

National Public Health Week
"Protecting, Connecting and Thriving"
We Are All Public Health



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Semana Nacional de la Salud Pública
"Proteger, Conectar y Prosperar"
Todos Somos Salud Pública



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

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For more information visit us online:
http://www.vchca.org/ph

**“Protecting, Connecting and Thriving” - We are all Public Health
National Public Health Week 2024**

Public Health is about prevention, and it calls on each one of us to be involved. It concerns all of us, our schools, parks, retail food markets, health clinics, neighborhoods, and communities! We are all Public Health, and so it makes sense that this is the overall theme for this year’s National Public Health Week (NPHW) celebrated Monday, April 1 through Sunday, April 7.



People thrive through the interconnectedness with one another. Our connection to the people around us and the environment near to where we live, work, learn, eat, and play, makes a difference in our health journey, overall well-being, and quality of life. It takes a village is a common phrase used to describe that we are stronger as a community of people and not so much when we are on our own and coming from an individual approach. As individuals, neighbors, families, community groups, and members in the field of public health come together, they can achieve more as a connected unit to advance the goals of the community as a whole and to provide a safe and healthy environment. Together, we are all public health!

Here are a few highlights of the daily themes and messages of this year’s National Public Health Week. Take a moment to see how these activities fit into your own life and how you and others in your community can work together to make life better for everyone!

Tuesday, April 2 – “Healthy Neighborhoods”

- Get to know your neighbors
- Start a walking club
- Try a “walking school bus” or “bicycle train”
- Plant trees and vegetable gardens
- Visit a local farmers’ market
- Host an event at a local park

Thursday, April 4 – “New Tools and Innovations”

- Health apps on your phone and computer can help you track how physically active you are.
- Smart watches, fitness bands and pedometers can track your heartbeat and how many steps you take.
- Social media can connect us to healthy food, safe walking routes, and outdoor activities near to where we live!

Sunday, April 7 – “The Future of Public Health”

- Team up with others in your neighborhood to actively shape the health of your community!
- Join a neighborhood council to identify and share ideas on how to make things better around where you live.
- Meet with your city council members to prioritize your community’s well-being such as improving parks and safe streets.
- The future involves making sure everyone has access to the support and care they need to live healthier lives.



The theme of NPHW this year is “Protecting, Connecting and Thriving: We Are All Public Health.” We all play an important role in creating a future that protects the health and well-being of everyone. As we celebrate NPHW, April 1-7, we want everyone to know they can play a role in making their communities healthier, safer, and stronger! When we connect with each other, whether with our neighbors, or even city officials and local lawmakers, we build relationships that help protect our health and enrich our lives. Help make your world a more equitable, safe, and healthy place where we are, committed to building connections that create new possibilities for everyone around you to thrive and achieve optimum quality of life.

As part of NPHW, we also want to take the opportunity to encourage everyone to join the American Public Health Association’s “Keep it Moving Challenge” at <https://nphw.org/Get-Involved/Keep-It-Moving>. You will find tools and an app that make it easy and fun to stay active in your community!

Explore other ways to get involved and celebrate National Public Health Week this year at <https://nphw.org>.

For more information, including, health screenings, classes, and community activities, visit: <http://vchca.org/chronic-disease-prevention-program>

"Proteger, Conectar y Prosperar" - Todos Somos Salud Pública Semana Nacional de la Salud Pública, del 1 al 7 de abril de 2024

La salud pública se basa en la prevención y requiere que todos nos involucremos. Nos concierne a todos, a nuestras escuelas, parques, mercados de alimentos, centros de salud, barrios y comunidades. Todos somos Salud Pública, por lo que tiene sentido que éste sea el tema general de la Semana Nacional de la Salud Pública (NPHW) de este año, que se celebra del lunes 1 al domingo 7 de abril.

