

YMCA of Coastal GA's Mini Grant Program

The YMCA's Mini Grant Program announces its requests for Mini-Grant Proposals for 2010. The Grant Program intends to fund proposals that result in sustainable environmental and/or policy change which promotes physical activity or improves nutrition.

Healthy Savannah's Healthy Communities Project Action Plan – At a Glance



Priority No. 1 – Increase number of active community environments

- Utilize urban planning approaches that promote physical activity – Plan and fund a network of streets, pathways, parks and trails that support walking and biking within neighborhoods, city centers, schools and senior centers.

Priority No. 2 – Access to Health-Promoting Foods



- Increase access to fruits and vegetables consumed by community residents.
- Establish community gardens to make fresh, local produce more readily available.
- Increase access to and promotion of healthy foods at restaurants and business, for example, through nutrition labeling on menus.



Priority No. 3 – Increase number of people who have access to low cost or free recreational opportunities

- Increase community ownership, involvement in, and use of public facilities by establishing Adopt-A-Park Volunteer Program.
- Increase opportunities for play by building “activity courses” (i.e., a Frisbee course) and providing covered recreation facilities in selected parks.
- Establish intramural sports programs in schools and worksites.

The Healthy Savannah Healthy Communities Project is a community-level response to combat the obesity epidemic in our community, and the chronic diseases to which it contributes, such as diabetes, heart disease and stroke. These diseases are on the rise in Savannah, across the region and nationwide. Obesity is absolutely preventable through healthier eating and being physically active.

Healthy Savannah is an organization of community agencies and partners committed to the idea that the best way to address the obesity problem is through collaboration and cooperation among various groups and individuals in the community.

That means carrying forward new ways to:

1. Transform our community with a more fitness-friendly urban recreational environment that encourages more bicycling, walking and trails.
2. Promote the eating of more fruits and vegetables as a healthy alternative to junk food and snacks that offer little to no nutritional value, through community gardens and other means.
3. Provide low-cost to no-cost recreational opportunities that encourage individuals and families of all ages to get out in our parks system and playfields and participate in intramural sports, pickup sports or other types of physical activity.

Applications that demonstrate group collaborations are encouraged. Projects that are funded will be required to send a representative to the Healthy Savannah meetings for a period of one year to report on project progress and milestones.

Funding Period

Mini Grants will be awarded for a twelve month period

Award Amounts

Applicants may apply for up to \$2000 for a project. Each application will be reviewed by a panel of volunteer community leaders from Healthy Savannah and awarded based on criteria outlines on pages 3 & 4.

The Healthy Savannah Healthy Communities Mini Grant Program is funded through the YMCA's Pioneering Healthier Communities program.

Contact Information

Direct all questions about mini grants and address all completed applications to:

Joel Smoker Vice President
YMCA of Coastal Georgia
P.O. Box 14142
Savannah, GA 31416
(912) 354-5480 or joel@ymcaofcoastalga.org

Application Submission and Format

Application may be submitted electronic copy via email, however if you choose to send it electronically, it must be as an attachment and the file will need to be complete in MS Word. If you choose to apply in writing, you will need to provide 2 copies. Electronic applications are preferred.

Why Emphasize Policy And/Or Environmental Change?

One-time events (health fairs, school presentations etc.) can help increase awareness of behaviors that promote or hinder health. Yet, will this project lead to positive behavior change? The answer will vary, depending on the individual's readiness. Organizational policy and environmental changes, once institutionalized take the decision making away from the individual and increase healthy eating and physical activity for all constituents for a sustained length of time. Policy and environmental change makes the easy choice the healthy choice.

