



What's New! March 2015

March: Feature Story

Reducing Prescription Opioid Abuse in Mendocino County

by Paula Cohen

Much has been written about drug addiction, both the use of illegal and prescription medications. These stories have become commonplace; almost everyone knows someone whose life or family has been affected by this public health issue. The impact becomes more startling when we review the data reported by the Mendocino County Health and Human Services Agency in September 2014 for the years 2010-2012 which revealed that Mendocino County exceeds California averages in drug abuse indicators. Non-fatal opioid overdose hospitalizations were reported at 45 per 100,000 in Mendocino County as compared to 20 per 100,000 for the State of California.

View the full article [here](#)

Feature Indicator

Death Rate Due to Drug Poisoning



Drug overdose deaths are the leading cause of injury death in the United States, with over 100 drug overdose deaths occurring every day. The death rate due to drug overdose has been increasing over the last two decades.

Learn more at HealthyMendocino.org

Latest news

Human Race

The Human Race is a 5K Walk or Timed Run that takes place on May 2, 2015 starting at Alex R Thomas Plaza at 9 am. The event is a collaborative community fundraiser that supports charities by raising funds and building community awareness. Organizations and Businesses recruit walkers/runners/pledge gatherers to raise money for local non-profit organizations.

[Read more](#)

New Indicator Updates

We are kicking off the year with updates to the American Community Survey 5-year indicators. The indicators cover topics including economy, education, transportation, and housing, and estimates are also available for zip codes and census tracts. To see what we've updated, check out your [Community Dashboard](#) and look for the green "new" tags.

March National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

Learn more at nationalnutritionmonth.org

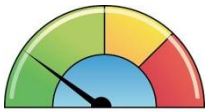
Community Calendar

See the [events](#) happening in Mendocino County
Have an upcoming event? Submit it [here](#) or contribute other content.

Like Us on Facebook

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

Learn More About Healthy Mendocino



Email healthymendocino@ncoinc.org or call 707-467-3228 to schedule a training for your organization and find the ways in which you can connect with the site, utilizing it's many resources.

Policy Corner

Check out our new Policy Corner on the Home Page of HealthyMendocino.org! This month find out more about the Nutrition Incentive Act and how it will benefit Farmers' Markets in California.



Policy Corner California Nutrition Incentives Act

A California Assembly Bill would double the value of nutrition assistance benefits at farmers' markets when used to purchase California grown fruits, nuts and vegetables.

[Read more](#)

Today's Headlines for healthfinder.gov

Narcotic Painkiller Use Tied to Higher Risk for Depression

Big Increase Seen in Babies Born Addicted to Narcotics

YouTube Videos of Drunkenness Don't Show Alcohol's Harms

Mercury in Seafood May Raise Risk of Autoimmune Diseases in Women: Study

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