



**Physical and Emotional Health Programming
Request for Proposal
Due: Friday August 12th, 2016
Anticipated Contract Period: September 12th – November 18th, 2016**

Prompt: We are looking for programs that improve the physical and emotional health of residents in the Newport Health Equity Zone which includes the North End and Broadway communities. A portion of your program must regularly take place in one or both of these neighborhoods. Additionally, if you are applying on behalf of an organization, the programming cannot take place in your own facility. **The selected project(s) will be funded up to \$2,475 with an additional \$250 available per proposal for needed equipment/supplies.** Please provide your contact information, answer the four questions listed on page 3, and attach a project budget. A proposal and budget template has been provided (Page 3) and must be followed.

Proposals are due no later than Friday August 12th at 11:59pm. Please send all proposals to Kelsea Dixon at kdixon@mlkccenter.org. Proposals can also be mailed to 20 Dr. Marcus Wheatland Blvd, Newport, RI 02840 but **MUST** be received prior to the due date.

Mission & Vision: The Newport Health Equity Zone is a city-wide coalition mobilizing residents and resources of the Broadway and North End neighborhoods to make Newport a place where everyone can thrive. We envision a city where:

- structural, financial, and environmental barriers to health & well-being are eliminated
- public policy fosters the good health of all residents
- residents feel empowered to control the health of their families and community

In December of 2015, the Newport Health Equity Zone collaborative members conducted a Needs Assessment which included surveys, interviews and focus groups. The data that we collected has been used to inform the content of this RFP and will be used to determine which project proposals are ultimately funded.

Guidelines: Once proposals are selected we will develop a contract with the applicant, as well as with any staff or vendors listed on the proposal. All materials needed in order to implement the program that are listed in your budget will be provided by the Women's Resource Center. Once the program is complete, the Women's Resource Center will keep all provided materials. All other expenses (such as salaries) will be dispersed in two segments. Half will be given at the mid-way point of programming and the remaining half will be given once programming commences. **Please contact Kelsea Dixon at kdixon@mlkccenter.org or (401) 846-4828 with any questions or assistance needed in completing the proposal.**

Table 1: Your program must address 2 Community needs – 1 from the Physical and Emotional Health Category, and 1 from any other category.

COMMUNITY NEEDS AND ASSETS	
PICK ONE OR MORE	PHYSICAL AND EMOTIONAL HEALTH
	Approximately 70% of HEZ residents have a “positive attitude” towards physical activity.
	Factors that prevent adults in the HEZ from getting and staying healthy include a lack of free time, health insurance, outdoor equipment and space.
	Factors that prevent seniors from being as healthy as they would like to be include: no transportation, loneliness, lack of community programs, expense of medications and gym access. Furthermore, seniors expressed the desire for collective walks and/or programs.
	Among middle school youth, when asked what fun healthy activities they would like to engage in, the top responses were additional team sports, play the sports they do now – just more often and swimming everyday even in the winter – access to an indoor pool.
	Less than 50 % of those that live in the Off Broadway and North End neighborhoods agree that at home there are enough pieces of sports equipment to use for physical activity.
PICK ONE OR MORE	EDUCATION, INNOVATION AND ECONOMIC OPPORTUNITY
	Adults in the HEZ connect a lack of educational opportunity, particularly access to a college education, as a significant barrier to living an economically stable life.
	Both teens and adults want to feel empowered in their communities to make positive change, but report feeling generally disconnected from their neighborhoods.
	Adults in the HEZ identify a lack of employment as a barrier to prioritizing physical activity.
	OPEN SPACE
	Those that are least likely to use parks and open spaces include North End residents, Latino/Hispanics, and Newport residents under 20yrs old when compared to Broadway residents, those who are not Latino/Hispanic, and those 21yrs and over.
	The top park and open space activities that Newport residents would do if available to them are 1) splash pad or swimming pool 2) gardening 3) trash cleanup 4) attend outdoor community events and 5) biking / mountain biking.
	Residents feel as though community members should unite to add elements to the parks – like a volleyball net, balls, tables for chess, etc. Also, high school students indicated a desire for more “things to do” in the park.
	TRANSPORTATION
	The lack of safe active transportation routes and frequent/widespread bus service is limiting access to food, healthcare, jobs, education, physical activity, cultural opportunities and parks.
	HEZ residents without a car reported walking on roads with no sidewalks, crossing dangerous intersections, or cutting through unmaintained land to access daily needs.
	HEZ residents expressed that they would bike more if they knew how, had a bike and if biking felt safer.
	FOOD ACCESS
	58% of Broadway residents walk to get groceries compared to 26% of North End residents.
	Barriers to eating healthy include the cost of healthy food, limited time to cook and understanding what constitutes a healthy meal.
To improve healthy food access, HEZ residents expressed a desire for more farmer’s markets or green grocers (produce sellers), community gardens, cooking classes and nutrition education.	
ARTS AND CULTURE	
The top arts and cultural activities HEZ residents currently engage in include movie watching, cooking, photography and gardening.	
HEZ residents expressed a desire for more public art and more free art classes.	

- *Name:
- *Organization (If Applicable):
- *Mailing Address:
- *Phone Number:
- *Email Address:

**All Fields with (*)
are REQUIRED.**

***Question 1:** Please describe your proposed physical and emotional health project in 250 words or less. Include the timeline, proposed audience (i.e. Seniors) and estimated number of participants.

***Question 2:** On page two is a table that includes findings from the Newport HEZ Needs Assessment. Please explain in 250 words or less how your proposal addresses at least one Physical and Emotional Health data point **AND** at least one data point from any of the other five categories.

***Question 3:** Please explain in 250 words or less your relevant experience.

***Question 4:** Please explain in 100 words or less how you plan to secure program participants and how many individual participants you anticipate over the total program period.

*Budget Template

Staff/ Personnel

- Name: Number hours x hourly rate _____
- Name: Number hours x hourly rate _____

Rent

- Location name: hourly rental fee x # hours _____
**There is no fee for the Florence Gray Center or the MLK Community Center*
- Rain Location name: hourly rental fee x # hours _____
**Required for Outdoor Programs*

Other

- Name: cost of item x number of items _____

In-Kind (i.e. things that are needed that you will get donated, so you are not requesting funds)

- Item name, room space, equipment/supplies etc. _____

Total Amount Requested _____

Equipment/Supplies

- Name: cost of item x number of items _____
- Name: cost of item x number of items _____

Example Budget on Next Page

Example Budget

Staff/ Personnel

- Mildred Balune: 12 hours x \$15 per hour \$180

Rent

- Maintanomi Park \$0
- Park Holm Senior Center: \$75 per day x 2 days \$150

Other

- Bus Passes for participants: \$4 x 20 \$80
- Water for participants: \$1.50 x 80 \$120

In-Kind (i.e. things that are needed that you are not requesting funds for)

- Paint and construction paper \$150

Total Amount Requested **\$530**

Equipment/ Supplies

- *Jump rope: \$5 each x 10* \$50
- *Yoga mat: \$10 each x 10* \$100