



# Paths to Black Health (PBH) Work Plan Example

African American Health Special Emphasis Grant Program

## Instructions

Complete the work plan template below based on your proposed objectives, outcomes, and activities from the grant start date through June 30, 2025 (funded grantees will develop a separate workplan for the last two years of the grant later). Add and delete headings, rows and tables as needed to align with your project. Please note that any position listed in the grant budget must also be listed in this workplan under the column “Lead Person and Support Staff” to show how they will contribute to the grant work.

## Applicant Information

Organization: Good Work Organization

Project Name: Diabetes Prevention Initiative

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**Total number of unduplicated participants to be served (from grant start – June 2025): 440**

**Other relevant unjust systems that create interconnected layers of disadvantage and inequity addressed by your activities: (optional). Underline as many as apply:**

Ableism

Homophobia

Transphobia

Classism

Sexism

Other, specify \_\_\_\_\_

## Work Plan

**OBJECTIVE 1:** By June 30, 2025, 75% of program participants with diabetes will improve their health status.

**OUTCOME 1:** Participant AC-1 levels are lower or BMI is lowered from baseline values.

ACTIVITY	LEAD PERSON & SUPPORT STAFF <i>(TITLES ONLY - NO NAMES)</i>	PARTNERS INVOLVED	TIMELINE	ACTIVITY OUTPUT	ESTIMATED NUMBER SERVED
Activity 1: Recruit and train community members to serve as workshop leaders and lifestyle coaches who represent African American communities	<ol style="list-style-type: none"> <li>1. Diabetes Educator</li> <li>2. Diabetes Lifestyle Coach</li> <li>3. Fitness Instructor</li> <li>4. 4. social media and Graphic Design services contractor</li> </ol>	XYZ Clinics CHW Nonprofit Minnesota Community Health Workers' Alliance	April 2024 – June 30, 2024	All Diabetes Educators will undergo comprehensive training on the Living Well with Diabetes and [XYZ] programs, ensuring a well-equipped team for program implementation.	<b>N/A</b>
Activity 2: Organize and host Living Well with Diabetes workshops in accessible community locations	<ol style="list-style-type: none"> <li>1. Diabetes Educator</li> <li>2. Diabetes Lifestyle Coach</li> </ol>	Serenity Senior Center Hope High Rise Oxford Community Center Middleton Fitness Center	July 2024 – June 30, 2025	Conduct 4 quarters of the Living Well with Diabetes program annually, with <b>25</b> participants enrolled per quarter and a targeted 75% program completion rate. <b>(25 x 4 quarters x .75 =75 participants)</b>	<b>75</b>

**OBJECTIVE 2:** By June 30, 2025, 75 percent of program participants will see reductions in the level of risk factors that can lead to diabetes and its complications.

**OUTCOME 2:** Through pre/post survey participants report decrease in at least three risk factors for diabetes.

ACTIVITY	LEAD PERSON & SUPPORT STAFF <i>(TITLES ONLY - NO NAMES)</i>	PARTNERS INVOLVED	TIMELINE	ACTIVITY OUTPUT	ESTIMATED NUMBER SERVED
Activity 1: Implement the I CAN Prevent Diabetes Program (ICANPD) tailored to US born African American communities	<ol style="list-style-type: none"> <li>Diabetes Educator</li> <li>Fitness Instructor</li> </ol>	University of Minnesota Extension (Family Development-Health & Nutrition)	July 2024 – June 30, 2025	Recruit 10 African American participants in each 6-month quarter, aiming for a 75% completion rate. This will result in 15 participants successfully completing the ICANPD program after 16 initial sessions, six follow-up sessions, and the compilation of pre-post test results. (2 quarters x 10 participants = <b>20</b> ) ( <b>20</b> persons x .75 = <b>15</b> participants completed)	<b>15</b>
Activity 2: Hold Family Health Nights focused on diabetes in community settings	<ol style="list-style-type: none"> <li>Diabetes Educator</li> <li>Diabetes Lifestyle Coach</li> <li>Fitness Instructor</li> <li>Social media and graphic design services contractor</li> </ol>	ABC community space, DEF community space, GHI community space	July 2024 – June 2025	Host 4 quarterly events at each of the 3 partner sites, 25 participants per event. Collect feedback through community surveys and conversations to inform future diabetes education programming and resource allocation. (3 sites x 25 participants x 4 quarters = <b>300</b> total participants)	<b>300</b>

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**OBJECTIVE 3:** By June 30, 2025, 75 percent of participants visit the community garden at least 5 times.

**OUTCOME 3:** Increase consumption of nutritious foods self-reported by a pre/post survey.

ACTIVITY	LEAD PERSON & SUPPORT STAFF <i>(TITLES ONLY - NO NAMES)</i>	PARTNERS INVOLVED	TIMELINE	ACTIVITY OUTPUT	ESTIMATED NUMBER SERVED
Activity 1: Join local [XYZ] coalition efforts to increase access to fresh fruits and vegetables within food deserts for US born African American communities focused on the [ABC] ZIP codes.	<ol style="list-style-type: none"> <li>1. Diabetes Educator</li> <li>2. Diabetes Lifestyle Coach</li> <li>3. Social media and graphic design services contractor</li> </ol>	Appetite for Change Minnesota Hunger Initiative Minnesota Farmers Market Association Local culturally based farmers associations	May 2024 – June 2025	Increase the representation and contributions of 10 US-born African American community members in the coalition. Share regular updates through our agency’s website (four postings per year) and monthly [DEF] Community Roundtables to engage community members, decision-makers, and gather input.	<b>10</b>
Activity 2: Collaborate with Community Garden partners to increase access to fresh fruits and vegetables in food deserts for US born African American communities in convenient community settings.	<ol style="list-style-type: none"> <li>1. Diabetes Educator</li> <li>2. Diabetes Lifestyle Coach</li> <li>3. Social media and graphic design services contractor</li> </ol>	Do It Green! Minnesota Community Gardens Collaborative, Twin Cities	May 2024 – June 2025	Establish partnerships with 4 new schools to participate in community garden projects. Engage 10 students per school, involving a total of 40 high school and college-age students in service-learning projects focused on community gardens and improving access to healthy foods in the community.	<b>40</b>