We are a gathering of community-anchored groups and neighbors, their friends and partners, that promotes and serves as a resource for Health. **We define health as a personal and community condition that reflects the fullest attainment and expression of physical, mental, environmental, spiritual, and economic potential.**

### Participation
69 individuals enrolled in at least one N2N program and consented to participate in assessments (2009-2010)
- 25 Garden to Market (G2M) youth
- 9 backyard gardeners
- 17 family gardeners
- 9 Cooking club members
- 12 health Advocates

At least 90 additional residents have participated one or more N2N health education events; 20 more maintained a family garden plot, and as many as 400 participants joined the annual Neighborhood Treasure Walk in 2010.

### N2N Activities

**Family Sufficiency Education**
- **Health Advocates**: Residents and friends gather to learn, apply and share healthy life skills. The topics of these sessions are selected to meet the needs and interests of N2N families.

**Gardening**
- **Gardens to Market Program**: Youth and adults install and maintain production gardens in community lots and residential backyards. Produce is shared with homeowners and sold at Fondy Farmers Market.

**The Family Garden Plot Program**: N2N families create and maintain garden plots at Alice’s Garden. Families receive seeds and plant starts, and use tools at the site.

**Cooking**
- **Healthy Cooking Clubs**: N2N Cooking club families learn healthy food preparation using fresh seasonal produce and heart-healthy modifications of neighborhood recipes.

**Walking**
- **Wellness Walkers**: This group of women and men walk together weekly through all seasons for exercise, safety, and good conversation. Find us in Johnsons Park when the weather is nice!

### Results to Date

**Conclusions**
- Neighbor-to-neighbor is a strong model for building social cohesion and offering opportunities for engagement across multiple health promoting activities.
- Building capacity for community organizing and for grass-roots leadership is critical to meaningfully engaging neighbors.
- Programs are best when responsive to participants’ interests and when they allow opportunities for participants to take ownership and leadership.
- Rapid growth and evolving programs created challenges in managing staff roles/responsibilities and structured evaluation.
- The partnerships have strengthened and found sustainability in connections between organizations.
- Analysis of evaluation data is on-going.

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