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Allina Health Neighborhood Health Connection™

*Findings from the 2015 Healthy Activity Grant Program
Follow-up Evaluation Survey*

OCTOBER 2016

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Acknowledgments

Wilder Research would like to thank the Neighborhood Health Connection grantees and participants for taking part in the evaluation. We would also like to acknowledge the work of staff from Allina Health Community Benefit and Engagement for their insight, input, and guidance. It was a pleasure working with them and learning about the impact of the Neighborhood Health Connection program.

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

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Background

The role of social connectedness in influencing health

A growing body of research demonstrates that social connections, the relationships that individuals have with their family members, friends, and neighbors, can contribute to positive health outcomes in a variety of ways. Social connections can improve health indirectly, such as when positive behavior change is supported through the development and reinforcement of positive social norms or when residents with different backgrounds organize to influence policy decisions that impact health. There is also research demonstrating that when individuals feel connected with others, they can experience direct physical benefits, including reductions in stress and other symptoms associated with social isolation. Health outcomes can also improve 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 (noted as “Allina Health”), but largely administered at a regional level by the Allina Health community engagement leads. Through the program, grants ranging from \$500 to \$10,000 were awarded to organizations and groups of neighbors through a competitive process. All funded organizations were required to implement activities focused on a) increasing social connections and b) improving healthy eating and/or physical activity behaviors for adults of all ages and families. Because of earlier evaluation results suggesting a positive relationship between changes in health behavior and social connections and frequency of participation, all grantees were required to offer a minimum of six activities for the same group of participants. Beyond this requirement, there were no restrictions on the types of activities which could be offered. As a result, the funded activities varied widely (e.g., community gardening, sports and exercise groups, cooking and nutrition classes), and all aimed to reach different populations.

In 2015, grants were implemented by 58 organizations in Minnesota and western Wisconsin. In total, 56 grantees reached 2,789 participants. (One grantee did not submit their participant tracking form and another did not have participants during the funding period.) NHC grantees received funding to implement their NHC activity during a six-month period (July-December 2015).

About the evaluation

Evaluation questions

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

- What are the characteristics of residents the NHC program is reaching (e.g., immigrants and refugees, individuals with low-incomes)?
- 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?

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

Methods

Initial surveys and response rates

- Initial grantee survey. Grantees were asked to share their perceptions of their project's success in helping participants increase social connections and improve healthy eating and physical activity behaviors. Surveys were gathered from 53 of the 58 grantees, a response rate of 91 percent.
- Initial participant survey. Written or online surveys were administered to adults who participated in two or more project activities. The participants were asked how the activities impacted their connections with others and their own health behaviors. The survey was available in the three languages spoken by the vast majority of participants: English, Somali, and Spanish. The participant survey was completed by 788 of the approximately 1,828 eligible participants (i.e., adults age 18 or older who participated in an activity at least twice), for a response rate of 43 percent. Online surveys were completed by 229 participants and paper surveys by 559.

Follow-up surveys and response rates

- Grantee follow-up survey. An online survey was sent to all grantees six months after the end of the NHC funding period. Grantees who reported their activity continued beyond the grant period were asked about any changes they made to the activity and the impact the grant had on their activity. The follow-up grantee survey was sent to 53 grantees and completed by 50, a response rate of 94 percent.
- Participant follow-up survey. Written or online surveys were sent to adult participants six months after the end of the NHC funding period. The participants were asked whether they continued participating in the activity and about the impact of the activity on their social connections and health behaviors. The survey was available in English and Spanish. Participants were given a \$10 gift card if they completed the initial and follow-up surveys. The follow-up participant survey was sent to 733 participants and completed by 420, a response rate of 57 percent. Online surveys were completed by 190 participants and paper surveys by 230. Participants from 49 NHC activities responded to the survey.

During the initial survey, 788 participants responded. The number of respondents to the follow-up participant survey represents about 53 percent of the total number of respondents to the initial survey. Not all participants who responded to the initial survey were sent a follow-up survey because they did not provide a mailing address or the address was incorrect.

Limitations

Use caution when interpreting the follow-up results as they may not represent the thoughts of all participants who were eligible for that survey. Respondents to the follow-up survey tended to be white, female, not receive public support, speak English in their household, and be in good health.

Statistical significance

For the results of the initial survey, chi-square tests were conducted to identify any significant relationships between dosage (i.e., the number of times an individual took part in a Neighborhood Health Connection activity) and changes in social connections, healthy behaviors, and the use of resources that support health. Chi-square tests were also used to measure the significance of differences in participants' social connections and health behaviors between the initial and follow-up surveys. All differences noted in this report are statistically significant at $p < .05$.

Key findings from the initial survey

Success building social connections and healthy behaviors at the end of the NHC funding period

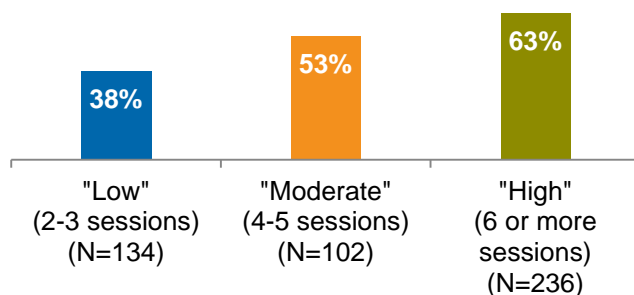
Overall, the findings from the initial survey suggest positive changes in social connections, physical activity, and healthy eating occurred for a majority of participants at the end of the NHC funding period. In addition, participants who took part in a higher number of activities were more likely to report positive changes.

Impact on social connections

Results suggest that the NHC grants helped increase connections among participants. A majority of grantees rated their activity as “very successful” in helping participants strengthen existing relationships (76%) and building new relationships (57%). Most participants also reported that, as a result of participating in a NHC activity, they strengthened their current relationships (89%) or built new relationships (82%).

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 their new connections (63%) compared to those who participated at a “moderate” or “low” frequency (53% and 38%, respectively; Figure 1).

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



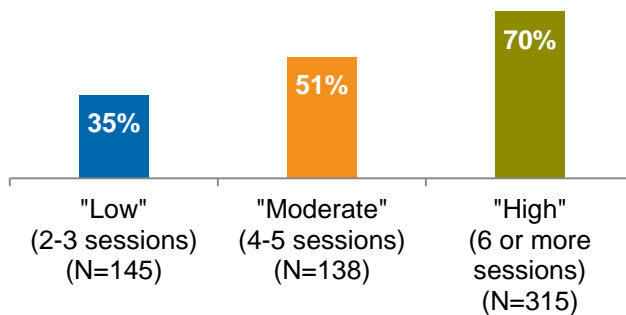
Note: Differences are statistically significant at $p < .05$.

Impact on health behaviors

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 (63%) and being more physically active (57%) after participating in a NHC activity.

Participants who took part at a “high” frequency were significantly more likely to report increased physical activity (70%) compared to those who participated at a “moderate” or “low” frequency (51% and 35%, respectively; Figure 2).

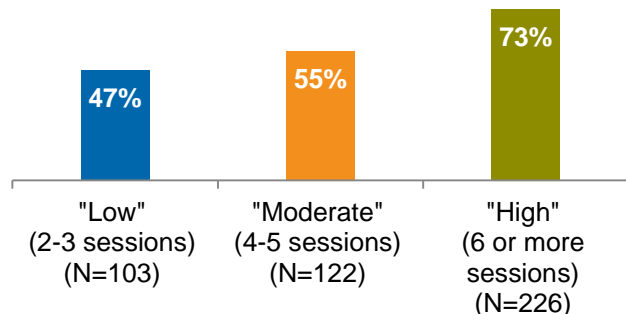
2. Percentage of participants who reported changes in their physical activity, by frequency of involvement



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

A greater percentage of participants who took part at a “high” frequency reported increased healthy eating (73%) compared to those who participated at a “moderate” or “low” frequency (55% and 47%, respectively; Figure 3). However, these differences were not statistically significant.

3. Percentage of participants who reported changes in their healthy eating by frequency of involvement



Sixty-six percent of grantees reported that their NHC activity was “very successful” in increasing participants' levels of physical activity, and 33 percent indicated they were “very successful” increasing participants’ healthy eating behaviors. Based on the data, it is unclear whether activities focused on physical activity are overall better models compared to healthy eating, or if the difference in grantees’ assessment is a reflection of the participants who took part in their activities during the 2015 funding cycle.

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

Key findings from the follow-up survey

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

Building social connections and healthy behaviors after the end of the NHC funding period

Overall, the findings from the follow-up survey suggest positive changes in social connections and healthy eating occurred for a majority of participants who responded to the survey. The findings also suggest notable differences in improved healthy behaviors among participants based on socioeconomic status. Those who receive public support (a proxy measure for socioeconomic status) were more likely to report changes in healthy eating and physical activity.

In contrast, a majority of participants reported no change in their physical activity six months after the end of the grant period. It is unclear whether this finding is a result of the limitation of participants' self-reported responses or if those who responded to the survey were highly physically active and therefore did not increase their level of activity after the grant period.

Continued participation in a NHC activity

Over three-quarters of grantees (76%) reported continuing their activity after the NHC grant period ended. Most decided to continue their activity because it helped participants make social connections (87%) and it had a positive impact on their health (84%). The most common reason grantees did not continue their activity was because they did not have other funding sources (67%).

Over half of grantees (57%) who continued to offer the activity after the end of the NHC funding reported that they did so by using their organization's internal funding. Others noted that their activity is run voluntarily (30%) or that they received funding from an external source that was not Allina (27%). Some (16%) indicated receiving funding from another Allina Health program that was not Neighborhood Health Connection.

A majority of participants (60%) who completed the follow-up survey reported that they continued to take part in the NHC activity that they were involved with. Most continued because they liked spending time with others (68%) and the activity helped improve their health (66%). The most common reason individuals stopped participating was because the activity was no longer offered (71%).

Impact on social connections at the follow-up

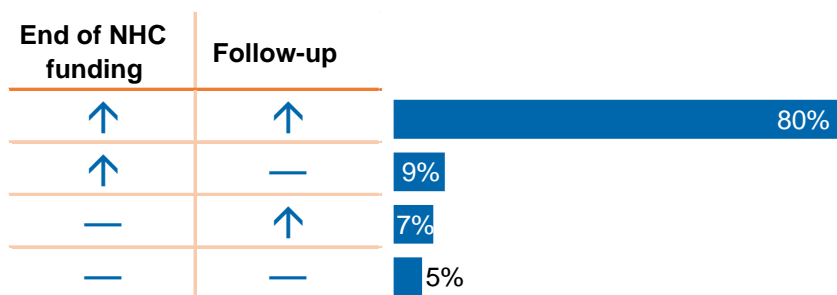
Eighty-two percent of participants indicated that they met new people through the NHC activity. Most of these participants (83%) reported that after the NHC grant period ended they still talk to or meet with at least one of the new people they met.

Eighty-six percent of participants reported strengthening their current connections (i.e., connections with people who they knew before the activity started). Those who continued taking part in a NHC activity were significantly more likely to report strengthening their current connections (93%), compared to those who did not continue to participate (75%).

Impact on social connections at the end of the NHC funding period and at the follow-up

Eighty percent of participants reported strengthening their current connections at the end of the NHC funding period and at the follow-up. Nine percent reported strengthening their social connections at the end of NHC funding period and maintaining those improvements at the follow-up (Figure 4).

4. Participants' change in their current connections at the end of the NHC funding period and at the follow-up (N=431)



↑ = connection increased, — = no change in connection

Note: This figure displays the total number of participants who answered survey questions regarding changes to their social connections both at the end of the NHC funding period AND at the follow-up. The total percentage is greater than 100 because of rounding. As a result, the percentage of participants who strengthened their current connections at the follow-up appears one point higher.

Impact on physical activity at the follow-up

A majority of participants (52%) reported doing about the same amount of physical activity as six months ago and 46 percent reported being more physically active.

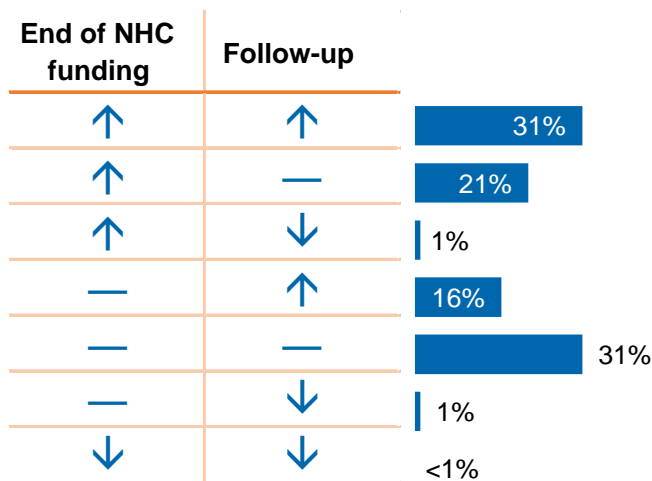
Nearly half of participants (49%) who continued taking part in a NHC activity reported increased physical activity. Fewer (40%) who no longer continued to participate in the activity reported an increase in physical activity. These results were not statistically significant.

Participants who receive public support were significantly more likely to report being more physically active compared to six months ago (61%), in contrast to those who do not receive public support (44%).

Impact on physical activity at the end of the NHC funding period and at the follow-up

Thirty-one percent reported doing more physical activity at the end of the NHC funding period and at the follow-up. Twenty-one percent reporting doing more physical activity at the end of NHC funding period and maintaining those improvements at the follow-up (Figure 5).

