Chronic Disease, Nutrition & Obesity

Prevention Programs

Healthy Communities- Health Education

February 2019

Heart Health Month!

Know Your Risk and "Strengthen the Heart"

¡Es el mes de la salud del corazón! Conozca su riesgo y "fortalezca su corazón."

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

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

It's Heart Health Month! Know Your Risk and "Strengthen the Heart."

Each February we embrace the importance of **American Heart Month!** During this time The Chronic Disease Prevention Program empowers you to assess your risk for heart disease and to make healthy lifestyle and behavior changes that will mend your heart.

Heart disease continues to rank as the leading cause of death for both women and men in the United States. "About 630,000 Americans die from heart disease each year—that's 1 in every 4 deaths." [6] This is more deaths than there are people in the state of Vermont or Wyoming. [7] More than half of the deaths due to heart disease in 2015 were in men. [6] And yet today, and preventable by up to 80 percent, it is the greatest health threat for women. [1]

According to the Centers for Disease Control and Prevention (CDC), 735,000 heart attacks will occur annually, and 525,000 will happen to people who have never had a heart attack before. History of a heart attack also increases your risk for a second. [1]

With this in mind and with Valentine's Day just around the corner, a plan to support a healthy heart is the perfect gift to give to yourself and a loved one who may be at risk. Start the month by participating in **National Wear Red Day®** on February 1, 2019, to raise awareness for the women in your life! [8]

Here are some other ways you can actively take care of your heart:

Know the risk factors for heart disease. These include high blood pressure, high blood cholesterol and smoking. The CDC reports that nearly half of all Americans (47%) have at least one of these risk factors.[1] Additionally, know that having diabetes or prediabetes, being overweight or obese, having poor eating habits, leading an inactive lifestyle and/or alcohol abuse can increase your risk. [1]

For most adults, reaching ideal numbers for blood pressure, body mass index, fasting blood sugar, and total cholesterol equals a healthy heart! [1] Here are the recommended numbers:

- Normal blood pressure is less than 120 mmHg (systolic) and less than 80 mmHg (diastolic) [2]
- In general, a normal or healthy weight is a body mass index of 18.5 – 24.9 [3]
- Normal fasting blood sugar is 99 mg/dL or below [4]
- Desirable total cholesterol level is less than 200 mg/dL [5]

Check with your doctor about your test numbers. Remember that for a strong and healthy heart, it's important to know your numbers, learn the risk factors, be active, eat smart, and visit your doctor regularly.

Also, visit http://www.vchca.org/activities-and-calendars to find free health screenings, and nutrition and Zumba® classes near you.

Sources: 1.https://www.cdc.gov/heartdisease/facts.htm ; 2. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm ; 3. https://www.cdc.gov/healthyweight/assessing/bmi/ ; 4. https://www.cdc.gov/diabetes/basics/getting-tested.html ; 5. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm ; 6. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm ; 7. http://worldpopulationreview.com/states/; 8. https://www.goredforwomen.org/

¡Es el mes de la salud del corazón! Conozca su riesgo y "fortalezca su corazón."

¡En el mes de febrero celebramos el **Mes Americano de la Salud del Corazón!** En este tiempo, el Programa de Prevención de Enfermedades Crónicas lo anima a que evalúe su riesgo de enfermedad cardíaca para realizar cambios en el estilo de vida y conducta que le puedan ayudar a mejorar su corazón.

La enfermedad cardíaca sigue siendo la causa principal de muerte tanto en mujeres como en hombres en los Estados Unidos.[6] "Casi 630,000 estadounidenses mueren de enfermedades cardíacas cada año, es decir, 1 de cada 4 muertes". [6] Esta suma de muertes es más que el número de personas viviendo en los estados de Vermont o Wyoming.[7] En el 2015, más de la mitad de las muertes de enfermedades del corazón fueron de hombres.[6] Sin embargo, hoy en día, y aunque es prevenible por hasta un 80 por ciento, la enfermedad cardiaca es la mayor amenaza en la salud de las mujeres.[1]

Según los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés), 735,000 ataques cardíacos ocurrirán anualmente, y 525,000 les sucederán a personas que nunca antes habían tenido un ataque al corazón. Desafortunadamente, un primer ataque al corazón aumenta el riesgo de un segundo.

