

Name of Grantee: The Salvation Army, a California Corporation  
 Title of Proposed Project: Kroc Fit Kids Child Obesity Prevention and Wellness Program  
 Requested Amount: \$11,000.00  
 # of Residents Served: 350  
 CHNA Category: Chronic Conditions



### Introduction

As a global church and humanitarian agency, The Salvation Army's mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. As one local branch of The Salvation Army, in the form of a 12-acre community center, San Diego's Kroc Center (the first of 26 in the US) provides positive, life-changing experiences through art, athletics, personal development, spiritual discovery, and community service. Its facilities, programs and services exist to bridge the gap between potential and opportunity for children and adults, strengthen individuals and families, and enrich the lives of seniors.

### Project Highlights

The Kroc Fit Kids (KFK) Child Obesity Prevention and Wellness Program is a research-based endeavor which approaches health and wellness from a holistic perspective using the programs and services provided by The Salvation Army Kroc Centers. KFK will serve approximately 350 students from eastern San Diego County in grades 3-5, through partnerships with nearby low-income schools. It provides the opportunity to learn about healthy eating habits, try new forms of exercise, and gain additional minutes of physical activity, all during the school day.

#### Prior Funding

FY23-24:	7,000.00
FY22-23:	7,000.00
FY21-22:	7,000.00
FY20-21:	-
FY19-20:	-

#### Prior Sponsorships

FY23-24:	-
FY22-23:	-
FY21-22:	-
FY20-21:	-
FY19-20:	-

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Financial Overview

Total Assets: N/A Simplified  
 Current Assets: N/A Simplified  
 Total Liabilities: N/A Simplified  
 Current Liabilities: N/A Simplified  
 Current Ratio: N/A Simplified  
 Total Revenue: N/A Simplified  
 Operating Cash Flow: N/A Simplified

Cost per Client: \$ 31.43

Budget Data

Total Organization Budget: \$ 14,132,924  
 Total Project Budget: \$ 13,843  
 GHD % of Project Funding: 79%

Grant Funding Allocation:

Staff \$ 8,075.00  
 Management \$ 2,925.00  
 Consultants \$ -  
 Equipment \$ -  
 Food \$ -  
 Information/Materials \$ -  
OTHER \$ -  
 Utilities & Office Exp. \$ -  
 Professional Services \$ -  
 Training \$ -  
 Software-Data Collection \$ -

Total Organization Funding Sources

Source	Amount
Federal	\$ -
State	\$ -
City/County	\$ 272,390
Other Government	\$ -
Proposed GHD	\$ 11,000
Fees for Service	\$ 6,975,100
Nonprofit Organizations	\$ -
Private Donations	\$ 858,529
Other (list below)	\$ -
Endowment Distributions	\$ 4,240,944
Fundraising Events	\$ 84,750
Rental Income	\$ 1,690,211
<b>Total</b>	<b>\$ 14,132,924</b>

**Total** \$ 11,000.00

Title	<b>The Salvation Army, a California Corporation</b>	07/12/2024
	by <b>Paul Maley</b> in <b>Simplified Grant</b>	id. 46976853
	paul.maley@usw.salvationarmy.org	

## Original Submission 07/12/2024

Score n/a

### Organization Information

Legal Name of Organization The Salvation Army, a California Corporation

Address 30840 Hawthorne Blvd  
Rancho Palos Verdes  
CA  
90275  
US  
33.74475  
-118.39814

Organization Website sd.kroccenter.org

Organization Introduction Please provide a brief (2-3 sentence) introduction to the organization, and its primary purpose(s).

Organization Introduction (response): As a global church and humanitarian agency, The Salvation Army's mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. As one local branch of The Salvation Army, in the form of a 12-acre community center, San Diego's Kroc Center (the first of 26 in the US) provides positive, life-changing experiences through art, athletics, personal development, spiritual discovery, and community service. Its facilities, programs and services exist to bridge the gap between potential and opportunity for children and adults, strengthen individuals and families, and enrich the lives of seniors.

