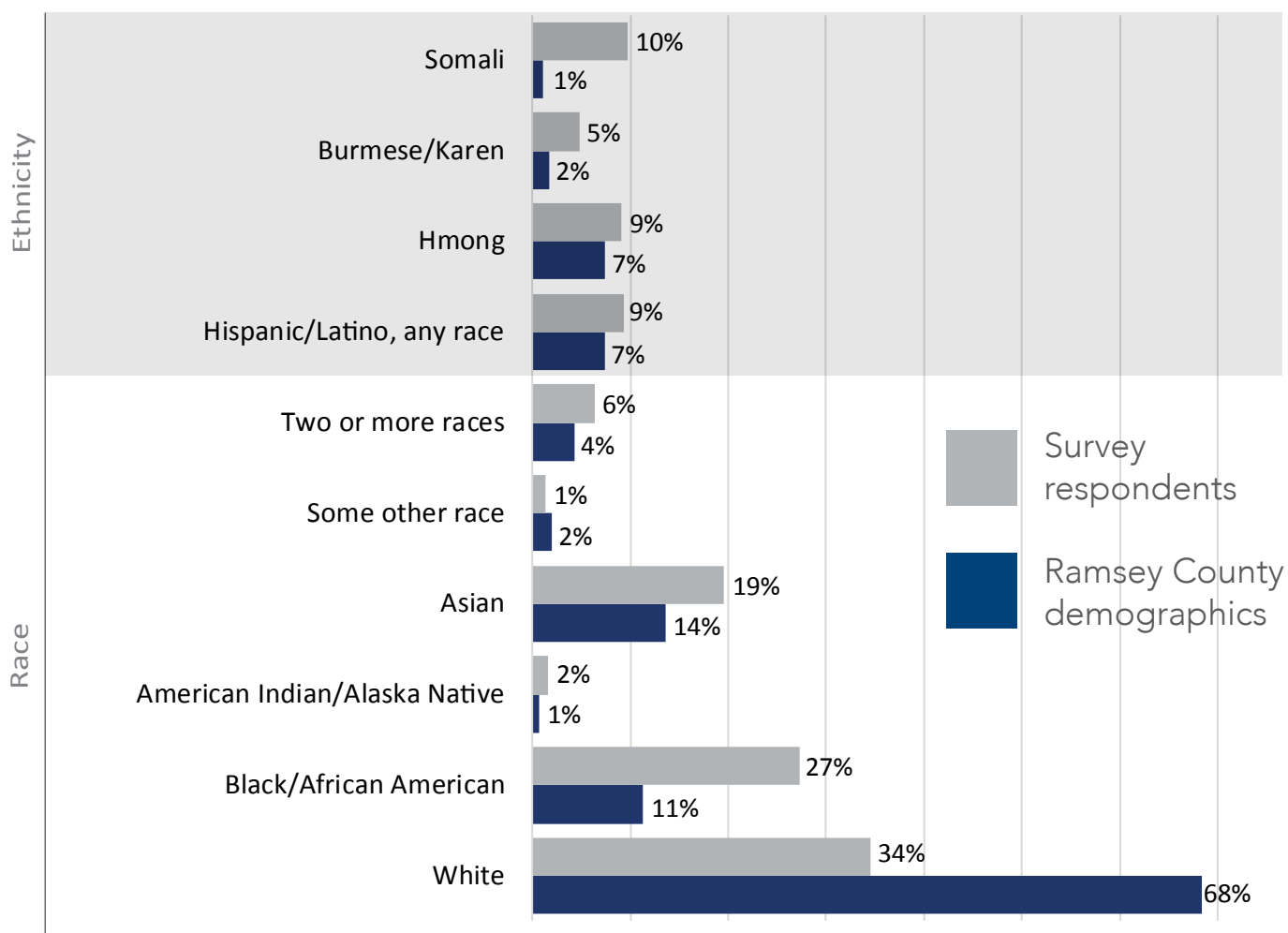


SOMALI - Community Engagement

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.

220 respondents culturally identified with Somali, where 95% racially identified as Black or African American. Among Somalis, walking, waste management and community cleanliness were greatly attributed to health. They also mentioned that language/cultural barriers, cold weather and transportation limitations strained their access to resources and better health. Faith, community support and social relationships were the essence of community health according to Somalis. Education and income were mentioned together where many imposed the need for health education services and preventive care resources for the Somali community of Ramsey County.

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



SOMALI - Community Engagement



What helps you stay healthy?

PERSONAL HEALTH

- 76%:** Good nutrition, eating fruits and vegetables, drinking plenty of water and adequate sleep
- 54%:** Physical exercise; going to the gym and walking
- 15%:** Good finances, spirituality, social connectedness and good education

FAMILY HEALTH

- 60%:** Good nutrition, eating of fruits and vegetables, and drinking plenty of water
- 18%:** Physical exercise; going to the gym and walking
- 15%:** Proper time management, hygiene, sufficient sleep and positive attitude/thoughts
- 10%:** Healthcare access, insurance and regular doctor visits

COMMUNITY HEALTH

- 35%:** Faith and spirituality, social connections and good education
- 26%:** Good nutrition, eating of fruits and vegetables, drinking water, and abstaining from drugs
- 18%:** Healthy living spaces, community safety and waste management
- 14%:** Walking, playing in a team sport and joining health clubs

“Eating healthy, taking medication visiting the doctor regularly and prayer”

“Happiness, getting together, eat together and work together”

“Don’t litter, safety, access to health, family, faith & spirituality”



What keeps you from being healthy?

PERSONAL HEALTH

- 51%:** Unhealthy eating habits, junk food and limited food access
- 27%:** Smoking and lack of exercise
- 20%:** Language barriers, poor education and low income

FAMILY HEALTH

- 36%:** Eating junk food and unhealthy diet
- 20%:** Language barriers, poor education and poor finances
- 19%:** Lack of exercise, sedentary lifestyle and smoking
- 17%:** Low quality of life, and lack of healthcare

COMMUNITY HEALTH

- 24%:** Easy access to junk food, limited healthy food access, unhealthy food options, fast food and drugs
- 21%:** Language barriers, education status and finances
- 19%:** Cold weather, unsafe communities and transportation barriers
- 18%:** Lack of exercise, sedentary lifestyle and smoking

“Stress, loneliness, being unclean, not eating enough”

“Sugar, no exercise and don’t have enough income”

“Intersection of stressors such as employment and food insecurity”

