



**Healthy Behaviors Initiative
2023-2024 School District Partnership Grants
Grant Commitment Form**

Submission deadline: Monday, April 10, 4:00 p.m. CT

1. District Overview

School District	
District Superintendent	
Mailing Address	
Phone	
Fax	
District Coordinator	
Email – District Coordinator	
Phone – District Coordinator	

- Number of K-8 schools participating in HEAL activities:
- Number of Junior Highs and 7th-8th grades participating in HEAL activities:
- Number of High Schools participating in HEAL activities:
- Number of Junior Highs and 7th-8th grades participating in Youth Health Advocates (formerly LHC):
- Number of High Schools participating in Youth Health Advocates (formerly LHC):
- Number of schools participating in LifeSkills Training through this grant:
- Number of schools participating in LifeSkills Training not through this grant:
- Number of schools participating in School Nutrition:
- Number of K-8 schools participating in Vaping Prevention activities:
- Number of Junior Highs and 7th-8th grades participating in Vaping Prevention activities:
- Number of High Schools participating in Vaping Prevention activities:
- Number of schools new to any part of this grant:

2. Project Description

Background: The Rapides Foundation Healthy Behaviors Initiative focuses on four major health behavior priorities – tobacco prevention and control, alcohol/substance abuse prevention, healthy eating and active living.

A. Tobacco Prevention and Control – Vaping Prevention (VP): According to the Louisiana Campaign for Tobacco-Free Living and Well-Ahead, cigarette use has decreased by a third among high school students from 2015 to 2019 (from 18% in 2015 to 12% in 2019). However, e-cigarette use has tripled among both middle and high school students from 2015 to 2019 (Middle School (MS): from 5% in 2015 to 15% in 2019; High School (HS): from 9% in 2015 to 32% in 2019).

Additionally, 28.8% of The Rapides Foundation Service Area (TRFSA) high school students report having used some type of tobacco product (cigarettes, cigars/cigarillos, smokeless tobacco, shisha or hookah tobacco, and/or electronic vapor products) in the past month. 42.4% of high school students have ever used an electronic vaping product at some point in their lives. 11% first smoked prior to age 13 (2021 Louisiana Youth Risk Behavior Survey Central Louisiana Findings: High School Students).

B. Alcohol/Substance Abuse Prevention -- LifeSkills Training (LST): According to the Youth Risk Behavior Survey, 36.3% of high school students in The Rapides Foundation Service Area report having used drugs, including marijuana, at some point in their lifetime.

The same survey showed, 53.8% of high school students have tried alcohol at some point in their life. More than in four (25.6%) students first tried alcohol before age 13. Currently, 28.5% use alcohol – meaning they have used alcohol in 30 days prior to the Foundation’s 2021 Youth Risk Behavior Survey.

C. Healthy Eating and Active Living (HEAL): Lack of healthy eating and active living contributes to multiple chronic diseases making those behaviors a leading cause of preventable deaths. Obesity, a serious concern, is associated with poorer mental health outcomes, reduced quality of life, and the leading causes of death in the U.S. and worldwide, including diabetes, heart disease, stroke, and some types of cancer. In The Rapides Foundation Service Area, over 74.3% of adults are overweight (2021 Community Health Needs Assessment Report Rapides Foundation Service Area), including 42.8% who are obese - worse than Louisiana’s statewide overweight prevalence (70.9%) – and a significant increase in obesity prevalence since 2002 (35.9%). About 38.7% of Cenla’s children ages 5-17 are overweight or obese and 43.5% of high school students are overweight or obese. Obesity results from a combination of causes and contributing factors, including individual factors such as behavior and genetics. Behaviors can include dietary patterns, physical activity, inactivity, medication use, and other exposures. Only 16.4% of students in the Foundation’s service area eat five or more servings of fruits and vegetables a day. In 2021, 44.8 % of Cenla high school students attended PE class daily, 51.9% participated in team sports, and only 40.9% of students met the recommended physical activity guidelines.

Purpose: Through the Healthy Behaviors Initiative School District Partnership Grant, the Foundation seeks to prevent and reduce tobacco use, substance and alcohol abuse, and overweight/obesity by providing students, staff, and teachers with the knowledge, skills and resources necessary to empower them to create a healthy school environment and make better and informed behavior decisions leading to healthier lives.

Grant activities are based on the federally mandated requirements and best and promising practices to create comprehensive school- and community-based awareness and prevention programs in order to address specific health behaviors – tobacco prevention and control, alcohol and substance abuse prevention, healthy eating and active living (HEAL). Grant activities support components identified in the CDC’s Whole School, Whole Child, Whole Community (WSCC) model. The WSCC model is CDC’s framework for addressing health in schools and includes 10 components: health education, nutrition environment and services, employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological, and social services, community involvement, family engagement, and physical education and physical activity.

Grant Events and Activities: The details listed on the work plan are based on specific behaviors – tobacco prevention and control, alcohol and substance abuse prevention, healthy eating and active living (HEAL). The work plan lists required activities within each category. **District Coordinators** are responsible for circulating and publicizing grant information to all schools. **Principals and School Coordinators** must select the categories of activities of interest and inform the District Coordinator.

