

COMMUNITY ENGAGEMENT

Themes by Population



Based on the following population groups:

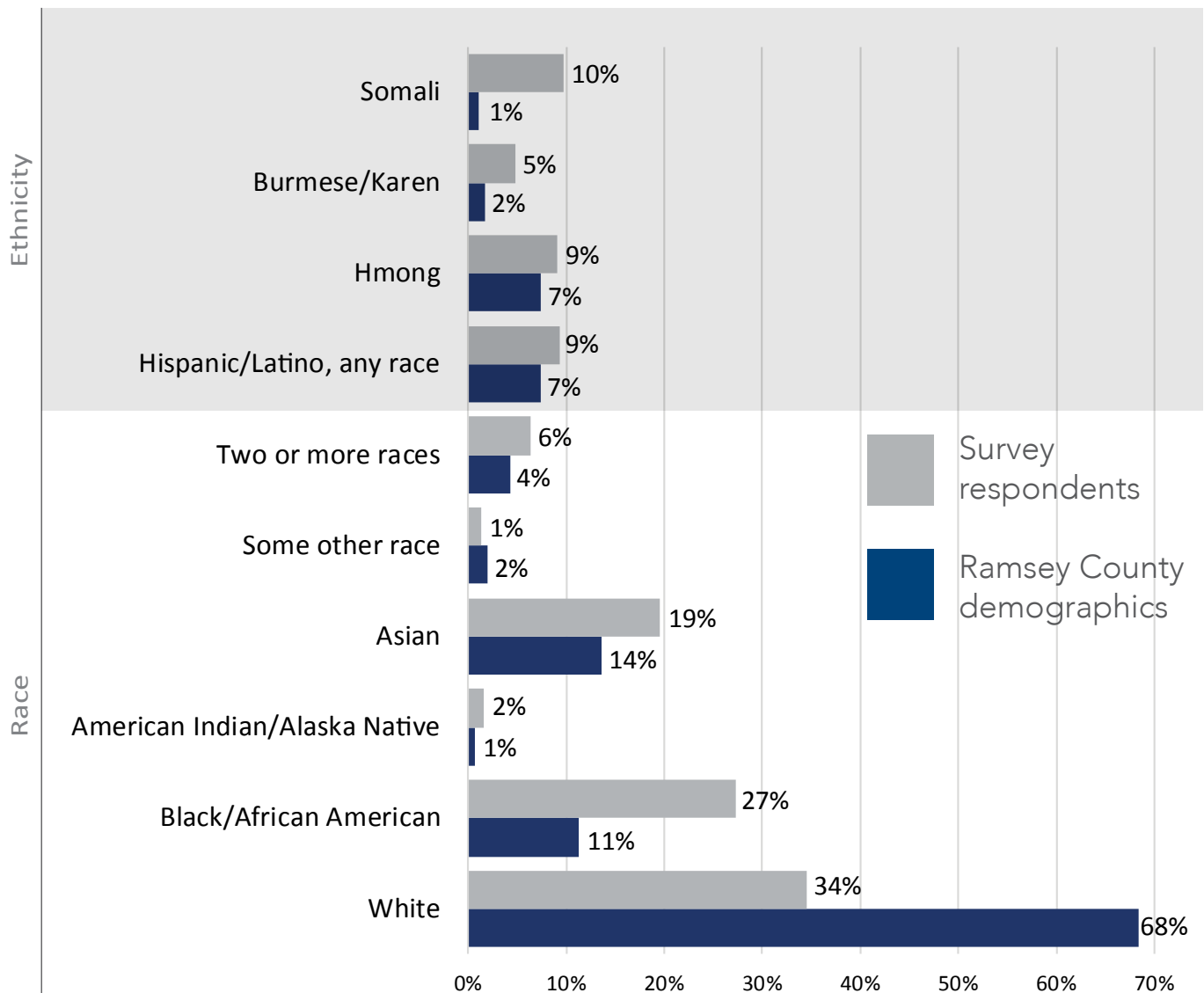
- Overall Themes
- African Immigrant
- American Indian
- Asian
- Black/African American
- Hispanic/Latino
- Hmong
- Karen
- Somali
- White
- 65 years and older
- Veterans

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"



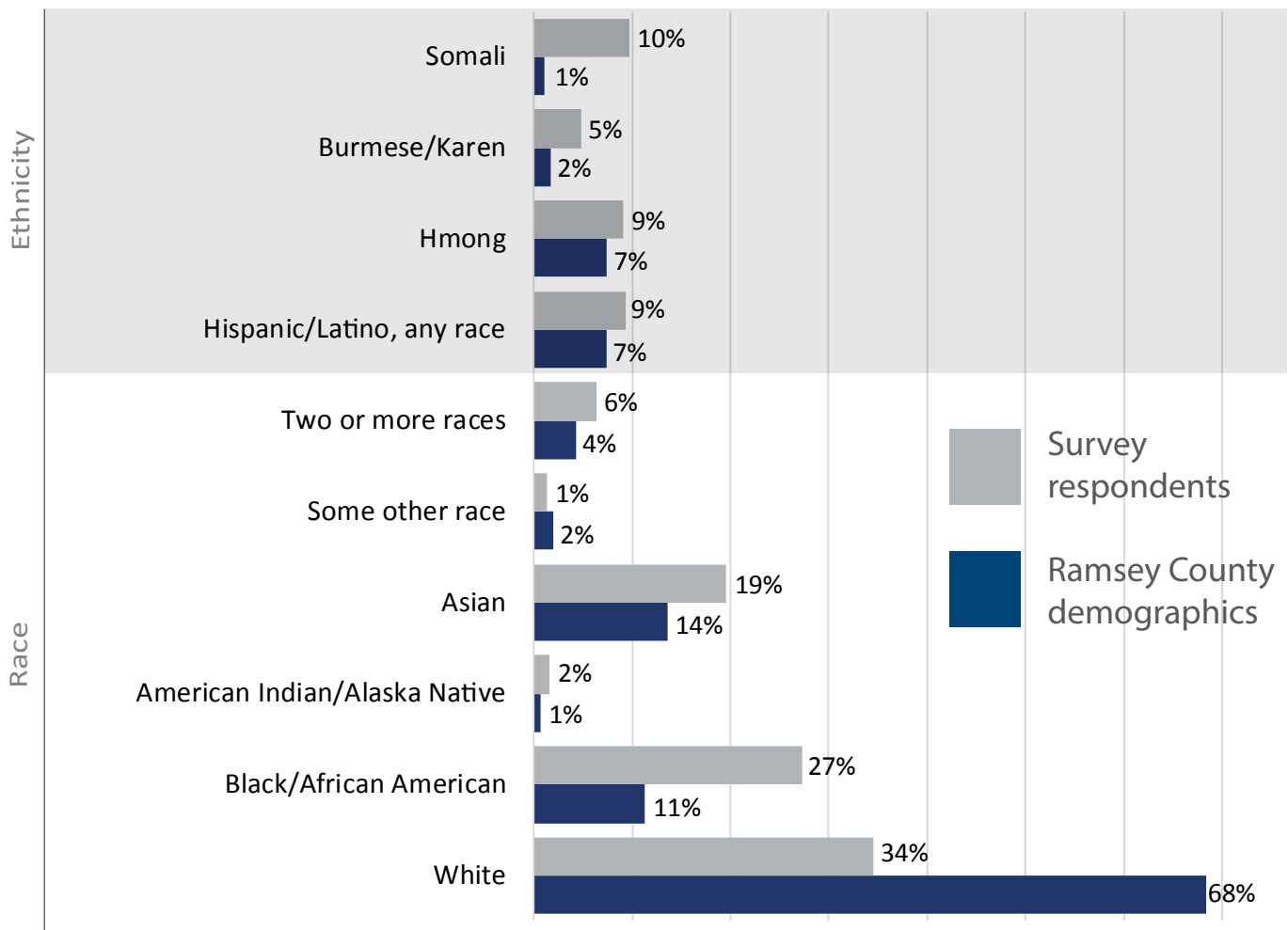
AMERICAN INDIAN - Community Engagement

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.



