



Building Healthy Families (BHF) Scale-Up Project: Request for Funding Opportunity

A team of researchers at the University of Utah and the University of Nebraska at Kearney have a new grant opportunity for communities that are interested in adopting and implementing [Building Healthy Families \(BHF\)](#), a Family Healthy Weight Program recognized by the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP). The BHF Scale-Up project aims to provide an evidence-based program to communities identifying childhood obesity as a priority health concern. Communities who are selected to participate will receive a free online resource with all the training and materials needed to deliver BHF and technical support. This study aims to test whether a facilitated learning collaborative strategy, in addition to the packaged training, improves community success in delivering and sustaining BHF. Approximately half the communities selected will be assigned to the learning collaborative study condition. Communities who are interested in adopting and delivering a family healthy weight program to families they serve are encouraged to apply.

BHF Program Overview:

Building Healthy Families (BHF) is a program that has demonstrated success in promoting whole-family health and achieving and maintaining a healthy body weight. The program aims to support families in making sensible and sustainable changes in their eating and physical activity habits using research-tested behavior change strategies.

- **Program duration:** The 12-month program includes an informational session for interested families, 12 weekly family sessions (2 hours each), and 6 refresher sessions (~90 minutes each).
- **Delivery Format:** BHF is best delivered in-person in a community space.
- **Session content:** Families learn to set goals to create healthier lifestyles in a fun, interactive environment together.
- **Who should attend:** Children aged 6 to 12 with a BMI at or above the 95th percentile are eligible to participate. Since BHF is a program designed for the whole family, parents, guardians, and siblings of any age or weight are encouraged to attend each session.
- **Cohort size:** We recommend delivering the program to groups of about 6 to 10 families.

What the BHF team will provide:

- **Training resources:** We will provide an online training platform to train your community-based teams to deliver the BHF Program.
- **Implementation support:** Quarterly throughout the project, the research team will meet individually with your organization and in groups of similar community-based organizations who are also implementing BHF. We'll identify barriers to recruitment and program implementation and help identify strategies to support you in successful program delivery.
- **Financial support:** This funding opportunity will provide the support for the BHF Online resources package, necessary program supplies, and \$5,000 to cover start-up costs. * *Communities with a local clinical partner willing to use electronic health records to identify eligible families and reach out to*



them via text message to offer enrollment in BHF may qualify for additional financial support through the Mountain West Prevention Research Center. The Prevention Research Center will also provide the technology platform and manage the text messaging recruitment strategy.

What you'll need to be successful:

- **A lead organization:** A local organization with a dedicated person to direct your participation in this project. This person/organization will be responsible for the MOUs and will receive funds.
- **Supporting/Partnering Organizations:** Delivering BHF requires about 3 hours per week for 2 to 4 coordinators. Communities may assemble their BHF team in collaboration with other local organizations that can provide support, space, or other resources for BHF.
- **Potential Collaborative Organization for Recruitment (optional):** Partnerships with local health services may aid with recruitment and there is potential for additional funding with health agencies involved.

What selected communities will receive and agree to:

- **Access to BHF Resources:** Enrolled communities will receive access to the BHF Online Training and Program Package (BHF Resources) as part of the trial. Enrolled communities will agree to use the BHF Resources to train their community-based team to deliver the BHF Program.
- **BHF Kit:** Enrolled communities will receive a 'kit' that includes the necessary equipment and program supplies to support program delivery in their community.
- **For communities assigned to the learning collaborative:** Quarterly throughout the project, community implementation teams will attend BHF Learning Collaborative (BHF-LC) virtual learning sessions and action period meetings. The learning sessions will include other BHF Communities, and the Action Period meetings will be one-on-one meetings with the research team. We will identify barriers to recruitment and program implementation and help you develop strategies to support successful program delivery.

Eligibility Requirements:

1. Communities that have identified childhood obesity as a priority health concern.
2. Any community in the U.S. is eligible to apply. We are particularly interested in projects that propose to serve families in rural and frontier areas, small towns or micropolitan areas (< 50,000 residents), and other low-resourced settings.

The RFP will include the completion of a 1000-word (approximately two-page) response to questions related to community priorities and program delivery factors and completion of two organizational readiness surveys.



BHF Scale-UP: REQUEST FOR COMMUNITY NARRATIVES

RFP Application Process:

Step 1 *Submit the Community Narrative by 5:00pm CST June 1st, 2026*

[Submit HERE](#)

Please send any questions to bhf@nebraska.edu.

Community Narrative: A 1000-word narrative will be used to select communities for the BHF Scale Up trial. The narrative must address each of the following points.

1. Describe how childhood obesity fits within your community's currently identified needs.
2. Briefly describe how you would plan to recruit families to participate in BHF.
3. Briefly describe who would deliver BHF and the expertise of that person (people) to deliver this type of program (be sure to consider the nutrition, physical activity, and behavior change components of the program).
4. Describe the location or site that would host the program in your community. The potential location should have room for the education sessions and the physical activities (gym, multi-purpose room, etc).
5. Briefly describe how you could see your community sustaining BHF beyond the grant project period.
6. Describe your interest in, and willingness to participate in a collaborative group with other communities trying to figure out how best to deliver BHF in their communities.

Step 2 *Complete an Organizational Readiness survey*

The project lead and at least 1 other member from each organization listed on the application must complete a pre-application survey 7 days after submitting the RFP. Our team will send a link to this survey once we receive your completed RFP.

Communities selected for BHF implementation will be notified of acceptance and randomization by June 8th, 2026

Evaluation Criteria

1. Demonstrated local priority or need.
2. Ability of the community to develop partnerships to support family recruitment.
3. Ability of the community to deliver BHF.
4. Plan for sustainability.
5. Willingness to participate in the learning collaborative if randomized to that study condition.
6. Likelihood of success in recruiting families and implementing BHF with high quality.