Con esto en mente y con el Día de San Valentín a la vuelta de la esquina, un plan para mantener un corazón sano será el regalo perfecto para usted y para un ser querido que puede estar en riesgo. Vistase de rojo en honor a **National Wear Red Day®** el 1 de febrero del 2019. "Para apoyar incansablemente la salud de las mujeres." [8]

Aquí hay algunas otras formas en las que activamente puede cuidar y mejorar su corazón:
Conozca sus factores de riesgo de las enfermedades del corazón. Estos incluyen presión arterial alta, colesterol alto en la sangre y fumar. La CDC nos informa que casi la mitad de todos los estadounidenses (47%) ya tienen al menos uno de estos factores de riesgo. Además, sepa que tener diabetes o prediabetes, tener sobrepeso u obesidad, comer mal, llevar un estilo de vida inactivo y/o el abuso de alcohol puede aumentar su riesgo aún más.[1]

En la mayoría de los adultos, ¡los números ideales en presión arterial, índice de masa corporal, azúcar en la sangre en ayunas y el colesterol total equivalen un corazón sano! [1] Se recomienda:

- Una presión arterial normal, con un nivel menor de 120 mmHg (sistólica) y 80 mmHg (diastólica) [2]
- En general, un peso normal o saludable en un índice de masa corporal de 18.5 a 24.9 [3]
- Un nivel normal de azúcar en la sangre en ayunas de 99 mg / dL o menos [4]
- Un nivel de colesterol total menor a 200 mg / dL [5]

Consulte con su médico sobre estas pruebas. Recuerde que para tener un corazón fuerte y saludable, debe conocer sus números y los factores de riesgo, estar activo, comer de manera inteligente y visitar a su médico regularmente.

También, visite http://www.vchca.org/activities-and-calendars para encontrar exámenes de salud gratuitos, clases de nutrición y Zumba® cerca de usted.

Sources: 1. https://www.cdc.gov/heartdisease/facts.htm ; 2. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm ; 3. https://www.cdc.gov/healthyweight/assessing/bmi/ ; 4. https://www.cdc.gov/diabetes/basics/getting-tested.html ; 5. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm ; 6. https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm ; 7. http://worldpopulationreview.com/states/; 8. https://www.goredforwomen.org/

February 2019

Early Detection- Free Health Screens

blood glucose, blood pressure and body fat

The Chronic Disease Prevention Program

Promoción de Detección Temprana
exámenes de salud gratuitos

Teaming up with Ventura County Medical Center Resident, Dr. Gima to promote health education and prevention of chronic diseases at Plaza Park in Oxnard.

Date	City	Location	Hours
Tuesday, Feb. 5	Fillmore	Senior Meal Kits by Food Share, Inc. Active Adult Center, 533 Santa Clara St.	8:00-10:00 a.m.
Wednesday, Feb. 6	Port Hueneme	Channel Islands Vineyard Church 415 Pearson Rd.	2:00 p.m.- 4:00 p.m.
Thursday, Feb. 7	Oxnard	Amar Ranch Market 1111 E. Channel Islands Blvd.	9:00- Noon
Friday, Feb. 8	West Ventura	Redbarn Market* 995 N. Ventura Ave.	9:00-11:00 a.m.
Wednesday, Feb. 13	Oxnard	Mexican Consulate 3151 W. 5th St.	9:00 a.m.- Noon
Thursday, Feb. 14	Santa Paula	Santa Paula Senior Center 530 W. Main St.	11:00- 1:30 p.m.
Friday, Feb. 15	Fillmore	Carniceria y Mercado la Plaza Market 1055 Ventura St.	1:00 p.m.- 3:00 p.m.
Tuesday, Feb. 19	Ventura	Saticoy Food Pantry 11168 Violeta St.	2:00-5:00 p.m.
Thursday, Feb. 21	Oxnard	Downtown Oxnard Farmer's Market 500 S. C St.	9:00 a.m.- Noon
Thursday, Feb. 28	Moorpark	First 5 - Moorpark NfL 612 B Spring Rd., Suite 401	9:00-11:30 a.m.

