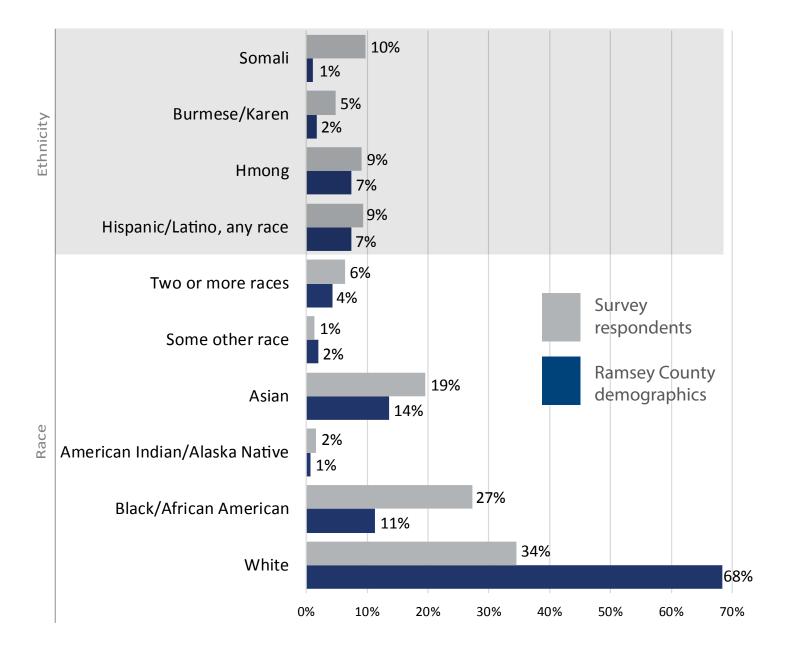Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families and communities stay healthy and what keeps them from being healthy.

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



Ethnicity

- Somali: 10% (Survey respondents), 1% (Ramsey County demographics)
- Burmese/Karen: 5% (Survey respondents), 2% (Ramsey County demographics)
- Hmong: 9% (Survey respondents), 7% (Ramsey County demographics)
- Hispanic/Latino, any race: 9% (Survey respondents), 7% (Ramsey County demographics)

Race

- Two or more races: 6% (Survey respondents), 4% (Ramsey County demographics)
- Some other race: 1% (Survey respondents), 2% (Ramsey County demographics)
- Asian: 19% (Survey respondents), 14% (Ramsey County demographics)
- American Indian/Alaska Native: 2% (Survey respondents), 1% (Ramsey County demographics)
- Black/African American: 27% (Survey respondents), 11% (Ramsey County demographics)
- White: 34% (Survey respondents), 68% (Ramsey County demographics)

Legend:
- Survey respondents
- Ramsey County demographics

X-axis: 0% 10% 20% 30% 40% 50% 60% 70%

## What helps you stay healthy?

### PERSONAL HEALTH

**63%:** Eating right

**56%:** Exercise

**25%:** Social connectedness

**12%:** Health care

### FAMILY HEALTH

**49%:** Eating, diet, access, water

**30%:** Exercise and being outside

**20%:** Social connectedness

**5%:** Love and communication

### COMMUNITY HEALTH

**46%:** Social environment

**21%:** Food or grocery stores

**16%:** Exercise

**10%:** Parks

**8%:** Health care (insurance)

**5%:** Education

**4%:** Financial support

> "Visits to the gym 2-3 times per week, walking in our neighborhood, walking in parks (Snail Lake area), bicycle (I FEEL SAFER biking on trails instead of roads). Good food"
>
> "Being together and having fun, going for walks, each having five minutes to talk about our day without interruption"
>
> "Events to bring everyone together to show love and support for short-comings and extending love and outreach to one another.  Whether a new year event or wedding or even funerals"

## What keeps you from being healthy?

### PERSONAL HEALTH

**42%:** Unhealthy eating/lack of access to healthy foods

**21%:** Exercise

**18%:** Social environments

**9%:** Stress

**9%:** Time

**9%:** Lack of sleep

**3%:** Smoking

### FAMILY HEALTH

**31%:** Food and eating

**13%:** Exercise

**5%:** Stress

**4%:** Weather

### COMMUNITY HEALTH

**35%:** Social environment (connectedness, financial concerns, jobs/income, education, racism)

**23%:** Physical environment (safety, waste)

**17%:** Food/ eating (food access, junk food, fast food)

**6%:** Health care (insurance)

> "Family stress; not making time for exercise and good diet; work stress"
>
> "Don't connect with each others, language barriers, taking too much medications and no support."
>
> "Not enough affordable housing"