

For HAB45 use:		Award #
Check #	Date	

## Mini-grant Application

We understand that organizational policy change isn't always easy. That's why *Healthy and Active Before 5* will provide a \$500 check to the first 15 *Leadership Council* agencies which pass new healthy policies and provide HAB45 with the documentation outlined below.

The mini-grant money may be spent on items which either support the implementation of your new healthy organizational policy/policies, or support the goals of the *HAB45 Action Plan* in other ways. For instance, you might want to buy reusable water pitchers for your meetings, a comfortable chair for a new breastfeeding space, or perhaps indoor play props appropriate for children age 0-5. You choose what would be most helpful to your agency.

To qualify your agency must pass one or more of our HAB45 policies: 1) *Healthy Beverages for Children*; 2) *Breastfeeding Accommodation*; 3) *Healthy Food and Beverage*; 4) *Movement and Play Policy*; 5) *Reducing Unhealthy Marketing to Children*; or 6) *Tap Water Promotion*. Only one mini-grant prize will be awarded per policy, while supplies last. Agencies that have previously been awarded a mini-grant are encouraged to re-apply, if they update and old or adopt a new and different policy.

Your application will be reviewed by the *HAB45 Executive Committee*. We will contact you if we have any questions.

Questions? Please contact Tonya Love at (925) 265-6507 or [healthyandactiveb45@gmail.com](mailto:healthyandactiveb45@gmail.com).

To submit, email your application to mail to [healthyandactiveb45@gmail.com](mailto:healthyandactiveb45@gmail.com) or mail a hard copy to *Healthy & Active Before 5* at 1035 Detroit Ave - Ste 200, Concord CA 94518.

Your Name:     Rosa Palomino     Phone:     (925) 691-0351    

Email:                     palominor@mdusd.org                    

1. Please attach a copy of each new *Healthy & Active Before 5* policy approved by your agency.

(Required!) Date(s) approved:           Thyana B. Park          celebrity          

2. Please describe how you will spend your mini-grant funds (250 words max.)

If awarded, the mini grant funds will be spent on indoor and outdoor play equipment for our students. It will also allow us to purchase other materials needed to promote and encourage students to participate such as music to play during physical activity.

Agency:	Mt. Diablo CARES After School Program
Taxpayer ID#:	68-0091157
Mailing Address:	1266 San Carlos Ave. A-6 Concord CA 94518

3. What will be the impact of your policy? (Please, fill in your estimate or best guess.)

We believe this policy will impact approximately 220 children and a minimum of 97 adult staff members per year.

4. Any additional comments? (Use other side if necessary.)

The CARES After School Program is dedicated to promoting healthy behaviors and lifestyle changes by consistently providing quality health and physical activity programming for all of the program participants.



Agency #	Agency Name

## Agency Information

1. Please provide a brief description of your agency's mission and vision. How do you define health and wellness? How do you promote health and wellness in your community? (200 words max)

2. Please describe your agency's current health and wellness programs and services. How do you measure the impact of these programs? (200 words max)

3. Please describe your agency's current health and wellness policies and procedures. How do you ensure that these policies and procedures are up-to-date and effective? (200 words max)

4. Please describe your agency's current health and wellness training and education programs. How do you ensure that these programs are relevant and effective? (200 words max)

5. Please describe your agency's current health and wellness communication and outreach programs. How do you ensure that these programs are effective and reach the target audience? (200 words max)

Agency Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: (951) 801-0351

6. Please describe your agency's current health and wellness evaluation and assessment programs. How do you ensure that these programs are effective and provide useful feedback? (200 words max)

7. Please describe your agency's current health and wellness funding and resource programs. How do you ensure that these programs are effective and provide the necessary resources? (200 words max)

8. Please describe your agency's current health and wellness leadership and governance programs. How do you ensure that these programs are effective and provide the necessary leadership and governance? (200 words max)

9. Please describe your agency's current health and wellness community and stakeholder engagement programs. How do you ensure that these programs are effective and provide the necessary community and stakeholder engagement? (200 words max)

10. Please describe your agency's current health and wellness policy and procedure development programs. How do you ensure that these programs are effective and provide the necessary policy and procedure development? (200 words max)





## Movement and Play Policy

### Rationale

We want to increase the availability and use of safe places to play and be physically active for all young children and their families. **Physical Activity is fun and good for everyone!** Providing physical activity opportunities for employees improves their ability to role model and encourages clients to adopt healthier lifestyles.<sup>1</sup>

#### For young children active play...

- **Supports growth for young children and encourages lifelong healthy behaviors**
- Promotes healthy weight and reduces the risk of chronic disease
- Promotes physical motor development, increases self-esteem, and helps with cognitive skills such as reading and writing.
- Sets the stage for reduced screen-time.

#### For adults movement and physical activity...

- Improves performance at work and school
- Improves mood and mental health
- **Models healthy behavior for young children and others**
- Reduces risk for chronic diseases and the need for associated medical costs (*People that engaged in moderate levels of physical activity have lower direct medical costs than those who are inactive. Source: Centers for Disease Control and Prevention; <http://1.usa.gov/otXBXZ>*)

### Mt. Diablo CARES After School Program is committed to promoting an atmosphere of movement and play!

**Mt. Diablo CARES** will adopt policies that support students and their families to be active at our program. *Examples include:*

- Provide an area for movement and play equipment (floor mats, balls etc.)
- Play music that encourages physical activity.
- Establish a site-specific committee to assess the workplace
- Implement a child friendly physical activity plan that promotes laughter and fun.

**Mt. Diablo CARES** will adopt policies to raise awareness and to support employees to be more physically active. *Examples include:*

- Add a physical activity/or stretch break to all meetings that last an hour or more.
- Organize a site-specific committee to implement a physical activity plan that promotes laughter and fun. Involve staff and students to make decisions
- Conduct short physical activity trainings during staff time.

**For technical assistance contact Emily Warming, [healthyb45@gmail.com](mailto:healthyb45@gmail.com) 925-676-5442 ex 3665**

<sup>1</sup> Crawford, P.B. *Walking the Talk: Fit WIC Wellness Programs Improves Self-Efficacy in Pediatric Obesity Prevention Counseling.* American Journal of Public Health | September 2004, <http://ajph.aphapublications.org/cgi/reprint/94/9/1480.pdf>