### Applicant Information

Name (application point of contact) Andrea Sanford

Applicant Title Director of Athletics and Member Services

Applicant Phone +16192691471

Are you the agency director? No

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Name of Agency Director Rob Birks

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Phone of Agency Director +16192691401

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Email of Agency Director robert.birks@usw.salvationarmy.org

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Organization Brochure

[Healthy\\_Activities\\_at\\_the\\_Kroc\\_Center.pdf](#)

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Has the organization received grant or sponsorship funding from the Grossmont Healthcare District within the past five years? Yes

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Past GHD awards received FY 21-22  
FY 22-23  
FY 23-24

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Grant funding received in FY 21-22 (enter "0" if not applicable) 7000.0

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Sponsorship funding received in FY 21-22 (enter "0" if not applicable) 0.0

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Grant funding received in FY 22-23 (enter "0" if not applicable) 7000.0

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Sponsorship funding received in FY 22-23 (enter "0" if not applicable) 0.0

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Grant funding received in FY 23-24 (enter "0" if not applicable) 7000.0

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Sponsorship funding 0.0  
received in FY 23-24  
(enter "0" if not  
applicable)

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Grant Information

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Proposed Project Title Kroc Fit Kids Child Obesity Prevention and Wellness Program

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Project Highlights Please provide below a concise (2-3 sentence) description of the proposed project.

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Project Highlights (response): The Kroc Fit Kids (KFK) Child Obesity Prevention and Wellness Program is a research-based endeavor which approaches health and wellness from a holistic perspective using the programs and services provided by The Salvation Army Kroc Centers. KFK will serve approximately 350 students from eastern San Diego County in grades 3-5, through partnerships with nearby low-income schools. It provides the opportunity to learn about healthy eating habits, try new forms of exercise, and gain additional minutes of physical activity, all during the school day.

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Amount of Funds Requested 11000.0

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Number of Unduplicated GHD Residents to be Served 350.0

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Ages of Population to be Served (select all that apply) Middle childhood (6-11 years)

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Which of GHD's strategic priorities best aligns with your project? (select one) Chronic Conditions

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Which chronic condition? Other

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Please describe chronic condition Obesity

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Areas of Impact The Grossmont Healthcare District is home to approximately 520,000 residents, and its boundaries cover a large geographic area of 750 square miles that include most cities and towns frequently referred to as "East County," as well as much of the rural Mountain Empire Region. For the purposes of Board governance, it is divided into five zones. Use the image below or visit the Grossmont Healthcare District Interactive map to identify which zone(s) your project will impact.

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Which zone(s) of the Grossmont Healthcare District will your project impact? Zone 3: La Mesa

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Project Narrative Provide below a brief (approximately 500 words) description of the proposed project, addressing the following: Problem statement Target population(s) to be served Description of proposed services Organizational capacity to deliver needed services Anticipated impact of the project on the health and well-being of East County residents

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Project Narrative (response) KFK aligns with GHD’s priorities addressing Chronic Health Conditions of heart disease, cancer, and stroke, as childhood obesity can contribute significantly to all of these. According to the CDC, child obesity increases likelihood of high blood pressure and cholesterol (risk factors for heart disease), Type 2 diabetes, breathing and joint problems, and gallbladder disease. Child obesity is also associated with psychological problems like anxiety and depression, low self-esteem, and social problems like bullying and stigma. Furthermore, children who continue to struggle with obesity as adults have higher risks for stroke, cancer, mental illness like depression and anxiety, and premature death. – [cdc.gov/obesity/basics/consequences.html](https://cdc.gov/obesity/basics/consequences.html)

The danger of obesity is particularly prevalent among children of color in low-income communities. (CDC) Students at partner schools are 49% Hispanic and 12% African-American, with an average of 74% enrollment in Free/Reduced Price Meal Programs. (ed-data.org) Among households of schoolchildren, the average annual income is \$45,262, less than half the HUD Low-Income Level for a family of four. (SANDAG) Additional challenges include cutbacks in PE equaling less physical activity, a lack of safe play spaces, prevalent electronic “screen time,” and increased isolation since COVID-19.

