

EXHIBIT A

John Snow, Incorporated

1725 Blake Street
Suite 400
Denver, Colorado 80202303-262-4300 Voice
303-262-4395 Fax
denver@jsi.com Email

January 7, 2010

Dear City of Portland,

Thank you for submitting an application for the National Women's Health Week funding opportunity through the Office on Women's Health.

We are pleased to announce that your application has been approved by the Region X Office on Women's Health Technical Review Panel for funding in the amount of \$2,500.00. Congratulations on your award!

You will be required to complete the following items before receiving your award

- vendor profile form (to be completed as soon as possible)
- final report (to be completed at the end of your project).

Templates of the two required items are attached. Please complete the vendor profile form as soon as possible and e-mail it to owhapplication@jsi.com or fax it to ATTN: Jodie Albert at (303) 262-4395. Should you have any questions about completing the forms, you may e-mail owhapplication@jsi.com or call (866) 224-3815. Please return the vendor profile form no later than January 21, 2010.

This award is a contract not a grant. You will receive payment after the completion of your project and approval of your final report. All modifications to your project must be approved by your Regional Women's Health Coordinator before your project is implemented. Please note: modifications to your proposed project that are not approved by your Regional Women's Health Coordinator may result in nonpayment of your award.

You have until June 30, 2010 to complete your project. You must submit your final report to owhapplication@jsi.com on or before that date for review and approval. This report must be typed. Handwritten reports will not be accepted. Once your final report has been approved and JSI has received your completed vendor profile form, JSI will send you a check for the awarded amount.

Please note: event materials supported through these funds must include acknowledgment of support from the U.S. Department of Health and Human Services (HHS), Office on Women's Health. You should also include the following statement on event materials distributed at events: "Funding for this activity was made possible in part by the HHS, Office on Women's Health. The views expressed in written materials or publications and by speakers and moderators at HHS-sponsored conferences, do not necessarily reflect the official policies of the Department of Health and Human Services; nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government."

Congratulations again, and thank you for your hard work in your community.

Regards,

John Snow, Inc.

National Women's Health Week
Cover Page – Form I

Contact InformationHHS Region: Region XOrganization Name: City of PortlandMailing Address, City, State, Zip: Commissioner Amanda Fritz
1221 SW 4th Ave, Room 220
Portland, OR 97204Executive Director: Commissioner Amanda Fritz, RNProject Director: Sara Hussein, MPATelephone Number: 503-823-3994E-mail Address: sara.hussein@ci.portland.or.usFax Number: N/AOrganization's Employer Identification
Number (EIN)/Tax Exempt Number: 93-6002236Signature of responsible official: Commissioner Amanda Fritz
Amanda Fritz

Note: Applications should be signed by an official with fiduciary responsibility for your organization. For applications submitted via e-mail, a typed electronic signature with a statement "this typed signature represents an official signature" is acceptable.

Organizational Background – Form II

1. Describe your organization's mission, history, and services provided.

The City of Portland was incorporated in 1851 by the territory of Oregon, eight years prior to Oregon becoming a state. The City is the community's governing agency that provides Portland residents basic services, with a mission that promotes a culture of civic engagement by connecting and supporting all Portlanders working together and with government to build inclusive, safe and livable neighborhoods and communities.

In order to fulfill its mission, many of the City's bureaus and departments have been recipients of various federal grants. The Portland Housing Bureau has received an assortment of grants from the U.S. Department of Housing and Urban Development to increase housing needs to Portland residents, provide several rent assistance programs, and build shelters and resource centers to assist those living outside.

Housing is only one of many services provided by the City. Additional services that are provided to residents include transportation, public safety (police and fire), development and environmental services, parks and recreation, and providing the City with drinking water, to name a few.

Until recently, the City of Portland has not been heavily involved in the delivery of health care services, since that falls under Multnomah County's jurisdiction. However, since Amanda Fritz, a Registered Nurse, was elected Commissioner and took office in January 2009, the City has taken a more prominent leadership role in promoting health care both for employees and in the community. The Commissioner actively supported and lobbied to pass bills that expanded health care coverage to 80,000 children in the State of Oregon, with additional coverage for 35,000 low income adults. After passage of this landmark legislation, Commissioner Fritz played a vital role in education and outreach to organizations on how they can help enroll as many children as possible. Commissioner Fritz is also leading work with City employees to promote the wellness of staff and their families. Additionally, she is working with police and community members on homelessness, mental health issues and services. Commissioner Fritz has devoted considerable time to community outreach on providing basic services from public restrooms and flu shots to foot care.

