

Interlake Health Promotion Project Fund

A small amount of funding is available from the Interlake Regional Health Authority to *community groups* who are interested in providing programs or activities that work towards decreasing specific chronic diseases (heart disease, cancer, diabetes, lung and kidney disease) and / or injuries in their community.

In order to receive funding a brief action plan is required. Please use the form that is attached. The action plan must show how the project will address at least one of the following factors related to chronic disease and / or injury prevention:

- Physical activity
- Healthy eating
- Smoking reduction
- Injury prevention

The following health promotion principles are important considerations in your project:

- The people or community groups who are planning and delivering the programs are working in partnership.
- The people who are most affected by the issue or problem are involved in the planning.
- There is equal opportunity for people to participate.
- The project includes an awareness/ educational component and / or the building of supportive environments - 'making the healthy choice the easy choice.'
- The project helps to build the community's ability to maintain the activities.

Funding allotments up to \$1,000 are available based on your project proposal activities and community's population. This fund will cover activities related to programs. It will not cover infrastructure. Please show the budget in the Resources column on the Action Plan.

Project proposals are to be sent to Interlake Health Promotion Working Group Attention: Judy McKinnon, Box 89, Teulon, MB R0C 3B0. There is a call for proposal submissions twice / year: **April 30th for summer/ fall activities and November 30th for winter / spring activities.**

If you would like to discuss your action plan or have assistance in completing your submission, please call Judy McKinnon, Health Promotion Coordinator at 886-4316.

Health Promotion Action Plan

Applicant (Cheque payable to): _____

Contact: _____

Address: _____

Phone _____ Fax _____ Email _____

Project Title _____

Project Goal _____

Issue(s) _____

Please answer the following questions if applicable to your project:

How you are working in partnership with groups and organizations in your project?

How are the people who are most affected by the issue or the problem involved in the planning of the project?

How accessible are the project activities to people in the community?

If there is no funding next year, how are you planning to maintain the activities?

Outcome – What do you want to happen as a result of your project?	Target population – Who will your project most affect?	Activities – List the specific activities that need to happen:	Responsibility - Who will do the activities?	Timeline – When will the activities be done?	Resources needed- What will the cost be?	Progress – How do you know you are making progress to the desired results?