

65 YEARS AND OLDER - Community Engagement

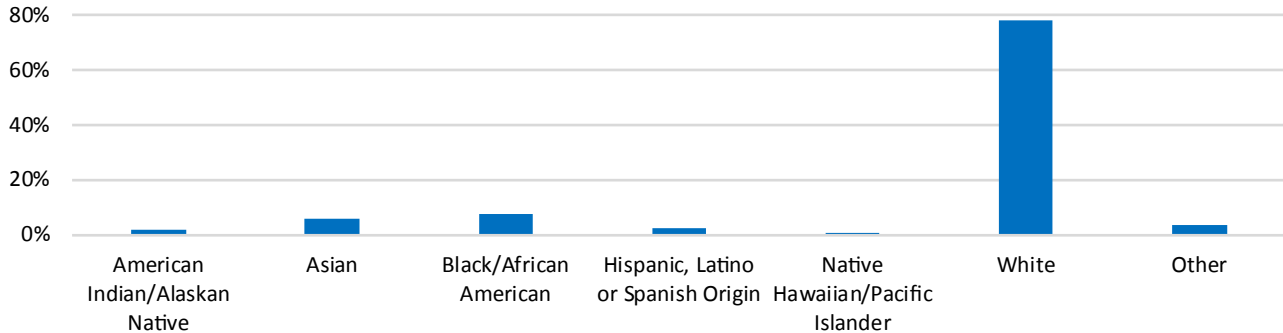
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families and communities stay healthy and what keeps them from being healthy.

338 respondents were 65 years and older. 68% of these respondents identified as females, 31% as males and 1% of respondents identified as belonging to other gender. Among all the respondents who were 65 years and older, 8%, 7%, and 67% racially identified as African American/Blacks, Asians and Whites respectively. 2% of the respondents identified racially as American Indian/Alaska Native and Hawaiian/Pacific Islander.

Majority of respondents who are 65 years and older attributed eating healthy and involving in exercise as what contributed to their personal, family and community health. They highlighted buying organic foods, cooking and eating meals together as ways through which they stayed healthy. Loneliness, lack of access to healthcare, stress and cold weather were some of the factors that kept them from being healthy.

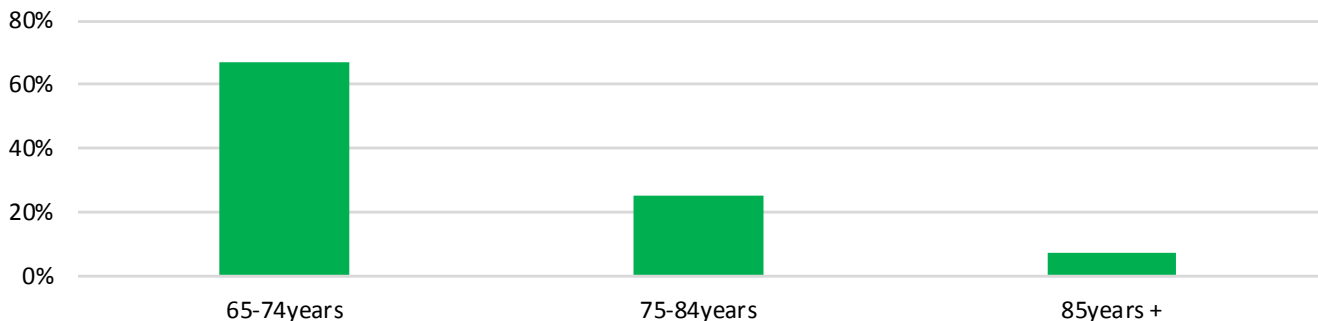
For more information on the entire Community Health Assessment project and findings, visit ramseycounty.us/cha.

Race/Ethnicity n=354



Note: the number of responses is more than the number of respondents as respondents could use all race and ethnicity that they identified with.

Age distribution of 65 years +, n=338



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What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Exercising/Physical activity
- 65%:** Eating healthy/right
- 33%:** Family and social support, good community relations, religious activities
- 23%:** Individual behaviors such as regular adequate sleep, positive attitude towards life
- 19%:** Regular check up with doctor, taking medications, affordable health insurance

FAMILY HEALTH

- 39%:** Eating healthy/right food choices, cooking healthy, eating meals together
- 31%:** Staying active/exercising together
- 25%:** Social support, family support and interaction, good relationships
- 36%:** Other: religious activities, healthy habits, good genes

COMMUNITY HEALTH

- 54%:** Community centers, community connectedness, social support, religious and social activities,
- 20%:** Clean environment, light on streets at night, safe neighborhoods, less violence
- 19%:** Access to gyms, YMCA, safe walkable and bike-able paths, recreation centers
- 18%:** Food services and coops like meals on wheel, access to healthy foods, good grocery stores
- 34%:** Other: community gardens, strong public services, childhood education, good access to community resources

“Eating good diet, regular sleep habits, regular exercise-strengthening/aerobic, regular devotions, regular health care checkups-take medicines and follow up for health promotion, listen to relaxing music, reading”

“Good affordable food, cooking in a more organic manner, access to health and dental care”

“I think the number one thing that will keep the community healthy is having the right food stores with what we need and probably with the right calorie count and fat/sodium counts more clear on the front. Food deserts kill a community”



What keeps you from being healthy?

PERSONAL HEALTH

- 30%:** Poor food choices (junk foods), unaffordability of healthy foods, overeating
- 22%:** Inadequate regular exercise, laziness, cold weather
- 13%:** Winter, air and noise pollution
- 13%:** Isolation/loneliness, low income, stress

FAMILY HEALTH

- 19%:** Poor diet choices, unaffordability of healthy meals
- 15%:** Work stress and pressure, financial challenges, inadequate education, poor relationships
- 45%:** Other: lack of resources, family worries, exhaustion, family dysfunction, grief/loss

COMMUNITY HEALTH

- 34%:** Poverty, violence, structural racism, lack of cultural diversity, income disparity and prejudice,
- 25%:** Pollution, lack of transportation, winter, trash, noise
- 12%:** Lack of access to nutritious foods, overeating
- 38%:** Other: chemical use, lack of resources, wasteful practices, poor justice system

“I don't particularly like to cook and finding healthy stuff that's premade is harder. The other thing is winter weather-I walk a lot when the weather is nice and take the dogs. And another thing is laziness, I am capable of doing these things. I am healthier in the summer”

“Bad habits and giving in to temptations-sweets, junk foods, etc.”

“Poverty, lack of information, lack of access to health care providers”

