

Sonoma County Nutrition Profile



Demographics

Total Population: 466,891	Child Population (0-17): 106,684
Total Population in Poverty: 38,637	Child Population in Poverty: 11,998
% of Total Population in Poverty: 8%	% of Children in Poverty: 18.8%

HEALTH INDICATORS	Sonoma County	County Rank (1 = Worst)	California
Food Insecurity Indicators			
# of Low-Income Adults in Food Insecure Households (HH)	23,000	N/A	2,486,000
Rate of Food Insecurity Among Adults in Low-Income HH	27%	39	30%
Obesity Indicators			
% of Babies Born with Low Birth Weight	5.4%	44	6.7%
% of 7 th Graders with Unhealthy Weight	30.6%	31	32.3%
% of 7 th Graders with Unhealthy Aerobic Capacity	26.6%	49	37.8%
# of Overweight or Obese Adults	202,000	N/A	14,800,000
% of Overweight/Obese Adults	56.5%	33	56.1%
# Of People with Type II Diabetes	15,000	50	1,516,000
# of Diabetes Related Deaths, Annually	94	31	6,997
Breastfeeding Rates	92.9%	52	83.7%

Food Assistance Programs	# Eligible	# Eligible but Not Participating	% Eligible but Not Participating	County Rank (1 = Worst)	Loss of Federal \$ due to Underutilization
Food Stamp Program	29,594	15,981	54.0%	N/A	\$18,975,685
School Lunch Program	21,480 (FRP eligible)	4,792	22.3%	50	\$731,693
Summer Food Programs	9,704 (FRP eligible)	6,918	71.3%	40	\$401,797
WIC Program	11,439 (# of participants – only data available at time of release)				

Sonoma County School Breakfast Highlights

- Public Schools in Sonoma County: 189
 - Public Schools in Sonoma County WITHOUT a School Breakfast Program: 73 (of 2,599 in California)
 - Students Eligible for Free or Reduced Price School Breakfast in Sonoma County: 21,480
 - Eligible Students Not Getting Free or Reduced Price School Breakfast in Sonoma County: 14,573 (of 2,216,668 in California)
 - Loss of Federal Dollars due to Underutilization of the School Breakfast Program in Sonoma County: \$3,310,367 (\$512,620,875 total in California)
 - County Rank in School Breakfast: 41(1=worst, based on # eligible but not served)
- For more on the Breakfast First Campaign, go to 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.