



**II. FISCAL IMPACT ANALYSIS**

**A. Five Year Summary of Fiscal Impact:**

Fiscal Years	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Capital Expenditures	_____	_____	_____	_____	_____
Operating Costs	_____	_____	_____	_____	_____
External Revenues	_____	_____	_____	_____	_____
Program Income (County)	_____	_____	_____	_____	_____
In-Kind Match (County)	_____	_____	_____	_____	_____
<b>NET FISCAL IMPACT</b>	* _____	_____	_____	_____	_____
# ADDITIONAL FTE	_____	_____	_____	_____	_____
POSITIONS (Cumulative)	_____	_____	_____	_____	_____

Is Item Included in Current Budget? Yes \_\_\_ No \_\_\_  
 Budget Account No.: Fund \_\_\_\_\_ Dept. \_\_\_ Unit \_\_\_ Object \_\_\_  
 Program \_\_\_\_\_

**B. Recommended Sources of Funds/Summary of Fiscal Impact:**

**C. Departmental Fiscal Review:**

Joan McGee

**III. REVIEW COMMENTS**

**A. OFMB Budget and/or Contract Dev. and Control Comments:**

\* Any fiscal impact will be recognized upon award of this grant.

<p><u>Debra Lopez</u>                  OFMB/Budget                  WS 1/9/12                  1/10/12                  1/10/12                  (SS)</p>	<p><u>Dr. J. Jacobson</u>                  Contract Development and Control                  1-12-12 B. Weber</p>
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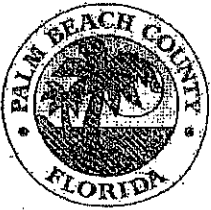
**B. Legal Sufficiency:**

Anne Delaney 1/13/12  
 Assistant County Attorney

**C. Other Department Review:**

\_\_\_\_\_  
 Department Director

**This summary is not to be used as a basis for payment.**



MEMORANDUM

TO: Shelley Vana, Chair *Shelley Vana*  
Board of County Commissioners  
FROM: Robert Weisman  
County Administrator  
DATE: December 15, 2011  
RE: Champions for Healthy Kids Legacy Awards Grant Application

County Cooperative  
Extension Service  
569 North Military Trail  
West Palm Beach, FL 33415-1311  
(561) 233-1712  
Fax: (561) 233-1768  
www.pbcgov.com/coextension

Palm Beach County  
Board of County  
Commissioners

- Shelley Vana, Chair
- Steven L. Abrams, Vice Chairman
- Karen T. Marcos
- Paulette Burdick
- Burt Aaronson
- Jess R. Santamaria
- Priscilla A. Taylor

County Administrator  
Robert Weisman

Pursuant to PPM #CW-F-003, your approval is needed to apply for the Champions for Healthy Kids Legacy Awards Grant Application. This grant request is in the amount of \$50,000 which includes one (1) program assistant position and supplies.

The purpose of this grant is to improve the nutrition and fitness of youth in Palmetto Elementary School which is a Title I school.

The emergency signature process is being utilized because there is not sufficient time to submit the application through the regular BOCC agenda process and meet the return deadline. Staff will submit this item at the BOCC's January 24, 2012 Commission Agenda.

If additional information is needed, please contact Audrey Norman, County Extension Director, at (561) 233-1712.

*[Signature]*  
Assistant County Attorney

*Audrey P. Norman*  
County Extension Director

*[Signature]*  
Assistant County Administrator

*[Signature]*  
\* No OFMB  
costing match required  
*[Signature]*  
Departmental Fiscal  
Review

cc: Robert Weisman  
County Administrator

"An Equal Opportunity  
Affirmative Action Employer"



**General Mills**  
**Champions for Healthy Kids Legacy Awards Grant Application**

*Head of Organization (Executive Director, Principal, etc.)*

**Name:** Audrey R. Norman  
**Title:** Director  
**Phone:** 561-233-1712  
 561-233-1768  
**Email:** [anorman@pbcgov.org](mailto:anorman@pbcgov.org)

**Primary Contact**

**Name:** Maisielin Ross  
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 561-233-1762  
**Email:** [mross@pbcgov.org](mailto:mross@pbcgov.org)

**Registered Dietitian (required)**

Susan V. Grammond  
 Name\*  
 561-671-41 Phone #\* 561-837-5: Fax #  
 4577( Registered Dietitian (Rd) #\*  
 MPH, RD, LD/N  
 Credentials\*  
[susan\\_grammond@doh.state.fl](mailto:susan_grammond@doh.state.fl)  
 E-mail Address\*

