



## Mendocino County Health and Human Services Agency Advisory Board

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### HEALTHY MENDOCINO PROJECT: A STATUS REPORT

A lively community health movement is growing organically in Mendocino County, comprised of individuals and organizations working together to improve health in our communities. In mid-2016, **Healthy Mendocino Action Teams formed around poverty, housing, mental health, childhood obesity/family wellness, and childhood trauma, the five priority areas identified** by the 2015-16 Mendocino County Community Health Needs Assessment. The action teams have been meeting regularly ever since and networking, recruiting participants, studying their issues and how they can make a difference, and starting projects. Well-attended youth triathlons held this summer in Ukiah and Ft. Bragg were recent highlights.

While the **five original teams are taking a county-wide approach** to goals, action plans, and measures of progress, most of their members live and work in the Ukiah Valley. So when Thaïs Mazur joined as Healthy Mendocino Project Manager in late 2016, the Steering Committee flagged the creation and support of action teams in other regions of the county as high priorities for her. Now action teams on all five priority topics are taking off on the North Coast, spearheaded by long-established Coastal organizations. In addition, strong interest in Healthy Mendocino is growing on the South Coast, and organizing is beginning in Willits and Laytonville.

The Healthy Mendocino Project Summit meeting on **Wednesday, October 25 in Willits** will offer established and newly-forming action teams from across the County a chance to brief each other on their activities and share ideas and learning.

#### ❖ *Timeline of Healthy Mendocino*

