

## Feature Story

### ACEs: Adversity, Resiliency, and Health Outcomes

by Michelle Rich

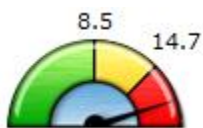


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"Brain development and trauma are often overlooked factors when considering solutions to chronic health problems such as obesity. In promoting positive health, especially for children in Mendocino County, the community needs to explore the influence of experiences such as abuse, neglect, parental mental illness and substance abuse, domestic violence, divorce, and parental incarceration. These traumatic events, or Adverse Childhood Experiences (ACEs), have health, social, and economic risk factors associated with them. And there is data to back up this claim."

View the full article [here](#).

## Featured Indicator



There are 19.4 cases of substantiated maltreatment for every 1,000 children in Mendocino County. This is more than double the national Healthy People 2020 target goal of 8.5 cases for every 1,000 children. To learn more about this indicator visit [HealthyMendocino.org](http://HealthyMendocino.org).

## Contact Us

## New Indicators

**NEW**

Healthy Communities Institute has been busy and added two new indicators on Healthy Mendocino:

- Children with low access to a grocery store
- People 65+ with low access to a grocery store

Both of these indicators are from the USDA Food Environment Atlas and help paint a more complete picture of the food environment in Mendocino County.

In addition to the new indicators, many indicators have been recently updated. Check out the community dashboard to find the updated indicators. Just look for the 'new' icon next to the indicator.

## Child Abuse Prevention Month



April is national Child Abuse Prevention Month. To recognize the importance that child trauma plays in community health, you will notice several features related to child abuse prevention this month including the feature story, home page dashboard, and community spotlight. Child abuse prevention is everybody's business and, together, we can work toward a happy, healthy future



For more information about Healthy Mendocino, or to schedule a presentation for your information, please contact the site administrator, Michelle Rich, at [research@mendochildren.org](mailto:research@mendochildren.org).

To subscribe or unsubscribe please contact us [here](#).

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