

Chronic Disease Prevention Programs

Nutrition, Physical Activity & Healthy Living

National Diabetes Month 2024
"Take Charge of Tomorrow"



diabetes.org

Mes Nacional de la Diabetes
"Asuma el control de su futuro"

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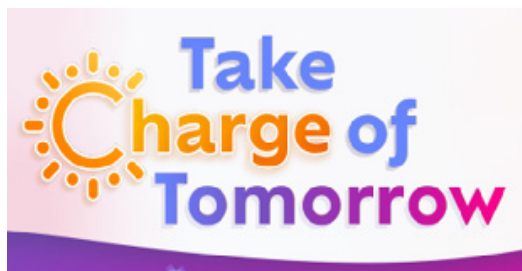


VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

2220 E. Gonzales Road
Oxnard, CA 93036
Tel. (805) 981-6645

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

National Diabetes Month "Take Charge of Tomorrow"



Diabetes is a chronic condition, diagnosed by a medical professional when blood sugar is too high. It can damage the eyes, kidneys, nerves, and heart. Recently, it has also been linked to liver, pancreatic, and colorectal cancers. Diabetes hurts too many people and too many families, so we are fighting back with education and prevention!

National Diabetes Month is observed every November to bring more attention to this serious health issue. Through education and

awareness, including monitoring signs and symptoms of diabetes, we can help prevent many of the health problems associated with it. To put into action this year's theme, we are ready to "Take Charge of Tomorrow" by practicing healthy habits today!

- Know your risk:** You are at a higher risk at developing Type 2 Diabetes if you are overweight, physically inactive, and over the age of 35. Males are typically at a higher risk than females. That risk increases if there is a family history of diabetes and if you are African American, American Indian, Asian American, Hispanic, or Pacific Islander.
- Know your levels:** Preventing diabetes or managing diabetes starts with knowing your blood glucose, blood pressure, and cholesterol levels. The A1C test is used to measure average blood glucose levels. Maintaining a normal blood pressure and cholesterol level helps keep your heart and arteries healthy ensuring proper blood flow throughout the body and lowering the risk for heart disease. Remember to continue to take any prescribed medication as indicated even if you feel healthy.
- Managing diabetes takes a team:** Your primary care provider, diabetes specialist, registered dietitian, and certified diabetes educator are all available to provide you with support to live healthy with diabetes. Consider talking to a mental health specialist or joining a support group if you feel down, sad, or overwhelmed. They can help you learn healthy ways to cope with stress and sleep better.
- Healthy habits:** Creating healthy lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes. If you have been diagnosed with Prediabetes and want to lower your risk for developing Type 2 Diabetes, Ventura County's Diabetes Prevention Program may be right for you. Call 805-981-6645 to learn more about our free workshops and classes starting soon in your area.

**136 million
Americans
have diabetes
or prediabetes;
that's nearly
1 in ever 2 people.**

diabetes.org

For resources on "National Diabetes Month," visit:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

For healthy recipes, tips on staying active, and other resources, visit the American Diabetes Association at:

<https://diabetes.org/adm>

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

<https://vchca.org/public-health/cdpp/>

Mes Nacional de la Diabetes "Asuma el control de su futuro"



La diabetes es una enfermedad crónica que diagnostica un profesional médico cuando el nivel de azúcar en la sangre es demasiado alto. Puede dañar los ojos, los riñones, los nervios y el corazón. Recientemente, también se la ha vinculado con cánceres de hígado, páncreas y colorrectal. La diabetes afecta a demasiadas personas y a demasiadas familias, por eso estamos luchando contra ella con educación y prevención!

Cada noviembre se celebra el **Mes Nacional de la Diabetes** para traer la atención sobre este grave problema de salud. A través de la educación

y la concientización, incluido el control de los signos y síntomas de la diabetes, podemos ayudar a prevenir muchos de los problemas de salud asociados con ella. Para poner en práctica el tema de este año, estamos listos para que "Asuma el control de su futuro" practicando hábitos saludables hoy mismo.

