

2022 NUTRITION & HEALTHY LIFESTYLES REQUEST FOR PROPOSALS

MICHIGAN HEALTH ENDOWMENT FUND

Grant Timeline

March 2	Grants portal opened for applicants
March 23	Concept papers due by 5 p.m. (strongly recommended)
May 2	Applications due by 5 p.m.
August 11	Awards announced
September 1	Earliest start date

A. PROGRAM OVERVIEW

MISSION

Michigan is the country's second most agriculturally diverse economy (Michigan Agricultural Council, 2021). At the same time, 1 in 7 Michiganders is food insecure (Feeding America, 2021). In the area of physical activity, only 23% of Michiganders under 17 are physically active at least 60 minutes every day (America's Health Rankings, 2021). Moreover, people with lower incomes, racial and ethnic minorities, and other marginalized communities are often disproportionately affected by the lack of access to health-promoting resources, leaving too many already disadvantaged children and older adults even further behind.

The goal of the Michigan Health Endowment Fund is to improve the health and wellness of Michigan residents, emphasizing children and older adults. The Nutrition & Healthy Lifestyles program seeks proposals that address disparities and promote health equity through two key priority areas:

1. **Obesity reduction and health management**, including healthy eating and physical activity interventions.
2. **Healthy food access expansion**, including improvements to systems and policy.

OFFICE HOURS

We are excited to offer opportunities for applicants to speak with and ask questions of a member of the Nutrition & Healthy Lifestyles program team prior to submitting a concept paper. Office hour Zoom calls will be fifteen-minute conversations to answer grant cycle-related questions. This is not an opportunity to pitch concepts and should not replace the submission of a concept paper. Participation in office hours will not impact the status of a proposal.

Please [register here](#) for an opportunity to speak with the team.

HIGHLY RECOMMENDED PROPOSALS

Obesity reduction and health management:

-  **Healthy eating interventions** for children or older adults with tangible and measurable outcomes.
-  **Physical activity interventions** for children or older adults with measurable outcomes, including adaptive sports and inclusive recreation.
-  **Policy and systems approaches** that promote physical activity.
-  **School health approaches** to promote healthy eating and physical activity among children.
-  Initiatives that address the **social determinants** of obesity and healthy food access.
-  Interventions that address obesity and other chronic diseases among **pregnant or soon-to-be pregnant women**, or that address the nutrition and healthy lifestyles needs of high-risk pregnant or soon-to-be pregnant women.

Healthy food access expansion:

-  **Systemic approaches** to expand the availability of healthy food.
-  **Policy and systems initiatives** that promote the sustainability of food prescription and culinary medicine programs. *
-  Strategies that improve **referral to food and nutrition programs**.
-  Policy initiatives that **increase access to affordable and healthy food**.
-  Initiatives that **promote and strengthen the Michigan food system infrastructure**, including production, processing, distribution, retail, and promotion.

** While the Health Fund has been one of the biggest supporters of produce prescription programs in Michigan, the Nutrition & Healthy Lifestyles team will prioritize proposals that advance the collective sustainability of all prescription programs through policy and systems approaches.*

REDUCING DISPARITIES, PROMOTING EQUITY

Across all strategic priority areas, the Health Fund seeks proposals that address disparities and promote health equity. What does that look like? Equitable programs:

1. Benefit or increase access for populations most affected by a health issue;
2. Remove barriers to health;
3. Empower communities; and
4. Engage community leaders in decision-making.

KEY DEFINITIONS

Health disparities

Differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United States. (National Institutes of Health, 2002)

Health equity

Achieved when every person has the opportunity to "attain his or her full health potential" and no one is "disadvantaged from achieving this potential because of social position or other socially determined circumstances." (Centers for Disease Control and Prevention, 2020)

Community empowerment

Achieved when marginalized or oppressed individuals and groups gain greater control over their lives and environment, acquire valued resources and basic rights, achieve important life goals, and reduce societal marginalization. (Community Engagement Key Function Committee Task Force, 2011)

Systems change

Systems change involves transforming and redesigning the practices and structures within organizations, institutions, or networks to promote better health outcomes. Systems change addresses problems on a fundamental level and often works hand-in-hand with policy change. (Community Commons, 2022)

B. MEASURABLE HEALTH OUTCOMES

To be considered for funding, all proposals must have evaluation plans including measurable health outcomes, with the understanding that all health outcomes may not be achieved within the grant period. While some outcomes are specific to your program or project, the Health Fund strongly encourages applicants to use indicators that can speak to the effectiveness of the interventions through systemic, behavioral, or biological changes. These indicators could include:

- Physical activity minutes
- Impacts of physical activity interventions on the total health of children and older adults
- Fruit and vegetable consumption
- Behavioral change
- Body mass index measurements pre-and post-intervention in clinical settings
- Improvements in chronic disease indicators (blood pressure, A1C, etc.)

Some projects will focus on structural changes that facilitate positive behavioral and biological change. In these cases, a detailed qualitative evaluation should speak to the systemic impact of the grant award on children and older adults.

All proposals are required to submit a document outlining a proposed project evaluation approach. This document should not exceed three pages in length. This evaluation approach could be a logic model, theory of change, or another format. The document should describe the relationship between project activities, outputs, short- and long-term outcomes, and overall impact(s). Templates are provided [here](#).

