



## **March of Dimes Chapter Community Grants Program**

### **2010 Request for Proposals Full Proposal Application Guidelines**

March of Dimes  
Iowa State Chapter  
425 2<sup>nd</sup> Street SE, Suite 605  
Cedar Rapids, IA 52401  
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[jphillips@marchofdimes.com](mailto:jphillips@marchofdimes.com)

## PURPOSE

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Founded in 1938, the March of Dimes funds programs of research, community services, education and advocacy to save babies.

Launched in 2003, the March of Dimes Prematurity Campaign is a multiyear, multimillion-dollar research, awareness and education campaign to help families have healthier babies. The campaign includes: 1.) funding research to find the causes of premature birth, 2.) educating women about risk reduction strategies, including the signs and symptoms of premature labor, 3.) providing support to families affected by prematurity, 4.) expanding access to health care coverage so that more women can get early and adequate prenatal care, 5.) helping health care providers learn ways to help reduce the risk of early delivery, and 6.) advocating for access to insurance to improve maternity care and infant health outcomes. For information about how your organization can become more involved with this campaign, contact the Iowa Chapter.

As part of this effort, the Iowa Chapter community grants program is designed to invest in priority projects that further the March of Dimes mission, support national campaign objectives, and further our strategic goal of reducing disparities in birth outcomes. Proposals will be accepted from organizations with the capacity, competence and experience to accomplish project goals and objectives.

The applicant must provide services in Iowa's geographic boundaries.

## ELIGIBILITY

In order to be eligible to receive a March of Dimes chapter grant, an organization must be an incorporated not-for-profit 501(c)(3) or for profit organization or government agency. **The March of Dimes does not award grants to individuals.** Applicants must disclose any conflict of interest due to representation by their organization on the chapter's Program Services Committee or the Chapter or Division Board of Directors.

## 2010 GRANT SCHEDULE

Letters of Intent due	September 14, 2009
Full Proposals due	November 9, 2009
Notification of awards	January 2010
Grant period	January 2010 - December 2010

**PLEASE NOTE: March of Dimes chapter community grants do not fund scientific research projects.** For information about research grants funded by the March of Dimes national office, please refer to the March of Dimes Web site at [marchofdimes.com](http://marchofdimes.com) or e-mail the Office of Research and Grants Administration at [researchgrants@marchofdimes.com](mailto:researchgrants@marchofdimes.com).

## FUNDING PERIOD

All chapter community grants are approved for one year only. Consideration of continued support in subsequent years requires resubmission of a proposal or planned activities for the next year, and is based on review of progress and expenditure reports, and the availability of funding. Grants may be renewed only twice for a total project time span of three years.

## FUNDING PRIORITY AREAS

All grant proposals must address the March of Dimes mission of improving the health of babies by preventing birth defects, premature birth and infant mortality. Priority will be given to projects that meet one or more of the following criteria: a) help reduce disparities in premature birth; b) are evidence-based; c) include measurable outcomes. Projects may focus on *consumers* and/or *health care providers*, unless specified below. The March of Dimes does not fund billable health care provider services.

1. Providing or enhancing **preconception health and health care** education and/or services. For a list of 14 specific risk areas, go to <http://www.marchofdimes.com/professionals/19695.asp>. For more information, see the National Preconception Curriculum and Resources Guide for Clinicians at [www.mombaby.org/beforeandbeyond/](http://www.mombaby.org/beforeandbeyond/)
2. Providing or enhancing **risk reduction** education and/or services for pregnant women. Risk reduction projects include, but are not limited to:
  - **Providing smoking cessation** services. Preference should be given to prenatal health education and information/referral services that utilize the "5 A's" counseling approach. For more information, go to [www.acog.org/from\\_home/departments/smoking/smokingslides.ppt](http://www.acog.org/from_home/departments/smoking/smokingslides.ppt)
  - Increasing health education and information/referral services available to pregnant women who use **alcohol or other drugs**.
  - Focusing on preterm birth **recurrence prevention** such as *health care provider* education about "17P" (17 $\alpha$  hydroxyprogesterone caproate) treatment for women who have had a previous singleton preterm birth).
  - Enhancing care through the **CenteringPregnancy®** model of group prenatal care. For more information, go to [www.centeringhealthcare.org](http://www.centeringhealthcare.org)
  - Focusing on quality improvement programs that address **late preterm birth** through systems that ensure compliance with ACOG guidelines regarding elective labor inductions and c-sections performed prior to 39 weeks.
3. Implementing disparity-related community programs that aim to decrease **racial and ethnic disparities** in birth outcomes. This may include March of Dimes programs like Stork's Nest®, Project Alpha and *Becoming a Mom/Comenzando bien®*.

