

Training

To become a health promoter there are a number of qualifications available.

Auckland University of Technology (AUT), Ara and Unitec provide a Bachelor degree with a Health Promotion major. This is a three year course requiring University Entrance as an entry requirement.

University of Auckland and Massey University offer Certificate or Diploma courses in Health Promotion. These are six month to one year courses full-time but some may be done part-time or extramurally. Some are post-graduate programmes.

Examples of entry requirements:

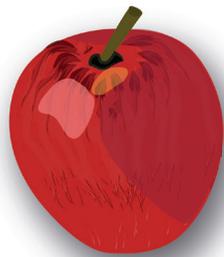
For the Bachelor of Health and Social Development at Unitec, 42 credits at NCEA L3, with 14 credits at L3 in each of two approved subjects, 14 credits at L3 from two other approved subjects, 14 credits at L1 in Mathematics, plus 8 credits at L2 in English or Te Reo Maori (4 credits in Reading and 4 credits in Writing)

Check the institution websites for more details.

Personal Qualities

Health promoters need to be:

- good communicators
- outgoing and friendly
- involved with their community
- facilitators
- tolerant of different cultures and age groups
- good planners
- good project managers



Information collated by NZIRH
Where to go for more information:

www.kiwihealthjobs.com

www.careers.govt.nz

www.kiaorahauora.co.nz

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Health Promoter



Health Promotion

Health promoters help groups to identify health issues and find ways to improve. They may work with government and other agencies to manage conditions contributing to ill health. Health promoters are involved in:

- health promotion programmes
- prevention of illness
- developing promotional and educational publications
- lobbying for health promotional causes
- promotion of healthy choices
- shaping health policy and strategies
- education programmes
- exercise programmes

In New Zealand we have ~2,200 health promoters. The number of health promoters are increasing as government funding for health improvement programmes has increased. There is an average chance of getting work as a health promoter.

Programmes include things like diabetes prevention, gambling prevention, nutrition, quitting smoking and promotion of good oral health, reducing obesity.

What do they do?

Health promoters may:

- plan and carry out health promotion and disease prevention programmes like 5+ fruit and vegetables a day, quit smoking, action against family violence
- assess the effectiveness of health promotion and disease prevention programmes
- work with the community to identify health issues and find ways to improve health
- educate targeted community groups about health needs, and prevention of illness through changes in life style and behaviour
- develop and produce material to inform and raise awareness of health issues and ways to manage or overcome them

Where do health promoters work?

Health promoters work for government or non-government organisations like:

- District health boards
- Doctors' practices
- Community organisations such as Sport Waikato
- Schools
- Rest homes
- Marae
- Gyms
- Events

living
exercise
healthy
fruit
smokefree
diet