

Youth Adolescent Physical Activity (YAPA) Grant Application



April 18, 2024

YAPA Grant Information

Applications due: Friday, May 17 at 5 p.m. EDT

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is offering funding to multiple organizations/schools for FY 2024-2025 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 located in or serving communities that rank high (.5 and above) on the Centers for Disease Control and Prevention's (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."*

Applicant Eligibility

We encourage all schools/organizations that meet the criteria below to apply:

- 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. Not-for-profits may also apply
- Early education sites are **not** eligible if the age of those served is 0-5 and/or schools/organizations with a focus on 18 years of age and above
- Funding priority will be given to schools/organizations in communities:
 - Rank high (.5 and above) in the CDC's Social Vulnerability Index (SVI), 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>**
 - Schools/organizations focusing on **trauma-informed approaches** that promote a caring and safe environment for students who may experience varying degrees of individual- or community-level trauma

If your county does not meet the criteria outlined above, please include a justification for why your project should be considered (this could include census tract data, neighborhood-level demographic data, food insecurity statistics, anecdotal stories from community members, etc.).

Grant Requirements

If chosen as a grantee, you will be required to complete the following throughout the grant cycle:

- Submit bi-monthly progress reports and one final summary report to Youth Physical Activity Coordinator, Emma Smythe
- Schedule one-on-one check-in calls with Emma Smythe
- If appropriate, Emma Smythe will schedule an onsite visit

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

Physical Activity

Physical activity trainings, programs, and adapted physical activity and inclusion activities (health equity)	<p>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.)</p> <p>Example: <i>In the 2022-2023 grant cycle, The Riviera Club Foundation offered swim lessons for underserved youth. They also purchased and provided swimsuits, goggles, swim caps, and other swim materials to ensure participants experienced safe swimming.</i></p>
Physical activity programs focusing on trauma-informed principles	<p>Programs centered around a trauma-informed approach, involving changes to school/organization policy, practice, and culture and requires ongoing efforts to ensure that all students—including students affected by trauma—are experiencing social, emotional, and educational success</p> <p>Example: <i>In the 2023-2024 grant cycle, Firefly Children & Family Alliance offered yoga and mindfulness, as well as introductory boxing in their local shelters for youth and adolescents.</i></p>

Physical Education, Social Emotional Learning

Physical education strategies for K-12/professional development	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
Stress management activities/classroom-based 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: In the current 2023-2024 grant cycle, North Side Elementary offered an All Kids Bike program to K-1 st grade students which taught them confidence, social skills, bike safety, and balance.
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Social activities	Incorporating before- and after-school programs and activities whether that be outside, inside, in the classroom, etc., with all students Example: In the current 2023-2024 grant cycle, Garrett Keyser-Butler is offering a Girls on the Run program, yoga/mindfulness, and a skate/bike club.
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I. Proposal Cover Sheet

Please answer the following in three (3) pages or fewer, including the questions in your application. Proposal cover sheet, program examples, and information stated in green (attached to the questions below) are not included in page count.

Proposal Contact	
Name:	Position:
School/Organization name:	
Social Vulnerability Index (SVI) score:	
Organization/School website:	
Address:	
County:	
Phone number:	Email:
Fiscal Contact (the individual that signs financial documents)	
Name:	Position:
Address:	
Phone number:	Email:



Supervisor/Principal Support for proposed program/training

Type of Application (check one):

Physical Activity Community Development/Training: *includes 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/Physical Education Implementation: *includes creating, or altering an existing program, to provide youth and adolescents, ages 6-17 (K-12) with physical activity opportunities in classroom, school,*

II. Organization Background and Proposal Questions

School/Organization Background

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?

