



Contact Information

First Name *

Sue

Last Name *

Lehna

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Home/Cell Phone Number *

218-393-2683

Organization/School Information

Organization/School Name *

K.E.Y. ZONE-

Organization/School Phone Number *

218-336-8865

Organization/School Mailing Address *

4784 Howard

Organization/School City *

Duluth

Organization/School State

Minnesota

Organization/School Zip Code (need a 9 digit ZIP) *

55803-1299

Background Information

Have you ever received a UnitedHealth HEROES grant before? *

- 2008-2009
- 2009-2010
- 2010-2011
- 2011-2012
- I have never received a UnitedHealth HEROES grant.

Please check the box below if you were a 2011-12 UnitedHealth HEROES grantee, and would like to continue or build upon the program that you started last year. You will be applying for an exemption from the walking, running, or hiking program, but understand that you are still obligated to complete the remaining requirements for this program. Instructions for completing your application: Input "N/A" for question #2, select the first option in #4 for each of the drop-down lists, and complete the rest of the application.

UnitedHealth HEROES 2011-12 Exemption

- I would like an exemption.

How did you hear about this opportunity? *

- AARP
- Alliance for a Healthier Generation
- American Heart Association
- Boys and Girls Club
- YMCA
- UnitedHealth Group
- UnitedHealthcare
- Optum (OptumHealth, OptumInsight or OptumRx)

- YSA's Grants Alert
- YSA's National Service Briefing
- YSA's Websites
- Newspaper/Magazine
- YSA Partner Organization Newsletter/Website
- Radio (+ Television)
- YSA on Facebook or Twitter
- Other

Other

Email

Program Details

1. What is the title of your program?

HEALTHY HOMECROFT TOGETHER

2. Please describe (in a short paragraph) the walking, running, or hiking program you plan to implement with youth/students?

A school wide Walking Challenge beginning Martin Luther King Day and ending on Global Youth Service Day. The program will encourage all students and staff to increase, meet or exceed their current physical activity level within this project time frame. Pedometers will be distributed through out the school to create challenges amongst the school community by tracking classrooms steps and to demonstrate increased activity.

3. How many youth/students will be involved in the program (we recommend you engage at least 20 youth)?

Homecroft Wellness Council - 25 students, K.E.Y. Zone afterschool program - 50 students targeted with the additional staff and student body of 325 challenged to participate.

4. What are the expected outcomes of your walking, running, or hiking program? Please indicate:

What is the proposed distance walked, run, or hiked over time (# of miles)? *

As a group, we propose to walk over 50 miles throughout the program.

What is the proposed intensity of the program (length of time)? *

Our program will run 10-14 weeks.

What is the proposed frequency of the program (# of times per week)? *

We will be active 3-5 times a week.

5. How will youth/students learn about the value of activity or regular exercise (such as walking, running, or hiking) in preventing and responding to childhood obesity?

We will utilize our community connection with the Univ of MN Duluth's Health and Wellness Council Students to teach pertinent information to our elementary students and how to implement a more active lifestyle during the school day, OST (Out of School Time) time and also at home. Also, by participating in the classroom Walking Challenge the students will experience how making small steps in their activity level can lead to big changes in their health overall.

6. Please provide a short summary describing the service-learning project that youth/students will be doing.

The K.E.Y. Zone Afterschool Wellness Council students will begin by researching the impact of and suggested childhood obesity prevention methods which they will use to prepare and lead an all school assembly on January 17th. At that assembly the student/staff body will be informed of the Walking Challenge Program that will take place for the following 12 weeks.

The Wellness Council will distribute pedometers to each classroom which will then be assigned to each student for use during this service learning project. The Wellness Council will create a skit to teach the students the proper use of the pedometers and teachers will be provided with record-keeping tools to help implement the project within their classroom's curriculum needs.

