

## DESCRIPTION

Self-reported overall health status can provide a snapshot into how youth perceive their health while identifying potential disparities. Identified gaps can be a red flag for additional study.

## HOW WE ARE DOING

According to the Minnesota Student Survey Ramsey County ninth-graders rate their health status as poorer than Minnesota students. In 2016 88.5 percent of Ramsey County ninth-graders reported their health status as good, very good or excellent, compared to 91.8 percent of Minnesota ninth-graders. On the other end of the spectrum 11.5 percent of Ramsey County ninth-graders reported poor or fair health status compared to the Minnesota rate of 8.2 percent.<sup>1,2</sup> As students age their self-reported health status declined. In Ramsey County about 38 percent of fifth-graders reported excellent health, but by 11th grade only 28 percent of males and 17 percent of females reported excellent health.

## DISPARITIES

People of color suffer disproportionately from a lack of resources that contribute to overall health. The areas in which they live often lack the environmental factors that support good health, such as access to health care and healthy foods. These disparities can lead to increased stress levels and have direct negative impact on overall health.<sup>3</sup> Among white ninth-graders in Ramsey County about 93.7 percent report good, very good or excellent health compared to non-white students at 88.7 percent. Looking at the other end of the continuum 6.4 percent of white ninth-graders report fair or poor health, compared to a non-white rate of 11.4 percent. That is a disparity gap of five percentage points.<sup>4</sup>

## RISK FACTORS

Risk factors that contribute to lower health status ratings include poverty; lack of access to health care, public transportation and quality education; and fewer opportunities for healthy eating and physical activity.

## WHAT RAMSEY COUNTY GOVERNMENT IS DOING

The Statewide Health Improvement Partnership (SHIP) work has become an integral part of Saint Paul – Ramsey County Public Health's efforts to help combat and prevent chronic disease among school-age youth. There are numerous school yard garden programs, farm to school food strategies, and smarter lunchroom strategies being implemented by all five county school districts using SHIP funds. Along with addressing healthy eating strategies SHIP also funds active living and active school day initiatives so schools can increase the amount of movement that students receive before, during and after school hours. Healthy eating and physical activity are vital to preventing and addressing chronic illness and disease.

(continued on back)

## Information to note

- Among Ramsey County students about 38% of 5th graders report excellent health, but by 11th grade only 28% of males and 17% of females report excellent health.
- Only 6.4% of Ramsey County white 9th graders report fair or poor health, compared to 11.4% of students of color.

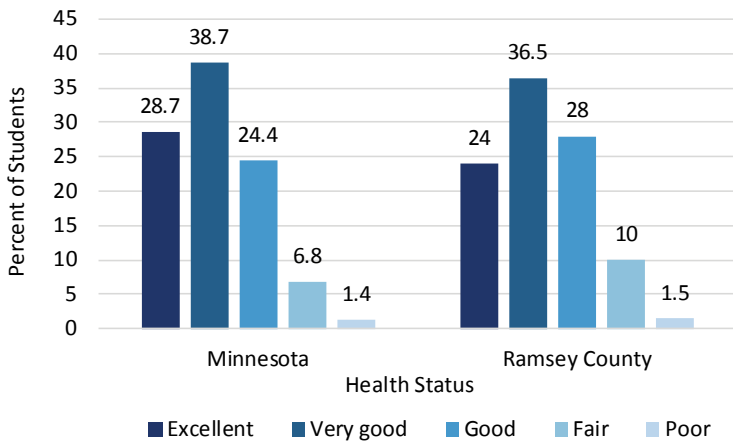
<sup>1</sup> 2016 Minnesota Student Survey Statewide Tables. Minnesota Department of Education. <http://education.state.mn.us/mdeprod/groups/communications/documents/basic/bwrl/mdu5/~edisp/mde059325.pdf>. Accessed March 2018.

<sup>2</sup> 2016 Minnesota Student Survey Reports 2013-2016. Minnesota Department of Education. <http://w20.education.state.mn.us/MDEAnalytics/Data.jsp>. Accessed March 2018.

<sup>3</sup> Advancing Health Equity in Minnesota. Minnesota Department of Health. <http://www.health.state.mn.us/divs/chs/healthequity/>. Accessed March 2018.

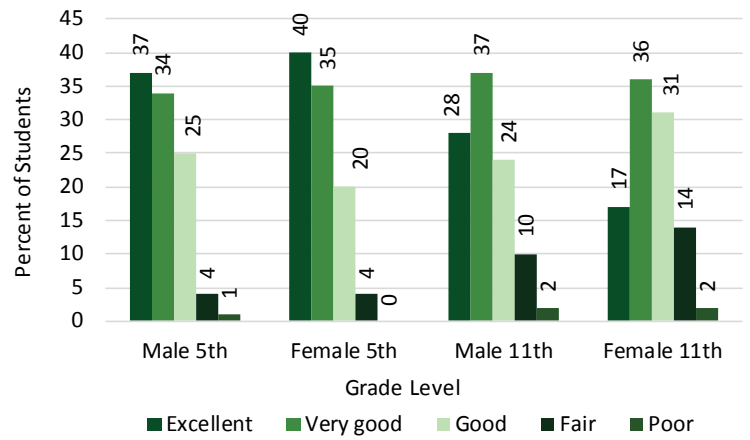
<sup>4</sup> Minnesota Student Survey. Saint Paul – Ramsey County Public Health data set.

Self-Reported Health Status Among 9th Graders, 2016



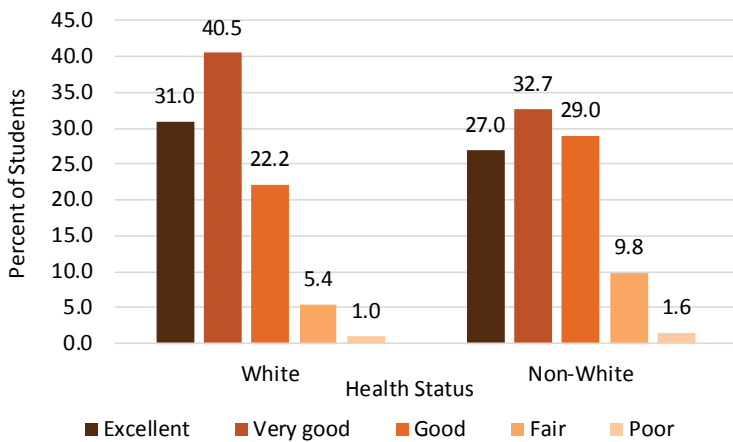
Source: Minnesota Department of Health.<sup>5</sup>

Self-Reported Health Status by Grade and Gender Ramsey County, 2016



Source: Minnesota Department of Health.<sup>5</sup>

Self-Reported Health Status Among 9th Graders by Racial Group, Ramsey County, 2016



Source: Minnesota Department of Health.<sup>5</sup>

<sup>5</sup> Minnesota Department of Health. Minnesota Student Survey 2016. <http://www.health.state.mn.us/divs/chs/mss/>. Accessed March 2018.