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# Allina Health Neighborhood Health Connection™

## *2014 Healthy Activity Grant Evaluation Summary*

The Allina Health Neighborhood Health Connection (NHC) Healthy Activity Grants were created to help individuals build social connections and participate in activities that encourage physical activity and/or healthy eating. Results from the evaluation suggest positive changes in social connections, physical activity, and healthy eating occurred for a majority of participants. In addition, participants who took part in a higher number of activities were more likely to report positive changes.

### Reach of the NHC Healthy Activity Grants

**NHC grants were awarded to 55 organizations and groups who reached 2,886 participants through their collective work.** Most of the grantees used the NHC funding they received to expand (45%) or support (18%) an existing group, rather than to create a new group (36%).

### Evaluation methods

At the end of the grant-funded activities, surveys were administered to grantees and participants. The grantee survey was completed by 53 of the 55 grantees. The participant survey was completed by 682 of the 1,209 eligible participants (i.e., adults age 18 or older who took part two or more times in an activity), which is a response rate of 56 percent. Surveys were gathered from 50 of the 55 grantees. Frequency of participation in the NHC activities was categorized as “high” (participants attended 6 or more activity sessions), “moderate” (4-5 sessions), or “low” (2-3 sessions).

### Success building social connections

**The NHC grants helped many participants feel more connected to others.** A majority of grantees rated their activity as “very successful” in helping participants strengthen existing relationships (73%) and build new relationships (61%). Most participants also reported that, as a result of participating in a NHC activity, they strengthened their current relationships (80%) and built new relationships (75%).

Participants who took part at a “high” frequency were significantly more likely to indicate they were “very confident” they would stay in touch with at least one of the new people who they connected with (56%) compared to those who participated at a “moderate” or “low” frequency (42% each)\* (Figure 1).

## Success improving health behaviors

**Results suggest participants made changes in their physical activity and healthy eating behavior as a result of the NHC grants.** A majority of participants reported eating healthier meals and snacks (64%) and being more physically active (57%) compared to six months ago.

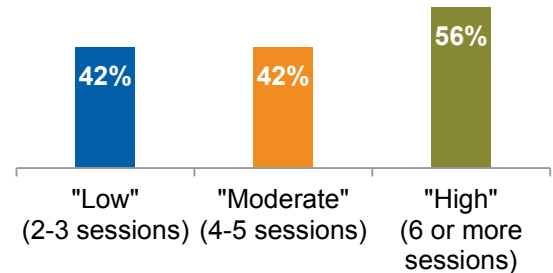
Participants who took part at a “high” frequency were significantly more likely to report increased physical activity (64%) compared to those who participated at a “moderate” or “low” frequency (50% each).\* Participants who took part at a “high” frequency were also more likely to report increased healthy eating (68%) compared to those who participated at a “moderate” or “low” frequency (56% and 61%) (Figure 2). These differences were not statistically significant.

Seventy-one percent of grantees reported that their NHC activity was “very successful” in increasing participants levels of physical activity, and 35 percent indicated they were “very successful” increasing participants’ healthy eating behaviors.

*\*Note: Significance tests were conducted using a chi-squared test. Differences are statistically significant at  $p < .05$ .*

**FIGURE 1: PARTICIPANTS' FREQUENCY OF INVOLVEMENT, BY CONFIDENCE IN STAYING IN TOUCH WITH A NEW CONNECTION**

Participants reporting being "very confident" that they'll stay in touch with a new connection (N=231)



**FIGURE 2: PARTICIPANTS' FREQUENCY OF INVOLVEMENT, BY SELF-REPORTED CHANGES IN HEALTHY EATING AND PHYSICAL ACTIVITY**

Participants reporting being more physically active than six months ago (N=339)



Participants reporting eating healthy meals and snacks more often than six months ago (N=257)



- "Low" (2-3 sessions)
- "Moderate" (4-5 sessions)
- "High" (6 or more sessions)

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### For more information

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