

Organization Name: Health Promotion, Davis-Monthan AFB

Internship Project Title: Health Promotion at Davis-Monthan Air Force Base

Project Description: Health Promotion at Davis-Monthan AFB consists of a Nutrition Program, Tobacco Cessation and implementing the newly introduced HeRO Initiative. The Nutrition Program consists of a 3 series nutrition class, nutrition demonstrations, grocery store tours, BOD POD (body composition assessments), metabolic tests and VO2 assessments, etc. Interns will be trained on how to conduct BOD PODs and metabolic tests, facilitate portions of the nutrition classes/demonstrations. The student intern will be assisting the staff with providing nutrition information within the units and providing outreach as much as possible.

You do not need to be highly knowledgeable with military customs or traditions but willing to learn. It's recommended the student maintain a consistent schedule and is a self-starter.

Laptops are recommended, as you may need to do some research for a class/demonstration and create outreach materials. This internship will be working with several agencies such as the medical clinic, family services, chapel, resilience center, military units and community events. Some days will be research oriented and other days will be dispersed in the community facilitating a class or promoting our services.

Student Characteristics: A consistent schedule is highly recommended. You will be engage with the community and will be required to learn as much as you can about the agency mission and services. You will have to initiate some tasks and be willing to complete them by a specific deadline. Communication is key.

Organization Background: We are part of the 355th Medical Group under the 355th Aerospace Medicine Squadron. Our flight is called the Human Performance Flight with two units, Health Promotion and Aerospace Physiology. Health Promotion has the following staff members; Health Promotion Coordinator and Registered Dietitian Nutritionist (clinical). There will be another RD but specifically a Sport's Nutritionist on staff soon. Our primary mission is to make sure our Airmen are healthy enough to deploy. We promote and encourage healthy behavior; enhance resilience and human performance; and reduce illness and injury. Our populations consists of active duty airmen, guard and reserve, military family members, retirees and Dept of Defense Civilians. All our services are free to those eligible members.

Where: We are located on Davis-Monthan Air Force Base. You will have limited access to the base for a specified number of months. The building is located adjacent to the Benko Fitness Center.

Supervision: Lana R. Fred, Health Promotion Coordinator

Compensation/Benefits: No stipend is available.

Application Contact Information: Please contact Lana Fred at (520) 228-2294 if interested in applying. There is paperwork that will need to be filled out and additional requirements. Please call to inquire.