

DESCRIPTION

There is a link between youth engagement and positive development that underscores the importance of community involvement.¹ This indicator reports how involved the youth of Ramsey County are in the community, after-school activities and sports. Involvement is assessed by looking at participation in quality out-of-school activities which are associated with better school attendance, grades, test scores and interpersonal skills, as well as higher aspirations for college and reduced dropout rates.²

HOW WE ARE DOING

In Ramsey County, 61.1 percent of students reported participation in enrichment activities, such as sports, music, community activities, leadership activities and religious activities, at least 3 times per week during 2016.³ Among Ramsey County 9th graders in 2016, sports and school-sponsored non-sport clubs were the most common activities.³

BENCHMARK INDICATOR

Healthy People 2020⁴: Increase the proportion of adolescents who participate in extracurricular and/or out-of-school activities.

U.S. Target: 90.6 percent.

DISPARITIES

Disparities exist in relation to racial/ethnic group and income level.² Hispanic students fare the worst, with an activity participation rate of 52.2 percent compared to whites with the highest level at 71 percent. Similarly, only 52.1 percent of low income students participate in enrichment activities compared to 71.3 percent of higher income students.²

RISK FACTORS

Risk factors that may have a negative impact on involvement in enrichment activities include, though are not limited to, violence in the community, economic deprivation, use of illicit drugs, family history, trauma, marginalization, stressful life situations, lack of social support, and genetic or physiological factors.⁴ A child's connection to a caring adult, their home environment, education of parents, and peer networks also affect their willingness to engage with the community in a positive manner.⁴

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.

Information to note

- In 2016, Ramsey County had the lowest percentage of students participating in after-school enrichment activities among Metro Area counties.
- Hispanic students and low income students have a much lower participation rate in extracurricular activities.

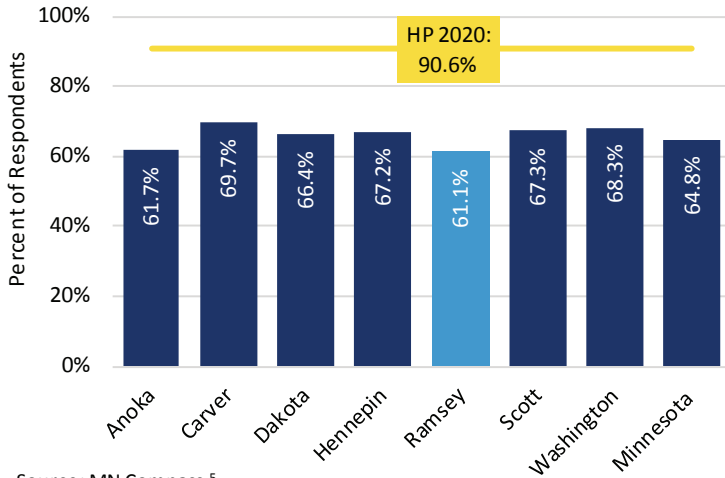
¹ Brennan M, Barnett R, Baugh E. Youth involvement in community development: Implications and possibilities for extension. *Journal of Extension*. 2007;45(4):203-213. <https://joe.org/joe/2007august/a3.php>. Published August 2007. Accessed July 2018.

² Enrichment Activities. *Minnesota Compass*. <http://www.mncompass.org/children-and-youth/enrichment-activities#7-3704-g>. Accessed July 2018.

³ Minnesota Student Survey. Minnesota Department of Education. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed May 21, 2018.

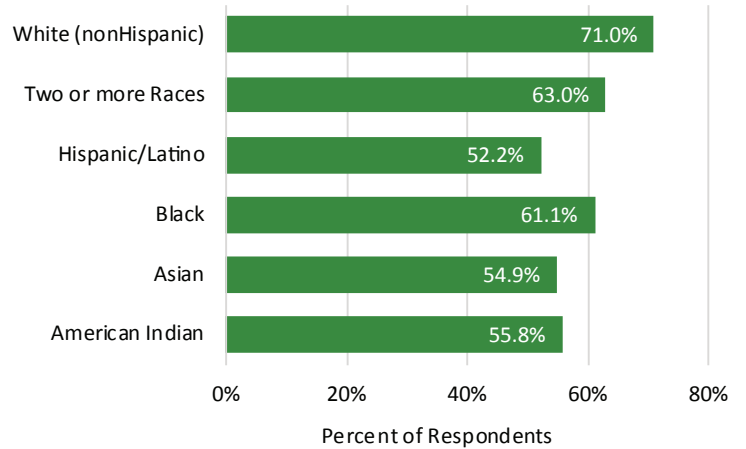
⁴ Adolescent Health. *Healthy People 2020*. <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health/objectives>. Accessed July 2018.

Student Engagement in Enrichment Activities at Least 3 Times per Week, 2016



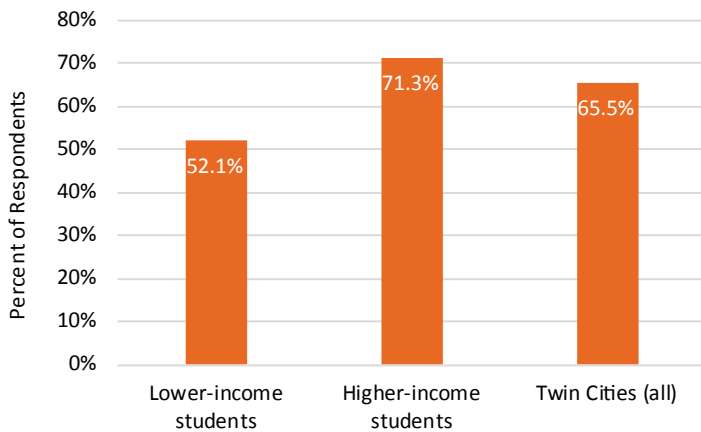
Source: MN Compass.⁵

Student Engagement in Enrichment Activities by Race, 7-County Metro, 2016



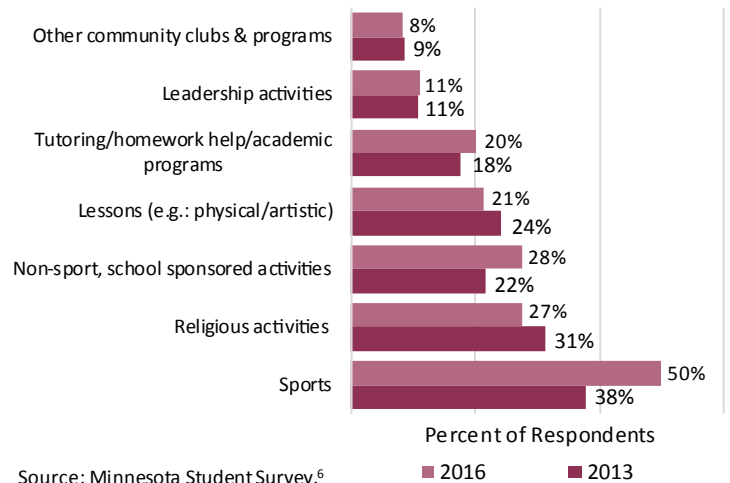
Source: MN Compass.⁵

Student Engagement in Enrichment Activities by Income, 7-County Metro, 2016



Source: MN Compass.⁵

Participation in Activities Outside of the School Day at Least One Day per Week, 9th Graders, Ramsey County



Source: Minnesota Student Survey.⁶

⁵ MN Compass. <http://www.mncompass.org/children-and-youth/enrichment-activities#1-3710-g>. Accessed June 2018.

⁶ Minnesota Student Survey. Minnesota Department of Education Website. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed May 21, 2018.