

July

# UV Safety Awareness Month

## Monthly well-being tip

While skin cancer is the most common cancer\* in the U.S., it's also one of the most preventable. In addition to sunscreen, there's a wide array of gear available to help protect yourself. For your next outdoor trip, don't forget your sunglasses, wide-brim hat, and lightweight, long-sleeve shirts and pants.\*

## Well-being fun fact

Contrary to popular belief, there's no such thing as a 'safe' base tan. Whether in a sun bed or a beach, any UV exposure that tans the skin also damages the skin. Overtime, UV radiation causes DNA damage within the skin and can increase your risk of skin cancer.\*



## What should you know

Dermatologists recommend scheduling a visit for a skin check every two to three years to help detect melanoma (skin cancer). Most cases of melanoma are treatable if caught early. Stay on top of your self-skin checks by using the easy to remember guide below, any of which would warrant a visit to your dermatologist.\*

A = Asymmetry or irregular shape.

B = Borders that are uneven.

C = Colors that vary within the same mole.

D = Diameter that's larger than the width of a pencil eraser.

E = Evolution or change over time in size, shape or color.

## WELLNESS OBSERVANCES/DAYS\*

- Zero HIV Stigma Day
- World Hepatitis Day
- Juvenile Arthritis Month
- National Minority Mental Health Awareness Month
- Park and Recreation Month

## IN-SEASON PRODUCE

- Watermelon – Supports hydration\*
- Peaches – Support digestion\*
- Tomatoes – Support heart health\*
- Sweet corn – Supports energy\*
- Zucchini – Supports digestion\*

\*FOR MOST COMMON CANCER SOURCE: Centers for Disease Control and Prevention. June 10, 2025. [Melanoma of the skin statistics](#). Accessed March 11, 2026.

\*FOR WELLNESS OBSERVANCES SOURCE: SOPHE. [National Health Observances](#). Accessed March 11, 2026.

\*FOR WATERMELON, PEACHES SOURCE: M.M. Bailey. Center for Science in the Public Interest. Updated: July 1, 2024. [What's in season: July produce guide](#). April 30, 2024.

\*FOR TOMATOES, SWEET CORN AND ZUCCHINI SOURCE: U.S. Department of Agriculture SNAP-Ed Connection. [Seasonal produce guide: Summer](#). Accessed March 11, 2026.

\*FOR MONTHLY WELL-BEING TIP: American Academy of Dermatology. [What to wear to protect your skin from the sun](#). Accessed March 11, 2026.

\*FOR BASE TAN RISK SOURCE: American Cancer Society. May 29, 2025. [Is getting a base tan safe?](#) Accessed March 11, 2026.

\*FOR DERMATOLOGIST VISIT SOURCE: Maureen Salamon. Harvard Health. August 1, 2023. [Screening advice that's not just skin deep](#). Accessed March 12, 2026.

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## What should you know (continued)

The American Academy of Dermatology recommends practicing the below **sun safe** tips:\*

- Seek shade: The sun's rays are strongest between 10AM to 2PM.
- Select sun-protective clothing with a UPF (ultraviolet protection factor) number on the label for extra protection.
- For all exposed skin, choose a broad-spectrum, water-resistant sunscreen with a rating at least 30 SPF or higher.
- Reapply sunscreen every 2 hours or after swimming or sweating.
- Check out the American Academy of Dermatology Association's [website](#) to see if a facility near you offers a free skin cancer check.



### Vitamin D and fun in the sun

- Avoiding the sun and covering up may bring up another concern — Vitamin D, as the sun is the body's main way of making this nutrient.
- In addition to avoiding the sun, where you live, the season, the color of your skin and other factors can affect your body's ability to receive or make vitamin D.
- Getting enough vitamin D is essential to our bone health. Without enough of it, bones can become soft and brittle.
- The best way to see if we're deficient is for your health care professional to check the vitamin D levels in your blood. Based on your result, the provider can recommend a supplement if needed. Always ask your doctor before taking supplements.\*

\*FOR SUN SAFE TIPS SOURCE: American Academy of Dermatology. Last updated: April 11, 2024. [Practice safe sun](#). Accessed March 12, 2026.

\*FOR TAKING SUPPLEMENTS SOURCE: Mayo Foundation for Medical Education and Research. March 21, 2025. [VitaminD](#). Accessed March 12, 2026.

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## Marinated watermelon salad with spicy chipotle-lime vinaigrette\*

Yield: 6 servings

### Ingredients

Spicy chipotle-lime vinaigrette:

- 2 TBSP honey
- 2 TBSP olive oil
- 1 TBSP white wine vinegar
- 1 tsp lime zest plus 3 TBSP lime juice
- 1/2 tsp chipotle chili powder
- Kosher salt to taste

Watermelon salad:

- 2 cups cubed watermelon
- 1/2 cup very thinly sliced red onion
- 1 large mango, peeled, pitted and chopped
- 1/2 English cucumber, cut into half-moons
- 1/2 cup fresh mint leaves

### Instructions

1. For the spicy chipotle-lime vinaigrette: Whisk together the honey, olive oil, vinegar, lime zest and juice and chipotle chili powder in a small bowl. Season with salt to taste.
2. For the watermelon salad: Combine the watermelon, red onion, mango and cucumber in a medium bowl.
3. Pour the vinaigrette over the mixture and toss to coat. Cover and refrigerate for 30 minutes or until ready to serve. Just before serving, add the mint and toss to combine.



### Nutrition for recipe:

Nutritional analysis per serving (1 of 6 servings):

Calories: 131 | Fat: 5g | Carbohydrates: 23g | Protein: 1g | Sodium: 415mg

Looking for a protein boost? Add 3 oz salmon for an additional 17 grams protein. While the omega-3 and other nutritional benefits of salmon may be well known, some may be surprised to learn it is also a good source of vitamin D. According to the United States Department of Agriculture (USDA) Food Composition Database, one 3.5-ounce (100-gram) serving of farmed Atlantic salmon contains 441 IU of vitamin D2, or 74% of the daily value for adults.\*

\*FOR RECIPE SOURCE: Kardea Brown. Food Network. [Marinated watermelon salad with spicy chipotle-lime vinaigrette](#). Accessed March 13, 2026.

\*FOR SALMON SOURCE: USDA. [Fish, salmon, Atlantic, farmed, raw](#). Accessed March 13, 2026.

\* FOR FUN IN THE SUN TIPS SOURCE: Mayo Foundation for Medical Education and Research. March 21, 2025. [Vitamin D](#). Accessed March 12, 2026.

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