



School Physical Activity and Nutrition Grants Round IV

Purpose

The Georgia Department of Public Health (<http://dph.georgia.gov/>), in partnership with Governor Nathan Deal's SHAPE initiative (www.georgiashape.org), will award grants to public elementary, middle, and high schools to expand and enhance their efforts to address the Georgia School Health and Physical Education (S.H.A.P.E.) Act and nutritional guidelines outlined by the USDA's Healthy, Hunger-Free Kids Act (HKFKA) and other related federal laws. Schools may apply for funding to address the nutrition requirements OR the nutrition and physical activity requirements of these acts.

Background

The Georgia Department of Public Health (DPH) is the state agency with ultimate responsibility for the health of communities and Georgia's population. At the state level, DPH manages more than 100 programs to protect and promote the public's health. At the local level, DPH functions via 18 health districts and 159 county health departments. DPH works to improve the quality of Georgians' lives by promoting healthy lifestyles, creating environments that support health, and preventing chronic disease, disability, and premature death.

Physical Activity: The School Health and Physical Education Act was passed in the 2009 Georgia legislative session (O.C. G.A. 20-2-777). Beginning in the 2011-2012 school year, the law requires each local school district to conduct an annual fitness assessment for all Georgia public school students in grades 1 - 12 enrolled in physical education classes taught by certified physical education teachers. FITNESSGRAM® was selected as the fitness assessment tool to be used by all Georgia schools.

Nutrition: Under federal law, the U.S. Department of Agriculture (USDA) sets nutrition standards for all foods sold in schools that participate in the National School Lunch and Breakfast Programs. These Programs ensure nutritious foods in schools and the availability for free and reduced-price meals for children. The Child Nutrition and WIC Reauthorization Act of 2004 introduced a requirement for local educational agencies to have school wellness policies. The Healthy, Hunger-Free Kids Act of 2010 strengthened that school wellness policy requirement and requires participating schools to offer more fruits, vegetables, and whole-grain foods; offer fat-free or low-fat milk; limit saturated fat and sodium; minimize trans-fat; limit the calories that can be served in meals and snacks; and add tofu as a meat alternative. Together these provisions are intended to increase access to healthy foods for children and decrease food insecurity, which has been closely linked to childhood obesity.

By addressing FITNESSGRAM® results and HHFKA requirements, schools will be building a solid foundation to apply for recognition from the USDA Healthier School Challenge program and the Alliance for a Healthier Generation program. As such, grantees are strongly encouraged to learn more about these recognition programs and identify the steps necessary to apply for these awards:

- USDA Healthier Schools Challenge: <http://www.fns.usda.gov/tn/HealthierUS/>
- Alliance for a Healthier Generation Healthy Schools Program: <http://www.healthiergeneration.org/about.aspx>

Funding Opportunity Overview

Georgia SHAPE, coordinated by DPH, is providing grant funding and technical assistance to schools to improve student fitness based on the results of the FITNESSGRAM® assessment or to test new strategies that support implementation of federal laws, including the Healthy Hunger Free Kids Act requirements.

At no cost to the grantee, independent subject matter experts will be made available to provide training and technical assistance to funded schools. Examples of technical assistance include: helping grantees conduct health assessments and identify priorities, providing reference tools, conducting peer learning and trainings, and assisting with evaluation. All grantees must agree to participate in or utilize training opportunities provided during the grant period. Technical assistance to support schools in developing worksite wellness programs so that teachers and staff can model healthy behaviors for youth is available to enhanced funding awardees.

Schools may apply for either component I or component II below:

I. **Core Funding (Nutrition only) - \$3,000**

Schools applying for core funding are required to: 1) identify a health champion; 2) establish or re-activate a health or wellness council; 3) conduct an approved school health assessment; 4) identify two **nutrition** priority actions/activities to be completed during the 2014-2015 school year; 5) attend a statewide “best practices” meeting; 6) participate in training/technical assistance; and 7) submit a final report of activities and outcomes to the Georgia Department of Public Health.

II. **Enhanced Funding (Nutrition & Physical Activity) - \$5,000**

Schools applying for enhanced funding are required to: 1) identify a health champion; 2) establish or re-activate a health or wellness council; 3) conduct an approved school health assessment; 4) identify two **nutrition** priority actions/activities and one **physical activity** priority action/activity to be completed during the 2014-2015 school year; 5) attend a statewide “best practices” meeting; 6) participate in training/technical assistance; and 7) submit a final report of activities and outcomes to the Georgia Department of Public Health.

