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Allina Health Neighborhood Health Connection™

*Findings from the 2017 Neighborhood Health Connection
Grant Program Evaluation Survey*

J U N E 2 0 1 8

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Background

This is the fifth year that Wilder Research has evaluated the Neighborhood Health Connection program with a consistent focus on measuring changes in program participants' social connections and healthy behaviors. Results from previous evaluation reports can be accessed on the [Allina Health website](#).

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. Research also demonstrates that when individuals feel connected with others they can experience direct physical benefits, including reduced stress and other symptoms associated with social isolation. Health outcomes can also improve as a result of people accessing resources that support health. Therefore, 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 Neighborhood Health Connection (NHC) grant program is directed through the central office of Allina Health Community Benefit and Engagement (Allina Health), but largely administered at a regional level by the Allina Health community engagement leads. In 2017, the program awarded 68 grants ranging from \$750 to \$10,000 to organizations through a competitive grantmaking process. All funded organizations were required to implement activities focused on a) increasing social connections and b) improving healthy eating and/or physical activity among participants. Because earlier evaluation results suggested a positive relationship between changes in healthy 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. 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.

Evaluation questions

The evaluation for NHC 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 of the program on specific participant populations (e.g., participants of color, those who receive public support, etc.)?
- What is the impact of how grantees organize their activities (closed group, closed cohort, open cohort) on participants' social connections and healthy behaviors?

To answer the key questions, a survey was administered to program participants at the end of the activity or at the end of the NHC grant funding period in December 2017 (whichever came first). This summary reports results from the survey. Follow-up surveys will be administered to participants six months after the end of the funding period to measure changes over time. These results will be shared in a separate report scheduled to be completed in fall 2018.

Methods

Participant survey and response rates

Written or online surveys were administered to adults who participated in two or more program activities. Of the 68 grantees that were funded, 19 did not administer the survey because their participants were all transient (i.e., participants were mobile and did not have a permanent address or did not have a valid email address), participants were ineligible for the survey, or grantees were unresponsive. In the survey, 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 majority of participants: English, Somali, and Spanish. The participant survey was completed by 584 of the approximately 1,298 eligible participants (i.e., adults age 18 or older who participated in an activity at least twice), a response rate of 45 percent. Online surveys were completed by 218 participants and paper surveys by 366. Some grantees had a response rate lower than the overall rate.

Statistical significance

For the participant survey, frequency of participation was categorized into three dosages: high (participants attended 6 or more activity sessions), moderate (4-5 sessions), or low (2-3 sessions). Chi-square tests were conducted to measure statistically significant differences in social connectedness and healthy behaviors based on dosage, key demographic characteristics (i.e., race/ethnicity and socioeconomic status), and how activities were organized. All differences in the report noted with the adverb “significantly” are statistically significant at $p < .05$.

Limitations

Overall, caution should be used when interpreting the results as they may not represent the thoughts of all participants who were eligible for the survey. In addition, the results of the significance testing should also be interpreted with caution as slightly less than half of the participants completed the survey. Also, the findings in this report focus on short-term changes that may not result in long-term behavior change. Long-term outcomes will be explored through the follow-up survey administered to participants six months after the end of the NHC funding period. For the analysis of the participant survey data, respondents who identified as part of a racial or ethnic group were collapsed into a respondents “of color” category in order to generate an N large enough to determine statistically significant differences.

Summary of key findings from 2017

See the Appendix for detailed data tables of all results from the participant survey.

Overall observations

- Similar to previous years, a majority of survey respondents reported positive changes in social connections and healthy behaviors.
- Survey results suggest differences in participants' social connections and healthy behaviors based on dosage of participation and race/ethnicity. Those who attended more program activities and respondents of color were more likely to report improvements. It is important to note that the reasons for these differences are unclear. It may be that grantees reaching these populations had highly effective programs or participants may have had limited social connections and poorer health behaviors before participating in the NHC-funded activities.

Participant and grantee characteristics

- Sixty-eight grantees were funded during the 2017 NHC program. In total, 3,967 participants were known to have been reached. However, nine grantees did not return their participant tracking sheets and do not have participants included in this total.
- As in previous years, the majority of survey respondents tended to be female, white, age 50 and older, speak English, not receive public support (a proxy measure for socioeconomic status), and be in good health.
- Sixty-five percent of the grantees identified their activity as an open cohort in which a core group of people participated in most activities, but new people could join at any point after the activities started. Nineteen percent of grantees identified their activity as a closed group in which a core group of people participated in most activities, and new people typically could not join after the activities started. Fifteen percent of grantees identified their activity as an open group in which an open group of people participated in activities, and the overall group of participants differed at most sessions.

Impact on social connections

Overall impact

- A majority of participants reported that as a result of participating in this activity they strengthened current connections (83%) or connected with new people they did not know before (84%). They were very (44%) or somewhat (36%) confident they will stay in touch with at least one person they met.
- Most participants indicated that it is very likely (77%) or somewhat likely (18%) they would take part in this activity over the next six months if it continued.

Differences by dosage

To consider whether the number of activities attended (or dosage) may impact differences in outcomes, participants were grouped into the following categories: high frequency (50%, attended 6 or more activities); moderate frequency (27%, attended 4-5 activities); or low frequency (23%, attended 2-3 activities).

- Participants who took part at a high (89%) or moderate (84%) frequency were more likely to say they connected with people they did not know before, compared to those who participated at a low frequency (72%). Differences are statistically significant.
- Participants who took part at a high frequency were also significantly more likely to indicate they were very confident (56%) they will stay in touch with at least one person they met, compared to those who participated at a moderate (29%) or low frequency (34%).
- Participants who took part at a high (86%) or moderate (85%) frequency were also significantly more likely to report they strengthened connections with people they already knew compared to those who took part at a low frequency (75%).

Differences by race/ethnicity

Among the 562 participants who completed the survey and described their race or ethnicity, 24 percent are included in the “participants of color” category. The appendix includes a description of all participants’ self-identified race or ethnicity, preferred language, and nativity.

- Participants of color (89%) and white participants (82%) connected with new people at similar rates. They also strengthened connections with people they knew before the activity at similar rates (85% of participants of color and 83% of white participants).

- Participants of color (57%) were more likely to report they were very confident they will stay in touch with at least one person they met compared to white participants (42%). This difference is statistically significant.

Differences by receipt of public support

Thirty percent of participants who completed the survey reported they received help through a public benefit program, a proxy measure for lower-income households.

- Participants who receive public support and those who do not receive public support reported they connected with new people who they did not know before at similar rates (86% and 85%, respectively). They also reported they strengthened connections with people they knew before the activity started at the same rate (83% each).
- Participants who receive public support and those who do not receive public support were very confident they will stay in touch with at least one person they met at similar rates (49% and 43%, respectively).

Difference by organization of activity

- Participants in a closed cohort (91%) said they connected with new people they did not know before, as did 85 percent of those in an open cohort and 74 percent of those in an open group. These percentages are not statistically significantly different.
- Forty-six percent of participants in an open cohort, 45 percent of participants in a closed cohort, and 35 percent of participants in an open group said they were very confident they will stay in touch with at least one person they met.
- Participants also reported they strengthened connections with people they knew before the activity started at similar rates: 81 percent of those in a closed cohort, 86 percent of those in an open cohort, and 81 percent of those in an open group.

Impact on physical activity

Nearly one-quarter (23%) of participants reported they engaged in 30 minutes or more of moderate-intensity physical activity at least five days a week. Six percent of participants reported this did not happen at any point during an average week.

Overall impact

- Most participants reported that as a result of the NHC activity, they were more physically active than six months ago (53%) or were doing about the same amount of physical activity as six months ago (43%).
- Eighty-five percent of participants indicated that because of this activity they were very likely (40%) or somewhat likely (45%) to become more physically active.
- Increased physical activity was reported by half or more of participants who rated themselves in “excellent” health (60%) and “very good” health (52%), as well as those in “good” (53%) and “fair” health (50%).

Differences by dosage

- Participants who took part at a high frequency were more likely to say they were more physically active than six months ago (64%), compared to those who took part at a moderate (46%) and low frequency (36%). The differences are statistically significant.
- Participants who took part at a high frequency were also significantly more likely to say they were very likely to become more physically active (49%), in contrast to those who took part at a moderate (30%) and low (27%) frequency.

Differences by race/ethnicity

- Participants of color were significantly more likely to indicate that as a result of the NHC activity, they were more physically active than six months ago (74%), compared to 48 percent of white participants.
- Participants of color were also significantly more likely to report they were very likely to become more physically active (68%) compared to white participants (32%).

Differences by receipt of public support

- The percentage who said they were more physically active than six months ago was similar for participants who receive public support (60%) and those who do not receive public support (53%).
- A similar percentage of participants who receive public support (46%) and those who do not receive public support (40%) said they were very likely to become more physically active.

Difference by organization of activity

- A similar percentage of participants in a closed cohort (60%), an open cohort (53%), and an open group (46%) said that because of this activity, they were more physically active than six months ago.
- A higher percentage of participants in an open cohort indicated they were very likely to become more physically active (41%), compared to 34 percent of those in a closed cohort and 23 percent of those in an open group. The differences are statistically significant.

Impact on healthy eating

Many participants reported following a healthy diet most (43%) or some (41%) of the time. Fewer reported they follow a healthy diet occasionally (14%) or do not follow a healthy diet (2%).

Overall impact

- Most participants said they made changes to the way they eat as a result of participating in the NHC activity (78%). Over half (55%) said they eat healthy meals and snacks more often than six months ago, and 40 percent said they eat healthy meals and snacks about as often as six months ago.
- Nearly half (49%) said that because of the NHC activity they were very likely to eat healthier. Fewer (39%) said they were somewhat likely to eat healthier.
- The majority of participants who rated themselves in “poor” health (89%) said they eat healthy meals and snacks more often than six months ago as a result of participating in the NHC activity. Additionally, at least half of those in “fair” health or better said they eat healthy meals and snacks more often than six months ago: 58 percent of those in “fair” health, 50 percent in “good” health, 56 percent in “very good” health, and 52 percent in “excellent” health (52%).

Differences by dosage

- The percentage who said they eat healthy meals and snacks more often than six months ago was similar for participants who took part in activities at a high frequency (61%), moderate frequency (50%), and low frequency (48%). These differences are not statistically significant.

- Participants who took part at a high frequency were significantly more likely to report that as a result of participating in the NHC activity they were very likely to eat healthier (62%), compared to those who took part at a moderate frequency (43%) and low frequency (32%).

Differences by race/ethnicity

- Participants of color were significantly more likely to say that because of the NHC activity they eat healthy meals and snacks more often than six months ago (74%), compared to 48 percent of white participants.
- Participants of color were also significantly more likely to report they were very likely to eat healthier (75%) compared to white participants (40%).

Differences by receipt of public support

- More than half of participants who receive public support (61%) and those who do not receive public support (55%) said that because of the NHC activity they eat healthy meals and snacks more often than six months ago.
- Participants who receive public support and those who do not receive public support reported similarly that because of the NHC activity they were very likely to eat healthier (53% and 51%, respectively).

Difference by organization of activity

- The percentage of participants who eat healthy meals and snacks more often than six months ago was similar for participants in an open group (63%), an open cohort (51%), and a closed cohort (44%).
- Forty-nine percent of participants in an open cohort, 47 percent of participants in a closed cohort, and 26 percent in an open group said that as a result of participating in the NHC activity they were very likely to eat healthier. These percentages were not statistically significantly different.

Recommendations

Continue to focus on funding activities that offer participants multiple opportunities to take part. Five years of survey data show that changes in healthy behaviors and connectedness were more likely to occur when people participated frequently in an NHC-funded activity.

Continue to explore the relationship between subgroups and changes in healthy behaviors and social connections. The results of the 2017 NHC grant cycle evaluations suggest differences in social connections and healthy behaviors among participants of different subgroups (i.e., dosage, race/ethnicity, receipt of public support, and organization of activity). While the reasons for these differences are unclear, the 2018 evaluation should continue to explore potential differences among subgroups of participants. To have an understanding of potential reasons for differences, more in-depth baseline information would need to be gathered about participants at the start of the NHC-funded activity. Allina Health could also explore the potential relationship of other variables on participants' outcomes, such as the length of the funded activity. This could be valuable in further refining NHC's grantmaking efforts.

Consider strategies for encouraging organizations or groups that serve or work with underrepresented populations to apply. While some organizations work with or serve underrepresented populations, most activity participants self-identified as white. Allina may want to consider strategizing how to encourage organizations that work primarily with underrepresented populations to apply to the NHC program.

Use multiple strategies to increase the response rate of the participant survey. Grantees likely need a combination of telephone and email reminders from Wilder and Allina to administer the survey. Prompts from Allina's regional leads, who often have a closer relationship to the grantee, could be an important strategy to use in future funding cycles.

Appendix

A. Participants' demographic information, health status and behaviors, and frequency of participation

The majority of participants were age 50 or older. Nearly three in ten participants were age 50-64 and a quarter were age 65 or older. Fewer participants were age 30-39 or 40-49 (18% each) (Figure A1).

A1. Age of participants (N=504)

What is your age?	Number	Percent
18-29	57	11%
30-39	89	18%
40-49	90	18%
50-64	144	29%
65 or older	124	25%

Note: Those under the age of 18 were not eligible to take the survey. Fifty-three participants selected "I choose not to answer."

The majority of participants identified as female. Eighty percent of participants identified as female and 20 percent identified as male (Figure A2).

