

PlanH Healthy Communities Grant Program

Application Guide for 2020 Grant Streams



CONTENTS

1. OVERVIEW	4
1.1 PROGRAM GOAL	4
1.2 APPLICANT ELIGIBILITY	4
1.3 GRANT STREAMS SUMMARY	5
2. BACKGROUND & CONTEXT	6
2.1 COMMUNITY HEALTH & WELL-BEING	6
2.2 HOW CAN LOCAL GOVERNMENTS CREATE HEALTHIER PLACES?	7
2.3 COMMUNITY CONNECTEDNESS STREAM (FORMERLY SOCIAL CONNECTEDNESS STREAM)	8
2.4 HEALTHY COMMUNITY ENGAGEMENT STREAM	9
3.0 APPLICATION DETAILS	10
3.1 FINDING THE APPLICATION	10
3.2 APPLICATION REVIEW	10
3.3 PROJECT LEARNING AND REFLECTION PROCESS	10
3.4 BUDGET	11
3.5 BCHC STAFF SUPPORT	12
4.0. CONTACT	13
APPENDIX A: SAMPLE BUDGET	14

SUPPORT FOR HEALTHY COMMUNITY PARTNERS

This is a step-by-step guide for completing your grant application for the PlanH Healthy Communities grant program.

Eligible applicants who are working in partnership with other sectors and who are interested in applying should read the application guidelines thoroughly.

Please note: This is not the application form. The following information is a guide only containing background information, grant criteria and an application details.

Please find a link to the online application at:

<https://planh.ca/grants>

OVERVIEW

1.1 PROGRAM GOAL

For 2020–2021, the PlanH Healthy Communities grant program is supporting projects in two distinct streams: **Community Connectedness (formerly Social Connectedness)** and **Healthy Community Engagement**.

Since 2011, PlanH has distributed over 180 grants to local governments across British Columbia. PlanH empowers local governments in B.C. to work with health authorities and other partners to collectively create equitable conditions for healthy people and healthy places.

BC Healthy Communities Society administers the Healthy Communities grant program on behalf of the PlanH program, and designs and delivers the accompanying supports. Working together with health authorities, the Union of BC Municipalities, and the Ministry of Health, PlanH supports the Province's health promotion strategy.

1.2 APPLICANT ELIGIBILITY

The following local government organizations **are eligible** to apply:

- Electoral Districts
- First Nations Bands
- First Nations Tribal Councils
- Métis Chartered Communities
- Municipalities
- Regional Districts
- Self-Governing First Nations

The following organizations **are not eligible** to apply as a primary applicant:

- Community Groups
- For-profit groups
- Health Authorities
- Hospital Foundations
- Individuals
- Non-profit Organizations
- School Districts

Ineligible organizations should contact eligible local government organizations to discuss collaborating on a project.

Applications must be complete and include a proposed budget and timeline. A Letter of Support from your regional health authority or FNHA is strongly recommended. Please contact grants@planh.ca or call 250-590-1845 with any questions.

Prior to completing an application, please ensure that you represent a local government, that you have read this application guide, and that your proposed activities are eligible for support.

1.3 GRANT STREAMS SUMMARY

	COMMUNITY CONNECTEDNESS (FORMERLY SOCIAL CONNECTEDNESS)	HEALTHY COMMUNITY ENGAGEMENT
OBJECTIVE	To enhance a sense of belonging within local community.	To equitably engage community in public participation processes.
MAXIMUM AMOUNT PER GRANT	\$5,000	\$15,000
NUMBER OF GRANTS AVAILABLE	15	5
APPLICATION DUE DATE	July 15, 2020	
ADJUDICATION PERIOD	Successful applications notified within 30 days	
EARLIEST PROJECT START	Fall 2020	
LATEST PROJECT END	Fall 2021	

The PlanH Healthy Communities grant program supports projects taking upstream action.

Thinking and acting upstream means working to prevent poor health outcomes rather than responding to them once they have already developed. An upstream focus addresses the social and structural determinants of health. Upstream interventions take place where we live, work and play, and tackle causes of poor health such as social status, racism and wealth inequality.¹

APPLICATION TIP

Focus on an upstream approach

Upstream interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential.

Downstream interventions and strategies focus on providing equitable access to care and services to mitigate the negative impacts of disadvantage on health.

