



GET IT - DO IT! Mini-Grant

GET IT: get knowledge, skills, tools and resources

DO IT!: do the project – get the results

Community-based organizations [such as Kansas PRIDE] must be involved in stemming the tide of obesity. Specifically:

“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.”

(The Community Guide, 2006, Centers for Disease Control and Prevention)

Health promotion is most effective when community organizations (e.g. PRIDE, local Extension offices, youth groups, faith communities) bring citizens together to implement effective and sustainable programs. Consequently -

An Effective “Get It – Do It!” Project Includes:

1. **Cornerstones*** of effective and sustainable community health promotion for physical activity, healthy eating and obesity reduction. These cornerstones are:

- **Access** – access to healthy foods, and places and opportunities to engage in physical activity.
- **Collaboration** – effective partnerships across the generations.
- **Science and Research** – understanding the science and research behind effective health promotion strategies.
- **“Workforce” (volunteer and paid)** – increasing the capacity of everyone participating in health promotion efforts.
- **Communications** – increased awareness and understanding of the value of healthy living through effective, appropriate and targeted communication.

*(from: “Blueprint for Nutrition & Physical Activity: Cornerstones of a Healthy Lifestyle”.
Association of State & Territorial Public Health Nutrition Directors; www.movingtothefuture.org)*

2. **Kansas PRIDE’s** capacity-building process is necessary for small-town health promotion. When access to substantial funds and expert support is limited, community volunteers of all ages must be engaged to promote health. For nearly 40 years, Kansas PRIDE has been a successful civic engagement and community improvement network that can significantly impact the health and well-being of whole communities. Working with the support of Kansas PRIDE and “Get It – Do It!” resources, adult volunteers and youth partners set goals, organize and work together to enhance the health of all residents.
3. **Kansas youth** must be engaged in solving problems in their communities in order to build leadership skills and to feel a sense of civic engagement and community commitment. Instead of token roles or obligations, engaged youth are involved in authentic leadership roles and meaningful service learning. Working with this health promotion project, youth get “real-time” opportunities to respond to “real-time” problems in order to have “real-time” accomplishments in their communities.

4. **Partnership with K-State Research and Extension** links “*Get It – Do It!*” projects to knowledge, resources and expertise necessary for PRIDE communities to plan, conduct and sustain health promotion work.

GET IT – DO IT! Mini-grants 2010

*The Aim: Kansas PRIDE “Get It – Do It!” projects will implement **Cornerstone (listed on page 1)*** approaches through adult and youth partnerships with the knowledge, expertise and participation of K-State Research and Extension professionals to promote health for all community residents.*

➤ **Up to \$3,000 per community is available for 12-month (January – December, 2010) physical activity, health promotion project(s).**

➤ **Get It – Do It! proposals are due November 15, 2009 and awards will be announced by December 11, 2009.**

Kansas PRIDE groups, with active involvement of youth and local K-State Research and Extension professionals, are invited to apply for *Get It - Do It!* mini-grants. These funds will provide support to plan, implement and celebrate community health promotion projects. Projects are to focus on physical activity promotion and must include active partnerships between adults and youth (ages 12-18). Fundable projects may include:

- Development of or improvements to walking trails,
- Establishment of sustainable walking/biking/activity clubs,
- Campaigns to reduce TV/screen-time or promote outdoor activity (e.g., Trail Mixx, Kansas Coalition for Children in Nature, etc.)
- Cooperative projects with schools or teams (e.g., Wellness committees, Coordinated School Health, Action for Healthy Kids)
- Physical activity promotion events that increase family awareness and use of physical activity places (e.g. walking trails, tracks, parks, neighborhood sidewalks, lifelong sports, etc.).

Kansas PRIDE groups awarded the funds will participate in two trainings that support *Get It – Do It!* projects. Training content and activities will help groups complete their projects by sharing valuable evidence-based health promotion, youth development and community improvement information. The trainings directly benefit the adults and youth involved in the project as well as the residents “back home” who are reached by the project.

