



REQUEST FOR COMMUNITY NARRATIVES: A Small Grant to Reduce Childhood Obesity in Your Community

Background: The Mountain West Prevention Research Center (MW-PRC) aims to support 1-2 rural or micropolitan communities per state in the Mountain West to deliver an evidence-based family healthy weight program, Building Healthy Families (BHF). The MW-PRC will provide \$10,000 in start up costs, a web-based, packaged program for training and delivery, and implementation support throughout delivery of BHF. *The request for Community Narratives is only for communities that have completed the letter of intent process and received an invitation to submit.*

Submitted Community Narratives will be reviewed using the Evaluation Criteria listed below. All selected communities will be expected to use the web-based training package and program materials to train staff and to deliver BHF to families in their community. We also require communities to be willing to participate, if selected, in a facilitated learning collaborative with other communities trying to figure out how best to deliver BHF in their communities. Finally, communities must include a clinical site or partner that is willing to work with the MW-PRC team to implement electronic health record-based recruitment and text messaging-based outreach.

Community Narrative: A 1000 word narrative that will be used to select communities to implement BHF. The narrative must address each of the following points:

1. Describe how childhood obesity fits within your community's current identified needs.
2. In addition to our team's text messaging recruitment strategy, briefly describe how you would plan to recruit families in to participate in BHF, including low-income families.
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 where you would be able to host the program in your community. Identify a potential location for implementation that has room for the education sessions and the physical activities (gym, multi-purpose room, etc).
5. Briefly describe how you anticipate your community sustaining BHF beyond the life of the MW-PRC project.
6. Confirm your team's willingness to participate in a collaborative group with other communities trying to figure out how best to deliver BHF.

Evaluation Criteria:

1. Demonstrated local priority or need.
2. Ability of community to develop recruitment methods in collaboration with a clinical partner.
3. Ability of community to deliver BHF.
4. Plan for sustainability.
5. Willingness to participate in the learning collaborative.
6. Likelihood of success in recruiting families and implementing BHF with high quality.

Informational Webinar: We encourage the lead organization and other partners to attend the information session on **December 12th**. Zoom information will be shared when you confirm your proposed time. This will be a Q&A format to support you in writing your narrative. Additional information is also provided in the [Frequently Asked Questions](#) section of the website.

Deadline: Please submit community narratives by **January 3, 2025**. To submit your narrative, [click this link](#) and upload a word document or pdf.