



Sonoma County Nutrition Profile

Total Population: 465,902 Total Children (0-17): 110,925
 Total Number in Poverty: 34,765 Total Number of Children in Poverty: 10,489
 % Total Population in Poverty: 7.5% % Total Children in Poverty: 9.5%



Health Indicators	Sonoma County	County Rank 1=worst	CA		
Food Insecurity Indicators					
# of Adults Living in Food Insecure Households	26,000	51	2,926,000		
% of Adults Living in Food Insecure Households	5.6%		8.4%		
Obesity Indicators					
Low Birth Weight ¹	5.4%	42	6.6%		
Child Unhealthy Weight (7 th graders) ²	29.5%	41	32.9%		
Child Fitness (7 th grade aerobic capacity) ³	29.1%	50	40.8%		
Adult Obesity ⁴	181,000	49	14,221,000		
# of People Diagnosed with Diabetes	18,000	49	1,678,000		
# of Diabetes Related Deaths ⁵	78	37	6,104		
Food Assistance Programs					
	# Eligible	# Eligible Not Served	% Eligible Not Served	County Rank 1=worst	Loss of Federal \$ due to Underutilization ⁶
Food Stamp Program	21,849	10,269	47.0%		\$10,967,292
Women, Infants, and Children	9,725	125	1.3	32	
School Lunch Program	18,020	2,699	15.0%	55	\$1,011,843.98
Summer Food	22,236	18,754	84.3%	33	\$994,337.08
CACFP (In Centers)	9,193	7,292	79.3%	15	
CACFP (In Homes)	5,452	3,577	65.6%	32	

**Sonoma County
School Breakfast Highlight!**

- Total # of public schools in Sonoma County: 132
- # of Sonoma County public schools WITHOUT school breakfast program: 35 (1,225 in California)
- # of students eligible for free or reduced price school breakfast in Sonoma County: 18,020 (2,969,156 in California)
- # of eligible students not getting free or reduced price school breakfast in Sonoma County: 11,889 (2,061,484 in California)
- Loss of federal dollars due to underutilization of school breakfast in Sonoma County: \$2,460,997.13 (\$429M in California)
- Sonoma County Rank in school breakfast: 39 (1=worst) Based on # eligible but not served.

To find out more about the Breakfast First Campaign, go to www.breakfastfirst.org

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 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 which provides an average benefit of \$89 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 setting 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.

2005 Federal Poverty Guidelines

Family Size	100% Federal Poverty Line (per year)	135% Federal Poverty Line (per year)	185% Federal Poverty Line (per year)
1	\$9,570	\$12,919	\$17,704
2	\$12,830	\$17,320	\$23,735
3	\$16,090	\$21,721	\$29,766
4	\$19,350	\$26,122	\$35,797
5	\$22,610	\$30,523	\$41,828

Access the complete profile report with the data methodology at: <http://www.cfpa.net>

¹Low birth weight is less than 5lb. 8oz. The percent is based on all live births in 2003

²Based on CDE's Health Fitness Zone, Body Composition: measures body fat using Percent or Body Mass Index.

³Based on CDE's Health Fitness Zone, Aerobic Capacity: indicator of physical fitness and assesses the capacity of the cardio respiratory system by measuring endurance.

⁴Adults with Body Mass Index \geq 25 in 2003.

⁵The figure represents the average number of deaths between 2000 and 2002.

⁶Dollar figure based on 12 month time frame based on 100% participation. FSP is estimated based on the average benefit of \$89 per person per month. School lunch is estimated using the 2003-04 federal reimbursement rates of \$2.19 (free) and \$1.79 (reduced price) for 180 school days.