find out what we need to make our county healthier. This short, anonymous survey will allow us to develop a deeper understanding of issues that relate to your thoughts on quality of life, availability of services, physical and mental health, among others. This information will be used by hospitals, government agencies and other community organizations that deliver these services. Share your feedback and help us improve the health of our community!

Take the survey in English here:
<https://www.surveymonkey.com/r/BVQ5KZC>

or use your phone to scan this QR code



¿Usted y su familia tienen lo que necesitan para estar saludables? ¿Cómo calificaría la calidad de vida en el condado de Mendocino?

Cada tres años Healthy Mendocino realiza una encuesta de salud para averiguar lo que necesitamos para hacer que nuestro condado sea más saludable. Esta breve encuesta anónima nos permitirá desarrollar una comprensión más profunda de los problemas que se relacionan con su pensamiento sobre la calidad de vida, disponibilidad de servicios, física y salud mental, entre otros. Esta información será usada por hospitales, agencias gubernamentales y otras organizaciones comunitarias que prestan estos servicios. Comparte tus comentarios y ayúdanos a mejorar la salud de nuestra comunidad!

Toma la encuesta en español aquí
<https://www.surveymonkey.com/r/B857589>

o usa tu teléfono para escanear este código



SEND QUESTIONS TO: HEALTHY MENDOCINO AT HEALTHYMENDOCINO@NCOINC.ORG OR (707) 467-3228

ENVIAR PREGUNTAS A: HEALTHY MENDOCINO AT HEALTHYMENDOCINO@NCOINC.ORG OR (707) 467-3228

Take the Mendocino Community Health Survey!

Take the survey

English Version

¡Tome la encuesta!

Versión en español

How healthy are Mendocino County residents? How would you rate the quality of life in Mendocino County? Do you and your family have what you need to be healthy? The answers to these questions and more are used by Healthy Mendocino to prioritize the most important issues to address to make Mendocino County a healthier place to live.

Healthy Mendocino, in collaboration with Mendocino County Health and Human Services (HHSA), the Adventist Health Hospitals (AHUV & AHHM), FIRST 5 Mendocino, North Coast Opportunities, Redwood Coast Medical Services, Redwood Quality Management Company, and community health clinics conduct a Community Health Needs Assessment (CHNA).

A key element to the CHNA is to gather input from Mendocino County residents through a confidential Community Health Survey on what community members feel about the county's health and their individual health and well-being.

All community members are encouraged to share their opinions! The survey will take approximately 10 minutes to complete on line in Survey Monkey in English and Spanish.

Please share this information to your place of work, neighbors, friends, family members, and any one else you have access to.

For more information, or to have paper copies dropped off or an email sent to your organization or place of work, contact Healthy Mendocino at pmascolo@ncoinc.org.

Click [HERE](#) to read more.



Feature Story

Prevention of Alcohol and Other Drugs Misuse, Abuse and Addiction

The Across Ages and Cultures Coalition (AACPC) members in Gualala on the South Coast, volunteer their time and energy to combat alcohol and other drug abuse and addiction. They have seen first hand the devastation of opioid and methamphetamine addiction on our families and neighborhoods.

“Adverse Childhood Experience” (ACE) and “Childhood Trauma” are terms frequently in the news and in professional literature. The Across Ages and Cultures Prevention Coalition is making prevention of childhood trauma, and healing from trauma already experienced, a priority in the fight against drug abuse and addiction. ACEs and trauma are now being called a public health “disaster”, notably with the misuse, abuse and addiction associated with alcohol and other drugs.

Click [HERE](#) to read more.



National Children's Dental Health Month

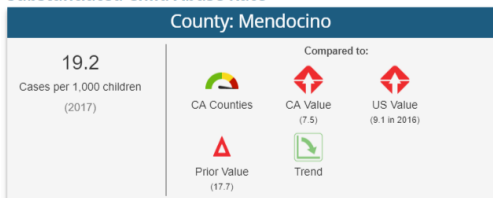
National Children’s Dental Health Month is meant to raise awareness about the importance of oral health. Why is this type of celebration—and year-round attention to children’s dental health--important?

Despite the fact that it’s almost entirely preventable, tooth decay is the most common chronic disease in children. The good news is there are safe and effective preventive measures that can protect teeth. Good oral hygiene practices such as thorough brushing with a fluoride toothpaste can help keep children from getting cavities. In addition, dental sealants and community water fluoridation are two other strategies that can help prevent tooth decay.

Click [HERE](#) for resources and more information on Dental Health for Children.

February Featured Indicators

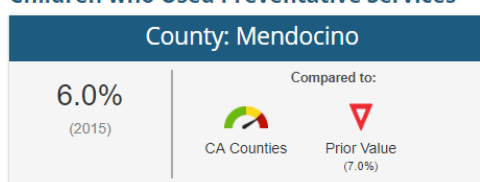
Substantiated Child Abuse Rate



This indicator shows the number of children under 18 years of age that experienced abuse or neglect in cases per 1,000 children. Rates are based on children with a substantiated maltreatment allegation.

There are several types of child abuse including physical, sexual, and emotional abuse. Child abuse and neglect can have enduring

Children who Used Preventative Services



This indicator shows the percentage of children aged 0-20 who used preventative dental services in the past year. Preventative dentistry helps avoid cavities, gum disease, enamel wear, and many more oral issues. To maintain optimal oral health, the American Dental Association recommends regular visits to the dentist, in addition to teaching children proper oral hygiene

physical, intellectual, and psychological repercussions into adolescence and adulthood. All types of child abuse and neglect have long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work, and at school.

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

and best practices at an early age. Dental cleanings and exams allow dentists to identify problems and take care of them immediately instead of them growing into larger, more complicated issues. Additionally, other preventative services can further help children's oral health and include in addition to examinations and cleanings: full-mouth and other x-rays, fluoride treatments, space maintainers, and tooth sealants.

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



Updates for the Healthy Mendocino Action Teams

Read about the latest updates for the Healthy Mendocino Action Teams, inland and on the coast.

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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