

Get started
on your path
to better
health



Allina Health Neighborhood Health Connection™

*Findings from the 2016 Healthy Activity Grant Program
Follow-up Evaluation Survey*

M A R C H 2 0 1 8

Prepared by:
Jessica Pham, Thao Vang

451 Lexington Parkway North | Saint Paul, Minnesota 55104
651-280-2700 | www.wilderresearch.org

**Wilder
Research**

Information. Insight. Impact.

Contents

| | |
|--|----|
| Background | 1 |
| The role of social connectedness in influencing health | 1 |
| About Neighborhood Health Connection | 1 |
| About the evaluation | 2 |
| Evaluation questions | 2 |
| Methods..... | 2 |
| How NHC activities were organized | 3 |
| Limitations | 4 |
| Statistical significance | 4 |
| Key findings from the initial survey | 5 |
| Success building social connections | 5 |
| Impact on health behaviors | 6 |
| Key findings from the follow-up survey..... | 7 |
| Continued participation in an NHC activity | 7 |
| Impact on social connections | 7 |
| Impact on physical activity | 10 |
| Impact on healthy eating..... | 11 |
| Potential next steps | 14 |
| Appendix..... | 15 |

Figures

| | |
|--|----|
| 1. Percentage of participants who are very confident they will stay in touch with a new connection, by frequency of involvement..... | 5 |
| 2. Percentage of participants who reported changes in their healthy eating and physical activity, by frequency of involvement | 6 |
| 3. Participants' change in their current connections at the end of the NHC funding period and at follow-up..... | 8 |
| 4. Participants' change in their physical activity at the end of the NHC funding period and at follow-up | 10 |
| 5. Participants' change in their healthy eating behavior at the end of the NHC funding period and at follow-up..... | 12 |

Acknowledgments

Wilder Research would like to thank the Neighborhood Health Connection grantees and participants for taking part in the evaluation. We would also like to acknowledge the work of staff from Allina Health Community Benefit and Engagement for working with us to coordinate the implementation of the evaluation.

The following Wilder Research staff also played a role in implementing the evaluation and preparing this report:

Mark Anton

Barry Bloomgren, Jr.

Jennifer Bohlke

Jackie Campeau

Phil Cooper

Jen Collins

Melanie Ferris

Rachel Fields

Cheryl Holm-Hansen

Matt Kinney

Ryan McArdle

Background

The role of social connectedness in influencing health

A growing body of research demonstrates that social connections, the relationships that individuals have with their family members, friends, and neighbors, can contribute to positive health outcomes in a variety of ways. Social connections can improve health indirectly, such as when positive behavior change is supported through the development and reinforcement of positive social norms or when residents with different backgrounds organize to influence policy decisions that impact health. There is also research demonstrating that when individuals feel connected with others, they can experience direct physical benefits, including reductions in stress and other symptoms associated with social isolation. Health outcomes can also improve because of people accessing resources that support health. Social connections between residents who share different backgrounds can open doors to new sources of information and health resources in the community.

About Neighborhood Health Connection

The central office of Allina Health Community Benefit and Engagement (“Allina Health”) directs the Neighborhood Health Connection (NHC), but the Allina Health community engagement leads administer the program at a regional level. Through the program, grants ranging from \$750 to \$10,000 were awarded to organizations and groups of neighbors through a competitive process. All funded organizations were required to implement activities focused on a) increasing social connections and b) improving healthy eating and/or physical activity behaviors for adults and families. Because of earlier evaluation results suggesting a positive relationship between changes in health behavior and social connections and frequency of participation, all grantees were required to offer a minimum of six activities for the same group of participants. Beyond this requirement, there were no restrictions on the types of activities that grantees could offer. As a result, the funded activities varied widely (e.g., community gardening, sports and exercise groups, cooking and nutrition classes), and all aimed to reach different populations.

In 2016, 58 organizations in Minnesota and western Wisconsin implemented grants. In total, 54 grantees reached 2,605 participants. (Of the 58 grantees, 4 did not administer the survey.) NHC grantees received funding to implement their NHC activity during a nine-month period (March-December 2016).

About the evaluation

Evaluation questions

The evaluation for the Neighborhood Health Connection was designed to answer the following key questions:

- Were the NHC grant-funded activities successful in increasing social connections among participants at the conclusion of the grant period and six months after the end of the grant?
- Did participants report an increase in healthy eating and/or physical activity at the conclusion of the grant period and six months after the end of the grant?
- What is the impact, if any, of the NHC grant-funded activities on the healthy behaviors and social connections of specific participant subpopulations (e.g., participants of color, those who receive public support, etc.)?
- Does the way the funded activities are organized or whether an activity was created with a new or existing group have any impact on participants' healthy behaviors and social connections?

To answer the key questions, initial surveys were administered to both grantees and program participants at the end of the activity or at the end of the NHC grant funding period (whichever came first). Follow-up surveys were also administered to participants six months after the end of the funding period to measure changes over time.

Methods

Initial surveys and response rates

- **Initial participant survey.** Written or online surveys were administered to adults who participated in two or more project activities. The participants were asked how the activities impacted their connections with others and their own health behaviors. The survey was available in the three languages spoken by the vast majority of participants: English, Somali, and Spanish. The participant survey was completed by 648 of the approximately 1,405 eligible participants (i.e., adults age 18 or older who participated in an activity at least twice), for a response rate of 46 percent. Online surveys were completed by 167 participants and paper surveys by 481 participants.

Follow-up surveys and response rates

- **Participant follow-up survey.** Written or online surveys were sent to adult participants six months after the end of the NHC funding period. The participants were asked whether they continued participating in the activity and about the impact of the activity on their social connections and health behaviors. The survey was available in English and Spanish. Participants received a \$10 gift card if they completed the initial and follow-up surveys.

The follow-up participant survey was sent to 581 participants and completed by 287 participants, a response rate of 49 percent. Online surveys were completed by 112 participants and paper surveys by 175 participants. Participants from 43 of the 58 NHC activities that administered the survey responded.

Forty-four percent of the individuals who completed the initial survey also completed a follow-up survey. Not all participants who responded to the initial survey were sent a follow-up survey because they did not provide a mailing address or the address was incorrect.

In 2015, there was a larger number of participants and response rates were somewhat higher for both the initial and follow-up surveys. It is not clear whether that is due to differences in grantees and their ability to administer the survey, or differences in the participants and how easily they could be invited to complete an online or written survey.

How NHC activities were organized

All NHC activities had a focus on increasing social connectedness and improving health through healthy eating and physical activities, and were required to offer a minimum of six sessions for participants to attend. Beyond those broad similarities, each activity had its own unique format and approach, including the degree to which the same group of participants had opportunities to engage with one another over the grant period. Some activities followed a closed cohort model in which an identified group of people participated in a series of activities and new people typically did not join. Others offered an open cohort model in which the group of participants remained mostly the same, but new people could join at any point. Grantees could also choose to organize their activities as an open group in which some participants attended multiple activities, but the overall group of participants differed at each event.

Limitations

Use caution when interpreting the follow-up results as they may not represent the thoughts of all participants who were eligible for that survey. Respondents to the follow-up survey tended to be white, female, not receive public support, speak English in their household, and be in good health. The results from all exploratory analyses done to consider potential differences in outcomes by race/ethnicity, income, and level of participation in the activity (i.e., dosage) are included in this report. However, any comparisons should be interpreted with caution, particularly crosstabs looking at race and ethnicity as only 28 individuals who responded to the survey were people of color, which does not allow for reporting of potential differences by more specific and meaningful race and ethnicity categories. Poor participant recall or participants' interest in reporting improvement in social connections and health (response bias) may have influence. Finally, because participants were asked generally about changes in various health-related behaviors, it is not known the degree to which changes may result in notable improvement in health outcomes.

Statistical significance

For the results of the follow-up survey, chi-square tests were conducted to identify any significant relationships between dosage (i.e., the number of times an individual took part in a Neighborhood Health Connection activity) and changes in social connections, healthy behaviors, and the use of resources that support health. Chi-square tests were also used to measure the significance of differences in participants' social connections and health behaviors between the initial and follow-up surveys.

Key findings from the initial survey

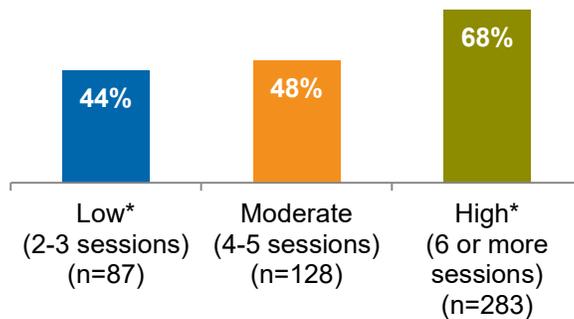
Results from the evaluation suggest that positive changes in social connections, physical activity, and healthy eating occurred for a majority of participants. In addition, participants who took part in a higher number of activities were more likely to report positive changes.

Success building social connections

The survey findings suggest that positive changes in social connections occurred for a majority of participants. A majority of participants reported that because of participating in an NHC activity they strengthened their current relationships (88%) and built new connections (89%). Most were very (52%) or somewhat (32%) confident they would continue to maintain their new relationships after the NHC activity ended.

High frequency participants (those who took part in six or more sessions) were significantly more likely to indicate that they were very confident that they would stay in touch with at least one new connection, compared to those who participated at a moderate or low frequency (68%, compared with 44% and 48%, respectively; Figure 1).

1. Percentage of participants who are very confident they will stay in touch with a new connection, by frequency of involvement



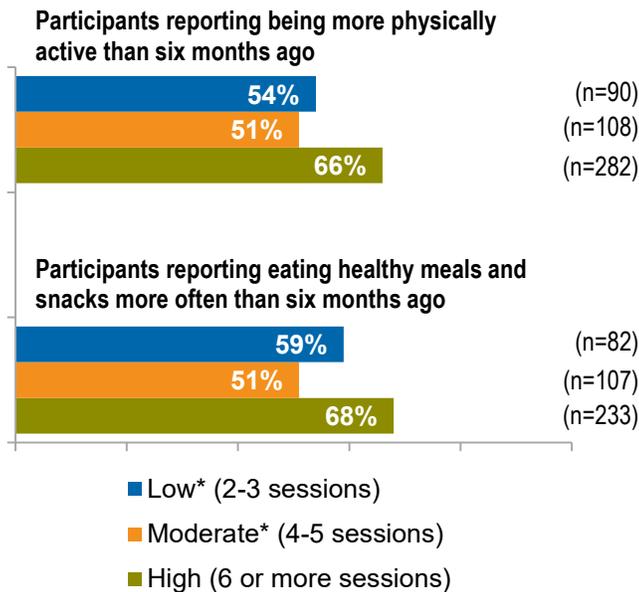
* Significance tests were conducted using a chi-squared test. Differences between high frequency compared to low or moderate frequency participants are statistically significant ($p < .05$).

Impact on health behaviors

Participants made changes in their physical activity and healthy eating behavior because of the NHC activities. Approximately 6 in 10 participants reported eating healthier meals and snacks (62%) and being more physically active (61%) compared to six months ago. Over half indicated that they considered it very likely that they will eat healthier (56%) and be more physically active (51%) in the future.

Participants who took part at a high frequency were significantly more likely to report that they were more physically active than six months ago, in contrast to those who participated at a moderate or low frequency (66%, compared with 51% and 54%, respectively; Figure 2). Participants who took part at a high frequency were also more likely to report eating healthier (68%), in contrast to those who took part at a moderate or low frequency (51% and 59%, respectively). Differences between high frequency and moderate frequency participants were statistically significant.

