

THE HYPE PROJECT

THE HYPE YPD PROJECT

REQUEST FOR PROPOSALS
2021

Can your YPD use **up to \$900** to work on
a service project? Are you looking for ways to
further **engage active and inactive youth** in your
church's ministry?

Apply by February 1!



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For the third year, Eat Smart Move More South Carolina (ESMMSC) and the 7th Episcopal District of the AME Church are partnering on The Healthy Young People Empowerment (HYPE) Project. This partnership allows the Young People's Division (YPD) youth teams to work on projects in their churches or communities that will increase access to healthy foods and/or physical activity.

What is the HYPE Project?

The HYPE Project is a curriculum-based program that motivates and engages youth in **policy, systems, and environmental (PSE)** change efforts. The HYPE Project helps youth become a greater voice in their communities by building their leadership skills related to advocacy, healthy eating, and active living. Youth are encouraged to use these skills to be lifelong champions of positive change.

Why healthy eating, active living, and PSE change?

Many people are chronically ill because they do not have access to healthy opportunities and choices. Communities across South Carolina want to change this reality but need help. ESMMSC supports communities by encouraging them to use PSE changes -- long-lasting changes to environments that make healthy choices practical, available, and equitable. By using a PSE approach, a significant impact can be made, often with little time and resources.

Why youth and AME Churches?

Youth are powerful influencers over the priorities and actions of decision-makers. Engaging youth in community change impacts youth themselves and develops their leadership roles. The faith community, especially Black churches, has a long history of meeting the needs of their congregations and communities. African Americans experience disparities in access to healthy and affordable foods and safe places for physical activity, which are key factors in reducing chronic disease. To address these disparities, YPD HYPE teams will assist their churches and communities by completing projects to increase access to healthy foods or safe places for physical activity.

What are the benefits of The HYPE Project?

For Communities/Churches:

- Potential to engage active and inactive youth in church outreach.
- Engage youth in advocacy.
- Look to youth as resources for community change.
- Engagement of youth to make positive health changes in the community.

For Youth Participants:

- Acquire basic knowledge and awareness of healthy eating and active living.
- Acquire new knowledge and skills that can help for future education and employment goals.
- Have fun.
- Meet new people and have opportunities to connect with peers on a statewide level.
- Develop personally and socially.
- Building meaningful relationship with adults.
- Connect to additional youth leadership opportunities.



Projects from past HYPE YPD teams

- Pine Grove AME Church (Richland County): The youth team successfully advocated for the following church policies: serving water as a beverage option at all church hosted events; including fruits and vegetables in all church hosted meals and/or snacks; and including physical activity time during church meetings. The team also planted a garden.
- St. Peter's AME Church (Colleton County): The youth team successfully advocated for healthy eating and active living messages to be included in the church bulletin and a marked walking path. The team also partnered with a local food bank to provide healthy food to a local apartment complex.
- Browns Chapel AME Church (Richland County): The youth team successfully revitalized a community basketball court and increased access to a safe place to play. They pulled weeds from fencing, swept and painted the basketball court, washed and repaired the court rules sign, and picked up trash.
- Oak Grove AME Church (Florence County): The youth team successfully completed several projects. They installed railings and safety signage at the church, created policies for healthy eating and active living, shared health info in church bulletins, and planted an herb garden.

Who is eligible to apply and how does it work?

This opportunity is open to any 7th Episcopal District of the AME Church with an active YPD. New and returning HYPE teams are encouraged to apply. Returning HYPE YPD Teams will receive a refresher workshop to help them prepare for HYPE YPD implementation. This workshop will cover key concepts and grant logistics.

New HYPE YPD Teams will attend a virtual HYPE YPD Kickoff training in March. During the training, they will receive the HYPE curriculum. Following the HYPE YPD Kickoff training, youth will continue to meet on a regular basis to plan and implement their identified project. The HYPE training objectives are:

1. Youth become engaged in a process of critical thinking that builds their awareness and interest in PSE change. Youth are encouraged to think beyond the individual level and consider the impacts of community and environmental influences on health.
2. Youth will build skills through use of culturally- and age-appropriate training to become effective champions for change. They will learn about healthy eating and active living, what it means to be a champion for change, and how to plan a HYPE project.

The lead adult advisor will receive a \$150 stipend at the completion of the project.

What are the application requirements?

- Commitment from church leadership.
- One adult advisor, who will complete a background check through the 7th District.
- Up to 20 youth participants, ages 12-17.
- Capabilities of meeting virtually to complete a HYPE project.
- Commit to completing the hybrid or fully virtual HYPE YPD training in March.
- Representation at the virtual Leadership Summit for Healthy Communities + Youth Edition May 12-13, 2021. The Youth Edition will be on May 13, 2021.
- Apply by February 1, 2021.



How do you apply?

Churches must apply online by February 1, 2021. The online grant application can be found at www.eatsmartmovemoresc.org/youth-engagement/the-hype-ypd-project/.

What's new due to COVID-19?

- Hybrid and virtual only training options.
- Churches should adhere to the 7th District AME Church guidelines for hosting meetings and events.
- If meeting in-person, follow CDC guidelines for social distancing, masks, handwashing, etc.

Where can I find more information?

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2019 HYPE YPD Teams

Ebenezer Zion AME (Orangeburg County)
St. Peter's AME (Colleton County)
Live Oak AME (Orangeburg County)
Brown Chapel AME (Richland County)
Pine Grove AME (Richland County)
St. Paul AME (Sumter County)
St. Michael AME (Georgetown County)
Oak Grove AME (Clarendon County)
Mt. Olive AME (Sumter County)
Historic Liberty Hill AME (Clarendon County)
St. Paul AME (Georgetown County)
Nazareth AME (Georgetown County)
Mt. Zion AME (Laurens County)
Friendship AME (Laurens County)

2020 HYPE YPD Teams

Mt. Pisgah AME (Dorchester County)
Brown Chapel AME (Richland County)
Pine Grove AME (Richland County)
St. Paul AME (Sumter County)
Oak Grove AME (Clarendon County)
Singleton AME (Georgetown County)
Bethany AME (Union County)
Mt. Zion AME (Greenwood County)
Thomas Chapel AME (Union County)

The HYPE Project Website: <http://eatsmartmovemoresc.org/our-work/youth-engagement/>



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Eat Smart Move More South Carolina
Seventh Episcopal District YPD

