

COMMUNITY ENGAGEMENT

# Themes by Geography



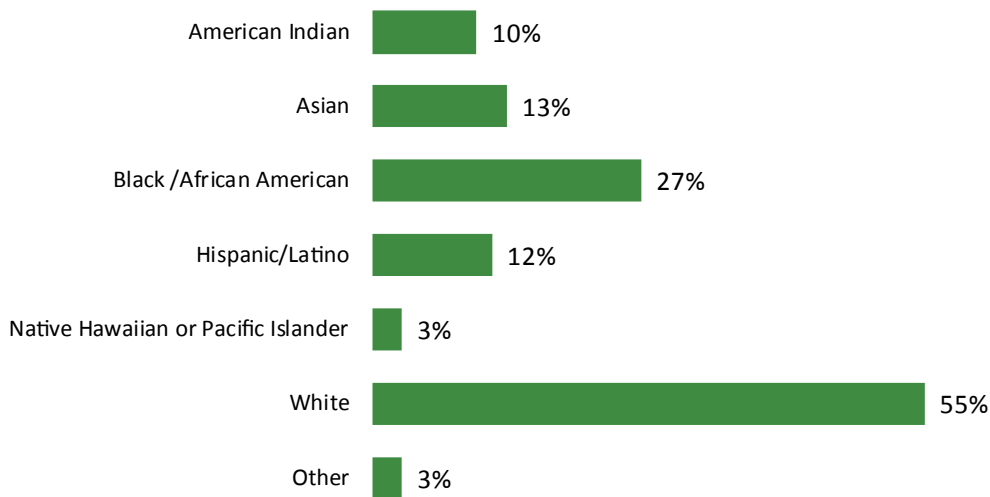
*Based on the following zipcodes:*

- 55102
- 55103
- 55104
- 55106
- 55107
- 55108
- 55109
- 55112
- 55113
- 55116
- 55117
- 55119
- 55130

# 55102 - Community Engagement

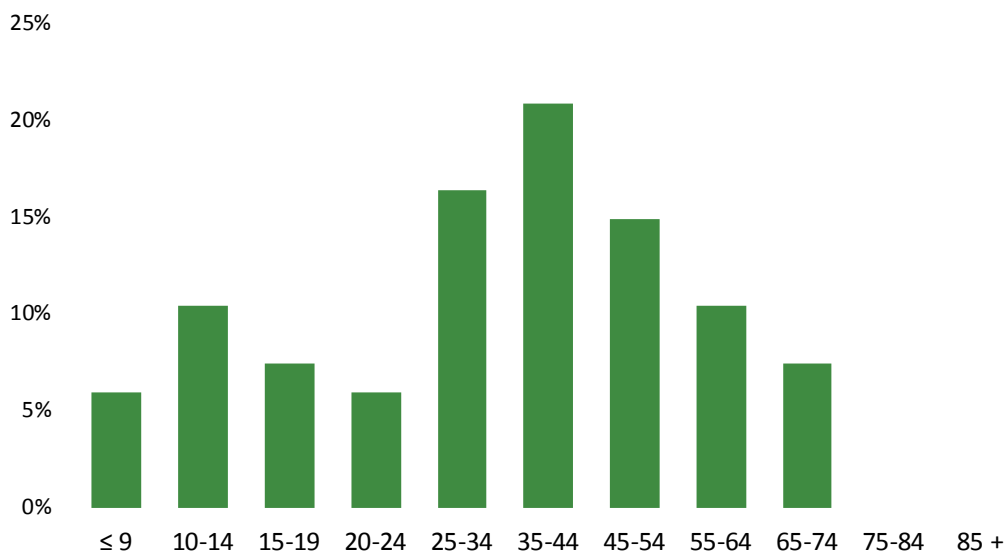
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit [www.ramseycounty.us/cha](http://www.ramseycounty.us/cha)

## Race Ethnicity (n=67)

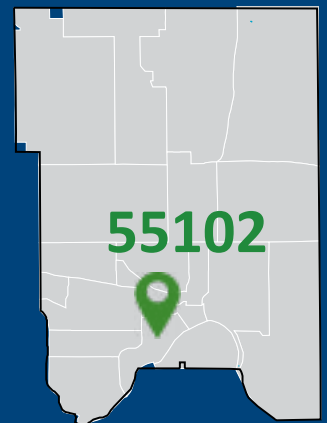


Respondents could select multiple categories, so total may be more than 100 percent.

## Age n=67



# Ramsey County



Population  
**19,749**

Household  
median income  
**52,451**

Voices heard  
**67**

Female: 45  
Male: 22  
Other: 0



## What helps you stay healthy?

### PERSONAL HEALTH

- 66%:** Eating healthy food/good diet, eating fruits and vegetables, and drinking water
- 51%:** Exercise/walking and running.
- 28%:** Family support and social interaction.

### FAMILY HEALTH

- 46%:** Cooking and eating healthy meals together.
- 30%:** Exercising/going out for walks.
- 27%:** Family support and unity.

### COMMUNITY HEALTH

- 27%:** Access to affordable healthy foods.
- 16%:** Keeping environment clean and safe.
- 49%:** Community support to make healthy choices and community events.
- 40%:** Others: Welfare services, after school programs and community gardens.

“Cheap fresh fruits, veggies, getting enough sleep and being able to move around”

“Family interactions-gathering, ceremony, participating in school, social events, games-video (limited), card games, board games, basketball, lacrosse, soccer”

“Healthy local food options, affordable fresh locally grown/produced food”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 36%:** High cost of healthy foods, unhealthy eating (junk foods, sugary foods, fast foods)
- 18%:** Laziness, not exercising enough
- 19%:** Economic stress, under education
- 13%:** Cold weather

### FAMILY HEALTH

- 27%:** Poor food choices, high cost of healthy foods
- 12%:** Limited income
- 48%:** Other: alcohol and drugs, smoking, gambling, lack of autonomy

### COMMUNITY HEALTH

- 21%:** Food deserts, junk foods, vending machines
- 24%:** Crime, unsafe neighborhoods
- 33%:** Poverty, racism, substance use, unsafe sidewalks (icy)
- 45%:** Other: healthy choices, inadequate resources for everyone

“The MNCare premiums I pay are too high, not enough money to support myself, not enough money for food sometimes, food at food shelves are gross or have rotten”

“Expensive admission prices to events or museums, cost of healthy food, winter weather makes it challenging to get around by foot, bike, car, bus, etc.”

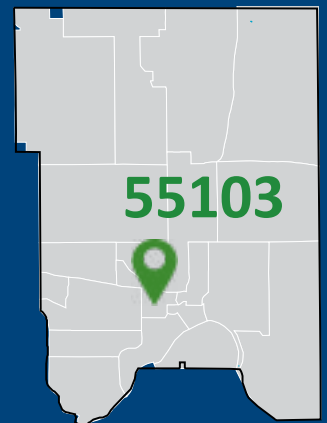
“Criminal activity, people who smoke, racist people/racism, lack of faith and spirituality, eating unhealthy”



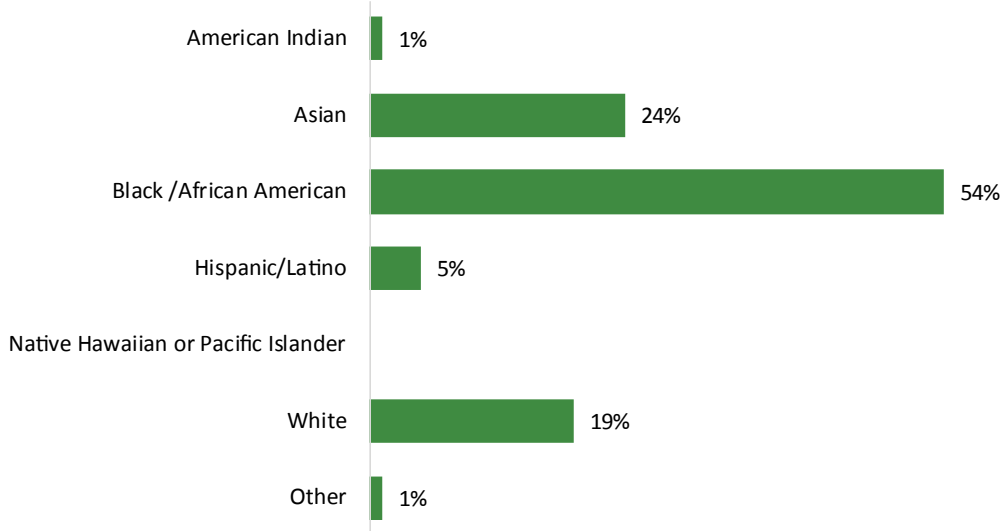
# 55103 - Community Engagement

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## Ramsey County

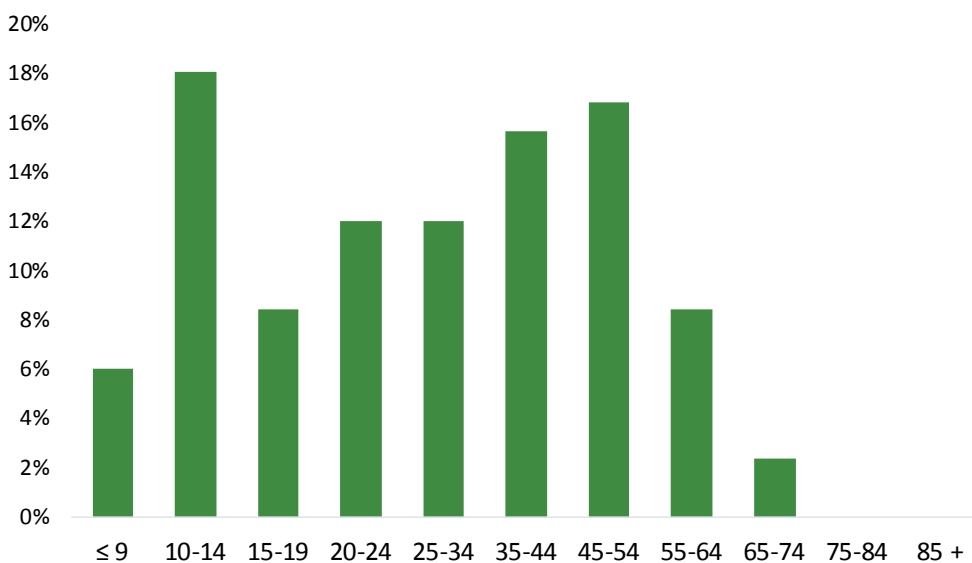


### Race Ethnicity (n=83)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age n=83



Population  
**13,453**

Household  
median income  
**32,570**

Voices heard  
**83**

Female: 55  
Male: 28  
Other: 0





## What helps you stay healthy?

### PERSONAL HEALTH

- 70%:** Healthy eating/fruits and vegetables, good nutrition
- 51%:** Exercise/Physical activity like walking
- 23%:** Family support, religion

