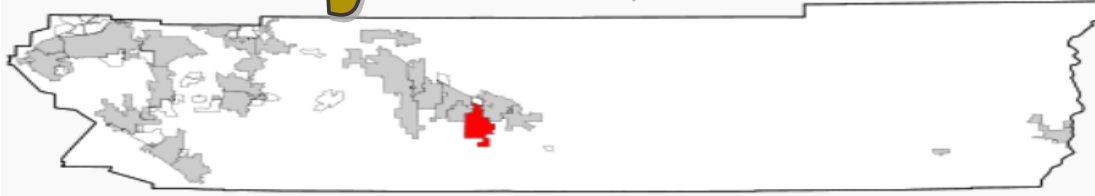


Healthy La Quinta Community Profile



Demographics

- Population 39,964
- Race/Ethnicity 78.7% White
- Median Household Income: \$ 71,074
- Poverty Level 9.6%

- Walkability score 21
- Farmers markets 1
- Number of Parks 14
- Geographic location:
Eastern County



What is La Quinta Doing?

La Quinta is a part of Healthy Eating Active Living Cities Campaign (H.E.A.L. Cities) that promotes physical activity and nutrition policies in California. La Quinta is proactive in working with other agencies that promote physical activity like the Boys and Girls Club, YMCA of the Desert, Desert Recreation District and Youth Sports Associations. The City of La Quinta is interested in incorporating the California Children's Outdoor Bill of Rights which encourages children under the age of 14 to participate in outdoor and cultural experiences. Local gardens and farming in La Quinta are initiatives that foster community engagement and environmental benefits for the community.



Weight Status

	La Quinta	Riverside County	California
Adults with BMI ≥30	23.3%	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

City of La Quinta

- Mental Distress	7.9%
- Food Insecurity	3.7%
- Uninsured (0-17)	-
- Uninsured (18+)	18.3%

Riverside County

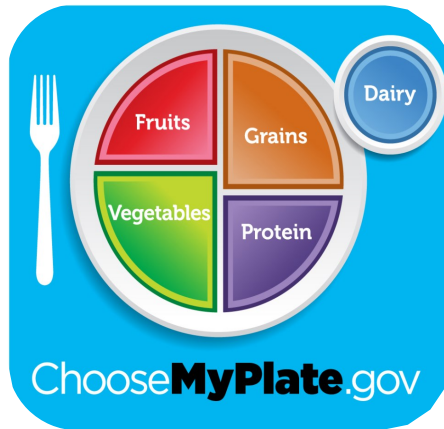
- Mental Distress	8.9%
- Food Insecurity	8.6%
- Uninsured (0-17)	3.6%
- Uninsured (18+)	22.9%

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.



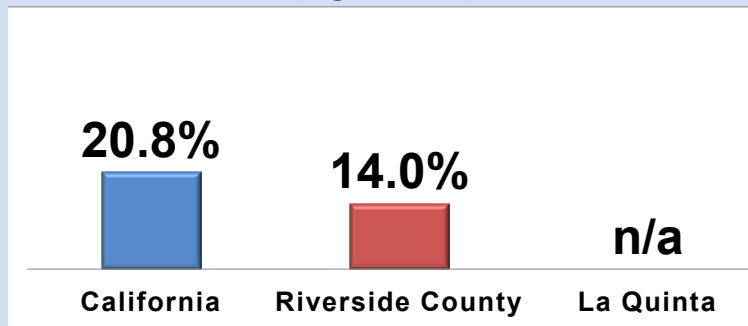
47.7%

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

La Quinta Community Profile

Active Living

Regular Physical Activity (Ages 5-17)



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

