



Robert Wood Johnson Foundation

Active Living Research



Call for Proposals—Round 9

Proposal Deadline

April 28, 2009

Program Overview

(Please refer to specific sections for complete detail.)

Purpose

Active Living Research is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research to inform policy and environmental strategies for increasing physical activity among children and adolescents, decreasing their sedentary behaviors and preventing obesity. A special emphasis is placed on research focused on racial/ethnic populations and children living in low-income communities who are at highest risk for obesity. Findings will advance RWJF's efforts to reverse the childhood obesity epidemic by 2015.

This call for proposals (CFP) focuses on six topics described in detail beginning on page 5.

Eligibility Criteria (page 16)

Preference will be given to applicants that are either public entities or nonprofit organizations that are tax-exempt under Section 501(c)(3) of the Internal Revenue Code. Applicant organizations must be based in the United States or its territories at the time of application. The focus of this program is the United States; studies in other countries will be considered only to the extent that they may directly inform U.S. policy.

Selection Criteria (page 16)

Complete selection criteria can be found on page 16.

Total Awards

Approximately \$3.3 million will be awarded for research grants exploring six topics, as well as Dissertation Awards. The anticipated allocation of funds is described on pages 5 and 15.

Key Dates and Deadlines (page 23)

- **April 28, 2009 (1 p.m. PT)**—Deadline for receipt of full proposals.
- **September 2009**—Finalists notified.
- **December 2009**—Funding initiated.

How to Apply (page 20)

All proposals must be submitted through the RWJF Grantmaking Online system.

Please direct inquiries to:

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www.activelivingresearch.org

Background

Childhood obesity poses a serious threat to our nation's health, health care system and economy. In the U.S., the obesity rate is more than four times higher among children ages 6 to 11 than it was a generation ago. During that same period, the rate has more than tripled among adolescents ages 12 to 19, and more than doubled among children ages 2 to 5. Today, nearly one-third of U.S. children and adolescents are either overweight or obese, placing them at increased risk for heart disease, type 2 diabetes and other health problems.

Social and environmental changes over the past few decades have resulted in less physical activity in children's daily routines. For instance, there has been a decrease in children's access to safe places to walk, bike and play. Fewer than 4 percent of elementary schools offer daily physical education, and there has been a significant decrease in the number of children who walk or bike to school. In addition, children are spending more sedentary time using electronic media, such as television, computer games and the Internet. As a result, few children and adolescents get the 60 minutes of moderate-to-vigorous physical activity per day recommended by the Centers for Disease Control and Prevention for healthy growth and development.

There also is growing evidence showing that environmental inequities underlie the pronounced socioeconomic disparities in youth physical activity levels. For example, children living in low-income communities often have limited access to public recreation facilities and to quality school-based physical education, and their parents are more likely to cite fear of crime as a reason to keep them indoors.

At the same time, changes in children's food environments have increased the availability, appeal, affordability and consumption of foods and beverages that are low in nutrients but high in fat and calories. Together, the lack of physical activity and unhealthy

eating patterns create an energy imbalance that leads to unhealthy weight gain. Research that analyzes the impact of interventions aimed at increasing children's physical activity levels and monitors energy expenditure is needed to inform policy and environmental strategies recommended by the Institute of Medicine, U.S. Surgeon General, and others for preventing childhood obesity.

The Robert Wood Johnson Foundation (RWJF) is committed to tackling childhood obesity and the threat it poses to the health of our nation's children and families. The Foundation's goal is to reverse the epidemic of childhood obesity by 2015 by promoting physical activity and healthy eating in schools and communities throughout the United States. RWJF places special emphasis on reaching children and youth ages 3 to 18 who are at greatest risk for obesity: African-American, Latino, Native American and Asian/Pacific Islander children, and children living in under-resourced and low-income communities.

The Program

Active Living Research is a five-year, \$15.4-million RWJF national program. Its goals are to:

- establish a strong research base regarding policy and environmental factors that influence physical activity and healthy weight status in children, as well as effective policy and environmental strategies for reversing the childhood obesity epidemic;
- build a vibrant, multidisciplinary field of research and a diverse network of researchers; and
- ensure that findings are effectively communicated to inform policy debates and guide the development of effective solutions.

