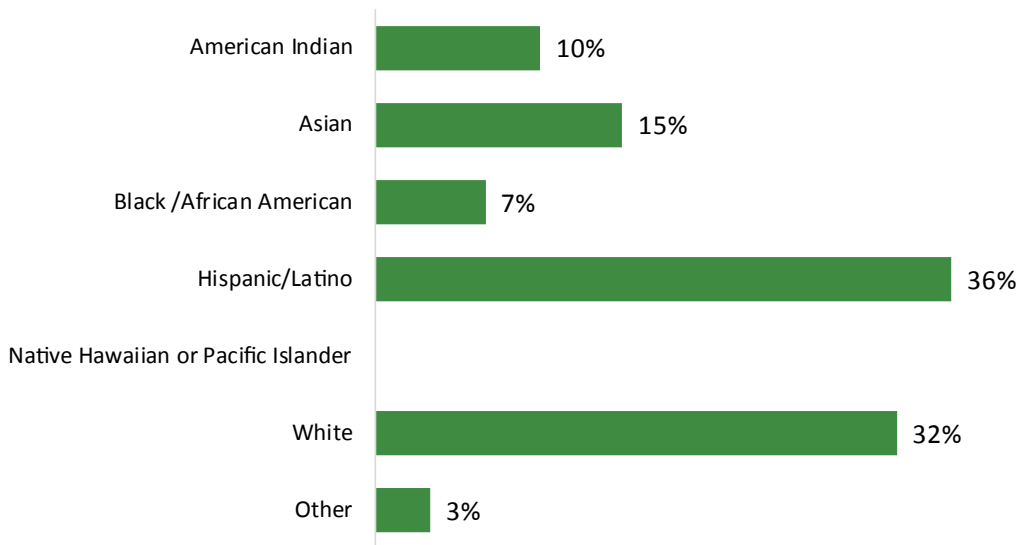


55107 - Community Engagement

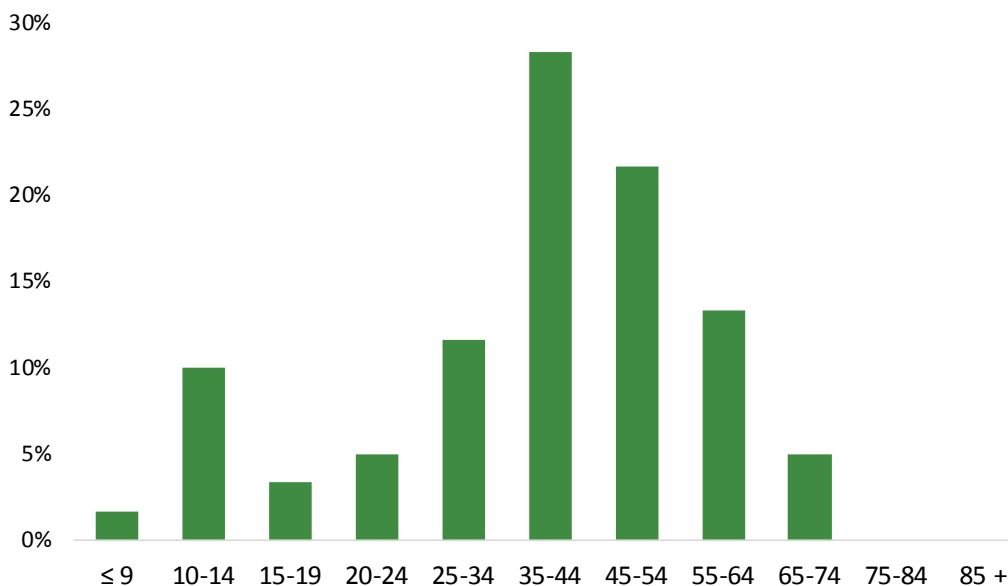
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code.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

Race Ethnicity (n=60)

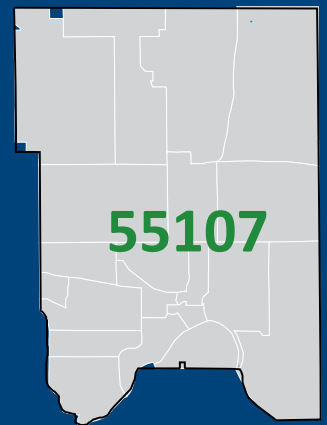


Respondents could select multiple categories, so total may be more than 100 percent.

Age (n=60)



Ramsey County



Population
15,858



Household
median
income

44,341

Voices heard

60



Female: 42
Male: 18
Other: 0

55107 - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 65%:** Eating healthy, homemade meals, avoiding bad food
- 55%:** Exercising
- 27%:** Good family and friend support

FAMILY HEALTH

- 62%:** Eating fruits and vegetables, eating home cooked meals
- 32%:** Exercising- walking
- 27%:** Family and friend social connectedness

COMMUNITY HEALTH

- 25%:** Access to healthy foods
- 18%:** Exercising
- 52%:** Social connections, community events and community building
- 30%:** Others: more public health resources, engaging in community activities, health education about healthy eating

“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?

PERSONAL HEALTH

- 30%:** Eating junk foods, unhealthy food habits
- 20%:** Limited time for physical exercise, spending a lot of time indoors, laziness
- 23%:** Low income, busy work schedule
- 20%:** Others: lack of food and shelter, phone, unaffordability of healthy diet

FAMILY HEALTH

- 25%:** Unaffordability of healthy foods, poor eating habits
- 27%:** Low household income, busy schedules
- 13%:** Reduced physical activity due to cold weather

COMMUNITY HEALTH

- 17%:** Unhealthy eating
- 23%:** Air and water pollution, crime and violence
- 45%:** Racism/discrimination, low income/poverty, lack of good and affordable housing

“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”

