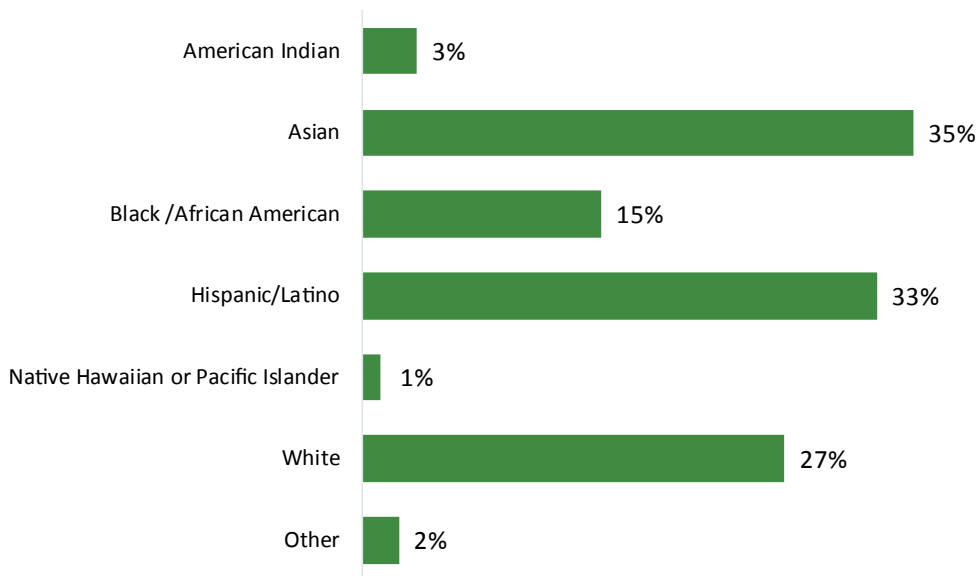


# 55109 - Community Engagement

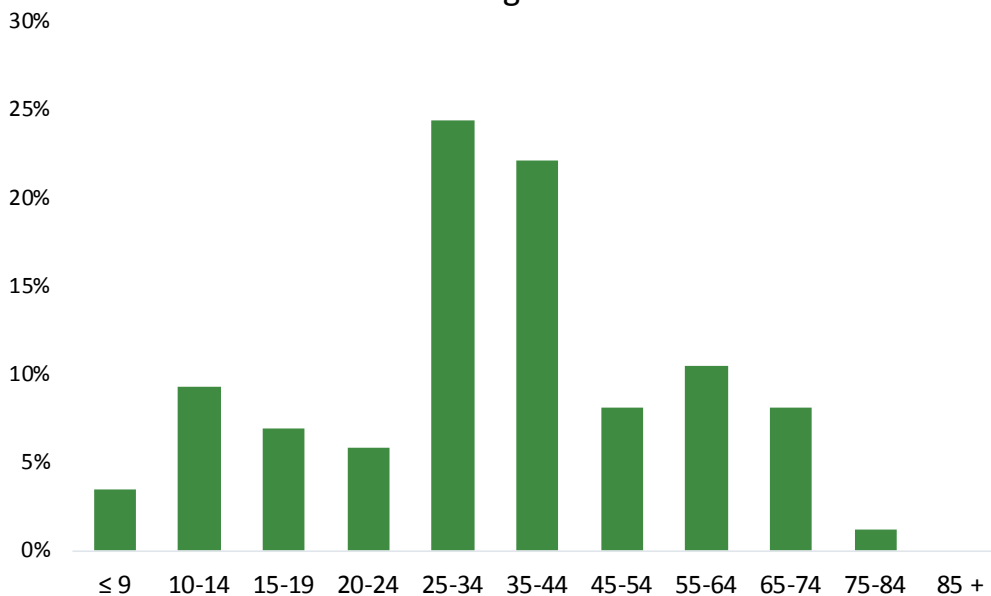
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code.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

Race Ethnicity (n=86)

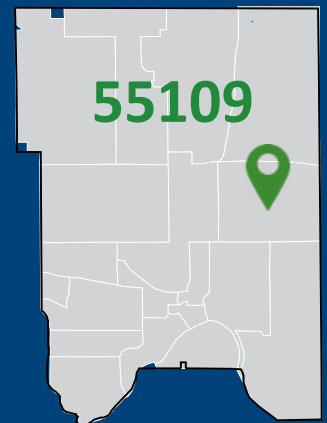


Respondents could select multiple categories, so total may be more than 100 percent.

Age



## Ramsey County



55109

Population  
**33,240**

Household  
median  
income  
**58,831**

Voices heard  
**86**

Female: 50  
Male: 36  
Other: 0

# 55109 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 19%:** Visiting doctors for check-ups, use of medications
- 60%:** Eating well and healthy, drinking water
- 55%:** Being active/exercising
- 20%:** Social interactions, sleeping and resting well

### FAMILY HEALTH

- 50%:** Eating healthy, planned meals, eating together
- 29%:** Exercising- outdoor adventures, sports
- 30%:** Family time and togetherness, family support
- 20%:** Others: limited risk exposures, good communication, good education

### COMMUNITY HEALTH

- 16%:** Access to healthy foods, free healthy foods
- 16%:** Clean environment, safe neighborhood
- 42%:** Others: safe roads, variety of culture, health advertisements, civic leaderships, preventive health services

“Eating fruits and vegetables. Drinking lots of water to flush out toxic and keep body well hydrated”

“Healthy foods, motivating each other-we are currently doing a family weight loss competition, walking at the park, working out at the gym, check-ups, meds”

“Sense of connection, having town hall meetings to solicit feedback from residents, access to education, having access to grocery store that offer healthier food, increase in farmers market, services for families in need of additional support, less homelessness, less crime, more jobs with adequate pay”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 47%:** Eating junk foods, eating too much/too little, dehydration/inadequate water intake
- 24%:** Inactivity/limited exercise
- 20%:** Stress-work and school, lack of monetary resources, family conflicts, loneliness
- 19%:** Others: life's pressures, self-destruction, unsafe drivers, addictions

### FAMILY HEALTH

- 38%:** Unhealthy eating, easy access to fast foods, limited time to cook good meals
- 31%:** Economy, spousal separation/single parenthood, family conflicts
- 14%:** Limited exercise due to laziness
- 29%:** Others: bad relationships, job loss, TV and advertising, games

### COMMUNITY HEALTH

- 44%:** Economy, lack or inadequate communication, poor and incorrect information about community services
- 20%:** Violence and crime, dirty environment
- 38%:** Others: cold weather, barriers to health and food access, lack of indoor parks or centers for activities, drugs

“Weather, lack of nearby walking trails, motivation, cost of healthy foods”

“Alcohol-especially because of our community's high consumption and acceptance of it at family gathering ”

“Violence in the home and communities; disregard for laws that promote health and safety; lack of sidewalks in some area; easy access to cheap fast food; low paying jobs-inability to access healthy foods; Trump's Administration; anti-vaccines tactics, less meaningful social interaction-everything is about technology now”