Receipt of this grant will fund a project providing an unusual showcase to highlight National Women's Health Week. It will allow the City and Commissioner Fritz to continue their proactive role in the promotion of health care, while partnering with homeless shelters in Portland, a local hospital, and the Oregon Food Bank to provide necessary health care education to women living in emergency shelters or outside. By advertizing the project, many Portland women will realize that if women's health is considered important by both elected leaders and women experiencing homelessness, every woman can be involved in their own health care.

2. Provide a brief description of the population and geographic area that your organization serves.

Spanning over 140 square miles, Portland is home to an estimated 582,130 residents, according to Portland State University's Population Research Center. The City of Portland

serves 95 neighborhoods and over 40,000 local businesses within this geographic area. The U.S. Census Bureau's 2006-2008 American Community Survey shows that 10.5% of families and 15.2% of individuals are living below the federal poverty level, compared to the national averages of 9.6% and 13.2%, respectively. There has been a spike in the number of women seeking shelter due to the present economic climate; at the same time the City of Portland is struggling through the worst budget forecast in recent memory. Despite these challenges, the City of Portland makes it a priority to provide services to those in need by funding and operating several shelters and day access resource centers. Portland is the only jurisdiction in the region providing overnight shelter for single adults.

Proposed Project Description – Form III

1. What is the proposed project name?

The name of our proposed project is Healthy Habits for Healthy Women.

2. What do you want to accomplish with this project? Please list your goal(s) for the project.

Our goals for this project are:

- Educating women about birth control options and services
- Instructing women on cervical cancer preventative measures
- Informing women of the free women's health care services offered in the Portland area
- Training low income women in transitional housing how to eat and shop for healthy foods on a budget
- Providing a variety of health care information in a non-threatening format, by holding a Health Care Fair with tabling by community organizations, in conjunction with the workshops
- Publicizing National Women's Health Week through events targeted to a non-traditional audience

Commissioner Fritz and her office staff will work with representatives from the women's health field and staff from partner organizations to provide health education workshops with associated health fairs. Organizations will include two women's emergency shelters, one center for homeless youth, and an open-air weekly lunch gathering for people living outside. The workshops will be focused on birth control options and related women's health services to those at the shelters, along with information on cervical cancer prevention and linkages to free women's health care services in the Portland area. A separate workshop on nutritional education will be held for women in transitional housing to teach women how to shop, cook, and eat healthy foods on a budget.

The lead health educators will be a reproductive health educator, a nursing student or physician from Oregon Health & Science University (OHSU), and volunteer chefs from the Oregon Food Bank. The birth control portion of the workshop will be taught by a professional in the reproductive health field, who will provide information to low income women on accessing birth control services. A nursing student or a physician from OHSU's Center for Women's Health will teach the portion of the workshop on cervical cancer and pap smears and inform the women of free women's health exams offered monthly at the Center. Educators from the Oregon Food Bank will teach a hands-on nutrition education

workshop. At each workshop, other community health care organizations will be invited to table, offering stop-by information to participants in the workshops.

The trainings will be fun, interactive and geared to the educational levels and age composition of the participants. To assess the level of knowledge gained by the participants at the workshops, the educators will administer an interactive pre-test prior to the workshop and a post-test upon completion, to ensure that the women increased their knowledge on these women's health issues.

3. Describe the community's need for this project. Use Quick Health Data Online statistics whenever possible <http://www.healthstatus2010.com/owh/>

As a result of the economic downturn the City of Portland has experienced, there has been an unprecedented influx of people living outside and experiencing homelessness. In 2008-2009, approximately 13,000 individuals in Portland and Multnomah County were served by one of dozens of nonprofits that use our community's Homeless Management Information System (HMIS). This would include street outreach programs, emergency shelters and transitional housing programs. Of these 13,000 people, 2,542 were women.

For women living outside, basic survival is a more immediate need than thinking about preventative health care or healthy eating habits. Yet these women are most in need of information and services preventing as well as treating health problems and unplanned pregnancies. The proposed grant would provide health care classes in the community to women who would not otherwise be able to receive these types of classes.

4. Describe your proposed project. How you will carry it out? Who are your partners?

We will hold two different types of workshops: a women's health education workshop led by professionals in the women's health field; and a workshop on nutrition education to low income women in transitional housing led by nutrition experts. The women's health education workshops will be held at two emergency shelters and one outside gathering, while the nutrition education workshop will be held at a shelter assisting women with transitional housing. Both types of workshops will be presented with an associated Health Fair, with additional community organizations being offered tabling opportunities.

Our partners where we will be hosting the workshops at are: Rose Haven women's day program, Dinner-and-a-Movie youth program, Salvation Army Female Emergency Shelter (SAFES), and HomePDX. All of these organizations provide services to homeless and low income women, and are trusted by their clients. The nutrition education workshop will only be held at SAFES, which assists low income women in finding transitional housing.

