

# Allina Health Neighborhood Health Connection™

## 2016 Six Month Follow-up Survey Evaluation Summary

### Overview

The Allina Health Neighborhood Health Connection (NHC) grants were created to help individuals build social connections and participate in activities that encourage physical activity and healthy eating. Results from the evaluation suggest positive changes in social connections, physical activity, and healthy eating occurred for a majority of participants who responded to the follow-up survey. In this summary, participants' follow-up survey results are shared. Comparisons are made between participants' results from the initial and follow-up survey.

## Key findings

### *A majority of participants continued participating in NHC activities*

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

### *Participants increased or maintained social connections*

Most participants reported keeping in touch with someone new they met through the NHC activity or strengthening connections with people they already knew. A majority of participants (75%) continued to keep in touch with at least one of the new connections they made during the NHC activity six months after the grant period ended. In addition, a majority of participants (73%) reported they strengthened connections with people they already knew (Figure 1).

Figure 1. Participants' change in their current connections at the end of the NHC funding period and at follow-up\* (N=282)

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

### Evaluation methods

NHC activity participants received an initial survey at the end of the activity or at the end of the funding period (whichever one came first). Six months later, a follow-up survey was sent to participants who completed the initial survey. The follow-up participant survey was sent to 581 participants and completed by 287 eligible participants (i.e., adults age 18 or older who participated in an activity at least twice), a response rate of 49 percent. Online surveys were completed by 112 participants and paper surveys by 175 participants. Participants from 43 of the 58 NHC activities that administered the survey responded. Respondents tended to be white, female, speak English, not receive public support (a proxy measure of socioeconomic status), and be in good health.

### Key (Figures 1-3)

- ↑ = physical activity increased
- ↓ = physical activity decreased
- = no change in physical activity

## Participants increased or maintained physical activity

The majority of participants are more physically active (39%) or are doing about the same level of physical activity (55%) at six-month follow-up. Twenty-six percent of participants reported being more physically active at the end of the NHC funding period and at follow-up. Another 25 percent indicated they increased physical activity at the end of the funding period and maintained it at six-month follow-up (Figure 2).

Figure 2. Participants' change in their physical activity at the end of the NHC funding period and at follow-up\* (N=199)

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

## Participants increased or maintained healthy eating behaviors

Most respondents reported eating healthy meals and snacks more now than six months ago. Forty-six percent of respondents reported an increase in healthy eating behavior at the end of the NHC funding period and at six month follow-up. Another 21 percent of respondents reported an increase in healthy eating behavior at the end of the NHC funding period and maintained it at six-month follow-up (Figure 3).

Figure 3. Participants' change in their healthy eating behavior at the end of the NHC funding period and at follow-up\* (N=169)

End of NHC funding	Follow-up	
↑	↑	46%
↑	—	21%
↑	↓	0%
—	↑	10%
—	—	20%
—	↓	1%
↓	↓	0%

\* These figures display the total number of participants who answered survey questions regarding changes in their social connections and healthy behaviors at the end of the NHC funding period AND at follow-up. The total percentage is greater than 100 because of rounding.

### Key (Figures 1-3)

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

### Limitations

Use caution when interpreting the results as they may not represent the thoughts of all participants who were eligible for the survey. In addition, the results of the significance testing should also be interpreted with caution as slightly less than half of the participants completed the survey.

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### For more information

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