### FAMILY HEALTH

- 51%:** Homemade foods, eating healthy
- 35%:** Staying active, exercising, outdoor family activities
- 27%:** Family togetherness-vacation, activities

### COMMUNITY HEALTH

- 29%:** Access to healthy/nutritious food options
- 18%:** Group exercise opportunity/social sport
- 16%:** Keeping the environment clean, safe neighborhoods
- 41%:** Community empowerment, community support
- 23%:** Others: Community facilities like parks, gardens, outdoor spaces

“Diet, exercise, sleep, good health care, good dental care, annual physicals, healthy relationships-family and friends, safe environments-neighborhood, work, school, sense of belonging, and connectedness in community”

“Having good family connection, share information, solve problem together”

“People and organizations that focus energy, time, resources into promoting healthy daily activities that are educational and habit forming and in the end, are preventive and promote health and wellbeing”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 49%:** Unhealthy eating (junk foods, sugary foods, fast foods), high cost of healthy foods, insufficient water intake
- 24%:** Sitting too much, lack of exercise
- 14%:** Education/language barrier, low income

### FAMILY HEALTH

- 35%:** High cost of healthy foods, eating junk
- 18%:** Low income/unstable income, lack of family support
- 20%:** Other: inadequate food, “lack”
- 13%:** Cold weather, poor household hygiene

### COMMUNITY HEALTH

- 28%:** Eating unhealthy/easy access to unhealthy foods
- 27%:** dirty environment, gun violence
- 31%:** Low education/language barrier, lack of community unity, lack of proper education on healthcare issues
- 30%:** Other: theft, culture and religion, conflict among community members

“Accessibility to equal opportunities, personal preference/preconceived notions, work, mental issues, lack of motivation, lack of support”

“Too costly of local activities, too extremes of weather, unhealthy food choices being cheaper than healthy food options”

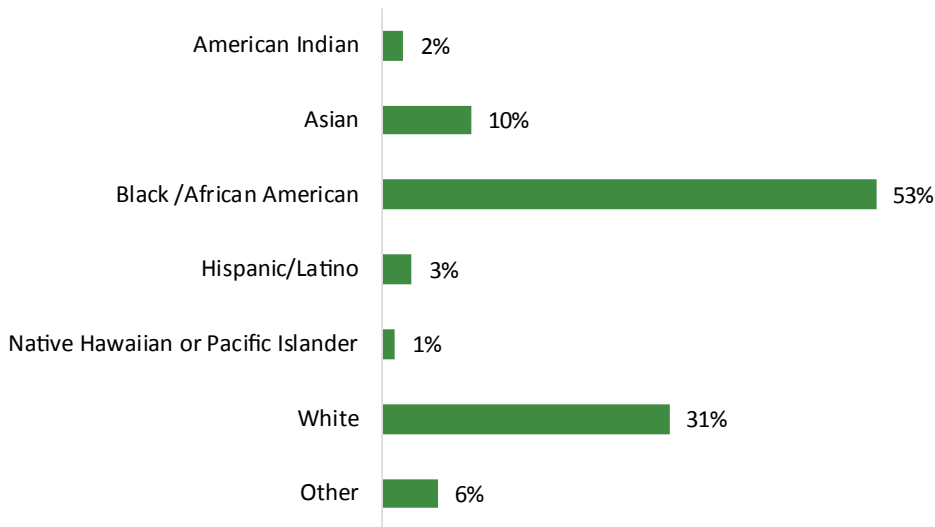
“Cigarette advertising, gym membership costs”



# 55104 - Community Engagement

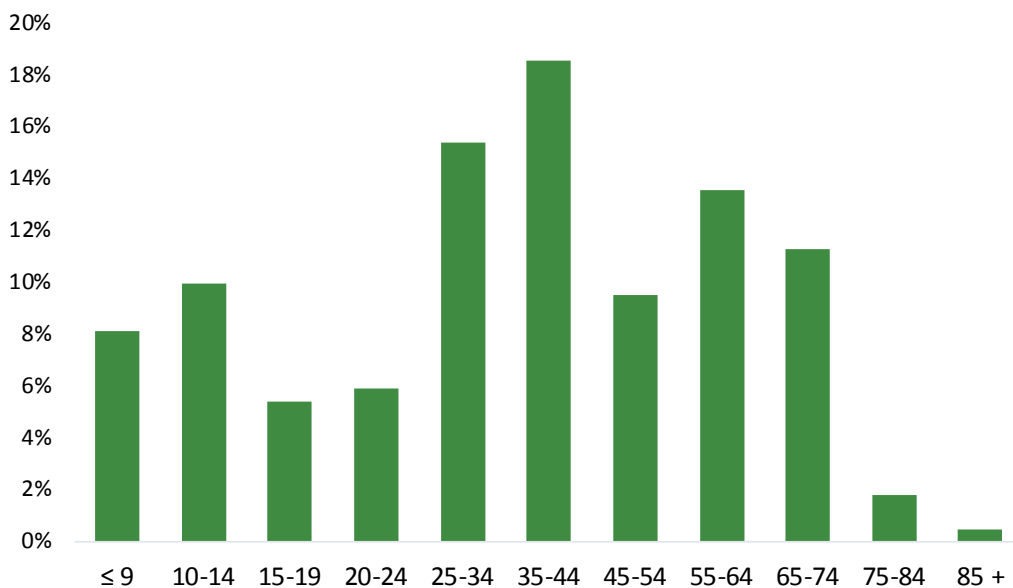
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### Race Ethnicity n=221



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=221)



## Ramsey County



Population  
**48,514**

Household  
median income  
**52,382**

Voices heard  
**221**

Female: 135  
Male: 84  
Other: 2



## What helps you stay healthy?

### PERSONAL HEALTH

- 67%:** Good/healthy foods, drinking a lot of water
- 50%:** Exercise, walking, running, biking
- 20%:** Social support (family, friends, community, schools, YMCA), religion
- 13%:** Access to health care, taking medications, good personal hygiene: washing hands, brushing teeth

### FAMILY HEALTH

- 53%:** Choosing, cooking and eating healthy meals together
- 26%:** Regular exercise
- 25%:** Social interaction (family, friends)

### COMMUNITY HEALTH

- 20%:** Good food options/eating healthy
- 40%:** Community events, community food shelves, community interactions and cohesiveness
- 33%:** Others: Good social services, safety and justice, clean environment

“Adequate sleep, balanced diet and all other disease prevention measures”

“I cook for my family, I take my kids outside to play and I clean my house”

“Transportation, good policies that take into account everyone, access to health care and clean water, access to healthy food”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 45%:** Junk foods: snacks, sweets, candy
- 17%:** Not enough exercise/inactivity
- 19%:** Financial stress, lack of family togetherness, illiteracy/language barrier

### FAMILY HEALTH

- 33%:** Poor nutrition/unhealthy eating, consumption of too little or too much food
- 17%:** Low income, lack of education
- 25%:** Other behaviors like stress, inadequate sleep

### COMMUNITY HEALTH

- 18%:** Poor food choices/consumption of junk foods
- 24%:** Unsafe neighborhoods, unclean environment/littering of environment with trash, violence and crime
- 34%:** Lack of community connections, poor communication between community members and government, racism
- 31%:** Other behaviors like insufficient information on health programs, food deserts, inadequate community resources

“Stress, lack of affordable healthy foods, limits on access to healthcare, non-walkable and bike-able or other transit options, workplaces and other important resources that are not close to home or connected by transit, threats of violence especially domestic and police”

“My kids don’t eat fruits and vegetables”

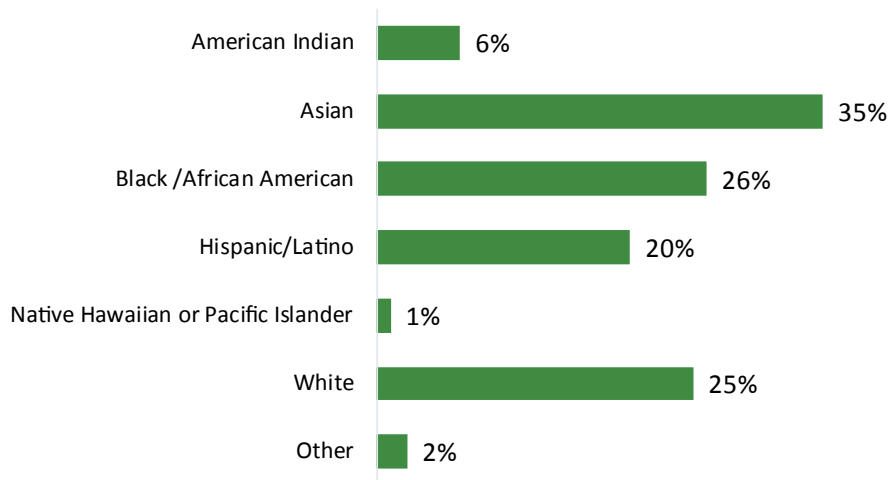
“Too expensive to eat healthy, healthcare is very expensive and racial division”



