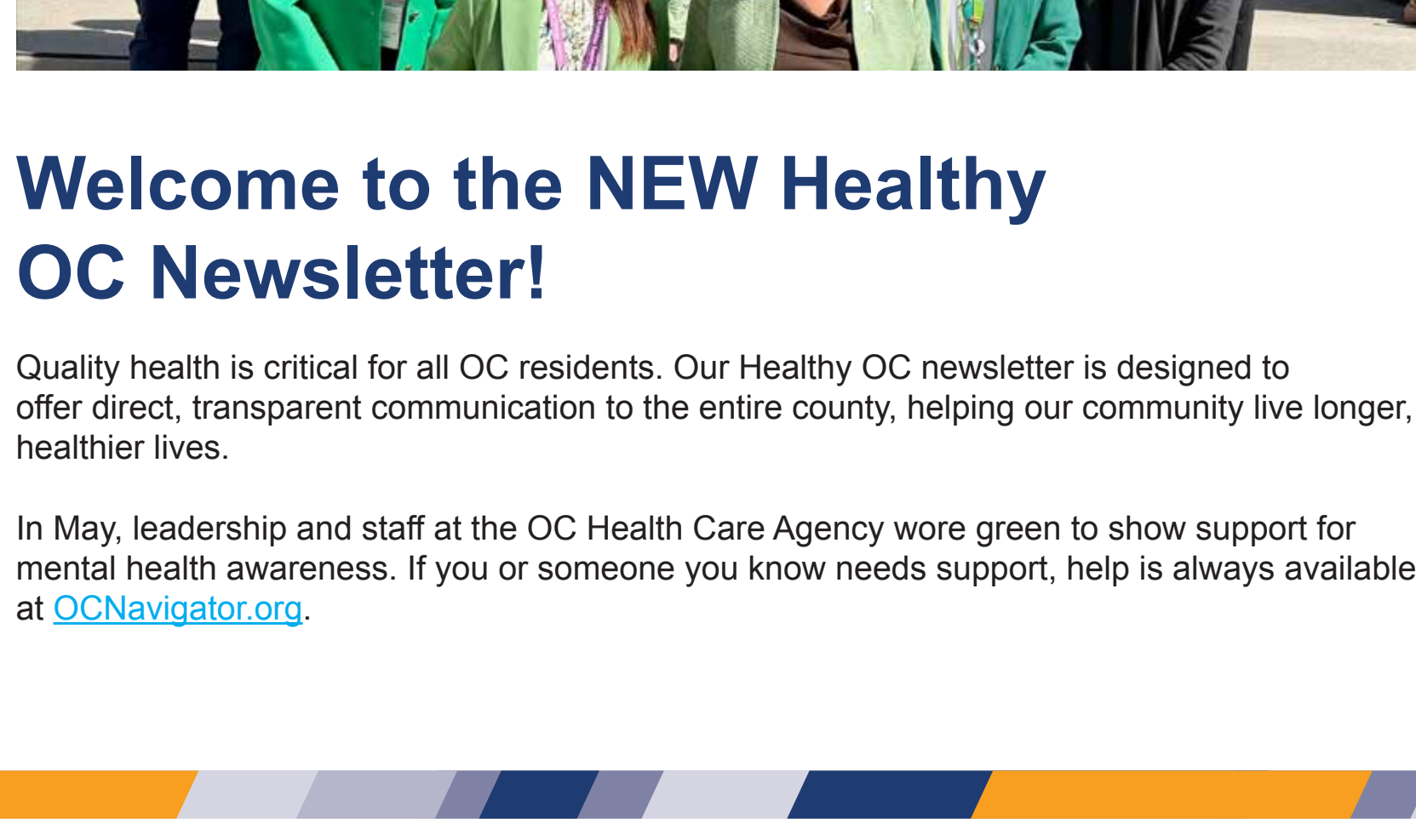


healthyOC

June 2026

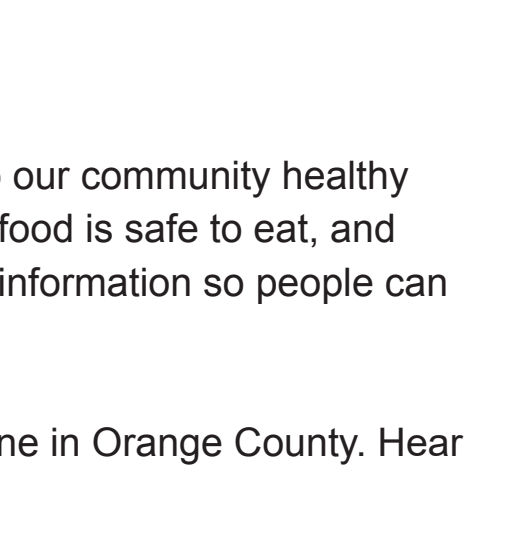


Welcome to the NEW Healthy OC Newsletter!