**Fitness Professional (If applicable)**

Diane Guthrie, Wellness Coordi  
 Name  
 51-202-0402 Phone # Fax #  
 School Wellness Coordinator  
 Credentials  
[diane.guthrie@palmbeach](mailto:diane.guthrie@palmbeach)  
 E-mail Address

**Susan Grammond**  
 561-671-4071; FX: 561-837-5201; Registered Dietitian [457703]; MPH, RD, LD/N, [susan\\_grammond@doh.state.fl.us](mailto:susan_grammond@doh.state.fl.us)  
 Diane Guthrie, Wellness Coordinator, 561-202-0402; School Wellness Coordinator, [diane.guthrie@palmbeach](mailto:diane.guthrie@palmbeach)

**Program Name:**

Please enter the official name of the program to receive funding. In parentheses, please identify the name of the program that was previously awarded a Champions for Healthy Kids grant (if different).

**"Kids on the Move" (Power Up Guys -PUG)\***

**Brief Program Overview and Rationale:**

Briefly describe what your Champions Legacy program will do, any results and leanings from your original Champions grant, and how this request is an expansion or augmentation of your original program. \*

*Bullet points and/or brief phrases are encouraged.*

1. Program will teach and encourage 1st and 2nd grade students in a Title I school to make nutrition and physical fitness lifestyle choices that have a life-long positive impact.
2. Students in original Champions program began eating more and new fruits and vegetables; drinking more water; increased physical activity; improved academic performance.
3. Youth Understanding MyPlate (YUM) curriculum will be added to teach the basic messages of the new USDA MyPlate Food Guidance System.

**Program Objectives:**

List several objectives of your program.

At least one objective related to nutrition and at least one related to physical activity are required. \*

*Bullet points and/or brief phrases are encouraged.*

1. 100% will state the names and colors of different food groups on MyPlate and identify foods from each food group.
2. 90% will state the importance of fiber; 50% will consume at least one whole grain food over a 30-day period
3. 30% will eat at least one new healthy food from MyPlate over a 90-day period
4. 40% will increase the minutes they're engaged in moderate/vigorous physical activity by a minimum of 30 minutes/week via classroom/follow-up activities and gardening
5. 100% will participate in an organized school gardening project and be able to identify vegetables grown

**Program Setting:**

Where will your Champions Legacy program be delivered to youth? \*

- Elementary School - Palmetto

**Target Audience Age, Reach & Family Involvement:**

Enter estimates for the audience age (in years), the number of youth served, and the number of people in the secondary audience impacted by this Champions Legacy program.

- a. This program serves youth that primarily are (3-12)
- b. This program has the potential to reach (300) youths during the grant period

c. This program impacts the following secondary audience (enter ranges for those that apply).

- Community -5835 people.
- Families -300 families.

Explain how families are involved in your Champions Legacy program. \*

*Bullet points and/or brief phrases are encouraged.*

1. Program personnel will meet with parents/caregivers at the beginning of the school year to further explain the program
2. Parents/caregivers will receive a letter each week explaining what children learned and what they can do at home to further learning
3. Newsletters and Food of the Month Tips giving ideas on providing nutrient-dense foods and increasing physical activity (will include family activities)
4. Parents/caregivers will be encouraged to share behavior/eating habit change

**Target Youth Recruiting Strategy:**

- \* Met with principal and first grade teachers to review previous program, explain new proposed program, and seek buy-in
- \* Sent principal explanation of proposed program to present to 2nd grade teachers
- \* Followed up re 2nd grade teachers' buy-in Because of the previous program's success and teachers' comments, principal was extremely eager to continue program at his school and 2nd grade teachers became excited about being part of the program

**Target Youth Gender:**

Select participant gender: \*

- Both

**Target Youth Race/Ethnicity:**

Enter percentages below such that the sum equals 100%.\*

1. African-American - 5%
2. Hispanic/Latino -80%
3. Multi-Racial -7%
4. Caucasian -8%

**Target Youth Geographic Location:**

Fill in the below percentages as they apply to your target youth. The sum should equal 100%. \*

- Urban -100%

**Need for Funding:**

Fill in the below percentages as they apply to your organization; each value should be between 0 and 100 (optional).

- 91% Free/Reduced Lunch

**Special Needs/Risks Addressed:**

If applicable, select any that applies (optional).

