



NABP/AACP District IV 2026-2027

Future Pharmacists Grant Program Small Grant Support for Colleges/Schools of Pharmacy

Overview

NABP-AACP District IV recognizes the role of student pharmacists in shaping the future of pharmacy practice and patient care. The purpose of this program is to support projects that promote and advance public health. These projects must be conducted by students from District IV (Wisconsin, Michigan, Ohio, Indiana, and Illinois) colleges or schools of pharmacy in conjunction with one or more community partners. This grant is intended to provide seed money to develop sustainable programs (programs that can continue beyond the dictated grant period). The projects must have measurable outcomes and serve as templates that can be implemented by interested groups elsewhere in the country.

The District IV Board has designated **metabolic syndrome** as the topic for this grant cycle. Proposals submitted for this cycle should be relevant to pharmacy practice, academic pharmacy and/or state boards of pharmacy.

Metabolic Syndrome

Metabolic syndrome is a major public health concern, affecting millions of lives in District IV and more than 40% of the population in the United States.¹ The syndrome is not a single disease but rather a cluster of interconnected metabolic abnormalities that occur together. Metabolic syndrome is diagnosed when an individual exhibits at least three of these five criteria:²

- abdominal obesity (waist circumference of more than 40 inches in males and 35 inches in females)
- elevated blood pressure (≥ 130 mmHg systolic and/or ≥ 85 mmHg diastolic)
- elevated fasting blood glucose (≥ 100 mg/dL)
- high triglyceride levels (≥ 150 mg/dL)
- low high-density lipoprotein (HDL) levels (≤ 40 mg/dL in males and ≤ 50 mg/dL in females)

Patients with metabolic syndrome are at substantially increased risk of chronic diseases including cardiovascular disease, type 2 diabetes, chronic kidney disease, among others.³

¹ Liang X, Or B, Tsoi MF, Cheung CL, Cheung BM. Prevalence of metabolic syndrome in the United States National Health and Nutrition Examination Survey 2011-18. *Postgrad Med J*. 2023 Aug 22;99(1175):985-992. doi: 10.1093/postmj/qgad008. PMID: 36906842.

² American Heart Association; National Heart, Lung, and Blood Institute; Grundy SM, Cleeman JJ, Daniels SR, Donato KA, Eckel RH, Franklin BA, Gordon DJ, Krauss RM, Savage PJ, Smith SC Jr, Spertus JA, Costa F. Diagnosis and management of the metabolic syndrome. An American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. Executive summary. *Cardiol Rev*. 2005 Nov-Dec;13(6):322-7. PMID: 16708441.

³ Cleveland Clinic. *Metabolic Syndrome*. Cleveland Clinic. Accessed August 14, 2026. <https://my.clevelandclinic.org/health/diseases/10783-metabolic-syndrome>

Several risk factors contribute to the development of metabolic syndrome. Excess visceral fat promotes inflammation and insulin resistance, creating a metabolic environment conducive to disease progression.⁴ Physical inactivity represents another major risk factor, as sedentary lifestyles contribute to weight gain, impaired glucose metabolism, and worsening lipid profiles. Poor dietary habits, including excessive consumption of processed foods, added sugars, saturated fats, and sodium, also increase the likelihood of developing the syndrome. Genetic predisposition, family history of diabetes, smoking, and socioeconomic factors, including education levels and social determinants of health, can also influence susceptibility.

Prevention of metabolic syndrome primarily focuses on lifestyle modification. Weight management is one of the most effective strategies, as even modest weight loss can improve insulin sensitivity, blood pressure, and lipid levels. The American Heart Association recommends a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products while limiting processed foods, sodium, added sugars, and unhealthy fats.⁵ Regular physical activity is equally important; adults should engage in at least 150 minutes of moderate-intensity exercise per week. Smoking cessation, stress management, and adequate sleep also contribute to reducing risk and improving overall cardiovascular health.

While lifestyle modifications remain the foundation of prevention and treatment, pharmacologic therapy is often necessary when lifestyle changes alone are insufficient. Medications may be prescribed to treat individual components of metabolic syndrome, including antihypertensive agents for blood pressure control, statins for dyslipidemia, and glucose-lowering medications for diabetes or prediabetes. The recent increase of GLP-1 medication use for weight management and blood sugar control also provides an opportunity for resolution of metabolic syndrome criteria related to obesity and blood sugar.⁶ Early identification and aggressive pharmacotherapy management can slow disease progression and reduce the incidence of adverse cardiovascular events and diabetes.

Pharmacists are uniquely positioned to positively impact outcomes for patients with metabolic syndrome. Pharmacists can play a critical role in screening, education, medication management, and chronic disease prevention.⁷ Pharmacists can identify patients at risk by measuring blood pressure, assessing body mass index and waist circumference, reviewing laboratory values, and recognizing medication-related risk factors. Pharmacists help optimize drug therapy, identify potential adverse effects, detect drug interactions, and improve medication adherence. Collaborative practice models that integrate pharmacists into multidisciplinary healthcare teams have demonstrated positive effects on metabolic syndrome parameters, including blood pressure, glucose control, and lipid management.⁸ Evidence suggests that pharmacist involvement can help patients achieve metabolic syndrome goals, improve medication adherence, and even reverse metabolic syndrome status in some cases.

