

# 2017-2018 IMPLEMENTATION FUNDING APPLICATION GOOD HEALTH & WELLNESS IN INDIAN COUNTRY WEAVE- NW

Chronic diseases, including cardiovascular disease and type 2 diabetes, are among the most widespread and costly causes of morbidity and mortality among American Indians throughout the United States, but they also are among the most preventable. The Centers for Disease Control and Prevention (CDC) has released national awards for funding these health priorities through the *Good Health and Wellness in Indian Country* (GHWIC) initiative CFDA 93.762



Through the GHWIC award, the Northwest Portland Area Indian Health Board (NPAIHB) began the Wellness for Every American Indian to Achieve and View Health Equity (WEAVE-NW) Project at the Northwest Tribal Epidemiology Center (NWTEC).

WEAVE-NW is able to provide between \$1000 - \$10,000 to federally recognized Tribes in Idaho, Oregon, and Washington seeking to implement policy, health systems, or environment change (PSEs) approaches aimed at prevention of cardiovascular disease, obesity, and/or type 2 diabetes as well as associated risk factors. Examples of PSE approaches include Million Hearts programs, youth led initiatives, breast feeding initiatives, commercial tobacco cessation, and programs to increase physical activity and improve access to healthy food.

**In addition to these awards, NWTEC will provide leadership, technical assistance, resources and support to all 43 NPAIHB member Tribes through September 30, 2019. Please contact Nanette Star, [nstar@npaihb.org](mailto:nstar@npaihb.org), if you would like support beyond this funding opportunity.**

## **PSE Program Activity Examples**

- Establish and present community garden classes.
- Contract or stipend for a gardener and/or garden supplies
- Million Hearts Tribal Program
- Traditional Food Preparation classes: recipe books, elder's honoraria for Native Chef, etc.
- Population Health or other health systems trainings, consultant, software
- Youth Risk Behavior Survey (YRBS) to include printing materials, pre-meeting costs, and funding for Youth Health Initiative based on YRBS results.
- Community-based assessment (eg. Community inventory, CHANGE Tool, Food Sovereignty Assessment, Environmental Physical Activity Assessment) that includes strategic planning towards implementation.
- Travel for Youth Presentation regarding PSE activities and/or implementation.
- Food Sovereignty Support including signage for gardens, informational materials, and meeting expenses.
- Meeting expenses for policy stakeholder meetings in preparation of a PSE sustainably focused policy initiative.
- Training for CHRs to identify PSE Changes within their community
- Production cost of editing and producing digital stories and media campaign materials focused on PSE Changes

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- Develop and implement workplace wellness policy and/or committee for tribal employees
- Cultural adaptation of existing program or campaign materials focusing on breastfeeding, diabetes or heart disease prevention
- Develop and implement nutrition standard policies regarding availability of healthy foods and beverages in community vending machines, at community meetings or events
- Healthy Food or Beverage Policy Initiatives
- Physical Activity community based initiatives (Funding for a bike library or walking path)
- Training in peer breastfeeding support, lactation consultant certification
- Built environment improvements to accommodate breastfeeding for tribal employees, including improvements to nursing rooms.
- 'Market Makeovers' to identify healthy food options in local community grocery or convenient stores.

**To submit your completed application or for additional information please contact:**

Nanette Star, MPH  
WEAVE-NW Project Director  
Northwest Tribal Epidemiology Center, NPAIHB  
Email: [nstar@npaihb.org](mailto:nstar@npaihb.org)  
Phone: 503-416-3254

### **Implementation Funding Request for Applications**

#### **Date of issuance:**

- Rolling basis determined by available funding
- October 1, 2017 – September 29, 2018

#### **Notice of Funding Approval:**

- Within 30 days of Application Confirmation Notice

#### **Issuing Project:**

- WEAVE-NW, Northwest Tribal Epidemiology Center

#### **Funding Requirements**

- Recipients must represent one of NPAIHB's 43 member Tribes.
- Recipients must utilize funding to implement activities related to health prevention policies, health systems, or built environment approaches as mentioned in the outcomes section.
- Recipients must participate in evaluation TBD by proposed funding activities.

