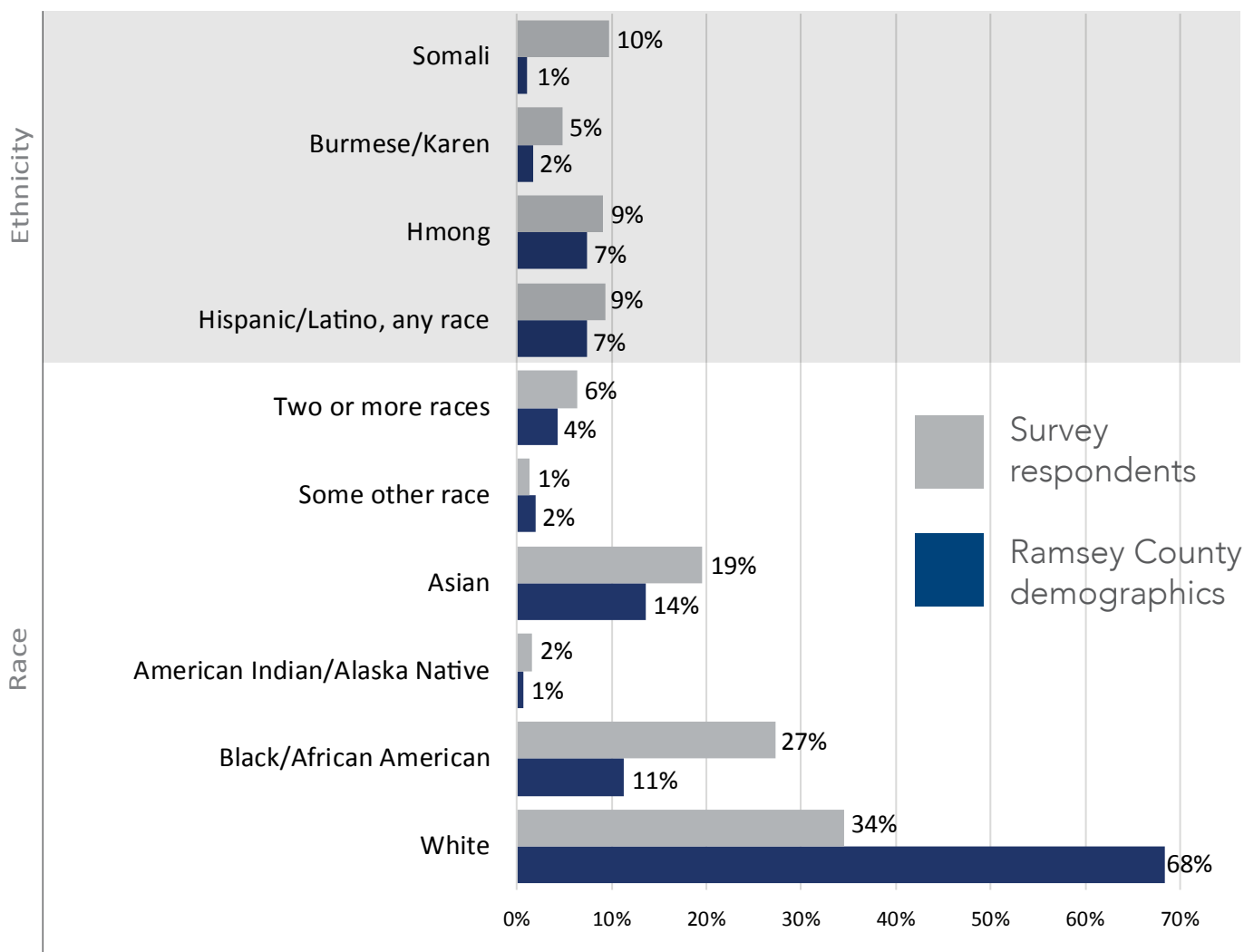


HMONG - Community Engagement

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"