*Site where blood sugar tests will be offered.

Diabetes Self-Management & Healthy Living Classes

Talleres de manejo personal para personas lideando con enfermedades crónicas, la diabetes, promoción de clases para vivir mejor

Date / fecha	Class/ clase	City / ciudad	Location / lugar	Hours / horario
Saturdays (16) Feb. 2 to May 25	**National Diabetes Prevention Program**	Oxnard	Ventura County Public Health 2240 E. Gonzales Rd.	9:00-10:00 a.m. Call to register at 981-6657.
A program for people with prediabetes.				
sábados (16)** 2 de febrero al 25 de mayo	**Programa Nacional de Prevención de la Diabetes**	Oxnard	Ventura County Public Health 2240 E. Gonzales Rd.	10:15-11:15 a.m. Llame al 981-6657 para registrarse.
Un programa para el bienestar de la personas con prediabetes.				

**Indicates classes are in Spanish.

Debido a que espero vivir una vida larga y felíz juntos, prevenir la diabetes tipo 2 es mi prioridad.

Get Fit! and Nutrition Classes

promoción de actividad física y nutrición

The Chronic Disease Prevention Program

Exercising in a group is fun!

¡El ejercicio en grupo es divertido!

GET FIT! Classes

clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Starts Jan.- April	Wednesday and Friday	Zumba®	Ventura (west)	Westpark Community Center 450 W. Harrison Ave.	6:00-7:00 p.m.
Licensed Instructor: Maria Laura Peña					
Starts Jan.- April	Tuesday and Thursday	Zumba®	Oxnard	Wilson Senior Center 350 N. C St.	10:30 a.m.- 11:15 a.m.
Licenced Instructor: Esther Cárcamo					

To learn more about how to participate or host an activity for your community, please call (805) 981-6657.

February 2019

Nutrition Class Series
serie de clases de nutrición

Broccoli has so many textures to try. The stem is smooth and crunchy. The tree tops are textured and flavorful. It can also be soft to bite into when it is cooked.

Broccoli is a healthy treat at any age!

¡Let's Move with Fruits and Vegetables!

