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# Allina Health Neighborhood Health Connection™

*Findings from the 2016 Neighborhood Health Connection  
Grant Program Evaluation Survey*

**M A Y 2 0 1 7**

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# Contents

Background .....	1
The role of social connectedness in influencing health .....	1
About Neighborhood Health Connection .....	1
Evaluation questions .....	2
Methods.....	2
Statistical significance .....	3
Limitations .....	3
Summary of Key findings from the evaluation of the 2013-15 NHC grant cycles .....	4
Overall observations .....	4
Changes made to NHC as a result of the evaluation findings.....	4
Summary of major findings from 2016 .....	6
Key observations.....	6
Participant and grantee characteristics.....	7
Impact on social connections .....	8
Impact on physical activity .....	10
Key findings about healthy eating .....	11
Recommendations.....	14
Appendix.....	15
A. Participants’ demographic information, health status, and behaviors, and organization of grantees’ activities by new or existing groups.....	15
B. Participants’ survey responses: Social connectedness.....	18
C. Participants’ survey responses: Physical activity .....	26
D. Participants’ survey responses: Healthy eating.....	32
E. Participants’ open-ended responses .....	40

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# Background

This is the fourth 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. During 2016, the program awarded 58 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 adults of all ages and families. 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 that could be structured. 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, if any, of the NHC grant-funded activities on the healthy behaviors and social connections of specific participant subpopulations (e.g., participants of color, those who receive public support, etc.)?
- Does the way grantees organize their funded activities or whether an activity was created with a new or existing group have any impact on participants' healthy behaviors and social connections?

To answer the key questions, a survey was administered to program participants at the end of the activity or at the end of the NHC grant funding period (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 2017.

## Methods

### *Participant survey and response rates*

Written or online surveys were administered to adults who participated in two or more project activities. (Of the 58 grantees that were funded, 4 did not administer the survey.) 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 vast majority of participants: English, Somali, and Spanish. The participant survey was completed by 648 of the approximately 1,405 eligible participants (i.e., adults age 18 or older who participated in an activity at least twice), a response rate of 46 percent. Online surveys were completed by 167 participants and paper surveys by 481. Some grantees had a response rate lower than the overall rate. Therefore, caution should be used when interpreting the results, as they may not represent the thoughts of all participants who were eligible for the survey.

## 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), how activities were organized, and whether grantees used new or existing groups to host their activities. 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 non-white 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 the evaluation of the 2013-15 NHC grant cycles

## Overall observations

- **The participant survey response rate has increased from 12 percent in 2013 to 56 percent in 2014 and 43 percent in 2015.** Participants of color made up a greater share of those who responded to the 2015 survey (29%), in contrast with 2014 (21%) and 2013 (12%).
- **Across all three years of the survey, most participants reported strengthening their current relationships (80-89%) and building new relationships (71-82%).** A majority reported being more physically active (50-57%) and eating healthier (51-64%).
- **Across all three years of the survey, participants who took part six or more times in a NHC-funded activity reported higher levels of physical activity (61-70%) and healthier eating (55-73%) compared to those who participated at a lower rate.** In 2014 and 2015, participants who took part six or more times were more likely to report that they would maintain at least one of their new connections (56-63%). The 2015 findings also suggest notable differences in improved social connectedness and healthy behaviors among participants of color.
- **Through the 2014 and 2015 follow-up surveys, a majority of participants indicated maintaining or increasing positive changes in their social connections (61-89%), healthy eating (62-63%), and physical activity (52-57%) six months after the end of the NHC grant period.** In addition, those who continued to take part in an activity after the end of the grant period were more likely to report increased positive changes in their social connections and healthy behaviors.

## Changes made to NHC as a result of the evaluation findings

- **Focusing on funding activities that offer participants multiple opportunities.** Alone, one-time activities do not provide enough opportunities for participants to build lasting connections or change their behavior. The 2014 and 2015 findings suggest that participants who took part six or more times in an activity had more success generating social connections and engaging in healthy behavior change.

- **Concentrating on adults' health and social connections.** Most of the research on social connections and long-term health outcomes focuses on adults. While a number of studies demonstrate the importance of connectedness to school and adolescent health outcomes, interventions intended to change the school environment would likely require more time and resources.
- **Lengthening the grant period,** which allows grantees to implement projects that provided ongoing opportunities for participants to reinforce healthy behavior change and develop stronger relationships with others. This change was highlighted by some grantees and community engagement leads.



# Summary of major findings from 2016

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

## Key observations

- **The findings from those who responded to the 2016 participant survey suggest positive changes in social connections and healthy behaviors occurred for a majority of participants.** Similar to the 2013-15 NHC grant cycle evaluations, the 2016 findings demonstrate a positive relationship between changes in healthy behaviors and social connections and frequency of participation.
- **The 2016 findings indicate the important role grantees play in helping foster participants' social connections.** Nearly all participants (97%) reported that it was very important that staff reminded them when an activity was scheduled. A majority indicated that having time reserved to talk with others during their activity (60%) and having staff facilitate introductions with other people helped them make connections (54%). One-third of participants also indicated that staff helped them connect with others outside of their activity. In open-ended comments, participants shared that staff helped them connect with others by facilitating conversation, helping them find common interests, using activities to generate conversation among participants, and helping participants keep in touch with one another through email and social media. Others shared that staff provided food which created a relaxed environment in which participants felt encouraged to share and connect with one another.
- **Similar to 2015, the 2016 findings suggest notable differences in social connections and healthy behaviors among key subgroups of participants.** Participants of color and those who receive public support (a proxy measure for socioeconomic status) were more likely to indicate they were very confident they would stay in touch with at least one new connection. These groups of participants were also more likely to report improved healthy eating and physical activity. The reasons for these differences are unclear. Grantees reaching these subpopulations may have been highly effective or participants may have had limited social connections and poorer health behaviors at the start of participating in the NHC-funded activities.

### Grantees organized their activities as an:

**Open group** in which some participants attended multiple activities, but the overall group of participants differed at each event.

**Open cohort** in which the group of participants remained mostly the same, but new people could join at any point.

**Closed cohort** in which an identified group of participants took part in a series of activities and new people typically did not join.

Grantees also worked with an **existing** group or created a **new** group for their activities.

- **The 2016 findings also suggest notable differences in participants' social connections and healthy behaviors based on how activities were organized and whether new or existing groups were used to host activities.** Participants in an open cohort model were more likely to report strengthening their social connections and improving their healthy eating and physical activity. In addition, participants in an existing group were more likely to indicate they were very confident they would stay in touch with at least one new connection. In contrast, those who took part in a new group were more likely to report improved healthy eating and physical activity. It is unclear why this differences occurred. The model used to organize an activity or working with a particular group may have had a key impact on participants. However, other factors could have played a role such as participants' social connections and health behaviors at the start of taking part in the activities.

## Participant and grantee characteristics

- **Fifty-eight grantees were funded during the 2016 NHC program, two did not complete their proposed activities.** In total, 2,557 participants were reached by 54 grantees. (Two grantees did not return their participant tracking sheets.)
- **As in previous grant cycles, the participants who responded to the 2017 participant survey were primarily white (81%), female (77%), and rated their health as good or better (89%).** The percentage of participants of color who responded to the 2016 survey (20%) was in the range of previous grant cycles (12-29%). It is not known whether the variation in the percentage of respondents of color over the grant cycles suggests changes in the overall demographic characteristics of participants, or variation among survey respondents.
- **Over half of grantees used the NHC funding to work with an existing community group (59%),** rather than create a new community group (41%) to host their NHC-funded activities.
- **Sixty-four percent of grantees identified their activity as an open cohort in which the group of participants remained mostly the same, but new people could join at any point.** Twenty-five percent identified their activity as an open group in which some participants attended multiple activities, but the overall group of participants differed at each event. Eleven percent reported that their activity was a closed cohort in which an identified group of people participated in a series of activities and new people typically did not join.

## Impact on social connections

### *Overall impact*

- A majority of participants reported that, as a result of participating in the NHC activity, they strengthened their current (88%) and built new connections (89%). Most were very (52%) or somewhat (32%) confident they would continue to maintain their new relationships after the NHC activity ended.
- Eighty-two percent of participants indicated that it was very likely that they would continue to participate in the NHC activity if it continued over the next six months, and 17 percent reported it was somewhat likely.

### *Differences by dosage*

- Participants who took part at a high or moderate frequency were more likely to indicate they made a new connection (92% and 88%, respectively), compared to those who participated at a low frequency (81%). Differences between high frequency and low frequency participants were statistically significant.
- Participants who took part at a high frequency were significantly more likely to indicate (68%) they were very confident they would stay in touch with at least one new connection, compared to those who participated at a moderate or low frequency (44% and 48%, respectively).
- Participants who took part at a high or moderate frequency were significantly more likely to indicate (90% and 89%, respectively) they strengthened their current connections, compared to those who took part at a low frequency (81%).

### *Differences by race/ethnicity*

- Participants of color and white participants made new connections at the same rate (89%) and strengthened their current connections at a similar rate (87-90%). These results are not statistically significant.
- Participants of color were significantly more likely to indicate (78%) they were very confident they would stay in touch with at least one new connection, compared with white participants (53%).

### ***Differences by receipt of public support***

- Participants who receive public support and those who do not receive support made new and strengthened their current connections at a similar rate (88-90%).
- Participants who receive public support were significantly more likely to report (72%) they were very confident they would stay in touch with at least one new connection, in contrast to those who do not receive support (55%).

### ***Difference by organization of activity***

- Participants in an open cohort were significantly more likely to report (93%) making a new connection, compared to those in an open group or closed cohort (85% and 77%, respectively).
- Participants in an open cohort were also more likely to report (62%) they were very confident they would stay in touch with at least one new connection, in contrast to those in a closed cohort or open group (54% and 51%, respectively). Differences between open cohort and open group participants were statistically significant.
- Participants in a closed and open cohort were significantly more likely to have strengthened their current connections (94% and 90%, respectively), compared to those in an open group (82%).

### ***Differences by new and existing groups***

- Participants in an existing group were significantly more likely to report (91%) making a new connection, in contrast to those in a new group (85%).
- Participants who receive public support were slightly more likely to report (63%) eating healthier, in contrast to those who do not receive support (58%). These results were not statistically significant.
- Participants in new and existing groups reported strengthening their current connections at a similar rate (86% and 89%, respectively).

## Impact on physical activity

### *Overall impact*

- Six in ten participants (61%) reported that as a result of the NHC activity, they are more physically active than six months ago and 38 percent indicated they were doing about the same amount of physical activity as six months ago.
- Fifty-one percent felt that it was very likely they would become more physically active because of the NHC activity and 41 percent reported they were somewhat likely to become more physically active.
- Increased physical activity was reported by participants who rated themselves in excellent (69%) and very good (60%) health, as well as those who rated themselves as being in good (58%), and fair or poor (51%) health.

### *Differences by dosage*

- Participants who took part at a high frequency were significantly more likely to report (66%) they were more physically active than six months ago, in contrast to those who participated at a moderate or low frequency (51% and 54%, respectively).
- Participants who took part at a high frequency were also significantly more likely to indicate (57%) they were very likely to become more physically active, compared to those who participated at a moderate or low frequency (40% and 44%, respectively).
- In addition, participants who took part at a high frequency were significantly more likely to indicate (61%) they were very likely to become more physically active, compared to those who participated at a moderate or low frequency (41% and 47%, respectively).

### *Differences by race/ethnicity*

- Participants of color were significantly more likely to report (77%) increased physical activity, compared to white participants (56%).
- Participants of color were also significantly more likely to indicate (78%) they were very likely to become more physically active, in contrast to white participants (47%).

### ***Differences by receipt of public support***

- Participants who receive public support were significantly more likely to report (73%) increased physical activity, compared to participants who do not receive support (56%).
- Participants who receive public support were also more likely to report (58%) they were very likely to become more physically active, in contrast to participants who do not receive support (50%). These results are not statistically significant.

### ***Difference by organization of activity***

- Participants in an open cohort and group were significantly more likely to report (65% and 57%, respectively) increased physical activity, compared to those in a closed cohort (36%).
- Participants in an open cohort were more likely to report (58%) they were very likely to become more physically active, in contrast to those in an open group or closed cohort (47% and 41%, respectively). Differences between open cohort and closed cohort participants were statistically significant.

### ***Differences by new and existing groups***

- Participants in a new group were more likely to report (66%) increased physical activity, compared to those in an existing group (58%). These results are not statistically significant.
- Participants in a new group were also significantly more likely to indicate (61%) they were very likely to become more physically active, in contrast to those in an existing group (50%).

## **Key findings about healthy eating**

### ***Overall impact***

- Over six in ten participants (62%) indicated they eat healthy meals and snacks more often than six months ago as a result of participating in a NHC activity. Just over one-third (32%) eat healthy meals and snacks about as often as six months ago.
- Over half of participants (56%) reported they were very likely to eat healthier because of the NHC activity and 37 percent said they were somewhat likely to eat healthier.

- An increase in healthy eating was reported by participants who rated themselves in excellent (65%) and very good (60%) health as well as those who rated themselves as being in good (65%), and fair or poor (57%) health.

### ***Differences by dosage***

- Participants who took part at a high frequency were more likely to report (68%) eating healthier, in contrast to those who took part at a moderate or low frequency (51% and 59%, respectively). Differences between high frequency and moderate frequency participants were statistically significant.
- Participants who took part at a high frequency were also more likely to report (64%) they were very likely to eat healthier, compared to those who participated at a moderate or low frequency (52% and 54%, respectively). These results are not statistically significant.

### ***Differences by race/ethnicity***

- Participants of color were more likely to report (67%) eating healthier, compared to white participants (61%). These results are not statistically significant.
- Participants of color were also significantly more likely to report (74%) they were very likely to eat healthier, in contrast to white participants (53%).

