

**REQUEST FOR PROPOSALS (RFP)**

**Title:** Advancing Whole Health Through Innovative Research  
**Funding Amount:** Up to $25,000 per project for UVM FY26 (no minimum amount)  
**Proposal Length:** 3-5 pages (excluding budget, references, and biographical sketches)

**1. Background & Purpose**

The Osher Center at UVM’s mission is to advance whole, integrative health through education, clinical care, research, and policy. Our Values include the following:

* We empower individuals to thrive through whole healthcare, honoring their physical, psychological, and spiritual experiences.
* We believe health care can be effective only when rooted in social justice, inclusion, and access to high-quality care for all.
* We build and support expert academic resources to expand and strengthen evidence-based integrative health.
* We nurture connection and wellbeing among our educators, researchers, clinicians, and regional and global community members.

The purpose of these grants is to advance the mission of the Osher Center at UVM through innovative research that aligns with the [NCCIH Research Priorities](https://www.nccih.nih.gov/grants/research-funding-priorities) and the [Osher Center at UVM’s priorities](https://www.uvm.edu/osher/mission-vision-and-values) and addresses one or more of the following topics:

* Whole Health and the integration of complementary and conventional care
* Integrative or Whole Health approaches to the management of chronic conditions
* Advances in education of Integrative health providers
* Policy changes to promote Whole Health or Integrative care
* Planetary Health- human health and the environment
* Lifestyle medicine approaches to care (i.e. culinary medicine, physical activity promotion, stress management)
* Promotion of healthy behavior change

**2. Scope of Work**

Proposals should include:

* **Significance & Innovation:** Describe the question, significance in the field, alignment to the Osher Center mission and vision and NCCIH priorities
* **Approach:** Include hypotheses, study design, methods, and participant details.
* **Feasibility:** Detail timelines, resources, personnel, and a realistic budget.
* **Outcomes:** Identify measurable endpoints/plans for future funding or publication.
* **Budget:** See Guidelines below.

**3. Eligibility**

Only Osher Affiliates are eligible to apply.

* To become an Osher Affiliate, submit your [Osher Affiliate Application.](https://forms.office.com/pages/responsepage.aspx?id=WHcXHGtN3EOq6zucQlYpZ0I7J8YNqVlBp05BZR7gj9FUNFZWTVI0Sjc2M1BWSFNJMzVEMVVEVDVLSy4u&route=shorturl)
* For more information, visit [uvm.edu/osher/affiliate-hub](https://www.uvm.edu/osher/affiliate-hub).

Projects should:

* Be led by individuals with relevant expertise
* Demonstrate access to necessary facilities and participants
* Can include researchers, clinicians, educators, graduate students, medical students, and fellows.
* Have the potential to lead to future extramural research funding.

**4. Budget Guidelines**

* Total costs up to $25,000
* Include itemized budgets for personnel (salary + fringe), supplies, participant expenses, data analysis (since this is an internal grant, indirect costs do not apply)
* Budget narrative should explain need, justify costs, and align with project aims

**5. Timeline**

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| --- | --- |
| **Milestone** | **Due Date** |
| Full Proposal Due | October 1, 2025 |
| Awards Announced | October 20, 2025 |
| Project Start | November 1, 2025 |
| Project Completion | June 30, 2026 (no extensions allowed) |
| Final Report Due | August 1, 2026 |

**6. Submission Requirements**

* Name
* Email
* Phone
* Department
* College
* Project Narrative (3-5 pages) upload PDF
  + Background & Purpose
  + Scope of Work
    - Significance & Innovation
    - Approach
    - Feasibility:
    - Outcomes:
* **Budget** upload PDF

**7. Contact Information**

Questions? Contact: Kristie Grover at [Kristie.Grover@uvm.edu.](mailto:Kristie.Grover@uvm.edu)

**Rubric for Proposal Evaluation**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Criterion** | **Excellent (3)** | **Good (2)** | **Fair (1)** | **Unsatisfactory (0)** |
| **Significance & Alignment (20%)** | Strong fit with Osher Center at UVM priorities | Good alignment | Some alignment | Poor alignment |
| **Approach & Methodology (25%)** | Robust, feasible methods; detailed plan | Good methods; few gaps | General plan; some concerns | Poorly defined; serious concerns |
| **Investigators & Environment (15%)** | Strong bios, environment well‑equipped | Good team, adequate resources | Acceptable, minor deficiencies | Weak team or environment |
| **Feasibility & Timeline (15%)** | Realistic timeline, milestones | Generally feasible | Some timeline risk | Not feasible |
| **Budget Justification (10%)** | Justified, aligns with scope | Reasonably justified | Some misalignment | Unjustified/costly |
| **Future Directions & Sustainability (15%)** | Clear path to future funding/publication | Good plan | Some plan but unclear | No future plan |