2. Percentage of participants who reported changes in their healthy eating and physical activity, by frequency of involvement



* Significance tests were conducted using a chi-squared test. Differences between high frequency and moderate frequency participants are statistically significant ($p < .05$).

All results from the initial participant and grantee survey, including detailed data tables, can be accessed in the [Findings from Allina Neighborhood Health Connection](#) summary.

Key findings from the follow-up survey

The follow-up participant surveys were administered six months after the end of the activity. In this section and in the Appendix, participants' follow-up survey results are shared. In addition, comparisons are made between participants' results from the initial and follow-up surveys.

Overall, the findings suggest positive changes in social connectedness and healthy eating behaviors for a majority of participants who completed the follow-up survey. Despite some indication of increased physical activity among participants who took part in the NHC activity, this change has not yet been significant at six months after the end of the funding period. This could be an indication that participants were already physically active prior to the activity's conclusion, which would leave less room for improvement over a six month period.

Continued participation in an NHC activity

Among grantees that continued to offer activities after the grant period ended, a majority of participants (59%) reported that they continued to participate in the NHC activity. Most continued because the activity helped improve their health (73%), provided useful information (69%), and facilitated the opportunity to connect with others (67%). The most common reason participants stopped participating was because the activity was no longer offered (75%; Figure B1).

Impact on social connections

At follow-up

Eighty-two percent of participants met new people through an NHC activity. A majority of these participants (75%) continued to keep in touch with at least one of the new connections they made during the NHC activity six months after the grant period ended (Figure B4).

Eighty percent of participants strengthened connections with people they already knew through the NHC activity (Figure B4). A majority of these participants (73%) reported they continue to do so six months later (Figure 3).

At the end of the NHC funding period compared to follow-up

Seventy-three percent of participants reported strengthening their existing relationships at the end of the NHC funding period and continued to do so at follow-up. Fewer reported that they strengthened their existing connections at the initial survey but did not report the same trend at the six-month follow-up (15%) or that they did not strengthen connections at either time point (5%). Some participants (7%) reported strengthened relationships at follow-up, after reporting no change at the close of the funding period (Figure 3).

3. Participants' change in their current connections at the end of the NHC funding period and at follow-up (N=282)

| End of NHC funding | Follow-up | |
|--------------------|-----------|-----|
| ↑ | ↑ | 73% |
| ↑ | — | 15% |
| — | ↑ | 7% |
| — | — | 5% |

↑ = connection increased, — = no change in connection

Note: This figure displays the total number of participants who answered survey questions regarding changes to their social connections both at the end of the NHC funding period AND at follow-up. The total percentage is greater than 100 because of rounding.

Eighty-seven percent of participants who continued to take part in an NHC activity after the funding period reported to have maintained new connections at the six-month follow-up. Fifty-seven percent of respondents reported they maintained new connections even though they no longer participate in the NHC activity (Figure B6). It is unclear whether it was a personal choice to no longer participate or whether the activity was no longer offered.

Differences by dosage

Participants who took part at various frequencies reported strengthening existing connections and maintaining new connections. Approximately 80 percent of participants who took part at various frequencies reported strengthening connections with people they already knew before the activity (Figure B7).

Eighty-seven percent of participants who took part in the activity at a high frequency reported that they met new people through the activity compared to 76 percent who took part at a moderate frequency and 75 percent who took part at a low frequency (Figure B8).

Participants who took part in the activity at a high frequency were significantly more likely to still talk to or meet with at least one of the new people they met (82%) compared to those who participated in the activity at a moderate frequency (72%) and low frequency (59%; Figure B9).

Differences by race/ethnicity

Participants of color and white participants made new connections at the same rate. Eighty-two percent of both participants of color and white participants met new people through the activity (Figure B11) and strengthened connections with people they knew before the activity started (85% and 79%, respectively; Figure B10).

Eighty-nine percent of respondents of color (n=25) and 74 percent of white participants (n=142) reported that they still talk to or meet with at least one new person they met (Figure B12). The results are not statistically significant.

Differences by receipt of public support

Participants strengthened current connections and maintained new connections at similar rates, regardless of socioeconomic status. Participants who receive public support and who do not receive public support strengthened existing connections at the same rate (81%, respectively; Figure B13) and maintained new connections at similar rates (77% and 75%, respectively; Figure B15).

Differences by organization of activity

Participants in a closed cohort, an open cohort, and an open group reported strengthening existing connections at similar rates (81%, 81%, and 77%, respectively; Figure B16). They also reported similarly when asked if they met any new people through the activity (78%, 82%, and 82%; Figure B17). Eighty-five percent of participants in a closed cohort and 83 percent in an open cohort said they still talk to or meet with at least one new person they met through the activity, compared to 54 percent of those in an open group (Figure B18). The results are not statistically significant.

Impact on physical activity

At follow-up

Participants reported being physically active at follow-up. Since participating in the activity six months ago, 39 percent of participants are more physically active. Over half (55%) indicated they are doing about the same level of physical activity and six percent reported being less physically active than they were six months ago (Figure B20).

At the end of the NHC funding period compared to follow-up

Over half (63%) of participants reported being more physically active than they were prior to participating in an NHC activity. This includes participants who reported increased physical activity at the end of the NHC funding period and at follow-up (26%), at the end of the NHC funding period (25%), or at follow-up (12%). Thirty percent of participants did not report any change in physical activity. Few participants (6%) reported a reduction in physical activity at one or both time points (Figure 4).

4. Participants' change in their physical activity at the end of the NHC funding period and at follow-up (N=199)

| End of NHC funding | Follow-up | |
|--------------------|-----------|-----|
| ↑ | ↑ | 26% |
| ↑ | — | 25% |
| ↑ | ↓ | 3% |
| — | ↑ | 12% |
| — | — | 30% |
| — | ↓ | 3% |
| ↓ | ↓ | 0% |

↑ = physical activity increased, ↓ = physical activity decreased, — = no change in physical activity

Note: This figure displays the total number of participants who answered survey questions regarding changes in their physical activity at the end of the NHC funding period AND at the follow-up. The total percentage is greater than 100 because of rounding.

Differences by dosage

Participants who took part at various frequencies reported an increase in physical activity. Forty-one percent of participants who took part in their activity at a low frequency, 33 percent of those who participated in a moderate frequency, and 41 percent of those who took part at a high frequency indicated that they are more physically active now than six months ago (Figure B23).

Differences by race/ethnicity

Participants reported an increase in physical activity regardless of race/ethnicity. Forty-one percent of respondents of color and 41 percent of white respondents reported they are more physically active now than six months ago (Figure B24).

Differences by receipt of public support

Participants who receive public support reported an increase in physical activity. Forty-three percent of respondents who receive public support said they are more physically active now than six months ago, compared to 39 percent of those who do not receive public support (Figure B25).

Differences by activity

Participants in a closed cohort and an open cohort reported an increase in physical activity. Forty-four percent of respondents in a closed cohort and 42 percent of respondents in an open cohort said they are more physically active now than six months ago compared to 31 percent of respondents in an open group (Figure B26).

Impact on healthy eating

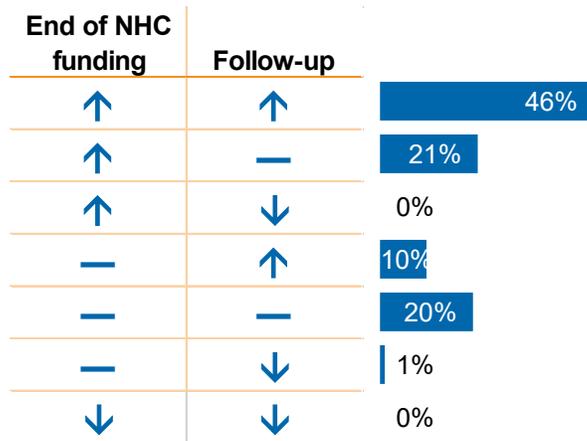
At follow-up

More than half of survey respondents (54%) reported eating healthy meals and snacks more now than six months ago. Forty-four percent indicated that they eat healthy meals and snacks about as often now as six months ago (Figure B28).

At the end of the NHC funding period compared to follow-up

Over half of participants (56%) reported improvement in their healthy eating behavior at follow-up. This includes 46 percent of participants who reported eating healthier both at the end of the NHC funding period and at follow-up, and 10 percent who reported an increase in healthy eating at follow-up only. Twenty-one percent reported eating healthier foods at the end of the NHC funding period but not at follow-up. Some participants (20%) did not report any changes in eating behavior (Figure 5).

5. Participants' change in their healthy eating behavior at the end of the NHC funding period and at follow-up (N=169)



↑ = physical activity increased, ↓ = physical activity decreased, — = no change in physical activity

Note: This figure displays the total number of participants who answered survey questions regarding changes in their healthy eating behavior at the end of the NHC funding period AND at the follow-up. The total percentage is greater than 100 because of rounding.

Differences by dosage

Participants who took part at various frequencies reported an increase in eating healthy meals and snacks. Sixty percent of participants who took part in their activity at a low frequency said they eat healthy meals and snacks more now than six months ago, compared to 50 percent of those who took part at a moderate frequency and 55 percent of those who took part at a high frequency (Figure B31).

Differences by race/ethnicity

Participants of color and white participants reported they eat healthy meals and snacks at a similar rate. Fifty-six percent of white respondents and 53 percent of respondents of colors reported they eat healthy meals and snacks more now compared to six months ago (Figure B32).

Differences by receipt of public support

Participants reported similar eating behaviors, regardless of socioeconomic status.

Fifty-nine percent of participants who receive public support and 54 percent of participants who do not receive public support said they eat healthy meals and snacks more now than six months ago (Figure B33).

Differences by activity

Participants in a closed cohort are more likely to report eating healthy meals and snacks more often than six months ago.

Seventy-six percent of participants in a closed cohort said they eat healthy meals and snacks more now than six months ago compared to 51 percent of those in an open cohort and 52 percent of those in an open group (Figure B34). The results are not statistically significant.

Potential next steps

The results from the NHC evaluation have been fairly consistent over the past three years. Many NHC participants, particularly those who regularly attend program activities, do report improvements in social connectedness, physical activity, and healthy eating. Exploratory analyses from multiple NHC grant years are planned to determine whether these improvements occur for participants regardless of health status (i.e., including participants in self-reported fair or poor health).

Allina could also consider the following options for future evaluations:

- **Incorporate measures of social connectedness, physical activity, and healthy eating that are more rigorous into future surveys to better determine the degree to which changes in behavior and health outcomes improve.** This option would help Allina determine whether self-reported changes are accurate and lead to meaningful improvement in health and well-being.
- **Select a few grantees for a deeper assessment of the effect of their activity six months after the end of the NHC grant period.** The findings from the follow-up survey suggest improvements in social connectedness and health. Allina could engage a small group of grantees in additional evaluation activities to better understand practices used by effective grantees. These could include key informant interviews or group conversations with staff and participants and an in-depth review of grantees' activities and programs.
- **Conduct a focused literature review to learn from recent studies exploring the relationship between social connectedness and health.** A literature review was initially completed when the evaluation was first designed. Information from more recent studies could inform future design or help Allina interpret the data gathered through the surveys.

Appendix

A. Detailed data tables of participant demographic information for initial and follow-up surveys

This section describes the demographic characteristics of individuals who responded to the initial and follow-up surveys. The number of respondents for both surveys differs as not all participants answered the follow-up survey.

