

July is UV Safety Awareness

Stay Safe in the Sun this Summer!



Julio es el Mes de la Concientización sobre la Seguridad de Radiación Ultravioleta (UV)

*¡Manténgase seguro bajo
el sol este verano!*

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VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

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Oxnard, CA 93036
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For more information visit us online:
<https://hca.venturacounty.gov/public-health/>

July is UV Safety Awareness Month

"Stay Safe in the Sun this Summer!"

July marks the start of summer! This means longer sunny days to enjoy. We are excited to plan our next beach day, hiking trip, picnic in the park, or weekend bike ride. During these outdoor activities, we know we will be exposed to the sun for longer periods of time. Also, the sun is the main source of natural ultraviolet (UV) light exposure. As we know, too much UV light exposure from the sun, without protection, can lead to a serious skin burn, premature aging of the skin, cataracts and other eye damage, and increased risk for skin cancer. With this in mind, we highlight July as "**UV Safety Awareness Month.**" It's a great time to prepare and stay safe in the sun during all our summer activities.



Here are some tips to help protect our health as we have fun under the sun this summer!

- ☀️ **Seek shade:** Look for shade between 9am to 3pm. A patio or tree provide great shade. At parks and beaches, pack a canopy or umbrella.
- ☀️ **Wear clothing that covers:** Use clothing that covers your arms and legs. Light colored clothing is preferred to deflect sunlight and prevent from getting too hot. Wear polyester and nylon clothing to better block the sun.
- ☀️ **Wear sunglasses and a hat:** Protect your eyes and face using sunglasses with a dark lens that blocks UV rays. Using a wide brim hat will prevent sun exposure to your face, head, ears, and neck. If you are wearing a baseball cap, make sure to also apply sunscreen to the side of your face, neck, and ears.
- ☀️ **Use sunscreen:** Protect your skin from sun burns by using sunscreen with sun protection factor (SPF) 15 or higher. Reapply sunscreen every 2 hours, and after sweating, swimming, or toweling off. Always wear sunscreen during the day! It is important, even on cloudy days, as UV light can be reflected from water and sand.
- ☀️ **Plan activities:** Enjoy outdoor activities in the morning, late afternoon, and evening. Go on a morning jog, schedule a late afternoon barbeque, and take your kids to the park in the afternoon and evenings.
- ☀️ **Work outdoors safely:** Agricultural, construction, and garden workers spend long hours exposed to the sun. It is important for them to follow the tips listed above to provide the most sun protection possible. In addition, these workers will benefit from breaks throughout the day, seeking shade, and staying well hydrated. This helps reduce heat exhaustion, heat stroke, and other conditions (see page 18). To learn more about these sign and symptoms visit <https://aghealth.ucdavis.edu/training/heat-illness>.



We wish everyone a fun, safe, and healthy summer!

For more information about Sun Safety, visit:

<https://www.cdc.gov/skin-cancer/sun-safety/index.html>

https://www.cdc.gov/radiation-health/features/uv-radiation.html?CDC_AAref_Val=https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html

For more information, including free health screenings, classes, and community activities, visit:

<https://hca.venturacounty.gov/public-health/cdpp/>

Julio es el Mes de la Concientización sobre la Seguridad de Radiación Ultravioleta (UV)

“¡Manténgase seguro bajo el sol este verano!”

¡Julio marca el comienzo del verano! Esto significa días soleados más largos para disfrutar. Nos emociona planear nuestro próximo día de playa, senderismo al aire libre, pícnic en el parque o paseo en bicicleta de fin de semana. Durante estas actividades al aire libre, sabemos que estaremos expuestos al sol durante más tiempo. Además, el sol es la principal fuente natural de exposición a la luz ultravioleta (UV). Como sabemos, la exposición excesiva a la luz UV del sol, sin protección, puede provocar quemaduras graves en la piel, envejecimiento prematuro, cataratas y otros daños en los ojos, y aumentar el riesgo de cáncer de piel. Por eso, celebramos julio como el **“Mes de la Concientización sobre la Seguridad UV”**. Así que es un buen momento para prepararnos y protegernos del sol durante todas nuestras actividades de verano.



