



Feature Story

Childhood Obesity & Family Wellness Action Team

by Jake Burgess

The Inland Ukiah Childhood Obesity and Family Wellness (CHOW) team decided to narrow their efforts to create tangible change in the community. Out of over 100 Community Health Indicators, the CHOW team chose to focus on two: 5th Grade Students who are at healthy weight or underweight and 7th Grade Students who are physically fit. In Mendocino County, 48% percent of 5th grade students are either overweight or obese and over 40% of 7th graders are unfit based on the annual California Physical Fitness test. They held the first

annual Kids Triathlon in Ukiah and Fort Bragg in an effort to move the meter on these indicators.

To read 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](#).

September Featured Indicators

5th Grade Students who are at a Healthy Weight or Underweight

52.3%
(2015-2016)

Compared to:



CA Counties



CA Value
(59.6%)



Prior Value
(52.7%)



Trend

Low-Income Persons who are SNAP Participants

23.8%
(2007)

Compared to:



CA Counties



U.S. Counties



Prior Value
(23.3%)

This indicator shows the percentage of low-

This indicator shows the percentage of 5th grade students who meet the Healthy Fitness Zone standards for Body Composition. Maintaining a healthy weight is important for children and adolescents. Obese and overweight children and adolescents are at risk for multiple health problems during their youth and as adults. Obese and overweight youth are more likely to have risk factors associated with cardiovascular diseases, such as high blood pressure, high cholesterol, and type 2 diabetes. There are also health risks associated with being underweight such as weakened immune systems, malnourishment, and inhibited development and growth. Staying at a healthy weight helps prevent and control multiple chronic diseases and improves quality of life.

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

income persons who participate in the Supplemental Nutrition Assistance Program (SNAP). Low-income persons are defined as people living in a household with an income at or below 200 percent of the federal poverty level. SNAP (Supplemental Nutrition Assistance Program), previously called the Food Stamp Program, is a federal-assistance program that provides low-income families with electronic benefit transfers (EBTs) that can be used to purchase food. The purpose of the program is to assist low-income households in obtaining adequate and nutritious diets. According to the program, over 45 million people from over 20 million households receive SNAP benefits.

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



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): Goal is to create a brand for marketing and then look at updating policies and decreasing obesity rates.

Childhood Trauma: They are looking at the Resiliency Model and want to support the trained facilitators to start Resiliency trainings in the community.

Housing: Updates on the Community Foundation's housing efforts and community concerns about the Vineyard Crossing development.

Mental Health: Some goals discussed are: Inventory of services, create a simplified message, and provide adequate education about services.

Poverty: Gathering information on the needs of families with young children coping with financial challenges to identify gaps and barriers.

North Coast Regional Chapter

Family Wellness: Discussing how to define their goals and objectives. Proposed Objectives/activities: Community Food event, support for the Hospital/OB department.

Healthy Mendocino Trauma: RCS might provide a mentor-ship program. Prevention-Intervention-Education or PIE addresses childhood trauma.

Housing: Back taxes from Airbnb could be used to help fund affordable housing. Subcommittees in Policy, Identifying Needs, and Model Programs.

Mental Health: Group discussed focusing on suicide prevention through education, training, and safety and outreach.

Poverty: Vocational and trade education possibilities in the schools and looking into models for community mentoring centers for vocational/trade training.

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



Adverse Childhood Trauma and Building Resiliency

Two new articles have been published that talk about Adverse Childhood Trauma and Resilience in Midlife. The Childhood Trauma and Mental Health Action Teams are looking into these important topics and how to address them in Mendocino County.

Click [HERE](#) to read the articles.

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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413 N. State St.

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