# 55106 - Community Engagement

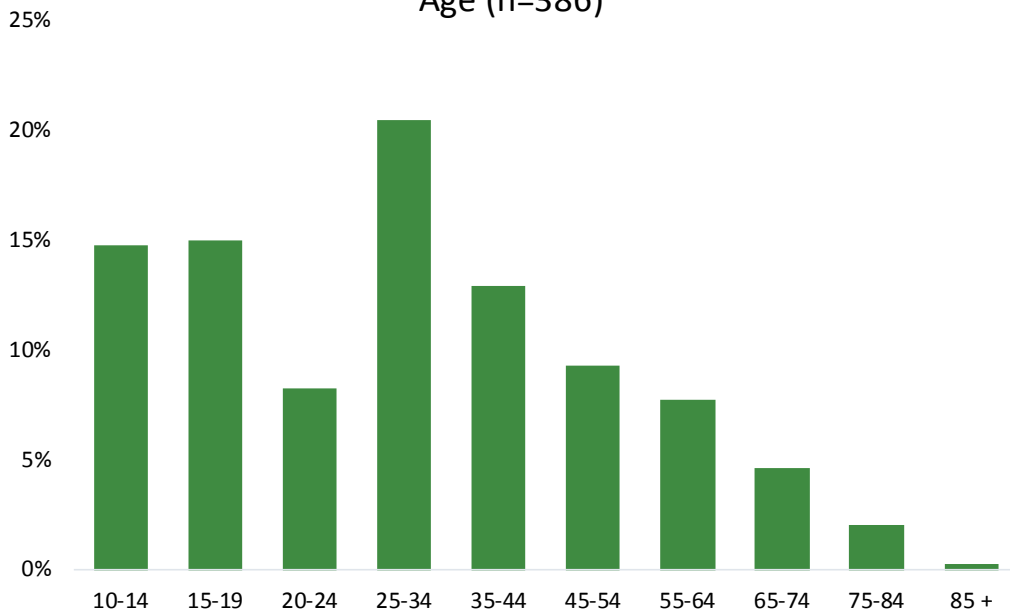
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## Race Ethnicity (n=386)

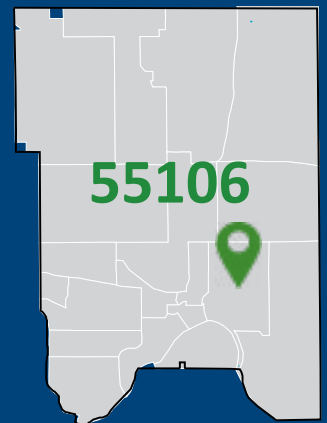


Respondents could select multiple categories, so total may be more than 100 percent.

## Age (n=386)



# Ramsey County



Population  
**56,259**

Household  
median income  
**45,444**

Voices heard  
**386**

Female: 265  
Male: 118  
Other: 3



# 55106 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 68%:** Eating healthy food/good nutrition, drinking lots of water, sleeping well
- 53%:** Exercise/walking
- 23%:** Family/ social support, education, good income
- 13%:** Access to health care, going to the doctor

### FAMILY HEALTH

- 54%:** Cooking and eating healthy foods/ eating right
- 28%:** Physical exercise
- 30%:** Good education, good income, strong family ties
- 40%:** Good diet/healthy eating

### COMMUNITY HEALTH

- 25%:** Stores that sell affordable nutritious foods
- 14%:** Being active/physical exercise
- 21%:** Clean environment, safe neighborhoods
- 45%:** Community programs, community support
- 26%:** Others: public safety and transportation, community resources like farmer's market

"Being active mentally, physically. Spending time with family and friends. Eating healthy food, regular sleep"

"Maintaining a good diet. At home, my parents have a healthy table that contains fruits, crackers and nuts"

"My community probably isn't the healthiest. Payne/Phalen doesn't have enough grocery stores, rec centers, health clinics or libraries"



## What keeps you from being healthy?

### PERSONAL HEALTH

- 46%:** Eating unhealthy food/junk food, the cost of veggies/fruits
- 19%:** Not exercising or staying activity
- 21%:** Work and school related stress, low income
- 11%:** Cold weather, pollution

### FAMILY HEALTH

- 36%:** Bad food choices, high cost of healthy foods, inadequate food consumption
- 25%:** Low family income level, lack of family connectedness

### COMMUNITY HEALTH

- 18%:** Poor food choices/consumption of junk foods
- 24%:** Unsafe neighborhoods, unclean environment/littering of environment with trash, violence and crime
- 34%:** Lack of community connections, poor communication between community members and government, racism
- 31%:** Others: insufficient information on health programs, food deserts, inadequate community resources

"Lack of time, it is expensive to join a club or gym, access to transportation, cost to buy healthy food versus purchasing unhealthy food, healthy food is not tasty, multiple jobs, targeting of big corporations in my community (e.g. McDonalds, Burger King, other fast food places), lack of knowing where farmer's markets are"

"Toxic food, genetically modified foods, contamination of food with BPA"

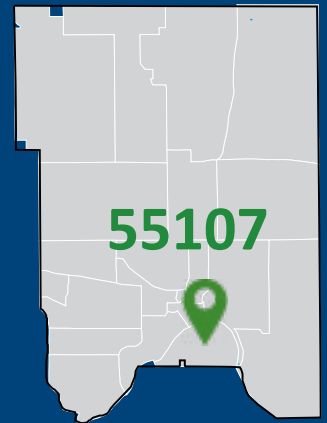
"Too expensive to eat healthy, healthcare is very expensive and racial division"



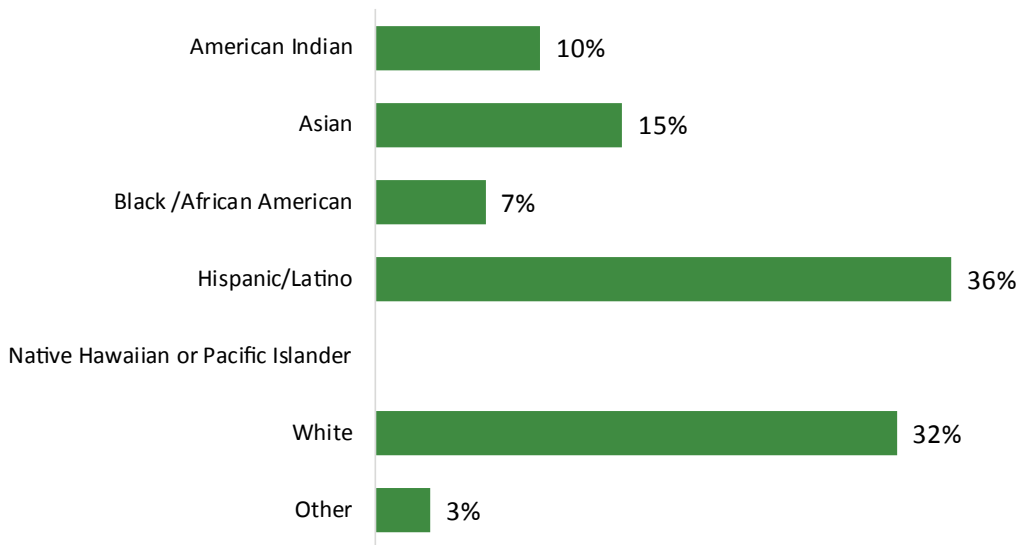
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## Ramsey County

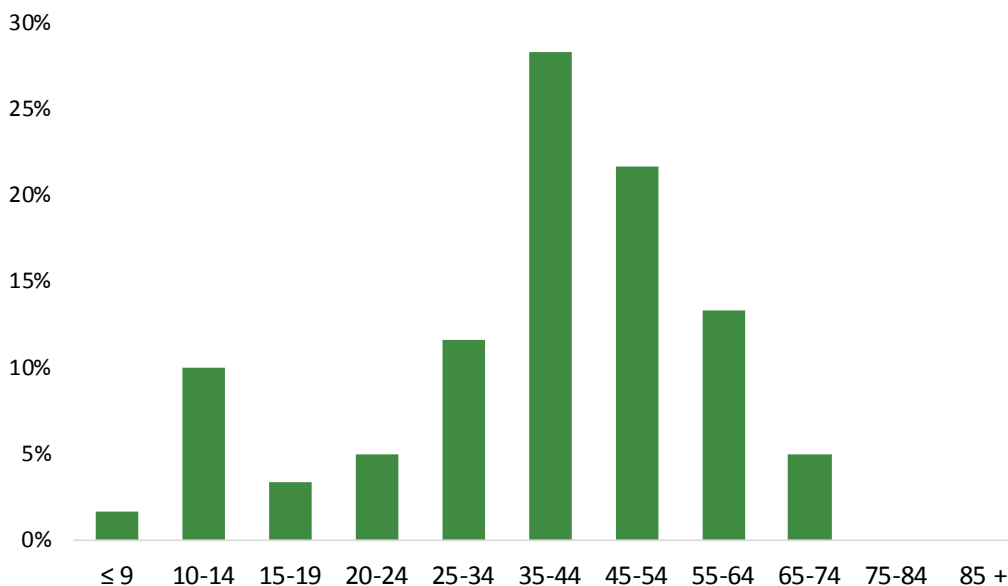


### Race Ethnicity (n=60)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=60)



Population  
**15,858**

Household  
median income  
**44,341**

Voices heard  
**60**

Female: 42  
Male: 18  
Other: 0



## What helps you stay healthy?

### PERSONAL HEALTH

- 65%:** Eating healthy, homemade meals, avoiding bad food
- 55%:** Exercising
- 27%:** Good family and friend support

### FAMILY HEALTH

- 62%:** Eating fruits and vegetables, eating home cooked meals
- 32%:** Exercising- walking
- 27%:** Family and friend social connectedness

### COMMUNITY HEALTH

- 25%:** Access to healthy foods
- 18%:** Exercising
- 52%:** Social connections, community events and community building
- 30%:** Others: more public health resources, engaging in community activities, health education about healthy eating

“My children’s education keeps me healthy because I don’t have to worry about paying for their school”

“Have same faith and have regular meeting and eating time together. Travel together to retreat as a family or clan. Support one another in babysitting. Helping one another in finance. Pray for one another’s needs”

“Policies that address racial inequities and disparities, parks, community celebrations and gathering places”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 30%:** Eating junk foods, unhealthy food habits
- 20%:** Limited time for physical exercise, spending a lot of time indoors, laziness
- 23%:** Low income, busy work schedule
- 20%:** Others: lack of food and shelter, phone, unaffordability of healthy diet

