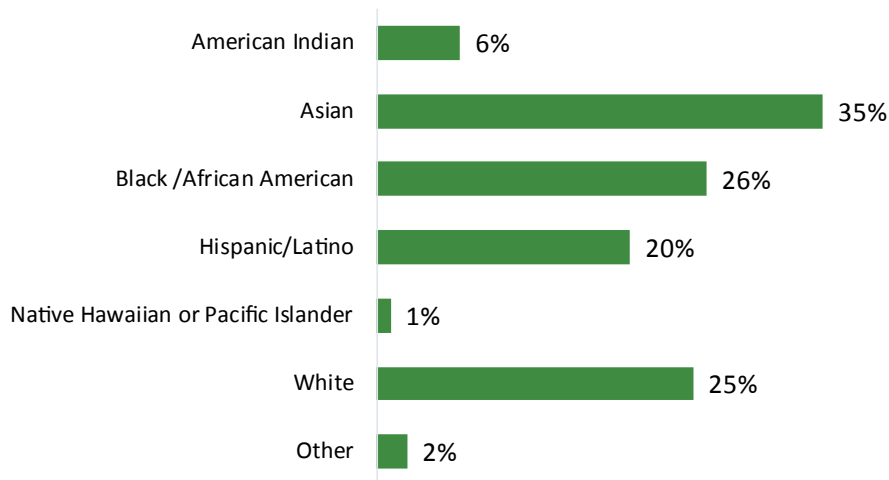


55106 - Community Engagement

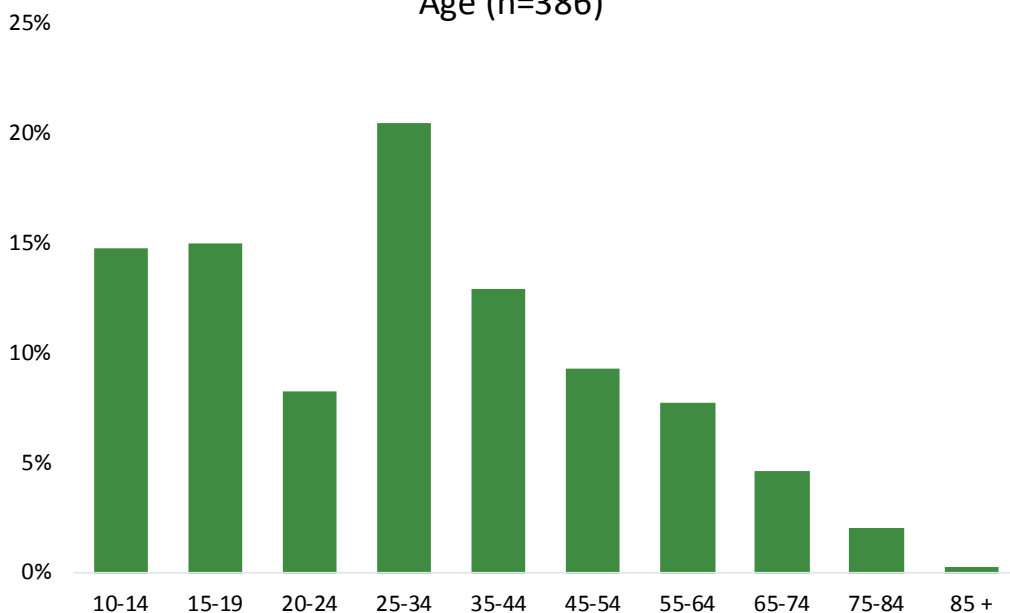
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code.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

Race Ethnicity (n=386)

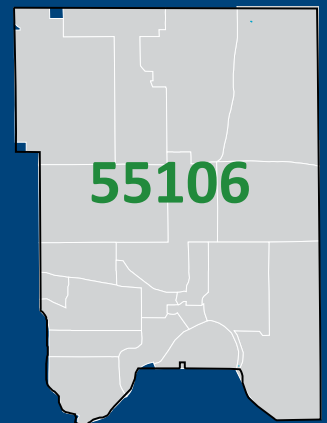


Respondents could select multiple categories, so total may be more than 100 percent.

Age (n=386)



Ramsey County



Population
56,259

Household
median
income
45,444

Voices heard
386

Female: 265
Male: 118
Other: 3

55106 - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 68%:** Eating healthy food/good nutrition, drinking lots of water, sleeping well
- 53%:** Exercise/walking
- 23%:** Family/ social support, education, good income
- 13%:** Access to health care, going to the doctor

FAMILY HEALTH

- 54%:** Cooking and eating healthy foods/ eating right
- 28%:** Physical exercise
- 30%:** Good education, good income, strong family ties
- 40%:** Good diet/healthy eating

COMMUNITY HEALTH

- 25%:** Stores that sell affordable nutritious foods
- 14%:** Being active/physical exercise
- 21%:** Clean environment, safe neighborhoods
- 45%:** Community programs, community support
- 26%:** Others: public safety and transportation, community resources like farmer's market

"Being active mentally, physically. Spending time with family and friends. Eating healthy food, regular sleep"

"Maintaining a good diet. At home, my parents have a healthy table that contains fruits, crackers and nuts"

"My community probably isn't the healthiest. Payne/Phalen doesn't have enough grocery stores, rec centers, health clinics or libraries"



What keeps you from being healthy?

PERSONAL HEALTH

- 46%:** Eating unhealthy food/junk food, the cost of veggies/fruits
- 19%:** Not exercising or staying activity
- 21%:** Work and school related stress, low income
- 11%:** Cold weather, pollution

FAMILY HEALTH

- 36%:** Bad food choices, high cost of healthy foods, inadequate food consumption
- 25%:** Low family income level, lack of family connectedness

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%:** Others: insufficient information on health programs, food deserts, inadequate community resources

"Lack of time, it is expensive to join a club or gym, access to transportation, cost to buy healthy food versus purchasing unhealthy food, healthy food is not tasty, multiple jobs, targeting of big corporations in my community (e.g. McDonalds, Burger King, other fast food places), lack of knowing where farmer's markets are"

"Toxic food, genetically modified foods, contamination of food with BPA"

"Too expensive to eat healthy, healthcare is very expensive and racial division"

