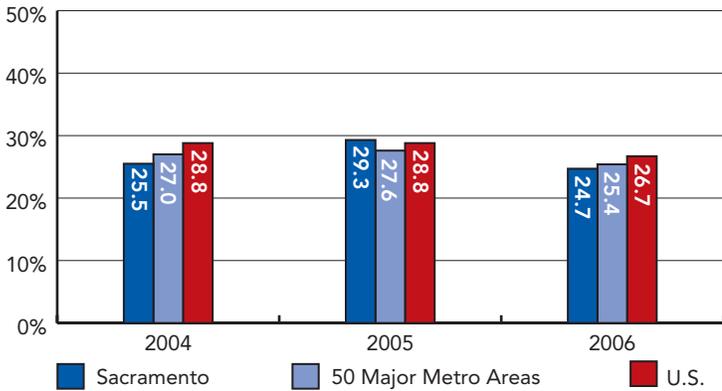


SACRAMENTO

The Sacramento metropolitan area includes Sacramento (CA), Arden-Arcade (CA), Roseville (CA), and surrounding areas.

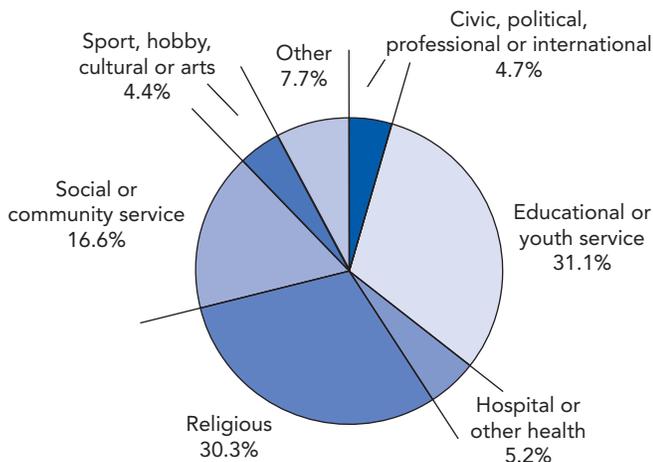
Volunteer Rate



Trends and Highlights

- Sacramento had an average volunteer rate of 26.5% between 2004 and 2006, compared with 25.5% in **California**.
- On average, Sacramento had approximately 394,000 volunteers, who served 64.4 million hours per year between 2004 and 2006.
- For more detailed information on volunteering, go to www.nationalservice.gov.

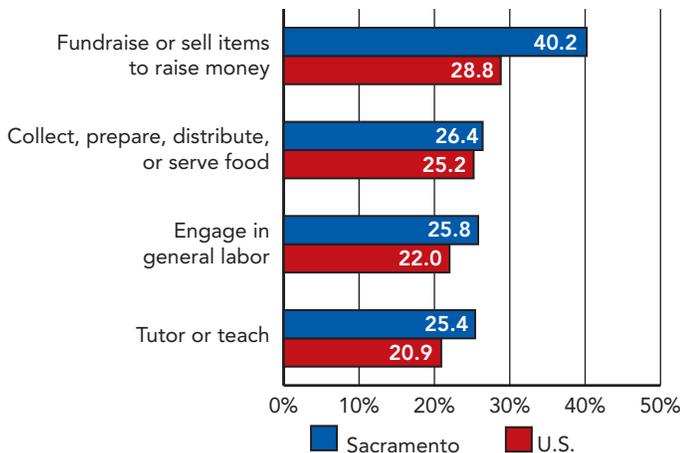
Where People in Sacramento Volunteer



Sacramento's Volunteer Trends

CATEGORY	SACRAMENTO METRO AREA		NATIONAL AVERAGE	
	Hours per volunteer	% who volunteer	Hours per volunteer	% who volunteer
Area of Residence				
Total Area	81	26.5%	50	28.1%
Urban	100	25.1%	51	23.7%
Suburban	90	22.4%	50	29.3%
Gender				
Male	90	20.4%	52	24.3%
Female	76	32.3%	50	31.6%
Age				
16 - 24 years	54	23.4%	39	23.4%
25 - 34 years	30	21.2%	37	24.7%
35 - 44 years	100	36.0%	48	33.3%
45 - 54 years	96	30.0%	52	32.2%
55 - 64 years	104	32.1%	60	29.3%
65 - 74 years	*	16.8%	96	27.5%
75+ years	*	18.4%	100	20.9%

Main Activities for Sacramento's Volunteers



* Not reported due to the sample size for this estimate.

The above profile represents Metropolitan Statistical Area (MSA) information on volunteer trends and activities, based on a three-year average from 2004, 2005, and 2006. MSAs are geographic regions used by the U.S. Census Bureau in collecting and publishing Federal statistics.