

# **West Virginia Diabetes Coalition Support Project**



## ***Application Form for Community-based Projects 2013-2014***

This Project is a partnership supported by the Appalachian Regional Commission, the West Virginia Development Office's Distressed Counties Program, the Claude W. Benedum Foundation and Bristol-Myers Squibb Together on Diabetes program. It is managed by the Robert C. Byrd Center for Rural Health at Marshall University.

## INTRODUCTION

The purpose of the West Virginia Diabetes Coalition Support Project is to prevent and control diabetes by strengthening community health coalitions in 23 economically distressed counties. The project helps coalitions organize around the problem of diabetes, including planning, implementing and evaluating projects that help people with type 2 diabetes control their disease, and prevent the disease in people who may be at risk. Program participants will include community organizations, citizen groups and individuals that have come together to address diabetes and other related chronic diseases such as heart disease, stroke and poor oral health. This project will help establish new coalitions in underserved areas, and will expand the reach of current coalitions through capacity building and community mobilization.

Community institutions in all 23 counties will be offered training and technical assistance to implement Evidence Based Programs (EBPs) such as the Chronic Disease Self-Management Program, the Diabetes Self-Management Program, “Shopping Matters”, and “Walk with Ease”. These programs have been proven to provide health benefits for people of all ages, at little or no cost to the organizers or participants. More than 800 individuals are expected to enroll in these programs this year. (Refer to Appendix C for a list of evidence-based and best practice programs recommended by Marshall.)

In addition, coalitions in select counties are invited to compete for grant funding which can be used to implement strategic local projects aimed at diabetes problems. Start-up grants of \$2,000 will be awarded in four counties without an active coalition. Implementation grants of \$5,000 will be awarded in seven counties where experienced groups are ready to move ahead with more ambitious programs. Grantees will be trained to design projects that include measurable performance targets over the course of a year. Pages 4-5 describe the grant opportunities in detail.

Enhanced training and technical assistance including EBP support will be provided to the coalitions that receive grant awards. Additional resources will also support oral health interventions related to diabetes. All coalitions that are not already a partner will be invited to participate in the Appalachian Diabetes Control and Translation Project (ADCTP), a network of 75 diabetes coalitions in ten Appalachian states.

This program is limited to community groups in the 23 eligible counties listed on page 7.

**Note: Funding from this project cannot be used for medical supplies or infrastructure.**

## Who May Apply

### Examples of Community Groups

- Churches
- Volunteer Clubs
- Support Groups
- County Health Coalitions (diabetes, heart, cancer etc.)
- Active or retired health professionals
- Informal groups of citizens
- School Wellness Committees
- Business leaders

1. A coalition of organizations and individuals who live in 23 designated counties in West Virginia (See page 7). At least one organization must be a community group and one a Non-Profit (501c3) organization with the fiscal capacity to manage federal grant funds.
2. A coalition that makes a commitment to send representatives (see pages 4-5 for details) to a planning and training program (Diabetes Today).
3. A coalition that makes a commitment to implementing and reporting on their project.

### Examples of Public or Non-Profit Organizations

- Primary Care Centers
- County Extension Offices
- County Health Departments
- Community Colleges
- ARC local development districts (Planning and development councils)
- Regional or State Non-Profit organizations
- Food Banks
- Area Agencies on Aging

**NOTE:** There are two grant opportunities for you to choose from. Please submit only one proposal based on the coalition's qualifications identified within each grant opportunity.

## GRANT OPPORTUNITIES

### **GRANT 1: *Implementation Grant***

This \$5,000 grant will be awarded to active established coalitions in designated counties (see page 7). This funding will enable coalitions to implement community-level evidence-based programs to reduce interrelated chronic diseases such as diabetes, heart disease, stroke and poor oral health. If your coalition is funded, a minimum of four people will be required to attend a program planning workshop called Diabetes Today on **January 7, 2014**. During the workshop, the coalition members will learn how to write measurable objectives and action plans that will direct the coalition's work for the next twelve months. We will send more information if your grant application is accepted.

Please address the following points in your *Implementation Grant* proposal. It should not be more than eight pages long, double-spaced. Applications that do not follow this guide will receive a lower score. **The application is due November 8 at 5:00pm.** Send the application as an email attachment to Shelia Plogger: [splogger@marshall.edu](mailto:splogger@marshall.edu). Her telephone number is: 304-245-6018.