Grant term: This is a one-year grant term from July 1, 2023-June 30, 2024.

3. How to Participate

Eligible Central Louisiana school districts include: Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon, and Winn.

District Coordinators must offer grant information – the School Participation Table and work plan – to all schools in the district. Schools wishing to participate must complete the School Participation Table and return it to the District Coordinator.

District Coordinators will enter the commitment form information directly in the online portal and will upload the Signature Page and School Participation Table using the Foundation’s online application process. Necessary forms are located on the Foundation’s website at www.rapidesfoundation.org under the “Grants” tab. *Submission deadline is not later than 4:00 p.m., Monday, April 10, 2023.*

4. Funding availability

Total grant funds are based on the number of participating schools and the categories of activities each school selects from the School Participation Table. Funds are given to the District and disbursed as needed to schools and School Coordinators. Multiple Coordinators are permitted, however, grant funding per activity remains as listed below. Each school is permitted to sign up for all grant activities (HEAL, YHA, LST, VP), however, a single School Coordinator may sign up for a maximum of two grant activities.

- **District Coordinator Incentive pay** (up to \$1,600* + participation bonus when applicable) for overseeing district-level administrative duties of the grant and ensuring activities are completed at the school level. A list of optional grant activities and associated funding are below:
 - Healthy Eating, Active Living Stipend: \$500
 - Youth Health Advocates Stipend (*formerly LHC*): \$500
 - LifeSkills Training Stipend: \$200
 - Vaping Prevention Stipend: \$200
 - District Coordinator's will also receive \$200 for completing the interim and final reports.
- An additional participation bonus can be earned based on the number of schools participating in grant activities.
 - 6-10 schools: \$150
 - 11-15 schools: \$300
 - 16-20 schools: \$450
 - 20+: \$600

*STIPEND AMOUNTS LISTED INCLUDE BENEFITS. BENEFITS NEED TO BE DEDUCTED FROM THE TOTALS LISTED ABOVE.

- **School Coordinator Incentive pay** for **extracurricular** school-level activities. Incentives **are not** to be used for work paid for and required by the school district such as lesson planning. A list of optional grant activities and associated funding are below:
 - Healthy Eating, Active Living Stipend: \$850*
 - Youth Health Advocates Stipend (*formerly LHC*): \$650*
 - LifeSkills Training Stipend: \$450*
 - Vaping Prevention Stipend: \$450*

*STIPEND AMOUNTS LISTED INCLUDE BENEFITS. BENEFITS NEED TO BE DEDUCTED FROM THE TOTALS LISTED ABOVE.

- **Vaping Prevention** up to \$300/year for curriculum supplies, CATCH My Breath facilitator training, and community engagement materials such as posters.
- **Youth Health Advocates (*formerly LHC*)** up to \$500/year for convening, supplies and club activities/events (budget guidelines apply).
- **School Health Advisory Council (SHAC)** up to \$500/year for convening, supplies and Council activities (budget guidelines apply). Amount is based on compliance of required activities.
- **School-Health Environment Improvement Plan** – SHAC's are eligible for an additional \$1,000 toward implementation of School Health Action plan based on findings from the CDC School Health Index. Funding is contingent upon completion of required activities and prior approval of the project (budget guidelines apply). **Funds can only be used to address the specific health behaviors: healthy eating, active living, tobacco prevention and control, and substance and alcohol abuse prevention.**

- **Staff Wellness and Family and Community Engagement** – up to \$200/year to support staff wellness and family and community engagement grant activity requirements. Please see the budget guidelines for an approved list of expenses (budget guidelines apply).
- **Substitute teacher and travel reimbursement** up to \$500/district + \$150/school, except Rapides (\$100/school) for required grant meetings and other grant-related events. Schools may use these funds to hire substitute teachers, buses, and reimburse travel for Coordinators participating in required grant activities such as, but not limited to, Grantee Orientation, the Youth Summit on Healthy Behaviors, and grant activity related trainings.
- **District Level - Convening and Facilitating** up to \$500/district for district-wide professional development activities such as, but not limited to, School Health Index trainings/meetings.
- **Professional development and certification** up to \$2,500/district for nutrition services staff membership fees, professional development, and nutritional promotional items.

In addition, the Foundation will be responsible for purchasing LifeSkills Training curriculum, Take Down Tobacco giveaways and contracting with Grant Monitors. Grant Monitors will ensure activities of the grant are carried out according to the work plan. These individuals are available to assist with ensuring all schools have the materials and supplies needed for all activities and offer technical assistance as needed and requested at the school- and district-level.

5. Application Deadline

Submission deadline is not later than 4:00 p.m. CT, Monday, April 10, 2023. Necessary forms (Commitment Form, School Participation Table, and Signature Page) are located on the Foundation’s website at www.rapidesfoundation.org under the “Grants” tab. Enter the Commitment Form information directly on the online portal application and upload the School Participation Table and Signature Page.