

GET IT - DO IT! Mini-grant

GET IT: get knowledge, skills, tools and resources
DO IT!: do the promotion – get the results

A resource of “Partnerships for Healthier Kansas”



The Issue -

Community-based organizations (CBOs) – such as PRIDE groups - must be involved in stemming the tide of obesity. According to the CDC (Centers for Disease Control, The Community Guide, 2006), “Whole community efforts that include informational, behavioral-social, environmental and policy approaches have been found to be effective in increasing the physical activity levels of targeted audiences.” Those strategies are most effective when an alliance of community organizations (e.g., PRIDE, local Extension offices, youth organizations, faith communities) work together to implement effective programs. Unfortunately, many communities lack the knowledge or resources to **identify** effective programs, **adapt** them to the uniqueness of the community and audience and **implement** them for sustainment.



The Idea –

According to a number of national experts (i.e., National Academy of Sciences – Institutes of Medicine, Association of State & Territorial Public Health Nutrition Directors) the cornerstones of effective community-based health promotion for obesity prevention across the life-span are:

- **Access** – access to healthy foods and locations to engage in physical activity.
- **Collaboration** – promotion of healthy lifestyles through effective collaboration and partnership.
- **Science and Research** – building and understanding the science base, and accelerate the transfer of science to practice.
- **Workforce** – increase the diversity, capacity and flexibility of the health promotion workforce, both paid and volunteer.
- **Communications** – promotion of health and increased awareness of the investment value of nutrition and physical activity through effective, theory-based communications.

The community development and capacity-building process of PRIDE fits the cornerstones of engaged CBOs. Kansas PRIDE believes that for significant accomplishments/impact to take place it is critical that an identified and planned process be developed and implemented. That process includes:

Assessment	Visioning	Goal Setting	Planning	Implementation	Strategic Use of Resources
		Evaluation	Sustainability	Celebrate!	



The Partnership–

The K-State Research and Extension, *Partnerships for Healthier Kansas* project equips community leaders (adults and teens) with the knowledge, skills, tools and resources necessary for the implementation of health promotion

programs that have been found to be effective or that have been recommended by national experts. Collaborations with a number of Kansas (e.g., Kansas Health Foundation, K-State CECD) and national organizations (e.g., USDA/CYFAR) has resulted in the knowledge, resources and commitments necessary to help PRIDE and other community-based organizations pilot and sustain health promotion programs. For more information about KSRE *Partnerships for Healthier Kansas* contact: Elaine Johannes, PhD, School of Family Studies and Human Services, Kansas State University, 343 Justin Hall, Manhattan KS 66506 (ejohanne@ksu.edu).

The Details: GET IT – DO IT! Mini-grants

- **Up to \$3,000 for 9-month (January – September, 2008) physical activity health promotion project(s). Work may continue post September, but final reports are due October 30, 2008**



Local Kansas PRIDE organizations, with local K-State Extension and youth partners, are invited to apply for mini-grants to plan, implement and celebrate community-based, adult - teen health promotion projects. Fundable projects are to focus on physical activity promotion in communities and must involve active partnerships of adult and youth (ages 12-18). Projects may include development of walking trails, establishment of sustainable walking/biking/activity clubs and TV/screen-time reduction campaigns, physical activity promotion events intended to improve access to physical activity places (e.g., walking trails, tracks, neighborhood sidewalks).

- **GET IT – DO IT!** proposals are **due November 26, 2007** and awards will be **announced by December 7, 2007**. Community PRIDE groups awarded the funds there will expected to participate in three trainings to support their Get It – Do It! projects. Those trainings will include information and techniques for effective community health promotion through youth and adult partnerships. Training content will also help PRIDE groups in their sustainment and expansion of on-going physical activity promotion efforts (e.g., expansion of Walk KS for Kids, walking promotions, trail maintenance).

Trainings will be held: January (Rock Springs 4-H Center), February (Kansas State University, Manhattan), April 18-19 – HealthFest! (Rock Springs 4-H Center) and September (Kansas PRIDE Day). The estimated costs for at least two PRIDE group members to attend these trainings should be built into a Get It – Do It! grant proposal. Costs would include travel to training locations, overnight lodging (est. \$100/room), evening meals, and other incidentals.

