



## Porter County Health Department-Health First Indiana

### Chronic Disease Prevention & Reduction

#### Community Physical Activity Class/Movement Program Offerings



Applications are due by 8:30 am on Monday, March 17, 2025 to [carrie.gschwind@porterco.org](mailto:carrie.gschwind@porterco.org)

Applications will be reviewed on a rolling basis as received.

#### **Funding Opportunity**

The adult obesity rate in Porter County between the years of 2018-2023 averaged 42.6%. That is 42.6% of the population of Porter County, greater than 20 years of age, who had a BMI of 30kg/m<sup>2</sup> or greater. In addition, 22% of all Porter County adults report no physical activity outside of work.

In an effort to increase physical activity for all Porter County residents, decrease the adult obesity rate, and work toward chronic disease prevention and reduction for the overall wellbeing of our residents, the Porter County Health Department (PCHD) is working toward a county-wide Po Co Wellness Connection initiative. As a part of the initiative, we are looking for individuals to partner with us in offering various opportunities for group physical activity classes and movement programs throughout the county.

#### **Proposal Requirements\***

Interested individuals or organizations should submit:

- Group Physical Activity Class or Movement Program proposal including:
  - Class/program name and description
  - Evidence-based data to support class/program proposal
  - Training and /or qualifications for individual(s) instructing or leading class/program
  - Minimum and/or Maximum number of attendees to hold class/program
  - Days, hours and starting date available to conduct class/program
  - Statement of ability to conduct programs remotely at various locations around Porter County (these will be secured by PCHD where necessary)
  - Funding amount requested based on a flat rate for instructor's time and travel/class or meet-up, number of classes or meet-ups proposed, and an optional small equipment request, applicable for some class types (for example: drumsticks for drumstick cardio)

Some examples of physical activity classes include, but are not limited to: Aerobics, Step Aerobics, Yoga, Chair Yoga, Sound Yoga, Pilates, Zumba, Dance, Drumstick Cardio, etc....

Some examples of movement programs include, but are not limited to: Group walking meet-ups, group hiking meet-ups, group running meet-ups, group biking meet-ups, group rollerblading meet-ups, group rowing/paddling meet-ups, etc....

All classes and programs should be available to all Porter County residents of all abilities to the extent possible, please include information on how the proposed class or program will meet this requirement. Feel free to think outside the box with your proposal.

**\*See included Proposal Evaluation Rubric attached**

#### **The Process:**

- Proposals will be accepted from the time of posting through Monday, March 17, 2025 at 8:30am
- Proposals will be reviewed on a rolling basis, as received, and potential funders will be asked to present their proposal before the Porter County Board of Health at the March and April meetings as.

- The Porter County Board of Health will review and grant funding to a variety of proposals in order to offer a variety of classes/programs on different days around the county
  - Maximum single program funding amount is \$12,000/year
  - Individual programs will be funded at the cost of the instructor's time/travel (see above in proposal requirements) and in some cases, a small equipment allowance
  - Residents should not be charged fees to participate in classes or programs
- The Porter County Health Department will create a calendar detailing and promoting classes and programs
- The Porter County Health Department will share or help to create and share promotional information for all funded classes and programs

**The Deliverables:** Class/Program awardees will be expected to-

- Keep all scheduled classes or meet-ups
- Work to promote all classes or meet-ups via distributed fliers and social media at a minimum
- Track and report the number of attendees per class or meet-up on provided PCHD sign-in sheet
  - Sheets must be received in the PCHD office by the end of each week
- Report any other success stories surrounding the program as appropriate

\*\*Failure to keep scheduled classes or meet-ups and/or to report attendance in a timely manner will result in loss of current and possibly future funding.

Please contact Carrie Gschwind at 219-707-8157 or [carrie.gschwind@porterco.org](mailto:carrie.gschwind@porterco.org) with any questions. We are very excited to expand our community partnerships in this new initiative. Thank you for considering participation.

**Porter County Health First Indiana Key Performance Indicator:** Decrease the adult obesity rate (>20 years old) from 42.6% (2018-2023) to 40.3% (2028-2033).

## **Proposal Evaluation Rubric:**

Each area will be scored as follows and weighted as seen following the criteria description:

Excellent-5pts

Good-3pts

Fair-1pts

Poor-0pts

### **Technical Capability (25%):**

Demonstrates thorough understanding of program goals and requirements and advanced program planning and implementation approach | Shows good understanding of goals and requirements with suitable planning and implementation approach | Basic understanding of goals and requirements with limited knowledge of planning and implementation approach | Lacks understanding of program goals and requirements and proposes inadequate approach to planning and implementation |

### **Approach (25%):**

Well-defined, detailed program plan with evidence-based data for increased wellness and chronic disease prevention| Clear project plan with some evidence-based data for increased wellness and chronic disease prevention| Basic project plan with little evidence-based data for increased wellness and chronic disease prevention| Unclear project plan with no evidence-based data for increased wellness and chronic disease prevention |

### **Reach (30%):**

Program is highly mobile, can be conducted in many different locations around the county and is adaptable to all abilities | Program is mobile, can be conducted in specific locations around the county and is adaptable | Program is somewhat mobile and slightly adaptable | Program must be conducted in a specific location and is not adaptable |

### **Experience (10%):**

Extensive relevant experience, training and certification and successful track record in similar or related programs | Moderate experience, training and certification with successful related programs | Limited experience, training and certification with some relevant programming experience | No significant experience, training or certification with similar programs |

### **Cost (10%):**

Highly competitive pricing with clear breakdown of costs | Competitive pricing with reasonable cost breakdown | Above average cost with some unclear cost elements | Uncompetitive pricing with inadequate cost breakdown |