⁴ National Heart, Lung, and Blood Institute. *What causes metabolic syndrome?* National Heart, Lung, and Blood Institute. Accessed August 14, 2026. <https://www.nhlbi.nih.gov/health/metabolic-syndrome/causes>

⁵ American Heart Association. *Prevention and treatment of metabolic syndrome*. American Heart Association. Last reviewed October 17, 2023. Accessed August 14, 2026. <https://www.heart.org/en/health-topics/metabolic-syndrome/prevention-and-treatment-of-metabolic-syndrome>

⁶ Kumar, S, Anderson, J, Coviello, A. et al. The Role of Glucagon-Like Peptide-1 Receptor Agonists in the Treatment of Cardiovascular-Kidney-Metabolic Syndrome. *JACC Adv*. 2026 Jan, 5 (1) . <https://doi.org/10.1016/j.jacadv.2025.102465>

⁷ Al Adawi RM, Stewart D, Ryan C, Tonna AP. A systematic review of pharmacist input to metabolic syndrome screening, management and prevention. *Int J Clin Pharm*. 2020 Aug;42(4):995-1015. doi: 10.1007/s11096-020-01084-3. Epub 2020 Jun 30. PMID: 32607719; PMCID: PMC7476979.

⁸ Alshahrani AM, Vasudevan R, Hmlan A, Mohammed Assiri A, Asiri AM, Asiri OAM, Abduh Mashni A. Digital Transformation and Team-Based Care: Pharmacists in Multidisciplinary Models - A Narrative Review. *J Multidiscip Healthc*. 2026 Feb 11;19:576298. doi: 10.2147/JMDH.S576298. PMID: 41710399; PMCID: PMC12912030.

The Projects

District IV will support sustainable projects that can implement problem-solving ideas to support metabolic syndrome education, treatment or prevention in the community. The projects submitted must have community partner involvement. Project partners may include any community groups that provide or positively impact metabolic syndrome in the community. These can include social and health organizations, government agencies, legislative offices, professional associations, and state boards of pharmacy.

A major goal of this grant is to establish and strengthen ties between student groups and their community partners. The projects should have clear objectives that will be attained during the project. **All participating partners must have a relevant role in the project. The student organization must take the leadership role.** This award is not intended to support current activities, but to assist in establishing new ones.

Funding

The maximum funding request is \$5,000. The District IV Board reserves the right to distribute more than one award, not to exceed the total funding amount.

Eligibility

All student groups and professional chapter organizations in colleges/schools of pharmacy located in District IV are encouraged to apply.

One proposal will be accepted per college/school. The project must have a full-time faculty member at the college/school as an advisor.

2026-2027 Grant Project Timeline

August 2026	Grant announcement made/Application period begins
October 15, 2026	Formal Announcement made at NABP/AACP District IV Meeting
November 12, 2026	Applications due to Grant Administrator (send completed application to rades@purdue.edu)
November 12 – November 24, 2026	Application review period
November 25, 2026	Awardees formally announced via email communication and posting on NABP District IV website
January 1, 2027	Project/Activity period begins
January 15, 2027	Initial funding forwarded to awardee

April 30, 2027	Mid-project report due
May 15, 2027	Additional funding forwarded to awardee
August 15, 2027	Project/Activity period ends
August 31, 2027	Final project report due and financial report due from awardees
Fall 2027	Student representatives (up to two) present the project report at the NABP/AACP District IV Annual Meeting

Evaluation Criteria

The primary evaluation criteria are provided in the evaluation rubric (see below). Under the direction of the Executive Director of the District IV Board, reviewers will be appointed to evaluate the proposals.

Budget

Must be clear, detailed, and appropriate. Please note:

- No funding is available for charges incurred outside the project period.
- Funding for supplies/equipment is limited to items essential to the project. Applicants are encouraged to outline a plan for what happens to equipment after completion of the project. Equipment maintenance or repair is not eligible for funding.
- Consult your school/college of pharmacy or university Institutional Review Board (IRB) for approval of using human subjects in research.
- If you receive the award, funds not used at the end of the project period must be returned to District IV.

Budget Justification:

All funding requests must be justified in narrative form (maximum of one page). Applicants are advised to consider that the review committee relies heavily on the narrative budget explanation and justification when making decisions about funding.

