



**Osher Center
for Integrative Health**

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)

APPLY at submit.uvm.edu.

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](#) and the [Osher Center at UVM's priorities](#) 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](#).
- For more information, visit 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

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.

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