

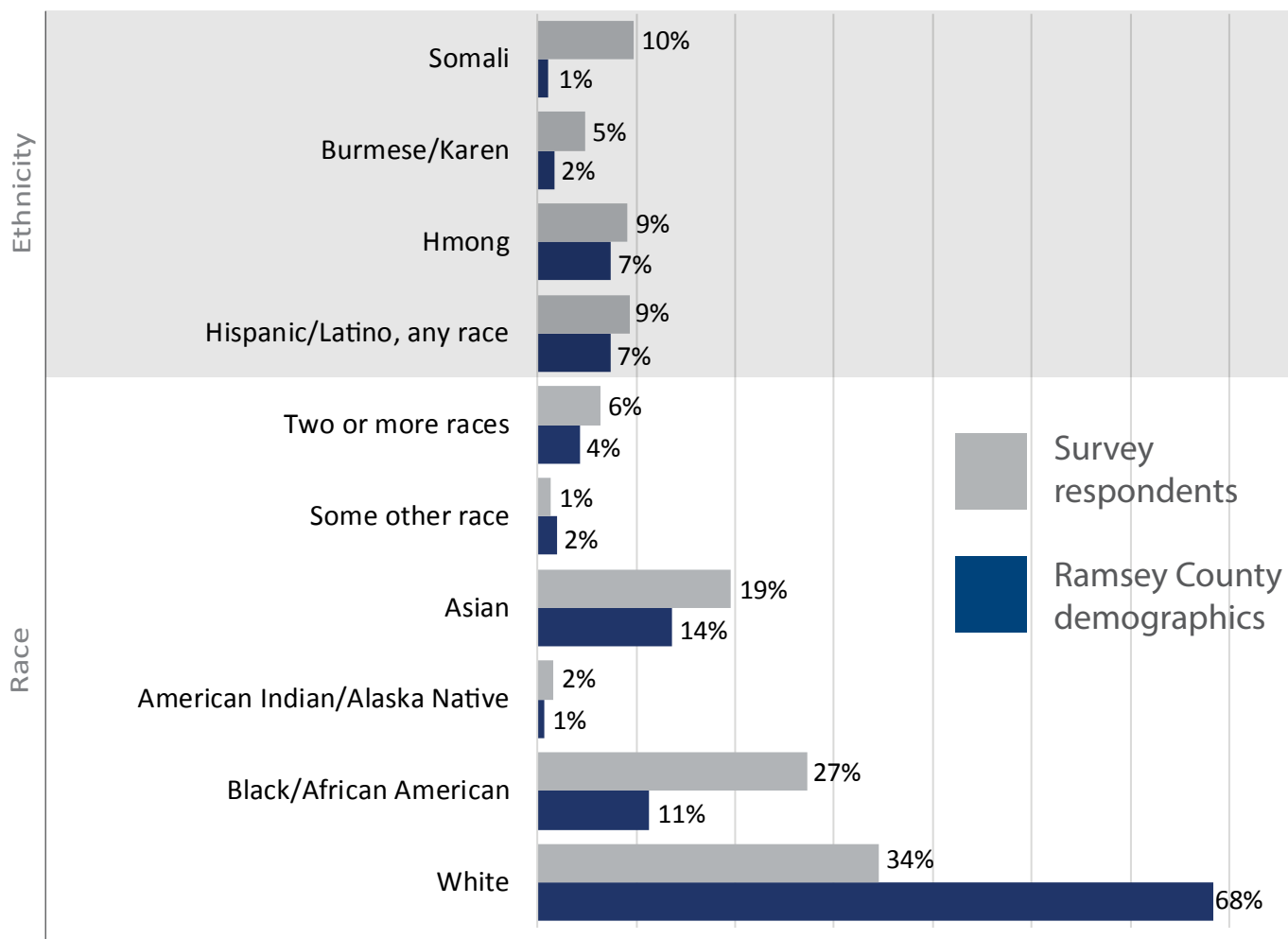
# AMERICAN INDIAN - Community Engagement

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.

Ninety (90) respondents identified as American Indian or Alaska Native, and some further stated their tribal affiliation: Lakota, Ojibwe, Choctaw, and Ho-chunk.

These respondents generally attributed health improvement to mental wellbeing, positive attitude and thinking at the individual and family level. Healthcare and quality of life had little mention among American Indians as compared to the overall Ramsey County. This community emphasized the importance of communal support and community driven events such as powwows and spiritual ceremonies.

For more information on the entire Community Health Assessment project and findings, visit [ramseycounty.us/cha](http://ramseycounty.us/cha).



# AMERICAN INDIAN - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 62%:** Eating fruits and vegetables, drinking enough water
- 47%:** Walking, going to the gym and doing sports
- 37%:** Family connections, financial stability, education and spirituality
- 27%:** Positive mindset and attitude and getting enough sleep and abstaining from alcohol and drugs

### FAMILY HEALTH

- 40%:** Family/social connections, income and education
- 35%:** Eating fruits and vegetables, drinking enough water
- 21%:** Positive thoughts, healthcare and adequate sleep
- 17%:** Walking regularly, outdoor activities and staying motivated

### COMMUNITY HEALTH

- 57%:** Safe community, family/social connections, cultural events and education
- 20%:** Healthy eating and access to healthier food options
- 15%:** Positive thoughts, medical/dental care and sleep
- 11%:** Walking, access to sport areas and staying active

“Good eating habits, exercise, positive attitude, believing in good”

“Eating healthy, staying active, religion, playing time and family time”

“Social support, grocery stores lowering the price so we can eat healthy and stay healthy”



## What keeps You from being healthy?

### PERSONAL HEALTH

- 51%:** Poor quality of life due to mental health, lack of health insurance, time, and negative thoughts
- 43%:** Low access to healthy foods, eating junk food and poor dieting
- 25%:** Low income, lack of social support, and cultural barriers
- 24%:** Limited physical activity, sedentary lifestyles and smoking
- 17%:** Lack of safety, poor housing, limited transportation and cold weather

### FAMILY HEALTH

- 35%:** Cold weather, transportation & cultural barriers, poor finances and lack of social support
- 33%:** Poor quality of life, mental health, time, overuse of technology and negative thoughts
- 32%:** Low access to healthy foods, eating junk food and poor dieting
- 11%:** Limited physical activity, sedentary lifestyles and smoking

### COMMUNITY HEALTH

- 54%:** Unsafe communities, poor housing, limited communal support, racism and cultural barriers
- 34%:** Illicit drug use, low access to healthy foods, eating junk food
- 14%:** Negative attitude, alcohol, time, and overuse of technology

“Lots of stress, lack of resources, financial strain, mental health”

“Bad habits, lack of exercise, video games, fast food, junk food, candy”

“Drugs, alcoholism, socioeconomic disparities, domestic violence, low access to quality foods”

