

Diabetes Prevention Program Lifestyle Coach (5-15 hours per week)

The Fund for Public Health in New York City, (FPHNYC) is a 501(c)3 non-profit organization that is dedicated to the advancement of the health and well-being of all New Yorkers. To this end, in partnership with the New York City Department of Health and Mental Hygiene (DOHMH), FPHNYC incubates innovative public health initiatives implemented by DOHMH to advance community health throughout the city. It facilitates partnerships, often new and unconventional, between government and the private sector to develop, test, and launch new initiatives. These collaborations speed the execution of demonstration projects, effect expansion of successful pilot programs, and support rapid implementation to meet the public health needs of individuals, families, and communities across New York City.

PROGRAM OVERVIEW

NYC employs approximately 350,000 employees and it is estimated that 30% are pre-diabetic and usually do not know it. The National Diabetes Prevention Program (NDPP) is a lifestyle changing curriculum based on a national study that provides strong evidence that modest weight loss reduces the risk of developing diabetes by nearly 60%. This workplace-based program hopes to engage a higher percentage of the pre-diabetic population in preventing or delaying the onset of type 2 diabetes.

WorkWell NYC, the City of New York's employee workplace health and wellbeing program housed within the Mayor's Office of Labor Relations (OLR), is seeking a certified National Diabetes Prevention Program (NDPP) Coach. This position will lead groups of pre-diabetic participants through a year-long program using the CDC's NDPP curriculum, consisting of 16 weekly core sessions and 8 post-core monthly sessions. The goal of the program is to equip participants with the skills needed to adopt healthy eating and physical activity habits and reduce their overall risk of developing type 2 diabetes.

POSITION OVERVIEW

This is a part-time position that will report to the WorkWell NYC Program Manager. Classes are typically held during employee lunch breaks (12pm -2pm) but are not limited to this time period. Coaches will be paid on an hourly basis at a range of \$38 - \$42 per/hour, commensurate with experience. Coaches are responsible for leading classes, coordinating training logistics with onsite contacts, increasing participant engagement and enrollment, tracking and reporting program outcomes, participating in program meetings, attending DPP informational sessions as needed.

RESPONSIBILITIES

- Coordinate with site contacts to schedule and deliver NDPP training across NYC worksite locations (Brooklyn, Bronx, Manhattan, Staten Island, Queens), under the supervision of WorkWell NYC's Program Manager

- Develop promotional strategies and materials to promote the NDPP program at the workplace, including working with labor-management teams to develop promotion programs
- Be accessible to participants before and after sessions to answer questions and follow-up on questions
- Enroll, track and follow-up with program participants; organize make-up sessions when necessary
- Interact with potential participants to help them maintain engagement once enrolled and to attain their specific goals
- Create an environment that is motivating, supportive, and non-competitive
- Relay messaging and coordination plans between multiple stakeholders
- Work with program vendors to support grant metrics and operations
- Track participant enrollment and attendance (including organizing make up sessions), developing reporting templates that can regularly shared
- Attend regular WorkWell NYC team meetings
- Other duties as assigned

QUALIFICATIONS

Required

- Bachelor's Degree in public policy, public health, health administration, public administration, or related field
- Minimum of 2+ years related experience
- Must be passionate about maintaining a healthy lifestyle and able to translate this to helping fellow New Yorkers understand how to their behavior impacts their health
- Excellent communication skills; Ability to communicate effectively with individuals and in front of a small group
- Strong computer, time management, relationship management and organizational skills
- Ability to work with a diverse group of people of varying ages, ethnicities, life experiences, etc.
- Commitment to teamwork
- Willingness to travel within the 5 boroughs (Brooklyn, Bronx, Manhattan, Staten Island and Queens)
- Flexible with work hours required.

Recommended

- Knowledge of the principles of behavior change and group facilitation
- Previous facilitation experience

TO APPLY

If you would like to be considered for this opportunity, please submit your resume, with cover letter including why you are interested in becoming a DPP Coach, to publichealthjobs@fphny.org. Please indicate “**DPP Lifestyle Coach ____ your name**” in the subject line.

The Fund for Public Health in New York City, is an Equal Opportunity Employer and encourages a diverse pool of candidates to apply.