

Helping New Ulm neighbors and families be healthier!

Over the summer of 2016, The Heart of New Ulm Project along with several community organizations co-hosted a gathering in your neighborhood and other New Ulm neighborhoods to help people get to know their neighbors and enjoy a variety of fun activities. The event also provided a chance for us to better understand how we can help people in New Ulm neighborhoods improve their health and well-being.



Thanks to YOU and your neighbors for coming and sharing your thoughts with us. Here's a brief glance at what we heard from you:

Top 6 things you do *for yourself* to feel happy and healthy:

- #1 (tie)** Exercise; specifically, go walking
Do hobbies
- #2** Be with your family; take care of them
- #3** Be with friends or others
- #4 (tie)** Cook and eat well
Read

Top 5 things you do *with family* to feel happy and healthy:

- #1** Be with family
- #2** Go to a park
- #3** Swim
- #4** Walk
- #5** Do hobbies

You said it's important for you to do these activities because they:

- Keep you together/closer
- Help your mood and reduce stress
- Help you keep busy and active
- Help you get outside and be with nature
- Help you be healthier and manage your weight



→ see other side

Top 3 things you can't do, but want to do:

4 in 10 of you surveyed said you were able to do what you wanted. The others said:

- #1 Play sports/ride bike or horse/dance
- #2 Walk
- #3 Work out / take an exercise class

Top 5 reasons you can't do what you want to do:

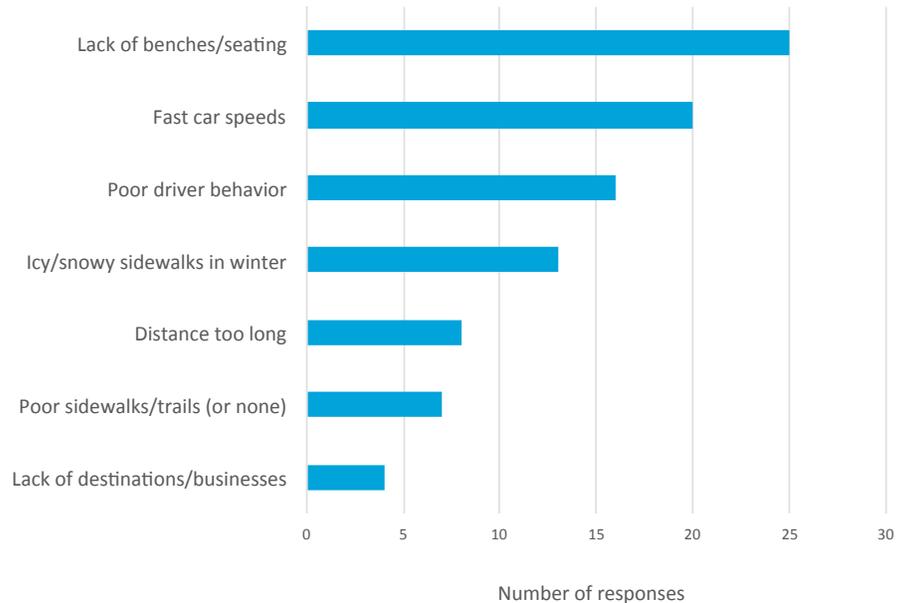
- #1 Physical health/ability limitations
- #2 Lack of time/schedules
- #3 Lack of money
- #4 Lack of options for childcare
- #5 Lack of transportation

HEALTH begins where you live, work, learn and play

Where are the opportunities to improve walking and biking infrastructure?



Barriers to Walking/Biking



Supports for Walking/Biking

