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=247)

- **American Indian**: 4%
- **Asian**: 34%
- **Black /African American**: 19%
- **Hispanic/Latino**: 11%
- **Native Hawaiian or Pacific Islander**: 1%
- **White**: 37%
- **Other**: 3%

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

### Age (n=247)

- **≤ 9**: 4%
- **10-14**: 8%
- **15-19**: 6%
- **20-24**: 4%
- **25-34**: 12%
- **35-44**: 14%
- **45-54**: 12%
- **55-64**: 10%
- **65-74**: 8%
- **75-84**: 4%
- **85 +**: 2%

Population

**Ramsey County**

**Population 45,197**

Household median income

48,850

Voices heard

247

Female: 162
Male: 84
Other: 1
### 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>64%: Eating healthy</td>
<td>51%: Eating fruits and vegetables and less fast food</td>
<td>21%: Access to grocery stores/eating healthy foods</td>
</tr>
<tr>
<td>56%: Exercise/physical activity</td>
<td>29%: Walking together and exercising</td>
<td>14%: Outdoor exercise</td>
</tr>
<tr>
<td>24%: Good family relationships</td>
<td>29%: Family helping one another and doing things together</td>
<td>16%: Clean environment</td>
</tr>
<tr>
<td>12%: Regular check-ups</td>
<td></td>
<td>46%: Good social habits/gathering in schools and religious places, engaging in community activities (community centers)</td>
</tr>
</tbody>
</table>

“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?

<table>
<thead>
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<th>PERSONAL HEALTH</th>
<th>FAMILY HEALTH</th>
<th>COMMUNITY HEALTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>42%: Poor diet/junk food</td>
<td>30%: Unhealthy meals, little or no exercise</td>
<td>19%: Consumption of unhealthy food due to unaffordability</td>
</tr>
<tr>
<td>26%: Irregular exercising habits/cold weather</td>
<td>19%: Low income level, lack of communication</td>
<td>26%: Safety concerns, unclean environment</td>
</tr>
<tr>
<td>19%: Lack of time, cold weather (ice on sidewalks)</td>
<td>32%: Others: stress, worry, living alone</td>
<td>34%: Lack of community interaction and cohesion</td>
</tr>
<tr>
<td>17%: Others: stress, sleep deprivation</td>
<td></td>
<td>30%: Others: little or no awareness of to health resources</td>
</tr>
</tbody>
</table>

“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”