### FAMILY HEALTH

- 25%:** Unaffordability of healthy foods, poor eating habits
- 27%:** Low household income, busy schedules
- 13%:** Reduced physical activity due to cold weather

### COMMUNITY HEALTH

- 17%:** Unhealthy eating
- 23%:** Air and water pollution, crime and violence
- 45%:** Racism/discrimination, low income/poverty, lack of good and affordable housing

“Lack of exercise, second hand smoke, accessibility to junk food”

“We do not have enough income, this causes us to stress sometimes”

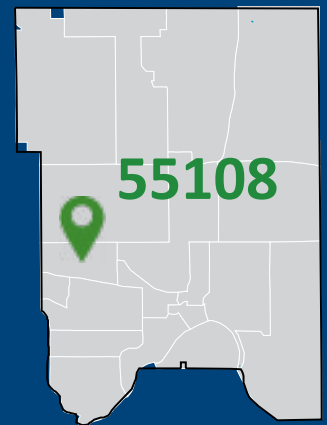
“Excessive police force and presence, less attention to environmental pollution in the community I live in, less accessible healthy foods than in other wealthier neighborhoods, oppressive systems”



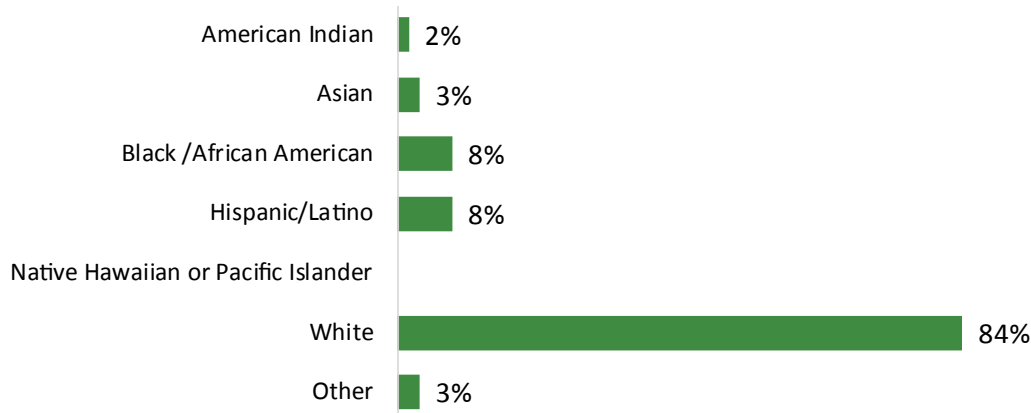
# 55108 - Community Engagement

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## Ramsey County



### Race Ethnicity (n=62)



Respondents could select multiple categories, so total may be more than 100 percent.

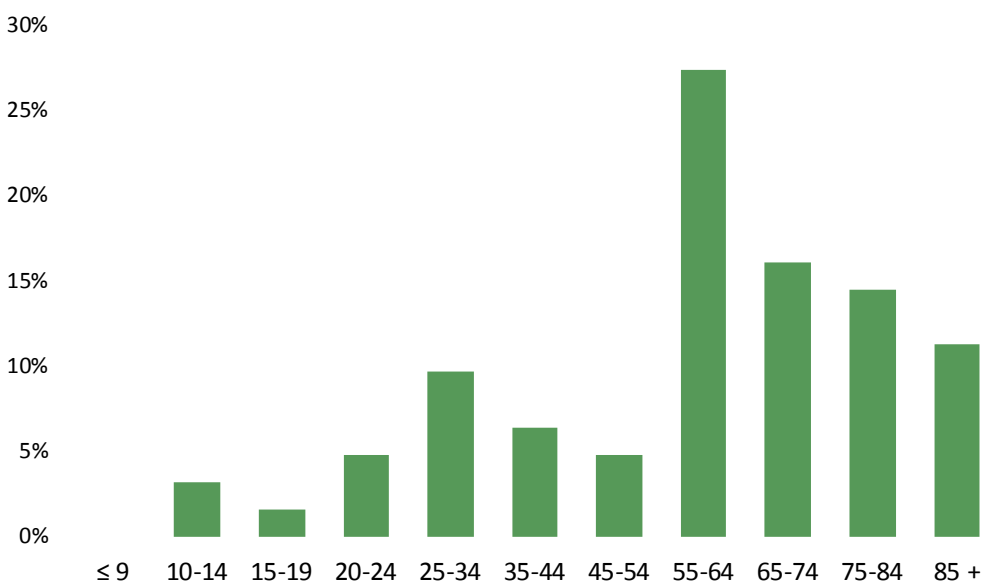
Population  
**16,462**

Household  
median income  
**59,233**

Voices heard  
**62**

Female: 44  
Male: 17  
Other: 1

### Age (n=62)





## What helps you stay healthy?

### PERSONAL HEALTH

- 69%:** Eating healthy food
- 53%:** Regular exercise
- 32%:** Healthy family and friend relationships, adequate sleep

### FAMILY HEALTH

- 37%:** Eating right, cooking together, eating homemade meals
- 40%:** Exercising/engaging in sports
- 23%:** Social support from family and friends
- 31%:** Others: good community resources, good financial ability, strong values

### COMMUNITY HEALTH

- 18%:** Access to affordable health care
- 34%:** Access to healthy foods, availability of fresh produce
- 21%:** Outdoor activities-walking/sports
- 18%:** Clean environment, safe neighborhood
- 50%:** Social support/ community interaction, community activities
- 37%:** Others: sleep, good access to community resources, childhood education

“Eating right, getting out and being active, good friends, having a positive attitude, getting good sleep”

“Eating well home cooked food, lots of fruits, veggies, not eating pre-made food, food out of bags, exercising regularly. Seeing the doctor regularly”

“Clean environment, sidewalks, walking, access to medical care, access to fresh produce, grocery, access to recreational areas- parks, community centers”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 27%:** Eating bad food-snacks, free unhealthy food at events
- 21%:** Sedentary lifestyle, limited physical activity
- 18%:** Stress, family conflicts

### FAMILY HEALTH

- 21%:** High cost of healthy foods, poor eating-snacks and sweet consumption
- 16%:** Miscommunication among family members, lack of quality time together
- 16%:** Limited exercise in winter, laziness preventing exercising

### COMMUNITY HEALTH

- 19%:** Air pollution, cold weather, unsafe neighborhood
- 42%:** Low income/poverty, unhealthy cultural habits, inequity in job opportunities
- 42%:** Others: crime, lack of resources, inequitable access to health resources

“Eating unhealthy 60% of the time, too much computer/phone time, not exercising the remaining 4 days of the week”

“Cost of healthy foods and time constraints”

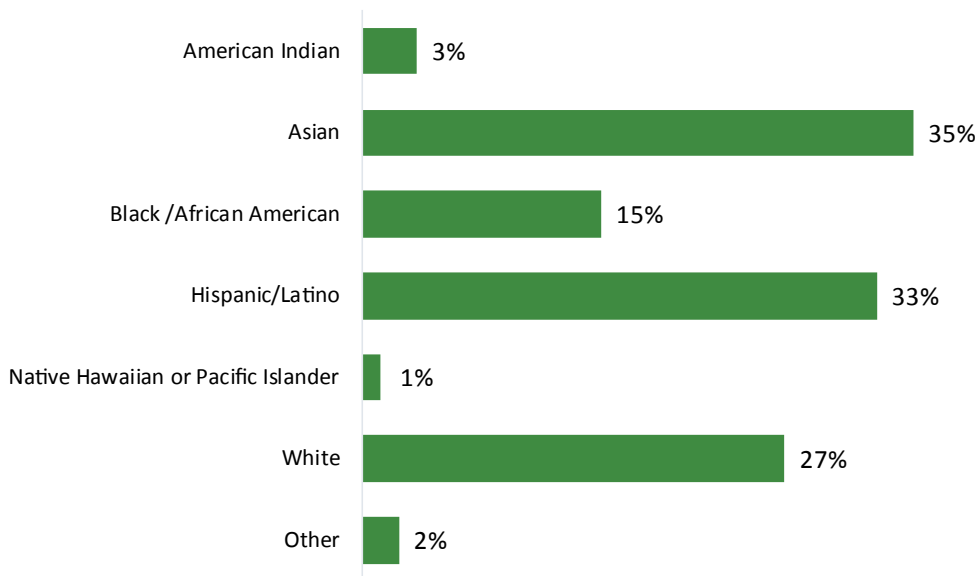
“Processed food at grocery stores/lack of sidewalks in communities/lack of public transit in communities”



# 55109 - Community Engagement

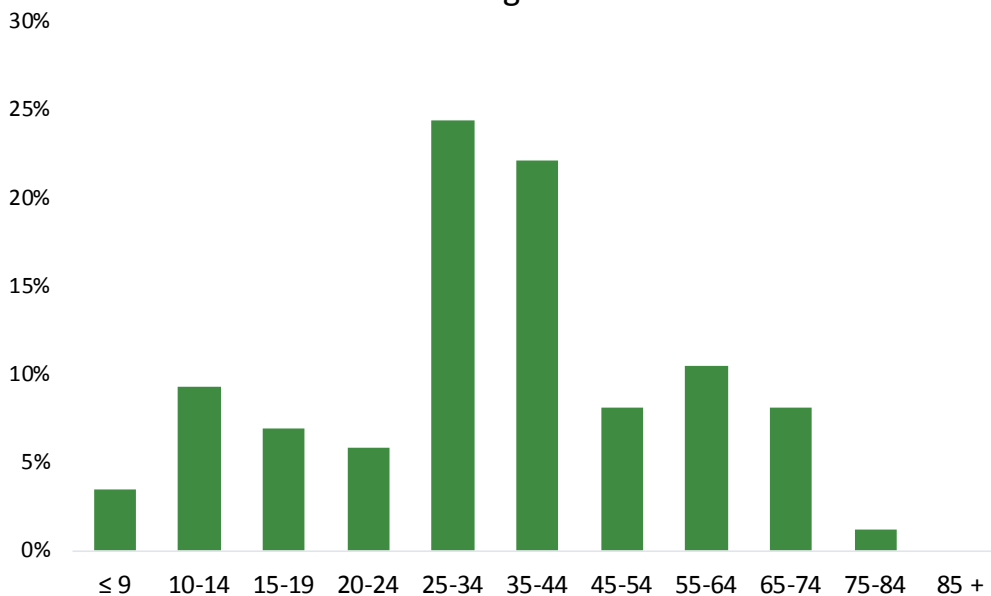
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Race Ethnicity (n=86)

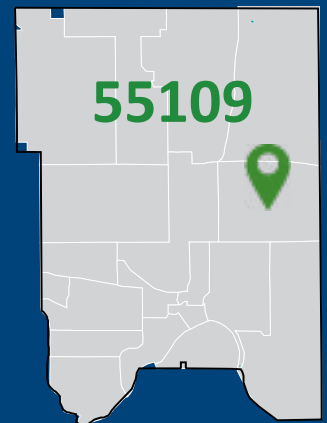


Respondents could select multiple categories, so total may be more than 100 percent.

