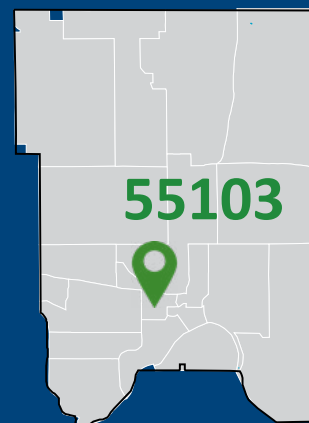


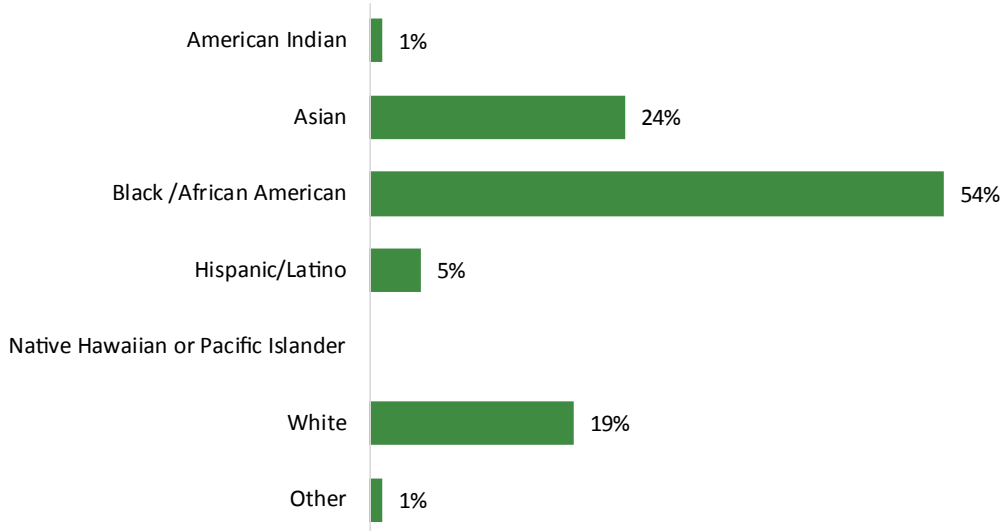
55103 - Community Engagement

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

Ramsey County

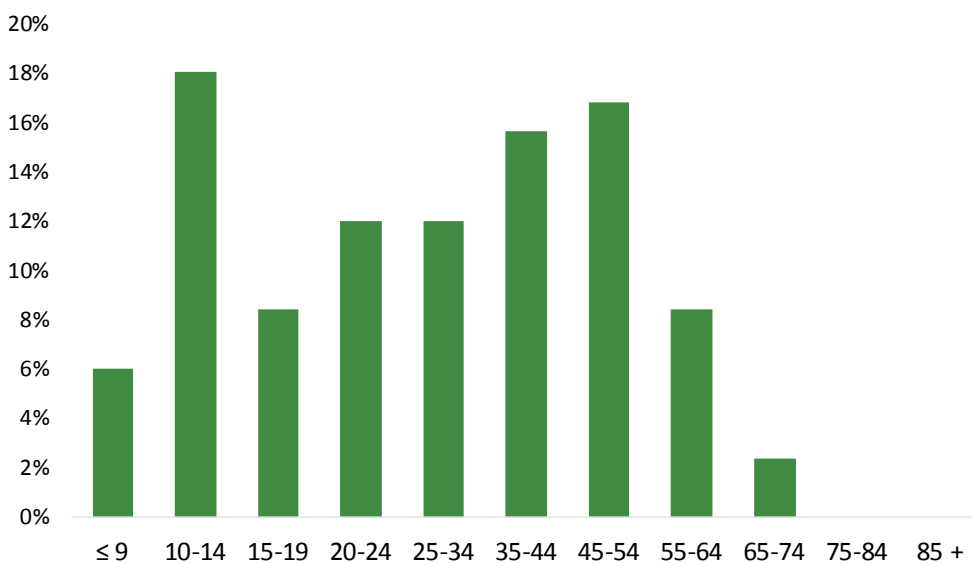


Race Ethnicity (n=83)



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

Age n=83



Population
13,453

Household median income
32,570

Voices heard
83

Female: 55
Male: 28
Other: 0



What helps you stay healthy?

PERSONAL HEALTH

- 70%:** Healthy eating/fruits and vegetables, good nutrition
- 51%:** Exercise/Physical activity like walking
- 23%:** Family support, religion

FAMILY HEALTH

- 51%:** Homemade foods, eating healthy
- 35%:** Staying active, exercising, outdoor family activities
- 27%:** Family togetherness-vacation, activities

COMMUNITY HEALTH

- 29%:** Access to healthy/nutritious food options
- 18%:** Group exercise opportunity/social sport
- 16%:** Keeping the environment clean, safe neighborhoods
- 41%:** Community empowerment, community support
- 23%:** Others: Community facilities like parks, gardens, outdoor spaces

“Diet, exercise, sleep, good health care, good dental care, annual physicals, healthy relationships-family and friends, safe environments-neighborhood, work, school, sense of belonging, and connectedness in community”

“Having good family connection, share information, solve problem together”

“People and organizations that focus energy, time, resources into promoting healthy daily activities that are educational and habit forming and in the end, are preventive and promote health and wellbeing”



What keeps you from being healthy?

PERSONAL HEALTH

- 49%:** Unhealthy eating (junk foods, sugary foods, fast foods), high cost of healthy foods, insufficient water intake
- 24%:** Sitting too much, lack of exercise
- 14%:** Education/language barrier, low income

FAMILY HEALTH

- 35%:** High cost of healthy foods, eating junk
- 18%:** Low income/unstable income, lack of family support
- 20%:** Other: inadequate food, “lack”
- 13%:** Cold weather, poor household hygiene

COMMUNITY HEALTH

- 28%:** Eating unhealthy/easy access to unhealthy foods
- 27%:** dirty environment, gun violence
- 31%:** Low education/language barrier, lack of community unity, lack of proper education on healthcare issues
- 30%:** Other: theft, culture and religion, conflict among community members

“Accessibility to equal opportunities, personal preference/preconceived notions, work, mental issues, lack of motivation, lack of support”

“Too costly of local activities, too extremes of weather, unhealthy food choices being cheaper than healthy food options”

“Cigarette advertising, gym membership costs”