### ***Differences by receipt of public support***

- Participants who receive public support were slightly more likely to report (65%) eating healthier, in contrast to those who do not receive support (60%). These results were not statistically significant.
- Participants who receive public support were more likely to report (63%) they were very likely to eat healthier, compared to those who do not receive support (58%). These results were not statistically significant.

### ***Difference by organization of activity***

- Participants in a closed and open cohort were more likely to report (66% and 64%, respectively) eating healthier, compared to those in an open group (54%). These results were not statistically significant.

- Participants in an open group, open cohort, and closed cohort similarly reported (61%, 58%, and 55%, respectively) they were very likely to eat healthier. These results were not statistically significant.

### *Differences by new and existing groups*

- Participants in new group were slightly more likely to report (65%) eating healthier, compared to those in an existing group (60%). These results were not statistically significant.
- Participants in a new group were also significantly more likely to indicate (68%) they were very likely to eat healthier, in contrast to those in an existing group (54%).



# Recommendations

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

**Continue to explore the relationship between key variables and changes in healthy behaviors and social connections.** The results of the 2015 and 2016 NHC grant cycle evaluations suggest differences in social connections and healthy behaviors among participants of color and those who receive public support. While the reasons for these differences are unclear, the 2017 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 to further refining and hone NHC's grant-making efforts.

**Consider adding additional questions to the participant survey that measure access to resources that support physical activity and healthy eating.** Given Allina Health's interest in reaching populations that experience health inequities, it may be helpful to add survey questions that gauge whether participants have enough money to buy healthy food, have places to buy healthy food where they live, and have places to walk or bike where they live. The answers to these questions could be compared to participants' self-reported changes to healthy eating and physical activity. This information would help Allina Health develop a more rich understanding of who is being reached through the NHC grant-funded activities and their impact on certain types of participants.

# Appendix

## A. Participants' demographic information, health status, and behaviors, and organization of grantees' activities by new or existing groups

Over half of the participants were age 50 or older (56%; Figure A1).

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### A1. Age of participants (N=577)

What is your age?	Number	Percent
18-29	63	11%
30-39	93	16%
40-49	99	17%
50-64	168	29%
65 or older	154	27%

Note. Forty-nine participants selected "I choose not to answer."

Seventy-seven percent of participants identified as female (Figure A2). Fewer (23%) identified as male.

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### A2. Gender of participants (N=627)

What is your gender?	Number	Percent
Male	145	23%
Female	482	77%
Transgender	0	0%
I identify some other way	0	0%

Note. Seven participants selected "I choose not to answer."

Eighty-one percent of participants identified as white or Caucasian (Figure A3). Fewer identified as Hispanic or Latino (8%), African (5%), Black or African American (3%), American Indian/Native American (2%), and Asian (2%).

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### A3. Race or ethnicity of participants (N=617)

How would you describe your racial or ethnic group?	Number	Percent
White or Caucasian	499	81%
Hispanic or Latino	51	8%
African, including Oromo, Somali, Ethiopian, Eritrean, and Sudanese	28	5%
Black or African American	19	3%
American Indian/Native American	15	2%
Asian, including Chinese, Japanese, Korean, and Southeast Asian	12	2%
Another race or ethnic group	10	2%

Note. Total percentage equals more than 100 percent as respondents were able to choose multiple responses. Nineteen participants selected “I choose not to answer.”

**Most participants selected English as their preferred language (89%; Figure A4).** Fewer selected Spanish (7%) and Somali (3%).

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### A4. Preferred language of participants (N=634)

What is your preferred language?	Number	Percent
English	563	89%
Spanish	46	7%
Somali	21	3%
Other	4	1%

Note. Four participants selected “I choose not to answer.”

**Most participants reported being born in the U.S. (88%; Figure A5)**

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### A5. Nativity of participants (N=632)

Were you born in the U.S.?	Number	Percent
Yes	554	88%
No	78	12%

Note. Five participants selected “I choose not to answer.”

**Thirty-two percent of participants indicated receiving some form of support from public programs to help them afford health care, housing, food, or childcare (Figure A6).** Public support was used as a proxy measure for individuals’ socioeconomic status.

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**A6. Receipt of public support among participants (N=610)**

<b>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)?</b>	<b>Number</b>	<b>Percent</b>
Yes	194	32%
No	416	68%

Note. Twenty-five participants selected “I choose not to answer.”

**Most participants rated their health as excellent (15%), very good (42%), or good (32%; Figure A7).** Fewer indicated their health was fair (10%) or poor (2%).

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**A7. Participants’ self-reported health status (N=663)**

<b>In general, how would you rate your overall health?</b>	<b>Number</b>	<b>Percent</b>
Excellent	93	15%
Very good	263	42%
Good	205	32%
Fair	62	10%
Poor	10	2%

**Sixty-four percent of participants reported being physically active at least three times during an average week (Figure A8).** Fewer reported being physically active 1-2 (30%) or 0 (6%) days.

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**A8. Participants’ self-reported level of physical activity in the previous week (N=627)**

<b>During the previous week, whether at work, at home or anywhere else, how many days did you get at least 30 minutes of moderate physical activity?</b>	<b>Number</b>	<b>Percent</b>
0	36	6%
1-2	190	30%
3-4	247	39%
5-7	154	25%

**Over 80 percent of participants indicated they follow a healthy diet most (40%) or some (43%) time (Figure A9).** Fewer reported following a healthy diet occasionally (12%) or not at all (5%).

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## A9. Participants' self-reported current eating habits (N=631)

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	254	40%
I follow a healthy diet some of the time	268	43%
I follow a healthy diet occasionally	78	12%
I do not follow a healthy diet	31	5%

Grantees whose activities were organized as a closed cohort were more likely to create new community groups (67%), in contrast to those who organized an open cohort or group (39% and 43%, respectively; Figure A10).

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## A10. Percentage of grantees who reported forming a new or existing group, by organization of their activities

How will your group that is meeting 6 or more times be formed?	Organization of grantees' activities		
	A closed cohort (N=6)	An open cohort (N=36)	An open group (N=14)
I will be creating a new community group (N=24)	4 (67%)	14 (39%)	6 (43%)
I will be working with an existing community group (N=32)	2 (33%)	22 (61%)	8 (57%)

## B. Participants' survey responses: Social connectedness

Over half of the participants (53%) took part in a NHC activity six times or more (Figure B1). Twenty-six percent attended activities four to five times and 21 percent participated two to three times.

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## B1. Frequency of participation among participants (N=648)

Since March 7, 2016, 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	137	21%
4-5	167	26%
6 or more	344	53%

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

**Most participants connected with new people through a NHC activity.** Eighty-nine percent connected with new people they hadn't known before (Figure B2). Over half (52%) were very confident they will stay in touch with at least one person they met. One-third (32%) were somewhat confident they will stay in touch.

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**B2. Self-reported changes in relationships among participants and their confidence in maintaining new relationships**

<b>By taking part in this activity, did you connect with new people who you hadn't known before? (N=646)</b>	<b>Number</b>	<b>Percent</b>
Yes	572	89%
No	74	12%
<b>How confident are you that you will stay in touch with at least one person you met? (N=563)</b>		
Very confident	291	52%
Somewhat confident	178	32%
Not at all confident	29	5%
Unsure	65	12%

**Participants who took part at a high frequency were more likely to indicate (92%) they made a new connection** compared to those who participated at a moderate or low frequency (88% and 81%, respectively; Figure B3). Differences between participants who took part at a high and low frequency were statistically significant.

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**B3. Percentage of participants who reported making new connections, by their frequency of involvement**

<b>By taking part in this activity, did you connect with new people who you hadn't known before?</b>	<b>Approximately how many times did you participate in the Neighborhood Health Connection activity?</b>		
	<b>Low 2-3 (N=135)</b>	<b>Moderate 4-5 (N=167)</b>	<b>High 6 or more (N=344)</b>
Yes (N=572)	109 (81%)	147 (88%)	316 (92%)
No (N=74)	26 (19%)	20 (12%)	28 (8%)

**Participants who took part at a high frequency were significantly more likely to indicate (68%) they were very confident they would stay in touch with at least one person they met** compared to those who participated at a moderate or low frequency (44% and 48%, respectively; Figure B4).

**B4. 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=87)	Moderate 4-5 (N=128)	High 6 or more (N=283)
Very confident (N=291)	42 (48%)	56 (44%)	193 (68%)
Somewhat confident (N=178)	33 (38%)	64 (50%)	81 (29%)
Not at all confident (N=29)	12 (14%)	8 (6%)	9 (3%)

Participants of color and white participants were equally as likely to report connecting with a new person (89%, each; Figure B5). These results are not statistically significant.

**B5. 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/ethnic category	
	Of color (N=130)	White (N=485)
Yes (N=546)	115 (89%)	431 (89%)
No (N=69)	15 (12%)	54 (11%)

Participants of color were significantly more likely to indicate they were very confident they would stay in touch with at least one person they met (78%), compared with white participants (53%; Figure B6).

**B6. 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/ethnic category	
	Of Color (N=105)	White (N=369)
Very confident (N=279)	82 (78%)	197 (53%)
Somewhat confident (N=166)	21 (20%)	145 (39%)
Not at all confident (N=29)	2 (2%)	27 (7%)

Participants who receive public support and those who do not receive support were nearly equally as likely to report (88% and 90%, respectively; Figure B7) making a new connection. These results are not statistically significant.

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**B7. 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=192)	No (N=416)
Yes (N=542)	168 (88%)	374 (90%)
No (N=66)	24 (13%)	42 (10%)

Participants who receive public support were significantly more likely to report they were very confident they would stay in touch with at least one person they met (72%), in contrast with participants who do not receive support (55%; Figure B8).

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**B8. 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=142)	No (N=334)
Very confident (N=284)	102 (72%)	182 (55%)
Somewhat confident (N=163)	33 (23%)	130 (39%)
Not at all confident (N=29)	7 (5%)	22 (7%)

Participants in an open cohort were significantly more likely to report (93%) making a new connection, compared to those in an open group or closed cohort (85% and 77%, respectively; Figure B9).



**B9. 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=70)	An open cohort (N=378)	An open group (N=198)
Yes (N=572)	54 (77%)	350 (93%)	168 (85%)
No (N=74)	16 (23%)	28 (7%)	30 (15%)

Participants in an open cohort were also more likely to report (62%) they were very confident they would stay in touch with at least one new connection, in contrast to those in a closed cohort or open group (54% and 51%, respectively; Figure B10). Differences between participants in an open cohort and open group were statistically significant.

**B10. Percentage of participants who reported making new connections, 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=48)	An open cohort (N=314)	An open group (N=136)
Very confident (N=291)	26 (54%)	196 (62%)	69 (51%)
Somewhat confident (N=178)	18 (38%)	108 (34%)	52 (38%)
Not at all confident (N=29)	4 (8%)	10 (3%)	15 (11%)

Participants in an existing group were slightly, significantly more likely to report (91%) making a new connection, in contrast to those in a new group (85%; Figure B11).

**B11. Percentage of participants who reported making new connections, by type of group**

By taking part in this activity, did you connect with new people who you hadn't known before?	Type of group	
	New community group (N=238)	Existing community group (N=408)
Yes (N=572)	201 (85%)	371 (91%)
No (N=74)	37 (16%)	37 (9%)

Participants in an existing group were also significantly more likely to indicate (62%) they were very confident they would stay in touch with at least one new connection, compared to those in a new group (51%; Figure B12).

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**B12. Percentage of participants who are confident that they'll stay in touch with a new connection, by type of group**

How confident are you that you will stay in touch with at least one person you met?	Type of group	
	New community group (N=173)	Existing community group (N=325)
Very confident (N=291)	89 (51%)	202 (62%)
Somewhat confident (N=178)	65 (38%)	113 (35%)
Not at all confident (N=29)	19 (11%)	10 (3%)

**Most participants strengthened their current relationships.** Eighty-eight percent reported they strengthened relationships and connections with people who they knew before the NHC activity began (Figure B13).

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**B13. Self-reported changes in strengthening current relationships among participants (N=638)**

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Number	Percent
Yes	559	88%
No	79	12%

Participants who took part at a high or moderate frequency were significantly more likely to indicate (90% and 89%, respectively) they strengthened connections with people who they knew before participating in the activity compared to those who took part at a low frequency (81%; Figure B14).

**B14. 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=133)	Moderate 4-5 (N=165)	High 6 or more (N=340)
Yes (N=559)	107 (81%)	147 (89%)	305 (90%)
No (N=79)	26 (20%)	18 (11%)	35 (10%)

Participants of color and white participants were nearly equally as likely to report that they strengthened connections with people who they knew before the activity started (90% and 87%, respectively; Figure B15). These results are not statistically significant.

**B15. 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/ethnic category	
	Of color (N=125)	White (N=483)
Yes (N=532)	113 (90%)	419 (87%)
No (N=76)	12 (10%)	64 (13%)

Participants who receive public support and those who do not receive support were nearly equally as likely to report (90% and 88%, respectively) strengthened connections with people who they knew before the activity started (Figure B16). These results are not statistically significant.

**B16. 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=190)	No (N=412)
Yes (N=532)	170 (90%)	362 (88%)
No (N=70)	20 (11%)	50 (12%)

Participants in a closed and open cohort were significantly more likely to have strengthened their current connections (94% and 90%, respectively), compared to those in an open group (82%; Figure B17).

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**B17. 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=67)	An open cohort (N=374)	An open group (N=197)
Yes (N=559)	63 (94%)	335 (90%)	161 (82%)
No (N=79)	4 (6%)	39 (10%)	36 (18%)

Participants in new and existing groups reported strengthening their current connections at a similar rate (86% and 89%, respectively; Figure B18). These results were not statistically significant.

