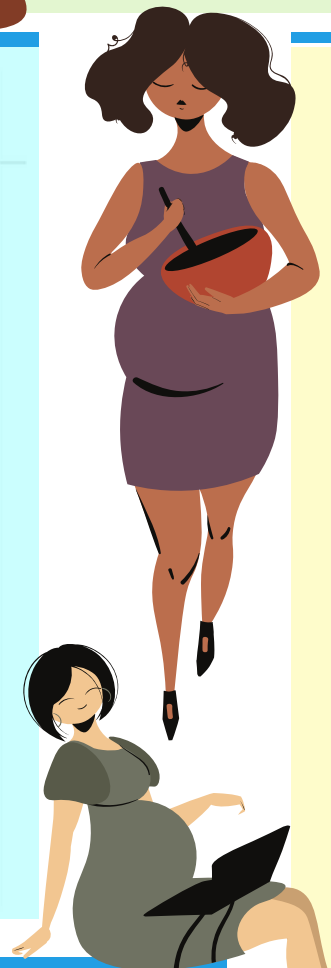


WELLNESS PROGRAM FOR UNVACCINATED PREGNANT INDIVIDUALS

Project Proposal focused in Davis, CA

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PROBLEM STATEMENT

There are physiological changes that affect nutrient needs in pregnant women. The new information could be overwhelming, leading to stress, and adding COVID-19 on top of that can make it even more of a stressful experience. These mothers need a de-stressing outlet to connect with other pregnant individuals in the area which would boost their immune system while simultaneously enjoying a healthy and well balanced meal.

METHODS

Project Design: To create a community group that allows pregnant individuals to converse with each other and discuss hardships that they may experience and find support. There would be a 30-minute live pregnancy safe workout classes 2x/week led by a workout coach, which will be recorded and posted to be viewed at any time. There would also be 2-hr live cooking classes 2x/week, where the food will be delivered to their homes and they can meet virtually to prepare an easy and nutritious meal with ingredients supplied to their house.

TARGET GROUP

High risk pregnant individuals who cannot or have chosen not to get vaccinated due to uncertainty or other personal reasons in the city of Davis.



Weekly schedule		
Day/Time	Activity	Notes
Ongoing (2-2hr slots/d)	Zoom	Zoom links will be provided for the participants to pop in anytime to talk with other participants between the hours of 1-3pm and 8-10pm.
Monday	Cooking/delivery day	Distribution staff will deliver food in the morning and the RDN will lead the cooking class. It will be recorded and the website manager will post the recording later during the day.
Tuesday	Workout live/video	Workout coach will lead the session live and it will be recorded. The website manager will post the recording later during the day.
Wednesday	Cooking/delivery day	Distribution staff will deliver food in the morning and the RDN will lead the cooking class. It will be recorded and the website manager will post the recording later during the day.
Thursday	Workout live/video	Workout coach will lead the session live and it will be recorded. The website manager will post the recording later during the day.
Friday	Sharing session Order groceries	Participants share how they feel in the week. Make online order for Monday cooking day
Saturday	End of the week survey	Participants fill out a survey about their feelings and stress levels throughout the week.
Sunday	Menu preparation Order groceries	Finalize menu items for the week Make online order for Wednesday cooking day

TIMELINE

Beginning of the program

Task	Time to Complete	Start Date	End Date	Personnel Responsible
<i>Recruitment and Preparation</i>				
Look for commercial kitchen	4 weeks	9/1/2021	9/30/2021	Coordinators
Buy Van	1 week	9/5/2021	9/11/2021	Coordinators
Hire website designer	1 week	9/12/2021	9/18/2021	Coordinators
Start building website	1 week	9/19/2021	9/25/2021	Website designer
Hire RDN, workout coach, food service workers, distribution staff	3 weeks	9/19/2021	10/9/2021	Coordinators
Find wholesale for grocery	1 week	9/26/2021	10/2/2021	Coordinators
Start advertisement	16 weeks	9/26/2021	1/15/2022	Coordinators
Finalize staff schedule	1 week	10/10/2021	10/16/2021	Coordinators
Order cortisol kits	1 week	10/10/2021	10/16/2021	Coordinators
Order Zoom membership	2 days	11/11/2021	11/12/2021	Coordinators

Intervention

Start the program	9 months (40 weeks)	1/17/2022	10/21/2022	Coordinators, RDN, workout coach, website designer, distribution staff, food service workers, grocery orderer
<i>Refer to weekly schedule for program details</i>				

Monitoring and Evaluation

Distribute first cortisol kits	2 days	1/17/2022	1/19/2022	Distribution staff
First quarterly evaluation	1 week	4/10/2022	4/16/2022	Coordinators, website manager
Distribute second cortisol kits	2 days	6/20/2022	6/22/2022	Distribution staff
Second quarterly evaluation	1 week	7/10/2022	7/16/2022	Coordinators, website manager
Third quarterly evaluation	1 week	10/16/2022	10/22/2022	Coordinators, website manager
Distribute last cortisol kits	2 days	10/19/2022	10/21/2022	Distribution staff
Debriefing period	1 week	10/23/2022	10/29/2022	Coordinators

BUDGET

Direct Costs

Personnel	# of people	Salary/hr	Time/Week/Person	Total/Wk	Total/Program
Coordinator (60 wks)	2	\$40	5 days x 3 hrs	\$1200	\$72,000
Workout Coach (40 wks)	1	\$40	2 days x 45 min	\$60	\$2,400
Website management/designer	1	\$30	1 day x 2 hrs	\$60	\$3,420
(57 wks)					
Distribution staff (40 wks)	1	\$17.5	2 days x 3 hrs	\$105	\$4,200
RDN (menu prep) (40 wks)	1	\$31	2 days x 30 min	\$31	\$1,240
RDN (food prep/cooking) (40 wks)	1	\$31	2 days x 2 hrs	\$124	\$4,960
Food Service worker (40 wks)	2	\$17.5	2 day x 2 hrs	\$140	\$5,600
Grocery orderer/receiver (40 wks)	1	\$17.5	1 day x 2 hrs	\$35	\$1,400
TOTAL					\$95,220

Equipment	Quantity	Frequency	Price	Total
Cortisol saliva test kit	50	3 x year	\$35	\$5,250
Groceries + packaging	50	2 days x 40 weeks	\$3	\$12,000
Zoom host membership	100 person membership	1 x year	\$150	\$150
Vans for distribution (2017 Ford Transit Connect Cargo Van XL)	1	--	\$21,000 (secondhand)	\$21,000
Commercial kitchen rental	1	4 hours x 40 weeks	\$30/hr	\$4,800
TOTAL				\$43,200

Total Direct Cost (Personnel + Equipment) = \$138,420
 Indirect Cost (10% of direct cost) = \$14,000
GRAND TOTAL = \$152,420

MONITORING AND EVALUATION

Cortisol levels via urine sample at beginning, middle, and end of the program as an indicator of stress levels

Brief survey/poll before and after each activity to assess participants' feelings.

Weekly and quarterly comprehensive quantitative survey to look at participants' attendance, trends in participants' moods, feelings, and stress levels.