1. Identify that you are applying for an *Implementation Grant*.
2. Write the name of your coalition (or group) and county name. Write the name, address, telephone number and email address of the two lead individuals and their organizational affiliation for your application.
3. List the names and organizational affiliation of others who are involved in your coalition. We encourage a broad representation from your area. Who are the missing stakeholder groups you would like to engage in your activities?
4. Write a brief history of how your coalition was formed. What brought you together? When? What things, if any, have you done together before this? Can you name notable successes or failures?
5. How many people are in your county? How many people are estimated to have diabetes? Are certain groups more affected than others? We encourage you to contact the WV Division of Health Promotion and Chronic Disease for this information (Page 6).
6. Describe why you are interested in addressing the problem of diabetes in your community. What are some of the problems that you see?
7. What resources exist in your county that may contribute to mobilizing the community? Are there others working on diabetes prevention and control? What are the prospects for partnering with primary care in your county?
8. Briefly describe some of the things you wish to accomplish in your county. In what areas do you want to see improvements that will help people prevent or control diabetes? What kinds of activities will help make these changes? For example, if you are thinking about how to address childhood obesity, can you envision a project to involve the whole family in healthy eating and physical activities? We would like just your ideas for now. You will be asked to submit a more detailed work plan and budget if your application is approved.

**NOTE:** Remember to get a letter of acknowledgement from the Division of Health Promotion and Chronic Disease, and your ARC Local Development District (see page 6 for contact information). Additionally, letters of support from community organizations and individuals will strengthen your application.

## **GRANT #2: Planning Grant**

This \$2,000 grant will be awarded to emerging coalitions with the aim to help establish or strengthen diabetes coalitions in distressed or at-risk counties (see page 7). This funding will enable applicants to recruit partners, identify resources, and plan activities that will build up a diabetes coalition. Successful applicants will receive technical assistance from Marshall, leadership training, and training in evidence-based programs. The expectation is that a diabetes coalition will be organized with multiple community partners and have a plan in place for addressing the problem of diabetes and related chronic conditions.

If your coalition is funded, 3 people will be required to attend a planning/training workshop (Diabetes Today) on **January 8, 2014**. During the workshop, the coalition members will learn how to write measurable objectives and action plans that will direct the coalition's work for the next twelve months.

Please address the following points in your *Planning Grant* proposal. It should be 2 - 3 pages long, double-spaced. **The application is due November 8 at 5:00pm**. Send the application as an email attachment to Shelia Plogger: [splogger@marshall.edu](mailto:splogger@marshall.edu). Her telephone number is: 304-245-6018.

1. Identify that you are applying for a *Planning Grant*.
2. Write the addresses, telephone numbers and email addresses of the two lead individuals and organizations for your application.
3. List the names of the people and their organizational affiliation, if any, who are involved in planning your proposal.
4. Have you tried to form a diabetes coalition previously? If yes, what were some of the obstacles you faced? If you have a weak or barely functioning diabetes coalition, what are some of the problems you have in organizing a coalition?
5. How many people are in your county? How many people are estimated to have diabetes? Are certain groups more affected than others? We encourage you to contact the WV Division of Health Promotion and Chronic Disease for this information (See page 6 for contact information).
6. Describe why you are interested in addressing the problem of diabetes in your community. What are some of the problems that you see?
7. What steps do you think you need to take to organize or strengthen a diabetes coalition in your county?

**NOTE:** Remember to get a letter of acknowledgement from the Division of Health Promotion and Chronic Disease, and your ARC Local Development District (see page 6 for contact information). Additionally, letters of support from community organizations and individuals will strengthen your application. If you are funded, you will be asked to send 3 people to the one-day planning/training workshop (Diabetes Today) on **January 8, 2014**.