The distribution of survey participants' demographic characteristics at the initial and follow-up surveys are similar. Most respondents are people age 50 and older. Fewer young adults (age 18-29) completed the survey than other age groups (Figure A1).

A1. Age of respondents to initial and follow-up surveys

| What is your age? | Initial survey (N=577) | Follow-up survey (N=267) |
|-------------------|---------------------------|-----------------------------|
| 18-29 | 63 (11%) | 25 (9%) |
| 30-39 | 93 (16%) | 39 (15%) |
| 40-49 | 99 (17%) | 51 (19%) |
| 50-64 | 168 (29%) | 78 (29%) |
| 65 or older | 154 (27%) | 74 (28%) |

Most respondents identify as female. In the follow-up survey, 80 percent of participants identify as female and 17 percent identify as male (Figure A2).

A2. Gender of respondents to initial and follow-up surveys

| | Initial survey (N=627) | Follow-up survey (N=284) |
|------------------------|---------------------------|-----------------------------|
| Female | 482 (77%) | 228 (80%) |
| Male | 145 (23%) | 49 (17%) |
| I choose not to answer | 7 (1%) | 7 (3%) |

Over 80 percent of respondents described themselves as white or Caucasian.

Compared to the initial survey, the follow-up survey included a slightly greater share of white participants (85% compared with 81%). There were fewer Hispanic or Latino participants who responded to the follow-up survey compared to the initial (4% compared with 8%), and fewer African participants at follow-up compared to the initial survey (2% compared with 5%; Figure A3).

A3. Race or ethnicity of respondents

| How would you describe your racial or ethnic group? | Initial survey (N=617) | Follow-up survey (N=284) |
|---|---------------------------|-----------------------------|
| White or Caucasian | 499 (81%) | 240 (85%) |
| Hispanic or Latino | 51 (8%) | 10 (4%) |
| African, including Oromo, Somali, Ethiopian, Eritrean, and Sudanese | 28 (5%) | 5 (2%) |
| Black or African American | 19 (3%) | 3 (1%) |
| American Indian/Native American | 15 (2%) | 7 (3%) |
| Asian, including Chinese, Japanese, Korean, and Southeast Asian | 12 (2%) | 6 (2%) |
| Another race or ethnic group | 10 (2%) | 4 (1%) |
| I choose not to answer | 19 (3%) | 12 (4%) |

Most respondents speak English and were born in the United States. A higher percentage of participants who speak English responded to the follow-up survey than to the initial survey (95% compared with 89%). More follow-up survey participants reported being born in the U.S. compared to those who took the initial survey (92% compared with 88%; Figure A4).

A4. Preferred language and nativity of respondents to initial and follow-up surveys

| | Initial survey | Follow-up survey |
|--|----------------|------------------|
| What is your preferred language | N=634 | N=283 |
| English | 563 (89%) | 270 (95%) |
| Spanish | 46 (7%) | 9 (3%) |
| Somali | 21 (3%) | 4 (1%) |
| Were you born in the U.S.? | N=632 | N=285 |
| Yes | 554 (88%) | 263 (92%) |
| No | 78 (12%) | 22 (8%) |

There was a higher percentage of respondents who reported receiving some form of public support to help them afford health care, housing, food, or child care at the initial survey compared to the follow-up survey (32% compared with 21%; Figure A5). Public support was used as a proxy measure for individuals' socioeconomic status.

A5. Receipt of public support among participants

| Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | Initial survey (N=610) | Follow-up survey (N=276) |
|--|-----------------------------------|-------------------------------------|
| Yes | 194 (32%) | 59 (21%) |
| No | 416 (68%) | 217 (79%) |

Overall, the majority of participants self-rated their health positively. At follow-up, eight percent of respondents rated their overall health as “excellent,” 47 percent of participants rated their overall health as “very good,” and 39 percent rated their health as “good.” However, as reported in the initial survey, many of these participants were already in good health (Figure A6).

A6. Self-reported health status of respondents to the initial and follow-up surveys

| In general, how would you rate your overall health? | Initial survey (N=663) | Follow-up survey (N=287) |
|--|-----------------------------------|-------------------------------------|
| Excellent | 93 (15%) | 24 (8%) |
| Very good | 263 (42%) | 135 (47%) |
| Good | 205 (32%) | 112 (39%) |
| Fair | 62 (10%) | 15 (5%) |
| Poor | 10 (2%) | 1 (<1%) |

B. Detailed data tables of participant responses from the follow-up survey

Participants' involvement in an NHC activity after the NHC funding period

Among grantees who continued to offer activities after the NHC funding period ended, a majority of participants (59%) reported that they continued to take part in an activity. Most continued because they found their health improved (73%) and they found the information they gained from the activity to be helpful (69%). The most common reason why participants did not continue to participate in their NHC activity was because the activity was no longer offered (75%; Figure B1).

B1. Continued participation in a Neighborhood Health Connection activity

| Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? (N=287) | N | Percent |
|--|----------|----------------|
| Yes | 170 | 59% |
| No | 117 | 41% |
| If yes, why did you continue to participate? (N=170) | | |
| It helped me improve my health | 124 | 73% |
| The information presented was helpful to me | 118 | 69% |
| I like spending time with others | 114 | 67% |
| Other | 22 | 13% |
| If no, why did you not continue to participate? (N=117) | | |
| The activity was no longer offered | 88 | 75% |
| The activity was offered at a place or time that was not convenient | 10 | 9% |
| The activity didn't help me make changes to my health | 4 | 3% |
| I didn't feel connected to the other participants | 3 | 3% |
| The activity was too expensive | 1 | 1% |
| Other | 19 | 16% |

Note: Respondents were able to choose multiple responses.

Participants' self-reported health status

When asked how participants would rate their overall health now compared to six months ago, many participants (61%) indicated that their overall health has not changed. Another 36 percent reported better health at follow-up compared to the end of the program (Figure B2).

B2. Self-reported health status compared to six months among participants (N=283)

How would you rate your overall health now compared to six months ago?



Participants who continued to take part in an NHC activity were significantly more likely to report improved overall health (42%), compared to those who did not continue to participate (27%; Figure B3). It is not clear what other steps, if any, individuals may have been taking to improve their health in addition to the NHC activity.

B3. Participants' self-reported health status compared to six months ago, by whether they continued participating in an NHC activity (N=283)

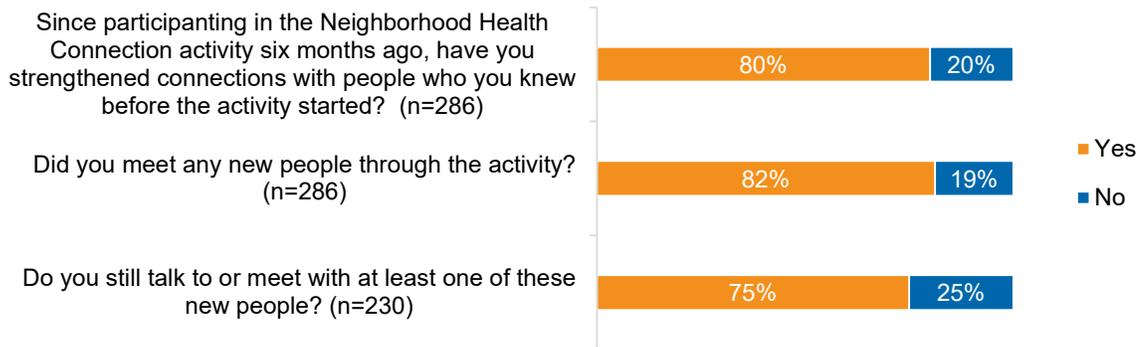
| In general, how would you rate your overall health? | Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? | |
|--|---|------------|
| | Yes (N=168) | No (N=115) |
| My overall health is better than it was six months ago | 72 (42%) | 31 (27%) |
| My overall health has not changed much from six months ago | 34 (56%) | 73 (69%) |
| My overall health is worse than it was six months ago | 2 (1%) | 5 (4%) |

Note: Differences are statistically significant at $p < .05$.

Participants' social connections

Most participants deepened or expanded their social connections after the NHC funding period ended. Eighty percent of respondents reported strengthening connections with people who they knew before the activity started. Eighty-two percent indicated meeting new people through the NHC activity. Seventy-five percent of these participants reported that they still talk to or meet with at least one of the new people they met (Figure B4).

B4. Self-reported changes in strengthening current relationships and forming and sustaining new relationships among participants



Participants who continued taking part in an NHC activity were significantly more likely to report strengthening connections with people who they knew before the activity (86%), compared to those who did not continue to participate (72%; Figure B5).

B5. Percentage of participants who strengthened their current relationships, by whether they continued participating in an NHC activity (N=286)

| Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started? | Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? | |
|--|---|------------|
| | Yes (N=169) | No (N=177) |
| Yes | 145 (86%) | 84 (72%) |
| No | 24 (14%) | 33 (28%) |

Note: Differences are statistically significant at $p < .05$.

Participants who continued taking part in an NHC activity were significantly more likely to report that they still talk to or meet with at least one of the new people who they met through the activity (87%), compared to those who did not continue to participate (57%; Figure B6).

B6. Percentage of participants who maintained new connections, by whether they continued participating in an NHC activity (N=230)

| If you made a new connection through the activity, do you still talk to or meet with at least one of these new people? | Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? | |
|--|---|-----------|
| | Yes (N=141) | No (N=89) |
| Yes | 122 (87%) | 51 (57%) |
| No | 19 (14%) | 38 (43%) |

Note: Differences are statistically significant at $p < .05$.

Respondents who took part in their activity at various frequencies strengthened connections with people they already knew at similar rates. Eight-two percent of respondents who attended activities at a low frequency said they strengthened connections with people they already knew, compared to 81 percent of participants who attended activities at a moderate rate and 79 percent of high frequency participants (Figure B7).

B7. Percentage of participants who reported strengthening current relationships, by their frequency of involvement

| Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started? | About how many times did you take part in this activity? | | |
|--|--|---------------------|------------------------|
| | Low 2-3 (N=60) | Moderate 4-5 (N=72) | High 6 or more (N=154) |
| Yes (N=229) | 49 (82%) | 58 (81%) | 122 (79%) |
| No (N=57) | 11 (18%) | 14 (19%) | 32 (21%) |

Regardless of level of participation, a majority of participants reported meeting new people through the activity. Eighty-seven percent of high frequency participants said they met new people through the activity. Respondents who took part at a moderate (76%) and low (75%) frequency also said they met new people through the connection (Figure B8).

B8. Percentage of participants who reported making new connections, by their frequency of involvement

| | About how many times did you take part in this activity? | | |
|--|--|---------------------------|------------------------------|
| | Low 2-3 (N=59) | Moderate 4-5 (N=72) | High 6 or more (N=155) |
| Did you meet any new people through the activity? | | | |
| Yes (N=233) | 44 (75%) | 55 (76%) | 134 (87%) |
| No (N=53) | 15 (25%) | 17 (24%) | 21 (14%) |

Participants who took part at a high frequency (82%) were more likely to report maintaining new connections. Seventy-two percent of those who took part at a moderate frequency and 59 percent of low frequency participants said they still talk to or meet with at least one of the new people they met (Figure B9).

B9. Percentage of participants who reported maintaining new connection, by their frequency of involvement

| | About how many times did you take part in this activity? | | |
|--|--|---------------------------|------------------------------|
| | Low 2-3 (N=44) | Moderate 4-5 (N=54) | High 6 or more (N=132) |
| Do you still talk to or meet with at least one of these new people? | | | |
| Yes (N=173) | 26 (59%) | 39 (72%) | 108 (82%) |
| No (N=57) | 18 (41%) | 15 (28%) | 24 (18%) |

Note: Differences are statistically significant at $p < .05$.