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”



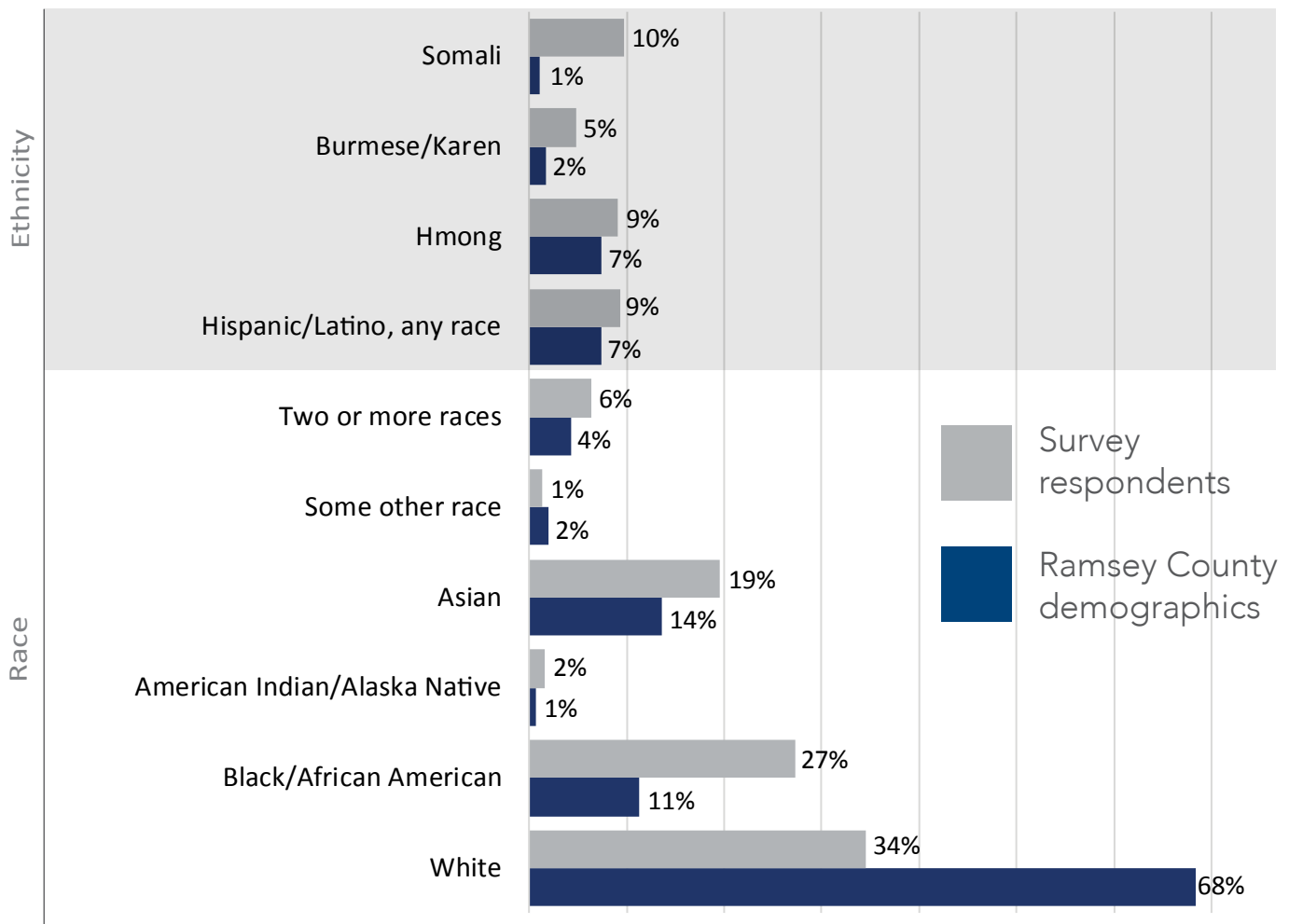
ASIAN - Community Engagement

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"



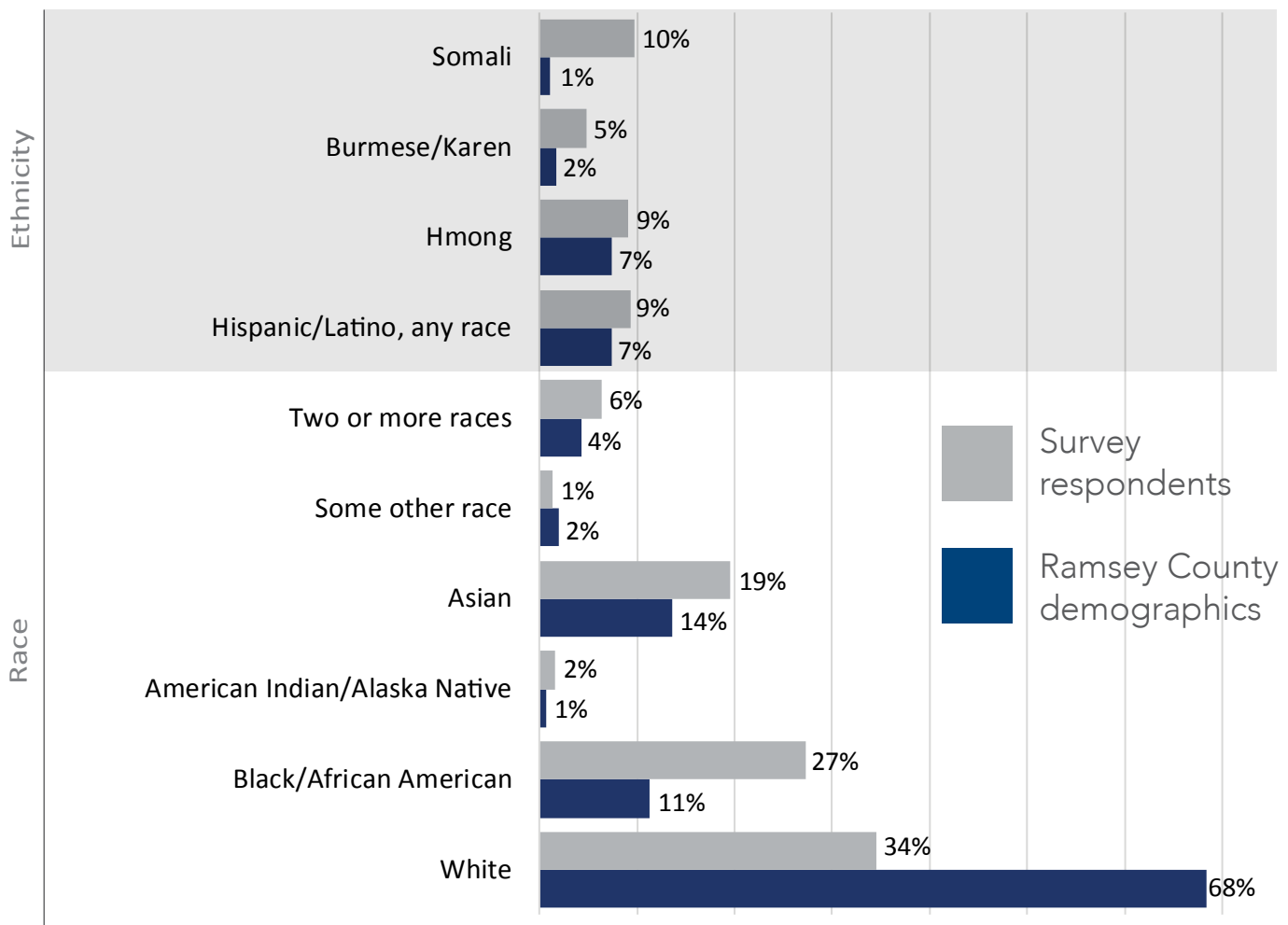
BLACK/AFRICAN AMERICAN - Community Engagement

