

# 2020 Health Impact Grant

Greetings!

We're excited to share that we have heard your feedback about how much time and effort it takes to apply for so many grants from SOI Health and we've simplified the process! Our new Health Impact Grant combines Healthy Communities, Fitness, Health Messenger, Stakeholder Summits, and Evaluation grants into a single grant, with one combined application and a consolidated mid-year and year-end report.

Our hope is that this will not only simplify your application & reporting process, it will allow you to connect all areas of your health work and ultimately lead to better health outcomes for people with intellectual disabilities (ID). We want your work to have an **impact** on the health of your athletes, and others with ID. Through this grant, we'll work with you to make sure that all of your health activities complement each other and are effective and efficient in achieving the impact we all desire (empowered athletes who can lead long and healthy lives and compete at the top of their athletic ability).

At this time, Healthy Athletes® will remain a separate application. But we strongly encourage you to plan your Healthy Athletes events alongside the rest of your health work for the year.

As we work to create our next 5-year Strategic Plan at SOI, 4 themes are emerging in health outcomes: (1) healthy lifestyle & physical well-being, (2) social/emotional well-being, (3) preventive care, and (4) building capacity of health professionals and systems through training and engagement. You will be getting more information and guidance on this over the next year, but we wanted to be sure you knew about this and could start thinking about how to align your health work with our emerging global priorities.

At all funding levels, through Special Olympics' Health work, SO Programs are working toward Healthy Community criteria:

# 2020 Health Impact Grant

Criteria	Details
 <b>1</b> All health grant requirements met	This includes former and ongoing Fitness, Family Health Forum, Healthy Athletes, and Healthy Communities grants. For Healthy Athlete events that received grant funding, all Healthy Athletes screening forms need to be submitted within 30 days of the event date.
 <b>2</b> Program locally funds at least 50% of Healthy Athletes event costs	Local funding applies to costs of running Healthy Athletes events. No more than 50% of the costs of running Healthy Athletes events can be supported by Special Olympics International grants. 50% of Healthy Athletes costs need to be covered by local grants/sponsorship or value-in-kind (VIK). VIK cannot include volunteer time or SO Program staff time.
 <b>3</b> Program offers at least three Healthy Athletes® disciplines per year in geographic focus area	Requires at least 3 different disciplines to be implemented at least once per calendar year resulting in a total of 150 athlete screenings within the geographic focus area.
 <b>4</b> 70% of athletes in geographic focus area who receive referrals at Healthy Athletes have a place to go for follow-up care following a Healthy Athletes examination	Criteria must be met for at least two disciplines per calendar year. For athletes that are given a referral, they either indicate they already have a doctor/dentist that they will book an appointment with or the Program provides them with a referral to a specific health care provider or partner.
 <b>5</b> 20% of athletes in geographic focus area participate health and wellness programming outside of SO sport and Healthy Athletes events	Health and Wellness Programming is defined as reoccurring health education and/or engagement to improve health or prevent illness. To qualify, athletes must participate in 6 sessions minimum. For example, this could be nutrition lessons at 6 practices, 6 HIV awareness classes or a 6 week weight management program.
 <b>6</b> Sufficient sustainable resources to achieve the above criteria and deliver the project	Available staff and resources (including partners) necessary to achieve the criteria and maintain the work.

We bet you’re wondering *how much funding can I apply for?* That’s a great question!

**Non-US Programs:**

Only Programs who started a 3-Year Healthy Communities project in 2018, 2019, or will begin in 2020, are eligible for the Health Impact Grant. Your Healthy Communities project will be funded through the Health Impact Grant. Your Project Plan will remain the same, unless you want to revise it. The funding level you should apply for is provided to you by your Regional Health Manager. We expect you to have at least a 1:1 ratio of leveraged Program funds (including VIK) to Health Impact Grant funds.

**US Programs:**

If you **started a 3-Year Healthy Communities project in 2018, 2019, or will begin it in 2020**, the minimum funding level you should apply for is \$62,000 (\$60,000 for the base Healthy Communities grant + \$2,000 for the Golisano Health Leadership Award in 2020). If you would like to add onto this work, you can add activities and request additional funds. The maximum amount you can apply for is \$125,000 and you must have a 1:1 ratio of leveraged State Program funding (including VIK) to Health Impact Grant funds.