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Clase **(includes)**	Food Idenfication and Tasting (physical activity)	Food purchasing; fruit, vegetable, whole gran tasting (physical activity)	Food preparation Fruit Clown Face (physical activity)	Food Origins Veggie Super Hero (physical activity)	Food Culture (physical activity)	Exploring Tables Around the World (physical activity)
Sierra Linda NfL/FRC*~ 2201 Jasmine St.- Oxnard Contact: (805) 981-6628	jueves 21 de febrero 10:15-11:15 a.m.	jueves 28 de febrero 10:15-11:15 a.m.	jueves 7 de marzo 10:15-11:15 a.m.	jueves 14 de marzo 10:15-11:15 a.m.	jueves 21 de marzo 10:15-11:15 a.m.	jueves 21 de marzo 10:15-11:15 a.m.
Cesar Chavez/Ramona NfL FRC 224 N. Juanita Ave. *~ Contact: (805) 981-6628	viernes 22 de febrero **10-11 a.m.**	viernes 1 de marzo 9:30-10:30 a.m.	viernes 8 de marzo 9:30-10:30 a.m.	viernes 15 de marzo 9:30-10:30 a.m.	viernes 22 de marzo **10-11 a.m.**	viernes 29 de marzo 9:30-10:30 a.m.
San Miguel Preschool* 2400 J St.- Oxnard Contact: (805) 981-6636	miércoles, 9 de enero 5:30-6:30 p.m.	miércoles, 16 de enero 5:30-6:30 p.m.	miércoles, 23 de enero 5:30-6:30 p.m.	miércoles, 30 de enero 5:30-6:30 p.m.	miércoles, 6 de febrero 5:30-6:30 p.m.	miércoles, 13 de febrero 5:30-6:30 p.m.
Harrington NfL /FRC* ~ 451 E. Olive St.- Oxnard Contact: (805) 981-6659	jueves 10 de enero 11 a.m. a el medio día	jueves 17 de enero 11 a.m. a el medio día	jueves 24 de enero 11 a.m. a el medio día	jueves 31 de enero 11 a.m. a el medio día	jueves 7 de febrero 11 a.m. a el medio día	jueves 14 de febrero 11 a.m. a el medio día
Ocean View NfL/FRC * ~ 2382 Etting Rd.- Oxnard Contact: (805) 981-6628	viernes 18 de enero 9-10 a.m.	viernes 25 de enero 9-10 a.m.	viernes 1° de febrero 9-10 a.m.	viernes 8 de febrero 9-10 a.m.	viernes 15 de febrero 9-10 a.m.	viernes 22 de febrero 9-10 a.m.

Aviso: cambios en el horario pueden ocurrir sin aviso previo. Si está interesado, llame antes para registrarse y/o confirmar.
*Indica que no esta abierto al publico.
* Not open to the public
~En español

Children ages 0-5 years old

February 2019

Nutrition Class Series
serie de clases de nutrición

K-5th grade after school program

Children's Power Play!

Class	Session 1	Session 2	Session 3	Session 4	Session 5	**Session 6**
	Children's Power Play! How Much do I Need?	Fixin' Fruits and Veggies	Taste it!	Advertising Power	Fitness Circuit Challenge	Post Survey
McKevett Elementary School 955 Pleasant St.- Santa Paula Contact: (805) 981-6659	Monday, Feb. 25	Monday, March 4	Monday, March 11	Monday, March 18	Monday, March 25	
1st Group: 2nd Group:	3:00-3:35 p.m. 3:40- 5:00 p.m.	3:00-3:35 p.m. 3:40- 4:25 p.m.	3:00-3:35 p.m. 3:40- 4:25 p.m.	3:00-3:35 p.m. 3:40- 4:25 p.m.	3:00-3:35 p.m. 3:40- 4:25 p.m.	
Kamala Elementary School* 634 W. Kamala St.- Oxnard Contact: (805) 981-6636	Thursday, Jan. 10	Thursday, Jan. 17	Thursday, Jan. 24	Thursday, Jan. 31	Thursday, Feb. 7	Thursday, Feb. 14
1st Group: 2nd Group:	2:45-3:15 p.m. 3:30-4:15 p.m.	2:45-3:15 p.m. 3:30-4:15 p.m.	2:45-3:15 p.m. 3:30-4:15 p.m.	2:45-3:15 p.m. 3:30-4:15 p.m.	2:45-3:15 p.m. 3:30-4:15 p.m.	3:30-4:15 p.m.
Rio Real Elementary School* 1140 Kenney St.- Oxnard Contact: (805) 981-6649	Wednesday, Jan. 30	Wednesday, Feb. 6	Wednesday, Feb. 13	Wednesday, Feb. 20	Wednesday, Feb. 27	
1st Group: 2nd Group:	2:10- 2:55 p.m. 3:00- 4:30 p.m.	3-3:45 p.m. 3:50-4:35 p.m.	3-3:45 p.m. 3:50-4:35 p.m.	3-3:45 p.m. 3:50-4:35 p.m.	3-3:45 p.m. 3:50-4:35 p.m.	