The Kroc Center is ideally positioned to address these problems, as a safe gathering place for enrichment and health to all, under The Salvation Army’s mission of meeting needs without discrimination. KFK has served nearby schools since 2011 through:

1. Assemblies: KFK staff present monthly 30-minute school assemblies featuring wellness topics such as Life Skills Training, Avoiding Excessive Internet, Adaptive Coping Strategies and Prosocial Behavior. These topics were introduced in the 2023 – 2024 school year and were well-received: in post-program surveys, students recalled and applied Adaptive Coping Strategies such as “taking deep breaths to calm myself before a big moment,” and Improving Prosocial Behavior by practicing kindness and identifying feelings.

2. Field Trips: Students walk approximately one mile to the Kroc Center each month, increasing their minutes of physical activity. October and May visits include a 1-mile run to assess progress. Other months feature fun physical activities including a climbing wall and swimming, and a fitness-related educational component such as types of muscle groups, the

importance of stretching, and aerobic versus anaerobic exercise.

3. Deskside Physical Activity: Each teacher receives an age-appropriate *Organ Wise Guys* activity book, to get students on their feet for at least one 10-minute activity per week.

4. Out of School Family Engagement: Kroc Fitness staff will participate in school-sponsored events, (e.g., Fall Festival/ Winter Carnival), including a KFK booth to recognize program sponsors and encourage family health through Kroc Center programs, which provide a safe place to exercise and play all year.

5. Activity access at the Kroc Center: Each participant receives a card inviting the student + attending family members to participate in Kroc Center open session activities once per month. Students are encouraged to become members to enjoy Kroc Center activities all year, and are given information regarding discounts for low-income families.

The Kroc Center thanks GHD for its past support, and consideration of this request for \$11,000 to continue offering the valued KFK program to its partner schools. This year's request factors in the purchase of software for more robust collection and assessment of data, anticipated minimum wage hikes for fitness staff, and the addition of another partner school.

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Measurable Project Goals	In addition to the number of unduplicated GHD residents to be served, please briefly describe below 2-3 measurable goals that the project aims to achieve. If awarded, you will be asked to provide quarterly updates on your progress toward these goals, so please be sure that they are specific, measurable, and achievable within the project timeframe.
Project Goal #1	The program's positive impact on student stamina will be reflected in an increase in participants' average time for a one-mile run, measured and recorded at the start and end of the program in October and May.
Project Goal #2	Participating students will receive at least 10 additional hours of physical activity over the course of the school year, as compared to non-participating students.
Project Goal #3	Using the Family Nutrition Physical Activity (FNPA) assessment, a 20-question survey which evaluates family behavioral and environmental factors associated with pediatric obesity, we will see a 3-point increase when comparing average initial scores as compared with program end scores.
Project Budget and Organization Funding Sources	Please use the forms below to provide: 1) Project Budget: The project's total budget, including requested GHD funding as well as other funding that is available to support the project 2) All Budget Sources: The organization's total budget for the current fiscal year and all major sources of revenue. (Required of applicants with an annual operating budget of over \$500,000.) For budget preparation purposes, Excel versions of the budget forms are available here: 1) Project Budget, 2) All Budget Sources. Please note that you will need to transfer the information into the form(s) below, taking care to avoid the use of special characters, and value errors.

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Project Budget Form. DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD Project Budget form 5.15.24.xlsx](#)

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Is your organization's annual operating budget greater than \$500,000? Yes

All Budget Sources Form. (Required of organizations with an annual operating budget of over \$500,000.) DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD All Budget Sources form 5.15.24.xlsx](#)

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I confirm the information provided above is accurate and there are no #VALUE errors above. checked

Attestation and Digital Signature

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Applicant Name Paul Maley

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I understand entering my name above will serve as my digital signature on this grant application. checked

You have finished completing the application. Before finalizing and submitting your application, please review all your materials and answers, ensuring that all attachments are correct and up-to-date. You will receive an email confirmation once your application has been successfully submitted, and will be able to review your submission. To ensure you receive communication related to your application, safelist the @submittable.com email address. Please check your email to confirm receipt. If you do not receive a confirmation email, consider the following: Check the junk/spam filters for your email account. Ensure that you have submitted the application and that it is not still saved as a draft. Failure to receive the confirmation email may result in missing other important information. To complete and submit your application, click the "Submit" button below. Please note that once you submit, you will not be able to make changes to your application unless requested and approved by District staff.