5. Participants' change in their physical activity at the end of the NHC funding period and at the follow-up (N=315)



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

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

Impact on healthy eating at the follow-up

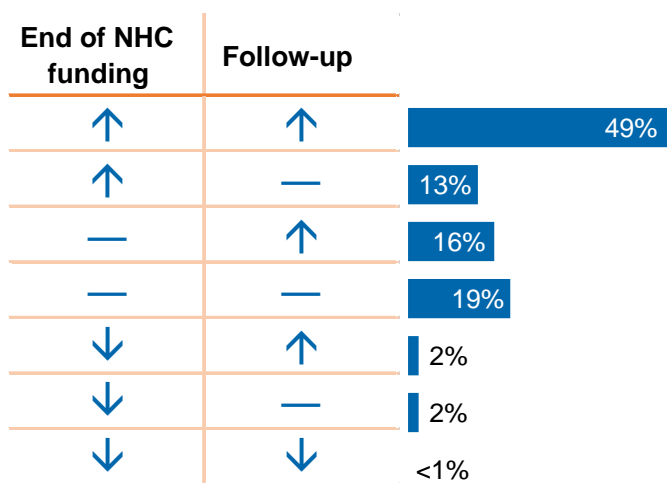
Sixty-six percent of participants reported eating more healthy meals and snacks at the follow-up compared with at the end of the grant period. Participants who continued participating in a NHC activity and those who did not reported nearly identical levels of increased healthy eating (65% and 67%, respectively). These results were not statistically significant.

Participants who receive public support were significantly more likely to report eating more healthy meals and snacks since taking part in an NHC activity six months ago (78%), in contrast to those who do not receive public support (64%).

Impact on healthy eating at the end of the NHC funding period and at the follow-up

Forty-nine percent of participants reported eating healthier foods at the end of the NHC funding period and at the follow-up. Thirteen percent reported eating healthier foods at the end of NHC funding period and maintaining those improvements at the follow-up (Figure 6).

6. Participants' change in their healthy eating behavior at the end of the NHC funding period and at the follow-up (N=239)



↑ = healthy eating increased, ↓ = healthy eating decreased, — = no change in healthy eating

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

Impact on overall health

A majority of participants who answered the follow-up survey (56%) reported that their overall health has not changed much compared to six months ago. Forty-three percent indicated that their health was better than six months ago.

Participants who continued taking part in a NHC activity were significantly more likely to report improved overall health (48%), compared to those who did not continue to participate (37%).

Potential next steps

For the past three years, the NHC evaluation has shown that participants and grantees report that the funded activities lead to increases in social connectedness, physical activity, and healthy eating. Results from years two and three also showed that participants who took part in six or more activities were more likely to experience these changes than those who were involved less often. This finding led Allina to require projects to offer at least six activities in order to receive funding. In addition, Allina extended the grant's timeline for the 2016 round of NHC funding. A longer timeline was one of the key suggestions from grantees in the 2015 initial survey. Changes were also made to the evaluation approach to increase survey completion rates and to share participant feedback with each project. The 2016 evaluation will build on previous analyses by exploring whether the way grantees' activities are organized (e.g., closed cohort, open cohort, or open group) impacts participants' outcomes.

At this stage in the evaluation, Allina may find it helpful to continue using surveys as a way to monitor whether the programs they fund are continuing to have a positive impact on social connectedness and health. However, different evaluation approaches are needed if Allina Health has interest in looking more closely at the effectiveness of successful programs, including those who reach populations often underserved, or to conduct a study with greater rigor to assess changes in health behaviors and outcomes. As Allina explores further developing the NHC evaluation, the following points may be helpful to consider:

- **Share and discuss the follow-up evaluation findings with community engagement leads and other Allina Health staff.** The findings should be shared with leads and other staff to demonstrate the intermediate impact of the NHC program and gather their feedback about other areas to explore through the evaluation. They could also be valuable to reference as leads are making funding decisions for the 2017 NHC grant or as staff are reviewing the NHC logic model.
- **Consider incorporating an additional evaluation tool to help reach those who did not complete the follow-up survey.** While the response rates for the 2014 and 2015 follow-up surveys were strong, the survey may not be the most appropriate tool for certain cultural groups that may struggle to understand the survey or benefit from an oral approach. The follow-up survey could be supplemented with a qualitative tool such as focus groups or key informant interviews with certain grantees.

- **Consider selecting a few grantees for a deeper assessment of the effect of their activity six months after the end of the NHC grant period.** The findings from the follow-up survey suggest improvements in social connectedness and health; however, in order to gain a better understanding of these effects, and the specific factors that contribute to them, Allina could engage a small group of grantees through additional evaluation activities. These could include key informant interviews or group conversations with staff and participants and an in-depth review of grantees' activities and programs.

Appendix

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

The demographic information in this section includes data from the initial and follow-up surveys for comparison of those who responded to both surveys. The number of respondents for both surveys differ as not all participants answered the follow-up survey.

The distribution of follow-up survey participants' ages closely mirrors that of all participants who responded to the initial survey. There were slightly fewer younger (18-29) participants and slightly more participants 65 or older who responded to the follow-up survey (Figure A1).

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

What is your age?	Initial survey (N=657)	Follow-up survey (N=384)
18-29	87 (13%)	38 (10%)
30-39	118 (18%)	67 (17%)
40-49	114 (17%)	67 (17%)
50-64	180 (27%)	108 (28%)
65 or older	158 (24%)	104 (27%)

Follow-up survey respondents' gender also closely aligns with that of all participants who responded to the initial survey. In the follow-up survey, 86 percent of participants identified as female and 14 percent as male (Figure A2).

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

	Initial survey (N=762)	Follow-up survey (N=425)
Female	637 (84%)	364 (86%)
Male	125 (16%)	61 (14%)

The follow-up survey included a greater share of white participants compared to the initial survey (85% versus 73%). There were also fewer Hispanic or Latino participants who answered the follow-up compared to the initial (4% versus 11%), and fewer African participants who responded to the follow-up compared to the initial (3% versus 9%; Figure A3).

A3. Race or ethnicity of respondents

How would you describe your racial or ethnic group?	Initial survey (N=746)	Follow-up survey (N=412)
White or Caucasian	542 (73%)	351 (85%)
Hispanic or Latino	82 (11%)	17 (4%)
African, including Oromo, Somali, Ethiopian, Eritrean, and Sudanese	70 (9%)	12 (3%)
Black or African American	48 (6%)	22 (5%)
American Indian/Native American	14 (2%)	6 (2%)
Asian, including Chinese, Japanese, Korean, and Southeast Asian	7 (1%)	7 (2%)
Another race or ethnic group	5 (1%)	3 (1%)

The follow-up survey included more participants who spoke English in contrast to the initial survey (94% versus 84%). More follow-up survey participants also reported being born in the U.S. compared to those who responded to the initial survey (90% versus 81%; Figure A4).

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

What is your preferred language?	Initial survey (N=755-758)	Follow-up survey (N=426-431)
English	631 (84%)	401 (94%)
Spanish	65 (9%)	13 (3%)
Somali	51 (7%)	6 (1%)
Other language	8 (1%)	6 (1%)
Were you born in the U.S.?		
Yes	616 (81%)	389 (90%)
No	142 (19%)	42 (10%)

Fewer respondents to the follow-up survey indicated receiving some form of public support to help them afford health care, housing, food, or child care compared to those who responded to the initial survey (24% versus 33%; Figure A6). Public support was used as a proxy measure for individuals' socioeconomic status.

A6. Receipt of public support among participants

Do you get any help from programs to help you afford health care, housing, food, or child care (e.g., Medical Assistance, SNAP, WIC, Section 8, child care assistance)?	Initial survey (N=722)	Follow-up survey (N=415)
Yes	238 (33%)	98 (24%)
No	484 (67%)	317 (76%)

The follow-up survey included a slightly smaller share of participants in “excellent” health compared to the initial survey (11% versus 15%; Figure A7). Across both the initial and follow-up survey, participants rated their overall health highly.

A7. Self-reported health status of respondents to the initial and follow-up surveys

In general, how would you rate your overall health?	Initial survey (N=779)	Follow-up survey (N=436)
Excellent	115 (15%)	49 (11%)
Very good	307 (39%)	191 (44%)
Good	278 (36%)	165 (38%)
Fair	75 (10%)	30 (7%)
Poor	4 (1%)	1 (<1%)

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

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

A majority of participants (60%) reported that they continued to take part in the NHC activity after the NHC funding period ended. Most continued because they liked spending time with others (68%) and the activity helped improve their health (66%). The most common reason individuals stopped participating was because the activity was no longer offered (71%; Figure B1).

B1. Continued participation in a Neighborhood Health Connection activity

Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago? (N=435)

	Number	Percent
Yes	261	60%
No	174	40%
If yes, why did you continue to participate? (N=259)		
I liked spending time with others	177	68%
It helped me improve my health	171	66%
The information presented was helpful to me	138	53%
Other ^a	41	16%
If no, why did you not continue to participate? (N=173)		
The activity was no longer offered	128	74%
The activity was offered at a place or time that was not convenient	28	16%
The activity didn't help me make changes to my health	2	1%
I didn't feel connected to the other participants	2	1%
The activity was too expensive	5	3%
Other ^b	22	13%

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

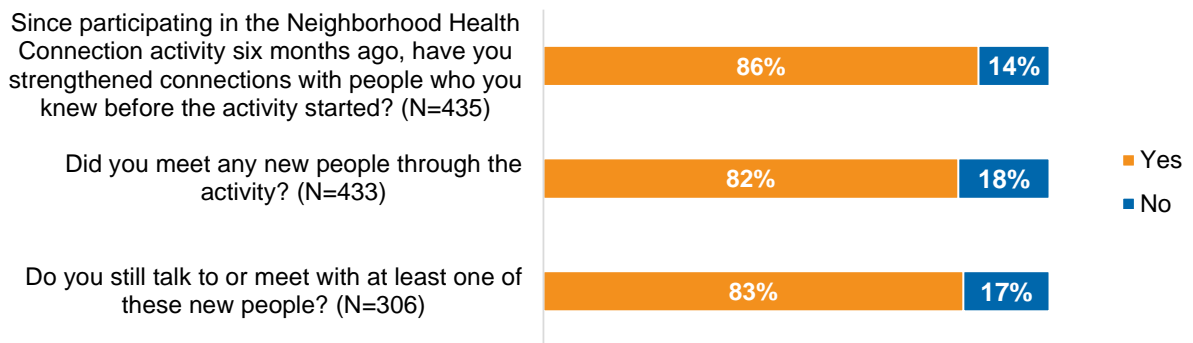
^a Includes: offering an opportunity to connect with the community, enjoying participating in the activity, and impacting the community through gardening.

^b Includes: issues with physical health or timing.

Participants' social connections

Many participants strengthened or maintained newly made social connections after the NHC funding period ended. Eighty-six percent reported strengthening connections with people who they knew before the activity started. Eighty-two percent indicated that they met new people through the NHC activity. Of those who met new people, most (83%) reported that they still talk to or meet with at least one of the new people who they met (Figure B2).

B2. Self-reported changes in strengthening current relationships and forming and sustaining new relationships among participants



Participants who continued taking part in a NHC activity were significantly more likely to report strengthening connections with people who they knew before the activity (93%), compared to those who did not continue to participate (75%; Figure B3).

B3. Percentage of participants who strengthened their current relationships, by whether they continued participating in a NHC activity

Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started?	Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago?	
	Yes (N=261)	No (N=173)
Yes	243 (93%)	130 (75%)
No	18 (7%)	43 (25%)

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

Participants who receive public support and those who do not were both likely to report strengthening connections with people who they knew before the activity (85% and 86%, respectively). These results were not statistically significant (Figure B4).

B4. Percentage of participants who strengthened their current relationships, by receipt of public support

Since participating in the Neighborhood Health Connection activity six months ago, have you strengthened connections with people who you knew before the activity started?	Do you get any help from programs to help you afford health care, housing, food, or childcare (e.g., Medical Assistance, SNAP, WIC, Section 8, childcare assistance)?	
	Yes (N=97)	No (N=316)
Yes	82 (85%)	272 (86%)
No	15 (15%)	44 (14%)

Participants who continued taking part in a NHC activity were significantly more likely to report still talking or meeting with at least one of the new people who they met through the activity (91%), compared to those who did not continue to participate (70%; Figure B5).

B5. Percentage of participants who sustained their new connections, by whether they continued participating in a NHC activity

Do you still talk to or meet with at least one of these new people?	Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago?	
	Yes (N=193)	No (N=113)
Yes	175 (91%)	79 (70%)
No	18 (9%)	34 (30%)

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

Participants who receive public support were more likely to report still talking or meeting with at least one of the new people who they met through the activity (88%), compared to those who do not receive public support (81%). These results were not statistically significant (Figure B6).

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

Do you get any help from programs to help you afford health care, housing, food, or childcare (e.g., Medical Assistance, SNAP, WIC, Section 8, childcare assistance)?

Do you still talk to or meet with at least one of these new people?	Yes (N=73)	No (N=225)
Yes	64 (88%)	182 (81%)
No	9 (12%)	43 (19%)

Participants' physical activity

Most participants (82%) reported that their NHC activity included physical activities such as walking, gardening, exercising, or playing sports. Eighteen percent indicated that their activity did not include physical activities (Figure B7).

B7. Inclusion of physical activity in the Neighborhood Health Connection activity (N=430)

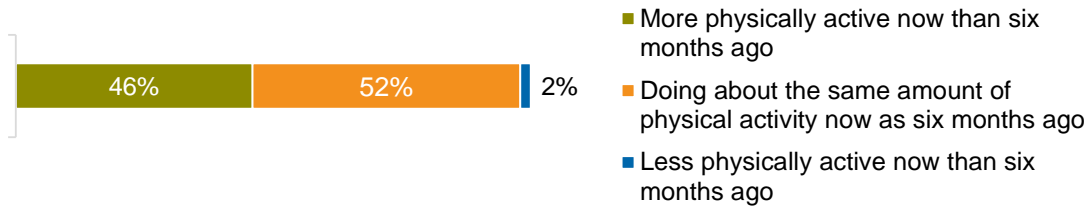
Did your participation in the Neighborhood Health Connection activity include physical activities such as walking, gardening, exercising, or playing sports?