If you **started a 3-Year Healthy Communities project in 2012, 2016, or 2017**, we expect that the base of your health work is sustainable and that there are opportunities for your health work to grow. The maximum amount that you may apply for is \$125,000 and you must document a 1:1 ratio of leveraged State Program funding (including VIK) to Health Impact Grant funds.

# 2020 Health Impact Grant

If you've never had a 3-Year Healthy Communities grant, we encourage you to apply for the Health Impact Grant! This is a great opportunity to start some health and fitness work for your athletes. The maximum amount that you may apply for is \$50,000 and you must document a 50% match in leveraged State Program funding (including VIK) to Health Impact Grant funds.

### Note to US Programs:

You should include in your Health Impact Grant the cost (travel and hotel) for 2 staff\* who oversee health and/or fitness to attend the 2020 SONA conference in Charlotte, NC. You will be responsible for booking your own flight and hotel for the conference. The federal per diem rate for hotels in Charlotte, NC is \$129/night.

\*Note: You may certainly send more than 2 staff to the 2020 SONA Conference, if you self-fund their costs.

### Note to ALL Programs (US and non-US)

If you are implementing a 3-Year Healthy Communities project, or in the US if you are receiving more than \$60,000, you must have: (1) a full time staff member 100% dedicated to health, (2) a staffing plan that integrates health across your entire Program (sport training & competition, Unified Champion Schools/Global Schools, Development, Communications, Board of Directors, etc.), (3) a communications plan for your health work, and (4) a plan to engage Health Messengers/Athlete Leaders in your work.

Your next question is probably *how much of the funds can be spent on salary?* You can use 100% of the funds on salary, as long as the salary is going towards health work. And speaking of staff, if you are requesting more than \$40,000 (Non-US) or \$60,000 (US) you'll need to have at least 1 full-time staff member dedicated to your health work.

Of course you're wondering, *what's the application, approval, and project timeline?* The application will be a 2 step process:

- Step 1: By **21 February 2020 (SONA Programs)** or **28 February 2020 (non-SONA Programs)**, please submit your application and budget proposal into the Online Grants System, Smart Simple, for review and approval. See the Appendix at the end of this document for instructions for creating an account in Smart Simple.
- Step 2: During February and March, you will work with us (SOI and your RHM) to complete a project plan and finalize your budget. Together, we will wrap this process up by **15 March 2020**.

The project implementation period will be 1 April 2020 to 31 March 2021. You will receive 85% of your funds at the start of the project period (after you sign and return your award agreement) and the remaining 15% after we have received and approved your year-end project and financial report.

### Deadlines and Key Dates

21 February 2020	Application & Budget Due for SONA Programs
28 February 2020	Application & Budget Due for non-SONA Programs
21 February – 31 March 2020	Project Planning & Budgeting with SOI & RHM

## 2020 Health Impact Grant

1 April 2020	Project Period Starts
15 October 2020	Mid-Year Report Due
31 March 2021	Project Period Ends
31 March 2021	Final Report and Financial Report Due

Your final question is likely *how much data will I need to collect?* And we're glad you asked because that's getting easier too! If you are outside of the US or request less than \$100,000, you will only need to (1) collect and report the number of people participating in your health activities (e.g. athletes, family members, health professionals, etc.) and provide basic information on their outcomes (2) make a list of partners who have supported your health work, including any funding or value-in-kind (VIK) that the partner provided. We will give you templates to track this information. US Programs: if you request more than \$100,000 you will have additional evaluation requirements and we'll invite some SO Programs funded at this level to partner with a university that will collect more in-depth data on outcomes including body mass index (BMI), blood pressure, social/emotional wellness, and health behaviors.

## HEALTH CATEGORIES AND THEIR COMPONENTS

As we mentioned above, the Health Impact Grant will provide funding in *all areas* of your health work, outside of Healthy Athletes. To help us all plan this work out, we have broken activities out into five categories. For those of you who started 3-year Healthy Communities grants in 2018, 2019, or will start in 2020, all of the activities you have in your Healthy Communities Project Plan will be transferred over into the Health Impact Grant. You should prioritize activities that will lead to Healthy Communities recognition and *add* any other activities you think will lead to the achievement of your health outcomes more quickly.