Participants reported that they strengthened connections with people they knew before the activity, regardless of race or ethnicity. Eighty-five percent of respondents of color and 79 percent of white respondents reported they strengthened connections with people who they knew before the activity started (Figure B10).

B10. Percentage of participants who reported strengthening current relationships, by race/ethnicity category

| | Respondents' race/ethnicity category | |
|---|--------------------------------------|--------------------|
| | White (N=238) | Of color (N=34) |
| Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started? | | |
| Yes (N=218) | 189 (79%) | 29 (85%) |
| No (N=54) | 49 (21%) | 5 (15%) |

Participants of color and white participants reported that they met new people through the activity at the same rate. Eighty-two percent of both participants of color and white participants reported they made new connections (Figure B11).

B11. Percentage of participants who reported making new connections, by race/ethnicity category

| Did you meet any new people through the activity? | Respondents' race/ethnicity category | |
|---|--------------------------------------|-----------------|
| | White (N=237) | Of color (N=34) |
| Yes (N=223) | 195 (82%) | 28 (82%) |
| No (N=48) | 42 (18%) | 6 (18%) |

Among participants of color, 89 percent reported that they still talk to or meet with at least one of the new people they met. A somewhat smaller percentage of white respondents (74%) also reported continuing to stay in touch with people they met. These differences are not statistically significant (Figure B12).

B12. Percentage of participants who reported maintaining new connection, by race/ethnicity category

| Do you still talk to or meet with at least one of these new people? | Respondents' race/ethnicity category | |
|---|--------------------------------------|-----------------|
| | White (N=192) | Of color (N=28) |
| Yes (N=167) | 142 (74%) | 25 (89%) |
| No (N=53) | 50 (26%) | 3 (11%) |

A majority of participants (81%) reported strengthening connections with people who they knew before the activity, regardless of socioeconomic status (Figure B13).

B13. Percentage of participants who strengthened their current relationships, by receipt of public support (N=275)

| Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started? | Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | |
|--|---|------------|
| | Yes (N=58) | No (N=217) |
| Yes (N=222) | 47 (81%) | 175 (81%) |
| No (N=53) | 11 (19%) | 42 (19%) |

Program participants said they met new people through the activity regardless of socioeconomic status. Eighty-three percent of participants who receive public support and 82 percent who do not receive support said they met new people through their activity (Figure B14).

B14. Percentage of participants who reported making new connections, by their receipt of public support

| | Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | |
|--|---|------------|
| | Yes (N=59) | No (N=216) |
| Did you meet any new people through the activity? | | |
| Yes (N=225) | 49 (83%) | 176 (82%) |
| No (N=50) | 10 (17%) | 40 (19%) |

About three-quarters of participants reported continuing to meet with or talk to someone they met during the activity, regardless of socioeconomic status (Figure B15).

B15. Percentage of participants who maintained new connections, by receipt of public support (N=222)

| | Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | |
|---|---|------------|
| | Yes (N=48) | No (N=174) |
| If you made a new connection through the activity, do you still talk to or meet with at least one of these new people? | | |
| Yes (N=167) | 37 (77%) | 130 (75%) |
| No (N=55) | 11 (23%) | 44 (25%) |

A larger percentage of participants in a closed cohort and an open cohort reported they strengthened connections with people they already knew before the activity started (81%, respectively). Seventy-seven percent of those in an open group said they strengthened current connections (Figure B16).

B16. Percentage of participants who reported strengthening current relationships, by organization of grantees' activities

| Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started? | Organization of grantees' activities | | |
|--|--------------------------------------|------------------------|----------------------|
| | A closed cohort (N=36) | An open cohort (N=172) | An open group (N=78) |
| Yes (N=229) | 29 (81%) | 140 (81%) | 60 (77%) |
| No (N=57) | 7 (19%) | 32 (19%) | 18 (23%) |

Participants indicated that they met new people through the activity, regardless of how the NHC activity was organized (Figure B17). Eighty-two percent of those in an open cohort and an open group said they met new people, as did 78 percent of those in a closed cohort (Figure B17).

B17. Percentage of participants who reported making new connections, by organization of grantees' activities

| Did you meet any new people through the activity? | Organization of grantees' activities | | |
|---|--------------------------------------|------------------------|----------------------|
| | A closed cohort (N=36) | An open cohort (N=172) | An open group (N=78) |
| Yes (N=233) | 28 (78%) | 141 (82%) | 64 (82%) |
| No (N=53) | 8 (22%) | 31 (18%) | 14 (18%) |

Most participants in a closed cohort and an open cohort reported maintaining new connections (85% and 83%, respectively). Over half (54%) in an open group said that they still talk to or meet with at least one new person they met (Figure B18).

B18. Percentage of participants who reported maintaining new connection, by organization of grantees' activities

| Do you still talk to or meet with at least one of these new people? | Organization of grantees' activities | | |
|---|--------------------------------------|------------------------|----------------------|
| | A closed cohort (N=27) | An open cohort (N=140) | An open group (N=63) |
| Yes (N=173) | 23 (85%) | 116 (83%) | 34 (54%) |
| No (N=57) | 4 (15%) | 24 (17%) | 29 (46%) |

Participants' physical activity

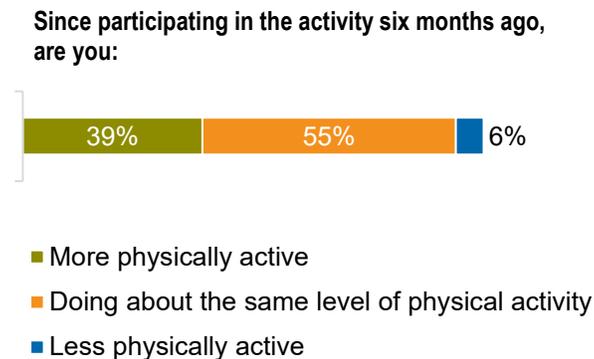
According to the majority of participants (79%), their NHC activity included physical activities such as walking, gardening, exercising, or playing sports. Twenty-one percent reported that they did not do these physical activities in their NHC activity (Figure B19).

B19. Inclusion of physical activity in the Neighborhood Health Connection activity (N=285)



Most participants (55%) reported doing about the same amount of physical activity as six months ago. Thirty-nine percent said that they are more physically active six months after the conclusion of the NHC funding and six percent reported being less physically active (Figure B20).

B20. Self-reported changes in physical activity among participants (N=220)



Forty-one percent of participants who continued to participate in an NHC activity after the funding period ended reported being more physically active at follow-up. Over half (58%) are doing about the same amount of physical activity at follow-up as six months ago (Figure B21).

B21. Percentage of participants who reported changes in their in physical activity, by whether they continued participating in an NHC activity (N=22)

| Since participating in the activity six months ago, are you: | Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? | |
|--|---|-----------|
| | Yes (N=129) | No (N=91) |
| More physically active now than six months ago | 53 (41%) | 33 (36%) |
| Doing about the same amount of physical activity now as six months ago | 75 (58%) | 46 (51%) |
| Less physically active now than six months ago | 1 (1%) | 12 (13%) |

Note: Differences are statistically significant at $p < .05$.

Most participants maintained or increased their level of physical activity after the program ended. The majority of participants who reported their health as “excellent” (61%) were more physically active at follow-up. A smaller percentage of participants in “very good” (33%) or “good” (41%) health had also increased their level of physical activity six months later (Figure B22).

B22. Percentage of participants who reported changes in their physical activity, by self-reported health status (N=220)

| Since participating in the activity six months ago, are you: | In general, how would you rate your overall health? | | | | |
|--|---|-------------------|-------------|-------------|------------|
| | Excellent (N=18) | Very good (N=108) | Good (N=83) | Fair (N=10) | Poor (N=1) |
| More physically active now than six months ago | 11 (61%) | 36 (33%) | 34 (41%) | 5 (50%) | 0 (0%) |
| Doing about the same amount of physical activity now as six months ago | 6 (33%) | 67 (62%) | 44 (53%) | 4 (40%) | 0 (0%) |
| Less physically active now than six months ago | 1 (6%) | 5 (5%) | 5 (6%) | 1 (10%) | 1 (100%) |

Participants at various frequency levels reported an increase in physical activity. Forty-one percent of participants who took part at either a low or high frequency were more likely to report that they were more physically active now than six months ago, in contrast to those who participated at a moderate frequency (33%; Figure B23).

B23. Percentage of participants reporting changes in physical activity, by their frequency of involvement

| | About how many times did you take part in this activity? | | |
|--|--|---------------------------|------------------------------|
| | Low 2-3 (N=44) | Moderate 4-5 (N=57) | High 6 or more (N=119) |
| Since participating in the activity six months ago, are you: | | | |
| More physically active now than six months ago (N=86) | 18 (41%) | 19 (33%) | 49 (41%) |
| Doing about the same amount of physical activity now as six months ago (N=121) | 22 (50%) | 37 (65%) | 62 (52%) |
| Less physically active now than six months ago (N=13) | 4 (9%) | 1 (2%) | 8 (7%) |

Increased physical activity was reported by participants of color and white participants at the same rate (41%). Approximately half of white respondents and respondents of color reported (54% and 50%, respectively) that they are doing about the same amount of physical activity (Figure B24).

B24. Percentage of participants reporting changes in physical activity, by race/ethnicity category

| Since participating in the activity six months ago, are you: | Respondents' race/ethnicity category | |
|--|--------------------------------------|--------------------|
| | White (N=185) | Of Color (N=22) |
| More physically active now than six months ago (N=84) | 75 (41%) | 9 (41%) |
| Doing about the same amount of physical activity now as six months ago (N=110) | 99 (54%) | 11 (50%) |
| Less physically active now than six months ago (N=13) | 11 (6%) | 2 (9%) |

There were no significant differences in self-reported physical activity based on socioeconomic status. In both groups, approximately 40 percent of participants reported being more physically active six months after the program ended (Figure B25).

B25. Percentage of participants who reported changes in their in physical activity, by receipt of public support (N=215)

| Since participating in the activity six months ago, are you: | Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | |
|--|---|---------------|
| | Yes (N=42) | No (N=173) |
| More physically active now than six months ago (N=85) | 18 (43%) | 67 (39%) |
| Doing about the same amount of physical activity now as six months ago (N=118) | 21 (50%) | 97 (56%) |
| Less physically active now than six months ago (N=12) | 3 (7%) | 9 (5%) |

Participants in a closed cohort and an open cohort indicated that they are more physically active now than six months ago (44% and 42%, respectively). Thirty-one percent of those in an open group reported increased physical activity (Figure B26).

B26. Percentage of participants reporting changes in physical activity, by organization of grantees' activities

| | Organization of grantees' activities | | |
|--|--------------------------------------|------------------------|----------------------|
| | A closed cohort (N=16) | An open cohort (N=139) | An open group (N=65) |
| Since participating in the activity six months ago, are you: | | | |
| More physically active now than six months ago (N=86) | 7 (44%) | 59 (42%) | 20 (31%) |
| Doing about the same amount of physical activity now as six months ago (N=121) | 9 (56%) | 72 (52%) | 40 (62%) |
| Less physically active now than six months ago (N=13) | 0 (0%) | 8 (6%) | 5 (8%) |

Participants' healthy eating

The majority of participants indicated that they practiced skills related to promoting healthy eating behaviors in their NHC activity, such as healthy eating or nutrition (60%), cooking and preparing food (44%), gardening and growing food (24%), and shopping and budgeting for healthy foods (35%). Twenty-eight percent indicated that their activity did not include any of those activities (Figure B27).