## OUTCOMES

Reporting outcomes for your grant funded project does not have to be complicated. Outcomes are benefits to clients from participation in the program. Outcomes for March of Dimes projects are usually in terms of changes in knowledge, behavior or birth outcomes. Outcomes are often mistaken with program outputs or units of services such as the number of clients who went through a program. To measure outcomes, baseline data is needed for comparison with data collected during and after project implementation. **Proposals are expected to include at least one objective that seeks to change knowledge, behavior or birth outcomes. Proposals that meet this expectation will score higher in the review process.**

Information found on this website may help you identify an outcome objective for your project: [http://www.managementhelp.org/evaluatn/fnl\\_eval.htm](http://www.managementhelp.org/evaluatn/fnl_eval.htm). Here are some sample objectives to give you ideas for content and wording. Please notice the references to baseline data.

- *Intent to Change Behavior* - By December 2010, 80% of participants will agree to make at least one positive behavior change as a result of attending the prenatal classes as measured by client interviews. (Baseline will come from intake interviews.)
- *Behavior Change* - By December 2010, at least 50% of participants enrolled in the program will have improved eating habits by reporting increased intake of fruits/vegetables and water consumption as measured by client surveys. (Baseline will come from intake interviews.)
- *Behavior Change* - By December 2010, the number of women accessing adequate perinatal care (at least 13 prenatal visits beginning in the first trimester of pregnancy) at XYZ Health Center will increase from 125/year (baseline) to 150/year through the services of a Patient Navigator as measured by a review of client records.
- *Change in Birth Outcome* - By December 2010, decrease the percentage of preterm births among women enrolled in the project from 18% (baseline) to 16.5% as measured medical records review.
- *Behavior Change* - By December 2010, increase the percentage of pregnant women enrolled in the project who have a prenatal visit in the first trimester of pregnancy from 40% (baseline) to 50% as measured by medical records review.
- *Behavior Change* - By December 2010, 50% of program participants will demonstrate a decrease in stress as measured by pre/post-tests. (Baseline will come from pre-test results.)
- *Knowledge Change* - By December 2010, 60% of program participants will demonstrate an increase in the perinatal knowledge test as measured by pre/post-tests. (Baseline will come from pre-test results.)

## **APPLICATION INSTRUCTIONS**

Organizations interested in submitting an application that meets at least one of the listed funding priorities may apply for a grant between \$3,000 and \$25,000. Funds may be applied to support new or existing projects.

- Applications must be no longer than 12 double-spaced pages (excluding forms and attachments).
- Font size must be 12 point and margins must be at least 1 inch.
- All applications must include a Cover Sheet, Narrative (including Abstract), Budget Form and Objectives/Activities/Outcomes Form. The Narrative section must include the six required components, addressing each bullet listed. Application forms are attached.
- Attachments may be included; however, all information requested under each of the required components must be provided within the proposal narrative, observing page limitations.
- An original application and 8 copies must be received by the deadline date.
- Applications may not be faxed.
- Applications that exceed the maximum page limitation will not be reviewed.

**Applications must be received by 4:00PM on November 9, 2009. Late applications will not be accepted. Proposals should be sent to:**

Jessica Phillips, State Director of Program Services & Public Affairs  
March of Dimes Iowa Chapter  
425 2<sup>nd</sup> Street SE, Suite 605  
Cedar Rapids, IA 52401

If you have questions regarding the March of Dimes Iowa Chapter community grants application or need additional application forms, please contact Jessica Phillips, State Director of Program Services & Public Affairs, at (319) 247.5643 or [jphillips@marchofdimes.com](mailto:jphillips@marchofdimes.com).

### **Review and Announcement Information**

The Chapter's multi-disciplinary Program Services Committee will review the applications, and applicants will be notified in writing of their application's status in January, 2010.

## **GRANTEE REQUIREMENTS**

In order to receive grant funds, all grantees must sign the March of Dimes chapter grant agreement (copy attached). The inclusion of this agreement is non-binding, and intended only to highlight for potential grantees the basic terms and conditions under which they will be expected to operate should they be awarded a grant. Responsibilities include submission of two written progress and expenditure reports to the March of Dimes Iowa Chapter office. Grantees must also get written approval for any changes in project design or implementation, variance from the submitted budget or changes in staff overseeing the project.

## APPLICATION FORMAT

### I. COVER SHEET

Completely fill out attached Cover Sheet

### II. PROJECT NARRATIVE - Not to exceed 12 double-spaced pages total

#### A. Project Abstract - one (1) page

Provide a one-page summary of the project

#### B. Description - suggested length 3-4 pages

1. Which of the funding priorities is the project addressing? Do not alter wording of the priority area.
2. What needs or problems of the target population in your area would be addressed through this initiative?
3. How will the project have an impact on these needs or problems?
4. Who will be the primary beneficiaries of this project?
5. What is the capacity of the applicant to carry out the project (include agency's mission, key staff, clientele, and experience working with the primary participant group)?

