

**Gila County Request for Proposal (RFP)
Sub-Grantee for Public Health Support
Services**



Pinnacle Prevention
3100 West Ray Road, Suite 201
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September 26th, 2016

Mrs. Betty Hurst
Gila County Finance Department
Guerrero Complex
1400 East Ash Street
Globe, AZ 85501

Mrs. Betty Hurst,

Pinnacle Prevention is pleased to submit the enclosed proposal for your consideration in response to the Request for Proposal (RFP) issued for *Sub-Grantee for Public Health Support Services* (RFP No. 080316).

Pinnacle Prevention is an Arizona-based nonprofit 501(c)(3) public health consulting firm. Our firm includes a team of innovative Registered Dietitian Nutritionists (RDNs), Researchers, and Communications Specialists with over 10 years of experience in the administration and support of the Supplemental Nutrition Assistance Education Program (SNAP-Ed) and public health approaches related to Healthy People Healthy Communities (HPHC) strategies, and Public Health Emergency Preparedness (PHEP) marketing and communications.

Details of our unique qualifications specific to the needs identified in the scope of work are included in this proposal. Any questions regarding this proposal may be directed to Mrs. Adrienne Z. Udarbe, Pinnacle Prevention Director, who is available at (480) 207-5955 or at adrienneudarbe@pinnacleprevention.org.

Sincerely,

A handwritten signature in blue ink that reads "Adrienne Z. Udarbe".

Adrienne Z. Udarbe, MS, RDN
Executive Director – Pinnacle Prevention

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Description of Organization

Pinnacle Prevention is an Arizona-based nonprofit 501(c)(3) public health consulting firm. The mission of Pinnacle Prevention is to inspire and advance opportunities for lifestyle-enriched living that promote healthy eating, active living, and the prevention of disease. Pinnacle Prevention's commitment to quality is guided by our mission-driven design including the following core values that are reflected in our approach: strategic, focused, meaningful, insightful, inspiring, engaging, and trustworthy. Pinnacle Prevention has over a decade of experience in public health, with extensive expertise in the administration of United States Department of Agriculture (USDA) nutrition programs, including the Supplemental Nutrition Assistance Program Nutrition Education and Obesity Prevention (SNAP-Ed) grant program. Our principal activities are driven by Policy, System, and Environmental (PSE) public health approaches and include: PSE planning and strategy implementation, public health assessments, facilitation and community engagement, strategic planning, training and education, community health studies, research, and public health communications. Pinnacle Prevention offers extensive experience in the implementation of healthy eating and active living strategies with a focus on food system environments, active living environments, and school-based and early care and education settings to meet the deliverables outlined in the Gila County Request for Proposal (RFP) for sub-grantee for public health support services.

Pinnacle Prevention offers over a decade of experience in public health and health care systems at the federal, state, and local levels. Founded in 2014, Pinnacle Prevention

has experience working with over 20 state, county, city, and community-based agencies and organizations, including county public health departments, tribal partners, and health care systems. Our experience includes over a year of service and work in Gila County working with the Gila County Division of Health and Emergency Management (GCDHEM) and local stakeholders. This experience has included working with community partners from Gila County communities to implement and facilitate the Gila County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) and as past SNAP-Ed contractor. This has provided us with intimate knowledge of the health needs of Gila towns and cities and allowed us to establish strong relationships with stakeholders. In addition to our experience working in Gila County, our team has experience working with rural and tribal programs communities. Our team is highly skilled in applying evidence-based approaches in the delivery of public health approaches, while remaining grounded in the understanding of the complexity of factors that influence decision-making around health. These attributes facilitate cooperation of, and valuable input from key community partners and the public in optimizing program outcomes. We have a proven track record of effective and efficient project management and delivery. We offer a strong and experienced team of Registered Dietitians that are grounded in science and evaluation, but also understand the federal regulations and requirements expected in the delivery of SNAP-Ed services and other Public Health programs. Public Health Support Services will be supported by the following Pinnacle Prevention team members: Adrienne Udarbe, MS, RDN (Director); Kathleen Carlson, MScA, RDN (Manager and Evaluator); Kate O'Neill (Manager and Social Scientist); Jaclyn Chamberlain, MPH, RDN, CSP; and, through

sub-contracting with the following partner organizations: Arizona Strength (Physical Activity Specialist) and Carient Communications (Marketing and Communications).

Examples of Similar Project Experience

Pinnacle Prevention is well versed in providing the support services necessary to implement SNAP-Ed, PSE health strategies, and healthy marketing and communications. Examples of similar project experience includes the following:

- **Gila County SNAP-Ed Support Services:** Mrs. Udarbe and Mrs. Carlson have served as contractors in the implementation of SNAP-Ed support services. Responsibilities included technical assistance, education, evaluation, and reporting.
- **Arizona Department of Health Services (ADHS), Arizona Nutrition Network (AzNN)/SNAP-Ed:** Mrs. Udarbe and Mrs. Carlson both served as Managers in the implementation and evaluation of SNAP-Ed services across Arizona in their former roles with the ADHS. Responsibilities included operational oversight, budgeting, technical assistance, training, education, and social marketing.
- **Arizona Department of Health Services (ADHS), Health in Arizona Policies Initiative (HAPI):** Mrs. Udarbe and Mrs. Carlson both served as Managers in the implementation and evaluation of public health approaches and PSE strategies in what was formerly known as the Health in Arizona Policies Initiative (HAPI) (now transitioned under the Healthy People Healthy Communities initiative) in their former roles with the ADHS. Responsibilities included operational oversight, budgeting, technical assistance, training, education, and evaluation.
- **Arizona Department of Health Services (ADHS), Children and Youth with Special Health Care Needs:** In her former role with ADHS, Ms. Udarbe collaborated extensively with the Office for Children and Youth with Special

Health Care Needs. Collaborations included the development of nutrition guides for infants and children with metabolic disorders, integrated and adapted physical activities for children with special health care needs, and nutrition considerations for children with life-threatening food allergies.

