



# ACORNS Phase II 2016/2017

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# Overview

- ▶ Phase II overview
- ▶ Response to recommendation
- ▶ Payments
- ▶ Reporting
- ▶ Project highlight
  - Bicycle exchange



# Phase II

- ▶ Implementation of a Community Action Plan developed based on the Community Assessment.
- ▶ Plans funded for Phase II include policy, system and environment strategies to reduce chronic disease.
- ▶ Phase II was offered in September 2015, August 2016, and will be offered again late summer 2017 and 2018 through a competitive Request for Proposal process.



# Response to recommendations

- ▶ Each subawardee received a Summary Statement which highlighted strengths, weaknesses and recommendations included in the Notice of Award.
- ▶ The recommendations need to be responded to and addressed by **November 30, 2016**.



# Payments

- ▶ Two payments will be disbursed, 50% upfront after receipt of signed contract has been received, and the remaining 50% upon receipt of completed deliverables and final report.
- ▶ Submitted signed subcontracts:
  - Will process 50% payment, this process takes 2–4 weeks to receive check



# Reporting

- ▶ Progress reports and updated workplans are due **January 20, 2017**, **May 19, 2017**, and **September 22, 2017**.
- ▶ Final report and final updated workplan due **September 22, 2017**.
- ▶ Survey Monkey and workplan updates should be submitted to Andrew Stutman, [andrew.stutman@crihb.org](mailto:andrew.stutman@crihb.org).
  - Andrew will host an optional tutorial on how to use Survey Monkey and the reports on 12/12/2016.



# Workplan updates

- ▶ Progress column should be brief.
- ▶ Remember to include and to complete the “number of people reached” box.



## B. ACORNS Mini-Grant Workplan

<b>PSE Goal:</b>	To improve the health and well-being of Native Americans						
<b>Target Population:</b>				<b>Number of People Reached:</b>	150 approximately		
Objective	Activities	Timeline Include Deadlines & Benchmarks	Progress	Staff	Long Term & Short Term Outcomes	Partnerships & Resources	Evaluation Tracking Measures
<p>TRIBE A has three objectives.</p> <p>The first is to increase our target population's consumption of fruits and vegetables by 30%.</p> <p>The second objective is to increase the time people spend exercising each week by 15%.</p> <p>The third objective is to increase people's subjective feeling of well-being by 10% associated with their increase in physical exercise and the consumption of fruits and vegetables.</p>	<p>TRIBE A will offer cooking/nutrition and exercise classes in addition to \$10 a week healthy fruit and vegetable vouchers. Participants will be encouraged to engage in both cooking/nutrition and exercise classes.</p> <p>The exercise classes will occur weekly; the cooking/nutrition classes will be offered monthly.</p>	<p>TRIBE A will begin to advertise its CAP services as soon as we are notified by CRIHB that we have received the ACORNS Phase II grant.</p>		<p>TRIBE A Behavioral Health (BH) and Outreach staff will facilitate the cooking/nutrition and exercise classes. TRIBE A staff will include: the BH Family Service Worker, BH Receptionist and an Outreach Department Community Health Resource person. The BH Director will administer</p>	<p>Short term outcomes will be assessed by self-report questionnaires given prior to (for baseline information) and during the ACORNS project. Long term outcomes will be evaluated 6 months after the completion of the cooking/nutrition and exercise classes. Outcome measures for physical exercise will document the number of hours and frequency of exercise sessions, and types of exercise</p>	<p>TRIBE A staff will partner with County Public Health, Safeway and a local gymnasium to implement this ACORNS project. TRIBE A will also partner with the [redacted] Tribe in renting their Community Room for cooking classes.</p>	<p>The TRIBE A is developing questionnaires to measure all three objectives. Exercise and cooking/nutrition class participants will be asked to complete a brief physical exercise, diet, and sense of well-being questionnaire prior to starting class to establish people's baseline. Follow-up self-report questionnaires will be administered in January, May, and September to track people's progress. If</p>
		All classes will begin December 1, 2015 after the class curricula have been completed.					
		TRIBE A will evaluate the success of its program after 6 weeks in mid-January, and then again in mid-May, and at the end of the program.					
		The classes will continue until September 30, 2016 to give TRIBE A time to complete the Final Report due October 15, 2016.					

# Site visit

- ▶ ACORNS program staff would like to make at least 1 site visit in the program year.
- ▶ The site visit is an opportunity for us to see your work in action and provide onsite technical assistance.