A majority of participants (52%) reported doing about the same amount of physical activity as six months ago. Forty-six percent indicated being more physically active six months after the NHC funding ended and 2 percent reported being less physically active (Figure B8).

B8. Self-reported changes in physical activity among participants (N=315)

Since participating in the activity six months ago, are you:



Participants who continued taking part in a NHC activity were slightly more likely to report increased physical activity. Forty-nine percent of those who continued to participate in a NHC activity reported increased physical activity, compared to those who did not continue to participate (40%). These results were not statistically significant (Figure B9).

B9. Percentage of participants who reported changes in their in physical activity, by whether they continued participating in a NHC activity

Since participating in the activity six months ago, are you:	Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago?	
	Yes (N=205)	No (N=110)
More physically active now than six months ago	101 (49%)	44 (40%)
Doing about the same amount of physical activity now as six months ago	104 (51%)	59 (54%)
Less physically active now than six months ago	0 (0%)	7 (6%)

Participants who receive public support were significantly more likely to report increased physical activity (61%), in contrast to those who do not receive public support (44%; Figure B10).

B10. Percentage of participants who reported changes in their in physical activity, by receipt of public support

Since participating in the activity six months ago, are you:	Do you get any help from programs to help you afford health care, housing, food, or childcare (e.g., Medical Assistance, SNAP, WIC, Section 8, childcare assistance)?	
	Yes (N=57)	No (N=250)
More physically active now than six months ago	35 (61%)	109 (44%)
Doing about the same amount of physical activity now as six months ago	21 (37%)	136 (54%)
Less physically active now than six months ago	1 (2%)	5 (2%)

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

Overall, participants of varying levels of health reported doing about the same level of physical activity as six months ago. Doing the same level physical activity was reported by a majority of those in “very good” (51%), “good” (54%), and “fair” (53%) health. In contrast, over half of those who rated themselves in “excellent” health reported increased physical activity (51%; Figure B11). No participants reported being in “poor” health.

B11. Percentage of participants who reported changes in their physical activity, by self-reported health status

Since participating in the activity six months ago, are you:	In general, how would you rate your overall health?			
	Excellent (N=39)	Very good (N=150)	Good (N=111)	Fair (N=15)
More physically active now than six months ago	20 (51%)	71 (47%)	48 (43%)	6 (40%)
Doing about the same amount of physical activity now as six months ago	19 (49%)	76 (51%)	60 (54%)	8 (53%)
Less physically active now than six months ago	0 (0%)	3 (2%)	3 (3%)	1 (7%)

Participants’ healthy eating

A majority of participants (63%) reported that their NHC activity included a focus on healthy eating. Thirty-seven percent indicated that their activity did not include healthy eating (Figure B12).

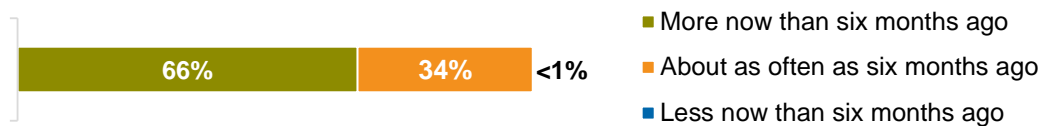
B12. Inclusion of healthy eating in the Neighborhood Health Connection activity (N=435)



Sixty-six percent of participants reported eating healthy meals and snacks more often six months after the NHC funding ended. Thirty-four percent indicated eating healthy about as often as six months ago (Figure B13).

B13. Self-reported changes in healthy eating among participants (N=239)

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



Participants who continued participating in a NHC activity and those who did not reported nearly identical levels of increased healthy eating (65% and 67%, respectively). These results were not statistically significant (Figure B14).

B14. Percentage of participants who reported changes in their healthy eating, by whether they continued participating in a NHC activity

Since participating in the activity six months ago, do you eat healthy meals and snacks:	Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago?	
	Yes (N=146)	No (N=92)
More now than six months ago	95 (65%)	62 (67%)
About as often as six months ago	51 (35%)	29 (32%)
Less now than six months ago	0 (0%)	1 (1%)

Participants who receive public support were significantly more likely to report increased healthy eating (78%), in contrast to those who do not receive public support (64%; Figure B15).

B15. Percentage of participants who reported changes in their healthy eating, by receipt of public support

Do you get any help from programs to help you afford health care, housing, food, or childcare (e.g., Medical Assistance, SNAP, WIC, Section 8, childcare assistance)?

Since participating in the activity six months ago, do you eat healthy meals and snacks:	Yes (N=63)	No (N=166)
More now than six months ago	49 (78%)	106 (64%)
About as often as six months ago	13 (21%)	60 (36%)
Less now than six months ago	1 (2%)	0 (0%)

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

Participants of varying levels of health reported increased healthy eating. Increased healthy eating was reported by respondents who rated themselves in “excellent” (59%) and “very good” (69%) health, as well as those who rated themselves as being in “good” (61%) and “fair” (87%; Figure B16). Only one participant reported being in “poor” health and reported an increase in healthy eating.

B16. Percentage of participants who reported changes in their healthy eating, by self-reported health status

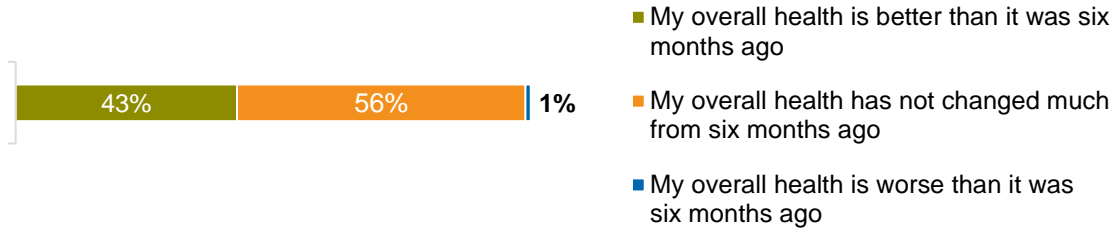
Since participating in the activity six months ago, do you eat healthy meals and snacks:	In general, how would you rate your overall health?			
	Excellent (N=27)	Very good (N=100)	Good (N=96)	Fair (N=15)
More now than six months ago	16 (59%)	69 (69%)	58 (60%)	13 (87%)
About as often as six months ago	11 (41%)	30 (30%)	38 (40%)	2 (13%)
Less now than six months ago	0 (0%)	1 (1%)	0 (0%)	0 (0%)

Participants’ self-reported health status

Forty-three percent of participants indicated that their overall health was better than six months ago. Fifty-six percent reported that their health has not changed much compared to six months ago (Figure B17).

B17. Self-reported health status compared to six months among participants (N= 434)

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



Participants who continued taking part in a NHC activity were significantly more likely to report improved overall health (48%), compared to those who did not continue to participate (37%; Figure B18).

B18. Participants' self-reported health status compared to six months ago, by whether they continued participating in a NHC activity

How would you rate your overall health now compared to six months ago?	Have you continued to participate in the Neighborhood Health Connection activity you were involved with about six months ago?	
	Yes (N=258)	No (N=174)
My overall health is better than it was six months ago	123 (48%)	64 (37%)
My overall health has not changed much from six months ago	132 (51%)	108 (62%)
My overall health is worse than it was six months ago	3 (1%)	2 (1%)

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

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

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

- **Forming new and strengthening current connections with community members, fellow activity participants, friends, family, and neighbors through a NHC-funded activity.** Participants also enjoyed engaging in physical activity or preparing meals with others. In some cases, they felt that exercising with others helped motivate them and keep them participating in an activity.

I reconnected with some individuals.

I strengthened bonds with a couple of people I knew only slightly.

I had fun working out with others instead of always running alone.

I loved exercising with my coworkers. It was fun, different and motivating. It was so nice it was right at school. Very fun.

The most positive thing that happened was connecting with other moms while putting together quick, easy, and delicious freezer meals.

Getting to know different people of a variety of nationalities and to learn how to relate with more confidence.

I felt welcomed into a new community because when I started the activity I had only lived here a few months and I had just had a baby and I was feeling very isolated at home.

I became part of a community that does yoga. Whenever I see people that I recognize we talk about how we are looking forward to doing it again. Winter is so long and depressing. The thought of sunny warm days doing yoga outside in the park with those people is really something to look forward to.

I am meeting people who live in my community but not my neighborhood. People who speak a different language and are immigrants from another country. It's such a wonderful opportunity to make a meal together and spend time building relationships. It is unlike any other group I participate in. I am extremely thankful for it.

Getting to spend time with these wonderful people. It is a great group of people. It also gets me motivated more than I would otherwise. I am very busy with work that I do not always think about myself and this helps me do that. They are encouraging and supportive.

- **Improving overall health.** Participants noted a number of benefits as a result of their participation in a NHC-funded activity, such as: improved balance, weight loss, increased muscle strength, more awareness about exercising and healthy eating, reduced stress, and increased happiness and wellbeing.

Felt healthier, helped me with my high blood pressure.

It made me more mindful of my health.

I lost some weight and exercised.

I learned how to relax through yoga.

I have become more active and eat healthier and lost some weight.

Support to get more physically active in meeting new people which helps my depression and anxiety.

It provided some much needed variety in my daily activity and encouraged me to be more active. Plus, it was fun bringing like-minded people closer together with this new opportunity.

That I have been able to stay smoke-free for 1 year since February 1, 2015 and now I am able to do things without having such a hard time breathing. Getting my lungs stronger and my heart to pump better now.

I became more diligent about taking care of myself in terms of stretching and practicing yoga and the benefits from those activities.

A positive feeling about my current health and my new focus on both how to maintain a good health and enjoy life.

- **Improving eating habits and becoming more knowledgeable about nutrition and cooking.** Participants mentioned learning how to cook new meals, paying closer attention to food labels, reducing the amount of salt and fat they eat, and eating more vegetables.

Eat more fruits and vegetables.

I did learn more cooking skills.

Eating a more balanced noon meal.

I learned more about fat in foods I eat and try to reduce fat grams daily.

Enjoyed eating a lot of good fresh vegetables and also learned to cook a lot with some healthy recipes.

I am more aware of what I am eating and how much. Try to eat more healthy snacks.

I am more aware of nutritional values in food and pay more attention to food labels.

I know how familiar foods can be prepared different ways and taste great. I am more willing to try these foods that are different than I was before. The food we made was great.

Learning that a cooking project can be fun, easy and good for you. Provided recipes for foods they already eat but made more nutritiously – fewer calories.

Enjoyed learning new health benefits from new items marketed, one being coconut oil, also various fruits and veggies that are healthy.

- **Gaining skills or trying something new.** Participants reported learning about and trying new types of physical activities such as yoga or gardening, exploring their neighborhood or community, and learning about the health benefits of exercise.

Learning a new activity that I had never done before and then having confidence to continue doing it.

More aware of the benefits of exercise on mental health.

It made me aware of activities even older, less able people can do.

I took the time to slow down and enjoy the outdoors, spending time with my community, and doing some great yoga in the park. I would have never done that before...or even thought about it.

It gave me an opportunity to see what working with others on being healthy through exercise and right eating can be done on a daily basis and can be life changing for the better.

I am no longer afraid to try new things. It may be scary at first but I can meet new people and become healthier.

I learned more about the community garden project and the master gardener program.

I learned that I don't need a gym that I can do stretches and exercises with little or no cost in the comfort of my own home. This is so helpful, especially in the winter time.

I learned more about gardening which makes me happy!

I got to learn something new and push myself. Also enjoyed the people that participated.

- **Increasing physical activity.** Participants noted doing more physical activity and exercising regularly. A few mentioned learning specific exercises that they plan to do on their own.

I am motivated more to walk.

Got some exercise pulling weeds.

Getting moving again, enjoyed the exercise.

Staying active and being physically active with others.

I'm walking more and was taken off one of my medications.

I learned to be more active and met new friends.

The main physical activities I now do were introduced to me through this program.

Will continue to do exercises at home and hope they will have another one next fall. Want to maintain good health.

It makes me continue to do yoga whether at home or class and the instructor was good with helping me relax and meditate.

Became a regular walker and made a really good friend.

Participants were asked an open-ended question about what would have made the Neighborhood Health Connection activity more helpful. The most common themes are summarized below (a list of all responses is located in the open-ended section of the Appendix):

- Having the activities or programs continue beyond the end of the NHC funding period or last longer.
- Offering the activity more frequently, such as multiple times a week.
- Learning about more healthy food recipes and cooking.
- Hosting the activities at a more convenient location or time.
- Having more people participate in the activities or programs and allowing for more time to socialize.

C. Grantees' follow-up survey responses

Over three-quarters of grantees (76%) reported continuing their activity after the NHC grant period ended. Most decided to continue their activity because it helped participants make social connections (87%) and it had a positive impact on participants' health (84%). The most common reason grantees did not continue their activity was because they did not have other funding sources (67%; Figures C1 and C2).

C1. Grantees' continuation of their Neighborhood Health Connection activity

Did you continue your activity after the grant period ended? (N=50)

	Number	Percent
Yes	38	76%
No	12	24%

If no, why not? (N=12)

We did not have other funding sources	8	67%
We did not reach who we had hoped to through our activity	1	8%
Our activity didn't have the type of outcomes we had hoped for	0	0%
Other	7	58%

Note: Total percentage equals more than 100 percent as respondents were able to choose multiple responses. "Other" responses included: the gardening season ended, the farmers market was over, the weather changed, some of the work continued through another grant, meals continued and we ask for a donation to support them, the leader over committed, and parts of the activity continued but the nutrition class ended.