Quality health is critical for all OC residents. Our Healthy OC newsletter is designed to offer direct, transparent communication to the entire county, helping our community live longer, healthier lives.

In May, leadership and staff at the OC Health Care Agency wore green to show support for mental health awareness. If you or someone you know needs support, help is always available at [OCNavigator.org](https://www.OCNavigator.org).

ABOUT THE OC HEALTH CARE AGENCY



Who We Are

The OC Health Care Agency (HCA) works every day to help keep our community healthy and safe. We monitor diseases, provide vaccines, check that our food is safe to eat, and track water quality to protect public health. We also share helpful information so people can take good care of themselves.

Our goal is simple: to support the health and well-being of everyone in Orange County. Hear more about the HCA from Agency Director Dr. Veronica Kelley.

[Watch The Video](#)

State of Health in Orange County

Across our Agency, we continue to build partnerships, modernize communication, strengthen collaboration, and improve the tools that help us serve Orange County more effectively. That's what our most recent [State of Health in OC Address](#) is all about.

To explore our latest initiatives, data highlights and community updates, watch County Health Officer Dr. Regina Chinsio-Kwong's presentation about how we're building a healthier, more resilient Orange County.

[Check It Out](#)

Food Truck Licensing

Whether you're a seasoned cook or an aspiring entrepreneur, if you're thinking about operating a food truck or food cart, you can now submit your permit application electronically!

Our Environmental Health team is here to guide you through every step of the process and make sure you have the support you need to get up and running smoothly. Ready to get cooking? Visit our online portal and apply today!

[Get Started](#)

Mosquitoes, Ticks and Rodents (Oh My!)

Now that it's summer, it's especially important to protect yourself from diseases carried by mosquitoes, ticks and rodents. Whether you're on the go or in the backyard, make sure you always follow these simple safety steps:

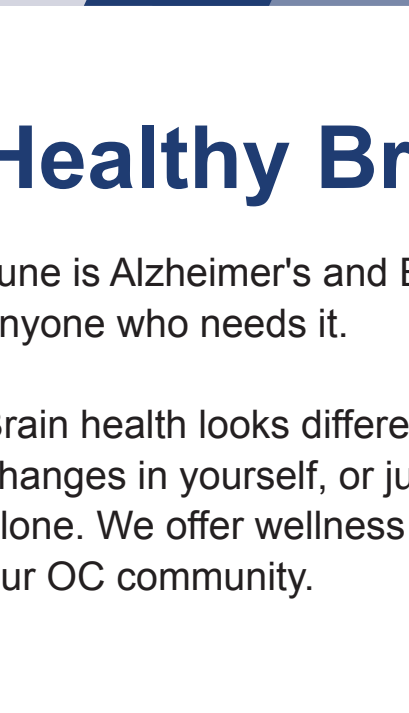
- Use insect repellent
- Avoid standing water
- Check for ticks after spending time outdoors
- Keep your home and yard clean to discourage rodents

Stay safe, stay alert, and help keep our community healthy all season long!

[See More Tips](#)

HEALTH CORNER

Mental Health: Postpartum Depression



Postpartum Depression (PPD) is a serious mood disorder that can appear during pregnancy or within the first year after birth. It may involve intense sadness, anxiety, exhaustion or feeling disconnected from the baby. It is not a character flaw, a lack of effort or a personal failure. Early recognition and strong support can make a meaningful difference.