Las personas prosperan gracias a la interconexión entre ellas. Nuestra conexión con las personas que nos rodean y con el entorno cercano a donde vivimos, trabajamos, aprendemos, comemos y jugamos, marca la diferencia en nuestro camino hacia la salud, el bienestar general y la calidad de vida. "Se necesita un pueblo" es una frase común utilizada para describir que somos más fuertes como una comunidad de personas y no tanto cuando estamos solos y desde un enfoque individual. Cuando las personas, los vecinos, las familias, los grupos comunitarios y los miembros del ámbito de la salud pública se unen, pueden lograr más como unidad conectada para avanzar en los objetivos de la comunidad y proporcionar un entorno seguro y saludable. Juntos, ¡todos somos salud pública!



He aquí algunos de los temas y mensajes más destacados de la Semana Nacional de la Salud Pública de este año. Tómese un momento para ver cómo encajan estas actividades en su propia vida y cómo usted y otras personas de su comunidad pueden colaborar para mejorar la vida de todos.

Martes, 2 de abril - "Barrios saludables"

- Conoce a tus vecinos
- Organiza un evento en un parque local
- Planta árboles y huertos
- Prueba un "autobús escolar andante" o un "tren de bicicletas"
- Crea un club de caminata
- Visita un mercado local de agricultores

Jueves, 4 de abril - "Nuevas herramientas e innovaciones"

- Las aplicaciones de salud en tu teléfono y computadora pueden ayudarte a controlar tu nivel de actividad física.
- Relojes inteligentes, pulseras de fitness y podómetros pueden registrar los latidos del corazón y el número de pasos que das.
- Las redes sociales pueden ayudar a encontrar alimentos saludables, rutas seguras para caminar y actividades al aire libre cerca de donde vivimos.

Domingo, 7 de abril - "El futuro de la salud pública"

- Únete a otros vecinos para dar forma a la salud de tu comunidad.
- Únete a un consejo de barrio para identificar y compartir ideas sobre cómo mejorar las cosas cerca de donde vives.
- Reúnete con los concejales de tu ciudad para dar prioridad al bienestar de tu comunidad, tal como mejoría de parques y calles seguras.
- El futuro implica lograr que todos tengan acceso al apoyo y la atención que necesita para llevar una vida más sana.



El tema de la NPHW de este año es "Proteger, conectar y prosperar: Todos somos salud pública". Todos desempeñamos un papel importante en la creación de un futuro que proteja la salud y el bienestar de todos. Así como celebramos la NPHW, del 1 al 7 de abril, ¡queremos que todos sepan que pueden desempeñar un papel para que sus comunidades sean más sanas, seguras y fuertes! Cuando nos relacionamos entre nosotros, ya sea con nuestros vecinos, o incluso con funcionarios municipales y legisladores locales, construimos relaciones que ayudan a proteger nuestra salud y enriquecen nuestras vidas. Es importante ayudar a crear un mundo y lugar más equitativo, seguro y saludable donde nos encontremos, comprometidos con la construcción de conexiones que creen nuevas posibilidades para que todos a nuestro alrededor prosperen y alcancen una calidad de vida óptima.

Como parte de la NPHW, también queremos aprovechar la oportunidad para animar a todo el mundo a participar en el "Keep it Moving Challenge" de la Association Americana de Salud Pública en <https://nphw.org/Get-Involved/Keep-It-Moving>. Encontrará herramientas y una aplicación que hacen que mantenerse activo en su comunidad sea fácil y divertido.

Explore otras formas de participar y celebrar la Semana Nacional de la Salud Pública este año en <https://nphw.org/>.

Para obtener más información, incluyendo, exámenes de salud, clases y actividades comunitarias, visite: <http://vchca.org/chronic-disease-prevention-program>

April / Abril 2024

Seated Tai Chi for Arthritis Tai Chi en silla para personas con artritis

Relaxation and Pain Management *Relajación y manejo de dolor*

Seated Tai Chi
Wilson Senior Center
Oxnard



Seated Tai Chi

Clases de ejercicio para ponerse en forma

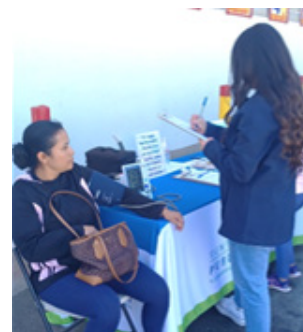
Date	Days	Class Type	City	Location	Hours
4/1- 4/29	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
4/1- 4/29	Mondays	Seated	Oxnard	Wilson Senior Center 350 N. C Street	9:30- 10:00AM
4/11- 4/25 No class on 1st Thursday	Thursdays	Seated	Oxnard	Palm Vista Senior Center 801 S. C Sreet	10:30- 11:00 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6634.