C2. Grantees' reasons for continuing their Neighborhood Health Connection activity (N=38)

Why did you decide to continue to offer your activity?

	Number	Percent
It helped participants make social connections	33	87%
It had a positive impact on participants' health	32	84%
Participants wanted to see it continue	30	79%
It helped participants feel more connected to their community	28	74%
It had been offered by our organization or group of neighbors before we received funding from Allina Health	14	37%
Other	7	18%

Note: Total percentage equals more than 100 percent as respondents were able to choose multiple responses. "Other" responses included: learned healthy prep & eating, had some funding remaining, local donor helped pay for classes, and partner organization was also interested in and had the capacity to continue activity.

Over half of grantees (62%) reported continuing their activity after the end of the Healthy Activity grant funding by using their organization’s internal funding.

Others noted that their activity is run voluntarily (30%) or that they received funding from an external source that was not Allina (27%). Some (16%) indicated receiving funding from another Allina Health program that was not Neighborhood Health Connection (Figure C3).

C3. How grantees supported their activities after the Healthy Activity grant funding ended (N=37)

How were you able to continue your activity?	Number	Percent
We used our organization’s internal funding	23	62%
Our activity is run voluntarily	11	30%
We got funding from an external source that was not Allina Health	10	27%
We got funding from another Allina Health program that was not Neighborhood Health Connection	6	16%
Other	6	16%

Note: Total percentage equals more than 100 percent as respondents were able to choose multiple responses. “Other” responses included: Minneapolis allowed us to use community space without a fee, and we asked participants to contribute \$10 each per session to the yoga teacher fee, we got another NHC grant, we charged participants a small fee, we are charging a small fee to participants to continue in the activity, some small donations, and partner organization offered support by waiving cost or work already aligned with partner organization efforts.

A majority of grantees (62%) reported making changes to their activity after the NHC grant period ended. Thirty-eight percent indicated that they did not make any changes (Figure C4). They shared that they added additional components to their activity (e.g., increasing the number of sessions), made new organizational connections, and responded to the needs of participants (e.g., planning an activity break during Ramadan). (A list of all responses is located in the open-ended section of the Appendix).

C4. Changes to Neighborhood Health Connection activities among grantees (N=37)

After the Healthy Activity grant ended, did you make any changes to your activity?	Number	Percent
Yes	23	62%
No	14	38%

Most grantees (80%) noted that, aside from funding, their NHC activity had an additional, key impact on their organization, including:

- Making them more visible in the community.
- Helping their staff become more aware of the impact of health and social connections on participants.
- Helping their activities and programs reach additional participants or unserved groups.
- Building social connections among program or activity participants.
- Creating partnerships and collaborations with organizations and individuals.

Grantees were asked to offer any suggestions that could help Allina Health improve the Neighborhood Health Connection Healthy Activity grant program.

The most common suggestion was extending the grant’s timeline so that it encompasses a longer period such as an additional six weeks, one year, or multiple years. Grantees individually noted that there should be clearer instructions for completing the grant, more information on Allina’s work in the community and awareness of how organizations can partner with Allina, and increased publicity around the deadline for applying to the NHC program. In addition, one grantee felt that the evaluation requirements were too large given the size of the grant. (A list of all responses is located in the open-ended section of the Appendix.)

D. Participant follow-up survey open-ended responses

D1. Why did you continue to participate? Other (N=44)

Positive reflections on participating

I enjoy participation in exercise classes.

I enjoy the activities.

I enjoy the activity that it is focused around.

I enjoy Yoga.

I love yoga.

I regularly do yoga.

It was fun.

My children loved it.

My three kids enjoyed going and it was fun to participate as a family.

Opportunity for connecting with the community

Helps form connections in the community.

I am trying to get my clients involved in a community activity.

It was a good way to get involved at our church.

Increase my personal contacts.

Group cohesiveness.

Opportunity for 2 year-old to connect with others.

My husband now also participates.

Opportunity for meaningful impact through gardening

Community gardening impacts a lot of people and helps feed the hungry.

I felt I was helping impact other's health by contributing fresh produce to our local food shelf.

Wanted to make a difference by growing produce that was donated to our local food shelf to help others get fresh food.

We enjoy teaching children about growing food.

We wanted a garden.

Other

The program helped me a lot but ended all of a sudden.

Class ended after 6 weeks.

The 6-week class ended.

Helped me lose weight.

We shared healthy snacks.

I also joined Weight Watchers and have lost 10 pounds. I also am more active at the Y.

Good food and nutritional.

D1. Why did you continue to participate? Other (continued; N=44)**Other (continued)**

I like "eating out" so I don't have to cook!

Great event at my children's school; would not have missed it for anything.

I teach the class.

I wasn't sure how to answer this since yoga in the park won't start again for a month or two. I plan to attend!

I witnessed the great success of the Learn to Ride a Bike class and wanted to offer the experience to more participants.

I'm on the garden board and help with decision making.

It offered me quality time with my son.

It helps me to have more confidence, to become more familiar.

PTSD.

We haven't walked anymore.

Coordinator of the program for our building – to set a good example.

Good instructor. Liked on-task work outs.

It was an incentive to get up and do something.

The information was a good refresher.

Couldn't always make the weekly sessions because of reasons beyond my control but I attended whenever possible.

All of the above.

D2. Why did you decide to no longer participate? Other (N=22)**Injured or had other health reasons and could no longer participate**

It was too difficult and I hurt myself.

Have a pinched nerve that I am trying to alleviate.

I became pregnant and was unable to continue due to morning sickness.

I broke my ankle.

Had other competing time commitment

Time.

Couldn't attend due to work hours.

Family matters.

Meets part of the time.

Other

My carrots and beets were stolen.

D2. Why did you decide to no longer participate? Other (continued; N=22)**Other (continued)**

No staff to accompany to activities.

My daughter outgrew the program.

No money, but please don't use this to get a grant, because then taxes will go up.

It didn't add to my health really. I garden at home and just wanted to expand my space. It didn't really fill my needs.

Life gets in the way. It's hard to keep it up when I have to depend on myself to do it.

Vacationed.

I didn't enjoy it as much as running.

There is no neighborhood activity in my neighborhood.

Spouse became very ill and died.

I live in the country and need to drive and it was winter driving and I am 91 years old.

Winter – too cold and icy to walk outside – limited to walk indoors.

I'm still doing on my own.

It was fun and good.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (N=406)**Strengthened or made new connections**

Being connected to new people.

Being outdoors in a healthy way with my friends and neighbors. Enjoying movement in the outdoors during the summer. Sharing the activity with family members and friends.

Building community.

Communication to new people and more healthy compared to six months ago.

Community connections.

Community yoga inspired a specific kind of connection among participants. When we meet in the grocery store or on the street, we often remind one another of the benefits of yoga (breathing, non-striving, compassion, stretching).

Connecting with others.

Connecting with others who have special needs.

Connection with others and options that are available that are economical and can be made at home.

Connections made with the campus and community members.

Enjoyed meeting other neighbors and having a positive, healthy experience available to me in my own neighborhood at no cost.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Strengthened or made new connections (continued)

Friends.

Getting to spend time with these wonderful people. It is a great group of people. It also gets me motivated more than I would otherwise. I am very busy with work that I do not always think about myself and this helps me do that. They are encouraging and supportive.

Got outside in the community with others to do yoga in a beautiful setting. This gave me positive memories to look back on.

Got to practice my yoga skills with a friend.

Great interactions with people from my workplace that I would normally not have contact with.

Had fun with friends.

Have become more involved in the community.

I am meeting people who live in my community but not my neighborhood. People who speak a different language and are immigrants from another country. It's such a wonderful opportunity to make a meal together and spend time building relationships. It is unlike any other group I participate in. I am extremely thankful for it.

I became part of a community that does yoga. Whenever I see people that I recognize we talk about how we are looking forward to doing it again. Winter is so long and depressing. The thought of sunny warm days doing yoga outside in the park with those people is really something to look forward to.

I enjoyed doing things with others.

I enjoyed great yoga classes with a fantastic community of people from Northfield.

I feel more connected with my community and proud of the community building efforts I see present in my neighborhood.

I felt more connected with people in our surrounding neighborhood.

I felt welcomed into a new community because when I started the activity I had only lived here a few months and I had just had a baby and I was feeling very isolated at home.

I got to enjoy nature and interact with the Northfield community.

I got to enjoy the outdoors while also keeping my body healthy (and it was some healthy "me" time!)

I got to meet people outside my neighborhood who I would not normally meet. There was a large age range in the people who participated in yoga, so it was fun to meet both older and younger people. Doing yoga outside deepens connections to nature as well as to each other. I love it!

I had fun working out with others instead of always running alone.

I had the opportunity to get to know more people in my community, and to get out and enjoy nature.

I have been able to meet and keep in contact with very interesting people.

I like the social aspect of it.

I met and connected with other people in the neighborhood. I also remembered how good yoga is for my mental and physical health. I think I will be connecting with other neighbors through the garden soon.

I reconnected with some individuals.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Strengthened or made new connections (continued)

I strengthened bonds with a couple of people I knew only slightly.

Increase in flexibility and a desire to do more yoga.

Increased physical activity.

It was a great chance to be outdoors with others in the community and practice being mindful.

It was great to be active with people we see in our community. It's contagious.

It was inspiring to find a new way to be active in my community with people that are not part of my daily routine.

Join me with others.

Lots of new connections and fun new snack ideas!

Made a connection with the leader and have had her lead other healthy meal prep activities for the city. She also donated to the race that I run for the library. I really enjoy having healthy meals in our freezer. It makes meals a lot easier living a busy life on a farm.

Made new friends.

Maintained relationships and had quick meals in the freezer.

Making friends to workout with.

Making regular connections with others in the community.

Meet really good people.

Meeting new people. (n=4)

Meeting new people and keeping in touch with them.

Meeting new people who encourage me to continue being active.

Meeting others.

Meeting people and learning!

Met a trainer that has continued to help me. I've also started eating much healthier.

Met new friends and learned gardening techniques that I can use in my own garden.

Met new friends. Learned new recipes. Learned some ideas for healthier eating.

My grandson and I made a positive new friend.

New connections.

New connections with people in my community. Better emotional health through these connections.

New people.

New friends.

Opportunity to connect in a healthy activity.

Spending time with a couple of friends I don't get to see often.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Strengthened or made new connections (continued)

Spending time with my friends.

The camaraderie and friendships developed.

The most positive thing that happened was connecting with other moms while putting together quick, easy, and delicious freezer meals.

This was an excellent free community event. I attended and enjoyed participating in the yoga and because of this have continued to look for and participate in local opportunities to do yoga. Also it was a very welcoming and nonjudgmental environment, plus it was wonderful to enjoy the nice weather while doing yoga. It was more accessible to me because it was free.

We stayed connected.

The interacting with peers.

New friend. Participation limited due to transportation.

Met new people and started my day with exercise – doing something good for myself.

Neighbors I talked to were enthused about joining me for a walk. One person set out until it started raining and we turned around. Another person insists I call him to walk and gave me his phone number.

Beautiful, people, attitude, smile and hugs.

Meeting new people. Getting the support.

Getting to know different people of a variety of nationalities and to learn how to relate with more confidence.

Share or be around friends.

Helped me build stronger relationships with people I already knew.

A better connection with people and to be more active.

Having us come out of the shadows and letting people know we exist. As well as our community, there's lots of people like us who need much help with our health and eating habits, clothes and that we are part of this country. This country is the #1 most powerful country in the world.

Getting to know community members – both kids and adults – from diverse backgrounds.

Felt good to be out doing something different with other adults.

Made new friends.

Meet nice people that motivated me to work more towards good health.

I had enjoyed seeing all the people at the farmers market plus they had booths that had helpful materials.

The most positive thing that happened for me is the joy of cooking with other people.

I enjoyed meeting new people.

Getting out with different people and new veggies I never tried and enjoy them. People were very nice and liked the yoga we did.

I see different people and chance to meet other people.

Social aspect for and with spouse and friends.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Strengthened or made new connections (continued)

New people I connected with and a better idea about healthier food and how to prepare it.

I loved exercising with my coworkers. It was fun, different and motivating. It was so nice it was right at school. Very fun.

Was able to connect with my son's teachers and instructors from Kids' Connection. Also enjoyed the day and activity with my son.

I met new people. I still do a few exercises I learned there.

Getting out in the community and meeting new people.

I learned about new people. Love to walk with group of people.

The activity strengthened my ties with other staff members.

Being with people is good and walking is good.

Felt more engaged in part of the community – enjoyed meeting new people and getting involved in other activities sponsored by our Senior Activity Center.

It really helps me to stay connected with people in de-stress through yoga when going through a stressful time in my life.

I get out of the house more often with people I met in the program or community and loving every bit of it. Thanks to Allina Health.

Because I knew people would be at the site to walk it was important for me to be there if possible. It helped me get going on a dreary day.

Support and motivation.

I met people from my community and we were able to have meaningful discussions about our health.

Connect with others.

New friends inspire me to walk more.

Met some great people.

The friendships.

Talk to new people – walked together somewhat when weather allowed. Just started to talk about starting to get others walking with us.

Meeting more new people.

Meeting good people.

I got to know people better and share things about my family with them [and ask] for help.

Being with others more often.

Met new people. De-stressed.

Opportunity for 2 year-old to interact with other preschoolers.

Friendships.

Connecting with others by doing something fun.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Strengthened or made new connections (continued)

Going out to eat with other people.

Doing activity with people.

Met new people, fun activities, positive support and gardening.

Met new people. Zumba.

To see so many friends and neighbors come to participate in the weekly exercise and work out as well as myself. We all care for one another no matter what ages we are.

Socializing.

It helped me make new friends and get stronger physically.

