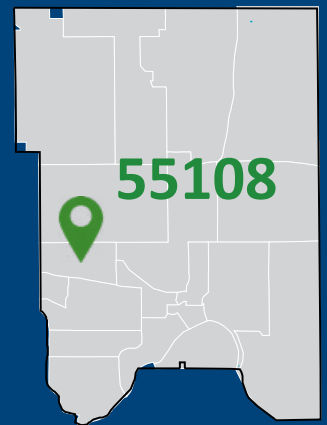


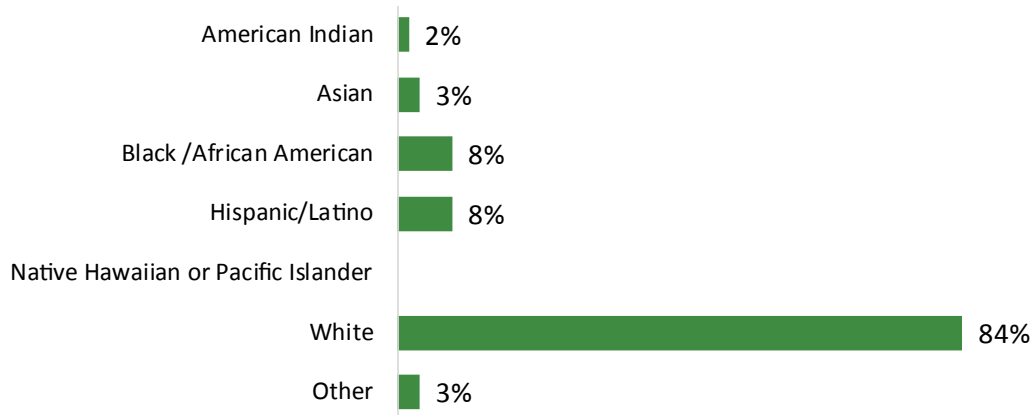
# 55108 - Community Engagement

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](http://www.ramseycounty.us/cha)

## Ramsey County



### Race Ethnicity (n=62)



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



**Population**  
**16,462**



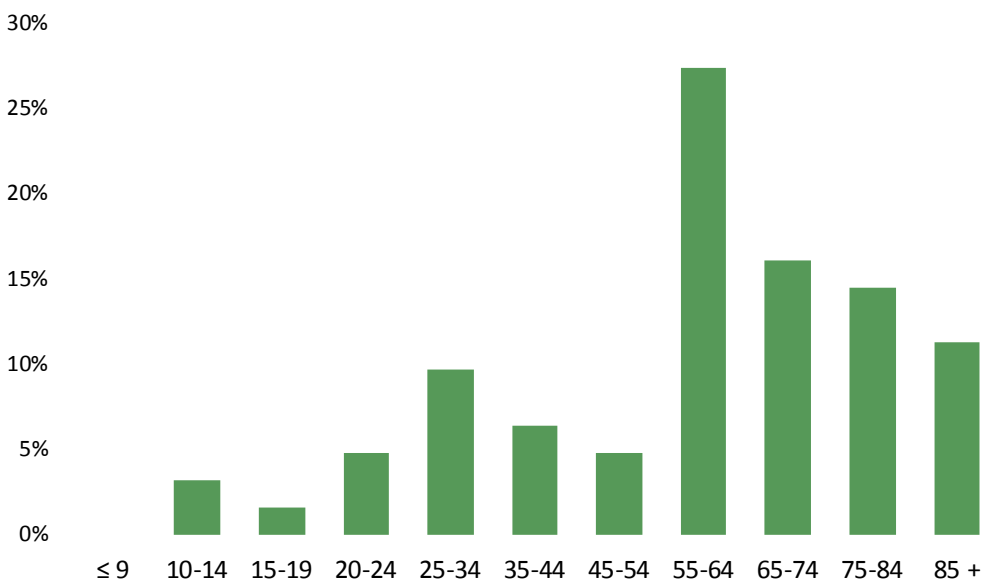
**Household median income**  
**59,233**

**Voices heard**  
**62**



**Female: 44**  
**Male: 17**  
**Other: 1**

### Age (n=62)





## What helps you stay healthy?

### PERSONAL HEALTH

- 69%:** Eating healthy food
- 53%:** Regular exercise
- 32%:** Healthy family and friend relationships, adequate sleep

### FAMILY HEALTH

- 37%:** Eating right, cooking together, eating homemade meals
- 40%:** Exercising/engaging in sports
- 23%:** Social support from family and friends
- 31%:** Others: good community resources, good financial ability, strong values

### COMMUNITY HEALTH

- 18%:** Access to affordable health care
- 34%:** Access to healthy foods, availability of fresh produce
- 21%:** Outdoor activities-walking/sports
- 18%:** Clean environment, safe neighborhood
- 50%:** Social support/ community interaction, community activities
- 37%:** Others: sleep, good access to community resources, childhood education

“Eating right, getting out and being active, good friends, having a positive attitude, getting good sleep”

“Eating well home cooked food, lots of fruits, veggies, not eating pre-made food, food out of bags, exercising regularly. Seeing the doctor regularly”

“Clean environment, sidewalks, walking, access to medical care, access to fresh produce, grocery, access to recreational areas- parks, community centers”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 27%:** Eating bad food-snacks, free unhealthy food at events
- 21%:** Sedentary lifestyle, limited physical activity
- 18%:** Stress, family conflicts

### FAMILY HEALTH

- 21%:** High cost of healthy foods, poor eating-snacks and sweet consumption
- 16%:** Miscommunication among family members, lack of quality time together
- 16%:** Limited exercise in winter, laziness preventing exercising

### COMMUNITY HEALTH

- 19%:** Air pollution, cold weather, unsafe neighborhood
- 42%:** Low income/poverty, unhealthy cultural habits, inequity in job opportunities
- 42%:** Others: crime, lack of resources, inequitable access to health resources

“Eating unhealthy 60% of the time, too much computer/phone time, not exercising the remaining 4 days of the week”

“Cost of healthy foods and time constraints”

“Processed food at grocery stores/lack of sidewalks in communities/lack of public transit in communities”

