

# Healthy Murrieta Community Profile



## Demographics

- **Population** 108,368
- **Race/Ethnicity** 69.7% White
- **Median Household Income:** \$ 74,401
- **Poverty Level** 7.9 %

- **Walkability score** 25
- **Farmers markets** 1
- **Number of Parks** 48
- **Geographic location:**  
Western County



## What is Murrieta Doing?

The City of Murrieta is a vibrant active city full of opportunities that promote health and wellness for all. Murrieta has goals to collaborate with Riverside County Department of Public Health in keeping up to date on health standards and model premier practices in community health. Currently, the Murrieta Senior Center provides a wide variety of exercise classes and other interactive activities including events that foster unity and movement. There are more than 22 miles of multipurpose trails, a wide selection of outdoor parks and dynamic youth sports leagues within the city of Murrieta. Be sure to visit Get Fit, Murrieta! Webpage for up to date information: <http://www.murrieta.org/>

## Weight Status

	Murrieta	Riverside County	California
Adults with BMI ≥30	23.4%	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

### Murrieta

- Mental Distress 10.0%
- Food Insecurity 4.7%
- Uninsured (0-17) 3.0%
- Uninsured (18+) 18.7%

### Riverside County

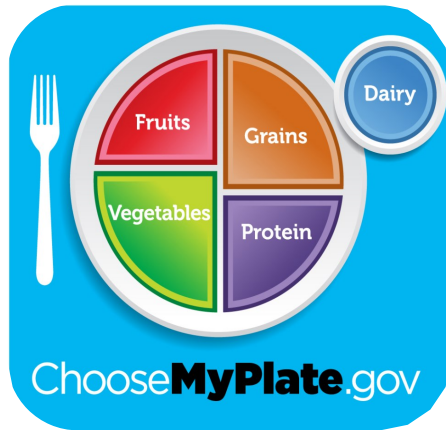
- Mental Distress 8.9%
- Food Insecurity 8.6%
- Uninsured (0-17) 3.6%
- Uninsured (18+) 22.9%

### 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.



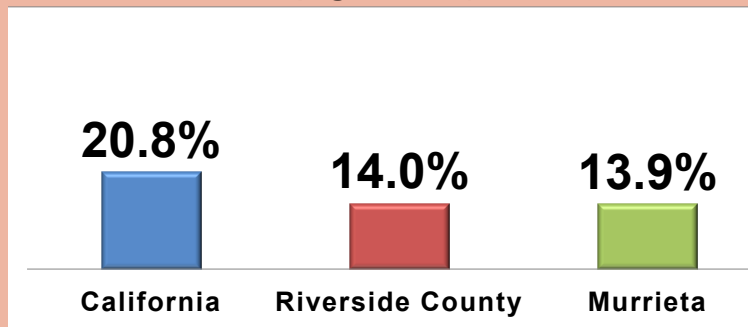
**47.7%**

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

# Murrieta Community Profile

## Active Living

### Regular Physical Activity (Ages 5-17)



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