1. National Collaborating Centre for Determinants of Health. http://nccdh.ca/images/uploads/Moving_Upstream_Final_En.pdf

2 BACKGROUND

What is a Healthy Community?

Healthy Communities recognize that the built, environmental, social and economic environments play a large role in determining health and well-being. These factors, called the social determinants of health, are outside of personal control and affect health in ways that dwarf the impact of individual choices.

Healthy Communities work to reduce the impact of social determinants of health on well-being by making it easier for people to lead healthy lives through community design, planning and health promotion.

2.1 COMMUNITY HEALTH & WELL-BEING

Health and well-being are fundamental to quality of life and prosperity in communities. In general, British Columbians are among the healthiest people in the world, but not everyone is able to enjoy equitable access to health.

We know it's not enough to encourage people to choose healthy behaviours if the social, economic and physical environments around them are not also designed to support health and well-being.

Evidence shows that between 60 and 75 per cent of factors that influence our health exist outside the healthcare system.¹ These influences—including transportation, availability of recreation options, supportive social networks, community design, and access to healthy food—exist in the communities where we live, work, learn and play.

APPLICATION TIP

Connect With Us

We strongly encourage you to contact us with any questions about the application process or your proposed project before the July 15, 2020 deadline.

Reach us at grants@planh.ca or call 250-590-1845.

1. Canadian Medical Association. Health Equity and the Social Determinants of Health: A Role for the Medical Profession. 2012. <https://policybase.cma.ca/en/viewer?file=%2fdocuments%2fPolicypdf%2fPD13-03.pdf#phrase=false>

2.2 HOW CAN LOCAL GOVERNMENTS CREATE HEALTHY COMMUNITIES?

The benefits of creating healthy communities extend beyond individuals to affect the greater community. These benefits can include increased physical activity, improved mental health, healthier diets, enhanced social cohesion and more.

Local governments can take action through:

PLANNING

Adopting strategic and land use planning practices that focus on promoting health through the design of healthier places.

POLICIES

Including health impact consideration in the objectives, goals, and strategies of official community plans, regional health and wellness plans, regional growth strategies, municipal plans and zoning by-laws.

PROGRAMS

Supporting and encouraging neighbourhood-level projects linked to a broader strategy for creating community health and well-being.

PARTNERSHIPS

Building partnerships with health authorities, school districts, academic institutions and community organizations to develop collaborative strategies to improve community health and well-being.

APPLICATION TIP

Demonstrate multi-sectoral partnerships

Applicants are encouraged to demonstrate collaboration with key community stakeholders and health authorities through letters of support or written partnership agreements.

2.3 COMMUNITY CONNECTEDNESS STREAM (\$5,000) (FORMERLY SOCIAL CONNECTEDNESS)

This stream is focused on supporting people to feel connected to one another. Social connectedness is the personal or subjective experience of feeling close to other people and having a sense of belonging within a community.¹ It is an essential human need, but loneliness, isolation and alienation are on the rise.²

Canadians with a strong sense of belonging to community are over twice as likely to report good health compared to those who have a weak or very weak sense of community.³

A connected community is a place where people know their neighbours, build relationships with others and contribute to the creation of social networks that last over time. This requires spaces and events for people to gather, create connections and get involved, even during public health emergencies calling for folks to be physically apart. Connected communities support strong citizen engagement.

Local governments play a role in fostering social connectedness by creating strong social environments that help all community members thrive.

Examples of potential projects addressing social connectedness include:

- Supporting design standards and policy for new developments to include spaces for public use and social interaction;
- Including social connectedness as a part of the goals, objectives, and strategies in an Official Community Plan;
- Developing community-level projects that incorporate training on culturally-appropriate gatherings to talk about mental health, addiction and well-being;
- Convening recreation and transportation providers to drive newcomer attendance to programs;
- Articulating partnership agreements between Indigenous and non-Indigenous communities that foster respect and mutual understanding.
- Addressing the mental, social and emotional dimensions of community resilience in the wake of public health emergencies such as COVID-19

1. "Connectedness & Health: The Science of Social Connection." Emma Seppala, PhD <https://emmaseppala.com/connect-thrive-infographic/>

2. "Growing old alone: The rise of social isolation as Canada ages." Derek Miedema. https://www.imfcanada.org/sites/default/files/Growing_Old_Alone_April_2014.pdf

3. "Community belonging and health." Nancy Ross. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2001003/article/6105-eng.pdf>



2.4 HEALTHY COMMUNITY ENGAGEMENT STREAM (\$15,000)

Community engagement is an evidence-based approach for improving health outcomes. Healthy community engagement is a process that equitably involves the public in creating sustainable decisions.

