

Population Profile Worksheets

The U.S. Census Bureau website (www.census.gov) is an excellent place to find population data on your community. You can find facts and figures about major cities, all counties, and all states. Since the 2000 Census, the U.S. Census Bureau conducts the American Community Survey, which annually tracks demographic, social, economic and housing data for states and highly populated areas.

Most of the information called for in these pages is available through the Census Bureau website. Some Census Bureau data is available to download in Excel tables. For data that is not available through the Census Bureau's website, we suggest a resource where you might find the data.

Despite the number of pages here, there is more data available about the population in your community. We suggest that you record and consider the population data that influences the health and well being of a community and that is relevant to the nutrition and physical activity needs of a community.

Remember to edit any of these pages to meet your needs.

Geography

Source and date of data: _____

Community name: _____

Total population: _____

Any population changes of note? _____

Community type: urban rural suburban other

Persons per square mile: Community _____ State _____

Geographic size: _____

Other geographic notes specific to your community:

Demographic Characteristics

Gender and Age

Source and date of data: _____

Gender	Community		State
	Number	%	%
Male			
Female			

Median age (years): Community _____ State _____

Age Group (in years)	Community		State
	Number	%	%
Under 5 years			
5 to ____ years			

Age and Gender	Community		State
	Number	%	%
18 years and over			
Male			
Female			
65 years and over			
Male			
Female			

Analysis of Data: Different age groups require different nutrition and physical activity services. And, there are different health concerns for men and for women. Compare the distributions of age and gender in the community to the age and gender distributions in the state. Describe the age and gender composition of the community including how it differs from the state.

Do not distribute

Please review the "Race and Ethnicity Overview" piece in this chapter.

Ethnicity and Race

Source and date of data: _____

Ethnicity and Race	Community		State
	Number	%	%
Hispanic or Latino (of any race)			
Not Hispanic or Latino			
One race			
White			
Black or African American			
American Indian and Alaska Native			
Asian			
Native Hawaiian and Other Pacific Islander			
Other			
Two or more races			

Analysis of Data: Given the nation’s troubling situation on health disparities between White, non-Hispanics and other racial and ethnic minorities, this population data is essential for you to consider. Some racial and ethnic minority groups have higher rates of some chronic diseases than other groups. For example, African Americans and Mexican Americans consistently report a higher prevalence of obesity compared with the White, non-Hispanic population. Compare the distribution of your community population among the different racial and ethnic groups with how the state population is distributed. Does the community have an unusually large percentage of a particular race or ethnic group that is at an increased risk for nutrition-related and physical activity-related diseases, and that should warrant focus?

Households and Housing Occupancy

Source and date of data: _____

Remember to edit any of these pages to meet your needs.

Total households: _____

Average household size: Community _____ State _____

Households by Type	Community		State
	Number	%	%
Family households			
Married-couple family			
With own children under 18 years			
Female householder, no husband present			
With own children under 18 years			
Nonfamily households			
Householder living alone			
Householder 65 yrs and over			

Total housing units: _____

Housing Occupancy	Community		State
	Number	%	%
Occupied housing units			
Vacant housing units			
For seasonal, recreational, or occasional use			

Analysis of Data: Describe the households and the housing in the community. Are there any factors that impact the eating habits and physical activity habits of the community?

Economic Characteristics

Employment

Source and date of data: _____

Unemployment rate: Community _____ State _____
 (Note: generally the state department of labor will have up-to-date unemployment data)

Among families with children under 6 years, all parents in the family are in the labor force:

Community _____ % of families with children under 6
 State _____ % of families with children under 6

Occupation

Source and date of data: _____

Occupation	Community		State
	Number	%	%
Management, professional, and related occupations			
Service occupations			
Sales and office occupations			
Farming, fishing, and forestry occupations			
Construction, extraction, and maintenance occupations			
Production, transportation, and material moving occupations			

Analysis of Data: Describe the employment factors of the community. How is the community similar to or different from the state? What information is relevant to the eating habits and physical activity habits of the community?

