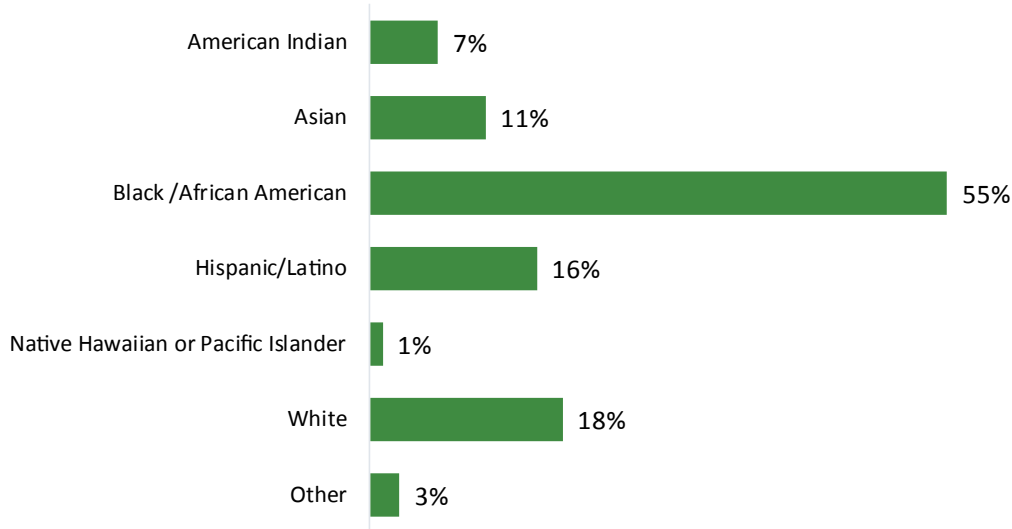


# 55119 - Community Engagement

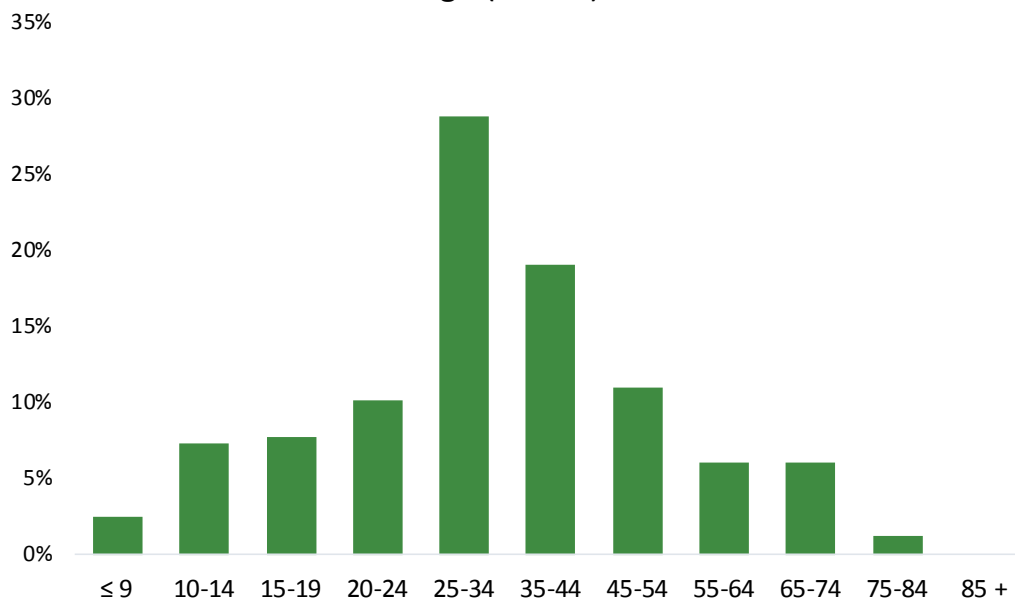
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. 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=246)

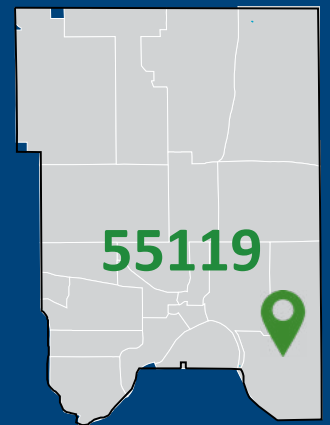


Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=246)



## Ramsey County



Population  
**41,618**

Household median income  
**57,849**

Voices heard  
**246**

Female: 150  
Male: 95  
Other: 1



## What helps you stay healthy?

### PERSONAL HEALTH

- 61%:** Eating healthy/good foods
- 63%:** Doing exercise/being active
- 28%:** Good family time, prayer

### FAMILY HEALTH

- 50%:** Eating healthy/healthy diet/eating homemade food
- 29%:** Exercise/working out/walking
- 30%:** Family interaction and togetherness, prayer

### COMMUNITY HEALTH

- 23%:** Good/nutritious food, clean water, exercise
- 15%:** Affordable options for exercise, staying active and fit
- 16%:** Safe and clean neighborhood
- 39%:** Community events to celebrate culture and health, helping one another and having good relationship with neighbors
- 33%:** Others: community garden, community awareness and participation, health education

“Exercise and 8 hours of sleep”

“Safety, justice, access to health care, faith and spirituality, family income, housing”

“I would say access to affordable options for exercise, healthy diet and medical care”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 47%:** Eating poorly, eating too much
- 27%:** Not exercising/inactivity
- 19%:** Low education/language barriers, stress

### FAMILY HEALTH

- 28%:** Poor eating habits/junk foods
- 18%:** Inactivity/not exercising
- 23%:** Low income

### COMMUNITY HEALTH

- 22%:** Unhealthy eating, fast food chains
- 14%:** Physical inactivity
- 23%:** Unsafe neighborhood, community violence, unclean environment, air pollution
- 25%:** Low education, poverty, structural racism
- 35%:** Others: lack of social programs in the community, lack of awareness

“Lack of quality restaurants near me. There are a lot of fast food restaurants in my neighborhood but none serve organic, locally sourced food. Also, since walking is my main source of exercise, weather is a huge factor”

“Time-not having time to be active, family events where we over cook, over eat, eat unhealthy fatty foods, lack of access to parks/trails nearby”

“Lack of good environment, no access to healthcare, lack of safety and lack of good food”