Early Detection - Free Health Screens Blood pressure checks

Promoting Health & Wellbeing *Promoción de la salud y el bienestar*

Health Screening at
Red Barn Market
in Ventura



Free Health Screenings Exámenes de salud gratuitos

Date	City	Location	Hours
4/4 Thursday	Oxnard	Farmer's Market 519 S. C street	9:00 AM - 1:30 PM
4/5 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00 - 3:00 PM
4/5 Friday	Santa Paula	Rodney Fernandez Apartments 212 W. Santa Barbara Street	8:00 - 10:00 AM
4/17 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Rd.	1:00- 4:00 PM

Exercising in a group is fun!

¡El ejercicio en grupo es divertido!

“Dancing is makes you feel good!”



Zumba® at Wilson senior center in Oxnard

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Ongoing	Wednesdays and Thursdays Except 1st Wednesday	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland 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) 981-6634.

Abierto al público. Dirigido por una instructora con licencia Maria L Peña & Esther Cárcamo
Para aprender más sobre como participar o hospedar una actividad para su comunidad, llame a (805) 981-6634.

April / Abril 2024

Promoting Health & Wellbeing *Promoción de la salud y el bienestar*

Latino Spin-Wheel activity at Nyeland Acres resource fair in Oxnard



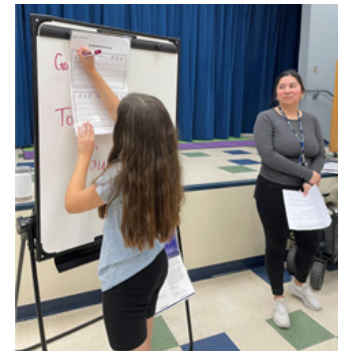
Events:

Date	Activity	Time	Location	Contact Information
4/28 Sunday	Dia del Niño : Resource Fair	8:00 AM- 3:00 PM	Our Lady of Guadalupe Church 427 N. Oak St, Santa Paula, CA 93060	Jose Ortega (805) 981-6659
open to the public			abierto al público	

Youth Nutrition Workshops Talleres de nutrición para jóvenes

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

Too Much Sugar lesson at Mountain Vista School in Fillmore



Workshops:

Date	Activity	Time	Location	Contact Information
4/10 Wednesday	Go Kids Club!: <i>Healthy Snacking and Physical Activity</i>	3:00- 3:30 PM 3:30- 4:00 PM	Cesar Chavez Elementary School* 301 N Marquita St, Oxnard, CA 93030	Jose Ortega (805) 981-6659
4/24 Wednesday	Go Kids Club!: <i>Healthy Snacking and Physical Activity</i>	2:50- 3:20 PM 3:20- 3:50 PM	Mountain Vista Elementary School* 918 5th St, Fillmore, CA 93015	Jose Ortega (805) 981-6659
4/30 Tuesday	Go Kids Club!: <i>Healthy Snacking and Physical Activity</i>	3:00- 3:30 PM 3:40- 4:10 PM	Richard Bard Elementary School* 622 E Pleasant Valley Rd, Port Hueneme, CA 93041	Jose Ortega (805) 981-6659

