



What's New! March 2016

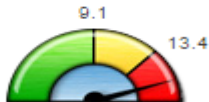
March: Feature Story So THAT Explains It! Or, Childhood Trauma's Long-Term Consequences

by Mari Rodin

Adverse Childhood Experiences (ACE) such as abuse, neglect, having a family member who is depressed, addicted to alcohol or another substance, witnessing a parent being abused or losing a parent can all have an effect well into adulthood. Chronic diseases such as heart disease and diabetes, depression, violence, and being a victim of violence manifest later in life at a high rate if ACEs are reported.

Learn more at 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. 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](#)

Indicator Updates

Updates to the American Community Survey 5-year (2010-2014) indicators have been published. Estimates are available for states, counties, zip codes, and census tracts.

Latest news



Restoring Your Sleep Cycle

Do you feel like you get enough sleep each night? Emily Wolfenden, Community HealthCorps Educator for the Alliance for Rural Community Health offers a few simple step by step changes to getting a good nights sleep.

Click [here](#) to read the article



Mendocino County Human Race

The Mendocino County Human Race is gearing up for it's 11th annual event on May 7th. Registration has begun and it is time to get your teams together and start getting sponsors to help our local non-profits!

The Centers for Disease Control and Prevention indicators were updated across all applicable sites for the 3-year period 2012-2014. Indicators from the Centers for Medicare & Medicaid Services were updated across all applicable sites for 2013 and 2014. 3-year age-adjusted death rates from Centers for Disease Control and Prevention (CDC) WONDER were updated for 2012-2014. Centers for Medicare & Medicaid Services (CMS) indicators for chronic conditions among Medicare beneficiaries now include 2013 and 2014 data.

Check out our dashboard and look for the "new" tags to see what has been updated!

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.

Click [here](#) for more information.

Today's Headlines for healthfinder.gov

[Parent's Depression May Harm Child's Grades, Study Finds](#)

[Health Tip: Supporting a Child Who Struggles With Anxiety](#)

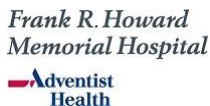
[Health Tip: Women May Have Unique Heart Disease Symptoms](#)

[Health Tip: Promote Better Sleep for You and Your Partner](#)

[Single Parents Struggle Most to Get a Good Night's Sleep: Study](#)

[Texting After Dark May Harm Teens' Sleep, Grades](#)

[Sleeping Pills May Spell Trouble for Older Drivers](#)



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