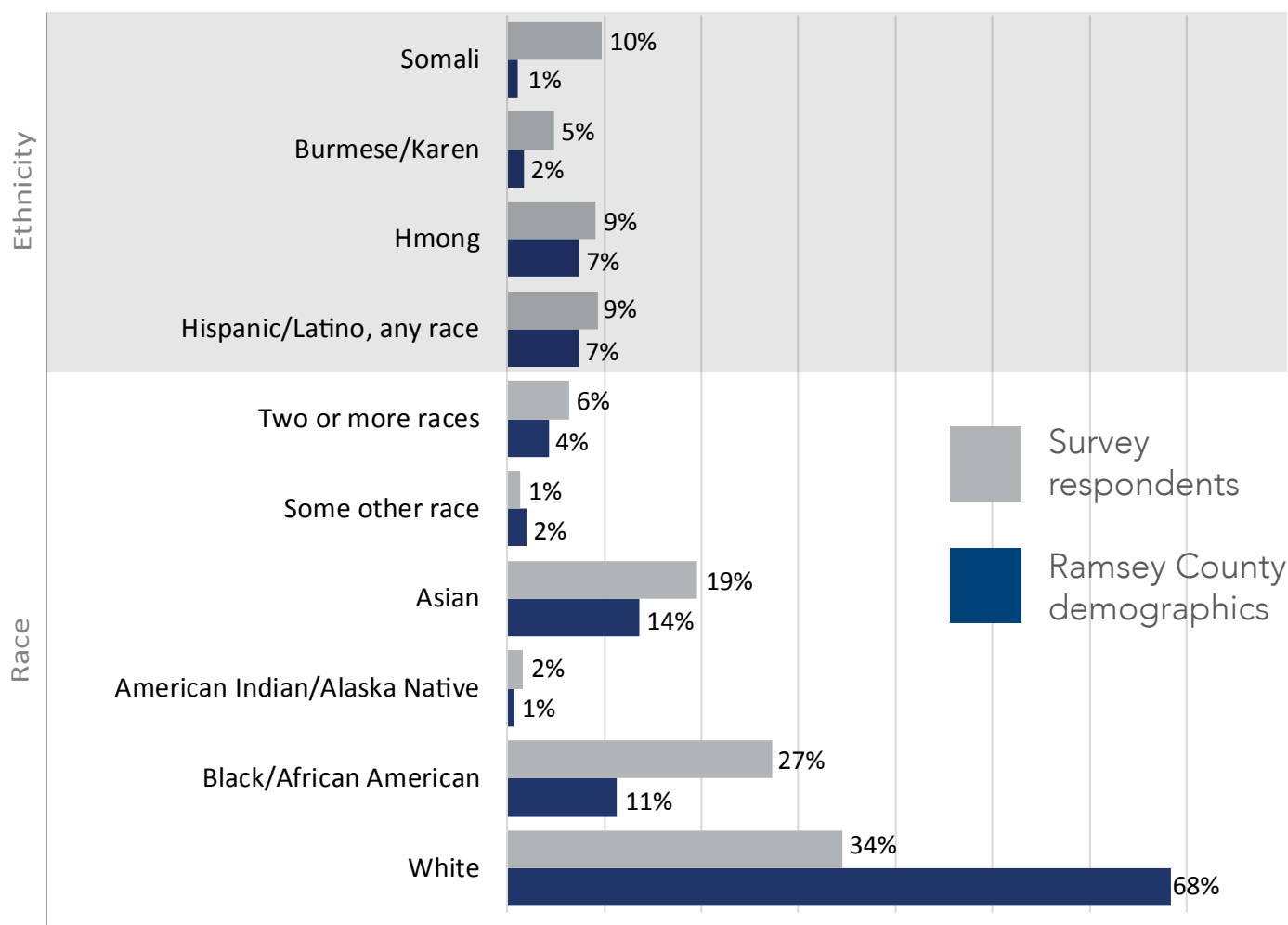


# KAREN - Community Engagement

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](http://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."