A2. Gender of participants (N=558)

What is your gender?	Number	Percent
Male	109	20%
Female	448	80%
Transgender	1	<1%
I identify some other way	0	0%

Note: Five participants selected "I choose not to answer."

Most participants identified as white or Caucasian (78%). Twenty-two percent identified as another racial or ethnic group, including: Hispanic or Latino (11%), African (4%), Asian (4%), or Black or African American (3%) (Figure A3).

A3. Race or ethnicity of participants (N=562)

How would you describe your racial or ethnic group?	Number	Percent
White or Caucasian	436	78%
Hispanic or Latino	60	11%
African, including Oromo, Somali, Ethiopian, Eritrean, and Sudanese	22	4%
Black or African American	18	3%
American Indian/Native American	6	1%
Asian, including Chinese, Japanese, Korean, and Southeast Asian	22	4%
Another race or ethnic group	5	1%

Note: The total percentage equals more than 100 percent because respondents were able to choose multiple responses. Fifteen participants selected "I choose not to answer."

Most participants selected English as their preferred language (88%). Fewer selected Spanish (8%) and Somali (2%) (Figure A4).

A4. Preferred language of participants (N=545)

What is your preferred language?	Number	Percent
English	477	88%
Spanish	41	8%
Somali	12	2%
Hmong	1	<1%
Native American Languages	1	<1%
Other	13	2%

Note: Other languages include American Sign Language, Anyuk, Arabic, Cambodian, Castilian, German, Italian, Khmer, and Vietnamese. Three participants selected "I choose not to answer."

Most participants were born in the U.S. (84%). Fewer were born outside of the U.S. (16%) (Figure A5).

A5. Nativity of participants (N=553)

Were you born in the U.S.?	Number	Percent
Yes	464	84%
No	89	16%

Note: Eight participants selected "I choose not to respond."

Three in ten participants (30%) said they receive some form of public support to help them afford health care, housing, food, or child care (Figure A6). Public support was used as a proxy measure for individuals' socioeconomic status. It should be noted that 50 participants refused to answer this question.

A6. Receipt of public support among participants (N=501)

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)?	Number	Percent
Yes	148	30%
No	353	70%

Note: Fifty participants selected "I choose not to answer."

Over half of participants rated their health as "excellent" (12%) or "very good" (40%). Fewer said their overall health is "good" (35%), "fair" (12%), or "poor" (2%) (Figure A7).

A7. Participants' self-reported health status (N=565)

In general, how would you rate your overall health?	Number	Percent
Excellent	70	12%
Very good	223	40%
Good	197	35%
Fair	65	12%
Poor	10	2%

During an average week, more than half of participants were physically active at least three times a week. Twenty-three percent of participants said they received at least 30 minutes of moderate physical activity five to seven days in an average week. Thirty-nine percent said they get physical activity three to four days per week and 31 percent said they get physical activity one to two days per week. Six percent of participants did not get this level of physical activity at any point in an average week (Figure A8).

A8. Participants’ self-reported level of physical activity in an average week (N=559)

During an average week, whether at work, at home, or anywhere else, how many days did you get at least 30 minutes of moderate physical activity? *Moderate activities cause only light sweating and a small increase in breathing and heart rate.*

	Number	Percent
0 days	35	6%
1-2 days	174	31%
3-4 days	220	39%
5-7 days	130	23%

Most participants reported that they follow a healthy diet at least some of the time. The majority of participants said they follow a healthy diet most of the time (43%) or some of the time (41%). Fewer said they follow a healthy diet occasionally (14%) (Figure A9). Although a definition of a “healthy diet” was included in the survey, this is still a highly subjective measure.

A9. Participants’ self-reported current eating habits (N=556)

Overall, how would you describe your current eating habits? *A “healthy diet” is one that is high in fruits, vegetables, and whole grains, low in sugar and saturated fats, and includes meals and snacks that are not too big in size.*

	Number	Percent
I follow a healthy diet most of the time	241	43%
I follow a healthy diet some of the time	228	41%
I follow a healthy diet occasionally	75	14%
I do not follow a healthy diet	12	2%

Half of the participants took part in an NHC activity six times or more. Twenty-seven percent attended activities four to five times, and 23 percent attended activities two to three times (Figure A10).

A10. Frequency of participation among participants (N=577)

Since March 7, 2017, approximately how many times did you participate in this Neighborhood Health Connection activity (this includes meetings, events, or groups that meet at work)?

	Number	Percent
2-3	130	23%
4-5	158	27%
6 or more	289	50%

Note: Those who took part 0-1 times were not eligible to take the survey.

B. Participants' survey responses: Social connectedness

The majority of participants made new connections and plan to stay in touch with at least one person they met. The majority of participants (84%) reported that by taking part in this activity they connected with new people they did not know before. They also reported that they were very confident (44%) or somewhat confident (36%) they will stay in touch with at least one person they met (Figure B1).

B1. Self-reported changes in relationships among participants and their confidence in maintaining new relationships

By taking part in this activity, did you connect with new people who you hadn't known before? (N=576)

	Number	Percent
Yes	483	84%
No	93	16%

How confident are you that you will stay in touch with at least one person you met? (N=472)

Very confident	208	44%
Somewhat confident	168	36%
Not at all confident	36	8%
Unsure	60	13%

Participants who attended activities more frequently were significantly more likely to connect with new people who they did not know before. Eighty-nine percent of those who took part in an activity six or more times reported they met new people they did not know before, compared to 84 percent of those who took part at a moderate frequency and 72 percent at a low frequency (Figure B2).

B2. Percentage of participants who reported making new connections, by their frequency of involvement

By taking part in this activity, did you connect with new people who you hadn't known before?	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=130)	Moderate 4-5 (N=158)	High 6 or more (N=288)
Yes (N=483)	94 (72%)	134 (84%)	255 (89%)
No (N=93)	36 (28%)	24 (15%)	33 (12%)

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

Those who took part at a high frequency were more likely to indicate that they will stay in touch with at least one person they met. Eighty-eight percent of participants who attended six or more sessions were very or somewhat confident they will stay in touch with at least one person they met, compared to those who participated at a moderate (66%) or low frequency (76%) (Figure B3).

B3. Percentage of participants who are confident that they'll stay in touch with a new connection, by their frequency of involvement

How confident are you that you will stay in touch with at least one person you met?	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=93)	Moderate 4-5 (N=131)	High 6 or more (N=248)
Very confident (N=208)	32 (34%)	38 (29%)	138 (56%)
Somewhat confident (N=168)	39 (42%)	49 (37%)	80 (32%)
Not at all confident (N=36)	7 (8%)	20 (15%)	9 (4%)
Unsure (N=60)	15 (16%)	24 (18%)	21 (9%)

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

Regardless of race or ethnicity, the majority of participants connected with new people who they had not known before. Most respondents of color (89%) and white respondents (82%) said they made connections with people they did not know before (Figure B4).

B4. Percentage of participants who reported making new connections, by race/ethnicity category

By taking part in this activity, did you connect with new people who you hadn't known before?	Respondents' race/ethnicity category	
	Of color (N=120)	White (N=426)
Yes (N=455)	107 (89%)	348 (82%)
No (N=91)	13 (11%)	78 (18%)

Participants of color were significantly more likely to indicate they were confident they will stay in touch with at least one person they met. Fifty-seven percent of participants of color, compared to 42 percent of white participants, were very confident they would stay in touch with at least one person they met (Figure B5).

B5. Percentage of participants who are confident that they'll stay in touch with a new connection, by race/ethnicity category

How confident are you that you will stay in touch with at least one person you met?	Respondents' race/ethnicity category	
	Of Color (N=99)	White (N=345)
Very confident (N=200)	56 (57%)	144 (42%)
Somewhat confident (N=155)	32 (32%)	123 (36%)
Not at all confident (N=36)	7 (7%)	29 (8%)
Unsure (N=53)	4 (4%)	49 (14%)

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

Participants reported making connections with people they did not know before at a similar rate regardless of public support. Eighty-six percent of those who receive support from programs to help them afford health care, housing, food, or child care and 85 percent of those who do not receive support said they connected with new people who they did not know before (Figure B6).

B6. Percentage of participants who reported making new connections, by their receipt of public support

By taking part in this activity, did you connect with new people who you hadn't known before?	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=147)	No (N=353)
Yes (N=426)	126 (86%)	300 (85%)
No (N=74)	21 (14%)	53 (15%)

Respondents reported they are confident they will stay in touch with at least one person they met, regardless of whether they receive public support. Eighty-five percent of those who receive public support and 80 percent of those who do not receive support were at least somewhat confident they will stay in touch with at least one person they met (Figure B7).

B7. Percentage of participants who are confident that they'll stay in touch with a new connection, by their receipt of public support

How confident are you that you will stay in touch with at least one person you met?	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=123)	No (N=294)
Very confident (N=187)	60 (49%)	127 (43%)
Somewhat confident (N=152)	44 (36%)	108 (37%)
Not at all confident (N=31)	7 (6%)	24 (8%)
Unsure (N=47)	12 (10%)	35 (12%)

No matter how the activity was organized, the majority of participants said they connected with new people they did not know before. Ninety-one percent of participants in a closed cohort, 85 percent of those in an open cohort, and 74 percent of those in an open group said they connected with new people (Figure B8).

B8. Percentage of participants who reported making new connections, by organization of grantees' activities

By taking part in this activity, did you connect with new people who you hadn't known before?	Organization of grantees' activities		
	A closed cohort (N=84)	An open cohort (N=349)	An open group (N=31)
Yes (N=394)	76 (91%)	295 (85%)	23 (74%)
No (N=70)	8 (10%)	54 (16%)	8 (26%)

Respondents reported they are confident they will stay in touch with at least one person they met, regardless of how the activity was organized. Eighty-six percent of those in a closed cohort, 80 percent in an open cohort, and 74 percent in an open group indicated they were at least somewhat confident they will stay in touch with at least one person they met. (Figure B9).

B9. Percentage of participants who are confident that they'll stay in touch with a new connection, by organization of grantees' activities

How confident are you that you will stay in touch with at least one person you met?	Organization of grantees' activities		
	A closed cohort (N=76)	An open cohort (N=289)	An open group (N=23)
Very confident (N=175)	34 (45%)	133 (46%)	8 (35%)
Somewhat confident (N=139)	31 (41%)	99 (34%)	9 (39%)
Not at all confident (N=27)	4 (5%)	18 (6%)	5 (22%)
Unsure (N=47)	7 (9%)	39 (14%)	1 (4%)

Most participants reported they strengthened connections with people they knew before the activity started. Eighty-three percent of participants said they improved connections with people they already knew before participating in the activity (Figure B10).

B10. Self-reported changes in strengthening current relationships among participants (N=567)

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Number	Percent
Yes	472	83%
No	95	17%

Participants who took part at a high or moderate frequency were significantly more likely to strengthen connections with people they already knew. Eighty-six percent of those who attended six or more sessions and 85 percent of those who attended four to five sessions said they strengthened connections with people they already knew, compared to 75 percent of those who attended two to three sessions (Figure B11).

B11. Percentage of participants who reported strengthening current relationships, by their frequency of involvement

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=129)	Moderate 4-5 (N=155)	High 6 or more (N=283)
Yes (N=472)	97 (75%)	132 (85%)	243 (86%)
No (N=95)	32 (25%)	23 (15%)	40 (14%)

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

Respondents of color and white respondents strengthened existing connections with people they already knew at a similar rate. Eighty-five percent of respondents of color and 83 percent of white respondents said they strengthened connections with people they knew before the activity started (Figure B12).

B12. Percentage of participants who reported strengthening current relationships, by race/ethnicity category

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Respondents' race/ethnicity category	
	Of color (N=117)	White (N=422)
Yes (N=450)	99 (85%)	351 (83%)
No (N=89)	18 (15%)	71 (17%)

The majority of participants reported they strengthened connections with people they knew before the activity started, regardless of whether they receive public support or not. Eighty-three percent of those who receive help from programs to help them afford health care, housing, food, or child care and 83 percent who do not receive support said they strengthened connections with people they knew before the activity started (Figure B13).

B13. Percentage of participants who reported strengthening current relationships, by their receipt of public support

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=144)	No (N=350)
Yes (N=409)	120 (83%)	289 (83%)
No (N=85)	24 (17%)	61 (17%)

Participants reported similarly about strengthening connections with people they knew before the activity started, regardless of how the activity was organized. Over 80 percent from each type of group said they strengthened connections with people they already knew (Figure B14).

B14. Percentage of participants who reported strengthening current relationships, by organization of grantees' activities

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Organization of grantees' activities		
	A closed cohort (N=84)	An open cohort (N=341)	An open group (N=31)
Yes (N=385)	68 (81%)	292 (86%)	25 (81%)
No (N=71)	16 (19%)	49 (14%)	6 (19%)

Participants were asked to rate the importance of actions staff took to help participants make new connections. They most commonly reported that staff members' friendliness (76%) and reminders about when the activity was scheduled (66%) were very important in helping them make new connections. More than half of participants said it was very important for staff to give participants time to talk with others during the activity (55%) and that staff took the time to introduce participants to each other (52%) (Figure B15).

