



June 28, 2022

NEWS RELEASE

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Know Your Numbers Program Launches in Ridgecrest

The Kern County Public Health Services Department will launch our Know Your Numbers program in Ridgecrest on Thursday, June 30 at Ridgecrest Salvation Army. This traveling program offers two health screenings informing participants of their body mass index, blood pressure, blood glucose, and cholesterol levels both before and after six weeks of nutrition coaching from our Public Health Nutritionist and fitness classes. Join us every Thursday at 151 N. Downs Street in Ridgecrest from 10:00 to 11:00AM, June 30 through August 11, 2022, to take advantage of this free program.

Kern County has some of the highest rates of obesity and mortality due to chronic health conditions in California. Specifically, 78% of Kern County's adults are either overweight or obese and Kern County suffers from the highest rates of deaths due to diabetes than anywhere else in the State. Together we can create a healthier community and improve our overall quality of life. Public Health announced our 2022 Call to Action earlier this year to help improve the overall health of our community and we encourage everyone to visit our [website](#) to learn more.

"I'm very excited that Kern County Public Health is bringing the "Know Your Numbers" campaign to Ridgecrest. By helping to give residents a baseline understanding of their health, as well as tools to improve it, this program will help keep our community active and healthy. Starting June 30th, let's all get out there and #KnowYourNumbers!"

Phillip Peters, First District Supervisor of the Kern County Board of Supervisors

Know Your Numbers is just one of several initiatives geared at improving the overall health of Kern County residents. Other initiatives include:

- **Certified Healthy** – This program empowers residents to choose local restaurants that offer healthier more nutritious meal options. "Certified Healthy" restaurants have met our ten nutrition criteria. To find Certified Healthy restaurants near you, download our free Safe Diner App.
- **Waste Hunger Not Food** – This program rescues wholesome food from schools, restaurants, and markets that would have otherwise been wasted and distributes it to those in need.

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