Age



## Ramsey County



Population  
**33,240**

Household median income  
**58,831**

Voices heard  
**86**

Female: 50  
Male: 36  
Other: 0





## What helps you stay healthy?

### PERSONAL HEALTH

- 19%:** Visiting doctors for check-ups, use of medications
- 60%:** Eating well and healthy, drinking water
- 55%:** Being active/exercising
- 20%:** Social interactions, sleeping and resting well

### FAMILY HEALTH

- 50%:** Eating healthy, planned meals, eating together
- 29%:** Exercising- outdoor adventures, sports
- 30%:** Family time and togetherness, family support
- 20%:** Others: limited risk exposures, good communication, good education

### COMMUNITY HEALTH

- 16%:** Access to healthy foods, free healthy foods
- 16%:** Clean environment, safe neighborhood
- 42%:** Others: safe roads, variety of culture, health advertisements, civic leaderships, preventive health services

“Eating fruits and vegetables. Drinking lots of water to flush out toxic and keep body well hydrated”

“Healthy foods, motivating each other-we are currently doing a family weight loss competition, walking at the park, working out at the gym, check-ups, meds”

“Sense of connection, having town hall meetings to solicit feedback from residents, access to education, having access to grocery store that offer healthier food, increase in farmers market, services for families in need of additional support, less homelessness, less crime, more jobs with adequate pay”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 47%:** Eating junk foods, eating too much/too little, dehydration/inadequate water intake
- 24%:** Inactivity/limited exercise
- 20%:** Stress-work and school, lack of monetary resources, family conflicts, loneliness
- 19%:** Others: life’s pressures, self-destruction, unsafe drivers, addictions

### FAMILY HEALTH

- 38%:** Unhealthy eating, easy access to fast foods, limited time to cook good meals
- 31%:** Economy, spousal separation/single parenthood, family conflicts
- 14%:** Limited exercise due to laziness
- 29%:** Others: bad relationships, job loss, TV and advertising, games

### COMMUNITY HEALTH

- 44%:** Economy, lack or inadequate communication, poor and incorrect information about community services
- 20%:** Violence and crime, dirty environment
- 38%:** Others: cold weather, barriers to health and food access, lack of indoor parks or centers for activities, drugs

“Weather, lack of nearby walking trails, motivation, cost of healthy foods”

“Alcohol-especially because of our community’s high consumption and acceptance of it at family gathering ”

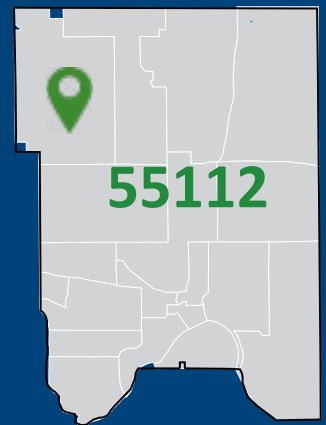
“Violence in the home and communities; disregard for laws that promote health and safety; lack of sidewalks in some area; easy access to cheap fast food; low paying jobs-inability to access healthy foods; Trump’s Administration; anti-vaccines tactics, less meaningful social interaction-everything is about technology now”



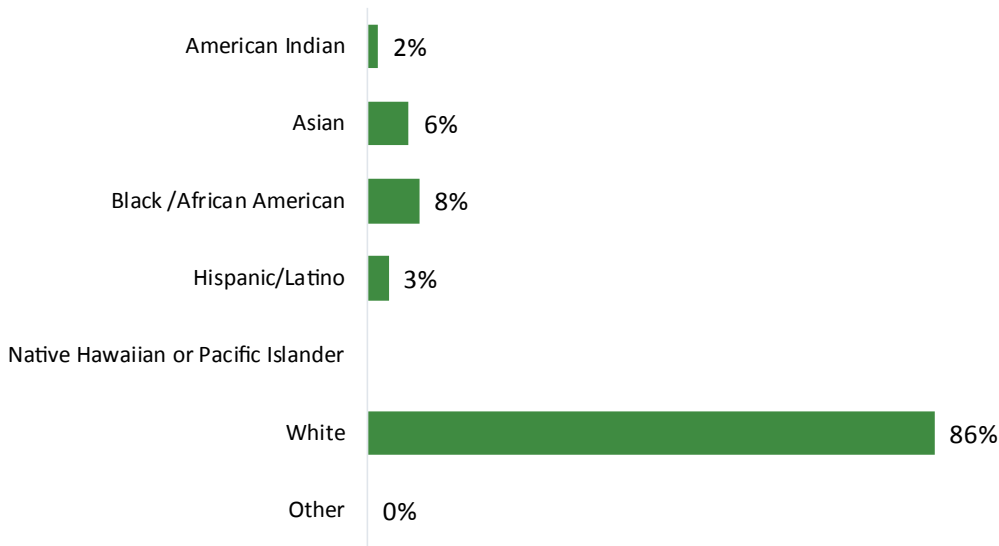
# 55112 - Community Engagement

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## Ramsey County

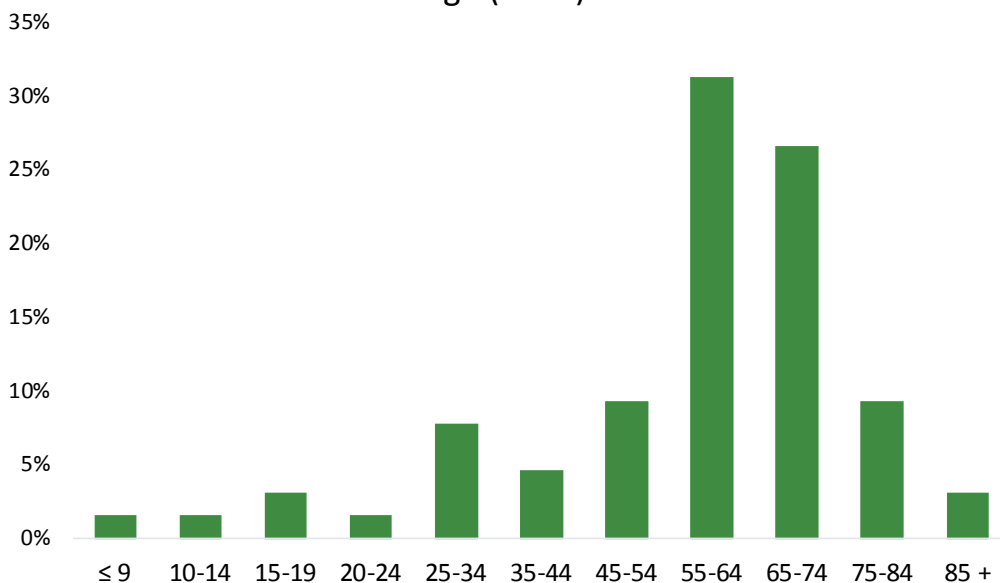


### Race Ethnicity (n=64)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=64)



Population  
**46,320**

Household  
median income  
**71,824**

Voices heard  
**64**

Female: 45  
Male: 19  
Other: 0

# 55112 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 70%:** Regular exercise
- 63%:** Good/healthy diet, affordable healthy food options
- 28%:** Friends and family support
- 19%:** Visiting doctors for regular check-ups, good health insurance, use of medications

### FAMILY HEALTH

- 48%:** Exercise/working out together
- 47%:** Eating healthy, access to quality grocery stores
- 28%:** Family support, family activities together
- 28%:** Others: reading food labels, going on vacations, not smoking

### COMMUNITY HEALTH

- 61%:** Community centers, recreational centers/parks
- 23%:** Access to exercise facilities, YMCA
- 17%:** Clean environment, clean air and water
- 33%:** Others: adequate bike trails, dancing classes, social support

“Regular exercise, scratch cooked meals, social interaction with family and friends, intellectual activities like reading newspapers, books”

“Access to high quality grocery stores and markets; sidewalks; local parks with nature trails, beaches and gathering areas”

“Well designed system of areas where people are able to walk in winter and summer-the mall is an incredibly healthy place for people to get exercise especially seniors. Having fresh groceries available. Good road systems”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 31%:** Eating too much/not eating right, unaffordability of healthy meals
- 20%:** Inadequate exercise/sedentary lifestyle
- 16%:** Air pollution, poor weather conditions

### FAMILY HEALTH

- 31%:** Time constraints for cooking and eating healthy meals, unhealthy eating
- 28%:** Stress, busy schedules

### COMMUNITY HEALTH

- 36%:** Lack of employment, low paying jobs
- 32%:** Air pollution, cold weather, no sidewalks
- 39%:** Others: inaccessible senior resources, too much computerized processes, lack of community activities, poor justice system

“Polluted, contaminated air and water”

“Unable to afford healthy food as much as needed, spend too much of limited income to help my 32-year-old unemployed son who had a medical crisis ”

“Being too dependent on cars. Not a walkable community and lousy public transportation”