- **Conozca su riesgo:** Usted tiene mayor riesgo de desarrollar diabetes tipo 2 si tiene sobrepeso, es inactivo físicamente y tiene más de 35 años. Los hombres suelen tener mayor riesgo que las mujeres. Ese riesgo aumenta si tiene antecedentes familiares de diabetes y si es afroamericano, indio americano, asiático americano, hispano o de las islas del Pacífico.
- **Conozca sus niveles:** Para prevenir o controlar la diabetes, primero debe conocer sus niveles de glucosa en la sangre, su presión arterial y su colesterol. La prueba A1C se utiliza para medir los niveles promedio de glucosa en la sangre. Mantener una presión arterial y un nivel de colesterol normales ayuda a mantener el corazón y las arterias saludables, lo que garantiza un flujo sanguíneo adecuado en todo el cuerpo y reduce el riesgo de sufrir enfermedades cardíacas. Recuerde seguir tomando los medicamentos recetados según lo indicado, incluso si se siente bien.
- **Controlar la diabetes requiere de un equipo:** Su médico de atención primaria, su especialista en diabetes, su dietista registrado y su educador certificado en diabetes están disponibles para brindarle apoyo para vivir de manera saludable con diabetes. Considere hablar con un especialista en salud mental o unirse a un grupo de apoyo si se siente deprimido, triste o abrumado. Ellos pueden ayudarlo a aprender formas saludables de lidiar con el estrés y dormir mejor.
- **Hábitos saludables:** Crear hábitos de vida saludables, como planificar comidas saludables, realizar actividad física, dormir lo suficiente y no fumar, puede ayudarlo a prevenir o controlar la diabetes. Si le han diagnosticado prediabetes y desea reducir el riesgo de desarrollar diabetes tipo 2, el Programa de Prevención de la Diabetes del condado de Ventura puede ser adecuado para usted. Llame al 805-981-6645 para obtener más información sobre nuestros talleres y clases gratuitas que comenzarán pronto en su área.

136 millones de estadounidenses tienen diabetes o prediabetes, afectando a casi 1 de cada 2 personas.

diabetes.org

Para obtener recursos sobre el "Mes Nacional de la Diabetes", visite:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

Para obtener recetas saludables, consejos para mantenerse activo y otros recursos, visite La Asociación Americana de la Diabetes (ADA) en:

<https://diabetes.org/adm>

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

<https://vchca.org/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



Scan the QR code to show your interest.
One of our friendly instructors
will call you with more information.



PREVENGA EL T2

Un programa para prevenir el tipo 2 de la diabetes

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
- perdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



Prevent T2

Prevenga el T2



Diabetes Prevention Program participants and their families participate in the 12th Anual La Colonia 5K Walk.

Class Series:

Date	Days	Language	City	Location	Hours
11/4 & 11/18	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
11/5 & 11/19	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:00-11:00 AM
11/5 & 11/19	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
11/2 & 11/16	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
11/2 & 11/16	Saturdays	Spanish	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	11:00 AM-12:00 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.

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Community members receive blood pressure screenings and BMI measurements at Vons Supermarket in Santa Paula.

Screenings:

Date	City	Location	Hours
11/1 Friday	Santa Paula	Rodney Fernandez Gardens Apartments 212 W Santa Barbara St	8:00-10:00 AM
11/1 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM
11/7 Thursday	Oxnard	Downtown Oxnard Farmer's Market 519 S. C Street	9:00 AM - 1:00 PM
11/13 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Road	1:00 - 4:00 PM
11/14 Thursday	Fillmore	Super A Foods 725 Ventura Street	2:00 - 4:00 PM
11/15 Friday	Santa Paula	Vons 576 W. Main Street	2:00 - 4:00 PM
11/20 Wednesday	Piru	San Salvador Mission 4045 E. Center Street	9:30 AM - 11:30 AM

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

Relaxation and Pain Management
Relajación y manejo de dolor



Participants from Wilson Senior Center practicing in Seated Tai Chi.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
11/4-12/16	Mondays	Seated	Oxnard	Wilson Senior Center 350 N. C Street	9:30 - 10:00 AM
11/4-12/16	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
10/7-12/19	Thursdays	Seated	Oxnard	Colonia Senior Center 197 N. Marquita Street	9:30- 10:00 AM
10/7-12/19	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) 981-6645.

Get Fit! Zumba® Classes

Promoción de actividad física

November / Noviembre 2024

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



Staying fit with Zumba® at Nyeland Acres Community Center, Bell Arts, and at the La Colonia Community 5K Walk.

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 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.

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) 981-6645.

November / Noviembre 2024

Community Events

Promoting Health & Wellbeing

Promoción de la salud y el bienestar

The Rethink Your Drink Spin Wheel at the 12th Annual La Colonia 5K Walk in Oxnard.



Events:

Date	Activity	Time	Location	Contact Information
11/15 Friday	MICOP Annual Health Fair	9:00 AM-12:00 PM	Community Roots Garden 1800 Camino Del Sol 1801 Joilet Pl, Oxnard, CA 93030	Jose Ortega (805) 981-6659

Open to the public / Abierto al público

Adult Education Workshops

Talleres de educación para adultos

Live a Healthy Lifestyle

Vive un estilo de vida saludable

Nutrition Workshop at Mar Vista Elementary School in Oxnard.



