

# HEALTHY Mendocino



## What's New! June 2016

### June: Feature Story



### Dealing with a Chronic Health Condition Can Be Challenging

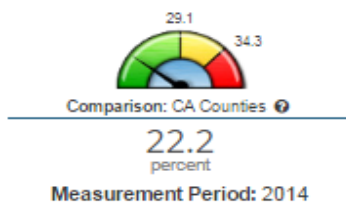
by Colleen Schenck

Living with a chronic disease can be a challenging and frustrating experience. It can mean being unable to participate in certain activities and it can include debilitating pain, fatigue and depression. To help individuals better manage their chronic conditions and live a fuller life, Mendocino County Health and Human Services Agency's Public Health, Prevention and Planning Unit (PAPU) is offering free Chronic Disease Self-Management workshops.

Learn more at [HealthyMendocino.org](http://HealthyMendocino.org)

### Featured Indicator

#### Adults Who are Obese



County: Mendocino

[View All Location Types](#)

Data Source: California Health Interview Survey  
Categories: Health / Exercise, Nutrition, & Weight  
Technical Note: The distribution is based on data from 44 Calif. county groups.  
Maintained By: Healthy Communities Institute  
Last Updated: November 2015

The percentage of obese adults is an indicator of the overall health

### Latest news

2015 Mendocino County Community Health Needs Assessment  
A Summary of Key Findings  
May 2016

Sponsored by the Alliance for Rural Community Health, Fortis E. Howard Memorial Hospital, Healthy Mendocino County Health & Human Services Agency, North Coast Opportunity, and South Valley Medical Center

— FACT SHEET —

**SPONSORS:** A coalition of six organizations (see above) conducted the assessment and produced this fact sheet.

**PURPOSES:**

- To assess local health and well-being — status, comparisons, perceptions
- To lay the foundation for priority — and goal-setting
- To inform planning for a broad-based effort to improve community health in key areas

**SOURCES:**

- The health, demographic, and other indicators on [healthymendocino.org](http://healthymendocino.org)
- A survey of local residents (online/print, English/Spanish)
- Interviews with local leaders
- A special meeting to assess the local public health system

**TOPICS INCLUDE:**

- Extensive data on the health of the county population, with details on age, geographic, economic, and ethnic groups
- Access and barriers to health care and social services
- Determinants of health, e.g., education, income, housing, family life, and the environment
- Community assets and strengths, including community engagement

**WHAT'S NEXT:** Community Health Improvement Planning Workshop — June 8, Ukiah Conference Center  
(Proposed focuses for action: childhood obesity, mental health services, and poverty)

**GUIDING QUESTIONS AS WE DEVELOP A PLAN TO MOVE FORWARD:**

- What factors, positive and negative, have the greatest impact on health in Mendocino County?
- What population groups and geographic areas are most vulnerable?
- What changes would make it easier for local residents to live healthier lives and fulfill their potential?
- What measurable changes should we aim for over the next 1-2 years?
- What existing programs and initiatives are addressing major concerns?
- What other community strengths can we draw on?
- Where can we make a strategic difference by combining our efforts and resources?

Read the report on [healthymendocino.org](http://healthymendocino.org). For more information, contact Patrice Mascola, [mascola@hhsa.org](mailto:mascola@hhsa.org).

### Community Health Needs Assessment (CHNA) Fact Sheet

This Fact Sheet presents the important points from the CHNA collaborative process carried out to assess the health and well-being of the people of Mendocino County. There will be a county wide meeting on June 8th to go over the findings of the CHNA report and start the implementation of the Community Health Improvement Plan (CHIP). If you would like to attend contact Patrice at

and lifestyle of a community. Obesity increases the risk of many diseases and health conditions including heart disease, Type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight help to prevent and control these diseases. Being obese also carries significant economic costs due to increased healthcare spending and lost earnings.

Learn more [here](#).

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## Indicator Updates

Behavioral Risk Factor and Surveillance System indicators have been updated with new state data. County Health Rankings indicators were updated with new county and state data, and also new indicators were added from this year's release. These new indicators are:

- Frequent Mental Distress
- Frequent Physical Distress
- Insufficient Sleep

Check out our dashboard and look for the "new" tags to see what we've updated!

One big change that is coming to our site this summer is a new look for the dashboards and the addition of saved curated dashboards that cover specific topics, themes or locations. Stay tuned for more information in July.

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## Presentations Available for your Organization!

Do you want to learn more about HealthyMendocino.org? Learn how to navigate the site, tools you can use to help write reports and grants, how to add a custom Dashboard to your website and how to promote a health related cause on HealthyMendocino.org.

Email [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call 707-467-3228 to schedule a presentation for your organization and find the ways in which you can connect with the site, utilizing its many resources.

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## Community Calendar

See the [events](#) happening in Mendocino County

Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

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## Like Us on [Facebook](#)

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

[healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org).

Click [here](#) to view the Fact Sheet.

Click [here](#) to read the CHNA Summary Report.

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## June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. To find resources related to Men's Health click [here](#).

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## Farmers' Markets and EBT

Farmers' Markets feed the community with food grown here by local folks, keeping our dollars at home, and building local businesses. If you receive food stamp benefits (EBT) you can also take advantage of Market Match which doubles EBT shoppers' buying power. Click [here](#) for more information.

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

To ensure you receive our monthly newsletter, make sure you add [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) to your address book.

2/26/2015

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