NC Appalachian Regional Commission (ARC)
Southern Appalachian Automotive Worker Wellness Grant Program Guidelines

Purpose
According to a recent study released by the Appalachian Regional Commission, the average resident in Appalachia feels unhealthy 12 more days per year -both physical and mental health- than the average American. This correlates with work absences, lower worker productive, and work injuries. The connection between health of the population and workforce is clear.

This investment opportunity will support the state's efforts on producing a workforce ready to work in the growing automotive, aviation and advanced manufacturing sector. Investments will support projects that enhance the availability of health care services for workers and their families located in the Appalachian Regional Commission (ARC) region of North Carolina. Emphasis will be placed on workers employed in the automotive and aviation sectors. Applications should focus on the deployment of evidence based practices that improve health outcomes. North Carolina can recommend up to $1,642,859 in projects to the Appalachian Regional Commission. The ARC region in North Carolina includes 29 counties: Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Cherokee, Clay, Davie, Forsyth, Graham, Haywood, Henderson, Jackson, McDowell, Macon, Madison, Mitchell, Polk, Rutherford, Stokes, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey.

Program Details
Applicants must demonstrate how they will assist their community in implementing ARC's Investment Goal 2: Ready Workforce and Action Objective 2.5 – Improve access to affordable, high-quality health care for workers and their families by assisting communities with strategies to develop and implement worksite wellness programs.

Applications will be submitted to the NC ARC Program office and will be reviewed in partnership with the NC Office of Rural Health. All applications must be downloaded from the NC Department of Commerce website and will be accepted during a four-week application window. There are no funding limits and applications will be evaluated based on the project's ability to best achieve ARC Goal 2. Projects should be completed within a 18-24-month timeframe. Each applicant will be required to provide the appropriate match according to ARC economic indicators (Distressed, At-Risk, Transitional, Competitive and Attainment).

Match Parameters
All projects funded by the Appalachian Regional Commission are required to provide matching funds. The percentage of matching funds required varies depending on the economic status of the county where a project is located. To learn more about county designations, visit the Appalachian Regional Commission's Source and Methodology page.

Match rates:
Distressed – 80/20
At Risk- 70/30
Transitional- 50/50

Program timeline
- Program launched on Monday, February 26, 2018
- Applications due by 5:00 p.m. on March 31, 2018
- Projects recommendations announced on May 1, 2018

Eligible Grantees
Eligible applicants are local development districts, Indian tribes, states, counties, cities, institutions of higher education and non-profit organizations.

Funding priority will be given to the following:
- Projects located within an ARC Distressed County, At-Risk County or Transitional County with a Distressed Census Tract.
- Projects that will provide enhanced wellness services to workers in the automotive and/or aviation sector. Must be able to document companies' participation in program.
- Multicounty collaboration efforts
- Projects that address these health and workforce outcomes:
  - Controlled diabetes and hypertension outcomes
  - Tobacco cessation and Body Mass Index Screenings
  - Opioid and drug harm reduction
  - Reduction in the number of days' employees miss work due to feeling physical and/or mentally unhealthy
- Organizations with demonstrated relationships with governmental, non-profit and foundational organizations

Examples of Project Activities
- Community Health Workers
- Community Paramedics
- Creation of On-Site Health Screening Programs
- Chronic Disease Self-Management Programs
- Telehealth Programs
- Oral Health Programs
- Opioid and drug counseling: screening, alternative pain management programs, etc.
- Behavioral health screening
- Other evidence-based practices

Eligible Grant Expenses
- Personnel (must document how position will be sustainable after)

- Equipment
- Training
- Travel
- Medical Supplies
- Educational Outreach tools
- Internet costs

Potential Project Performance Measures
- Number of business served
- Number of workers engaged in Workforce Wellness programs
- Number of worksites that have completed CDC worksite Health Assessments
- Number of worksites have created Wellness Committees
- Number of worksites implementing Worksite Wellness Strategic Plans
- Number of employees participated in Health and Wellness Interventions
- Number of workers completed Diabetes Prevention Program at their worksite
- Number of workers with measured and improved health outcomes
- Number of employees enrolled in a smoking cessation programs
- Number of employees with a reduction in missed days of work due to being physically or mentally unhealthy