

healthyOC

May 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 April, leadership and staff at the OC Health Care Agency wore denim to show support and stand with sexual assault survivors for #DenimDay. If you or someone you know needs support following a trauma, help is always available at OCNavigator.org.



Mental Health Awareness Month

This May, we recognize Mental Health Awareness Month, a meaningful reminder to pause, breathe, and remember that taking care of our well-being is something we all share. Everyone faces challenging moments, and reaching out for support, practicing self-care, and giving ourselves grace are important steps in staying well.

When you or someone you know needs help, resources like OC Navigator, OC Links, our behavioral health clinics, and our crisis care campus are here to provide support.

[Learn More](#)



Youth & Tobacco

According to the [Centers for Disease Control \(CDC\)](http://Centers for Disease Control (CDC)), most e-cigarettes contain nicotine, which is highly addictive and can harm brain development in youth. So to help teens avoid e-cigarettes, vapes and other tobacco products, the OC Health Care Agency Tobacco Use Prevention Program (TUPP) offers:

- youth vaping prevention projects
- no-cost vaping cessation services through our partner, New Lung
- educational resources for parents, including presentations on how to talk to teens about vaping

Through these prevention efforts, the teen vaping rate in Orange County has dropped significantly, from 13% in 2017–2019 to 4% today!

[Get More Info](#)



The State of Public Health in OC

Mark your calendars for the 2026 State of Public Health Address in OC, featuring **County Health Officer Dr. Regina Chinsio-Kwong!** She'll cover current conditions, key health trends and information to support residents, public health professionals, community partners and health care providers.

To watch it LIVE as it happens on Wednesday May 20, 2026 from 11:30 a.m. – 1 p.m., be sure to [register for the webinar](#) now. Or to view the recorded presentation after the webinar has ended, just check out our [Health Corner](#) page.

[Register Now](#)