## Grant APPLICATION PROCESS and Timetable

1. Marshall staff members will facilitate a conference call October 18 at 12:00 noon, that will communicate what is expected in the application. The staff will walk through the application guide, give examples of applications, and answer questions. Conference call number: Toll Free Dial In (888) 236-9224, Guest Number 228872.
2. Complete the application based on the grant opportunity you are applying for (Pages 4-5).
3. Obtain a letter of support from Gina Wood, WV Division of Health Promotion and Chronic Disease, 304-356-4200 or [gina.l.wood@wv.gov](mailto:gina.l.wood@wv.gov) .
4. Obtain a letter of support from the ARC Local Development District in your area. See the [ARC website \(http://www.arc.gov/about/LocalDevelopmentDistrictsinWestVirginia.asp\)](http://www.arc.gov/about/LocalDevelopmentDistrictsinWestVirginia.asp) for information on your local Planning and Development Council.
5. Submit the application by email to [splogger@marshall.edu](mailto:splogger@marshall.edu) by **November 8, at 5:00pm**.
6. The selection criteria for the **Implementation Grants** are in Appendix A, pg. 8.
7. The selection criteria for the **Planning Grants** are in Appendix B, pg. 9.
8. Grant applications will be reviewed and scored by representatives from the Appalachian Regional Commission, the WV Development Office, Bureau for Public Health, County Health Departments, and Marshall University.
9. Grant awards will be announced by December 13, 2013.
10. The planning workshop (Diabetes Today) for the Implementation Grants is on January 7, 2014.
11. The planning workshop (Diabetes Today) for the Planning Grants is on January 8, 2014.

If you have questions feel free to contact:

Richard Crespo:	304-691-1193	<a href="mailto:crespo@marshall.edu">crespo@marshall.edu</a>
Shelia Plogger:	304-245-6018	<a href="mailto:splogger@marshall.edu">splogger@marshall.edu</a>

## Counties Eligible for Participation: 2013/2014 Program Year

Note planning grant applications will not be accepted from the following counties with existing diabetes coalitions: Calhoun/Gilmer, Fayette, Lincoln, Logan, McDowell, Taylor, and Wyoming.

Barbour	Pocahontas
Braxton	Roane
Calhoun	Summers
Clay	Taylor
Doddridge	Tucker
Fayette	Tyler
Gilmer	Webster
Jackson	Wetzel
Lincoln	Wirt
Logan	Wyoming
Mason	
McDowell	
Nicholas	

## Appendix A

<b>Implementation Grant Application Evaluation Criteria</b>
<p>Broad representation of people or organization</p> <ul style="list-style-type: none"><li>• Does the organization have a broad representation from the community or is it comprised of a few people from a single interest group? Are more than five organizations represented?</li><li>• Does it appear that there is committed leadership, or has it been thrown together?</li><li>• Does it appear that the group has experience in working together?</li></ul>
<p>Experience in working and affecting change in its county</p> <ul style="list-style-type: none"><li>• Has the coalition accomplished a range of changes that include policy and environment?</li><li>• Have these changes been substantive?</li></ul>
<p>Understanding the problem of diabetes</p> <ul style="list-style-type: none"><li>• Does it appear that the applicants have an understanding of the problem of diabetes in their community?</li><li>• Do they want to reach a broad range of people in their county, or are they just focusing on doing activities with a small group of people?</li></ul>
<p>Other resources in the county that may contribute to mobilizing the community</p> <ul style="list-style-type: none"><li>• Does the organization seem aware of others working on diabetes in their county?</li><li>• What are the prospects for partnering with primary care in the county?</li></ul>
<p>Quality of ideas for implementation</p> <ul style="list-style-type: none"><li>• Are the activities that they are considering realistic, or naive and superficial?</li><li>• Are they thinking about activities/programs that can continue, or are they mostly one-time events?</li><li>• Are their proposed programs/interventions evidence-based?</li></ul>
<b>TOTAL SCORE</b>
Letter of acknowledgement from state DPCP
Letter of acknowledgement from the ARC Local Development District

**Appendix B**

**Planning Grant Application Evaluation Criteria**

Strength of the community organization/group

- How strong is their organization? Does it appear that there is committed leadership, or has it been thrown together?
- Does the organization have a broad representation from the community or is it comprised of a few people from a single interest group?

Understanding of the problem of diabetes

- Does it appear that the applicants have an understanding of the problem of diabetes in their community?
- Do they want to reach all the people who could have diabetes, or are they just focusing on a small segment of people with diabetes?

Experience of the community organization/group

- Does it seem like this organization has the experience that will enable it to organize a diabetes coalition in their county?
- How realistic are their plans for organizing or strengthening their diabetes coalition?