Being able to help others and talk about my health and what walking can do for you.

I enjoyed spending time with friends and neighbors.

Meeting new people in the building.

Improved health and specific health changes

A positive feeling about my current health and my new focus on both how to maintain a good health and enjoy life.

Accountability for eating better and exercising.

Before I took this class I had to see chiropractor few times a week, during class I never had to go to chiropractor, after class once in a while I have to go to chiropractor (because I didn't memorize all activities I was taught during the class).

Better balance.

Cooking more at home, exercising more, and going to community gathering.

Eating well, do plenty of exercising, and stay healthy.

Feeling proactive about my physical health.

Felt better about my overall health and happiness.

Felt healthier, helped me with my high blood pressure.

Getting my FitBit so I can continue to watch my steps and my health. Also this allows me to compare one day to the next and compare my activities with others.

Healthy eating and exercising.

Huge awareness of my choices.

I always try to eat healthy and exercising that this helped me to be enforced.

I am in better health now.

I am more active and engaging with new people.

I am presently healing from spinal surgery on May 23, 2016 four spinal stenosis, but I do think my walking (even with a wheeled walker) has helped me to recover better. Also this past summer our sidewalk entrances have made it easier to walk when I am out and about thank you.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Improved health and specific health changes (continued)

I became more diligent about taking care of myself in terms of stretching and practicing yoga and the benefits from those activities.

I can get up better than six months ago.

I drink more water. Now I always carry a bottle of water with me. It helped me stay hydrated.

I enjoyed getting back into yoga. Felt very positive during the class.

I feel better when I stay more active.

I got back into a regular exercise routine with my neighbor.

I got healthier for my pregnancy.

I have become more active and eat healthier and lost some weight.

I have been able to continue to progress toward my weight loss goal. Thanks.

I have lost 10 lbs.

I have more energy and more friends.

I have more stamina and a more positive outlook.

I joined Weight Watchers, I'm friends with our connection women and am more active at the Y and I'm so grateful for this program.

I learned how to relax through yoga.

I lost some weight and exercised.

I strengthened by muscles especially in my legs.

I think I am in better shape.

I'm more limber – feel more energized. Thanks for your help.

Improved my health.

Increased flexibility and balance.

Increased flexibility.

It is a yoga class and it helps to calm me and I feel more centered/balanced after class.

It made me more mindful of my health.

It provided some much needed variety in my daily activity and encouraged me to be more active. Plus, it was fun bringing like-minded people closer together with this new opportunity.

It taught me how to do certain exercises and how it helped my overall balance.

It's helped with my depression and weight issues. Feel so much better.

Less back problems and my core muscles are stronger.

Less discomfort because of the exercise and stretching.

Lost 63 lbs. due to portion control. I went from 12.5 down to 6.0.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Improved health and specific health changes (continued)

Lost weight pounds.

Loved having a freezer full of healthy meal options for me and my family.

Makes me feel better.

More active.

More aware of what I eat and the activity I do; can I burn off what I consume. Concentrate on being healthy not a certain weight.

More flexibility, better balance.

Motivated to continue to exercise and challenge myself.

My body got stronger. My peers kept me coming to the workouts.

My body is more limber.

My health condition has changed/improved. I met several new people.

My mood got boosted up. I made a lot of new friends. I got physically more healthy and active.

My strength and endurance has increased!

Portion control and walking.

Promote me in physical activity a lot.

Refocus on healthy lifestyle and new ideas.

Starting to lose weight.

Support to get more physically active in meeting new people which helps my depression and anxiety.

That I have been able to stay smoke-free for 1 year since February 1, 2015 and now I am able to do things without having such a hard time breathing. Getting my lungs stronger and my heart to pump better now.

This program is helping me to stay in better shape and giving me encouragement to taking care of myself better to be healthier.

Walking and eating the right foods helped my heart. I have a defibrillator for my heart. I feel more energy now than I did 6 months ago. I just feel great.

Yoga helps keep me limber, helps with balance and muscle tone.

Improved eating habits and more knowledge about nutrition and cooking

Being more aware of what I eat – meeting new people.

Better eating.

Better family meals.

Diabetic, healthy eating.

Dinner in a Dash gave me healthy meal recipes that I can prepare. I especially like the crockpot recipes. They are easy to make and provide a healthy meal for my family when we are crunched for time because of busy schedules.

Eat more fruits and vegetables.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

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

Eating a more balanced noon meal.

Eating better at noon.

Eating healthier and more active in exercising and riding my bike more.

Eating healthier; trying to lose weight.

Eating healthy.

Enjoyed eating a lot of good fresh vegetables and also learned to cook a lot with some healthy recipes.

Enjoyed learning new health benefits from new items marketed, one being coconut oil, also various fruits and veggies that are healthy.

Found new foods. I like eating more vegetables and fruits.

Found quick ways to make healthy meals.

Free food! Our dining program is already well-balanced and very good tasting. I don't know why we don't have more participants.

Good foods to eat and bad foods.

Having 1 good healthy meal each day.

I am more aware of the types of snacks I eat, trying to make healthy choices.

Healthier eating for me and my children.

Healthy cooking and exercising.

Healthy eating.

I am more aware of nutritional values in food and pay more attention to food labels.

I am more aware of the nutrition labels on food. Helps me be more comfortable to what I am eating re: portion control.

I am more aware of what I am eating and how much. Try to eat more healthy snacks.

I did learn more cooking skills.

I discovered 100% whole wheat cleanses the intestines. I watch my sugar and salt now.

I don't drink soda, don't eat junk food anymore since January 2nd, 2016. Only drink water and drink 1 cup of coffee about 3-4 times a week. Lighten up on fried foods.

I eat at least one good meal a day.

Me and my family are eating better and healthier. We exercise at least 3-4 times per week.

I eat healthier, watch my carbs closely, get out and walk every day and join health alliance exercise for seniors, met new seniors there, gardening.

Our group got along very well. I learned to set good health goals weekly, then monthly and work toward them. I learned a lot about nutrition and our instructor really worked hard to help us read labels and cook healthfully – to be mindful of what we put in our bodies. She was excellent.

I eat more healthy foods now.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

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

I had a chance to become involved with other food programs. I recognize the need for balanced meals.

I know how familiar foods can be prepared different ways and taste great. I am more willing to try these foods that are different than I was before. The food we made was great.

I learned more about fat in foods I eat and try to reduce fat grams daily.

I learned to eat healthier and helped me learn a new lifestyle.

I learned to eat healthier, less greasy foods, less salt and not to eat lots of red meats.

I look at labels of the things I buy.

I was able to have access to many more healthy foods and get them into my diet and I still try to do that.

I watch my carbs.

I've learned to eat vegetables. Other people at the table would encourage me. At home – my husband never ate vegetables because I didn't like them. The only thing I made was beans sometimes.

Introduction to healthier meds and healthier snack options.

It also helped me to feed my children right.

Knowing how to shop better for the healthy items.

Learned how important it is to read labels and avoid excess salt and fat. Got some good healthy recipes.

Learned more about fats and counting them.

Learned some new foods and preparation.

Learned things that were helpful and easy to learn.

Learning how to cook more creatively without much fuss.

Learning how to count fat calories and how much difference it makes for me.

Learning that a cooking project can be fun, easy and good for you. Provided recipes for foods they already eat but made more nutritiously – fewer calories.

Making good nutrition in healthy way.

My awareness of how foods affect lifestyles and overall health.

New foods. I like eating more vegetables and fruits.

Reading labels, eating better meals, lot less fast food.

Some of the meals were very good. The information given was excellent.

Tasty family meals that are easy to prepare.

The activities I participated in provided new recipes, a fresh way to combine foods that offer healthy alternatives.

The importance of eating healthy.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

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

We ate some healthy veggies.

When I grocery shop I look at the sodium content and I checked the calories before I purchase the item. I tried different healthy foods and I cooked differently.

Whenever I have lunch at the senior center I am eating a balanced meal and I usually do not have to fix any supper which ordinarily is my main meal of the day. Also I have been able to become more involved with my community.

With the "senior dining" experience, I've learned more about healthy dining as in what vegetables and fruits to buy.

Gained new skills or tried something new

Became more aware of local fresh food options.

Did something different.

Found a new place to do yoga and enjoyed the outdoor experience.

Fourteen adults learned to ride a bike and are enthusiastic about riding with friends and their families. Some have already participated in a Sat morning bike trail ride. We rode four miles! It is exciting to share the enjoyment of biking, to meet new people, and to build community.

Growing all the vegetables and learning to cook with them. Also being able to donate them to my fellow church members and to the local food shelf.

Helpful information. Learned a lot.

I enjoyed getting out of my house and learning new things.

I gained a love and appreciation for yoga that I have never had. I now look to it as both an exercise for my body and a therapy and meditation for my soul.

I got to learn something new and push myself. Also enjoyed the people that participated.

I got to try yoga.

I just gained more information that I wasn't aware of.

I know more information.

I learned a new activity.

I learned about measurements, etc. on labels.

I learned an appreciation for the benefits of yoga.

I am more aware of my physical activity level.

I learned more about gardening which makes me happy!

I learned more about my own interests.

I learned more about the community garden project and the master gardener program.

I learned that I don't need a gym that I can do stretches and exercises with little or no cost in the comfort of my own home. This is so helpful, especially in the winter time.

I liked all, learning about good foods and making veggies plus exercise can be fun especially when with friends.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Gained new skills or tried something new (continued)

I liked learning new things and appreciated the experience.

I was introduced to yoga.

I am no longer afraid to try new things. It may be scary at first but I can meet new people and become healthier.

I took the time to slow down and enjoy the outdoors, spending time with my community, and doing some great yoga in the park. I would have never done that before...or even thought about it.

It gave me an opportunity to see what working with others on being healthy through exercise and right eating can be done on a daily basis and can be life changing for the better.

It helped expose my son to gardening.

It made me aware of activities even older, less able people can do.

Learned about yoga.

Learned more about healthy eating and exercise.

Learning a new activity that I had never done before and then having confidence to continue doing it.

Learning about gardening.

Learning about new snacks.

Learning different menu ideas.

Learning healthier alternative.

Learning how to make spaghetti.

Learning new ways to garden the most.

Learning to grow new healthful vegetables.

Learning yoga.

May be aware of community garden options in the area.

More aware of the benefits of exercise on mental health.

More gardening ideas.

My children are more interested in doing activities for fun and to improve their health. I see them using the things that they learned at the activities when playing outside and while doing other tasks. That was the biggest takeaway for me. And spending time with my child where she goes to school and seeing her interact with her friends.

My children learned the importance of being active and a healthy lifestyle.

New ideas to have family-friendly meals ready so we can participate in evening events without sacrificing our diets.

Saw another mode of yoga, different from where I usually go to do yoga.

They gave us lots of information and that helped learn more about our community and this helps me feel safe.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Gained new skills or tried something new (continued)

To learn and meet people.

Try something new.

Trying new exercise classes with a group of people I am comfortable with.

I'd walked as part of the group and learned new areas of my neighborhood.

Variety of new and different meals to try with my family.

Was good to explore the neighbor while exercising with other participants.

We learned many things about our eating habits and better lifestyles.

We learned more about the local county parks and how nice they were to walk and picnic in. They also have activities such as Frisbee golf.

Increased physical activity

Able to do yoga at least once a week.

Became a regular walker and made a really good friend.

Exercised more.

Exercising regularly.

Forced myself to exercise, attitude.

Getting exercise.

Getting moving again, enjoyed the exercise.

Got some exercise pulling weeds.

Having fun yoga activity to go to on a weekly basis.

I am motivated more to walk.

I became more active and became more socially active.

I do more exercise.

Keep active and exercising.

I exercised more. And still do. I lost a few pounds.

I feel walking has been very positive for me.

I learned exercises that I can do on my own to maintain good strength and balance.

I learned to be more active and met new friends.

I like the exercise.

I started practicing yoga outside more.

I was able to stay active.

I'm outside walking more.

I'm walking more and was taken off one of my medications.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity? (continued; N=406)

Increased physical activity (continued)

I'm more physically active.

It kept me working out and not quitting.

It makes me continue to do yoga whether at home or class and the instructor was good with helping me relax and meditate.

Learning different exercises and I make many of the healthy meals for my family that we made its group classes.

More active, eating healthy snacks.

More active.

More exercise and healthy snacks.

More physically active and move easier.

Physical activity.

Speed walking more and eating better.

Staying active and being physically active with others.

Staying active. Working with neighbors.

The main physical activities I now do were introduced to me through this program.

Walked in a consistent way.

Will continue to do exercises at home and hope they will have another one next fall. Want to maintain good health.

I participated in outdoor yoga and because of the activity (and the yoga mat that I received on the last day of class!), I have been incorporating yoga into my weekly routine more, which has been very valuable for me as a student.

I started exercising on a regular basis and am therefore way more fit than I was before. I haven't lost any weight but I have lost inches and feel much better.

I am working out on average 3-4 times a week, where before it was maybe once or none. This allows me to get my workout in right after work before I go home and spend time with the family. I love it!

I felt physically better after the yoga sessions, and since then I've continued to do yoga at home.

I was taught exercise that I continue to do occasionally. I learned some health tips.

Spent time with family

Being able to include my daughter in this wonderful healthy activity along with our neighbors and friends, all while enjoying our beautiful park here in Northfield.

Being more active with my kids.

Entire family could participate together.

Family fun activities, healthier eating.

Family time.

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity?, (continued; N=406)

Spent time with family (continued)

Family working together to serve others and learn about gardening.

I got to spend time doing something outside the home with my family and learn some new activities to do with the kids at home.

I love being able to expose my children to gardening and growing their own food. I like them to learn how food is grown and the work required to grow your own food. My children are more interested in eating healthy food because of it and my daughter eats foods she wouldn't otherwise try. She enjoys picking the food herself and will try food that she gets to pick out of the garden far more willingly than if we bought it at a grocery store.

