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# 2021-2022 Youth Adolescent Physical Activity Grant

# Application Deadline: June 30, 2021 by 5 p.m.

**YAPA Grant**

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is offering funding to multiple organizations/schools for FY 2021-2022 to help increase physical activity among youth 6-17 years old (K-12) in Indiana. The Youth Adolescent Physical Activity (YAPA) grant is focused on providing physical activity opportunities for youth and adolescents in the classroom, school and before or after school program settings. IDOH, DNPA prioritizes health equity\* in our funding for initiatives in all settings. Therefore, schools and organizations that reside in, or serve communities that rank high (.5 and above) on the CDC’s Social Vulnerability Index, will be prioritized for funding.

*\*The Robert Wood Johnson Foundation defines health equity as "… everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care."*

**Eligibility and Requirements**

**We encourage all schools/organizations who meet the criteria below to apply!**

* Meet (virtually) with the DNPA grant review team to discuss any follow-up questions regarding content of the submitted application. This will be based on the clarity of the proposed initiatives and may not be required of all submitted applications.
* Submit bi-monthly progress reports to Youth Physical Activity Coordinator.
* Submit all legal agreement and required forms; as a grant recipient an employer is considered a vendor to the state, therefore, a Vendor form, Direct Deposit form and W-9 must be completed.
* Must be an organization/school within Indiana that will be able to provide sustainable, unique, and effective physical activities, resources, and learning tools specifically geared towards **youth and adolescents ages 6-17 (K-12)**, PE teachers, classroom teachers, and/or before- and after-school professionals relating to physical activity and physical education. Non-profits may also apply.
* Funding priority\* will be given to schools/organizations in communities that rank high (.5 and above) in the CDC’s Social Vulnerability Index, which considers socioeconomic status, household composition and disability, minority status and language, and housing type and transportation.
  + **To see where your school/organization falls in this index, please visit:** [**https://svi.cdc.gov/map.html**](https://svi.cdc.gov/map.html)
* Early Education Sites are **not** eligible if age range is 0-5 and/or schools/organizations with focus on 18 years of age and above.

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| **Proposal Contact** | |
| Name: | Position: |
| Organization/School Name: | |
| Organization/School Website: | |
| Address: | |
| County: | |
| Phone Number: | Email: |
| **Fiscal Contact (the individual that signs financial documents)** | |
| Name: | Position: |
| Address: | |
| Phone Number: | Email: |
| **Type of Application (check one)** | |
| **Physical Activity Community Development/Training**  Community Development/Training would include providing professional development opportunities, or physical activity curriculum, to staff working with ***youth and adolescents, ages 6-17 (K-12)*** in the classroom, school, and before or after school program settings.  **Physical Activity Implementation**  Implementation would include creating, or altering an existing program, to provide ***youth and adolescents, ages 6-17 (K-12****)* with physical activity opportunities in classroom, school, and before or after school program settings. | |

**Please answer the following in four (4) pages or less. Proposal cover sheet not included in count.**

**School/Organization Background**

1. Tell us about your school/organization? What is unique about your school/organization and the youth and adolescents you serve that would make you an ideal candidate to impact health inequities\* in your community?

*\*At IDOH we define health inequities as the differences in health status and mortality rates across population groups that are systemic, avoidable, unfair, and unjust. IDOH recognizes that health inequities exist for individuals because of characteristics such as age, sex, race, ability, sexual orientation, gender identity, socioeconomics, and national origin.*

**YAPA Application Justification**

1. Please describe the programs/training(s) this funding will be used for.
   1. Why is this program/training(s) a good fit for your school/organization?
   2. Who is the main audience you are intending to reach? Please provide an estimated total number. We will be focused on programming/training(s) that will reach a higher number of youth and adolescents.
2. In what ways will your program/training(s) address health inequities, special needs, and discrimination in your school/organization and community?
   1. Supporting items could include your [SVI score](https://svi.cdc.gov/map.html), and/or which [SVI themes](https://svi.cdc.gov/Documents/Data/2018_SVI_Data/SVI2018Documentation.pdf) (pg. 3 and 4) is most appliable to your population.
3. What are the intended outcomes of the program/training(s) and how do you intend to measure the impact?
   1. How would you define success for this project?
4. What does your sustainability plan look like upon completion of this program/training(s)? What other funders are you working with/applying to if YAPA funding is not available.

