



HEALTH PROMOTER

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WHAT DO HEALTH PROMOTERS DO?

Health promotion enables people to increase control over their own health. It covers a wide range of social and environmental interventions designed to benefit and protect individual health and quality of life. Health promoters work with communities and groups to improve people's health. They also work with government agencies to improve environmental conditions. Health promoters – initiate and coordinate health promotion programmes, they can advocate for health promotion causes, and identify health issues and solutions.

Health promoters can also:

- develop policies, strategies and programmes for improving health
- work with other agencies to co-ordinate health promotion programmes
- identify health issues and solutions
- establish networks in the community
- develop promotional and educational material for publication.

WHERE DO HEALTH PROMOTERS WORK?

- Health promoters usually work within health organisations such as District Health Boards, Iwi Health Providers, Community Health Providers. They may be part of a wider team, supporting frontline workers and engaging with Iwi and Māori Trusts
- Schools
- Public health and primary health agencies,
- Local government.
- Non-governmental organisations e.g., Whānau Ora, Heart Foundation, Cancer Society, Problem Gambling Foundation Health, Mental Health

WHAT TRAINING IS NEEDED?

There are no specific entry requirements to become a health promoter. However, employers often prefer you to have a health promotion qualification such as a New Zealand Certificate in Public Health and Health Promotion (Level 5). A certificate, diploma or degree in a related area can also be useful.

Tertiary degrees in Health Promotion, Public Health, and Health and Social Development are offered at:

- AUT, UNITEC, Manukau Institute of Technology (MIT), Victoria University, Canterbury University, Massey University, NorthTec

You will need 60 credits of NCEA Level 3 in three subjects or the equivalent. Some students enter the course after the one-year Certificate in Health Studies. There are Private Training Establishments (PTEs) which also offer Certificates in Public Health and Health Promotion.

WHAT CLASSES SHOULD I TAKE NOW?

Entry to tertiary study requires NCEA Level 3 (60 credits) in at least three subjects. Useful subjects include:

- Te Reo Māori
- English
- Maths
- Science
- Sociology
- Social Studies

