

**The University of Arizona  
Mel and Enid Zuckerman College of Public Health  
Template for Internship Advertisements**

Organization Name

Pima Council on Aging

Level of Expertise Needed

Undergraduate Public Health student for 3 credit or noncredit internship

Internship Project Title

CATCH Healthy Habits Intern

Project Description

The main duties of the CATCH Healthy Habits Intern are:

- Evaluate the CATCH Healthy Habits program using standardized tools: SOFIT (System for Observing Fitness Instruction Time) and pre- and post-program surveys.
- Assist direct-service volunteers (age 50+) with program implementation at partner sites.

The intern can also take on additional projects, including:

- Conduct a needs assessment to determine the areas of Tucson with the greatest need for a cardiovascular health program.
- Available in the **afternoon Monday-Thursdays**
- Recruit, train, and support both direct-service and capacity-building volunteers.
- Build relationships with community partners (Boys and Girls Clubs and Tucson area elementary schools.).

Intern expectations

Oasis CATCH Healthy Habits with the Pima Council on Aging is especially looking for self-motivated students who enjoy working on a team. Excellent candidates include students who have skills in:

- Program evaluation
- Knowledge of nutrition / physical education
- Experience working with diversified age groups
- Volunteer management
- Oral and written communication
- Community organizing
- Dependable transportation to travel to CATCH HH sites around Tucson

Organization Background

OASIS CATCH Healthy Habits is a national nonprofit organization that promotes healthy aging through intellectual stimulation, healthy lifestyles, and community engagement. CATCH Healthy Habits is an evidence-based intergenerational health program. It is designed to improve cardiovascular health through improved nutrition and increased physical activity.

Teams of volunteers age 50+ work with children in after-school and summer programs for up to 25 sessions. Each one-hour session includes a nutrition lesson, a healthy snack and

30 minutes of physical activity. CATCH Healthy Habits is based on the Coordinated Approach to Child Health (CATCH), a nationally recognized evidence-based physical activity/nutrition curriculum.

Ongoing evaluations indicate that CATCH Healthy Habits is making significant progress toward influencing health knowledge, attitudes, and behaviors among children and adults over 50.

#### Where

The CATCH Healthy Habits Intern will work at Pima Council on Aging. The intern will also complete evaluations and assist volunteers at CATCH Healthy Habits program partner sites: Boys & Girls Clubhouses and Tucson area elementary schools.

#### When

The CATCH Healthy Habits Intern will complete program evaluations during afternoon sessions in September through April. Additional work can be done on a flexible schedule.

#### Supervision

The CATCH Healthy Habits Intern will be supervised by Karen Ring, MSA, OASIS CATCH Healthy Habits Supervisor at Pima Council on Aging. Her contact information is [kring@pcoa.org](mailto:kring@pcoa.org) Direct line 305-3409

#### Compensation/Benefits

The CATCH Healthy Habits Intern will receive a t- shirt, curriculum book and appreciation volunteer luncheon.

#### Application Contact Information

To apply, please send cover letter and resume to Susan Marshall at [smarshall@pcoa.org](mailto:smarshall@pcoa.org) .

Thank you!