Eligibility

Any Georgia public school is eligible to apply. Only one application per school is permitted. Previously funded schools from Rounds I & II who received implementation grants are not eligible to re-apply. Schools applying for SHAPE funding through this grant opportunity must implement evidenced-based

strategies and activities that advance policies and improve environments that support the adoption of healthy behaviors.

Funding Preferences: Preference will be given to schools and districts with the greatest opportunity to improve student performance on Healthy Fitness Zone on Aerobic Capacity or Body Mass Index measures.

Award Information

Funding Agency: Funding for this project is provided by the Georgia Department of Public Health under the Preventive Health and Health Services Block Grant. Documents and other materials published by schools created with SHAPE grants must reference award number 3B01DP009013-15S2.

Matching Funds: Matching funds are not required for this grant.

Funding: Grant funding will be provided to selected schools upon receipt of all DPH required financial forms. These forms include a State of Georgia Vendor Management form as well as other documentation required by the DPH Financial Services. Grantees are required to participate in an initial technical assistance call along with their school's district financial representative if awarded. Schools must agree to be the primary fiscal agent for funds awarded through this grant opportunity.

Capital purchases and improvements: Capital purchases and improvements will not be permitted.

Number of Awards: The exact number of awardees will depend upon the number and type of grants submitted. However, it is anticipated that up to 15 schools will be awarded: 10 core funding awards; 5 enhanced funding awards.

Funding Opportunity Release Date: Friday, June 6, 2014

Application Due Date: Friday, August 29, 2014

Anticipated Award Date: Thursday, September 11, 2014

Performance Period: September 2014 to June 2015

How to Apply

Applications should be submitted via email by August 29, 2014. Applications will be scored based on the total possible points listed for each element of the application, listed below. Applications should not exceed 10 pages. Applications should follow the outline as described below in "Funding Requirements and Scoring".

Funding Requirements and Scoring:

1. **Identify a school leader or champion (5 points).** This individual, who may be a school or local community representative, is responsible for helping to establish the health team or council, guiding completion of the school assessment, and development of the health improvement plan. Applicants should describe this person's qualifications for serving as the school leader or champion.

2. **Establish or enhance a health team or council (10 points).** A representative health team/council involves parents, students, representatives of the school food authority, the school board, school administrators, and members of the public. Additional guidance on this requirement can be found in Section II of the report titled *Effective School Health Advisory Councils: Moving from Policy to Action*.
<http://www.nchealthyschools.org/docs/schoolhealthadvisorycouncil/advisorycouncilsmanual.pdf>
3. **Conduct a school health assessment using an approved tool (25 points).** *This deliverable* requires the use of an assessment tool that helps identify strengths and weaknesses of school health policies and programs, and provides direction for school health improvement efforts. Applicant should describe their plan to conduct a school health assessment and how assessment findings will be utilized. If an assessment has been conducted recently, the applicant should describe their efforts around utilizing the findings for programming. Schools must agree to use one of the following assessment tools: *The School Health Index (SHI)* or the *Healthy Schools Program Inventory*. The *SHI*, developed by Centers for Disease Control and Prevention (CDC), addresses nutrition and physical activity, tobacco, asthma, and safety in the school environment. For the purposes of this grant program, schools are only required to complete the physical activity and nutrition modules (<http://www.cdc.gov/HealthyYouth/SHI/>). The *Healthy Schools Program Inventory*, developed by the Alliance for a Healthier Generation, specifically focuses on improving the nutrition and physical activity environment in a school. (https://schools.healthiergeneration.org/6_step_process/) Both of these assessment tools are free and are available in online and paper versions.
4. **Identify two nutrition actions/activities to be completed during the 2014-2015 school year for which funding is being requested. If applicant is requesting enhanced funding, applicant should identify two nutrition actions/activities and one physical activity action/activity to be completed during the 2014-2015 school year (25 points).** Submit an action plan for accomplishment of activities during the 2014-2015 school year. For each activity include specific strategies and actions, responsible person, and timeline. (For an example, see <http://www.cdc.gov/healthyyouth/shi/training/#improvement>). The purpose of the funding is to assist schools in creating policy and environmental changes to ensure students are selecting and eating healthier food options and physical activity throughout the school day. Schools should focus on any three policy, systems, or environmental change strategies in their proposals to support a lasting healthier school nutrition environment and increase physical activity.