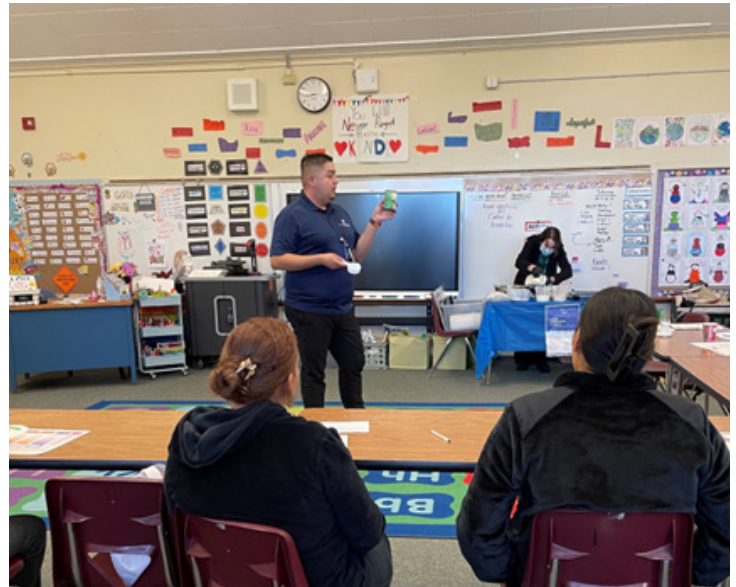
* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable

Nutrition Facts label reading visual at Piru Elementary School in Piru.



Workshops:

Date	Activity	Time	Location	Contact Information
4/2 <i>Tuesday</i>	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	1:00 PM-2:00 PM	Hillcrest Villas 2672 E. Hillcrest Dr. Thousand Oaks, CA 91362	Jose Ortega (805) 981-6659
4/2 <i>Tuesday</i>	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	3:00 PM-4:00 PM	Rsichmond Terrace 760 Warwick Ave. Thousand Oaks, CA 91360	Jose Ortega (805) 981-6659
4/3 <i>Wednesday</i>	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	6:30 PM-7:30 PM	D Street Apartments 110 N. D St. Oxnard, CA 93030	Jose Ortega (805) 981-6659
4/8 <i>Monday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	12:30 PM-1:30 PM	Esseff Village Apartments 1423 E. Thousand Oaks Blvd. Thousand Oaks, CA 91362	Jose Ortega (805) 981-6659
4/8 <i>Monday</i>	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	3:00 PM-4:00 PM	Pepper Tree Aparments 4214 E. Los Angeles Ave. Simi Valley, CA 93063	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

Adult Nutrition Workshops

Talleres de nutrición para adultos

April / Abril 2024

Live a healthy lifestyle

Vive un estilo de vida saludable

My Plate visual at
Christa McAuliffe School
in Oxnard



Workshops:

Date	Activity	Time	Location	Contact Information
4/9 Tuesday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	10:00 AM - 11:00 AM	Ormond Beach Villas 5527 Saviers Rd. Oxnard, CA 93030	Jose Ortega (805) 981-6659
4/10 Wednesday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	10:00AM - 11:00 AM	Mountain View Apartments 225 Santa Clara Ave. Fillmore, CA 93015	Jose Ortega (805) 981-6659
4/11 Thursday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	3:00 PM - 4:00 PM	Casa De Paz Apartments 1010 Ashland Ave., Simi Valley, CA 93065	Jose Ortega (805) 981-6659
4/16 Tuesday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	10:00AM-11:00AM	Arc of Ventura County* 5143 Cochran St, Simi Valley, CA 93063	Jose Ortega (805) 981-6659
4/17 Wednesday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	8:30AM-9:30AM	Art Haycox Elementary School* 5400 Perkins Road, Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/17 Wednesday	Choose Healthy Beverages <i>Nutrition and Reduction of Sugary Beverages</i>	10:30 AM - 11:30 AM	Fred L. Williams Elementary School* 4300 Anchorage St. Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/18 Thursday	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	5:00 PM - 6:00 PM	Plaza Del Sol Apartments 4231 Alamo Street Simi Valley, CA 93063	Jose Ortega (805) 981-6659

