

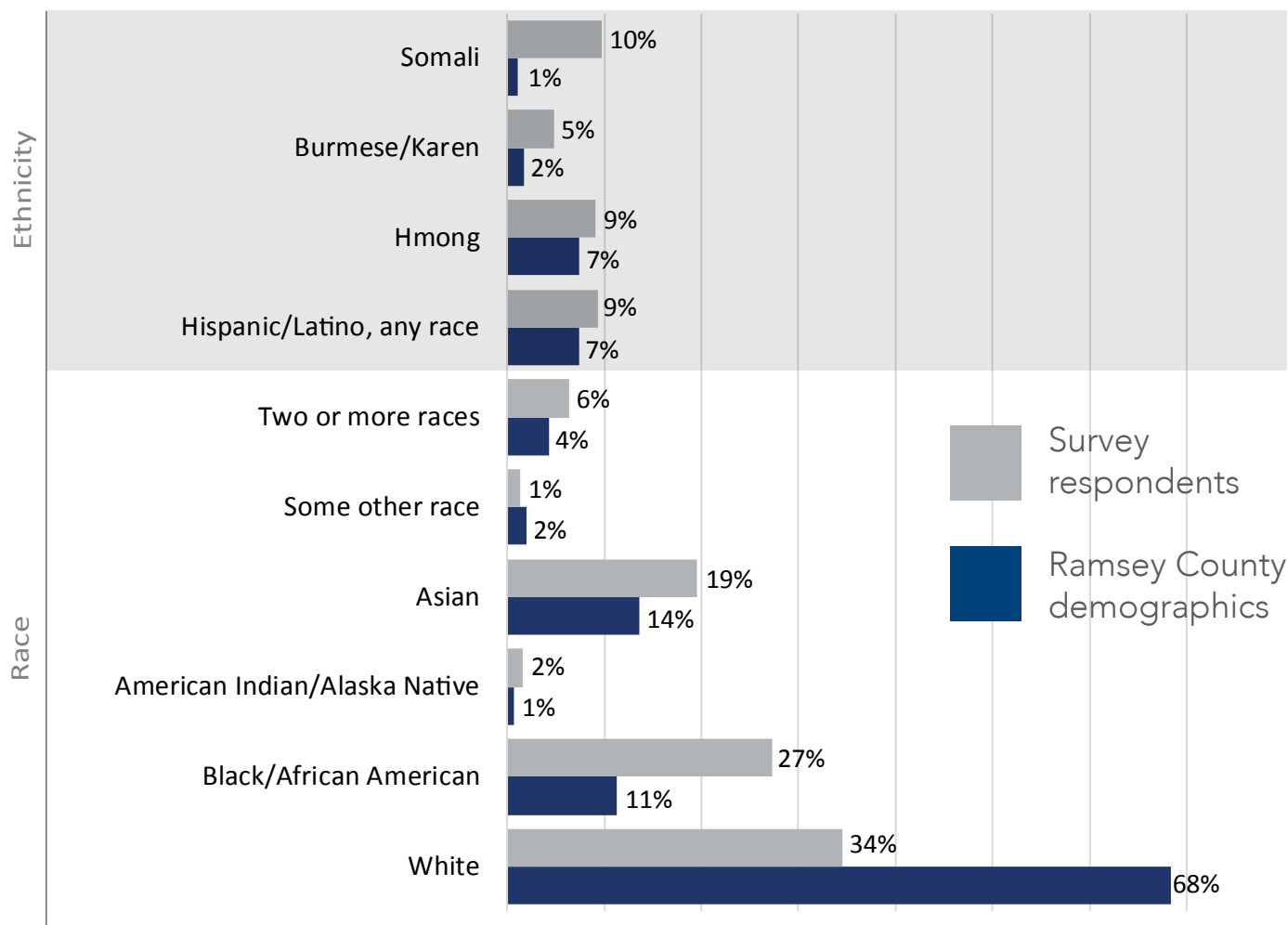
WHITE - Community Engagement

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.

