

## Faculty and Staff Diversity Mini-Grant Final Report

**Project Title:** Inclusive Health and Wellness

**Grant Recipients:** Cindy Vander Sloom

**Date Project Started:** September 2012

Amount of Money Funded by the Mini-Grant: \$5000.00

- 1. How was the grant used to address a diversity or inclusion related goal?** Previous to this grant submission, the Student Recreation Center had no adaptive equipment for our population of FSU students, faculty, staff and Big Rapids community with disabilities. While this equipment is adaptive, it is not exclusive and can be used by anyone. Having these two pieces of exercise equipment at the Student Recreation Center encourages health promoting behaviors and provides a more welcoming environment for those with a permanent or temporary physical impairment. As stated in the *American Journal of Health Promotion, 2009, 24, 1, iv*, “Lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation, and build skills and, most important, through the creation of opportunities that open access to environments that make positive health practices the easiest choice.”
- 2. Describe the audience that was impacted by the grant’s implementation.** The targeted audience for this grant was FSU students, staff, faculty and the Big Rapids Community. This grant assisted with the purchase of two pieces of adaptive equipment with the hopes that it would be used by those with permanent or temporary disabilities.
- 3. Grant recipients are required to provide a short narrative that details the specific efforts each of the collaborators made to the implementation of the grant.** The writing of this grant proposal was a collaborative effort between Cindy Vander Sloom, University Recreation, and Mikael Snitker-Magin, formerly of Educational Counseling and Disabilities Services. University Recreation funded the additional \$2500.00 to purchase the two pieces of adaptive equipment that now reside in the fitness center. At the Student Recreation Center, there have been two sessions to introduce and promote the equipment to the university and Big Rapids community that were organized by Cindy Vander Sloom.
- 4. What is your overall assessment of the project’s impact on the Ferris community? How did this impact compare to what you expected?** Since its delivery in the fall of 2012, the impact of this equipment on the Ferris community has been minimal. The attendance for the equipment introduction sessions was very small, with zero attendance from our students with disabilities. I had hoped for a larger audience and was disappointed by the

low level of participation. While it is used occasionally, it is not used very often by patrons of the facility, including the targeted audience.

Through these findings, I feel it is necessary to strengthen the partnership with the following groups to promote this equipment and educate students about its function:

- Diversity and Inclusion Office
- Educational Counseling and Disabilities Office
- College of Education (Physical Education Minor)

5. **Present a final budget including all funds received and spent related to the project, with special focus on the funds received via the Diversity Mini-Grant.**

Diversity Grant Approval: \$5000.00

Total Equipment Cost: \$7500.00

Deficit: \$2500.00

Department of University Recreation donation: \$2500.00 plus any costs associated with the maintenance of each piece of equipment. To date, these costs are zero.

All promotion for sessions to introduce equipment was via targeted messages and university wide messages. There was no cost involved in promotion.

Primary Grant Recipient's Signature: *Cindy Vander Sloot*

Date: *June 28, 2013*