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**B18. Percentage of participants who reported strengthening current relationships, by type of group**

By participating in this activity, did you strengthen connections with people who you knew before this activity started?	Type of group	
	New community group (N=234)	Existing community group (N=404)
Yes (N=559)	200 (86%)	359 (89%)
No (N=79)	34 (15%)	45 (11%)

Nearly all reported (97%) it was very important that staff reminded them when an activity was scheduled (Figure B19). Seventy-nine percent indicated it was very important staff were friendly, 60 percent felt it was very important staff gave them time to talk with other participants during the activity, and 54 percent reported that it was very important they took the time to introduce participants to one another. Fewer felt it was very important that staff helped participants connect with others outside of the activity (34%) and helped participants get transportation to attend the activity (27%).

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**B19. Actions taken by staff to help participants make new connections  
(N=543-561)**

<b>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:</b>	<b>Very important</b>	<b>Somewhat important</b>	<b>Not important</b>	<b>Staff did not do this</b>
Reminded you when the activity was scheduled	377 (97%)	144 (26%)	23 (4%)	17 (3%)
Were friendly, which made it easier for you to get to know others	446 (79%)	106 (19%)	10 (2%)	2 (<1%)
Gave you time to talk with others during the activity	335 (60%)	165 (30%)	47 (9%)	8 (1%)
Took time to introduce you to others	300 (54%)	189 (34%)	40 (7%)	29 (5%)
Helped you connect with others outside of the activity	189 (34%)	195 (35%)	98 (18%)	71 (13%)
Helped you get transportation to attend the activity	145 (27%)	64 (12%)	159 (29%)	175 (32%)

Participants were asked if there was anything else that staff did to help them make new connections. Many highlighted that staff helped them connect with others by facilitating conversation, helping participants find common interests, using different, fun activities that helped generate conversation among participants, and helping participants keep in touch with one another through email and social media. Others shared that staff provided food which helped facilitate connections, and created a positive, relaxed environment in which participants felt encouraged to share and connect with one another.

**C. Participants' survey responses: Physical activity**

**Seventy-five percent of participants reported their NHC activity included physical activities such as walking, gardening, exercising, or playing sports (Figure C1).**

These participants were asked additional questions about changes in their physical activity as a result of their involvement in the activity and their anticipated likelihood of changing their level of physical activity in the future.

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**C1. Inclusion of physical activity in the NHC activity (N=639)**

<b>Did this activity include physical activities such as walking, gardening, exercising, or playing sports?</b>	<b>Number</b>	<b>Percent</b>
Yes	481	75%
No	158	25%

Six in ten participants (61%) reported being more physically active than six months ago as a result of taking part in a NHC activity (Figure C2). Thirty-eight percent said they are doing about the same amount of physical activity as six months ago.

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**C2. Self-reported changes in physical activity among participants (N=480)**

<b>Because of this activity, are you:</b>	<b>Number</b>	<b>Percent</b>
More physically active than six months ago	291	61%
Doing about the same amount of physical activity as six months ago	184	38%
Less physically active than six months ago	5	1%

Participants who took part at a high frequency were significantly more likely to report (66%) they were more physically active than six months ago in contrast to those who participated at a moderate or low frequency (51% and 54%, respectively; Figure C3).

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

<b>Because of this activity, are you:</b>	<b>Approximately how many times did you participate in the Neighborhood Health Connection activity?</b>		
	<b>Low 2-3 (N= 90)</b>	<b>Moderate 4-5 (N=108)</b>	<b>High 6 or more (N=282)</b>
More physically active than six months ago (N=291)	49 (54%)	55 (51%)	187 (66%)
Doing about the same amount of physical activity as six months ago (N=184)	41 (46%)	51 (47%)	92 (33%)
Less physically active than six months ago (N=5)	0 (0%)	2 (2%)	3 (1%)

Participants of color were significantly more likely to report being more physically active (77%), compared with white participants (56%; Figure C4).

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

<b>Because of this activity, are you:</b>	<b>Respondents' race/ethnic category</b>	
	<b>Of color (N=92)</b>	<b>White (N=365)</b>
More physically active than six months ago (N=276)	71 (77%)	205 (56%)
Doing about the same amount of physical activity as six months ago (N=176)	21 (23%)	155 (43%)
Less physically active than six months ago (N=5)	0 (0%)	5 (1%)

**Participants who receive public support were significantly more likely to report being more physically active (73%),** compared with participants who do not receive support (56%; Figure C5).

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

<b>Because of this activity, are you:</b>	<b>Do you get any help from programs to help you afford health care, housing, food, or child care?</b>	
	<b>Yes (N=149)</b>	<b>No (N=305)</b>
More physically active than six months ago (N=280)	108 (73%)	172 (56%)
Doing about the same amount of physical activity as six months ago (N=170)	38 (26%)	132 (43%)
Less physically active than six months ago (N=4)	3 (2%)	1 (<1%)

**Participants in an open cohort and group were significantly more likely to report (65% and 57%, respectively) being more physically active,** compared to those in a closed cohort (36%; Figure C6).

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

<b>Because of this activity, are you:</b>	<b>Organization of grantees' activities</b>		
	<b>A closed cohort (N=33)</b>	<b>An open cohort (N=309)</b>	<b>An open group (N=138)</b>
More physically active than six months ago (N=291)	12 (36%)	201 (65%)	78 (57%)
Doing about the same amount of physical activity as six months ago (N=184)	21 (64%)	103 (33%)	60 (44%)
Less physically active than six months ago (N=5)	0 (0%)	5 (2%)	0 (0%)

**Participants in new group were more likely to report (66%) being more physically active**, compared to those in an existing group (58%; Figure C7). These results are not statistically significant.

**C7. Percentage of participants reporting changes in physical activity, by type of group**

<b>Because of this activity, are you:</b>	<b>Type of group</b>	
	<b>New community group (N=146)</b>	<b>Existing community group (N=334)</b>
More physically active than six months ago (N=291)	97 (66%)	194 (58%)
Doing about the same amount of physical activity as six months ago (N=184)	49 (34%)	135 (40%)
Less physically active than six months ago (N=5)	0 (0%)	5 (2%)

**Increased physical activity was reported by participants who rated themselves in excellent (69%) and very good (60%) health**, as well as those who rated themselves as being in good (58%), fair or poor (51%) health (Figure C8).



**C8. 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=74)	Very good (N=204)	Good (N=147)	Fair or poor (N=47)
More physically active than six months ago (N=283)	51 (69%)	123 (60%)	85 (58%)	24 (51%)
Doing about the same amount of physical activity as six months ago (N=184)	23 (31%)	80 (39%)	61 (42%)	20 (43%)
Less physically active than six months ago (N=5)	0 (0%)	1 (1%)	1 (1%)	3 (6%)

**Most participants plan on becoming more physically active because of their participation in a NHC activity.** Over half (51%) indicated they are very likely and 41 percent reported they are somewhat likely to increase their physical activity (Figure C9).

**C9. Self-reported changes in likelihood of becoming more physically active among participants (N=477)**

Because of this activity, how likely are you to become more physically active?	Number	Percent
Very likely	243	51%
Somewhat likely	197	41%
Not likely	13	3%
Unsure	24	5%

**Participants who took part at a high frequency were also significantly more likely to indicate (61%) they were very likely to become more physically active,** compared to those who participated at a moderate or low frequency (41% and 47%, respectively; Figure C10).

**C10. Percentage of participants reporting the likelihood of becoming 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=85)	Moderate 4-5 (N=102)	High 6 or more (N=266)
Very likely (N=243)	40 (47%)	42 (41%)	161 (61%)
Somewhat likely (N=197)	41 (48%)	56 (55%)	100 (38%)
Not likely (N=13)	4 (5%)	4 (4%)	5 (2%)

Participants of color were significantly more likely to indicate (78%) they were very likely to become more physically active in contrast to white participants (47%; Figure C11).

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**C11. Percentage of participants reporting the likelihood of becoming more physically active, by race/ethnicity category**

Because of this activity, how likely are you to become more physically active?	Respondents' race/ethnic category	
	Of Color (N=88)	White (N=346)
Very likely (N=232)	69 (78%)	163 (47%)
Somewhat likely (N=192)	18 (21%)	174 (50%)
Not likely (N=10)	1 (1%)	9 (3%)

Participants who receive public support were more likely to report (58%) they were very likely to become more physically active in contrast to participants who do not receive support (50%; Figure C12). These results are not statistically significant.

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**C12. Percentage of participants reporting the likelihood of becoming 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=144)	No (N=290)
Very likely (N=237)	84 (58%)	153 (53%)
Somewhat likely (N=188)	58 (40%)	130 (45%)
Not likely (N=9)	2 (1%)	7 (2%)

Participants in an open cohort were more likely to report (58%) they were very likely to become more physically active, in contrast to those in an open group or closed cohort (47% and 41%, respectively; Figure C13). Differences between open cohort and open group participants were statistically significant.

**C13. Percentage of participants reporting the likelihood of becoming 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=32)	An open cohort (N=288)	An open group (N=133)
Very likely (N=243)	13 (41%)	168 (58%)	62 (47%)
Somewhat likely (N=197)	19 (59%)	114 (40%)	64 (48%)
Not likely (N=13)	0 (0%)	6 (2%)	7 (5%)

Participants in a new group were significantly more likely to indicate (61%) they were very likely to become more physically active, in contrast to those in an existing group (50%; Figure C14).

**C14. Percentage of participants reporting the likelihood of becoming more physically active, by type of group**

Because of this activity, how likely are you to become more physically active?	Type of group	
	New community group (N=141)	Existing community group (N=312)
Very likely (N=243 )	86 (61%)	157 (50%)
Somewhat likely (N=197)	52 (37%)	145 (47%)
Not likely (N=13)	3 (2%)	10 (3%)

**D. Participants' survey responses: Healthy eating**

Over half of participants (57%) learned about healthy eating and nutrition (Figure D1). Around one-third or more learned about cooking or food preparation (38%), eating healthy foods on a budget (33%), and shopping for healthy foods (31%). Fewer indicated learning about gardening and how to grow food (20%), and 34 percent did not get information or practice skills to learn about healthy eating topics.

**D1. Healthy eating topics reported by participants (N=640-646)**

During this activity, did you get information or practice skills to learn about any of the following topics?	Number	Percent
Healthy eating or nutrition	365	57%
Cooking or food preparation	243	38%
Eating healthy foods on a budget	211	33%
Shopping for healthy foods	199	31%

Gardening and how to grow food	127	20%
No, none of the above	218	34%

Note. Total percentage equals more than 100 percent as respondents were able to choose multiple responses.

**Most participants (86%) made changes to the way they eat as a result of participating in a NHC activity (Figure D2).** They reported eating more vegetables (74%), fruits (64%), and whole grains (39%). Participants are also cooking healthy meals more often (55%), eating meals and snacks that are not too big in size (46%), drinking fewer sweetened beverages (45%), and reading nutritional labels (44%).

## D2. Self-reported changes in eating habits among participants

Because of this activity, did you make any changes to the way you eat? (N=425)	Number	Percent
Yes	364	86%
No	61	14%
<b>If “Yes,” what changes have you made? (N=357)</b>		
Eating more vegetables	264	74%
Eating more fruits	229	64%
Cooking healthy meals more often	197	55%
Eating meals and snacks that are not too big in size	163	46%
Drinking fewer sweetened beverages (e.g., soda, tea, coffee, or juice with added sugar)	160	45%
Reading nutritional labels	157	44%
Eating more whole grains	140	39%
Other	38	11%

Note. Total percentage equals more than 100 percent as respondents were able to choose multiple responses under changes made.

**Sixty-two percent of participants indicated they eat healthy meals and snacks more often than six months ago as a result of participating in a NHC activity (Figure D3).** Over one-third (32%) eat healthy meals and snacks about the same as six months ago. Five percent said they eat healthy meals and snacks less often than six months ago.

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### D3. Self-reported changes in healthy eating among participants (N=412)

Because of this activity, do you eat healthy meals and snacks:	Number	Percent
More often than six months ago	254	62%
About the same as six months ago	139	34%
Less often than six months ago	19	5%

Participants who participated at a high frequency were more likely to report (68%) they eat healthy meals and snacks more than six months ago as a result of the NHC activity in contrast to those who took part at a moderate or low frequency (51% and 59%, respectively; Figure D4). Differences between high and moderate frequency participants were statistically significant.

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### 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=82)	Moderate 4-5 (N=107)	High 6 or more (N=233)
More often than six months ago (N=254)	48 (59%)	55 (51%)	151 (68%)
About the same as six months ago (N=19)	29 (35%)	43 (40%)	67 (30%)
Less often than six months ago (N=139)	5 (6%)	9 (8%)	5 (2%)

Participants of color were more likely to report (67%) eating healthier compared to white participants (61%; Figure D5). These results are not statistically significant.

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### 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/ethnic category	
	Of Color (N=105)	White (N=291)
More often than six months ago (N=247)	70 (67%)	177 (61%)
About the same as six months ago (N=130)	26 (25%)	104 (36%)
Less often than six months ago (N=19)	9 (9%)	10 (3%)

**Participants who receive public support were more likely to report (65%) eating healthier in contrast to those who do not receive support (60%; Figure D6).** These results were not statistically significant.

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

<b>Because of this activity, do you eat healthy meals and snacks:</b>	<b>Do you get any help from programs to help you afford health care, housing, food, or child care?</b>	
	<b>Yes (N=154)</b>	<b>No (N=237)</b>
More often than six months ago (N=243)	100 (65%)	143 (60%)
About the same as six months ago (N=130)	43 (28%)	87 (37%)
Less often than six months ago (N=18)	11 (7%)	7 (3%)

**Participants in a closed and open cohort were more likely to report (66% and 64%, respectively) eating healthier,** compared to those in an open group (54%; Figure D7). These results were not statistically significant.