Research Topics

Approximately \$3.3 million is available in this round of funding. Proposed studies must address one of the topics identified below. Target populations include children and adolescents ages 3 to 18, especially those who are at greatest risk for obesity, including racial/ethnic populations and children living in under-resourced and low-income communities.

Topic 1—Evaluations of policy or environmental interventions and strategies for increasing physical activity and/or reducing sedentary behaviors among youth.

(Four 12- to 36-month awards of up to \$400,000 each)

Topic 2—Studies of the economic determinants and/or impacts of environments and policies that affect youth physical activity or sedentary behaviors.

(Five 12- to 24-month awards of up to \$100,000 each)

Topic 3—Analyses of macro-level policies and environmental change strategies with strong potential to increase physical activity and/or reduce sedentary behaviors among youth.

(Five 12- to 24-month awards of up to \$50,000 each)

Topic 4—Pooled analyses of associations between the built environment and physical activity or the built environment and obesity.

(Two 12- to 24-month awards of up to \$100,000 each)

Topic 5—Measurement development and evaluation.

(Five 12- to 18-month awards of up to \$50,000 each)

Topic 6—Health impact assessments.

(Four 12-month awards of up to \$100,000 each)

Detailed descriptions for each topic are provided below, including examples of studies. Studies need not be limited to these examples. We rely on the expertise and creativity of researchers to generate the best ideas for policy-relevant studies.

***Topic 1**—Evaluations of policy or environmental interventions and strategies for increasing physical activity and/or reducing sedentary behaviors among youth.*

State and local governments, school districts and private youth-serving organizations are planning or implementing a wide variety of policies and interventions aimed at preventing obesity and/or increasing opportunities for physical activity. Yet few of these policies or interventions have been systematically evaluated.

Most environmental and policy interventions target specific places where young people live, play, study and travel. Settings of particular interest include before- and after-school programs, schools, pre-schools, public recreation environments, playgrounds in any setting, neighborhoods, transportation systems and homes. Multicomponent or multilevel interventions are eligible for evaluation under this topic.

Interventions can target behavior change in youth only, or they can aim to alter physical activity or sedentary behavior among children and families. Primary outcomes must be measured in youth, and economic evaluations of interventions are encouraged.

Interventions limited to educational or physical activity programs delivered to individuals are of low priority unless the intervention being evaluated is designed to change “upstream” policies that would lead to widespread adoption of evidence-based programs.

Examples of possible study topics include:

- evaluations of the implementation of state and local policies limiting sedentary behaviors (e.g., television watching) in pre-school and day-care settings, and identification of key implementation drivers and barriers;
- comparative studies of state or local policies mandating specific amounts of physical activity as part of school physical education and recess, preferably comparing costs across policies;
- evaluations of significant built environment changes on children’s, adolescents’ or families’ physical activity levels, energy expenditure or weight status;
- studies of changes in physical activity among children whose families relocate to neighborhoods with varying walkability, aesthetics or access to recreation facilities; and
- studies of multilevel physical activity interventions to assess the independent or combined effects of park renovations and community policing to increase use of parks by children and families for physical activity; or physical improvements and educational programs to promote active transportation to school.

***Topic 2**—Studies of the economic determinants and/or impacts of environments and policies that affect youth physical activity or sedentary behaviors.*

Economic studies should be designed to produce results that can educate policy-makers about the importance of increasing physical activity, decreasing sedentary behaviors or reducing risk of obesity among youth, especially those from high-risk populations. Studies of policies that can explain or potentially

reduce racial/ethnic and socioeconomic disparities in physical activity or access to activity-friendly environments will be favored. Proposals should identify specific policies that could be informed by the study. Economic outcomes can be broadly defined. Studies that can inform state and federal transportation goals and funding priorities are strongly encouraged.

Examples of possible study topics include:

- return on investment of pedestrian and bicycling facilities, considering transportation, health and energy outcomes;
- cost-benefit analysis of a bike commuter tax incentive, compared with transit and ride-sharing programs;
- cost-benefit studies evaluating the economic impacts of changes in physical activity environments or policies;
- studies of the perceived economic value of living near parks and trails, mixed-use zoning, traffic calming, sidewalks or bike lanes or aesthetic enhancements (often referred to as hedonic pricing or contingent valuation studies); and
- cost impacts and cost-effectiveness analysis of current or proposed policies to increase levels of youth physical activity in pre-school/school environments.

