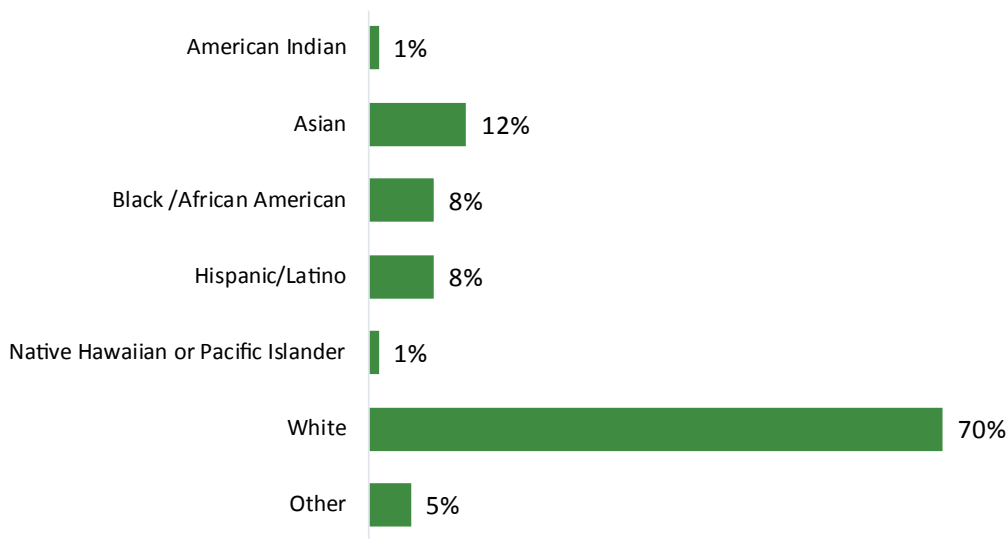


# 55113 - Community Engagement

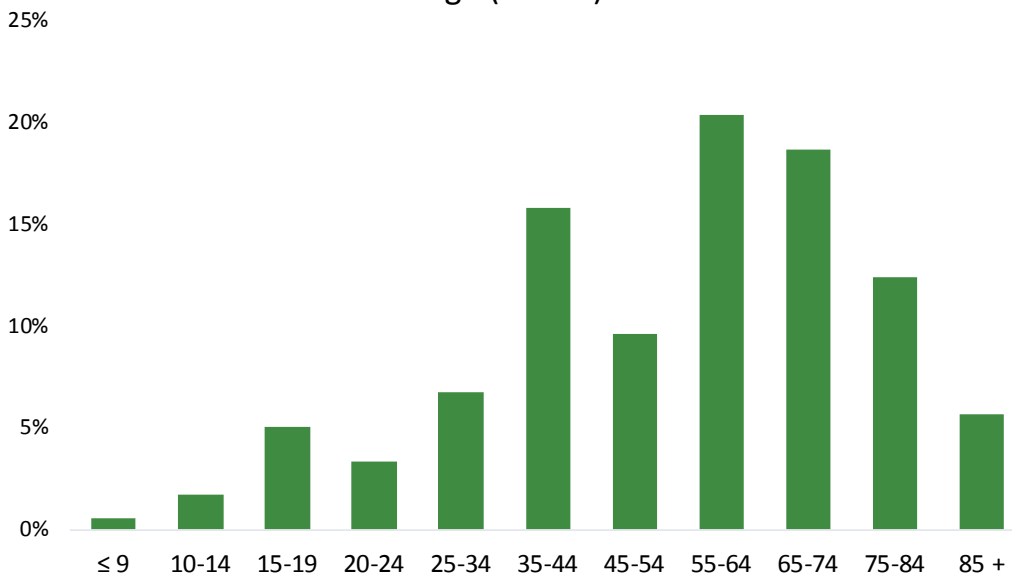
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. 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=177)



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

### Age (n=177)



## Ramsey County



**Population**  
**39,685**

**Household median income**  
**65,666**

**Voices heard**  
**177**

Female: 121  
Male: 54  
Other: 2

# 55113 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 71%:** Good/healthy foods
- 52%:** Exercise
- 35%:** Good family and friend support
- 19%:** Annual health checkups and using medications

### FAMILY HEALTH

- 49%:** Eating right or healthy
- 35%:** Exercise
- 35%:** Family and friend connectedness
- 12%:** Access to health care

### COMMUNITY HEALTH

- 20%:** Access to healthy food and resources
- 19%:** Parks, walk and bike paths
- 59%:** Safe neighborhoods

“Access to safe community resources (parks, rec), safe neighborhood, diet and fitness, good mental health”

“We enjoy exercise, we are mostly happy and try to eat well”

“Local parks, recreational activities, affordable fresh groceries, gyms, knowledge of how to maintain a healthy lifestyle, accessible healthcare for everyone”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 41%:** Junk foods/unhealthy food
- 22%:** Inadequate/lack of exercise
- 13%:** Low income
- 15%:** Unaffordable health care

### FAMILY HEALTH

- 24%:** No time to cook and eat healthy meals
- 12%:** Cost of accessing health care
- 15%:** Financial pressure, stress

### COMMUNITY HEALTH

- 44%:** Lack of social interaction
- 21%:** Cold weather, environmental pollution, unaffordable transportation
- 15%:** Lack of access/unaffordability of healthy food options

“Being depressed, not eating healthy foods, not able to afford healthcare”

“Too busy to shop and cook healthy meals and have healthy food options on hand”

“Stigma, racism, bigotry, fear of one another. hate is towards hate, love towards love”

