



Extension
Porter County

Carrie Gschwind
Administrator
Porter County Health Department
155 Indiana Ave, Suite 104
Valparaiso, IN 46383

Dear Carrie,

Proposal for Collaboration: Implementing Evidence-Based Health Programs for Chronic Disease and Fall Prevention.

Introduction:

Purdue Extension – Porter County is dedicated to improving the health and well-being of the community through evidence-based programs. In collaboration with the Porter County Health Department, we propose to implement programs addressing health and wellness through nutrition education, chronic disease prevention and fall prevention. This partnership aims to enhance the overall health outcomes and quality of life for residents in Porter County.

Objective:

A primary objective of this collaboration is to implement evidence-based programs focused on nutrition education and cooking skills. These programs aim to reduce or delay the onset of chronic illnesses such as heart disease, cancer, and diabetes. By empowering individuals with the knowledge, skills, and resources needed to make informed dietary choices and develop culinary abilities, we seek to promote healthier lifestyles and improve overall well-being. Another objective of this collaboration will be to implement fall prevention programs in the community. Through these initiatives, we aim to instill sustainable habits that contribute to long-term health outcomes and enhance the quality of life for community members.

Program Implementation:

Chronic Disease Management Programs: We will implement evidence-based programs such as the Be Heart Smart, Mediterranean Diet, and Cancer Preventive Lifestyle. These interactive programs will provide participants with practical lifestyle strategies to prevent chronic conditions.

Fall Prevention Programs: Our collaboration will also include evidence-based fall prevention programs, such as A Matter of Balance (MOB). This program aims to reduce the risk of falls among older adults through strength and balance exercises, home safety assessments, and education on fall prevention strategies.

Partnership with Porter County Health Department:

The Porter County Health Department will serve as a key partner in this initiative, providing support and resources for program implementation. Their expertise in public health and community outreach will complement our efforts to reach underserved populations and maximize program impact.

Financial Support:

We are seeking financial support to cover the costs associated with program implementation, including materials, training for facilitators, marketing and outreach efforts, and evaluation. Funding will ensure the successful execution of these evidence-based programs and enable us to reach a broader audience within Porter County.

Conclusion:

In conclusion, our collaboration with the Porter County Health Department presents a unique opportunity to address chronic disease prevention and fall prevention in our community. By financially supporting the implementation of these evidence-based programs, we can make significant strides towards improving the health and well-being of Porter County residents. We look forward to the opportunity to partner with you in this important endeavor.

Thank you for considering our proposal.



Sincerely,

Annetta Jones,

County Extension Director,

Health and Human Sciences Educator

Purdue Extension-Porter County

Financial Support Breakdown:

Nutrition and Cooking Skills Programs:

- Food and supplies: \$5,000
- Supportive cooking equipment for participants: \$1,500
- Equipment for transporting supplies: \$200

Fall Prevention Programs:

- Matter of Balance master trainer training: \$2,065
- Class supplies and snacks: \$1,135
- Financial support for participants (36 participants at \$25 each): \$900
- Supporting equipment for home lighting/safety: \$1,800

Total Financial Support Requested: \$12,600

