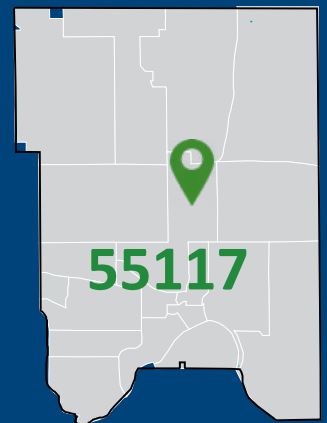


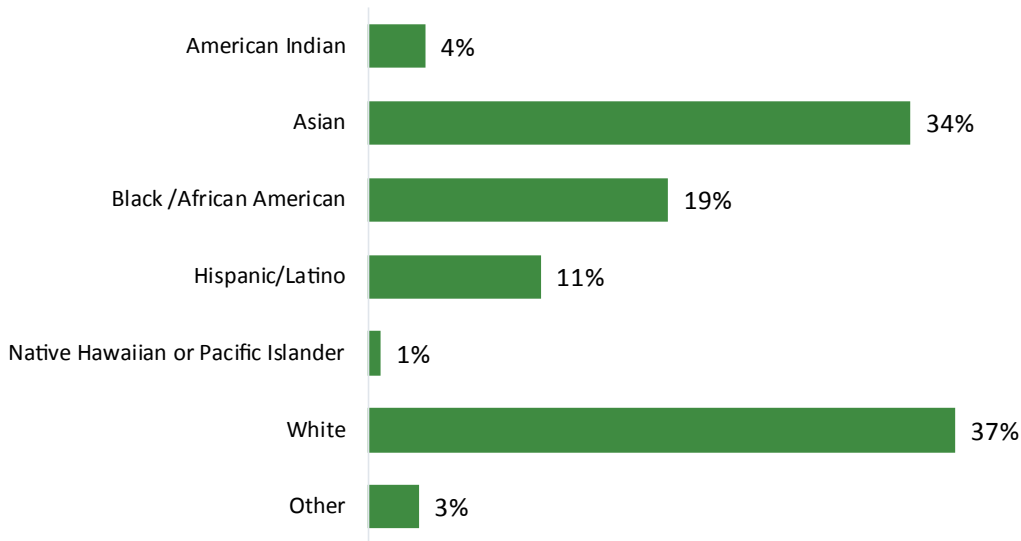
# 55117 - Community Engagement

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)

## Ramsey County

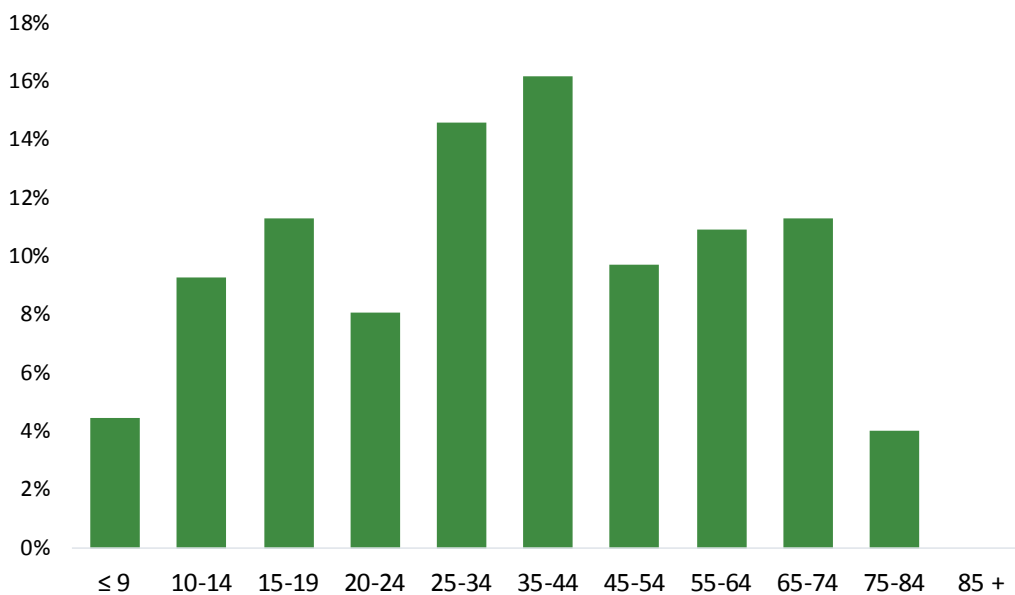


### Race Ethnicity (n=247)



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

### Age (n=247)



Population  
**45,197**

Household  
median  
income  
**48,850**

Voices heard  
**247**

Female: 162  
Male: 84  
Other: 1

# 55117 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 64%:** Eating healthy
- 56%:** Exercise/physical activity
- 24%:** Good family relationships
- 12%:** Regular check-ups

### FAMILY HEALTH

- 51%:** Eating fruits and vegetables and less fast food
- 29%:** Walking together and exercising
- 29%:** Family helping one another and doing things together

### COMMUNITY HEALTH

- 21%:** Access to grocery stores/eating healthy foods
- 14%:** Outdoor exercise
- 16%:** Clean environment
- 46%:** Good social habits/gathering in schools and religious places, engaging in community activities (community centers)
- 27%:** Others: YMCA, fitness centers, rec centers, health program for everyone

“I try as much as possible to stay away from some certain kind of foods, no alcohol, no smoking. I visit the doctor for a checkup and I smile a lot, eat a lot of fruits, go for a long walk during summer time”

“Good handwashing, home cooked meals rather than fast food”

“Opportunities to get together, libraries, parks, conversation, lectures, events, parks-green, walking, playground, rec centers, community councils investing in neighborhoods”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 42%:** Poor diet/junk food
- 26%:** Irregular exercising habits/cold weather
- 19%:** Lack of time, cold weather (ice on sidewalks)
- 17%:** Others: stress, sleep deprivation

### FAMILY HEALTH

- 30%:** Unhealthy meals, little or no exercise
- 19%:** Low income level, lack of communication
- 32%:** Others: stress, worry, living alone

### COMMUNITY HEALTH

- 19%:** Consumption of unhealthy food due to unaffordability
- 26%:** Safety concerns, unclean environment
- 34%:** Lack of community interaction and cohesion
- 30%:** Others: little or no awareness of to health resources

“Darkness, stress, poor nutrition”

“Too much “fast food” and too much TV time”

“Most of my Karen people live in old apartment complexes, I think this can be unhealthy for them”