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

<b>Because of this activity, do you eat healthy meals and snacks:</b>	<b>Organization of grantees' activities</b>		
	<b>A closed cohort (N=44)</b>	<b>An open cohort (N=257)</b>	<b>An open group (N=111)</b>
More often than six months ago (N=254)	29 (66%)	165 (64%)	60 (54%)
About the same as six months ago (N=139)	14 (32%)	83 (32%)	42 (38%)
Less often than six months ago (N=19)	1 (2%)	9 (4%)	9 (8%)

**Participants in a new group were slightly more likely to report (65%) eating healthier,** compared to those in an existing group (60%; Figure D8). These results are not statistically significant.

**D8. Percentage of participants reporting changes in healthy eating, by type of group**

Because of this activity, do you eat healthy meals and snacks:	Type of group	
	New community group (N=141)	Existing community group (N=271)
More often than six months ago (N=254)	91 (65%)	163 (60%)
About the same as six months ago (N=139)	40 (28%)	99 (37%)
Less often than six months ago (N=19)	10 (7%)	9 (3%)

**An increase in healthy eating was reported by participants across all health statuses who rated themselves in excellent (65%) and very good (60%) health as well as those who rated themselves as being in good (65%), and fair or poor (57%) health (Figure D9).**

**D9. 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=68)	Very good (N=157)	Good (N=131)	Fair or poor (N=53)
More often than six months ago (N=253)	44 (65%)	94 (60%)	85 (65%)	30 (57%)
About the same as six months ago (N=137)	21 (31%)	57 (36%)	40 (31%)	19 (36%)
Less often than six months ago (N=19)	3 (4%)	6 (4%)	6 (5%)	4 (8%)

Note. For an N<10 the count of respondents, not the percentage, is noted in the table.

**Over half of participants (56%) reported they were very likely to eat healthier because of the NHC activity and 37 percent said they were somewhat likely to eat healthier (Figure D10).**

**D10. Self-reported changes in likelihood of eating healthier among participants (N=419)**

Because of this activity, how likely are you to eat healthier?	Number	Percent
Very likely	235	56%
Somewhat likely	153	37%
Not likely	12	3%
Unsure	19	5%

**Participants who took part at a high frequency were also more likely to report (64%) they were very likely to eat healthier because of the NHC activity, compared to those who participated at a moderate or low frequency (52% and 54%, respectively; D11). These results are not statistically significant.**

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**D11. Percentage of participants reporting the likelihood that they will eat healthier, by their frequency of involvement**

<b>Because of this activity, how likely are you to eat healthier?</b>	<b>Approximately how many times did you participate in the Neighborhood Health Connection activity?</b>		
	<b>Low 2-3 (N=82)</b>	<b>Moderate 4-5 (N=98)</b>	<b>High 6 or more (N=220)</b>
Very likely (N=235)	44 (54%)	51 (52%)	140 (64%)
Somewhat likely (N=153)	36 (44%)	45 (46%)	72 (33%)
Not likely (N=12)	2 (2%)	2 (2%)	8 (4%)

**Participants of color were significantly more likely to report (74%) they were very likely to eat healthier compared to white participants (53%; Figure D12).**

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**D12. Percentage of participants reporting the likelihood that they will eat healthier, by race/ethnicity category**

<b>Because of this activity, how likely are you to eat healthier?</b>	<b>Respondents' race/ethnic category</b>	
	<b>Of Color (N=105)</b>	<b>White (N=280)</b>
Very likely (N=227)	78 (74%)	149 (53%)
Somewhat likely (N=146)	26 (25%)	120 (43%)
Not likely (N=12)	1 (1%)	11 (4%)

**Participants who receive support were slightly more likely to report (63%) they were very likely to eat healthier because of the NHC activity compared to those who do not receive support (58%; Figure D13). These results were not statistically significant.**



**D13. Percentage of participants reporting the likelihood that they 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=153)	No (N=227)
Very likely (N=227)	96 (63%)	131 (58%)
Somewhat likely (N=143)	53 (35%)	90 (40%)
Not likely (N=10)	4 (3%)	6 (3%)

Participants in an open group, open cohort, and closed cohort similarly reported (61%, 58%, and 55%, respectively) they were very likely to eat healthier (Figure D14). These results were not statistically significant.

**D14. Percentage of participants reporting the likelihood that they 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=44)	An open cohort (N=250)	An open group (N=106)
Very likely (N=235)	24 (55%)	146 (58%)	65 (61%)
Somewhat likely (N=153)	17 (39%)	97 (39%)	39 (37%)
Not likely (N=12)	3 (7%)	7 (3%)	2 (2%)

Participants in a new group were also significantly more likely to indicate (68%) they were very likely to eat healthier, in contrast to those in an existing group (54%; Figure D15).

**D15. Percentage of participants reporting the likelihood that they will eat healthier, by type of group**

Because of this activity, how likely are you to eat healthier?	Type of group	
	New community group (N=133)	Existing community group (N=267)
Very likely (N=235)	91 (68%)	144 (54%)
Somewhat likely (N=153)	40 (30%)	113 (42%)
Not likely (N=12)	2 (2%)	10 (4%)

## *Participants' overall experience with the NHC activities*

**Over eight in ten participants (82%) are very likely to participate in their NHC activity over the next six months if it continues (Figure D16).** Fewer (17%) are “somewhat likely” to take part.

---

### **D16. Self-reported changes in likelihood of continuing to take part in the activity among participants (N=631)**

<b>How likely is it that you would take part in this activity over the next 6 months if it continued?</b>	<b>Number</b>	<b>Percent</b>
Very likely	514	82%
Somewhat likely	104	17%
Not likely	6	1%
Unsure	7	1%

Participants were asked to share feedback about barriers to participation and the best part of participating in their NHC activity. All comments are listed in the open-ended section of the Appendix.

#### **Participants referenced multiple barriers, including:**

- Time conflicts such as busy schedules, appointments, other obligations, and work conflicts.
- Illness and physical and emotional health issues.
- Heat and humidity and storms/rain.
- Lack of transportation.

#### **Participants also noted the best part of their NHC activity, including:**

- Having the opportunity to engage in exercise and physical activities such as biking, walking, and doing yoga. Some mentioned that participating in an activity helped them maintain a consistent exercise routine and increase their level of physical activity.
- Learning about food and nutrition, including: healthy eating, gardening, and cooking.
- Having the opportunity to socialize and connect with new people. Participants mentioned making new friends, deepening connections with those who they previously knew, connecting with community members, and bonding over activities

such as cooking and exercise. A few participants shared they enjoyed having the change to spend time with their family.

- Improving health, including: losing weight, having more energy, feeling more relaxed, and increasing physical strength.
- Learning or trying new things, such as: recipes or cooking techniques, information about health and wellness, and exercise techniques.
- Spending time outside doing physical activity and having fun with the other activity participants.

## E. Participants' open-ended responses

---

### E1. Is there anything staff did to help you make new connections? (N=262)

#### Facilitated connections

---

Activities urged involvement.

---

All around excellent help in areas of communication.

---

Allowed discussion and valued contributions from participants.

---

Allowed us to have small talk conversations here and there with the other moms.

---

Ann is incredible at bringing diverse people together!

---

Ann provided follow-up recipes after each "Cooking with Friends" event; passed along emails with important community information about transit developments and other local meetings of interest to participants; and involved participants with great warmth and caring in summer gardening activities.

---

Arranged meals so we sat and ate with others from the community gardeners.

---

Being available.

---

Being invited.

---

Brought in students and staff from Phoenix Learning Center that I would not have otherwise had to opportunity to meet.

---

By introductions and explaining everything.

---

Change from acquaintance to good friends.

---

Chat time.

---

Communication was key. There were plenty of emails and talk about future connections during meetings.

---

Connections with others between activities in daily work life. Encouraged to connect on our own outside of planned activities.

---

Continuing to keep in touch via social media and outings with fellowship.

---

Conversations.

---

Created/played games with other parents with children.

---

Designed pair activities.

---

## **Facilitated connections**

---

Different Groups during book discussions.

---

Discussion activities.

---

Embedded more get to know “you's” in the schedule.

---

Encourage community.

---

Encouraged all of us to come walk and to invite friends, family or neighbors.

---

Encouraged conversations after walking and presentations.

---

Encouraged participants – introduced people to each other.

---

Encouraged us to talk after.

---

Encouraging hobbies and conversation to get more educated about hobbies.

---

Enjoyed the community garden and reaching out to visit with others.

---

Every time we met, Mr. Bauman had interesting ways to divide the large group into small discussion groups which helped us meet others participating.

---

For dance and yoga, we got to strengthen relationships.

---

Fostered group conversations.

---

Get us talking to each other.

---

Good community involvement.

---

Group activity.

---

Had a variety of activities where everyone was encouraged and allowed to do at the same time which made the time fly with fun.

---

Help make conversation with others.

---

I am very happy with staff for inviting me and for thinking of my family.

---

I liked that they verbalized the purpose and importance of creating connections.

---

Ice breakers.

---

In the past have connected.

---

Individual gender-specific groups.

---

Initiating conversations, leading conversation.

---

Interaction between others through group yoga activities

---

Introduced me to people via Facebook.

---

Introduced you and helped with instructions.

---

Invited everyone to sit together to eat or have snacks.

---

Invited us to come to other activities. Included trivia questions.

---

It wasn't so much about meeting new people (we all know each other) but it did provide some opportunity to get to know better - it was about learning gardening skills and how to make the most of our resources to produce our own food.

---

Kari is always introducing us with new people.

---

Kept people chatting and building community.

---

## **Facilitated connections**

---

Made herself available for questions between weekly sessions.

---

Nothing more than introductions.

---

Participant interaction was built into the activity.

---

Planned activities to mix with others.

---

Provided space and time to have book group discussions.

---

Put me in a group with new kids.

---

Put teams together.

---

Put us into random groups so that we couldn't choose to sit by people we already knew.

---

Reinforced connections with shy or quiet people.

---

Sent emails, encouragement.

---

Sent information out electronically when we couldn't attend meeting.

---

Sent update on progress of activities.

---

She helped search for books, facilitated meeting and will be organizing the question we will answer and discuss.

---

She incorporated team exercises so we helped one another. Always engaging everyone in conversation.

---

She was very sociable and included everyone in the conversation. Asked questions about our lives. Shared some of her life.

---

Sitting by new ones.

---

Staff encouraged clients to bring friends to events/activities who would benefit from the services/events which allowed everyone to meet and obtain new friendships with many different people in the community.

---

Staff was amazing at looking at my individual skills and connecting me to services that have helped me to be successful.

---

Staff was good with conversation. I think this made everyone very comfortable to visit with each other.

---

Staff was very inclusive and made things easy for people to relate to.

---

Stayed after class to visit with people – in small groups.

---

The connection with the teacher to keep attending.

---

The lady always connects us with new people. And staff is always nice and kind and R is so sweet and the cook is patient.

---

The staff was very helpful with me to make new connections at home.

---

The time to talk and connect with small groups was very valuable. They also used a variety of "mix-up" strategies (such as birthday months, hair style, shoe style, etc.) that gave us a variety of different people to visit with.

---

There was always a "communal" yoga activity, such as being in a circle with an arm on another person's shoulder. This allowed it to be more communal and less Minnesotan.

---

They had everyone say their name in the group. Very nice, polite.

---

They sent emails with various resources to other community events / things to consider participating in.

---

They told us about other activities that were available.

---

Took the time to make sure we connected with other families.

---

### **Facilitated connections**

---

Tried to get competitions going with the Fitbit to have a group effort.

Tried to motivate others to workout with us.

Very friendly – always provided water after activity and then we socialized.

Walks together as a group.

Was so personable-treated us all as friends which encouraged us to do the same! Karen was so fun and educational!

We all shared our names and a goal.

We reviewed our life, work, adventures and family.

We talked about what we did. Introduced us.

Welcome table at the end of the rides for refreshments.

Working together created a team feeling.

Yes we have a Whatsapp group created.

Yes, actually, very important people came to visit us, as the boss of the principal at the school which means a lot to us.

Yes. Socialized.

Yes. Staff helped me get out of the apartment and get involved.

Note. Responses have been split to allow for multiple codes.

### **Provided food**

---

2 meals.

Bicycle smoothie maker, etc.

Had breakfast time allowed us to socialize!

Made coffee to give us some energy.

Made sure there was good food to eat each night.

Meals.

Offering free hot chocolate and coffee after the bike ride.

Provide food.

Provided food / snack.

Provided healthy snacks and coffee. It's easier to chat when you're sharing food.

Provided treats after walking.

Snacks with others.

They helped me get healthy food. (n=3)

Note: Responses have been split to allow for multiple codes.

## **Created a positive environment**

---

Always prepared with new ideas that interested myself and others.

Be friendly and was a great team.

By having fun throughout the exercise class. Please keep our class going and our same teacher.

Encourage me.

Everyone is so friendly

Everyone was so nice. I really enjoyed it.

Friendly and making us comfortable.

Friendly atmosphere.

Fun activities, reward program, informative program, arrangements.

Just being friendly.

Just made coming very comfortable.

Just made it a friendly occasion.

Made answering questions very easy – welcoming gave everyone an opportunity to talk together about ideas.

Made me feel that being there was good.

Made us all feel comfortable.

Made us as in my kids and I feel like we were at home. I very much enjoyed the environment we were in.

Overall just friendly and made you feel so welcomed even if you were new and the activity is a pro.

Paige is very welcoming and seemed to embrace being the ambassador of the program

Positive attitude.

Promoted the class in a positive manner.

Provided safe environment.

Relaxed atmosphere.

Set up an environment where people felt comfortable interacting with each other. Activities included interacting with others.

She made it fun.

She was friendly and so we all were friendly.

She was sociable, outgoing, understanding and flexible. She asked us questions, worked with our level by listening and shared about herself too.