Topic 3—Analyses of macro-level policies and environmental change strategies with strong potential to increase physical activity and/or reduce sedentary behaviors among youth.

Macro-level “upstream” policy and environmental factors work at the highest levels of influence and have impact at multiple levels (e.g., state, community, school, home). Examples of macro-level policies include transportation and land-use policies, crime control practices, traffic safety investments, school financing, preschool licensing criteria, Head Start, and school wellness policies at the federal and state levels. Regulation and market forces can represent potentially powerful levers for increasing physical

activity, such as community economic development practices, lending practices, affordable housing incentives, requirements for developers to provide infrastructure like sidewalks and parks, child-care funding, minimum wage standards, and funding and fee structures for after-school programs.

Proposals should clearly describe the nature of the policy and its relevance to youth physical activity. Studies may address projected effects of policy adoption, evaluate options to enhance implementation or enforcement of policies, or collect data that could affect the decision-making process.

Examples of possible study topics include:

- analysis of policies proposed to prevent gentrification or displacement of low-income residents when neighborhood walkability or park access is improved;
- analysis of community policing to enhance security and promote physical activity in low-income communities;
- statistical simulations of the health and economic impacts of Safe Routes to Schools projects;
- analysis of the macro-level determinants, barriers and facilitators of adopting and implementing regulations and legislation requiring physical activity in school, after-school or day-care settings; and
- analysis of the impact of increased school-day physical activity on academic achievement.

Topic 4—Pooled analyses of associations between the built environment and physical activity or the built environment and obesity.

Many studies have documented associations of such built environment variables as walkability and proximity to recreation facilities with physical activity. Most of these studies have been conducted in one geographic region with insufficient sample sizes to evaluate generalizability of results across population subgroups. By combining datasets that

used common measures, it is possible to examine the extent to which built environment–physical activity or built environment–obesity associations generalize across regions and population subgroups defined by age, sex, race/ethnicity and socioeconomic status.

Results of pooled analyses could be used to inform a variety of policies. For example, LEED-ND (Leadership in Energy and Environmental Design-Neighborhood Design) certification standards incorporate many built environment variables shown to be related to physical activity. Dose-response or elasticity analyses could be used to provide more evidence-based standards for future editions of LEED-ND, development regulations, zoning ordinances or park standards.

Applicants for this topic should propose pooled analyses of a minimum of three datasets that used common or comparable measures of built environments and physical activity. Depending on the data available, studies can address the generalizability or dose-response study questions or both. Access to multiple datasets must be assured, and common or comparable measures must be identified.

Examples of possible topics include:

- comparison of built environment–physical activity or built environment–obesity associations across important population subgroups, including youth vs. adults, low- vs. middle/high-income, non-Hispanic white vs. specific racial-ethnic groups at high risk for obesity;
- “dose-response” analysis of physical activity with specific components of walkability and related variables, such as characteristics of the pedestrian/cycling infrastructure and the presence of trees between sidewalks and streets. Built environment attributes should be reported in units that facilitate use by planners, designers and policy-makers (e.g., in absolute units rather than relative scales);

- dose-response analysis of proximity to recreation facilities, characteristics of facilities (e.g., physical attributes, programs, costs, amenities), and size of parks to physical activity and/or obesity; and
- interactions of built environment, social environment and psychosocial variables as they relate to physical activity, sedentary behaviors and obesity.

Topic 5—Measurement development and evaluation.

Measurement of built environments has advanced rapidly in the past few years, but progress in the active living research field depends on continual improvements in measurement methods. Active Living Research’s focus on preventing childhood obesity in high-risk groups highlights the need for measures that are well suited for these populations. In many cases it will be possible to modify existing validated measures to improve relevance to priority groups, and this approach is preferred because of the need to use common measures as much as possible. Gaps in availability of measures are now apparent, such as the lack of validated self-report measures of park and playground characteristics, as well as general lack of development of measures of physical activity-related policies. Practitioners in a variety of professions, community organizations, advocacy groups and policy-makers are interested in using measures of built and social environments in their work, but most measures to date require too much time and effort to be practical. Thus, having brief but validated built environment measures designed for practitioners could speed the translation of research into practice and policy.