**Below are YAPA grantee program examples and topic ideas organizations could focus on.** *You are not limited to these options.*

**Physical Activity**

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| Physical activity strategies and activities | Physical activity strategies, resources, and trainings will provide opportunities and support for professionals to teach daily movement to youth and adolescents.  ***Example:*** *Playworks Indiana provided Recess Implementation and Team Up trainings to school staff focusing on making recess time more active for children;**Playworks programs/trainings showed a decrease in bullying and behavior problems, both at recess and in the classroom* |
| Physical activity trainings, programs, and adapted physical activity and inclusion activities *(health equity)* | Making new physical activities easy to teach and adapt for all students to incorporate in your organization/school setting (before- and after-school, during the day, classroom, etc.)  ***Example:*** *Kids Dance Outreach offered Adapted Dance Classes for all children, regardless of ability, economic status, race, or religion* |

**Physical Education**

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| Physical education strategies for K-12 | Educating PE teachers and before- and after-school coordinators on strategies to teach their students the importance of being physically active and engaging them as soon as they enter the classroom, gymnasium, or during before- and after-school programs.  ***Example:*** *Monroe County School Corporation provided professional development training to Monroe county school PE teachers; purchased equipment for their PE classes within Monroe county schools* |

**Social and Emotional Supports**

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| Stress management activities | Small changes to decrease stress (breathing techniques, yoga, and mindfulness) can have a big impact on children’s productivity in school and overall well-being.  ***Example:*** *Bloomington Parks and Recreation provided training to create a safe and effective yoga program for children and teens who have experienced traumatic events* |
| Social activities | Incorporating before- and after-school programs and activities whether that be outside, inside, in the classroom, etc., with all students.  ***Example:*** *Get On Board Active Living’s afterschool program taught elementary aged children the importance of, and techniques on how to be physically active and making healthy choices* |
| Classroom-based activities | Development of mindfulness practices to educate and encourage students to become aware of thoughts, emotions, sensations, and surrounding environments.  ***Example:*** *Johnson Memorial Health purchased GoNoodle Plus for teachers to give students physical activity breaks in the classroom, during indoor recess, before and after school programs and in students’ homes* |

# YAPA Grant Budget

**YAPA grant funds and program income cannot be expended for:**

1. *Construction of buildings, building renovations*
2. *Depreciation of existing buildings or equipment*
3. *Contributions, gifts, donations*
4. *Entertainment; food*
5. *Automobile purchase*
6. *Interest and other financial costs*
7. *Costs for in-hospital patient care*
8. *Fines and penalties*
9. *Fees for health services*
10. *Bad debts*
11. *Contingency funds*
12. *Executive expenses (e.g., car rental, car phone, entertainment)*
13. *Accounting expenses for government agencies*
14. *Fund raising expenses*
15. *Legal fees and legislative lobbying*
16. *Out-of-state travel*
17. *Dues to societies, organizations, or federations*

**Budget Proposal** Funding will be awarded in the range of **$5,000 and $15,000**. \*Please note, this is subject to change based on  
allotted grant funding. You will be contacted if this change occurs and will be given the chance to alter your budget to fit the funding limitations. The DNPA aims to support sustainable projects that will last beyond the life of the grant funding.

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| **Fiscal Year (FY) 2021-2022** | |
| Item | Proposed amount ($) |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total** |  |

**Budget Justification** (optional) If there are any items you feel that you need to explain. Please use this space to do so.

**Timeline**

The YAPA grant fiscal year is **October 1, 2021 through September 30, 2022**. *Funds will need to be spent by the end of the grant cycle*. Please provide an estimated timeline for your organization/school’s efforts, pertaining to this grant below.

**Additional Information**

If chosen, you will be required to submit all legal agreement and required forms; as a grant recipient, your school/organization is considered a vendor to the state, therefore, a Vendor form, Direct Deposit form and W-9 must be completed.

***The DNPA Grant Review Team may reach out to discuss any follow-up questions regarding content of your submitted application. This will be based on the clarity of the proposed initiatives and may not be required of all submitted applications*. Applicants will be notified by end of July if they have been awarded funding.**

Please email this application in four (4) pages or less to Emma Smythe at [esmythe@isdh.in.gov](mailto:esmythe@isdh.in.gov) by **June 30, 2021 at 5 p.m.**