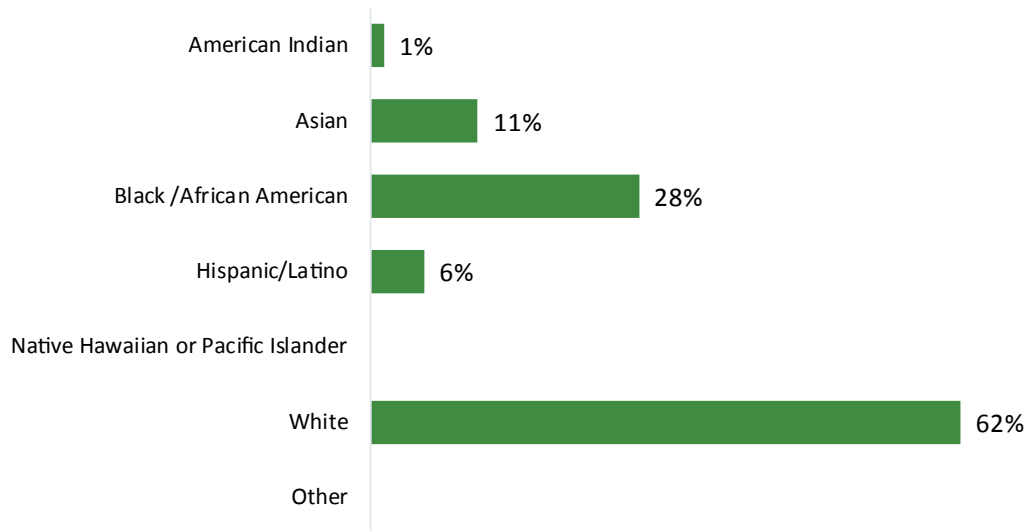


# 55116 - Community Engagement

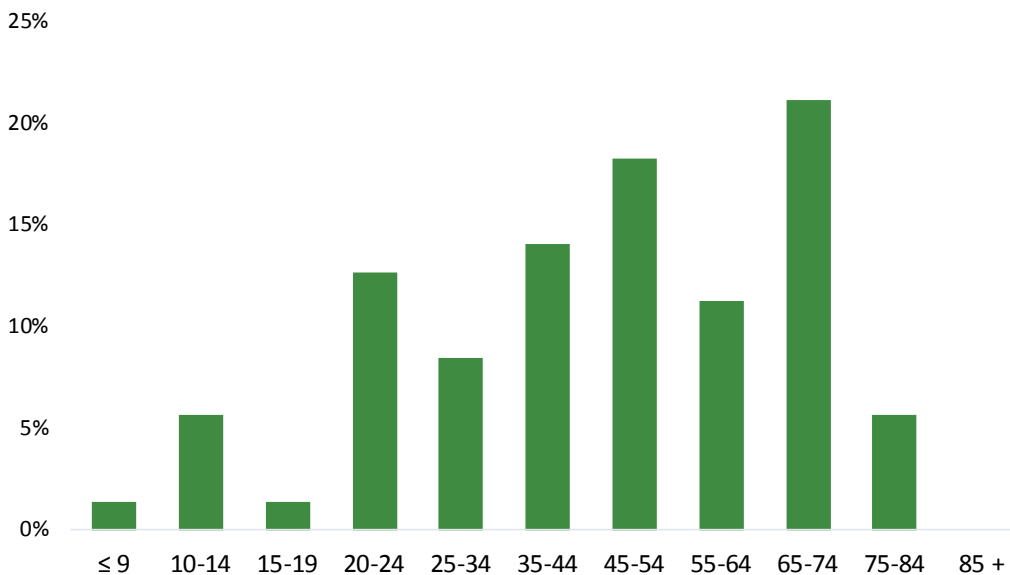
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. 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=71)

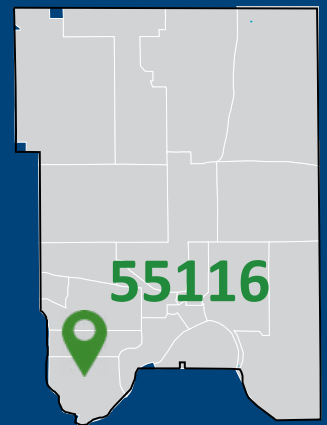


Respondents could select multiple categories, so total may be more than 100 percent.

## Age (n=71)



# Ramsey County



Population  
**26,887**

Household  
median  
income  
**64,706**

Voices heard  
**71**

Female: 47  
Male: 24  
Other: 0

# 55116 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 73%:** Exercise/physical activity
- 68%:** Eating healthy food, access to healthy foods
- 27%:** Connections with family and friends
- 19%:** Visiting doctors for regular check-ups, good health insurance, use of medications

### FAMILY HEALTH

- 56%:** Eating home cooked meals together, eating nutritious foods, right food choices
- 41%:** Outdoor activities and exercise
- 32%:** Family outing, support from family and friends
- 28%:** Others: reading food labels, going on vacations, not smoking

### COMMUNITY HEALTH

- 56%:** Community centers, good social services, community library
- 32%:** Clean and safe neighborhood
- 28%:** Exercising, being more active
- 17%:** Eating healthy foods

“Positive mindset, healthy food options, adequate physical activity and a smoke free environment”

“Home cooked meals, time together, outdoor physical activities”

“Policies that support healthy eating, fun recreation, gun violence prevention policies”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 32%:** Poor food choices, unaffordable healthy foods
- 25%:** Lack of exercise
- 18%:** Work related stress, low income
- 20%:** Others: trauma, chronic depression, lack of self-discipline

### FAMILY HEALTH

- 39%:** Eating too much, eating outside, eating unhealthy foods
- 18%:** Stress, low income, lack of family support

### COMMUNITY HEALTH

- 49%:** Low income/poverty, community distrust of politicians
- 21%:** Pollution, unsafe neighborhoods
- 18%:** Lack of access to nutritious foods
- 31%:** Others: inadequate community resources, lack of communication between community and government, lack of community events/activities

“Stress of poverty, low quality air, lack of access to healthy food options, and limited space for physical activity”

“Chemical dependency/mental health issues. Unemployment, unstable housing, food insufficiency”

“Lack of access to healthy food at affordable price, crime not patrolled and lack of police presence”

