

February is American Heart Month. Mendocino County Public Health is raising awareness about cardiovascular health. It is important individuals familiarize themselves with the types of heart disease, symptoms, causes, prevention, diagnosis, and treatment.

Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.

What is Heart Disease?

[Heart disease](#) or cardiovascular disease (CVD), is an umbrella term for conditions affecting the heart and blood vessels. Sometimes people are born with heart disease (known as [congenital heart disease](#)), while in others, it develops over time, as in coronary artery disease.

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, or even at home! Learn more from CDC. [Measure Your Blood Pressure | cdc.gov](#)

What are the Risk Factors for Heart Disease?

Modifiable Risk Factors:

- High Blood Pressure. Is elevated blood pressure and is a significant risk factor for heart disease. It can damage your heart and other organs.
- Unhealthy Blood Cholesterol Levels. If cholesterol buildup in arteries that can narrow them, affecting blood flow to the heart, brain, and other organs. High LDL (low-density lipoprotein) cholesterol is considered 'bad,' while higher HDL (high-density lipoprotein) cholesterol provides some protection against heart disease.
- Diabetes Mellitus. Diabetes leads to elevated blood sugar levels, increasing the risk of heart disease.
- Smoking. Tobacco use significantly raises the risk of heart disease.
- Obesity. Excess body weight, especially around the waist, contributes to heart disease.
- Physical Inactivity: Lack of regular exercise can lead to heart problems.

Non-Modifiable Risk Factors:

- Age. As we age, the risk of heart disease increases.
- Family History. A family history of heart disease may elevate your risk. While you cannot change your genetics, awareness helps in early detection and management.
- Gender. Men and postmenopausal women face a higher risk of heart disease.
- Race/Ethnicity. African American, Native American, and Mexican American individuals are more prone to heart disease.



Public Health - Maternal, Child, Adolescent Health (MCAH)

The Maternal, Child, and Adolescent Health (MCAH) program recently applied for a KidsPlate grant to expand our car seat safety program. If awarded, the grant will enable us to purchase additional car seats to meet the growing demand for this critical resource in our community. By improving access to car seats, we aim to increase child passenger safety and support families in providing safe transportation for their children.

Additionally, the MCAH team collaborated with the state to refine and streamline reports and features within the

Efforts to Outcomes (ETO) data system used in our home visiting programs. This collaboration has focused on improving program processes and enhancing reporting capabilities, which will allow us to monitor outcomes more effectively and ensure high-quality services for families. These updates are anticipated to improve data accuracy and usability for both staff and stakeholders, further strengthening our ability to track progress and meet program goals.



Learn more about Maternal, Child, Adolescent Health programs at www.mendocinocounty.gov/departments/public-health/nursing/maternal-child-adolescent-health-programs

Public Health - California Children's Services (CCS)

CCS is a statewide program that treats children with certain physical limitations and chronic health conditions or diseases. CCS authorizes and pays for specific medical services and equipment provided by CCS-approved specialists. In review of the previous months, our county wide caseload consists of 414 children between the ages of 0 to 21 years old. In January we welcomed a total of 12 new children to our county wide caseload. We are happy to announce our Medical Therapies

Unit will be hosting clinic hours early February! We will be joined by Dr. Haining to host our clinic hours, during which we provide care for children with certain physical disabilities. We look forward to connecting with both new and returning families to provide them with quality healthcare services.



Learn more at www.mendocinocounty.gov/departments/public-health/nursing/california-children-s-services

Public Health Administration Communications

Public Health will air PSAs in English and Spanish all month-long in February to raise awareness on Respiratory Virus Vaccines and Children's Dental Health Awareness month.

- Winter is the time to prepare for Flu, COVID-19, and RSV (Respiratory Syncytial Virus). Prepare yourself and your family. Get the Influenza, COVID-19, and RSV vaccines. Talk to your healthcare provider to determine which is best for you or any family members. Wear a mask. If you are sick, stay home and test for COVID-19. Vaccines provide a strong defense against severe illness. For more information, go to cdc.gov/respiratory-viruses.
- February is National Children's Dental Month. Cavities (also known as caries or tooth decay) are the most common chronic disease of childhood in the United States. Mendocino County Public Health reminds parents their children can avoid cavities. Brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth daily, eating a healthy diet that limits sugary drinks and snacks, and seeing your dentist regularly for prevention and treatment of oral disease are the keys to a lifetime of healthy teeth and gums. For more information see the website at kidshealth.org/en/parents/healthy.html

This February help raise awareness about maintaining good oral health habits among children as well as take the time to teach kids about the importance of brushing, flossing, and regular dental check-ups.

More than half of children aged 6 to 8 years have had a cavity in at least one of their baby teeth.

More than half of adolescents aged 12 to 19 years have had a cavity in at least one of their permanent teeth.

Oral health allows us to eat, speak, smile, and show emotions. Poor oral health can lead to pain, poor school performance, productivity losses, and lowered quality of life. Oral diseases range from cavities and gum disease to oral cancer are largely preventable with a combination of professional and self-care.

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**public
health**
MENDOCINO COUNTY

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

Healthy dental habits start age 0.

What can you do?

For Babies:

- Wipe gums 2x a day with a soft, clean cloth
- when teeth come in, brush 2x a day

For children:

- Brush 2x a day with fluoride toothpaste
- Help your child brush their teeth until they have good brushing skills
- Schedule regular dental visits
- Ask child's dentist to apply dental sealants when appropriate

Help your child get a head start to healthy teeth and gums!

Smile, CALIFORNIA is the Medi-Cal oral health resource for families.

Oral Health is an important part of overall health for all stages of life, from infant to senior.

For more information about covered services, finding an oral health provider, and FAQ go to smilecalifornia.org or call 1-800-322-6384

www.mendocinocounty.gov/departments/public-health/community-wellness