Characteristics of Events

One Time

Unique: Usually do not result in behavior change

Individual

Short in duration

Examples of Events

Celebrating 5 days a week

Hosting a Family Fitness Night

Provide healthy food at staff meetings

Sponsor a youth sports event

Characteristics of Policy & Environmental Change

Ongoing

Repeated: Promote behavior change over time

Policy Level

Part of an ongoing plan

Long term

Examples of Policy & Environmental Change

Develop policy to include vegetables & fruits and in-school a la carte options

Make the school athletic facilities available to community members

Adopt a food and beverage policy

Adopt a policy to establish intramural programs and physical activity clubs in youth organizations or schools (e.g. dancing, hiking, yoga) that feature a diverse selection of competitive and non- competitive, structured and unstructured activities, (2) meet the needs and interests of all students with a wide range of abilities, particularly those with limited athletic skills and (3) emphasize participation without pressure.

Examples of Policy Change

- Adding fruits and vegetables to school's a la carte options and marketing changes
- Making school athletic facilities available to community members
- Adopting use of research based nutrition and physical activity curriculum in schools and other youth programs.
- Purchase and use equipment that supports increased vegetable and fruit consumption such as fruit wedges for use in school food service.
- Purchase an apple vending machine for schools.
- Establish a policy to serve 1% or less milk and low fat dairy products in food programs.
- Conduct educational and marketing campaigns to encourage switching to low fat nutrition.
- Adopt CDC guidelines for school and community programs to promote lifelong physical activity among young people.
- Train physical activity staff on developing adaptive physical activity programs.

Grant Awards will be based on Applications that:

- Address a Healthy Savannah Healthy Communities Project Priority
- Effectively use strategy in the project.
- Result in policy and/or environmental change – demonstrate sustainability.
- Demonstrate the greatest likelihood of impact on the target group they are serving.
- Demonstrate partnerships and collaborations.

The review team will consist of the Healthy Savannah volunteer community leaders and partnership members. Any members affiliated directly with an application will excuse themselves from review or award decisions related to that application. The review team will use a point system to evaluate each application.

- Healthy Communities Project Strategy = 10 Points
- Project Overview (need, objective, expected results, activities, partners) = 40 Points
- Policy & Environmental changes expected = 30 Points
- Budget (how funds will be utilized) = 20 Points

Healthy Savannah's Healthy Communities Project
YMCA of Coastal GA's Mini Grant Program Application

Organization / Applicant Name: _____

Brief Description of organization / applicant:

Contact Person for Project: _____

Address: _____

Phone: _____ Cell: _____ Fax: _____

Email: _____

Amount Requested for Project: \$ _____

Healthy Communities Project Strategy / Priority (check all that apply)

_____ Priority No. 1 - Increase number of active community environments

_____ Priority No. 2 – Access to Health-Promoting Foods

_____ Priority No. 3 – Increase number of people who have access to low cost or free recreational opportunities

Project Overview: Clearly state the need for the project, its objectives and expected results, the project activities, location (s), partners and target audience. Please attach additional pages if necessary (40 Points)

Explain how the project will result in policy and / or environmental change. Please attach additional pages if necessary. (30 Points)

Budget: (20 Points)

| Line Item | Item Purchase | Amount |
|-----------|---------------|----------|
| _____ | _____ | \$ _____ |
| _____ | _____ | \$ _____ |
| _____ | _____ | \$ _____ |
| _____ | _____ | \$ _____ |
| _____ | _____ | \$ _____ |

Budget Summary:

| | |
|-------------------------------------|-----------------|
| Total Amount Requested | \$ _____ |
| Other Resources / Financial Support | \$ _____ |
| Volunteers | \$ _____ |
| Local Community Support | \$ _____ |
| Other: | \$ _____ |
| Total Project Cost: | \$ _____ |

Signature of Applicant: _____

Date: _____

Please Print Name: _____

**Statement of Expectations for Healthy Savannah's Healthy Communities Project
YMCA of Coastal GA's Mini Grant Program**

When accepting funds and participating in the YMCA's Mini-Grant Program that addresses obesity and obesity related conditions, it is expected that mini-grant recipients will adhere to the following guidelines:

Name of Organization: _____

- Representative will attend Healthy Savannah meetings as necessary.
- Spend mini-grant funds as described or seek prior approval to change project goals.
- Participate in citywide campaign promoting project activity.
- Complete and submit final report on or before _____ 2010.

Name (Print): _____

Signature: _____

Date: _____