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# Allina Health Neighborhood Health Connection™

## *2015 Healthy Activity Grant Evaluation Summary*

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

### **Evaluation methods**

At the end of the grant-funded activities, surveys were administered to grantees and participants. The grantee survey was completed by 53 of the 58 grantees. The participant survey was completed by 788 of the 1,828 eligible participants (i.e., adults age 18 or older who took part two or more times in an activity), which is a response rate of 43 percent. Surveys were gathered from 54 of the 58 grantees. The participants who responded to the survey were mainly female and in good health. However, participants of color made up a greater share of the participants who responded to the 2015 survey (29%), in contrast to 2014 (21%) and 2013 (12%). Frequency of participation in the NHC activities was categorized as “high” (participants attended 6 or more activity sessions), “moderate” (4-5 sessions), or “low” (2-3 sessions).

## Limitations

Caution should be used when interpreting the results as they may not represent the thoughts of all participants who were eligible for the survey. Additionally, the findings in this report focus on short-term changes that may not result in long-term behavior change. Long-term outcomes will be explored through the follow-up survey administered to grantees and participants six months after the end of the NHC funding period.

## Reach of the NHC Healthy Activity Grants

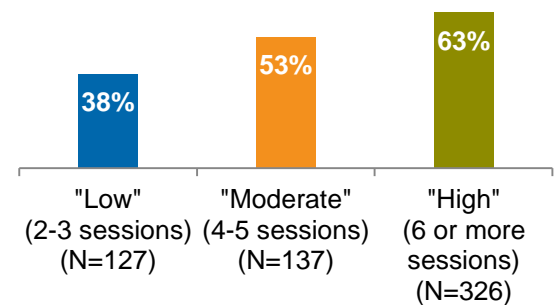
**NHC grants were awarded to 58 organizations and groups who reached 2,789 participants though their collective work.** Most of the grantees used the NHC funding to expand (40%) or support (40%) an existing group rather than to create a new group (21%). According to their applications, 11 grantees focused on reaching specific cultural communities such as Latino or Somali community members and 12 focused on engaging older (65+) adults.

## Success building social connections

**Results suggest that the NHC grants helped increased connections among participants.** A majority of grantees rated their activity as “very successful” in helping participants strengthen existing relationships (76%) and build new relationships (57%). Most participants also reported that, as a result of participating in a NHC activity, they strengthened their current relationships (89%) and 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 the new people who they connected with (63%) compared to those who participated at a “moderate” or “low” frequency (53% and 38%, respectively; Figure 1).\*

FIGURE 1: PERCENTAGE OF PARTICIPANTS WHO ARE “VERY CONFIDENT THEY’LL STAY IN TOUCH WITH A NEW CONNECTION, BY FREQUENCY OF INVOLVEMENT



## Success improving health behaviors

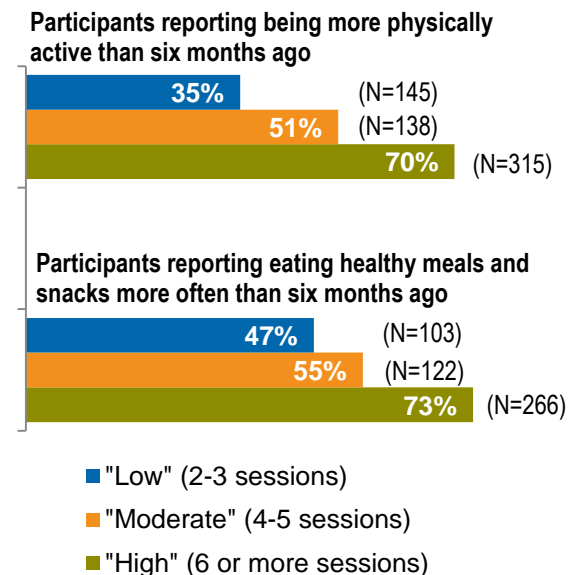
**Results suggest participants made changes in their physical activity and healthy eating behavior as a result of the NHC grants.** A majority of participants reported eating healthier meals and snacks (63%) and being more physically active (57%) compared to six months ago.

Participants who took part at a “high” frequency were significantly more likely to report increased physical activity (70%) compared to those who participated at a “moderate” or “low” frequency (51% and 35%, respectively).<sup>\*</sup> Participants who took part at a “high” frequency were also more likely to report increased healthy eating (73%) compared to those who participated at a “moderate” or “low” frequency (55% and 47%, respectively; Figure 2).<sup>\*</sup>

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.

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

**FIGURE 2: PERCENTAGE OF PARTICIPANTS WHO REPORTED CHANGES IN THEIR HEALTHY EATING AND PHYSICAL ACTIVITY, BY FREQUENCY OF INVOLVEMENT**



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### For more information

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MARCH 2016