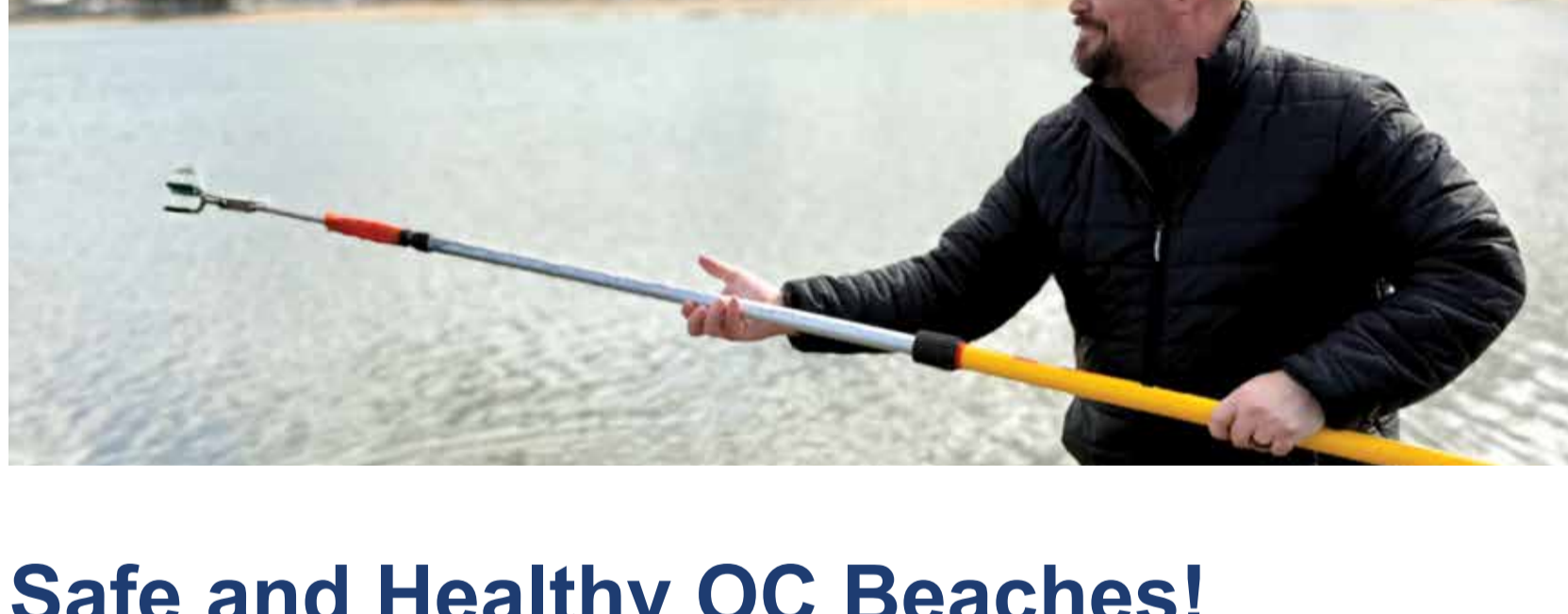
Hepatitis



Did you know that your liver performs more than 500 essential functions? Learn to keep it healthy in this month's Health Corner!

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. For Hepatitis Awareness Month this May, **Deputy Medical Director Dr. Christopher Zimmerman** encourages residents to understand more about the risks of hepatitis.

[Start Learning](#)

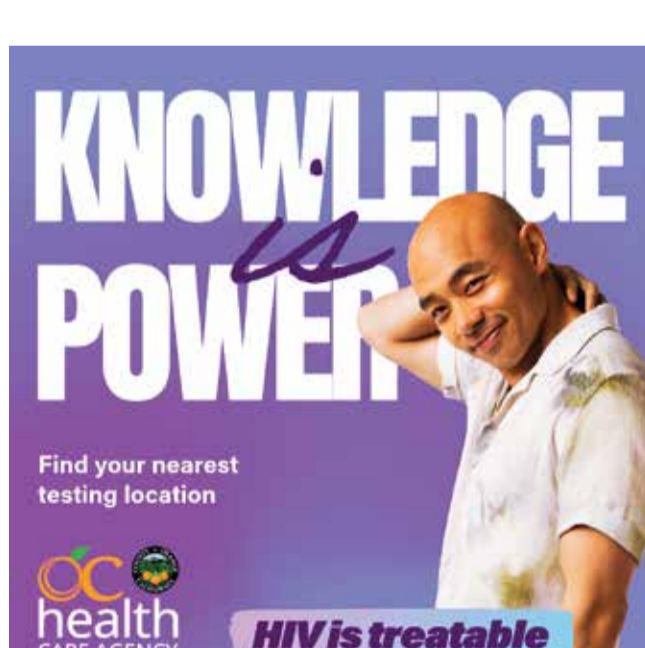


Safe and Healthy OC Beaches!

As the weather heats up and residents head to OC's beautiful beaches, it's good to know that OC Health Care Agency Ocean Water Protection specialists are ensuring all public recreational waters meet water quality standards for swimming and surfing safely.

Every month, more than 150 shoreline sites are sampled and analyzed by our Public Health Lab using state-certified microbiological methods to protect water enthusiasts from any bacterial concerns. Want to see the updated status for your local beach?

[Check Out The Map](#)



HIV Treatment

The advances in HIV treatment over the past two decades have changed the face of HIV care. It is now a very manageable, chronic disease.

By taking just one pill, once every day, almost all HIV patients can now become "undetectable" – which means that laboratory testing cannot detect any of the virus in their blood. Without virus in the blood, the disease does not progress and the person remains healthy.

To remind and encourage those living with HIV, the OC Health Care Agency ran a social media campaign promoting treatment that helps individuals maintain an undetectable viral load, eliminating the risk of transmitting HIV to their partner.

Orange County has numerous testing locations where people can get diagnosed, and begin receiving the treatment they need.

[Learn More](#)



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](#)