Kids enjoy going to them.

My kids feel a connection to the church garden because they were able to come help too.

The quality time that I spent with my youngest child; sometimes he gets lost in the busy-ness of the life, so it was nice to have this time with him.

Other

Doing it outside in the fresh air.

Fun activity.

Fun with quality activities.

Growing vegetables to help others.

Have a greater leadership role in the group. Am helping coordinate the continuation of the group freeing up the retirees to pursue relaxation!

I enjoyed participating and will look for these opportunities in the future.

I had a definite desire to do the activities, wanting to get out and exercise. Knowing there would be other people there I knew, made it more do-able for me.

I love yoga and have looked for more opportunities to participate. Am excited to hear Yoga in the Park is returning!

I used the community garden as a way of engaging my clients. I am trying to teach them ways of feeding themselves and their families on a cheaper budget than buying prepared foods all the time. I am trying to teach them to be self-sufficient and healthier.

I was able to take time to relax amidst a hectic college lifestyle and it gave me a chance to enjoy the outdoors. I wouldn't have gone out that early in the morning on a Saturday otherwise.

I will participate again as I enjoyed the teacher and participants.

It was a relaxing and fun activity, and I enjoyed the opportunity for guided stretching.

More apt to participate in new activities.

New insights and great people and resources.

Peace.

Tending a garden with others is therapeutic and good for the mind, body and spirit. Watching things grow is good and harvesting vegetables and sharing with others is the best!

D3. What is the most positive thing that happened because you took part in the Neighborhood Health Connection activity?, (continued; N=406)

Other (continued)

We're now bringing families with young children into the community garden activity that Allina has been so helpful with. This has been a goal for several years, and only recently has the family angle started to click. Previously our gardeners were nearly all over 50 years old, and we really wanted to get kids started on growing and eating healthy food. Two young families from last year have now brought in more such families to engage in the garden work, and as part of that we've set up a "Children's Garden" section. We had a pre-teen come with her mother to our spring plant-planning section, and the girl suggested a list of kid-friendly crops that we are going to plant this year. So that's the most positive thing, expanding the age range. If we get enough new volunteers next year, we can expand from the current 11,000 square feet.

Working with others to make a difference to those in need.

Came back to the practice of yoga.

I enjoy working in the garden and I am walking more than I did. So I'm gaining more confidence to do things.

That they gave a job in the neighborhood, and they invited me to participate at the open house event.

To be more aware of the importance to keep healthy because we are going to pass these habits down to our children.

Very helpful.

The exercise program and person that spoke on personal and body health.

And more activity.

Nothing happened. Only we are running into exercise and eat healthy food.

Being able to show others how our neighborhood sidewalks and businesses affect a lot of other people.

Get out more.

It was fun.

Activities are informal and involving.

All the different things going on.

Just being aware of health, at least in the back of my mind.

Creating awareness of importance at my eating healthy and exercising meetings were great reminders.

The leader was awesome and not judgmental. We set weekly/monthly goals and I still do.

Great exercise, new ideas, meeting people. The only problem I have is the things that are offered in the evenings. I prefer earlier. I suffer from chronic fatigue.

Yes.

Nothing changed - nothing positive or negative.

Nothing notable.

Nothing.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (N=312)

Positive feedback

All good. (n=2)

I can't think of anything- it was great!

It was a good experience, very positive and fun too!!

It was good. Appreciated it.

It was great and continues to get better.

It was great the way it was.

It was great. Thank you!

It was local, free, and welcoming. I can't thinking of any more helpful elements.

It was very helpful. I can't think of anything that would have been more helpful.

It was wonderful...not sure what they could have done to make it better!

Thank you it was great.

Everything is fine, very good.

All was good. (n=2)

Everything was well thought out, planned and taught on the level our participants understand. They enjoyed the staff presenters very much.

Everything was great. Staff were nice. People in my class were nice. We all got along and had fun. I would take another class like this again if offered.

I was happy to see different cultures of food plus the kids had been so good and polite, very respectful.

It is good the way it is. (n=2)

It was most enjoyable. Staff was excellent and explained things very well.

It was fine the way it was. (n=3)

I think it was very good experience.

Was very helpful.

Everything was good.

Oh good.

It was very helpful.

It was great.

It was very helpful, very fun activities that we did as a group. We learned and had fun and made connections with each other.

It is well run and the food generally is great.

Won't change a thing.

I am satisfied with the Neighborhood Health Connection activities.

I found it helpful and have no suggestions at this time to make it better.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Positive feedback (continued)

It's been great.

Doing a good job now.

No, everything was fine and explained well.

To keep up the good work of inviting and workout with us as we got through the movements that are good for us as we live out our lives.

I believe that the "senior dining" activity is helpful the way it is now.

Yes, it was very connecting.

Have the activity continue

Activity should continue for a longer time.

Activity/class continue through summer months.

Continue it, and more consistent, every Saturday.

Continuing it longer!

Continuing to offer yoga! Maybe a nighttime one? And offering tea with the nighttime one.

Have it continue longer or restart.

Have the class again.

Have the support systems a longer time.

I miss the activity and wish it would have gone longer were moved to the next level of healthy eating.

I think if it was offered for a longer period of time during the school year - I wish I could have gone more!

I wish you continued longer and on school grounds.

I would have liked for it to continue because there are many more other things I am not aware of and would like to learn more.

I would like for it to continue! The activity was dependent upon grant funding.

I would like to see continued class opportunities like this one that address healthy meal options.

I would love to see this activity expanded to include more Yoga Saturdays in the Park. Based on the numbers, I think this would be something that would draw a really good group together if offered throughout the summer: June, July and August. We had 50 people in attendance on one Saturday. The word is getting out and people really look forward to this. Please expand to include more Saturdays!!! Thanks so much!

I'm hoping we can have it again. Nice people and great learning new things.

If it continued. (n=3)

If it continued, if closer to my house.

If it could have gone on longer.

If it had lasted longer. I can't have vegetables for winter because I don't drive. And this way I control sugar and salt that is in my fruits and vegetables.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Have the activity continue (continued)

If it had lasted longer. I would have even been willing to pay a small fee for continued yoga classes as a group. I haven't felt motivated to try out yoga at other gyms, and they are also too expensive for me.

If it lasted longer or was offered again.

If the activity had gone on longer, it would have been more helpful to me.

If the program has continued.

If they continued to have similar activities longer.

Keep it going longer.

Keep offering it!

Last longer.

Longer program and varied activities.

More opportunity if possible.

More than 6 weeks long.

Offer it again. Would be a great addition to activities available weekly at a hospital setting...stop in, learn about a meal, and take meals home.

Possibly have it more often or last longer.

The activity could last a few more weeks.

To offer it for a longer period.

Increase frequency of the activity

At least 70% of activities were repeated weekly so there would be some muscle memory and it would become a habit.

Consistency is the key. Having a yoga class twice a week would be beneficial because I would be committed to practicing it and would benefit from it, however I really appreciate once a week.

Continue the activities. Some were a one-time event.

Could have been more than one night a week.

Do it more often.

Get together more often.

Have it more often!

Have it offered more weeks and in the spring.

Have more classes. We love the staff – she is wonderful.

Having it more often.

Having it offered more times!

Higher frequency of group meetings.

I wish it were offered more!

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Increase frequency of the activity (continued)

I would love to have more events and learn more about eating better.

I would've liked to meet more often. I would have liked a variety of physical activities.

If it could have been each and every month of the school year.

If the activity were offered more often.

Increase frequency of guidance.

More frequency.

More meetings. (n=2)

More of them! Once a month just isn't enough.

More often.

More often than once a week. i.e., two or three times a week.

More repetition each week of exercise as we know.

More sessions at no cost.

More sessions.

More times and dates to choose from.

Offer the program more regularly. It isn't available this Summer.

Offered more often, more frequently.

Offered more often; biweekly maybe.

Offered more times throughout the year!

Offering it more times!

The only thing I could think of to make it better would be another class added each week.

The original (1st time) participation met weekly – which was great. The second session was monthly just not enough for me.

To bring more activities to Wilson High Rise a lot more often. And try and find things to do to get more people involved at Wilson High Rise.

Would have liked a couple more sessions.

Would love more classes.

Would love to have seen it continued or offered more than once a month.

Learn more about healthy food tips

A learning about right nutrition for kids and adults.

Cooking.

Cut my salt intake.

Fun, new recipes to try – more.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Learn more about healthy food tips (continued)

Having better meals.

Healthier recipes.

I have learned more about what vegetables and fruits to have when doing my own cooking and making my own meals.

If we could have gotten some recipes for healthy meals, and get together more often.

Keep learning about new healthy foods.

Learning about various plants/foods to garden.

Learning new recipes that are easy to do!

Make only meal that are easy to chew.

Maybe emails with healthy recipes with things normal people would use, not so many weird things.

Maybe make some gluten-free dishes – as anyone can eat them and enjoy them.

Maybe some healthy food tips.

More cooking and food preparation ideas.

Nutrition awareness.

Samples of different healthy foods, healthy recipes of different foods, a list of free yoga or Pilates or exercise places for people with no income and low income to go to get physically fit.

To cover some healthy eating and food preparation.

To eat more vegetables and fruits.

To have our healthy snacks listed with where to purchase and cost. A written list would be a great reminder of what we should eat.

Use of whole grain pasta and less sugar in some of the recipes.

Provide more activities

Additional events.

Having more activity to do.

If we had many more of the similar activities.

If you could introduce more exercise related health activity other than bike riding that would be great.

Maybe more exercise.

Maybe change up the classes more often – more variety.

More activities. (n=3)

More activities, promoting of the activities.

More classes.

More exercise activities.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Provide more activities (continued)

More exercise in class, maybe some more medical speakers.

More programs.

More such activities would have made the NHC more helpful and lively.

Providing different activities. Walking is great and cheap but activities like stretching, simple balance or weight lifting would be good.

Summer option for walking group.

Well organized, could have benefited from more outside speakers.

Have the activity at a more convenient time

Activities offered at later times during the week.

Afternoon or evening hours work better for me than morning hours.

AM summer activity.

Be sure the exercise time is 15 minutes after the end of our day to give time to change clothes and such.

I would love if this activity was offered earlier in the summer so that it could continue throughout the summer. It was a great experience!

It conflicts with a monthly meeting I have.

Longer duration of the activity.

Longer time span.

More time.

Our walking group meets mid-September to April 30. Wish it were September 1 to June 30. I have other health issues making it hard to walk outside. More availability to indoor walking would help me.

To be able to keep follow-up at same day and time of original class.

You do an awesome job. For me it is just the time it is offered. I am down for the count after supper.

Have the activity in a more convenient location

Closer.

Continuing yoga in the park at an inside location once it was no longer warm enough to meet outside.

Have events closer to my home.

Having an indoor facility for days when it rained!

I enjoyed participating in the outdoor exercise class but it was not necessary, I would have went to class even if it was held inside.

If it were able to continue out-of-doors, the place it continued was too small and I felt claustrophobic.

If it would have continued in the River Falls area.

Maybe to offer something to do inside during the winter months?

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Have more people involved

I feel that we should participate more. To have the confidence in our neighborhood. To have more activities that offer assistance and helps us. Sometimes we are not here/there.

I wish more people outside of church (SLC) would have participated so I could have had more friends. The staff were excellent instructors and had helpful nutritional advice.

If more people participated.

If more young families were involved to make connections with.

It would be nice if there were more young families involved.

Meeting new people.

More people.

More members and more organized activities.

The more people take part in the program the better. I mean more motivation.

Provide more time to socialize

Maybe an activity going around and introducing everyone in the class before beginning yoga.

Maybe introductions of the attendees at the beginning could have given me more of an opportunity to connect with people outside of the activity.

More socialization time involved.

I think it's going very well and I think we need time to continue getting to know each other and hopefully eventually we can start to have more in-depth conversations about what is happening in our world.

Other

A meeting leader who is good at communicating and follow-through - so that the information about the continued sessions could have been more consistent and communicated through email or social media.

Ann Beuch does an excellent job of coordinating community involvement. She has built a broad partner network so even our challenges were easily addressed.

Cooking sessions with neighborhood and bike classes.

Having enough equipment readily available.

I can't think of anything in particular - the follow-up surveys are a good idea.

I think by adding more activities and ensuring the street lights and more police patrol for people that run, walk at night or late evening.

If more of the healthy cooking/eating aspect would have been an emphasis.

If the continuing classes offered reduced rates for seniors.

I'm not sure anything would be different. I was somewhat frustrated by the limitations of using any kind of pest control.

It just wasn't that convenient to get into the car to go garden.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Other (continued)

It would be very impactful to feel our church leaders felt this was a very important ministry to our neighborhood. I do believe that this awareness is growing!

It would have been good if it had led to a regular summer workshop for gardening and good food.

It would have been helpful to have more information about the yoga poses we were doing. I had limited knowledge about them and sometimes I did not always know what to do.

Less to do in my day job!

More gardening tips.

More offerings; future emails about other offerings.

My schedule didn't match with the activities two days of the week, but next year will be better.

Not sure, as I've made some positive connections that I hope will remain in my life well into my future.

Print materials for reference and links for information.

Separate the group into classes based upon age/ability.

Sometimes it was hard to hear the yoga instructor because it was outside.

Striving for health.

The yoga class was for beginners, but still too difficult for me...so an even easier class would have been more helpful.

Wish I had known about it sooner.

More information about where to participate in programs like this in the future and maybe the opportunity to network with the other participants.

Continue as is and just send gentle reminders of what you have to offer to us because we easily forget. Thanks!

Work with the city governments to provide more services to residents.

Yoga helps me, but again I am afraid to support community activities because I don't want any grant granted so our taxes wouldn't go up.