During the first week (Jan 21-Jan 25) the students/staff will establish a baseline of current daily physical activity. Once an average has been determined for each individual/classroom the full Walking Challenge Program will roll out on January 28th. Each classroom will be encouraged to add to their baseline steps a minimum of 3 miles or 6,000 steps each week. During the program implementation the classrooms will challenge one another, students will challenge the teachers and KEY Zone students will be shown the value of participating in OST programs by completing more steps than if going home to sit

in front of the TV or computer. The students will be given a chance to role play various scenarios that represent typical youth activity to be compared with various options for increasing daily steps.

Our collaboration with UM-Duluth will provide additional educational opportunities and fun ways to get our bodies moving. Also during this time-frame information will be presented to the parents by the Student Wellness Council encouraging them to take steps together as a family to be more active.

The students will participate by presenting information about healthy living during the annual HHT Family/Community Event held in the spring.

7. What is the expected impact on the community issue or need addressed by the service project? (e.g., # of beneficiaries, number of events implemented, etc.)

500 + school and community members will benefit by having an opportunity to gain knowledge from the findings from the research the OST students gathered during school day assemblies, after school programming, a community event and by activities planned to increase movement during the day. This spring will be our 3rd Annual Healthy Homecroft Together Family/Community Event.

To increase knowledge of the negative impact of childhood obesity and to present the benefits of an active lifestyle beginning in childhood by developing healthy lifestyles habits at an early age. Additional impact will include supportive information regarding findings of the added benefits of OST (Out of School Time) Programs for youth.

To ensure that you have a successful UnitedHealth HEROES project, please check the box beside each of the following required project components, and plan to include it in your program: *

- The project will launch on MLK, Jr. Day of Service (January 21, 2013) and will continue through Global Youth Service Day / GYSD (April 26-28, 2013).
- A significant component of your project must take place during GYSD.
- Youth will have many opportunities to make decisions and help shape the project.
- Information about the project will be shared with media and public officials
- Specific metrics provided by YSA will be recorded and reported (please see the UnitedHealth HEROES Applicant User Guide).
- Students will be exposed to college, career, and workforce readiness skills – the “4 C’s” – as they plan and implement their project. (for a description of these, please see the UnitedHealth HEROES Applicant User Guide).

Budget

UnitedHealth HEROES grants may be requested for a maximum amount of \$1,000. **You may request any amount up to \$1,000.** How much are you requesting (maximum \$1,000)? *

1,000

Expenses may include:

- Local transportation for youth that is necessary for the HEROES project;
- Administrative expenses such as communication (phone, fax, e-mail, postage), copying, and print services that are directly related to the HEROES project;
- Materials needed for the project (paper, art supplies, pedometers, etc.);
- Refreshments and recognition that are integral to the project (the total amount should not exceed \$200. T-shirts, refreshments, certificates, plaques, etc. are considered recognition and celebration items. Every effort should be made to secure funding from other sources for larger food costs and celebration activities).

Expenses may NOT include:

- Honoraria to specialists/associates, stipends/salaries, financial gifts or donations, salaries for entertainers, facilitators, DJs, students' time, etc.;
- One-time use equipment (such as a camcorder for \$450. We will consider requests for equipment that will sustain long-term service. Applicants should make every attempt to secure the short-term use of tools and equipment as in-kind contributions from the community);
- The inclusion of any "miscellaneous expense" without explanation;

Healthy Homecroft Together 2013

Line Item Description	Number of Items	Cost Per Item	Total Cost of line item	Total Donated or In-Kind	Total Requested from YSA
Pedometers	400	\$2.50	\$ 1,000.00	\$ 400.00	\$ 600.00
Community Event paper products	300	0.2	\$ 60.00	\$ 30.00	\$ 30.00
Refreshments/Recognition	300	\$1	\$ 170.00		\$ 170.00
Printing Materials - flyers/handouts	1000	\$0	\$ 200.00	\$ 100.00	\$ 100.00
Transportation of Youth -Field Trip	1	\$100.00	\$ 100.00		\$ 100.00
Totals			\$ 1,530.00	\$ 530.00	\$ 1,000.00