# CHANGE Tool Follow Up

- ▶ Subawardees are required to complete a CHANGE Tool Follow up which includes the About Your Community survey and all relevant sectors.
- ▶ The follow up will be released in May 2017.
  - Technical assistance will be provided.



# Training Survey

- ▶ Complete the training needs survey by December 16, 2017
- ▶ The results of this survey directly impact the webinars and trainings offered by ACORNS.





# Program Highlight

Priority Area: Physical Activity

# Increasing physical activity

- ▶ The physical environment where people live, work, and play is critical to increasing access to opportunities for physical activity and sense of community.
- ▶ There are many strategies that create environments that foster and promote increased physical activity.

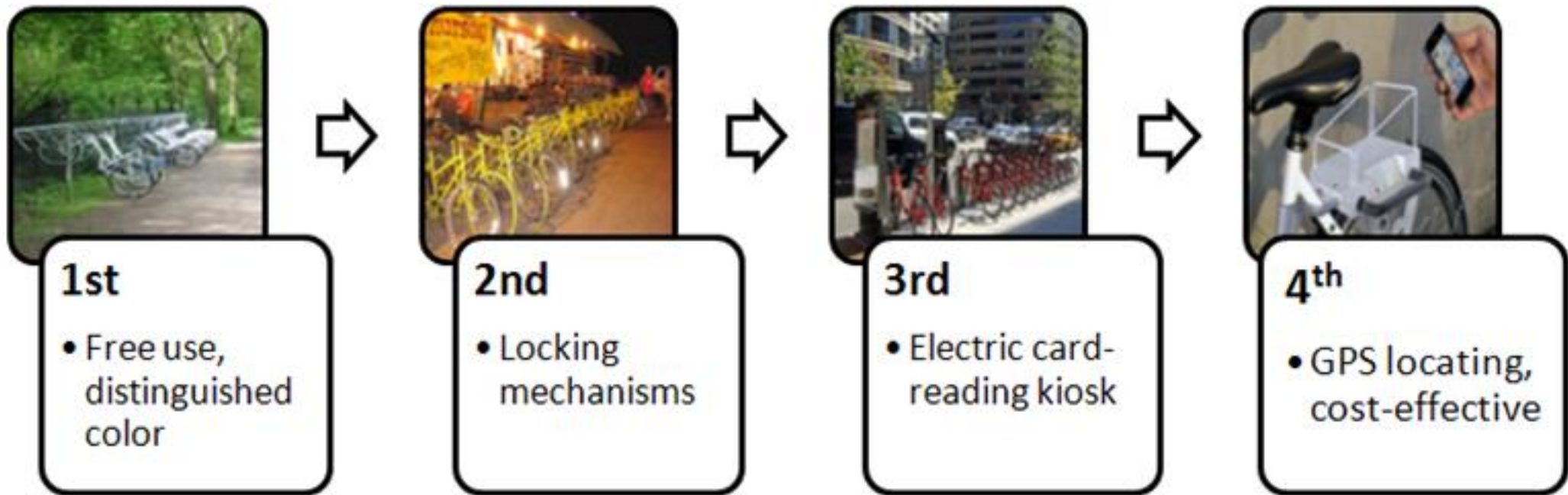


# Bike Share Program

- It is a transportation program, ideal for short distance point-to-point trips providing users the ability to pick up a bicycle at any self-serve bike station and return it to any bike location within the system's area.



# Bike Share Generations



# Steps to make it happen

- ▶ Draft a timeline that includes creation of a policy, purchasing bikes and other needed supplies
- ▶ Identify a location for the bikes and bike racks
- ▶ Identify staff to operate the program
- ▶ Ensure there is a plan for bicycle maintenance
- ▶ Identify service hours that are most convenient to the community
  - Create policies on late and no-return situations



# Additional things to consider

- ▶ Will you make helmets available? Required?
- ▶ What will work in your community? Who do you anticipate will use the bikes?
- ▶ Grand opening? How will you let the community know about the program?
- ▶ Branding the bikes so it is clear they belong to the bike share program.



# Environment

- ▶ Make bicycle available
- ▶ Ensure there are bikable pathways that are safe for community use (eg. Lights, maintenance etc).



# Big Pine Paiute Shoshone Tribe



# Bridgeport Indian Colony



# Thanks!

**ACORNS Website:**

[www.crihbacorns.org](http://www.crihbacorns.org)

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