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=221

- American Indian: 2%
- Asian: 10%
- Black /African American: 53%
- Hispanic/Latino: 3%
- Native Hawaiian or Pacific Islander: 1%
- White: 31%
- Other: 6%

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

Age (n=221)

- 0-9: 6%
- 10-14: 8%
- 15-19: 6%
- 20-24: 6%
- 25-34: 14%
- 35-44: 18%
- 45-54: 12%
- 55-64: 16%
- 65-74: 12%
- 75-84: 4%
- 85+: 2%

Population 55104

- Ramsey County: 48,514
- Median household income: $52,382
- Household income: 52,382
- Voices heard: 221
  - Female: 135
  - Male: 84
  - Other: 2
### What helps you stay healthy?

<table>
<thead>
<tr>
<th><strong>PERSONAL HEALTH</strong></th>
<th><strong>FAMILY HEALTH</strong></th>
<th><strong>COMMUNITY HEALTH</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>67%: Good/healthy foods, drinking a lot of water</td>
<td>53%: Choosing, cooking and eating healthy meals together</td>
<td>20%: Good food options/eating healthy</td>
</tr>
<tr>
<td>50%: Exercise, walking, running, biking</td>
<td>26%: Regular exercise</td>
<td>40%: Community events, community food shelves, community interactions and cohesiveness</td>
</tr>
<tr>
<td>20%: Social support (family, friends, community, schools, YMCA), religion</td>
<td>25%: Social interaction (family, friends)</td>
<td>33%: Others: Good social services, safety and justice, clean environment</td>
</tr>
<tr>
<td>13%: Access to health care, taking medications, good personal hygiene: washing hands, brushing teeth</td>
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</table>

“Adequate sleep, balanced diet and all other disease prevention measures”
“I cook for my family, I take my kids outside to play and I clean my house”
“Transportation, good policies that take into account everyone, access to health care and clean water, access to healthy food”

### What keeps you from being healthy?

<table>
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</thead>
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<tr>
<td>45%: Junk foods: snacks, sweets, candy</td>
<td>33%: Poor nutrition/unhealthy eating, consumption of too little or too much food</td>
<td>18%: Poor food choices/consumption of junk foods</td>
</tr>
<tr>
<td>17%: Not enough exercise/inactivity</td>
<td>17%: Low income, lack of education</td>
<td>24%: Unsafe neighborhoods, unclean environment/littering of environment with trash, violence and crime</td>
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<tr>
<td>19%: Financial stress, lack of family togetherness, illiteracy/language barrier</td>
<td>25%: Other behaviors like stress, inadequate sleep</td>
<td>34%: Lack of community connections, poor communication between community members and government, racism</td>
</tr>
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<td>31%: Other behaviors like insufficient information on health programs, food deserts, inadequate community resources</td>
</tr>
</tbody>
</table>

“Stress, lack of affordable healthy foods, limits on access to healthcare, non-walkable and bike-able or other transit options, workplaces and other important resources that are not close to home or connected by transit, threats of violence especially domestic and police”
“My kids don’t eat fruits and vegetables”
“Too expensive to eat healthy, healthcare is very expensive and racial division”