



Kern County Nutrition Profile



Total Population: 661,645 Total Children (0-17): 211,379
 Total Number in Poverty: 130,949 Total Number of Children in Poverty: 58,213
 % Total Population in Poverty: 20.8% % Children in Poverty: 28.2%

Health Indicators	Kern County	County Rank	CA
Food Insecurity Indicators 1=Worst			
# of Adults Living in Food Insecure Households	64,000	11th	2,243,000
% of Adults Living in Food Insecure Households	9.7%		6.6%
# Of Other Members in These Households	172,000	12th	6,402,000
% of Babies with Low Birth Weight ²	6.5%	15th	6.4%
Obesity Indicators			
% of 7 th Graders Outside Normal Body Mass Index ³	34.8%	13th	33.2%
% of 7 th Graders Failing Aerobic Capacity Test ⁴	39.5%	23rd	41.1%
% of Adults Identified as Obese ⁵	18%	8th	14.0%
Number of People Diagnosed with Diabetes	31,000	11th	1,468,100
Number of Diabetes Related Deaths ⁶	125	17th	6,104
# of School Lunch Reviews Exceeding Fat Targets	19 out of 30	N/A	N/A

Food Assistance Programs	# Eligible	# Eligible Not Served	% Eligible Not Served	County Rank 1=worst	Loss of Federal \$ Due to Underutilization ⁷
Food Stamp Program	117,102	55,038	47%		\$58,120,008
School Lunch Program	93,221	23,094	25%	42nd	\$8,644,080
Women, Infants, and Children	PENDING				
Summer Meals	64,985	49,408	76%	29th	\$2,554,394
CACFP (In Centers)	10,923	5,328	49%	43rd	
CACFP (In Homes)	9,494	5,374	57%	38th	

Kern County School Breakfast Highlights

- **Total # of public schools in Kern County: 214**
- **# of Kern County public schools WITHOUT the School Breakfast Program: 46 (1,486 in California)**
- **# of students eligible for free or reduced-price school breakfasts in Kern County: 93,221 (3,006,874 in California)**
- **# of eligible students not getting free or reduced-price school breakfasts in Kern County: 65,705 (2,149,420 in California)**
- **Loss of federal dollars due to underutilization of school breakfasts in Kern County: \$13,509,536 (\$437M in California)**
- **Kern County rank for school breakfast participation: 31st¹ (1=worst)**

Visit www.breakfastfirst.org to learn how to put school breakfast in your community.

2004 County by County Profile

BACKGROUND INFORMATION ON FEDERAL FOOD PROGRAMS:

School Nutrition Programs

Through the National School Lunch and School Breakfast Programs, schools provide students of all ages with nutritious meals they need in order to learn.

Through the Summer Food Service Program, schools, non-profit agencies, and recreation programs provide free and reduced-price meals and snacks to students when school is not in session.

Food Stamp Program

The Food Stamp Program is the largest and most comprehensive Federal Food Assistance Program, providing an average benefit of \$88 per month to almost 2 million Californians. Citizens and legal immigrants are usually eligible if they meet certain income and asset requirements.

CACFP

The Child and Adult Care Food Program is the only program that provides funding for meals served in a childcare settings to children up to age 12 and impaired adults. The program provides reimbursements for meals and snacks.

WIC

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children, a program designed for low-income women and children up to age 5. WIC provides vouchers for specific nutritious foods along with nutrition education and health care referrals.

2004 Federal Poverty Guidelines

Family Size	100% Federal Poverty Line (per year)	135% Federal Poverty Line (per year)	185% Federal Poverty Line (per year)
1	\$9,310	\$12,569	\$17,227
2	\$12,490	\$16,862	\$23,107
3	\$15,670	\$21,155	\$28,990
4	\$18,850	\$25,448	\$34,873
5	\$22,030	\$29,741	\$40,756

Access the complete profile report and the methodology used in collecting data at: <http://www.cfpa.net/2004CountyProfile.pdf>

¹Breakfast ranking is based on # eligible but not served.

² Low birth weight is less than 5lb. 8oz. The percentage is based on all live births in 2002.

³ Based on CDE's Health Fitness Zone, Body Composition, which measures body fat using Percent Fat or Body Mass Index.

⁴ Based on CDE's Health Fitness Zone, Aerobic Capacity an indicator of physical fitness that assesses the capacity of the cardiorespiratory system by measuring endurance.

⁵ Adults with Body Mass Index \geq 30.0 in 2001.

⁶ Average number of deaths in 1999 and 2000.

⁷ Dollar figures based on 12 month time frame based on 100% participation. FSP is estimated based on average benefit of \$88 per person per month. School Lunch is estimated using the 2002-03 federal reimbursement rate of \$2.14 (free) and \$1.74 (reduced price) for 180 school days.