- **Maricopa County Department of Public Health (MCDPH), Supplemental Nutrition Assistance Program Education (SNAP-Ed)/Arizona Nutrition Network Program Technical Assistance:** Pinnacle Prevention provided technical assistance to the MCDPH Office of Nutrition and Physical Activity SNAP-Ed program to develop and implement the SNAP-Ed plan and programmatic activities for food access, food security, active living, school health, and early childhood. This included leading efforts to support development, implementation, and evaluation of nutrition and physical activity policies and environments in SNAP-Ed service settings.
- **Michigan Department of Community Health, SNAP-Ed:** Mrs. O'Neill served as Manager with oversight of staff training on practice and evidence-based approaches for delivering nutrition education at points of access including farmers market and food pantries. Efforts also included leading a multi-year statewide collaboration to develop and pilot an innovative nutrition education approach known as The Toolbox of Learning Experiences for Points of Access for SNAP-Ed partners.
- **Arizona Department of Health Services (ADHS), Special Supplemental Program for Women, Infants and Children (WIC):** Ms. Chamberlain recently served as Training Manager for the Arizona WIC Program. During her tenure,

she worked with local agencies and key stakeholders to develop a standardized training program, including competency measures for AZ WIC staff. In addition, she worked extensively with USDA and leaders to develop and improve upon participant-centered approaches to service delivery.

- **Gila County Marketing and Communications:** Pinnacle Prevention has partnered with Carient Communication to support public health emergency preparedness marketing and communications. Efforts included development and redesign of the emergency preparedness website and the development and social marketing of public health and emergency preparedness communications.

Additional program experiences and material development samples are available upon request.

Key Staff Qualifications

Pinnacle Prevention prides itself on the exemplary qualifications of personnel that will be assigned to fulfilling program deliverables should we be awarded. Public Health Support Services from Pinnacle Prevention will include the following four (4) key project personnel with the following qualifications:

- **Adrienne Udarbe, MS, RDN**, Pinnacle Prevention Director, will serve as the Principal Registered Dietitian Nutrition (RDN) providing overall technical oversight ensuring that project deliverables are of high quality and completed on time and on budget. In her current role, Mrs. Udarbe oversees operations, technical assistance, assessment and planning, and research. Previously, Mrs. Udarbe served as the Community Programs Manager with the Arizona Department of Health Services (ADHS), with oversight of \$20 million dollars in federal and state grants across eight different public health initiatives, including experience with USDA nutrition assistance programs and child nutrition programs. She has over 12 years of experience in planning, policy, evaluation, community food systems and development, specializing in services for high risk families and infants and children with special healthcare needs, and working in government and nonprofit organizations targeting low-income households. Specific to the delivery of SNAP-Ed services in Gila County, Mrs. Udarbe's experience has included oversight and management of the Farmers Market Nutrition Program (FMNP) and implementation of the Special Supplemental Program for Women, Infants, and Children (WIC) Cash Value Vouchers (CVV) at farmers markets. She also has extensive experience in informing legislative

policy to best support healthy food systems and healthy community design. Mrs. Udarbe brings to this project more than five (5) years of experience in the administration and implementation of SNAP-Ed services. She has a proven track record of successfully translating evidence-based behavior change theories and practices into influential initiatives and lead efforts to integrate PSE approaches into SNAP-Ed program delivery in her former role with ADHS. She has also served as a contributing subject matter expert on the publication: *A Practitioners Guide for Advancing Health Equity – Community Strategies for Preventing Chronic Disease (Health Equity Guide)* from the Centers for Disease Control and Prevention (CDC), author of *Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Public Health and Community Nutrition*, and serves as adjunct faculty with Chandler Gilbert Community College (CGCC) in the instruction and education of fundamentals of human nutrition.

- **Kathleen Carlson, MScA, RDN**, Pinnacle Prevention Project Manager and Evaluator, will serve as the Co-Principal RDN for this project. In her current role, Ms. Carlson oversees administration of healthy eating and active living programming, assessment, and evaluation. She supports efforts to implement evidence-based strategies and best practices; gathers data and insights to inform ongoing quality improvement; facilitates the exchange of information, best practices and successes among partners; provides technical assistance for policy, system, and environmental (PSE) strategies for prevention efforts; and, provides general program evaluation and reporting. Previous to her role with

Pinnacle Prevention, Ms. Carlson served as an Evaluator on the Research and Evaluation team within the Arizona Department of Health Services Bureau of Nutrition and Physical Activity. This included expertise in evaluation services specific to nutrition and physical activity among low income populations. In her former role she was responsible for the development of the evaluation plan for SNAP-Ed at the state level and also served as a contributor in the development of the USDA Western Region's SNAP-Ed Evaluation Framework.