#### **Funding Restrictions (from CDC)**

Restrictions that must be considered while planning the project and writing the budget are:

- Recipients may not use funds for research.
- Recipients may not use funds for clinical care.
- Recipients may use funds only for reasonable project purposes, including personnel, travel, supplies, and services.
- Recipients may not use funds to purchase furniture, equipment, or clinic/patient supplies.
- Salaries, if requested, are restricted to project activities.
- Recipients may not use funds to break ground, however use of funds for salaries or for temporary equipment may be used (inquire for specific details).

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## Technical support

- Tribal specific data analysis available through NPAIHB's WEAVE-NW and IDEA-NW
- Policy, health systems, and environment resources
- Technical assistance, resources, leadership, and support will be provided in the areas of epidemiology, program evaluation, public health surveillance, community health assessment, strategic action planning, data collection/analysis, training, capacity development, and best practices in the prevention and management of chronic disease and associated risk factors.

## Funding Agreement

All funded Tribes will need to sign a Contract Agreement with the NPAIHB. This will include a commitment to work with the WEAVE-NW Project Evaluation or other staff on evaluation measures detailed in your contract (the level and types of evaluation will be specific to each proposed implementation activity). At the end of your project you will be requested to complete a concluding project survey report (the template will be provided to you).

## Payment and Reporting

For funding request, up to \$3000, a contract and immediate payment will be made. For funding requests between \$3001 and \$10,000, payments will be made by invoice at the beginning and end of project implementation. Payment will be made by invoice only.

**All project activities and invoicing must be completed by September 29, 2018.**

## General Criteria

Only applications that are complete and meet the eligibility requirements will be reviewed. Priority will be given to those projects that are able to demonstrate the following:

- Alignment with the health priorities, goals, objectives and outcomes identified.
- Specific focus on **policy, health systems and environmental approaches**, as opposed to a predominant emphasis upon individual-level interventions.
- Clear articulation of community needs and how proposed activities will address those needs.
- Realistic and justifiable goals, objectives, and activities.
- Reasonable budget to accomplish proposed activities.
- Strong internal partnerships and community collaboration.
- Potential for long-term impact and post-award sustainability.
- Strong fiscal management and organizational capacity to carry out proposed activities.
- Ability to fully utilize the funds within the specified timeline.
- Demonstrated support from tribal leadership (i.e. letter of support from tribal leadership or tribal agency).

## Application Instructions

Completed Application will include:

- Project Narrative (details below)
- Project Outcomes (check the items that apply in section below)
- Budget Justification and details (Financial sheet detailing expenditures of funding below)
- Letter(s) of Support and/or Tribal Resolution
- Evaluation statement of how the successes or failure of the objective will be determined
- Cover Letter on Tribal Letter Head/ Letter of Support from Tribal Council or Tribal Agency

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Tribe	
Agency Name	
Full Location Address	
Full Mailing Address, if different	
Program/Subcontract Contact Name	
Telephone Number	
E-mail	
Amount of Funding Requested	

**Project Narrative:** In a separate Word or PDF document, briefly describe how the WEAVE-NW funds will be used within your community, **not to exceed 3 total pages.**

Please provide:

**Statement of Need**

- Provide facts and evidence to support the need for the project.
- Intended population to be served and how they will benefit.

**Project Plan**

Description of project goals and measurable activities. Indicate whether this is a new or an ongoing activity. If this is similar to current work please indicate how these funds will further support and extend the current activities.

All goals and objectives should be aligned with the overarching aims of the WEAVE-NW Project with focus upon the implementation of policy, health systems and environmental approaches to prevent cardiovascular disease, stroke, and type 2 diabetes as well as associated risk factors such as commercial tobacco use, physical inactivity, and unhealthy diet.

**Project Outcomes** should include at least two of the following outcomes (Please check all that apply):

- Cultural adaptation and implementation of evidence-based practices, for the prevention of cardiovascular disease, stroke, type 2 diabetes, commercial tobacco use, physical inactivity, and unhealthy diet.
- Increase availability and access to healthy traditional and other foods and beverages, such as fruits, vegetables, and water.
- Increase opportunities for physical activity and utilization of these opportunities.
- Increase number of tribal members protected from secondhand commercial tobacco smoke as a result of implementation of tobacco-free policies.
- Increase use of team-based care strategies for the prevention of heart disease, stroke, type 2 diabetes, commercial tobacco use, and obesity, including use of health care extenders such as

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Community Health Representatives, pharmacists, public health nurses, case managers, patient navigators, etc.