Taxi, roads too few and new from Oklahoma.

Handouts to reference in the future.

No one wants to lead it really. I'll ask one other person at a time to walk but I don't have time to call several people and organize their walks.

I'm starting to feel useful because we are letting ourselves be known with other communities, with the same needs or maybe worse because we do not have access to health care insurance/coverage. This is a way of how we can organize and take advantage of the programs and social benefits that we need very badly.

Loved the healthy snacks! More bilingual conversation – starter cards would be an awesome addition. We had them but more would be fun.

My language – Russian. (n=2)

More recognition to the High Rise Walkers. Some of the High Rise Walkers take this program very seriously.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Other (continued)

It made me feel healthy.

Being able to afford a workout program.

Helpful hints on how to become healthier.

Coming out and doing an activity for the day.

Possibly have a speaker from time to time to address health issues.

Visited downtown farmers market.

Gymnasium.

I would have liked more information on the metrics/English measurements on labels.

I don't know – most of the information I knew already, just went because friends went. I am very health conscious.

Nametags.

I eat healthier, watch my carbs closely, get out and walk every day and join health alliance exercise for seniors, met new seniors there, gardening.

To have a nutritional class to back up the exercise part at least tell them what could be a good diet behind exercising.

Perhaps have one evening where we decide as a group the topic.

A talk on physical activity I think.

Seeing others try to make an effort for more walking. Me, I love to walk but this area is getting really bad. It takes more things like this to get more people involved.

Encouraging and motivating people. A lot of violence in neighborhoods of people are afraid to walk outside.

Staying healthy.

Maybe walking more often.

Being able to keep my original day and time for 6 month follow-up sessions. My husband has health issues and we picked sessions for our life.

We went to the RF Hospital and did some balance exercises one class. I would like to see one class of water aerobics.

Better residents.

Continuing check-ins after the class was completed.

I think the program teaches you how to eat, exercise.

I don't have an answer.

D4. What, if anything, would have made the Neighborhood Health Connection activity more helpful to you? (continued; N=312)

Other (continued)

Everything.

I am satisfied with how the program is done.

I can't think of anything that would have made Dinner in a Dash more helpful.

It was great.

I have everything I need.

No. (n=2)

No changes.

None. (n=2)

Nothing. (n=24)

Nothing at this time. We are evaluating our team and how we can continue to grow and help our local community.

Nothing I can think of.

Nothing really.

Nothing that I can think of. (n=2)

Nothing! It is great! Excited to do it next school year!

Nothing! It was perfect just the way it was.

Nothing, it was a great program.

Nothing, it worked well.

Nothing, was fun and helpful.

Nothing – it was fine.

Nothing, it was great. (n=5)

Keep it the same. I learned a lot how to eat healthy.

I wouldn't change a thing.

Nothing really. I still walk every day – 6 months ago I wasn't.

Nothing I can think of. Nothing I can compare it to, so it was ok.

Not anything.

No complaints.

I don't know. (n=2)

N/a. (n=3)

Yes.

D5. Please use this space to offer any additional comments. (N=179)

Thank you and appreciative of the program

Thank you. (n=3)

Thank you again.

Thank you for allowing our participation.

Thank you for doing this program.

Thank you for giving us this opportunity.

Thank you for hosting such a fun activity.

Thank you for providing that opportunity. I would love to learn more about nutrition as well, too.

Thank you for providing these opportunities!

Thank you for providing this program!

Thank you for the class I was able to take. It was healthiest time in my adulthood life.

Thank you for the grant for the Junior Master Gardener Program!

Thank you for the program.

Thank you for your support of healthy community programs in Hopkins.

Thank you to Allina Health for supporting your surrounding communities with funds to do this work, it does make a difference in people's lives...from the young to the elderly.

Thank you to organizers who coordinate Yoga in Way Park. I hope the program continues. I would like to participate again. Also, timing is good because as many in this community transition from summer to fall work or send children back to school, the group activity is supportive and encourages a healthy transition. Thank you!

Thank you very much for sponsoring this program. Appreciate the early hours this is offered.

Thank you. I hope to see more of this in the future. Maybe more community based, so more people are aware of what you have to offer.

Thanks again! Allina has been great.

Thanks for allowing us to do this!

Thanks for supporting our community garden!

Thanks for your help and keeping me walking.

We want to thank staff and NHC.

I am thankful this day camp is offered in Cambridge and that my grandkids have been involved. They learned a lot of new skills and made friends

I appreciate the opportunity to attend these free classes and feel that utilizing them has helped.

I appreciate the support Allina gives our community.

I appreciate the support offered me towards enjoying a healthy lifestyle.

I appreciate this grant a lot. It's fun stuff to do with co-workers outside of our place of business. There wasn't any stress or pressure associated with getting to the activities or getting them done.

D5. Please use this space to offer any additional comments. (continued; N=179)

Thank you and appreciative of the program (continued)

I liked the instructor and appreciated that the class was offered.

I really appreciate Allina Health's neighborhood outreach efforts. It gave me an opportunity to learn about the benefits of yoga I would not have had otherwise.

I really appreciate Allina's support of these activities!

Overall, I'm grateful for everything I learned and believe that these activities are very important because they teach us how to improve in positive ways.

Very grateful for the opportunity.

We are very appreciative of grants we've received through this initiative. This year we have started a small children's garden to help get kids interested I. Gardening as well.

Positive reflections on program

Fabulous. Grant was awesome!

Family fun night is really fun. Wish there were more offered.

Great program.

Great program! Thanks for supporting this great programming and allowing these important activities to be free.

Great program, thank you very much.

Great program. Thank you!

Great stuff!

I feel I was at home when I first walked through the door. That was amazing to me.

I loved the program – it was awesome.

I think it's an excellent program for anyone who enjoys gardening and doesn't have room/place to do it.

I think that the Senior Dining in the Meals on Wheels is a wonderful program. A lot of folks wouldn't be eating as healthy as they do without this program.

I thought this was a wonderful program - brought people in the neighborhood and town together, was a very comfortable and welcoming experience, and it was free so very accessible.

I would definitely recommend the Neighborhood Health Connection activity to others and join another one myself.

Is wonderful as we can walk inside or outside – whichever the weather predicts.

It is great to have an opportunity to do yoga outdoors in our neighborhood. Thank you!

It was enjoyable. Presenters spoke loud enough to hear, felt comfortable.

It was very good. I had lots of fun. Learned a lot. Learned to take care of my health and my family's health.

Keep up the great work.

Overall the program taught a lot.

D5. Please use this space to offer any additional comments. (continued; N=179)

Positive reflections on program (continued)

So much fun and worthwhile!

Thank you – it was a wonderful experience.

The program was helpful.

The program was nice.

This being my second class taken through the Y, it's been a great experience. Love the instructor who makes it so fun and interesting. Would certainly take any more classes if offered.

This was a very good program except for a few flaws within the dieting part, but the physical part was very good.

Wonderful program! So good to have an active activity to do.

Enjoyed being with the community

Good use of community spaces. Good idea to make it for moms...could offer again for dads or both. Could offer to kids to make a meal (with more information on why those ingredients were chosen).

I enjoy getting together with others. Hope more come.

I felt so fortunate to be around so many good people that I have never met before.

I had a great time and I enjoyed getting out to exercise with other people. It's more fun when there is a group instead of by yourself.

I have invited family, friends and others to come join us at the yoga class. I've gotten a few takers. It's fun to spend time doing something healthy with other community members. I am grateful for the grant for this class.

I loved participating in my neighborhood because it helped me meet more people and I'm more active now.

It has been great forming relationships with women and men of all ages.

It was in a good setting.

It was interesting to know about and visit the diverse institutions and cultural organizations in Minneapolis. This helped me gain the confidence and security personally and with the other participants.

It's a wonderful resource to the Stillwater community.

Living alone this activity got me out and active. My follow-through after the program ended has not been good. I must try harder.

Meal component very important so time for socializing. Given my husband's death shortly after end of program, gives me good memories with him.

Meeting once a week with nice people to do yoga has helps me focus on my body, exercise and keeping in touch with people. These are all very important to my overall health.

Meeting people.

Our group members are lots of fun. Most were here several days ago for a tour of our gardens and a nice lunch. Vegetarian with popovers, sorbet and cookies. Home – made everything.

D5. Please use this space to offer any additional comments. (continued; N=179)

Enjoyed being with the community (continued)

Since I am alone, what a blessing it was to eat and fellowship with others.

The Cambridge Community Garden is a wonderful opportunity for the neighborhood to come together and also a wonderful opportunity for individuals who do not have the space at their home to enjoy gardening.

The people involved really made the program a success. Their friendliness, enthusiasm and encouragement to try something new made me try.

This activity definitely helps create a common planning/activity for my loved ones. Do it again.

This is an awesome place for community members, especially kids, to get healthy snacks and socialize.

This program is really helpful to me and it has brought out people to walk and enjoy each other that has never walked before. Plus this program has brought out bike riders too. Thank you.

Continue offering activities

Hope the programs continue.

I hope the activity is repeated in 2016.

I hope there will be more outdoor exercise options.

I hope we get to do this again next year!

I hope we have it again this summer. It was useful way to get out and get fresh vegetables I needed.

I only hope you will be able to offer another class this fall for us to participate in. Thank you so much. I bought a trampoline and exercise bike. I put in my living room to use while I watch TV now. Stay active.

I'd like to do it again.

It was a very good start for an activity. Maybe incorporate more programming and longer.

Love to see yoga in the park again.

Please bring this program back again!

Please continue these activities. It is more helpful for me.

Please continue to offer these opportunities to learn, exercise and meet new people.

Please have another class soon.

Please offer more yoga in the park!

We are still meeting once a month and setting goals. I would like to continue as it makes us set goals and continue new friendships.

We need more of these meetings.

Will they have more classes? It was enjoyable doing outdoors yoga.

Wish you continued.

Would like another classic in in the fall offered.

D5. Please use this space to offer any additional comments. (continued; N=179)

Continue offering activities (continued)

Would like to continue program.

Yoga in the park is awesome, keep having it!

You should continue with the program for future health and wellness.

Enjoyed the activity

I enjoy the education I got.

I enjoy the sessions.

I enjoyed going to the class.

I enjoyed the activities.

I loved being able to bring my whole family outside to be active together- doing something free takes all the pressure off!

I loved the activities both physical activities and cooking/healthy eating events.

I really enjoyed this yoga class!

It was a very helpful activity.

It was enjoyable, presenters spoke loud enough to hear, felt comfortable.

Love the yoga. Love the new healthy recipes and love meeting new friends.

Really enjoyed the program.

This health activity was very beneficial.

This was a good idea. I enjoyed doing the yoga practice in the outdoors. Thanks.

We enjoy the activities as time allows.

Positive reflections on staff

Staff did a great job organizing the events through this grant!

Excellent instructor – always on task, used time wisely. She meets people well.

Good leadership with this program.

Great staff – very friendly.

Our leader, who was from the university, was very good.

The class was very good and the instructor did a nice job. At times there was no room because of the well-attended class.

The Yoga in the Park instructors have all been so positive and relational. They have used their expertise to lead a group in movement, but they have also drawn upon the natural environment as they do that -- reminding us to breathe in the fresh air, appreciate the sky, listen to and feel the wind. I love their connections as they lead us through the experience.

Think the teacher does an awesome job.

Was on days that had been good for some, not for others but you can't please everyone. Thanks for the time you shared with us. The people were very good at explaining things. Also, thank you for your time.

Yoga class – very good instructor.

D5. Please use this space to offer any additional comments. (continued; N=179)

Increased in physical activity

I go to YWCA two times a week to water aerobics and I lost weight.

I make the activity/activities a regular part of my routine.

It was wonderful to do yoga with my neighbors outdoors. I was able to bike to it to get even more exercise. It was really nice to see the park being used to bring people together. I did meet some people at the activity who I would have liked to connect with more, but it wasn't offered enough times to really develop friendships. I hope that something will be offered again, whether for free or for a small fee.

It's wonderful that you are able to offer these grants to get people out and moving. I am very active myself, but many people I work with are not and so it was good to get some group exercise in and give people a chance to try something with a group of people they are familiar with.

Now I don't have to lie to my doctor when I'm asked how often I exercise. Learning and doing stretches would help winter aches and pains that go away when lawn work and gardening seasoning starts.

Other

After marriage in 1955 and bearing and raising 11 children – ten of which were born in 12 ½ years' time and 11th one 6 years later, burying a child at 2 years old and a husband at age 50 in 1984 and raise 5 of 11 kids still in school from college down to 4th grade, ran a corporation and had volunteered all my life even though through all of this.

Allina is doing great in being proactive to encourage healthy living.

It would be great to have the events better publicized also. Thank you for this great opportunity.

Our garden of sharing is still growing and we have a few more members on board. Our several Sunday gatherings for church members after services last summer were very enjoyable to those who conducted them and those who attended! We do hope that our garden space will expand and that we can also welcome diverse people from our community to share our garden space. We are becoming global neighborhoods and need to get to know one another.

I get really disappointed when Wilson High Rise residents complain about how we never do anything, but when we suggest things they always knock it down. I feel they just like to complain is all.

Own car.

Lack of communication.

This survey is an open space for us to bring out and share our discontent from our chest and come out of hiding, since we feel we are a forgotten community, without any rights to nothing, completely isolated and despised, but we are here, better than ever. Open to dialogue. Note: United we make strength/force by being humbled comes mercy. Never give up, never.

I drink a glass of orange juice and vegetable juice of pineapple, celery, cucumber, cactus every day and I feel very good.

We go to eat with friend weekday. (n=2)

**D5. Please use this space to offer any additional comments. (continued;
N=179)**

Other (continued)

Looked forward to the classes. The rapport between the staff and participants was very cordial, welcoming and fun. Girls loved bringing home the recipes and making their own scrapbook. We have used the recipes several times since the class ended.

