

Overview. Know Your Numbers (KYN) is a traveling 6-week program that provides free health screenings, fitness classes, and nutrition classes equipping residents in Kern County with the tools and resources needed to live a healthier lifestyle.

Challenge. 78% of Kern County adults are overweight or obese. Poor health outcomes plague Kern residents as the rates of heart disease, diabetes, and obesity in the county far surpass state averages. In an era where it is easy to eat cheap, processed foods, there is a desperate need for free and accessible health and fitness education to manage chronic disease and prevent poor health outcomes.

Solution. Kern County Public Health's KYN program provides free health screenings, fitness classes, and nutrition classes to residents in Kern County. The program begins with an initial health screening that screens participants for body mass index (BMI), blood pressure, cholesterol, and blood sugar. For the following 5 weeks, participants partake in a variety of fitness and nutrition classes aimed at educating participants on the different aspects of fitness and nutrition. The program concludes with a final health screening, screening for the same indicators, with the goal that participants see an improvement in their numbers and take what they have learned to continue a healthier lifestyle on their own.

Innovation. Staffed with public health nurses, a fitness instructor, and a nutritionist, the traveling KYN team was assembled and deployed to take health and fitness coaching on the road to the various communities and neighborhoods of the State's third largest geographical county. Often, our participants feel intimidated by the thought of walking into a gym and teaching themselves how to work out. Regardless of physical ability levels, our fitness instructor works one-on-one with participants to boost their confidence and provide modifications to workouts as needed. Our nutritionist helps participants understand how to read food labels and establish goals so they can improve their overall diet. We see participants enter the program timid and shy and graduate the program with a sense of accomplishment and confidence.

We also work hand in hand with our Public Health Equity Team to ensure that every resident in Kern County has access to attain their full health protentional. We understand that our communities in Kern County are unique and tailor our program towards specific community needs.

Results. In the past year, we have launched 11 sessions throughout Kern County with over 400 participants and we continue to see growth in participation as well as improvements in health numbers. One of our participants shared with our team that he has a family history of heart disease and was excited to try our program. After 6-weeks, he lowered his BMI by 8% and lost over 20 pounds.

One of our community partners shared, “I cannot express how successful your program has been in Lost Hills, the community has nothing but great things to say. Your workshop has made great impact on our community, and I am trying to come up with a way to continue to have you guys here. You have an amazing team and they have managed to pull in great attendance, actually the best attendance of all our workshops. Great job!”

Replicability. KYN is a proactive preventative approach to chronic disease and obesity. Our program is an excellent model for implementing health and nutrition education in other counties. Similar conditions exist in all 58 counties; across California, there are high rates of people dying from heart disease, diabetes, and obesity. We have had tremendous success here in Kern County and we anticipate steady growth over time. We endeavor to make a difference: *Know Your Numbers* is committed to combatting chronic disease and obesity. We hope that efforts like ours will eventually be implemented across the state and throughout our country.

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