

Organization: Duluth Area Family YMCA

Internship: **Diabetes Prevention Program Assistant**

Reports To: Director of Healthy Living

Hours Required: Flexible (approximately 10 hours per week)



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The Y: We're for youth development, healthy living and social responsibility.

**Position Summary:**

Intern will assist in implementing a National Diabetes Prevention Program. This is a group based program consisting of weekly sessions led by a trained Lifestyle Coach who facilitates a small group of people with similar goals. Discussion topics include healthy eating, increasing physical activity, reducing stress and how behavior changes can benefit health. This program is designed for people who are at high risk for type 2 diabetes and want to lower their risk.

**Essential Functions:**

1. Assist a Lifestyle Coach in facilitating a Diabetes Prevention Group. This will involve helping participants set goals, track their eating & activity, engage them in group conversation, assess their progress and solve problems. You will also be collecting and reporting on data.
2. Reaching out to local community centers and other locations for new class sites.
3. Develop a survey for the initial meeting to determine participants' readiness to change.
4. Researching potential field trip locations and specialists who can speak on topics of interest.
5. Develop a mid and post class survey to determine the quality of facilitators & program.
6. Assist with other Health and Wellness initiatives as assigned.

**Required Qualifications:**

1. Pursuing or received a Bachelor's degree in related field or equivalent combination of education and experience.
2. Must be able to attend a weekly Diabetes Prevention Group. There are multiple group times available and we will work with you to find a meeting that works in your schedule.
3. Strong skills in the ability to interact, work with and motivate people in a positive manner.
4. Passionate about helping people lead healthy lifestyles and want to pursue this type of work in the future.

**Desired Qualifications:**

1. Group facilitation experience.

**Compensation:**

Interns do receive a YMCA membership during their internship. They also will receive a great experience working in the non-profit sector with one of the largest non-profit organizations in the nation.

Although this internship is unpaid, we will work with you and your school to assist you in receiving college credit. It is the responsibility of the student to determine if academic credit is available through their degree program.

**Application Process:**

- o YMCA Internship Application (found at [www.duluthymca.org](http://www.duluthymca.org))
- o Cover Letter
- o Resume
- o Two letters of Recommendation

**Contact Information:**

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