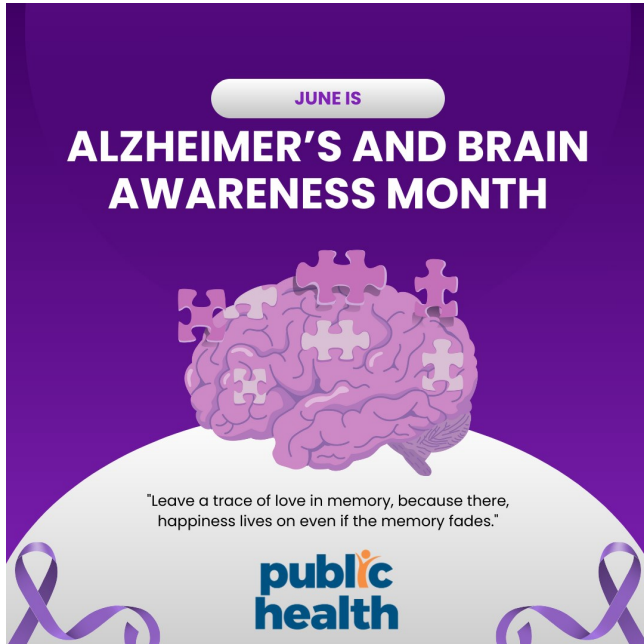


Introduction

June 2024



Public Health recognizes June as Alzheimer's and Brain Awareness Month. Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. Alzheimer's disease progresses through several stages, each with distinct characteristics. People with Alzheimer's or other dementia often withdraw from society and even family. This month join us to raise awareness, talk and remind those with Alzheimer's they are special.

Learn more about Alzheimer's and Dementia and the 10 early signs and symptoms at www.alz.org/alzheimers-dementia/10_signs

and well-being, encourage men to live longer and healthier lives, seek regular checkups, and received education on testicular cancer, prostate cancer, or other health issues that affect men including but not limited to: Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.

Public Health also recognizes June 9, 2024 as Men's Health Day, Week, and Month to raise awareness, education, prevention, and family engagement for health

Public Health also recognizes June 27, 2024 as Sunglasses Day, a reminder about the importance of wearing ultraviolet (UV) protective sun wear and eyewear. The summer months are met with many more outdoor activities so whether you are on vacation, gardening, at the beach, swimming, cycling, or having a barbecue, you are exposed to sun. Sunglasses are a form of protective eyewear designed primarily to prevent bright sunlight and high-energy visible light from damaging or discomforting the eyes.

Learn more about eye health at www.cdc.gov/vision-health





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

On Monday, May 20th, the MCAH Team actively participated in the Laytonville Community Resource Fair at Harwood Hall. Demonstrating their dedication to serving the more isolated towns in Mendocino County, the team provided educational resources on child passenger safety and positive parenting practices. In addition, they promoted the Home Visiting program, which serves all areas of Mendocino County, ensuring that even the most remote communities have access to beneficial support and services. This outreach effort highlights the team's commitment to bridging the gap and fostering well-being in all corners of the county.

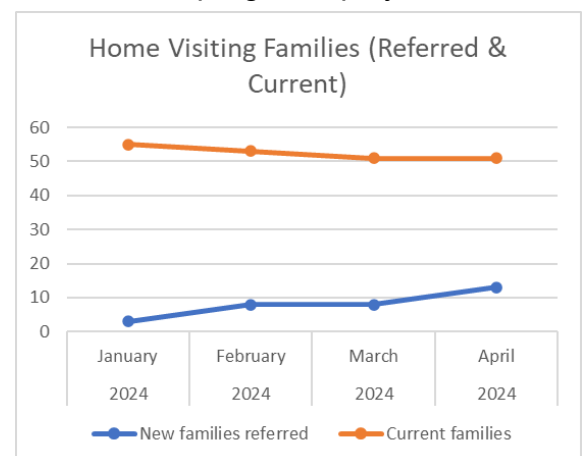
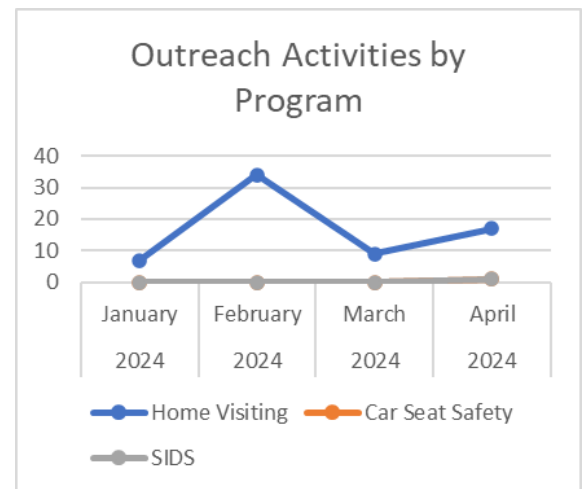
Number of outreach activities for: Home Visiting, Car Seat Safety, SIDS:

		Home Visiting	Car Seat Safety	SIDS
2024	January	7	0	0
2024	February	34	0	0
2024	March	9	0	0
2024	April	17	1	1

The MCAH team's outreach efforts have led to an increased number of referrals for the Home Visiting program, which has in turn increased the number of families in services, the number of visits completed, and the number of screenings completed. Home visiting programs are crucial as they provide personalized support, screenings, and resources to families, helping to improve maternal and child health, enhance parenting skills, and promote healthy child development. These programs play a vital role in fostering strong family bonds and creating a healthy, nurturing environment for children to thrive.