- **Kate Nault O'Neill, MS**, Pinnacle Prevention Project Manager, will serve as the Co-Principal for this project. Mrs. O'Neill oversees project management for all food systems and community health efforts. She supports efforts in assessment, facilitates community engagement, and provides technical assistance in food systems PSE implementation with urban and rural community partners. Previous to her role with Pinnacle Prevention, Mrs. O'Neill had nearly 10 years of experience in food systems from managing farmers markets, to administering food systems assessments, and managing SNAP-Ed programming with the Michigan Department of Community Health. Mrs. O'Neill is a Social Scientist with a Master of Science in Community, Agriculture, Recreation and Resource Studies and specializes in Community Food and Agricultural Systems; Education and Civic Engagement. She is also author of the following publications: *Growing Youth Food Citizens*; *Engaging Youth in Food Environments research: The Role of Participation*; and *Critical Food Issues: Problems and State-of-Art Solutions Worldwide*.

- **Jaclyn Chamberlain, MPH, RDN, CSP**, Pinnacle Prevention Project Manager, will serve as Co-Principal RDN for this project. In her current role, Jaclyn is responsible for designing, developing and facilitating various training projects and education programs. Jaclyn has developed several well-received trainings focused on participant-centered services and providing effective nutrition education. Jaclyn has presented on these efforts nationally and has received national recognition from the USDA for her efforts.

All project staff will be responsible for the delivery of nutrition education to community partners across Gila County and the implementation of PSE strategies supporting Healthy People Healthy Communities. It is forecasted that direct nutrition education will comprise approximately 10% of staff project time. The remaining 90% of staff time and effort will be collaborating with Gila County staff to support the implementation of PSE and Public Health Approaches across grant initiatives. This will include technical assistance in strategy implementation, project coordination, community engagement, development of communications and marketing materials, evaluation, and reporting. Pinnacle Prevention will remain flexible in program delivery as required by the grant deliverables.

Budget/Annual Costs

In alignment with fair market rates and based upon experience and education, Pinnacle Prevention proposes the following annual budget to accomplish the grant requirements and deliverables:

Deliverable	Flat Rate Annual Unit Price
SNAP-Ed Support Services (Including 1.0 FTE)	\$110,000.00/year
Healthy People Healthy Communities Support Services (Including 0.5 FTE)	\$60,000.00/year
Public Health Emergency Preparedness Marketing and Communications (Negotiable Based Upon the Availability of Funding and Desired Number of Promotional Campaigns)	\$72,000.00/year
Annual Total	\$242,000.00/year

Any additional hours beyond the outlined projections for additional tasks that may become necessary during the course of the annual grant project period will be billed at the fixed hourly pricing of \$75.00/hour. Forecasted projections are subject to change. The formulation utilized to derive the hourly rate is inclusive of labor, ERE, insurance, and overhead. As a nonprofit firm, Pinnacle Prevention does not factor in profit margins. The proposed budget is flexible based upon the availability of funding.

Resumes and Required Forms

Adrienne Z. Udarbe, MS, RDN
1465 E. Tierra St. Gilbert, AZ 85297
adrienneudarbe@pinnacleprevention.org
(480) 415-4563

Profile

Proven nutrition leader with over ten years of experience in professional practice in multiple public sector settings including government public health and nonprofit agencies. Expertise in administration of complex state and federal grants and programs. Proven leadership in facilitating teamwork and innovative policy, system, and environmental strategies across prevention initiatives. Skilled in budget management of approximately \$20 million of grant funding across multiple funding streams as well as staff training and development. Excels in community collaboration to advance nutrition and physical activity services in community settings with a focus on pediatric and early childhood strategies. Outstanding ability to communicate to both professional and lay stakeholders and target audience.

Professional Experience

Pinnacle Prevention – Chandler, AZ (December 2013 - Present)

Executive Director

- Nonprofit leadership dedicated to moving the organization towards established vision and mission while overseeing the day to day operations
- Develops, implements, and coordinates strategic plans and evaluation plans
- Develops budget and personnel planning and projections
- Oversight of community outreach, development, grant applications, and contracts
- Coordinates development of contract proposals and grant submissions
- Provides consultation, training, and technical assistance to community and public health partners
- Maintains and communicates knowledge of federal and state political environments impacting healthy eating and active living with emphasis on early childhood health initiatives
- Serves as subject matter expert for community partners in nutrition, physical activity, breastfeeding, and obesity prevention
- Grant development and partner collaborations

Chandler Gilbert Community College – Gilbert, AZ (August 2014 - Present)

Adjunct Nutrition Teaching Faculty

- Instructor of Fundamentals of Human Nutrition Course
- Advise allied health students on evidence-based nutrition care
- Develop and implement online instruction modules

Arizona Department of Health Services – Phoenix, AZ (January 2008 – December 2013)

Community Programs Manager

- Serves as program manager over Arizona Nutrition Network (SNAP-Ed); Women, Infants, and Children (WIC) high risk and special needs and obesity prevention; Farmers Market Nutrition Program (FMNP); Breastfeeding Programs; Empower – Early Care and Education Child Care Programs; Health Impact Assessments (HIA); Healthy Community Design; School Health Initiatives; and Folic Acid Program with a combined budget of over \$20 million in state and federal grants
- Interprets federal regulations for grant oversight and management
- Develops, implements, and coordinates program strategic planning and evaluation efforts
- Develops and implements program policies and procedures consistent with department strategies
- Oversight of public health policy initiatives and implementation of innovative approaches in community nutrition services, including policy, system, and environmental change strategies
- Coordinates population-based preventative care with healthcare providers and AHCCCS coordinators
- Provides training and technical assistance in response to bureau initiatives and strategic planning
- Provides subject matter expertise on community advisory panels and boards
- Provides nutrition and physical activity trainings in alignment with the social ecological model to various community nutrition groups