Household Income

Source and date of data: _____

Income in ____ (year)	Community		State
	Number	%	%
Less than \$10,000			
\$10,000-\$24,999			
\$25,000-\$49,999			
Equal to or greater than \$50,000			
Median household income	\$		\$
Per capita income	\$		\$

The Census Bureau also collects information on the source of income (earnings, Social Security, public assistance, etc.) if you are interested.

Poverty Status

Source and date of data: _____

This table calls for some of the poverty data that the Census Bureau collects and reports. See Census Bureau reports for more poverty data.

Poverty Status in ____ (year)	Community	State
	%	%
% of families below poverty		
% of families with related children under 5 years		
% of families with female head of household and with related children under 5 years		
% of individuals below poverty		
% of individuals 65 years and over below poverty		

Other Economic Factors

Source and date of data: _____

Remember to edit any of these pages to meet your needs.

Data called for in the table below are generally available from the state social service agency and/or the state health agency.

Socioeconomic Measure	Community		State
	Number	%	%
Food Stamp recipients			
WIC Program participants			
Medicaid participation			
The state Children's Health Insurance Program participation			
Percent free and reduced school meal eligibility			
Homeless			
Temporary Assistance for Needy Families (TANF) participants			
Adults with a disability			
Legal immigrants			
Undocumented immigrants (estimate)			

Analysis of Data: The community's economic profile can indicate special health service needs. For example, individuals with higher incomes tend to have more behaviors that reduce the risk of overweight and obesity (Mancino, Lin, and Ballenger 2004). Or, an area with a high concentration of poverty could increase the risk of food insecurity. Likewise, a community with a high percentage of children on free and reduced school meals may need more or better access to nutrition and physical activity programs. Compare the community and state for the economic measures above and on the previous page. Describe how the community's profile differs from the state.

Social Characteristics

Education

Source and date of data: _____

The state education agency will have current and past enrollment data by school or by school district.

Enrollment	Community		State
	Number	%	%
Preschool - private			
Preschool - public			
Preschool – Head Start			
Kindergarten			
Elementary (grades:)			
Middle School (grades:)			
High School (grades:)			
Home-based education			
Non-public education			

Highlight any significant changes in enrollment over the past few years.

High school drop out rate: Community _____ State _____

Graduation rate: Community _____ State _____

Educational Attainment	Community		State
	Number	%	%
Less than 9 th grade			
9 th -12 th grade, no diploma			
High school graduate			
Some college, no degree			
Associate degree			
Bachelor's degree			
Graduate or professional degree			
Percent high school graduate or higher			
Percent bachelor's degree or higher			

Analysis of Data: Education has been associated with rates and outcomes of some chronic diseases and utilization of health care services. Compare the distributions of education level in the community with the state distribution. This data is also helpful in determining reading and comprehension level of educational materials or community wide campaigns.

Marital Status

Source and date of data: _____

Marital Status	Community		State
	Number	%	%
Never married			
Now married			
Separated			
Widowed			
Divorced			

Analysis of Data: Research indicates that marital status affects utilization of health services, food purchasing practices, and disease outcomes. Describe the marital status of the community.

Language Spoken at Home

Source and date of data: _____

Language Spoken at Home	Community		State
	Number	%	%
English only			
Language other than English			
Spanish			
Other Indo-European languages			
Asian and Pacific Island languages			

Analysis of Data: Describe the language spoken at home in the community.

Remember to edit any of these pages to meet your needs.

Housing Characteristics

Some basic housing data was listed earlier in these pages. However, the U.S. Census Bureau collects extensive data on housing. Depending on your community and its health priorities you may want more information on housing. Changes in housing availability due to high rents, high home costs, or an actual shortage may be affecting food security. Examples of the types of additional housing data on the community include the year structures were built; number of rooms per structure; structures with no telephone service or without complete plumbing and kitchen facilities; housing value; and mortgage status. This is not the complete list of housing characteristics.

Source and date of data: _____

Housing Characteristics	Community		State
	Number	%	%