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”



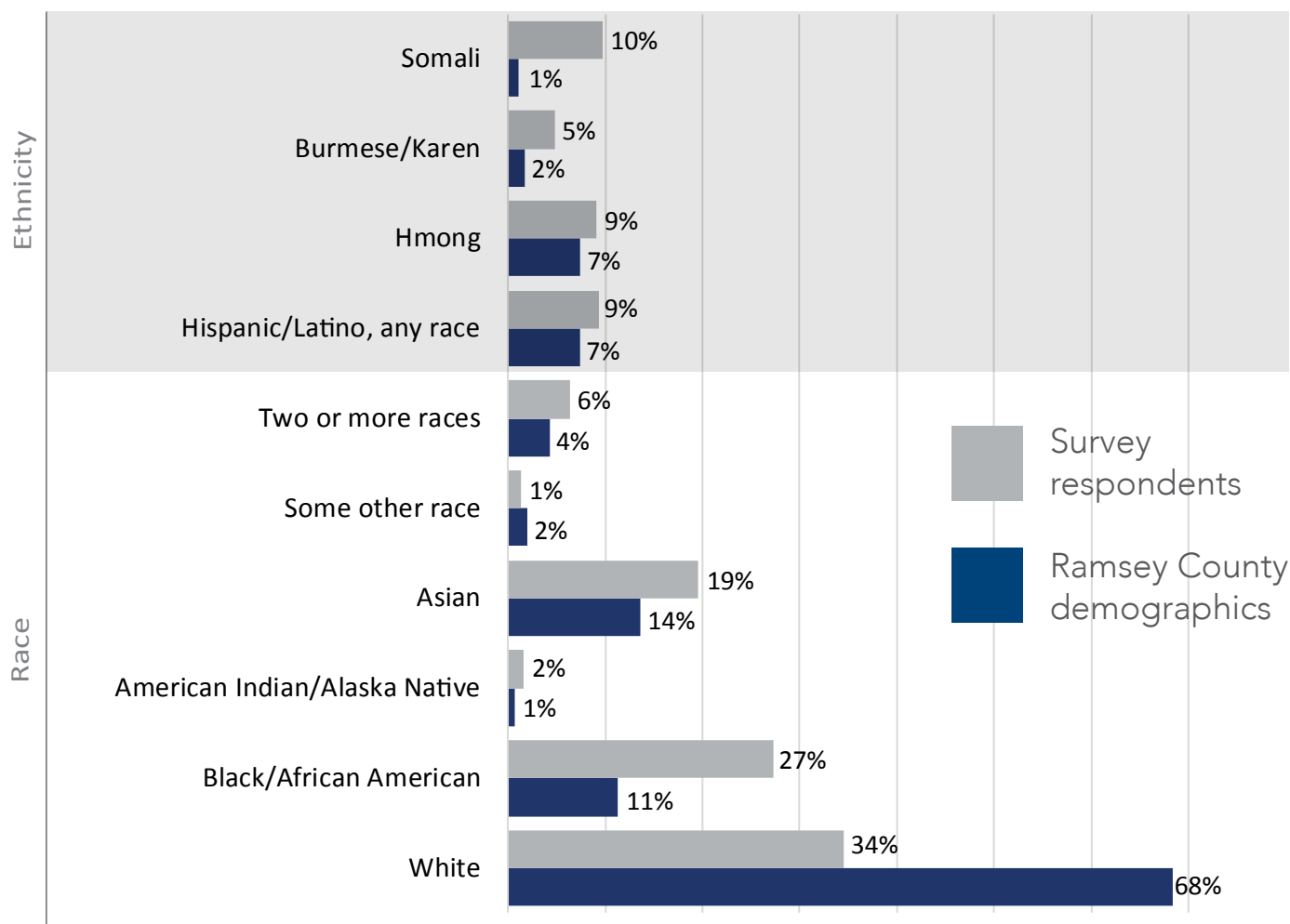
HISPANIC/LATINO - Community Engagement

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.

260 respondents identified as Hispanic, Latino or Spanish Origin. The respondents are from Mexico, El Salvador, Guatemala, Portugal, Brazil and Puerto Rico. 28.7% identified as White and 71.3% as non-White.

Like other communities of color, the Hispanic, Latino or Spanish Origin community of Ramsey County positioned faith, family and social interconnectedness alongside good health. Poor safety and limited rec/community center availability were the limitations to being physically active; overuse of technology and establishing a sedentary lifestyle stemmed from these limitations. All communities signified diet and nutrition as important, however this community additionally addressed the limited access to healthy foods and the financial burden associated with healthy eating.

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



HISPANIC/LATINO - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Healthy diet with fruits, vegetables and drinking plenty of water
- 61%:** Walking regularly, sports and working out
- 20%:** Family connections, financial stability, education and spirituality
- 17%:** Adequate sleep, having positive attitudes and limiting alcohol
- 13%:** Doctor and dentist regular visits, taking prescribed medications and staying in good mental health/well being

FAMILY HEALTH

- 51%:** Fruits and vegetables consumption, avoiding sugar and junk foods
- 29%:** Walking, outdoor sports and rec centers
- 25%:** Financial stability and being socially connected
- 13%:** Stable housing, safety, regular doctor visits and healthcare access

COMMUNITY HEALTH

- 32%:** Social interactions, community centers and being educated
- 19%:** Healthy diet with fruits, vegetables and having access to healthy foods
- 14%:** Walking regularly, joining a health club and not smoking
- 12%:** Community safety, waste management and access to transportation

“Eat healthy, do exercise, my work, maintain faith in God, have relationships with positive people”

“Good home, having insurance, educational and exercise activities, healthy food”

“Parks, physical activities at little cost, eating fruits and vegetables, medical attention and services”



What keeps you from being healthy?

PERSONAL HEALTH

- 38%:** Poor dieting from junk/fast food, limited access to healthy food options, and drug use
- 28%:** Time, sleep, and stress
- 22%:** Lack of physical activity, motivation, laziness and sedentary jobs
- 20%:** Limited finances/income, education, and lack of social support
- 14%:** Cold weather, unsafe neighborhoods and transportation barriers

FAMILY HEALTH

- 50%:** junk food, lack of exercise and access to healthier food options
- 27%:** Lack of social connections, poor finances, unsafe neighborhood and cold weather
- 20%:** Busy schedules, excessive use of electronics and stress

COMMUNITY HEALTH

- 29%:** Lack of community support, finances and limited education
- 17%:** Unsafe communities, poor waste management and cold weather
- 15%:** Limited access of healthy food, junk/fast food, and drug use

“Being isolated, poor housing, being discriminated from others, having a few resources that are in cultural”

“Need more healthier meal ideas, ideas to be healthy for kids, not knowing if our house is clean and safe to live in [LEAD]”

“Lack of health education, lack of health insurance and lack of money and financial resources”