B15. Importance of actions taken by staff to help participants make new connections (N=447-471)

When you think of the things that staff did to help you make <u>new</u> connections through this activity, how important was it that staff:	Very important	Somewhat important	Not important	Staff did not do this
Were friendly, which made it easier for you to get to know others (N=471)	360 (76%)	98 (21%)	13 (3%)	0 (0%)
Reminded you when the activity was scheduled (N=469)	311 (66%)	129 (28%)	25 (5%)	4 (1%)
Gave you time to talk with others during the activity (N=470)	256 (55%)	166 (35%)	38 (8%)	10 (2%)
Took time to introduce you to others (N=470)	242 (52%)	155 (33%)	35 (7%)	38 (8%)
Helped you connect with others outside of the activity (N=460)	157 (34%)	162 (35%)	89 (19%)	52 (11%)
Helped you get transportation to attend the activity (N=447)	114 (26%)	49 (11%)	118 (26%)	166 (37%)

Participants were also asked an open-ended question about actions staff took to help participants make new connections. Some of the themes are listed below. A list of all responses is available in Appendix G.

Participants mentioned that program staff:

- Were welcoming and friendly.
- Were supportive, encouraging, and gave participants the confidence to try new things, such as new kinds of food or different activities.
- Were communicative and provided information about the program activity.

C. Participants’ survey responses: Physical activity

As part of their Neighborhood Health Connection activity, more than half of participants indicated that they practiced walking, biking, swimming, or other cardiovascular exercises (56%) or they were active with a group (56%). Fewer said they were active by themselves (45%) or practiced yoga, Tai Chi, or other relaxation or mindfulness activities (40%) (Figure C1).

C1. Physical activity topics reported by participants (N=487)

During this activity, which of the following skills do you practice?	Number	Percent
Walking, biking, swimming, or other cardiovascular exercises	271	56%
Strength or weight training	92	19%
Yoga, Tai Chi, or other relaxation/mindfulness activities	193	40%
Sports or games such as soccer, bean bag toss, or 2-player Wii sports	95	20%
Being active with a group	273	56%
Being active by myself	220	45%
Other	51	11%

Note: The total percentage equals more than 100 percent because respondents were able to choose multiple responses.

Most participants (53%) said they were more physically active now compared to six months ago because of the NHC activity. Another 43 percent said they were doing about the same amount of physical activity as six months ago (Figure C2).

C2. Self-reported changes in physical activity among participants (N=487)

Because of this activity, are you:	Number	Percent
More physically active than six months ago	258	53%
Doing about the same amount of physical activity as six months ago	208	43%
Less physically active than six months ago	21	4%

Participants who took part at a high frequency were significantly more likely to say they were more physically active now than six months ago. Sixty-four percent of participants who attended six or more sessions said they were more physically active, compared to 46 percent of those who took part at a moderate frequency and 36 percent at a low frequency (Figure C3).

C3. Percentage of participants reporting changes in physical activity, by their frequency of involvement

Because of this activity, are you:	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=107)	Moderate 4-5 (N=124)	High 6 or more (N=256)
More physically active than six months ago (N=258)	38 (36%)	57 (46%)	163 (64%)
Doing about the same amount of physical activity as six months ago (N=208)	60 (56%)	60 (48%)	88 (34%)
Less physically active than six months ago (N=21)	9 (8%)	7 (6%)	5 (2%)

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

Compared to white participants, participants of color were more likely to be more physically active now than six months ago. Seventy-four percent of participants of color indicated they were more physically active now than six months ago, compared to 48 percent of white participants (Figure C4).

C4. Percentage of participants reporting changes in physical activity, by race/ethnicity category

Because of this activity, are you:	Respondents' race/ethnicity category	
	Of color (N=104)	White (N=358)
More physically active than six months ago (N=247)	77 (74%)	170 (48%)
Doing about the same amount of physical activity as six months ago (N=194)	20 (19%)	174 (49%)
Less physically active than six months ago (N=21)	7 (7%)	14 (4%)

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

The percentage of participants who reported they were more physically active now than six months ago did not vary by socioeconomic status. Sixty percent of those who receive help from programs to help them afford health care, housing, food, and child care and 53 percent of those who do not receive public support said they were more physically active now than six months ago (Figure C5). Public support was used as a proxy measure for individuals' socioeconomic status.

C5. Percentage of participants reporting changes in physical activity, by their receipt of public support

Because of this activity, are you:	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=125)	No (N=295)
More physically active than six months ago (N=231)	75 (60%)	156 (53%)
Doing about the same amount of physical activity as six months ago (N=168)	44 (35%)	124 (42%)
Less physically active than six months ago (N=21)	6 (5%)	15 (5%)

The percentage of participants who were more physically active was not significantly different based on how the activity was organized. Sixty percent of those in a closed cohort, 53 percent of participants in an open cohort, and 46 percent in an open group reported being more physically active (Figure C6).

C6. Percentage of participants reporting changes in physical activity, by organization of grantees' activities

Because of this activity, are you:	Organization of grantees' activities		
	A closed cohort (N=77)	An open cohort (N=285)	An open group (N=22)
More physically active than six months ago (N=207)	46 (60%)	151 (53%)	10 (46%)
Doing about the same amount of physical activity as six months ago (N=161)	29 (38%)	120 (42%)	12 (55%)
Less physically active than six months ago (N=16)	2 (3%)	14 (5%)	0 (0%)

For participants rating their overall health "fair" or better, over half said they were more physically active (Figure C7).

C7. Percentage of participants reporting changes in physical activity, by their self-reported health status

Because of this activity, are you:	In general, how would you rate your overall health?				
	Excellent (N=60)	Very good (N=188)	Good (N=165)	Fair (N=60)	Poor (N=8)
More physically active than six months ago (N=254)	36 (60%)	98 (52%)	87 (53%)	30 (50%)	3 (38%)
Doing about the same amount of physical activity as six months ago (N=206)	24 (40%)	84 (45%)	70 (42%)	25 (42%)	3 (38%)
Less physically active than six months ago (N=21)	0 (0%)	6 (3%)	8 (5%)	5 (8%)	2 (25%)

Eighty-five percent of participants said they are likely to become more physically active because of their participation in an NHC activity (Figure C8).

C8. Self-reported likelihood that participants will become more physically active (N=486)

Because of this activity, how likely are you to become more physically active?	Number	Percent
Very likely	192	40%
Somewhat likely	220	45%
Not likely	30	6%
Unsure	44	9%

Respondents who took part at a high frequency were significantly more likely to indicate they were very likely to increase their physical activity (49%), compared to those with moderate participation (30%) and low participation (27%) (Figure C9).

C9. Self-reported likelihood that participants will become more physically active, by their frequency of involvement

Because of this activity, how likely are you to become more physically active?	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=108)	Moderate 4-5 (N=122)	High 6 or more (N=256)
Very likely (N=192)	29 (27%)	37 (30%)	126 (49%)
Somewhat likely (N=220)	55 (51%)	61 (50%)	104 (41%)
Not likely (N=30)	11 (10%)	10 (8%)	9 (4%)
Unsure (N=44)	13 (12%)	14 (12%)	17 (7%)

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

Respondents of color were significantly more likely to indicate they will increase their physical activity compared to white respondents. Sixty-eight percent of respondents of color said they were very likely to become more physically active, compared to 32 percent of white respondents (Figure C10).

C10. Self-reported likelihood that participants will become more physically active, by race/ethnicity category

Because of this activity, how likely are you to become more physically active?	Respondents' race/ethnicity category	
	Of color (N=105)	White (N=357)
Very likely (N=184)	71 (68%)	113 (32%)
Somewhat likely (N=209)	26 (25%)	183 (51%)
Not likely (N=29)	1 (1%)	28 (8%)
Unsure (N=40)	7 (7%)	33 (9%)

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

A similar percentage of participants indicated they were likely to increase physical activity, regardless of socioeconomic status. Eighty-six percent of those who receive help from programs to help them afford health care, housing, food, or child care and 89 percent of those who do not receive public support said they were at least somewhat likely to increase their physical activity (Figure C11).

C11. Self-reported likelihood that participants will become more physically active, by their receipt of public support

Because of this activity, how likely are you to become more physically active?	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=125)	No (N=295)
Very likely (N=176)	58 (46%)	118 (40%)
Somewhat likely (N=195)	50 (40%)	145 (49%)
Not likely (N=26)	7 (6%)	19 (6%)
Unsure (N=23)	10 (8%)	13 (4%)

Participants in an open cohort were more likely to indicate they will very likely increase physical activity (41%), compared to those in a closed cohort (34%) and an open group (23%) (Figure C12).

C12. Self-reported likelihood that participants will become more physically active, by organization of grantees' activities

Because of this activity, how likely are you to become more physically active?	Organization of grantees' activities		
	A closed cohort (N=77)	An open cohort (N=282)	An open group (N=22)
Very likely (N=147)	26 (34%)	116 (41%)	5 (23%)
Somewhat likely (N=167)	41 (53%)	112 (40%)	14 (64%)
Not likely (N=26)	5 (7%)	18 (6%)	3 (14%)
Unsure (N=41)	5 (7%)	36 (13%)	0 (0%)

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

D. Participants' survey responses: Healthy eating

Most participants (84%) practiced healthy eating or nutrition in their NHC activity. Over half indicated they practiced cooking or food preparation (59%), shopped for healthy foods (53%), and ate healthy foods on a budget (52%) (Figure D1).

D1. Healthy eating activities reported by participants (N=413)

During this activity, which of the following skills do you practice?	Number	Percent
Healthy eating or nutrition	348	84%
Cooking or food preparation	245	59%
Gardening and how to grow food	124	30%
Shopping for healthy foods	219	53%
Eating healthy foods on a budget	215	52%
Other	21	5%

Note: The total percentage equals more than 100 percent because respondents were able to choose multiple responses.

The majority of participants (78%) reported they made changes to the way they eat as a result of participating in an NHC activity. They reported eating more vegetables (78%), eating more fruit (66%), and cooking healthy meals more often (62%). Fewer said they read nutritional labels (49%), eat meals and snacks that are not too big in size (47%), and drink fewer sweetened beverages (e.g., soda, tea, coffee, or juice with added sugar) (45%) (Figure D2).

D2. Self-reported changes in eating habits among participants

Because of this activity, did you make any changes to the way you eat? (N=421)	Number	Percent
Yes	329	78%
No	92	22%
If “Yes,” what changes have you made? (N=326)		
Eating more vegetables	255	78%
Eating more fruit	215	66%
Eating more whole grains	131	40%
Eating meals and snacks that are not too big in size	153	47%
Drinking fewer sweetened beverages (e.g., soda, tea, coffee, or juice with added sugar)	148	45%
Cooking healthy meals more often	201	62%
Reading nutritional labels	158	49%
Other	18	6%

Note: The total percentage equals more than 100 percent because respondents were able to choose multiple responses.

Over half (55%) of the participants reported they eat healthy meals and snacks more often than six months ago as a result of participating in an NHC activity. Fewer (40%) said they eat healthy meals and snacks about the same as six months ago (Figure D3).

D3. Self-reported changes in healthy eating among participants (N=400)

Because of this activity, do you eat healthy meals and snacks:	Number	Percent
More often than six months ago	218	55%
About the same as six months ago	159	40%
Less often than six months ago	23	6%

The percentage who said they eat healthy meals and snacks more often than six months ago did not significantly differ by frequency of involvement. Sixty-one percent of those who participated at a high frequency, half of those who participated at a moderate frequency, and 48 percent of those who participated at a low frequency said they eat healthy meals and snacks more often than six months ago because of the NHC activity (Figure D4).

D4. Percentage of participants reporting changes in healthy eating, by their frequency of involvement

Because of this activity, do you eat healthy meals and snacks:	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=108)	Moderate 4-5 (N=107)	High 6 or more (N=185)
More often than six months ago (N=218)	52 (48%)	53 (50%)	113 (61%)
About the same as six months ago (N=159)	48 (44%)	48 (45%)	63 (34%)
Less often than six months ago (N=23)	8 (7%)	6 (6%)	9 (5%)

Respondents of color were significantly more likely to say they eat healthy meals and snacks more often than six months ago (74%), compared to white respondents (48%) (Figure D5).

D5. Percentage of participants reporting changes in healthy eating, by race/ethnicity category

Because of this activity, do you eat healthy meals and snacks:	Respondents' race/ethnicity category	
	Of Color (N=95)	White (N=288)
More often than six months ago (N=208)	70 (74%)	138 (48%)
About the same as six months ago (N=153)	15 (16%)	138 (48%)
Less often than six months ago (N=22)	10 (11%)	12 (4%)

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

Participants said they eat healthy meals and snacks more often than six months ago at a similar rate, regardless of socioeconomic status. More than half of those who receive help from programs to help them afford health care, housing, food, or child care (61%) and those who do not receive public support (55%) said they eat healthy meals and snacks more often compared to six months ago (Figure D6).

D6 Percentage of participants reporting changes in healthy eating, by their receipt of public support

Because of this activity, 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?	
	Yes (N=127)	No (N=217)
More often than six months ago (N=198)	78 (61%)	120 (55%)
About the same as six months ago (N=124)	42 (33%)	82 (38%)
Less often than six months ago (N=22)	7 (6%)	15 (7%)

The percentage who said they eat healthy meals and snacks more often than six months ago did not significantly vary by the type of activity group. Sixty-three percent of participants in an open group, 51 percent in an open cohort, and 44 percent in a closed cohort reported they eat healthier more often than six months ago (Figure D7).