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# JUNE 10 - AUGUST 10 2024 ACTIVITY SCHEDULE



LAND GROUPX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Strength (Community Room) 6:00-6:45am, Jackie	Kroc Cycle (Community Room) 9-10am, Jenea	Walk & Talk 7-8am	Yoga 8-9am, Anna	Body Blast 6:45-7:45am, Dilenna	Yoga (Field) 8-9am, Cecilia
Yoga 8-9am, Anna	*Silver Sneakers Classic 11am-Noon, Siomara	Body Blast 9-10am, Dilenna	TRX 9-10am, Sara	Yoga 8-9am, Jackie	Body Blast 9-10am, Jessie
Cardio Core Blast 9-9:40am, Jenea	*Silver Sneakers Yoga Noon-1pm, Siomara	*Silver Sneakers Yoga 10-11am, Joyce	*Silver Sneakers Circuit 10-11am, Robyn	*Silver Sneakers Classic 10-11am, Siomara	 <p>*Classes in <b>DARK GREEN</b> will be held in PA 218</p>
*Dance Fit 10-11am, Lee	Cardio Combat 6-7pm, Kristie	*Qi Gong 11-Noon, Joyce	*Strengthen, Stretch, and Balance 11am-Noon, Robyn	*Silver Sneakers Yoga 11-Noon, Siomara	
*Pilates Sculpt 11-Noon, Lee		Body Blast 5:30-6:30pm	Yoga (Field) 5:45-6:45pm, Cecilia	*Silver Sneakers Cardio Fit 1-2pm, Margaret	
*Silver Sneakers Cardio Fit 1:30-2:30pm, Margaret		Kroc Cycle (Community Room) 6:30-7:30pm, Kristie		*Gentle Yoga Stretch 2-3pm, Margaret	
Body Blast 5:30-6:30pm, Alyssa				Cardio Combat 5:45-6:30pm, Kristie	

FAMILY & DROP IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Corner Zone Drop-in 4:30-6:30pm		Pick-Up Basketball 7-8:30pm	Climbing Tower 3:30-5:30pm	Tiny Tikes Open Play (Corner Zone) 10am-12pm	Climbing Tower Saturday 10am-Noon
Youth Drop-In Water Polo 6-7pm		Drop-In Volleyball 7-8:30pm	Youth Drop-In Water Polo 6-7pm	Corner Zone Drop-in 4:30-6:30pm (available when parties aren't booked - see krocsales.org)	Pick-Up Basketball Sunday 1-4pm
				Pick-Up Basketball 7-8:30pm	
				Drop-In Volleyball 7-8:30pm	

PICKLEBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Pickleball (Open Play) 1:30-4:30pm	Pickleball (Open Play) 6-7:45am	Pickleball (Beginner) 1-3pm	Pickleball (Open Play) 6-7:45am	Pickleball (Open Play) 1:30-4:30pm	Pickleball (Advanced) 8-10am
		Pickleball (Open Play) 3-5pm			Pickleball (Open Play) 10am-12pm

## FREE PLAYCARE FOR KROC MEMBERS

Supervised, active fun for children while parents are exercising or using the Kroc Center facility. \*\*See Policies webpage for full playcare guidelines.

- AGES: 6 MONTHS - 11 YEARS
- MONDAY-FRIDAY: 9AM - 11:30AM; 4:30 - 7PM
- SATURDAY: 9AM - 11:30AM



All drop-in classes are 55 minutes unless otherwise noted. Must register for class (use QR code on page). The minimum age for drop-in groupx classes 16. Instructors are subject to change. For class descriptions, please visit [sd.kroccenter.org/fitness](http://sd.kroccenter.org/fitness)

# JUNE 10 - AUGUST 10 2024 ACTIVITY SCHEDULE




## COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Wall Core & More 9-10am, Brenda	Kroc Adult Swim Club 6-7am  Kroc Adult Swim Club 6:45pm-7:45pm	Wall Core & More 9-10am, Suzi	Kroc Adult Swim Club 6-7am	Kroc Adult Swim Club 6-7am  Wall Core & More 9-10am, Brenda	Kroc Adult Swim Club 8:45-9:45am (Sun. only)