* Not open to the public

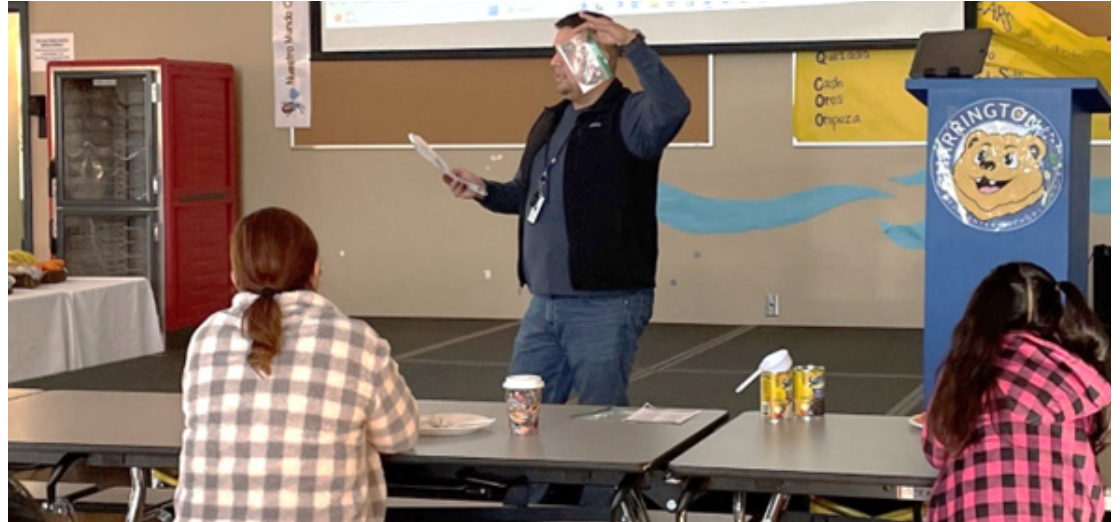
*No abierto al público

Adult Nutrition Workshops

Live a healthy lifestyle

Vive un estilo de vida saludable

Reducing sodium consumption
visual and resources at
Harrington Elementary School
in Oxnard



Adult Nutrition Workshops

Date	Activity	Time	Location	Contact Information
4/18 Thursday	Fresh From the Garden: Leafy Greens <i>Nutrition and Garden Education</i>	4:00 PM - 5:00 PM	Azahar Place Apartments 11370 Mimosa street, Ventura, CA 93004	Jose Ortega (805) 981-6659
4/19 Friday	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	9:30 AM - 11:30 AM	Oxnard College 4000 S Rose Ave, Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/19 Friday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	8:30AM- 9:30AM	Sheridan Way Elementary School* 573 Sheridan Way, Ventura, CA 93001	Jose Ortega (805) 981-6659
4/22 Monday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	5:30PM- 6:30PM	Art Haycox Elementary School* 5400 Perkins Road, Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/23 Tuesday	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	10:15 AM - 11:00 AM	Arc of Ventura County* 116 N.10th Street, Santa Paula, CA 93060	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

Garden-Based Education

Educación de Jardín

Tom the Tomato lesson and planting activity with radish seeds at Haycox Catalyst Kids in Oxnard



Workshops:

Date	Activity	Time	Location	Contact Information
4/15 <i>Monday</i>	Gus Good Food <i>Nutrition Workshop</i>	9:00 AM- 10:40 AM	CVUSD Neighborhood City Center Preschool* 110 S. Conejo School Road Thousand Oaks, CA 91362	Fatima Mireles (805) 981-6628
Changes may occur without prior notice. If you are interested, call to register and/or confirm.		Cambios pueden suceder sin previo aviso. Si esta interesado, llame para registrarse y/o confirmar.		
* Not open to the public.		*No abierto al público		

Pre-school Nutrition Workshops

Healthy Retail

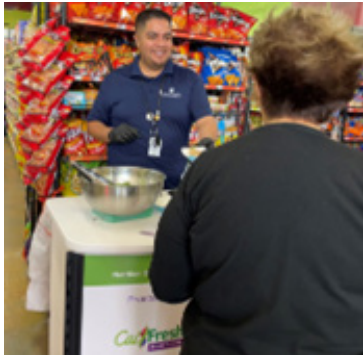
Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local retailers that promote
“locally grown produce!”

