

Supporting Healthy Aging Through Parks and Recreation (SHAPR) Grant

This PDF file is for informational purposes about the SHAPR grant application. All applications must be submitted through the grant portal at <https://nrpa-grants.secure-platform.com:443/a>

Overview

The National Recreation and Park Association (NRPA) with the support of the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of the **Supporting Healthy Aging Through Parks and Recreation (SHAPR)** grant. This grant supports park and recreation professionals to increase access, availability, participation, and sustainable support for programs that improve physical activity, engagement, and the quality of life for older adults. The goal of this project is to increase the equitable dissemination, delivery and sustainability of arthritis-appropriate, evidence-based interventions in Park and Recreation agencies.

NRPA strives for a future where all people have access to the benefits of quality parks and recreation. When we achieve equity, all people thrive. NRPA recognizes we are all on a journey to learning and understanding justice, diversity, equity and inclusion and how our personal and organizational actions, practices and policies impact Black, Indigenous, people of color, people who are low-income, people with disabilities and people living in rural communities. Equity is a core pillar of NRPA, and we will award agencies who are committed to continued learning and action to break down barriers to opportunity and combat systemic racism through the power of parks and recreation.

An exemplary grantee will leverage their project to address inequities in their community and ensure that Black, Indigenous, people of color, people who are low-income, people living in rural communities and people with disabilities and/or chronic conditions like arthritis benefit from parks and recreation.

This SHAPR grant provides two opportunities for applicants:

1. **Instructor Trainings for one of five Arthritis-Appropriate Evidence-Based Interventions (AAEBIs)*.** *This opportunity is ideal for organizations that may be newer to offering regular chronic disease management and/or programming for older adults as part of their physical activity and health education offerings.* This opportunity includes up to 2-instructor trainings (for one AAEBI) and all program start up materials (participant books, equipment, etc.). The duration of this award is 18-months (starting in January 2023 and ending in June 2024).

*Each AAEBI is described in detail in the sections that follow

2. **Instructor Trainings (same as above) AND membership in a health equity focused Community of Practice (CoP):** *This opportunity is ideal for organizations that have sustained regular chronic disease management and/or programming for older adults as part of their physical activity and health education offerings.* The purpose of the CoP is for Park and Recreation professionals to engage in formal and self-paced learning opportunities regarding NRPA's [Elevating Health Equity Through Parks and Recreation: A Framework for Action](#) while implementing AAEBIs in their community. The duration of this award is 18-months (starting in January 2023 and ending in June 2024)

AAEBI Instructor Trainings

All applicants will apply for instructor trainings, participant materials, and start up materials for one of the five evidence-based physical activity programs listed below. If you have a question about the best AAEBI fit for your organization, please contact Colleen Pittard at HealthyAgingInParks@nrpa.org

- **Active Living Every Day (ALED)** - a behavior-change 12-week program that teaches sedentary people the skills necessary to overcome barriers to physical activity engagement.
- **EnhanceFitness (EF)** - a behavior-change 16-week program for those at any level of fitness that motivates individuals to stay active and live independently.
- **Fit & Strong! (F&S!)** - a multi-component physical activity and behavior-change 8 or 12-week program that teaches sedentary adults with joint pain and stiffness and/or lower extremity pain and mobility issues how to engage in safe and effective exercise.
- **Tai Chi for Arthritis** - this program is for people with mild, moderate and severe joint and back pain. It is especially appropriate for adults who have a higher risk of falling.
- **Walk With Ease (WWE)** - a multi-component, low-impact 6-week walking program that teaches people how to safely and comfortably incorporate physical activity into their everyday lifestyle.

Membership in a Community of Practice

Applicants who are eligible to apply for membership in a Community of Practice (CoP) will work with NRPA's Health Team to implement NRPA's *Elevating Health Equity Through Parks and Recreation: A Framework for Action*. The Community of Practice (CoP) offers an 18-month in-depth training and technical assistance program focusing on centering equity practices for system changes and building partnerships with community-based organizations (CBOs) to help support the delivery of these evidence-based programs to all community members. Up to 15 applicants will be selected for this opportunity.