B27. Inclusion of healthy eating in the NHC activity (N=287)

| Did you participate any of the following skills in the Neighborhood Health Connection activity you participated in? | N | Percent |
|---|-----|---------|
| Healthy eating or nutrition | 173 | 60% |
| Cooking or food preparation | 126 | 44% |
| Gardening and how to grow food | 69 | 24% |
| Shopping for healthy foods | 100 | 35% |
| Eating healthy foods on a budget | 86 | 30% |
| No, none of the above | 81 | 28% |

Fifty-four percent of respondents reported eating healthy meals and snacks more now than six months ago. Forty-four percent of participants reported no change in their healthy eating habits (Figure B28).

B28. Self-reported changes in healthy eating among participants (N=204)

Since participating in the activity six months ago, do you eat healthy meals and snacks?



- More now than 6 months ago
- About as often now as 6 months ago
- Less now than 6 months ago

There were no differences in healthy eating behavior regardless of whether individuals continued to participate in an NHC activity. Over half of those who continued to participate in an NHC activity and those who did not continue reported eating healthy meals and snacks more often than six months ago (55% and 53%, respectively; Figure B29).

B29. Percentage of participants who reported changes in their healthy eating, by whether they continued participating in an NHC activity (N=204)

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? | |
|--|---|-----------|
| | Yes (N=130) | No (N=74) |
| More now than six months ago | 72 (55%) | 33 (53%) |
| About as often as six months ago | 57 (44%) | 32 (43%) |
| Less now than six months ago | 1 (1%) | 3 (4%) |

Participants of various levels of health reported increased healthy eating. A majority of participants in “very good” (55%) or “good” (58%) health reported eating healthy meals and snacks more often after the activity ended. Fifty-eight percent of participants in “fair” health also reported improvements in healthy eating (Figure B30).

B30. Percentage of participants who reported changes in their healthy eating, by self-reported health status (N=204)

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | In general, how would you rate your overall health? | | | |
|--|---|------------------|-------------|-------------|
| | Excellent (N=17) | Very good (N=35) | Good (N=80) | Fair (N=12) |
| More now than six months ago | 6 (35%) | 52 (55%) | 46 (58%) | 7 (58%) |
| About as often as six months ago | 11 (65%) | 43 (45%) | 31 (39%) | 4 (33%) |
| Less now than six months ago | 0 (0%) | 0 (0%) | 3 (4%) | 1 (8%) |

Over half of participants indicated that they eat healthy meals and snacks more often now than six months ago as a result of participating in an NHC activity, regardless of how frequently they attended activities. Sixty percent of participants who took part at a low frequency, half of participants who took part a moderate frequency, and 55 percent of those who took part at a high frequency said they eat healthy meals and snacks more now than six months ago (Figure B31).

B31. Percentage of participants reporting changes in healthy eating, by their frequency of involvement

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | About how many times did you take part in this activity? | | |
|--|--|---------------------------|------------------------------|
| | Low 2-3 (N=35) | Moderate 4-5 (N=48) | High 6 or more (N=121) |
| More now than six months ago (N=111) | 21 (60%) | 24 (50%) | 66 (55%) |
| About as often now as six months ago (N=89) | 13 (37%) | 22 (46%) | 54 (45%) |
| Less now than six months ago (N=4) | 1 (3%) | 2 (4%) | 1 (1%) |

White respondents and respondents of color reported an increase in healthy eating at a similar rate. Fifty-six percent of white respondents and 53 percent of respondents of color said they eat healthy meals and snacks more now than six months ago (Figure B32).

B32. Percentage of participants reporting changes in healthy eating, by race/ethnicity category

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | Respondents' race/ethnicity category | |
|--|--------------------------------------|--------------------|
| | White (N=163) | Of Color (N=30) |
| More now than six months ago (N=107) | 91 (56%) | 16 (53%) |
| About as often now as six months ago (N=82) | 68 (42%) | 14 (47%) |
| Less now than six months ago (N=4) | 4 (3%) | 0 (0%) |

Regardless of socioeconomic status, over half of participants reported eating healthy meals and snacks more often now than six months ago (Figure B33). The results are not statistically significant.

B33. Percentage of participants who reported changes in their healthy eating, by receipt of public support (N=195)

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)? | |
|--|---|------------|
| | Yes (N=51) | No (N=144) |
| More now than six months ago (N=108) | 30 (59%) | 78 (54%) |
| About as often as six months ago (N=84) | 19 (37%) | 65 (45%) |
| Less now than six months ago (N=3) | 2 (4%) | 1 (1%) |

More than half of participants reported eating healthy meals and snacks now more than six months ago. An increase in eating healthy meals and snacks was reported by 76 percent of participants in a closed cohort, 51 percent of participants in an open cohort, and 51 percent of participants in an open group (Figure B34).

B34. Percentage of participants reporting changes in healthy eating, by organization of grantees' activities

| Since participating in the activity six months ago, do you eat healthy meals and snacks: | Organization of grantees' activities | | |
|--|--------------------------------------|------------------------|----------------------|
| | A closed cohort (N=25) | An open cohort (N=146) | An open group (N=33) |
| More now than six months ago (N=111) | 19 (76%) | 75 (51%) | 17 (52%) |
| About as often now as six months ago (N=89) | 6 (24%) | 68 (47%) | 15 (46%) |
| Less now than six months ago (N=4) | 0 (0%) | 3 (2%) | 1 (3%) |

Participants' comments on the impact of the NHC activities and suggestions for improving the activities

Participants were asked about the most positive thing that happened as a result of participating in a Neighborhood Health Connection activity. The most common themes are summarized below with some responses from participants to help illustrate the theme (a list of all responses is located in the open-ended response section of the Appendix):

- **Developing new connections and strengthening existing relationships with community members, fellow activity participants, friends, family, and neighbors through an NHC-funded activity.** Participants enjoyed expanding their connections to those who were also engaging in physical activity and healthy eating. As a result, participants positively influenced each other's momentum in being more physically active and eating healthier. Participants also found exercising with others to be enjoyable and motivating. They became more engaged in the community activities and became more connected to their community.

Make new friends and help others as often as I can when I used to stay in the house and to myself.

It allowed an opportunity to do something I love (yoga) outdoors with other people who enjoy yoga. It was a peaceful and healthy experience and if it continues to be offered I will definitely continue going.

Community building with my neighborhood and making use of beautiful community space for a healthy, free activity. Great for quality of life.

I am more involved in my community and with the people. Parkview Vella planted a vegetable and flower garden last summer and are now in the process of planning for this year so there is a lot of activities to do which I love.

LOVE the community feel. Coming together to start our weekends off right with some relaxing yoga in a beautiful city park with friends old and new.

Surprised and pleased to meet other people just like me! They too are trying to eat better and also be more active especially by walking.

I have met and stay in touch with some amazing people. As a result, I feel more connected to the community.

I like that I know the people I'm exercising with.

Meeting and talking with people I have known and the new people I have met there.

Strengthening relationship with coworkers who participated in the challenge. It was fun and built camaraderie.

Nice to see people and exercising with them.

- **Improving overall well-being.** Participants reported a variety of favorable changes in their well-being because of their participation in an NHC activity, including weight lost, improved pre-existing physical conditions, increased physical strength, reduced stress, and enhanced mental well-being (e.g., more positive attitude about life and oneself).

I feel stronger physically and feel it has helped my overall health.

I joined Weight Watchers and lost 55 lbs. The exercise we do are now easier to do and I can put more effort into the moves.

I have lost weight and found passion in exercising, like yoga.

I have less back pain and feel healthier.

My mental wellness has been made stronger.

Better flexibility.

Lost weight, gained endurance.

Feel better, take less medication.

It helps me relax and get some balance in my hectic life.

My self-esteem has gotten better. I learned to meditate deeper anywhere and how to have hope in difficult times. I learned to love me better!

I continue to be mindful of resilience in my life and staying positive.

- **Eating healthier and gaining knowledge about nutrition and cooking.** Participants mentioned that they learned a lot about nutrition, cooking, and shopping for healthy foods. Because of the information provided by their NHC activity, they made more conscious and informed healthy eating choices as well as improved healthy eating behavior for themselves and their family.

I learned to make conscientious purchases and eat healthy.

Learned new healthy recipes – helped me to eat more healthy meals.

Learning about food. I have stopped some bad food that I was buying and started new habits.

Learning how to add more vegetables and healthier food to my boys and husband.

Learning to buy foods on a budget, as well as how to prepare food in a healthier manner.

More health conscious when planning meals, avoid sugars and unhealthy snacks.

Reading food labels more informed.

I am eating healthier.

It encouraged my family to eat more healthy foods

Made me more aware of eating healthy.

- **Gaining skills and learning or trying something new.** Participants shared that they gained new ideas about physical activities, healthy eating, became more informed about their neighborhood or community, and acquired useful life skills in general.

I tried something new. I enjoy being outside more. The activity took place outside, and it was the first time I really did that kind of exercise outside, and I really liked being outside and saw the value of that beyond just the exercise.

Learned some tools to help be happy and healthy single mom.

Learned new swimming skills.

Learned about the benefits of regular physical activity and healthy eating.

More information about neighborhoods.

Learned more ideas about exercise and food. I had a chance to talk with others and get new ideas.

Trying new, healthy treats.

Greater appreciation for and increased cultural competency: the personal connection between the food, the preparation, and the growing techniques helped enhance my knowledge of countries other than the U.S.

I have learned a new sport – learned how to breathe properly for relaxing stress relief.

I had never experienced yoga in the outdoors before and it was a fun experience.

- **Increasing physical activity.** Participants reported getting out more and being more physically active. Some began to enjoy exercise and commit to physical activities more in their daily lives.

I developed a habit of exercising on a schedule.

I enjoy exercise more now.

I get motivated to do more physical things around the house and outside because of the pedometer. Idk, especially since we all compete. It's easier to maintain exercise with accountability.

I got more exposure to yoga practices, which encouraged me to continue taking classes. The free mat helped, too!

I integrated yoga more fully into my daily life. In particular, I added 30-minute “better than nothing” practices.

More active now. Swim 3X week in addition to chair exercises.

I did lots of walking. Did chair fit about every day. Pushes me to do more fit activity and I enjoy it.

I have found a greater connection to exercising in the outdoors.

I learned that I liked taking part in yoga classes.

Participants also provided comments about what would have made the Neighborhood Health Connection activity more helpful. The most common themes are summarized below (a list of all responses could be found in the open-ended response section of the Appendix):

- Having the activities or programs continue beyond the end of the NHC funding period or last longer.
- Offering the activity more frequently, such as multiple times per week.
- Learning about more nutrition, cooking, and shopping and budgeting for healthy foods.
- Providing a greater variety of activities and hosting them at a more convenient location or time.
- Having more people participate in the activities or programs and allowing more time to socialize.

C. Participant follow-up survey open-ended responses

C1. Why did you continue to participate? Other (N=27)

Positive reflections on participating

Fun, feel better.

Helped me get more positive feelings through advice and options for me to use.

I took it twice and loved them both. If it's offered again, I'd go again.

It is helping me to strengthen my balance.

It's fun.

I like it.

I also love the teacher we have.

Opportunity for connecting with the community

Meeting other people and eating other food from other cultures. I love that.

New community.

I love helping others.

It connected me to other people with similar interests and I joined other classes.

C1. Why did you continue to participate? Other (N=27) (continued)

Participating in activities/Being engaged

I like playing dominos, trash, Bingo and outings.