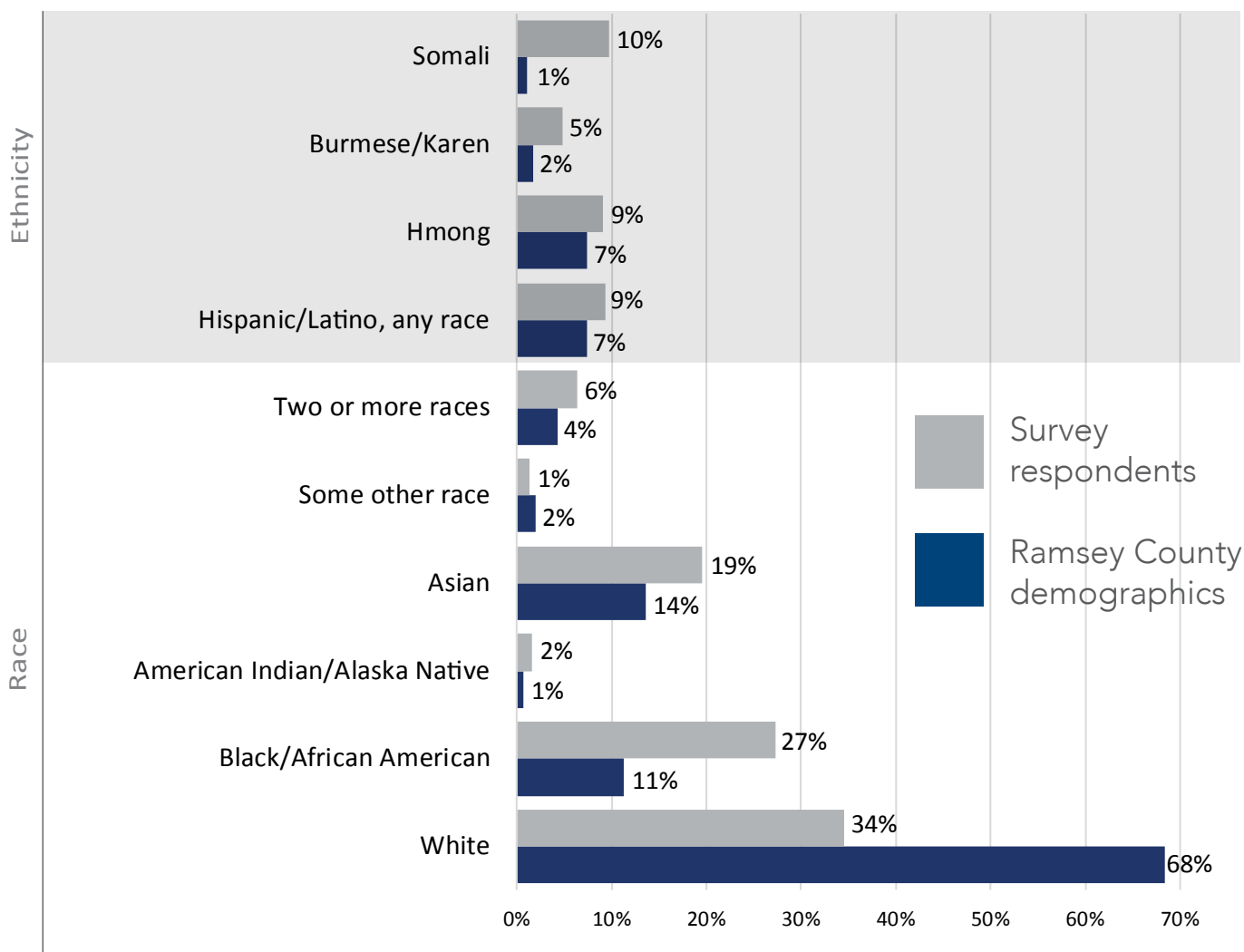


HMONG - Community Engagement

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.

9% of the total respondents identified as Hmong, with most of them belonging to the Asian Race. Eating healthy home-made foods promoted their health while easy access to junks and eating junk foods prevented them from being healthy. Lack of community resources, low socioeconomic status and language barriers were highlighted as factors that affected the community’s health.

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



HMONG - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 63%:** Eating healthy food/eating organic food, eating greens more than rice and meat, drinking water
- 52%:** Exercising/Staying active
- 27%:** Family support and positive social interaction, good job
- 12%:** Regular medical check-ups, doctor's advice, medicine intake

FAMILY HEALTH

- 55%:** Eating home cooked meals together, organic food intake, drinking water
- 41%:** Family support, family time, praying for one another, good family income
- 31%:** Exercising/staying active together, outdoor activities

COMMUNITY HEALTH

- 59%:** Community events, community rec centers, communal support, help and respect each other, good communication, good community network
- 21%:** Clean community/environment, safe neighborhoods/no crime
- 18%:** Access to gym facilities, exercising
- 17%:** Access to healthy foods, access to ethnic food, community gardens
- 20%:** Other factors

"Affordable healthy foods, avoiding fast junk foods, portion sizing and knowing how much to eat, physical activity-going to the gym 3-4 times a week for weight lifting, meditation"

"Being a supportive parent to my children, children who knows how to articulate and regulate their emotions, having adequate household income for food, shelters and other necessary and optional spending, having supportive extended family, having knowledge to access resources, having health insurance for everyone"

"Access to healthy foods, access to parks and environment that promotes physical activity, policies that increase access to these factors; safe communities; good schools; job opportunities; programs that support both individuals and communities; access to affordable health insurance and utilization of it; preventive health services-immunizations, check-ups, screenings."



What keeps you from being healthy?

PERSONAL HEALTH

- 56%:** Unhealthy/junk foods, overeating, easy access to affordable junk foods
- 27%:** Family disharmony, bad relationships, low income, stress (work, financial), inadequate sleep
- 22%:** Lack of exercise, laziness/lack of motivation to exercise
- 12%:** Dirty environment, cold weather, unsafe neighborhood

FAMILY HEALTH

- 39%:** Overeating, junk foods, busy schedules preventing from cooking and eating healthy
- 30%:** Lack of family time, financial stress, unhealthy family relationships, family conflicts
- 16%:** Limited physical activity/staying indoors, expense of gym membership
- 18%:** Other: Trauma from abusive relationships, poor communication, differing beliefs, parties

COMMUNITY HEALTH

- 48%:** Lack of education, affordable higher education, lack of community support, low income, lack of community resources
- 23%:** Dirty environment, pollution, crime & violence
- 17%:** Junk foods, limited access to grocery stores, lack of awareness on healthy habits, limited access to affordable healthy foods
- 25%:** Other factors

"My very busy schedule and no healthy affordable "fast" food place to get food on the go"

"Busy schedules and tight schedules, which means fast foods, too much sugar in everything"

"Lack of education, expensive gym membership and personal training cost, easy access to fast food within walking distance, cost of certain grocery items and healthier items, dangers of certain neighborhoods"