- **GET IT – DO IT! funding should be used for:**



- ✓ marketing, advertisement, media campaign items to promote activity
- ✓ purchase of, training for and implementation of evidence-based curriculum (e.g., programs identified through “*We Can Energize Our Community!*” National Institutes of Health, “*The Community Guide*” Centers for Disease Control, or “*Moving to the Future*” of the Association of State & Territorial Public Health Nutrition Directors, VERB, Centers for Disease Control)
- ✓ planning/organizational meetings (e.g., materials, refreshments, facilities, consumable supplies),
- ✓ teen-and-adult recruitment, involvement and retention (e.g., tee shirts, draw string bags, wristbands, pedometers)
- ✓ travel, lodging, per diem, incidentals to attend training, meetings, conferences
- ✓ office supplies associated with the planning, promotion, completion and reporting of the project

- ✓ communication (e.g., phone, fax, post mail)
- ✓ event costs (e.g., rental, event insurance, temp staff, transportation)

Not allowed:

- ✓ purchase of office equipment (e.g., computers, desks, chairs, etc.)
- ✓ costs incurred for vendor programs, materials and supplies that lack “evidence” of effectiveness
- ✓ supplanting of other funds (i.e., using GET IT – DO IT! to pay for on-going administrative/organizational, project expenses)
- ✓ indirect fees or administrative costs



- **To Apply**

Community PRIDE organizations with identified, consistent administrative/management support, and partnerships with local K-State Extension and youth, are invited to apply for Get It – Do It!

Complete this application form, attach the required documents and mail or hand deliver not later than November 26, 2007 (5pm CST) to:

GET IT – DO IT!
Att: Elaine Johannes
School of Family Studies and Human Services, Kansas State University
343 Justin Hall
Manhattan, KS 66506
(PLEASE DO NOT SEND ELECTRONIC PROPOSALS)

Questions?

Contact:

Elaine Johannes ejohanne@ksu.edu, 785-532-7720

Carol Fink cfink@ksu.edu, 785-532-5800

Connie Hoch choch@ksu.edu, 785-532-5840



Request for Proposals

GET IT - DO IT! Mini-grant*GET IT: get knowledge, skills, tools and resources**DO IT!: do the promotion – get the results***PRIDE Group Information:****State-recognized PRIDE Group name:** _____

FEIN (federal employer identification number): _____

Have you ever received grant funding? Yes No If yes, when: _____**Please supply information for the PRIDE group applying for the funds.**

Street Address: _____

City: _____ County: _____ State: KS Zip: _____

Phone: _____ Ext.: _____ Fax: _____

Organization E-mail: _____ Web site: _____

Organization's President/Chair: _____

Name of individual/entity managing your grant funds (e.g., receipts, disbursements, taxes, financial reports)
_____**Local K-State Research and Extension Information:****Name of Extension agent agreeing to be actively involved in Get It – Do It!:** _____

Street Address: _____

City: _____ County: _____ State: KS Zip: _____

Phone: _____ Ext.: _____ Fax: _____

Organization E-mail: _____ Web site: _____

Local Extension Board Chair: _____

Authorizing Signatures**PRIDE Chair****Name:** _____ **Signature:** _____ **Date:** _____**Local Extension Agent****Name:** _____ **Signature:** _____ **Date:** _____**Extension Board Chair****Name:** _____ **Signature:** _____ **Date:** _____**Authorized Financial Agent****Name:** _____ **Signature:** _____ **Date:** _____

6. How do you intend to recruit, involve and retain teen partnership throughout the project?

7. What challenges or barriers might hinder the progress of your project?

8. What local resources and talents will be used to help this project succeed?

9. How does this project support the plans and programs of your local PRIDE group?

Project Budget

Budget Beginning Date: _____ **Budget Ending Date:** _____

AMOUNT REQUESTED FROM GET IT – DO IT!: \$ _____

LIMITED TO A MAXIMUM OF \$3,000

GET IT – DO IT! BUDGET

HOW WILL THE **REQUESTED** FUNDS BE SPENT? PLEASE PROVIDE DETAILS BELOW:

- Temporary Personnel (existing) \$ _____
- Fringe benefits (*maximum 25% of salary*) \$ _____
- Equipment (non-office) \$ _____
- Supplies, Materials \$ _____
- Media, marketing \$ _____
- Travel \$ _____
- Training \$ _____
- Other \$ _____

_____ \$ _____
_____ \$ _____

(Please attach additional sheet if necessary)

No Indirect fees are allowed.

TOTAL (should match amount requested from the GET IT – DO IT! above): \$ _____

TOTAL COST OF THIS PROJECT (Though no match is required for GET IT - DO IT!, include any local resources that you think will be contributed locally) \$ _____

Project Description

Outline the objectives for your project and your plan for accomplishing those objectives. Include a brief timeline for January 2008 – September, 2008.

Please, limit to one page.

Budget Narrative

Explain budgeted items and how each contributes to the project. If temporary personnel are budgeted, please describe their specific responsibilities and whether there are plans to continue them after the grant is completed. Please limit to one page.