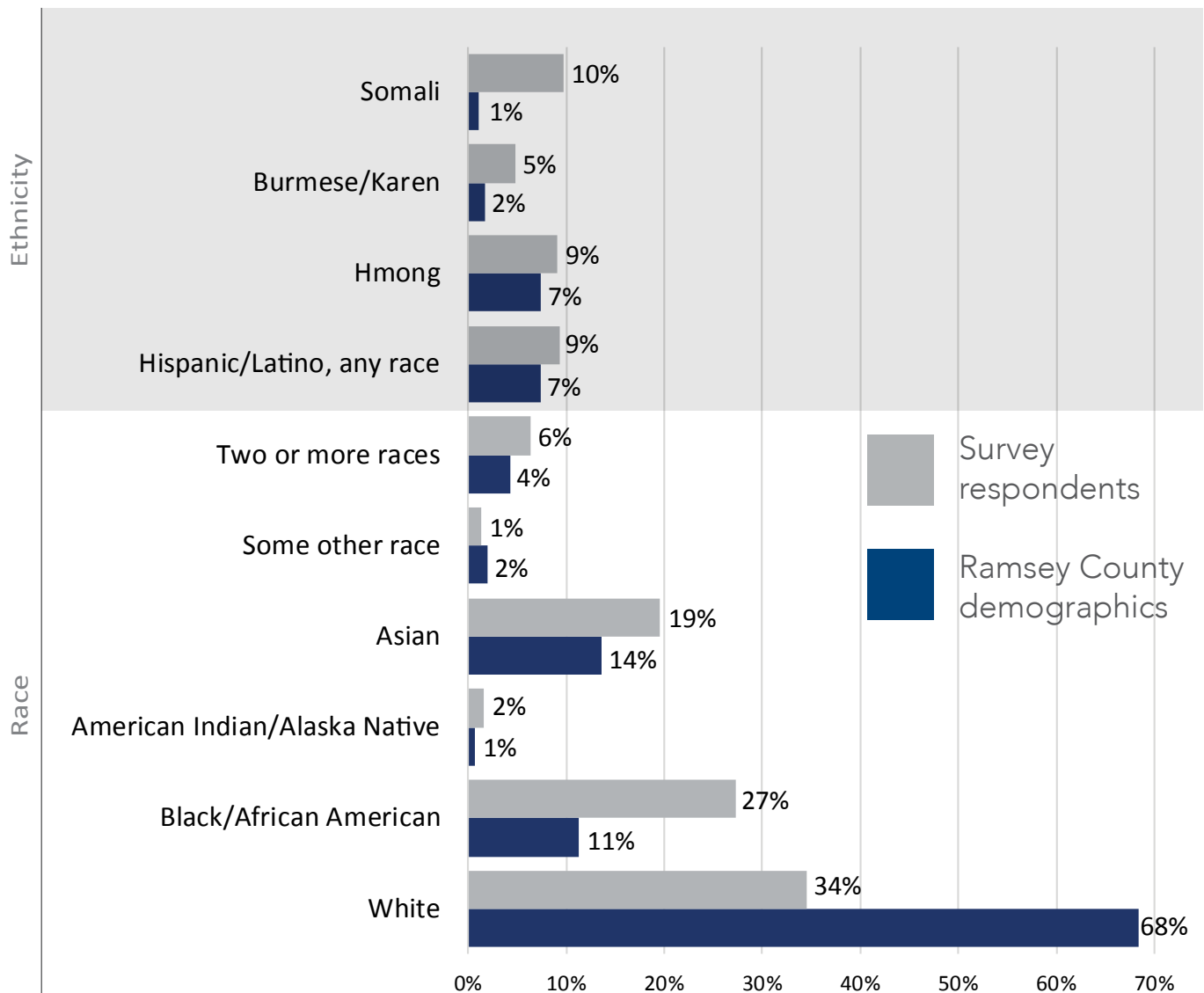


AFRICAN IMMIGRANT - Community Engagement

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.

87 respondents culturally identified themselves as having African Origin (excluding Somalis), where 96.5% racially identified as Black or African American. This include Nigerian, Ethiopian, Oromo, Egyptian, Congolese, Eritrean, Moor, Liberian, Senegalese, Sudanese, South Sudanese, and general East and West African.

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



AFRICAN IMMIGRANT - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 68%:** Eating fruits and vegetables, drinking enough water
- 61%:** Habitual exercising, engaging in outdoor activities, team sports and joining health clubs
- 22%:** Social and family connections, spirituality and faith, good finances
- 17%:** Adequate sleep, hygiene and time management
- 13%:** Quality of life and health care access, insurance and regular doctor's visits

FAMILY HEALTH

- 60%:** Eating fruits and vegetables
- 36%:** Joining health clubs, regularly walking and partaking in team sports
- 27%:** Clean environments, community connectedness and finances
- 20%:** Adequate sleep, hygiene and family activities

COMMUNITY HEALTH

- 28%:** Healthy diet, hygiene and positive attitudes
- 27%:** Social connectedness, availability of parks and community centers
- 19%:** Safety, quality drinking water and clean environments
- 17%:** Physical activities and not smoking
- 12%:** Having health insurance and regular doctor's visit

"Family support, way of life (exercise, diet etc.), spiritual support"

"Eating healthy, sleeping well, exercise and being together"

"Cleanliness, not using a lot of chemicals in water, reducing smoking and not too much fast foods in communities, and drinking safe clean water"



What keeps you from being healthy?

PERSONAL HEALTH

- 48%:** Limited access to healthy foods and eating fast foods/junk food
- 31%:** Lack of time, stress, alcohol use, smoking and inadequate sleep
- 26%:** Lack of physical exercise
- 24%:** Unsafe neighborhood, cold weather, transportation barriers

FAMILY HEALTH

- 55%:** Junk food, lack of exercise and access to healthier food options
- 34%:** Safety, weather and employment commitments
- 22%:** Time, stress
- 12%:** Limited healthcare access, insurance and disease

COMMUNITY HEALTH

- 33%:** Lack of access to healthy foods and illicit drug use
- 31%:** Finances, unhealthy social relations, and the language and racial barriers
- 21%:** Littering, weather, lack of safety and lack of transportation
- 17%:** Inactivity, sedentary lifestyles and smoking

"Financial barriers, some people cannot afford gym membership. How do we make it a value for people? Transportation, especially during the winter, not everyone drives, people walk, and use public transportation. Motivation (lack of)"

"Quick unhealthy meals due to lack of time; never time to exercise; too tired to attend family functions because of busy work schedules"

"No grocery store close by, no parks by, people smoking and doing drugs in the apartment building"

