

Family Interventionist/ Nutrition & Physical Activity Specialist Internship



Background:

The Department of Public Health and Community Medicine is a research and teaching department of the Tufts University School of Medicine. Our faculty currently represents a range of disciplines, including public health, epidemiology, biostatistics, medicine, nutrition, environmental health, and health policy. Our activities include community-based and clinical research on a wide-array of public health topics and the education of medical and graduate students in health-related masters programs including the Master of Public Health and Master of Science in Health Communications.

The SUPPER project is a brief intervention study funded by the National Institute on Drug Abuse (NIDA). The study aims to improve communication skills between parents and their children in order to promote the long-term goal of preventing substance abuse among children as they enter adolescence.

Job Description:

The role of the Family Interventionist will be to facilitate one-on-one, in-person and phone informational sessions parents/guardians of pre-adolescent youth in grades 5-7 in the Boston Area. Sessions will focus on helping parents encourage healthy eating and exercise habits as a family and strategies to reduce weight stigma from family members. Each in-person session will last approximately one hour, and phone sessions approximately thirty minutes. Sessions will take place at a public location (e.g. coffee shop, public library, community center, school) or in special circumstances, via video conference. Parents will receive a handbook on nutrition, physical activity and talking about weight that they will be instructed to read before attending the in-person session. The Interventionist will discuss the information provided in the handbook, counsel parents on how to foster habits with their adolescent teen. The Interventionist will also answer questions as-needed based on the information provided in the parent handbook.

Minimum Qualification Requirements:

- Education in nutrition science, dietetics, public health nutrition, or related field.
- Excellent communication skills
- Demonstrated ability to work well with families and with diverse populations
- Must have flexibility to accommodate schedules of working parents
- Travel to various sites to meet with parent/guardians

Preferred Requirements:

- Bilingual in Spanish and English
- Prior experience working in the communication field with parents and children
- Registered Dietician Nutritionists (RDNs)

Please Note:

This role is ideal for someone looking for supplemental work as well as someone who has a flexible schedule, as some nights and weekends may be required.

To Apply:

Please submit resume and cover letter to Rachael Sabelli at Rachael.Sabelli@tufts.edu with the subject line: SUPPER Interventionalist.