



**Davis-Monthan AFB
Human Performance Center**

520.228.2294
dmhealthpromotion.com

Organization Name:

Health Promotion (HP)
Human Performance Center – Davis-Monthan Air Force Base

Organization Background:

Air Force Health Promotion (AFHP) is governed under the Defense Health Agency Health Promotion. HP fosters a culture and environment that values health and wellness, empowers individuals and organizations to lead healthy lives, and improves the health, performance, readiness and productivity of the military community.

Mission. To provide and integrate evidence-based programs to optimize health and readiness.

Vision. Transforming health for a resilient military community.

Focus Areas. While HP supports all initiatives that promote a fit and healthy force, there are focus areas including: nutritional fitness, dietary supplement safety, physical activity, sleep optimization, and tobacco free living.

Staff. Health Promotion Coordinator, Registered Dietitian Nutritionist, and Performance Dietitian.

Community Served. All Active Duty, guard, reserve, dependents, retirees, and Department of Defense Civilians are eligible to participate in the Health Promotion program and events offered. Services are free.

Organization Website. www.dmhealthpromotion.com

Additional Websites/Social Media to learn more. <https://dmhp4scheduling.as.me/> ,
Facebook – <https://www.facebook.com/healthpromotion.dmafb/>

Internship Project Title

Health Promotion Student Volunteer

Project Description:

Health Promotion will have numerous tasks, some of which can fluctuate from week to week.

Front Desk. Greet patients when they arrive. Provide information about our services, set up appointments

Flyers/Infographics. Create infographics for upcoming events or health observances

Assessments. The student will be expected to provide body composition assessments (BOD POD) and metabolic assessments with the potential to provide VO2 Max assessments. Training will be provided and depending on confidence of the learned skill may provide VO2 Max assessment. When assessments are conducted, equipment will need to be cleaned and sterilized.

Research. Student may have to conduct some research on upcoming briefings or presentations. They are expected to gather pertinent information via websites or research articles. Seeking out other ideas for upcoming events and gaining environmental perspective or social climate of audience is encouraged.

Outreach. Students will provide support when asked to set up a table at various venues to promote our services. Venues may include the fitness centers on base, community center, spouse workshops, workshops, health fairs, guard units, worksites (units on base), medical treatment facility, etc.

Events. Cooking demonstrations is a big request for our Airmen, spouses and shift workers. We provide hands on cooking demonstrations with students being a significant support by providing set up, assistance during the event and clean up.

The busiest times are usually Monday afternoon, Tuesday-Thursday all day, and Friday mornings. A consistent schedule is ideal for the military population. Life has some unexpected events, so communication is key and allows us to adapt. Since this is a military community, and dignitaries may utilize our facility, we recommend a business casual dress code.

Internship project keywords (check all that apply).

- | | |
|---|---|
| ☐ Health Disparities | ☐ Maternal/Infant Health |
| ☐ Public Health Preparedness | ☒ Tobacco Use |
| ☒ Collaborations with Community | ☒ Injury/Violence Prevention |
| ☐ Collaborations with University | ☐ Immunization |
| ☒ Community health service | ☐ Infectious Disease |
| ☒ Physical Activity | ☐ Oral Health |
| ☐ Substance Abuse | ☐ Evaluation |
| ☐ Mental Health | ☐ Policy Development |
| ☐ Access to care | ☒ Program Planning |
| ☒ Nutrition | ☒ Data Analysis |
| ☐ Reproductive/Sexual Health | ☐ Other Click or tap here to enter text. |
| ☐ Environmental Health | |

When: When do you want the work done? Check all that apply.

- ☒Fall Semester
- ☒Spring Semester

☐ Summer Term

☒ I want this listing to remain active indefinitely and we will accept applications from students for any upcoming semester.

☐ This listing is only for a specific semester/term: _____

Where:

Organization Mailing Address: Davis-Monthan AFB – Human Performance Center /
ATTN: Lana Fred, 355 OMRS – 4175 South Alamo Ave, Building 400, Davis-Monthan
AFB, 85707-6097

Address where Student will work (if different from above): Human Performance Center –
Building 2303, Davis-Monthan Air Force Base

<https://maps.app.goo.gl/HZLL4GSBsw3W6kjK8>

☐ Check here if the student may have the option to work remotely from a site not listed
above for all or part of this project.

Student Characteristics:

- Organizational Talent
- Public Speaking – presentations, community outreach, etc.
- Conducting Body Composition and Metabolic Assessments
- Attention to detail and delivering test results to patients
- Effectively communicates verbally and written
- Positive attitude and enthusiasm about the chance to grow
- Create infographics
- Update Social Media accounts and possibly website
- Familiar with Microsoft – Excel, PowerPoint, Word and CANVA
- Takes initiative and is proactive
- Front office tasks, scheduling appointments

You do not need to be highly knowledgeable with military customs or traditions but
willing to learn.

Level of Expertise Needed: *Do you wish to request an MPH program intern or an
undergraduate public health program intern?*

Undergraduate: The internship for undergraduates should provide an experience
that allows students to incorporate classroom learning into public health practice.

Graduate: Applied experiences for graduate students should require application
of advanced knowledge and skills to the solution of health problems and the
production of at least two agency-based deliverables.

Both experiences prepare students for future employment.

☐ MPH

☒ Undergraduate

☐ Either

Supervision

Lana Fred, MPH

Health Promotion Program Coordinator Oct 2009 – Current

U of A Internship Preceptor, 2016 - Current

MPH – Health Behavior Health Promotion, May 2009, MEZCOPH

Bachelor of Science in Health Education, August 2003, University of Arizona

Master Resilience Trainer, 2018 - Current

Myers Briggs Type Indicator (MBTI) Certified Practitioner, 2019 – Current

Compensation/Benefits/Professional Development

There may be some opportunities available for professional development on Davis-Monthan Air Force Base. Typically, there will be no registration fee and is considered an alternative work site. For example, students may attend the Integrated Resilience Workshop during the 4-day event to gain insight into facilitating resilience tools for the Air Force.

Application Contact Information

Lana Fred, MPH

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