Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit www.ramseycounty.us/cha

**Race Ethnicity (n=67)**

- American Indian: 10%
- Asian: 13%
- Black/African American: 27%
- Hispanic/Latino: 12%
- Native Hawaiian or Pacific Islander: 3%
- White: 55%
- Other: 3%

Respondents could select multiple categories, so total may be more than 100 percent.

**Age n=67**

- ≤9: 5%
- 10-14: 10%
- 15-19: 10%
- 20-24: 5%
- 25-34: 15%
- 35-44: 25%
- 45-54: 15%
- 55-64: 10%
- 65-74: 5%
- 75-84: 5%
- 85+: 0%

**Population**

19,749

**Household median income**

52,451

**Voices heard**

67

Female: 45
Male: 22
Other: 0
### What helps you stay healthy?

<table>
<thead>
<tr>
<th>PERSONAL HEALTH</th>
<th>FAMILY HEALTH</th>
<th>COMMUNITY HEALTH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>66%</strong>: Eating healthy food/good diet, eating fruits and vegetables, and drinking water</td>
<td><strong>46%</strong>: Cooking and eating healthy meals together.</td>
<td><strong>27%</strong>: Access to affordable healthy foods.</td>
</tr>
<tr>
<td><strong>51%</strong>: Exercise/walking and running.</td>
<td><strong>30%</strong>: Exercising/go out for walks.</td>
<td><strong>16%</strong>: Keeping environment clean and safe.</td>
</tr>
<tr>
<td><strong>28%</strong>: Family support and social interaction.</td>
<td><strong>27%</strong>: Family support and unity.</td>
<td><strong>49%</strong>: Community support to make healthy choices and community events.</td>
</tr>
</tbody>
</table>

"Cheap fresh fruits, veggies, getting enough sleep and being able to move around"

"Family interactions-gathering, ceremony, participating in school, social events, games-video (limited), card games, board games, basketball, lacrosse, soccer"

"Healthy local food options, affordable fresh locally grown/produced food"

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### What keeps you from being healthy?

<table>
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<td><strong>36%</strong>: High cost of healthy foods, unhealthy eating (junk foods, sugary foods, fast foods)</td>
<td><strong>27%</strong>: Poor food choices, high cost of healthy foods</td>
<td><strong>21%</strong>: Food deserts, junk foods, vending machines</td>
</tr>
<tr>
<td><strong>18%</strong>: Laziness, not exercising enough</td>
<td><strong>12%</strong>: Limited income</td>
<td><strong>24%</strong>: Crime, unsafe neighborhoods</td>
</tr>
<tr>
<td><strong>19%</strong>: Economic stress, under education</td>
<td><strong>48%</strong>: Other: alcohol and drugs, smoking, gambling, lack of autonomy</td>
<td><strong>33%</strong>: Poverty, racism, substance use, unsafe sidewalks (icy)</td>
</tr>
<tr>
<td><strong>13%</strong>: Cold weather</td>
<td></td>
<td><strong>45%</strong>: Other: healthy choices, inadequate resources for everyone</td>
</tr>
</tbody>
</table>

"The MNcare premiums I pay are too high, not enough money to support myself, not enough money for food sometimes, food at food shelves are gross or have rotten"

"Expensive admission prices to events or museums, cost of healthy food, winter weather makes it challenging to get around by foot, bike, car, bus, etc."

"Criminal activity, people who smoke, racist people/racism, lack of faith and spirituality, eating unhealthy"