For eligibility to become a member of the Community of Practice (CoP), the applicant must:

- Apply for and be awarded instructor trainings to implement one of the AAEBIs described above: ALED, EF, F&S, Tai Chi or WWE
- Demonstrate previous experience implementing and sustaining one of the AAEBIs offered or experience offering other chronic disease management and/or programming for older adults.
- Indicate they have the capacity and resources to implement both the selected AAEBI and participate in the CoP

If you have a question about your eligibility for membership in the Community of Practice, contact Colleen Pittard at HealthyAgingInParks@nrpa.org.

For both opportunities, the main applicant must be a local government agency that plans, builds and/or operates parks (e.g., municipal park and recreation department, tribal recreation department, public works department that manages parks etc.) or an affiliated 501c (3) non-profit organization. If the applicant is not a local government agency, the applicant is required to submit a letter of support for the project being proposed from the park and recreation agency director or equivalent.

If your organization was awarded a Supporting Healthy Aging Through Parks and Recreation (SHAPR) grant in March 2021, you are not eligible to apply due to the grant timelines overlap. You may be considered for the next cohort that will be awarded in the Fall of 2023.

Please contact Colleen Pittard, HealthyAgingInParks@nrpa.org, if you have questions about your eligibility.

All awarded applicants will be required to:

- Join and participate in:
 - A grantee kick-off meeting in January 2023
 - Ongoing technical assistance calls and meetings (combination of individual, small group, and large group with NRPA's Health team and like-minded partner organizations and park and recreation peers)
- Implement at least one of the AAEBI programs (ALED, EF, F&S!, Tai Chi or WWE) and reach a minimum of 100 participants over the course of the 18-month grant period
- Participate in evaluation efforts that will include submitting program data quarterly, participating in focus groups and interviews
- Potentially host NRPA for a site visit (in-person or virtual) over the course of the grant period

For those awarded membership to the CoP:

In addition to the above requirements your organization is also expected to:

- Join and participate in CoP technical assistance calls and meetings with NRPA's Health Team to implement NRPA's *Elevating Health Equity Through Parks and Recreation: A Framework for Action*
- Serve as "peer network facilitators" to support other organizations in the successful implementation of their evidence-based programs
- Share health equity learnings to all grantees through technical assistance calls and meetings

NRPA will conduct a two-part review process for all applicants with input from national partners and experienced park and recreation professionals. The first round of reviews will be based on the application submitted including:

- Clear interest and commitment to the requirements of the grant and alignment with current city and agency priorities.
- Demonstration of clear commitment to advancing equity and an organizational commitment to prioritize justice, diversity, equity and inclusion.
- Strong project management plan.
- Community-level and agency leadership support.

The second round of reviews will include objective demographic, geographic, and community metrics using the [CDC SVI score](#) to aid NRPA in the identification of a diverse cohort of finalists. Those with an SVI score of .75 or higher may be awarded up to \$3,000 to support the implementation of evidence-based programs you are awarded to sustain the program beyond the grant period (January 2023 – June 2024)

All reviewers will undergo implicit bias training ahead of the review process to ensure all applications are judged fairly.

Review Process for the Community of Practice (CoP)

For those applicants interested in joining the CoP, questions are built into the application that will determine your organization’s eligibility. If eligible, your organization may also be awarded a small financial grant pending available funds.

All reviewers will undergo implicit bias training ahead of the review process to ensure all applications are judged fairly.

Application Open	October 18, 2022
Informational Webinar	October 18, 2022
Application Closes	December 16, 2022
Communities Selected	On or before January 20, 2023
Kick-Off Call	February 1 2023
Training	Ongoing between February 2023 - June 2024

You can access frequently asked questions and definitions of key terms [here](#).

You can access an informational webinar that includes an overview of the grant opportunity here: *You must click "register" (for free) in order to open the recorded webinar.*

If your question has not been answered in any of the resources above, please e-mail:
HealthyAgingInParks@nrpa.org

Collaborators Instructions: To help you fill out this form, NRPA allows multiple people to work on a single application. If you would like to invite a colleague or multiple colleagues to assist you in completing your application, click the **Manage Collaborators** button at the top-right of this form. From there, you will be able to add collaborators - All you need is their name and valid e-mail address. Keep in mind that your

application can only be submitted by the individual who started this application. You may also revoke a collaborator's access at any time using the same menu.