The Health Fund is also interested in initiatives that reduce the cost of healthcare. If applicable, applicants will be asked to explain how the initiative will lead to any potential or actual healthcare cost savings.

C. REVIEW CRITERIA

The Health Fund is interested in innovative proposals that align with the priorities of the organization and the needs of Michigan communities. Proposals are evaluated holistically based on the following criteria. We expect all proposals to address or at least consider these elements.

- **Strategic alignment.** The project advances the Health Fund's mission and aligns with the priorities of this RFP.
- **Long-term impact.** The project has the potential to achieve significant long-term impacts by implementing effective models or supporting needed innovation.
- **Clear outcomes.** The project has clear outcomes and the potential to have a measurable impact on improving health.
- **Collaboration.** The project involves partnerships with defined roles in planning, implementation, and/or evaluation.
- **Health equity.** The project benefits the populations most affected by the health issue, removes barriers to health, empowers communities to support their ongoing health needs or challenges, and engages with community leaders to share in program design and decision-making.
- **Access to care.** The project increases access to resources for those most affected by the health issue and removes barriers to health.
- **Sustainability.** The project can be sustainable after the end of the grant period.
- **Replication.** The project can be replicated in other settings, including opportunities to learn, disseminate knowledge, and inform public policy.

D. ELIGIBILITY

Nonprofits, local units of government, and the State of Michigan are eligible for grants. Applicants must:

- ✓ Be recognized by the Internal Revenue Service as a nonprofit organization;
- ✓ Be based or have a strong presence in Michigan;
- ✓ Have a current certified financial audit; and
- ✓ Have at least 1 FTE.

EXCLUDED FROM FUNDING CONSIDERATION

- ✗ Loans
- ✗ Litigation
- ✗ Lobbying activities
- ✗ Clinical research
- ✗ Capital projects (purchase of food vans, demonstration kitchens, walking trails, etc.)
- ✗ Ongoing program operations and staffing
- ✗ Tuition costs and related fees
- ✗ Health-related emergencies*
- ✗ Organizations that discriminate because of age, race, ethnic origin, religion, sexual orientation, disability, or gender

* The Health Fund might in some situations consider support to address longer-term rebuilding or other needs following emergency situations.

GRANT AND BUDGET CONSIDERATIONS

The Health Fund has a few grant and budget guidelines to be aware of:

- The Health Fund expects to award grants up to \$500,000. An organization may not apply for a grant larger than 20% of its annual operating budget.
- No more than 10% of the total grant budget may be allocated to indirect/administrative costs.
- You may apply for a one- or two-year grant, but the total request cannot exceed \$500,000. Please clearly identify your funding requests per year in your proposal.

E. APPLICATION PROCESS

- 1 Write and submit a concept paper.
- 2 Applicant receives initial feedback, including whether they are invited to submit a full proposal.
- 3 Applications are reviewed by subject matter experts. Subject matter experts may send clarifying questions.
- 4 Award announcement.

CONCEPT PAPERS (DUE MARCH 23, 2022)

Applicants will submit concept papers up to two single-spaced pages in Word or as a PDF for review and feedback before submission.

The concept paper must include the following sections in this order. Please mark each section with a bolded heading.

- 1. Project title**
- 2. Organization name**
- 3. Description of health problem, with a focus on groups and localities that experience disproportionate impact**
- 4. Description of proposed intervention, including measurable outcomes**
- 5. Key collaborative partners and their roles**
- 6. Sustainability plan**
- 7. Description of potential for replication, sharing of knowledge, or to inform policy**
- 8. Estimated budget** (Note: a detailed budget breakdown is not required. However, please include an overview of what the budget would cover)

Send concept papers to grants@mihealthfund.org before 5:00 p.m. on March 23, 2022. We will not review concept papers submitted after the deadline.

APPLICATIONS (DUE MAY 2, 2022)

Applications must be submitted electronically through the Health Fund website using the [grants portal](#). **Using Google Chrome**, applicants will first be required to create an account. It may take 48 hours for your account to be approved. Once approved you will receive login credentials via email.

While the grants portal does not have a word limit function, we require applicants to keep the total narrative within the equivalent of 10 standard pages. The Health Fund also reserves the right to confidentially share proposals with external reviewers and other foundation partners.

Full proposals must be received by 5:00 p.m. on May 2, 2022. Proposals submitted after the deadline will not be considered.

The Health Fund Board of Directors has sole responsibility for all grant decisions.

F. RESOURCES

The following resources might be helpful tools to consider as you develop a proposal. This is not an exhaustive list and is intended as a sample for reference only:

1. [The ALICE Project](#)
2. [Kids Count](#)
3. [Michigan County Health Rankings](#)
4. [Michigan Food Environment Scan](#)
5. [Michigan Food Security Council Recommendation](#)
6. [Michigan Good Food Charter](#)
7. [Michigan Model for Health](#)
8. [Prescription for Health Implementation Guide](#)
9. [Project Healthy Schools](#)
10. [Self Sufficiency Standard for Michigan](#)
11. [What Is Culinary Medicine and What Does It Do?](#)
12. [Whole School, Whole Child, Whole Community \(WSCC\) Model](#)
13. [CDC Healthy Schools](#)
14. [CDC Adolescent and School Health](#)
15. [CDC Guide to Strategies to Increase Physical Activity in Communities](#)
16. [Advancing Health Equity and Preventing Chronic Disease](#)
17. [Food Security Council 2022 Report](#)