

## BYI Definition of Health || Developed by Backyard Community Residents

- Health is a state of physical, mental, social and spiritual well-being. It is not only the absence of infirmity and disease.
- Health is an active state of being; people must be active participants to be healthy. Health cannot be achieved by being passive.
- Health is the state of balance, harmony and connectedness within and amongst many systems – the body, the family, the community, the environment and culture. Health cannot be seen only in an individual context.



## Visit the BYI Resource Center

Located at the Lake Street entrance of the Midtown Global Market

920 E Lake St #G10, Minneapolis, MN 55407

612-353-6211

- Learn about the Backyard Initiative and the work of specific CHATs
- Find and access community resources available to residents of South Minneapolis
- Participate in healthy events and activities
- Meet with a Portico MNSure Navigator and sign up for health insurance
- View archived prints of the *Alley Newspaper's* “BYI Back Page”—a special page in Minneapolis’ Phillips neighborhood community newspaper that highlights the BYI’s work

### For more information:

**Visit:** [allinahealth.org/backyard](http://allinahealth.org/backyard)

**Call:** Allina Health: 612-262-44

**Call:** Cultural Wellness Center: 612-721-5745



# Backyard Initiative

## 2015 Snapshot

# The Backyard Initiative

## A Resource in the Community

A dynamic partnership between the residents of South Minneapolis, the Cultural Wellness Center and Allina Health to support the community's capacity to take care of its own health.

The BYI improves social connections and health literacy through 12 Citizen Health Action Teams (CHATs), which are formed and operated by residents in the Backyard. CHATs are community-led health improvement projects organized around a particular disease, a culturally-defined issue or a specific approach.

### 2015 Partnerships

#### Minneapolis Health Department ReThink Your Drink Campaign

A BYI Resource Center team conducted **four events** for the campaign to encourage residents of South Minneapolis to choose healthier beverages over sugary drinks. These events resulted in:

**250** people engaging with the BYI team to learn about the negative health effects of consuming sugary drinks and to sample healthy alternatives,

**50** community residents signing up online to participate in the campaign,

**10** children participating in an in-depth health promotion activity at Phelps Park in South Minneapolis.



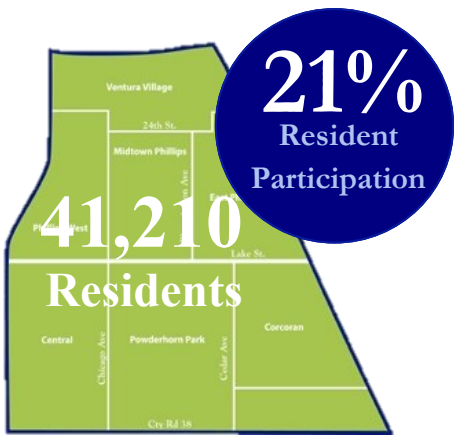
#### Portico Healthnet

**631** residents screened for health insurance  
**487** residents referred to health and social services  
**264** residents enrolled in MNSure Programs  
**60** residents served in Portico's Coverage Program

A Portico MNSure Navigator serves the South Minneapolis community weekly at the BYI Resource Center.



### Community Involvement



Community Volunteer Hours

50,720

Residents contribute \$5.60 in volunteer time for every \$1 invested by Allina Health.

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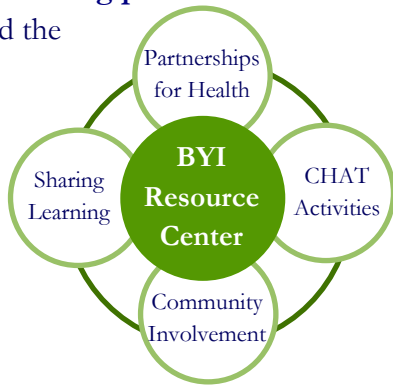
346 CHAT Leaders  
8,454 Participants in CHAT Activities

### BYI Resource Center

#### The Hub of the BYI

The BYI Resource Center is a **gathering place** for BYI leaders, participants, and the broader community.

It is the **center of the BYI's work** and is located in the center of the South Minneapolis community—the Midtown Global Market.



#### In 2015...

**40+** events were hosted by the BYI Resource Center, each promoting social support, social cohesion, health education and health empowerment among participants.

**3,120** people visited the BYI Resource Center to receive information about the BYI, community health resources and CHAT specific activities.

**25%** of these visitors had prior knowledge of the BYI or a particular CHAT.

### 2015 Learning

#### Evaluation Team

In 2015, the Evaluation Team learned that activities' impact on health seems to be greater on individuals and/or families if:

- CHATs hold regular events.
- Participants attend these events on a regular basis.
- CHAT activities are geared not only toward social support and social cohesion, but also include health education and health empowerment.

Due to a low sample size, the team was unable to assess the extent to which BYI activities have impacted CHAT participants' social support, social cohesion, health education and health empowerment.

In 2016, the Evaluation Team will work to more fully integrate the BYI evaluation process into the initiative's day-to-day activities to continue to explore this question.

#### Research Team

The purpose of the research team is to collaboratively ask and answer questions relevant to the BYI. In 2015, the BYI Research Team shared their learning with the broader Allina Health and Public Health community via:

- A co-written article submitted for publication, for which we are currently awaiting the journal's decision regarding whether or not it will be published.
- A presentation at the 2015 American Public Health Association (APHA) Meeting.
- A presentation at Allina Health Research Rounds and Research Academy.
- Informing social support questions in the 2016 Allina Health Employee Health Risk Assessment.

### Examples of 2015 CHAT Activities in the Community

#### Re-birthing Community/ Communities of Light

Builds the community self-sufficiency and engagement by offering workshops and opportunities for community discussion through a co-operative model. This CHAT worked with Growing the Backyard and the BYI Resource Center to distribute a total of 3,000 pounds of vegetables to people in need.

#### Out in the Backyard

Builds a sense of community among LGBT people by connecting them to community resources related to health and wellness. Among other activities, this CHAT offered 520 hours of Zumba, 416 hours of yoga and 208 hours each of self-defense, hip hop dance and pilates classes throughout the Backyard.

#### Growing the Backyard

Increases access to affordable, healthy food for families by training youth and families on gardening techniques and distributing fresh produce across cultures. This CHAT worked with the Resource Center to sell 1000 pounds of vegetables to approximately 200 visitors to the Midtown Global Market. Of these 200 purchasers, 75% were residents within the backyard.

As a group, CHATs completed a total of **9,320** health improvement activities in 2015.

