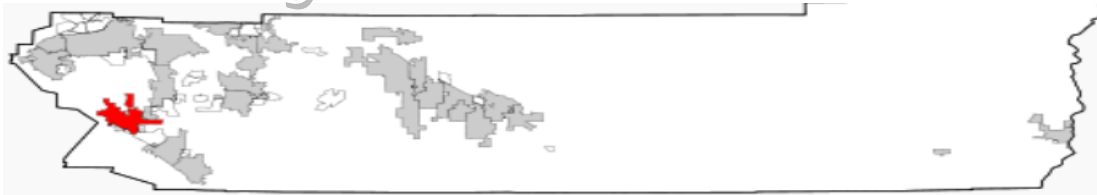


Healthy Lake Elsinore Community Profile



Demographics

- **Population** 60,029
- **Race/Ethnicity** 60.0% White
- **Median Household Income:** \$ 63,303
- **Poverty Level** 14.5 %

- **Walkability score** 24
- **Farmers markets** 1
- **Number of Parks** 18
- **Geographic location:**
Western County

What is Lake Elsinore Doing?

Lake Elsinore is committed to supporting efforts of a healthy active community. Lake Elsinore is a part of Healthy Eating Active Living Cities Campaign (H.E.A.L. Cities) that promotes physical activity and nutrition policies in California. By resolving to support efforts of active transportation, physical activity, and policies to increase access to healthy yet affordable foods, Lake Elsinore is making strides in advancing community health and wellness. Visit <http://lake-elsinore.org> for great information about the city Skate park, Senior Activity Center, Recreation Center, and Trail System. Lake Elsinore is motivated in promoting physical activity among its residents.



Weight Status

	Lake Elsinore	Riverside County	California
Adults with BMI ≥30	26.7%	25.9%	24.8%
Children Overweight for age (2-11 yrs.)	-	13.1%	13.6%
Overweight or obese (12-17 yrs.)	-	35.2%	32.4%

Health Determinants

Lake Elsinore

- Mental Distress 9.8%
- Food Insecurity 11.2%
- Uninsured (0-17) 3.7%
- Uninsured (18+) 24.8%

Riverside County

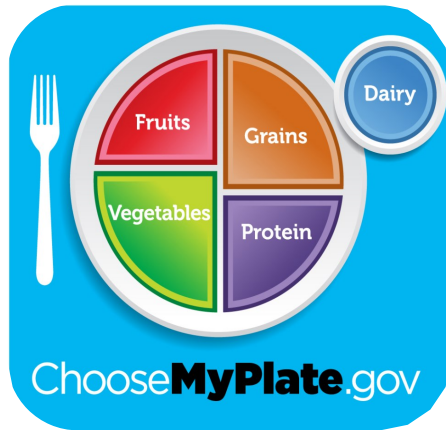
- Mental Distress 8.9%
- Food Insecurity 8.6%
- Uninsured (0-17) 3.6%
- Uninsured (18+) 22.9%

California

- Mental Distress 7.9%
- Food Insecurity 8.4%
- Uninsured (0-17) 4.2%
- Uninsured (18+) 21.4%

67.2%

Of adults in Riverside County consumed fast food at least one time in the last week.



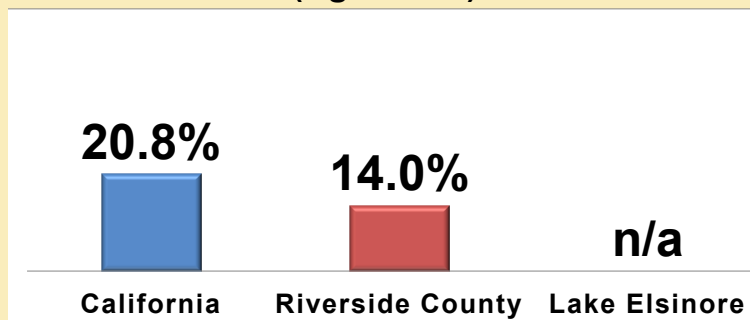
47.7%

Of children aged 2-11 in Riverside County eat at least five servings of fruits and vegetables per day.

Lake Elsinore Community Profile

Active Living

Regular Physical Activity (Ages 5-17)



Walked at least 150 min./week (Adults ages 18+)