#### C. Project Objectives, Activities & Outcomes - 3-4 pages, not including form

1. What planning activities will take place before project startup?
2. What are the measurable objectives (process and/or outcome) of the project? Include baseline data for all objectives.
3. What are the staff responsibilities?
4. What is the role of collaborating organizations (if applicable)?
5. Using the enclosed form, list the project's measurable objectives, methods/activities and outcomes.
6. For continuation funding, note progress made towards meeting objectives.

#### D. Evaluation Plan - suggested length 1-2 pages

1. What do you want to be able to decide about the project as a result of the evaluation?
2. What kinds of information and data are needed to make these decisions?
3. How will progress be monitored, and outcomes (process and/or outcome) be measured?
4. How, where and from whom will this information be gathered? Please include any evaluation tools you will use to capture participant information, evaluate progress, etc.
5. How will participant input be incorporated?
6. How will this information measure the outcome for project objectives?
7. Who will design and carry out the project evaluation? (If at all possible, have someone other than the program managers determine evaluation results.)

**E. Project Impact and Visibility** - suggested length < 1 page

1. How will the project make a difference in the lives of participants?
2. How will the project be announced to the community? In what ways will March of Dimes be visible?
3. How will the project results be shared?
4. Describe the potential for sustainability beyond the funding period through alternate sources of funding or a change in organizational systems or procedures that will sustain the project's impact.

**F. Budget**

Please complete the attached budget form, and provide written budget justifications to detail each item on the budget form. Please include the calculation(s) used to estimate costs.

**Allowable Costs Include:**

- Salary - grant funds may be used to cover salaries for project-related employees, but **cannot be used** to pay salary costs for employees who are **already** employed full time. Exceptions may be made in circumstances where a specified position is supported primarily by grant funds and the applicant can demonstrate that the requested funds would replace existing grant funds.
- Consultant fees
- Materials and supplies (e.g. office supplies, health-related materials, refreshments)
- Printing and travel that are reasonable and necessary for project implementation. March of Dimes funds will not pay for first class travel.
- Indirect costs are allowable for grants of \$25,000 or more only and **cannot exceed** 10% of total costs.

**Not Allowable Costs Include:**

These items should not be included in the grant budget request:

- Salary costs for staff who are already employed full-time by their organization (see exceptions above)
- Construction, alteration, maintenance of buildings or building space
- Dues for organizational membership in professional societies
- Tuition, conference fees or awards for individuals
- Billable services provided by physicians or other providers
- Permanent equipment (e.g. computers, video monitors, software printers, furniture) unless **essential** to project implementation and not available from other sources
- Educational materials from non-March of Dimes sources if comparable materials are available from the March of Dimes
- Indirect costs for grants under \$25,000
- Advertising materials and purchase of media time/space: Budget costs relating to these items may not be allowable depending on project specifics. Please consult with the chapter contact listed in this application regarding whether proposed items are allowable.

Please see the March of Dimes Policy on Child Care (February 2007) for recommendations regarding the provision of child care services for participants at trainings and/or workshops funded by chapter community grants.

### III. ATTACHMENTS - No Page Limit

1. In addition to the required attachments referenced above, please also include evidence of Institutional Review Board (IRB) submission as deemed appropriate.
2. Optional attachments may also be submitted, such as Letters of Support and other supporting materials relevant to the proposed project.

### APPLICATION SUBMISSION CHECKLIST

Please refer to the following checklist to ensure that your application submission is complete.

- Application is not longer than 12 double-spaced pages (excluding forms and attachments).
- Font size is 12 point and margins are at least 1 inch.
- Project narrative (including one page abstract) includes all required components and addresses all questions.
- Priority area is clearly marked on the Cover Sheet and project objectives and activities are tightly focused on the selected priority area.
- Proposal includes at least one outcome objective that seeks to change knowledge, behavior or birth outcome.
- Grant amount requested falls within the allowable range, and requested line items fall within allowable cost items.
- Budget totals have been checked for accuracy.
- Application includes all required attachments
  - Completed and signed Cover Sheet (indicate one primary priority area)
  - Completed and signed Budget Form
  - Completed Objectives, Activities & Outcomes Form
  - Documentation of IRB submission as deemed appropriate
- Application includes optional attachments as deemed relevant to the application.

- Submission includes 8 copies and has been sent to:  
Jessica Phillips, State Director of Program Services & Public Affairs  
March of Dimes Iowa Chapter  
425 2<sup>nd</sup> Street SE, Suite 605  
Cedar Rapids, IA 52401

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