Applicants have the **option** of submitting parts of the application in written, or voice recording forms. These are clearly marked on each question. We encourage applicants to use the methods they feel most comfortable using but note that some questions require a written response.

If you are submitting an audio submission, you must provide written statements to questions where indicated. For all audio question responses, you must indicate the questions covered through the audio response – this could simply be a sentence “Answered in the audio submission”. There will be space at the end of the application to upload all audio files. **Each audio response to a single question must not exceed 4 minutes.**

Audio responses must first state the application question and then provide their answer to all parts of the stated question. Each application question can only have a written or audio submission, the audio cannot supplement written submissions. All applications, written or audio, will be judged equally without preference for one method.

Regardless of written, or voice recorded submissions, a complete application must be submitted through NRPA’s online grant application system.

The full application with all questions and submission fields is provided as a PDF copy to assist applicants in planning their responses: [SHAPR 2.0 Full RFP](#)

Applications are due by December 2, 2022 11:59 PM PST and NRPA anticipates notifying applicants on or before December 20, 2022.

Eligibility

Agency Category *

Select your eligibility category:

Select one option

- ☐ Local, municipal or regional government agency
- ☐ 501c(3) engaged with local parks and recreation
- ☐ Federally recognized tribal community
- ☐ No, our agency is not one of these groups. *If no, you are not eligible for this grant.

Statement of Support *

To apply for this grant opportunity, you must upload a statement of support from the city, county or park district's park and recreation director. The statement may be in a letter, email, video, other multimedia format. **50 MB-max**

Upload this statement here.

[File Upload]

To be eligible for this grant, you must be a:

- Local, municipal or regional government agency or
- 501c(3) engaged with local parks and recreation or
- Federally recognized tribal community

Grant Recipient March 2022 *

Was your organization awarded a Supporting Healthy Aging Through Parks and Recreation grant in March 2022?

Select one option

- ☐ Yes
- ☐ No
- ☐ Unsure

If your organization was awarded for one of the instructor training grants in March 2022 you are not eligible to apply because the grant timelines overlap. You may be considered for the next cohort that will be awarded in Fall of 2023.

If you are unsure whether your community received the Supporting Healthy Aging Through Parks and Recreation in March of 2021, please contact NRPA at HealthyAgingInParks@nrpa.org to discuss before completing this application.

Organization Information

Organization information responses must be written.

Organization Name *

Applicant's Name *

Applicant's Email Address *

Federal Identification Number

Organization Address *

Street:

Line2:

City:

CountryCode:

State:

Zip:

Name of Organization Head (e.g. Director, Executive Director, Superintendent etc.) *

Organization Head Email Address *

Organization head phone number *

NRPA Member Number *

Enter N/A if you are not a member of NRPA

Program Team *

Please describe the proposed program team, including program lead, instructors, partners, and community-based organizations. Describe how each will contribute to the program and their approximate time on the grant project. *300-words max or audio submission.*

Community Information and Equity Prioritization

Organization Role in Community *

Please describe the role your organization plays in the community it serves. *300-words max or audio submission.*

Diversity, equity and inclusion *

We are all on a journey to learning and understanding diversity, equity and inclusion and how our personal and organizational actions, practices and policies impact Black, Indigenous, people of color, low-income individuals, and other people in non-dominant social groups. Please describe your organization's commitment to prioritizing justice, diversity, equity, and inclusion. *300-words max or audio submission.*

Community Engagement *

Please describe how your organization engages community members and makes decisions about park and recreation programming together and in power with community. *300-words max or audio submission.*

Challenges impacting people with chronic conditions like arthritis in your community *

This grant opportunity is focused on improving and providing support to people with chronic conditions like arthritis. What are the biggest challenges impacting people with chronic conditions like arthritis in your community? *300-words max or audio submission.*

Community Assets *

What are the 3 greatest strengths and assets (e.g.,partnerships with local high school athletic facilities) your community has that can support people with chronic conditions like arthritis? *300-words max or audio submission.*

What is the race of the participants served by your program. (Please provide a percentage for each to total 100%.)

American Indian or Alaskan Native *

Asian and Pacific American Islander *

African American or Black *

Hispanic or Latino *

White or Caucasian *

Bi-Racial or Multi-Racial *

Other *

Service Area Description *

Which of the following best describes your service area?

