

THE HYPE PROJECT

THE HYPE YPD PROJECT

REQUEST FOR PROPOSALS

Can your YPD use **up to \$1,000** to work on **a service project**? Are you looking for ways to further **engage active and inactive youth** in your church's ministry?

Apply now to become a HYPE YPD Youth Team!



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Request for Proposals

Eat Smart Move More South Carolina (ESMMSC) is partnering with the 7th Episcopal District of the AME Church on the Healthy Young People Empowerment (HYPE) Project. This partnership will allow up to 10 Young People's Division Youth Teams to work on projects in their churches or communities that will increase access to healthy foods or physical activity.

What is the HYPE Project?

In 2012, ESMMSC partnered with the University of South Carolina Arnold School of Public Health and South Carolina Department of Health and Environmental Control to create the HYPE Project.

The purpose of the HYPE Project is to motivate and engage youth in **policy, systems, and environmental (PSE)** obesity change efforts throughout South Carolina. The HYPE Project will build the skills of youth so that they can become a greater voice in their communities. The HYPE Project activities focus on healthy eating and active living; however, youth are encouraged to use the skills they learn to be lifelong champions of positive change.

Projects from past HYPE Teams

- Laurens County: Youth team advocated for a flashing light and crosswalk and revitalized a local ballfield.
- Kershaw County: Youth Team worked with their parks and rec concessions manager to offer a healthy meal deal and fruit smoothies.
- Orangeburg County: Youth Team improved local park and advocated for a tobacco free policy for public places, including parks.
- Anderson County: Youth Team cleaned a local park, added ADA compliant sidewalk, and added ADA-compliant play equipment.

Why obesity prevention and PSE change?

In South Carolina, 32.3% of adults and 32.9% of children are overweight or obese. Unfortunately, obesity leads to chronic diseases, which can be prevented by providing South Carolinians with equitable access to healthy foods and places to be active. Like obesity, chronic diseases have steadily increased over the past twenty years.

ESMMSC is addressing obesity by working with communities to make the healthy choice, the easy choice for all South Carolinians by encouraging our community partners to use a PSE approach. This sustainable approach focuses on modifying the environment to make healthy choices practical and available to all community members. By using a PSE approach, a significant impact can be made, often with little time and resources.

Why youth in AME Churches?

Youth voices can be powerful in influencing the priorities and actions of decision-makers, and engaging youth in community change impacts youth themselves and their future leadership roles. Partnering with youth through AME YPD'ers can be very impactful because the faith community has a long history of meeting the needs of their congregations and local communities, and this is especially true for Black churches.



Currently, African-Americans experience disparities in access to healthy and affordable foods and safe places for physical activity, which are key factors in reducing obesity. To help rectify such 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.

Who is eligible to apply?

This opportunity is open to any AME church in the 7th Episcopal District of the AME Church. A church must have an active YPD to apply.

How do you apply?

Churches may apply by completing the grant application online at www.eatsmartmovemore.org/youth-engagement/the-hype-ypd-project/.

How does it work?

Youth and adult advisors will attend a pre-conference training on **March 8** during the YPD Retreat in Columbia, SC. During the training, they will receive a shortened version of the HYPE curriculum that is outlined below. Members of ESMMSC's staff will facilitate the training session. Youth will leave the training with a PhotoVoice assignment that will help them identify their project. When youth return to their communities, they will continue to meet on a regular basis to plan and implement their identified project. The HYPE training objectives:

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 to consider the impacts of community and environmental influences on health.
2. Youth will build skills through use of culturally- and age-appropriate training so that they can be effective champions for change. They will learn about healthy eating/active living, what it means to be a champion for change, and how to plan a HYPE project.

What will a church need to apply?

- A Youth Team should have commitment from church leadership.
- A Youth Team must have one adult advisor, who will complete a background check through ESMMSC.
- A Youth Team must have 10-20 youth participants, typically HYPE youth are ages 12-17.
- Youth will need to be able to occasionally leave their site.
- Five youth and the adult advisor will need to commit to attending the HYPE Project training during the YPD Retreat on **March 8**.
- The Youth Team must have a space to meet while working on their project.
- Representatives from the HYPE Team are encouraged to attend the 7th Annual Youth Summit on **July 12** in Columbia, SC.

What are the benefits?

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.

What technical assistance can I request?

Additional training for youth and adult advisors related to any of the topics covered in the curriculum guide.

Where can I find more information?

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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