Arizona WIC Public Health Nutrition Consultant (August 2006 - January 2008)

- Serves as a program nutrition consultant to Arizona WIC Local Agencies with a budget of over \$11 million to ensure contract compliance with both state and federal regulations
- Writes parts of State Plan and policy and procedure manual
- Plans and develops the RFP for Statewide Training to implement and comply with federal requirements for Value Enhanced Nutrition Assessment
- Advises and provides technical assistance to local agencies in budgeting, program implementation, evidence-based nutrition and breastfeeding practices, and interprets federal rules and regulations
- Participates and coordinates with internal and external partners in public health nutrition programs
- Develops nutrition assessment and training materials for local agency staff

Sun Valley Home Care and Hospice – Mesa, AZ (November 2006 – December 2013)

Clinical Dietitian

- Dietetic Consultant for home health/hospice patients
- Dietary assessment and coordination of nutrition care plans
- Nutrition support, monitoring, and advising
- Patient nutrition education development
- Federal compliance and monitoring of nutrition services

American Red Cross – San Diego, CA (January 2004 – August 2006)

WIC Site Supervisor/Registered Dietitian

- Dietitian and Site Supervisor for WIC agency with a participant caseload of 30,000
- Motivational counseling and community education in all aspects of nutrition
- Write and facilitate breastfeeding support classes/individual breastfeeding education
- Facilitate and teach maternal/pediatric nutrition education classes
- Individual nutrition education counseling for high risk low income populations
- Mentoring; training; community outreach

Canyon Ranch SpaClub – Las Vegas, NV (May 1999 – January 2004)

Spa Wellness and Guest Services Supervisor

- Honors ~ “Above and Beyond Staff Member”
- Managed guest and staff relations including team building and training development of team of 60
- Customer conflict resolution and problem solving
- Budgeting and financial management

National Professional Presentations

- USDA Food and Nutrition Services Nutrition Symposium, 2013
- National Association for Family Child Care Annual Conference, 2013
- Weight of the Nation, Washington DC 2012
- Association of Maternal and Child Health Programs, Washington DC 2012
- National Initiative for Children’s Healthcare Quality (NICHQ) Collaborate for Healthy Weight, 2012
- Center for Disease Control, Communities Putting Prevention to Work, Atlanta, GA 2011

(Numerous local and state-based presentations available upon request)

Media Experience

- Television: Recurring Featured Health Expert on Channel3TV – AZ Family – Good Morning Arizona, Your Life A to Z; Channel 12 AZ Central News – AZ Midday; ABC15 Arizona – Sonoran Living
- Newspaper: Featured with The Arizona Republic; Cronkite News; Washington Post
- Radio: Featured Subject Matter Expert with KTAR Arizona News Talk; KJZZ Phoenix Public Radio
- Video: CDC Childhood Obesity PSA Video; ADHS School Health Advisory Council PSA; ADHS Farmers’ Market Promotion Video

Awards and Recognitions

- Excellence in Practice, Association of State and Territorial Public Health Nutritionists, 2013
- Emerging Dietetics Leader, Academy of Nutrition and Dietetics, 2012
- The White House, *Let’s Move!* Recognition Award, May 2012

Education

Master of Science, Nutrition and Dietetics

- Central Michigan University, Mt. Pleasant, MI

Bachelor of Science, Nutrition Science

- University of Nevada Las Vegas, Las Vegas, NV

Credentials

RDN, Registered Dietitian Nutritionist

Publications

Academy of Nutrition and Dietetics: Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Public Health and Community Nutrition. Meg Bruening, PhD, MPH, RD; Adrienne Z. Udarbe, MS, RDN; Elizabeth Yakes Jimenez, PhD, RD; Phyllis Stell Crowley, MS, RD, IBCLC; Doris C. Fredericks, MEd, RD, FADA; Leigh Ann Edwards Hall, MPH, RD. *J Acad Nutr Diet.* 2015;115:1699-1709.

Contributing Subject Matter Expert to the Centers for Disease Control and Prevention (CDC) - *A Practitioners Guide for Advancing Health Equity – Community Strategies for Preventing Chronic Disease (Health Equity Guide)*

Professional Memberships

- American Public Health Association
- Arizona Public Health Association
- Academy of Nutrition and Dietetics (AND) Member
 - Public Health Nutrition Dietetics Practice Group (DPG)
 - Hunger and Environmental Nutrition (HEN) Dietetics Practice Group (DPG)
- Arizona Academy of Nutrition and Dietetics (AZ-AND) Member, Public Policy Coordinator
- Local First Arizona
- Urban Land Institute

KATHLEEN CARLSON

3100 West Ray Rd, Suite 201 ♦ Chandler, AZ 85226 ♦ (480) 495-3208 ♦ kathleencarlson@pinnacleprevention.org

SUMMARY

- ♦ Strong work ethic with excellent leadership, oral and written communication, and problem solving skills. Thorough knowledge of both public health services and data evaluation with a passion for working in communities towards increasing healthy eating and active living.

PROFESSIONAL EXPERIENCE

PINNACLE PREVENTION — Chandler, AZ

Healthy people, healthy communities.

Project Manager and Evaluator, February 2015 to Present

Provides project management and evaluation expertise in the administration of healthy eating and active living programming, assessment and evaluation.

