

HEALTHY Mendocino



What's New? January 2017

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Feature Story

January is National Stalking Awareness Month

The theme this year for National Stalking Awareness Month - "Stalking: Know It. Name It. Stop It." - challenges the nation to fight this obscured and alarming crime by learning more about it. Stalking is difficult to recognize, investigate, and prosecute. Unlike other crimes, stalking is not a single, easily identifiable crime but a series of acts, a course of conduct directed at a

Getting Back into Balance

It's a new year, and for many that means an opportunity to start anew. Around 40-50% of Americans will set a New Year's Resolution this year, the Journal of Clinical Psychology reports. By the end of January, 1 in 3 of those who set resolutions will abandon their attempts to follow through with them. But that doesn't mean that those individuals should lose sight of changes they wish to make in their lives. We do not have to wait for a new year to make

specific person inducing fear. Victims suffer anxiety, social dysfunction, and severe depression at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.

Read more at HealthyMendocino.org

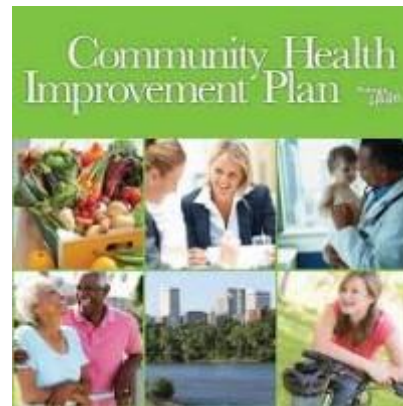


CalFresh Utilization for Mendocino County

California Food Policy Advocates (CFPA) has published a Program Access Index (PAI) report that estimates CalFresh utilization among low-income individuals in each of California's 58 counties. The county-level PAI is one indicator of how well counties reach individuals with CalFresh. It is not a tool for evaluating the administration of CalFresh. Mendocino County is ranked 19th out of 58 counties with 66% of eligible individuals enrolled in CalFresh. Great work Mendocino

resolutions to change our behaviors and get back into "balance," or a state in which we feel at peace.

Read more at HealthyMendocino.org



Community Health Improvement Plan (CHIP) Updates

- Save the date for the next CHIP workshop on February 16th, 9:30 am to 12:30 pm in Ukiah, location TBD.
- Coming soon, a new logo and a new name for the CHIP project.
- Check out the CHIP page under Local Projects for updated information and news from the Action Teams and from the Project Manager.

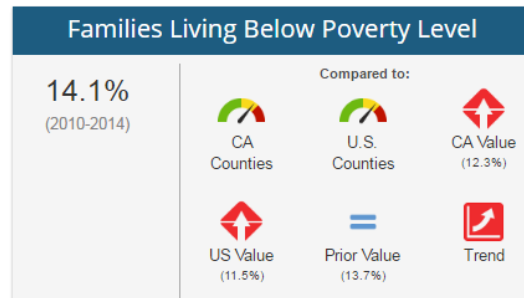
Click [here](#) to learn more.

County! Learn more about Mendocino County's ranking and what it means [here!](#)



January Feature Indicator: Low-Income Persons who are SNAP Participants

SNAP (Supplemental Nutrition Assistance Program), previously called the Food Stamp Program, is a federal-assistance program that provides low-income families with electronic benefit transfers (EBTs) that can be used to purchase food. CalFresh is the California name for SNAP. The purpose of the program is to assist low-income households in obtaining adequate and nutritious diets. According to the program, over 45 million people from over 20 million households receive SNAP benefits. Read more [here.](#)



January Feature Indicator: Families Living Below Poverty Level

Federal poverty thresholds are set every year by the Census Bureau and vary by size of family and ages of family members. A high poverty rate is both a cause and a consequence of poor economic conditions. A high poverty rate indicates that local employment opportunities are not sufficient to provide for the local community. Through decreased buying power and decreased taxes, poverty is associated with lower quality schools and decreased business survival. Read more [here.](#)

Locally we support SNAP participants by offering Market Match at local Farmers Markets.

Read more [here](#).



Applications are now open for the 2017 cohort in four national leadership development programs designed to create the next generation of leaders committed to equity and better health:

- Culture of Health Leaders
- Clinical Scholars
- Health Policy Research Scholars
- Interdisciplinary Research Leaders

Click [here](#) for more information.

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.



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