Workshops:

Date	Activity	Time	Location	Contact Information
11/6 Wednesday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:30-9:30 AM	Rio Plaza Elementary School* 600 Simon Way, Oxnard, CA 93036	Jose Ortega (805) 981-6659
11/7 Thursday	A Healthier You <i>Nutrition and Physical Activity</i>	4:30-5:30 PM	Mexican American Opportunity Foundation* 1111 E Santa Paula St, Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627
11/14 Thursday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	5:30-6:30 PM	Fremont Academy* 1130 N M St, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
11/19 Tuesday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	10:00-11:00 AM	Turning Point- Oxnard Clubhouse* 426 W. Fifth Street, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

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

Adult Education Workshops

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Rio School District after-school program staff participate in a CATCH physical activity train-the-trainer session.

Youth Education Class Series

Location	Class 1	Class 2	Class 3	Contact Information
Elm Elementary School* 450 E Elm St, Oxnard, CA 93033	<i>Lesson 1:</i> 11/5	<i>Lesson 2:</i> 11/12	<i>Lesson 3:</i> 12/3	Jose Ortega (805) 981-6659
Ansgar Larsen Elementary School* 550 Thomas Ave, Oxnard, CA 93033	<i>Lesson 1:</i> 11/6	<i>Lesson 2:</i> 11/20	<i>Lesson 3:</i> 1/15	Jose Ortega (805) 981-6659
Fred L. Williams Elementary School* 4300 Anchorage St, Oxnard, CA 93033	<i>Lesson 1:</i> 11/6	<i>Lesson 2:</i> 11/13	<i>Lesson 3:</i> 11/20	Jose Ortega (805) 981-6659
Changes may occur without prior notice			Cambios pueden suceder sin previo aviso	
* Not open to the public / *No abierto al público				

Youth Education Workshops

Date	Activity	Time	Location	Contact Information
11/14 <i>Thursday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio Plaza Elementary School* 600 Simon Way, Oxnard, CA 93036	Jose Ortega (805) 981-6659
11/15 <i>Friday</i>	CATCH Physical Activity Games	3:00-4:00pm	Rio Real Elementary School* 1140 Kenney St, Oxnard, CA 93036	Jose Ortega (805) 981-6659
11/20 <i>Wednesday</i>	CATCH Physical Activity Games	1:00-2:00pm	Art Haycox Elementary School* 5400 Perkins Rd, Oxnard, CA 93033	Jose Ortega (805) 981-6659

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

Garden-Based Education

Educación de Jardín



Garden activities at the Mexican American Opportunity Foundation (MAOF) Early Learning Center in Santa Paula.

Preschool Nutrition Workshops

Workshops:

Date	Activity	Time	Location	Contact Information
11/18 Monday	Tom the Tomato Garden Education Workshop	12:00- 12:45 PM & 12:45pm- 1:30pm	Marina West CDR* 2552 Carob Street, Oxnard, CA 93035	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
4-Way Meat Market
in Oxnard



Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
11/21 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 440 S Oxnard Blvd. 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:

- 1 tangerine, peeled and sliced
- 1 kiwi, peeled and sliced



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced tangerines and kiwi
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 mandarina pelada, en rebanadas
- 1 kiwi pelado, en rebanadas



Preparación:

1. Llene media jarra con hielo.
2. Agregue las mandarinas y kiwi
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.



Roasted Chicken with Vegetables and Cranberries



<https://diabetesfoodhub.org/recipes/roasted-chicken-vegetables-and-cranberries>

Makes 4 servings
Serving size: 1 fillet and about 1/2 cup vegetables

Nutrition information per serving:

Calories: 230	Fiber: 3 g
Total fat: 6 g	Sodium: 230 mg
Saturated fat: 1.3 g	Protein: 25 g
Carbohydrates: 16 g	

DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat the oven to 400 degrees F.
- 2) Season chicken breasts with salt.
- 3) Heat a large Dutch oven or large ovenproof skillet over medium-high heat. Add ½ Tbsp of olive oil, then add the chicken. Sear until golden brown on both sides (but not cooked through). Remove chicken to a plate.
- 4) Return the skillet to medium heat and add other ½ Tbsp of oil. Add onion, garlic, rosemary, and carrots and cook until onion is translucent, about 4–5 minutes.
- 5) Add syrup and white wine and cook until reduced by half, about 3–4 minutes. Stir in the cranberries.
- 6) Add the chicken back to the skillet and nestle it between the vegetables and cranberries.
- 7) Cover with a lid and bake for 10–15 minutes until the chicken is cooked through and the vegetables are tender.
- 8) Serve with a sprinkle of parsley.