**TOTAL SCORE**

Letter of acknowledgement from state DPCP

Letter of acknowledgement from the ARC Local Development district

## Appendix C Recommended Evidence-Based and Best Practice Interventions

### CHRONIC DISEASE SELF-MANAGEMENT

#### **Chronic Disease Self-Management and Diabetes Self-Management (CDSMP/DSMP)**

This is a 6-session, lay-led program for people with chronic conditions. Two leaders who will be trained by the Marshall team facilitate both programs.

CDSMP: <http://patienteducation.stanford.edu/programs/cdsmp.html>

DSMP: <http://patienteducation.stanford.edu/programs/diabeteseng.html>

#### **The National Diabetes Prevention Program, CDC**

Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month). [www.cdc.gov/diabetes/prevention/index.htm](http://www.cdc.gov/diabetes/prevention/index.htm)

Registry of Recognized Lifestyle Change Classes:

[www.cdc.gov/diabetes/prevention/recognition/registry.htm](http://www.cdc.gov/diabetes/prevention/recognition/registry.htm)

### WORKSITE WELLNESS

#### **CDC Workplace Health Model**

[www.cdc.gov/workplacehealthpromotion/model/index.html](http://www.cdc.gov/workplacehealthpromotion/model/index.html)

**CDC's LEAN Works! - A Workplace Obesity Prevention Program** [www.cdc.gov/leanworks](http://www.cdc.gov/leanworks)

#### **Promote a tobacco-free workplace**

[www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/index.htm](http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/index.htm)

### SCHOOL-BASED INTERVENTIONS

**Organize a school-based walking program** and involve students, teachers and parents.

Example: Walk Across America [www.forahealthyamerica.org/walk\\_across.asp](http://www.forahealthyamerica.org/walk_across.asp)

**Incorporate wellness into the curriculum** <http://www.jamschoolprogram.com/>

**Work with the school wellness council** to change school policies around nutrition, physical activity, and tobacco use on campus. *School Health Index (SHI): Self-Assessment & Planning Guide* - <http://www.cdc.gov/healthyouth/shi/>

**Encourage use of school facilities for physical activity during non- school hours.** Joint Use Agreement information -

[www.cdc.gov/CommunitiesPuttingPreventiontoWork/resources/schools.htm#joint\\_use\\_agreements](http://www.cdc.gov/CommunitiesPuttingPreventiontoWork/resources/schools.htm#joint_use_agreements)

## EXERCISE/PHYSICAL ACTIVITY

### **Organize team based walking competitions**

Have teams that can compete against each other over a 2-3 month period.

Example – Walk Across America or Walk to Jerusalem

**Improve access to physical activity** <http://www.thecommunityguide.org/pa/environmental-policy/improvingaccess.html>

### **Organized Programs**

**Walk with Ease:** A representative from your community would be trained to teach the one-hour classes that meet three times per week for six weeks.

[www.arthritis.org/walk-with-ease.php](http://www.arthritis.org/walk-with-ease.php)

**Tai Chi:** A representative from your community would be trained to teach the one-hour classes that meet two times per week for eight weeks.

[www.arthritis.org/tai-chi.php](http://www.arthritis.org/tai-chi.php)

**Walk with Ease & Tai Chi Leader information:**

[www.arthritis.org/program-leader.php](http://www.arthritis.org/program-leader.php)

**StrongWomen:** A community exercise and nutrition program targeted to midlife and older women. An exercise instructor would be trained to teach the one-hour classes that meet two times per week for twelve weeks. [www.strongwomen.com](http://www.strongwomen.com)

## HEALTHY EATING

**Share Our Strength's Shopping Matters:** A program bringing adults directly to the store for a dynamic learning experience that enables participants to make real changes to their food shopping habits and to make healthy choices on a budget. [www.shoppingmatters.org](http://www.shoppingmatters.org)

**Hold a Biggest Loser Competition:** Organize a weight loss competition over a 2-3 month period that includes nutrition and healthy lifestyle education.

Competitions can be hosted in the worksite, schools, churches, neighborhoods or community centers.

**Offer Cooking Classes & Healthy Eating Programs:** Check with your Local Extension Service on classes they offer.

**Organize a Farmers Market** <http://farmersmarketcoalition.org>

**Organize family and school gardens** (vs. community gardens)

**Assist with local healthy food policy development**, including in schools and workplace.

<http://blogs.law.harvard.edu/foodpolicyinitiative/>