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NEWS RELEASE

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Know Your Numbers Program Launches in Lamont

The Kern County Public Health Services Department will launch our Know Your Numbers program in Lamont on Wednesday, September 21st at the David Head 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 10300 San Diego Street in Lamont from 10:30 to 11:30AM, September 21 through November 2, 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 excited to bring this free health and fitness program to the Lamont community," said David Couch, 4th District Supervisor of the Kern County Board of Supervisors. "I encourage the residents of Lamont to join this program to understand their health numbers and receive practical strategies 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.

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