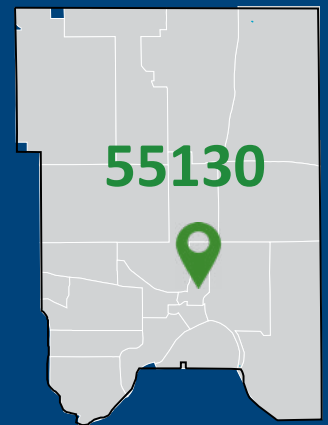


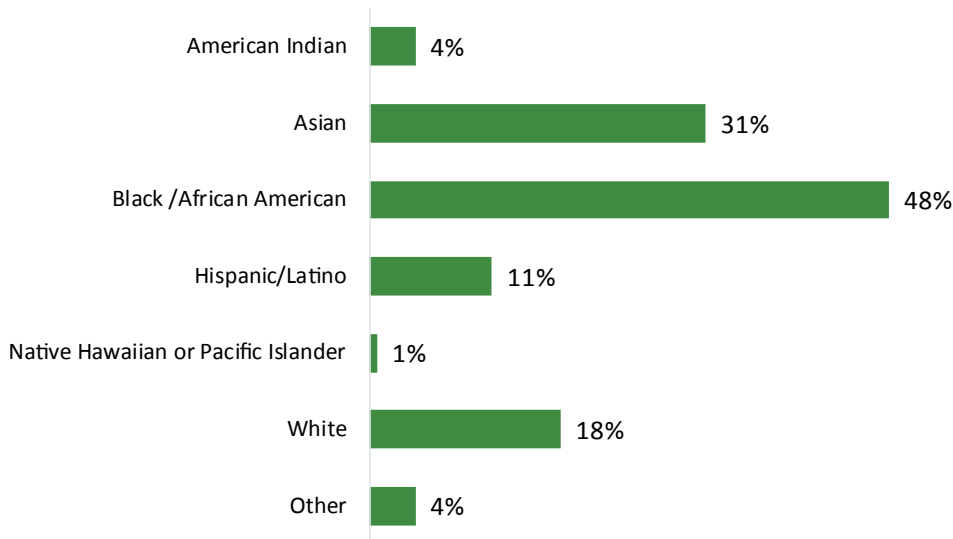
55130 - Community Engagement

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

Ramsey County

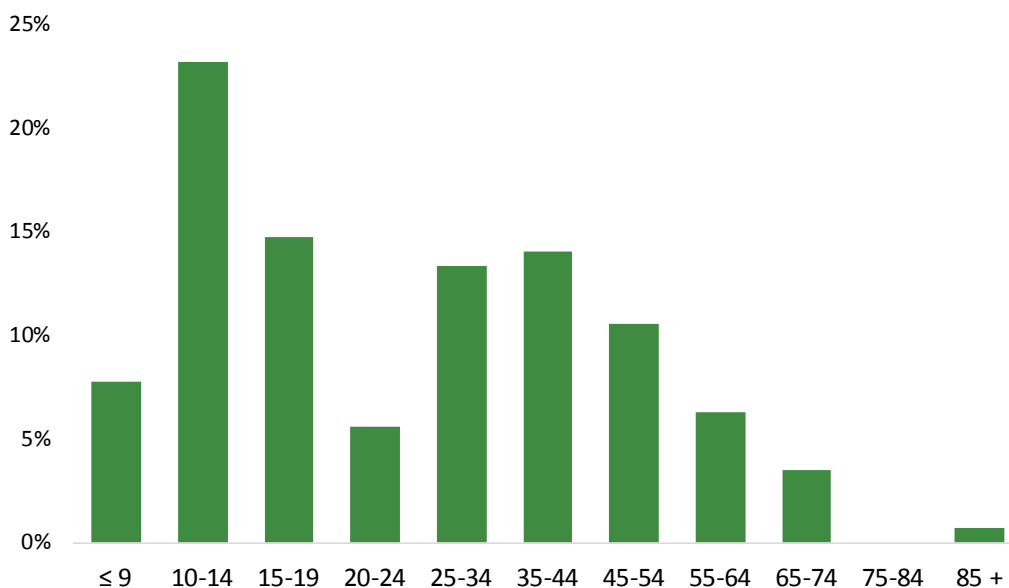


Race Ethnicity (n=142)



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

Age (n=142)



Population
18,901

Household median income
33,450

Voices heard
142

Female: 87
Male: 54
Other: 1



What helps you stay healthy?

PERSONAL HEALTH

- 73%:** Eating healthy/eating right and drinking water
- 56%:** Exercise
- 25%:** Social support from family, friends, religious groups

FAMILY HEALTH

- 58%:** Eating lots of fruits and vegetables
- 26%:** Good exercise/staying active
- 24%:** Family time and support

COMMUNITY HEALTH

- 18%:** Access to good food choices, drinking water
- 18%:** Clean and safe environment
- 41%:** Community togetherness and community awareness, social support

“Exercise, eating healthy foods, drinking lots of water”

“Staying active, eating lots of fruits and vegetables, lots of water, removing junk food”

“Good communication between government and the citizens they serve about all issues such as public safety, environmental concerns, schools, more community events”



What keeps you from being healthy?

PERSONAL HEALTH

- 58%:** Eating junk foods, lack of drinking water
- 17%:** Lack of exercise and inactivity
- 15%:** Low income, stress

FAMILY HEALTH

- 39%:** Eating snacks/junk foods
- 24%:** Low income, lack of family and social connectedness

COMMUNITY HEALTH

- 16%:** Lack of access to healthy foods
- 25%:** Dirty environment, violence
- 23%:** Lack of social support network

“Lack of access to physical activity, stress, limited resources, limited time, expensive healthy food and cheap unhealthy food, money”

“Not having enough time to eat and exercise together”

“Karen people are the recent immigrants in this country, they do not know how to ask for resources. They are low income so this leads to unhealthy community”