D7. Percentage of participants reporting changes in healthy eating, by organization of grantees' activities

Because of this activity, do you eat healthy meals and snacks:	Organization of grantees' activities		
	A closed cohort (N=45)	An open cohort (N=247)	An open group (N=30)
More often than six months ago (N=165)	20 (44%)	126 (51%)	19 (63%)
About the same as six months ago (N=136)	25 (56%)	102 (41%)	9 (30%)
Less often than six months ago (N=21)	0 (0%)	19 (8%)	2 (7%)

The percentage of participants who said they eat healthy meals and snacks more often than six months ago as a result of the NHC activity did not significantly differ by self-reported health status (Figure D8).

D8. Participant changes in healthy eating, by their self-reported health status

Because of this activity, do you eat healthy meals and snacks:	In general, how would you rate your overall health?				
	Excellent (N=42)	Very good (N=144)	Good (N=149)	Fair (N=52)	Poor (N=9)
More often than six months ago (N=215)	22 (52%)	80 (56%)	75 (50%)	30 (58%)	8 (89%)
About the same as six months ago (N=158)	17 (41%)	53 (37%)	69 (46%)	18 (35%)	1 (11%)
Less often than six months ago (N=23)	3 (7%)	11 (8%)	5 (3%)	4 (8%)	0 (0%)

Most participants (88%) said they were at least somewhat likely to eat healthier because of the NHC activity (Figure D9).

D9. Self-reported likelihood of eating healthier because of NHC activity (N=420)

Because of this activity, how likely are you to eat healthier?	Number	Percent
Very likely	206	49%
Somewhat likely	162	39%
Not likely	21	5%
Unsure	31	7%

Participants who took part at a high frequency (62%) were more likely to indicate they will eat healthier as a result of participating in an NHC activity. Forty-three percent of those who attended at a moderate frequency and 32 percent who attended at a low frequency reported they were very likely to eat healthier because of their participation in an NHC activity (Figure D10).

D10. Self-reported likelihood that participants will eat healthier, by their frequency of involvement

Because of this activity, how likely are you to eat healthier?	Approximately how many times did you participate in the Neighborhood Health Connection activity?		
	Low 2-3 (N=113)	Moderate 4-5 (N=109)	High 6 or more (N=198)
Very likely (N=206)	36 (32%)	47 (43%)	123 (62%)
Somewhat likely (N=162)	59 (52%)	44 (40%)	59 (30%)
Not likely (N=21)	8 (7%)	5 (5%)	8 (4%)
Unsure (N=31)	10 (9%)	13 (12%)	8 (4%)

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

Participants of color were significantly more likely to say they are very likely to eat healthier because of the NHC activity (75%), compared to white participants (40%) (Figure D11).

D11. Self-reported likelihood that participants will eat healthier, by race/ethnicity category

Because of this activity, how likely are you to eat healthier?	Respondents' race/ethnicity category	
	Of Color (N=110)	White (N=293)
Very likely (N=200)	82 (75%)	118 (40%)
Somewhat likely (N=154)	22 (20%)	132 (45%)
Not likely (N=20)	3 (3%)	17 (6%)
Unsure (N=29)	3 (3%)	26 (9%)

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

The percentage of participants who said they are at least somewhat more likely to eat healthier did not significantly differ by socioeconomic status. Ninety-two percent of those who receive help from programs to help them afford health care, housing, food, or child care and 90 percent of those who do not receive public support said they were at least somewhat likely to eat healthier (Figure D12).

D12. Self-reported likelihood that participants will eat healthier, by their receipt of public support

Because of this activity, how likely are you to eat healthier?	Do you get any help from programs to help you afford health care, housing, food, or child care?	
	Yes (N=131)	No (N=230)
Very likely (N=188)	70 (53%)	118 (51%)
Somewhat likely (N=140)	51 (39%)	89 (39%)
Not likely (N=17)	4 (3%)	13 (6%)
Unsure (N=16)	6 (5%)	10 (4%)

The percentage of participants who said they are very likely to eat healthier did not significant differ by group type (Figure D13).

D13. Self-reported likelihood that participants will eat healthier, by organization of grantees' activities

Because of this activity, how likely are you to eat healthier?	Organization of grantees' activities		
	A closed cohort (N=45)	An open cohort (N=256)	An open group (N=31)
Very likely (N=154)	21 (47%)	125 (49%)	8 (26%)
Somewhat likely (N=131)	19 (42%)	93 (36%)	19 (61%)
Not likely (N=20)	2 (4%)	16 (6%)	2 (7%)
Unsure (N=27)	3 (7%)	22 (9%)	2 (7%)

Note: The total percentage exceeds 100 percent due to rounding.

E. Participants' overall experience with the NHC activities

Most participants said they would take part in the NHC activity over the next six months if it continued. Seventy-seven percent of participants said it was very likely they would continue and 18 percent said they would be somewhat likely to continue (Figure E1).

E1. Self-reported likelihood that participants would continue to take part in the activity if it continued (N=563)

How likely is it that you would take part in this activity over the next 6 months if it continued?	Number	Percent
Very likely	431	77%
Somewhat likely	102	18%
Not likely	15	3%
Unsure	15	3%

Participants were also asked to share feedback about barriers to participation and the best part about participating in the NHC activity. All comments are available in Appendix G; themes from the responses are presented below.

Participants referenced multiple barriers to participation, including:

- Time conflicts, such as work conflicts, busy schedules, or other obligations.
- Physical or mental health issues.
- Bad weather, e.g., heat, rain, snow.
- Lack of transportation.
- Lack of child care and other family obligations.

They also noted the best part of their NHC activity, including:

- The opportunity to exercise, participate in a sport, or be physically active, and noticing the impact of exercise on their health.
- The opportunity to learn about food and nutrition, cook and share meals with others, and try new kinds of food.
- The opportunity to spend time with friends, family, and meet new people.
- The opportunity to learn or try new things, such as new skills, games or sports, or food and recipes.

F. Grantees' thoughts and feedback

- When asked what about their program was most successful in recruiting people to their activity, most grantees said they had success with recruiting from existing groups or using current connections, word of mouth, providing an incentive, or collaboration with other partners or organizations.
- When asked what other assistance would have been helpful, grantees responded that all their needs were met or suggested more resources such as educational resources or having more trained professionals attend sessions, or more advertising to recruit more participants.
- When asked what suggestions grantees have for Allina Health to improve the NHC program, many grantees said that it was a great program and no improvement is needed. Grantees were thankful for the opportunity. Some grantees would like to connect with other grantees to talk about best practices or offer support to each other. See Appendix H for a full list of all grantees' open-ended responses.

G. Participants' open-ended responses

Responses to open-ended questions are presented below by question and theme. Some responses were split so they could be represented under multiple themes. Responses are presented verbatim or slightly edited for clarity.

G1. Is there anything staff did to help you make new connections? (N=215)

The staff were great

Be present.

Be their wonderful self.

Being here on time. Very helpful.

Enthusiasm of leader. I joined after the initial start because I wasn't available until [later in the session]. Despite missing first lessons, I was warmly welcomed.

I did not see this as their responsibility. They encouraged questions, always responded respectfully, and interacted with the group in a very open and friendly way, which created an atmosphere of comfort in which to interact with others in the group.

Just were at activities each time to talk to us.

Kept us engaged in the activity with others.

Made me feel welcome.

No, but she, herself, was amazing!

Provided large smiles and encouragement.

Staff were energetic and helped a lot to make this event run smoothly.

The staff were great

Staff were very well versed. It was interesting to learn about science and incorporating with traditional foods along with making new friends.

Stayed involved with us.

Strong initiative and leadership.

The staff remembered my name week to week, which helped me feel welcome and more apt to attend week to week, which made once unfamiliar faces, familiar.

The staff were excellent, patient teachers. Making mistakes were treated with support and a light heart.

They wore a smile.

Were very positive and knowledgeable.

Sharing a meal together

Had a picnic. (n=4)

We shared a meal. (n=4)

Fun potluck gathering.

Had a get-together picnic.

Had a picnic with lots of people.

Had a picnic. Introduced other people.

Had a get-together with other people and food.

Organized a potluck meal.

Dinner was a great time to socialize.

Hosted a potluck supper at the end.

Staff were friendly

Congenial.

Friendly and inclusive.

Friendly staff.

Just being friendly.

Saw instructor outside of yoga. Was very friendly.

Staff was friendly and gave us time to visit with one another - always nice to meet people that share your interests!

Very friendly and kind.

Very friendly and welcoming which made it fun to do.

Very friendly.

Staff provided resources

Gave information about other activities happening in the community.

Staff provided resources

Gave online resources.

Gave printout of similar community activities in nearby towns.

Give information about programs.

He had professionals in the field come to talk about self-care, changing habits, improving mental health, and/or health improvement ideas.

Let me know about additional opportunities to attend yoga classes.

Providing more information on research and other engagement opportunities.

Providing the meetings and information needed to work together more efficiently.

They helped me with psychologist appointments.

They helped us a lot and gave us everything we needed.

Staff were supportive and encouraging

Encouraged us to play with other groups and let us know where and when.

Gave me confidence with cooking.

Kept encouraging to keep coming.

Made me feel confident in what I was doing.

Nothing but encouragement.

Staff made me confident and comfortable in my environment.

The staff did a wonderful job supporting us in the activities.

They encouraged us to get to know and play the game with a variety of people and levels of skill.

The staff was AWESOME!!! Friendly- encouraging!

Tried or learned something new

Encouraged me to “spread my wings.” I tried new foods.

Encouraged to try new things, foods = fruits, vegetables to grow, plants, flowers, donated to service centers and seniors with special needs.

Gave meal plans on my own to try.

Guide me a little in how to plant.

I am very outgoing. I enjoyed the classes. I love to learn new foods.

Shopping as a group was enlightening. I am more aware of ingredients in my food.

Tasted new products and healthy foods and recipes.

How to cook different foods and use \$10 to buy food for me at Hyvee.

We had speakers that gave us a lot of information.

There were opportunities to connect with others

Always gave us time to connect with each other.

There were opportunities to connect with others

Break time to visit.

By providing the event and the opportunity to gather with people.

Emails were sent to the whole group, so you could connect with someone if you wanted to.

Encouraged visiting, highlighted activities at center and elsewhere.

Helped me make different connections in a variety of areas that are an interest to me and my community.

We were able to reconnect with people we knew or didn't know very well.

Making introductions

[Leaders] made introductions whenever they could.

First couple of meetings, in a group setting all individuals introduced themselves; name tags were very helpful.

Had us each introduce ourselves and we had time to eat together after the classes.

Introduce all at beginning.

Introduced me to new staff.

Introductions.

Took the opportunity to introduce participants in the project who were not directly involved in the specific activities I was involved in when paths crossed at an unrelated function.

Everything was good

They are awesome.

Excellent.

Everything is good.

It was very good.

Had a good time.

Everything was great.

Staff provided information on program activity

Clear, timely communication.

Staff puts out a newsletter to let us know of new tenants. Will introduce them to us when giving a tour.

The staff at Anchor Center sent out a schedule of what they do every month.

They let you know about the activity.

Yes, the communication and new people.

Name tags were helpful

Name tags.

Name tags were helpful

Using name tags to learn people's names was useful.

We were asked to wear a name tag until we got to know one another without them.

We wore name tags most of the time at the beginning.

Staff provided reminders

Call and ask if we needed help.

Call on and remember me. I went – really good.

Calling and remembering. (n=2)

They told me about the classes every week.

Provided transportation

I'm just glad you picked me up.

Ride and child care sometimes.

Sometimes finding a ride was difficult.

They helped me with transportation.

Transportation.

Different activities

Activities after Zumba.

Different activities by session to keep team enjoying it together.

Explained other activities available.

Played the activities.

By providing food and snacks

Bringing snacks was always fun and appreciated!

I felt like the freezer meals group was very well organized and put together. The meals were easy to make and tasted great! Staff from Allina was helpful and friendly. I had a great experience.

Providing a lunch was really helpful; if they had not provided lunch, I would not have attended because I'm too busy with school/homework/nursing clinical.

The organization was great

Great organization throughout the entire process.

Kept the group activities a good size to keep it open but also allow some intimacy in the overall activity.

They put me on a team.

The organization was great

Was put into smaller groups for different activities which made it easier to get to know somebody.

No/nothing/none

No. (n=32)

No. Any connections I made were because I came early or stayed late.

No. Walking club members were doing very well. They talked to each other. They walked a long distance, which is good for exercise.

Not really. Yoga doesn't really offer the opportunity to make friends.

Can't think of anything.

None. (n=3)

Nothing.

N/A.

Other

Group members speak different languages. Interpreter provided. Transportation was provided for each activity. Practice English. Felt a real connection to the group. Not to other members because of ESL, but with friend that speak the same language. [Leader] and the staff.

A lot of translation to make sure that non-Hmong speaking people did not feel left out of conversations.

It was in the building I live in.

The three different meeting sites were good.

I met new people.

Knowing some new families.

Made new friends.

6:00 pm is a good time.

All the planning and scheduling that went into getting guest speakers and such.

Being able to have many meeting choices, support.

By joining garden club.

Celebrations.

Connection to taking time to meditate and renew my energy.

Conducting activity follow-up to see if others want it more often.

Coordinated the summer bean bag tournament bracket.

Gave away prizes!

Great way to make connection between parents and staff.

Group walk after forums helped us all talk over the day's topic.

I made a lot of new friends, new location that we walk, get fresh weather.

Other

I'm independent. No?

I'm one of the leaders and that helps me to talk more with people and make very good friends.

Initiated conversations between activities that involved material shared or content learned that which allowed for reflection.

