

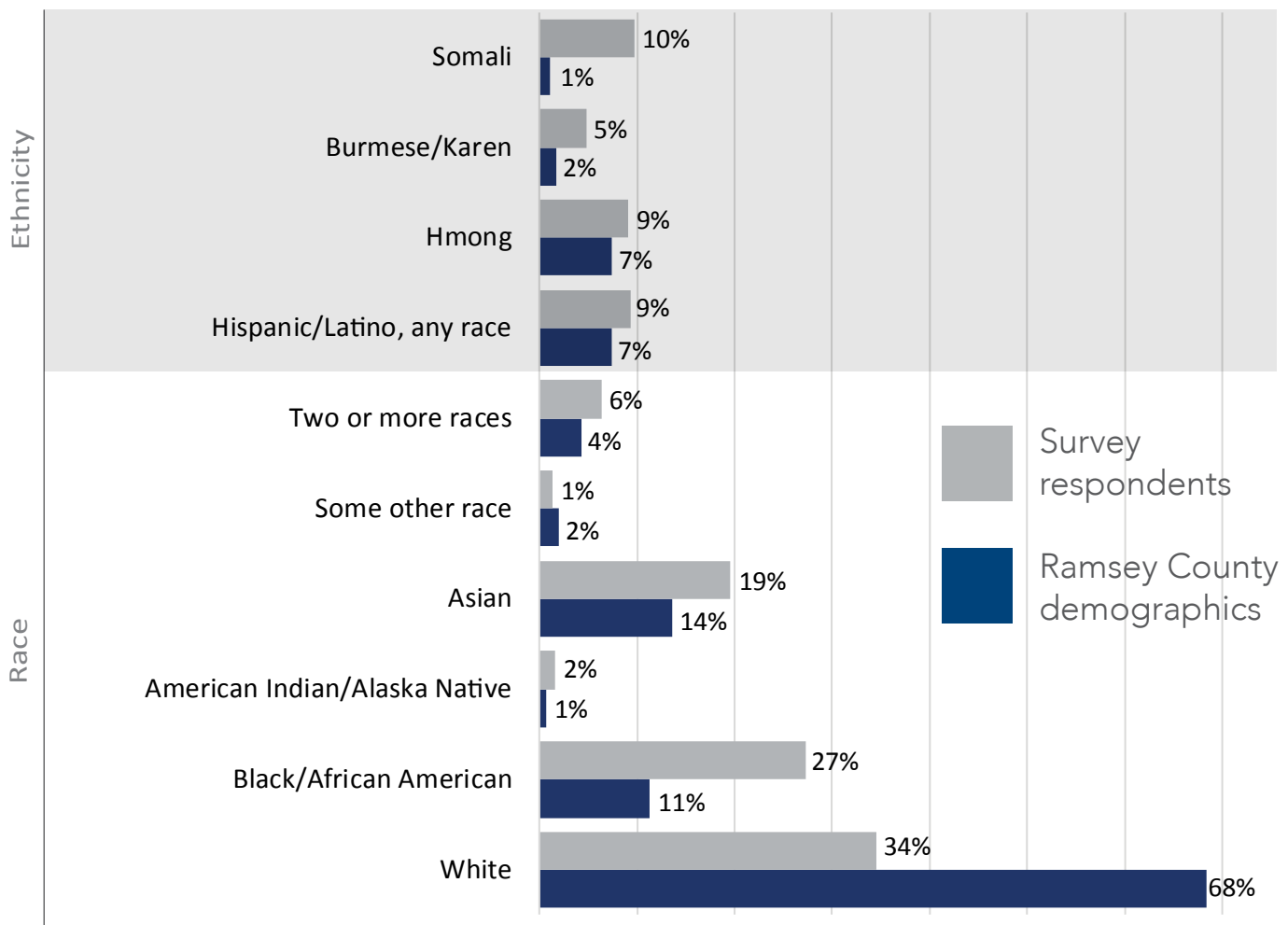
BLACK/AFRICAN AMERICAN - Community Engagement

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.

29% of the total respondents identified as Blacks/African American. Many of these respondents additionally associated as East Africans (Somalis, Ethiopians, Oromo, and Eritrean). Others include Nigerians, Congolese, Liberians, Creole, Jamaican, Egyptian, Cuban, Moor, and unspecified cultural origins.

Eating healthy foods and having access to affordable healthy food was mentioned most frequently as contributing to personal and family health. By contrast, factors mentioned affecting community-wide health included social factors like community centers, poverty, illiteracy and language barriers. As with other populations of color, respondents identifying as Black or African American did not mention health care as a significant factor that affects their health.

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



BLACK/AFRICAN AMERICAN - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 69%:** Eating healthy foods, drinking water, being vegetarian, creating time to grocery shop
- 49%:** Staying active/exercising/walking/working out
- 17%:** Family support, good relationships, prayer/faith in God

FAMILY HEALTH

- 58%:** Home cooked meals, eating good/right foods, eating fruits and veggies, drinking water
- 26%:** Exercising together, YMCA, family walks, keeping kids active
- 24%:** Family support, family togetherness, improving communication, prayer/religious activities, good education and income

COMMUNITY HEALTH

- 36%:** Community centers, helping each other, social/community support, community events/activities, religious activities, community resources
- 26%:** Access to affordable healthy foods, mobile markets, access to non-processed fresh foods, access to food stores and food assistance programs
- 17%:** Clean community, safe neighborhoods/well-lit streets, trees, recycling
- 29%:** Other factors

“My kids, I want to be alive to watch them grow”

“Son at a school that has healthy food options and opportunities for staying active”

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



What keeps you from being healthy?

PERSONAL HEALTH

- 53%:** Junk foods, limited access to healthy foods, eating processed foods
- 20%:** Limited exercising/inactivity, unaffordable exercise facilities
- 17%:** Low income, lack of family togetherness due to distance, housing problems/homelessness, language barrier, low education

FAMILY HEALTH

- 40%:** Eating out a lot, junk foods, inaccessible healthy foods
- 19%:** Family conflicts, low family income, language barrier, illiteracy
- 14%:** Lack of exercise/inactivity, being lazy, sedentary lifestyle
- 25%:** Other: lack of health insurance, media/advertisements, expensive housing, lots of food on vacation, lack of culturally appropriate recreational centers

COMMUNITY HEALTH

- 25%:** Low income/poverty, lack of community support, lack of resources, poor education, lack of jobs, language barrier
- 24%:** Expense of healthy foods, easy access to unhealthy foods, food desert
- 22%:** violence/killings, crime, dirty community, cold weather
- 35%:** Other: police brutality, toxic people around, irresponsible adults, limited health education, lack of appropriate recreational cultural centers, bad leaders

“Lifestyle (being busy, poor dietary control); watching too much television and lack of time to exercise; weather (in cold season do not do much walking/ outside exercises); financial (buying low cost/sometime unhealthy food-I find fruits and vegetables expensive during winter months with less options of variety and diversity”

“Not enough food in my house, rent is too expensive and I can’t afford it”

“Fruits and veggies being too expensive, fast food convenience”