She was very outgoing

Staff do a great job making people feel welcome.

Staff is very efficient and enjoyable. A nice environment.

They all have made me feel important and safe

They were very nice. Made us feel welcome.

very friendly and great atmosphere

Very welcoming and friendly made for a positive feeling for everyone

### **Created a positive environment**

---

We are new to the area and the friendly atmosphere and feeling I was appreciated meant a lot.

---

Note. Responses have been split to allow for multiple codes.

### **Other**

---

Always made sure I knew what was going on to be done and when.

---

Announced other activities in the community.

---

As adults, we can certainly introduce ourselves. I don't think that staff should be responsible for us making new connections.

---

Brought me to the gathering. I can't remember when everything is.

---

By introducing me to the activities it brought me to places I didn't know were available to me.

---

Did a very job. I don't think there's anything else they could do. I love it.

---

Enjoy coming to the Tuesday activity.

---

Families residing in the neighborhood and ethnic / native country

---

For the most part, I knew most of the people attending, there were a few that were new.

---

Gave transportation.

---

Gloria and the cooks were very nice and I liked the class very much.

---

Good people.

---

Got information on a healthy eating class. I was unable to attend due to being out of town but would have liked to.

---

Great info and activities.

---

Help learn English and new culture.

---

I cannot think of anything. This activity actually caused me to respect a few people less due to their propensity to cheat at games and their level of unhealthy competitiveness.

---

I didn't need Amy.

---

I liked the food class.

---

I made my poems for staff and read one out loud in front of another group.

---

Informed us of other activities happening at the senior center.

---

It was sufficient.

---

Keep the class going no matter what!

---

Keep up the great work.

---

Kept the spirit alive.

---

Learning English became easier. I've been in country 6 weeks. They babysat my kids while I learned English. Gift cards helped me purchase healthy food for my family. They help me continue to go to school.

---

Learning new things is always a good thing.

---

Let us be on some team when playing croquet.

---

Making connections to other Wii-activities (all free).

---



## Other

---

Motivate more to get involved in working out.

Motivation.

Motive/motivate.

My Section Eight.

Offered a variety of classes; options people with different interests would choose.

Paige did an excellent job and I cannot think of anything else she could have done.

Played, ball, exercise.

Printed materials.

Reminded me of the time the next activity was.

Review of life.

Setup new things for us to try.

Showed us weight room equipment.

Small group this included walking and exercises. If question about something, could ask and be answered.

Staff is very friendly.

Staff was very helpful.

Supplied "care for kids" while parents meeting.

Take time to help not be scared, to let go of wall.

Talk about activity and how much they like them.

Talk about it.

Taught me how to do the craft.

The best one was regarding transportation needs.

The book gave great talking points.

The interpreter and child care.

The staff did not help by my friends gave me a ride.

The staff is excellent.

The staff is just an all-out connection into looking deeper in my own self to make sure I attract the right people I need and that need me.

The staff is very friendly.

The staff took song requests from us and made [illegible word] to new songs that the public requested. They are awesome.

They are awesome.

They are helpful with any problems.

They did a good job.

They did a great job. Staff was very supportive.

They did great job. They help me learn English.

---

**Other**

---

They did great. I can't think of more for them to do.

They had an interpreter.

They help me go to school.

They help me learn English. (n=5)

They help me learn English. The teacher patient, studios.

They helped babysit my kids and when.

They helped babysit my kids when.

They made sure that I had transportation home when none was available to me at the time.

They were there and answer questions when needed.

To be assertive which helps me.

Very friendly personal.

Very informative – made things understandable.

Very informative and friendly about everything.

Very patient and friendly.

Very steady, regular schedules makes confusion almost nil with a regular place and staff.

Was just super friendly and warm.

We did a service project.

Websites, handouts, ideas.

Well organized.

Were active in the planning process.

Without staff it wouldn't happen.

Yeah, learn to deal with people.

Yes. (n=3)

Yes, learning how to play new games (card, skibo, uno, etc...).

Yes. Suggested we could share groceries and costs due to our small freezers and room.

Note: Responses have been split to allow for multiple codes.

---

**Not applicable**

---

N/A. (n=4)

No. (n=21)

No comments at this time.

No. I got what I came there for – yoga, did that naturally.

None.

Not aware

Not really.

---

**Not applicable**

---

Not really.

---

Not right now.

---

Not that I recall.

---

Nothing more.

---

---

**E2. What, if anything, made it hard for you to regularly participate in this activity?  
(N=407)**

**Time conflict**

---

5:00 is a little difficult for me to attend because of work.

---

A busy family summer schedule.

---

All discussion groups were scheduled too early in the morning.

---

All the obstacles I faced were based on bad timing. I was very interested in the program but I was working a night shift, in the process of building a house and I lost the charging cable to my fit bit during the move.

---

Appointments. (n=2)

---

Because we are market gardeners, the summer months are very busy for us.

---

Being busy with vacations or travel.

---

Being somewhere else at the same time or my laziness.

---

Brother's sports.

---

Busy life with family.

---

Busy schedule. (n=3)

---

Busy schedule but at least once per week.

---

Children's school activities.

---

Conflict in day/time.

---

Conflicting activities for family members.

---

Conflicting schedule.

---

Conflicts in my schedule.

---

Conflicts with time.

---

Day/time.

---

Days – Sunday evenings are challenging.

---

Dentist appointments.

---

Didn't have the time.

---

Doctor appointments, helping with family members.

---

Family commitments. (n=2)

---

## **Time conflict**

---

Few times I have other appointment at the same time.

---

Finding time.

---

Full-time job and a part-time job.

---

Get busy.

---

Going back to work.

---

Had other appointments.

---

Had other obligations.

---

Having to work, however the organization gets the date of the activity well in advance.

---

Holidays, Christmas cookies and working 40 hours a week.

---

Housework.

---

I am employed full-time. Most of the group is retired, and most started to prefer a late afternoon walking time. I am flexible and able to leave work early most days, but not always.

---

I also had class and wasn't able to make it to every event.

---

I had appointments during the meeting times of a few, but that was outside of control.

---

I have a busy schedule.

---

I have a hard time balancing my work life, and since the meetings took place while I was at work it was hard to give up my "real priorities" to attend the meetings.

---

I missed 2 classes. One I was out of town and the other my kids are to blame.

---

I sometimes had a meeting during the group meeting time.

---

I travel away from home often.

---

I was out of town to help my daughter.

---

I work 3<sup>rd</sup> shift so it's hard to be awake at times of events.

---

I work in Elk River and if I worked full time hours (8-5) I was unable to get back to Cambridge in time for yoga (I got back when it ended). I wanted to go to every session but was unable because of work scheduling.

---

I worked 2 days/week.

---

It was difficult to participate in events on Sundays because we spend the majority of our day with church.

---

It wasn't frequent enough for me personally.

---

Just a busy time of the year with kids' activities. Attended if we were home.

---

Just an occasional conflict of schedule.

---

Just life/schedule – can't be avoided.

---

Just to remember it and not have other obligations.

---

Just unexpected funerals.

---

Kids' appointments.

---

Kids busy schedule.

---

Kids have early bedtimes.

---

## **Time conflict**

---

Kids' homework on one day.

---

Lack of routine in own family schedule.

---

Lack of time / resources.

---

Limited staff - lack of coverage for work.

---

Moved to the area in the middle of August at a busy time so I wasn't able to attend much but would have if I could have.

---

My family's schedule.

---

My other summer activities, outside of work, conflict with walking. So time management sometimes came into play/became an issue. Also-the fitbit charger quit working so I had to purchase another (which I often misplaced) so there are huge gaps in my step history because of these, and other, factors. I did not attend group meetings that were outside of my normal work hours.

---

My own schedule. (n=2)

---

My personal schedule.

---

My schedule. (n=2)

---

My work schedule.

---

Nothing other than a few appointments that had to be kept.

---

Occasionally I had difficulty because I have children at home to care for and wasn't able to attend every events.

---

Occasionally things came up and couldn't go.

---

Only if I had an appointment scheduled on the class time.

---

Only if some of my class coincide with the same schedule.

---

Only missed because of my busy life.

---

Only missed on days that I wasn't working.

---

Other activities.

---

Other activities already planned.

---

Other activities, responsibilities.

---

Other appointments.

---

Other children's activities.

---

Other commitments. (n=8)

---

Other commitments – family and community events.

---

Other commitments sometimes.

---

Other commitments, enjoyed and learned from the ones I was able to attend.

---

Other obligations. (n=2)

---

Other obligations or unexpected situations.

---

Other scheduled activities including my job.

---

Other summer activities already planned.

---

## Time conflict

---

Outside commitments.

Planned vacations with family was the only reason we missed meetings.

Previous commitments.

Schedule – sometimes unable to attend.

Schedule conflict. (n=3)

Schedule conflicts.

Schedule notices.

Schedule.

Schedules of everyone involved.

Schedules, crazy life.

Scheduling – very busy.

Scheduling conflicts. (n=2)

Scheduling. (n=2)

Scheduling. The schedule complicated with the event's schedule.

She had physical therapy scheduled the same day which was hard to get to exercise. Had to work around therapy.

Some events I was otherwise occupied.

Some schedule conflicts.

Sometimes schedule.

Sometimes you're busy and can't go. Not enough time.

Summer travel.

Taking care my baby.

The only hard part was that occasionally something would come up just prior to the participation time. It was rare, but it did happen once.

The start time sometimes conflicted with other commitments.

The time.

The time of day makes it difficult to arrive on time.

The timing of the group meeting was early in the morning... good and not so good. Many of us are involved in student-based meetings in the early hours and had to leave.

Time. (n=5)

Time and other commitments.

Time conflict.

Time of day (6pm is generally dinner time at our house).

Time of meetings.

Time of the activity.

Time, 1-1.5 hours later would be better.

---

---

**Time conflict**

---

Time – our family supper hour.

Time. Balancing my life with family.

Timing due to school/work/family.

Timing. It is difficult to keep the time open at work when there are so many other things personal and at home.

Too busy.

Travel.

Trying to fit it in before students were coming in on a Friday morning...although I never regretted making it work.

Two doctor appointments. One trip.

Unforeseen family issues.

We have moved so it might be harder from now on but nothing before.

We just had a hard time coordinating times when both we and the professor were available - but by providing written materials we've been able to pass on information to those not able to attend.

We met early before school, and sometimes that was hard because it rushed my morning schedule.

We met early in the morning, which was a bit of a challenge.

Work. (n=16)

Work and other obligations.

Work commitments

Work conflict.

Work full time job, sometimes could not participate as much as I wanted.

Work hours.

Work schedule. (n=3)

Work schedules.

Worked some of the days.

Working late.

Note. Responses have been split to allow for multiple codes.

---

**Health issues**

---

A cold.

An injury to my foot made it difficult to participate in some of the exercise activities.

Bad knee.

Because of dialysis had to restrict on doing some of the activities. His arm was weak and would bleed.

Deafness.

Depression but I did anyway.

Doctor appointment.

---

## Health issues

---

Foot injury – due to home landscaping project – would have finished all sessions.

Health.

Health issues

Health problems. (n=2)

Health scare.

How I felt in the morning if I was able to attend.

Husband has health issues.

I am disabled but because I like to garden I enjoy eating the vegetables when they are ready to eat.

I found it very emotionally painful to participate in this activity.

I have a hard time walking around and bending (trouble with knees, legs, back, hands).

I have autism which makes it hard to do social things but am working on overcoming it to the best of my ability. Also took a vacation.

I was ill one day.

I was pregnant and by the end of the day I was too exhausted some of the times to attend.

I was sick one day.

I work on my feet all day, but due to a leg and ankle injury at times I needed to stay home to put leg and ankle up all night.

If I had a doctor appointment or sick.

Illness.

Knee problems

Lack of energy sometimes.

Low energy.

My back pain but I like going to activity to know new people and get out often house.

My husband's illness.

My knees.

My mental health sometimes.

My migraines.

My own health (back pain) limited my gardening activity.

My physical limitations. However the personal trainer worked with me to accommodate my level. Offered other kinds of exercise.

Not having more indoor activities on hot, hot days. My meds interact negatively with the sun and heat.

Nothing much except I needed my medication given before coming.

Overly tired. I've been having far too many hours of getting used to being older and older only really slow.

Personal constraints like kids getting sick.

Physical limitation

Physical limitations and injuries.

---



---

**Health issues**

---

Social anxiety.

Spouse's health issues.

Surgery. (n=2)

Walking and bending

Walking, biking.

Walking with my walker. Sometimes I have to take the wheelchair.

Weak legs.

Note. Responses have been split to allow for multiple codes.

---

**Weather**

---

Because it was held outside and we had some very hot days, I did not attend the yoga session.

Cancellations due to rain were beyond our control. I wonder if rain dates (extending further into fall if necessary) are possible.

Cold weather.

Heat (outside).

Humid, hot weather.

It rained on days I could go- and on days I was at work it was nice! I was outdoors and thus subject to Mother Nature!

It was outdoors so the weather was a factor a couple times.

Maybe the cold.

Rain – outdoor activity.

Sometimes the summer evenings were hot and humid.

Staying outside in the heat summer.

Summer heat. I watered gardens.

Summer temps.

The heat.

The heat and humidity.

The weather. (n=2)

The weather – it was rainy and cold one day and I didn't go.

The weather was a factor. It got really hot and stormy so yoga was moved indoors, which I would go to my own gym for indoor yoga. The reason I went was to be outside.

The weather was hot when it was scheduled.

The weather/too cold.

Too hot outside.

We did biking so weather was an issue that affected participation.

Weather – 13x14 do not apply.

---

---

**Weather**

---

Weather conditions.

Weather- made it hard.

Weather. (n=9)

Weather!

---

Note: Responses have been split to allow for multiple codes.