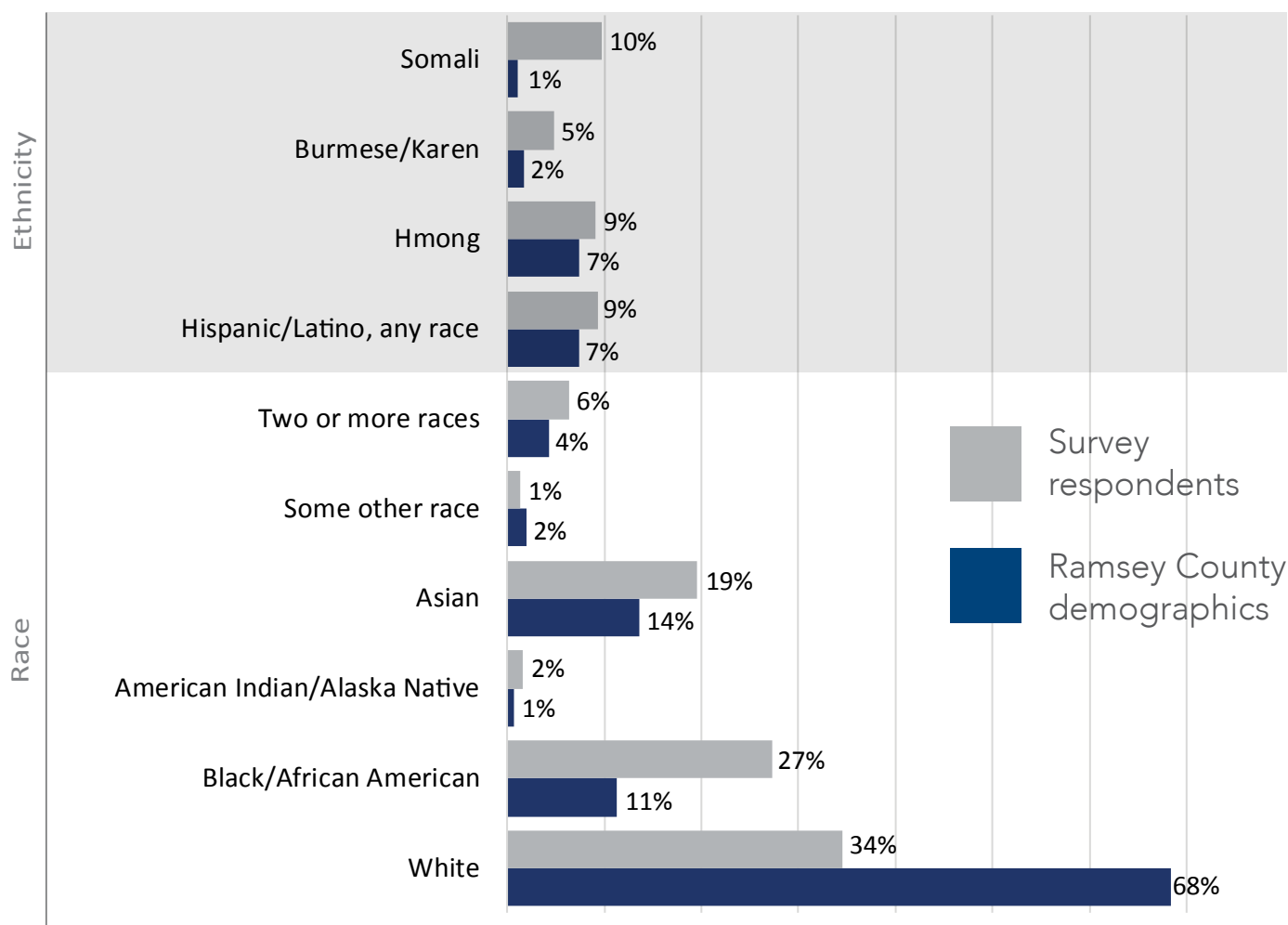


KAREN - Community Engagement

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.

Karens were 103 out of the total respondents and all identified as Asians. Drinking lots of water, exercising, cooking healthy meals, eating a lot and unaffordability of healthy meals were factors that influenced their health. Like other cultural groups, social factors like community garden and community empowerment contributed to their health positively while language barrier and low income affected their health negatively.

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



KAREN - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 76%:** Drinking lots of water, healthy eating
- 55%:** Exercise/Physical activity
- 17%:** Adequate sleep
- 15%:** Good relationship with others, family/friend support

FAMILY HEALTH

- 57%:** Cooking and eating healthy foods, eating together as a family, home cooked meals
- 35%:** Happiness and peace in the family, family vacation/spending time together, family connectedness
- 14%:** Engaging in physical activity

COMMUNITY HEALTH

- 58%:** Community gardens, parks and recreation centers, community empowerment, religious gatherings, good communication between members, community events/activities
- 17%:** Clean environment
- 14%:** Eating healthy
- 19%:** Other: Ramsey County's resource availability, community social services/resources

"Eat healthy, get 7-8 hours of sleep, volunteer in the community, good relationship with my family/friends"

"Growing our own vegetables, always include veggies in our meal, walk around the park"

"Clean environment, smoke free in apartment buildings"



What keeps you from being healthy?

PERSONAL HEALTH

- 39%:** Eating junk/fast-food, eating a lot
- 21%:** Lack of physical activity, laziness
- 21%:** Other individual behaviors like inadequate sleep, too much use of mobile device and television

FAMILY HEALTH

- 36%:** Inadequate food, unaffordable healthy foods, unhealthy foods, inorganic foods
- 22%:** Low/unstable family income, family conflicts
- 17%:** Unclean house, cold weather
- 17%:** Other: stress, inadequate resources, language barrier

COMMUNITY HEALTH

- 33%:** Language barrier, poor communication, not helping each other
- 29%:** Unsanitary environment, cold weather, violence/unsafe communities
- 15%:** Unhealthy eating, eating too much
- 21%:** Other: lack of transportation, racism, greed

"Eating all the time when I see food is available for me, I also spend a lot of time using my phone"

"Inorganic food and not washing our food in the proper way"

"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."

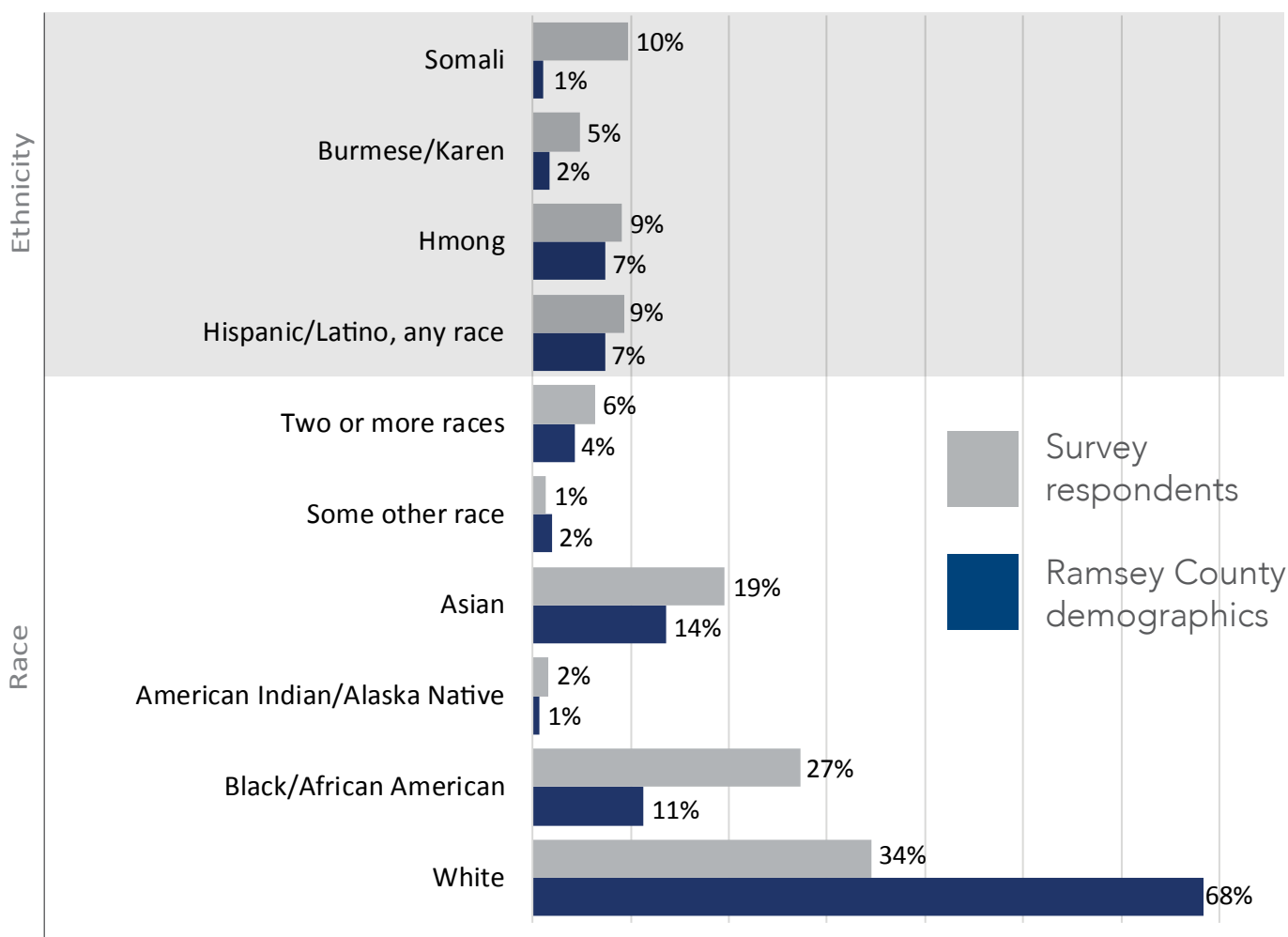


SOMALI - Community Engagement

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.