Examples of possible topics include:

- perceived measures of crime and strategies for managing risk and fear that are relevant to youth physical activity and use of physical activity environments;
- measures of local, state or federal policies relevant to physical activity and sedentary behaviors;

- adaptation of existing built environment or social environment measures to tailor them to the needs of youth and specific cultural and socioeconomic status groups;
- evaluation of observational measures of neighborhood attributes, parks, playgrounds and trails designed for use by practitioners or community groups; and
- self-report measures of park and playground characteristics and use.

Topic 6—Health impact assessments.

A health impact assessment (HIA) evaluates a policy, program or project for its potential effects on the health of a population and the distribution of those effects within the population. HIA is intended to produce a set of evidence-based recommendations to inform decision-making.

Decisions likely to affect physical activity levels are made in many sectors of society, but it is rare for the decision-makers to consider physical activity outcomes. For example, there is evidence that decisions in the fields of land use, transportation, education, recreation, entertainment and architecture can affect physical activity levels and sedentary behaviors. HIAs should include physical activity or sedentary behavior outcomes, especially those from groups at high risk for obesity, but applicants are encouraged to include additional health-related outcomes, such as BMI, injuries, estimated disease rates, mental health, medical costs and quality of life.

Examples of HIAs and training programs are available at www.activelivingresearch.org/files/CFP9_HIA_Resources.pdf.

Examples of possible study topics include:

- estimation of physical activity levels and other health effects of proposed transportation projects, such as a new light rail system, new freeway construction, demolition of an urban freeway or construction of a trail network;
- estimation of physical activity levels and other health effects of alternative approaches to land use. For example, “new urban” vs. “suburban” approaches to greenfield development and zoning changes to encourage mixed land use;
- estimation of physical activity levels and other health effects of school siting and construction policies that support walking or biking to school; and
- estimation of physical activity levels and other health effects of policies to increase access to parks and physical activity programming among children living in low-income communities.

Overall Study Guidelines for All Research Topics

- For intervention studies, youth physical activity outcomes should be measured objectively. Active Living Research encourages supplemental survey- or observation-based measures of specific components or domains of physical activity or sedentary behaviors, such as walking or biking to school, physical activity in parks or at school, physical activity for leisure, sedentary time or screen time.
- Active Living Research also encourages the use of common measures whenever possible to facilitate comparisons of results across studies and to support pooled analyses. Past grantees have adopted common measures, available at www.activelivingresearch.org/resourcesearch/toolsandmeasures. The Web site provides full access to numerous environmental and policy measures using a variety of methods that have evidence of reliability and/or validity. We encourage applicants to identify existing measures that might be adapted to meet the needs of target populations.

- Applicants are encouraged to include objective measures of physical activity and estimated contribution to energy expenditure related to interventions. However, given the limited scope and short duration of these projects, measures of changes in weight, BMI or body composition are not required. Inclusion of measures of youth sedentary behaviors is strongly encouraged. Secondary measures of particular interest include academic achievement and parent behaviors that could influence children’s physical activity.
- To facilitate wider use of high-quality objective physical activity measures, Active Living Research is offering extended loans of Actigraph accelerometers. The loan program is available to grantees and non-grantees, subject to availability. For more information, please contact Chad Spoon at cspoon@projects.sdsu.edu.
- When appropriate, studies should assess variables likely to affect the impact and feasibility of the policy and environmental changes being studied (e.g., demographic variables, cultural and community characteristics, other contextual variables).
- Applicants should seek input from relevant stakeholders—such as policy-makers, school or community leaders, parents and children—to help assure feasible and policy-relevant project goals and outcomes. Proposals should describe the input received from these stakeholders in designing the study and framing the research questions, and the strategies that will be used to communicate research results. Applicant teams should include at least one representative of the community or stakeholder group targeted (e.g., community leader, policy-maker) as a regular adviser. This will help ensure research and policy analyses reflect critical institutional, community and policy needs and issues, and that grant results are communicated using the methods and channels most likely to reach the intended audiences.
- Controlled experimental or quasi-experimental intervention studies must show promise for generalization to real-world community environments.

