



*What's
New!*

July
2014

July Feature Story

A new player in town
by *Walk Bike Mendo*

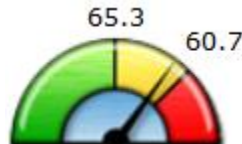


"Editor's Note: It almost goes without saying that physical activity plays a vital part in community health. Walking and biking are wonderful options to increase physical activity, but safety concerns and lack of appropriate infrastructure can decrease access for many . . ."

View the full article [here](#).

Featured Indicator

7th Grade Physical Fitness



61.1% of 7th grade students in Mendocino County achieve the Healthy Fitness Zone for the aerobic capacity portion of the annual California Physical Fitness test. Students who are physically fit are more likely to do better in school, have improved concentration, and experience less anxiety and depression. To learn more visit HealthyMendocino.org.

Medicare Indicators Updated



Want to learn more about the status of the Medicare population in Mendocino county?

Check out some of the newly updated indicators with data from the Centers for Medicare & Medicaid Services. From strokes to depression, these 15 Medicare Population indicators paint a picture about the health and well-being of Medicare beneficiaries in Mendocino County.

Click [here](#) to see the updated indicators!

Physical Activity in Mendocino County



The theme for July is physical activity in Mendocino County. From the site indicators and feature article to the new physical activity center, we are adding new content and information about moving more in Mendocino!

Contact Us



For more information about Healthy Mendocino, or to schedule a presentation for your information, please contact the site administrator, Michelle Rich, at research@mendochildren.org.

To subscribe or unsubscribe please contact us [here](#).

To ensure you receive our monthly newsletter, make sure you add research@mendochildren.org to your address book.

Visit the newly launched [physical activity initiative center](#) and connect with resources and information about physical activity in our county. You can also check out the community spotlight on the [SPARK program](#).

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