220 respondents culturally identified with Somali, where 95% racially identified as Black or African American. Among Somalis, walking, waste management and community cleanliness were greatly attributed to health. They also mentioned that language/cultural barriers, cold weather and transportation limitations strained their access to resources and better health. Faith, community support and social relationships were the essence of community health according to Somalis. Education and income were mentioned together where many imposed the need for health education services and preventive care resources for the Somali community of Ramsey County.

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



SOMALI - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 76%:** Good nutrition, eating fruits and vegetables, drinking plenty of water and adequate sleep
- 54%:** Physical exercise; going to the gym and walking
- 15%:** Good finances, spirituality, social connectedness and good education

FAMILY HEALTH

- 60%:** Good nutrition, eating of fruits and vegetables, and drinking plenty of water
- 18%:** Physical exercise; going to the gym and walking
- 15%:** Proper time management, hygiene, sufficient sleep and positive attitude/thoughts
- 10%:** Healthcare access, insurance and regular doctor visits

COMMUNITY HEALTH

- 35%:** Faith and spirituality, social connections and good education
- 26%:** Good nutrition, eating of fruits and vegetables, drinking water, and abstaining from drugs
- 18%:** Healthy living spaces, community safety and waste management
- 14%:** Walking, playing in a team sport and joining health clubs

“Eating healthy, taking medication visiting the doctor regularly and prayer”

“Happiness, getting together, eat together and work together”

“Don’t litter, safety, access to health, family, faith & spirituality”



What keeps you from being healthy?

PERSONAL HEALTH

- 51%:** Unhealthy eating habits, junk food and limited food access
- 27%:** Smoking and lack of exercise
- 20%:** Language barriers, poor education and low income

FAMILY HEALTH

- 36%:** Eating junk food and unhealthy diet
- 20%:** Language barriers, poor education and poor finances
- 19%:** Lack of exercise, sedentary lifestyle and smoking
- 17%:** Low quality of life, and lack of healthcare

COMMUNITY HEALTH

- 24%:** Easy access to junk food, limited healthy food access, unhealthy food options, fast food and drugs
- 21%:** Language barriers, education status and finances
- 19%:** Cold weather, unsafe communities and transportation barriers
- 18%:** Lack of exercise, sedentary lifestyle and smoking

“Stress, loneliness, being unclean, not eating enough”

“Sugar, no exercise and don’t have enough income”

“Intersection of stressors such as employment and food insecurity”



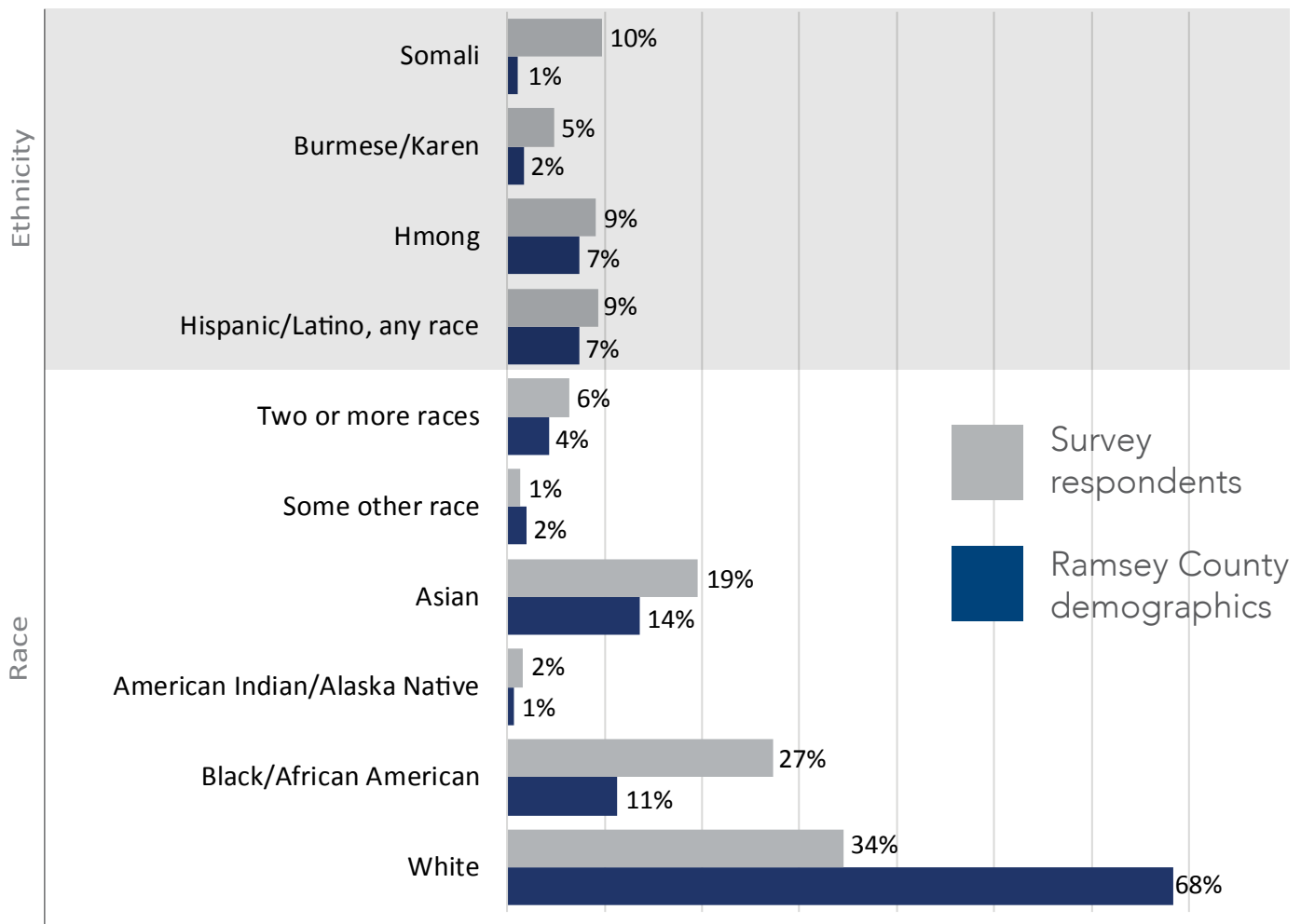
WHITE - Community Engagement

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.

About 40% of all respondents identified as Whites. Most of these respondents are Europeans. They have origins from Italy, Ireland, France, Germany, Norway, Portugal, Sweden, Greece, Scotland and Hungary. Others identified as Jews, Caucasians, Latinos, Hispanics, Australians, Bohemian, Scandinavians, Vietnamese, Russians and American Indians.