Especially the swimming -- for reason why continued.

I participated in Pro-Kinship for Kids events from the Neighborhood grant not VOA.

Kept me busy during the day.

Love outdoors, gardening is calming.

We are the coordinators of the community garden.

I do a chair fit every day and try to have other people join.

Learning new things/Sharing knowledge with others

Continuing to learn at any age is important and valuable.

Learn a lot.

Gave me new ideas for recipes, etc.

I enjoy sharing my knowledge with others.

I have learned so much about food.

I'm learning new crafts.

New culture food.

Other

However, this exercise program was through the Ellsworth Senior Center.

My left hip hurt me. It is better now.

No longer offered.

We come back. It was a good reminder.

Well some of us went 3 and more until the late fall cold set in.

Unfortunately it ended in May. I liked getting the ingredients to take home and try the recipes myself.

C2. Why did you decide to no longer participate? Other (N=21)

Injured or had other health reasons

Became ill; have not returned yet due to that.

Excused – need more care-dementia.

My dementia – lost interest.

Pregnancy.

Had other competing time commitment

Because I didn't have time.

Husband had to go on hospice care. Can no longer get away.

I plan to jump in again but have had family with health issues that have required me to travel a lot to be with them.

No time.

Simply forgot and overbooked myself

The activity took place in the summer. Now that school has started, it's really hard to find the time.

Other

Allina was helpful.

I don't remember doing this.

I simply didn't want to wear the Fitbit anymore. I still do the walking, I just felt a year of tracking was enough. So I wasn't sure if I should choose yes or no.

I switched employers – no longer at the site that offered this.

I was pushing other people when I disagreed with them so was told couldn't come back.

It will start up again in Spring 2017.

Most of all to strengthen my muscles.

The activity was seasonal.

Walk on my own.

I believe they didn't offer the walking program again. For a while my Fitbit charger quit working which made it hard to walk with no way of tracking anything... I wish walking alone or with your dog would've counted as that is what I sometimes prefer or walking w/ an actual friend vs. a coworker.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269)

Strengthened or made new connections

A wonderful way to meet others, connect in healthy, safe environment. Wonderful.

Built social connections and can regularly participate in healthy activities.

Community building with my neighborhood and making use of beautiful community space for a healthy, free activity. Great for quality of life.

Community building.

Community connections.

Connected with others in the same boat and who enjoy cooking different meals.

Connecting with others in the community.

Connecting with others.

Connections with people in my community that are trying, like me, to live better lives.

Connections with people who are about the same age (66) and who share the same concerns and goals about their health.

Connections with people.

Developing or deepening relationships with the people I work around.

Engaging with others who want to maintain a healthy lifestyle through gardening and preparing meals for 2 people with fresh fruits and vegetables.

Enjoyed meeting people.

Enjoyed the people and the activity.

I made new friends.

Friends!

Getting out and socializing with other women. Seeing what other women accomplished when they thought they couldn't do it.

Getting to know more colleagues on a personal level.

Getting to know people through a reflective practice.

Getting to socialize with new people.

Got me out of the house for exercising and being with others.

Got to meet new people.

I am more involved in my community and with the people. Parkview Vella planted a vegetable and flower garden last summer and are now in the process of planning for this year so there is a lot of activities to do which I love.

I connected with neighbors on a healthy activity that we all enjoy. I did meet new people.

I did meet new people.

I like that I know the people I'm exercising with.

I gained more people to interact with.

I got out and spent time with people I enjoyed.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Strengthened or made new connections (continued)

I got together with others, walked and visited.

I have met and stay in touch with some amazing people. As a result, I feel more connected to the community.

I met some wonderful people.

I met a few people and ended up with a nice yoga mat.

I met a friend who invited me to other activities happening in the neighborhood. Overall, I feel very connected to my community.

I met and connected with other people of similar interests and I also met other instructors (that participated in my class) and signed up for new community education classes, from which I benefitted from and expanded my knowledge in.

I met new friends.

I realize I need to get out and talk and interact with others.

Also, the activity took place in a park, and so, even though I don't do that activity, I do go to the park and see many of the people.

I'm involved more with community activities.

It was a great way to have something local to do with friends at a set time each week in August/September.

It was fun – got to know people more.

It's a nice outdoor activity, where you can meet new people in the community.

LOVE the community feel. Coming together to start our weekends off right with some relaxing yoga in a beautiful city park with friends old and new.

Made connections in my community.

Made connections with other people and groups.

Made friends.

Make new friends and help others as often as I can when I used to stay in the house and to myself.

Make new friends.

Making new friends over healthy meals and activities.

Meeting and connecting with adults and children.

Meeting and talking with people I have known and the new people I have met there.

Meeting new people. (N=4)

Meeting others and connections with volunteering with others.

Meeting people and establishing relationships!

Meeting people interested in exercising.

Meeting people who were learning about this project.

Meeting people. (N=2)

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Strengthened or made new connections (continued)

Met a lot of people.

Met a new friend and her husband became a friend of my husband and invited him to participate in healthy activities also.

Met new friend(s). (N=4)

Met others interested in community garden.

Met some new neighbors.

More friends.

New people.

Nice to see people and exercising with them.

Opportunity to do healthy things with like-minded folks.

Personal connections with others and health concerns.

Reconnecting with friends.

Seeing a group of people come together with like-minded ideas and support. Knowing we can reach out if/when we need to.

Socialization.

Strengthening relationships with coworkers who participated in the challenge. It was fun and built camaraderie.

Surprised and pleased to meet other people just like me! They too are trying to eat better and also be more active especially by walking.

Talked more.

The activity made me relax and meet new people.

Meeting and enjoying visiting with new people and getting to know the others better too.

Making connections with others.

The most positive things were getting to meet new people to interact with socially.

The sharing with others and the camaraderie with the participants.

Time and connections with neighbors in our community.

To learn new people and talk with new friends.

Was nice meeting others who wanted to improve health and healthy eating.

Working and exercising with others.

Working out with people.

Being part of the community.

Friends and family were concerned about my social activities and not be isolated after my husband's death. This has been a great solution.

Interaction, socialization.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Strengthened or made new connections (continued)

Helped get other people to do it.

I got out and participated in a group activity.

It allowed an opportunity to do something I love (yoga) outdoors with other people who enjoy yoga. It was a peaceful and healthy experience and if it continues to be offered I will definitely continue going.

It was really special to do yoga outdoors with 25-30 people.

Improved overall well-being and specific health changes

Overall health is returning quickly now that virus I developed is gone.

Health and cooking sessions.

I also lost about 18 lbs. and have kept it off.

I feel good about my health.

I feel stronger physically and feel it has helped my overall health.

I have had open heart surgery to replace my aortic valve. I am 87 years old and not able to do a lot of physical exercise so this has been very helpful.

I have lost weight.

I have less back pain and feel healthier.

I joined Weight Watchers and lost 55 lbs. The exercise we do are now easier to do and I can put more effort into the moves.

My health is very good.

I've lost weight and found passion in exercising, like yoga.

Less joint pain.

Exercise helped me for all my body. Makes your bones feel like new. Can't wait until that day comes.

My left hip is better now.

My mental wellness has been made stronger.

My stiff shoulder doesn't bother and sore neck is better.

Stress reduced.

The most positive is losing weight, eating healthier, drinking lots of water and exercising more... Things that I didn't do before the program.

Weight loss. (N=2)

Went down pants size.

Better flexibility.

Body feels better. Yoga class keeps my body limber.

Lost weight, gained endurance.

De-stress by being with more people.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Improved overall well-being and specific health changes (continued)

Feel better, take less medication.

Feeling better about myself after doing something good for me.

Feeling better, still able to walk outside.

Focused energy to make better choices - it was the shot in the arm that I needed!

Fostering lifelong care and health for my family/children.

It helps me relax and get some balance in my hectic life.

It was energizing.

Regained some self-esteem.

My self-esteem has gotten better. I learned to meditate deeper anywhere and how to have hope in difficult times. I learned to love me better!

More positive self-talk, which creates a more positive attitude.

Wonderful exercise (yoga) that precipitated a positive attitude.

I continue to be mindful of resilience in my life and staying positive.

I feel better about myself.

Improved eating habits and more knowledge about nutrition and cooking

Eat healthier. (N=4)

Good gardening and healthy eating information.

Grocery shopping and selecting food.

Have become much more aware of mind, body and nutrition due to Neighborhood Connection.

Health and cooking sessions.

How to eat healthy and traditions.

How to meal prep. Healthy but delicious meals.

I am eating better.

Learned a lot from the cooking sessions we participated in.

I buy more frozen fruits so they don't spoil.

I have learned so much about food and shopping.

I learned about health food.

I learned creative ways to cook healthy foods.

I learned how to cook good and healthy meals.

I learned some new recipes.

I learned that I could make healthy freezer meals. I also learned better things about reading food labels.

I learned to make conscientious purchases and eat healthy.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Improved eating habits and more knowledge about nutrition and cooking (continued)

I met people I did not know who cooked foods from their native country that were more healthy because of more vegetables and less fat and meat – but still enough protein using beans.

I mostly learn how other people do and prepare foods better.

Increased healthy eating habits.

It encouraged our family to eat more healthy foods.

It helped my family with preparing healthy meals.

Just watching carbs and sugar, drink less pop.

Learn how important health is, eat vegetables and drink water.

Learned about good fats.

Learned how easy good eating can be.

Learned how to eat healthier.

Learned more about different healthy foods and try different ones.

Learned new healthy recipes – helped me to eat more healthy meals.

Learned some healthy alternatives, but they are more expensive.

Learning about food. I have stopped some bad food that I was buying and started new habits.

Learning how to add more vegetables and healthier food to my boys and husband.

Learning how to eat healthier.

Good snacks.

Learning to buy healthy foods on a budget, as well as how to prepare food in a healthier manner.

Learning to eat right. How to garden.

Made me more aware of eating healthy.

Eat better.

More health conscious when planning meals, avoid sugars and unhealthy snacks.

More in tune to healthy eating options.

Better – healthier snack choices.

New Ideas for food and for exercise.

Reading food labels [in a] more informed [way].

Reading food labels more often.

Shop differently and use better foods to cook meals.

Socialization, see what there is for healthy foods.

The ability to learn about gardening and how to preserve and prepare the foods we grew.

There was definitely some new information about nutrition that I was not aware of. Plus it also made you think about what is added to some foods that I didn't really think about before.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Improved eating habits and more knowledge about nutrition and cooking (continued)

Watching salt and sugar intake.

Watching ingredients on labels to make healthy decisions.

Nutrition information

Getting new recipes that my whole family will like and learning how to make freezer meals. It really cuts down on the prep work when I don't feel like cooking.

Learned new nutritional info not known before. New recipes to make.

Gained new skills, learned or tried something new

Greater appreciation for and increased cultural competency: the personal connection between the food, the preparation, and the growing techniques helped enhance my knowledge of countries other than the U.S.

How to use weights in an exercise program.

I learned new things that take a lot of experience to learn in a shorter time.

I tried something new. I enjoy being outside more. The activity took place outside, and it was the first time I really did that kind of exercise outside, and I really liked being outside and saw the value of that beyond just the exercise.

I was exposed to a new type of activity that I had never tried before and I love it.

I'm learning new skills.

Introduced to an activity that I had never tried before (yoga).

Learning an activity that I didn't know much about before.

Learning new things.

Learning sewing and craft tips.

Love yoga and didn't ever try before!

Learned new skills.

Learning about growing vegetables.

