



Organization Name:

Health Promotion (HP)

Human Performance Center – Davis-Monthan Air Force Base

Organization Background:

Air Force Health Promotion (AFHP) is governed under the recommendations of the Air Force Medicine Health Promotion Concept of Operations. Its current state began in Fiscal Year 2015 and continues to change and grow.

Overview. 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.

Strategic Goal. To go beyond providing high quality healthcare by helping to create a “culture of health” across the Air Force. HP staff members work to integrate and collaborate with local communities, sister services and commander, with the concept in mind that “Every AFMS medic is a Health Promoter.”

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 Serviced. 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/>
Instagram - <https://www.instagram.com/accounts/login/>

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, set up appointments and/or conduct composition assessments and metabolic tests.

Flyers/Infographics. May ask student to utilize health literacy in creating flyers or infographics for upcoming events or trending topics.

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, First Term Airman Workshop, guard units, worksites (units on base), medical treatment facility, etc.

Events. Cooking demonstrations is a big request for our new 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 our population, because the military is expected to be efficient with time. 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).

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|---|---|
| ☐ 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: DM AFB Health Promotion / ATTN: Lana Fred, 355 OMRS – 4175 South Alamo Ave, Building 400, Davis-Monthan AFB, 85707-6097

Address where Student will work: 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 – briefing, community outreach, etc.*
- *Conducting Body Composition and Metabolic Assessments*
- *Attention to detail and delivering those instructions to patients*
- *Effectively communicates verbally and written*
- *Positive attitude and enthusiasm about the chance to grow*
- *Create infographics, flyers*
- *Update Social Media accounts and possibly website*

- *Familiar with Microsoft – Excel, PowerPoint, Word*
- *Takes initiative and be 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:

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 Coordinator Oct 2009 – Current

Master Resilience Trainer, 2018 - Current

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

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

Call or email **Lana Fred** at (520) 228-7238 or lane.r.fred.civ@mail.mil for interest and additional information. A date and time will be established to visit the facility and get additional information needed to officially submit paperwork. You will be escorted onto base for this visit, if you don't already have access to DMAFB. If you decide to proceed as our student volunteer additional steps will be required.

Expected Onboarding Process

1. Become registered as a Red Cross Volunteer and complete their onboarding. This information will be given to you at the initial meeting.
2. Attend Orientation on base
3. Verify CPR Certification – free training can be provided if necessary
4. Verify Immunization – A required list of immunizations will be provided to you, all of which must be completed before volunteering with HP
5. Base Access – Sponsorship will be obtained through Lana Fred.