



MEDIA RELEASE

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Monterey County Girls Announce Action Research Project Findings: Girls' Health in Girls' Hands

A Project Developed by the Women's Fund of Monterey County, a field of interest fund of the Community Foundation for Monterey County

Monterey County, California On Monday, October 26, young women researchers from five County teams will share their research and recommendations resulting from the **Girls' Health in Girls' Hands Action Research Project**. The program, which is designed for stakeholders in girls' health, takes place from 4-6:00 PM at the CSU, Monterey Bay University Center. The groups, from Greenfield, Marina/Seaside, North County, Salinas and the Peninsula (Carmel, Monterey and Pacific Grove), will be available after the presentation to answer questions about their findings and about girls' health needs in Monterey County. If you are interested in attending, please contact the Women's Fund of Monterey County at (831) 375-9712 x125.

"Girls' Health in Girls' Hands is the outcome of a tremendous amount of work by these girl leaders, which empowers them to make a difference in this critically important issue," said Tobi Marcus, Director for the Women's Fund of Monterey County, a field of interest fund of the Community Foundation for Monterey County.

(more)

Girls' Health in Girls' Hands Action Research Project Findings Announced, cont.

The Women's Fund for Monterey County developed and provides oversight to the project. It was designed to advance health outcomes for the approximately 30,000 girls (ages 9–18) in Monterey County. The initiative engages girls, community organizations, stakeholders and policymakers to help identify ways to improve girls' access to health information and services.

The three main objectives of the project are that: girls have better access to health information and health services that are age-appropriate and culturally-sensitive; girls are empowered to become advocates for their own health needs; and Monterey County is a community that supports girls' healthy lives and life choices.

The county's first girl-led action research project for girls' health was launched in 2008 with a grant from The California Endowment and support from Women's Fund donors. The Women's Fund of Monterey County conducted research locally and nationwide into how girls access health information and perceive their own health. Nearly 300 Monterey County girls completed the Girls' Health Survey in 2007. Compelling findings revealed that health information and services do not fully meet girls' needs.

Over 50 girl leaders (ages 14-18) received training in public health policy, facilitation, research and media. This team conducted research with girls and adults in their communities about health issues and access to health information. Using their research and training and with the support of adults, the girl leaders created the **Girls' Health in Girls' Hands Action Plan** for Monterey County. In addition to this unveiling to stakeholders, the participants will present the Action Plan to policy makers, such as the County Board of Supervisors, City Councils and Boards of Education. Through the process, the girls became empowered as advocates and engaged in policy-planning for their own needs.

The findings of the action plan will be available soon on the Community Foundation for Monterey County's website at www.cfmco.org under Women's Fund. For more information on the program, please contact Tobi Marcus, Director of the Women's Fund of Monterey County at (831) 375-9712 x125 or visit www.girlshealthgirlshands.com.

The mission of the Community Foundation for Monterey County is to improve the quality of life in Monterey County by raising, managing, and distributing charitable funds to qualified organizations and by creating positive connections between donors and their interests. The Community Foundation's *2008-2009 Report to the Community* is now online at www.cfmco.org and provides donors, professional advisors, nonprofits and the general community an overview of the Foundation's accomplishments.