



VIRGINIA WALKABILITY ACTION INSTITUTE

2021 Team Application Overview

Thank you for your interest in the Virginia Walkability Action Institute (VWAI). The knowledge and skills gained through this team-based, participatory learning experience will benefit you not just as a professional and advocate for walking and walkability, but as an engaged and emerging leader within your community and the State of Virginia.

A. PURPOSE

Virginia Department of Health (VDH), in collaboration with the Centers for Disease Control and Prevention's (CDC) Preventive Health and Health Services Block Grant (PHHS) and Virginia's Arthritis Program Grant (CDC DP18-1803) seeks applications from Local Health Districts (LHDs) for competitive funding assistance that will support attendance and participation in the VWAI.

The primary goal of VWAI is to prepare local/regional multi-sector teams to pursue policy, systems, and environmental (PSE) changes and interventions to improve population health and reduce chronic disease risk and burden through increased access to physical activity, with a primary focus on walking and walkability. VWAI will include learning concepts that support equitable achievement of micro- and macro-level infrastructure strategies, in an effort to increase walking and walkability at the locality by bringing together teams with representation from public health, planning, and transportation sectors.

VWAI will be facilitated by a cadre of national and statewide faculty and will support the [Surgeon General's Call to Action on Walking and Walkability](#) and [Physical Activity Guidelines for Americans, 2nd Edition](#). Teams will be engaged through multiple methods (e.g., didactic, experiential, discussions, etc.) within a structured, team-based, and practical learning atmosphere. VDH will fund up to five (5) local/regional multi-sectoral teams of five (5) members. The VWAI will consist of in-person and distance learning modules, on-going technical assistance, and special project funding.

B. ELIGIBILITY

All teams must consist of a minimum of five (5) local/regional multi-sector professionals and community leaders. Each team must incorporate a public health representative from an LHD (who will serve as the team's primary point of contact) **and** at least one representative with knowledge/expertise in the field of transportation, preferably an engineer and/or planner. Inclusion of an appropriate local elected official on the team is recommended. Multiracial, gender, and age diverse

teams are highly encouraged. **Should a team enlist more than five (5) members, the team will be responsible for the associated travel expenses for additional team members for the in-person learning modules.** Teams will be selected through a competitive application process. Attached is a PDF version of the full application. You may also click [here](#) to complete the application online.

C. VWAI TIMELINE AND DESCRIPTION

Selected teams will participate in the VWAI opportunity for the time period of November 2020 (date of award announcement) through September 1, 2021 (date project ends).

Application Deadline:

Applications must be received by 11:59pm on Tuesday, October 20, 2020.

Interest Webinar:

Thursday, September 24th, 2020, 2:00-3:00pm

Register: <https://j.mp/3bBh9KG>

Award Notification:

Applicants will be notified no later than Tuesday, November 3rd.

Program-at-a-Glance

- November 19, 2020: Kick Off In-Person/Distance Full Day Meeting
 - December 2020-July 2021:
 - Two-hour distance learning modules 1st Thursday and 4th Thursday* of each month;
 - Technical Assistance/Office Hours: 2nd Thursday of each month;
 - August 9, 2021 and Tuesday, August 10, 2021: Final In-Person Meeting
- *Learning modules will be held in-person in April and June

Awards:

Team awardees will receive:

- an invitation to attend all VWAI in-person meetings, distance learning modules and technical assistance/office hours sessions;
- lodging at the VWAI host hotel for in-person sessions for up to five (5) members of each local/regional multi-sector team;
- reimbursement for travel expenses (e.g. mileage and per diem) for up to five (5) team members to attend in-person sessions based on federal per diem rates;
- access to walking and walkability tools and resources;
- access to on-going technical assistance during the VWAI; and
- special project funding.

Team awardees will be responsible for:

- attending and participating in all in-person meetings, distance learning modules, and technical assistance/office hours sessions;
- completing monthly homework assignments;

- developing an action plan that is locality-specific to improving walkability, and present to VWAI cohort and faculty;
- meeting with team members *outside of planned VWAI learning modules and office hours* to support development of an action plan; and
- utilizing special project funding to support walkability in targeted areas of the locality.

Examples of strategies the teams learn during VWAI:

- Development of a standing, regional-level interdisciplinary working group on walking and walkability to plan and execute these interventions;
- Execution of Memoranda of Understanding or comparable agreements that frame specific and detailed collaboration between local departments and agencies, as well as non-profits and advocacy groups, for the implementation of walkable environments and walking-oriented policies;
- Facilitation of local and/or regional walkability training sessions; e.g. develop one or more local action institutes for interdisciplinary regional or community walkability implementation teams;
- Development and dissemination of a model zoning ordinance that supports compact, mixed-use, walkable development for use by local communities;
- Implementation of Complete Streets (CS) policy, such as CS roadway design guidelines and performance measures (beyond Level of Service, such as vehicle miles traveled, trip length minimization, health impact assessment, health equity prioritization) for use by local departments of transportation (DOTs);
- Development and dissemination of market-based tools that support walking and walkability, such as market-based parking policies, congestion pricing, high occupancy and toll lanes; inclusionary zoning policies and incentives for private sector development; and workplace or community Transportation Demand Management policies;
- Development and implementation of prioritization and evaluation metrics for local biking and walking infrastructure projects;
- Development and implementation of a local pedestrian plan, trails plan, active transportation plan, transit plan, or similar with a focus on specific project and policy recommendations, timeline, and resources to enhance walking and walkability;
- Development and implementation of a technical assistance program for communities developing comprehensive plans; transportation, active transportation, and transit plans, to assure an appropriate focus on pedestrian and transit performance; and
- Coordination of transportation projects, priorities, and funding with state DOT, Metropolitan Planning Organizations (MPOs), and communities with a focus on maximizing pedestrian and transit support and performance.

D. WHO SHOULD APPLY

Teams from localities/regions that are encouraged to apply include those:

- with an established commitment to planning, through the adoption of, or commitment to adopt, an appropriate long-range planning document (e.g., growth policy, master plan, and transportation plan) in support of the community’s vision and overarching goals; and

- that have an established community health assessment (CHA), community health improvement plan (CHIP), or community health needs assessment (CHNA) that aligns with mitigating challenges surrounding walking and walkability ; and
- whose outcomes of participating in the VWAI will have the greatest potential for improving health outcomes such as areas with the [highest burden of obesity and chronic disease, low physical activity rates](#), and low [Health Opportunity Indices](#).

E. SELECTION PROCESS

This is a competitive application. Space is limited to five (5) local/regional multi-sector teams to attend this training opportunity. Only one application per jurisdiction will be accepted. Team applications will be scored and ranked based on responses to the items listed below:

- Description of current community opportunities and challenges related to building safer environments for walking and walkability (10 points)
- Description of the history of addressing the community issue(s) through partnerships and multi-sector collaborations (20 points)
- Description of how the VWAI will advances existing policies or planning documents adopted (30 points)

F. CONTACT INFORMATION

For questions or more information on VWAI, contact:

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Click [here](#) or copy and paste the link below to proceed to the VWAI application.

VWAI application: <https://j.mp/31OufAY>