Instruction, knowledge.

It was a very welcoming environment. I felt very comfortable. This was important because Yoga was a new thing for me to learn. The teacher was great! Made the class work for all levels.

It was a yoga class in a school gym. Attendees were there to learn and do yoga.

It was very nice.

Just having the meetings was enough to meet others.

Keeping it light – casual.

Kept in touch – still does.

Made a copy of all the exercises we do.

Made it very interesting.

Made the class fun and allowed interaction between the participants.

More classes interesting.

Not sure.

Offered to participate in the activity in a different setting too.

Remember classes.

Social media.

Staff always had the supplies that were needed to help the group be engaged.

Stated that this is very impeccable.

Talk about adult day care.

Talked and showed him the different plants.

Tell us about her yoga studio.

The meetings. (n=2)

The residents here are friendly and it is easy to get to know others.

The time I've gone to programs is over the lunch period. Our lunch period is only 30 minutes. There is not much time to do this at work.

They helped me with child care when I went to exercise classes.

Videos that she made lots. She did excellent job.

Visiting us all.

We signed up through staff email, so we didn't know who was coming to the class. It was fun to see who showed up from week to week. More interaction than just saying hi before and after church.

Wish you here all the time.

Other

With some new groups.

Yes, always. I've been to Zumba and nutrition class.

Yes, [leader] reached out to other staff and I was able to volunteer a lot of my time and energy to help with different activities and I enjoyed every bit of it.

Yes. (n=2)

Yes. Participated when garden produced vegetables.

G2. What, if anything, made it hard for you to regularly participate in this activity? (N=326)**Time conflict**

Activities on Saturdays do not work with my schedule.

Activity start time was 4:00 PM and I work until 3:45 PM.

Attended all free yoga classes in the park. Maybe have it a little earlier in the morning?

Balance in home/school/wellness.

Busy life.

Busy schedule.

Conflict with a 5k.

Conflict with schedule. (n=2)

Conflict with work.

Conflicting schedules/appointments.

Demands at work make it harder to get away during the workday.

Depends on work schedule. Once winter comes, I should be able to come more. I work full time at an exterior business.

Full-time job and 2.5 acres of landscape and gardens of my own.

Had other things scheduled.

I am very active, a part-time job and involved in several card clubs.

I had other conflicts on some of the dates.

I had other things scheduled on several of the days.

I love community events, especially when it involves food. Due to my crazy work schedule, I wasn't able to attend as much as I wanted to.

It would be nice to offer it more times.

Life demands.

Life got in the way...courts closer to home?

Job. (n=2)

Just my busy schedule.

Time conflict

Life gets in the way sometimes – kids, family, commitments.

My job – had to know in advance which helped.

My job. I work at night so I sleep at daytime.

My own schedule.

My time schedule sometimes doesn't work with the activity because of work.

My variable work schedule.

My work schedule includes unpredictable evening hours so there were some weeks I planned to attend and couldn't because of my employment responsibilities.

My work schedule.

Only if I had a doctor appointment.

Only one conflict in my schedule.

Other appointments.

Other commitments.

Other commitments in life such as home and work.

Other personal activities.

Personal schedule. Future location would impact my ability and willingness to partake.

Personal commitments.

Prior engagements.

Prioritizing the time for it.

Saturday mornings are very busy.

Schedule. (n=2)

Schedule conflicts.

Schedule conflicts with kid's activities or child care.

Schedule. I get out of work at 5 pm and class is at 6 pm - tired.

Schedules knowledge and conflicts.

Scheduling and being busy or out of town on weekends.

Scheduling and winter weather.

Scheduling conflicts.

School and work.

Some conflict with other activity time on same day.

Something came up at the same time that was more important.

Sometimes a busy day or just remembering to go.

Sometimes having a doctor appointment scheduled for the same time.

Sometimes the timing is not good with my schedule.

Sometimes work appointments would get in the way of scheduling games.

Time conflict

Spring is a busy time for me since I live on a farm.

Start time was too early after kids' school and work. 6 pm would've been perfect to allow for travel time as well.

Summer trips out of town caused me to miss a few scheduled meetings. However, I went many times outside of the scheduled meet times.

The day that the activity is, I'm busy that day.

The night it was offered, I was busy with my children's after school activities.

The time.

The time commitment – having on site. Child care always helps.

Things come up.

Time - I drive from downtown Minneapolis to get here after work.

Time. (n=3)

Time allowed to do these things during the work day.

Time away from studying.

Time because work takes a lot of our time.

Time of day - working around the evening meal, coordinating the class with other family member schedules.

Time of day conflicting with other things.

Time of day was challenging, but I was able to make it work.

Time of the activity. It started around 6 pm and made it a bit hard to get out of work and beat traffic to get there on time.

Time schedule.

Time shortage.

Time slot.

Time. Finding time.

Times of the meeting. I had to work.

Unexpected appointments.

Unexpected events.

Work. (n=3)

Work schedule. (n=12)

Work schedule a couple of the classes.

Work, other activities.

Worked a day at work.

Working and being a single mom.

Health issues

Arthritis in hands, back, and hips and age (80 years old).

Bad knees and feet.

Because I had surgery on my hip, so I'm not doing any physical activities.

Depression and suicidal for about 2 months of this.

Depression.

Do the walking or standing I use my walker.

Eye problem.

Family health issues.

Feeling tired and taking naps.

Fused ankle.

Have to use a wheel chair

Health issues.

Health problems – doctor appointments.

Health problems – don't like to go out if it is cold out.

Health problems.

I got bronchitis and was out for the end of the activity.

I have a small problem with rheumatism, but I really liked participating in the garden. Thank you.

I have an injury from other activities.

I have to watch my eating. I have diabetes and am on Cumin.

I made it to 7 events. I missed the other ones because I had foot surgery.

I was not able to walk much in the middle of this activity. Turns out I had a broken hip.

Knee problems and the weather.

Life...appointments, chronic pain, etc.

Missed first day because I had just moved to Minnesota. Missed another day due to medical procedure.

My sleep pattern is irregular.

Not feeling good sometimes.

Not walking.

Sprained back.

Starting to have a hard time walking with my back and legs.

When I hurt my back.

Yes, the strong movements because I have arthritis.

Weather

Bad weather. (n=2)

Heat. (n=2)

Rain or cold outside. (n=2)

The weather. (n=4)

Does not like to leave the home when it is cold outside. From Memory Care Unit.

Don't like to go outside if it is cold out.

During winter, if the roads are icy, then I don't want to drive.

Hot weather, still came, played games outside.

Nothing. Retired have lots of free time. Weather was factor in garden this year – cold, wet August.

The ground is frozen.

The weather, rides, my mental health issues and vacation days.

There were challenges of the weather and schedule conflicts.

Uses a wheelchair – does not like the cold.

Weather (it was an outdoor activity).

Weather conditions.

Weather could – I'm on bicycle.

Weather impacted attendance.

Weather interfered once.

Weather, other commitments.

Work and weather and travel.

Transportation

A bit far from my home.

Child care and transport.

Don't have driver's license, hope to get it by the end of this month.

Finding a ride.

Getting a ride to events.

Getting here on time.

I don't drive.

Ride getting here before the end of meeting.

So far away from garden. (I've moved.)

Sometimes I did not have a form of transportation to get to the activity.

Sometimes I didn't have a ride.

Sometimes transportation.

Transportation

The distance to the events.

The ride, transportation to park.

Transportation – I don't drive.

Transportation issues.

Transportation. (n=6)

Traveling.

Family obligations

Child care. (n=3)

Child care. I have 4 kids.

Family obligations.

Family vacation.

Hardest part is my kid's activities.

I was caring for my mother who was in the last months and weeks of her life.

Just my children's activities conflicting with the times.

Kids' ball.

My daughter's ball practice times conflicted and I work some evening shifts.

My spouse's failing health.

Previously scheduled activities that my children were a part of.

No challenges

N/A. (n=5)

No. (n=7)

No problem.

None. (n=17)

None. (I am a staff member.)

Not hard at all.

Not hard to participate.

Nothing – scheduled well for my day.

Nothing. (n=25)

Nothing did. Weather occasionally forces it to be held indoors and I really prefer it outdoors, but that can't be helped!

Nothing made it difficult.

Nothing, we had plenty of notice.

Attended all activity sessions

Attended all but one. Enjoyed every class.

I always made it a priority to attend, so I didn't miss any of the classes.

I attended always.

I have hip issues, but showed up all the time.

I participate in a lot of activities.

Nothing. I was at them all.

Only missed one because of company.

There was nothing that made it hard for me to regularly participate.

Other

Availability of community garden.

Being in large crowds.

Breaking old eating habits.

Caring for my mother who passed away on August 11.

Could not participate in exercise classes.

Day.

Didn't cook much.

Didn't know about it at the beginning.

Eating more vegetables and fruits.

ESL.

Exercise classes.

Find another activity.

Hard to pick weeds.

Hard to read.

Healthy eating.

Help to teach the class. When instructor couldn't be here.

I always put exercise first.

I don't know.

I love to garden!

I missed one day. I wasn't at it for shopping for a few friends.

I moved to a different city.

I should talk to the teacher and ask for help.

I was on a waiting list, so an opening didn't occur for me until the session was nearly over. In other words: there was SO MUCH DEMAND for this yoga in the park program and not enough room for all who wanted to participate!

Other

It was a poorly organized and administered offering. I would have attended more if the quality of the program was better. As it was, it felt like a sham.

It was hard to be around so many people.

Just plain lazy.

Knowing which veggies were ripe and ready to be picked.

Lack of confidence in what I was doing.

Lack of motivation.

Learning to read the labels and count. I usually look out for the amount of sodium.

Marching.

More on how to read nutritional labels.

No excuse.

No low fat (1%) milk was served.

Not a lot, but I do play sports and some days not enough staff but that is rare of an issue.

Not interested enough.

Not always knowing the meeting place if weather was an issue.

Others talking when I'm trying to think.

Our kids enjoyed learning to garden.

Outside work needing to be done.

Participate.

Pulling weeds.

Same type of food were raw, but that was.

Mind to get here.

Summer life.

The bugs. Yoga in the park is beautiful in theory, but Glen Park has an inordinate number of mosquitos in the summer.

The raid.

Took a vacation and missed two classes.

Trying to cut back on snacks and pop.

We were traveling a lot on the weekends and had to miss some of the classes.

Working out with people.

Yes, it's on Friday afternoon and it's free.

Yoga, dancing, and PTSD info.

G3. What was the best part of taking part in this activity? (N=477)

Learning about food and nutrition

A delicious meal afterward.

A healthy nutritious meal coupled with good fellowship made the meal more enjoyable. It beats eating alone all to heck.

All of the tomatoes and eating better quality produce than super expensive store-bought food.

Bringing home freezer meals.

Cooking and eating the different foods prepared differently.

Cooking demos and health tips.

Cooking healthy food.

Cooking healthy foods at Bridge.

Cooking meals.

Cooking the food.

Cooking together.

Cooking with friends.

Cooking.

Cooking/making food at Bridge.

Eating sample and getting free veggies.

Eating the food that he helped make.

Eating the food.

Eating healthy. (n=2)

Eating new foods that I've never eaten before.

Feel a little more like I know how to cook new things.

Finding out how to prepare the food so it was very good to eat.

Fresh vegetables. (n=2)

Gave good ideas for healthier snacks and meals.

Getting fresh tomatoes, green beans, and cucumbers.

Getting to eat the food.

Getting to taste the recipes and getting free fruit and veggies.

Good food – social part.

Good meal. I didn't have to cook.

Good tasting food.

Good wholesome food.

Got different recipes.

He was nice the cook to ask him questions and explain it quite well. Very good to have good healthy foods to eat.

Learning about food and nutrition

I enjoyed the preparation.

I learned how to can some vegetables: tomatoes, tomato and chili sauce.

Introduction to new vegetables.

It allowed me to learn new recipes with healthy food and how to cook with new ingredients, learning from local cooks/chefs and having a nutritionist on site to explain the health benefits of each meal.

Learning how to eat healthier. Eating healthier and do more activities.

Learning about food and making healthy choices no matter how small. The trying of different foods. Having a meal to take home to my family that is healthy, tasty, and already prepared.

Learning about food and healthy options.

Learning about healthy eating. (n=2)

Learning about healthy foods, trying them.

Learning about new fruits and vegetables.

Learning about nutrition in a low-key environment and spending time with coworkers outside of the work day.

Learning about nutrition labels.

Learning nutrition facts that I wasn't aware of.

Learning about the culture and the food from the farm to the kitchen. It was interesting to learn where the food comes from and how it was grown.

Learning about different food. (n=2)

Learning how quick and easy ways to cook or make things taste better. In the meantime, learn about good and bad bacteria and how it has affected and contributed to my obesity.

Learning more about fruits and vegetables - what are healthy.

Learning new cooking methods and recipes and cooking it with friends and family.

Learning new food.

Learning new meal ideas.

Learning new recipes.

Learning new recipes and learning more about label reading.

Learning to cook and meeting others.

Learning to eat healthy foods.

Learning to make healthy food.

Making different foods, etc.

Making new food dishes and the food health lectures.

Making salsa for healthy cooking.

Making salsa.

New foods. Great teachers.

New healthy cooking ideas.

Learning about food and nutrition

New information regarding food labels.

New recipes.

Our teacher taught us how to eat healthy foods like vegetables and fruits, plus exercise - like walking, running, swimming, or working out.

Picking out healthy foods at the farmers market.