About 40% of all respondents identified as Whites. Most of these respondents are Europeans. They have origins from Italy, Ireland, France, Germany, Norway, Portugal, Sweden, Greece, Scotland and Hungary. Others identified as Jews, Caucasians, Latinos, Hispanics, Australians, Bohemian, Scandinavians, Vietnamese, Russians and American Indians.

Quality grocery stores and physical exercise was top on the list of the factors that aided the health of Whites and their families. Inaccessibility and unaffordability of healthy food hampered their health. Similar to other races, the health of the community was more affected by social factors like community togetherness, illicit drug use, alcoholism etc. However compared to other races, whites considered health care (doctor’s visit, health insurance etc.) as one of the factors that affected their health.

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





What helps you stay healthy?

PERSONAL HEALTH

- 66%:** Exercise/staying active
- 63%:** Eating healthy foods, eating right-eating unprocessed foods, quality grocery stores
- 34%:** Good relationships, family & friend support, social connections
- 19%:** Individual behaviors such as sleeping/resting well, keeping stress low, good personal hygiene
- 15%:** regular check-ups, taking medications, health insurance, access to health care

FAMILY HEALTH

- 44%:** Eating healthy foods together, home cooked meals, vegetables and fruits consumption, drinking water, planning meals
- 37%:** Exercising together, YMCA membership
- 30%:** Family support, family get together and events
- 28%:** other factors such as access to social support, faith/religion, adequate rest, financial stability, community norms

COMMUNITY HEALTH

- 58%:** Community gardens, parks and recreation centers, community empowerment, religious gatherings, good communication between members, community events/activities
- 23%:** Nutritional programs, food services (food mobile), accessible and affordable grocery stores, community gardens, farmer's market
- 20%:** Safe & clean neighborhoods, walkable/bike-able paths, clean air and water, low crime, YMCA, community running programs, access to affordable options for exercise, rec centers
- 19%:** Other: Ramsey county's resource availability, community social services/resources

"Drinking water, going for walks with loved ones, trying to eat vegetarian/vegan when possible, staying informed-reading on what helps me, getting enough sleep"

"Caring for each other/support, eating at least some meals together, encourage rest/sleep/relaxation, encourage healthy habits, exercise"

"Efficient and effective public schools, political and financial support of programs that address in equities in employment, education, safety, nutrition, affordable and stable housing."



What keeps you from being healthy?

PERSONAL HEALTH

34%: Poor eating habits, emotional eating, inadequate food options, inaccessibility to affordable healthy foods, individual behaviors like stress, lack of time, inadequate sleep

22%: Inactivity/sedentary lifestyle, laziness, unaffordability of exercise facilities in the winter

21%: Other individual behaviors like inadequate sleep, too much use of mobile device and tv

19%: Low income, isolation/loneliness, unsupportive family and friends

16%: Noise and air pollution, cold weather, lack of convenient public transportation, other factors like threat of gun violence, excess weight, financial and work-related stress

FAMILY HEALTH

24%: Poor food choices, unaffordability of healthy foods, eating too much

20%: Low family income, lack of family support, social isolation, lack of quality time together, family conflicts

13%: Limited exercise, unaffordable exercise facilities, laziness

34%: Other factors like busy schedules, loneliness, family worries, alcohol and drugs

COMMUNITY HEALTH

42%: Low income, drug abuse, alcoholism, smoking, diversity intolerance, racism, lack of social connectedness, violence, crime

27%: Unsafe neighborhoods, icy sidewalks, environmental pollution, cold weather, inaccessibility of some parks and walk areas to those with disabilities

16%: Lack of local farmer's market options, limited access to healthy foods, food desserts

35%: Other factors like shifting political priorities, limited transportation options, inadequate community resources, lack of free community activities, social isolation

"Affordable gyms not close by, limited medical dental care due to insurance coverage"

"Toxic food, genetically modified foods, contamination of food with BPA"

"Lack of affordable healthcare, misinformation about effectiveness of immunizations, food insecurity, lack of affordable housing, poor education"

