

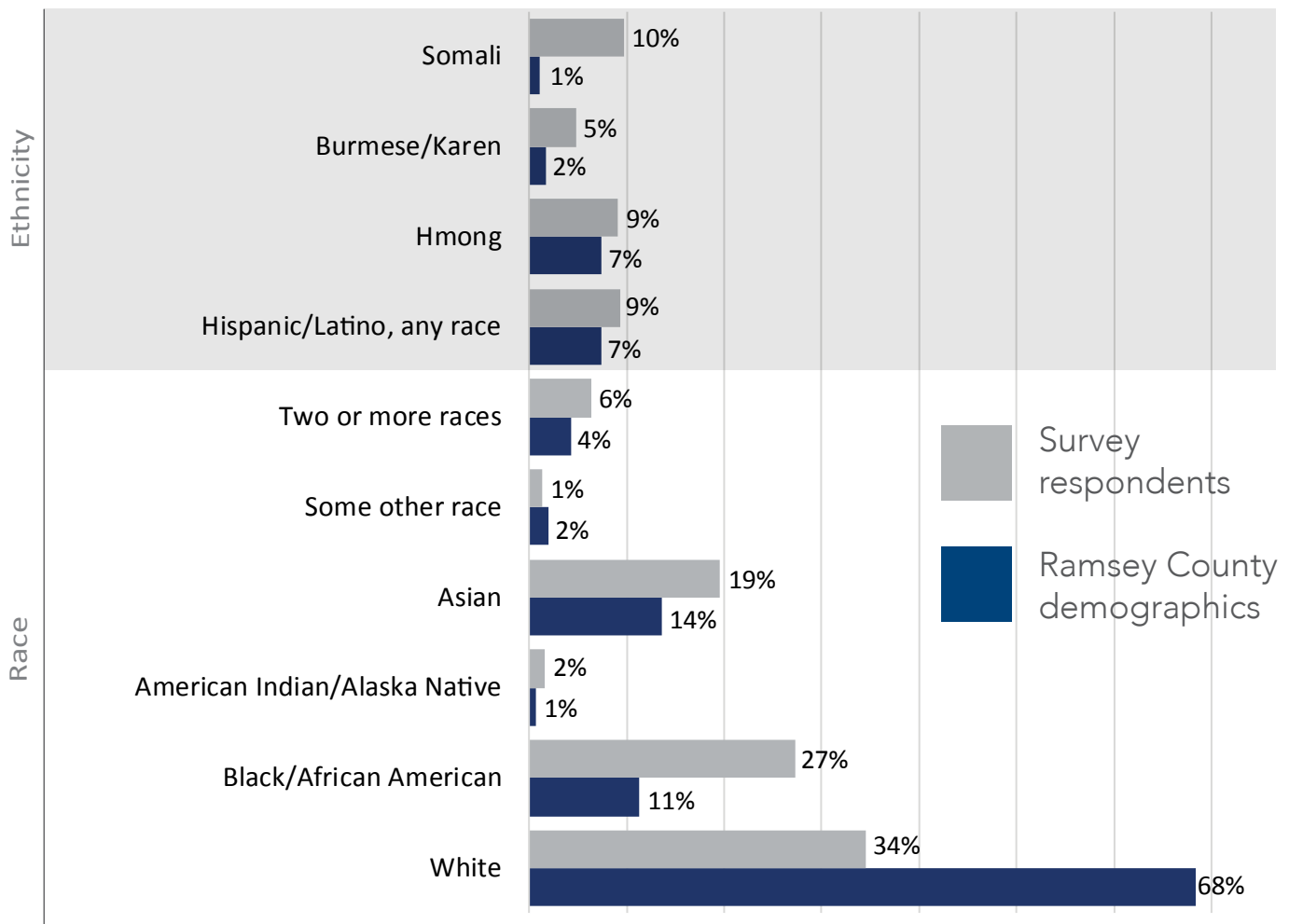
ASIAN - Community Engagement

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.

21% of the total respondents identified as Asians. They belonged majorly to these cultural groups: Hmong, Karen, and Shaman. But some identified with the following cultural groups: Thai, Vietnamese, Shawanese, Mexican, Chinese, Burmese, Nepoli, Korean, Indian, Filipino and Cambodian.

Most Asians attributed factors related to healthy food and physical exercise as what helps them and their family stay healthy. However social factors like community togetherness and social interaction was majorly laid out as what contributed to their community’s health.

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





What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Drinking lots of water, eating healthy, affordable healthy foods, portion control, access to healthy foods
- 56%:** Exercise/physical activity, working out/sports
- 26%:** Good home, income and education, family & friend support, religious activities
- 20%:** Other: individual behaviors like sleeping well/resting well, positive thoughts, self-motivation, happiness

FAMILY HEALTH

- 53%:** Eating healthy food, homemade meals
- 39%:** Family support, good job, good income, spending time together, family connectedness, good communication
- 27%:** Staying active, exercising together, outdoor family activities

COMMUNITY HEALTH

- 54%:** Community parks & rec centers, religious gatherings, community empowerment, social support, community events
- 21%:** Clean environment, safe neighborhood
- 17%:** Eating healthy, good nutrition, health education on healthy eating, access to farmer's market, access to healthy foods, access to gym facilities, exercising, access to parks
- 25%:** Other factors

"Access to healthy food, exercise equipment/environment, money, time, low stress level"

"Eating together and cooking food at home, spending time together like going to the movies, not arguing about money"

"Access to fresh vegetables, education on being active, and healthy eating, education on preventing diseases"



What keeps you from being healthy?

PERSONAL HEALTH

- 50%:** Eating unhealthy foods/junk foods, eating too much, unhealthy food choices
- 22%:** Not exercising, laziness/lack motivation, limited time to exercise
- 22%:** Language barrier, low income, language barrier, work overload, lack of resources, no family support
- 25%:** Other: individual behaviors like lack of time for healthy living, work and school related stress/worries, sleep deprivation/oversleeping

FAMILY HEALTH

- 37%:** Unhealthy eating/junk foods, eating a lot, inadequate food, poor eating habits
- 27%:** Low/unstable family income, family conflicts, lack of family support, lack of communication
- 20%:** Other: stress, sleep, sleep deprivation, past traumas from abusive environment, language barrier

COMMUNITY HEALTH

- 39%:** Lack of social interaction, language barriers, lack of education, poor communication, low income, lack of social support
- 26%:** unclean environment, cold weather, pollution, crime, violence
- 15%:** Unhealthy foods, overpriced healthy foods, limited access to fresh foods
- 27%:** Other: lack of transportation, inaccessibility to healthcare resources, toxic media, lack of baby care facilities

"Fresh foods and vegetables are too expensive and stores are located too far from my home"

"Price of fruits and veggies too high"

"Violence in the home and community; disregard for laws that promote health and safety; lack of sidewalks in some area; easy access to cheap fast foods; low paying jobs-inability to access healthy foods; anti-vaccine tactics; less meaningful social interaction-everything is about technology now"

