



MMLB

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**Total amount granted from 5HF:
\$5600 + \$2000 previous designated for a walking program.**

**Total expenses paid with 5HF funds*:
\$7369.17**

Carry over \$230.83 for MMLB 2 approved by AH.

* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

Intervention start date: August 2016	Intervention end date: May 15, 2017	Date funding received: August 2016	Element: Eat Better & Move more
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Intervention Information

Brief Intervention Description

- **Primary Goal:** Engage between 100 and 200 Manchester residents in a health and wellness program with the goal of losing 2000 total pounds and average 150 minutes physical activity per week.
 - **Brief description of program:** The program combined incentives, activity trackers, competition, and the potential of helping a local community non-profit to encourage residents to be more active. The goal is for the participants of the MMLB Challenge to use walking and healthier lifestyle choices to lose pounds.
- I. **Target population.** Area residents 18 years old and up

Continuing Intervention (only complete this slide if this is a continuing intervention)

Funding Intervention also funded in:

- | | |
|--|---|
| <input type="checkbox"/> Year 1: \$2000 (different intervention) | <input type="checkbox"/> Year 4: \$0 |
| <input type="checkbox"/> Year 2: 0 | <input type="checkbox"/> Year 5: \$5600 |
| <input type="checkbox"/> Year 3: 0 | |

- Has the intervention made any improvements/changes from past year(s)?
 - In Year 1 there was a Walking Program associated with the Wellness Center. MMLB was much different including activity trackers and prizes for participation
- If the amount requested has changed from the previous year please explain.

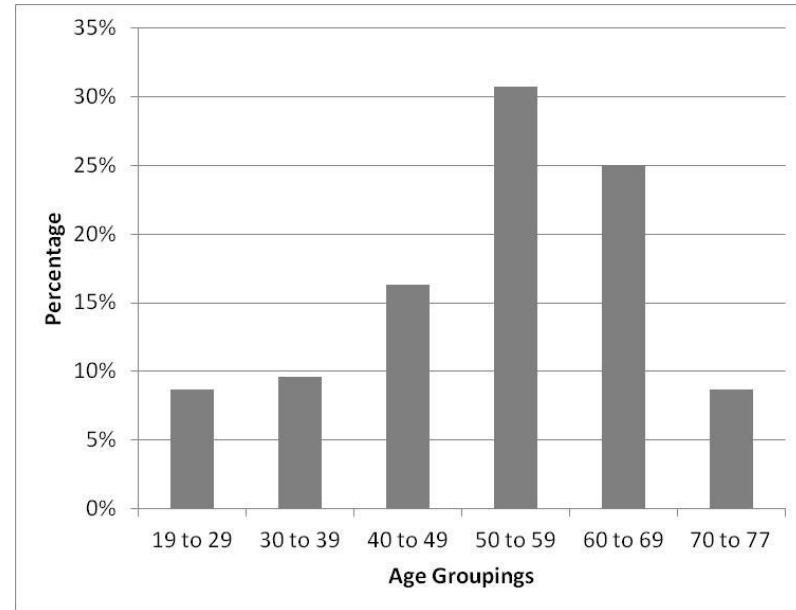
Key Evaluation Data

Units of Engagement (no units of engagement for infrastructure)

- Number of participants (P) = 114.
- Number of classes/events held (N) = 19 weeks + 36 people in extension for 15 weeks
- We recorded over $35,141 + 10,718 = 45,859$ miles of activity – estimate 2 miles per hour as an average walking pace
- Units of engagement = 22,930 hours of activity

Other measures may include, but are not limited to:

- Weight lost – $328.4 + 83.7 = 412.1$ pounds
- Averaged 190 minutes of activity per week
- The other proposed measure was calories burned, but the Garmin Activity Tracker did not record total calories burned so we did not capture that data.



