

Funding Opportunity: Supporting Holistic, Culturally Responsive and Youth-Driven Physical Well-being

Funding Overview

The Supporting Holistic, Culturally Responsive and Youth-Driven Physical Well-being funding opportunity will support **high quality, high impact youth programs or projects** that advance physical well-being programming that is **holistic, culturally responsive** and **informed** or **driven by youth and their families**.

This funding opportunity will help to elevate the assets of youth and their families so they have the **agency** and **self-determination** to make decisions related to good physical well-being that pull from their cultural background and experiences.

We anticipate funding requests from youth-serving nonprofit organizations and schools that currently have or wish to provide age-appropriate physical well-being programming for children and youth in their communities.

There are two pathways organizations can receive funding:

Pathway 1: Scale

- Existing programming is already holistic, culturally responsive and informed/driven by youth and families. These existing programs are ready to scale, providing more access and opportunities for our priority populations.

Pathway 2: Capacity

- Programs that are holistic, culturally responsive and informed/driven by youth/families but need to build capacity. There is interest in deepening practice and expertise to develop more impactful programmatic opportunities that serve our priority populations.

Proposed program and/or projects must reflect the [Foundation's cornerstones](#). These outline who we serve, how our work is informed and our intent to create [health equity](#).

Have questions? We're here to talk through your ideas and encourage you to connect with us before applying for funding. If you're not already connected with a program officer, please reach out to us by [email](#) or phone at 303-953-3600.

Si necesita acceder la solicitud de fondos en español, por favor contáctenos a grants@coloradohealth.org.

Focus Area

Maintain Healthy Bodies

Grant Deadlines

Oct. 15, 2022

Feb. 15, 2023



June 15, 2023

Feb. 15, 2024

June 15, 2024

Criteria

To be considered for funding, organizations must meet the following criteria:

- Alignment with the [Foundation's cornerstones](#).
- Prioritize **holistic, culturally responsive programming driven by youth and their families**. (Varying levels of readiness.)
- Prioritize work **promoting youth's positive associations with physical activity** while developing self-efficacy skills toward *fitness and healthy eating*.
- Prioritize organizations that propose programming that takes an **integrated approach to both physical literacy and health education**.

Preference will be given to organizations with programs/projects that are:

- **Holistic:** Programming that leverages appropriate opportunities to address factors that create barriers to good physical health, such as:
 - *Confidence and self-efficacy*: This includes physical activity literacy, mentorship and skill-building.
 - *Psychosocial factors*: This includes work that builds positive associations with physical activity, nutrition and other factors addressing body image and self-esteem.
- **Culturally Responsive:** Programming must be inclusive of cultural identity, language and traditions while leveraging youth's strengths and building on the assets of the communities served.
- **Youth and Family Driven:** Programming must be deeply informed and driven by youth and can range from being youth-developed to creating spaces for robust youth and family input.

Preference will be given to organizations that prioritize youth living at the intersections of their identities and lived experiences. They include:

- Children and youth of color
- Girls and girls of color
- Children and youth living with physical and/or developmental disabilities
- LGBTQ+ children and youth

Definitions:

Agency: refers to one's independent capability or ability to act on one's will.

Culturally responsiveness: an approach to viewing culture and identity as assets, including a person's race, ethnicity or linguistic assets, among other characteristics.

Developmental disability: refers to a diverse group of chronic conditions due to mental or physical impairments that arise before adulthood.

Holistic: refers to the recognition of the whole person-physical, mental, emotional, social, intellectual and spiritual.



Psychosocial factors: refers to the influences of social factors on an individual's mental health and behavior.

Physical disability: refers to a condition that substantially limits one or more basic physical activities in life.

Physical health: refers to understanding how your body works and developing habits that enhance your body's ability to function. There are four components of physical health:

- Active lifestyle: being active throughout the day, not just when working out.
- Healthy diet: eating and drinking a balanced diet to fuel your body.
- Hygiene and disease prevention: keeping your body clean and free of disease by doing things like brushing your teeth, sleeping 8+ hours and drinking lots of water.
- Physical fitness: intentionally strengthening your physical body by working out.

This body of work focuses on two components of physical health:

- Physical literacy (active lifestyle and physical fitness): the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.
- Health education (healthy diet and nutrition awareness): the ability of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions.

Physical well-being: refers to the state of your physical body and how well it is operating.

Self-determination: refers to each person's ability to make choices and manage their own life.

Self-efficacy: refers to an individual's confidence in their ability to complete a task or achieve a goal.

Youth of color: Arab/Middle Eastern, Asian/Pacific Islander, Black/African American, Hispanic/Latinx, Indigenous/Native American and multiracial.

We often partner with third-party evaluators, contractors and other organizations over the course of our work with applicants and grantees. Your application and its attachments may be shared with these individuals or entities during the review process and grant cycle. All third-party organizations partnering with the Foundation have signed a confidentiality agreement and will not use or share the information for purposes outside of the scope of work specific to the grant application or grant award. If you have any concerns or would like additional information, please email grants@coloradohealth.org or call our senior director of Grantmaking Operations at 303-953-3600.

We encourage all applicants to [sign up](#) in our grants portal to confirm registration is complete at least a week in advance of submitting a grant application. Apply for funding by Oct. 15, 2022. Applications submitted in advance of deadlines (Feb. 15, June 15 and Oct. 15) are not reviewed until the deadline has passed.