Key Responsibilities:

- ♦ Coordinates children and youth health coalition and collective impact across the state of Arizona with stakeholders that includes public/private partnerships.
- ♦ Oversees evaluation of various projects, providing guidance to implementing evidence based practices and informing ongoing quality improvement through emerging evidence and data.
- ♦ Utilizes over 5 years of experience with statistical software packages, such as SPSS and STATA along with 10 years of experience training and working in the field of nutrition and health to analyze and evaluate data available from various sources such as the American Community Survey and the Behavior Risk Factor Surveillance System.

ARIZONA DEPARTMENT OF HEALTH SERVICES, BUREAU OF NUTRITION AND PHYSICAL ACTIVITY (BNPA) — Phoenix, AZ

Working towards improving leadership for a healthy Arizona.

Evaluator Nutritionist, February 2012 to December 2014

Provided statistical, evaluation and epidemiology services for BNPA. Worked with the Research and Development team towards evaluating and developing nutrition and breastfeeding interventions for the WIC and SNAP eligible populations of Arizona and evaluating the Public Health in Action 1305 CDC Grant.

Key Responsibilities:

- ♦ Utilized 5 years experience with statistical software packages, such as SPSS and STATA along with 10 years of experience training and working in the field of nutrition and health to analyze and evaluate data available from various sources such as the AIM/HANDS Oracle Database for the WIC Program, The American Community Survey and the Behavior Risk Factor Surveillance System.
- ♦ Developed and implemented an Evaluation Framework for the Arizona Nutrition Network (SNAP-Ed) that aligns with the Western Region's SNAP-Ed Evaluation Framework and is utilized by all Arizona partners that provide SNAP-Ed services.
- ♦ Worked on the development of an Arizona evaluation plan and monitored performance measures for an integrated CDC grant focusing on state public health actions to prevent and control diabetes, heart disease, obesity and associated risk factors and promote school health.
- ♦ Used WIC data to perform a thorough quality control check of a large data set to be sent to the USDA for nationwide comparisons.
- ♦ Completed a thorough analysis and summary of breastfeeding data in the WIC population to be used for planning new programming and decisions regarding distribution of future funding.
- ♦ Worked on the development of a Bureau wide evaluation plan in line with the ADHS strategic plan.
- ♦ Worked on a monitoring plan for statewide health indicators through the transition to state level monitoring as the PedNSS-PNSS surveillance systems was discontinued at the national level.

PROFESSIONAL EXPERIENCE (CONTINUED)

CRABTREE CORNER: FOOD FUN AND FACTS — Vancouver, BC Canada

Providing support to women and families living in extreme poverty

Volunteer Program, May 2008 to July 2010

Worked with a team of nutrition graduates to develop and coordinate a nutrition workshop for low-income mothers. Provided a nutrition class once a week, a healthy meal shared with the group and a bag with the meal's ingredients to send home with participants to share with their families.

PROVIDENCE HEALTHCARE RESEARCH INSTITUTE**DEPARTMENT OF NEPHROLOGY — Vancouver, BC Canada**

Providing clinical research design and implementation to the Nephrology department in Providence Healthcare.

Research Coordinator, May 2008 to July 2010

Promoted from Research Assistant position to oversee the administration of a Canada wide, 25-site observational study that recruited over 2500 subjects for 5 years of follow-up.

Key Responsibilities:

- ◆ Was the initial contact for all site coordinators with questions and concerns about study start up and follow-up.
- ◆ Managed the 25 hospital sites for the study during start-up and for the first year of study, including budgeting, training and adapting study protocol for each site.
- ◆ Provided data collection support to each site to ensure that all data was collected as per the study protocol and that study samples were handled and sent to storage and for testing as per study protocol.
- ◆ Acted as a liaison between study staff and the steering committee helping to ensure that protocol design was practical and met the goals of the principal investigator.

Research Assistant, Sept 2003 to May 2008

Completed research assistant duties to the Nephrology research team. Worked on numerous studies and projects at one time providing assistance to the research coordinators and office organization duties.

EDUCATION & CERTIFICATIONS

MCGILL UNIVERSITY — Montreal, QC Canada**Graduate Diploma in Dietetics (Dietetics Internship), 2011**

Coursework included internship placements with in management, clinical and community settings. During management placements, managed numerous hospital audits and developed a practice standard and evaluation plan at McGill University Health Center for allergen management. Monitored and evaluated the food service system in place at a remote mining camp providing a thorough report that outlined the current state of food service and a step by step improvement strategy. The Community placement was with the ADHS-BNPA. Managed two research projects, both qualitative and quantitative, including research design, data collection, analysis, interpretation and reporting.

MCGILL UNIVERSITY — Montreal, QC Canada**Masters of Science Applied (MScA) in Dietetics and Human Nutrition, 2011**

Coursework included research, clinical, community and management nutrition. Management nutrition coursework included project management, communications, organizational behavior, social psychology and public health. Research coursework included research methods which was a thorough study of qualitative and quantitative research design, sampling design, and data collection design for various methods including questionnaire design. Research coursework also included graduate level statistics and a master's project that consisted on questionnaire design and completed using Survey Monkey, followed by analysis, interpretation and presentation.

UNIVERSITY OF BRITISH COLUMBIA — Vancouver, BC Canada**Bachelors of Science (BSc) in Food Science and Nutritional Science, 2008**

Coursework included nutritional science and food science courses and undergraduate level economics and statistics.