INGREDIENTS

- 2 large boneless, skinless chicken breasts (sliced thinly into fillets)
- 1/4 tsp salt
- 1 tbsp olive oil (divided)
- 1 yellow onion (small diced)
- 2 clove garlic (minced)
- 1 tbsp fresh rosemary (chopped)
- 1 cup carrots (chopped)
- 1 1/2 tbsp maple syrup
- 1/2 cup white wine
- 1 cup fresh cranberries
- 1/4 cup flat leaf parsley (chopped)

Pollo asado con verduras y arándanos rojos



<https://diabetesfoodhub.org/recipes/roasted-chicken-vegetables-and-cranberries>

Rinde 4 porciones
Tamaño de la porción: 1 filete y aproximadamente 1/2 taza de verduras

Información nutricional por porción:

Calorías: 230	Fibra: 3 g
Grasa Total: 6 g	Sodio: 230 mg
Grasa Saturada: 1.3 g	Proteína: 25 g
Carbohidratos: 16 g	

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Precaliente el horno a 400 grados F.
- 2) Sazone las pechugas de pollo con sal.
- 3) Calentar un horno holandés grande o una sartén grande resistente al horno a fuego medio-alto. Añada ½ cucharada de aceite de oliva, luego añada el pollo. Sofría hasta que esté dorado por ambos lados (pero no cocido). Retire el pollo a un plato.
- 4) Vuelva a poner la sartén a fuego medio y añada la otra ½ cucharada de aceite. Añadir la cebolla, el ajo, el romero y las zanahorias y cocinar hasta que la cebolla esté transparente, unos 4-5 minutos.
- 5) Añada el sirope y el vino blanco y cocine hasta que se reduzcan a la mitad, unos 3-4 minutos. Incorpore los arándanos.
- 6) Vuelva a poner el pollo en la sartén y colóquelo entre las verduras y los arándanos.
- 7) Cubra con una tapa y hornee durante 10-15 minutos hasta que el pollo esté bien cocido y las verduras estén tiernas.
- 8) Servir con una pizca de perejil.

INGREDIENTES

- 2 grandes pechugas de pollo deshuesadas y sin piel (cortadas en filetes finos)
- 1/4 cucharadita sal
- 1 cucharada aceite de oliva (dividido)
- 1 cebolla amarilla (cortada en dados pequeños)
- 2 dientes ajo (picado)
- 1 cucharada de romero fresco (picado)
- 1 taza de zanahorias (picadas)
- 1 1/2 cucharadas sirope de arce
- 1/2 taza vino blanco
- 1 taza arándanos frescos
- 1/4 de taza perejil de hoja plana (picado)



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, December 12, 2024, at 9:00am

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: <http://livewellvc.org/>

HARVEST OF THE MONTH

Brussels Sprout Salad with Avocado, Artichokes & Creamy Honey-Mustard Dressing



<https://diabetesfoodhub.org/recipes/brussels-sprout-salad-avocado-artichokes-creamy-honey-mustard-dressing>

Makes: 4 Servings

Ingredients:

- 2 garlic (cloves)
- 2 tbsp mayonnaise (olive oil)
- 4 tsp white vinegar
- 2 tsp honey
- 2 tsp dijon mustard
- 1 tsp dried basil
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/2 lbs fresh brussels sprouts
- 6 oz artichoke hearts (1 jar, in brine; quartered, drained, and rinsed)
- 1/2 large avocado
- 1 head romaine lettuce
- 1 tbsp whole flax seeds (roasted)

Directions:

Before you begin: Wash your hands.

1. In a large bowl, whisk together the garlic, mayonnaise, vinegar, honey, Dijon, basil, salt, and pepper.
2. Trim and slice the Brussels sprouts into thin strips; add to the bowl with the dressing.
3. Roughly chop the artichokes and add to the bowl.
4. Medium dice the avocado and add to the bowl.
5. Chop or tear the lettuce into bite-size pieces and add to the bowl; toss to combine the salad.
6. Serve with a sprinkle of roasted flax seed.

Nutrition Per Serving: Calories 130, Total Fat 7g (1g Saturated Fat), Protein 5g, Carbohydrates 16g, Dietary Fiber 7g, Sodium 250mg

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

Get Fit! Zumba® 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:

Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living (CFHL) 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:

Jose Ortega Jose.Ortega@ventura.org



Ribbon Cutting ceremony to open the 12th Annual La Colonia Community 5k Walk Wellness & Resource Fair at Del Sol Park in October, along with a welcome and opening statements by Supervisor Vianey Lopez, County of Ventura, District 5, Dr. Theresa Cho, Director, Ventura County Health Care Agency, Commander Greg Harasymowycz, Oxnard Police Department, and Selfa Saucedo, Ventura County Public Health, Division Manager and Health Education Director.