

SpiritWalk Fund Guideline

SpiritWalk is a program of the Seattle Indian Health Board began in 1995 to improve the health and welfare of American Indians and Alaska Natives. Each year, the Native community comes together for the annual *SpiritWalk* walkathon to promote healthy lifestyles and raise funds to support Native programs in the Greater Puget Sound area.

SpiritWalk grants will be awarded, on a competitive basis to those non-profit organizations, groups, or individuals who commit to improving the health, education, and welfare of American Indians and Alaska Natives. Grants also support activities that represent positive expressions of Native culture.

Grants awards may range from \$100 to \$1000. Proposals are accepted at any time with awards announced within 2 weeks of the meeting at the end of each quarter: **July 1, Oct. 1, Jan. 1, Apr. 1.**

Program areas eligible for funding are:

Health Promotion, Disease Prevention, Education, Arts and Cultural Activities. Applications should explain clearly how their programs will support these concepts.

A valid Tax I.D. number and a completed W-9 are required for a successful application.

HEALTH PROMOTION AND DISEASE PREVENTION

SpiritWalk seeks to support health promotion and disease prevention activities that further the health of all members of the American Indian and Alaska Native culture community.

"Health promotion is the practice of helping people change their lifestyle to move toward a state of optimal health." Optimal health is defined as a balance of physical, emotional, social, spiritual and intellectual health. For many people, a lifestyle change is needed to improve their health condition. Lifestyle change can be facilitated through a combination of efforts to enhance awareness, change behavior, and create environments that support good health practices.

Health promotion and disease prevention activities often focus on the following key areas:

- Physical Activity
- Tobacco Use
- Responsible Sexual Behavior
- Injury and Violence
- Immunization
- Overweight and Obesity
- Substance Abuse
- Mental Health
- Environmental Quality
- Access to Health Care

We offer funding support to activities that better our community's knowledge, attitudes, behaviors, and lifestyle choices relative to the health promotion and disease prevention objectives identified above.

SpiritWalk will fund special events, programs, advertising, conferences, purchase of health promotion materials and other relevant activities that are administered by responsible persons and organizations.

EDUCATION

SpiritWalk seeks to support youth engagement programs that enhance the way young people learn by supporting efforts to promote early reading proficiency, expanding opportunities for experimental learning, and involving young people in addressing community needs.

SpiritWalk supports providing children with the foundational skills necessary to become successful readers. We support local efforts to enhance children's early language, cognitive, and reading development skills.

SpiritWalk support seeks to expand pre-school to 12th grade educational opportunities, such as tutoring, mentoring, and other programs that enhance academic skills and excellence. The successful grant seeker will submit proposals that impact the following areas:

- Increasing the numbers of children entering schools that are ready to learn and able to succeed.
- Encouraging young people to be excited about learning and inspired about their future.
- Involving children and youth in cultural activities and helping them to make positive contributions to the community.

ARTS AND CULTURAL ACTIVITIES

SpiritWalk supports cultural, visual, literary, and performing arts within the Native community and seeks to encourage its creativity and vitality. Our grants support a broad range of artistic expression through projects which preserve, produce, or present the traditional American Indian and Alaska Native culture.

SpiritWalk will fund special events, programs, advertising, conferences, and performing arts projects.

SpiritWalk will fund activities that promote the practice of Native traditions that reflect the Heritage of the groups involved.

SpiritWalk will limit the number of awards to any single organization or program to one per year.

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Spirit Walk Fund Applications may be downloaded from our website at: www.sihb.org.

Please send completed forms to:

Seattle Indian Health Board
Attn: Spirit Walk Fund Application
611-12th Avenue South
Seattle, WA 98114-2008

Or fax your application: (206) 324-8910

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