Kate Nault O'Neill

kateoneill@pinnacleprevention | 480-207-5955 | 3100 West Ray Road, Suite 201 Chandler, AZ

Education

- Michigan State University** 05/2010
Master of Science in Community, Agriculture, Recreation and Resource Studies
Thematic Areas: Community Food and Agricultural Systems; Education and Civic Engagement
- Michigan State University Extension** 10/2007
Certificate of Achievement: LeadNet Facilitators Excellence
- Michigan State University** 12/2005
Bachelor of Arts in Anthropology

Professional Experience

- Project Manager** 10/2015-Present
Pinnacle Prevention, Chandler, AZ.
- Provide project management and support for all food systems and community health efforts including community engagement and technical assistance in healthy food systems change strategies.
- Independent Consultant** 11/2014-08/2015
Subcontract with Michigan Public Health Institute, Okemos, MI.
- Collaborated with Michigan Department of Health and Human Services Nutrition, Physical Activity and Obesity Program staff to train Michigan State University Extension SNAP-Ed partners on practice and evidence-based approaches for delivering nutrition education at points of access including farmers market and food pantries.
- Public Health Consultant** 02/2011-10/2014
Michigan Public Health Institute affiliate with the Michigan Department of Community Health, Lansing, MI.
- Provided management to the Local Health Department SNAP-Ed Project, a multi-year statewide collaboration to develop and pilot an innovative nutrition education approach known as The Toolbox of Learning Experiences for Points of Access.
- Residential Technician** 08/2001-08/2007 and 06/2009-02/2011
Community Services for the Developmentally Disabled, Community Mental Health Authority-Clinton, Eaton and Ingham Counties, Lansing, MI.
- Improved the diet-related health of residents by transforming household food practices, particularly through the inclusion of residents in all aspects of meal planning, shopping, and preparation.

Independent Contractor
Lansing, MI.

02/2010-01/2011

- Completed phase one of a Jackson County Community Food Assessment including the results and recommendations from a stakeholder analysis.

Research Assistant

08/2007-08/2009

Department of Community, Agriculture, Recreation and Resource Studies at Michigan State University, East Lansing MI.

- Worked with faculty across diverse disciplines to conduct multiple community food assessment activities in Saginaw, MI, Flint and Genesee County, MI including the facilitation of focus groups and community forums.

Allen Street Farmers Market Manager

07/2006-09/2007

Allen Neighborhood Center, Lansing, MI.

- Created and facilitated an advisory committee comprised of diverse market stakeholders to draft and implement new policies and procedures, including food assistance benefit and cash redemption systems.

Publications

Wright, W., & Nault, K. (2013) Growing Youth Food Citizens. *Journal of Extension*. Vol. 51(3) (No. 3IAW2)

Nault, K., Fitzpatrick, M., & Howard P. (2010). Engaging youth in food environments research: the role of participation. *Journal of Hunger and Environmental Nutrition*. Vol. 5(2). 170-190

Bingen, J., Colasanti, K., Fitzpatrick, M., & Nault, K. (2009). Urban Agriculture. In L. E. Phoenix (Ed.) *Critical food issues: problems and state-of-art solutions worldwide* (pp. 109-122). Santa Barbara: Praeger

Selected Memberships

Michigan Good Food Fund Task Force
Program Guidelines Committee Member

07/2014-10/2014

ICC Michigan Food Policy Council
Food Access Task Force Member

11/2012-10/2014

Healthy Kids, Healthy Michigan Coalition
Food Access - Community Policy Action Team Member

04/2012-10/2014

Michigan Farmers Market Association
Founding Member and Co-chair of the Community Outreach Task Force

04/2010-02/2011

Power of We Consortium Facilitators Guild
Ingham County, MI

04/2009-12/2013

Honors

Registered Dietitian Nutritionist (RDN)

Registration awarded October 2005

Board Certified Specialist in Pediatric Nutrition (CSP)

Certification awarded November 2013

2005 Washington State Dietetic Intern of the Year

Washington State Dietetic Association

2002 Outstanding Student

Arizona State University

Computer Software

Proficient in Microsoft Office programs, SPSS and Health and Nutrition Delivery System (HANDS)

Education

Master of Public Health / March 2006

University of Washington / Seattle, WA

Bachelor of Science in Dietetics / December 2002

Arizona State University / Tempe, AZ

QUALIFICATION AND CERTIFICATION FORM

EXHIBIT "D" Bidder Qualifications and Certification

Purpose

This exhibit shall serve as a requirement to enable the evaluation team to assess the qualifications of Contractors under consideration for final award.

The information may or may not be a determining factor in award.

Contract Number 080316 SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES

The applicant submitting this Proposal warrants the following:

1. Name, Address, and Telephone Number of Principal Contractor:

Pinnacle Prevention
3100 West Ray Road, Suite 201 Chandler, AZ 85226
(480) 207 - 5955

2. Has Contractor (under its present or any previous name) ever failed to complete a contract? _____ Yes No. If "Yes", give details, including the date, the contracting agency, and the reasons Contractor failed to perform in the narrative part of this Contract.
3. Has Contractor (under its present or any previous name) ever been disbarred or prohibited from competing for a contract? _____ Yes No. If "Yes", give details, including the date, the contracting agency, the reasons for the Contractors disqualification, and whether this disqualification remains in effect in the narrative part of this Contract.
4. Has a contracting agency ever terminated a contract for cause with Contractor (under your Contractor's present or any previous name)? _____ Yes No. If "Yes", give details including the date, the contracting agency, and the reasons Contractor was terminated in the narrative part of this Contract.
5. Contractor must also provide at least the following information:
- A brief history of the Contractor.
 - A Cost Proposal shall be submitted on the Price Sheet, attached hereon and made a full part of this contract by this reference.
 - A list of previous and current customers, which are considered identical or similar to the Scope of Services described herein; shall be submitted on the Reference List, attached hereon and made a full part of this contract by this reference.
 - List the specific qualifications the Contractor has in supplying the specified services.
 - Gila County reserves the right to request additional information.

