

Every five years, Saint Paul – Ramsey County Public Health conducts a county-wide Community Health Assessment. Part of the assessment consists of reports on various indicators of health and wellness in the county. The reports are summaries of the issues - high level overviews describing the issue and how the county is doing. The audience includes service providers and the public.

We would like the CLT to review the reports to:

1. Verify that the research is accurate.
2. Make sure we aren't missing any big stories about the topic that should be included.

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PHYSICAL ACTIVITY

Adult Physical Activity

DESCRIPTION

In addition to focused exercise, physical activity can include walking, dancing, gardening, hiking, swimming, household chores, playing games and other activities that build aerobic, muscle and bone strength. The benefits of physical activity have been well-documented, including improved cardiorespiratory and muscular fitness, bone health, and reduced risk of depression and non-communicable diseases. People who engage in physical activity have lower rates of high blood pressure, stroke, type 2 diabetes, and colon and breast cancer. ¹ Physical activity can improve health and quality of life regardless of the presence of disability or disease. Successful approaches that increase opportunity and support behavior changes require a combined effort that includes policy, systems and environmental changes. ² It also requires a multi-disciplinary approach incorporating nontraditional partnerships, such as health care and education joining up with transportation, urban planning, environmental health and other fields.

HOW WE ARE DOING

In Ramsey County, the number of adults who reported they engaged in any kind of physical activity in the past 30 days (whether that activity met the federal guidelines) rose slightly from 2011 (79.82 percent) to 2012 (81.24 percent).³ Data from 2014 indicates that adults in Ramsey County are slightly less active than those in the six-county area: 80.9 percent reported engaging in activities such as running, golf, gardening or walking for exercise in the past month, compared to the metro area rate of 84.3 percent. ⁴

Healthy People 2020 considers adequate physical activity a “leading health indicator.” ⁵ According to 2014 survey data, Ramsey County has met the Healthy People benchmark referenced below. Among Ramsey County adults, 59.7 percent met the moderate physical activity recommendations and 51.2 percent met the vigorous activity recommendations.⁴

BENCHMARK

Healthy People 2020 Objective: Increase the proportion of adults who engage in aerobic physical activity of at least moderate intensity for at least 150 minutes/week, or 75 minutes/week of vigorous intensity, or an equivalent combination. U.S. Target: 47.9%⁵

¹ Physical Activity and Adults. World Health Organization Web site.

http://who.int/dietphysicalactivity/factsheet_adults/en/ Accessed July 31, 2017.

² Active Living in Communities Implementation Guide. Minnesota Department of Health. October 2016 update.

³ Chronic Disease and Health Promotion Data and Indicators. Centers for Disease Control and Prevention Web site. <https://chronicdata.cdc.gov/Behavioral-Risk-Factors/Behavioral-Risk-Factors-Selected-Metropolitan-Area/cpem-dkkm>. Accessed August 8, 2017.

⁴ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014.

<https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed August 1, 2017.

⁵ HealthyPeople.gov Web site. <https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>. Accessed July 31, 2017.

DISPARITIES

Racial/ethnic minorities are, in general, less likely than Whites to meet physical activity recommendations.⁶ Within Ramsey County, there are disparities by education and income level: physical activity is higher among those with higher incomes and education levels.

RISK FACTORS

Lack of physical activity has been identified as the fourth leading risk factor for global mortality (6 percent of deaths globally). Physical inactivity is estimated to be the main cause for approximately 21-25 percent of breast and colon cancers, 27 percent of diabetes and approximately 30 percent of eschaemic heart disease. Factors positively associated with physical activity include: supportive structural environments (e.g. sidewalks, bike lanes), access to parks and facilities, safe neighborhoods, supportive policies, social support, postsecondary education, higher income, and history of activity.⁵

WHAT RAMSEY COUNTY IS DOING

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LIST OF TABLES AND FIGURES

Adult_Phys_Activ_Figure1.xlsx

Adult_Phys_Activ_Figure2.xlsx

TEXTBOX: CALLOUTS, COMMUNITY INPUT OR DATA HIGHLIGHTS

- Healthy People 2020 considers adequate physical activity a “leading health indicator.” Error! Bookmark not defined.
- Among Ramsey County adults, 59.7 percent met the moderate physical activity recommendations and 51.2 percent met the vigorous activity recommendations.⁴