### 1. Referrals and Developing a Network of Health Care Providers for Care

These are activities that identify the health needs of athletes and work to resolve them.

**Note:** To meet Healthy Communities criteria, each Program must ensure that at least 70% of athletes referred for care at Healthy Athletes have a place to go to receive that care.

Examples of this work include:

- **Implement a Follow-Up Protocol:** Develop and implement a plan to make sure all athletes who receive referrals at Healthy Athletes have specific contacts for follow-up and we close the loop on referrals.
- **Expand Access to Care:** Develop partnerships with community stakeholders (e.g. community clinics) to expand access to quality healthcare and preventative services for all individuals with ID.
- **Clinical Director Engagement:** Programs should engage [Healthy Athletes Clinical Directors](#) in their overall health work, encourage them to find solutions to connecting athletes to quality healthcare, and empower other Healthy Athletes volunteers to become champions for inclusive health.

*Note: Clinical Directors must be approved by SOI and trained at a certified training event.*

### 2. Year-Round Health and Fitness Opportunities for Athletes, throughout the Lifespan

These are activities that promote athlete health & fitness year-round. They can occur at a sports practice, event or competition, or be hosted by a community partner.

**Note:** To meet Healthy Communities criteria, SO Programs must ensure that at least 20% their athletes in their geographic focus area are participating in at least 6 sessions of ongoing health, wellness, and fitness programs annually.

Examples of this work include:

- **Fit 5:** [Fit 5](#) is a resource that helps promote optimal physical activity, nutrition and hydration. It can improve health and fitness outcomes, allowing athletes to achieve their personal best.
- **Special Olympics Fitness Models:** Special Olympics has endorsed three endorsed [fitness models](#) that have been recognized for positively impacting athlete health outcomes. Each of the

# 2020 Health Impact Grant

models may be implemented as a stand-alone program, or in conjunction with Special Olympics Fitness resources.

- **Health Work in Schools:** Programs should collaborate with [schools](#) to bring health, wellness, and fitness programming to youth with and without ID. For example, fitness models and resources can be easily aligned not only with existing school programming but also with Unified Champion Schools (UCS) core components. Other opportunities for schools can include, but are not limited to, Performance Stations and Health Education Stations.
- **Performance Stations:** [Performance Stations](#) educate and activate athletes and their supporters in the tenets of fitness: nutrition, hydration and physical activity. These stations are provided at competitions to enhance athlete preparation and recovery, connect fitness to sport performance, and encourage year-round engagement in healthy lifestyle.
- **Ongoing Health Education:** Programs have worked with partners and developed ongoing health education sessions on malaria, HIV/AIDS, nutrition, healthy relationships and sexual health. Programs addressed health issues facing athletes within their community.
- **Health Education Stations at Special Olympics events:** Stations that provide brief health education at training, practices, events (with or without partners) and competitions. Knowledgeable individuals and organizations should run these stations.

### 3. Training & Activating Health Advocates

*Note: Developing and activating health advocates can contribute to the following Healthy Community Criteria:*

- *Ensure that at least 20% their athletes in their geographic focus area are participating in at least 6 sessions of ongoing health, wellness, and fitness programs annually.*
- *Ensure that at least 70% of athletes referred for care at Healthy Athletes have a place to go to receive that care.*
- *Ensure there are sufficient sustainable resources to deliver project.*
- **Training & Engaging Health Messengers:** A [Health Messenger](#) is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their Special Olympics communities and the community at large. Special Olympics has developed a training curriculum and modules for SO Programs to train and engage Health Messengers.
- **Training & Engaging Coaches:** Special Olympics athletes trust their coaches will help them reach their personal best both within and outside of sport. Coaches should receive [training](#) so that they incorporate health and fitness into their season, improving both the health and sports performance of their athletes. Special Olympics has developed training materials for coaches and is in process of developing an online training module.
- **Training & Engaging Families/Caregivers:** We encourage you to create family support networks, offer positive parenting sessions and family activities that complement health activities for athletes, host Family Health Forums, and train family members/caregivers on how to become advocates for health equity for people with ID. Special Olympics has resources and guides for SO Program to engage Families/Caregivers.

