

Job Description

AGENCY INTRODUCTION: MEND-Meet Each Need with Dignity is a non-profit, volunteer-driven organization that provides a variety of services to low-income families living in the Northeast San Fernando Valley. As many as 37,000 persons are assisted with emergency food, clothing, ESL classes/computer classes, health services and other programs each month. As a volunteer-powered organization, MEND operates with more than 5,000 volunteers annually, and a staff of thirty three employees.

POSITION: Health Coach

Department: Health Education Department: Perder Para Ganar

Reports to: Medical Clinic Assistant Manager

Hours: 10-12 Hours per Month

Program Description: Perder Para Ganar is weight management program that targets the adult Latino population who are struggling with their weight. The program is composed of six classes that focus on nutrition labels, food portions, exercise, a shopping trip, and eating right during the holidays. The classes are taught by a registered dietician. The participants are assigned a health coach; who helps them stay on track and meet their goals. The health coaches meet with their participants on a monthly basis and keep track of their BMI, weight, waist and hip circumference. The individuals who lose the most weight and or inches off their waist are awarded a grand prize.

Job Summary: The health coach will work with MEND's weight management program, Perder Para Ganar, in promoting nutritional health. The health coach will work with a team of seven which consists of three health coaches, a Registered Dietitian whom facilitates the class, the medical department's assistant manager, and two Public Health interns.

Responsibilities:

- Keeps track of her/his assigned participants' weight, BMI, waist and hip circumference
- Makes reminders phone calls to her/his participants
- Attends each class
- Meets with her/his participants on a monthly basis
- Meets with other health coaches on a monthly basis
- Meets with the weight management team on a monthly basis
- Helps with fundraising events

Time Commitment: We ask for the volunteer health coach to commit at least 10-12 hours to Perder Para Ganar. The hours will be spent on attending classes, monthly meeting with health coaches, monthly meetings with the weight management team, monthly check-ins with assigned participants, and making reminder phone calls.