¡Aquí les compartimos algunos consejos para ayudarlos a proteger su salud mientras se divierten bajo el sol este verano!

- ☀️ **Busque sombra:** Busque sombra entre las 9:00 a.m. a 3:00 p.m. Un patio o un árbol le ofrecen una gran sombra. En parques y playas, lleve una tienda de campaña o una sombrilla.
- ☀️ **Use ropa que cubra:** Use ropa que cubra brazos y piernas. Es preferible usar ropa de colores claros para desviar la luz solar y evitar el calor excesivo. Use ropa como de poliéster y el nailon, para bloquear el sol mejor.
- ☀️ **Use gafas de sol y sombrero:** Protéjase los ojos y la cara con gafas con lentes oscuros que bloqueen los rayos UV. Use un sombrero ancho para evitar la exposición solar en la cara, la cabeza, los oídos y el cuello. Si usa una gorra de béisbol, asegúrese también de aplicar protector solar en la cara, el cuello y los oídos.
- ☀️ **Use protector solar:** Proteja su piel usando protector solar (SPF, por sus siglas en inglés) con un factor de 15 o más. Reaplique el protector solar cada 2 horas y después de sudar, nadar o secarse con la toalla. ¡Use siempre protector solar durante el día! Incluso en días nublados, es importante esto ya que la luz UV puede reflejarse en el agua y la arena.
- ☀️ **Planifique actividades:** Disfrute de actividades al aire libre por la mañana, al final de la tarde y por la noche. Salga a correr por la mañana, organice una parrillada por la tarde y lleve a sus hijos al parque al atardecer.
- ☀️ **Trabaje al aire libre de forma segura:** Los trabajadores agrícolas de la construcción y de la jardinería pasan expuestos largas horas al sol. Es importante que sigan los consejos mencionados anteriormente para obtener la mayor protección solar posible. Además, estos trabajadores se beneficiarán de descansos a lo largo del día, buscando la sombra y manteniéndose bien hidratados. Esto ayudara a reducir el agotamiento por calor, el golpe de calor y otras condiciones (vea la pagina 18). Para obtener más información sobre estos signos y síntomas, visite <https://aghealth.ucdavis.edu/training/heat-illness>.



¡Les deseamos a todos un verano divertido, seguro y saludable!

Para obtener más información sobre la seguridad solar, visite:

<https://www.cdc.gov/skin-cancer/sun-safety/index.html>
https://www.cdc.gov/radiation-health/features/uv-radiation.html?CDC_AAref_Val=https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html

Para obtener más información, incluyendo exámenes de salud gratuitos, clases y actividades comunitarias, visite:

<https://hca.venturacounty.gov/public-health/cdpp/>



Diabetes Prevention Program

Nationally recognized to prevent or delay the onset of Diabetes Type 2.



- **FREE classes starting soon**
- **Classes are in-person and over the phone**
- **Multiple locations throughout Ventura County**
- **Call to register now!**

For more information call (805) 765-7463

1 of 3 adults are at risk for developing Diabetes Type 2.

Start your journey towards a healthier lifestyle!

Program Topics Include:

- diabetes education
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- tracking your health





Programa de Prevención de la Diabetes

Reconocido nacionalmente en prevenir o retrasar el desarrollo de la Diabetes Tipo 2.



- Clases GRATUITAS comienzan pronto
- Clases son en persona y por teléfono
- Múltiples ubicaciones en el Condado de Ventura
- ¡Llame para registrarse!

Para más información, llame al (805) 765-7463

1 de 3 adultos esta a riesgo de desarrollar la Diabetes Tipo 2.

Inicie su camino hacia un nuevo estilo de vida más saludable.

Temas del programa incluyen:

- educación de la diabetes
- educación de nutrición
- alimentación saludable
- actividad física
- pérdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



July / Julio 2025

Diabetes Prevention Program

Programa de Prevención de la Diabetes

Prevent T2

Prevenga el T2



Kudos to Oxnard participants of the Diabetes Prevention Program
for completing the program successfully!

