



July 26, 2022

NEWS RELEASE

Media Contact: Michelle Corson, 661-868-0288

Know Your Numbers Program Launches in Lost Hills

The Kern County Public Health Services Department will launch our Know Your Numbers program in Lost Hills on Wednesday, July 27 at the Wonderful Family Resource Center. 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 Wednesday at 14848 Lamberson Avenue in Lost Hills from 10:00 to 11:00AM, July 27 through September 7, 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 change 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.

"We are grateful to The Wonderful Company for partnering with Public Health as they bring the traveling Know Your Numbers program to the Lost Hills community," said David Couch, 4th District Supervisor of the Kern County Board of Supervisors. "I encourage the residents of Lost Hills to join this free program to learn tips and tools to live a healthier lifestyle."

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.

###