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=64)**

- American Indian: 2%
- Asian: 6%
- Black /African American: 8%
- Hispanic/Latino: 3%
- Native Hawaiian or Pacific Islander: 0%
- White: 86%
- Other: 0%

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

**Age (n=64)**

- 0 to 9: 5%
- 10 to 14: 5%
- 15 to 19: 5%
- 20 to 24: 10%
- 25 to 34: 10%
- 35 to 44: 15%
- 45 to 54: 25%
- 55 to 64: 30%
- 65 to 74: 25%
- 75 to 84: 15%
- 85+: 5%

Population: 46,320
Household median income: 71,824
Voices heard: 64
Female: 45
Male: 19
Other: 0
### What helps you stay healthy?

<table>
<thead>
<tr>
<th>PERSONAL HEALTH</th>
<th>FAMILY HEALTH</th>
<th>COMMUNITY HEALTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>70%: Regular exercise</td>
<td>48%: Exercise/working out together</td>
<td>61%: Community centers, recreational centers/parks</td>
</tr>
<tr>
<td>63%: Good/healthy diet, affordable healthy food options</td>
<td>47%: Eating healthy, access to quality grocery stores</td>
<td>23%: Access to exercise facilities, YMCA</td>
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<tr>
<td>28%: Friends and family support</td>
<td>28%: Family support, family activities together</td>
<td>17%: Clean environment, clean air and water</td>
</tr>
<tr>
<td>19%: Visiting doctors for regular check-ups, good health insurance, use of medications</td>
<td>28%: Others: reading food labels, going on vacations, not smoking</td>
<td>33%: Others: adequate bike trails, dancing classes, social support</td>
</tr>
</tbody>
</table>

- “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?

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</tr>
</thead>
<tbody>
<tr>
<td>31%: Eating too much/not eating right, unaffordability of healthy meals</td>
<td>31%: Time constraints for cooking and eating healthy meals, unhealthy eating</td>
<td>36%: Lack of employment, low paying jobs</td>
</tr>
<tr>
<td>20%: Inadequate exercise/sedentary lifestyle</td>
<td>28%: Stress, busy schedules</td>
<td>32%: Air pollution, cold weather, no sidewalks</td>
</tr>
<tr>
<td>16%: Air pollution, poor weather conditions</td>
<td></td>
<td>39%: Others: inaccessible senior resources, too much computerized processes, lack of community activities, poor justice system</td>
</tr>
</tbody>
</table>

- “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”