



**CITY OF EASTVALE**  
**COMMUNITY WELLNESS**  
**IN**  
**EASTVALE**

Veronica Onochie | Randall Lewis Fellow, PhD student  
 Miguel Ramirez-Cornejo | Site Preceptor

### Ethnic Inequity in Wellness

The City of Eastvale is a newly developed community located in the northwestern part of Riverside county in Southern California. With a population of 61,337 and a majority of Asian and White ethnic groups (Hispanic and non-Hispanic) suffering from obesity, mental distress, suicide, asthma and other chronic diseases related to unhealthy living choices. The City of Eastvale is committed to serving and providing healthier living alternatives for all its residents.



### Action Plan



The data indicates high rates of suicide (c. 10.9), obesity (21.7%), mental distress (8.7%) and other chronic diseases amongst White and Latino residents of Eastvale. Additionally, the evidence indicates that there are no resources available to engage Eastvale resident in wellness activities. The purpose of this community action plan initiative is to help encourage and enlighten Eastvale residents on healthier alternatives.



### Regression Analysis on Ethnic Inequity in Mental Health

Source	SS	df	MS	Number of obs	=	1,404
Model	394.949746	6	65.8249576	F(6, 1397)	=	511.01
Residual	179.950894	1,397	.128812379	Prob > F	=	0.0000
				R-squared	=	0.6870
				Adj R-squared	=	0.6856
Total	574.90064	1,403	.409765246	Root MSE	=	.3589

  

lSuiciderate	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]
Asian	-.6567383	.0425666	-15.43	0.000	-.7402397 -.5732369
Black	-.5931058	.0495966	-11.96	0.000	-.6903976 -.495814
Female	-.8145509	.0303003	-26.88	0.000	-.8739899 -.755112
Male	-.9347969	.0344971	-27.10	0.000	-1.002469 -.8671251
Hispanic	.3984792	.0301768	13.20	0.000	.3392824 .457676
White	.4172433	.0285161	14.63	0.000	.3613043 .4731823
_cons	2.497573	.0186586	133.86	0.000	2.460971 2.534175

Data Source:  
California Department of Public Health

### Interviews & Surveys

Stakeholders and partners indicated the effectiveness of action teams would be dependent on the level of active participation and management by Eastvale residents. Action teams should address the inequity of access to health and wellness resources of Eastvale residents with active participation.



### Recommendations

Action teams should maintain higher and healthier living standards and residents actively participating in either of the following :

- Physical fitness team
- Emotional support team
- Nutrition/Grocery team
- Gardening
- Local/Small businesses coalition
- Youth coalition
- Drug enforcement
- Service providers

In collaboration with