The first training will be held the weekend January 29-30, 2010 at Rock Springs 4-H Center. The second training will be held April 16-18 as part of the annual K-State HealthFest! at Rock Springs 4-H Center. Applicants should initially budget \$1,000 of the \$3,000 for at least two PRIDE group members (adults and youth) to attend these trainings. However, other funds may be available through K-State to supplement participant costs.

GET IT – DO IT! funding CAN be used for:

- a) Marketing, advertisement, and media campaign items to promote activity
- b) Evidence-based curriculum purchase, training and implementation
- c) Costs related to “*Get It – Do It!*” organizational meetings (e.g., materials, refreshments, facilities, supplies)
- d) Recruitment, involvement, retention, evaluation and recognition for “*Get It – Do It!*” youth organizers (e.g., tee shirts, draw string bags, pedometers)
- e) Travel, lodging, per diem, incidentals to attend training, meetings, conferences related to community health promotion (including the “*Get It – Do It!*” trainings in January and April, 2010)
- f) Office supplies associated with the planning, promotion, completion and reporting of the project

- g) Communication (e.g., phone, fax, post mail)
- h) Event costs (e.g., rental, event insurance, temp staff, transportation)

GET IT – DO IT! funding CANNOT be used for:

- a) Purchase of office equipment (e.g., computers, desks, chairs, etc.)
- b) Costs incurred for vendor programs, materials and supplies that lack “evidence” of effectiveness
- c) Supplanting of other funds (i.e., using *GET IT – DO IT!* to pay for on-going administrative costs or personnel)
- d) Indirect fees or administrative costs
- e) Membership fees, dues

To Apply -

Kansas PRIDE communities that are currently enrolled and “in-good-standing” with engaged partnerships of youth and local K-State Extension personnel are invited to apply.

Complete the following application form, attach the required documents and mail or hand deliver not later than November 15, 2009 (5pm CST) to:

GET IT – DO IT! 2010

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

Trudy Rice: trice@ksu.edu, Kansas PRIDE, 785-532-5840

Dan Kahl: dankahl@ksu.edu, Kansas PRIDE, 785-523-5840

Nikki Ramsey (Project Assistant): snramsey@ksu.edu

For questions related to access to the application form:

Jamie Menon: jmenon@ksu.edu, Kansas PRIDE, 785-532-5840.

Get It – Do It! is the result of a partnership of:

K-State Research and Extension

Kansas PRIDE, Inc.

Healthy Kansas - Kansas Dept. of Health and Environment



Request for Proposals

GET IT - DO IT! Mini-grant*GET IT: get knowledge, skills, tools and resources**DO IT!: do the project – get the results***APPLICANT 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: _____

On the line below, provide the name and contact information for the person 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 who will provide support, attend trainings/meetings, etc.

Name: _____ Signature: _____ Date: _____

Extension Board Chair

Name: _____ Signature: _____ Date: _____

4. How will the local Extension professional(s) support, enhance your project?

5. How will this project recruit and engage youth to insure an effective “*Get It – Do It!*” partnership?

6. How will local teens support, contribute to your project?

Specifically list the leadership opportunities and roles that youth will have in your project.

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

8. What additional resources (e.g., talents, funds, supplies) and groups (e.g., schools, businesses, clubs) will be needed to help this project succeed?

9. How does your project “fit” the mission of your PRIDE community?

Project Description

Outline your plan to accomplish your “*Get It – Do It!*” objectives. Include a brief timeline for January 2010 – November, 2010
Please, limit to one page.

Project Budget

Budget from January, 2010 - November, 2010

(grant payments come in two allotments – one in February and one in July)

AMOUNT REQUESTED FROM GET IT – DO IT!: \$ _____
MAXIMUM OF \$3,000

NOTE: Applicants should initially budget \$1,000 of the \$3,000 for two PRIDE group members (adults and youth) to attend two trainings. However, other funds may be available to awardees to supplement participant training costs.

GET IT – DO IT! BUDGET

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

- Temporary Personnel (existing) \$ _____
- Fringe benefits (*maximum 30% of salary*) \$ _____
- Equipment for health promotion, physical activity \$ _____
- 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!*): \$ _____

TOTAL COST OF THIS PROJECT (Though no match is required, include a list and total of local resources that you think will be contributed.) \$ _____

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.