

2026 HFI FUNDING REQUEST

REQUESTING ORGANIZATION

MCMILLEN CENTER FOR HEALTH EDUCATION, INC.

Address: 600 Jim Kelley Blvd. Fort Wayne, IN 46816

Phone: 260-456-4511

SIGNATORY

Nicole Fairchild

MISSION STATEMENT

To provide vital, effective preventive health education that promotes physical, emotional, and social well-being.

PROJECT:

McMillen Health will address the Tobacco Prevention and Cessation Core Public Health Service with both the Mom and Me Days and the vaping prevention health education programs. The Healthy Tomorrow app contains Tobacco Cessation as a video category and be provided as one of the Mom and Me Days programming session topics. These sessions would better educate mothers on the risks of smoking, not only for their own health, but for the health of the children. Our health educators take a deep dive into how second- and third-hand smoke can affect a child's health, mom's health, and how tobacco use can be linked to preterm delivery and ore. Additionally, children attending Mom and Me Days with their mothers will attend programming sessions own based on their age. Children in grades 3 and above can receive vaping or other substance use prevention programming, which can help mitigate smoking later in life. Our vaping prevention education programming sessions will also address the Tobacco Prevention and Cessation Core Public Health Service by educating students in grades 3-12 on the risk of nicotine use, specifically vaping, and how this habit can negatively affect their health. Through these sessions, McMillen Health will provide students with the knowledge they need to refrain from vaping and using other nicotine substances. McMillen Health will address the Maternal and Child Health Core Public Health Service through our Mom and Me Days in DeKalb County. The main focus of these sessions is to improve the health of mothers and their children through education that is specifically targeting infant mortality and its main causes. Mothers will learn about tobacco cessation, nutrition during and after pregnancy, safe sleep, substance use and its effect on their children, mental health, oral health, and more. Each of these categories will help mothers make healthy choices for themselves and their children, reducing the likelihood of infant mortality and pregnancy complications and improving maternal health.

TARGET POPULATION:

For the Mom and Me Days project, McMillen Health intends to serve 40 low-income, low-literacy women and an estimated 30 of their children living in DeKalb County. This project will not target any other specific demographics beyond income and geographic location. McMillen Health verifies DeKalb County

residency through ID verification upon entering the facility where Mom and Me Days are held. For the vaping prevention programming section of this project, McMillen Health will serve 625 DeKalb County students in grades 3-12. This project will not target any other specific demographics beyond grade and geographic location.

OUTCOMES:

Mom and Me Days outcomes: McMillen Health will host 4 Mom and Me Day in DeKalb County serving 40 DeKalb County prenatal/postnatal women and an estimated 30 of their children. This objective will be measured through attendance tracking for each of the hosted events. Vaping session outcomes: Outcome 1: McMillen Health will provide 25 vaping prevention programming sessions to at least 625 DeKalb County students in grades 3-12. McMillen Health will measure this outcome through attendance tracking for each session under this project. Outcome 2: McMillen Health's professional health educators will observe an increase in knowledge of 35%, or higher, among Mom and Me Days students and students in grades 3-12 receiving vaping education. McMillen Health will measure the increase in knowledge through pre-and post-tests, which will be conducted at the start and end of each session.

HEALTH EQUITY STATEMENT:

By providing Mom and Me Days to DeKalb County prenatal/postnatal women and their children, McMillen Health is increasing the health information that women are exposed to, which facilitates health care visits and overall health of the women and their children. McMillen Health's programming for these events is based on education from our Healthy Tomorrow app. The Healthy Tomorrow app is a prenatal/postnatal maternal app designed to improve maternal health and reduce infant mortality through low-literacy health education provided in video format. The goal of this app is to increase pre- and post-natal women's health knowledge for both during pregnancy and after, to best mitigate risks of pregnancy complications and the most common causes of infant mortality such as sudden infant death syndrome (SIDS). By exploring these topics in more detail during Mom and Me Days and giving these women the chance to ask any questions about these health issues, we are setting these women up with the tools and knowledge they need to take their health, and their children's health, into their own hands, avoiding common health risks they could encounter. By receiving education on healthy pregnancies and infant child concerns, mothers should have less emergency visits with health care professionals and be able to better express their concerns with doctors. By providing 3rd-12th grade students with vaping prevention health education, McMillen Health is providing students with the knowledge and tools they need to make healthy choices for their physical, emotional, and social well-being. We provide this education to students in the period of time leading up to the average age of initiation for vaping products, which according to the 2024 Indiana Youth Survey is 7th grade. By providing this education early, and reinforcing it each year leading up to 7th grade, we can prepare these students with the information needed to make a healthy choice at the age when many children begin to vape. Indiana youth reported an initiation age after 7th grade as well. By providing education in 9th-12th grade, we can continue reinforcing risky behaviors and their consequences which will help students refrain from vaping throughout high school as they transition into adulthood. This education should improve the long-term health of students and reduce visits to health care professionals for lung diseases related to vaping and nicotine use.

