



## Lighten Up Lancaster County Internship Description

**Intern supervisor:** Brenda Buescher, MPH (Health Promotion Specialist and Lighten Up Lancaster County Facilitator)

**Description of internship:** This internship will provide an opportunity to gain hands-on learning experience in planning, implementing, and evaluating collaborative community health initiatives. The mission of the Lighten Up Lancaster County Coalition (LULC) is to increase the number of children and adults in Lancaster County who are at a healthy weight. In partnership with Lancaster General Health, LULC was formed in 2007 and includes over 1000 diverse individuals and organizations. Our interns have an opportunity to work with the coalition leaders and all of our strategic working groups: well workplaces, community events, school/community gardens and active transportation.

If desired, the intern will also have an opportunity to shadow other health professionals at Lancaster General Health working on tobacco control, mental health, and other health issues.

**Primary responsibilities of the internship:** Our interns are a vital part of our team and will be included in all aspects of our work. The intern's responsibilities may include:

- Writing and editing coalition communications, including newsletter articles and marketing materials, and managing social media accounts
- Developing educational materials and community resources
- Researching evidence-based health promotion programs and best practices
- Assisting with community events, including planning activities, logistics, marketing, and engaging partners
- Attending coalition meetings and assisting with meeting facilitation and logistics

For the summer of 2016, there are several specific projects that an intern could complete, based on his/her interest:

- 1) Developing goals and community events for Lancaster Healthy Food Week (October-November), a celebration of local, healthy, sustainable food.
- 2) Developing a neighborhood healthy food guide, an educational resource to help low-income families access nutrition resources (combining healthy recipes, healthy food sources, cooking tips, food-related community programs and resources).

3) Developing the workplace wellness section of the LULC website, including a directory of workplace wellness experts, video and photo features on local wellness programs, and a workplace wellness toolkit.

**Required knowledge and skills associated with the internship:**

- Oral and written communication skills
- Proficiency with Microsoft Office products and social media (Facebook, Twitter, Instagram)

**Learning outcomes of the internship:**

By the end of the internship, the intern will be able to:

- Describe a comprehensive approach to health promotion that includes awareness raising, education, skill-building, and policy change to address key determinants of health
- Identify and implement evidence-based practices for obesity prevention
- Explain the importance of collaboration with community partners to achieve health outcomes

**To apply:**

Visit <http://lancastergeneralhealth.org/LGH/Our-Services/Wellness-Center.aspx> and select “Internship Program” to complete the application. Contact Brenda Buescher at [bbuescher2@lghealth.org](mailto:bbuescher2@lghealth.org) with questions.