Quality grocery stores and physical exercise was top on the list of the factors that aided the health of Whites and their families. Inaccessibility and unaffordability of healthy food hampered their health. Similar to other races, the health of the community was more affected by social factors like community togetherness, illicit drug use, alcoholism etc. However compared to other races, whites considered health care (doctor’s visit, health insurance etc.) as one of the factors that affected their health.

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





What helps you stay healthy?

PERSONAL HEALTH

- 66%:** Exercise/staying active
- 63%:** Eating healthy foods, eating right-eating unprocessed foods, quality grocery stores
- 34%:** Good relationships, family & friend support, social connections
- 19%:** Individual behaviors such as sleeping/resting well, keeping stress low, good personal hygiene
- 15%:** regular check-ups, taking medications, health insurance, access to health care

FAMILY HEALTH

- 44%:** Eating healthy foods together, home cooked meals, vegetables and fruits consumption, drinking water, planning meals
- 37%:** Exercising together, YMCA membership
- 30%:** Family support, family get together and events
- 28%:** other factors such as access to social support, faith/religion, adequate rest, financial stability, community norms

COMMUNITY HEALTH

- 58%:** Community gardens, parks and recreation centers, community empowerment, religious gatherings, good communication between members, community events/activities
- 23%:** Nutritional programs, food services (food mobile), accessible and affordable grocery stores, community gardens, farmer's market
- 20%:** Safe & clean neighborhoods, walkable/bike-able paths, clean air and water, low crime, YMCA, community running programs, access to affordable options for exercise, rec centers
- 19%:** Other: Ramsey county's resource availability, community social services/resources

"Drinking water, going for walks with loved ones, trying to eat vegetarian/vegan when possible, staying informed-reading on what helps me, getting enough sleep"

"Caring for each other/support, eating at least some meals together, encourage rest/sleep/relaxation, encourage healthy habits, exercise"

"Efficient and effective public schools, political and financial support of programs that address in equities in employment, education, safety, nutrition, affordable and stable housing."



What keeps you from being healthy?

PERSONAL HEALTH

34%: Poor eating habits, emotional eating, inadequate food options, inaccessibility to affordable healthy foods, individual behaviors like stress, lack of time, inadequate sleep

22%: Inactivity/sedentary lifestyle, laziness, unaffordability of exercise facilities in the winter

21%: Other individual behaviors like inadequate sleep, too much use of mobile device and tv

19%: Low income, isolation/loneliness, unsupportive family and friends

16%: Noise and air pollution, cold weather, lack of convenient public transportation, other factors like threat of gun violence, excess weight, financial and work-related stress

FAMILY HEALTH

24%: Poor food choices, unaffordability of healthy foods, eating too much

20%: Low family income, lack of family support, social isolation, lack of quality time together, family conflicts

13%: Limited exercise, unaffordable exercise facilities, laziness

34%: Other factors like busy schedules, loneliness, family worries, alcohol and drugs

COMMUNITY HEALTH

42%: Low income, drug abuse, alcoholism, smoking, diversity intolerance, racism, lack of social connectedness, violence, crime

27%: Unsafe neighborhoods, icy sidewalks, environmental pollution, cold weather, inaccessibility of some parks and walk areas to those with disabilities

16%: Lack of local farmer's market options, limited access to healthy foods, food desserts

35%: Other factors like shifting political priorities, limited transportation options, inadequate community resources, lack of free community activities, social isolation

"Affordable gyms not close by, limited medical dental care due to insurance coverage"

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

"Lack of affordable healthcare, misinformation about effectiveness of immunizations, food insecurity, lack of affordable housing, poor education"



65 YEARS AND OLDER - Community Engagement

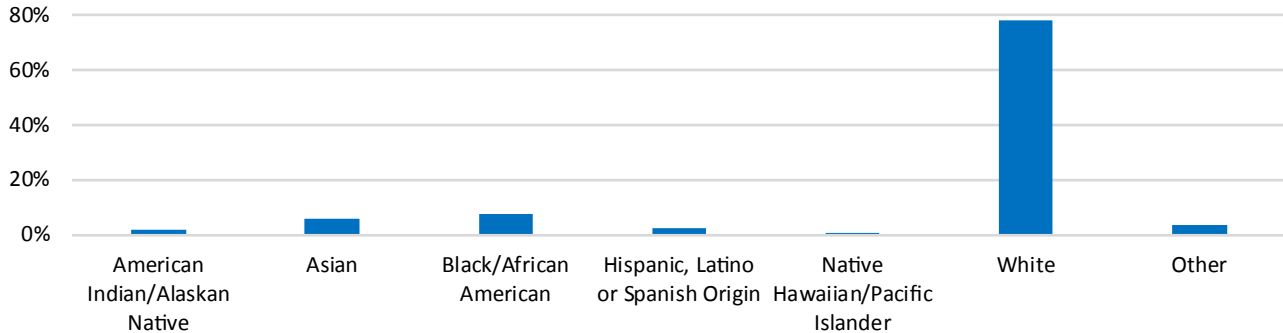
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families and communities stay healthy and what keeps them from being healthy.

338 respondents were 65 years and older. 68% of these respondents identified as females, 31% as males and 1% of respondents identified as belonging to other gender. Among all the respondents who were 65 years and older, 8%, 7%, and 67% racially identified as African American/Blacks, Asians and Whites respectively. 2% of the respondents identified racially as American Indian/Alaska Native and Hawaiian/Pacific Islander.

Majority of respondents who are 65 years and older attributed eating healthy and involving in exercise as what contributed to their personal, family and community health. They highlighted buying organic foods, cooking and eating meals together as ways through which they stayed healthy. Loneliness, lack of access to healthcare, stress and cold weather were some of the factors that kept them from being healthy.

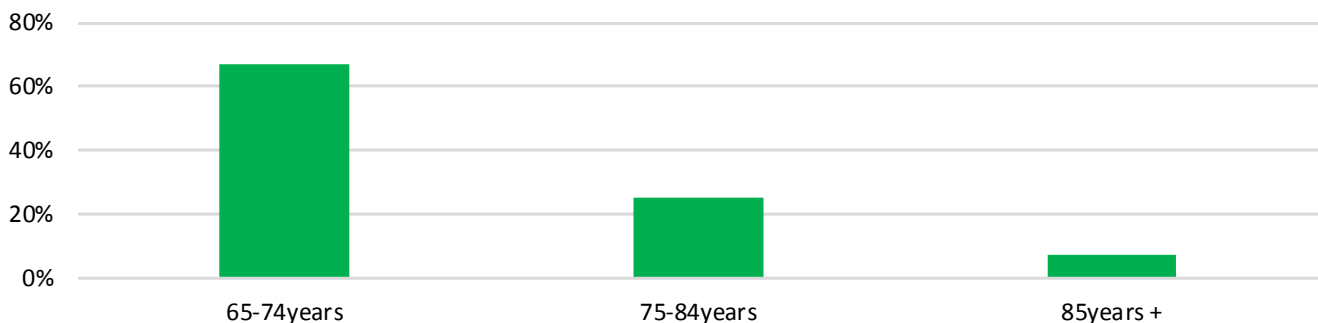
For more information on the entire Community Health Assessment project and findings, visit ramseycounty.us/cha.

Race/Ethnicity n=354



Note: the number of responses is more than the number of respondents as respondents could use all race and ethnicity that they identified with.