MMLB – thru Jan 15, 2017

342 weigh ins

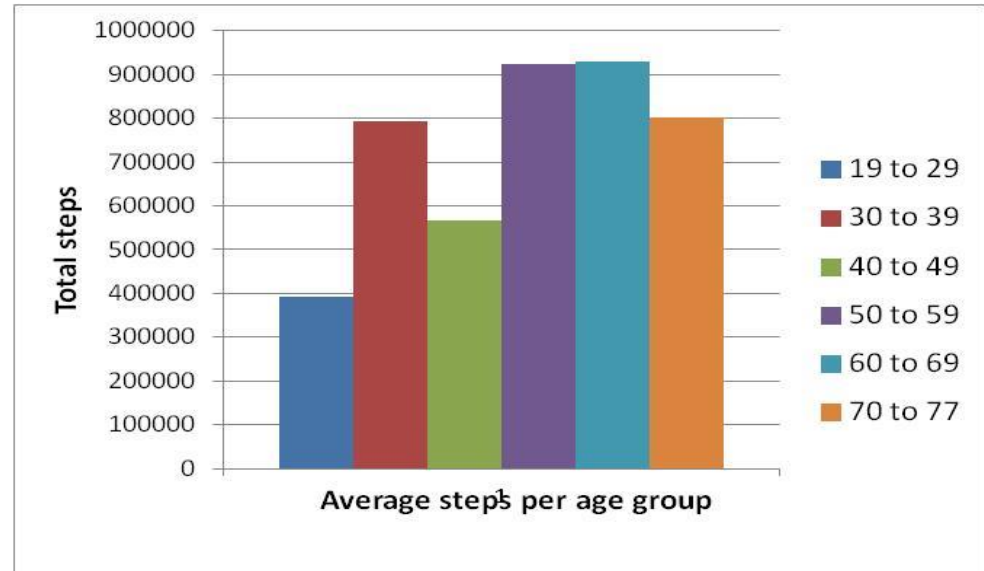
62 people lost weight

- 328.4 pounds,

31 people gained weight

- 120.2 pounds.

15 people lost weight in the extension for a total of 83.7 pounds.



Testimonials

- I've been fighting my weight on and off ever since gaining my Freshman 15 in college. When I had kids, I started eating better to set a good example and kept my weight stable for 12 years. When I returned to work and a more sedentary lifestyle, the pounds crept on, one or two at a time. And they wouldn't go away!
- Eventually I found myself weighing in closer to the border of what's now considered obese. I resisted (or denied) that definition ... but there was no doubt between stress, weight, and aging, I just didn't feel as healthy. I knew I was at higher risk for health problems and I didn't want that to happen to me.
- I bought a Fitbit on June 2, 2015 and walked 10,000 steps per day. That was fine for a while, then I upped it to 11,000 in September 2015. I lost a little excess weight due to increased activity, but soon hit a plateau. After several months I got bored and maybe a little complacent. My steps didn't always make it to goal, but at least I wasn't going upward any more.
- I discovered the MMLB program in August 2016 and signed up, not to get a fitness tracker, because I already had one, but just to keep myself honest. I was already walking, so why not give myself a little incentive, and help raise some money for the CRC? At the same time I raised my step goal to 12,000 steps per day. Once I started walking more I started to see a difference in my weight and also in how I felt.
- Making the commitment to MMLB was the best thing I could have done. I never "dieted," but rather did what I like to call "mindful eating"--and the thoughtful weekly emails from MMLB helped me become even more mindful. From my first weigh in Aug. 29 to my most recent on Jan. 5, I lost more than 15 pounds. I have a "normal" BMI now for the first time in 10+ years. Just this week, I passed the two million step mark, and I feel great. Not only because people are noticing my weight loss--although that doesn't hurt too much--but even more so because I know each step I take is a step towards better health for a lifetime.
- Thank you, Manchester Wellness Coalition and MMLB, for the motivation, encouragement, practical hints, and of course, the incentives, all of which helped me stay on track for the past four months ... and the next four to come!

Great data gathering. You have succeeded getting Manchester moving. Looking at some of the others totals...wow, I'm impressed. Wants to make me walk more ! Thank you.

I'd like to give you an immense thanks for thinking of and orchestrating this wonderful program. Besides the obvious benefits of walking more and losing weight, I wanted to share some of the unexpected benefits for me.

1. I made new friends. Slowly, more people joined the walking groups that I was part of. Each new person became a new friend that I felt blessed to know. Many were people I would have never had the opportunity to meet if it weren't for this program.
2. This is the first year ever in my life that I'm walking during the winter months. I've purchased some attire that will, hopefully, get me through the cold. There are about six of us who have decided to keep walking through the winter, so I have friends to do it with. Hopefully, my annual weight gain over the winter will not happen this year.
3. I am no longer frustrated or aggravated when I can't get a close parking space at a shopping mall. I now happily park the distance because it means more steps.
4. My house is cleaner. I no longer pile things up in order to make one trip up or down steps. I make the trip whenever something needs to be put away because it means added steps.

This program has been a lot of fun, and I've appreciated the excellent books that we got along the way. I hope this program can be renewed in some format in the future. It's certainly an incentive to move more, eat better, and connect with others. Thank you,

For each goal provide the following information:

Goal 1: Engage between 100 and 200 Manchester residents in a health and wellness program with the goal of losing 2000 total pounds. Average 1 hour activity 5 times a week times 18 weeks (18000 – 36000 miles of activity)

<p>Did the intervention meet specific goals listed on the intervention table?</p>	<p>We did received between 100 and 200 registrations – actual number 143, but 30 people that registered did not follow through with the program. Total active registrants = 113. Group only lost 328.4 pounds not 2000. + 83.7 in the extension = 412.1 total pounds (20.6% of goal) Group of 113 exceeded to goal of activity., estimated at 20,340 miles, actual 35,500. + another 10,718 miles in the extension</p>
<p>State what you tried to accomplish</p>	<p>Get a group of area residents active and engaged in losing weight.</p>
<p>How did you measure progress towards the goal?</p>	<p>Weigh ins once a month and activity reports email to the email address.</p>
<p>Was the goal attainable?</p>	<p>The 2000 pounds was too high a goal as we didn't specify that participants were obese or overweight. We estimate that about 1/3 of the active participants were already in the normal weight range.</p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>The area has a high number of people in the obese/overweight BMI range.</p>

Overall were there any major accomplishments?

