

# Key Findings from Neighborhood Health

## Connection Evaluation

2013-2018



### Overall Observations

Participants have consistently reported positive changes in social connections, physical activity, and healthy eating. The follow-up survey findings suggest these positive changes continue six months after the end of the grant funding.

### Summary of evaluation findings

- **The participant survey response rate was highest in 2014 at 56 percent and lowest in 2013 at 12 percent. The response rate has remained consistent between 40 and 50 percent in 2015, 2016, 2017 and 2018 at 43 percent, 46 percent, 45 percent and 48 percent, respectively.** Participants of color made up a greater share of those who responded to the 2015 survey (29%), in contrast with 2018 (21%), 2017 (25%), 2016 (20%), 2014 (21%), and 2013 (12%).
- **Across all six years of the survey, most participants reported strengthening their current relationships (80-89%) and building new relationships (71-89%).** A majority reported being more physically active (50-61%) and eating healthier (51-78%).
- **Across all six years of the survey, participants who took part six or more times in a NHC-funded activity reported higher levels of physical activity (61-70%) and healthier eating (55-73%) compared to those who participated fewer times.** In 2014, 2015, 2016, and 2017, participants who took part six or more times were more likely to report they would maintain at least one of their new connections (49-68%). The 2016, 2017 and 2018 findings also suggest notable differences in improved social connectedness and healthy behaviors among participants of color.
- **Through follow-up surveys after the 2014, 2015, 2016 and 2017 grant cycles, a majority of participants reported maintaining or increasing positive changes in their social connections (61-89%), healthy eating (30-63%), and physical activity (52-58%) six months after the end of the NHC grant period.** In addition, those who continued to take part in an activity after the end of the grant period were more likely to report increased positive changes in their social connections and healthy behaviors.

*The evaluation of the Neighborhood Health Connection (NHC) grant program includes a survey that participants take at the end of their activity or at the end of NHC-funding period. In 2015-2017, a six month follow-up survey was administered to those who took the initial survey.*