Age distribution of 65 years +, n=338



65 YEARS AND OLDER - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Exercising/Physical activity
- 65%:** Eating healthy/right
- 33%:** Family and social support, good community relations, religious activities
- 23%:** Individual behaviors such as regular adequate sleep, positive attitude towards life
- 19%:** Regular check up with doctor, taking medications, affordable health insurance

FAMILY HEALTH

- 39%:** Eating healthy/right food choices, cooking healthy, eating meals together
- 31%:** Staying active/exercising together
- 25%:** Social support, family support and interaction, good relationships
- 36%:** Other: religious activities, healthy habits, good genes

COMMUNITY HEALTH

- 54%:** Community centers, community connectedness, social support, religious and social activities,
- 20%:** Clean environment, light on streets at night, safe neighborhoods, less violence
- 19%:** Access to gyms, YMCA, safe walkable and bike-able paths, recreation centers
- 18%:** Food services and coops like meals on wheel, access to healthy foods, good grocery stores
- 34%:** Other: community gardens, strong public services, childhood education, good access to community resources

“Eating good diet, regular sleep habits, regular exercise-strengthening/aerobic, regular devotions, regular health care checkups-take medicines and follow up for health promotion, listen to relaxing music, reading”

“Good affordable food, cooking in a more organic manner, access to health and dental care”

“I think the number one thing that will keep the community healthy is having the right food stores with what we need and probably with the right calorie count and fat/sodium counts more clear on the front. Food deserts kill a community”



What keeps you from being healthy?

PERSONAL HEALTH

- 30%:** Poor food choices (junk foods), unaffordability of healthy foods, overeating
- 22%:** Inadequate regular exercise, laziness, cold weather
- 13%:** Winter, air and noise pollution
- 13%:** Isolation/loneliness, low income, stress

FAMILY HEALTH

- 19%:** Poor diet choices, unaffordability of healthy meals
- 15%:** Work stress and pressure, financial challenges, inadequate education, poor relationships
- 45%:** Other: lack of resources, family worries, exhaustion, family dysfunction, grief/loss

COMMUNITY HEALTH

- 34%:** Poverty, violence, structural racism, lack of cultural diversity, income disparity and prejudice,
- 25%:** Pollution, lack of transportation, winter, trash, noise
- 12%:** Lack of access to nutritious foods, overeating
- 38%:** Other: chemical use, lack of resources, wasteful practices, poor justice system

“I don’t particularly like to cook and finding healthy stuff that’s premade is harder. The other thing is winter weather-I walk a lot when the weather is nice and take the dogs. And another thing is laziness, I am capable of doing these things. I am healthier in the summer”

“Bad habits and giving in to temptations-sweets, junk foods, etc.”

“Poverty, lack of information, lack of access to health care providers”



VETERANS - Community Engagement

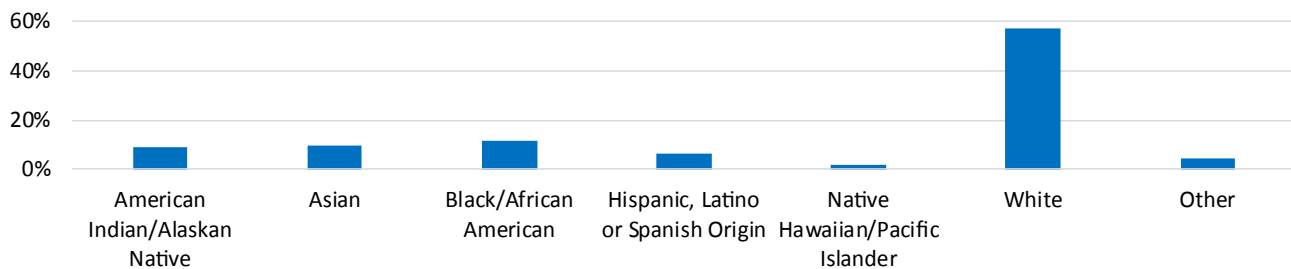
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families and communities stay healthy and what keeps them from being healthy.

103 respondents identified as veterans, 70% and 29% were males and females respectively, while 1% identified as other gender. Of all veterans, 63% identified racially as White, 13% as African American/Black, 11% as Asians, 10% as American Indian/Alaska Native, and 2% as Native Hawaiian/Pacific Islander. 2% of the veterans identified as being Hispanic/Latino/Spanish origin.

Like other groups, veterans also identified physical activity and consumption of healthy meals as factors that contributed to their health and that of their family. Sedentary lifestyle, loneliness and extremes of weather were identified as factors that inhibited their health.

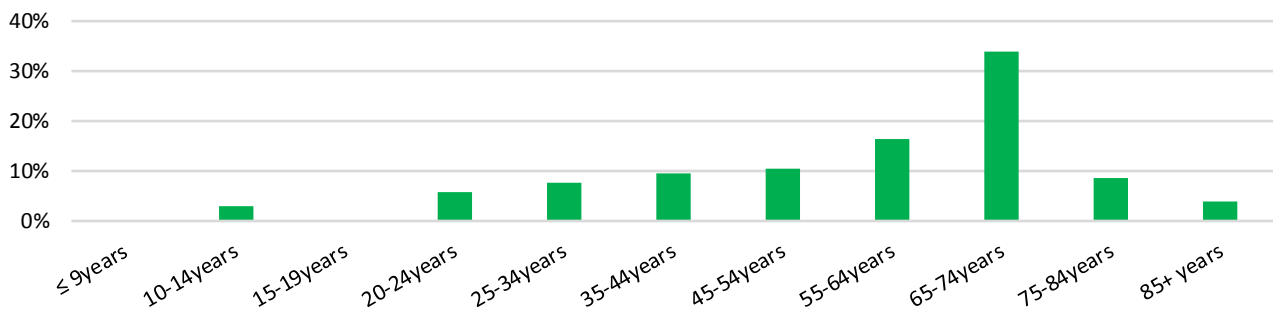
For more information on the entire Community Health Assessment project and findings, visit ramseycounty.us/cha.

Race & Ethnicity n=113



Note: the number of responses was more than number of respondents as respondents could choose more than one race/ethnicity.

Age distribution of Veterans n=103



VETERANS - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Exercising/Physical activity
- 56%:** Eating well/good food, staying hydrated
- 23%:** Positive social interaction, family support, religious activities

FAMILY HEALTH

- 41%:** Making efforts to eat healthy foods regularly, cooking and eating together
- 32%:** Staying active
- 25%:** Family interaction, social support, family activities, staying together and helping each other

COMMUNITY HEALTH

- 56%:** Community centers, social support, community gathering, religious groups, helping each other and community cohesiveness
- 19%:** Access to healthier foods, healthy cooking classes
- 19%:** Bike paths, community events involving physical activities, parks
- 34%:** Other: education, good policing, good communication and understanding cultural differences

“Healthy safe food approved by the FDA, exercise/air pollution-not smoking, mood stabilization/socialization, being around people that can stay positive and that are safe and not criminals or felons”

“Preparing dinner and eating it together, spending time outdoors”

“Hand sanitizer in most public places, healthy food available to all, public health announcements and advice”



What keeps you from being healthy?

PERSONAL HEALTH

- 40%:** Poor eating habits (high sugar and carb foods), limited access to healthy food options, inadequate water intake
- 17%:** Lack of adequate exercise, cold weather, lethargy
- 11%:** Economic stress (low income, taxes under education)

FAMILY HEALTH

- 22%:** High cost of healthy foods, eating convenience foods
- 17%:** Limited income to meet needs, miscommunication, limited county and state resources

COMMUNITY HEALTH

- 41%:** Low income, crime, drugs, miscommunication
- 18%:** Pollution, limited bus routes, unaffordable housing
- 15%:** Food deserts, limited affordable grocery stores, eating unhealthy meals
- 45%:** Other: lack of funding for community resources (farmer’s market, etc.), social isolation and unemployment

“Being too sedentary, overdoing the deserts”

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

“Chain stores, drugs, violence/gun, theft, not knowing your neighbors”

