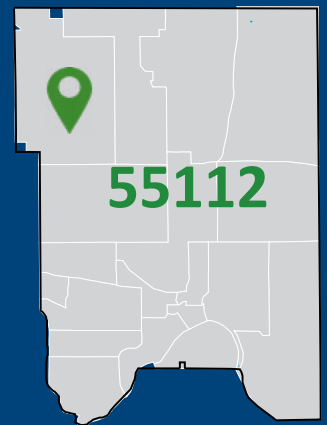


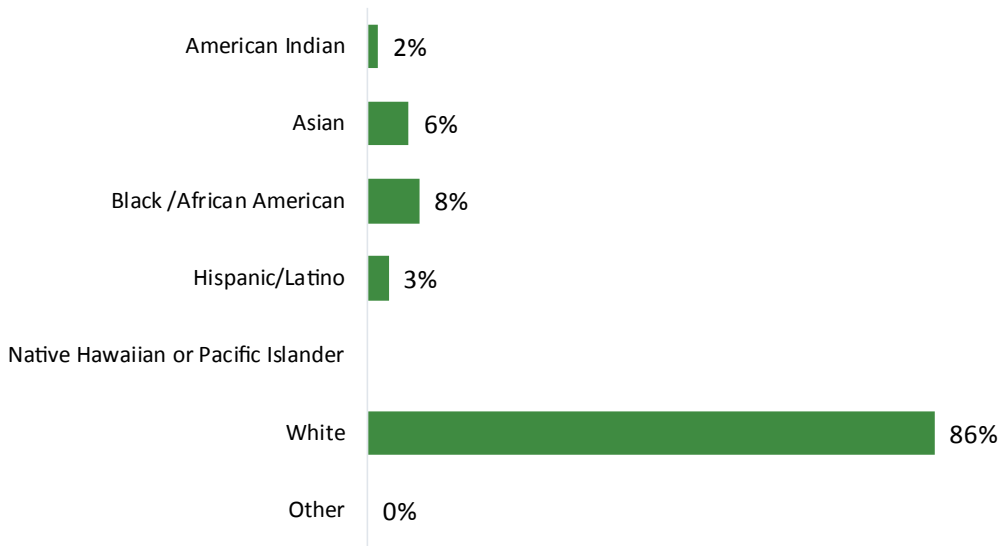
55112 - Community Engagement

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

Ramsey County

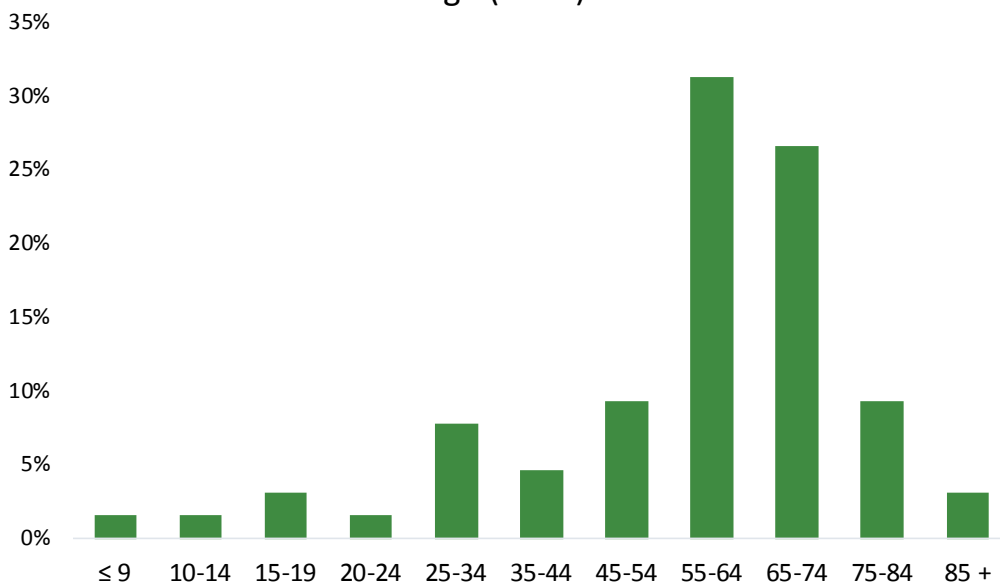


Race Ethnicity (n=64)



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

Age (n=64)



Population
46,320

Household
median
income
71,824

Voices heard
64

Female: 45
Male: 19
Other: 0

55112 - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 70%:** Regular exercise
- 63%:** Good/healthy diet, affordable healthy food options
- 28%:** Friends and family support
- 19%:** Visiting doctors for regular check-ups, good health insurance, use of medications

FAMILY HEALTH

- 48%:** Exercise/working out together
- 47%:** Eating healthy, access to quality grocery stores
- 28%:** Family support, family activities together
- 28%:** Others: reading food labels, going on vacations, not smoking

COMMUNITY HEALTH

- 61%:** Community centers, recreational centers/parks
- 23%:** Access to exercise facilities, YMCA
- 17%:** Clean environment, clean air and water
- 33%:** Others: adequate bike trails, dancing classes, social support

“Regular exercise, scratch cooked meals, social interaction with family and friends, intellectual activities like reading newspapers, books”

“Access to high quality grocery stores and markets; sidewalks; local parks with nature trails, beaches and gathering areas”

“Well designed system of areas where people are able to walk in winter and summer-the mall is an incredibly healthy place for people to get exercise especially seniors. Having fresh groceries available. Good road systems”



What keeps you from being healthy?

PERSONAL HEALTH

- 31%:** Eating too much/not eating right, unaffordability of healthy meals
- 20%:** Inadequate exercise/sedentary lifestyle
- 16%:** Air pollution, poor weather conditions

FAMILY HEALTH

- 31%:** Time constraints for cooking and eating healthy meals, unhealthy eating
- 28%:** Stress, busy schedules

COMMUNITY HEALTH

- 36%:** Lack of employment, low paying jobs
- 32%:** Air pollution, cold weather, no sidewalks
- 39%:** Others: inaccessible senior resources, too much computerized processes, lack of community activities, poor justice system

“Polluted, contaminated air and water”

“Unable to afford healthy food as much as needed, spend too much of limited income to help my 32-year-old unemployed son who had a medical crisis ”

“Being too dependent on cars. Not a walkable community and lousy public transportation”

