

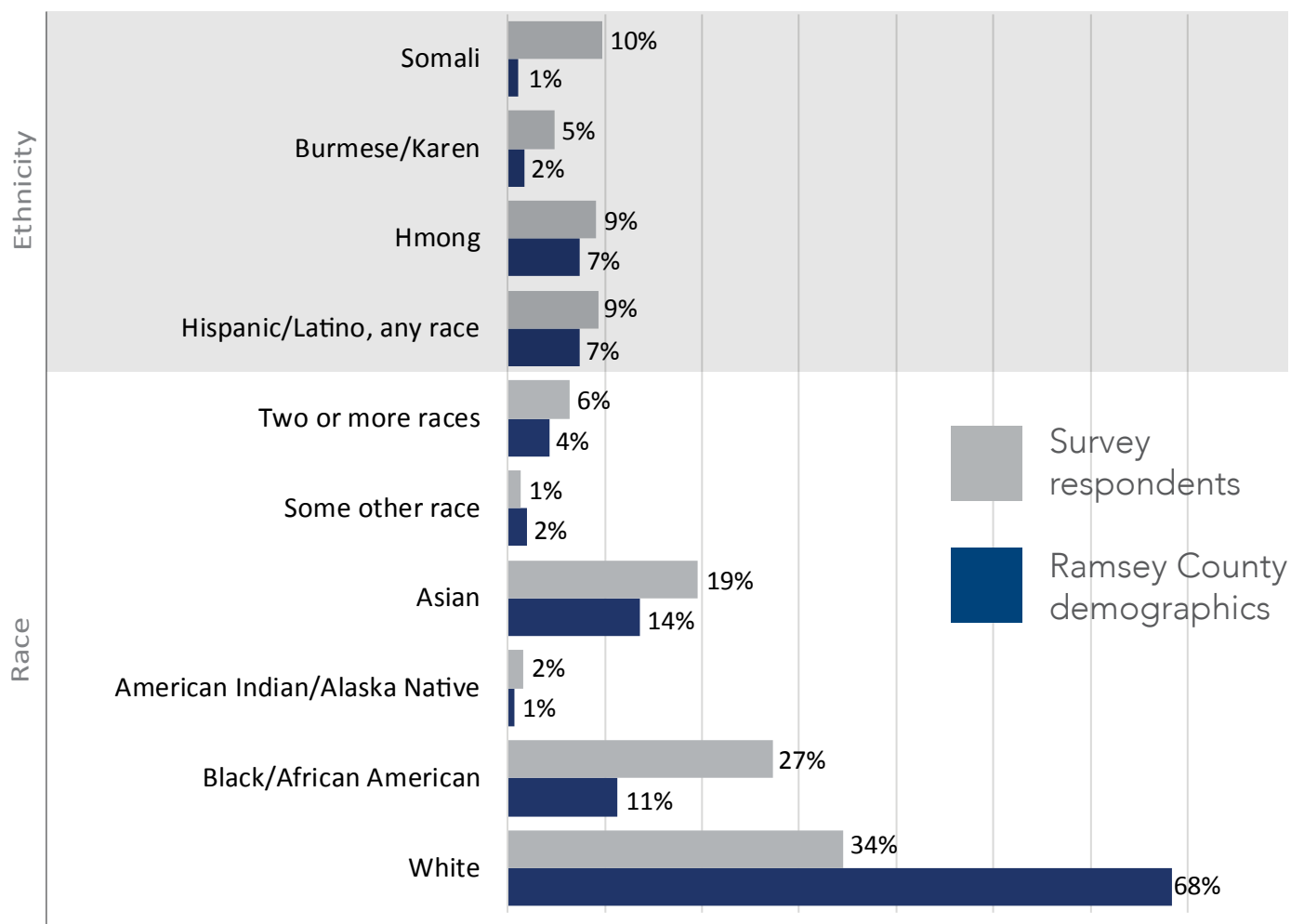
HISPANIC/LATINO - Community Engagement

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”