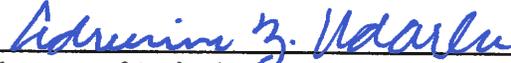
REQUEST FOR SEALED PROPOSALS NO. 080316
SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES

Qualification & Certification continued....

6. **Contractor Experience Modifier (e-mod) Rating in Arizona:** Not Applicable
(If Applicable)

A method the National Council on Compensation Insurance (NCCI) uses to measure a business' computed loss ratio and determine a factor, which when multiplied by premium, can reward policyholders with lower losses. E-mod rate may be a determining factor in bid award.

7. **Current Contractor Business Arizona License Number:** EIN 46-4574172/City License #157046
(If Applicable)



Signature of Authorized Representative

Adrienne Z. Udarbe, MS, RDN
Printed Name

Executive Director
Title

**REQUEST FOR SEALED PROPOSALS NO. 080316
SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES**

PRICE SHEET

Please complete price sheet in its entirety for the services provided in RFP 080316 SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES.

Contractor Name: Pinnacle Prevention

Phone No.: (480) 207 - 5955

COSTS	
<p>Annual Rate</p> <p><i>(Contractor shall be paid per monthly expenditure report. Monthly expenditure report to be submitted to Gila County by the 15th of the following month)</i></p>	<p>\$ <u>242,000.00</u></p>
TOTAL COST	<p>\$ <u>242,000.00/year</u></p>

****All applicable taxes shall be included in proposed amount.**

Adrienne Z. Udarbe
Signature of Authorized Representative

Adrienne Z. Udarbe, MS, RDN
Printed Name

Executive Director
Title

REFERENCE LIST

These references are required to enable the evaluation team to assess the qualifications of the Contractor under consideration for final award.

References

Please list a minimum of three (3) references for contracts of similar size and scope as this Request for Proposals during the past twenty-four (24) months, in or as close to Gila County as possible. Bidder may attach further reference information as necessary.

1. **Company:** Arizona Department of Health Services/CineLearning
Contact: Anne Whitmire - Training Manager
Phone: (602) 542 - 1886
Address: 150 N. 18th Ave. Suite 310 Phoenix, AZ 85007
Job Description: Contract services for training design and delivery

2. **Company:** Maricopa County Department of Public Health
Contact: Mary Mezey - Supervisor, Office of Community Empowerment
Phone: (602) 506 - 5783
Address: 4041 N. Central Ave. Phoenix, AZ 85012
Job Description: Contract services for Preventative Health Collaborative Action Learning Teams
Facilitation and Coaching

3. **Company:** New Mexico Department of Public Health - WIC Program
Contact: Kerry Thomson -Clinic Operations Manager
Phone: (505) 476 - 8832
Address: 2040 S. Pacheco St. Santa Fe, NM 87505
Job Description: Contract services for training, planning, evaluation, and communications

Pinnacle Prevention
Name of Business
Adrianne Z. Kovalu
Signature of Authorized Representative
Executive Director
Title

REQUEST FOR SEALED PROPOSALS NO. 080316
SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES

CERTIFICATION: INTENTIONS CONCERNING SUBCONTRACTING

At the time of the submission of bids on **Bid No. 080316 SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES**, my intention concerning subcontracting a portion of the work is as indicated below.

A list of any subcontractors (if applicable) to be used in performing the service must accompany the Bid. The list must include the subcontractors name, address, phone number, and Arizona ROC. List must be provided in a sealed envelope marked "List of Subcontractors".

- YES**, it is my intention to subcontract a portion of the work.
- NO**, it is not my intention to subcontract a portion of the work.

Adrienne Z. Udarbe
Signature of Authorized Representative

Adrienne Z. Udarbe, MS, RDN
Printed Name

Executive Director
Title

Pinnacle Prevention List of Subcontractors:

1) Carient Communications (Marketing and Communications)

4709 E. Ironhorse Road

Gilbert, AZ 85297

(630) 945-5311

carient@sbcglobal.net

2) Arizona Strength (Physical Activity Specialist)

1465 E. Tierra St.

Gilbert, AZ 85297

(480) 415 – 4564

ryan@arizonastrength.com

LEGAL ARIZONA WORKERS ACT COMPLIANCE

Contractor hereby warrants that it will at all times during the term of this Contract comply with all federal immigration laws applicable to Contractor's employment of its employees, and with the requirements of A.R.S. § 23-214 (A) (together the "State and Federal Immigration Laws"). Contractor shall further ensure that each subcontractor who performs any work for Contractor under this contract likewise complies with the State and Federal Immigration Laws.

County shall have the right at any time to inspect the books and records of Contractor and any subcontractor in order to verify such party's compliance with the State and Federal Immigration Laws.

Any breach of Contractor's or any subcontractor's warranty of compliance with the State and Federal Immigration Laws, or of any other provision of this section, shall be deemed to be a material breach of this Contract subjecting Contractor to penalties up to and including suspension or termination of this Contract. If the breach is by a subcontractor, and the subcontract is suspended or terminated as a result, Contractor shall be required to take such steps as may be necessary to either self-perform the services that would have been provided under the subcontract or retain a replacement subcontractor, as soon as possible so as not to delay delivery of services.