Class Series:

Date	Days	Language	City	Location	Hours
7/22	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:30-11:30 AM
7/1- 7/29	Tuesdays	English	Telephonic	Distance Learning Conference Call	5:30-6:30 PM
7/10 & 7/24	Thursdays	Spanish	Telephonic	Distance Learning Conference Call*	6:00-7:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

*Not accepting new participants. Call to register for new workshops in your area.

*No acepta nuevos participantes. Llame para registrarse a los talleres nuevos en su area.

July / Julio 2025

Early Detection - Free Health Screens

Detección temprana - exámenes de salud gratuitos

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



At the Simi Valley Wellness Expo participants were able to get health resources and a wellness check, including blood pressure and glucose screenings.

Screenings:

Date	City	Location	Hours
7/2 Wednesday	Oxnard	Palm Vista Senior Center 801 S C Street	10:30 - 11:30 AM
7/8 Tuesday	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	8:30 - 10:30 AM
7/11 Friday	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	10:30 - 12:00 PM
7/16 Wednesday	Santa Paula	Santa Paula Senior Center 530 W Main Street	10:30 AM -12:30 PM
7/16 Wednesday	Ventura	Westpark Community Center 450 W Harrison Avenue	2:00 - 4:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

* Not open to the public / *No abierto al público

Relaxation and Pain Management

Relajación y manejo de dolor



Upper body stretching and strengthening with Seated Tai Chi at Fillmore Active Adult Center.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
7/7- 7/28	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
7/14 & 7/28	Wednesdays	Seated	Oxnard	Pacific Point Apartments* 901 W Gonzales Road	4:00 - 4:30 PM
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.					
* Not open to the public / *No abierto al público					

July / Julio 2025

Get Fit! Zumba®Classes

Promoción de actividad física

Exercising in a group is fun!
¡El ejercicio en grupo es divertido!



Nyeland Acres Community Center participants keep moving this summer with Zumba®!

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
7/1- 7/29	Tuesdays	Zumba®	Ventura	Westpark Community Center 450 W Harrison Avenue	7:00 - 8:00 PM
7/9- 7/30	Wednesdays and Thursdays Except 1st Wednesday of the month	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
7/10-7/31	Thursdays Except 7/3	Zumba®	Oxnard	Gateway Plaza Apartments* 1719 S. Oxnard Boulevard	5:00 - 6:00 PM
7/12- 7/26	Saturdays	Zumba®	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	9:00 - 10:00 AM

Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Community Events

Eventos Comunitarios

July / Julio 2025

Promoting Health & Wellbeing Promoción de la salud y el bienestar

"Day of the Child Community Resource Fair"
at Our Lady of Guadalupe Church
in Santa Paula.



Event:

Date	Activity	Time	Location	Contact Information
7/19 Saturday	Family Resource Fair	11:00 AM - 2:00 PM	HACSB Annual HUD Strong Families Resource Fair 1069 Village Way Ventura, CA 93001	Jose Ortega (805) 981-6659
* Not open to the public / *No abierto al público				

Youth Education Workshops Talleres de educación para niños

Live a Healthy Lifestyle Vive un estilo de vida saludable

Nutrition workshop at
Elm Elementary School in Oxnard.



Workshops :

Date	Activity	Time	Location	Contact Information
7/15 Tuesday	Go Kids Club!: Healthy Snacking and Physical Activity	1:00 - 1:45 PM 1:45-2:30 PM	Boys and Girls Club* 1400 E. Havard Santa Paula, CA 93060	Betsy Saltman (805) 981-6635
7/16 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activity	1:15 - 2:00 PM 2:00-2:45 PM	Boys and Girls Club of Port Hueneme* 354 North Third Street Port Hueneme, CA 93041	Betsy Saltman (805) 981-6635
7/25 Friday	Go Kids Club!: Healthy Snacking and Physical Activity	1:00 - 1:45 PM 1:45-2:30 PM	Boys and Girls Club- Johnson* 1929 Johnson Drive Ventura, CA 93003	Betsy Saltman (805) 981-6635

* Not open to the public / *No abierto al público

Live a Healthy Lifestyle*Vive un estilo de vida saludable*

Nutrition presentation at
Cambria Apartments in Ventura.