BUDGET REQUEST:

\$39,575.00

BUDGET JUSTIFICATION:

McMillen Health is requesting \$39,573.75 from Health First Indiana DeKalb County Fund for this project. The budget for this project is below: Project Components Costs Six (6) health educators to provide programming. 1 educator for adult education and 5 educators for children from 3 to age 18 (6 health educators x rate \$25 x 8 hours x 4 days = \$4,800) + approximately 14% payroll taxes and retirement match or \$672. \$5,472.00 Consumable supplies for programming: \$100 gift card for 40 pregnant or parenting women; games to encourage family play (games will range from \$10-\$25 per child participant which is estimated at 30 children over the 4 days), and maternal hygiene items like shampoo, pads, tampons, etc. for women. Roughly \$300 per family x 40 families. \$12,000.00 2 boxes of Diapers per mom attending, we are estimating 40 moms. (80 boxes of diapers @ \$45 per box = \$3,600), 2 packages of wipes (80 packages of wipes @ \$6 per package = \$480) for pregnant and parenting mothers. \$4,080.00 Estimated administrative costs for project oversight, promotion, accounting, coordinating, and scheduling. Multiple staff members, pay rates and hours. \$4,800.00 Round trip Travel costs for 6 vehicles to drive to DeKalb County with all of the incentives prepackaged into boxes, labeled, and ready to distribute for 4 days at \$109 each = \$2,616. \$2,616.00 IN-KIND: Volunteer service to watch children who are too young for McMillen Programs, estimated at 4 volunteers, 4 hours each for 4 days at current volunteer in kind rate of \$31.50. \$504.00 IN-KIND: Administrative costs of recipient organizations, at an estimate of at least \$500 per day to coordinate, promote, and host events, for staff time and space costs. Will vary. \$2,000.00 Cost for 4 DeKalb County Mom and Me Days \$31,472.00 Project #2: Vaping Preventive Health Education Programming Sessions in DeKalb County Cost to provide 25 vaping education programming sessions to DeKalb County youth x \$633.55= \$15,838.75 Cost to travel to DeKalb County 13 times to provide sessions = \$109 x 13 round trips = \$1,417.00 Cost to implement 25 vaping prevention programming sessions with DeKalb County youth in grades 3-12. \$17,255.75 IN-KIND: McMillen Health's In-Kind support of 25 preventive health education programming sessions. \$6,650.00 Total Project Cost: \$48,727.75 In-Kind Support: \$9,154.00 Total requested from DeKalb County Health First Grant: \$39,573.75

SUSTAINABILITY PLAN:

McMillen Health will continue seeking out funding opportunities to continue providing these preventive health education programs to DeKalb County residents. As Mom and Me Days provides education to low-income, prenatal/postnatal women, McMillen Health relies on funding partners to provide this specific program. We cannot ask these women to pay for this education, as most do not have the funds available to do so. Similarly, we are continuously seeking funding opportunities to provide youth preventive health education programming sessions to DeKalb County students. For sessions that schools pay for, McMillen Health charges a \$7 fee per attending student. The true cost of a student attending our programs is \$22.73, which leaves a funding gap of \$15.73. Schools struggle with paying this fee, and as school budgets continue to shrink, fewer schools will be able to budget this additional expense. Therefore, to continue providing these vital education, McMillen Health looks to community funders who will help support our efforts of improving community health.

DIGITAL SIGNATURE:

Nicole Fairchild