Number of Home Visiting families: new families referred & current families

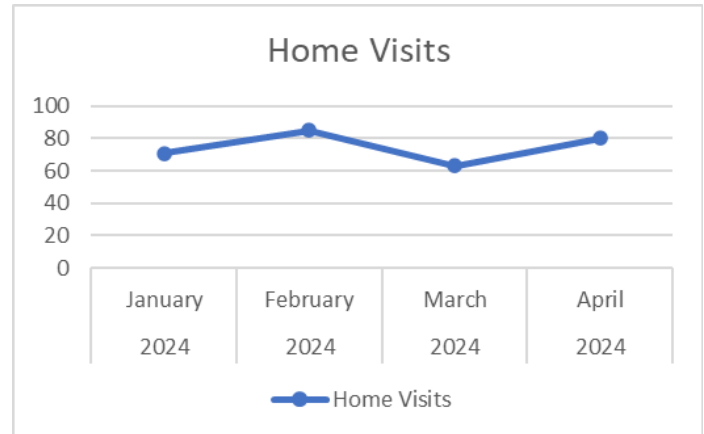
		New families referred	Current families
2024	January	3	55
2024	February	8	53
2024	March	8	51
2024	April	13	51



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

Number of Home Visits completed

		Number of Home Visits
2024	January	71
2024	February	85
2024	March	63
2024	April	80



Number of ASQs completed and delays indicated

		ASQ-3 Completed	ASQ -SE-2 Completed	Delays identified
2024	January	2	2	0
2024	February	7	4	1
2024	March	2	2	0
2024	April	2	2	0

ASQ = Ages and Stage Questionnaire

The MCAH team coordinated a Child Passenger Safety Technician (CPST) training for representatives from multiple community-based organizations (CBOs). This training aimed to equip participants with the skills to correctly check and install car seats, addressing a critical safety issue. More than half of car seats are installed incorrectly, which significantly increases the risk of child injury and mortality. By training CBO representatives, the MCAH Program ensures that accurate car seat installation information and support are widely available, enhancing child safety in the community.

CPST Training Course Students and Instructors:





Public Health Equity/Wellness Tobacco Prevention Program

Pictured left is a joint effort in on honor of Earth Day between Mendocino County Tobacco Prevention program, Hopland, Sherwood, and Redwood Valley Rancheria tobacco prevention programs. The event focused on Tobacco Product Waste (TPW) monitoring and clean up, hosted at Lake Mendocino. This joint effort provided tribal projects and our program's project with much needed data about the prevalence of tobacco product waste. It was also an opportunity to educate the community on TPW issues and how they can help.

Pictured right is Mendocino County Behavioral Health & Recovery Services and Public Health staff attended the 2024 Local Government Agency (LGA) Consortium Annual Conference. This conference provided staff with training and education related to an additional Medi-Cal funding stream. As the departments looks to enhance efficiencies and optimize all available funding streams, this training provided the foundation to enhance billing for current services.



June 2024

Public Health Administration Communications

Public Health will air PSAs in English and Spanish all month-long in June to raise awareness on Alzheimer's and Brain Awareness Month, Heat Safety, Tick, Mosquito, and Lyme Disease!

- June is Alzheimer's and Brain Awareness Month. Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. If you have a loved one or friend suffering from Alzheimer's or other dementia or showing signs talk to your healthcare provider. Alzheimer's disease progresses through the stages so seek help early on.
- Summer is here along with high temperatures that can be dangerous. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. Specifically children, older adults, outdoor workers, pregnant women, and athletes are at a higher risk of heat-related illness. Take steps to keep cool and healthy. Rest often in the shade, wear light clothing, hat, sunglasses, and sunscreen with SPF 15 or higher. Drink plenty of water. Provide plenty of water. Watch for signs of heat illness: excessive sweating, tiredness and weakness, dizziness, headache and muscle cramps, nausea, vomiting, or fainting. Seek medical care immediately if you or someone you know shows signs of heat-related illness. Never leave a small child or pet in a car.

#AMCA #MosquitoWeek

NATIONAL MOSQUITO CONTROL AWARENESS WEEK

Everyone can help control mosquitoes
It's a community effort!

How?

- Empty or drain standing water
- Repair holes in door/window screens
- Use EPA-registered larvicides (always follow the label)
- Contact your local mosquito control agency

AMCA
THE AMERICAN MOSQUITO CONTROL ASSOCIATION



WWW.MOSQUITO.ORG

- Prevent the disease spreading insects such as ticks and mosquitoes this summer. Protect yourself by using insect repellent when outdoors, check for ticks daily, shower as soon as possible, and tumble clothes in a dryer for 10 minutes to kill ticks after coming indoors. Learn more at www.cdc.gov/ticks and www.cdc.gov/mosquitoes

Follow us on Social Media