Workshops:

Date	Activity	Time	Location	Contact Information
7/1 Tuesday	Foods Smarts: Building a Wholesome Diet Nutrition & Physical Activity	2:30 -3:30 PM	Buena Vida Family Apartments * 9054 Telephone Road Ventura, CA 93004	Diana Cervantes (805) 981-6658
7/2 Wednesday	Fresh From The Garden: Summer Squash Nutrition & Garden	10:30-11:30 AM	Pepper Tree Apartments* 4214 E. Los Angeles Simi Valley, CA 93063	Eduardo Mora (805) 981-6628
7/8 Tuesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	2:30 - 3:30 PM	Castillo Del Sol Apartments * 3005 E. Main Street Ventura, CA 93001	Diana Cervantes (805) 981-6658
7/8 Tuesday	Fresh From The Garden: Summer Squash Nutrition & Garden	3:00- 4:00 PM	Richmond Terrace Apartments * 769 Warwick Avenue Thousand Oaks, CA 91360	Eduardo Mora (805) 981-6628
7/9 Wednesday	Fresh From The Garden: Summer Squash Nutrition & Garden	10:00 - 11:00 AM	Mountain View Apartments* 22 Santa Clara Ave Fillmore, CA 93015	Eduardo Mora (805) 981-6628
7/11 Friday	Fresh From The Garden: Summer Squash Nutrition & Garden	10:00 - 11:00 AM	Ormond Beach Villas* 5527 Saviers Road Oxnard, CA 93033	Eduardo Mora (805) 981-6628
7/15 Tuesday	Fresh From The Garden: Summer Squash Nutrition & Garden	2:30 - 3:30 PM	Villa Pacifica* 1055 Johnson Drive Ventura, CA 93003	Diana Cervantes (805) 981-6658

* Not open to the public / *No abierto al público

Live a Healthy Lifestyle*Vive un estilo de vida saludable***Workshops:**

"My Plate" activity at
Sterling Apartments in Ventura.

Date	Activity	Time	Location	Contact Information
7/16 Wednesday	Foods Smarts: Feeding Your Whole Family Nutrition	3:30 - 4:30 PM	Rio Del Norte Catalyst Kids* 2500 Lobelia Drive Oxnard, CA 93036	Diana Cervantes (805) 981-6658
7/17 Thursday	Fresh From The Garden: Summer Squash Nutrition & Garden	3:00 - 4:00 PM	D Street Apartments * 110 N. D Street Oxnard, CA 93030	Eduardo Mora (805) 981-6628
7/22 Tuesday	Fresh From The Garden: Summer Squash Nutrition & Garden	1:00 - 2:00 PM	Hillcrest Villas* 2672 E. Hillcrest Drive Thousand Oaks, CA 91362	Eduardo Mora (805) 981-6628
7/22 Tuesday	Foods Smarts: Building a Wholesome Diet Nutrition & Physical Activity	2:30 - 3:30 PM	Willet Ranch* 54 Willett Street Ventura, CA 93001	Diana Cervantes (805) 981-6658
7/24 Thursday	Fresh From The Garden: Summer Squash Nutrition & Garden	11:00 - 12:00 PM	Central Terrance Apartment* 217 E 6th Street Oxnard, CA 93030	Eduardo Mora (805) 981-6628
7/24 Thursday	Fresh From The Garden: Summer Squash Nutrition & Garden	3:00 - 4:00 PM	Casa De Paz Apartments* 1010 Ashland Avenue Simi Valley, CA 93065	Eduardo Mora (805) 981-6628
7/29 Tuesday	Fresh From The Garden: Tomatoes Nutrition & Garden	4:30 - 5:30 PM	Villages at Westview* 1187 Riverside Street Ventura, CA 93001	Diana Cervantes (805) 981-6658
7/31 Thursday	Foods Smarts: Building a Wholesome Diet Nutrition & Physical Activity	6:00 - 7:00 PM	Colonia Village 300 N. Marquita Street Oxnard, CA 93030	Alejandro Ambriz (805) 981-6699