Healthy Recipe Tasting
La Famosa Meat Market
Santa Paula



Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
4/19 <i>Friday</i>	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 541 W. Hueneme Rd. Oxnard, CA 93033	Fernando Gaytan (805) 981-6627

Changes may occur without prior notice.

Cambios pueden suceder sin previo aviso.

Healthy Retail Program

Cucumber Lemon Infused Water

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:

- 1/2 Cucumber, sliced
- 1/2 lemon, sliced
- 1/2 Orange, sliced (optional)



Preparation:

1. Fill pitcher halfway with ice
2. Add sliced cucumber, lemon, and orange
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:

- 1/2 pepino, en rabanadas
- 1/2 limón en rabanadas
- 1/2 naranja, en rabanadas (opcional)



Preparación:

1. Llene media jarra con hielo
2. Agregue el pepino, limón y naranja
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



Agua de Pepino y Limón

Cauliflower Tacos



<https://eatfresh.org/recipe/main-dish/cauliflower-tacos/>

INGREDIENTS

- 1 head Cauliflower cut into small pieces
- 2 cloves Garlic unpeeled
- 2 teaspoons Olive Oil
- 1 teaspoon Paprika
- 1/2 teaspoon Cayenne Pepper
- Salt to taste
- 6 Tortillas
- 1/4 cup Cheese grated
- 1/2 cup Salsa
- Black Pepper to taste

Makes 3 servings
Serving size 2 tacos

Nutrition information per serving:

Calories: 239	Fiber: 6 g
Total fat: 8 g	Sodium: 327 mg
Saturated fat: 3 g	Protein: 8 g
Carbohydrates: 36 g	

DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat the oven to 400°F.
- 2) In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the olive oil over the cauliflower and then sprinkle the spices overtop. Use your hands to thoroughly coat the cauliflower with oil and spices.
- 3) Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic throughout and trash the skins.
- 4) Once the cauliflower is done, warm up the tortillas in the microwave for 20 to 30 seconds, or put them in a the warmed oven covered with a towel while you prepare everything else.
- 5) Place two tortillas on each plate and fill with a generous serving of cauliflower.
- 6) Sprinkle the grated cheese overtop and drizzle with salsa or sauce of your choice. Enjoy!

Tacos de Coliflor



<https://eatfresh.org/recipe/main-dish/cauliflower-tacos/>

INGREDIENTES

- 1 cabeza de coliflor cortada en trozos pequeños
- 2 dientes de ajo sin pelar
- 2 cucharaditas de aceite de oliva
- 1 cucharadita de pimentón
- 1/2 cucharadita de pimienta de Cayena
- Sal al gusto
- 6 tortillas
- 1/4 taza de queso rallado
- 1/2 taza de salsa
- Pimienta negra al gusto

Rinde 3 porciones
Tamaño de la porción 2 tacos

Información nutricional por porción:

Calorías: 239	Fibra: 6 g
Grasa Total: 8 g	Sodio: 327 mg
Grasa Saturada: 3 g	Proteína: 8 g
Carbohidratos: 36 g	

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Precalienta el horno a 400°F.
- 2) En una fuente para asar mediana, disponer los trozos de coliflor y los dientes de ajo sin pelar. Vierta el aceite de oliva sobre la coliflor y luego espolvoree las especias por encima. Usa tus manos para cubrir bien la coliflor con aceite y especias.
- 3) Hornee durante 45 minutos a 1 hora, dependiendo de qué tan crujientes le gusten los floretes. Exprima el ajo asado y triture la piel.
- 4) Una vez lista la coliflor, calienta las tortillas en el microondas durante 20 a 30 segundos, o mételas en el horno precalentado cubiertas con una toalla mientras preparas todo lo demás.
- 5) Coloca dos tortillas en cada plato y rellena con una generosa porción de coliflor.
- 6) Espolvoree el queso rallado por encima y rocíe con la salsa o salsa de su elección. ¡Disfrutar!



