



Feature Story

National Domestic Violence Awareness Month Strategies for Prevention

by Lia Holbrook

This observance serves to educate communities, individuals, couples and families about the services that can help prevent, raise awareness of community responsibility and provide resources for addressing domestic abuse. Throughout October, communities across the country will mourn for those whose lives were taken by domestic violence, celebrate the tremendous progress victim advocates have made over the years, and connect with one another with a true sense of unity to end domestic violence.

Data reports that on average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the US. One of the silent victims of domestic violence are children. Children may experience multiple types of exposure to domestic violence, with

nearly all exposed children being direct eyewitnesses to at least some violence in the home. Children react to exposure to domestic violence in different ways, and many children show remarkable resilience. However, children exposed are often physically, mentally, and emotionally impacted.

To read more click [HERE](#).

WALKTOBER™

National Walking Month

It's Walktober in Mendocino County Take the Walktober Challenge!

Walk for 10, 20, or 30+ minutes EVERY day during the month of October. 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. It's available for all ages and abilities, whether you are young or old, fast or slow, and even if you roll!

To learn more click [HERE](#).



October is Food Month
Register NOW for the CalFresh Challenge & School Lunch Day!

Could you feed yourself three nutritious meals a day with only \$5, the average CalFresh benefit in California? Are you curious about school meals and how schools are able to serve hundreds of children every weekday? In preparation for October Food Month it is time to register for the CalFresh Challenge and School Lunch Day.

To learn more click [HERE](#).

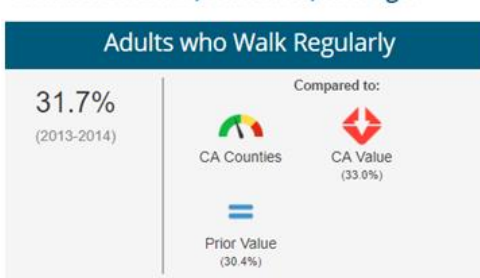
October Featured Indicators

Public Safety / Crime & Crime Prevention



This indicator shows the number of felony and misdemeanor arrests per 1,000 adults ages 18 and over. Crimes affect almost everyone in a community, including victims, offenders, their friends and families, neighbors, and juries. Crimes diminish community productivity and undermine social functioning. Residents of areas with high criminal activity feel less safe in their neighborhoods and may encounter obstacles to completing routine tasks. High crime rates can further lead to social factions and impede economic growth. Local governments may need to spend

Health / Exercise, Nutrition, & Weight



This indicator shows the percentage of adults who walk at least 150 minutes per week. Active adults reduce their risk of many serious health conditions including obesity, heart disease, diabetes, colon cancer, and high blood pressure. In addition, physical activity reduces the symptoms of anxiety and depression, improves mood and feelings of well-being, and promotes healthy sleep patterns. It is recommended that active adults perform physical activity three to five times each week for 20 to 60 minutes at a time to improve cardiovascular fitness and body

significant public funds for expanded police departments, prisons/jails, courts, and treatment programs.

composition.

Click [HERE](#) to view the indicator.

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Updates for the Healthy Mendocino Project

There will be a **Healthy Mendocino Summit on October 25, 2017**, to bring all of the regional Action Teams and interested community members together. The meeting will be held at the Willits Community Center from 9:30 am to 12:30 pm. Please mark your calendar and save the date.

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW): Will use a hashtag each month regarding healthy living so it can be tracked who in the community is using it as well for Shared Marketing. October the hashtag is #Walktober.

Childhood Trauma: Heard a presentation on Healthy Families America Mendocino County from Public Health. The Champion Project will start a small pilot project in the Fall at Nokomis School.

Housing: Tammy Moss-Chandler from HHSA has talked to the group on housing and homelessness.

Mental Health: Will be sending out a survey to providers to inventory services. Discussed drug use issues, specifically Meth use and if there are any providers for drug users.

Poverty: The group reviewed the draft Poverty Action Team Inventory questionnaire. It is a survey for nonprofit and county service providers to identify the existing financial stability programs in the County.

North Coast Regional Chapter

Family Wellness: Goals and Objectives discussion. What is a healthy diet? Events and Educational Programs for the community, family friendly healthy activities.

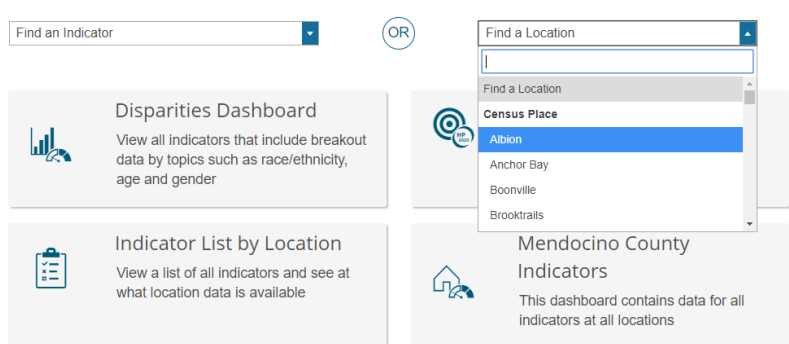
Healthy Mendocino Trauma: The group discussed the difficulty of addressing trauma singularly, without looking at the root causes.

Housing: Vacation rentals are believed to affect the lack of housing within the City. City of Fort Bragg has worked to reduce some of the barriers preventing home owners from adding second units to their lots.

Mental Health: Draft goals: Reduce Suicide Rates in the County over the next 3 years. Increase continuum of behavioral health services (including SUDT, MH).

Poverty: Draft goals: Increase services for financial literacy through collaboration of north coast agencies. Support West Company in offering services for women with low incomes.

Click [HERE](#) to read the full details for each Action Team and their meeting times and locations.



Census Place

Conduent Healthy Communities Institute as added Census Place data on our website. You can now search for data using specific locations for any town in Mendocino County. Once

chosen you will see the location highlighted in the bar graph and on the map along with other pertinent information and how it compares to other towns.

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 utilize its many resources.





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