## 4. Training Health Care Providers & Health Workers

**Note:** Training Health Care Providers and Health Workers can contribute to the following Healthy Community Criteria:

- Ensure that at least 70% of athletes referred for care at Healthy Athletes have a place to go to receive that care.
- Ensure there are sufficient sustainable resources to deliver project.
- **Healthcare Professionals & Students:** We encourage you to collaborate with professional organizations, universities\*, and training programs to teach professionals, change curricula, and give healthcare professionals and students the exposure to athletes they need to provide quality healthcare to people with ID.

**\*Note:** United States SO Programs interested in working with universities on curriculum change should contact SOI to learn more about the National Curriculum Initiative.

- **Fitness and Wellness Professionals:** Programs can offer training for [Fitness and wellness professionals](#) so that they can offer programming and services in the community that are more inclusive of people with ID.
- **Frontline and Community Health Workers:** Frontline and Community Health Workers can be trained on a half-day in-person module developed by Special Olympics in working with people with ID to provide them the tools and skills they need to best serve all members of the community. SOI can support any Programs interested in training frontline and community health workers, please indicate this in your application.

## 5. Sustainability & Systems Change

- **Health Systems Strengthening:** Changing the way that health care is financed and delivered is a critical component of improving access to health services for people with ID. We encourage you to build partnerships with governments and health systems to expand inclusive practices, allowing for improved access and coverage for all people with ID. This work can include partnering with the Ministry of Health, Health Department, Insurance plans or schemes and partners who are supporting health work within a country, state, or region.
- **Stakeholder Summits:** [Stakeholder Summits](#) are events that bring together the key community organizations to raise awareness about Special Olympics Health, create a partnership base, and activate external organizations to become champions of inclusive health goals. SO Programs have seen significant success in their work by beginning with a Stakeholder Summit to ensure sustainability and move the work forward.

## PROJECT EVALUATION

### Project Evaluation (for all)

As we mentioned previously, this will be much simpler than in previous years. Programs will need to (1) keep a record the unique number of people participating in your health activities (e.g., athletes, family members, health professionals, etc.) and basic outcomes on them (2) compile a list of your partners, including any funding or value-in-kind provided. SOI will provide a template for these at the start of your project.

### Enhanced Evaluation (for select US Programs receiving more than \$100,000)

We want to demonstrate that our health work has an impact on the health of our athletes. To do this, we need to collect data on their health before and after they participate in your health activities. Collecting this data has been challenging and to simplify things, about 10 SO Programs who have requested more than \$100,000 in funding will be selected to do an enhanced evaluation.

To do this enhanced evaluation, we (SOI) will contract with a university to do the data collection for you. We will provide this university partner with up to \$30,000 (above what you are getting in your Health Impact Grant) to measure changes in body mass index, blood pressure, social/emotional wellness, and health behaviors on a minimum of 250-400 athletes (at least 150 who are participating in your health programming and at least 100 others who are only participating in sports).

This approach is expected to make data collection easier and better for all programs. If a program applies for more than \$100,000 in funding, we will contact you to develop these plans in more detail during the month of February 2020. And, to ensure a great start and collective approach to the evaluation work, one staff member, from each of the programs selected, along with a university partner, will be invited to join an in-person training at SOI in the spring of 2020. Travel budget for this training *does not* need to be included in your Health Impact Grant.

# 2020 Health Impact Grant

## BUDGET

We would like you to create a budget that matches your proposed work for the Health Impact Grant. This budget must explain how funds will be spent to achieve the outcomes you desire. We have provided a budget template and will work with you during the month of February to ensure that your budget matches your scope of work. We will provide you with a sample budget and value-in-kind (VIK) sheet to give an example.

### Reminders:

- Programs who began 3-Year Healthy Communities projects in 2018, 2019, or have been selected to begin them in 2020, should include their 2020-2021 Healthy Communities grant year funding requests in their total Health Impact Grant budget request.
- All SO Programs implementing Healthy Communities projects should include \$2,000 for the presentation of a local Golisano Health Leadership Award.
- **US Programs:** You can include in your Health Impact Grant the cost (travel and hotel) for 2 staff\* who oversee health and/or fitness to attend the 2020 SONA conference in Charlotte, NC. SO Programs will be responsible for booking their own flight and hotel for the conference. The federal per diem rate for hotels in Charlotte, NC is \$129/night.

