



Cow Creek Government Office

Health Education/Lifestyle Coach

Job Code: 2501
Department: CCH&WC
Location: Roseburg/Canyonville, OR.
Minimum Hourly: \$20.57

POSITION PURPOSE:

Develops and presents health promotion/disease prevention education programs designed to modify current behaviors, encourage lifestyle changes, and improve the health and well-being of Tribal members, patients, and employees. Evaluates, organizes, promotes, and implements health risk reduction initiatives and wellness programs. Develops project plans and coordinates the delivery of objectives within grant requirements and the strategic plan.

ESSENTIAL FUNCTIONS:

- Assists with planning, implementation and evaluation of Dietetics Division health education programs and services including, but not limited to diabetes prevention and education, basic nutrition education, tobacco prevention & cessation, and other healthy heart programs.
- Facilitates diabetes programs including the CDC's Diabetes Prevention Program (DPP), Diabetes Self-Management, Education and Support (DSMES), After Core Program, and T1D-Beyond the Diagnosis support group. Follows approved curriculums.
- Documents activities and outcomes in the E H R. Adheres to all grant requirements including required activities, documentation, data collection and reporting.
- Follows strict adherence to CCH&WC policies, procedures, and protocols. Integrates health and safety as a value in how all work is conducted, striving to create a workplace healthy and safe for self and co-workers.
- Assists Registered Dietitian with Cooking Demonstrations up to and including menu planning, grocery shopping, set-up/clean-up, and demonstrating in front of an audience.
- Designs and develops presentations, brochures, reports, manuals, newsletters, pamphlets, resource packets, posters, and various training and marketing materials promoting public health issues and health activities.
- Plans and implements health fairs, activities and other events including arranging for speakers, facilities, resources, and staffing. Assists in publicizing various events related to health promotion/disease prevention.
- Utilizes the CCH&WC website and approved social media platforms to promote health education and disease prevention information and initiatives. Works with the Communications Division to keep approved content current and relevant.
- Serves to create awareness and educate Tribal membership about the health challenges that exist for Native Americans and provides resources available to reduce their risk of disease.

- Works effectively with individuals from different cultural backgrounds, including the ability to understand the behaviors of other individuals and groups, and to make appropriate recommendations.

QUALIFICATIONS:

- Bachelor Degree in Health Education, Public Health, or a related health field a plus.
- Two years of experience in public health or health care setting, preferably in a health promotion/education capacity.
- Knowledge of educational principles of adult learning theory, group dynamics, behavior change concepts, empowerment models, motivational interviewing techniques, learning styles, teaching strategies and trauma informed care.
- Ability to communicate effectively and compassionately with a variety of audiences from diverse socioeconomic backgrounds.
- Marketing experience and experience with Windows-based computer programs.
- This position requires a strong work ethic: regular attendance, initiative, adaptability/flexibility, creativity, problem-solving and the desire to be part of a strong team.
- Ability to obtain DPP Lifestyle Coach Certification and Oregon Food Handlers' Card upon employment with CCH&WC.