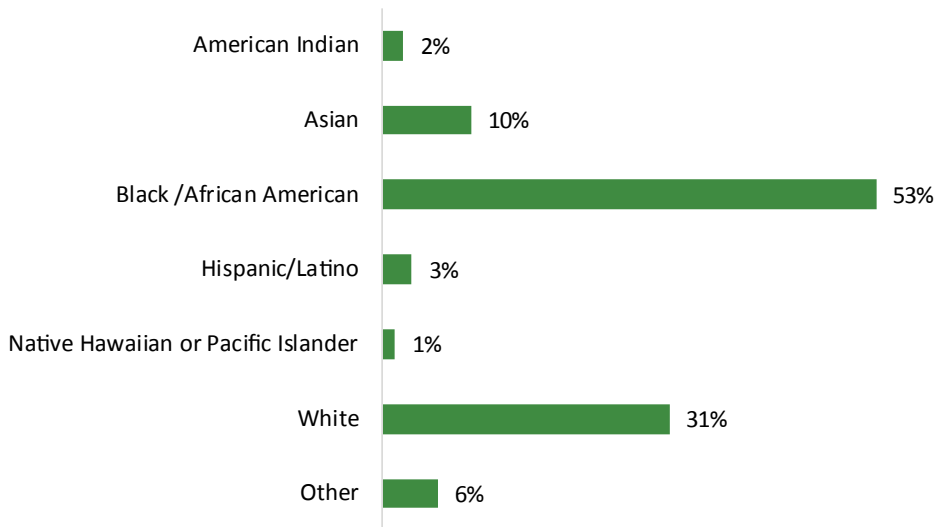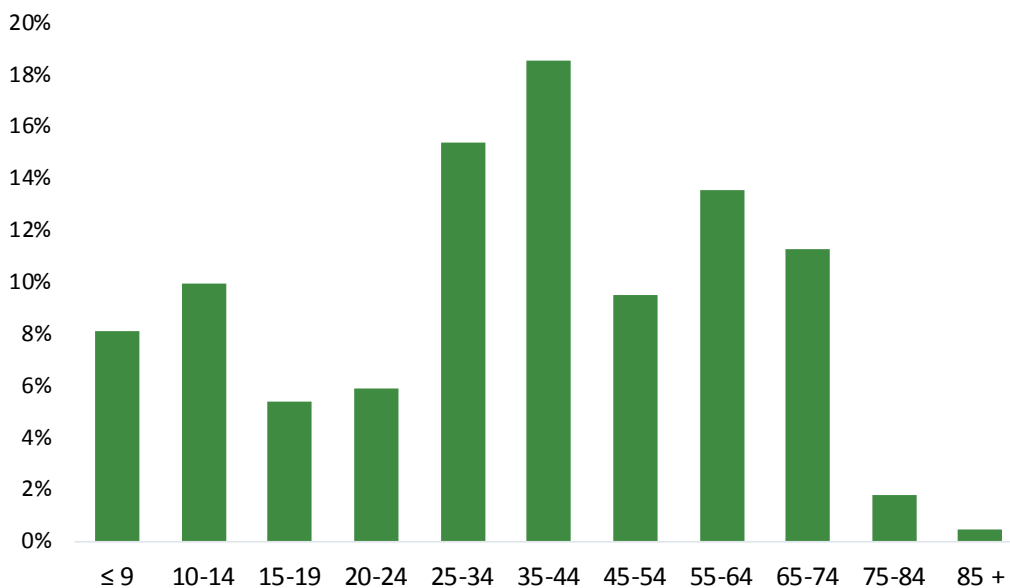# 55104 - Community Engagement

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
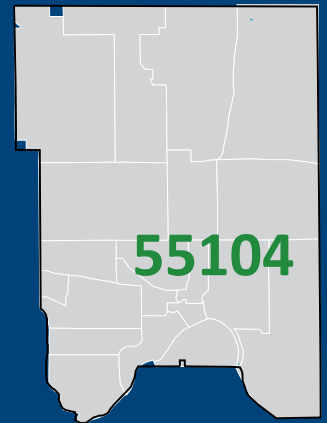
Race Ethnicity n=221

Category	Percent
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)

Age Group	Percent
≤ 9	8%
10-14	10%
15-19	5.5%
20-24	6%
25-34	15%
35-44	18.5%
45-54	9.5%
55-64	13.5%
65-74	11%
75-84	2%
85 +	0.5%

Ramsey County

55104

Population
48,514

Household median income
52,382

Voices heard
221

Female: 135
Male: 84
Other: 2

What helps you stay healthy?

PERSONAL HEALTH

67%: Good/healthy foods, drinking a lot of water

50%: Exercise, walking, running, biking

20%: Social support (family, friends, community, schools, YMCA), religion

13%: Access to health care, taking medicatons, good personal hygiene: washing hands, brushing teeth

FAMILY HEALTH

53%: Choosing, cooking and eating healthy meals together

26%: Regular exercise

25%: Social interaction (family, friends)

COMMUNITY HEALTH

20%: Good food options/ eating healthy

40%: Community events, community food shelfs, community interactions and cohesiveness

33%: Others: Good social services, safety and justice, clean environment

"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?

PERSONAL HEALTH

45%: Junk foods: snacks, sweets, candy

17%: Not enough exercise/inactivity

19%: Financial stress, lack of family togetherness, illiteracy/language barrier

FAMILY HEALTH

33%: Poor nutrition/unhealthy eating, consumption of too little or too much food

17%: Low income, lack of education

25%: Other behaviors like stress, inadequate sleep

COMMUNITY HEALTH

18%: Poor food choices/consumption of junk foods

24%: Unsafe neighborhoods, unclean environment/littering of environment with trash, violence and crime

34%: Lack of community connections, poor communication between community members and government, racism

31%: Other behaviors like insufficient information on health programs, food deserts, inadequate community resources

"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"