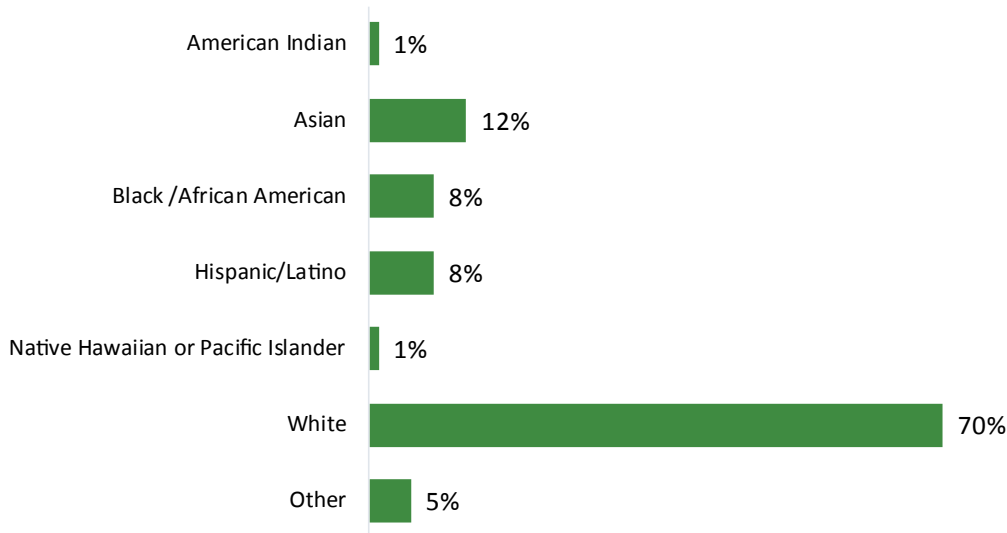
# 55113 - Community Engagement

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. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit [www.ramseycounty.us/cha](http://www.ramseycounty.us/cha)

## Ramsey County



### Race Ethnicity (n=177)



Respondents could select multiple categories, so total may be more than 100 percent.

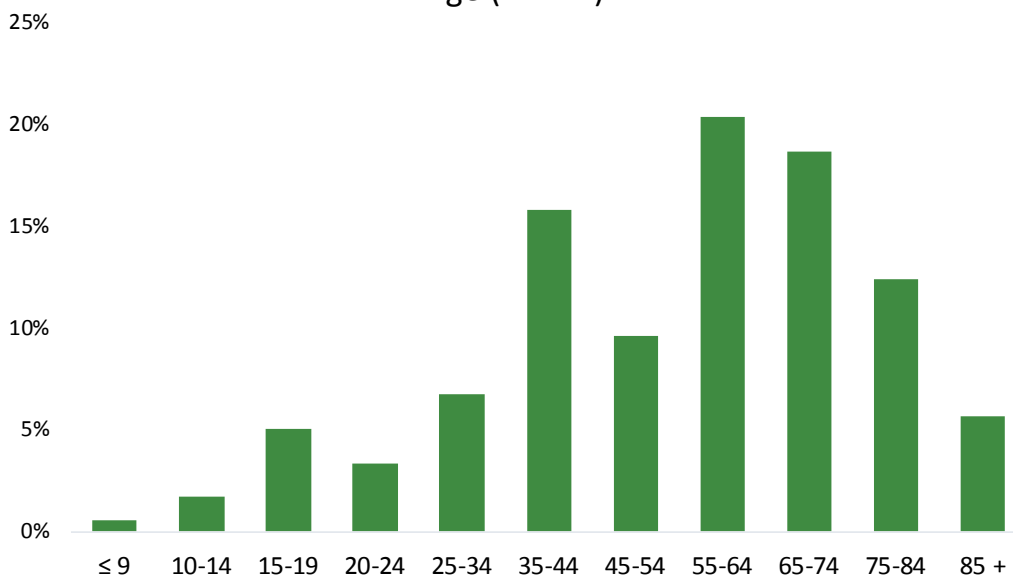
Population  
**39,685**

Household  
median income  
**65,666**

Voices heard  
**177**

Female: 121  
Male: 54  
Other: 2

### Age (n=177)



# 55113 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 71%:** Good/healthy foods
- 52%:** Exercise
- 35%:** Good family and friend support
- 19%:** Annual health checkups and using medications

### FAMILY HEALTH

- 49%:** Eating right or healthy
- 35%:** Exercise
- 35%:** Family and friend connectedness
- 12%:** Access to health care

### COMMUNITY HEALTH

- 20%:** Access to healthy food and resources
- 19%:** Parks, walk and bike paths
- 59%:** Safe neighborhoods

“Access to safe community resources (parks, rec), safe neighborhood, diet and fitness, good mental health”

“We enjoy exercise, we are mostly happy and try to eat well”

“Local parks, recreational activities, affordable fresh groceries, gyms, knowledge of how to maintain a healthy lifestyle, accessible healthcare for everyone”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 41%:** Junk foods/unhealthy food
- 22%:** Inadequate/lack of exercise
- 13%:** Low income
- 15%:** Unaffordable health care

### FAMILY HEALTH

- 24%:** No time to cook and eat healthy meals
- 12%:** Cost of accessing health care
- 15%:** Financial pressure, stress

### COMMUNITY HEALTH

- 44%:** Lack of social interaction
- 21%:** Cold weather, environmental pollution, unaffordable transportation
- 15%:** Lack of access/unaffordability of healthy food options

“Being depressed, not eating healthy foods, not able to afford healthcare”

“Too busy to shop and cook healthy meals and have healthy food options on hand”

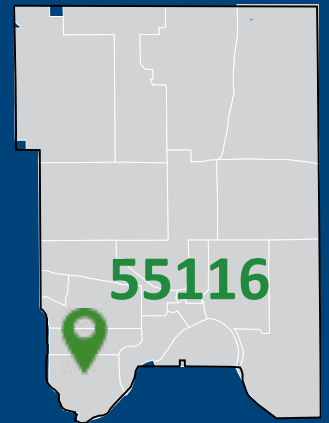
“Stigma, racism, bigotry, fear of one another. hate is towards hate, love towards love”



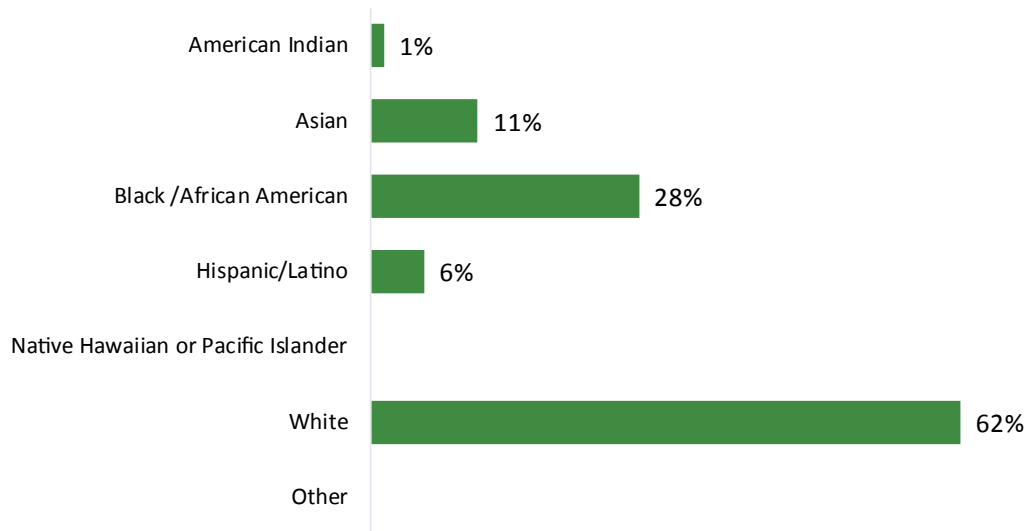
# 55116 - Community Engagement

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. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit [www.ramseycounty.us/cha](http://www.ramseycounty.us/cha)

## Ramsey County

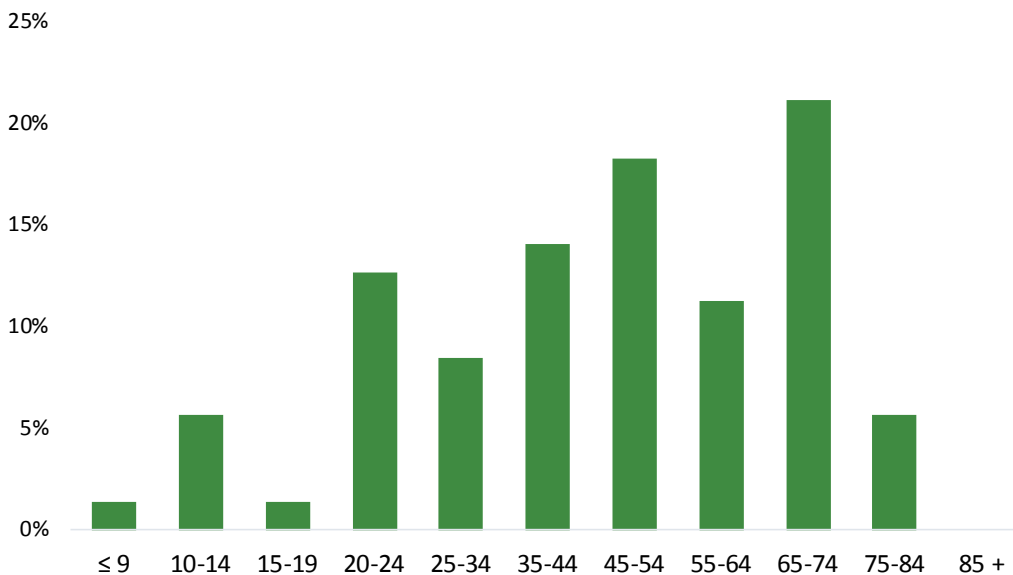


### Race Ethnicity (n=71)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=71)



Population  
**26,887**

Household  
median income  
**64,706**

Voices heard  
**71**

Female: 47  
Male: 24  
Other: 0



# 55116 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 73%:** Exercise/physical activity
- 68%:** Eating healthy food, access to healthy foods
- 27%:** Connections with family and friends
- 19%:** Visiting doctors for regular check-ups, good health insurance, use of medications

### FAMILY HEALTH

- 56%:** Eating home cooked meals together, eating nutritious foods, right food choices
- 41%:** Outdoor activities and exercise
- 32%:** Family outing, support from family and friends
- 28%:** Others: reading food labels, going on vacations, not smoking