⁶ Li, K, Wen, M. Racial and Ethnic Disparities in Leisure-time Physical Activity in California: Patterns and Mechanisms. Race and Social Problems. September 2013, Volume 5, Issue 3, 147–156

CHRONIC DISEASES & CONDITIONS

Obesity in Adults

DESCRIPTION

This indicator describes the percentage of adults who self-report a body mass index (BMI)* classified as overweight or obese. The classification of BMI as overweight is a BMI that falls within 25.0 and 29.9, while the obese BMI classification is a BMI that is 30.0 or above.¹ Obesity is a prevalent problem among adults in the U.S.: The National Health and Nutrition Examination Survey (NHANES) found as many as 70.2 percent of American adults were either overweight or obese in 2013-2014.²

* Body Mass Index (BMI) is a number calculated from self-reported weight and height.

HOW WE ARE DOING

The percentage of adults whose self-reported body mass index (BMI) is overweight or obese is higher than the six-county metro area, but lower than Minnesota overall.³ In 2014, Ramsey County's percent of healthy weight adults in 2014 was higher than the Healthy People 2020 goal.⁴

BENCHMARK (IE: HEALTHY PEOPLE 2020 GOAL)

The adult obesity Healthy People 2020 goal is NWS-9: to reduce the proportion of adults who are obese. The baseline from 2005-08 is 33.9. The target is 30.5 percent by the year 2020.⁵

DISPARITIES

African Americans and Latinos experience higher rates of obesity compared to Whites and the general population. This is true even when differentiating by age (i.e. childhood versus adulthood) and gender (i.e. males versus females). More African Americans and Latinos live below the poverty line than Whites, which means that they likely live in neighborhoods that provide more limited access to healthy food and are at higher risk for obesity.⁶

RISK FACTORS

Risk factors for obesity include unhealthy eating, sedentary activity, socioeconomic status, genetic predisposition, family history of obesity, and age.⁷ Nutrition and physical activity are also significant risk factors. Obesity is a risk factor for many chronic diseases, such as cardiovascular diseases, diabetes and cancers.⁸

¹ National Heart, Lung, and Blood Institute. Classification of Overweight and Obesity by BMI, Waste Circumference, and Associated Disease Risks. https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_dis.htm. Accessed September 21, 2017.

² Centers for Disease Control and Prevention. Adult Obesity Cause & Consequences. <https://www.cdc.gov/obesity/adult/causes.html>. Accessed September 21, 2017.

³ Office of Disease Prevention and Health Promotion. NWS-8 Data Details. Healthy People 2020 Web site. https://www.healthypeople.gov/node/4967/data_details. Accessed September 21, 2017.

⁴ Metro SHAPE 2014. Ramsey County Data Book.

⁵ NWS-9 Reduce the proportion of adults who are obese. Office of Disease Prevention and Health Promotion. HealthyPeople.gov Web site. https://www.healthypeople.gov/node/4968/data_details. Accessed October 17, 2017.

⁶ Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity. <https://stateofobesity.org/disparities/>. Accessed September 21, 2017.

⁷ Mayo Clinic. Obesity Risk Factors. <http://www.mayoclinic.org/diseases-conditions/obesity/basics/risk-factors/con-20014834>. Accessed September 21, 2017.

⁸ National Heart, Lung, and Blood Institute. Overweight & Obesity Statistics. <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>. Accessed September 21, 2017.

WHAT RAMSEY COUNTY IS DOING

Through the Statewide Health Improvement Program (SHIP), Ramsey County Public Health promotes healthy eating and active living in the community. Through policy, system, and/or environment changes, SHIP initiatives can impact obesity in the community by targeting modifiable risk factors like nutrition and physical activity.⁹

LIST OF TABLES AND FIGURES

Obesity_in_Adults_Figure1.xlsx

TEXTBOX: CALLOUTS, COMMUNITY INPUT OR DATA HIGHLIGHTS

- The percentage of adults living in Ramsey County who were at a normal weight in 2014 exceeded the Healthy People 2020 goal.⁴

⁹ Ramsey County. Statewide Health Improvement Partnership (SHIP). <https://www.ramseycounty.us/residents/health-medical/public-health-initiatives/statewide-health-improvement-program-ship>. Accessed September 21, 2017.

