

# San Luis Obispo County Nutrition Profile



## Demographics

<b>Total Population: 257,005</b>	<b>Child Population (0-17): 49,009</b>
<b>Total Population in Poverty: 25,038</b>	<b>Child Population in Poverty: 6,560</b>
<b>% of Total Population in Poverty: 10%</b>	<b>% of Children in Poverty: 8.3%</b>

HEALTH INDICATORS	San Luis Obispo County	County Rank (1 = Worst)	California
<b>Food Insecurity Indicators</b>			
# of Low-Income Adults in Food Insecure Households (HH)	16,000	N/A	2,486,000
Rate of Food Insecurity Among Adults in Low-Income HH	33%	15	30%
<b>Obesity Indicators</b>			
% of Babies Born with Low Birth Weight	6.5%	21	6.7%
% of 7 <sup>th</sup> Graders with Unhealthy Weight	28.3%	42	32.3%
% of 7 <sup>th</sup> Graders with Unhealthy Aerobic Capacity	23.5%	52	37.8%
# of Overweight or Obese Adults	108,000	N/A	14,800,000
% of Overweight/Obese Adults	56.6%	31	56.1%
# Of People with Type II Diabetes	7,000	36	1,516,000
# of Diabetes Related Deaths, Annually	45	16	6,997
Breastfeeding Rates	91.6%	45	83.7%

Food Assistance Programs	# Eligible	# Eligible but Not Participating	% Eligible but Not Participating	County Rank (1 = Worst)	Loss of Federal \$ due to Underutilization
<b>Food Stamp Program</b>	17,618	9,513	54.0%	N/A	\$11,296,317
<b>School Lunch Program</b>	11,538 (FRP eligible)	3,498	30.3%	26	\$486,494
<b>Summer Food Programs</b>	4,115 (FRP eligible)	2,914	70.8%	41	\$169,245
<b>WIC Program</b>	4,461 (# of participants – only data available at time of release)				

## San Luis Obispo County School Breakfast Highlights

- Public Schools in San Luis Obispo County: 97
  - Public Schools in San Luis Obispo County WITHOUT a School Breakfast Program: 13 (of 2,599 in California)
  - Students Eligible for Free or Reduced Price School Breakfast in San Luis Obispo County: 11,538
  - Eligible Students Not Getting Free or Reduced Price School Breakfast in San Luis Obispo County: 6,792 (of 2,216,6681 in California)
  - Loss of Federal Dollars due to Underutilization of the School Breakfast Program in San Luis Obispo County: \$1,528,192 (\$512,620,875 total in California)
  - County Rank in School Breakfast: 52(1=worst, based on # eligible but not served)
- For more on the Breakfast First Campaign, go to [www.breakfastfirst.org](http://www.breakfastfirst.org).

# **2008 County Nutrition Profiles**

## BACKGROUND INFORMATION ON FEDERAL FOOD PROGRAMS:

### Child 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 and Afterschool Snack Programs, schools, non-profit agencies, and recreation programs provide free meals and snacks to students when they are out of school.

### Food Stamp Program (FSP)

Providing benefits to over two million Californians, the Food Stamp Program is the largest and most comprehensive federal nutrition assistance program. US citizens and some groups of legal immigrants are eligible if they meet certain income and asset requirements.

### Child and Adult Care Food Program (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

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

#### *2008 Federal Poverty Guidelines*

Family Size	Federal Poverty Line (FPL)	130% of FPL	185% of FPL
1	\$10,400	\$13,520	\$19,240
2	\$14,000	\$18,200	\$25,900
3	\$17,600	\$22,880	\$32,560
4	\$21,200	\$27,560	\$39,220

Complete methodology available online at [www.cfpa.net](http://www.cfpa.net).