### COMMUNITY HEALTH

- 56%:** Community centers, good social services, community library
- 32%:** Clean and safe neighborhood
- 28%:** Exercising, being more active
- 17%:** Eating healthy foods

“Positive mindset, healthy food options, adequate physical activity and a smoke free environment”

“Home cooked meals, time together, outdoor physical activities”

“Policies that support healthy eating, fun recreation, gun violence prevention policies”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 32%:** Poor food choices, unaffordable healthy foods
- 25%:** Lack of exercise
- 18%:** Work related stress, low income
- 20%:** Others: trauma, chronic depression, lack of self-discipline

### FAMILY HEALTH

- 39%:** Eating too much, eating outside, eating unhealthy foods
- 18%:** Stress, low income, lack of family support

### COMMUNITY HEALTH

- 49%:** Low income/poverty, community distrust of politicians
- 21%:** Pollution, unsafe neighborhoods
- 18%:** Lack of access to nutritious foods
- 31%:** Others: inadequate community resources, lack of communication between community and government, lack of community events/activities

“Stress of poverty, low quality air, lack of access to healthy food options, and limited space for physical activity”

“Chemical dependency/mental health issues. Unemployment, unstable housing, food insufficiency”

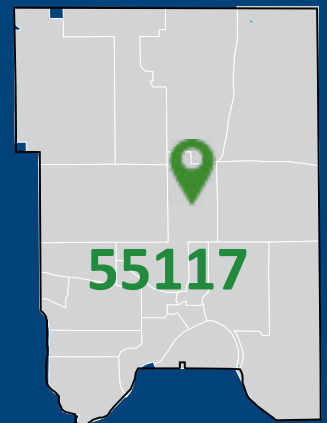
“Lack of access to healthy food at affordable price, crime not patrolled and lack of police presence”



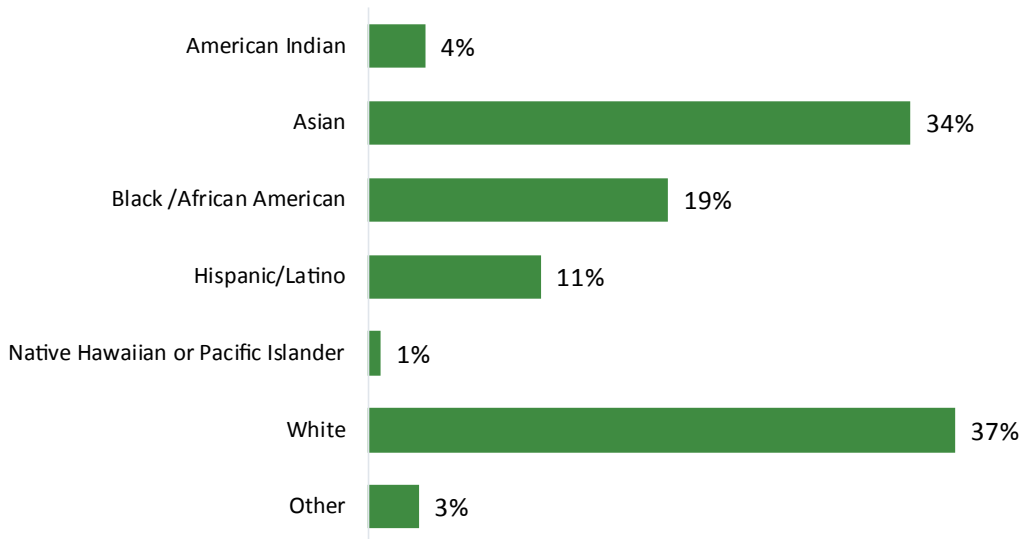
# 55117 - Community Engagement

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. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit [www.ramseycounty.us/cha](http://www.ramseycounty.us/cha)

## Ramsey County

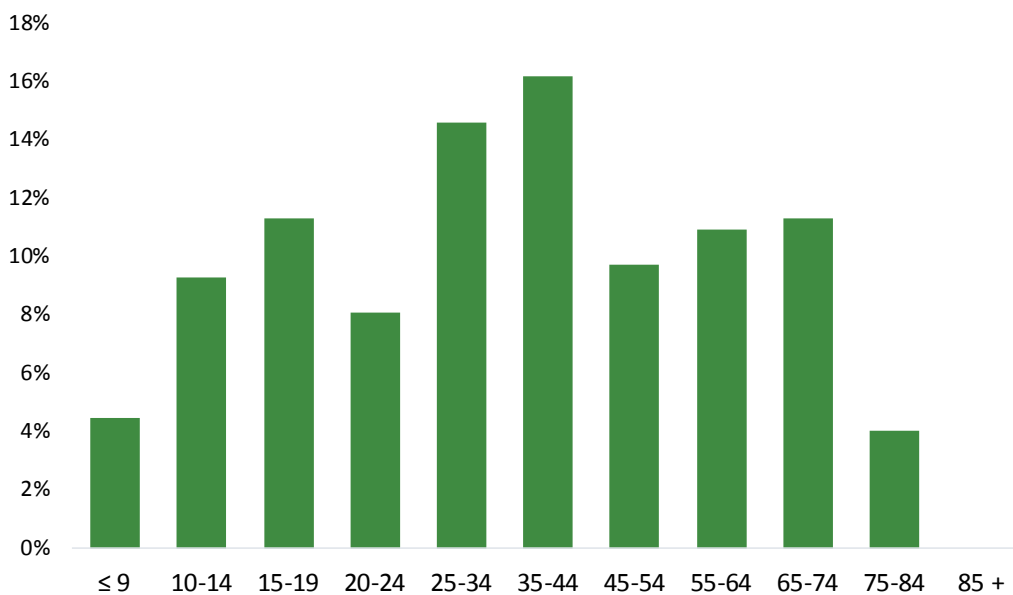


### Race Ethnicity (n=247)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=247)



Population  
**45,197**

Household  
median income  
**48,850**

Voices heard  
**247**

Female: 162  
Male: 84  
Other: 1

# 55117 - Community Engagement



## What helps you stay healthy?

### PERSONAL HEALTH

- 64%:** Eating healthy
- 56%:** Exercise/physical activity
- 24%:** Good family relationships
- 12%:** Regular check-ups

### FAMILY HEALTH

- 51%:** Eating fruits and vegetables and less fast food
- 29%:** Walking together and exercising
- 29%:** Family helping one another and doing things together

### COMMUNITY HEALTH

- 21%:** Access to grocery stores/eating healthy foods
- 14%:** Outdoor exercise
- 16%:** Clean environment
- 46%:** Good social habits/gathering in schools and religious places, engaging in community activities (community centers)
- 27%:** Others: YMCA, fitness centers, rec centers, health program for everyone

“I try as much as possible to stay away from some certain kind of foods, no alcohol, no smoking. I visit the doctor for a checkup and I smile a lot, eat a lot of fruits, go for a long walk during summer time”

“Good handwashing, home cooked meals rather than fast food”

“Opportunities to get together, libraries, parks, conversation, lectures, events, parks-green, walking, playground, rec centers, community councils investing in neighborhoods”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 42%:** Poor diet/junk food
- 26%:** Irregular exercising habits/cold weather
- 19%:** Lack of time, cold weather (ice on sidewalks)
- 17%:** Others: stress, sleep deprivation

### FAMILY HEALTH

- 30%:** Unhealthy meals, little or no exercise
- 19%:** Low income level, lack of communication
- 32%:** Others: stress, worry, living alone

### COMMUNITY HEALTH

- 19%:** Consumption of unhealthy food due to unaffordability
- 26%:** Safety concerns, unclean environment
- 34%:** Lack of community interaction and cohesion
- 30%:** Others: little or no awareness of to health resources

“Darkness, stress, poor nutrition”

“Too much “fast food” and too much TV time”

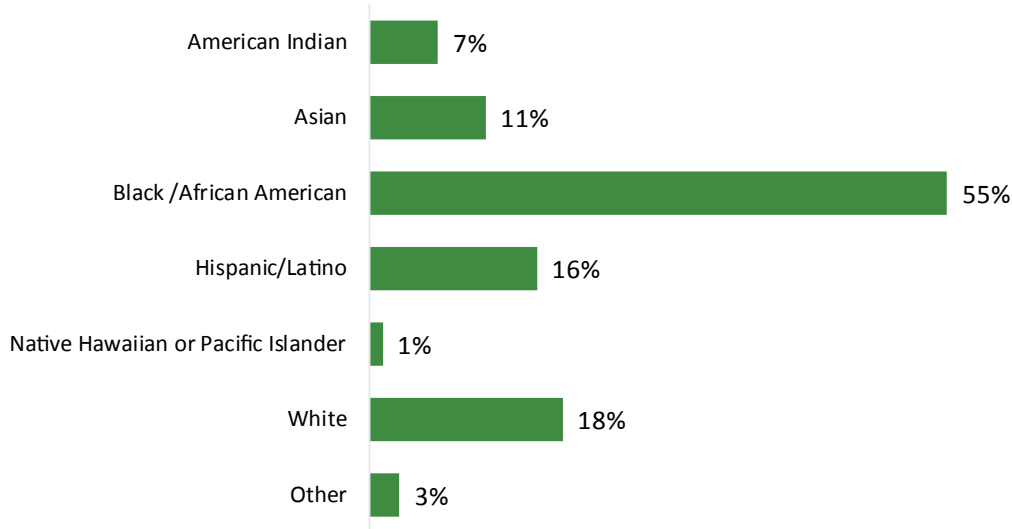
“Most of my Karen people live in old apartment complexes, I think this can be unhealthy for them”