- Yes
- No

The activity goals of the program exceeded our expectations.

The weight loss part of the did not.

But the 2000 pounds was chosen assuming we would have 200 participants that would each lose 10 pounds.

We did have 64 people who lost weight. We have 31 people who achieved more than 1 million steps (2 reaching 2 million) in the original 19 weeks.

Setbacks

Were there any setback encountered during the implementation of this intervention?

Yes

If yes, please describe setbacks and how they were addressed below:

Setbacks or issues identified	How they were addressed
<p>Activity trackers - The original plan was to purchase trackers that were \$12 each, but those were no longer being sold. Thus, we had to select a different tracker and after reviewing different kind, we decided to purchase the Garmins which had good reviews of accuracy. Thus our budget was an issue right away</p>	<p>We asked if we could transfer \$2000 from a previous walking intervention to help with the extra expenses and re-worked the budget totally working with Matt P to have it approved.</p>
<p>Weight loss goal was linked to the non-profit donation not steps. Because the weight loss was way below the goal, we had to decided what to do about the donation.</p>	<p>Decided to do it as a % of the goal, and to offer an extension so more weight could be lost.</p>

Collaborations

Did your intervention involve collaboration with any other organizations

Yes

Manchester Wellness Center personnel and volunteers provided the important role of weighing in participants and actually took in registrations. They also gave out the monthly reward items.

5 Healthy Towns staff arranged to get the gift cards for monthly prizes.

Please comment on the value of the collaboration

Key role for the program

Collaborations

Will the collaboration continue if the intervention continues?

- Yes

Are there additional collaborators you could work with in the future?

- Yes, we'd like to have a stronger program to support weight loss in future programs. Not sure exactly who to collaborate with.

Sustainability

- Does your intervention have a sustainability plan?
 - No
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?
- Please explain

100 people received Garmin activity trackers , only 5 turned theirs back in, thus, 95 people can continue to use the trackers

Fiscal Agent

- 5 Healthy Towns Foundation

Media

- Provide the following documentation:
 - The Manchester Mirror published weekly updates of MMLB progress. See 3 examples below.
 - The Program was advertised at the Farmers Market, and the Manchester Wellness Coalition in addition to the Mirror.



In 12 weeks, a group of about 100 people (age 18 – 81) have tallied up:

21,323 Miles
51,265,356 Steps
**56 PARTICIPANTS
HAVE LOST WEIGHT
For a total of 215.6 #**

Email MMLB48158@gmail.com for more info,
Still time to join this free program focused on:
Moving More & Eating Right
MMLB is part of
Manchester Wellness Coalition Year 5 Plan
Funded by 5 Healthy Towns Foundation



Since August 27, 2016 about 100 people (age 18 – 81) have tallied up:

28,529 Miles total
68,874,523 Steps total
*1 person over 2 million steps
22 people over 1 million steps
53 people over half million steps*



MMLB is part of
Manchester Wellness Coalition Year 5 Plan
Funded by 5 Healthy Towns Foundation



Since August 27, 2016 about 100 people (age 18 – 81) have tallied up:

328.4 pounds lost
35,141 Miles total
80,100,601 Steps total



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Please include an itemized expense report (not budget) that demonstrates how the grant funds were used

	Budget	Spent
marketing	\$460	\$414.35
Trackers	\$2,500	\$5,296.37
Books	\$415	415
Tshirts	\$800	889.45
Donation	\$750	154
Prizes	\$200	200
		\$ 7369.17

List of In Kind an volunteer hours

Assistance from Manchester Wellness Staff to weigh in and help people in the program (estimate time at 5 minutes per weigh in times 394 weigh ins = 32.8 hours

Other in kind

- Stress management program for donating books and profilers as one of the monthly prizes
- The 5 a day program (Year 1) for donating portion plates as one of the prizes.
- Manchester Wellness Center for donating passes
- 5HTF – for getting gift cards, writing checks, etc. as our fiscal agent

Volunteer hours total = 160 hours

Ruth VanBogelen – 3 hours a week for 19 weeks +15 weeks = 102 hours

Shelley Hehr - 2 hours a week for 19 weeks = 38 hours

Ruth & Shelley for organization of the intervention = 20 hours