

Health Promotion Internship (Healthy Eating and Active Living)

Population Health Services

Department: Public Health Services
Division: Population Health Services
Reports To: Director of Population Health
Timeframe: Spring or Summer 2017

The Health Promotion Intern will work with RiverStone Health and Healthy By Design staff on a variety of population-based projects that promote and encourage healthy eating and active living as a way to establish healthy weight. This internship will focus on activities directly related to the functioning of the weekly Healthy By Design Gardeners' Market as well as research into Healthy Weight Rx programs, however, there will be ample opportunities to explore other initiatives and projects around the community Healthy Weight objective.

Gardeners' Market Program: The Healthy By Design Gardeners' Market was implemented in 2011 as a way for Billings residents, particularly those residing in the South Side neighborhood, a USDA designated food desert, access to affordable fresh fruits and vegetables. The Health Promotion Intern will work with the Healthy By Design Gardeners' Market staff to facilitate a variety of activities that promote access to healthy, affordable foods; physical activity, and placemaking in the South Side of Billings during the 2017 market season.

Activities would include (in collaboration with RiverStone Health/Healthy By Design Staff and workgroups):

Power of Produce

Encourage healthy eating behaviors by supporting the implementation of Power of Produce activity semi-regularly during market season, in collaboration with community partners and/or volunteers, including facilitation of activity during market and activity development and preparation outside of market.

Active Transportation at the Gardeners' Market

Promote physical activity by implementing the inaugural active transportation component of the market, including development of incentive system and promotional materials. May include development of active transportation activities and/or guidelines as needed.

Evaluation

Enhance market viability through implementing a variety of evaluation activities, including mixed methods data collection during the market, evaluation activity design, and data entry outside of market.

Healthy Weight "Rx" programs:

Members of the Healthy By Design, Healthy Weight priority have expressed an interest in enhancing current Rx for a Healthy Weight (RxHW) to include prescriptions for strategies to meet healthy weight goals. This would include promoting community parks, trails, and healthy food vendors which, based on a patient's identified location, would lead to an increase likelihood of recommended 'treatment adherence'.

This student intern would conduct a feasibility study into this project, and activities would include (in collaboration with RiverStone Health/Healthy By Design Staff and workgroups):

Research into previous Rx HW, with a focus on Parks Rx and Healthy Foods Rx work and intervention development, examples/case studies of other communities that have implemented a similar program, and funding opportunities.

Last revised: January 10, 2017

Identification of potential Parks Rx mapping strategies to result in a recommendation for future use.

Development of a process action plan, including an identification of additional stakeholders and partnerships to complement existing healthy weight workgroups, and grant writing and evaluation plan if applicable.

Note – actual piloting of this program is dependent on the development of the Community Health Improvement Plan and available funding.

Potential Other Duties As Assigned:

- Support Population Health Staff on other projects, which may include the following:
 - Community Health Improvement Plan development and promotion
 - Placemaking
 - Community engagement
 - Active transportation
 - Food security
 - Commuter Challenge
 - Healthy By Design workgroup activities, etc.
- Attend internal meetings as appropriate (i.e. staff meetings, employee committees).
- Attend external meetings as interested and appropriate (i.e. coalition and workgroup meetings).

To apply, click [here](#).