Select one option

- ☐ Rural
- ☐ Suburban
- ☐ Urban

Programming Information and Program Proposal

Organization Goals to Supporting People with Chronic Conditions like Arthritis *

Please describe your organization's goals related to supporting people with chronic conditions like arthritis. *300-words max or audio submission.*

Current Programming *

Please describe any programming that your agency currently provides to improve the health and well-being of the community (types of activities, frequency of programming, number of people with chronic health conditions like arthritis engaged, etc.). *300-words max or audio submission.*

Organization Goals to Create Opportunities Prioritizing Justice, Diversity, Equity and Inclusion *

Please describe your organization's goals related to creating opportunities that prioritize justice, diversity, equity and inclusion. *300-words max or audio submission.*

Partnerships *

Partnership(s) with community-based organizations (CBOs) are essential to addressing systemic inequities and to building programs for people with chronic health conditions. Please describe the CBO's your agency partners with, and their role within your programs. *300-words max or audio submission.*

Addressing Inequities in Your Community *

How will this program address inequities in your community and ensure that Black, Indigenous, people of color, people with disabilities and low-income, and people living in rural communities benefit from parks and recreation? *300-words max or audio submission.*

Program Selection

Below are descriptions for each of the programs offered through this grant. This information provides guidance for the selection of the program most appropriate for the intended audience.

If you are unsure which one best fits your intended audience after reviewing the information below, about each of the programs, please feel free to contact us at HealthyAgingInParks@nrpa.org and we can provide additional guidance.

Active Living Every Day (ALED):

- Target Audience - sedentary individuals with or without chronic disease and in need of motivation and skills to become physically active
- Program Duration - 12-weeks, 1 time per week for 1 hour (12 total classes)
- Instructor Training – self-study format through a workbook that takes 4-6 hours to complete with an online final exam
- Participant materials required - startup materials provided through this grant
- [Watch a short informational video about the ALED program](#)
- View the [NRPA's Healthy Aging In Parks Assessment Tool](#) for additional information

EnhanceFitness (EF)

- Target Audience: adults at all levels of fitness that want to become more active, energized and empowered to live independently
- Program Duration - 16-weeks, 3 times per week for 1 hour (48 total classes)
- Instructor Training - training is conducted by an EnhanceFitness Master Trainer either in-person (12 hours over 1.5 days) or remote (2-4 hour sessions over 2 days)
- CPR certification required for the instructor
- Participant materials required
- [Watch an informational video about the EF program.](#)
- View the [EnhanceFitness Fact Sheet](#) for additional information

Fit & Strong! (F&S!):

- Target Audience - adults who want to be physically active but may have lower-extremity pain and/or mobility challenges
- Program Duration - 8-weeks; 3 times per week for 1.5 hours -or- 12-weeks; 2 times per week for 1.5 hours (24 total classes)
- Instructor Training - online format that takes 6-8 hours to complete
- Participant materials required - startup materials provided through this grant
- [Watch a short informational video about the Fit&Strong program](#)
- View the [NRPA's Healthy Aging In Parks Assessment Tool](#) for additional information

Tai Chi:

- Target Audience - adults with or without arthritis looking to reduce pain and/or improve quality of life
- Program Duration - minimum of 16 hours (one hour per week for 16 weeks or 2 hours per week for 8 weeks)

- Instructor training - training is a self-paced online portion and a 7 hour live (in-person or virtually) interactive training with a Tai Chi Master Trainer.
- **NO** Participant materials required
- [Watch an informational video about Tai Chi.](#)

Walk With Ease (WWE):

- Target Audience - those with arthritis or other chronic diseases interested in a walking program and are able to stand for at least 10 minutes
- Program Duration- 6-weeks, 3 times per week for 1 hour (18 total classes)
- Instructor training - online format that takes 3-4 hours to complete
- CPR certification required for the instructor
- Participant materials required - startup materials provided through this grant
- [Watch a short informational video about the WWE program](#)
- View the [NRPA's Healthy Aging In Parks Assessment Tool](#) for additional information

Program Selection

Applicants may only apply for one program through this application. Please select the program that best fits your organization's intended audience:

Select one option

- ☐ Active Living Every Day
- ☐ EnhanceFitness
- ☐ Fit & Strong!
- ☐ Tai Chi
- ☐ Walk With Ease

The Active Living Every Day program is a behavior-change program that teaches sedentary people the skills necessary to overcome barriers to physical activity engagement. NRPA is offering instructor training grants so that your instructors can be certified to teach ALED. *

Please select the program components that were factors for your decision in selecting the ALED program (select all that apply).