Trying new, healthy treats.

Got to connect with horses and learned some new things about myself.

Learned new info on being healthy.

Learned some tools to help be happy and healthy single mom.

Reminder of helpful healthy information.

The ability to learn about gardening and how to preserve and prepare the foods we grew.

The information was very helpful to me, and I enjoyed sharing it with my family.

Learn new swimming skills.

Very good information given.

Very resourceful and amazing information.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Gained new skills, learned or tried something new (continued)

Learning new exercises for chairs.

Became aware of some of the issues related to assisting low-income people/families.

Been able to do better planning for vegetable gardening (expect to be increasing gardening next year as I am able to prepare more planting beds). Understand better how to plan for how much of different things to plant to produce what I need.

Better understanding of physiology.

New advice and ideas to help me with situations I'm dealing with and helping others in group.

I had never experienced yoga in the outdoors before and it was a fun experience.

I have learned a new sport – learned how to breathe properly for relaxing stress relief.

I learned better ways to use some of the things that I grow in my garden.

The most positive thing to come from the activity was being aware of my health; taking time for me and making connections with others and enjoying healthy actions as a 'treat' instead of as a chore.

I learned how to grow and maintain veggie plants.

I learned more ways to exercise.

I learned some yoga.

I love the swimming and learning how to be inside the water.

Ideas so we are not doing the same thing over and over.

Increased awareness of stress because of unhealthy self-imposed competition. Learned to self-speak the idea...I am enough, I am doing enough.

It made me more aware.

Learned about the benefits of regular physical activity and healthy eating.

Learned how to garden and harvest food.

Learned more ideas about exercise and food. I had a chance to talk with others and get new ideas.

Learned yoga.

Learning more about gardening, ways to stay healthy and continue staying healthy.

Learning and practicing courage and resiliency leading to healthier me.

I learned some new recipes.

More information about neighborhoods.

I am more aware of my physical activity.

Made me more comfortable doing yoga.

More cognizant of what I do.

Awareness

Better choices

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Increased physical activity/Getting to do physical activity/More commitment to physical activity

Getting out and moving.

Getting out and participating in activities more.

Getting out in the community, doing healthy activities with others.

Getting out more, doing more walking.

Got me out of the house for exercising and being with others.

Got outside, walked and enjoyed outdoors.

I brought yoga home!

I make more trips downstairs for coffee, mail, etc. More walking.

I developed a habit of exercising on a schedule.

I enjoy exercise more now.

I get motivated to do more physical things around the house and outside because of the pedometer, especially since we all compete. It's easier to maintain exercise with accountability.

I got more exposure to yoga practices, which encouraged me to continue taking classes. The free mat helped, too!

I grew more comfortable with yoga and enjoy it.

I am doing physical activities and Zumba and strength training.

I integrated yoga more fully into my daily life. In particular, I added 30-minute "better than nothing" practices.

I keep moving, and am continuing with yoga.

I need more swimming but I still need more – I move more.

I realized the importance of walking in my general health. Also the exercises helped a lot.

I try more exercising more often.

I was less inclined to skip my walking activity since I was part of the group and program. Being part of from Apron to Pavement helped to keep me on task with both my exercise and eating habits.

I would go walk at lunchtime and I became more conscious of body movement.

I would not bring myself to do this at home – which now I do some practices and this class is also lots of fun – nice people and a great teacher.

Increased physical activity.

It kept me active. (N=2)

Maintain mobility.

More active now. Swim 3X week in addition to chair exercises.

More one-on-one outside activity with my children.

Still doing the cardio and strength training workout for seniors twice a week.

Trying to be more active

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Increased physical activity/Getting to do physical activity/More commitment to physical activity (continued)

I did lots of walking. Did chair fit about every day. Pushes me to do more fit activity and I enjoy it.

Working out with people and learning new exercising for chairs.

Continue to do yoga weekly.

Continued to walk longer on the days I was at home by myself.

Doing yoga and being outside are two of my favorite things, and it was such a treat to do them together! I've now gotten a punchcard to Heartworks Yoga--it's indoors, but still pretty great. :)

Exercises.

I have found a greater connection to exercising in the outdoors.

I learned that I liked taking part in yoga classes.

I loved doing yoga in the park!!

Finding someone to walk with so I maintain a definite plan for my physical self.

Getting out more.

I had a commitment and went every week.

Doing different activities.

Exercise has been good for me.

Got to participate in a healthful outdoor activity!

I loved how relaxing the yoga in the park was, it was such a great program.

I was reintroduced to yoga.

Looking for more opportunities to do outdoor yoga this summer.

Other

Mine has not changed which is good it did not get worse.

New people became aware of our community garden.

None.

Planting/growing flowers added color, purpose and encouragement to residents and visitors.

Playing dominos, trash, and bingo.

Quilt if I don't go. That's a good thing.

She enjoyed it at that moment but doesn't remember anything about it.

A continued commitment to my well-being.

Appreciate the updated information provided.

As a retiree, finding the gardening activity was a treasure for me. It nurtures my soul.

Everything is good over there; I like it.

Gardening.

Gardening and bike classes.

C3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=269) (continued)

Other (continued)

Healthy influence from community members.

I didn't take part.

I don't understand the question.

I enjoy yoga not available in the winter at a price I can afford. I looked at fitness places but too expensive.

I enjoyed seeing children spread their expectations as to where a bike can take them. From learning how to ride a bike safely to encouraging classmates.

I have been inspired to seek out a similar activity, however so far it hasn't fit into my schedule.

I keep a bottle of water with me on hot days.

None.

Finding physical activities that we can do together as a family besides biking and running.

Gardening is now even more important for me and my family.

Concentrated on being healthy.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206)

Positive feedback.

All good!!

All really good.

Because it was close to home and a good variety of activities. It was a perfect situation.

Both of them helped; I loved the swimming, makes your body shape good, and you feel good in the water.

Breathing exercise was very good along with exercises.

Can't think of anything. I really enjoy everything and love going to group.

Everything is good.

Great program.

I enjoyed it!

I enjoyed it very much. The weather was really a little hot for walking.

I feel it is run well, things to do and healthy snacks provided.

I felt it was structured pretty good as is. It gave time for the info, casual chatting regarding food and time for cooking.

I have better neighbors than I realize.

I like it just the way it is.

I think it's doing a great job. It's a nice slower exercise for older people. If you can't do it all, do what you can.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Positive feedback (continued)

I thought it was amazingly well-run and thought through.

If I would have made it to every class I think I could have more knowledge on certain things. Overall course was perfect.

It has been good as it is.

It is fine. (N=2)

It was all good.

It was all really helpful.

It was good for me because I use a walker and I just had to go downstairs.

It was good.

It was great. (N=7)

It was helpful to have an activity that was free and so close to my school- my friends and I could easily walk down. It was also nice that they provided yoga mats for us since they can be expensive and not everyone on campus has access to them.

It was perfect, not much could be changed.

It's ok.

Made me more aware of nutrition, etc.

Made me realize I was not alone in the same problems as others with exercise and nutrition.

It is incredible what [instructor name] has done on a shoestring. She is innovative, ambitious, and works above and beyond to build community. It would be a huge loss if her work could not continue.

They do a good job for our community.

The instructors were kind and knew what they were doing and they also brought mats in case people attending did not have one.

It was a great activity.

It was perfect.

I like the outdoor yoga activity.

The time was well spent with the exercises.

This is a great community building initiative.

Transportation at this group home and at the Anchor puts a smile on my face.

Very helpful.

Was happy with the program.

Was nice to attend the outdoor sessions.

Was pleased with all of it.

We are gardening more and using food out of the garden.

Have the activity continue

An invite back to do it again.

Another possible grant.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Have the activity continue (continued)

Another time offered.

Continue offering monthly activities.

Continued classes throughout the summer.

Continued follow-up.

Continued programming and motivation.

Continuing it after summer ended to an indoor location.

I hope they do another cycle - it was great!

I wish it would have continued on a monthly basis.

I would have like a "follow up" activity to touch base and keep the connection we made.

I would love to see it continue throughout the year!

If it had continued I would probably be in better shape today. I tend to get more lazy without the commitment to go.

If it were still offered!! If it is, I don't know about it!

It was great and I am so hoping our classes continue.

It was great! I hope they are able to do this again!

Perhaps a continued class.

To continue offering it.

To keep it going.

Continue indoors after weather became too cold.

Continued support so that we could continue building upon the activities we started.

Prolong/Increase frequency of the activity

2 – 3X week for chair exercises.

Add another day a week.

Have our senior exercise class be offered one more day each week.

Having it last longer than it did.

Having them more often.

I participated in Yoga in the Park. I would have liked if there were even more sessions available (wish it had started earlier in the year and gone on longer).

I wish yoga in the park happened all summer!

I would certainly enjoy gardening 12 months a year!

If it were offered more frequently!

If we could do it 2 times a week.

It was offered for six week. If it were offered more, I would definitely go more.

Longer time frame for the grant.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Prolong/Increase frequency of the activity (continued)

Longer visit.

More times than 1X per week.

Offered more days of the week.

That it would be offered for a longer period of time from May to Sept.

Keep it going all year long! :)

Learn more about healthy food tips

Include healthy eating.

Cooking.

Cooking lessons.

Learning new healthy recipes.

Learning about new nutrition.

More discussion about nutrition.

Provide more activities

Activities.

Better selection of outdoor activities.

Gardening and bike classes.

Going on a walk.

Maybe more activities.

[Instructor's] stretching classes on Channel 2, Sit and Be Fit exercise class – both are on Channel 2.

More.

More activities for us to do together.

More activity.

More yoga classes.

Some exercises can be done and good for you in short amounts of time.

Having a YMCA in the community to house more activities for my active age group (60+).

Winter activity.

Would love to have more of them.

Yoga in the park.

I need to get more active and activities are available.

Planned walking routes.

Fields that interested me and support a healthier lifestyle.

It's regretful Parkview Vella doesn't have more land for the residents to have more outdoor activities.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Have the activity at a more convenient time/Offer at more times and dates

As with always - the timing is difficult just because trying to coordinate schedules of so many people. Only way to deal with that is to offer same session multiple times, but that's not really practical either, so I don't have a definite suggestion for overcoming that challenge.

Different times.

Earlier and/or later in the day (it was right around the dinner hour).

Having them on weekends or after 6 pm.

I wish Yoga in the Park started earlier in the year.

I would like to do things a little earlier because I work all day and some of the activities ran later where I need to get home and get to bed. I start work early.

If it was offered at a variety of times.

If the activity was held later in the evenings so I could attend them when I get home from my commute.

Later start time.

Meeting times were hard. During school year we have so many meetings that it is hard to connect to another one.

More dates.

Offering the class more times would be helpful. Sometimes the Friday evening time doesn't work for me.

Perhaps allow more possible options for times to meet up. Many conflicts for us so we miss out.

The program was offered during the summer. Sometimes the weather was too hot and humid to walk. Maybe walking in the fall season would be better.

Time difference.

Time was earlier

To have it on a different date.

With all volunteers, it is hard to get people there at the same time. Worked alone several times but I don't mind that.

Yes -- the timing. If we had a list of more times to practice, that would be better.

Have the activity in a more convenient location

Better space would be nice (fully carpeted).

Bigger community garden – more veggies.

Garden beds closer.

If it was closer.

More space where we gather.

Have more people involved

Get out with other people, do a team effort. Helps with balance as we get older. Makes a person feel good.

I want to invite more people to participate.

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Have more people involved (continued)

I was the only male participant for 7 years. I finally just gave it up.

If more people would participate.

