

What are the different types of research grants given out by NIH?



Each year, more than 80% of NIH funding goes toward extramural research — research conducted by organizations and individuals outside of the NIH. This funding is awarded largely through competitive grants. With more than 200 individual grant activity codes, deciphering NIH grant types can be confusing.

HERE ARE 3 THINGS TO KNOW

1 The NIH has grants to support researchers at all educational and career stages.

CAREER STAGE	GRANT TYPES
UNDERGRADUATE	Training Grants provide academic institutions funds for training predoctoral and postdoctoral candidates.
GRADUATE	Training Grants + Fellowships provide research experience to students and scientists at various stages of their careers.
POSTDOC	Training Grants + Fellowships + Career Development Awards support junior faculty to become independent investigators.
EARLY CAREER	Career Development Awards+ Research Project Grants designated for Early Stage Investigators support research career development (e.g., Pathway to Independence, Small Grant, etc.).
INDEPENDENT INVESTIGATOR	Career Development Awards+ Research Project Grants provide independent researchers 3–5 years support to complete a discrete project, publish and reapply for additional support.

2 The first character in a grant activity code is a clue to its type:

- R** / Research Grants
- K** / Career Development Awards
- F** / Fellowships
- T** / Training Grants
- P** / Program Projects/Center Grants

These are some of the main type of NIH grants; a full list of grants can be found [here](#).

3 The R01, or Research Project Grant, is the NIH's most common grant program.

The R01 is intended to give independent researchers 3–5 years of support to complete a project, publish and reapply before the grant ends. **A researcher's first R01 is an important career milestone.**

Research project grants (and equivalents) accounted for 79% of all NIH grants in [2021](#).

List of grant types is illustrative, not exhaustive. Each grant type contains many different award categories.