CHRONIC DISEASE AND CONDITIONS

Obesity in Youth

DESCRIPTION

This indicator focuses on the percentage of 9th grade students in Ramsey County who report a Body Mass Index in the overweight or obese category.* Many factors contribute to childhood obesity, including genetics, metabolism, eating and physical activity, environmental factors, and social and individual psychology.¹ Obesity in children also puts them at higher risk for other conditions and diseases, including asthma, sleep apnea, bone and joint problems, diabetes and heart disease. Children with obesity are bullied more than normal weight students, and are more likely to be depressed, socially isolated, and have lower self-esteem.¹

* Body Mass Index (BMI) is a number calculated from a child's self-reported weight and height.

The Centers for Disease Control BMI-for-age growth charts were used to determine weight status for participants in the Minnesota Student Survey.

HOW WE ARE DOING

Minnesota's young people are significantly heavier than they were a decade ago. Across the state the rate of obesity in youth in the state has slowed, but more than 1 in 4 Minnesota young people are overweight or obese.² The percentage of overweight or obese young people in Ramsey County is higher than in the metro area.⁵

BENCHMARK (IE: HEALTHY PEOPLE 2020 GOAL)

Healthy People 2020 site tracks obesity; their data does not include those who qualify as overweight. The baseline rate of obesity (from 2005-2008) is 16.1 percent among people ages 12-19. The target for 2020 is 14.5 percent.³

DISPARITIES

There are gender differences in percentages of overweight and obese young people. From 2010-2014 in Ramsey County, 9th grade males who are overweight or obese has stayed consistent while the percentage of females who are overweight or obese has slightly risen during that time. In 2010, 20 percent of 9th grade girls were overweight or obese. In 2013 that number slightly rose to 21, and in 2016, it climbed to 23 percent.^{4 5} There are also economic disparities – as income goes up, the percentage of obese youth goes down. Racial and ethnicity disparities also exist. In 2016 for 8th, 9th and 11th grade students combined, 29.4 percent of students of color are overweight or obese, in comparison to 21.7 percent of white students.⁵

¹ Child Obesity Facts. Centers for Disease Control Web site. <https://www.cdc.gov/healthyschools/obesity/facts.htm>. Accessed September 6, 2017

² Increase in obesity rate among Minnesota youth has slowed, report shows. MinnPost Web site. <https://www.minnpost.com/second-opinion/2017/09/increase-obesity-rate-among-minnesotas-youth-has-slowed-report-finds>. Accessed September 20, 2017.

³ Nutrition, Physical Activity and Obesity. Healthy People 2020 Web site. <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives>. Accessed September 7, 2017.

⁴ Minnesota Student Survey 2016 Metro Data Book

⁵ Minnesota Student Survey 2016 Ramsey County Book

RISK FACTORS

The use of electronic devices is growing, which could result in adolescents becoming less active. This may lead to excess weight, which can increase the risk of diabetes. Some of the factors that contribute to excess weight include a lack of access to nutritious food, lack of transportation, and genetics. Numerous factors contribute to lack of activity, including unsafe neighborhoods, lack of parks and walkable sidewalks, and reduced physical education classes in schools.

WHAT RAMSEY COUNTY IS DOING

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LIST OF TABLES AND FIGURES

Obesity_Youth_Income_Figure1.xlsx

Obesity_Youth_RC_Metro_Figure2.xlsx

TEXTBOX: CALLOUTS, COMMUNITY INPUT OR DATA HIGHLIGHTS

- The percentage of 9th grades males in Ramsey County who are overweight or obese has stayed consistent at 29. The percentage of females in the same categories has risen slightly during that time. ^{4,5}
- If children are overweight or obese, their risk factors for obesity and disease in adulthood are likely to be more severe. ⁶

⁶ Bass R, Eneli I. Severe childhood obesity: an under-recognized and growing health problem. *Postgraduate Medical Journal*. 2015;91(1081):639-45.