- 1. Overweight, Obese, or severely obese
- 2. Other (English Language Learners, diabetes, asthma)

Explain how your Champions Legacy program addresses these special needs:  
*Bullet points and/or brief phrases are encouraged.*

- \* Well illustrated program materials will be in English and Spanish
- \* Bilingual program assistant will conduct programming
- \* Program materials and activities will center on helping children stay active
- \* The school district's protocol will be followed

**Key Program Dates:**

	Start Date	End Date
Youth Participation	August 2012	June 2013
Evaluation	August 2012	August 2013

**Method of Delivery:**

Select all that apply (at least one required).\*

- 1. Assessment
- 2. Classes/Lessons
- 3. Family Events
- 4. Other (Gardening and field trip to Extension's garden)

**Model or Packaged Program:**

Optional - Select any that apply.

- Go With the Whole Grain

If you have acquired a well-recognized program developed from another source, please indicate the program title and source below (optional):  
**(OWG-CSP (Organwise); Youth Understanding MyPlate (University of Florida Extension))**

**Program Frequency and Duration:**

Explain how many times each program will be conducted and the length of each session.

- a.) Briefly discuss the program format and indicate the frequency, length, and total number of youth participation sessions. \*

*Bullet points and/or brief phrases are encouraged.*

*\* Program assistant will conduct 5 50-minute sessions/grade/classroom/week (6- 1st grade classes, 6- 2nd grade classes) - 3 1/2hrs nutrition and healthy living, 1/2hr physical activity (WISERCISE & YUM)*

*\* Teachers will supplement with 5 36-minute follow-up activities/week  
Volunteer Master Gardener will conduct 30-minutes gardening/week with each class -  
7.5hrs contact/child/week*

b.) Total contact per participant: 285 hours

**Program Expected Outcomes:**

Select only those that apply (at least one required). \*

1. Attitude
2. Awareness
3. Behavior change or intent to change behavior
4. Knowledge
5. Skills

List the specified outcomes and how the program will produce those results. \*

*Bullet points and/or brief phrases are encouraged.*

State names and colors of MyPlate food groups; place foods in appropriate groups on MyPlate; eat a variety of foods from different food groups; eat fruits and vegetables rich in vitamins A & C; consume 2 1/2 cups a day of dairy group foods; eat a variety of protein foods; choose appropriate amounts of a variety of foods. Outcomes will be achieved through hands-on individual/group activities, children's personal experiences, teacher/parent support, one-on-one assistance

**Evaluation and Impact:**

Describe how a Champions Legacy grant would increase the impact of your original program, and how success will be measured.

Specify your plan, including tools (i.e. surveys, pre/post tests, assessments, skill tests, etc.). \*

*Bullet points and/or brief phrases are encouraged.*

1. Program will serve one of the previous two schools.
2. The program assistant will be able to do more concentrated work in the school and increase the impact.
3. Program will be implemented with two instead of one grade.
  - \* Pre/post tests - knowledge gain
  - \* Classroom activities - knowledge/skills
  - \* Parent/teacher surveys - behavior change
  - \* Food experience (includes nutrition analysis) - awareness, attitude & behavior change
  - \* Observation - attitude and behavior change



**Nutrition Topics:**

Select the nutritional topics that are part of your Champions Legacy program (at least one required). \*

1. Cereal
2. Food Pyramid/Dietary Guidelines
3. Low-Fat Dairy
4. Family Meals
5. Water
6. Breakfast
7. Fruits & Vegetables
8. Meals other than breakfast (lunch and dinner)
9. Portion Control
10. Snacking
11. Whole Grain

Describe how nutrition topics will be incorporated into your Champions Legacy program. \*  
*Bullet points and/or brief phrases are encouraged.*

YUM has evidence-based, peer-reviewed and pilot-tested lessons focusing on different topics. Includes grade-specific learning and physical activities, worksheets and lesson-specific healthy snacks. This complements the OWG CSP program which integrates nutrition principles of healthy living - high fiber, lowfat, lots of water, exercise. The classroom-based program continues into the cafeteria, includes food service personnel and compliments the school's healthy snack program.

**Physical Activity:**

Select the physical activities that are part of your program (at least one required). \*

1. Active Play
2. Gardening
3. Walking/Step Counting
4. Other

Describe how physical activity will be incorporated into the program. \*  
*Bullet points and/or brief phrases are encouraged.*

Each MyPlate lesson has a physical activity e.g. "Dairy Group Relay." WISERCISE, a 10-minute desk-side program is used in regular teaching time, reduces sedentary time during the school day, promotes positive healthy physical activity and nutrition messages linked to academic subjects. Gardening will also provide physical activity.