- Studies focused solely on behavior change at the individual level, health education interventions, childhood obesity treatments, and physical activity programs or curricula **will not be funded**. However, studies could compare the impact of environmental changes with or without physical activity promotion, or studies could isolate effective components of a multicomponent intervention.
- Indirect costs up to 12 percent are included in the total project awards.
- Studies may be conducted as supplements to existing studies. Co-funding is welcome; sources and amounts must be fully described in the proposal.

Dissertation Awards

Dissertation Awards are a priority for Active Living Research because they help build the evidence base and increase the number of investigators in this new field of study. Doctoral candidates in any field or discipline may request up to \$25,000 total for up to two years as support for their doctoral dissertations. Projects must have clear relevance to the overall mission of Active Living Research, and to informing environmental and policy strategies for preventing childhood obesity by increasing physical activity among youth. However, projects do not have to address the specific topics in this CFP.

Eligibility Criteria

Preference will be given to applicants that are either public entities or nonprofit organizations that are tax-exempt under Section 501(c)(3) of the Internal Revenue Code. Applicant organizations must be based in the United States or its territories at the time of application. The focus of this program is the United States; studies in other countries will be considered only to the extent that they may directly inform U.S. policy.

As described in the study guidelines, applicant teams should include at least one representative of the community or stakeholder group targeted (e.g., community leader, policy-maker) as a regular adviser.

Selection Criteria

All proposals will be assessed by a committee composed of RWJF staff, national program office (NPO) staff at San Diego State University, a national advisory committee (NAC) and other expert reviewers from diverse disciplines. The following criteria will be used to assess proposals:

- Relevance of the project to one of the research topics in this round of funding and uniqueness of the project in relation to the mix of potentially fundable projects.
- Relevance to the needs of under-resourced communities and children in low-income and racial/ethnic populations at highest risk for obesity.
- Use of transdisciplinary research approaches and teams to provide the variety of conceptual, measurement, study design and analytic methods needed for the best possible research.
- Potential to identify promising policies and environmental changes that could promote physical activity or reduce sedentary behaviors among children and teens, and prevent childhood obesity.
- Potential to help eliminate disparities in children's access to opportunities for physical activity and access to safe places to walk, bike and play.

- Articulation of a clear hypothesis, theoretical framework, conceptual model or rationale that guides the design of the study.
- Description of a clear and specific plan for systematic data collection and analysis.
- Evidence of access to needed data, settings and study populations.
- Specificity and appropriateness of data analysis plans for quantitative and qualitative data, including estimates of statistical power.
- Potential to address key knowledge gaps and contribute to scientific advancement.
- Relevance and timeliness of project to inform policy action.
- Degree to which the strategies are widely applicable, feasible and sustainable.
- Research qualifications and experience of the applicants and appropriateness of disciplines and perspectives represented.
- Appropriateness of proposed budget and project timeline.
- Plan for communicating and disseminating research results not only to scientists, but also to policy-makers and relevant stakeholders.

The NAC makes recommendations about grants to RWJF staff. All funding decisions are made by RWJF. RWJF does not provide individual critiques of proposals submitted.

Evaluation and Monitoring

Grantees will be expected to meet RWJF requirements for the submission of narrative and financial reports. Given the benefit of measuring common outcomes across the pool of funded grants, funded projects may be asked to incorporate selected dependent, independent and contextual measures.

As part of the proposal process, finalists will be asked to disclose any financial arrangements (e.g., fees, funding, employment, stock holdings) or relationships that might call into question the credibility or perceived credibility of the findings, mirroring the types of disclosure requested by the field's leading journals.

Grantees will be required to submit periodic information needed for overall project performance monitoring and management. Active Living Research staff and consultants will be available to provide technical assistance when needed to ensure the success of the project. At the close of each grant, the grantee is expected to provide a written report on the project and its findings. Active Living Research and RWJF staff will work with investigators to communicate the results of the funded projects to scientific audiences, media, policy-makers, school decision-makers, educational organizations, public health advocates, the general public and other audiences, as appropriate.

An independent research group selected and funded by RWJF will conduct an evaluation of the Active Living Research program. As a condition of accepting RWJF funds, grantees will be required to participate in the evaluation, and may be asked to adopt limited core dependent or independent measures to facilitate cross-study comparisons.

