



HEALTHY Mendocino
Connecting people and information for better health

What's New! November 2015

November: Feature Story

October was Domestic Violence Awareness Month

by Rachel Kradin and Tanya Ayala

October marked Domestic Violence Awareness Month in Mendocino County and throughout the United States. Project Sanctuary (PS), Mendocino County's largest domestic violence and sexual assault crisis center, provides services to residents countywide at its two locations, in Fort Bragg and Ukiah. Awareness of this important issue matters because many people are still unfamiliar with the definition of domestic violence. Serious misconceptions about what constitutes domestic violence perpetuate a culture of silence and violence in our communities.

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](#)

Latest news

Maternal Child and Adolescent Health Public Awareness Campaign



Maternal Child and Adolescent Health (MCAH) focuses on issues that affect the health and well-being of women of child-bearing age, infants, children, adolescents. Every five years, MCAH conducts an assessment of local needs. **Perinatal Substance Use** (use of alcohol, drugs, tobacco or other potentially harmful substances during pregnancy) was identified as a priority problem in Mendocino County.

MCAH is using a Survey to find out how much people already 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](#).

Food and Nutrition During the Holidays!

Not sure about what to eat and what not to eat during the holidays? As the holidays approach, keeping a commitment to healthful eating can be challenging. Holidays bring many activities that revolve around food and beverage. Here are a few tips to help you manage.

Click [here](#) for more information.

Indicator Updates in October!

Healthy Communities Institute has published updates to the American Community Survey 1-year indicators! The indicators cover health insurance and disability topics, and estimates are available for states and counties. To see what we've updated, check out your [community dashboard](#) and look for the "new" tags.

Community Calendar

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

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

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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.

The Community Health Survey has successfully been completed and WE HAVE A WINNER!!

Sonia Almunza, from Boonville, won a bicycle! She was one of nearly **1500 Community Health Survey** respondents. Thank you Sonia and thank you to all the community members who took the survey online and by hard copy.

We would like to thank the HealthCorps Members, Head Start and Early Head Start staff and families, and local agencies for distributing the surveys. Special thank you to North Coast Opportunities for donating the bike with support from Dave's Bike Shop.



Today's Headlines for [healthfinder.gov](#)

[Help Someone in an Unhealthy Relationship: Quick tips](#)

[Take Steps to Protect Yourself from Relationship Violence](#)

[Bullied Teens Face Roadblocks to Mental Health Services](#)

[Holiday Eating Tips for People With Diabetes](#)



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