



---

## Steps to a HealthierUS: Request for Applications (RFA) Summary

---

*Steps to a HealthierUS* is a bold new initiative from the U.S. Department of Health and Human Services (HHS) that advances President George W. Bush's *HealthierUS* goal of helping Americans live longer, better, and healthier lives. Realizing that small changes over time can yield dramatic results, the *Steps* initiative is committed to identifying and promoting programs that reduce the burden of disease and address the associated risk factors. The centerpiece of *Steps to a HealthierUS* is a five-year cooperative agreement program sponsored by HHS, acting through the Centers for Disease Control and Prevention (CDC), and combining the strengths and resources of all relevant HHS agencies and programs, to improve the lives of Americans through innovative and effective community-based chronic disease prevention and control programs.

### **Purpose**

The purpose of *Steps* is to enable communities to reduce the burden of chronic disease, including:

- Preventing diabetes among populations with pre-diabetes
- Increasing the likelihood that persons with undiagnosed diabetes are diagnosed
- Reducing complications of diabetes
- Preventing overweight and obesity
- Reducing overweight and obesity
- Reducing the complications of asthma

*Steps* will achieve these outcomes by:

- Improving nutrition
- Increasing physical activity
- Preventing tobacco use and exposure, targeting adults who are diabetic or who live with persons with asthma
- Increasing tobacco cessation, targeting adults who are diabetic or who live with persons with asthma
- Increasing access to and use of appropriate health care services by educating health care providers and consumers on quality health care standards, strategies, services, and resources
- Increasing effective self-management of chronic diseases and associated risk factors

### **Funding and Eligibility**

In FY 2003, \$15 million was allocated to *Steps*; approximately \$13,650,000 is available to begin to fund *Steps* projects. The following three entities are eligible and will be awarded accordingly:

- Local Health Departments, in collaboration with Local Education Agencies: \$9,000,000; 9 to 12 Large City and Urban Community applications
- State Health Departments in collaboration with State Education Agencies: \$4,400,000; up to 4 State-Coordinated Small City and Rural Community applications
- Tribes: \$250,000; one Tribal application

Tribes, large cities and urban communities may apply directly for *Steps* funds or may be included in a state-coordinated application; however, they may not do both.

## **Requirements**

*Steps* communities will be required to:

- Address all three priority conditions: diabetes, obesity, and asthma, as well as their risk factors through community and school based-interventions
- Reach all community members in the intervention area, with special efforts to address health disparities
- Build on current and prior HHS, state, and local programs, without duplicating existing programs
- Assess capacity and burden
- Establish an active community consortium and a *Steps* leadership program
- Develop a community action plan
- Monitor and evaluate the project
- Share information with other communities and programs
- Optimize resources and sustainability through partnerships and public-private collaboration

## **Community Interventions**

Steps grantees will engage community members in assessments, planning, delivery and evaluation to implement community interventions, including evidence-based public health strategies to:

- Improve strategic communication through media and information technology
- Develop supportive environments to sustain individual change efforts
- Provide social support and reinforcements to make healthy choices
- Improve access to and utilization of quality health care services

## **School Interventions**

School interventions will include evidence-based public health strategies to:

- Establish a full-time school health coordinator or council
- Provide adequate physical education for all students
- Implement professional development and staff wellness programs
- Ensure healthy choices wherever food and drinks are provided in schools
- Establish tobacco-free school environments

## **Limitations**

Funds cannot be used for direct patient care, diagnostic medical testing, patient rehabilitation, pharmaceutical purchases, facilities construction, research, or transportation.

## **Timeline**

- May 9: RFA posted to the Federal Register, [www.HealthierUS.gov](http://www.HealthierUS.gov)
- May 22: Pre-application workshop by satellite broadcast and Web cast, 1-3 pm EST [www.phppo.cdc.gov/phtn](http://www.phppo.cdc.gov/phtn)
- June 1: Letters of Intent due
- July 15: Applications due
- September 22: Awards made