Grant Administrator

Should you have any questions regarding the grant project, please contact:

Ryan Ades, PharmD, BCPS

Director of IPPE and Experiential Curriculum

Clinical Assistant Professor – Department of Pharmacy Practice

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Email: rades@purdue.edu

	Excellent (3 Points)	Adequate (2 points)	Needs Improvement (1 Point)
Project Concept (15%)	Provides a clear, complete, easy to understand project description that tightly fits grant program priorities	Provides a description that only somewhat meets the grant program priorities	Description and background are insignificant to the project and do not pertain to the grant program priorities
Objectives and Measures (15%)	Include specific and easily measurable objectives. Explains how outcomes will be measured	Includes clear but not easily measurable objectives. Adequately explains how outcomes will be measured	The objectives are not clearly stated or measurable. Does not explain how outcomes will be measured
Potential community impact (10%)	Demonstrates the potential to significantly impact the community	Demonstrates some potential to impact the community	Demonstrates minimal to impact the community
Methodology (10%)	Provides a clear explanation of the proposed methodology or process	Provides an adequate explanation of the proposed methodology or process	Provides an explanation of the methodology, but it is not clear or well organized, or no clear methodology
Long term benefits (10%)	Includes several clearly stated long-term benefits of the project	Includes a few long-term benefits of the project or benefits not clearly stated	Includes minimal or no stated benefits
Unique Characteristics (5%)	Introduces new methods/ideas that are practical and original	Shows some effort of introducing new methods or ideas	There are methods introduced, but they are not new or original, or no new methods at all
Sustainability (5%)	Clearly explains how the project will be continued after the grant period	Somewhat explains how the project will be continued after the grant period	Poorly explains how the project will be continued after the grant period
Feasibility (15%)	Very high likelihood of success. Project mechanisms are presented well and the timeline is appropriate for the project	Moderate likelihood of success. The project mechanisms presented are acceptable and the timeline is not appropriate for the proposed project	Little likelihood of success. The project presented is unclear. The timeline is not appropriate or not given
Itemized budget and Justification (10%)	Budget is clear, and is highly feasible for the activities proposed. Provides rationale and significance of expenditures in a well-structured, logical form	Budget is included and seems somewhat feasible. Shows some effort to present the rationale and significance of expenditures in a well-structured argument	Budget is absent or is included, but does not appear feasible. Argument for expenditures is weak and lacks justification.
Writing technique (5%)	Uses acceptable style and grammar (0-2 errors)	Uses adequate style and grammar (3-5 errors)	Poor style and grammar (6 or more errors)

2026-2027 District IV Future Pharmacists Award Application

Application Deadline: November 12, 2026

Name of School/College _____

Address _____

Primary Student Contact _____

Phone _____ Title/Office _____

Email _____

Partnering Organization _____

(List the Community Partnership Organization)

Primary Organization Contact _____

Phone _____ E-mail _____

Name of Project/Program _____

State the specific problem you will address and who will directly benefit from this award.

Amount Requested (up to \$5,000) _____

- ☐ I understand this proposal will NOT be used for a current project/activity.
- ☐ I understand that this proposal will only be used to support activities directly related to establishing a new project/activity

Signature (Advisor) _____ Date _____

Typed Name _____ E-mail _____

Signature (Primary Student Contact) _____ Date _____

Typed Name _____ E-mail _____

Application Checklist

Use the checklist to complete your application. Submit all information online in PDF and Word format.

Application Checklist
for the
NABP/AACP District IV Future Pharmacists Grant Program

☐	Cover Sheet - Include: project title, organization submitting proposal, partnership organization(s), date(s) where the project will take place, primary contact name.
☐	Abstract - A brief, comprehensive summary of the proposal content (200-word limit). Reviewers will receive their first impression of the project from this abstract.
☐	Narrative - no more than <u>5 double-spaced</u> pages The proposal narrative should include: • Introduction and background • Description of the project partnership • Project impact on the community, including how many people will be served • Expected results, including long-term benefits of the project • Methods for measuring outcomes • Unique characteristics of the project • How the project will be sustained in future years • Feasibility of the project
☐	Proposed itemized budget and Timeline (maximum: 1-page budget, 1-page justification) Provide an itemized budget for your project along with a project timeline that begins after January 1, 2027 and is completed by August 31, 2027.
☐	Signatures – from advisors or responsible college/school representative, primary contact and collaborating partner (if applicable).
☐	Award Applicant Agreement (see below).

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Award Applicant Agreement

If awarded, I agree to:

- Provide a written mid-project report by April 30, 2027 detailing progress towards meeting the stated objectives. The report may include photos, a summary of funds spent, description and dates of activities, and whether objectives have been met.
- Submit an end of project report by August 31, 2027. This summary must include a listing of all activities/events completed, including their outcomes, an itemized report of project expenses, as well as copies of receipts for all expenditures.
- Make recommendations on how this grant program may be improved by adding a written narrative to the end of the report.
- Send at least one representative to the annual District IV meeting to present the report.

I have read and understood this agreement.

Name of Primary Contact _____ Email _____

Signature of Primary Contact _____ Date _____

