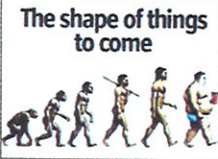




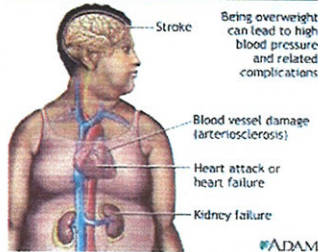
Kern County Assessment: THE SIGNIFICANCE OF OBESITY IN KERN COUNTY

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Significance and Evidenced-Based Practices

- More than 60% of Kern County's population is considered overweight or obese (CDC, 2014).
- The obesity rate in Kern County is 30.8% , which is much higher than the state percentage of 25.0% (Healthy Communities Institute, 2013).
- High prevalence of obesity and fast food consumption compared to other counties (Healthy Communities Institute, 2013).
- Increased risk of chronic diseases such as diabetes, heart disease, hypertension, and cancer (KCPHSD, 2010).
- Cancer and coronary heart disease are the top leading causes of death (Healthy Communities Institute, 2013).
- Kern County ranks at the bottom (58 out of 58) when it comes to heart disease as a cause of death, and is 47 out of 58 for diabetes (KCPHSD, 2010).
- Risk factors: genetics, inactivity, increased age, environmental factors (i.e. unsafe neighborhoods, lack of access to healthy foods), health conditions (i.e. hypothyroidism, Cushing's syndrome), medications (i.e. steroids, antidepressants), lack of sleep (NIH, 2012).
- A 1 unit increase in BMI increases the risk of heart failure by 5% in men and 7% in women (Haslam, 2014).



Public Health Nursing Implications

For Healthcare Professionals:

- Visit <https://theweightofthenation.hbo.com/> to learn more about the obesity epidemic (U.S. Department of Health and Human Services, 2012).
- Continue education in Spanish or other secondary languages that will better enable them to provide direct care to non-English-speaking clients.
- Refer to the Healthy People 2020 website, <http://www.healthypeople.gov/2020/LHI/nutrition.aspx?tab=overview>, to review obesity statistics, obesity's impact on adults, and goals for improvement (U.S. Department of Health and Human Services, 2013).
- Assess underlying socioeconomic factors that may contribute to their clients' unhealthy eating patterns, so that they may tailor nutritional goals to their individual client needs.

For clients:

- Implement obesity screenings by calculating BMI (a measurement of weight and height)
- Encourage clients to engage in at least 30-45 minutes of physical activity per day.
- Model healthy eating choices for clients, and teach them how to prepare low-calorie meals and snacks.
- Educate clients to eat healthier by decreasing consumption of high-fat, high-sugar foods, and replacing them with fruits and vegetables.
- Educate clients on the significance of the health threat that obesity poses, as well as that comorbidities that may develop.
- Increase community awareness of available resources to assist with healthy weight-loss and management.



Community Resources

Kern County Public Health Services Department

Public Health Education Center (661) 632- 1590
Nutrition Class/ Healthy Eating/ Exercise Class
Offered every 2nd Wednesday of each month from 3-5pm

Dignity Health (choosemycymemorial.org)

Community Wellness Program

- Fitness Classes (Yoga & Zumba)
 - Health Education Classes i.e. Asthma, Chronic Conditions, Diabetes provided in both English and Spanish (661) 323-3228
 - Chronic Disease & Diabetes Self-Management Program. Seminars given in English and Spanish. Contact Luz Torres at 661-323-3468 for pre-registration
 - Diabetes Education Class. 661-327-4647 ext. 1844
- Free Health Screenings
- BP, cholesterol, blood sugar, BMI
 - Various locations across Kern County i.e. Bakersfield, Taft, Arvin, Shafter, Delano, Lamont/Weedpatch, Lake Isabella
- For more information contact Elizabeth M. Walton at (661) 861-0852

San Joaquin Hospital (<http://www.sjch.us/wellness>)

The Wellness Program

- Diabetes Education Classes
 - Lifestyle Management Classes—healthy meal planning
 - Nutritional Counseling one-on-one
- For more information, please call (661) 869-6580.

Clinica Sierra Vista (<http://www.clinicasierravista.org>)

- Diabetes Education Program
- For more information call (661) 635-3050

Health Net Community Solutions Center

- Zumba Classes
 - Bailo Terapia Classes
 - Fit Families for Life classes
 - Free Health Screenings
- For more information call (661) 321-3902