* Not open to the public / *No abierto al público

Garden-Based Education

Educación de Jardín

Preschool Nutrition Workshops



Managers Evaluation & "Tom the Tomato" food garden workshop at Green Valley Catalyst Kids in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
7/10 Thursday	Digging and Planting Garden Education Workshop	9:30 - 10:15 AM	South Oxnard Catalyst Kids* 200 E. Bard Oxnard, CA 93033	Fernando Gaytan (805) 981-6627

* Not open to the public / *No abierto al público

Healthy Retail

Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local
retail markets to promote
"locally grown produce!"



Healthy recipe tasting at
Flor de Mayo in Oxnard.

Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
7/23 Wednesday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 440 S. Oxnard Boulevard Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Open to the public / Abierto al público

Healthy Retail Program

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

Makes 6 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 cup cantaloupe, cubed
- 1 stem of fresh rosemary



Preparation:

1. Fill pitcher halfway with ice.
2. Add cubed cantaloupe and fresh rosemary.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

¡Refréscate mejor y piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 6 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

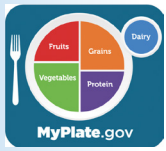
Ingredientes:

- 2 tazas de melón en trocitos.
- 1 tallo de romero fresco.



Preparación:

1. Llene media jarra con hielo.
2. Agregue el melón y romero.
3. Llene con agua. Deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.



Grilled Pineapple Ginger Glazed Chicken with Zucchini and Pepper



Makes 4 servings

Nutrition information per serving:

Calories: 460	Fiber: 7 g
Total fat: 8 g	Sodium: 396 mg
Saturated fat: 2 g	Protein: 34 g
Carbohydrates: 66 g	

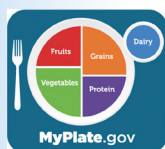
<https://www.myplate.gov/recipes/grilled-pineapple-ginger-glazed-chicken-zucchini-and-peppers>

INGREDIENTS

- 1 1/2 cups pineapple juice (12-ounce bottle)
- 1/4 cup apple cider vinegar
- 3 tablespoons brown sugar
- 1 1/2 tablespoons light soy sauce
- 1 tablespoon minced ginger
- 1 tablespoon Dijon mustard
- 1 cup whole wheat couscous, dry
- 1 pound chicken breast, boneless, skinless (cut into 4 portions)
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 1 sweet yellow onion (cut into wedges)
- 2 large zucchini (cut into chunks)
- 1 red pepper (cut into 8 strips)
- 1 orange pepper (cut into 8 strips)
- 8 pineapple spears (2-1/2 x 1-1/4 inch, about 1 ounce each)
- 1 green onion, sliced

DIRECTIONS

1. Wash hands with soap and water.
2. To make the glaze, combine pineapple juice, vinegar, brown sugar, soy sauce, ginger and mustard in a medium saucepan set over medium-high heat.
3. Bring to a boil; boil for about 15 minutes.
4. Preheat grill to medium heat. Cook couscous according to package directions.
5. While couscous is cooking, toss chicken breast with oil, salt and pepper.
6. Grill chicken, for 2 minutes per side or until grill-marked. Continue to grill, basting and turning with Pineapple Ginger Glaze, for 5 to 6 minutes or until cooked.
7. Grill onion, zucchini, red pepper, orange pepper and pineapple spears, basting with Pineapple Ginger Glaze, for 3 to 5 minutes or until grill-marked and tender.
8. Serve chicken with vegetables and pineapple over couscous.
9. Garnish with green onions.