Getting more young people involved and interested in healthy eating.

More participation.

More people getting involved.

More people like [instructor].

I wish there were ways to get more participants. Many people seem to want their activities to be private rather than be part of a group...Maybe if the Neighborhood Health Connection worked with a group activity such as pickle ball, it could attract more participants. Pickle ball seems to be an activity that is attractive to all ages and is easy to learn and participate in. Would you consider being a participant in pickle ball activity in Forest Lake, such as hiring instructors to conduct training sessions?

Perhaps connecting to other groups that may have similar missions.

Continue to invite others.

Some of the participants being more able to be more physical and open-minded about activities.

Provide more time to socialize

Brief introductions to others in our yoga group.

Have more of the get-togethers.

If we could talk about our feelings better about diabetes.

Maybe a little longer to talk to more people.

The ability to form groups with people who have similar goals.

Connections with people with similar goals.

Other

A prettier bracelet.

An instructor leading exercises.

At this time I can think of nothing.

I can't think of anything. (n=6)

Able to bring a new person with next time...

Don't know/Not sure. (n=6)

Found some contacts for information.

Getting to choose the flowers to plant.

Having more demos on how to cut properly.

Health professionals are not always there to share information and ideas. They are supposed to come for a 5-10 minute presentation every week.

How can you improve my memory?

C4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=206) (continued)

Other (continued)

I learned about foods and prepared.

I would feel confused.

If the watches we received were a little more durable. I work outside so it's constantly falling off.

Incentive/gift, etc. Lower prices for fruit and veggies at the grocery store.

More consistent attendance by participants.

More financial resources.

More freebees!

More healthy.

More individual attention for memory challenged people.

More information, helpful exercise hints.

More information.

More shopping for and spending more than \$10.00.

More than 1 meal option – sometimes there were choices that weren't my family's favorite options.

N/A (N=3)

No/None/Nothing (N=23)

Nothing comes to mind.

Nothing that I can think of at this time.

Realistic ways to save money and shop. Most programs offered regarding finances and eating healthy came nowhere near what my budget affords me.

Revisiting the topic periodically.

Set ongoing meetings with topics and activities.

Stress reducing.

The only problem was weather, and there's not much we can do about that. Perhaps rain dates beyond the scheduled time would enable us to participate in all sessions.

Please continue to support community-based projects.

Usually I do not snack in between meals. Eating snacks in-between meals two times a week is good.

Weather wasn't good some days, but that cannot be helped.

Weekly email or text reminders.

It will be nice to do some exercise with others in meetings coming up.

C5. Please use this space to offer any additional comments. (N=130)

Thank you and appreciative of the program

Appreciate the opportunity.

I appreciate the opportunity and hope to continue to implement the things I have learned.

I appreciate what this is attempting to do for us and continue to encourage the process!

Thank you so much!

Thanks for offering it!

Thank you. (N=7)

I thank you for being who you are.

I'm really grateful for this program. Because of it I'm healthier with 30 pounds lost.

Senior centered programs are much appreciated in our home.

Thank you for all you do for us.

Thank you for helping make this available.

Thank you for helping to support new ways to bring communities together.

Thank you for making my life better.

Thank you for supporting Yoga in Way Park.

Thank you for the opportunity.

Thank you for the sponsorship, Allina!

Thank you so much for opportunity.

Thank you so much for this program.

Thanks for putting on this program. (N=2)

Thanks for what they do for our community -- it's wonderful.

Thanks so much for supporting positive things for our community.

Thanks. (N=3)

Thank you for helping to make this happen.

Thank you Allina Health!

We also appreciated the bags of food given at the end so that we could make the recipes at home.

Positive reflections on program

Allina is giving great support and offering many free classes regarding healthful living in this community. Keep it up.

Awesome program!

Everybody was so helpful and gave lots of information.

Great class. Very knowledgeable presenter.

Great program.

I am satisfied with the adult day program.

C5. Please use this space to offer any additional comments. (N=130) (continued)

Positive reflections on program (continued)

I enjoyed learning from Neighborhood Health Connection.

I enjoyed this activity and would do it again if offered.

I would love to do it again!!

I liked the exercise classes.

I live by myself so tend not to think about the healthy aspects of preparing meals...I think participating in this class helped me become aware again of what I'm eating.

I love completing the 3 good things exercise.

I love the class and would take it again if it's offered.

I love the fact that this amazing opportunity came to me. Hopeful to continue with future classes. To see Wilder Foundation on the same path as Turning Point was amazing and I thank you for being who you are.

I loved taking part in this program and would love to see it continue.

I loved the chefs that participated.

I think Allina Health is doing a good job to put this on for the people. I went to every class unless I was sick. Keep up the good work. Enjoy it.

I think it was excellent and I plan to continue.

I would do it again.

I would miss it.

It is so great to have a place to exercise and learn new ways.

It was a fun informative activity to do with my family.

It was an awesome opportunity and the benefits will definitely be long-term.

It was fun.

It was helpful to get out of house for periods of time while it lasted – gave my husband a break on caregiving.

I enjoyed the different lunches that were offered when the whole group would meet for lunch.

It was really cool to learn about some healthy freezer meals and then actually make them, and eat them at home. We tried some things I never would have made.

It was really nice. I'm very glad I participated. It was interesting to learn my patterns and try to move past them and make improvements.

It was so wonderful that the grant was given to the Bethel Ridge Church to get the Activity Circle started. I see it really expanding in the future.

Loved it- found my exercise and relaxation!

I enjoyed the class and what I learned.

Please continue doing the great job

It was/is a great thing and has totally enriched my life to a great extent.

I enjoyed the opportunity.

C5. Please use this space to offer any additional comments. (N=130) (continued)

Positive reflections on program (continued)

It has been a highlight of the year and made me feel like moving to Northfield this year was a great choice.

The information is really good. We learned how to improve our eating.

These activities are awesome!! Helps you grow as individual and strengthens bonds in our group.

This is a very positive thing in my life.

This is one of my favorite things I do in Northfield. I absolutely love that it is offered and it is such a fun thing to invite new people in town to.

This whole experience has been a real gift. Really, the idea, the funding, the connections, the time outside. It's a great thing.

Very good activity.

We enjoyed it, gave us motivation to improve ourselves.

It was a great way for staff to work together with residents.

I think these reminders and recipes are good to keep us on track, better exercise, I'm limited but it helps my knees and breathing.

I participated in Yoga in the Park- It was really fun to be able to have access to a free program out in nature, where I could do yoga with fellow Oles and other people from the Northfield community.

I loved yoga.

I never knew how to swim, I was scared, and I'm so happy that I know.

I really enjoyed being able to participate in yoga outdoors and I know others did too!

Enjoyed being with the community

I also do food prep for Loaves and Fishes at Eagan. I love it. Learning a lot and it's a great way to give back to community.

I loved the events and times we spent together with the other people.

I totally enjoyed the Neighborhood Connect. Was fun walking with different people and getting to know them and our ages all varied.

It's great to see so many people participate in this activity (yoga). The attendance rate has increased drastically.

Some of us walk and talk together after our class. I've gotten to know some in a deeper way.

Continue offering activities

I hope we keep doing it!

Do it again.

Do the best you can to have good activities for the people.

Hope the activity is offered again next summer.

Hopefully Scott County will offer this again.

I feel this should be offered more often and kept going.

I hope it is offered again!

C5. Please use this space to offer any additional comments. (N=130) (continued)

Continue offering activities (continued)

I hope this class can continue – but with the same teacher.

I hope this is offered again sometime.

I hope you come back to Garden View again.

I look forward to the next Cooking Matters class that is offered in my community.

I would love to see the program continue.

I hope yoga is offered again - maybe at night.

I really hope the yoga can continue.

I wish they would have continued it at St. Gerts.

Keep offering.

Please keep offering these types of programs! They are vital to community wellness!

Please offer it again in the park!

Sorry to see the cooking/healthy food program end.

Yoga is a very helpful form of exercise. It is a research based health care treatment for many medical issues, including mental health diagnoses. We should be doing more of this and less of taking medications.

To keep the program going on.

Would love to see more of this for community.

I also wish that there were more neighborhood health activities for both college students and other residents of Northfield because I feel that these communities are often very separated.

Positive reflections on staff

Our leader, puts in a lot of time and thought to make sure this is a success. Hats off to her!

Staff made the class enjoyable.

Instructors (yoga) were great – made everyone feel welcome and were very encouraging to all levels. Communication was great at events and via email updates.

We have a great teacher.

Love the instructor.

Our leader does a good job and makes class interesting.

Our leader does a good job with chair exercises.

Annandale is great for many reasons including this program.

Thanks to staff – they are knowledgeable, encouraging and patient.

The instructor is great.

The instructor was very knowledgeable.

The teacher is pleasant and fun to all of us.

I had [individual] as my trainer-leader. She has so much knowledge about how I can become more healthy.

C5. Please use this space to offer any additional comments. (N=130) (continued)

Marketing efforts to increase the program's visibility

Promotion is always the difficulty- how to raise the profile of this event to get more (and the right) folks involved!

The word should have gotten out to the local churches for inclusion in their church bulletin. Staff should have mentioned the class to all the classes that are held at the center. This class should also be in the Fridley Focus.

Work on the marketing aspect of your programs so everyone knows about the opportunity, and then figure out a way to convince them to become active.

I wish that they would advertise more at St. Olaf and Carleton to get more people involved.

Other

Arts and crafts type items were not helpful – fun but not helpful. Bringing in stockbrokers was totally inappropriate – we are single women, some of us have no job skills much less money to “invest” – a waste of time.

I am trying to get more of our residents interested in doing community activities so we can all learn things and work together and be healthy. We do have cooking classes and hoping to receive a grant for a salad bar and garden.

I do miss the cooking and/or baking sessions but that's because we don't have a stove or sink. Also some art studio projects we need a stove and/or sink. It would really open the number of projects we could make. So I guess #13 goes along with #12. Thank you.

I don't participate as much as I used to.

I live 10 miles from the activity and when snowy and slippery roads I don't drive.

I really look forward to the garden this year and maybe meeting more people.

I recently moved and will be checking for something similar in my new town. I realize I need the activity more come fall and winter. Summer has kept me busy.

I watch [individual] at 12:00 noon.

I would like to be connected to more professional people and tell them that doing exercise is the way to have a more active body.

It was nice while it lasted but sometimes hard to make all the necessary required meetings to get the right amount attended.

It would be nice more men in the group, as I was only man.

My blood pressure is high right now but I think it's because of my pregnancy.

My health would have been better except I have been dealing with fumes from my job.

N/A (N=3)

New glasses, new dentures and new hearing aids.

None.

Sorry, I don't remember doing this.

The Ellsworth Senior Center continues once a week to offer a noon exercise program with a trainer e.g. young and we share a healthy lunch following.

This survey was answered for [an individual] who is now in a memory care facility for dementia.

C5. Please use this space to offer any additional comments. (N=130) (continued)

Other (continued)

Unfortunately, we did not receive a grant to continue our program this year but we are still going to try and meet and make do although with fewer resources.

We plan to continue (resume) the cooking classes this late summer/fall as produce ripens in the garden and this time open the participation to the public. The focus will then change from building relationships in the garden to increasing cultural competency of the community.

We will be gardening together this summer. Because we know each other we will share more.

YMCA supports all age groups. [is] family oriented, [has a] safe environment, supports a variety of healthy activities, and includes those with disabilities.

I am learning about what I eat can make a difference.

I had a wellness physical checkup today and all my results from the lab were good and I could do balance tests better than at other times.