Planning meals and learning about different foods.

Preparing vegetables. Chicken and rice Indian style.

Raising healthy, good vegetables.

Really enjoyed learning how to cook these new things and learning about the benefits to gut health.

Recipes and healthy tips.

Samples and recipes. (n=2)

Taking home prepared food.

Taking part in food preparation. Seeing the little's become more confident.

Tasting the different foods that I never thought of making/eating.

The new foods and healthy choices and recipes.

The talk and food.

The vegetables.

Trying new foods and recipes!

Trying new foods. (n=3)

Trying new things, cooking classes, and bean bags.

Various ways how food was fixed and being cooked by someone else.

Vegetables.

Opportunity to socialize and meet new people

Being together with friends and doing fun things.

Being with friends and meeting new people.

Being with others having fun.

Chatting with others and tasting the food.

Chatting with others in the community that I normally don't interact with. Walking in my town with others.

Combining interest (reading) with meeting new people.

Connected with others.

Connecting with others and enjoying the activities.

Connecting with others cooking.

Connecting with others in a fun way – outside, play games and cheering each other on.

Opportunity to socialize and meet new people

Connecting with others in our town.

Connections and activity.

Doing it with other people and not alone.

Doing something healthy for myself and connecting with my community.

Eating and talking with others.

Eating with other people so I didn't have to eat alone.

Enjoying the company of work colleagues.

Friends, friendly competition, exercise without boredom.

Fun with my family. Very social.

Fun, social, healthy. Going to NAMI walk.

Gathering with people I knew and new people I met outside on beautiful summer days.

Get you out to meet others you normally would not see.

Gets me to do things I wouldn't do by myself.

Getting to interact with new people and people I already knew.

Getting to know my neighbors better, getting to grow my own food. Having to interact with nature.

Getting to know new people and growing vegetables.

Getting to know new residents and connecting with those I already know.

Getting to know people.

Getting to sit and relax and chat with others that you work with.

Getting together with different people and trying new foods.

Getting together with other tenants doing the exercises.

Getting together with people who are all trying to learn to eat healthier and try new foods.

Good communication and new ideas from other people. Staff brought art and crafts.

Got to meet new people, learn something new!

Hanging out and relaxing, relieved stress; talking with my classmates.

Having people to work out with.

I am more active. It was enjoyable, got more sunshine, had a lot of fun doing it and I meet a lot of nice people.

I enjoyed meeting new people. I also enjoyed the benefits of yoga in the fresh air!

I get out of my house and I'm around people.

I met new people, new teacher who gave us to her home. It was good making the best food class I have ever seen.

Interacting with other people and being able to participate as a single person.

Making new connections with familiar faces.

Opportunity to socialize and meet new people

Meeting all different people who help along to exercise better.

Meeting community and organizational leaders.

Meeting everyone and doing different exercises. Talking to the doctors.

Meeting new neighbors.

Meeting new people. (n=7)

Meeting new people, getting out and being healthy with my neighbors. Getting my heart rate pumping.

Meeting new people, new recipes.

Meeting new people. Also eating flavorful fruit and vegetables.

Meeting new people. I love gardening.

Meeting new people. Trying new things.

Meeting new women.

Meeting other people.

Meeting others who are interested in improving mental health.

Meeting others and teaching my children new things.

Meeting with friends and new people.

Minnesotans were actually accepting of someone from another state.

New connections.

New experience of meeting new people.

Seeing people.

Socialization. (n=2)

Socialize with others increase.

Socializing and sampling the food.

Socializing, liked cooking as a group.

Spending time with coworkers outside if work doing something fun and being able to make and take the freezer meals home with us.

Spending time with friends.

Stress relief and meeting new people.

Talking and eating and meeting with others.

Talking with other moms/parents, having lunch provided.

The comradeship.

The connections and physical activity.

The friendships and bonds. There was lots of love to go around.

The people I met and exercising.

The relaxation from chatting with others (their experiences and advice).

Opportunity to socialize and meet new people

The social connectedness of meeting others who have similar interests.

Time with friends.

To be around people and seeing plants grow.

Visiting with other people.

Visiting.

Working with other people.

Working with others for a good cause.

Learned or tried new things

Adding variety and learning new things. Being active with my husband.

Challenge. Learning something new. Group activity.

Everything I learned.

Expand knowledge.

Fun, learning something new.

Getting to know more about living a healthier life.

Good information.

Group and learning new things.

I enjoyed the learning experience, and spending time outdoors.

I get to try new things.

I learned more.

I like all activities, but the best part is extra activities to other places that I've never been to, do other sports that I never did.

Info I learned.

Learn more - sometimes I forget.

Learn new stuff.

Learn skills.

Learned a new skill, staying more active.

Learning a new game.

Learning a new sport.

Learning a new sport that I anticipate I will continue until I can't any longer.

Learning a popular new game.

Learning and connecting outside of work.

Learning and sharing.

Learning and taking part in an activity that I had not previously taken part in but always wanted to.

Learning different techniques.

Learned or tried new things

Learning how to read the nutrition information labels at Coborns and how they make it easier to compare brands.

Learning much more about Tai Chi, getting the videos to help in-home practice to increase my comfort level with the various moves.

Learning my physical limitations.

Learning new games.

Learning new skills and meeting people.

Learning new skills, meeting others, having a fun time.

Learning new skills. Beautiful location for this class. Learning a life-long activity for mindfulness and movement.

Learning new stuff. New ideas.

Learning new techniques in cooking. I only participated in the cooking classes.

Learning new things. (n=3)

Learning new things and how to make food from scratch.

Learning new things I didn't know before.

Learning something new that I only had heard about but didn't know anyone that played.

Learning something new.

Learning the form, talking about healing and meeting new people.

Learning to enjoy it, make the commitment.

Learning yoga.

Learning, comradery.

Learning.

New knowledge.

Playing a new sport with a jump start on being competitive.

Something new.

The challenge of learning a new sport! Fun??

The news things I learned and got to spend time with my daughter.

Bocce ball, croquet, ladder ball. It was fun.

Trying something new for me (yoga) in a free, no-stress environment.

Trying something new. I'd never done yoga.

Trying the new yoga poses and feeling renewed and relaxed after a long hectic day.

Exercise opportunity

All of the good exercises and all of the very good meals.

Be able to do yoga outside at the park.

Being better about being active.

Exercise opportunity

Being more active. (n=2)

Be physically active.

Combining physical activity with mental and social stimulation.

Doing exercise.

Exercise. (n=4)

Exercise – did not need to go to the gym afterwards. Fun activities.

Exercise and getting out of house.

Exercise and people were active that usually don't take part in activity.

Exercising and that kids could participate too.

Exercising my body and cooking in a group.

Exercising without noticing because were too busy visiting.

Exercising.

Exercising. Food.

Friendship and exercise.

Free exercise and lots of fresh air and learned new things.

Getting better at pickle ball and getting good exercise.

Getting exercise while having fun.

Getting good exercise.

Getting involved in activities.

Getting more exercise.

Getting outside, increasing activity.

Getting some exercise.

Going on the NAMI walk was the best part.

I did my stretching exercise.

I like to exercise.

It makes me exercise at home too.

It was enjoyable, little more active.

It works your whole body.

Kayaking.

Keep my body healthy and practice my English.

Keeping myself active.

Love yoga.

One more opportunity for group exercise.

Playing pickle ball with new people.

Physical activity and relaxation.

Exercise opportunity

Scavenger hunt. Yoga. Walking.

Staying active.

Stretching exercises are great and avoid other injuries later.

The game of pickle ball.

The gentle movement/stretching. Nice people. Good leader.

The great workout among a wonderful group of people. Great teacher!

Walking. (n=3)

Yoga.

Yoga is amazing!

Zumba.

Opportunity to go outside

Being outside more.

Being outside helping people.

Being outside. (n=5)

Being outside, checking out the garden.

Being outdoors.

Being outdoors and learning more about the movement.

Being outdoors in a new sports venue.

Being outdoors on a beautiful morning doing something good for me!

Being outside in the sun.

The scenery.

Getting out of the home – loved the garden.

Getting out of the home – loved the plants.

Getting out of the home.

Getting out of the home. Loved the garden and fresh air.

Getting out with housemates.

Getting out with others.

Getting out of the house. (n=2)

I enjoy when we go outside and talk with new people.

Getting out of the house, active.

Getting out of the house and seeing people. Learning new activities.

Experiencing exercise outside in a park with others.

Fresh air and doing yoga.

Great way to enjoy the weather doing an activity I enjoy with like-minded people.

Opportunity to go outside

I like outdoor activities in the summer and this was another way of getting out and doing something fun and keeping me active.

It was outside in a changing venue.

It was relaxing and the weather was beautiful.

It was relaxing to do yoga outside.

Love doing yoga outside.

Nice to be outside.

Our instructor was amazing.

Outside environment.

Outside yoga and interaction with people.

The outdoors.

Health improvements

Being more conscious of my health.

Feel better about myself.

Feeling good.

Feeling great!

Feeling the added agility while performing simple daily activities.

Felt better.

Good health, good feeling, good food.

Good health. Good friends. Good food.

Good for the body.

Great way to relax.

Healthy, practice English, make new friends.

Healthy.

How good I felt when done.

How my muscles felt after.

I am more agile, feel more strengthened in my arms and legs.

I could feel myself getting healthier and I felt a lot better.

I eat more healthy.

I enjoy the gentle stretching, feel better after yoga physically. Sleep better also.

I feel fresh and less stressed when I walk with the group.

I feel healthier.

I learned to eat healthier.

It does help you sleep better.

Health improvements

It felt good during and after.

It seemed to help loosen different parts of my body. I just felt better, more limber.

More flexibility and strength and balance.

Price and how good I felt after it was done.

Stretching, feeling more physically fit.

Stronger.

That I'm getting healthier.

Gardening

Garden boxes.

Getting to know my neighbors better, getting to grow my own food. Having to interact with nature.

Getting to know new people and growing vegetables.

Getting to take care of the plants and seeing them grow and having the vegetables.

Going out to the garden.

Going outside and picking veggies from the garden.

Growing my food for the first time.

Growing my own fresh, chemical-free veggies.

I had the chance to help my family grow a garden. Being able to eat healthy – more fruits and vegetables.

Just gardening. (n=2)

Kept eating healthy, cost less because growing food in garden. Already planning next garden and must keep in shape to care for same.

Learning how to grow vegetables. This is my first garden. I am 72 years old.

Learning new gardening ideas/techniques.

Loved the garden – getting out in the fresh air – loved all the plants – loved the bus ride. All smiles.

Loved the garden, talked about planting and picking vegetables and strawberries.

My first time in my life growing vegetables.

My garden.

Not just learning, but getting one's own harvest.

Picking all the ripe veggies.

Picking veggies from the garden.

Seeing it grow.

Seeing plants grow and having a sense of accomplishment. Enjoying the fresh produce. I appreciate the opportunity to give back to the community by donating my extra fresh produce to the local food shelf.

Gardening

Watch the garden grow and do canning from vegetables.

Watching the produce ripen in your own backyard. Having fresh veggies and getting together with other gardeners.

Watching the vegetables grow and harvesting.

Watering the plants.

Fun

Fun activities.

Fun and challenging.

Fun, no pressure.

Fun, relaxing, getting more flexible.

Fun, social, healthy. Going to NAMI walk.

Having fun and seeing others have fun while being active.

Having fun.

It was fun to get outside with purpose and enjoy an activity with my co-workers.

It was fun to hang out with others.

It was fun. Great instructor! Good to try something new.

It was helpful to have this fun activity to look forward to. The friendly faces and warm welcomes were great.

It was so fun!

We have a fun group and a good teacher.

The instructor was great

Instructor was very good and the people he brought in to speak to us were very good.

It's good for the body and [instructor] does an excellent job of keeping us also entertained.

Competent and knowledgeable teacher who cares about the people in the class.

Friendly teacher.

How friendly the staff were and that it was a free event.

Supportive and knowledgeable instructors. Very welcoming group/class.

The instructor was great!

The instructor. She is great.

The teachers were great!

Chance to spend time with family

Connecting with my son and other parents. Getting some "mommy time."

Getting a chance to try yoga with my daughter in a fun location.

Chance to spend time with family

I got to bond with my teenage daughter. My friend and I were able to rebuild our friendship.

It became a family event. We loved going to the garden and seeing what was ready to pick. The kids learned more vegetables and new ones they loved like edamame and eggplant.

Showing my little sister that cooking and eating healthy can be fun.

Spending quality time with my daughter. We did this together.

Spending time with my spouse.

Everything

Everything was excellent.

Everything. (n=4)

Everything, especially the crafts and cooking classes. I am a crafter and a person that loves to cook and wants to learn healthy food making. A lot of my crafts I make I use them for gifts for friends and family.

Everything's really good.

Exercise classes, cooking, and everything really.

Other

One friend, activities, the leader.

Activities were great.

Activity.

All of the classes and group activities.

ASL is full accessibility on video.

Being able to get up and leave my desk during lunch break and let go of stress through laughing and the bean bag toss.

Being able to spend time doing something beneficial.

By the lake.

Connecting with [name] and seeing families from school participating.

Doing something for myself and for my health.

Events, food, company.

Everyone is happy, friendly when they do Tai Chi... outdoors by Buffalo Lake is an awesome venue.

Everyone is so friendly.

Feeling like me and alive.

Find a way of encouragement than lonely and what they have any activity.