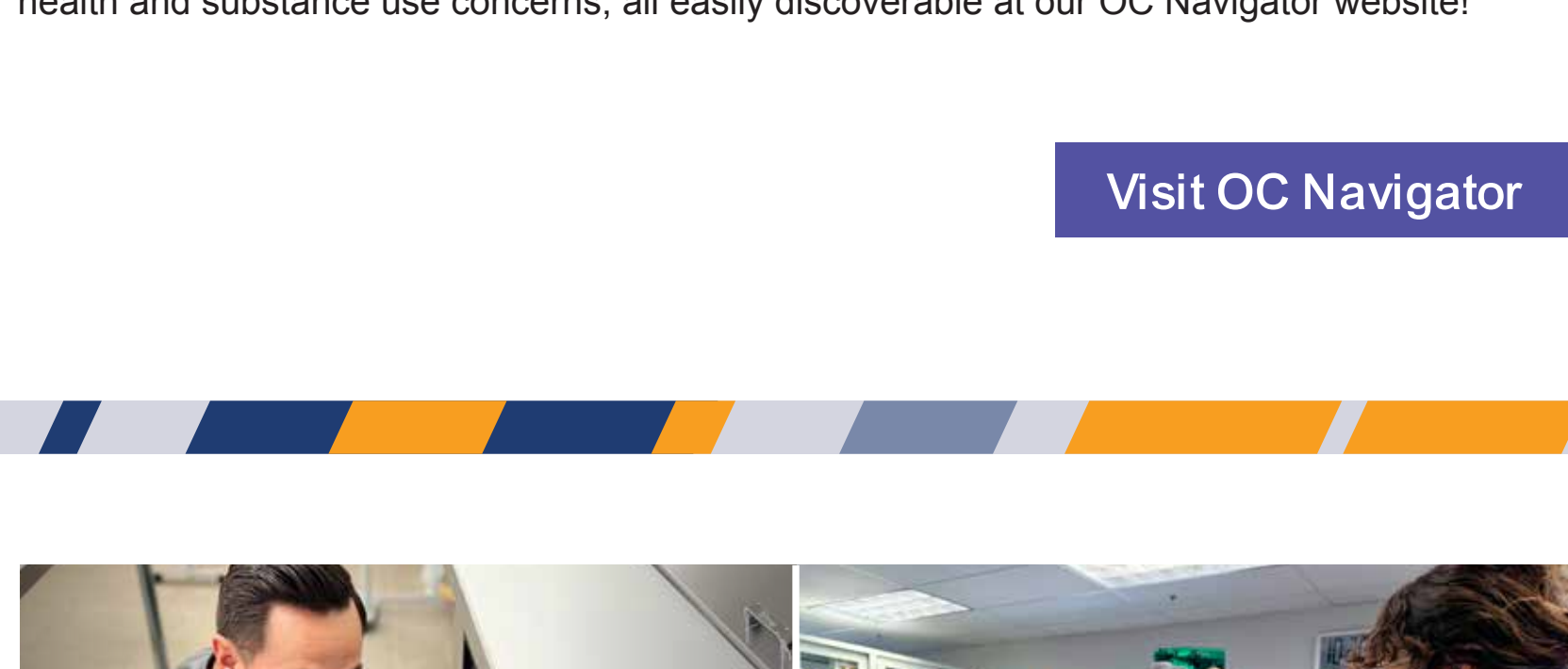
Each month, one of the skilled and knowledgeable medical doctors of the HCA shares insights and wisdom on health and wellness matters in our Health Corner. This month, Dr. Natasha Namdari discusses signs, strategies, and resources for PPD.

[Learn More](#)

Healthy Brain

June is Alzheimer's and Brain Awareness Month, and a good reminder that support is here for anyone who needs it.

Brain health looks different for everyone. Whether you're caring for a loved one, noticing changes in yourself, or just want to stay sharp as you age, you don't have to figure it out alone. We offer wellness resources and services for brain health and healthy aging throughout our OC community.

[Find Resources](#)


OC Navigator: Children's Resources

Young people face unique challenges, but they don't have to navigate their most difficult moments alone. We're committed to supporting the well-being of children and teens, especially during times when life feels overwhelming.

Our Agency and Behavioral Health Services leadership team reviewed all available services for children in Orange County at a recent State of Behavioral Health Town Hall. Their findings? OC offers young people compassionate, age-appropriate support for a wide range of mental health and substance use concerns, all easily discoverable at our OC Navigator website!

[Visit OC Navigator](#)


Join Our Team

We are continuously recruiting for key roles that strive to create a safe and healthy place to work, live and play in Orange County. Our Environmental Health Specialists and Hazardous Material Specialists provide health education, and survey many types of businesses like restaurants, food trucks, outdoor markets, recycling facilities and so much more.

Are you looking for a rewarding role?

[Apply Now](#)