Select one or more options

- ☐ Target Audience - those that are more sedentary and in need of motivation interested in becoming physically active with or without chronic diseases
- ☐ Program Duration - 12-weeks, 1 time per week for 1 hour (12 total classes)
- ☐ Instructor Training - self pace format that takes 4-6 hours to complete
- ☐ Other

Please provide additional information about your selection of the ALED program. *

The EnhanceFitness programs is a behavior-change program that teaches people of all fitness levels that want to become move active, energized and empowered to live independently. NRPA is offering instructor training grants so that your instructors can be certified to teach EF. *

Please select the program components that were factors for your decision in selecting the EF program (select all that apply).

Select one or more options

- ☐ Target Audience: adults at all levels of fitness that want to become more active, energized and empowered to live independently
- ☐ Program Duration - 16-weeks, 3 times per week for 1 hour (48 classes)
- ☐ Instructor Training - training is conducted by an EnhanceFitness Master Trainer either in-person (12 hours over 1.5 days) or remote (2-4 hour sessions over 2 days)
- ☐ Other

Please provide additional information about your selection of the EF program.

Fit & Strong! is a multi-component physical activity and behavior-change program that teaches sedentary adults with joint pain and stiffness how to engage in safe and effective exercise. *

Please select the program components that were factors for your decision in selecting the F&S! program (select all that apply).

Select one or more options

- ☐ Target Audience - those who want to be physically active but may have lower-extremity limitations
- ☐ Program Duration - 8-weeks; 3 times per week for 1.5 hours -or- 12-weeks; 2 times per week for 1.5 hours
- ☐ Instructor Training - online format that takes 6-7 hours to complete
- ☐ Other

Please provide additional information about your selection of the F&S! program.

The Tai Chi for arthritis program helps build muscle strength, flexibility and cardiovascular fitness while helping people relax and feel better. NRPA is offering instructor training grants so that your instructors can be certified to teach Tai Chi.

Please select the program components that were factors for your decision in selecting the Tai Chi program (select all that apply).

Select one or more options

- ☐ Target Audience - adults with or without arthritis looking to reduce pain and/or improve quality of life
- ☐ Program Duration - minimum of 16 hours (one hour per week for 16 weeks or 2 hours per week for 8 weeks)
- ☐ Instructor training - training is a self-paced online portion and a 7 hour live (in-person or virtually) interactive training with a Tai Chi Master Trainer.
- ☐ NO Participant materials required
- ☐ Other

Please provide additional information about your selection of the Tai Chi program. *

The Walk With Ease (WWE) program is multi-component, low-impact walking program that teaches people how to safely and comfortably incorporate physical activity into their everyday lifestyle. NRPA is offering instructor training grants so that your staff can be certified to teach WWE. *

Please select the program components that were factors for the selection of the WWE program (select all that apply).

Select one or more options

- ☐ Target audience is those with arthritis or other chronic diseases that are interested in a walking program and are able to stand for at least 10 minutes
- ☐ Program length is 6-weeks, 3 times per week for one hour
- ☐ Instructor training is an online format that takes 3-4 hours to complete
- ☐ Other

Please provide additional information about your selection of the WWE program.

Program Costs *

Does your agency anticipate charging a fee for participation in this program? This will NOT impact your eligibility for this opportunity but will help us better understand your organization's structure. *

Select one option

- ☐ Yes
- ☐ No
- ☐ Unsure

Please explain the reason for needing to charge a fee for participation: *

How much do you plan on charging? *

Anticipated Barriers *

What barriers does your organization anticipate in the planning, implementation and sustainability of the program during the grant period (January 2023 and June 2024)? (e.g., weather, participant recruitment and retention, availability of staff, facility space, fee for program, etc.) *300-words max or audio submission.*

Target Audience *

Who is the intended audience for this program and how do you intend to market to this audience ? *300-words max or audio submission.*

Older Adult PA Program Offering *

Does your organization currently offer any physical activity and/or health education programs for the older adults in your community?