Finding things out about what the doctors had to say.

Friendliness.

Games.

Other

Going to the YMCA.

Group motivation. (n=2)

Group participation.

Having a regularly scheduled class.

Healthy games outside took some stress off.

Hot dog.

I always felt supported and I really liked the group.

I don't know yet.

I enjoyed. I was serve when I went.

I found a new place and I found the love of photography.

I loved it.

I really enjoyed the guest speakers, and the topics they spoke about - very informational, and I have implemented some of the suggestions in to my daily life.

Inexpensive physical activity classes.

Instructor demonstrating poses.

Interesting presentation.

It relaxed me to come.

It was a free and child-friendly activity.

It was after work hours and in the park.

It was free.

It's a good class, should have more during the week.

Made all of points.

NA.

NAMI walk.

Nice, friendly people.

Psychology.

Realizing the changes I made in the past year.

Relaxing. (n=2)

Routine and stress relief.

Samples and information.

Saw new? Got some exercise. The staff.

Seeing the chef and [name].

Support between classmates.

Taking time for me.

The accountability factor, knowing someone would want a report and I want to report change.

Other

The child care offered to participants.

The class about nutrition and stress, diabetes.

The class I liked most was when the psychologist came.

The class that I liked most was the one with the psychologist when various people came.

The classes.

The huge amounts that we got in the end. We were even able to give lots to others.

The free cost of the event, plus available child care if needed, made the program very attractive.

The way the community came together to make a beautiful project and positive impact at the garden!

They all were.

This is relaxing.

Variety of activities.

Was able to take time for myself in the evening.

Watching him cook new things.

We all participate and I like that we prepped recipes, the exercises, and that all the doctors spoke Spanish.

Working as a team and watching the young adults learn and lead.

G4. Do you have any other comments or thoughts? (N=257)**Good program**

Excellent activity.

Excellent class. Feels good after class. Two times a week would be good.

Good class – offer more often.

Great activities and that [name] called us to invite us.

Great activity.

Great opportunity!

Great program, great people – encouraging and introducing a healthier lifestyle alternative.

Great program.

I am happy for the opportunity to have this class offered to us.

I enjoyed participating.

I loved these healthy cooking classes.

I really liked the program.

It was a good time.

It was good and a reachable goal.

Good program

It was great! (n=2)

It was so helpful and enjoyable.

Just all good.

Just happy to have this a positive experience in my life. My reflections back are only positive.

Just that it's a good program.

Keep up the good work.

Like it.

Love it. Good for community.

Love this class.

Loved the events.

Many because like I've said it was excellent for me.

No. It was fun and good experience.

This was an incredible opportunity and I absolutely loved taking part in it. Thank you!

Continue the program

I wish the classes would not end.

I hope their program continues. We have had other tenants showing an interest.

I want this and need this class again. The instructor was great. Please, please have this class again. I need this class.

Please repeat this and more classes in the fall of the year.

I think we should have this on a regular basis.

Keep the program on until fall.

Yes I do. I would like to see more 5K.

I hope they keep doing it.

I hope we have more opportunities like these in our community.

I want to keep learning.

I'd like to see the program repeated in 2018. I hope that our management is awarded another grant.

Would like program to continue.

Would like to continue with this program.

Hope it can be a couple times a week.

I hope you will continue this program.

I would like to come to this class more often. Two or three times a week.

Please provide more classes like this one.

I hope it is offered again.

Continue the program

I hope our community can support a continuing practice that will grow in size and scope. Tai Chi is so valuable.

I hope they will continue!

I hope this activity will continue, I think it could become a part of my exercise commitment.

I hope you keep offering! This is outstanding! I love these activities supported by Allina, our community. Building a better place.

Need to be available next year.

Please continue this kind of support!

That is very good for health, I wish I could continue.

This was a great event and hope that there will be more events like these in the future. I believe it is important to integrate fun, food, and community into anything educational. I now have a better understanding how my body functions and also picked up some great cooking tips! Can't wait 'til the next event. Special thanks to the organizer and Chef! I had an awesome time. Cheers!

Would love to see this continue as an outdoor activity.

Great program staff

I thought the instructors did an awesome job.

[Instructor] and the other people (guest speakers) were very committed to the class.

Well directed and thought out by the leaders.

[Instructor] did an excellent job of putting these on.

The people who presented it were very good.

Couldn't get a better teacher than she is.

I can say [instructor] is just great! But she does keep us organized.

Staff did a fine job and kept it fun.

Very good instructor.

Staff was extraordinary. Thank you.

Great instructor. Had lots of fun.

Staff were great leaders and are dedicated to the sport and the community.

Staff and the other coaches were awesome.

Our instructor was clearly engaged in helping people learn and assisted in any way he could to bring insights to improve health and life.

Excellent instructor!

Instructor was very good. Explained and demonstrated technique many times. It was very nice to have this class outside by the lake.

Instructors made the activity fun.

Leaders did excellent job organizing and teaching.

[Instructor] did a wonderful job on all of the class.

Continue the program

The instructors did a very nice job of presenting new information/moves in a way that helped me gain confidence in doing this activity.

[Instructor] is incredibly inspiring. I really enjoy her teaching and her welcoming personality.

Thank you

I am happy to participate in these activities and having great people helping and enjoying them with me. You all rock. And thanks for everything.

I have always wanted to do yoga outdoors. Thank you for this opportunity!

I'm thankful.

Just thanks to everybody.

Still do some of the moves I learned in yoga class. Thank you for the yoga mat and water bottle!

Thank you Allina for this opportunity!

Thank you for being able to participate in this activity. I enjoyed it very much.

Thank you for providing funds for the bean bag boards to be purchased for us.

Thank you for this opportunity - very unique, but real.

Thank you for this opportunity. (n=2)

Thank you very much.

Thank you.

Thanks for giving us these opportunities.

Thanks for the opportunity to have a garden.

Thanks so much for sponsoring this activity! It was wonderful to see so many new faces, and to connect with familiar ones - a GREAT summer activity to improve health and wellness in our community. I hope you can continue to sponsor this in the future!

Thanks.

Very thankful for the help and information Allina gave us. Plan to change schedule and do chair exercises. I do them at the Senior Center.

Recommendations

Can we include Central High Rise as a place to meet?

Change activities – felt like we did the same four activities even though we had 9-10 events/"challenges."

Exercise other than yoga.

Have summer classes and child care.

I think a different day and time would work better for me to offer another class. Interested in seeing the different people who would come.

I would like to do some different physical activity like kickboxing.

Recommendations

I would love to see more opportunities during the workday for exercise, such as competitive walking between departments, a treadmill at the office, drinking more water as a team exercise, etc.

I would love to see this offered again next summer, and also offered indoors during the colder months.

Improve the sound system.

It was the best. [Instructor] was patient, calm and that helped me as well. Please if we could, I would like to have other activities such as kickboxing, cardio. I don't want to stop at yoga.

Maybe having hands-on activities instead of speakers.

Moving the Chaska Circle of Parents back to Fridays?

Please vet the people you offer grant money to to see if they offer high-quality programming to the community. This one did not, unfortunately. I love that Allina Health is committed to donating to the community, and I support Allina's through Mission Match as a former employee of Allina. There needs to be better vetting of nonprofits and activities funded by Allina for these programs to be effective.

Would like the class two times per week.

Would love to see this go through summer season instead of split summer and fall.

Enjoyed the activity and would do it again

I enjoyed it and am considering attending more yoga classes.

I look forward to learning more about the game as I missed several lessons. I would even retake the instructional sessions if they are offered again.

I really do look forward to it.

I will do this health challenge every year.

I would like to continue this yoga class and maybe do that near the lake/river.

This was an enjoyable exercise. I would do it again.

Would love to participate again!

Enjoyed each time.

Enjoyed getting outside for fresh air.

Enjoyed very much.

I enjoyed bringing my children to take part in cooking a healthy dish for a meal and then bringing the adults and children together to share in each healthy dish. I also enjoyed the gift certificate giveaway drawings at each session.

I really enjoyed it!

I thoroughly enjoyed the class! I've had others (work colleagues, friends) ask me about joining it since seeing the article in the paper.

Thoroughly enjoyed doing yoga in the park!

Very enjoyable, as well as entertaining.

Fun

Fun times – get to know people, learn new activities. Wasn't competitive.

It was a fun yoga class.

It was a really fun activity to do with my daughter.

It was very educational and the classes were a fun bonding experience. I wish this can be offered for teens as well so they can learn about their cooking traditions.

It was fun! I'm grateful for the opportunity.

It was so fun and I loved it. I appreciate the coordinators and especially to the grantor for allowing this to be possible!

It's much more fun than I thought it would be.

I want to say that I had fun.

Enjoyed the garden

Love the garden.

Loved all the plants.

Loved eating the food from the garden.

Loved the bus ride and meeting people. Loved the garden.

The Master Gardeners were exceptional and the North Branch community garden looks terrific. Going to miss the activity this winter. Next year? I'm ready.

They did a great job with the garden and setting it up.

Other

Activity was somewhat difficult due to arthritic knee but worked thru it. As a result I could not play to my potential.

Brought back memories of when he had a garden.

Brought back memories of when she had a garden.

Coborns was a great partner!

Eating healthy didn't change because we already eat fairly healthy.

Email me where I can find activity and group.

Exercise class with an instructor this year 2018.

Gardening not appropriate for my age and health.

Getting better at pickle ball and getting good exercise.

Good idea.

Great sport!

Groups were not cliquey. It was nice that people were open to switching around and playing with others, no matter what the level of play.

Having the ability to share the harvest with the food shelf.

How to plan meals for next year.

Other

I can make more friends, practice my English.

I did enjoy the variety of food.

I do sleep better.

I have always been a healthy eater and shopper. I plan on starting more physical activity, weather permitting. I most likely would have done this even without the activities offered.

I like Bocce ball.

I like learning about healthy food. (n=3)

I like to participate in 5K walk because we keep our body healthy and it is a nice way to meet new people.

I liked connecting with others from the community.

I liked everything.

I liked the fact that I could be an overweight yoga rookie and still feel like I was being accepted. I improved my flexibility and learned new ways to continue my stretching and flexibility training every day at home.

I love it.

I need more physical activity.

I see many people that need better nutrition.

I thought this was a healthy cooking class. A lot of the stuff we made was very high in sodium, which is not good for people with high blood pressure.

I was able to meet people that I would have never have meet if I didn't join the community garden. The staff/committee did a fantastic job. They took an empty piece of land and in a few months created this amazing place to grow fresh food. They provided almost everything that I needed, which really helped because I live on a fixed income and can't afford to purchase seeds, plants, compost, tools, and all the other items that are needed. I noticed that it created a lot more community interest as the season progressed. I think that this next season will have even more community involvement.

I would like to practice exercise at least one or two times a week.

I'm diabetic.

I'm glad this class was offered. One week we had 5/6 of my family participating: me, my wife and 3 of our 4 kids. Kid 4 was out of town.

It motivated me to consider entering Senior Olympics for track events.

It was a great, fun thing to do this summer. We were grateful of the opportunity to have 3 garden plots and this community garden gave us the extra push (and the space) we needed to make a garden. We always talked about growing vegetables, but do not have the space at our home to do so. The garden plots were perfect.

It was funny class, help each other while we cook the food in class.

It was nice being outside, but it was also distracting having so much activity around you when trying to concentrate.

It's a great exercise for our health.

Other

Learning how to cook and plant was really inspiring for me that I started my own garden and started cooking vegetables from it. I really appreciate the effort that was involved in planning this event and [instructor] did an awesome job.

Learning new information, meeting new people, making friends.

Learning to can.

Love this class.

Loved getting out in the fresh air.

Loved getting out with other housemates.

Loved it.

Never in my life had I seen how many tomatoes can come from just one plant. And, I didn't always water them but the rain did it for me.

No. (N=36)

None. (N=15)

Nope.

She can continue doing this with videos.

Some of the ingredients can't be found in Sleepy Eye.

Something I can participate in without judgement from others.

Talked a lot of her former gardens.

The above said it all. (He was nice the cook to ask him questions and explain it quite well. Very good to have good healthy foods to eat.)

The guest speakers were top notch.

The presentations were informational and beneficial to our health.

The social interaction was great.

The walking book club was a fantastic opportunity that combined several of my goals. It helped me connect to a community that I was new to.

This was literally the only hour away from my toddler and really helped me refresh and enjoy just a little ME time. So very grateful.

Through provision of healthy, fresh food to those on the margins, Loaves and Fishes is making a massive difference in the lives of many!

Variety of exercises. More advice on health subjects.

Very comprehensive.

Walking club is very interesting. I like it a lot and they also gave us a new t-shirt.

We did freezer meals, which is great, but the one item we did was not healthy for people with high blood pressure. There was way too much sodium for me, so I had to give the meal away but was able to make it more sodium friendly on my own.

Yes, I'd like it if they would do yoga classes.

Other

Yes. I cannot afford a gym membership. The Hi Rises have exercise equipment for the Hi Rise residents, but I live in a family dwelling. We have the Community Center, but no exercise equipment for the residents to use to continue to be active and healthy.

Yoga was great outdoors!

H. Grantees' open-ended responses

H1. What about your program was most successful in recruiting people to your activity? (N=56)

Recruiting from existing groups or connections

Adult basic education classes.

Already having several low-income seniors who had been gardening with us for the last two years that helped facilitate the meetings.

Community members and collaborative groups were excited about the fact that building the garden beds would provide continued learning opportunities for years.

