

Viewing New Ulm Through a Health Equity Lens

A fact sheet designed to bring attention to some of the health inequities that exist in our community to help decision makers be better informed during the decision making process

Who lives in our community?

Data from Minnesota Compass for zip code 56073

Race and Ethnicity 2014-2018

White	12,466	94%
Black or African American	174	1.3%
Hispanic or Latino	561	4.2%
Other racial or ethnic groups too small to report		

Poverty 2014-2018

of people with income below poverty

929

Poverty for a family of 4 is an income less than \$25,100 per year

of people with income 1-2x poverty

2,315

Annual income for a family of 4 is between \$37,400 - \$49,950

Top age groups over 18 years living in poverty:

Ages: <u>18-24</u>	<u>25-34</u>	<u>65+</u>
22.7%	9.1%	6.6%



Homelessness has been identified as an issue by ISD #88 and Brown County, but numbers are too small to report.

Vehicles and Transportation 2014-2018

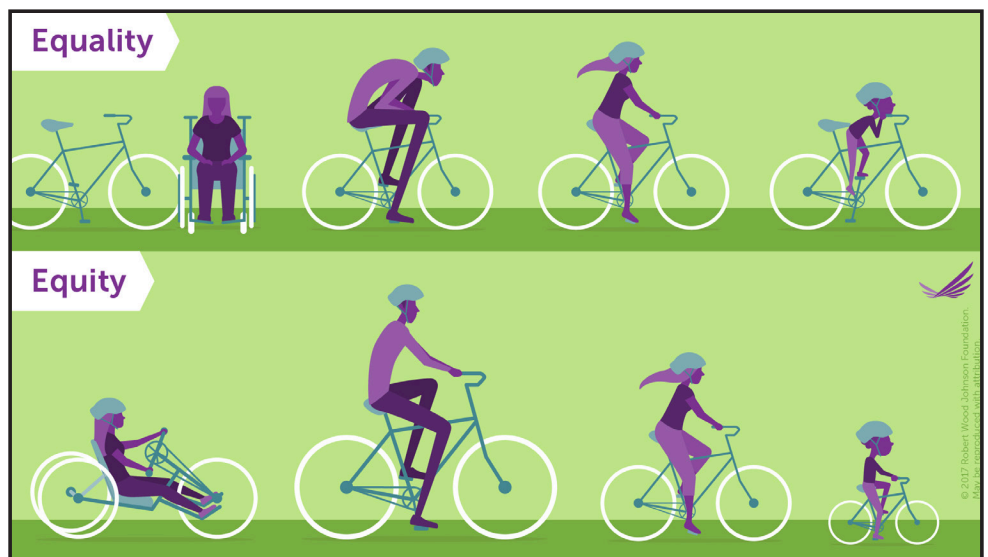
Vehicles per household

No vehicles	328	5.7%
1 vehicle available	1,871	32.8%

Transportation to work

Workers 16 years and older	7,367	100%
Car, truck, or van (incl. passengers)	6,474	87.4%
Walked, biked, worked at home, or other	893	12%

How does this impact New Ulm?



Survey Results from Neighborhood Gatherings

Hosted by the Heart of New Ulm in 2016

Top 5 things people do with family to feel happy and healthy

- #1** Be with family
- #2** Go to a park
- #3** Swim
- #4** Walk
- #5** Do hobbies

Respondents said it's important for them to do these activities because they:

- Keep them together/closer
- Help their mood and reduce stress
- Help them keep busy and active
- Help them get outside and be with nature
- Help them be healthier and manage their weight



Can nature help us improve health and equity?

“ Amid the COVID-19 pandemic, the outdoors have become an important refuge for people to escape the confines of home and find new means of entertainment.

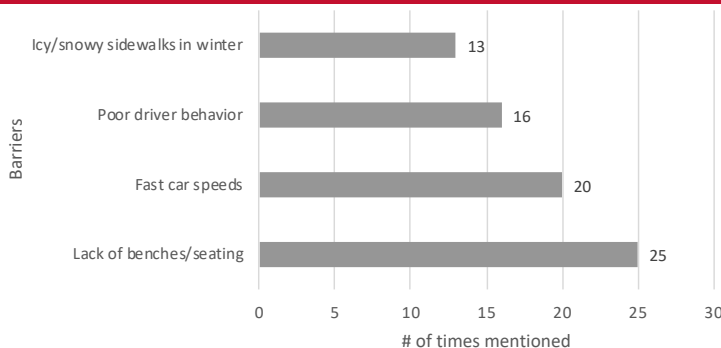
Yet quality parks and green spaces tend to be unevenly distributed across cities — often leaving people with low incomes and communities of color without easy access.

– Robert Wood Johnson Foundation

Top places people would like to walk/bike to



Top cited barriers to walking and biking



Local Transportation Insights

Data gathered by the Heart of New Ulm suggests that residents walk and bike for instrumental purposes.

- Over 60 community attendees felt it important to be able to walk or bike to the **grocery store**.
- 20 indicated they value the ability to walk or bike to **work**.
- Walking/biking to the **grocery store** is notable because grocery shopping is a frequent activity that typically includes hauling at least one bag of groceries.
- Having the option to walk or bike to places like the **doctor, library, post office** or **pharmacy** is notable because these services are limited in number and exist a further distance away for many.

More information

Jen Maurer
Heart of New Ulm
507-217-5226
Jennifer.Maurer@allina.com