

# HEALTHY Mendocino



What's New? October 2016

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## The High Cost of Non Local Food

There are a number of health, social and environmental costs associated with mass produced food that do not show up in its price tag. If you consider these other costs of seemingly “cheap” food, you may decide that local food is a much better deal.

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

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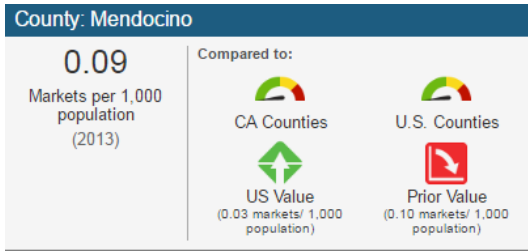


## October is Domestic Violence Awareness Month

No one is immune from domestic violence. It's a crime that touches every ethnic group, and every strata of society. To learn more about Domestic Violence, Teen Dating Violence and Elder Abuse in Mendocino County.

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

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## October Feature Indicator: Farmers Market Density

Farmers markets provide a way for community members to buy fresh and affordable agricultural products while supporting local farmers. Farmers markets often emphasize good nutrition and support consumers to cook healthier meals and maintain good eating habits. A diet comprised of nutritious foods, in combination with an active lifestyle, can reduce the incidence of heart disease, cancer and Type 2 Diabetes and is essential to maintain a healthy body weight and prevent obesity.

Learn more [HERE](#).

## October Feature Indicator: Substantiated Child Abuse Rate

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

Learn more [HERE](#).



## Community Resiliency Model Skills Training



## October is Food Month!

Get involved:

- Take the CalFresh Challenge!
- Give to our Healthy Food Drive!

The CRM Skills Training will teach participants six wellness skills. The goal is to help to create “trauma informed” and “resiliency-informed” individuals and communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skill-based approach. Learn more about this important training [HERE](#).

Participate in School Lunch Day!  
Learn more [HERE](#).



## The Walktober Challenge!

October is the perfect month to get outside, join up with co-workers, friends, and family, and go for a walk – and walking is the ideal way to be active. It’s available for all ages and abilities, whether you are young or old, fast or slow, walk or roll. Walktober is about getting outside to move your body and breathe in the crisp fall air. It’s about moving more by incorporating walking into daily activities.

**The Challenge:** We invite the entire community to walk for 10, 20, or 30+ minutes EVERY day during the month of October.

Learn more [HERE](#).



## New look for the Community Calendar!

Check out Healthy Mendocino calendar's. It has a new look! Events can be seen in pinboard, agenda or monthly views with images to create a visual feast for the eyes. You can now search for events based on categories or event name. It is now easier to submit your event and have

## Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](http://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.

it posted to the calendar.  
To see the events happening in Mendocino County click [here](#). Have an upcoming event? Click on [Submit Event](#) or contribute other content [here](#).

Email [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call 707-476-3228 to schedule a presentation and find ways you can utilizing its many resources.



[Healthy Mendocino](#) [HealthyMendocino.org](#)



Alliance for Rural Community Health



Community Development Commission of Mendocino County



Frank R. Howard Memorial Hospital



MCHC HEALTH CENTERS



Mendocino County Office of Education



Real People. Reliable Service. Right in Your Backyard.



NORTH COAST OPPORTUNITIES



Ukiah Valley Medical Center



United Way of the Wine Country

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