Changes may occur without prior notice. If you are interested, call before to register and/or confirm.
*Not open to the public.

Para adultos en español

Serie de Clases de Nutrición

Clase	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
	¡Come bien, muévete más, siéntete estupendo!	¡Haga MíPlato Su Plato!	Lo Ultimo Sobre la Grasa/ Los Secretos del Sodio	Conozca la Verdad del Azúcar	Llenándose con Fibra	Los 3 Pasos para Comer Saludable y Económicamente
Ansgar Larsen Elementary* ~ 550 Thomas Ave.- Oxnard Contact: (805) 981-6628					martes 5 de febrero 8:45- 10 a.m.	martes 12 de febrero 8:45- 10 a.m.

Changes may occur without prior notice. If you are interested, call before to register and/or confirm.
*Not open to the public.
~ En español

February 2019

One-time Nutrition Workshops & Events

talleres de nutrición y eventos

After School Classes

Date	Activity	City	Location	Hours	Contact information
Tuesday, Feb. 12	*Fun & Healthy Snacking**	Oxnard	Thurgood Marshall Elementary, 2900 Thurgood Marshall Dr.	3:15-4:00 p.m. 4:05-4:50 p.m.	Daniela Flores (805) 981-6659
Friday, Feb. 22	*Fun & Healthy* Snacking*	Oxnard	Mar Vista Elementary School 2382 Etting Rd.	2:00-2:45 p.m. 2:55-3:40 p.m.	Daniela Flores (805) 981-6659
Tuesday, Feb. 26	*Fun & Healthy *Snacking*	Oxnard	Dennis McKinna Elementary 1611 S "J" St.	2:50-3:40 p.m. 3:45-4:35 p.m.	Daniela Flores (805) 981-6659

* Not open to the public. ~Facilitated in Spanish
Changes may occur without prior notice. If you are interested, call before to register and/or confirm.

One-time workshops

Date	Activity	City	Location	Hours	Contact information
Thursday, Feb. 14	*Choose Healthy Beverages**	Port Hueneme	Parkview Elementary School 1416 6th Place	8:15-9:00 a.m	Yaderi Salazar (805) 981-6628
Tuesday, Feb. 19	*Eat the MyPlate Way (Food Demo)*	Simi Valley	Berylwood Head Start 2300 Heywood St.	2:30-3:15 p.m.	Cristina Wells (805) 981-6636
Wednesday, Feb. 20	*Eat the MyPlate Way (Food Demo)*	Oxnard	Rio Plaza Head Start 600 Simon Way	2:30-3:10 p.m.	Cristina Wells (805) 981-6636
Wednesday, Feb. 20	*Choose Healthy Beverages*	Port Hueneme	Parkview Head Start 1416 Sixth Place	3:00-4:00 p.m.	Daniela Flores (805) 981-6659
Thursday, Feb. 21	*Choose Healthy Beverages*	Oxnard	Our Lady of Guadalupe 500 N. Juanita Ave.	7:30-9:00 a.m.	Daniela Flores (805) 981-6659
Thursday, Feb. 21	*Choose Healthy Beverage (Food Demo)*	Oxnard	Art Haycox Elementary School 5400 Perkins Rd.	6:00-7:00 p.m.	Cristina Wells (805) 981-6636
Tuesday, Feb. 26	*Eat the MyPlate Way (Food Demo)*	Simi Valley	Katherine Elementary 5455 Katherine St.	2:30-3:15 p.m.	Cristina Wells (805) 981-6636
Wednesday, Feb. 27	*Fun and Healthy* Snacking*	Piru	Colina Vista Apartments 432 Main St.	Noon-1:00 p.m.	Daniela Flores (805) 981-6639
Thursday, Feb. 28	*Eat the MyPlate Way (Food Demo)*	Oxnard	Rio Real Elementary School 1140 Kenney St.	5:30-6:30 p.m.	Cristina Wells (805) 981-6636

* Not open to the public. ~Facilitated in Spanish
Changes may occur without prior notice. If you are interested, call before to register and/or confirm.

