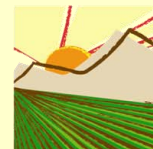




Creating Healthier Communities in California's Central Valley: a Regional Approach

Presented by:

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Central California
**REGIONAL OBESITY
PREVENTION PROGRAM**

Healthy Environments • Healthy Choices • Healthy People



**WHAT SURROUNDS US,
SHAPES US**













Overweight & Obesity by Age Group, San Joaquin Valley and California, 2001, 2005 and 2007

County	Ages 12-17			Ages 18-64			Age 65+		
	2001	2005	2007	2001	2005	2007	2001	2005	2007
Fresno	14.1%	19.8%*	24.7%	65.0%	56.7%	63.3%	55.3%	64.7%	66.2%
Kern	7.7%*	9.6%*	6.5%*	61.4%	66.9%	60.1%	50.8%	62.1%	62%
Kings	16.3%	7.5%*	17.7%*	63.5%	62.9%	64.9%	58.0%	70.3%	68.7%
Madera	11.5%*	4.8%*	27.1%*	66.1%	64.5%	67.6%	58.6%	60.8%	68.5%
Merced	18.2%*	12.5%	17.1%*	67.4%	66.8%	67.6%	67.2%	65.5%	65.6%
San Joaquin	17.9%	12.2%*	15.0%*	66.9%	71.6%	65.7%	62.3%	59.7%	61%
Stanislaus	12.9%*	17.0%*	17.0%*	62.8%	67.2%	64.7%	53.4%	63.0%	51.7%
Tulare	7.6%*	21.10%	20.7%*	71.0%	66.5%	68.3%	56.1%	63.8%	69.5%
San Joaquin Valley	12.8%	15.5%	17.2%	65.1%	65.0%	64.3%	56.5%	63.0%	62.9%
California	12.2%	14.2%	13.3%	55.%	56.2%	57.2	54.3%	55.7%	58.3%
Healthy People 2010 Objective	5.0%	5.0%	5.0%	15.0%	15.0%	15.0%	15.0%	15.0%	15.0%

Source UCLA Center for Health Policy Research, 2003; 2007; 2009

* Statistically unstable





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Los Angeles Times

September 2008 40 pages

Tuesday, August 5, 2008

Subscription Department 50c

In the Central Valley, a fight against obesity

Activists and locals in six counties push for access to fresh produce and exercise facilities.

By CATHERINE SAWLEY
Times Staff Writer

BARKSFIELD — On a recent day, Maria Velazquez led 35 women in outdoor aerobics at a park in this city's rough agricultural district, close to a large Latino community.

Nearly young children played nearby on well-worn grass. Wiping sweat from her brow, Velazquez announced

she'd lost 30 pounds and, with it, a high risk of diabetes.

Elena Maria, who picks grapes and lemons, said she came to Silver Park three times a week and had lost 30 pounds, with 60 to go. Sonia Malinar, who has shed 25 pounds, said that two years ago she wouldn't go near the park, which was home to drug users, drug dogs and gang activity.

Then neighbors and community leaders banded together to clean it up. Now the women walk to the park five evenings a week. Malinar brings her daughters.

"You keep yourself healthy and you make friends," she said. "Everything is good."

(See Obesity, Page B1)



STAFF PHOTO BY DOUGLAS JONES

COMMUNITY ACTION: Maria Velazquez leads aerobics in Barksfield. A UCLA study found low-income areas full of no exercise places and fast food outlets have the highest obesity rates.



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Central Valley Disconnect: Rich Land, Poor Nutrition

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July 10, 2009

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California's Central Valley produces many of the fruits and vegetables consumed in America. It is also one of the poorest areas of the country. There are high rates of malnutrition and obesity, and residents have little access to fresh produce themselves.

Environmental conditions such as a lack of sidewalks and streetlights, and packs of wild dogs that keep parents from letting their children go outside to play, discourage exercise and healthy living. Constant gang violence and drugs hamper the efforts of anyone hoping to improve things, but there are some who are trying.

Fast-Food Culture

Thank you!



 The
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