FOOD

Food Insecurity

DESCRIPTION

Access to safe, affordable and nutritious food is essential to health. Food insecurity refers to having limited or uncertain access to healthy, safe foods. ¹ For adults, experiencing food insecurity can result in illness and chronic disease and can contribute to mental health issues, including depression. Food insecurity can cause developmental delays and long-term educational setbacks for children. ² In 2016, prevalence of food insecurity across the country is still above pre-recession levels in 2007. ³ To gauge food insecurity in the area, the 2014 Metro SHAPE survey asked respondents how often during the past year they worried that their food would run out before they had money to buy more. ⁴ Any response other than “never” was deemed a sign of food insecurity.

HOW WE ARE DOING

One method of addressing food insecurity is through meal programs. In 2011, meal programs in Ramsey County at shelters, community meal programs, and social service agencies served an estimated 1,066,000 meals a year.⁵ The percentage of Ramsey County residents who were food insecure in 2014 was higher than in the six-county metro area.⁶ It’s important to note that although food insecurity and poverty are connected, they are not the same. In 2015, approximately a quarter of people in Ramsey County who are food insecure have an income higher than 185 percent of the federal poverty line.

BENCHMARK (IE: HEALTHY PEOPLE 2020 GOAL)

Healthy People 2020 addresses food insecurity through goal NWS-12: Eliminate very low food security among children. Very low food security includes reduced access to a variety of quality foods, and to reduced intake of food. HealthyPeople.gov reports that in 2008, 1.3 percent of households with children had very low food security among children. The goal is 0.2 percent.⁷

¹ Andersen SA, ed. Core Indicators of Nutritional State for Difficult to Sample Populations. *The Journal of Nutrition*. 1990; 120:1557S-1600S.

² Office of Disease Prevention and Health Promotion. NWS-13 Data Details. Healthy People 2020 Web site. https://www.healthypeople.gov/node/4936/data_details. Accessed September 21, 2017.

³ Household Food Security in the United States in 2016. United States Department of Agriculture, Economic Research Service Web site. <https://www.ers.usda.gov/webdocs/publications/84973/err-237.pdf?v=42979>. Accessed October 6, 2017.

⁴ Metro SHAPE 2014. Adult Survey Six County Data Book.

⁵ Ramsey County Healthy Meals Coalition Baseline Report November 2011. Ramsey County Web site. https://www.ramseycounty.us/sites/default/files/Health%20and%20Medical/Public%20Health%20Initiatives/RCHMC_Final_Baseline_Report_KH.pdf. Accessed October 13, 2017.

⁶ Metro SHAPE 2014. Ramsey County Data Book.

⁷ Office of Disease Prevention and Health Promotion. NWS-12 Data Details. Healthy People 2020 Web site. https://www.healthypeople.gov/node/4935/data_details. Accessed September 21, 2017.

DISPARITIES

Population groups such as the young and the old, minorities and those living in low-income households are especially vulnerable to food insecurity.⁸ A 2011 study reported that most of the meal programs in Ramsey County identified African Americans as the largest population group that use their services. Three of the meal programs in the county, however, identified Caucasian clients as the largest population group. Three additional sites focus on Native American or Latino clients.⁵

RISK FACTORS

In addition to the disparity information listed above, risk factors for food insecurity include immigration status, disability, poor health status and exposure to violence.⁹

WHAT RAMSEY COUNTY IS DOING

Saint Paul - Ramsey County Public Health addresses food insecurity within its Healthy Communities Division (HCD). Through SHIP and the Healthier Meals Coalition, Ramsey County Public Health collaborates with stakeholders in the community to increase access to healthy foods. Error! Bookmark not defined.

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Food_Insecurity_Figure1.xlsx

TEXTBOX: CALLOUTS, COMMUNITY INPUT OR DATA HIGHLIGHTS

- Food insecurity increased significantly during the Great Recession. It remains at historically high levels despite significant public, private, and community efforts.⁵
- Meal programs in Ramsey County that are open to all are those with more limited services⁵

⁸ Vulnerable populations disproportionately affected by food insecurity, despite public programs. RTI International Web site. <https://www.rti.org/news/report-vulnerable-populations-disproportionately-affected-food-insecurity-despite-public>. Accessed September 21, 2017.

⁹ Current and prospective scope of hunger and food security in America: a review of current research; 2014. Center for Health and Environmental Modeling. RTI International Web site. http://www.rti.org/sites/default/files/resources/full_hunger_report_final_07-24-14.pdf. Accessed September 21, 2017.