

Bilingual Lifestyle Coach
MountainWise, NC Public Health Region 1
NC Minority Diabetes Prevention Program (NCMDPP) Grant

Alliance Staffing

The purpose of the NCMDPP initiative is to create healthier communities by:

1. Engaging at risk populations for participation in Diabetes Prevention Programs (DPP)
2. Screening at risk populations for pre-diabetes
3. Referring to Diabetes Prevention Programs
4. Offering the Diabetes Prevention Program to minority communities in Region 1

The primary purpose of this position is to engage, screen and deliver the Diabetes Prevention Program that includes the CDC curricula “Prevenga el T2” to Hispanic communities within the region. The curriculum consists of 16 core sessions (held weekly for 16-26 weeks) and a minimum of 6 post-core sessions (held monthly for the remainder of the year). Lifestyle Coaches are affiliated with an organization that is a CDC-recognized provider (or for which recognition is pending) of the National Diabetes Prevention Program lifestyle change program. Lifestyle Coaches support participants by providing information, encouraging progress, and working with the group to address any challenges or barriers that arise. The ability to communicate basic health, nutrition, and fitness principles is ideal; however, Lifestyle Coaches do not need to be health care professionals – ideal candidates must be effective facilitators and support the group process as it relates to lifestyle and behavior change.

Description of work:

- Provide technical assistance related to local NCMDPPs throughout the region
- Deliver the CDC evidence-based curriculum (Prevent T2/Prevenga el T2) as it was designed within the Hispanic community in Macon County in a way for participants to make and sustain positive lifestyle changes (i.e. Lifestyle Coach can add his/her personal strengths as a coach and provide culturally relevant examples of food, types of physical activity, barriers, etc. but should not alter the key message of the curriculum)
- Prepare for each session (i.e. review lesson plan as it is outlined in the CDC curriculum, provide feedback for participants on their food and activity trackers on a weekly basis)
- Ensure participant and program data is entered into the NCMDPP database on a weekly basis
- Participate in all mandatory NC DPH coach calls
- Maintain an outreach log to track correspondence with NCMDPP participants who are unable to attend a class
- Assist to coordinate screenings for prediabetes in Hispanic Communities
- Refer at risk people to local DPP classes
- Refer individuals with a diabetes diagnosis to a Diabetes Self-Management Education (DSME) program

- Provide DPP classes with items and services to address participant barriers to participating in the DPP classes; including transportation, childcare, supplies, etc.
- Assist in administering an incentive program for participants
- Complete required evaluation and program activities
- Complete two-day Diabetes Prevention Program Lifestyle Coach training as outlined in the most recently approved Division of Public Health Agreement Addendum

Suggested Qualifications

- Knowledge of the principles of behavior change and group facilitation
- Ability to communicate effectively with individuals and in front of a small group
- Demonstrate ability to leverage group dynamics by facilitating and fostering relationships with and among participants
- Ability to guide behavior change without prescribing personal actions or solutions
- Ability to work with a diverse group of people of varying ages, ethnicities, life experiences, etc.
- Active listening skills
- Enthusiasm and a positive attitude
- Knowledge of basic health, nutrition, and fitness principles

Background and Education:

- Graduation from High School and demonstrated possession of knowledge, skills and abilities gained through at least one year experience of working in a community based setting, preferably in healthcare.

Application Process

Interested applicants should complete an online application by visiting the Alliance Staffing website: <http://www.ncapha.org/>