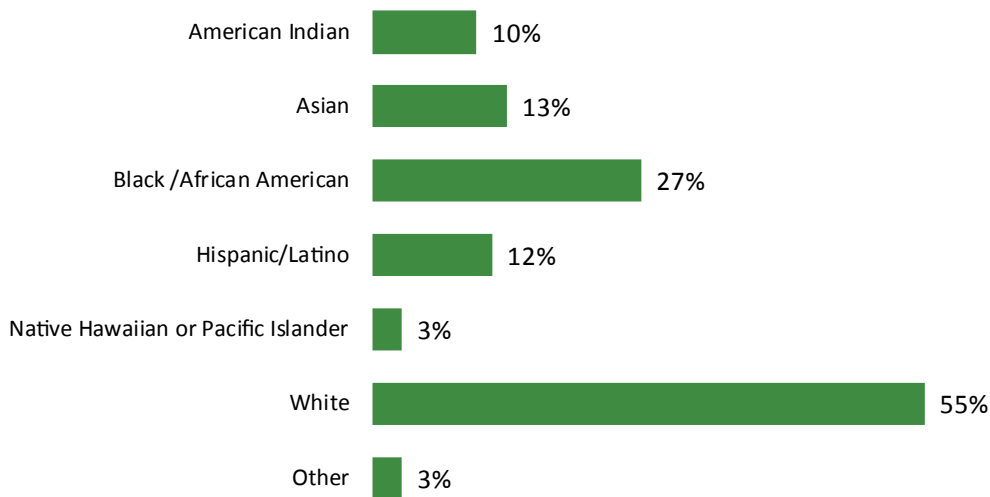


55102 - Community Engagement

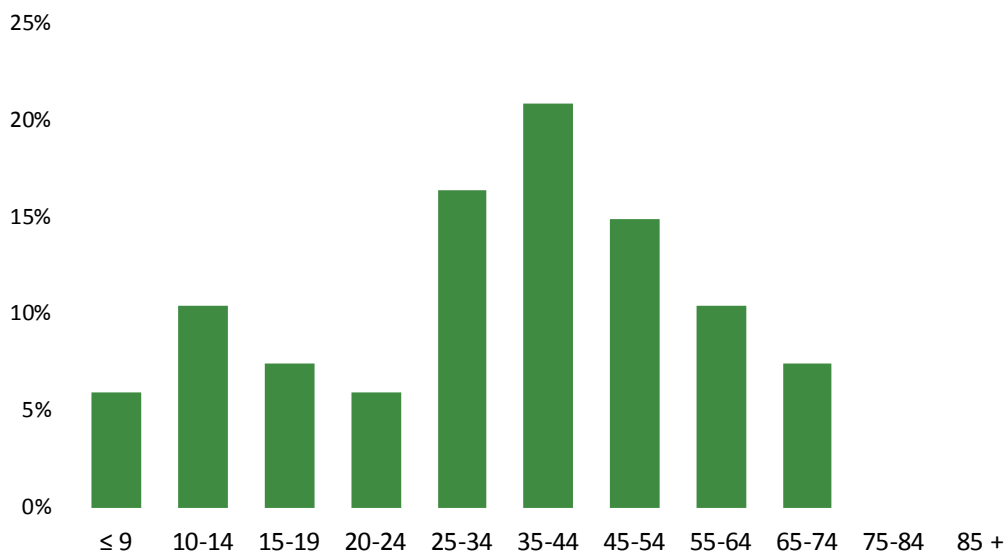
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code.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

Race Ethnicity (n=67)

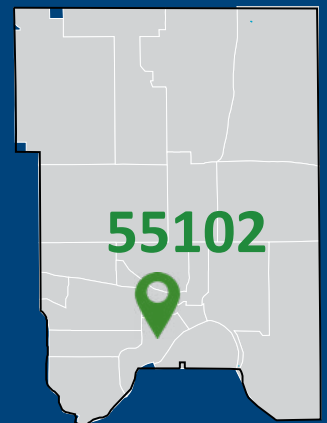


Respondents could select multiple categories, so total may be more than 100 percent.

Age n=67



Ramsey County



Population
19,749

Household
median
income
52,451

Voices heard
67

Female: 45
Male: 22
Other: 0



What helps you stay healthy?

PERSONAL HEALTH

- 66%:** Eating healthy food/good diet, eating fruits and vegetables, and drinking water
- 51%:** Exercise/walking and running.
- 28%:** Family support and social interaction.

FAMILY HEALTH

- 46%:** Cooking and eating healthy meals together.
- 30%:** Exercising/going out for walks.
- 27%:** Family support and unity.

COMMUNITY HEALTH

- 27%:** Access to affordable healthy foods.
- 16%:** Keeping environment clean and safe.
- 49%:** Community support to make healthy choices and community events.
- 40%:** Others: Welfare services, after school programs and community gardens.

“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”



What keeps you from being healthy?

PERSONAL HEALTH

- 36%:** High cost of healthy foods, unhealthy eating (junk foods, sugary foods, fast foods)
- 18%:** Laziness, not exercising enough
- 19%:** Economic stress, under education
- 13%:** Cold weather

FAMILY HEALTH

- 27%:** Poor food choices, high cost of healthy foods
- 12%:** Limited income
- 48%:** Other: alcohol and drugs, smoking, gambling, lack of autonomy

COMMUNITY HEALTH

- 21%:** Food deserts, junk foods, vending machines
- 24%:** Crime, unsafe neighborhoods
- 33%:** Poverty, racism, substance use, unsafe sidewalks (icy)
- 45%:** Other: healthy choices, inadequate resources for everyone

“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”