CHAMPIONS for CHANGE™

Veggie Scrambled Wraps

Makes 2 Servings. one serving equals one wrap. | **Prep Time:** 15 minutes

Healthy Recipe

Ingredients

- Nonstick cooking spray
- 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- ¼ cup grated low-fat Cheddar cheese

Preparation

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

Nutrition information per serving:
Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg

Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

Rollitos de vegetales revueltos

Rinde 2 porciones. Una porción equivale a 1 rollito.

Tiempo de preparación: 15 minutos

Receta Saludable

Ingredientes

- spray antiadherente para cocinar
- 1 taza de vegetales picados frescos o congelados (chile pimentón, cebolla, brócoli, y hongos)
- 1 taza de substituto del huevo
- 2 tortillas de harina (6-pulgadas)
- ¼ de taza de queso Cheddar bajo en grasa y rallado.

Preparación

1. Rocié un sartén mediano con el spray para cocinar y caliéntelo a fuego medio.
2. Cocine los vegetales hasta que estén blandos, (unos 5 minutos).
3. Agregue el substituto del huevo, y revuelva hasta que esté bien cocido, (unos 5 minutos)
4. Caliente las tortillas en un microondas por 5 a 10 segundos.
5. Ponga una mitad de la mescla del huevo en cada tortilla y agregue el queso.
6. Enrolle la tortilla con la mezcla del huevo y disfrute.

Información nutricional por porción: Calorías 191, Carbohidratos 19 g, Fibra dietética 4 g, Proteínas 21 g, Grasa total 4 g, Grasa saturada 1 g, Grasa trans 0 g, Colesterol 3 mg, Sodio 537 mg

Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CampeonesDelCambio.net.

Orange Cucumber Infused Water

Refresh Better & Rethink Your Drink!

Healthy infused water recipe made with fresh fruits and vegetables.

Makes 4 servings.
1 cup per serving.

Prep Time:
5 minutes

Ingredients

2 oranges

1/2 cucumber, sliced

1/2 lemon, sliced

Ice

Preparation.

1. Fill pitcher halfway with ice.
2. Add sliced oranges, cucumber and lemon.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

CHAMPIONS for CHANGE | rethink YOUR DRINK | CDPH California Department of PublicHealth | VENTURA COUNTY PUBLIC HEALTH

Agua de Naranja y Pepino

¡Refréscate mejor y Piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 4 porciones.
1 taza por porción.

Tiempo de preparación:
5 minutos

Ingredientes

2 naranjas

1/2 pepino, en rebanadas

1/2 limón, en rebanadas

Hielo

Preparación.

1. Llene media jarra con hielo.
2. Agregue la naranjas, pepino y limón.
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.

CAMPEONES del CAMBIO | rethink YOUR DRINK | CDPH California Department of PublicHealth | VENTURA COUNTY PUBLIC HEALTH

Laguna Vista School students gathered to create a colorful welcoming view for the loving hands who visit and help them grow beautiful food at their garden.

Community & School Garden Support: Offers support and education to residents, families, students and educators growing their own vegetables and fruits at their local community and school gardens.

Technical support to qualifying school and community garden sites.
For information contact Blanca Arias at (805) 981-6627.

Partnership for a Healthy Ventura County

2019 Meeting Schedule

The Healthy Ventura County Partnership is a coalition that includes Ventura County Public Health, First 5 Ventura County and 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.

The Partnership meetings take place on the first Thursday of the month. For more information, please contact Sara Rivera at (805) 981-6657 or Sara.Rivera@ventura.org

http://healthyventuracounty.org/

Visit us for some nutritious meals!
http://healthyventuracounty.org/

Meetings

Partnership meets on the 1st Thursday of the month

Date	Type
Thurs., March 7	General
Thurs., June 6	General

General Meeting Hours: 8:30 - 10 a.m.

