



Overview

Blue Cross Blue Shield of North Dakota Caring Foundation

Rural Health Grant Program

Funding Period (February 15, 2021 – February 15, 2022)

Attributes of the BCBSND Caring Foundation Rural Health Grant Program

The BCBSND Caring Foundation seeks projects that demonstrate collaborative efforts involving rural providers and their communities to support physical activity and wellness for all ages. Some examples of possible activities and programs include:

- Sponsoring a community race, walk, or biking event
- Providing athletic equipment for a playground, park, school, or daycare
- Creating a worksite wellness program for its own employees

- Repurposing a rehabilitation center to a community training center or workout facility
- Supporting or sponsoring a workshop that focuses on health promotion and physical activity

Each provider awarded a grant for an activity or program, will receive recognition and publicity as a co-sponsor, with the BCBSND Caring Foundation Rural Health Grant brand. Specific expectations will be distributed to successful grant recipients once the awards are determined.

Financial Award

BCBSND Caring Foundation will make funds available in the total amount of \$40,000 for this grant program. Individual awards will be made on a competitive basis to successful applicant(s). It is anticipated that 8-16 grants will be awarded in the amounts of \$1,000 to \$5,000. Additionally, applicants may request funds as part of one grant request for more than one activity/project, as long as all align with the rural health grant program vision. The committee will consider grants of greater amount if an applicant is applying on behalf of a network of healthcare facilities. Funds will be awarded to grantees on a cost reimbursement basis.

Application Process

BCBSND Caring Foundation Rural Health Grant Program will partner with the Center for Rural Health (CRH) at the University of North Dakota, School of Medicine and Health Sciences to provide administration of the program.

Applicants are required to submit a complete grant proposal **via this online system** to be completed **no later than 5:00 pm CT, Wednesday, January 25, 2021 (no exceptions will be made)**. *You must have submitted the proposal by that time, if you still have the proposal submission form open it will not be accepted after 5:00 pm CT. When you have successfully submitted the proposal online you will receive a message saying that your proposal has been received.* **If you do not see this message on your screen, contact Kylie Nissen, Program Director at kylie.nissen@und.edu or 701.330.0464.**

The proposals will be reviewed by a BCBSND Caring Foundation and Center for Rural Health review panel, and successful applicants will be notified by the Center for Rural Health by Friday, February 12. Grantees will be selected according to criteria specified by the BCBSND Caring Foundation. Notification to applicants and any correspondence will occur via email through the Center for Rural Health .

Complete grant guidance is included online at <https://ruralhealth.und.edu/projects/bcbs-grant-program>.

Conclusion

These grants are designed to help providers champion physical activity and wellness in their communities and/or facilities. The grants will create an opportunity for providers to remain thought leaders in their communities, and address one of the significant issues in our health care system that contribute to increasing health care costs.

Application Information

Project Name

Project Focus

Contact Information

Applicant organization

Contact name

Contact title

Mailing address

City

State

Zip code

Contact email

Contact phone

Project Abstract

Project Abstract: This is the overview and it is meant to be a brief summary. We will ask for details on each of these things further down in the form.

- Provide a brief description of the program, project, event, or initiative.
- Provide a brief description of the plan to implement the program, project, event, or initiative.
- Provide a brief description of what you plan to measure, how you plan to measure it, and the proposed outcome or impact.

State the total dollar amount being requested.

Need Statement

Need Statement

Describe why this type of project is needed. Be sure to include sources to support your statements.

Project Description

Describe the project, initiative, event, or program in detail.

In the next question, you will be asked to upload your work plan that includes the goals, objectives, activities, anticipated outcome, measures, timelines and person(s) responsible.

Upload your work plan (you must use the *Work Plan Template* that has been provided on the website) that includes the goals, objectives, activities, anticipated outcome, measures, timelines and person(s) responsible.

Describe the target population and target service area of the proposal.

Describe the measures of success, i.e. what factors/measurements are the triggers of a successful event, initiative, or program.

Explain the role and responsibility of the network members (if applicable) in accomplishing the goals and objectives. Describe how members will collaborate to implement the project.

Describe the role of the community members and/or the community organizations in the project. How will the community be kept informed?

Project Management and Partner Responsibility

Explain the applicant's experience and ability to manage the grant funds (e.g. previous grant project management).

Describe the current resources, skills, and staffing expertise that will be utilized for the project.

Project Sustainability

Specifically describe how the proposed program, event, initiative, or project will continue once the grant funding period ends.

Evaluation

Describe the method and process measures for assuring that the proposed goals and objectives are achieved by the proposed timeline.

Describe how you will measure the impact of the proposed project and what measures of success will be used to evaluate effectiveness.

Memorandum of Agreements

Memorandum of Agreements (MOAs) are required for network-based proposals.

Provide a MOA stating the role and responsibility of each partner. If resources, in-kind or financial, are provided, describe that contribution. You may have each partner organization sign one group MOA or the lead organization may have an individual MOA with each of the partners. This is intended to help both the grant reviewers and the applicant understand that all partners are committed to the project and are aware of their role and responsibility on the proposed project.

If you have multiple MOAs, please scan and combine into one document to upload and submit. If you are unable to combine them email them, contact Shawn at shawn.p.larson@und.edu or 701.777.5588.

Budget

Line Item Budget Worksheet and Budget Narrative

The budget is divided into two parts:

- 1) line-item budget worksheet, and
- 2) budget narrative

Line Item Budget Worksheet

Upload your completed Budget Template. The Budget Template is provided on the website. The worksheet lists costs, from the grant and in-kind, associated with the budget. A sample Budget Worksheet is available on the website.

Budget Narrative

Please provide a budget narrative. The budget narrative describes, in detail, how the funds requested for each line item will be spent and how the amount was determined. A sample Budget Narrative is available on the website. Use your best judgement when projecting expenses.

Letters of Support

If you would like to provide letters of support, upload them here. You may submit a maximum of two. These are NOT required.

Letter of support #2. (Not required)

Appendix

If there is any additional information that you would like to provide as an appendix, upload that information here. (Not

required)

Submitting

If you have ANY questions on any part of the online grant proposal submission or have trouble uploading any of the documents, contact Kylie at kylie.nissen@und.edu or 701.330.0464.

All proposals must be submitted through the online system **no later than 5:00 pm CT Monday, January 25, 2021 (no exceptions will be made).**

Faxed, emailed, and/or mail submitted applications will not be accepted.

UND accepts no responsibility for non-receipt and delays in receipt caused by technological error/malfunction.

Acceptance or non-acceptance of an application: The review panel reserves the right to accept or not accept any or all applications or parts of the application, and to waive formalities.

Once you click SUBMIT, if you do not see a page saying that your proposal has been received, immediately contact Kylie Nissen at kylie.nissen@und.edu or 701.330.0464.

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