

# Los Banos Neighborhood

## Merced County, CA



**CX<sup>3</sup>** Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

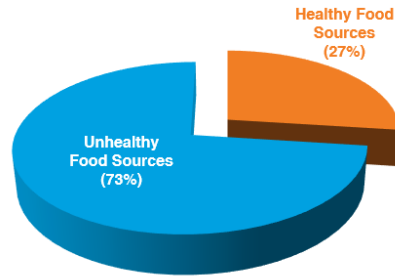
### CX<sup>3</sup> – MERCED COUNTY DEPARTMENT OF PUBLIC HEALTH

Communities all over the state are working to address key nutrition issues shaping the health of their residents. In Merced County, two-thirds of adults, and four out of ten children, are overweight or obese. To address these concerns, Merced County Department of Public Health led a community assessment, called CX<sup>3</sup>, which looked at nutrition and physical activity factors in specific neighborhoods. The project's goal is to empower communities to work together to improve their neighborhoods to become healthier places to live, work and play.

Although many areas in the county qualified for CX<sup>3</sup>, the Department analyzed seven neighborhoods which provide a picture of Merced County. Los Banos is one of the seven locations chosen, and a map of the selected neighborhood is located on the back.

### RATIO OF HIGH FAT/SUGAR FOOD SOURCES TO HEALTHY FOOD SOURCES\*

\*High fat/sugar food sources include fast-food outlets and convenience stores. Healthy food sources include supermarkets or large grocery stores and farmers markets.



### SNAPSHOT OF LOS BANOS NEIGHBORHOOD

- 8,431 population
- 74 percent of people living in poverty (at or below 185 percent federal poverty level)
- 7 schools in the Los Banos area
- 3 parks and playgrounds in the Los Banos area
- 0/2 proportion of supermarkets or large grocery stores with convenient public transit
- 2 supermarkets or large grocery stores
- 1 farmers market
- 1 small market or other food store
- 3 convenience stores
- 6 fast-food outlets
- 1:1405 ratio of fast-food outlets to population

### NEIGHBORHOOD NUTRITION INDICATOR PERFORMANCE

Merced County Department of Public Health officials conducted an audit of nutrition resources in the Los Banos neighborhood in Merced from August 1, 2016 – August 4, 2016.

Using Geographic Information Systems software, interviews and observation surveys, health officials and volunteers examined factors to determine access to healthy foods and physical activity. The data provide a realistic picture of areas in need of improvement and offers residents, merchants, decision makers, health advocates and neighborhood groups a focal point as they work to build a healthier community.

#### What Did We Find?

#### Total Neighborhood Food Store Quality

What percent of local stores offer healthy, affordable foods? Are those stores easily and safely accessible to neighborhood residents?  
**29% meet standards**

#### Fast Food

What type of marketing and presence do fast-food outlets have near local schools, parks and playgrounds? What percent offer and promote healthy food options and limit unhealthy food marketing practices?  
**0% meet standards**

*We all – community organizations, businesses, schools, faith groups, neighbors and local government – can play a role in improving our community.*

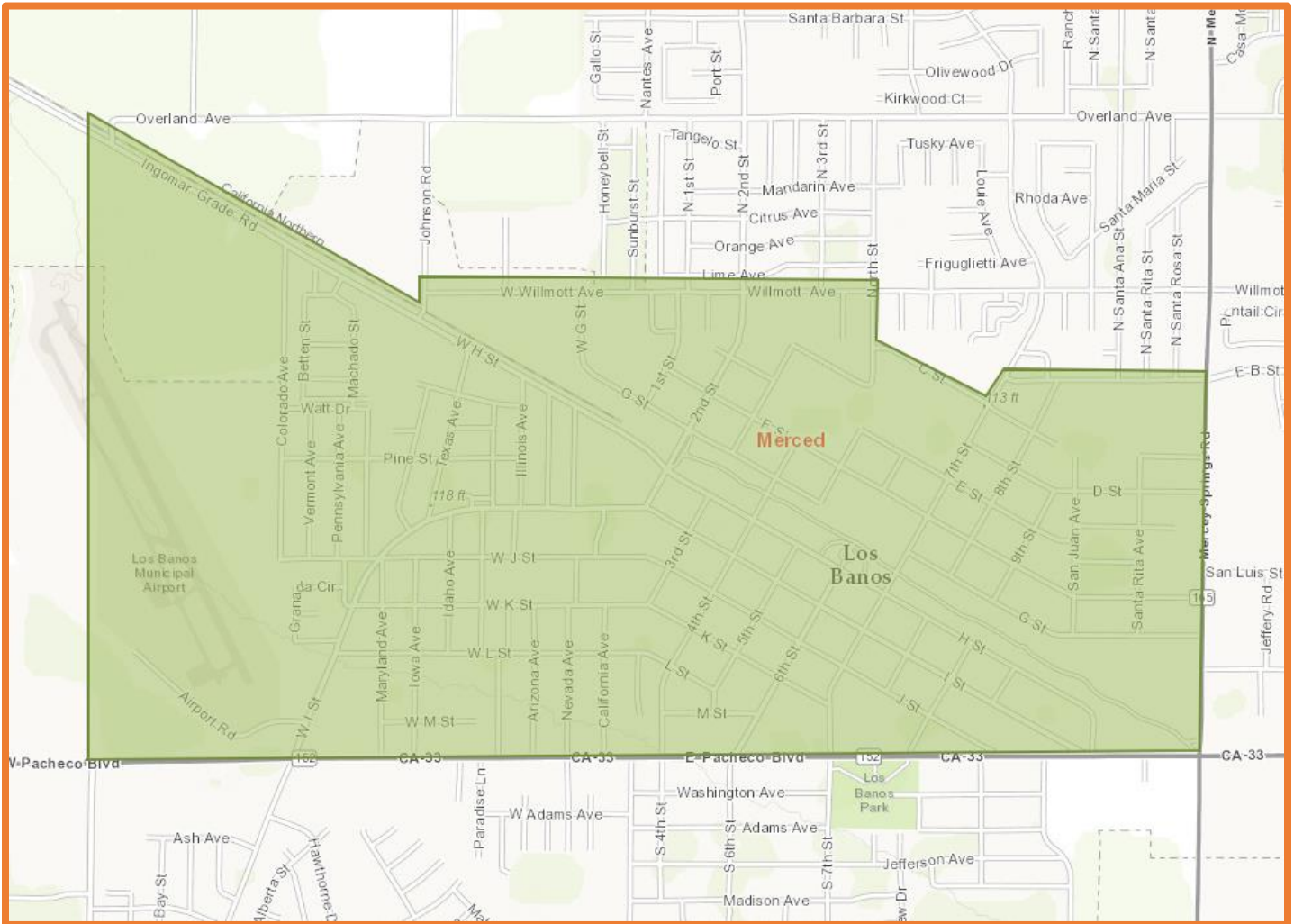
Get involved today:  
[www.co.merced.ca.us/PublicHealth](http://www.co.merced.ca.us/PublicHealth) or call the Health Department at (209) 381-1161

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Los Banos is one of seven locations chosen in Merced County as a CX<sup>3</sup> community