The connection that we had with parents through our support group, prior to it starting.

We were able to successfully recruit people from referrals from Cambridge Medical Center and a mail out to clients in our database and a senior newsletter in Cambridge.

Wellness classes in the Hi Rise were successful since there is a resident health action team helping promote and all residents live in the same building, so easier to promote and attend.

Word of mouth

We advertised one time and then it was just word of mouth. Always large groups attended.

Word of mouth really got people to attend and enjoy the delicious meals.

Word of mouth. (n=3)

Word of mouth, newsletter.

Word of mouth. Participants were the best advocates and recruiters. They brought friends, neighbors, family.

Providing an incentive

The first 12 that signed up received a free yoga mat and water bottle.

We established an incentive system where points were accrued for attending activities. Once participants attended a minimum of 6 events, they were then eligible to convert these points toward the purchase of a "health-related" product of their choosing, such as a new pair of tennis shoes or a yoga class.

Providing free child care and a healthy meal at each event.

The fact that we gave the individuals that participated a nice plot of land, vegetable plants, and access to water for those participating made it successful. We also had a master gardener showing us how to plant and care for our garden. It was nice to see families and individuals that had never met before come together and help one another.

Collaboration with other partners or organizations

Cooperation with our local school district and newspaper.

Having other partners help us with promotion of our events.

Publicizing it with Pro Kinship for Kids families in their monthly newsletters and calendars.

Flyers

A flyer listing activities.

Flyer in Library, ad in paper, and word of mouth.

We had flyers that the local, weekly papers published and we distributed flyers around our little town.

Participants enjoyed the food

People loved the lunches.

The food/menu items that were made!

We always had a small snack after their activity on Thursday. The snack was nutritious. This group of individuals became good friends. Often they would eat lunch together at our café.

Social media

Social Media, Print media and available funding.

Social media, word of mouth, website, and having online RSVPs.

Recurring activity each year, social media posting/updates.

Other

The concept of providing an enjoyable service free of charge is very popular!

First, the fact that the yoga class was free- that made it very attractive to every single participant. Some people told me they'd never tried yoga before because they couldn't afford to pay for a class. Second, that it was a drop-in class, so people could come or not come as it coordinated with their schedules.

Promoting through our newsletter, blocking off other activities to get members focused on the healthy program and incentivizing through a healthy challenge where they could receive prizes.

We send our catalog directly to community mailboxes. We planned six activities; we had to cancel one due to weather.

I think having yoga that families, as families, could participate in. That meant meeting their needs, even if it wasn't a "typical" yoga experience. More adults could come after school because the yoga was available immediately after school, on the school premises, with children allowed to participate and with healthy snacks afterward that people shared together. So: ease of scheduling, ease of location, flexibility for child care, and food.

Inviting people to come during our local food distribution.

It is the only available healthy cooking class available in American Sign Language.

The joy of gathering with one another.

Other

The most successful part of our activity is participation started high and retained high participation throughout the activity.

We believe that the most influential aspect of our program for recruitment was that the community was involved in the planning of each event. We organized the Healthy Mind and Healthy Body program to meet the variety of their needs. As community members had a say in the topics addressed and the format utilized, the community itself was invested in the program and wanted to participate themselves and encourage others from their greater social network to also participate.

We created a PowerPoint leaderboard in our drop-in center which encouraged youth to participate and compete against each other.

We had two distinct groups participating in this project. One group met six times and they were successful at recruiting participants because the client is located on site as part of our residential treatment service. The other location, our Community Support Program, met nine times. The most successful recruiting activity was using the recommendations of the people who participated in the project last year.

We purchased a Wii and Wii games for the residents to exercise with. I think how it was a "new" thing that it brought people to the activity.

During the summer months, the gardening aspect of our events were most popular. The weather was right, we could be outside, and folks liked gardening.

Face-to-face and phone conversations with program advocate or other known staff.

Healthy cooking classes.

Helping people in need.

I only had six planter boxes that were made, so some people shared.

Offering group support to encourage exercise.

Our most successful recruitment of [the garden] members occurred through the outreach of current dining site volunteers. Our Farm Manager created recurring gardening volunteer opportunities that rotated on Monday and Tuesday morning, as well as Thursday evenings. Every one of our dining sites has a Site Coordinator who would then talk to their volunteers about these opportunities. Through these outreach efforts, several individuals signed up to become part of the Gardening Club. This past summer, we also had the great fortune of hiring an additional staff member who was charged with volunteer recruitment. One of her main goals was to specifically find individuals and groups willing to volunteer on a regular basis and become part of the gardening club. These re-occurring groups would both benefit the participating individuals through physical activity, as well as benefit our guests who would ultimately eat the fresh produce grown on the farms. She visited and made presentations at over a dozen community centers and to a variety of church groups, the local rotary group, and two senior groups. Many of these groups connected us with local youth groups, who were amazing (one-time) volunteers. We also had success at the local YMCA. One individual in particular, a disabled gentleman, was one of our best and most dedicated re-occurring volunteers. Because of his disabilities, he wasn't employed. But on days when he was physically able, he would volunteer at the farm.

Resident leadership.

Seeing the garden flourish. The more it grew, the more people were interested in it.

Since the population benefiting from these activities are individuals with special needs who participate in a structured, daily program, they are fortunate enough to be able to participate through their daily program participation.

Other

The activity outside.

People are interested in riding bikes.

Positive, fun, tasty, and a wide variety of activities.

Everyone wanted to do something in regards to healthy eating.

We held a Kick-off Celebration that began several weeks before the program began. The Celebration included flyers, posters, and a large banner hung in the main entrance of Lindquist Apartments. We also created a "Passport to Wellness" system for participants to log into to record their attendance, which created some health competition. The inclusion of 2 nutrition classes this year, in addition to exercise classes, attracted participants.

H2. Of this additional assistance, what was the most important to the success of your activity? Why? (N=10)

Allina Health provided a mobile health clinic at our "kick-off" activity. This allowed us to assess the physical health of participants and identify any emerging health concerns such as high blood pressure or pre-diabetes.

Allina helped publicize the activities that were offered through its wellness program and by posting the information on its employee bulletin board network in Cambridge and Isanti.

Allina Staff made people aware of our class.

Another organization provided support by seeking out speakers and coordinating the speakers' participation in the events. This was the most important additional assistance for the success of our activities because we are always looking for people who can deliver the best classes to the community in a linguistically- and culturally-appropriate manner.

Connection to healthcare providers and high quality promotional materials.

In-kind support through screenings and wellness checks.

Private donors and other organization donating their time and resources.

Someone from Allina came and spoke at our first meeting about healthy snacking. It was very pertinent to the goal of the group which was to expand our minds without expanding our waistslines.

Volunteer money.

We had two staff from Allina who came to events and their help was great to talk to people about their concerns in the community and do registration for us. This was important because it gave us staffing to do that piece and it was helpful to have the extra hands.

H3. What other assistance, if any, would have been helpful? (N=46)

All our needs were met

All our needs were met. We were fine.

We got the help we needed.

Things went well; I have no suggestions.

I thought everything was explained perfectly well for me to organize this activity.

Other

All was great.

I think it turned out good.

This activity went pretty well, no assistance needed.

No other assistance was needed.

I really don't know what Allina would have been able to help with.

Not sure what assistance is available.

We are thankful for the opportunity to try this education series for the older adults in our community.

Thanks for making this grant possible!

Better weather!

I think that we felt comfortable asking Allina for any help we would have needed.

Allina Health has many clinics throughout the Twin Cities. It would be helpful to have information available at the clinics available for clients, thereby creating one more touch point and recruitment opportunity.

Another organization provided support by seeking out speakers and coordinating the speakers' participation in the events. This was the most important additional assistance for the success of our activities because we are always looking for people who can deliver the best classes to the community in a linguistically- and culturally-appropriate manner.

Any educational resources for families on healthy eating, physical activity, etc. would be helpful.

Don't know, we received more applicants than originally planned.

If we could have provided child care during the class. That was a big obstacle to others attending.

It would be nice if there was an option to publicize events on their social media platforms.

It would have been helpful to get reminders about evaluations throughout the events. I forgot to hand out paper evaluations for people who didn't have email.

It would have been helpful to have microphones for the chef as the group was so large.

It would potentially be useful to hear about what other programs have been and are doing. In that way, best practices could be shared.

Maybe a nutritionist could have attended the open house or picnic and given a presentation.

Maybe just additional promotion, but additional assistance was not needed.

Other

More marketing to help get the word out about the activities available.

More printed resources about the importance of good nutrition relating to health and wellness.

N/A Allina did offer us the utilization of a room at the District One Hospital in Faribault. We didn't use it because our activity was done online via YouTube videos.

Technical support related to nutrition, physical screening, blood pressure monitoring during the activity would have been a great supplement. Fitbit would have been nice.

The financial support of the staffing is a critically (and very much appreciated) important help. It provides programming that assists in development and maintenance of skills for active daily living for those who participate in the program. The only additional support in this case would have been the authorization of support of the one-on-one work with individuals requiring more specialized attention.

Volunteers.

What we received was sufficient and effective.

None

N/A. (n=4)

I can't think of any. (n=2)

None. (n=3)

None at this time.

None I can think of. (n=2)

None; we are volunteer driven and have a wonderful group of volunteers that support our program.

Nothing.

H4. What suggestions do you have for Allina Health to improve the NHC program? (N=47)

It was a great program

I am a firm believer that if it isn't broken, don't fix it. Allina Health's NHC program is excellent. Thank you again for your help.

I think it is a great program and very helpful in getting wellness activities started.

I think it is great the way it is.

I think it served us well. Not sure how it can be improved.

I think your program is great. I don't have any suggestions.

I think your program is very effective and I can think of no particular area needing improvement.

I thought the program was wonderful. It was easy to implement and proved to be very rewarding for all who participated.

It was a great program

I was honored to have been a recipient of the funds to give to the community. I have no suggestions other than the above.

It's a very good program. No additional suggestions.

This grant program is great for helping connect the community to each other and so keep it going.

This is a great opportunity and we appreciate that residents are able to take leadership and ownership of the NHC Program.

We think it's a great program and have loved participating in it.

Thank you

None. We are very grateful for your grant and the opportunity it provides to the participants.

None. This is a unique program and not something that we could undertake without Allina Health. Thank you for making this program possible.

None. Love this program! Thank you.

Nothing that comes to mind at the moment. Thanks again!

This was such an awesome gift. I don't know what could possibly improve this. We are truly grateful.

We are so grateful to Allina Health NHC Program. No suggestions.

None

N/A. (n=2)

None. (n=8)

Other

Our last formal gathering with this group was in October. It would have been helpful to have the surveys then. Many of the participants are in transitional housing and have moved out of the area.

The final surveys could have been provided earlier. Since our activities ran in multiple six-week sessions, by the time some students received a survey, it had been 8 or 9 months since they participated. Many of those same students do not continue to be actively enrolled at our school, so we cannot reach them for the survey. That is a problem for data collection, and not with programming itself. Also, you may want to consider the many needs of your population when writing a survey. Many low- and beginning English Language Learners cannot read or understand the lengthy questions, so the survey can feel quite defeating. A modified version would be helpful.

Everything went well.

We had a very successful time...I think it all went great.

Keep offering this program!

Other

Please continue it! Our community really benefited from this program, not only by the physical exercise, but also by the social/community building aspect. It was a pretty diverse group of people who attended, and many of them didn't know each other at all or very well when we began the class. But we all really bonded through the class, and every single person I spoke with said they would love to continue if there was another class scheduled.

Do not know.

One of the things we appreciate about this program is that Allina allows us to give the program to the community. We supervise and facilitate the activities and administration of the grant, but the community leads and runs the program. This division of labor works for everyone. Our community liaison and Zumba instructor come from the same Latino community we intend to reach and have an innate ability to connect and develop trusting relationships with its members. Because they look like them, speak like them and come from the same neighborhood and cultural and socioeconomic background as them, it is easier to recruit, organize and run the activities and celebrations. Because they basically mirror the members of the community, they encourage dialogue and friendly relationships without families feeling intimidated. They can anticipate barriers and understand thought processes and expectations. This group of Amigas has a lot of fun, they support each other with their daily challenges and celebrate together their special days and accomplishments. Our suggestion to improve the program is to continue empowering these women, support them financially and let them lead programs like these.

We have no suggestions outside of the suggestion listed in another item - to disseminate best practices. Our youth did have a suggestion for the Link's programming - to alternate yoga and a more cardio-intensive workout (such as Zumba) on a weekly basis.

Would love to have 3-year long or 5-year long grant. For example, issue \$1,500 for first year and if all goals met, issue another \$1,500 for second year and if all goals met, issue....and so on.

Additional resources or programs that could aid during the grant period.

Again the marketing that these activities are available for everyone.

Examples of dates and times of activities that were more successful than other dates and times.

Have someone give a presentation on aging and nutrition.

I think it was a good opportunity to gather a group of riders. I don't think as many would have participated if it had not been free.

I think it would be nice if someone from the local Allina Health Care system would make contact with the group.

Instead of having events to complete, maybe there could be an overall "theme" to the grant proposal that is followed.

It would be helpful to have contact information for other NHC grantees, so that we could contact grantees who are doing similar work, so that we could brainstorm and offer each other support. It also may be helpful to receive suggestions for our project from Allina Health, based on the experiences of other community's work with similar projects.

Maybe allow for us to work with a broader group that isn't necessarily limited to the same participants each time.