- Increase number of tribal programs, departments and facilities that adopt and implement practices that increase physical activity and improve the nutrition quality of foods and beverages available in these settings.
- Increase number of settings within and adjacent to tribal communities that develop, adopt and implement food service guidelines/nutrition standards, including sodium standards, that improve the nutrition quality of foods and beverages offered or available in these settings, including vending machines.
- Increase community-clinical linkages to support prevention, self-management, and treatment of, type 2 diabetes and their affiliated risk factors.
- Increase proportion of high-risk adults who participate in CDC-recognized diabetes prevention program.
- Increase percentage of adults or youth who increase consumption of nutritious foods and beverages and decrease total intake of discretionary calories, including added sugars and solid fats.
- Increase physical activity among children, youth, and adults in the population.
- Increase proportion of patients with high blood pressure and/or diabetes who adhere to a self-management plan.
- Increased proportion of adults with high blood pressure and adults with type 2 diabetes in adherence to medication regimens.
- Increase number of adult smokers making quit attempts and using tobacco cessation quit lines.
- Expand the reach of the TIPS Campaign (Tips from Former Smokers) with culturally relevant and tribal-specific education. (For more information on the TIPS campaign see <http://www.cdc.gov/tobacco/campaign/tips/> )
- Decrease the number of youth that initiate commercial tobacco use.
- Increase number of policies and support that promote initiation, duration and exclusivity of breastfeeding.

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### Budget

Include a **budget narrative justification** to describe the following, as relevant to the project:

Itemized Costs		Justification	
Salary and Wages	\$ -		
Fringe Benefits	\$ -		
Consultant Costs	\$ -		
Equipment	\$ -		
Supplies	\$ -		
Travel	\$ -		
Deliverable Cost	<enter description> \$ -		
Other	<enter description> \$ -		
Other	<enter description> \$ -		
Other	<enter description> \$ -		
Subcontract Costs	\$ -		
<b>TOTAL DIRECT COSTS</b>	<b>\$ -</b>		
Indirect Costs (\$)			
<b>TOTAL INDIRECT COSTS</b>	<b>\$ -</b>		
<b>TOTAL FOR CONTRACT</b>	<b>\$ -</b>		

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## Policy, Systems, and Environment

### **What is Policy, Systems and Environmental Change?**

Policy, systems and environmental change is a way of thinking about how to effectively improve health in tribal communities. For many years' health programs, have focused on individual behavior, assuming that if people know how to be healthy, they will make healthy choices. Unfortunately, being healthy is not just about individual choices. Today, we're realizing that it's not enough to know how to be healthy--practical, readily available options must surround you where you live, work, and play. That's where policy, systems and environmental changes come in.

### **Why is Policy, System and Environmental Change Important?**

Where you live affect how you live--- healthy choices are hard to make if healthy options aren't available to you. Policy, systems and environmental change makes healthier choices a real, feasible option for every tribal member by looking at the resolutions, rules and environments that impact our behavior.

### **About Policy Change**

- Policy change is the passing of or change to a law, ordinance, resolution, mandate, regulation or rule designed to guide or influence behavior.
- Policies greatly influence the choices we make in our lives. Resolutions that are passed (like tribal workplace policies, tribal school policies) greatly influence the daily decisions we make about our health. Once a policy is in place, the job is not done. It is also important to ensure that the policy is implemented.

### **About Systems Change**

- System change involves change made to organizational procedures. Systems change and policy change often work hand-in-hand.
- The educational system, healthcare system, and transportation system are a few examples of systems that could be modified to produce healthier and more equitable societies.

### **About Environmental Change**

- Environmental change is a change made to the physical surroundings.
- Environmental change can be as simple as installing bike signage on already established bike routes and bicycle access to main roads and parks and creating safe walking paths to schools or stores.

## WEAVE-NW Workplan (Optional)

<b>Project Goal (PSE):</b>						
<b>Rationale for priority area:</b>				<b>Number of People Reached:</b>		
<b>Objective</b>	<b>Activities</b>	<b>Timeline (Include Deadlines &amp; Benchmarks)</b>	<b>Staff</b>	<b>Long Term &amp; Short Term Outcomes</b>	<b>Partnerships &amp; Resources</b>	<b>Evaluation Tracking Measures</b>
YR 1						
YR 2						