\*Note: You may send more than 2 staff to the 2020 SONA Conference, if you self-fund their costs.

### *Budget Restrictions*

- This funding is not to be used to cover your Program's existing overhead costs such as office, internet and photocopier rentals.
- Computer equipment can only be purchased for new, full time staff members.
- Each expense will need a receipt submitted for approval at the end of the project period.
- Clinical Directors cannot be paid for their time planning and running Healthy Athletes events.

# 2020 Health Impact Grant

**PROGRAM INFORMATION**

1. Special Olympics Program Name:
2. Special Olympics Program DUNS Number (US PROGRAMS ONLY):

*A DUNS Number is a 9 digit number for the physical location of your business and is required for government contracts or grants. You can request or look up a DUNS number [here](#).*

3. Program Address:

4. Proposed Primary Point of Contact and Qualifications:

*List title and contact information. (May be existing staff, volunteer, or temporary staff. If your Program has different point of contacts the various sub-awards, specify what project they would be managing)*

5. Key Personnel:

*Please list key persons, such as CEO, VP of Finance or others associated with this grant. **Any personnel you plan to fund out of the budget of your grant should be added to this list.***

Position/Title	Full Name <i>(First Name, Last Name)</i>	Date of Birth <i>(Day, Month, Year)</i>
Program Board Chair		
President/CEO or National Director		
Program Manager		
Finance Manager		
Other:		
Other:		

# 2020 Health Impact Grant

## APPLICATION QUESTIONS

Please provide a response to all questions listed below.

**1. How much funding are you requesting? (Please enter the amount here)**

- We are a non-US Program, we are requesting the full amount available to us for our Healthy Communities project
- We are a US- Program requesting \$50,000 or less and acknowledge that we will need to document a 50% match in leveraged State Program funds.
- We are a US-Program requesting more than \$50,000 and acknowledge that we need to document a 1:1 match in leveraged State Program funds, a full time staff member dedicated 100% to health programming, a staffing plan, a communications plan, and a plan to engage Health Messengers/Athlete Leaders.

Acknowledgement – US Programs Only

- We acknowledge that our grant budget needs to include funds for travel & hotel for 2 health/fitness staff members\* to the 2020 SONA Conference in Charlotte, NC. The federal per diem rate for hotels in Charlotte, NC is \$129/night.

\*Note: You may send more than 2 staff to the 2020 SONA Conference, if you self-fund their costs.

**2. What impact on athlete health do you plan to achieve through your work?**

*Examples include: improved diet, increased physical activity, achievement of a healthy weight, reduction in blood pressure, reduction in chronic disease risk (such as diabetes or cardiovascular disease), reductions in abuse, healthier relationships, increased immunization rates, improved quality of healthcare, etc.*

**3. Will your health work be Program-wide or focused in a geographic area?**

If you will be working in a geographic area, please name it and tell us how many athletes participate in that area.

**4. While not funded by the Health Impact Grant, please tell us about your plans for offering Healthy Athletes:**

**Note:** To meet Healthy Communities criteria, Programs must offer 3 different Healthy Athletes disciplines, at least once per calendar year, resulting in a total of 150 athlete screenings within the geographic focus area.

<p><b>Number of Healthy Athletes Events you are planning for the year:</b></p> <p>_____ Fit Feet Events</p> <p>_____ FUNfitness Events</p> <p>_____ Health Promotion Events</p> <p>_____ Healthy Hearing Events</p> <p>_____ MedFest Events</p> <p>_____ Opening Eyes Events</p> <p>_____ Special Smiles Events</p> <p>_____ Strong Minds Events</p>	<p><b>Will your Healthy Athletes events be at</b> (please check all that apply):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> National/State (US)/Provincial Games</li> <li><input type="checkbox"/> Local Competitions, where we have offered Healthy Athletes before</li> <li><input type="checkbox"/> Local Competitions, where we have <i>not</i> offered Healthy Athletes before</li> <li><input type="checkbox"/> At Stand-Alone Events (not at a sports competition)</li> <li><input type="checkbox"/> Other (please describe):</li> </ul>
--	--

## 2020 Health Impact Grant

How will you use Healthy Athletes to educate students/providers/funders/partners?
How will you ensure that athletes identified as needing follow-up care will be able to access that care?

