

VETERANS - Community Engagement

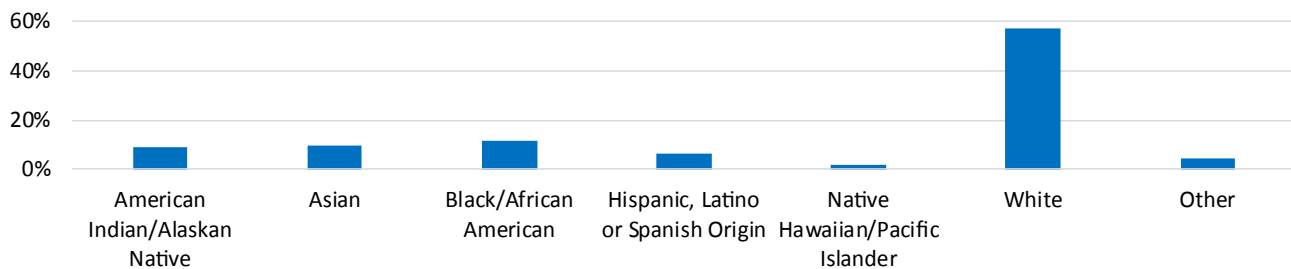
Saint Paul – Ramsey County staff engaged more than 2100 residents from across Ramsey County between December 2017 and April 2018 to learn what helps individuals, families and communities stay healthy and what keeps them from being healthy.

103 respondents identified as veterans, 70% and 29% were males and females respectively, while 1% identified as other gender. Of all veterans, 63% identified racially as White, 13% as African American/Black, 11% as Asians, 10% as American Indian/Alaska Native, and 2% as Native Hawaiian/Pacific Islander. 2% of the veterans identified as being Hispanic/Latino/Spanish origin.

Like other groups, veterans also identified physical activity and consumption of healthy meals as factors that contributed to their health and that of their family. Sedentary lifestyle, loneliness and extremes of weather were identified as factors that inhibited their health.

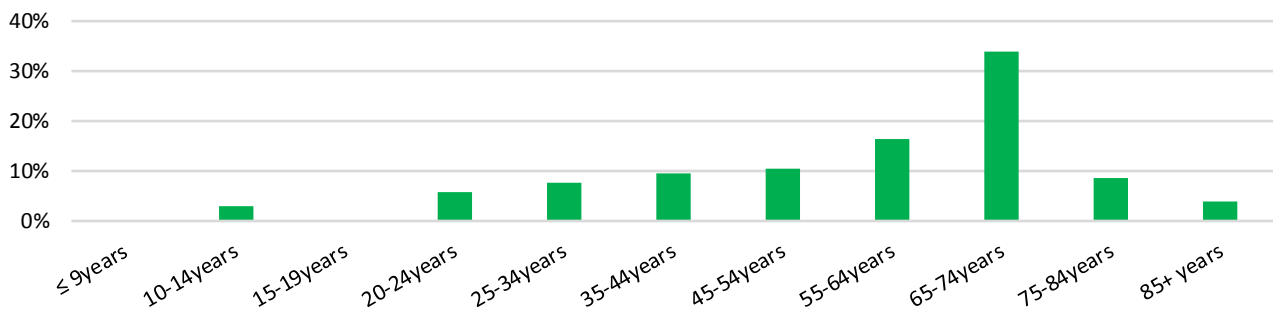
For more information on the entire Community Health Assessment project and findings, visit ramseycounty.us/cha.

Race & Ethnicity n=113



Note: the number of responses was more than number of respondents as respondents could choose more than one race/ethnicity.

Age distribution of Veterans n=103



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What helps you stay healthy?

PERSONAL HEALTH

- 67%:** Exercising/Physical activity
- 56%:** Eating well/good food, staying hydrated
- 23%:** Positive social interaction, family support, religious activities

FAMILY HEALTH

- 41%:** Making efforts to eat healthy foods regularly, cooking and eating together
- 32%:** Staying active
- 25%:** Family interaction, social support, family activities, staying together and helping each other

COMMUNITY HEALTH

- 56%:** Community centers, social support, community gathering, religious groups, helping each other and community cohesiveness
- 19%:** Access to healthier foods, healthy cooking classes
- 19%:** Bike paths, community events involving physical activities, parks
- 34%:** Other: education, good policing, good communication and understanding cultural differences

“Healthy safe food approved by the FDA, exercise/air pollution-not smoking, mood stabilization/socialization, being around people that can stay positive and that are safe and not criminals or felons”

“Preparing dinner and eating it together, spending time outdoors”

“Hand sanitizer in most public places, healthy food available to all, public health announcements and advice”



What keeps you from being healthy?

PERSONAL HEALTH

- 40%:** Poor eating habits (high sugar and carb foods), limited access to healthy food options, inadequate water intake
- 17%:** Lack of adequate exercise, cold weather, lethargy
- 11%:** Economic stress (low income, taxes under education)

FAMILY HEALTH

- 22%:** High cost of healthy foods, eating convenience foods
- 17%:** Limited income to meet needs, miscommunication, limited county and state resources

COMMUNITY HEALTH

- 41%:** Low income, crime, drugs, miscommunication
- 18%:** Pollution, limited bus routes, unaffordable housing
- 15%:** Food deserts, limited affordable grocery stores, eating unhealthy meals
- 45%:** Other: lack of funding for community resources (farmer’s market, etc.), social isolation and unemployment

“Being too sedentary, overdoing the deserts”

“Too costly of local activities, too extremes of weather, unhealthy food choices being cheaper than healthy food options”

“Chain stores, drugs, violence/gun, theft, not knowing your neighbors”