Loved the recipes. Made a food scrapbook of good foods and put the recipes in. We make them sometimes since the class. I loved eating the food we made and enjoyed my friends.

I learned more about women's health.

Once our grant money was used up some people dropped out even though it was only five dollars per session with healthy snacks and a certified fitness coach.

I live in a high rise (senior). I wish there was a way to start a garden club in the overflow property in the back of the building.

Made use of other churches for these programs.

If different sports and exercises for seniors and other adults will be good.

To continue more exercise to build or to encourage their morale and to keep more class.

The length of the activity could have been longer to cover things in greater detail.

A good way to discipline myself to exercise.

I recently was diagnosed with spinal stenosis at my L4 – L5 so I have a new journey toward recovery.

Keeps my blood pressure good.

More incentives for participants because it might interest them and make them move more and tell their neighbors about being active in the community or our neighborhood. Thanks.

A monthly program on different subjects for living healthier.

Had one murder and one rape in neighborhood – makes it hard to get folks out walking.

Please pay more attention to the smaller high-rises.

I chose my session for my schedule. I feel let down that group was not held. I count and so does my wife – but we got cheated out of follow-up sessions. We enjoyed sessions with staff.

Staff was a great leader and we got cheated when no afternoon session was offered for us. We count and we lost out on information, handouts, group socialization even though we paid same as those who got all sessions and 6-month follow-up. Can someone mail us copies of what we missed? Classes were very good, covered needed topics for me. Too bad only the chosen few who had better schedules got all information. Afternoon people deserved full program too.

More awareness, particularly for kids.

Nice to eat healthy. One person would praise me for eating veggies.

We have been served plain boiled potatoes much more often than I like.

Couldn't walk as regularly last session as was going through chemotherapy but did as much as could and was great to get up and get moving.

Increased frequency of meetings.

**D5. Please use this space to offer any additional comments. (continued;
N=179)**

Other (continued)

Zumba did not make the cut for the grant. Please bring it back.

This is a very to-the-point survey. Nice job.

More healthy snacks at BV.

N/a. (n=2)

Don't know.

None. (n=2)

No any additional comments.

No

Have none.

Nothing.

E. Grantees' follow-up survey open-ended responses

E1. Please describe the changes you made to your activity and why you made these changes. (N=12)

Added new components, made new organizational connections, and responded to the needs of participants

We now include a planned activity break for the month of Ramadan.

Timing, consistent staff to lead program, began a formal program for weight management with small numbers of participants.

We offered 2 more nutrition education sessions for the groups and had presenter provide yoga and stress relief one more time. The group also added a SNAP -Ed tour of Cub Foods grocery store and were given a coupon to purchase a meal for \$10. Otherwise we continued the family literacy and Circle of Parent groups with healthy light meals.

Included healthy eating component to supplement living healthy and active life styles.

We began the Cooking Matters class for the Latina Women's Leadership group and graduates where they cooked the Community Dinner for six weeks at Zion Lutheran Church, and now the Somali Women's Leadership group and graduates are doing the same Cooking Matters program!

We made more connections with local food shelf providers. Because of gardener response, we plan to expand the community garden.

We included kids to learn swimming.

Partnered with other organizations.

We had three activities as part of our grant: swimming, cooking, and biking. The swimming and cooking activities largely did not change. For the biking activity, we had partnered with another organization to offer a class with support from the grant, and this partnership ended at the conclusion of the grant due to the other organization's limited capacity to be able to continue offering classes in our community. However, when that partnership ended, we created a separate partnership with other organizations to be able to offer a similar type of class and activity.

E1. Please describe the changes you made to your activity and why you made these changes. (continued; N=179)

Removed some activity components or reduced the scope of the activity

Did not offer the activities as often and same location.

Instead of having healthy meals cooked by staff and clients four weeks in a row, we went to one healthy meal per month.

We continued the activity but we have to offer it less often due to use of internal funding source that only allows us to do these events quarterly. We were doing them with Allina funding at least monthly.

The class met monthly instead of weekly.

We did not have the financial resources to do it at the scale we did when we had Allina support, so it was smaller scale in terms of supplies, etc.

When cold weather set in after the grant period, we didn't continue the physical activity portion of the program. We did, however, continue to reach out to people in the neighborhood to share a meal with us on Tuesday evenings and be part of this community gathering.

Changes were based on participant availability and interest. For example, walking groups periodically change their schedule. Or, we searched for other organizations that could provide similar on-site exercise class at no cost.

Other

We asked community members what they would like to see moving forward, and made timing and print materials accordingly.

5 members met at the fitness center at 4:15 every Wednesday.

We invited different people.

We did some more plants/flowers vs. vegetables.

We ordered numerous extra DVDs and materials and changed the time.

The grant was applied to both "functional movement" classes for the elderly as well as the establishment of a community garden next to one of our churches. We hope elders will be now "functionally moving" over to the garden to plant and grow some food!

E2. Aside from helping fund your activity, did the Neighborhood Health Connection Healthy Activity grant have an additional, key impact on your organization? (N=39)

Made us more visible in the community

This grant and the people administrating it help our reputation in the community.

It made the Healthy Cooking Club a more visible and well-known name and activity in the community.

Being connected to a larger organization such as Allina Health and sharing with participants that similar activities are taking place throughout the area helps bring awareness to other efforts going on in the community and encouraging participants to learn more about what else is available in the community. They also follow up with us to share ideas about new activities that could take place in the future.

E2. Aside from helping fund your activity, did the Neighborhood Health Connection Healthy Activity grant have an additional, key impact on your organization? (continued; N=39)

Helped us become more aware of the impact of health and social connections

We were more health conscious.

Our focus was on other park-related issues and activities. Finding out about the grant shifted our attention to healthy activities.

It encouraged us to think of the folks that eat with us every Wednesday night and what needs for learning about health they might have. We did grow closer together as a community.

We try to foster social connections with participants at yoga. This may not have been our approach without realizing the additional benefit of it through Allina's grant process.

Helped us extend our reach

Allowed for support to launch community promotion-gave a solid base for future participation.

It gave us the freedom to be able to expand our project and begin to involve more people. As a result we were able to donate more healthy food to those who need it the most.

It allowed us to draw in more people from the community and to expand the activities that were offered.

We did gain new participants to our program and some prior participants did attend our meal program more often as a result of the grant.

It allowed us to provide information to our clients that Allina Health does really care about all of our clients receiving the benefit of good healthy meals and that they can take this knowledge with them when they leave our facility.

We have more people volunteering across different opportunities in the organization.

We were able to provide the continuity of the same activity from last year and the previous grant. The funds enabled us to continue the activity and brought additional people into our restaurant.

Reached some people we do not normally reach.

Helped us build social connections among participants

It brought kids, parents, families and the community together.

More rich social interactions.

I think as a staff, we got to know each other a little bit better. There is such a difference being with your co-workers at work and away from work.

Introduced women outside of the Westside Elementary community to Westside mothers and teachers.

It allowed us to offer events that involved not only youth but their families and this makes a bigger impact on the health of the youth for it gets the messages to the adults, the whole family, to make better choices. It also allowed the families to connect to each other for parents got to meet each other not just the youth. This had families make arrangements to car pool or such for help of each other.

Helped us build partnerships and collaborations with organizations and individuals

Different activities continued within the buildings with the youth and other adults that assisted with the program. A relationship has been established with City staff, youth and residents.

Community Partnerships with the City, County, and Allina are important.

Strengthened partnerships, relationships and member experiences.

E2. Aside from helping fund your activity, did the Neighborhood Health Connection Healthy Activity grant have an additional, key impact on your organization? (continued; N=39)

Helped us build partnerships and collaborations with organizations and individuals (continued)

It helped us further our overall work which is based on building relationships/community building and collaboration/partnerships.

The Healthy Activity grant began a larger initiative in the neighborhood focused on healthy living activities which have extended to a collaboration with the Blaisdell YMCA and our 2016 Women's Leadership cohorts and work with the Association of Nonsmokers Minnesota to do prevention and education work in the Lyndale neighborhood.

We were able to make connections with other organizations that have been helpful in our continued work.

The NHC grant helped us move from a nice and pleasant place for community members to forge relationships. We are becoming more intentional about inviting and welcoming those who may not be well-connected in Faribault and who very much could use a nutritious, tasty meal with others.

We made connections with Allina that we had not had before. Allina has been great to work with.

Other

The clients and staff are looking forward to the gardens again this year. Now that we know how to plant and care for our vegetables, we are excited to try to do it ourselves.

I continue to work individually with some of the participants and many of them report how much it has changed their eating habits into a more healthy way. Some participants even joined a Diabetes class to continue learning how to improve their overall physical health.

To continue exercise with friends.

It supported the goal of providing healthy nutrition education and stress relief which came for the SHIP grant Public Health Committee. It also provided an intentional focus for the 3 high need groups of families with more sessions and professionals from the community (Buffalo Hospital and SNAP-Ed). The families benefited with more time and programming aimed at the Healthy Neighborhood Connection goals that provided ongoing vs 1x sessions.

People are impacted in so many different ways. People are learning how to eat traditional and healthy at the same time plus they are spending time together making new friends.

Could not have been possible without it.

I believe people thought our work must be important if Allina provided funding. Allina has a good reputation.

The impact was other organizations gave us [not understandable] to the same cause.

We had positive feedback from participants.

It let Tatanka focus on healthy choices for students' families.

They provided volunteer teachers for the Functional Movement class! THANK YOU!

E3. Please use the space below to offer any additional suggestions that could help Allina Health improve the Neighborhood Health Connection Healthy Activity grant. (N=29)

Issues regarding the grant's timeline

One improvement would be to keep the same deadline for the grant for 2016 or notify past recipients that the grant deadline changed. Unfortunately, with the grant deadline changing from May to Feb and not being notified that the deadline changed, we were not able to apply for a grant this year and the residents were so looking for doing something again this year. Other than that - the grant was great and it is on the calendar to apply for next year.

If it could last longer than 6 weeks!

Make the grant funding period longer. For example-12 months or 12 months from the date the grant is awarded.

It was a wonderful program and we would love to apply again. My only suggestion would be to lengthen the time for execution as it would have been nice to have more winter weather to teach skills to get participants outside during winter weather. The grant needed to be closed by mid-December, which didn't give us enough cold/snowy weather to work with, so many people don't like winter because they don't have the skills to enjoy winter activities. Thank you!

We would have loved to have seen it be longer -- or even to consider multiple years of funding. It is rare for a program to have real, genuine, lasting impact in such a short time.

Observations regarding the evaluation

There is an awful lot of evaluation with this grant, particularly given its size. We wondered if this much was needed. The timeframe for the grant activities is so narrow.

It would be helpful to receive the participant surveys earlier in the year since the timeline of activities is different. Some activities end within 6 weeks of the start date and some activities meet 6 times over the course of 6 months. It would be helpful to have survey to give to participants immediately after the activity ends so their memory is fresh.

Overall positive feedback about the program

It was a great boost for us for funding!

No suggestions - Funding is, of course, very helpful in providing the supplies needed for the activity. In addition, we greatly appreciate having data from the initial and 6-month follow-up surveys. This helps us know that our programs are having an impact. Thank you!

Everyone has been very helpful. The process is pretty straightforward.

Continue what you are doing. It has a positive impact on many people.

It would be great to have many more programs within my agency to participate in the grant program to help teach many other clients with learning ways to eat healthy and take better care of themselves.

I really like and appreciate this program. I continued to apply for grants; we were awarded another grant, and I will continue to apply again. Everyone is appreciative and happy to do healthy things together.

For us it was a vital part of growing our program in several different ways. One, it allowed us to expand our vegetable garden, it gave several of our clients a new look at inexpensive food and ways to cook them and it helped our being able to purchase items to continue to do the monthly healthy cooking classes.

E3. Please use the space below to offer any additional suggestions that could help Allina Health improve the Neighborhood Health Connection Healthy Activity grant. (continued; N=29)

Overall positive feedback about the program (continued)

Thank you so much for the opportunity and continued support to create valuable programs within our community.

It is a great grant program. Thank you!

I am hoping that the follow up survey goes well with all the participants, since we are doing the paper survey, not the online with them I want to make sure they receive it, fill it out, and get their gift cards. The grant made a big difference for us in the Lyndale Neighborhood and we are more than interested in working with Allina Health in the future. Thank you!

I thought the program went very well and the support of Allina staff locally as needed or to help with ideas was such a great part of the success.

It is great they do this.

Keep up the good work!

The best thing to continue to do is communication. Keep up the good work!

All great stuff by me. No critiques :-). Keep it up!

I think it is a very good program already and I can't think of any ways to make it better.

Other comments

You guys give more opportunity for the diverse population.

In a community setting, it is difficult to guarantee the same group of people will attend all six sessions - people lead busy lives and have things that come up. We have found that some people don't sign up for an activity because they don't want to 'disappoint' if for some reason they have a medical appointment rescheduled and become ill and can't attend all 6 sessions that they committed to. Also - word of mouth is a great way to increase participation and sometimes participants need to attend 1 or 2 session before they decide they like to activity and want to spread the news with neighbors or friends. We have learned over the years that six consecutive weekly sessions might not be the best schedule - so in the future we are going to try spacing out session to 2x per month or 1x per month or seasonal and see how participation might increase. Thank you for translating the surveys into different languages. We have greatly appreciated the NHC grant and look forward to future opportunities to work together.

Perhaps clearer instructions on wording for the grant writer might be helpful.

I am so proud to be an Allina employee and know that they are also supporting health in our communities. The only thing I would say is that it would be good to highlight more of what the organization does for others in the community and to raise more awareness of this opportunity to partner. Thank you.

None

N/A

Can't think of anything in particular.