Contractor shall advise each subcontractor of County's rights, and the subcontractor's obligations, under this Article by including a provision in each subcontract substantially in the following form: "Subcontractor hereby warrants that it will at all times during the term of this contract comply with all federal immigration laws applicable to Subcontractor's employees, and with the requirements of A.R.S. § 23-214 (A). Subcontractor further agrees that County may inspect the Subcontractor's books and records to insure that Subcontractor is in compliance with these requirements. Any breach of this paragraph by Subcontractor will be deemed to be a material breach of this contract subjecting Subcontractor to penalties up to and including suspension or termination of this contract."

Any additional costs attributable directly or indirectly to remedial action under this Article shall be the responsibility of Contractor.



Signature of Authorized Representative

Adrienne Z. Udarbe, MS, RDN

Printed Name

Executive Director

Title

BIDDER CHECKLIST & ADDENDA ACKNOWLEDGMENT

NOTICE IS HEREBY GIVEN that all Bid Documents shall be completed and/or executed and submitted with this RFP. If Contractor fails to complete and/or execute any portion of the Bid documents, all with original signatures, the RFP may be determined to be "non-responsive" and rejected.

CHECKLIST:

REQUIRED DOCUMENT

COMPLETED / EXECUTED

QUALIFICATION & CERTIFICATION FORM
PRICE SHEET
REFERENCE LIST
NO COLLUSION FORM
INTENTIONS IN SUBCONTRACTING
LEGAL ARIZONA WORKERS ACT COMPLIANCE
CHECKLIST & ADDENDA ACKNOWLEDGMENT
OFFER PAGE

azm _____
hjm _____
hjm _____
hjm _____
azm _____
hjm _____
hjm _____
hjm _____

ACKNOWLEDGMENT OF RECEIPT OF ADDENDA:

	#1	#2	#3	#4	#5
Initials	<i>(None)</i> <i>azm</i>	_____	_____	_____	_____
Date	<i>9/26/16</i>	_____	_____	_____	_____

Signed and dated this *26th* day of *September*, 2016

Pinnacle Prevention

Contractor:

By: *Adrienne Z. Udarlik*

Each proposal shall be sealed in an envelope addressed to the Finance Department, Gila County and bearing the following statement on the outside of the envelope: Request for Sealed Proposals: Bid No. 080316 SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES. All proposals shall be filed with the Gila County Finance Department Division in the Guerrero Building at 1400 E. Ash St., Globe, AZ on or before September 28, 2016, by 4:00 PM.

OFFER PAGE

TO GILA COUNTY:

The undersigned hereby offers and agrees to furnish the material or service in compliance with all terms and conditions, instruction, specifications, and any amendments contained in this Request for Proposal document.

Signature also certifies the Contractors bid proposal is genuine, and is not in any way collusive or a sham; that the bid proposal is not made with the intent to restrict or prohibit competition; that the Contractor submitting the proposal has not revealed the contents of the proposal to, or in any way colluded with, any other Contractor which may compete for the contract; and that no other Contractor which may compete for the contract has revealed the contents of a proposal to, or in any way colluded with, the Contractor submitting this proposal.

CONTRACT NUMBER: 080316 SUB-GRANTEE FOR PUBLIC HEALTH SUPPORT SERVICES

Contractor Submitting Proposal:

Pinnacle Prevention
Company Name

3100 West Ray Road, Suite 201
Address

<u>Chandler</u>	<u>AZ</u>	<u>85226</u>
City	State	Zip

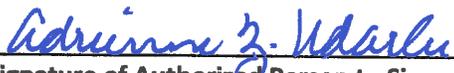
For clarification of this offer, contact:

Name: Adrienne Z. Udarbe, MS, RDN

Phone No.: (480) 207 - 5955 or (480) 415 - 4563

Fax 480) 550 - 8806

Email: adrienneudarbe@pinnacleprevention.org


Adrienne Z. Udarbe, MS, RDN
Signature of Authorized Person to Sign

Adrienne Z. Udarbe, MS, RDN
Printed Name

Executive Director
Title

Proposal must be signed by a duly authorized officer(s) eligible to sign contract documents for the Contractor.

ACCEPTANCE OF OFFER

(For Gila County use only)

The Offer is hereby Accepted:

The Contractor Pinnacle Prevention is now bound to provide the materials or services listed in RFP No.: 080316 including all terms and conditions, specifications, amendments, etc. and the Contractor's Offer as accepted by County/public entity.

The contract shall henceforth be referenced to as Contract No. 080316. The Contractor has been cautioned not to commence any billable work or to provide any material or service under this Contract until Contractor receives written notice to proceed from Gila County.

IN WITNESS WHEREOF, three (3) identical counterparts of this contract, each which shall include original signatures and for all purposes be deemed an original thereof, have been duly executed by the parties hereinabove named, on this _____ day of _____, 20__.

GILA COUNTY BOARD OF SUPERVISORS:

CONTRACTOR:

Michael A. Pastor, Chairman of the Board

Adrienne Z. Udarbe
Authorized Signature

ATTEST:

Adrienne Z. Udarbe, MS, RDN
Print Name

Marian Sheppard, Clerk of the Board of Supervisors

APPROVED AS TO FORM:

Jefferson R. Dalton, Deputy Gila County Attorney
Civil Bureau Chief
for Bradley D. Beauchamp, County Attorney