# 55119 - Community Engagement

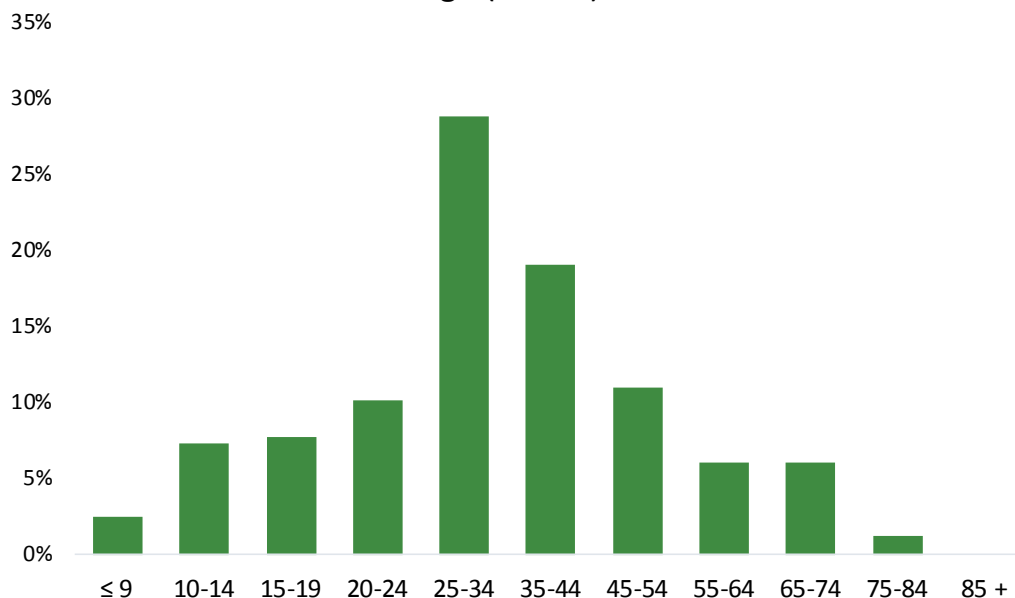
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families, and communities stay healthy and what keeps them from being healthy. This fact sheet summarizes responses from a single zip code. For more information on the entire Community Health Assessment project and findings, visit [www.ramseycounty.us/cha](http://www.ramseycounty.us/cha)

### Race Ethnicity (n=246)

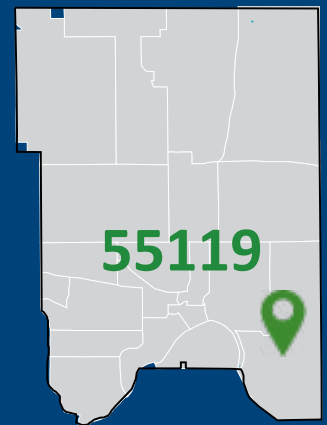


Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=246)



## Ramsey County



Population  
**41,618**

Household  
median income  
**57,849**

Voices heard  
**246**

Female: 150  
Male: 95  
Other: 1



## What helps you stay healthy?

### PERSONAL HEALTH

- 61%:** Eating healthy/good foods
- 63%:** Doing exercise/being active
- 28%:** Good family time, prayer

### FAMILY HEALTH

- 50%:** Eating healthy/healthy diet/eating homemade food
- 29%:** Exercise/working out/walking
- 30%:** Family interaction and togetherness, prayer

### COMMUNITY HEALTH

- 23%:** Good/nutritious food, clean water, exercise
- 15%:** Affordable options for exercise, staying active and fit
- 16%:** Safe and clean neighborhood
- 39%:** Community events to celebrate culture and health, helping one another and having good relationship with neighbors
- 33%:** Others: community garden, community awareness and participation, health education

“Exercise and 8 hours of sleep”

“Safety, justice, access to health care, faith and spirituality, family income, housing”

“I would say access to affordable options for exercise, healthy diet and medical care”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 47%:** Eating poorly, eating too much
- 27%:** Not exercising/inactivity
- 19%:** Low education/language barriers, stress

### FAMILY HEALTH

- 28%:** Poor eating habits/junk foods
- 18%:** Inactivity/not exercising
- 23%:** Low income

### COMMUNITY HEALTH

- 22%:** Unhealthy eating, fast food chains
- 14%:** Physical inactivity
- 23%:** Unsafe neighborhood, community violence, unclean environment, air pollution
- 25%:** Low education, poverty, structural racism
- 35%:** Others: lack of social programs in the community, lack of awareness

“Lack of quality restaurants near me. There are a lot of fast food restaurants in my neighborhood but none serve organic, locally sourced food. Also, since walking is my main source of exercise, weather is a huge factor”

“Time-not having time to be active, family events where we over cook, over eat, eat unhealthy fatty foods, lack of access to parks/trails nearby”

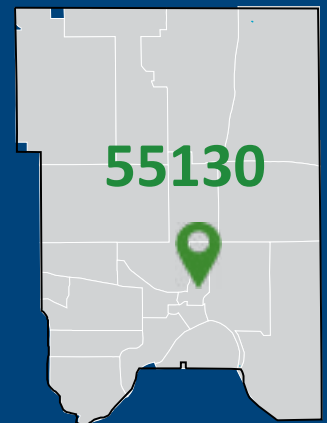
“Lack of good environment, no access to healthcare, lack of safety and lack of good food”



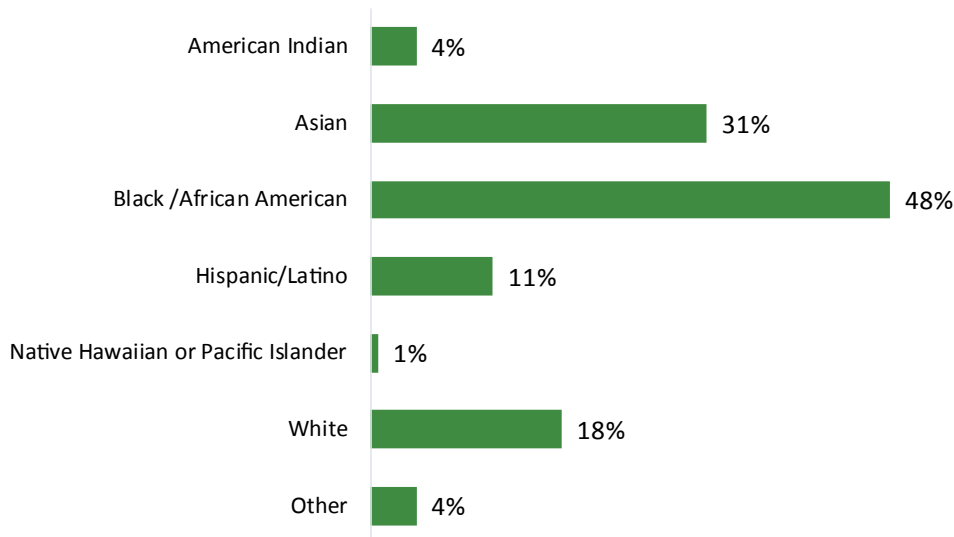
# 55130 - Community Engagement

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## Ramsey County

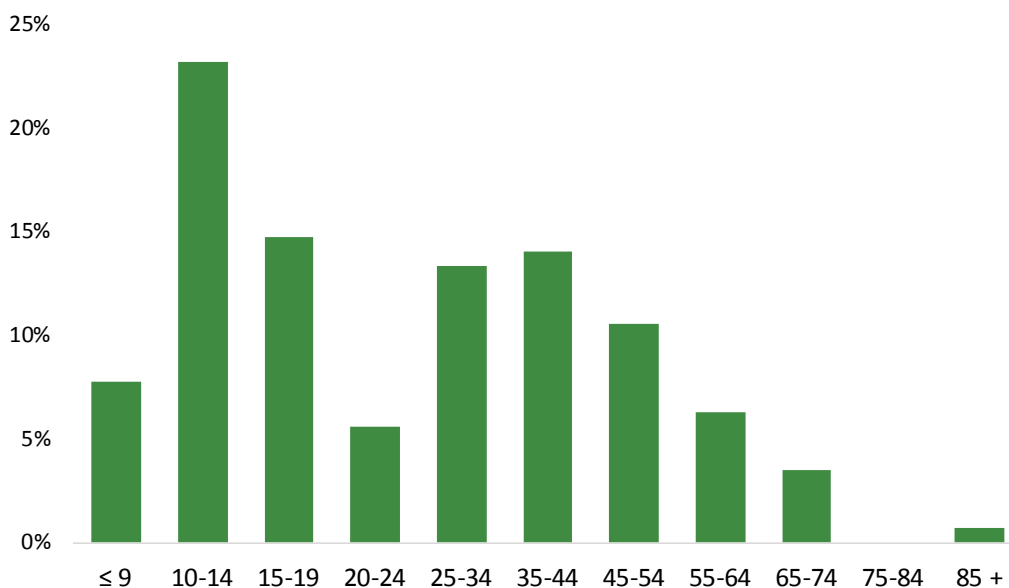


### Race Ethnicity (n=142)



Respondents could select multiple categories, so total may be more than 100 percent.

### Age (n=142)



Population  
**18,901**

Household  
median income  
**33,450**

Voices heard  
**142**

Female: 87  
Male: 54  
Other: 1





## What helps you stay healthy?

### PERSONAL HEALTH

- 73%:** Eating healthy/eating right and drinking water
- 56%:** Exercise
- 25%:** Social support from family, friends, religious groups

### FAMILY HEALTH

- 58%:** Eating lots of fruits and vegetables
- 26%:** Good exercise/staying active
- 24%:** Family time and support

### COMMUNITY HEALTH

- 18%:** Access to good food choices, drinking water
- 18%:** Clean and safe environment
- 41%:** Community togetherness and community awareness, social support

“Exercise, eating healthy foods, drinking lots of water”

“Staying active, eating lots of fruits and vegetables, lots of water, removing junk food”

“Good communication between government and the citizens they serve about all issues such as public safety, environmental concerns, schools, more community events”



## What keeps you from being healthy?

### PERSONAL HEALTH

- 58%:** Eating junk foods, lack of drinking water
- 17%:** Lack of exercise and inactivity
- 15%:** Low income, stress

### FAMILY HEALTH

- 39%:** Eating snacks/junk foods
- 24%:** Low income, lack of family and social connectedness

### COMMUNITY HEALTH

- 16%:** Lack of access to healthy foods
- 25%:** Dirty environment, violence
- 23%:** Lack of social support network

“Lack of access to physical activity, stress, limited resources, limited time, expensive healthy food and cheap unhealthy food, money”

“Not having enough time to eat and exercise together”

“Karen people are the recent immigrants in this country, they do not know how to ask for resources. They are low income so this leads to unhealthy community”

