



HEALTHY Mendocino

Connecting people and information for better health

What's New! December 2015

December: Feature Story Child Abuse from a Law Enforcement Perspective

by Fabian Lizarraga

Mendocino County's child abuse rates are in the red zone compared to those of other California counties; and the latest statistics show an increase in local child abuse and neglect after several years of steadily declining rates. In this article, the Fort Bragg Chief of Police reflects on this troubling issue and what we can do about it.

Learn more at HealthyMendocino.org

Feature Indicator Child Abuse Rate



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. All types of child abuse and neglect have long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work, and at school.

Learn more [here](#)

Stress and the Holidays

The Holidays are joyful times to be with family and friends in celebration of ones customs and cultural observances. Yet the expectations and busy schedules can also bring on stress and depression. The Mayo Clinic gives tips on how to cope with possible stress from the holidays.

Click [here](#) for more information.

Latest news



Healthy Mendocino and the Healthy Mendocino Steering Committee would like to thank all our funding partners for their new and continued funding in support of this important website for Mendocino County. Please view their logos at the bottom of this newsletter.



View the updated CHNA page which includes information on the Community Health Survey. The final reports from the survey and Key Informant Surveys will be posted at the first of the year.

Click [here](#) to view

Community Calendar

See the events happening in Mendocino County

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

Like Us on Facebook

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

Learn More About Healthy Mendocino



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

Maternal Child and Adolescent Health Public Awareness Campaign



MCAH is using a Survey to find out how much people know and understand about the risks of using alcohol and/or drugs during pregnancy, and to identify where there may be confusion or gaps in knowledge.

For more information and to take the survey click [here](#).

Today's Headlines [forhealthfinder.gov](#)

[Child Abuse Information](#)

[12 Alternative to Lashing out at Your Child](#)

[Health Tip: Keeping Anger in Check](#)

[Health Tip: Are You Coping With Stress?](#)

[Breast-Feeding Linked to Reduced Risk of Premie Eye Problem](#)



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