**Staffing Model:**

Describe who will staff your Champions Legacy program and their roles, identifying any changes to your original program. Make sure to include how the Registered Dietitian will be

utilized. \*

*Bullet points and/or brief phrases are encouraged.*

Program:

- \* Development - FCS Program Leader with RD's input
- \* Coordination - FCS Program Leader with assistance from section secretary
- \* Implementation - program assistant, classroom teachers, volunteer
- \* Evaluation - Univ. of FL specialist & FCS Program Leader

**Documentation:**

Provide links to 10-15 photos (or a video) of your original or proposed Champions Legacy program that you have authorization to share and distribute. Some of these photos/videos may be used in future communication efforts for the Champions for Healthy Kids Legacy Awards program. If helpful, a media authorization waiver can be found [here](#) for your use. \*

If you cannot provide a link to your photos or video, click [here](#) to send them by e-mail, and write "sent by e-mail" in the box below.

- sent by email

**Sustainability:**

Describe how a Champions Legacy grant will build on the success of your original program and be sustained. \*

*Bullet points and/or brief phrases are encouraged.*

Principal and 1st grade teachers who participated in the original project are very impressed with academic success and behavior changes of the students. The Legacy grant will allow for concentrated teaching of more students in one school, exposing them to MyPlate messages, healthy habits and interacting with students of original program. Collaboration will continue with Healthy Kids Healthy Communities program and the school food service personnel.

**Budget:**

Provide a budget estimate and grant request for your Champions Legacy program. Include justification of each expense (both startup and delivery) in the spaces provided. The total must equal exactly \$50,000. **Note: Please use whole dollar amounts only.** \*

Type of Expense	Development/Start-up Cost	Program Delivery Cost	Computed Subtotal	Description and Rationale
Staff/Consultants	\$1516	\$19,648	\$21,164	Salary for bilingual program assistant with some nutrition preparation and possible teaching/working with youth experience - 29 hrs/week
Office &		\$1500	\$1500	Office/program

<b>Administrative supplies</b>				supplies for program assistant and printing of activity for each class, parent letters/newsletters
<b>Food</b>	N/A	\$4500	\$4500	Food demonstrations will be done at each class to enable children to experience various foods. Children will participate in some preparation
<b>Equipment/Capital</b>	\$1500	N/A	\$1500	Computer with appropriate software for program assistant to use for: lesson preparation, classroom activities, and tracking student progress
<b>Program Materials</b>	\$5000	\$8540	\$13,540	Start up materials such as curriculums, OWG-CSP materials to last throughout the program, consumables for nutrition and physical activity classes
<b>Travel</b>	\$108	\$5976	\$6084	Program assistant's travel to teach and for purchasing class supplies. Buses for transporting kids to and from Extension garden. (School district no longer provides free buses for field trips)
<b>Other/Indirect</b>	0	\$1712	\$1712	Purchasing of gardening supplies - small tools, seeds, etc
<b>TOTAL</b>	<b>\$8124</b>	<b>\$41,876</b>	<b>\$50,000</b>	

Breakout of nutrition vs. physical activity expenses. Must equal 100%:

- 85% Nutrition expenses
- 15% Physical activity expenses

Breakout of education vs. equipment expenses. Must equal 100%:

- 97% Education
- 3% Equipment and overhead

**Collaboration:**

Identify and describe additional partners or secured funding for this project and how collaboration plays a role in your program. \*

The major partner/collaborator on this project is Palmetto Elementary School of the School District of Palm Beach County. This is a Title I school with a large Hispanic student population in one of the county's older communities. This collaboration provides the students, school facilities, teachers, garden plot, and support for the project. In addition, the RD who works for the PBC Health Department will work closely with the program.

**Communication:**

Describe the types of communication efforts a Champions Legacy grant would provide to share the success of your program with others. \*

The following communication efforts would be used to share program success with others:

1. Palm Beach County Website article at <http://pbcgov.com>
2. Palm Beach County eNews
3. University of Florida Extension Comings and Goings (faculty newsletter)
4. County, State and National Extension Professional meetings
5. Short articles to county commissioners and local papers
6. Share information with the PBC School District Wellness Task Force
7. Newsletter to parents/caregivers

If selected to receive a Champions for Healthy Kids Legacy Awards grant, this organization agrees to complete all requests for information and evaluation data in a timely manner, before, during and after the grant period.\*