Pollo a la Brasa Glaseada de Piña y Jengibre con Calabacín y Pimientos



Rinde 4 porciones

Información nutricional por porción:

Calorías: 460	Fibra: 7 g
Grasa Total: 8 g	Sodio: 396 mg
Grasa Saturada: 2 g	Proteína: 34 g
Carbohidratos: 66 g	

<https://www.myplate.gov/es/recipes/pollo-la-brasa-glaseada-de-pina-y-jengibre-con-calabacin-y-pimientos>

INGREDIENTES

- 1 1/2 tazas jugo de piña (botella de 12 onzas)
- 1/4 taza vinagre de manzana
- 3 cucharadas azúcar morena
- 1 1/2 cucharadas salsa de soja ligera
- 1 cucharada jengibre picado
- 1 cucharada mostaza de Dijon
- 1 taza cuscús de trigo integral, seco
- 1 libra Pechuga de pollo deshuesada, sin piel (cortada en 4 porciones)
- 1 cucharada aceite de oliva
- 1/8 cucharadita sal
- 1/4 cucharadita pimienta
- 1 cebolla amarilla dulce (cortada en cuñas)
- 2 calabacín (cortado en trozos)
- 1 pimiento rojo (cortado en 8 tiras)
- 1 pimiento de color naranja (cortado en 8 tiras)
- 8 lanzas de la piña (2-1/2" x 1-1/4", cerca de 1 onza cada uno)
- 1 cebolla verde cortada en rodajas

INSTRUCCIONES

1. Lávese las manos con agua y jabón.
2. Para hacer el glaseado, combine el jugo de piña, el vinagre, el azúcar morena, la salsa de soja, el jengibre y la mostaza en una cacerola mediana a fuego medio-alto.
3. Poner a hervir; hervir por 15 minutos.
4. Precaliente la parrilla a fuego medio. Cocine el cuscús según las instrucciones del paquete.
5. Mientras el cuscús está cocinando, mezcle la pechuga de pollo con aceite, sal y pimienta.
6. Cocine el pollo por 2 minutos por lado o hasta que esté marcado con la parrilla. Continúe asando, rociando y girando con glaseado de piña con jengibre, por 5 a 6 minutos o hasta que esté cocido.
7. Cocine la cebolla, el calabacín, el pimiento rojo, la pimienta anaranjada y las lanzas de piña a la parrilla, rociando con glaseado de piña con jengibre, por 3 a 5 minutos o hasta que estén marcados y tiernos en la parrilla.
8. Sirva el pollo con verduras y piña sobre el cuscús.
9. Adorne con las cebollas verdes.

Partnership for a Healthy Ventura County

July / Julio 2025



LIVE WELL
Ventura County
Healthy Eating • Active Living

Partnership for a Healthy Ventura County

is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors.

We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

**Our next quarterly meeting is
scheduled to take place in person on
Thursday, September 18, 2025, at 9:00 AM**

Hosted at Ventura County Public Health
2220 E. Gonzales Rd. Suite 200 B
EMS Conference Room (2nd Floor)
Oxnard, CA 93036

For more information, please contact:

Eddie Munizich at (805) 981-6650

or at Eddie.Munizich@ventura.org

website: <https://livewellvc.org/>

HARVEST OF THE MONTH

Mango, Avocado, and Black Bean Salad



Makes: 4 servings

Ingredients:

- 1 head romaine, torn into bite-size pieces
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 15.25-ounce can no-salt-added or low-sodium whole-kernel corn, rinsed and drained
- 2 medium mangoes, cut into 1/2-inch cubes
- 1 medium avocado, cut into 1/2-inch cubes
- 2 medium green onions, cut into 1/2-inch pieces
- OR
- 1/2 small red or white onion, cut into 1/2-inch pieces
- 1 medium red or green bell pepper, cut into 1/2-inch pieces
- 1 small fresh jalapeño, seeds and ribs discarded, finely chopped (optional)
- 3 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Before you begin: Wash your hands.

1. Put the romaine on plates or in bowls. Set aside.
2. In a medium bowl, stir together the beans, corn, mango, avocado, onions, bell peppers, and jalapeño.
3. In a small bowl, whisk together the lime juice, cilantro, oil, chili powder, pepper, and salt until well mixed. (You can also put the ingredients in a Mason jar with a secure lid and shake.) Pour over the bean mixture, gently tossing to coat
4. Spoon over the romaine.