---

**Transportation**

---

Don't drive, always ride with someone.

Don't have a ride - I don't drive.

Hard to get around.

I don't drive

Road conditions.

Transportation. (n=4)

Transportation, not having a ride.

Transportation, sometimes.

Travel distance.

---

Note. Responses have been split to allow for multiple codes.

---

**Attended all activity sessions**

---

Did go regularly – attended regularly.

I attended all the classes.

I attended everything.

I came every week that I could! I am just sad it was only six weeks--having free yoga outdoors was a wonderful experience.

I made all the time.

I made it to all events.

It was just another activity in an already busy schedule, so I made a commitment knowing it was for a certain amount of time. However I learned from it and am glad I went each week.

Nothing. Attended every one since I hear of this.

---

Note: Responses have been split to allow for multiple codes.

---

**No challenges**

---

Everything is easy at this community center.

Everything was so good. I will do it again.

I enjoyed participating.

I make time for this activity.

---

## **No challenges**

---

I think a Sunday eve was the perfect timing for this. I only missed once because of a birthday dinner.

I work out a lot to begin with so it wasn't hard.

It was not hard.

It's fine.

N/a. (n=7)

N/a. I want to continue if they offer it.

Never had an issue.

No. (n=13)

No complaints.

No problems.

No, everything is good

No, not at all.

No, there was always childcare.

No. Everything was excellent/interesting.

None. (n=7)

Not much, the Fitbit makes it easy to do whenever it is convenient to me.

Nothing. (n=39)

Nothing – I reserved my time to participate.

Nothing made it hard for me to participate. Sometimes I needed a babysitter but I did make it.

Nothing much. (n=2)

Nothing was difficult. It depended on how I felt.

Nothing was hard. Every activity was wonderful exercises to get out of the house.

Nothing!

Nothing! It was a great experience! I loved it!

Nothing, we made all but one meeting and I forgot to come

Nothing. Convenient location, great time of day.

Nothing. Everything was perfect.

Nothing. It was easy to participate.

Nothing. Love the state fair.

Tried to make it to all the classes.

Wasn't hard at all.

Note: Responses have been split to allow for multiple codes.

## Other

---

Adequate space and supplies for childcare aspect.

---

Age.

---

Babysitting.

---

Biking 2 miles with the kids could be hard at times.

---

Child care for 5 year old.

---

Child care. (n=2)

---

Childcare – although provided my child cried for me a lot when I left him and also, I helped with child care be too many kids at the beginning.

---

Communicating with new people and large groups.

---

Daycare.

---

Daycare for my child made it difficult to attend after-school activities.

---

Did not receive scheduling notices.

---

Don't know.

---

Had to be reminded. I don't remember everything.

---

Having enough parent volunteers.

---

I already eat healthily, so the answers pertain to that.

---

I didn't hear about it until there were only a couple of sessions left.

---

I live in a group home and can't regulate my food much. Also can't afford my own groceries.

---

I walk in the morning at home.

---

I'm pregnant.

---

It is Christian centered and as anyone else. We don't like to believe sometimes. Although, through this program I have been able to discipline myself and become stronger in my connection savings with everyone (including Jesus). There are many areas in my life that have been affected in uplifting spirits with this program. For that, I am forever grateful. For that, I will continue to attend Launch Ministries every week and outing/fellowship involving Launch Ministries the best I can.

---

Just getting here, having the money to come in. I love arts and crafts so sometimes the timing to want to finish is not good.

---

Just leaving my home.

---

Lack of interest or putting it off

---

Learning something new.

---

Making things I didn't like but were healthy.

---

Meeting people.

---

Meetings.

---

Mosquitoes.

---

My son.

---

Myself.

---

Not knowing how to read English. The interpreter helped me very much. Thank you.

---

---

**Other**

Not knowing nutrition.

Pregnancy.

Remembering when the class was held

Remembering when to attend.

Same time.

She forgot when the activity was each week and had to remind her.

Sometimes it was foods that we Hispanics do not eat.

Staff have to remind me to come.

That I do not speak English and don't drive.

The length of time the class went meaning three months.

There wasn't really much to do.

Travel.

We just had a baby.

Yes, I have children and sometimes the kids do not want to go.

Note. Responses have been split to allow for multiple codes.

---

**E3. What was the best part of taking part in this activity? (N=558)****Exercise opportunity**

A chance to bike ride with students from the Somali community. Many smiles and firsts! (I.e. first time biked to school.)

A motivation to exercise.

A place to be active in the winter.

Activity. (n=2)

All we do is eat and sleep – like activities to do something.

All we do is eat and sleep. Exercise is good for you.

Became aware of need more exercise.

Being able to walk on a track.

Being active. (n=2)

Being physically active.

Biking.

Biking with kids.

Calming movements.

Consistent exercise pattern. Keeps me going.

Dancing.

Do yoga.

## **Exercise opportunity**

---

Doing the exercise.

Doing yoga. (n=3)

Enjoyed the exercise routine.

Exercise. (n=12)

Exercise a lot.

Exercise that we need every day.

Exercise, moving.

Exercises.

Exercising. (n=8)

Get exercise.

Getting all body parts to move.

Getting exercise. (n=2)

Getting exercising.

Getting me to move more.

Getting out to walk.

Great exercises.

Helped me move. I looked forward to it each week.

I enjoy very much doing the exercises.

I was busy/active doing exercises.

Increased activity.

Increasing activity.

It made me set the time aside to get out and walk. It was a priority.

Just keeping moving rather than sitting so much.

Just walking.

Keeping active. (n=2)

Kicking, moving my body, being encouraged.

Make sure I exercise with the group.

Move it or lose it.

Movement. (n=2)

Moving, activity.

Moving more.

Physical effort.

Running, walking, sit ups, pushups.

Getting up early and starting the day with a bike ride.

She kept us informed about new exercises to try.

## **Exercise opportunity**

---

Staying active through pregnancy.

Staying healthy and active.

Using all our body parts. Deep breathing is also healthy for our bodies.

Staff gave us a good workout.

Stretch.

Stretching, loosening up.

Stretching, relaxation, breathing.

Stretching. (n=3)

Sunshine and physical effort.

Swimming -- teach my children to swim. If I could swim every day, I would.

Swimming good for health.

Swimming was the best part.

The 5K.

The dancing.

The exercise.

The exercising to keep different muscle use.

The new exercises and why they help me.

Throwing the ball.

To do exercises here and at home.

Tracking my steps.

Trying new exercise classes.

Using this as a motivation to do something physical that I otherwise would not have done.

Very fun, more exercises.

Walk.

Walking. (n=4)

Walking along the riverfront.

Yoga. (n=4)

Note. Responses have been split to allow for multiple codes.

## **Learning about food and nutrition**

---

All the greasy foods. They help you lose weight.

All the healthy snacks that were provided.

All the information I received about nutrition and learned stuff I didn't know. Recipes.

Awesome food!

Being introduced to new vegetables.

---

## **Learning about food and nutrition**

---

Cooking all this new vegetables and recipes.

Cooking and eating together.

Cooking and gardening.

Cooking classes.

Different foods.

Eating. (n=2).

Eat healthy.

Exchange/share recipes.

Finding more motivation to eat healthy and work on my goals.

Finding out new information about food, exercise and relaxation.

Food before.

Gardening, eating and preparing food from other cultures.

Getting healthy eating/activity ideas from other parents.

Getting to take food home to cook for myself.

Having stuff to take home and cook. New recipes.

I enjoyed the healthy meals during connection time.

I think twice before I eat.

I usually shy away from cooking classes, so this was a step in the right direction for me.

Knowing things that will help my health.

Label or ingredients of different foods.

Learn about food, activities and farms

Learn how to be healthier.

Learn new food with new people.

Learn to eat food that is not Mexican food.

Learning about eating healthy.

Learning about different foods.

Learning about food preservation.

Learning about gardening, learning about cultural food.

Learning about gardening, realizing it is a relaxing activity that I enjoy.

Learning about healthful lifestyle choices.

Learning about healthy freezer cooking.

Learning about how important it is to drink lots of water and less pop.

Learning alternatives to my every day diet.

Learning how to make healthy meals for my family

Learning more about healthy foods and how to read nutrition labels.

---



---

**Learning about food and nutrition**

---

Learning new cooking recipes.

Learning new recipes and other ways to prepare healthier meals.

Learning new recipes/ideas for cooking healthy.

Learning to cook and eat healthy.

Learning with a well thought out prepared meal and staff's energy.

New recipes and a lot of great nutritional ideas.

Nice healthy meal.

Nutrient info.

Nutritious snack.

Opportunity to attend the nutrition session. Had more often delicious food.

Paige's wrap lunches were very good!

Presentation of healthy eating and how to accomplish at home.

Re-learning how to eat healthy.

Talking about nutrition.

Tasting all the food and learning about different cultures.

Tasting the vegetables from other countries I never tried before.

The food. (n=3)

The healthy lunches that we had.

The knowledge of how to shop healthy.

The learning to read labels and how to properly use a knife and chop certain veggies.

The meals that were prepared with fresh garden products.

The new things I learned about nutrition and ways to preserve food.

The nutrition talk.

Note. Responses were split to allow for multiple codes.

---

**Opportunity to socialize and meet new people**

---

Being able to discuss a topic with others.

Being able to listen to other perspectives, discussion, relating.

Being with friendly people especially since my husband just passed away.

Being with members of Bridgeview. Becoming more informed.

Being with others. (n=2)

Being with others, socializing.

Being with people.

Being with people I like. Social connection making.

Bonding with my coworkers.

Building community.

---

## **Opportunity to socialize and meet new people**

Building community, and the motivation that comes by doing activities (such as biking) as part of a group.

Catching up each week with how classmates are doing – both positive and negative.

Cooking and eating together.

Communication with people.

Community feel.

Community involvement.

Community!

Community.

Community outdoors was renewing.

Connect with like-minded people, interactive.

Connecting to others to share ideas.

Connecting with co-workers and talking about meal ideas.

Connecting with friends.

Connecting with others.

Connecting with others about what we read.

Connecting with others for creative projects.

Connecting with others positively

Connecting with people. (n=2)

Connecting with staff outside of our normal activities. Learning from community members.

Connect with the Northfield community.

Connections and time compassionate people committed to living better.

Connections with people.

Connections with staff and students.

Conversation.

Conversations.

Creating stronger connections with people I already know and work with on a much more personal level.

Discussion of topics with co-workers and friends.

Discussion with other walkers.

Enjoy getting together in the park.

Enjoying the people.

Everyone together.

Expanding perception and experiencing connection.

Fellowship.

Fellowship with others.

Friendly people. (n=2)

Friends.

Friendship and health oriented.

Friendships.

Fun eating and talking with new people.

## **Opportunity to socialize and meet new people**

---

Fun friends.

Fun learning names, talk with others, got out of house.

Get to know more people.

Get to know others.

Getting a chance to have conversations about life with other people.

Getting other points of view. Connecting with other people. Listening to other points of view.

Getting out of the house and meeting new people.

Getting the opportunity to know people.

Getting to know more people. The speakers have been helpful.

Getting to know other community members.

Getting to know people. (n=4)

Getting to know people, building good community.

Getting to know the children and their parents.

Getting to know the people I knew closer.

Getting to know the people I work with better.

Getting together with colleagues!

Getting together with everyone and new experiences.

Getting together with friends.

Going to make new friends.

Group members.

Helped my social skills.

Helping people make connections, seeing students get excited about what they can do.

I am new to the area so meeting new people.

I liked it very much that I was with my friends.

I liked the group and the people.

I love meeting new people.

I loved the conversations with active older adults that are interested in a healthy lifestyle.

I participated in both the Cooking with Friends activity as a participant and in the Learn to Bicycle class as a volunteer. This activity gave me an opportunity to meet people from my community that I may not have otherwise had a chance to meet. Particularly the cooking with friends was an amazing community building activity that brought together an extremely diverse group of our community that may not have otherwise had an opportunity to come together in a social way.

Important to be a part of healthy lifestyles with great people. I enjoy the opportunity to speak other languages too.

Interacting with others.

Interaction with others.

Intellectual conversation.

Just being with good tenants just visiting.

Laughing and playing with other people.

Liked the people.

## **Opportunity to socialize and meet new people**

---

Lively conversation about variable points of view.

---

Making a connection with others.

---

Making a new friend.

---

Making connections with staff.

---

Making friends and building community.

---

Making new friends!

---

Meet a lot of people.

---

Meet new people.

---

Meet other people.

---

Meeting and enjoying new friends with similar interests.

---

Meeting as a group.

---

Meeting friendly people.

---

Meeting great, interesting people.

---

Meeting new friends. (n=2)

---

Meeting new moms.

---

Meeting new people and being able to talk with people who understand.

---

Meeting new people and being involved in the community.

---

Meeting new people. (n=7)

---

Meeting new people and learning from them.

---

Meeting new people in the community while learning to make healthful lifestyle choices.

---

Meeting new people, extending the known community.

---

Meeting new people. Everyone is very friendly.

---

Meeting new people and teaching community members a lifelong skill.

---

Meeting other in same situation.

---

Meeting others and sharing our experience related to growing, preparing and eating healthy local food.

---

Meeting people. (n=9)

---

Meeting people!

---

Meeting people and sharing ideas.

---

Meeting with other tenants.

---

Mental activity; group discussions, variety of activities.

---

More fun with a group.

---

More fun with a group to do an activity – not by yourself which is boring.

---

New community connection.

---

New friends. (n=2)

---

New members.

---

Not being alone.

---

Our activity was a book read so it gave me a chance to interact with others about the book *Daring Greatly*.

---

### **Opportunity to socialize and meet new people**

Participants are all so great and staff is kind and so welcoming.

Participating with the residents.

People contact.

People.

Playing games with others.

Reading, thinking and connecting with colleagues.