## RECREATION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Adult Water Workout 8-8:45am, Patricia  Arthritis Foundation 9-10am, Patricia	Aqua Zumba 7-8am, Terri	Adult Water Workout 8-8:45am, Patricia	Aqua Zumba 7-8am, Teri	Adult Water Workout 8-8:45am, Patricia	Aqua Zumba 8-9am, Miriam
Aqua Blast 4:30-5:30pm, Sami  Aqua Zumba 5:30-6:30pm, Miriam		Arthritis Foundation 9-10am, Patricia		Arthritis Foundation 9-10am, Patricia	

## THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Open Session 6-9am	Low Impact Aqua Fit 8-9am, Kristin	Open Session 6-9am	Ai Chi 6-7am, Patricia	Open Session 6-9am	
Ai Chi 10-11am, Patricia	Aqua Tone & Balance 1-2pm, Patricia	Ai Chi 10-11am, Suzi	Low Impact Aqua Fit 8-9am, Kristin	Ai Chi 10-11am, Patricia	
Ai Chi 3-4pm, Margaret	Ai Chi 2-3pm, Patricia		Aqua Tone & Balance 1-2pm, Suzi	Ai Chi 3:30-4:30pm, Margaret	
	Open Session 3-4:30pm		Ai Chi 2-3pm, Suzi		
			Open Session 3-4:30pm		

AQUA GROUPX

- All drop-in classes are 55 minutes unless otherwise noted. Must register for class (use QR code on page).
- The minimum age for drop-in groupx classes 16. Instructors are subject to change. For class descriptions, please visit [sd.kroccenter.org/fitness](http://sd.kroccenter.org/fitness)
- If a registered student is five (5) minutes or late to the class, their spot may be forfeited and given to a customer on the waitlist.
- No student may enter any class ten (10) minutes or more after the class start time.
- Our Group Exercise equipment will not be available for use outside of the appropriate class; each participant must set up and return their own equipment to its appropriate place at the start and end of class.
- If you would like to cancel a class, please live chat us to let us know by going to our website.
- Each student must check in at the front desk to receive the appropriate wrist band before entering the water.

Total Grant Amount Requested

PERSONNEL	Grossmont Healthcare District Project Funding	Other Funding Available for Project	Total Project Budget
Staff (non-management) - List Position	-	-	-
Kroc Fit Kids Program Lead	3960		3960
Activity Attendants	2570		2570
Lifeguards	760		760
Wellness Specialist	785		785
Administrative Support		1293	1293
<b>Total Staff Salary and Benefits</b>	<b>8075</b>	<b>1293</b>	<b>9368</b>
Management - List Position(s)	-	-	-
Health and Wellness Manager	1275		1275
Athletics and Member Services Directo	1650		1650
			0
			0
			0
<b>Total Management Salary &amp; Benefits</b>	<b>2925</b>	<b>0</b>	<b>2925</b>
Consultant Fees			0
<b>TOTAL PERSONNEL</b>	<b>11000</b>	<b>1293</b>	<b>12293</b>
-	-	-	-
OTHER EXPENSES	Grossmont Healthcare District Funding	Other Funding Available for Project	Total Project Budget
Telephone			0
Postage			0
Office Supplies		250	250
Equipment			0
Printing/Duplicating		500	500
Information/Materials		500	500
Professional Services			0
Travel			0
Rent			0
Utilities			0
Insurance			0
Training			0
Project Food /Packaging Costs			0
Miscellaneous - List	-	-	-
Software for Data Collection and Assessment		300	300
			0
			0
			0
			0
<b>TOTAL OTHER EXPENSE</b>	<b>0</b>	<b>1550</b>	<b>1550</b>
<b>TOTAL PROJECT EXPENSES</b>	<b>11000</b>	<b>2843</b>	<b>13843</b>

Grant Request Must Match GHD Total

<b>FUNDING SOURCE</b>	<b>Total Organization Budget</b>
Federal	-
State	-
City/County	272,390
Other Government	-
Proposed GHD	11,000
Fees for Service	6,975,100
Nonprofit Organizations	
Private Donations	858,529
Other (list below)	
Endowment Distributions	4,240,944
Fundraising Events	84,750
Rental Income	1,690,211
	14,132,924