Use of Grant Funds

Grant funds may be used for project staff salaries, consultant fees, data collection and analysis, dataset procurement, meetings, supplies, project-related travel and other direct expenses, including a limited amount of equipment deemed essential to the project.

In keeping with RWJF policy, grant funds may *not* be used to subsidize individuals for the costs of their health care, to support clinical trials of unapproved drugs or devices, to construct or renovate facilities, for lobbying, or as a substitute for funds currently being used to support similar activities.

Grantees are expected to participate in an annual grantee meeting. Funds for up to two individuals to attend one grantee meeting in each year of funding should be included in the proposed budget. Budgets also should include travel to attend an additional grantee meeting at the end of the grant period so that grantees can present their results. A guideline for travel budgeting is available at www.activelivingresearch.org/grantsearch/grantseeker_resources.

How to Apply

Proposals for both Research Topics and Dissertation Awards must be submitted online through the RWJF Grantmaking Online system. To apply, use the Web links listed below.

Guidelines and information, including a list of frequently asked questions (FAQs), are available on the Active Living Research Web site at www.activelivingresearch.org/grantsearch/grantseeker_resources.

Active Living Research also will host two conference calls for potential applicants to answer questions about the program, as well as the proposal and selection processes. Participation in these calls is strongly encouraged, but not required. Those who wish to participate must register for the calls. (See Timetable.)

Applicants must submit a full proposal accompanied by a budget, budget narrative and additional supporting documents.

Full proposals for any of the six research topics will be accepted until April 28, 2009 (1 p.m. PT) and are limited to 15 single-spaced pages. To submit a full proposal for one of the six research topics, please go to <http://grantmaking.rwjf.org/pap15>. Only full proposals will be accepted.

Dissertation full proposals will be accepted until April 28, 2009 (1 p.m. PT). To submit a full proposal for a dissertation award, please go to <http://grantmaking.rwjf.org/pap16>.

For more information on the program, please contact: Chad Spoon, M.R.P., *research coordinator*
Phone: (619) 260-5539
E-mail: cspoon@projects.sdsu.edu

Upcoming Funding Opportunities

The Robert Wood Johnson Foundation's Active Living Research and Healthy Eating Research programs will offer other childhood obesity-related research grant opportunities during the spring and summer of 2009. Please check the Web sites of the two programs for updates: www.activelivingresearch.org or www.healthyeatingresearch.org.

Program Direction

Direction and technical assistance for Active Living Research are provided by San Diego State University, which serves as the national program office (NPO).

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Responsible staff members at the NPO are:

- James Sallis, Ph.D., *program director*
- Carmen Cutter, M.P.H., *deputy director*
- Deborah Lou, Ph.D., *program analyst*
- Chad Spoon, M.R.P., *research coordinator*
- Amanda Wilson, M.S.R.S., *research coordinator*
- Irvin Harrison, M.A., *administrative coordinator*
- LeeAnn Adan, *administrative assistant*

Responsible representatives of the Robert Wood Johnson Foundation are:

- James S. Marks, M.D., M.P.H., *senior vice president and director, Health Group*
- Celeste Torio, Ph.D., M.P.H., *program officer*
- C. Tracy Orleans, Ph.D., *distinguished fellow and senior scientist*
- Stephanie Weiss, Sc.M., *research associate*
- Kathryn Thomas, M.J., *senior communications officer*
- Jan Mihalow, M.S.M., *grants administrator*
- Prabhu Ponkshe, M.A., L.L.B., *communications consultant*

About the Robert Wood Johnson Foundation

The Robert Wood Johnson Foundation focuses on the pressing health and health care issues facing our country. As the nation's largest philanthropy devoted exclusively to improving the health and health care of all Americans, we work with a diverse group of organizations and individuals to identify solutions and achieve comprehensive, meaningful and timely change.

For more than 35 years we've brought experience, commitment and a rigorous, balanced approach to the problems that affect the health and health care of those we serve. When it comes to helping Americans lead healthier lives and get the care they need, we expect to make a difference in your lifetime.

For more information visit www.rwjf.org.

Sign up to receive e-mail alerts on upcoming calls for proposals at www.rwjf.org/services.



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