Equitable engagement includes less-heard-from voices, giving communities the ability to receive and address the needs of those who are disproportionately impacted by the social determinants of health¹.

Trust, transparency and collaboration are essential to healthy community engagement.² It strives to balance decision-making power between the public and government, allowing for residents to feel more ownership over decisions.

Communities that are engaged are economically, environmentally, and socially vibrant. Members of engaged communities are empowered to influence their health and well-being for the better.

Examples of potential healthy community engagement projects include:

- Incorporating stakeholder-led environmental audit tools to assess walkability/wheelability for persons with lived experience using mobility assistive devices;
- Scaling up public participation process to incorporate Indigenous and rural residents' voices in Sustainability Strategy planning;
- Strengthening a Public Engagement Policy using an equity lens and standardizing language guidelines;
- Developing a regional leader database and multi-sectoral coalition which meets regularly as part of a Healthy Community Engagement Strategy;
- Design of innovative “mythbusting” informational materials about housing challenges facing urban Indigenous populations to be used in engagements.

APPLICATION TIP

Incorporate Equity

Equity is the fair distribution of opportunities, power and resources to meet the needs of all people, regardless of age, ability, gender or backgroundⁱⁱ. Applying an equity lens means asking who will benefit from a policy, program, initiative or service, but also who may be excluded from the benefits and why.

ⁱⁱCity for All Women, '[Advancing Equity and Inclusion: A Guide for Municipalities](#)'.

1. "A Guide to Community Engagement Frameworks for Action on the Social Determinants of Health and Health Equity" National Collaborating Centre for Determinants of Health, 2013. http://nccdh.ca/images/uploads/Community_Engagement_EN_web.pdf

2. Tamarack Institute, *Community Engagement*. <http://www.tamarackcommunity.ca/communityengagement>

APPLICATION DETAILS

APPLICATION DEADLINE

Applications will be accepted until 12:00 p.m. Pacific Time on **July 15, 2020**. Applicants will automatically receive an email confirming the receipt of their application.

July 15, 2020

FUNDING DECISION NOTIFICATION

Successful applicants will receive notification **within 30 days of the application deadline**. Projects will start and finish between Fall 2020 and Fall 2021.

August 2020

3.1 FINDING THE APPLICATION

Please note: this is not the application form. The online application and budget template can be found at: <https://planh.ca/training-support/funding>.

3.2 APPLICATION REVIEW

Projects will be assessed on the eligibility of applicant and proposed expenses, and connection between project activities and objectives stated in this application guide. PlanH grants will not support work or projects that exploit any individual or groups.

Communities are encouraged to reach out to grants@planh.ca to learn about the grant-making process and decision criteria.

* The Community Connectedness stream was originally titled the Social Connectedness stream. This change was made in order to make space for local governments to address community connectedness and associated benefits in the wake of the COVID-19 pandemic. Applications received before the name change will be reviewed using the original application criteria.

3.3 PROJECT LEARNING AND REFLECTION PROCESS

Successful applicants will be asked to complete a baseline report, which indicates the goal(s) of the project, the activities to be performed, and how they will identify whether they have reached or made progress toward those goals.

A final report is required at the completion of the project to record lessons learned and reflections.

Our team is committed to incorporating culturally-safe practices into our evaluation approaches. We will strive to co-create relevant learning and reflection tools in partnership with communities whenever possible.

3.4 BUDGET

See Appendix A for a sample budget.

The following costs **are eligible**:

- Project staff/contractors (e.g. coordination, facilitation, partnership development and student-led research);
- Communications (e.g. promotional materials, printing and design);
- Local government and community partner expenses (e.g. venue, travel mileage, food, accommodation and child care) related to attending multi-sectoral partnership meetings and events;
- Data collection (e.g. asset mapping and environmental audits); and
- Capital costs (e.g. supplies/equipment) under 40% of the project budget.

