Supporting Holistic, Culturally Responsive & Youth-Driven Physical Well-being

A FUNDING OPPORTUNITY
Cornerstones of Our Work

THE PROMISES UPON WHICH OUR WORK IS BASED, AND THAT WE EXPECT FROM OUR PARTNERS

We serve Coloradans who have less power, privilege and income, and prioritize Coloradans of color.

We do everything with the intent of creating health equity.

We are informed by the community and those we exist to serve.
Funding Priorities

Maintain Healthy Bodies

Nurture Healthy Minds

Strengthen Community Health

Champion Health Equality

- Primary Care
- Child and Youth Physical Well-being

- Early Childhood Social-Emotional Development
- Youth and Young Adult Resiliency
- Adult Recovery

- Community Solutions
- Food Access and Security
- Affordable Housing

- Advocacy
- Capacity Building

Cross-Cutting Effort: Locally-Focused Work

The Colorado Health Foundation™
Priority: Child and Youth Physical Well-being

Support children to meaningfully and regularly engage in activities associated with good physical well-being in ways that carry across the lifespan.
The Funding Opportunity
Inequities to Address

**WHO IS – AND ISN’T – RECEIVING RESOURCES MATTERS**

- Asian students are least likely to be active, with 38.1% saying they met the five-day standard compared with 44.8% of Hispanic students and 48.9% of Black students. Conversely, white students and multiracial students are more likely to be active, 55.5% and 53.9%, respectively.

- **Boys (60%) are more likely to be active than girls (43%)** when reporting whether or not they have been active at least 60 minutes on five+ days per week.

- **Heterosexual youth are far more likely to be active (54%) than youth who identify as unsure (37%) or LGBTQ (30%)** when reporting whether or not they have been active at least 60 minutes on five+ days per week.

- Evidence suggests that **children living with disabilities are 4.5x’s less likely to engage in physical activity** compared to children without disabilities.
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**FUNDING OPPORTUNITY OVERVIEW**

This funding opportunity will support *high quality, high impact youth programs and initiatives* that advance physical well-being programming that is *holistic, culturally responsive* and *informed or driven by youth and their families.*
Funding Criteria

Communities must meet following criteria

• Alignment with the Foundation’s cornerstones.

• Prioritizes holistic, culturally responsive programming driven by youth and their families. (Varying levels of readiness.)

• Serves at least one of our priority populations.

• Prioritizes organizations that propose programming that takes an integrated approach to both physical literacy and health education.
Our Physical Health Focus

FUNDING FOCUSES ON TWO COMPONENTS

Physical Literacy (Active Lifestyle/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/Nutrition Awareness)

The ability of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions.
Priority Populations

- BIPOC Children and Youth
- Girls and Girls of Color
- Children & Youth with Developmental and/or Physical Disabilities
- LGBTQ+ Youth
Two Pathways of Funding

**Two Avenues for Receiving Support**

**CAPACITY**
- Programs that are holistic, culturally responsive and informed/driven by youth/families but desire to deepen their practice and expertise to develop more impactful programmatic opportunities that serve priority populations.

**SCALE**
- Existing programming that is already holistic, culturally responsive and informed/driven by youth and families, are ready to scale, providing more access and opportunities for prioritized populations.
Need-to-Know Grant Info

- **GRANT TERM LENGTH:** 2 years

- **GRANT AWARD RANGE:** $50K-$250K

- **GRANT DECISIONS:**
  - Mid-January
  - Mid-May
  - Mid-September

**GRANT DEADLINES:**
- October 2022
- February 2023
- June 2023
- February 2024
- June 2024
Questions?

Contact Us:
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Website Information:
https://coloradohealth.org/open-funding