

## 2019 Chronic Disease Prevention Mini-Grant

Chronic diseases such as cancer, heart disease, stroke, chronic lung disease and diabetes make up nearly three out of five deaths in Travis County. The good news is that active living, healthy eating, and not using tobacco can help prevent chronic disease.

Austin Public Health is looking to fund projects to prevent chronic disease in Austin and Travis County. Grants can be up to **\$2500** with a focus on making a lasting change. Projects should address health disparities by reaching people who face higher rates of chronic disease (such as people with lower incomes, and people who are African American, Hispanic/Latino, or Asian American).

Projects should focus on one (or more) of these topics:

- Active living
- Tobacco-free living
- Healthy eating
- Community gardens
- Healthy food pantries
- Breastfeeding support



### Examples of Projects

- **Active Living:** Changes to parks, playgrounds, and trails at schools, neighborhoods, childcare centers, and community centers; projects to promote exercise; signs for taking stairs, etc.
- **Tobacco Free Living:** Tobacco-free policies and signs at worksites or multi-family housing
- **Healthy Eating:** Changes to vending machines to add healthy items, projects to reduce sugary drink availability, worksite wellness policies, projects to increase access to drinking water, changes to school lunchrooms to promote healthy eating, projects to increase healthy eating in childcare centers and after school programs, etc.
- **Community Gardens:** New or expanded community or school gardens
- **Healthy Food Pantries:** Improvements (such as equipment) to food pantries to provide more healthy foods (such as fruits and vegetables), support for food permitting and certifications to distribute other perishable healthy food items (i.e. meat, dairy, eggs)
- **Breastfeeding Support:** Mother-friendly policies at worksites; new or improved breastfeeding rooms/spaces for staff and clients, etc.



These are just **some** examples, so feel free to **be creative!** In general, projects that focus only on staff time for teaching education classes (such as exercise classes, healthy eating classes, etc.) will not be funded. However, education projects that involve getting training in a new curricula or program or getting equipment to expand a program will be considered. Projects for one-time events are not likely to be funded. These programs are important, but the focus of the mini-grant is on **making lasting changes** that can create a culture of health.

Including a policy with an education program (for example, a tobacco-free worksite policy along with classes to quit tobacco) can make a project idea stronger.

## Who Can Apply

- Nonprofit organizations, faith-based organizations, government organizations, neighborhood associations, schools and child care centers (as long as they are nonprofit).
- Projects must focus on reaching people who face higher rates of chronic disease (such as people with lower incomes, and people who are African American, Hispanic, or Asian American).
- Must be a vendor with the City of Austin. Please sign up here: [https://www.austintexas.gov/financeonline/account\\_services/registration/registration\\_user.cfm](https://www.austintexas.gov/financeonline/account_services/registration/registration_user.cfm) Questions about vendor registration or not sure if your agency is registered? Call (512) 972-6466.
- For Healthy Food Pantry Projects, pantries that **only** give out canned goods and whole, uncut fruits and vegetables do not need a food establishment permit from Austin Public Health. Food pantries that give out dairy products, meat, prepared foods or other temperature controlled foods must have a yearly permit from Austin Public Health. Mini-grant funds can be used for the permit the 1st year.
- Each group can only receive one mini-grant in 2018, although more than one application can be turned in with different project ideas.



## Timeline

- Deadline for applications: Wednesday 1/9/2019 at midnight
- Award notice: by 2/4/2019
- Project must be complete by 8/12/2019

## Scoring

Proposals will be scored in these areas:

- Long-term sustainability (30 points)
- Need for project and health impact (30 points)
- Number of people reached (10 points)
- Up to 3 Bonus Points if agency has a 100% tobacco-free campus policy in place (must submit policy)
- Health disparities focus (20 points)
- Work plan (5 points)
- Budget (5 points)



## Payment

- Mini-grants are on a cost reimbursement basis. This means you must pay for your project costs and get paid back after your project is done. We will provide a form for you to fill out and turn in at the end of the grant to get paid back. Please save all receipts to send in with the form. We cannot reimburse for tax.
- After we receive a correct reimbursement request, checks are mailed within 4 weeks.

## Reports

At the end of the project, there is a 1- page summary to fill out. On this form you will share pictures of your project and success stories/lessons learned.

## Funds May Not be used for

- Activities outside of the City of Austin and/or Travis County
- Food or drinks except if used for teaching or educational purposes
- Awards, cash prizes, contributions or donations
- Operating costs not part of this project, or start-up costs for a new business
- Travel costs, except for in-town mileage for this project