LIVE WELL
Ventura County
Healthy Eating • Active Living

The **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, June 27, 2024, at 9:00am at Ventura County Public Health 2220 E. Gonzales Rd., EMS Suite 200 B Conference Room, Oxnard, CA 93036

For more information, please contact:
Eddie Munizich at (805) 981-6650
or at Eddie.Munizich@ventura.org
website: <http://livewellvc.org/>

HARVEST OF THE MONTH

Turkey Tacos Verde With Spinach



<https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Turkey-Tacos-Verde-with-Spinach.aspx>

Makes: 6 servings; Serving Size: 2 Tacos

Ingredients:

- 2 teaspoons canola oil
- 1 small green bell pepper, chopped
- 1 1/4 pound lean ground turkey
- 1 (10-ounce) can verde sauce or green enchilada sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 12 (5-inch) corn tortillas
- 3 cups spinach, chopped
- 1 1/2 cups tomatoes, chopped (2 medium tomatoes)

Directions:

Before you begin: Wash your hands.

1. Heat a large skillet over medium-high heat.
2. Add the oil to the skillet and heat. Add pepper. Cook 5 minutes or until pepper starts to soften.
3. Add turkey to skillet. Break turkey into pieces using a wooden spoon or spatula. Cook turkey 5 minutes or until it is no longer pink.
4. Add spinach and 1/4 cup of water and cook until water is gone
5. Lower heat to medium. Stir in verde sauce, chili powder, and cumin. Turn off heat.
6. Warm corn tortillas in microwave or toaster oven.
7. Build tacos: add a 1/4 cup turkey filling into each corn tortilla. Top with more raw spinach (optional) and 2 tablespoons tomatoes.
8. Place two tacos on each plate. Serve right away.

Nutrition Per Serving: 40 Calories, 1.5 g Total Fat (0 g Saturated Fat), 6 g Protein, 2 g Carbohydrates, 1 g Dietary Fiber, 68 mg Sodium

A SNAPSHOT

DIABETES

IN THE UNITED STATES

DIABETES

34.2
MILLION

34.2 million people have diabetes


That's about 1 in every 10 people

 **1 IN 5** don't know they have diabetes



MORE THAN HALF of California adults (55%) have either prediabetes or diabetes



1 OUT OF 3 YOUNG ADULTS has prediabetes

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT
IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

The Chronic Disease Prevention Program offers free Diabetes Prevention workshops to help you create healthy habits, manage your health, and get support. For in-person and telephonic workshops call or text us at (805) 765-7463.

PANORAMA GENERAL

LA DIABETES EN LOS ESTADOS UNIDOS

DIABETES

34.2
MILLONES

34.2 millones de personas tienen diabetes



1 de cada 3 adultos tiene prediabetes

¿QUÉ PUEDE HACER?

Usted puede **prevenir** o **retrasar** la diabetes tipo 2



BAJE DE PESO SI LO NECESITA



COMA ALIMENTOS SALUDABLES



HAGA MÁS ACTIVIDAD FÍSICA

Usted puede **manejar** la diabetes



TRABAJE CON UN PROFESIONAL DE LA SALUD



COMA ALIMENTOS SALUDABLES



MANTÉNGASE ACTIVO FÍSICAMENTE

El Programa de Prevención de Enfermedades Crónicas ofrece talleres gratuitos de Prevención de la Diabetes para ayudarlo a crear hábitos saludables, controlar su salud y obtener apoyo. Para talleres en persona y telefónicos llámenos o envíenos un mensaje de texto al (805) 765-7463.

Chronic Disease Prevention Program 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.

Director

Silvia Lopez-Navarro silvia.lopez-navarro@ventura.org

Get Fit Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

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.

Tomando Control de Su Salud

- Un programa de 6 semanas

Chronic Disease Self-Management Program

- 6 week program

Diabetes Self-Management

- 6 week program

Manejo Personal de Su Diabetes Tipo 2

- Un programa de 6 semanas

For more information please contact:

Deanne Morales deanne.morales@ventura.org

Nutrition Education and Obesity Prevention Program

provides nutrition 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:

Eddie Munizich eddie.munizich@ventura.org



Students have fun participating in jump rope activities!
Rio Plaza Elementary School, Oxnard