



## Best Practices for Healthy Living Grant Applications

The Community Health Endowment (CHE) established the following best practices for healthy living programs. Use the narrative portions of your grant application and, in Stage II, your workplan to describe how the proposed program and your organization incorporate these practices.

- **Connection to Participant Priorities.**
  - How does the program relate to the current life situation of the proposed participants? How have you measured the interest of proposed participants?
- **Plan to Attract Participants.**
  - How will you attract or encourage individuals to participate in the program?
- **Sense of Community Among Participants.**
  - How will the participants develop a sense of community and accountability with one another and the program leaders during the program?
- **Behavior Change.**
  - What elements in the program will go beyond exposure and education and support long-term change in habits and behaviors?
- **Objective Assessment of Real Health Outcomes.**
  - What assessment activities of participants will take place before, during and after the program?
- **Focus on Long-Term Results.**
  - Describe how this healthy living program fits in with other programming offered by your organization.
- **Demonstrated Commitment to the Wellness of Your Organization's Staff.**
  - What healthy living or wellness programming does your organization currently offer to staff?
- **Demonstrated Commitment to Wellness Programming by Organizational Leadership.**
  - The signature of your organization's leader on the application verifies that your President, CEO or Executive Director and Board are committed to healthy living programming.