Seeing all the other community members interested in yoga.

Seeing others in a non-work way.

Share with friends.

Sharing a meal with neighbors.

Social and keeping up on what's happening in the community.

Social connections were strengthened.

Social connections with people who were eager to learn more about gardening and healthy food preparation.

Social contacts.

Socialization and meeting people.

Socialization, learning, healthy.

Socializing and learning different cultures and their cooking.

Socializing. (n=2)

Socializing after.

Spending time with other people.

Talking to all the people.

Talking with other ladies.

Team building.

The best part is to help and know people.

The best part of taking part in this activity was meeting new people.

The community.

The community of people.

The people, my friends and I liked that they took care of my baby.

The people. The courses provided. Don't forget the Teachers. They have a way with that speaks to me and the others whom regularly attend.

The interaction with members and networking.

The meeting with people.

The people. (n=3)

The people were fun and lots of input.

The social.

Time to talk with others.

Time with other residents.

To get to know people more, it helps you physically.

To know people in their way.

---

**Opportunity to socialize and meet new people**

---

Visiting with a new friend I met here.

Visiting with others.

Visiting with others. When one has fellowship outside the home you do eat better because you are more balanced.

Visiting. (n=2)

With a great community.

With neighbors.

With nice people doing something healthy.

With others. (n=2)

With others who enjoy the same activity.

Wonderful group of people - great energy - created a sense of belonging.

Working as a team, meeting new people.

Working with different people.

You get to see other people. Sometimes there's music and I like that.

Note. Responses were split to allow for multiple codes.

---

**Chance to spend time with family**

---

Family time with kids.

Family time.

Food and time with family without stress of meal prep. Cash drawings gave us money for date nights.

Fun to do a family activity and stepping out of our comfort zone.

Getting together as a family.

Having kids come and participate. Kids activities.

Interacting games with family.

My 12 year old daughter loving to go with me.

Note. Responses were split to allow for multiple codes.

---

**Health improvements**

---

De-stress.

Feel good about what you did to improve yourself.

Feel great. (n=2)

Feeling better after exercising.

Feeling better. (n=2)

Feeling good.

Feeling good afterwards – self-care.

Feeling so good after it. Makes my aches and pain a lot less.

## Health improvements

---

Feeling stronger. (n=2)

Felt better.

Felt good about myself for doing it.

Felt good to do something healthy.

Felt good to take care of myself.

Flexibility. Relaxation.

Get happy.

Getting fit.

Getting prepared for not falling during winter.

Health and eating.

Health benefits.

Health. (n=2)

Healthier lifestyle.

Healthy.

Healthy body.

Help with mobility. Very beneficial.

Helped my social skills.

How good I felt during the activity and following the activity.

I feel more active and healthier than before.

I felt more relaxed and powerful/in control of my body.

I have arthritis and I need to strengthen my joints.

Increasing health.

It helps us to stay stronger as we age.

It is so good for me physically and emotionally.

It made you feel better.

It was relaxing.

It was so relaxing! I felt so good leaving that yoga!

Keep in better health.

Keeping body limber.

Lose weight.

Losing 15lbs.

Losing 30 +.

Lost weight.

Made me feel good, helped me sleep.

Makes me feel good.

---

---

**Health improvements**

---

Makes me feel good about myself.

Overall health.

Realizing how beautiful I am, getting healthier, eating better, and overall having hope to believe I can achieve my goals, health, financial, food, even fun stuff.

Realizing that people struggle with the same things that I do.

Relaxation.

Relaxing and calming my mind.

Seeing progress.

She thought it helped her with her legs and arms.

Strengthening my body.

Stretching and improved balance.

Taking care of myself.

The mental and physical reward.

To help to get stronger and not to fall.

Using all our body parts. Deep breathing is also healthy for our bodies.

Yoga makes my body feel better. It is also a good reminder on how to relax/meditate.

Yoga relieves stress.

Note. Responses have been split to allow for multiple codes.

---

**Learned or tried new things.**

---

A time away for myself. Learning more about relaxation and yoga.

As an Allina employee, seeing how great these outreach programs are.

Becoming aware of the Fitbit info that was generated by being monitored

Becoming more flexible and it's free. Great instructor.

Becoming more informed.

Being able to try new things/activities without having to commit to a full class.

Doing something different.

Education. (n=2)

Educational.

Expanding perception.

Gaining belief. I can do this! I can get in the pool and have fun and learn new swimming and people.

Gaining new knowledge. (n=2)

Getting comfortable and smooth in the water.

Getting new recipes and trying them. Plus taking it all home and making it.

Getting new recipes, doing them together.

---



**Learned or tried new things.**

---

Going new places.

---

I had always wanted to try yoga but never wanted to pay for a bunch of sessions if I ended up not liking it. So it was a good way to introduce myself to it.

---

I learned new activities that I can share with others.

---

I learned so much. I loved this class.

---

I learned that it wasn't hard to cook healthy and cooking with herbs/spices was easy. I learned what went together.

---

I learned to arrange flowers.

---

I learned what I did not know, like eating healthy and exercising.

---

I liked the overall learning activity of the program – mind, body, spirit. Subjects all are interesting and reminders of how to live better.

---

I liked walking around parts of town that I had never visited before.

---

I tasted American food and it was delicious and I learned how to make it at home for my family.

---

I was not a confident cook or baker but feel that has improved thanks to this class.

---

Information.

---

Information received.

---

Informative, learning more about health.

---

It reminded me of communication with co-workers, students, and family really count as far as what they hear us say and what we "mean" to say.

---

It was good information.

---

It was good to track my activity for a full year. You get a good picture of what the norm is compared to what I can achieve when I put in a bit of extra effort.

---

Knowledge.

---

Knowledge and food.

---

Learn games.

---

Learn new routes to school.

---

Learn new things.

---

Learned about others interests and favorite ways to prepare the items grown.

---

Learned new games.

---

Learned step-by-step, was so afraid before, now I can go in deep water.

---

Learning. (n=4)

---

Learning about other ideas from people.

---

Learning different exercises.

---

Learning different ways of showing myself love.

---

Learning in a non-lecture way.

---

Learning new games.

---

**Learned or tried new things.**

---

Learning new stuff.

---

Learning new thing.

---

Learning new things. (n=4)

---

Learning new yoga poses.

---

Learning other cultures' food.

---

Learning some good information about gardening - and, for me, especially regarding composting since that is a new thing for me. Healthy food is expensive, and I hope by growing more of my own fresh greens and tomatoes that I will be able to eat healthier.

---

Learning something new.

---

Learning the value of regular physical activity.

---

Learning to be healthy.

---

Learning ways to work with my limitations.

---

Learning with the others.

---

Learning yoga.

---

Learning. (n=3)

---

Listening to whatever other member's ideas or suggestions are and try them out.

---

New exercise techniques.

---

New experiences.

---

Never had done yoga - learned by being with the group & observing others.

---

Seeing the kids learning how to ride bikes.

---

Sharing ideas.

---

She kept us informed about new exercises to try.

---

Something to do and learning something new.

---

The knowledge gained and shared by others on growing my own food.

---

The knowledge gained by trying something new (such as a new recipe) with support from others.

---

The learning how to make things.

---

The opportunity to continue to learn and grow and understand this subject matter from another person's perspective.

---

To learn how to cook food not we are not familiar with and don't eat on a daily basis.

---

To learn how to swim, to get new skills

---

Useful information.

---

Very informative – good reminder.

---

Watching and learning the exercises.

---

When I go inside the water. Before I was scared, now I like swimming, I'm comfortable. My kids are, too. It's all the best part.

---

Note. Responses have been split to allow for multiple codes.

## **Opportunity to go outside**

---

Being able to be outside.

Being in the garden planting.

Being out.

Being out in the summer weather.

Being outdoors. (n=2)

Being outdoors, calmness of yoga.

Being outdoors; gardening-planting and harvesting. I have loved this since childhood.

Being outside. (n=8)

Being outside doing yoga.

Being outside for most of the activities.

Being outside more – also tasting kohlrabi.

Being outside!

Being outside, fresh air. Plus the instructor is awesome.

Being outside, sunshine, fresh air.

Being outside, the park.

Enjoying a relaxing activity outdoors.

Enjoying the outdoors and our park.

Fresh air, seeing things grow, able to use vegs that were planted

Fresh veggies – outside – enjoy.

Get out.

Getting out of the house.

Getting to go someplace.

Getting outside and planting my gardens.

Getting outside gardening.

Got me out of the house.

Just getting out.

I absolutely loved being outside.

I get outdoors and do something for myself.

It was free and outdoors.

Love being in the garden.

Outdoor.

Outdoor time.

Outdoor yoga.

Outdoor.

---

## **Opportunity to go outside**

---

Outdoors!

Outdoors and by lake.

Outdoors on a beautiful day.

Outside is the best way to start the day!

Playing outside.

Sunshine.

That it was outside.

The fresh air.

---

Note. Responses have been split to allow for multiple codes.

## **Fun**

---

Because it is just fun.

Enjoyed our classes very much.

Enjoying the activity.

Enjoying and the experience.

Enjoying the soup.

Experiencing the joy together, sense of accomplishment.

Fun. (n=9)

Fun, meals.

Good time.

Groups (fun). Teams are really fun. Love the activities.

Having fun. (n=4)

Having fun and laughing with others.

Having fun with all the activities – some easy, hard and just funny. Laughs a lot.

Having fun with my co-workers.

Having fun with the kids.

I enjoy yoga and like to participate when it's available.

I enjoyed learning skills in the kitchen.

I like doing yoga with others!

I like to garden and digging in dirt and planting vegetables and watch them grow.

It was a fun way to get exercise.

It was fun and inspiring.

It was fun, interesting.

It was fun, something to look forward to.

It's a lot of fun and I leave feeling happy.

---

---

**Fun**

It's fun!

Just fun.

Just getting here to enjoy the day's activities.

Kids enjoyed games.

Love yoga.

Not being bored.

Pottery was awesome. Kind of helped me get back in touch with the things I loved "pre" relationship.

She was very enjoyable.

Staff makes it fun.

The class is lots of fun.

The organization and the environment/setting. I had a really good time.

The sheer joy of Zumba and the kind, generous staff.

Very fun.

Walks with others was fun too.

Note. Responses have been split to allow for multiple codes.

---

**Other**

A chance to be mindful with what I was doing and how I was doing it.

A time away for myself.

Being encouraged.

Childcare option!

Colors to the landscape.

Doing a good thing for our community.

Doing something for me.

Environment.

Everything. (n=3)

Everything was fine/ok.

Everything was good.

Felt I did something for me.

Free. (n=3)

Getting a free cookbook.

Getting my hands dirty. I used to have a house with a garden but now am in a condo – no garden.

Getting out of the house.

Getting to go someplace.

Getting to take food home to cook for myself.

**Other**

---

Giving feedback to leader.

---

Good eats.

---

Good excuse/reason to justify taking time in the day learning/teaching business aspects in this very busy world we live in.

---

Good information.

---

Good way to give back to community by supporting Loaves and Fishes.

---

Got me out of the house.

---

Group discussions.

---

Growing food that is used by Loaves and Fishes.

---

Having a meal to take home.

---

Having a very qualified instructor.

---

Having support, encouragement and education.

---

Hear and voicing perspectives of a book. We all read connecting about a topic.

---

Helping where there were needs.

---

Helping.

---

I was.

---

I'm reading again.

---

Inspires me.

---

Instructor.

---

It makes me feel good in the way things did but sober.

---

It was free.

---

It's free.

---

Jane the instructor is warm and engaging.

---

Kids.

---

Listening to the other women.

---

Listening.

---

Looking for speeches.

---

Love the teacher.

---

Me time in the community.

---

Motivation to be healthier.

---

New environment.

---

No additional expense.

---

Outdoor yoga is meaningful.

---

Outgoing.

---

Please continue for this year also.

---

## Other

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Practical, easy to understand and works on a budget.

Reading. (n=4)

Reading the information.

Reinforcement of good habits.

Renewing info I knew but hadn't been practicing.

Rewarding.

Same Zumba instructor.

Save money.

Seeing how excited all the children are to bike to school.

Share.

Staff to be with the kids so I could actually listen to the lecture.

Staff's energy.

Teamwork.

That they gave me the products so I can practice at home.

The book itself.

The challenges.

The food and activity.

The games.

The healthy lunches that we had.

The instructor and the way she did the class.

The instructor is very helpful.

The instructor was awesome.

The instructor was excellent.

The instructor was very nice.

The instructors' energy and kindness.

The meals that were prepared with fresh garden products.

The professional attitudes and insights of the coordinators / presenters were helpful and important.

The teacher.

The training about it is awesome.

The walking club is free form so arriving late just affects me and not the whole group.

Time for myself.

Time for myself and time to relax and think.

Times were appropriate.

Very concise.

Was able to create or do helpful things for others and myself.

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**Other**

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Was programmed in your day.

Watching it grow over a period of time after we planted it. We discussed the growth patterns.

Watching the kids garden and use teamwork.

What I read of the book made sense and had some application to my life.

Wonderful.

Working with other people.

Working with others with similar interests.

Working with the group.

---

**E4. Do you have any other comments or thoughts? (N=298)****Had a good experience and would do it again**

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Enjoy groups.

I enjoyed being able to participate.

I enjoyed it but we had really hot weather.

I enjoyed spending time with co-workers and encouraging each other, challenging each other and communicating with each other.

I enjoyed that I could be part of this.

I enjoyed the variety.

I had kind of forgotten how enjoyable "play" is.

I like coming here.

I like the class.

I liked it but the weather got too hot.

I love it.

I love the activity.

I love yoga.

I think the cooking with friends and biking with friends are fantastic activities in our community. Everyone involved brought something to the table and was able to contribute and have an opportunity to get to know community members who may be very different from themselves. I think other communities could really benefit from similar types of activities to learn about other cultures and people represented in our community in a comfortable setting for all.

