



MONTANA RURAL HEALTH INITIATIVE (RHI)

Incubator Mini-Grant Program Information Session

Presented by Kristin Juliar,
Director of Montana Area Health Education Center
and
Office of Rural Health

The Rural Health Initiative (RHI)

- A collaborative effort, sharing ideas and expertise to support communities in improving health.

- Main Components

- Educational Webinars
- Interactive Website
- Listserv and Newsletter
- Incubator Mini-Grant Program



Incubator Mini-Grant Program

- Designed to support rural communities hatch and grow health and wellness initiatives
- Aimed at improving community health through RHI's four focus areas:
 - Trails/Walking
 - Community Gardens/Youth Nutrition
 - Health Fairs
 - Worksite Wellness
- The intent of this program is to stimulate the creation of more prevention and wellness activities across Montana aiming to reduce the incidence of obesity and related diseases while promoting health, wellness and overall fitness.

Incubator Mini-Grant Application

- Applications are due no later than **Monday, April 2nd**, but we encourage you to apply early.
- Applicants can expect to hear back near the end of April or beginning of May.
- Typical awards range from \$300 - \$500. Exceptional applications have received up to \$3500.
- To access the application, go to:
http://montanaruralhealthinitiative.info/?page_id=1269
 - This information will be up again at the end of the webinar

Incubator Mini-Grant Criteria

- Projects in small and rural communities that strive to increase the number of evidence-based interventions to improve the health of their community
- Programs with a clear understanding of what outcomes are desired
- Programs whose main goal is to reduce obesity related diseases through one or more of the four RHI focus areas: Trails/Walking, Community Gardens/ Youth Nutrition, Worksite Wellness, and Health Fairs
- Projects whose primary focus is on using local resources, supporting sustainability efforts and incorporating ideas related to health, wellness and prevention
- Non-profit or governmental agencies who are working in collaboration with other members or organizations within the community that could benefit from technical assistance and staff support through the RHI

Incubator Mini-Grant Criteria

- Projects in small and rural communities that strive to increase the number of evidence-based interventions to improve the health of their community
- HRSA's Rural Grant Eligibility Analyzer:
<http://datawarehouse.hrsa.gov/RuralAdvisor/RuralHealthAdvisor.aspx>

Incubator Mini-Grant Criteria

- Programs with a clear understanding of what outcomes are desired



Incubator Mini-Grant Criteria

- Programs whose main goal is to reduce obesity related diseases through one or more of the four RHI focus areas:
 - Trails/Walking
 - Community Gardens/ Youth Nutrition
 - Worksite Wellness
 - Health Fairs

Incubator Mini-Grant Criteria

- Projects whose primary focus is on using local resources, supporting sustainability efforts and incorporating ideas related to health, wellness, and prevention



Incubator Mini-Grant Criteria

- Non-profit or governmental agencies who are working in collaboration with other members or organizations within the community that could benefit from technical assistance and staff support through the RHI



Outcomes of the Process

- Create and support critical resources to stimulate the creation of more prevention and wellness programs across Montana
- Encourage local involvement via the development of sustainable community programs
- Help support the needs of projects during their critical stages of development



Community Responsibilities and Expectations

- Assist in organizing and hosting a community advisory committee for the project
- Involving community support is an essential component to this project, and all programs seeking assistance through the Incubator organize and host local meetings for their advisory committee
- Cooperate with the RHI during and after the completion of the project

Incubator Mini-Grant Information

- http://montanaruralhealthinitiative.info/?page_id=1269
 - Application, the information reviewed in the presentation, and examples of previously funded projects
- <http://healthinfo.montana.edu/RHI%20Webinars.html>
 - Recorded version of this webinar and a copy of the slides
- Contact Information
 - Please direct all questions regarding the Incubator to:

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