



# YUKON-KUSKOKWIM HEALTH CORPORATION

“Working Together to Achieve Excellent Health”

Dear Tribal Leader, Administrator, City Official or Active Community Member;

Over the past few decades many of our Native people living in the Yukon-Kuskokwim Delta have become less physically active, are eating less Native foods and have been developing more chronic health diseases like diabetes, cardiovascular disease, high blood pressure, cancers as well as becoming more obese.

The **YKHC Diabetes Prevention & Control Program** has set aside a portion of its programs grant funding to sponsor *community-driven* programs and initiatives that **focus on improving health and preventing the spread of Diabetes to Alaskan Native people in our region**. You are being notified of this opportunity because YKHC believes that the best ideas for improving health in the region come from the people in its communities. Therefore, we would like to inform you of the following opportunities, rules for submission and scoring criteria.

Enclosed you will find the 2015 award opportunities, an application and the scoring criteria for how each application is judged. **Please look over the scoring criteria to see if your idea is a good fit for the Diabetes Program’s goals prior to beginning your application.**

You now have three ways to return your completed application! You can mail a paper copy to our office, Scan e-mail or fax your completed paper application or complete an application online at [www.ykhc.org/diabetes](http://www.ykhc.org/diabetes) and clicking on the 2015 Community Activity Award Application link and using the PDF-fillable form. Your application must be received by **Wednesday, April 1, 2015**. Mailing address and fax number are included on the application.

Before mailing your application make sure to include all the following documents:

Note\* **YOUR APPLICATION WILL NOT BE CONSIDERED UNLESS YOU HAVE INCLUDED AND COMPLETED ALL REQUIRED DOCUMENTS.**

1. Completed application with signed applicant’s agreement
2. Review of Scoring Criteria
3. Proposed budget
4. Vendor quotes with shipping costs

Thank you for supporting YKHC’s Diabetes Prevention & Control Program’s mission by pledging to improve the health of the people living in your community. If you need further assistance completing the application, please call 1-907-543-6133 and ask to speak with any member of the Diabetes Team staff.



## 2015 Activity & Garden Award Opportunities:

**Community Physical Activity Award-** This award has a maximum of \$5,000 per award. The best applications are geared toward *sustainable community improvements* that impact health of the village in a positive way. Typical awardees choose ideas that will help stop the spread of diabetes through improvements in available opportunities to exercise or become more physically active while mirroring culturally relevant activities such as running or walking, hunting and gathering using traditional methods and dog mushing.

*\*Note: Awards are geared toward creation of the activity and MOVEMENT, not necessarily the decorative items associated with the activity (for example, a strong application will focus on creating dancing opportunities and place smaller budgetary emphasis on items that could be harvested or created within the community easily, such as dance fans).*

**Community Garden Award-** This award has a maximum of \$8,000 for new awardees, or \$4,000 for maintenance of a previous award. The best applications are geared toward improving village opportunities for residents to eat fresh and locally grown fruits and vegetables. Components often found in competitive applications include community buy-in and involvement, sustainability and teaching children the value of healthful eating and health-oriented life skills.

## Rules for Submission/Restrictions:

1. **Complete the application fully**
2. **Specify in the application which type of award you are applying for (if submitting for 2 awards, 2 applications must be filled out)**
3. **Submit on time! (Application must be received on or before April 1, 2015)**
4. **Explain in detail how your idea will benefit your village or Tribe by improving health or reducing risk of chronic disease formation**
5. **Awards are ONLY for physical activity or gardening equipment or supplies**
6. **Awards CANNOT be for paying someone else to do work (like a contractor)**
7. **No personal trainers can be provided for in awards**
8. **Awards CANNOT be used to pay for travel, gasoline or ammunition**

## 2015 Scoring Criteria:

The YKHC DP&C program wishes to be transparent about the 2015 selection process. We have received feedback about the Community Activity and Garden Award selection process and are seeking to improve your experience. Enclosed you will find detailed rules, guidelines and tips for success as well as the official selection criteria and examples of successful applications. **All applicants should review the new scoring criteria and answer application questions with these criteria in mind.**