Address: 2240 E. Gonzales Rd., Suite 200
Oxnard Ca 93036

This Month's Harvest is *Dry Beans*

"Community Markets" free seasonal fruits and vegetables

Date	Frequency	City	Location	Hours	Contact Information
Wed., Feb. 20 3rd Wed. of the month	monthly	West Ventura	Westpark Community Center 450 W. Harrison Ave.	4:00-5:30 p.m.	Anita Diaz (805) 648-1895
Thur., Feb. 28 4th Thur of the month	monthly	Moorpark	Moorpark First 5 NfL 612 B Spring Rd.	10:00-11:00 a.m.	(805) 552-1917

This event is a collaborative effort with partner community organizations.

Education, Social and Medical services

Date	Services/Events	City	Location	Hours	Contact information
martes, 26 de enero	DEEP: Serie de Clases de diabetes	Oxnard	Dignity Health St. John's Regional Medical Center 1600 N. Rose Ave. Garden Level	Lláme para más informes.	(805) 988-2865
Tuesday- Jan. 26	DEEP: Diabetes and Pre-diabetes Series			Call for more information.	
Call to confirm date. 1st Tues of the month	Free Diabetes Class	Ventura	Livingston Memorial 1996 Eastman Ave.	1:00-2:30 p.m.	Linda Hampson (805) 642-0239 Ext. 723
Wed.- Feb. 6 1st Wed of the month		Camarillo	Camarillo Community Center 1605 Burnley St., Rm 7	2:30-4:00 p.m.	
Wed.- Feb. 6 1st Wed of the month		Simi Valley	Simi Valley Senior Center 3900 Avenida Simi	10:30-12:00 p.m.	
Wed.- Feb. 27 4th Wed of the month		Thousand Oaks	Goebel Senior Center 1385 E. Janss Rd.	1:30-3:00 p.m.	
Tuesday and Thursday	Children's Diabetes Management	Ventura	Pediatric Diagnostic Center 3291 Loma Vista Rd.	8:00-5:00 p.m.	Kay Urban (805) 652-6255
Mon.-Fri.	Adult Diabetes Clinic	Oxnard	Las Islas South 325 W. Channel Islands Blvd.	8:00-5:00 p.m.	Sarah Conlon (805) 240-7000
Mon-Fri	Ventanilla de Salud	Oxnard	Oxnard Mexican Consulate 3151 W. 5th St.	8:00-12:00 p.m.	Giselle Lembo (805) 984-1372
Tobacco Education & Prevention Program		Call (805) 201-STOP or follow links below for county-wide options.		(805) 201-STOP (7867) callitquits@ventura.org	
Call It Quits http://www.vchca.org/tobacco-education-and-prevention		*Freedom From Smoking* https://www.lung.org/stop-smoking/join-freedom-from-smoking/free-dom-from-smoking-clinics.html		*Better Breathers Club* https://www.lung.org/support-and-com-munity/better-breathers-club/	

Chronic Disease Prevention Programs

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

Health Screens

Blood sugar, blood pressure, and body fat screens and individualized health education and referrals to local resources.

Get Fit Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

Evidence-Based Educational Workshops

- Diabetes Prevention Program for people with prediabetes
- Tomando Control de Su Salud
- Chronic Disease Self-Management Program
- Diabetes Self-Management
- Manejo Personal de Su Diabetes Tipo 2

For more information please contact:

Deanne Morales deanne.morales@ventura.org
Delfina Zermeño delfina.zermeño@ventura.org
Sara Rivera sara.rivera@ventura.org

Try introducing new fruits and veggies to your little ones at home by having them guess what's inside the box by using their sense of touch, by weight and smell.

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.

For more information please contact:

Eddie Munizich eddie.munizich@ventura.org

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.

For more information please contact:

Sara Rivera sara.rivera@ventura.org

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:

Blanca Arias blanca.arias@ventura.org