To teach the workshops, we will partner with a reproductive health educator, OHSU, and the Oregon Food Bank for conducting the workshops. The reproductive health educator will provide information on access to birth control for low income women, while OHSU will provide information on cervical cancer and access to free women's health exams. The Oregon Food Bank will provide a hands-on nutrition education course to teach low income women cooking methods, nutrition, food safety, practical shopping and meal planning. All speakers will provide informational brochures to the women and the shelters about their programs.

We asked women in these programs what women's health topics are of most interest to them and the majority responded with birth control options/access, reproductive health services, and eating healthy foods on a limited budget. Therefore, the workshops will educate the women on birth control options, access to birth control, cervical cancer, pap smears, and nutritional education.

5. What is the proposed project's target population? Include women/men, race and ethnicity, rural/urban, age groups, and consumer/professional. Where is the target population located? How many people will be reached by this project?

The target population for the proposed project is low income and/or homeless women of all races, ages, and ethnicities that access services at our partnership organizations. The target population is located in Portland, Oregon. We hope to reach out to approximately 200 women during National Women's Health Week with our workshops alone.

6. In the table below, please describe your planned activities.

Activity	Start Date	End Date	Person Responsible
Advertise in Street Roots, newspaper written and sold by people experiencing homelessness	3/01/10	5/10/10	Sara Hussein
Outreach and flier distribution informing women about the workshops	4/01/10	5/12/10	Sara Hussein
Publicize project on City of Portland website before and after events	5/01/10	5/20/10	Commissioner Fritz
Women's Health Workshop at Home PDX	5/09/10	5/09/10	Sara Hussein/Anabeth Moseley
Women's Health Workshop at Rose Haven Women's Shelter	5/10/10	5/10/10	Sara Hussein/Sister Cathie Boerboom
Women's Health Workshop at Dinner and A Movie	5/11/10	5/11/10	Sara Hussein/Jennifer Lawrence
Nutrition Education Workshop at Salvation Army Female Emergency Shelter	5/12/10	5/12/10	Sara Hussein/Ginny Sorenson/Shannon Singleton

7. Deliverables: Identify final product(s) that you will submit to JSI, for example, report on proceedings; training curriculum, etc.

The final products we will submit to JSI will include: a final project report including the workshop curriculum; number of people who attended the workshops; informational materials provided to workshop participants; pre and post tests; evaluation forms; copies of the informational fliers, newspaper ad, press releases and web site postings.

Project Evaluation – Form IV

1. Evaluation: What performance measure(s) will you use and how will you evaluate the success of your project? Examples include pre-post -test to measure improved health indicators or questionnaire to measure knowledge gained as a result of this project.

The success of the project will be determined by measuring participation with an anonymous head-count at each session and whether the educational goals have been achieved by gathering both objective and subjective information will. To evaluate whether women increased their knowledge on access to women's health services, an interactive "pre-test" and "post-test" will be conducted, asking simple questions related to accessing birth control, health services, birth control options, and nutrition. This will show us if the women learned valuable information as a result of the workshops and will allow us to make any necessary changes for future projects. Subjective data will also be gathered by asking participants to complete an evaluation form related to the value of the workshops. The evaluation will ask participants what additional topics they would have liked to have learned about, and whether they found the workshop worthwhile. This will allow us to determine if the structure or content of the workshop needs to be changed in future years, if participants want it to be an annual event. Evaluation results will be shared with all of our partner organizations.

Project Budget- Form V

1. List how you will use requested funds for this project in the table below.

Item Description	Unit	Unit Cost (\$)	Total Cost (\$)
Printing of informational fliers for distribution at shelters and to individual women living outside	1,000	\$590	\$590
Newspaper Advertisement (2 times per month for two months)	1	\$250	\$250
Women's Health and Nutrition Education Workshops Supplies	N/A	\$1,460	\$1,460
Oregon Food Bank Nutrition Education Workshop	1	\$200	\$200
Total:			\$2,500

2. List other sources of funding to support the project budget, if any.

Brochures related to birth control services and access will be provided by local government sources. Materials related to cervical cancer, pap smears, and free women's health exams will be donated by OHSU's Center for Women's Health. Oregon Food Bank will provide educational materials for eating and shopping healthy for low income individuals. The workshops will be held during normal business hours; therefore staff will not be required to be paid for overtime work and Commissioner Fritz's office will donate staff time. In addition, we intend to invite donations from local businesses to provide additional supplies and refreshments to participants in the workshops.