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=60)

- **American Indian**: 10%
- **Asian**: 15%
- **Black/African American**: 7%
- **Hispanic/Latino**: 36%
- **Native Hawaiian or Pacific Islander**:
- **White**: 32%
- **Other**: 3%

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

### Age (n=60)

- **≤ 9**: 0%
- **10-14**: 5%
- **15-19**: 5%
- **20-24**: 5%
- **25-34**: 10%
- **35-44**: 30%
- **45-54**: 20%
- **55-64**: 15%
- **65-74**: 10%
- **75-84**: 5%
- **85+**: 0%
### 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>65%: Eating healthy, homemade meals, avoiding bad food</td>
<td>62%: Eating fruits and vegetables, eating home cooked meals</td>
<td>25%: Access to healthy foods</td>
</tr>
<tr>
<td>55%: Exercising</td>
<td>32%: Exercising- walking</td>
<td>18%: Exercising</td>
</tr>
<tr>
<td>27%: Good family and friend support</td>
<td>27%: Family and friend social connectedness</td>
<td>52%: Social connections, community events and community building</td>
</tr>
</tbody>
</table>

- **PERSONAL HEALTH**
  - “My children’s education keeps me healthy because I don’t have to worry about paying for their school”
  - “Have same faith and have regular meeting and eating time together. Travel together to retreat as a family or clan. Support one another in babysitting. Helping one another in finance. Pray for one another’s needs”
  - “Policies that address racial inequities and disparities, parks, community celebrations and gathering places”

### What keeps you from being healthy?

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>30%: Eating junk foods, unhealthy food habits</td>
<td>25%: Unaffordability of healthy foods, poor eating habits</td>
<td>17%: Unhealthy eating</td>
</tr>
<tr>
<td>20%: Limited time for physical exercise, spending a lot of time indoors, laziness</td>
<td>27%: Low household income, busy schedules</td>
<td>23%: Air and water pollution, crime and violence</td>
</tr>
<tr>
<td>23%: Low income, busy work schedule</td>
<td>13%: Reduced physical activity due to cold weather</td>
<td>45%: Racism/discrimination, low income/poverty, lack of good and affordable housing</td>
</tr>
<tr>
<td>20%: Others: lack of food and shelter, phone, unaffordability of healthy diet</td>
<td></td>
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</tr>
</tbody>
</table>

- **PERSONAL HEALTH**
  - “Lack of exercise, second hand smoke, accessibility to junk food”
  - “We do not have enough income, this causes us to stress sometimes”
  - “Excessive police force and presence, less attention to environmental pollution in the community I live in, less accessible healthy foods than in other wealthier neighborhoods, oppressive systems”