The following costs **are not eligible**:

- × Expenses for activities that have already taken place;
- × Existing community programs, unless you are working to scale or expand proven impacts;
- × Expenses associated with improving or accessing ‘downstream’ health services (see Page 5 of this application guide for an explanation of ‘upstream’ and ‘downstream’);
- × Entertainment or personal expenses;
- × One-time events that are not part of a larger healthy community strategy (e.g. community dinners, festivals or community gardens);
- × Activities carried out by a single organization or sector; and,
- × Costs associated with equipment and other capital expenses over 40% of the project budget.

In addition, past PlanH grant recipients must have completed and fulfilled all past reporting requirements for all types of grant funds previously received.

3.5 BCHC STAFF SUPPORTS

The Healthy Communities grant program includes a cash award as well as in-kind support from BC Healthy Communities (BCHC) staff. Support could range from consultation by phone/email to face-to-face or in-community collaboration. BCHC's role in building community capacity may include (but is not limited to):

- Input on goal development and policy recommendations;
- Co-creation and analysis of evaluation and monitoring strategies;
- Research on a variety of topics areas ranging from processes (e.g. partnership development, data collection strategies) to content (e.g. housing, food systems, transportation planning, and revisions to official community plans or regional health and wellness plans);
- Development of community engagement processes, including planning, design, and facilitation;
- Connecting local governments to community-based organizations, other local governments and regional health authorities (e.g. introductions, convening meetings, bridge-building);
- Best practice and document review;
- Participation on advisory committees;
- Sharing resources developed by BC Healthy Communities and by other organizations in Canada and abroad;
- Online trainings and webinars (new trainings throughout the year as well as previous recordings);
- Planning and helping to facilitate larger events, including regional forums;
- Sharing and amplifying success stories.



4 CONTACT

Our team is available to support you during the application process. Please don't hesitate to contact:

Claire Sauvage-Mar | *Grants & Engagement Coordinator*
grants@planh.ca
250-590-1845

Emily Johnson | *Healthy Community Planner*
grants@planh.ca
250-590-1845

Questions? Please refer to the FAQs on the PlanH website: <https://planh.ca/FAQs>

The PlanH Healthy Communities grant program is administered by BC Healthy Communities Society on behalf of the PlanH program. PlanH, implemented by BC Healthy Communities Society, facilitates local government learning, partnership development and planning for healthier communities where we live, learn, work and play. Working together with health authorities, the Union of BC Municipalities, and the Ministry of Health, PlanH supports the Province's health promotion strategy.



Appendix A: Sample Budget - Healthy Community Engagement Stream

ITEM	DESCRIPTION	AMOUNT	PLANH CONTRIBUTION	OTHER SOURCES (CASH, IN-KIND)
COLLABORATIVE, MULTI-SECTORAL MEETINGS	VENUE, REFRESHMENTS	\$800	\$250	\$550
PROJECT COORDINATION (PART-TIME)	(10 MONTHS X \$400/MONTH)	\$4,000	\$2,000	\$2,000
COMMUNICATIONS & OUTREACH	ADS, INFORMATION KIOSK, ETC.	\$2,000	\$1,000	\$1,000
TRANSLATION SERVICES	TRANSLATION OF OUTREACH MATERIALS	\$750	\$400	\$350
SURVEY DATA COLLECTION	PRINTING, ANALYSIS, ETC.	\$750	\$350	\$400
ENGAGING PEOPLE WHO USE MOBILITY ASSISTIVE DEVICES	CONDUCT A STAKEHOLDER-LED TRANSPORTATION AUDIT	\$9,000	\$7,000	\$2,000
HONORARIA/TRAVEL SUPPORT FOR PARTICIPANTS	\$100 X 40 PARTICIPANTS	\$4,000	\$2,000	\$2,000
PROJECT HOTLINE	SET UP HOTLINE FOR PUBLIC TO ACCESS PRE-RECORDED PROJECT INFORMATION	\$3,000	\$2,000	\$1,000
HONORARIUMS FOR YOUTH VOLUNTEERS	\$100 X 10 VOLUNTEERS	\$1,000	\$0	\$1,000
TOTAL		\$25,300	\$15,000	\$10,300