

The BYI Definition of Health – the Foundation of the Backyard Initiative

Health is a state of physical, mental, social, and spiritual well-being. It is not only the absence of infirmity and disease.

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.

Health is an active state of being; people must be active participants to be healthy. Health cannot be achieved by being passive.



★ Allina Health office is located at Chicago Ave. & Lake St. in Mpls. The Backyard is bordered by I-94, 38th Street South, Highway 55 and I-35 West.

The BYI began with Allina Health engaging in many conversations with community stakeholders in early 2008. In December of the same year, Allina Health partnered with the Cultural Wellness Center, a Minneapolis based nonprofit community organization, to design and facilitate the community engagement process. As lead Agency, the Cultural Wellness Center works with both partners (residents and Allina Health) and is the glue that has held the partnership together.

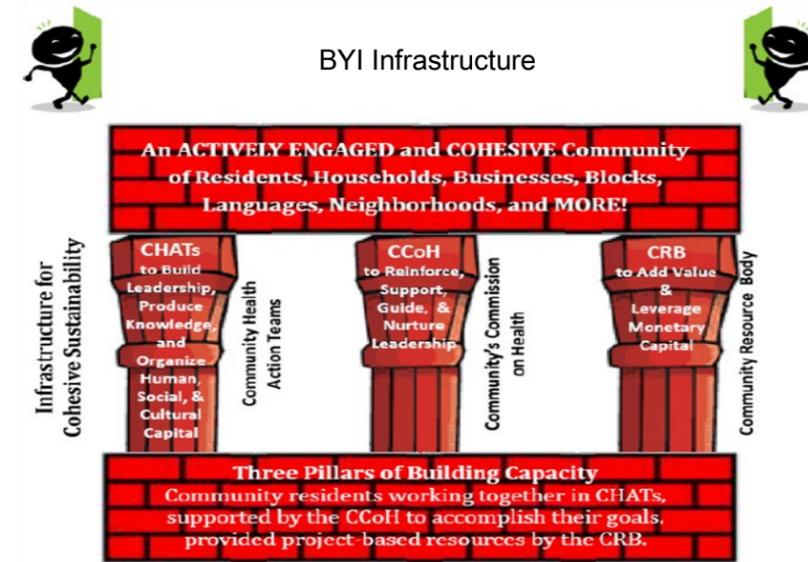


2016 Year in Review

Backyard Initiative

The Backyard Initiative (BYI) is a partnership between the Cultural Wellness Center, Allina Health and residents of seven neighborhoods within approximately one square mile of Allina Health Commons, Abbott Northwestern Hospital, and Phillips Eye Institute. The purpose of this partnership is to support the community's ability to take care of its own health. For the 41, 210 people who live here, Allina Health is in their backyard.

Citizen Health Action Teams (CHAT) Activities



Community Resource Body members include: BYI Community members, Allina Health, Amherst H. Wilder Foundation, City of Minneapolis Department of Health, Cultural Wellness Center, George Family Foundation, Hennepin County Medical Center, Hope Community, LISC, NorthPoint Health and Wellness, University of Minnesota School of Public Health

For More Information

Visit the BYI Resource Center,

Located at the Lake St. entrance of Midtown Global Market

920 E Lake St., #G10

Minneapolis, MN 55407

Call: Cultural Wellness Center, 612-721-5745

Ruth Olkon at Allina Health, 612-262-4430

BYI Resource Center, 612-353-6211

www.allinahealth.org/backyard

www.culturalwellnesscenter.org

Examples of CHAT activities include free exercise classes, health education, cultural support groups.

6,175 people participated in a BYI CHAT activity. Many have been attending activities for more than one year.

There were an average of 34 CHAT activities held in the BYI each month.

The Backyard Initiative utilizes CHATs which are formed and operated by residents of the Backyard. The CHATs engage community members in activities to improve health by creating social support, social cohesion, health education and health empowerment.

Examples of CHAT activities are farmers markets, neighborhood potlucks, open mic events, self sufficiency workshops.

CHAT members volunteered the equivalent of \$1,058,400 of their time and talent in 2016.

Approximately 42,000 volunteer hours were donated in 2016 by CHAT members.

2016 Evaluation Findings

The results show that the Backyard Initiative is achieving its goal of improving the BYI community's health by increasing the four health priority areas of **social support**, **social cohesion**, **health education**, and **health empowerment** for BYI CHAT participants. It also shows that the Backyard Initiative is reaching many different groups of people in the Backyard area, and that the BYI is attaining its goal of engaging people to attend consistently and over a long period of time.

PROCESS:

- Community members carried out the entire process.
- CHAT leaders implemented the survey during CHAT activities.
- 500 participants completed the survey, 454 surveys were eligible for analysis.

RESULTS:

- **93%** CHAT participants are experiencing increased social support.
 - **95.5%** reported having a greater sense of belonging. **95%** are more willing to help others in their community.
 - **90%** of respondents are getting and receiving information and resources to help them and others take care of themselves.
 - **86%** are doing something differently to take care of themselves as a result of participating in CHAT activity.
 - **76%** of respondents attended the CHAT activity for more than one year.
- Analysis showed that respondents who have been involved with the BYI for more than two years are significantly more likely to report better overall social support, as a result of their participation when compared with respondents who have been involved for a less amount of time.

PARTICIPANTS:

- **78%** of respondents live in the Backyard.
- **65%** were women, **34.5%** were men.
- Respondents ranged in age from 18 to 64 and older. **24.4%** were between 40-49 years old.
- Respondents identify with over **80** different cultural groups.

The **BYI Research Team**, made up of members from the community, staff from Cultural Wellness Center and Allina Health, published "Implementing a Community Driven Research Partnership: The Backyard Initiative Community Health Survey Methods and Approach" in the Winter, 2016 edition of *Journal of Progress in Community Health Partnerships: Research, Education and Action*.

The Team also presented, "Lessons Learned About Community Driven Research Processes" to the Interdisciplinary Research Leadership (IRL) conference. The IRL is a Robert Wood Johnson Foundation Program led by the University of Minnesota collaborating to enhance health equity.

The **Backyard Initiative Resource Center**, located in the Midtown Global Market, provides information about the Backyard and community resources to visitors and neighbors.



The BYI has built a partnership with the City of Minneapolis Department of Health. Early in 2016, they worked together on a project to promote healthy, non-sugar sweetened beverages in the Midtown Global Market (MGM). During a small pilot project from March to June 2016, the vendors involved reported increased sales of water and water alternative beverages. The other lesson learned from this pilot is the importance of BYI members to be present and continue to build relationships with vendors. Doing so allowed for flexibility and trust to be built into the relationships. A "Grand Finale", held in June 2016, reached approximately 380 individuals.

As a result of the success of this pilot project, the City of Minneapolis awarded an 18-month grant to the Cultural Wellness Center to continue the work to create a "Healthy Beverage Zone" in the Midtown Global Market. This work will include youth leadership development as it continues into 2017. More vendors will be recruited to work with the youth leaders to increase sales and consumption of water or water alternative beverages. Eventually, this work will continue with neighborhood convenience stores and corner store markets.



TEENS CHAT promoting infused water beverages during the "Grand Finale" event summer of 2016.