



**Friends of Parkside  
Site Community Health Promoter (SCHP)**

**Job Description and Qualifications**

**Description:**

The Healthy Environments Partnership's Walk Your Heart to Health (WYHH) project promotes walking groups in 3 areas of Detroit (ES, NW, and SW). The Site Community Health Promoter (SCHP) will assist the current Community Health Promoter (CHP) in implementing and supporting Walk Your Heart to Health (WYHH) walking groups hosted by Friends of Parkside.

The SCHPs will participate in a rigorous training program. Training topics include: recruitment protocols, walking group facilitation techniques, protection of human subjects, data collection, health disparities research.

**Commitment:**

- 10-12 hours per week for 10 months beginning in January 2010
- Flexible schedule required; ability to work daytime, evenings and weekends

**Responsibilities:**

- Work closely with Community Health Promoter to ensure the success of *Walk Your Heart to Health* walking groups
- Assist CHP in recruiting community members for *Walk Your Heart to Health* walking groups
- Plan and prepare for *Walk Your Heart to Health* walking group sessions
- Lead groups during 45 minute walks (or other physical activity as nec.) 3 times per week
- Provide health education, support, and resources to *Walk Your Heart to Health* participants in order to empower and motivate them to become more active
- Promote leadership within walking groups
- Support the evaluation of the *Walk Your Heart to Health* program; collect data associated with the *Walk Your Heart to Health* intervention (e.g., document attendance, download pedometers); ensure adherence to human subjects protection protocols
- Participate in mandatory training sessions and meetings

**Qualifications:**

- Strong interpersonal and communication skills
- Outgoing personality and interested in helping people
- Self-motivated; takes initiative and displays good judgment
- Ability to sustain physical activity for 45+ minutes at a time and lead others in same
- Knowledge of and interest in physical activity and nutrition; willing to learn about health related issues
- Ability to interact effectively with multi-disciplinary team members
- Experience leading or coordinating community groups a plus
- Computer skills (basic file management, email and web-navigation)
- Ability to follow written and spoken instructions
- Well organized, with ability to keep track of details
- Mature, responsible, reliable
- Resident of east side, southwest, or northwest Detroit
- High school diploma or equivalent
- Valid driver's license with access to a reliable and insured car

**Employer/Supervisor:**

SCHP will be an employee of Friends of Parkside, with supervision provided by the Executive Director.

**Compensation:**

\$12-14/hour, depending on skills/experience

**To apply forward resume + 3 professional references (name & contact info) to  
Cindy Gamboa by January 6, 2010**

**For more information or to apply contact:**

Cindy Gamboa  
cegamboa@umich.edu  
313-593-0924 (phone)  
313-831-2016 (fax)

**Healthy Environments Partnership:** Brightmoor Community Center, Detroit Department of Health and Wellness Promotion, Detroit Hispanic Development Corporation, Friends of Parkside, Henry Ford Health System, Rebuilding Communities Incorporated, University of Michigan School of Public Health.