YAPA Application Justification

1. Type of application (from choices above):
 - a. Please describe the programs/training(s) this funding will be used for and why it's a good fit for your organization.
 - b. Who is the main audience you are intending to reach?
Please provide an estimated number of participants (indicate if this includes students and/or staff, etc. as well as the grade/age ranges). 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? Additionally, how might this program/training incorporate a [trauma-informed approach](#)?
Supporting items could include your [SVI score](#), and/or which [SVI themes](#) (pp. 3 and 4) is most applicable to your population. *Follow the SVI score link and enter school/organization address in search bar on top right corner of the map, then click on the color surrounding the map pin.*
3. What are the intended outcomes of the program/training(s) and how do you intend to measure the impact?
4. How will you define success for this project?
5. 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?



Collaboration with Local Health Department

Indiana recently began a new initiative titled [Health First Indiana](#), which increases resources and support to local health departments (LHDs) by focusing more on prevention activities for the health needs of each community. We are asking any new grantee schools/organizations to inform or partner with their LHD to increase collaboration and awareness.

Please explain the level of engagement and/or planned collaboration for this proposed program/training your school/organization will have with the local health department(s) in the identified catchment area. Choose one statement that best describes the collaboration:

1. School/organization has communicated with the local health department administrator their intent to apply. Must indicate with whom within the LHD the application was discussed and acknowledge that this proposed program/training is/will not be a duplication of services provided by the LHD. If project/training spans multiple counties, each local health department must be notified. Reach out to Lindsey Bouza, Director, Indiana Department of Health at lbouza@health.in.gov if you need a connection to the local health department administrator.
2. School/organization intends to partner with the local health department on the proposed program/training. Please share LHD's role and how it will complement the Youth Adolescent Physical Activity (YAPA) grant initiatives.

III. YAPA Grant 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 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.

Fiscal Year (FY) 2024-2025	
Item	Proposed amount (\$)
TOTAL	



Please note: This is a reimbursement grant model. You will submit invoice(s) via a template provided by IDOH as you spend your own funds throughout the grant period. Your school/organization will then be reimbursed within 35 days of invoice submission via the IDOH Finance Division.

YAPA grant funds and program income cannot be expended for:

- Construction of buildings, building renovations
- Depreciation of existing buildings or equipment
- Contributions, gifts, donations
- Entertainment; food
- Automobile purchase
- Interest and other financial costs
- Costs for in-hospital patient care
- Fines and penalties
- Fees for health services
- Bad debts
- Contingency funds
- Executive expenses (e.g., car rental, car phone, entertainment)
- Accounting expenses for government agencies
- Fund raising expenses
- Legal fees and legislative lobbying
- Out-of-state travel
- Dues to societies, organizations, or federations



Application Process

Thank you for completing this letter of intent to receive YAPA grant funding. Your work is important in supporting the health and well-being of Hoosier children. Your submission will be carefully reviewed by our team. The next steps for this funding opportunity are outlined below:

Step 1: All proposals will be reviewed by the YAPA grant review team. After review, some applicants will be asked to move on to Step 2.

Step 2: Applicants in this round of review will be asked to present their program/initiative in an informal 10-minute presentation with 5–10 minute question and answer session (total 20-minute interview time).

- Interviews will be held June 12 – 14
- Funding awards will be announced on or before June 24

If you are selected for funding:

- You will be asked to provide a scope of work to begin a contract with the Indiana Department of Health
- You must have submitted your Direct Deposit Form, W-9, with your application in order to register as a vendor with the State of Indiana. Once the funding awards are announced, you will be asked to register with the state and submit your forms within three days of the announcement
- **Optional: [Attend](#) virtual office hours (Wednesday, May 1, 2:30 – 3:30 p.m. EDT), can drop in at any time, if you have any questions**
- **Your funding will begin on Oct. 1, 2024, and end on Sept. 30, 2025**

Please send your completed grant proposal, [Direct Deposit](#) and [W-9](#) forms to Emma Smythe at esmythe@health.in.gov by 5 p.m. EDT on Friday, May 17, with the subject line, "Youth Adolescent Physical Activity Grant Application."

END OF APPLICATION

Thank you for completing this grant application!

Please email Emma Smythe at esmythe@health.in.gov by **Friday, May 17 at 5 p.m. EDT.**