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Note. Responses have been split to allow for multiple codes.

**Good program**

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All these activities are really good and helpful.

Awesome program.

Everything is excellent.

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## **Good program**

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Excellent program.

Great class. (n=2)

Great exercise program.

Great program for a great community.

Great program. (n=3)

Great service.

I appreciate the events.

I appreciate the overall idea about this.

I love this program!!

I really enjoyed the program.

I really enjoyed this class.

I really feel this was a good idea. It just hit me at a difficult time and made it hard to participate.

I really like this program.

I thought this class was great.

It is a great program.

It was a great program.

It was great.

It was wonderful! I loved it all!

It's good.

LOVE IT!

Love it.

Loved it!

Loved it.

None, I really liked the class.

This is a good thing for the community.

This is a great class.

This is excellent.

This is such a wonderful program--THANK YOU for supporting it.

This program is an excellent idea and we loved helping the activity and receiving from the activity too. We were both.

This was a fantastic experience that truly changed the way I teach, lead, and parent. I never really wanted to get to school early to meet, but I always felt refreshed and reinvigorated after I completed the book study.

This is a wonderful activity for our community.

Very nice program.

We made so much headway this year with our biking program. This would not have been possible without NHC.

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**Good program**

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Wonderful exercise program

Yoga in the Park was great!

Note: Responses have been split to allow for multiple codes.

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**Continue the program**

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Definitely want the program to continue. It's such a good fit for me.

Great program - please continue!!

Have more classes like this one. Thank you.

I hope it continues.

I hope they continue with this activity.

I hope we can do it again sometime.

I hope we do this Health Challenge again just like this past time.

I hope we have these activities again. Would like to learn more.

I liked it very much and would like it to continue.

I think this was a great idea and would participate again in the future if it was made available.

I want to thank Allina for sponsoring this program and I hope they continue this in the future.

I would have liked to keep going longer.

I would like free yoga in the park next summer.

I would like if there were more programs like this one.

I would like to continue having these cooking classes.

I would like to continue to swim.

I would love to make this a regular thing.

I would participate if offered all the time even for a small fee.

It would be nice if a program similar to this could be held after this one concludes.

It's great to have it free in the park! I hope it will be offered again!!! :)

Keep doing it and stay healthy.

Keep up the great work.

Please continue for next year too.

Please continue it. I love it.

Please continue the dancing, it was really fun.

Please continue.

Please keep this valuable resource.

We should keep doing good!

We would like them to continue.

Wish it was ongoing.

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**Continue the program**

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Wish the classes went the whole summer

Would love to see this program again.

Note. Responses have been split to allow for multiple codes.

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**Great program staff**

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Amazing personal trainer.

Ann Beuch is an exceptional leader: focused, organized, inclusive, and firmly grounded in public policy and community organizing principles that she can translate to the street level. As a former community elected official, I can say that she is a rare and valued "find" for ICA and our Hopkins community.

Ann Buech does an excellent job of recruiting participants and keeping people inform.

Great instructor.

I like the way the instructor delivers the Zumba class. The staff is very friendly.

I think Joan did a fantastic job scheduling and organizing the events.

Instructor fun.

Jane is a natural yoga instructor!

Just love staff. She makes it all worthwhile.

Leader was very friendly, not rigidly organized.

Like encouragement from staff and Ann.

Love it. Great instructor.

Love the instructor.

Loved the atmosphere and the instructors were always good and friendly.

Loved the class and the instructor.

Many thanks to Paige for her positive and friendly attitude and commitment to the program. Love HER!

Organizer, Joan was great. Well organized.

Our instructor/facilitator is very knowledgeable and deals great with all classmates.

Our leaders are doing a great job.

Paige did a very good job.

She pushes you but isn't demanding more than you can do.

She's a motivated teacher.

Staff is a great leader. She is very thoughtful and kind and readily voices her appreciation. I am learning a lot from her. She is very knowledgeable and a joy to work with.

Staff is the best Zumba instructor!

Staff taught many families how to eat, play and connect in new and better ways.

Staff was amazing. Delivered the info in an interesting and effective way.

Staff was great. Never felt like she was judging anyone and was a great facilitator. She kept it fun.

Thank you to staff for motivating us.

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### **Great program staff**

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The instructor was excellent and so helpful.

The instructor was great giving hints for adaptability for people like me and others there who have some limitations.

The instructor was great.

The teacher is superb/great.

The teacher was great and the skills I learned have been very beneficial. Thank you.

They went out of their way to understand. I don't speak English or write either language.

Very good program and instructor.

Very qualified presenters and well organized.

We have a great and fun teacher.

Note. Responses have been split to allow for multiple codes.

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### **Fun**

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All is fun. Love the people and the activities. Bowling is a hoot.

Games are lots of fun and a great way to connect with and play with others.

It is a lot of fun.

It was a lot of fun!

It was fun.

It was good to do at work. The Fitbit challenges with other employees were truly fun. It definitely fostered camaraderie.

Like to do this stuff.

Note. Responses have been split to allow for multiple codes.

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### **Thank you**

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I am fortunate to have been invited to participate and am thankful for the opportunity.

I just really appreciate this opportunity.

Such a gift to the neighborhood, thank you.

Thank you for funding this.

Thank you for helping us and for thinking of us. God bless you.

Thank you for making this activity happen.

Thank you for taking the time to show us how to be better and I hope there's more programs soon.

Thank you for the nutrition information. I need help to eat better.

Thank you for the opportunity to learn more about yoga and to enjoy exercise with others.

Thank you for the opportunity!

Thank you for your continued work in this area. We have seen an impact at our school.

Thank you so much for sponsoring outdoor yoga. It was one of the highlights of my summer.

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**Thank you**

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Thank you so much for the class/workshop.

Thank you so much.

Thank you. (n=2)

Thank you! (n=2)

Thank you for making this available.

Thank you for offering it.

Thank you. I love the community of friends and new faces.

Thank you. This is such a special thing for Annandale.

Thankful for all the community activities

Thanks for a great time and great healthy food.

Note. Responses have been split to allow for multiple codes.

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**None**

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N/A. (n=4)

No. (n=40)

No, everything is good.

No, not now.

None. (n=4)

Not at this time.

Not pertaining to the book club.

Not really.

Nothing more to add.

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**Other**

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A lot of folks -- even here in the Eco Village -- have a shortage of both time and energy to develop an interest in gardening / growing food. Attention to this perception would be helpful.

A speaker from U of M shared information about plant diseases that she actually found on plants in the community garden. This added much to the evening and produced great discussion among the group.

Activities are well organized and that needs a special mention.

After walking we usually discuss nutritional snacks (and occasionally are served some) and also we socialize.

Also a good way to meet new people.

Awesome food.

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## Other

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Construction for the EcoVillage is just finishing up now. We only had our property lines marked late last fall, so this spring will be the first chance we can really start setting up gardens in all the community garden spaces and personal gardens. So as of now, it's been more planning than doing - but it's good to have the info now. Will help with the planning. We still have some money left from grant to set up some raised beds - that was something we couldn't really do until the property lines were marked. So - our activities for this aren't completely done yet.

---

Do more yoga.

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Even though the participation was not as great as we hoped, I believe it will increase if we keep the group going for another year or two, and people encourage their friends to try it out. There was originally a \$15 fee, which was refunded when the grant came through. I think the fee may have been a deterrent (not so much money, but kind of silly to have to pay to walk outdoors on the public sidewalks and paths). The T-shirts are not necessary.

---

Events like biking trips are a great way to share time together, build connections and get some exercise.

---

Everyone has a voice and new activities are talked about at each session. Everyone has a stake in the activity.

---

Everyone was so friendly and help out.

---

Everything is very organized! Great group!

---

Excellent for your health.

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Exercise with music makes it easier to do the exercises. Makes it fun with more people involvement – is beautiful to watch.

---

Feel better and eat different.

---

Friendly people and friends.

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Free outdoor fun and exercise!

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Give the staff a raise.

---

Great class. Should be more than 6 weeks.

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Great book discussion!

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Great book, great group to talk about the book with.

---

Healthy snacks are great.

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I also grew some flower in the winter time.

---

I can now make salsa and healthier foods that I love to eat but always thought fast food was easier. That's not the case.

---

I enjoy nutrient coming into Bridgeview and always looking to Julie to eating healthy and all guidelines support I got and still get.

---

I enjoyed the class very much – learned about other foods from other countries and just about other countries besides my own.

---

I feel book club is one of the most effective ways to get to know people (for people who enjoy reading).

---

I felt this was a relevant positive experience.

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I felt this was an amazing opportunity full of positive influence; understanding and support.

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## Other

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I find that the evolution in modern psychology best explains itself from its past to define where it's going. Like phrenology took the understanding of physical parts that control thoughts and behavior and now drugs not 60's hippy drugs.

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I found out that having too much caffeine in a short time can cause problems with your heart.

---

I hope the plan continues with more growing room for more vegetables.

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I like rice and tomatoes.

---

I liked to learn new foods.

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I love gardening and learning about good health and meeting people in my building.

---

I love Jane's work.

---

I made 2 arrangements that I am so proud of. Can't wait to show them off. Great people that helped so much.

---

I really enjoyed reading the book, Daring Greatly, and the weekly discussions.

---

I started coming to L and F for an occasional meal and when staff brought up gardening I jumped at it.

---

I think fit bit is good for people to be pushed.

---

If this was not free, I probably would not exercise and would be more stressed.

---

It made me more aware of how much I do and don't walk at times. A desk job can suck the life right out of you as far as getting your steps in. some days I would leave work with less than 2000! Having the Fitbit made me more aware of my movements.

---

It makes me proud to be an Allina employee.

---

I very much appreciated to be a part of a community support group with activities that encouraged me to be a part of a group because I have extreme social anxiety disorder and have had a very difficult time leaving my house and being active.

---

I want to do Yoga on a beach someday; somewhere. This is as close as I'm going to get for now.

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I would like them to teach us how to cook with Mexican products that are common.

---

I would love to invite all the students (adults) in the school not just gardeners.

---

I would suggest that the staff take more time (some time) to introduce other participants so that we can know each other.

---

I'm only man.

---

Interesting classes.

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It got me started.

---

It made me face my problems.

---

It was a great way to discuss the material we had read, but it also was great to discuss how our lives were affected by the book.

---

It was great that it was free.

---

It was great. Met some very good people. They really helped me during the loss of my husband this year.

---

It was interesting watching it grow and weeding it.

---

It was my first time doing a book study, and it was really enjoyable. The book was excellent, and I hope to share it with my family.

---

## Other

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It was very educational.

---

It was very well attended and energizing to do yoga with a large group.

---

It was wonderful to have this activity held outside.

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It would have been nice to be able to split off from the group and do other physical activity better suited for my condition.

---

It's really great to have an opportunity to exercise and get to know others.

---

Just to do as much as possible for the community.

---

Maybe consider a different location for future yoga classes...it was nice to be outside, but once it was so windy that the mats nearly blew away and it was hard to hear the instructor. Another time, there was construction going on nearby (in Central Green), which made it hard to hear the instructor.

---

More activity and exercises needed to keep us in shape as we get older.

---

More hours in the pool.

---

More space?

---

No. Liked going, felt better after.

---

Not a lot of readers. Maybe do a movie club if connecting with others is an important goal.

---

Peaceful.

---

Perfect time of day and great to be outside!

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Practicing yoga outdoors is wonderful.

---

Really great thing for mind, body and health, workout music.

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Small kids are sometimes distracting when allowed to stay with the mothers even though childcare was provided.

---

So happy to be a part of it!

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Suggestions would be to plant less arugula - it seemed like that was overabundant for a plant that does not seem to be as popular as some other lettuces / greens.

---

Thank you for offering it. It was a great way to try a new activity without cost. It's hard to pay for something you're not sure you'll like or be able to do.

---

Thank you very much for the help with gas money.

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Thankful it is free.

---

The plain yogurt is nasty no matter what you mix with it.

---

That they also teach the children to eat healthy.

---

The incentives are really cool, and time with other people, knowing that being an abused woman, we don't hide for nothing, but we shelter our lives around people we trust. Turning point showed me my turning point in life. Very spiritual. Very real.

---

The meals were fantastic at Celebrate Recovery!

---

The Way Park group is well-organized in coordinating and promoting this activity. It's a highlight of September for me.

---

There should be a way to get more people to exercise. CE needs to get creative to get people out to walk, etc.

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## Other

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These grants are so great! It helps to try something (exercise and/or cooking) that I would not have tried on my own.

---

This activity was organized very well. Meetings were well planned, and always educational. The healthy food was great! It was interesting getting to know and learn from new people.

---

This gets me out of the house.

---

This is an amazing club.

---

This really empowered the East African students, especially the girls. Loved being a part of it.

---

This was a fantastic experience that truly changed the way I teach, lead, and parent. I never really wanted to get to school early to meet, but I always felt refreshed and reinvigorated after I completed the book study.

---

This was very valuable and greatly impacted my happiness and wellbeing.

---

To give people more time -- more and longer classes.

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Very important for your health for our bodies to be healthy I read.

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Very interesting.

---

Very well given.

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Want to invite my new neighbors.

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Watching the season change from summer to fall.

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We need this sort of thing to make our community strong.

---

We saw a steady increase in the number of participants throughout the event period.

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Weather was hot and wet.

---

Wish more participated.

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Would like to receive more information about other exercise and healthy eating habits.

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Would like to see more.

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Would like to see that Yoga starts earlier in the beginning of summer.

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Would enjoy just walking with someone.

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Would support all exercise offered.

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Yoga in the park needs better advertising, especially at St. Olaf and Carleton because I think a lot of college students are interested but do not hear about it until it is too late.

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Yoga outdoors is so healthy for many reasons.

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