5. Please select which categories and activities you will focus on and describe what you will do. Please keep your description here short, you will develop a full project plan later.

Referrals and Developing a Network of Health Care Providers for Care		
	Please briefly describe the work you are proposing.	Percent of staff time/ Health Impact Grant funding supporting this area
Implement a Follow Up Care Protocol		
Expand Access to Care		
Engage Clinical Directors		
Year-Round Health and Fitness Opportunities for Athletes, throughout the Lifespan		
	Please briefly describe the work you are proposing.	Percent of staff time/ Health Impact Grant funding supporting this area
Health/Wellness Programs (outside of fitness)		
Fitness Programs (Fit 5, SO Fitness Models, Performance Stations)		
Health Work in Schools		
Health Education Stations		
Training & Activating Health Advocates		
	Please briefly describe the work you are proposing.	Percent of staff time/ Health Impact Grant funding supporting this area
Health Messengers		
Coaches		

## 2020 Health Impact Grant

Families & Caregivers		
<b>Training Health Professionals</b>		
	Please briefly describe the work you are proposing	Percent of staff time / Health Impact Grant funding supporting this area
Health Care Professionals & Students		
Fitness & Wellness Professionals		
Frontline & Community Health Workers		
<b>Sustainability &amp; Systems Change</b>		
	Please briefly describe the work you are proposing.	Percent of staff time/ Health Impact Grant funding supporting this area
Health Systems Strengthening		
Stakeholder Summits		

6. How does the health work you are proposing align with your Program’s strategic plan?

7. How does the work proposed build on your previous health work, if any?

8. Using the table below, please outline how you will utilize partnerships in your health work:

Partner Name	Existing Partner /Potential Partner	Expected Contribution

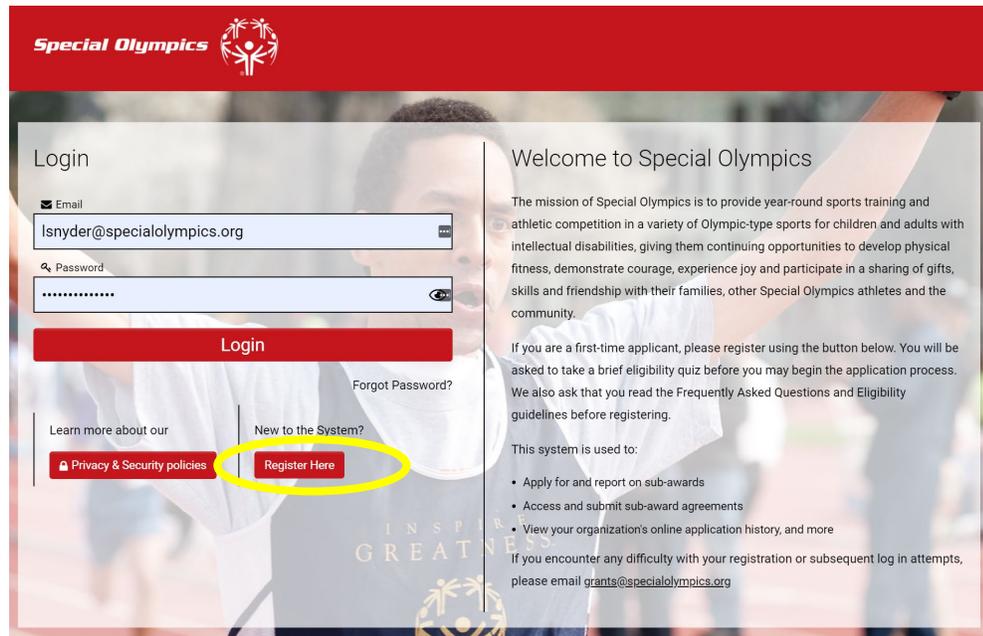
# 2020 Health Impact Grant

9. Please describe your plans to staff the health work (e.g. number of staff and percent of their time that will be allocated toward health).
  