**Nutrition Per Serving: Calories 218, Total Fat 7 g
(Saturated Fat 1.0 g), Protein 7 g, Carbohydrates 36 g,
Dietary Fiber 9 g, Sodium 128 mg**

HEAT EXHAUSTION

VS

HEAT STROKE

Heat stress can lead to exhaustion and then to heat stroke if not treated quickly.

SYMPTOMS

- Dizziness or fainting
- Headache, nausea
- Confusion, extreme thirst
- Excessive sweating
- Cool, pale, clammy skin
- Rapid or weak pulse



WHAT TO DO

1. Move to a shaded or cool indoor area. Loosen clothes and apply cool, wet towels if possible.
2. Have the person sip cold water.

Seek help if vomiting starts or symptoms last over 1 hour.

Heat stroke can cause permanent disability or death without emergency treatment.

SYMPTOMS

- Loss of consciousness
- Seizures or convulsions
- Rapid or strong pulse
- No sweating
- Red, hot, dry skin
- Temperature above 103°F



WHAT TO DO

1. Call 911
2. Immediately cool overheated person while waiting for help and do NOT give the person anything to drink. Apply ice to underarms or groin if available.

PREVENT HEAT EXHAUSTION & HEAT STROKE



- Stay cool and take breaks
- Drink water – 1 cup/hour
- Check weather forecasts
- Monitor air quality



- Wear light-colored, loose clothing
- Plan for refrigerated medications
- Call 211 for a cooling center
- Look out for older adults



VENTURA COUNTY
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AGOTAMIENTO POR CALOR

VS

GOLPE DE CALOR

El estrés por calor puede causar agotamiento y luego golpe de calor si no se trata a tiempo.

SÍNTOMAS

- Mareos o desmayos
- Dolor de cabeza, náuseas
- Confusión, sed extrema
- Sudor excesivo
- Piel fría, pálida y húmeda
- Pulso rápido o débil



QUÉ HACER

1. Lleve a la persona a un lugar fresco o con sombra. Afloje la ropa y aplique toallas húmedas y frías si es posible.
2. Déle sorbos de agua fría.

Busque ayuda si hay vómitos o síntomas por más de 1 hora.

El golpe de calor puede causar discapacidad permanente o la muerte sin tratamiento de emergencia.

SÍNTOMAS

- Pérdida de conciencia
- Convulsiones
- Pulso rápido o fuerte
- Falta de sudor
- Piel roja, caliente y seca
- Temperature mayor a 103°F



QUÉ HACER

1. Llame al 911
2. Enfríe inmediatamente a la persona mientras espera ayuda y NO le dé nada de beber. Aplique hielo en las axilas o la ingle si es posible.

PREVENCIÓN DEL AGOTAMIENTO Y GOLPE DE CALOR



- Beba agua – 1 taza/hora
- Quédese fresco y descanse
- Esté al tanto del clima
- Revise la calidad del aire



- Use ropa suelta y de colores claros
- Tenga listas sus medicinas frías
- Cuide a los adultos mayores
- Llame al 211 para un centro con aire acondicionado



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Chronic Disease Prevention Program (CDPP) publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@ventura.org

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Stanford University Self-Management Resource Center

6-week workshops on Chronic Disease Self-Management, Diabetes Self-Management, Tomando Control de su Salud, and Manejo Personal de Su Diabetes Tipo 2.

Community Health Screenings

Free health screenings focusing on blood pressure and glucose testing. Connects patients to appropriate health resources.

For more information, please contact:

Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living (CFHL) Program provides nutrition and food garden education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega Jose.Ortega@ventura.org

Physical Activity Opportunities

Get Fit! Zumba® Classes

Community physical activity classes.

Seated Tai Chi

Seated group exercise classes.

Walking Clubs

Assistance initiating walking clubs in the community.

For more information, please contact:

Deanne Morales Deanne.Morales@ventura.org



Students from Green Valley Catalyst Kids in Oxnard incorporate vegetables from their garden into their snacks and meals.

Thank you for viewing and sharing our monthly calendar!