Select one option

- ☐ Yes
- ☐ No
- ☐ Not sure

Older Adult PA Programs *

Please provide as much information you can about the physical activity and/or health education programs that your agency currently offers for the older adults in your community.

Your agency is not currently offering physical activity and/or health education programs for older adults. Please answer the following questions:

Do you have the staff members and/or consultants with experience offering physical activity and/or health education programs for older adults?

Select one option

- ☐ Yes
- ☐ No

Please tell us how you intend to recruit/hire new staff or consultants to lead your programs. Provide the estimated timeline for hiring.

Do you have the space or a facility to offer physical activity and/or health education programs for older adults?*

Select one option

- ☐ Yes
- ☐ No

Information for location of programming *

Please provide more information about the space you intend to use to offer your programs.

No space for programs *

You indicate that you do not have the space or a facility to offer physical activity and/or health education programs. Please provide where you intend to offer your programming.

Prior Implementation of Programs *

Has your agency ever implemented any of the programs (ALED, EF, F&S!, Tai Chi or WWE) being offered through this grant?

Select one option

- ☐ Yes
- ☐ No
- ☐ Not sure

What program(s) has your agency implemented (select all that apply)?*

Select one or more options

- ☐ Active Living Every Day
- ☐ Fit & Strong!
- ☐ EnhanceFitness
- ☐ Walk With Ease
- ☐ Not sure

Comment *

Please provide any additional comments about your previous experience implementing any of the programs (are you still offering the program, when did you offer the program, etc):

Programs in Your Community *

Are any of these programs (ALED, EF, F&S!, Tai Chi or WWE) being offered by another organization in your community?

Select one option

- ☐ Yes
- ☐ No
- ☐ Unsure

Please tell us the name of that organization: *

Established Community Partnerships *

Select the community partnerships already established that could support your program delivery (select all that apply):

Select one or more options

- ☐ Healthcare providers/hospitals
- ☐ Heath Insurance Company
- ☐ Local Health Department
- ☐ Area Agency on Aging
- ☐ Community-based organization (i.e., Libraries, Churches, Schools, etc.)
- ☐ Other
- ☐ We do not have any existing partnerships but are interested in developing them to support our programs

Healthcare Providers *

Please describe your partnership and the name of the Healthcare provider or hospital.

Health Insurance Company *

Please describe your partnership and the name of the Health Insurance Company.

Local Health Department *

Please describe your partnership with your Local Health Department.

Area Agency on Aging *

Please describe your partnership with an Area Agency on Aging.

CBO *

Please describe your partnership and the name of the community-based organization

Other *

Please provide the more information about the partnership and the name of the organization.

Membership in Community of Practice *

If awarded an instructor training grant, is your organization interested in becoming a member of the Community of Practice to learn how to implement the [Elevating Health Equity Through Parks and Recreation: A Framework for Action?](#)

This opportunity will include training, technical assistance, professional development and peer learning opportunities facilitated by NRPA and relevant industry experts to help participants apply the [Elevating Health Equity Through Parks and Recreation: A Framework for Action](#) in their work to support individuals in the prevention and management of chronic conditions like arthritis.* The goal of the CoP is to increase

participant knowledge related to health equity and systems-change approaches to advance health equity through parks and recreation.

*Learnings from the CoP will be transferrable to other aspects of your organization's services, programs, facilities and operations

Select one option

- ☐ Yes
- ☐ No
- ☐ Maybe

Audio Submissions

For providing audio responses, please upload your audio files here. Make sure you indicate which questions will be addressed through the submitted audio files in the written question response areas in the application. Begin each audio submission by stating the question and answer all of the parts of the question.

If you did not use any audio submissions in your application, click Save and Next to complete your application.

[File Upload]

Final Page

Please review your application before final submission. Only the application owner, not collaborators, can submit the application. Applications are due by December 2, 2022 at 11:59 PM PST.

If you would like a copy of your application, log back into the system and click the option to print.

For any questions, email HealthyAgingInParks@nrpa.org

Ready to Submit Your Application *

Select one option

- ☐ Yes (Click Save and Finalize)
- ☐ No (Click Previous or Save)