10. How will Health Messengers/Athlete Leaders be included in your work?
  
11. How will your health work become sustainable over time?
  
12. Is there anything else you would like us to know about your project? If yes, please briefly detail that here:

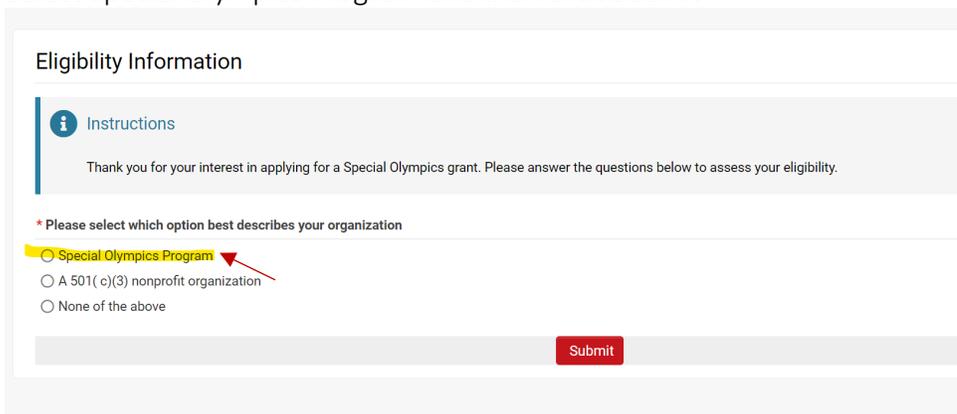
## Appendix 1

### Creating an Account in the Online Grants System, Smart Simple

Step 1: Go to <https://specialolympics.smartsimple.com> and click on “Register Here”



Step 2: Select Special Olympics Program and then click Submit



### Eligibility Information

**Instructions**

Thank you for your interest in applying for a Special Olympics grant. Please answer the questions below to assess your eligibility.

\* Please select which option best describes your organization

Special Olympics Program

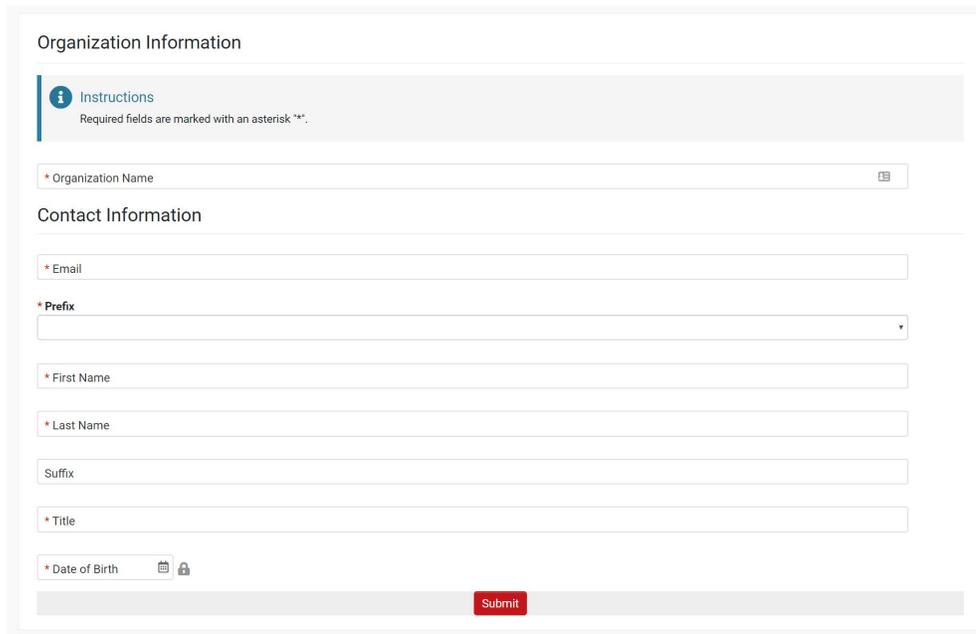
A 501 (c)(3) nonprofit organization

None of the above

**Submit**

# 2020 Health Impact Grant

Step 3: Select your Program's name and enter your Contact Information, then click Submit



Organization Information

**i** Instructions  
Required fields are marked with an asterisk \*.

\* Organization Name

Contact Information

\* Email

\* Prefix

\* First Name

\* Last Name

Suffix

\* Title

\* Date of Birth

Submit

Step 4: Within 24 hours of submitting this registration request, you will receive a confirmation email letting you know your registration request has been approved.

Step 5: Log into the system and complete the application.