



# HEALTHY Mendocino

Connecting people and information for better health

## What's New! April 2016

### April: Feature Story April is Sexual Assault Awareness Month

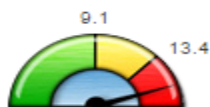
by Rachel Kradin



Sexual Assault Awareness Month is an opportunity to dispel common misconceptions about what sexual violence is and how the average person can prevent a sexual assault from happening.

Learn more at [HealthyMendocino.org](http://HealthyMendocino.org)

### Featured Indicator Child Abuse Rate



Comparison: CA Counties ⓘ

18.7  
cases/1,000 children

Measurement Period: 2014

This indicator shows the number of children under 18 years of age that experienced abuse or neglect in cases per 1,000 children. There are several types of child abuse including physical, sexual, and emotional abuse. Child abuse and neglect can have enduring physical, intellectual, and psychological repercussions into adolescence and adulthood.

Learn more [here](#).

### Latest news



### 2015 Infographic Report

View our Infographic summarizing 2015 at Healthy Mendocino!

Click [here](#) to view.

## Indicator Updates



Comparison: CA State Value 0

30.8  
percent

Measurement Period: 2008-2013

County: Mendocino

Data Source: Center for Youth Wellness [↗](#)  
Categories: Social Environment / Children's Social Environment, Health / Children's Health, Health / Mental Health & Mental Disorders  
Technical Note: The regional value is compared to the California state value.

Data obtained from a one-time report on Adverse Childhood Experiences produced by the Center for Youth Wellness. The CA Behavioral Risk Factor Surveillance System data from 2008-2013 was used for the analysis. Consult the Center for Youth Wellness "A Hidden Crisis" report for more details.  
Maintained By: Healthy Communities Institute  
Last Updated: March 2016

Check out our newest indicator for Adverse Childhood Experiences (ACE) in the newly created Children's Social Environment on Community Dashboard. We had this created especially for us after a request was made by Megan Van Sant, the Program Administrator for Mendocino County HHSA.

Click [here](#) to view.

Check out the [Community Dashboard](#) and look for the "new" tags to see what has been updated!

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## Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](http://HealthyMendocino.org)? Learn how to navigate the site, tools you can use to help write reports and grants, how to add a custom Dashboard to your website and how to promote a health related cause on [HealthyMendocino.org](http://HealthyMendocino.org).

Email [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call 707-467-3228 to schedule a presentation for your organization and find the ways in which you can connect with the site, utilizing its many resources.

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## Community Calendar

See the [events](#) happening in Mendocino County

Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

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## Reducing Stress

We live in a culture that takes pride in high levels of productivity seemingly dictating that we must feel stressed in order to feel accomplished. We also have some of the highest rates of chronic diseases. Can we lower our rates of chronic diseases by lessening our levels of stress?

Click [here](#) to read the article.

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## Mendocino County Human Race

An update on the 11th Human Race in Mendocino County by co-coordinator Ian Fitzpatrick, and how you can get involved in a fun way to raise money for local non-profits.

Click [here](#) for more information.

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2/26/2015

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