Examples include:

Nutrition Funding (\$3,000)

- Offer training and technical assistance to school nutrition food service professionals to enable them to prepare and serve nutritious meals that appeal to students. For example, provide hands-on training for food service personnel to give them the necessary tools to promote a positive eating environment and build healthy meal preparation skills. Grant funds may be used to provide a trainer chef/nutritionist, stipends, and kitchen tools.
- Implement a school nutrition policy that supports a positive, healthy food environment. For example, adopt a school district policy that prohibits the use of food and beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

- Provide fun and interactive nutrition education for children, teachers, parents and other caregivers. For example, create a school learning garden. Learning gardens provide an opportunity to bring science, math, social studies, and language and visual arts to life through hands-on learning. A vegetable garden provides the added reward of valuable nutrition lessons on the importance and joys of eating fresh foods. Funds may be used to purchase curriculum supplies, food taste testing, cooking demonstrations, education materials, and promotional materials.
- Foster healthier school environments that are conducive to healthy eating. For example, re-designed lunch lines and new signage are a couple of cafeteria changes that will entice and market healthier foods to students. Funds can be used to provide training, purchase signage, conduct activities, and evaluation.

Physical Activity and Nutrition (\$5,000)

- Increase the number of children who receive physical education or physical activity during the school day or while on school property outside of school hours. For example, school districts may adopt and implement a policy that all children in K-8 receive 30 minutes of physical activity during the school day.
 - Create opportunities to increase physical activity in the school for students and/or faculty. For example schools may implement a program such as Power Up for 30.
 - Increase number of students in the healthy fitness zone. For example schools may utilize technology to track and document moderate to vigorous physical activity minutes and to guide PE lesson planning that promotes increased vigorous PE time and improved aerobic capacity outcomes.
 - Implement and evaluate the impact of an approved physical education program for students and/or faculty. For example, schools may implement SPARK, CATCH, Physical Best, or another similar program.
5. **Attend a statewide “best practices” grantee meeting (5 points).** Applicants must propose to and attend a one-day regional/statewide meeting to learn about successes and best practices.
 6. **Participate in training, technical assistance, and other program support provided by this grant program (5 points).** Applicants must propose to and attend monthly technical assistance opportunities. This may include webinars, one-on-one phone consultations, etc.
 7. **Submit a final report of activities and outcomes to the Georgia Department of Public Health (5 points).** A final report will be due with the final invoice submitted no later than June 30, 2015. The final report will describe progress on achieving deliverables and outcomes as stated in the application. A final report template will be provided to guide grantees. Applicants must describe their plan of action to ensure a final report is completed and submitted by the deadline.
 8. **Budget (20 points).** The application must include a budget proposal that aligns with the activities described in the application.

Worksite Wellness. Schools that wish to also implement worksite wellness strategies will receive technical assistance around establishing an employee wellness council, completion of Georgia Worksite Wellness Assessment Tool (https://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/site_page/DPH%20Worksite%20Assesment%20GWAT%20Toolkit_ver2.pdf), completion of an employee needs and interest survey, identifying focus areas related to employee wellness, creating objectives related to the selected focus areas, implementing activities/programs related to focus areas, evaluating participation and overall program.

[https://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/site_page/DPH%20Worksite%20Assessment%20GWAT%20 Toolkit_ver2.pdf](https://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/site_page/DPH%20Worksite%20Assessment%20GWAT%20Toolkit_ver2.pdf))

Required Deliverables

- Identification of a health champion
- Health or wellness council meeting minutes
- Completed school health assessment
- List and plan for implementation of two nutrition priority actions/activities to be completed during the 2014-2015 school year. If school is a component II grantee, the list and plan for implementation for two nutrition priority actions/activities and one physical activity action/activity.
- Attendance at a statewide best practices meeting
- Participation in training/technical assistance
- A final report of activities and outcomes to the Georgia Department of Public Health

Completed applications should be typed and submitted electronically to Reginald.Tooley@dph.ga.gov by the application due date. Mailed, handwritten, and / or faxed applications will not be accepted.