

**Rotary International
Rotary District 5340**

Rotary Foundation District Grant Final Report

Must be filed electronically on: <http://www.matchinggrants.org/district/>

Grant Information (to be completed by District Grant contact)

1. District Grant # **B-632** (check website for #)
2. Name of District Grant: **Running Against Obesity**
3. Briefly describe the grant and list any changes that might have occurred (100 words or less) **The matching District grant helped Route 78 Rotary sponsor a running club to address the high rate of obesity among students at Alvin Dunn School in San Marcos. Teachers organized "Running to Lead" providing students an opportunity to run 2 days a week before school. Student participation increased from 20 in the previous year to over 400 students (K -6th grade). An added benefit was that, off and on, about 40 parents exercised with their children. Having money to purchase incentives for students in the program, such as: ribbons, medals, t-shirts (after 20 miles), and award ceremonies kept students motivated.**
4. Provide a brief (100 words or less) of lessons learned in implementing this grant and how this will improve future grant funded project. **A clear lesson was that students need positive, concrete recognition for their efforts in sustaining a healthy exercise program. A well-organized program, scheduled meetings with school & R78R coordinators early in the grant award process, helped set mutually created goals, expectations, and timeline for reaching the goals. Teachers benefited as children seemed calmer and more ready to focus on learning. Having an organized running club let to a decrease in playground misbehavior. It motivated children to arrive early and eat a healthy breakfast. A pre/post weigh-in program would be helpful in ascertaining weight loss. We plan to continue supporting this program using matching grants.**
5. How has your Club or community been impacted by this grant?
(Check all that apply)

- Involvement of Rotarians in our Club in humanitarian grants has increased.
- Our Club's international Rotary networks have been strengthened.
- Annual giving to the Rotary Foundation in our Club has increased.
- Club membership has increased.
- Our Club's awareness of the needs in our community has increased.
- Participation in a District Grant has not changed our Club in any significant way
- Others: **The matching grant improved R78R members' increased awareness of health issues among children in local communities, and the importance of our members' support & involvement in local school projects. Awareness of our Rotary Club's presence has increased among Latino communities in North County who have voiced appreciation of the involvement of organizations that represent the diversity in their communities.**

6. Given your experience, please provide any suggestions you believe would improve District Grants and the process to receive and implement them. **The grant process seemed easy, but getting over-worked, busy teachers to keep up logs seemed to be a problem. Now with a little more experience under our belt as a Rotary club, grant reporting should improve and we can provide grant recipients better guidance to meet reporting requirements.**

5. Financial Summary

Amount of District Grant funds received: \$600

Amount of Club funds used in grant: \$600

Amount of other funds used in grant: n/a

Total \$1,200

6. Receipts and Financial statements

Please include all invoices and receipts in electronic format to your web page on the District Grants web page: <http://www.matchinggrants.org/district/>

Approvals:



Club President

Date



Club Contact for District Grant

Date